

# HOME C TREADMILL



## User Manual



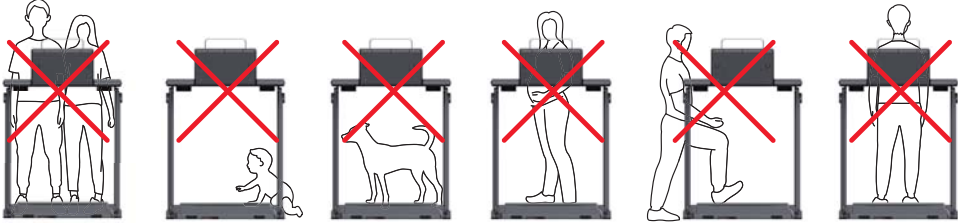
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# Safety Information

Before you begin, please make sure to read this user manual carefully before starting on this treadmill. This manual provides information necessary not only for your safety but also for the good functioning of this treadmill.



Read all safety information before using this treadmill. It is the owner's responsibility to ensure that users are aware of all warnings and precautions.

Consult a physician before beginning a new fitness plan. Incorrect or excessive training may result in serious injury.

If you experience faintness, chest pain, or shortness of breath, stop exercising immediately and consult a physician.

Under no circumstances should you have more than one person on the treadmill at the same time.

Children under the age of 14 and persons with reduced physical, sensory, and mental capabilities that may impinge their safe use of treadmill should not use this machine. Keep children and animals away from this treadmill at all times, even when the machine is powered 'off'.

When the machine is on and in walking mode, do not attempt to turn around.

Keep your position facing forward at all times.

Inspect this treadmill for loose, worn, damaged, or incorrect parts before use. If you locate a missing, damaged, or loose part, do not use the machine until those parts are replaced, repaired, or tightened.

This treadmill must be used with the specified voltage power supply. The power socket must also remain grounded.

## Operational Safety

This product is not suitable for the following individuals:

Anyone whose doctor does not recommend daily exercise for any reason, including thrombosis, aneurysms, acute venous tumors, various dermatological conditions or skin infections, or other conditions.

It is also not recommended to use this treadmill for people with the following cardiac devices: implantable cardioverter defibrillators (or ICDs), pacemakers, implanted heart rhythm monitors, or loop recorders.

### **⚠ WARNING!**

Incorrect, unsafe or excessive exercise can cause serious injury or even death. If you feel dizzy, stop exercising immediately and consult a doctor.

# Safety Information

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## Environmental Safety

Do not use this product if room temperature is above 104 F/40C.

Keep all conductive devices away from any liquids.

Do not place any items on the treadmill's running belt.

Do not wear clothes that can get caught in the machine. We recommend keeping loose clothing, shoelaces, and accessories away from the Treadly belt.

Do not allow the ventilation port on the motor cover to be blocked by debris while the machine is operating.

Regularly check the handrail locks, and do not put your hands on rotatable joints.

To avoid damaging the machine, do not put your fingers or any foreign objects into the belt gap.

Do not touch the power cord or power switch with wet hands.

Do not place the Treadly outdoors or near a water source.

Do not place Treadly near electric heaters, stoves, or areas with direct sunlight.

Consult a medical provider or fitness specialist before starting any exercise. This is especially important for individuals over the age of 35 or for those with health conditions.

This machine is meant for indoor use only and for areas with controlled temperatures. Do not use the treadmill in areas without controlled temperatures or without air conditioners, such as garages, walkways, swimming pools, bathrooms, parking lots, or outdoor areas.

Do not place the machine in a cooler environment or in an environment with high humidity. Failure to follow these precautions can directly damage machine's electronic parts. If you fail to use treadmill in accordance with the precautions listed above, your warranty will be null and void.

Do not remove the treadmill's front cover, unless directed by your local dealer. This product can only be repaired by an authorized service technician. We will not provide within-warranty service if there are any violation of the above warnings or disclaimers.

## Disclaimers&Precautions

To avoid possible injury, read all instructions and warning labels before using this machine.

Use the treadmill solely as described, and subject to all limitation and restrictions, as set forth herein.

