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› HOMEFITNESSCODE Foldable Walking Pad Treadmill User Manual

HOMEFITNESSCODE S1

HOMEFITNESSCODE Foldable Walking Pad Treadmill User Manual

Model: S1

INTRODUCTION

Thank you for choosing the HOMEFITNESSCODE Foldable Walking Pad Treadmill. This compact and versatile fitness equipment is designed for both walking and light running, making it ideal for home and office environments. Its foldable design allows for easy storage, and the powerful yet quiet motor ensures a comfortable workout experience. This manual provides essential information for safe operation, setup, maintenance, and troubleshooting to help you get the most out of your new treadmill.

IMPORTANT SAFETY INFORMATION

Please read all instructions carefully before using the treadmill. 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 during operation.
- Do not allow children or pets near the treadmill while it is in use.
- Always attach the safety key clip to your clothing before starting the treadmill. In case of emergency, the safety key will disengage, stopping the machine.
- Wear appropriate athletic footwear. Do not operate the treadmill barefoot or in socks.
- If you feel faint, dizzy, or experience pain during your workout, stop immediately and consult a physician.
- Keep hands and feet clear of all moving parts.
- Unplug the treadmill from the power outlet when not in use, before cleaning, or before performing any maintenance.
- Do not use the treadmill if it has a damaged cord or plug, or if it is not working properly.
- Maximum user weight capacity: 300 lbs.

PACKAGE CONTENTS

Verify that all components are present in the package:

- Foldable Walking Pad Treadmill
- Lubricant (Silicone Oil)
- Safety Key
- Power Cord
- Remote Control
- User Manual (this document)

SETUP

The HOMEFITNESSCODE Walking Pad Treadmill arrives fully assembled. Follow these steps for initial setup:

1. **Unpacking:** Carefully remove the treadmill from its packaging.



Image: The HOMEFITNESSCODE Foldable Walking Pad Treadmill in use, demonstrating both running with the handle bar and walking under a desk.

2. **Placement:** Place the treadmill on a firm, level surface. Ensure there is sufficient space around the unit for safe operation.
3. **Handle Bar Setup (Optional):** If you wish to use the handle bar for support or to hold devices, gently lift it into the upright position until it locks securely.



Image: Illustration of the treadmill's folding mechanism, highlighting its compact dimensions for storage.

4. **Power Connection:** Connect the power cord to the treadmill's power input and then plug it into a standard electrical outlet.
5. **Safety Key:** Attach the safety key to the designated slot on the treadmill's console. Clip the other end of the safety key to your clothing. The treadmill will not operate without the safety key in place.

OPERATING INSTRUCTIONS

Familiarize yourself with the treadmill's controls and modes of operation.

Getting Started

- Ensure the safety key is properly attached.
- Press the "Start" button on the remote control or console to begin. The treadmill will typically start at a low speed.
- **Speed Adjustment:** Use the "+" and "-" buttons on the remote control to increase or decrease the speed. The speed range is 0.6 MPH to 5 MPH (1-8 km/h), adjustable in 0.2 MPH increments.

Treadmill Walking Pad **5MPH**



Image: The LED display of the treadmill, indicating current speed, time, distance, and calories burned.

- **Stopping the Treadmill:** Press the "Stop" button on the remote control or console. The treadmill will gradually slow down and come to a complete stop. Removing the safety key will also immediately stop the treadmill.

Modes of Operation

The treadmill supports both walking and light running, adapting to your fitness needs.

2 in 1 Treadmill



Walking 1-5km/h



Running 5-8km/h



Image: Demonstrates the treadmill's dual functionality for both walking (without handle bar) and running (with handle bar).

- **Walking Mode:** Ideal for under-desk use or casual walking. The handle bar can be folded down for a more compact profile.

