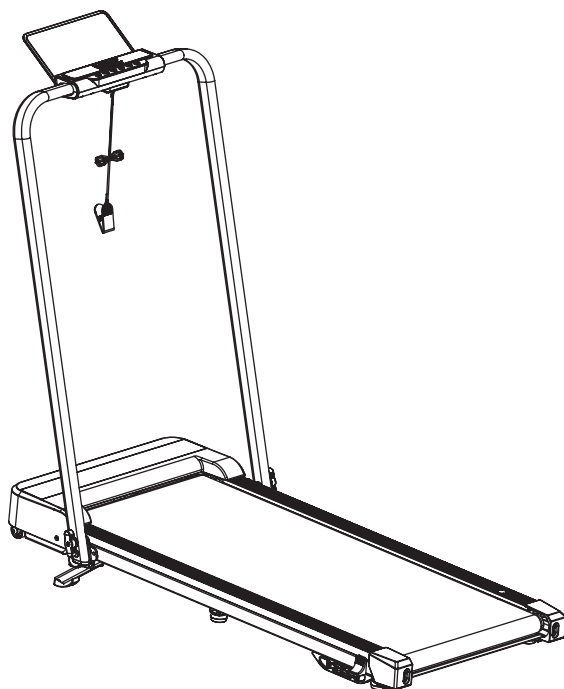# homeTro

Foldable Treadmill

Model HM4

⟫⟫⟫ User Manual ⟪⟪⟪

⚠ Please put the safety key on the upper display before turning on, otherwise the treadmill will occur E07 error.

ACTIVATE YOUR WARRANTY

To register and activate your warranty today, go to
support@hometroshop.com.

Please attach the following information:

1. Order number

2. "Activate Warranty" related characters

CUSTOMER CARE

For service at any time, go to **support@hometroshop.com** with your
order number.

The relevant operating video has been uploaded to the YouTube account:
www.youtube.com/@homeTroSports

Please have the following information ready when you need to replace a
spare part:

1. Order number

2. Part description (preferably add a photo or video)

3. Date of purchase

CAUTION

Read all precautions and instructions in this manual before using this
equipment. Save this manual for future reference.

FITSHOW Installation Procedure

1. Scan the QR code on the right

2. http://fitshow.com/qr

3. Jump to the App Store to download and install Open the App, allow permission based on the system prompt

4. Login to the App, please use the mobile number or email to register for the new user

5. Start Using FITSHOW

⚠ Attentions

Please fill in the correct email or mobile phone number to make sure you can retrieve your password and username via them.

CATALOG

Please pay attention to the following safety matters:

■ Individuals who are not in good health should stop using the treadmill immediately.

■ If you experience lower back pain, numbness in legs or feet, dizziness, irregular heartbeat, or any other unusual physical sensations during exercise that differ from your normal state, stop using the treadmill immediately and consult a doctor.

■ Children under 12 years old are prohibited from using this product. Minors over 12 years old must use the treadmill under parental supervision.

■ During use or when loading/unloading the product, or moving it, ensure there are no people or pets around the back, bottom, or front of the machine.

■ Do not jump onto or off the treadmill during exercise. This could lead to falls and injuries.

■ Do not use or store the treadmill in damp areas such as outdoors or near bathrooms where water droplets may reach the equipment.

■ Do not use or store the treadmill in places exposed to direct sunlight, near stoves, or on electric heating pads or other heating devices. Doing so may cause electrical leakage or fire hazards.

■ Do not use the treadmill if the power cord or plug is damaged, or if the socket contacts are loose. This can result in electric shock, short circuits, or fires.

■ Do not damage, bend, or twist the power cord forcefully. Avoid placing heavy objects on the cord or allowing it to be pinched. Such actions can cause fires or electric shocks.

■ Only one person should use the treadmill at a time. Ensure others do not come close to the machine during operation to avoid accidents or injuries due to falls.

■ Do not use the treadmill if the outer casing is cracked, broken, or missing (exposing internal components) or if welding parts have fallen off. This could lead to accidents or injuries.

■ Do not plug or unplug the power cord with wet hands.

■ When not in use, always unplug the power cord from the socket. Dust and moisture can degrade insulation, leading to electrical leakage or fires.

■ If the machine malfunctions or fails to start, stop using it immediately, unplug the power cord, and seek professional inspection and repair.

■ In case of a power outage, immediately unplug the power cord. Otherwise, unexpected incidents or injuries may occur when power is restored.

