homeTro HM3

HOMETRO HM3 Foldable Treadmill Walking Pad User Manual

Model: HM3 | Brand: homeTro

Introduction

The homeTro HM3 Foldable Treadmill Walking Pad is designed for walking, jogging, and running in various home or office environments. This compact and portable treadmill features a 9% manual incline, a powerful 2.5HP motor, and an intuitive LED display. It offers a space-saving design, making it suitable for apartments and small spaces. Control your workout easily with the included remote or a dedicated app.
Key features include a 5-layer non-slip running belt for joint protection, effective shock absorption, and a quiet operation suitable for shared living spaces. The treadmill is designed for quick setup and convenient storage.

Setup Instructions

The HOMETRO HM3 treadmill requires no assembly and is ready for use directly out of the box. Follow these steps to prepare your treadmill for exercise:

1. Unfolding the Treadmill

Carefully unfold the treadmill from its compact storage position. Ensure it is placed on a flat, stable surface.



The image illustrates the compact and easy-to-move design of the treadmill, showing it unfolding from a stored position and highlighting its dimensions (50 inches length, 23 inches width, 4.3 inches height when folded, 42.3 inches handle height). Built-in wheels facilitate movement.

Your browser does not support the video tag.

This video demonstrates the quick installation process of the TOPUTURE Foldable Walking Pad with Incline, showing how to unfold it, adjust the display, and attach the safety key.

2. Adjusting the Incline

The treadmill features a manual incline adjustment up to 9%. To adjust the incline, follow these three steps:

1. Unfold the footpad.
2. Insert the pin to secure the desired incline level.
3. Screw the footpad firmly into place.



This image illustrates the three simple steps to manually adjust the treadmill's incline, ensuring a more challenging workout.

3. Attaching the Safety Key

For your safety, always attach the safety key to your clothing before starting your workout. The other end of the safety key connects to the designated slot on the treadmill's console. This will immediately stop the treadmill if you accidentally detach it.

4. Display Adjustment

The treadmill's display can be rotated between 95° and 180° for optimal viewing during your workout.

Operating Instructions

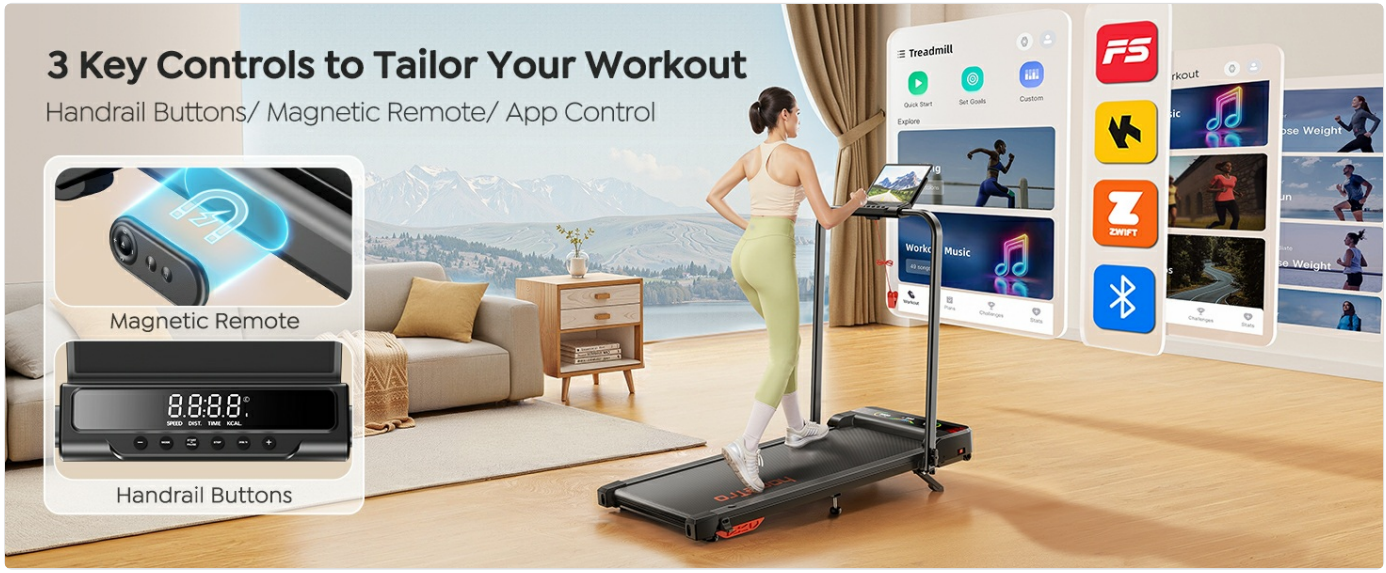
1. Power On/Off

Connect the power cord to a suitable outlet. Use the power button on the treadmill or the remote control to turn the unit on or off.

