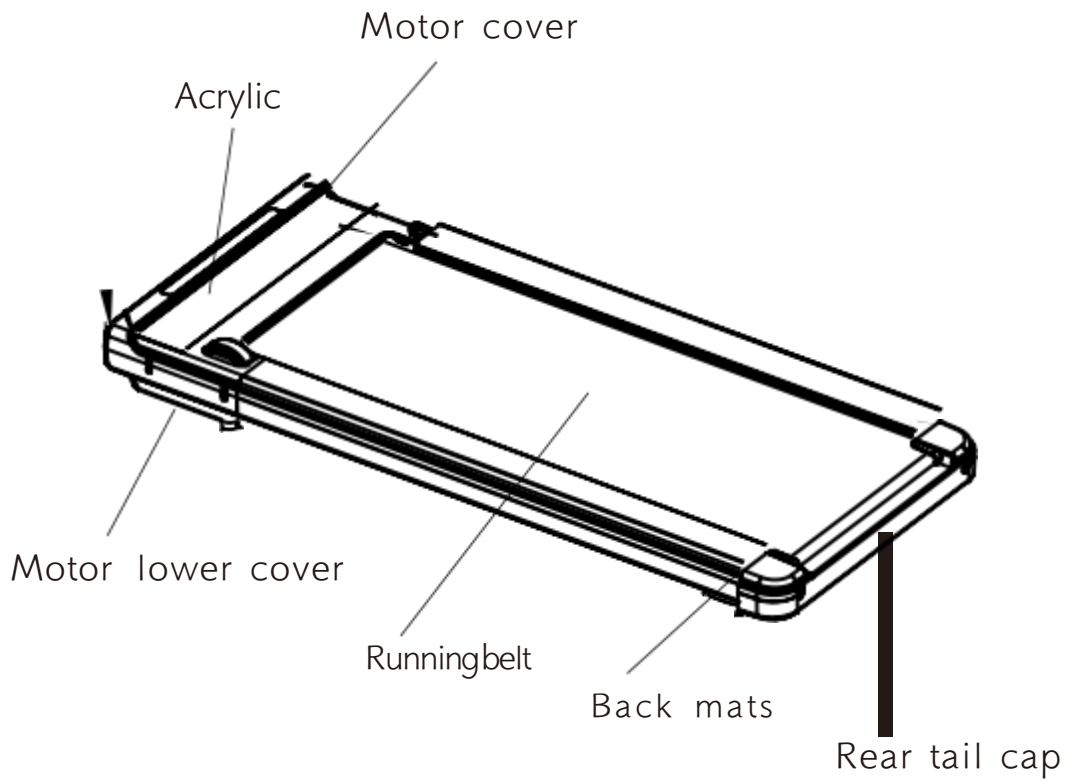


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# 一、 Product Introduction

Product model: JF - H -40F - 3



Athletic show installation process

Scan the QR code at the top right



Reprint to the app store to download and install

Open the APP and allow permissions according to the system prompts

First-time users who log in to the APP should register with their mobile phone number and email address

Start using the sports show

Note when registering:

Please fill in the correct email address or mobile phone number to ensure that you can retrieve your password and username through your email address and mobile phone number .

## 二、 Security precautions, warning instructions

Note! Please read the instruction manual carefully before use and pay attention to the following safety precautions:  
The treadmill is suitable for indoor installation to avoid moisture, water cannot be splashed on the treadmill, and no foreign objects can be placed.

Before exercising, please wear appropriate sportswear and sneakers. It is strictly forbidden to exercise barefoot on the treadmill, and the whole body needs to be stretched before exercise.

