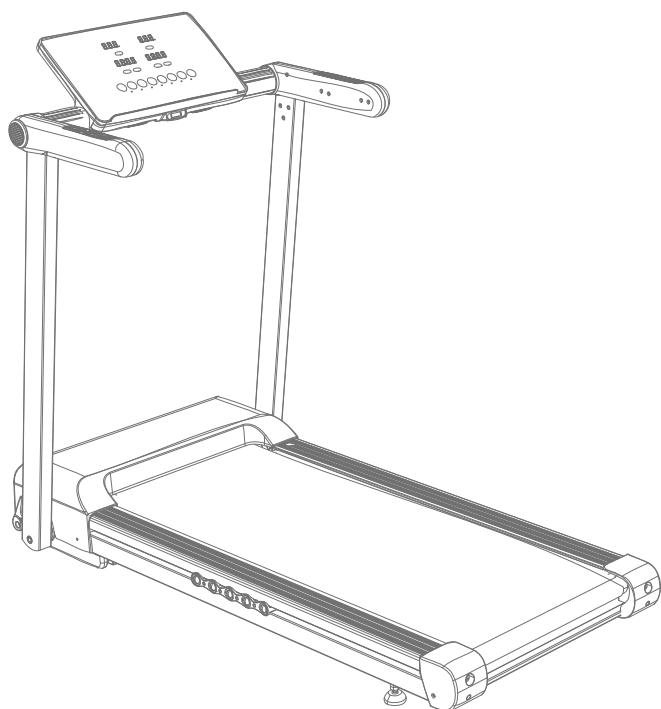


FOLDABLE ELECTRIC TREADMILL



JT60 User Manual

*Read all instructions carefully before using this product.
Retain this user manual for future reference.*

EU / NA

FCC Statement:

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.

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.

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

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

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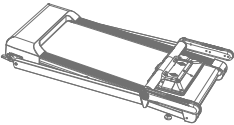
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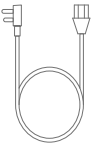
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FR Tapis de course x1
DE Laufband x1
ES Cinta de correr x1



EN Power Cord x1
FR Cordon d'alimentation x1
DE Netzkabel x1
ES Cable de alimentación x1



EN Safety Key x1
FR Clé de sécurité x1
DE Sicherheitsschlüssel x1
ES Llave de seguridad x1



EN User Manual x1
FR Manuel de l'utilisateur x1
DE Benutzerhandbuch x1
ES Manual de usuario x1



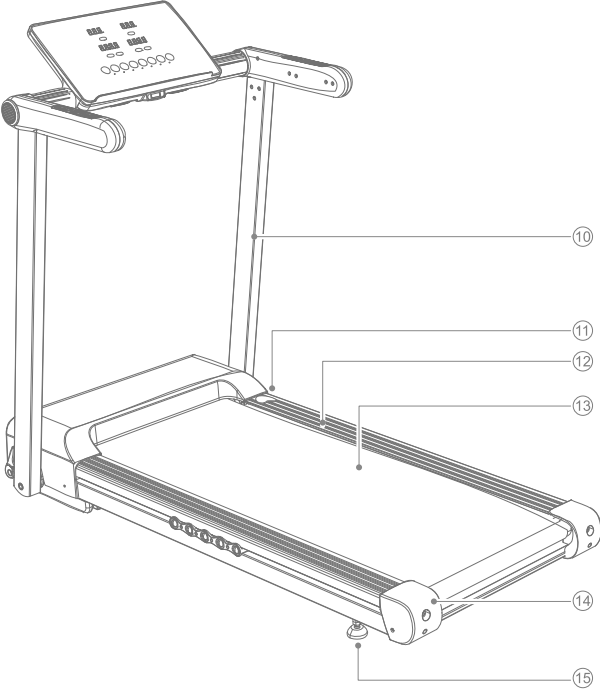
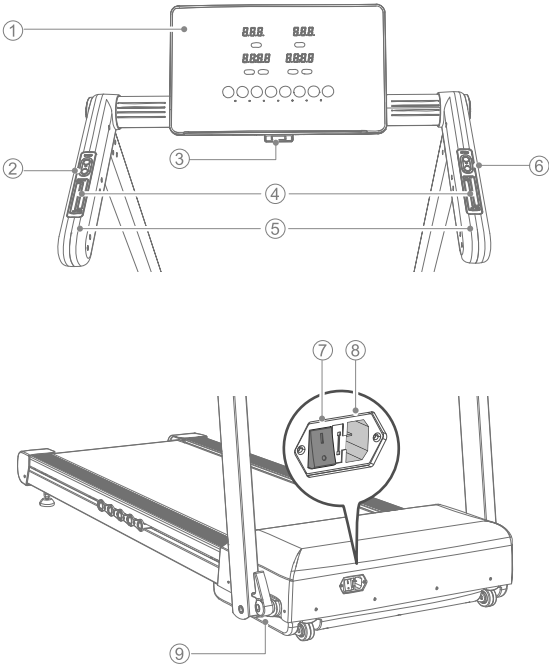
EN Allen Key with Cross-head Screwdriver x1
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EN Lubricating Oil x1
FR Huile lubrifiante x1
DE Schmieröl x1
ES Aceite lubricante x1



