

FUNMILY HDA11

FUNMILY Walking Pad Treadmill User Manual

Model: HDA11

1. INTRODUCTION

Thank you for choosing the FUNMILY Walking Pad Treadmill. This manual provides essential information for the safe and efficient operation, maintenance, and troubleshooting of your new treadmill. Please read this manual thoroughly before initial use and retain it for future reference.

Important Safety Information

- Always place the treadmill on a flat, stable surface.
- Ensure adequate clear space around the treadmill during operation.
- Keep children and pets away from the treadmill during use.
- Do not operate the treadmill if it is damaged or malfunctioning.
- Wear appropriate athletic footwear during use.
- Consult a physician before starting any new exercise program.
- Unplug the treadmill from the power outlet when not in use or before cleaning/maintenance.

2. PRODUCT OVERVIEW

The FUNMILY Walking Pad Treadmill is designed for home and office use, offering a compact and efficient way to incorporate walking into your daily routine. Key features include:

- **Upgraded Hidden Motor:** Motor is integrated within the running belt for increased running space and safety, with noise reduction below 40dB.
- **5% Fixed Incline:** Provides an intensified workout for quicker calorie burning.
- **Compact Design:** Small size (41"x25"x8") for easy storage and portability, suitable for small spaces.
- **Anti-Slip & Shock Absorption:** Multi-layer running belt with 6 silicone shock absorbers and 2 soft rubber pads to reduce joint impact.
- **Remote Control & LCD Display:** Easy mode switching and real-time tracking of speed, distance, and time.
- **2.5HP Motor:** Durable, stable, and energy-efficient performance.
- **300 lbs Weight Capacity:** Supports a wide range of users.



Figure 2.1: The FUNMILY Walking Pad Treadmill in a typical home office setup, demonstrating its compact size and use with a standing desk.

MAXIMIZE YOUR WORKOUT WITH FUNMILY 5% INCLINE TREADMILL



5% Incline Treadmill



Better for Shaping the Hips
and Calf Muscles



500 Calories/H



VS



0% Incline Treadmill



300 Calories/H

Figure 2.2: Visual representation highlighting the 5% fixed incline feature of the treadmill compared to a flat treadmill, emphasizing calorie burn and muscle shaping benefits.

7 LAYERS

OF HIGH-DENSITY SHOCK-ABSORBING RUNNING BELT

1. Non-slip and wear-resistant surface
2. PEP sound insulation layer
3. EVA sound-absorbing layer
4. Shock-absorbing cushion layer
5. Shock-absorbing reinforcement layer
6. Compression layer
7. High strength support layer



2.5HP



300LBS
Weight Capacity



5% Incline



Figure 2.3: Detailed diagram illustrating the 7 layers of the high-density shock-absorbing running belt, designed for comfort and durability.

THE WORLD 'S SMALLEST TREADMILL

2 IN 1 Under Desk Incline Treadmill



Walking Mode:
0.6-2.4MPH



Running Mode:
2.5-4MPH

Figure 2.4: Depiction of the treadmill's two primary modes: Walking Mode (0.6-2.4 MPH) and Running Mode (2.5-4 MPH), showcasing its versatility.



Figure 2.5: Image showing the remote control and the smart LCD display, which circularly displays real-time sports data such as calories, time, speed, distance, and steps.



Figure 2.6: The treadmill's unique lighting design, indicating speed ranges with different light colors (Green for 0-3 MPH, Blue for 3-4 MPH).

