

[Manuals.plus](#) /

› [FYC](#) /

› FYC Folding Treadmill JK1609 User Manual

FYC JK1609

FYC Folding Treadmill JK1609 User Manual

Model: JK1609

1. IMPORTANT SAFETY INSTRUCTIONS

Before operating the FYC Folding Treadmill JK1609, please read and understand all safety instructions. Retain this manual for future reference.

- Always consult with a physician before starting any new exercise program.
- Place the treadmill on a flat, stable surface with adequate clearance around it.
- Ensure the safety key is properly attached to both the treadmill and your clothing before beginning a workout.
- Do not allow children or pets near the treadmill while it is in operation.
- Keep hands and feet clear of all moving parts.
- If you experience pain, dizziness, or shortness of breath, stop exercising immediately.
- Unplug the treadmill from the power outlet when not in use or before cleaning and maintenance.
- Maximum user weight capacity is 300 lbs.

2. PACKAGE CONTENTS

Carefully unpack the box and ensure all components are present. If any parts are missing or damaged, contact customer support.

- Treadmill Base
- Motor Housing
- Safety Key
- User Manual (this document)
- Assembly Tools
- Lubricant

3. SETUP AND ASSEMBLY

The FYC Folding Treadmill JK1609 is designed for quick assembly. Follow these steps to set up your treadmill.

1. **Unpacking:** Remove all components from the packaging and place them on a clear, flat surface.
2. **Base Placement:** Position the treadmill base in your desired workout location, ensuring sufficient space around it.
3. **Upright Assembly:** Carefully raise the uprights and secure them according to the included assembly diagram. This step may require two people.
4. **Console Attachment:** Attach the console to the uprights, connecting any necessary cables as indicated in the assembly instructions.
5. **Power Connection:** Plug the power cord into a grounded electrical outlet.

For visual guidance, an assembly video may be available. Contact FYC customer support for details.



Image: The FYC Folding Treadmill JK1609 shown in its operational state with a user, and also in its compact, folded position for storage.

4. OPERATING INSTRUCTIONS

4.1 Control Panel Overview

The multi-functional LCD display provides essential workout data and control options.



Image: Detailed view of the treadmill's control panel, highlighting the safety key slot, start/stop buttons, speed controls, heart-rate sensors on the handles, and the LCD display showing various metrics and preset program options.

- **LCD Display:** Shows Time, Calories, Speed, Distance, and Heart Rate.
- **Start/Stop Buttons:** Initiate and end your workout.
- **Speed +/- Buttons:** Adjust the running belt speed.
- **Safety Key:** Essential for operation; must be in place for the treadmill to function.
- **Heart-rate Sensors:** Integrated into the handles to monitor your pulse.
- **Preset Programs:** 12 pre-programmed workouts for varied exercise routines.
- **Device Holders:** Convenient slots for water bottles, phones, and tablets.
- **Bluetooth Music:** Connect your device to play music through the treadmill's speakers.

4.2 Basic Operation

1. **Power On:** Ensure the treadmill is plugged in and the main power switch (if present, usually near the power cord) is turned on.
2. **Attach Safety Key:** Clip the safety key to your clothing and insert the other end into the designated slot on the console. The display will illuminate.
3. **Start Workout:** Press the 'START' button. The belt will begin moving at a low speed.
4. **Adjust Speed:** Use the 'SPEED +' and 'SPEED -' buttons to increase or decrease the belt speed to your desired level.
5. **Select Program:** To use a preset program, select it before pressing 'START' or during a pause in your workout.
6. **Monitor Heart Rate:** Grip the heart-rate sensors on the handles to display your pulse on the LCD screen.

7. **End Workout:** Press the 'STOP' button to gradually bring the belt to a halt. Remove the safety key to power off the console.

4.3 Smart Fitshow App Control

Enhance your workout experience by connecting your treadmill to the Fitshow app via Bluetooth.