2. Control Methods

The HOMETRO HM3 treadmill offers three convenient ways to control your workout:

- **Handrail Buttons:** Integrated buttons on the handrail allow for quick adjustments.
- **Magnetic Remote Control:** Use the portable remote to adjust speed, pause, and resume your workout. The remote can be magnetically attached to the treadmill for easy access.
- **App Control:** Connect your smartphone or tablet via Bluetooth to the dedicated fitness app for advanced control and tracking features.



This image highlights the three key control methods for the treadmill: handrail buttons, a magnetic remote, and smartphone app integration for a tailored workout experience.

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This video demonstrates the use of the remote control and app for the Aiteid Treadmill, showcasing how to adjust speed and switch modes.

3. Speed Adjustment and Modes

Adjust your speed using the remote control or app. The treadmill supports a speed range from 0.6 to 7.6 Miles per Hour (MPH).

- **Working Mode:** 0.6-2.5 MPH (Ideal for light activity while working).
- **Walking Mode:** 0.6-3.7 MPH (Suitable for brisk walking).
- **Climbing Mode:** 2.5-5.0 MPH (Engages the incline for a more intense walk or light jog).
- **Running Mode:** 3.7-7.5 MPH (For higher intensity jogging and running).



This image illustrates the versatility of the treadmill, showing users engaging in working (0.6-2.0 MPH), running (4.0-7.6 MPH), and walking (2.0-4.0 MPH) activities.



This image demonstrates the customizable multi-mode functionality of the treadmill, catering to different users such as a desk partner, for pet fun, family elders, and home athletes.

4. LED Display

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

- **Speed:** Current speed of the running belt.
- **Time:** Duration of your workout.
- **Distance:** Total distance covered.
- **Calories:** Estimated calories burned.



This image shows the LED display, which provides clear readouts for speed, time, distance, and calories burned during your exercise.

5. Pause and Resume Function

The remote control features a pause button that allows you to temporarily stop your workout while retaining all your exercise data. Press the resume button to continue your session without losing progress.

Maintenance

1. Running Belt Lubrication

Regular lubrication of the running belt is crucial for optimal performance and longevity of your treadmill. The unique lubrication hole design makes this process straightforward. Refer to the included user manual for specific lubrication intervals and instructions.



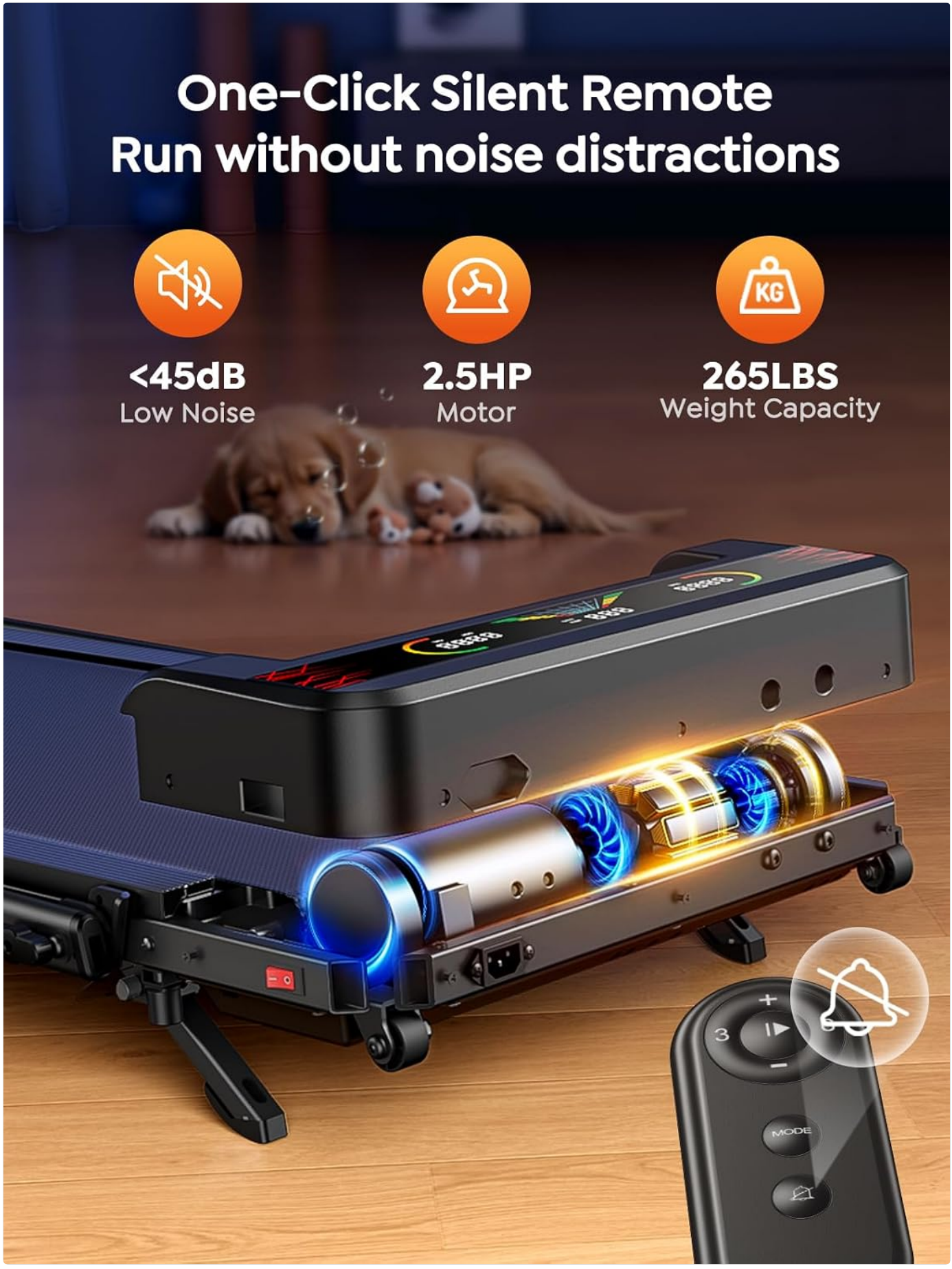
This image demonstrates the process of adding lubricating oil to the running belt and how to adjust the belt for smooth operation.

