

Redliro

REDLIRO TREADMILL

PRODUCT USE GUIDE

Redliro

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If you have any problem, please feel free contact us,
within 24 hours we will reply ASAP



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MODEL: JK105C-1

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▲ Warnings & Safety Precautions

Before starting to use the treadmill, verify that you have hooked the clip of the Security key in the indicated place on the main panel. If it is not connected, the item will not work.



- ◆ For safety reasons, do not turn the treadmill on before you are completely on it.
- ◆ If the treadmill is moving and you are not on it, please stop the device and then get on it.
- ◆ Do not attempt to get on it while it is moving.
- ◆ If you feel nauseous or if the treadmill is not running properly while you are using it, stop using it immediately.
- ◆ Never try to manipulate the belt of the treadmill directly while it is in operation.
- ◆ When you want to increase the speed, do so progressively. We recommend you wear sneakers and sportswear when using the treadmill.
- ◆ Children, the elderly and pregnant women should not use the machine. People suffering from any type of ailment should consult with their doctor before using the machine.
- ◆ Attach the safety dip to your clothing when using the machine. Keep a firm hold on the handles when using the machine.
- ◆ Install the treadmill on a flat, level surface. Do not install the machine in the following locations:
 - ◆ Outdoors. (The machine has been designed exclusively for indoor use.)
 - ◆ Inclined surfaces or on terraces.
 - ◆ Places exposed to bright sunlight or near heating appliances.
- ◆ Do not connect the machine to the same socket as other electrical appliances (computers, air conditioning, etc.) to avoid voltage spikes since these can trigger treadmill errors.
- ◆ Be careful when folding or unfolding the machine next to children or objects.
- ◆ Keep the machine away from wet objects. Water could cause a malfunction.

▲ Precautions During Use

- ◆ If you don't feel well before getting on the treadmill, consult with your doctor or trainer.
- ◆ Our company is exempt from any liability for bodily injury caused by improper use.
- ◆ Unplug the machine after use.
- ◆ Always unplug the machine when moving it or when changing parts.
- ◆ Place the machine on a smooth, flat surface. Do not place objects within 2 meters of the machine.
- ◆ Do not turn on the machine when it is folded up.
- ◆ Never put water in the machine, especially in the motor, power cord and electrical outlet.
- ◆ Do not wear loose or unsuitable clothing when using the machine as this can be dangerous.
- ◆ Do not use the machine in small, non-ventilated or flammable areas.
- ◆ Do not place objects on the treadmill.
- ◆ Keep the machine's electrical plug well away from sources of heat or fire.
- ◆ Always turn off all the functions and unplug the machine after use.
- ◆ Do not disassemble the machine without instructions from a professional.
- ◆ Make sure the belt is securely fastened before using the machine.

▲ Instructions For Setting Up The Machine

1.Main Structure

2.Security key

3.Wrench

4.Silicone Oil

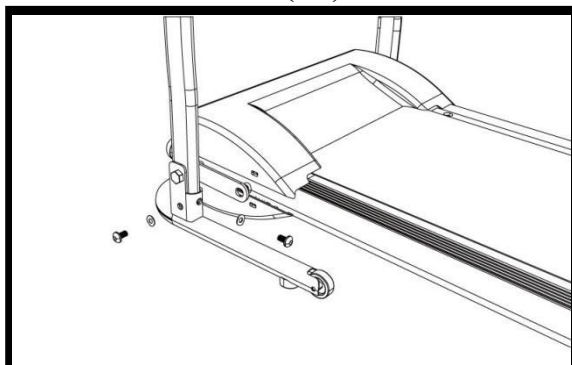
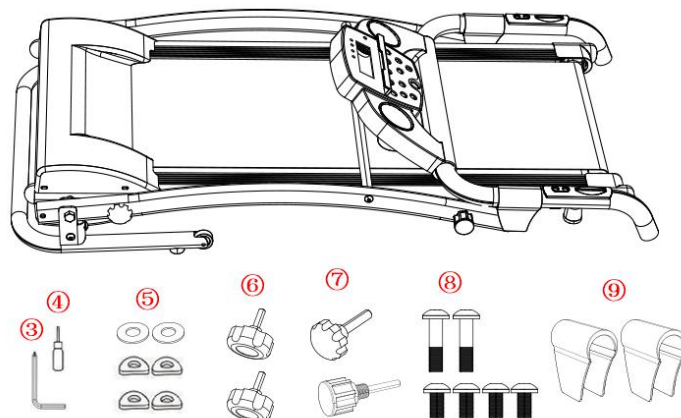
5.Flat washer (x2) + Curved washer (x4)

