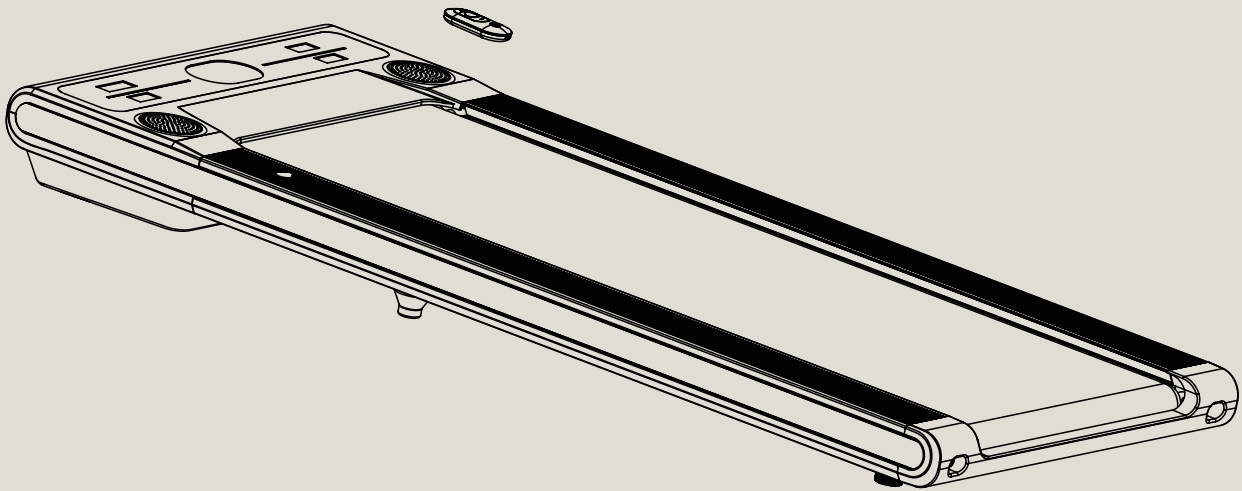




# sWalk

• WALKING PAD



Sportstech Brands USA Corporation  
444 Brickell Ave Ste 700 Miami,  
FL 33131-2455

SERVICE:



 <https://www.sportstech.care>  
 [service@sportstech.care](mailto:service@sportstech.care)

# User Manual

Dear customer,

We are pleased you chose a device from the SPORTSTECH product range. SPORTSTECH sports equipment offers you high quality and new technology.

In order to fully use the potential of your device and be able to enjoy it for many years, please read this manual carefully before starting up and beginning of training, and use the device according to the instructions. The operational safety and function of the device can only be guaranteed if the safety instructions in this user manual are observed.

We shall not assume any liability for damages resulting from improper use or incorrect operation.



## WARNING! Danger from improper use!



- Make sure that ALL persons using the device have read and understood this user manual. Keep this manual in a safe place close to the device.
- Adhere to ALL Safety Advices in this manual.
- NEVER overexert yourself or others when using the device.

## Table of contents



Scope of delivery .....	3
Technical data.....	3
Exploded drawing/spare parts list.....	3
1. Important Safety Notes.....	5
2. Setting up, Storing .....	9
3. Control .....	9
4. Training .....	10
5. Bluetooth audio function .....	13
6. Troubleshooting .....	13
7. Cleaning and maintenance .....	14

## Scope of delivery

1	Motor-driven treadmill with variable speed; with display and loudspeakers		
2	Remote control	3	Power cable
4	Pads for storing	5	Operating manual
6	Duo-tool (Hex and cross-head wrench) for pads and for tensioning		

## Technical data

Product dimensions (LxWxH) <b>when set up</b>	4.17 × 1.85 × 0.37 ft (127 × 56.5 × 11.5 cm)
Net weight of the device	51.8 lbs (23,5 kg)
Maximum permitted user weight	286 lbs (130 kg)
Minimum/Maximum speed	0.62 mph / 4.97 mph (1 km/h / 8 km/h)
Mains voltage and frequency for power connection	90..240 V AC; 50..60 Hz
Electrical power consumption	1837 W
Current (fuse)	approx. 6.7 A
Radio protocol for pulse signal transmission	Bluetooth
Connection with smart devices	Bluetooth 4.2
Maximum radiated transmitting power	3 mW

## Exploded drawing/spare parts list



- With the drawing and list, identify the required spare part and note the number.
- Contact our customer service and give the number of the spare part. You find the contact details on the back of the manual or on our website.
- Clarify all further steps with our staff.