2. Running Belt Adjustment

If the running belt becomes misaligned or feels loose, it may require adjustment. Use the provided tool kit to make minor adjustments as per the detailed instructions in the full user manual. Proper belt tension and alignment ensure a safe and effective workout.

Safety Information

- Always attach the safety key to your clothing before operating the treadmill.
- Ensure the treadmill is on a stable, level surface before use.
- Maintain a clear area around the treadmill during operation.
- The 5-layer non-slip running belt and 8 silicone shock-absorbers are designed to provide cushioning and reduce impact on your joints and knees.
- Maximum weight capacity is 265 lbs. Do not exceed this limit.
- The motor operates quietly (below 45dB) to minimize noise distractions.



This image highlights the treadmill's quiet operation (below 45dB), 2.5HP motor, and 265 lbs weight capacity, ensuring a silent and robust workout experience.

This image emphasizes the joint-friendly and knee protection features, showcasing shock absorption, noise dampening, and stability support for a comfortable and safe workout.

Storage

The HOMETRO HM3 treadmill is designed for easy storage. Its compact and foldable design, along with built-in transportation wheels, allows it to be moved and stored conveniently in small spaces, such as under a sofa or bed, or in a corner.



This image demonstrates the treadmill's foldable, compact, and portable design, showing it stored under a sofa and highlighting its dimensions for easy storage.

Specifications

Model Number	HM3
Brand	homeTro
Color	Grey
Product Dimensions (Unfolded)	110D x 48.5W x 12H Centimetres
Folded Size	50*23*4.5 inches
Item Weight	25 kg
Material	Alloy Steel, Plastic
Maximum Horsepower	2.5 HP
Speed Range	0.6 - 7.6 Miles per Hour
Maximum Incline Percentage	9% (Manual)
Maximum Weight Recommendation	265 Pounds
Metrics Measured	Calories Burned, Distance, Speed, Time
Special Features	Compact Design, Manual Incline, Shock Absorbent, Timer, Wheeled
Included Components	Power Cord, Remote Control, Tool Kit, User Manual



This image displays the complete packing list, including the user manual, safety lock, remote control, power cord, foot pads, pad holder, L-type wrenches, and lubricant.

Warranty and Support

Warranty Information

The HOMETRO HM3 Foldable Treadmill Walking Pad comes with a **12 Months Parts or Replacement Warranty** after purchase. Please retain your proof of purchase for warranty claims.

Customer Support

For any questions, technical assistance, or warranty claims, please contact customer support through your Amazon account:

1. Log in to your Amazon account.
2. Navigate to "Your Orders".
3. Find the order ID for your HOMETRO HM3 Treadmill.
4. Click on "Contact Seller" to reach HOMETRO SPORTS customer service.

Manufacturer Contact Information: No. 999, Meilong Avenue, Jinglong Community, Longhua Street Unit 702, 1A, Zone 5, Yicheng Center Garden Shenzhen City, Longhua District, Guangdong 518000, China.

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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.

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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.

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