New Working
New Living

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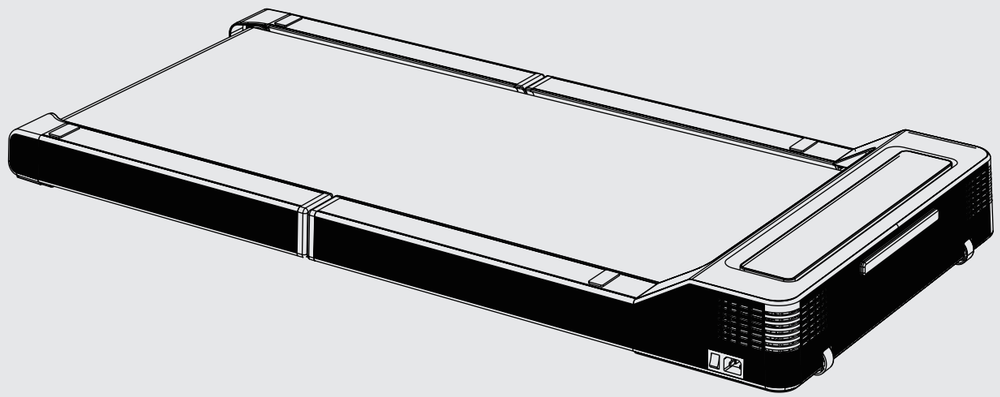
FlexiSpot

User Manual

Walking Pad
Item No. WP01B-FD



INSTRUCTIONS –
KEEP FOR FUTURE REFERENCE

Important Announcement

1. For your health and safety, please consult a qualified professional before exercising to determine the appropriate level of activity for you. Be sure to read all instructions and safety notes carefully before use. Doing so will help you enjoy a safer and more pleasant workout. By starting to use this treadmill, you are deemed to have thoroughly read this manual.

2. The precautions and instructions provided here are designed to help you use this product safely and correctly. To clearly indicate the potential risks caused by improper use, warnings are classified as “Warning” and “Caution.” Since every item relates to your safety, please follow them strictly. Failure to operate according to this manual may result in consequences for which the user assumes full responsibility.

3. After reading, please keep this manual in a place where it can be easily accessed at any time.

Warning

If you have any illness or physical inconvenience, please consult a qualified doctor before exercising.

The following groups must consult a qualified doctor or a certified fitness professional before starting exercise: patients with heart disease (such as angina pectoris, myocardial infarction, etc.), diabetes, respiratory diseases (such as asthma, chronic bronchitis, emphysema, etc.), individuals with osteoarthritis, rheumatism, or gout, and those with other physical abnormalities or unstable medical conditions.

Elderly users and those who are usually inactive should undergo a physical examination and obtain medical advice from a qualified doctor or fitness professional before use, to ensure that exercise will not pose health risks.

If you experience dizziness, nausea, or any other abnormal physical reactions during or after exercise, stop immediately and consult a qualified doctor or fitness professional.

Caution

● Do not start exercising immediately after a meal.
● If possible, monitor your heart rate to determine the intensity of your workout.
● Warm-up: perform some relaxation or stretching exercises before starting.
● Cool-down: perform stretching exercises after finishing your workout.

Because some individuals have unusually high or low pulse rates, their optimal heart rate zone may differ from that of the general population. In such cases, exercise intensity should be adjusted based on personal experience. Beginners who encounter this situation should first consult a qualified professional about their fitness capacity. In general, we recommend that everyone consult a doctor before starting any fitness program.

Safety Guidelines

● Before exercising, please consult your doctor to ensure that you are suitable for using this equipment. Follow your doctor's advice to choose the appropriate exercise program. Incorrect exercise methods or over-exercising may harm your health.
● The equipment can only be used for its intended function, such as physical exercise for adults.
● Improper use of the equipment is prohibited. Improper use may cause danger. FlexiSpot is not responsible for any injury caused by improper use of the equipment.
● This equipment avoids shape design that may cause personal injury and ensures user safety as much as possible.
● Incorrect repairs and structural modifications, including the removal or replacement of original parts, may endanger the user's safety.

