

Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

[manuals.plus](#) /

› [GYMAX](#) /

› [GYMAX Walking Pad Under Desk Treadmill User Manual](#)

GYMAX Walking Pad

GYMAX Walking Pad Under Desk Treadmill User Manual

Model: Walking Pad

INTRODUCTION

This manual provides essential information for the safe and effective operation and maintenance of your GYMAX Walking Pad Under Desk Treadmill. Please read this manual thoroughly before using the product and retain it for future reference.

IMPORTANT SAFETY INFORMATION

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.

- Always place the treadmill on a level surface.
- Keep children and pets away from the treadmill during operation.
- Do not exceed the maximum user weight of 265 lbs (120 kg).
- Wear appropriate athletic footwear.
- Ensure adequate clear space around the treadmill (at least 2 meters behind and 0.6 meters on each side).
- If you feel faint, dizzy, or experience pain, stop exercising immediately.
- Unplug the treadmill from the power outlet when not in use or before cleaning/maintenance.

PACKAGE CONTENTS

Verify that all components are present and undamaged:

- GYMAX Walking Pad Treadmill
- Watch-Like Remote Control
- Silicone Lubricant
- User Manual (this document)
- Power Cord

SETUP INSTRUCTIONS

The GYMAX Walking Pad is designed for 100% free installation and comes fully assembled. Simply unbox, place, and plug in to begin your exercise.

- 1. Unboxing:** Carefully remove the treadmill from its packaging.
- 2. Placement:** Position the treadmill on a flat, stable surface. Ensure there is sufficient clear space around the unit for safe operation.
- 3. Power Connection:** Plug the power cord into a grounded electrical outlet.
- 4. Handlebar Setup (if applicable):** If your model includes a foldable handlebar, lift it into the upright position and secure it according to the markings.

2-in-1 Walking Pad

Perfectly fits
different occasions

1



2



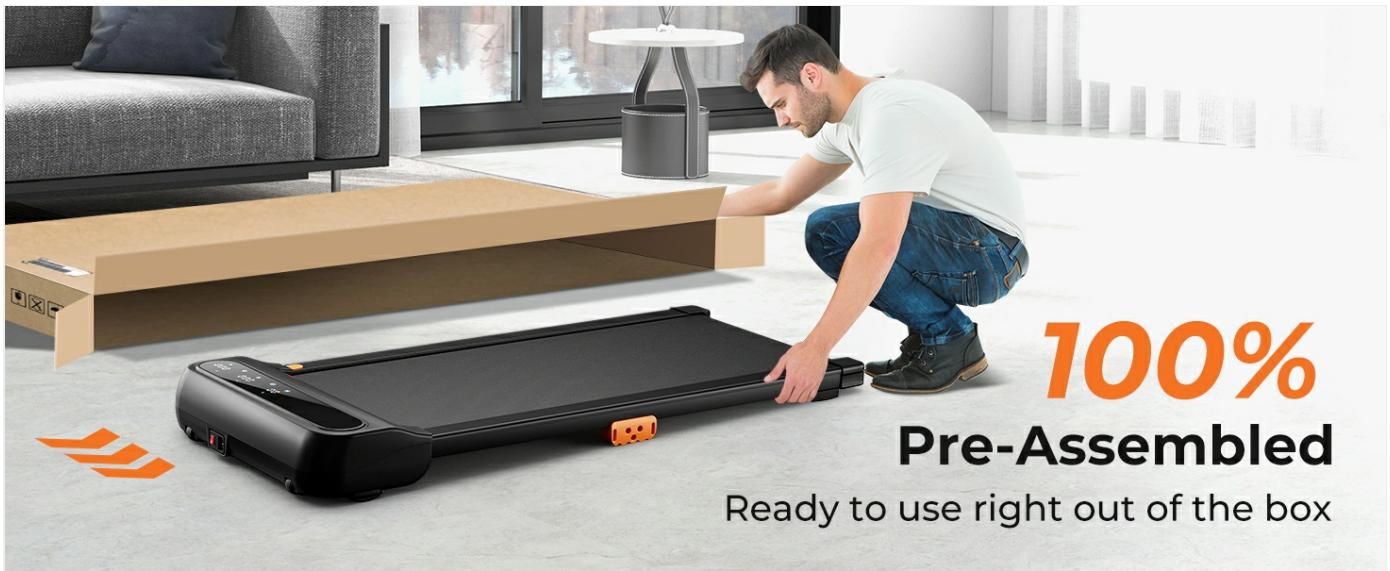
Walking Mode

0.5-2 MPH

Jogging Mode

2-4 MPH

Image: The GYMAX Walking Pad Treadmill in a home setting, illustrating its compact design and readiness for use.