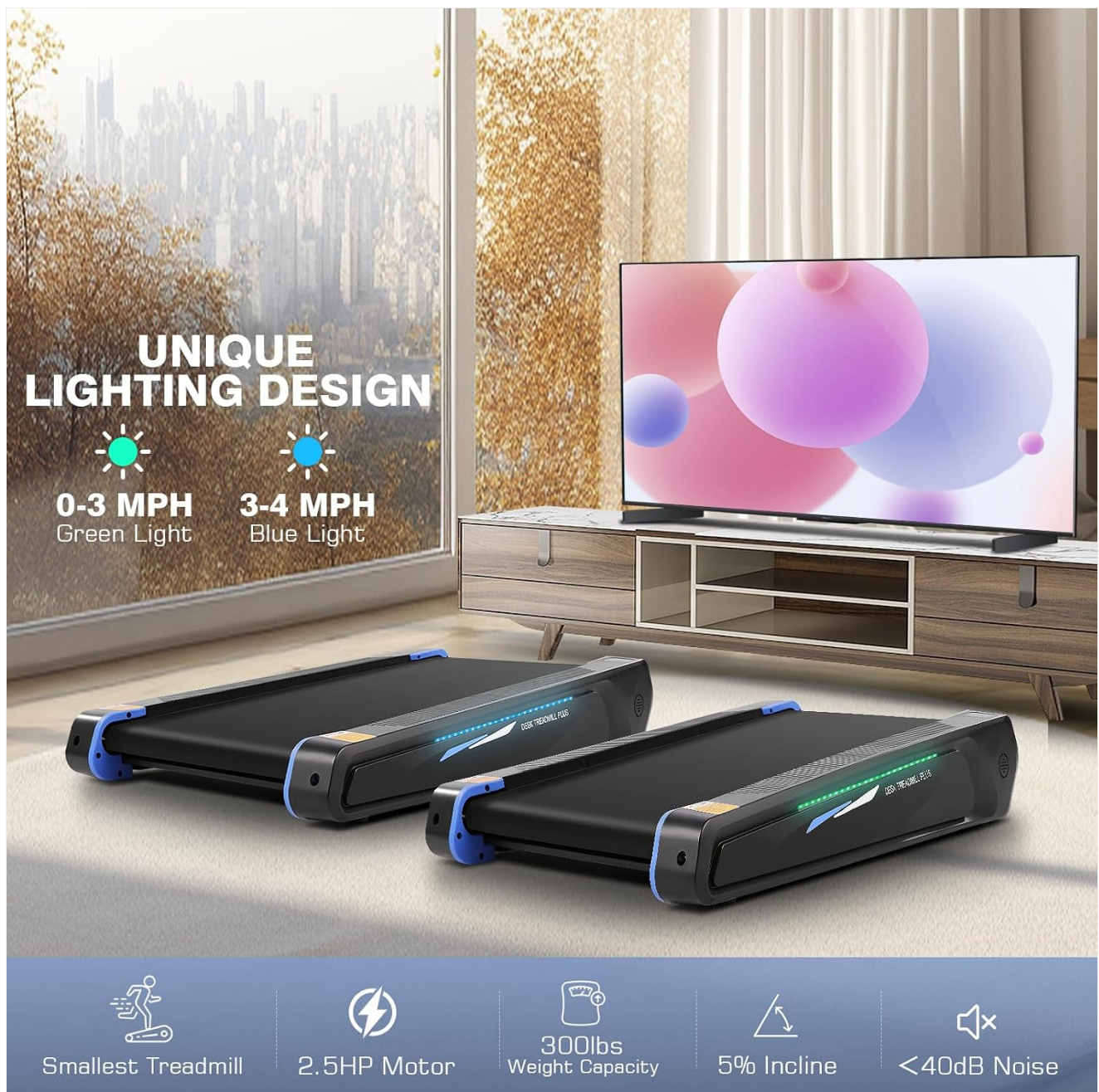


Figure 2.7: A comparison highlighting the FUNMILY treadmill's 100% running belt rate and large running area compared to other treadmills with smaller running surfaces.



Figure 2.8: An illustration of all items included in the product package: User Manual, Remote Control, Power Cable, Battery Cell, Silicone oil, and Wrench.

3. SETUP

The FUNMILY Walking Pad Treadmill arrives fully assembled, requiring no complex setup. Follow these steps for initial use:

1. **Unpacking:** Carefully remove the treadmill from its packaging. Retain packaging for future storage or transport.
2. **Placement:** Place the treadmill on a firm, level surface. Ensure there is at least 2 feet of clear space behind the treadmill and 1 foot on each side for safety.
3. **Power Connection:** Plug the power cord into a grounded electrical outlet.
4. **Remote Control Battery:** Insert the provided battery cell into the remote control.



Figure 3.1: The treadmill features built-in wheels for easy movement and storage, allowing it to be conveniently placed under furniture.

4. OPERATING INSTRUCTIONS

Your FUNMILY Walking Pad Treadmill is operated via the included remote control. The integrated LCD display provides real-time workout data.

Starting and Adjusting Speed

1. **Power On:** Ensure the treadmill is plugged in. Press the power button on the remote control. The display will show a countdown before the belt starts moving.
2. **Speed Adjustment:** Use the '+' and '-' buttons on the remote control to increase or decrease the speed. The speed range is 0.6 to 4 MPH.
3. **Stopping:** Press the power button on the remote control to stop the treadmill.

