



GREAT MINDS **WALK™**

www.unsit.com
800-515-7990

DISPONIBLE EN ESPAÑOL EN WWW.UNSIT.COM
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OWNER'S MANUAL

Revision 1 - April 28, 2016

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CONGRATULATIONS!

WE ARE REALLY EXCITED FOR YOU!

You are about to experience the benefits of using the Walk-1. We know from personal experience and the experience of many others that unsitting is a wonderful thing.

Will it increase your creativity? Will it become a natural part of your day? Will you enjoy spreading the word to others? We believe so. The research supports it. The testimonials from users do, too. But reading about it is no replacement for doing it.

The Walk-1 is not a toy or a novelty. It's a tool. And like any tool, you'll get better at it the more you use it. We've built in a lot of features to make the transition from standing to walking as simple as possible.

We are also always looking for feedback. This is a revolution and the more we all communicate the better it will be for all of us. So please let us know how it's going. And if you have any comments or questions, please drop us a note.

We hope you enjoy the journey. Start walking.

“All truly great thoughts are conceived while walking.”

~ Friedrich Nietzsche

SAFETY WARNINGS

THIS PAGE CONTAINS VERY IMPORTANT SAFETY INFORMATION. READ THIS ENTIRELY BEFORE USING YOUR UNSIT WalkingPlatform

THIS WalkingPlatform IS FOR COMMERCIAL USE ONLY.

USE OF A **WalkingPlatform** (or any exercise equipment) CAN CAUSE SERIOUS INJURY OR DEATH. BEFORE USING THE UNSIT **WalkingPlatform**, CONSULT YOUR DOCTOR. IF AT ANYTIME YOU FEEL CHEST PAINS, NAUSEA, DIZZINESS OR SHORTNESS OF BREATH, STOP WALKING IMMEDIATELY AND CALL YOUR DOCTOR, OR 911.

We've designed and built your UNSIT **WalkingPlatform** to be as safe as possible. BUT THIS **WALKINGPLATFORM** STILL PRESENTS DANGERS, ESPECIALLY TO CHILDREN AND PETS.

Here is a list of Do's and Don'ts:

POSITION THE **WalkingPlatform** WHERE IT HAS AT LEAST 3 FEET (1 meter) CLEARANCE BEHIND THE **WalkingPlatform**, IN CASE YOU SHOULD FALL.
(SEE DIAGRAM 1)

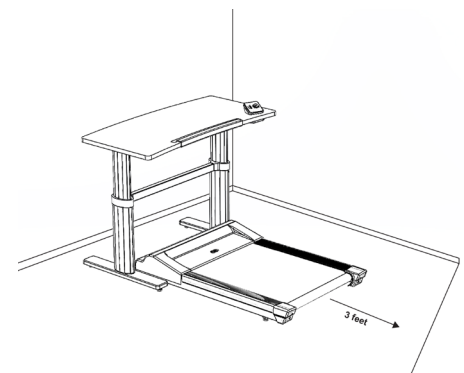


DIAGRAM 1

MAKE SURE YOU HAVE INSTALLED THE EMERGENCY STOP TETHER UNDER THE FRONT OF YOUR DESK PER THE SETUP INSTRUCTIONS (see page 16).

ALWAYS WEAR THE RED SAFETY TETHER CLIPPED TO YOUR CLOTHING. THE **WalkingPlatform** WILL NOT TURN ON IF THE RED TETHER IS NOT PLUGGED INTO THE E-STOP SWITCH.

KEEP CHILDREN AND PETS AWAY FROM THE **WalkingPlatform**.

WHEN OPERATING THE **WalkingPlatform**, CHILDREN AND PETS SHOULD BE AT LEAST 10 FEET (3m) AWAY FROM THE **WalkingPlatform**.

CHILDREN AND PETS CAN CATCH THEIR FINGERS OR PAWS IN THE MECHANISM, WHICH COULD CAUSE SERIOUS AND PERMANENT INJURY.

ALWAYS WEAR SHOES WHILE WALKING.

THIS IS AN ELECTRIC-POWERED DEVICE, AND ELECTRIC SHOCK CAN OCCUR, THEREFORE:

DO NOT HAVE WATER OR LIQUIDS ANYWHERE NEAR THE **WalkingPlatform**.

USE THE **WALKINGPLATFORM** ONLY INDOORS, NOT OUTDOORS. SHOULD WATER OR ANY LIQUID GET IN THE **WALKINGPLATFORM'S** MOTOR COMPARTMENT OR CONTROLLER. IMMEDIATELY UNPLUG THE **WALKINGPLATFORM** FROM THE WALL OUTLET AND CALL OUR CUSTOMER SUPPORT FOR A REPAIR TECHNICIAN.

WHEN THE **WALKINGPLATFORM** IS NOT IN USE, UNPLUG IT FROM THE WALL. ALWAYS UNPLUG THE **WALKINGPLATFORM** WHEN CLEANING OR SERVICING IT.

DO NOT DROP ANY OBJECTS INTO THE MOVING PARTS OF THE **WALKINGPLATFORM**.

DO NOT WEAR CLOTHING OR JEWELRY THAT COULD BECOME CAUGHT IN THE MOVING MECHANISMS OF THE **WALKINGPLATFORM**.

USE EXTREME CAUTION WHEN STARTING UP THE **WALKINGPLATFORM** AND STOPPING OR STEPPING OFF.

SAVE THESE SAFETY PRECAUTIONS FOR FUTURE REFERENCE,

AND MAKE SURE ANYONE WHO USES THE **WALKINGPLATFORM** READS THIS.

