FHC

Electric Folding Treadmill

JK1609

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 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 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

7 End Cap

2 PCS

PRODUCTS MAIN PARTS
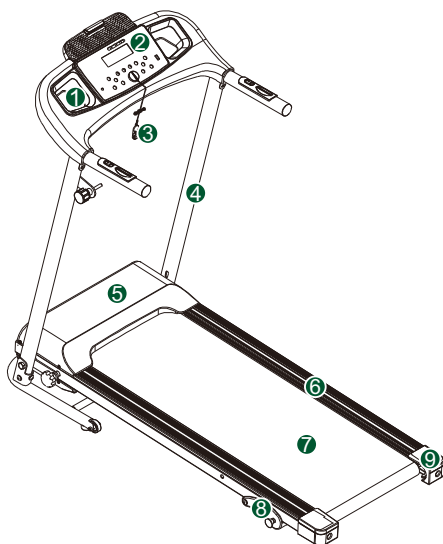
1、	Cup　Holder
2、	Console
3、	Safety Key
4、	Upright Tube
5、	Motor Cover
6、	Side Rail
7、	Running Belt
8、	3-Level Incline
9、	End Cap

PARTS

1 HEADER

1 PC

2 RUNNING DECK

1 PC
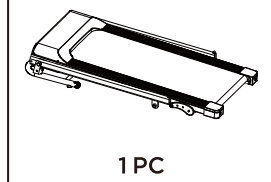
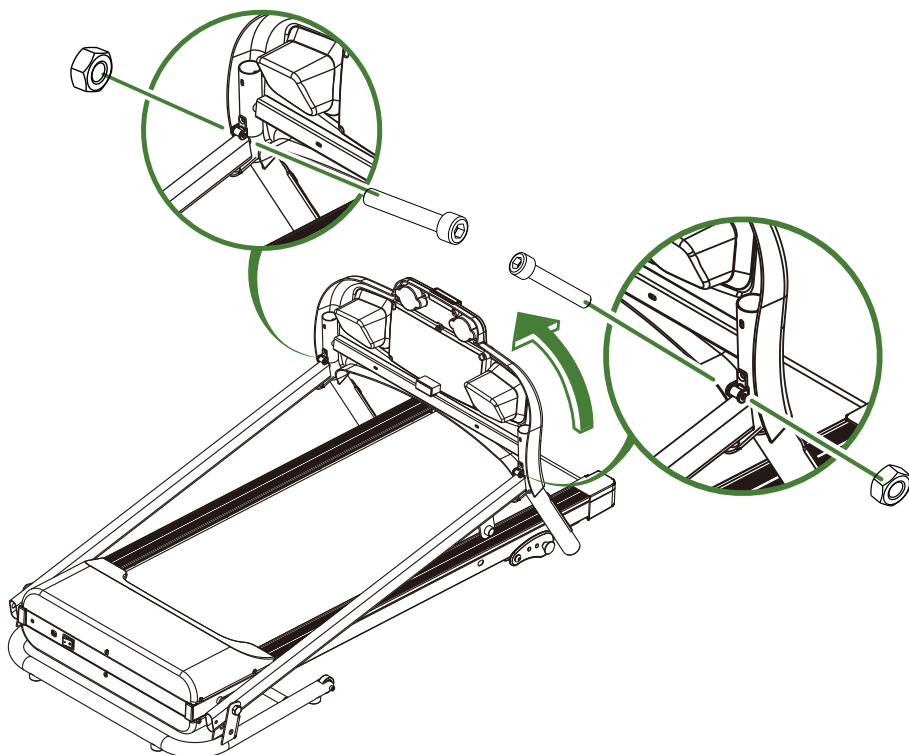## PRODUCT ASSEMBLY

1 First, remove the pre-install bolts & nuts at the top of the upright tubes.
Then lift the left and right poles respectively, and use the removed bolts & nuts to fix the tubes with control panel.

PRODUCT ASSEMBLY

2

Lift up the whole control panel with tubes.

