

Electric Folding Treadmill

JK1608E-1

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 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)



220LBS
CAPACITY



1 PERSON
ASSEMBLY

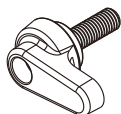


UP TO 30 MIN.
ASSEMBLY

HARDWARE

1

Lock Knob



2 PCS

2

Round Washer



2 PCS

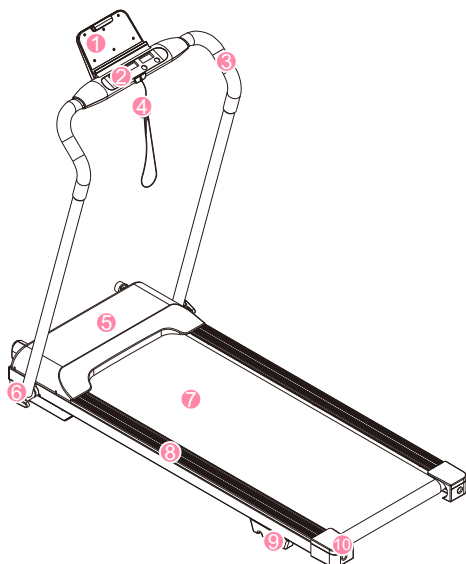
3

Safety Key



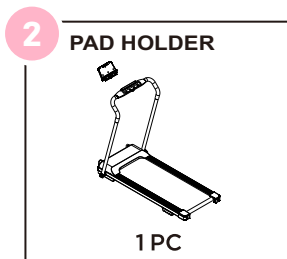
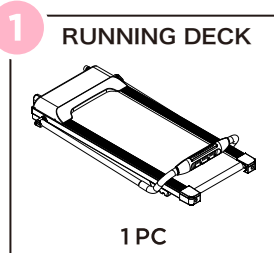
1 PCS

PRODUCTS MAIN PARTS



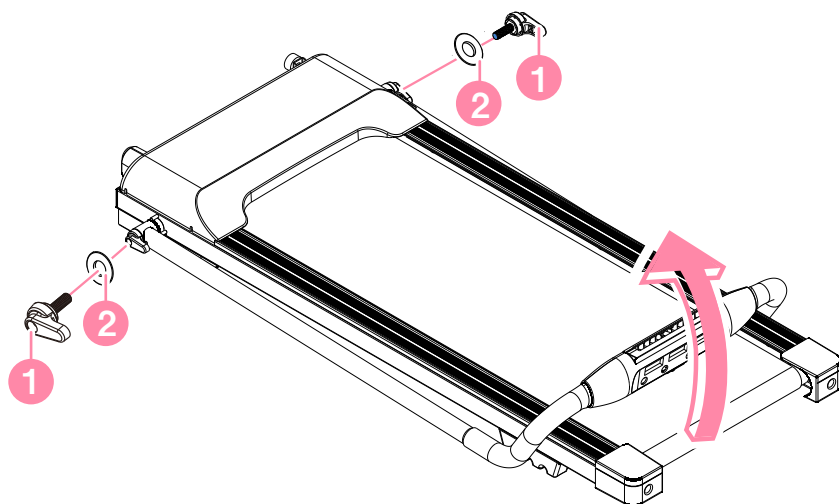
- 1 、 PAD Holder
- 2 、 Console
- 3 、 Handrail
- 4 、 Safety Key
- 5 、 Motor Cover
- 6 、 Lock Knod
- 7 、 Running Belt
- 8 、 Side Rail
- 9 、 Rubber Pad
- 10 、 End Cap

PARTS



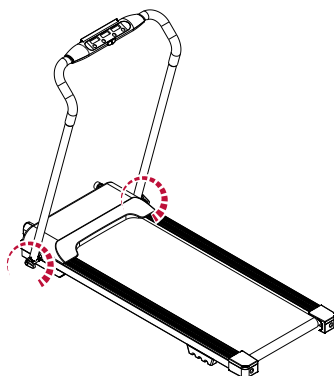
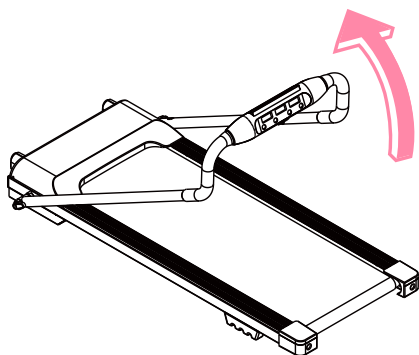
PRODUCT ASSEMBLY

