

HOMEFITNESSCODE A1F

HomeFitnessCode 3-in-1 Treadmill and Walking Pad (Model A1F)

User Manual

1. IMPORTANT SAFETY INSTRUCTIONS

Please read all instructions carefully before using this treadmill. Keep this manual for future reference.

- Always consult with a physician before starting any exercise program.
- Keep children and pets away from the equipment during operation.
- Place the treadmill on a flat, stable surface with adequate clearance around it.
- 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.
- Do not use the treadmill outdoors or in damp areas.
- Always hold the handrails when starting or stopping the treadmill.
- The maximum user weight for this treadmill is 130 kg (286 lbs).
- Unplug the treadmill from the power outlet when not in use and before cleaning or maintenance.

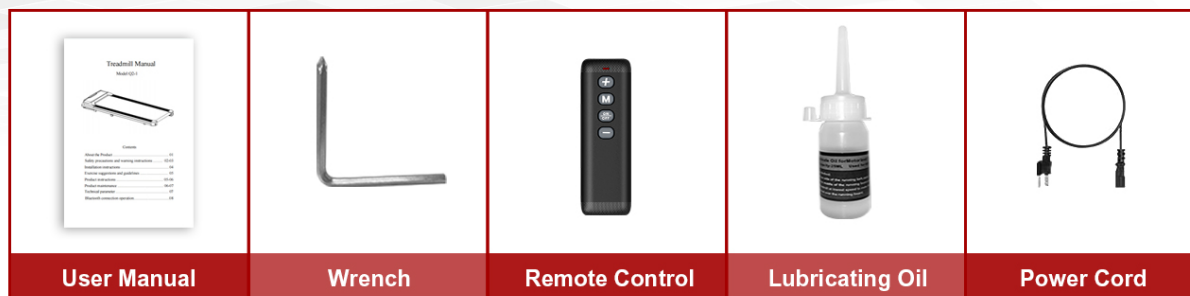
2. PACKAGE CONTENTS

Verify that all components are present in the package:

- HomeFitnessCode 3-in-1 Treadmill (Model A1F)
- User Manual
- Wrench
- Remote Control

- Lubricating Oil
- Power Cord

Package List



This image displays all items included in the product package: the user manual, a wrench for minor adjustments, the remote control, lubricating oil for maintenance, and the power cord.

3. SETUP AND ASSEMBLY

The HomeFitnessCode 3-in-1 Treadmill is designed for immediate use with no assembly required. Simply unpack and unfold the unit.

Unfolding the Treadmill:

1. Carefully remove the treadmill from its packaging.
2. Place the treadmill on a flat, level surface.
3. Unfold the treadmill by gently lifting the running deck until it locks into position.
4. Ensure all locking mechanisms are securely engaged before use.

Folding for Storage:

To save space, the treadmill can be easily folded and stored.

1. Ensure the treadmill is powered off and unplugged.
2. Release the locking mechanism (refer to the diagram on the unit if needed).
3. Gently fold the running deck upwards until it is compact.
4. Utilize the integrated wheels to move the folded treadmill for storage under a sofa or desk.

Design compact

Roues intégrées, facile à déplacer



Économie d'espace



This image demonstrates the treadmill's foldable and compact design, making it easy to store in small spaces, such as under a sofa or desk, thanks to its integrated wheels.

4. PRODUCT OVERVIEW

The HomeFitnessCode 3-in-1 Treadmill offers versatile exercise options for walking, jogging, and running, featuring an adjustable incline and a quiet motor for a comfortable workout experience.

Tapis de marche multifonctionnel



This image showcases the treadmill's multifunctional capabilities, including its adjustable incline, powerful motor, variable speed range, LED display, remote control operation, and quiet performance.

