GYMAX B0823NH1HH

GYMAX Folding Treadmill User Manual
MODEL: B0823NH1HH

1. Important Safety Information

Please read this entire manual carefully before operating the GYMAX Folding Treadmill. Retain this manual for future reference. Failure to follow these instructions may result in injury or damage to the product.

- **Consult a Physician:** Before starting any exercise program, consult your physician, especially if you have pre-existing health conditions.
- **Emergency Stop:** Always attach the safety key clip to your clothing before beginning a workout. In case of an emergency, the safety key will disengage, stopping the treadmill.
- **Clearance:** Maintain a minimum clearance of 2 meters (6.5 feet) behind the treadmill and 0.6 meters (2 feet) on each side during operation.
- **Footwear:** Always wear appropriate athletic footwear while using the treadmill.
- **Stable Surface:** Place the treadmill on a flat, stable surface. Do not operate on uneven ground or thick carpet.
- **Children and Pets:** Keep children and pets away from the treadmill at all times, especially during operation.
- **Maximum Weight Capacity:** This treadmill is designed for users up to 265 pounds (120 kg). Do not exceed this weight limit.
- **Power Disconnection:** Unplug the treadmill from the power outlet when not in use, before cleaning, or performing maintenance.

2. Product Overview

The GYMAX Folding Treadmill is designed for home use, offering a range of features to support your fitness

routine.

Key Features:

- **LED Touch Display:** A large, intuitive display shows real-time data including time, speed, distance, calories, and heart rate.
- **2.25HP Motor:** Provides consistent power for walking and running with low operational noise.
- **Running Belt:** Features a 5-layer non-slip belt with an 8-stage damping system for shock absorption, measuring 48.5 inches by 17 inches.
- **Heart Rate Sensor:** Integrated sensors on the handrails allow for heart rate monitoring during exercise.
- **Bluetooth Connectivity:** Connect your electronic devices via Bluetooth to utilize the integrated speakers for audio playback.
- **Foldable Design:** Easily folds for compact storage and features built-in transport wheels for mobility.
- **Multifunctional Bracket:** Conveniently holds various items such as phones, tablets, or water bottles.

Components:

Heart Rate Sensor

Safety Key Position

Multifunction Bracket

Knob for Folding

Figure 2.1: Key Treadmill Components (Heart Rate Sensor, Safety Key Position, Multifunction Bracket, Knob for Folding)
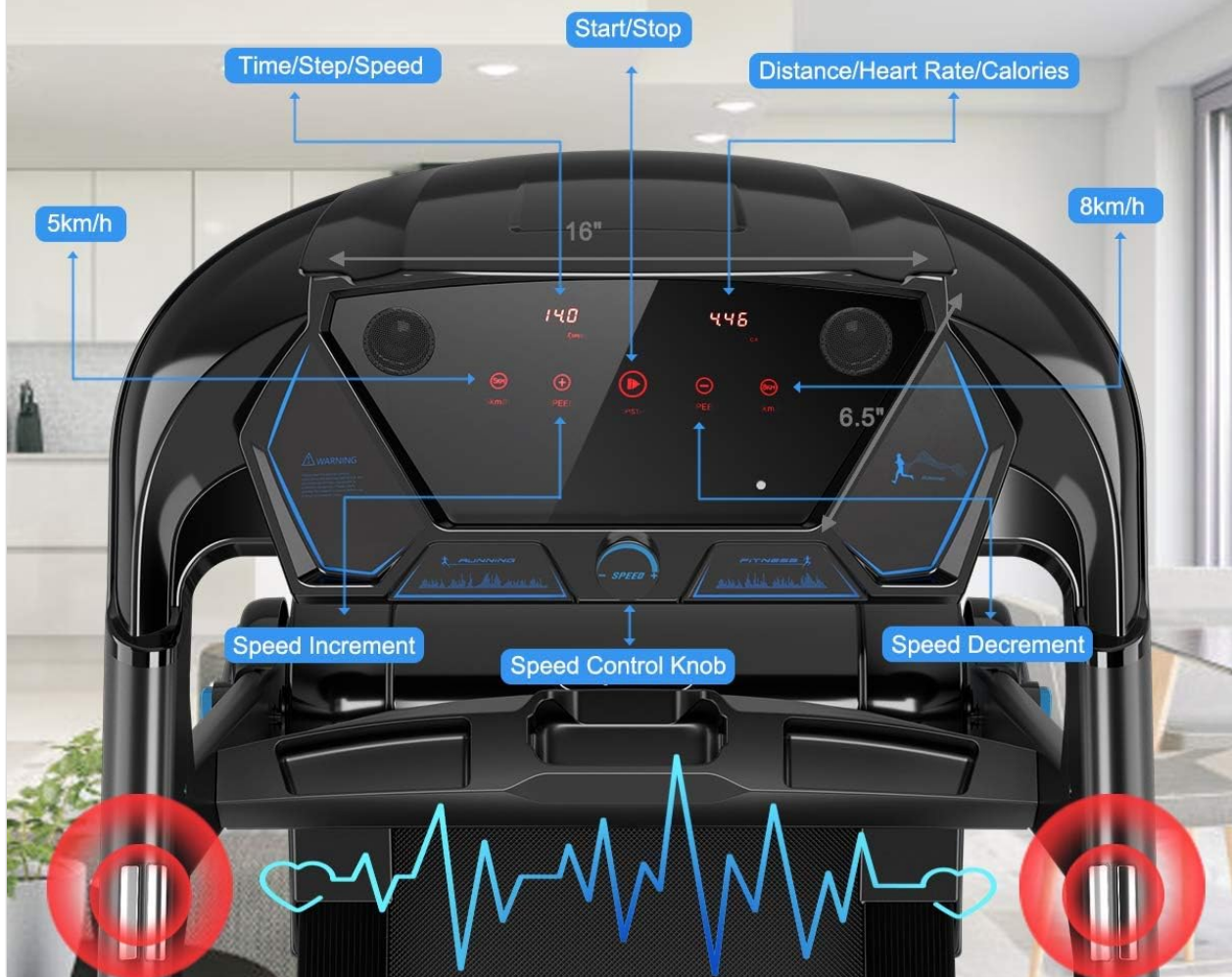
Figure 2.2: Super Large Digital Display and Controls