It is the full responsibility of the owner to assure that anyone using the machine is aware of all precautions set forth herein and is physically and medically capable of using the treadmill without injury.

# Get to Know Your Treadmill

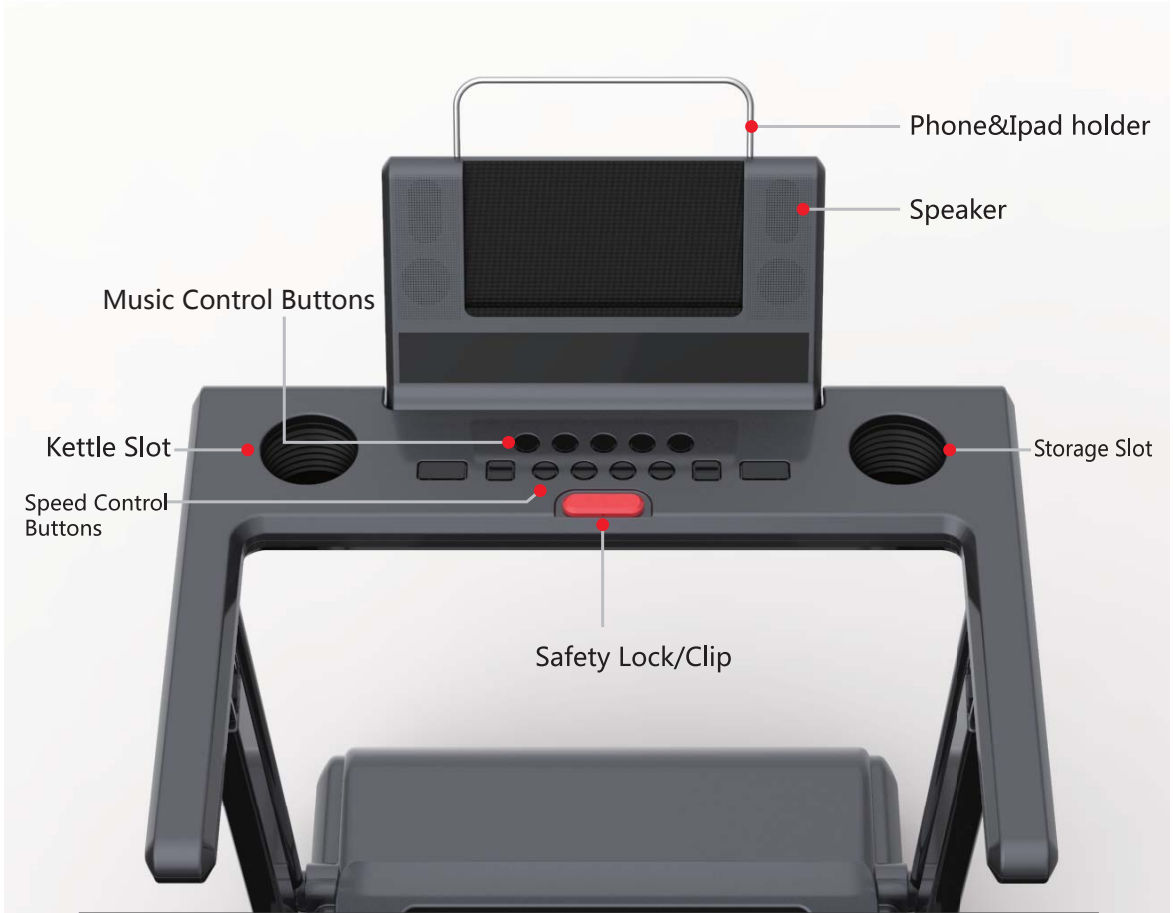
## Component Description



⚠ After unpacking, please keep the original carton and fillings intact. During the warranty period, the treadmill that needs to be returned should be returned to the original factory in its original packaging.

