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GYMOST 7208CB

GYMOST Treadmill User Manual

Model: 7208CB

INTRODUCTION

This manual provides essential information for the safe and effective operation, setup, maintenance, and troubleshooting of your GYMOST Folding Treadmill. Designed for home use, this treadmill offers a versatile platform for walking, jogging, and running, featuring an LCD display, multiple programs, and a quiet motor. Please read this manual thoroughly before initial use and retain it for future reference.

SAFETY INFORMATION

To ensure your safety and prolong the life of your treadmill, please adhere to the following guidelines:

- Always consult with a physician before starting any new exercise program.
- Place the treadmill on a flat, stable surface with adequate clearance around it (at least 6.5 feet behind and 2 feet on each side).
- Ensure the safety key is properly attached to your clothing and the treadmill console before beginning your workout.
- Do not allow children or pets near the treadmill while it is in operation.
- Wear appropriate athletic footwear and clothing.
- Do not operate the treadmill if it is damaged or malfunctioning.
- Keep hands and feet clear of all moving parts.
- Unplug the treadmill from the power outlet when not in use or before cleaning and maintenance.
- The maximum user weight capacity for this treadmill is 300 lbs. Do not exceed this limit.

SETUP

Your GYMOST treadmill is designed for quick and easy assembly, with approximately 90% pre-assembly completed at the factory. You should be able to complete the setup within 15 minutes.

Unpacking and Initial Assembly

1. Carefully remove all components from the packaging.

2. Place the main frame on a clear, level surface.
3. Follow the included user manual for specific steps to unfold and secure the uprights and console.
4. Ensure all bolts and screws are tightened securely before use.



Image: The GYMOST treadmill in an unfolded, ready-to-use position, with a person running on it. This illustrates the fully assembled state.

Folding and Storage

The treadmill features a one-step soft-drop folding system for convenient storage, reducing its footprint significantly.

1. Ensure the treadmill is powered off and unplugged.
2. Gently lift the running deck until it locks into the upright position (approximately 45° angle).
3. The soft-drop system will assist in the folding process.
4. Utilize the built-in bottom rollers for effortless mobility when moving the folded treadmill.

INNOVATIVE SPACE SAVER DESIGN



Image: A visual representation of the treadmill's folding mechanism, showing its compact dimensions when folded. The image highlights features like easy movement, fast folding, and ruggedness.

OPERATING INSTRUCTIONS

Familiarize yourself with the control panel and various workout options to maximize your fitness routine.

LCD Display and Console Features

The intuitive LCD display tracks key workout metrics, and the console provides convenient access to controls and accessories.

- **Real-time Data Tracking:** Monitor Speed, Time, Distance, Calories, and Pulse.
- **Armrest Buttons:** Easily adjust speed and other settings during your workout.
- **Built-in Heart Rate Sensor:** Located on the handlebars to monitor your heart rate.
- **Phone/iPad Holder:** Securely place your device for entertainment or guided workouts.

LCD REAL-TIME DATA TRACKING & IPAD HOLDER



Image: Close-up of the treadmill's LCD display and console, showing real-time data tracking for speed, time, distance, calories, and pulse. It also illustrates the integrated cell phone holder, iPad stand, and water cup holder.

Workout Programs and Settings

The treadmill offers a variety of programs to suit different fitness levels and goals.

- **Preset Programs:** Choose from 36 pre-programmed workouts for varied intensity and duration.
- **Manual Mode:** Manually adjust speed from 0.6 to 10 MPH to customize your workout.
- **Manual Incline:** Adjust the incline to 3 different levels to simulate uphill walking or running, increasing workout intensity.

3 MANUAL INCLINE LEVELS

Adjust the slope of the running board on the ground



Degree 1



Degree 2



Degree 3



Max. Weight Capacity

300
LBS



Image: A visual demonstrating the three manual incline levels (Degree 1, Degree 2, Degree 3) and highlighting the maximum weight capacity of 300 lbs for the treadmill.

Your browser does not support the video tag.

Video: An official product video demonstrating the features and operation of the GYMOST 7208CB Treadmill, including its quiet motor and various functions.

MAINTENANCE

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

- **Cleaning:** Wipe down the console and other surfaces with a damp cloth after each use. Avoid abrasive cleaners.
- **Running Belt Lubrication:** Periodically lubricate the running belt according to the instructions in the included user manual (lubricant is provided). This typically involves lifting the belt and applying silicone lubricant to the deck.
- **Belt Tension and Alignment:** Check the running belt tension and alignment regularly. Adjust as needed using the provided tools to prevent slipping or excessive wear.
- **Motor Cover Cleaning:** Occasionally remove the motor cover and vacuum any dust or debris that may have accumulated around the motor. Ensure the treadmill is unplugged before performing this.

