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AKLUER P1-F

AKLUER P1-F Walking Pad Treadmill User Manual

Model: P1-F (AKLUER-T01)

1. Important Safety Instructions

Please read all instructions carefully before using the AKLUER P1-F Walking Pad Treadmill. Retain this manual for future reference.

- Always place the treadmill on a flat, stable surface.
- Keep children and pets away from the treadmill during operation.
- Wear appropriate athletic footwear. Do not operate barefoot or in socks.
- Ensure the safety key is properly attached to your clothing before starting. In case of emergency, the safety key will stop the treadmill.
- Do not exceed the maximum user weight of**265 pounds (120 kg)**.
- Unplug the treadmill from the power outlet when not in use, before cleaning, or performing maintenance.
- If you experience dizziness, nausea, chest pain, or any other abnormal symptoms, stop your workout immediately and consult a physician.
- Do not use the treadmill in damp or wet conditions.

2. Product Overview

The AKLUER P1-F Walking Pad Treadmill is a compact and foldable exercise machine designed for home use. It offers a convenient way to incorporate walking or light jogging into your daily routine.

Key Features:

- **2-in-1 Foldable Design:** Functions as a walking pad or a treadmill with armrests.
- **Powerful Motor:** Equipped with a 2.5 Horsepower motor for smooth operation.
- **Adjustable Speed:** Speed range from 0.6 to 7.6 Miles per Hour (1 to 12.2 km/h).
- **Effective Cushioning:** Designed to be joint-friendly with an integrated cushioning system.
- **Exercise Data Tracking:** Monitors speed, calories, distance, and time.
- **Portable:** Features foldable armrests and transport wheels for easy movement and storage.



This image displays the AKLUER P1-F Walking Pad Treadmill in its flat, walking pad configuration, highlighting its 2.5HP motor, 0.6-7.6 MPH speed range, and 265 lbs maximum weight capacity. A person is shown walking on the treadmill.



This image shows the AKLUER P1-F Treadmill with its armrest console raised, detailing the control panel and the safety lock mechanism. A user is interacting with the console.

3. Setup

The AKLUER P1-F Walking Pad Treadmill requires no assembly. Follow these steps for initial setup:

1. **Unpacking:** Carefully remove the treadmill from its packaging.
2. **Placement:** Choose a clear, level area for the treadmill. Ensure there is at least 2 feet (0.6 meters) of clear space behind the treadmill and 1 foot (0.3 meters) on each side.
3. **Unfolding (if applicable):** If using the treadmill with armrests, gently lift the armrest console until it locks into place. Ensure it is securely latched.
4. **Power Connection:** Plug the power cord into a grounded electrical outlet.



This image illustrates the portable design of the AKLUER P1-F Treadmill, showing how the armrests fold down for compact storage and how the integrated wheels facilitate easy movement. It includes smaller insets demonstrating moving and storing the folded treadmill.

