GYMAX B0C345GLNG

GYMAX Foldable Treadmill User Manual

Model: B0C345GLNG

Brand: GYMAX

1. Introduction

This manual provides essential information for the safe and effective operation, assembly, and maintenance of your GYMAX Foldable Treadmill. Please read this manual thoroughly before initial use and retain it for future reference. This treadmill is designed for home exercise, offering a compact and portable solution for running, walking, and jogging.



Image: The GYMAX Foldable Treadmill shown in its operational state with a user running, and a smaller inset image demonstrating its compact folded form.

2. Safety Information

To ensure your safety and prolong the life of your treadmill, observe the following precautions:

- Always attach the emergency safety key to your clothing before starting the treadmill. In case of an emergency, pulling the key will immediately stop the machine.
- Ensure the treadmill is placed on a flat, stable surface with adequate clearance around it (at least 6 feet behind and 2 feet on each side).
- Do not allow children or pets near the treadmill while it is in operation.
- The maximum user weight capacity for this treadmill is 220 pounds (100 kg). Do not exceed this limit.
- Wear appropriate athletic footwear during use.
- If you experience dizziness, nausea, chest pain, or any other abnormal symptoms, stop your workout immediately and consult a physician.
- Unplug the treadmill from the power outlet when not in use or before cleaning and maintenance.



Image: Detailed view highlighting the anti-slip gripping handles, the emergency safety key, shock-absorbing cushions, and adjustable non-slip footpads, all contributing to user safety.

3. Package Contents

Upon unpacking, please verify that all components are present and undamaged:

- 1 x GYMAX Foldable Treadmill Unit
- 1 x User Manual (this document)
- Assembly Tools (if applicable, typically included in a small bag)
- Emergency Safety Key

If any parts are missing or damaged, please contact customer support immediately.

4. Setup and Assembly

The GYMAX Foldable Treadmill is designed for quick and easy assembly.

4.1 Unfolding and Initial Setup

1. Carefully remove the treadmill from its packaging.
2. Raise the supporting rods of the treadmill until they lock into the upright position.
3. Secure the supporting rods by fixing 2 screws on each side.
4. Locate and fix the remaining 2 screws under the handrails to fully secure the structure.
5. Ensure all screws are tightened securely before use.

4.2 Folding for Storage

To fold the treadmill for compact storage, loosen the 4 screws mentioned in the assembly steps (2 on each side of the supporting rods and 2 under the handrails). Once loosened, carefully fold the treadmill down. It will stand at only 5.8 inches high, allowing it to be stored under a sofa or bed. The built-in transportation wheels facilitate effortless movement.



Image: Visual guide demonstrating how to fold the treadmill, highlighting the transportation wheels for easy movement, and showing examples of compact storage under a sofa or leaning against a wall.

5. Operating Instructions

Familiarize yourself with the control panel and basic operations before starting your workout.

5.1 Control Panel Overview

The treadmill features a rotatable LED control panel that can be adjusted up to 135 degrees for optimal viewing angle, accommodating users of different heights. The display shows real-time exercise data including time, speed, distance, and calories burned.



Image: Close-up of the treadmill's LED display, illustrating the various metrics displayed (calories, time, speed, distance) and control buttons for start, stop, and speed adjustment. The rotatable feature is also indicated.

5.2 Basic Operation

- **Power On:** Plug the treadmill into a grounded electrical outlet. The LED display will illuminate.
- **Attach Safety Key:** Ensure the emergency safety key is properly placed on the console and clipped to your clothing. The treadmill will not operate without the safety key in place.
- **Start:** Press the 'Start' button to begin the running belt movement. The treadmill will typically start at a low speed and gradually increase.
- **Adjust Speed:** Use the '+' and '-' buttons on the control panel to increase or decrease the speed. The maximum speed is 7.5 MPH, and the minimum is 0.62 MPH. There are also quick speed selection

buttons (e.g., 3 MPH).

- **Stop:** Press the 'Stop' button to gradually bring the running belt to a halt. In an emergency, pull the safety key to stop the treadmill instantly.
- **Power Off:** After your workout, press the 'Stop' button, then unplug the treadmill from the power outlet.

