REDLIRO JK09F

Redliro Walking Treadmill with Long Handrails (Model JK09F) User Manual

Comprehensive instructions for assembly, operation, and maintenance.

1. IMPORTANT SAFETY INFORMATION

Please read this entire manual carefully before assembling or operating your Redliro Walking Treadmill. Retain this manual for future reference. Failure to follow these instructions could result in injury or damage to the product.

- **Maximum User Weight:** This treadmill is designed to support a maximum user weight of **300 lbs (136 kg)**. Do not exceed this limit.

- **Placement:** Place the treadmill on a flat, stable surface. Ensure adequate clear space (at least 6 feet behind and 2 feet on each side) around the treadmill for safe operation.

- **Power Source:** Connect the treadmill only to a properly grounded outlet. Do not use extension cords or adapters.

- **Safety Key:** Always attach the safety key clip to your clothing before starting your workout. In case of an emergency or if you lose balance, pulling the safety key will immediately stop the treadmill.

- **Handrails:** Utilize the extended handrails for stability and balance, especially when starting, stopping, or adjusting speed.

- **Children and Pets:** Keep children and pets away from the treadmill during operation.

- **Medical Conditions:** Consult a physician before starting any new exercise program, especially if you have pre-existing medical conditions.

Extended Handrails for Senior Safety

Provides stability and support for seniors during workout

Image 1.1: The extended handrails provide enhanced stability and support, particularly beneficial for seniors or individuals in recovery.

2. PRODUCT OVERVIEW AND COMPONENTS

The Redliro Walking Treadmill (Model JK09F) is designed for home use, offering a low-impact cardio workout with enhanced safety features. It includes a powerful motor, an intuitive LED display, and a foldable design for convenient storage.

Included Components:

- Redliro Walking Treadmill Unit
- Power Cord
- Safety Key
- Tool Kit (for assembly)
- User Manual (this document)
- Lubrication Oil Bottle

Image 2.1: The Redliro Walking Treadmill in use and its compact folded state, demonstrating its space-saving design.

3. Setup and Assembly

Assembly of the Redliro Walking Treadmill is required. Please follow the steps below carefully. It is recommended to have a second person assist with assembly.

3.1 Unpacking

1. Carefully remove all components from the packaging.

2. Place all parts on a clear, flat surface.

3. Verify that all included components are present using the packing list.

3.2 Assembly Steps

Refer to the included tool kit for necessary wrenches and screws. The assembly process involves securing a few bolts for the handrails and console.

1. Attach the main console to the upright supports using the provided bolts.

2. Secure the extended handrails to the main frame. Ensure all bolts are tightened securely.

3. Connect any necessary electrical cables as indicated in the detailed assembly diagram (refer to the separate assembly guide if provided).

4. Once assembled, ensure the treadmill is stable and all connections are firm.

3.3 Folding and Moving

The treadmill features a foldable design and built-in transport wheels for easy storage and relocation.

- To fold: Ensure the treadmill is off and unplugged. Lift the running deck until it locks into the upright position.

- To move: Tilt the folded treadmill onto its transport wheels and carefully roll it to the desired location.

- To unfold: Gently release the locking mechanism and lower the running deck until it rests flat on the floor.

Compact & Portable Folding Treadmill with Wheel

Image 3.1: Visual guide for folding and moving the treadmill using its integrated wheels for compact storage.

4. OPERATING INSTRUCTIONS

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

4.1 Control Panel Overview

The treadmill is equipped with a user-friendly LED display and controls on the console, as well as a remote control for convenience.

Real-Time Data
Display & Easy Controls

Image 4.1: The multifunctional LED display provides real-time workout data and easy access to controls.

- **LED Display:** Shows Time, Speed, Distance, and Calories burned.
- **Start/Stop Buttons:** Initiate and end your workout.
- **Speed +/- Buttons:** Adjust the treadmill speed in 0.1 mph increments. The speed range is 0.5 mph to 5.5 mph.
- **Program (PROG) Button:** Select from 12 preset workout programs.
- **Mode Button:** Switch between 3 control modes.
- **Safety Key Slot:** Insert the safety key here to enable treadmill operation.

4.2 Starting a Workout

1. Ensure the treadmill is plugged into a grounded power outlet.
2. Attach the safety key clip to your clothing and insert the safety key into its designated slot on the console.
3. Step onto the treadmill belt, holding onto the handrails for support.
4. Press the 'Start' button. The treadmill will begin at a low speed (e.g., 0.5 mph).
5. Use the 'Speed +' or 'Speed -' buttons to adjust to your desired walking speed.

4.3 Using Preset Programs

The treadmill offers 12 preset programs (P1-P12) designed for various fitness levels and goals.

