GYMAX Foldable Treadmill

GYMAX Foldable Treadmill User Manual

Model: Foldable Treadmill

IMPORTANT SAFETY INSTRUCTIONS

Before operating the GYMAX Foldable Treadmill, please read all instructions carefully. Keep this manual for future reference.

- Ensure the treadmill is placed on a flat, stable surface.
- Keep children and pets away from the treadmill during operation.
- Wear appropriate athletic footwear.
- Use the safety key at all times. In an emergency, the safety key will immediately stop the treadmill.
- Do not operate the treadmill if it is damaged or malfunctioning.
- Consult a physician before starting any exercise program.
- Unplug the treadmill when not in use and before cleaning or maintenance.

PRODUCT OVERVIEW

The GYMAX Foldable Treadmill is designed for home use, offering a compact and efficient way to perform walking, jogging, and light running exercises. It features an LED display, app control via Bluetooth, and a shock-absorbing running belt.

Image: The GYMAX Foldable Treadmill, showcasing its main components including the console, handlebars, and running deck.

Key Features:

- 2.25 HP Motor for smooth and quiet operation.
- Speed range: 0.62 - 7.5 mph.
- LED display for time, speed, calories, and distance.
- Bluetooth connectivity and GYMAX App control.
- Shock-absorbing running belt (38" x 16").
- Foldable design for easy storage.
- Maximum weight capacity: 220 lbs.

SETUP AND ASSEMBLY

The GYMAX Foldable Treadmill is designed for minimal assembly. Follow these steps to set up your treadmill.

1. **Unpacking:** Carefully remove all components from the packaging. Ensure all parts listed in the package contents are present.
2. **Placement:** Choose a flat, stable surface for the treadmill, ensuring adequate space around it for safe operation and access.
3. **Unfolding:**

    - Gently lift the console and handlebars from their folded position.
    - Secure the uprights into place using the provided locking mechanisms (if any).
    - Ensure all connections are firm and stable.

4. **Power Connection:** Plug the power cord into a grounded electrical outlet.
5. **Safety Key:** Attach the safety key clip to your clothing and insert the safety key into its designated slot on the console. The treadmill will not operate without the safety key in place.

Image: The GYMAX Foldable Treadmill with its dimensions indicated, showing its compact size when unfolded.

OPERATING INSTRUCTIONS

Console Operation:

1. **Power On:** Ensure the safety key is inserted. Press the "Start" button on the console. The treadmill will begin at a low speed.

2. **Adjusting Speed:** Use the "+" and "-" buttons on the console to increase or decrease the running speed. The speed range is 0.62 mph to 7.5 mph.

3. **Monitoring Progress:** The LED display will show your exercise data, including time, speed, distance, and calories burned.

4. **Stopping the Treadmill:** Press the "Stop" button to gradually slow down and stop the treadmill. Alternatively, pull the safety key to immediately stop the treadmill.

App Control (GYMAX App):

1. **Download App:** Download the "GYMAX" app from your device's app store.

2. **Bluetooth Pairing:** Enable Bluetooth on your mobile device. Open the GYMAX app and follow the on-screen instructions to pair with your treadmill.

3. **App Features:** The app allows for advanced exercise management, tracking, and potentially competitive features. Refer to the app's help section for detailed usage.

Image: A person demonstrating proper form while running on a treadmill, illustrating active use.

MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your treadmill.

- **Cleaning:** Wipe down the console and exterior surfaces with a damp cloth after each use. Avoid abrasive cleaners.
- **Belt Lubrication:** The running belt may require lubrication periodically. Refer to the specific instructions provided with your treadmill for the correct type of lubricant and application frequency.
- **Belt Tension and Alignment:** Check the running belt tension and alignment regularly. If the belt slips or drifts to one side, adjust it according to the instructions in the full manual (if available) or contact customer support.
- **Storage:** When not in use, fold the treadmill for compact storage. Ensure it is unplugged.

