

[Manuals.plus](#) /

› [UMAY](#) /

› UMay SF10 Foldable Incline Treadmill User Manual

UMAY SF10

UMAY SF10 Foldable Incline Treadmill User Manual

Model: SF10

1. IMPORTANT SAFETY INSTRUCTIONS

Please read this entire manual carefully before operating the UMay SF10 treadmill. Retain this manual for future reference. Failure to follow these instructions can result in serious injury or damage to the product.

General Safety

- Always place the treadmill on a solid, level surface. Ensure there is at least 2 meters (6.5 feet) of clear space behind the treadmill and 0.6 meters (2 feet) on each side.
- Keep children and pets away from the treadmill during operation.
- Do not operate the treadmill if it has a damaged cord or plug, if it is not working properly, or if it has been dropped or damaged.
- Wear appropriate exercise clothing and athletic shoes. Avoid loose clothing that could get caught in moving parts.
- The maximum user weight for this treadmill is 136 kg (300 lbs). Do not exceed this limit.
- Always use the safety key. Attach the clip to your clothing before starting your workout. If the safety key is removed, the treadmill will stop immediately.

Electrical Safety

- Plug the treadmill into a properly grounded outlet only.
- Do not use an extension cord.
- Unplug the treadmill from the power outlet before cleaning, maintenance, or moving.

2. PACKAGE CONTENTS

Verify that all components are present in the package:

- UMay SF10 Foldable Incline Treadmill
- Safety Key
- User Manual (this document)
- Tool Kit (for minor adjustments)

3. ASSEMBLY AND SETUP

The UMay SF10 treadmill is designed for minimal assembly, arriving almost ready for use. Follow these steps to set up your treadmill.

Unfolding the Treadmill

1. Place the treadmill on a flat, stable surface.
2. Gently lift the console and handlebars until they lock into the upright position. Ensure the locking mechanism is fully engaged.
3. Lower the running deck carefully until it rests flat on the floor.



The treadmill easily unfolds for use and folds for storage. The image shows the treadmill transitioning from a folded, upright position to an

unfolded, ready-to-use state, highlighting its portability and space-saving design.

Connecting Power

Plug the power cord into a grounded electrical outlet. Ensure the power switch (usually located near the front of the treadmill) is in the 'ON' position.

4. OPERATING INSTRUCTIONS

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

Control Panel Overview



The control panel features an LED display showing speed, time, distance, and calories. Buttons include Start, Stop, Speed adjustment (+/-), Program/Mode (P/M), and Quick Speed settings (2/4). A red safety key slot is centrally located.

- **Start Button:** Press to begin the treadmill belt movement.
- **Stop Button:** Press to stop the treadmill belt.
- **Speed +/- Buttons:** Adjust the running belt speed in small increments.
- **Quick Speed Buttons (e.g., 2/4):** Instantly set the speed to a pre-defined level.
- **Program/Mode (P/M) Button:** Cycle through different workout programs or modes.
- **Safety Key Slot:** Insert the safety key here to enable treadmill operation.

Starting a Workout

1. Ensure the treadmill is plugged in and the power switch is ON.
2. Attach the safety key clip to your clothing and insert the safety key into its slot on the console.
3. Step onto the side rails of the treadmill.
4. Press the 'Start' button. The belt will begin to move at a low speed.
5. Carefully step onto the moving belt and adjust the speed using the 'Speed +/-' buttons or quick speed buttons to your desired pace (up to 12 KM/H).

Adjusting Incline

The UMay SF10 features a manual incline system, allowing adjustment up to 15%.

1. To adjust the incline, you must first stop the treadmill and step off the belt.
2. Locate the manual incline adjustment pins or levers at the rear of the treadmill deck.
3. Lift the rear of the treadmill deck and adjust the support mechanism to the desired incline level (e.g., 1.8% or 15%). Ensure it is securely locked in place before resuming your workout.

Tapis roulant avec inclinaison manuelle



The treadmill offers a manual incline up to 15%, simulating uphill running. The image illustrates the treadmill deck elevated at a 15% incline, with a graphic comparing calorie burn at 15% versus 1.8% incline.