WARNING — To reduce the risk of burns, fire, electric shock, or injury to persons:

1. A **WalkingPlatform** should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
2. Close supervision is necessary when this **WalkingPlatform** is used by, on, or near children, invalids, or disabled persons.
3. Use this **WalkingPlatform** only for its intended purpose, as described in this manual. Do not use attachments not recommended by the UNSIT.
4. Never operate this **WalkingPlatform** if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the **WalkingPlatform** to a service center for examination and repair.
5. Never operate the **WalkingPlatform** with the air openings blocked. Keep the air openings free of lint, hair, and the like.
6. Never drop or insert any object into any opening.
7. Do not use outdoors.
8. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
9. To disconnect, turn all controls to the OFF position, then remove plug from outlet.
10. Connect this **WalkingPlatform** to a properly grounded outlet only. See Grounding Instructions to follow.

SAVE THESE INSTRUCTIONS for future reference



AVERTISSEMENTS DE SÉCURITÉ

CETTE PAGE CONTIENT DES INFORMATIONS DE SÉCURITÉ TRÈS INPORTANTES. LISEZ ENTIÈREMENT CECI AVANT D'UTILISER VOTRE PlateformedeMarche UNSIT.

CETTE PlateformedeMarche EST POUR UNE UTILISATION COMMERCIALE SEULEMENT.

L'UTILISATION D'UNE PlateformedeMarche (ou tout autre équipement d'exercice) PEUT CAUSER DES BLESSURES GRAVES OU LA MORT. AVANT D'UTILISER LA PlateformedeMarche UNSIT, CONSULTEZ VOTRE MÉDECIN. SI À N'IMPORTE QUEL MOMENT VOUS RESSENTEZ DES DOULEURS DE POITRINE, DE LA NAUSÉE, DES ÉTOURDISSEMENTS OU DES ESSOUFLEMENTS, ARRÊTEZ DE MARCHER IMMÉDIATEMENT ET APPELEZ VOTRE MÉDECIN, OU 911.

Nous avons conçu et construit votre **PlateformedeMarche** UNSIT pour être aussi sécuritaire que possible. PAR CONTRE, CETTE **PLATEFORMEDEMARCHE** REPRÉSENTE TOUT DE MÊME DES DANGERS, SURTOUT ENVERS LES ENFANTS ET ANIMAUX DE COMPAGNIE.

Voici une liste de ce qu'il faut et ne faut pas faire:

POSITIONNEZ LA **PlateformedeMarche** POUR QUE VOUS AYEZ 3 PIEDS (1 mètre) DE DISTANCE DERRIÈRE LA PlateformedeMarche, AU CAS OU VOUS TOMBERIEZ. VOIR DIAGRAMME 1

ASSUREZ VOUS QUE VOUS AVEZ INSTALLÉ L'ATTACHE D'ARRÊT D'URGENCE QUI SE TROUVE EN DESSOUS DU DEVANT DE VOTRE BUREAU, COMME DÉCRIT DANS LES INSTRUCTIONS D'INSTALLATION (voir page 16).

TOUJOURS PORTER L'ATTACHE DE SAUVEGARDE ROUGE SUR VOS VÊTEMENTS. LA **PlateformedeMarche** NE S'ALLUMERA PAS SI L'ATTACHE ROUGE N'EST PAS BRANCHÉE DANS LE BOUTON D'ARRÊT D'URGENCE.

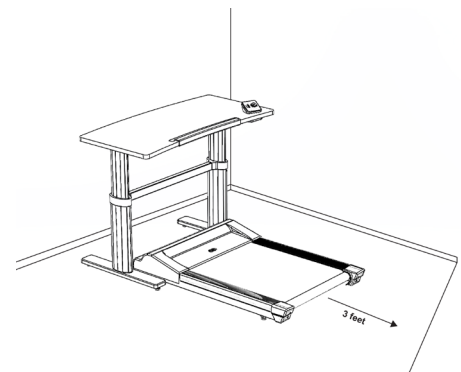


DIAGRAM 1

GARDEZ LES ENFANTS ET LES ANIMAUX DE COMPAGNIE LOIN DE LA **PlateformedeMarche**. LORSQUE VOUS OPÉREZ LA **PlateformedeMarche**, LES ENFANTS ET ANIMAUX DE COMPAGNIE DEVRAIENT ÊTRE AU MOINS À 10 PIEDS (3m) DE LA **PlateformedeMarche**.

LES ENFANTS ET LES ANIMAUX DE COMPAGNIE POURRAIENT ATTRAPER LEURS DOIGTS OU PATTES DANS LE MÉCANISME, CE QUI POURRAIENT CAUSER DES BLÉSSURES GRAVES ET PERMANENTES.

TOUJOURS PORTER DES CHAUSSURES LORSQUE VOUS MARCHEZ.

CECI EST UN ENGIN ALIMENTÉ PAR DE L'ÉLECTRICITÉ, ET UN CHOC ÉLECTRIQUE POURRAIT SURVENIR, DONC:

N'AYEZ PAS DE L'EAU OU AUCUN LIQUIDE PROCHE DE LA **PlateformedeMarche**.

UTILISEZ LA **PlateformedeMarche** SEULEMENT À L'INTÉRIEUR ET NON À L'EXTÉRIEUR.