TROUBLESHOOTING

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

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not plugged in, safety key not inserted, circuit breaker tripped.	Check power connection, ensure safety key is fully inserted, reset circuit breaker.
Running belt slips or hesitates.	Belt tension too loose, belt needs lubrication.	Adjust belt tension (refer to full manual), lubricate the running belt.
Unusual noise during operation.	Loose parts, motor issue, belt friction.	Check for loose bolts and tighten. If noise persists, discontinue use and contact customer support.
App not connecting via Bluetooth.	Bluetooth not enabled, app not updated, interference.	Ensure Bluetooth is on, update app, restart device and treadmill.

For issues not listed here, please contact GYMAX customer support.

SPECIFICATIONS

Feature	Detail
Brand	GYMAX
Model	Foldable Treadmill
Motor Horsepower	2.25 HP
Speed Range	0.62 - 7.5 mph
Running Belt Dimensions	38" L x 16" W
Overall Dimensions (Unfolded)	49" D x 26.5" W x 43.5" H
Folding Dimensions	49" L x 26.5" W x 5.8" H
Net Weight	66 lbs
Maximum Weight Capacity	220 lbs
Display Type	LED
Connectivity	Bluetooth, GYMAX App
Material	ABS, Alloy Steel
Power Source	Corded Electric

WARRANTY AND SUPPORT

For warranty information, please refer to the documentation included with your purchase or contact GYMAX customer support directly.
If you require assistance with your GYMAX Foldable Treadmill, have questions about its operation, or need to report a defect, please contact GYMAX customer service.
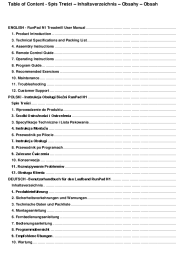
- **Manufacturer:** GYMAX
- **ASIN:** B09BVTS9N8
- **Contact Information:** Please visit the official GYMAX website or refer to your purchase documentation for the most current customer support contact details.
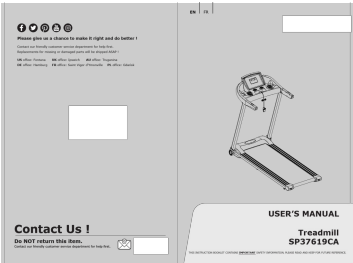
Related Documents - Foldable Treadmill

[T4303B Treadmill User Manual](#)
User manual for the T4303B treadmill, covering safety precautions, product introduction, installation, operation, maintenance, and troubleshooting.

	[Fithrill Treadmill FT-SE02 User Manual](#) Comprehensive user manual for the Fithrill Treadmill Model FT-SE02, covering setup, operation, maintenance, troubleshooting, and warranty information.
	[RunPad N1 Treadmill User Manual - Assembly, Operation & Safety Guide](#) Comprehensive user manual for the RunPad N1 Walking/Jogging Treadmill, covering assembly, operation, safety, maintenance, and troubleshooting for your home fitness needs.
	[THERUN Under Desk Treadmill Product Instruction Manual](#) This manual provides detailed instructions for the THERUN Under Desk Treadmill, covering product features, operation, safety guidelines, maintenance, and troubleshooting. Learn how to set up, use, and care for your treadmill for optimal performance and longevity.
	[AIRHOT Treadmill User Manual](#) Comprehensive user manual for the AIRHOT Under Desk Treadmill, covering safety precautions, assembly, operation, maintenance, and troubleshooting.
	[THERUN Folding Treadmill S200B Product Instruction Manual](#) Comprehensive user manual for the THERUN Folding Treadmill, Model S200B. Includes safety precautions, parts and technical specifications, assembly and operating instructions, maintenance guide, error codes, and warranty information.

Documents - GYMAX – Foldable Treadmill

[Gymax SP37619CA Treadmill User Manual](#)
Comprehensive user manual for the Gymax SP37619CA Treadmill, covering safety precautions, assembly, operation, maintenance, and troubleshooting. Includes information on the Gymax App for enhanced user experience.
lang:en score:29 filesize: 1.92 M page_count: 39 document date: 2023-10-24

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