3. Setup

3.1 Unpacking and Placement

Carefully remove all packaging materials. Place the treadmill on a firm, level surface, ensuring adequate clearance around the unit as described in the safety section.

3.2 Unfolding the Treadmill

The treadmill comes in a folded configuration for shipping and storage. To unfold:

1. Locate the blue knob on the side of the treadmill base.
2. Turn the knob to release the locking mechanism.
3. Carefully lower the running deck until it rests flat on the floor. Ensure it is fully extended and stable before use.
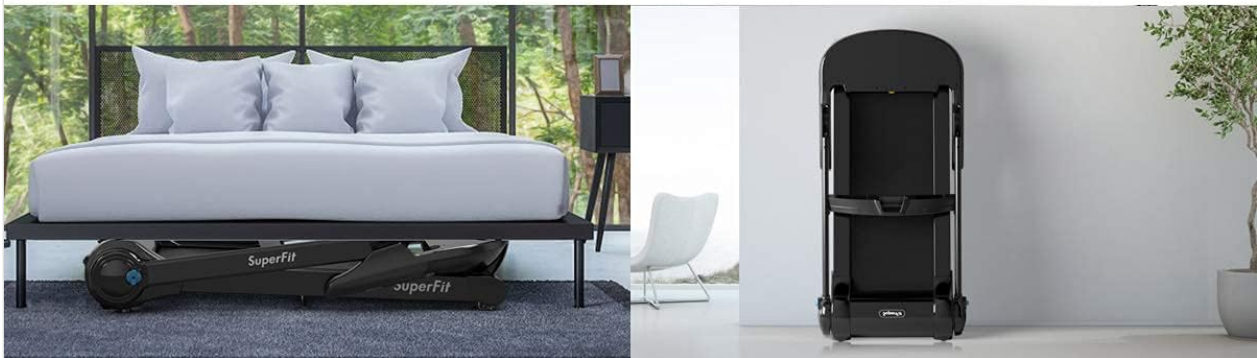
Figure 3.1: Treadmill Folding and Storage

3.3 Attaching the Safety Key

The safety key is a crucial safety feature. Attach the magnetic end of the safety key to the designated slot on the console. Clip the other end to your clothing. The treadmill will not operate without the safety key properly in place.

4. Operating Instructions

4.1 Powering On

Plug the power cord into a grounded electrical outlet. Locate the power switch at the front base of the treadmill and turn it to the 'ON' position. The LED display will illuminate.

4.2 Starting a Workout

1. Ensure the safety key is correctly attached to the console and your clothing.
2. Step onto the treadmill's side rails, not directly onto the running belt.
3. Press the 'Start' button on the console. The belt will begin to move at a low speed.
4. Carefully step onto the running belt and begin walking.

