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› HOMEFITNESSCODE Walking Pad Treadmill with Incline User Manual

HOMEFITNESSCODE T4

HOMEFITNESSCODE Walking Pad Treadmill with Incline User Manual

Model: T4

Your guide to efficient and quiet fitness at home or office.

1. INTRODUCTION

The HOMEFITNESSCODE Walking Pad Treadmill with Incline is designed to provide a compact, quiet, and efficient exercise solution for your home or office. Featuring a 5% fixed incline, it enhances calorie burning compared to flat treadmills. Its ultra-quiet brushless motor and shock-absorbing belt ensure a comfortable workout experience without disturbing others.

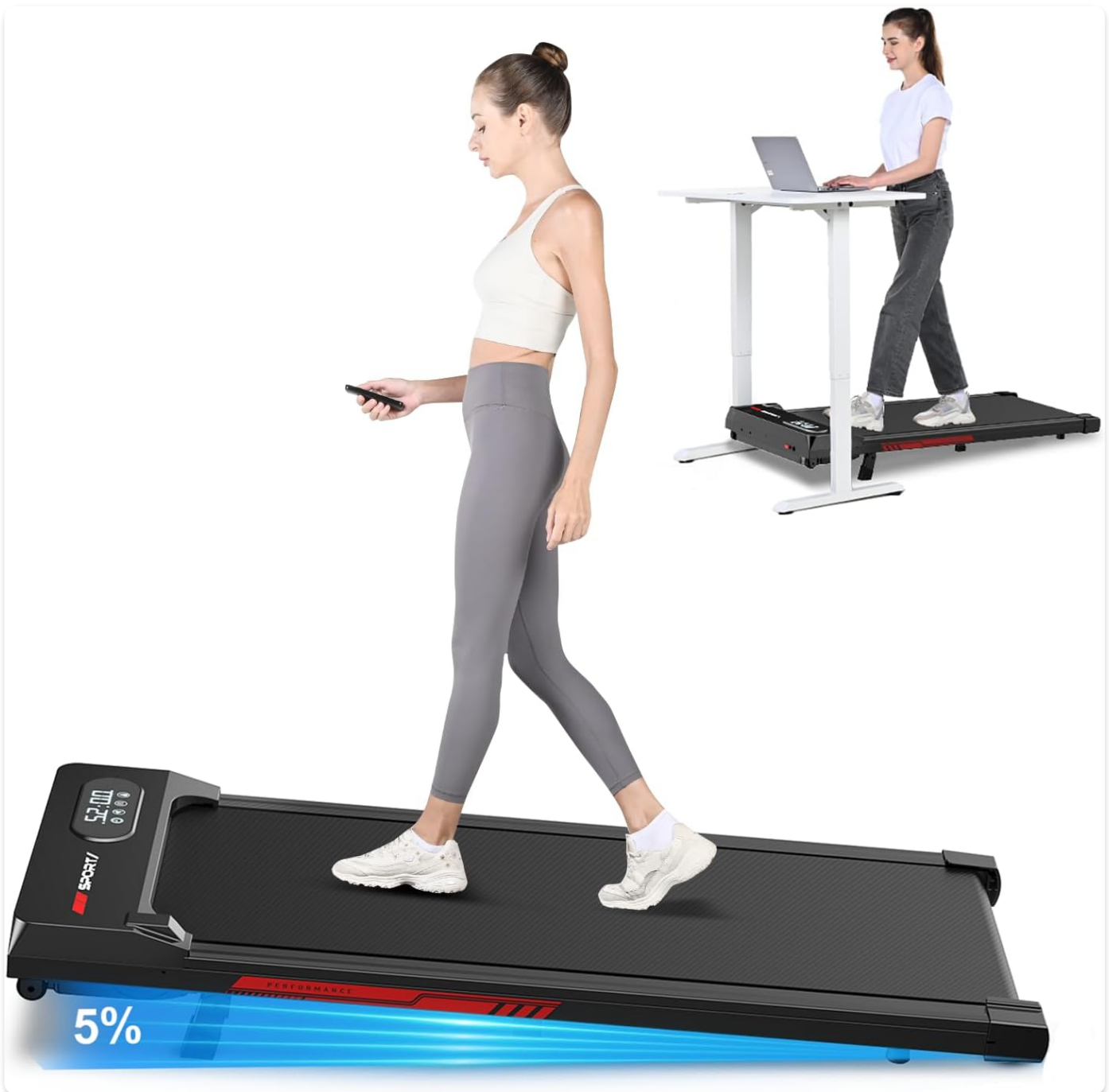


Image: The HOMEFITNESSCODE Walking Pad Treadmill with Incline, showcasing its sleek design and compact form factor.

Key Features:

- **5% Fixed Incline:** Designed for more efficient calorie burning.
- **Compact & Portable:** Small footprint (43"x19.3"x4") with built-in wheels for easy storage and movement.
- **Ultra-Quiet Operation:** Equipped with a brushless motor and 5-layer shock-absorbing belt for minimal noise.
- **Wide Speed Range:** Adjustable from 0.6 to 5 MPH (1-8 km/h) to suit various fitness levels.
- **High Weight Capacity:** Supports users up to 320 lbs.
- **LED Display & Remote Control:** Track your workout data and control settings conveniently.

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Video: Overview of the Walking Pad with Incline, highlighting its features and benefits for under-desk use.

