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› HomeFitnessCode 3-in-1 Foldable Electric Treadmill User Manual

HOMEFITNESSCODE TW136B

HomeFitnessCode 3-in-1 Foldable Electric Treadmill User Manual

Model: TW136B

INTRODUCTION

Thank you for choosing the HomeFitnessCode 3-in-1 Foldable Electric Treadmill. This user manual provides essential information for the safe and efficient operation, setup, and maintenance of your new fitness equipment. Please read this manual thoroughly before initial use and keep it for future reference.

IMPORTANT SAFETY INSTRUCTIONS

WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill.

- Always place the treadmill on a flat, stable surface.
- Keep children and pets away from the treadmill during operation.
- Ensure the safety key is properly attached before starting the treadmill.
- Wear appropriate athletic footwear.
- Do not operate the treadmill if it has a damaged cord or plug, or if it is not working properly.
- Consult a physician before starting any exercise program.

WHAT'S IN THE BOX

Carefully unpack all components and verify that you have received the following items:

- Treadmill Base
- Motor Housing
- Safety Key
- Power Cable

- Remote Control
- Lubrication Tools
- Mounting Hardware
- User Manual (this document)
- Warranty Documentation



Image: The HomeFitnessCode 3-in-1 Foldable Electric Treadmill in its running configuration, showcasing its compact design and user in motion.

SETUP AND ASSEMBLY

The HomeFitnessCode Treadmill requires minimal assembly. Follow these steps to set up your device:

1. **Unpacking:** Carefully remove the treadmill from its packaging. Place all components on a clear, flat surface.
2. **Positioning:** Choose a suitable location for your treadmill. Ensure there is ample space around the unit for safe operation and access.

3. **Unfolding (if applicable):** If the treadmill is in a folded state, gently unfold it according to the instructions provided in the quick start guide (if separate). Ensure all locking mechanisms are securely engaged.
4. **Connecting Power:** Plug the power cable into the treadmill's power port and then into a grounded electrical outlet.
5. **Safety Key:** Attach the safety key to the designated slot on the treadmill's console. The treadmill will not operate without the safety key in place.

Walking Pad Treadmill Under Desk



5MPH



320LBS



Small&Portable



Ultra Quiet



Office&Home

Image: The HomeFitnessCode treadmill positioned as a walking pad under a standing desk, demonstrating its compact and versatile use for office or home environments.

OPERATING INSTRUCTIONS

Your HomeFitnessCode treadmill offers both walking and running modes, controlled via the remote and LED display.

LED Display and Remote Control



Image: A close-up of the treadmill's clear LED display showing metrics like Speed, Time, Distance, and Calories, alongside the compact remote control.

The LED display provides real-time feedback on your workout, including:

- **Speed:** Current speed in km/h.

- **Time:** Duration of your workout.
- **Distance:** Total distance covered.
- **Calories:** Estimated calories burned.

Use the remote control to power on/off, start/stop, and adjust speed. Refer to the remote control diagram in your quick start guide for specific button functions.

