



## Folding Treadmill T3807

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

**USA** office: Fontana

**AUS** office: Truganina

**FRA** office: Saint Vigor d'Ymonville

**GBR** office: FDS Corporation Limited, Unit 4, Blackacre Road, Great Blakenham, Ipswich, Ip6 0FL, United Kingdom



### 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.



### Return / Damage Claim Instructions

- ⚠ **DO NOT discard the box / original packaging.**  
In case a return is required, the item must be returned in original box. Without this your return will not be accepted.
- ⚠ **Take a photo of the box markings.**  
A photo of the markings (text) on the side of the box is required in case a part is needed for replacement. This helps our staff identify your product number to ensure you receive the correct parts.
- ⚠ **Take a photo of the damaged part (if applicable).**  
A photo of the damage is always required to file a claim and get your replacement or refund processed quickly. Please make sure you have the box even if it is damaged.
- ⚠ **Send us an email with the images requested.**  
Email us directly from marketplace where your item was purchased with the attached images and a description of your claim.

### WARNING!

1. Battery is hazardous and is to be kept away from children (whether the battery is new or used);
2. If the battery is a lithium button/coin battery: battery can cause severe or fatal injuries in 2 hours or less if it is swallowed or placed inside any part of the body;
3. If the battery is a non-lithium button/coin battery: battery can cause serious injuries if it is swallowed or placed inside any part of the body;
4. If it is suspected a button/coin battery has been swallowed or otherwise placed inside any part of the body, a person should contact the Australian Poisons Information Centre on 13 11 26 immediately for 24/7 fast, expert advice;
5. Safe disposal of button 1 batteries immediately, or, put sticky tape around both sides of the battery, secure them out of reach of children and take them to your nearest recycling facility.



## Safety Precautions & Warning Instructions

**Notice: Please read the instructions carefully before use, and pay attention to the following safety precautions:**

- ★The treadmill is suitable to be placed indoors to avoid dampness, water should not be splashed on the treadmill, and any foreign objects should not be placed.
- ★Before exercising, please wear suitable sports clothes and sports shoes. It is strictly forbidden to exercise on the treadmill with bare feet, and stretch the whole body.
- ★The power plug must be grounded reliably, and the socket must have a dedicated circuit to avoid sharing with other electrical equipment.
- ★Children should keep away from the machine to avoid accidents.
- ★Excessive long-term overload operation should be avoided, otherwise the motor and controller will be damaged, and the wear and aging of bearings, running belts and running boards will be accelerated, and regular maintenance should be done.
- ★Reduce indoor dust, maintain a certain humidity in the room, and avoid strong static electricity, otherwise it may interfere with the normal work of electronic meter and controller.
- ★Please turn off the power of the treadmill after exercise.
- ★Please keep indoor air circulation when using the treadmill.
- ★When exercising, please clip the safety lock cable clip to the clothes to prevent safe shutdown in case of emergency.
- ★If you feel uncomfortable or abnormal during use, please stop exercising and consult a doctor.
- ★After using the silicone oil, it must be stored in a place out of the reach of children, so as to avoid serious consequences caused by accidental ingestion.
- ★The safe area behind the treadmill is 1000x2000mm.
- ★Emergency jump off: While holding the handrail with both hands to support the body, step on the strake side, jump off the treadmill from one side.

**WARNING: To reduce accidents or injury to others, please observe the following:**

- ★Please check whether the clothing is buttoned or zippered before using the treadmill.
- ★Do not wear clothes that are easily caught by the treadmill.
- ★Do not place the power cord near hot objects.
- ★Do not allow children to approach the treadmill.
- ★Do not use the treadmill outdoors.
- ★The power must be cut off before moving the treadmill.
- ★Non-professionals are not allowed to open the upper protector and left and right tail housing without authorization.
- ★Only one person can exercise on the treadmill when the machine is started.
- ★If you feel dizziness, chest pain, nausea, or shortness of breath during exercise, please stop exercising immediately and consult a fitness trainer.

### Warning! Enforcement!

**Be sure to consult a specialist before using it when you are being treated by a doctor or the following patients.**

- (1) Those who are currently suffering from back pain or those who have been injured in the legs, waist, and neck in the past, and those who have numbness in the legs, waist, neck and hands (those with chronic diseases such as intervertebral disc herniation, spondylolisthesis, cervical spine herniation, etc.).
- (2) Those who have deformed arthritis, rheumatism and gout.
- (3) Those with abnormalities such as osteoporosis.
- (4) Those with circulatory system disorders (heart disease, vascular disorders, hypertension, etc.).
- (5) Those with respiratory disorders.
- (6) Those who are using artificial heart rhythm regulators or who have implanted internal medical electronic devices.
- (7) Those with malignant tumor.
- (8) People with thrombosis, severe lipoma, acute static lipoma and other blood circulation disorders or various skin infections.

(9) Persons with perceptual impairment caused by high peripheral circulatory disorder caused by diabetes, etc.

(10) Those with trauma to the skin.

(11) Those who have a high fever (38°C/100.4 °F or more) due to illness, etc.

(12) Those with abnormal back bones or curved back bones.

(13) Those who are pregnant or may be pregnant or are menstruating.

(14) Those who feel abnormal in their body and need to rest.

(15) Those who are obviously in poor physical condition.

(16) Users for rehabilitation purposes.

(17) In addition to the above-mentioned situations, those who feel that there is an abnormality in their body.

- May cause an accident or poor physical condition.

◆ If you feel lower back pain, numbness in legs and feet, dizziness, heartbeat, etc. different from the usual pain or coordination sensation or abnormality in the body during exercise, stop using it immediately and consult a doctor.

◆ Do not let children use this product, and do not let children play around this product.

- Risk of injury if not followed.

◆ Children's protectors should be careful not to let children play with this product.

- Risk of injury if not followed.

◆ Be sure to confirm that there are no people or pets around (the back, bottom, and front of the product) during use, when loading and unloading the product, or when sliding it.

## Prohibition!

◆ Do not use in a state where the casing is cracked, or detached (internal structure is exposed) or the welded part is detached.

- Otherwise an accident or injury may occur.

◆ Do not jump up or down during exercise.

- May cause injury due to falling.

◆ Do not use or store in damp places such as outdoors or near bathrooms or places exposed to water droplets.

◆ Do not use or store it in high temperature places such as around the stove in direct sunlight, or on the top of heating appliances such as electric heating carpets.

- Otherwise, it may cause electric leakage, fire.

◆ Do not use when the power cord or power plug is damaged or the socket is loose.

- Otherwise it may cause electric shock, short circuit and fire.

◆ Do not damage or forcibly bend or twist the power cord. At the same time, do not place heavy objects on it, and do not cause the wire to be pinched.

- Otherwise, fire or electric shock may result.

◆ Do not use it with 2 or more people at the same time, and be careful not to make people around you approach it during use.

