


# FLYLINKTECH JF-H-42H 2 In 1 Folding Treadmill User Manual

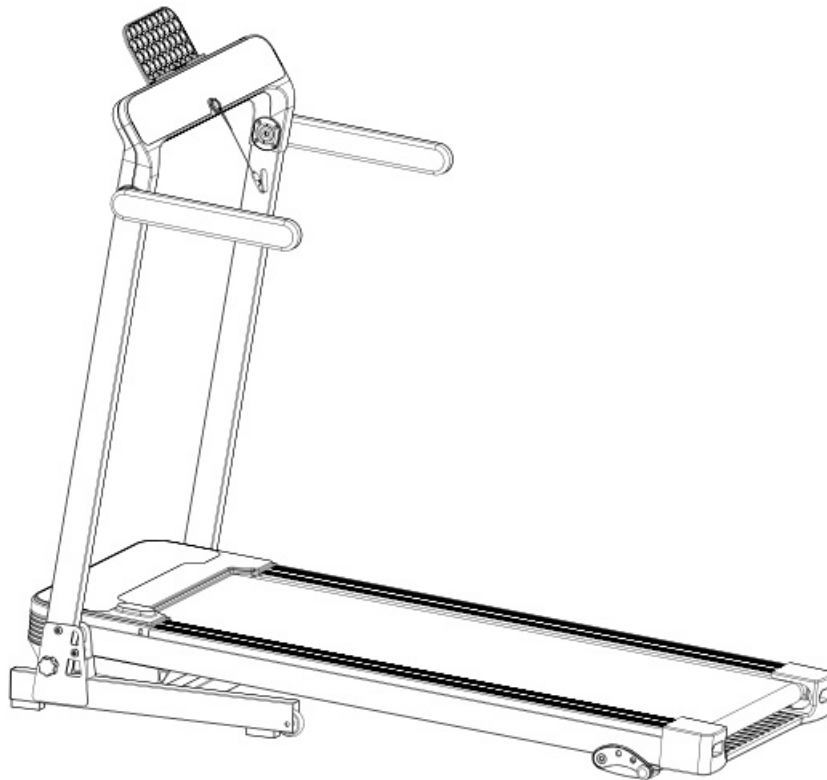
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**FLYLINKTECH JF-H-42H 2 In 1 Folding Treadmill**



Please put the red safety key on the digital panel before turning on, otherwise the treadmill will display E07 problem.

## **FITSHOW Installation Procedure**

1. Scan the QR code on the right



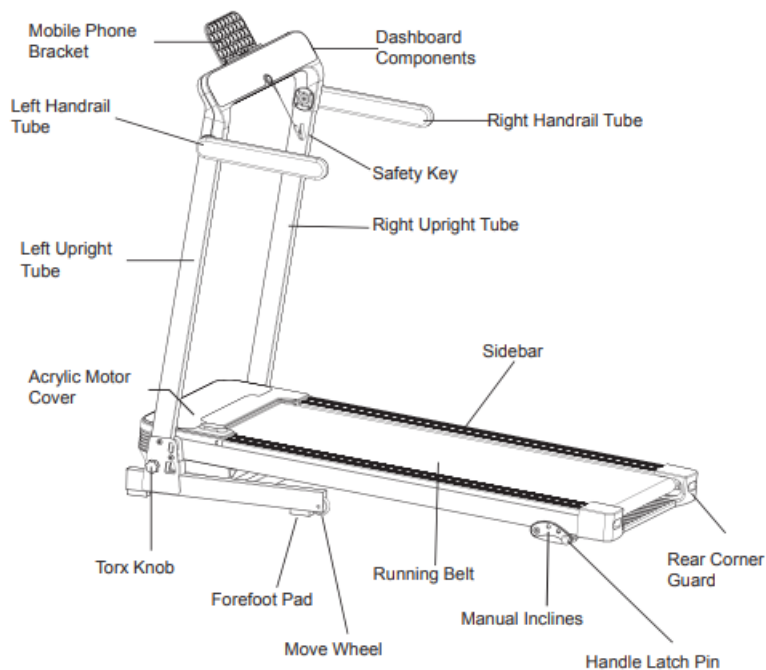
2. <http://fitshow.com/qr>
3. Reprinted to the App Store to download and install, open the App, allow the permissions according to the system prompts
4. Connect to (FS-XXXXXX-A)
5. Login to the App, please use the mobile number or email to register for the new user
6. Start Using FITSHOW

### **Attentions:**

Please fill in the correct email or mobile phone number to make sure you can retrieve your password and username via them.

