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Gymform VDPGYCIND0121

Gymform Slim Fold Treadmill PRO User Manual

Model: VDPGYCIND0121

1. IMPORTANT SAFETY INSTRUCTIONS

Before operating the Gymform Slim Fold Treadmill PRO, please read and understand all instructions. Keep this manual for future reference. Failure to follow these instructions may result in injury or damage to the product.

- Always consult a physician before starting any new exercise program.
- Ensure the treadmill is placed on a flat, stable surface.
- Keep children and pets away from the treadmill during operation.
- Do not operate the treadmill if it is damaged or malfunctioning.
- Use the safety key at all times. Attach it to your clothing for immediate stop in case of emergency.
- Wear appropriate athletic footwear.
- Do not exceed the maximum user weight specified on the product label.

2. PRODUCT OVERVIEW

The Gymform Slim Fold Treadmill PRO is a compact and foldable fitness equipment designed for home use. It features automatic programs, variable speed, and adjustable incline levels to support various fitness goals.



Figure 1: Gymform Slim Fold Treadmill PRO. This image shows the treadmill in its unfolded, ready-to-use state, featuring the running deck, control panel, and handlebars.

3. SETUP AND ASSEMBLY

The Gymform Slim Fold Treadmill PRO requires some assembly. Ensure all components are present before beginning.

3.1 Unpacking

1. Carefully remove all components from the packaging.
2. Verify that all parts listed in the packing list are present.
3. Included components: Treadmill unit, instruction manual, training guide, power cord, and mounting hardware.

3.2 Assembly Instructions

1. Place the main frame on a clear, level surface.
2. Attach the upright supports and handlebars using the provided mounting hardware. Ensure all bolts are securely tightened.
3. Connect any necessary cables (e.g., console to motor unit) as per the detailed assembly diagrams in

the included manual.

4. Unfold the running deck carefully until it locks into position.
5. Plug the power cord into a grounded electrical outlet (230V~240V, 50/60Hz).

3.3 Folding and Storage

The treadmill is designed for easy storage. To fold:

1. Ensure the treadmill is turned off and unplugged.
2. Carefully lift the running deck until it locks into its vertical storage position.
3. The folded dimensions are approximately 79 cm (L) x 67 cm (W) x 118 cm (H).
4. Store flat under a bed or vertically in a closet.

4. OPERATING INSTRUCTIONS

4.1 Control Panel Overview

The control panel allows you to manage speed, programs, and monitor your workout data.



Figure 2: Treadmill Control Panel (top left of the main image). This section displays the digital screen, speed controls, program selection buttons, and the safety key slot.

4.2 Starting a Workout

1. Ensure the treadmill is plugged in and the safety key is inserted into its designated slot on the console. Attach the other end of the safety key clip to your clothing.
2. Step onto the treadmill, placing your feet on the side rails.
3. Press the 'START' button. The belt will begin to move at a low speed.
4. Adjust the speed using the '+' and '-' buttons. The treadmill supports variable speeds up to 12 km/h.
5. To adjust the incline, manually set one of the 4 available incline levels before starting your workout.

4.3 Using Automatic Programs

The treadmill includes 3 automatic fitness programs suitable for beginners, intermediate, and advanced users.

1. With the treadmill stopped or running, press the 'PROGRAM' button to cycle through the available programs.
2. Select your desired program and press 'START' to begin. The treadmill will automatically adjust speed and duration according to the program profile.

4.4 Monitoring Your Workout

The digital display shows various metrics:

- **Distance:** Total distance covered during your workout.
- **Calories Burned:** An estimate of calories expended.
- **Heart Rate:** Measured via integrated sensors (if applicable).
- **Speed:** Current running speed.
- **Time:** Duration of your workout.

4.5 Stopping the Treadmill

- Press the 'STOP' button to gradually slow down and stop the treadmill.
- In an emergency, pull the safety key from the console. The treadmill will stop immediately.

5. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your treadmill.

5.1 Cleaning

- Wipe down the treadmill after each use with a damp cloth to remove sweat and dust.
- Do not use abrasive cleaners or solvents.
- Keep the control panel dry.

