

Electric Folding Treadmill

JK8806-2A

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. 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)



330 LBS
CAPACITY



1 PERSON
ASSEMBLY

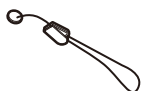


UP TO 30 MIN.
ASSEMBLY

HARDWARE

1

Safety Key



1 PCS

2

Round Washer



2 PCS

3

Arc Washers



4 PCS

4

Spanner



1 PCS

5

Short Bolt



4 PCS

6

Long Bolt



2 PCS

7

Round Pin



2 PCS

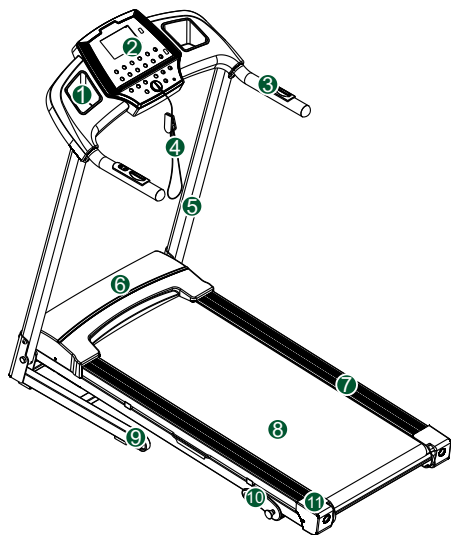
8

Cup Holder



2 PCS