2.5HP POWERFUL & QUIET MOTOR SETTING THE STAGE FOR A NOISE-FREE WORKOUT



2.5HP Powerful



Sound < 55db



Speed 0-10 MPH

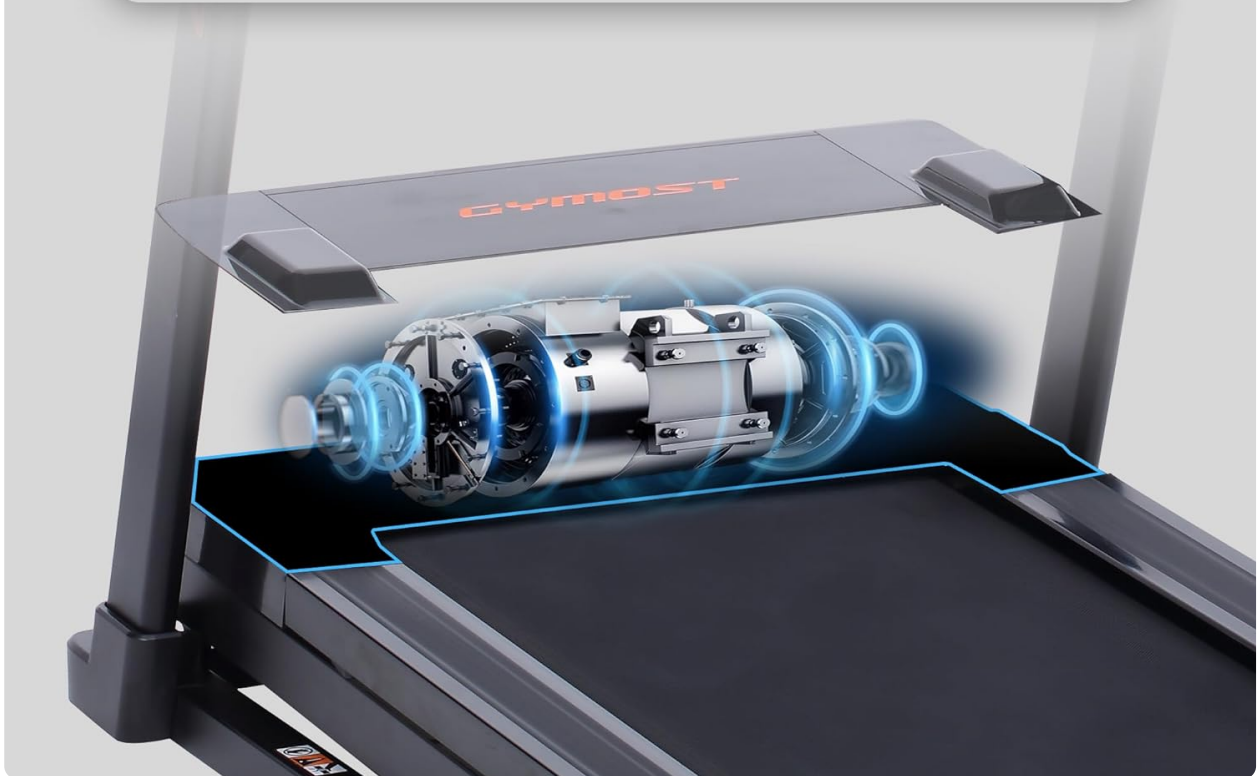


Image: An illustration highlighting the 2.5HP powerful and ultra-quiet motor of the treadmill, emphasizing its low noise level (below 55 dB) and speed range (0-10 MPH).

