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› GYMAX Walking Pad User Manual

GYMAX Walking Pad

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Model: Walking Pad

Brand: GYMAX

INTRODUCTION

The GYMAX Walking Pad is a versatile 2-in-1 fitness machine designed for both walking and running, suitable for home and office environments. Its foldable and compact design makes it ideal for small spaces, offering a convenient way to integrate exercise into your daily routine. This manual provides essential information for safe operation, setup, maintenance, and troubleshooting.

IMPORTANT SAFETY INFORMATION

Please read all instructions carefully before using the GYMAX Walking Pad. Retain this manual for future reference.

- Always place the treadmill on a flat, stable surface.
- Ensure adequate clear space around the treadmill (at least 2 meters behind and 1 meter on each side).
- Do not use the treadmill on carpet, especially with long fur, to prevent overheating and potential damage to the motor.
- Keep children and pets away from the treadmill during operation.
- Always attach the safety key clip to your clothing before starting the treadmill. The treadmill will stop immediately if the safety key is dislodged.
- Do not step on or off the treadmill while the belt is moving.
- Consult a physician before starting any exercise program.
- Maximum user weight capacity: 265 Pounds.

COMPONENTS AND FEATURES

- **2-in-1 Design:** Functions as both a walking pad (handlebar folded) and a running treadmill (handlebar raised).
- **2.25HP Quiet Motor:** Provides smooth and quiet operation.
- **5-Layer Shock-Absorbing Running Belt:** Designed for joint and muscle comfort.
- **LED Display:** Shows time, speed, distance, and calories.
- **Smart App & Remote Control:** Control speed and monitor progress via a dedicated app or the included remote.
- **Bluetooth Speaker:** Allows for music playback during workouts.
- **Phone Bracket:** Conveniently holds your mobile device.
- **Safety Key:** Emergency stop mechanism.

- **Built-in Transport Wheels:** For easy movement and storage.
- **Included Components:** Lubricant for maintenance.

SETUP AND ASSEMBLY

The GYMAX Walking Pad features an installation-free design, meaning minimal assembly is required. It is largely ready to use right out of the box.

1. **Unpack:** Carefully remove the treadmill from its packaging.
2. **Positioning:** Place the treadmill on a hard, flat, and level surface. Ensure it is not on carpet to prevent motor overheating.
3. **Handlebar Setup (Optional for Running Mode):** If you intend to use the treadmill for running, raise the handlebar to its upright position and secure it according to the instructions provided in the quick start guide. For walking mode, the handlebar can remain folded down.
4. **Connect Power:** Plug the power cord into a grounded electrical outlet.
5. **Install Phone Holder:** Attach the phone holder to the handlebar if desired.



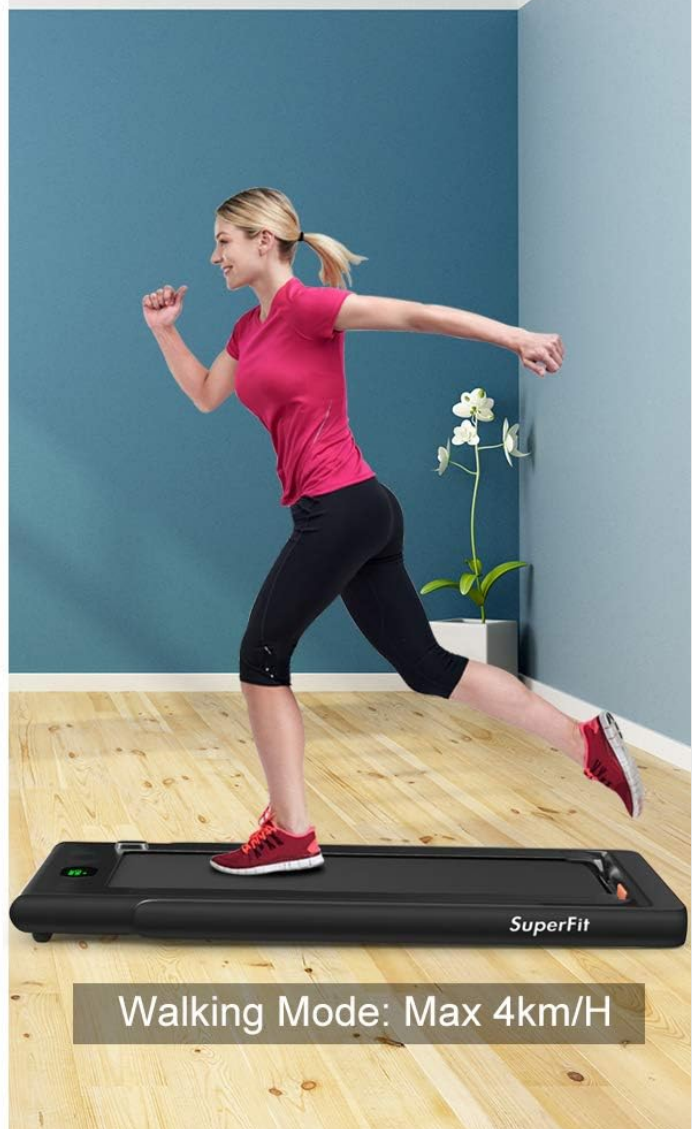
Image: The GYMAX Walking Pad shown in both its upright running configuration and folded-down walking pad configuration.

