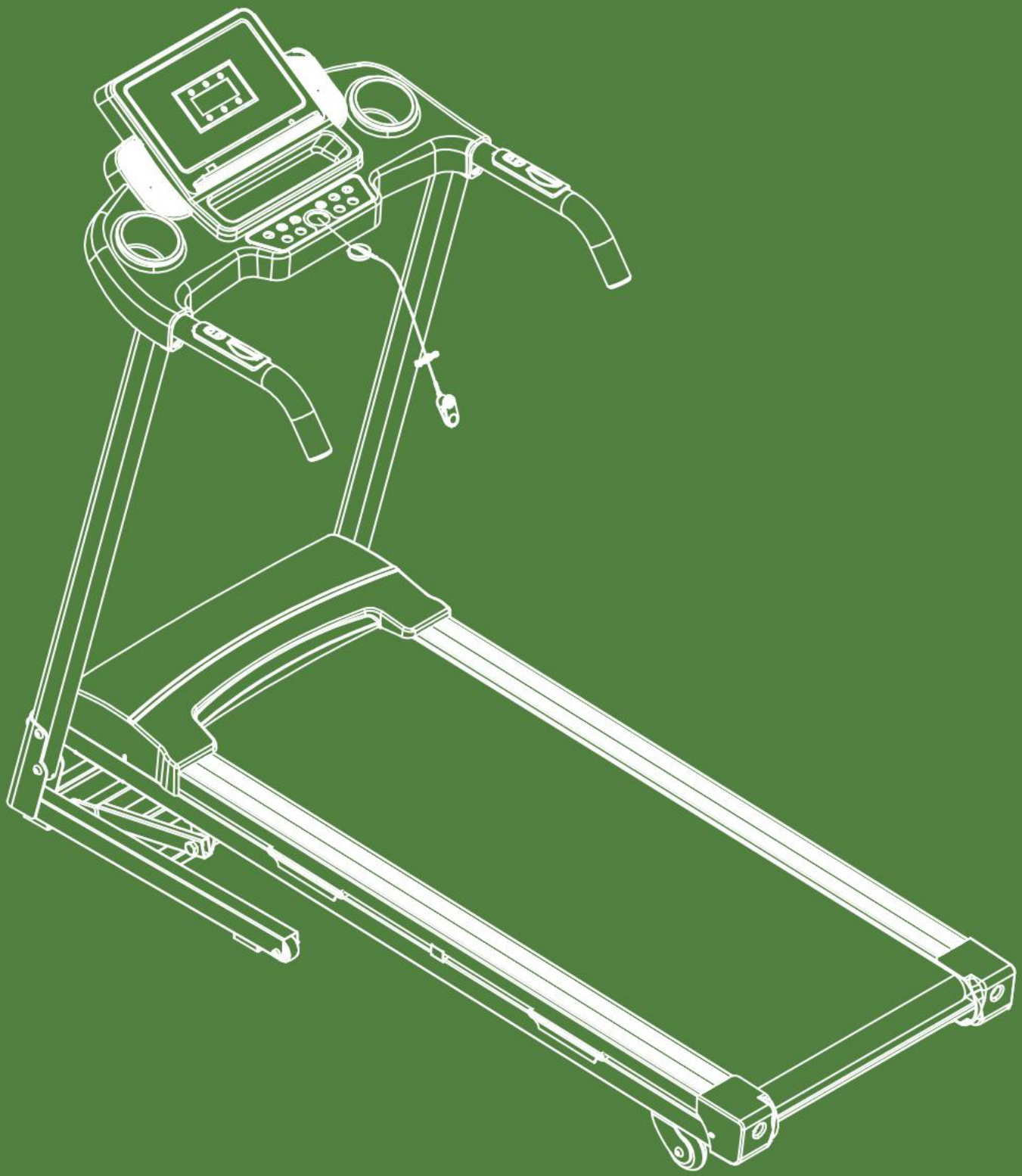


Electric Folding Treadmill

JK8806F

Thank you very much for purchasing our product. Please read this manual carefully before use it and keep the manual at proper place.

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:

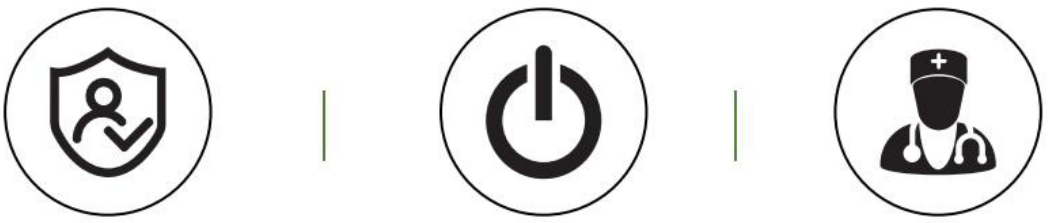
  1 Outdoors. (The treadmill is specially designed for indoor use only)
  2 Slant ground or slant places on balcony.
  3 Sunlight area or near heater.
  4 Noisy places.

