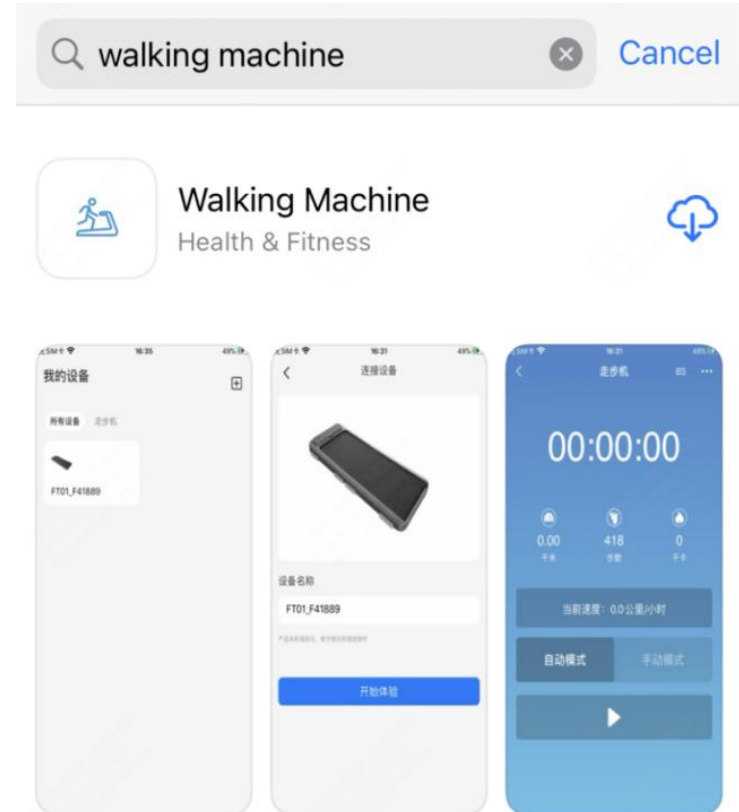# Instructions for Use

Download

Android: Scan the following QR Code.

IOS: Downlod the walking Machine app from the APP store.
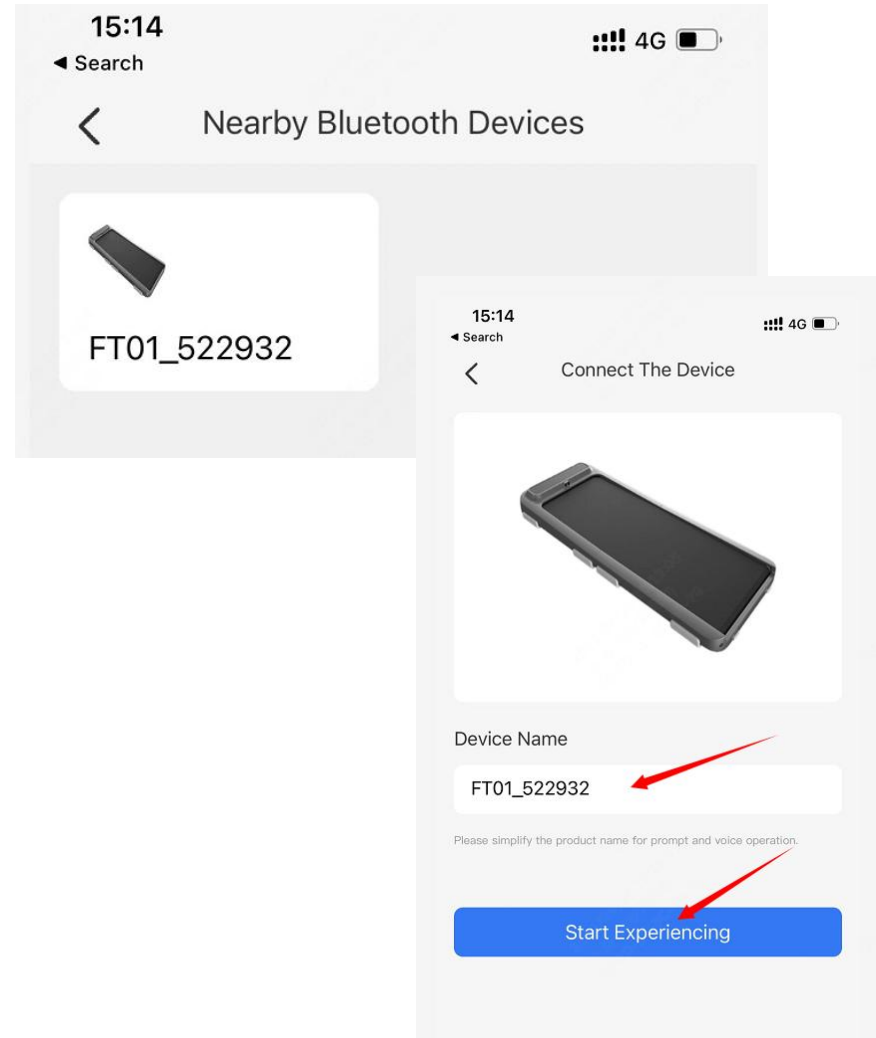