## **Product Brief Introduction**

**Product Model: JF-H-42H**



## Safety Precautions and Warning Instructions

Please read the instructions carefully before use and pay attention to the following security precautions:

- The treadmill is suitable to be placed indoors to avoid moisture, do not splash water on the treadmill, and do not place any foreign objects.
- Before exercising, please wear suitable sportswear and sports shoes. It is strictly forbidden to exercise on the treadmill without wearing shoes, and it is best to stretch the whole body before exercise.
- The power plug must be grounded reliably, and the socket must have a dedicated loop to avoid sharing it with other electrical equipment.
- Kids should stay away from the machine to avoid accidents.
- Should avoid long-time overload operation, otherwise, it will cause damage to the motor and controller, accelerate the aging of the bearing, running belt, and running board, Do the maintenance of this machine regularly.
- Reduce indoor dust, maintain a certain indoor humidity. and avoid strong static electricity, otherwise, it may interfere with the normal operation of the electronic watch and controller.
- Please turn off the power of the treadmill after exercise.
- Please keep indoor air circulation when using the treadmill.
- Please clip the safety key to the garment liner during exercise, so as to stop the machine safely and quickly in an emergency.
- If you feel unwell or have abnormalities during use, please stop exercising immediately and consult a doctor.
- After using silicone oil, it must be placed out of the reach of children to avoid serious consequences by accidental ingestion.

## Prohibited!

- Do not use the product in a state where the outside of the product is cracked, damaged, or peeled off (the internal structure is exposed), or when the welding part is peeled off., In order to avoid accidents or injuries.

- Do not jump up and down during exercise. Otherwise, you may fall and get injured.
- Do not use or store the machine in wet places such as outdoors, near bathrooms, and places exposed to water droplets.
- Do not use or store it in places exposed to direct sunlight, high-temperature places such as around stoves, or on heating appliances such as electric heating carpets. Otherwise, it may cause electric leakage or fire.
- Do not use it when the power cord or power plug is damaged or the jack of the socket is loose. Otherwise, it may cause electric shock, short circuit, or fire.
- Do not damage or forcibly bend or twist the power cord. At the same time, don't place heavy objects on it, and don't let the line be pinched. So as not to cause fire or electric shock.
- Do not use this machine by two or more people at the same time, and please be careful not to let people around you get close to the machine during use. Otherwise, it may cause accidents or injuries due to falling.
- Do not use it if you cannot express your consciousness or operate it yourself. In order to avoid accidents or injuries.
- Avoid contact with water and liquids! Do not expose the main body or operating parts to water or liquids. Otherwise, it may cause electric shock or fire.
- People who do not usually exercise should not do vigorous exercise suddenly.
- Do not use this product after eating, feeling tired, just after exercise, or when your physical strength is abnormal. Otherwise, it may harm your health.
- This product is suitable for family use, not suitable for schools, gymnasiums, and other places with a large number of people. Otherwise, there is a risk of injury.
- Do not use it while eating or doing other activities.
- Do not use it after drinking alcohol or when you feel that your behavior has become dull, so as not to cause an accident or injury.
- Do not put hard objects in your clothing pockets. Please take off valuables such as watches, bracelets, mobile phones, and sharp objects such as keys and knives before use to avoid damage to the items or cause physical injury.
- Before use, please check whether foreign objects such as needles, trash, or water are attached to the power plug. So as not to cause electric shock, short circuit, or fire.
- Do not use it with wet hands! Do not unplug or insert the power plug with wet hands. So as not to cause electric shock or injury.
- Pull out the power plug! When not in use, pull out the power plug from the socket. In order to avoid the deterioration of the insulation due to dust and moisture, which may lead to electric leakage and fires.

