

WALKOLUTION®

WORK AND WALK



Figure: WALKOLUTION © WORK AND WALK Professional

USER MANUAL



Please read before use.

Dear customer, dear customer

We are pleased that you have chosen a Walkolution product and congratulate you on your decision to create an active workplace.

Walkolution will gladly accompany you as a partner on this journey. Based on medical research, we have been committed to the development of ergonomically optimized workstation systems that promote movement since our company was founded. In order to take full advantage of the functionality of the workstation system and to enjoy your system for many years, please read these Operating Instructions carefully before installation and commissioning and use your Walkolution System accordingly. To ensure operational safety and the function of the workstation, please observe both the general safety and accident prevention regulations of the legislator and the safety instructions in the operating manual. We must point out that we do not accept any liability for damage caused by improper use or incorrect operation.

If you have any questions, you can reach us at the telephone number given below or via our website.

We wish you much pleasure and success in using your Walkolution system. Please visit our website for up-to-date information, tips and share your experiences with us.



Please ensure that all persons using the system have read and understood the operating instructions.

Keep the operating instructions in a safe place so that they can be referred to at any time if necessary.

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General information

The Walkolution workstation system offers you the highest manufacturing quality and well thought-out functionality. The product is intended for use as a work desk. In its basic configuration, the system consists of a mechanically driven treadmill and an integrated desk.

For your safety

Observe operating instructions

Any commissioning and handling of the Walkolution System requires exact knowledge and observance of these Operating Instructions. The product is only suitable for the described Use intended.

In these operating instructions, **particularly important remarks** are made as follows highlighted:

Warning !



This is a warning that points out risk situations and dangers. Failure to heed this warning may result in life-threatening lead situations. These warnings must be observed.

Information !



This is information that is based on certain information that must be observing, characteristics.

Liability for function and damages

In any case, liability for the function of the workstation system is transferred to the owner or operator if the workstation system is improperly maintained by persons, is repaired or modified or if handling is carried out that does not correspond to the intended use. The workstation system must be used in accordance with these operating instructions. The manufacturer shall not be liable for damage caused by failure to observe the above instructions. Warranty and liability conditions of the sales and delivery conditions of Walkolution GmbH are not extended by the above mentioned information.



Ensure that the operating instructions are accessible at all times is, read and understood.

General Safety Instructions

Do not drop objects into the treadmill. If something has fallen into the device, do not use it and keep others from using it. Try to remove the object, e.g. by carefully lifting the slats. If you do not succeed in this, or if you have any questions, please contact our customer service.

Do not use the device if it is damaged.

Do not use the device outdoors or in rooms with high humidity or extreme temperature fluctuations.

Do not wear clothing or jewelry that could get caught in the treadmill.

The treadmill is accelerated by a faster walking speed by the user. The walking speed is reduced accordingly if the walking speed is reduced by the user. If you lean on the treadmill against the backrest or lean back, the speed will be reduced.

Do not wear shoes that could get between the slats of the treadmill.

Do not walk or run backwards on the treadmill. Keep moving forward.

Wait until the Treadmill has stopped before leaving it.

Keep a safety distance of at least 2 m behind the treadmill and 60 cm on either side of the treadmill.

Gradually increase the speed so that you can get used to the speed setting before making further speed adjustments.

Hold on to the table or handrails until you have learned to walk safely.

Do not walk barefoot on the treadmill.

In case of dizziness, indisposition, pain in the chest area, interrupt the movement immediately and seek the help of a doctor.

In an emergency, the unit can be left via the side platforms.

Check the system regularly for damage and wear. Only in this way can safe operation be guaranteed.

Replace defective parts immediately with original spare parts and do not use the device until it has been completely repaired.

Make sure that the rollers of the treadmill are locked (if installed) before climbing onto the treadmill, otherwise the treadmill may roll away.

Children and pets

Keep children away from playing on or near the treadmill at all times.

Keep children and pets at a safe distance when using the treadmill so that they are not endangered.

The Walkolution System should only be used from the age of 12 years and older.

General application areas

The Walkolution system is designed to promote movement during desk or computer work indoors. The user can walk on the self-propelled treadmill while working and can set the speed according to his needs.

Warning !



In case of existing physical problems or illness-related limitations, we strongly recommend that you seek medical advice before starting to use the product. In case of acute complaints, cardiovascular diseases or general infections, we advise against using the product. Take care not to overstrain yourself and use the system only to the extent that your physical condition allows.

Commissioning

To set up the Walkolution System, choose a suitable safe place with sufficient space and good accessibility.



Place the treadmill on a stable, level surface.

