Saved from manuals.plus.
Open the live page for links to other documents and user manuals.

HomeTro HM1

HomeTro 2.5HP Walking Pad Treadmill User Manual

Model: HM1 | Brand: HomeTro

Introduction

The HomeTro 2.5HP Walking Pad Treadmill is a versatile and compact fitness machine designed for both walking and jogging in home or office environments. Featuring a powerful yet quiet motor, adjustable incline, and smart control options, it provides an efficient and comfortable workout experience. This manual provides essential information for setup, operation, maintenance, and troubleshooting to ensure safe and effective use of your new treadmill.



Figure 1: HomeTro 2.5HP Walking Pad Treadmill in action, showcasing its compact design and suitability for various activities.

Setup and Initial Use

Unboxing and Placement

The HomeTro Walking Pad Treadmill comes fully assembled, requiring no complex setup. Simply remove it from the packaging. Its compact design and built-in transport wheels make it easy to move and store, saving valuable space in your home or office.

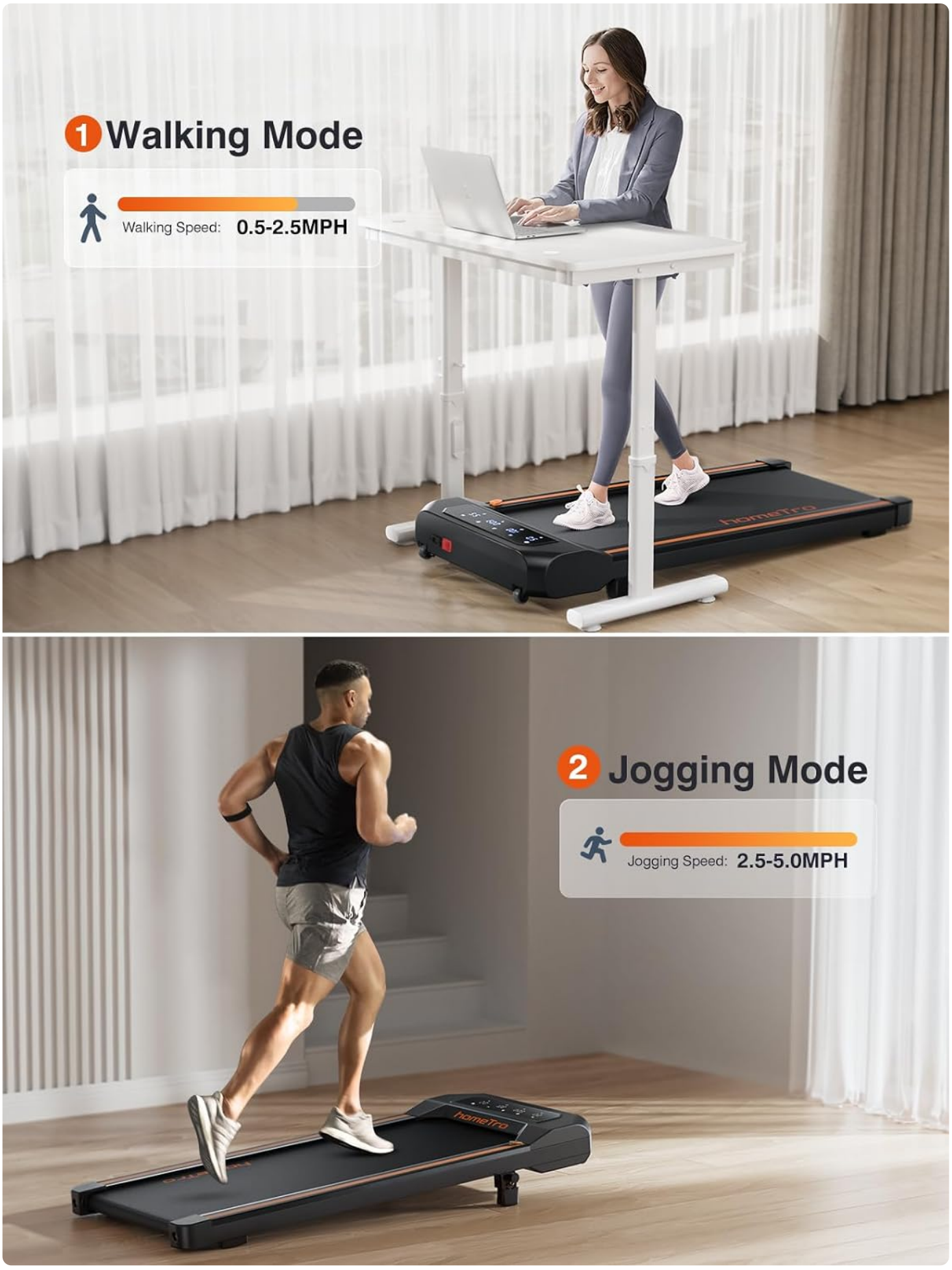


Figure 2: The treadmill is designed for easy movement and storage, fitting conveniently under furniture.

