

UMAY U70

UMAY Fitness U70 Treadmill Instruction Manual

Comprehensive instruction manual for the UMAX Fitness U70 Treadmill, covering setup, operation, maintenance, and specifications for safe and effective home use.

1. SAFETY INFORMATION

Before operating the UMAX Fitness U70 Treadmill, please read and understand all safety instructions. Keep children and pets away from the treadmill during operation. Always use the safety key.

- Ensure the treadmill is placed on a flat, stable surface.
- Keep hands and feet clear of moving parts.
- Wear appropriate athletic footwear.
- Consult a physician before starting any new exercise program.
- Do not use the treadmill if you feel dizzy, faint, or experience pain.

2. PRODUCT OVERVIEW

The UMAX Fitness U70 Treadmill is designed for home use, offering a range of features for effective cardio workouts. It includes an auto-incline function, a powerful motor, and a foldable design for convenient storage.



Figure 2.1: UMAX Fitness U70 Treadmill in operational state.

- **2%-20% Auto Incline:** Provides varied workout intensity.
- **Hydraulic Foldable Design:** For easy storage and space-saving.
- **4.0HP Quiet Motor:** Supports speeds from 0.6 to 8.0 MPH with low noise.
- **400lb Capacity:** Robust construction for various users.
- **Wide 44.1" Suspended Running Deck:** Features 7-layer shock absorption for joint comfort.
- **Interactive Touchscreen:** Displays time, distance, calories, speed, and incline.
- **Handrail Controls:** Convenient access to speed and incline adjustments, and pulse sensors.

3. SETUP AND ASSEMBLY

The UMAX Fitness U70 Treadmill comes 90% pre-assembled. Follow these steps for final assembly.

3.1 Unboxing and Initial Setup

1. Carefully remove the treadmill from its packaging.
2. Place the main unit on a flat, stable surface.
3. Identify all components: treadmill base, accessory & tool pack, decorative column covers, monitor side

covers, and user manual.



Figure 3.1: Unboxing and component identification.

3.2 Unfolding and Securing

1. Carefully unfold the treadmill frame.
2. Secure the knobs on both sides of the uprights to lock the frame in place.

Hydraulic System for Auto-folding

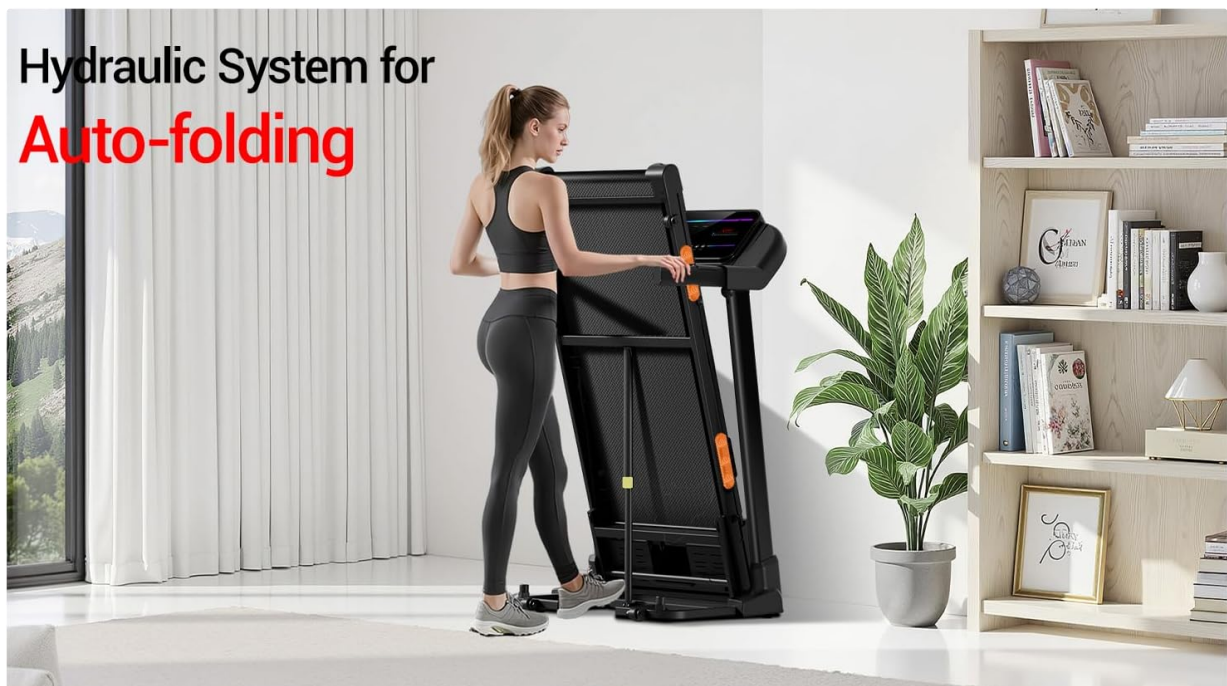


Figure 3.2: Unfolding the treadmill and securing the knobs.

3.3 Installing Base and Monitor Screws

1. Install the base screws (MB*40 x2, MB*20 x4) on the left and right bottom sections of the treadmill.
2. Install the monitor back screws (MB*30 x2, Self-Tapping Screw ST4.2*16 x2) to secure the monitor.

