UMAY Treadmill with handrail

UMAY Fitness Treadmill User Manual

Model: Treadmill with handrail

UMAY Fitness Treadmill with 3-Level Incline, Auto Folding, Pulse Sensors, 300 LBS Capacity, 3.0HP Quiet Brushless Motor, Max 8.7 MPH

1. Introduction and Overview

Welcome to the UMAY Fitness Treadmill user manual. This document provides essential information for the safe and effective operation, assembly, maintenance, and troubleshooting of your new treadmill. Designed for home use, this treadmill features a quiet brushless motor, adjustable incline, and a convenient folding mechanism for easy storage.



Figure 1.1: UMAY Fitness Treadmill in operation, showcasing its design and a user walking.

2. Safety Information

Before operating the treadmill, please read and understand all safety instructions. Keep children and pets away from the treadmill during operation. Always ensure the safety key is properly engaged before starting your workout.

- **Protective Belt:** For enhanced safety, especially during initial use or for users requiring additional support, a protective belt can be utilized.
- **Extended Handrails:** The treadmill is equipped with extended handrails to provide stable support and balance during your workout. Always hold onto the handrails if you feel unsteady.
- **Emergency Stop:** Familiarize yourself with the location of the emergency stop button and the safety key. In case of an emergency, pull the safety key or press the stop button immediately.
- **Weight Capacity:** Do not exceed the maximum weight capacity of 300 LBS.



Figure 2.1: Illustration of the protective belt and extended handrails for user safety.

3. Assembly and Setup

The UMAY Fitness Treadmill is designed for straightforward assembly. All necessary components and hardware are included. Refer to the included user manual for detailed step-by-step instructions. The hydraulic system assists in safe and hands-free unfolding and folding.

3.1 Unfolding the Treadmill

1. Place the treadmill on a flat, stable surface.
2. Gently release the locking mechanism that holds the running deck in the folded position.
3. Allow the hydraulic system to slowly lower the running deck to the floor. Ensure it locks securely into place before use.

3.2 Folding for Storage

To save space, the treadmill can be easily folded. The built-in transportation wheels allow for effortless movement.

1. Ensure the treadmill is turned off and unplugged.
2. Lift the running deck until the hydraulic system engages and holds it in the vertical, folded position.
3. Secure the locking mechanism.
4. Use the transportation wheels to move the folded treadmill to your desired storage location.



Figure 3.1: The treadmill's auto-folding hydraulic system for convenient storage and movement.

4. Operating Instructions

Your UMAY Fitness Treadmill offers various features to customize your workout experience.

4.1 Console Overview

The console displays key workout metrics and allows control over speed and programs.



Figure 4.1: The treadmill's console showing real-time exercise data.

4.2 Starting and Stopping

- **To Start:** Attach the safety key to your clothing and insert it into the console. Press the "Start" button. The belt will begin moving at a low speed.
- **To Stop:** Press the "Stop" button. For emergency stops, pull the safety key.

4.3 Speed Adjustment

Adjust the speed using the "+" and "-" buttons on the console or handrails. The speed can be adjusted in 0.1 MPH increments, ranging from 0 to 8.7 MPH.

4.4 Incline Adjustment

The treadmill features 3 levels of manual incline. To adjust the incline, stop the treadmill, lift the rear of the running deck, and adjust the support mechanism to the desired level. Ensure the deck is securely supported before resuming your workout.



Figure 4.2: Visual representation of the 3-level manual incline feature.

4.5 Pulse Sensors

Grasp the handrail pulse sensors to monitor your heart rate in real-time. This feature helps you stay within your target heart rate zone for effective workouts.

4.6 Pre-set Programs

The treadmill includes 12 pre-set programs (P1-P12) designed to vary speed and intensity for different workout goals. Select a program using the "Program" button on the console.

5. Maintenance

Regular maintenance ensures the longevity and optimal performance of your UMAY Fitness Treadmill.

5.1 Lubrication

The treadmill features an individual easy-self lubrication hole. Proper lubrication of the running belt is crucial for smooth operation and to prevent wear.

Table 5.1: Lubrication Frequency Guide

Usage Frequency	Maintenance Frequency
Less than 3 Hours/Week	Every 2 Months
4-7 Hours/Week	Every 1 Month
8 Hours/Week or More	Every 2 Weeks

Figure 5.1: Demonstrating the auto-lubrication process for the treadmill belt.

5.2 Cleaning

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

6. Troubleshooting

If you encounter issues with your treadmill, refer to the following common troubleshooting steps. For problems not listed here, please contact UMAY customer support.

- **Treadmill Not Starting:**
  - Ensure the power cord is securely plugged into a grounded outlet.
  - Verify that the safety key is correctly inserted into the console.
  - Check the circuit breaker on the treadmill (if applicable) and your home's electrical panel.
- **Belt Slipping or Hesitating:**
  - The running belt may require lubrication (refer to Section 5.1).
  - The belt tension may need adjustment. Consult the detailed user manual for instructions on belt tensioning.
- **Unusual Noises:**

- Ensure all assembly bolts are tightened.
- Check for any foreign objects under the running belt.
- If the noise persists, it may indicate an internal issue requiring professional assistance.

7. Specifications

Feature	Detail
Brand	UMAY
Model Number	Treadmill with handrail
Product Dimensions	143D x 61.7W x 111H Centimetres (Unfolded)
Item Weight	21 kg
Maximum Weight Capacity	300 Pounds
Motor Horsepower	3.0 HP (Brushless)
Maximum Speed	8.7 Miles per Hour
Incline Levels	3-Level Manual Incline
Display Type	LCD
Number of Programs	12 Pre-set Programs
Special Features	Foldable, Pulse Sensors, Auto-Lubrication, Shock Absorption System
Material	Acrylonitrile Butadiene Styrene (ABS), Alloy Steel Frame

8. Warranty and Customer Support

UMAY is committed to providing high-quality products and excellent customer service.

8.1 Warranty Information

Your UMAY Fitness Treadmill comes with a comprehensive warranty:

- **Frame:** 5-year warranty
- **Parts:** 1-year warranty

Please retain your proof of purchase for warranty claims.

8.2 Customer Support

For any questions, issues, or assistance with your UMAY Fitness Treadmill, our California-based customer support team is ready to help. Your satisfaction is our priority.

Please visit the official UMAY website or refer to the contact information provided in your product packaging for direct support.

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