

Electric Folding Treadmill

JK1608-2

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



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 , 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 using 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 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)



SAPNNER
(PROVIDED)



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

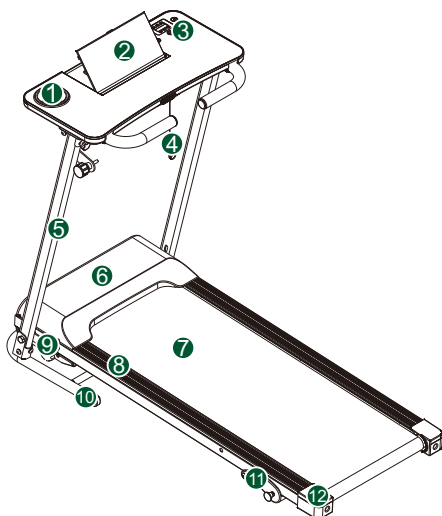
7

Fixed Knob



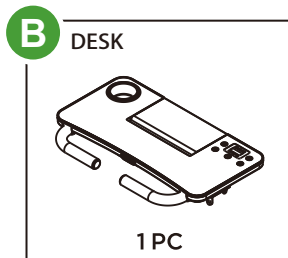
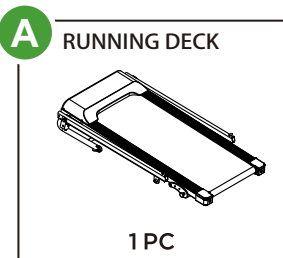
2 PCS

PRODUCTS MAIN PARTS



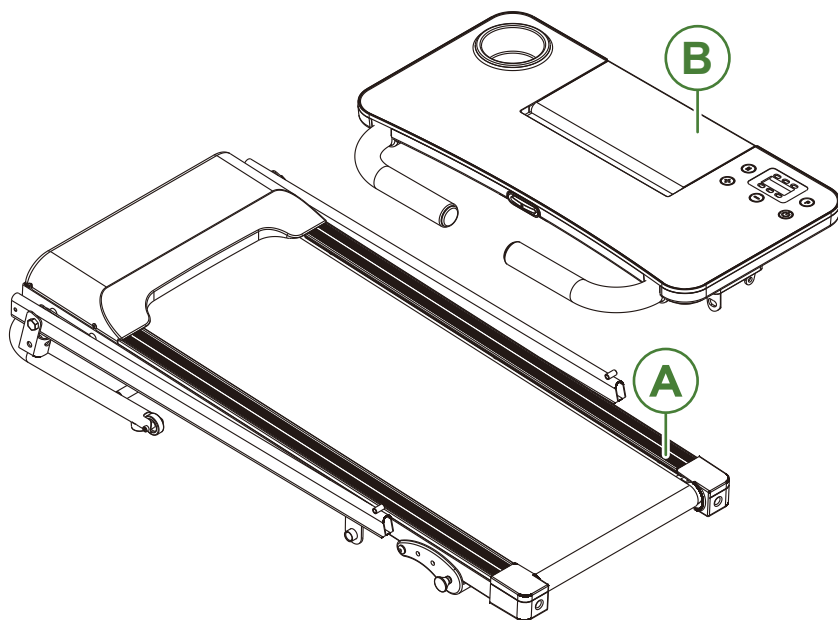
- 1、Cup Holder
- 2、PAD Holder
- 3、Console
- 4、Safety Key
- 5、Upright Tube
- 6、Motor Cover
- 7、Running Belt
- 8、Side Rail
- 9、Lock Knob
- 10、Mobile Wheel
- 11、3-Level Incline
- 12、End Cap

