

REDLIRO JK10F

REDLIRO Walking Treadmill Model JK10F User Manual

For Models: JK10F

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INTRODUCTION

This manual provides essential information for the safe and effective use of your REDLIRO Walking Treadmill Model JK10F. Please read all instructions carefully before assembly and operation. Keep this manual for future reference.



Image: The REDLIRO Walking Treadmill Model JK10F, featuring long handrails, being used by an elderly man for exercise.

SAFETY INSTRUCTIONS

To ensure safe operation and prevent injury, adhere to the following safety guidelines:

- Always place the treadmill on a flat, stable surface with at least 2 feet of clear space around it.
- Ensure the safety key is properly attached to both the console and your clothing before starting.
- Do not allow children or pets near the treadmill during operation.
- Consult a physician before starting any new exercise program.
- The maximum user weight capacity is 300 lbs. Do not exceed this limit.
- Always hold onto the handrails for balance, especially when starting or stopping the treadmill.
- Stop the treadmill immediately if you feel faint, dizzy, or experience pain.
- Unplug the treadmill from the power outlet when not in use or before cleaning/maintenance.

- Do not operate the treadmill if it has a damaged cord or plug, or if it is not working correctly.

Redliro

MISSION

By designing gentle, home-friendly recovery equipment, we support the everyday journey of healing and help people live better, one step at a time.

VISION

To make physical activity a natural and empowering part of daily life, not just for individuals in recovery but for anyone seeking strength, comfort, and confidence in their body.

Image: A visual comparison highlighting the enhanced support and stability provided by the long handrails of the REDLIRO treadmill compared to a treadmill with shorter handrails.

ASSEMBLY INSTRUCTIONS

Assembly requires two people. Please ensure all parts are present before beginning. Refer to the included user manual for detailed diagrams.

Included Components:



User Manual x1



Handrail Cover x2



Tool Kit



Safety Key x1



Locking Switch x1



Folding Lock Button x1



Image: A display of all components included in the package: the treadmill base, user manual, handrail covers, tool kit, safety key, locking switch, and folding lock button.

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out on a clean, flat surface. Verify all components listed in the manual are present.

2. **Attach Upright Posts:** Secure the upright posts to the treadmill base using the provided bolts. Ensure they are firmly tightened.
3. **Install Handrails:** Slide the long handrails onto the upright posts. Ensure they are properly aligned and secured.
4. **Mount Console:** Attach the console to the top of the upright posts. Connect any necessary cables from the console to the main unit.
5. **Secure Handrail Covers:** Place the handrail covers over the handrails as indicated in the manual.
6. **Final Checks:** Double-check all bolts and connections to ensure they are secure.

WHO DO WE CARE FOR MOST?

Redliro isn't just a fitness brand. We support people who want to move better, whether they're recovering from a challenge or simply staying active at home. Our products fit real lives, real spaces, and real bodies.

HOW DO WE SUPPORT YOUR JOURNEY?

We design with empathy and evolve through feedback. Every Redliro product is practical, safe, and effective — easy to use and adaptable to different needs. Guided by expert insight and rigorous testing, our equipment supports steady progress in both recovery and everyday movement.

WHAT KEEPS US GOING EVERY DAY?

Because we believe movement is a form of care for your body, independence, and peace of mind. Helping people move with confidence, even in small ways, is meaningful. We want you to live well, not just longer, feeling strong, supported, and healthy in your daily life.

Image: The treadmill shown in both its operational and folded states, demonstrating its space-saving design and removable handles for compact storage.

OPERATING INSTRUCTIONS

Getting Started:

1. **Power Connection:** Plug the power cord into a grounded electrical outlet.
2. **Safety Key:** Attach the safety key clip to your clothing and place the magnetic end onto the designated area on the console. The treadmill will not start without the safety key in place.
3. **Power On:** Press the "START" button on the console or the handrail. The display will illuminate.

