

HOMEFITNESSCODE B0FC2S1XXC

HomeFitnessCode 3-in-1 Treadmill with 7% Incline - User Manual

Model: B0FC2S1XXC

1. INTRODUCTION

Thank you for choosing the HomeFitnessCode 3-in-1 Treadmill. This versatile fitness equipment is designed for walking, jogging, and light running, offering a convenient way to exercise at home or in the office. Its compact, foldable design and adjustable incline make it suitable for various fitness levels and living spaces. Please read this manual thoroughly before use to ensure safe and optimal operation.

2. SAFETY INSTRUCTIONS

To reduce the risk of serious injury, please read all important precautions and instructions in this manual before using the treadmill. The manufacturer assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

- Always place the treadmill on a flat, stable surface.
- Keep children and pets away from the treadmill during operation.
- Wear appropriate athletic footwear and clothing.
- 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.
- Do not use the treadmill outdoors or in damp areas.
- Ensure adequate clearance around the treadmill (at least 2 meters behind and 0.6 meters on each side).
- Always turn off and unplug the treadmill when not in use or before cleaning/maintenance.

3. PRODUCT FEATURES

3-in-1 Functionality: Walking, Running, and Incline

This treadmill offers three modes of use: walking (1-6 km/h), running (1-8 km/h), and an adjustable incline. It includes 4 automatic programs to vary your workout intensity. The pause button allows you to temporarily stop your session without losing your progress data.

Varias opciones de tamaño



Tamaño grande



Tamaño estándar

Image: The treadmill illustrating its three primary functions: walking, running, and incline, with corresponding speed ranges.

7% Adjustable Incline

Increase the challenge of your workout with a 7% manual incline. This feature helps burn more calories and reduces impact on your joints compared to a flat surface. The incline is easily adjusted.

Motor 2.5 HP ultrasilencioso

Ruido < 45 dB



Image: A visual comparison demonstrating increased calorie expenditure when using the 7% incline feature versus a flat surface.

Powerful and Ultra-Silent 2.5 HP Motor

Equipped with a 2.5 horsepower motor, the treadmill ensures stable and quiet performance, operating at less than 55 dB. It supports a maximum user weight of 130 kg (286 lbs). The 100x40 cm running surface features 7 anti-slip layers for effective shock absorption, protecting your knees during exercise.

Pantalla LED y Control Remoto



Image: An exploded view of the treadmill's 2.5 HP motor, highlighting its internal structure and emphasizing its ultra-silent operation.

Clear LED Display and Dual Control

The integrated LED display clearly shows essential workout metrics such as speed, time, distance, and calories burned. Control your workout effortlessly using either the touch screen on the treadmill or the included remote control for a smoother, personalized experience.

Protege las rodillas



Cinta de correr
antideslizante



8 Amortiguadores
de silicona



2 Cojines
suaves

Image: A close-up of the treadmill's LED display showing workout statistics and the remote control for easy adjustments.

Foldable and Compact Design

This treadmill requires no assembly and folds in seconds, weighing only 23 kg (50.7 lbs). Thanks to its integrated wheels, it can be easily stored under a sofa or desk, making it ideal for small spaces and convenient transport.



Image: The treadmill being easily moved and stored, showcasing its portable design with integrated wheels.

4. SETUP

The HomeFitnessCode 3-in-1 Treadmill is designed for minimal setup. It arrives largely pre-assembled, allowing you to begin your workout quickly.

Unpacking and Placement:

1. Carefully remove the treadmill from its packaging.
2. Place the treadmill on a firm, level surface. Ensure there is sufficient clear space around the unit for safe operation (at least 2 meters behind and 0.6 meters on each side).
3. Connect the power cord to a grounded electrical outlet.

Adjusting the Incline:

The treadmill features a manual 7% incline. To activate the incline, locate the adjustable feet or mechanism at the rear of the treadmill and adjust them to the desired incline level. Ensure both sides are evenly set for stability.

Cinta de caminar con inclinación 7 %



Inclinación
7 %



130 kg
Capacidad



Portátil



Silenciosa



8 km/h
Velocidad



Motor
2.5 HP



Image: A woman walking on the HomeFitnessCode treadmill, illustrating its compact design and the subtle incline.

5. OPERATING INSTRUCTIONS

Power On/Off:

- Plug the power cord into a suitable outlet.
- Press the 'ON/OFF' button on the remote control or the touch screen to start or stop the treadmill.

Adjusting Speed:

- Use the '+' and '-' buttons on the remote control or touch screen to increase or decrease the speed.
- The walking mode typically ranges from 1-6 km/h, and running mode from 1-8 km/h.

Using Preset Programs:

- The treadmill includes 4 automatic programs. Press the 'M' (Mode) button on the remote or touch screen to cycle through these programs. Each program offers varying speed profiles.

Monitoring Your Workout:

- The LED display will show your current speed, elapsed time, distance covered, and estimated calories burned.

Pause Function:

- Press the 'ON/OFF' button once during operation to pause your workout. Press it again to resume. Your data will be retained during the pause.

Your browser does not support the video tag.

Video: An official product video demonstrating the treadmill's features and operation, including remote control usage and display functions.

6. MAINTENANCE

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

Cleaning:

- Always unplug the treadmill before cleaning.
- Wipe down the surface with a damp cloth after each use 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. Refer to the specific instructions provided with your treadmill for the correct type and frequency of lubricant application.
- Typically, lift the edge of the running belt and apply silicone lubricant directly onto the deck.

Belt Adjustment:

- If the running belt starts to slip or move off-center, it may need adjustment. Consult the detailed instructions in the full product manual for proper belt tensioning and centering procedures.

7. TROUBLESHOOTING

If you encounter any issues with your treadmill, please refer to the following common problems and solutions:

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not properly connected; power switch off; circuit breaker tripped.	Check power cord connection; ensure power switch is on; reset circuit breaker.
Running belt slips.	Belt tension too loose; belt needs lubrication.	Adjust belt tension (refer to full manual); lubricate the running deck.
Unusual noise during operation.	Loose components; motor issue; belt friction.	Check for loose screws and tighten; lubricate belt; if noise persists, contact support.
Display not working correctly.	Loose connection; electronic malfunction.	Ensure all connections are secure; power cycle the unit. If issue continues, contact support.

For issues not listed here or if solutions do not resolve the problem, please contact customer support.

8. SPECIFICATIONS

Feature	Detail
Brand	HOMEFITNESSCODE
Model Number	B0FC2S1XXC
Motor Power	2.5 HP (Peak)
Speed Range	1-8 km/h
Incline	7% Manual Incline
Running Surface	Approx. 100 x 40 cm (7-layer anti-slip)
Max User Weight	130 kg (286 lbs)
Noise Level	< 55 dB
Product Dimensions	115.5 x 56.5 x 11.8 cm
Product Weight	19 kg (41.9 lbs)
Material	Acrylonitrile Butadiene Styrene (ABS)
Included Components	Chest strap (Banda pectoral)

9. WARRANTY AND SUPPORT

HomeFitnessCode offers reliable and fast after-sales service. If you have any questions or encounter problems with your product, our team is available 7 days a week to assist you. A warranty is included, providing quick exchange or refund in case of any inconvenience.

For support, please refer to the contact information provided with your purchase or visit the official HomeFitnessCode website.

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