

JELENS JT01

JELENS JT01 Treadmill User Manual

Model: JT01

[Introduction](#)[Safety](#)[Setup](#)[Operation](#)[Maintenance](#)[Troubleshooting](#)[Specifications](#)[Warranty & Support](#)

1. INTRODUCTION

Thank you for choosing the JELENS JT01 Treadmill. This manual provides essential information for the safe and effective use of your new fitness equipment. The JELENS JT01 Treadmill is designed for home use, offering a powerful 3.0HP motor, 0-15% automatic incline, a foldable design for space-saving, and app connectivity for enhanced workout tracking and enjoyment. Please read this manual thoroughly before assembly or operation and retain it for future reference.

2. IMPORTANT SAFETY INSTRUCTIONS

To reduce the risk of serious injury, read all instructions before using this treadmill. The manufacturer assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

- **Consult a Physician:** Before starting any exercise program, consult your physician, especially if you have pre-existing health conditions.
- **Read All Warnings:** Adhere to all warnings and instructions marked on the treadmill and in this manual.
- **Supervision:** This appliance is not intended for use by persons with reduced physical, sensory, or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Children should be supervised to ensure that they do not play with the appliance.
- **Clear Area:** Ensure a minimum clearance of 6 feet (1.8 meters) behind the treadmill and 2 feet (0.6 meters) on each side.
- **Emergency Stop:** Always attach the safety key clip to your clothing before beginning a workout. In case of an emergency, the safety key will detach, stopping the treadmill.
- **Proper Footwear:** Always wear appropriate athletic footwear while using the treadmill.
- **Stable Surface:** Place the treadmill on a solid, level surface. Do not place it on thick carpet, which may interfere with

ventilation.

- **Power Cord:** Keep the power cord away from heated surfaces. Do not operate the treadmill if the cord or plug is damaged.
- **Weight Capacity:** Do not exceed the maximum user weight of 330 pounds (150 kg).
- **Unplug When Not in Use:** Always unplug the treadmill from the electrical outlet when not in use, before cleaning, and before performing maintenance.
- **Children and Pets:** Keep children and pets away from the treadmill at all times, especially during operation.

3. PACKAGE CONTENTS

Carefully unpack your JELENS JT01 Treadmill and verify that all components are present and undamaged. If any items are missing or damaged, please contact customer support.

- JELENS JT01 Treadmill Main Unit
- Power Cord
- Safety Key
- User Manual
- Assembly Tools (if applicable)

4. SETUP AND ASSEMBLY

The JELENS JT01 Treadmill comes largely pre-assembled. Follow these steps for final setup.

4.1 Unpacking and Placement

1. Remove all packaging materials and place the treadmill on a flat, stable surface.
2. Ensure adequate clearance around the treadmill as specified in the safety instructions.

4.2 Unfolding the Treadmill

The JELENS JT01 features a hydraulic slow-down folding technology for easy unfolding.

1. Gently lift the running deck until the hydraulic system engages.
2. Slowly lower the running deck until it is fully flat and locked into position. Ensure it is stable before use.

Hydraulic System Auto-Folding

Easy to fold and space-saving



Image: The treadmill in its folded position, showcasing the hydraulic soft-drop system and transport wheels for easy storage and movement.

4.3 Initial Power-Up

1. Plug the power cord into a grounded electrical outlet.
2. Locate the power switch, usually near the front base of the treadmill, and turn it ON.
3. Attach the safety key to the designated slot on the console. The display should illuminate.

Easy to Move and Maximize Space



Image: The JELENS JT01 Treadmill shown in both its unfolded and folded configurations, illustrating its compact, space-saving design and dimensions.

5. OPERATING INSTRUCTIONS

Familiarize yourself with the control panel and functions before starting your workout.

5.1 Control Panel Overview

The JELENS JT01 features a multifunctional LCD display and intuitive controls.

Multi-Functional Panel



Image: A close-up view of the JELENS JT01 Treadmill's multi-functional control panel, displaying metrics such as time, pulse, scan, calories, distance, speed, and incline.

- **LCD Display:** Shows time, speed, distance, calories, incline level, and heart rate.
- **Start/Stop Buttons:** Initiate and end your workout.
- **Speed +/- Buttons:** Adjust the running speed from 0.6 to 7.5 MPH.
- **Incline +/- Buttons:** Adjust the automatic incline from 0% to 15%.
- **Mode Button:** Cycle through display modes or workout programs.
- **Pulse Sensors:** Integrated into the handlebars to monitor heart rate.

5.2 Starting a Workout

1. Stand on the side rails of the treadmill.
2. Attach the safety key clip to your clothing and insert the safety key into the console.
3. Press the **START** button. The belt will begin to move at a low speed after a short countdown.

4. Carefully step onto the running belt and begin walking.
5. Adjust speed and incline using the respective +/- buttons on the console or handlebars.



Image: A woman running on the JELENS JT01 Treadmill, demonstrating the 15% automatic incline feature for an enhanced workout.

5.3 Adjusting Incline

The JELENS JT01 offers 0-15% automatic incline adjustment.

1. During your workout, press the **INCLINE +** or **INCLINE -** buttons to change the slope.
2. The treadmill will automatically adjust to the desired incline level.