100%

Pre-Assembled

Ready to use right out of the box

Image: A person unboxing the GYMAX Walking Pad, highlighting its pre-assembled state and ease of setup.

OPERATING INSTRUCTIONS

2-in-1 Functionality: Walking and Jogging Modes

Your GYMAX Walking Pad offers two primary exercise modes:

- **Walking Mode:** Speed range of 0.5-2 MPH. Ideal for light exercise or use under a standing desk.
- **Jogging Mode:** Speed range of 2-4 MPH. Suitable for more intense cardio workouts.

LED Touch Screen Panel

12 Preset Programs



Image: Illustration of the treadmill's two modes: a person walking at a desk (0.5-2 MPH) and another person jogging (2-4 MPH).



Image: A visual representation of the treadmill being used in walking mode under a desk and in jogging mode in an open space.

Watch-Like Remote Control

The included watch-like remote control allows for convenient adjustment of settings during your workout.

- **Power On/Off:** Press the power button to turn the treadmill on or off.
- **Speed Adjustment:** Use the speed +/- buttons to increase or decrease the belt speed.
- **Mode Selection:** Switch between different exercise modes.
- **Program Selection:** Choose from 12 preset programs.
- **Start/Pause:** Press the Start/Pause button to begin or temporarily stop your workout. The pause function saves your exercise data.



Image: A close-up of the watch-like remote control, highlighting its start/pause button and other controls.

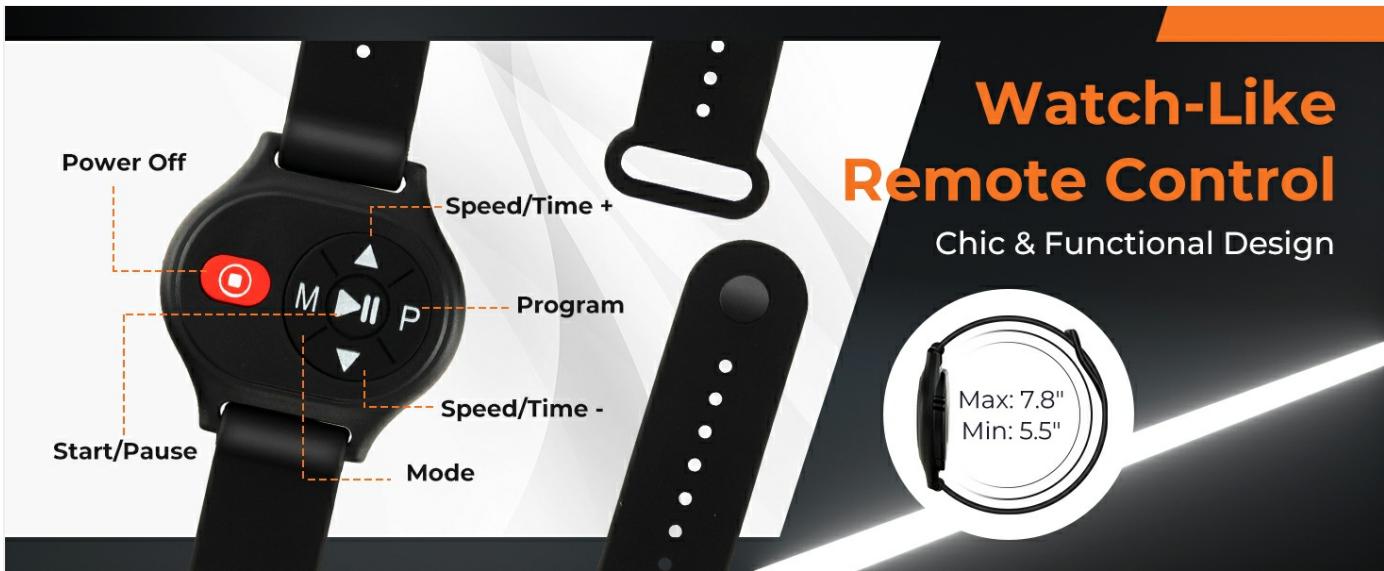


Image: A detailed diagram of the watch-like remote control, showing buttons for Power Off, Speed/Time +/-, Program, Mode, and Start/Pause.

