REDLIRO JK08W

REDLIRO Walking Pad Treadmill User Manual

Brand: REDLIRO | Model: JK08W

Introduction

The REDLIRO Walking Pad Treadmill is designed to integrate exercise into your daily routine, whether at home or in the office. It helps balance work and physical activity, alleviating fatigue from prolonged sitting and promoting a healthier lifestyle. This compact and portable jogging machine offers a quiet operation and a robust design for comfortable and safe use.



Figure 1: REDLIRO Walking Pad Treadmill in a home office setting, demonstrating its use with a standing desk.

Safety Information

Please read all instructions carefully before using the treadmill to ensure safe operation and prevent injury.

- Always place the treadmill on a **flat, stable surface**.
- Keep children and pets away from the treadmill during operation.
- Ensure there is **adequate clear space** around the treadmill (at least 2 feet on sides and rear).
- Do not use the treadmill if you weigh more than the maximum capacity of **265 lbs**.
- Wear appropriate athletic footwear.
- If you experience dizziness, nausea, chest pain, or any other abnormal symptoms,**stop exercising immediately** and consult a physician.
- Unplug the treadmill from the power outlet when not in use or before cleaning/maintenance.

- Do not operate the treadmill if the power cord or plug is damaged.

Package Contents

Verify that all components are present in the package before setup.

- REDLIRO Walking Pad Treadmill (Model JK08W)
- Remote Control
- Tool Kit
- Lubricant (2 bottles)
- User Manual



Figure 2: All items included in the REDLIRO Walking Pad Treadmill package.

Setup

The REDLIRO Walking Pad Treadmill is designed for installation-free setup. Simply remove it from the packaging and place it on a suitable surface.

1. Unpack the treadmill and all accessories from the box.
2. Place the treadmill on a firm, level surface, ensuring sufficient space around it for safe operation.

3. Plug the power cord into a grounded electrical outlet.
4. The treadmill features a compact design and wheeled structure for easy movement and storage. It can be stored under a sofa or bed due to its low 5.12-inch height.



Figure 3: The treadmill's wheeled design allows for easy movement and storage under furniture.



Figure 4: The compact dimensions of the treadmill, ideal for small spaces.

Operating Instructions

Remote Control Functions

The treadmill is operated using the included remote control, which allows for speed adjustment, mode switching, and access to preset programs.

- **Power Button:** Press to turn the treadmill on or off.
- **Speed Adjustment (+/-):** Increase or decrease the speed of the running belt.

- **Mode (M) Button:** Cycle through different workout modes (e.g., manual, preset programs).
- **Program (P) Button:** Select from 12 preset workout programs.
- **Mute Button:** Silence the beeping sounds from the treadmill.
- **Pause/Resume Button:** Pause your workout and retain data for 10 minutes, allowing you to resume seamlessly.

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Video 1: Demonstration of the remote control features, including speed adjustment, muting, and selecting preset modes. The video also shows the treadmill's compact design and ease of storage.

Exercise Modes

The treadmill supports various exercise intensities to suit your needs:

- **Working Mode:** 0.6 - 1.6 mph, ideal for light activity while working.
- **Walking Mode:** 1.6 - 2.2 mph, suitable for a steady walking pace.
- **Jogging Mode:** 2.2 - 4.0 mph, for a more vigorous workout.



Figure 5: Working mode, allowing for light activity while performing desk tasks.



Figure 6: Walking mode, suitable for a moderate pace.



Figure 7: Jogging mode, for a more intense workout.

Data Tracking and Preset Programs

The integrated LED display tracks your workout data, including time, speed, distance, and calories burned. The treadmill also features 12 preset programs and goal modes to customize your exercise experience.



Figure 8: Real-time tracking of motion data on the LED display.

Maintenance

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

- **Cleaning:** Wipe down the treadmill with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners.
- **Lubrication:** The running belt requires periodic lubrication to reduce friction and extend its lifespan. Use the provided

silicone oil. Refer to the detailed instructions in the included User Manual for lubrication frequency and procedure.

- **Belt Adjustment:** Periodically check the tension and alignment of the running belt. Adjust as needed using the tools provided in the tool kit, following the instructions in the User Manual.

Troubleshooting

This section addresses common issues you might encounter with your treadmill.

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not properly connected; power outlet issue; main power switch off.	Ensure power cord is securely plugged in. Check if the outlet is working. Verify the main power switch on the treadmill is in the 'ON' position.
Running belt slips or hesitates.	Belt too loose; insufficient lubrication.	Adjust belt tension according to the User Manual. Apply silicone lubricant to the running belt.
Unusual noise during operation.	Loose components; motor issue; belt friction.	Check for any loose screws or parts and tighten them. Lubricate the belt if needed. If noise persists, contact customer support.
Remote control not responding.	Low battery in remote; remote not paired.	Replace remote control batteries. Refer to the User Manual for remote control pairing instructions.

Specifications

Feature	Detail
Brand	REDLIRO
Model Name	JK08W
Product Dimensions (LxWxH)	45.67"D x 19.76"W x 5.12"H
Item Weight	35.94 Pounds
Maximum Weight Recommendation	265 Pounds
Maximum Speed	4 Miles per Hour
Minimum Speed	0.5 Miles per Hour
Maximum Horsepower	2.25 Horsepower
Display Type	LED
Number of Programs	12
Running Belt Layers	5-Layer Anti-slip Shock-absorbing
Noise Level	Low Noise (≤ 55 dB)
Assembly Required	No (Installation-Free)
Included Components	Lubricant, Remote Control, Tool Kit, User Manual



Figure 9: The treadmill supports a maximum weight capacity of 265 lbs.



Figure 10: The 5-layer anti-slip and shock-absorbing running belt provides comfort and reduces knee impact.

Warranty & Support

The REDLIRO Walking Pad Treadmill comes with a **1-year manufacturer's warranty**.
For technical assistance, troubleshooting, or warranty claims, please contact REDLIRO customer support. Refer to the contact information provided in the original product packaging or on the official REDLIRO website.

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

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