■ When unplugging the power cord, hold the plug, not the wire, to avoid short circuits, electric shocks, or fires.

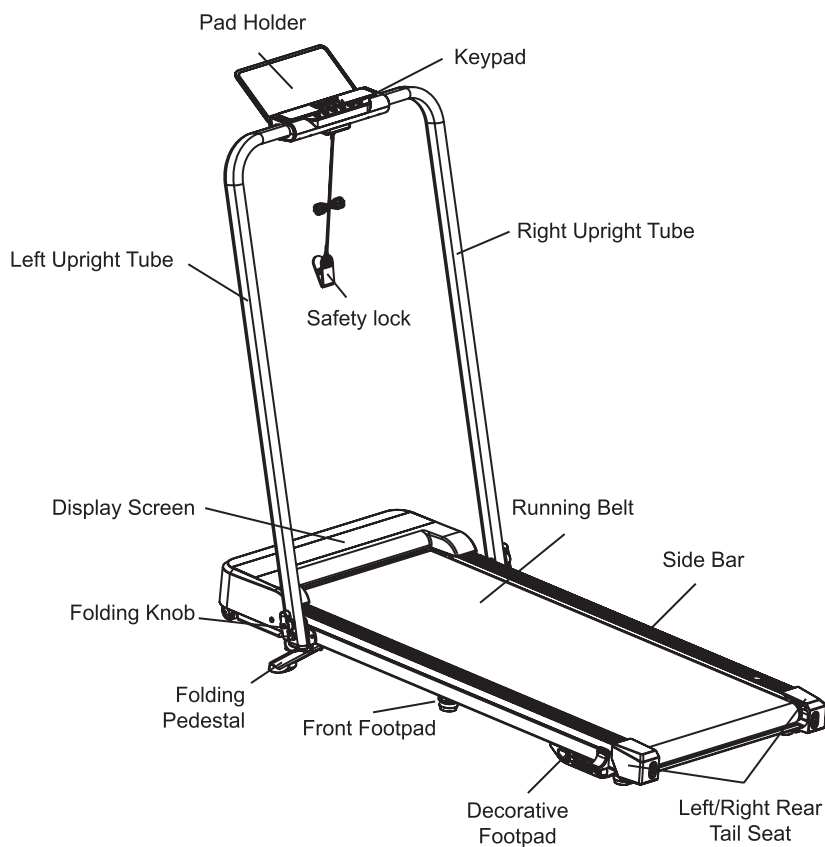Please adhere to these guidelines to ensure safe and effective use of the treadmill.

Grounding Instructions

■ This product must be grounded. In the event of a malfunction, grounding provides the path of least resistance for electrical current, thereby reducing the risk of electric shock.

■ The product is equipped with a power cord that includes an equipment grounding conductor and a grounding plug. This plug must be inserted into a suitable outlet that is properly installed and grounded according to local regulations or codes.odes.

DANGER!

■ Improper connection of the equipment grounding conductor can increase the risk of electric shock. If you have any doubts about whether the product is properly grounded, please have it inspected by a qualified electrician. Do not modify the plug if it does not fit into your outlet; this could lead to safety hazards.

■ This product is fitted with a grounding plug. Please ensure that it is connected to an outlet with a matching configuration. The use of an adapter plug is not permitted for this product. Adhering to these instructions is crucial for ensuring the safe operation of the equipment.

Product Brief Introduction

Pad Holder

Keypad

Right Upright Tube

Left Upright Tube

Safety lock

Display Screen

Running Belt

Side Bar

Folding Knob

Folding
Pedestal

Front Footpad

Decorative
Footpad

Left/Right Rear
Tail Seat
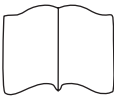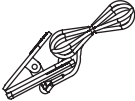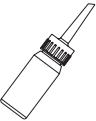
Model HM4

Product Specifications

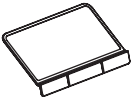| Working Voltage	AC US:110V/60Hz;UK:220-240V/50-60Hz
Product Size(Unfolded)	L*W*H: 1274*584*1073MM (including PAD Holder)
Folded Size	L*W*H: 1270*584*114MM (including PAD Holder)
Product Weight	NW.: 21.1KG/46.52LBS GW.: 24.4KG/53.79LBS
Running Area	950*380MM/37.4*14.96INCHES
Display Speed Range	US/CA: 0.6-7.6MPH EU/UK: 1-12KM/H
Control Method	Remote Control/Keypad/APP Control