Make sure that the rollers of the treadmill are locked (if installed) before climbing onto the treadmill, otherwise the treadmill may roll away.

Transport of the treadmill

Before moving the treadmill, make sure that there are no objects in the treadmill area that could fall over or be damaged.

Loosen the locking device of the rollers and push the treadmill to the desired position.



WARNING: Ensure proper lifting technique when lifting the treadmill. Bend your knees before lifting and keep your back as straight as possible at all times. Do not lift the treadmill with more than one person to avoid injury.

Walking and stopping

The treadmill is set in motion by shifting the body weight by stepping with the foot surface on the front part of the treadmill surface and then kept in motion by continuous walking.



Das Laufband eignet sich nicht zum Laufen und Rennen. Die maximale Geschwindigkeit sollte 4 km/h nicht überschreiten.

Please do not use additional weights.

Please observe and comply with the accident prevention regulations of DGUV regulation 70.

Care, maintenance and tips

Regular cleaning

To clean the Walkolution system, use only a dry cloth. The surface can be wiped clean with a damp cloth if it is very dirty. Solvents, spirit thinners and other aggressive cleaning agents must not be used. Otherwise they can damage the surface.

Due to mechanical and physical stress, the surface can wear out over time.

Removal of dirt from the deflection bearings

Under normal conditions, cleaning of internal parts of the Walkolution System is usually not necessary. However, due to the mechanical stress and natural deposition of dust and other

suspended particles, dirt can accumulate in the area of the front and rear deflection bearings over time. These can possibly lead to disturbing cracking or grinding noises. If necessary, you can use a dry cloth to wipe off dirt from the ball bearings and guide rollers.

Tips for safe use

Make sure that all parts of the device are in perfect condition. Have damaged parts repaired or contact customer service if uncertain. Do not use the device if it is damaged.

At all times ensure that the treadmill is stable on a level surface. See also the section "Commissioning".

Storage

If you wish to store the Walkolution System when not in use, please ensure that the storage area is dry and clean at normal room temperature.

Return to the manufacturer / disposal

If you no longer wish to use your Walkolution system, we can take back the system you no longer need. Please contact us for this purpose.

If you wish to dispose of your system, please take it to a recycling centre or contact a suitable disposal service provider. Due to the different components (steel, wood, coating of the slats, covering of the backrest) the system may have to be disassembled before recycling. If you have any questions, please contact customer service.

Please refrain from burning the system, as the combustion process may result in potentially harmful releases of vapours.

Repair

It is possible to replace individual damaged parts. In order to be able to clarify the exact scope and the parts concerned, please contact us in writing or by telephone at the contact address given.

Tip for dents and scratches on the wooden corpus

Small dents or scratches can often be removed using the method described below. Carefully sand the area around the scratch in the direction of the grain (sandpaper grain 200-400). Place a damp cloth on the dent and iron it over the cloth with an iron (medium heat). Please note: The cloth must be sufficiently damp and the iron must not come into contact with the wood, otherwise the wood will burn. The damp steam is ironed into the wood, causing the wood to swell and dents to disappear. As soon as the damaged area is level and dry again

after a few minutes, sand down again finely (sandpaper grain 200-400) and finally oil again if necessary.

Technical data

Walkolution	WORK AND WALK product range
Total weight treadmill	68 kg
Total weight desk	27 kg
Permissible user weight	120 kg
User size	Up to 200 cm
Treadmill dimensions: max. WxLxH	1380 mm x 650 mm x 320 mm
Permissible walking speed	at 4 km/h
Stand space	0.897 m ²
Device class Category	Class S

Warranty and service

The warranty for this product of Walkolution GmbH corresponds to the legal regulations at the time of purchase. Your invoice document serves as the warranty document.

Walkolution guarantees the flawless processing and use of flawless materials. If, during the warranty period, the device is damaged during normal use, Walkolution will repair the damage or replace defective parts.

If you experience any errors with your device, please visit our website at www.walkolution.com and visit the "Contact" section. There you will find a form which you can send to us. We will then contact you immediately. You can also reach us by phone at the number below.

The warranty is void:

- if unexpected damage is caused by the user himself, in case of wear and tear, in case of collision with other objects or water damage.

- if the advice in this instruction has not been followed.
- if the fault is due to regular wear and tear, excessive use or extreme weather conditions.
- if other damages occur which are not based on the product design, technology, manufacturing defects or lack of quality control
- if changes have been made to the system.

Our experience has shown that reasons for complaints can often be clarified by a simple telephone conversation. If you have problems with your conversion kit, please contact us first.

Contact and customer service

Do you have further questions about your product? Please contact us:

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Terms and conditions

Please visit our website to view our terms and conditions: www.walkolution.com