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HomeTro JF-H-40DA

HomeTro 3.0HP Foldable Compact Treadmill User Manual

Model: JF-H-40DA

1. Product Overview

The HomeTro 3.0HP Foldable Compact Treadmill is a versatile fitness machine designed for both walking and jogging. Its innovative 2-in-1 design allows it to function as an under-desk walking pad or a traditional treadmill with a handle. Featuring dual LED touch screens, remote control, and smart APP integration, this treadmill offers a convenient and effective way to maintain your fitness routine in various environments, including home and office settings.



Image: The HomeTro treadmill shown in both its upright running mode and folded flat as an under-desk walking pad.

2. Safety Information

Please read all safety instructions carefully before using the treadmill to ensure safe operation and prevent injury. Keep this manual for future reference.

- **Running Belt Adjustment:** For first-time use, ensure the running belt is appropriately tight using the included wrench. An overly loose belt can cause wrinkles or gaps, while an overly tight belt can lead to sticking. Observe smooth operation without load before exercising.
- **Lubrication:** If the running belt is still tight after adjustment and the treadmill has been used for more than 4-6 months, lubrication may be required. Refer to the maintenance section for details.
- **Safety Key:** Always use the safety key. The treadmill is equipped with a safety key that can instantly shut down the machine in an emergency, providing enhanced safety during your workout.
- **Shock Absorption:** The 5-layer anti-slip shock-absorbing running belt provides effective cushioning for your joints and muscles.
- **Stability:** Strong and wear-resistant armrests on both sides help maintain balance during exercise.

- **Placement:** Ensure the machine is placed on a hard, solid flooring for stability.



Image: A detailed view of the treadmill's multi-layer running belt, highlighting its shock-absorbing properties for joint protection.

3. Setup and Assembly

The HomeTro treadmill is designed for minimal assembly. Simply unpack and prepare for use. The main components are pre-assembled.

3.1 Unboxing and Initial Placement

1. Carefully open the packaging box and remove all protective foam and plastic wrapping.
2. Lift the treadmill out of the box and place it on a flat, stable surface. Ensure there is adequate clear space around the treadmill for safe operation.

3.2 Raising the Handlebar (for Running Mode)

1. Locate the locking mechanisms on both sides of the handlebar base.
2. Unlock the mechanisms and carefully raise the handlebar to its upright position.
3. Securely lock the handlebar in place to ensure stability during use.

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Video: A demonstration of unboxing and setting up the HomeTro Under Desk Compact Folding Treadmill, showing how to raise the handlebar for running mode.

3.3 Connecting Power

Connect the power cord to the treadmill and then to a suitable power outlet. Ensure the power switch is in the OFF position before plugging in.

4. Operating Instructions

Your HomeTro treadmill offers flexible workout options with intuitive controls.

4.1 Modes of Operation

- **Walking Pad Mode (Under-Desk):** Speed range from 0.6 to 2.5 MPH. Ideal for light activity while working or relaxing. In this mode, the handlebar is folded down.
- **Jogging/Running Mode:** Speed range from 2.5 to 8.7 MPH. For more intense cardio workouts. In this mode, the handlebar should be in the upright position.



Image: Visual representation of the treadmill's running mode and walking pad mode.

4.2 Control Options

- **Dual LED Touch Screens:** The treadmill features two LED displays for easy speed adjustment and real-time feedback on your progress, including speed, time, distance, and calories burned.
- **Remote Control:** Use the included remote control to conveniently adjust your running speed and stop the treadmill instantly.



Image: Detailed view of the treadmill's control panel with LED touch screen and the remote control.

4.3 Preset Programs

Choose from 12 preset programs designed to simulate a variety of sporting scenarios. These programs automatically adjust the running speed to add variety to your daily routine and help you tailor your workout to your preferences and goals.

