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UMAY L10 20

UMAY Fitness Treadmill L10 20 User Manual

Model: L10 20

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1. INTRODUCTION

This manual provides essential information for the safe and effective use of your UMay Fitness Treadmill L10 20. Please read it thoroughly before assembly, operation, or maintenance. Keep this manual for future reference.

2. SAFETY INFORMATION

Important Safety Precautions:

- Always consult with a physician before starting any new exercise program.
- Keep children and pets away from the treadmill during operation.
- Place the treadmill on a solid, level surface with adequate clearance around it.
- Wear appropriate athletic footwear and clothing.
- Do not operate the treadmill if it is damaged or malfunctioning.
- Use the safety key at all times. Attach the clip to your clothing before starting your workout.
- Do not exceed the maximum weight capacity of 400 lbs.
- Ensure the power cord is not pinched or damaged.

3. SETUP

3.1 Unpacking and Placement

Your UMay Fitness Treadmill L10 20 arrives 90% pre-assembled. Carefully remove all packaging materials. Place the treadmill on a flat, stable surface, ensuring at least 2 feet of clearance on all sides and 6 feet behind the running deck for safety.



Image: The treadmill components laid out, indicating 90% pre-assembly, with a toolkit and instruction box visible.

3.2 Final Assembly Steps

Follow the included quick start guide for the final assembly steps, which typically involve unfolding the console and securing any remaining components. A basic toolkit is provided.

3.3 Power Connection

Plug the power cord into a grounded electrical outlet. Ensure the power switch on the treadmill is in the 'ON' position.

4. OPERATING INSTRUCTIONS

4.1 Safety Key

Before starting, attach the safety key clip to your clothing. Insert the magnetic end of the safety key into the designated slot on the console. The treadmill will not operate without the safety key in place.

4.2 Basic Controls

The treadmill features an LCD touchscreen and convenient handlebar controls for easy adjustments.



Image: Close-up of the treadmill's touchscreen display showing time, speed, and calorie metrics, with quick speed buttons.

- **Start/Stop:** Press the 'Start' button on the console or handlebar to begin your workout. Press 'Stop' to end it.
- **Speed Adjustment:** Use the '+' and '-' buttons on the console or handlebars to increase or decrease speed. Quick speed buttons (3, 5, 7 MPH) are available on the touchscreen. The speed range is 0 to 8.7 MPH.
- **Mode Selection:** Use the 'P/M' button to cycle through different workout programs or manual mode.