Under the following link you will find the exploded view and the spare parts list:  
[https://sportstech.link/us/swalk\\_spareparts](https://sportstech.link/us/swalk_spareparts)

*This manual represents a status at press date.*

*It is subject to changes without notice and to errors and omissions.*

*Please see <https://sportstech.link/us/swalk/> for the latest version of the manual.*

# FCC Information

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules.

These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.

However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

**FCC CAUTION:** To assure continued compliance, use only shielded interface cables when connecting to computer or peripheral devices. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

**IMPORTANT:** To satisfy exposure compliance requirements, the antenna and transmitter in the console must be at least 8 in. (20 cm) from all persons and must not be near or connected to any other antenna or transmitter.

**Note:** The FCC ID is located on the product

## Disposal

Waste electronic products must be handed over to a designated collection point for disposal to be recycled in an environmentally sound manner. Improper disposal of this product could result in harm to the environment or to human health. Check with your local waste authority or the retailer where you purchased this product for available collection facilities or further recycling advice.

Please avoid the generation of waste from electrical products as much as possible, e.g. by giving preference to products with a longer service life or by reusing electrical products instead of disposing of them.

You are responsible for deleting any personal data from this product before disposing of it.

# 1. Important Safety Notes



**WARNING! Danger from improper use!**

- Read all instructions and safety notes before using the device. Follow them carefully.
- **Danger of health damage or even death due to improper or excessive training!**
- **The device is not suitable for medical purposes and high accuracy applications.**
- Also apply common sense to prevent risks.



## PERSONAL REQUIREMENTS

### GENERAL REQUIREMENTS

**WARNING! Danger of health damage or even death due to improper or excessive training!** Using the device is strenuous for the circulation and the musculoskeletal system.

- The intensity of use (speed and incline) may **never exceed the current fitness of the user.**
- Always pay attention to physical signals. **The pulse measurement and other metrics may be inaccurate. Values should be used for reference only.**
- **Stop the training immediately in case of** discomfort, weakness, body aches, chest pain, nausea, shortness of breath or similar, and **consult a physician if necessary.**
- If necessary, seek medical advice before training; especially if you are older, have medical problems or have little experience with physical training.
- People with limited abilities or lack of experience may only use the device with a suitable supervisor and at low speed.

### WEIGHT AND AGE REQUIREMENTS

- **Only adult** persons are allowed to use the device.
- **The maximum permissible user weight is 286 lb (130 kg).**
- **Children under 14 years of age may never use the device or perform any cleaning or maintenance tasks on the device.**



## GENERAL CONDITIONS OF USE

- **Do not use the device commercially,** but only for home use. **Do not use the device for therapeutic purposes.**
- Children and animals must be kept at a **safe distance** of at least 10 ft (3 m) from the device. The moving running belt is particularly dangerous.
- This device is for **indoor use only.** Keep liquids away from the device (e.g. drinking water or wet hands). If the device has been spilled with liquid, **immediately disconnect it from the electrical supply outlet.** Make sure it is **completely dry** before the next use; also on the inside. If necessary, contact customer service.



## UNPACKING AND SETTING-UP

- **DANGER! Risk of suffocation!** Keep plastic bags and the like away from children and pets.
- Keep the packaging material during the return period to facilitate a possible return of the goods. Dispose of the packaging material later in accordance with local regulations (e.g. recycling).
- Only set up the device on a **firm, level** surface in **dry indoor areas.** Protect sensitive surfaces with a heat-resistant mat: The engine compartment can get hot.
- Set up the device with sufficient **clearance** in all directions; in particular, maintain a clearance of at least 6.6 ft (2 m) behind the device (see section "Setting up the device").
- Ensure that all **ventilation openings** of the engine compartment are **free** and clean. If there is a carpet under the device, it may not touch the underside of the device.

