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> GYMFORM Slimfold Pro Treadmill User Manual

Gymform Pro

GYMFORM Slimfold Pro Treadmill User Manual

Model: Pro

1. INTRODUCTION

Thank you for choosing the GYMFORM Slimfold Pro Treadmill. This compact and foldable treadmill is designed to provide an effective and convenient fitness solution for your home. Please read this manual thoroughly before assembly and operation to ensure safe and optimal use of your equipment. Keep this manual for future reference.



Image 1.1: A user exercising on the GYMFORM Slimfold Pro treadmill in a home environment, demonstrating its compact design and ease of use.

2. IMPORTANT SAFETY INSTRUCTIONS

To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your treadmill before use.

- Consult your physician before starting any exercise program.
- Keep children and pets away from the treadmill at all times.
- Place the treadmill on a level surface with at least 2 meters of clear space behind it.
- Wear appropriate exercise clothing and athletic shoes.
- Always attach the safety key clip to your clothing before starting the treadmill.
- Do not operate the treadmill if it is damaged or malfunctioning.
- Maximum user weight: 110 kg (Compact version) or 120 kg (Pro version).

- Unplug the treadmill from the power outlet when not in use or before cleaning/maintenance.

3. PACKAGE CONTENTS

Verify that all components are present before assembly:

- GYMFORM Slimfold Pro Treadmill (Main Unit)
- User Manual
- Safety Key
- Assembly Tools (if required, not explicitly listed but common)

4. SETUP AND ASSEMBLY

The GYMFORM Slimfold Pro Treadmill is designed for easy setup. Follow these steps to prepare your treadmill for use:

1. **Unpacking:** Carefully remove all components from the packaging. Retain packaging materials for future storage or transport.
2. **Placement:** Position the treadmill on a firm, level surface. Ensure adequate clearance around the unit (at least 2 meters behind, 0.5 meters on sides).
3. **Unfolding:**
 - Gently lift the running deck from its folded position until it locks into place.
 - Raise the console mast and secure it according to the instructions (usually involves tightening knobs or pins).
4. **Power Connection:** Plug the power cord into a grounded electrical outlet.

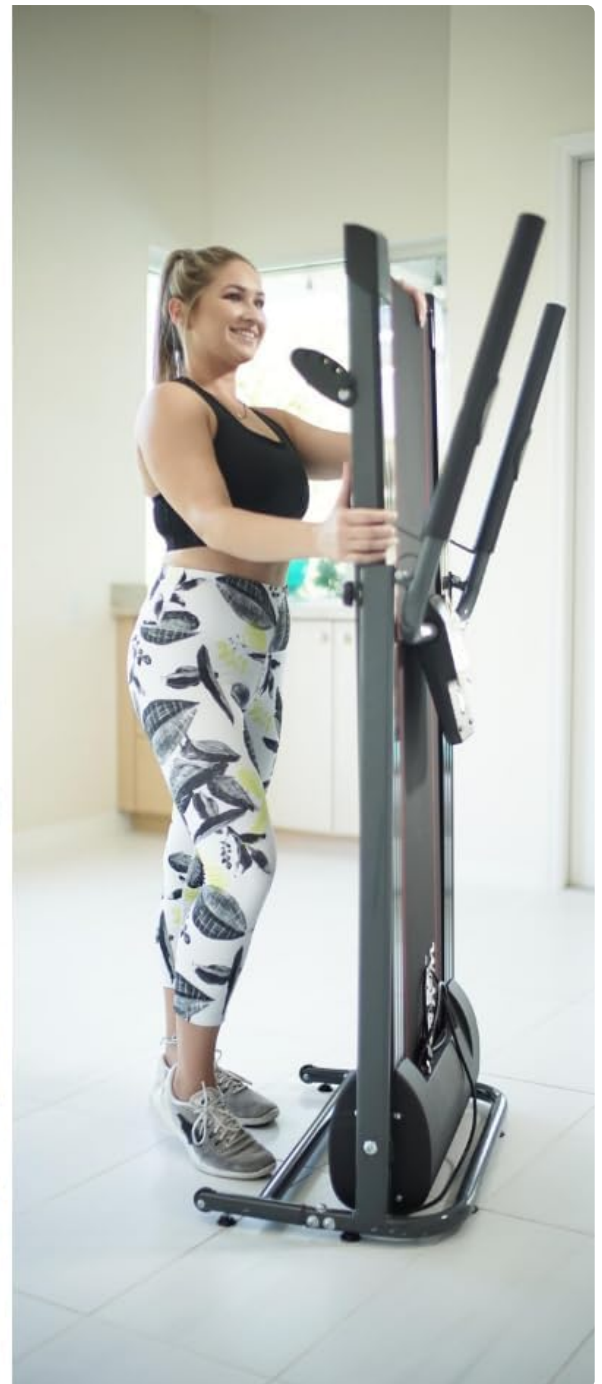


Image 4.1: Visual guide for unfolding the treadmill from its compact storage position to its operational state, followed by a user demonstrating its use.