The power plug must be reliably grounded, and the socket must have a dedicated circuit to avoid sharing with other electrical equipment。

Children should stay away from this unit to avoid accidents。

Overloading operation for a long time should be avoided, otherwise it will cause damage to the motor and controller, accelerate the aging of bearings, running belts and running boards, and do regular maintenance。

Reduce indoor dust, maintain a certain humidity in the room, and avoid strong static electricity, otherwise it may interfere with the normal operation of electronic meters and controllers。

Turn off the treadmill after exercise。

Keep indoor air circulating when using the treadmill。

When exercising, please clip the safety lock cable clip to your clothing in case you cannot safely stop in case of emergency。

**If you feel unwell or experience abnormalities during use, stop exercising immediately and consult a doctor。**

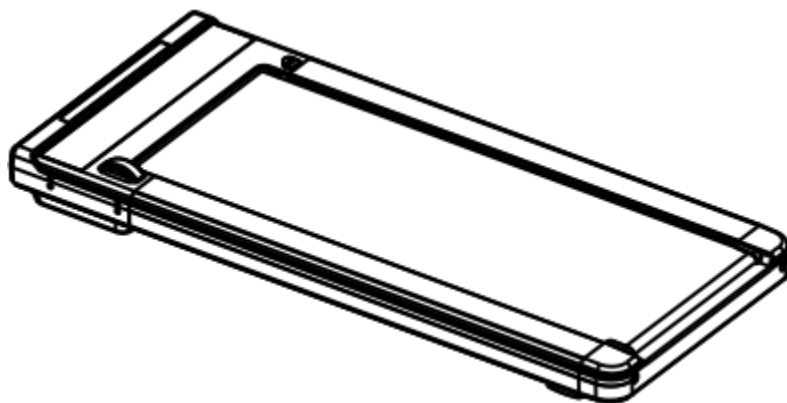
After use, silicone oil must be stored out of reach of children to avoid serious consequences due to accidental ingestion。

## List of main parameters and configurations

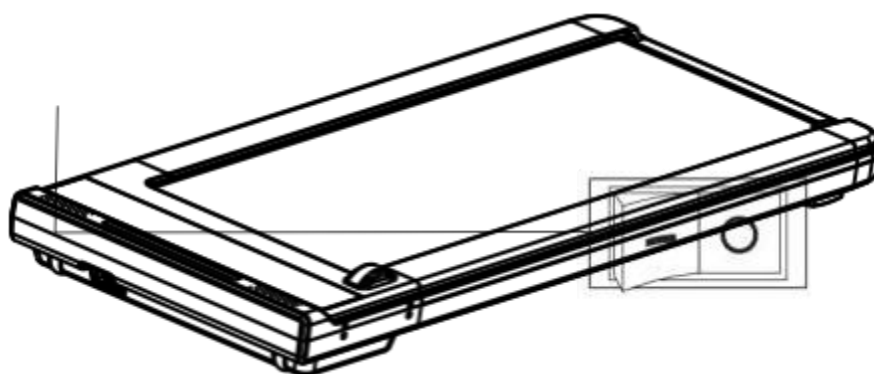
Main technical parameters		
No	name	description
1	voltage	100 –240V 50HZ
2	Motor specifications	81#/3100rpm/350w/ 100*22
3	Press the button	Remote control + motor cover touch type
4	How it is displayed	LED
5	Product unfolded dimensions	1270* 568* 126mm
6	km range	1 – 10km
7	Running belt effective area	400* 1000mm
8	Product gross net weight	22 .9 kg 26 .7 kg
9	Outer diameter of outer carton	1350*665* 150mm

## 三、 Installation and usage instructions

- 1 .Installation instructions: Remove the outer packaging of the product, place it on a flat ground, take out the product instruction manual from the accessory bag and carefully read it before using the product.



- 2 .Instructions for use: take out the power cord worn from the accessory bag, remote control accessories, insert one end of the power cord into the exposed wiring head of the product, and insert the other end into the 220V power outlet, turn the bottom switch on the right side of the product to the -- position, the display board is lit, the remote control unplugs the isolation piece (with battery), or installs the battery before use.



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## 四、 Movement recommendations and guidelines

## 五、 Instructions for use of the product

### 一、 Briefly

This electronic meter is easy to use and has few adjustment parameters

The terms used in the manual are:

Treadmill parameters: "Speed" value.

Exercise parameters: Distance Value, Calorie Value, Time Value. Sport mode: manual mode and program mode.

Manual sport mode: Sport mode without setting the amount of exercise.