Appendix (Accessories Box List)

5#L-type Wrench*1pcs	6#L-type Wrench*1pcs	Remote*1pcs	Front Footpad*2pcs
User Manual*1pcs	Safety Lock*1pcs	Pad Holder*1pcs	Solid Wrench*1pcs
Power Cord*1pcs	Lubricant*30ml		

Installation Steps

1. After removing the main unit from the packaging box, lay it flat on the floor. As shown in the figure below, securely tighten the footpads into the screw holes on both sides by turning them clockwise to fix the footpads in place.
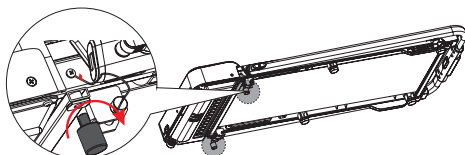
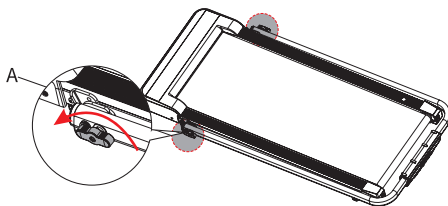2. Put the treadmill flat on the hard floor. As shown in step (A) of the figure below, rotate the "folding knobs" on the left and right upright tubes counterclockwise 4-6 turns so that the upright tubes can be lifted upwards.

3. As shown in step (B) of the figure below, lift the upright tubes upward to the stop point; as shown in step (C) of the figure below, turn the "folding knob" clockwise to the stop point in the indicated direction to secure the upright tubes.
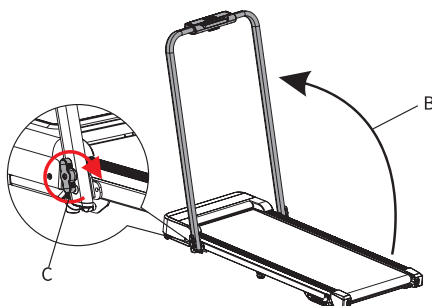
4. As shown in step (D) below, insert the pad holder into the groove of the electronic meter; attach the red safety lock (E) to the yellow position on the keypad. When using the treadmill, make sure to clip the end of the safety lock with the clip to the edge of your clothing.
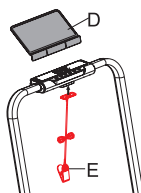
5. As illustrated below, plug the power cord into the socket at the front of the treadmill, connect the power supply, and turn on the power switch located on the side of the machine's front. The treadmill will then enter standby mode.
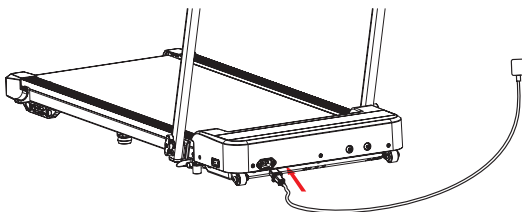
Folding and Moving the Treadmill

1. As shown in step ① below, rotate the "folding knob" on the left and right upright tubes in the direction indicated for 4-6 turns, allowing the lower ends of the upright tubes to loosen naturally. Then, as illustrated in step ② , slowly lower the upright tubes toward the rear of the treadmill.
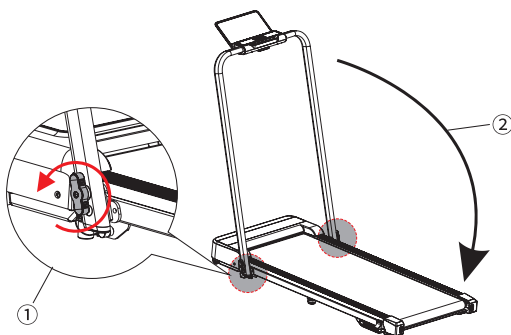
2. As shown in step ③ below, align the "folding knobs" on the left and right upright tubes with the fixing holes, then rotate them clockwise to secure the upright tubes to the frame. This completes the folding of the treadmill.
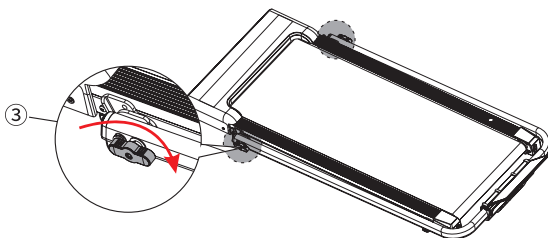
3. To move the treadmill, first fold the upright tubes following the steps mentioned above. Ensure the power cord is unplugged before moving. Then, lift the rear end of the treadmill by hand to engage the transport wheels, allowing you to move the treadmill forward or backward.
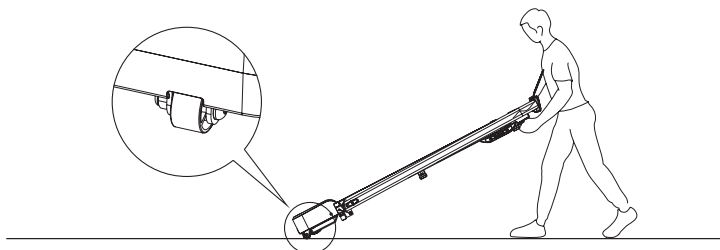
Folding Pedestal Usage Instructions

