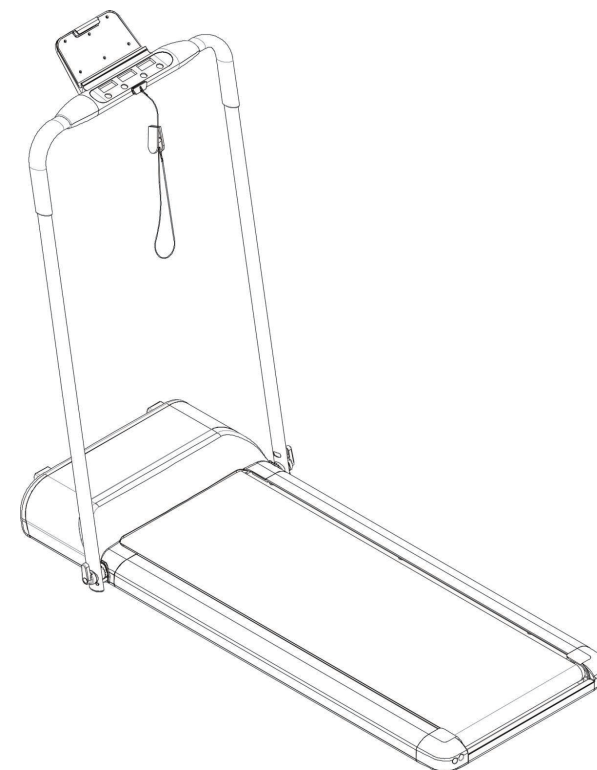


# GYMAX



## USER'S MANUAL Motorized Treadmill SP36899

THIS INSTRUCTION BOOKLET CONTAINS **IMPORTANT** SAFETY INFORMATION. PLEASE READ AND KEEP FOR FUTURE REFERENCE.

**Please give us a chance to make it right and do better!**

Contact our friendly customer service department for help first.

Replacements for missing or damaged parts will be shipped ASAP!

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# Contact Us!

## Do NOT return this item.

Contact our friendly customer service department for help first.



# Before You Start

- Please read all instructions carefully.
- Retain instructions for future reference.
- Separate and count all parts and hardware.
- Read through each step carefully and follow the proper order.
- We recommend that, where possible, all items are assembled near to the area in which they will be placed in use, to avoid moving the product unnecessarily once assembled.
- Always place the product on a flat, steady and stable surface.
- Keep all small parts and packaging materials for this product away from babies and children as they potentially pose a serious choking hazard.

## 1. Caution

To avoid any injuries, please read this manual carefully before using.



- For safety purposes do not stand on running belt when starting the machine.
- Please stop immediately at the first sign of nausea.
- Please increase speed slowly if needed.
- Do not stand on belt while adjusting.
- It is recommended to wear athletic shoes when using the machine.
- Children, elderly, pregnant women, patients recovering from injuries or surgery are prohibited to use the machine.
- Please clip the safety key on your clothing during use.
- Please firmly hold the rail bars during using.

## 2. Safety Notice

- Please put the machine on flat ground. It is unsuitable to put the machine at following places:
  - 1 Outdoors.(The machine is specially designed for indoor use only)
  - 2 Slanted ground or slanted places on balcony.
  - 3 Sunlight area or near a heater/fireplace.
  - 4 Big noisy places.
- Errors may appear if the power supply is not stable. Please do not use the same socket together with computers, air conditioners, etc.
- It is suggested to wear athletic shoes clothing when using the machine.
- Please increase or decrease speed slowly.
- Be careful of children or other objects while folding and unfolding the machine.
- Do not put the machine near wet objects. Errors may occur if item gets wet.