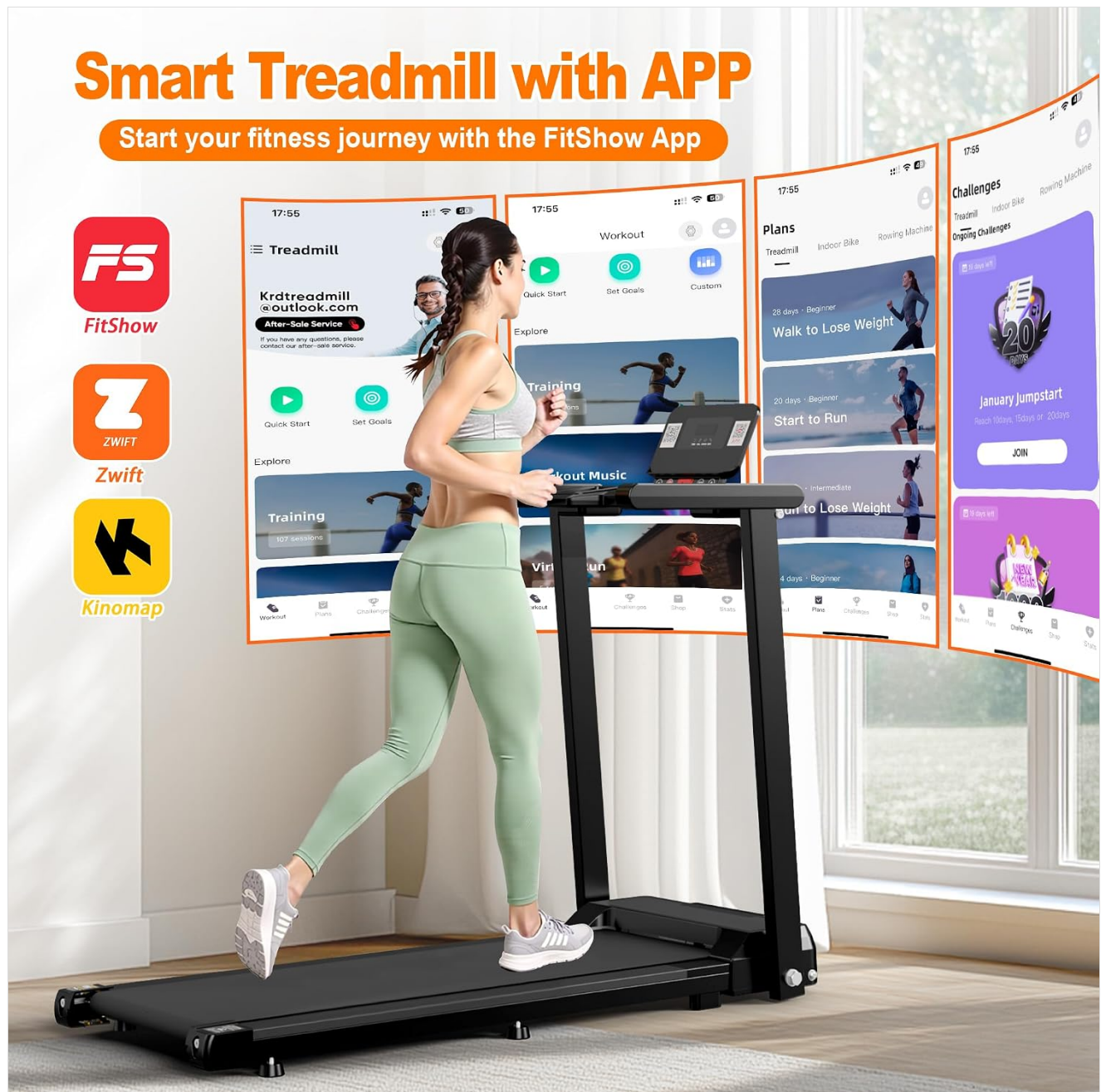


Image: A user exercising on the treadmill, with various Fitshow app screens displayed, illustrating the app's workout tracking, course selection, and personalized plan features.

1. **Download App:** Download the Fitshow app from your device's app store.
2. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone or tablet.
3. **Connect:** Open the Fitshow app and follow the on-screen instructions to connect to your FYC JK1609 treadmill.
4. **Explore Features:** The app offers 107 training courses, 20 scenic routes, and 62 virtual tracks. You can track real-time data, receive exercise reports, and access personalized workout plans.

