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HomeTro HM1

HomeTro 2.5HP Walking Pad with Incline Treadmill HM1 User Manual

Model: HM1

Introduction

This manual provides essential information for the safe and effective use of your HomeTro 2.5HP Walking Pad with Incline Treadmill, model HM1. Please read this manual thoroughly before operating the device and retain it for future reference.
The HomeTro HM1 is a versatile fitness device designed for both walking and jogging, featuring a compact design, adjustable incline, and smart connectivity. It is suitable for home and office environments.

Safety Instructions

To reduce the risk of serious injury, read all important precautions and instructions in this manual before using the treadmill. HomeTro assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

- Always place the treadmill on a level surface.
- Keep children and pets away from the treadmill during operation.
- Wear appropriate athletic footwear.
- Do not use the treadmill if you weigh more than 300 lbs (136 kg).
- Ensure the power cord is not damaged and is properly connected to a grounded outlet.
- Do not use the treadmill in damp or wet conditions.
- If you experience pain, dizziness, or shortness of breath, stop exercising immediately.
- Regularly inspect the treadmill for wear and tear. Do not use if damaged.

Package Contents

Verify that all components are present in the package:

- HomeTro Walking Pad Treadmill (HM1)
- Power Cord
- Remote Control
- Tool Kit
- User Manual (this document)

Product Overview

The HomeTro HM1 Walking Pad is designed for convenience and effective exercise. Key features include:

- **2-in-1 Functionality:** Offers both walking (under-desk) and jogging modes.
- **Powerful and Quiet Motor:** Equipped with a 2.5HP motor, supporting up to 300 lbs, with low noise operation (≤55dB).
- **Adjustable Incline:** Manual incline adjustment up to 7% for varied workout intensity.
- **Advanced Running Belt:** Features a 5-layer non-slip, wear-resistant belt with 4-layer shock absorption for joint protection.
- **Smart Control:** Includes a remote control and supports integration with the Fitshow APP via Bluetooth.
- **LED Display:** Large LED screen displays speed, time, distance, and calories burned.
- **Compact and Portable:** Assembly-free design with built-in transport wheels for easy storage and movement.



Image: The HomeTro Walking Pad Treadmill in both walking and jogging configurations, demonstrating its versatility for different exercise intensities and environments.

Setup

The HomeTro HM1 Walking Pad is designed for assembly-free setup. Simply unpack and prepare for use.

1. **Unpack:** Carefully remove the treadmill from its packaging.
2. **Position:** Place the treadmill on a flat, stable surface, ensuring adequate space around it for safe operation.
3. **Connect Power:** Plug the power cord into the treadmill's power input and then into a grounded electrical outlet.
4. **Power On:** Locate the power switch, usually at the front or rear of the treadmill, and turn it to the 'ON' position. The LED display should illuminate.



Image: The HomeTro Walking Pad demonstrating its compact storage capability by being stored vertically, highlighting the lubrication oil position and built-in transport wheels for easy movement.

Operating Instructions

Modes of Operation

The HomeTro HM1 offers two primary modes:

- **Walking Mode:** Speed range of 0.5 to 2.5 MPH. Ideal for under-desk use or light activity.
- **Jogging Mode:** Speed range of 2.5 to 5.0 MPH. Suitable for more intense cardio workouts.

The treadmill also includes 12 preset programs designed to simulate various exercise scenarios. These programs automatically adjust speed and can be selected via the remote control or the app.

