HiFast S8HF-WM02

HiFast S8HF-WM02 Walking Pad User Manual

Model: S8HF-WM02 | Brand: HiFast

Introduction

This manual provides comprehensive instructions for the safe and effective use of your HiFast S8HF-WM02 Walking Pad. Designed for both home and office environments, this 2-in-1 under-desk treadmill offers a versatile solution for walking, jogging, and light running.



Figure 1: The HiFast S8HF-WM02 Walking Pad, showcasing its compact design and dual functionality for under-desk use and standalone exercise.

Setup and Assembly

The HiFast S8HF-WM02 Walking Pad is designed for minimal setup and is ready to use straight out of the box. No complex assembly is required.

Unpacking and Placement

1. Carefully remove the walking pad from its packaging.
2. Place the unit on a flat, stable surface. Ensure there is adequate clear space around the treadmill for safe operation.
3. Connect the power cord to the treadmill and then to a grounded electrical outlet.

Included Components

Verify that all components listed below are included in your package:

- User Manual
- Power Cord (4.9 Ft)
- Remote Control
- Backup Battery (for remote)
- Hex Tool (for belt adjustment)
- Lubricant (for maintenance)



Figure 2: All accessories included with the HiFast Walking Pad for setup and maintenance.

Operating Instructions

Powering On and Off

To power on the walking pad, ensure it is plugged in and press the power button on the remote control. The LED display will illuminate. To power off, press the power button on the remote again.

Using the Remote Control

The remote control allows for easy adjustment of settings:

- **Power Button:** Turns the unit on/off.
- **Play/Pause Button:** Starts or pauses your workout.
- **+/- Buttons:** Adjusts the speed of the running belt. Speed ranges from 0.6 to 4 mph.
- **M Button:** Cycles through different display metrics (Speed, Calories Burned, Time, Distance, Steps).
- **P Button:** Selects pre-set programs (P1-P6).



Figure 3: The LED display provides real-time workout data, controlled conveniently by the included remote.

2-in-1 Functionality

This walking pad offers two primary modes of use:

- **Under Desk Mode (0.6 - 2.0 mph):** Ideal for walking while working or engaging in other activities.
- **Treadmill Mode (2.0 - 4.0 mph):** Suitable for jogging or light running.