Use Short Bolt (part 6) & Round Washer (part 2) to fix the left side of tubes with base;

Use Short Bolt (part 6) & Arc Washer (part 3) to fix the back of tubes with base. Repeatedly the step to fix the right tubes.
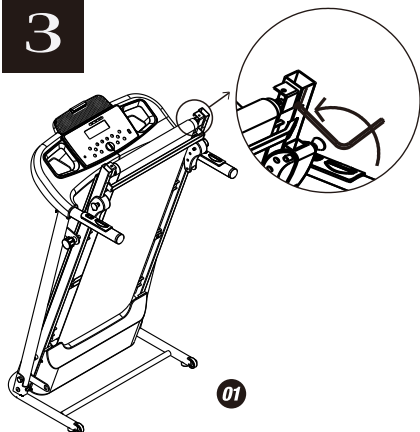
Then connect the wire from control panel and right tube and put the control panel back in the horizontal position.

NOTE: Please pay attention to the wire, do not let the control panel press it in case of being damaged/broken.
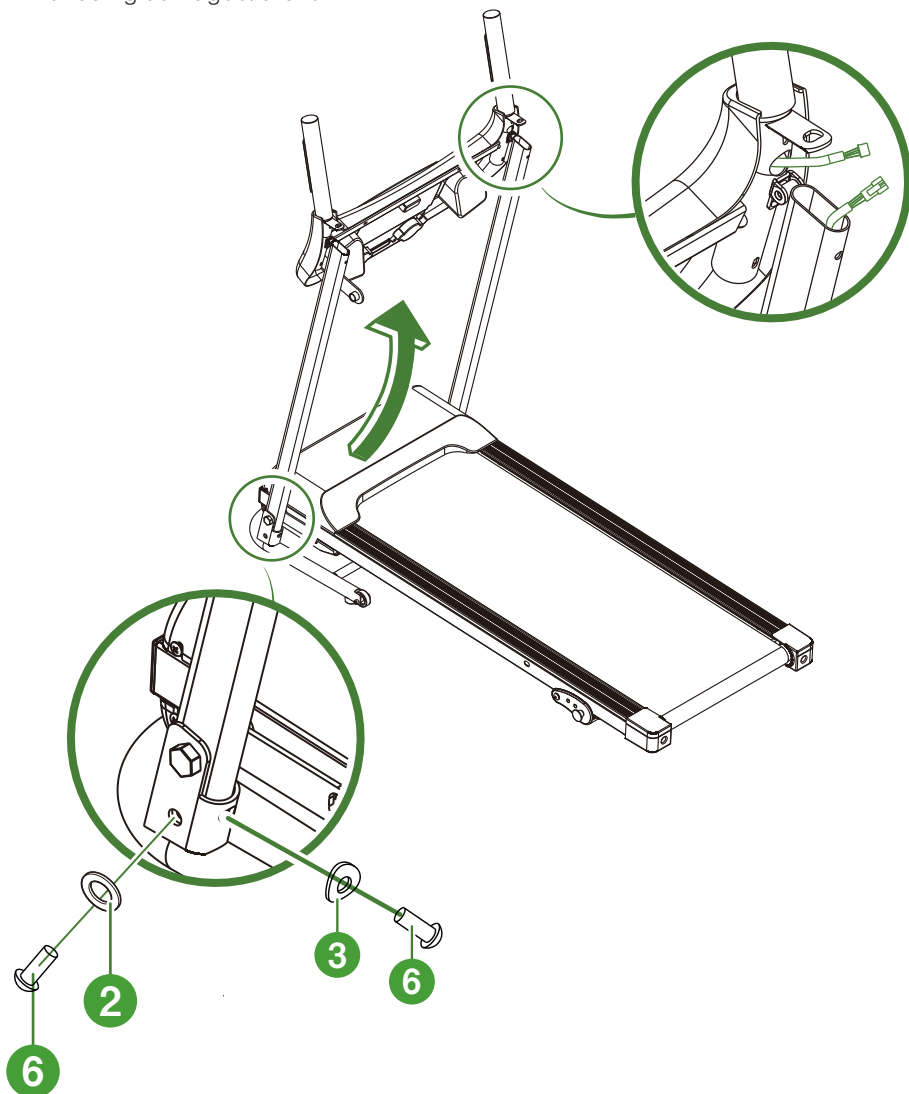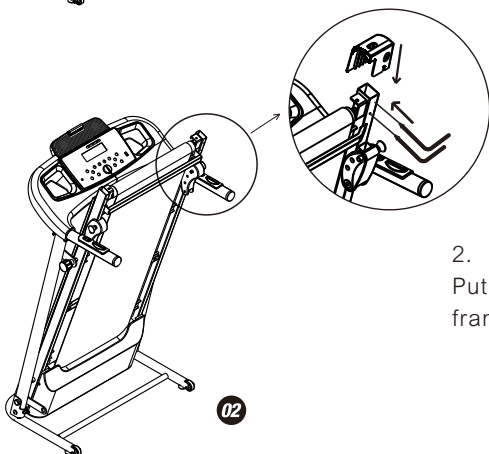
END CAPS ASSEMBLY

