Saved from manuals.plus.
Open the live page for links to other documents and user manuals.

UMAY SF10

UMAY SF10 Foldable Incline Treadmill User Manual

Model: SF10 | Brand: UMAY

1. Introduction

Welcome to the UMAY SF10 Foldable Incline Treadmill user manual. This guide provides essential information for the safe and effective operation, assembly, maintenance, and troubleshooting of your new fitness equipment. Please read this manual thoroughly before using the treadmill and retain it for future reference.

Important Safety Information

- Always read the owner's manual carefully before using the product.
- Ensure the safety key is properly placed before starting the unit.
- Keep children and pets away from the treadmill during operation.
- To avoid injury, stand on the side rails before starting the unit.
- Remove the safety key when the unit is not in use.

2. Unpacking and Contents

Carefully remove all components from the packaging. Inspect all parts for any damage that may have occurred during shipping. If any parts are missing or damaged, please contact customer support immediately.

Package Contents:

- UMAY SF10 Treadmill Unit
- Safety Key
- User Manual (this document)
- Tool Kit (for minor adjustments)

3. Setup

The UMAY SF10 treadmill is designed for minimal assembly. It arrives largely pre-assembled, allowing for quick setup.

Unfolding the Treadmill:

1. Place the folded treadmill on a flat, stable surface.
2. Gently lift the running deck until it locks into the upright position. The hydraulic system assists in this process.
3. Secure any protective covers or locking pins as indicated in the diagram.



Figure 3.1: Unfolding and Folding the Treadmill

Initial Power-Up:

1. Connect the power cord to a grounded electrical outlet.
2. Flip the main power switch located at the front of the treadmill to the 'ON' position.
3. Place the safety key onto the designated area on the console. The display will illuminate.

For a visual guide on setup and initial operation, please refer to the video below:

▶ **Watch video online**
4 Niveaux Tapis de Course Marche Pliable

Video 3.1: UMAY SF10 Treadmill Assembly and Basic Operation. This video demonstrates the assembly process, initial power-up, safety key placement, speed adjustments, Bluetooth music function, manual incline adjustment, and folding for storage of the UMAY SF10 treadmill.

4. Operating Instructions

Control Panel Overview:



Figure 4.1: Treadmill Control Panel

- **LED Display:** Shows Time, Speed, Distance, Calories, and Pulse.

- **Start Button:** Initiates the treadmill belt movement.
- **Stop Button:** Halts the treadmill belt movement.
- **Speed +/- Buttons:** Adjust the running speed.
- **Mode Button:** Cycles through different workout modes/programs.
- **Quick Speed Buttons (3, 6, 9):** Allows for instant speed changes.
- **Safety Key Slot:** The treadmill will not operate without the safety key in place.
- **USB Charging Port:** For charging mobile devices.
- **AUX Input:** For connecting external audio devices.

Starting a Workout:

1. Ensure the treadmill is powered on and the safety key is in place.
2. Stand on the side rails of the treadmill.
3. Press the 'Start' button. The belt will begin to move at a low speed after a short countdown.
4. Carefully step onto the running belt.
5. Adjust the speed using the 'Speed +/-' buttons or quick speed buttons.

Adjusting Incline:

The UMAY SF10 features a manual incline adjustment up to 15%. To adjust the incline, you must manually change the position of the incline supports located at the rear of the treadmill deck. Ensure the treadmill is stopped and powered off before adjusting the incline for safety.



Figure 4.2: Manual Incline Adjustment

Stopping the Treadmill:

- Press the 'Stop' button to gradually slow down and stop the belt.
- In an emergency, pull the safety key to immediately stop the treadmill.

Bluetooth Function and USB Charging:

The treadmill includes a Bluetooth function for playing music through its integrated speakers. Simply pair your device with the treadmill. A USB charging port is also available on the console to charge your mobile devices during your workout.

▶ **Watch video online**
Tapis Roulant électrique Pliable Maison LED 3HP Bluetooth

Video 4.1: UMAY SF10 Treadmill in Use. This video shows a user performing a running workout on the UMAY SF10 treadmill, highlighting its operational use in a home environment.

5. Features

- **15% Adjustable Incline:** Simulates a realistic mountain running experience, increasing calorie expenditure by 60% and improving knee protection by 30%.
- **Triple Cushioning System:** Features a 7-layer composite running belt, 8 integrated high-performance shock absorbers, and 2 external cushioning pads to absorb impact and reduce joint stress.
- **Ultra-Quiet Brushless Motor:** Equipped with a 3.0HP brushless motor for reduced noise levels (<45 dB), lower energy consumption (<0.5kWh), and an extended lifespan of 8 to 10 years.
- **Foldable Design:** Folds quickly for space-saving storage, reducing its thickness to just 12cm. Integrated wheels allow for effortless movement.
- **No Assembly Required:** Ready for immediate use out of the box.
- **Wide Running Belt:** Provides a comfortable running surface of 97x40cm.
- **High Load Capacity:** Supports a maximum user weight of 136kg.



Figure 5.1: 3.0HP Ultra-Quiet Motor



Figure 5.2: Running Belt Dimensions



Figure 5.3: Maximum Load Capacity

6. Maintenance

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

Cleaning:

- Wipe down the treadmill after each use with a damp cloth to remove sweat and dust.
- Do not use abrasive cleaners or solvents.

Running Belt Lubrication:

The running belt requires periodic lubrication to reduce friction and extend its lifespan. Refer to the specific instructions in your manual for the recommended lubrication schedule and type of lubricant.

Running Belt Adjustment:

If the running belt becomes off-center or slips, it may need adjustment. Use the provided tool kit to adjust the belt tension and alignment according to the detailed instructions in your manual. Always ensure the treadmill is powered off and unplugged before performing any adjustments.

7. Troubleshooting

This section addresses common issues you might encounter with your UMAY SF10 treadmill.

Common Issues and Solutions:

- **Treadmill does not power on:** Check if the power cord is securely plugged in, the main power switch is on, and the safety key is correctly placed.
- **Belt stops or slips during use:** The running belt may need lubrication or adjustment. Refer to the 'Maintenance' section.
- **Unusual noises:** Check for loose parts or foreign objects under the belt. If the noise persists, contact customer support.
- **Error Code 'E-7':** This typically indicates an issue with the safety key. Ensure it is properly seated. If the error persists, consult the full manual or contact support.

For more detailed troubleshooting steps, please refer to the comprehensive troubleshooting section in your full user manual.

8. Specifications

Feature	Detail
Brand	UMAY
Model Number	SF10
Color	Black
Material	Alloy Steel
Motor Power	3.0 Horsepower (HP)
Maximum Speed	12 Kilometers per hour
Maximum Incline Percentage	15% (Manual)
Product Dimensions (L x W x H)	115 x 59 x 100 cm
Folded Thickness	12 cm
Item Weight	20 Kilograms
Maximum User Weight	136 Kilograms
Display Type	LED (shows Calories burned, Distance, Time, Speed)
Power Source	Corded Electric
Special Features	Shock Absorber, Manual Incline, Bottle Holder, Wheels
Assembly Required	No

9. Warranty and Support

UMAY products are manufactured to high-quality standards and are backed by a manufacturer's warranty. For specific warranty details, including coverage period and terms, please refer to the warranty card included with your product or contact UMAY customer support.

If you have any questions, require technical assistance, or need to report a problem with your treadmill, please contact UMAY customer support through the contact information provided in your product packaging or on the official UMAY website.

© 2026 UMAY. All rights reserved.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

Question

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

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

Open the live page

https://manuals.plus/asin/B0G353TQWQ

More documents and user manuals: **https://manuals.plus/**