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HomeTro JF-H-40DA

HomeTro 2-in-1 Foldable Treadmill User Manual

Model: JF-H-40DA

1. INTRODUCTION

Thank you for choosing the HomeTro 2-in-1 Foldable Treadmill. This versatile fitness equipment is designed for both walking and running, offering a compact solution for your home exercise needs. This manual provides essential information for safe operation, assembly, maintenance, and troubleshooting to ensure you get the most out of your treadmill.



Image: The HomeTro 2-in-1 Foldable Treadmill demonstrating its dual functionality, with a user running in the upright position and another user walking while working at a standing desk.

2. IMPORTANT SAFETY INSTRUCTIONS

Before using the treadmill, please read all instructions carefully. Keep this manual for future reference.

- Always place the treadmill on a flat, stable surface.
- Ensure adequate clear space (at least 2 meters behind and 0.6 meters on each side) around the treadmill.
- Keep children and pets away from the treadmill during operation.
- Do not operate the treadmill if it has a damaged cord or plug, or if it is not working properly.
- Wear appropriate athletic footwear and clothing.
- Do not step on or off the treadmill while the belt is moving.
- Use the safety key clip at all times. Attach it to your clothing before starting your workout.

- Consult a physician before starting any exercise program.
- The maximum user weight capacity for this treadmill is 265 lbs (120 kg).

3. PACKAGE CONTENTS

Please check the package contents carefully. If any parts are missing or damaged, contact customer support.

- HomeTro 2-in-1 Foldable Treadmill Unit
- Power Cord
- Remote Control
- Safety Key
- User Manual
- Assembly Tools (if required for minor setup)

4. SETUP AND ASSEMBLY

The HomeTro 2-in-1 Foldable Treadmill comes largely pre-assembled. Follow these steps for initial setup:

1. **Unpack:** Carefully remove the treadmill from its packaging and place it on a clear, level surface.
2. **Unfold (Running Mode):**
 - Gently lift the handlebar frame until it locks into the upright position.
 - Ensure all locking mechanisms are securely engaged.
3. **Unfold (Walking Mode):**
 - For walking pad use, the handlebar can remain folded down. Ensure it is fully lowered and secured.
4. **Connect Power:** Plug the power cord into the treadmill's power port and then into a grounded electrical outlet.
5. **Safety Key:** Place the safety key into its designated slot on the console. The treadmill will not operate without the safety key in place.

FOLDABLE TREADMILL FOR CONVENIENT STORAGE



Image: Diagram illustrating the folded dimensions of the treadmill (approx. 49.8" L x 25.4" H when flat) and examples of how it can be stored under furniture or against a wall.

5. OPERATING INSTRUCTIONS

Your HomeTro treadmill offers two primary modes: Walking Mode and Running Mode.

5.1. Control Panel and Remote Control

The treadmill features an LED touch screen display and comes with a remote control for convenient operation.