4.3 Adjusting Speed

The treadmill offers a speed range of 1.0 to 14.0 km/h.

- **Speed Control Knob:** Rotate the central knob on the console to increase or decrease the speed.
- **Speed Increment/Decrement Buttons:** Use the '+' and '-' buttons on the console for fine adjustments to the speed.

4.4 Heart Rate Monitoring

To monitor your heart rate, grip the metal sensors on the handrails firmly with both hands. Your heart rate will be displayed on the LED screen after a few seconds.

4.5 Bluetooth Audio Function

The treadmill is equipped with Bluetooth speakers for audio playback.

1. Ensure Bluetooth is enabled on your mobile device.
2. Search for available devices and select 'SuperFit' to pair.
3. Once paired, you can play audio through the treadmill's speakers.

Figure 4.1: Bluetooth High-Performance Speaker Functionality

4.6 Gymax App Integration

Download the Gymax Sports Health APP from your device's app store for enhanced control and exercise data monitoring. Follow the in-app instructions for pairing and usage.
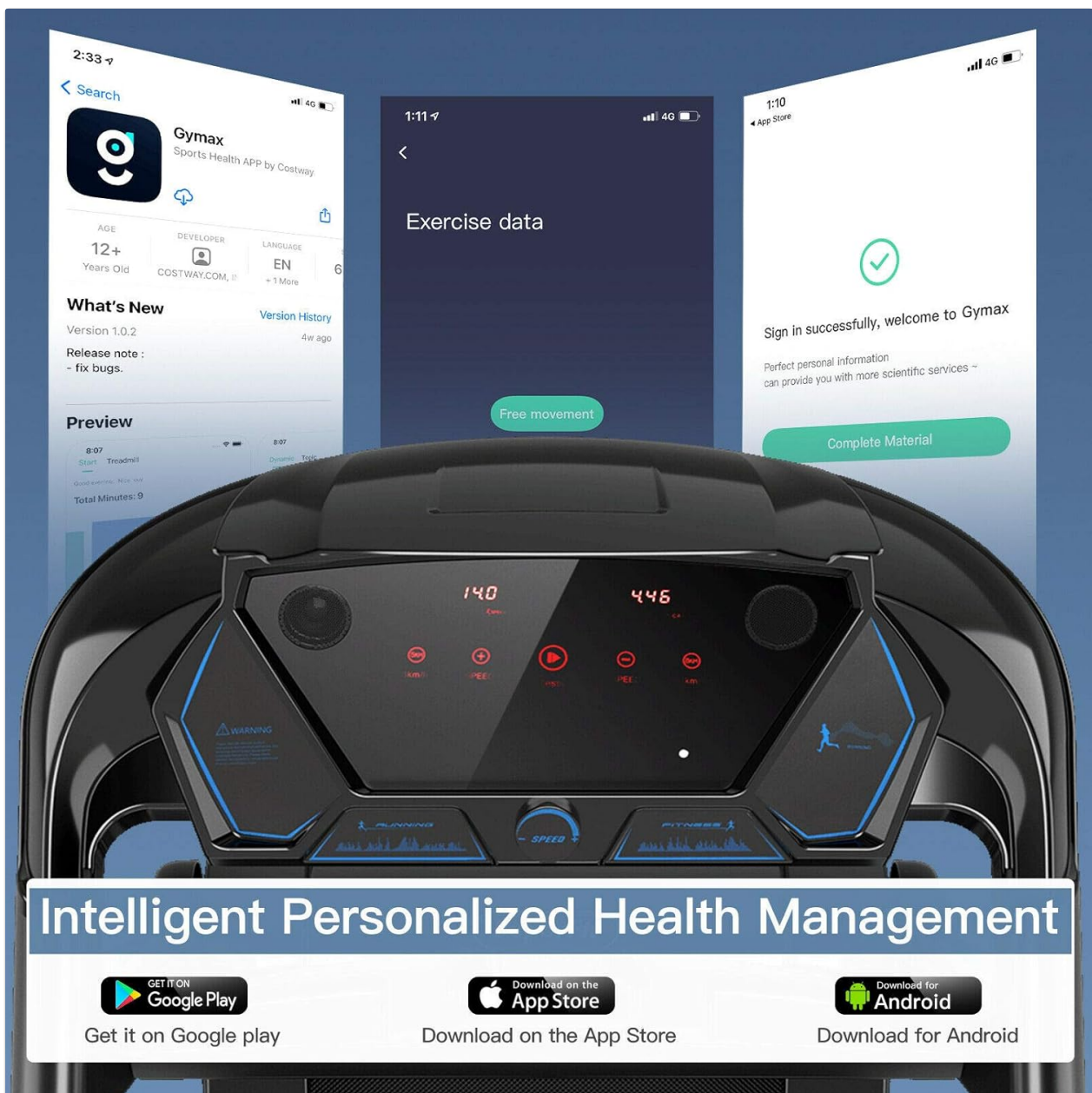
Figure 4.2: Intelligent Personalized Health Management via Gymax App

4.7 Stopping a Workout

To stop the treadmill, press the 'Stop' button on the console. The belt will gradually slow down and come to a complete stop. Alternatively, pull the safety key to immediately stop the treadmill.