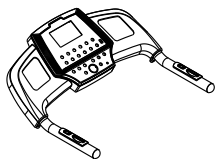
PRODUCTS MAIN PARTS



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

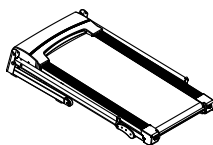
PARTS

1 HEADER



1 PC

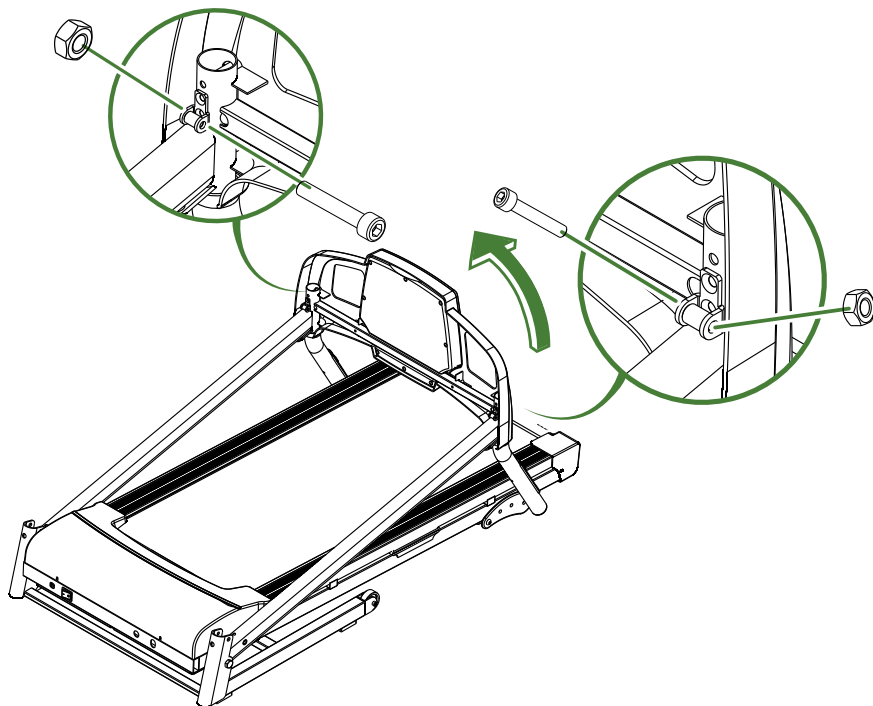
2 RUNNING DECK



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

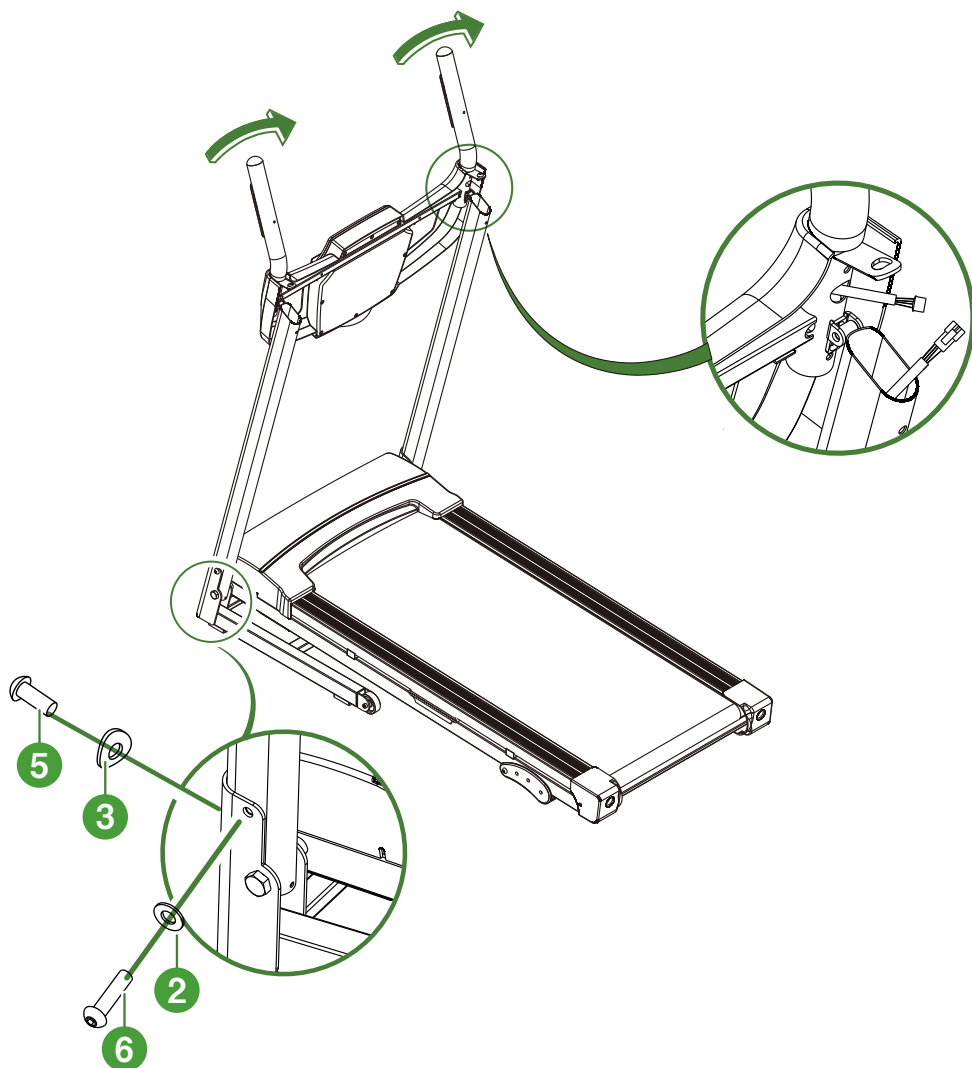
Lift up the whole control panel with tubes.

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

Use **Short Bolt (part 5) & 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.