3

01

1.
Lift up the running deck and fix it with stretch knob.
Remove the pre-installed screws both left & right side
at the end of frame.

02

2.
Put the end caps both left & right side at the end of
frame and secure with screws removed.

03
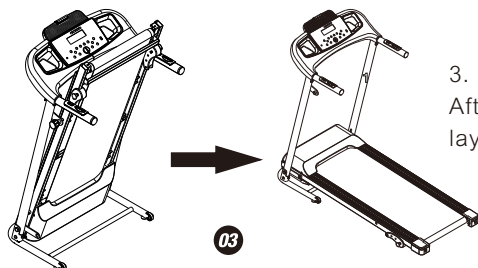
3.
After the end caps assembly finished,
lay down the running deck.

PRODUCT ASSEMBLY

4

Fix the panel to the upright tube with the pre-install screws on the support tube on the console.
Put Lock knob (Part 4) and Stretch Knob (Part 5) to the treadmill.
Put the safety key to the panel. Assembly finished.

FOLDING UP AND SETTING DOWN

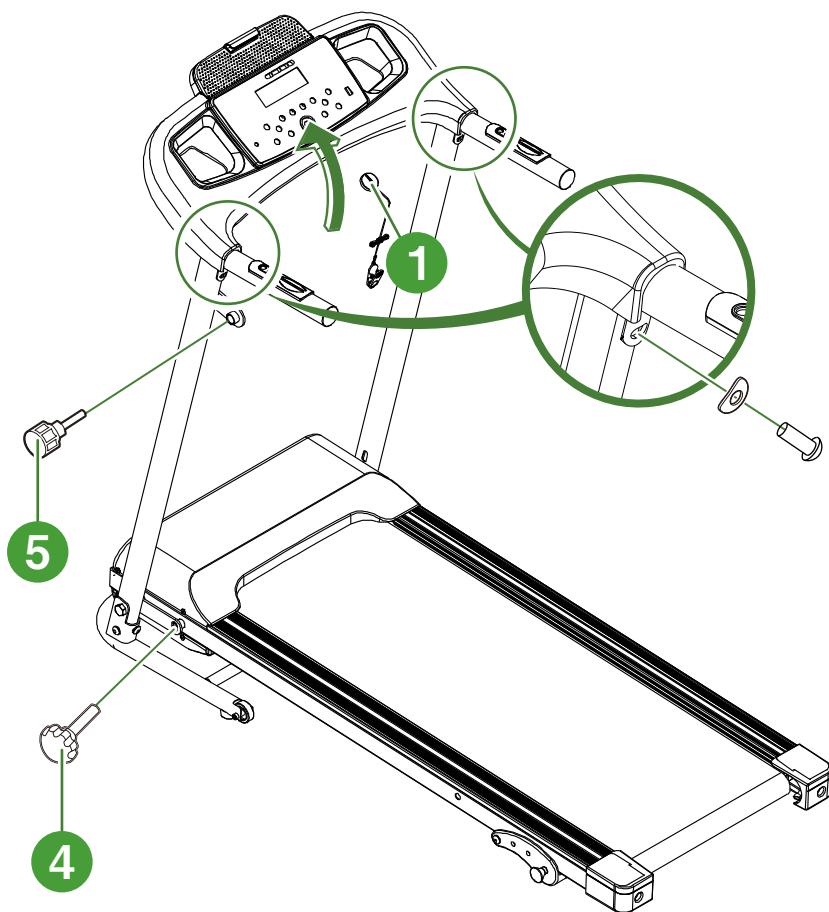FOLD:

1. Turn off the machine completely.

2. Unscrew the Lock knob (part 4) on the base frame and pull out the stretch knob (part 5).

3. Lift the base frame to the place where the Lock knob (part 4) can put in to fix the base frame.
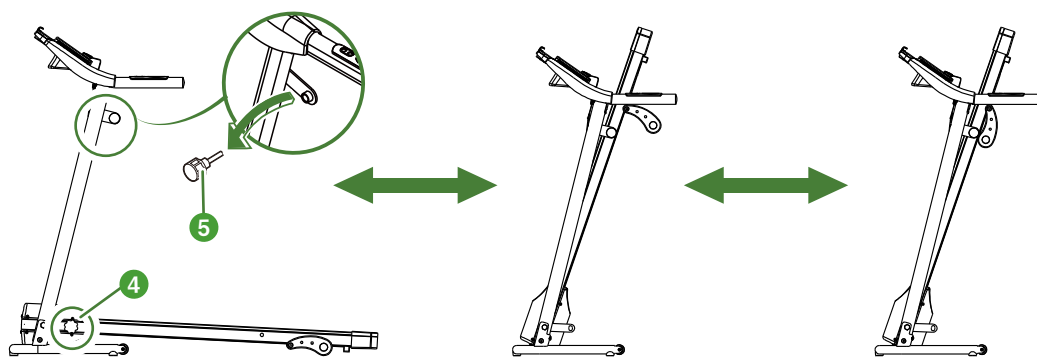
TECHNICAL SPECIFICATION

Product name	JK1609
Voltage	110V
Frequency	50-60Hz
Speed	0.5-8.5MPH

CONSOLE INSTRUCTON

1. Connect machine to power, turn on the switch at the front base frame, then press "START" key, the machine will start from 0.5mph/h after 3 seconds. Please make sure the safety key is on the panel before using.
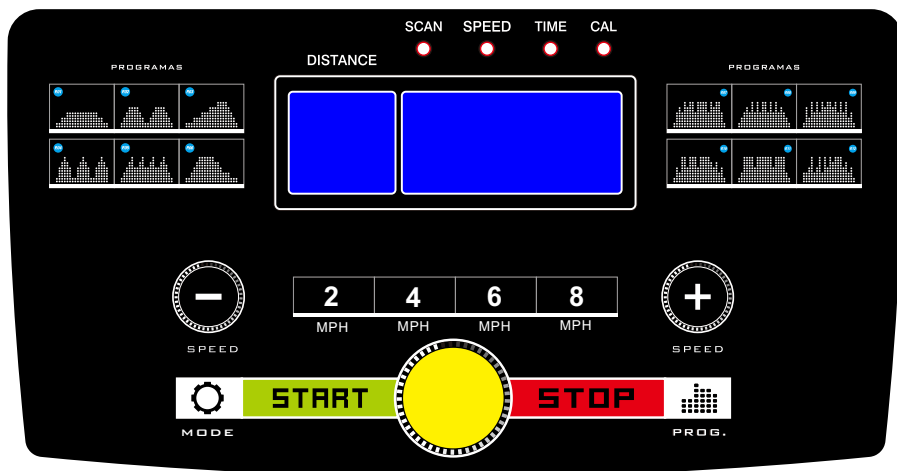
2. During running, press START/STOP key, the machine will be in PAUSE status. Press this key again, the machine will be continue running. Press and hold the key 3 seconds, the machine will. be switched off.

3. Press"+" key for speed up and "-" key for speed down. The fastest speed is 8.5mph/h and lowest is 0.5mph/h.

4. Press "MODE" key, the screen will show Speed. Time. Calories. And when the SCAN light on, the screen will lights from speed, time, calorie every 5 seconds.