PRODUCT OVERVIEW / PRÉSENTATION DU PRODUIT /
PRODUKTÜBERSICHT / DESCRIPCIÓN GENERAL DEL PRODUCTO



EN

1. Display & Control Panel
2. Incline (+/-) Button
3. Safety Key Slot
4. Sensor
5. Handrail
6. Speed (+/-) Button
7. Power Switch
8. Power Input Port
9. Column Locking Device
10. Support Column
11. Lubricating Oil Injection Hole
12. Foot Edge Strip
13. Running Belt
14. End Cap
15. Foot Cup

FR

1. Écran et panneau de commande
2. Bouton d'inclinaison (+/-)
3. Fente pour clé de sécurité
4. Capteur
5. Rampe
6. Bouton de vitesse (+/-)
7. Interrupteur
8. Port d'alimentation
9. Dispositif de verrouillage de la colonne
10. Colonne de support
11. Trou d'injection d'huile de lubrification
12. Bande de protection pour les pieds
13. Tapis de course
14. Embout
15. Repose-pieds

DE

1. Anzeige- und Bedienfeld
2. Neigungstaste (+/-)
3. Sicherheitsschlüsselschlit
4. Sensor
5. Handlauf
6. Geschwindigkeitstaste (+/-)
7. Netzschalter
8. Stromanschluss
9. Säulenverriegelung
10. Stützsäule
11. Schmieröl-Einspritzöffnung
12. Fußkantenstreifen
13. Laufband
14. Endkappe
15. Fußschale

ES

1. Pantalla y panel de control
2. Botón de inclinación (+/-)
3. Ranura para llave de seguridad
4. Sensor
5. Pasamanos
6. Botón de velocidad (+/-)
7. Interruptor de encendido
8. Puerto de entrada de energía
9. Dispositivo de bloqueo de la columna
10. Columna de soporte
11. Orificio de inyección de aceite lubricante
12. Banda para el borde de los pies
13. Banda de carrera
14. Tapa del extremo
15. Reposapiés

IMPORTANT SAFETY INSTRUCTIONS

Thank you for purchasing our electric treadmill. For your safety and convenience, please read the following instructions carefully before using the treadmill.

General Safety

- This treadmill is for indoor use only. Do not use it outdoors or in high-humidity environments.
- Place the treadmill on a level surface near a grounded outlet. Keep at least 2.6 ft (0.8 m) of clearance in front and on both sides, and 6.6 ft (2 m) x 3.3 ft (1 m) of space behind for safety.
- Do not power on and operate the treadmill until it is completely assembled.
- Do not use the treadmill on deeply padded, plush, or shag carpet, as it may affect air circulation and damage the treadmill.
- Do not wear loose clothing or jewelry while exercising to avoid entanglement. It is recommended to wear running or fitness shoes with rubber soles.
- Use this treadmill only for its intended purpose as described in this manual.