## 3. Caution During Use

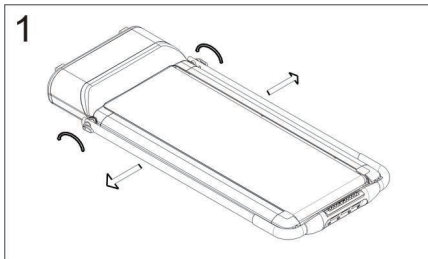
- If you do not feel well before using, please consult with your doctor or coach.
- Our company is not responsible for any injuries as a result of improper use
- Please unplug after using.
- Please unplug when moving the machine or changing parts.
- Children, elderly, and pregnant women are prohibited from using the machine. Patients should consult their doctor before using.
- Please place the machine on a flat surface. Do not place any objects 2M behind the machine.
- Do not start the machine when it is folded.
- Keep water away from the machine, motor, power line, and plug.
- Do not use this machine in enclosed spaces or areas without air circulation.

- Do not place any objects on the machine.
- Keep plug away from hot locations or fireplaces.
- Please turn off machine and unplug after using.
- Please do not stand directly on the belt while starting the machine.
- Do not disassemble the machine without professional supervision.
- Please make sure the running belt is fastened before using.

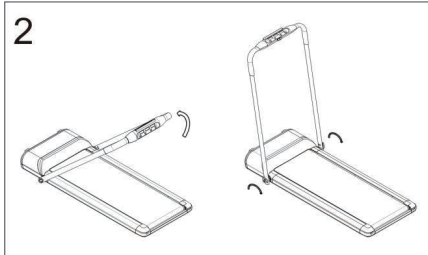
#### 4. Technical Specification

<b>Product Name</b>	Treadmill
<b>Voltage</b>	110V
<b>Frequency</b>	50-60Hz
<b>Speed</b>	0.5-5mph
<b>User Capacity</b>	100KGS

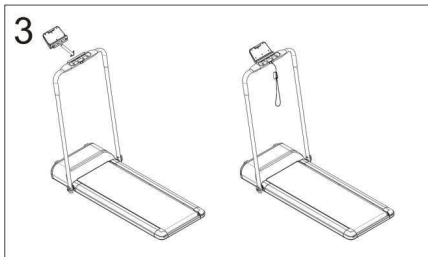
#### 5. Assembly Instructions



Step 1 : Loose the knob at both bottom side of upright tubes.(suggest to loose 3 circles), then hold the both side upright tubes to make the handle bounces off base frame(See Fig 1).

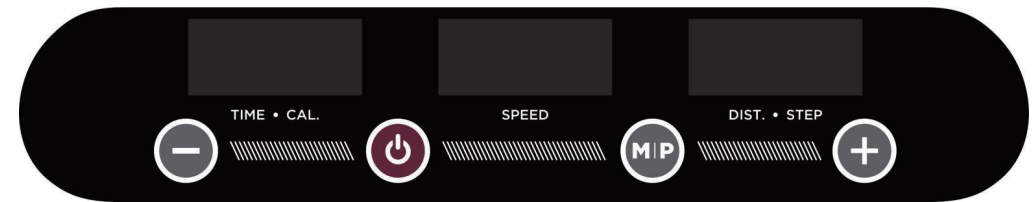


Step 2 : pull up upright tubes to proper position, then fasten the knob at both bottom side of upright tubes.



Step 3 : Insert IPAD holder and put safety key on panel. All assemble finished.

#### 6. Display Monitor



##### 1. Window shows

1.1 "TIME "window : shows the running time. Forward travel-time is from 0:00~99:59,countdown is count to 0 from the set time (set cope 5:00~99:00),when count to 0:00,the machine will stop slowly . "CALORRIES" window: forward count from 0~990,when forward countdown reaches the top point, it will recount. When calories count down (calories set cope 20.0~990.0) ,it will count to 0 from the set point, when count to 0:00,the machine will stop slowly. When in motion state, press "M" key, the window will switch from Time, Calories, Distance, Step

1.2 "SPEED" window: shows the current running speed, set cope is0.8~8.0KM/H.

1.3 "DISTANCE" window: shows the current movement distance. Forward countdown is from 0.0~99.9 ,when forward count down reaches the top point, it will recount. When distance count down (distance set cope 1.00~99.00) it will count to 0 from the set point, the machine will stop slowly."STEP "window: Forward step count is from0~9999.when forward countdown reaches the top point, it will recount.