5. Display monitor has 12 programs from P1-P12. While on standby, press "PROG" to set the programs then press "START" to start the machine.

6. While the machine is in use and running, during the auto programs, the (-) and (+) keys are not available. If you want to exit the auto programs, select "STOP" or remove the safety key, and turn on the machine again or place safety key back on. And then you can select desired speed.

7. For emergency stop, please pull out the sa, ne will stop very slowly Pull out safety key and the screen will show "Err", put it back and on it will show "OFF".

8. Press "STOP" key and hold on 3 seconds, the machine will be stopped.

Programs \ Time		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	20	20	40	40	60	60	60	60	60	60	60	60	60	60	60	60	40	40	20	20
P02	SPEED	20	40	60	80	80	80	80	60	40	20	20	40	60	80	80	80	80	60	40	20
P03	SPEED	20	20	20	40	40	40	60	60	60	80	80	80	100	100	80	80	60	60	40	20
P04	SPEED	20	50	80	100	80	50	20	20	50	80	100	80	50	20	20	50	80	100	80	40
P05	SPEED	20	40	60	80	100	60	60	80	100	60	60	80	100	60	60	80	100	60	40	20
P06	SPEED	20	30	60	70	80	100	100	100	100	100	100	80	80	60	60	50	50	30	30	20
P07	SPEED	20	60	80	60	100	90	100	100	70	100	100	100	100	60	100	80	100	100	60	20
P08	SPEED	20	40	60	80	70	100	60	100	70	100	100	70	100	70	100	70	90	60	40	20
P09	SPEED	20	60	40	100	60	100	60	100	80	100	100	80	100	60	100	50	100	40	60	20
P10	SPEED	20	60	40	100	100	70	100	100	100	70	100	100	100	100	80	50	80	40	60	20
P11	SPEED	20	40	100	100	100	100	60	100	100	100	100	100	100	60	100	100	100	100	60	20
P12	SPEED	20	20	60	100	30	70	100	50	100	60	100	80	100	100	100	60	80	50	60	20

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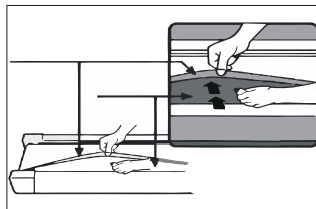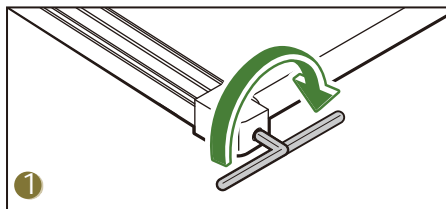
For your convenience, you can scan this QR code to see the video for lubricating the running belt on YouTube, or input this link to watch.
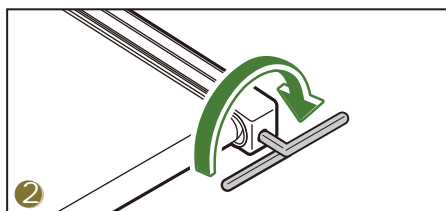
https://youtu.be/MksJloi8Obo

RUNNING BELT ADJUSTMENT   After installation video tutorial

RUNNING BELT 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.
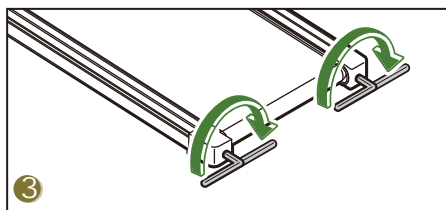
RUNNING BELT DEVIATE TO RIGHT

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.