PARTS



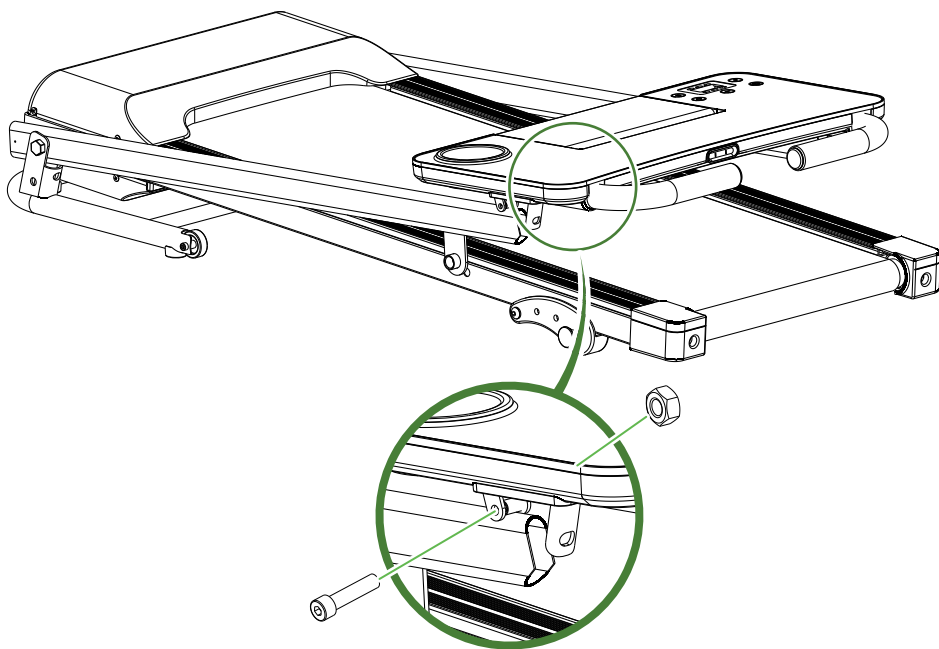
PRODUCT ASSEMBLY

- 1 Take the treadmill and spare parts bag out from the box, and place them on the floor.



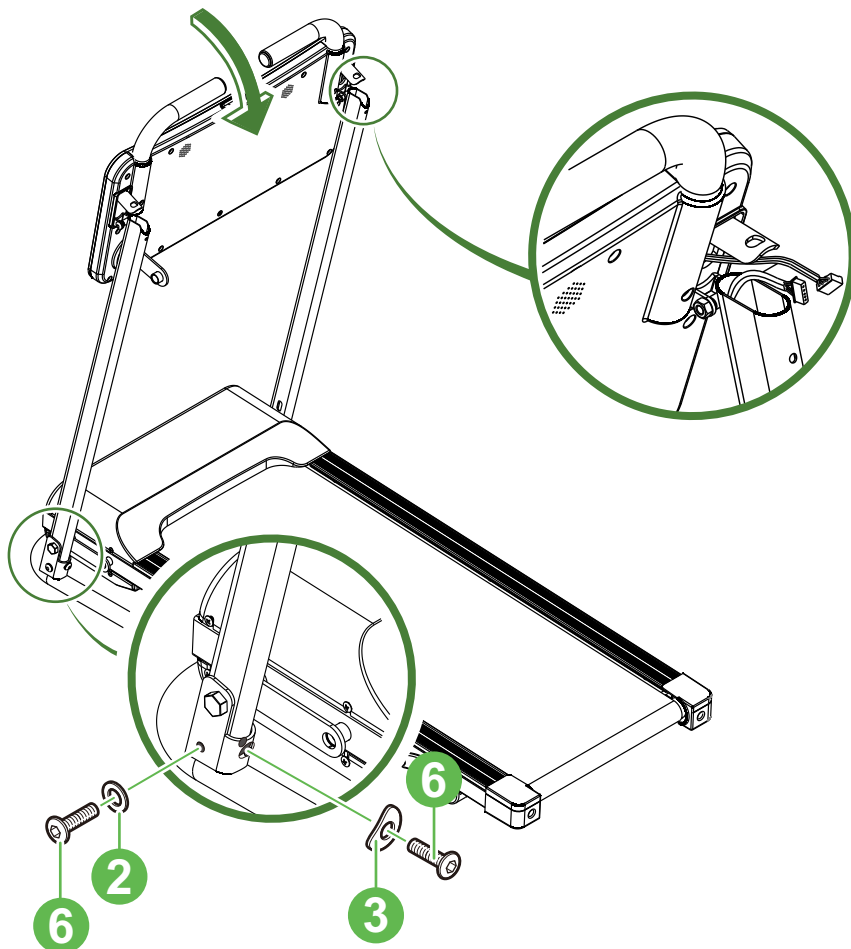
PRODUCT ASSEMBLY

- 2** Unscrew the preset bolts & nuts at the top of tubes.
Attach the desk to the tubes, use the preset bolts & nuts to fix the desk to the tubes.