- Otherwise, accident or injury may occur due to falling.

◆ Do not use it if you lose consciousness or you can't operate it yourself.

- Accident or injury may occur.

## Do not disassemble!

◆ Dismantle, self-repair and re-selection are strictly prohibited.

- Risk of injury due to mechanical failure.

## Avoid contact with water!

◆ Do not spray the main unit or operation part with water or other conductive liquid.

- May cause electric shock and fire.

## Prohibition!

- ◆ People who don't usually exercise should not suddenly do intense exercise.
- ◆ Do not use it after eating, when you are tired, when you have just exercised or when your physical state is abnormal.
  - May cause damage to health.
- ◆ This product is suitable for home use, not for a large number of unspecified users such as schools and gymnasiums.
  - There is a risk of injury.
- ◆ Do not use it while eating or doing other activities.
- ◆ Do not use if you feel heavy-headed after drinking .
  - Accident or injury may occur.
- ◆ Do not use it when you have hard objects in the pocket.
  - May cause accident or injury.
- ◆ Do not allow needles, garbage or moisture to adhere to the power plug.
  - May cause electric shock or short circuit, fire.
- ◆ During use, do not pull out the power plug or switch the power switch to "off".
  - May cause injury.

## Never use with wet hands!

- ◆ Do not pull out or insert the power plug with wet hands.
  - May cause electric shock and injury.

## Pull out the power plug!

- ◆ When not in use, unplug the power supply from the socket.
  - Due to dust and moisture, the insulation will deteriorate, resulting in leakage fire.
- ◆ Be sure to pull out the power plug from the socket during maintenance.
  - Failure to comply may result in electric shock or injury.
- ◆ If it does not start or feels abnormal, stop using it, immediately pull out the power plug and entrust an inspection and repair.
  - Failure to comply may result in electric shock or injury.
- ◆ In the event of a power failure, pull out the power plug immediately.
  - Otherwise, accident or injury may occur when power is restored.
- ◆ When pulling out the power plug, do not hold the wire part, but pull out the power plug.
  - Otherwise, it may cause short circuit, electric shock and fire.

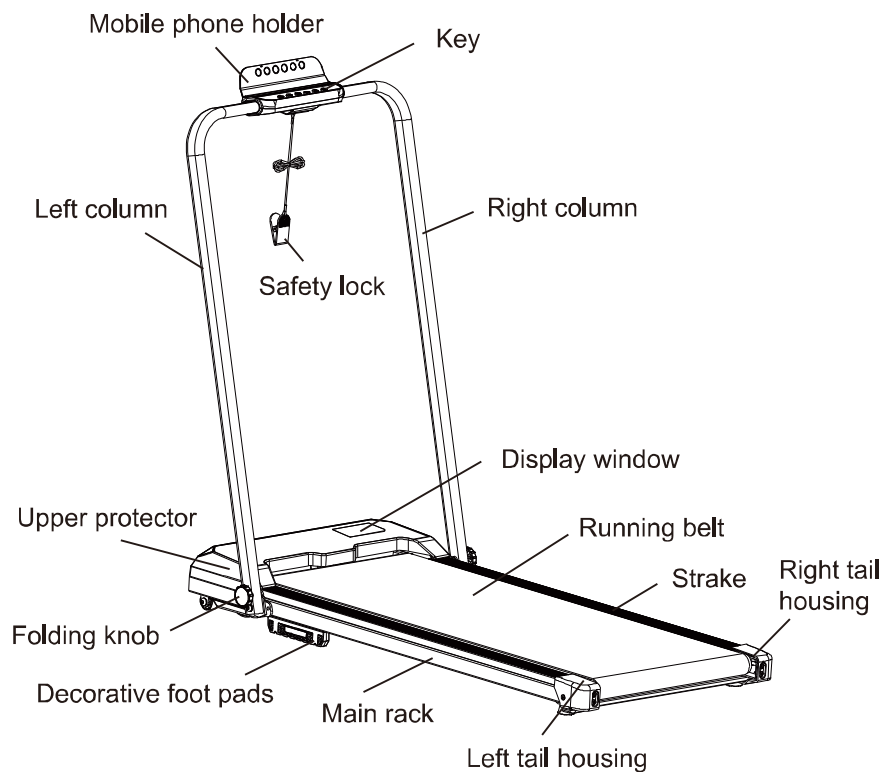
## Grounding Instructions!

- ◆ The product must be grounded. In the event of a malfunction of the unit, grounding will provide the path of least resistance for electrical current to reduce the risk of electric shock.
- ◆ This product is equipped with a wire with an equipment grounding conductor and a grounding plug. This plug must be inserted into a suitable outlet that is properly installed and grounded in full compliance with local codes or ordinances.

## Danger!

- ◆ If the grounding conductor of the equipment is not properly connected, it will cause electric shock. If you are in doubt about the correct grounding of this product, please entrust a professional electrician to check it. Even if the plug included with this product does not fit the socket, it cannot be modified. Ask a professional electrician to install a suitable outlet.
- ◆ This product has a grounding plug. Make sure the product is connected to a socket with the same shape. Socket adapter cannot be used with this product.

## 2. Product Introduction



### Packing List

| No. | Description | Qty. |                         |
|-----|-------------|------|-------------------------|
| 1   | Main unit   | 1    |                         |
| 2   | Accessories | 1    | See Accessory Part List |

### Technical Specification

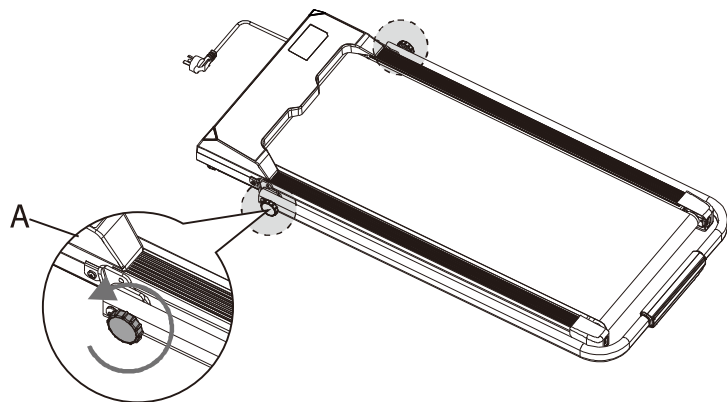
|                 |                                  |
|-----------------|----------------------------------|
| Working Voltage | AC100-120V 50/60Hz               |
| Expanding Size  | 1082*577*1000mm                  |
| Folding Size    | 1141*577*117mm                   |
| Speed           | 1.0-12.0 km/h                    |
| Control Mode    | Remote Control, Electronic Meter |

