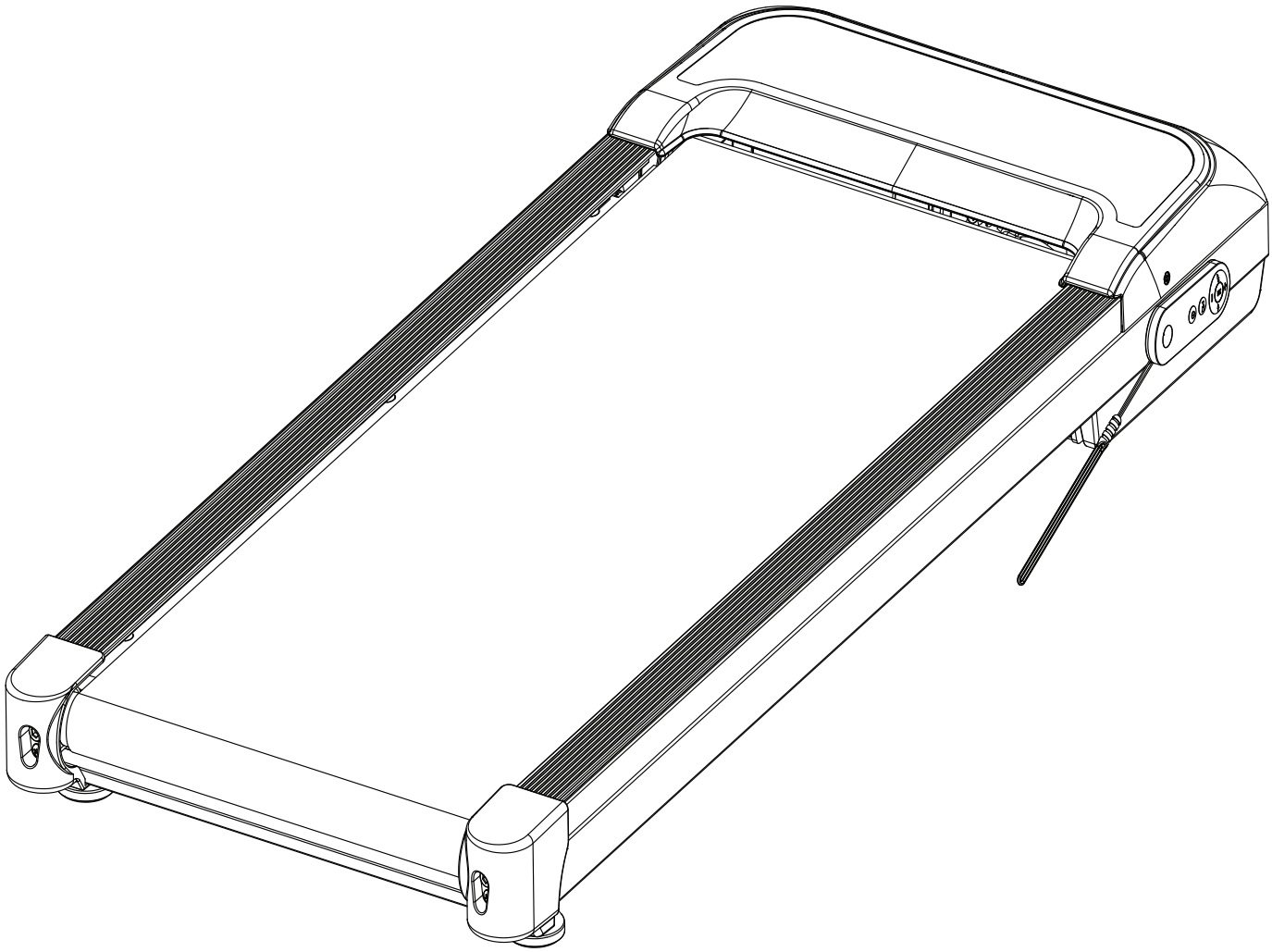
Inclining Walking Pad

MVT111

UPLIFT DESK
Work better. Live healthier.