1. When the footrest is in the folded state, the running deck remains at a gentle slope.
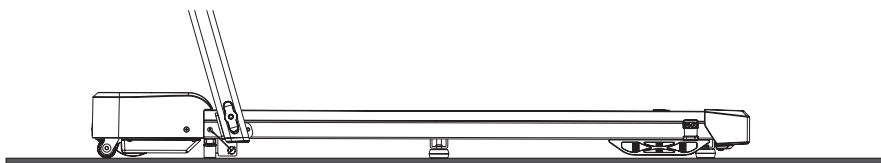
2. To add the slope, follow these steps:
Step 1: Remove the locking pin.
Step 2: Expand the footpad in the direction of the arrow, aligning the holes on the footpad with the holes on the mounting bracket. Then, insert the locking pin into the hole to secure the footpad. The same steps should be followed for the other side footpad.
(After securing the front footpad, rotate the footpad in the middle position ③ to ensure it makes contact with the ground, maintaining overall balance).
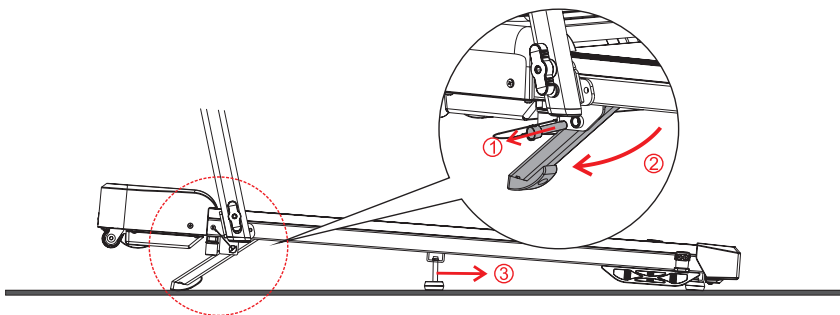
Note: Please adjust the slope reasonably according to your personal needs.

<u>Exercise Guidelines</u>

Warm-Up

Before each session, perform a 5-10 minute warm-up.

Breathing

Do not hold your breath during exercise. Inhale through your nose during the preparatory phase and exhale forcefully through your mouth during the exertion phase. Coordinate your breathing with your movements. If breathing becomes too rapid, stop exercising immediately.

Frequency

Allow 48 hours of rest for the same muscle group before training it again. This means training the same area every other day.

Load

Determine the training intensity based on your personal fitness level and follow the principle of progressive overload. Muscle soreness is normal during initial training and will subside with continued practice.

Cool-Down

After each session, perform 5 minutes of cool-down exercises, especially stretching and relaxing the leg muscles, to prevent long-term muscle tightness and maintain muscle elasticity.

Diet

To protect your digestive system, wait at least one hour after eating before exercising. After training, wait at least 30 minutes before eating. During exercise, drink water sparingly and avoid excessive water intake to prevent added strain on the heart and kidneys.

Operating Instructions

Window Display

LED Window Display (Speed, Distance, Time, Calories; Automatically switches every 5 seconds during operation).

SPEED   DIST   TIME   CAL

1. "SPEED" Window: Displays the current speed during operation. Speed range: 0.6–7.6 mph(1-12km/h).

2. "TIME" Window: Displays the time range from 0:00 to 99:59 minutes (Maximum value exceeded, machine stopped).