Walking Machine
Health & Fitness

Search,Connect New Devices

1. Authorize Bluetooth on your phone and enable device search after downloading the app. To connect to the treadmill via Bluetooth, you need to be within 10 meters for optimal connectivity.
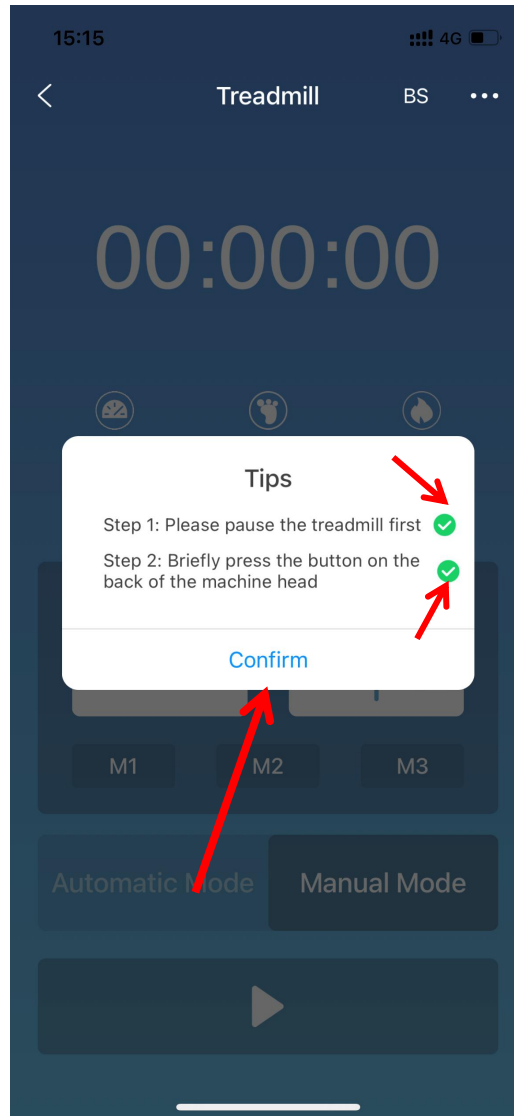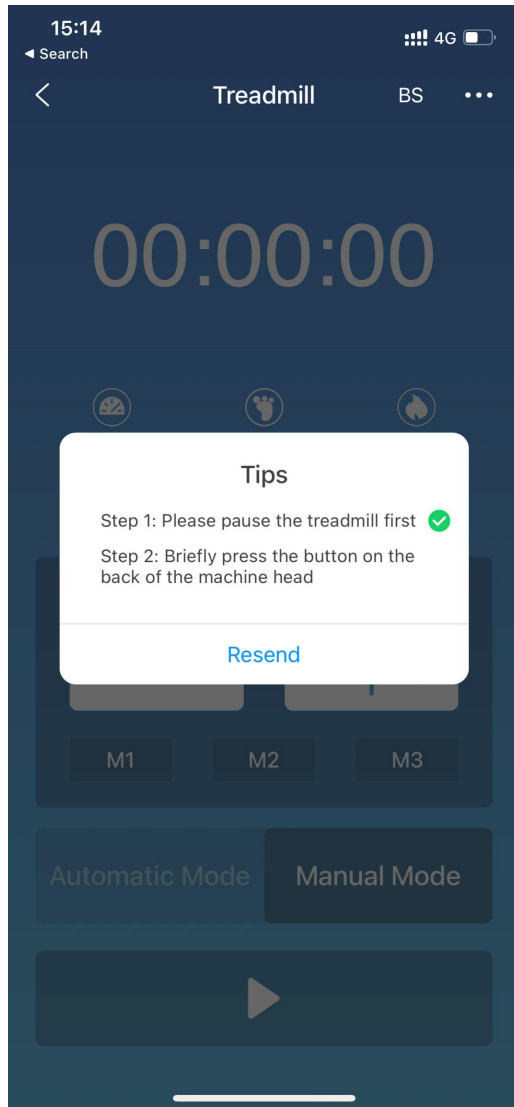