6.M 6 knob (x2)

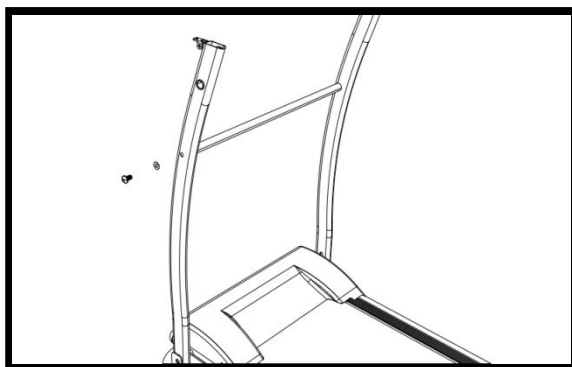
7.M16 knob + M12 knob

8.Screw M8*45 (x2) + Screw M8*30(x4)

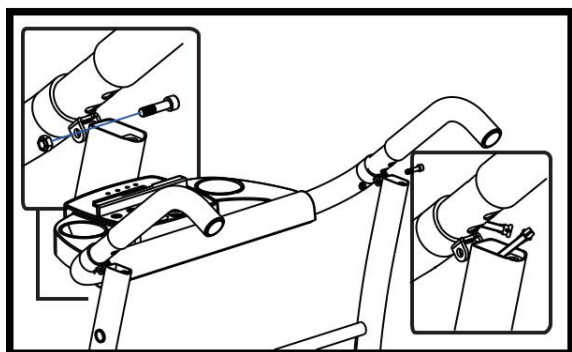
9.Handrail cover (x2)



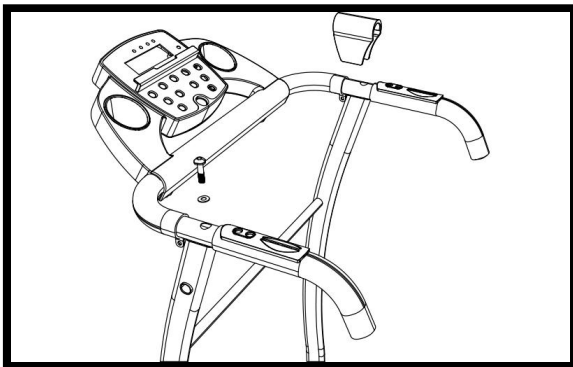
1.Take out 4 short screws and pads from spare bag, fix left and right upright tubes with base frame by the screws. Please do not fasten the screws before finish assembling.



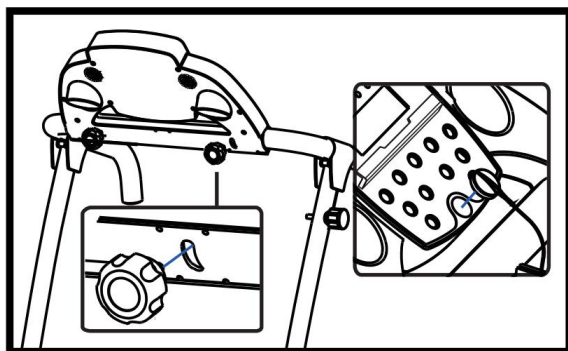
2.Remove the pre-assembled screws, then assemble.



