

Electric Folding Treadmill

JK8801F

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 here, 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)



**330LBS
CAPACITY**



**1 PERSON
ASSEMBLY**



**UP TO 30 MIN.
ASSEMBLY**

HARDWARE

1 Safety Key



1 PCS

2 Arc Washers



2 PCS

3 Round Washer



2 PCS

4 Long Bolt



2 PCS

5 Short Bolt



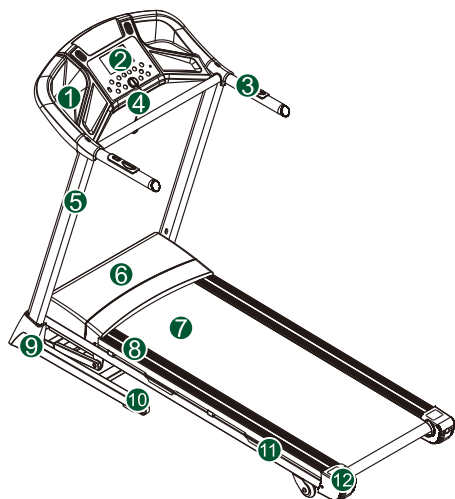
2 PCS

6 Cover



2 PCS

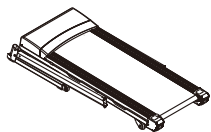
PRODUCTS MAIN PARTS



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

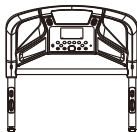
PARTS