2. Click on the "Add Smart Device" image or the "+" button in the upper right corner to search for nearby Bluetooth devices and display them.
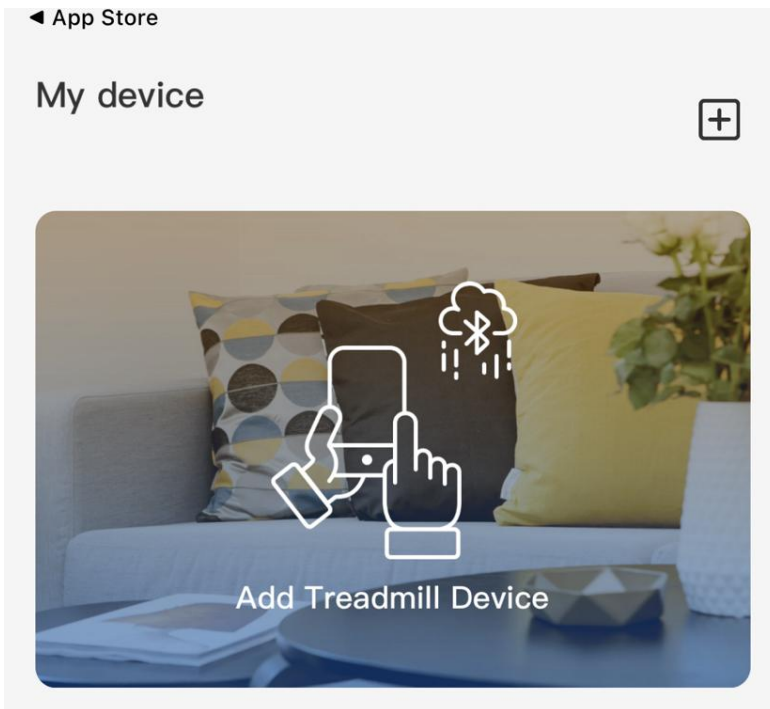
3. Select the device you want to connect to, and you can customize its name. Once you have completed naming the device, you can click on "Start Experiencing" to begin.