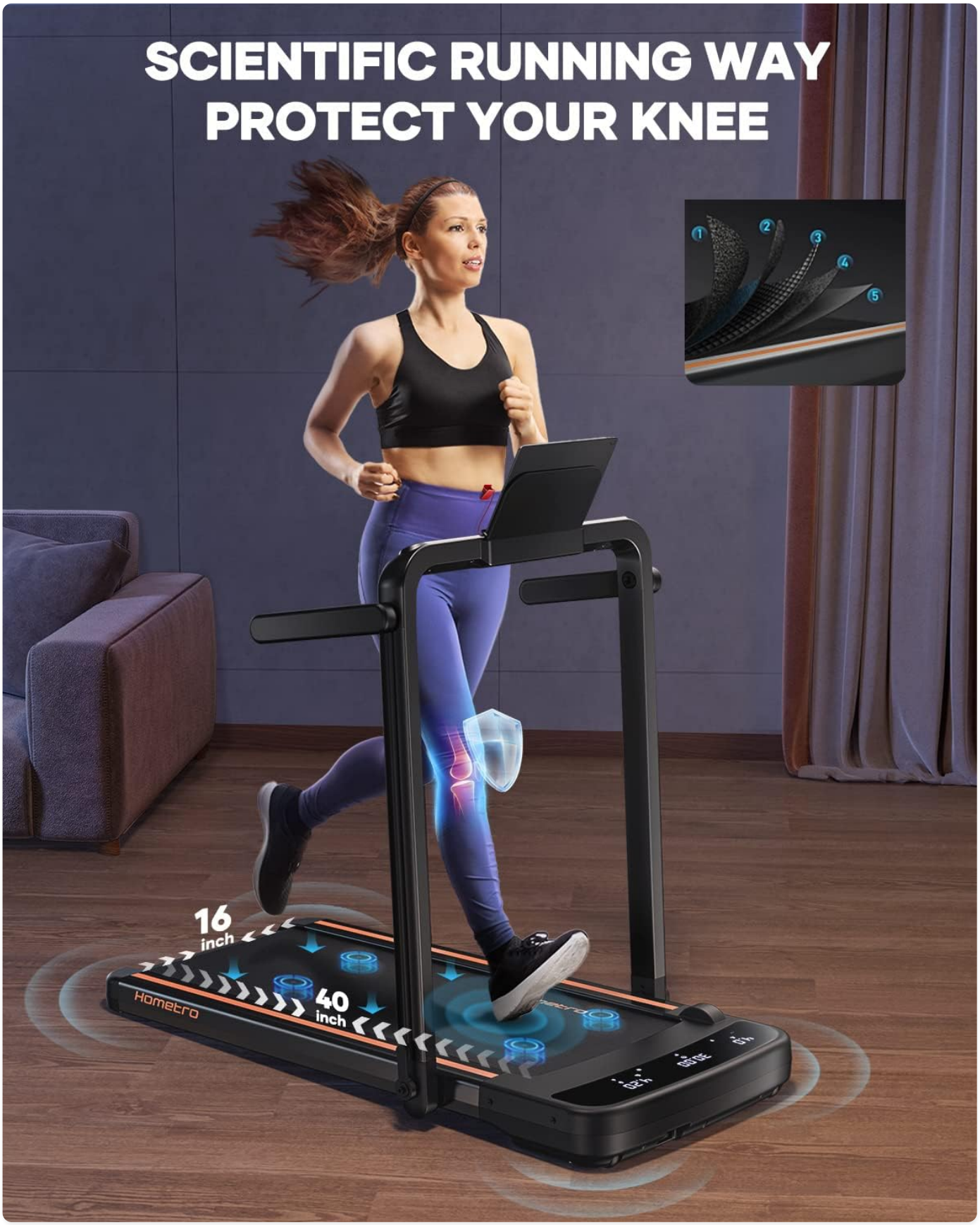


Image: The treadmill's display showing the selection of 12 preset programs (P1-P12).

4.4 Smart APP Integration

Take advantage of smart APP integration to record your workout data, track your progress, and even join group running events with other users. Refer to the separate APP manual for detailed instructions on connecting and using the application.

5. Maintenance

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

5.1 Running Belt Adjustment

It is crucial to maintain proper tension of the running belt. Use the included wrench to rotate the bolt at the end of the treadmill to adjust the belt tension. After adjustment, observe whether the belt runs smoothly without load before exercising.

- If there are wrinkles or gaps between the running belt and the running board, the belt is too loose and needs to be tightened.
- If the running belt is stuck and not smooth, it is too tight and needs to be loosened.

5.2 Lubrication

If the running belt remains tight or sticky after adjustment, and the treadmill has been used for more than 4-6 months, you may need to add lubricant. Apply treadmill-specific lubricant under the running belt as per the lubricant manufacturer's instructions. Regular lubrication helps reduce friction and extends the life of the motor and belt.

6. Troubleshooting

This section addresses common issues you might encounter with your treadmill.

Problem	Possible Cause	Solution
Running belt is loose or has wrinkles.	Belt tension is too low.	Tighten the running belt using the included wrench. Refer to Section 5.1.
Running belt is stuck or not smooth.	Belt tension is too high or lack of lubrication.	Loosen the running belt. If the issue persists after 4-6 months of use, apply lubricant. Refer to Section 5.1 and 5.2.
Treadmill does not power on.	Power cord not properly connected, power switch off, or safety key not in place.	Ensure power cord is securely plugged in. Check if the power switch is ON. Verify the safety key is correctly inserted.
Unusual noise during operation.	Loose components, lack of lubrication, or belt misalignment.	Check all bolts and screws for tightness. Lubricate the running belt if necessary. Adjust belt alignment if it's off-center.

If you encounter issues not listed here or if the suggested solutions do not resolve the problem, please contact customer support.

7. Specifications

Brand: HomeTro

Model Name: JF-H-40DA

Product Dimensions: 49.8"D x 25.3"W x 4.5"H

Folded Size: 50"D x 29.5"W x 4.5"H

Item Weight: 23 Kilograms

Maximum Weight Recommendation: 265 Pounds

Maximum Horsepower: 3 Horsepower

Maximum Speed: 8.7 Miles per Hour

Minimum Speed: 0.6 Miles per Hour

Deck Length: 40 Inches

Deck Width: 16 Inches

Material: Acrylonitrile Butadiene Styrene (ABS)

Display Type: LED (Dual LED Touch Screen)

Number of Programs: 12

Connectivity Technology: Bluetooth

Included Components: Power Cord, Remote Control, Safety Key, Tool Kit, User Manual

Special Features: Compact Design, Dual LED Touch Screen, Foldable, Shock Absorbent, Timer

Assembly Required: No (Pre-assembled)

8. Warranty and Support

HomeTro is committed to providing high-quality products and excellent customer service.

- **Warranty:** This product comes with a 12-month parts warranty after purchase.
- **Customer Support:** We offer 24/7 friendly customer support. If you have any questions, concerns, or require assistance, please do not hesitate to contact us.
- **Returns:** Enjoy 30-day easy returns.

For further assistance, please refer to the official HomeTro store or contact their customer service directly.

Visit HomeTro Store

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