Image 4.2: Various views of the treadmill, including its folded state, fully assembled form, the control panel with tablet holder, and the adjustable inclination feature.

5. OPERATING INSTRUCTIONS

5.1 Control Panel Overview



Image 5.1: Detailed view of the treadmill's control panel, indicating key features such as the power button, tablet holder, digital display, program selection, speed adjustments, and the safety key slot.

- **LCD Display:** Shows time, distance, speed, calories burned, and heart rate.
- **ON/OFF Button:** Powers the treadmill on or off.
- **Speed Buttons:** Adjust speed (up to 6 km/h or 12 km/h for Pro version).
- **Program Buttons (P1, P2, P3):** Select pre-set fitness programs (Interval, Endurance, Cardiovascular Maximization).
- **Mode Button:** Cycles through display modes or confirms selections.
- **Safety Key:** Essential safety feature. The treadmill will not operate without it.
- **Tablet Holder:** Securely holds your tablet or smartphone.

5.2 Starting an Exercise Session

1. Ensure the treadmill is plugged in and the power switch is ON.
2. Attach the safety key clip to your clothing and insert the safety key into its designated slot on the console.

3. Step onto the treadmill belt, holding the handrails for balance.
4. Press the START button. The belt will begin moving at a low speed after a short countdown.
5. Adjust the speed using the speed buttons (+ /-) to your desired pace.
6. To select a program, press the MODE button until "PROGRAM" is displayed, then use the P1, P2, P3 buttons to choose.
7. To adjust inclination (if applicable), use the inclination controls on the console. The Pro version features 4 levels of inclination.

5.3 Stopping the Treadmill

- Press the STOP button to gradually slow down and stop the treadmill.
- In an emergency, pull the safety key from the console. The treadmill will stop immediately.

6. MAINTENANCE AND CARE

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:** Lubricate the running belt every 3-6 months, or after 100 hours of use, using silicone lubricant specifically designed for treadmills. Refer to the specific instructions for your model.
- **Belt Tension and Alignment:** Check the running belt tension and alignment periodically. Adjust if necessary according to the detailed instructions in the full user manual (not provided here).
- **Storage:** When not in use, fold the treadmill for compact storage. Use the transport wheels to move it easily. Store in a dry, cool place away from direct sunlight.

7. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
Treadmill does not start.	Power cord unplugged, safety key not inserted, power switch off.	Check power connection, ensure safety key is fully inserted, turn power switch ON.
Running belt slips or hesitates.	Belt too loose, belt needs lubrication.	Adjust belt tension (refer to full manual), lubricate belt.
Unusual noise during operation.	Loose parts, motor issue, belt friction.	Inspect for loose bolts/screws and tighten. Lubricate belt. If noise persists, contact customer support.
Display not working correctly.	Loose cable connection, console malfunction.	Check all cable connections. If problem persists, contact customer support.

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

8. SPECIFICATIONS



Image 8.1: Summary of the GYMFORM Slimfold Pro's performance capabilities, including speed, training programs, and inclination options.

- **Model Name:** Pro
- **Brand:** Gymform
- **Color:** Black
- **Dimensions (L x W x H):** 158 cm x 67 cm x 119 cm
- **Maximum Speed:** 12 Kilometers per hour
- **Special Feature:** Automatic Inclination (4 levels)
- **Target Audience:** Adult
- **Maximum Power:** 735 Watt
- **Programs:** 3 automatic programs (Interval, Endurance, Cardiovascular Maximization)
- **Display:** LCD screen (Time, Distance, Speed, Calories, Heart Rate)
- **User Weight Capacity:** Up to 120 kg
- **Foldable:** Yes, for compact storage

9. WARRANTY AND SUPPORT

For warranty information, technical support, or replacement parts, please refer to the warranty card included with your product or contact GYMFORM customer service. Keep your purchase receipt as proof of purchase.

Customer Service: Please visit the official Gymform website or refer to the contact details provided in your product packaging for support.



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