UMAY P8 Black

UMAY Treadmill P8 Black User Manual

Model: P8 Black
Brand: UMAY

1. Important Safety Information

Please read this manual carefully before operating the UMAY Treadmill. Retain this manual for future reference.

- Always ensure the safety key is properly engaged before starting the treadmill.
- Keep children and pets away from the treadmill during operation.
- Do not stand on the side rails when starting or stopping the treadmill.
- Ensure the treadmill is placed on a flat, stable surface.
- Do not use the treadmill if it is damaged or malfunctioning. Contact customer support immediately.
- Maximum user weight capacity: 265 Pounds. Do not exceed this limit.

2. Package Contents

Verify all components are present before assembly and operation:

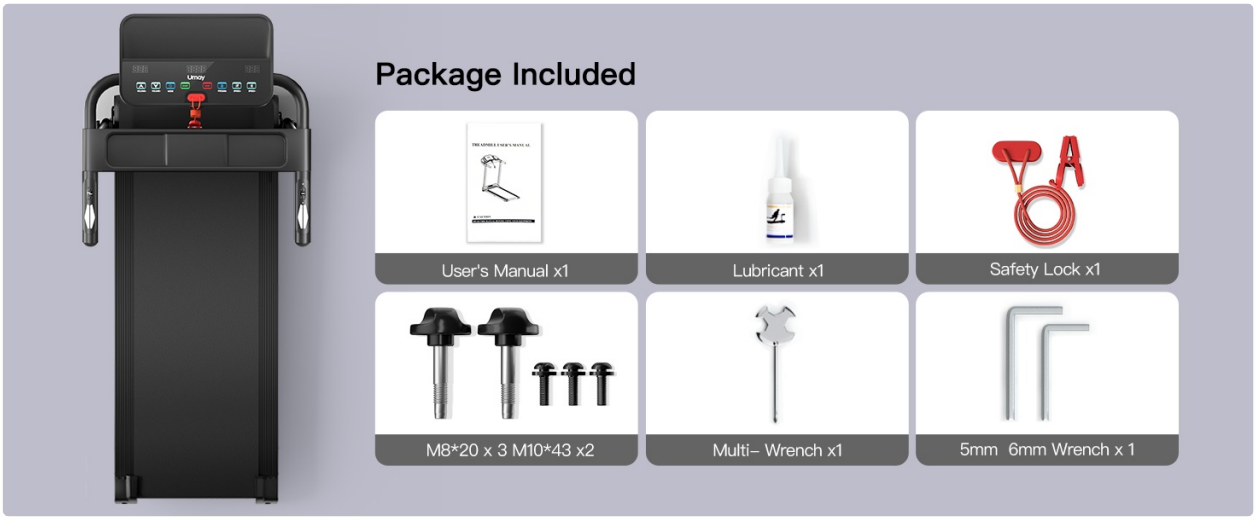


Figure 2.1: Included Accessories

- UMAY Treadmill Unit (Main Body with Running Belt)
- User's Manual x 1
- Lubricant x 1
- Safety Lock x 1
- M8*20 x 3, M10*43 x 2 (Bolts)
- Multi-Wrench x 1
- 5mm, 6mm Wrenches x 1
- Power Cord

3. Setup and Assembly

The UMAY Treadmill is designed for minimal assembly. It arrives largely pre-assembled, requiring only a few simple steps to prepare for use.

1. Carefully remove the treadmill from its packaging.
2. Lift the console and handlebars into the upright position.
3. Secure the handlebars using the provided bolts and wrenches.
4. Place the safety key into its designated slot on the console.
5. Plug the power cord into a grounded electrical outlet.
6. Turn on the main power switch located at the base of the treadmill.

The treadmill is now ready for operation.

4. Operating Instructions

4.1 Console Overview



Figure 4.1: Multi-Functional Console

The LED display shows key metrics such as Time, Distance, Speed, and Calories Burned. The console features intuitive buttons for easy control.