### Accessory Part List

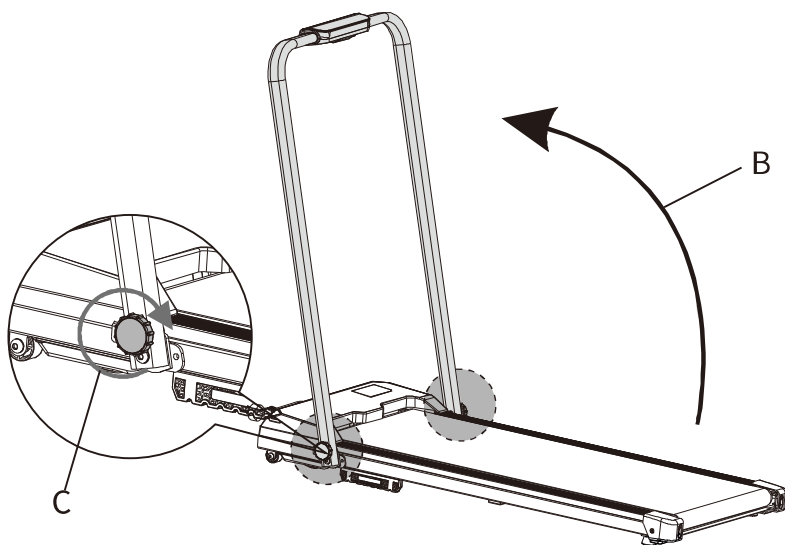
| No. | Description                  | Qty. | Remark                  |
|-----|------------------------------|------|-------------------------|
| 1   | 5 # Allen wrench             | 1    | Adjust the running belt |
| 2   | Open ended wrench            | 1    |                         |
| 3   | Remote control               | 1    |                         |
| 4   | Safety lock                  | 1    |                         |
| 5   | Methylsilicone oil           | 1    |                         |
| 6   | User's manual, Qualification | 1    |                         |

### 3. Installation Instruction

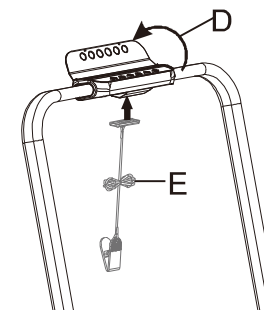
1. Remove the main unit from the box and place it flat on a carpeted or padded surface as shown in step (A). Turn the “folding knob” (at the left and right columns) 4-6 turns counterclockwise so that the columns can be lifted upwards.



2. Lift the columns up to the limit point as shown in step (B); secure the columns by turning the “folding knob” clockwise to the limit point as shown in step (C).

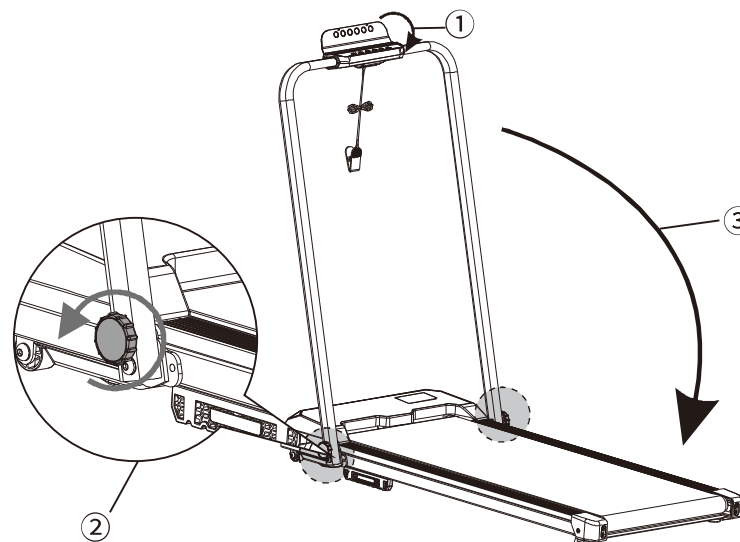


3. As shown in step (D), open the cover of the electronic meter to place the cell phone into the notch of the electronic meter holder; insert the red safety lock (E) into the yellow position underneath the console, and clip the end of the safety lock with the clip onto the edge of your clothes when using the treadmill.

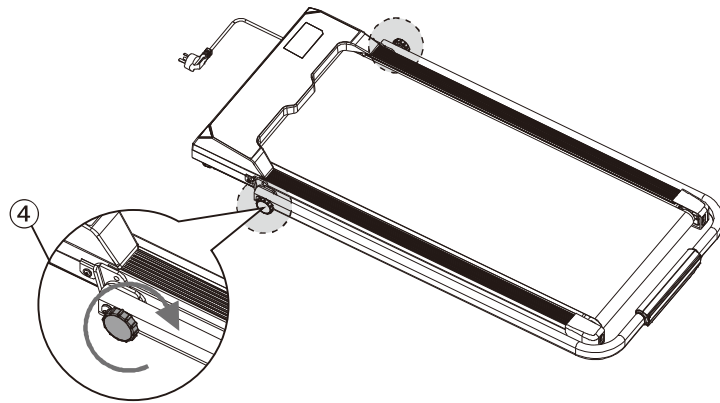


### Folding and Moving the Treadmill

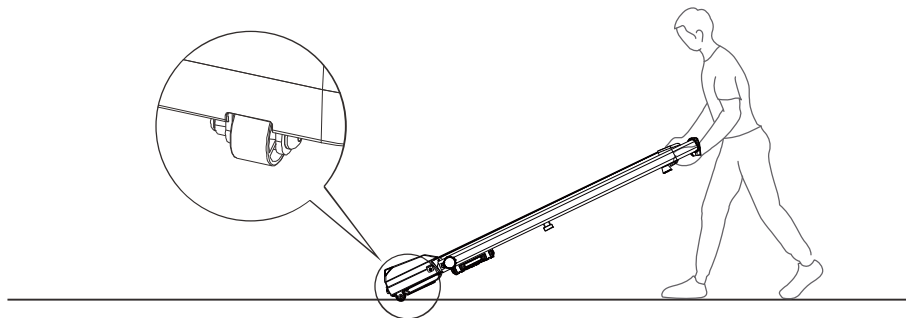
1. As shown in step ①, fold the cover of the electronic meter in the direction shown. Turn the left and right column “folding knobs” 4-6 turns in the direction shown in step ② to loosen the lower ends of the left and right columns. Slowly lower the columns towards the end as shown in step ③.



2. Align the left and right column “folding knobs” with the fixing holes as shown in step ④, and then rotate them clockwise to fix the columns on the frame, and then the treadmill can be folded.



3. To move the treadmill, please follow the previous steps to fold the columns. The power must be unplugged before moving. Then lift the rear part of the treadmill with your hand so that the moving wheels land on the ground, then you can move the treadmill back and forth.



## 4. Exercise Suggestions & Guidelines

### Warm-up

There should be 5-10 minutes of warm-up exercise before each operation.

