UMAY U18F

UMAY 3-in-1 Walking Pad Treadmill Model U18F User Manual

Important: Read this manual thoroughly before operating the device.

1. Important Safety Information

To ensure safe operation and prevent injury, please adhere to the following guidelines:

- Consult a physician before beginning any exercise program, especially if you have pre-existing health conditions.
- Place the treadmill on a firm, level surface with adequate clearance around it (at least 2 feet on all sides).
- Keep children and pets away from the treadmill during operation.
- The maximum user weight capacity for this treadmill is 300 lbs (approximately 136 kg). Do not exceed this limit.
- Ensure the power cord is not pinched or damaged and is connected to a properly grounded outlet.
- Always use the emergency stop safety key. Attach it to your clothing before starting your workout.
- Wear appropriate athletic footwear and clothing during use.
- Do not operate the treadmill if it is damaged or malfunctioning. Contact customer support.
- Unplug the treadmill from the power source when not in use or before cleaning and maintenance.

2. Product Overview

The UMAY 3-in-1 Walking Pad Treadmill Model U18F is designed for versatile home and office use, offering walking, jogging, and under-desk operation with an adjustable incline.



Image: The UMAY 3-in-1 Walking Pad Treadmill in use, demonstrating its running mode with a user, and its under-desk configuration. The image also illustrates the manual incline options of 0%, 10%, and 15%.

Key Features:

- **3-in-1 Functionality:** Designed for walking, jogging, and under-desk use.
- **Adjustable Incline:** Manual incline of 12%, extendable to 16% with included foot pads for varied workout intensity.
- **Powerful and Quiet Motor:** 2.5 HP motor supports users up to 300 lbs, operating at less than 45 decibels.
- **Speed Range:** Adjustable from 0.6 to 5.0 MPH.
- **LED Display:** Provides real-time feedback on time, speed, distance, and calories burned.

- **Foldable Design:** Compact for easy storage under a bed or sofa.
- **Advanced Running Belt:** 37.0 inch x 15.7 inch running surface with 6 layers of anti-slip straps and shock absorption for joint protection.

3. Setup Instructions

3.1 Unpacking and Placement

1. Carefully remove all components from the packaging. Retain packaging for future storage or transport.
2. Place the treadmill on a flat, stable surface. Ensure there is sufficient space around the unit for safe operation.
3. Unfold the treadmill if it is in its compact storage position. Secure any locking mechanisms as per the visual guides in the quick start manual.
4. Connect the power cord to the treadmill and then to a grounded electrical outlet.

3.2 Incline Adjustment

The treadmill features a manual incline system. The base incline is 12%, which can be increased to 16% using the separate small red foot pads provided.

- To adjust the incline, ensure the treadmill is powered off and unplugged.
- Carefully lift the rear of the treadmill.
- Insert the red foot pads into the designated slots at the rear of the treadmill to achieve the 16% incline.
- Ensure the pads are securely in place before operating the treadmill.
- To return to the 12% incline, remove the red foot pads.

4. Operating Instructions

4.1 Power On/Off

- Plug the power cord into a grounded outlet.
- Locate the main power switch (usually at the front base of the treadmill) and switch it to the 'ON' position.
- The LED display will illuminate.
- To power off, switch the main power switch to 'OFF' and unplug the unit.

4.2 Using the LED Display and Controls

The intuitive LED display provides essential workout metrics. Control buttons are typically located on the console.

- **Start/Stop Button:** Press to begin or end your workout.
- **Speed Adjustment:** Use '+' and '-' buttons to increase or decrease speed. The speed range is 0.6 to 5.0 MPH.
- **Mode/Program Button:** (If applicable) Press to cycle through different display modes or pre-set programs.
- **Display Metrics:** The LED screen will show:
  - **Time:** Duration of your workout.
  - **Speed:** Current speed in MPH.
  - **Distance:** Total distance covered.

- **Calories:** Estimated calories burned.

4.3 Emergency Stop

For your safety, always use the emergency stop safety key.

- Attach the clip of the safety key to your clothing.
- Insert the magnetic end of the safety key into the designated slot on the console. The treadmill will not operate without it.
- If the safety key is pulled out during operation, the treadmill will immediately stop.

5. Maintenance

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

5.1 Cleaning

- Always unplug the treadmill before cleaning.
- Wipe down the console and exterior surfaces with a soft, damp cloth. Avoid abrasive cleaners or solvents.
- Periodically vacuum under the treadmill to remove dust and debris.

5.2 Belt Lubrication

The running belt requires periodic lubrication to reduce friction and extend its lifespan. Refer to your quick start guide for specific lubrication intervals and instructions, typically every 3-6 months depending on usage.

5.3 Storage

- When not in use, unplug the treadmill.
- Utilize the foldable design to store the treadmill in a compact space, such as under a bed or sofa.
- Store in a dry, cool environment away from direct sunlight and extreme temperatures.

6. Troubleshooting

If you encounter issues with your treadmill, refer to the table below for common problems and solutions.

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not plugged in; main power switch off; circuit breaker tripped.	Ensure power cord is securely plugged in; turn main power switch to 'ON'; check household circuit breaker.
Running belt stops suddenly.	Safety key removed; motor overload.	Re-insert safety key; reduce load or speed; allow motor to cool down.
Running belt slips or hesitates.	Belt too loose; belt requires lubrication.	Adjust belt tension (refer to quick start guide); lubricate the running belt.

Problem	Possible Cause	Solution
Unusual noise during operation.	Loose components; belt misalignment; motor issue.	Check for and tighten any loose screws; adjust belt alignment; if noise persists, contact customer support.

If the problem persists after attempting these solutions, please contact UMAY customer support.

7. Technical Specifications

Feature	Detail
Model Number	U18F
Product Dimensions (L x W x H)	114.3 x 55.88 x 11.43 cm (45 x 22 x 4.5 inches)
Item Weight	18.14 kg (40 lbs)
Motor Horsepower	2.5 HP
Speed Range	0.6 - 5.0 MPH
Maximum User Weight	300 LBS
Maximum Incline Percentage	16% (manual adjustment)
Running Belt Dimensions	37.0 inches x 15.7 inches
Display Type	LED
Material	Iron
Special Features	Foldable

8. Warranty Information and Customer Support

UMAY products are manufactured to high-quality standards. This product comes with a standard manufacturer's warranty. Please refer to the warranty card included with your purchase for specific terms and conditions, including coverage duration and limitations.
For technical assistance, troubleshooting beyond this manual, or warranty claims, please contact UMAY customer support through the contact information provided on your purchase receipt or the official UMAY website.

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