- 1** *NOTE*
DO NOT TIGHTEN THE KNOBS FIRST
After taking the treadmill out of the carton, first install washer on the lower end of the frame, screw the knob

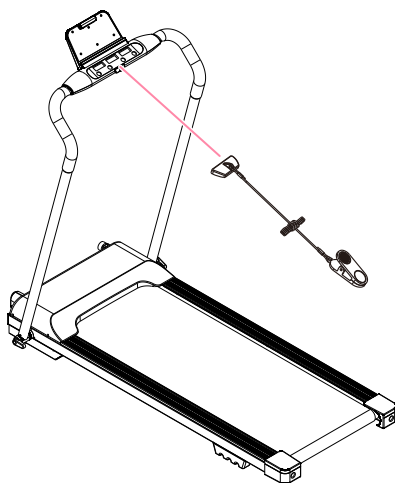
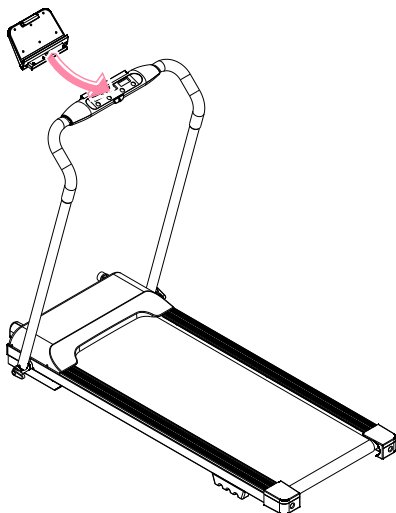


PRODUCT ASSEMBLY

- 2** Raise the handrail to the corresponding slot position of the main shaft, and then tighten the knob.



- 3** Insert the pad holder, put the safety key, and complete the assembly.



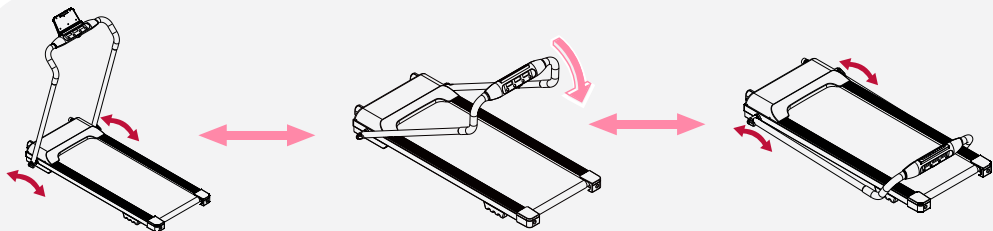
FOLDING UP AND SETTING DOWN

FOLD:

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

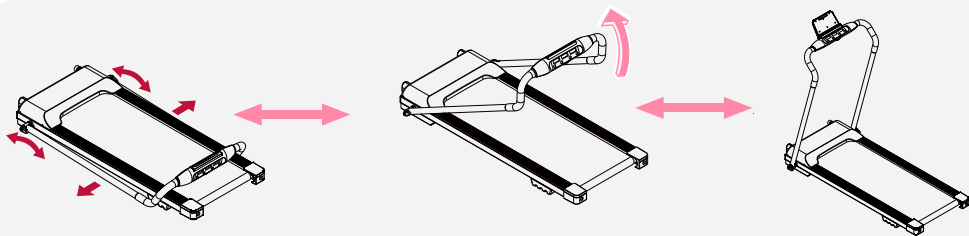
Take off IPAD holder, unscrew the knob, lie down the handrail.

Then screw the knob with the frame.



UNFOLD:

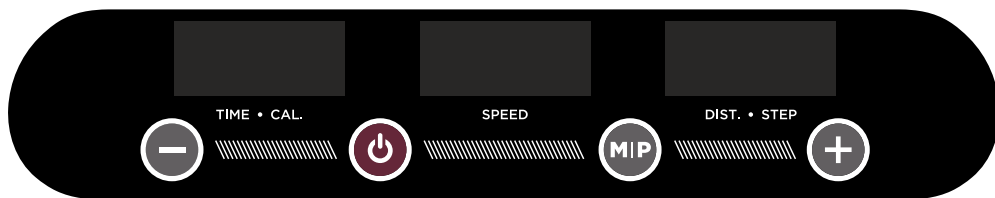
Loosen the knob and uplift the handrail to the certain angle, then insert the pad holder.



