

# Electric Folding Treadmill

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## JK0802

*Thank you very much for purchasing our product. Please read this manual carefully before use it and keep the manual at proper place.*



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As shoppers, we're always trying to find the perfect balance between quality & value. At FYC, we believe we've achieved that. Our diverse catalog of everyday essentials is tailored especially to our customers & guaranteed to hit that sweet spot of high quality & low price.

— Always —

## CAUTION

To avoid injury please read this manual carefully before operating this machine

- For safety purpose, do not stand on running belt while start.
- Please stop immediately if you experience any kind pain, including but not limited to chest pains, nausea, dizziness, or cramp.
- Please speed up slowly if needed.
- Adjustment of belt is prohibited during using.
- It is suggested to wear sports shoes and gym suit while using this equipment.
- Children, the elder, the pregnant, and patients are prohibited from using this treadmill.
- Please clip the safety key on your clothing during using.
- Please firmly hold the handle bars during using.
- 

## SAFETY NOTICE

- Please put the treadmill on flat ground. It is unsuitable to put the treadmill at following places:
  - ① Outdoors. (The treadmill is specially designed for indoor use only)
  - ② Slant ground or slant places on balcony.
  - ③ Sunlight area or near heater.
  - ④ Noisy places.
- The proper power for the treadmill is A.C 110V.
- Error may appear on display if the power is not stable. Please do not use the same socket together with computer, air conditioner etc.
- It is suggested to wear sports shoes and gym suit while use the treadmill.
- Please speed up or speed down slowly.
- Make sure no child or other object is near while folding or unfolding the treadmill.
- The treadmill should not be located near water or wet object. Error or damage may be caused if water or other liquids drop into the equipment.

## ⚠ CAUTION DURING USE

Keep both the machine and power cord away from heated surfaces.

- If you do not feel well before using, please consult your doctor or coach.
- Please unplug the equipment when not in use.
- Please unplug the treadmill before cleaning, moving or change parts for the treadmill.
- Children, the elder and the pregnant are prohibited from using the treadmill. Patients should consult their doctor before starting any exercise routine.
- Please place the treadmill on a level flat surface. There should be 2M of clearance behind the treadmill.
- Do not start the treadmill when it is folded.
- Keep all electrical components, especially motor, power cord and plug, away from water or other liquids.
- Do not wear clothes like long dress, which might catch on any part of the treadmill while using.
- Do not place the treadmill in an area that will block any vent or air openings.
- Do not put any objects on the treadmill.
- Put away the plug from heated place or fire seat.
- Please switch off all functions and unplug after using.
- Do not stand on the belt while you're preparing to use the treadmill.
- Do not disassemble the treadmill without consulting professional technicians.
- Please make sure the running belt is fastened before using.





## TOOLS REQUIRED



ALLEN WRENCH  
(PROVIDED)



SILICONE OIL  
(PROVIDED)



SAFETY KEY  
(PROVIDED)