4.8 Product Overview Video

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Video 4.1: Goplus Electric Folding Treadmill Overview. This video demonstrates the treadmill's folding mechanism, setup, and basic operation, including speed adjustment and safety features.

5. Maintenance

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

5.1 Cleaning

After each use, wipe down the console and other surfaces with a damp cloth to remove sweat and dust. Do not use abrasive cleaners or solvents.

5.2 Running Belt Lubrication

The running belt requires periodic lubrication to reduce friction and extend its lifespan. It is recommended to lubricate the belt every 30-50 hours of use, or if you notice increased friction or noise.

1. Turn off and unplug the treadmill.
2. Lift the edge of the running belt on one side.
3. Apply a thin line of 100% silicone lubricant (not included) to the center of the deck, underneath the belt.
4. Repeat on the other side.
5. Plug in the treadmill and run it at a low speed (e.g., 3 km/h) for 5 minutes to distribute the lubricant evenly.

5.3 Running Belt Adjustment

If the running belt feels loose or is drifting to one side, it may need adjustment. Refer to the detailed instructions in the full product manual or contact customer support for guidance.

6. Troubleshooting

This section addresses common issues you might encounter. For problems not listed here, please contact customer support.

- **Treadmill Not Starting:**
    - Ensure the power cord is securely plugged in.
    - Check that the power switch at the base is in the 'ON' position.
    - Verify the safety key is properly inserted into the console.

- **Running Belt Slipping or Hesitating:**
    - The running belt may require lubrication (refer to Section 5.2).
    - The running belt tension may need adjustment.

- **Inaccurate Heart Rate Reading:**
    - Ensure both hands are firmly gripping the heart rate sensors.
    - Clean the sensors if they are dirty.

- **Bluetooth Connection Issues:**
    - Confirm Bluetooth is enabled on your device and the treadmill.
    - Ensure your device is within range of the treadmill.
   - Try unpairing and re-pairing the device.

- **Display Not Functioning:**
    - Turn off the treadmill, unplug it, wait 30 seconds, then plug it back in and power on.

- If the issue persists, contact customer support.