# Get to Know Your Treadmill

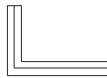
## Console Description



## Accessories



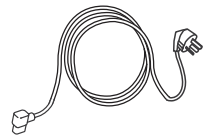
Silicone Oil



L-shape Wrench



User Manual



Power Cord

# Specifications

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## Handrail Open Dimensions

L1578 x W782 x H1195mm

## Maximum Load

120KG

## Handrail Folded Dimensions

L1578 x W782 x H196mm

## Speed

1-14KM/H

## Belt Size

L1250 x W470mm

## Lifting Slope

% Fixed

## Engine Power

750W 1HP

## Applicable Ages

14 - 60

## Net Weight

52KG

## Display

White Matrix Digital

## Net Weight

58KG



# Column Unfolding / Folding

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HOME C uses a gas-liquid piston system that will assist in unfolding the column. To adjust the column to the unfolded position, move the two-way lock switch on the left and right sides of the column, and turn the switch to the UNLOCK position.



1 To unfold the column, switch the two-way lock switch on the left and right sides of the column to the UNLOCK position.



2 Raise the column up to a 45-degree angle with both hands. The column will automatically begin to rise to the appropriate position.



3 When the column has finished unfolding, move the two-way lock switch from the UNLOCK position to the LOCK position.

4 Hold the display with both hands and adjust it to a suitable viewing angle.

# Column Unfolding / Folding

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To fold the column, switch the two-way lock switch to the UNLOCK position and fold the column down. Once folded, turn the switch to the LOCK position.



- 1 Hold the screen with both hands and adjust it parallel to the handrail.
- 2 Switch the two-way lock switch on the left and right sides of the column to the UNLOCK position.



- 3 Hold the end of left and right handrail with both hands and press the columns down to the running board.

**⚠ WARNING**

Always hold the end of the handrails until the folding is completed.



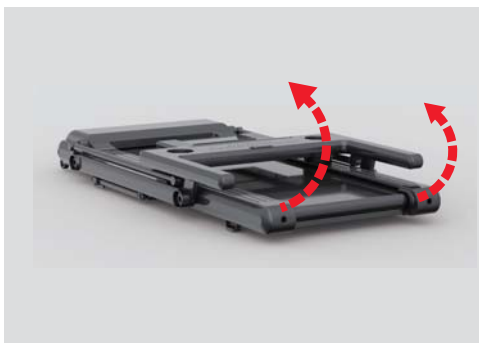
- 4 Once folded, turn the switch to the LOCK position.

# Moving the Treadmill

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## WARNING

Before moving the unit, remove the power cord plug from the wall outlet and make sure the column two-way lock switch is in the LOCK position.



- 1 Using the handrail, use both hands to lift the unit from the end without wheels.



- 2 Using both hands while holding the handrail, wheel the unit to the desired position.

 To lift and move the treadmill, you must be able to safely lift a weight of 50kg.

# Powering the Treadmill

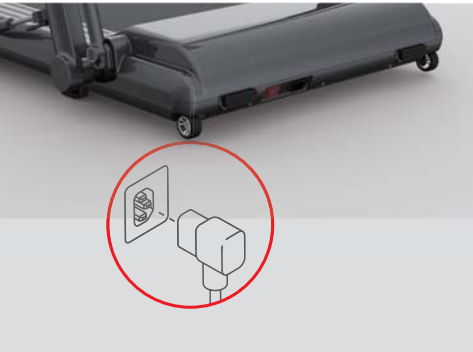
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This treadmill must be connected to a grounded wall outlet. If the product fails, grounding provides a minimum resistance path for reducing the risk of electric shock.

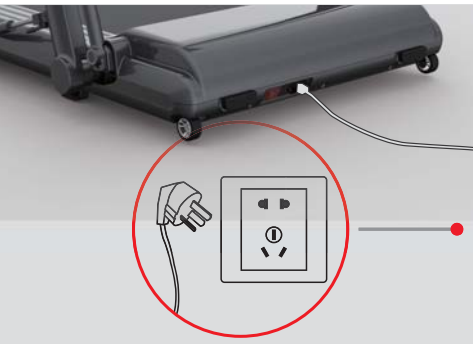
This product's electric plug is equipped with a grounding conductor. For safety reasons, the grounding plug must be plugged into the appropriate wall outlet, and the socket must be properly installed and grounded in accordance with all local codes and regulations.

