UMAY U50 Treadmill

UMAY Fitness Home Folding Incline Treadmill User Manual

Model: U50 Treadmill

1. Introduction

Thank you for choosing the UMAY Fitness Home Folding Incline Treadmill. This manual provides essential information for the safe and effective operation, assembly, maintenance, and troubleshooting of your new fitness equipment. Please read this manual thoroughly before initial use and retain it for future reference.

This treadmill is designed for home use, offering a convenient and effective way to perform cardio workouts. It features a quiet brushless motor, integrated pulse sensors, and a space-saving folding design.

2. Important Safety Information

Before using this treadmill, it is imperative to read and understand all safety warnings and instructions. Failure to do so may result in serious injury or equipment damage.

- Consult your physician before beginning any exercise program.
- Keep children and pets away from the treadmill during operation.
- Place the treadmill on a flat, stable surface with adequate clearance around it (at least 2 feet on sides and rear).
- Always attach the safety key clip to your clothing before starting the treadmill. In case of an emergency, pulling the safety key will immediately stop the machine.
- Do not operate the treadmill if it is damaged or malfunctioning.
- Wear appropriate athletic footwear and clothing.
- Do not step on or off the treadmill while the belt is moving.
- Maximum user weight capacity: 300 lbs (136 kg). Do not exceed this limit.
- Hold the handrails for balance, especially when starting or stopping the treadmill, or adjusting incline.



Image: Safety Certification. This image displays a certificate of compliance, indicating the product meets safety standards.

3. Components and Parts

Familiarize yourself with the main components of your UMAY Fitness Treadmill:

- **Console Display:** Shows time, speed, distance, calories, and heart rate.
- **Handrails:** Provide support and contain integrated pulse sensors.
- **Running Belt:** The surface on which you walk or run. Dimensions: 44.1" x 16.1".
- **Motor Cover:** Protects the brushless motor.
- **Safety Key Slot:** Where the safety key is inserted to enable operation.
- **Manual Incline Adjusters:** Located at the rear base of the treadmill for incline changes.
- **Transportation Wheels:** For easy movement when folded.



Image: Multi-function Handrail. This image shows a close-up of the treadmill's console and handrails, highlighting the heart rate monitor, safety key slot, and control buttons for start, stop, speed increase, and speed decrease.



Image: Wide Belt 44.1"x16.1". This image focuses on the spacious running belt of the treadmill, indicating its width for comfortable use.

4. Setup and Assembly

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

4.1 Unfolding the Treadmill

1. Ensure the treadmill is placed on a level surface.
2. Gently push down on the rear of the running deck until the hydraulic system engages and slowly lowers the deck to the floor. The hydraulic system ensures a safe and hands-free unfolding process.
3. Confirm the running deck is fully lowered and stable before use.



Image: Hydraulic System for Auto-folding. This image illustrates the treadmill's hydraulic system, which facilitates safe and easy unfolding of the running deck.

4.2 Manual Incline Adjustment

The treadmill features 3 different manual incline positions to customize your workout intensity. To adjust the incline:

1. Ensure the treadmill is turned off and unplugged.
2. Carefully lift the rear of the running deck.
3. Adjust the support bars at the rear base to the desired incline level (3%, 8%, or 10%).
4. Lower the running deck securely onto the adjusted support bars. Ensure both sides are set to the same level.



Image: Three-Level Manual Incline. This image visually explains the three manual incline settings (3%, 8%, 10%) available on the treadmill, showing how they affect calorie burn.

5. Operating Instructions

5.1 Starting a Workout

1. Plug the treadmill into a grounded electrical outlet.
2. Attach the safety key clip to your clothing and insert the safety key into its slot on the console.
3. Step onto the treadmill, placing your feet on the side rails.
4. Press the 'Start' button on the console. The belt will begin to move at a low speed.
5. Gradually increase the speed using the 'Speed+' button to your desired pace.

5.2 Adjusting Speed and Monitoring Heart Rate

- Use the 'Speed+' and 'Speed-' buttons on the console or handrails to adjust your running speed. The maximum

speed is 8.7 MPH.

