FHC

Electric Folding Treadmill

JK0805E-3

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

FYC

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

- For safety , do not stand on the running belt while starting.
- Please stop using immediately if you feel vomiting or jerky during using.
- 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 the flat ground. It is unsuitable to put the treadmill in the following places:
  - ① Outdoors. (The treadmill is specially designed for indoor use only).
  - ② Slant ground or slant places on the 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 useing the treadmill.
- Please speed up or speed down slowly.
- Make sure no child or other objects 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 thetreadmill.
- 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)

SAPNNER (PROVIDED)

LBS

265 LBS CAPACITY

1 PERSON ASSEMBLY

UP TO 30 MIN. ASSEMBLY

HARDWARE

1 Safety Key
1 PCS

2 Round Washer
2 PCS

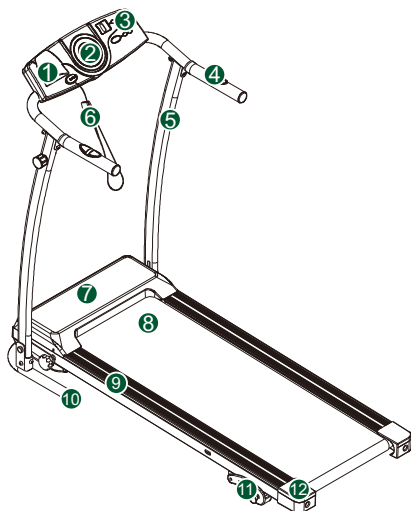**3** Arc Washers
2 PCS

4 Lock Knob
1 PCS

5 Stretch Knob
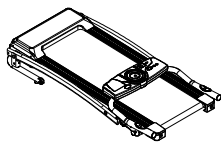1 PCS

6 Short Bolt
4 PCS

PRODUCTS MAIN PARTS

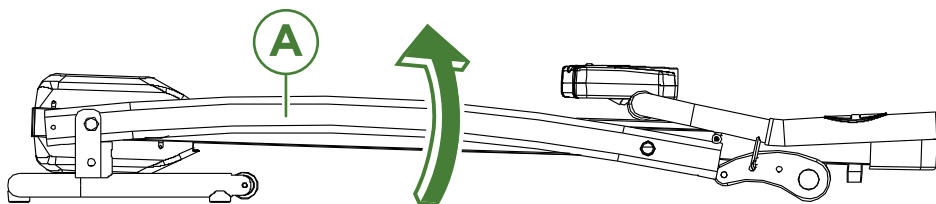| 1、	Cup Holder
2、	Display
3、	Console
4、	Heart Indüctor
5、	Upright Tube
6、	Safety Key
7、	Motor Cover
8、	Running Belt
9、	Side Rail
10、	Mobile Wheel
11、	3-Level Incline
12、	End Cap