Power Connection

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.

Safety Key

Before starting any workout, ensure the safety key is properly attached to the designated slot on the treadmill's console. For your safety, the treadmill will not operate without the safety key in place.

Your browser does not support the video tag.

Video 1: Demonstrates the initial setup and safety key placement for the HomeTro Walking Pad Treadmill.

Operating Your Treadmill

Modes of Operation

The HomeTro Walking Pad offers two primary modes:

- **Walking Mode:** Speed ranges from 0.5 to 2.5 MPH, ideal for light activity or under-desk use.
- **Jogging Mode:** Speed ranges from 2.5 to 5.0 MPH, suitable for more intense cardio workouts.

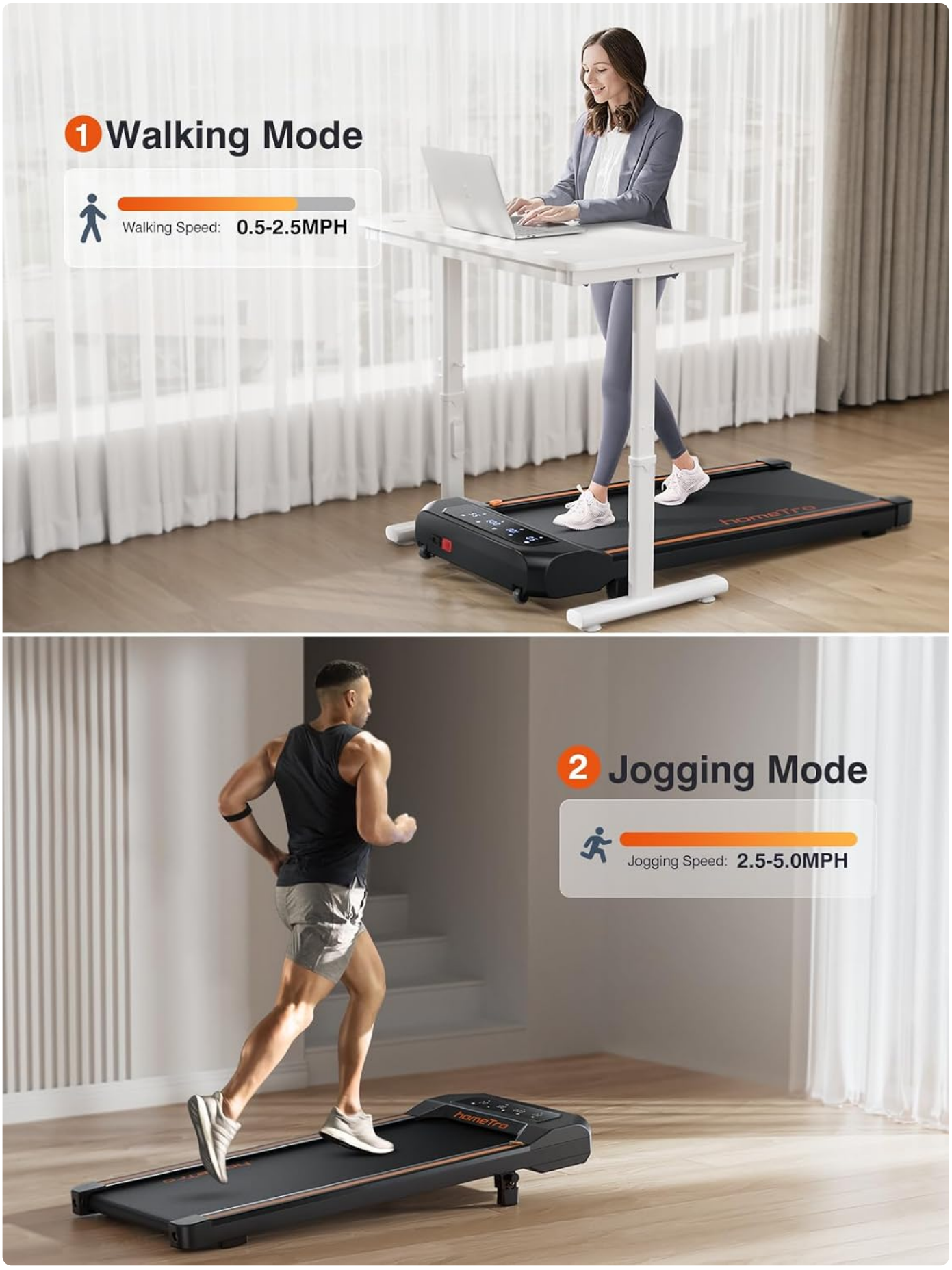


Figure 3: Illustration of walking and jogging modes with corresponding speed ranges.

LED Display and Controls

The extra-large LED display provides real-time feedback on key metrics including speed, time, distance, and calories burned. Controls are conveniently located on the console for easy access.

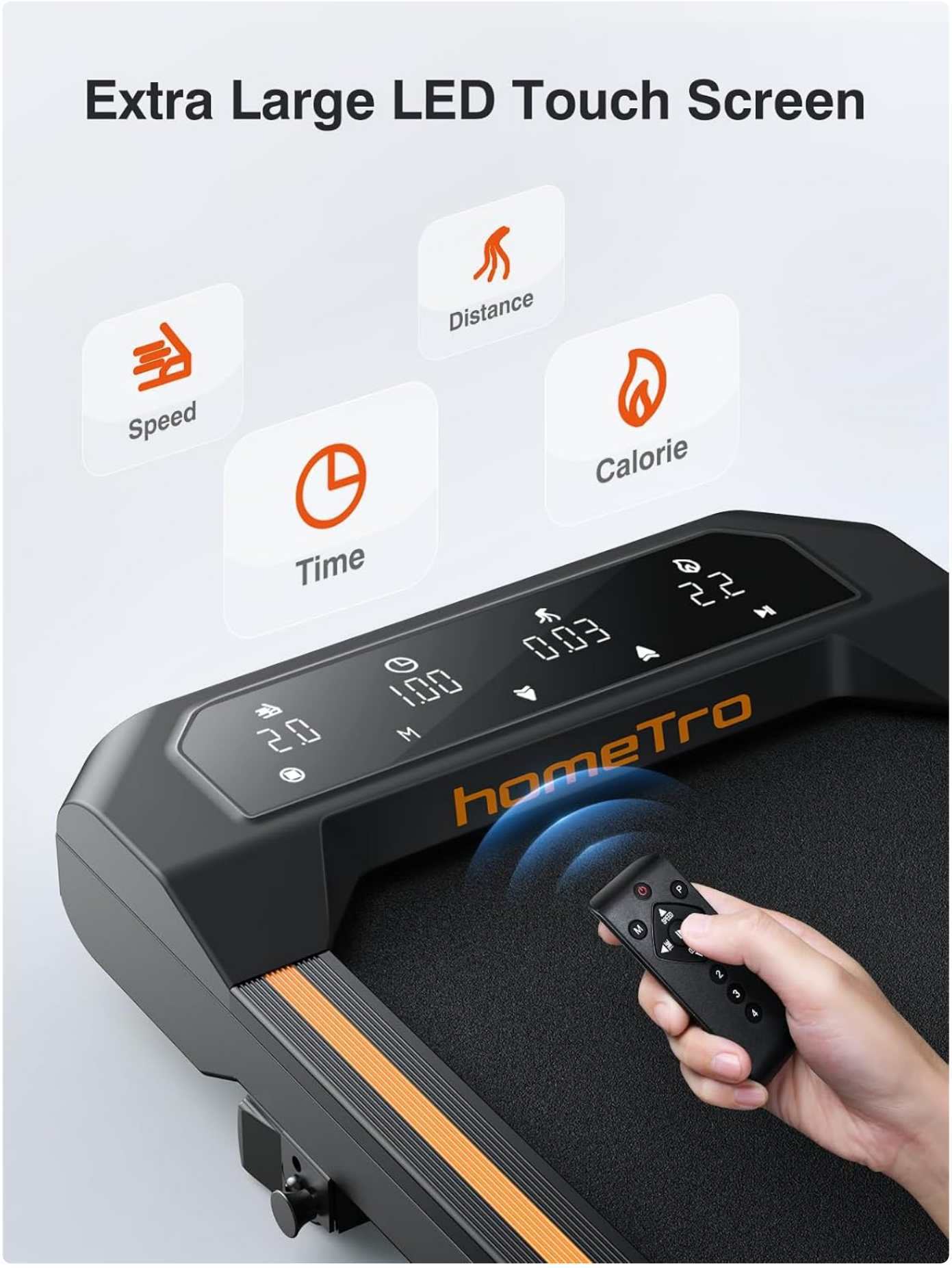


Figure 4: The clear LED display provides essential workout data at a glance.