220LBS  
CAPACITY



1 PERSON  
ASSEMBLY



UP TO 30 MIN.  
ASSEMBLY

## HARDWARE

1

Round Washer



2 PCS

2

Arc Washers



4 PCS

3

Plastic Washer



2 PCS

4

Handrail Cover



2 PCS

5

Short Bolt  
M8\*16



2 PCS

6

Medium Bolt  
M8\*30



2 PCS

7

Long Bolt  
M8\*50



2 PCS

8

Stretch Knob



1 PCS

9

Fix Knob



1 PCS

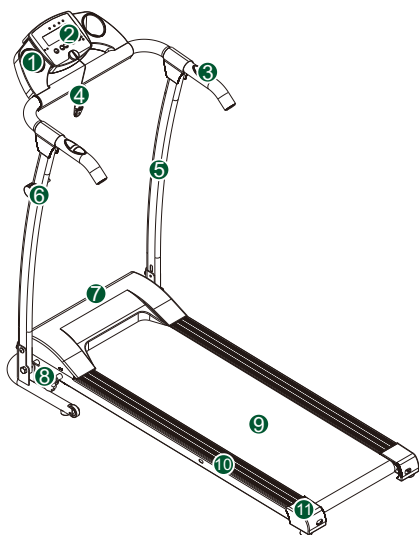
10

Lock Knob



2 PCS

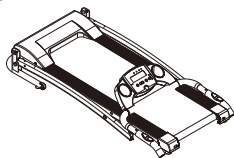
## PRODUCTS MAIN PARTS



- 1 、 Cup Holder
- 2 、 Console
- 3 、 Heart Indicator
- 4 、 Safety Key
- 5 、 Upright Tube
- 6 、 Stretch Knob
- 7 、 Motor Cover
- 8 、 Fix Knob
- 9 、 Running Belt
- 10 、 Side Rail
- 11 、 End Cap

## PARTS

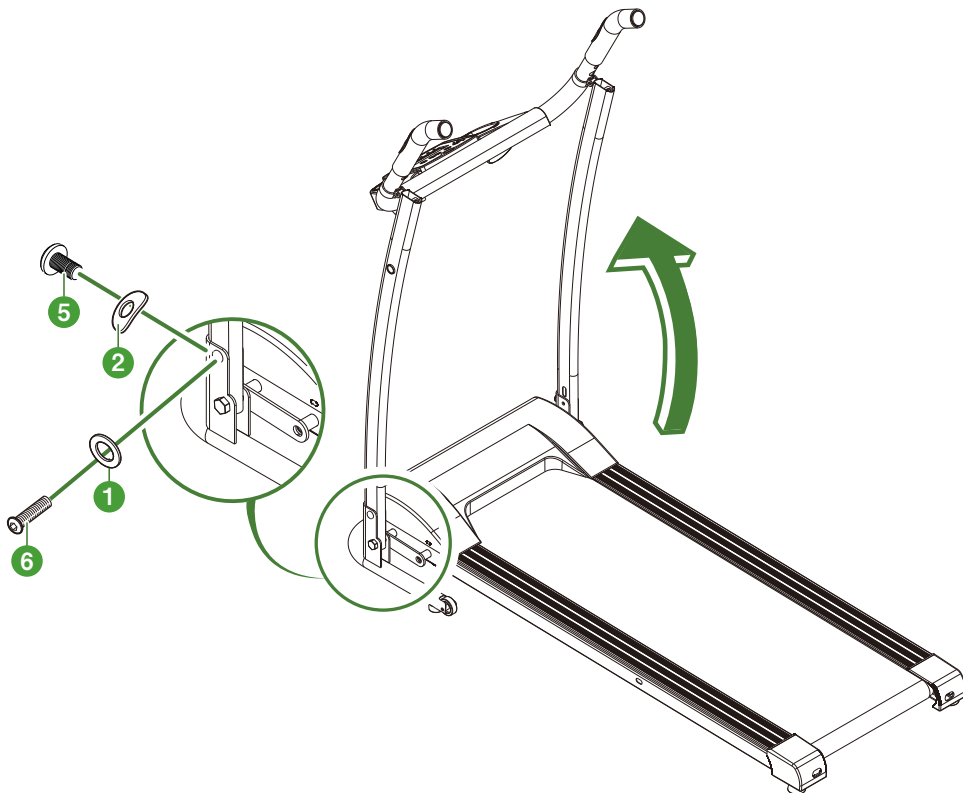
### 1 THE FUSELAGE



1 PC

## PRODUCT ASSEMBLY

- 1 Lift up the whole console.  
First use the **Short Bolt (part 5)** & **Arc Washer (part 2)** to fix the back of upright tube;  
use the **Medium Bolt (part 6)** & **Round Washer (part 1)** to fix the side of upright tube.  
Repeat the above steps to the other side upright tube.