Scan for product webpage

For assembly assistance, chat us at upliftdesk.com/contact, call 800-349-3839, or email support@upliftdesk.com

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Safety and Warnings

CAUTION: Read all instructions before assembly. Failure to assemble or operate this product properly may result in damage or personal injury. Please retain this manual for future reference.

WARNING: If the Walking Pad display shows an "E0C" error code, **turn off the power switch immediately** and disconnect the power cord. Do not attempt to operate the Walking Pad. Contact us at support@upliftdesk.com.

I. General Operation & Setup Warnings:

- If multiple Walking Pads are to be used in close proximity to each other, the remotes must be paired to each individual machine.
- Failure to read and follow all instructions in the user manual before operation may result in serious injury or property damage.
- Ensure adequate clearance (at least 3 feet behind and 1 foot on each side) around the Walking Pad to prevent obstructions or falls.
- Plug into a 120V grounded outlet only. Do not use adapters or extension cords. Keep the power cord away from heated surfaces and walking paths to avoid tripping hazards or damage. Never use the Walking Pad if the power cord or plug is damaged as this can cause a risk of fire and electric shock. Using a voltage converter is considered improper use and can cause damage to the Walking Pad.
- Place the Walking Pad on a level, stable surface. Do not operate on uneven floors or thick carpeting which may obstruct airflow or stability.
- Do not place or use chairs or stools on the Walking Pad belt.
- Consult your physician before starting any exercise program, especially if you have pre-existing health conditions.
- Immediately stop exercising if you feel pain, dizziness, nausea, shortness of breath or any discomfort. Consult a physician.
- This product is intended for indoor use only. Do not use outdoors or in wet/damp conditions.
- Do not use accessories that are not recommended by UPLIFT Desk.

II. User Safety & Health Warnings:

- Keep children and pets away from the Walking Pad at all times, especially during operation. This is not a toy.
- Keep fingers and body parts clear of the running belt.
- Always wear athletic shoes with good support while using the Walking Pad.
- Opt for comfortable, form-fitting athletic wear that can't get caught in the moving belt. Avoid loose clothing and accessories such as scarves or baggy pants that are too long.
- Stand with your feet on the side rails (straddling the belt) before you turn the Walking Pad on. Start the belt at a very slow pace (e.g., 1-1.5 mph). Once the belt is moving slowly and you're ready, carefully step onto the moving belt. This prevents being surprised by a sudden start. Gradually increase the speed once you're comfortable.
- Allow the running belt to fully stop prior to getting off the Walking Pad.
- Begin exercising at a slow pace to acclimate yourself to the Walking Pad. Gradually increase speed and duration as your fitness improves.
- Maintain a steady gaze forward and use your arms to aid balance. Using the Walking Pad at a standing desk is useful for maintaining balance. Avoid excessive distractions while walking.
- Do not exceed the maximum user weight limit of 240lb. Exceeding this limit may result in injury or damage to the unit.
- Only one person should operate the Walking Pad at a time. Do not leave the Walking Pad running while not in use.
- Unplug the Walking Pad from the power outlet when not in use, before cleaning or performing maintenance.
- Drink plenty of water before, during and after exercise.

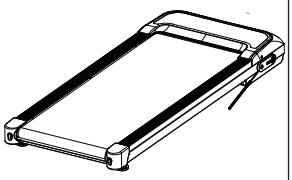
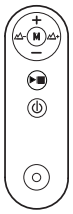
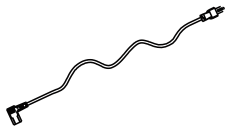
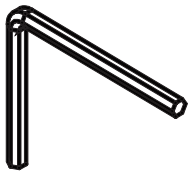
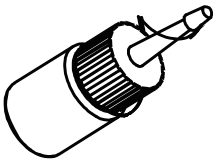
III. Specific Under-Desk Use Considerations:

- Ensure your desk is stable and secure before operating the Walking Pad. An unstable desk could tip or cause distractions.
- Secure all cables (power, monitor, etc.) to prevent tripping hazards or entanglement with the Walking Pad.
- Be mindful of your desk environment while walking. Avoid bumping into objects or spilling liquids.
- Do not place objects (drinks, laptops, etc.) directly on the Walking Pad belt or motor housing.

