UMAY U60

UMAY Fitness Treadmill User Manual

Comprehensive guide for setup, operation, and maintenance of your UMAY Fitness Treadmill.

Introduction

The UMAY Fitness Treadmill is designed for home use, offering a quiet and efficient workout experience. It features a 3-level incline, pulse sensors, and an auto-folding hydraulic system for convenience and safety. This manual provides essential information for assembly, operation, maintenance, and troubleshooting to ensure optimal performance and user safety.

Important Safety Information

Always prioritize safety when using the treadmill. Failure to follow these guidelines may result in injury or damage to the product.

- Read the owner's manual carefully before using the product.
- Stand on the side rails before starting the unit.
- Keep children away from the treadmill during operation.
- Remove the safety key when the unit is not in use.
- Utilize the extended handrails for stability, especially during recovery or if mobility is limited.
- Use the protective belt for added support if needed.
- Be aware of the slow start and stop features for safe operation.
- The treadmill has a maximum weight capacity of 300 LBS.
- The treadmill may have a session limit (e.g., 99 minutes) to prevent motor overheating.

Setup and Assembly

Your UMAY Fitness Treadmill requires minimal assembly. Please ensure all parts are present before beginning.

This video demonstrates the step-by-step installation and setup process for the UMAY Fitness U60 Rehab Treadmill, including unboxing, attaching support tubes, and securing components.

Unboxing and Part Identification

Carefully remove all components from the packaging. Verify all parts are included against the manual's list.

Main Frame Assembly

Lift the console and secure the main frame using the provided screws and washers.

Handrail and Support Tube Installation

Attach the extended handrails and support tubes, ensuring they are securely fastened.

Power Connection

Plug the treadmill into a grounded outlet and turn on the main power switch located at the front base.

Operating Instructions

Control Panel Overview

The LED display shows Time, Distance, Calories, and Speed. Use the control buttons to navigate modes and adjust settings.



The intuitive control panel provides real-time feedback on your workout metrics, including speed, distance, time, and calories burned.

Starting a Workout

Attach the safety key to the designated spot on the console and clip the other end to your clothing. Press the 'Start' button. The treadmill will begin at a low speed (e.g., 0.6 MPH) after a 5-second countdown.

This short video demonstrates the auto-folding hydraulic system of the treadmill, showing how it can be easily folded and unfolded for storage.

Adjusting Speed and Incline

Use the 'Speed +' and 'Speed -' buttons on the console or the handrail controls to adjust the speed in 0.1 MPH increments. The treadmill offers 3 levels of manual incline, adjusted by a pull-pin mechanism at the base.



Customize your workout intensity with three manual incline positions, allowing you to simulate uphill walking or running.

Monitoring Heart Rate

Place both hands on the pulse sensors located on the handrails to display your real-time heart rate on the console.

Safety First





The extended handrails provide continuous support along the entire length of the running deck, enhancing stability and safety, especially for users requiring additional balance.

Pre-programmed Workouts

Select from 12 pre-programmed workout routines (P1-P12) to vary your exercise intensity and achieve different fitness goals.

This video highlights the 12 pre-programmed workout routines and the dual cushioning system of the treadmill, designed for varied exercise and joint protection.

Maintenance

Lubrication

The treadmill features an easy-self lubrication hole. Refer to the user manual for the recommended lubrication schedule and type of oil.

Cleaning

Regularly wipe down the treadmill with a damp cloth to remove sweat and dust.

Troubleshooting

Treadmill Stops After 99 Minutes

Some treadmills have a built-in safety feature that automatically shuts off the machine after a certain duration (e.g., 99 minutes) to prevent motor overheating. This is normal operation.

Inaccurate Heart Rate Monitor

Ensure both hands are firmly placed on the pulse sensors. Factors like hand moisture or movement can affect accuracy.

Product Specifications

Name	Value
Brand	UMAY
Color	black
Product Grade	First-Grade
Product Dimensions	56.3"D x 24.3"W x 43.7"H
Item Weight	21 Kilograms
Material	Acrylonitrile Butadiene Styrene (ABS)
Maximum Speed	8.7 Miles per Hour
Special Feature	Adjustable Height
Target Audience	Adult
Maximum Horsepower	7.8 Horsepower
Assembly Required	No
Display Type	LCD
Number of Programs	12
Included Components	User Manual

Name	Value
Maximum Weight Recommendation	300 Pounds
Deck Length	40 Inches
Frame Material	Alloy Steel
Folded Size	47.5 x 26 x 9.5 inches
Input Power	300 Watts
UPC	850074068051
Model Name	U60
Manufacturer	UMAY
Item Package Dimensions L x W x H	56.5 x 26.5 x 9.5 inches
Package Weight	44.45 Kilograms
Item Dimensions LxWxH	47.24 x 21.65 x 4.72 inches
Brand Name	UMAY
Warranty Description	2YEAR
Part Number	Treadmill with long handrails
ASIN	B0D17L6QLY
Customer Reviews	4.5 4.5 out of 5 stars 208 ratings 4.5 out of 5 stars
Best Sellers Rank	#39,909 in Sports & Outdoors (See Top 100 in Sports & Outdoors) #177 in Treadmills
Date First Available	April 9, 2024

Warranty and Customer Support

The UMAY Fitness Treadmill comes with a 2-year warranty.
For any questions or issues, please contact UmayCare customer support. They are committed to providing exceptional customer support and 100% satisfaction.

- Warranty Description: 2 YEARS
- Customer Support: California-based team available to assist.
- For additional support, visit the official UMAY Store.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

Question

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

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question