GTRACING HTM-120

GTRACING HTM-120 Walking Pad Treadmill User Manual

Model: HTM-120

1. IMPORTANT SAFETY INFORMATION

Please read this entire manual carefully before operating the GTRACING HTM-120 Walking Pad Treadmill. Retain this manual for future reference. Failure to follow these instructions may result in injury or damage to the product.

- Ensure the treadmill is placed on a flat, stable surface.
- Keep children and pets away from the treadmill during operation.
- Do not operate the treadmill if it is damaged or malfunctioning.
- Wear appropriate athletic footwear during use.
- Do not exceed the maximum weight capacity of 300 lbs (136 kg).
- Unplug the treadmill from the power source when not in use or before cleaning/maintenance.
- Consult a physician before starting any new exercise program.

2. PACKAGE CONTENTS

Verify that all components are present in the package:

- GTRACING HTM-120 Walking Pad Treadmill
- Remote Control
- Power Cord
- User Manual (this document)

3. SETUP INSTRUCTIONS

The GTRACING HTM-120 Walking Pad Treadmill requires no assembly and is ready to use directly out of the box.

1. **Unpack the Treadmill:** Carefully remove the treadmill and all accessories from the packaging.
2. **Position the Treadmill:** Place the treadmill on a firm, level surface, ensuring there is adequate clear

space around it for safe operation.

3. **Connect Power:** Plug the power cord into the treadmill's power input, then plug the other end into a grounded electrical outlet.

4. **Initial Check:** Ensure the treadmill is stable and the running belt is centered before first use.

Image Description: A user walking on the GTRACING HTM-120 Walking Pad Treadmill, which is positioned under a standing desk. A remote control is also shown, indicating wireless operation. This image illustrates the treadmill's typical use case and its compact design.

4. OPERATING INSTRUCTIONS

The HTM-120 offers dual control methods: a remote control and a dedicated mobile application.

4.1 Remote Control Operation

The included remote control allows for basic functions:

- **Power Button:** Press to turn the treadmill ON or OFF.

- **Speed + Button:** Increases the running belt speed.

- **Speed - Button:** Decreases the running belt speed.

4.2 Mobile Application (APP) Control

For advanced features and data tracking, download the official GTRACING APP.

1. **Download APP:** Search for the GTRACING APP on your smartphone's app store.

2. **Pair Device:** Follow the in-app instructions to pair your smartphone with the HTM-120 treadmill via Bluetooth.

3. **Track Data:** The APP tracks historical exercise data including steps, time, calories burned, and speed.