A RUNNING DECK



1 PC

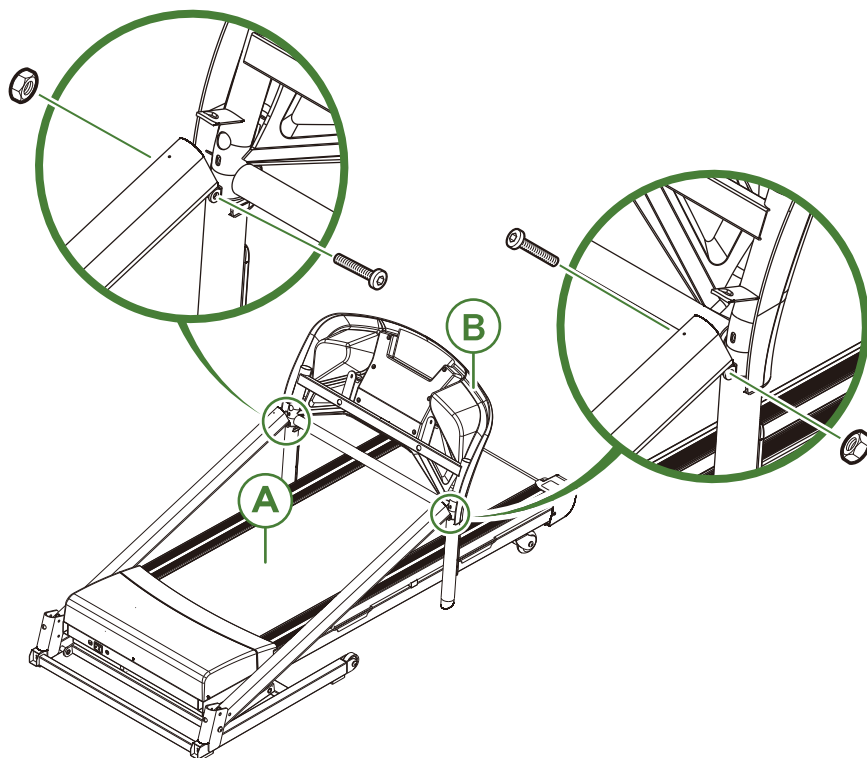
B HEADER



1 PC

PRODUCT ASSEMBLY

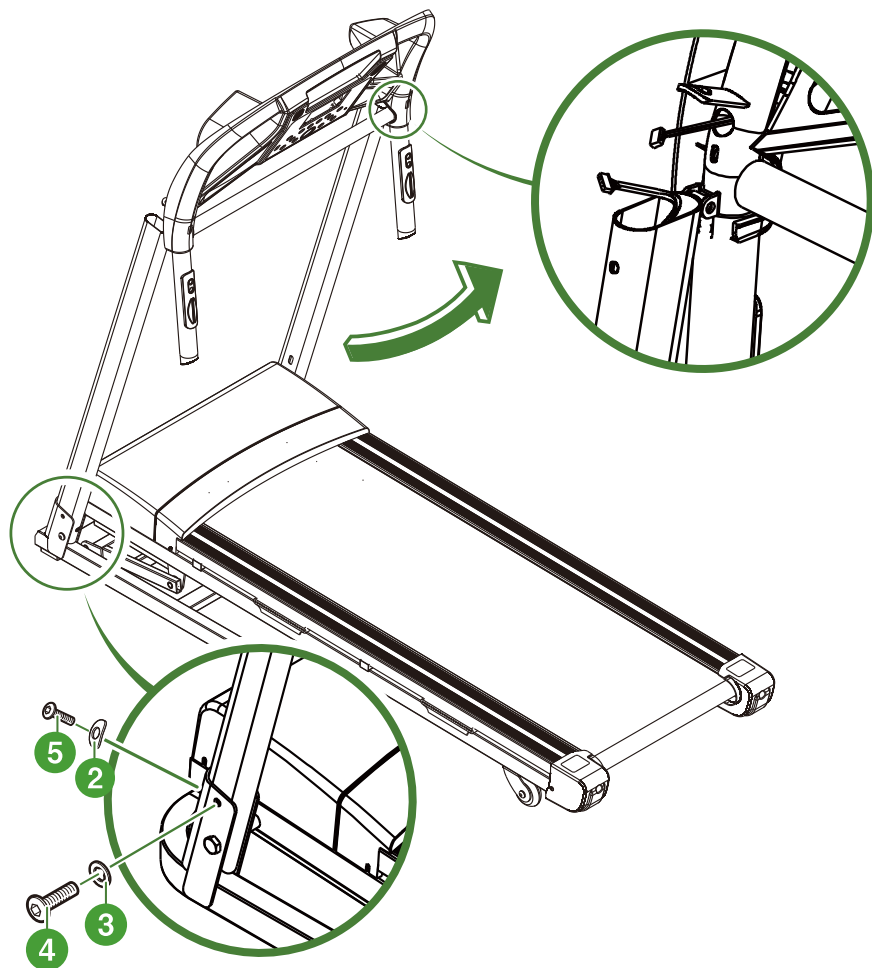
- 1 First, remove the pre-install bolts & nuts at top of the tubes.
Then use the removed bolts & nuts to fix the tubes with control panel.



PRODUCT ASSEMBLY

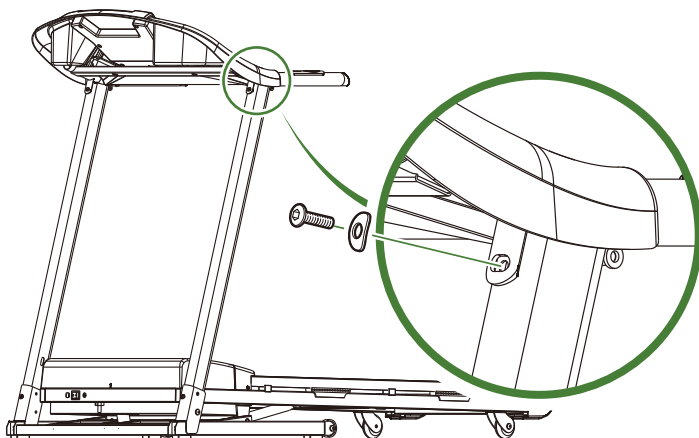
- 2** Lift up the whole panel with tubes.
Use **Part 5 (Sholt Bolt)** & **Part 2 (Arc Washers)** to fix the back of tubes with base frame.
Use **Part 4 (Long Bolt)** & **Part 3 (Round Washers)** to fix the left and right side of tubes with base frame.

