

## UMAY SF20

# UMAY SF20 16% Incline Foldable Treadmill Instruction Manual

Model: SF20

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## 1. SETUP

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### 1.1 Unpacking and Initial Placement

Carefully remove all components from the packaging. Place the treadmill on a flat, stable surface, ensuring adequate space around the unit for safe operation and ventilation. Avoid placing it on thick carpets that may obstruct airflow to the motor.

### 1.2 Assembly and Folding Mechanism

The UMay SF20 treadmill features a foldable design for convenient storage. To set up for use, lift the console assembly into the upright position and secure it using the provided knobs on the side handles. To fold for storage, loosen these knobs and carefully lower the console until it rests flat on the running deck. The treadmill is equipped with wheels for easy movement when folded.

# EASY TO MOVE & STORE

Quickly Fold Up, 50% Space Saving



The treadmill can be easily folded and moved using its integrated wheels, as shown in the image.

## 1.3 Incline Adjustment

The treadmill offers a manual incline feature. Locate the orange rubber footings at the rear of the treadmill. These can be adjusted to achieve different incline levels (0%, 10%, or 16%). Ensure both sides are adjusted equally for stability.



# 16% INCLINE TREADMILL

🔥 Increase Fat Burning

16% Incline

600 Kcal/H



8% Incline

480 Kcal/H



0% Incline

200 Kcal/H



The UMAX SF20 treadmill features a 16% incline to enhance workout intensity.

Your browser does not support the video tag. This video demonstrates the 16% incline feature of the UMAX SF20 treadmill, showing how it can be adjusted to increase workout intensity.

## 1.4 Safety Clip

Attach the red safety clip to your clothing before starting any workout. In case of an emergency, pulling the safety clip will immediately stop the treadmill.

## 2. OPERATING INSTRUCTIONS

### 2.1 Console Functions

The treadmill features a triple-screen console to display key workout metrics. These include speed, distance, time, and calories burned. The console also has quick-push buttons for speed adjustments and different workout modes.

# LARGE LED DISPLAY

Easy Button Control



The console provides clear display of workout data and easy-to-use controls.

## 2.2 Speed Adjustment

The treadmill offers a speed range from 0.6 MPH to 7.5 MPH. Use the '+' and '-' buttons on the console to adjust the speed. Quick-select buttons (e.g., 3/6 MPH) are also available for rapid changes.

## 2.3 Workout Modes

The UMay SF20 supports various workout modes to suit different fitness levels and goals:

- **Walking Mode:** 0.6-2.5 MPH
- **Jogging Mode:** 2.5-4.5 MPH
- **Running Mode:** 4.5-7.5 MPH
- **Climbing Mode:** Utilizes 8% or 16% incline settings.

# 4 IN 1 Treadmills for home **0.6-7.5MPH**



Illustrates the various workout modes available on the treadmill.

Your browser does not support the video tag. This video provides an overview of the 4-in-1 functionality of the UMAX SF20 treadmill, demonstrating its versatility for different home workouts.

## 2.4 Handle Design and Storage

The treadmill features widened, slip-resistant side rails for secure support. An integrated storage tray is included for conveniently holding your phone, tablet, or water bottle during your workout.



The spacious running surface ensures a comfortable workout.

### 3. MAINTENANCE

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#### 3.1 Cleaning

Regularly clean the treadmill with a damp cloth. Avoid using abrasive cleaners or solvents that could damage the console or running belt. Wipe down the console and handles after each use to remove sweat and grime.

#### 3.2 Running Belt Care

Inspect the running belt periodically for wear and tear. Ensure the belt is properly centered and tensioned. Refer to the detailed user manual for instructions on belt lubrication and adjustment, which may be required after extended use to maintain smooth operation.

# 7-LAYER SHOCK ABSORPTION



7-layer  
Anti-slip Belt



Wear-resistant  
Running Belt



Knee  
Protection



Heavy Duty  
Meta frame



The 7-layer shock absorption system provides comfort and knee protection.

### 3.3 Motor Maintenance

The treadmill is equipped with a 3.0HP quiet brushless motor. This motor requires minimal maintenance. Keep the area around the motor clean and free of dust to ensure optimal performance and prevent overheating.

# 3.0HP POWERFUL & QUIET MOTOR

< Normal Talk(50dB)



**3.0HP**  
Powerful



**<45dB**  
Lower Noise



**400LBS**  
Greater Capacity



**0.6-7.5MPH**  
Speed Range



The 3.0HP brushless motor operates quietly, ideal for home or office use.

## 4. TROUBLESHOOTING

### 4.1 Common Issues and Solutions

- **Treadmill not starting:** Ensure the power cord is securely plugged into a grounded outlet and the safety clip is correctly attached to the console. Check the power switch is in the 'ON' position.
- **Belt slipping or uneven movement:** The running belt may require adjustment or lubrication. Refer to the detailed user manual for specific instructions on how to tension and lubricate the belt.
- **Unusual noise:** Check for any loose parts or foreign objects under the belt. If the noise persists, consult the detailed user manual or contact customer support.
- **Console display not working:** Ensure all connections are secure. If the issue persists, power cycle the treadmill by unplugging it for 30 seconds and plugging it back in.

For issues not covered here, please refer to the comprehensive troubleshooting section in your detailed user

manual or contact UMay customer support.

## 5. SPECIFICATIONS

Feature	Detail
Brand	UMAY
Model	SF20
Product Dimensions (D x W x H)	39.2" x 21.8" x 44.3"
Material	Alloy Steel
Maximum Speed	7.5 Miles per Hour
Minimum Speed	0.6 Miles per Hour
Special Feature	Manual Incline
Maximum Horsepower	3.0 Horsepower
Maximum Incline Percentage	16%
Maximum Weight Recommendation	400 Pounds
Running Surface (L x W)	37.5" x 15.0"
Noise Level	Under 45 dB

# MAXIMUM 400LBS CAPACITY



The treadmill is designed to support users up to 400 lbs.

## 6. WARRANTY & SUPPORT

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### 6.1 Product Warranty

For detailed information regarding the product warranty, please refer to the warranty card included with your UMay SF20 treadmill. The warranty covers manufacturing defects and specific components as outlined in the documentation.

### 6.2 Customer Support

If you encounter any issues or have questions about your UMay SF20 treadmill, please contact UMay customer service. Contact information can be found in the included user manual or on the official UMay website.

