

FLYLINKTECH JF-H-40DC

FLYLINKTECH Home Treadmill User Manual

Model: JF-H-40DC

1. INTRODUCTION

Thank you for choosing the FLYLINKTECH Home Treadmill. This 2-in-1 foldable treadmill is designed to provide a safe, comfortable, and efficient workout experience in your home. It features a powerful motor, a multi-layer running belt, and smart control options, including a touch screen and app connectivity. Please read this manual thoroughly before operation to ensure proper use and maintenance.

2. SAFETY INFORMATION

Your safety is paramount. Please observe the following precautions:

- Always ensure the red safety key is properly in place before starting the treadmill.
- Keep children and pets away from the treadmill during operation.
- Place the treadmill on a flat, stable surface with adequate clearance around it.
- Wear appropriate athletic footwear and clothing.
- Do not operate the treadmill if it is damaged or malfunctioning.
- Consult a physician before starting any new exercise program.

3. PRODUCT OVERVIEW AND COMPONENTS

The FLYLINKTECH Home Treadmill is engineered for versatility and comfort. Key components include:

- **LED Digital Monitor:** Displays speed, time, distance, and calories.
- **Direct Speed Buttons:** For quick speed adjustments.
- **Device Holder:** Conveniently holds your tablet or phone.
- **Safety Lock:** Essential safety mechanism.
- **Multi-Layer Running Belt:** Designed for shock absorption and joint protection.
- **2.25HP Motor:** Provides quiet and consistent power.
- **Transport Wheels:** For easy relocation and storage.



Image: The FLYLINKTECH Home Treadmill in operation, showcasing its sleek design and user-friendly console.

12 PRESET PROGRAMS

For a variety of workout options



Direct Speed Buttons



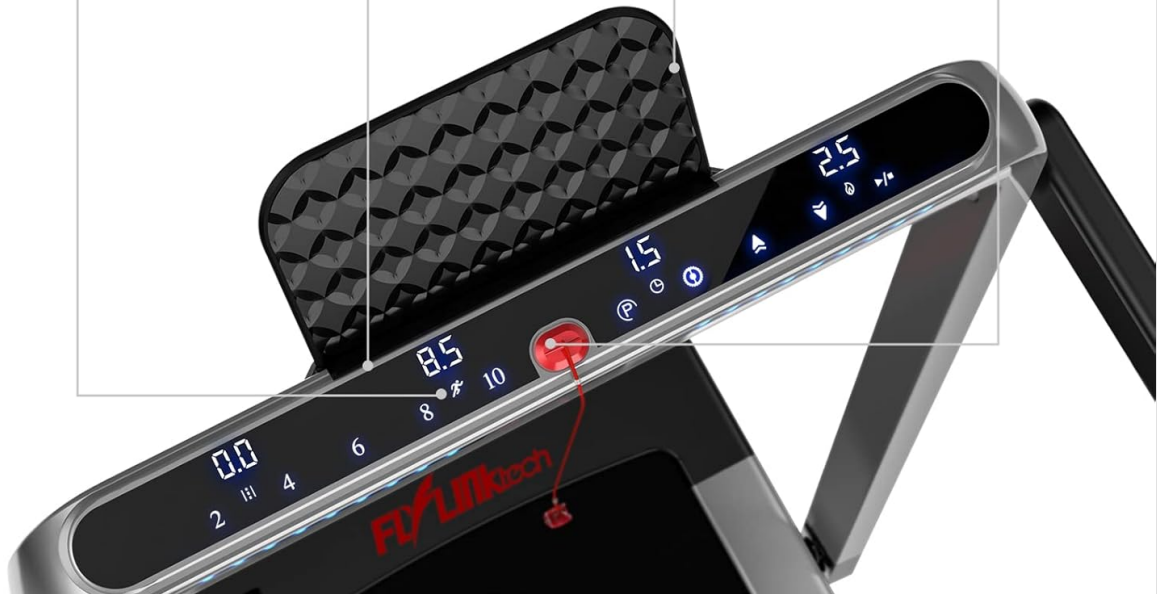
LED Digital Monitor



Device Holder



Security Lock



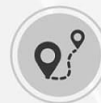
**LED DIGITAL
MONITOR**



SPEED



TIME



DISTANCE



CALORIE

Image: Close-up of the treadmill's control panel, highlighting direct speed buttons, LED digital monitor, device holder, and safety lock.