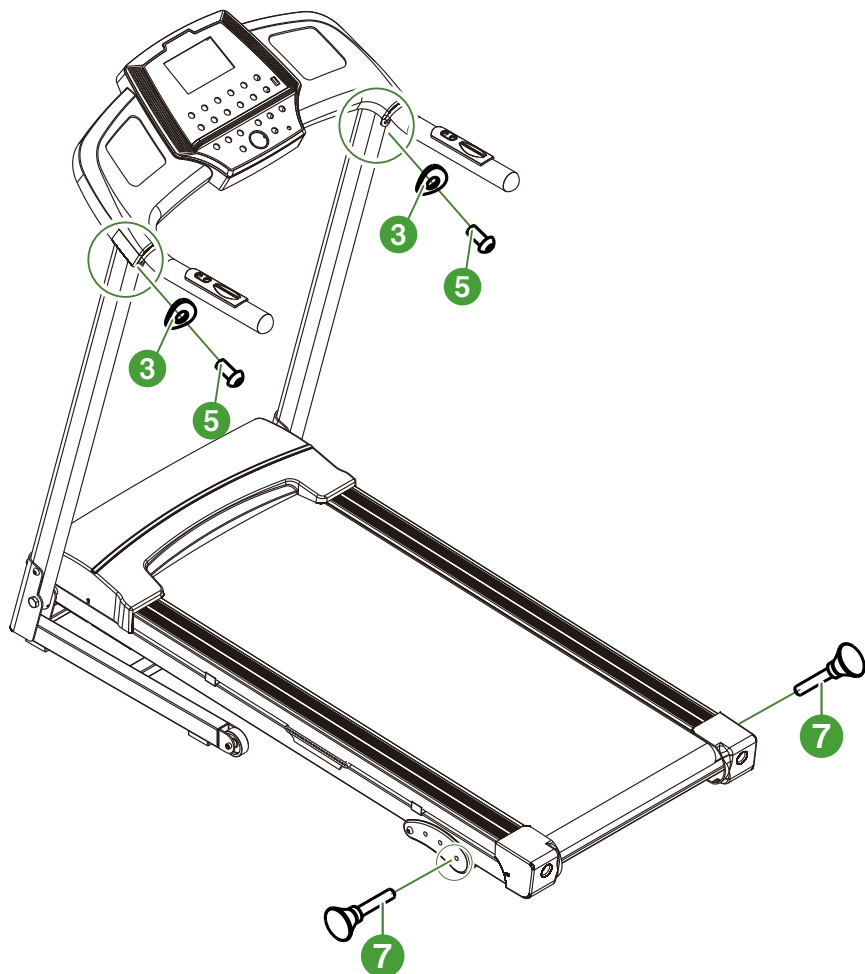


PRODUCT ASSEMBLY

3

Use Arc Washer (part 3) and Short Bolt (part 5) to fix the control panel to the upright tubes.

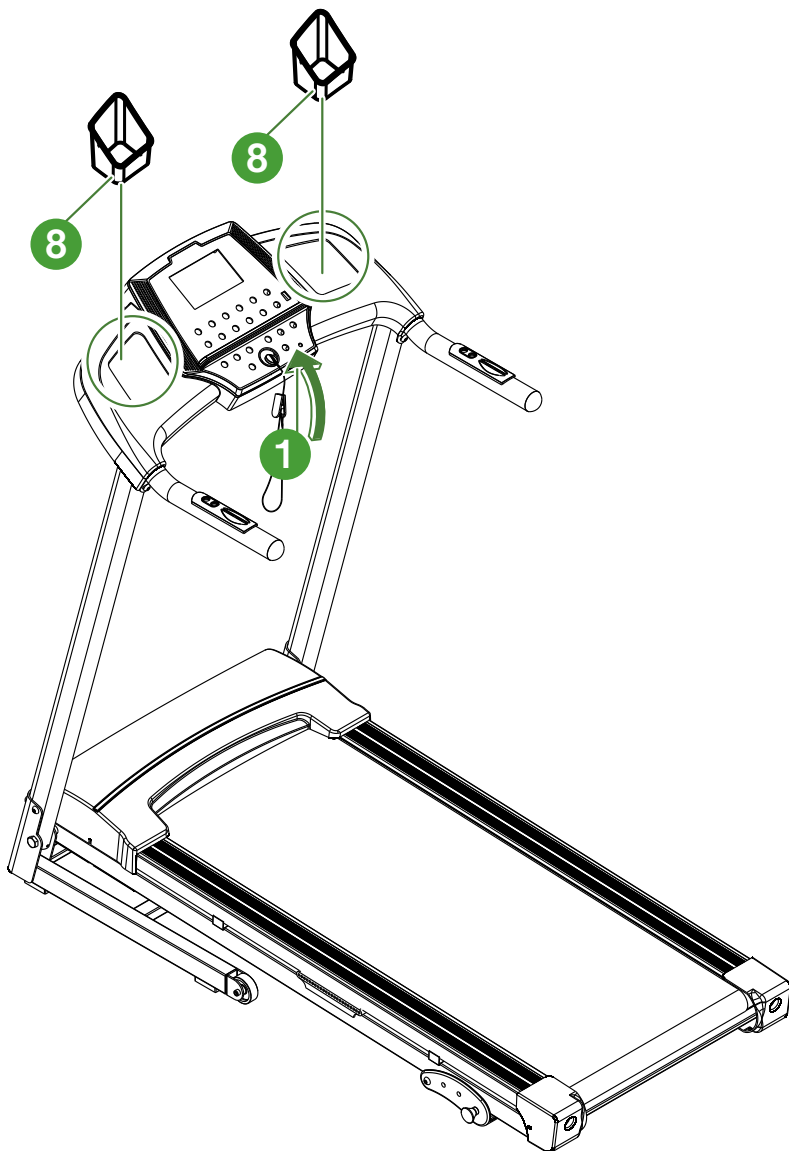
Put the Round Pin (part 7) to the 3-level incline to adjust the angle.