Remote and App Control

Adjust your running speed and stop instantly using the included remote control. For enhanced functionality, connect your device via Bluetooth to the Fitshow APP. The app allows you to record workout data, participate in group runs, and utilize 12 preset

programs designed to simulate various exercise scenarios.

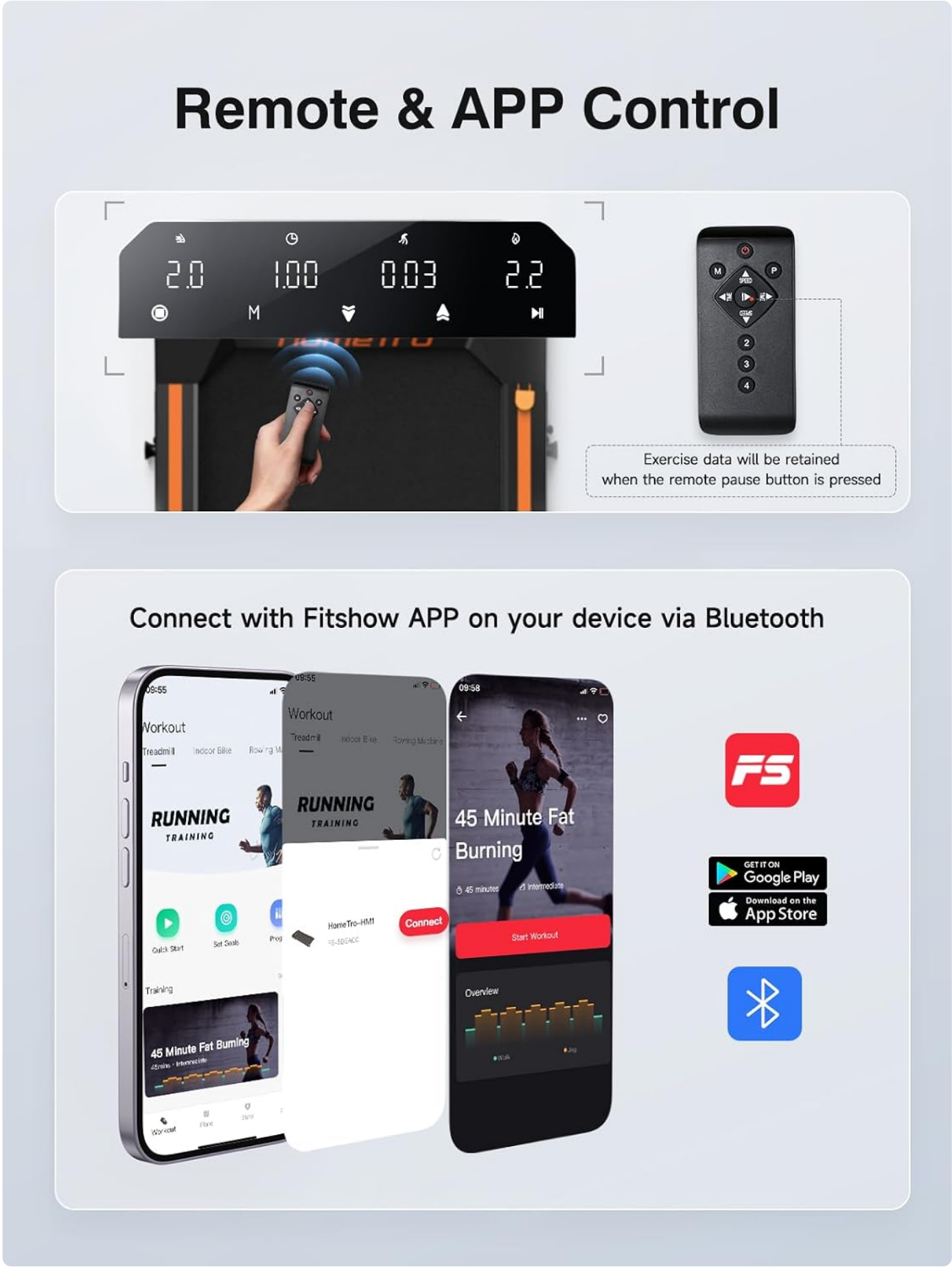


Figure 5: Seamless control via remote or the Fitshow mobile application.

