

## Lichico DK-38AB-1

# Lichico NeoSilent Walking Pad Treadmill

## MODEL: DK-38AB-1 USER MANUAL

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## 1. Important Safety Instructions

Read all instructions carefully before using this walking pad treadmill. Keep this manual for future reference.

- **Placement:** Place the treadmill on a flat, stable surface. Ensure adequate clear space around the treadmill for safe operation.
- **Power:** Connect the treadmill to a grounded outlet. Do not use extension cords.
- **Safety Key:** Always attach the safety key to your clothing before starting the treadmill. The treadmill will stop automatically if the safety key is disengaged.
- **Weight Limit:** The maximum user weight for this treadmill is **265 pounds (120 kg)**. Do not exceed this limit.
- **Children and Pets:** Keep children and pets away from the treadmill during operation.
- **Medical Conditions:** Consult a physician before starting any exercise program, especially if you have pre-existing medical conditions.
- **Footwear:** Wear appropriate athletic footwear when using the treadmill.
- **Emergency Stop:** Familiarize yourself with the emergency stop procedure. In case of an emergency, pull the safety key or press the stop button on the remote control.

## 2. Product Overview

The Lichico NeoSilent Walking Pad Treadmill is designed for quiet and efficient exercise in various environments, including home and office settings. It features a powerful BLDC motor, an extra-large running belt, and smart control options via remote and a mobile application.

### Key Features:

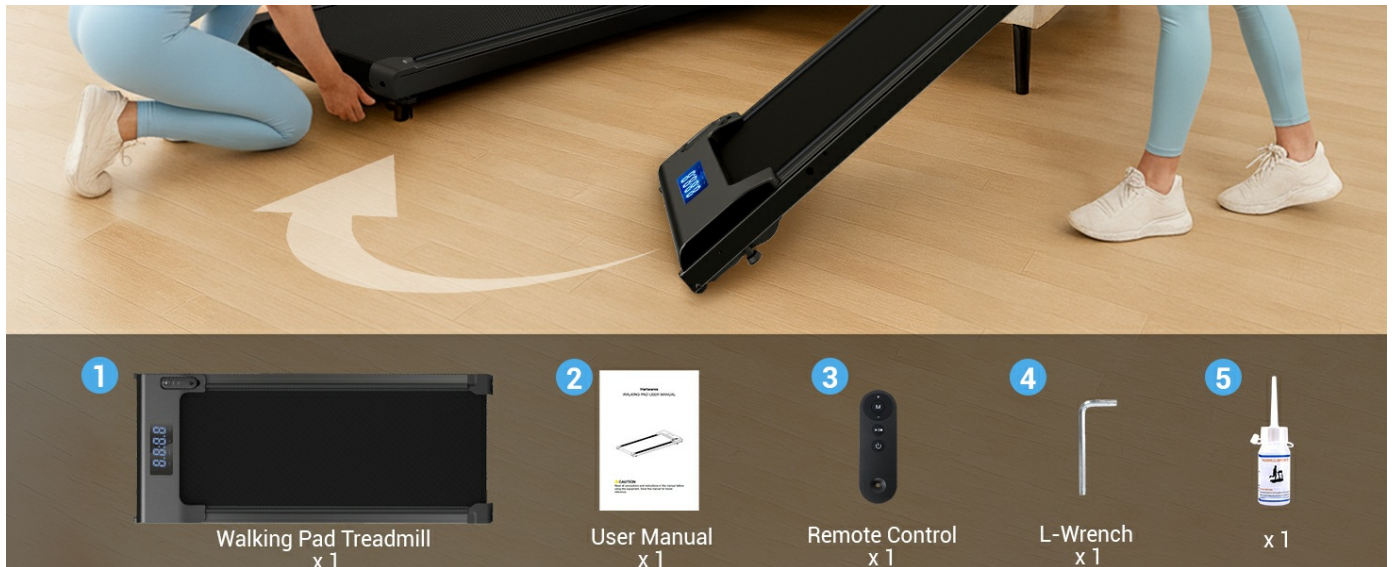
- **NeoSilent BLDC Core:** Equipped with a 2.5HP brushless motor for powerful yet quiet operation.
- **Extra-Large Running Area:** A 40 x 16 inch wide walking surface with dual TPR cushioning and a diamond belt for comfort and durability.
- **Smart App & Remote Control:** Control speed, track fitness data, and access workout programs via a dedicated app or the

included remote.

- **Portable & Compact Design:** Lightweight with wheels for easy mobility and storage under desks or sofas. No assembly required.
- **Versatile Use:** Speed range of 0-4 mph suitable for walking or light jogging, ideal for both home and office fitness.