PRODUCT ASSEMBLY

4

Put the cup holder into the empty slot of the control panel and clamp it.
Put the safety key and complete the assembly.

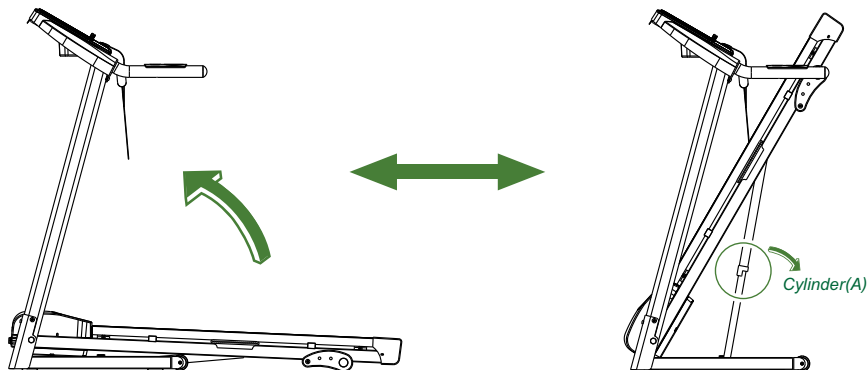


FOLDING UP AND SETTING DOWN

FOLD:

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

1. Holding the rear end of deck directly by one hand and then lift the deck up until the **Cylinder(A)** lifts up into the locked position. Once you hear a sound like 'click', the cylinder is in locked position
2. Note: Make sure the **Cylinder (A)** 'pops' down into the locked position before moving the treadmill.
3. TO PREVENT ANY INJURY, PLEASE MAKE SURE YOU HAVE A FIRM HOLD WHEN LIFTING UP OR SETTING DOWN THE DECK.



TECHNICAL SPECIFICATION

Product name	JK8806-2A
Voltage	110V
Frequency	50-60Hz
Speed	0.5-8.5MPH

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**



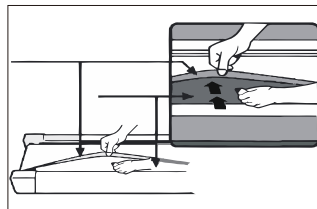
CONSOLE INSTRUCTION



1. Press **"START"** key, the treadmill will start by 0.5mph after 3 seconds.
2. Press **"+"** key for speed up and **"-"** key for down. The fastest speed is 8.5mph and lowest is 0.5mph.
3. Press **"MODE"** key, the screen will show Speed、 Time、 Calories、 Distance. And the light will change from Speed、 Time、 Calories、 Distance every 5 seconds.
4. Treadmill has 12 preset programs from P1-P12. While on standby status, press **"PROG"** to set the programs then press **"START"** to start the treadmill.
5. While the treadmill is in use and running during the preset programs, the (-) and (+) keys are not available. If you want to stop the auto programs, select **"STOP"** or remove the safety key, then start the treadmill again or place safety key back on. Then select desired speed.
6. For emergency stop, please pull out the safety key. The treadmill will stop very slowly. Pull out safety key and the screen will show **"Err"**, put it back and on it will show **"OFF"**.
7. Press **"STOP"** key to stop the treadmill after using.
8. Turn on the Bluetooth switch in the phone settings, find the available Bluetooth devices in the Bluetooth device connection selection, then select and connect the available Bluetooth audio devices.

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.



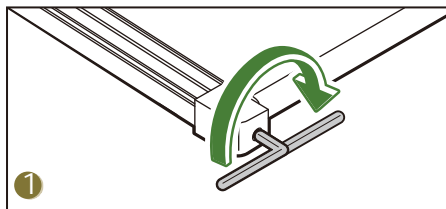
For your convenience, you can scan this QR code to see the video for lubricating the running belt on YouTube, or input this link to watch.