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: A visual comparison of the GYMAX Walking Pad in its running mode (handlebar up) and walking mode (handlebar folded down).

OPERATING INSTRUCTIONS

Getting Started

1. **Power On:** Locate the power switch, usually at the front or side of the base, and turn it on. The LED display will illuminate.
2. **Attach Safety Key:** Secure the safety key clip to your clothing. Insert the magnetic end of the safety key into its designated slot on the treadmill's console. The treadmill will not operate without the safety key in place.
3. **Remote Control:** The treadmill is primarily controlled by the included remote. Ensure the remote has working batteries.
4. **Start Workout:** Press the 'Start' button on the remote control. The belt will begin to move at a low speed.
5. **Adjust Speed:** Use the '+' and '-' buttons on the remote to increase or decrease the speed.
 - **Walking Mode:** When the riser is folded, the speed range is typically 0.6 MPH to 2.5 MPH.
 - **Running Mode:** When the riser is raised, the maximum speed can reach 7.5 MPH.
6. **Stop Workout:** Press the 'Stop' button on the remote control to gradually slow down and stop the treadmill. In an

emergency, pull the safety key to immediately stop the belt.

Using the Smart App and Bluetooth

- **Download App:** Download the GYMAX smart app from your device's app store (Google Play or Apple App Store).
- **Connect Bluetooth:** Enable Bluetooth on your mobile device and pair it with the treadmill. Follow the app's instructions for connection.
- **App Functions:** The app allows you to control the treadmill, track your workout data (time, speed, distance, calories), and switch speed units between miles and kilometers.
- **Bluetooth Speaker:** Once connected via Bluetooth, you can play music through the treadmill's built-in speaker.



Image: Close-up of the LED display showing workout metrics, a smartphone screen displaying the companion app, and the integrated Bluetooth speaker.



Image: A user running on the treadmill with a phone placed in the holder, highlighting the Bluetooth function for music playback through the high-performance speaker.

MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your GYMAX Walking Pad.

- **Cleaning:** Wipe down the treadmill with a damp cloth after each use to remove sweat and dust. Avoid using abrasive cleaners.
- **Lubrication:** The running belt requires periodic lubrication to reduce friction and extend its lifespan. Use the provided lubricant or a silicone-based treadmill lubricant.
 - Apply lubricant under the center of the running belt, ensuring it spreads evenly.
 - Frequency of lubrication depends on usage; typically every 1-3 months with regular use.
- **Belt Adjustment:** If the running belt shifts to one side, it may need adjustment. Refer to the detailed instructions in the full product manual for proper belt alignment procedures.
- **Storage:** When not in use, the treadmill can be folded into a compact size and stored under a bed or sofa. Utilize the built-in

transport wheels for easy movement.

Foldable Design

Easy to store and save space



Image: Illustration of the foldable design, showing how the handlebar can be lowered for compact storage under furniture like a bed or sofa.



Image: A user demonstrating the ease of moving the GYMAX Walking Pad using its built-in transport wheels.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Treadmill does not start.	Power switch off, safety key not inserted, power cord loose.	Ensure power switch is ON, safety key is fully inserted, and power cord is securely plugged in.
Remote control not working.	Low or dead batteries, remote not paired.	Replace remote batteries. Refer to the full manual for remote pairing instructions if needed.
Belt slipping or hesitating.	Lack of lubrication, belt too loose.	Lubricate the running belt. Adjust belt tension as per the full manual.
Unusual noise during operation.	Loose parts, belt friction, motor issue.	Check for loose screws. Lubricate belt. If noise persists, contact customer support.

Problem	Possible Cause	Solution
Overheating.	Used on carpet, prolonged high-speed use without proper ventilation.	Ensure treadmill is on a hard surface. Allow for cool-down periods between intense workouts.

SPECIFICATIONS

Feature	Detail
Brand	GYMAX
Model Name	Walking Pad
Color	Black
Motor Horsepower	2.25 HP
Maximum Speed	7.5 Miles per Hour
Minimum Speed	0.6 Miles per Hour
Product Dimensions (LxWxH)	52"D x 27"W x 42"H (Upright)
Folded Size (LxWxH)	52" x 27" x 5"
Item Weight	74 Pounds
Maximum Weight Recommendation	265 Pounds
Running Area (Deck Length)	40 Inches (Length) x 16 Inches (Width)
Material	Acrylonitrile Butadiene Styrene (ABS), Fiberglass
Display Type	LED
Connectivity Technology	Bluetooth
Special Features	Built-In Speaker, Portable, Bluetooth, Foldable, Compact Design
Certifications	CE, ROHS, CB, EN957, IEC (by SGS)



Image: Visual representation of the treadmill's dimensions and a table summarizing its key specifications.

WARRANTY AND SUPPORT

For warranty information, product support, or to purchase extended protection plans, please refer to your purchase documentation or contact GYMAX customer service directly.

- **Customer Support:** For assistance with your product, please reach out to the seller or manufacturer's customer support channels.
- **Protection Plans:** Extended protection plans may be available for purchase to cover your product beyond the standard warranty period.

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.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

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