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GYMAX GYMAX Folding Treadmill

GYMAX Folding Treadmill User Manual

Model: GYMAX Folding Treadmill

INTRODUCTION

This manual provides essential information for the safe and effective use of your GYMAX Folding Treadmill. Please read this manual thoroughly before assembly, operation, or maintenance to ensure proper function and to prevent injury. Keep this manual for future reference.

IMPORTANT SAFETY INFORMATION

- Always consult with a physician before starting any exercise program.
- Place the treadmill on a flat, stable surface with at least 2 feet of clear space on each side and 6 feet behind it.
- Keep children and pets away from the treadmill during operation.
- Ensure the safety key is properly attached to your clothing before starting the treadmill. The treadmill will stop if the safety key is dislodged.
- 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.
- Do not step on or off the treadmill while the belt is moving.
- Unplug the treadmill from the power outlet when not in use, before cleaning, or before performing any maintenance.
- The maximum user weight capacity for this treadmill is 198 pounds (approximately 90 kg). Do not exceed this limit.

PRODUCT OVERVIEW

The GYMAX Folding Treadmill is designed for home use, offering a compact and versatile solution for your fitness needs. Key features include:

- Adjustable speed from 0.6 to 7.5 MPH.
- 12 preset programs and 3 different modes for varied workouts.
- 5-layer shockproof and anti-slip running belt for joint protection.
- Clear LED monitor displaying time, speed, distance, calories, and heart rate.

- Heart rate sensors integrated into handrails.
- Adjustable device holder for phones or tablets.
- Bluetooth connectivity for audio streaming ("EsangAudio") and GYMAX App control.
- Foldable design with 2 built-in wheels for easy movement and storage.
- Safety key for emergency stops.

Components and Features



Figure 1: The GYMAX Folding Treadmill shown in its operational, unfolded state (left) and its compact, folded state (right) for storage.

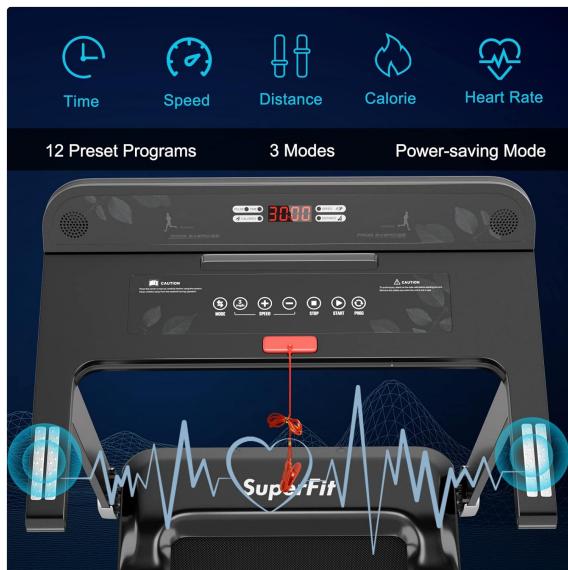


Figure 2: Close-up of the control panel, featuring the LED monitor, buttons for speed adjustment, start/stop, mode selection, and program selection. Icons for time, speed, distance, calorie, and heart rate are visible.

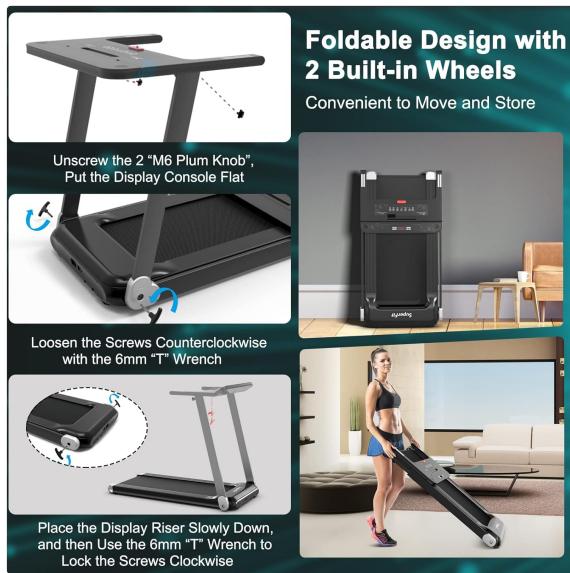


Figure 3: Illustration of the treadmill's Bluetooth connectivity with the GYMAX App, allowing users to control the treadmill, record fitness data, and share exercise results.



Figure 4: Various detailed features: the adjustable device holder on the console, the red safety key for emergency stops, the integrated Bluetooth speaker, and the adjustable foot pads for stability.



Figure 5: Diagram illustrating the 5-layer running belt construction, designed for shock absorption and noise reduction, providing a comfortable and safe running surface.

SETUP INSTRUCTIONS

- 1. Unpacking:** Carefully remove all components from the packaging. Retain packaging materials for potential future transport or returns.
- 2. Placement:** Choose a flat, stable surface for the treadmill, ensuring adequate clearance around the unit as described in the Safety Information section.
- 3. Unfolding the Treadmill:**
 - Locate the two M6 Plum Knobs on the display console. Unscrew these knobs.
 - Loosen the screws counter-clockwise using the provided 6mm "T" wrench at the base of the display riser.
 - Slowly raise the display console to its upright position.
 - Once upright, use the 6mm "T" wrench to tighten the screws clockwise to lock the display riser securely in place.
 - Re-attach and tighten the two M6 Plum Knobs to secure the display console.