◄ App Store

My device   ⊞

Add Treadmill Device

15:14   ::!! 4G 🔋
◄ Search

‹   Nearby Bluetooth Devices

FT01_522932

15:14   ::!! 4G 🔋
◄ Search

‹   Connect The Device

Device Name

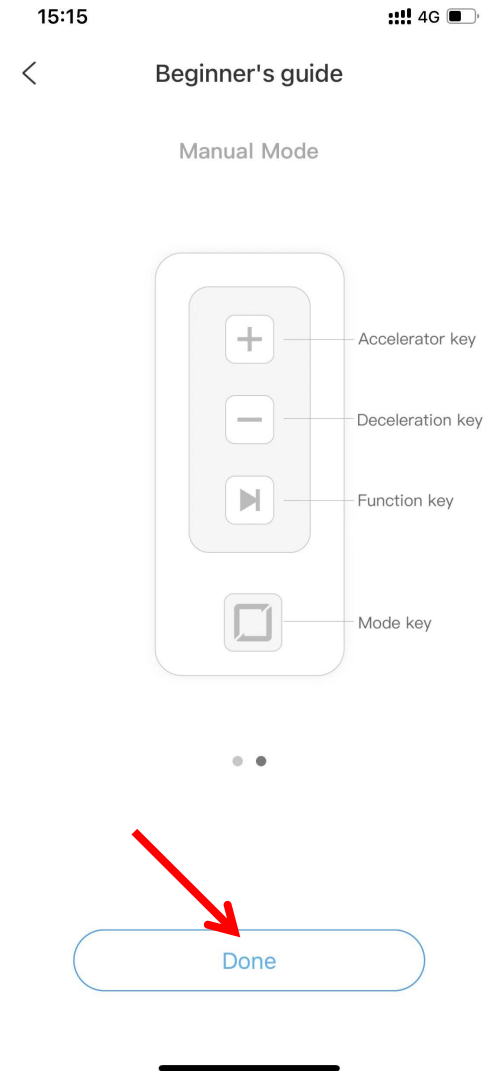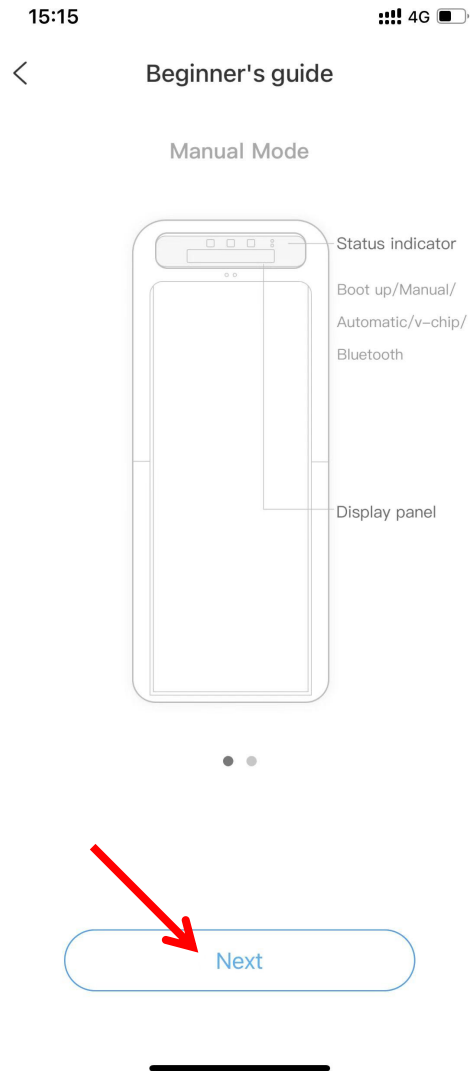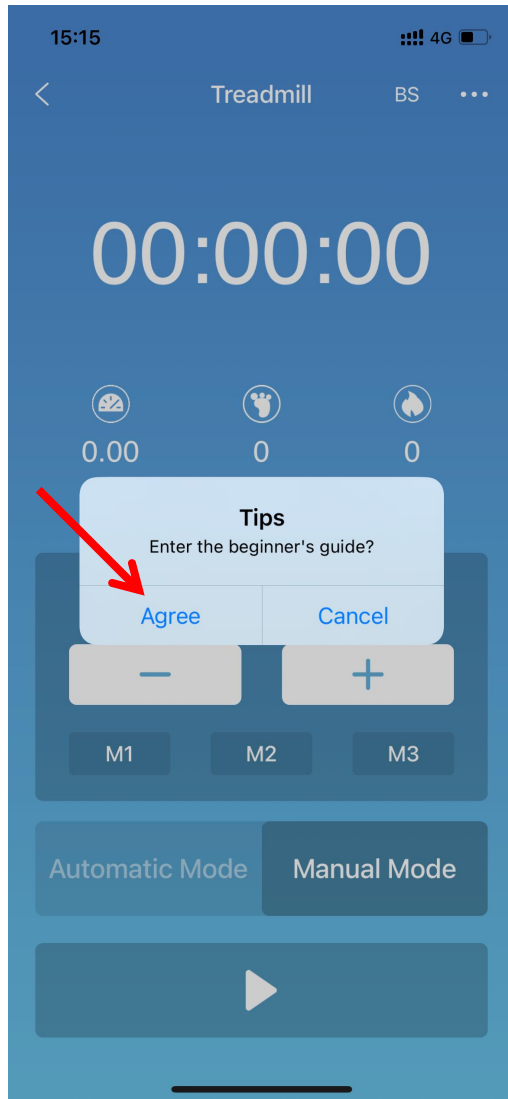FT01_522932

