REDLIRO TREADMILL

PRODUCT USE GUIDE



MODEL: JK43

Content

1. CAUTION 1

2. SAFETY AND NOTIICE 1

3. CAUTION DURING USE 2

4. TECHNICAL SPECIFICATION 3

5. PRODUCT SPARE PARTS 3

6. PRODUCTS MAIN PARTS 4

7. ASSEMBLY 1

8. CONSOLE INSTRUCTON 2

9. FOLDING UP AND SETTING DOWN..... 10

10. USAGE OF SILICONE OIL 11

11. RUNNING BELT ADJUSTMENT 11

12. TROUBLE SHOOTING..... 12

1. CAUTION

To avoid any hurts, please read this manual carefully before using.



- DO NOT try to install the treadmill while the running belt is moving.
- DO NOT operate the treadmill if it is damaged or does not work normally.
- DO NOT operate the treadmill in or around water / sources of heat & avoid placing the treadmill on thick carpet.
- DO NOT put the machine near wet objects. Errors may occur if item gets wet.
- DO NOT place any objects on the running belt or the treadmill itself.
- DO NOT adjust the belt while machine is turned on or being used.
- Storing the treadmill in a cold damp room i.e. garage (with non consistent temperature) will increase the risk of damage to electrical components. We recommend that you store the machine in a dry room with constant temperature.
- NEVER connect a live power cable to the treadmill. Please turn off the power supply and the On/Off switch on the back of this machine before connecting the power cable to the machine. Once safely connected you can switch on the power supply followed by the on/off switch on the back of the machine. Connecting a live cable directly into the back of the machine can damage the electrical components.

2. SAFETY AND NOTIICE

- Use the treadmill only for its intended use as described in this manual.
- Children, elderly users and pregnant women are advised NOT to use the treadmill.
- Be careful of children or other objects while folding and unfolding the machine.
- Assemble and operate the treadmill on a solid, level surface. Locate the treadmill a few feet from walls or

furniture. Check the unit before each use and verify that all fasteners are secure. Always maintain the treadmill in good working condition.

- After using the silicone oil, it must be stored out of the reach of children to avoid serious consequences caused by accidental ingestion.
- DO NOT attempt to repair the treadmill by yourself except for the maintenance tasks which are described in this manual. The treadmill does not contain any user-serviceable parts so disassembling it yourself will not only void your warranty but could result in serious injury.

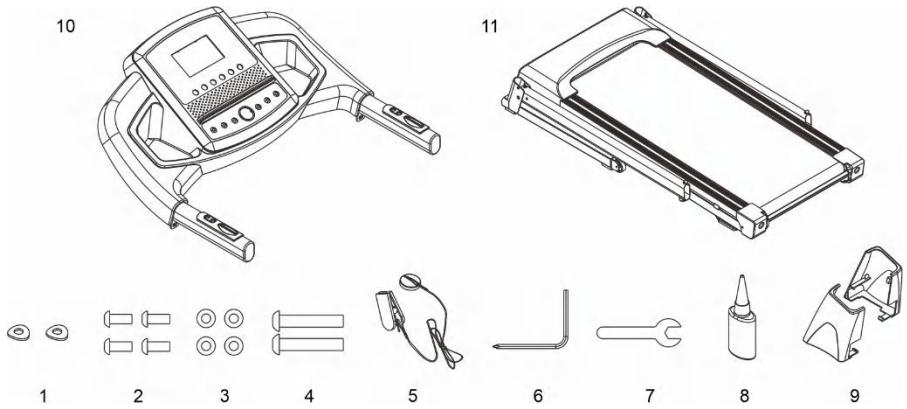
3. CAUTION DURING USE

- Please unplug when moving the machine or changing parts.
- Do not start the machine when it is folded.
- Keep the machine, motor, power line away from water.
- Before you start exercising, attach the safety key to the control panel and clip the safety rope to your clothes to ensure that the safety key can be disconnected immediately when you are uncomfortable.
- Make sure you are wearing proper exercise clothing and shoes during a workout —no loose clothing. Tie back long hair. The running belt will not stop immediately if an object becomes caught in the belt or rollers.
- Take care when adjusting the speed setting and increase or decrease steadily.
- If you feel uncomfortable during use, stop immediately and consult your doctor or personal trainer before continuing.
- Avoid long-term overload operation, otherwise it will cause damage to the motor and controller, accelerate the wear and aging of the bearing and running belt, and maintain it regularly.
- DO NOT jump off the treadmill directly after exercising, to avoid dangerous consequences.
- Please unplug the equipment when NOT in use.
- The company is not responsible for any damage caused by improper use.

4. TECHNICAL SPECIFICATION

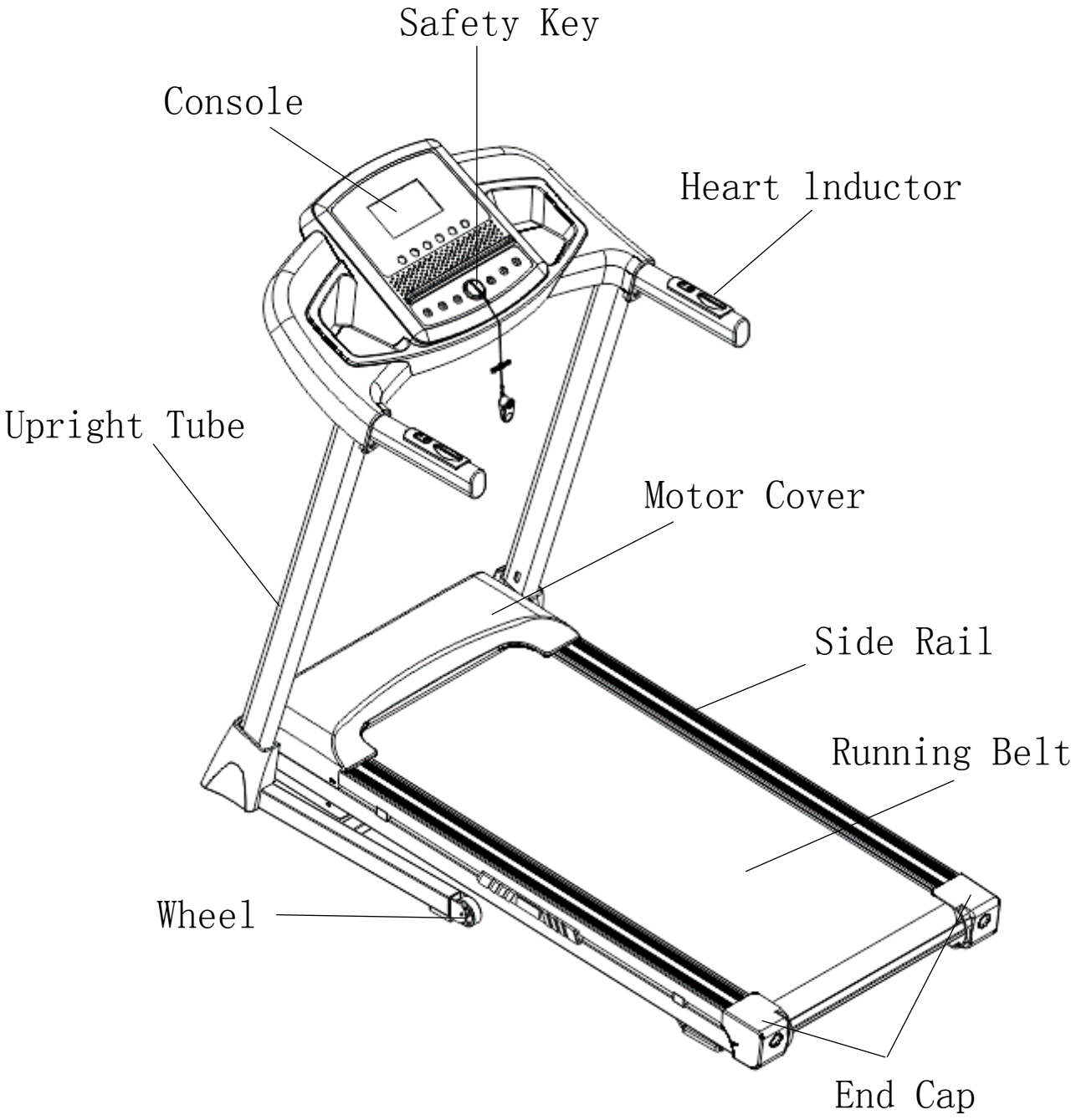
Product name	**Treadmill**
Voltage	**110V**
Frequency	**50/60Hz**
Speed	**0.5-7.5MPH**

5. PRODUCT SPARE PARTS

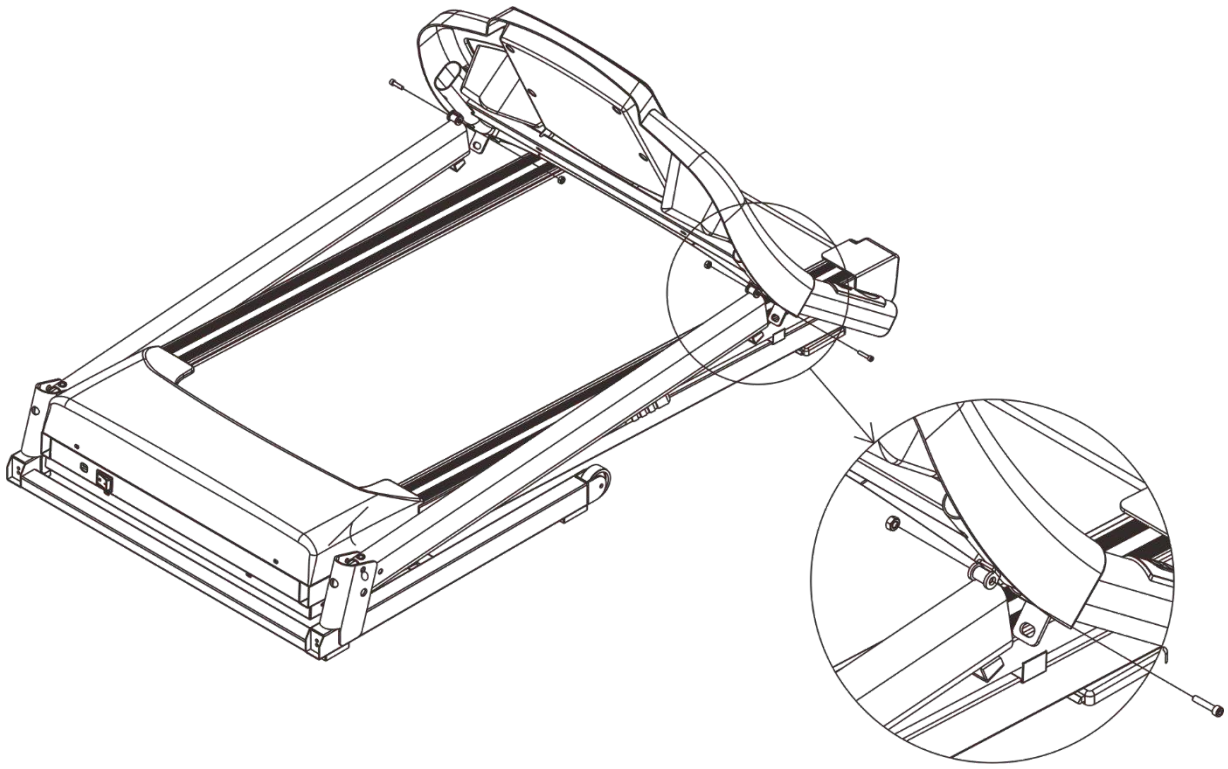


Serial NO.	Part Name	qty	unit
1	Curved washer	2	PCS
2	Screw M8*16	4	PCS
3	Flat washer	4	PCS
4	Screw M8*40	2	PCS
5	Safety lock	1	PC
6	L type wrench	1	PC
7	Open end wrench	1	PC
8	Lubricant oil	1	PC
9	Fender	2	PCS
10	Control panel	1	PC
11	Treadmill	1	PC

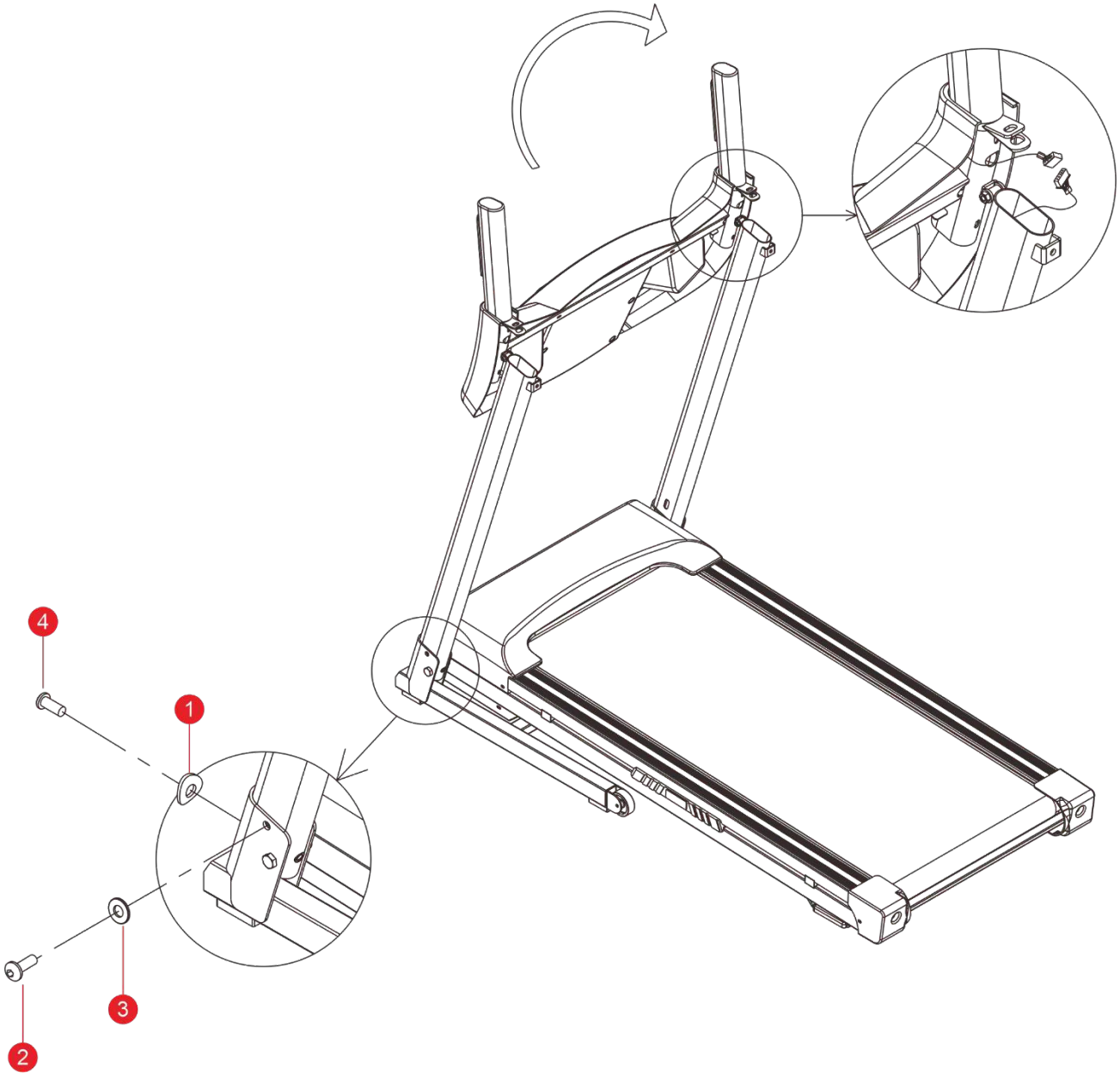
6. PRODUCTS MAIN PARTS



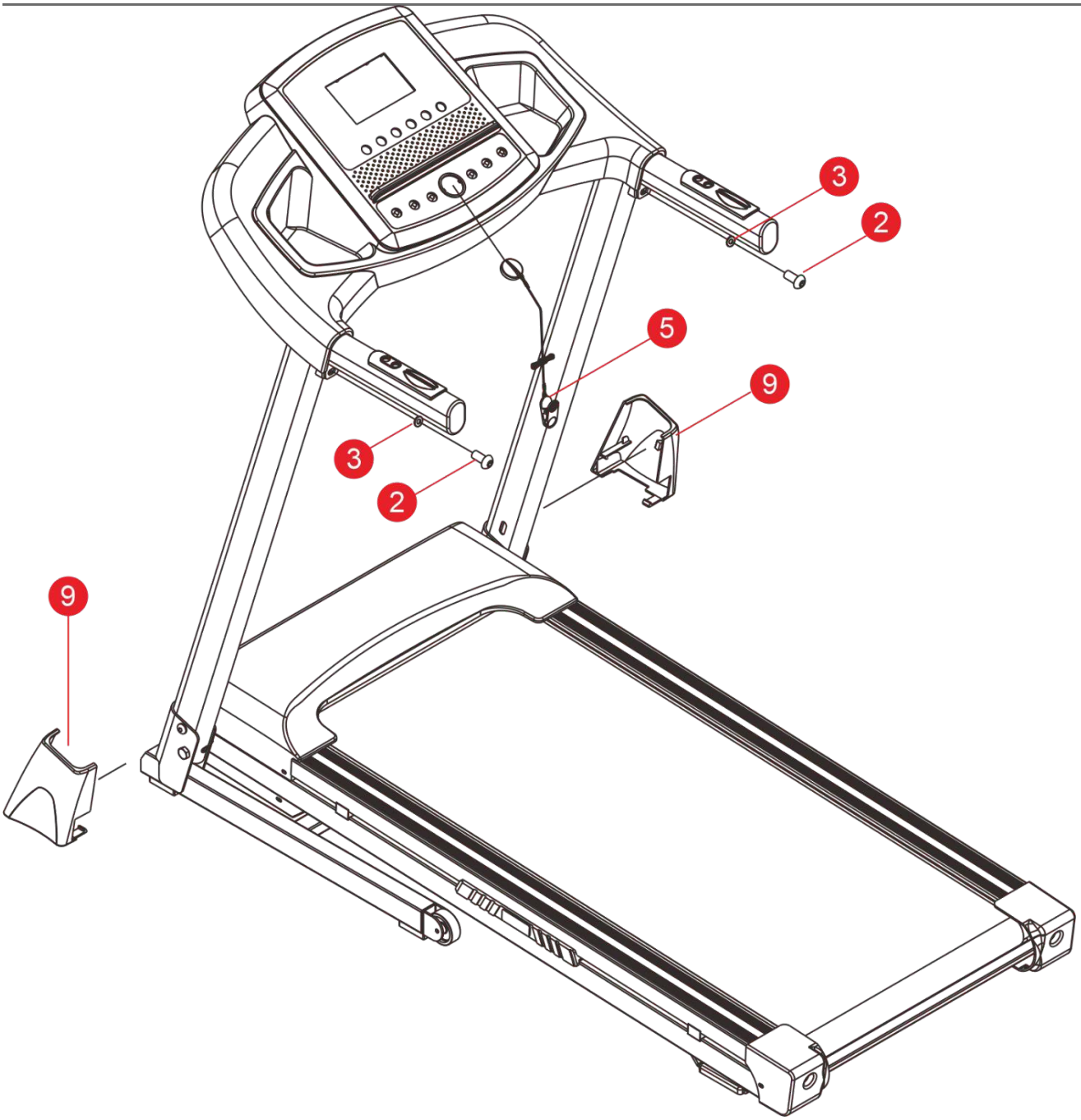
7. ASSEMBLY



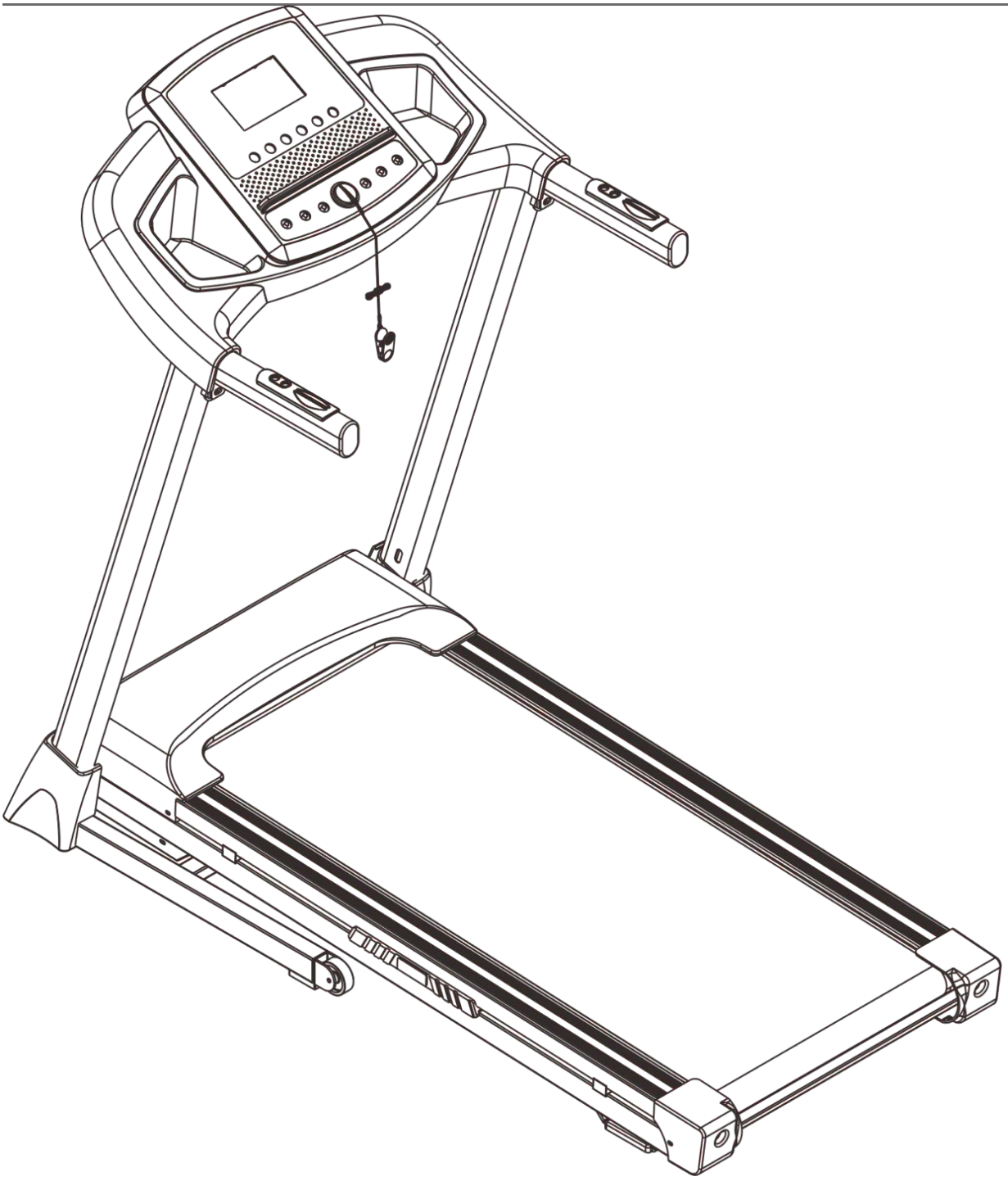
Step1: Remove the premounting screws at the top of the Upright Tube, put the control panel (No. 10) on the rack near the top of the Upright Tube, Pick up the lever slightly and place it on the control panel (No. 10). Then, the left and right Upright Tubes and the control panel (No. 10) are fixed together with the removed M6*25 cylindrical head hex screws and M6 locknut



Step2: Get the Upright Tubes in position, With half round head hex socket screw M8*40 (No. 4), M8*16 (No. 2) and Flat washer (No. 3) to the vertical rod with the bottom frame fixed; Connect the connecting wire at the top of the right side of the Upright Tube, And insert the connector into the Upright tube.



Step3: Press the control panel handrail to the horizontal position , Fix the control panel to the Upright Tubes with HEX socket screws M8*16 (No. 2) and Flat washer (No. 3) (Please check the connection line before the armrest of the pressure instrument, be careful to clip the connection line); Cover from both sides of the bottom frame respectively Fender (No. 9);



Step4: Place the safety lock and finish the assembly.

8. CONSOLE INSTRUCTON



1. Press "START" key, the machine will start at 0.5 MHP after 3 seconds.
2. Press"+" key for speed up and "-" key for low down. The fastest speed is 7.5 MHP and lowest is 0.5 MHP.
3. Press "mode" key, the screen will show Speed\Time\Calories\Distance. Choose one of the modes, set the time you want to spend\calories burned\distance exercised. Through the"-" and"+" keys, set the value you want, press "START" then it will start counting and stop at 0.
4. Display monitor has 12 programs from P1-P12. While on standby, press “PROG” to set the programs then press “START” to start the machine.
5. The"-" and"+" keys will be not available during the auto programs. If you want to stop the auto programs while running, please press "STOP" or remove the safety key, and then turn on again or place safety key back on to select desired speed.
6. Please pull out the safety key for emergency stop. The machine will stop immediately. When you pull out safety key and the screen will show “Err”, put it back and it will show “OFF” .
7. Press"STOP", the treadmill will stop slowly.

9.FOLDING UP AND SETTING DOWN

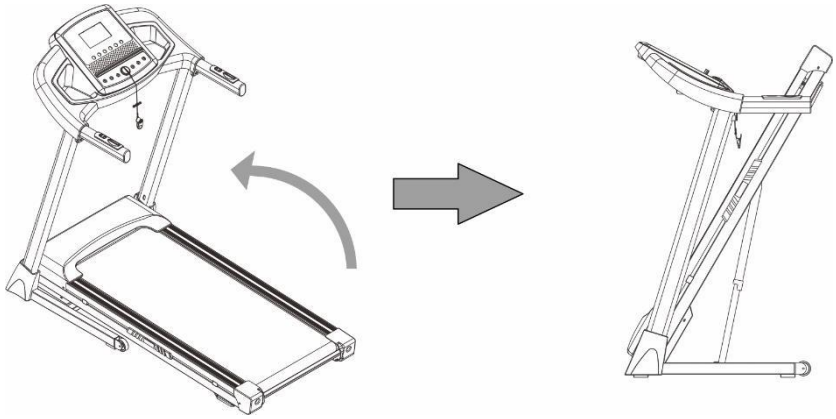
NOTE: Ensure the Power Switch is in the 'OFF' position and the power cord is unplugged from the electrical outlet.

FOLDING UP：

- Holding the rear end of deck directly and then lift the deck up until the Cylinder(A) 'pops' down into the locked position.

Note: Check the Cylinder (A) 'pops' down into the locked position before moving the treadmill.

