Electric Folding
Treadmill

JK88

Thank you very much for purchasing our product. Please read
this manual carefully before useing 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

- 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.
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⚠ 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

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

2 PCS

4 Short Bolt

2 PCS

5 Long Bolt
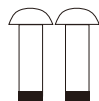
2 PCS

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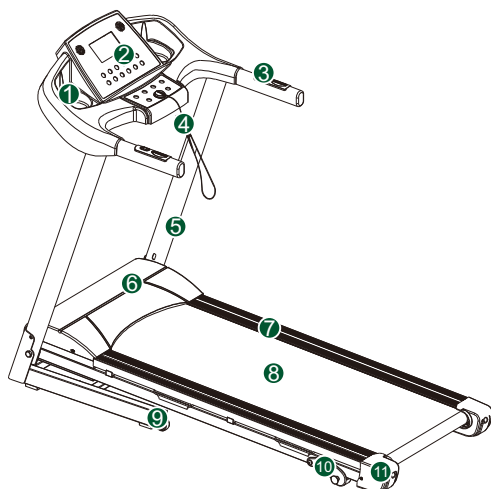
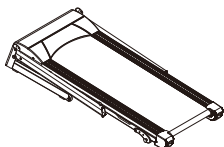|	
1、	Cup　Holder
2、	Console
3、	Heart Inductor
4、	Safety Key
5、	Upright Tube
6、	Motor Cover
7、	Side Rail
8、	Running Belt
9、	Mobile Wheel
10、	3-Level Incline
11、	End Cap

PARTS

A HEADER
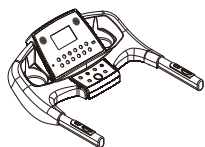
1 PC

B 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.
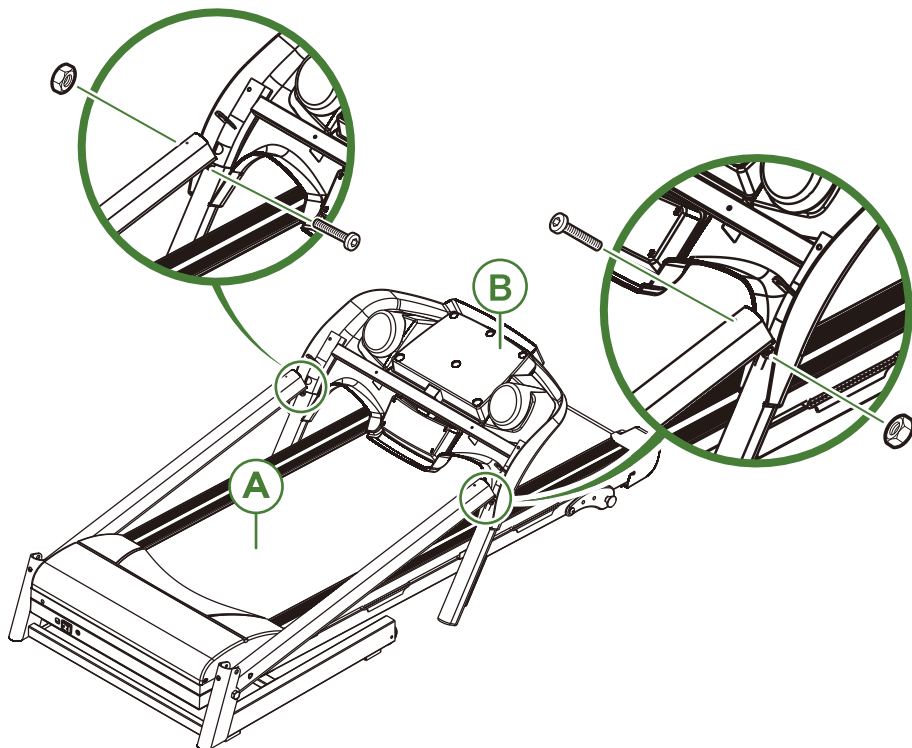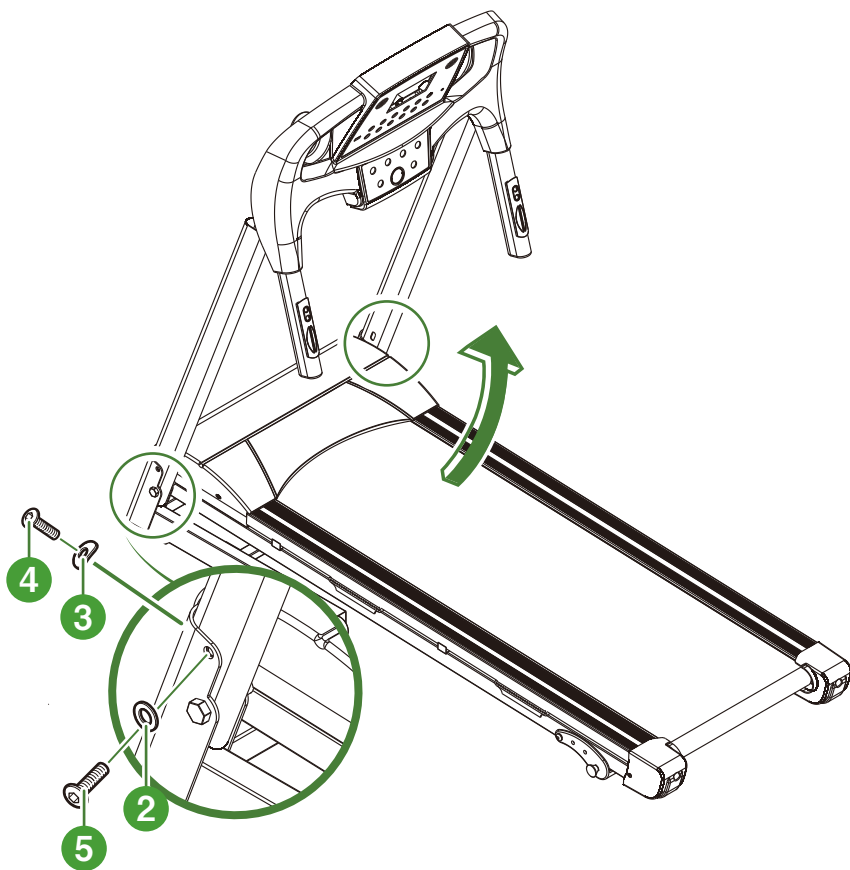
PRODUCT ASSEMBLY

