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› REDLIRO Under Desk Treadmill User Manual

REDLIRO JK1608E-2

REDLIRO Under Desk Treadmill

Model: JK1608E-2

INTRODUCTION

The REDLIRO Under Desk Treadmill is a versatile 2-in-1 fitness solution designed for both walking and running. Its compact and foldable design makes it ideal for home and office use, allowing users to integrate physical activity into their daily routines without requiring extensive space. This manual provides essential information for the safe and effective operation, maintenance, and troubleshooting of your new treadmill.

IMPORTANT SAFETY INSTRUCTIONS

To reduce the risk of serious injury, read all instructions carefully before using this treadmill. Keep this manual for future reference.

- Always place the treadmill on a flat, stable 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, or if it is not working properly.
- Wear appropriate athletic footwear. Do not use the treadmill barefoot or in socks.
- The maximum user weight capacity for this treadmill is 220 pounds (approximately 100 kg). Do not exceed this limit.
- Use the safety key at all times. Attach the clip to your clothing. In case of an emergency, the safety key will detach, and the treadmill will stop immediately.
- Do not attempt to lubricate or clean the treadmill while it is in operation.
- Unplug the treadmill from the power outlet when not in use, before cleaning, or before performing any maintenance.
- Consult a physician before beginning any exercise program, especially if you have pre-existing health conditions.

PACKAGE CONTENTS

Please verify that all components are present in the package:

- REDLIRO Under Desk Treadmill Unit
- Remote Control
- Safety Key

- Power Cord
- Tool Kit
- User Manual (this document)

SETUP AND ASSEMBLY

The REDLIRO Under Desk Treadmill is designed for minimal assembly. It arrives largely pre-assembled, allowing for quick setup.

Unfolding the Treadmill

1. Carefully remove the treadmill from its packaging.
2. Place the treadmill on a flat, level surface.
3. To use in running mode, slowly raise the handrail until it locks into position. Ensure it is securely latched.
4. To use in walking pad mode, the handrail can remain folded down. The treadmill is only 5.5 inches thick when folded, making it easy to store under furniture.



Figure 1: The treadmill can be easily folded in one step for compact storage, reaching a thickness of 5.5 inches.

Connecting Power

Connect the power cord to the treadmill's power input port and then plug it into a standard electrical outlet. Ensure the power switch (if present) is in the 'ON' position.

OPERATING INSTRUCTIONS

Your REDLIRO treadmill offers both walking and running modes, controlled via the included remote.

Getting Started

1. Ensure the treadmill is plugged in and the safety key is properly attached to the treadmill and your clothing.
2. Stand on the side rails of the treadmill, not on the running belt.
3. Press the **Start** button on the remote control to begin. The treadmill will typically start at a low speed.



Figure 2: The REDLIRO treadmill in use, demonstrating both the under-desk walking mode and the upright running mode, controlled by the remote.

Modes of Operation

- **Walking Mode (Under Desk):** When the handrail is folded down, the treadmill operates in walking mode, with a speed range of 0.5 to 4.0 mph. This mode is ideal for working while walking.
- **Running Mode:** When the handrail is raised and locked, the treadmill can be used for jogging and running, with a speed range of 4.0 to 7.5 mph. This allows for more intense calorie burning.

2 in 1 Under Desk Treadmill

Walking Mode:

0.5-4.0 mph

Working While Walking



Running Mode:

4.0-7.5 mph

Burn More Calories



Figure 3: Visual representation of the treadmill's dual functionality: walking under a desk (0.5-4.0 mph) and running with the handrail up (4.0-7.5 mph).

Using the Remote Control

The remote control allows you to manage all treadmill functions:

- **Power Button:** Turns the treadmill on or off.
- **Speed +/- Buttons:** Adjust the speed of the running belt.
- **Mode Button:** Cycles through different display metrics (Time, Calories, Step, Speed, Distance).
- **Program Button:** Selects one of the 12 preset programs or the manual mode.

LED Display

The integrated LED display provides real-time exercise data:

- **TIME:** Duration of your workout.
- **CAL:** Estimated calories burned.
- **STEP:** Number of steps taken.
- **SPEED:** Current speed in miles per hour (MPH).
- **DIST:** Distance covered in miles.