### Included Components:

- Lichico NeoSilent Walking Pad Treadmill
- Remote Control
- Tool Kit
- User Manual
- Lubricant



*Image: The included components: Walking Pad Treadmill, User Manual, Remote Control, L-Wrench, and Lubricant.*

## 3. Setup

1. **Unpacking:** Carefully remove the treadmill and all accessories from the packaging.
2. **Placement:** Place the treadmill on a level, hard surface. Ensure there is at least 2 feet (60 cm) of clear space behind the treadmill and 1 foot (30 cm) on each side.
3. **Adjusting Handrails:** The handrails are adjustable. To adjust, pull the locking pins on both sides of the handrails, raise or lower them to your desired height, and re-engage the pins securely.
4. **Power Connection:** Plug the power cord into a standard 120V AC grounded electrical outlet. Ensure the power switch on the front of the treadmill is in the 'ON' position.
5. **Safety Key:** Insert the safety key into its designated slot on the console. Attach the clip of the safety key to your clothing. The treadmill will not operate without the safety key properly inserted.

# Perfect for Small Space

Easy to Store

Bigger Deck, Freer Run



Easy to Move



Image: The compact design of the treadmill allows for easy storage under furniture, highlighting its portability with integrated wheels.

## 4. Operating Instructions

### Starting the Treadmill:

1. Ensure the treadmill is plugged in and the power switch is ON.
2. Stand on the side rails of the treadmill, not on the belt.

3. Press the 'Start/Stop' button on the remote control. The display will show a 3-second countdown before the belt begins to move at the lowest speed (0.6 mph).
4. Carefully step onto the moving belt and begin walking.

### **Adjusting Speed:**

- Use the '+' and '-' buttons on the remote control to increase or decrease the speed. The speed range is 0.6 mph to 4 mph.
- Press and hold the '+' or '-' button for faster adjustments.

### **Display Information:**

The LED display on the treadmill shows various metrics such as speed, time, distance, and calories burned. These metrics cycle automatically during your workout.

### **Using the Mobile App:**

Download the recommended fitness app (details in the included user manual) from your device's app store. The app allows for advanced control, tracking of fitness stats, customized workout plans, and access to virtual walking trails.