- The proper power for the treadmill is 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)



1 PERSON
ASSEMBLY



UP TO 30 MIN.
ASSEMBLY

HARDWARE

1 Safety Key



1 PCS

2 Round Washer



4 PCS

3 Arc Washers



2 PCS

4 Spanner



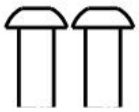
1 PCS

5 M8x10 Bolt



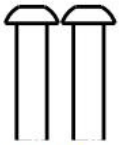
2 PCS

6 M8x16 Bolt



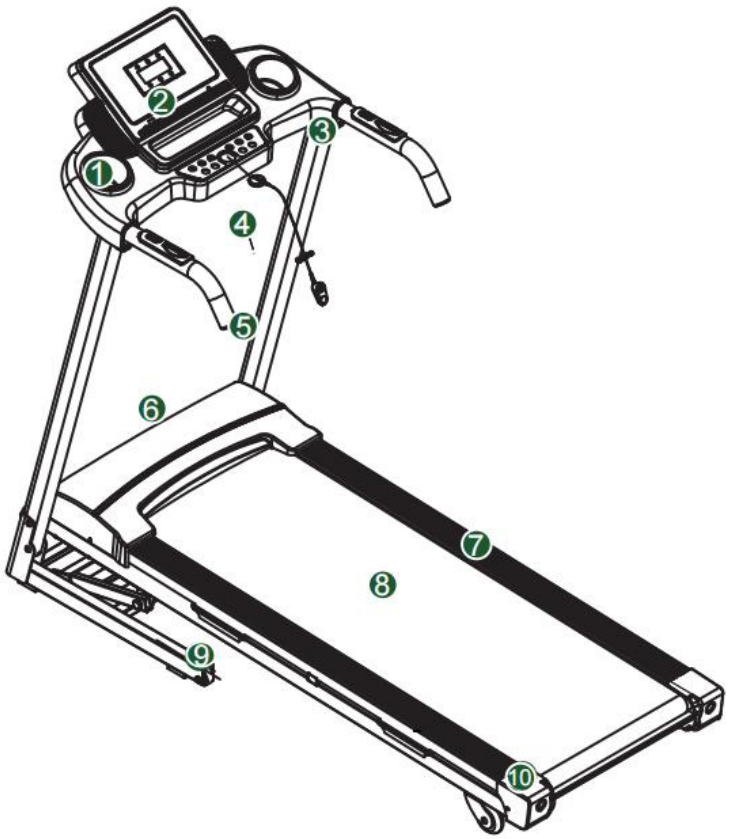
2 PCS

7 M8x40 Bolt



2 PCS

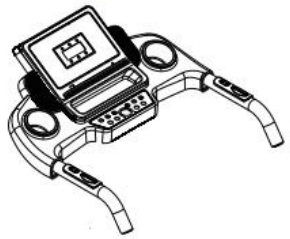
PRODUCTS MAIN PARTS



1、	CupHolder
2、	Console
3、	Heart Inductor
4、	Safety Key
5、	Upright Tube
6、	Motor Cover
7、	Side Rail
8、	Running Belt
9、	Wheel
10、	End Cap

