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› HomeTro 3.0HP Foldable Compact Treadmill (Model JF-H-40DA) Instruction Manual

HomeTro JF-H-40DA

HomeTro 3.0HP Foldable Compact Treadmill (Model JF-H-40DA) Instruction Manual

Brand: HomeTro | Model: JF-H-40DA

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1. INTRODUCTION

The HomeTro 3.0HP Foldable Compact Treadmill (Model JF-H-40DA) is a versatile 2-in-1 fitness machine designed for both walking and jogging. Its compact, foldable design makes it suitable for home and office environments with limited space. This treadmill features dual LED touch screens, app connectivity, and remote control for convenient operation. This manual provides essential information for safe setup, operation, maintenance, and troubleshooting.



Image: The HomeTro treadmill shown in its upright running configuration and as a flat walking pad, highlighting its dual functionality.

2. IMPORTANT SAFETY INSTRUCTIONS

WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read all instructions before operating this appliance.

- Always ensure the safety key is properly attached to both the treadmill and your clothing before starting any exercise.
- Keep children and pets away from the treadmill during operation.
- Place the treadmill on a flat, stable surface with adequate clearance around it (at least 2 feet on all sides and 6 feet behind).
- Do not operate the treadmill if it has a damaged cord or plug, if it is not working properly, or if it has been dropped or damaged.
- The maximum user weight for this treadmill is 265 lbs (120 kg).
- Always wear appropriate athletic footwear.
- Unplug the treadmill from the power outlet when not in use and before cleaning or maintenance.

3. SETUP GUIDE

The HomeTro Treadmill is designed for minimal assembly. Follow these steps to prepare your treadmill for use:

1. **Unboxing:** Carefully remove the treadmill from its packaging. Retain all packaging materials for future storage or transport.
2. **Unfolding the Support Frame:** If the treadmill is in walking pad mode, loosen the screw knobs on both sides of the base. Lift the support frame into the upright position.
3. **Securing the Support Frame:** Once the support frame is upright, tighten the screw knobs on both sides to secure it firmly in place.
4. **Power Connection:** Plug the power cord into a grounded electrical outlet. The main power switch is located at the base of the treadmill.
5. **Safety Key:** Attach the red safety key to the designated slot on the console. The treadmill will not operate without the safety key in place.

Visual Guide: Unboxing and Installation

Video: This video demonstrates the unboxing and initial setup process for the HomeTro Under Desk Compact Folding Treadmill, showing how to prepare it for use.

Folding for Storage

FOLDABLE TREADMILL FOR CONVENIENT STORAGE



Image: The treadmill shown folding down and being stored under a bed, illustrating its compact design for convenient storage. To fold the treadmill for storage, ensure it is powered off and unplugged. Loosen the screw knobs on the support frame, gently lower the frame until it is flat against the running deck, and then re-tighten the knobs to secure it. The built-in pulleys allow for easy movement and storage under furniture.

4. OPERATING INSTRUCTIONS

The HomeTro Treadmill offers two primary modes: Walking Pad Mode and Running Mode, controlled via the LED touch screen, remote, or the Fitshow App.

Getting Started

1. Ensure the treadmill is plugged in and the safety key is attached.
2. Press the power button on the LED touch screen or remote control to turn on the treadmill.
3. Select your desired mode:
 - **Walking Pad Mode:** With the support frame folded down, the treadmill operates as a walking pad with a speed range of 0.6-2.5 MPH.
 - **Running Mode:** With the support frame upright and secured, the treadmill operates as a jogging/running machine with a speed range of 2.5-8.7 MPH.
4. Adjust speed using the touch screen controls or the remote control.
5. To stop, press the stop button or pull the safety key.

Control Options

- **LED Touch Screen:** The integrated LED display shows speed, time, distance, and calories. Use the touch buttons to start, stop, and adjust speed.
- **Remote Control:** A convenient remote control allows for easy adjustment of speed and start/stop functions without reaching for the console.
- **Fitshow APP Control:** Download the Fitshow app on your smartphone or tablet. Connect via Bluetooth to control the treadmill, track your workouts, and access various training programs.