● Damaged parts may endanger safety or shorten the service life. Replace aged or damaged parts immediately. Stop using the equipment until parts are replaced. Only use original manufacturer parts.
● If used normally, check all parts every 1–2 months. Retighten screws and nuts to prevent loosening or disassembly.
● To maintain high safety, service the equipment once a year according to the product structure.
● Inform users (especially children) of possible exercise dangers to avoid unnecessary injury.
● Any part conflicts not described in the manual may damage the equipment or endanger safety. Major repairs must be done by professionals.
● Always supervise the product to prevent injury to children.
● For indoor household use only. Do not use for rental, medical, or other commercial purposes.
● Before use, check for damage. If damaged, stop using and contact FlexiSpot.
● Place on a stable, level surface. Do not use on damp or slippery floors.
● Keep at least 1000 mm × 1000 mm clearance behind and 500 mm on both sides.
● Please wear comfortable sportswear and sports shoes, and perform adequate warm-up exercises. Barefoot or sock-only exercise is not recommended.
● Keep personal items away to avoid entanglement, damage, or injury.
● Do not let children operate. Do not use with pets.
● Children, elderly, pregnant women, and disabled persons must be accompanied and guided by an adult.
● Do not exceed the maximum user weight.
● Choose exercise intensity suitable for yourself. Improper or excessive training may cause harm.
● Stop exercising immediately if you feel unwell and consult a doctor.
● Do not step on the head of the equipment to avoid motor damage.
● Do not get on/off, walk backward, or move sideways while running. In emergencies, press the Start/pause button on the remote control and step off from the anti-slip side.
● Do not place in direct sunlight or high-temperature environments.
● This product is not waterproof. Do not place near water or damp areas to avoid electric shock.
● Do not place near heated surfaces.
● Do not use near flammable or explosive gases or liquids.
● Rest for 20 minutes after every 1-hour continuous use.
● Do not place blankets or mats on the equipment to avoid fire.
● Do not block ventilation openings.
● Connect only to a properly grounded socket.
● Store the product properly as instructed in this manual.
● After use, turn off power and unplug the cord.
● Disconnect power before maintenance.
● If the power cord is damaged, stop using immediately and replace with manufacturer-approved components.
● After each use, wipe with a soft dry cloth to keep clean and dry.
● Do not disassemble or modify by yourself. FlexiSpot is not responsible for damage caused by improper operation.
● Do not pull the power cord or use it as a handle.
● Regularly check for wear or damage (e.g., walking belt, motor).
● Replace damaged parts immediately. Do not use until repaired.
● Pay attention to easily worn parts (motor, walking belt) and replace when needed.
● Do not mix different battery types or mix old and new batteries.
● Install batteries with correct polarity (+/–).
● Remove used batteries and dispose of them safely per local regulations.
● Remove batteries if stored for a long time.
● Do not let battery terminals touch to avoid short circuit.

● Do not use this product if it is placed on a damp floor or if its functions cannot operate normally.
● Please keep the product away from heat sources.
● If anything is unclear, please consult FlexiSpot.
● Use this product under the supervision of another person, especially for elderly users, children, or individuals with limited mobility.

Operating Equipment

● Before exercising, carefully check to ensure the equipment is fully and correctly installed.
● Before first use, familiarize yourself with all functions and program settings of the equipment.
● It is recommended not to use or store the equipment in damp rooms to avoid rust.
● This equipment is suitable for adults. Children are not allowed to play on the equipment. Children's behavior can be unpredictable, and FlexiSpot is not responsible for any dangerous consequences caused by such behavior. However, with proper supervision and correct guidance, children are allowed to use the equipment.
● Maximum user weight: 264.6 LBS.
● Minor noise caused by structural operation will not affect the use of the equipment.
● Do not use corrosive or abrasive materials to clean the equipment. Please use environmentally safe cleaning agents.
● Wear suitable shoes and clothing when using the equipment.
● Ensure that sweat or other liquids do not enter the equipment or its electronic parts.
● Before use, check that all screws are correctly installed.
● Ensure enough space to place the equipment (range with diameter ≥ 59.1").
● When exercising, make sure no one is around the equipment to avoid injury from moving parts.

