

GYMAX XU81617IJFR

GYMAX Foldable Treadmill User Manual

Model: XU81617IJFR

1. INTRODUCTION

Thank you for choosing the GYMAX Foldable Treadmill. This manual provides essential information for the safe and efficient operation, assembly, and maintenance of your new fitness equipment. Please read all instructions carefully before use and retain this manual for future reference.

2. IMPORTANT SAFETY INSTRUCTIONS

To reduce the risk of serious injury, always follow basic precautions when using this treadmill. Read all instructions before using this equipment.

- **Maximum User Weight:** Do not exceed the maximum user weight of 100 kg (220 lbs).
- **Safety Key:** Always attach the safety key clip to your clothing before starting the treadmill. In an emergency, pulling the safety key will immediately stop the machine.
- **Placement:** Place the treadmill on a flat, stable surface. Ensure adequate clear space (at least 2 meters) behind the treadmill for safety.
- **Power Supply:** Connect the treadmill to a properly grounded outlet. Do not use extension cords or adapters.
- **Children and Pets:** Keep children and pets away from the treadmill during operation.
- **Medical Conditions:** Consult a physician before starting any exercise program, especially if you have pre-existing medical conditions.
- **Footwear:** Always wear appropriate athletic footwear when using the treadmill.
- **Maintenance:** Perform regular maintenance as described in this manual to ensure safe operation.

3. PACKAGE CONTENTS

Carefully unpack the box and verify that all items are present and undamaged. If any items are missing or damaged, contact customer service.

- 1 x GYMAX Foldable Treadmill Unit
- 1 x User Manual

- 1 x Safety Key

4. ASSEMBLY AND SETUP

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

1. **Unpacking:** Remove all packaging materials and place the treadmill on a clear, flat surface.
2. **Unfolding:** Carefully lift the console and handlebars into the upright position until they lock securely. Ensure all locking mechanisms are engaged.
3. **Power Connection:** Plug the power cord into a grounded electrical outlet.
4. **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.



Figure 4.1: The GYMAX treadmill in use, with its folded state shown in the background, highlighting its space-saving design.



Figure 4.2: Detailed dimensions of the treadmill, including its running surface (98x36 cm) and overall size when unfolded (124x62.5x111 cm) and folded (130x62x28.5 cm).

5. OPERATING INSTRUCTIONS

Familiarize yourself with the control panel and its functions before beginning your workout.

5.1 Control Panel Overview

Avec Écran LCD



Vitesse



Distance



Calories



Temps



Figure 5.1: The LCD display shows speed, distance, calories, and time. Control buttons include START/STOP, RESET, PROG, and speed adjustment (+/-).

5.2 Starting a Workout

1. **Power On:** Ensure the treadmill is plugged in and the safety key is correctly placed on the console.
2. **Attach Safety Key:** Clip the safety key to your clothing.
3. **Start:** Press the **START/STOP** button. The treadmill will begin with a short countdown and then start at a low speed.
4. **Adjust Speed:** Use the + and - buttons to increase or decrease the speed. The speed range is 1 km/h to 10 km/h.
5. **Monitor Progress:** The LCD display will show your workout time, current speed, distance covered, and estimated calories burned.

5.3 Using Programs

The treadmill features 12 pre-set programs to vary your workout intensity.

1. **Select Program:** Before starting, press the **PROG** button to cycle through the available programs. Each program has a unique speed profile.

2. **Start Program:** Once you have selected your desired program, press the **START/STOP** button to begin. The treadmill will automatically adjust speed according to the program's profile.

5.4 Stopping a Workout

- **Normal Stop:** Press the **START/STOP** button. The treadmill will gradually slow down and stop.
- **Emergency Stop:** Pull the safety key from the console. The treadmill will stop immediately.
- **Reset:** Press the **RESET** button to clear current workout data and return to the main display.



Support



Clé de Sécurité



Poignée



Vis de Fixation

Figure 5.2: Details of the safety key mechanism, ergonomic handle, and secure fixation screws, all contributing to user safety and stability.

6. FEATURES

- **Adjustable Speed:** Easily adjust speed from 1 km/h to 10 km/h to suit various fitness levels and workout intensities.
- **LCD Display:** Clear display shows essential workout metrics including time, speed, distance, and calories

burned, allowing real-time progress tracking.