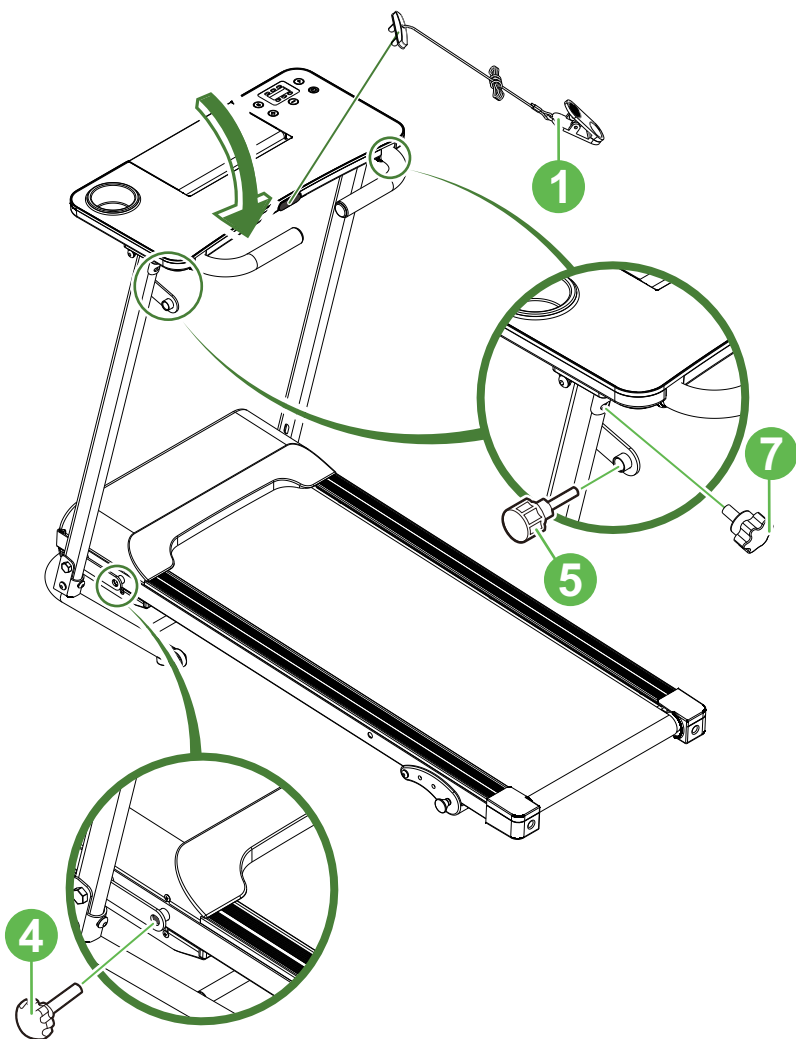
PRODUCT ASSEMBLY

- 3** Lift up the whole panel.
- Use **Short Bolt (Part 6)** & **Arc Washers (Part 3)** to fix the front side of the tubes;
- use **Short Bolt (Part 6)** & **Round Washers (Part 2)** to fix the left/right side of the tubes.
- Check if the connecting wire cable is in good condition and connected well.
- Then thread the cable into the tube.



PRODUCT ASSEMBLY

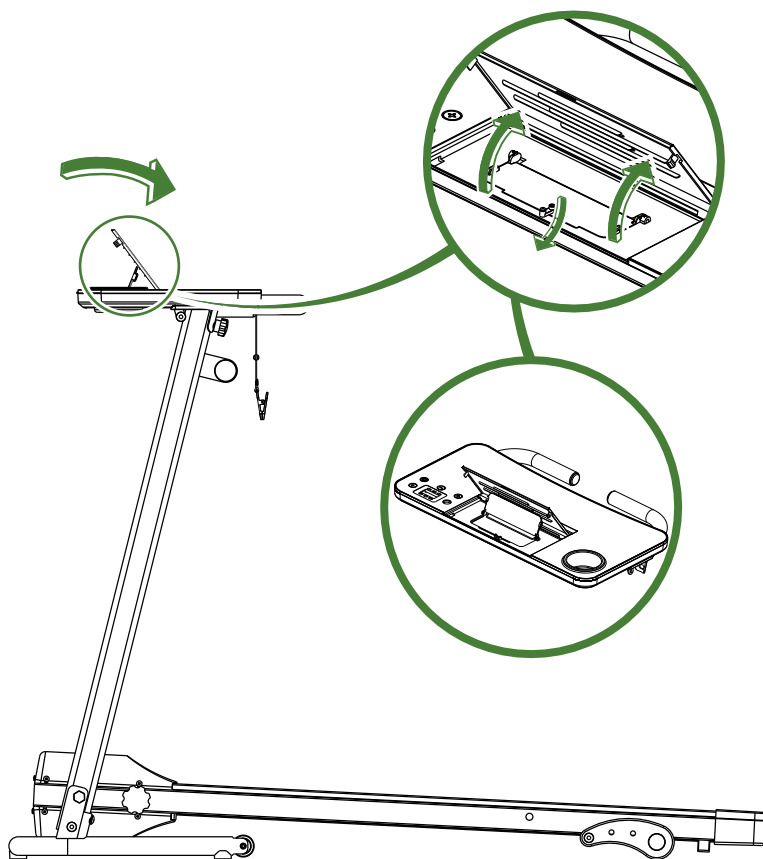
- 4** Lay down the desk, use **Fixed Knob (part 7)** to fix the desk with tubes.
Use **Lock Knob (Part 4)** to fix the desk to the tubes. Screw in **Stretch Knob (Part 5)**.
Put the safety key and the assembly is finished.



