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GYMAX Slim Foldable Exercise Running Walking Machine

GYMAX Folding Treadmill User Manual

Brand: GYMAX | Model: Slim Foldable Exercise Running Walking Machine

1. Introduction

This manual provides essential information for the safe and effective use of your GYMAX Folding Treadmill. Please read it thoroughly before operating the machine and retain it for future reference. This treadmill is designed for walking, jogging, and light running in a home or office environment, offering a compact and convenient solution for your fitness needs.

2. Safety Information

- Always attach the safety key clip to your clothing before starting the treadmill. In an emergency, pulling the safety key will immediately stop the machine.
- Ensure the treadmill is placed on a flat, stable surface with adequate clear space around it (at least 2 feet on sides and rear).
- Do not exceed the maximum weight capacity of 220 pounds (approximately 100 kg).
- Keep children and pets away from the treadmill during operation.
- Wear appropriate athletic footwear. Do not operate the treadmill barefoot.
- If you experience dizziness, nausea, chest pain, or any other abnormal symptoms, stop your workout immediately and consult a physician.
- The running belt is made of non-slip rubber for enhanced safety.

3. Setup and Assembly

The GYMAX Folding Treadmill features an installation-free design, meaning minimal assembly is required. Simply unpack the unit and prepare it for use.

3.1 Unfolding the Treadmill

1. Carefully remove the treadmill from its packaging.
2. Locate the knob for folding (refer to component diagram). Turn the knob to loosen the tube.
3. Gently raise the handle and console assembly until it locks into the upright position.
4. Ensure all locking mechanisms are securely engaged before use.



Figure 3.1: Installation-free and Quick Folding Mechanism

3.2 Moving the Treadmill

The treadmill is equipped with two built-in transport wheels for easy movement. To move the treadmill, ensure it is folded, then tilt it and roll it to your desired location.



Figure 3.2: Key Components Diagram

4. Operating Instructions

4.1 Console and LED Display

The treadmill features an easy-to-operate LED display that shows various workout data, including time, calories burned, speed, and distance/steps. It also includes a convenient tablet/phone holder.



Figure 4.1: LED Display and Device Holder

4.2 Starting a Workout

1. Plug the power cord into a grounded outlet.
2. Attach the safety key to the designated slot on the console and clip the other end to your clothing. The display will illuminate.
3. Press the Power button () to start the treadmill. The belt will begin to move at a low speed.
4. Use the speed adjustment buttons (**+** / **-**) to increase or decrease the speed (range: 0.5-5 mph).
5. You can select various training goals using the time/distance/calorie countdown modes.
6. The built-in P1-P12 speed modes offer different challenging workouts. Press the 'M/P' button to cycle through these preset programs.

4.3 Stopping a Workout

- To stop the treadmill, press the Power button (). The belt will gradually slow down and stop.
- In an emergency, pull the safety key from the console. The treadmill will stop immediately.

5. Maintenance

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

- **Cleaning:** Wipe down the treadmill surfaces with a damp cloth after each use to remove sweat and dust. Avoid using abrasive cleaners.
- **Belt Alignment:** Periodically check the running belt for proper alignment. If the belt shifts to one side, adjust it according to the instructions in the troubleshooting section or consult customer support.
- **Lubrication:** The running deck may require lubrication over time. Refer to the specific lubrication instructions provided with your treadmill or contact customer support for guidance on the correct lubricant and application frequency.
- **Storage:** When not in use, the treadmill can be folded and stored upright to save space.



Figure 5.1: Treadmill Stored Upright

6. Troubleshooting

- **Treadmill Not Starting:** Ensure the power cord is securely plugged in and the safety key is correctly inserted into the console. Check the power outlet.
- **Belt Slipping or Shifting:** The running belt may require adjustment. Most treadmills have adjustment bolts at the rear of the deck. Turn these bolts incrementally (e.g., quarter turns) to center the belt. Refer to the specific instructions for your model or contact customer support.
- **Unusual Noise:** Check for loose parts. If the noise persists or is accompanied by other issues, discontinue use and contact customer support.
- **Error Codes (e.g., E7):** If an error code appears on the display, consult the specific troubleshooting guide that came with your product. If no specific guide is available, or the issue persists, contact GYMAX customer support.

7. Specifications

Feature	Specification
Brand	GYMAX
Color	BLACK
Product Dimensions	52"D x 26"W x 47.5"H
Item Weight	61 Pounds
Material	Rubber
Maximum Speed	5 Miles per Hour
Minimum Speed	0.5 Miles per Hour
Special Feature	Portable, Foldable, Compact Design
Recommended Uses	Fitness and Exercise
Target Audience	Adult
Assembly Required	Yes (Minimal)
Display Type	LED
Power Source	Corded Electric
Number of Programs	12 (P1-P12)
Included Components	Tablet/Phone Holder, Power Cord, Safety Key
Maximum Weight Recommendation	220 Pounds
Deck Length	40.5 Inches
Deck Width	15.5 Inches
Input Power	450 Watts



Figure 7.1: Product Dimensions

8. Warranty and Support

For warranty information, technical support, or to inquire about replacement parts, please contact GYMAX customer service. Refer to the product packaging or the official GYMAX website for contact details.

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