Connect the wire cable at the right tube.

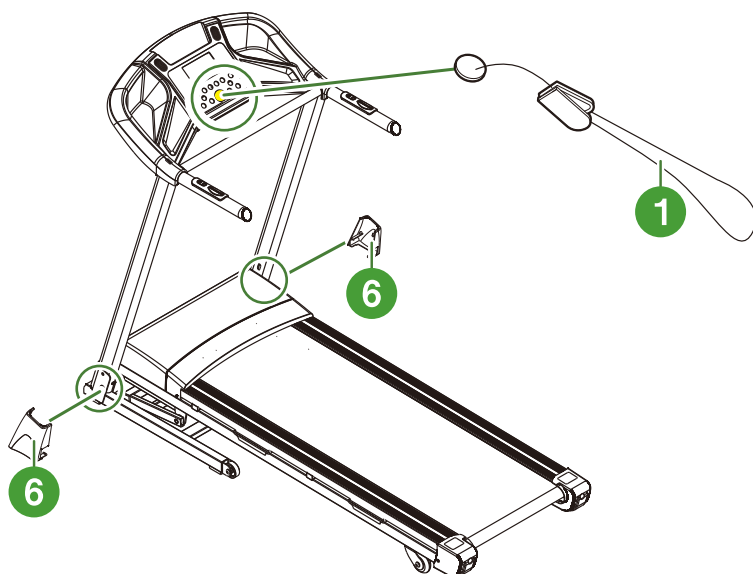


PRODUCT ASSEMBLY

- 3** Unscrew the preset bolts & washers at the tubes.
Lay down the control panel. Please do not let the wire cable be damaged/broken.
Use these preset bolts & nuts to fix the panel with tubes.



- 4** Tighten all the bolts, put the safety key on the control panel.
Use **Part 6 (Cover)** to cover the base frame. Assembly is finished.



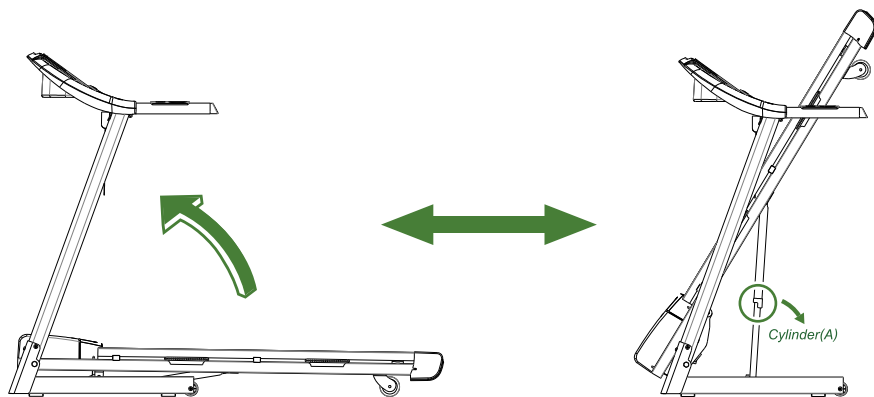
FOLDING UP AND SETTING DOWN

FOLD:

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

1. Holding the rear end of deck directly by one hand and then lift the deck up until the **Cylinder(A)** 'pops' down into the locked position.

