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› [AIRHOT](#) /

› AIRHOT Walking Pad Treadmill Model 3807W User Manual

AIRHOT 3807W

AIRHOT Walking Pad Treadmill Model 3807W User Manual

Comprehensive instructions for setup, operation, and maintenance.

INTRODUCTION

Thank you for choosing the AIRHOT Walking Pad Treadmill Model 3807W. This manual provides essential information for the safe and efficient use of your new fitness equipment. Please read it thoroughly before operation and retain it for future reference.

This portable treadmill is designed for walking and light jogging, featuring a 6% manual incline, a 2.5HP motor, and a compact design suitable for home and office environments.



Figure 1: AIRHOT Walking Pad Treadmill in use.

This image displays the AIRHOT Walking Pad Treadmill in operation, demonstrating its use for fitness activities.

IMPORTANT SAFETY INSTRUCTIONS

- Always consult with a physician before starting any exercise program.
- Place the treadmill on a flat, stable surface with adequate clearance around it.
- Keep children and pets away from the treadmill during operation.
- Do not operate the treadmill if it has a damaged cord or plug, or if it is not working properly.
- Wear appropriate athletic footwear.

- Maximum user weight capacity: 265 lbs (120 kg).
- Unplug the treadmill from the power outlet when not in use or before cleaning/maintenance.

PACKAGE CONTENTS

Verify that all components are present in the package:

- AIRHOT Walking Pad Treadmill (1 unit)
- Remote Control (1 unit)
- Lubricating Oil (1 bottle)
- L-shaped Wrench (1 unit)
- Batteries for Remote Control (2 Lithium Metal batteries)
- User Manual (1 unit)



Figure 2: Included Components

This image displays the AIRHOT Walking Pad Treadmill along with its accessories: a bottle of lubricating oil, the instruction manual, an L-shaped wrench, the remote control, and batteries.

SETUP AND INITIAL USE

1. Unpacking and Placement

- Carefully remove the treadmill from its packaging.
- Place the treadmill on a firm, level surface. Ensure there is at least 2 feet (60 cm) of clear space behind the treadmill and 1 foot (30 cm) on each side.
- The treadmill is equipped with transport wheels for easy movement. Gently lift the rear end and roll it to your desired location.



Figure 3: Easy Movement with Transport Wheels

This image illustrates the portability of the treadmill, showing a woman effortlessly moving it across a room using its integrated wheels.

2. Power Connection

- Connect the power cord to the treadmill and then plug it into a grounded electrical outlet.
- Ensure the power switch on the treadmill is in the "ON" position.

3. Remote Control Setup

- Insert the provided Lithium Metal batteries into the remote control.
- The remote control is used to start/stop the treadmill and adjust speed.

OPERATING INSTRUCTIONS

1. Starting the Treadmill

- Step onto the treadmill belt.
- Press the "Start" button on the remote control. The treadmill will begin at a low speed.

2. Adjusting Speed

- Use the "+" and "-" buttons on the remote control to increase or decrease the speed.
- The speed range is 0.6 to 3.8 mph (approximately 1.0 to 6.1 km/h).

3. Manual Incline Adjustment

- The treadmill features a 6% manual incline.
- To activate the incline, rotate the front footrest. This will raise the front of the treadmill, simulating an uphill walk.
- A height adjustment knob in the middle of the front allows for fine-tuning stability.
- Adjust the incline only when the treadmill is stopped and unplugged.



Figure 4: Manual Incline Feature

This image demonstrates the 6% manual incline capability, highlighting how it can enhance calorie expenditure compared to a flat surface.

4. LED Display and Functions

The clear LED display cycles through various metrics:

- **Time:** Duration of your workout.
- **Speed:** Current walking/running speed.
- **Distance:** Total distance covered.
- **Calories:** Estimated calories burned.

The treadmill also includes a pause function and goal setting. You can set targets for time, distance, or calories, and the treadmill will stop upon completion.