2 Lift up the whole control panel with tubes.

Use Short Bolt (part 4) & Round Washer (part 2) to fix the left side of tubes with base;

Use Short Bolt (part 4) & 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.
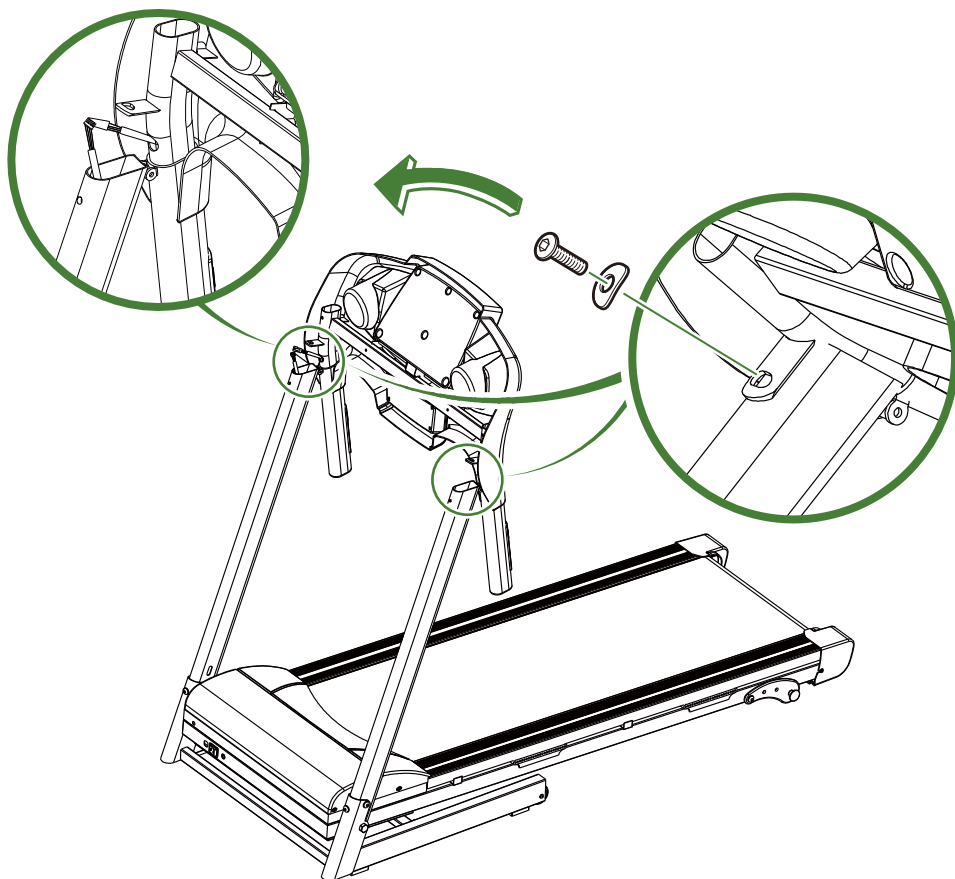
PRODUCT ASSEMBLY