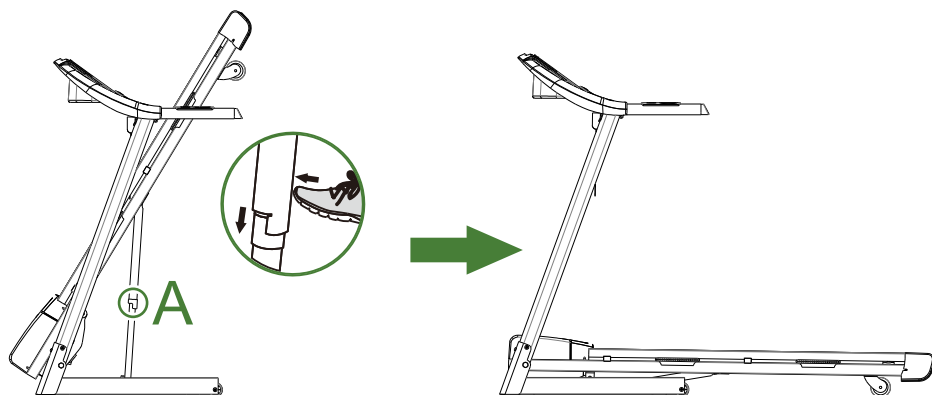
Note: **Check the Cylinder (A)** 'pops' down into the locked position before moving the treadmill. TO PREVENT ANY INJURY PLEASE MAKE SURE YOU HAVE A FIRM HOLD WHEN LIFTING UP OR SETTING DOWN THE DECK.



SETTING DOWN:

NOTE: Do not stand under the deck when setting down the treadmill

1. Holding the rear end of deck by one hand and then use your foot to push the **Cylinder(A)** to set down the deck of the treadmill.



TECHNICAL SPECIFICATION

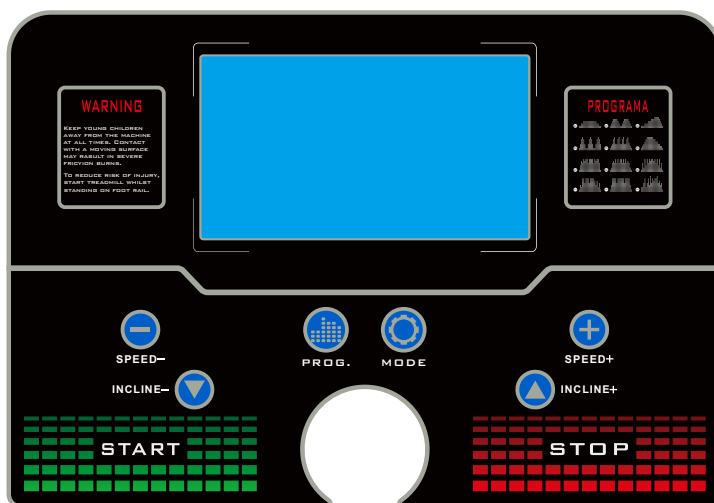
Product name	JK8801F
Voltage	110V
Frequency	50-60Hz
Speed	0.5-10MPH

