

REKA Fitness

USER GUIDE 2 IN 1 Treadmill



Welcome Section

Congratulations on your excellent decision to acquire this high quality Rekafitness treadmill. Your choice reflects a commitment to exceptional standards, performance, and safety, all upheld by Qesh Ltd's exceptional after-sales support. With your purchase, you gain the assurance and peace of mind that comes from investing in a product meticulously crafted to meet the utmost criteria.

Your satisfaction is our ultimate goal. To ensure this, we stand behind the Rekafitness treadmill with an extensive 12-month manufacturer's warranty, effective from the date of purchase. As you embark on your fitness journey, this warranty serves as a testament to our dedication to your experience.

Anticipating years of product enjoyment ahead, we encourage you to revel in the benefits of your choice. However, in the rare event that you require technical assistance or encounter an unexpected issue, our team is readily available to help. Feel free to reach out promptly by emailing us at info@rekafitness.co.uk.

It's important to note that claims relating to faulty products within the 12-month warranty period will be swiftly addressed. We are committed to repairing or replacing such items without charge. It's essential to understand that this warranty exclusively covers manufacturing defects and does not extend to accidental damage. This does not affect your statutory rights.

Kindly be advised that intentional damage, misuse, and/or disassembly of the product will render the warranty null and void. We believe in the responsible use and care of our products to ensure a satisfying and lasting experience. We look forward to accompanying you on your journey and remaining your dedicated partner in achieving your wellness goals.

General Safety Information

Using a treadmill safely is important to prevent accidents and injuries. Here are some general safety instructions to keep in mind:

1. **Read the Manual:** Before using the treadmill, read this User Guide. Different treadmills may have specific features and safety guidelines.
2. **Warm-Up and Cool Down:** Always start your workout with a light warm-up and end with a cool-down period to allow your body to adjust to the exercise and recover properly.
3. **Footwear:** Wear appropriate athletic shoes with proper grip and support. Avoid using sandals, flip-flops, or shoes with loose laces.
4. **Start Slowly:** Begin your workout at a slow pace and gradually increase the speed and intensity. Abrupt changes in speed can lead to accidents.
5. **Stay Hydrated:** Keep a water bottle nearby to stay hydrated during your workout. However, be cautious to not spill water on the treadmill's control panel.
6. **Maintain Balance:** Always maintain proper posture and balance while using the treadmill.
7. **Avoid Distractions:** Focus on your workout and avoid distractions. Keep your attention on your movements.

Continued...

8. **Children and Pets:** Keep children and pets away from the treadmill while it's in use. Treadmills can be fascinating to them but can pose serious risks.
9. **Proper Placement:** Place the treadmill on a flat, stable surface. Ensure that there's enough space around the treadmill for you to step on and off safely.
10. **Check Equipment:** Regularly inspect the treadmill for any signs of wear, loose parts, or malfunction. If you notice any issues, stop using it and contact our support team.
11. **Use Handrails:** While handrails can provide stability, avoid gripping them too tightly as it can affect your natural stride and posture.
12. **Be Cautious When Changing Settings:** If you need to adjust speed while using the treadmill, make changes gradually and pay attention to how your body responds.
13. **Cool Down:** After your workout, gradually decrease the speed and allow your heart rate to come down before stepping off the treadmill.

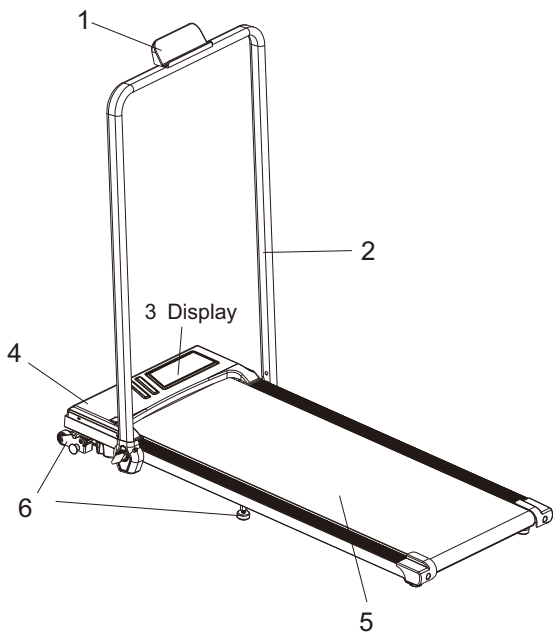
Remember, safety should always be a priority when using exercise equipment like a treadmill. Following these guidelines can help you have a safe and effective workout experience.

Layout and Controls

1. Phone Holder
2. Handrail
3. Display
4. Motor
5. Running Belt
6. Adjustable Feet

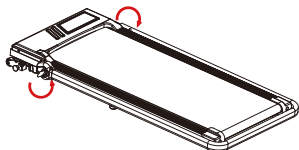
Box Contents

- 1 x Treadmill
- 1 x Phone Holder
- 2 x Screws
- 1 x Hex Wrench
- 1 x Remote Control
- 1 x User Guide
- 1 x Lubricant

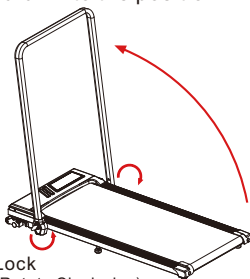


Getting Started

1. Carefully remove the 2 in 1 Treadmill from the packaging and place it flat on a level surface. Lift the handrail into the position indicated in the image below:

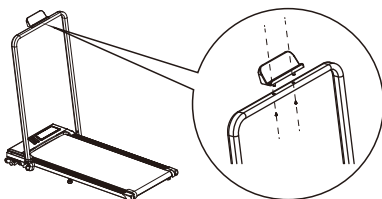


Unlock
(Rotate Counter-Clockwise)



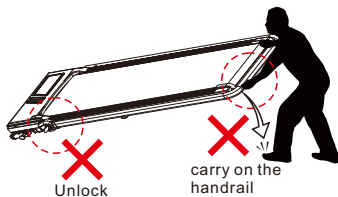
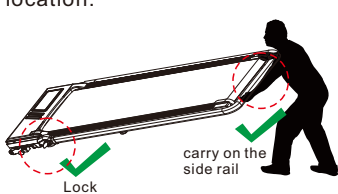
Lock
(Rotate Clockwise)

2. Attach the phone holder onto the handrail and use two screws to fix into place.

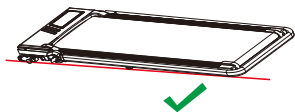


Caution

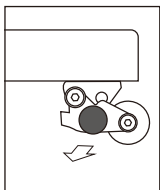
a. The treadmill comes equipped with dual wheels for effortless mobility during periods of non-use. Lower the handrail to a completely flat position and securely lock it in place using the side-mounted locking lever on the treadmill. With both arms evenly spaced, carefully lift the treadmill from the end opposite to the wheels to maintain proper balance. Subsequently, you can roll the treadmill to your preferred location.



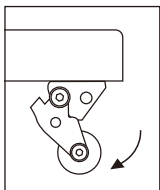
b. The treadmill features two adjustable feet and two anti-shock feet and two wheels located on its underside. These feet should be positioned securely on the floor to prevent any movement while the treadmill is in operation.



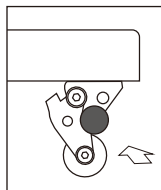
Incline adjustment



Remove the pin

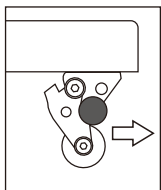


Rotate the wheel

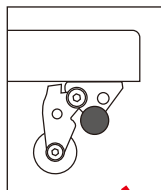


Replace the pin

Caution



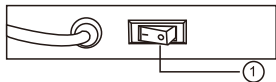
Outwards



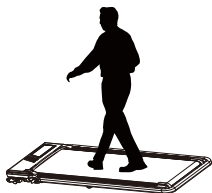
Inwards



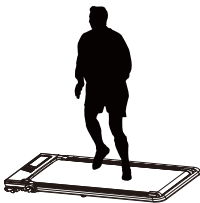
2. Plug the mains power adapter into the wall socket and activate the switch located on the side of the treadmill.



To start the treadmill, simply press the Start/Stop button on the remote control. The treadmill will begin at its default speed, and you can adjust the intensity using the + and - buttons to increase or decrease speed or incline, depending on the current mode. To pause or stop your work out at any time, press the Start/Stop button again.



Walking Mode
1-5KM

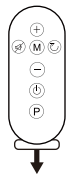


Jogging Mode
5-8KM

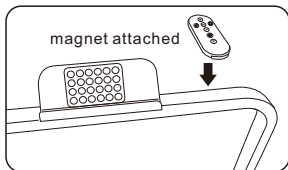


Running Mode
8-10KM

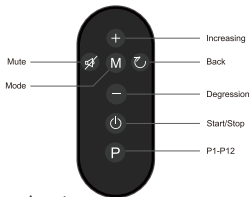
5. Remote Control:



Before use, please remove the small plastic tab from the battery compartment.

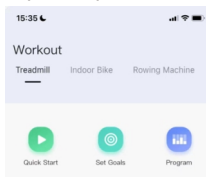


- ⊕ **SPEED** - Increases the treadmill's speed
- ⊖ **SPEED** - Decreases the treadmill's speed
- 🔊 **VOLUME** - Turn beep ON/OFF
- 🔄 **BACK** - Returns to the previous command.
- Ⓜ **MODE** - Switches between operating modes. Press & hold to freeze the display.
- ⏻ **START/STOP** - Begins or pauses the treadmill workout.
- Ⓟ **PROGRAM** - Cycles through P01 - P12 workout programs



FitShow APP

Download FitShow from the APP Store (iPhone) or Google Play (Android). Switch on the treadmill and open FitShow on your device. Certain FitShow app features may require a paid subscription



Click 'Quick Start' then 'Connect' on the following screen: -



Rekafitness

Connect

Caring for your Treadmill

To enhance the maintenance of your Treadmill and prolong its operational lifespan, we advise to switch off the power supply after every hour of continuous use and allow the treadmill to rest for 10 minutes before resuming operation.

Ensure the walking belt is appropriately adjusted for tension. Excessively loose tension could result in slipping during use, while overly tight tension might hinder motor performance and escalate wear on the roller and walking belt.

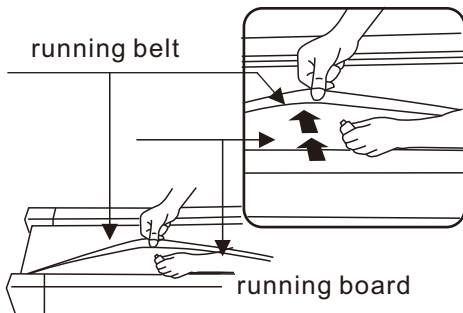
The friction between the walking belt and the walking board significantly influences the treadmill's longevity and performance. This treadmill incorporates an advanced mechanism for automatically infusing lubricant into the running system, enabling you to keep your hands clean and oil-free. The treadmill comes prelubricated during production. We recommend adhering to the following lubrication schedule:

For occasional users (< 3 hours per week): Lubricate once every 10 months. For regular users (> 7 hours per week): Lubricate once every 5 months.

Lubrication Procedure:

Step 1: Gently lift the running belt.

Step 2: Undo the silicone oil bottle and apply the silicone oil along the edges of the running board, as demonstrated in the image below: -



Cleaning

Caution: Prior to cleaning or performing maintenance on your treadmill, ensure that the treadmill's power plug has been disconnected from the mains.

Thorough cleaning helps the lifespan of the treadmill. Periodically remove dust to maintain clean components. It's important to clean both sides of the exposed portion of the running belt to minimize the build-up of dust and debris. When cleaning, wear clean athletic shoes to prevent transferring dirt onto the running board and belt. To clean the treadmill belt, gently wipe it with a damp soapy cloth. Be cautious to prevent any moisture from coming into contact with any electrical components.

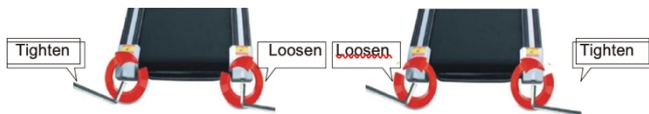
Running Belt Alignment

Place the treadmill on a level surface. Set the treadmill to operate at a speed of 6 km/h. If the belt is running towards the left side, adjust as follows: -

1. Rotate the left adjusting bolt 1/3 turn clockwise.
2. Rotate the right adjusting bolt 1/3 turn counter-clockwise. (Refer to Picture A)

If the belt is running towards the right side adjust as follows: -

1. Rotate the right adjusting bolt 1/3 turn clockwise.
2. Rotate the left adjusting bolt 1/3 turn counter-clockwise. (Refer to Picture B)



Picture A: Belt closer to left

Picture B: Belt closer to right

Treadmills fall under the category of sports equipment, demanding appropriate upkeep and maintenance. Here are the recommended maintenance and servicing guidelines:

Perform regular inspections to identify signs of wear and tear. If any accessories, such as the motor, electrical parts, power cord, or walking belt, show signs of wear or damage, please contact our support team info@rekafitness.co.uk

Battery Disposal & Safety Information

The remote control uses 1 x CR2025 button cell battery (included). Do not dispose of batteries in your household waste. Please contact your local authority for details on safe disposal.



Never throw batteries into a fire or expose to excessive heat sources. If batteries are swallowed, please seek immediate medical attention. Always ensure correct polarity +/- when installing batteries. Do not recharge non-rechargeable batteries.



Electrical and electronic equipment (WEEE) contains materials, parts and substances, which can be dangerous to the environment and harmful to human health. Therefore waste electrical and electronic equipment (WEEE) must be disposed of correctly. Equipment, which is marked with the WEEE logo

(as shown on the left), should not be thrown away with your household waste. Contact your local authority waste disposal department, as they will be able to provide details of the recycling options available in your area.

**NEVER LEAVE CHILDREN UNATTENDED WITH
ELECTRICAL EQUIPMENT**

Declaration of Conformity

Company Name: Qesh Ltd
Address: B7 First Business Park, First Avenue, Crewe, Cheshire, CW1 6BG, U.K.
Telephone: +44 (0)1270 508530
Email: info@rekafitness.co.uk

Product Name: Home Treadmill
Product Code: TRM-007
EAN Code: 5060541091245
Model Number: JF-H-39QA
Batch Number: 25SFE0716

This declaration of conformity is issued under the sole responsibility of the manufacturer.

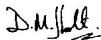
The product described above is in conformity with the following directives:

Supply of Machinery (Safety) Regulations 2008
Electromagnetic Compatibility (EMC) Regulations 2016
Electrical Equipment (Safety) Regulations 2016
Radio Equipment Regulations 2017
Restriction of the Use of Certain Hazardous Substances (RoHS) in Electrical and Electronic Equipment Regulations 2012

The following harmonized standards have been applied:

EN ISO 20957-1	EN 61000-6-1 / 3
EN ISO 20957-6	EN 50581
EN 60335-1	EN 300 328
EN 60335-2-52	EN 301 489-1/-17

Signed for and on behalf of:



David Holt - Managing Director
QESH LTD
August.2025