IMPORTANT SAFETY NOTES continue on the next page ==>



## ENSURE IMMEDIATELY BEFORE EACH USE

- Perform **visual inspection** before each use; especially check and correct the following:
  - Is the device standing safely and **stable**?
  - Is the **running belt** sufficiently **lubricated**, aligned centrally and sufficiently **tensioned**?
  - Are all **connections** (screws, nuts, etc.) tight ?
  - Is the **cable** intact?
  - Is the **area around** the device free from accident hazards such as sharp-edged objects, furniture, and other objects?
- In the event of **any defect** in the device or the cable, **do not use** the device, but secure it against any use and arrange for repair.
- Only use the device with correct electrical values and original cables with protective earthing. Do not use a distribution socket. Protect cables from heat and mechanical damage.
- Only use the device **with non-slip sports shoes**. Never use heels or spikes. Do not use it barefoot or on socks.
- If using **shoelaces**, ensure that they are **tied short and tight**.
- **Do not use** the device **with loose clothing, long shoelaces or towels** that could get caught.
- **Do not use** the device **with jewelry** or loose objects.
- **Do not use** the device under the influence of **alcohol, medication or drugs**.



## DURING USE

- The device may only be used by **one person** at a time.
- **Entering and starting the device:**
  - **Only enter** the device when **the running belt is at a standstill**.
  - Start the device at the lowest speed.
- **When using the device:**
  - Increase speed **only when the user is walking or running safely**. Change speed only **slowly**.
  - Never overexert yourself.
  - Only walk or run forwards; never sideways or backwards.
  - Do not stop walking or running while the belt is still moving.
- **Stopping and dismantling the device:**
  - For stopping, slowly reduce speed to a standstill (Speed +/- buttons).
  - Only dismount the device when the running belt is at standstill. Step off the device to the side.
- Do not eat or drink on the device.
- Keep liquids and dirt away from the device.
- Do not use sprays on or near the device



## IMMEDIATELY AFTER USE

- Turn off the switch next to the cable socket. Carefully disconnect the power cable from the device.
- Perform a visual inspection again: Is the device clean and intact?



## CLEANING, MAINTENANCE, ADJUSTING, STORING

- Perform maintenance tasks and adjustments regularly, but only according to the instructions.
- Never switch on the device in storage position.
- Store the device and power cord out of the reach of children and animals.
- Store the device in a dry, clean place protected from frost, heat and sunlight.



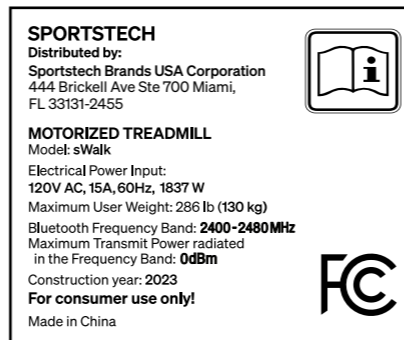
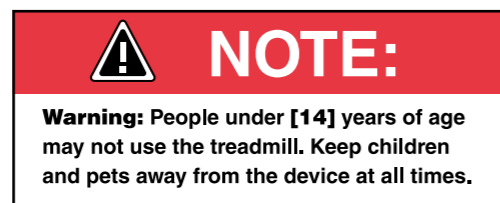
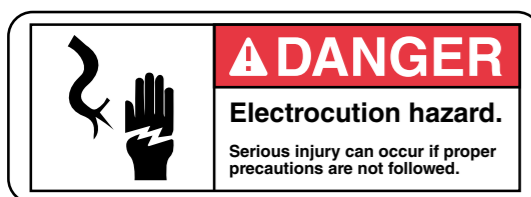
## HANDLING THE POWER SUPPLY

- Use the original power supply with the correct cable. Use it only if it is in perfect condition. Use it only indoors.
- Make sure that the connection values on site are within the permitted range.
- Place power supply and cables in such a way that there is no risk of tripping for you or others. Also, make sure that the power supply and cables are not exposed to mechanical stress.
- Make sure that the power supply is never covered or passes under the treadmill and that there is always sufficient ventilation during operation; to avoid overheating. Let the power supply cool down before storing it after use.
- Always keep the power supply and cables away from the following and other sources of danger: moisture or water, aggressive substances, flammable or explosive substances, heat sources, sharp- edged or pointed objects, especially metal and the like.
- If the power supply has defects (e.g. unusual smell), disconnect it from the electrical supply outlet; if possible without contact: switch off the fuse that supplies the socket in question.
- Any repairs may only be carried out by qualified and authorized persons.
- An irreparable power supply unit must be disposed of as separate electrical waste in accordance with local regulations.