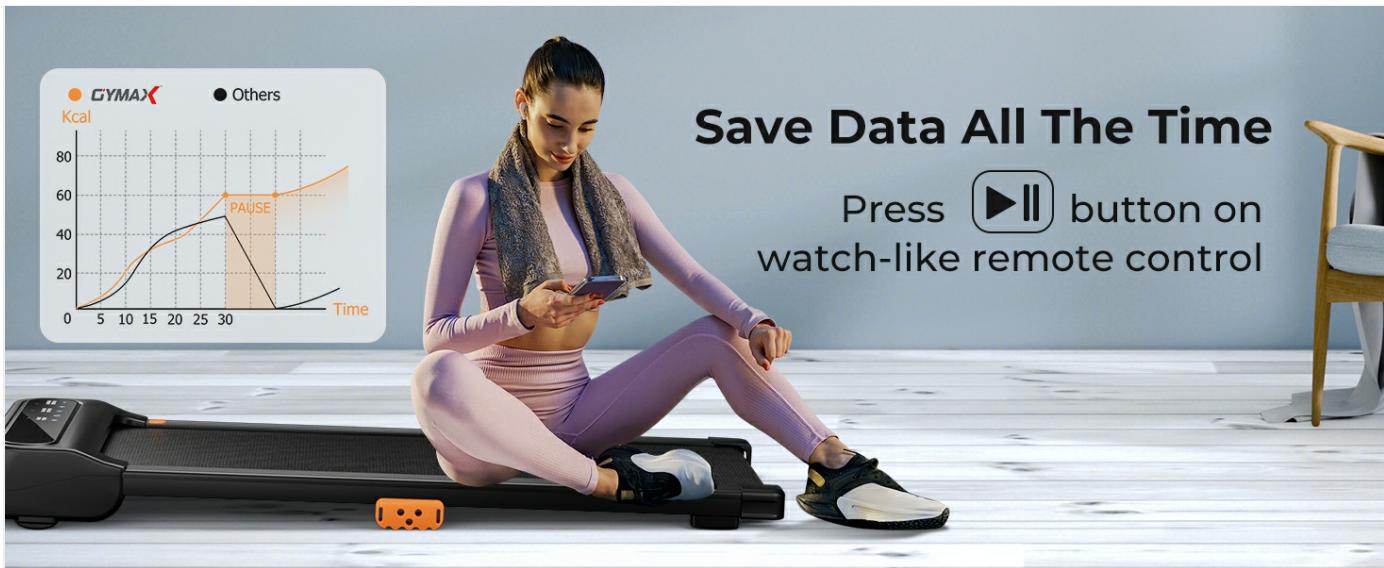


Image: A user sitting on the floor, checking their phone, with the treadmill paused, illustrating the "Save Data All The Time" feature via the remote control.

LED Display and Preset Programs

The integrated LED display provides real-time feedback on your workout progress. It shows:

- Speed
- Time
- Distance
- Calories Burned

The treadmill also features 12 built-in preset programs and 3 countdown modes (Time, Distance, Calorie) to guide your walking or jogging sessions, suitable for various fitness levels.

7-Layer Running Belt



Image: A person walking on the treadmill, with an overlay showing the LED display feedback (Speed, Time, Distance, Calories) and a chart of 12 preset programs.



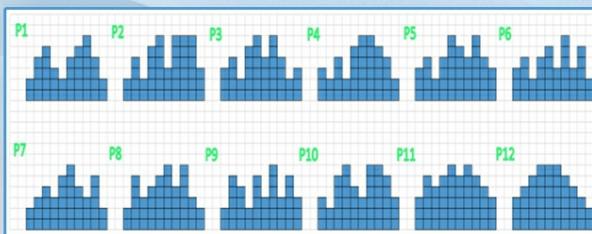
LED Touch Screen

Monitor your exercise data in real time

Image: A close-up of the treadmill's LED touch screen, showing real-time exercise data like speed, time, distance, and calories.