PRODUCT ASSEMBLY

5

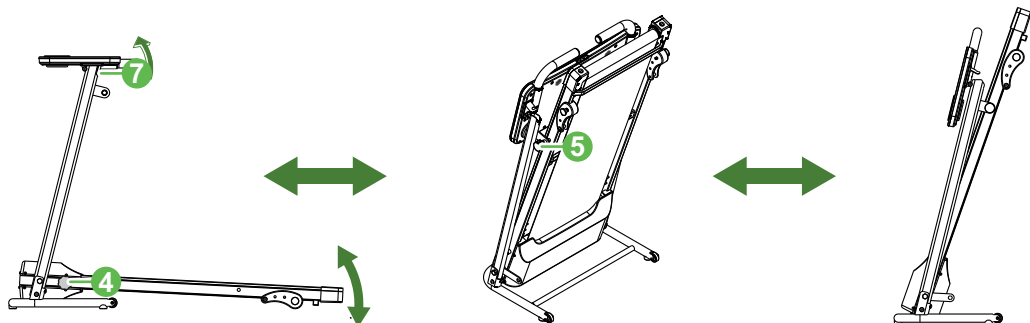
Lift the pad holder, and lift the clip at the back of pad holder, you can adjust the angle of pad holder.



FOLDING UP AND SETTING DOWN

FOLD:

1. Turn off the treadmill or power off the treadmill.
2. Unscrew the **Fixed Knob (Part 7)** under the control desk and lift the desk.
3. Unscrew the **Lock Knob (Part 4)** on the base frame.
4. Lift the base frame to the place where the **Stretch Knob (Part 5)** can put in to fix the base frame.



FOLDING UP AND SETTING DOWN

Product name	JK1608-2
Voltage	110V
Frequency	50-60Hz
Speed	0.5-7.5MPH









BLUETOOTH SETUP

- Turn the treadmill on to make the speakers discoverable to your device under the name: **Bluetooth**
- On the device you want to pair with the speakers, open Bluetooth Setting (reference device manual to locate), find and select **Bluetooth**



CONSOLE INSTRUCTION



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 socket.
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 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 "  " key, the machine will start at 0.5MPH after 3 seconds, when machine is running, press this key and the machine will stop slowly.
6. Press the "  "  " key, the machine will start at 0.5MPH after 3 seconds, when machine is running, press this key and the machine will stop slowly.
7. Press "  " key, the screen will show Time/Step, Speed, Distance/Calories, data will be shown every 5 seconds. Press "  " key and it will stay in "  " key to select fixed mode. When machine is in standby status, press user required Time, Distance or Calories, then press "  " or "  " key to set required value. Time set range 5:00-99:00, Distance set range 1-99, Calories set range 20-990.

TOTAL 12 PROGRAMS AS BELOW

- 1. When machine is in standby status, press this "P" key to select P1-P12."

Then press "⏻" key: the machine will run at the selected program.

When program is selected, the default time value is 30 minutes.

User can press "+" or "-" key to increase or decrease the time.