## WARNING

- Failure to follow the instructions may result in electrical failure.
- Never touch the power cord and the power switch with wet hands.
- Do not remove the motor cover, as this increases the risk of electrical shock.



- The normal voltage of this product is 110 (USA/Canada) / 220 (Europe) volts. The voltage required for this machine can be found on the manufacturer sticker at the front of the motor cover.
- Plug one end of the power cord shown in the picture into the socket on the treadmill.



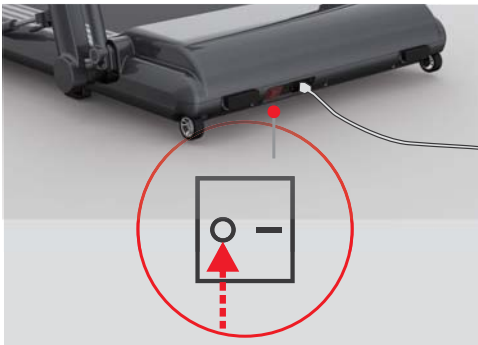
- Plug the power cord into a standard socket, The outlet must be properly installed and grounded in accordance with local standards.

# Exercising on the Treadmill

Turn on the treadmill power, close the safety lock and press START button. The treadmill starts running at the lowest speed after 3 seconds count-down.

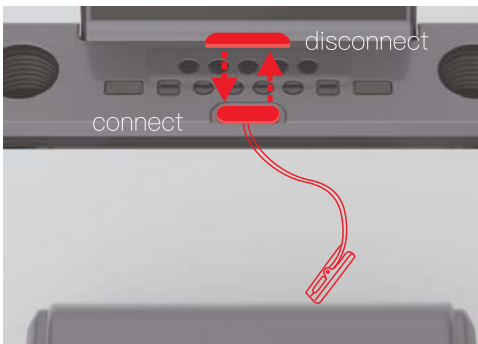
Adjust the speed by using SPEED+ and SPEED- buttons.

To stop the treadmill, reduce the speed gradually to the lowest level, firmly hold the handrails and stand on the side rails on both sides.



## Power on the treadmill

- 1 The unit is equipped with a power switch that is located on the right side of the front cover.
- 2 Press the power switch to the "on" position.

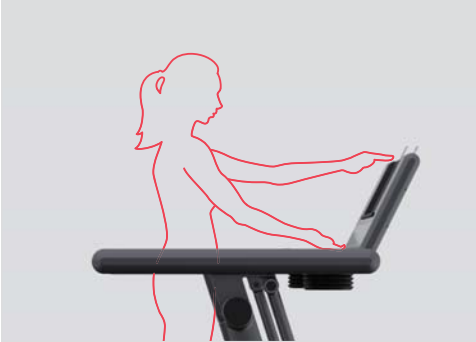


## Safety lock

- The safety lock is located in the middle of the console.
- The unit will not start if the safety lock is disconnected.
- If you encounter an emergency while using the treadmill, disconnect the safety lock and the unit will come to a halt

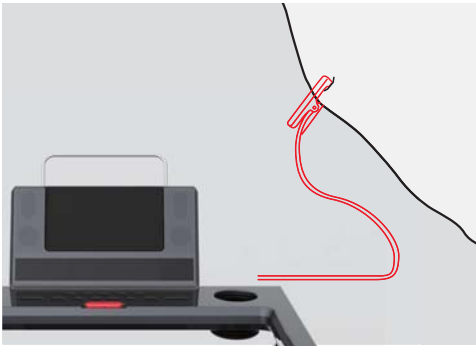
# Exercising on the Treadmill

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## Display

- Hold the display with both hands and adjust it to a suitable viewing angle.



## Safety lock

- Before using the treadmill, familiarize yourself with the emergency stop procedure. After getting on the machine, attach the clip of the safety lock to your clothes. In case of emergency, pull off the safety lock clip, the machine will stop quickly.
- When the treadmill is in operation, disconnect the safety lock, a "Warning" prompt will pop up on the screen, and the treadmill will quickly stop running. To restart the treadmill, reset the safety lock.

