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› GYMAX 2-in-1 Foldable Under Desk Treadmill Instruction Manual

GYMAX B0854B52NW

GYMAX 2-in-1 Foldable Under Desk Treadmill Instruction Manual

Model: B0854B52NW

1. INTRODUCTION

Thank you for choosing the GYMAX 2-in-1 Foldable Under Desk Treadmill. This manual provides essential information for the safe and efficient use, assembly, operation, and maintenance of your new fitness equipment. Please read this manual thoroughly before initial use and retain it for future reference.



Image 1.1: The GYMAX 2-in-1 Foldable Under Desk Treadmill in running configuration, with a user demonstrating its use.

2. SAFETY INFORMATION

To ensure your safety and prolong the life of your treadmill, please observe the following precautions:

- Always consult with a physician before starting any new exercise program.
- Place the treadmill on a flat, stable surface, ensuring adequate clearance around the unit.
- Keep children and pets away from the treadmill during operation.
- Ensure the safety key is properly attached to your clothing and the treadmill console before beginning your workout. The safety key is designed to stop the treadmill immediately in an emergency.

- Do not operate the treadmill if it is damaged or malfunctioning.
- Wear appropriate athletic footwear and clothing.
- Do not exceed the maximum weight capacity of 265 pounds (120 kg).
- Unplug the treadmill from the power outlet when not in use or before cleaning and maintenance.

3. PRODUCT OVERVIEW

The GYMAX 2-in-1 Foldable Under Desk Treadmill offers versatile exercise options, functioning as both a walking pad and a running machine. Its compact design and dual display enhance user experience.

Key Features:

- **2-in-1 Design:** Easily switch between walking mode (with the riser folded down) and running mode (with the riser and armrests up).
- **Dual Display Screens:** Features a touch screen on the armrest and an LED display below to show real-time exercise data such as time, speed, distance, and calories burned.
- **Powerful and Quiet Motor:** Equipped with a 2.25HP motor for high-intensity workouts with minimal noise.
- **Shock-absorbing Running Belt:** A 5-layer non-slip belt provides cushioning for joints and muscles.
- **Safety Key:** Ensures immediate stop in emergencies.
- **Bluetooth Speaker:** Connect your electronic devices to play music during your workout.
- **Phone Holder:** Conveniently holds your device for entertainment or tracking.
- **Easy Portability:** Integrated wheels allow for easy movement and storage.

New Stylish 2-in-1 Folding Treadmill

2 Modes to Meet Your Different Needs

Running Mode: Max 12km/H



Walking Mode: Max 4km/H

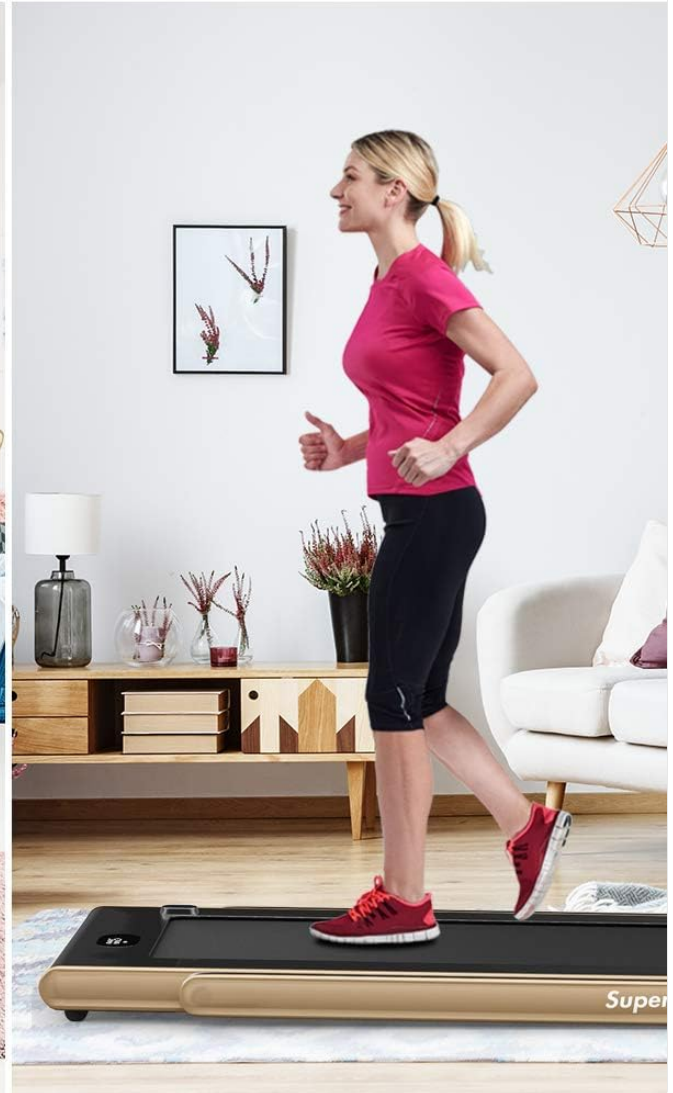


Image 3.1: The treadmill shown in its upright running mode (left) and flat walking pad mode (right).

