GYMAX B0B87337M6

GYMAX 4.75HP Folding Treadmill User Manual

Model: B0B87337M6

Important Safety Instructions

Read all instructions carefully before using this treadmill. Keep this manual for future reference.

- Always consult with a physician before starting any exercise program.
- Keep children and pets away from the treadmill during operation.
- Place the treadmill on a flat, stable surface with adequate clearance around it.
- Ensure the safety key is properly attached before starting the treadmill.
- 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 use the treadmill outdoors or in damp areas.
- Maximum user weight: 265 lbs (120 kg).

Product Overview

The GYMAX 4.75HP Folding Treadmill is designed for home use, offering a range of features for an effective workout. It includes auto incline, voice control, Bluetooth connectivity, and a clear LED display.



Image: The GYMAX 4.75HP Folding Treadmill, showing a user running on the belt and the treadmill in its folded position. This illustrates the compact design and operational state.

Setup and Assembly

This GYMAX treadmill comes largely pre-assembled, simplifying the setup process. Follow these steps to prepare your treadmill for first use.

1. **Unpacking:** Carefully remove all packaging materials. Ensure all components listed in the packing list are present.
2. **Unfolding the Treadmill:**

   The treadmill features a hydraulic soft-drop system for easy unfolding. Gently kick the hydraulic bar at the base of the treadmill to release the deck, allowing it to slowly lower to the floor.



Image: A user demonstrating the hydraulic bar for unfolding the treadmill. The image also shows the treadmill in its folded and unfolded states, highlighting the soft-drop system.

3. **Connecting the Console:** Connect the console to the main frame according to the instructions provided in the included user manual (physical copy). This typically involves securing a few bolts and connecting electrical cables.
4. **Power Connection:** Plug the power cord into a grounded electrical outlet (AC-110V 50/60HZ).
5. **Safety Key Placement:** Attach the safety key to the designated slot on the console. The treadmill will not operate without the safety key in place.

Operating Instructions

Control Panel Overview

The treadmill features an intuitive LED control panel that displays key workout metrics and allows for easy control of speed, incline, and programs.



Image: Close-up of the treadmill's LED control panel, showing display for time, calories, distance, heart rate, and steps. Below the main display, 20 preset program graphs (P01-P20) are illustrated.

Starting a Workout

1. **Power On:** Ensure the treadmill is plugged in and the safety key is attached.
2. **Quick Start:** Press the "Start" button on the console to begin a manual workout. The treadmill will start at a low speed.
3. **Adjusting Speed:** Use the speed control buttons or the removable control knob to increase or decrease the running speed (range: 0.6-10.8 mph).

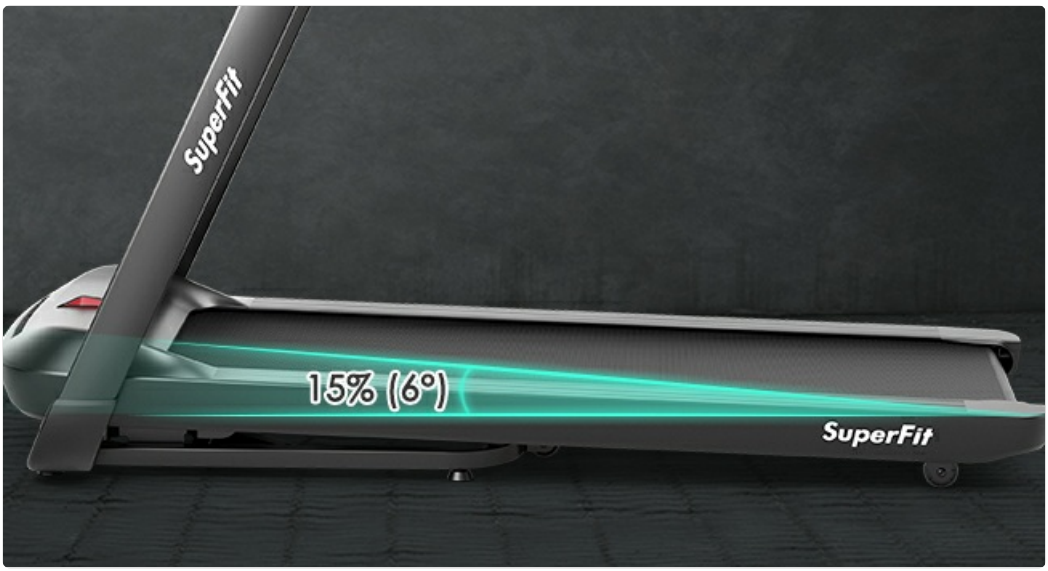


Image: A close-up of the removable control knob on the treadmill console, used for adjusting speed and other settings. This knob can also function as a remote control.

