UMAY R

UMAY R 512 Pink Treadmill User Manual

Brand: UMAY | Model: R

1. Introduction

Welcome to the UMAY R 512 Pink Treadmill user manual. This compact and efficient treadmill is designed for home and office use, offering a convenient way to integrate exercise into your daily routine. With its space-saving design, quiet operation, and smart features, the UMAY R 512 Pink Treadmill provides an effective workout experience.
Key features include:

- **Space Saver & Easy To Move:** Lightweight and foldable design (53.7"L×24"W×5.9"H) for easy storage under desks, beds, or working tables. Equipped with two folding wheels for effortless portability.
- **Speed Levels & Monitor Programs:** Adjustable speed up to 4 MPH, suitable for walking, mild jogging, or fast walking. LED display tracks workout data.
- **Brushless Motor & Noise Free:** Operates quietly (below 45dB) with a brushless motor, allowing exercise without disturbing others. Supports a maximum user weight of 265 lbs.
- **Enlarged Running Platform & Shock Absorption:** Features a 41.3"×16.2" walking area and a shock absorption design to protect knees and ankles during exercise.
- **Remote Control & SPAX App Control:** Easily controlled via a lightweight remote or the SPAX App, offering class videos, professional coaches, and data recording for an enhanced workout experience.

2. Important Safety Information

Please read all instructions carefully before using the UMAY R 512 Pink Treadmill. Keep this manual for future reference.

- Always place the treadmill on a flat, stable surface.
- Ensure adequate clear space around the treadmill (at least 2 feet on sides and front, 6 feet at the rear).
- Keep children and pets away from the treadmill during operation.
- Do not operate the treadmill if it has a damaged cord or plug, or if it is not working properly.
- Wear appropriate athletic footwear when using the treadmill.
- Do not step on or off the treadmill while the belt is moving.

- Consult a physician before starting any new exercise program.
- Unplug the treadmill from the power outlet when not in use or before cleaning/maintenance.

3. Package Contents

Upon opening your UMAY R 512 Pink Treadmill package, please verify that all the following components are included:

- UMAY R 512 Pink Treadmill Unit
- Remote Control
- CR2032 Lithium Battery (for remote)
- Lubricant Oil
- Multi-Wrench
- 5mm – 6mm Wrench
- User's Manual

4. Setup

The UMAY R 512 Pink Treadmill requires no assembly, making setup quick and easy. Simply unbox, place, and connect to power.

1. **Unboxing:** Carefully remove the treadmill from its packaging. Retain packaging for future storage or transport if needed.
2. **Placement:** Choose a flat, stable surface for the treadmill. Ensure there is sufficient space around the unit for safe operation and movement. The compact design allows it to be placed under a desk or bed when not in use.
3. **Positioning:** If storing upright, utilize the foldable wheels for easy movement. To use, lay the treadmill flat on the floor.
4. **Power Connection:** Plug the power cord into a grounded electrical outlet. Ensure the power switch on the treadmill base is in the 'ON' position (it should glow red).

