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Yuejiqi 3220S

Yuejiqi 3220S Treadmill User Manual

Model: 3220S

1. INTRODUCTION

Thank you for choosing the Yuejiqi 3220S Treadmill. This manual provides essential information for the safe and efficient operation, assembly, and maintenance of your new fitness equipment. Please read this manual thoroughly before use and retain it for future reference.



The Yuejiqi 3220S Treadmill in use, demonstrating its auto-incline capability for varied workout intensity.

2. SAFETY INFORMATION

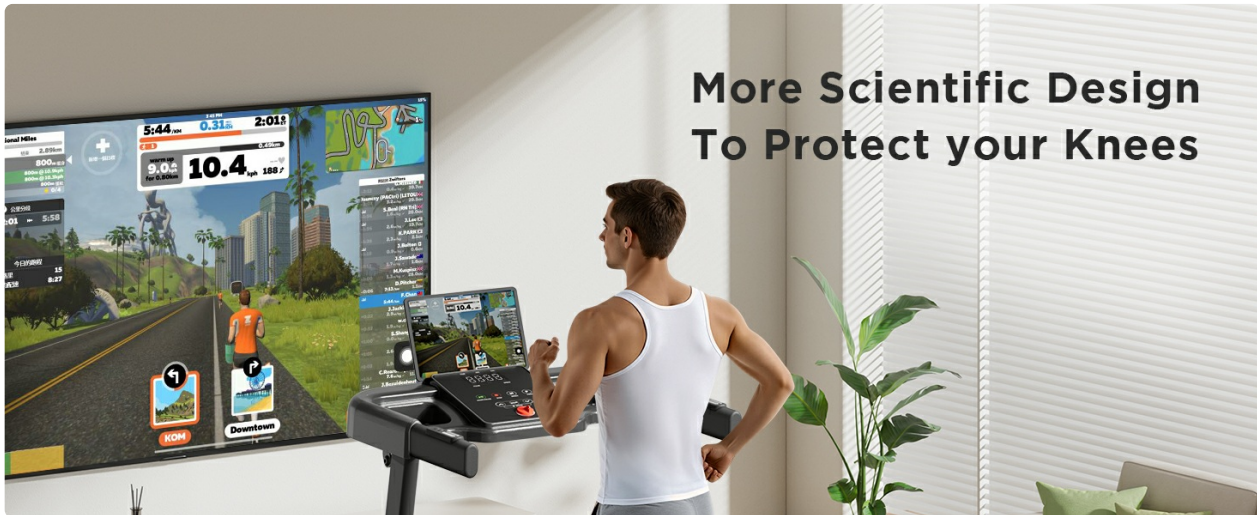
Your safety is paramount. Please observe the following precautions:

- Always attach the safety key clip to your clothing before starting the treadmill. In case of an emergency, pulling the safety key will immediately stop the machine.
- Ensure the treadmill is placed on a flat, stable surface with adequate clearance around it.
- Do not exceed the maximum weight recommendation of 300 pounds.
- Keep children and pets away from the treadmill during operation.
- Consult a physician before beginning any exercise program.
- Wear appropriate athletic footwear during use.
- Do not operate the treadmill if it is damaged or malfunctioning.

3. PACKAGE CONTENTS

Upon unpacking, verify that all components are present:

- Pad Holder x 1
- User Manual x 1
- Side Cover x 2
- Safety Key x 1
- Lubricating Oil x 1
- Tool Kit x 1
- Wrench 6mm x 1
- Wrench 5mm x 1
- Screw M8*18 x 2



An overview of all items included in the treadmill package, such as the pad holder, user manual, safety key, and tools.

4. SETUP AND ASSEMBLY

The Yuejiqi 3220S Treadmill is designed for quick and easy assembly. Follow these steps:

1. Carefully remove the treadmill and all accessories from the packaging.
2. Remove any protective foams or packaging materials from the treadmill.
3. Lift the console and columns into the upright position.
4. Tighten the knobs at the base of the columns to secure them.
5. Use the provided M8*18 screws and wrench to secure the console to the columns.
6. Install the left and right side covers at the base of the columns.
7. Attach the phone/tablet holder to the console.
8. Plug the power cord into a grounded outlet.
9. Insert the safety key into its designated slot on the console.