PARTS

A RUNNING DECK

1 PC

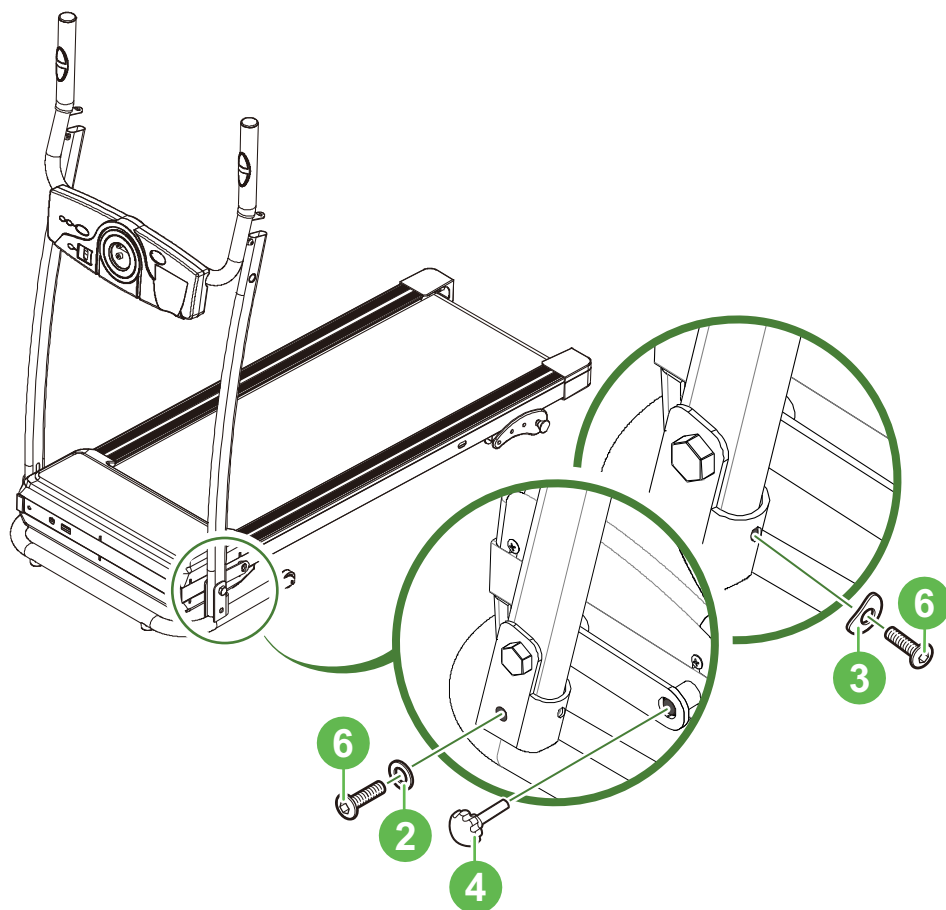## PRODUCT ASSEMBLY

1 Lift the tubes with handrails

Tips:
Open the package and take out the treadmill.Make sure there are no missing parts:

A

PRODUCT ASSEMBLY

2

Use Short Bolts (Part 6) & Arc Washers (Part 3) to fix the front of left & right upright tubes with the base frame.

Then use Short Bolts (Part 6) & Round Washers (Part 2) to fix the side of left & right upright tubes with the base frame. Finally, use the Lock Knob (Part 4) to fix the base frame.
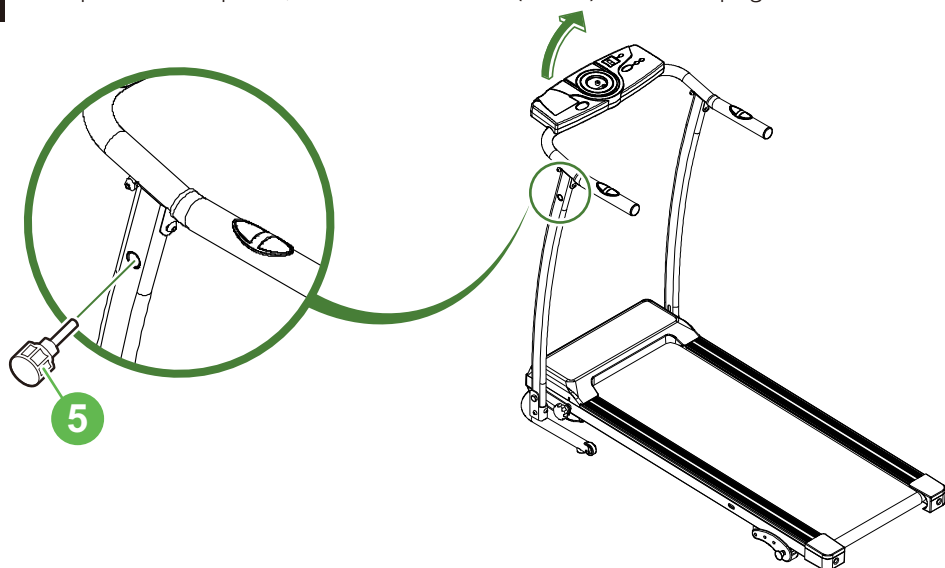
PRODUCT ASSEMBLY