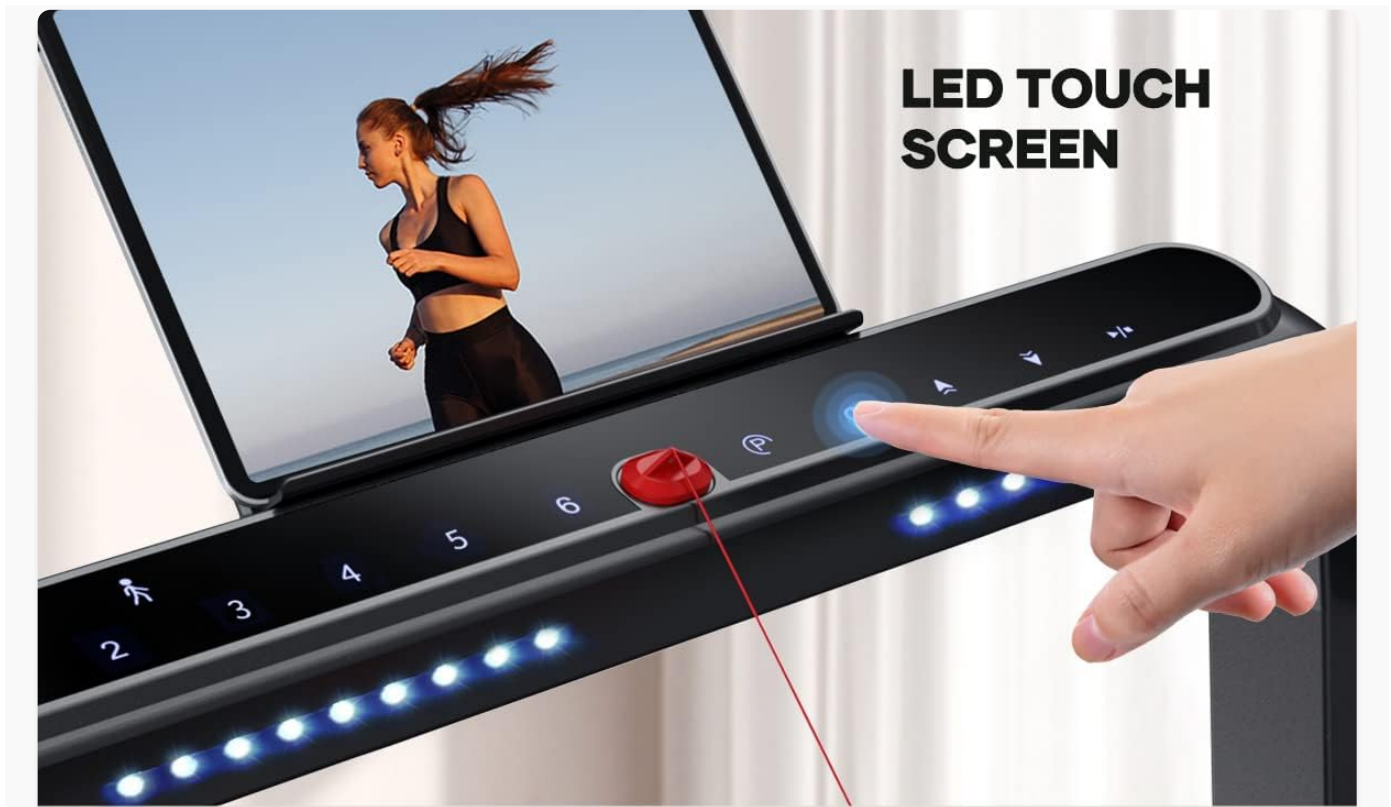


Image: A detailed view of the treadmill's LED touch screen, showing various indicators like Speed, Time, Distance, and Calories. Below it, the remote control with buttons for power, speed adjustment, and mode selection is displayed.

- **LED Touch Screen:** Displays real-time data such as speed, time, distance, and calories burned. Use the touch controls for basic functions.
- **Remote Control:** Provides full control over starting/stopping, adjusting speed, and selecting programs.

5.2. Walking Mode (0.6-2.5 MPH)

Ideal for light exercise, office use, or rehabilitation. In this mode, the handlebar is typically folded down.

1. Ensure the treadmill is in the folded-down position.
2. Attach the safety key.
3. Press the "Start" button on the remote or touch screen. The treadmill will start at a low speed.
4. Adjust speed using the +/- buttons on the remote or console.

5.3. Running Mode (2.5-8.7 MPH / up to 14 KM/H)

For more intense cardio workouts. The handlebar must be in the upright and locked position for safety.

1. Ensure the handlebar is fully upright and securely locked.
2. Attach the safety key.
3. Press the "Start" button.
4. Increase speed gradually using the +/- buttons.