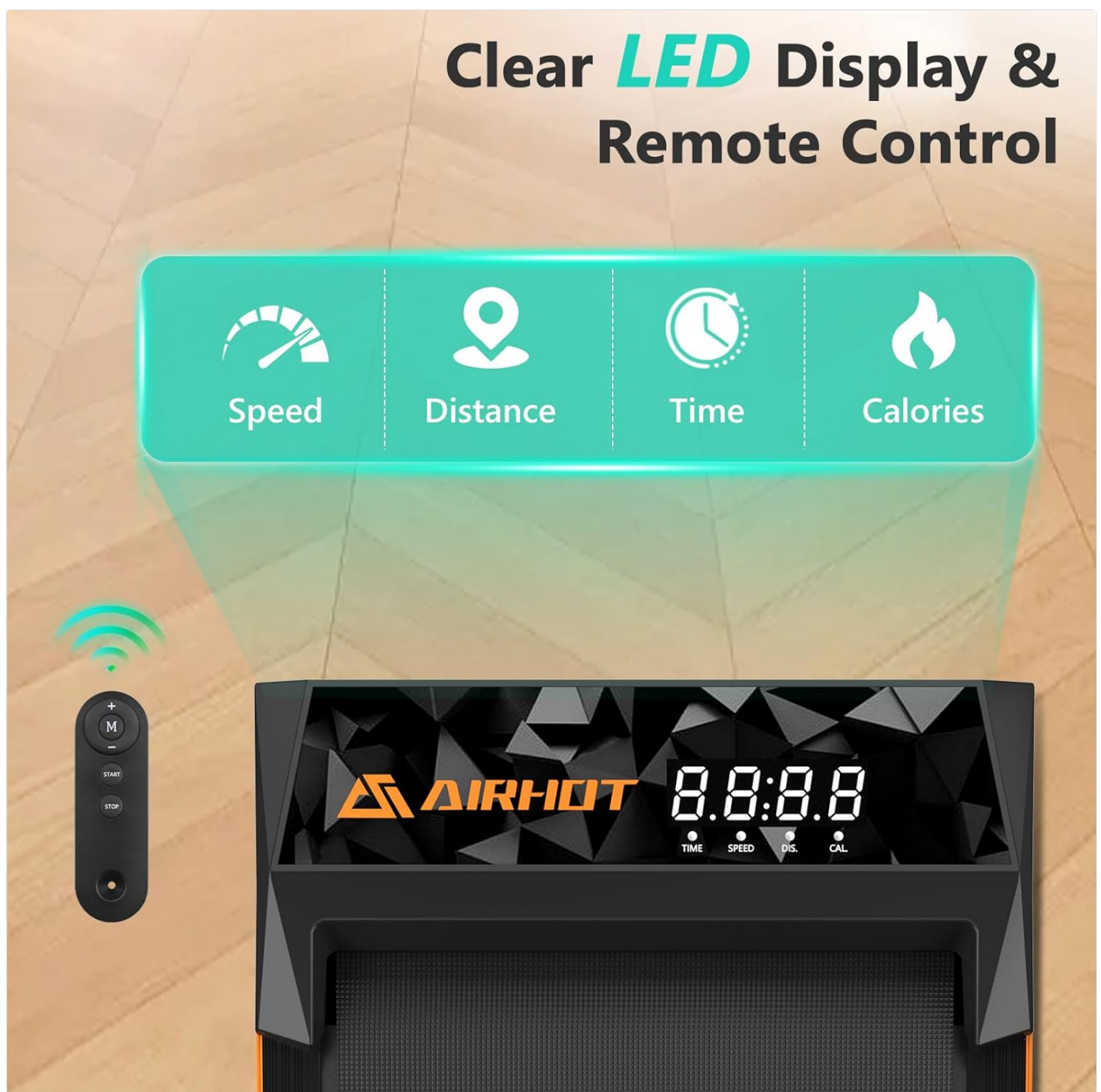


Figure 5: LED Display and Remote Control

This image details the multi-function LED control panel and the remote control, showing how users can monitor their workout data including speed, distance, time, and calories.