4.2 Starting and Stopping

- **Start:** Press the **START** button on the console or the **START/STOP** button on the right handlebar. The belt will begin moving at a low speed.
- **Stop:** Press the **STOP** button on the console or the **START/STOP** button on the left handlebar. The belt will gradually slow down and stop.
- **Emergency Stop:** Pull the safety key from the console. The treadmill will immediately stop.

4.3 Adjusting Speed



Figure 4.2: Speed Ranges

- Use the **SPEED+** and **SPEED-** buttons on the console to increase or decrease the speed.
- Alternatively, use the speed adjustment buttons on the handlebars for quick changes.
- The treadmill supports speeds up to 7.5 MPH.

4.4 Preset Programs

The treadmill comes with 12 preset programs (**PROGAM** button) designed to vary your workout intensity. Select a program to automatically adjust speed and duration for a structured exercise routine.

4.5 Heart Rate Monitoring

Grasp the heart rate sensors on the handlebars to display your current heart rate on the console. This feature helps you monitor your workout intensity.

4.6 Bluetooth Connectivity

Connect your smartphone or tablet via Bluetooth to the treadmill's built-in speakers. Use the **VOLUME+** and **VOLUME-** buttons on the console to control audio playback from your device.

5. Product Features



Figure 5.1: UMAY Treadmill in Operation

- **Silicone Shock Absorption:** Dual silicone shock absorbers provide excellent cushioning, reducing impact on your joints during exercise.

