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› HomeFitnessCode S2-1 Foldable Walking Pad Treadmill User Manual

HOMEFITNESSCODE S2-1

HomeFitnessCode S2-1 Foldable Walking Pad Treadmill User Manual

Model: S2-1 | Brand: HOMEFITNESSCODE

INTRODUCTION

This manual provides essential information for the safe and effective operation, maintenance, and troubleshooting of your HomeFitnessCode S2-1 Foldable Walking Pad Treadmill. Please read this manual thoroughly before initial use and retain it for future reference.

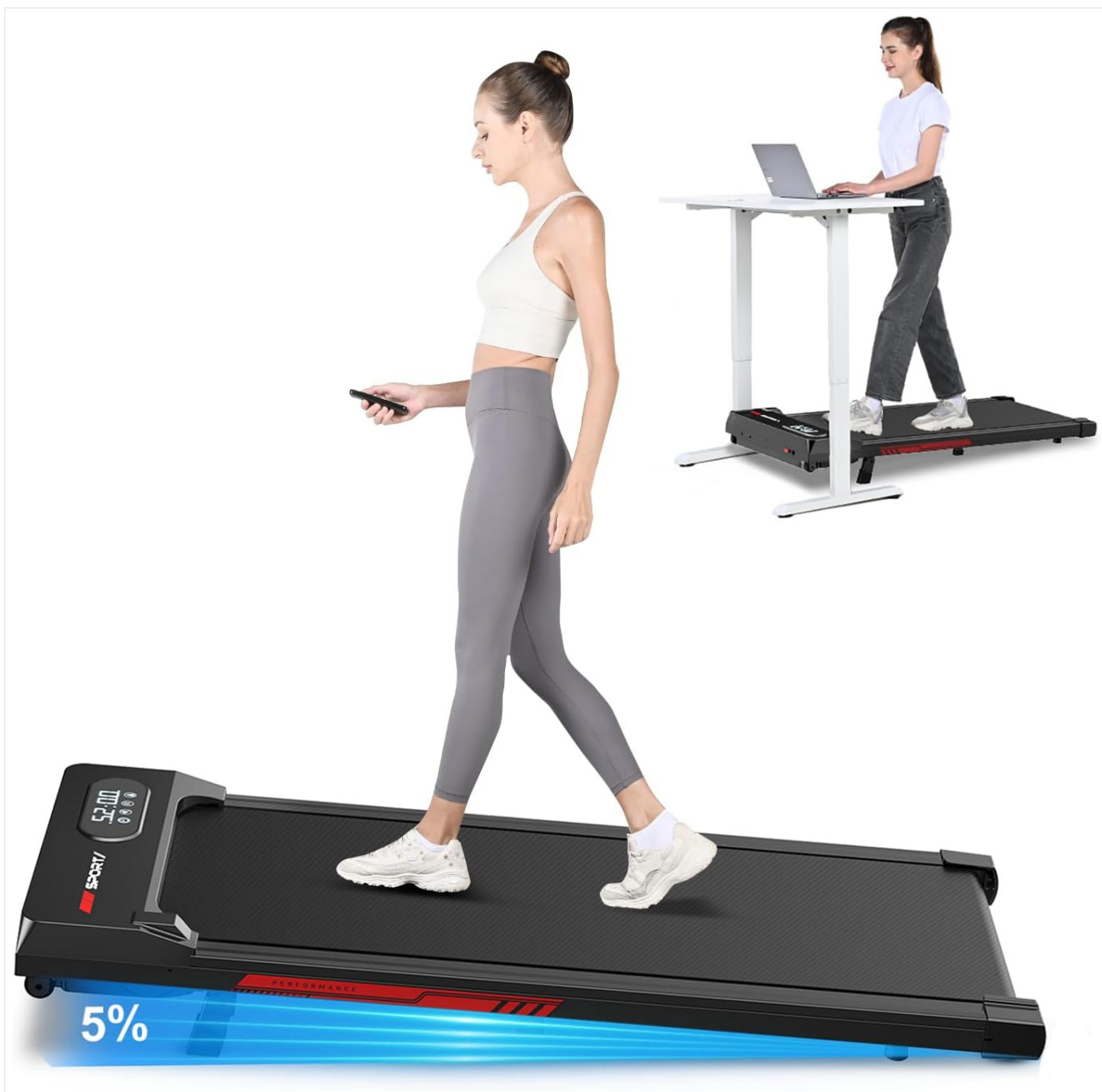


Image: The HomeFitnessCode S2-1 Walking Pad Treadmill, demonstrating its use for walking and as an under-desk exercise solution.

