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

UMAY U2S

UMAY Fitness Treadmill U2S User Manual

Model: U2S (U80)

1. Important Safety Instructions

Before operating the UMAY Fitness Treadmill U2S, please read and understand all safety instructions. Failure to follow these instructions may result in injury or damage to the product.

- Always place the treadmill on a level, stable surface with adequate clear space around it (at least 2 feet on sides and 6 feet behind).
- Ensure the power cord is not pinched or damaged. Use a properly grounded electrical outlet.
- Keep children and pets away from the treadmill during operation.
- 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.
- Do not exceed the maximum user weight capacity of 400 lbs (181 kg).
- Consult a physician before starting any new exercise program.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Wear appropriate athletic footwear and clothing.

2. Package Contents

Verify that all components are present in the package:

- UMAY Fitness Treadmill U2S Main Unit (pre-assembled)
- User Manual
- Safety Key
- Power Cord
- Assembly Tools (e.g., Allen wrench, screws)

3. Setup Instructions

The UMAY Fitness Treadmill U2S is designed for quick and easy setup, arriving 90% pre-assembled. Installation typically takes approximately 10 minutes.

1. **Unpack the Treadmill:** Carefully remove the treadmill and all components from the packaging. Place the main unit on a flat, stable surface.

2. **Unfold the Treadmill:** Gently lift the console and handlebars into the upright position until they lock securely. Ensure all locking mechanisms are engaged.
3. **Secure Components:** Use the provided assembly tools to tighten any pre-installed screws or attach any remaining components as indicated in the quick start guide (if included).
4. **Connect Power:** Plug the power cord into the treadmill's power input, then into a grounded electrical outlet.
5. **Initial Check:** Before first use, ensure all parts are securely fastened and there are no loose components.



Image: The treadmill arrives 90% pre-assembled, requiring minimal setup.

4. Operating Instructions

4.1 Basic Operation

1. **Power On:** Ensure the treadmill is plugged in and the main power switch (usually located near the power cord input) is in the 'ON' position.
2. **Attach Safety Key:** Clip the safety key to your clothing and insert the other end into the designated slot on the console. The display will illuminate.
3. **Start Workout:** Press the 'START' button on the console. The running belt will begin to move at a low speed (e.g., 0.6 MPH).
4. **Adjust Speed:** Use the '+' and '-' buttons for speed adjustment. The speed range is 0.6 to 9.5 MPH.
5. **Adjust Incline:** Use the 'Incline +' and 'Incline -' buttons to adjust the automatic incline. The treadmill offers 20 levels of auto incline, from 2% to 20%.
6. **Stop Workout:** Press the 'STOP' button to gradually bring the treadmill to a halt. Alternatively, pull the safety key for an immediate stop.

4.2 Console Display and Features

The console provides real-time workout data and controls:

- **Speed:** Current speed in Miles Per Hour (MPH).
- **Incline:** Current incline percentage.
- **Time:** Duration of your workout.
- **Distance:** Total distance covered.
- **Calories:** Estimated calories burned.
- **Pulse/Heart Rate:** Your heart rate when gripping the sensors.



Image: The console displays real-time workout data including incline, speed, calories, distance, and time.

4.3 Heart Rate Monitoring

The treadmill features advanced green light sensor technology for highly accurate heart rate tracking (99.8% accuracy).

- To monitor your heart rate, gently grip the heart rate sensors located on the handlebars during your workout.
- Your pulse will be displayed on the console.

