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> HomeTro HM4 Foldable 5-in-1 Treadmill User Manual

## HomeTro HM4

# HomeTro HM4 Foldable 5-in-1 Treadmill User Manual

Model: HM4 | Brand: HomeTro

## 1. INTRODUCTION

This manual provides essential information for the safe and effective use of your HomeTro HM4 Foldable 5-in-1 Treadmill. Please read it thoroughly before initial use and retain it for future reference. The HomeTro HM4 is designed for home and office fitness, offering versatile modes for walking, running, and rehabilitation, with a compact, foldable design and a manual 9% incline feature.

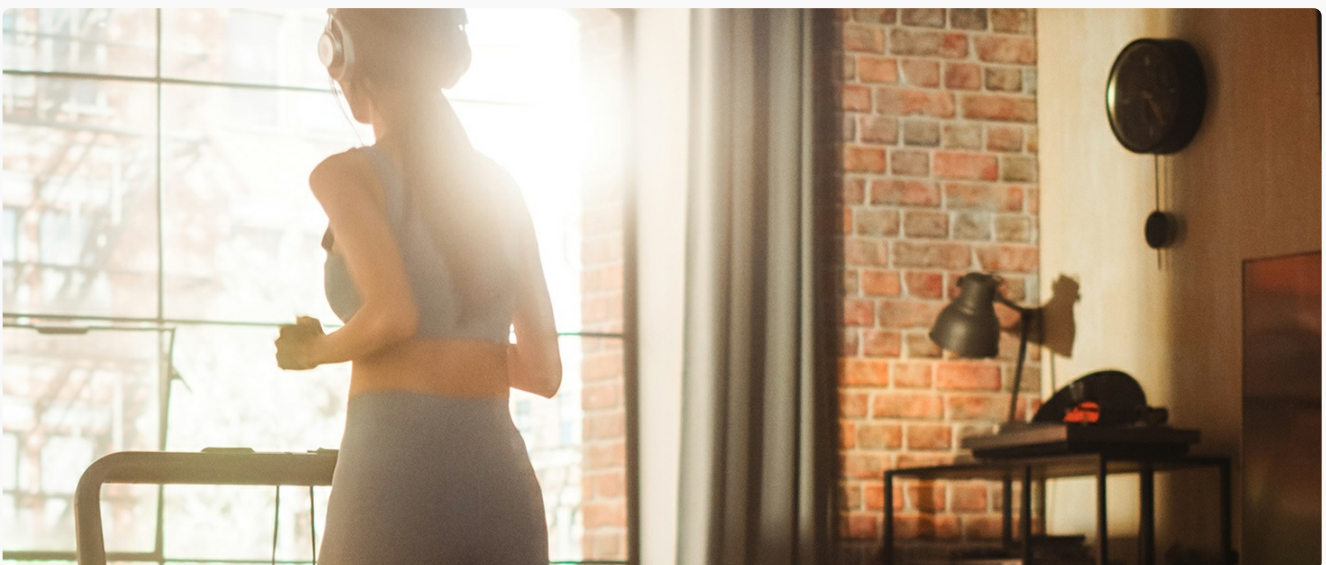


Image: The HomeTro HM4 treadmill in its upright position with a user running, and in its flat walking pad configuration with a user walking at a standing desk.

## 2. IMPORTANT SAFETY INSTRUCTIONS

To reduce the risk of serious injury, read all instructions before using this equipment. The manufacturer assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

- Always attach the safety key clip to your clothing before starting the treadmill. The treadmill will stop if the safety key is disengaged.
- Ensure the treadmill is placed on a flat, stable surface with at least 2 meters (6.5 feet) of clear space behind it and 0.6 meters (2 feet) on each side.
- Do not allow children or pets near the treadmill while it is in operation.
- The maximum user weight for this treadmill is 120 kg (265 lbs). Do not exceed this limit.
- Wear appropriate athletic footwear. Do not use the treadmill barefoot or in socks.
- If you experience pain, dizziness, or shortness of breath, stop exercising immediately.
- Keep hands clear of all moving parts.
- Unplug the treadmill from the power outlet when not in use, before cleaning, and before performing maintenance.



Image: A diagram highlighting the multi-layer running belt and six silicone shock absorbers designed to provide joint comfort and smooth operation.

## 3. WHAT'S IN THE BOX

Carefully unpack all components and ensure you have received the following items:

- HomeTro HM4 Treadmill
- User Manual
- Remote Control
- Tool Kit
- Safety Key
- Lubricant (30ml)
- Power Cord
- Foot Pads \* 2
- Phone Holder

- L-shaped Hex Keys \* 2



Image: An overhead view displaying all components included in the HomeTro HM4 treadmill package, such as the treadmill, user manual, remote control, tool kit, safety key, and lubricant.

## 4. SETUP AND INITIAL USE

### 4.1 Unfolding and Placement

1. Remove the treadmill from its packaging. The HomeTro HM4 comes pre-assembled.
2. To use in treadmill mode (with handlebars), gently lift the handlebar assembly until it locks into place.
3. Place the treadmill on a firm, level surface. Ensure adequate clearance around the unit.
4. To use as a walking pad (flat), ensure the handlebar is folded down.

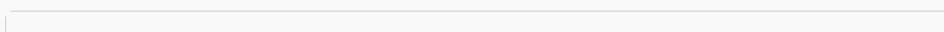


Image: The HomeTro HM4 treadmill shown in its compact, folded state for storage under furniture, and being easily moved using its integrated wheels.

### 4.2 Adjusting the Incline

The HomeTro HM4 features a manual 9% incline for intensified workouts.

