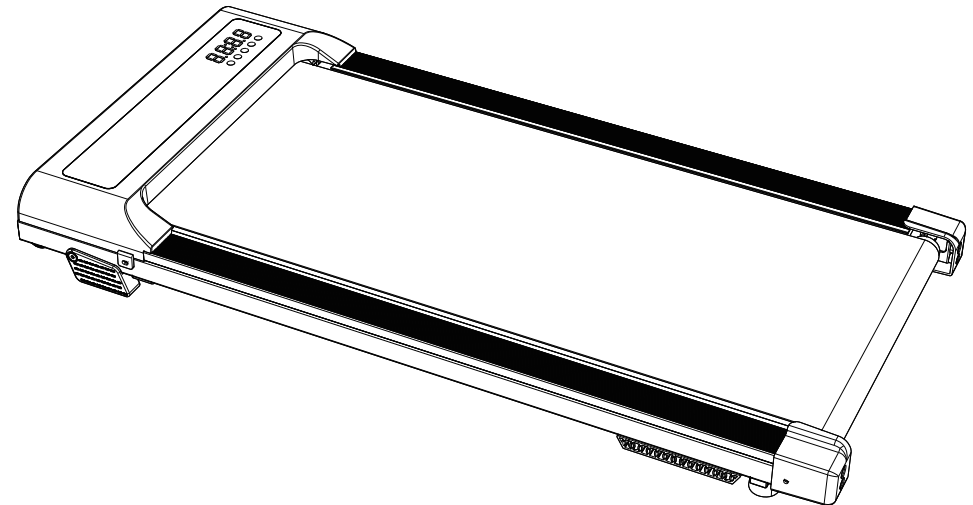


EN



# Product Instruction Manual

Model: S8HF-WM11



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Email: sunshine12232@outlook.com  
For after-sales/goods-return inquiries,  
pls contact store, instead of EC REP.



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pls contact store, instead of UK REP.

**IMPORTANT:** Read all instructions carefully before using this product. Retain this owner's manual for future reference.  
The specifications of this product may vary from this photo, subject to change without notice.

**MANUFACTURER:** Shenzhen Chenghao Kongjian Technology Co., Ltd.

**ADDRESS:** 712A12, Tianli Central Business Plaza, No. 199 Haide 3rd Road, Yuehai Street, Nanshan Dist., Shenzhen, China, 518000

MADE IN CHINA 



Please read the user manual carefully before using the product  
and keep it properly.

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## 1. Safety Precautions and Warning Instructions

**Please read the instructions carefully before use and pay attention to the following safety precautions:**

- ★ The treadmill should be placed in a well-ventilated and dry indoor area to avoid moisture. Do not place any foreign objects on the treadmill to prevent motor damage due to water entering the motor.
- ★ Before starting exercise, ensure you are wearing appropriate sportswear and professional sports shoes, and perform full-body stretching activities. Do not exercise barefoot on the treadmill.
- ★ The power plug must be securely grounded, and the socket used should have a dedicated circuit to avoid sharing power with other electrical devices.
- ★ Keep children away from this equipment to prevent accidents.
- ★ Avoid prolonged operation of the treadmill under overload conditions, as this may lead to damage to the motor and controller, accelerating wear and aging of bearings, running belts, and the deck. Regular maintenance is recommended to ensure the equipment is in good condition.
- ★ To maintain the normal operation of electronic instruments and controllers, reduce indoor dust, and maintain appropriate indoor humidity to prevent strong electrostatic interference.
- ★ After use, be sure to turn off the power of the treadmill.
- ★ Maintain indoor air circulation while using the treadmill.
- ★ If you feel discomfort or experience abnormal conditions during exercise, stop immediately and consult a medical professional.
- ★ After using silicone oil, store it in a place inaccessible to children to avoid serious consequences in case of accidental ingestion.
- ★ The safety area behind the treadmill is 1000\*2000mm.
- ★ Avoid placing the treadmill on a carpet, as this may reduce ventilation and cooling efficiency, leading to potential motor burnt out.
- ★ Do not place the treadmill on uneven floors, as this may cause imbalance during use and damage the treadmill.