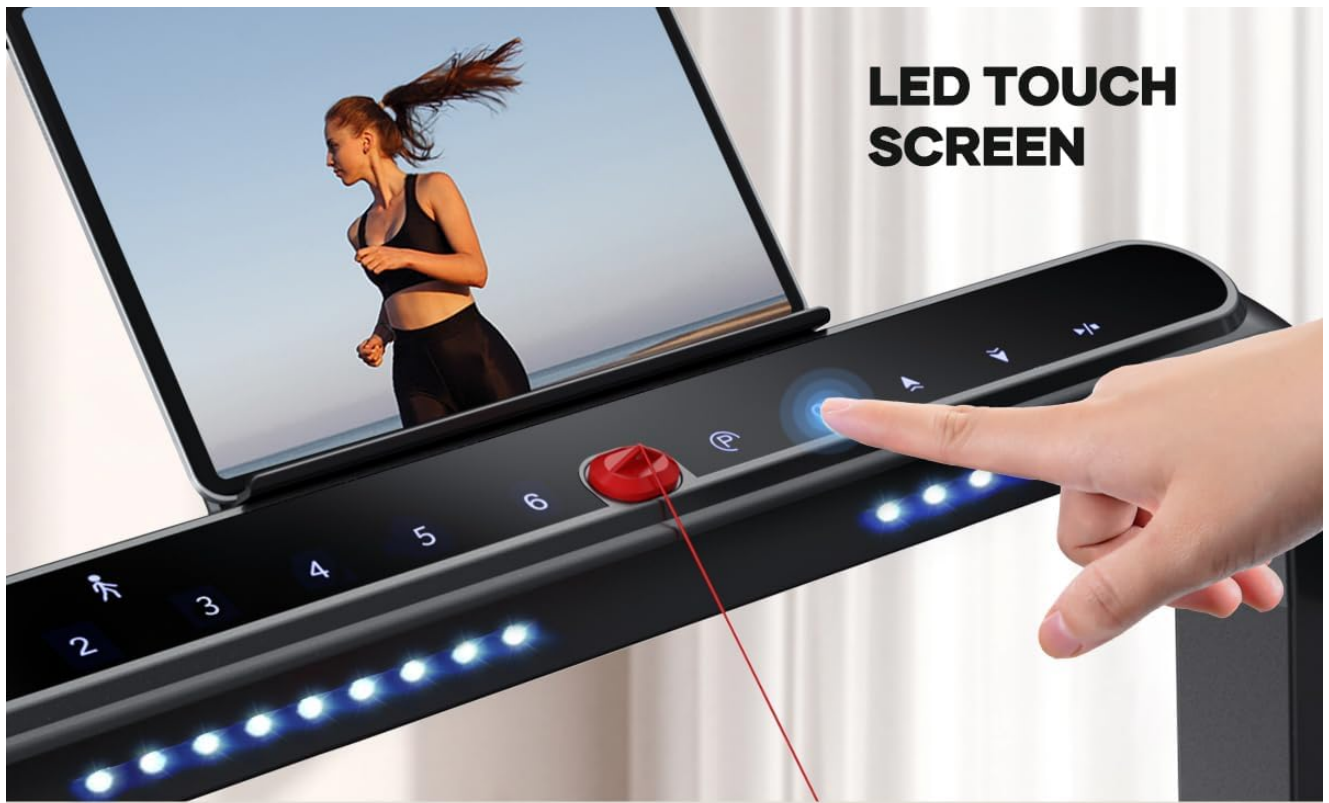
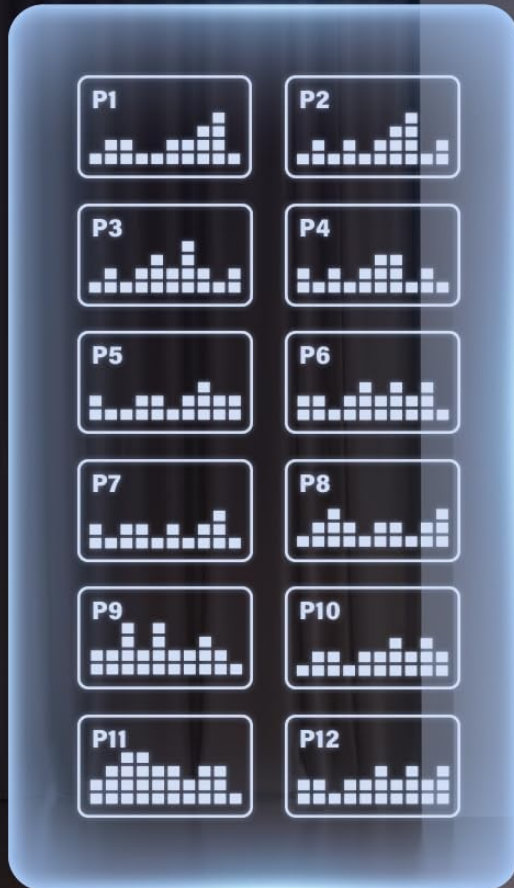


Image: A detailed view of the treadmill's LED touch screen interface and the accompanying remote control, illustrating control options.