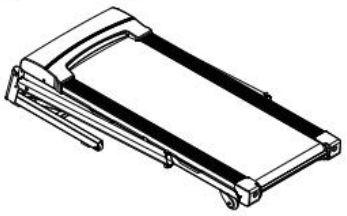
PARTS

1 EADER



1 PC

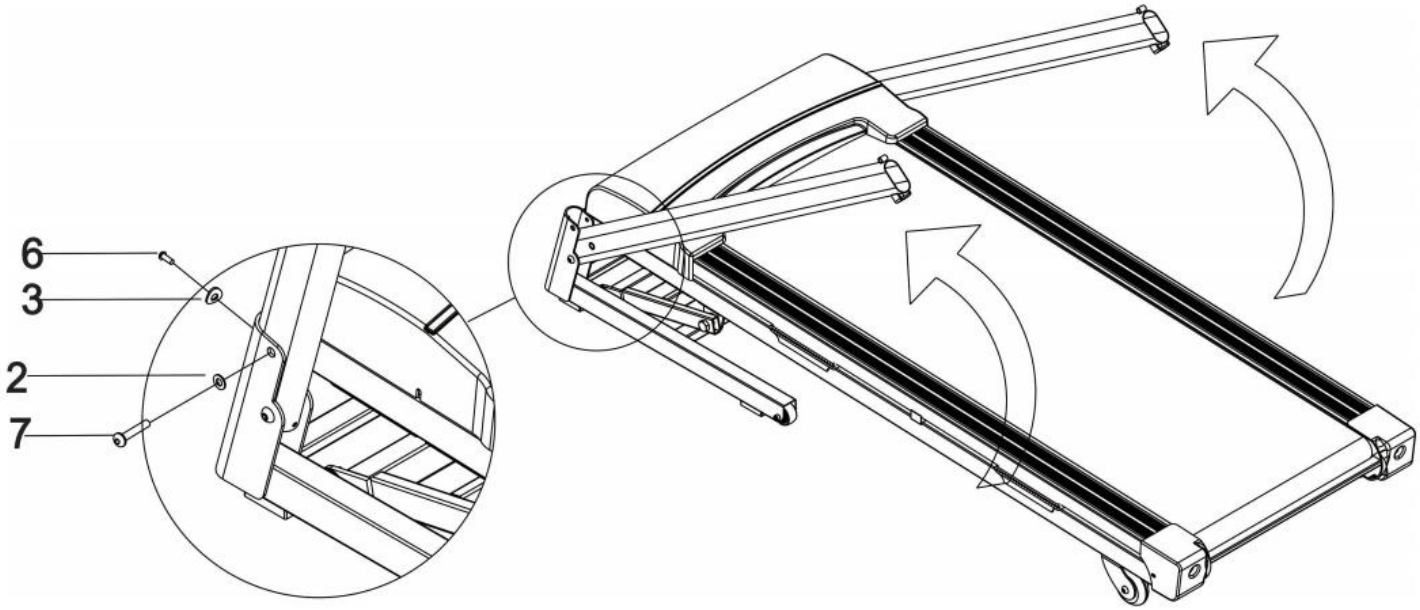
2 RUNNING DECK



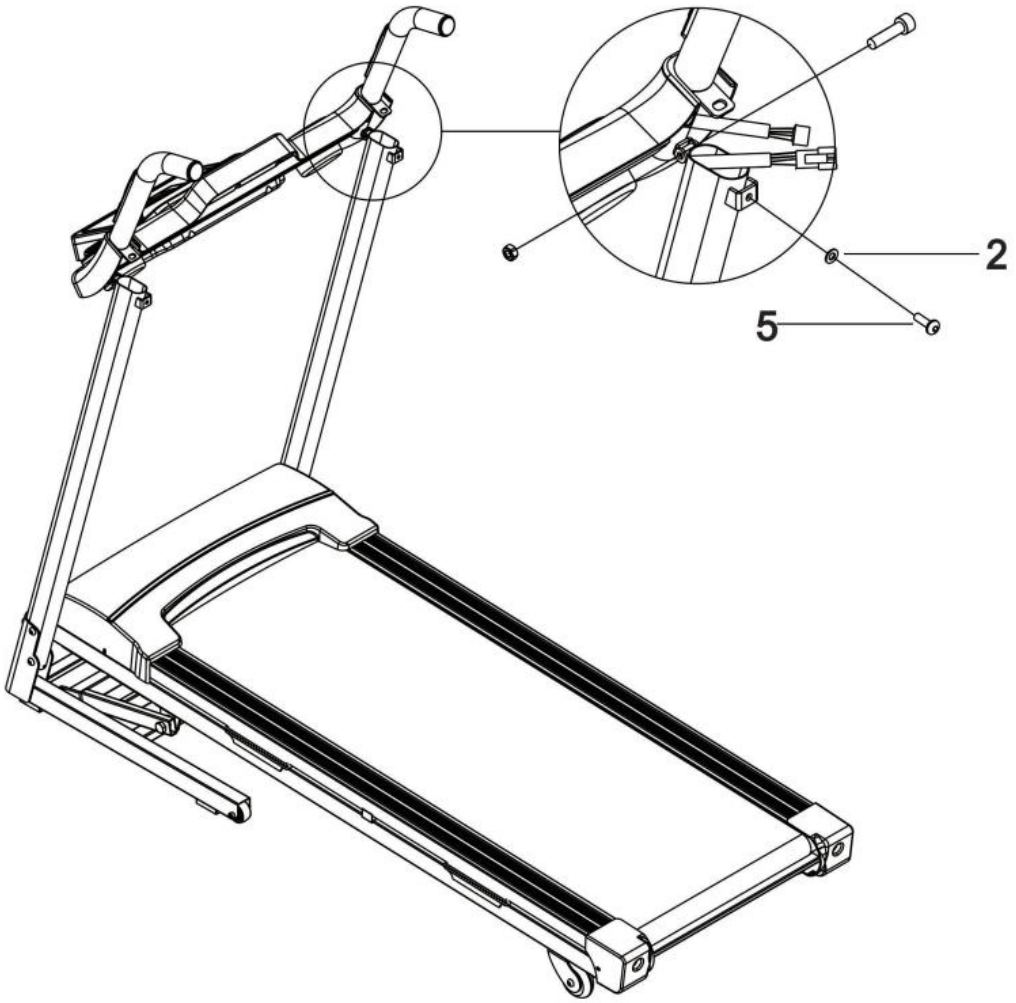
1 PC

PRODUCT ASSEMBLY

1 **First take the treadmill and all accessories out of the box, put it flat on the ground, and then lift up the uprights, with M8*16 Bolt (HARDWARE 6), M8*40 (HARDWARE 7) and round washer (HARDWARE2),arc washer (HARDWARE 3) to fix the bottom of the rack.**