**Warning: To reduce accidents, please follow these regulations.**

- ★ Before using the treadmill, check if clothing is properly fastened or zipped up.
- ★ Avoid wearing items that may be caught by the treadmill.
- ★ Keep the power cord away from heat sources.
- ★ Prevent children from approaching the treadmill.
- ★ Do not use the treadmill outdoors.
- ★ Disconnect the power before moving the treadmill.
- ★ Do not open the upper cover and left and right rear seats without professional supervise.
- ★ Restricted to one person exercising on the treadmill.
- ★ If you feel dizziness, chest pain, nausea, or shortness of breath during exercise, stop immediately and consult a medical professional.

## Warning! Mandatory!

**When you are undergoing medical treatment or belong to the following patient types, be sure to consult a professional doctor before using.**

- (1) Patients experiencing lower back pain or those who have suffered injuries to the legs, lower back, or neck, or those experiencing pain in the legs, lower back, neck, and arms (such as chronic patients with disc herniation, spinal slippage, cervical protrusion, etc.)
  - (2) Patients with osteoarthritis, rheumatism, or painful rheumatism.
  - (3) Individuals with abnormalities such as osteoporosis.
  - (4) Individuals with circulatory system diseases (heart disease, vascular disease, high blood pressure, etc.)
  - (5) Individuals with respiratory organ disorders.
  - (6) Individuals using artificial pacemakers or implanted medical electronic devices.
  - (7) Individuals with malignant tumors.
  - (8) Individuals with thrombosis or severe blood circulation disorders, acute venous inflammation, etc.
  - (9) Individuals with peripheral circulation disorders caused by conditions such as diabetes.
  - (10) Individuals with skin wounds.
  - (11) Individuals with fever due to diseases (skin temperature reaching 38°C or above).
  - (12) Individuals with abnormal or bent backs.
  - (13) Pregnant or potentially pregnant women, or women in menstruation.
  - (14) Individuals feeling physically abnormal and in need of rest.
  - (15) Individuals with obvious poor physical condition.
  - (16) Individuals using the equipment for rehabilitation purposes.
  - (17) Individuals who experience any physical abnormalities not listed above should avoid use, as it may lead to accidents or worsen their condition.
- ◆ If you experience unusual pain, such as lower back pain, leg numbness, dizziness, abnormal heartbeat, or a sense of discomfort different from usual during exercise, stop immediately and consult a medical professional.
  - ◆ Do not allow children to use this product or play around it. Non-compliance with this regulation may lead to injury.
  - ◆ Supervisors of children should be careful not to let them play with this product. Non-compliance with this regulation may result in injury.
  - ◆ During use or when loading and unloading the product, ensure that there are no people or pets around (rear bottom, front of the product).

## Prohibited!

- ◆ Do not use this device if the housing is cracked, broken, or detached (exposing internal structures) or if welded parts are detached. Otherwise, accidents or injuries may occur.
- ◆ Do not jump on or off the treadmill during exercise. Doing so may cause falls and injuries.
- ◆ Do not use or store the treadmill outdoors, in the bathroom, or in damp or easily wet places.
- ◆ Do not place the treadmill in direct sunlight or in a high-temperature environment, such as around a fireplace or on heating devices such as electric blankets. Otherwise, electrical leakage or fire may occur.

- ◆ If the power cord or power plug is damaged or the socket is loose, do not use the treadmill. Otherwise, electric shock, short circuit, or fire may occur.
- ◆ Do not damage, bend, or twist the power cord. Also, avoid placing heavy objects on the power cord or pinching the wire. Otherwise, leakage or fire may occur, or even electric shock, short circuit.
- ◆ Do not let two or more people use the treadmill simultaneously and be mindful of the absence of others around during use. Otherwise, accidents or injuries may occur.
- ◆ Do not allow individuals who cannot express their consciousness or operate the treadmill independently to use it. This may result in accidents or injuries.