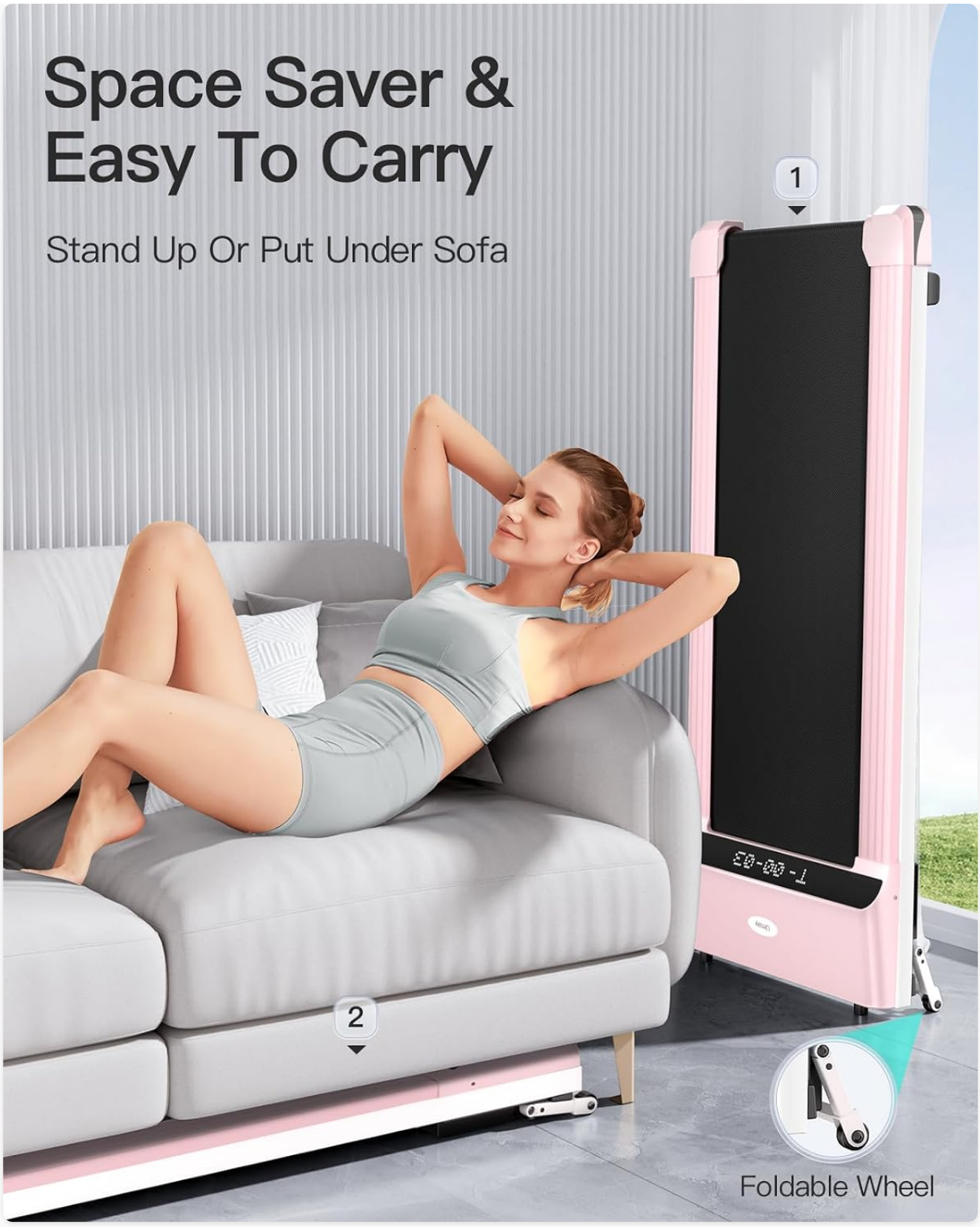


Figure 4.1: Space-saving design allows for easy storage.



Figure 4.2: The UMAY R 512 Pink Treadmill in use.

5. Operating Instructions

The UMAY R 512 Pink Treadmill can be operated using the included remote control or through the SPAX App.

5.1. Remote Control Operation

The lightweight remote control provides easy access to all basic functions:

- **ON/OFF Button:** Press to start or stop the treadmill.
- **Speed + / Speed - Buttons:** Adjust the treadmill speed in increments. The maximum speed is 4 MPH.
- **MODE Button:** Cycle through different display modes (Speed, Time, Distance, Calories).



Figure 5.1: Remote control and LED display functions.

5.2. LED Display

The integrated LED display provides real-time feedback on your workout. It can show:

- **Speed:** Current walking/running speed.
- **Time:** Duration of your workout.
- **Distance:** Total distance covered.
- **Calories:** Estimated calories burned.

5.3. SPAX App Control

Enhance your workout experience by connecting your treadmill to the SPAX App via Bluetooth. The app offers additional features:

- **Record Data:** Track your exercise data over time.
- **Class Videos:** Access guided workout sessions.
- **Professional Coaches:** Benefit from expert guidance.
- **Multiplayer Competitive:** Engage in competitive workouts with others.

To connect, download the SPAX App and follow the in-app instructions. A password, "Umay move it", is required for initial access to free courses for three months.



Figure 5.2: Control your treadmill with the SPAX App and remote.