12 Preset Programs & 3 Countdown Modes

Meet exercise needs of users of different levels



Time

Distance

Calorie

Image: A visual showing the 12 preset programs and 3 countdown modes (Time, Distance, Calorie), with images of people exercising, indicating suitability for different users.

App Intelligent Interaction

The treadmill supports app intelligent interaction, providing access to professional coaching courses and workout programs. This allows you to unlock your full potential with structured training content.

Your browser does not support the video tag.

Video: A demonstration of the HitGo H1 Walking Pad Treadmill, showcasing its features including setup, operation, and app connectivity for professional coaching courses. This video is provided by the seller.

MAINTENANCE

Lubrication

Regular lubrication of the running belt is crucial for optimal performance and longevity of your treadmill. The GYMAX Walking Pad features a hassle-free silicone filling port for easy lubrication.

1. Locate the silicone filling port on the side of the treadmill.
2. Apply the provided silicone lubricant into the port.

3. Run the treadmill at a low speed (e.g., 1 MPH) for a few minutes to distribute the lubricant evenly.
4. It is recommended to lubricate the belt every 9 hours of use, or as needed based on usage frequency.



Image: A close-up showing the silicone lubricant being applied to the treadmill's easy-access filling port.



Image: A comparison illustrating the safe and easy lubrication method of the GYMAX Walking Pad compared to a more complex traditional method.

Cleaning

Regularly clean the treadmill to prevent dust and debris buildup.

- Before cleaning, ensure the treadmill is unplugged.
- Wipe down the surfaces with a damp cloth. Avoid using abrasive cleaners or solvents.
- Periodically vacuum under the treadmill to remove dust and lint.

TROUBLESHOOTING

If you encounter issues with your GYMAX Walking Pad, refer to the following common solutions:

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not properly connected; power switch off; circuit breaker tripped.	Ensure power cord is securely plugged in. Check the main power switch on the treadmill. Reset the household circuit breaker if necessary.
Running belt stops or slips.	Belt requires lubrication; belt tension is incorrect; motor overload.	Lubricate the running belt as described in the Maintenance section. Adjust belt tension if needed (refer to specific instructions in the full manual if available). Reduce user weight or speed.

Problem	Possible Cause	Solution
Unusual noise during operation.	Loose components; belt friction; foreign object under the belt.	Check for and tighten any loose screws. Lubricate the belt. Inspect under the belt for any obstructions.
Remote control not responding.	Battery low or dead; remote not paired.	Replace the battery in the remote control. Refer to the full manual for remote pairing instructions if applicable.

For issues not listed here or if problems persist, please contact GYMAX customer support.

PRODUCT SPECIFICATIONS

Feature	Detail
Brand	GYMAX
Model	Walking Pad
Product Dimensions (L x W x H)	119.38 x 53.34 x 12.7 cm (47" x 21" x 5")
Item Weight	18.6 kg (41 lbs)
Maximum User Weight	120 kg (265 lbs)
Motor Horsepower	2.25 HP
Speed Range	0.5 - 4 MPH
Walking Area (L x W)	101.6 x 40.64 cm (40" x 16")
Noise Level	Less than 50 dB
Display Type	LED
Number of Programs	12 Preset Programs
Material	Alloy Steel, MDF, ABS, Caoutchouc
Power Source	Corded Electric (110V, 60Hz)
Special Features	Auto Lubrication, Compact Design, Portable, Shock Absorbent, Watch Remote Control

High-Efficiency Motor



Motor Power:

2.25 HP



Speed Range:

0.5-4 MPH



Low Noise:

<50 dB

265 LBS

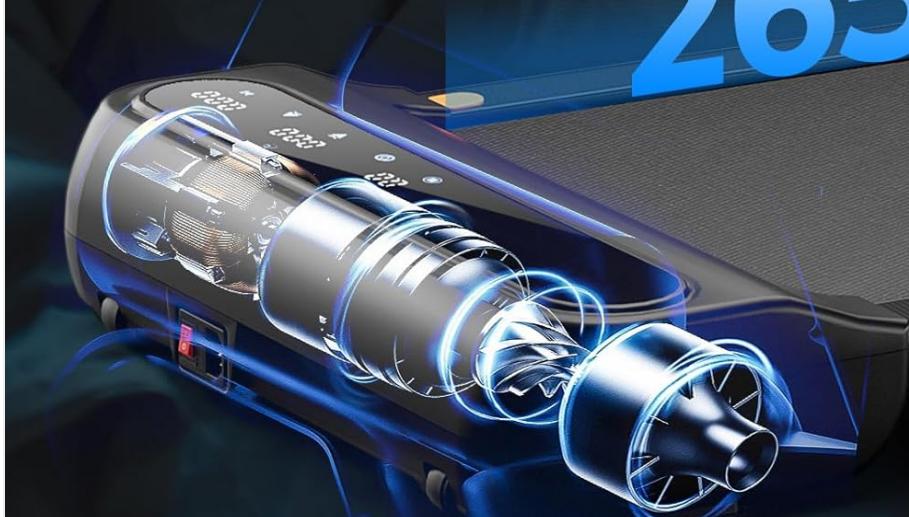
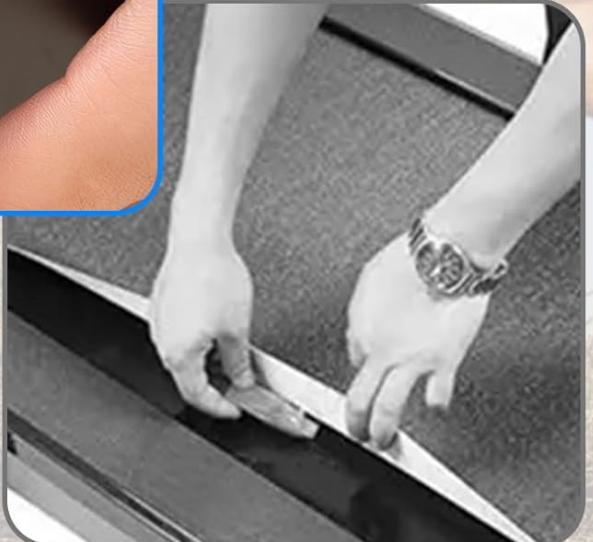


Image: A visual representation of the treadmill's dimensions and key specifications, including voltage, motor power, speed, walking area, net weight, and max load.

Hassle-Free to Lubricate



Ours



Others

Image: An illustration highlighting the treadmill's 2.25 HP high-efficiency motor, quiet operation (less than 50dB), speed range, and 265 lbs weight capacity.



Image: A graphic emphasizing the treadmill's 2.25 HP quiet and powerful motor, low noise level, and speed range.



Image: A cutaway view of the 7-layer running belt, detailing its construction including wear-resistant surface, sound insulation, shock absorber soft layer, EVE sound layer, compression layer, shock absorption layer, and cable layer, along with 14 shock absorbers.



Image: A detailed view of the 7-layer non-slip running belt and its shock-absorbing structure, designed for joint protection, with dimensions of the walking area (16" x 40").

STORAGE

The GYMAX Walking Pad is designed for compact storage and easy movement.

- Its slim profile (5 inches high) allows it to be stored under a bed or sofa.
- Two built-in wheels facilitate effortless relocation and movement.

Product Dimensions



Voltage	110V	Motor Power	2.25 HP
Frequency	60 Hz	Speed	0.5-4 MPH
Walking Area	16" x 40"	Cord Length	6 ft
Net Weight	41 lbs	Max Load	265 lbs

Image: The treadmill being stored under a sofa, demonstrating its compact 5-inch height, and a close-up of the built-in wheels for easy movement.



Image: A person moving the treadmill using its two built-in wheels and another image showing it stored under a sofa, emphasizing easy movement and space-saving storage.

WARRANTY AND CUSTOMER SUPPORT

For warranty information, technical support, or service inquiries, please refer to the warranty card included with your product or contact GYMAX customer service directly. Keep your purchase receipt as proof of purchase. Contact information can typically be found on the manufacturer's website or on the product packaging.

© 2023 GYMAX. All rights reserved.