

REDLIRO YQ01F

Redliro YQ01F Treadmill User Manual

Model: YQ01F

1. IMPORTANT SAFETY INSTRUCTIONS

Before operating the Redliro YQ01F Treadmill, please read all instructions carefully. Retain this manual for future reference.

General Safety

- Always place the treadmill on a level, stable surface.
- Keep children and pets away from the treadmill during operation.
- Ensure adequate clear space around the treadmill (at least 2 meters behind and 0.6 meters on each side).
- Do not operate the treadmill if it has a damaged cord or plug, or if it is not working properly.
- Wear appropriate athletic footwear and clothing. Avoid loose clothing that could get caught.
- The maximum user weight for this treadmill is 160 kg (352 lbs). Do not exceed this limit.
- Use the safety key at all times. Attach the clip to your clothing. In case of an emergency, pulling the safety key will immediately stop the treadmill.
- Consult a physician before starting any exercise program.

Electrical Safety

- Plug the treadmill into a properly grounded outlet.
- Do not use extension cords or adapters.
- Unplug the treadmill from the power outlet before cleaning, maintenance, or moving.
- Keep the power cord away from heated surfaces.

2. PRODUCT OVERVIEW

The Redliro YQ01F is a compact, foldable treadmill designed for home and office use. It features an automatic incline system, adjustable handrails, and smart connectivity for an enhanced workout experience.

Key Features:

- **Automatic Incline:** 15 levels of auto incline, up to 15% gradient.
- **Adjustable Handrails:** Height-adjustable from 67.5 to 100 cm for user comfort.
- **Powerful Motor:** 3.0 HP motor for speeds from 1.0 to 14.0 km/h.
- **Smart Connectivity:** Compatible with EQisports, Zwift, and Kinomap apps, with voice control.
- **Foldable Design:** Space-saving and portable with built-in wheels.
- **LED Display:** Tracks speed, distance, time, calories, steps, incline, and heart rate.
- **Durable Construction:** Double-layer frame, 5-layer shock-absorbing running belt.

3. SETUP AND ASSEMBLY

The Redliro YQ01F treadmill is designed for minimal assembly. Follow these steps for initial setup.

Unboxing and Placement

1. Carefully remove the treadmill from its packaging.
2. Place the treadmill on a flat, stable surface, ensuring sufficient clear space around it.

Unfolding the Treadmill

The treadmill comes pre-assembled in a folded position.

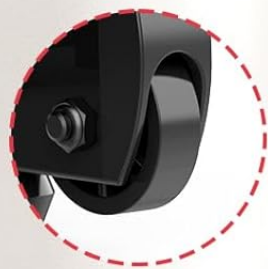
1. Gently lift the running deck until it locks into the upright position.
2. To lower the deck, gently kick the cylinder release mechanism (often located near the base of the deck support) and slowly lower the deck to the floor. Ensure it is fully flat before use.

Quick Storage & Setup

Space-saving foldable treadmill



One-foot Operation



Durable Wheels



Figure 3.1: Quick Storage & Setup. The image illustrates the treadmill's foldable design, showing how it can be easily folded upright for storage using a one-foot operation and moved with its durable wheels.

Attaching Handrails (if applicable)

Some components, such as the handrails, may require minor attachment. Refer to the included tool kit and specific instructions for securing these parts. Ensure all bolts are tightened securely.

Power Connection

Connect the power cord to the treadmill and then to a grounded 220V power outlet.

4. OPERATING INSTRUCTIONS

Powering On/Off

- To power on, ensure the safety key is in place and press the power button on the console.
- To power off, press the power button again or remove the safety key.

Using the Safety Key

The safety key is a critical safety feature. Attach the clip to your clothing before starting a workout. If you accidentally step off the treadmill or need to stop it quickly, pulling the safety key will immediately halt the running belt.

Console and Display

LED Display

Track Your Progress Instantly



Figure 4.1: LED Display. This image details the treadmill's console, highlighting the main display for time, speed, distance, and calories, along with dedicated areas for heart rate/step count and function keys.

The LED display tracks various metrics:

- **Speed:** Current speed in km/h.
- **Distance:** Total distance covered during the workout.
- **Time:** Duration of the workout.
- **Calories:** Estimated calories burned.
- **Steps:** Number of steps taken.
- **Incline:** Current incline level.

- **Heart Rate:** Measured via handrail sensors.

Speed Adjustment

Use the speed control buttons on the console or remote control to adjust the running belt speed. The speed ranges from 1.0 km/h (walking) to 14.0 km/h (jogging).

Automatic Incline Adjustment

Auto Incline Treadmill

Up to 15% Gradient



1-5 Levels Enhance Endurance	6-10 Levels Calorie Burning	11-15 Levels Muscle Toning
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Figure 4.2: Auto Incline Treadmill. This image demonstrates the treadmill's ability to automatically adjust incline up to a 15% gradient, with suggested workout benefits for different incline ranges.

The treadmill features 15 levels of automatic incline, allowing you to simulate varied terrain. Use the incline buttons

on the console or remote control to increase or decrease the incline.

Adjustable Handrail Height

Height-Adjustable Handrails

Ideal for different heights



Figure 4.3: Height-Adjustable Handrails. The image highlights the handrails, which can be adjusted to different heights (67.5 to 100 cm) to accommodate various user preferences and ensure comfortable grip.