Modes of Operation

2 in 1 Walking Pad Treadmill

Walking Mode
0.6-3MPH



Running Mode
3-5MPH

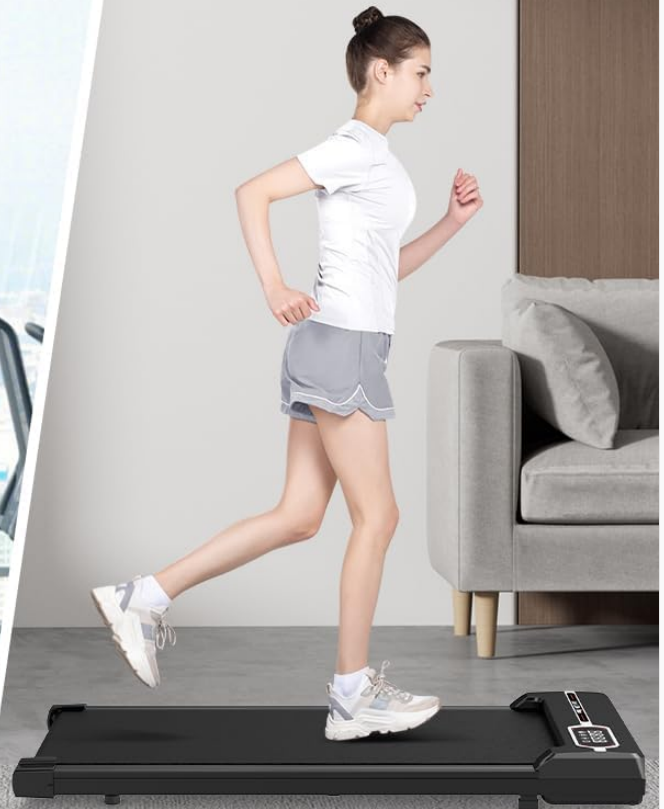


Image: A visual comparison illustrating the treadmill's two modes: Walking Mode (0.6-3 MPH, suitable for under-desk use) and Running Mode (3-5 MPH, for more intense workouts).

- **Walking Mode:** Ideal for light exercise or use under a standing desk. Speed range typically 0.6 - 3 MPH (approx. 1 - 4.8 km/h).
- **Running Mode:** For more vigorous workouts. Speed range typically 3 - 5 MPH (approx. 4.8 - 8 km/h).

To switch between modes or adjust speed, use the remote control. Always start at a low speed and gradually increase to your desired pace.

Less Knee Impact



Image: A cutaway view of the treadmill's running surface, highlighting its 5-layer running belt and 8 damping points designed to reduce impact on knees and joints.

MAINTENANCE

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

Cleaning

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

Lubrication

The running belt requires periodic lubrication to reduce friction and extend its lifespan. Use the provided lubrication tools and silicone oil.

1. Turn off and unplug the treadmill.
2. Lift the edge of the running belt.
3. Apply a small amount of silicone oil 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. Frequency of lubrication depends on usage; typically every 3-6 months for moderate use.

Belt Adjustment

If the running belt shifts to one side or slips, it may need adjustment. Refer to the detailed instructions in your quick start guide or contact customer support for assistance.

TROUBLESHOOTING

Here are some common issues and their solutions:

Problem	Possible Cause	Solution
Treadmill does not start.	Power cable not plugged in; Safety key not in place; Power switch off.	Ensure power cable is securely plugged in; Insert safety key fully; Turn on the power switch.
Belt slips or hesitates.	Belt needs lubrication; Belt is too loose.	Lubricate the running belt (see Maintenance section); Adjust belt tension (refer to quick start guide).
Unusual noise during operation.	Loose components; Belt friction; Motor issue.	Check for and tighten any loose screws; Lubricate the belt; If noise persists, contact customer support.
Display not working.	Loose connection; Power issue.	Check all cable connections; Ensure stable power supply.

If you encounter issues not listed here or if solutions do not resolve the problem, please contact HomeFitnessCode customer support.

SPECIFICATIONS

Feature	Detail
Model Number	TW136B
Dimensions (L x W x H)	125 x 57.5 x 13.5 cm

Feature	Detail
Maximum Speed	8 km/h (approx. 5 mph)
Maximum Horsepower	2.5 HP
Weight Capacity	130 kg (approx. 286 lbs)
Display Type	LED
Power Source	Electric Cord
Meter Type	Speed, Distance, Time, Calories Burned
Noise Level	Less than 45dB (as per product images)
Running Belt Layers	5-layer (as per product images)
Damping Points	8 (as per product images)

2.5HP Powerful & Quiet Motor



Capacity
320 LBS



Speed
0.6-5 MPH



Noise
<45dB



Image: An illustration highlighting the treadmill's 2.5 HP powerful and quiet motor, emphasizing its low noise operation (less than 45dB) and capacity.

WARRANTY AND SUPPORT

Your HomeFitnessCode Treadmill comes with a manufacturer's warranty. Please refer to the included warranty documentation for details regarding coverage, terms, and conditions.

For technical support, parts replacement, or any inquiries not covered in this manual, please contact HomeFitnessCode customer service. Contact information can typically be found on the warranty card or the official HomeFitnessCode website.

Please retain your proof of purchase for warranty claims.

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