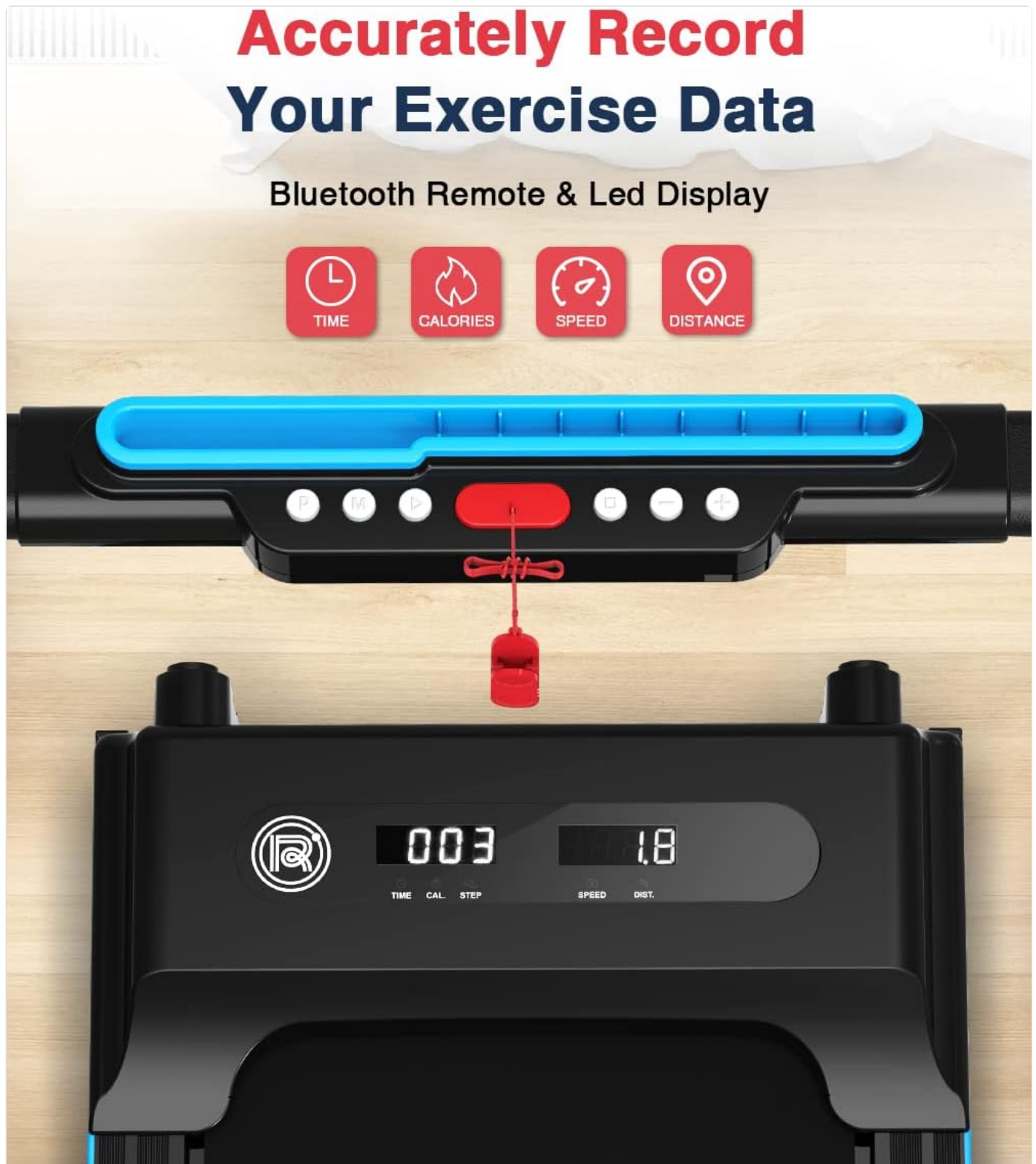


Figure 4: The LED display accurately records and shows your exercise data, including time, calories, steps, speed, and distance.

Preset Programs

The treadmill includes 12 preset programs. Each program automatically adjusts speed at 1.5-minute intervals to simulate varied exercise scenarios. Select a program using the remote control to engage in a structured workout.