# Smart Sports Assistant

Dual Control via Remote & App for Total Convenience

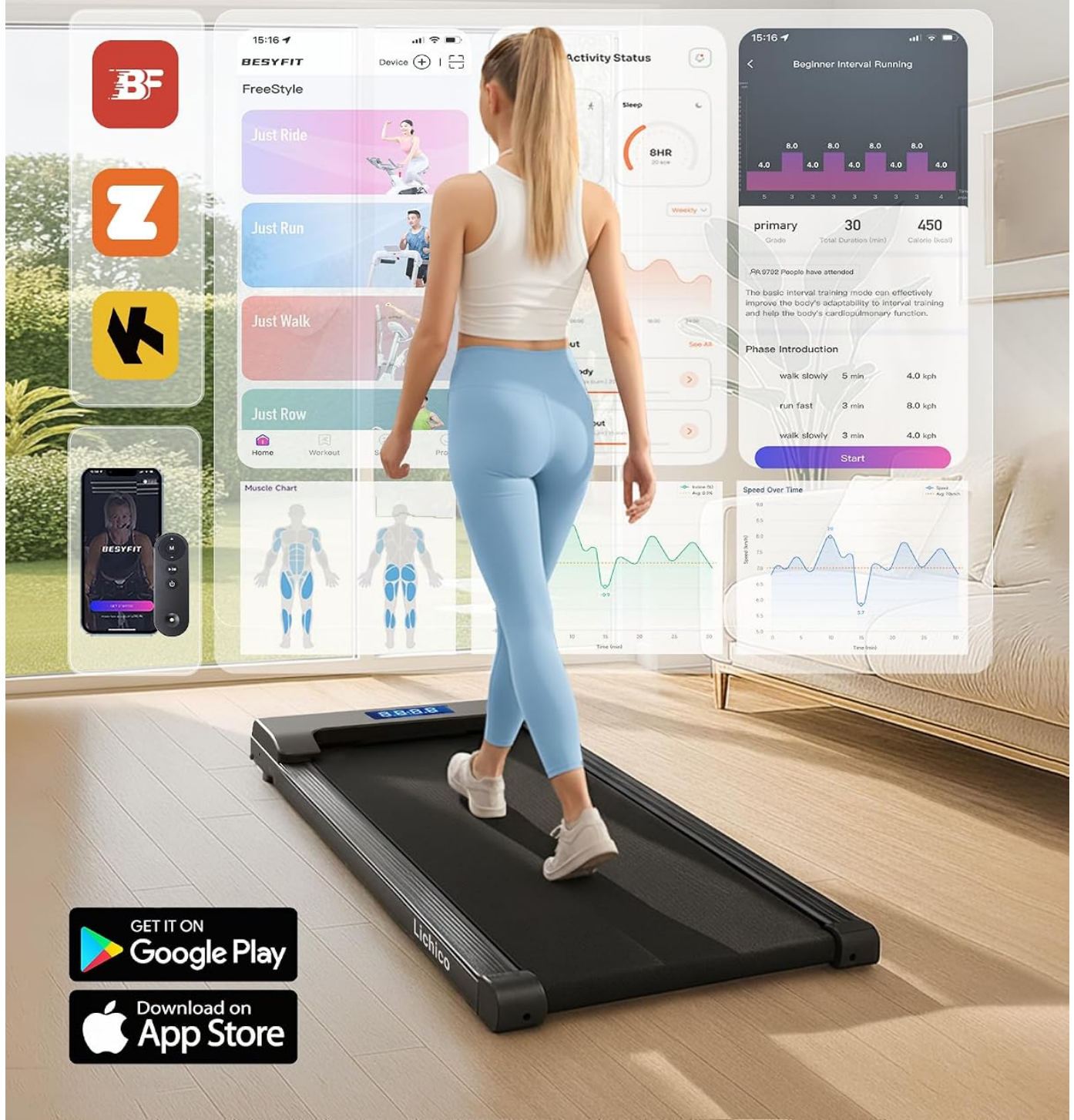


Image: The treadmill can be controlled via a smart app, offering features like speed adjustment, workout tracking, and virtual trails.

## Stopping the Treadmill:

- Press the 'Start/Stop' button on the remote control to gradually slow down and stop the treadmill.
- Alternatively, pull the safety key for an immediate emergency stop.

## Incline Adjustment:

The treadmill features a manual incline adjustment. To change the incline, locate the push pins on either side of the front base.

Remove the pins, adjust the front of the treadmill to the desired incline level, and re-insert the pins to secure it. Ensure both sides are adjusted evenly for stability.

## 5. Maintenance

Regular maintenance ensures the longevity and optimal performance of your Lichico Walking Pad Treadmill.

- **Cleaning:** Regularly wipe down the treadmill with a damp cloth to remove dust and sweat. Avoid using abrasive cleaners.
- **Lubrication:** The running belt requires periodic lubrication to reduce friction and extend its lifespan. Use the provided lubricant or a silicone-based treadmill lubricant. Apply a small amount under the center of the running belt every 3-6 months, depending on usage. Refer to the detailed instructions in the full user manual for the exact procedure.
- **Belt Adjustment:** If the running belt feels loose, slips, or is off-center, it may need adjustment. Use the included tool kit to adjust the tension bolts at the rear of the treadmill. Consult the full user manual for precise belt centering and tensioning instructions.

## 6. Troubleshooting

If you encounter any issues with your treadmill, refer to the following common solutions. For more complex problems, consult the comprehensive user manual or contact customer support.

- **Treadmill Not Starting:**
  - Ensure the power cord is securely plugged into a grounded outlet.
  - Verify the power switch on the front of the treadmill is in the 'ON' position.
  - Check if the safety key is properly inserted into its slot.
  - Confirm the remote control has working batteries and is paired with the treadmill.
- **Running Belt Slipping or Sticking:**
  - The belt may require lubrication. Follow the lubrication instructions in the Maintenance section.
  - The belt tension might be too loose. Refer to the belt adjustment instructions in the Maintenance section.
- **Unusual Noises:**
  - Check for any loose parts or foreign objects under the belt.
  - Ensure the treadmill is on a level surface.
  - If the noise persists, contact customer support.
- **Display Not Working:**
  - Check power connection.
  - If the display is completely blank, try resetting the treadmill by unplugging it for 60 seconds and plugging it back in.

## 7. Specifications

|                            |                     |
|----------------------------|---------------------|
| Brand                      | Lichico             |
| Model Name                 | DK-38AB-1           |
| Color                      | Black               |
| Product Dimensions (LxWxH) | 47.2"D x 4"W x 20"H |
| Material                   | Metal               |

|                               |                                                                    |
|-------------------------------|--------------------------------------------------------------------|
| Maximum Speed                 | 4 Miles per Hour                                                   |
| Maximum Horsepower            | 2.5 Horsepower                                                     |
| Special Feature               | Extra-Large Belt, NeoSilent BLDC Core, Remote and App Dual Control |
| Assembly Required             | No                                                                 |
| Power Source                  | Corded Electric                                                    |
| Metrics Measured              | Distance, Calories Burned                                          |
| Maximum Weight Recommendation | 265 Pounds                                                         |
| UPC                           | 198715416053                                                       |

## 8. Warranty and Support

### Warranty Information:

The Lichico NeoSilent Walking Pad Treadmill Model DK-38AB-1 comes with a **2-Year Warranty** from the date of purchase. This warranty covers manufacturing defects and malfunctions under normal use. Please retain your proof of purchase for warranty claims.

### Customer Support:

For technical assistance, troubleshooting, or warranty inquiries, please contact Lichico customer support. Refer to the contact information provided in the full user manual or on the official Lichico website.

### ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

#### Name

Anonymous

#### Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

#### Question

Example: How do I reset this device or fix this error?

#### Details

Model number, symptoms, what you tried, or the section of the manual you are using.

**Submit question**