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UMAY U50 SET

UMAY Fitness Treadmill U50 SET User Manual

Model: U50 SET | Brand: UMAY

1. Introduction

Thank you for choosing the UMAY Fitness Treadmill U50 SET. This manual provides essential information for the safe assembly, operation, and maintenance of your new treadmill. Please read this manual thoroughly before using the product to ensure proper function and to prevent injury.



Figure 1.1: UMAY Fitness Treadmill U50 SET in operation and folded for storage.

2. Important Safety Information

To reduce the risk of serious injury, read all instructions and warnings before using this treadmill. Keep this manual for future reference.

- Always consult with a physician before starting any exercise program.
- Keep children and pets away from the treadmill during operation.
- Ensure the safety key is properly attached to your clothing and the console before starting.
- Do not stand on the side rails when starting the treadmill.
- Place the treadmill on a flat, stable surface with adequate clearance around it.
- Do not use the treadmill if it is damaged or malfunctioning.
- Maximum user weight capacity: 300 lbs (136 kg).

3. Package Contents

Verify that all components are present before assembly:

- Treadmill Main Frame
- Console Assembly
- Handrails (Left and Right)
- Hardware Kit (bolts, washers, nuts, Allen wrench)
- Safety Key
- Power Cord
- User Manual (this document)
- Lubricant (for running belt)

4. Assembly Instructions

Assembly typically requires two people. Follow these steps carefully:

1. **Unpacking:** Carefully remove all components from the packaging. Place the main treadmill frame on a clear, flat surface.
2. **Attach Upright Posts:** Lift the console assembly and align the upright posts with the corresponding slots on the main frame. Secure them using the provided bolts and washers from the hardware kit.
3. **Connect Cables:** Connect any pre-labeled cables between the console and the main frame. Ensure connections are secure.
4. **Attach Handrails:** Slide the handrails onto the upright posts and secure them with the remaining hardware.
5. **Final Checks:** Ensure all bolts are tightened and the treadmill is stable.

For a visual guide, please refer to the assembly video below:

Video 4.1: Assembly and feature overview of the UMAY Fitness Treadmill.

5. Operating Instructions

5.1 Console Overview



Figure 5.1: Multi-function handrail and console display.

The interactive touchscreen display shows key workout metrics including time, speed, distance, calories, and pulse. Handrail controls allow for easy adjustment during your workout.

5.2 Starting a Workout

1. **Power On:** Plug the treadmill into a grounded outlet and flip the main power switch located near the base.
2. **Attach Safety Key:** Clip the safety key to your clothing and insert the other end into the designated slot on the console. The treadmill will not operate without the safety key.
3. **Step On:** Carefully step onto the treadmill, placing your feet on the side rails.
4. **Start:** Press the 'START' button on the console or handrail. The belt will begin moving at a low speed.
5. **Adjust Speed:** Use the 'SPEED+' or 'SPEED-' buttons on the console or handrails to adjust your desired walking or running pace (0.6 - 8.7 MPH).

5.3 Adjusting Incline

The UMAY Fitness Treadmill U50 SET features a 3-level manual incline system, allowing you to simulate uphill training

for increased intensity.



Figure 5.2: Manual incline adjustment points.

1. **Stop Treadmill:** For safety, always stop the treadmill and step off before adjusting the incline.
2. **Locate Adjustment Pins:** Find the manual adjustment pins at the rear base of the treadmill.
3. **Select Incline Level:** Pull out the pins, raise or lower the treadmill deck to the desired incline level (0%, 6%, or 12%), and re-insert the pins securely. Ensure both sides are set to the same level.

5.4 Monitoring Heart Rate

To monitor your heart rate, firmly grasp the pulse sensors located on the handrails. Your heart rate will be displayed on the console.

5.5 Ending a Workout

Press the 'STOP' button on the console or handrail. The belt will gradually slow down and stop. Remove the safety key to power off the console.