### Breath

Do not hold your breath during operation. In general, inhale through your nose and exhale forcefully through your mouth when you are preparing to restore the movement. Breathing and movement should be coordinated. If your breathing is too rapid, you should stop exercising immediately.

### Frequency

There should be a 48-hour break for the exercise of the muscles of the same part, that is, the same part can only be trained every other day.

### Load

Determine the amount of training according to your physical fitness status, and then practice according to the principle of gradual load. It is normal for muscle soreness during the initial training. As long as you continue to practice, the soreness can be eliminated.

### Relax

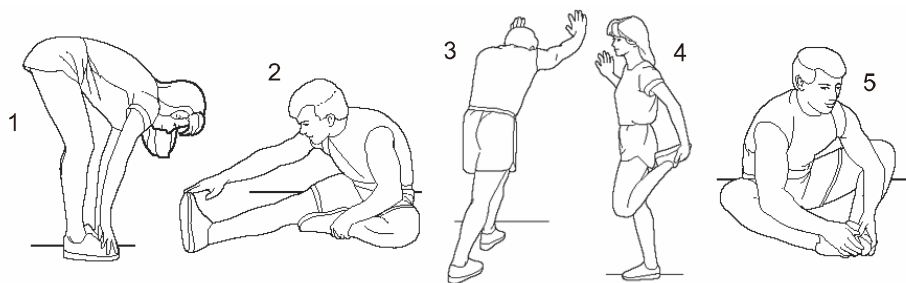
Do 5 minutes of restoring exercises after each exercise, especially the stretching and relaxation of the foot muscles, so as to prevent the muscles from coagulation during the period and maintain the elasticity of the muscles.

### Diet

In order to protect the digestive system, you can exercise only one hour after a meal, and you should eat at least 1 hour after training. Drink less water during exercise, especially avoid drinking a lot of water, so as not to increase the burden on the heart and kidneys.

### Stretching Exercises

No matter what speed you are walking at, it is best to do stretching exercises first. Warm muscles are easier to stretch, so first walk for 5 to 10 minutes to warm up. Then stop and do the stretching exercises 5 times --- as follows, each leg for 10 seconds or more each time; do it again after the exercise is over.



### 1. Toe Touch

Bend your knees slightly, slowly bend your body forward, relax your back and shoulders, and try to touch your toes with your hands. Hold for 10-15 seconds, then relax. Repeat 3 times (see Figure 1).

### 2. Hamstring Stretch

Sit on a clean seat cushion and straighten one leg. Tuck the other leg inward so that it is close to the inside of the straight leg. Try to touch your toes with your hands. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure 2).

### 3. Calf-Achilles Stretch

Standing on the wall with two hands, one foot behind. Keep your hind legs upright and your heels on the ground, leaning toward the wall. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure 3).

### 4. Quadriceps Stretch

Hold the wall with your right hand for balance, then stretch your left hand back, grab your left ankle and slowly pull it toward your buttocks, until you feel the muscles in front of your thighs tense. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure 4).

### 5. Inner Thigh Stretch

Sit with the soles of your feet facing each other with your knees facing out. Grasp the feet with both hands and pull towards the groin. Hold for 10-15 seconds, then relax. Repeat 3 times (see Figure 5).

## 5. Operating Instruction

### Display Window

1. LED window display (speed, time, distance, calories; display automatically switches every 5 seconds while running)

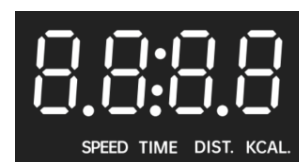
Running mode range: 1.00-12.00 km/h

Walking mode (Column folded) : 1.00-6.00 km/h

Time display range: 0:00-99:59

Distance display range: 0.00-99.99 km

Calorie display range: 0-9999 kcal



### Remote Control Pairing Method

When the safety lock is disengaged, long press the “|▶” key of the remote control, and hear the buzzer of the electronic meter continuously “drip drip drip”, it means the pairing is successful, and you can use the remote control to control the treadmill operation. If the pairing is not successful, please carry on the previous round of operation. After the pairing is successful, the treadmill does not need to be paired again when the power is turned on again.

### Bluetooth Exercise APP Connection

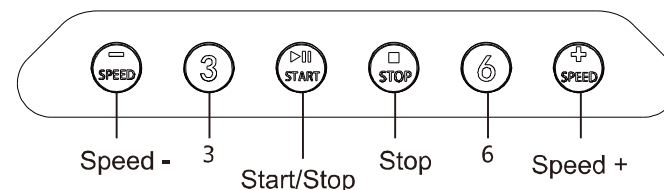
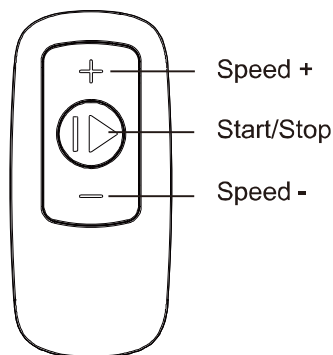
Open the cell phone exercise APP (Gymax), click the corresponding function of APP, APP will automatically connect to the walking machine. If timeout connection, you need to go back to the previous round of operation.

## Remote Control Function

1. Start/Stop: In standby mode, short press this key to start running. In running mode, short press to stop it from running.

2. Speed +: During the operation of the walking machine, short press the remote control “+” key to accelerate slowly, long press the key to accelerate quickly, the speed increases continuously; the incremental rate is 0.5 kilometers/time .

3. Speed -: during the operation of the walker, short press the remote control “-” key to slow down, long press the key to slow down quickly, the speed continues to decrease; the decreasing range is 0.5 kilometers/times .



## Key Description

1. Function keys: “Speed -”, “3”, “Start/Pause”, “Stop”, “6”, “Speed+”.

A. Start/Pause/Resume key: In the standby state, short press this key to start the treadmill running; in the running state, short press this key to pause the treadmill; in the paused state, too short press to resume running.

(Note: resume exercise countdown 3,2,1 after pause and resume the minimum speed);

B. SPEED -: In the running state, short press the electronic meter “-” key to decelerate slowly, long press this key to decelerate quickly, the speed continues to fall; the decreasing amplitude is 0.5 kilometers/time ;

C. SPEED +: In the running state, short press the electronic meter “+” key to accelerate slowly, long press this key to accelerate quickly, the speed continues to increase; the incremental rate is 0.5 kilometers/time ;

D. 3: speed shortcut key “3”;

E. 6: speed shortcut key “6”;

F. STOP: When the treadmill is running or paused, short press the stop key to end the treadmill running.

## Walking and Running Mode

This machine is set with walking mode and running mode, when the columns are folded (the columns are parallel to the running platform), it is walking mode, under the walking mode, the running speed of the running belt is 1.0-6.0 km/h . When the columns are unfolded, it is running mode, under the running mode, the running speed of the running belt is 1.0-12.0 km/h .