SAFETY INFORMATION

Always consult with a healthcare professional before starting any new exercise program. 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. Always use the safety key during operation.

- Read all instructions before using the appliance.
- Keep the power cord away from heated surfaces.
- Do not use outdoors or near water.
- Always wear appropriate athletic footwear.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

SETUP AND ASSEMBLY

The HomeFitnessCode S2-1 Walking Pad Treadmill is designed for installation-free setup. Follow these steps to prepare your treadmill for use:

1. **Unpacking:** Carefully remove the treadmill from its packaging.
2. **Placement:** Place the treadmill on a firm, level surface. Ensure there is adequate clear space around the treadmill (at least 2 feet on all sides and 6 feet behind).
3. **Power Connection:** Connect the power cord to the treadmill and then to a grounded electrical outlet.
4. **Handlebar:** If your model includes a foldable handlebar, raise it to the upright position and secure it according to the instructions provided in the separate quick start guide. This handlebar may also contain control buttons.
5. **Safety Key:** Attach the safety key clip to your clothing before starting the treadmill.



Compact Design

Built-in Wheels, Easy to Move

Space Saving



Image: The compact design of the HomeFitnessCode S2-1 Walking Pad Treadmill, showing how it can be stored upright or flat under furniture, highlighting its space-saving feature.

OPERATING INSTRUCTIONS

Your HomeFitnessCode S2-1 Walking Pad Treadmill offers various functions for an effective workout. It features a 5% fixed incline for enhanced calorie burning.

Power On/Off

- **To Power On:** Ensure the treadmill is plugged in and the safety key is attached. Press the power button on the remote control or the console.
- **To Power Off:** Press the power button again. The treadmill will gradually slow down and stop.

Speed Adjustment

The speed range is 0.6-5 MPH (1-8 km/h). Adjust the speed using the remote control or the control panel on the handlebar (if applicable).

- **Increase Speed:** Press the '+' button.
- **Decrease Speed:** Press the '-' button.
- Speed can be adjusted in 0.2 MPH intervals.

LED Display & Remote Control



Image: Close-up of the LED display and remote control for the HomeFitnessCode S2-1 Walking Pad Treadmill, illustrating how to monitor workout data and adjust settings.

Incline Feature

This model features a fixed 5% incline, designed to increase calorie expenditure during your workout. This incline is not adjustable during operation.

0-5% Incline

Increase Burn 50% Calorie

5% incline to increase



50% calories consumption

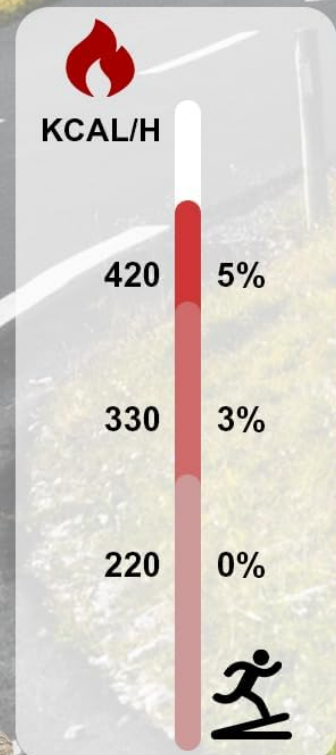


Image: Visual representation of the 5% incline on the HomeFitnessCode S2-1 Walking Pad Treadmill, demonstrating how it can increase calorie consumption by up to 50% compared to a flat walking surface.