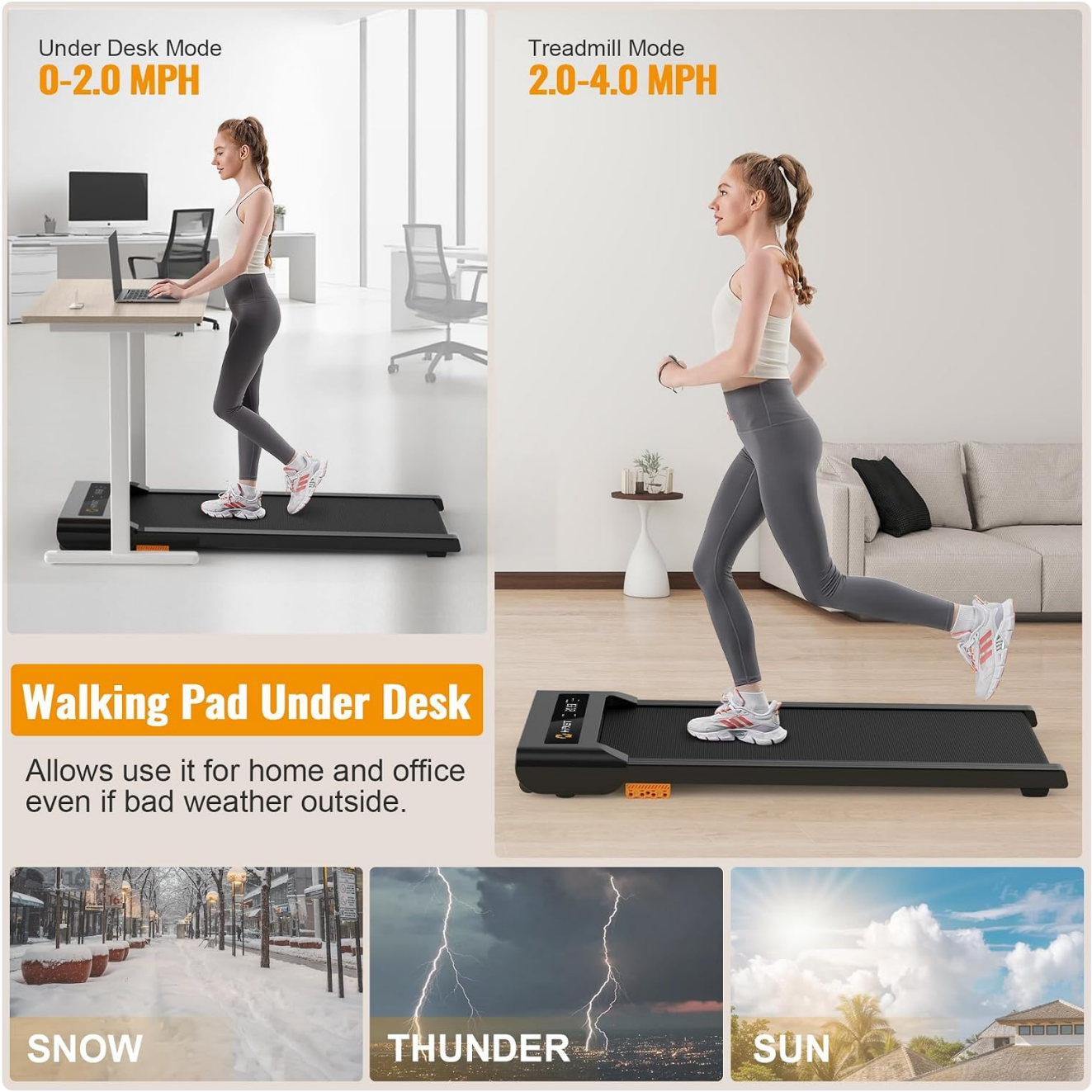


Figure 4: The HiFast Walking Pad supports both under-desk walking and higher-speed jogging/running.

Memory Function

The walking pad features a memory function that saves your settings during pauses, allowing you to seamlessly resume your workout. Note: Settings reset when the unit is powered off.

Product Demonstration

Watch this official demonstration video to see the HiFast Walking Pad in action, covering its features and usage:

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Video: HiFast Walking Pad, Under Desk Treadmill Review and Demo. This video provides a visual guide to setting up and operating your walking pad, demonstrating its various features and benefits.

Key Features and Benefits

Wide & Non-Slip Running Belt

The upgraded running belt (15.75 x 38.58 inches) provides a spacious and stable surface, reducing the risk of deviation and accommodating users of various sizes. Its 5-layer non-slip strip enhances safety and grip.



Figure 5: Detailed view of the wide and non-slip running belt, ensuring comfort and stability during use.

Powerful and Ultra-Quiet Motor

Equipped with a commercial 2.5HP motor, the treadmill supports up to 300 lbs. It operates at below 45 dB, ensuring a library-quiet workout experience, ideal for home offices or shared living spaces. The motor also includes overheat/blockage protection.



Figure 6: Illustration of the powerful and quiet 2.5HP motor, highlighting its performance advantages.

Advanced Shock Absorption

The treadmill incorporates advanced double-layer shock absorption technology, featuring 6 silicone shock absorbents and 2 soft rubber pads. This design provides maximum cushioning for your knees and minimizes noise during operation.



Figure 7: Visual representation of the multi-layer shock absorption system designed to protect joints.

Space-Saving and Portable Design

With a thickness of just 4.96 inches and built-in front wheels, the 40.78 lbs walking pad is lightweight and easy to move with one hand. Its vertical storage design allows it to fit effortlessly under sofas, beds, or against walls, saving valuable space.



Figure 8: The compact design and transport wheels make the walking pad easy to move and store in small spaces.

Maintenance

Regular maintenance is crucial to keep your HiFast Walking Pad in optimal condition and extend its lifespan. Please refer to the following guidelines:

Belt Lubrication

Lubricate the running belt according to the usage frequency to ensure smooth operation and prevent wear:

Usage Frequency	Maintenance Frequency
<3 Hours / Week	2 Months
4-7 Hours / Week	1 Month

Usage Frequency	Maintenance Frequency
≥8 Hours / Week	2 Weeks



Figure 9: Proper lubrication of the running belt is essential for longevity and performance.

Belt Adjustment

If the running belt deviates, it can be easily adjusted using the provided hex tool. Refer to the user manual for detailed instructions on belt centering.



Figure 10: Adjusting the belt with the hex tool to ensure proper alignment.

Troubleshooting

If you encounter any issues with your HiFast Walking Pad, please refer to the following common troubleshooting steps. For more detailed solutions or persistent problems, contact customer support.

Common Issues:

- **Treadmill not powering on:** Ensure the power cord is securely plugged into both the unit and a working electrical outlet. Check the power switch on the unit if available.
- **Belt not moving:** Verify the unit is powered on and not in pause mode. Check for any obstructions under the belt.
- **Belt slipping or uneven:** The belt may require lubrication or adjustment. Refer to the Maintenance section.
- **Unusual noises:** Check for loose parts or foreign objects under the belt. Lubricate the belt if squeaking occurs.

Always power off and unplug the treadmill before performing any inspection or maintenance.

Specifications

Feature	Detail
Brand	HiFast
Model Name	S8HF-WM02
Color	deepblack
Product Dimensions	45.67"D x 20.47"W x 4.33"H
Item Weight	40 Pounds
Material	Acrylonitrile Butadiene Styrene (ABS)
Maximum Speed	4 Miles per Hour
Minimum Speed	0.6 Miles per Hour
Maximum Weight Recommendation	300 Pounds
Maximum Horsepower	2.5 Horsepower
Display Type	LED
Included Components	User Manual, Power Cord, Remote Control, Tool Kit
Metrics Measured	Speed, Calories Burned, Time, Step, Distance
Special Features	Portable, Shock Absorbent, Lightweight, Compact Design, Wheeled

Warranty and Customer Support

Your HiFast Walking Pad comes with a**1-Year Manufacturer Warranty**. For any questions, technical assistance, or warranty claims, please contact HiFast customer support.
HiFast provides 24/7 customer support. You can also find maintenance videos, user manuals, and other product-related information on the official HiFast store page or by contacting support directly.
For further assistance, visit the HiFast Store on Amazon.