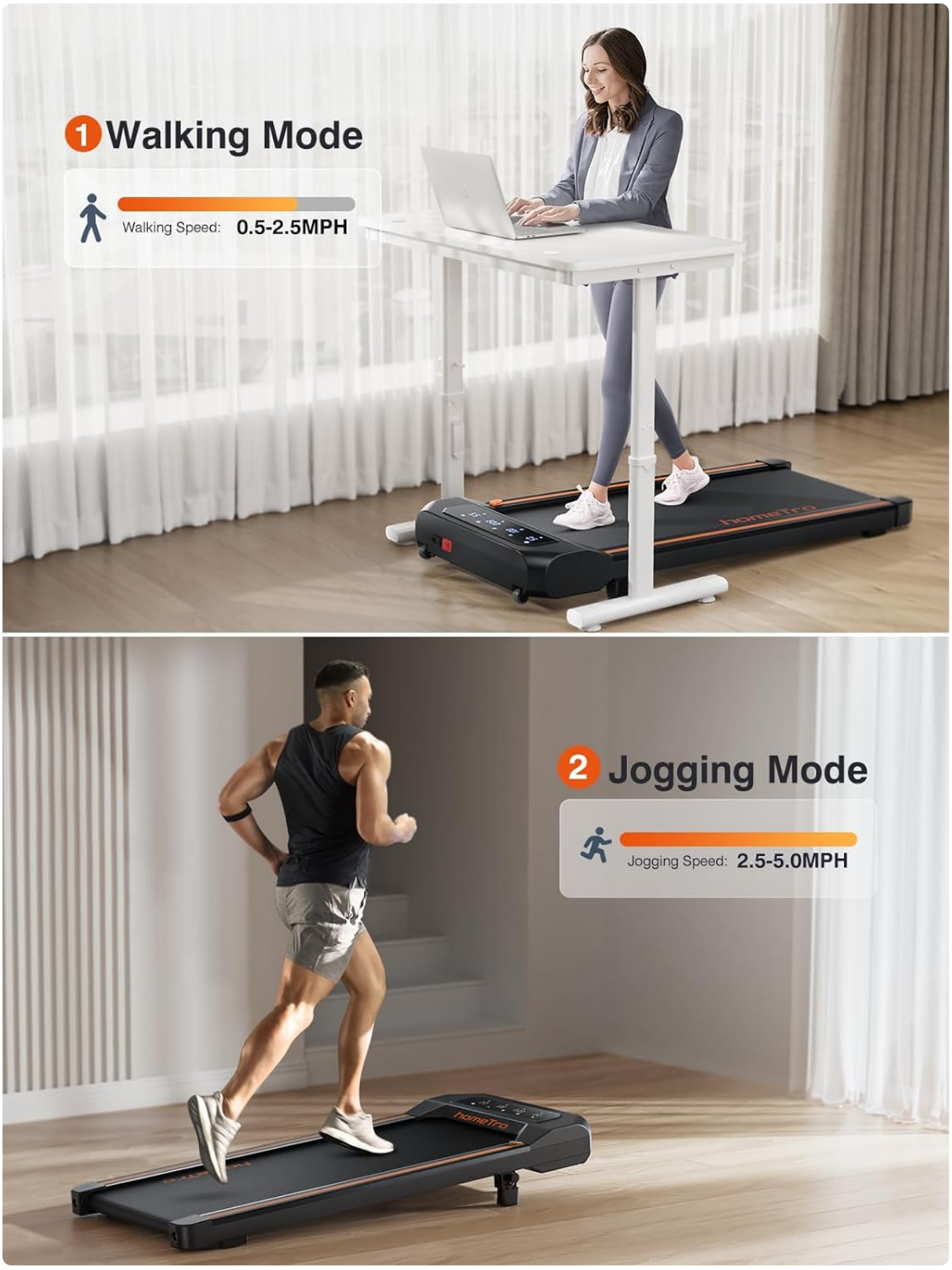


Image: Illustration of the two primary modes: Walking Mode (0.5-2.5 MPH) for casual use, and Jogging Mode (2.5-5.0 MPH) for more active workouts.

Adjusting Incline

The treadmill features a manual incline adjustment. To change the incline:

1. Ensure the treadmill is powered off and unplugged for safety.
2. Locate the incline adjustment mechanism, typically at the rear of the treadmill.
3. Manually adjust the support legs or mechanism to achieve the desired incline level (up to a maximum of 7%).
4. Ensure the treadmill is stable before resuming use.



Image: Visual guide for adjusting the treadmill's incline, showing a 2% incline in a flat configuration and a 7% incline when the support is engaged.