TECHNICAL SPECIFICATION

Product name	JK1608E-1
Voltage	110V
Frequency	50-60Hz
Speed	0.5-6.5MPH

CONSOLE INSTRUCTION



(1). Window shows

1.1 "TIME" window:

shows the running time. Forward travel-time is from 0:00-99:59, countdown is counted to 0 from the set time (set cope 5:00~99:00), when count to 0:00, the treadmill will stop slowly.

"CALORIES" window:

forward count from 0-99, when forward countdown reaches the top point, it will recount. When calories count down (calories set cope 20.0-990.0), it will count to 0 from the set point; when count to 0:00, the treadmill will stop slowly. When in motion state, press "M" key, the window will switch from Time, Calories, Distance, Step

1.2 "SPEED" window:

shows the current running speed, speed range is 0.5-6.5mph

1.3 "DISTANCE" window:

shows the current movement distance. Forward countdown is from 0.0~99.9. When forward count down reaches the top point, it will recount. When distance count down (distance set cope 1.00~99.00) it will count to 0 from the set point, the treadmill will stop slowly.

"STEP" window:

Forward step count is from 0-9999. When forward countdown reaches the top point, it will recount.

(2). Functional instruction

2.1 Sports Mode:

Press "START" key to start the treadmill, SPEED window will count from "3 2 1". The default speed is 0.5MPH, press "+" or "-" to adjust speed.

2.2 Countdown Mode:

when in standby, press "M" key to choose Time, Distance or Calories countdown. Press "+" or "-" to set relevant data. After setting, press "START/STOP" to start the treadmill and it will count down from the set data. When count to 0, the machine will stop by itself.

2.3 Pre-set Program (01-P12):

choose one program, then press "+" or "-" to set the running time (time set cope 5:00~99:00, default time is 30:00). Press "START/STOP" to start the treadmill, it will run based on the pre-set speed. Speed changes according to the time "(Time/20)"

TOTAL 12 PROGRAMS AS BELOW

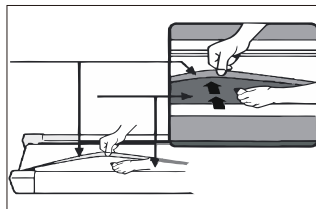
Time Programs		Set time / 20 = running time of each period																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P01	SPEED	1.2	1.2	1.9	2.5	3.1	1.9	2.5	3.1	3.1	1.9	2.5	3.1	2.5	2.5	2.5	1.2	1.9	3.1	1.9	1.2
P02	SPEED	1.2	1.9	2.5	3.1	3.7	2.5	3.7	3.7	3.7	2.5	3.1	3.7	2.5	2.5	2.5	1.2	2.5	3.1	1.9	1.2
P03	SPEED	1.2	2.5	2.5	3.7	3.7	2.5	4.4	4.4	4.4	2.5	4.4	4.4	2.5	2.5	2.5	1.2	3.1	1.9	1.9	1.2
P04	SPEED	1.2	3.1	3.1	3.7	3.7	3.7	3.7	2.5	2.5	1.2	1.2	2.5	4.4	3.7	3.7	3.7	3.7	3.7	2.5	1.2
P05	SPEED	1.9	1.9	3.1	4.4	3.7	3.7	5	3.1	3.1	5	5	3.1	3.7	3.1	5	3.1	4.4	3.1	2.5	1.9
P06	SPEED	1.9	5	5	4.4	5	3.7	5	3.7	2.5	1.2	3.1	2.5	4.4	3.7	3.7	3.7	5	3.7	2.5	1.9
P07	SPEED	1.9	2.5	3.7	3.7	5	3.7	5	4.4	3.1	3.7	3.7	3.7	3.7	4.4	5	4.4	3.7	3.7	3.1	1.9
P08	SPEED	1.9	3.1	3.7	4.4	5	5	4.4	5	2.5	4.4	4.4	2.5	4.4	4.4	5	4.4	5	4.4	3.1	1.9
P09	SPEED	2.5	4.4	1.9	4.4	4.4	4.4	5	5	3.1	5	3.7	4.4	3.7	4.4	5	5	4.4	4.4	3.1	1.9
P10	SPEED	2.5	3.1	1.9	5	5	5	5	5	2.5	5	3.1	2.5	4.4	5	4.4	4.4	5	4.4	3.7	2.5
P11	SPEED	2.5	5	3.7	5	4.4	3.7	3.7	5	3.1	5	5	3.7	3.7	3.7	3.7	3.7	4.4	5	5	1.2
P12	SPEED	2.5	2.5	4.4	5	1.2	5	5	5	5	5	5	5	4.4	5	5	1.2	5	5	5	1.2

12 programs
to meet your different running needs



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.