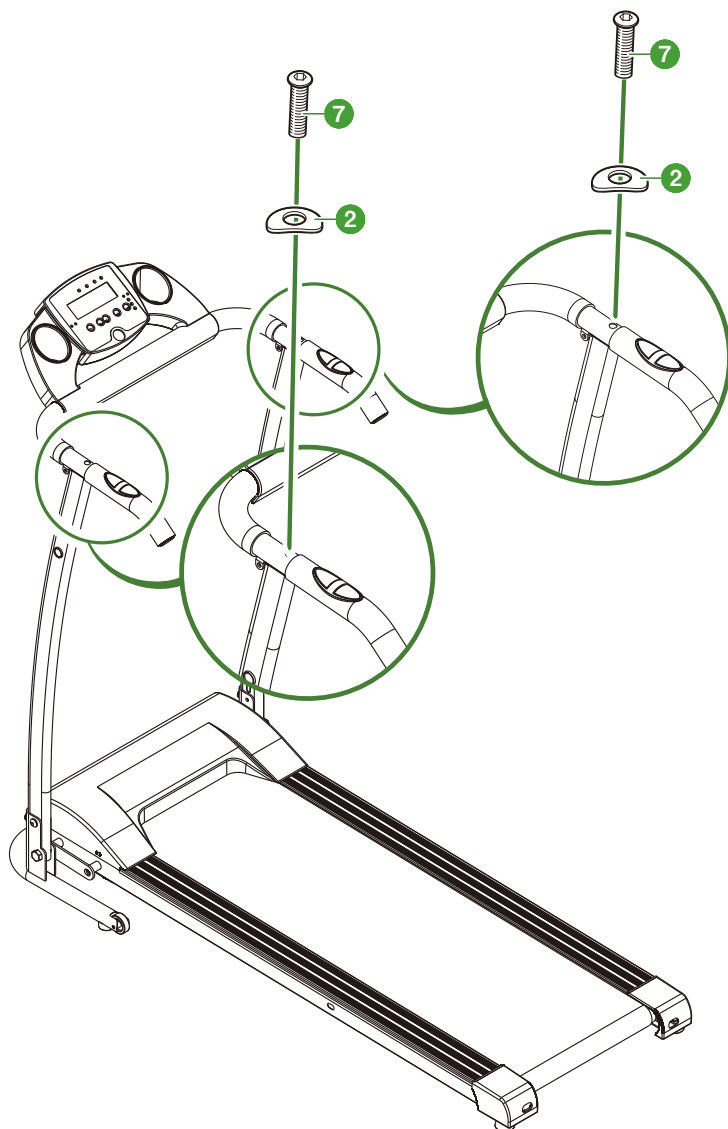


## PRODUCT ASSEMBLY

2

Lie down the console panel. Use Arc Washer (part 2) & Long Bolt (part 7) to fix the handrails.