SI DE L'EAU OU TOUT AUTRE LIQUIDE SE RETROUVE DANS LE COMPARTIMENT OU LE CONTROLLEUR DU MOTEUR DE LA **PlateformedeMarche**, DÉBRANCHEZ IMMÉDIATEMENT LA **PlateformedeMarche** DE LA PRISE DE COURANT ET APPELEZ NOTRE SERVICE DE SOUTIEN POUR UN TECHNICIEN EN RÉPARATION.

LORSQUE VOUS N'UTILISEZ PAS LA **PlateformedeMarche**, DÉBRANCHEZ LA DU MUR.

TOUJOURS DÉBRANCHER LA **PlateformedeMarche** LORSQUE VOUS LA NETTOYEZ OU L'ENTRETIENEZ.

N'ÉCHAPPEZ AUCUN OBJET DANS LES PIÈCES EN MARCHÉ DE LA **PlateformedeMarche**.

NE PORTEZ AUCUN VÊTEMENT OU BIJOU QUI POURRAIT D'ATTRAPER DANS LES MÉCANISMES EN MARCHÉ DE LA **PlateformedeMarche**.

UTILISEZ UNE CAUTION EXTRÊME LORSQUE VOUS ALLUMEZ ET ÉTEIGNEZ LA **PlateformedeMarche** ET LORSQUE VOUS DÉBARQUEZ. SAUVEGARDEZ CES PRÉCAUTIONS DE SÉCURITÉ POUR RÉFÉRENCES FUTURES ET ASSUREZ-VOUS QUE TOUTE PERSONNE QUI UTILISE LA **PlateformedeMarche** LIT CECI.

AVERTISSEMENT – Pour réduire les risques de brûlures, de feu, de choc électrique ou de blessures sur une personne:

- 1- Une **PlateformedeMarche** ne devrait jamais être laissée sans surveillance lorsque branchée. Débranchez de la prise de courant lorsque celle-ci n'est pas en marche ainsi qu'avant l'installation ou le retrait de pièces.
- 2- Une surveillance attentive est nécessaire lorsque la **PlateformedeMarche** est utilisée par, sur ou proche d'enfants, d'invalides ou des personnes avec handicap.
- 3- Utilisez cette **PlateformedeMarche** seulement pour son but intentionnel, comme décrit dans ce manuel. Ne pas utiliser des attachements qui ne sont pas recommandés par UNSIT.
- 4- Ne jamais opérer cette **PlateformedeMarche** si celle-ci a une corde ou prise électrique endommagée, si elle ne fonctionne pas correctement, si elle a été échappée ou endommagée, ou échappée dans de l'eau. Retournez la **PlateformedeMarche** à un centre de service pour un examen et réparation.
- 5- Ne jamais opérer la **PlateformedeMarche** si les ouvertures d'air sont bloquées. Gardez les ouvertures claires de cheveux, tissus ouatés et autres choses semblables.
- 6- Ne jamais insérer ou échapper des objets dans aucune ouverture.
- 7- Ne pas utiliser à l'extérieur.
- 8- Ne pas opérer où des produits aérosols (vaporisateurs) sont utilisés ainsi que où de l'oxygène est administré.
- 9- Pour débrancher, fermez tous les contrôles à la position OFF, et débranchez la prise de courant du mur.
- 10- Branchez cette **PlateformedeMarche** à une prise qui est mise à terre seulement. Voir les instructions de mise à terre qui suivent.

SAUVEGARDER CES INSTRUCTIONS POUR Références futures.

GROUNDING INSTRUCTIONS

This **WalkingPlatform** must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This **WalkingPlatform** is equipped with a cord that has an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER — Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product — if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 120V circuit and has a grounding plug that looks like the plug illustrated in DIAGRAM 2. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

1- grounded outlet image

*Correct power outlet for U.S. Markets:
120-volt and 240-volt plugs.*

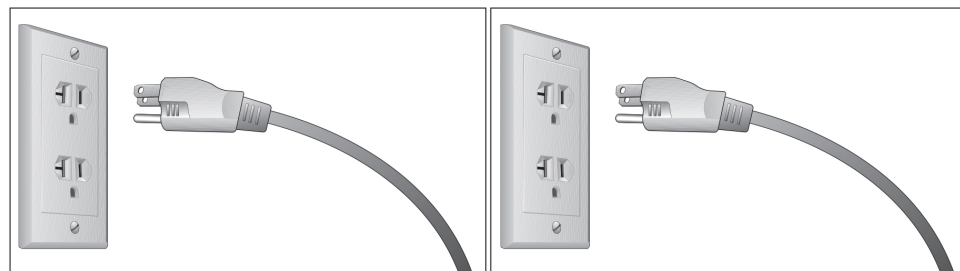


DIAGRAM 2

INSTRUCTIONS POUR LA MISE À TERRE

La **Plateforme de Marche** doit être mise à terre. Si celle-ci subit un mauvais fonctionnement ou tombe en panne, la mise à terre permet le chemin de moindre résistance du courant électrique pour réduire le risque de choc électrique. La **Plateforme de Marche** est équipée d'un câble menu d'un équipement de mise à terre conducteur ainsi qu'une prise de mise à terre. Le câble devrait être branché dans une prise de courant appropriée qui est installée correctement et mise à terre avec toutes les règles et ordonnances locales.

DANGER- L'utilisation incorrecte de l'équipement de mise à terre conductrice peut provoquer un choc électrique. Vérifiez avec un électricien ou un technicien si vous êtes incertain si le produit est proprement mit à terre. Ne pas modifiez le câble fourni avec le produit - si il ne rentre pas dans votre prise de courant, faites installer une nouvelle prise de courant pas un technicien qualifié.