Quiet Treadmill for Office & Home

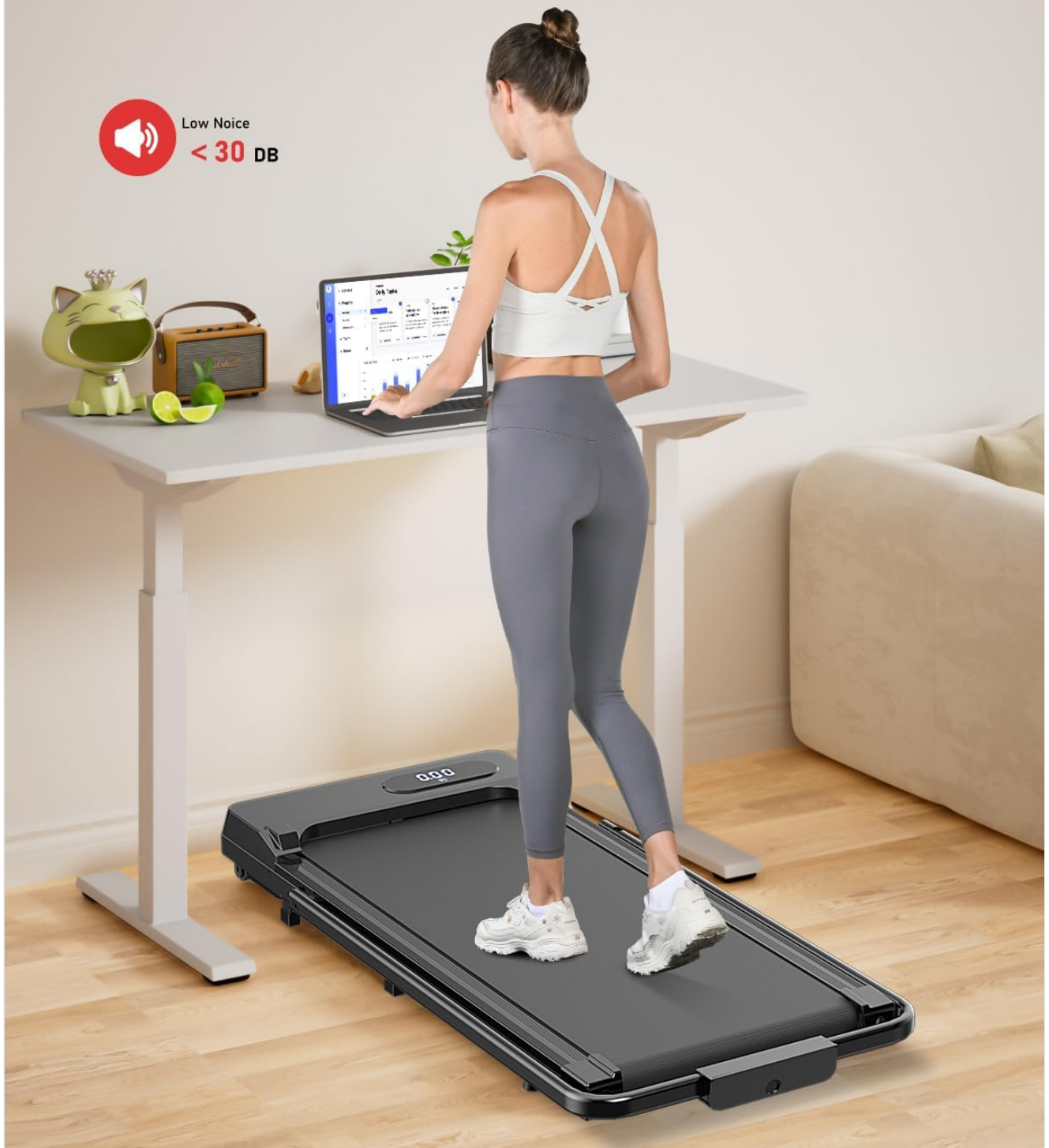


Image: A user walking on the treadmill under a standing desk, illustrating its suitability for quiet office environments.

- **Running Mode:** For more intense workouts, raise the handle bar for added stability and support.

Display Metrics

The LED display tracks your workout progress:

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

- **Calories:** Estimated calories burned.

MAINTENANCE

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

- **Cleaning:** Wipe down the treadmill with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners or solvents.
- **Lubrication:** The running belt requires periodic lubrication with the provided silicone oil to reduce friction and extend its lifespan.
 - Unplug the treadmill.
 - Lift the edge of the running belt and apply a small amount of silicone oil directly onto the center of the deck, underneath the belt.
 - Repeat on the other side.
 - Plug in the treadmill and run it at a low speed (e.g., 1 MPH) for 2-3 minutes to distribute the lubricant evenly.
 - Lubricate every 3-6 months depending on usage.
- **Belt Adjustment:** If the running belt starts to slip or drift to one side, it may need adjustment. Refer to the detailed instructions in the full PDF user manual for belt tensioning and centering.
- **Storage:** When not in use, the treadmill can be folded and stored upright or flat under furniture. Use the integrated transport wheels for easy movement.

EASY TO STORE FOR OFFICE & HOME



Image: Demonstrates how the treadmill can be easily folded and stored upright, saving space in home or office environments.

TROUBLESHOOTING

If you encounter issues with your treadmill, refer to the table below for common problems and solutions.

Problem	Possible Cause	Solution
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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.
Belt slips or hesitates.	Belt too loose; Lack of lubrication.	Adjust belt tension (refer to full manual); Apply silicone lubricant.
Unusual noise during operation.	Loose parts; Lack of lubrication; Foreign object under belt.	Check for loose screws and tighten; Lubricate the belt; Inspect under the belt for obstructions.
Remote control not working.	Battery low or dead; Obstruction between remote and receiver.	Replace remote control battery; Ensure clear line of sight to the treadmill's receiver.