## **Main parameters and configuration list**

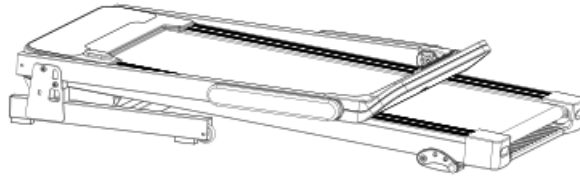
The main technical parameters		
Serial number	Description	Parameter name
1	Rated voltage	US:120V/60Hz; UK:220-240V/50-60 Hz
2	Control method	Meter touch type, APP
3	Display method	LED, APP
4	Incline	3 Manual Incline
5	Speed range	0.6-10 MHP(1-16km/h)
6	Running belt size	430*1100mm (L.*W.)
7	Product unfolded size	1375*750*1250mm(L.*W.*H.)
8	Product weight	N.W:39kg G.W.:45kg
9	Package size	1470*800*280mm(L.*W.*H.)
10	FCC ID	2A48IJF-H-42H

Packing materials list		
Serial number	Name	Quantity
1	Main engine	1PCS
2	Accessory package	1PCS

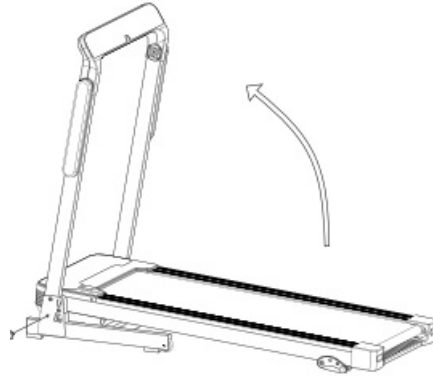
Accessories package list		
Serial number	Name	Quantity
1	Safety key	1
2	L-type wrench (6mm)	1
3	Power cord	1
4	Product manual	1
5	Mobile Phone Bracket	1
6	Torx Knob	2

## Product Installation Instructions

- Step1. Take the product out of the box, remove the outer PE bag, and place it on flat ground.



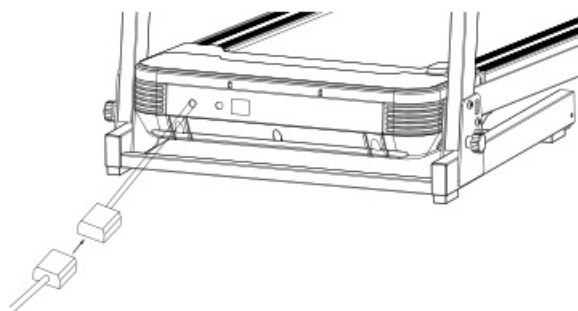
- Step2. Take out the torx knob in the accessories bag. Grasp the upright pipe by your hand and turn it up in the direction of the arrow. After reaching the designated position, use the torx knob and align it with the screw hole to tighten it clockwise until the upright pipe does not shake. (The same method on the other side)



- Step3. Take out the mobile phone holder and safety lock from the accessory bag. Flip the left and right armrest clockwise to level in the direction of the arrow. Align the mobile phone holder with the instrument panel and insert it into the rectangular card slot. Place the safety lock in the center of the yellow position.

