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› Wenoker Foldable Treadmill with Incline User Manual

Wenoker JF-H-39FA

Wenoker Foldable Treadmill with Incline User Manual

Model: JF-H-39FA

Brand: Wenoker

PRODUCT OVERVIEW

The Wenoker Foldable Treadmill with Incline is a versatile fitness machine designed for home and office use. It offers multiple exercise modes, including walking, jogging, and running, with adjustable speed and incline settings. Its compact, foldable design and quiet operation make it suitable for various living spaces.

Key features include a robust 2.5HP motor, a 5-layer running belt for shock absorption, and dual control options via console and remote. The integrated LED display provides real-time workout data such as time, speed, distance, and calories burned.



Figure 1: Wenoker Foldable Treadmill showcasing its dual functionality for running with handlebars and walking as an under-desk pad.

SAFETY INFORMATION

Please read all safety instructions carefully before operating the treadmill. Failure to follow these instructions may result in injury or damage to the product.

- Ensure the treadmill is placed on a flat, stable surface.
- Keep children and pets away from the treadmill during operation.
- The maximum user weight capacity for this treadmill is 300 lbs (approximately 136 kg). Do not exceed this limit.
- Always attach the safety key clip to your clothing before starting the treadmill. The safety key is designed to stop the treadmill immediately in case of an emergency.
- Wear appropriate athletic footwear during use.
- Do not operate the treadmill if it is damaged or malfunctioning.
- Consult a physician before starting any new exercise program.

SETUP AND ASSEMBLY

The Wenoker Treadmill features a no-installation design, meaning minimal assembly is required. It arrives largely pre-assembled.

1. **Unpacking:** Carefully remove the treadmill from its packaging. Retain packaging materials for future storage or transport.
2. **Placement:** Place the treadmill on a level, hard surface. Ensure there is adequate clear space around the treadmill for safe operation (at least 2 meters behind and 0.6 meters on each side).
3. **Unfolding Handlebar (for Running Mode):**
 - Locate the quick-release buckle or locking mechanism near the base of the handlebar.
 - Release the buckle and carefully raise the handlebar until it locks securely into the upright position.
 - Ensure the handlebar is fully locked before use.
4. **Folding Handlebar (for Walking Pad Mode):**
 - To convert to walking pad mode, ensure the treadmill is off and unplugged.
 - Release the quick-release buckle and gently lower the handlebar until it rests flat against the treadmill deck.
 - Secure the handlebar in the folded position if a locking mechanism is present.
5. **Power Connection:** Plug the power cord into a grounded electrical outlet.



Figure 2: Illustration of the treadmill's space-saving design, demonstrating how it folds for compact storage under furniture and can be easily moved using transport wheels.

OPERATING INSTRUCTIONS

The Wenoker Treadmill offers flexible control options and multiple exercise modes.

Control Options

The treadmill can be controlled via the integrated console or the remote control, depending on the handlebar position.

- **Console Control:** When the handlebars are raised (running mode), use the buttons on the console to adjust speed, start/stop, and select programs.
- **Remote Control:** When the handlebars are folded (walking pad mode), the remote control provides full functionality for speed adjustment, start/stop, and mode selection.



Figure 3: Detailed view of the treadmill's control panel on the handlebar and the handheld remote control, highlighting options for adjusting speed, time, distance, and calories.

Exercise Modes and Speed Ranges

The treadmill supports three primary modes based on your activity and handlebar position:

- **Walking Pad Mode (Handlebar Folded):** Speed range typically 3.2-6.4 KM/H (0.6-4 MPH). Ideal for light activity

while working or relaxing.

- **Jogging Mode (Handlebar Raised):** Speed range typically 1-4.8 KM/H (2-4 MPH). Suitable for a brisk walk or light jog.
- **Running Mode (Handlebar Raised):** Speed range typically 8-12 KM/H (5-7.5 MPH). For more intense cardio workouts.



Figure 4: Visual representation of the treadmill's three distinct modes: walking (under desk), jogging, and running, each with recommended speed ranges and user postures.

Incline Feature

The treadmill features 2 manual incline levels (2%-4%) to simulate uphill running, which can increase calorie burn. To adjust the incline, manually lift or lower the rear of the treadmill to the desired incline setting before starting your workout. Ensure the treadmill is stable after adjustment.

Walking Pad with Incline

Increase fat burning by **50%**



Figure 5: A user exercising on the treadmill with an incline, demonstrating how the incline feature can enhance calorie expenditure compared to a flat surface.

LED Display

The LED screen clearly displays your workout data:

- **Time:** Duration of your workout.
- **Speed:** Current speed in KM/H or MPH.
- **Distance:** Total distance covered.
- **Calories:** Estimated calories burned.



Figure 6: The treadmill in use, illustrating its quiet 2.5HP motor, multi-layer running belt for knee protection, and robust 300 lbs weight capacity.

MAINTENANCE

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

- **Cleaning:** Wipe down the treadmill surfaces with a damp cloth after each use. Avoid using abrasive cleaners or solvents.
- **Belt Lubrication:** The running belt requires periodic lubrication to reduce friction and extend its lifespan. Refer to the specific lubrication instructions provided with your treadmill or contact customer support for guidance. Typically, this is done every few months depending on usage.
- **Belt Tension and Alignment:** Check the running belt tension and alignment regularly. If the belt feels loose or is drifting to one side, adjust it according to the instructions in the full user manual or contact customer support.
- **Motor Area:** Keep the area around the motor clean and free of dust and debris to ensure proper ventilation.

TROUBLESHOOTING

If you encounter issues with your Wenoker Treadmill, refer to the following common troubleshooting tips:

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not securely plugged in; safety key not in place; circuit breaker tripped.	Ensure power cord is fully inserted. Check that the safety key is correctly positioned. Reset the circuit breaker if necessary.
Running belt slips or hesitates.	Belt too loose; insufficient lubrication.	Adjust belt tension (refer to full manual). Apply silicone lubricant under the belt.
Unusual noise during operation.	Loose components; motor issue; belt friction.	Check all bolts and screws for tightness. Lubricate the belt. If noise persists, contact customer support.
Display not working correctly.	Loose connection; battery issue (for remote); sensor problem.	Check all cable connections. Replace remote control batteries. If the issue continues, contact customer support.

For more detailed troubleshooting or issues not listed here, please refer to the comprehensive user manual or contact Wenoker customer support.

SPECIFICATIONS

Feature	Detail
Brand	Wenoker
Model Number	JF-H-39FA
Motor Horsepower	2.5 HP
Speed Range	1-12 KM/H (approx. 0.6-7.5 MPH)
Incline Levels	2 Manual Incline Levels (2%-4%)
Maximum User Weight	300 lbs (approx. 136 kg)
Noise Level	Below 50 dB
Running Belt Layers	5-layer
Display Type	LED
Displayed Metrics	Time, Speed, Distance, Calories Burned
Product Dimensions (L x W x H)	112 x 61 x 115 cm
Item Weight	19 kg
Material	Metal
Included Components	User Manual, Safety Key, Remote Control

WARRANTY AND SUPPORT

Wenoker products are manufactured to high-quality standards. For information regarding warranty coverage, please refer to the warranty card included with your product or visit the official Wenoker website.

If you require technical assistance, have questions about operation, or need to report a defect, please contact Wenoker customer support. Contact details can typically be found in the full user manual or on the product packaging.

For the most up-to-date support information, please visit the Wenoker brand store on Amazon or their official website:

Wenoker Amazon Store: [Visit Store](#)

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