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Yuejiqi 3220

Yuejiqi 3220 Foldable Treadmill User Manual

Model: 3220

1. IMPORTANT SAFETY INFORMATION

Please read this entire manual carefully before assembling and operating the Yuejiqi 3220 Foldable Treadmill. Keep this manual for future reference.

- Always ensure the safety key is properly engaged before starting the treadmill.
- Do not allow children or pets near the treadmill during operation.
- Always stand on the side rails before starting or stopping the treadmill belt.
- Ensure the treadmill is placed on a flat, stable surface.
- This equipment must be properly earthed. Do not use a socket without an earth connection.
- Keep hands clear of moving parts, especially when folding or unfolding the treadmill.

2. PRODUCT OVERVIEW

The Yuejiqi 3220 Foldable Treadmill is designed for home use, offering a compact and efficient way to perform running, walking, and jogging exercises. It features a powerful brushless motor, manual incline adjustment, and smart connectivity.

One-Button Folding Design

Assemble in seconds with no tools required—simply lift the handlebar, lock it into place, and start running.



Figure 2.1: Overview of the Yuejiqi 3220 Foldable Treadmill.

3. SETUP AND ASSEMBLY

The Yuejiqi 3220 Treadmill comes mostly pre-assembled. Follow these steps to complete the setup:

1. **Unpacking:** Carefully open the packaging and remove all components. It is recommended to have two people for lifting the treadmill out of the box.

Video 3.1: Detailed installation guide for the 3220 treadmill.

2. **Remove Foams:** Locate and remove any protective foam pieces from the treadmill base.
3. **Lift Columns and Console:** Gently lift the console and the support columns into their upright position.
4. **Secure Columns:** Tighten the knobs at the base of the columns to secure them firmly in place.
5. **Install Phone Holder:** Attach the phone holder to the designated slot on the console.
6. **Secure Console:** Use the provided M8*18 screws and Allen wrench to secure the console to the support columns.
7. **Install Side Covers:** Attach the decorative side covers to the base of the columns.
8. **Install Safety Lock:** Place the red safety lock onto the yellow magnetic area on the console.



Figure 3.1: Illustration of the one-button folding design, showing the handlebar being lifted and locked into place.



Figure 3.2: All components included in the package for assembly.

4. OPERATING INSTRUCTIONS

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

1. **Power On:** Plug the treadmill into a grounded outlet and flip the power switch located at the front base of the treadmill to the 'ON' position. The console display will illuminate.
2. **Attach Safety Key:** Clip the safety key to your clothing and place the magnetic end onto the designated area on the console. The treadmill will not operate without the safety key in place.
3. **Start Treadmill:** Press the 'START/PAUSE' button on the console or the 'START' button on the left handrail. The belt will begin to move at a low speed after a 3-second countdown.
4. **Adjust Speed:** Use the 'SPEED+' and 'SPEED-' buttons on the console or the right handrail to increase or decrease the belt speed. Quick speed buttons (2/4/6 MPH) are also available on the console.
5. **Select Program:** Press the 'PROG' button to cycle through the 12 preset workout programs (P01-P12). Press 'MODE' to select different display modes (Time, Distance, Calories).
6. **Monitor Pulse:** Grip the metal sheets on both sides of the handrail to measure your heart rate. The pulse reading will appear on the display.
7. **Adjust Incline:** The treadmill features dual-level manual incline adjustment (up to 10%). To adjust, stop the treadmill, lift the front of the running deck, and secure it at the desired incline level.

8. **Stop Treadmill:** Press the 'STOP' button on the console or the left handrail to gradually bring the treadmill to a halt. Alternatively, pulling the safety key will immediately stop the treadmill.



Figure 4.1: The control console displaying time, distance, calories, pulse, and speed, with quick access buttons.

Video 4.1: Demonstration of the 3220 treadmill in use, showing basic operation.

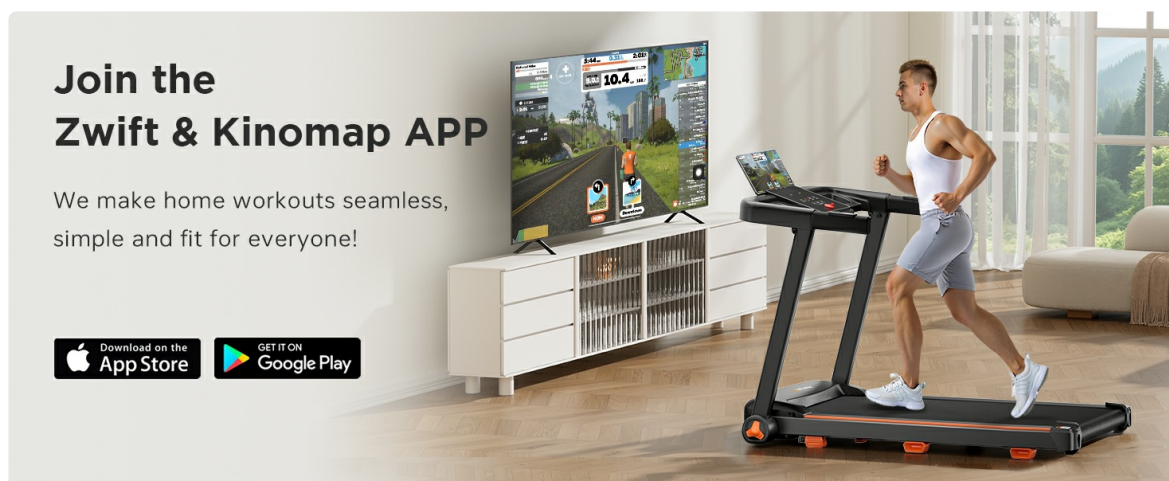


Figure 4.2: The treadmill's Bluetooth connectivity feature for syncing with fitness apps.