SHOCK ABSORPTION & WIDER RUNNING BELT

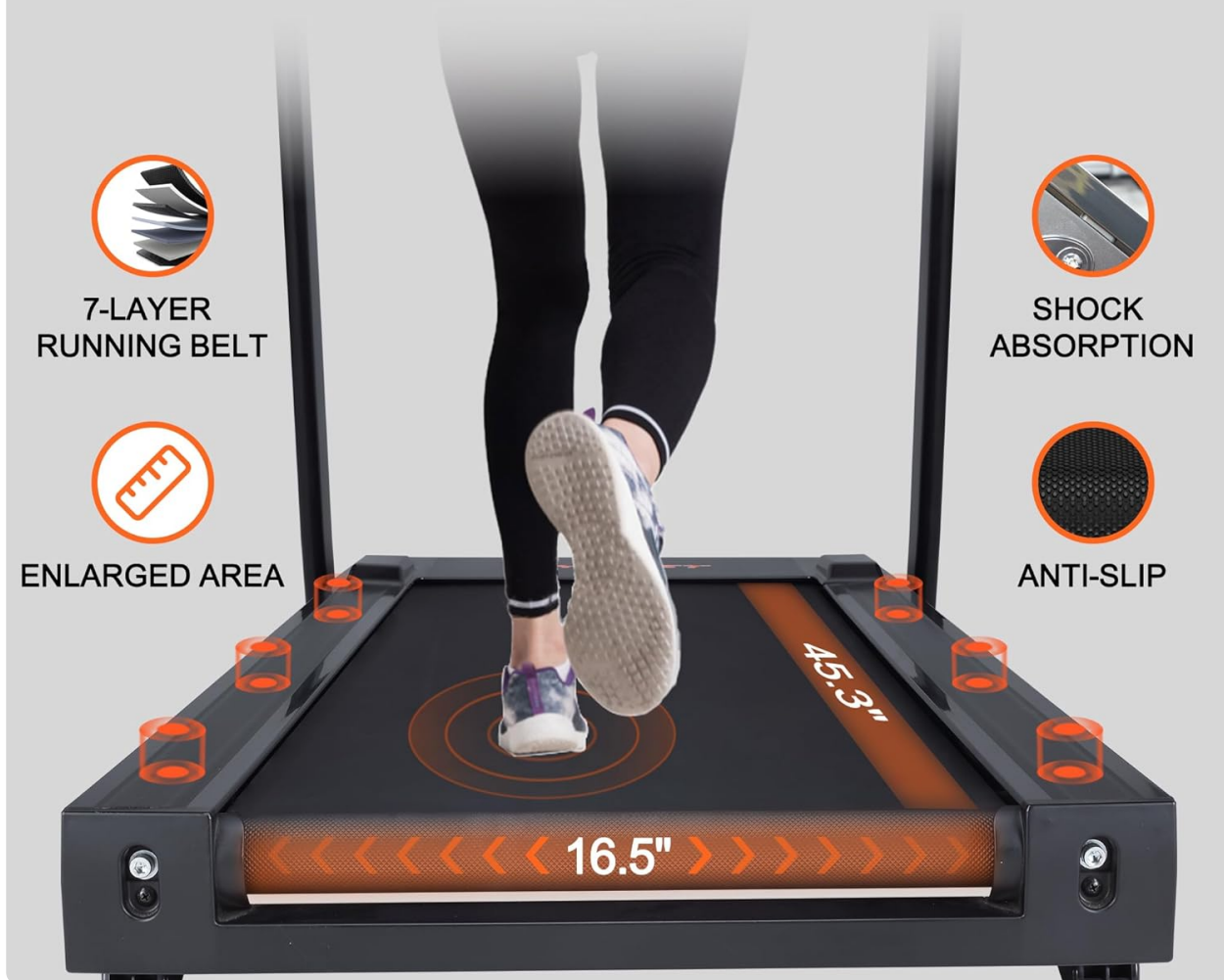


Image: A detailed view of the treadmill's 7-layer non-slip running belt, showcasing its shock absorption and anti-slip properties, along with its dimensions (16.5" x 45.3").

TROUBLESHOOTING

If you encounter any issues with your treadmill, refer to the table below for common problems and their solutions.

Problem	Possible Cause	Solution
Treadmill does not start	Power cord not plugged in; Safety key not in place; Circuit breaker tripped.	Ensure power cord is securely plugged in; Insert safety key fully; Check and reset circuit breaker.
Running belt slips or hesitates	Belt too loose; Belt requires lubrication.	Adjust belt tension (refer to manual); Lubricate the running deck.

Problem	Possible Cause	Solution
Unusual noise during operation	Loose components; Motor or belt issue.	Check all bolts and screws for tightness; If noise persists, contact customer support.
Inaccurate heart rate reading	Hands not firmly on sensors; Dry hands.	Ensure firm contact with both sensors; Slightly moisten hands if dry.

SPECIFICATIONS

Feature	Detail
Brand	GYMOST
Model Name	7208CB
Product Dimensions (LxWxH)	57.7"D x 27.4"W x 52"H
Folded Size	52" x 32.9" x 27.4"
Item Weight	95.5 Pounds
Material	Alloy Steel
Maximum Weight Recommendation	300 Pounds
Motor Horsepower	2.5 HP
Speed Range	0.6 - 10 MPH
Running Belt Dimensions (WxL)	16.5" x 45.3"
Incline Levels	3 Manual Incline
Display Type	LCD
Number of Programs	36 Preset Programs
Special Features	Portable, Foldable, Water Bottle Holder, Heart Rate Monitor
Assembly Required	Yes (90% pre-assembled)
Included Components	User Manual, Safety Key, Tool Kit, Lubricant

WARRANTY AND SUPPORT

GYMOST stands behind the quality of its products. Your treadmill comes with comprehensive support:

- **Warranty:** 1-year warranty for frame and parts replacement.
- **Customer Support:** Lifelong customer support is provided for any inquiries or assistance you may need.

For warranty claims, technical assistance, or any other support needs, please refer to the contact information provided in your product packaging or visit the official GYMOST website.