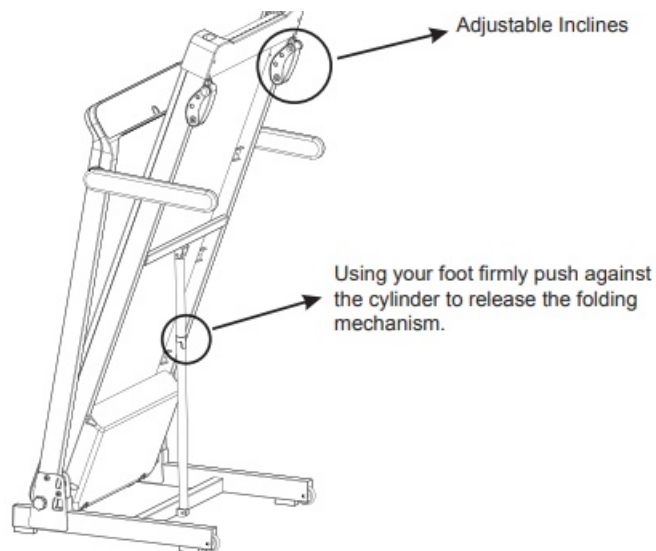


- Step4. Insert it into the frame tube socket according to the direction, plug it in tightly, insert the other end into the 120V socket and turn the power switch to the symbol position “—”. After the light is on, you can start using the product.



## Folding and Inclines Adjustment Instructions

1. When the product is not in use, it can be put away. When folded, support the rear tail cover with your hand and lift it up until the support rod is supported. To lay down, touch the middle connection of the support rod with the top of the foot, and lay down slowly. (When putting down the treadmill, be careful not to have anything around, people should be 1.5 meters away from the treadmill to avoid injury)
2. Grasp the position of the rear corner guard with your hands and lift it up into a stowed state, pull out the latch with the handle, pull the adjustable incline outwards, adjust to the desired treadmill height, then use the latch to buckle into the hole to fix it does not shake (same left and right)



## Fitness Advice and Guidelines

Warm-up	5 to 10 minutes of warm-up exercise before each use of the machine.
Breathing	Breathing should not be shielded during exercise. In general, inhale through the nose and exhale through the mouth when preparing to restore the movement. Breathing and movement should be coordinated. If you feel short of breath, stop exercising immediately.
Frequency	There should be a 48-hour rest for the muscles after exercising, and it is best to do the same training at intervals of one day.
Intensity	The training content is determined according to the individual's physical condition, and then practice with the principle of gradual loading. The soreness will slowly disappear while exercising.
Diet	In order to protect the digestive system, after eating, you must wait more than one hour before you can exercise. After training, you must wait more than half an hour before eating. Drink less water during exercise, especially avoid drinking a lot of water, so as not to increase the burden on the heart and kidneys.

### Stretching exercises:

No matter what speed you run, it's best to do stretching exercises first to warm your body and stretch your muscles more easily. So walk for 5 to 10 minutes to warm up, then stop and do stretching exercises 5 times as follows, each leg do it for 10 seconds or more each time. Do it again after the exercise is over.

### 1. **Stretch Down**

Bend your knees slightly, and bend your body slowly, letting your back and shoulders relax, and repeat 3 times. (See Picture 1)

### 2. **Hamstring Stretch**

Sit on a clean cushion, straighten one leg and retract the other leg so that it is close to the inner side of the straight leg. Try to touch the toes with your hands, hold for 10-15 seconds. Then relax, each leg repeats this three times. (See Picture 2)

### 3. **Stretching the Calf and Achilles Tendon**

Stand with both hands supporting the wall or table, with one foot behind, keep your hind legs upright and your heels on the ground, tilt towards the wall or table, hold for 10-15 seconds. Then relax, each leg repeats this three times. (See Picture 3)

### 4. **Ankle Extension**

Hold fixed support with your right hand to grasp the balance, then stretch your left hand to your back, grab your left ankle and slowly pull up to the hip position until you feel the muscles in front of your thighs are tight, hold for 10-15 seconds. Then relax, each leg repeats this three times. (See Picture 4)

### 5. **Stretching the Inner Thigh Muscles**

Sit with the bottom of the legs facing each other, with the knees facing outwards, grasp the feet with both hands and pull them towards the groin, hold for 10-15 seconds. Then relax, and repeat the procedure 3 times. (See Picture 5)



## **Product Instructions**

### • **Brief Description**

- This electronic meter is easy to use and has few adjustment parameters. Treadmill parameters: speed value.
- Sports parameters: distance value, calorie value, time value.

