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GYMAX Folding Treadmill

GYMAX Folding Treadmill User Manual

Model: Folding Treadmill

INTRODUCTION

Thank you for choosing the GYMAX Folding Treadmill. This manual provides essential information for the safe and efficient operation, maintenance, and troubleshooting of your new fitness equipment. Please read this manual thoroughly before initial use and retain it for future reference.



Image: A person running on the GYMAX Folding Treadmill, showcasing its sleek black design and integrated display.

SETUP

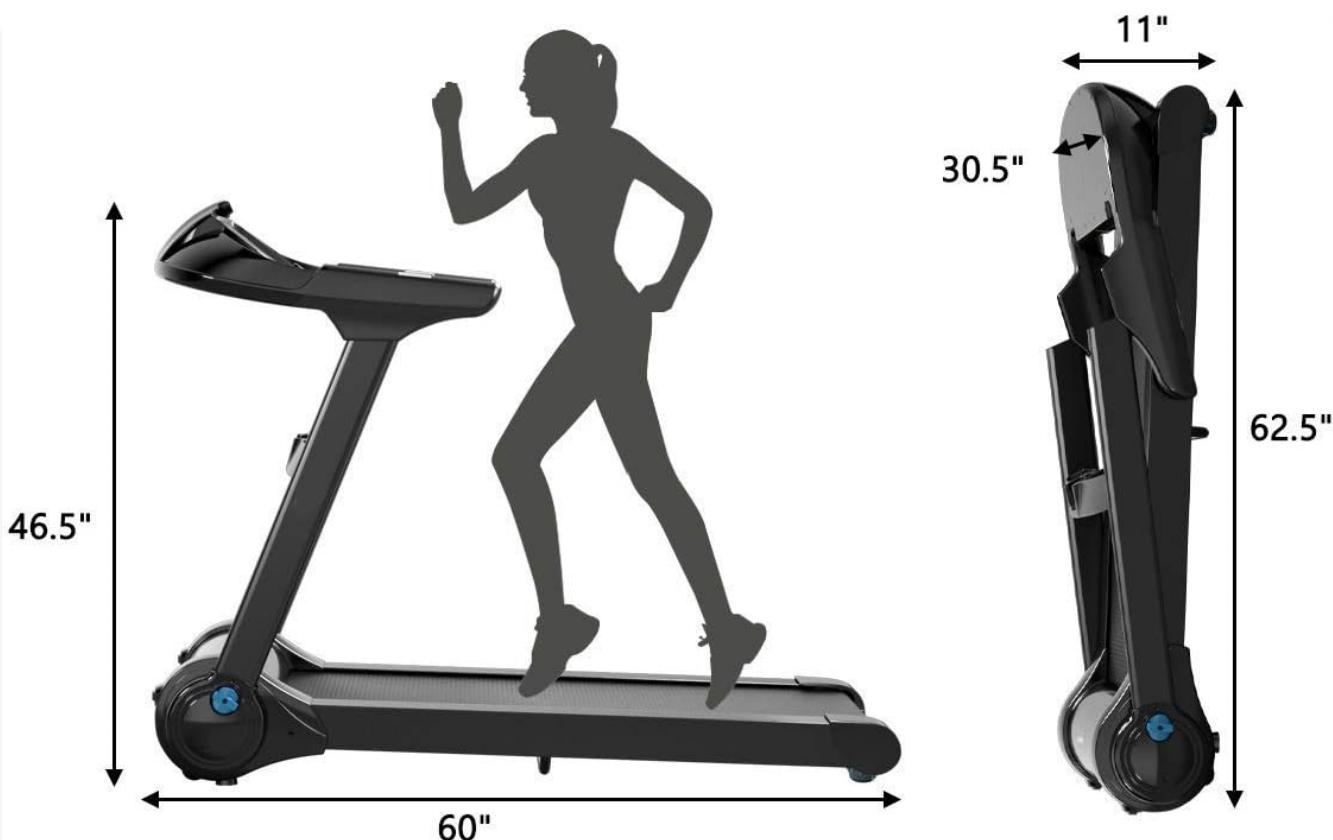
The GYMAX Folding Treadmill is designed for quick and easy assembly. Most components are pre-assembled, allowing for setup in minutes.

Unpacking and Placement:

1. Carefully remove all components from the packaging.
2. Place the treadmill on a flat, stable surface. Ensure there is adequate clear space around the treadmill for safe operation (at least 6.5 feet behind and 3 feet on each side).
3. **Important:** Do not use the treadmill on carpeted surfaces to prevent motor overheating and potential damage.