Remote Control

The included remote control allows for easy adjustment of speed, starting/stopping the treadmill, and selecting preset

programs. Exercise data will be retained when the remote pause button is pressed.



Image: The remote control in use, demonstrating its function in controlling the treadmill, alongside a visual of the Fitshow APP interface for smart control.

App Integration (Fitshow APP)

Connect your HomeTro HM1 treadmill to the Fitshow APP on your device via Bluetooth for enhanced control and tracking:

- Download the Fitshow APP from the Google Play Store or Apple App Store.
- Enable Bluetooth on your mobile device.
- Open the Fitshow APP and follow the on-screen instructions to connect to your HomeTro HM1 treadmill.
- The app allows you to record workout data, participate in group runs, and access additional features.

LED Display

The extra-large LED display provides real-time feedback on your workout metrics:

- **Speed:** Current speed in MPH.
- **Time:** Duration of your workout.
- **Distance:** Total distance covered.
- **Calories:** Estimated calories burned.

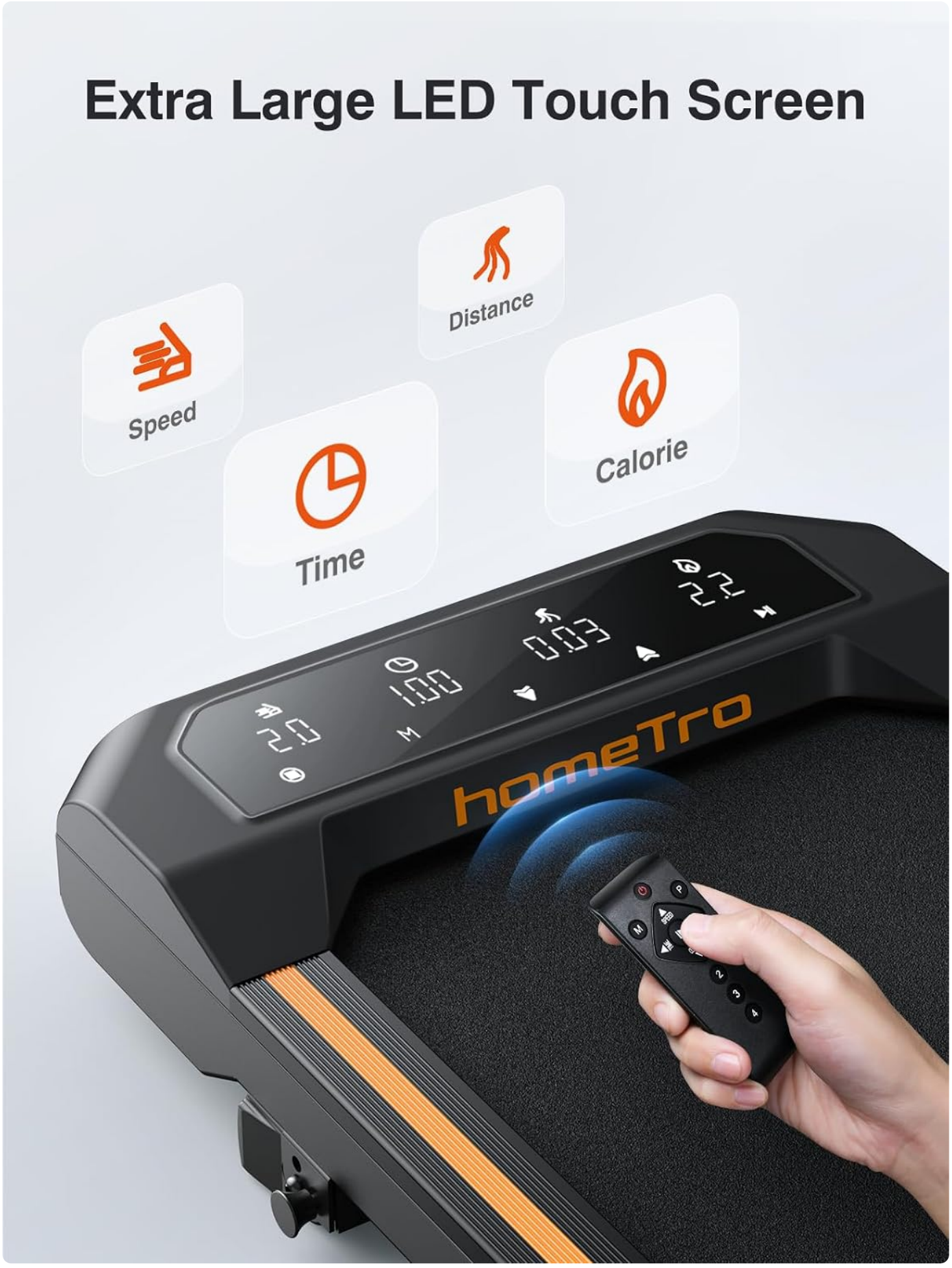


Image: Detailed view of the LED touch screen displaying key workout metrics: Speed, Time, Distance, and Calories, along with the remote control.

Maintenance

Regular maintenance ensures optimal performance and extends the lifespan of your treadmill.

Lubrication

The HomeTro HM1 features a convenient lube hole for easy lubrication of the running belt. Apply silicone lubricant as recommended by the manufacturer (typically every 3-6 months depending on usage) to the area beneath the running belt.

1. Turn off and unplug the treadmill.
2. Locate the lubrication hole, usually near the front of the running deck.
3. Apply a small amount of silicone lubricant into the hole, ensuring it spreads evenly under the belt.
4. Plug in the treadmill and run it at a low speed (e.g., 1 MPH) for a few minutes to distribute the lubricant.

Running Belt Adjustment

If the running belt becomes off-center, it needs to be adjusted to prevent wear and ensure safe operation.

1. Turn off and unplug the treadmill.
