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ACTWIND JK8801F Auto Incline Treadmill User Manual

Model: JK8801F

1. SAFETY INFORMATION

Please read this entire manual carefully before assembling or operating your ACTWIND JK8801F treadmill. Retain this manual for future reference.

- Always consult with a physician before starting any new exercise program.
- Ensure the treadmill is placed on a flat, stable surface with adequate clearance around it.
- Keep children and pets away from the treadmill during operation.
- Use the safety key at all times. In case of emergency, the safety key will immediately stop the treadmill.
- Do not operate the treadmill if it is damaged or malfunctioning.
- Maximum user weight capacity: 400 lbs.

2. PRODUCT OVERVIEW

The ACTWIND JK8801F is a heavy-duty auto incline treadmill designed for home use, offering a comprehensive workout experience with advanced features.



Image: The ACTWIND JK8801F treadmill in operation, highlighting its auto incline capability.

Key Features:

- **Motor:** 3.5 HP Quiet Brushless Motor, operating under 45 dB.
- **Speed Range:** 0.5 to 8.5 MPH.
- **Incline:** 0% to 15% adjustable auto incline.
- **Running Area:** Wide belt with 5 layers of non-slip material and 8 shock absorbers.
- **Console:** Large LED display showing speed, time, distance, calories, heart rate, and steps.
- **Connectivity:** Bluetooth for smart app control and tracking.
- **Heart Rate Monitoring:** Built-in handrail pulse sensors.
- **Folding Design:** Soft descent mechanism for easy folding and storage, with transport wheels.

3. SETUP AND ASSEMBLY

The ACTWIND JK8801F treadmill requires some assembly. Please follow the instructions provided in the separate assembly guide included with your product. Ensure all components are present before beginning

assembly.

Assembly Tips:

1. Unpack all parts and lay them out in an open area.
2. Refer to the detailed diagrams in the assembly guide for each step.
3. Ensure all bolts and screws are securely tightened after assembly.
4. Once assembled, the treadmill can be easily moved using its integrated wheels.



Image: Dimensions of the ACTWIND JK8801F treadmill in both its operational and folded states for storage.

Folding and Storage:

The treadmill features a soft descent mechanism for safe and easy folding. To fold, lift the running deck until it locks into place. To unfold, gently release the lock and the deck will slowly lower itself. Transport wheels allow for convenient movement and storage.

4. OPERATING INSTRUCTIONS

Console Functions:



Image: The multi-function LCD display of the ACTWIND JK8801F treadmill, showing various metrics and control buttons.

The large LED display provides real-time feedback on your workout:

- **Speed:** Current running speed (0.5 - 8.5 MPH).
- **Time:** Duration of your workout.
- **Distance:** Total distance covered.
- **Calories:** Estimated calories burned.
- **Heart Rate:** Measured via handrail pulse sensors.
- **Steps:** Number of steps taken.

Starting a Workout:

1. Ensure the safety key is properly attached to the console and your clothing.
2. Step onto the treadmill belt.
3. Press the 'START' button on the console. The belt will begin moving at a low speed.
4. Adjust speed using the '+' and '-' buttons or quick speed keys.

5. Adjust incline using the incline '+' and '-' buttons or quick incline keys (0% to 15%).
6. To monitor heart rate, grip the handrail pulse sensors.



Image: A user exercising on the treadmill, illustrating the shock absorption system and key performance metrics.

App Connectivity:

Connect your treadmill to the dedicated smart app via Bluetooth for enhanced control and workout tracking. The app allows you to:

- Control treadmill speed and incline.
- Track your workout progress and history.
- Access various training programs.

Running Surface:

The treadmill features a wide running belt with 5 layers of non-slip material and 8 shock absorbers, providing a comfortable and stable running experience while protecting your knees and joints.



Image: The treadmill's advanced shock absorption system designed for quiet operation and joint protection.

5. MAINTENANCE

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

Lubrication:

The treadmill includes lubricant. Refer to the assembly guide for specific instructions on how and when to apply lubricant to the running belt. Proper lubrication reduces friction and extends belt life.

Cleaning:

- Wipe down the console and exterior surfaces with a damp cloth after each use.
- Avoid using abrasive cleaners or solvents.
- Periodically vacuum under the treadmill to remove dust and debris.

Belt Adjustment:

If the running belt becomes off-center or slips, consult the assembly guide for instructions on how to adjust the

belt tension and alignment.

6. TROUBLESHOOTING

If you encounter any issues with your treadmill, please refer to the following common troubleshooting steps. For more complex problems, contact customer service.

Problem	Possible Cause	Solution
Treadmill does not power on	Power cord not plugged in; circuit breaker tripped; safety key not in place.	Ensure power cord is securely plugged in. Check household circuit breaker. Verify safety key is correctly inserted into the console.
Running belt slips or hesitates	Belt tension too loose; belt requires lubrication.	Adjust belt tension according to the assembly guide. Apply lubricant as per maintenance instructions.
Unusual noise during operation	Loose parts; motor cover rubbing; belt friction.	Check for and tighten any loose bolts or screws. Ensure no parts are obstructing the belt or motor. Lubricate the belt if necessary.
Heart rate monitor not reading	Hands not properly placed; dry hands.	Ensure both hands are firmly gripping the metal sensors on the handrails. Slightly moisten hands if they are too dry.

7. SPECIFICATIONS

Feature	Specification
Brand	ACTWIND
Model Name	JK8801F
Product Dimensions (Unfolded)	61.2"D x 27.95"W x 48.03"H
Item Weight	105.8 Pounds
Material	Alloy Steel
Maximum Speed	8.5 Miles per Hour
Maximum Horsepower	3.5 HP
Maximum Incline Percentage	15%
Maximum Weight Recommendation	400 Pounds
Display Type	LED
Connectivity Technology	Bluetooth
Included Components	Lubricant
Assembly Required	Yes

8. WARRANTY AND SUPPORT

ACTWIND is committed to providing quality products and customer satisfaction.

Warranty Information:

Your ACTWIND JK8801F treadmill comes with a **one-year warranty**. This warranty covers free replacement parts for any manufacturing defects or malfunctions under normal use conditions.

Customer Service:

If you have any questions, concerns, or require assistance with your treadmill, please do not hesitate to contact ACTWIND customer service. We offer **24-hour customer service** and are dedicated to assisting you promptly.



Image: ACTWIND's commitment to customer support, including 24-hour response and warranty details.

For support, please refer to the contact information provided in your product packaging or visit the official ACTWIND website.