3. "DIST" Window: Displays the distance range from 0.00 to 99.99 miles/km (cycles beyond the maximum value).

4. "CAL" Window: Displays the calorie range from 0 to 9999 kcal (does not cycle beyond the maximum value).

LED Light Behavior During Treadmill Operation

(1) The left semicircle LED lights increment by one segment every 5 minutes of operation, fully lighting up after 40 minutes.

(2) The right semicircle LED lights increment by one segment every 0.5 miles/km, fully lighting up after 4 miles/km.

(3) The center grid remains constantly lit, while the LEDs on both sides of the grid display a running light effect when someone is using the treadmill.

Speed/Time+

Speed Shortcut Keys 3

Speed Shortcut Keys 6

Speed/Time-

Start/Pause/Resume/Stop

MODE — Mode

Mute
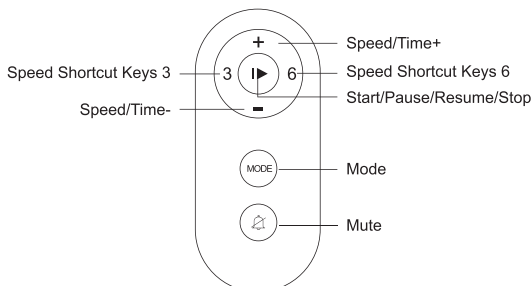
Remote Control Pairing Method

1. Within the first 5 seconds after removing the safety key, press and hold the "I▷" button on the remote control to pair. When the treadmill emits a "beep—" sound, it indicates successful pairing, and the remote control can now be used to adjust the speed.

2. Control the operation of the treadmill; once paired, the machine does not require re-pairing after power loss.

Remote Control Functions

1. I▷ Start/Pause/Resume/Stop

  - Start: In standby mode, briefly press the "I▷" button on the remote control. The treadmill will start after a 3-second countdown and operate at 0.6 mph(1km/h).

  - Pause: While the treadmill is running, briefly press the "I▷" button again to pause the treadmill. The display will show "PAU."

  - Resume: While the treadmill is paused, briefly press the "I▷" button to resume operation.

  - Stop: While the treadmill is running, press and hold the "I▷" button to stop the treadmill.
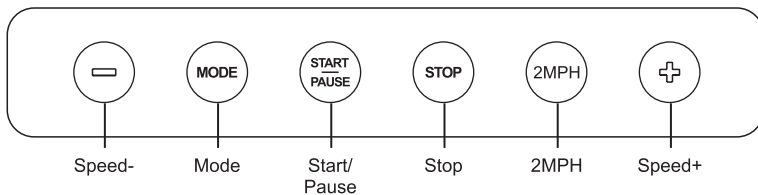
2. MODE: In standby mode, briefly press the "MODE" button on the remote control to switch between modes: Time (30:00), Distance (3.00), and Calories (300). The four windows will cycle through these displays. For example, if you select the countdown time mode, the display will default to 30:00 minutes. Briefly press the "+" or "-" buttons on the remote control or the electronic panel to adjust the desired time.

  - Time: Default 30:00, adjustable range 5:00–99:00 (increments of 1 minute).

  - Distance: Default 3.0, adjustable range 1.0–99.0 (increments of 1.0).

  - Calories: Default 300 Kcal, adjustable range 20–990 (increments of 10).

    During countdown, the speed can be adjusted using the buttons while the treadmill is in operation.

3. SPEED+: While the treadmill is running, briefly press the "+" button on the remote control to gradually increase the speed, or press and hold to rapidly increase the speed. The speed will continue to rise in increments of 0.2 mph(0.5km/h) per step.

4. SPEED-: While the treadmill is running, briefly press the "-" button on the remote control to gradually decrease the speed, or press and hold to rapidly decrease the speed. The speed will continue to drop in decrements of 0.2 mph(0.5km/h) per step.

5. Mute: In any state, briefly press this button on the remote control to mute the buzzer, and the display will show "OFF." Press it again to restore the buzzer sound, and the display will show "ON."

6. 3: While the treadmill is running, press the "3" button to quickly adjust the speed to 3 mph/kmh.

7. 6: While the treadmill is running, press the "6" button to quickly adjust the speed to 6 mph/kmh.

Keypad Button Instructions

Speed-   Mode   Start/   Stop   2MPH   Speed+
                Pause

A. Start: In standby mode, briefly press the "START/PAUSE" button. The treadmill will start after a 3-second countdown and operate at 0.6 mph(1km/h).