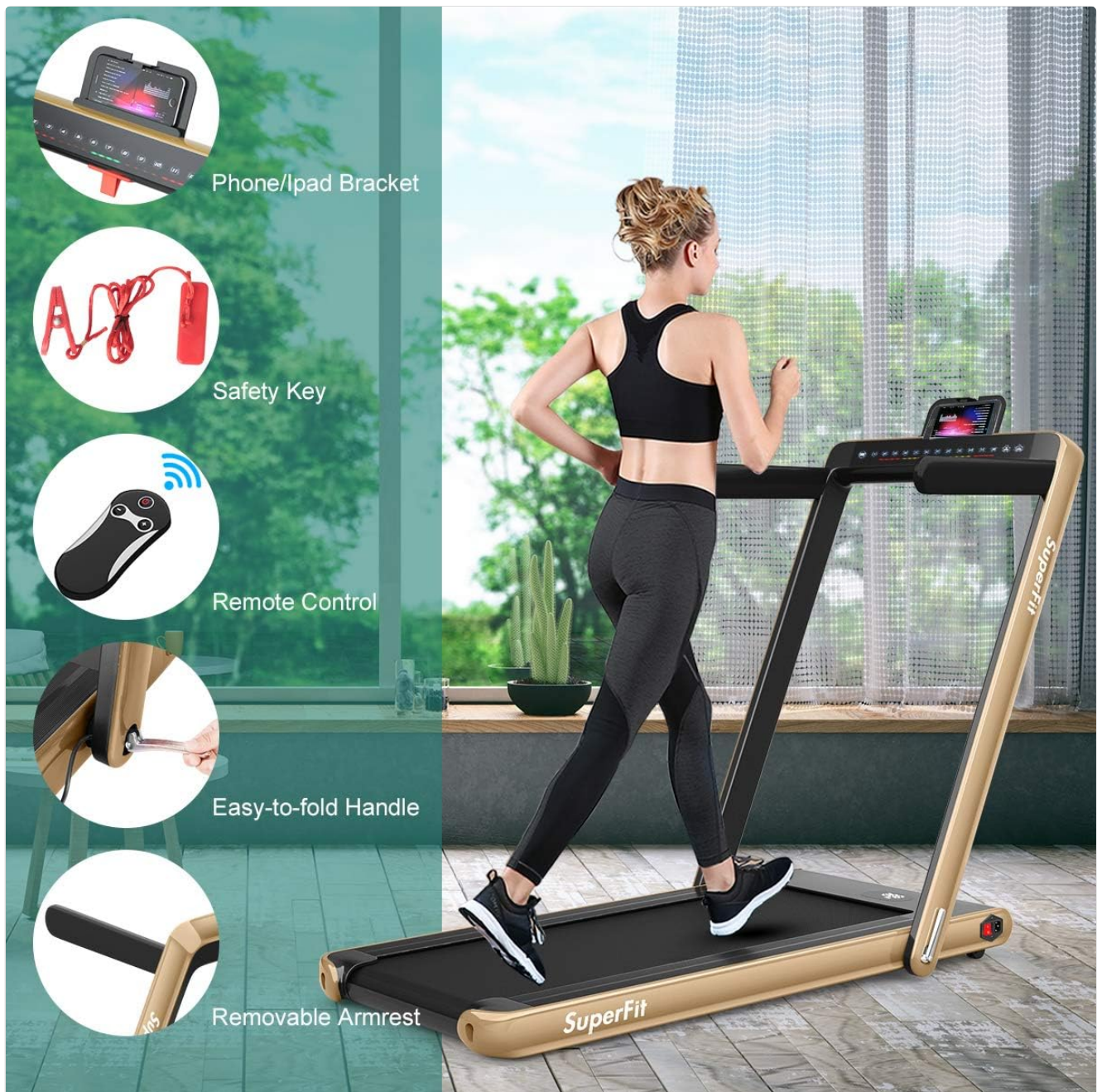


Image 3.2: Included accessories: phone/iPad bracket, safety key, remote control, and details of the easy-to-fold handle and removable armrest.

4. SETUP

The GYMAX treadmill features an installation-free design, requiring minimal assembly.

1. **Unpacking:** Carefully remove the treadmill from its packaging. It is recommended to have two people for this step due to the unit's weight.
2. **Positioning:** Place the treadmill on a level surface in your desired workout area.
3. **Unfolding (for Running Mode):** Unlock the hinge mechanism to raise the vertical bar. Secure the armrests by screwing them into place. Ensure all locking mechanisms are fully engaged before use.
4. **Power Connection:** Plug the power cord into a grounded electrical outlet. Ensure the power switch on the treadmill is in the OFF position before plugging it in.
5. **Safety Key:** Attach the safety key to the designated slot on the console. The treadmill will not operate without the safety key in place.



Image 4.1: The treadmill fully unfolded with armrests extended, ready for running mode.