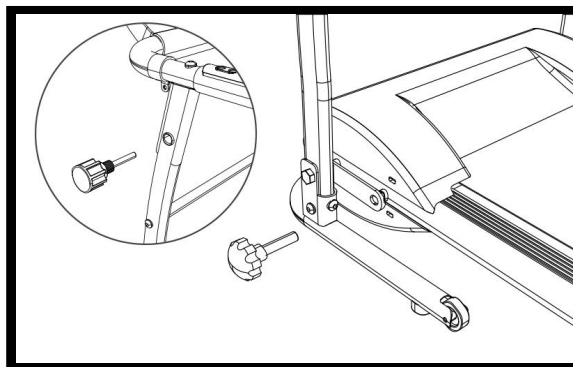
3.Remove the screws pre-assembled on the console. With the assistance of another person, lift the frame and while one person holds the handrail, the other shall fix the handrail to the frame with the set of screws provided, using the proper wrench. Connect the cables, making sure that they are connected in the right direction.



4. Take out 2 long screws and pads, fix panel with upright tubes with the screws. Then fasten the screws of above point 2 mentioned. Then put the cover to armrest. Before fasten screws, please make sure the cables in the upright tube will not be pressed by screws.



5. First, please demount the M6 knob at the back of panel and take out another M6 knob from accessory bag. Then rotate panel to proper position. Fix the two knobs to back of panel. Put safety key.



6. Fix M16 knob to left upright tube, fix running frame with base tube by M12 knob.

★ Note: You can search “REDLIRO JK105C-1” in YouTube to see the video for how to assembly.

▲ Console

DISTANCE:

Measures the distance travelled
in each workout



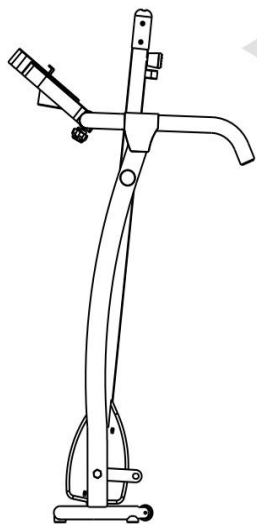
1. Press the **"START"** button and after 3 seconds the machine will switch on at a speed of 0.5 MPH.
2. Press the **" + "** button to increase the speed and the **" — "** button to decrease it. The maximum speed is 6 MPH; the minimum is 0.5 MPH.
3. Press the **"MODE"** button to display the speed, time and calories on the console.
 - ◆ **SCAN:** It shows 1 in 1 every 30 seconds the different registers:
SPEED|TIME| CALORIE
 - ◆ **SPEED:** Displays the speed during workout
 - ◆ **TIME:** Measures the time of each workout.
 - ◆ **CALORIE:** Calculates calories burnt during workout.
4. The treadmill has 12 programs that can be activated by pressing **"PROG"**. To select a programme, press **"PROG"** when the machine is in standby mode. Then press **"START"** to start the treadmill.

PROGRAMA	TIME	SET TIME/1.2=RUNNING TIME FOR EACH SECTION																			
P01	SPEED	1.2	1.2	1.9	2.5	3.1	1.9	2.5	3.1	3.1	1.9	2.5	3.1	2.5	2.5	2.5	1.2	1.9	3.1	1.9	1.2
P02	SPEED	1.2	1.9	2.5	3.1	3.7	2.5	3.7	3.7	3.7	2.5	3.1	3.7	2.5	2.5	2.5	1.2	2.5	3.1	1.9	1.2
P03	SPEED	1.2	2.5	2.5	3.7	3.7	2.5	4.4	4.4	4.4	2.5	4.4	4.4	2.5	2.5	2.5	1.2	3.1	1.9	1.9	1.2
P04	SPEED	1.2	3.1	3.1	3.7	3.7	3.7	3.7	2.5	2.5	1.2	1.2	2.5	4.4	3.7	3.7	3.7	3.7	3.7	2.5	1.2
P05	SPEED	1.9	1.9	3.1	4.4	3.7	3.7	5	3.1	3.1	5	5	3.1	3.7	3.1	5	3.1	4.4	3.1	2.5	1.9
P06	SPEED	1.9	5	5	4.4	5	3.7	5	3.7	2.5	1.2	3.1	2.5	4.4	3.7	3.7	3.7	5	3.7	2.5	1.9
P07	SPEED	1.9	2.5	3.7	3.7	5	3.7	5	4.4	3.1	3.7	3.7	3.7	3.7	4.4	5	4.4	3.7	3.7	3.1	1.9
P08	SPEED	1.9	3.1	3.7	4.4	5	5	4.4	5	2.5	4.4	4.4	2.5	4.4	4.4	5	4.4	5	4.4	3.1	1.9
P09	SPEED	2.5	4.4	1.9	4.4	4.4	4.4	5	5	3.1	5	3.7	4.4	3.7	4.4	5	5	4.4	4.4	3.1	1.9
P10	SPEED	2.5	3.1	1.9	5	5	5	5	5	2.5	5	3.1	2.5	4.4	5	4.4	4.4	5	4.4	3.7	2.5
P11	SPEED	2.5	5	3.7	5	4.4	3.7	3.7	5	3.1	5	5	3.7	3.7	3.7	3.7	3.7	4.4	5	5	1.2
P12	SPEED	2.5	2.5	4.4	5	1.2	5	5	5	5	5	5	5	4.4	5	5	1.2	5	5	5	1.2