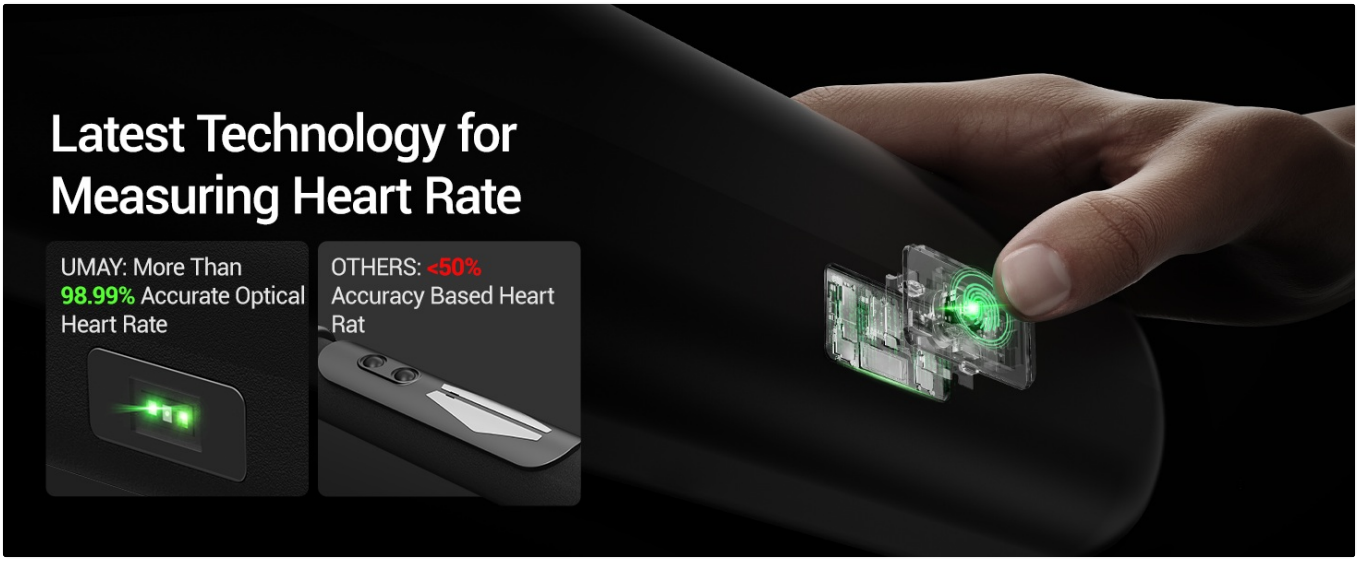


Image: The treadmill utilizes green light sensor technology for accurate heart rate measurement.

4.4 Adjustable Device Holder

The built-in adjustable stand allows you to securely place your mobile phone or iPad for entertainment or guided workouts during your exercise session.



Image: The adjustable stand accommodates both mobile phones and iPads.

4.5 Folding and Moving

The treadmill can be easily folded for storage and moved using its integrated transport wheels.

- **Folding:** Ensure the treadmill is off and unplugged. Carefully lift the running deck until it locks into the upright, folded position.
- **Moving:** Once folded, tilt the treadmill slightly and use the transport wheels located at the front to roll it to your desired storage location.

▶ **Watch video online**
Max 20% Auto Incline Treadmill

Video: This video demonstrates the features of the UMAY Fitness Treadmill, including its auto incline, adjustable device holders, heart rate monitoring, and ease of movement and storage.

5. Features Overview

The UMAY Fitness Treadmill U2S is designed with several key features to enhance your home workout experience:

- **20-Level Auto Incline (2-20%):** Simulates varied terrain to increase calorie burn and engage more muscle groups.
- **99.8% Accurate Heart Rate Monitoring:** Advanced green light sensor technology provides precise heart rate data.
- **Extra-Wide Running Belt & Triple-Layer Knee Protection:** A spacious 55"x18" running belt combined with a triple-layer thickened belt and multiple silicone shocks absorbs impact, reducing stress on joints.
- **4.0 HP Quiet Brushless Motor:** Delivers speeds up to 9.5 MPH with ultra-quiet operation (below 45dB), suitable for shared living spaces.
- **400 lbs Weight Capacity:** Robust construction supports a wide range of users.
- **Adjustable Phone and iPad Holder:** Integrated stand for convenient media viewing during workouts.



Image: Overview of key features including optical heart rate, capacity, running area, and motor.



Image: Illustration of the 2% to 20% 20-level auto incline feature.



Image: Comparison highlighting the treadmill's oversized 55"x18" running belt area.



Image: Details on the triple shock absorption system, including double thickened bee nest, 6 silicone shocks, and a 7-layer running belt for knee protection.