## Do not disassemble the treadmill!

Absolutely prohibited to disassemble, repair the walking treadmill, or replace the treadmill's components. There is a risk of injury due to mechanical failure.

## Avoid contact with water!

Do not allow the main body or control components to come into contact with water or other conductive liquids. This may result in electric shock or fire.

## Prohibited!

- ◆ People who do not exercise regularly should not engage in strenuous exercise suddenly. This may cause harm to health.
- ◆ Do not use after drinking water feeling fatigued, during the early stages of exercise, or when the body is in an abnormal condition. This may lead to injury.
- ◆ This product is suitable for home use and is not suitable for places with multiple non-specific users, such as schools or gyms.
- ◆ Do not use during drinking, eating, or other activities.
- ◆ Do not use when feeling sluggish after drinking. This may cause accidents or injuries.
- ◆ Do not use with hard objects in the pockets of pants. This may cause accidents or injuries.
- ◆ Do not allow needles, garbage, or water to attach to the power plug. This may cause electric shock, short circuit, or fire.
- ◆ Do not pull out the power plug or switch the power switch to "off" during use. This may cause injury.

## Do not use with wet hands!

Do not pull out or insert the power plug with wet hands. This may cause electric shock and injury.

## Unplug the power plug!

- ◆ When the equipment is not in use, pull out the power plug from the socket. Dust and humid air may cause insulation degradation, leading to electrical leakage or fire.
- ◆ When maintaining, be sure to pull out the power plug from the socket. Non-compliance may result in electric shock or injury.
- ◆ When the equipment cannot start or abnormalities occur, stop using it. Immediately pull out the power plug, and entrust a professional to inspect and repair. Non-compliance may result in electric shock or injury.
- ◆ During a power outage, pull out the power plug immediately. Otherwise, there may be accidents or injuries when power is restored.
- ◆ When pulling out the power plug, do not pull the wire portion; grip the plug to pull it out. Otherwise, short circuits, electric shock, or fire may occur.

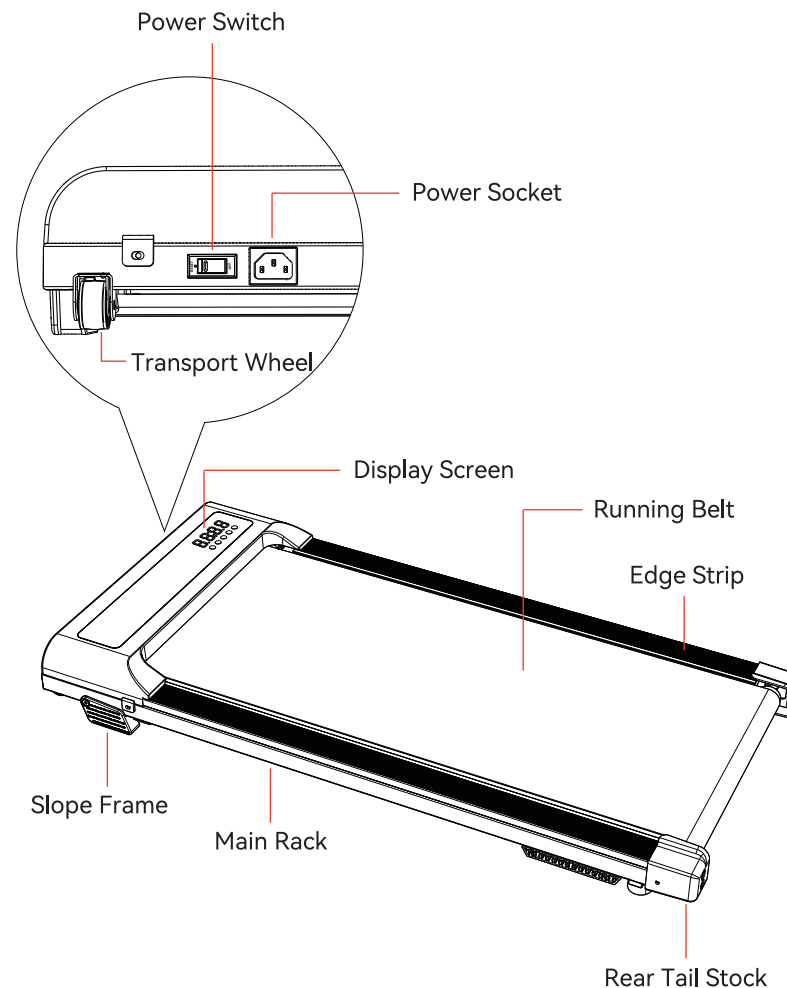
## Grounding instructions!