The handrails can be adjusted from 67.5 cm to 100 cm (measured from the deck to the top of the handrail). Loosen the adjustment knobs, set the handrails to your desired height, and then securely tighten the knobs.

Preset Programs

The treadmill includes 12 preset workout programs. Select a program using the console buttons. Each program offers varying speed and incline profiles to target different fitness goals.

Smart Fitness with App & Voice Control



Figure 4.4: Diverse App Integration. This image illustrates the treadmill's compatibility with fitness apps like EQisports, Kinomap, and Zwift, and its voice control feature activated by "Hey Coco".

The treadmill can connect to fitness apps like EQisports, Zwift, and Kinomap via Bluetooth. Download the respective app on your smartphone or tablet and follow the in-app instructions to pair with your treadmill.

For voice control, activate the feature (refer to the app or console settings) and use commands such as "Hey Coco" to adjust speed or modes hands-free.

Remote Control

The included remote control allows for convenient adjustment of speed and incline without reaching the console. Ensure the remote has fresh batteries and is paired correctly with the treadmill. Refer to the remote's specific instructions for pairing.

5. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your Redlro YQ01F treadmill. Always unplug the treadmill before performing any maintenance.

Lubrication of the Running Belt

The running belt requires regular lubrication to reduce friction and wear.

1. Turn off and unplug the treadmill.
2. Lift one side of the running belt.
3. Apply a small amount of silicone lubricant (specifically designed for treadmills) evenly under the center of the belt. Do not over-lubricate.
4. Repeat on the other side.
5. Plug in the treadmill and run it at a low speed (e.g., 3 km/h) for 5-10 minutes to distribute the lubricant.

Frequency: Lubricate every 3-6 months, or after every 100-150 hours of use, depending on usage.

Cleaning

- Wipe down the console and exterior surfaces with a soft, damp cloth. Avoid abrasive cleaners or solvents.
- Periodically vacuum under the treadmill to remove dust and debris that could affect motor performance.

Running Belt Adjustment

If the running belt starts to shift to one side or feels loose, it may need adjustment.

1. Turn off and unplug the treadmill.
2. Locate the adjustment bolts at the rear of the treadmill (usually on either side of the running belt).
3. To move the belt to the *right*, turn the right bolt clockwise a quarter turn. To move it to the *left*, turn the left bolt clockwise a quarter turn.
4. To *tighten* the belt, turn both bolts clockwise equally by a quarter turn. To *loosen*, turn both bolts counter-clockwise equally.
5. Plug in the treadmill and run it at a low speed for a few minutes to check the alignment. Repeat adjustments as necessary, making small turns.

6. TROUBLESHOOTING

If you encounter issues with your Redlro YQ01F treadmill, refer to the following common problems and solutions.

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not plugged in. Safety key not in place. Circuit breaker tripped.	Ensure power cord is securely plugged into a grounded outlet. Insert the safety key fully into its slot. Check your home's circuit breaker and reset if necessary.
Running belt stops or hesitates.	Belt needs lubrication. Belt is too loose or too tight. Overload (user weight exceeds limit).	Lubricate the running belt as per maintenance instructions. Adjust the running belt tension. Ensure user weight is within the 160 kg limit.
Running belt shifts to one side.	Belt is misaligned.	Adjust the running belt alignment as per maintenance instructions.
Remote control not working.	Low or dead batteries. Not paired correctly.	Replace batteries. Refer to the remote control's specific instructions for pairing.
Incline not adjusting.	Obstruction under the treadmill. Motor issue.	Check for any objects obstructing the incline mechanism. If the issue persists, contact customer support.

7. SPECIFICATIONS

Feature	Detail
Model Number	YQ01F
Brand	REDLIRO
Max User Weight	160 KG (352 lbs)
Rated Voltage	220 V
Product Weight	46.9 KG
Unfolding Size (L x W x H)	132.4 x 66.7 x 109 CM
Folded Size	134 x 72 x 22 CM
Running Area Size (L x W)	110 x 43 CM
Speed Range	1.0 - 14.0 km/h
Motor Horsepower	3.0 HP
Incline Levels	15 Automatic Levels (Max 15% Gradient)
Preset Programs	12
LED Display Metrics	Speed, Distance, Time, Calories, Steps, Incline, Heart Rate
Connectivity	Bluetooth (EQisports, Zwift, Kinomap compatible)

Feature	Detail
Material	Alloy Steel
Included Components	Power Cord, Safety Key, Tool Kit, User Manual



Figure 7.1: 160 KG Weight Capacity. This image visually confirms the treadmill's robust build, capable of supporting users up to 160 kg, and highlights its diamond-textured, non-slip running belt.

Multi-Layer Shock Absorption



Figure 7.2: Multi-Layer Shock Absorption. The image illustrates the treadmill's shock-absorbing system, designed to protect joints during workouts.

8. WARRANTY AND SUPPORT

The Redliro YQ01F Treadmill comes with a **12-month warranty** from the date of purchase. This warranty covers manufacturing defects and malfunctions under normal use.

For warranty claims, technical support, or any questions regarding your treadmill, please contact Redliro customer service. Keep your proof of purchase for warranty validation.

Contact information for customer support can typically be found on the Redliro official website or on your purchase

receipt.