## SAFETY STICKERS

The safety stickers must be at the positions shown in the following figure.

- Make sure they are always intact and fully readable.



### **WARNING!**

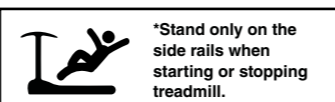
#### Risk of injuries from moving belt!

- Keep children and animals away from the treadmill.
- Do **not** move **fingers, feet or other limbs** or objects **under the moving belt**.
- Always wear **suitable footwear** for training.
- Make sure the belt is always properly **tensed and centered**.
- Reduce speed to **full stop** before descending.

#### Risk of electrical shock!

- Do not open the motor cover.
- Use the device only on a properly **grounded** socket.

**WARNING:** This product can expose you to lead, which is known to the State of California to cause cancer and birth defects or reproductive harm. (For more information go to [www.p65warnings.ca.gov](http://www.p65warnings.ca.gov))



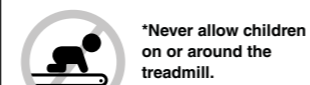
Change speed in small increments.

Hold handrails to prevent falling, and always wear the safety clip while operating the treadmill.

Stop if you feel faint, dizzy, or short of breath.

Fully engage the storage latch before the treadmill is moved or stored.

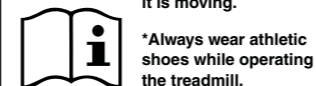
Incline should be set to zero before folding the treadmill into a storage position.



\*Remove the safety key when treadmill is not in use.



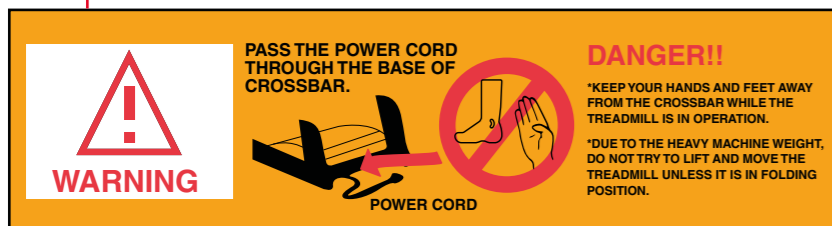
\*Never try to adjust or fix the belt while it is moving.



## **ATTENTION:**

Please adjust the tension of belt at middle speed as follows:

1. Adjust the bolts of rear roller with hexagonal Wrench's twirling clockwise.
2. Adjust moderation.
  - a. Deflection of both sides cannot be more than 5mm.
  - b. Tension: Make sure the belt is not slipping when in use.



## **WARNING**

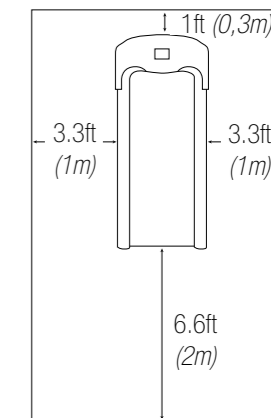
1. To avoid injury, never mount or dismount while the belt is moving.
2. Keep children and pets away from this device at all times.
3. Please power off and put the socket in a safe place to avoid accidental injury.
4. Please maintain the machine well. Do not open the cover discretionarily.
5. The machine is for home use only.