Assembly Steps:

- Unfold the treadmill according to the quick start guide included in the box.
- Secure any pre-attached components as instructed. The design allows for minimal assembly.
- Ensure all locking mechanisms are engaged before use.



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

Image: Visual representation of the treadmill's dimensions (60"L x 30.5"W x 46.5"H) and its compact folded size (62.5" x 30.5" x 11").

OPERATING INSTRUCTIONS

Control Panel Overview:

The treadmill features a large LED touch display that shows movement time, speed, distance, calories burned, and heart rate. The console is designed for ease of use.

SUPER LARGE DIGITAL DISPLAY

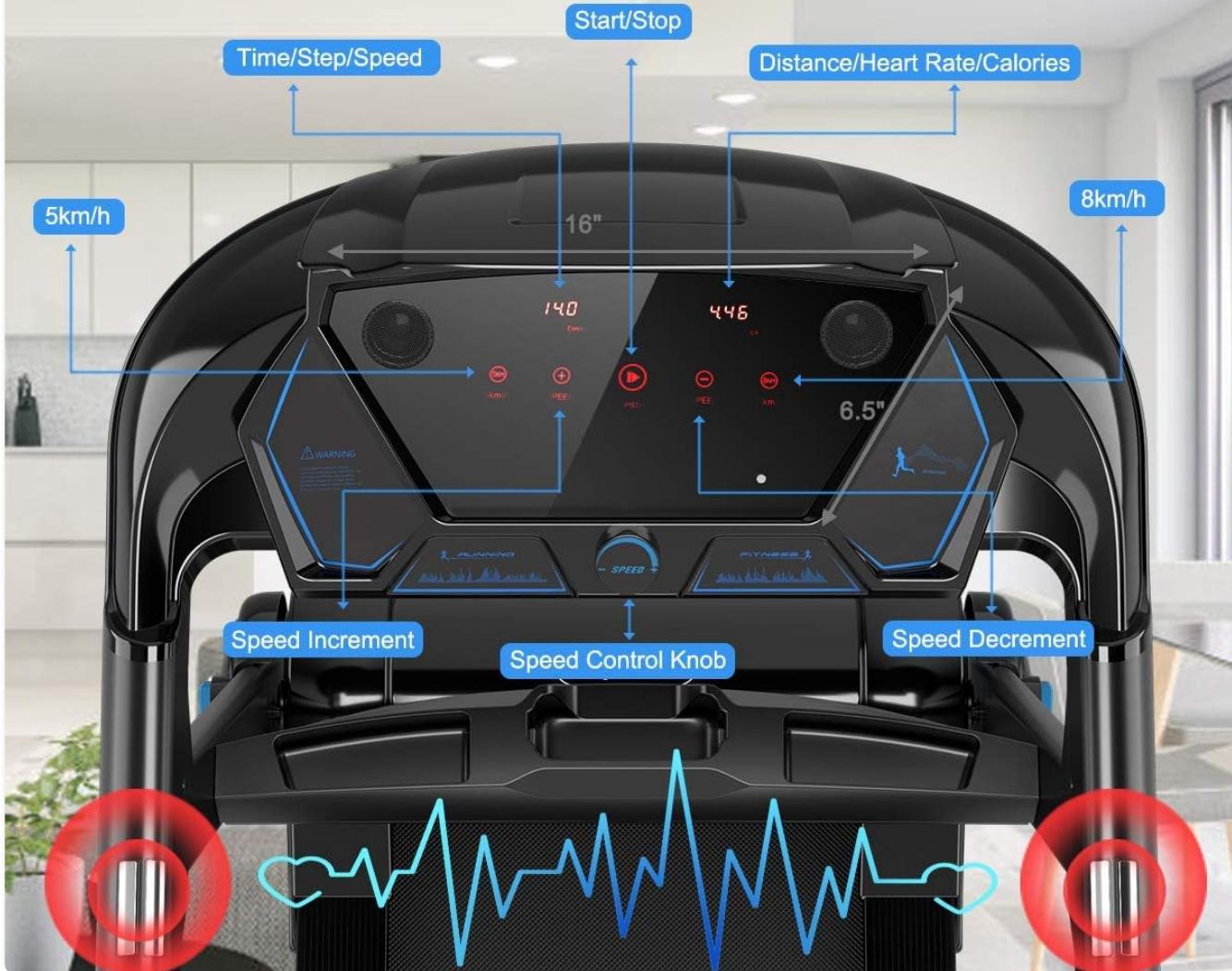


Image: Close-up of the Super Large Digital Display, highlighting controls for Start/Stop, Time/Step/Speed, Distance/Heart Rate/Calories, Speed Increment/Decrement, and Speed Control Knob.