Program mode: the movement mode that sets the amount of exercise;

### 二、 LED digital tube display

1、 Distance display:

2、 Speed display:

velocity

Time

Distance/calories

3、 Time display:

4、 Heat display:




### 三、 keystroke

The specific button design of this product is as follows:

1、 Start/Stop keys: 

2、 Speed plus key: 

3、 Program value display: 

4、 Mode display: 

5、 Speed minus key: 





#### 四、parameter




- 1、 Supply voltage:AC100 – 240V/ 50Hz;
- 2、 Minimum speed 1 km/ H;
- 3、 Maximum speed 10 km/H;
- 4、 The maximum exercise time in automatic mode is 99 minutes;
- 5、 The minimum time in manual mode is 5 minutes and the maximum time is 99 minutes;
- 6、 The minimum distance in manual mode is 1 km and the maximum distance is 99 km;
- 7、 The minimum calorie separation in manual mode is 20 kcal, and the maximum is 990 kcal。




#### 六、 Sport mode

##### Auto mode (remote control)

Before exercise, detect whether the power supply is plugged in, whether the power switch is on, turn on the switch light after turning on. The window displays 0:00 in standby mode, and the countdown starts after pressing Start 3 seconds, and the window displays 1 km. Speed, time, calories start clockwise and stop automatically after 99 minutes, Press speed   keys to adjust the speed, Minimum 1 km, maximum 10 km。



##### Manual mode (remote control)

1、 Press the P key P1-P12 time for minutes to flash. Press   The plus and minus keys are adjustable Time, Minimum 5 minutes, maximum 99 minutes. Press again  The key starts the machine with a three-second countdown timer, and the machine will sound "Didi Didi" when the machine switches the speed of automatic mode during operation。

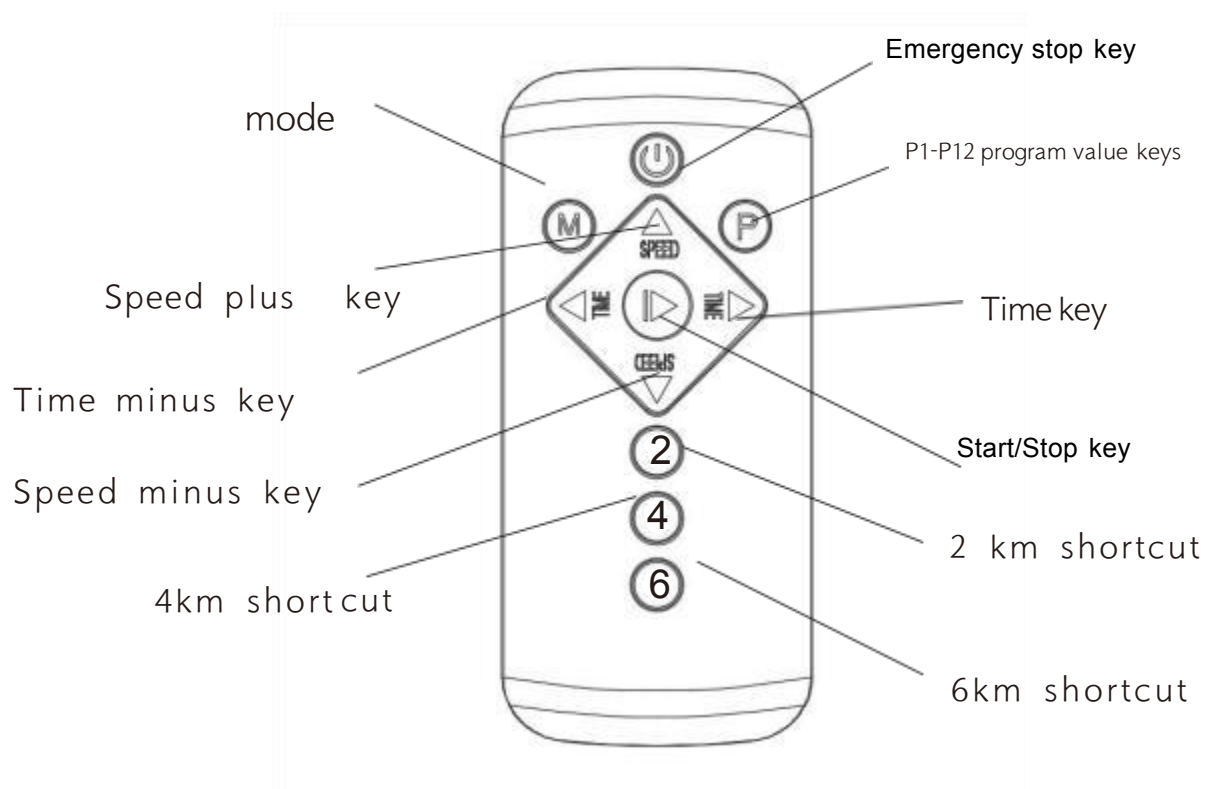
2、 Press the M key on the panel once, and the layout shows H - 1, and the time flashes for 30 minutes, press  Subtraction key adjusts time, Minimum 5 minutes, pressed  Up to 99 minutes to adjust the time after completing the settings, press  on the panel. After the power on button, the 3-second countdown movement begins。