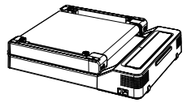
Installation Guideline

● First check whether all parts are complete and undamaged (refer to the parts list). If you have any questions during installation, please contact FlexiSpot.
● Place all separate parts on the floor in order. To avoid scratching the parts or your floor, place them on the carton or padding.
● Ensure you have enough space for installation (diameter ≥ 59.1").
● Place the main frame (for later assembly and use) on a flat and solid surface.
● Before installation, carefully read the installation steps and follow the sequence shown in the diagrams.
● The equipment must be assembled by adults. If help is needed, ask someone with technical ability.
● Install the equipment carefully and pay attention to safety to avoid injury from improper tool use or manual handling.
● Make sure the working environment is free of hazards. Do not leave tools scattered around. Dispose of packaging materials carefully to avoid dangers such as suffocation if children play with plastic bags.
● Fasteners required for the installation steps are marked in the illustrations. Use the fasteners strictly as instructed.
● First fasten all parts without fully tightening, then check whether the installation is correct.
● Finally, use a universal wrench to fully tighten all bolts and check that all bolt connections are secure.
● For technical reasons, we reserve the right to carry out preliminary installation work (e.g., inserting tube plugs).
● If necessary, keep the original packaging for future transportation.

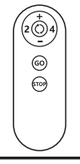
Product List

A. Wrench x1

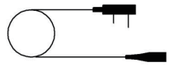
① Main Part x1



② Remote Control x1
- Batteries are not included and must be purchased separately.



③ Power Cord x1

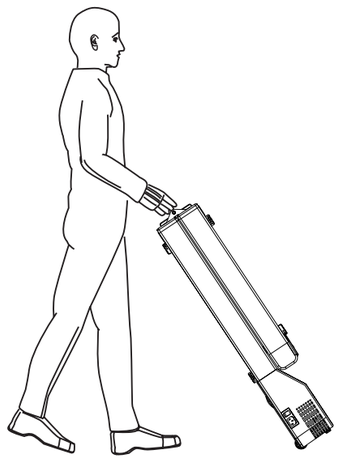


④ Lubricant x1

Installation Steps

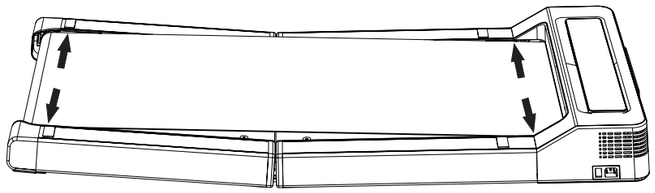
01

Place the walking pad on a flat, open area, and ensure there is a 39.4" × 39.4" safety zone behind it.



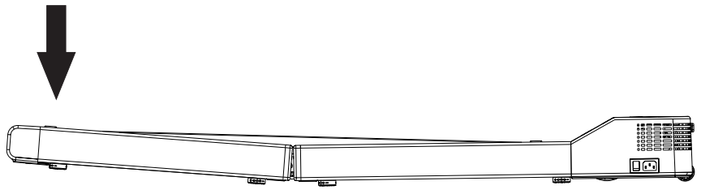
02

Unfold the walking pad and check whether the walking belt is centered. If it is off-center, adjust the belt to the middle position.



03

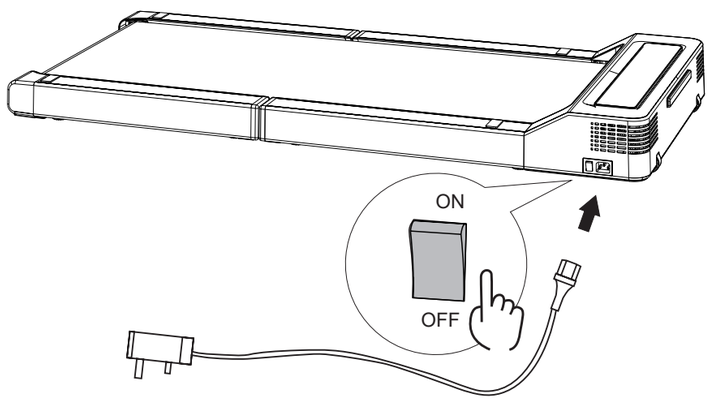
After adjusting the walking belt, fully unfold the walking pad and press down gently until it is completely flat.



04

1. Insert one end of the power cord into the front power socket of the walking pad and make sure it is securely connected. Plug the other end into a properly installed and grounded power outlet according to local regulations.

2. The power switch is located at the front of the walking pad. Turn it to the "ON" position.



Instructions for Use

Function Instructions

I. Startup Instructions
A. Press the Start/pause button to start the walking pad: After pressing, a 3-second countdown will be displayed, with a “Bi” beep for each second. The walking pad will then start moving at the lowest speed.