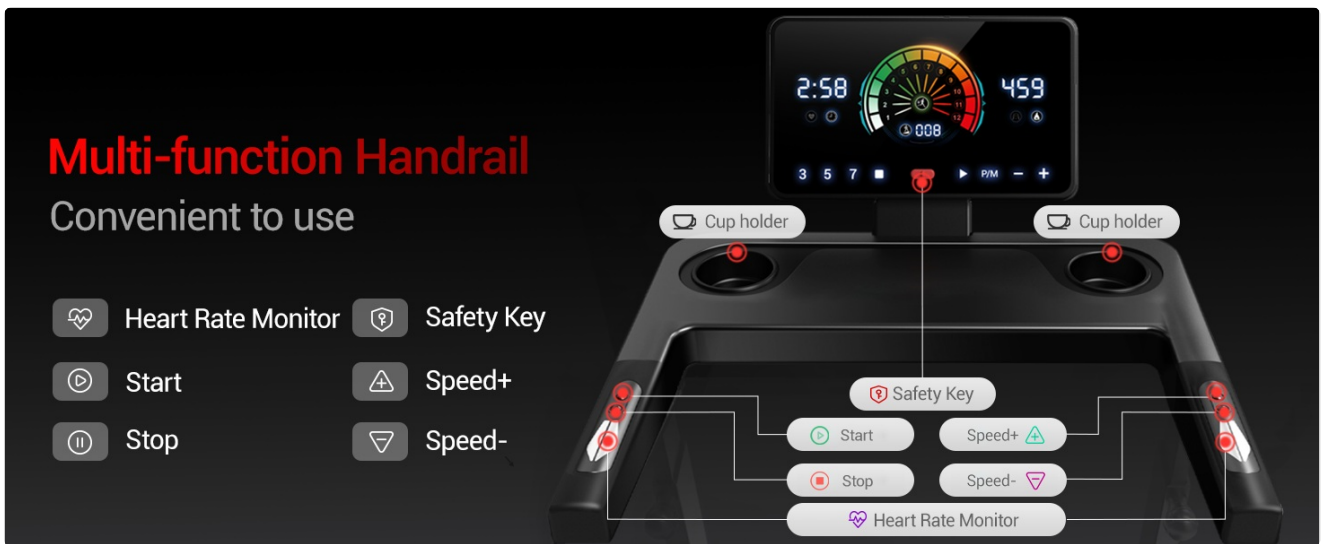


Image: Diagram highlighting the multi-function handrail with controls for Start, Stop, Speed+, Speed-, Heart Rate Monitor, and Safety Key placement, along with cup holders.

4.3 Manual Incline Adjustment

The UMAX Fitness Treadmill L10 20 features three manual incline levels: 2%, 16%, and 20%. To adjust the incline:

1. Ensure the treadmill is stopped and unplugged for safety.
2. Locate the incline adjustment mechanism at the rear of the treadmill.
3. Manually lift or lower the rear of the treadmill to select the desired incline level. Secure the mechanism firmly in place.
4. Plug in the treadmill and resume your workout.



Image: Illustration showing the three manual incline levels (2%, 16%, 20%) and their corresponding calorie burn rates.

5. PRODUCT FEATURES

5.1 Ultra-Slim Folding Design

This treadmill is designed for compact living spaces, folding down to an impressively slim 4.5" profile. Built-in transport wheels allow for easy movement and storage under a bed, sofa, or against a wall.



Image: The treadmill shown in its fully folded position, demonstrating its compact storage capability.



Image: A person demonstrating how to fold and store the treadmill under a bed, highlighting its space-saving design and transport wheels.

5.2 Powerful and Quiet Motor

Equipped with a durable 3.5HP brushless motor, the treadmill ensures smooth, whisper-quiet operation under 45 dB. This motor is designed for reliable performance with a long lifespan of over 3,500 hours.



Image: A person running on the treadmill while another person reads on a sofa nearby, illustrating the ultra-quiet operation. A graphic

shows 'Other motors' vs 'Our motors' sound waves.

5.3 Spacious, Joint-Protecting Running Surface

The expansive 42.5" x 16.1" shock-absorbing deck features a multi-layer cushioning system to reduce impact on knees and ankles, providing a safer and more comfortable workout experience.



Image: A close-up of the treadmill's running belt, highlighting its dimensions of 42.5 inches in length and 16.2 inches in width.