11

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**

❶

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 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. 🏃
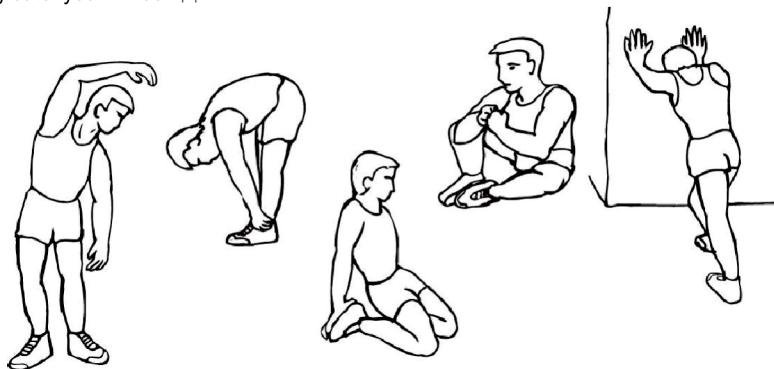
Warm-up

- 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 vs **AGE**

Legend:
- MAXIMUM
- 85%
- 70%
- COOL DOWN
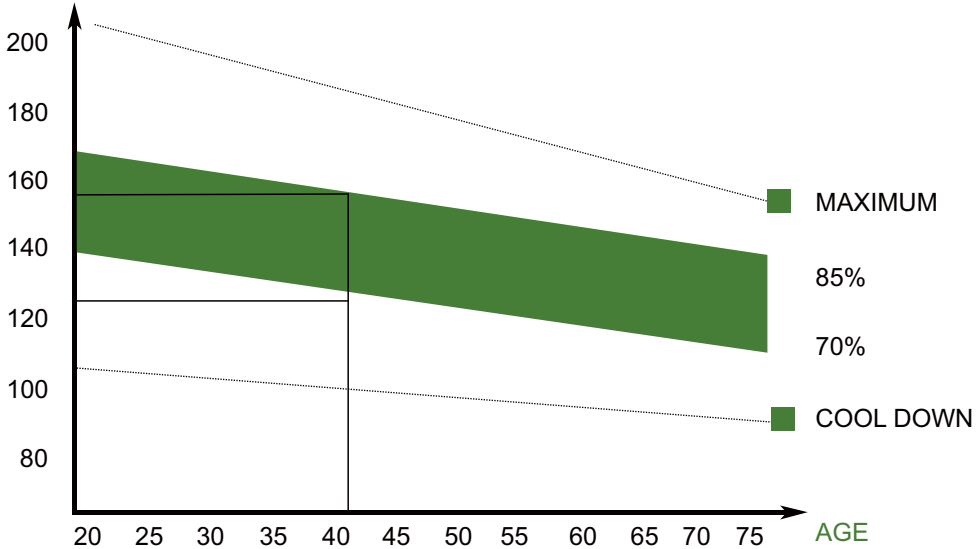
THIS IS HOW YOUR PULSE SHOULD BEHAVE DURING GENERAL FITNESS

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	MEANING	PROBLEM	SOLUTION
Err (or E00)	No Safety Key on Panel	Safety key is not on the panel or it is not properly put on	1. Put safety key in the yellow area of panel 2. Err (or E00) still shows or there is no function, change the computer screen/display monitor.
E2	Control Board Error	Control board is broken or pseudo soldering on control board	Replace control board
E4	Control Board Error	Control board is broken	Replace control board
E5	Overcurrent Protection	Control board short circuit or motor blocked	1. Open the motor cover and check whether the motor is blocked. Remove the block if yes. 2. Replace the control board if it's not blocked, or the error still shows.
E6	Motor Error	Motor broken or motor line fall off	1. Open the motor cover and check whether the motor is broken or whether the motor wire is connected to control board properly. Reconnect the wire is recommended. 2. Replace the control board if the error still shows.
E7	Communication Failures	Wires from the control board to panel board are broken or not properly connected	1. Make sure the wires from the control board and panel board are connected securely and not damaged. 2. Replace the control board if the error still shows.
E8	Overload Protection	Excess of electricity or user exceeded max load weight	1. Make sure the user does not exceed max weight capacity. 2. Reconnect power and re-start the machine. 3. Replace the control board if the error code till shows.

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 bythe following way.

Email: hellofyc@outlook.com   Whatsapp: +86 158 2450 5304

Telephone: 011 86 574 83096029