The formula of time and speed change is $\text{TIME}/20 \times 60\text{s}$ as below:

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	2	2	3	3	4	4	4	4	4	4	4	4	4	4	4	4	3	3	2	2
P02	SPEED	2	3	4	5	5	5	5	4	3	2	2	3	4	5	5	5	5	4	3	2
P03	SPEED	2	2	2	3	3	3	4	4	4	5	5	5	6	6	6	6	5	4	3	2
P04	SPEED	2	4	6	7	6	4	2	2	4	7	6	4	4	2	2	4	6	7	6	4
P05	SPEED	2	3	4	6	7	4	4	6	7	4	4	6	7	4	4	6	7	4	3	2
P06	SPEED	2	3	4	5	6	7	7	7	7	7	7	6	6	5	5	4	4	3	3	2
P07	SPEED	2	4	6	5	7	6	7	7	5	7	7	7	7	5	7	6	7	7	5	2
P08	SPEED	2	3	5	6	5	7	5	7	5	7	7	5	7	5	7	5	6	5	3	2
P09	SPEED	2	5	3	7	4	7	5	7	6	7	7	6	7	5	7	7	7	3	5	2
P10	SPEED	2	4	3	7	7	5	7	7	7	5	7	7	7	7	6	4	6	3	5	2
P11	SPEED	2	4	7	7	7	7	5	7	7	7	7	7	7	5	7	7	7	7	4	2
P12	SPEED	3	3	5	7	3	5	7	4	7	7	7	6	7	7	7	5	6	4	5	2

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

REMOTE CONTROL INSTRUCTION



1. Function of the Remote Control

2.1 "Start/Stop": ⏻

- (1) In standby or countdown mode: Press "⏻" button to start the machine. Please note that the default speed is 0.5MPH.
Choose the preset program: Press "P" to choose P1-P12, and then press "⏻" to start the machine, the speed will change according to the preset speed.
- (2) In running state: Pressing "⏻", then the treadmill will stop slowly and back to standby state.

2.2 "+" / "-"

"+" / "-" button is to adjust speed. Keep pressing "+" or "-" button over 0.5 seconds, the speed will keep increasing or decreasing. The speed will change by 0.1 MPH.

2.2 "M"

- "M": ① In standby mode: it can switch from different mode, including Time, Distance and Calories.
② In running mode: press "M" button will switch display mode between cyclic display mode and single display mode.

2.4 "P"

- "P": There are P01-P12, totally 12 preset programs you can choose when in standby mode.



2.5 🔇

- Press the "🔇" button to mute the treadmill (no sound "Bi"); press it again to resume the beep sound.

2.6 ⏻



- After using, press "⏻" button, the treadmill will stop slowly and it will retain its data until power off. It will resume the previous speed when it starts again.

2.7

- "": Press the "" button, the data will be reset to its default data. It only works when the treadmill is in standby mode.

※**REMARK:** Any valid pressing, the treadmill will make a sound "Bi"

ABOUT THE REMOTE CONTROL

- 3.1 Pull out the insulating sheet, you can use the remote control directly.
- 3.2 The remote control can directly control the treadmill.
- 3.3 If you have purchased multiple treadmills, in order to prevent the treadmills from interfering with each other, please perform the following operations to match:
 - 3.3.1 Turn on the one of treadmills.
 - 3.3.2 Simultaneously press the  and  buttons together on the remote control for 5 seconds. The display screen will flash, and the treadmill will match the remote control.
 - 3.3.3 Please note: After matching the remote control, if remote control is replaced, please rematch it with the above step.

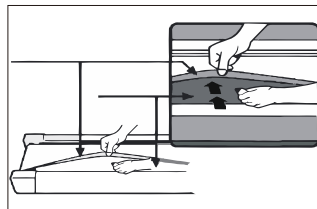
HOW TO MATCH A NEW REMOTE CONTROL

- 4.1 Power off the treadmill.
- 4.2 Press the "speed -" in the treadmill and "M" button in the remote control at the same time, then keep pressing for **6 seconds**.
- 4.3 Start the treadmill **within 5 seconds**, the remote control will match the machine.



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.



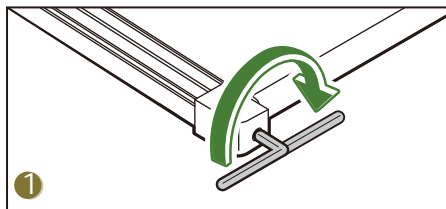
For your convenience, you can scan this QR code to see the video for lubricating the running belt on YouTube, or input this link to watch.



