

## GYMAX GYMAX 3.75HP Folding Treadmill

# GYMAX 3.75HP Folding Treadmill Instruction Manual

Model: GYMAX 3.75HP Folding Treadmill

## 1. INTRODUCTION

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Thank you for choosing the GYMAX 3.75HP Folding Treadmill. This manual provides essential information for the safe and efficient operation, assembly, maintenance, and troubleshooting of your new fitness equipment. Please read this manual thoroughly before initial use and retain it for future reference.

## 2. IMPORTANT SAFETY INFORMATION

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To reduce the risk of serious injury, read all important precautions and instructions in this manual before using the treadmill. GYMAX assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

- Consult your physician before beginning any exercise program.
- Keep children and pets away from the treadmill at all times.
- Place the treadmill on a level surface with at least 2 meters (6.5 feet) of clear space behind it and 0.6 meters (2 feet) on each side.
- Wear appropriate exercise clothing and athletic shoes. Do not wear loose clothing that could get caught in the treadmill.
- Always attach the safety key clip to your clothing before starting the treadmill.
- Do not operate the treadmill if it has a damaged power cord or plug, or if it is not working properly.
- Never step on or off the treadmill while the running belt is in motion.
- Do not attempt to service the treadmill yourself. Contact qualified service personnel for repairs.

## 3. PRODUCT OVERVIEW & FEATURES

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The GYMAX 3.75HP Folding Treadmill is designed for effective home cardio training, featuring a powerful motor, automatic incline, and smart app control.

### Key Features:

- **Powerful 3.75HP Motor:** Provides a quiet and strong performance for various training intensities.

- **5-Layer Running Belt:** A 52" x 17" widened running area with elastic cushioning, wear-resistant, anti-skid, and shock-absorbing properties to protect joints.
- **Automatic Incline (1-15%):** Adjust incline levels to simulate different terrains and increase workout intensity.
- **Diverse Running Programs:** Includes 12 preset programs and 3 user-defined programs (time, distance, calories countdown modes).
- **5" Blue-Ray LCD Display:** Tracks time, speed, distance, calories, incline, heart rate, program, and mode.
- **Heart Rate Sensor:** Integrated into handlebars for instant heart rate monitoring.
- **Smart APP Control:** Connects to the 'Gymax' app for tracking data, training courses, and social sharing.
- **One-Step Folding System:** Features a soft drop system and transportation wheels for easy setup, storage, and mobility.
- **Safety Key:** Ensures immediate stop in case of emergency.

## Automatic Electric Incline Adjustment

Make fat burning more scientific and more efficient



1-5 %  
Flat Road Mode



6-10 %  
Climbing Mode



10-15 %  
Mountaineering Mode

This image illustrates the GYMAX Folding Treadmill's automatic electric incline feature, adjustable from 1% to 15%. It highlights different incline modes suitable for various exercise intensities, including flat road, climbing, and mountaineering. The treadmill has a weight capacity of 265 lbs.



This image demonstrates the versatile speed settings of the GYMAX Folding Treadmill, catering to different workout types: 0.5-3 MPH for walking, 3-6 MPH for jogging, and 6-10 MPH for running.



A close-up of the GYMAX Folding Treadmill's multifunctional blue-ray control panel, featuring quick incline and speed buttons, volume control, and a Bluetooth speaker. The display tracks time, distance, calories, speed, pulse, and incline. Additional features shown include a safety key, front and rear transportation wheels, a cup/phone holder, and a heart rate test armrest.

# 3.75 HP Powerful & Quiet Motor

Supports Speeds Ranging from 0.5-10 MPH



Safe



Strong



Energy Saving



Mute



52"

17"



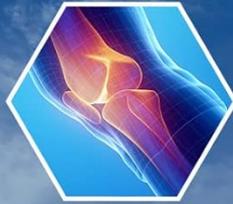
**Widened & Lengthened Diamond-Coating Running Area**

This image showcases the GYMAX Folding Treadmill's 3.75 HP powerful and quiet motor, capable of supporting speeds from 0.5 to 10 MPH. It also highlights the widened and lengthened 52x17 inch diamond-coating running area, ensuring a comfortable and safe workout.