II. Exercise Modes

Normal Exercise Mode
A. Turn on the power switch to enter standby mode. When the walking pad is started with the remote control in standby, it will run at the lowest speed. The display will cycle through all functions for 5 seconds.
B. Speed can be adjusted using the remote control buttons.

Time Countdown Mode
In standby mode, press the Mode button to switch to Time Countdown Mode. Use the speed +/− buttons to set the exercise time. The initial time is 15:00 minutes. Each press increases or decreases by 1:00 minute. Long press enables rapid adjustment. The setting range is 5:00–99:00 minutes.

Distance Countdown Mode
In standby mode, press the Mode button to switch to Distance Countdown Mode. Use the speed +/− buttons to set the target distance. The initial distance is 1 km. Each press increases or decreases by 0.1 km (0.062 miles). Long press enables rapid adjustment. The setting range is 0.5-99.99 km (0.31–62.1 miles).

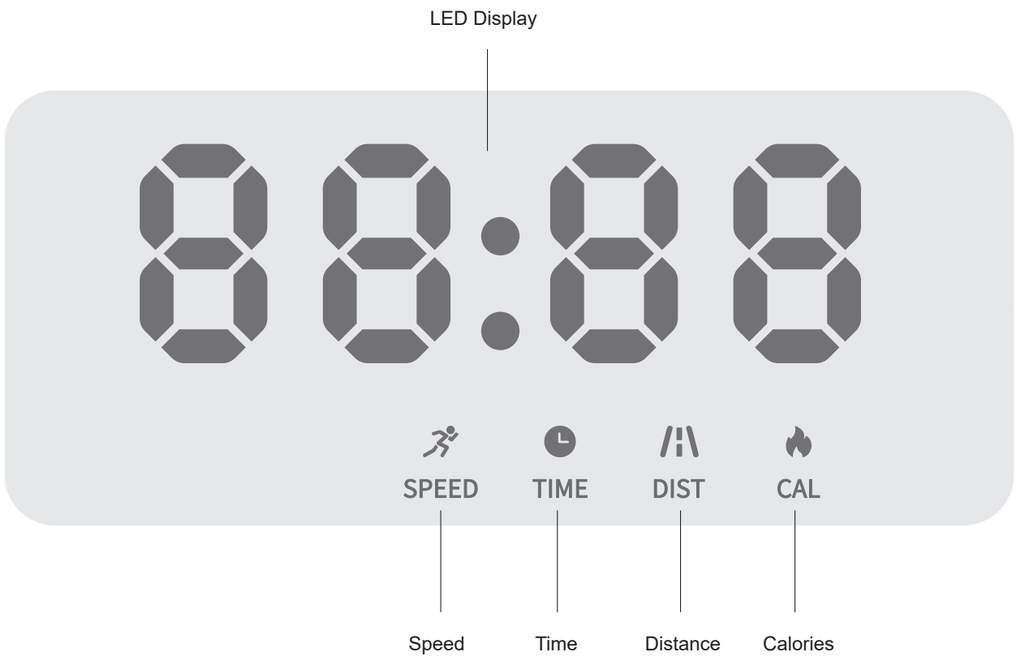
Calorie Countdown Mode
In standby mode, press the Mode button to switch to Calorie Countdown Mode. Use the speed +/− buttons to set the target calories. The initial value is 50 kcal. Each press increases or decreases by 1 kcal. Long press enables rapid adjustment. The setting range is 10–999 kcal.

III. Special Instructions
a. In Normal Exercise Mode, the walking pad will automatically stop after 100 minutes.
b. During exercise, if no one is walking, the walking pad will pause automatically after 10 seconds.
c. In standby or pause state, if no operation is performed, the walking pad will enter sleep mode automatically after 10 minutes.
d. Within 5 seconds after power on, long press the Start and Stop buttons to pair. Long press Stop and Speed 2 buttons to unpair.
e. Within 5 seconds after power on, long press Start and Speed 2 buttons to disable the auto-stop function for this session.

Specifications

- Product Dimensions: 21.6" × 4.4" × (28.0"–46.7")
- Speed: 0.6–3.7 mph
- Running Surface Dimensions (Belt Size): 16.1" × 39.4"
- Motor: DC 110/220V, 550W
- Functions: Wireless remote control; LED display for Speed / Time / Distance / Calories
- Noise Level: <55 dB

Installation Guideline



LED Display Cycle:

When powered on, the walking pad enters standby mode, displaying “0:00.” After starting the walking pad with the remote control, the display cycles through: Speed (0.0) → Time (0:00) → Distance (0.00) → Calories (0).