Workout Modes and Speed Ranges

The HomeFitnessCode S2-1 supports various exercise intensities:

- **Walking:** 0.6 - 2 MPH (approx. 1 - 3.2 km/h)
- **Jogging:** 2.1 - 3.5 MPH (approx. 3.4 - 5.6 km/h)

- **Running:** 3.6 - 5 MPH (approx. 5.8 - 8 km/h)
- **Climbing:** Utilizes the fixed 5% incline for increased intensity.



Image: Illustration of the versatile exercise options available with the HomeFitnessCode S2-1, including walking, jogging, running, and incline climbing, each with its recommended speed range.

Motor and Noise Level

The treadmill is equipped with a 2.5 HP brushless motor, designed for quiet operation, typically below 45dB, allowing for

use in various environments without significant disturbance.

Super Quiet **2.5HP** Motor

Low Noise: **<45db**



Image: The internal motor of the HomeFitnessCode S2-1 Walking Pad Treadmill, emphasizing its 2.5HP brushless design for quiet operation (below 45dB).

Display Information

The LED display provides real-time workout data:

- **Speed:** Current walking/running speed.
- **Time:** Duration of your workout.

- **Distance:** Total distance covered.
- **Calories:** Estimated calories burned.

Multi-Functional Walking Pad



Image: Overview of the HomeFitnessCode S2-1 Walking Pad Treadmill's key features, including its incline capability, motor power, speed range, remote control, LED display, and quiet operation.

MAINTENANCE

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

Cleaning

- Disconnect the power cord before cleaning.
- Wipe down the treadmill surface with a damp cloth after each use. Avoid abrasive cleaners or solvents.
- Periodically vacuum under the treadmill to prevent dust buildup.

Lubrication

The running belt requires periodic lubrication to reduce friction and extend its lifespan. Refer to the included user manual for specific lubrication intervals and instructions. Typically, lubrication is needed every 3-6 months depending on usage.

- Use only the recommended silicone lubricant.
- Lift the edge of the running belt and apply a small amount of lubricant to the center of the deck.
- Run the treadmill at a low speed for a few minutes to distribute the lubricant evenly.

Belt Adjustment

If the running belt shifts to one side or slips, it may need adjustment. This typically involves using an Allen wrench to turn the tension bolts at the rear of the treadmill. Refer to the detailed instructions in your product's specific user manual for correct adjustment procedures.

TROUBLESHOOTING

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

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not connected, safety key not in place, power outlet issue.	Ensure power cord is securely plugged in. Check if the safety key is correctly inserted. Test the power outlet with another device.
Running belt slips or hesitates.	Belt too loose, insufficient lubrication.	Adjust belt tension (refer to manual). Apply silicone lubricant to the running deck.
Running belt shifts to one side.	Belt alignment issue.	Adjust belt alignment using the rear roller bolts (refer to manual).
Unusual noise during operation.	Loose components, motor issue, belt friction.	Check for loose screws. Lubricate the belt. If noise persists, contact customer support.

SPECIFICATIONS

Model:	S2-1
Brand:	HOMEFITNESSCODE
Product Dimensions (L x W x H):	109.22 cm x 49.02 cm x 10.16 cm (43 in x 19.3 in x 4 in)
Motor Horsepower:	2.5 HP (Brushless)
Speed Range:	0.6 - 5 MPH (1 - 8 km/h)

Incline: Fixed 5%

Maximum User Capacity: 300 lbs (136 kg)

Running Area: 38.5 x 15.2 inches (approximate)

Display Type: LED (shows Speed, Time, Distance, Calories)

Control: Remote Control, Console Buttons (if handlebar is up)

Noise Level: <45dB

Frame Material: Alloy Steel

Material: Acrylonitrile Butadiene Styrene (ABS)

Power Source: Corded Electric

Special Features: Foldable, Compact Design, Built-in Wheels for easy movement, Safety Lock.

WARRANTY AND SUPPORT

For warranty information, technical support, or to purchase replacement parts, please refer to the warranty card included with your product or visit the official HOMEFITNESSCODE website. Contact customer service for any issues not covered in this manual.

Customer Service: Refer to your product packaging or the manufacturer's website for contact details.

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ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