HIGH TECH& HIGH DENSITY MULTI-LAYER RUNNING BELT

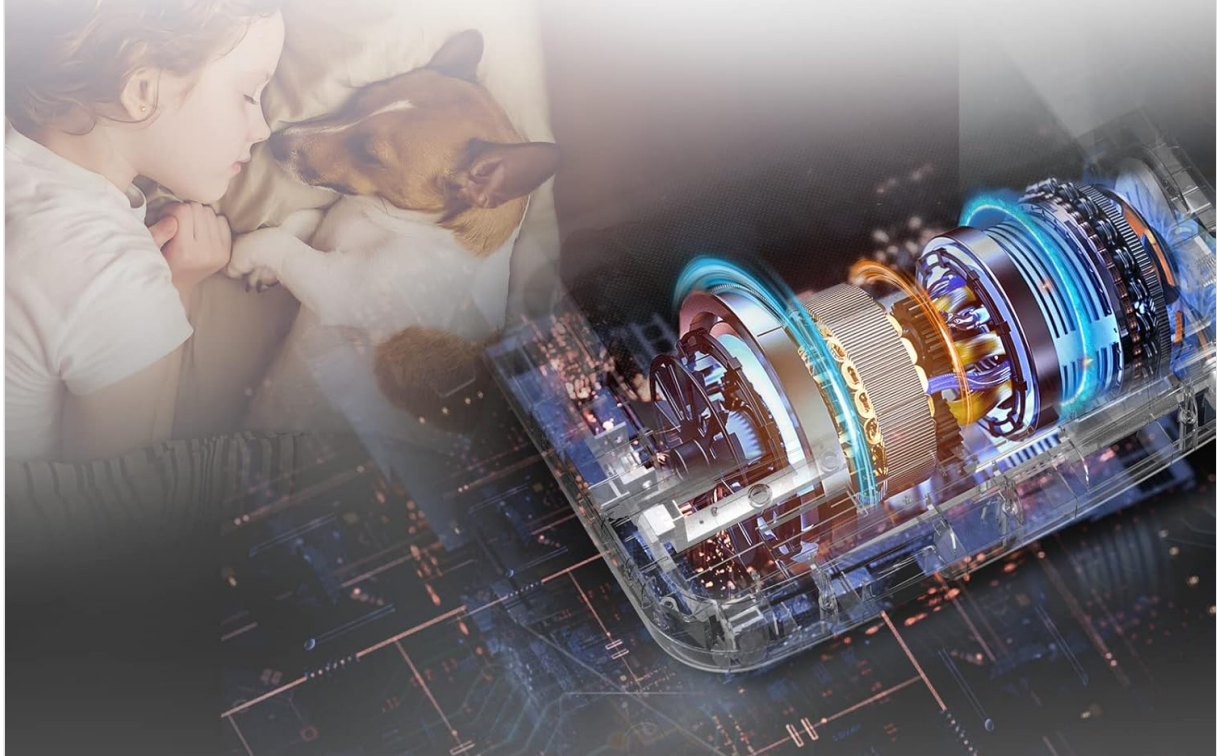
Specially designed to protect your knee joints so you could run farther



Image: Detailed diagram illustrating the five layers of the high-density running belt, designed for wear resistance, noise reduction, and shock absorption.

POWERFUL 2.25HP HOME MOTOR

Provides a quiet and comfortable sports environment
without disturbing others



MAXIMUM SPEED 14 KM/H



PRODUCT CAPACITY 34KG



NOISE STANDARD <60DB



WEIGHT CAPACITY 180KG

Image: Illustration of the powerful 2.25HP home motor, emphasizing its quiet operation and capacity to support up to 180 kg.

4. SETUP AND ASSEMBLY

The FLYLINKTECH Home Treadmill is designed for quick and easy setup, typically within 3 minutes. It comes largely pre-assembled.

4.1 Unpacking and Placement

1. Carefully remove the treadmill from its packaging.
2. Place the treadmill on a firm, level surface. Ensure there is at least 2 meters of clear space behind the treadmill and 0.5 meters on each side.