Ce produit est désigné pour un usage sur un cuircit nominal de 120V et contient un câble de mise à terre qui ressemble au câble illustré dans le DIAGRAMME 2. Assurez-vous que le produit est branché dans une prise de courant qui a la même configuration que le câble. Aucun adaptateur ne devrait être utilisé avec ce produit.

1- grounded outlet image

Correct power outlet for U.S. Markets: 120-volt and 240-volt plugs.

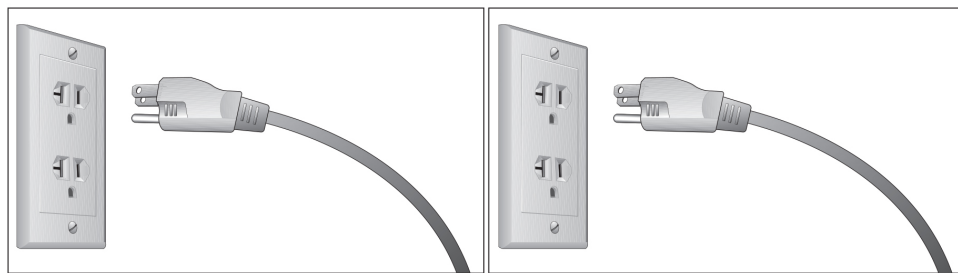


DIAGRAM 2

SPECIFICATIONS

DIMENSIONS	OVERALL - 39" wide by 56" long WALKING SURFACE - 30" wide by 40" long WEIGHT - 200 Lbs - (90 kg)
SPEED RANGE	0.3 - 2.0 MPH (0.5 - 3.2KPH)
MAXIMUM LOAD	350 Lbs. - (160 KILOGRAMS)
ELECTRICAL	120VAC - 60Hz - 6amp - 600 watt
ELECTRICAL OUTLET REQUIRED	120VAC - 10amp, dedicated
MOTOR HORSEPOWER	2.0HP Continuous Duty (2.75HP Treadmill Duty)
MOTOR RPM	4,000
DATA DISPLAY	VIA BLUETOOTH TO iOS and Android APP
DATA SENT TO APP:	Speed, Time, Distance, Calories, Steps, Time spent standing

USB CHARGING:

USB DEVICE	This USB port provides 5V / 1.0A charging power. Can charge tablet, camera or other electronic devices – just a matter of how much time for charging. For example, if a device requires 3700mAh, it may take 3.7 hours fully charged
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WARRANTY

UNSIT **WalkingPlatforms** come with the following warranties, valid in the United States and Canada only.

FRAME: - Life time
All other parts - 2 years
Labor to replace parts - 1 year.

UNSIT warrants our **WalkingPlatforms** to be free of defects in material workmanship under normal use and service, for two years from the date of purchase. The warranty DOES NOT COVER: Damage that results from misuse, negligence or fading or discoloration caused by the product being exposed to direct sunlight.

Should a component fail during the first two years of use, UNSIT will repair or replace any defective component. UNSIT will pay for the labor to install a component that the customer is unable to install. Customer may be responsible to pay for the service technician's travel time, where travel time exceeds twenty miles (thirty-two kilometers).

UNSIT may change and improve our products without any obligation to similarly alter any product already purchased. In order to honor our product warranty and to ensure the safe and efficient operation of your UNSIT product, only components supplied by UNSIT may be used and installed by a technician authorized by UNSIT. The warranty is void if any components other than those provided by UNSIT are used or the **WalkingPlatform** has been serviced or adjusted by someone NOT authorized by UNSIT.

To request service or file a warranty claim, log onto the support page of our website: **UNSIT.com** OR, call us at: **800-515-7990**

SETUP INSTRUCTIONS

Your UNSIT **WalkingPlatform** comes completely assembled. All you have to do is lift it out of its shipping carton and place it under your desk. Place the controller on your desktop where it is easy to reach, usually off the right corner of your desk, or left corner if you are left-handed.

CAUTION: The **WalkingPlatform** is heavy and will require at least two people to lift it out of the carton.

REMOVING FROM CARTON:

The **WalkingPlatform** has wheels on the front. Break open the carton and lay the sides flat. Lift the **WalkingPlatform** from the REAR end (see Diagram 3). It may require two people. There is a bar underneath the front end about 6" in which you can grab and lift. The front end of the **WalkingPlatform** has wheels. Once you lift the rear end of the **WalkingPlatform**, you can then wheel it around like a wheelbarrow SEE DIAGRAM 3.

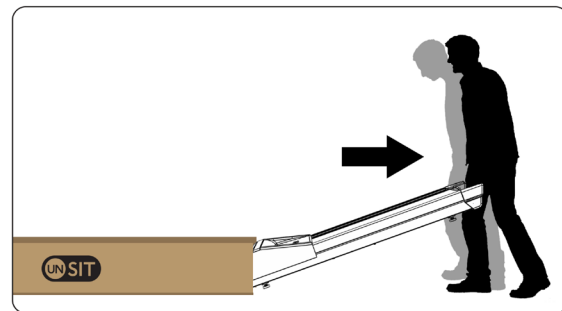


DIAGRAM 3

Aligning the WalkingPlatform with Your Desk

Your **WalkingPlatform** needs to be properly aligned with the front edge of your desk. The front of the moving surface should be 10" in from the front edge of your desk so your feet won't kick the motor cover. Wheel the **WalkingPlatform** underneath your desk as shown in DIAGRAM 4.