<https://youtu.be/MksJloi8Obo>

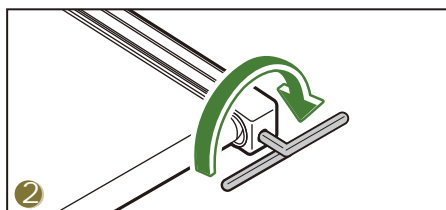
RUNNING BELT ADJUSTMENT

After installation video tutorial



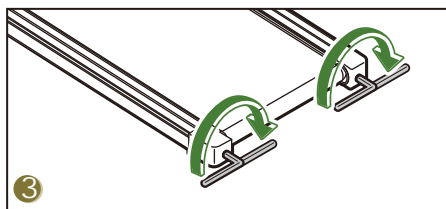
RUNNING BELT SKEWS TO THE LEFT

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

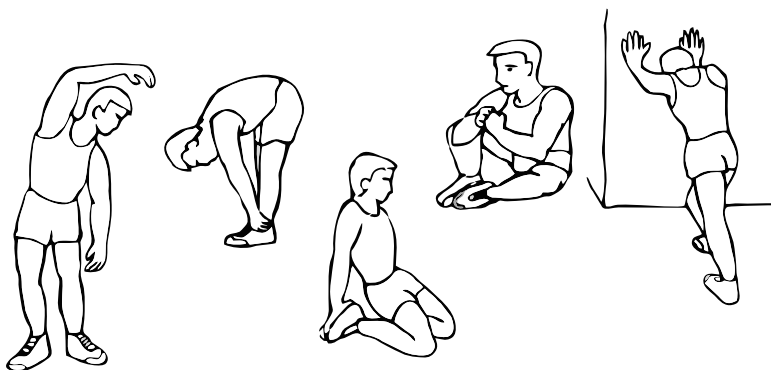
PLEASE NOTE: Before beginning any exercise program, consult your physician.

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



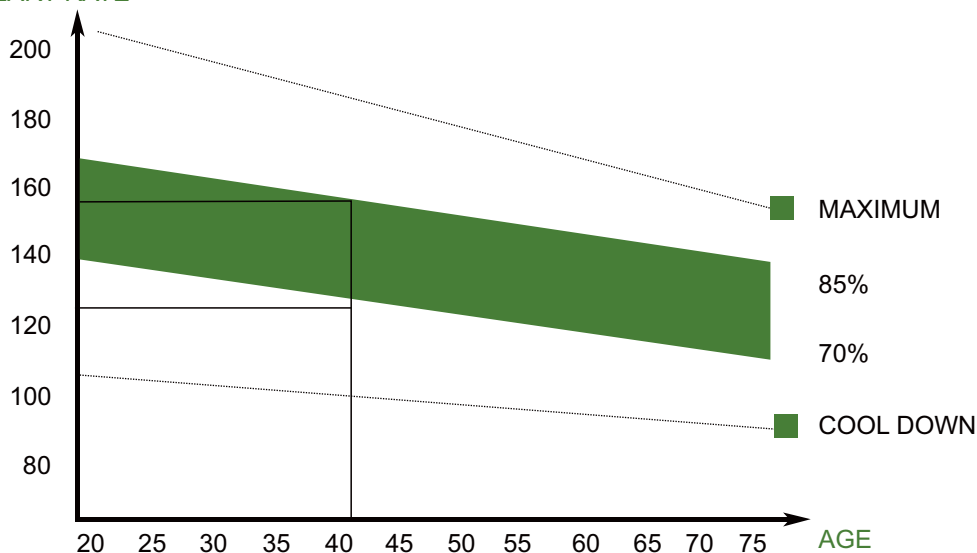
- After warming up, increase the intensity to your desired exercise program. Be sure to maintain your Intensity for maximum performance. Breathe regularly and deeply as you exercise-never hold you breathe.

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	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	<ol style="list-style-type: none"> 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	<ol style="list-style-type: none"> 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	<ol style="list-style-type: none"> 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	<ol style="list-style-type: none"> 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	<ol style="list-style-type: none"> 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 STATEMENT

NOTE:

1. 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.
2. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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

FCC Radiation Exposure Statement :

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. In order to avoid the possibility of exceeding the FCC radio frequency exposure limits, Human proximity to the antenna shall not be less than 20cm (8 inches) during normal operation.

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.



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