4.2 Folding and Unfolding

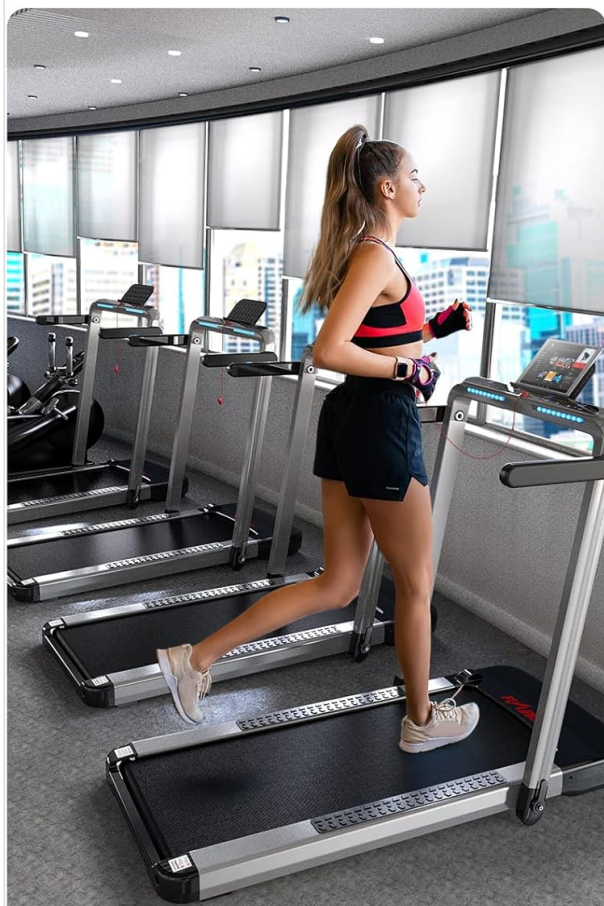
The treadmill features a convenient folding mechanism for storage and a 2-in-1 functionality.

- **Unfolding for Running Mode:** Lift the console arm until it locks into the upright position. This allows for speeds up to 14 km/h.
- **Folding for Walking Mode (Under-Desk Use):** Lower the console arm completely. In this mode, the treadmill functions as a walking pad with speeds up to 4 km/h, suitable for use under a desk.
- **Folding for Storage:** The treadmill can be fully folded for compact storage. Utilize the transport

wheels at the bottom to easily move it under a sofa or bed.

2 IN 1 FOLDING TREADMILL

Meet Your Different Needs and Perfect for Multiple Occasions



Running Mode

4 km/h - 14 km/h



Walking Mode

1 km/h - 4 km/h

Image: Comparison of the treadmill in Running Mode (4-14 km/h) and Walking Mode (1-4 km/h), illustrating its 2-in-1 functionality.

TOILLESS FULL FOLDING FOR CONVENIENT STORAGE



Image: Visual guide demonstrating the full folding capability of the treadmill for convenient storage, highlighting its compact dimensions and transport wheels.

UNDER DECK ELECTRIC TREADMILL

Also as under desk walking machine,
which is convenient to keep exercising during working