3 Check if the connector wire cable between the upright tube and handrail is connected well. Then lay down the handrails, use the preset bolts and washers to fix the console to the upright tubes.
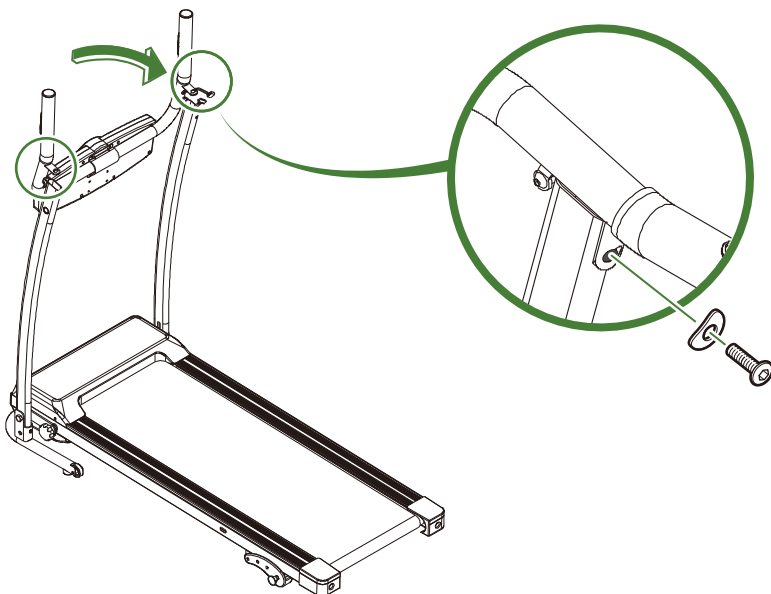
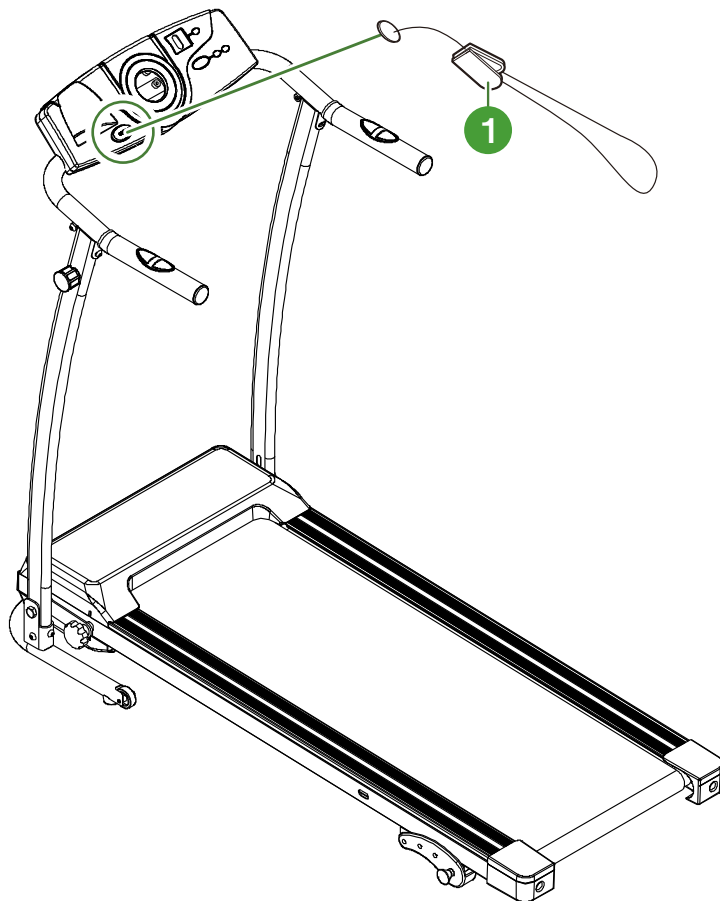**4** Lift up the control panel; fix the **Stretch Knob (Part 5)** to the left upright tube

PRODUCT ASSEMBLY

**5** Put safety key and finish the assembly..

FOLDING UP AND SETTING DOWN

FOLD:
1. Unscrew the fixed knob then lift the base frame. Pull out the stretch knob, aimed at the base frame then release the knob to fix the machine. Move the machine.
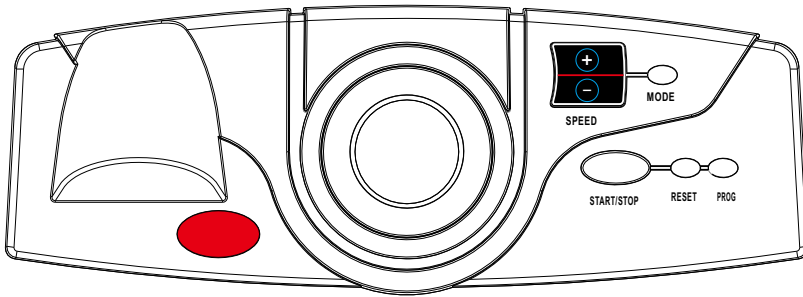
UNFOLD:
1. Pull out the stretch knob then fall down the running board and fix the machine with the fixed knob then use the machine after plug in.
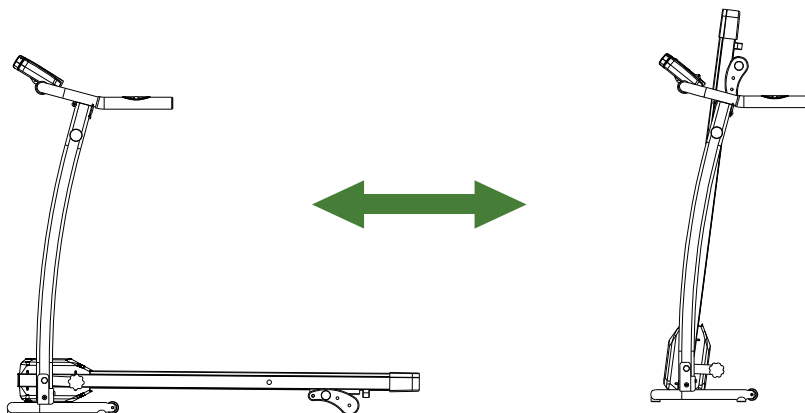
FOLDING UP AND SETTING DOWN

