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UMAY Tapis de Course Pliable 14KM/H

UMAY Foldable Treadmill 14KM/H User Manual

Model: Tapis de Course Pliable 14KM/H

Safety Instructions Package Contents Setup Operating Instructions Maintenance Troubleshooting Specifications Warranty & Support

1. Safety Instructions

Please read all instructions carefully before using the treadmill. Keep this manual for future reference.

- Ensure the treadmill is placed on a flat, stable surface.
- Keep children and pets away from the treadmill during operation.
- Always attach the safety key clip to your clothing before starting the treadmill.
- Wear appropriate athletic footwear.
- Do not operate the treadmill if it is damaged or malfunctioning.
- Consult a physician before starting any new exercise program.
- Maintain a clear space of at least 2 meters behind the treadmill and 0.6 meters on each side.
- Unplug the treadmill from the power outlet when not in use or before cleaning/maintenance.
- Do not use the treadmill outdoors or in damp environments.
- The maximum user weight for this treadmill is 136 kg.

2. Package Contents

Verify that all components are present before assembly.

- Treadmill Main Frame
- Console Assembly
- Left and Right Upright Posts
- Handlebars
- Accessory Kit (screws, washers, Allen wrenches)
- Safety Key
- Power Cord
- User Manual

3. Setup and Assembly

Follow these steps to assemble your UMAY Foldable Treadmill.

1. **Unpack:** Carefully remove all components from the packaging and place them on a clear, flat surface.
2. **Attach Upright Posts:** Secure the left and right upright posts to the main frame using the provided screws and tools. Ensure they are firmly tightened.
3. **Install Console:** Mount the console assembly onto the top of the upright posts. Connect any pre-attached cables from the uprights to the console.
4. **Attach Handlebars:** Fasten the handlebars to the console or upright posts as indicated in the diagrams.
5. **Connect Power:** Plug the power cord into the treadmill's power inlet and then into a grounded electrical outlet.
6. **Unfold (if applicable):** If the treadmill is in a folded position, carefully lower the running deck until it locks into place.
7. **Initial Check:** Before first use, ensure all screws are tightened and the treadmill is stable.

4. Operating Instructions

4.1 Getting Started

1. **Power On:** Plug in the treadmill and flip the main power switch (usually located at the front base) to the "ON" position.
2. **Attach Safety Key:** Clip the safety key to your clothing and insert the other end into the designated slot on the console. The display will illuminate.
3. **Stand on Side Rails:** Always stand on the side rails before starting the running belt.

4.2 Console Functions

The console displays various workout metrics and allows control over the treadmill.

- **START/STOP:** Press to start or stop the running belt.
- **SPEED +/-:** Adjust the running speed.
- **MODE:** Cycle through display modes (Time, Distance, Calories, Pulse).
- **PROGRAM (PROG):** Select from 12 pre-set workout programs.
- **HEART RATE SENSORS:** Grip the sensors on the handlebars to measure your pulse.
- **APP Connectivity:** Connect your device via Bluetooth to the UMAY fitness app for additional features and tracking.
- **Speaker:** Connect your device to play audio through the integrated speaker.

4.3 Using Pre-set Programs

The treadmill offers 12 pre-set programs designed for various fitness goals.

1. From standby, press the "PROGRAM" button repeatedly to cycle through P1-P12.
2. Once your desired program is displayed, press "START" to begin the workout.
3. The treadmill will automatically adjust speed according to the program's profile.

4.4 Folding and Storage

To save space, the treadmill can be folded.

1. Ensure the treadmill is stopped and unplugged.
2. Gently lift the running deck until it locks into an upright position.

3. To unfold, gently push the release mechanism and slowly lower the deck to the floor.

5. Maintenance

Regular maintenance ensures the longevity and safe operation of your treadmill.

- **Cleaning:** Wipe down the console and exterior surfaces with a damp cloth after each use. Do not use abrasive cleaners.
- **Belt Lubrication:** Lubricate the running belt every 3-6 months or after 100 hours of use, using silicone oil specifically designed for treadmills. Refer to the specific instructions for applying lubricant under the belt.
- **Belt Tension:** Check belt tension periodically. If the belt slips or feels loose, adjust the tension bolts at the rear of the treadmill.
- **Belt Alignment:** If the belt drifts to one side, adjust the alignment bolts at the rear of the treadmill until the belt is centered.
- **Storage:** Store the treadmill in a dry, clean environment when not in use.

6. Troubleshooting

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not plugged in; main power switch off; safety key not inserted.	Ensure power cord is securely plugged in; turn main power switch ON; insert safety key.
Running belt slips.	Belt tension too loose.	Adjust belt tension using the rear adjustment bolts.
Running belt drifts to one side.	Belt alignment off.	Adjust belt alignment using the rear adjustment bolts until centered.
Unusual noise during operation.	Loose components; lack of lubrication; foreign object.	Check all bolts and tighten; lubricate running belt; inspect for foreign objects. If noise persists, contact support.
Heart rate monitor not working.	Hands not properly placed; dry hands.	Ensure both hands firmly grip the sensors; moisten hands slightly if dry.

7. Specifications

- **Model:** Tapis de Course Pliable 14KM/H
- **Motor Power:** 3.0 HP / 2200W
- **Speed Range:** Up to 14 KM/H
- **Programs:** 12 Pre-set Programs
- **Max User Weight:** 136 KG
- **Features:** Heart Rate Monitor, APP Connectivity, Integrated Speaker, Foldable Design
- **Power Supply:** 220-240V, 50/60Hz (Standard European)

8. Warranty and Support

UMAY products are designed for durability and performance. This product comes with a standard manufacturer's warranty against defects in materials and workmanship.

- **Warranty Period:** Please refer to your purchase documentation or contact UMAY customer service for specific warranty terms applicable to your region.
- **Customer Support:** For technical assistance, parts replacement, or warranty claims, please contact UMAY customer support through the retailer where the product was purchased or visit the official UMAY website.
- **Proof of Purchase:** Retain your proof of purchase for warranty validation.

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