- Sports mode: default mode, program mode, manual mode.
- Default mode: customize exercise amount Program mode: Fixed exercise amount Classify countdown mode: single value to set the amount of exercise

#### • LED Digital Display

- Distance display
- Speed display
- Time display
- Calorie display

#### • Smart Button

The product button design is as follows:



The product button design is as follows:

1. Start/Stop button: ►/■
2. Program button: (P)
3. Speed minus button: ▼
4. Speed plus button: ▲
5. Mode button: ⌚
6. Speed shortcut button: 2, 4, 5, 6, 8

#### • Operating parameters

- Power supply voltage: 120V/60Hz;
- The minimum speed:0.6 mph;
- The maximum speed:10 mph;
- Manual mode exercise time range in : 5-99 minutes;
- Automatic mode the maximum exercise time in is 99 minutes;
- Automatic mode the highest calorie consumption is 990 kcal.

#### • Sport Mode

##### ◦ Default Mode:

Before running the product, check whether the power plug is in good contact with the socket, whether the safety lock is in place, and whether the main power switch is turned on. When the product is in standby state, the window displays 0:00, press the switch button, the product starts to count down for 3 seconds, the speed window displays 0.6 mph, the time window displays 0:00 by default, press the speed shortcut keys (2, 4, 5, 6, 8) value, the window will display the corresponding digital speed, and the calorie value will increase cumulatively.

##### ◦ Program Mode:

In standby state, the window displays 0:00, press the PROG key on the panel, the window displays P-01 mode, press the panel continuously to flash P-02-P-12 mode, press again to reset 0:00. Under the program of P-01 – PT-12, the time window will flash 30 minutes, and the addition and subtraction of time can be adjusted before starting. The time range is 5-99 minutes. After finishing the setting, press the start/stop button on the panel to start 3 seconds countdown movement.

##### ◦ Classify Countdown Mode:

The window displays 0:00 in the standby state.

- Press the MODE button on the panel, the window displays H-01, and the window time flashes 30 minutes. Press the plus and minus speed button on the panel to adjust the addition and subtraction

of the time. The time range is 5-99 minutes.

- Press the MODE button again, the window displays H-02, the window distance flashes 1 miles, press the plus and minus speed button on the panel to adjust the distance, the distance range is 1-99 miles.
- Press the MODE button again, the window displays H-03, the window calorie flashes 50 kcal, press the plus and minus keys on the panel to adjust the calorie, the calorie range is 20-990 kcal.

After finishing the setting, press the start/stop button on the panel to start 3 seconds countdown movement.

## **Product Maintenance**

### **Lubricating**

After the running belt has been used for a period of time, it must be lubricated with 100% silicone treadmill lubricant oil.

#### **• Recommendations:**

- Use less than 3 hours per week, lubricate once every 5 months.
- Use 4-7 hours a week, lubricate once every 2 months
- Use more than 7 hours a week, lubricate once a month

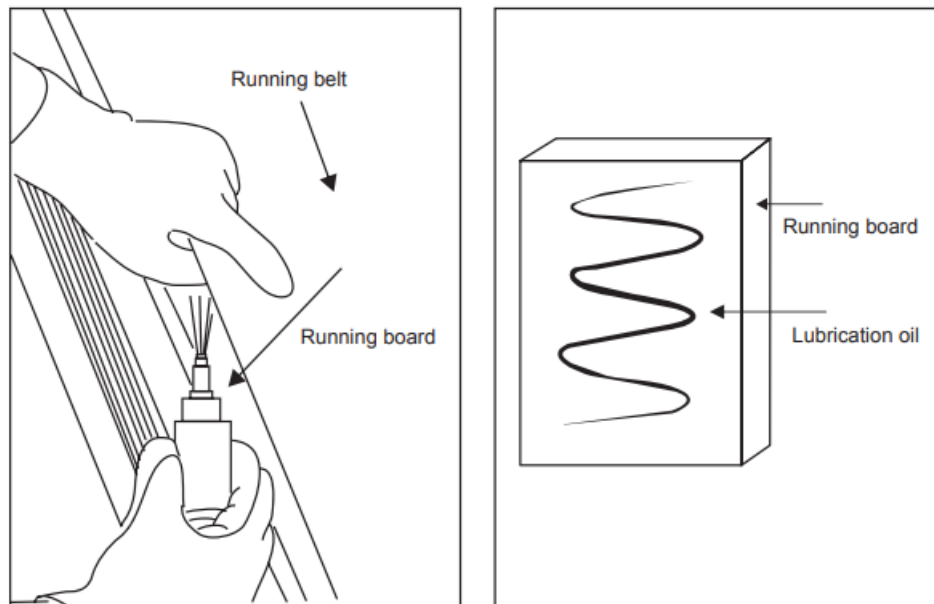
Don't use an excessive amount of lubricating agent. It is not that the more lubricant, the better effect.