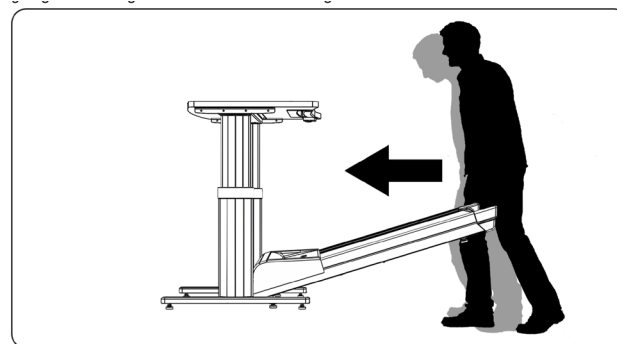


DIAGRAM 4

There are two yellow stickers placed on the side rails of your **WalkingPlatform**. The **WalkingPlatform** should be positioned so that the front edge of your desk is directly above the yellow stickers. Wheel the **WalkingPlatform** under your desk as shown in the diagram. Stand on the **WalkingPlatform** and look straight down over the front edge of your desk. The two yellow stickers should appear directly below the front edge of your desk.

NOTE: If you are less than 6 feet tall, you can move the **WalkingPlatform** farther back if you prefer. Conversely, if you are taller than 6 feet 4 inches, you might need to move it even farther forward so you do not kick the front shroud. Start by setting at 10" as in the diagram to see how you like it.

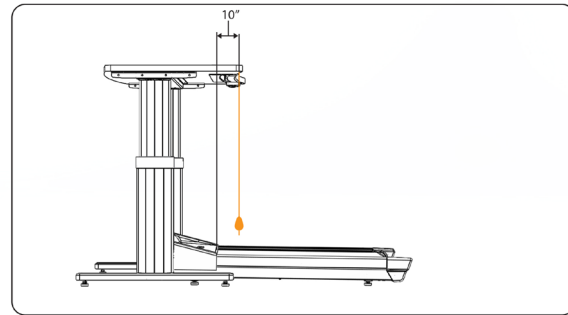


DIAGRAM 5

LEVELING THE **WalkingPlatform**:

Your UNSIT **WalkingPlatform** has two adjustable levelers, one on either side of the rear frame. If you are on an uneven, hard surface floor, you may find the **WalkingPlatform** wobbly, or tipping. If so,

there is a gap between the floor and one of the levelers. Find which one is not touching the floor and turn that leveler “counterclockwise” until it does touch the floor. NOTE: You may need to have someone help lift the rear of the **WalkingPlatform** slightly so you can turn the leveler enough. See DIAGRAM 6

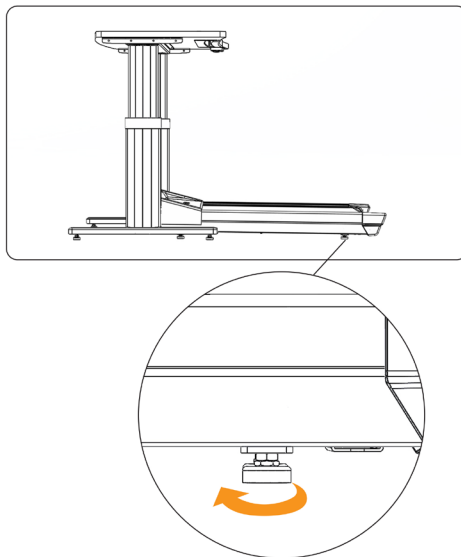


DIAGRAM 6

IMPORTANT SAFETY STEP:

Installing the Emergency Stop Safety Tether

Your UNSIT **WalkingPlatform** came with an Emergency Stop Switch that, if properly attached to your clothing, will stop the **WalkingPlatform** should you fall. You must install the Emergency Stop Switch underneath the front edge of your desk.

You will find the Emergency Stop switch attached to a cable running from the controller to the base of the **WalkingPlatform**. The Emergency Stop Switch comes with BOTH 20-lb double-stick tape AND 4 screws. Install the Emergency Stop Switch underneath the center front edge of your desk (SEE DIAGRAMS 7 and 7a and 7b below) by first thoroughly cleaning the underside of the desk where the switch is to be applied. Peel back the double-stick tape and press into place, making sure the red pull tether is facing out, toward you. Then screw the 4 screws through the holes provided. NOTE: If your desk is glass, or a material that cannot receive screws, then you can rely on the double-stick adhesive, but make sure it is securely adhered. If your desk is a wood or composite-wood material, you may help to drill pilot holes for the screws, but be careful NOT to drill through the top surface of your desk. **UNSIT will not accept responsibility for damage to your desktop surface in the process of installing this switch.**

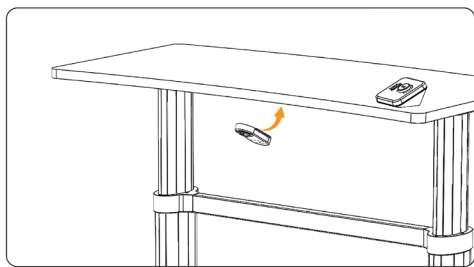


DIAGRAM 7

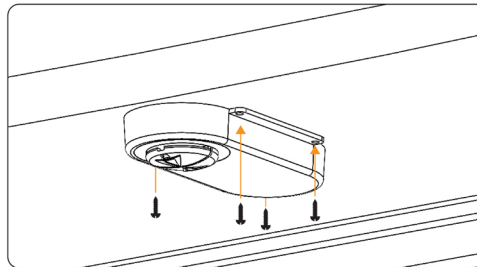


DIAGRAM 7a

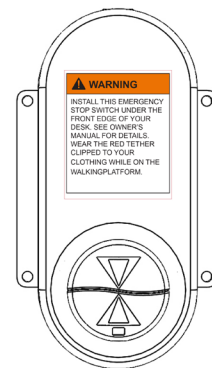


DIAGRAM 7b

Locate the CONTROLLER ON YOUR DESKTOP.