- ◆ This product requires grounding. If the equipment malfunctions, grounding will provide the minimum resistance path for current, reducing the risk of electric shock.
- ◆ The product is equipped with a wire for grounding the device and a grounding plug. This plug must be inserted into a properly installed and grounded socket that fully complies with local regulations or legal requirements.

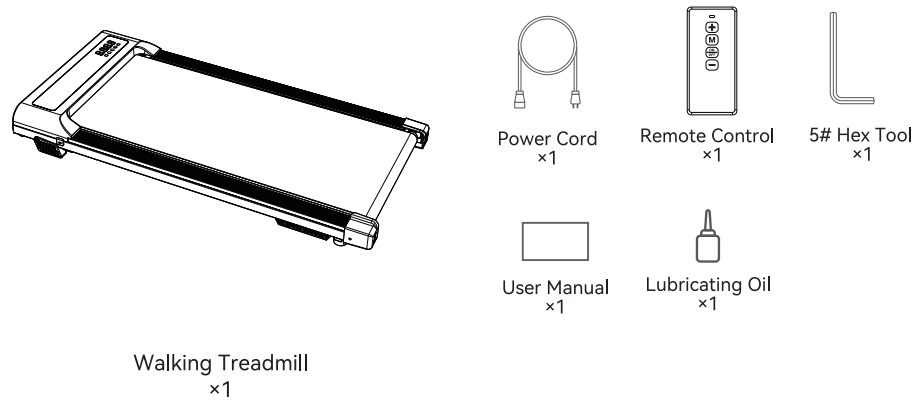
## Danger!

- ◆ Improper connection of the grounding conductor of the device may result in an electric shock hazard. If you have any doubts about the grounding of the product, please entrust a professional electrician for inspection. Even if the plug provided with the equipment does not match the socket, do not modify it. Please have a professional electrician install the appropriate socket.
- ◆ This product has a grounding plug. Ensure it is connected to a socket that matches its plug shape. This product cannot be plugged to an adapter.

## 2. Product Introduction



Packing list

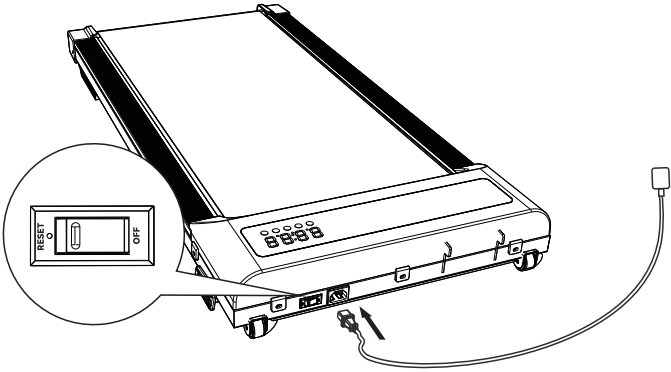


Technical Parameters:

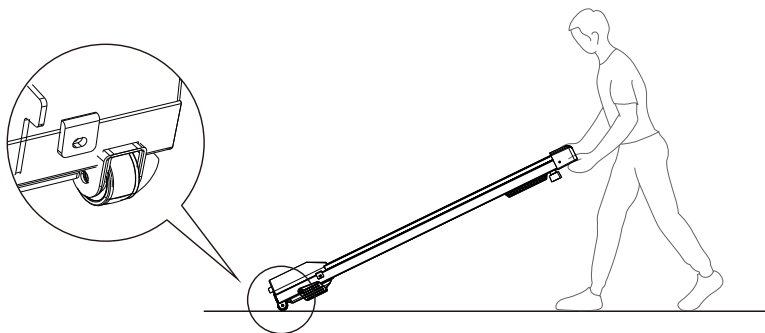
Operating Voltage	AC 120V 60Hz
Power	2.5HP
Speed	1.0 - 6.0 km/h (0.6 - 4.0mph)
Maximum Load	300lbs (136kg)
Product Size	1100x495x110mm (43.3x19.5x4.3inch)
Running Area	900x380mm (35.4x15inch)
Preset Program Level	P1-P15
Preset Program Time	30min
Automatic Relaxation Speed Level	A1-A5
Automatic Relaxation Program Time	10min

3. Instructions for Use

1. Take the main unit out of the box and lay it flat on the floor, making sure the front and rear feet are on the ground.
2. After placing the machine flat on the ground, you can choose to use it flat or use the incline stand to increase fat burning efficiency (as shown below).
3. As shown in the figure below, plug the power cord into the socket at the front of the treadmill, turn on the power, turn on the power switch on the side of the front of the machine, and the treadmill will enter standby mode.



4. To move the treadmill, you must first unplug the power supply, then lift the tail of the treadmill by hand so that the front moving wheels are on the ground, and then you can move the treadmill forward and backward.



## 4. Exercise Tips and Guidelines

### Warm-up

A 5-10 minute warm-up is recommended before each workout session.

### Breathing

Avoid holding your breath during exercise. Inhale through the nose when preparing for a movement, and exhale with force through the mouth. Breathing and movements should be coordinated. If breathing becomes too rapid, stop the exercise immediately.

### Frequency

Allow 48 hours of rest for the same muscle group between workouts. This means training the same area every other day.

### Intensity

Determine the training volume based on individual fitness levels, and gradually increase the load during practice. Muscle soreness is normal during initial training, and it will diminish with continued practice.

### Cool-down

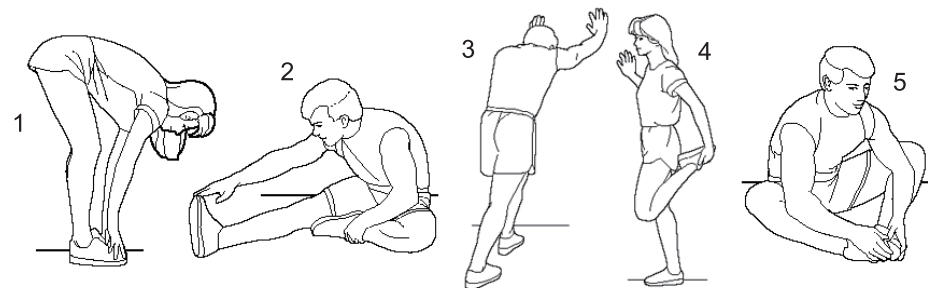
Perform a 5-minute cool-down after each workout, focusing on stretching and relaxing the muscles, especially in the legs, to prevent muscle stiffness and maintain elasticity.

### Dietary

For digestive system protection, it is recommended to wait one hour after eating before exercising. After training, wait at least half an hour before consuming food. Drink less water during exercise and avoid excessive water intake to prevent additional strain on the heart and kidneys.

