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› HILLO Walking Pad Treadmill with Incline/Decline: User Manual

HILLO B0H2YMLJ7M

HILLO Walking Pad Treadmill User Manual

Model: B0H2YMLJ7M

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INTRODUCTION

Thank you for choosing the HILLO Walking Pad Treadmill. This manual provides essential information for the safe and effective use of your new fitness equipment. Please read it thoroughly before assembly or operation and retain it for future reference. This walking pad is designed for home and office use, offering adjustable incline and decline, a powerful BLDC TORQGLIDE motor, and a compact, foldable design.

IMPORTANT SAFETY INSTRUCTIONS

To reduce the risk of serious injury, read all instructions 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 level surface.
- Keep children and pets away from the treadmill during operation.
- Ensure adequate clearance around the treadmill (at least 2 feet on sides, 6 feet at rear).
- Do not operate the treadmill if it has a damaged cord or plug, or if it is not working properly.
- Wear appropriate athletic footwear.
- Consult a physician before starting any exercise program.
- Use the safety key at all times.
- Do not attempt to service the treadmill yourself. Contact customer support for assistance.

SETUP GUIDE

1. Unpacking

Carefully remove all components from the packaging. Inspect for any damage. Retain packaging materials for potential future transport or return.

2. Placement

Place the treadmill on a firm, level surface. Ensure there is sufficient space around the unit for safe operation and access. Avoid placing it on thick carpets that may obstruct ventilation.

3. Handlebar Assembly

The HILLO Walking Pad Treadmill features 6-level adjustable handrails. To raise the handrails, unlock the securing pins on both sides, lift the handrails to the desired height, and re-insert the pins securely. Ensure both sides are locked at the same level before use.



Image: The HILLO Walking Pad Treadmill with its adjustable handrails in an upright position, ready for use. This image illustrates the compact design and the display panel.

4. Power Connection

Connect the power cord to the treadmill and then plug it into a grounded electrical outlet. Ensure the power switch is in the OFF position before plugging in. Turn the power switch ON after connection.

OPERATING INSTRUCTIONS

1. Control Panel Overview

The treadmill features a large display showing 4 key metrics: Time, Distance, Calories, and Speed. Controls for speed and incline/decline are typically located on the handrails or a remote control.

2. Starting and Stopping

- **To Start:** Attach the safety key to your clothing. Press the START button on the control panel or remote. The belt will begin moving at a low speed after a 3-second countdown.
- **To Stop:** Press the STOP button. The belt will gradually slow down and stop. Removing the safety key will also immediately stop the treadmill.
- **Pause Function:** Pressing the PAUSE button will temporarily stop the belt while retaining your workout data. Press START to resume.

3. Speed Adjustment

Use the '+' and '-' buttons on the control panel or remote to increase or decrease the belt speed. Adjust speed gradually to avoid sudden changes.

4. Incline and Decline Adjustment

This treadmill offers 5 levels of incline (up to 9%) and decline (down to -4%). Use the dedicated incline/decline buttons on the control panel or remote to adjust the walking surface angle. Adjustments should be made while the treadmill is in operation for smooth transitions.

5. Folding and Storage

To fold the treadmill for storage, ensure it is powered off and unplugged. Lower the handrails if they are raised. Carefully fold the walking deck upwards until it locks into place. Use the integrated wheels to move the folded treadmill to a storage location. To unfold, reverse the process, ensuring the deck is securely lowered before use.

No relevant product videos were found in the provided data. If available, official product videos demonstrating operation would be embedded here, with a maximum width of 420px.

MAINTENANCE

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

1. Cleaning

Wipe down the treadmill surfaces with a damp cloth after each use. Avoid using abrasive cleaners or solvents. Keep the area around the treadmill clean and free of dust.

2. Belt Lubrication

The walking belt requires lubrication every 3-6 months, depending on usage. Refer to the specific lubrication instructions provided with your treadmill's lubricant kit. Typically, this involves applying silicone lubricant under the belt.

3. Belt Adjustment

If the walking belt drifts to one side or slips, it may require adjustment. Use the provided Allen wrench to turn the rear roller bolts. Turn clockwise to move the belt to the right, counter-clockwise to move it to the left. Adjust in small increments (quarter turns) and test after each adjustment until the belt is centered and tensioned correctly.

4. Storage

When not in use, fold the treadmill and store it in a dry, cool place away from direct sunlight and moisture.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Treadmill does not power on	Power cord not plugged in; Power switch off; Circuit breaker tripped	Check power cord connection; Turn power switch ON; Reset circuit breaker
Belt stops suddenly	Safety key removed; Overload protection activated	Ensure safety key is in place; Reduce load on treadmill; Restart after a few minutes
Belt slips or hesitates	Belt too loose; Insufficient lubrication	Adjust belt tension (see Maintenance); Lubricate belt (see Maintenance)
Unusual noise during operation	Loose components; Belt rubbing; Motor issue	Check for loose bolts; Adjust belt; Contact customer support if noise persists

SPECIFICATIONS

- Brand:** HILLO
- Model:** B0H2YMLJ7M
- Product Dimensions (D x W x H):** 49.61" x 24.21" x 4.72"
- Special Feature:** Portable, Foldable, Incline/Decline
- Incline Levels:** Up to 9% (5 levels)
- Decline Levels:** Down to -4% (5 levels)
- Motor Type:** BLDC TORQGLIDE
- Display:** 4 Metrics (Time, Distance, Calories, Speed)
- Handrails:** 6-Level Adjustable
- Color:** Midnight

WARRANTY AND SUPPORT

Warranty Information

The HILLO Walking Pad Treadmill typically comes with a limited manufacturer's warranty covering defects in materials and workmanship. Please refer to the warranty card included with your product for specific terms, conditions, and duration. Keep your proof of purchase for warranty claims.

Customer Support

For technical assistance, parts, or warranty inquiries, please contact HILLO customer support. Contact details can usually be found on the product packaging, the official HILLO website, or your purchase receipt.

Note: Specific contact information is not provided in this manual. Please refer to your product documentation.