Power and Electrical Safety

- Ensure that the voltage of your power supply matches the treadmill's requirements.
- Use only the provided power cord or one that meets safety standards and is compatible with both the treadmill and power supply.
- Never drop or insert any object into any openings on the treadmill.
- Do not operate the treadmill if the power cord is damaged or the plug is wet.
- Always unplug the power cord when the treadmill is not in use and store it safely.
- Always turn off the treadmill before removing its power plug from the outlet.
- Keep the power cord away from any moving parts of the treadmill.

Operation Precautions

- Keep children away from the treadmill during use to prevent accidents. Minors must be accompanied by an adult when using the treadmill.
- Keep all body parts away from moving parts.
- Do not let go until you feel balanced and confident. Avoid actions that may affect your stability.
- If the treadmill cannot be stopped due to an electronic system failure, quickly step off the running belt and turn off the power.
- Do not modify the treadmill for other uses.

WARNING

Always attach the safety key to its slot and clip it securely to your clothing. If the treadmill suddenly accelerates or the speed increases due to a malfunction, immediately remove the safety key from its slot to stop the treadmill.

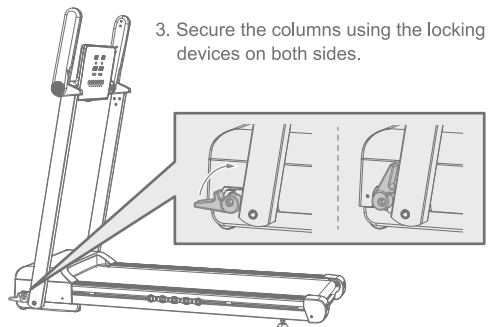
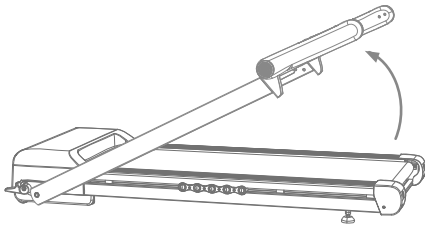
GROUND PROTECTION SYSTEM!

- This treadmill must be grounded. Grounding provides a safe path for electric current in case of a malfunction, reducing the risk of electric shock.
- The power cord comes equipped with a plug containing a grounding conductor. Ensure the plug is fully inserted into a standard power outlet.
- If you are unsure whether your outlet is grounded, check with a qualified electrician or service personnel.
- Do not use a plug adapter. Always use a power outlet that matches the shape of the grounding plug.

SETUP

The treadmill is delivered fully assembled in a folded (storage) configuration. To prepare it for operation, follow the steps below to unfold and set it up for use.

1. Remove the treadmill from the packaging box and place it flat on the ground.
2. Lift the columns into an upright position.

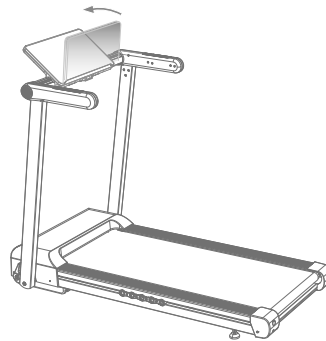


3. Secure the columns using the locking devices on both sides.

4. Rotate both handrails to the horizontal position as shown.



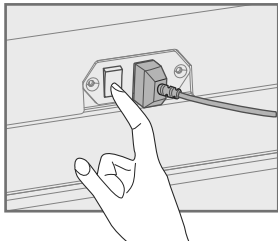
5. Adjust the display & control panel to a comfortable angle.