Ending a Workout

1. Press the 'Stop' button to gradually slow down and stop the treadmill belt.
2. Alternatively, pull the safety key to immediately stop the treadmill.
3. Once the belt has completely stopped, step off the treadmill.

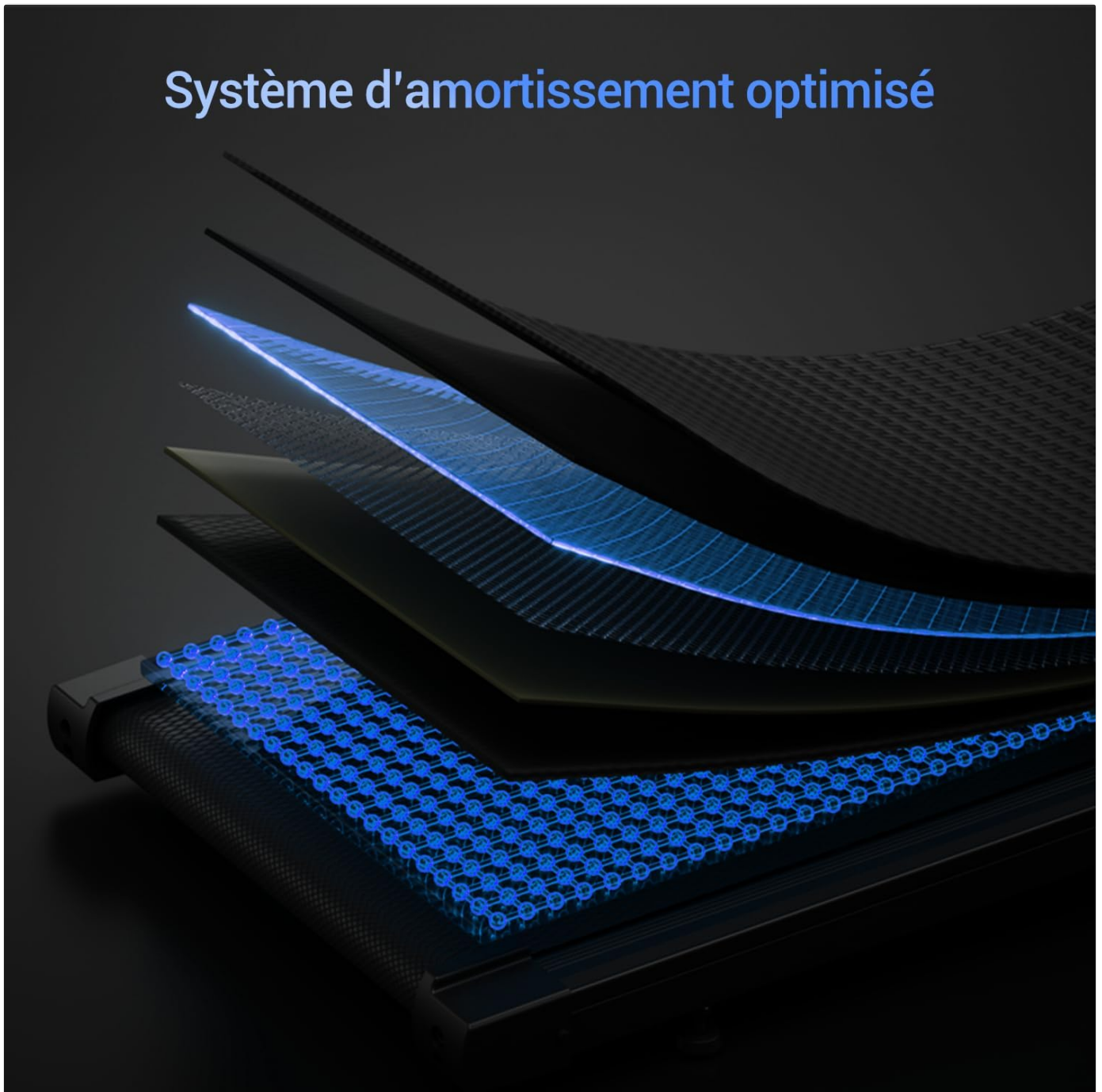
5. FEATURES

The UMay SF10 treadmill incorporates several features designed for an effective and comfortable home workout.