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

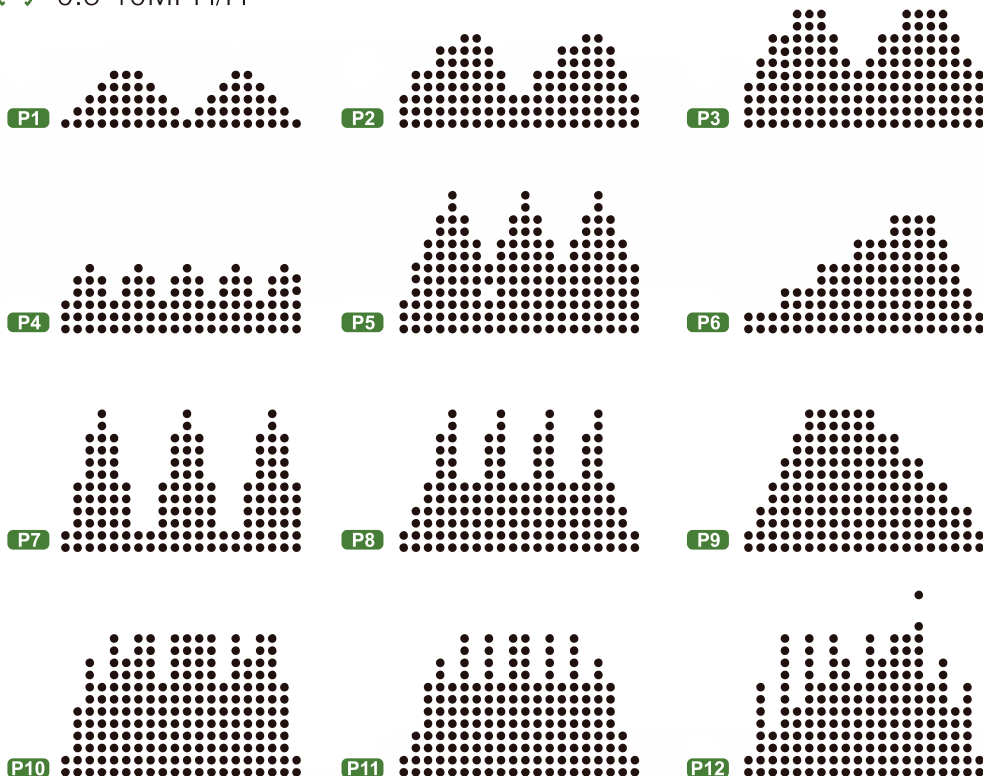


1. Check that the red power switch on the back of the machine is turned off.
2. The power supply socket should be turned off at the wall, then insert the power cable into the wall and at the back of the machine.
3. Turn on the power supply at the wall and turn on the red power switch at the back of the 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 "START" 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 10 MPH and lowest is 0.5 MPH.
7. Press "INCLINE" key, the incline will change 1% to 15%. And user can choose the "▲" to increase inclines and "▼" to reduce the inclines.
8. Press "MODE" key, the screen will show Distance, Time, Calorie.
9. 12 programs range from P1-P12. When in stand by PROG, press "PROG" key to set the programs then press "START" to start the machine.
10. Touch the heart sensors, the screen will show heart rate frequency.
11. Left handrail has "start/stop" keys. The right handrail has speed shortcut keys + & - to adjust speed.
12. In case of emergency, please pull out safety key. The machine will stop very slowly.
13. To stop the machine you can also press the "STOP".

TOTAL 12 PROGRAMS AS BELOW

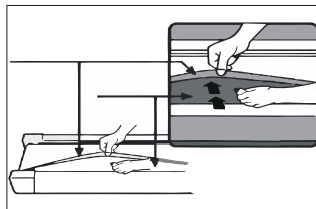
1. Press the " **PROG** " button to select an interval setting. Programs are displayed as P1-P3. Select the desired program, and the console will display a countdown starting time(The time is adjustable). Press the " **SPEED +/-** " buttons if you wish to increase or decrease the speed after the program 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** ".

 0.5-10MPH/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.



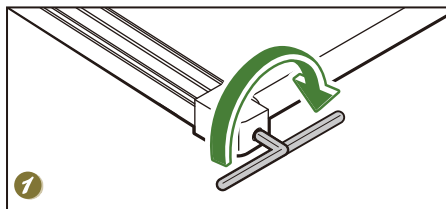
For your convenience, you can scan this QR code to see the video for lubricating the running belt on YouTube, or input this link to watch.