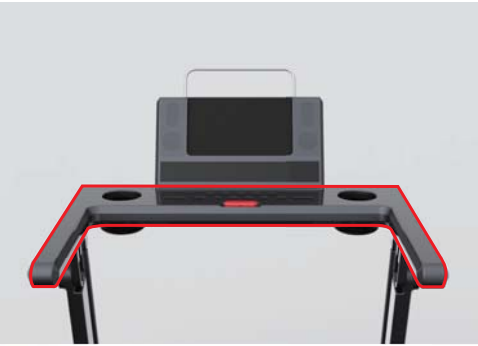


## Side rail

- The side strips are affixed on both sides of the running belt, allowing you to safely stand on either side of the treadmill during start-up or in case of an emergency.

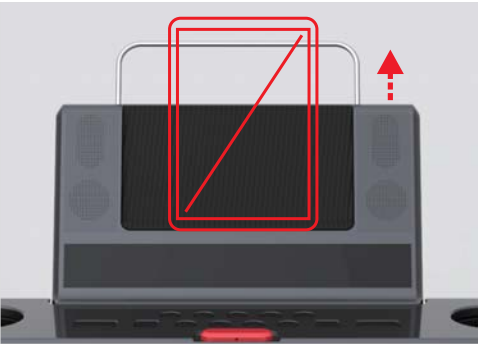
# Exercising on the Treadmill

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## Handrail

- Step on the edge of the treadmill from behind and use the handrails to keep your balance.
- When you touch the treadmill screen or operate the control board, firmly hold the handrail with one hand.



## Phone/Ipad holder

- Pull the holder up from the top of the display.
- The holder can be used to place tablets such as iPads and publications such as books and newspapers.



## Kettle slot/Bottle slot

- The storage slot and the kettle slot are for users to place personal belongings such as kettle, mobile phone when exercising.

# Exercising on the Treadmill

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## Automatic Pause Mode

- If you do not walk on the belt within 30 seconds the treadmill will automatically stop and initiate pause mode.



## Running platform

- This treadmill adopts a four-point suspension shock-absorbing structure. The treadmill will naturally deform according to the weight it bears to protect the user's knees and enhance the running experience.
- There are built-in rubber pads where the treadmill touches the ground, which acts as a buffer through natural deformation.



# Control Buttons

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Music control buttons



## “Previous Song” Button

- Press this button to play the previous song in the music list.



## “Next Song” Button

- Press this button to play the next song in the music list.



## “Play/Pause” Button

- Press this button to pause audio when it’s played.
- Press this button to play audio when it’s paused.



## “Volume-” Button

- Press this button to reduce the volume by 1 bar.
- Long press this button to continually decrease the volume.



## “Volume+” Button

- Press this button to increase the volume by 1 bar.
- Long press this button to continually increase the volume.

# Control Buttons

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## Function buttons



### "Start" Button

- Press this button to start the treadmill. The display screen starts to display after 3 seconds countdown.



### "Speed-" Button

- Press this button to decrease the speed by 0.1 km/h.
- Long press this button to continually decrease the speed.



### "3km/h" Speed Quick Button

- Press this button to quickly adjust the treadmill from its current speed to 3km/h.



### "6km/h" Speed Quick Button

- Press this button to quickly adjust the treadmill from its current speed to 6km/h.



### "9km/h" Speed Quick Button

- Press this button to quickly adjust the treadmill from its current speed to 9km/h.



### "12km/h" Speed Quick Button

- Press this button to quickly adjust the treadmill from its current speed to 12km/h.



### "Speed+" Button

- Press this button to increase the speed by 0.1km/h.
- Long press this button to continually increase the



### "Stop" Button

- When the treadmill is in motion, press the STOP button at any time to stop the running belt. All data will be cleared to zero.

# Bluetooth Speaker

This treadmill is equipped with a Bluetooth speaker that connects to your cell phone's Bluetooth function. You can control the volume of the speaker through your phone. This machine supports both phones and tablets with Bluetooth capability.