1. Locate the adjustable feet at the rear of the treadmill.
2. To engage the incline, pull out the pins on the adjustable feet and extend them to the desired position.
3. Ensure both feet are securely locked in place before use.

### 3 Étapes pour Régler Facilement l'Inclinaison



Image: A visual guide demonstrating the three simple steps to manually adjust the treadmill's incline: deploy the footrest, insert the pin, and screw the footrest.

## 5. OPERATING INSTRUCTIONS

### 5.1 Power On/Off and Safety Key

- Plug the power cord into a grounded outlet.
- Attach the safety key to the designated slot on the console and clip the other end to your clothing. The treadmill will not operate without the safety key in place.
- Press the power button to turn on the treadmill.

### 5.2 Using the Dual LED Display and Remote Control

The HomeTro HM4 features dual LED screens to display real-time workout data and can be controlled via the magnetic remote or console buttons.

- The LED screens show speed, distance, time, and calories burned. A progressive LED bar provides visual motivation.
- Use the remote control to start/stop, adjust speed, and select workout modes. The remote includes an instant mute button for quiet operation.
- Console buttons offer alternative control for basic functions.



## Écran LED Fun - Suivi de Course en Temps Réel

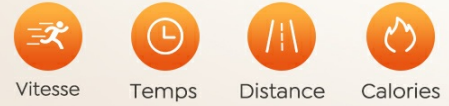


Image: A detailed view of the treadmill's dual LED display, illustrating how it tracks speed, time, distance, and calories, alongside the magnetic remote control for easy adjustments.

### 5.3 Workout Modes and Speed Adjustment

The treadmill offers various modes to suit different fitness needs:

- **Walking Mode (1-6 km/h):** Ideal for light exercise, rehabilitation, or use as an under-desk walking pad.
- **Running Mode (6-12 km/h):** Suitable for more intense cardio workouts.
- **Fat Burning Mode:** Optimized for calorie expenditure.
- **Office Mode:** Designed for low-speed walking while working.
- **Rehabilitation Mode:** Gentle speeds for recovery or light activity.
- The manual 9% incline can be used with any mode to increase intensity and calorie burn by up to 40%.



## Tapis de Course Multifonction - Réglable pour Toute la Famille

Image: A collage showing diverse users engaging with the HomeTro HM4 treadmill in various settings, including an office worker, a pet owner, an elderly individual, and an athlete, demonstrating its versatility.

### 5.4 App Connectivity (Bluetooth)

Connect your HomeTro HM4 treadmill to a fitness app via Bluetooth to track progress, set training plans, and engage in virtual competitions. Refer to the app's instructions for detailed usage.

## 6. MAINTENANCE

## 6.1 Lubrication

Regular lubrication of the running belt is crucial for optimal performance and longevity. Use the provided silicone lubricant.

1. Turn off and unplug the treadmill.
2. Locate the lubrication port on the side of the treadmill.
3. Apply a small amount of silicone lubricant into the port.
4. Run the treadmill at a low speed (e.g., 1 km/h) for 5 minutes to distribute the lubricant evenly.
5. Lubricate every 1-3 months depending on usage.

## 6.2 Belt Adjustment

If the running belt slips or drifts to one side, it may need adjustment.

1. Turn off and unplug the treadmill.
2. Use the provided L-shaped hex key to adjust the tension bolts at the rear of the treadmill.
3. Turn the bolts clockwise to tighten the belt or counter-clockwise to loosen it. Make small adjustments (quarter turns) and test the belt after each adjustment.
4. Ensure the belt is centered and moves smoothly without slipping.



Image: Visual instructions on how to apply lubricating oil to the treadmill belt and how to adjust the belt tension for smooth operation.

## 6.3 Cleaning

Wipe down the treadmill with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners or solvents.

## 7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Treadmill does not start	Power cord not plugged in; Safety key not in place; Power switch off.	Check power connection; Ensure safety key is fully inserted; Turn on power switch.
Running belt slips	Belt too loose; Insufficient lubrication.	Adjust belt tension (see Section 6.2); Lubricate the belt (see Section 6.1).

Problem	Possible Cause	Solution
Unusual noise during operation	Loose components; Belt friction; Motor issue.	Check for loose screws and tighten; Lubricate belt; If noise persists, contact customer support.
Display not working	Loose connection; Power issue.	Check all cable connections; Ensure power supply is stable.

## 8. SPECIFICATIONS

Feature	Detail
Brand	HomeTro
Model Number	HM4 walking pad
Color	Silver Black
Material	Acrylonitrile Butadiene Styrene (ABS), Metal Frame
Product Dimensions (L x W x H)	125 x 120 x 11 cm (Unfolded); 127 x 58.4 x 11.4 cm (Packaged)
Item Weight	24.3 Kilograms
Maximum Speed	12 Kilometers per hour
Maximum Power	2.5 Picowatt
Display Type	LED (Dual Screens)
Incline	Manual 9%
Target Audience	Adult, Youth
Power Source	Corded Electric
Number of Programs	12
Special Features	Compact Design, Manual Incline, Lightweight, Heavy Duty Use

## 9. WARRANTY AND SUPPORT

Your HomeTro HM4 Treadmill comes with a standard manufacturer's warranty. Please refer to the warranty card included in your package for specific terms and conditions. For technical support, troubleshooting assistance, or warranty claims, please contact HomeTro customer service through the retailer where you purchased the product or visit the official HomeTro website for contact information.

Keep your purchase receipt as proof of purchase for warranty purposes.

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