IV. Maintenance & Storage Warnings:

- Perform regular maintenance as described in this user manual to ensure safe and optimal operation.
- Use caution when moving the Walking Pad. Lift Walking Pad with your legs, not your back and seek assistance for a two person lift if needed.
- Store the Walking Pad in a dry, safe place away from excessive heat or moisture with the power cord disconnected.
- Do not attempt to service or repair the Walking Pad yourself. Refer all servicing to qualified service personnel.
- Inspect the Walking Pad regularly for any signs of damage, loose parts or wear. Do not operate if damaged.

Package Contents

Walking Pad	Remote Control	Power Cord	Allen Wrench	Silicone Lubricant
				

Assembly Instructions

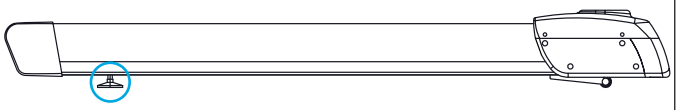
Step 1 - Inventory of Parts

Before discarding any packaging, lay out all the parts from each box and verify that every item listed in the package contents is present.

If a part seems to be missing, check the boxes carefully to ensure it isn't there. If you confirm the part is missing, contact us at (800) 349-3839 or email support@upliftdesk.com before starting assembly.

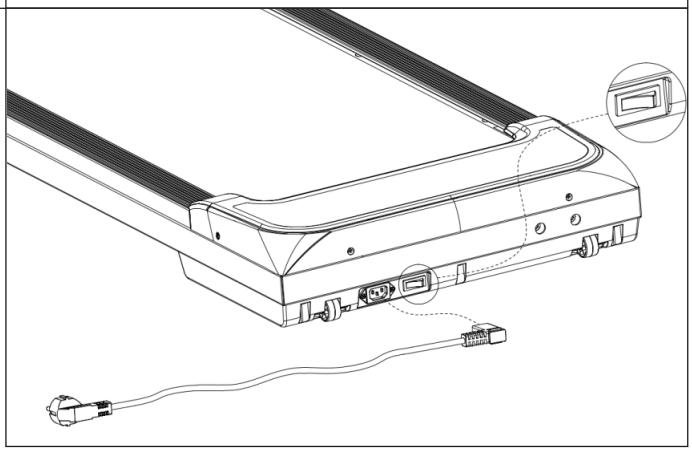
Step 2 - Place and Level the Walking Pad

Place the Inclining Walking Pad flat on the ground. In case of uneven ground or Walking Pad shaking, adjust the two rear foot pads to have contact with the ground. Review the 'General Operation & Setup Warnings' section at the beginning of this manual before proceeding.