## Pairing



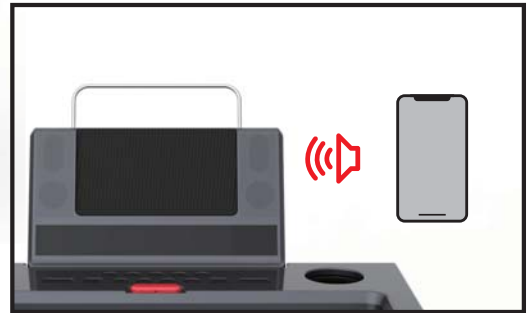
1. Press the power button on the machine's motor cover.
2. Open Settings on your phone.
3. Select Bluetooth settings, and make sure your Bluetooth is on.
4. After the Bluetooth function is turned on, choose BT-HOME C Bluetooth speaker from the list of devices available to pair.



5. After clicking on the BT-HOME C Bluetooth speaker, enter the pairing-code 1234. Wait for machine to pair with your phone. When the Bluetooth connection is successful, you will hear a tone from the treadmill's Bluetooth speaker.

## Use the Speaker

You can control song playback with a mobile phone or tablet via Bluetooth.



## Troubleshooting

# Exercise Guidance

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## Warm-up

Perform 5 to 10 minutes of stretching exercises and low-intensity exercises before each exercise. Appropriate warm-up exercises can increase body temperature and heart rate, promote blood circulation, so as to prepare for subsequent exercises.

## Regional movement

When exercising, breathe deeply and regularly, and never hold your breath.

## Cool-Dawn

After the exercise, set aside 5 to 10 minutes for stretching. This will increase muscle flexibility and help prevent discomfort after exercise.

## Exercise intensity

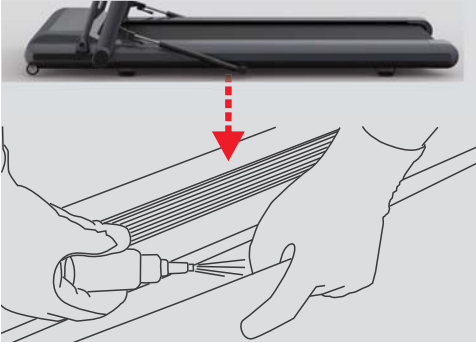
Whether your goal is to burn fat or strengthen your cardiovascular system, the right intensity of exercise is crucial to achieving the desired results. Guided by your own heart rate, you can find the appropriate exercise intensity.

## Training frequency

In order to maintain and improve physical condition, it is recommended to complete three exercises a week with at least one day off between exercises. After a few months, you'll be able to do the amount of exercise five times a week. Of course, this must depend on your own situation and needs. Remember: the key to success is to make exercise a regular and enjoyable part of your daily life.

# Maintenance

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## Lubricating the Belt

- Lift up the belt by hand and pour the silicone oil on the front, middle, and back of the running board.
- Let the silicone oil flow down to the other side of the walking belt until it flows past the middle of the running board, then lay the machine flat.



## The belt has shifted to the right

- If the walking belt has moved to the right, use the L-shaped hex wrench provided to turn the adjustment bolt on the right side clockwise by 90 degrees. Once you do this, walk on the treadmill at a speed of 3km/h. After walking for one minute, observe whether the running belt is centered.




## The belt has shifted to the left

- If the belt has shifted to the left, use the L-shaped hex wrench to turn the adjustment bolt on the left side clockwise by 90 degrees. Once you do this, walk on the treadmill at a speed of 3km/h. After walking for one minute observe whether the running belt has centered.

### WARNING

Unplug the power cord before cleaning or maintaining the treadmill.

 Do not operate the treadmill during adjustments. If there is still a problem after the adjustment, contact customer service.

# Troubleshooting

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The ERROE CODE caused by user's operation will be displayed in the display window.

If you need technical assistance, please contact the customer service.

PROBLEM	CAUSE	SOLUTION
Err 02	Burst protection	<ul style="list-style-type: none"><li>• Power off the treadmill, restart it after 4-5 minutes.</li><li>• Check the motor wire connection or replace the controller</li></ul>
Err 05	Overcurrent protection	The running belt needs lubrication, or the controller is damaged
Err 06	Overload protection	The running belt needs lubrication, or the controller is damaged







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.

Any 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.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction