

FUNMILY HDA11

FUNMILY Walking Pad Treadmill User Manual

Model: HDA11

1. INTRODUCTION

Thank you for choosing the FUNMILY Walking Pad Treadmill. This compact and innovative treadmill is designed to provide an effective and convenient exercise solution for your home or office. With its 5% fixed incline, hidden motor, and user-friendly features, it offers a unique way to integrate physical activity into your daily routine. Please read this manual thoroughly before operation to ensure safe and optimal performance of your new treadmill.



Image 1.1: FUNMILY Walking Pad Treadmill in use and standalone view.

2. SAFETY INSTRUCTIONS

To reduce the risk of serious injury, read all important precautions and instructions in this manual before using the treadmill. FUNMILY assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

General Safety Precautions:

- Place the treadmill on a level surface with at least 2 feet (0.6 m) of clear space behind it and 1 foot (0.3 m) on each side.
- Keep children and pets away from the treadmill during operation.
- Do not use the treadmill outdoors or in damp areas.
- Wear appropriate exercise clothing and athletic shoes. Do not wear loose clothing that could get caught in the treadmill.
- If you feel faint, dizzy, or experience pain during your workout, stop immediately and consult a physician.

- Do not attempt to service the treadmill yourself. Contact customer support for assistance.
- Ensure the power cord is not pinched or damaged. Do not use extension cords.
- The maximum user weight capacity for this treadmill is 300 lbs (136 kg).

3. PACKAGE CONTENTS

Carefully unpack your FUNMILY Walking Pad Treadmill and verify that all items listed below are present and undamaged. If any items are missing or damaged, please contact customer service.

- FUNMILY Walking Pad Treadmill (Model: HDA11)
- Power Cord
- Remote Control
- Lubricant (for maintenance)
- User Manual (this document)

4. SETUP

The FUNMILY Walking Pad Treadmill comes largely pre-assembled. Follow these simple steps to set it up for first use.

1. **Unpacking:** Carefully remove the treadmill from its packaging. It is recommended to have two people for lifting due to its weight (approximately 22.7 kg / 50 lbs).
2. **Placement:** Place the treadmill on a flat, stable surface. Ensure there is adequate clear space around the unit as described in the safety instructions.
3. **Power Connection:** Locate the power input port on the treadmill. Connect the provided power cord to the treadmill and then plug the other end into a grounded electrical outlet.
4. **Power On:** Locate the main power switch, typically at the front or rear of the treadmill. Flip the switch to the "ON" position. The LCD display should illuminate.
5. **Remote Control Battery:** Insert the battery into the remote control if not already installed.

5. OPERATING INSTRUCTIONS

Your FUNMILY Walking Pad Treadmill is designed for easy operation using the included remote control.

5.1 Remote Control Functions



Image 5.1: LCD Display and Remote Control.

- **Start/Stop Button:** Press to start or stop the treadmill.
- **"+" Button:** Increases the speed by 0.1 MPH increments.
- **"-" Button:** Decreases the speed by 0.1 MPH increments.
- **Mode Button (if present):** May cycle through display modes or preset programs.

5.2 Starting a Workout

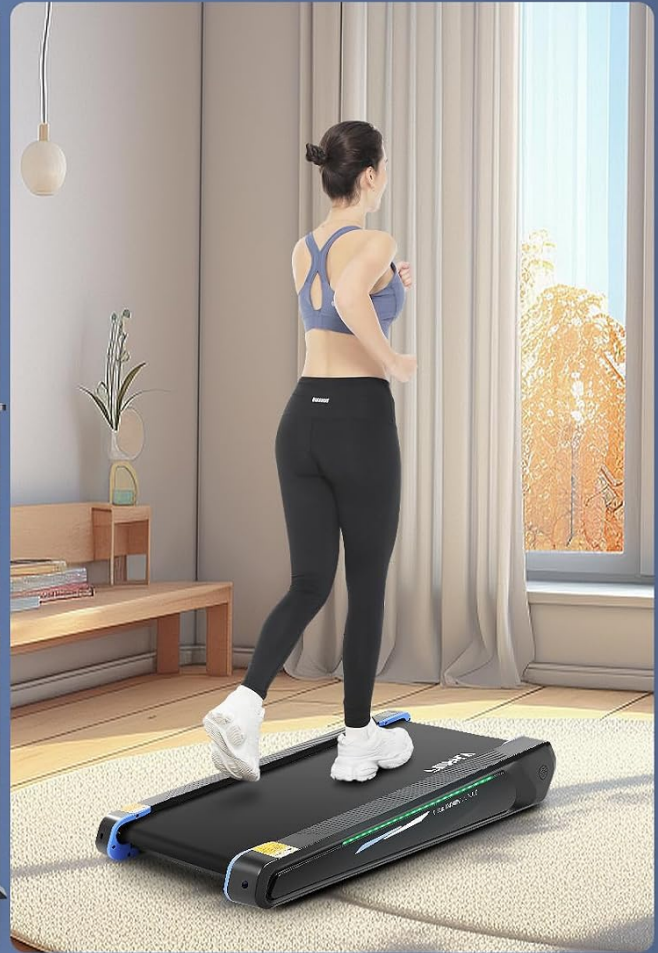
1. Ensure the treadmill is plugged in and the main power switch is ON.
2. Stand on the side rails of the treadmill, not on the running belt.
3. Press the "Start" button on the remote control. The treadmill will typically start at a low speed (e.g., 0.5 MPH) after a short countdown.
4. Carefully step onto the running belt and begin walking.
5. Use the "+" and "-" buttons on the remote control to adjust the speed to your desired level (range: 0.5 - 4 MPH).

THE WORLD 'S SMALLEST TREADMILL

2 IN 1 Under Desk Incline Treadmill



Walking Mode:
0.6-2.4MPH



Running Mode:
2.5-4MPH

Image 5.2: Walking Mode (0.6-2.4 MPH) vs. Running Mode (2.5-4 MPH).

5.3 Understanding the LCD Display

The integrated LCD display provides real-time workout data, cycling through different metrics every 5 seconds.

- **Time:** Duration of your workout.
- **Speed:** Current speed in MPH.
- **Distance:** Total distance covered during the workout.
- **Calories Burned:** Estimated calories burned.

The treadmill also features a unique lighting design that changes color based on speed:

- **Blue Light:** 0-3 MPH (Walking Speed)
- **Green Light:** 3-4 MPH (Running Speed)



Image 5.3: Treadmill Lighting Design.

5.4 5% Fixed Incline

This treadmill features a fixed 5% incline, designed to enhance calorie expenditure and engage leg muscles more effectively compared to a flat treadmill. This ergonomic design also increases friction between shoes and the running belt for safer exercise.



Image 5.4: Benefits of 5% Incline.

6. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your FUNMILY Walking Pad Treadmill.

6.1 Cleaning

- Always unplug the treadmill before cleaning.
- Wipe down the treadmill's surface with a damp cloth and mild detergent. Avoid abrasive cleaners or solvents.
- Regularly vacuum underneath the treadmill to prevent dust and debris buildup.

6.2 Lubrication

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

1. Unplug the treadmill.

2. Lift one side of the running belt.
3. Apply a small amount of lubricant in a Z-pattern directly onto the deck under the belt.
4. Repeat on the other side.
5. Plug in the treadmill and run it at a low speed (e.g., 1 MPH) for 2-3 minutes to distribute the lubricant evenly.
6. Lubricate every 3-6 months depending on usage.



Image 6.1: Understanding the 7-Layer Running Belt for optimal maintenance.

6.3 Hidden Motor Design

The treadmill features a 2.5HP hidden motor design, integrated within the running belt structure. This design maximizes the running space and enhances safety by eliminating a protruding motor cover. No user maintenance is required for the motor itself.



Image 6.2: Hidden Motor Design.

7. TROUBLESHOOTING

If you encounter any issues with your treadmill, please refer to the following table for common problems and solutions. If the problem persists, contact customer support.

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not connected; Main power switch OFF; Outlet issue.	Ensure power cord is securely plugged in. Check main power switch. Test outlet with another device.
Running belt slips or hesitates.	Belt needs lubrication; Belt tension is too loose.	Lubricate the running belt as per Section 6.2. Contact customer support if slipping continues after lubrication.
Remote control not working.	Battery low or incorrectly inserted; Remote not paired.	Replace remote control battery. Ensure battery is inserted with correct polarity. Refer to remote pairing instructions (if applicable, not detailed in input).

Problem	Possible Cause	Solution
Unusual noise during operation.	Loose parts; Lack of lubrication; Debris under belt.	Inspect for loose screws. Lubricate belt. Clean under the belt. If noise persists, contact customer support.

8. SPECIFICATIONS

Detailed technical specifications for the FUNMILY Walking Pad Treadmill (Model: HDA11).

Feature	Detail
Model Number	HDA11
Brand	FUNMILY
Product Dimensions	104.14 x 20.32 x 63.5 cm (41 x 8 x 25 inches)
Item Weight	22.7 kg (50 lbs)
Maximum Weight Capacity	300 lbs (136 kg)
Horsepower	2.5 HP
Speed Range	0.5 - 4 MPH
Incline	Fixed 5%
Display Type	LCD (5 Inches)
Metrics Tracked	Calories Burned, Distance, Speed, Time
Frame Material	Alloy Steel
Power Source	Corded Electric
Included Components	User Manual, Power Cord, Remote Control, Lubricant
Special Features	5% Incline, Small, compact design, wheeled, Lighting Design

9. WARRANTY AND SUPPORT

FUNMILY is committed to providing quality products and customer satisfaction.

9.1 Warranty Information

This FUNMILY Walking Pad Treadmill comes with a **1-Year warranty** on the motor, frame, and all treadmill parts. This warranty covers manufacturing defects and material flaws under normal use and service conditions. It does not cover damage resulting from misuse, accident, unauthorized modification, or failure to follow the instructions in this manual.

Please retain your proof of purchase for warranty claims.

9.2 Customer Support

If you have any questions, concerns, or require assistance with your FUNMILY Walking Pad Treadmill, please do not hesitate to contact our dedicated after-sales team. We are here to help ensure your satisfaction.

For support, please visit our official website or contact us via the details provided on your purchase receipt or product packaging.

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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