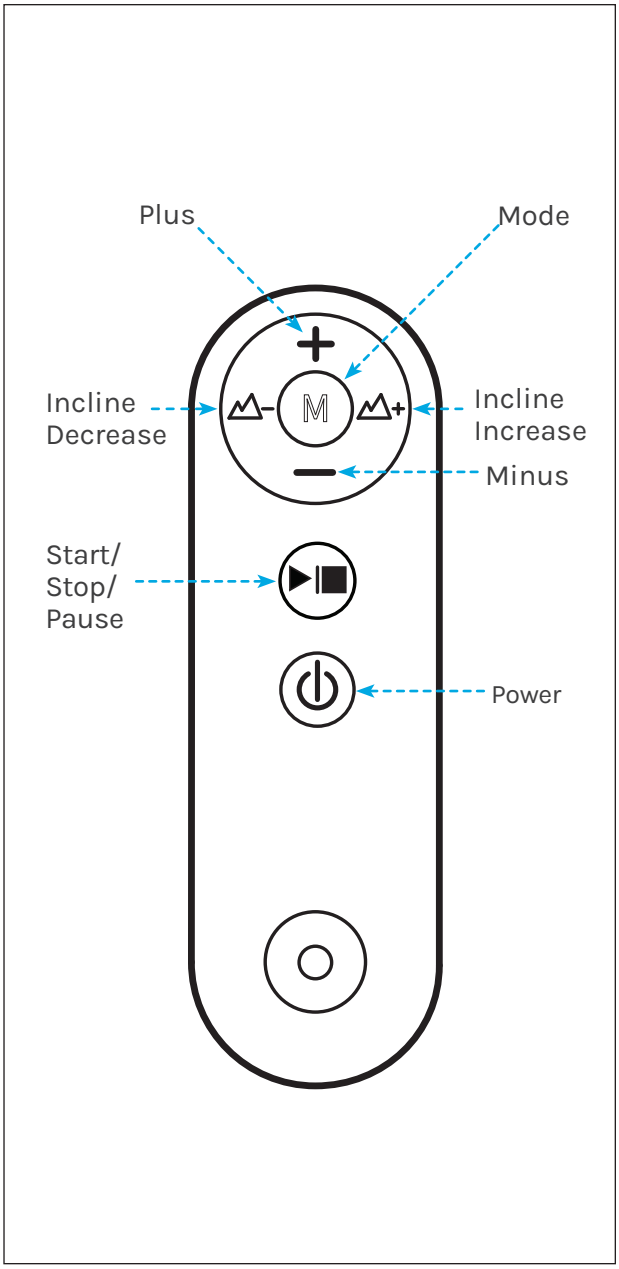


Step 3 - Power Cord and Switch

Plug the power cord into the front socket of the Walking Pad, then switch on the power at the front to enter standby mode. Operate the Walking Pad using the Remote.



Step 4 - Remote Control Button Function



Start/Pause/Stop Button
When the Walking Pad power is on and in standby mode, pressing this button will start the Walking Pad belt moving. A short press of the button will pause the Walking Pad and lower the incline. Resuming from pause will have a starting speed of 0.6 mph. A long press of three seconds will stop the Walking Pad and reset it to zero.

Plus and Minus Buttons
Press plus to increase or minus to decrease the speed of the Walking Pad in 0.2 mph increments.

Mode Button
Pressing the Mode button cycles through a selection of modes listed below.

"0:00" is the manual mode. This number will count up for time, distance and calories burned.
"30:00" is the time countdown mode.
"1.0" is the distance countdown mode.
"50.0" is the calorie countdown mode.
When selecting various modes, the plus and minus buttons can be used to set the countdown values. After the setting is completed, press the Start button to start the Walking Pad.

Elevation Buttons
While the Walking Pad is running, the incline can be changed by ~0.3 degree increments with the Incline Increase and Incline Decrease buttons.

Power Button
While in operation, the Power button can be used to stop the Walking Pad and reset all values to zero.
While in standby mode, the Power button can be used to wake the Walking Pad.
While paused, the power button will reset the Walking Pad to zero.

Remote Pairing Instructions

- Turn on the power switch located at the front of the Walking Pad.
- Within 5 seconds of turning on the power switch, point the remote at the Walking Pad and press and hold the "+" button.
- The Walking Pad will begin to beep rapidly indicating it has recognized the pairing signal. Continue holding the button until the beeping stops.
- The remote is successfully paired when the beeping stops.

Remote Unpairing Instructions

- Turn on the power switch located at the front of the Walking Pad.
- Within 5 seconds of turning on the power switch, point the remote at the Walking Pad and press and hold the "-" button.
- The Walking Pad will begin to beep rapidly indicating it has recognized the signal. Continue holding the button until the beeping stops.
- The remote is successfully unpaired when the beeping stops.

The Remote Control is conveniently held to the Walking Pad's front, right side by a magnet.

Step 5 - Display Window

During operation the display will cycle through the current speed, time, distance, calories burned and incline information.

Speed:

The Walking Pad speed has a range of 0.6 to 4.0 mph.

Time:

The timer can be set to count up from 0 or count down from a specified period of time. Use the Mode button to set the count down timer.

When counting up, the timer will restart after it reaches 99 minutes and 59 seconds (99:59).

The count down timer is used to set a predetermined period of exercise time. When the timer reaches 0, the Walking Pad will slow, then stop and enter standby mode.

Distance (DIST):

Distance walked can be set to count up from 0 or count down from a specified distance. Use the Mode button to set the count down distance.