5.3 Gymax App Control

Enhance your workout experience by connecting your treadmill to the Gymax App via Bluetooth. The app allows you to:

- Control the treadmill remotely (start, stop, adjust speed).
- Record and track your exercise data (time, distance, calories, speed).
- Access multiple workout courses and training plans.
- Share your exercise data with the community.

Download the Gymax App from the App Store (iOS) or Google Play Store (Android).



Image: Depiction of the Gymax mobile application interface, showcasing its features for tracking workouts and accessing training courses, alongside the treadmill indicating its Bluetooth connectivity.

6. Maintenance

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

- **Cleaning:** Wipe down the treadmill surfaces with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners or solvents.
- **Running Belt:** The running belt is designed with 5 layers, including an anti-slip surface with diamond grain and shock-absorbing material, providing durability and comfort. Periodically inspect the belt for wear and tear. Ensure the belt is centered and properly tensioned. Refer to the troubleshooting section if the belt slips or is off-center.
- **Lubrication:** While the treadmill features a low-maintenance design, consult the Gymax customer support or specific product documentation for any recommended lubrication schedules for the running deck, if applicable.
- **Storage:** When not in use for extended periods, fold the treadmill and store it in a dry, cool place away from direct sunlight and moisture.

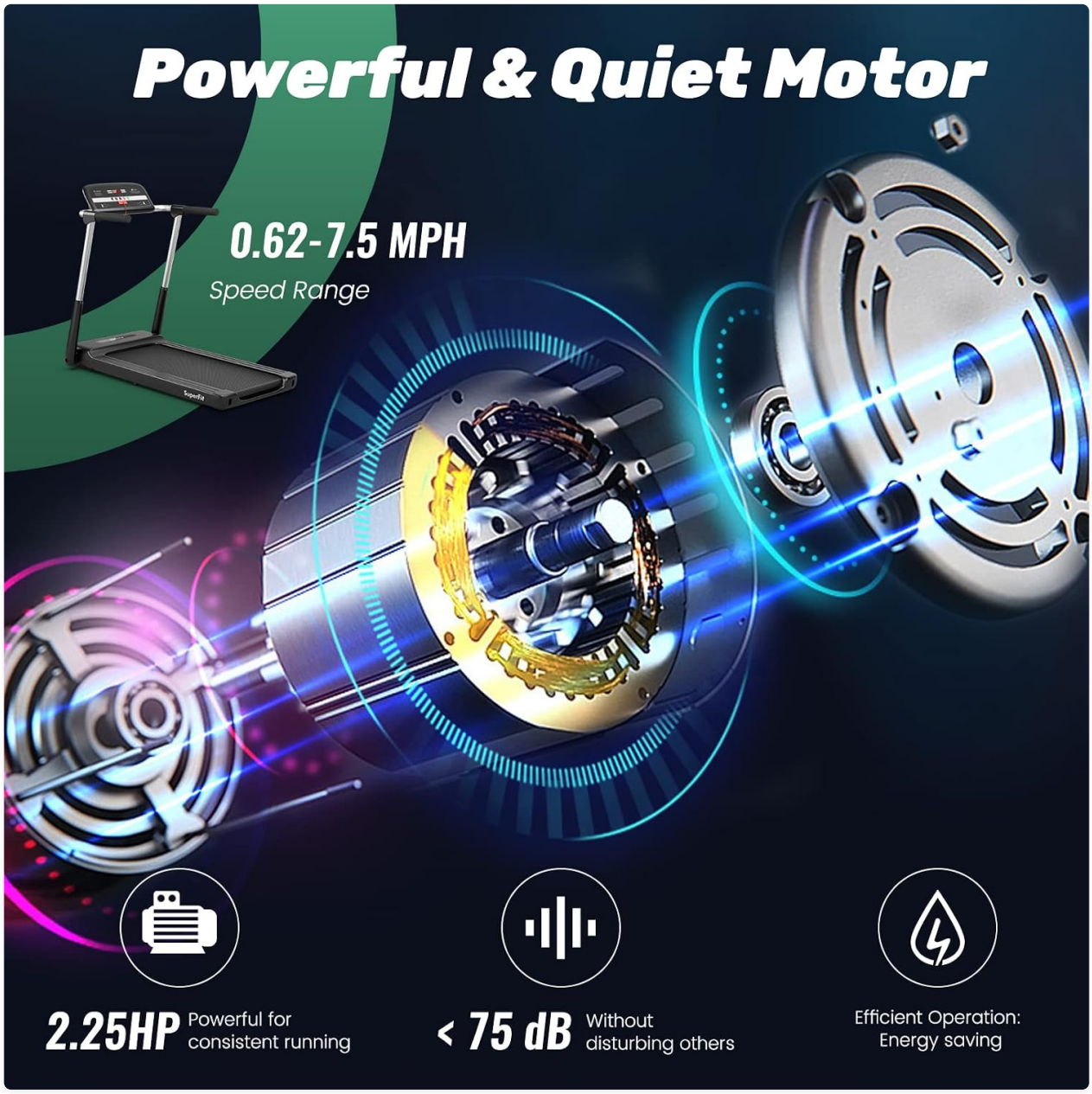


Image: Detailed breakdown of the treadmill's anti-slip and shock-absorbing running belt, showing its five distinct layers and dimensions (37.4" x 15.7"), emphasizing its design for user protection.

7. 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.	Not plugged in; power switch off; circuit breaker tripped.	Ensure power cord is securely plugged in. Check the power switch on the treadmill. Reset the household circuit breaker if necessary.
Running belt does not move.	Safety key not in place; motor overload.	Ensure the emergency safety key is correctly inserted. Reduce user weight if exceeding capacity.
Belt slips or hesitates.	Belt tension too loose; belt lubrication needed.	Adjust belt tension (refer to specific instructions for tensioning screws, usually at the rear of the treadmill). Apply silicone lubricant if recommended by manufacturer.