1. Before starting the treadmill, press the 'PROG' button repeatedly to cycle through the available programs.
2. Once you have selected a program, press 'Start' to begin. The treadmill will automatically adjust speed according to the program's profile.

4.4 Ending a Workout

1. To gradually stop the treadmill, press the 'Stop' button. The belt will slowly decelerate until it comes to a complete stop.
2. In an emergency, pull the safety key from its slot. The treadmill will stop immediately.
3. Once the belt has stopped, carefully step off the treadmill.

4.5 Additional Features

- **Cup Holder:** A convenient cup holder is integrated into the console to keep you hydrated during your workout.
- **Phone Holder:** A dedicated slot allows you to place your phone for entertainment or tracking.

Low-Impact & Shock Absorption

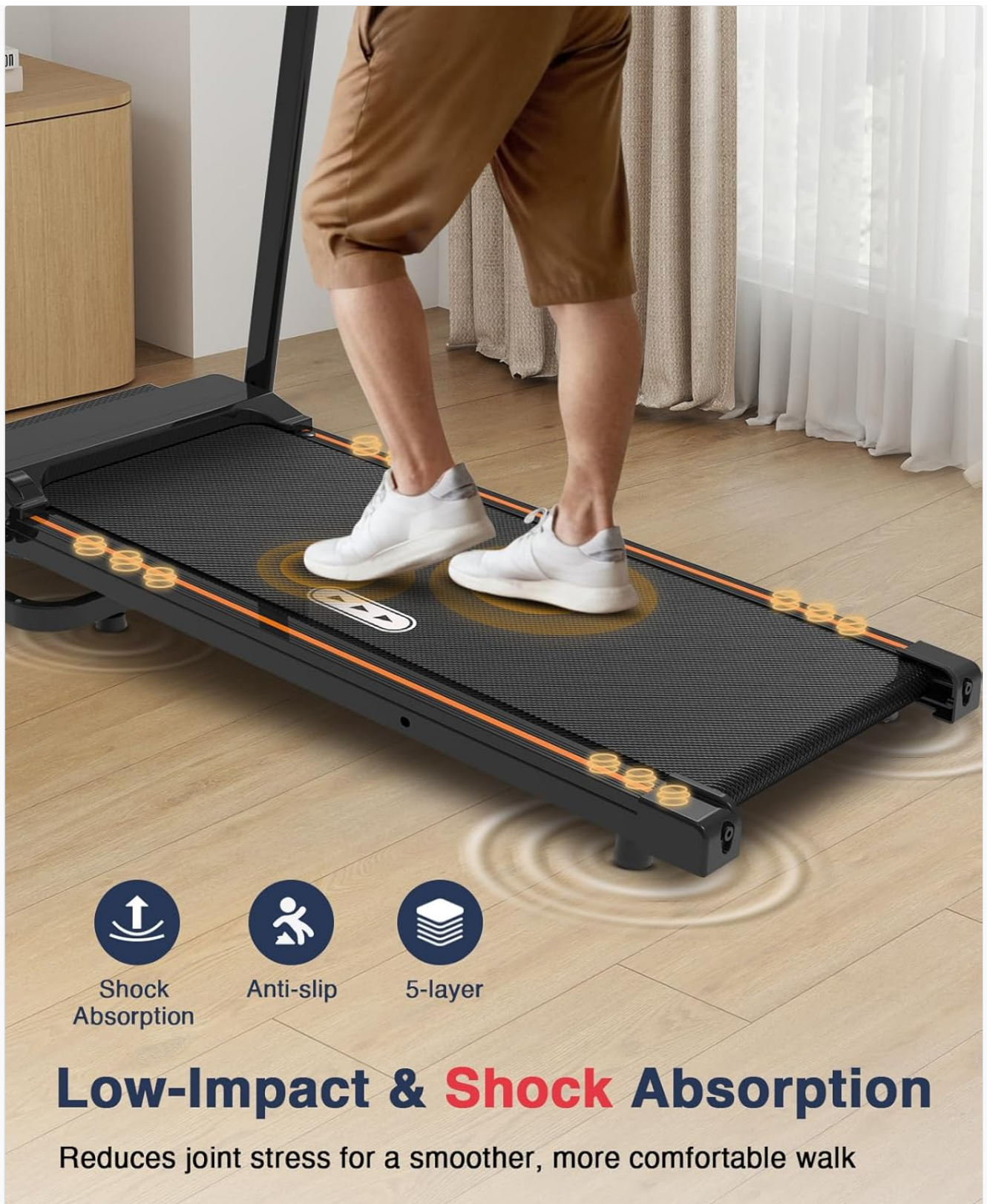Reduces joint stress for a smoother, more comfortable walk

Image 4.2: The integrated cup holder provides easy access to hydration during exercise.