4. Operating Instructions

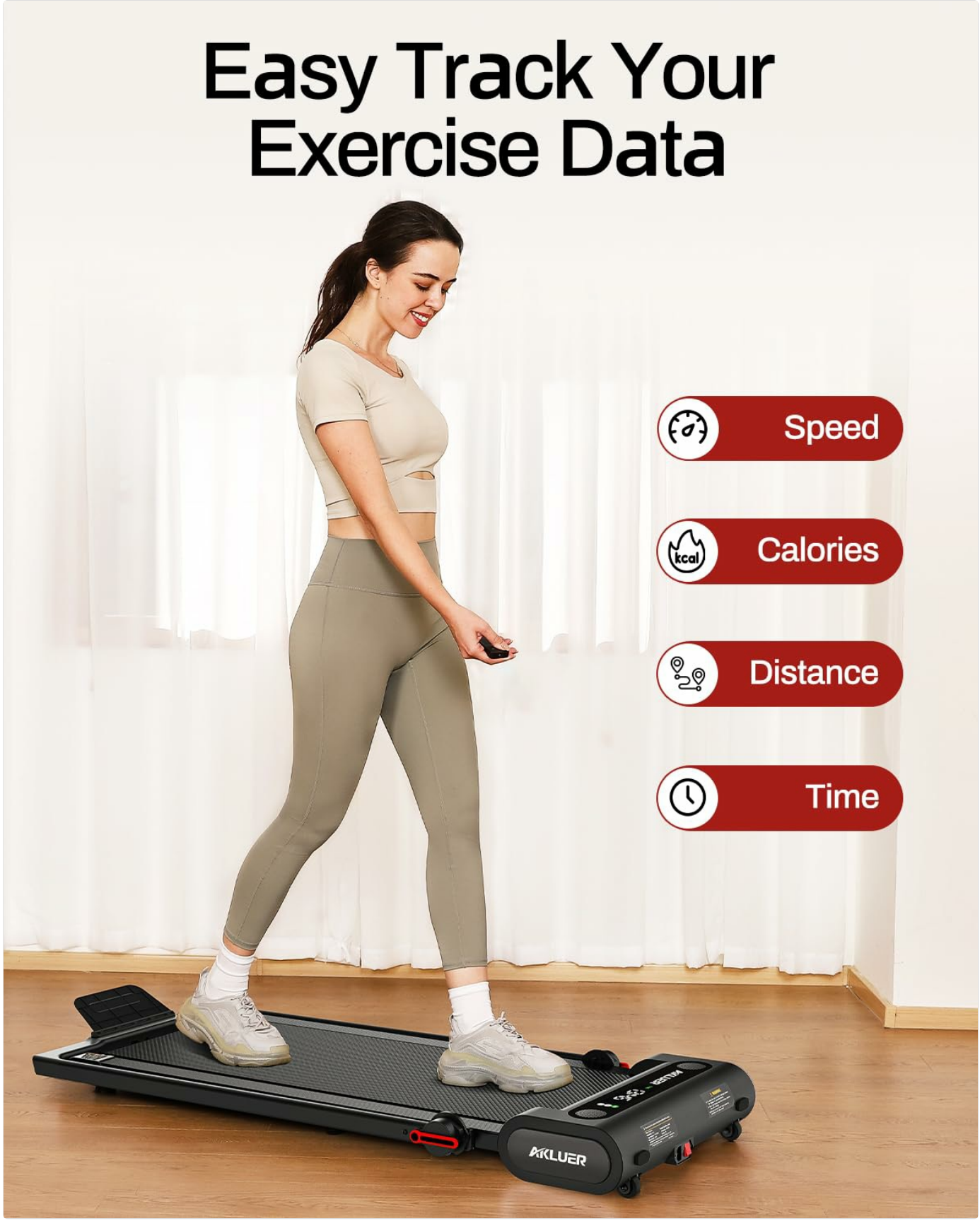
Getting Started:

1. **Power On:** Plug in the treadmill and press the power button on the console or remote control. The display will illuminate.
2. **Attach Safety Key:** Clip the safety key to your clothing. The treadmill will not operate without the safety key in place.
3. **Start Exercise:** Press the 'Start' button. The belt will begin to move at a low speed.
4. **Adjust Speed:** Use the '+' and '-' buttons on the console or remote to increase or decrease the speed to your desired level.
5. **Stop Exercise:** To stop, press the 'Stop' button or pull the safety key. The belt will gradually slow down and stop.

Monitoring Exercise Data:

The integrated display provides real-time feedback on your workout:

- **Speed:** Current walking/running speed.
- **Calories:** Estimated calories burned during the session.
- **Distance:** Total distance covered.
- **Time:** Duration of your workout.



This image shows a user walking on the AKLUER P1-F Treadmill, with an overlay indicating the display's ability to track exercise data such as speed, calories burned, distance, and time.

5. Maintenance

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

Cleaning:

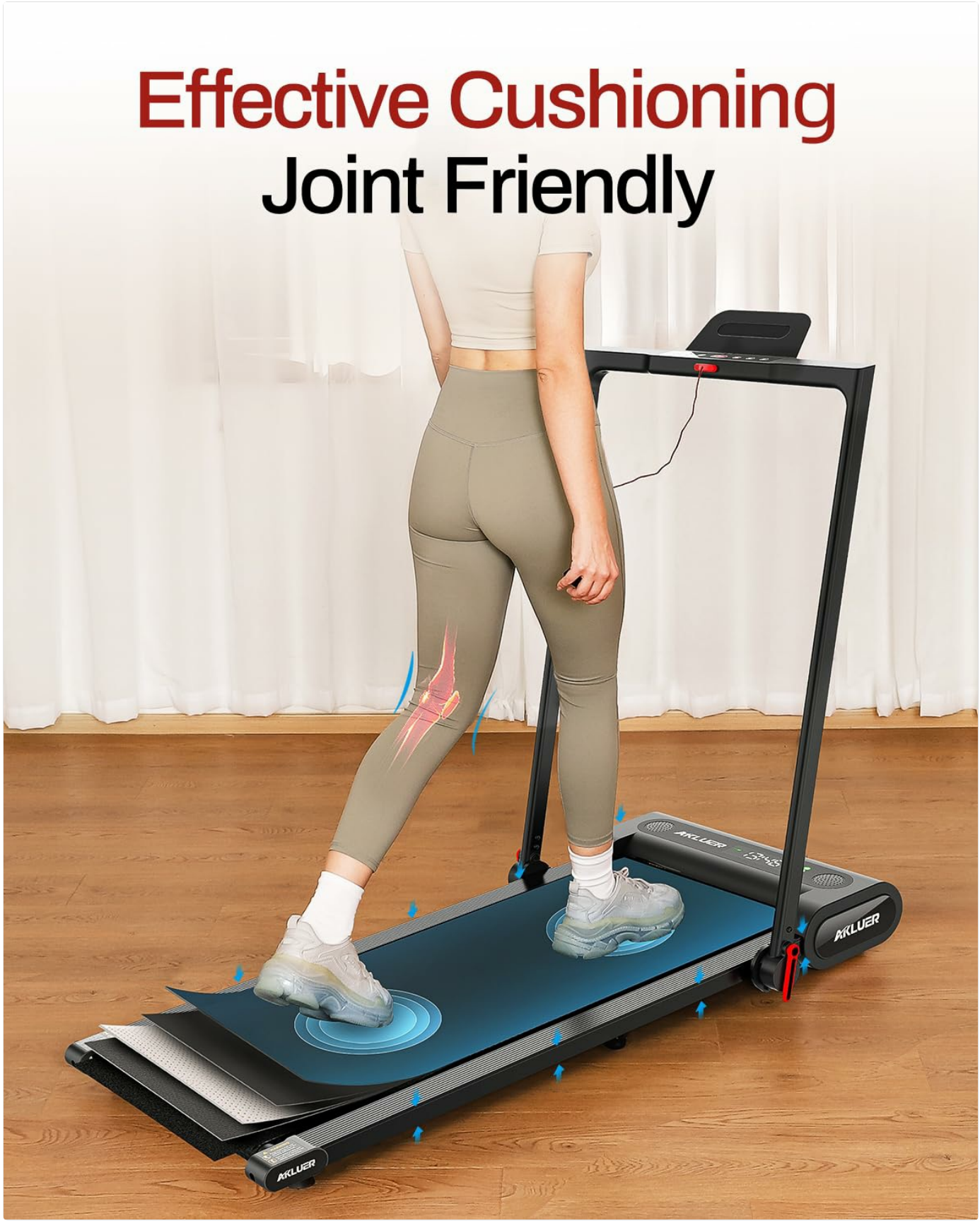
- Always unplug the treadmill before cleaning.
- Wipe down the console and exterior surfaces with a soft, damp cloth. Avoid abrasive cleaners.
- Periodically vacuum underneath the treadmill to prevent dust buildup.

Belt Lubrication:

The running belt requires periodic lubrication to reduce friction and extend its lifespan. Refer to the specific lubrication instructions provided with your treadmill's lubricant kit. Generally, apply silicone lubricant under the belt every 3-6 months depending on usage.

Belt Adjustment:

If the running belt becomes off-center or slips, it may need adjustment. Consult the detailed instructions in the full product manual or contact customer support for guidance. Typically, this involves using an Allen wrench to adjust the rear roller bolts.



This image highlights the effective cushioning system of the AKLUER P1-F Treadmill, designed to provide a joint-friendly exercise experience.

6. Troubleshooting

If you encounter issues with your treadmill, try these basic troubleshooting steps:

- **Treadmill not starting:** Ensure the power cord is securely plugged in and the safety key is correctly placed. Check if the power switch is on.
- **Belt slipping:** The running belt may need tensioning or lubrication. Refer to the maintenance section or contact support.
- **Unusual noises:** Check for loose parts. If the noise persists, stop using the treadmill and contact customer support.
- **Display not working:** Ensure all connections are secure. Try unplugging and replugging the treadmill.

For more complex issues, please contact AKLUER customer support.

7. Specifications

Brand	AKLUER
Model Name	P1-F
Model Number	AKLUER-T01
Color	Black
Item Weight	23.13 kg (51 lbs)
Material	Aluminium
Maximum Speed	7.6 Miles per Hour (approx. 12.2 km/h)
Motor HP	2.5 Horsepower
Maximum Weight Recommendation	265 Pounds (120 kg)
Foldable	Yes
Assembly Required	No
Special Features	Foldable, Cushioning System

8. Warranty and Support

AKLUER provides a limited warranty for this product. Please refer to the warranty card included in your packaging for specific terms and conditions. For technical support, parts, or warranty claims, please contact AKLUER customer service through the retailer where the product was purchased or visit the official AKLUER website.

When contacting support, please have your model number (P1-F / AKLUER-T01) and purchase information readily available.

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