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> [UMAY Fitness Treadmill L10 20 User Manual: Setup, Operation, and Maintenance](#)

## UMAY L10 20

# UMAY Fitness Treadmill L10 20 User Manual

Model: L10 20

## INTRODUCTION

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This manual provides essential information for the safe and effective use of your UMay Fitness Treadmill L10 20. Please read all instructions carefully before assembly and operation. Retain this manual for future reference.

## IMPORTANT SAFETY INSTRUCTIONS

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

- Consult a physician before starting any exercise program.
- Keep children and pets away from the treadmill.
- Place the treadmill on a level surface with adequate clearance around it.
- Wear appropriate exercise clothing and athletic shoes.
- Use the safety key feature during every workout.
- Do not operate if the power cord or plug is damaged.
- Maximum user weight: 400 lbs.

## SETUP AND ASSEMBLY

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Your UMay Fitness Treadmill L10 20 arrives 90% pre-assembled. Follow these steps for final setup:

1. **Unpacking:** Carefully remove all components from the packaging.
2. **Unfolding:** Lift the console and handlebars into the upright position until they lock securely.
3. **Handlebar Adjustment:** The handlebars feature an 8-inch, 3-level adjustable height. Loosen both knobs on the side of the handlebars, pull the handle to snap it into the desired height position, then tighten the knobs. Adjust each side separately.
4. **Power Connection:** Plug the power cord into a grounded electrical outlet.
5. **Safety Key:** Attach the safety key clip to your clothing and insert the safety key into its designated slot on the

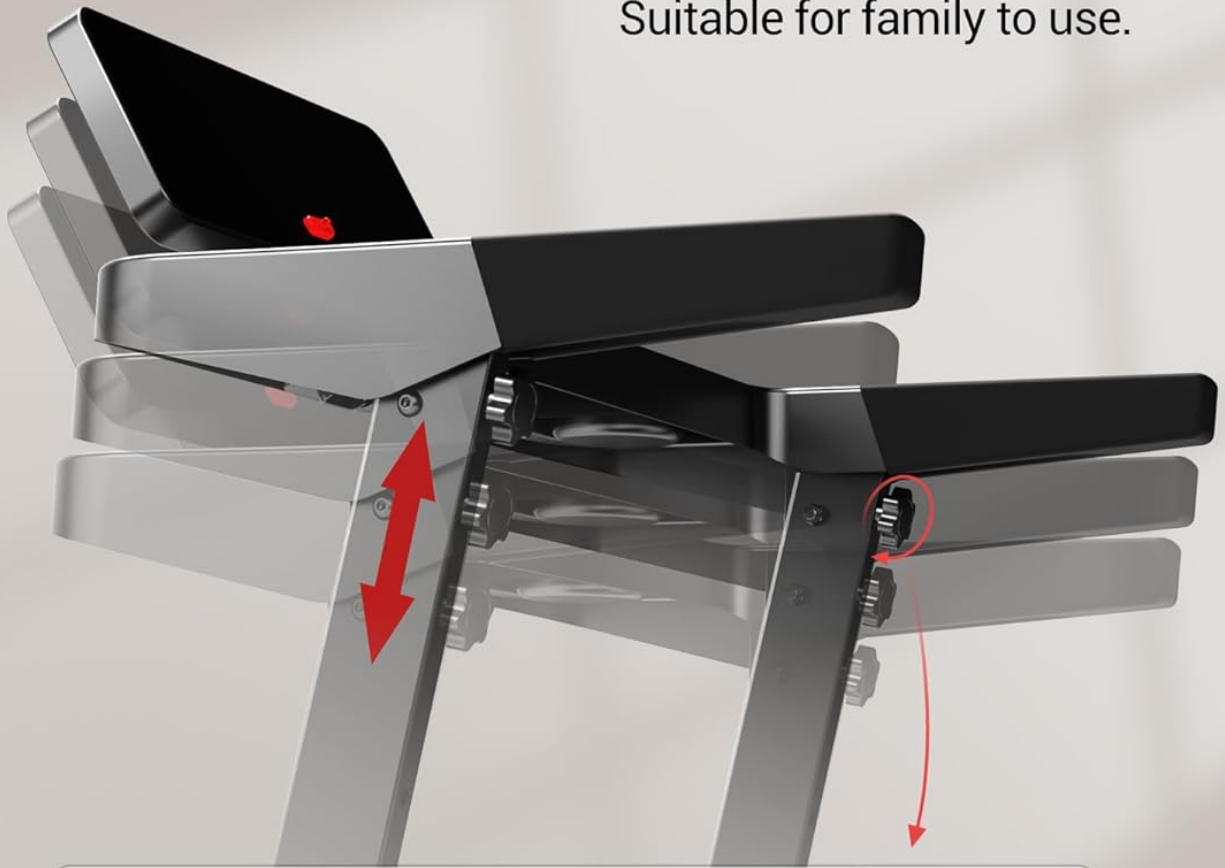
console. The treadmill will not operate without the safety key in place.



Image: The Umay Fitness Treadmill L10 20 demonstrating its fully foldable design, showing how it can be stored under furniture. Dimensions for folded and unfolded states are indicated.

# 8" 3-level Adjustable Height

Suitable for family to use.



Loosen both knobs, pull the handle to snap into place, then tighten. Adjust each side separately.