Unusual noise from motor.	Loose components; motor issue.	Check for any loose screws or parts. If noise persists, contact customer support. The 2.25HP motor is designed for quiet operation (<75dB).
App connectivity issues.	Bluetooth off; app not updated; interference.	Ensure Bluetooth is enabled on your device. Restart the app and treadmill. Check for app updates. Move closer to the treadmill.

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



Image: Illustration of the treadmill's 2.25HP motor, highlighting its powerful yet quiet operation (below 75 dB) and efficient energy consumption, ensuring a smooth and undisturbed workout experience.

8. Specifications

Key technical specifications for the GYMAX Foldable Treadmill:

Feature	Specification
Brand	GYMAX
Model Name	Foldable Treadmill
Color	Black
Product Dimensions (L x W x H)	48.3"D x 26.6"W x 42.1"H
Folded Size (L x W x H)	48.3" x 26.6" x 5.8"

Feature	Specification
Item Weight	66 Pounds
Maximum Weight Recommendation	220 Pounds
Motor Horsepower	2.25 HP
Speed Range	0.62 - 7.5 Miles per Hour
Running Belt Dimensions (L x W)	37.4" x 15.7"
Display Type	LED
Metrics Measured	Calories Burned, Distance, Speed, Time
Connectivity Technology	Bluetooth (for Gymax App)
Material	Acrylonitrile Butadiene Styrene (ABS), Alloy Steel, Polyvinyl Chloride (PVC)



Image: Comprehensive diagram detailing the treadmill's dimensions in both its operational and folded states, including height, width, and length measurements, along with its weight limit.

9. Warranty and Support

Your GYMAX Foldable Treadmill comes with a 90-day warranty from the date of purchase. This warranty covers manufacturing defects under normal use. It does not cover damage resulting from misuse, accidents, unauthorized modifications, or improper maintenance.

For warranty claims, technical support, or any questions regarding your product, please contact GYMAX customer support. You can typically find contact information on the GYMAX official website or through your purchase platform.

Customer Support: For assistance, please refer to the contact details provided with your purchase or visit the GYMAX official store page on Amazon: GYMAX Store

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