3

Connect the signal cable from the console and upright tube.
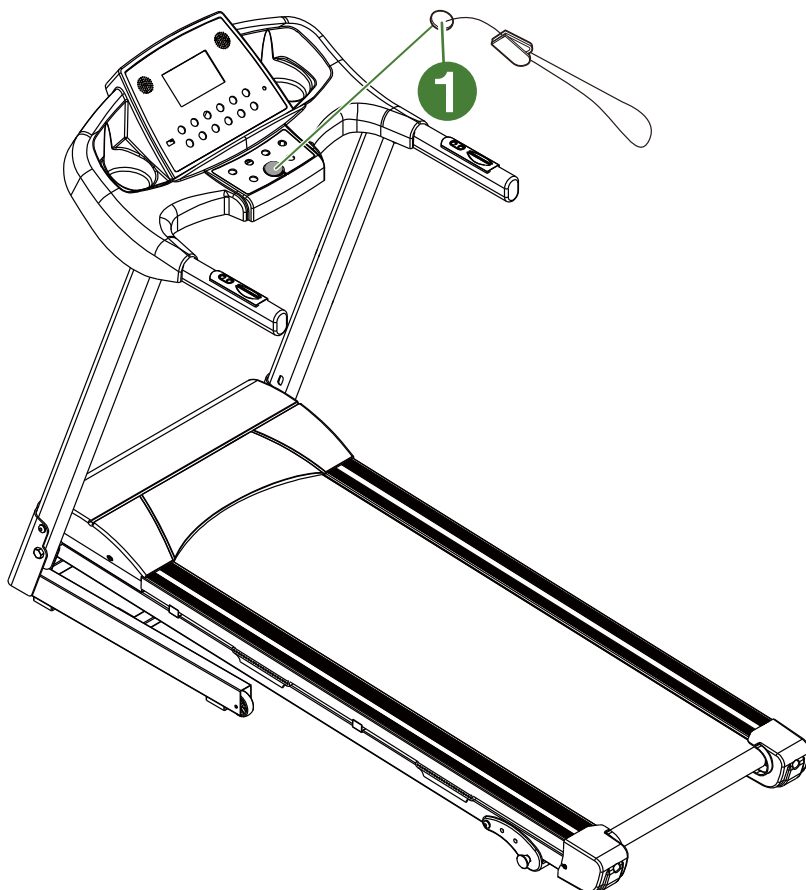Then fix the panel to the upright tube with the pre-install screws on the support tube on the console.
Please check if the connecting wire cable is connected well and not damaged/broken.

**4** Put safety key and finish the assembly.

FOLDING UP AND SETTING DOWN

FOLDING UP:

NOTE: Make sure the Power Switch is in 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. Once you hear a sound like "click", the cylinder is in locked position.

2. Note: Make sure the Cylinder (A) 'pops' down securely 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.
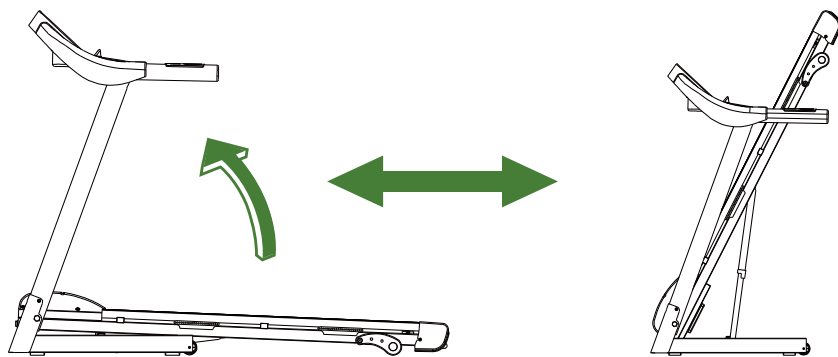
SETTING DOWN:

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

2. Note: Do no stand under the deck when setting down the treadmill

Cylinder(A)
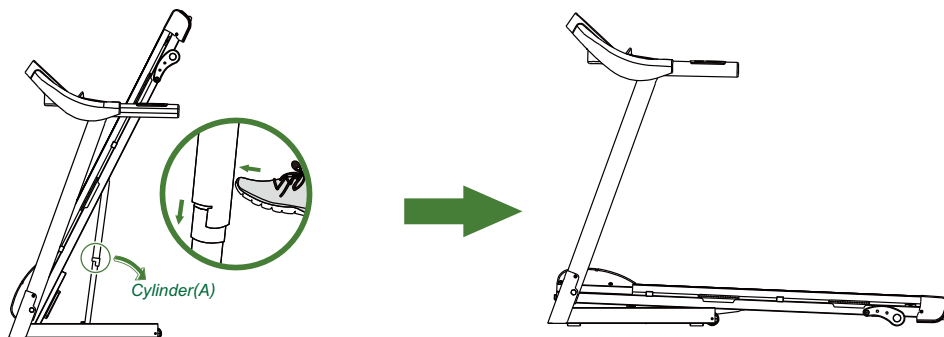
TECHNICAL SPECIFICATION

Product name	JK88
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**

1. **"START" key:** During STAND BY or COUNTDOWN mode(H1-H3), press "START" key, SPEED window will show "3 2 1 0" to start working. TIME starts counting from 0:00-99:59 and restart. The default speed is 0.5MPH/H.

2. **"STOP" key:** During working, press "STOP" key and the machine will be stopped. Press "STOP" key for 2 seconds, the system will reboot.

3. **"SPEED +", "SPEED -"** is the key for increasing or decreasing speed. Press shortcut key of speed +- can also adjust the speed.

4. **"RESET" key:** In stand-by status, press RESET key to reset all setting and data.

5. **"PROGRAM" key:** In stand-by status, press PROGRAM key to select preset 12 programs (P01-P12). Once you choose a program, if you do not want to run with preset date, you can press Mode key to set time, distance and calorie.

6. **"PULSE PROGRAM" Hr (Heart rate):** Continue pressing PROGRAM key to select Hr1-2 mode, press MODE key to set age, adjust by pressing speed +- (default setting is 35, can selectbetween 10-99). After setting the age, press MODE key to change preset pulse data (Hr 1 default pulse = (220-age) x 60%, Hr 2 default pulse = (220-age) x 80%), adjust by pressing speed+- to select between 70-199 time/minute.

7. **"FAT"** program: Continue pressing PROGRAM key to choose FAT program. Please refer to BMI key in the following. (step 11)

8. **"U program":** Continue pressing program key to choose you-set programs from U01-U03. You can set different time and speed to run for U01, U02 and U03. For example, you choose U01 program, then press MODE key into setting speed. (There are 10 types of speed and the default speed of every type is 0.5 MPH). The display screen will show S-01 (speed type 1). Press + and key to set speed. After setting S-01, press MODE key to set S-02 (speed type 2). Repeat in this way until finish S-10, press MODE to go back to U01, and press + and - to set time. Finally, press START key to run with your own setting data. (NOTE: If you are not sure about how to use this, please contact us!)

9. **"MODE(M)" key:** In stand-by status, you can change the following setting by pressing MODE key,• including TIME count down (setting range 5:00-90:00), DISTANCE count down (setting range 1.0-99.0), CALORIE count down (setting range 10-999)

10. **"SHORTCUT" key:** Press 2, 4, 6, 8 MPH to set the speed quickly.

11. **"BMI" key:** Press BMI key to enter into FAT mode. Press "MODE" to set gender (F-1), age(F-2), height(F-3), and weight(F-4). After selecting one of the parameter category, press speed +- to adjust the data. With all the data being set up, press Mode Key, and the display will show "-".Put your hand on touch heart frequency key, and the program can calculate your body index.