Image: Close-up of the UMAX Fitness Treadmill L10 20 handlebars, illustrating the 3-level adjustable height feature with adjustment knobs.

## OPERATING INSTRUCTIONS

Familiarize yourself with the control panel and functions before beginning your workout.

### Control Panel Overview



Image: Detailed view of the UMAX Fitness Treadmill L10 20 control panel, highlighting the touchable screen, cup holders, safety key slot, and handlebar controls for speed and incline.

- **Touchscreen Display:** Shows time, speed, distance, calories, and heart rate.
- **Start/Stop:** Initiates and ends the workout.
- **Speed +/-:** Adjusts the running belt speed (0 to 8.7 MPH).
- **Incline +/-:** Adjusts the incline level (2% to 20% automatic incline).

- **Safety Key:** Must be inserted for operation. Pulling it out will immediately stop the treadmill.
- **Heart Rate Monitor:** Integrated sensors on the handlebars provide heart rate readings.

## Starting a Workout

1. Ensure the safety key is in place and clipped to your clothing.
2. Step onto the running belt.
3. Press the **Start** button on the console. The belt will begin moving at a low speed.
4. Adjust the speed using the **Speed +** or **Speed -** buttons.
5. Adjust the incline using the **Incline +** or **Incline -** buttons.

## Adjusting Incline

The UMAX Fitness Treadmill L10 20 features an automatic incline system, allowing you to adjust the incline level from 2% up to 20% directly from the control panel. Use the **Incline +** or **Incline -** buttons to increase or decrease the incline during your workout.

# 2%-20%

## 20-level Auto Incline



Image: The Umay Fitness Treadmill L10 20 illustrating its automatic incline capabilities, showing the range from 2% to 20% incline.

### KEY FEATURES

- **Automatic Incline Training:** Features 2% to 20% automatic incline settings for varied workout intensity.
- **Ultra-Slim Folding Design:** Folds to a 4.5-inch profile for compact storage. Equipped with wheels for easy movement.

- **High-Capacity, Quiet Motor:** 3.5HP brushless motor supports up to 400 lbs, operates under 45 dB, and offers speeds from 0 to 8.7 MPH.
- **Wide, Cushioned Running Belt:** 42.5" x 16.1" running surface with a multi-layer shock-absorbing system for reduced joint impact.
- **Intuitive LCD Touchscreen:** Easy-to-read display for tracking workout metrics and adjusting settings.



Image: A person running on the UMAX Fitness Treadmill L10 20, showcasing its design and the maximum 20% automatic incline capability.

**400lbs**  
Weight Capacity

**3500Hours**  
Long Lifespan

**<45db**  
Low Noise



Image: The UMAX Fitness Treadmill L10 20 emphasizing its robust features: 400 lbs weight capacity, 3500 hours motor lifespan, and quiet operation under 45 dB.

# Max Capacity 400lbs



Image: A view of the UMay Fitness Treadmill L10 20's running deck, detailing the 42.5-inch wide belt and the multi-layer shock-absorbing system.

## MAINTENANCE

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Regular maintenance ensures optimal performance and extends the lifespan of your treadmill.

- **Cleaning:** Wipe down the treadmill after each use with a damp cloth to remove sweat and dust. Avoid abrasive

cleaners.

- **Belt Lubrication:** Lubricate the running belt every 3-6 months, or after 100-150 hours of use, using silicone lubricant. Refer to the included tool kit for lubricant if provided.
- **Belt Tension and Alignment:** Periodically check the running belt for proper tension and alignment. Adjust as needed according to the instructions in the full manual (if available) or by contacting customer support.
- **Motor Cover:** Periodically vacuum under the motor cover to remove dust and debris. Ensure the treadmill is unplugged before doing so.

## TROUBLESHOOTING

Problem	Possible Cause	Solution
Treadmill does not start.	Safety key not inserted; power cord not plugged in; circuit breaker tripped.	Insert safety key; check power connection; reset circuit breaker.
Running belt slips or hesitates.	Belt too loose; belt needs lubrication.	Adjust belt tension; lubricate the running belt.
Unusual noise during operation.	Loose components; belt friction; motor issue.	Check for loose bolts; lubricate belt; contact customer support if noise persists.
Inaccurate heart rate reading.	Hands not firmly on sensors; dry skin.	Ensure firm contact with sensors; moisten hands slightly.

## SPECIFICATIONS

Feature	Detail
Brand	UMAY
Model Name	L10 20
Product Dimensions (LxWxH)	52"D x 26"W x 6"H (folded) / 52"D x 26"W x 45.5-53.5"H (unfolded)
Running Belt Dimensions	42.5" x 16.1"
Material	Acrylonitrile Butadiene Styrene (ABS)
Maximum Speed	8.7 Miles per Hour
Incline Levels	2% to 20% (Automatic)
Maximum Horsepower	3.5 HP
Maximum Weight Recommendation	400 Pounds
Noise Level	Under 45 dB
Included Components	Tool Kit

## WARRANTY AND SUPPORT

The UMay Fitness Treadmill L10 20 comes with a **1-Year Warranty**. For warranty claims, technical support, or any

questions regarding your treadmill, please contact UMay customer service.

Please refer to your purchase documentation for specific contact details or visit the official UMay website for support information.