5. MAINTENANCE

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

- **Cleaning:** Wipe down the treadmill with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners.
- **Belt Lubrication:** Lubricate the running belt according to the schedule below to reduce friction and wear. Use only the provided lubricant or a silicone-based treadmill lubricant.

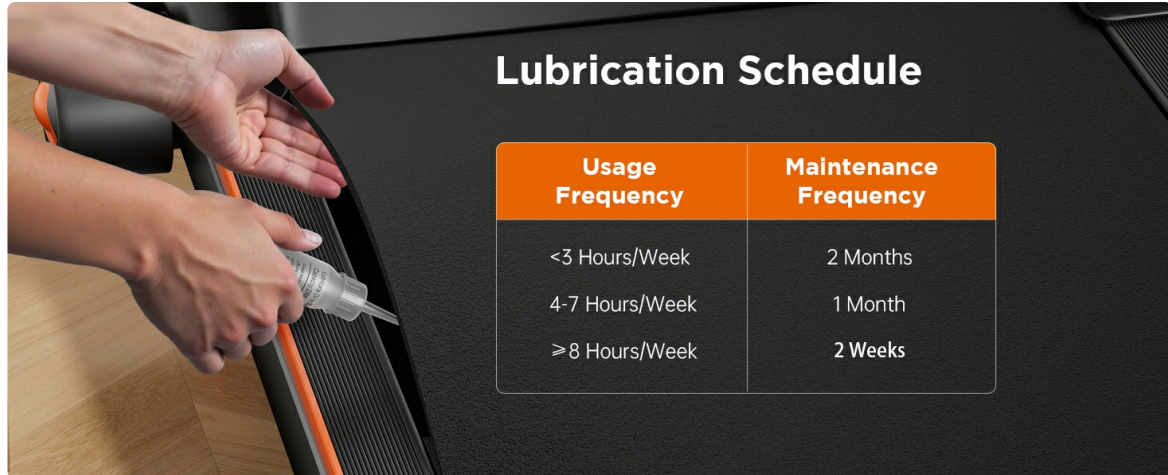


Figure 5.1: Recommended lubrication schedule based on usage frequency.

Treadmill Lubrication Schedule

| Usage Frequency | Maintenance Frequency |
|-----------------|-----------------------|
| <3 Hours/Week | Every 2 Months |
| 4-7 Hours/Week | Every 1 Month |
| ≥8 Hours/Week | Every 2 Weeks |

- **Belt Adjustment:** Periodically check the running belt for proper tension and alignment. Adjust as needed using the provided tools.
- **Storage:** When not in use, the treadmill can be folded for compact storage.

Video 5.1: Demonstration of the 3220/3220S treadmill folding mechanism.

6. TROUBLESHOOTING

If you encounter any issues with your treadmill, please refer to the following common troubleshooting tips. For problems not listed here, contact customer support.

- **Treadmill not starting:** Ensure the power cord is securely plugged in, the power switch is on, and the safety key is correctly placed on the console.
- **Belt slipping:** The running belt may need tension adjustment. Refer to the maintenance section for instructions.
- **Unusual noises:** Check for loose parts or objects under the belt. Lubricate the belt if necessary. If the noise persists, contact customer support.
- **Inaccurate pulse reading:** Ensure your hands are firmly gripping both metal sensors on the handrails. Dry hands or excessive movement can affect accuracy.

7. SPECIFICATIONS

| Feature | Detail |
|--------------------------------|--|
| Brand | Yuejiqi |
| Model Name | 3220 |
| Motor | 3.0 HP Brushless Motor |
| Maximum Speed | 8.5 Miles per Hour |
| Minimum Speed | 0.5 Miles per Hour |
| Maximum Incline Percentage | 10% (Manual) |
| Running Surface (L x W) | 42" x 16" |
| Maximum Weight Recommendation | 300 Pounds |
| Item Weight | 55 Pounds |
| Product Dimensions (D x W x H) | 52.4"D x 24.4"W x 40.7"H |
| Folded Size | 49.2" x 23.2" x 5.1" |
| Material | Alloy Steel |
| Display Type | LED |
| Connectivity Technology | Bluetooth |
| Metrics Measured | Calories Burned, Distance, Heart Rate, Speed, Time |

8. WHAT'S IN THE BOX

- User Manual
- Safety Key
- Lubricant
- Tool Kit
- Pad Holder
- Side Cover
- Wrench 6mm
- Wrench 5mm
- Screw M8*18 (x2)

9. WARRANTY AND SUPPORT

Your Yuejiqi 3220 Foldable Treadmill comes with a **1 Year Manufacturer Warranty**.

For customer service and support, please contact our customer service department. Include your order ID for the best service.

Email: amazon@yuejiqi.com

Response Time: Within 1-2 Business Days