OPERATING INSTRUCTIONS

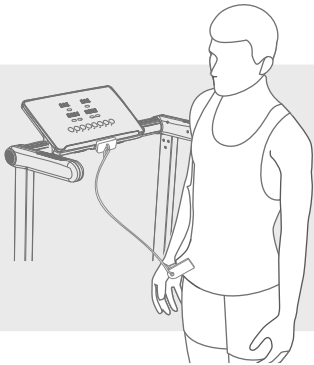
I. Power ON

- 1) Connect the power cord to the treadmill and your power outlet.
- 2) Toggle the power switch to the "I" position to power on the treadmill. Once powered on, the display panel will light up automatically.

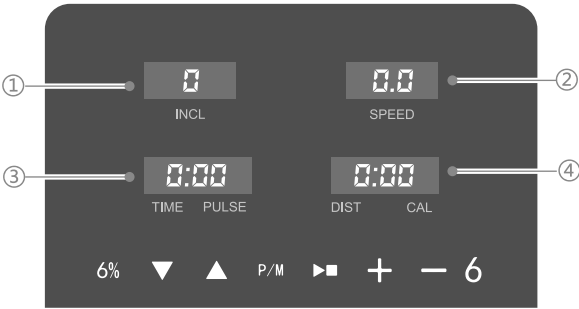


WARNING:

Ensure the safety key is securely attached to its slot and clipped to your clothing before starting the running belt.



II. Readout Display



- ① Displays the current incline.
- ② Displays the current running speed.
- ③ Shows the elapsed time, countdown timer, or pulse rate.
- ④ Displays the total distance covered or calories burned during exercise.



III. Control Panel

	Start/Stop: - When the display panel is on, press this icon to start the running belt. <i>Default Settings: Speed starts at 0.6 mph (1 km/h); distance, calories, and time reset to 0. If the exercise time exceeds 99:59, the treadmill will automatically shut down, and the data will not be saved. To continue, press the icon again to restart, and the timer will begin counting from 0.</i> - When the running belt is in motion, press this icon to stop the running belt.
	Speed (+/-): When the display panel is on, press the two icons to increase/decrease the speed within the range of 0.6–8.8 mph (1–14 km/h).
	Speed Shortcut: When the display panel is on, press this icon to instantly set the speed to 6 mph (or 6 km/h, depending on the unit setting).
	Incline (+/-): When the display panel is on, press the two icons to adjust the incline between 1% and 15%.
	Incline Shortcut: When the display panel is on, press this icon to instantly set the incline to 6%.
	Program/Mode: When the display panel is on, press this icon to cycle through the available workout modes: Time Countdown, Distance Countdown, Calorie Countdown, and Automatic Program. NOTE: This icon is inactive while the running belt is in motion. Stop the running belt before using it.

IV. Mode Settings

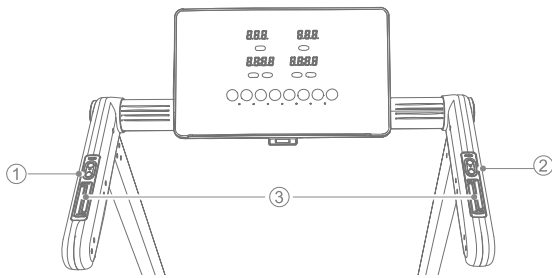
Mode	Description
Time Countdown	When the display panel is on but the running belt is not moving, press the Mode icon to select Time Countdown mode. The default setting is 30:00. Use the Speed (+/-) icons to adjust the time countdown within a range of 8:00–99:00. Once set, press the Start icon to begin the countdown.
Distance Countdown	When the display panel is on but the running belt is not moving, press the Mode icon to select Distance Countdown mode. The default setting is 1 mile/km. Use the Speed (+/-) icons to adjust the distance countdown within a range of 1–99 mile/km. Once set, press the Start icon to begin the countdown.
Calorie Countdown	When the display panel is on but the running belt is not moving, press the Mode icon to select Calorie Countdown mode. The default setting is 50 calories. Use the Speed (+/-) icons to adjust the calorie countdown within a range of 20–990 calories. Once set, press the Start icon to begin the countdown.
Automatic Program	When the display panel is on but the running belt is not moving, press the Program button to select Automatic Program. 12 pre-set programs (P01–P12) are available. Select a program, set a time countdown (8:00–99:00), and the treadmill will run based on the chosen program and settings. NOTE: The speed and incline settings for P01–P12 are pre-configured. Refer to the appendix for details.