B. Pause: While the treadmill is running, briefly press the "START/PAUSE" button again to pause the treadmill. The display will show "PAU."

C. Resume: While the treadmill is paused, briefly press the "START/PAUSE" button to resume operation.

D. SPEED-: While the treadmill is running, briefly press or press and hold the "-" button to decrease the speed in increments of 0.2 mph (0.5km/h) per step. The adjustment will be invalid if the speed reaches the minimum range.

E. SPEED+: While the treadmill is running, briefly press or press and hold the "+" button to increase the speed in increments of 0.2 mph (0.5km/h) per step. The adjustment will be invalid if the speed reaches the maximum range.

F. MODE: In standby mode, briefly press the "MODE" button on the electronic panel to switch between modes: Time (30:00), Distance (3.00), and Calories (300). The four windows will cycle through these displays.

G. 2mph(3km/h): While the treadmill is running, briefly press this button to quickly adjust the speed to 2 mph(3km/h).

H. STOP: While the treadmill is running, briefly press the "STOP" button on the electronic panel to stop the treadmill.

Walking / Running Modes

This machine is equipped with a walking mode and a running mode.

- When the upright tube is folded (parallel to the running deck), it is in walking mode. In this mode, the running belt speed ranges from 0.6 to 5.0mph(1-8km/h).

- When the upright tube is unfolded, it is in running mode. In this mode, the running belt speed ranges from 0.6 to 7.6 mph(1-12km/h).
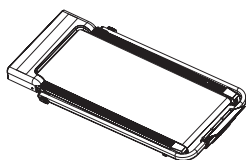
Walking Mode(Folded):   Running Mode(Unfolded):
0.6-5.0mph(1-8km/h)   0.6-7.6mph(1-12km/h)

Common Faults and Troubleshooting Methods

Note: If you have any other questions, please email homeTro's after-sales service at:
support@hometroshop.com

Problem	Possible Cause	Solution
Treadmill does not work	No power supply	Plug the power cord into the socket
	Power is not turned on	Turn the power switch to the ON position
	Safety lock is not engaged	Attach the safety lock to the lock position
	Circuit signal system is disconnected	Check the controller input and signal lines
	Fuse is blown	Replace the fuse
Running belt operates unevenly	Insufficient lubrication	Add methyl silicone oil lubricant
	Running belt is too tight	Adjust the tightness of the running belt
Running belt slips	Running belt is too loose	Adjust the tightness of the running belt
	Drive belt is too loose	Adjust the tightness of the drive belt
Display Abnormalities	External Interference	Turn off the power switch, wait for 1 minute, and then restart.

Error Code on the Electronic Display and Troubleshooting Methods

Problem	Possible Cause	Solution
E01	Communication Error Between Lower Control and Electronic Display	Check if the communication cable between the lower control and the electronic display is loose or disconnected.
E02	1.Motor wire is loose or disconnected; 2.Carbon brushes are worn out or not in contact with the rotor; 3.Lower control is damaged.	Check if the motor wire is loose or disconnected. If not, inspect whether the carbon brushes are worn out or not in contact with the rotor. If the motor is functioning normally, the lower control is likely damaged.
E05	Overload Protection	The load is too high, exceeding the rated current. Turn off the power and restart.
E07	Safety Lock Not Engaged	Check if the safety lock is not properly attached or if the safety lock wire is loose.
E08	Communication Error Between Upper and Lower Displays	Check if the communication cable connecting the upper and lower displays is loose or disconnected.

Product Maintenance

1. Lubrication

Our products have been lubricated at the factory and generally do not need to be lubricated when first use.

After using the running belt for a period of time, lubricate it with treadmill silicone oil.

Recommendation:

| Use time	Lubrication frequency
less than 3 hours per week	Lubricate once every 5 months
4–7 hours per week	Lubricate once every 2 months
more than 7 hours per week	Lubricate once every month

Do not over-lubricate; more lubricant is not always better.
Remember: Proper lubrication is a key factor in extending the lifespan of the treadmill.

2. To check if additional lubricant is needed, lift the running belt and try to touch the center of the underside of the belt with your hand. If your hand picks up silicone residue (a slightly damp feeling), it means no additional lubricant is needed. If the running board is dry and your hand does not pick up any methyl silicone oil, lubricant should be added.

3. Follow the steps below to correctly add lubricant:

　- Open the filling cap on the right side of the side rail.

