



[Manuals.plus](#) /

> [OMA](#) /

> OMA 7200EA Treadmill with Incline User Manual

OMA 7200EA

OMA 7200EA Treadmill with Incline User Manual

Model: 7200EA

1. PRODUCT OVERVIEW

The OMA 7200EA Treadmill is a versatile fitness machine designed for walking, jogging, and running in a home or office environment. It features an auto-incline function, a powerful motor, a wide running belt, and a multi-functional LED display to track your workout progress. This manual provides essential information for safe operation and maintenance.



Figure 1: OMA 7200EA Treadmill with Incline, showcasing its sleek design and integrated console.

2. SETUP AND ASSEMBLY

The OMA 7200EA Treadmill is designed for easy assembly, with approximately 90% of the unit pre-assembled. One person can typically complete the setup in under 30 minutes.

2.1 Unpacking and Initial Placement

Carefully remove all components from the packaging. Ensure all tools and parts are present as listed in the included instructions. Place the treadmill on a flat, stable surface, ensuring adequate clearance around the unit for safe operation.

2.2 Assembly Steps

1. Unfold the treadmill frame according to the quick-start guide.
2. Secure the console and handlebars using the provided hardware.

3. Attach the removable desk, if desired, for a working mode setup.



Figure 2: The OMA 7200EA Treadmill supports both working and running configurations.

2.3 Power Connection

Connect the power cord to the treadmill and then to a grounded electrical outlet. Ensure the power switch is in the OFF position before plugging in. Once connected, turn the power switch ON.

3. OPERATING INSTRUCTIONS

Familiarize yourself with the control panel and safety features before beginning your workout.

3.1 Control Panel Overview

The multi-functional LED display provides real-time data including incline, time, speed, distance, calories burned, and pulse. The console features intuitive buttons for starting, stopping, and adjusting settings.

3.0 HP POWERFUL MOTOR

Weight Capacity: 300 LBS



3.0 HP

Power For
Consistent Running



<40 dB

Quiet Without
Disturbing Other



Speed Range: **0-10 MPH**

Figure 3: Detailed view of the LED display, providing comprehensive workout metrics.

3.2 Starting a Workout

Attach the safety key to your clothing and insert it into the designated slot on the console. Press the START button to begin. The treadmill will typically start at a low speed, which you can then adjust.

3.3 Adjusting Incline

The treadmill offers 12 levels of automatic incline, from 0% to 12%. Use the quick auto incline buttons on the console to easily adjust the incline level during your workout. Increasing the incline can enhance calorie burn and provide a more challenging exercise.



Figure 4: Visual representation of the 12-level auto incline feature, allowing for varied workout intensity.

3.4 Adjusting Speed

The powerful 3 HP motor allows for speeds up to 10 MPH. Use the speed adjustment buttons (+/-) on the console to increase or decrease your pace. The motor operates quietly, maintaining sound levels below 40 dB.



Figure 5: Illustration of the 3 HP motor, highlighting its power and quiet operation.

3.5 Using the Removable Desk

The innovative 3-in-1 design includes a removable desk (28" x 13.8") that allows for exercising while working. This feature is ideal for balancing fitness and productivity.



Figure 6: The removable desk feature, enabling simultaneous work and fitness activities.

3.6 Pre-set Programs

The treadmill comes with 36 pre-set programs and 3 countdown modes to diversify your workouts and help you achieve specific fitness goals.

4. MAINTENANCE

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

4.1 General Cleaning

Wipe down the treadmill surfaces with a damp cloth after each use to remove sweat and dust. Avoid using abrasive cleaners or solvents.

4.2 Running Belt Lubrication

Periodically check and lubricate the running belt according to the separate lubrication instructions provided with your treadmill. Proper lubrication reduces friction and extends belt life.

4.3 Storage

This compact treadmill features an easy one-step hydraulic fast folding system. It requires only a 6 FT² small footprint when folded. Built-in transport wheels make it easy to move and store in tight corners, suitable for any home or apartment.



Figure 7: The space-saving design allows for easy folding and convenient storage.

5. TROUBLESHOOTING

This section addresses common issues you might encounter with your treadmill.

5.1 E22 Error on Display

If your treadmill displays an E22 error, it often indicates an issue with the wiring connections. Follow the steps in the video below to inspect and correct potential loose connections.

Video 1: Guide on how to fix the E22 error issue on OMA 7200EB treadmill. This video demonstrates checking and securing internal wiring connections.

Steps to resolve E22 error:

1. Power off the treadmill and unplug it from the wall outlet.
2. Carefully open the motor cover located at the front base of the treadmill.
3. Locate the red wire connection (wire 01) and ensure it is securely connected. If loose, reconnect and tighten it.
4. Inspect the wire 02 connection, checking for any bent metal pins inside the port. Gently straighten any bent pins with light pressure.
5. Check the wire 03 connection for any bent metal pins and correct them if necessary.
6. Once all connections are secure and pins are straight, replace the motor cover and the console screen.
7. Plug the treadmill back in and turn on the power switch. Test the machine to confirm the error is resolved.

6. SPECIFICATIONS

Feature	Specification
Brand	OMA
Model	7200EA
Product Dimensions	55"D x 17"W x 48"H
Item Weight	105 Pounds
Material	Alloy Steel
Maximum Speed	10 Miles per Hour
Maximum Horsepower	3 Horsepower
Maximum Incline Percentage	12%
Maximum Weight Recommendation	300 Pounds
Running Belt Dimensions	17" x 45.5"
Shock Absorption	6-layer shock absorption, 8 cushions
Display Type	LED
Number of Programs	36
Included Components	Removable Desk

7. WARRANTY AND SUPPORT

The OMA 7200EA Treadmill comes with a 1-year manufacturer's warranty. For any questions or assistance, please contact OMA customer support. They strive to provide a response within 24 hours.

For further support, visit the official OMA store on Amazon: [OMA Store](#)