##### 2. Functional instruction

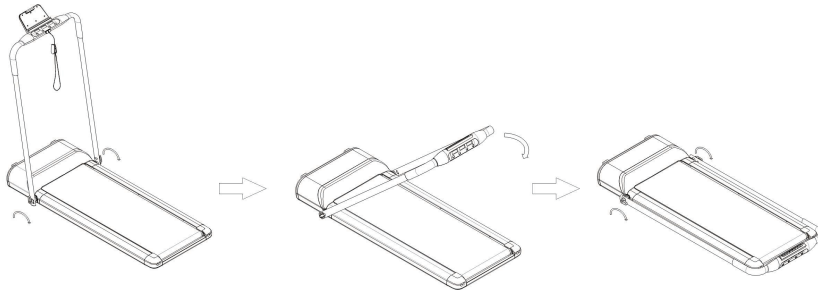
2.1 Sports Mode: Press start key to start the machine SPEED window will count from"3 2 1",default speed is 0.8KM,press"+" "-" to adjust speed.

2.2 Countdown Mode: when in standby, press "M" key to choose Time, Distance, Calories countdown  
Press "+" "-" to set relevant data. After setting, press "start/stop" to start the treadmill, it will count down from the set data, when count to 0,the machine will stop by itself.

2.3 Pre-set Program (P01~P12):choose one program, then press "+" "-" to set the running time (time set cope 5:00~99:00,default time is30:00),press "start/stop" to start the machine, it will run according to the pre-set speed, speed change according to the time " (Time/20) "

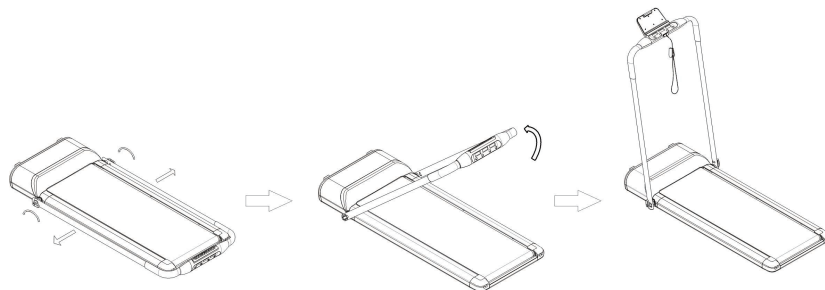
Time Program		set time/20 = running time for each section																			
P1	SPEED	2	2	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	5	3	2
P2	SPEED	2	3	4	5	6	4	6	6	6	4	5	6	4	4	4	2	4	5	3	2
P3	SPEED	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	5	3	3	2
P4	SPEED	2	5	5	6	6	6	6	4	4	2	2	4	7	6	6	6	6	6	4	2
P5	SPEED	3	3	5	7	6	6	8	5	5	8	8	5	6	5	8	5	7	5	4	3
P6	SPEED	3	8	8	7	8	6	8	6	4	2	5	4	7	6	6	6	8	6	4	3
P7	SPEED	3	4	6	6	8	6	8	7	5	6	6	6	6	7	8	7	6	6	5	3
P8	SPEED	3	5	6	7	8	8	7	8	4	7	7	4	7	7	8	7	8	7	5	3
P9	SPEED	4	7	3	7	7	7	8	8	5	8	6	7	6	7	8	8	7	7	5	3
P10	SPEED	4	5	3	8	8	8	8	8	4	8	5	4	7	8	7	7	8	7	6	4
P11	SPEED	4	8	6	8	7	6	6	8	5	8	8	6	6	6	6	6	7	8	8	2
P12	SPEED	4	4	7	8	2	8	8	8	8	8	8	8	7	8	8	2	8	8	8	2

## 7. Fold and Unfold



### Fold :

Take off IPAD holder, unscrew the knob, lay the handle bar down clockwise. Then screw the knob with the frame.