Reasonable lubrication is an important factor to increase the service life of the treadmill.

#### **• Lubrication method**

The way to check whether you need to add lubricant is to grab the running belt and touch the center of the back of the running belt with your hands as much as possible. If there is silicone oil (a little damp feeling) inside the running belt, it means no need to add lubricant. If the running board is dry and no silicone is felt in the running belt, you need to add lubricant.

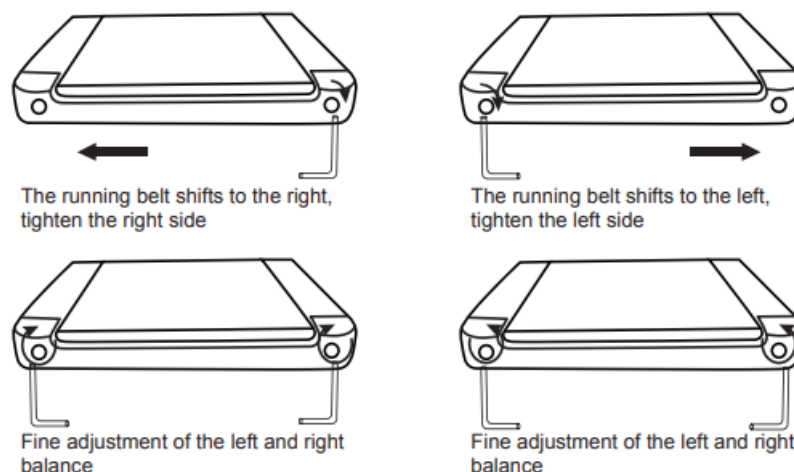
- The steps of applying lubricant to the running board; (As shown as picture)
- Stop the running belt and fold the machine;
- Lift the running belt on the back of the mainframe, extend the oil can into the running belt movement position as much as possible. Spray silicone oil on the inside of the treadmill, and apply silicone oil on both sides of the running belt, then start the treadmill with a speed 0.6 mph to evenly spread the lubricant. Lightly step on the running belt from left to right, the lubricant can be completely absorbed by the running belt after a few minutes.



### • Running belt deviation adjustment

All treadmills need to be adjusted before they are shipped from the factory and after they are installed. However, after a period of time, they may still run off the track. There may be several reasons for this phenomenon:

- The host is not placed flat;
- The user's feet are not in the center of the running belt during exercise;
- When the user exercises, the feet are not evenly stressed, which will artificially cause the running belt to deviate. It can be restored to a normal state after a few minutes of no-load running. For the deviation of the running belt that cannot be automatically restored, you can use the 6mm wrench in the accessory kit to gradually adjust it in quarters of a circle as the unit. The running belt deviation does not belong to the range of warranty, and it is mainly up to the user to maintain and maintain according to the instructions. Deviation will seriously damage the running belt, and it must be detected and corrected in time.



- Running belt skidding: When a person is running, the running belt has the phenomenon of sliding or momentary pause;
- Adjusting the running belt: Tighten the screws on the left and right sides of the running belt, turn it clockwise three times, and then adjust according to the deviation direction of the running belt. If it shifts to the right, adjust the right side; if it shifts to the left, adjust to the left side, until the running belt is centered.