3、 Press the M key on the second lower panel, the panel shows H -2, the distance 1 km flashes, press the key to adjust the distance, up to 99 km, press on the panel

after completing the setting **IP** 3 seconds after the key starts the countdown movement.

4、 Press the M key on the three lower panels, the panel shows H-3, calories 50 flashes, press  Key adjustable calories, minimum 20 kcal, pressed  key, up to 990 kcal, after completing the settings press on the panel **D** 3-second countdown movement starts after the key.。

## Description of the function of the wireless remote control



**Emergency Stop Key:** Press this key in the event of an emergency or when an emergency shutdown is required

**Start/Stop Button:** The panel displays 000 when the power is switched on, you can press this button to start the machine, and when you want to stop the motion, you can press this button to safely stop

**Mode:** Press this button to toggle speed, time, and calorie countdown

**Program Value Key:** Press this key to toggle the automatic motion mode of P 1-P 12 program values

**Time Boost:** Press this key to adjust the time increment or adjust the speed, calories, and distance in manual mode

**Time Subtraction Key:** Press this key to adjust the time increment or in manual mode Adjust speed, calories, distance

**Speed Plus Key:** Press this key to adjust the speed plus or adjust the speed, calories, and distance in manual mode

**Speed subtraction key:** Press this button to increase the speed or adjust the speed, calories, and distance in manual mode

**2 km shortcut:** Press this button to adjust the speed to 2 km per hour

**4Kilometer shortcut:** Press this key to adjust to 4 km/h

**6 km shortcut:** Press this key to adjust to 6 km per hour

## 六、 Maintenance of the product

### lubrication

After a period of use, the running belt must be lubricated with a specially configured methyl silicone oil

1. Recommendation: Use time less than 3 hours per week, lubricate once in 5 months, use 4-7 hours per week, lubricate once in 2 months

The use time is more than 7 hours per week, and it is lubricated once a month  
Do not over-lubricate, the more lubricant is not the better, reasonable lubrication is an important factor to improve the service life of the treadmill