V. Control Buttons & Pulse Sensor

There are two types of control buttons on the handrails: the Incline (+/-) buttons are on the left handrail, and the Speed (+/-) buttons are on the right handrail.

Pulse sensors are built into both handrails. Place your hands on the sensors, and the display panel will show your pulse rate.



1. Incline (+/-) Button
2. Speed (+/-) Button
3. Pulse Sensor

VI. Application Control

After powering on the treadmill and entering standby mode, you can control it via the application:



FitShow

- 1) Scan the QR code to download the **FitShow** application.
- 2) Open the application and follow the on-screen instructions.
- 3) When prompted to select a device type, choose "**Treadmill.**"
- 4) Tap **Quick Start** to search for available devices.
- 5) Select the device named "FS-XXXXXX" to connect.

VII. Auto Sleep Mode

If the running belt stops and there is no operation for 10 minutes, the treadmill will enter auto sleep mode, and the display panel will turn off. Press any icon or button to wake up the treadmill and turn the display panel back on.

TECHNICAL SPECIFICATIONS

Input Voltage	AC 100–125 V, 60 Hz (North American) AC 220–240 V, 50 Hz (European)
Running Speed	0.6–8.8 mph (North Amercian) 1–14 km/h (European)
Incline Level	1%–15%
Treadmill Dimensions	Unfolded: 51 x 26.8 x 42.1 in (129.5 x 68.1 x 107 cm) Folded: 51.2 x 26.8 x 7.2 in (130 x 68.1 x 18.3 cm)
Treadmill Weight	85.8 lbs (38.9 kg)



EXERCISE ADVICE & GUIDE

If you are using the electric treadmill for the first time, please read the following guidelines carefully.

Preparation

Before starting your exercise, assess your health condition to create a suitable exercise plan. It is recommended to consult a doctor or professional, especially if you are over 45 years old or have pre-existing health conditions.

Exercise

Familiarize yourself with the controls, including how to start, stop, and adjust the speed and incline. Before stepping onto the running belt, stand on the foot edge strip, hold the handrails, and start the treadmill at a low speed. Then,

- Stand upright, look forward, and step onto the running belt.
- Relax your body and allow yourself to adjust to the movement.
- Gradually increase speed and maintain it for about 10 minutes.
- Slowly reduce speed and stop the running belt.

IMPORTANT:

Avoid running at high speed during your first exercise to prevent falls.

Exercise Frequency

Aim for 3–5 exercises per week, lasting 15–60 minutes per session. It is best to follow a structured schedule based on your fitness level rather than exercising randomly. Adjust speed and duration to control exercise intensity.

Amount of Exercise

The ideal amount of exercise depends on your goals and fitness level.

- **Beginners:** Walk for 15–30 minutes, 3–5 times per week, at a comfortable pace of 2–4 mph (3–6 km/h) with little or no incline.
- **Weight Loss:** Exercise for 30–60 minutes, 4–6 days per week, alternating between walking and jogging at 3–6 mph (5–10 km/h) with a moderate incline.
- **Cardiovascular Health:** Walk briskly or jog for 30 minutes at least 5 days a week, or run vigorously at 6+ mph (10+ km/h) for 20 minutes at least 3 days a week.
- **Endurance & Performance:** Run for 45–60 minutes at a steady pace, or do interval training (alternating between high and low speeds) 3–5 times per week.

Wearing

- Wear good-quality running shoes or fitness shoes with clean soles to prevent debris from damaging the running belt.
- Choose breathable, comfortable sportswear that allows free movement.

