UMAY U17F

UMAY 4-in-1 Folding Treadmill U17F User Manual

Model: U17F

1. Introduction

This manual provides detailed instructions for the safe and effective use, setup, operation, and maintenance of your UMAY 4-in-1 Folding Treadmill, model U17F. Please read this manual thoroughly before operating the treadmill and retain it for future reference.
The UMAY U17F is a versatile fitness machine designed for walking, jogging, and light running. It features a compact, foldable design, adjustable incline settings, and a quiet motor, making it suitable for various home fitness needs.

2. Important Safety Information

WARNING: To reduce the risk of serious injury, read all instructions and warnings before using this treadmill.

- Always place the treadmill on a level surface.
- Keep children and pets away from the treadmill during operation.
- Ensure adequate clearance around the treadmill (at least 2 meters behind and 0.6 meters on each side).
- Do not operate the treadmill if it has a damaged cord or plug, or if it is not working properly.
- Wear appropriate exercise clothing and athletic shoes.
- Consult a physician before starting any exercise program.
- The maximum user weight for this treadmill is 136 kg (299 lbs).

3. Product Features

- **Versatile 4-in-1 Design:** This treadmill offers speeds up to 8 kilometers per hour (5 mph) and features three adjustable incline settings (0%, 10%, 15%). It is designed to accommodate various fitness levels and can be used for walking, jogging, and even for pet exercise.



Image: UMAY U17F Treadmill demonstrating its incline capabilities. The image shows a woman walking on the treadmill, highlighting the three manual incline levels: 0%, 10%, and 15%, along with estimated calorie burn for each. This feature allows users to vary workout intensity.

- **Advanced Multi-layer Cushioning:** The running belt is constructed with seven professional layers, providing robust grip and exceptional slip resistance. Integrated high-efficiency shock absorbers and PVC-coated external pads work together to create a comprehensive multi-layer cushioning system. This design effectively reduces impact on knees and joints during exercise.



Image: Detailed view of the UMAY U17F Treadmill's cushioning system. The image highlights eight integrated shock-absorbing pads beneath the running belt, designed to protect joints and provide a comfortable workout experience.

- **Intelligent Training Control:** Adjust your workout intensity conveniently using the included remote control. The integrated LCD display provides real-time feedback on speed, distance, calories burned, and elapsed time. A built-in device holder allows you to place your smartphone or tablet for entertainment or guided workouts.



Image: Close-up of the UMAY U17F Treadmill's control features. It displays the LCD screen showing workout metrics, a device holder for tablets or phones, and the remote control for adjusting settings.

- **Powerful and Quiet Motor:** Equipped with a new 2.5 Horsepower (HP) motor, this treadmill ensures powerful performance while maintaining quiet operation. It can support users up to 136 kilograms (299 lbs) without significant noise disruption, making it suitable for home environments.



Image: An illustration comparing the UMAY U17F's 2.5 HP motor with a generic 1.5 HP motor. It emphasizes the UMAY motor's higher weight capacity (over 136kg), super low sound (under 45dB), and longer running time (over 3800H).

- **Foldable and Space-Saving Design:** The UMAY U17F treadmill is designed for easy folding and storage. Its unfolded dimensions are 104 cm (length) x 53 cm (width) x 95.5 cm (height). When folded, it can be conveniently stored in small spaces, making it ideal for apartments or homes with limited room.



Image: The UMAY U17F Treadmill in use and then shown in its folded, compact state. This illustrates how the treadmill can be easily stored upright to save space.

4. Setup Instructions

1. **Unpacking:** Carefully remove all components from the packaging. Check for any damage or missing parts. Refer to the "whats_in_the_box" section for a list of included items.
2. **Placement:** Choose a flat, stable surface for the treadmill. Ensure there is at least 2 meters of clear space behind the treadmill and 0.6 meters on each side for safe operation.
3. **Unfolding:**
    - Gently lift the handlebar assembly until it locks into the upright position.

- Ensure all locking mechanisms are securely engaged.

4. **Handlebar Assembly (if required):** If the handlebars are not pre-assembled, use the provided tool kit to attach them securely according to the diagrams in the separate assembly guide (if included).
5. **Incline Adjustment:** The UMAY U17F features manual incline adjustment. To change the incline, lift the rear of the treadmill and adjust the support feet to the desired 0%, 10%, or 15% position. Ensure both sides are set equally.



Image: The UMAY U17F Treadmill from a side angle, illustrating the manual incline adjustment points at the base. The image highlights the different incline levels (0%, 10%, 15%) that can be set manually.

6. **Power Connection:** Plug the power cord into a grounded electrical outlet.

5. Operating Instructions

1. **Power On:** Press the power button on the treadmill or the remote control. The LCD display will illuminate.
2. **Starting a Workout:**
    - Step onto the treadmill belt.
    - Press the 'Start' button on the remote control or the main console. The treadmill will begin at a low speed.
3. **Adjusting Speed:** Use the '+' and '-' buttons on the remote control to increase or decrease the speed. The maximum speed is 8 km/h.
4. **Monitoring Progress:** The LCD display will show your current speed, distance covered, estimated calories burned, and workout duration.
5. **Stopping a Workout:** Press the 'Stop' button on the remote control or the main console. The treadmill belt will gradually slow down and stop.
6. **Power Off:** After your workout, press the power button to turn off the treadmill. Unplug the power cord from the outlet when not in use for extended periods.

6. Maintenance

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

- **Cleaning:** Wipe down the treadmill with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners.
- **Belt Lubrication:** The running belt may require lubrication periodically. Refer to the separate lubrication instructions (if provided) or contact customer support for guidance.
- **Belt Tension and Alignment:** Check the running belt tension and alignment regularly. If the belt slips or drifts to one side, adjust it according to the instructions in the full user manual or contact customer support.
- **Storage:** When not in use, fold the treadmill as instructed in Section 4 and store it in a dry, safe place.

7. Troubleshooting

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not plugged in; power switch off; circuit breaker tripped.	Ensure power cord is securely plugged in. Turn power switch on. Check household circuit breaker.
Running belt slips.	Belt tension too loose.	Adjust belt tension according to the full user manual or contact support.
Unusual noise during operation.	Loose components; lack of lubrication; foreign object.	Check all bolts and screws for tightness. Lubricate belt if needed. Inspect for any obstructions.
Remote control not working.	Dead batteries; remote out of range.	Replace batteries. Ensure remote is pointed at the treadmill's receiver.

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

8. Specifications

Model Number	U17F
Brand	UMAY
Dimensions (Unfolded)	104 cm (L) x 53 cm (W) x 95.5 cm (H)
Product Weight	14.9 kg (32.8 lbs)
Material	Alloy Steel
Maximum Speed	8 km/h (5 mph)
Motor Power	2.5 HP
Maximum User Weight	136 kg (299 lbs)
Incline Settings	0%, 10%, 15% (Manual Adjustment)
Special Features	Shock Absorption, Wheels for Portability, Manual Incline, Foldable Design
Recommended Uses	Home Workouts, Professional Fitness, Leisure, Work Relaxation
Target Audience	Adult, Youth, Pet

9. Warranty and Support

Your UMAY 4-in-1 Folding Treadmill U17F comes with a standard manufacturer's warranty. Please refer to the warranty card included in your packaging for specific terms and conditions.
For technical support, troubleshooting assistance, or warranty claims, please contact the seller, YOU-MAY, directly through your purchase platform or visit the official UMAY website for contact information.
Included in the Box:

- User Manual
- Tool Kit
- Remote Control

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

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