Adjustable Incline

The treadmill supports manual adjustment of the slope up to a maximum of 7%. This feature simulates a more realistic climbing experience, helping to consume more calories and enhance fat-burning effects.



Figure 6: Manually adjust the incline to intensify your workout.

Your browser does not support the video tag.

Video 2: Introduction to the HomeTro Walking Pad Treadmill's 7% incline feature.

Safety and Comfort

The 5-layer non-slip and wear-resistant running belt provides cushioning for your joints and muscles, achieving 4 layers of effective shock absorption, ensuring a safe and comfortable workout.

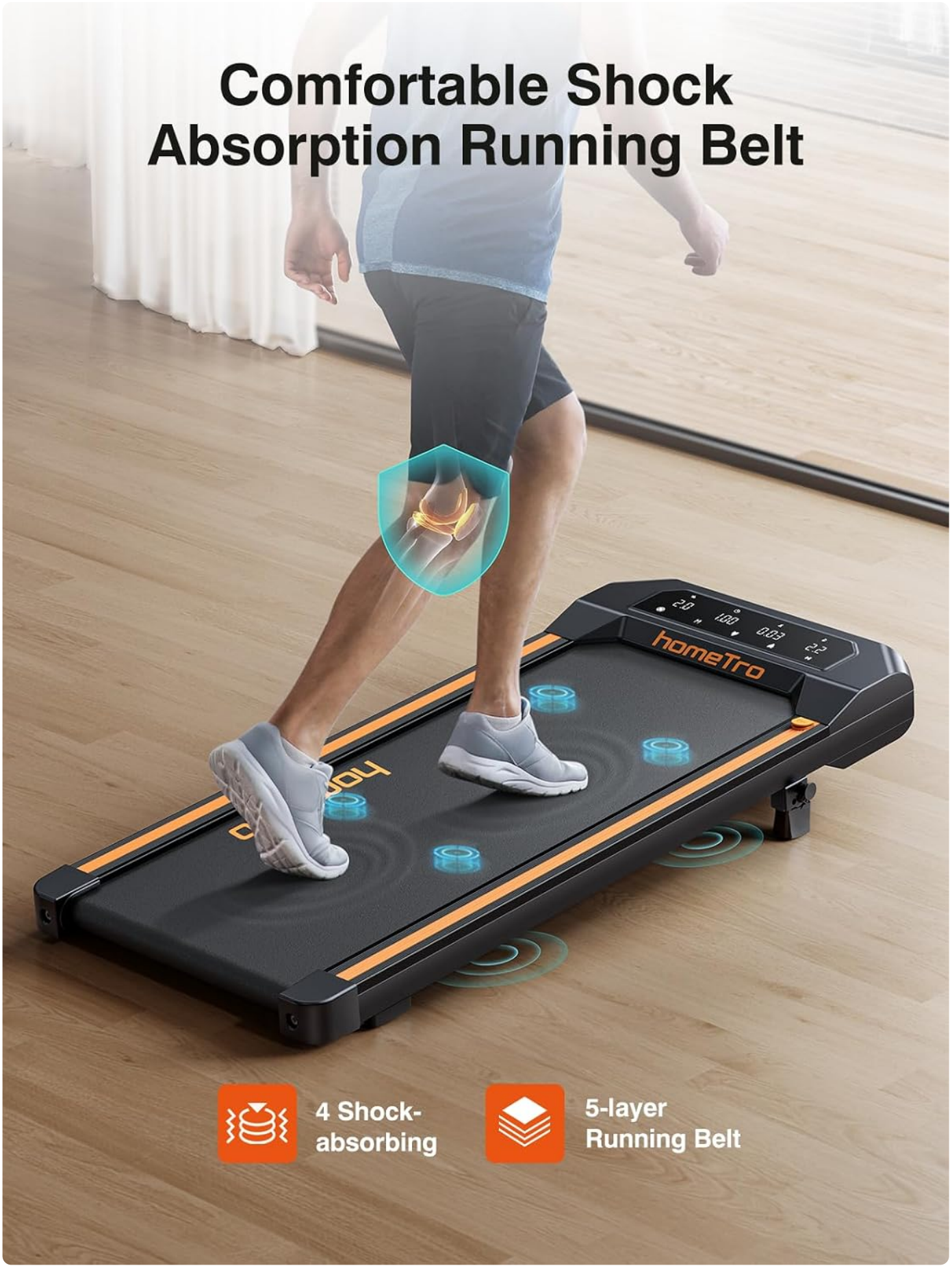


Figure 7: The multi-layer running belt provides superior shock absorption for joint protection.