*Note: When using the treadmill with an "automatic" programme, the **" + "** **" — "** button is disabled.

5. For emergency stop, please pull out safety key. The machine will stop very slowly. Pull out safety key the screen will show **"Err"**, put on it will show **"OFF"**
6. Press **"STOP"** to switch the machine off after use.

▲ Folding And Unfolding

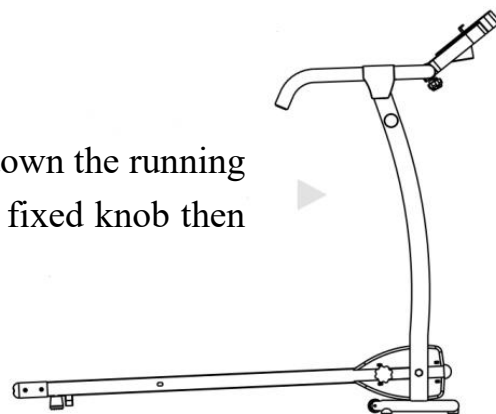


Folding:

Turn on the fixed knob then lift the running board to assemble the machine. Pull out the tension knob, aimed at the platform then release the knob to fix the machine. Move the machine

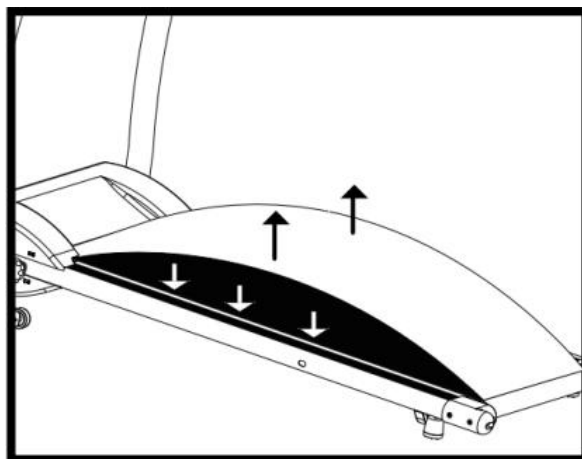
Unfolding:

Pull out the tension knob then fall down the running board and fix the machine with the fixed knob then use the machine after electrify.

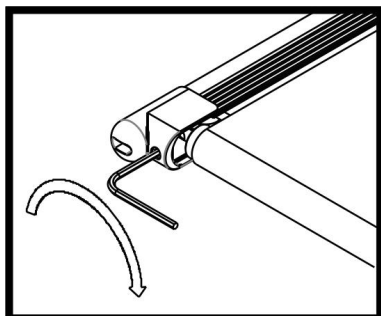


▲ Using Silicone Oil

Pull up the running belt slightly, apply silicone oil to the backside of the belt and the top surface of the running deck. Start the machine and keep it running for 3 minutes, let the oil spread and even out. It is recommended to maintain the treadmill every 30 days to achieve the best performance, which also helps to extend the life of the running belt.