5.2 Belt Lubrication

The running belt requires periodic lubrication to reduce friction and extend its lifespan. Refer to the specific instructions in your included manual for the recommended lubricant type and application frequency.

5.3 Belt Tension and Alignment

Check the running belt tension and alignment regularly. If the belt slips or drifts to one side, consult the detailed instructions in your manual for adjustment procedures. Incorrect tension or alignment can affect

performance and safety.

6. TROUBLESHOOTING

If you encounter issues with your Gymform Slim Fold Treadmill PRO, refer to the following common troubleshooting steps:

- **Treadmill does not start:**

- Ensure the power cord is securely plugged into a functional outlet.
- Verify that the safety key is correctly inserted into the console.
- Check the main power switch (if present, usually near the power cord inlet).

- **Belt slips or hesitates:**

- The running belt may require lubrication.
- The belt tension may need adjustment. Refer to the maintenance section.

- **Unusual noises:**

- Inspect for loose parts or foreign objects under the belt.
- Lubricate the belt if a squeaking sound is heard.

- **Display not working:**

- Check power connections.
- Ensure the console cables are properly connected.

If the problem persists after attempting these steps, contact customer support.

7. SPECIFICATIONS

Feature	Specification
Brand	Gymform
Model Number	VDPGYCIND0121
Power Input	230V ~ 240V, 50/60Hz
Power Output	500 W
Material	Alloy Steel
Product Dimensions (Unfolded)	158 cm (L) x 67 cm (W) x 118 cm (H)
Product Dimensions (Folded)	79 cm (L) x 67 cm (W) x 118 cm (H)
Item Weight	32 Kilograms
Maximum Speed	Up to 12 km/h
Number of Programs	3 Automatic Programs

Feature	Specification
Incline Levels	4 Adjustable Levels (Manual)
Special Feature	Foldable design
Connectivity Technology	Power Cord
Assembly Required	Yes
Display Size	10 Centimeters (approx.)

Note: Maximum user weight is not explicitly stated in all provided specifications. Please refer to the product label or contact the manufacturer for this critical information.

8. WARRANTY AND SUPPORT

For warranty information, please refer to the documentation included with your purchase or contact the retailer where the product was acquired. Warranty terms and conditions may vary by region and seller. For technical support, spare parts, or service inquiries, please contact Gymform customer service or your authorized dealer. Contact details are typically found on the product packaging or the manufacturer's official website.

Related Documents - VDPGYCIND0121

	<p><u>Gymform Slim Fold Treadmill Pro Instruction Manual</u> User manual and assembly guide for the Gymform Slim Fold Treadmill Pro, detailing setup, operation, maintenance, and troubleshooting for home fitness.</p>
	<p><u>Gymform AB Booster Plus Instruction Manual and Safety Guide</u> Comprehensive guide for the Gymform AB Booster Plus, including safety warnings, assembly instructions, operation details, and maintenance tips. Covers multiple languages for user convenience.</p>
	<p><u>Gymform Vibromax Plus Exercise Guide</u> A comprehensive exercise guide for the Gymform Vibromax Plus, detailing various positions and muscle groups targeted. Includes instructions in multiple languages.</p>

	<p>Gymform Leg Action Instruction Manual</p> <p>Comprehensive instruction manual for the Gymform Leg Action device, covering safety warnings, product description, operating instructions, technical specifications, and cleaning guidelines. Available in multiple languages.</p>
	<p>Gymform AB Generator: Fitnessapparaat voor Buikspieren en Lichaamstraining</p> <p>Ontdek de Gymform AB Generator, een multifunctioneel fitnessapparaat voor cardiotraining, het versterken van buikspieren, benen en armen. Inclusief dieetplan en trainingsgids. Maximaal gebruikersgewicht 110 kg.</p>
	<p>Gymform Slim Fold Treadmill Pro Instruction Manual</p> <p>User manual and assembly guide for the Gymform Slim Fold Treadmill Pro, detailing setup, operation, maintenance, and troubleshooting for home fitness.</p>

Documents - Gymform – VDPGYCIND0121



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[Gymform Slim Fold Treadmill Pro Instruction Manual](#)

User manual and assembly guide for the Gymform Slim Fold Treadmill Pro, detailing setup, operation, maintenance, and troubleshooting for home fitness.

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