The Controller can be located to you liking on your desk surface. It sits free with no attachment. You can secure the cable to the side edge of the desk using the double stick tie downs provided. We suggest locating the controller on the right front corner of your desk and shown in Diagrams 8 and 8a.

Left handed users may want it on the left side of the desk.

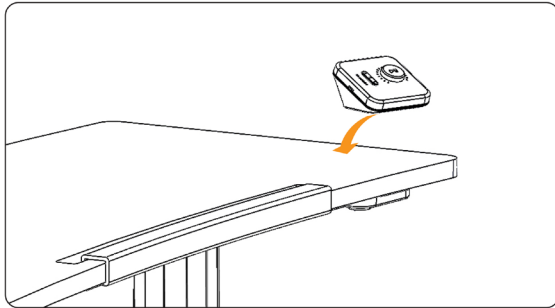


DIAGRAM 8

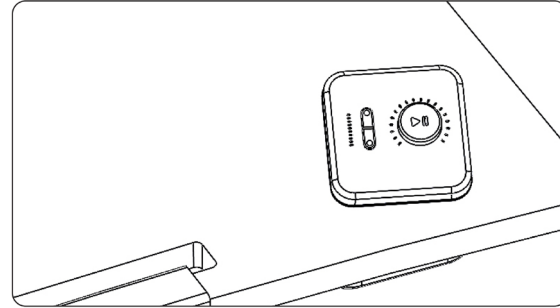


DIAGRAM 8a

ÉTAPE IMPORTANTE DE SÉCURITÉ:

Installation de l'Attache de Sécurité d'Arrêt d'Urgence

Votre **PlateformedeMarche** UNSIT est fournie d'un Interrupteur d'Arrêt d'Urgence qui, si attaché correctement à vos vêtements, devrait arrêter la **PlateformedeMarche** si vous tombiez. Vous devez installer l'Interrupteur d'Arrêt d'Urgence en dessous du bord à l'avant de votre bureau.

Vous trouverez l'Interrupteur d'Arrêt d'Urgence attaché à un câble courant du régulateur jusqu'à la base de la PlateformedeMarche. L'Interrupteur d'Arrêt d'Urgence vient avec LES DEUX 20 livres d'adhésif à double face ET 4 vis. Installez l'Interrupteur d'Arrêt d'Urgence en dessous du milieu du bord à l'avant de votre bureau (VOIR LES DIAGRAMMES 7, 6A ET 7B ci-dessous) en premièrement nettoyant proprement le dessous de votre bureau où l'interrupteur doit être installé. Retirez l'adhésif à double face et appuyez sur place, en vous assurant que l'attache rouge est orientée vers l'extérieur, vers vous. Ensuite, vissez les 4 vis à travers les trous prévus.

NOTE: Si votre bureau est fait en verre ou tout autre matériel qui ne peut recevoir de vis, alors, vous pouvez compter sur l'adhésif à double face, mais assurez-vous que le tout est bien collé et sécuritaire. Si votre bureau est en bois ou en matériel de bois composite, vous pouvez percer des avant-trous pour les vis mais attention de NE PAS percer à travers le dessus de votre bureau.

UN SIT n'acceptera aucune responsabilité pour des dommages survenus à la surface de votre bureau durant l'installation de cet interrupteur.

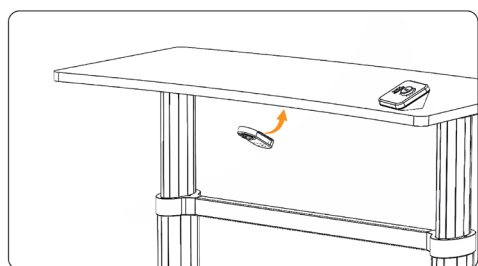


DIAGRAM 7

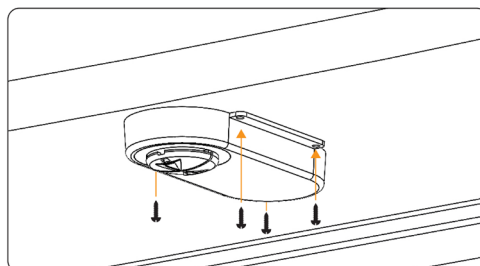


DIAGRAM 7a

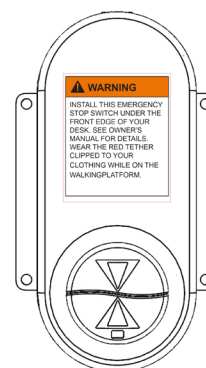


DIAGRAM 7b

Localisez le RÉGULATEUR SUR VOTRE BUREAU

Le régulateur peut être situé à n'importe quel endroit de votre choix sur la surface de votre bureau. Il se maintient tout seul, sans pièce jointe. Vous pouvez sécuriser le câble sur le bord latéral de votre bureau en utilisant l'adhésif à double face fourni. Nous vous suggérons de situer le régulateur sur le bord du côté droit à l'avant de votre bureau, comme démontré dans les Diagrammes 8 et 8a.

Les utilisateurs gauchers voudront peut-être l'installer sur le côté gauche du bureau.

