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REDLIRO JK09F

Redliro JK09F Walking Treadmill User Manual

Model: JK09F | Brand: REDLIRO

1. Introduction and Safety Information

Thank you for choosing the Redliro Walking Treadmill. This manual provides essential information for the safe and effective use of your new fitness equipment. Please read all instructions carefully before assembly and operation. Keep this manual for future reference.

Important Safety Precautions:

- Consult your physician before starting any exercise program.
- Always place the treadmill on a flat, stable surface.
- Ensure adequate clearance around the treadmill (at least 2 meters behind and 0.6 meters on each side).
- Keep children and pets away from the treadmill during operation.
- Always attach the safety key clip to your clothing before starting the treadmill.
- Do not operate the treadmill if it is damaged or malfunctioning.
- Wear appropriate athletic footwear.
- The maximum user weight for this treadmill is 136 kg (300 lbs).

2. Setup and Assembly

The Redliro Walking Treadmill is designed for straightforward assembly. Follow these steps to set up your treadmill.

Unpacking:

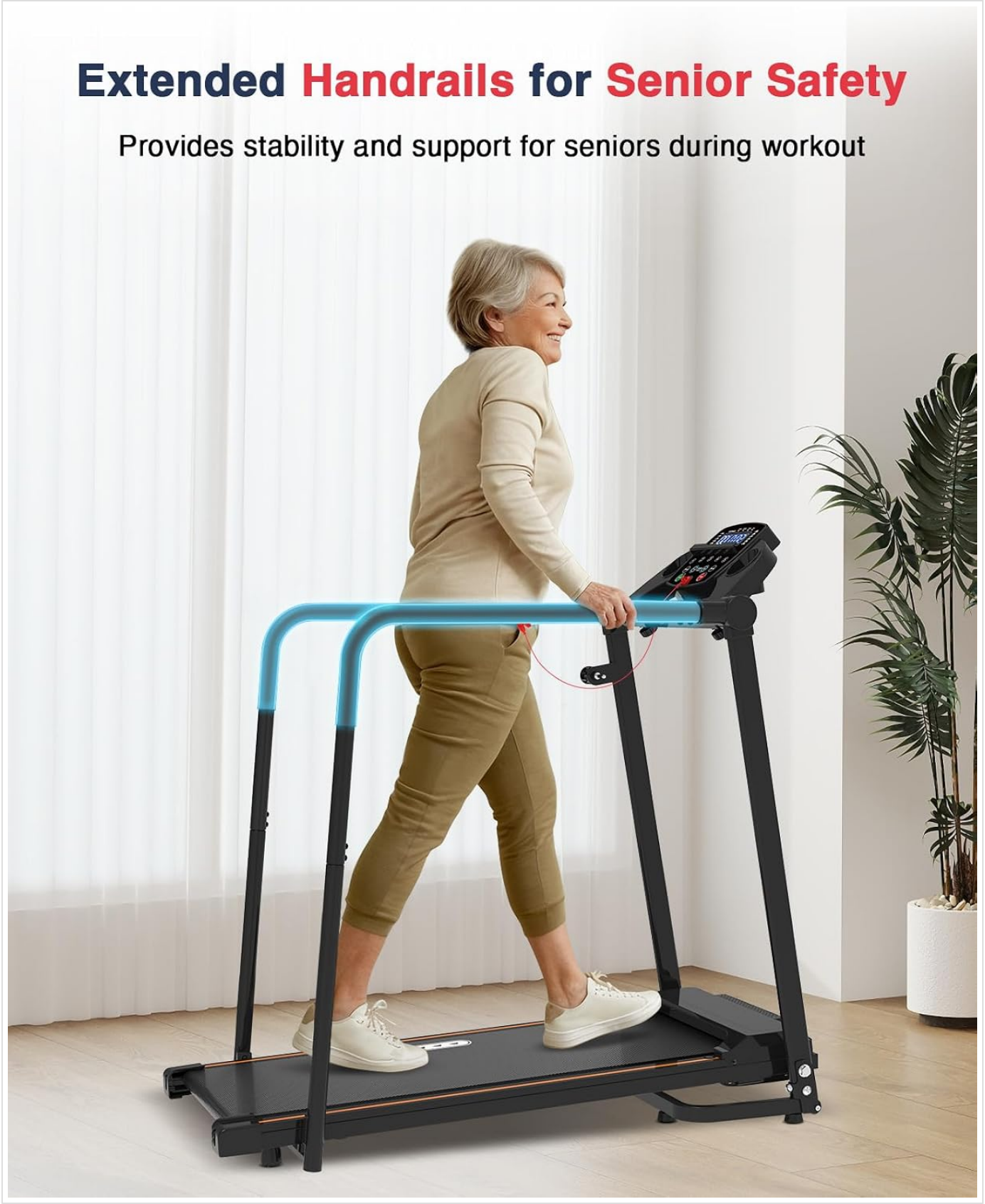
- Carefully remove all components from the packaging.
- Verify that all parts listed in the packing list are present. A tool kit is included.