## 2. Setting up, Storing

### 2.1 SETTING-UP

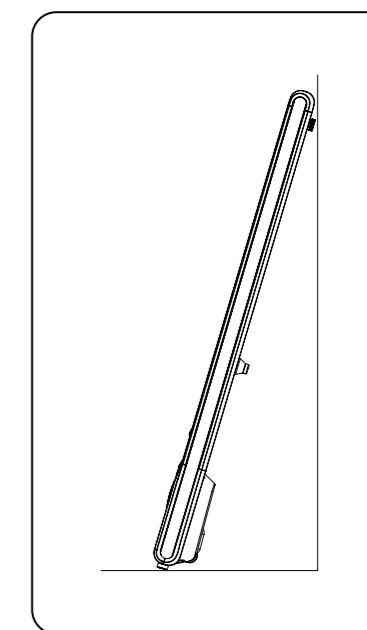
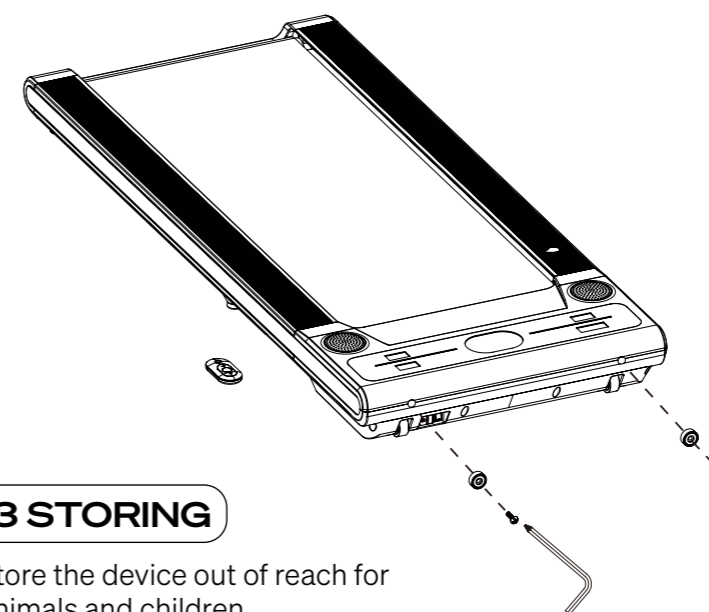
Find a location for the device that meets the following requirements:

- Dry interior
- Device does not cover any ventilation openings.
- Heat-resistant robust base; use floor protection mat if necessary
- Clearance of at least 6.6 ft (2 m) behind the device.
- Clearance of at least 3.3 ft (1 m) on both sides of the device.
- Clearance of at least 1.0 ft (30 cm) in front of the device.



### 2.2 OPTIONAL: FIXING THE PADS FOR STORING

- Loosen the two screws in the back of motor cover (see figure below).
- Attach the two pads to the groove. Fix them with the two screws by the Hex wrench provided.



### 2.3 STORING

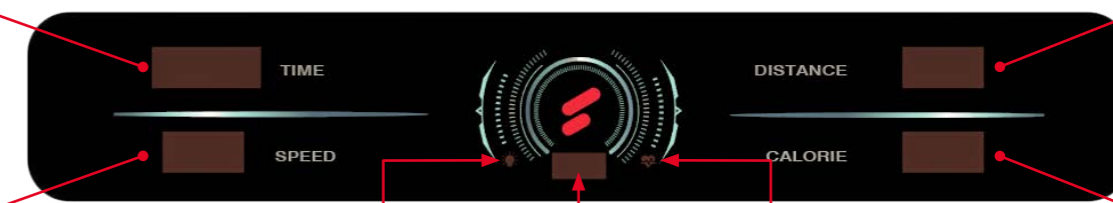
- Store the device out of reach for animals and children.
- Store in dry and clean indoor environment. Protect against direct sunlight. Protect against dust.

## 3. Control

### 3.1 DISPLAY

**TIME:** Elapsed time in minutes and seconds during current training.

**DISTANCE:** Walked distance during current training.



LEDs active

Pulse measuring device connected

Currently active program (P1-P4)

**SPEED:** Current speed (between 0.6 mph and 3.7 mph).

**CALORIES:** Burned calories (kcal) during current training (estimated value).

### 3.2 REMOTE CONTROL



- Start/stop training in free mode or with preselected program.
- In standstill: Select a training program (P01-P04).
- Press several times until the desired program number is displayed.
- Hold for 3 seconds to switch on or off the light strips.
- Increase speed.
- Decrease speed.

## 4. Training

### 4.1 OVERVIEW OF THE TRAINING OPTIONS

- Free training with manual setting of speed.
- Training with 12 preset programs with target value for duration or distance



**WARNING!** Heart rate monitoring systems may be inaccurate. Values should only be used as reference. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

- Do not overexert yourself or others when performing the training! Always respect individual general and daily fitness!