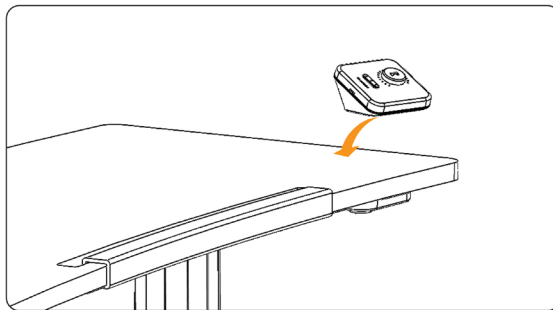


DIAGRAM 8

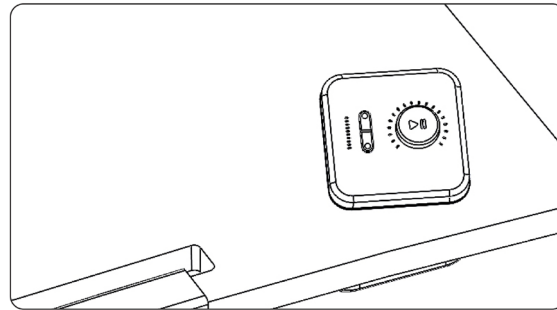


DIAGRAM 8a

GETTING STARTED

Turn on the power switch located on the front base of the **WalkingPlatform**.

The LED lights on the Control Console will light up and fan back and forth indicating the **WalkingPlatform** is ready to go.

The Control Console allows you to adjust the speed of the walking surface and to pause and resume as needed.

You **MUST BE STANDING** on the **WalkingPlatform** for the belt to move. The **WalkingPlatform** is equipped with weight sensors that detect if someone is standing on the walking surface. If no one is standing on the surface, the walking surface will not move. Unlike treadmills in a fitness center, you **MUST STAND ON THE WALKING SURFACE** for the belt to move. If you walk away from the **WalkingPlatform**, the belt will stop.

To start the walking surface moving, stand on the platform and press the “Pause/Resume” in the center >II . To pause the walking surface, press the “Pause/Resume” again. To adjust the speed, turn the >II knob. The LED lights will indicate speed. When turning the speed-control knob, a single LED will indicate the speed the belt will accelerate to.



DIAGRAM 9



DIAGRAM 9a

The controller is equipped with a Bluetooth Transmitter that sends information about your walking session to our Smartphone App. The amount of time you have walked, the distance you have walked, the number of steps you have taken and the number of calories you have burned can be received on your Smartphone App, displayed and shared. The UNSIT **WalkingPlatform** also records the amount of time you spend standing and adds that to your Walking Time to calculate your Total UNSIT Time.

Download the UNSIT App at the App Store or on GooglePlay.

Launch the App. Turn on your WALK-1 WalkingPlatform. Stand on the WalkingBelt and press the => button and start walking. Now turn on the connection on the top right of the App screen. Your speed, distance, steps and calories are displayed and stored for your reference.

The UnSit App also shares data with Apple's Health App. We are working on integration with FitBit and other fitness tracking devices. Check the Settings page of the App to see what integrations are available. You can also share your data on your favorite Social Media.

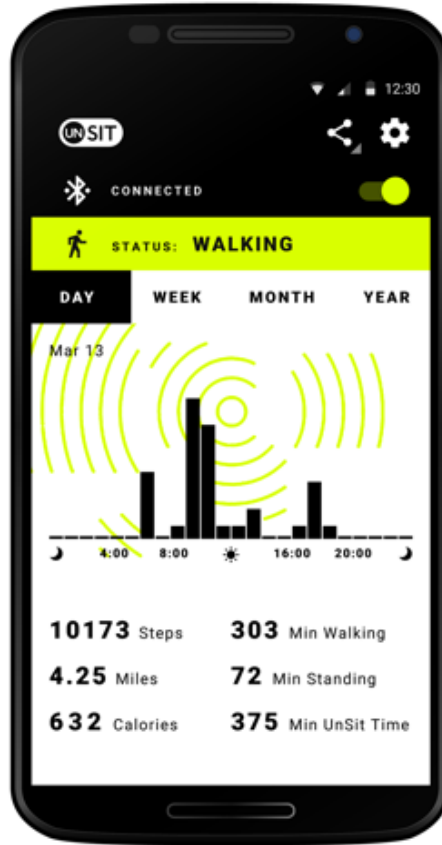
Do NOT try and pair your SmartPhone or tablet from the Systems Preferences (on iOS) or Settings pane (on Android). Doing so will cause your device to pair from its operating system instead of the UNSIT App.

Instead, use the "connection on/off" switch at the top right of the App screen.

If problems persist trying to connect the App to the UnSit WalkingPlatform, try a power cycle on both devices.

Turn the power off to the WalkingPlatform and turn it back on again. Power-cycle your phone or tablet and relaunch the UNSIT app. Stand up on the WalkingPlatform, press the start button and start walking, turn on the connection switch on the top right corner of the App screen.

THE APP



TROUBLESHOOTING

Treadmill won't start:

- Check for power at the circuit breaker, On/Off switch on the front base of the **WalkingPlatform**.
- Check that your wall outlet has power
- Check that the cable from the controller is securely plugged in at both ends.

No lights on controller:

Same as above

Walking belt is running off the side and making noise:

Adjust the Allen key head bolts at the rear of the **WalkingPlatform**. See section about "Aligning the Belt."