- **Spacious Running Surface:** A comfortable running area of 98 x 36 cm provides ample space for walking or light jogging.
- **Enhanced Safety:** Features an anti-slip design, shock absorption system, and an emergency safety key for immediate stopping.
- **Foldable Design:** Compact and foldable for convenient storage under a bed or sofa, saving valuable space.
- **Easy Portability:** Equipped with flexible transport wheels for effortless relocation.
- **Quiet Operation:** Powered by a silent yet powerful 400W motor, ensuring a quiet workout experience suitable for home or office environments.
- **Durable Construction:** Made from robust iron and ABS materials, supporting a maximum user weight of 100 kg.

7. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your treadmill.

- **Cleaning:** Wipe down the treadmill surfaces with a damp cloth after each use. Avoid abrasive cleaners.
- **Belt Lubrication:** Refer to specific instructions for belt lubrication. Typically, this is required every few months depending on usage. Use only silicone-based treadmill lubricant.
- **Belt Tension and Alignment:** Periodically check the running belt for proper tension and alignment. Adjust if necessary according to the instructions in the full manual (if provided separately).
- **Power Cord Inspection:** Regularly inspect the power cord for any damage. If damaged, discontinue use and contact customer service.

8. TROUBLESHOOTING

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

- **Treadmill does not power on:**
 - Ensure the power cord is securely plugged into a working outlet.
 - Check that the safety key is correctly placed on the console.
 - Verify the main power switch (if present, usually near the power cord inlet) is in the 'ON' position.
- **Running belt slips or hesitates:**
 - The running belt may require lubrication.
 - The running belt tension may need adjustment.
- **Unusual noises during operation:**
 - Check for loose components or debris under the belt.
 - Ensure the treadmill is on a level surface.
- **Display not working correctly:**
 - Turn off the treadmill, unplug it, wait 60 seconds, then plug it back in and restart.
 - Ensure all cable connections to the console are secure.

If these solutions do not resolve the issue, please contact customer support.

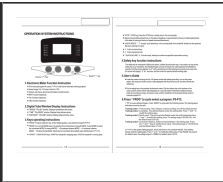
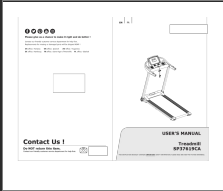
9. SPECIFICATIONS



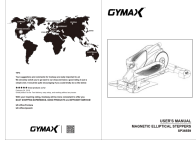

Feature	Specification
Model Number	XU81617IJFR
Color	Black
Material	Iron + ABS
Unfolded Dimensions (L x W x H)	124 x 62.5 x 111 cm
Folded Dimensions (L x W x H)	130 x 62 x 28.5 cm
Running Surface (L x W)	98 x 36 cm
Net Weight	23 kg
Maximum Load Capacity	100 kg
Motor Power	400W
Speed Range	1 - 10 km/h
Display Type	LCD
Number of Programs	12
Power Supply	225V/50HZ
Special Features	Foldable, Portable, Compact Design

10. WARRANTY AND SUPPORT

This product comes with a standard manufacturer's warranty. For detailed warranty information, please refer to the documentation included with your purchase or contact your retailer. For technical support, replacement parts, or any questions regarding your GYMAX treadmill, please contact GYMAX customer service through their official website or the contact information provided at the point of purchase.

Related Documents - XU81617IJFR

	<p>Gymax Treadmill Operation Manual and App Guide</p> <p>Comprehensive guide for the Gymax treadmill, covering operation instructions, system functions, troubleshooting, maintenance, and the Gymax mobile application for iOS and Android.</p>
	<p>Gymax SP37619CA Treadmill User Manual</p> <p>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.</p>

	<p>GYMAX SP38104US/SP38104CA Walking Machine User Manual & Safety Guide</p> <p>This user manual provides comprehensive instructions for the GYMAX SP38104US and SP38104CA walking machines, covering setup, operation, safety precautions, maintenance, and troubleshooting for optimal home use.</p>
	<p>GYMAX Exercise Bike User Manual: Installation, Operation, and Fitness Guide</p> <p>A comprehensive user manual for the GYMAX exercise bike, detailing installation steps, security operation guidelines, electronic meter functions, and fitness usage advice for optimal health benefits.</p>
	<p>GYMAX SP36559 Magnetic Elliptical Stepper User Manual</p> <p>Comprehensive user manual for the GYMAX SP36559 Magnetic Elliptical Stepper, covering safety instructions, assembly, computer operation, exercise guide, and maintenance. Learn how to set up and use your elliptical trainer for effective workouts.</p>
	<p>Gymax L-Shaped Computer Desk Assembly Instructions</p> <p>Detailed assembly instructions for the Gymax L-Shaped Computer Desk, including parts list and step-by-step guidance for building your home office workstation.</p>