4. **Adjusting Incline:** Use the incline control buttons to adjust the incline level (range: 0-15% auto incline).



Image: Illustration of the treadmill's 0-15% automatic incline control, showing different incline levels corresponding to flat road, climb, and mountaineering

modes.

5. **Preset Programs:** Select from 20 pre-set workout programs (P01-P20) for varied training routines. Refer to the console display for program details.
6. **Pause Function:** Press the "Pause" button to temporarily stop your workout while retaining your current data. Press again to resume.
7. **Stopping the Treadmill:** Press the "Stop" button to end your workout. The treadmill will gradually slow down and stop. Remove the safety key to fully power off.

Smart Control Features

The GYMAX treadmill offers advanced control options for enhanced user experience.

- **Voice Control:** The treadmill is equipped with intelligent voice control. Use commands like "Hey Coco, speed up," "Hey Coco, slow down," or "Hey Coco, start the treadmill" to adjust settings hands-free.



Image: A user running on the treadmill, with speech bubbles indicating voice commands like "Hey Coco, Start the Treadmill." The image also shows Bluetooth and GYMAX APP logos, indicating connectivity options.

- **GYMAX App Control (Bluetooth):** Connect your smartphone to the treadmill via Bluetooth using the GYMAX App. The app allows you to:
    - Control treadmill functions (speed, incline).
    - Record and track your exercise data.

- Access exercise courses.
- Share workout experiences.

- **Bluetooth Speaker:** The treadmill includes a built-in Bluetooth speaker. Connect your device to play music during your workout.

Maintenance

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

- **Cleaning:** Wipe down the treadmill after each use with a damp cloth to remove sweat and dust. Do not use abrasive cleaners.
- **Lubrication:** The running belt requires periodic lubrication to reduce friction and extend its lifespan. Refer to the included user manual for specific lubrication intervals and instructions. Use only the recommended lubricant.
- **Belt Adjustment:** If the running belt becomes off-center or slips, refer to the detailed instructions in the main user manual for adjustment procedures.
- **Storage:** When not in use, the treadmill can be folded for compact storage. Ensure it is stored in a dry, clean environment.



Image: Illustration of the treadmill's quick folding design, showing the process of folding the treadmill by slightly kicking the hydraulic bar. This highlights the space-saving feature.



Image: A close-up of the treadmill's built-in wheels, demonstrating how they facilitate easy movement and relocation of the folded treadmill.

Troubleshooting

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

Problem	Possible Cause	Solution

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not plugged in. Safety key not in place. Circuit breaker tripped.	Ensure power cord is securely plugged into a grounded outlet. Verify the safety key is fully inserted into its slot. Check your home's circuit breaker and reset if necessary.
Running belt slips or hesitates.	Belt needs lubrication. Belt tension is too loose.	Lubricate the running belt as per maintenance instructions. Adjust belt tension according to the main user manual.
Unusual noise during operation.	Loose components. Motor or belt issue.	Check all visible bolts and screws and tighten if loose. If noise persists, discontinue use and contact customer support.
Voice control not responding.	Microphone obstruction. Incorrect commands.	Ensure nothing is blocking the microphone on the console. Speak clearly and use the specified commands (e.g., "Hey Coco, speed up").

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

Specifications

Detailed technical specifications for the GYMAX 4.75HP Folding Treadmill.



Image: A visual representation of the treadmill's dimensions (length, width, height, running area) and a table summarizing key specifications like operating voltage, maximum load, motor power, speed, and incline.

Feature	Detail
Brand	GYMAX
Model	4.75HP Folding Treadmill
Operating Voltage	AC-110V 50/60HZ
Maximum Load Capacity	265 lbs (120 kg)
Product Dimensions (Unfolded)	64"D x 30"W x 45"H (162.5cm D x 76.2cm W x 114.3cm H)
Folded Size	44" x 30" x 58" (L x W x H)
Running Area	18"W x 51"L (45.7cm W x 129.5cm L)
Motor Peak Power	4.75 HP

Feature	Detail
Speed Range	0.6 - 10.8 mph (1 - 17.4 km/h)
Incline Range	0 - 15% (Auto Incline)
Control Mode	Electronic Panel, Voice Control, APP Control
Machine Weight	152 lbs (69 kg)
Power Cord Length	47.2 inches (1.2 meters)
Material	Alloy Steel, Engineered Wood, Silicone
Display Type	LED
Number of Programs	20 Preset Programs
Connectivity	Bluetooth (for App and Speaker)
Included Components	Lubricant, Power Cord, Remote Control, Safety Key, User Manual

Customer Support

For any questions, technical assistance, or warranty inquiries, please contact GYMAX customer support. Refer to the contact information provided with your product packaging or visit the official GYMAX website for support details.
While extended protection plans are available for purchase, standard product support is provided by GYMAX for product defects and operational assistance.

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Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

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Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question