Default data and setting range

Parameter Category		Default Data	Setting Range	Note
Gender	F-1	2	1/2	1 is male, 2 is female
Age	F-2	35	10~99	
Height	F-3	170	50~250	Unit: CM
Weight	F-4	60	20~200	Unit: KG

Body Mass Index Chart

| Body Mass Index (BMI)	BMI Categories
<19	Slim
19~26	Normal
26~30	Overweight
>30	Fat

12. **"SLEEP" Mode:** During Standby mode, if the console is let sit idle (without pressing any key) for 10 minutes, it enters into Sleep Mode automatically, and no display will show. To resume or wake up the machine in Standby mode, you can press any key on console.

13. **SAFETY KEY:** In case of emergency, pull off the safety key, the machine will stop immediately, and the display window shows "---".

1. The speed and time of the pre-set programs are fixed and cannot be changed.
   The default time for the pre-set programs is 30 minutes.

0.5-10MPH/H

AUTO PROGRAM
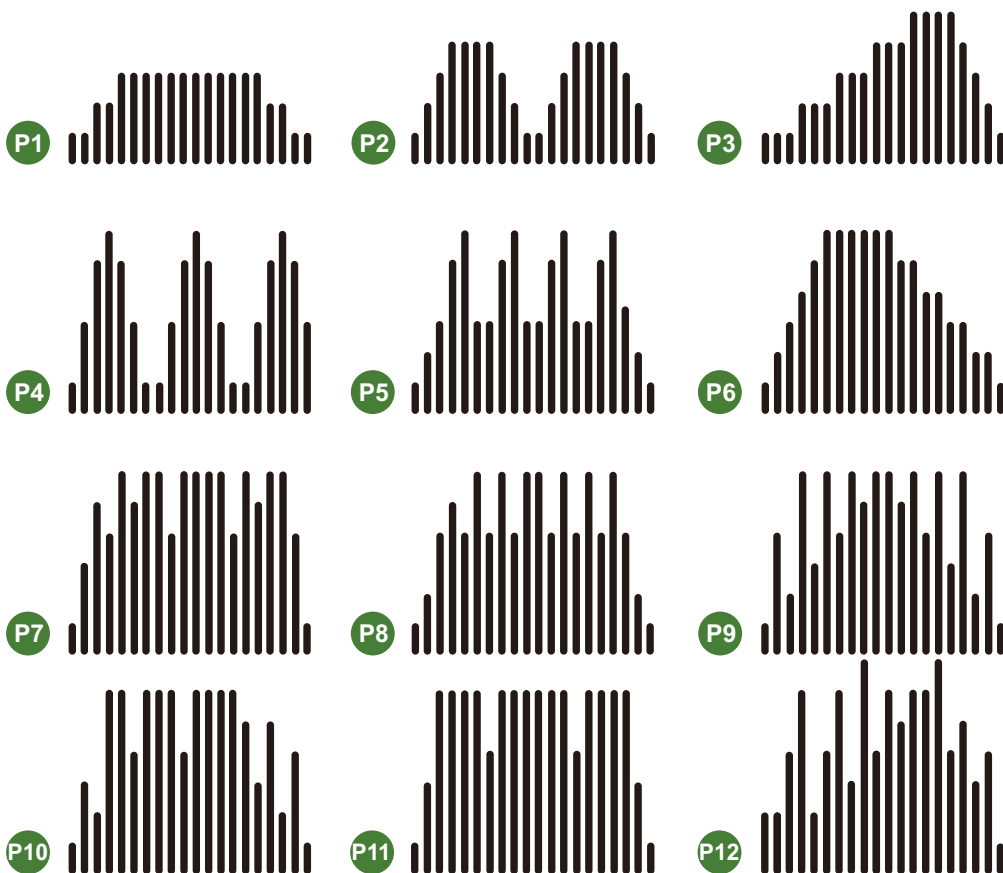
USAGE OF SILICONE OIL

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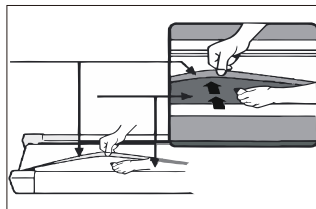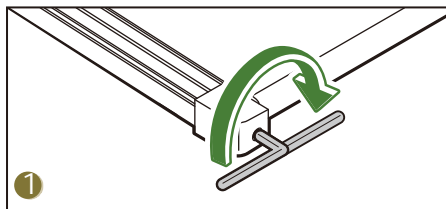
For your convenience, you can scan this QR code to see the video for lubricating the running belt on YouTube, or input this link to watch.
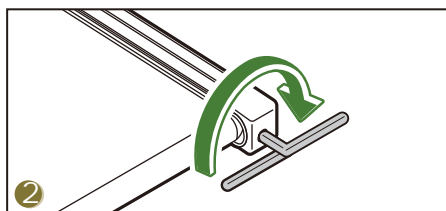
https://youtu.be/MksJloi8Obo

