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UMAY UMAY U17F

UMAY 15% Inclinable Folding Treadmill

Model: UMAY U17F

Brand: UMAY

Introduction

Thank you for choosing the UMAY 15% Inclinable Folding Treadmill. This manual provides essential information for the safe and effective use, setup, operation, and maintenance of your new fitness equipment. Please read this manual thoroughly before operating the treadmill and keep it for future reference.



Image: The UMAY 15% Inclinable Folding Treadmill ready for use in a home environment.

Safety Instructions

Your safety is paramount. Please observe the following safety precautions:

- **Read all instructions:** Before using the treadmill, read and understand all instructions in this manual.
- **Keep children and pets away:** This equipment is not intended for use by children or persons with reduced

physical, sensory, or mental capabilities unless supervised.

- **Proper placement:** Place the treadmill on a flat, stable surface with adequate clearance around it. Do not place it on thick carpet, which may interfere with ventilation.
- **Emergency stop:** Always attach the safety key to your clothing before starting the treadmill. In case of an emergency, pulling the safety key will immediately stop the machine.
- **Electrical safety:** Ensure the power cord is not damaged and is properly plugged into a grounded outlet. Do not use extension cords.
- **Medical conditions:** Consult your physician before starting any exercise program, especially if you have pre-existing medical conditions.
- **Weight limit:** Do not exceed the maximum user weight of 136 kg (300 lbs).
- **Footwear:** Always wear appropriate athletic footwear when using the treadmill.
- **Maintenance:** Perform regular maintenance as described in this manual to ensure safe operation.

What's in the Box

Upon unpacking, please verify that all the following components are included:

- UMAY 15% Inclinable Folding Treadmill Unit
- User Manual
- Tool Kit (for assembly)
- Remote Control
- Safety Key

Setup Instructions

Follow these steps to set up your UMAY treadmill:

1. **Unpacking:** Carefully remove all components from the packaging. Place the main treadmill unit on a flat, stable surface.
2. **Unfolding the Handrails:** Gently lift the handrails from their folded position until they lock into place. Ensure they are securely fastened.
3. **Attaching the Console:** If the console is separate, attach it to the handrail assembly using the provided screws and tools from the tool kit. Connect any necessary cables.
4. **Adjusting Inclination (Manual):** This treadmill features 3 manual inclination levels (0%, 10%, and 15%). To adjust, lift the rear of the treadmill and position the red support blocks to the desired height. Ensure both sides are set equally.
5. **Power Connection:** Plug the power cord into a grounded electrical outlet. Ensure the power switch on the treadmill is in the 'OFF' position before plugging it in.
6. **Safety Key Placement:** Place the safety key in its designated slot on the console. The treadmill will not operate without the safety key in place.



Image: The treadmill can be easily folded for storage, reducing its footprint. Unfolded dimensions are 114 x 55 x 103 cm, and folded dimensions are 114 x 55 x 11 cm.



Image: Manual inclination adjustment points at 0%, 10%, and 15% incline.

Operating Instructions

Learn how to operate your UMAY treadmill for an effective workout.

Getting Started

1. **Power On:** Flip the main power switch located at the front of the treadmill to the 'ON' position. The display will light up.
2. **Attach Safety Key:** Ensure the safety key is correctly placed in its slot on the console and the clip is attached to your clothing.
3. **Start Exercise:** Press the 'START' button on the console or the remote control. The treadmill will begin at a low speed (e.g., 1.0 km/h) after a short countdown.

Adjusting Speed and Modes

- **Speed Adjustment:** Use the '+' and '-' buttons on the console or remote control to increase or decrease the speed. The treadmill offers a speed range suitable for walking and light jogging.
- **Quick Speed Buttons:** The console may feature quick speed buttons (e.g., 3, 6, 9 km/h) for instant speed changes.
- **Display Information:** The LCD screen displays real-time data including time, speed, distance, and calories burned.
- **Tablet/Smartphone Holder:** Utilize the integrated holder for your device to enjoy entertainment or follow workout routines during your session.



Image: The control panel and remote allow for easy adjustment of speed and monitoring of workout data.

Ending Your Workout

- **Stop:** Press the 'STOP' button to gradually slow down and stop the treadmill. Alternatively, pull the safety key for an immediate stop.
- **Pause:** Use the 'PAUSE' button to temporarily stop the belt without losing your workout data. Press 'START' to resume.
- **Power Off:** Once your workout is complete, turn off the main power switch and unplug the treadmill from the wall outlet.

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 to remove sweat and dust. Avoid abrasive cleaners.
- **Belt Lubrication:** The running belt requires periodic lubrication to reduce friction and wear. Refer to the specific instructions in your included user manual for the correct lubrication procedure and frequency. Typically, this involves applying silicone oil under the belt.

- **Belt Adjustment:** If the running belt becomes misaligned or too loose/tight, it may need adjustment. Consult the detailed instructions in your user manual for proper belt tensioning and centering.
- **Storage:** When not in use, the treadmill can be folded and stored upright to save space. Use the integrated wheels for easy movement.

Troubleshooting

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

- **Treadmill does not start:**
  - Ensure the power cord is securely plugged into a working outlet.
  - Check if the main power switch is in the 'ON' position.
  - Verify that the safety key is correctly placed in its slot on the console. The treadmill will not operate without it.
- **Error Code 'E07' on display:**
  - This error typically indicates that the safety key is not properly inserted or has been dislodged. Re-insert the safety key firmly into its designated slot.
- **Running belt slips or hesitates:**
  - The running belt may require lubrication. Follow the lubrication instructions in your user manual.
  - The running belt may be too loose. Refer to your user manual for instructions on adjusting belt tension.
- **Unusual noises during operation:**
  - Check for any loose parts or foreign objects under the belt.
  - Ensure the treadmill is on a level surface.
  - If the noise persists, contact customer support.

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

Specifications

Feature	Detail
Model Number	UMAY U17F
Brand	UMAY
Color	Black
Style	15% Inclinable
Frame Material	Alloy Steel
Motor Power	2.5 Horsepower (Max)
Maximum Speed	8 Kilometers per hour
Display Metrics	Calories Burned, Distance, Time, Speed
Power Source	Corded Electric
Features	Shock Absorber, Manual Incline, Foldable, With Wheels

Product Dimensions (L x W x H)	114.5 x 55.5 x 103 cm
Folded Dimensions (L x W x H)	114 x 55 x 11 cm
Item Weight	17.6 Kilograms
Maximum User Weight	136 kg
Target Audience	Adult

Warranty and Support

UMAY products are designed for durability and performance. For information regarding warranty coverage, technical support, or replacement parts, please refer to the warranty card included with your product or visit the official UMAY website. Please have your model number (UMAY U17F) and purchase date ready when contacting support.

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