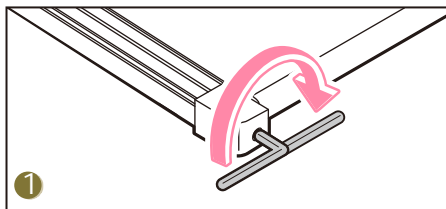
For your convenience, you can scan this QR code to see the video for lubricating the running belt on YouTube, or input this link to watch.



▶▶▶ <https://youtu.be/MksJloi8Obo>

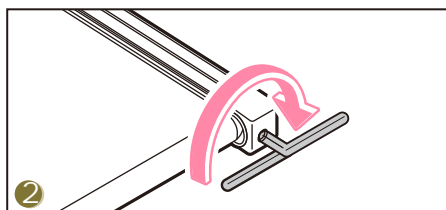
RUNNING BELT ADJUSTMENT

After installation video tutorial



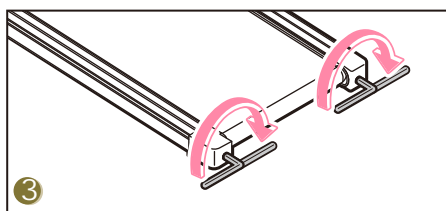
RUNNING BELT SKEWS TO THE LEFT

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 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

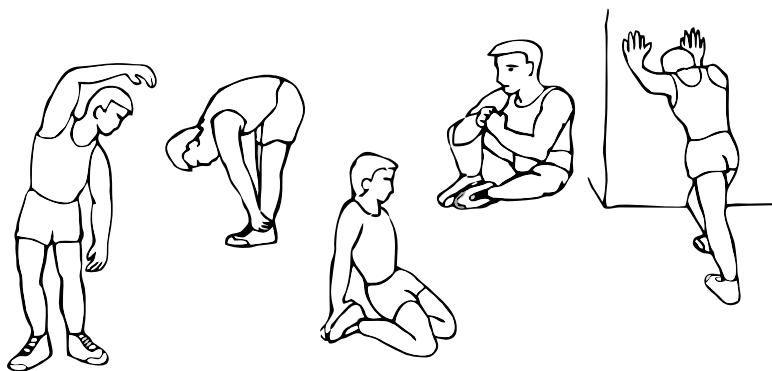
PLEASE NOTE: Before beginning any exercise program, consult your physician.

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



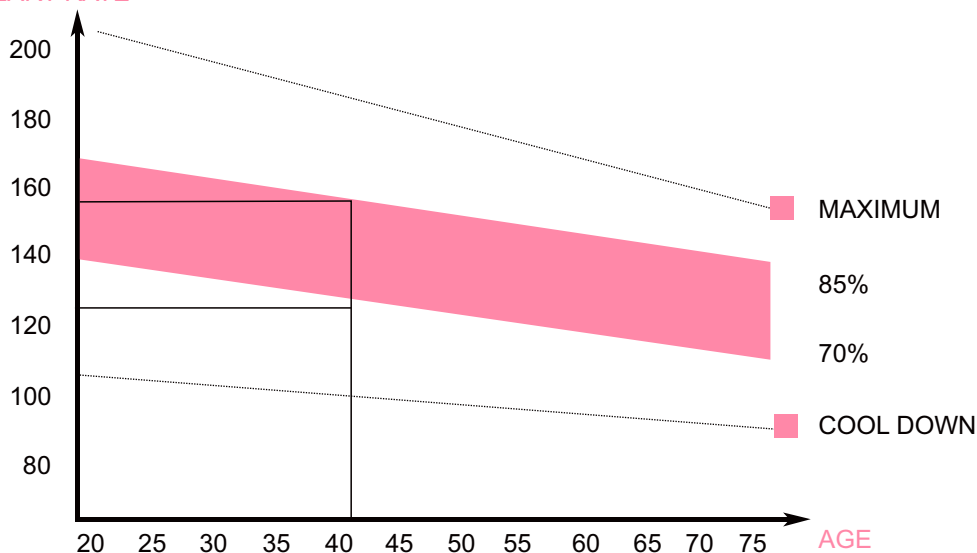
- After warming up, increase the intensity to your desired exercise program. Be sure to maintain your Intensity for maximum performance. Breathe regularly and deeply as you exercise-never hold you breathe.

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

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.

★★★★★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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