### 4.2 CHOOSING AND MONITORING THE TARGET PULSE

The pulse rate in BPM ('Beats per Minute') indicates very well if you are training according to your target and your current personal fitness level. The BPMs for the targets depend not at least on the age. You should monitor your pulse in a suitable way.

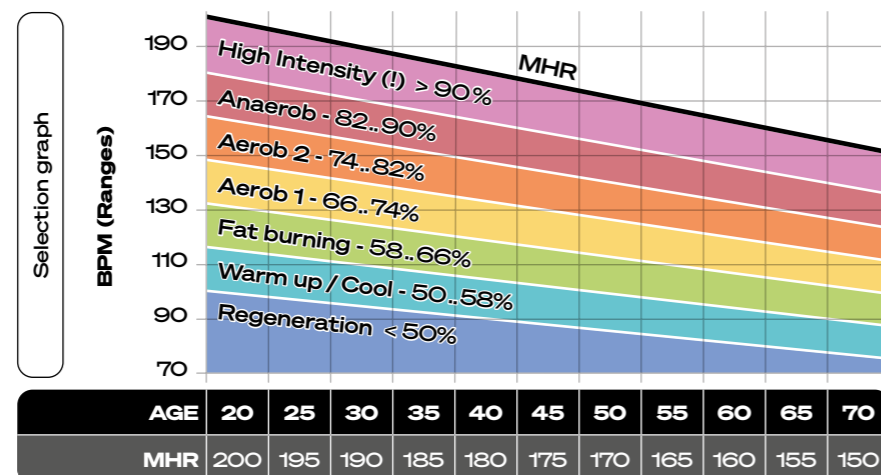
- For heart rate measurement you can put on a heart rate belt or a heart rate wristband.

Select a guide value for your target pulse as follows:

- Select your age in the graphic on the right.
- Below, your age-typical maximum pulse (MHR) is shown as an estimated value.

The **Selection graph A** allows to determine a **Target pulse range**.

- From your age value, go up into the colour field which corresponds to your training target.
- Then go straight to the left and read the target pulse range from the scale.



In any case:

- Check if the determined target pulse suits your **needs**. If not, re-adjust it until you've found your individual optimum value.

### 4.3 STRETCHING FOR WARMING UP AND COOLING DOWN

- To begin your training session, do some stretching. Never overstretch your muscles.
- We recommend performing each of the following exercises 10 times and to repeat the complete cycle up to five times. Then make your training according to your personal fitness level.
- After training, also do stretching exercises to properly cool down.

1



#### HEAD ROLLS

Rotate your head to the right for one count, feeling the stretch up the left side of your neck, then rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, then drop your head to your chest for one count.

2



#### SHOULDER LIFTS

Lift your right shoulder toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

3



#### SIDE STRETCHES

Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.

4



#### QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot.

5



#### INNER THIGH STRETCH

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.

6



#### INNER THIGH STRETCH

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.

7



#### HAMSTRING STRETCHES

Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg.

8



#### CALF / ACHILLES STRETCH


Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.

### 4.4 FREE TRAINING

- When you are ready, press the **Start button** on the console. The treadmill starts moving.
- Set your feet on the treadmill in quick succession and start walking.
- If desired, change the speed and/or incline of the treadmill with the corresponding buttons on the control panel. **Never overexert yourself!**
- If you want to stop the training, press the **'Stop'** button on the control panel.
- If a target value is set, the computer stops automatically when it is reached.

## 4.5 TRAINING IN PROGRAM MODE (P01-P04)

The computer offers 4 programs (P01-P04). The speed progress in each program is shown below.

- Press the  button on the remote control until the number of the desired program is shown.
- Press the START/STOP button on the remote control to begin the training.
- If desired, adapt the speed with the + / - buttons on the remote control.
- If desired, interrupt the training with the START/STOP button on the remote control.