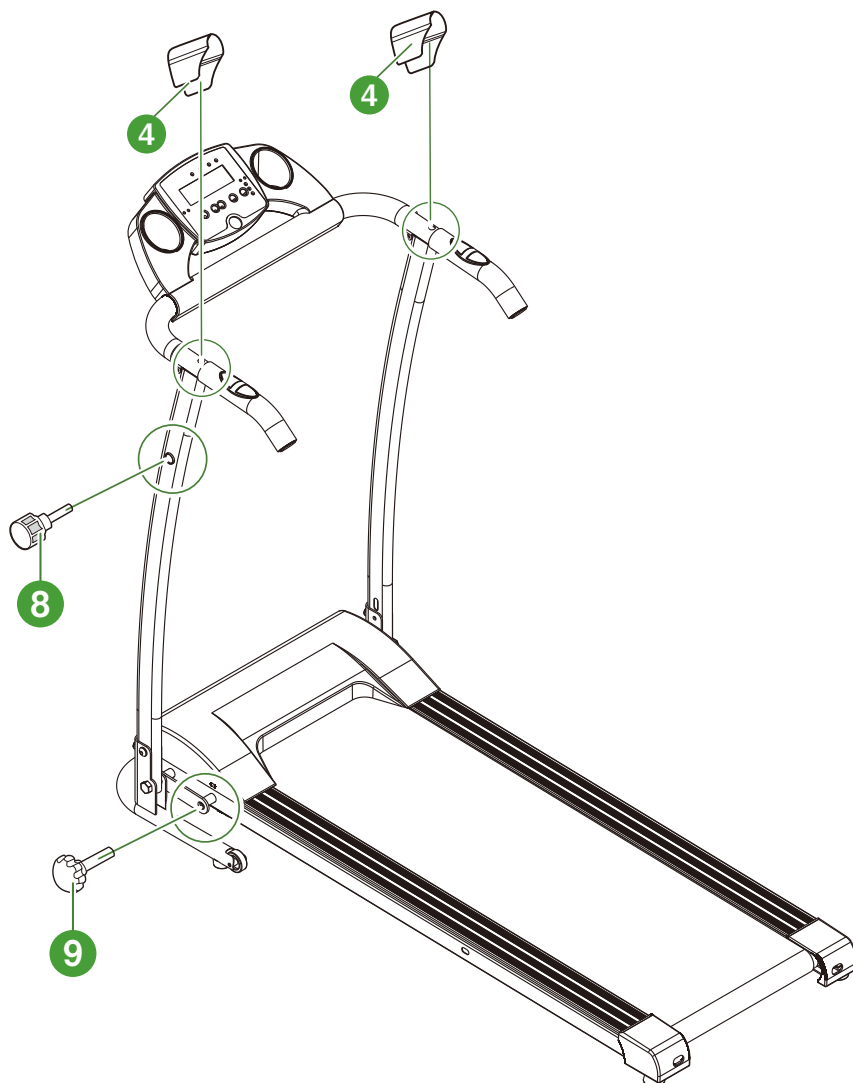
**NOTE:**  
PLEASE DO NOT PRESS THE CONNECTING WIRE IN CASE OF BEING DAMAGED/BROKEN.



## PRODUCT ASSEMBLY

3

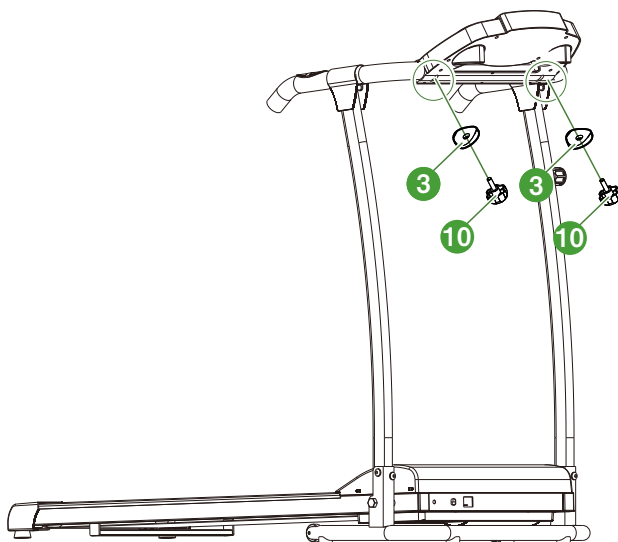
Put the Handrail Cover (part 4). Screw the Stretch Knob (part 8) into the left tube. Screw the Fix Knob (part 9) to fix the tube with base.