▶▶▶ <https://youtu.be/MksJloi8Obo>

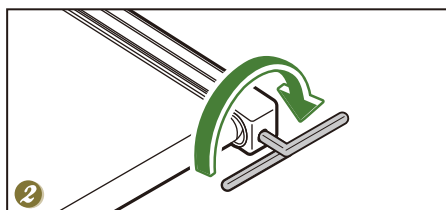
RUNNING BELT ADJUSTMENT

After installation video tutorial



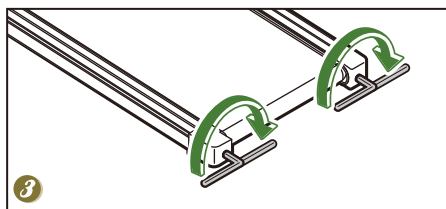
RUNNING BELT DEVIATE TO LEFT

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

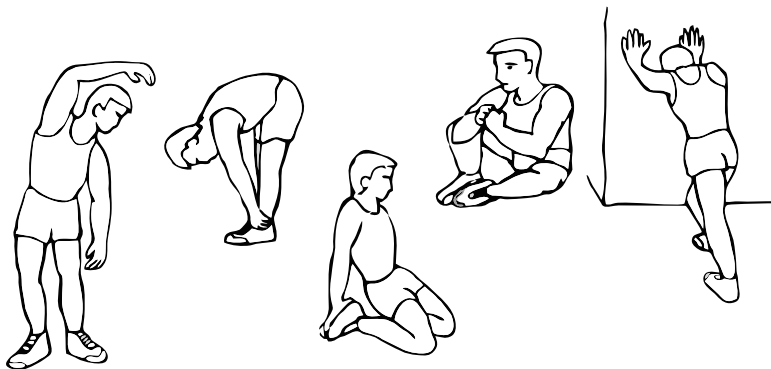
PLEASE NOTE: Before beginning any exercise program, consult your physician.

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



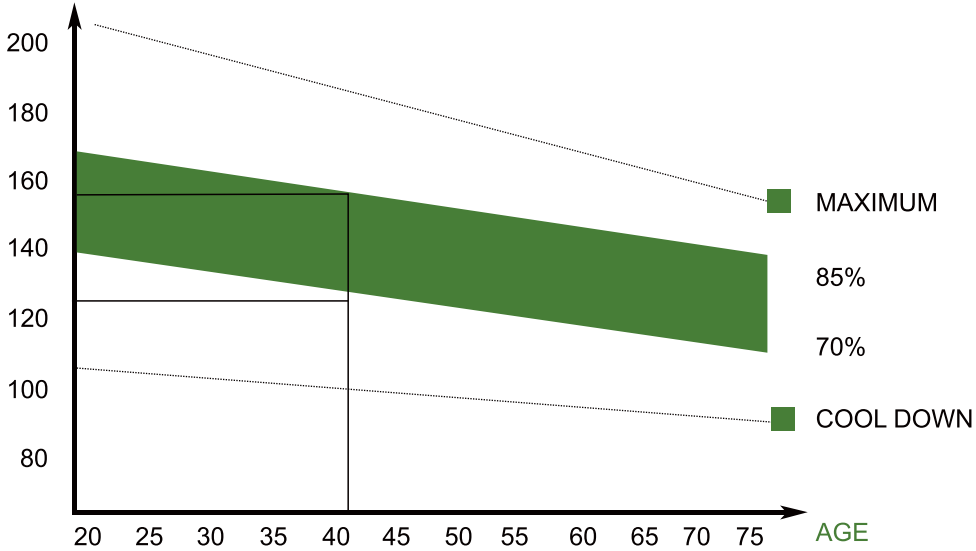
- After warming up, increase the intensity to your desired exercise program. Be sure to maintain your Intensity for maximum performance. Breathe regularly and deeply as you exercise-never hold you breathe.

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

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.
E4	Incline System Error	Start the treadmill, put the safety key, long press incline - key with 5 second into d8 mode. The treadmill would self check. If everything is good after finishing self-check, the treadmill would go back to the original interface and you can start the treadmill. If E4 again, do the above steps again. If E4 continues, please contact us. 📺
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.

For your convenience, you can scan this QR code to see the video for E4 error fix on YouTube, or input this link to watch:

<https://youtube.com/shorts/YPry8nvU700?feature=share> 🔍 📺



Maintenance



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, we will be more consistent to offer you

EASY SHOPPING EXPERIENCE, GOOD PRODUCTS and EFFICIENT SERVICE!