## Stretching Exercises

It's advisable to start with stretching exercises before using the walking treadmill. Warmed up muscles are more flexible, so spend 5-10 minutes warming up. Before walking, perform the following stretching exercises -- 5 times, 10 seconds or more for each leg; repeat this exercise after walking on the walking treadmill.



### 1. Forward Stretch

Bend both knees slightly, lean forward slowly, allowing the back and shoulders to relax. Try to touch your toes with your hands. Hold for 10-15 seconds, then relax. Repeat 3 times (see Figure 1).

### 2. Achilles Tendon Stretch

Sit on a clean mat with one leg straight. Bring the other leg inward, pressing it against the inner side of the straight leg. Try to touch your toes with your hands. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure 2).

### 3. Calf and Heel Tendon Stretch

Stand with both hands against the wall, with one foot at the back. Keep the back leg straight and the heel on the ground, lean towards the wall. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure 3).

### 4. Quadriceps Stretch

Hold onto the wall or table for balance with the left hand, then extend the right hand backward, grabbing the right ankle and slowly pulling it towards the buttocks until you feel tension in the front of the thigh. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure 4).

### 5. Adductor (Inner Thigh Muscles) Stretch

Feet facing each other knees outward. Squat down, grabbing both feet and pulling towards the groin. Hold for 10-15 seconds, then relax. Repeat 3 times (see Figure 5).

5. Operation Instructions

Display Screen

LED window displays speed, calories ,time, distance, steps, automatically switches display every 5 seconds during operation.



IMAGE	NAME	DESCRIPTION	RANGE
	SPEED	Display the speed of walking belt.	0.6 - 4 mph
	KCAL	Display the approximate number of calories you have burned.	0.00 - 9999 kcal
	TIME	Display the elapsed time.	0:00 - 99:59
	DISTANCE	Display the distance that you have walked or run.	0.00 - 99.99 miles
	STEP	Display the number of walked steps.	0 - 9999

Remote Control Functions

In standby mode, short press the remote control "ON/OFF" button, the treadmill will count down for 3 seconds to start, and run at a speed of 1.0km/h (0.6mph). When the treadmill is running, press the remote control "ON/OFF" button to stop the treadmill.

Speed increase button. When in operation, each press increases the speed by 0.1mph. A long press increases the speed continuously.

Speed decrease button. When in operation, each press decreases the speed by 0.1mph. A long press decreases the speed continuously.

Mode switch button. When stopped, press this button to cycle between automatic relaxation mode and preset program mode. When exercising, each press cycles through speed, calories, time, distance, and steps.

Function Mode Instructions

1. Walking/Running Mode

Select walking/running mode for exercise styles such as slow walking, strolling, or running.

Operation:

When the machine is in standby mode, press the "ON/OFF" button on the remote control to start the machine. The screen will display a speed of 0.6 mph. Press the "+" button to adjust the speed. Press the "ON/OFF" button to stop the exercise.

2. Relaxation Mode

After finishing the exercise, you can select relaxation mode to relax your body.

Operation:

When the machine is in standby mode, press the "M" button on the remote control once. The screen will display "PA". Press "ON/OFF" to start the machine. The screen will display "A1". Press the "+" button to select the appropriate speed from A1 to A5. Press the "ON/OFF" button to stop the exercise.

**Note:** The machine will automatically stop after 10 minutes of automatic relaxation mode. Press "ON/OFF" to restart the machine.

3. Preset Program Mode

This mode is the machine's preset program. With the machine in standby mode, press the "M" button on the remote control twice. "P1" will appear on the screen. Press the "M" button to cycle through programs P1-P15. After the countdown ends, the machine stops or press "ON/OFF" to turn it off.

Note:

- 1. While the preset program mode is running, all buttons except the ON/OFF button are inoperable.
- 2. The three modes cannot be switched during operation. To switch modes, stop the machine first and then select the desired mode.



## 6. Common Faults and Solutions

If you have any other questions, please contact the local dealer or after-sales service.