7. Specifications

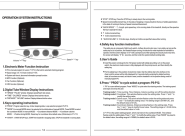| Feature	Specification
Brand	GYMAX
Model	B0823NH1HH
Product Dimensions (Unfolded)	152.4D x 77.5W x 118.1H Centimetres (60"D x 30.5"W x 46.5"H)
Item Weight	48.08 kg (106 lbs)
Maximum Weight Capacity	265 Pounds (120 kg)
Motor Horsepower	2.25 Horsepower
Speed Range	1.0 - 14.0 km/h (0.6 - 8.7 mph)
Running Area	48.5 inches x 17 inches
Material	Acrylonitrile Butadiene Styrene (ABS), Alloy Steel
Display Type	LED
Special Feature	Foldable
Included Components	Safety Key
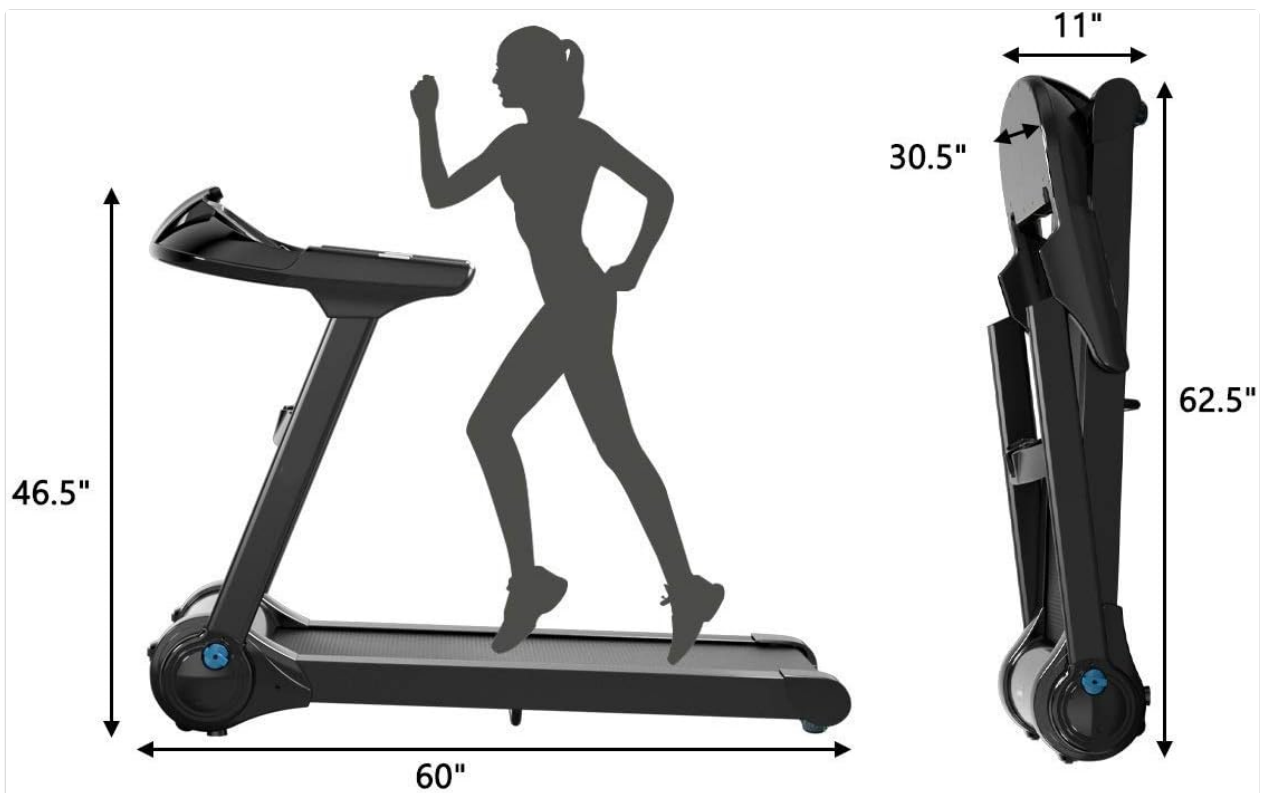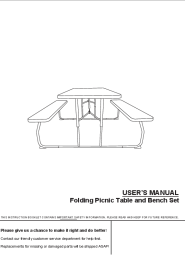
Peak Motor Power	2.25HP
Weight Capacity	265 lbs
Sound	<60db
Running Area	40x16 inch
Speed	1km/h-12km/h
Shock Absorption	Rebound Shock Absorption

Figure 7.1: Treadmill Dimensions and Key Specifications

8. Warranty and Support

For warranty information, technical support, or any questions regarding your GYMAX Folding Treadmill, please contact GYMAX customer service. Refer to your purchase documentation for specific contact details.

Related Documents - B0823NH1HH

[Gymax Treadmill Operation Manual and App Guide](#)

Comprehensive guide for the Gymax treadmill, covering operation instructions, system functions, troubleshooting, maintenance, and the Gymax mobile application for iOS and Android.

[Gymax SP37619CA Treadmill User Manual](#)

Comprehensive user manual for the Gymax SP37619CA Treadmill, covering safety precautions, assembly, operation, maintenance, and troubleshooting. Includes information on the Gymax App for enhanced user experience.

[GYMAX SP38104US/SP38104CA Walking Machine User Manual & Safety Guide](#)

This user manual provides comprehensive instructions for the GYMAX SP38104US and SP38104CA walking machines, covering setup, operation, safety precautions, maintenance, and troubleshooting for optimal home use.

[Gymax Folding Picnic Table and Bench Set User Manual](#)

User manual for the Gymax Folding Picnic Table and Bench Set, providing assembly instructions, part list, and safety guidelines for outdoor use.

[GYMAX SP36559 Magnetic Elliptical Stepper User Manual](#)

Comprehensive user manual for the GYMAX SP36559 Magnetic Elliptical Stepper, covering safety instructions, assembly, computer operation, exercise guide, and maintenance. Learn how to set up and use your elliptical trainer for effective workouts.

[Gymax 8 ft. Beer Pong Table - Portable Party Drinking Game](#)

Discover the Gymax 8 ft. Beer Pong Table, a portable and foldable party essential. Featuring a durable design with unique graphics, it's perfect for tailgating and social events.