Console Functions:

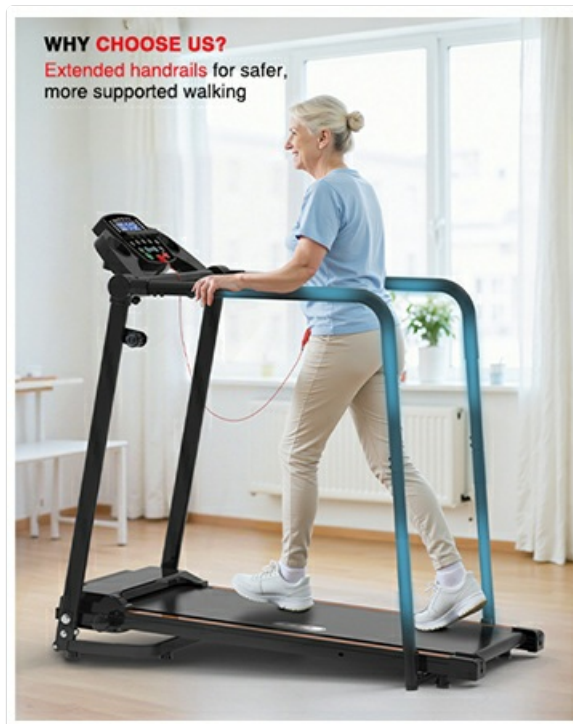


Image: A close-up of the treadmill's console, showing the LCD display and various control buttons for functions like speed, time, distance, calories, steps, heart rate, manual mode, and preset programs.

- **Display:** The LED display shows Time, Speed, Distance, Calories, and Heart Rate.
- **Speed Adjustment:** Use the "SPEED +" and "SPEED -" buttons on the console or handrails to adjust walking speed (0.5 - 5.5 MPH). Speed can be adjusted in 0.1 MPH increments.
- **Preset Programs:** Press the "MODE" button to cycle through 12 preset programs. Each program has varying speed profiles.
- **Manual Mode:** Select manual mode to control speed directly.
- **Heart Rate Monitor:** Grip the heart rate sensors on the handrails to display your pulse on the console.
- **Stop:** Press the "STOP" button on the console or handrail, or pull the safety key, to stop the treadmill.

Control Your Workout from **Control Panel** or **Handrails**



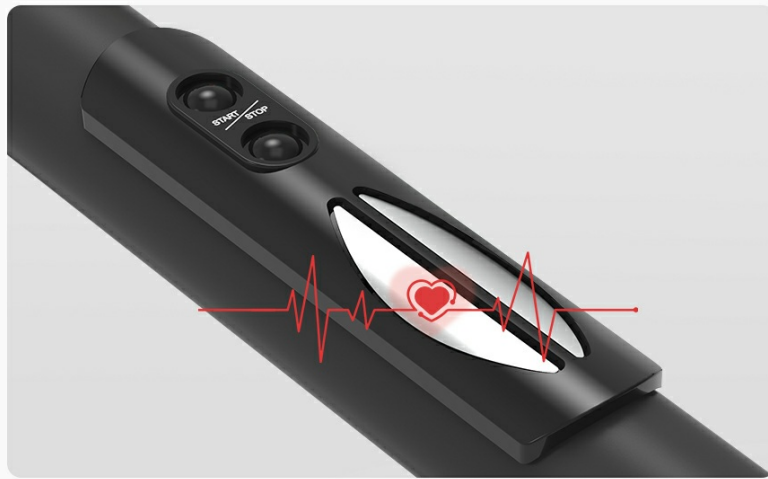
Speed
Control



Start/Stop
Control



Image: A user demonstrating control of the treadmill's speed and start/stop functions using both the main console and the integrated buttons on the handrails.



Handrail-Mounted Buttons with Heart Rate Sensors

Adjust your workout while staying stable



Convenient Control



Heart Rate Detection

Image: A detailed view of the handrail-mounted buttons, including controls for speed and start/stop, along with integrated heart rate sensors for convenient monitoring during exercise.

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 abrasive cleaners.
- **Belt Lubrication:** The running belt requires periodic lubrication. Refer to the specific instructions in your user manual for the correct type and frequency of lubrication.
- **Belt Tension and Alignment:** Check the running belt for proper tension and alignment regularly. Adjust as needed according to the manual's instructions to prevent slipping or uneven wear.
- **Storage:** When not in use, the treadmill can be folded for compact storage. Ensure it is unplugged before folding.



Image: A close-up of the treadmill's running surface, highlighting its diamond texture for enhanced traction and the durable 5-layer shock-absorbing shield designed for user safety and comfort.