ISSUES	CAUSES	SOLUTIONS
Treadmill cannot operate	Power not connected.	Plug the power cord to the socket.
	Power not turned on.	Turn the power on.
	The circuit signal system is malfunctioning.	Contact after-sales service.
	Fuse burned out.	Contact after-sales service.
Treadmill belt not running smoothly	Insufficient lubrication.	Apply methyl silicone oil lubricant.
	Running belt too tight.	Adjust the tightness of the belt.
Treadmill belt slipping	Running belt slips.	Adjust the tightness of the belt.
	The belt is loose.	Adjust the tightness of the belt.

Display Error Messages and Solutions

CODES	CAUSES	SOLUTIONS
E02	Lower control board failure	Contact after-sales service or professional technicians.
E04	Shield wire failure	
E05	Over current protection	1. Turn off the device for 5 minutes, then restart it to confirm that the power is working properly. 2. Verify that the weight exceeds the maximum load capacity. 3. Add lubricant. 4. Contact after-sales service or a qualified technician.
E06	Motor failure	Contact after-sales service or professional technicians.
E07	Communication failure	
E08	Overload protection	If there is an overload, exceeding the rated current, turn off the power and restart.

## 7. Product Maintenance

### Lubrication:

After using the treadmill for a period, it is necessary to lubricate it with the dedicated methyl silicone oil.

### Recommendation:

- ★ Weekly usage less than 3 hours      Lubricate once every 5 months
- ★ Weekly usage between 4-7 hours      Lubricate once every 2 months
- ★ Weekly usage more than 7 hours      Lubricate once every 1 month

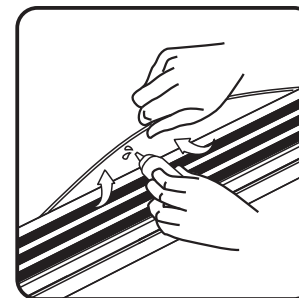
### Remember:

Excessive lubrication is not better. Proper lubrication is a crucial factor in improving the walking pad's lifespan.

### Checking If Lubrication Is Needed:

To check if lubrication is needed, lift the treadmill belt and touch the center of the belt's back with your hand. If your hand has a slight moist feeling from silicone oil, no lubrication is needed. If the running board is dry and your hand doesn't get any silicone oil, lubrication is required.

- ★ Steps to apply lubricant to the running board (as shown in the image).
- ★ Stop the walking treadmill running.
- ★ Lift as small portion of the running belt and spray methyl silicone oil on the inner side of the belt, close to the center.
- ★ Run the walking pad at 0.6mph to evenly spread the oil across the running board. Lightly step on the belt from left to right. This process takes a few minutes to ensure complete absorption.





### Running Belt Tension Adjustment:

All treadmills should be adjusted for running belt tension before out of factory and after setup at home. However, after some usage, the belt may become loose. If users experience a slipping phenomenon while running, the belt needs adjustment. Turn the belt adjustment bolts clockwise, in half-turn increments, synchronously on both sides.

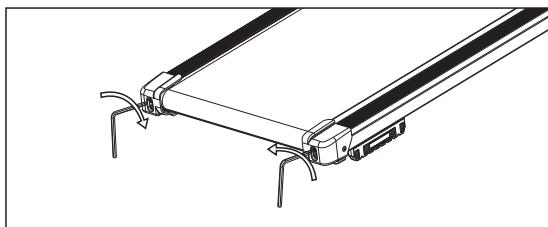
If the treadmill is too loose, when stepping on the running belt, there may be slippage between the running belt and the roller. However, being too tight is not ideal, as it can increase the load on the motor leading to damage to the motor, running belt, and roller among other components.