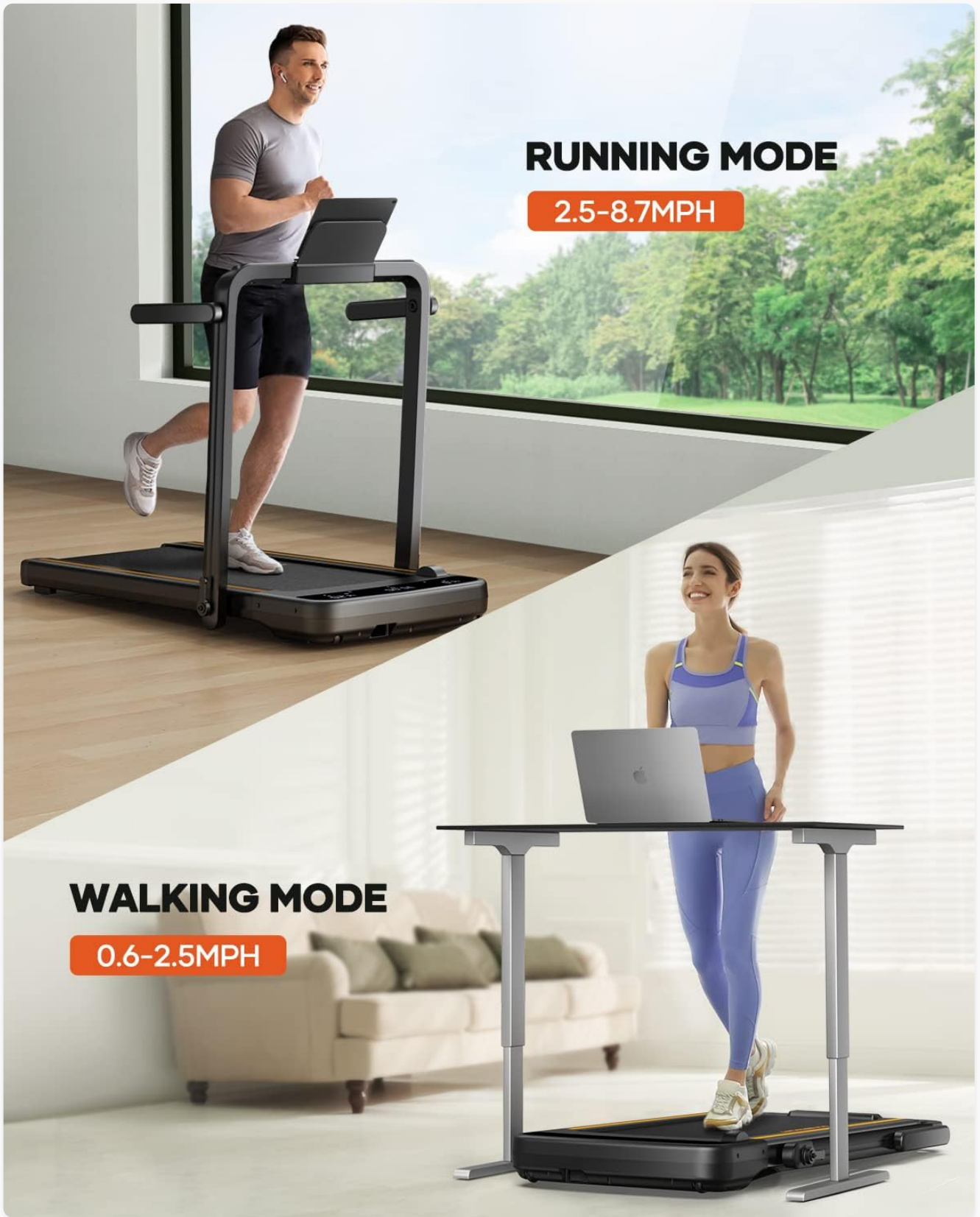


Image: Two distinct scenarios showing the treadmill in use: a man running in "Running Mode" (2.5-8.7 MPH) with the handlebar up, and a woman walking in "Walking Mode" (0.6-2.5 MPH) with the handlebar folded down, suitable for use with a standing desk.

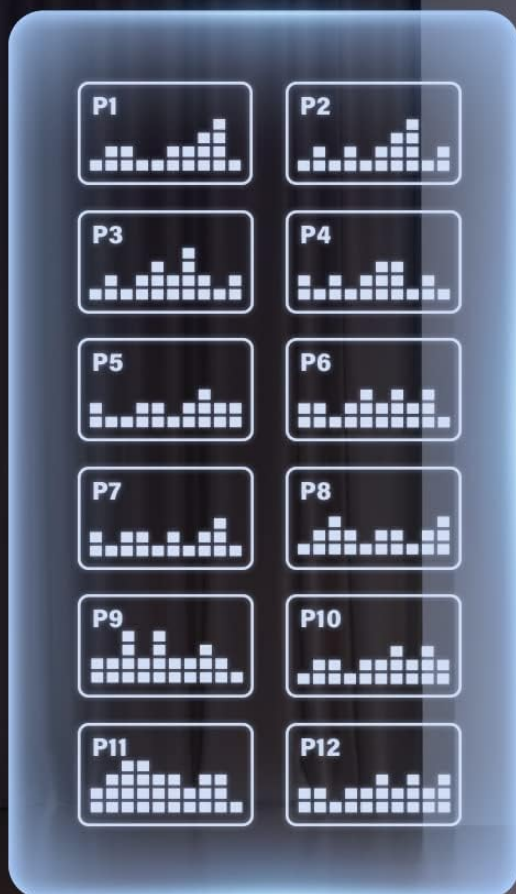
5.4. Preset Programs (P1-P12)

The treadmill includes 12 preset exercise programs designed to vary speed and intensity automatically, based on international HIIT fat loss principles.