FEATURES OVERVIEW

- **Powerful and Quiet Motor:** Equipped with a 2.25 HP motor, the treadmill operates quietly, minimizing disturbance in home or office environments.



Figure 5: Illustration of the 2.25 HP powerful motor, capable of speeds from 0.5 to 7.5 mph and supporting a weight capacity of 220 lbs.

- **Advanced Shock Absorption System:** The running belt is constructed with 5 layers of PVC, fiber, and cotton yarn, combined with 4-point softer rubber cushioning. This system effectively reduces impact on joints and minimizes noise during use.



Figure 6: The treadmill features an "Easy to Knee System" with a 5-layer running belt and 4-point softer rubber for enhanced shock absorption.

- **Low Noise Operation:** Designed to operate at less than 55 dB, ensuring a quiet and comfortable exercise experience that will not disturb others.



Figure 7: The treadmill's low noise design (less than 55 dB) ensures a quiet environment, suitable for use in shared spaces or during work.

- **Compact and Portable Design:** Its slim profile and integrated wheels allow for easy movement and storage in small spaces.
- **Device Holder:** A convenient holder is integrated to secure your phone or tablet, allowing you to watch media or read during your workout.

MAINTENANCE

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

Cleaning

- Always unplug the treadmill before cleaning.
- Wipe down the display and exterior surfaces with a soft, damp cloth. Avoid using abrasive cleaners or solvents.
- Periodically vacuum underneath 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 treadmill's lubrication kit or contact customer support for guidance on the correct type and frequency of lubrication.

Running Belt Adjustment

If the running belt becomes off-center or slips, it may require adjustment. Consult the detailed instructions in the full user manual or contact customer support for assistance. Typically, this involves using the provided tool to adjust tension bolts at the rear of the treadmill.

TROUBLESHOOTING

If you encounter issues with your treadmill, refer to the following common problems and solutions. For more complex issues, please contact customer support.

Problem	Possible Cause	Solution
Treadmill does not start.	Power cord not plugged in; Safety key not in place; Power switch off.	Ensure power cord is securely plugged into both the treadmill and the outlet. Verify the safety key is fully inserted. Check if the power switch is in the 'ON' position.
Running belt slips or hesitates.	Belt too loose; Insufficient lubrication.	Adjust the belt tension according to the full user manual. Apply silicone lubricant under the belt as per maintenance instructions.
Unusual noise during operation.	Loose components; Belt friction; Motor issue.	Check for any loose screws or parts and tighten them. Lubricate the running belt. If noise persists, discontinue use and contact customer support.
Display not working.	Loose connection; Power issue.	Ensure all connections are secure. Unplug and re-plug the treadmill. If the issue persists, contact customer support.

SPECIFICATIONS

Key technical specifications for the REDLIRO Under Desk Treadmill:

- **Model Name:** JK1608E-2
- **Product Dimensions (LxWxH):** 53.7" x 24.8" x 5.5" (folded)
- **Item Weight:** 55.33 Pounds
- **Material:** Alloy Steel
- **Maximum Horsepower:** 2.25 HP
- **Speed Range:** 0.5 - 7.5 MPH
- **Maximum Weight Recommendation:** 220 Pounds
- **Running Deck Length:** 41 Inches

- **Running Deck Width:** 15 Inches
- **Display Type:** LED
- **Number of Programs:** 12 Preset Programs, Manual Mode
- **Power Source:** Corded Electric
- **Assembly Required:** No (Pre-assembled)
- **Special Features:** Portable, Foldable, Compact Design, Wheeled, Remote Control, Device Holder

WARRANTY AND SUPPORT

Warranty Information

The REDLIRO Under Desk Treadmill comes with a **12-month warranty** from the date of purchase. This warranty covers manufacturing defects and issues arising from normal use. Please retain your proof of purchase for warranty claims.

Customer Support

For technical assistance, troubleshooting beyond this manual, warranty claims, or spare parts, please contact REDLIRO customer support. Refer to the contact information provided on the product packaging or the official REDLIRO website. You can also visit the [REDLIRO Store on Amazon](#) for more information and support resources.

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