5. OPERATING INSTRUCTIONS

5.1 Power On/Off

- Locate the power switch, usually at the front base of the treadmill. Flip it to the 'ON' position.
- Ensure the safety key is inserted into the console.
- To turn off, flip the power switch to 'OFF' and remove the safety key.

5.2 Modes of Operation (Walking vs. Running)

- **Walking Mode:** With the riser folded down, the treadmill operates as a walking pad. Speed range: 0.6-2.5 MPH (1-4 km/h). This mode is ideal for use under a standing desk.
- **Running Mode:** With the riser and armrests fully extended and secured, the treadmill functions as a running machine. Speed range: up to 7.5 MPH (12 km/h).



Image 5.1: Visual representation of the treadmill in running mode (left, max 12km/h) and walking mode (right, max 4km/h).

5.3 Console and Remote Control

- **Start/Stop:** Press the 'Start' button on the console or remote to begin. Press 'Stop' to pause or end your workout.
- **Speed Adjustment:** Use the 'Speed+' and 'Speed-' buttons on the console or remote to increase or decrease the belt speed.
- **Display:** The LED display shows time, speed, distance, and calories. The touch screen on the armrest provides additional data and visual feedback.



Image 5.2: Detail of the dual screen display showing speed and other metrics, along with the integrated Bluetooth speaker.

5.4 Bluetooth Speaker and Phone Holder

- **Bluetooth Connection:** Activate Bluetooth on your electronic device and search for the treadmill's Bluetooth name (refer to the console display or product information for the exact name). Pair your device to play audio through the integrated speaker.
- **Phone Holder:** Place your smartphone or tablet securely in the designated holder on the console for easy viewing during your workout.

6. MAINTENANCE

Regular maintenance ensures optimal performance and longevity of your treadmill.

- **Cleaning:** Wipe down the treadmill surfaces with a damp cloth after each use. Avoid using abrasive cleaners or solvents.
- **Belt Lubrication:** Periodically lubricate the running belt according to the instructions provided with your treadmill's lubricant. This typically involves applying a small amount of silicone oil under the belt. Frequency depends on usage, but generally every few months for moderate use.
- **Belt Adjustment:** If the running belt feels loose or shifts to one side, it may require adjustment. Refer to the specific instructions for adjusting belt tension and centering, usually involving hex keys and adjustment bolts at the rear of the treadmill.
- **Inspection:** Regularly inspect all bolts and connections to ensure they are tight and secure.



Image 6.1: Illustration of the multi-layer running belt designed for wear resistance, sound insulation, high strength support, shock absorption, and compression.

7. TROUBLESHOOTING

If you encounter issues with your treadmill, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Treadmill does not start	Power cord not plugged in, power switch off, safety key not inserted.	Ensure power cord is securely plugged in, power switch is ON, and safety key is fully inserted.
Error Code E01	Communication error, often related to a sensor near the motor.	Turn off the treadmill, unplug it, wait 5 minutes, then plug it back in and restart. If the error persists, contact customer support.
High-pitched or rattling sound	Lack of lubrication, loose components, debris under the motor cover.	Lubricate the running belt. Check and tighten any visible loose screws. If comfortable, carefully inspect for debris under the motor cover (ensure power is disconnected).
Running belt pauses or slips	Belt too loose, worn belt, motor issue.	Adjust belt tension. If the problem persists after adjustment and lubrication, contact customer support.
Random sounds from speaker	Bluetooth interference from nearby devices.	Ensure your device is properly paired. If random sounds persist, try disconnecting and reconnecting Bluetooth. If necessary, temporarily disable Bluetooth on the treadmill or nearby devices.

8. SPECIFICATIONS

Feature	Specification
Brand	GYMAX
Model	B0854B52NW
Product Dimensions (Unfolded)	132.08 x 68.58 x 106.68 cm (52 x 27 x 42 inches)
Product Dimensions (Folded)	132.08 x 68.58 x 12.7 cm (52 x 27 x 5 inches)
Item Weight	33.57 kg (74 lbs)
Maximum Weight Capacity	265 Pounds (120 kg)
Motor Horsepower	2.25 HP
Speed Range (Walking Mode)	0.6 - 2.5 MPH (1 - 4 km/h)
Speed Range (Running Mode)	1 - 7.5 MPH (1 - 12 km/h)
Running Area	40 x 16 inches

Feature	Specification
Display Type	LED, Touch Screen
Material	Alloy Steel Frame, ABS
Special Features	Compact Design, Foldable, Bluetooth Speaker, Phone Holder, Safety Key



Image 8.1: Detailed dimensions of the treadmill when folded (52"x27"x5") and unfolded (49"x27"x42"), alongside a table of specifications including motor power, weight capacity, sound level, running area, speed, and shock absorption.

9. WARRANTY AND SUPPORT

For warranty information, technical support, or to inquire about replacement parts, please contact GYMAX directly. Refer to your purchase documentation or the GYMAX official website for the most current contact details.

Manufacturer: GYMAX

Place of Business: GYMAX, 75 Quarterman Road, Guelph, Ontario N1C 1C3 CA

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Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

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Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question