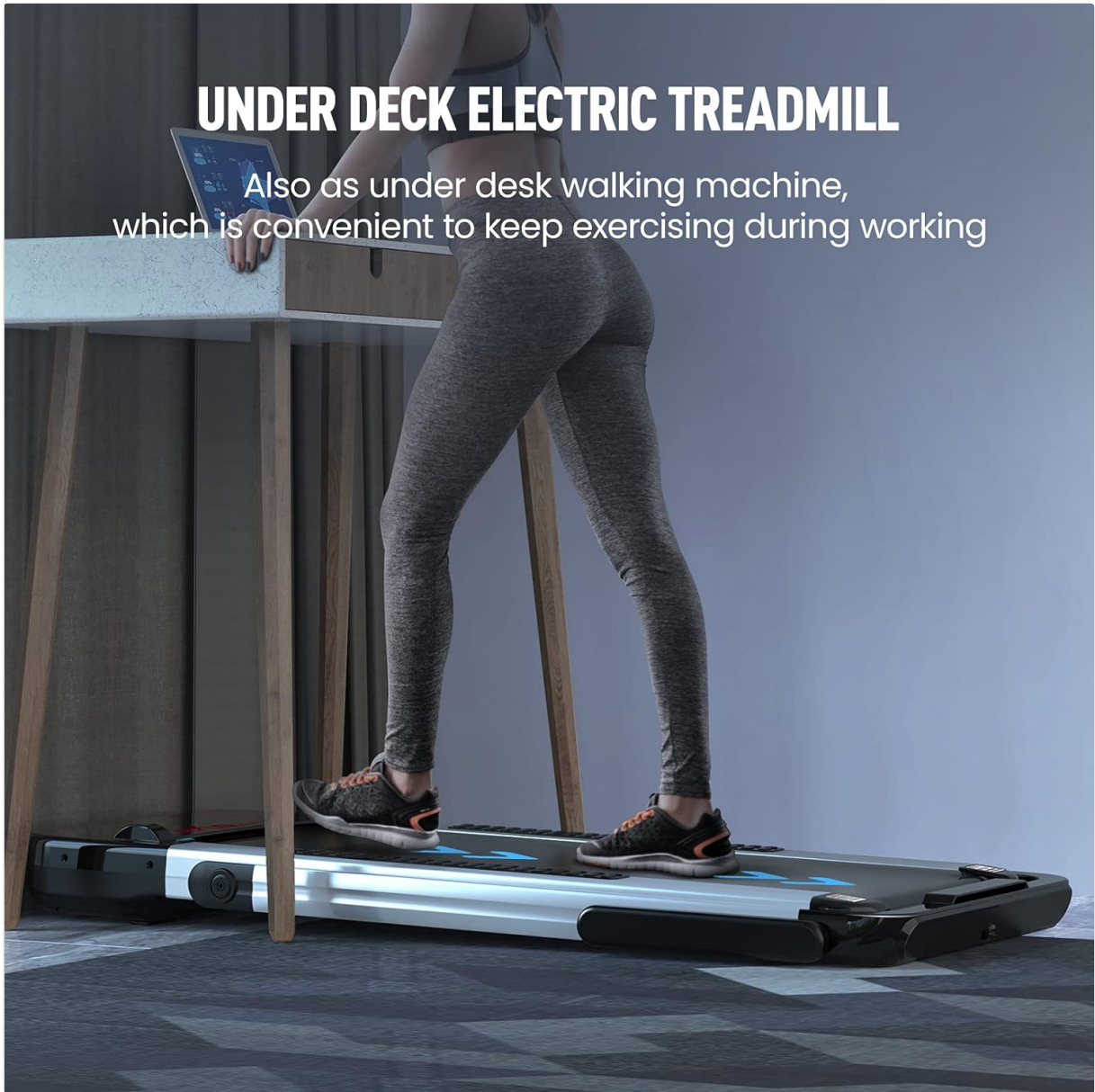


Image: The treadmill positioned under a desk, illustrating its use as an under-desk walking machine for exercising while working.

5. OPERATING INSTRUCTIONS

5.1 Power On/Off

Connect the power cable to a grounded outlet. Press the power button on the console to turn the treadmill on or off.

5.2 Using the Control Panel

The LED display tracks speed, time, distance, and calories in real-time. Use the direct speed buttons or the remote control to adjust settings.

5.3 Exercise Modes

The treadmill offers 12 preset exercise modes. Select a mode based on your fitness goals and preferences. The special light strip design adds an enjoyable element to your workout.

5.4 Smart App Control (FSC App)

For enhanced control and tracking, download the "FSC" exercise app. Scan the QR code provided in the manual to install the app. Connect your treadmill via Bluetooth to control it from your smartphone or tablet.

The app allows for real-time data recording and access to various workout programs.

6. 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 using abrasive cleaners.
- **Belt Lubrication:** Refer to the specific instructions in the included user manual for belt lubrication frequency and procedure. Proper lubrication is crucial for smooth operation and belt lifespan.
- **Belt Tension and Alignment:** Periodically check the running belt for proper tension and alignment. Adjust as needed according to the detailed instructions in the full user manual.
- **Storage:** When not in use, fold the treadmill and store it in a dry, cool place away from direct sunlight and moisture.

7. TROUBLESHOOTING

If you encounter any issues, refer to the following common troubleshooting steps:

- **Treadmill not powering on:** Check if the power cord is securely plugged into both the treadmill and the wall outlet. Ensure the safety key is correctly inserted.
- **Belt slipping or hesitating:** The running belt may require lubrication or tension adjustment. Refer to the maintenance section or the full user manual.
- **Unusual noises:** Stop the treadmill immediately. Check for any loose parts or foreign objects under the belt. If the noise persists, contact customer support.
- **App connectivity issues:** Ensure Bluetooth is enabled on your device and the treadmill. Restart both the app and the treadmill.