2 **Remove the pre-installed M6*25 screws on the dashboard, put the dashboard on the top of the rack, put on the M6*25 bolt (pre-installed), connect and fix it with lock screw M6. Connect the connection line of the top of the right side pole, press the dashboard armrest to the level, and fix it with round washer (HARD WARE 2) and M8*10 bolt. (HARDWARE 5)**



3 Place the safety key (HARDWARE 1) and the assembly is complete.



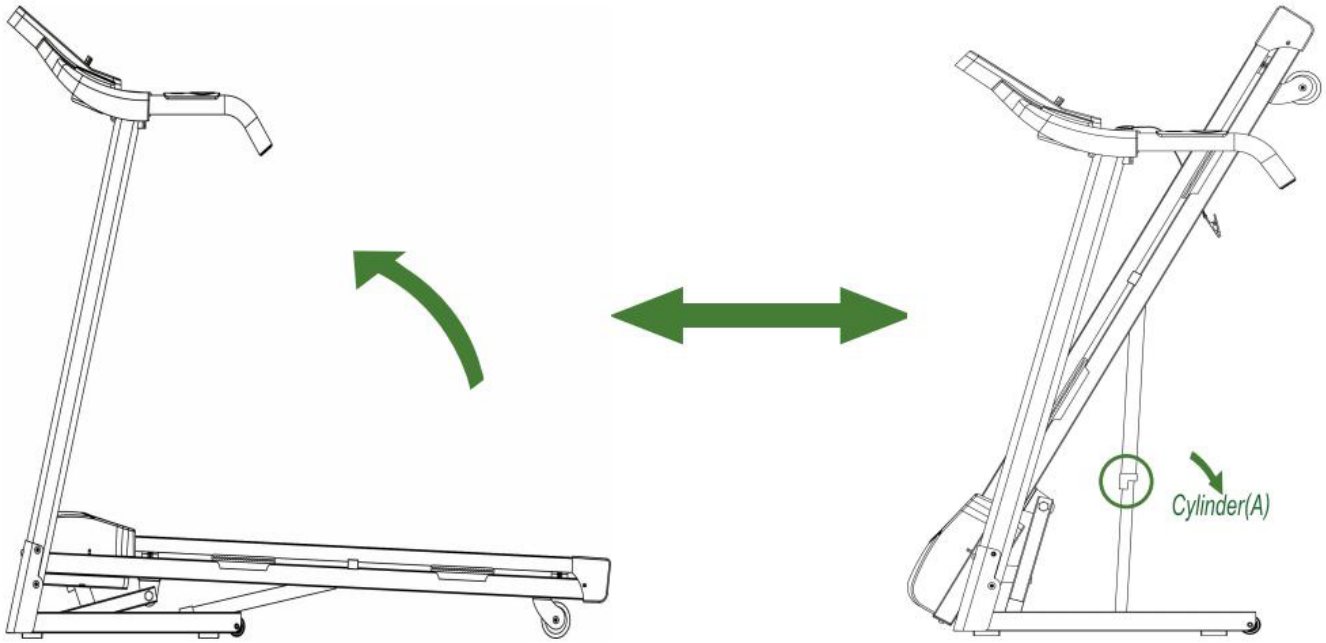
FOLDING UP AND SETTING DOWN

FOLD:

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

1. Holing 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.

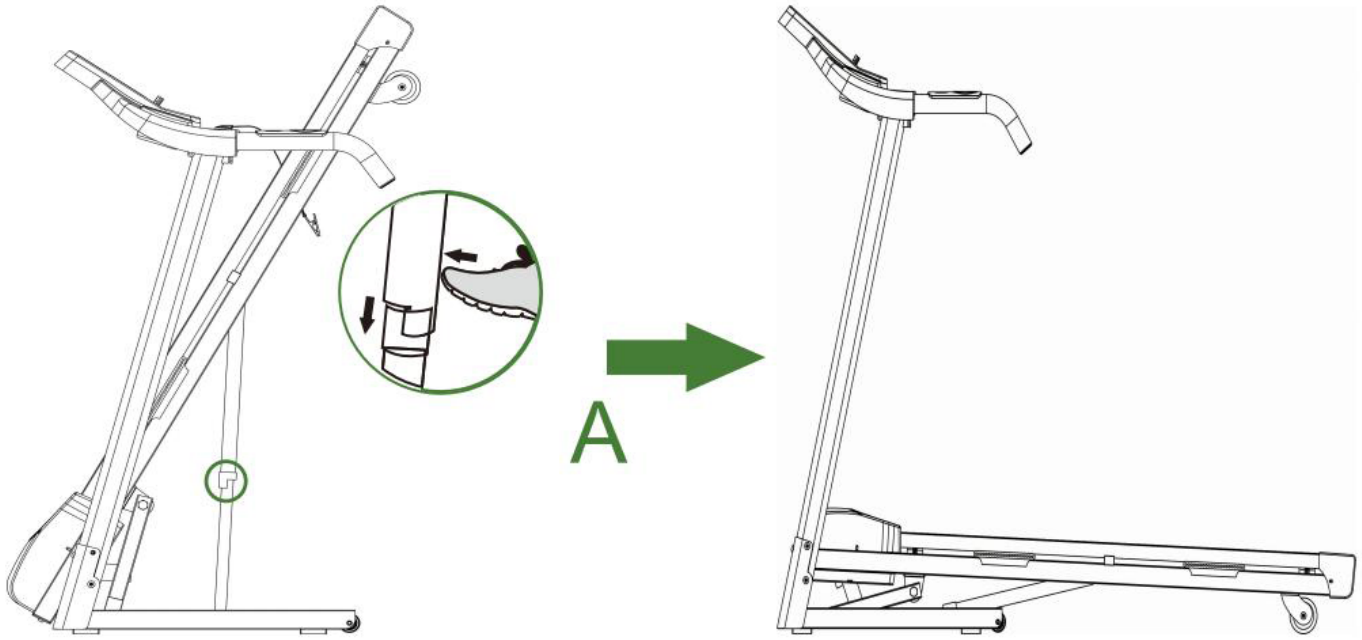
Note: Check the Cylinder (A) 'pops' down into the locked position before moving the treadmill. TO PREVENT ANY INJURY PLEASE MAKE SURE YOU HAVE A FIRM HOLD WHEN LIFTING UP OR SETTING DOWN THE DECK.



SETTING DOWN:

NOTE: Do no 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.