## 6. Troubleshooting

**If you have any other questions, please contact our customer service.**

| Problem                            | Possible cause                | Method                                              |
|------------------------------------|-------------------------------|-----------------------------------------------------|
| Treadmill does not work            | No power                      | Plug into socket                                    |
|                                    | Power is not turned on        | Turn on the power switch                            |
|                                    | Safety lock is not in place   | Put the safety lock into the lock position          |
|                                    | Circuit signal system cut out | Check the controller input terminal and signal line |
|                                    | Blown fuse                    | Replace the fuse                                    |
| Running belt does not run smoothly | Insufficient lubrication      | Add methyl-silicone oil lubricant                   |
|                                    | Running belt is too tight     | Adjust the tightness of the running belt            |
| Running belt skidding              | Running belt is too loose     | Adjust the tightness of the running belt            |
|                                    | Motor belt is too loose       | Adjust the tightness of the motor belt              |

## Error messages on electronic meter and elimination methods

| Problem          | Possible cause                                                                                                                                            | Method                                                                                                                                                                                                                 |
|------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| E01              | Bad communication                                                                                                                                         | The signal line is not plugged in, plug it in again                                                                                                                                                                    |
| E02              | 1. The motor wire is loose or fell off;<br>2. Carbon brushes are worn out or carbon brushes are not touching the rotor;<br>3. Damage to the lower control | Check whether the motor line is loose or fell off, if not, check whether the motor carbon brushes are worn out or floating did not contact the rotor, if the motor is not abnormal, the lower control has been damaged |
| E05              | Overload protection                                                                                                                                       | Overload, replace the controller                                                                                                                                                                                       |
| E07              | Safety lock is not in place                                                                                                                               | Put the safety lock into the lock position                                                                                                                                                                             |
| E08              | Abnormal communication between the upper meter and the lower meter                                                                                        | Check whether the communication cable connecting the upper table to the lower table is loose or detached                                                                                                               |
| Abnormal Display | External interference                                                                                                                                     | Turn off the power switch, and then power on again after 1 minute                                                                                                                                                      |

## 7. Product Maintenance

### 1. Lubrication

After the running belt has been used for a period of time, it must be lubricated with a specially configured methyl-silicone oil.

#### Advice:

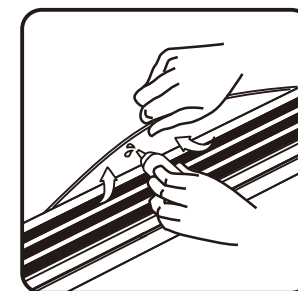
|                              |                               |
|------------------------------|-------------------------------|
| Less than 3 hour per week    | Lubricate once every 5 months |
| Less than 4~7 hours per week | Lubricate once every 2 months |
| More than 7 hours per week   | Lubricate once every month    |

Do not over-lubricate, the more lubricant is not the better.

Remember: Reasonable lubrication is an important factor in improving the service life of the treadmill.

**2. As for the way to check whether you need to apply lubricant again, just grab the running belt and touch your hand to the center of the back of the running belt as much as possible. If your hands are stained with silicone (somewhat moist), it means that no more lubricant is needed. If the running board is dry and there is no methyl-silicone oil in the hands, you need to add lubricant.**

★The steps to apply lubricant to the running board: (as shown in the picture);



★Stop the running belt and fold the machine;

★Lift up the running belt on the bottom, extend the oil into the middle of the running belt as much as possible, spray methyl-silicone oil on the inner side of the running belt, and coat both sides of the running belt with methyl-silicone oil;

★Use the speed of 1km/h to run the treadmill to evenly apply the methyl silicone oil, and lightly step on the running belt from left to right, and the methyl-silicone oil can be completely absorbed by the running belt after about a few minutes.

### 3. Adjust the tightness of the running belt.

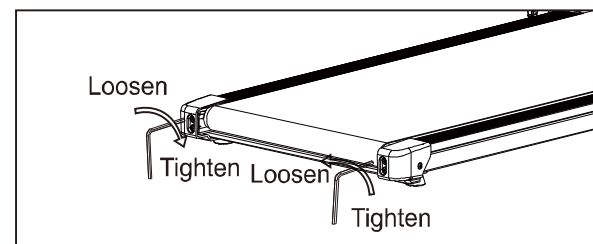
All treadmills need to be adjusted before leaving the factory and after installation, but there may be slack after a period of use. Such as: the user pauses and slips when running. When this phenomenon occurs, adjust the running belt adjustment bolts in a clockwise direction with a half circle as the unit, left and right synchronously. If the running belt is too loose, the running belt and the roller will make your feet slip, but too tight is not good, and it is easy to increase the load of the motor and damage the motor, running belt and roller.

### 4. Running belt deviation adjustment

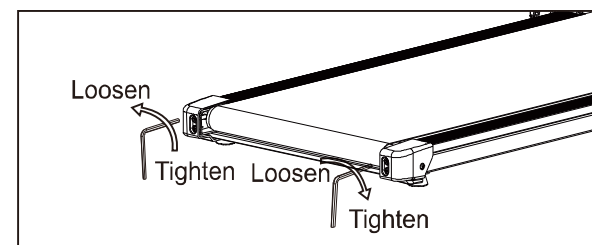
All treadmills must be adjusted before leaving the factory and after installation. However, after a period of use, it may still run deviation. The reasons for the phenomenon are as follows:

- ① The machine is not stable;
- ② The user's feet are not in the center of the running belt when exercising;
- ③ Uneven force of the user's feet.

**The deviation caused by man can be restored to normal after a few minutes of no-load rotation. For deviations that cannot be automatically restored, the random 5# Allen key should be used to gradually adjust the deviation in half-turn units.**



If the walking belt deviates to the left: Adjust the left bolt clockwise or adjust the right bolt counterclockwise.



If the walking belt deviates to the right: Adjust the right bolt clockwise or adjust the left bolt counterclockwise.

**Tips: It is mainly maintained by the user in accordance with the manual. The running belt deviation will seriously damage the running belt. It must be discovered and corrected in time.**

# Gymax App Instruction Manual v1.0.5

This document is applicable to the Android version and iOS version of the official APP of Gymax.

ios: Search Gymax in App Store to download

Android: search and download from Google Play store

## Functions Overview

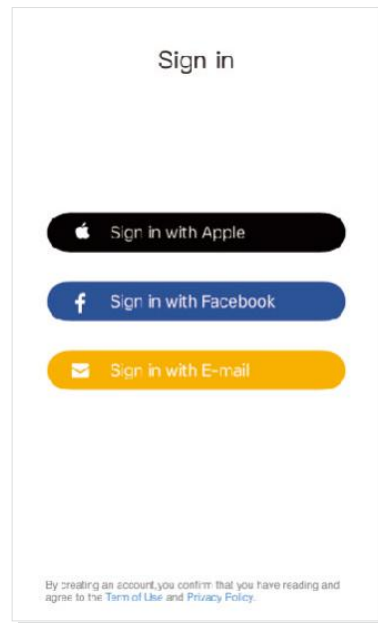
Gymax App iOS/Android with Gymax platform provides users the control of sports intelligent device, sports data recording, sports mall, dynamic sharing in community, system settings and other functions.