Stretching Exercises

Regardless of your pace, always warm up before exercising. Walk for 5–10 minutes, then perform the following stretches. Repeat each 5 times per leg, holding for 10+ seconds. Stretch again after your exercise to prevent stiffness.

1. Stretch Down

- Slightly bend your knees and slowly lean forward, reaching for your toes.
- Relax your back and shoulders.
- Hold for 10–15 seconds, then relax.

2. Hamstring Stretch

- Sit on a mat with one leg straight and the other bent inward.
- Reach for your toes with both hands.
- Hold for 10–15 seconds, then relax.

3. Foot and Achilles Tendon Stretch

- Stand with your hands against a wall or tree.
- Extend one leg behind you, keeping it straight with the heel on the ground.
- Lean forward and hold for 10–15 seconds, then relax.

4. Quadriceps Stretch

- Hold a wall or table for balance.
- Reach back and pull your ankle toward your glutes.
- Hold for 10–15 seconds, then relax.

5. Sartorius Muscle (Inner Thigh Muscle) Stretch

- Sit with the soles of your feet together and knees pointing outward.
- Pull your feet toward your body while keeping your back straight.
- Hold for 10–15 seconds, then relax.

①



②



③



④



⑤



COMMON ERRORS & TROUBLESHOOTING

Error Code	Cause	Solution
Er01	Loose connection between upper/lower control cables.	Reconnect and secure the cable.
	Damaged upper/lower control cable.	Replace the cable.
	Faulty display panel.	Replace the display panel.
	Damaged controller.	Replace the controller.
Er02	Unstable mains voltage or voltage spikes.	Install an external filter or voltage stabilizer.
	Damaged controller.	Replace the lower controller or send for repair.
Er03	Unstable mains voltage or voltage drops.	Install an external filter or voltage stabilizer.
	Damaged controller.	Replace the lower controller or send for repair.
Er04	Loose or disconnected main motor cable.	Reconnect and secure the cable.
	Main motor open-circuit or damaged.	Replace the motor.
	Controller open-circuit or damaged.	Replace the controller.
	Main motor jammed or burnt.	Replace the motor.
Er05	Unstable mains voltage or high voltage spikes.	Install an external filter or voltage stabilizer.
	Incorrect wheel diameter setting.	Reset the wheel diameter; do not exceed the motor's rated voltage.
	Damaged controller.	Replace the lower controller or send for repair.
Er06	Unstable mains voltage or high voltage spikes.	Install an external filter or voltage stabilizer.
	Incorrect wheel diameter setting.	Reset the wheel diameter; do not exceed the motor's rated voltage.
	Damaged controller.	Replace the lower controller or send for repair.



Error Code	Cause	Solution
Er08	Damaged main motor.	Replace the motor.
	Faulty controller.	Replace the controller.
	Loose or poor cable contact.	Reconnect and secure all cables.
Er11	Loose or disconnected main motor cable.	Reconnect and secure the cable.
	Main motor open-circuit or damaged.	Replace the motor.
	Controller open-circuit or damaged.	Replace the controller.
	Main motor jammed or burnt.	Replace the motor.
Er13	Loose or disconnected Hall sensor cable.	Reconnect and secure the cable.
	Incorrect Hall signal sequence.	Correct the Hall wire sequence.
	Incompatible motor.	Replace the motor.
	Damaged controller.	Replace the lower controller or send for repair.
Er14	Controller overheating.	Stop operation and allow to cool down.
	Damaged controller.	Replace the controller.
Er15	Power transistor failure or controller damage.	Replace the controller.
	Motor short circuit.	Replace the brushless motor.
Er17	Large Hall signal deviation.	Replace the motor.
	Damaged controller.	Replace the lower controller or send for repair.
Er19	Faulty controller.	Replace the controller.
	Poor connection.	Reconnect and secure all cables.
	Faulty lifting motor.	Replace the lifting motor.

CARE & MAINTENANCE

To prolong the lifespan of your treadmill, it is recommended to turn it off after 2 hours of continuous use and let it rest for 10 minutes before using it again.