For issues not listed here or if problems persist, please contact customer support.

SPECIFICATIONS

Feature	Detail
Brand	HOMEFITNESSCODE
Model Name	S1
Product Dimensions (LxWxH)	48.4"D x 21.5"W x 4.5"H
Folded Size	48"x23"x5"
Item Weight	45 Pounds
Maximum Weight Recommendation	300 Pounds
Motor Horsepower	2.5 HP (Peak 3 HP)
Speed Range	0.6 - 5 Miles per Hour (1 - 8 km/h)
Running Belt Dimensions (LxW)	38.6" x 15.4"
Material	Acrylonitrile Butadiene Styrene (ABS)
Display Type	LED
Power Source	Corded Electric
Special Features	Foldable Handle Bar, Ultra Quiet Motor, Non-slip Running Belt, Safety Lock, Easy to Move Wheels
Metrics Measured	Calories Burned, Distance, Speed, Time
Assembly Required	No (Arrives fully assembled)

Powerful quiet **2.5 HP** brushless motor



1-5MPH
Speed



<30DB
Low noise



320LBS
Capacity



2.5HP
Motor



Image: Internal view highlighting the powerful and quiet 2.5 HP brushless motor, designed for efficient and low-noise operation.

DAMPING SYSTEM

ERGONOMIC STEEL CONSTRUCTION

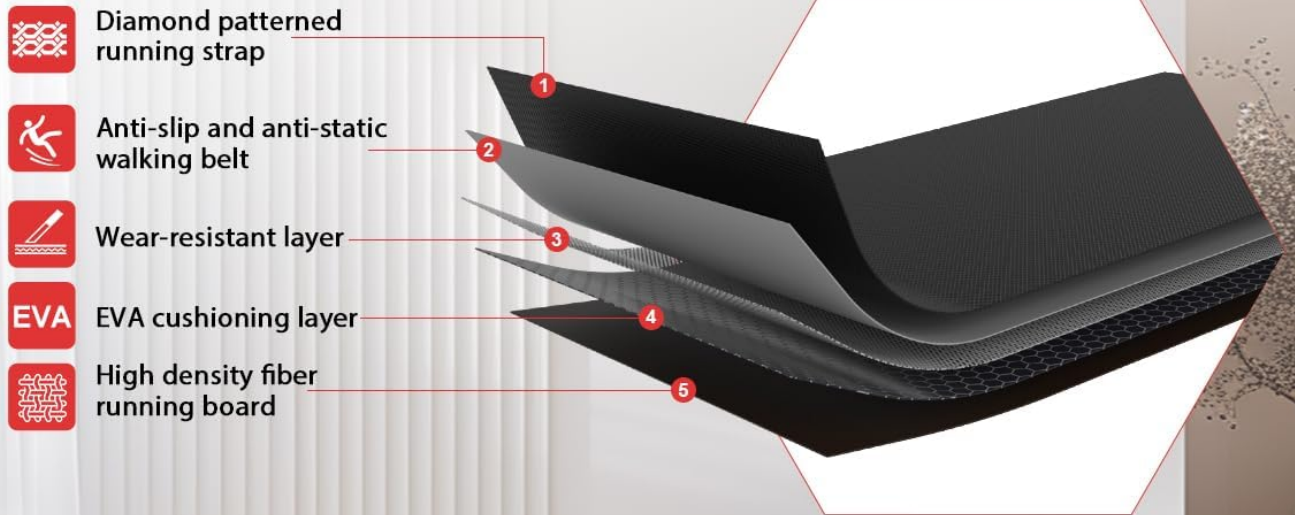


Image: Cross-section diagram illustrating the multi-layer damping system of the running belt, designed for shock absorption and user comfort.

WARRANTY AND SUPPORT

The HOMEFITNESSCODE Foldable Walking Pad Treadmill comes with a **2-year warranty**.

For technical assistance, warranty claims, or any questions regarding your product, please contact HOMEFITNESSCODE customer service. Our team is available 24/7 to provide support.

Please have your model number (S1) and purchase information ready when contacting support.

IMPORTANT NOTE ON VIDEOS

While this product may have associated videos, specific video URLs with creator type information were not available in the provided data to embed them directly into this manual. Please refer to the product's official listing or manufacturer's website for any available instructional videos.

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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

Answered questions about this manual

Are there higher stands or risers available to lift the HOMEFITNESSCODE S1 treadmill further off the floor?

Based on the user manual for the HOMEFITNESSCODE S1, there are no official "higher stands" or riser accessories manufactured for this specific model. The treadmill is designed as a low-profile walking pad with a...

[Read full answer](#)