# Non-Slip & Shock-Absorbing Running Belt



Protect ankles



Protect knee



Protect waist



This image details the advanced 5-layer running belt of the GYMAX Folding Treadmill, designed for non-slip and shock-absorbing performance. The layers include a wear-resistant diamond coating, a shockproof cushion layer, a PEP sound insulation layer, a shock-absorbing layer, and a silent compartment, all contributing to joint protection.

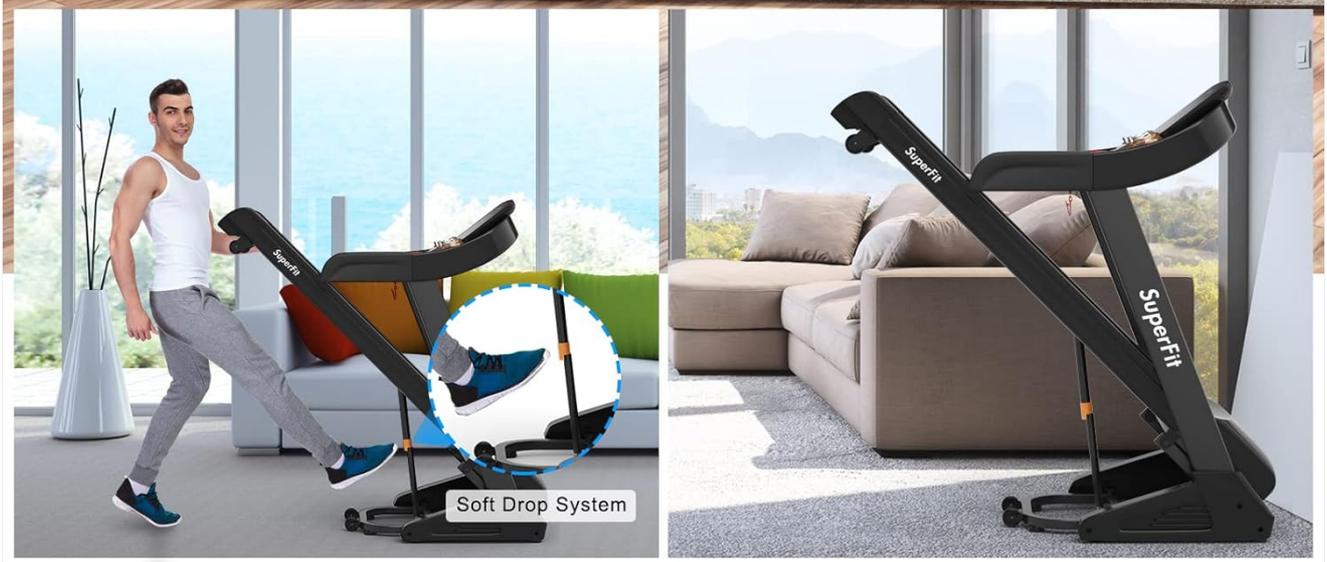
## 4. SETUP INSTRUCTIONS

The GYMAX Folding Treadmill features a one-step folding system for easy setup. Follow these steps to prepare your treadmill for use:

1. **Unpack:** Carefully remove the treadmill from its packaging and place it on a flat, stable surface.
2. **Unfold:** Gently lift the running deck until it locks into place. Ensure the safety lock is engaged.
3. **Position:** Place the treadmill in your desired workout area, ensuring adequate clearance around the unit as specified in the safety section.
4. **Connect Power:** Plug the power cord into a grounded electrical outlet.
5. **Attach Safety Key:** Secure the safety key to the console and clip the other end to your clothing. The treadmill will not operate without the safety key in place.

## Folding Design for Convenient Storage

Make the most of your home space



This image illustrates the space-saving folding design of the GYMAX Folding Treadmill. It shows the treadmill being folded upwards and then lowered using its soft drop system, making storage convenient and safe.

## 5. OPERATING INSTRUCTIONS

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### 5.1 Power On/Off

- To power on, ensure the safety key is attached, then press the START button on the console.
- To power off, press the STOP button. For complete power off, unplug the treadmill from the wall outlet.

