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> UMAX Treadmill with 15% Incline (Model: B0GK6B1W1Z) - Instruction Manual

## UMAY B0GK6B1W1Z

# UMAY Treadmill with 15% Incline (Model: B0GK6B1W1Z) - Instruction Manual

Your guide to setup, operation, and maintenance.

## PRODUCT OVERVIEW

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The UMAX Treadmill with 15% Incline, Model B0GK6B1W1Z, is a versatile and compact fitness solution designed for home and office use. It features a manual incline, a powerful yet quiet motor, and a foldable design for easy storage. This manual provides essential information for safe and effective use of your treadmill.



Image: Umay Treadmill, Model B0GK6B1W1Z, showcasing its compact design and control panel.

## SETUP INSTRUCTIONS

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Your Umay Treadmill is designed for quick and easy setup, arriving mostly pre-assembled. Follow these steps to prepare your treadmill for use.

### 1. Unboxing and Initial Assembly

Carefully remove the treadmill from its packaging. The main body is largely pre-assembled. You will need to secure

the upright handles and the display console.

- Lift the console and handles into the upright position.
- Secure the handles using the provided screws and tool kit.

Your browser does not support the video tag.

*Video: Detailed steps for assembling the UMAX Treadmill, including securing the handles and console.*

## **2. Connecting Power**

Locate the power cord and plug it into a standard electrical outlet. Ensure the power switch located at the front of the treadmill is in the 'ON' position.

## **3. Attaching the Safety Key**

The safety key is a crucial safety feature. Attach the red magnetic safety key to the designated spot on the console. Clip the other end of the safety key to your clothing before starting any workout. If the safety key is removed during operation, the treadmill will immediately stop.

## **4. Adjusting Manual Incline**

The treadmill offers a 15% manual incline. To adjust the incline:

1. Ensure the treadmill is powered off and unplugged for safety.
2. Locate the incline adjustment pins at the rear base of the treadmill.
3. Lift the rear of the treadmill slightly and remove the pins.
4. Adjust the support legs to the desired incline level (0%, 10%, or 15%).
5. Reinsert the pins securely to lock the incline in place.

# 15% Manual Incline For More Fat Burning



Image: Illustration of the treadmill's manual incline adjustment mechanism, showing 0%, 10%, and 15% incline settings.

## OPERATING INSTRUCTIONS

Familiarize yourself with the control panel and features for an optimal workout experience.

### 1. Control Panel Overview

The treadmill features a multi-functional console with a triple display and touch controls.

# Multi-functional Console



*Image: Close-up of the treadmill's multi-functional console, highlighting the display for time, speed, distance, and calories.*

- **Display:** Tracks time, speed, distance, and calories burned.
- **Start/Stop Button:** Initiates and pauses/stops the workout.
- **Speed Adjustment:** Use '+' and '-' buttons to increase or decrease speed.
- **Mode Button (M):** Cycles through different workout modes or preset programs.
- **Program Button (P):** Selects from preset workout programs (P1-P12).
- **Device Holder:** A built-in holder for your phone or tablet.

- **Cup Holders:** Two convenient cup holders for hydration.

## 2. Starting a Workout

1. Ensure the safety key is attached.
2. Press the 'Start' button. The treadmill will begin with a 3-second countdown before the belt starts moving at a low speed.
3. Adjust the speed using the '+' or '-' buttons to your desired pace.

## 3. Using Preset Programs

The treadmill includes 12 preset programs (P1-P12) to vary your workout intensity. Press the 'P' button to cycle through the programs. Once a program is selected, press 'Start' to begin.

## 4. Heart Rate Monitoring

Grip the heart rate sensors on the handlebars to monitor your pulse during your workout. Your pulse will be displayed on the console.

## 5. Bluetooth Connectivity

Connect your device via Bluetooth to the treadmill's speakers to enjoy music during your workout. Refer to your device's Bluetooth settings to pair with the treadmill.

Your browser does not support the video tag.

*Video: Demonstration of the UMAX Treadmill's features, including its portability and various modes of operation.*

## MAINTENANCE

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

### 1. Cleaning

Wipe down the treadmill's surfaces, including the console and handlebars, with a damp cloth after each use to remove sweat and dust. Avoid using abrasive cleaners.

### 2. Belt Lubrication

Periodically check the running belt for dryness. Lubricate the belt as needed with silicone oil (not included) to ensure smooth operation and prevent friction. Refer to the dedicated maintenance videos for detailed instructions.

### 3. Belt Adjustment

If the running belt appears to be shifting or slipping, it may require adjustment. Consult the maintenance videos or contact customer support for guidance on proper belt tensioning and alignment.

## TROUBLESHOOTING

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

### 1. E07 Error Code

If the display shows an 'E07' error code, it indicates that the safety key is not properly attached. Ensure the magnetic safety key is securely placed on the console.

## 2. Treadmill Not Starting

- Check if the power cord is securely plugged into the outlet and the treadmill.
- Verify that the main power switch at the front of the treadmill is 'ON'.
- Ensure the safety key is correctly placed.

## 3. Unusual Noises

If you hear unusual noises, stop the treadmill immediately. Check for any foreign objects under the belt or around the motor area. If the noise persists, contact customer support.

## SPECIFICATIONS

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Feature	Detail
Brand	UMAY
Model	B0GK6B1W1Z
Motor	3.0HP Peak Brushless Motor
Speed Range	0.6 - 7.0 MPH
Incline	15% Manual Incline (3 levels)
Running Belt Dimensions	38.2"L x 15.2"W
Running Belt Construction	6-layer non-slip surface, cushioning rubber pads, silicone shock absorbers
Noise Level	Below 45dB
Maximum Weight Capacity	300 lbs
Product Dimensions (Unfolded)	47.2"D x 24.6"W x 47.1"H
Product Dimensions (Folded)	47.2"D x 24.6"W x 5.5"H
Item Weight	43.5 Pounds
Material	Alloy Steel
Included Components	Safety Key, Tool Kit, User Manual

**38.2"×15.2"**  
**Running Belt**



*Image: The treadmill's running belt, illustrating its dimensions of 38.2 inches in length and 15.2 inches in width.*

# Easy to Move and Space saving



*Image: The treadmill shown in both its upright and folded positions, highlighting its space-saving design and dimensions.*

## WARRANTY INFORMATION

The UMay Treadmill (Model: B0GK6B1W1Z) comes with a **1-year warranty** from the date of purchase. This warranty covers manufacturing defects and malfunctions under normal use. Please retain your proof of purchase for warranty claims.

## CUSTOMER SUPPORT

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For any questions, concerns, or assistance with your UMAX Treadmill, our dedicated service team is available 24/7 to provide comprehensive support. We can assist with:

- Replacement parts
- Maintenance videos
- User manual inquiries
- Other product-related support

Please refer to the contact information provided with your product or visit the official UMAX website for further assistance.