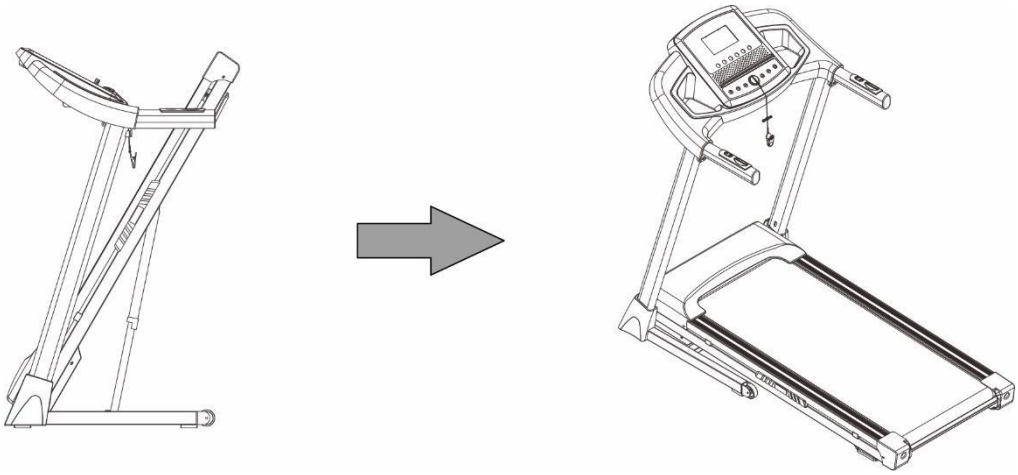
TO PREVENT ANY INJURY PLEASE MAKE SURE YOU HAVE A FIRM HOLD WHEN LIFTING UP OR SETTING DOWN THE DECK.



SETTING DOWN:

- Holding the rear end of deck by one hand and then use your foot to push the Cylinder(A)to set down the deck of the treadmill.

Note: Do no stand under the deck when setting down the treadmill



10. USAGE OF 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 so that the oil spread and even out. It is necessary to maintain your treadmill like this every 30 working hours of the machine for optimal performance, which also helps extend the service life of parts.

11. RUNNING BELT ADJUSTMENT



(1) Running belt deviate to left (please make the adjustment in the left side)

Start the machine by speed at 2-3mph without loading, use Allen wrench to screw the bolt 1/4 turn clockwise (see fig1). Keep the machine running without loading for 1-2 minutes to see if the belt is running to the middle. Repeat the previous step if more adjustment is needed, until the belt moves to the center.

(2) Running belt deviate to right (please make the adjustment in the right side)

Start the machine by speed at 2-3mph without loading, use Allen wrench screw the bolt 1/4 turn clockwise (see fig2). Keep the machine running without loading for 1-2 minutes to see if the belt is running to the middle. Repeat the previous step if more adjustment is needed, until the belt moves to the center.

(3) Running belt slipping

If the running surface becomes slipping, tighten bolts on both ends 1/2 turn clockwise (see fig3) with Allen key. Repeat if necessary until the belt is properly adjusted.

Note: You can search "REDLIRO" in YouTube to see the video for how to adjust the belt.

12. TROUBLE SHOOTING

Code	Meaning	Problem	Resolutions
Err	Without safety key	Safety Key not secured	Please make sure the safety key is put on.
E05	Over current protection	Control board short circuit or motor blocked	1.The treadmill is used for a long time, the frictional resistance increases, or the user exceeds the maximum load weight, so it is need to add silicone oil for maintenance. 2. Open the motor cover and check whether the motor is blocked. Remove the block if yes. 3. Check the motor for damage, if the motor is damaged, replace the motor 4. If the motor is working normally and the error is still displayed, replace the control board.
E06	Motor Error	Motor broken or motor line fall off	1 Open the motor cover and check whether the motor is broken or whether the motor wire is connected to control board properly. Reconnect the wire is recommended. 2. Check the motor for damage, if the motor is damaged, replace the motor 3. If the motor is working normally and the error is still displayed, replace the control board.
E07	"Communication Failures"	Wires from the control board to panel board are broken or not properly connected	1.Make sure the wires from the control board and panel board are connected securely and not damaged. 2.Replace the control board if the error still shows.
E08	Overvoltage Protection	excess power	1 Open the motor cover and check whether the motor is broken or whether the motor wire is connected to control board properly. Reconnect the wire is recommended. 2. Check the motor for damage, if the motor is damaged, replace the motor 3. If the motor is working normally and the error is still displayed, replace the control board.