3.4 Attaching Covers

1. Attach the base left and right covers using the provided self-tapping screws (ST4.2*16 x2 for each).
2. Attach the monitor left and right covers.

Multi-function Handrail



Figure 3.3: Attaching the monitor covers.

3.5 Assembly Video Guide

For a visual guide on the assembly process, please watch the official installation video:

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Video 3.1: UMAX Fitness U70 Treadmill Installation Guide. This video demonstrates the step-by-step assembly of the treadmill, including unfolding, securing components, and attaching covers.

4. OPERATING INSTRUCTIONS

Familiarize yourself with the control panel and features before starting your workout.

4.1 Control Panel and Display

The interactive touchscreen displays key workout metrics and allows for easy control.

Multi-function Handrail



Figure 4.1: Interactive Touchscreen Control Panel.

- **Display:** Shows Time, Distance, Calories, Incline, and Speed.
- **Speed Adjustment:** Use 'Speed+' and 'Speed-' buttons to change speed (0.6-8.0 MPH).
- **Incline Adjustment:** Use 'Incline+' and 'Incline-' buttons to adjust the auto incline (2%-20% / 20 levels).
- **Start/Stop:** Initiate or pause your workout.
- **Mode:** Select different workout modes.
- **PROG:** Choose from pre-set exercise programs.

4.2 Handrail Controls and Pulse Sensors

The handrails provide additional controls and integrated pulse sensors for heart rate monitoring.

- **Incline +/-:** Quick access buttons for incline adjustment.
- **Speed +/-:** Quick access buttons for speed adjustment.
- **Heart Rate Monitor:** Grip the pulse sensors on both handrails to display your heart rate on the screen.

4.3 Safety Key

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.

4.4 Hydraulic Folding System

The treadmill features a hydraulic system for easy unfolding and folding, making it convenient to store.



Figure 4.2: Treadmill in folded position for storage.

To fold: Lift the running deck until it locks into the upright position. To unfold: Gently press the hydraulic release system with your foot to lower the running deck.

4.5 Auto Incline Feature Video

Observe the automatic incline feature in action:

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Video 4.1: U70 Treadmill with Auto Incline Feature. This video demonstrates the automatic incline adjustment of the treadmill, showing the range of motion from 2% to 20%.

4.6 App Integration

The U MAY Fitness U70 Treadmill supports integration with fitness apps like SPAX, Kinomap, and Zwift for enhanced workout experiences and data tracking.

**Enjoy Movements
Maximize Results!**



SPAX



KINOMAP



ZWIFT

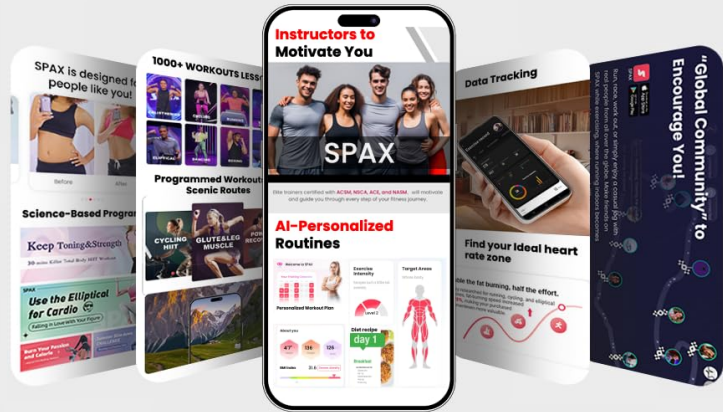


Figure 4.3: Treadmill compatibility with fitness applications.

5. MAINTENANCE

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

5.1 Belt Adjustment

If the running belt shifts to one side, it needs adjustment. This video demonstrates how to center the belt:

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Video 5.1: Treadmill Belt Adjustment Guide. This video provides instructions on how to adjust the running belt to ensure it remains centered during operation.

If the belt feels loose or slips, it may need tightening. This video shows the process:

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Video 5.2: Tightening the Treadmill Belt. This video demonstrates how to tighten the running belt to prevent slipping and ensure proper tension.

5.2 Lubrication

Regular lubrication of the running deck is crucial for smooth operation and to extend the life of the treadmill. The UMAX Fitness U70 Treadmill features an easy-self lubrication hole.



Figure 5.1: Lubrication port on the running deck.

Refer to the following video for instructions on how to lubricate your treadmill:

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Video 5.3: Easy Self Lubrication Guide. This video demonstrates the correct procedure for lubricating the treadmill's running deck using the self-lubrication port.

6. SPECIFICATIONS

Feature	Detail
Brand	UMAY
Model Name/Number	U70
Color	Jet-black
Product Dimensions (D x W x H)	24.8"D x 24"W x 52.4"H
Item Weight	78 Pounds
Material	Acrylonitrile Butadiene Styrene (ABS)

Maximum Speed	8 Miles per Hour
Minimum Speed	0.6 Miles per Hour
Special Feature	Auto Incline, Foldable
Maximum Horsepower	4 Horsepower
Maximum Incline Percentage	20% (20 levels)
Maximum Weight Recommendation	400 Pounds

7. WARRANTY AND SUPPORT

The UMay Fitness U70 Treadmill comes with a **1-Year Warranty** as specified by the manufacturer. For customer support, please refer to the contact information provided in your product packaging or visit the official UMay website. UMay is committed to providing 7/24 response and 100% satisfaction.