Getting Started:

- Power On:** Plug the treadmill into a grounded electrical outlet. The LED display will light up.
- Attach Safety Key:** Always attach the safety key clip to your clothing before starting. This key is a crucial safety feature that will immediately stop the treadmill if dislodged.
- Start Exercise:**
 - Turn the speed control dial or press the 'Start' button. The treadmill will begin a countdown before the belt starts moving.
 - Begin walking or jogging as the belt starts to move slowly.
- Adjusting Speed:**
 - Use the speed control dial to manually increase or decrease the speed.
 - Utilize the preset speed buttons (e.g., 5 km/h, 8 km/h) for quick adjustments. The treadmill can reach a maximum speed of 7.5 miles per hour (approximately 12 km/h).

- You can switch speed units between miles and kilometers within the companion app.

5. **Monitoring Heart Rate:** Place your hands on the heart rate sensors located on the handrails to monitor your heart rate during your workout.

6. **Stopping the Treadmill:** Press the 'Stop' button. The treadmill will gradually slow down and come to a complete stop.



Heart Rate Sensor



Safety Key Position



Multifunction Bracket



Knob for Folding

Image: Detailed view of the heart rate sensors on the handrails, the safety key attachment point, the multifunction bracket for devices, and the knob used for folding the treadmill.

Additional Features:

- **Bluetooth Speakers:** Connect your device via Bluetooth to enjoy music through the built-in high-performance speakers.
- **MP3 Cable Connectivity:** An MP3 cable can also be used to connect audio devices.
- **Intelligent Health Management App:** The treadmill can connect to a dedicated app for personalized workout data tracking and management.

Bluetooth High-performance Speaker



Image: Overhead view of the treadmill console, showing the integrated Bluetooth high-performance speakers with musical notes emanating from them.

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 abrasive cleaners.
- **Belt Lubrication:** Periodically check the running belt for proper lubrication. Refer to the specific lubrication instructions provided with your treadmill for frequency and method.
- **Belt Tension and Alignment:** Ensure the running belt is properly tensioned and centered. Adjustments may be needed over time to prevent slipping or uneven wear.
- **Storage:** The treadmill features a folding design for compact storage. Utilize the built-in transport wheels to easily move the unit. Store in a dry, cool place away from direct sunlight.

Folding Storage & Saving Space



Image: A woman demonstrating the folding mechanism of the treadmill, illustrating how it can be stored upright or slid under a bed for space-saving.

TROUBLESHOOTING

If you encounter issues with your treadmill, please refer to the following common solutions before contacting customer support.

- **Treadmill Not Starting:**

- Ensure the power cord is securely plugged into a grounded outlet.
- Verify the safety key is correctly inserted into the console.
- Check the circuit breaker on the treadmill (if applicable) and your home's electrical panel.

- **Belt Slipping or Sticking:**

- The running belt may require lubrication.

- Adjust the belt tension according to the instructions in the full manual.

- **Unusual Noises:**

- Ensure all bolts and screws are tightened.
- Check for any foreign objects under the belt or motor cover.

For more complex issues or if troubleshooting steps do not resolve the problem, please contact GYMAX Customer Support.

SPECIFICATIONS

Feature	Detail
Brand	GYMAX
Model Name	Folding Treadmill
Color	Black
Product Dimensions (L x W x H)	60"D x 30.5"W x 46.5"H
Folded Size (L x W x H)	62.5" x 30.5" x 11"
Item Weight	106 Pounds
Maximum Weight Recommendation	265 Pounds
Motor Horsepower	2.25 HP
Maximum Speed	7.5 Miles per Hour
Running Deck Length	48.5 Inches
Running Belt Material	5-layer non-slip belt
Damping System	8-stage damping system
Display Type	LED
Special Features	Built-In Speaker, Heart Rate Monitor, Portable, Shock Absorbent, Wheeled
Connectivity	Heart Rate Sensor, MP3 Cable, Bluetooth (for speakers)
Included Components	Safety Key



Non-slip & Shock-absorbing Running Belt

Image: The treadmill's running belt, highlighting its 48.5-inch length and 17-inch width, along with its non-slip and shock-absorbing properties.

WARRANTY AND SUPPORT

Warranty Information:

The GYMAX Folding Treadmill comes with a **90-day warranty** from the date of purchase. This warranty covers manufacturing defects and ensures the product is free from defects in material and workmanship under normal use. Please retain your proof of purchase for warranty claims.

Customer Support:

For any questions, technical assistance, or warranty claims, please contact GYMAX Customer Support. Refer to the contact information provided with your product packaging or visit the official GYMAX website for support details.

Manufacturer: GYMAX

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