## PRODUCT ASSEMBLY

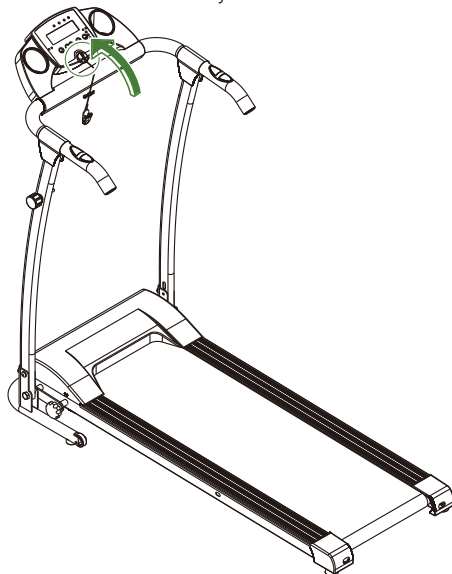
4

First, unscrew the preset bolts at the back of the console  
Adjust the angle of control panel. Use Lock Knob (part 10) & Plastic Knob (part 3)  
to fix the control panel.



5

Put the safety key and finish the assembly.

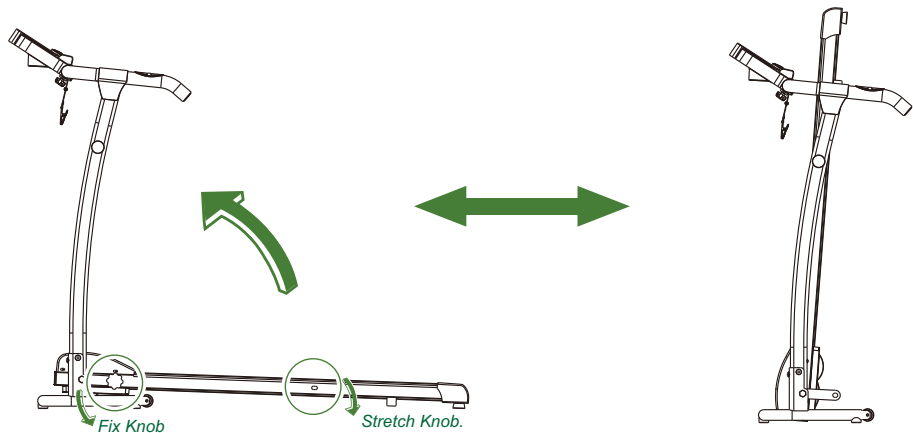


## FOLDING UP AND SETTING DOWN

**FOLD:**

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

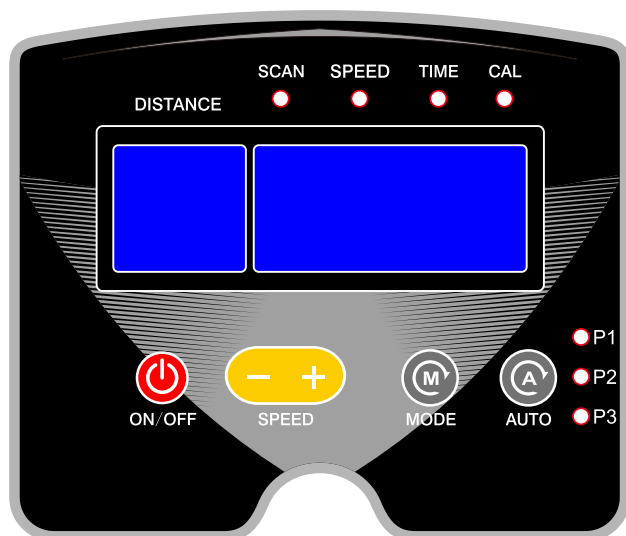
- 1. Secure the folding with **Stretch Knob**.
- 2. Fold up the treadmill.
- 3. Loosen out the **Fix Knob**.
- 4. After the treadmill is folded up, tilt the treadmill and you can move it.