## The Main functions

- > Sign In
- > Sports Scenes
- > Sports Mall
- > Community Dynamic
- > Settings

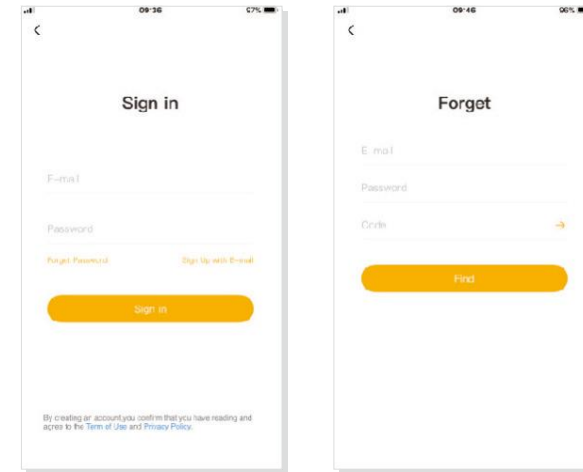
## Sign in Process

For the convenience of users, Gymax provides three login methods: Facebook and E-mail, and iOS users can also sign in with Apple. Users can quickly sign in to the Gymax App and use it.



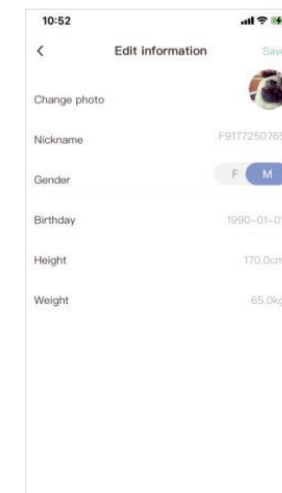
## Retrieve Password

If E-mail users forget Passwords, users can click "Forget Password" on the mailbox login interface to jump to the Password retrieval interface, and then reset Passwords.



## Edit Information

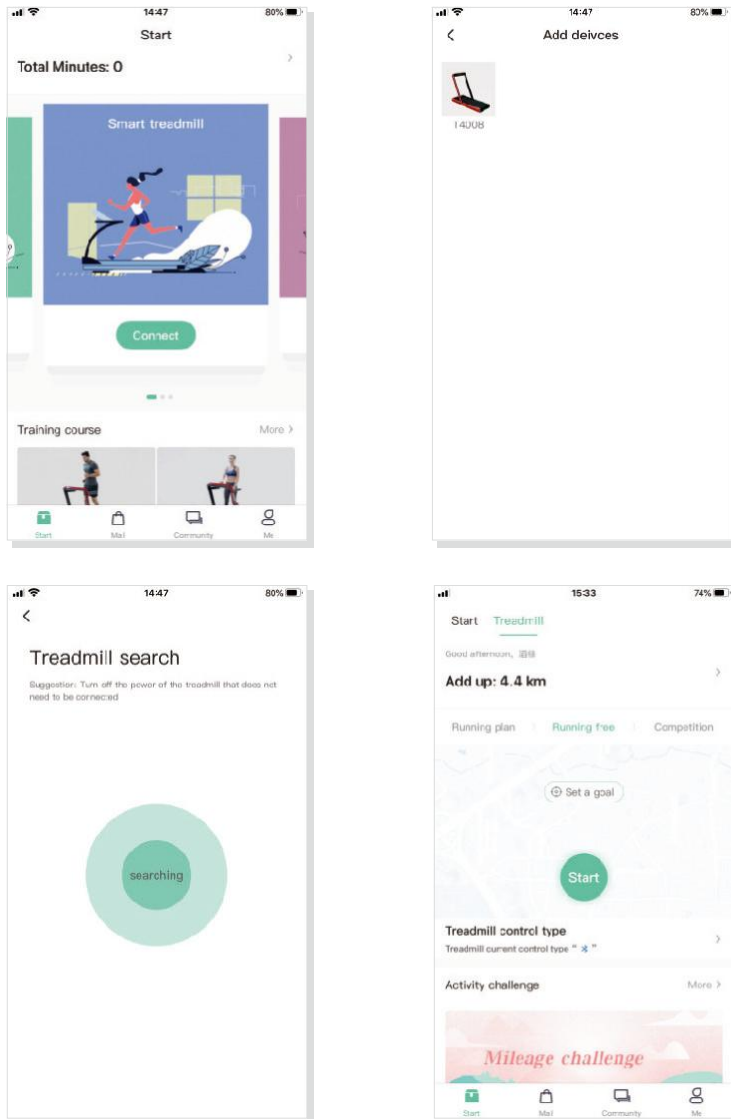
In the personal information interface, clicking the avatar, users can edit the avatar and upload the avatar by choosing album or camera.



## Sports Scenes

### Connecting services

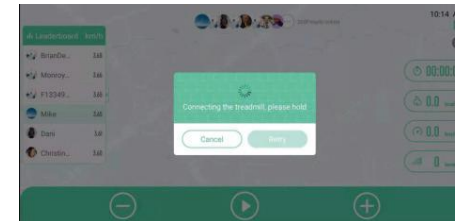
On the home page, users can freely choose the device type to connect. After connecting successfully, then user can select the device page, such as the "Treadmill" interface.



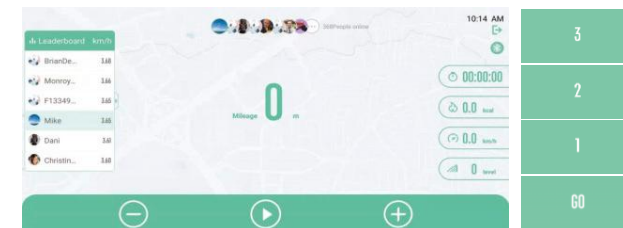
## Starting exercise

Selecting the device page, such as "Start" on the "Treadmill" interface, users enter the running free, as shown below:

1. Waiting for Gymax to automatically connect to the treadmill.



2. When the connection status sign  is lit, it means that the APP has successfully connected to the treadmill. Users click , then the treadmill starts running and enters the countdown.3.2.1 GO.