4.4 Manual Incline Adjustment

The treadmill features 3 levels of manual incline to vary your workout intensity.



Image: A visual representation of the treadmill's manual incline mechanism, showing three distinct settings: 0.8 degree, 1.8 degree, and 2.7 degree, which can be adjusted manually at the rear of the treadmill.

To adjust the incline, you must stop the treadmill and manually change the position of the support pins at the rear of the treadmill. Refer to the assembly diagram for specific locations. The available incline settings are approximately 0.8, 1.8, and 2.7 degrees.

4.5 Folding and Storage

The treadmill's foldable design and transport wheels allow for easy storage in small spaces.

Foldable Design for Small Space



Image: A sequence of images demonstrating how the treadmill's running deck can be folded upwards towards the console, reducing

its footprint for compact storage.

1. **Stop Treadmill:** Ensure the treadmill is completely stopped and unplugged.
2. **Fold Up:** Carefully lift the running deck until it locks into its upright, folded position.
3. **Move:** Use the integrated transport wheels to move the folded treadmill to your desired storage location.
4. **Unfold:** To unfold, gently release the locking mechanism and lower the running deck until it is flat on the floor.

5. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your treadmill.

- **Cleaning:** Wipe down the treadmill surfaces with a damp cloth after each use. Avoid abrasive cleaners.
- **Belt Lubrication:** The running belt requires periodic lubrication to reduce friction and wear. Refer to the included lubricant instructions for frequency and application.
- **Belt Tension and Alignment:** Periodically check the running belt for proper tension and alignment. Adjust as needed according to the instructions in the full assembly guide.
- **Motor Housing:** Keep the motor housing area clean and free of dust.

6. TROUBLESHOOTING

If you encounter issues with your treadmill, refer to this section for common solutions.

Problem	Possible Cause	Solution
Treadmill does not power on	Power cord unplugged, safety key not inserted, main power switch off	Check power connection, insert safety key, turn on main power switch.
Running belt stops or slows unexpectedly	Safety key dislodged, motor overheating, belt tension too loose	Re-insert safety key. Allow motor to cool if hot. Check and adjust belt tension.
Unusual noise during operation	Lack of lubrication, loose components, belt misalignment	Lubricate the running belt. Check and tighten all bolts and screws. Adjust belt alignment.
Heart rate monitor inaccurate	Improper hand placement, dry hands	Ensure firm and consistent contact with both sensors. Lightly moisten hands if dry.

If the problem persists after attempting these solutions, please contact FYC customer support.

7. SPECIFICATIONS

Detailed technical specifications for the FYC Folding Treadmill JK1609.

Feature	Specification
Model Number	JK1609
Product Dimensions (L x W x H)	131.06 x 52.07 x 117.09 cm (51.6 x 20.5 x 46.1 inches)
Item Weight	33 kg (72.75 lbs)

Feature	Specification
Running Belt Size	41.3"L x 15"W (104.9 cm L x 38.1 cm W)
Motor Horsepower	2.5 HP
Speed Range	0.5 - 8.5 mph
Display Type	LCD or LED (5 Inches)
Display Metrics	Speed, Time, Calories Burned, Distance, Heart Rate
Incline	3 Manual Incline Levels (approx. 0.8, 1.8, 2.7 degrees)
Maximum User Weight	300 lbs
Special Features	Foldable, Heavy Duty, Manual Incline, Portable, Shock Absorbent, Bluetooth Connectivity (Fitshow App)
Frame Material	Alloy Steel
Power Source	Corded Electric

8. WARRANTY AND SUPPORT

For warranty information, technical support, or to inquire about replacement parts, please contact FYC customer service directly. Keep your purchase receipt and model number (JK1609) available when contacting support.

Manufacturer: FYC

Seller: FYC DIRECT

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

Open the live page

<https://manuals.plus/asin/B095WQ2Y57>

More documents and user manuals: <https://manuals.plus/>