5. Stopping the Treadmill

- Press the "Stop" button on the remote control to gradually slow down and stop the treadmill.
- Always step off the treadmill only after the belt has come to a complete stop.

6. Operating Modes

The AIRHOT Walking Pad Treadmill supports multiple modes of use:

- **Working Mode:** Ideal for use under a standing desk (0.6-2.5 mph).
- **Climbing Mode:** Utilizes the 6% incline for a more intense walk (0.6-2.5 mph).
- **Running Mode:** For brisk walking or light jogging (2.5-3.8 mph).
- **Pet Exercise Mode:** A dedicated mode for pet exercise (0.6-2.5 mph).



Figure 6: Multiple Operating Modes

This image illustrates the four distinct operating modes: Working mode for desk use, Climbing mode with incline, Running mode for higher speeds, and a Pet Exercise mode.

MAINTENANCE

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

1. Lubrication

- The running belt requires periodic lubrication to reduce friction and wear.
- Apply the provided lubricating oil under the running belt every 30-50 hours of use, or as needed if the belt feels dry.
- Refer to the detailed lubrication instructions in the included user manual for proper application.

2. Cleaning

- Wipe down the treadmill surface with a damp cloth after each use to remove sweat and dust.
- Do not use abrasive cleaners or solvents.
- Periodically vacuum under the treadmill to prevent dust buildup.

3. Belt Adjustment

- If the running belt becomes misaligned or slips, use the L-shaped wrench to adjust the tension bolts at the rear of the treadmill.
- Adjust in small increments (quarter turns) until the belt is centered and properly tensioned.

TROUBLESHOOTING

If you encounter issues, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Treadmill does not start.	Power cord not plugged in. Power switch is off. Remote control batteries are dead.	Ensure power cord is securely plugged into a grounded outlet. Turn the power switch to "ON". Replace remote control batteries.
Running belt slips or hesitates.	Belt tension is too loose. Lack of lubrication.	Adjust belt tension using the L-shaped wrench. Apply lubricating oil under the running belt.
Unusual noise during operation.	Loose components. Belt misalignment. Motor issue.	Check and tighten any visible loose screws. Adjust belt alignment. If noise persists, contact customer support.

For issues not listed here, please contact AIRHOT customer support.

SPECIFICATIONS

Model Number	3807W
Brand	AIRHOT
Product Dimensions	125.98 x 53.59 x 12.7 cm (49.6 x 21.1 x 5 inches)
Item Weight	15.9 kg (35 lbs)
Maximum Weight Capacity	265 lbs (120 kg)
Motor Horsepower	2.5 HP
Speed Range	0.6 - 3.8 mph
Incline	6% Manual Incline
Noise Level	Below 45 dB
Display Type	LED (Time, Speed, Distance, Calories)
Frame Material	Alloy Steel
Special Features	Adjustable Height, Foldable, Lightweight, Manual Incline, Wheeled
Power Source	Corded Electric
Included Components	Lubricant, Remote Control, Tool Kit

WARRANTY AND SUPPORT

AIRHOT provides a one-year manufacturer's warranty for this walking pad treadmill.

For any questions, concerns, or warranty claims, please contact AIRHOT customer support. Our professional and friendly after-sales team is available to assist you.

- **Warranty Period:** 1 Year from date of purchase.
- **Support Includes:** Repair policy, professional support team assistance, step-by-step video guides (where available).

Service Including

1-year Repair Policy Makes Use without Worries
Professional Support Team Support to Solve Use Problem
Expert Help On Demand: Step-by-step video guides

Figure 7: AIRHOT Service and Support

This image highlights the AIRHOT service and support offerings, including a 1-year repair policy, professional support, and expert help on demand.

INSTRUCTIONAL VIDEOS

The following videos provide visual guidance for various aspects of your AIRHOT Walking Pad Treadmill. No official product videos from the seller are available for embedding at this time.



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