FOLDING UP AND SETTING DOWN

Produnctame	Treadmill
Voltage	110V
Frequency	60Hz
Speed	0.5-8.5MP/H

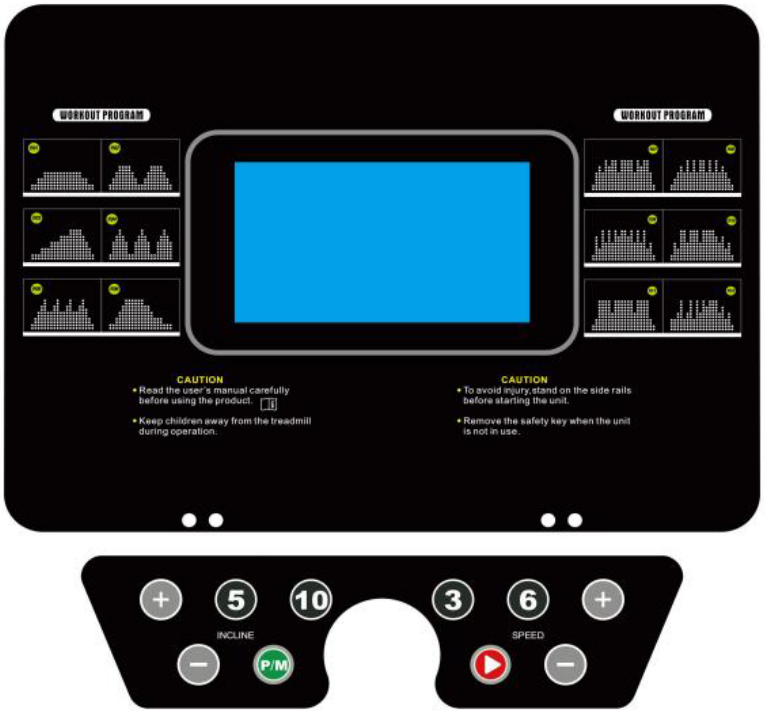
BLUETOOTH SETUP

.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 INSTRUCTON



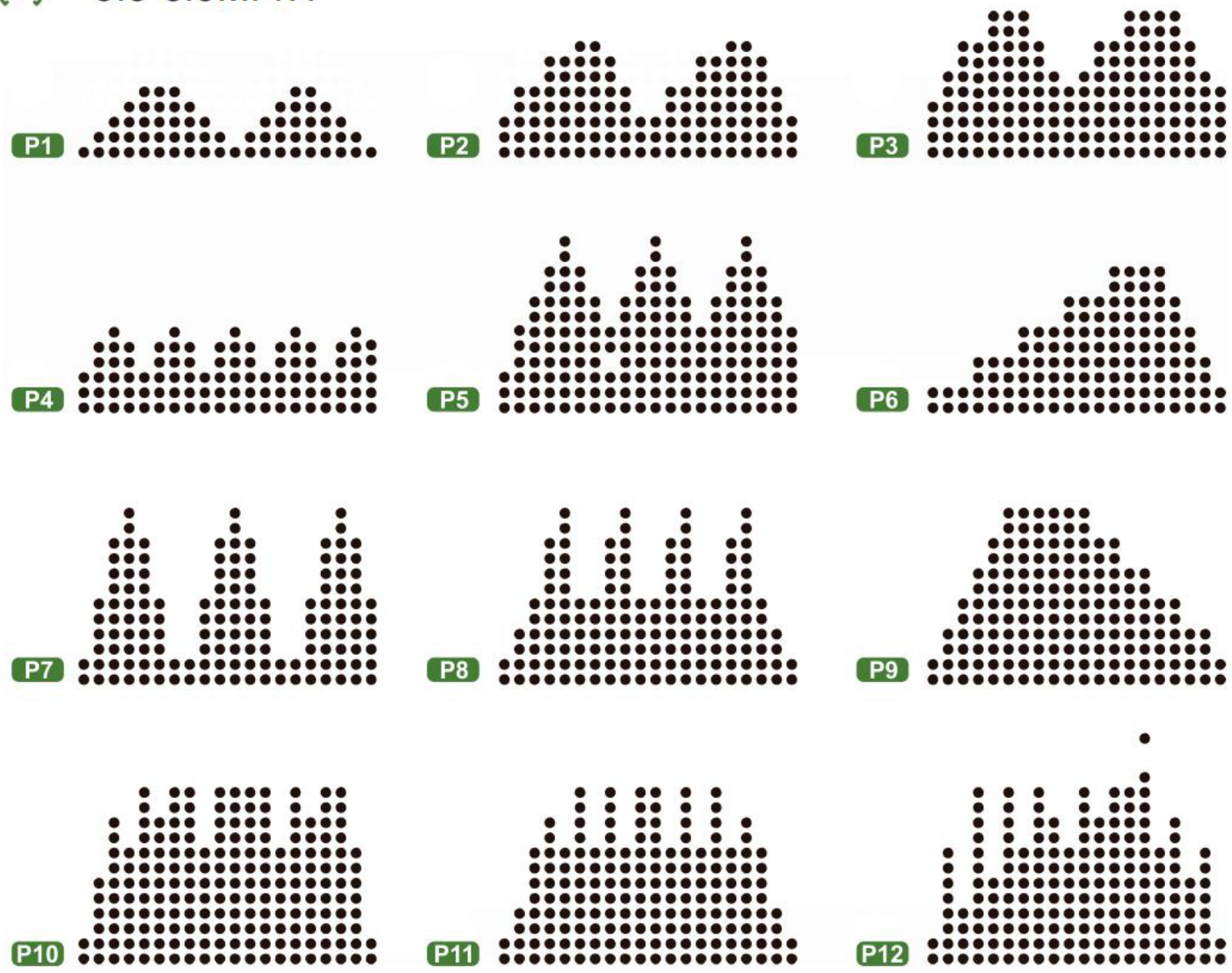
1. Check that the red power switch on the back of the machine is turned off.
2. The power supply socket should be turned off at the wall, then insert the power cable into the wall and at the back of the machine.
3. Turn on the power supply at the wall and turn on the red power switch at the back of the 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-p12. 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 ".

0.5-8.5MP/H



USING THE FITNESS APP

1. FitShow Download

Before connecting the device, ensure that your system's Bluetooth and GPS (Android 8.0 & iOS 9.0 and above required) are turned on. Then go to the [Sports - Devices] page to find nearby devices via Bluetooth search.

① Scan the QR code to download the app directly, or search for 'FitShow' in the app store to download and install it.

② Generate a verification code to log in directly.

③ Tap "More" > Password Login to input your existing account and password.

④ Log in as a guest.

⑤ Select a model to enter the corresponding sports mode. Connect to the desired device from the nearby devices list.