| Product name	JK0805E-3
Voltage	110V
Frequency	50-60Hz
Speed	0.5-7.5MPH

CONSOLE INSTRUCTON

1. Check that the red power switch on the back of the machine is turned off.

2. The power supply socket should be turned off at the wall, then insert the power cable into the wall and at the back of the machine.

3. Turn on the power supply at the wall and turn on the red power switch at the back of the machine.

4. Place the emergency stop safety key on the front of the console. Clip the other end of the safety key onto your clothes and stand on the running belt facing the console.

5. Press the **"STARTISTOP"** key, the machine will start at 0.5mph/h after 3 seconds.

6. Press **"+"** key to increase the speed and **"-"** key to decrease the speed. The fastest speed is 7.5mph/h and lowest is 0.5mph/h.

7. Press **"+"** key to increase the speed and **"-"** key to decrease the speed. The fastest speed is 7.5mph/h and lowest is 0.5mph/h.

8. 12 programs range from P1-P12. When in stand by PROG, press **"PROG"** key to set the programs then press **"STARTISTOP"** to start the machine.

9. Touch the heart sensors with both hands, the screen will show heart rate frequency..

10. In case of emergency, please pull out safety key. The machine will stop very slowly.

11. To stop the machine you can also press the **"STARTISTOP"**.

12. Press RESET key, all data will cleared to standby status.

• 1. The speed and time of the pre-set programs are fixed and cannot be changed.

The default time for the pre-set programs is 30 minutes.

0.5-7.5MPH/H
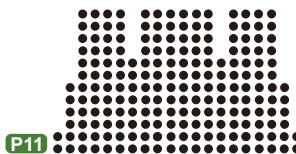
USAGE OF SILICONE OIL

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.
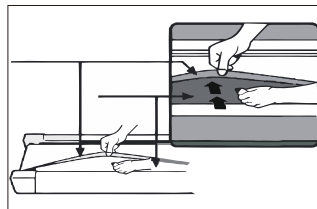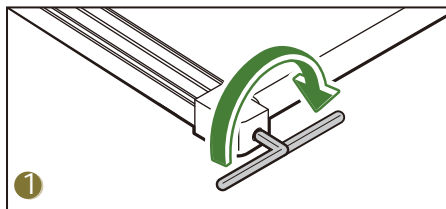

For your convenience, you can scan this QR code to see the video for lubricating the running belt on YouTube, or input this link to watch.
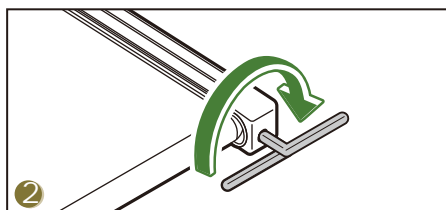
https://youtu.be/MksJloi8Obo

RUNNING BELT ADJUSTMENT   After installation video tutorial

RUNNING BELT SKEWS TO THE 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 Please adjust the belt like this to the middle position.

RUNNING BELT SKEWS TO THE 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 the belt like this to the middle position.
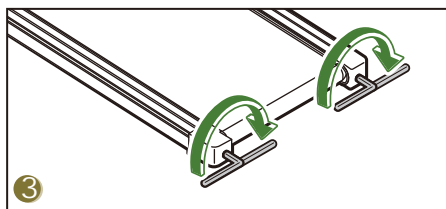
RUNNING BELT IS IN THE LOGJAM
1. If the running belt is in dead condition, use Allen wrench to make the screw 1/2 circle both left and right till this logjam solved.