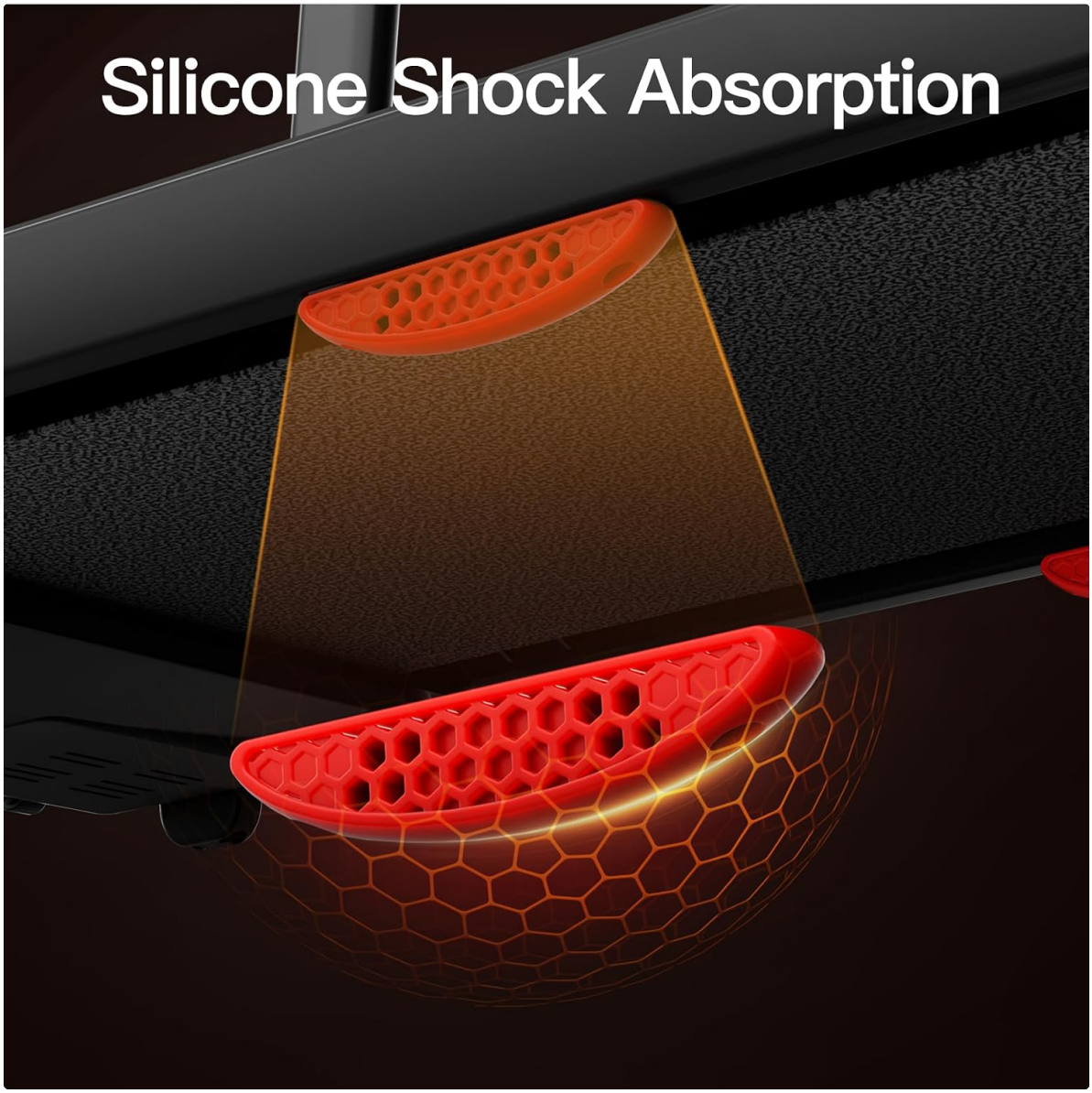


Figure 5.2: Silicone Shock Absorption System

- **Quiet Brushless Motor:** Equipped with a 2.5HP brushless motor, the treadmill operates quietly at 45dB, ensuring a smooth and undisturbed workout experience.



Figure 5.3: 2.5HP Brushless Motor

- **Spacious Running Area:** The 40.2" x 15.4" running belt provides ample space for comfortable and safe exercise. It features a 7-layer non-slip belt for enhanced grip and durability.



Figure 5.4: Running Area Dimensions and Belt Layers

- **Foldable Design:** The treadmill can be easily folded for convenient storage, making it ideal for homes with limited space.
- **High Weight Capacity:** Built to support users up to 265 pounds, ensuring stability and durability.



Figure 5.5: Maximum Weight Capacity

6. Maintenance

- **Lubrication:** Regularly lubricate the running belt according to the instructions in the included User's Manual to ensure smooth operation and prolong belt life.
- **Cleaning:** Wipe down the treadmill with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners.
- **Belt Adjustment:** Periodically check the running belt for proper tension and alignment. Adjust as needed following the manual's guidelines.
- **Storage:** When not in use, fold the treadmill and store it in a dry, cool place away from direct sunlight.

7. Troubleshooting

Problem	Possible Cause	Solution
Treadmill does not start.	Power cord not plugged in; Main switch off; Safety key not in place.	Ensure power cord is securely plugged in. Turn on the main power switch. Insert the safety key fully.
Belt slips or hesitates.	Belt tension too loose; Belt needs lubrication.	Adjust belt tension according to manual. Apply lubricant to the running belt.
Unusual noise during operation.	Loose components; Foreign object under belt.	Check and tighten all visible bolts. Inspect under the belt for any obstructions.
Display not working.	Loose connection; Power issue.	Check all cable connections to the console. Ensure power supply is stable.

For issues not listed here, please contact UMAY Customer Service.

8. Specifications

Brand: UMAY

Model Name: P8 Black

Product Dimensions: 48.7"D x 23.6"W x 42.7"H

Item Weight: 63 Pounds

Material: Acrylonitrile Butadiene Styrene (ABS)

Maximum Speed: 7.5 Miles per Hour

Maximum Horsepower: 2.5 Horsepower

Maximum Weight Recommendation: 265 Pounds

Deck Length: 40.2 Inches

Deck Width: 15.4 Inches

Display Type: LED

Number of Programs: 12

Metrics Measured: Speed, Calories Burned, Time, Distance

Power Source: Corded Electric

Assembly Required: No

9. Warranty and Support

The UMAY Treadmill comes with a 1-year manufacturer's warranty.

For customer service, technical support, or warranty claims, please contact UMAY customer support through Amazon. UMAY provides 24 hours * 7 days Customer Service and 365-day return/replacement service.

Your satisfaction is of utmost importance.

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