4. **Exercise Plans:** Create and manage personalized exercise plans through the APP.
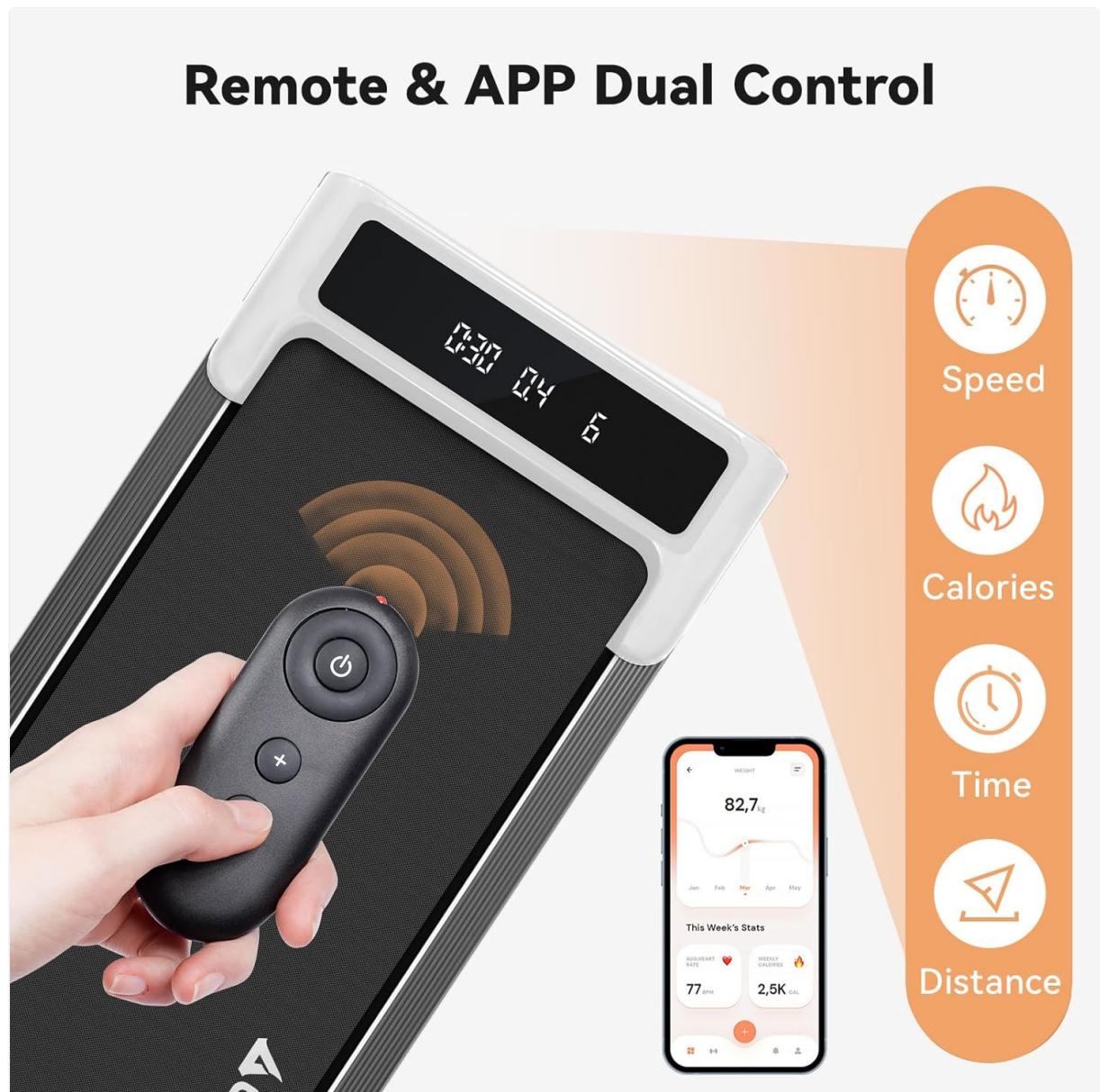
Image Description: A close-up view of the treadmill's display, showing time and speed. A hand holds the remote control, and a smartphone screen displays the companion app interface, highlighting the dual control and data tracking capabilities.

4.3 Treadmill Display

The integrated LCD display shows real-time exercise metrics:

- Speed (0.6-4 mph)

- Time Elapsed

- Calories Burned

- Distance Traveled

5. KEY FEATURES

5.1 Extraordinary Shock Absorption

The HTM-120 features an upgraded shock-absorbing support system and a 5-layer running belt. This design effectively reduces impact on ankles and knees during walking or jogging, enhancing comfort and minimizing strain.

5.2 Manual Incline Adjustment

The treadmill includes a 15-degree manual incline design, allowing users to increase workout intensity and engage different muscle groups. This feature supports varied exercise routines, including High-Intensity Interval Training (HIIT).

Image Description: A graphic illustrating the 15-degree inclined design of the treadmill, highlighting its 5-layer belt, shock absorption, knee protection, and anti-skid features. A person's legs are shown walking on the inclined surface.

5.3 Powerful and Ultra-Quiet Motor

Equipped with a 2.5 HP stable motor, the HTM-120 operates quietly, making it suitable for home use without causing significant disturbance. The speed range is 0.6-4 mph.

Powerful and Ultra-quiet Motor

0.6–3.8mph

300lbs Weight Capacity

2.5 HP

<55 dB

Image Description: An exploded view of the treadmill's motor compartment, with icons indicating its features: speed range (0.6-3.8mph), 300lbs weight capacity, 2.5 HP, and ultra-quiet operation (<55 dB).

5.4 Storage and Mobility

The treadmill features a thin structure and double wheels for easy movement and storage. It can be conveniently stored under a bed or sofa when not in use.

Image Description: A woman demonstrating how to easily move the treadmill using its integrated wheels. Another woman is shown pushing the treadmill under a sofa, illustrating its compact storage capability.