<https://youtu.be/MksJloi8Obo>

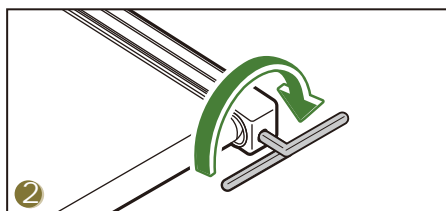
RUNNING BELT ADJUSTMENT

After installation video tutorial



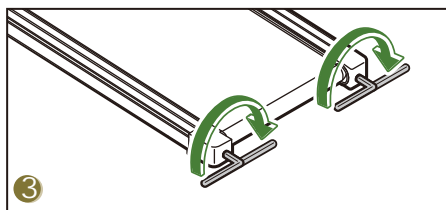
RUNNING BELT SKEWS TO THE LEFT

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 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>

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 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

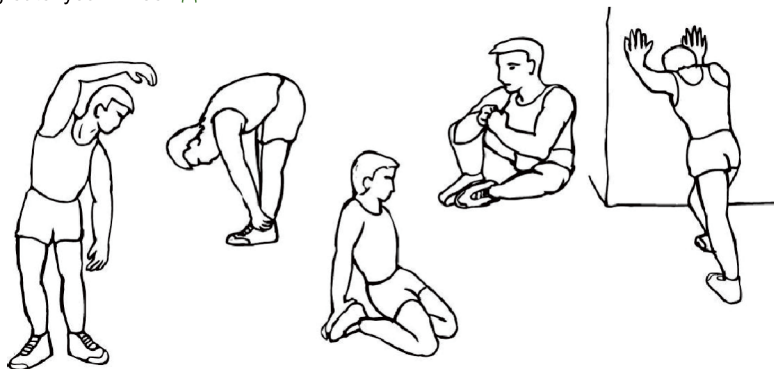
PLEASE NOTE: Before beginning any exercise program, consult your physician.

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



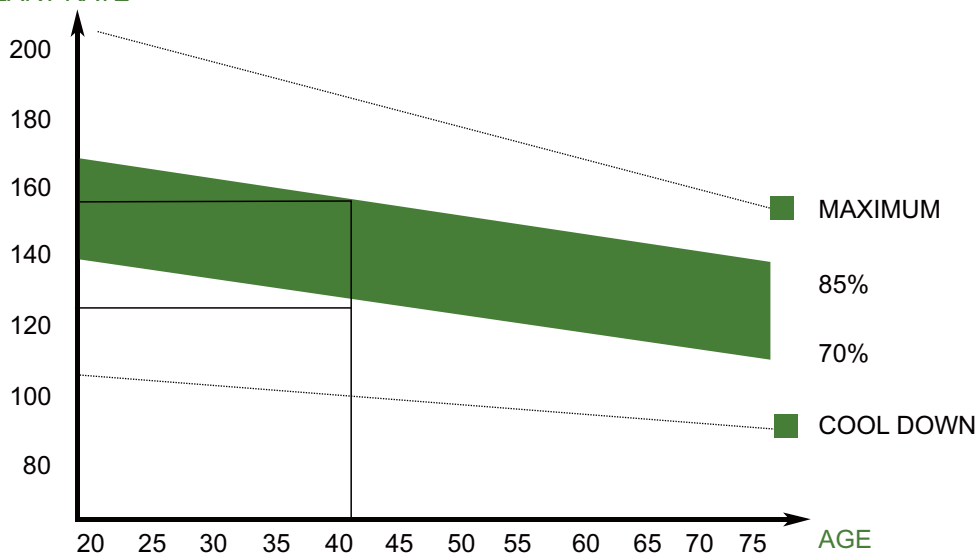
- After warming up, increase the intensity to your desired exercise program. Be sure to maintain your Intensity for maximum performance. Breathe regularly and deeply as you exercise-never hold you breathe.

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



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.

FCC COMPLIANCE STATEMENT:

This device complies with part 15 of the FCC Rules.

Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference, and
- (2) this device must accept any interference received, including interference that may cause undesired operation.

Note: This equipment has been tested and found to comply with the limits for a Class

B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.

However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.

- Increase the separation between the equipment and receiver.

- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

- Consult the dealer or an experienced radio/TV technician for help.

Warning: Changes or modifications to this unit not expressly approved by the part responsible for compliance could void the user's authority to operate the equipment.

FCC Radiation Exposure Statement

The device has been evaluated to meet general RF exposure requirement.

The device can be used in portable exposure condition without restriction.



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 by the following way.



Email: hellofyc@outlook.com



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Telephone: 011 86 574 83096029