2. SETUP

Unboxing and Initial Placement:

Your HOMEFITNESSCODE Walking Pad Treadmill arrives fully assembled, requiring no complex setup. Carefully remove the treadmill from its packaging. Ensure all packing materials are removed before use.



Image: Demonstrates the compact design and space-saving capabilities, showing how it can be stored under furniture or against a wall.

Included Components:

Verify that all the following components are included in your package:

- Walking Pad Treadmill with 5% Incline
- User Manual
- Power Cord
- Remote Control
- Lubricant
- Wrench (for belt adjustment)

Package List

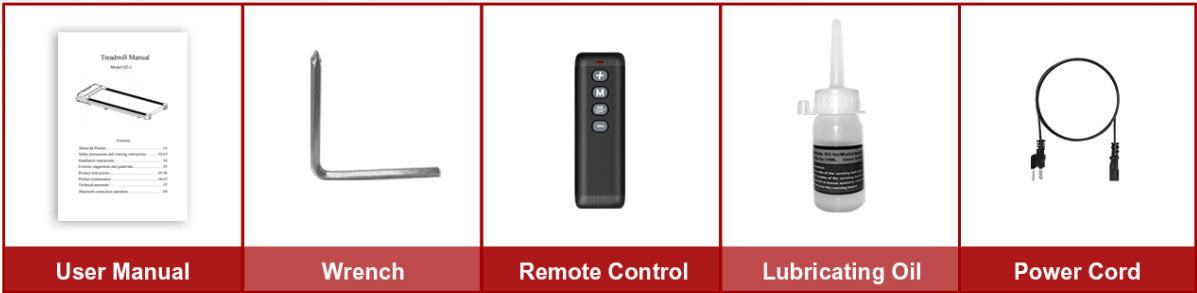


Image: A visual representation of all items included in the product package, such as the treadmill, remote, power cord, lubricant, and user manual.

Power Connection:

Place the treadmill on a flat, stable surface. Connect the power cord to the treadmill and then to a standard electrical outlet. Ensure the power switch on the treadmill is in the 'ON' position.

3. OPERATING INSTRUCTIONS

Using the Remote Control:

The treadmill is controlled entirely by the included remote. Insert two AAA batteries (not included) into the remote control. The remote allows you to start/stop the treadmill, adjust speed, and cycle through display modes.

LED Display & Remote Control



Image: Close-up of the LED display and the remote control, showing the buttons for operation.

Starting and Adjusting Speed:

1. Step onto the treadmill.
2. Press the 'ON/OFF' button on the remote to start the treadmill. It will typically begin with a countdown and a low speed.
3. Use the '+' and '-' buttons to increase or decrease the speed in 0.2 mph intervals. The speed range is 0.6-5 MPH.

4. To stop, press the 'ON/OFF' button again. The treadmill will slowly decelerate.

Display Modes:

The LED display provides real-time workout data. Press the 'M' (Mode) button on the remote to cycle through the following metrics:

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



Image: Illustrates the various exercise modes supported by the treadmill, including climbing (with incline), walking, jogging, and running.

4. MAINTENANCE

Lubrication:

Regular lubrication of the running belt is crucial for the treadmill's longevity and smooth operation. Apply the provided lubricant underneath the running belt as instructed in the detailed user manual. Frequency depends on usage, but generally every few months with regular use.

Belt Adjustment:

If the running belt starts to shift to one side or feels loose, it may need adjustment. Use the provided wrench to make small, incremental turns on the adjustment bolts at the rear of the treadmill. Refer to the detailed user manual for specific instructions on how to center and tension the belt.

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Video: A step-by-step guide on how to adjust the treadmill belt if it starts to run to one side, ensuring proper alignment and function.

5. TROUBLESHOOTING

Common Issues:

- **Treadmill not starting:** Ensure the power cord is securely plugged in and the power switch is on. Check if the remote control batteries are correctly inserted and charged.
- **Belt slipping:** The belt may need tensioning or lubrication. Refer to the Maintenance section.
- **Unusual noises:** Check for any loose parts or if the belt requires lubrication.
- **Remote not responding:** Replace the remote control batteries. Ensure there are no obstructions between the remote and the treadmill's sensor.

For more detailed troubleshooting steps, please consult the comprehensive user manual provided with your product.

6. SPECIFICATIONS

Feature	Specification
Brand	HOMEFITNESSCODE
Model Name	T4
Color	Black+Incline
Product Dimensions	43"D x 4"W x 19.3"H
Item Weight	34.17 Pounds
Material	Alloy Steel, Acrylonitrile Butadiene Styrene (ABS)
Maximum Speed	5 Miles per Hour (8 km/h)
Minimum Speed	0.6 Miles per Hour (1 km/h)
Maximum Incline Percentage	5.0%
Maximum Horsepower	3 Horsepower
Maximum Weight Recommendation	320 Pounds
Deck Length	37.4 Inches
Deck Width	15.2 Inches
Display Type	LCD (Metrics: Speed, Calories Burned, Time, Distance)
Power Source	Corded Electric
Assembly Required	No

7. WARRANTY AND SUPPORT

Warranty Information:

This HOMEFITNESSCODE Walking Pad Treadmill comes with a**2-Year Warranty**. Please retain your proof of purchase for warranty claims.

Customer Support:

For any questions, technical assistance, or warranty claims, please contact HOMEFITNESSCODE customer service. Contact information can be found in the full user manual or on the official HOMEFITNESSCODE website.

Enjoy your HOMEFITNESSCODE Walking Pad Treadmill!

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ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question