**NOTE:** This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

1. this device may not cause harmful interference, and
2. this device must accept any interference received, including interference that may cause undesired operation.

## Common Troubleshooting Methods

Display fault code	Fault	Fault judgment	Solution
E02	Motor overvoltage protection	<ol style="list-style-type: none"> <li>1. The user's grid voltage is unstable and the peak voltage is very high;</li> <li>2. Wrong setting of wheel diameter value;</li> <li>3. The controller is damaged;</li> </ol>	<ol style="list-style-type: none"> <li>1. Need to add an external filter voltage stabilizer;</li> <li>2. Reset the wheel diameter value, try not to exceed the rated voltage of the motor;</li> <li>3. Replace the controller;</li> </ol>

E03	Overcurrent protection	<ol style="list-style-type: none"> <li>1. Excessive load;</li> <li>2. There is a foreign body stuck in the motor or roller;</li> <li>3. The roller is not lubricated enough and the resistance increases;</li> <li>4. The controller is damaged;</li> <li>5. The motor is damaged and the resistance increases;</li> </ol>	<ol style="list-style-type: none"> <li>1. Reduce the load, try not to exceed the rated load;</li> <li>2. Remove stuck foreign objects;</li> <li>3. Increase lubricant;</li> <li>4. Replace the controller;</li> <li>5. Replace the motor;</li> </ol>
E04	The main motor is in an open circuit	<ol style="list-style-type: none"> <li>1. The main motor is not connected or loose;</li> <li>2. The main motor is in an open circuit and damaged;</li> <li>3. The controller is in an open circuit and damaged;</li> </ol>	<ol style="list-style-type: none"> <li>1. Reinforce the motor connection line;</li> <li>2. Replace the motor;</li> <li>3. Replace the controller;</li> </ol>
E06	Communication error	<ol style="list-style-type: none"> <li>1. The main connection line interface of the upper and lower control is loose;</li> <li>2. The main connection line interface of the upper and lower control is damaged;</li> <li>3. The electronic watch is damaged;</li> <li>4. The controller is damaged ;</li> </ol>	<ol style="list-style-type: none"> <li>1. Reinforce the connection line interface;</li> <li>2. Replace the main connection line of the upper and lower control;</li> <li>3. Replace the electronic watch;</li> <li>4. Replace the controller;</li> </ol>
E07/—	The safety switch is off	<ol style="list-style-type: none"> <li>1. The safety switch is not installed;</li> <li>2. The induction wire of the safety switch is damaged;</li> <li>3. The safety switch interface of the electronic meter is damaged;</li> </ol>	<ol style="list-style-type: none"> <li>1. Install the safety switch;</li> <li>2. Replace the induction wire of the safety switch;</li> <li>3. Replace the electronic watch;</li> </ol>
EOG	The power tube has broken through the explosion-proof protection	<ol style="list-style-type: none"> <li>1. The power transistor is broken down and the controller is damaged ;</li> </ol>	<ol style="list-style-type: none"> <li>1. Replace the controller;</li> </ol>

## Other problems and troubleshooting methods:

### 1. The electronic watch has no display

- Check whether the power cord is plugged in properly, whether the power switch is turned on, and whether the fuse on the controller is blown;
- Whether the 4-core wire of the electronic watch and the controller is well connected;
- Whether the controller and transformer are well connected;


### 2. The motor can't start

- Please check whether all connecting wires are connected properly
- Please observe the error signal appearing on the electronic panel;

### 3. The touch screen is not sensitive

- Please check whether the touch screen is wet
- Whether there is sweat on your hands;

## Documents / Resources

	<p><a href="#">FLYLINKTECH JF-H-42H 2 In 1 Folding Treadmill</a> [pdf] User Manual JF-H-42H, JFH42H, 2A48IJF-H-42H, 2A48IJFH42H, 2 In 1 Folding Treadmill, JF-H-42H 2 In 1 Folding Treadmill</p>
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## References

-  [FitShow - Apps on Google Play](#)