Cleaning

- Regular cleaning helps extend the lifespan of your treadmill and maintain optimal performance.
- Sweep the exposed edges of the running belt to minimize debris accumulation underneath.
- Ensure shoes are clean before using the treadmill to prevent dirt and foreign objects from wearing down the running deck and belt.
- Wipe the running belt with a soapy damp cloth to remove sweat and dirt.
- Avoid splashing water on electrical components or beneath the running belt to prevent damage.

Running Belt Lubrication

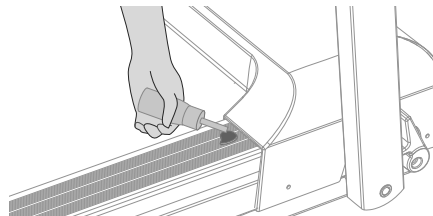
Your treadmill has been pre-lubricated with lubricating oil to reduce friction between the running belt and deck. Proper lubrication is essential for maintaining performance and longevity, but excessive lubrication is not recommended.

When to Lubricate:

Power off the treadmill. Lift the running belt and reach your hand underneath toward the center. If your hand feels slightly oily, lubrication is not required. If the deck feels dry and there is no lubricating oil residue, lubrication is needed.

How to Lubricate:

- Uncover the lubricating oil injection hole.
- Pour approximately 10 ml of lubricating oil into the hole, then cover the hole.
- Power on the treadmill and start the running belt at its lowest speed to distribute the oil evenly.
- Step gently on the front of the running belt from left to right to aid absorption.
- Let the treadmill run for 8–10 minutes to ensure the oil is fully absorbed.



Lubrication Frequency:

- Light use (< 3 hours/week): Every 6 months
- Moderate use (3–5 hours/week): Every 3 months
- Heavy use (> 5 hours/week): Every 1.5 months

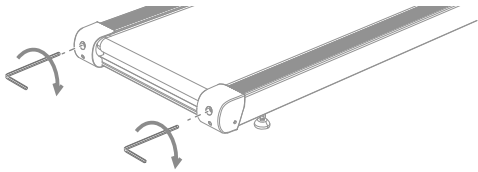
WARNING:

Always unplug the treadmill before cleaning or servicing it.

Running Belt Adjustment

Proper tension in the running belt is essential for safe and efficient treadmill performance.

- If the running belt is too loose, it may slip while running, which can be dangerous.
- If the running belt is too tight, it may strain the motor, reduce performance, and cause excessive wear and tear on the rollers and belt.

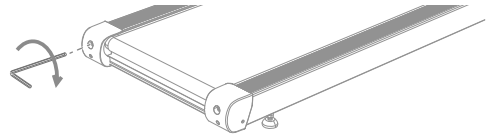


NOTE:

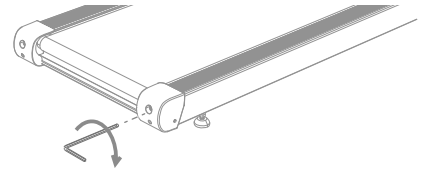
- The running belt has been pre-adjusted before shipping. Please check it upon receiving the treadmill.
- If the belt stops or slips during use, gradually tighten both adjustment bolts clockwise with the Allen key until the issue is resolved.

Running Belt Centering

1. Place the treadmill on a flat and stable ground.
2. Power it on and set the running belt to a low speed.
3. If the running belt shifts to left, turn the left adjustment bolt clockwise 1/4 turn at a time using the Allen key. Wait 30 seconds for the belt to realign. Repeat as needed until the belt is centered.



4. If the running belt is too close to the right side rail, turn the right adjustment bolt clockwise 1/4 turn at a time. Wait for 30 seconds, and the running belt will automatically return to the right position. Please repeat until the belt is centered.



NOTE:

When the running belt deviates, it will automatically re-center at a moderate speed without a load. If it does not center automatically, follow the steps above to adjust it manually.