### Unfold :

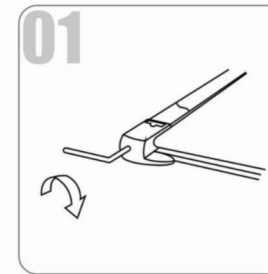
Loosen the knob and uplift the handle bar anticlockwise to the certain angle, then insert the IPAD holder.

## 8. Usage Of Silicone Oil



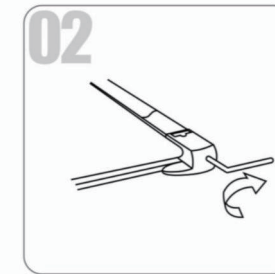
Pull up tightly of the running belt. Then apply the silicone oil to the running board. Start the machine and let it run for 3 minutes without using. It is recommended to do this after every 30 hours of use. This can extend the lifetime of parts.

## 9. Belt Adjustment



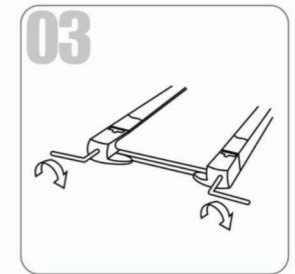
### (1) Running belt deviates to left

Start the machine at speed 1-3KM/H (don't stand on machine). Use the Allen wrench to turn the screw clockwise until desired fit (see fig1). Then let the machine run without loading for 1-2 minutes. Please adjust like this until the belt is in the middle.



### (2) Running belt deviates to right

Start the machine at speed 1-3 KM/H (don't stand on machine). Use the Allen wrench to turn the screw counterclockwise until desired fit (see fig2). Then let the machine run without loading for 1-2 minutes. Please adjust like this until the belt is in the middle.



### (3) Running belt stuck

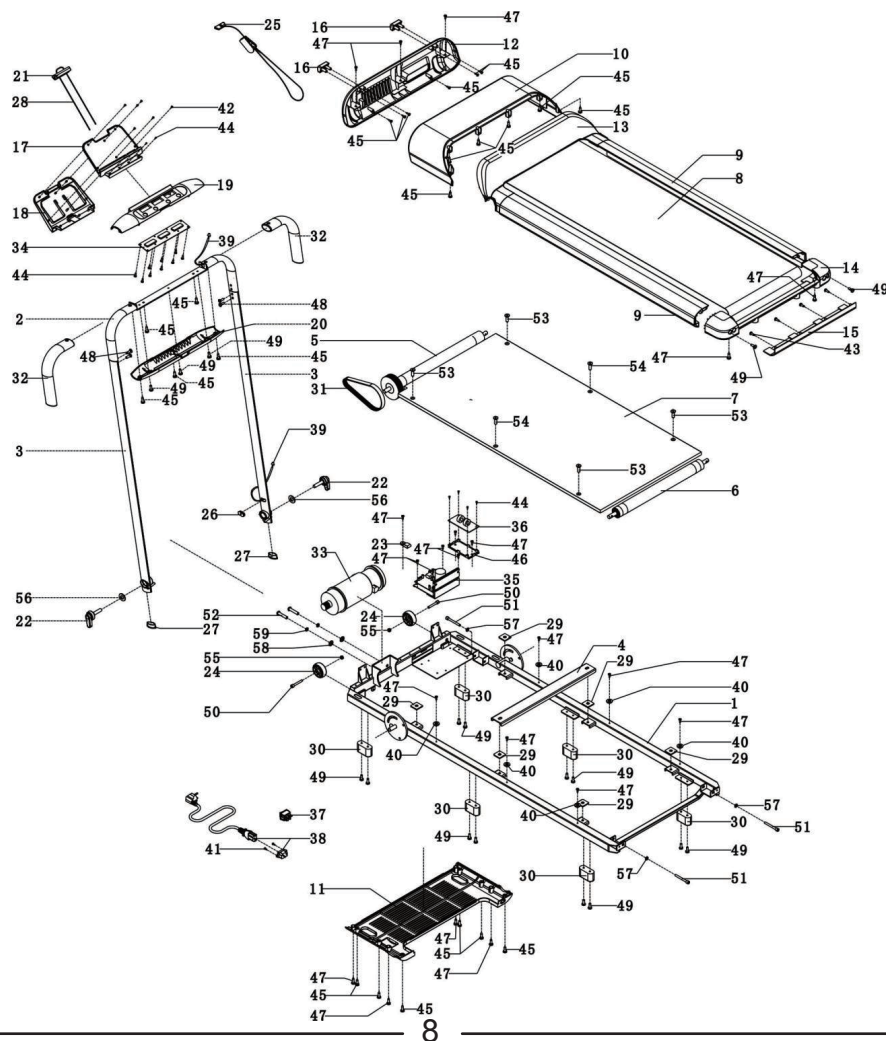
If the running belt is not moving, use the Allen wrench to turn the screws 180 degrees on both left and right sides until this is solved.