　- Use scissors or a utility knife to cut the lubricant bottle at the position shown in the diagram below.

　- Insert the thin nozzle at the front of the lubricant bottle into the filling port on the running board and inject the lubricant.
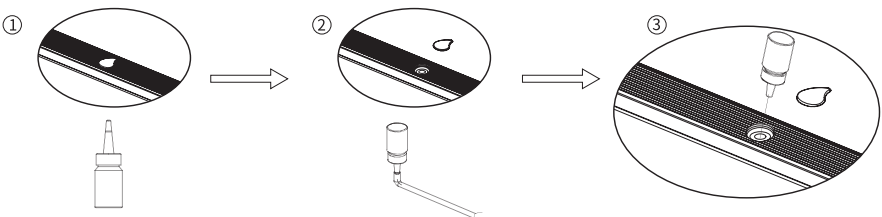
4. Running Belt Tightness Adjustment

All treadmills are adjusted for belt tension before leaving the factory and after installation. However, after a period of use, the belt may become loose. For example, users may experience pauses or slipping while running. If this occurs, adjust the running belt tension bolts on both sides in half-turn increments clockwise. If the belt is too loose, stepping on it may cause slipping between the belt and the rollers. However, if the belt is too tight, it may increase the load on the motor, potentially damaging the motor, belt, and rollers.

5. Running Belt Alignment Adjustment

All treadmills are adjusted for belt alignment before leaving the factory and after installation. However, after a period of use, the belt may still deviate.

Possible reasons for this include:

① The treadmill is not placed on a level surface.

② The user's feet are not centered on the running belt during exercise.

③ The user applies uneven force with both feet.

If the treadmill deviates due to improper handling, running it without load for a few minutes may restore normal operation. For deviations that cannot be automatically corrected, use the included 5# l-type wrench to adjust gradually in 1/4 turn increments.

If the running belt shifts to the left: Adjust by turning the left bolt clockwise or the right bolt counterclockwise 1/4 turn increments.
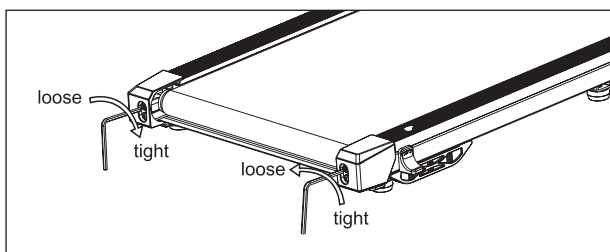
If the running belt shifts to the right:
Adjust by turning the right bolt clockwise in or the left bolt counterclockwise in 1/4 turn increments.
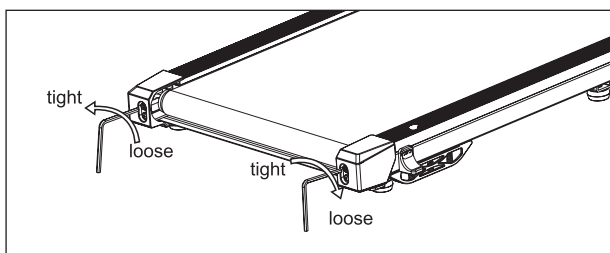
Note: If the running belt deviates, users must follow the instructions in the manual for maintenance to ensure it runs properly centered. A misaligned running belt can cause severe damage to the belt itself. It is crucial to identify and correct deviations promptly; otherwise, noise may occur, affecting normal use.

Garantie aktivieren

Registrieren und aktivieren Sie Ihre Garantie noch heute unter

support@hometroshop.com. Bitte geben Sie folgende Informationen an:

1. Bestellnummer

2. Stichwort "Garantie aktivieren"

KUNDENDIENST

Für den Kundendienst senden Sie bitte Ihre Bestellnummer an
support@hometroshop.com.

Bedienungsvideos sind auf unserem YouTube-Kanal verfügbar:

www.youtube.com/@homeTroSports
Wenn Sie Ersatzteile benötigen, halten Sie bitte folgende Informationen
bereit:

1. Bestellnummer

2. Beschreibung des Teils (idealerweise mit Foto oder Video)

3. Kaufdatum

VORSICHT

Lesen Sie alle Sicherheitshinweise und Anweisungen in diesem
Handbuch, bevor Sie das benutzen. Bewahren Sie dieses aufHandbuch
zum späteren Nachschlagen.

