AKLUER RJ-401

AKLUER RJ-401 Non-Electric Treadmill User Manual

Model: RJ-401 | Brand: AKLUER

Introduction

This manual provides essential instructions for the safe and effective use of your AKLUER RJ-401 Non-Electric Treadmill. Please read all instructions carefully before assembly and operation. Keep this manual for future reference.

Important Safety Information

- Always hold the handrails throughout treadmill use.
- Stand steadily on the center of the running deck with feet shoulder-width apart, ensuring full soles are on the belt. Maintain an upright body posture, leaning slightly forward (5-10 degrees).
- Initiate movement by gently pushing the belt back with your heels. Gradually increase force after the belt stabilizes.
- Avoid using the treadmill barefoot, with slippers, or high heels. Do not engage in sudden heavy pedaling.
- Lean no more than 15 degrees forward to prevent falls.
- Ensure the treadmill is placed on a stable, level surface.
- Keep children and pets away from the treadmill during operation.
- Consult a physician before starting any new exercise program.

Product Features

- **Non-Electric Operation:** This treadmill is motorless, powered solely by user movement, offering an energy-efficient workout.
- **Dual Flywheel System:** Provides heightened resistance, increasing workout intensity as speed and power are applied.
- **Fixed Incline:** Designed with a fixed incline to enhance calorie burn and cardiovascular benefits.
- **LCD Monitor:** Tracks essential workout data including duration, pace, distance, and calories expended.
- **Non-Slip Running Belt:** Ensures stable and secure footing during exercise.
- **Soft Foam Grips:** Offers comfort and balance during walking or jogging.

- **Compact & Foldable Design:** Easy to maneuver, store, and ideal for small living spaces.

Setup Instructions

The AKLUER RJ-401 treadmill requires minimal assembly. A tool kit is included. For detailed visual instructions, please refer to the "How to install the RJ-401 Non-Electric Treadmill correctly?" video.

Your browser does not support the video tag.

Video: Detailed assembly guide for the AKLUER RJ-401 Non-Electric Treadmill.

1. **Unpack Components:** Carefully remove all parts from the packaging. Verify all components listed in the user manual are present. The included tool kit contains necessary wrenches and screws.
2. **Attach Base Columns:** Secure the left and right base columns to the main frame using the provided short screws and nuts. Ensure they are vertical and stable.
3. **Install Main Frame:** Attach the main frame to the columns using the long screws.
4. **Mount Sensor Head:** Mount the sensor head to the designated area, adjusting its position as needed for proper function.
5. **Install Handrail:** Connect the handrail wire to the left column. Insert the handrail into the columns, ensuring the wire is not stuck. Align the holes of the handrail and columns, then insert and lock the handrail fixing knob. The height of the handrail can be adjusted as needed.
6. **Install Counter:** Insert the battery into the counter. Mount the counter onto the handrail holder. Connect the circuit wire between the counter and the handrail.
7. **Final Check:** Before first use, check the fastening degree of all parts and circuit connections. Confirm there is no loosening or interference.

Operating Instructions

The AKLUER RJ-401 is a self-powered treadmill. Your movement drives the belt. The speed is controlled by your pace and body lean.

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Video: Demonstration on how to correctly use the AKLUER Non-Electric Treadmill.

1. **Starting Your Workout:**
    - Stand on the side rails of the treadmill.
    - Grip the handrails firmly.
    - Step onto the running belt with one foot, then the other, ensuring your feet are centered.
    - Begin walking by pushing the belt with your feet. The belt will move as you walk.
2. **Controlling Speed:**
    - To increase speed, lean your body slightly forward. The larger the bending angle, the faster the running belt will speed.
    - To decrease speed, reduce your forward lean and straighten your body. The running belt will slow down.
    - To stop, stand upright and the belt will come to a halt.
3. **Using the LCD Monitor:**
    - The monitor displays Time, Speed, Distance, and Calories.

- Press the "MODE" button to cycle through the display modes or to reset the values.

4. **Adjusting Incline:**
    - The treadmill features a fixed incline. To adjust the incline, locate the pull-pin tab at the rear of the treadmill.
    - Pull out the pin, adjust the support leg to the desired hole (there are two options for different incline levels), and reinsert the pin securely. Ensure both sides are adjusted symmetrically.

Maintenance

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

- **Lubrication:** The running belt requires periodic lubrication. Use the provided lubricating oil as instructed in the assembly video or user manual. Frequency may vary based on usage.
- **Cleaning:** Wipe down the treadmill with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Belt Adjustment:** The running belt may require occasional adjustment to ensure it remains centered and moves smoothly. Refer to the user manual for specific belt adjustment procedures.
- **Storage:** The treadmill features a simple foldable design for compact storage. To fold, remove the locking knob on the side, lift the running deck, and secure it in the upright position. It can then be easily wheeled and stored.



Image: The AKLUER RJ-401 treadmill in use and folded for storage, demonstrating its space-efficient design.

Troubleshooting

Problem	Possible Cause	Solution
Belt not moving smoothly	Lack of lubrication; belt misalignment.	Apply lubricating oil to the belt. Adjust belt tension/alignment as per manual.
LCD monitor not displaying	Battery low or incorrectly installed; loose sensor connection.	Replace or correctly install battery. Check sensor wire connection.
Unstable operation	Uneven surface; loose assembly parts.	Place treadmill on a level surface. Re-tighten all assembly screws.

Specifications

Feature	Detail
Brand	AKLUER
Model Name	RJ-401
Product Dimensions (LxWxH)	41.93" x 19.68" x 5.9"
Running Deck Dimensions	Approx. 36" x 15" (91.44 cm x 38.1 cm)
Item Weight	14.5 Kilograms
Material	Alloy Steel
Maximum Weight Recommendation	330 Pounds
Power Source	Manual Power
Special Feature	Manual Incline
Metrics Measured	Distance, Time, Speed, Calories

Warranty & Support

Your AKLUER RJ-401 Non-Electric Treadmill comes with a 1-year limited warranty covering manufacturing defects. For warranty claims, technical support, or any inquiries, please contact AKLUER customer service.
For further assistance, you may visit the AKLUER Store on Amazon or refer to the contact information provided with your product packaging.

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