## FOLDING UP AND SETTING DOWN

Product name	Treadmill
Voltage	110V
Frequency	50Hz
Speed	0.5-6.5MPH

## CONSOLE INSTRUCTION



1. After the power button is turned on, the machine will enter standby status.
2. When the machine is in standby status, press **ON/OFF** button. The machine will count down from 3 to 1 and start. The default speed is 0.5 mph.
3. When the machine is in standby status, press **ON/OFF** button. The machine will count down from 3 to 1 and start. The default speed is 0.5 mph.
4. Press **MODE** button again, the **TIME** indicator will light up. The display will show the running time.
5. Press **AUTO** button again, the **CAL** indicator will light up. The display will show the calories consumed.
6. Press **MODE** button again, the **SCAN** indicator will light up. In this status. The display will show speed, time and calories parameters consecutively.
7. When the machine is in standby status, press **AUTO** button to choose program between P1, P2 and P3. Press **SPEED+ / SPEED-** to adjust the running time. Press **ON/OFF** to start the running.

# TOTAL 3 PROGRAMS AS BELOW

- 1. Press the " **PROG** " button to select an interval setting. Programs are displayed as P1-P3. Select the desired program, and the console will display a countdown starting time(The time is adjustable). Press the " **SPEED +/-** " buttons if you wish to increase or decrease the speed after the program begins. Press the " **START** " button to start the interval program.
- 2. The interval program is divided into 20 sections. Each exercise time equals the setting time divided by 20 different speed modes. When the speed enters the next section, the treadmill will beep, and the speed will be changed according to the set interval. After finishing one program, the system will beep and the machine will gradually come to a stop, and display " **END** ".

Time Programs		Set time / 20 = running time of each period																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P01	SPEED	10	20	30	40	50	50	40	30	20	10	10	20	30	40	50	50	40	30	20	10
P02	SPEED	10	20	40	60	60	60	60	40	20	10	10	20	40	60	60	60	60	40	20	10
P03	SPEED	20	30	50	50	60	60	50	50	30	20	20	30	50	50	60	60	50	50	30	20



0.5-6.5MPH/H

P1



P2



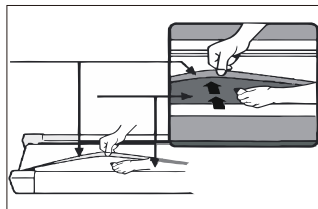
P3





## USAGE OF SILICONE OIL

1. Before you start the treadmill, please lubricate the running belt first. Pull up the running belt slightly, apply silicone oil to the backside of the belt and the top surface of the running deck.
2. Start the treadmill and keep it running for 3 minutes so that the oil spread and even out. It is necessary to maintain your treadmill **every 30 working hours** of the treadmill for optimal performance, which also helps extend the service life of parts.



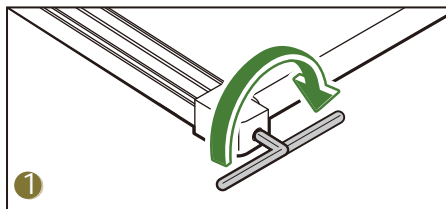
For your convenience, you can scan this QR code to see the video for lubricating the running belt on YouTube, or input this link to watch.



<https://youtu.be/MksJloi8Obo>

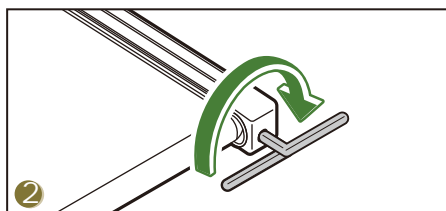
## RUNNING BELT ADJUSTMENT

After installation video tutorial



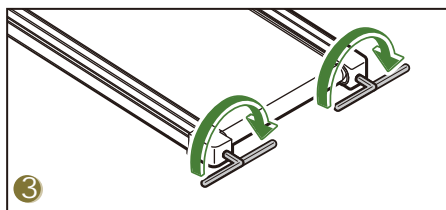
### RUNNING BELT DEVIATE TO LEFT

1. Start the machine by speed at 1.2-1.8mph without loading, use Allen wrench to turn the screw 1/4 circle clockwise (see fig1).
2. Then make the machine running without loading 1-2 minutes. Please adjust like this to make the belt till to mid place.