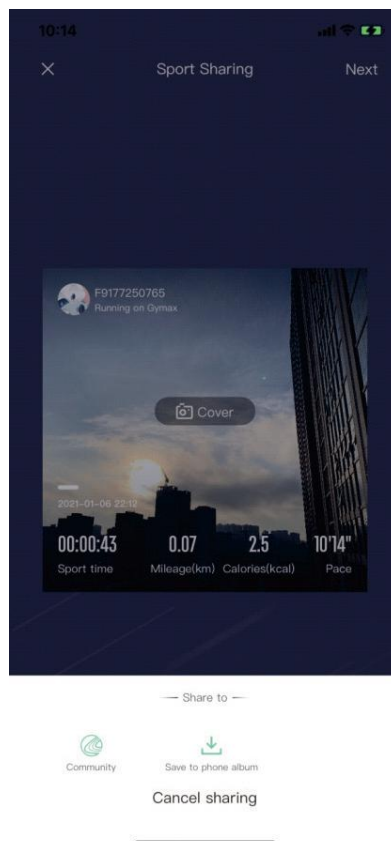
3. The Gymax App synchronizes exercise data, such as distance, time, calorie, and speed. As users run on the treadmill, they can start and stop the treadmill. And they can increase and reduce the speed. The APP directly shows the user's sports ranking and the number of online users.



4. When users finish the exercise, the Gymax App will show users' total running distance.

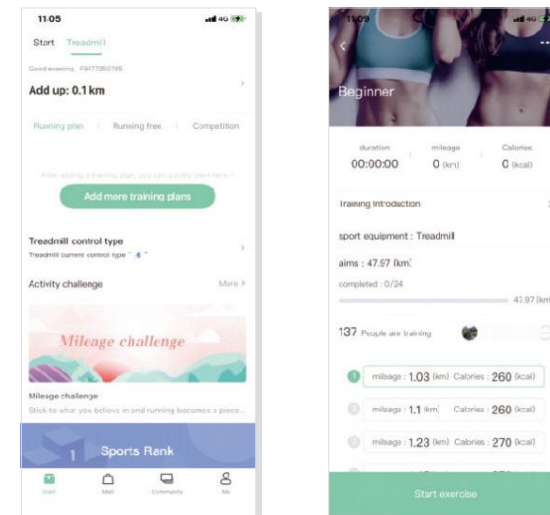


5. Users can share the sports data to the community or save it to the phone album.



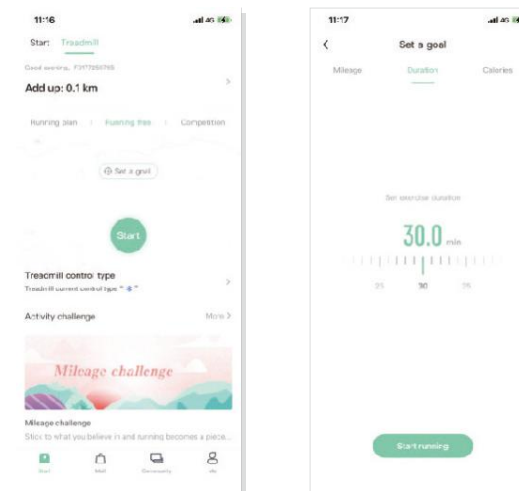
## Sports Plan

Users can click "Add More Training Plans" to add users' own sports plans.

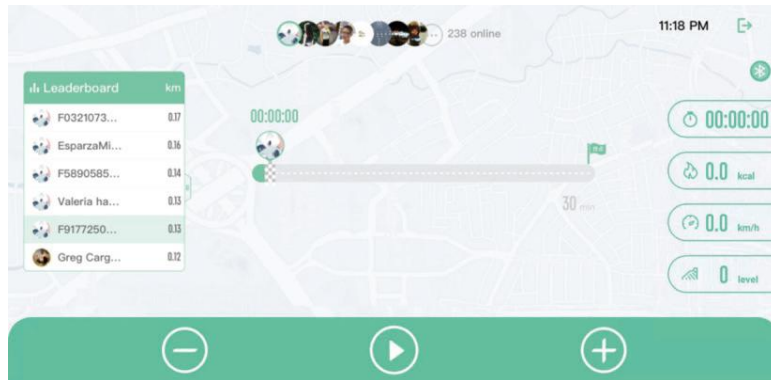


## Setting Goals

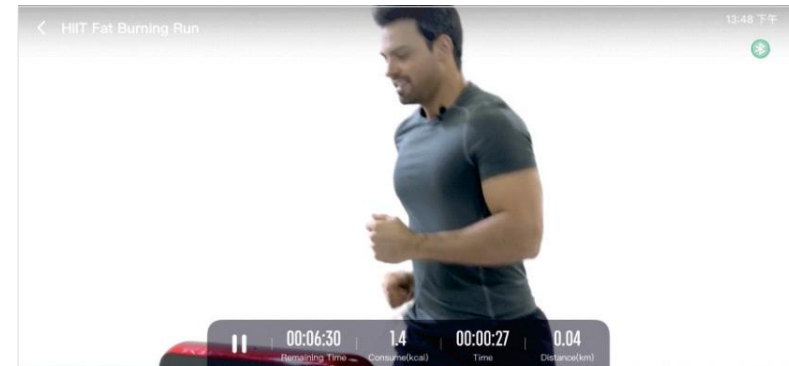
1. Users can set suitable sports goals.