- To monitor your heart rate, firmly grasp the pulse sensors on the handrails. Your heart rate will be displayed on the console after a few seconds.



Image: UMAY Fitness Home Folding Incline Treadmill in use. This image shows a person running on the treadmill, demonstrating its operational state.

5.3 Quiet Brushless Motor

The UMAY treadmill is equipped with an improved brushless motor (max 3.0 HP) that provides efficient and quiet operation. Noise levels typically range from 40-65 dB, ensuring your workout does not disturb others.



Image: Powerful & Quiet Brushless Motor. This image provides an internal view of the treadmill's brushless motor, highlighting its 3.0 HP power, 3500 hours speed range, and low noise output (less than 45dB).

5.4 Stopping a Workout

- Press the 'Stop' button to gradually slow down and stop the treadmill belt.
- Alternatively, pulling the safety key will immediately stop the treadmill.
- Once the belt has completely stopped, step off the treadmill.

5.5 Folding for Storage

To save space, the treadmill can be easily folded:

1. Ensure the treadmill is stopped and unplugged.
2. Carefully lift the running deck from the rear until it locks into the upright position. The hydraulic system assists in this process.
3. Once folded, use the built-in transportation wheels to move the treadmill for storage. The folded size is

approximately 35 x 25 x 15 inches, occupying only 0.35 m^3 of space.



Image: Treadmills for Home Small. This image demonstrates the treadmill in its folded, upright position, highlighting its compact footprint of 0.35 cubic meters, ideal for small home spaces.

6. Maintenance

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

- **Cleaning:** Wipe down the treadmill surfaces with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners or solvents.
- **Belt Lubrication:** The running belt may require lubrication periodically. Refer to the specific instructions provided with your treadmill's lubrication kit, or consult UMAY customer support for guidance.
- **Belt Tension and Alignment:** Check the running belt tension and alignment regularly. If the belt slips or drifts to one side, adjust it according to the instructions in the troubleshooting section or contact customer support.
- **General Inspection:** Periodically check all nuts and bolts for tightness. Tighten any loose fasteners.

7. Troubleshooting

If you encounter any issues with your treadmill, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not plugged in; Safety key not inserted; Circuit breaker tripped.	Ensure power cord is securely plugged in; Insert safety key fully; Check household circuit breaker.
Running belt slips or hesitates.	Belt too loose; Belt requires lubrication.	Adjust belt tension (refer to specific instructions); Lubricate belt as needed.
Running belt drifts to one side.	Belt alignment issue.	Adjust belt alignment using the rear roller bolts (turn 1/4 turn clockwise on the side the belt is drifting towards).
Unusual noise from motor area.	Loose components; Motor issue.	Check for loose screws; If noise persists, contact UMAY customer support.

If the problem persists after attempting these solutions, please contact UMAY customer support for assistance.

8. Specifications

Key technical specifications for the UMAY Fitness Home Folding Incline Treadmill:

- **Brand:** UMAY
- **Model Name:** U50 Treadmill
- **Color:** Gray
- **Product Dimensions (LxWxH):** 56.3" x 24.3" x 43.7"
- **Folded Size:** 35" x 25" x 15"
- **Item Weight:** 15 Pounds (Note: Package weight is 60 Pounds)
- **Material:** Alloy Steel
- **Maximum Horsepower:** 3.0 HP (Brushless Motor)
- **Maximum Speed:** 8.7 MPH
- **Special Feature:** Manual Incline (3 levels), Folding, Pulse Sensors
- **Metrics Measured:** Heart Rate
- **Maximum Weight Recommendation:** 300 Pounds
- **Assembly Required:** No (Minimal setup)
- **Included Components:** Safety Key



Image: 300lbs Weight Capacity. This image visually represents the treadmill's robust construction, indicating its maximum user weight capacity of 300 pounds.

9. Warranty and Support

UMAY provides a **2-Year Manufacturer Warranty** for this treadmill, covering defects in materials and workmanship under normal use.

For any questions, issues, or warranty claims, please contact the UMAYCare customer support team. Our California-based support team is available to assist you and ensure your satisfaction.

Contact Information: Please refer to the contact details provided on the UMAY official website or your purchase documentation.

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