Assembly Steps:

1. Place the main frame on a flat surface.
2. Attach the uprights and secure them with the provided hardware.
3. Install the extended handrails onto the uprights, ensuring they are firmly secured for stability.
4. Mount the console onto the uprights, connecting any necessary cables.
5. Ensure all bolts and screws are tightened before use.



The treadmill features a foldable design and integrated transport wheels for easy storage and movement.



The extended handrails provide additional stability and support, particularly beneficial for seniors.

3. Operating Instructions

Familiarize yourself with the control panel and functions before beginning your workout.

Powering On/Off:

- Plug the power cord into a grounded electrical outlet.
- Flip the main power switch located near the front of the treadmill to the 'ON' position.

- To turn off, flip the main power switch to 'OFF' and unplug the unit.

Safety Key:

- The treadmill will not operate without the safety key properly placed on the console.
- Attach the clip of the safety key to your clothing before starting your workout.
- Pulling the safety key off the console will immediately stop the treadmill.

Console Functions:



The LED display provides real-time data and the control panel offers easy access to functions.

- **START/STOP:** Press to start or stop the treadmill belt.
- **SPEED +/-:** Adjust the speed of the treadmill. Speed range is 0.5 to 8.5 km/h (0.5 to 5.5 mph).
- **PROGRAM (PROG):** Select from 12 pre-set workout programs.
- **MODE:** Cycle through different display modes (Time, Distance, Calories).
- The LED display shows Speed, Distance, Time, and Calories burned.



A convenient built-in cup holder helps you stay hydrated during your workout.

4. 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 damp cloth. Avoid abrasive cleaners.
- Periodically vacuum underneath the treadmill to prevent dust buildup.

Lubrication:

- This treadmill features automatic lubrication. Refer to the specific instructions in the included tool kit for details on checking and refilling the lubrication system if necessary.
- Proper lubrication is crucial for smooth belt operation and to prevent wear.

Belt Adjustment:

- If the walking belt feels loose or slips, it may need adjustment.
- Refer to the detailed instructions in the tool kit for adjusting belt tension and centering.

5. Troubleshooting

Here are solutions to common issues you might encounter with your treadmill.

Treadmill Does Not Start:

- Ensure the power cord is securely plugged into a working outlet.
- Check that the main power switch is in the 'ON' position.
- Verify that the safety key is correctly placed on the console.
- Check the circuit breaker in your home.

Walking Belt Slips or Hesitates:

- The walking belt may need tensioning. Refer to the 'Belt Adjustment' section in this manual or the tool kit instructions.
- Ensure the belt is properly lubricated.

Unusual Noises:

- Check for loose parts and tighten them.
- Ensure the treadmill is on a level surface.
- If the noise persists, contact customer support.