- **15% Manual Incline:** Offers a challenging workout experience, simulating uphill terrain to increase calorie expenditure

and cardiovascular endurance.

- **Triple Cushioning System:** Features a 7-layer composite running belt combined with 8 high-performance shock absorbers and 2 external damping pads. This system effectively absorbs impact, reducing stress on joints.



The image displays a cutaway view of the treadmill's advanced cushioning system, highlighting its multiple layers and shock-absorbing components designed for joint protection and comfort.

- **Ultra-Quiet 3.0 HP Brushless Motor:** Equipped with a powerful yet quiet brushless motor, operating at less than 45 decibels. This motor offers lower energy consumption and an extended lifespan of 8-10 years.

3.0HP Tapis de course



This image shows the treadmill's 3.0 HP motor, emphasizing its quiet operation (less than 45dB), long lifespan (3500+ hours), and robust power. It also indicates a maximum load capacity of 136 kg.

- **Foldable Design:** The treadmill can be easily folded to a compact size (12cm thickness when folded) for convenient storage, making it suitable for small living spaces. Integrated wheels allow for effortless relocation.
- **Running Belt Dimensions:** The running belt measures 97 x 40 cm, providing ample space for walking and light jogging.



The image focuses on the treadmill's running belt, indicating its dimensions of 97x40cm, suitable for various user strides.

- **Maximum Load Capacity:** Supports users up to 136 kg (300 lbs).



The image shows a user on the treadmill, with a clear overlay stating the maximum weight capacity of 136 kg, emphasizing the product's robust construction.

6. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your UMay SF10 treadmill.

Cleaning

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

Running Belt Lubrication

The running belt requires periodic lubrication to reduce friction and extend its lifespan. Refer to the specific instructions provided with your lubrication kit or contact customer support for guidance.

Belt Tension and Alignment

If the running belt feels loose or is drifting to one side, it may need adjustment. Consult the detailed instructions in the full user manual (PDF) or contact customer support for assistance. Incorrect adjustment can damage the belt or motor.

7. TROUBLESHOOTING

This section addresses common issues you might encounter with your UMay SF10 treadmill.

Treadmill Not Starting

- Ensure the power cord is securely plugged into a grounded outlet.
- Check that the power switch is in the 'ON' position.
- Verify that the safety key is correctly inserted into its slot and the clip is attached to your clothing.
- Check the circuit breaker on the treadmill (if present) and your home's electrical panel.

Unusual Noises

- A squeaking sound might indicate the running belt needs lubrication.
- A rubbing sound could mean the belt is misaligned or too tight.
- If you hear grinding or knocking noises, stop the treadmill immediately and contact customer support.

Belt Slipping

- The running belt might be too loose and require tension adjustment.
- The belt might need lubrication.

For any issues not covered here, or if troubleshooting steps do not resolve the problem, please contact UMay customer support.

8. SPECIFICATIONS

Feature	Specification
Brand	UMAY
Model Number	SF10
Product Dimensions (Unfolded)	113P x 55.5W x 100H cm
Folded Size	113.0 x 55.5 x 105.0 cm (approx. 12cm thickness when fully folded)
Item Weight	18.5 Kilograms
Material	Alloy Steel

Feature	Specification
Maximum Speed	12 Kilometers per hour
Maximum Incline Percentage	15% (Manual)
Motor Power	3.0 Horsepower (Peak)
Display Type	LED
Power Source	Corded Electric
Meter Type	Calories Burned, Distance, Time, Speed
Recommended Maximum Load	136 Kilograms
Running Belt Size	97 x 40 cm

9. WARRANTY AND SUPPORT

Warranty Information

The UMay SF10 Foldable Incline Treadmill comes with a **2-year warranty** from the date of purchase. This warranty covers manufacturing defects and material faults under normal use. Please retain your proof of purchase for warranty claims.

Customer Support

For technical assistance, warranty claims, or any questions regarding your UMay SF10 treadmill, please contact UMay customer support. Refer to the contact information provided on the product packaging or the official UMay website.

When contacting support, please have your model number (SF10) and proof of purchase readily available.

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/B0H8S6L9C7>

More documents and user manuals: <https://manuals.plus/>