Understanding the Display

The LCD display on the treadmill will cycle through various metrics every 5 seconds, including:

- **Speed:** Current walking/running speed in Miles Per Hour (MPH).
- **Distance:** Total distance covered during the current session.
- **Time:** Duration of the current workout session.
- **Calories:** Estimated calories burned.
- **Steps:** Number of steps taken.

The unique lighting design on the treadmill also indicates speed: Green light for 0-3 MPH and Blue light for 3-4 MPH.

5. MAINTENANCE

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

Lubrication

The running belt requires periodic lubrication with the provided silicone oil to reduce friction and extend motor life. Frequency depends on usage:

- Light Use (less than 3 hours/week): Every 5-6 months
- Moderate Use (3-5 hours/week): Every 3-4 months
- Heavy Use (more than 5 hours/week): Every 1-2 months

To lubricate:

1. Turn off and unplug the treadmill.
2. Carefully lift one side of the running belt.
3. Apply a small amount of silicone oil in a Z-pattern on 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 5 minutes to distribute the oil.

Cleaning

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

Running Belt Adjustment

If the running belt shifts to one side or feels loose/tight, it may need adjustment. Use the provided wrench:

- **Centering the Belt:** If the belt drifts to the left, turn the left rear roller adjustment bolt clockwise a quarter turn. If it drifts to the right, turn the right rear roller adjustment bolt clockwise a quarter turn. Run the treadmill for a few minutes and re-check. Repeat if necessary.
- **Tensioning the Belt:** If the belt slips or hesitates, turn both rear roller adjustment bolts clockwise a quarter turn simultaneously. Run the treadmill for a few minutes and re-check. Repeat if necessary. Do not overtighten.

6. TROUBLESHOOTING

This section addresses common issues you might encounter with your treadmill.

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not properly connected; power outlet issue.	Ensure power cord is securely plugged into a working outlet. Check circuit breaker.
Running belt slips or hesitates.	Belt too loose; insufficient lubrication.	Adjust belt tension (see Maintenance section). Apply silicone oil if needed.
Running belt drifts to one side.	Belt alignment issue.	Adjust belt alignment (see Maintenance section).

Problem	Possible Cause	Solution
Unusual noise during operation.	Loose components; lack of lubrication; foreign object.	Check for loose screws. Lubricate belt. Inspect for foreign objects under the belt. If noise persists, contact customer support.
Remote control not responding.	Dead battery; remote out of range.	Replace remote control battery. Ensure you are within effective range of the treadmill.

If you encounter an issue not listed here or if the problem persists after attempting the solutions, please contact FUNMILY customer support.

7. SPECIFICATIONS

Feature	Detail
Brand	FUNMILY
Model Name	Treadmill (HDA11)
Color	Black light Blue
Product Dimensions (LxWxH)	41"D x 25"W x 8"H
Item Weight	50 Pounds
Material	Alloy Steel
Maximum Speed	4 Miles per Hour
Minimum Speed	0.5 Miles per Hour
Special Feature	5% Incline, Wheeled, Space-saving, Compact Design
Recommended Uses	Walking, Under-desk use, Home office exercise
Target Audience	Adult
Maximum Horsepower	2.5 Horsepower
Maximum Incline Percentage	5%
Assembly Required	No (Arrives fully assembled)
Display Type	LED
Power Source	Corded Electric
Number of Programs	1
Included Components	Power Cord, Remote Control, User Manual, Battery Cell, Silicone oil, Wrench
Metrics Measured	Speed, Distance, Time, Calories, Steps
Maximum Weight Recommendation	300 Pounds
Deck Length	40 Inches
Frame Material	Alloy Steel

Feature	Detail
Screen Size	4 Inches
UPC	762054234977

8. WARRANTY AND SUPPORT

Warranty Information

FUNMILY provides a **12-month warranty** on the motor, frame, and all treadmill parts from the date of purchase. This warranty covers manufacturing defects and material flaws under normal use and service conditions. Please retain your proof of purchase for warranty claims.

Customer Support

For any questions, concerns, or technical assistance, please contact the FUNMILY after-sales team. We are committed to providing quality service and support. Contact information can typically be found on the product packaging or the official FUNMILY website.