MINUTE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	
PROGRAM	P01 (mph)	1,5	1,5	1,5	1,5	2	2	1,5	1,5	1,5	1,5	1,5	2	2	2	2	1,5	1,5	1,5	1,5	
	P02 (mph)	1,5	1,5	1,5	1,5	2	2	2	2	2,5	2,5	2,5	2,5	2	2	2	2	1,5	1,5	1,5	1,5
	P03 (mph)	2	2	2	2	2,5	2,5	2,5	2,5	2,5	2,5	2,5	2,5	2	2	2	2	1,5	1,5	1,5	1,5
	P04 (mph)	2,5	2,5	2,5	2,5	2,5	2,5	3	3	3	3	4	4	3	3	3	2,5	2,5	2,5	2,5	2,5

## 4.6 STEPPING OFF IN AN EMERGENCY

If for example dizziness or pain occurs during exercise, dismount as follows:

**A.** Stop the treadmill with the START/STOP button on the remote control. Wait until the belt has come to a standstill. Then carefully step off to the side.

**B.** If the remote control is currently not available, place your feet on the side surfaces. Then carefully step off the treadmill without touching the moving belt. Switch off the treadmill.

## Further information

Scan here for  
**Manuals, eBooks etc.**



<https://sportstech.link/us/swalk>

**We are also on Social Media!**

Product information, training content  
and much more:



Instagram-page  
<https://www.instagram.com/sportstech.official/>



Facebook-page  
<https://www.facebook.com/sportstech.de>

## 5. Bluetooth audio function



You can use the loudspeakers on the console to play audio from your terminal.

- Switch on the Bluetooth function on the playback device. Make the playback device visible in Bluetooth.
- Select 'BTMP3' from the list of nearby Bluetooth devices and pair with your playback device.
- Control playback and volume via your playback device.

### SPORTSTECH LIVE APP

The Sportstech LIVE App offers you,  
among other things:

- Individual workouts with professional trainers
  - Landscape and outdoor videos
  - Determining training priorities
  - Training data in real time
  - Training history and metrics
  - Compete with others in Competition Mode - collect trophies in Ranking
  - Equipment-independent workouts, e.g. for yoga
  - Delicious and varied cooking recipes
- ...and much more!



## 6. Troubleshooting

Problem	Possible reason	Possible solution
Device does not switch on or does not start	Power cable not plugged in	Plug in the power cable
	Electronic fuse has tripped	Press the reset button next to the power connection on the device.
Running belt slips	Running belt not tightened enough	Tension the running belt
Running belt faltering during use	Running belt not lubricated enough	Refill silicone oil
	Running belt too tight	Relax the running belt
Running belt not centered	Running belt unevenly tensioned	Adjust the running belt centrally

In all cases of doubt, contact our customer service. You find the contact details on the last page.

# 7. Cleaning and maintenance

## 7.1 CLEANING

- After each use, wipe sweat from the device with a slightly wetted cloth.
- Never allow moisture or humidity to reach the computer or other electrical or electronic components.
- Do not use abrasives or solvents.

## 7.2 MAINTENANCE

- Before and after each training session, check that the device is in perfect condition. Also check that all fastening parts and protective covers are in place and intact. Tighten bolts and nuts if necessary.

## 7.3 LUBRICATING

For proper functioning and long life of the device, the running belt must be adequately lubricated with silicone oil. There are thin tubes on the underside of the device as a lubrication system.

### 7.3.1 Lubrication and inspection intervals

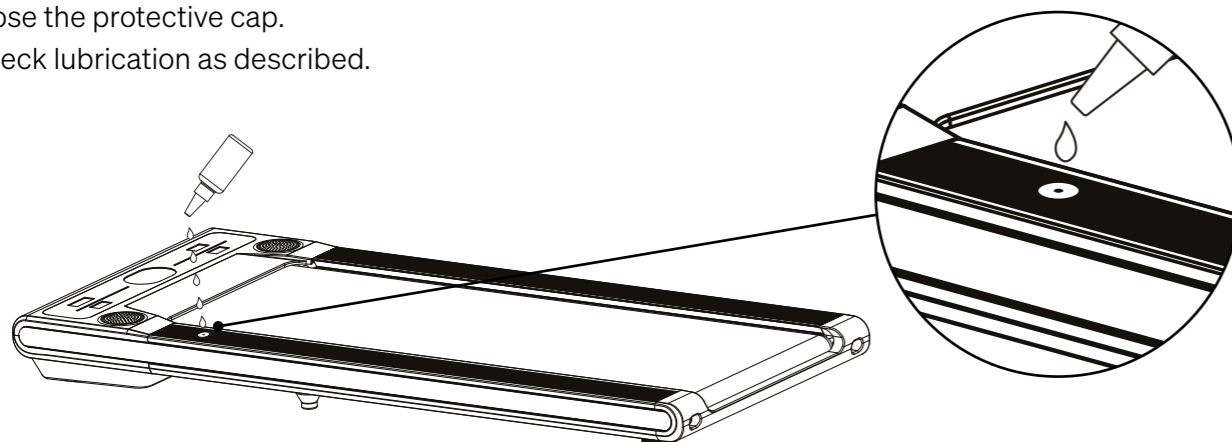
- Refill with silicone oil after the first 25 hours of operation (or 2-3 months).
- Check the lubrication regularly.
- Top up with silicone oil at least every 50 operating hours (or 5-8 months).
- Run on the treadmill at a slow speed for 3 to 5 minutes to evenly distribute lubricant.