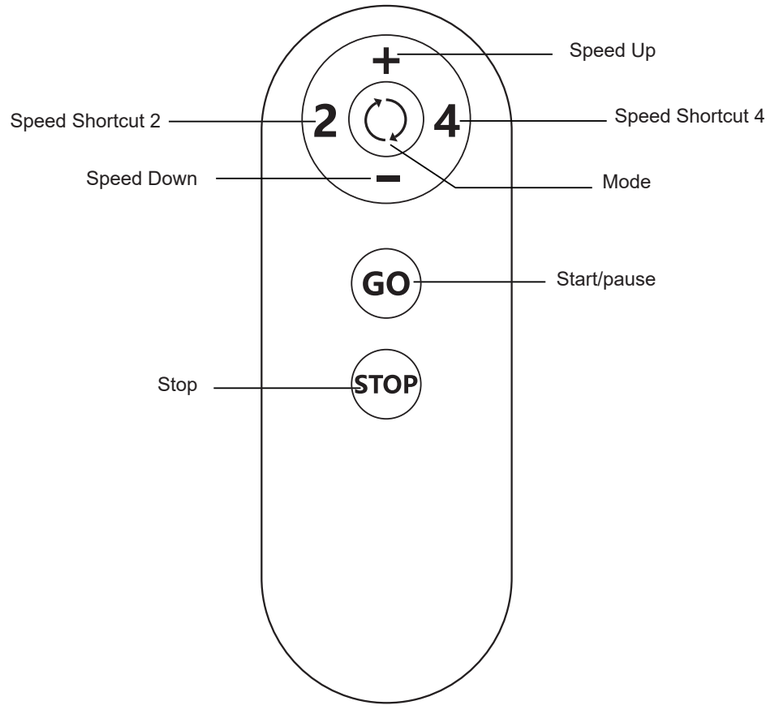
Speed Range: 0.6–3.7 mph

Time Range: 00:00–99:99

Distance Range: 0–62.1 miles

Calories Range: 0–999 Kcal

433 Remote Control: Effective within 2 meters (6.6 ft) of the treadmill



● Remote Control Instructions (Each button press triggers a beep):

A. Start/pause Button
a) Short press: In standby or pause mode, starts the walking pad. In running mode, pauses the walking pad (display shows "PAU," current data is retained).

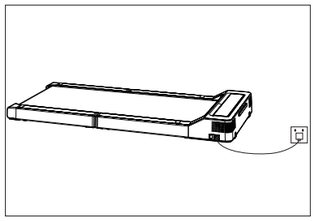
B. Stop Button
a) Short press: Stops the walking pad and enters standby mode.
b) Long press: In standby mode, the walking pad enters sleep mode.

C. Mode Button
a) In standby mode (display shows 0:00), press to cycle through: Standby → Time Countdown Mode → Distance Countdown Mode → Calorie Countdown Mode → Standby.
b) In running mode, press to cycle the display: Speed (0.0) → Time (0:00) → Distance (0.00) → Calories (0).

D. Speed + / – Buttons
a) In running mode, short press +/– to change speed by 0.3 mph per press. Long press for rapid adjustment.
b) In standby mode, during countdown modes, press +/– to adjust countdown settings. Long press for rapid adjustment.

E. Speed Shortcut 2 / 4
In running mode, press to set the speed directly to the corresponding value.

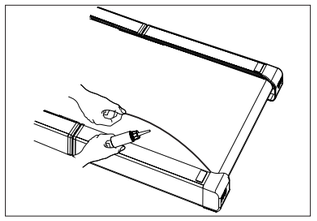
Troubleshooting



1. Power does not turn on or turns off during use

Check and ensure both ends of the power cord are securely connected.

Make sure the walking pad's power switch is turned on.



2. Walking belt makes noise or slips

Turn off the walking pad and unplug the power cord.

Gently lift the rear walking board, lift the walking belt, and apply silicone oil in a "Z" pattern at the center of the walking board.

Reconnect the power and turn on the walking pad to test.

