

HOMEFITNESSCODE T6PB

HOMEFITNESSCODE T6PB Incline Walking Pad User Manual

Model: T6PB

1. IMPORTANT SAFETY INSTRUCTIONS

Please read all instructions carefully before using the HOMEFITNESSCODE T6PB Incline Walking Pad. Retain this manual for future reference.

- Ensure the walking pad is placed on a flat, stable surface.
- Keep children and pets away from the equipment during operation.
- Do not operate the walking pad if it has a damaged cord or plug, or if it is not working properly.
- Always wear appropriate athletic footwear when using the walking pad.
- Do not exceed the maximum weight capacity of 320 lbs (145 kg).
- Disconnect from power supply after use and before cleaning or maintenance.
- Consult a physician before starting any new exercise program.

2. PRODUCT OVERVIEW

The HOMEFITNESSCODE T6PB Incline Walking Pad is a compact and quiet fitness device designed for walking and light jogging in home or office environments. It features an 8% manual incline, an LED display, and remote control operation.

One Treadmill

Multiple Speeds – For All



0.6
-
2MPH

WORKING



2.1
-
5MPH

RUNNING



Image: Overview of the HOMEFITNESSCODE T6PB Incline Walking Pad, showing its compact design.

Key Features:

- **8% Manual Incline:** Increases calorie burn and intensity.
- **2.5 HP Motor:** Provides stable performance with low noise (<40dB).
- **3 Speed Modes:** Adjustable from 0.6 MPH (walking) to 5 MPH (running).
- **LED Display:** Shows time, speed, distance, and calories burned.
- **Remote Control:** For convenient speed adjustment and pause functions.
- **Shock Absorption:** 8 internal shock absorbers and a 5-layer anti-slip cushioning belt for joint protection.
- **Foldable & Portable:** Built-in rollers for easy movement and storage under furniture.

3. SETUP AND ASSEMBLY

The HOMEFITNESSCODE T6PB Incline Walking Pad comes pre-assembled. Follow these steps for initial setup:

1. **Unpacking:** Carefully remove the walking pad from its packaging.
2. **Placement:** Place the walking pad on a firm, level surface. Ensure there is adequate clear space around the unit for safe operation (at least 2 feet behind and 1 foot on each side).
3. **Power Connection:** Plug the power cord into a grounded electrical outlet.
4. **Incline Adjustment:** The walking pad features an 8% manual incline. To engage the incline, locate the adjustment mechanism at the rear of the unit and secure it in the elevated position. Ensure it is stable before use.
5. **Remote Control:** Insert two AAA batteries (not included) into the remote control.

Your browser does not support the video tag.

Video: Unboxing and initial setup of the Walking Pad. This video demonstrates how to unpack and prepare the device for first use.



Image: The walking pad in its compact, folded state, highlighting its space-saving design and portability with built-in wheels.

4. OPERATING INSTRUCTIONS

The HOMEFITNESSCODE T6PB offers multiple modes for various fitness levels.

4.1 Powering On/Off

- To power on, press the 'ON/OFF' button on the remote control. The LED display will illuminate.
- To power off, press the 'ON/OFF' button again.

4.2 Speed Adjustment

- Use the '+' button on the remote to increase speed.
- Use the '-' button on the remote to decrease speed.
- The walking pad supports speeds from 0.6 MPH to 5 MPH.

4.3 Display Functions

The LED display cycles through various metrics:

- **Time:** Duration of your workout.
- **Distance:** Total distance covered.
- **Speed:** Current speed in miles per hour (MPH).
- **Calories:** Estimated calories burned.

LED Display & Remote Control



Image: Close-up of the LED display showing workout metrics and the remote control for easy adjustments.

4.4 Exercise Modes

The walking pad supports different exercise intensities:

- **Walking Mode:** 0.6 - 2.0 MPH, ideal for light activity or working at a desk.
- **Jogging Mode:** 2.1 - 3.5 MPH, suitable for moderate intensity workouts.
- **Running Mode:** 3.6 - 5.0 MPH, for higher intensity cardio.

Your browser does not support the video tag.

Video: Demonstration of the 3-in-1 functionality of the under-desk treadmill, showing walking, jogging, and running modes.

Simulate Hills

8% Incline, Real Result

 Stable and Safe

 Burn more Calories

 Easy Adjust

240 Kcal/h

∠ 0%

400 Kcal/h

∠ 8%



Image: A user walking on the incline, illustrating how the 8% manual incline can increase calorie burn compared to a flat surface.

5. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your walking pad.

5.1 Cleaning

- Always unplug the walking pad before cleaning.
- Wipe down the surface with a damp cloth. Avoid using abrasive cleaners or solvents.
- Regularly clean any dust or debris from around the motor cover.

5.2 Lubrication

- The walking belt requires periodic lubrication to reduce friction and extend its lifespan.
- Use the provided lubricant or a silicone-based treadmill lubricant.

- Refer to the specific instructions on the lubricant bottle for application frequency and method. Generally, apply a small amount under the belt every few months, depending on usage.

5.3 Belt Adjustment

- If the walking belt feels loose or shifts to one side, it may need adjustment.
- Use the included Allen wrench to make small adjustments to the rear rollers. Turn screws clockwise to tighten or counter-clockwise to loosen, making minor adjustments (quarter turns) until the belt is centered and taut.

6. TROUBLESHOOTING

If you encounter issues with your walking pad, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Walking pad does not power on.	Power cord not properly connected; remote control batteries dead.	Ensure power cord is securely plugged in. Replace remote control batteries.
Belt slips or stops during use.	Belt too loose; insufficient lubrication; weight exceeds capacity.	Adjust belt tension (see 5.3). Lubricate the belt (see 5.2). Ensure user weight is within the 320 lbs limit.
Unusual noise during operation.	Lack of lubrication; loose components.	Lubricate the belt. Check for any loose screws and tighten them.
Inaccurate display readings.	Sensor issue; calibration needed.	Power cycle the unit. If problem persists, contact customer support.

If the problem persists after attempting these solutions, please contact customer support.

7. SPECIFICATIONS

Feature	Detail
Brand	HOMEFITNESSCODE
Model Name	T6PB
Color	Dark Black
Product Dimensions (D x W x H)	41.1"D x 18.5"W x 4.1"H
Folded Size	20" x 18.5" x 4.1"
Item Weight	35.3 Pounds
Material	Alloy Steel
Maximum Speed	5 Miles per Hour
Maximum Horsepower	2.5 Horsepower
Maximum Incline Percentage	8% (Manual)
Maximum Weight Recommendation	320 Pounds

Feature	Detail
Display Type	LED
Power Source	Corded Electric
Metrics Measured	Calories Burned, Distance, Speed, Time
Included Components	Lubricant, Remote Control, User Manual

8. WARRANTY AND SUPPORT

8.1 Warranty Information

The HOMEFITNESSCODE T6PB Incline Walking Pad comes with a **2-Year Warranty** from the date of purchase. This warranty covers manufacturing defects and malfunctions under normal use. Please retain your proof of purchase for warranty claims.

The warranty does not cover damage caused by misuse, accident, unauthorized modification, or failure to follow the instructions in this manual.

8.2 Customer Support

For technical assistance, warranty claims, or any questions regarding your HOMEFITNESSCODE T6PB Incline Walking Pad, please contact our customer support team. Refer to the contact information provided with your purchase or visit the official HOMEFITNESSCODE website.

When contacting support, please have your model number (T6PB) and purchase date available.

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