### RUNNING BELT DEVIATE TO RIGHT

1. Start the machine by speed at 1.2-1.8mph without loading, use Allen wrench to turn the screw 1/4 circle clockwise (see fig2).
2. Then make the machine running without loading 1-2 minutes. Please adjust like this to make the belt till to mid place.



### RUNNING BELT LOGJAM

1. If the running belt is in dead condition, use Allen wrench to make the screw 1/2 circle both left and right till this logjam solved.



### ***RUNNING BELT DEVIATE TO LEFT***

For your convenience, you can scan this QR code to see the video on YouTube, or input this link to watch.



<https://youtu.be/uoXqZXk1Bx8>

1

### ***RUNNING BELT DEVIATE TO RIGHT***

For your convenience, you can scan this QR code to see the video on YouTube, or input this link to watch.

<https://youtu.be/LGKKCk-yivM>



2



(STEP1)



(STEP2)

### ***RUNNING BELT LOGJAM***

For your convenience, you can scan this QR code to see the video on YouTube, or input this link to watch.



STEP1: <https://youtu.be/Xqri9ug5J7c>



STEP2: <https://youtu.be/nyZ75WFTZZw>

3

## **DAILY MAINTAINANCE**



1. Please disconnect power before checking the machine or cleaning.
2. Clear belt and dial plate after use, at least once a week.
3. Check and tighten screws and spines at fixing point.
4. Do not hang clothes or other objects on the machine.

# EXERCISE GUIDE

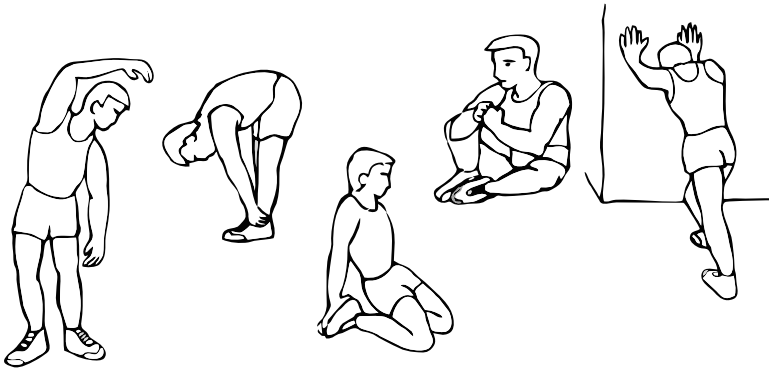
**PLEASE NOTE:** Before beginning any exercise program, consult your physician.

This is important especially if you are over the age of **45** or individuals **with pre-existing health** problem.

The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aid in determining heart rate trends in general.

Exercising is great way to control your weight, improving your fitness and reduce the effect of aging and stress. The key to success is to make exercise a regular and **enjoyable part of your everyday life**.

The condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles is an important factor to your fitness. Your muscles use this oxygen to provide enough energy for daily activity. This is called aerobic activity. When you are fit, your heart will not have to work so hard. It will pump a lot fewer times per minute, reducing the wear and tear of your heart. **So, as you can see, the fitter you are, the healthier and greater you will feel.** 😊



## Warm-up



- Start each workout with **5 to 10 minutes** of stretching and some light exercises. A proper warm-up Increase your body temperature, heart rate and circulation in preparation for exercise. Easy into your exercise.