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.
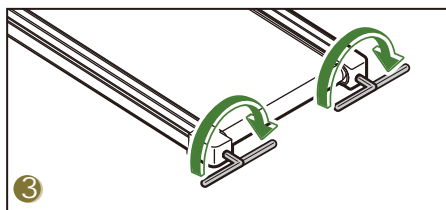
RUNNING BELT LOGJAM

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

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 · ◂ ◂ ◂

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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.
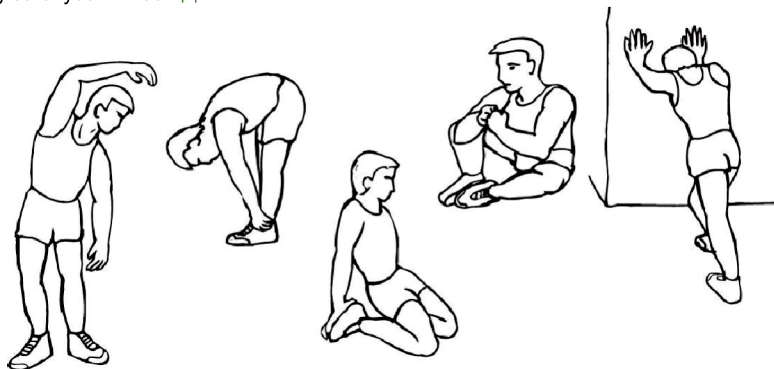
Warm-up

- 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

200
180
160 — MAXIMUM
140 — 85%
120 — 70%
100
80 — COOL DOWN

AGE: 20 25 30 35 40 45 50 55 60 65 70 75
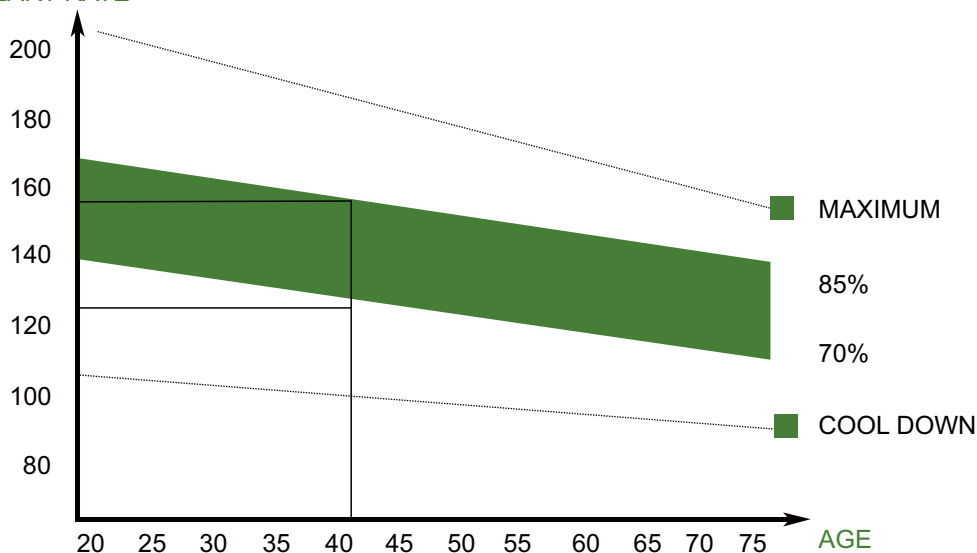
THIS IS HOW YOUR PULSE SHOULD BEHAVE DURING GENERAL FITNESS

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 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 userfls 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:

fi   Reorient or relocate the receiving antenna.

fi   Increase the separation between the equipment and receiver.

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

fi   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.

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, will be more consistent to offer you

EASY SHOPPING EXPERIENCE, GOOD PRODUCTS and EFFICIENT SERVICE!