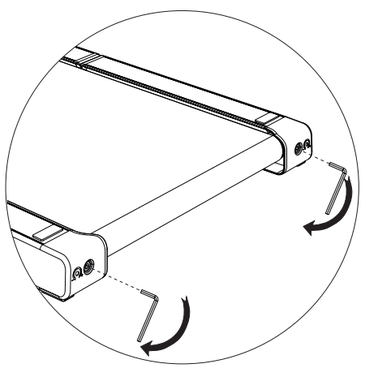
3. Adjusting the walking belt tension (requires disabling auto-stop function)

The walking pad is strictly tested and adjusted before leaving the factory. However, after use for some time, the belt may lose tension, commonly called "slipping." This occurs when the belt pauses or slows excessively under the user's foot.

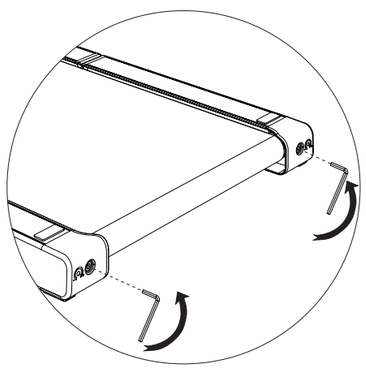
To adjust, use the included hex wrench to tighten the belt tension bolts clockwise, ½ turn at a time, on both sides simultaneously until the belt no longer slips.

Notes:
(1) Both sides must be tightened equally to prevent the belt from running off-center. If misalignment occurs, follow the belt centering instructions.

(2) Do not overtighten the belt. Tighten ½ turn at a time, then test. Proper tension is achieved when the belt does not slip. Over-tightening increases motor load and reduces the lifespan of the motor and belt.



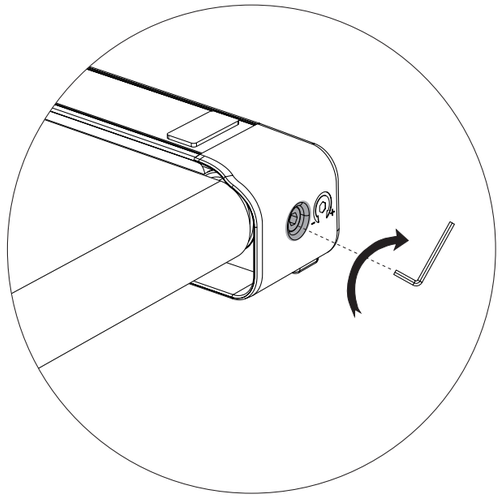
Turn the adjustment screw clockwise to increase the tension of the walking belt.



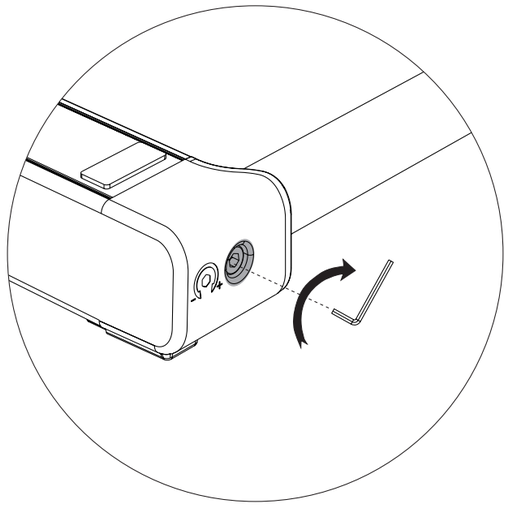
Turn the adjustment screw counterclockwise to decrease the tension of the walking belt.

4. Adjusting the walking belt centering (requires disabling auto-stop function)

If the belt is too far right: Start the walking pad and set speed to 6 km/h. Use a suitable wrench to turn the right belt adjustment screw clockwise ¼ turn. Wait 2 minutes and check the correction. Repeat until the belt is centered.



Belt runs to the right.



Belt runs to the left.

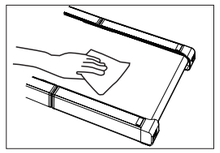
If the belt is too far left: Start the walking pad and set speed to 6 km/h (3.7 mph). Use a suitable wrench to turn the left belt adjustment screw clockwise ¼ turn. Wait 2 minutes and check the correction. Repeat until the belt is centered.

Note: Keep fingers, clothing, and hair away from the belt during centering adjustments.