FITSHOW Installationsanleitung

1. Scannen Sie den QR-Code auf der rechten Seite.

2. Besuchen Sie die Website: http://fitshow.com/qr

3. Laden Sie die App aus dem App Store herunter und installieren Sie sie.

4. Registrieren Sie sich mit Ihrer Mobilnummer oder E-Mail-Adresse.

5. Starten Sie die Nutzung von FITSHOW.

⚠ Aufmerksamkeiten

Bitte geben Sie eine korrekte E-Mail-Adresse oder Telefonnummer an, damit
Sie Ihr Passwort oder Ihren Benutzernamen bei Bedarf zurücksetzen können.

FCC ID : 2A4NH-A10

FCC STATEMENT :

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

(1)This device may not cause harmful interference

(2)This device must accept any interference received, including interference that may cause undesired operation.

Warning: Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules.

These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.

However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.

- Increase the separation between the equipment and receiver.

-Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

-Consult the dealer or an experienced radio/TV technician for help.

FCC Radiation Exposure Statement:

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment.

This equipment should be installed and operated with minimum distance 20cm between the radiator & your body

Correct Disposal of This Product

This marking indicates that this product should not be disposed with other household wastes throughout the EU. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable reuse of material resources. To return your used device, please use the return and collection systems or contact the retailer where the product was purchased. They can take this product for environmental safe recycling.

ISED Statement

English:This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:
(1) This device may not cause interference.
(2) This device must accept any interference, including interference that may cause undesired operation of the device.
The digital apparatus complies with Canadian CAN ICES-3 (B)/NMB-3(B).
French: Cet appareil contient des émetteurs/récepteurs exempts de licence qui sont conformes aux RSS exemptés de licence d'Innovation, Sciences et Développement économique Canada.
L'exploitation est soumise aux deux conditions suivantes :
(1) Cet appareil ne doit pas provoquer d'interférences.
(2) Cet appareil doit accepter toute interférence, y compris les interférences susceptibles de provoquer un fonctionnement indésirable de l'appareil.
l'appareil numérique du ciem conforme canadien peut - 3 (b) / nmb - 3 (b).
This device meets the exemption from the routine evaluation limits in section 6.6 of RSS 102 and compliance with RSS 102 RF exposure, users can obtain Canadian information on RF exposure and compliance.
cet appareil est conforme à l'exemption des limites d'évaluation courante dans la section 6.6 du cnr - 102 et conformité avec rss 102 de l'exposition aux rf, les utilisateurs peuvent obtenir des données canadiennes sur l' exposition aux champs rf et la conformité.
This equipment complies with Canada radiation exposure limits set forth for an uncontrolled environment.
Cet équipement est conforme aux limites d'exposition aux rayonnements du Canada établies pour un environnement non contrôlé.
This equipment should be installed and operated with minimum distance 20cm between the radiator & your body.
Cet équipement doit être installé et utilisé à une distance minimale de 20 cm entre le radiateur et votre corps.

Declaration of Conformity

We (EU based importer is responsible for this declaration)

GAVIMOSA CONSULTORIA, SOCIEDAD LIMITADA
(Company name)

CASTELLANA 9144, 28046 Madrid
(Company address)

declare under our sole responsibility that the product
Trade name: homeTro
Equipment: TREADMILL
Model No. : HM4

to which this declaration relates is in conformity with the essential requirement set out in the Council Directive on the Approximation of the laws of the Member States relating to RED Directive(2014/53/EU) & RoHS(2011/65/EU) product is responsible to affix CE marking, the following standards were applied:

EN 60335-1:2012+A11:2014+A13:2017+A1:2019+A14:2019+A2:2019+A15:2021
EN 62479:2010
EN 50663:2017
EN 301 489-1 V2.2.3 (2019-11)
EN 301 489-17 V3.2.4 (2020-09)
EN 300 328 V2.2.2 (2019-07)
IEC62321-3-1:2013
IEC62321-4:2013
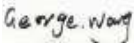IEC62321-5:2013
IEC62321-6:2015
IEC62321-7-1:2015
IEC62321-7-2:2017
IEC62321-8:2017

We hereby declare that the equipment named above has been designed to comply with the relevant sections of the above referenced requirements. The model complies with all applicable Essential Requirements of the Directives stated above.

Full Name: George.wang   Position: Approbation Manager

Signature: *George.wang*   Place/Date: Shenzhen,China/Mar.4-2025

Please contact us at once

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