Note: Do not bind devices via the phone's Bluetooth list, as this will disable the app.

2. Third-Party Applications

2.1 Kinomap

Search, download, and install Kinomap from the App Store.

① Open Kinomap and go to the "More" page.

② Select to add more fitness equipment.

③ Choose the desired device type.

④ Tap the FitShow entrance.

⑤ Select the matching device (S32-9F) to bind it.

⑥ Find related videos to start your workout.

2.2 ZWIFT

Search, download, and install ZWIFT from the App Store.

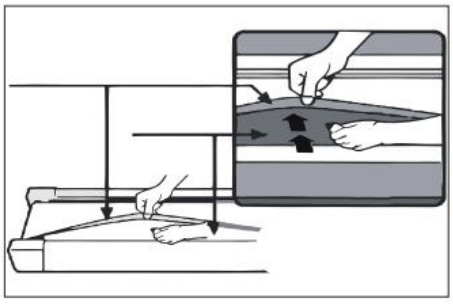
① Open ZWIFT and register an account.

② Log in and select the paired riding or running equipment.

③ Once the device is paired successfully, tap OK to start your workout.

④ For riding equipment, start riding directly. For running equipment, press the start button to begin running.

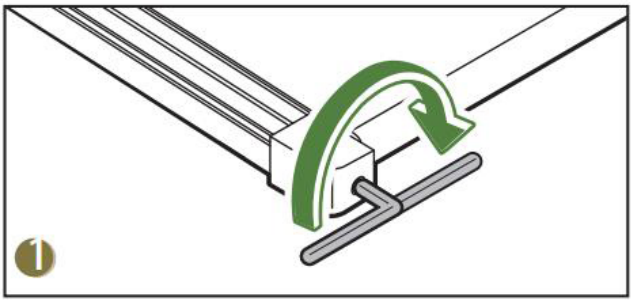
USAGE OF SILICONE OIL



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.

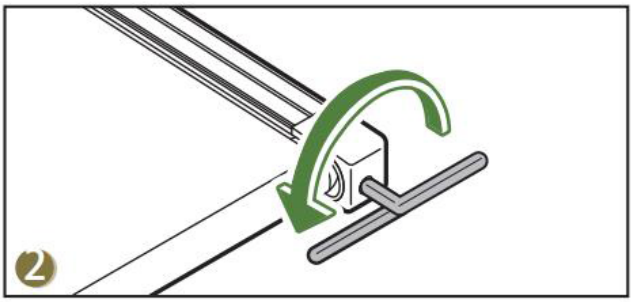
RUNNING BELT ADJUSTMENT

After installation video tutorial



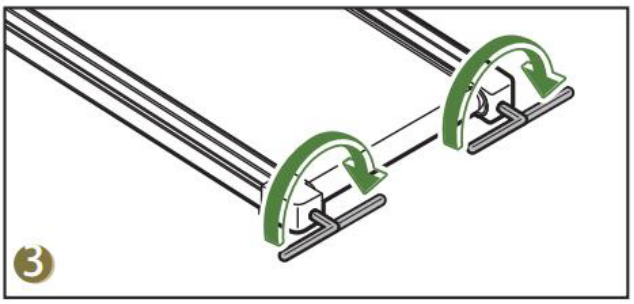
RUNNING BELT DEVIATE TO LEFT

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.

DAILY MAINTAINANCE



1.Disconnect power before checking 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.