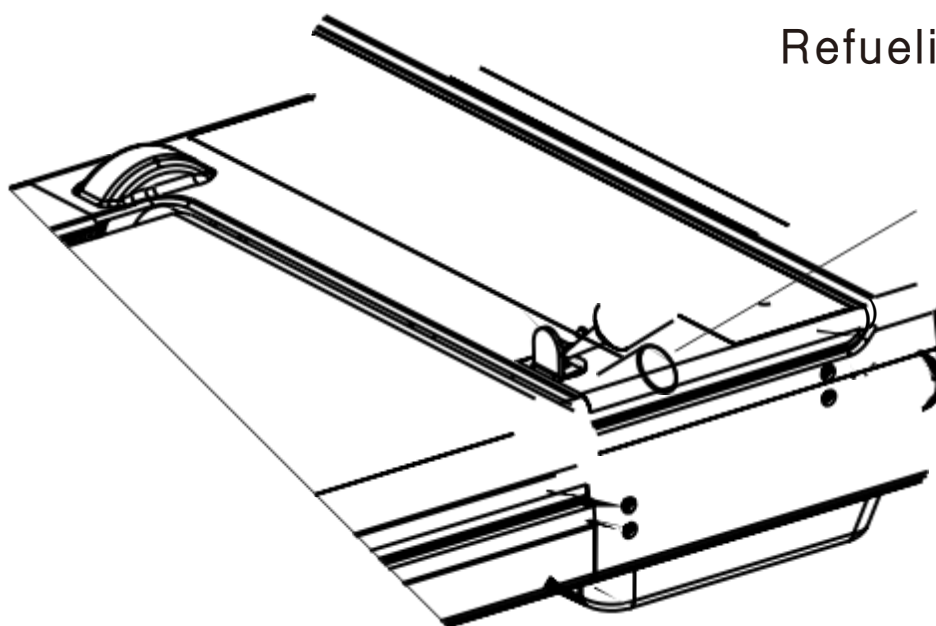
2. Lubrication method

The way to check if lubricant is needed is to grab the running belt and touch your hand to the center of the back of the running belt as much as possible, if the running belt is stuck with silicone oil (a little damp feeling), both indicate that no lubricant is required, if the running board is dry and the silicone is not felt in the running belt, you need to add lubricant.

A. Steps to apply lubricant to the running board: (pictured)

B. Stop the running belt and lay the machine flat on the ground;

C. Lift the oil filling cap with your left hand: Align the oil spout with the oil filler, squeeze the silicone oil bottle with your hand, and close the lid so that the whole bottle or an appropriate amount of silicone oil is added to the filling nozzle. Run the treadmill at a speed of 1Km/h to evenly apply the silicone oil, and gently step on the running belt from left to right for about a few minutes to allow the silicone oil to be completely absorbed by the running belt.



Refueling location

### 3 Running belt elastic adjustment

All treadmills should adjust the running belt before leaving the factory and after installation, but there may be relaxation phenomenon after a period of use, such as: the user has a pause and slip phenomenon when running, when this phenomenon occurs, synchronize the running belt

adjustment bolt in half a turn in a clockwise direction, when the running belt is too loose, the foot

pedals on the running belt, the running belt and roller produce slippage phenomenon, but too tight is not good, easy to increase the motor load, damage the motor, running belt and roller, etc.

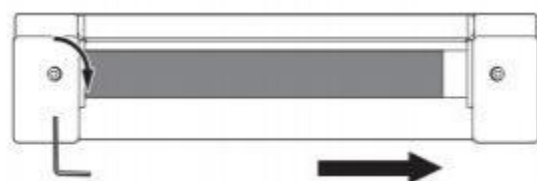
#### 4. Running belt deviation adjustment

All treadmills must be adjusted before leaving the factory and after installation, but after a period of use it may also appear mistracking, which may cause the following reasons:

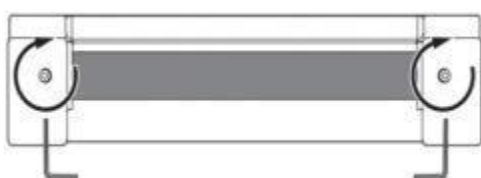
1. The host is uneven;
2. The user's feet are not in the center of the running belt when moving;
3. The user's feet are uneven and artificially cause misalignment phenomenon, no-load rotation for a few minutes can return to normal, for the mistracking phenomenon that can not be automatically recovered should be randomly equipped with a 6mm hexagon wrench, gradually adjusted in units of a quarter of a turn, the running belt deviation does not belong to the warranty scope, mainly by the user in accordance with the manual self-maintenance, mistracking will seriously damage the running belt, must be found in time and corrected in time.



The running belt is twisted to the right and right



The running belt is screwed to the left and left





1. Running belt slippage: people run with empty slip or instant pause phenomenon; 2. Running belt adjustment: The left and right sides of the running belt screw are rotated clockwise for 3 turns, and then adjusted according to the deviation direction of the running belt, if it is on the right side, then adjust on the right, and then slowly run the belt in turn, straight to the center of the running belt

**FCC Caution.**

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.

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

**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.

The device has been evaluated to meet general RF exposure requirement. The device can be used inportable exposure condition without restriction.