6. Specifications

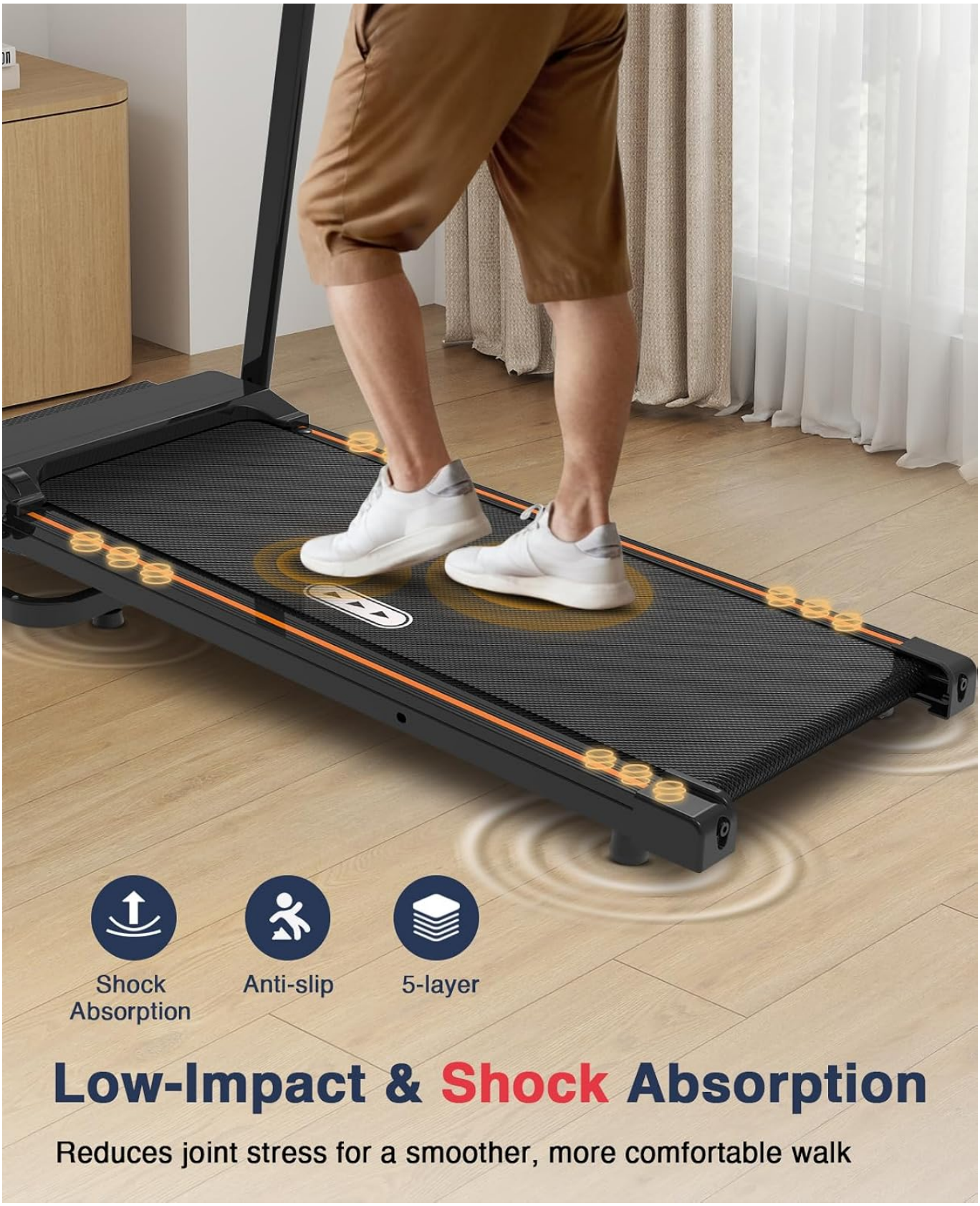
Technical details for the Redliro JK09F Walking Treadmill.

Feature	Detail
Model Number	JK09F
Brand	REDLIRO

Max User Weight	136 kg (300 lbs)
Motor Horsepower	2.25 HP
Speed Range	0.5 - 8.5 km/h (0.5 - 5.5 mph)
Running Surface	99.3 × 36.2 cm
Product Dimensions (L x W x H)	118.87 x 57.4 x 112.01 cm
Product Weight	26.58 kg (58.6 lbs)
Pre-set Programs	12
Display	LED (Speed, Distance, Time, Calories)
Material	Alloy Steel, ABS
Special Features	Automatic Lubrication, Lightweight, Foldable, Bottle Holder, Wheels



The treadmill is equipped with a powerful 2.25 HP motor, supporting users up to 136 kg.



The 5-layer shock-absorbing, anti-slip running belt reduces joint stress for a comfortable workout.

7. Warranty and Support

Your Redliro Walking Treadmill comes with a warranty to ensure your peace of mind.

Warranty Information:

- This product is covered by a 12-month warranty from the date of purchase.
- The warranty covers manufacturing defects and malfunctions under normal use.

- Please retain your proof of purchase for warranty claims.

Customer Support:

For any questions, technical assistance, or warranty claims, please contact Redliro customer support through the retailer where you purchased the product or visit the official Redliro website for contact information.

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