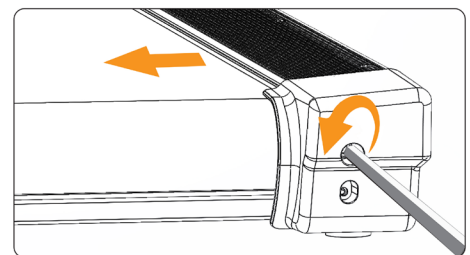
Walking belt lurches, or hesitates:

Tighten both Allen head bolts at the rear of the **WalkingPlatform**.

If the WalkingBelt is still lurching or hesitating after tightening the WalkingBelt one turn, then the problem is with the drive belt between the motor and front roller. To tighten the drive belt you must remove the front hood. We recommend calling a qualified service technician for this procedure.

LOOSENING THE BELT FOR LUBRICATION.

As described in the Maintenance section on page 25, you may need to apply Silicone Lubricant to the underside of the WalkingBelt every 1,000 miles. You will need to loosen the Walking Belt enough to lift it off the deck. Turn BOTH Allen Key bolts COUNTER-CLOCKWISE by 5 turns each. NOTE: Turn each bolt an equal number of turns. When finished applying the Silicone Lubricant, re-tighten BOTH BOLTS the same number of turns as you had loosened them by turning them CLOCKWISE or to the RIGHT.



NOTE: if the belt moves too far to sides of the frame and starts rubbing the edges of the frame you need to adjust the belt tracking. To re-center the belt tracking use the Allen screws located on the back of each side of the treadmill. The Allen screw on the left side of the **WalkingPlatform** will move the belt LEFT when turned **COUNTER CLOCKWISE**. The Allen screw on the right side of the treadmill does the opposite: a turn CLOCKWISE moves the belt **LEFT**
SEE DIAGRAMS 11, a, b, c.

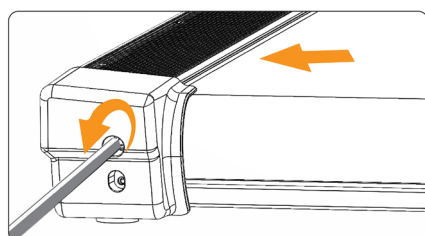


DIAGRAM 11a

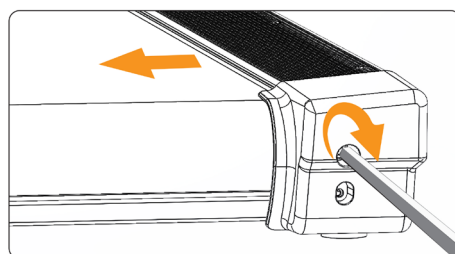


DIAGRAM 11b

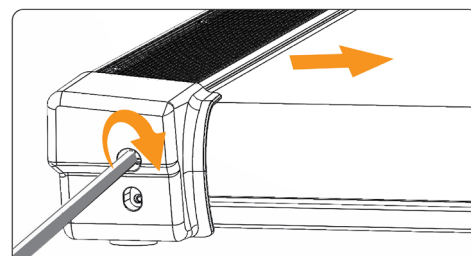


DIAGRAM 11c

Cannot pair the App:

Do NOT try and pair your SmartPhone or tablet from the Systems Preferences (on iOS) or Settings pane (on Android). Doing so will cause your device to pair from its operating system instead of the UNSIT App.

Turn the power off to the walking surface and turn it back on again. Power-cycle your phone or tablet and relaunch the UNSIT app. Now pair again.

**FOR SUPPORT ONLINE GO TO: www.unsit.com
OR CALL US AT: 1-800-515-7990.**

MAINTENANCE

Your Walk-1 WalkingPlatform requires little maintenance. Perhaps you will need to adjust the belt tracking left to right as described in the Troubleshooting section on the previous pages. Or, if the belt is slipping, you may need to tighten it, also described in Troubleshooting.

Other than that, you should keep your Walk-1 free of dirt and dust by wiping and vacuuming. Once a month, you should un-plug the Walk-1, tilt it up on its front end and vacuum underneath and under and the motor compartment. NOTE: This process will require two or perhaps three people to help hold the treadmill up on its front end.

The Walk-1's walking belt was pre-lubricated at the factory with Silicone and should last 1,000 miles. If you are using the UnSit App, you will get a "prompt" after 1,000 miles of use to apply more Silicone to the belt. Purchase Silicone spray bottles from the UnSit website or use a 100% Silicone spray that does not contain petroleum based propellants.

How to Lubricate Your Treadmill Belt:

1. Loosen the walking belt by turning BOTH Allen key bolts on the back of the treadmill COUNTER-CLOCKWISE, or to the LEFT. Count an equal number of turns so you will be able to return the bolts to their same tension when done. Five turns each should do it.
2. Slide your hand down the underside of the belt towards the center, then lift the belt away from the deck.
3. Using a dust rag and/or vacuum, wipe up any dust or dirt that may have accumulated under the belt.
4. Aim the nozzle of the spray bottle towards the center and apply about a dozen sprays of lubricant to the deck.
5. Repeat this process from the other side of the treadmill.

6. Once the belt is lubricated, re-tighten BOTH Allen key bolts at the rear of the treadmill the same number of turns as you had when you loosened them. To tighten, turn CLOCK-WISE or to the RIGHT. See Diagrams in Troubleshooting Section on page 24.
7. Walk on the treadmill making foot steps all around the belt to spread the silicone onto the belt.

LOOK FOR HOW-TO VIDEOS ON THE SUPPORT PAGE OF THE UNSIT.COM WEBSITE.