When counting up, the maximum distance is 999 miles. The distance will reset to 0 after 999 miles have been reached.

The count down distance is used to set a predetermined walking distance. When this distance has been reached, the Walking Pad will slow, then stop and enter standby mode.

Calories (CAL):

Calories burned can be set to either count up from 0 or count down from a specified number of calories. Use the Mode button to set the desired number of calories to burn.

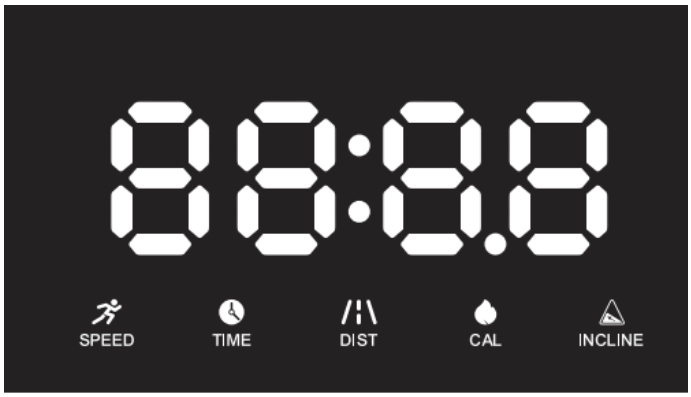
When counting up, once the calories burned reaches 9,999 the counter will restart.

The count down calorie count allows for a predetermined amount of calories to be burned. Once this number has been reached, the Walking Pad will slow, then stop and enter standby mode.

Incline (INC):

The incline value of the Walking Pad can be set within a range of 0 to 12 with a maximum grade of 7% or about 4 degrees.

Count Down Mode Parameters and Setting			
Parameter	**Initial Settings**	**Initial Values**	**Range**
Speed	0.0	0.6	0.6 - 4.0
Time (minutes: seconds)	0.0	30	0 - 99.59
Distance (mile)	0.0	1.0	0 - 999
Calories (kcal)	0.0	50	10.0 - 999
Incline	0	0	0 - 12