2. When the goal is reached, the exercise automatically ends.

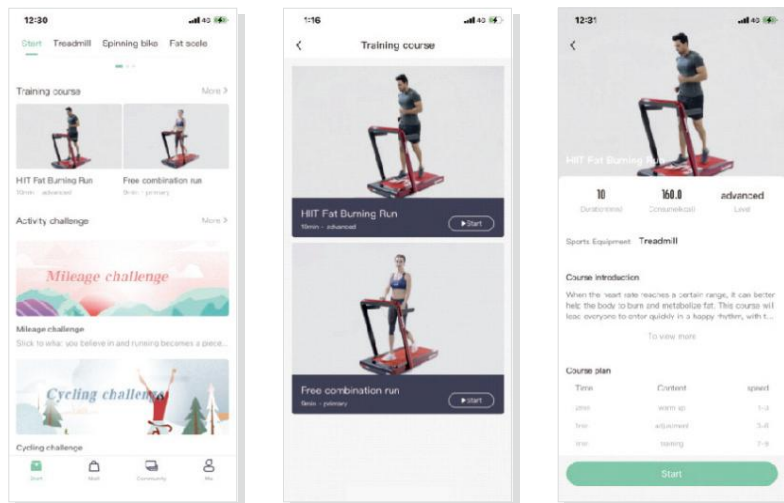


2. And then start training with a fitness coach.



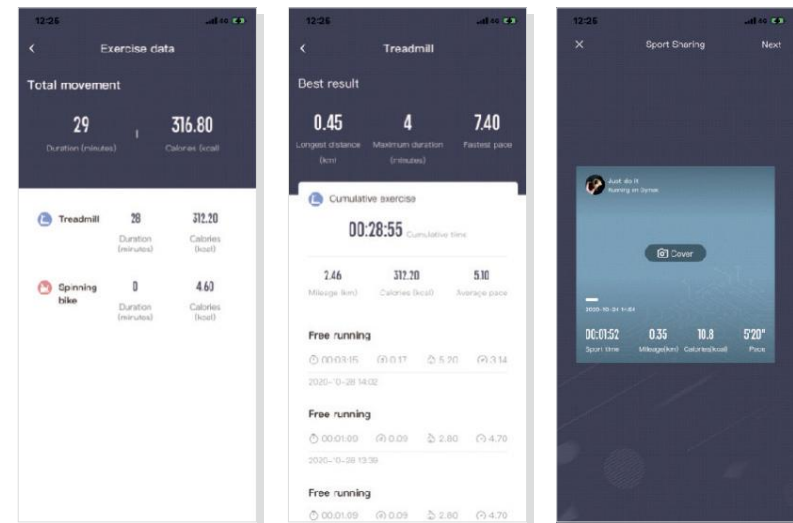
## Training Course

1. Users can select courses in the interface of training course.



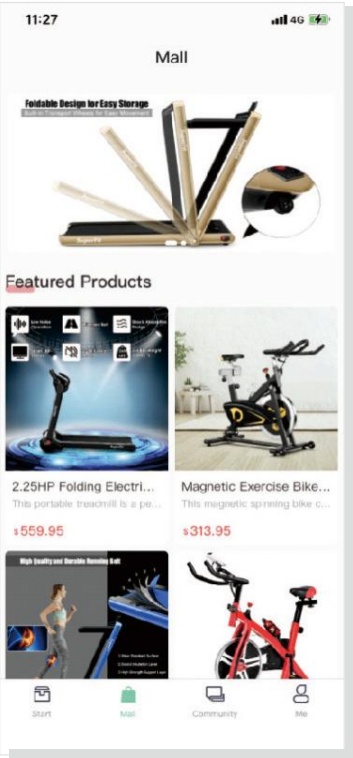
## Exercise Record

The user can view the exercise data record in the device page.  
(me-exercise data)

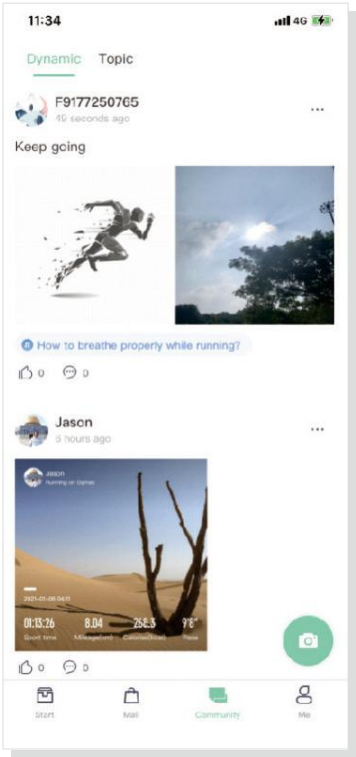


Sports Mall

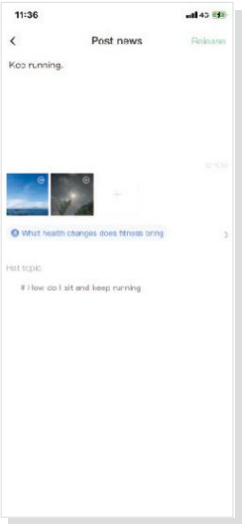
Users can purchase satisfied sports devices.



**Community dynamic**  
1. In sports community, users can share dynamic communication with each other.



2. Users can comment dynamics in community.



3. Users can post dynamics.

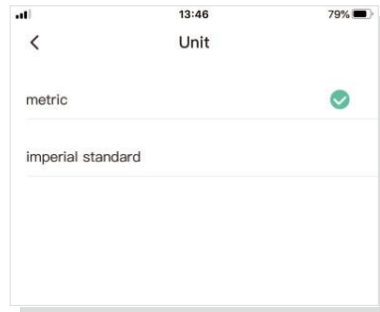
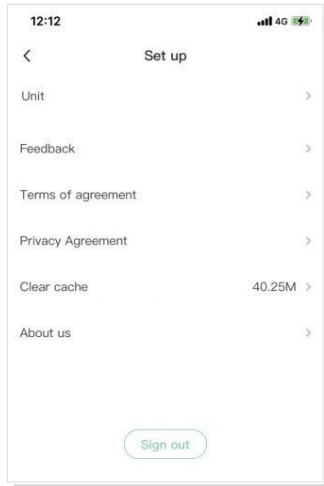


4. Users can remove the released dynamics in Me-My Dynamic.

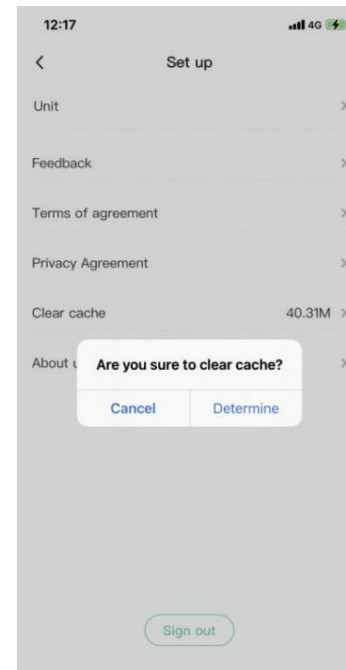
## Settings

### System Settings

Users can click "Me" to enter the set up, including unit, feedback, terms of agreement, privacy agreement and clear cache, etc.

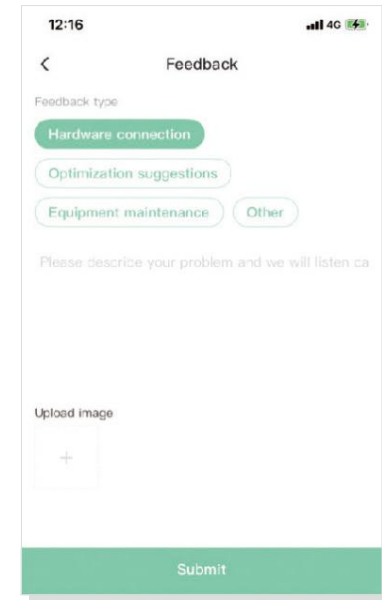


Unit settings (metric or imperial standard)



### Clear Cache

Users can clean up the system cache according to users' needs, including Gymax App H5 web page load cache and image load cache.



### Feedback

Users can submit suggestions and the problem for improving the product.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and

(2) This device must accept any interference received, including interference that may cause undesired operation.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- - Reorient or relocate the receiving antenna.
- - Increase the separation between the equipment and receiver.
- - Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- - Consult the dealer or an experienced radio/TV technician for help.ct.

This equipment complies with the FCC RF radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with a minimum distance of 20cm between the radiator and any part of your body.