## 10. Daily Maintenance

1. Please switch off and unplug from power outlet before checking the machine or clearance.
2. Clear belt and dial plate after use, once every week at least.
3. Check and tighten screws and bolts.
4. Do not hang up clothes, etc. on the machine.

## 11. Overview Drawing



## 12. Parts List

Part No.	Name	Specs	Qty
1	Base frame tubes	Q235	1
2	Panel support	Q235	1
3	Left and right upright tube	Q235	2
4	Strengthen bar	Q235	1
5	Front roll	φ 38*400* φ 12*468* φ 86	1
6	Back roll	φ 38*400* φ 12*454	1
7	Running board	456*1000*12	1
8	Running belt	2290*380*1.4	1
9	Side rail	67*71*937mm, PVC	2
10	Motor up cover	ABS	1
11	Motor bottom cover	ABS	1
12	Motor front cover	ABS	1
13	Motor back cover	ABS	1
14	End cap	ABS	1
15	End cap cover	ABS	1
16	Support pad	PA66	2
17	IPAD holder up cover	ABS	1
18	IPAD holder bottom cover	ABS	1
19	Panel up cover	ABS	1
20	Panel bottom cover	ABS	1
21	IPAD clamp	ABS	1
22	Fix know	ABS+A3	2
23	Wire buckle	PP	1
24	wheel	φ 52* φ 7*25-ABS	2
25	Safety key	Red	1
26	Wire plug	φ 5*25*13*7,	1
27	Oval plug	20*40*T1.5, ABS	2
28	Bungee cord	φ 3*400 white	1
29	dampe	30*30*T3, black	6
30	Cushioning pads	25*60*33 red	6
31	strap	150J4	1
32	Handle cover	20*40	2
33	Motor	0.75HP	1
34	Panel board		1

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Part No.	Name	Specs	Qty
1	Base frame tubes	Q235	1
2	Panel support	Q235	1
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4	Strengthen bar	Q235	1
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7	Running board	456*1000*12	1
8	Running belt	2290*380*1.4	1
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11	Motor bottom cover	ABS	1
12	Motor front cover	ABS	1
13	Motor back cover	ABS	1
14	End cap	ABS	1
15	End cap cover	ABS	1
16	Support pad	PA66	2
17	IPAD holder up cover	ABS	1
18	IPAD holder bottom cover	ABS	1
19	Panel up cover	ABS	1
20	Panel bottom cover	ABS	1
21	IPAD clamp	ABS	1
22	Fix know	ABS+A3	2
23	Wire buckle	PP	1
24	wheel	φ 52* φ 7*25-ABS	2
25	Safety key	Red	1
26	Wire plug	φ 5*25*13*7,	1
27	Oval plug	20*40*T1.5, ABS	2
28	Bungee cord	φ 3*400 white	1
29	dampe	30*30*T3, black	6
30	Cushioning pads	25*60*33 red	6
31	strap	150J4	1
32	Handle cover	20*40	2
33	Motor	0.75HP	1
34	Panel board		1

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