UMAY L10-1

UMAY L10-1 Electric Treadmill User Manual

Model: L10-1

1. Introduction

This manual provides essential information for the safe and effective use of your UMAY L10-1 Electric Treadmill. Please read all instructions carefully before assembly, operation, or maintenance. Retain this manual for future reference.

2. Safety Information

Warning: To reduce the risk of serious injury, read all important precautions and instructions in this manual before using the treadmill.

- Consult a physician before beginning any exercise program.
- Place the treadmill on a level surface with at least 2 meters (6.5 feet) of clear space behind it and 0.6 meters (2 feet) on each side.
- Keep children and pets away from the treadmill during operation.
- The maximum user weight for this treadmill is **180 kg (396 lbs)**.
- Always wear appropriate athletic footwear.
- Use the safety key clip during every workout. In case of emergency, the safety key will stop the treadmill.
- Do not operate the treadmill if it has a damaged power cord or plug, or if it is not working properly.
- Ensure all bolts and nuts are tightened before each use.

3. What's in the Box

Carefully unpack all components and verify that you have received the following items:

- UMAY L10-1 Treadmill Unit
- User Manual (this document)
- Assembly Tools (wrenches, screws, etc.)

- Power Cord
- Safety Key

If any parts are missing or damaged, please contact UMAY customer support immediately.

4. Setup and Assembly

The UMAY L10-1 Treadmill is designed for straightforward assembly. It is recommended to have two people for certain steps due to the unit's weight.

1. **Unpacking:** Remove all packaging materials and place the main treadmill frame on a clear, level surface.
2. **Unfolding:** Carefully lift the console mast into the upright position. Secure it using the provided bolts and assembly tools.
3. **Attaching Handrails/Console:** Connect the handrails and console to the main mast, ensuring all cables are properly connected and not pinched. Secure with screws.
4. **Adjusting Console Height:** The console features a four-position height adjustment knob. Adjust the console and handrails to a comfortable height for users between 140 cm and 210 cm.
5. **Final Checks:** Ensure all connections are secure and all bolts are tightened. Plug the power cord into a grounded outlet.



Image 1: The UMAY L10-1 Treadmill in an operational state, demonstrating its adjustable console and the incline feature. A user is shown running on the treadmill, highlighting its ergonomic design and robust build.

5. Operating Instructions

5.1 Starting the Treadmill

1. Ensure the treadmill is plugged in and the safety key is properly placed on the console. Attach the safety clip to your clothing.
2. Step onto the side rails of the treadmill.
3. Press the 'START' button on the LED touchscreen. The treadmill will begin with a short countdown and then start moving at a low speed.

5.2 Console and Display

The LED touchscreen console displays real-time workout parameters including:

- Time
- Speed (up to 14 KM/H)
- Distance
- Calories Burned
- Heart Rate (via integrated monitor)

Use the touch controls on the console or the buttons on the handrails to adjust speed and incline.

5.3 Incline Adjustment

The UMAY L10-1 features an automatic incline system with **20 adjustable levels (0-20%)**. This allows for simulation of various terrains, from flat ground to steep hills. Adjust the incline using the dedicated buttons on the console or handrails.

5.4 Motor and Performance

Equipped with a **3.5 HP brushless motor**, the treadmill provides stable and powerful performance. It operates at an ultra-quiet level, below 45 decibels, ensuring a smooth workout experience. The motor is designed for durability, with an expected lifespan exceeding 5,000 hours.

5.5 Shock Absorption System

The treadmill incorporates a professional **triple shock absorption system**. This includes 2 layers of deck and 7 layers of belt, complemented by 4 honeycomb rubber pads and 8 integrated shock absorbers. This design effectively dissipates multi-dimensional impacts, protecting your knees and ankles during exercise.

5.6 Folding and Storage

The UMAY L10-1 is a foldable treadmill, designed for convenient storage. To fold:

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

When folded, the dimensions are approximately **129 x 64 x 16 cm**. The integrated front wheels allow for easy relocation and storage in tight spaces, either vertically or horizontally.

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. Avoid abrasive cleaners.
- **Belt Lubrication:** Lubricate the running belt every 3-6 months, or after every 100 hours of use, using silicone lubricant. Refer to the specific instructions for lubrication points.
- **Belt Tension and Alignment:** Periodically check the running belt for proper tension and alignment. Adjust as needed using the rear roller bolts. Consult the detailed instructions in the full manual for adjustment procedures.
- **Motor Cover:** Periodically remove the motor cover and vacuum any dust or debris from the motor area. Ensure the treadmill is unplugged before performing this task.

7. Troubleshooting

If you encounter issues with your UMAY L10-1 Treadmill, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Treadmill does not start	Power cord unplugged, safety key not in place, circuit breaker tripped.	Check power connection, ensure safety key is correctly inserted, reset circuit breaker.
Running belt slips or hesitates	Belt too loose, belt needs lubrication.	Adjust belt tension (refer to maintenance section), lubricate the belt.
Unusual noise during operation	Loose components, motor issue, belt friction.	Check and tighten all visible bolts. Lubricate belt if dry. If noise persists, contact support.
Console display not working	Loose cable connection, power issue.	Check console cable connections. Ensure power supply is stable.

For issues not listed here or if solutions do not resolve the problem, please contact UMAY customer support.

8. Specifications

Feature	Specification
Model Number	L10-1
Product Dimensions (Unfolded)	132 x 66 x 116 cm
Product Dimensions (Folded)	129 x 64 x 16 cm
Item Weight	35 kg
Material	Carbon steel
Motor Horsepower	3.5 HP (Brushless)
Maximum Speed	14 KM/H
Maximum Incline Percentage	20% (20 levels, automatic)
Maximum User Weight	180 kg
Display Metrics	Calories burned, Distance, Heart rate, Time, Speed
Special Features	Adjustable height console, Shockproof system, Heart rate monitor, Automatic incline, Touchscreen display

9. Warranty and Support

For warranty information, please refer to the documentation provided at the time of purchase or contact UMAY customer support directly. If you have any questions, require assistance with assembly, operation, or troubleshooting, please reach out to UMAY customer service through the retailer where the product was purchased or via the official UMAY website.

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