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

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RUNNING BELT DEVIATE TO RIGHT
For your convenience, you can scan this QR code to see the video on YouTube, orinput this link to watch.

https://youtu.be/LGKKCk-yivM ◀◀◀

❷

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

（STEP1）　　　　　　　（STEP2）

❸

DAILY MAINTENANCE

1. Please disconnect power before checking the machine or cleaning.

2. Clear the 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.
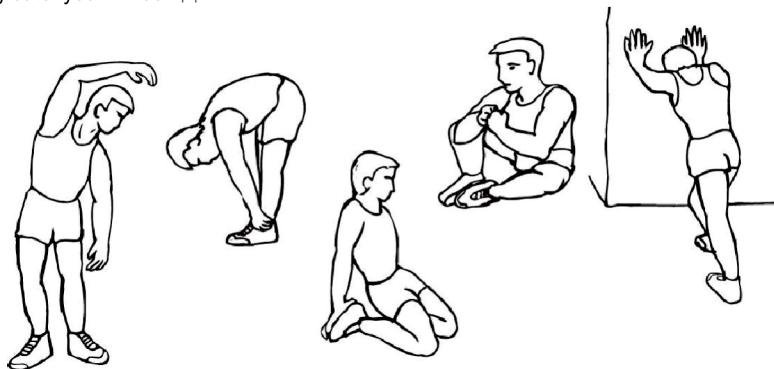
Warm-up

- 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

200
180
160
140
120
100
80

20 25 30 35 40 45 50 55 60 65 70 75   AGE

■ MAXIMUM

85%

70%
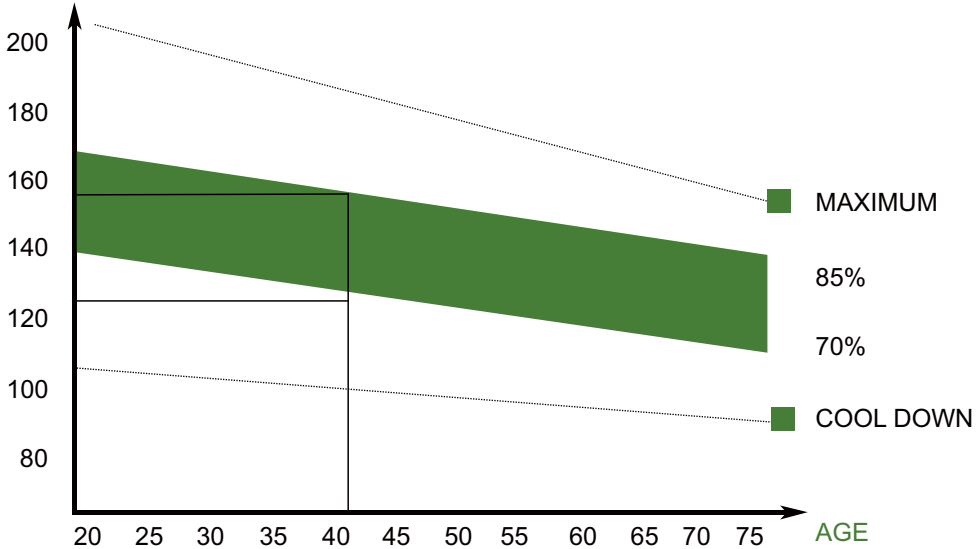
■ COOL DOWN

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

ERROR CODE	PROBLEM	SOLUTION
Err	No safety key on the panel	Put the safety key on the panel.
	Connecting wire cable loose/damage from the control board	Remove the motor cover and check all the connecting wire cable.
------	No safety key on the panel	Put the safety key on the panel.
	Connecting wire cable loose/damage from the control board	Remove the motor cover and check all the connecting wire cable.
E5	Overload Protection	Please lubricate the running belt and check if the motor works well.
		Motor or Control Board damaged, please replace it.
E6	MOS Protection	Check whether the motor wire is damaged or broken.
		Replace the control board.
E7	Connecting wire cable loose/damage from the control board	Remove the motor cover and check all the connecting wire cable.
E8	Electric motor damage/broken	Replace the motor.
	Connecting wire cable loose/damage from the control board	Remove the motor cover and check all the connecting wire cable.

If you are not sure about how to do that, please contact our customer service and we will provide the best solution for you.

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 | Product Inquiry | 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.

This treadmill is only for home use, if the problems occurred by commercial used, our company takes no responsibility.

★★★★★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 bythe following way.

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Telephone: 011 86 574 83096029