TROUBLESHOOTING

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

| Problem | Possible Cause | Solution |
|----------------------------------|---|--|
| Treadmill does not start. | Power cord unplugged, safety key not in place, power switch off. | Ensure power cord is securely plugged in. Verify safety key is correctly positioned. Check if the main power switch is ON. |
| Running belt slips or hesitates. | Belt too loose, belt needs lubrication, user weight exceeds capacity. | Adjust belt tension according to manual. Lubricate the belt. Ensure user weight is within the 300 lbs limit. |
| Unusual noise during operation. | Loose components, motor issue, belt friction. | Check all assembly bolts for tightness. Lubricate the belt. If noise persists, contact customer support. |
| Display not working correctly. | Loose cable connection, power issue. | Check console cable connections. Ensure stable power supply. |

PRODUCT SPECIFICATIONS

| Feature | Detail |
|---------------------------------------|--|
| Brand | REDLIRO |
| Model Name | JK10F |
| Motor Horsepower | 2.25 HP |
| Speed Range | 0.5 - 5.5 MPH |
| Maximum Weight Capacity | 300 Pounds |
| Product Dimensions (LxWxH) | 48.4"D x 25.2"W x 46.4"H |
| Folded Size | 51.5" x 27.5" x 8.8" |
| Running Surface (Deck Length x Width) | 39.4" x 15.39" |
| Item Weight | 61.8 Pounds |
| Material | Acrylonitrile Butadiene Styrene (ABS), Alloy Steel, Aluminum |

| Feature | Detail |
|------------------|--|
| Display Type | LED |
| Special Features | Foldable, Heart Rate Monitor, Portable, Shock Absorbent, Wheeled, Long Handrails |



Image: An illustration detailing the key dimensions of the REDLIRO Walking Treadmill, including length, width, height, and its 300 lbs weight capacity.



Image: A cutaway view of the treadmill's internal motor, highlighting its 2.25 HP power, 0.5-5.5 mph speed range, and quiet operation ($\leq 45\text{dB}$).







WARRANTY & SUPPORT

The REDLIRO Walking Treadmill Model JK10F comes with a **1-Year Manufacturer Warranty**. This warranty covers defects in materials and workmanship under normal use.

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

Please have your model number (JK10F) and purchase date available when contacting support.

Related Documents - JK10F

| | |
|---|--|
|  <p>Redliro TREADMILL MODEL: SL-Q20</p> <p>PRODUCT USER GUIDE</p> | <p>Redliro SL-Q20 Treadmill User Guide - Operation, Maintenance, and Safety</p> <p>Comprehensive user guide for the Redliro SL-Q20 Treadmill. Includes detailed instructions on setup, operation, safety precautions, product specifications, maintenance, troubleshooting, workout tips, and warranty information.</p> |
|  <p>Redliro TREADMILL MODEL: JK04W</p> <p>PRODUCT USER GUIDE</p> | <p>Redliro JK04W Treadmill User Guide: Operation, Maintenance, and Safety</p> <p>This comprehensive user guide provides detailed instructions for the Redliro JK04W treadmill, covering safety precautions, product specifications, operating modes, maintenance procedures, troubleshooting tips, and warranty information.</p> |
|  <p>Redliro TREADMILL MODEL: JK1608P</p> <p>PRODUCT USER GUIDE</p> | <p>Redliro JK1608P Treadmill User Guide</p> <p>Comprehensive user guide for the Redliro JK1608P treadmill, covering safety information, product specifications, setup, operation, maintenance, troubleshooting, and warranty.</p> |
|  <p>TREADMILL Modell von Laufbändern: JK1608L-T</p> <p>Benutzerhandbuch des Produkts</p> | <p>Redliro JK1608L-T Treadmill User Manual</p> <p>Comprehensive user manual for the Redliro JK1608L-T treadmill, covering safety instructions, product parameters, assembly, operation, maintenance, and troubleshooting.</p> |
|  <p>Redliro REDLIRO TREADMILL MODEL: JK105C-1</p> | <p>Redliro JK105C-1 Treadmill Product Use Guide</p> <p>This guide provides instructions for setting up, using, and maintaining the Redliro JK105C-1 Treadmill. It includes safety precautions, console operation, belt adjustment, and troubleshooting.</p> |
|  <p>Redliro TREADMILL MODEL: SL-Q20</p> <p>PRODUCT USER GUIDE</p> | <p>Redliro SL-Q20 Treadmill User Guide - Operation, Maintenance, and Safety</p> <p>Comprehensive user guide for the Redliro SL-Q20 Treadmill. Includes detailed instructions on setup, operation, safety precautions, product specifications, maintenance, troubleshooting, workout tips, and warranty information.</p> |

