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› GYMAX Foldable Treadmill Instruction Manual

## GYMAX B097ZKZDDR

# GYMAX Foldable Treadmill Instruction Manual

Model: B097ZKZDDR

## PRODUCT OVERVIEW

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The GYMAX Foldable Treadmill is a compact and portable running machine designed for home use, offering a convenient way to maintain your fitness routine. It features a powerful yet quiet motor, a variety of preset workout programs, and an intuitive LCD monitor to track your progress. Its easy folding mechanism and robust shock-absorbing system make it an ideal choice for small living spaces while ensuring a comfortable and safe workout experience.



Image: The GYMAX Foldable Treadmill shown in its operational, unfolded state and its compact, folded state, highlighting its space-saving design.

### Key Features:

- **5-Step Assembly & Easy Folding:** Designed for quick setup and convenient storage with minimal effort.
- **12 Preset Programs & 3 Countdown Modes:** Offers diverse workout intensities and scientific training plans, along with customizable time, distance, and calorie goals.
- **Powerful & Silent Motor:** Equipped with a 2hp motor for smooth running at speeds from 0.5-7.5 mph, operating quietly at  $\leq 65$ dB.
- **Multifunctional Control Panel:** Features an LCD display, device holder, cup holder, safety key, and adjustable angle for user comfort. Heart rate sensors are integrated into the handrails.
- **All-Around Shock Absorbing System:** Includes a 7-layer running belt (39.3" x 14"), 8 shock absorbers, and 2 cushioning pads for reduced joint impact and quieter operation.

### SAFETY INFORMATION

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Please read all instructions carefully before using the treadmill. Retain this manual for future reference. Failure to follow

these safety guidelines may result in injury or damage to the product.

- Always place the treadmill on a solid, level surface. Ensure there is at least 2 meters (6.5 feet) of clear space behind the treadmill and 0.6 meters (2 feet) on each side.
- Keep children and pets away from the treadmill during operation.
- Do not operate the treadmill if it has a damaged cord or plug, or if it is not working properly.
- Wear appropriate athletic footwear and clothing during use.
- The maximum user weight for this treadmill is **220 Pounds (approximately 100 kg)**. Do not exceed this weight limit.
- Always attach the safety key clip to your clothing before starting the treadmill. The safety key is designed to stop the treadmill immediately in case of an emergency.
- Consult a physician before beginning any exercise program, especially if you have pre-existing health conditions.
- Unplug the treadmill from the power outlet when not in use or before cleaning and maintenance.

## SETUP AND ASSEMBLY

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The GYMAX Foldable Treadmill is designed for easy and quick assembly, with most components pre-assembled. Follow these steps to set up your treadmill:

1. **Unpacking:** Carefully remove all components from the packaging. Check the parts list in the included user manual to ensure all parts are present.
2. **Positioning:** Place the main frame of the treadmill on a flat, stable surface where you intend to use it.
3. **Unfolding the Treadmill:** The treadmill comes in a folded configuration. Locate the two knobs on the left side of the treadmill. Screw out the fixed knob, then gently lower the running deck until it is flat on the floor. Screw in the knob to secure the position.
4. **Handlebar Assembly:** Attach the handlebars to the main frame. This typically involves fixing 6 screws and 2 knobs as indicated in the detailed assembly diagram in your physical user manual. Ensure all connections are tight and secure.
5. **Connect Power:** Once fully assembled and stable, connect the power cord to a grounded electrical outlet.

# 2-Step Folding & Setup

Free Standing & 100% Tool-Free Assembly



Image: A visual guide illustrating the simple 2-step process for unfolding the treadmill and securing it for use, including details on the transport wheels.

The treadmill features built-in transport wheels for easy relocation once folded. Simply lift the rear of the treadmill and roll it to your desired storage location.

## OPERATING INSTRUCTIONS

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### Control Panel Overview:

# Control Panel with LCD Monitor



Image: A close-up of the treadmill's control panel, highlighting the LCD display, adjustable angle, device holder, bottle holder, and various control buttons including shortcut keys for speed selection.

The control panel provides all necessary functions for your workout. It includes an LCD display for tracking metrics, a device holder for your phone or tablet, and cup holders. The panel's angle is adjustable for optimal viewing.

- **LCD Display:** Shows Speed, Time, Distance, Calories burned, and Pulse.
- **Start/Stop Buttons:** Initiate or pause your workout.
- **Speed Adjustment:** Use '+' and '-' buttons to increase or decrease speed (0.5-7.5 mph). Shortcut keys are also available for quick speed selection.
- **Mode Button:** Cycle through different display modes or select workout programs.
- **Safety Key:** Insert the safety key into the designated slot on the control panel. The treadmill will not operate without it.

## Workout Programs and Modes:

# 12 Built-in Workout Programs

Help you to achieve different training goals

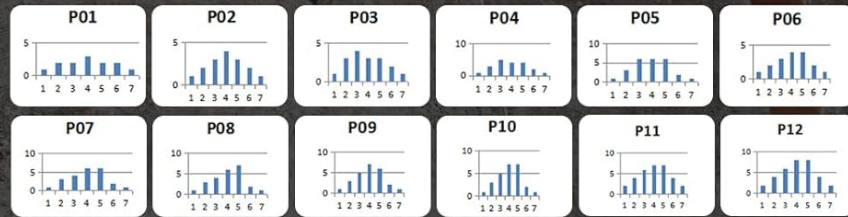


Image: A visual representation of the 12 built-in workout programs (P01-P12), each with a unique speed and intensity profile designed to help users achieve different training goals.