For a visual guide, please refer to the installation video:

Your browser does not support the video tag.

Video: Step-by-step installation guide for the Yuejiqi 3220S Treadmill.

One-Button Folding Design

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

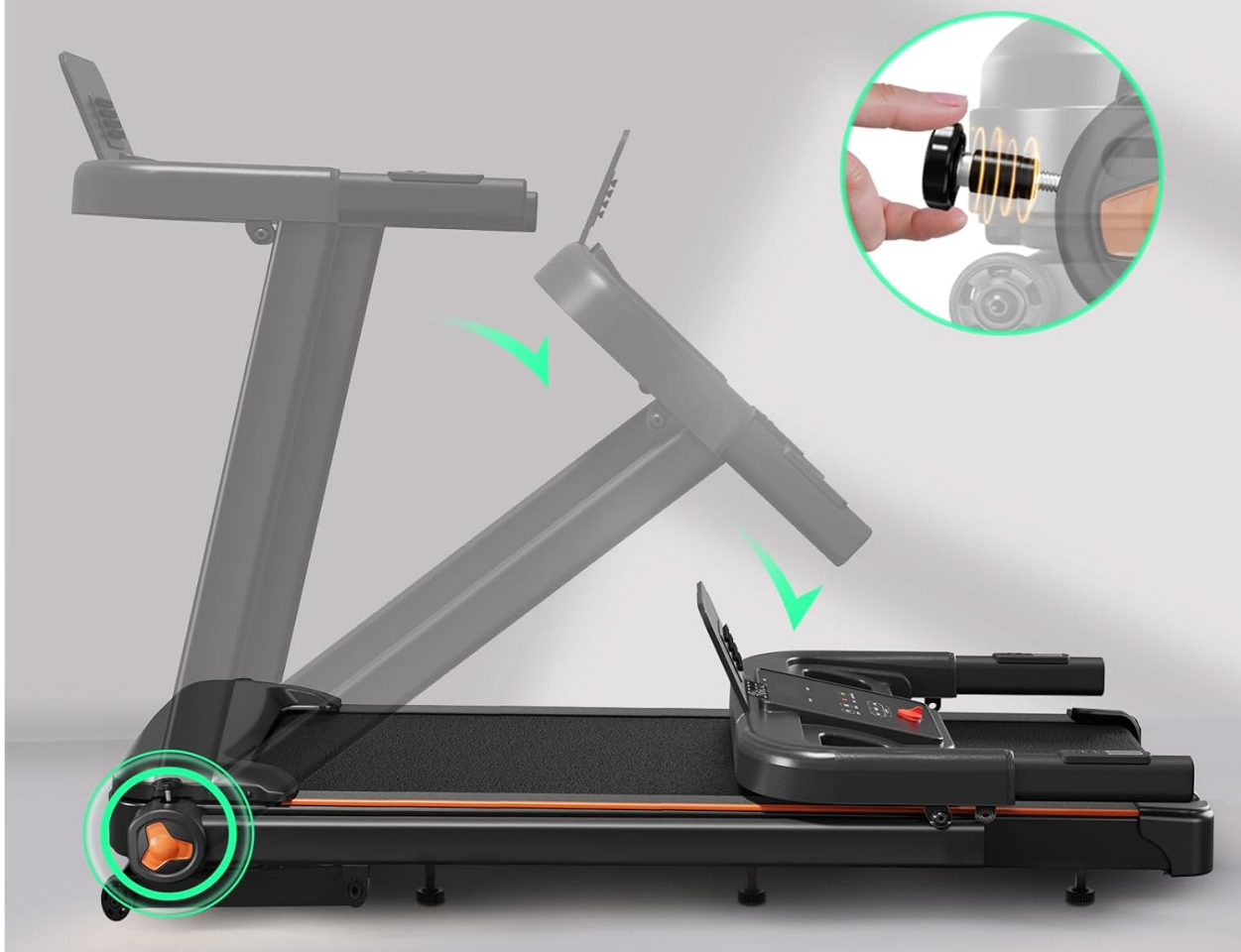


Illustration of the treadmill's easy one-button folding design for convenient storage.