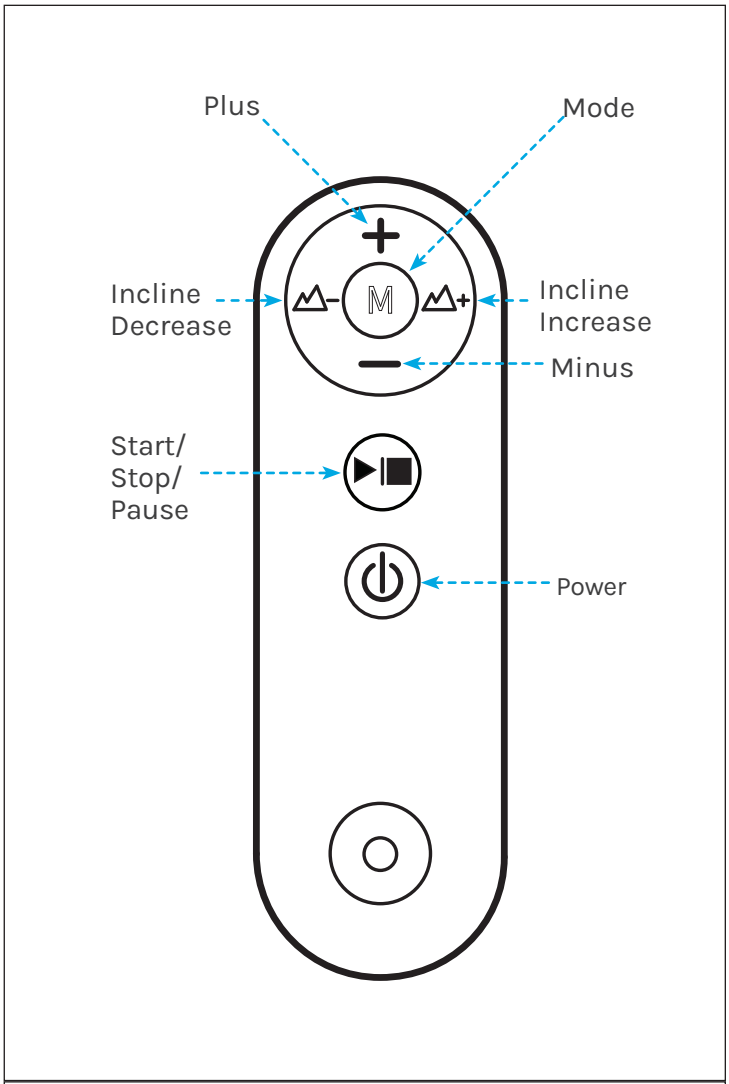
Step 6 - Operating Walking Pad

Press the Start/Stop button on the remote to initiate a three second countdown followed by a long beep. The Walking Pad will begin moving at its slowest speed of 0.6 mph.

- + button - increases the speed of the Walking Pad.
- - button - decreases the speed of the Walking Pad.
- Incline + button - increases the slope of the Walking Pad.
- Incline - button - decreases the slope of the Walking Pad.
- Start/stop button - pauses the Walking Pad.
- Power button - slows then stops the Walking Pad.
- Mode button - programs the Walking Pad.

The Walking Pad will go into standby mode after five minutes of no operation.

To shut down the Walking Pad, turn off the power switch located at the front of the machine near the



Step 7 - Moving Walking Pad

Turn off the power switch located at the front of the Walking Pad and unplug the Power Cord.

Make sure nothing is on or near your Walking Pad which might spill, be knocked off, or prevent the Walking Pad from moving.

Lift the back of the Walking Pad to engage the wheels and roll it to the desired location.

CAUTION: When lifting, use proper safety precautions and lifting techniques. Bend your knees and elbows, keep your back straight and lift evenly with both arms.



Walking Pad Maintenance

Always unplug the motorized Walking Pad before cleaning or maintaining the product.

Cleaning

A thorough cleaning will extend the life of the Walking Pad. Remove dust regularly to keep parts clean. Be sure to sweep the exposed portions of the Walking Pad belt as this will minimize buildup under the belt. The surface of the running belt should be cleaned with a soapy damp cloth. Let the running belt thoroughly dry before use. Take care to not splash water on the electrical components and under the running belt.

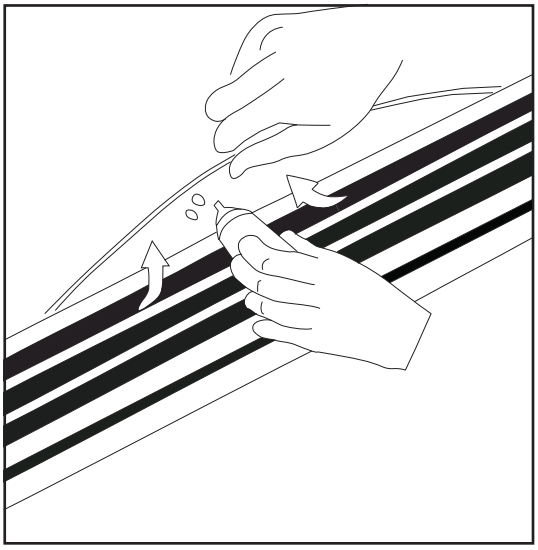
Belt Lubrication

This motorized Walking Pad is pre-lubricated from the factory.

Use only 100% silicone lubricant and avoid using aerosol silicone sprays which include additives and petroleum distillates. One ounce of silicone lubricant should be used for each application.

Apply lubricant between the running belt and the running board of the motorized Walking Pad according to the following schedule:

- Light use (less than 3 hours per week): lubricate once a year.
- Medium use (3-5 hours per week): lubricate every 6 months.
- Heavy use (more than 5 hours per week): lubricate every 3 months.