Specifications

No.	Problem Description	Possible Causes	Corrective Actions
1	Treadmill display not working	1. Power plug not inserted or no power supply	Plug the connector into the power outlet or check whether the outlet has power
		2. Power switch is off	Turn the power switch to the ON position
		3. Overload protector has tripped	Press the overload protector reset button
		4. Drive unit fault	Replace the drive unit
		5.Poor contact or open circuit in the signal cable between the digital display and the drive unit	Reconnect the signal cable connector plug, or replace the cable
		6. Digital display malfunction	Replace the digital display
2	Treadmill has a display, but the backlit does not work	Backlit display cable connection is loose or the backlit display is damaged	Reconnect the backlit display cable, or replace the backlit display or digital display
3	Partial or incomplete display on the digital display screen	1. Cold solder joint on components of the digital display	Repair or replace the digital display
		2. Digital display driver IC fault	Repair or replace the digital display
4	E01 error reported: Communication error	1. Poor contact or damage to the signal cable connection between the digital display and drive unit, or poor contact or damaged signal cable	Reconnect all connectors of the signal cable or replace the signal cable.
		2. Communication circuit fault in the digital display	Replace the digital display
		3. Communication circuit fault in the drive unit	Replace the drive unit
5	E02 error reported: Overcurrent protection fault	1. Motor coil overheated and damaged due to prolonged overload	Replace the motor
		2. Drive unit fault	Replace the drive unit
		3. Motor stopped due to heavy stepping	Turn off and on again before use
6	E03 error reported: Overload protection triggered, or motor phase wiring is incorrect (two or all three of the motor's phase wires are not connected)	1. Motor stopped due to heavy stepping	Turn off and on again before use
		2. Treadmill overload	Check whether the treadmill belt is jammed
		3. Two or all three motor phase wires are disconnected	Reconnect the motor phase wires to the drive unit
		4. Coil damage due to motor overheating from prolonged overload	Replace the motor
		5. Drive unit fault	Replace the drive unit
7	E10 error reported: Overheating protection	1. Motor used under prolonged overload	Stop operation for a while and allow the motor to cool before powering on again
		2. Drive unit fault	Replace the drive unit
8	E11 error reported: Low-voltage protection	1. AC voltage too low	Check the AC power voltage
		2. Drive unit fault	Replace the drive unit
9	E12 error reported: Over-voltage protection	1. AC voltage too high	Check the AC power voltage
		2. Drive unit fault	Replace the drive unit
10	E14 error reported: Phase loss fault	1. Motor phase wire disconnected	Reconnect the phase wire to the drive unit
		2. False alarm caused by heavy stepping on the treadmill	Turn off and on again before use
		3. Motor fault	Replace the motor
		4. Drive unit fault	Replace the drive unit
11	E16 error reported: drive unit fault	Drive unit fault	Replace the drive unit

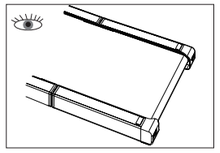
Maintenance Guide



Cleaning the Equipment

Turn off the treadmill and unplug the power cord.
Use a clean cotton cloth lightly moistened with a mild detergent to wipe the display panel, running belt, and other surfaces.

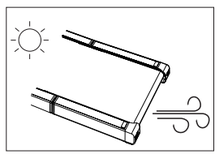
Note:
Do not spray cleaning solution directly onto the display panel or running belt.
Do not use acidic or corrosive cleaners.
Do not wipe the inner side of the running belt.
After a period of use, dust or stains may appear on the floor behind the treadmill. This is normal and can be removed with simple cleaning.



Inspecting the Equipment

Check the power cord. If it is damaged, stop using the treadmill immediately and replace it.
Check the running belt. If it is off-center, too tight, or too loose, refer to the running belt adjustment instructions to adjust it.

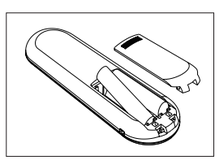
Note: When replacing parts, use only manufacturer-approved components.



Keeping the Equipment Cool and Dry

Place the treadmill in a cool, dry environment.
Do not use the equipment outdoors, or in areas with high humidity or extreme temperature fluctuations.
After each hour of use, allow the treadmill to rest for 20 minutes to dissipate heat.

Note: Do not operate the treadmill continuously for more than 1 hour.



Battery Replacement

When the remote control AAA battery is depleted, replace it promptly.
If the remote control will not be used for an extended period, remove the battery in advance and store it properly.