Maintenance

Lubrication

Regular maintenance, including lubrication, is crucial to keep your treadmill in optimal condition and extend its service life. The treadmill features a convenient lube hole for a clean and fast maintenance experience.



Figure 8: Locate the handy lube hole for easy application of lubricant.

Important: Before first use, and periodically thereafter, lubricate the belt via the lubricant hole near the top right side of the unit with silicone oil or silicone lubricant spray (not included). Put a generous amount in the hole. After lubricating, run the belt at the lowest setting (0.5mph) and walk on it for 2-3 minutes, ensuring your feet are in a V-shape with toes on the outer edges and heels towards the center. This evenly distributes the lubricant on the belt.

Adjusting the Running Belt

If the running belt shifts to one side, it needs adjustment. Use the included wrench to tighten the screws on the left and right sides of the running belt. Turn it clockwise three times, and then adjust according to the offset direction. If the belt is moving to the right, adjust the right side; if moving to the left, adjust to the left until the walking belt is centered.

Detailed Adjustment Steps:

1. Run the machine at the slowest speed (0.5mph).
2. While situated at the rear of the machine (facing the machine the way you would walk on it), visually inspect the belt gap in relation to the edges on each side. There should be an equal gap on both sides.
3. If the gap on the left side is smaller than on the right side, tighten the left side adjustment screw (at the rear of the machine, thin side) with the included Allen wrench. Tighten the screw 1/4 turn clockwise and inspect the belt after a few rotations. Repeat if necessary. If still unequal, loosen the right side adjustment screw 1/4 turn.
4. Follow the same process if the belt gap is smaller on the right side than the left: tighten the right side adjustment screw 1/4 turn and inspect. If still unequal, loosen the left side screw 1/4 turn.

Troubleshooting

Common Issues

- **Treadmill not starting (E07 Error):** This error often indicates that the safety key is not properly placed. Ensure the magnetic safety key is securely attached to the designated area on the console. The treadmill will not operate without it for safety reasons.
- **Belt slipping or stopping:** This can be due to insufficient lubrication or improper belt tension. Refer to the "Lubrication" and "Adjusting the Running Belt" sections in this manual for detailed instructions.
- **No display or power:** Check if the power cord is securely plugged into both the treadmill and the wall outlet. Ensure the main power switch on the treadmill is turned 'ON'.
- **Inaccurate readings (speed, distance, calories):** Ensure the treadmill is on a flat, stable surface. If using the app, ensure a stable Bluetooth connection.

For any issues not covered here, please refer to the full user manual (if provided separately) or contact customer support.

Specifications

Feature	Detail
Brand	HomeTro
Model Name	HM1
Color	Black and Orange
Product Dimensions	47.24"D x 4.72"W x 18.9"H
Item Weight	50.7 Pounds

Feature	Detail
Material	Acrylonitrile Butadiene Styrene (ABS)
Maximum Speed	5 Miles per Hour
Minimum Speed	0.5 Miles per Hour
Maximum Horsepower	2.5 Horsepower
Maximum Incline Percentage	7% (Manual Adjustment)
Maximum Weight Recommendation	300 Pounds
Deck Length	43.3 Inches
Assembly Required	No
Display Type	LED
Number of Programs	12
Connectivity Technology	Bluetooth
Included Components	User Manual, Power Cord, Remote Control, Tool Kit
Special Feature	Shock Absorbent, Lightweight, Manual Incline, Compact Design, Wheeled

Warranty and Support

HomeTro offers a **12-month warranty** on parts after purchase. For any inquiries, technical assistance, or warranty claims, please do not hesitate to contact our **24/7 friendly customer support**. We are committed to ensuring your satisfaction with our product. You can find additional support and contact information through the HomeTro store on Amazon or by referring to the contact details provided in your product packaging.

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

Open the live page

https://manuals.plus/asin/B0CNVWNK42

More documents and user manuals: **https://manuals.plus/**