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› User Manual for HOMEFITNESSCODE Walking Pad Treadmill

HOMEFITNESSCODE Tapis de Course

HOMEFITNESSCODE Walking Pad User Manual

Model: Tapis de Course

1. INTRODUCTION

Thank you for choosing the HOMEFITNESSCODE Walking Pad. This user manual provides essential information for the safe and effective operation, maintenance, and troubleshooting of your new under-desk portable treadmill. Please read this manual thoroughly before initial use and retain it for future reference.

This 2-in-1 folding treadmill is designed for versatility, compactness, and efficiency, suitable for both home and office environments. It features an upgraded 2.5HP motor for quiet operation and a robust design to support your fitness journey.

2. SAFETY INSTRUCTIONS

To ensure safe operation and prevent injury, please adhere to the following safety guidelines:

- Always place the treadmill on a flat, stable surface.
- Ensure adequate clear space around the treadmill (at least 2 feet on all sides).
- Do not allow children or pets near the treadmill during operation.
- The maximum user weight capacity is 286 pounds (130 kg). Do not exceed this limit.
- Wear appropriate athletic footwear during use.
- If you feel faint, dizzy, or experience pain, stop exercising immediately.
- Unplug the treadmill from the power outlet when not in use or before cleaning/maintenance.
- Use the safety key feature for emergency stops.

3. PACKAGE CONTENTS

Please check the box for the following items:

- HOMEFITNESSCODE Walking Pad Treadmill
- Remote Control
- Power Cord

- Safety Key
- Lubricant
- User Manual (this document)
- Chest Strap (if included with your specific model)

4. SETUP

Follow these steps for initial setup:

1. **Unpacking:** Carefully remove all components from the packaging. Retain packaging materials for future storage or transport.
2. **Placement:** Choose a flat, stable surface for the treadmill. Ensure there is sufficient space around the unit for safe operation and access. The compact design allows placement under a sofa, table, or bed when not in use.
3. **Unfolding (if applicable):** If your model has a handle, gently lift and secure it into the upright position. Ensure all locking mechanisms are engaged.
4. **Power Connection:** Connect the power cord to the treadmill's power input port, then plug the other end into a grounded electrical outlet.
5. **Safety Key:** Attach the safety key clip to your clothing and insert the safety key into its designated slot on the treadmill. The treadmill will not operate without the safety key in place.

5. OPERATING INSTRUCTIONS

Your HOMEFITNESSCODE Walking Pad is designed for intuitive operation.

5.1 Powering On/Off

- To turn on, ensure the safety key is in place, then press the power button on the remote control or the treadmill's console.
- To turn off, press the power button again or remove the safety key.

5.2 Using the Remote Control

The smart remote control allows you to manage the treadmill's functions:

- **Start/Stop:** Press the designated button to start or stop the running belt.
- **Speed Adjustment:** Use the '+' and '-' buttons to increase or decrease the speed. The treadmill offers speed levels ranging from 1 to 10 km/h (approximately 0.6 to 6.2 MPH).
- **Mode Selection:** Some models may have buttons to cycle through display modes (e.g., time, distance, calories, speed).

5.3 LCD Display

The integrated LCD display (8.3 inches x 2.8 inches) provides real-time workout data:

- **Time:** Duration of your workout.
- **Distance:** Total distance covered.
- **Speed:** Current speed of the running belt.
- **Calories:** Estimated calories burned during your session.

5.4 Tablet Holder

Place your phone or tablet securely in the integrated holder to enjoy entertainment or productivity while exercising.

6. MAINTENANCE

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

6.1 Cleaning

- Before cleaning, ensure the treadmill is unplugged.
- Wipe down the frame and console with a soft, damp cloth. Avoid abrasive cleaners or solvents.
- Regularly vacuum or wipe dust from around the motor cover.

6.2 Lubrication

The running belt requires periodic lubrication to reduce friction and extend its lifespan. Use the provided lubricant or a compatible silicone-based treadmill lubricant.

1. Unplug the treadmill.
2. Carefully lift the edge of the running belt.
3. Apply a small amount of lubricant evenly under the center of the belt.
4. Plug in the treadmill and run it at a low speed (e.g., 1 km/h) for 2-3 minutes to distribute the lubricant.
5. Lubricate every 3-6 months, depending on usage.

6.3 Belt Adjustment

If the running belt shifts to one side or slips, it may need adjustment. Refer to the specific instructions in your model's detailed manual or contact customer support for guidance.

7. TROUBLESHOOTING

If you encounter issues with your treadmill, try the following solutions:

- **Treadmill not powering on:** Ensure the power cord is securely plugged into both the treadmill and a working electrical outlet. Check if the safety key is fully inserted.
- **Running belt not moving:** Verify the safety key is in place. Ensure the treadmill is not in pause mode. Check for any obstructions under the belt.
- **Unusual noise:** Check for loose parts. Ensure the treadmill is on a level surface. Lubricate the running belt if it sounds dry.
- **Display not working:** Check power connections. If the issue persists, contact customer support.

For problems not listed here, please contact HOMEFITNESSCODE customer support.

8. SPECIFICATIONS

Feature	Specification
Brand	HOMEFITNESSCODE
Model Name	Tapis de Course
Product Dimensions (LxWxH)	52.76"D x 23.43"W x 5.71"H (134 x 59.5 x 13.5 cm)
Material	Metal

Maximum Speed	10 km/h (approx. 6.2 MPH)
Maximum Horsepower	2.5 Kilowatts
Power Source	Corded Electric
Maximum Load Capacity	286 lbs (130 kg)
Special Features	Compact Design, Shock Absorbent, Wheeled, Tablet Holder, Quiet Operation (<45dB)

9. WARRANTY AND SUPPORT

For information regarding warranty coverage, product support, or replacement parts, please refer to the warranty card included with your purchase or contact HOMEFITNESSCODE customer service directly. Contact details can typically be found on the product packaging or the official HOMEFITNESSCODE website.