Figure 6: Visual guide for unfolding the treadmill, detailing the steps to secure the display console and handles for operation.

- 4. Power Connection:** Plug the power cord into a grounded electrical outlet. Ensure the power switch on the treadmill is in the OFF position before plugging in.
- 5. Safety Key:** Attach the red safety key clip to your clothing. The magnetic end of the safety key must be placed on the designated area of the console for the treadmill to operate.

OPERATING INSTRUCTIONS

Control Panel Functions

The LED monitor displays key workout data. Familiarize yourself with the buttons and their functions:

- **START:** Press to begin your workout.
- **STOP:** Press to pause or end your workout.
- **SPEED +/-:** Adjusts the running belt speed.
- **MODE:** Cycles through different workout modes (e.g., manual, preset programs).
- **PROG:** Selects from the 12 preset workout programs.
- **Heart Rate Sensors:** Grip the handrail sensors to display your heart rate on the LED monitor.

Starting a Workout

1. Ensure the treadmill is plugged in and the safety key is correctly placed on the console and clipped to your clothing.
2. Step onto the treadmill belt, holding onto the handrails for balance.
3. Press the **START** button. The belt will begin moving at a low speed.
4. Adjust the speed using the **SPEED +/-** buttons to your desired pace (0.6 - 7.5 MPH).
5. To use a preset program, press the **PROG** button to select a program before pressing START, or during a workout to switch programs.

Using Bluetooth and GYMAX App

- **Bluetooth Speaker:** Enable Bluetooth on your device and connect to "EsangAudio" to play music through the treadmill's built-in speakers.
- **GYMAX App Control:** Download the GYMAX App from your device's app store. Follow the in-app instructions to connect your treadmill. The app allows for advanced control, tracking of fitness data, and sharing exercise results.

MAINTENANCE

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

- **Cleaning:**
 - Unplug the treadmill before cleaning.
 - Wipe down the console and exterior surfaces with a damp cloth. Avoid abrasive cleaners or excessive moisture.
 - Periodically vacuum under the treadmill to prevent dust and debris buildup.
- **Running Belt Lubrication:**
 - The running belt requires periodic lubrication to reduce friction and extend its lifespan. Refer to the specific instructions provided with your treadmill's lubricant.
 - Typically, lift the edge of the belt and apply silicone lubricant directly onto the deck.
- **Belt Tension and Alignment:**
 - If the running belt feels loose or slips, it may need tensioning. If it drifts to one side, it may need alignment.
 - Consult the detailed instructions in the full product manual or contact customer support for precise adjustment procedures. Incorrect adjustments can damage the treadmill.

TROUBLESHOOTING

This section addresses common issues you might encounter. For problems not listed here, please contact customer support.

Problem	Possible Cause	Solution
Treadmill does not start.	Power cord not plugged in; Safety key not in place; Power switch off.	Ensure power cord is securely plugged into a grounded outlet. Verify the safety key is correctly positioned on the console. Turn the power switch to ON.
Running belt slips or hesitates.	Belt tension too loose; Belt requires lubrication.	Adjust belt tension (refer to full manual for specific steps). Lubricate the running belt as per maintenance instructions.
Unusual noise during operation.	Loose components; Lack of lubrication; Foreign object under belt.	Check for and tighten any loose screws or bolts. Lubricate the belt. Inspect under the belt for any obstructions. If noise persists, discontinue use and contact support.
Heart rate monitor is inaccurate or not working.	Improper hand placement; Dry hands; Sensor malfunction.	Ensure both hands are firmly gripping the sensors. Moisten hands slightly if they are too dry. If the issue persists, the sensor may require service.
Treadmill stops suddenly during use.	Safety key dislodged; Overload; Power interruption.	Check if the safety key has come off. Ensure user weight is within the maximum capacity. Verify stable power supply. If this happens frequently, contact customer support immediately as it may indicate a serious issue.

SPECIFICATIONS

Attribute	Value
Brand	GYMAX
Model	Folding Treadmill
Product Dimensions (Unfolded)	113.03 x 58.42 x 93.98 cm (44.5" x 23" x 37" L x W x H)
Product Dimensions (Folded)	44.5" x 23" x 4" (L x W x H)
Item Weight	25.4 kg (56 lbs)
Maximum Weight Capacity	198 Pounds (approx. 90 kg)
Colour	Silvery
Material	Acrylonitrile Butadiene Styrene (ABS), Alloy Steel
Display Type	LED
Display Size	2 Inches

Attribute	Value
Speed Range	0.6 - 7.5 MPH
Horsepower	1.5 Horsepower
Number Of Programs	12
Power Source	Corded Electric (110V/60Hz)
Included Components	Safety Key



Figure 7: Visual representation of the treadmill's dimensions in both unfolded and folded configurations, along with a summary of key specifications.

WARRANTY AND SUPPORT

For specific warranty details, including coverage period and terms, please refer to the warranty card included with your product or contact GYMAX customer service directly. Keep your proof of purchase for warranty claims.

If you require technical assistance, have questions about operation, or need to report a defect, please contact GYMAX customer support through their official website or the contact information provided with your purchase. Provide your model number (GYMAX Folding Treadmill) and purchase date when seeking support.