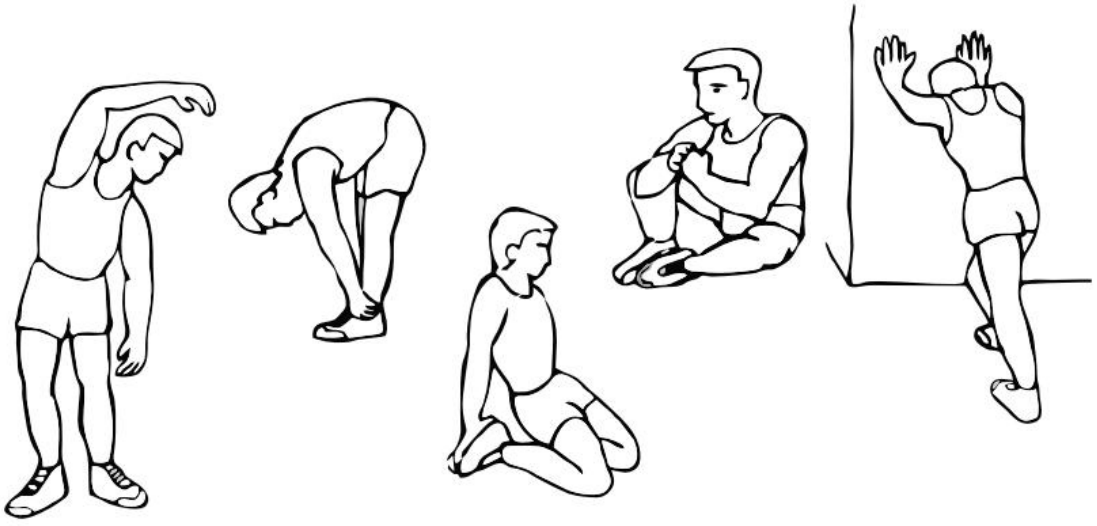
EXERCISE GUIDE

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

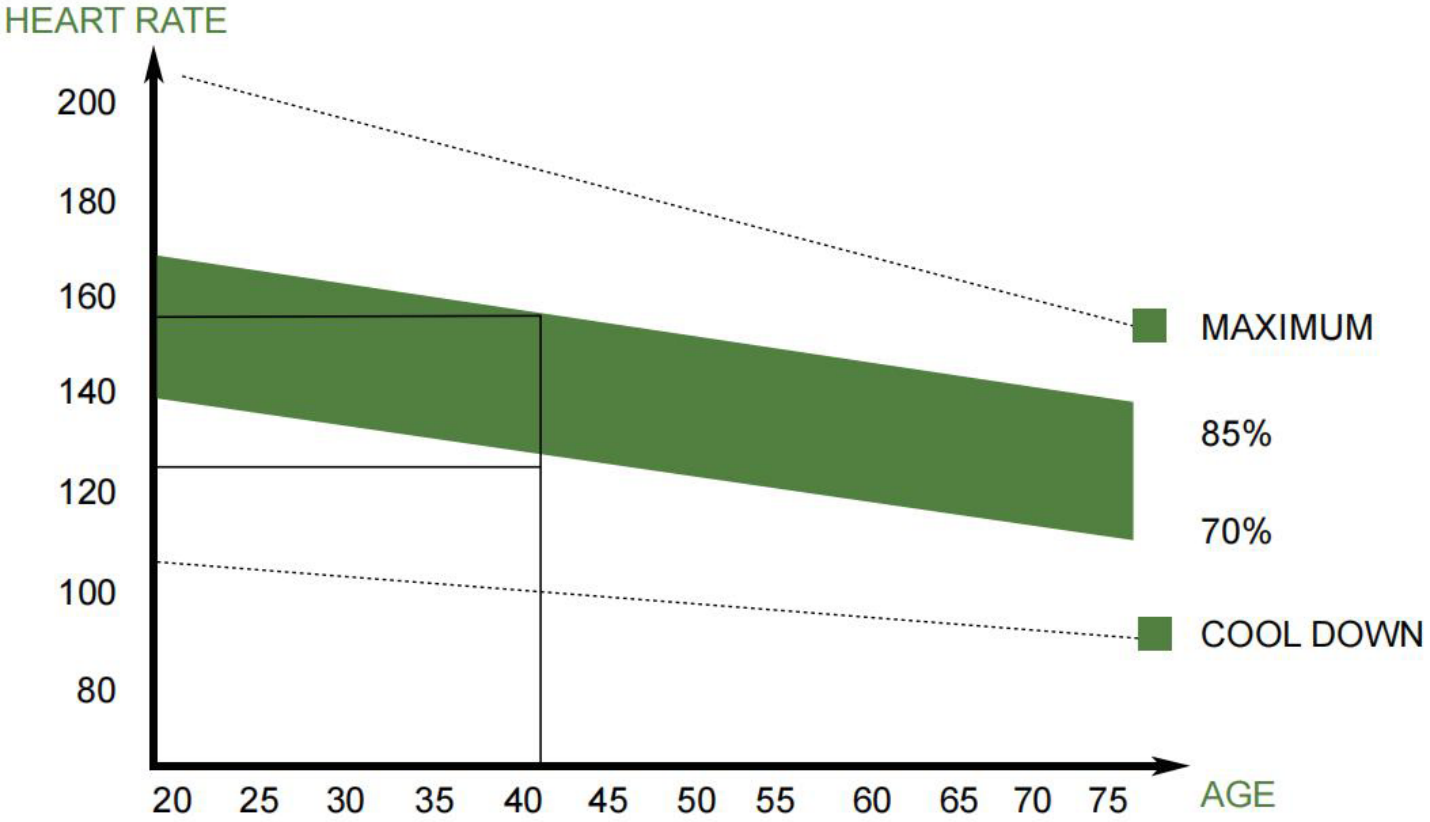
- Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up Increase your body temperature, heart rate and circulation in preparation for exercise. Easy into your exercise.

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.



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.