1. While the treadmill is stopped or running, press the "Program" button on the remote or console to cycle through P1-P12.
2. Once you select a program, press "Start" to begin. The treadmill will automatically adjust speed according to

the program's profile.

SMART SPEED CONTROL FOCUS ON RUNNING



12 Preset Programs

According to the International HIIT fat loss, automatically adjust the running speed.

Image: A graphic representation of 12 preset exercise programs (P1-P12) with varying speed profiles, overlaid next to a woman running on the treadmill. The text indicates these programs automatically adjust running speed for fat loss.

5.5. App Connectivity

The treadmill supports app connectivity for enhanced control and tracking. Refer to the specific app instructions for pairing and features.

- Download the recommended fitness app (check product packaging or quick start guide for app name).

- Enable Bluetooth on your mobile device.
- Open the app and follow the on-screen instructions to connect to your treadmill.

6. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your treadmill.

- **Cleaning:** Wipe down the treadmill surfaces with a damp cloth after each use. Do not use abrasive cleaners.
- **Belt Lubrication:** The running belt requires periodic lubrication to reduce friction and extend its lifespan.
 - Turn off and unplug the treadmill.
 - Lift the edge of the running belt and apply a small amount of silicone lubricant (not included, typically) to the center of the deck.
 - Run the treadmill at a low speed for a few minutes to distribute the lubricant.
 - Lubricate every 3-6 months depending on usage.
- **Belt Adjustment:** If the running belt shifts to one side or slips, it may need adjustment. Refer to the detailed instructions in the full user manual or contact customer support.

7. TROUBLESHOOTING

If you encounter issues with your treadmill, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Treadmill does not start.	Power cord not plugged in; Safety key not in place; Power switch off.	Ensure power cord is securely plugged in; Insert safety key fully; Turn on the power switch.
Running belt slips.	Belt too loose; Insufficient lubrication.	Adjust belt tension (refer to full manual); Lubricate the running deck.
Unusual noise during operation.	Loose parts; Motor issues; Belt friction.	Check for loose screws and tighten; Lubricate belt; If noise persists, contact customer support.
Display not working.	Loose connection; Power issue.	Check all connections; Ensure stable power supply; Restart the treadmill.

For issues not listed here or if solutions do not resolve the problem, please contact HomeTro customer support.

8. SPECIFICATIONS

Feature	Detail
Model Number	JF-H-40DA
Brand	HomeTro
Motor Horsepower	2.5 HP (Continuous), 3.0 HP (Peak)
Speed Range	0.6 - 8.7 MPH (1 - 14 KM/H)
Walking Belt Dimensions	40 x 100 cm (16 x 40 inches)

Feature	Detail
Max User Weight	265 lbs (120 kg)
Display Type	LED Touch Screen (2 inches)
Programs	12 Preset Programs
Special Features	Foldable, Remote Control, App Connectivity, Quiet Motor (≤ 65 dB)
Material	Alloy Steel (Main), Composite Metal (Frame)
Product Dimensions (L x W x H)	145 x 75 x 15 cm (Folded Flat)
Item Weight	59.5 lbs (26.99 kg)

POWERFUL 3.0HP QUIET MOTOR



Low Noise
≤ 65dB



Max User Weight
120KG/265LBS



Image: An internal view highlighting the powerful 3.0HP quiet motor, indicating low noise operation ($\leq 65\text{dB}$) and the maximum user weight capacity of 120KG/265LBS.

9. WARRANTY AND SUPPORT

HomeTro products are manufactured to high-quality standards. For specific warranty details, please refer to the warranty card included with your product or visit the official HomeTro website.

If you require technical assistance, have questions about your product, or need to report a missing/damaged part, please contact HomeTro customer support. Have your model number (JF-H-40DA) and purchase information ready when contacting support.

Note: No official product videos were provided in the product data for embedding in this manual.



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