Treadmill with Auto Incline

Convenient and quick automatic slope adjustment



Image: A user on the JELENS JT01 Treadmill, illustrating the automatic incline feature and its impact on calorie expenditure compared to a flat surface.

5.4 Heart Rate Monitoring

To measure your heart rate, grip the pulse sensors on the handlebars with both hands. Your heart rate will be displayed on the LCD screen after a few seconds.

5.5 Using the FITSHOW App

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

1. Download the "FITSHOW" app from your device's app store or scan the QR code provided in the manual or on the product.
2. Enable Bluetooth on your smartphone or tablet.
3. Open the FITSHOW app and follow the on-screen instructions to connect to your JELENS JT01 Treadmill.
4. Once connected, the app will display your workout data and allow access to various exercise courses and tracking features.

Explore More With "FITSHOW" APP

Make exercise more enjoyable



Image: A user interacting with the JELENS JT01 Treadmill, with screens illustrating the FITSHOW app interface for tracking exercise data and accessing workout programs.

Download the FITSHOW App: <http://fitshow.com/qr>

5.6 Stopping a Workout

1. Press the **STOP** button. The treadmill belt will gradually slow down and stop.
2. Alternatively, pull the safety key from the console for an immediate stop.
3. Once the belt has completely stopped, step off the treadmill.

6. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your JELENS JT01 Treadmill.

6.1 Cleaning

- **General Cleaning:** Wipe down the treadmill surfaces with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners or solvents.
- **Running Belt:** Periodically clean the running belt and deck area to prevent debris buildup.

6.2 Lubrication

The running deck requires periodic lubrication to reduce friction and extend the life of the motor and belt. Refer to the specific instructions provided with your treadmill's lubricant or contact customer support for guidance on the correct type and frequency of lubrication.

6.3 Running Belt Adjustment

Over time, the running belt may become loose or shift to one side. Refer to the detailed instructions in the full manual for how to adjust belt tension and centering using the provided tools.

6.4 Storage

The JELENS JT01 Treadmill features a foldable design for convenient storage.

1. Ensure the treadmill is turned off and unplugged.
2. Lift the running deck until it locks into the upright, folded position.
3. Utilize the transport wheels at the base to easily move the treadmill to a suitable storage location.

7. TROUBLESHOOTING

If you encounter issues with your treadmill, refer to the following common problems and solutions. If the problem persists, contact customer support.

Problem	Possible Cause	Solution
Treadmill does not power on	Power cord not plugged in; Power switch off; Circuit breaker tripped	Check power connection; Turn power switch ON; Reset circuit breaker
Running belt stops suddenly	Safety key removed; Motor overload	Re-insert safety key; Reduce user weight or speed
Belt slips or hesitates	Belt too loose; Lack of lubrication	Adjust belt tension (refer to full manual); Lubricate running deck
Incline not adjusting	Incline motor issue; Obstruction	Check for obstructions; Contact customer support
Display not working correctly	Loose cable connection; Console malfunction	Check cable connections; Power cycle treadmill; Contact customer support

8. PRODUCT SPECIFICATIONS

The following table outlines the key specifications for the JELENS JT01 Treadmill:

Feature	Specification
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Feature	Specification
Model Name	JT01
Brand	JELENS
Motor Horsepower	3.0 HP
Speed Range	0.6 - 7.5 MPH
Incline Range	0 - 15% Automatic Incline
Running Belt Dimensions (L x W)	43.31" x 15.75"
Maximum Weight Recommendation	330 Pounds
Product Dimensions (Unfolded)	53.07"D x 23.15"W x 37.57"H
Item Weight	79.81 Pounds
Material	Alloy Steel
Special Features	Auto Incline, Compact Design, Foldable, Heart Rate Monitor, Shock Absorbent
Metrics Measured	Calories Burned, Distance, Heart Rate, Incline, Speed
Power Source	Corded Electric

Wider Enough Running Area

Have a better exercise experience



Image: A detailed view of the JELENS JT01 Treadmill's running belt, highlighting its generous dimensions of 15.75 inches wide by 43.31 inches long.

Upgraded Shock Absorption



**6-layer
Anti-slip Belt**



**Anti-slip
Running Belt**



**Protect
Your Knee**



**Super Smooth
Operation**



**Heavy Duty
Metal Frame**



Image: An illustration of the JELENS JT01 Treadmill's advanced 6-layer anti-slip and shock-absorbing running belt, designed to protect knees and enhance comfort.



Image: A cutaway view of the JELENS JT01 Treadmill's powerful 3.0HP motor, emphasizing its quiet operation (below 40 decibels) and robust support for up to 330 pounds.

9. WARRANTY AND SUPPORT

The JELENS JT01 Treadmill comes with a **1-year warranty** from the date of purchase. This warranty covers manufacturing defects and ensures the product meets our quality standards.

For technical guidance, troubleshooting assistance, or to inquire about returns and exchanges, please contact our professional after-sales service team. We are committed to providing excellent support for your JELENS product.

Contact Information: Please refer to the contact details provided on your purchase receipt or the official JELENS website for customer service.

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