5. MAINTENANCE

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

5.1 Cleaning

- Wipe down the treadmill surfaces with a damp cloth after each use to remove sweat and dust.

- Do not use abrasive cleaners or solvents, as these can damage the finish.

5.2 Lubrication

The treadmill features an auto-lubrication system. Periodically, you will need to add lubrication oil to the designated port.

Image 5.1: The convenient oil refilling port simplifies the lubrication process.

- **Frequency:** Lubricate the running belt every 100 miles of use, or according to the following schedule:

  - Less than 3 hours/week: Every 2 months

  - 4-7 hours/week: Every 1 month

  - 8 hours/week or more: Every 2 weeks

- **Procedure:** Apply a small amount of the provided silicone oil into the lubrication port. Run the treadmill at a low speed for a few minutes to distribute the oil evenly.

5.3 Belt Adjustment and Tension

If the running belt feels loose or is drifting to one side, it may require adjustment. Refer to the detailed instructions in the separate assembly guide or contact customer support for assistance.

6. TROUBLESHOOTING

If you encounter any issues with your Redliro Walking Treadmill, please refer to the following common troubleshooting tips. If the problem persists, contact customer support.

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not properly connected; Safety key not inserted; Circuit breaker tripped.	Ensure power cord is securely plugged in. Insert safety key fully. Check household circuit breaker.
Running belt stops unexpectedly.	Safety key dislodged; Overload.	Re-insert safety key. Ensure user weight does not exceed 300 lbs.
Unusual noise during operation.	Lack of lubrication; Loose components; Belt misalignment.	Lubricate the running belt. Check and tighten any loose bolts. Refer to manual for belt adjustment or contact support.
Display not functioning correctly.	Loose cable connection; Console malfunction.	Check all cable connections to the console. If problem persists, contact customer support.

7. SPECIFICATIONS

Detailed technical specifications for the Redliro Walking Treadmill (Model JK09F).

Feature	Specification
Brand	REDLIRO
Model Name	JK09F
Product Dimensions (Unfolded)	46.8"D x 22.6"W x 44.1"H (118.9 cm D x 57.4 cm W x 112 cm H)
Folded Size	51.6" x 26.4" x 8.6" (131 cm x 67 cm x 21.8 cm)
Item Weight	25.67 Kilograms (56.6 lbs)
Maximum Weight Recommendation	300 Pounds (136 kg)
Material	Aluminum, Acrylonitrile Butadiene Styrene (ABS), Alloy Steel

Feature	Specification
Maximum Speed	5.5 Miles per Hour (8.8 km/h)
Minimum Speed	0.5 Miles per Hour (0.8 km/h)
Maximum Horsepower	2.25 Horsepower
Deck Length	39.3 Inches (99.8 cm)
Deck Width	14.78 Inches (37.5 cm)
Display Type	LED
Power Source	Corded Electric
Special Features	Auto Lubrication, Foldable, Lightweight, Water Bottle Holder, Wheeled
Metrics Measured	Calories Burned, Distance, Speed, Time

8. WARRANTY AND SUPPORT

8.1 Manufacturer's Warranty

The Redliro Walking Treadmill (Model JK09F) comes with a **1-Year Manufacturer's Warranty** from the date of purchase. This warranty covers defects in materials and workmanship under normal use. Please retain your proof of purchase for warranty claims.

The warranty does not cover damage caused by improper assembly, misuse, neglect, accidents, unauthorized repairs, or normal wear and tear.
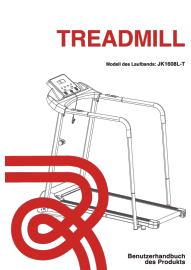
8.2 Customer Support

For any questions, technical assistance, or warranty claims, please contact Redliro Customer Support. We are committed to providing worry-free after-sales service and instant 24/7 support.

Please have your model name (JK09F) and purchase date ready when contacting support to expedite assistance.

Contact information can typically be found on the Redliro official website or through your purchase platform.

Related Documents - JK09F

[Redliro SL-Q20 Treadmill User Guide - Operation, Maintenance, and Safety](#)
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.

[Redliro JK04W Treadmill User Guide: Operation, Maintenance, and Safety](#)
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.

[Redliro JK1608L-T Treadmill User Manual](#)
Comprehensive user manual for the Redliro JK1608L-T treadmill, covering safety instructions, product parameters, assembly, operation, maintenance, and troubleshooting.

[Redliro JK105C-1 Treadmill Product Use Guide](#)
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.

Documents - REDLIRO – JK09F

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