6. Maintenance

Regular maintenance ensures the longevity and optimal performance of your UMAY R 512 Pink Treadmill.

6.1. Cleaning

- Always unplug the treadmill before cleaning.
- Wipe down the treadmill's surface with a damp cloth after each use to remove sweat and dust.
- Avoid using abrasive cleaners or solvents that could damage the finish.
- Periodically vacuum under the treadmill to prevent dust buildup from affecting motor performance.

6.2. Lubrication

The running belt requires periodic lubrication to reduce friction and extend its lifespan. Use the provided lubricant oil.

- Unplug the treadmill.
- Lift the edge of the running belt on one side.
- Apply a small amount of lubricant in a Z-pattern directly onto the deck under the belt.
- Repeat on the other side.
- Plug in the treadmill and walk on it at a low speed (e.g., 1 MPH) for 2-3 minutes to spread the lubricant evenly.
- Lubricate every 3-6 months depending on usage.

6.3. Belt Adjustment

Over time, the running belt may shift or become loose. Use the provided wrenches for adjustment.

- **Centering the Belt:** If the belt drifts to one side, use the wrench to turn the bolt on the side it's drifting towards a quarter turn clockwise. If it drifts to the other side, turn the bolt on that side a quarter turn clockwise. Run the treadmill for a minute and re-check. Repeat until centered.
- **Tightening the Belt:** If the belt slips during use, turn both rear roller bolts a quarter turn clockwise simultaneously. Do not overtighten, as this can cause excessive wear.



Figure 6.1: Understanding the treadmill's internal components for maintenance.

7. Troubleshooting

If you encounter issues with your UMAY R 512 Pink Treadmill, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not plugged in; Power switch off; Circuit breaker tripped.	Ensure power cord is securely plugged into a working outlet. Check if the power switch on the treadmill is ON (red light). Reset the circuit breaker if necessary.
Remote control not working.	Battery dead or incorrectly inserted; Remote not paired.	Replace the CR2032 battery in the remote. Ensure the battery is inserted with correct polarity. Point the remote directly at the sensor on the treadmill's display.
Running belt slips or hesitates.	Belt too loose; Insufficient lubrication.	Tighten the running belt (refer to Section 6.3). Apply lubricant to the running deck (refer to Section 6.2).
Running belt drifts to one side.	Belt misalignment.	Adjust the running belt to center it (refer to Section 6.3).
Unusual noise during operation.	Loose components; Lack of lubrication; Foreign object.	Check for any loose screws or parts. Lubricate the belt if needed. Inspect under the belt for any foreign objects.
SPAX App not connecting.	Bluetooth off; App issues; Incorrect password.	Ensure Bluetooth is enabled on your device. Restart the app and treadmill. Verify the password "Umay move it" is entered correctly.

8. Specifications

Detailed technical specifications for the UMAY R 512 Pink Treadmill:

Feature	Specification
Brand	UMAY
Model Name	R
Color	512 Pink
Product Dimensions (LxWxH)	53.7"D x 24"W x 5.9"H
Folded Size (LxWxH)	53.7 inches (l) x 24 inches (w) x 5.9 inches (h)
Item Weight	55 Pounds
Maximum Weight Recommendation	265 Pounds
Material	Alloy Steel, Acrylonitrile Butadiene Styrene (ABS)
Maximum Speed	4 Miles per Hour

Feature	Specification
Minimum Speed	0.6 Miles per Hour
Deck Length	41.3 Inches
Deck Width	16.2 Inches
Maximum Horsepower	2.5 Horsepower
Input Power	1500 Watts
Display Type	LED
Connectivity Technology	Corded Electric
Control Program Name	SPAX App
Assembly Required	No
Special Feature	Foldable, Portable
UPC	788424578984



Figure 8.1: Product weight and material comparison.

9. Warranty and Support

9.1. Warranty Information

The UMAY R 512 Pink Treadmill comes with a**1-year manufacturer's warranty**. This warranty covers defects in materials and workmanship under normal use. Please retain your proof of purchase for warranty claims.

9.2. Customer Support

For any questions, technical assistance, or warranty claims, please contact UMAY customer support. Refer to the contact information provided on the product packaging or the official UMAY website.

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Example: How do I reset this device or fix this error?

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