5. OPERATING INSTRUCTIONS

5.1 Basic Operation

- **Start/Pause:** Press the green START/PAUSE button to begin or temporarily stop your workout.
- **Stop:** Press the red STOP button to end your workout.
- **Speed Adjustment:** Use the SPEED +/- buttons on the console or the handles to adjust the running speed (0.5 to 8.5 MPH). Quick speed buttons (2/4/6) are also available on the console.
- **Incline Adjustment:** Use the INCLINE +/- buttons on the console or the handles to adjust the incline (0-15%). Quick incline buttons (3/6/9) are also available on the console.

5.2 Console Features

The LED display tracks your workout metrics:

- **Time:** Duration of your workout.
- **Distance:** Total distance covered.
- **Calories:** Estimated calories burned.

- **Heart Rate:** Measured via integrated sensors in the handrails.
- **Incline:** Current incline level.
- **Speed:** Current running speed.

The console also features 12 preset programs (PROG button) for varied intensity workouts and a MODE button to cycle through different display modes.



The treadmill's multi-functional console with LED display for tracking metrics and quick buttons for speed and incline adjustments.

5.3 App Connectivity

Enhance your workout experience by connecting your treadmill to compatible fitness applications via Bluetooth. This allows for real-time performance tracking, interactive training, and access to immersive scenic routes and pro-designed workout programs.



Connected Fitness

Connect your treadmill to smart devices via Bluetooth and access the Free Zwift & Kinomap App to explore over 1,000 workouts and 10,000 scenic routes.



The treadmill's Bluetooth connectivity feature, allowing integration with popular fitness applications for enhanced workouts.

For a visual guide on using the treadmill, please refer to the video:

Your browser does not support the video tag.

Video: Demonstration of the Yuejiqi 3220S Treadmill's features and operation.

6. MAINTENANCE

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

6.1 Lubrication Schedule

Lubricate the running belt according to the following schedule:

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



A table detailing the recommended lubrication schedule for the treadmill based on weekly usage hours.

6.2 General Cleaning

Wipe down the treadmill after each use with a damp cloth to remove sweat and dust. Avoid using abrasive cleaners.

7. TROUBLESHOOTING

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

- **Treadmill does not start:** Ensure the power cord is securely plugged in and the safety key is correctly inserted into the console. Check the power switch on the machine's base.
- **Belt slipping:** The running belt may need adjustment or lubrication. Refer to the maintenance section for lubrication instructions. If slipping persists, the belt tension may need adjustment (consult the full user manual for detailed steps or contact support).
- **Unusual noises:** Check for loose parts or foreign objects under the belt. Lubricate the belt if necessary. If the noise persists, discontinue use and contact customer support.
- **Error Codes:** If an error code appears on the display (e.g., E08), consult the comprehensive user manual for specific code meanings and troubleshooting steps.

For further assistance, please contact customer support.

8. SPECIFICATIONS

Feature	Specification
Brand	Yuejiqi
Model Name	3220S
Motor	3.5 HP Brushless Motor
Maximum Speed	8.5 Miles per Hour
Minimum Speed	0.5 Miles per Hour
Maximum Incline Percentage	15%
Running Surface (Deck Length x Width)	42" x 16"
Maximum Weight Recommendation	300 Pounds
Product Dimensions (LxWxH)	52.4"D x 24.4"W x 41.5"H
Folded Size	49.2" x 23.2" x 5.9"
Item Weight	68 Pounds
Material	Alloy Steel
Display Type	LED
Connectivity Technology	Bluetooth
Metrics Measured	Calories Burned, Distance, Heart Rate, Speed, Time

16 inch

WIDE RUNNING SURFACE

Designed to accommodate users of all sizes. Features shock absorption for a secure and smooth exercise experience.



Close-up of the treadmill's wide running belt (42x16 inches) and its 300 lbs weight capacity.



Demonstration of the treadmill's portability and foldable design, making it easy to move and store in small spaces.

9. WARRANTY AND SUPPORT

The Yuejiqi 3220S Treadmill comes with a **1-Year Manufacturer Warranty**. For warranty claims, technical support, or any questions not covered in this manual, please contact Yuejiqi customer service. Contact information can typically be found on the product packaging, the official Yuejiqi website, or through your retailer.