## Training Zone Exercise



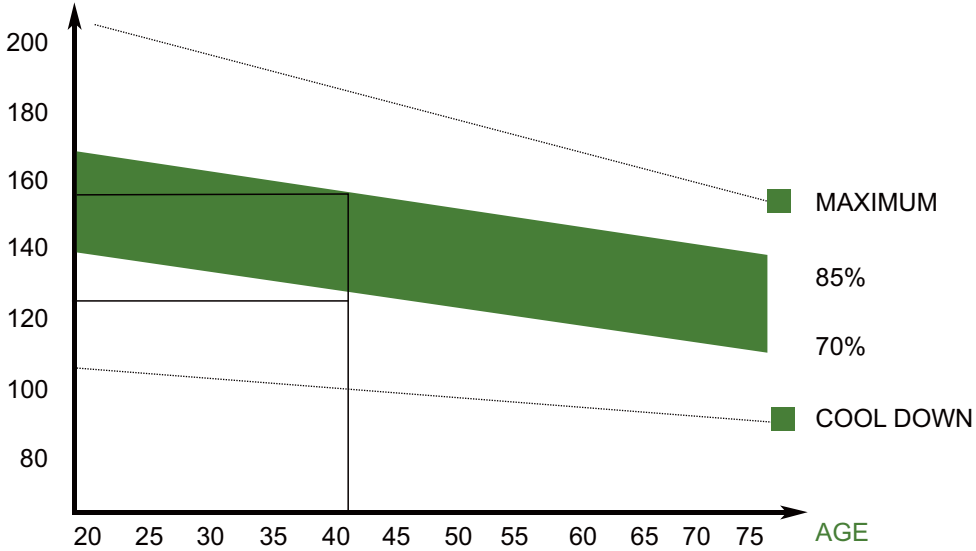
- After warming up, increase the intensity to your desired exercise program. Be sure to maintain your Intensity for maximum performance. Breathe regularly and deeply as you exercise-never hold you breathe.

## Cool Down



- Finish each workout with a light jog or walk for at least 1 minute. Then complete **5 to 10 minutes** of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post- exercise problems.

HEART RATE



THIS IS HOW YOUR PULSE SHOULD BEHAVE DURING GENERAL FITNESS

EXERCISE. REMEMBER TO WARM UP AND COOL DOWN FOR A FEW MINUTES

The most important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

MADE IN CHINA

# TROUBLE SHOOTING

PROBLEM	CAUSE (S)	SOLUTION (S)
Could not power on	Poor contact or the powersupply malfunctions	Check if all of the wires and parts are well connected.
The running belt doesn' tmove.	Overload	The user's weight is over the weight capacity of themachine.



**Note:**  
**It is recommended to adjust the running belt to the right position before the first time of use.**



## TROUBLE SHOOTING

ERROR CODE	PROBLEM	SOLUTION
Err	Not put safety key on the yellow area of panel	Put the safety key on
E2	Trouble with the control board or motor	Try to change the control board.If not work, try to change the motor
E4	Trouble with the connected line or console	Try to change the connected line.If not work, try to change the console
E5	Overcurrent protection	Restart
E6	Trouble with motor	Change the motor
E7	Trouble with connected line	Change the connected line
E8	Overload protection	Restart
E9	Overload protection	Restart
E10	Overvoltage protection	Restart
E11	Low-voltage protection	Restart



**WARNING:** If the display shows the error code **E8, E10, E11 two times**, please stop using this machine.



*Dear Sir/Madam:*

*Thank you for choosing us. Hope you will enjoy our items. Our goal is provide better quality items and customer service.*

*Your suggestions and shares about our items&service are really important to both of us and other buyers. We sincerely invite you to go back to our store and leave your thoughts, share and experience. It would be quite encouraging if you could do like this:*



One year warranty



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Orders FAQ



Product Assembly



Returns & Refunds

## WARRANTY

Your purchase includes a hassle-free Money Back Guarantee and a free replacement exchange for one year. Within the warranty period, we provide the FREE replacement parts. If caused by incorrect assembly, incorrect use or change of parts failures, our company takes no responsibility. You should show our products series no. and relative pictures or videos or concern information before getting the warranty.

### ★★★★★Great products so far

February 24, 2018

Great product so far. Fast delivery, easy setup, and working without any issues.

With your inspiring rating, FYC will be more consistent to offer you

EASY SHOPPING EXPERIENCE, GOOD PRODUCTS and EFFICIENT SERVICE!

If you have any issues with your orders, logistics, items, etc, please contact us by the following way.



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