Key Features:

- **3-in-1 Functionality:** Easily switch between walking pad mode (1-6 km/h) and treadmill mode (1-8 km/h).
- **Adjustable Incline:** Features a 7% manual incline to increase workout intensity and calorie burn.
- **Powerful and Quiet Motor:** Equipped with a 2.5 HP motor, operating at less than 55 dB for a silent workout.

- **Comfortable Running Surface:** A 100x40 cm (39.4x15.7 inch) running belt with 7 anti-slip layers and shock absorption for joint protection.
- **LED Display:** Clear display showing speed, time, distance, and calories burned.
- **Remote Control:** Conveniently adjust settings during your workout.
- **Compact and Foldable:** Easy to store in small spaces with integrated wheels for portability.

Conception humanisée



Ceinture de course
antidérapante à 5 couches



6 amortisseurs en
silicone



Protection des genoux



This image demonstrates the treadmill's humanized design, featuring a 7-layer anti-slip running belt and effective shock absorption to protect joints during exercise.

Tapis de course confortable et **grande** capacité de charge



This image emphasizes the treadmill's comfortable running surface, measuring 100x40 cm, and its robust design capable of supporting users up to 130 kg.

5. OPERATING INSTRUCTIONS

5.1 Power On/Off

- Connect the power cord to a grounded electrical outlet.

- Flip the main power switch (usually located near the front of the treadmill) to the 'ON' position.
- The LED display will illuminate.
- To power off, flip the main power switch to 'OFF' and unplug the unit.

5.2 Starting a Workout

1. Step onto the treadmill belt, ensuring your feet are on the side rails before starting.
2. Press the 'START' button on the remote control or the treadmill console.
3. The treadmill will typically start at a low speed.

5.3 Speed Adjustment

- Use the '+' and '-' buttons on the remote control or console to increase or decrease the speed.
- The speed range is 1-8 km/h (0.6-5 mph).

5.4 Incline Adjustment

This treadmill features a manual 7% incline. To adjust the incline:

1. Ensure the treadmill is stopped and unplugged for safety.
2. Locate the incline adjustment mechanism at the rear of the treadmill.
3. Manually lift or lower the rear of the treadmill to engage the 7% incline position.
4. Ensure the incline is securely set before resuming your workout.

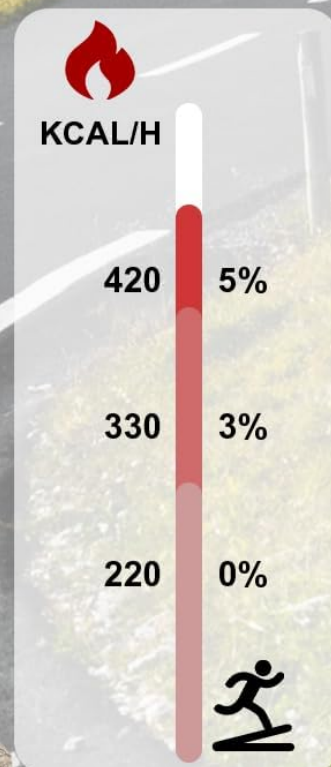
Inclinaison de 0 à 5%

Augmenter la combustion de calories de 50%

Inclinaison à augmenter de 5%



Consommation de calories à 50%



This image illustrates the treadmill's 0-5% incline feature, showing how it can increase calorie expenditure compared to a flat surface. A visual guide indicates calorie burn at different incline levels.

5.5 LED Display and Remote Control

The integrated LED display provides real-time feedback on your workout. The remote control allows for convenient adjustments.

- **Display Metrics:** View Speed, Time, Distance, and Calories burned.

- **Remote Functions:** Start/Stop, Speed Up (+), Speed Down (-).

Écran **LED** & Télécommande



This image focuses on the treadmill's clear LED display, which provides real-time data on speed, time, distance, and calories burned. The accompanying remote control allows for easy adjustment of settings.

5.6 Pre-set Programs

The treadmill includes 4 automatic programs designed to vary speed and intensity. Consult the display or remote control for program selection and details.