Preset Programs

The treadmill includes 12 preset programs (P1-P12) designed to automatically adjust running speed for varied workouts, such as HIIT (High-Intensity Interval Training) for fat loss. These programs can be selected via the control panel or the Fitshow app.

SMART SPEED CONTROL FOCUS ON RUNNING



12 Preset Programs

According to the International HIIT fat loss, automatically adjust the running speed.



Image: A visual representation of the 12 preset programs, indicating their varying intensity profiles.

Visual Guide: Operating the Treadmill

Video: A tutorial demonstrating how to get started with the HomeTro 2-in-1 Foldable Treadmill, including initial setup and basic operation.

Video: This video showcases the HomeTro 2-in-1 Folding Treadmill in use for both running and walking, highlighting its versatility for home and office environments.

5. MAINTENANCE

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

- **Cleaning:** Wipe down the treadmill surfaces with a damp cloth after each use. Avoid using abrasive cleaners.
- **Belt Lubrication:** Periodically lubricate the running belt according to the instructions provided in the separate lubrication guide (if included) or consult HomeTro customer support. Proper lubrication prevents friction and extends belt life.
- **Belt Tension and Alignment:** Check the running belt tension and alignment regularly. If the belt feels loose or shifts to one side, adjust it using the provided tools and instructions.
- **Power Off:** Always unplug the treadmill when not in use for extended periods or before performing any maintenance.

6. TROUBLESHOOTING

If you encounter issues with your HomeTro Treadmill, refer to the following common problems and solutions:

- **Treadmill Not Turning On:**

Ensure the power cord is securely plugged into both the treadmill and a working electrical outlet. Check the main power switch located at the base of the treadmill. Verify the safety key is correctly inserted into its slot.
- **Lights Remain On After Use:**

The LED lights on the console may remain illuminated if the main power switch at the base of the treadmill is not turned off. Always remember to switch off the main power after your workout to conserve energy.
- **App Connectivity Issues:**

Ensure Bluetooth is enabled on your device and the Fitshow app is updated to the latest version. Restart both the treadmill and your device, then attempt to reconnect.
- **Running Belt Slipping or Shifting:**

This may indicate incorrect belt tension or alignment. Refer to the maintenance section or contact customer support for instructions on how to adjust the belt.
- **Unusual Noises or Unit Cutting Off:**

Immediately stop using the treadmill and unplug it. Inspect for any visible damage or obstructions. Contact HomeTro customer support for assistance.

7. SPECIFICATIONS

Feature	Detail
Brand	HomeTro
Model Number	JF-H-40DA
Maximum Horsepower	3 Horsepower
Maximum Weight Recommendation	265 Pounds (120 kg)
Deck Length	40 Inches
Deck Width	25.4 Inches
Belt Width	16 Inches
Screen Size	2 Inches (Dual LED Touch Screens)
Input Power	100 Watts
Assembly Required	Yes (Minimal)
Item Package Dimensions L x W x H	56 x 26 x 4.5 inches
Package Weight	23.13 Kilograms
Item Dimensions L x W x H (Unfolded)	49.8 x 25.3 x 39.8 inches (approximate, derived from images)

POWERFUL 3.0HP QUIET MOTOR



Low Noise
≤ 65dB



Max User Weight
120KG/265LBS



Image: An illustration of the powerful 3.0HP motor, emphasizing its quiet operation (≤65dB) and maximum user weight capacity.

SCIENTIFIC RUNNING WAY PROTECT YOUR KNEE



Image: A close-up of the treadmill's running belt, illustrating its multi-layer construction designed for shock absorption and knee protection.

8. WARRANTY AND CUSTOMER SUPPORT

For warranty information, specific product support, or any inquiries not covered in this manual, please contact HomeTro customer service. Details for contacting customer support are typically found on the product packaging, the HomeTro official website, or through your retailer.

HomeTro is committed to providing high-quality fitness equipment and support to ensure your satisfaction.