### Running Belt Deviation Adjustment:

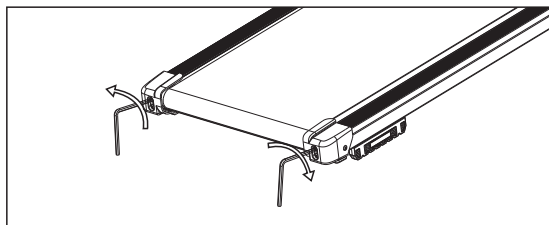
All treadmills should be adjusted for running belt tension before out of factory and after setup at home. However deviation may still occur after some usage, caused by:

- Unstable placement
- Uneven foot pressure
- Uneven force applied by the user with the two feet

If the running belt is deviated by usage, running without load for a few minutes can restore normal operation. For cases where automatic recovery is not possible, use the provided 5# hex wrench to adjust gradually in half-turn increments.



If the belt deviates to the left: Adjust the left bolt clockwise or the right bolt counterclockwise.



If the belt deviates to the left: Adjust the left bolt clockwise or the right bolt counterclockwise.

**Note: Running belt deviation is not covered by the warranty. Users need to perform maintenance according to the instruction manual. Prompt detection and correction are necessary to prevent serious damage.**

## 8. Warranty

### MANUFACTURER'S LIMITED WARRANTY

HiFast warrants to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended, under the conditions that it has been installed and operated in accordance with HiFast Owner's Manual. HiFast's obligation under this warranty applies to the following:

### COMPONENT LENGTH OF WARRANTY

Structural Frame 2 year For Home Use Only

All Other Components 90 days For Home Use Only

### Exclusions from Warranty Coverage

HiFast does not warrant against and is not responsible for, and no implied warranty shall be deemed to cover, any product failure, product malfunction, or damages attributable to:

1. Improper installation and/or failure to abide by HiFast's installation guidelines;
2. Use of this product beyond normal home use, or in an application for which it was not designed;
3. Cosmetic items such as scratches, dents or discolorations;
4. Damage caused by normal wear and tear, vandalism, accidental or by animals;
5. Any act of Nature (such as fire, flooding, snow, ice, hurricanes, earthquakes, lightnings or other natural disasters), environmental condition (such as air pollution, mold, mildew, etc.) or staining from foreign substances (such as dirt, grease, oil, etc.);
6. Normal weathering due to exposure to sunlight, weather and atmosphere which can cause colored surfaces to among other things, flake, chalk, accumulate dirt or stains;
7. Improper operation, alteration, handling, storage, abuse or neglect of the products.

HiFast, using its sole discretion, will either repair or replace free of charge any part(s) proven to be defective under normal home use. Any repair or replacement shall provide no new warranty coverage, but shall retain only the remaining portion of the original product's warranty. This warranty is offered only to the original purchaser and is not transferable. Proof Of original purchase is required.

When ordering replacement parts please have the following information ready:

1. Order Number
2. Description of Parts (Adding photos or videos would be helpful)
3. Part Number
4. Date of Purchase

## 9. Customer Service

If you have any inquiries about our products or would like to share any ideas with us, please feel

free to reach out to us at any time at [support@hifast-shop.com](mailto:support@hifast-shop.com)

We're always here to support you every step of the way.

Response Time: 24-48 hours.

Emailing us with the Order ID will be the best method to receive a response during peak business hours.

## 10. Compliance Statement



### FCC Compliance

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, and
- (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 antennal.
- 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

(Waste Electrical & Electronic Equipment)

(Applicable in countries with separate collection systems)

This marking on the product, accessories or literature indicates that the product and its electronic accessories should not be disposed of with other household waste at the end of their working life. To prevent possible harm to the environment or human health from uncontrolled waste disposal, please separate these items from other types of waste and recycle them responsibly to promote the sustainable reuse of material resources. Household users should contact either the retailer where they purchased this product, or their local government office, for details of where and how they can take these items for environmentally safe recycling. Business users should contact their supplier and check the terms and conditions of the purchase contract. This product and its electronic accessories should not be mixed with other commercial wastes for disposal.