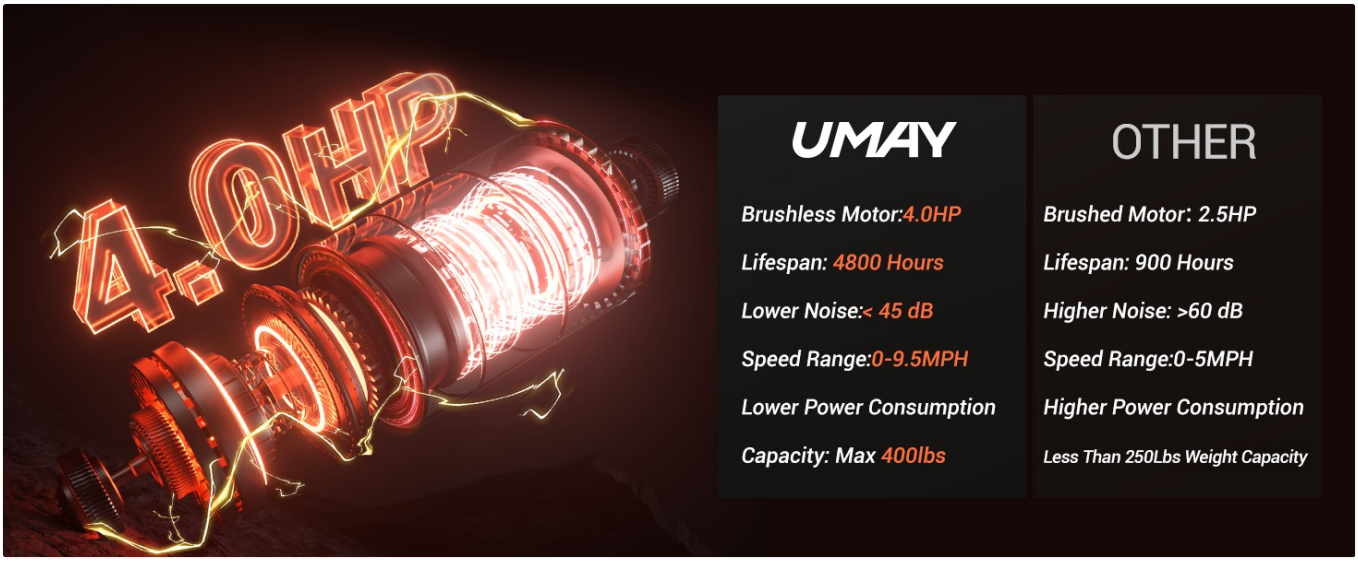


Image: Information about the 4.0HP brushless motor, its lifespan, low noise, speed range, and power consumption.

6. Maintenance

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

- **Cleaning:** Regularly wipe down the console, handlebars, and other surfaces with a damp cloth. Avoid using abrasive cleaners.
- **Running Belt Lubrication:** Periodically check the running belt for dryness. Lubricate the belt according to the instructions in the full user manual (if provided separately) or every 3-6 months, depending on usage.
- **Belt Tension and Alignment:** Inspect the running belt for proper tension and alignment. If the belt feels loose, slips, or is off-center, refer to the full user manual for adjustment procedures.
- **Power Cord Inspection:** Regularly check the power cord for any signs of damage.

7. Troubleshooting

If you encounter issues with your UMAY Fitness Treadmill U2S, refer to the following common troubleshooting steps:

- **Treadmill Not Starting:** Ensure the power cord is securely plugged into a grounded outlet, the main power switch is ON, and the safety key is correctly inserted into the console.

- **Belt Slipping:** This may indicate the running belt needs tensioning. Refer to the full user manual for instructions on adjusting belt tension.
- **Unusual Noises:** Check for any loose parts or foreign objects under the belt. If the noise persists, it may require professional inspection.
- **Error Codes:** If an error code appears on the display, consult the comprehensive user manual for specific code meanings and recommended solutions.
- **Inaccurate Heart Rate Reading:** Ensure your hands are firmly gripping both heart rate sensors. Skin contact must be consistent.

For persistent issues or complex problems, please contact UMAY customer support.

8. Specifications

Feature	Specification
Brand	UMAY
Model Name	U2S (U80)
Motor	4.0 HP Brushless
Speed Range	0.6 - 9.5 Miles per Hour (MPH)
Incline	2-20% Auto Incline (20 Levels)
Running Belt Area	55" x 18"
Maximum Weight Recommendation	400 Pounds (181 kg)
Product Dimensions (LxWxH)	56.3"D x 24.3"W x 43.7"H
Noise Level	<45dB
Material	Acrylonitrile Butadiene Styrene (ABS)
Special Features	Auto Incline, Green Light Heart Rate Sensor, Adjustable Phone/iPad Holder, Triple Shock Absorption

9. Warranty and Support

The UMAY Fitness Treadmill U2S comes with a **2-year warranty**.

For warranty claims, technical assistance, or any questions regarding your treadmill, please contact UMAY customer support through the contact information provided with your purchase or on 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

Open the live page

https://manuals.plus/asin/B0GC483NGP

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