### 5.2 Speed Adjustment

- Use the Speed Control Button (rotary knob) on the console to increase or decrease the running belt speed.
- Quick Speed Buttons allow for instant speed changes to preset levels.

### 5.3 Incline Adjustment

- Use the Quick Incline Buttons on the console to adjust the incline level from 1% to 15%.

### 5.4 Programs

- **Preset Programs:** Select from 12 pre-programmed workouts designed for various fitness goals. Refer to the console display for program details.
- **User-Defined Programs:** Create and save up to 3 custom programs based on time, distance, or calorie goals.

### 5.5 Heart Rate Monitoring

- Grasp the heart rate test armrests on the handlebars to monitor your pulse. The reading will appear on the LCD display.

### 5.6 GYMAX App Control

- Download the 'Gymax' app from the App Store or Google Play.
- Enable Bluetooth on your device and pair it with the treadmill.
- Use the app to track exercise data, access training courses, and share fitness achievements.

**Specially Developed Fitness APP**

GET IT ON Google Play  
Get it on Google play

Download on the App Store  
Download on the App Store

Download for Android  
Download for Android

- Track Your Exercise Data
- Control Your Running Speed
- Engaged In Training Courses
- Connect With Bluetooth Speaker

This image highlights the smart GYMAX App control feature, allowing users to track exercise data, engage in multiple training courses, and share fitness data on social media. The app is available for download on Google Play and the App Store.

### 5.7 Folding and Storage

- To fold, ensure the treadmill is off and unplugged. Gently lift the running deck until it locks into the upright position.

- To unfold, push the release lever and slowly lower the running deck using the soft drop system.
- Use the integrated transportation wheels to move the folded treadmill for storage.

## 6. MAINTENANCE

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

- **Cleaning:** Wipe down the console and other surfaces with a damp cloth after each use. Do not use abrasive cleaners.
- **Running Belt Lubrication:** Lubricate the running belt every 3 months or after 100 hours of use, whichever comes first. Refer to the specific lubrication instructions provided with your treadmill.
- **Belt Tension and Alignment:** Periodically check the running belt for proper tension and alignment. Adjust as needed according to the instructions in the full user manual.
- **Motor Cover:** Keep the motor cover clean and free of dust to ensure proper ventilation.

## 7. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
Treadmill does not start.	Power cord unplugged, safety key not in place, 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 running belt.
Unusual noise during operation.	Loose components, motor issues, belt friction.	Check for loose screws, ensure proper lubrication. If noise persists, contact customer support.
Heart rate monitor not working.	Hands not properly placed on sensors, dirty sensors.	Ensure firm and clean contact with both sensors.

## 8. SPECIFICATIONS

Detailed technical specifications for the GYMAX 3.75HP Folding Treadmill.

Specification	Value
Product Dimensions	165.1 x 72.39 x 127 cm
Item Weight	63.5 kg (140 Pounds)
Motor Horsepower	3.75 HP
Speed Range	0.5 - 10 MPH
Automatic Incline	1 - 15%
Running Area	52" x 17"

Specification	Value
Maximum Weight Capacity	265 Pounds
Display Type	5-inch Blue-Ray LCD
Number of Programs	12 Preset, 3 Custom
Power Source	Corded Electric (110V 60HZ)
Material	Acrylonitrile Butadiene Styrene (ABS), Alloy Steel, Polyvinyl Chloride (PVC)



Power: 3.75HP

Loading Bearing: 265lbs

Material: Steel, ABS

Speed: 0.5-10MPH

Net Weight: 140lbs

Sound: <60db

Running Area: 52" x 17"

Voltage: 110V 60HZ

Electric Incline: 1%-15%

This image provides an overview of the GYMAX Folding Treadmill's dimensions and key specifications, including its 3.75HP motor, 265 lbs loading capacity, speed range of 0.5-10 MPH, 1-15% electric incline, 52x17 inch running area, and a net weight of 140 lbs.

## 9. WARRANTY AND SUPPORT

For warranty information, technical support, or replacement parts, please refer to the contact information provided at the point of purchase or visit the official GYMAX website. Please have your model number and purchase date available when

contacting support.