2. Using the included wrench, locate the adjustment screws at the rear of the treadmill.
3. **If the belt is moving to the right:** Turn the right screw clockwise three times.
4. **If the belt is moving to the left:** Turn the left screw clockwise three times.
5. Plug in the treadmill and run it at a low speed (e.g., 1 MPH) for a few minutes to check the belt's alignment.
6. Repeat adjustments as necessary until the belt is centered.

Troubleshooting

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not connected; power switch off; circuit breaker tripped.	Ensure power cord is securely plugged in. Turn power switch ON. Check household circuit breaker.
Running belt slips or stops.	Belt too loose; insufficient lubrication.	Adjust running belt tension (refer to "Running Belt Adjustment"). Apply silicone lubricant.
Belt is off-center.	Uneven belt tension.	Adjust running belt alignment (refer to "Running Belt Adjustment").
Unusual noise during operation.	Loose components; lack of lubrication; motor issue.	Check for loose screws and tighten. Lubricate the belt. If noise persists, contact customer support.
Remote control not responding.	Dead batteries; remote not paired.	Replace remote control batteries. Refer to remote pairing instructions (if applicable, usually automatic).

Specifications

Feature	Detail
Model Number	HM1
Motor Horsepower	2.5 HP

Feature	Detail
Speed Range	0.5 - 5 MPH
Maximum User Weight	300 lbs (136 kg)
Incline	Manual, up to 7%
Running Belt	5-layer, shock-absorbing
Display Type	LED (Speed, Time, Distance, Calories)
Connectivity	Bluetooth (Fitshow APP)
Programs	12 Preset Programs
Product Dimensions	120 x 50 x 12 cm (47.2 x 19.7 x 4.7 inches)
Item Weight	23 kg (50.7 lbs)
Frame Material	Aluminum
Power Source	Corded Electric
Included Components	Power Cord, Remote Control, Tool Kit, User Manual

Warranty and Support

HomeTro provides a **12-month warranty** for the HM1 Walking Pad Treadmill. For any questions, concerns, or warranty claims, please contact HomeTro customer support.
Customer support is available 24/7. Please refer to the contact information provided with your product or visit the official HomeTro website for assistance.

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