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› [Walking Pad Treadmill, 3.0HP Under Desk Treadmills with 8% Incline, Adjustable Height Foldable Treadmill for Home Office, 300lbs Capacity with Removable Desk Workstation, Remote Control, APP](#)

HiFast S8HF-WM07

HiFast Walking Pad Treadmill Instruction Manual

Your comprehensive guide to setup, operation, and maintenance.

SAFETY INFORMATION

Always read and understand this manual completely before operating the treadmill. Ensure all safety precautions are followed to prevent injury or damage. Keep children and pets away from the treadmill during operation. The maximum weight capacity for this treadmill is 300 lbs.

The included safety key is crucial for operation. Attach it to your clothing before starting the treadmill. If the safety key is detached, the treadmill will automatically stop, preventing falls or accidents.

PACKAGE CONTENTS

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

- User Manual
- Safety Key
- Power Cord
- Remote Control
- Tool Kit
- Lubricating Oil



Image: All components included in the HiFast Walking Pad Treadmill package.

SETUP GUIDE

Unboxing and Initial Placement

Carefully remove the treadmill from its packaging. The treadmill arrives in a compact, flat configuration, making it easy to slide under furniture or store in small spaces. Place the treadmill on a flat, stable surface.



Image: The HiFast Walking Pad Treadmill in its compact, folded state, ready for storage or use.

Raising the Handlebar

To raise the handlebar, locate the adjustment pins on each side of the vertical supports. Pull the pins outwards, then lift the handlebar to your desired height. Release the pins to lock the handlebar securely in place. The handlebar can be adjusted from 41.34 inches to 47.24 inches to accommodate users of different heights.

Adjustable Heights for All Needs

Height Adjustment
from **41.34"** to **47.24"**



Image: A user adjusting the height of the treadmill's handlebar for comfortable use.

Video: Official product video demonstrating the setup and features of the HiFast Walking Pad Treadmill, including handlebar adjustment.

Attaching the Removable Workstation

The treadmill comes with a detachable workstation. Align the workstation with the designated slots on the handlebar supports and slide it into place until it clicks securely. The workstation features a cup holder and a tablet slot for convenience while exercising.

3.0HP High-quality Motor

Enjoy consistent training sessions with 1 HP sustained power

★★★★★	Hifast Walking Pad	VS	Others Walking Pad
 Motor	3.0HP		2.0 HP
 Capacity	300Lbs		220Lbs
 Speed	8.6MPH		6MPH
 Noise	Low		High



Image: The removable workstation attached to the treadmill, highlighting its features.



Image: Detail of the tablet mount on the workstation.



Image: Detail of the cup holder on the workstation.

OPERATING INSTRUCTIONS

Powering On and Off

Connect the power cord to a suitable electrical outlet and to the treadmill's power port. Locate the main power switch, usually near the power cord connection, and flip it to the 'ON' position. To turn off, flip the switch to 'OFF' and unplug the unit.

Understanding Display and Controls

The LED display tracks essential metrics including time, distance, speed, and calories burned. Control the treadmill using the remote control, buttons on the handlebar, or compatible fitness apps.

Multifunctional Work Table

Sturdy design for maximum stability



Image: The three control methods for the treadmill: App, Remote Control, and Console.

Speed and Mode Selection

The treadmill offers four distinct modes: Walking (0.6-2 MPH), Working (2-4 MPH), Climbing (4-8.6 MPH), and Running (0.6-8.6 MPH). Select your desired mode and adjust speed using the control options.

4-IN-1 High Speed Treadmill for Home



Image: Visual representation of the treadmill's four modes and their speed ranges.

Adjusting Incline

The treadmill features an 8% incline option to enhance your workout intensity. No tools are required to quickly switch between flat and incline running modes. This helps burn more calories and target different muscle groups.

Treadmill With 8% Incline!



Image: Comparison of 8% incline versus 0% incline on the treadmill.



Image: Detail of the manual incline adjustment.

Using the Safety Key

For your safety, always attach the red safety key to the designated slot on the console and clip the other end to your clothing. If you accidentally step off or fall, the safety key will detach, immediately stopping the treadmill to prevent injury.



Image: The safety key in place on the treadmill console.

Bluetooth Speaker

Enhance your workout experience by connecting your smartphone to the built-in Bluetooth speaker. The device name is 'EsangAudio'. Pair your device and enjoy your favorite music or podcasts while you exercise.

MAINTENANCE

Lubrication

Regular lubrication of the running belt is essential for optimal performance and longevity. Use the provided lubricating oil as instructed in the user manual. Frequency of lubrication depends on usage, typically every few months.

Belt Adjustment

The 2025 upgraded running belt features exclusive anti-slip technology designed to prevent shifting during workouts. If the belt appears to be off-center or slipping, refer to the user manual for instructions on how to adjust it properly.

TROUBLESHOOTING

If you encounter any issues with your treadmill, please refer to the following basic troubleshooting steps:

- **No Power:** Ensure the power cord is securely plugged into both the treadmill and the wall outlet. Check if the main power switch is in the 'ON' position.
- **Treadmill Not Starting:** Verify that the safety key is correctly placed on the console. The treadmill will not start without the safety key engaged.
- **Unusual Noises:** Check for any loose parts or debris under the running belt. Ensure the belt is properly lubricated.
- **Belt Slipping:** The running belt may need adjustment or lubrication. Refer to the maintenance section for guidance.

For persistent issues or problems not listed here, please contact customer support.

SPECIFICATIONS

Feature	Specification
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Brand	HiFast
Model Name	S8HF-WM07
Motor Horsepower	3.0 HP (Peak)
Speed Range	0.6 - 8.6 MPH
Maximum Incline	8%
Weight Capacity	300 Pounds
Product Dimensions	59.2"D x 24.84"W x 4.88"H
Item Weight	71.43 Pounds
Material	Acrylonitrile Butadiene Styrene (ABS)
Display Type	LED
Special Features	Adjustable Height, Shock Absorbent, Manual Incline, Foldable

WARRANTY INFORMATION

The HiFast Walking Pad Treadmill comes with a 1-Year Manufacturer Warranty. Please retain your proof of purchase for warranty claims.

CUSTOMER SUPPORT

For any inquiries, technical assistance, or warranty claims, please contact HiFast customer support. We are committed to providing excellent service and offer 24-hour support to address your needs.

Visit the official HiFast Store for more information and products:[HiFast Store on Amazon](#)