### 7.3.2 Checking lubrication

- Make sure that the electrical supply plug of the device is disconnected.
- Lift the running belt on one side. Run your finger over the top of the running deck under the running belt.
  - If the running deck feels slightly oily, the lubrication is sufficient
  - However, if the running deck feels dry, you need to top up with silicone oil.

### 7.3.3 Re-filling silicone oil

- Remove the protective cap of the oil system in the left rail of the treadmill.
- Carefully pour in a few drops of oil.
- Close the protective cap.
- Check lubrication as described.



## 7.4 ADJUSTING THE RUNNING BELT

The running belt is tensioned at the factory. However, due to stretching, it may be necessary to re-tension and readjust the running belt after some time. This is done via screws in the end caps of the running belt frame, which can be turned with the Allen key supplied.

### 7.4.1 Checking the tension of the running belt

If the running belt slips when stepping on, when changing speed or already when switching on, it is probably too weakly tensioned. However, the running belt may neither be too tight, as this increases the wear of the ball bearings, among other things.

- Ensure that no children or animals approach the treadmill.
- Switch on the device and run the belt at 2.5 to 3.7 mph (4 to 6 km/h) and observe the run.

### 7.4.2 Uniform retightening of the running belt

- Turn the screws alternately on both sides evenly and carefully about a quarter turn **clockwise** to increase the tension. Do not stretch too much.
- Check that the running belt is centered and adequately tensioned.

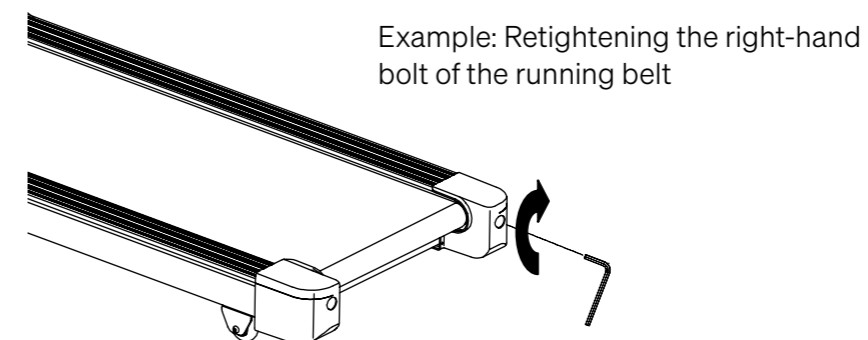
### 7.4.3 Relaxing the running belt

In rare cases, the running belt may be too tight. Then:

- Carefully turn the screw(s) about a quarter turn **anticlockwise** to reduce the tension.
- Check that the running belt is centered and adequately tensioned.

### 7.4.4 Adjusting the running belt centrally

- If the belt does not run centrally, the tension must be increased on the side to which it is drifting. (drifting to the right => tighten slightly on the right or relax slightly on the left; drifting to the left => tighten slightly on the left or relax slightly on the right)
- Retighten by a maximum of a quarter turn, then check the central running again.



Example: Retightening the right-hand bolt of the running belt




Tool: Allen key







**Distributed by**

 Sportstech Brands USA Corporation  
444 Brickell Ave Ste 700 Miami,  
FL 33131-2455



 <https://www.sportstech.care>  
 [service@sportstech.care](mailto:service@sportstech.care)



<https://sportstech.link/us/swalk>