For more complex issues, please contact FLYLINKTECH customer support.

8. SPECIFICATIONS

Feature	Specification
Brand	FLYLINKTECH
Model Number	JF-H-40DC
Color	Silver/White
Material	Metal (Alloy Steel Frame)
Product Dimensions (L x W x H)	132 x 64.5 x 13.5 cm
Item Weight	34 Kilograms
Maximum Speed	14 Kilometers per hour
Motor Power	2.25 Horsepower

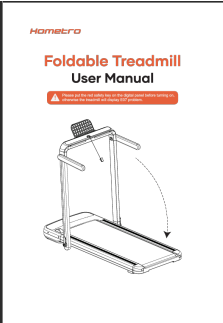
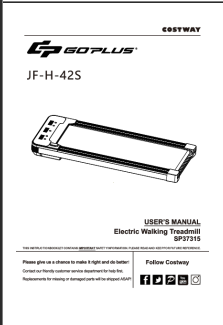

Feature	Specification
Display Type	LCD
Display Metrics	Time, Distance, Speed, Calorie
Number of Programs	12
Special Features	Foldable, Touch Screen
Power Source	Corded Electric
Assembly Required	Yes (Minimal)




9. WARRANTY AND SUPPORT

The FLYLINKTECH Home Treadmill comes with a **2-year warranty**, providing peace of mind regarding your investment. For any questions, technical assistance, or warranty claims, please contact FLYLINKTECH customer support through the retailer where you purchased the product or visit the official FLYLINKTECH website for contact information.

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Related Documents - JF-H-40DC

	<p>Hometro Foldable Treadmill User Manual</p> <p>Comprehensive user manual for the Hometro Foldable Treadmill (Model JF-H-40DA), covering installation, operation, maintenance, and troubleshooting.</p>
	<p>Costway JF-H-42S Electric Walking Treadmill User's Manual</p> <p>Comprehensive user's manual for the Costway JF-H-42S Electric Walking Treadmill, covering setup, safety, operation, maintenance, and troubleshooting. Includes detailed instructions and specifications.</p>
	<p>FLY Linktech Folding Treadmill User Manual</p> <p>User manual for the FLY Linktech Folding Treadmill, model JF-H-42H. This document provides instructions on product features, installation, usage, maintenance, and troubleshooting.</p>

 <p>The image shows the cover of the Wenoker Treadmill JF-H-39FA User Manual. It features the Wenoker logo at the top left, followed by the text 'USER MANUAL EN'. Below this is a line drawing of the treadmill. At the bottom, there is a small box with the text 'Questions or Comments?' and a website address.</p>	<p>Wenoker Treadmill JF-H-39FA User Manual</p> <p>Comprehensive user manual for the Wenoker Treadmill, model JF-H-39FA. Includes product introduction, safety precautions, operating instructions, assembly guidance, maintenance tips, troubleshooting, and warranty information.</p>
 <p>The image shows the cover of the Bluefin Fitness Task 2.0: Features and FAQs document. It features the Bluefin Fitness logo at the top left, followed by the text 'TASK 2.0'. Below this is a line drawing of the treadmill. At the bottom, there is a small box with the text 'Questions or Comments?' and a website address.</p>	<p>Bluefin Fitness Treadmill Task 2.0: Features and FAQs</p> <p>Explore the features and common questions about the Bluefin Fitness Task 2.0 treadmill, including app connectivity, assembly, storage, and specifications.</p>
 <p>The image shows the cover of the HOMCOM A90-203V70 Domestic Electric Treadmill Assembly and User Manual. It features the HOMCOM logo at the top left, followed by the text 'A90-203V70'. Below this is a line drawing of the treadmill. At the bottom, there is a small box with the text 'Domestic Electric Treadmill' and 'ASSEMBLY INSTRUCTION'.</p>	<p>HOMCOM A90-203V70 Domestic Electric Treadmill Assembly and User Manual</p> <p>Comprehensive assembly instructions, safety guidelines, operating manual, maintenance tips, and troubleshooting for the HOMCOM A90-203V70 Domestic Electric Treadmill. Includes product specifications, installation steps, exercise advice, and common malfunction solutions.</p>