Please simplify the product name for prompt and voice operation.

Start Experiencing

Step 1:
Please pause the treadmill first.

Step 2:
Briefly press the button on the back of the machine head.

Screen 1

15:15   4G

<   Treadmill   BS   •••

00:00:00

0.00   0   0

Tips

Enter the beginner's guide?

Agree   Cancel

−   +

M1   M2   M3

Automatic Mode   **Manual Mode**

▶

Screen 2

15:15   4G

<   Beginner's guide

Manual Mode

Status indicator

Boot up/Manual/
Automatic/v–chip/
Bluetooth

Display panel

Next

Screen 3

15:15   4G

<   Beginner's guide

Manual Mode

Accelerator key

Deceleration key

Function key

Mode key

Done

Step 1: Stand on the treadmill and press function key of remote control.

Beginner's guide

Manual Mode

Press the speed up button to accelerate to 3km/h

Current Speed 2.1 km/h

Walked for 0s   Target 30s

Step 2:
Press the speed up button to accelerate to 3km/h.

Beginner's guide

Manual Mode

Keep walking on the treadmill

Current Speed 4. km/h

Walked for 17s   Target 30s

Step 3:
Keep walking on the treadmill for 30 seconds.

Beginner's Guide-Automatic Mode

Automatic Mode

Enter the treadmill marked area

Continue

Automatic Mode

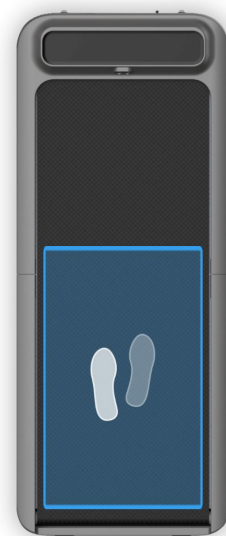Current Speed 2.5 km/h

Please control the speed to 4.0 km/h

Automatic Mode

Current Speed 0.0 km/h

Please control the speed to 0.0 km/h

In automatic mode, you'll walk at three different speeds. First, go to the acceleration zone and reach a maximum speed of 4.0km/h. Then, move to the deceleration zone at the end of the treadmill and gradually slow down to 0km/h. Repeat this cycle three times.

To revisit the tutorial, go to "Settings" on the main treadmill page and select "Newbie Guide."

Congratulations on completing the beginner's guide

Done

15:21   4G

Treadmill   BS   • • •

00:03:33

0.20   340   14
KM   Step   Kcal

Current Speed： 0.0KM/H

Automatic Mode   Manual Mode

▶

Settings

Preset Speed   >

Beginner's guide   >

Firmware Update   >