5.7 Pausing and Stopping

- Press the 'PAUSE' button to temporarily stop your workout without losing your data.
- Press 'STOP' to end your workout and reset the display.

Your browser does not support the video tag.

This video demonstrates the HomeFitnessCode treadmill in operation, showing a user walking on the belt. It highlights the smooth movement and quiet performance of the device during a typical workout session.

6. MAINTENANCE

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

6.1 Cleaning

- Always unplug the treadmill before cleaning.
- Wipe down the console and exterior surfaces with a soft, damp cloth. Avoid abrasive cleaners.
- Periodically vacuum under the treadmill to prevent dust buildup.

6.2 Belt Lubrication

The running belt requires lubrication every few months, depending on usage, to reduce friction and extend belt life. Use the provided lubricating oil.

1. Unplug the treadmill.
2. Loosen the rear roller bolts slightly to lift the belt.
3. Apply a small amount of silicone lubricant evenly under the center of the running belt.
4. Tighten the roller bolts and run the treadmill at a low speed for a few minutes to distribute the lubricant.

6.3 Belt Adjustment

If the running belt shifts to one side or slips, it may need adjustment. Use the provided wrench.

- **Belt Shifting Left:** Turn the left rear roller bolt clockwise 1/4 turn.
- **Belt Shifting Right:** Turn the right rear roller bolt clockwise 1/4 turn.
- **Belt Slipping:** Turn both rear roller bolts clockwise 1/4 turn simultaneously.
- Run the treadmill at a low speed after each adjustment to check alignment.

7. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not plugged in, main switch off, circuit breaker tripped.	Check power connection, ensure main switch is ON, reset circuit breaker.
Running belt stops or slips.	Belt too loose, insufficient lubrication.	Adjust belt tension (Section 6.3), lubricate belt (Section 6.2).

Problem	Possible Cause	Solution
Unusual noise during operation.	Loose parts, belt friction, motor issue.	Check for loose bolts, lubricate belt, contact customer support if noise persists.
Display not working correctly.	Loose connection, electronic malfunction.	Ensure all connections are secure. If problem persists, contact customer support.

If you cannot resolve the issue using the troubleshooting guide, please contact customer support.

8. PRODUCT SPECIFICATIONS

Feature	Specification
Brand	HOMEFITNESSCODE
Model Number	A1F
Color	Black
Product Dimensions (L x W x H)	131P x 62.5I x 17.5H cm (51.6 x 24.6 x 6.9 inches)
Folded Size (L x W x H)	Approx. 125 cm (L) x 57 cm (W) x 14 cm (H) (49.2 x 22.4 x 5.5 inches)
Item Weight	23 kg (50.7 lbs)
Material	Acrylonitrile Butadiene Styrene (ABS), Alloy Steel
Motor Power	2.5 HP (Peak Power: 3 kW)
Speed Range	1 - 8 km/h (0.6 - 5 mph)
Incline	7% (Manual Adjustment)
Running Belt Dimensions	100 x 40 cm (39.4 x 15.7 inches)
Max User Weight	130 kg (286 lbs)
Display Type	LED
Number of Programs	4 Automatic Programs
Special Features	Shock Absorber, Cushioned Running Belt, Compact Design, Adjustable Speed, Integrated Wheels
Power Source	Electric Cord

9. WARRANTY AND SUPPORT

The HomeFitnessCode 3-in-1 Treadmill (Model A1F) comes with a 2-year warranty, ensuring peace of mind regarding product quality and performance.

For any questions, concerns, or technical assistance, please contact our customer support team. Our team is available to provide reliable and prompt service.

- **Warranty Period:** 2 Years
- **Support Availability:** 7 days a week
- **Contact Information:** Refer to the contact details provided on the product packaging or the official HomeFitnessCode website.

In case of any issues covered by the warranty, a quick exchange or refund will be processed without complications.

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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