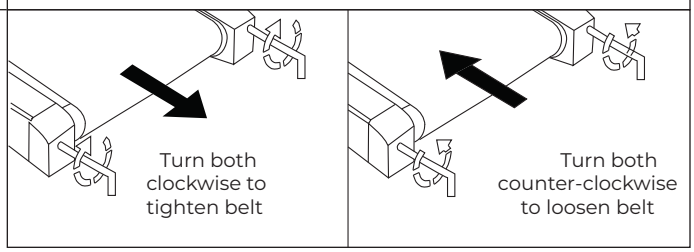
Belt Tensioning

Proper tension of the belt is crucial to the longevity of the Walking Pad. The belt should be able to be lifted away from the running board about 2 inches.

If the belt begins to slip and needs to be tightened, tension bolts are accessible from the back of the Walking Pad. Before tensioning the belt, start the Walking Pad and set the speed to 3 mph (5 kph).

While the belt is running use the Allen wrench included with the Walking Pad to turn the right and left tension bolts one quarter turn clockwise.

Test to see if the slipping is eliminated. If the belt continues to slip, repeat the adjustment procedure of tightening the tensioning bolts one quarter turn at a time.



NOTE: Adjusting one side more than the other will cause the belt to drift to the side of the treadmill and will require belt alignment. Check to be sure the running belt is still aligned. If belt alignment is off, refer to Belt Alignment section.

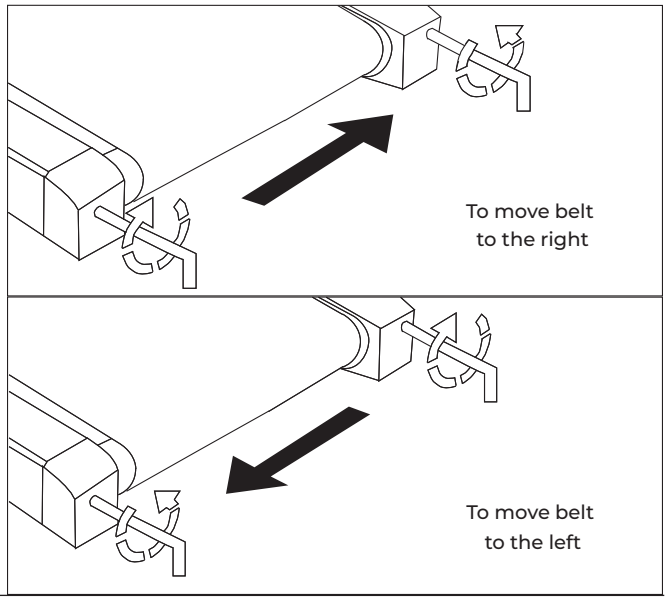
CAUTION: DO NOT tighten more than 2 full turns on each side. Over tensioning the belt can cause unnecessary friction and wear and tear on the belt, motor and electronics.

Belt Alignment

Place the Walking Pad on a level surface. Set the Walking Pad at 3mph and observe the running belt deviation.

If the running belt is to the right, turn off the power switch and turn the right adjusting bolt 1/4 turn in a clockwise direction. Run the Walking Pad at 3mph and observe the running belt deviation. Repeat the adjustment steps until the running belt is centered.

If the running belt is to the left, turn off the power switch and turn the left adjusting bolt 1/4 turn in a clockwise direction. Run the Walking Pad at 3mph and observe the running belt deviation. Repeat the adjustment steps until the running belt is



Troubleshooting

If you receive an error code on the display that begins with “E” and is followed by a two-digit number, follow these steps to reset the Walking Pad:

1. Power Down: Turn off the power switch at the front of the Walking Pad and disconnect the power cord from the outlet.

2. System Discharge: Wait for approximately 15 seconds to allow the system to fully discharge.

3. Belt Check: While the power is OFF, try to manually move the running belt. If the belt can be moved freely by hand continue to the next step. If the belt cannot be moved freely, add Belt Lubrication as described previously before moving onto the next step.

4. Power Up: Plug the power cord back in and turn on the Walking Pad’s power switch.

If the error code disappears, the system has been reset successfully and the Walking Pad is ready to use.

If the error code persists, contact us at (800) 349-3839 or email support@upliftdesk.com.

WARNING: If the Walking Pad display shows an “E0C” error code, **turn off the power switch immediately** and disconnect the power cord. Do not attempt to operate the Walking Pad. Contact us at support@upliftdesk.com.

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