5.5 Running Surface Dimensions

The treadmill provides a running surface with the following approximate dimensions:

- Width: 15.35 inches (39 cm)
- Length: 40.55 inches (103 cm)

Wider Running Space

40.55 cm

15.35 cm

Image Description: A top-down view of the treadmill's running belt with measurements indicating a width of 15.35 cm (likely a typo in the image, should be inches) and a length of 40.55 cm (likely a typo in the image, should be inches). The text description clarifies the dimensions in inches.

6. MAINTENANCE

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

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

- **Belt Lubrication:** Periodically check the running belt for dryness. If needed, apply silicone lubricant (not included) between the belt and the deck according to general treadmill maintenance guidelines.

- **Belt Adjustment:** If the running belt shifts to one side or slips, refer to common treadmill belt adjustment procedures.

- **Power Cord Inspection:** Regularly inspect the power cord for any damage. If damaged, discontinue use and contact customer service.

7. TROUBLESHOOTING

If you encounter issues with your GTRACING HTM-120, refer to the following common solutions:

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not properly connected; outlet malfunction.	Ensure power cord is securely plugged into both the treadmill and a working electrical outlet. Check circuit breaker.
Running belt does not move.	Treadmill is not started; safety key not engaged (if applicable); motor issue.	Press the start button on the remote or APP. Ensure all connections are secure. If problem persists, contact support.
Remote control not responding.	Low battery in remote; remote not paired.	Replace remote control battery. Ensure remote is pointed at the treadmill's receiver.
APP cannot connect to treadmill.	Bluetooth is off; treadmill is off; APP issue.	Ensure Bluetooth is enabled on your device. Turn the treadmill on. Restart the APP or your device.
Unusual noise during operation.	Loose components; belt friction.	Inspect for any loose parts. Lubricate the running belt if dry. If noise persists, contact support.

8. SPECIFICATIONS

Detailed specifications for the GTRACING HTM-120 Walking Pad Treadmill:

| Feature	Specification
Brand	GTRACING
Model Name	HTM-120
Product Dimensions (LxWxH)	46.23"D x 18.9"W x 4.53"H
Item Weight	37 Pounds
Material	Alloy Steel
Maximum Speed	3.8 Miles per Hour
Maximum Horsepower	2.5 Horsepower
Maximum Weight Recommendation	300 Pounds
Special Feature	Shock Absorbent, 15-degree Manual Incline
Assembly Required	No
Power Source	Battery Powered (for remote), AC Power (for treadmill)
Included Components	Remote Control
Metrics Measured	Speed, Time, Calories, Distance

9. Warranty and Support
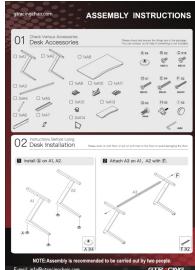
GTRACING provides a **1-year product warranty** for the HTM-120 Walking Pad Treadmill.

For any questions, concerns, or warranty claims, please contact the GTRACING customer service team.

Provide your model number (HTM-120) and purchase details for efficient assistance.

Customer service is available to help within 24 hours.

Related Documents - HTM-120

	[GTRACING Gaming Chair Assembly Instructions and Product Manual](#) Comprehensive guide for assembling and using your GTRACING gaming chair, including setup, functions, and Bluetooth connectivity. Learn how to build your ergonomic gaming setup.
	[GTRACING Desk Assembly Instructions](#) Comprehensive assembly guide for the GTRACING desk, detailing parts, tools, safety precautions, and step-by-step instructions. Includes contact information for customer support.
	[GTRACING Z03 Gaming Desk Assembly Instructions](#) Step-by-step assembly instructions for the GTRACING Z03 Gaming Desk, including a parts checklist and installation guide.
	[GTRACING GT-LYNCK1 Bluetooth Adapter](#) Information about the GTRACING GT-LYNCK1 Bluetooth Adapter, a device that turns ordinary consoles and computers into Bluetooth-enabled devices for connecting to speakers and headphones. Includes specifications and operating instructions.

[GTRACING GTP200-140-RGB Gaming Desk Assembly Instructions](#)

Detailed assembly instructions for the GTRACING GTP200-140-RGB gaming desk. Includes parts list, step-by-step assembly guide, and customer support information.

[GTRACING Bluetooth Receiver Product Manual and Assembly Instructions](#)

This document provides a product manual and assembly instructions for the GTRACING Bluetooth Receiver, including connection guides, technical specifications, and customer support information.