- **12 Preset Programs (P01-P12):** These programs automatically adjust speed and intensity over time. Select a program using the Mode button and press Start to begin.
- **3 Countdown Modes:**
  - **Time Countdown:** Set a target workout duration.
  - **Distance Countdown:** Set a target distance to cover.
  - **Calorie Countdown:** Set a target number of calories to burn.

Select these modes via the control panel to customize your free running experience.

## Heart Rate Monitoring:

# Multifunctional Side Handlebars

## Quick Control & Heart Rate Sensors



Image: The multifunctional side handlebars of the treadmill, showing the integrated heart rate sensors and convenient quick control buttons for starting/stopping and adjusting speed.

Grasp the heart rate sensors on both handrails during your workout to monitor your pulse. Your heart rate will be displayed on the LCD screen, helping you stay within your target training zone.

### **Motor and Running Belt:**

# All-Around Shock Absorbing System

Quieter and less impact on joints

**8** Shock Absorbers

**7** Layer Anti-Slip Running Belt



Image: An illustration highlighting the treadmill's 2HP peak power motor, its 0.5-7.5 MPH speed range, and its low noise level ( $\leq 65\text{dB}$ ), emphasizing a powerful and silent running experience.

The treadmill is equipped with a 2hp high-performance motor, providing a smooth and consistent running experience. The motor operates quietly ( $\leq 65\text{dB}$ ), minimizing disturbance to others.

# Product Specification

<b>Voltage</b>	AC 110V 60Hz
<b>Running Area</b>	40" x 14"
<b>Extra Long Cord Length</b>	5.9 ft
<b>Net Weight</b>	57 lbs



Image: A detailed view of the treadmill's all-around shock absorbing system, showcasing the 7-layer anti-slip running belt, 8 shock absorbers, and cushioning foot pads designed for quieter exercise and reduced impact on joints.

The 7-layer running belt (39.3" x 14") provides a non-slip surface. Combined with 8 shock absorbers and 2 cushioning pads, it ensures a comfortable workout with reduced impact on your joints.

## MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your GYMAX Foldable Treadmill. Always unplug the treadmill before performing any maintenance.

- **Cleaning:** Wipe down the treadmill's surfaces, including the control panel and running belt, with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners.
- **Running Belt Lubrication:** The running belt requires periodic lubrication to reduce friction and extend its lifespan. Refer to your physical user manual for specific instructions on how often to lubricate and the type of lubricant to use. Typically, this is done every few months depending on usage.
- **Belt Tension and Alignment:** Over time, the running belt may become loose or shift to one side. Check the belt

tension and alignment regularly. Adjust as needed using the adjustment bolts at the rear of the treadmill, following the instructions in your physical user manual.

- **Motor Cover Cleaning:** Periodically remove the motor cover and vacuum any dust or debris that may have accumulated around the motor and electronic components. Ensure the treadmill is unplugged before doing this.

## TROUBLESHOOTING

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

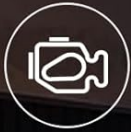
Problem	Possible Cause	Solution
Treadmill does not start.	Power cord not plugged in; Safety key not inserted; Circuit breaker tripped.	Ensure power cord is securely plugged into a grounded outlet. Insert the safety key fully. Check your home's circuit breaker.
Running belt slips or hesitates.	Belt tension too loose; Belt needs lubrication.	Adjust belt tension according to the manual. Lubricate the running belt.
Unusual noise during operation.	Loose parts; Motor or belt issue; Treadmill not on a level surface.	Check and tighten all bolts and screws. Ensure the treadmill is on a level surface. If noise persists, contact customer support.
Display not working correctly.	Loose connection; Sensor issue.	Check all cable connections to the control panel. If the problem continues, contact customer support.

For issues not listed here or if solutions do not resolve the problem, please contact GYMAX customer support.

## SPECIFICATIONS

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# Powerful & Silent Motor



**2HP**  
Peak Power



**0.5-7.5 MPH**  
Speed Range



**≤ 65dB**  
Noise Level



Image: A detailed diagram illustrating the dimensions of the GYMAX Foldable Treadmill in both unfolded and folded states, along with key specifications like running area and net weight.

Specification	Detail
Brand	GYMAX
Model	Foldable Treadmill (ASIN: B097ZKZDDR)
Color	Black
Product Dimensions (Unfolded)	49"D x 23.5"W x 44.5"H
Folded Size	23.5" x 23.5" x 48"
Item Weight	57 Pounds
Material	Alloy Steel, Acrylonitrile Butadiene Styrene (ABS)

Specification	Detail
Maximum Speed	7.5 Miles per Hour
Minimum Speed	0.5 Miles per Hour
Maximum Horsepower	2 Horsepower
Maximum Weight Recommendation	220 Pounds
Running Area (Deck Length x Deck Width)	39.3" x 14"
Display Type	LCD
Number of Programs	12
Power Source	Corded Electric (AC 110V 60Hz)
Noise Level	≤65dB

## WARRANTY AND SUPPORT

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**Warranty:** This GYMAX Foldable Treadmill comes with a **90-day warranty** from the date of purchase. This warranty covers manufacturing defects and issues arising from 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. You can find contact information on the GYMAX official website or through your purchase platform.

An official User Manual in PDF format is available for download: [Download User Manual \(PDF\)](#)