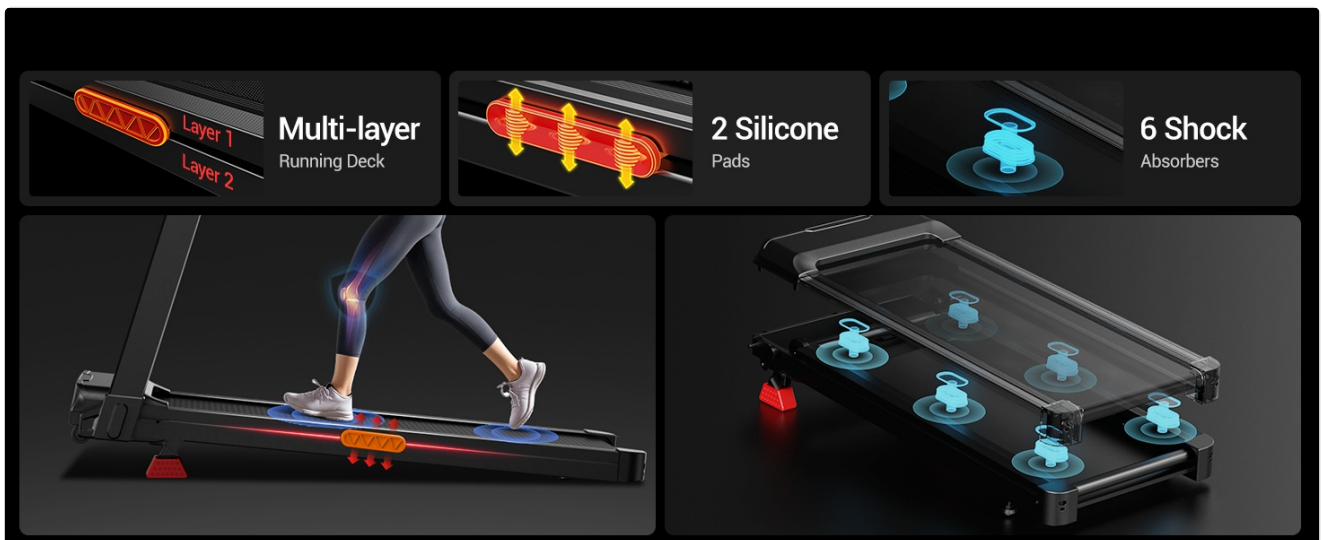


Image: A diagram illustrating the multi-layer running deck, two silicone pads, and six shock absorbers, with an image of a person running to show impact absorption.

5.4 High Weight Capacity

The treadmill is built to support users up to 400 lbs, ensuring stability and durability for a wide range of users.



Image: The treadmill with a prominent graphic displaying "Max capacity 400lbs" in red text.

6. MAINTENANCE

6.1 Cleaning

Regularly wipe down the treadmill with a damp cloth to remove dust and sweat. Avoid using abrasive cleaners or solvents that could damage the finish or electronic components.

6.2 Belt Lubrication

The running belt requires periodic lubrication to ensure smooth operation and prolong its lifespan. Refer to the detailed instructions in the separate lubrication guide or contact customer support for guidance on proper lubrication frequency and procedure.

6.3 Storage

To store the treadmill, ensure it is powered off and unplugged. Follow the folding instructions to collapse the unit into its compact form. Utilize the transport wheels to move it to a suitable storage location, such as under a bed or against a wall.

7. TROUBLESHOOTING

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

- **Treadmill does not power on:** Check if the power cord is securely plugged into a grounded outlet and the treadmill's power switch is 'ON'. Ensure the safety key is correctly inserted.
- **Running belt stops or slips:** This may indicate the belt needs adjustment or lubrication. Refer to the maintenance section or contact customer support.
- **Unusual noises:** Stop the treadmill immediately and inspect for any loose parts or obstructions. If the noise persists, contact customer support.
- **Display not working correctly:** Ensure all connections are secure. Try restarting the treadmill by unplugging it for 30 seconds and plugging it back in.

For issues not listed here, please contact UMay customer support.

8. SPECIFICATIONS

Feature	Specification
Brand	UMAY
Model Name	L10 20
Product Dimensions	52"D x 26"W x 6"H
Material	Acrylonitrile Butadiene Styrene (ABS)
Maximum Speed	8.7 Miles per Hour
Special Feature	Adjustable Speed, Manual Incline
Target Audience	Adult
Maximum Horsepower	3.5 Horsepower
Included Components	Tool Kit
Maximum Weight Recommendation	400 Pounds
Incline Levels	2%, 16%, 20% (Manual)
Running Area	42.5" x 16.1"
Noise Level	Under 45 dB

9. WARRANTY & SUPPORT

9.1 Warranty Information

The UMay Fitness Treadmill L10 20 comes with a **1-year warranty** from the date of purchase. This warranty covers manufacturing defects and malfunctions under normal use. Please retain your proof of purchase for warranty claims.

9.2 Customer Support

For technical assistance, warranty claims, or any questions regarding your UMay Fitness Treadmill, please contact UMay customer support through the retailer where you purchased the product or visit the official UMay website for contact details.