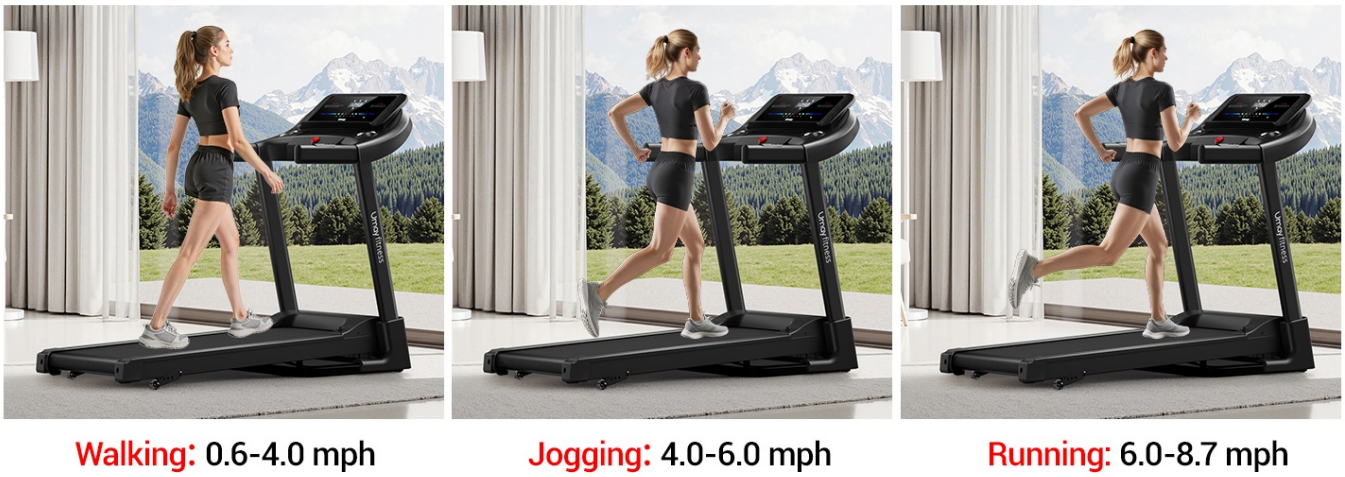


Figure 5.3: Recommended speed ranges for different exercise intensities.

6. Maintenance

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

6.1 Cleaning

- Wipe down the console and other surfaces with a damp cloth after each use. Avoid abrasive cleaners.
- Vacuum underneath the treadmill regularly to prevent dust and debris buildup.

6.2 Lubrication

The running belt requires periodic lubrication to reduce friction and wear. Refer to the included lubricant instructions for frequency and application method. Typically, this is every 3-6 months depending on usage.

6.3 Belt Adjustment

If the running belt becomes off-center or slips, it may need adjustment. Consult the troubleshooting section or contact customer support for detailed instructions.

7. Storage

The UMAY Fitness Treadmill U50 SET features an effortless hydraulic folding system and integrated transport wheels for convenient storage.



Figure 7.1: Treadmill dimensions and folded state.

1. **Fold Up:** With the treadmill stopped and powered off, gently lift the running deck until the hydraulic system engages and locks it into the upright position.
2. **Move:** Use the integrated transport wheels to roll the folded treadmill to your desired storage location.
3. **Unfold:** To unfold, gently press the hydraulic release system with your foot and slowly lower the running deck until it is flat on the floor.

Watch the video below for a demonstration of the folding mechanism:

Video 7.1: Demonstration of the automatic folding and incline features.

8. Troubleshooting

This section addresses common issues you might encounter with your treadmill.

Problem	Possible Cause	Solution
Treadmill does not start	Power cord not plugged in, safety key not inserted, main power switch off.	Check power connection, ensure safety key is fully inserted, turn on main power switch.
Running belt slips or hesitates	Belt too loose, insufficient lubrication.	Adjust belt tension (refer to detailed instructions in manual or contact support), lubricate the running belt.
Unusual noise during operation	Loose components, foreign object under belt, motor issue.	Check for loose bolts, inspect under the belt, if noise persists, contact customer support.
Heart rate monitor inaccurate	Hands not firmly on sensors, dry hands.	Ensure firm contact with sensors, moisten hands slightly if dry.

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

9. Specifications

Detailed technical specifications for the UMAY Fitness Treadmill U50 SET:

- **Model:** U50 SET
- **Brand:** UMAY
- **Motor:** 3.0 HP Quiet Brushless Motor (<45dB)
- **Speed Range:** 0.6 - 8.7 MPH (1 - 14 km/h)
- **Incline:** 3-Level Manual Incline (up to 12%)
- **Running Deck Dimensions:** Approximately 44.1" L x 16.1" W (112 cm x 41 cm)
- **Product Dimensions (Unfolded):** 143 cm (L) x 61.72 cm (W) x 111 cm (H)
- **Product Dimensions (Folded):** Approximately 61.72 cm (W) x 22 cm (D) x 133 cm (H)
- **Weight Capacity:** 300 LBS (136 kg)
- **Item Weight:** 36 kg
- **Material:** Acrylonitrile Butadiene Styrene (ABS)
- **Special Features:** Foldable, Pulse Sensors, Shock Absorption, Interactive Touchscreen



Figure 9.1: Motor specifications and weight capacity.



Figure 9.2: Running belt construction and shock absorption system.

10. Warranty and Support

For warranty information, product support, or to purchase replacement parts, please refer to the contact details provided with your purchase documentation or visit the official UMAY website. Please retain your proof of purchase for warranty claims.

Customer Support is available to assist with any questions or concerns regarding your UMAY Fitness Treadmill.

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