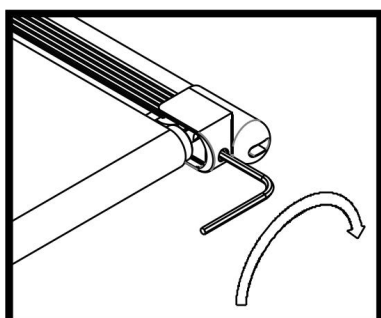


▲ Adjusting The Belt



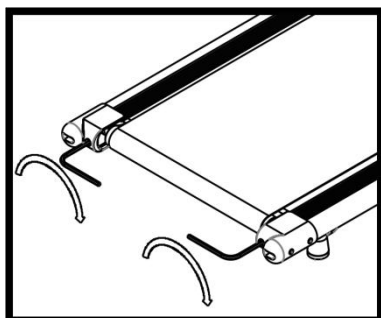
The belt deflects to the left...

Start the machine at a speed of 2 - 3 MPH without load and use the wrench to turn the treadmill adjustment screw a quarter turn. Keep the machine running unloaded for 1 to 2 minutes. Perform this process until the belt moves in an aligned and straight line.



The belt deflects to the right...

Start the machine at a speed of 2 - 3 MPH without load and use the wrench to turn the treadmill adjustment screw a quarter turn. Keep the machine running unloaded for 1 to 2 minutes. Perform this process until the belt moves in an aligned and straight line.



The belt is locked...

Use wrench to rotate the adjustment screws on both sides of the tape and turn them around clockwise until they are unlocked. If it's still locked, turn the two screws around until it works properly.

▲ Daily Maintenance

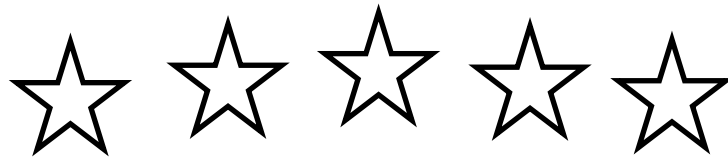
- ◆ Make sure the machine is unplugged before carrying out any maintenance or cleaning.
- ◆ Clean the belt and console at least once a week after use.
- ◆ Check that the screws are tightened properly.
- ◆ Do not hang clothes or other objects on the machine.

▲ Trouble Shooting

ERROR CODE	REASON	SOLUTION
Err(or E00)	No safety key on panel	1. Put safety key in the yellow area of panel 2. Err(or E00) still shows or there is no function, change the computer screen/display monitor.
E2 / E6	Down control panel or motor is broken	First replace the down control, and then replace the motor
	Motor carbon brush cover is off	Replace the cover/replace the motor directly
	The motor wire is off	Reinsert
E4	Overload protection	Add silicone oil to the running belt, restart, and run at low speed for a period of time.
		Replace the down control
E5	Overcurrent protection (protection setting is low)	Increase the protection value, take down the safety key, long press speed "-" to enter the parameter setting, press the mode key to select d8, and increase the value by 0.5
	Down control panel is broken	Replace the down control
	the motor torque is too large	Take down the safety key, long press speed "-" to enter the parameter setting, press the mode key to select d1, decrease value gradually
	Long-term use lacks lubricating oil, increasing running resistance	Add lubricating oil, restart, run at low speed for a period of time in use
E7	There is a problem with the upper control panel, the down control panel, and the connection line	First check whether the connection line & connector is connected, see whether it is plugged, whether the appearance is damaged or broken, it is best to replace the vertical rod first
		If there is no problem with the connection line, consider replacing the down control
		If there is no problem with the down control, consider replacing the upper control
E8	The motor is stuck	A person stands on the treadmill and pushes the running belt backwards. Whether the running belt rotates and whether there is a friction sound. If it cannot be turned or there is a sound when it is turned, find out the reason and replace it.
	The drum is stuck	
	Down control panel is broken	

▲ Technical Data

TECHNICAL DATA	
VOLTAGE	110 V 50-60 Hz
SPEED	0.5-6 MPH
MAX W. SUPP.	200 LBS
NET WEIGHT	57 LBS
GROSS WEIGHT	66 LBS
DIMENSIONS	57×20.5×50 INCHES



5 STAR RATING

If you are satisfied with our products, please give us five-star praise.

CONTACT US!

For any questions!

Please DO NOT return the treadmill directly if you have any problem with it.

Contact our friendly customer service department for help first.

We will reply you within 24 hours and give you a professional solution.

Give us a chance to make it right and do better!

Email:service@redliro.com

