

JKEXER®

MOTORIZED TREADMILL

AeroWork 890

AeroWork 897

Designed for Work-Life Balance

Run at the Moment, Look to the Future



*Owner's Manual
Made in Taiwan*

TABLE OF CONTENTS

IMPORTANT SAFETY INSTRUCTIONS	P. 1
ELECTRICAL GROUNDING INSTRUCTIONS.	P. 2
CAUTION: BEFORE AND AFTER RUNNING ON THE TREADMILL	P. 3
RUNNING DECK LUBRICATION	P. 3-4
ASSEMBLY PARTS LIST.	P. 5
ASSEMBLY INSTRUCTIONS.	P. 6-7
POSITIONED FOR OPERATION	P. 8
WALKING MODE	P. 8
RUNNING MODE	P. 8
HOW TO ADJUST HEIGHT OF DESKTOP	P. 9
HOW TO ADJUST FORE / AFT POSITION OF DESKTOP	P. 9
TREADMILL OPERATION	P. 10
HOW TO OPERATE	P. 10-12
MASTER POWER SWITCH LOCATION	P. 12
PROFILE FOR PROGRAMS	P. 13-15
MASTER CONSOLE FUNCTION DESCRIPTION	P. 16
MASTER CONSOLE BUTTON OPERATION	P. 16-17
SECONDARY CONTROL PANEL OPERATION.	P. 17
SECONDARY CONTROL PANEL FUNCTION DESCRIPTION	P. 18
SECONDARY CONTROL PANEL BUTTON OPERATION	P. 19
WARNING / CAUTION	P. 20
APP OPERATION.	P. 20
ERROR MESSAGE & TROUBLE SHOOTING.	P. 21
HOW TO USE ASA SYSTEM.	P. 21
HOW TO FOLD UP FOR STORAGE	P. 22
HOW TO FOLD DOWN FOR EXERCISE	P. 22
HOW TO TRANSPORT.	P. 22
WARNING	P. 22
ALIGNING THE RUNNING BELT	P. 23
ADJUSTING THE RUNNING BELT TENSION.	P. 23
CLEANING AND INSPECTING THE RUNNING BELT	P. 23
CLEANING	P. 24
INSPECT FASTENERS AND WIRING	P. 24
STORAGE.	P. 24
HOW TO WORK OUT SAFELY AND EFFICIENTLY.	P. 24
EXPLODED DRAWING.	P. 25 & 27
PARTS LIST.	P. 26 & 28
HOW TO MAINTAIN YOUR MOTORIZED TREADMILL	P. 29

**We reserve the right to make change at any time without notice,
in colors, parts and materials.**

IMPORTANT SAFETY INSTRUCTIONS

Please read the following basic precautions prior to use of the treadmill:

*** Never operate the treadmill with the air openings blocked.**

*** Keep air openings free of lint, hair and the likes.**

WARNING

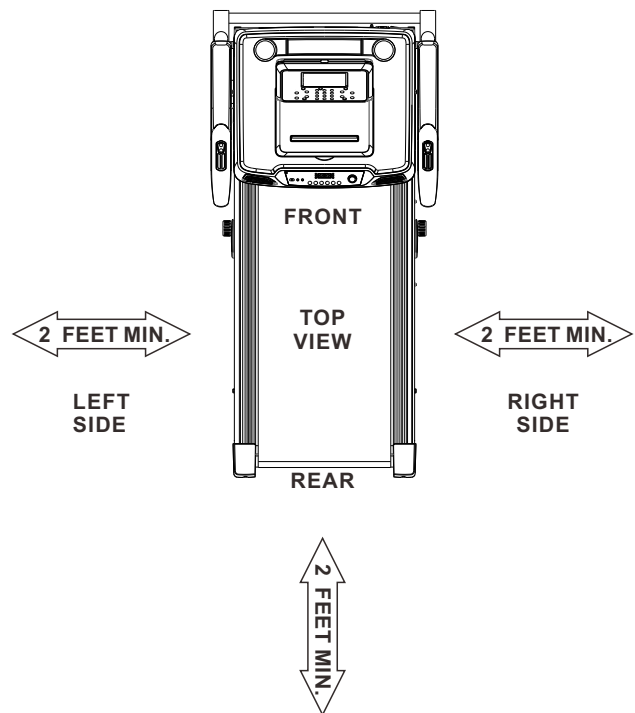
- * This treadmill requires a dedicated circuit as 110V/220V 15/10AMP separately that is not shared by any other electrical appliances. Failure to do so can damage the electronics and the motor, and will void the warranty.
- * To reduce the risk of electric shock, always unplug the power cord from electrical outlet immediately after using and before cleaning, assembling or servicing.
- * Never leave the treadmill unattended when plugged in. Disconnect by turning off the master power switch and unplugging from outlet.
- * Always keep hands and feet off the treadmill while others are using it.
- * Never place hands or feet under the treadmill.
- * Do not allow children on or around treadmill.

CAUTIONS

- * This computer with function of pulse detection is designed for users' reference when doing exercise, it can not be used for medical purpose.
- * Never operate the treadmill if it has been dropped or damaged, or exposed to water. Contact with your distributor for service recommendations.
- * Before starting any exercise program, it is recommended that you consult your physician.
- * Stop using this appliance if you feel dizziness or discomfort.
- * Medical approval and close supervision is necessary when appliance is used by or near handicapped individuals.
- * Use the treadmill only for its intended use as described in this manual.
- * Do not pull the treadmill by the power cord or use it as a handle.
- * Keep power cord away from heated surfaces and oven flame.
- * Do not use or store outdoors.
- * Do not operate where aerosol products are being used or where oxygen is being administered.
- * While turning on the power, please stand beside the treadmill, not on the treadmill.
- * Maximum user weight is 136KGS (300LBS) for AeroWork 890,
140KGS (308LBS) for AeroWork 897.
- * Do not operate in a wet or moist condition.
- * Do not use the treadmill on a carpet that is greater than 1/2 inch in height.
- * Do not operate under a blanket. Excessive heating can occur and cause fire, electrical shock, or injury to persons.
- * Never insert any object into any opening on the treadmill.
- * Keep the treadmill on a solid, level surface with sides at least two feet from any wall. Be sure the area around the treadmill remains clear during use and has adequate clearance, see illustration below.

- * Do not walk or jog barefoot or without shoes.
- * Do not walk or jog in loose shoes or slippers. Athletic shoes are always recommended while using this treadmill.
- * Never walk or jog while wearing loose fitting, long garments such as slacks pajamas or dresses.
- * When walking or jogging always stay on the forward part of the treadmill.
- * Never jog or walk faster than is comfortable for you.
- * Do not jump up on the treadmill from side to side.
- * Do not place any liquids on any parts of the treadmill.

- * Do not plug into the same outlet with any other electrical appliance while using this treadmill.



ELECTRICAL GROUNDING INSTRUCTIONS

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for the electric current, reducing the risk of electric shock. This treadmill is equipped with a cord having an equipment grounding connector and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER

Improper connection of the treadmill grounding can result in the risk of electric shock. Check with a qualified electrician if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the treadmill.

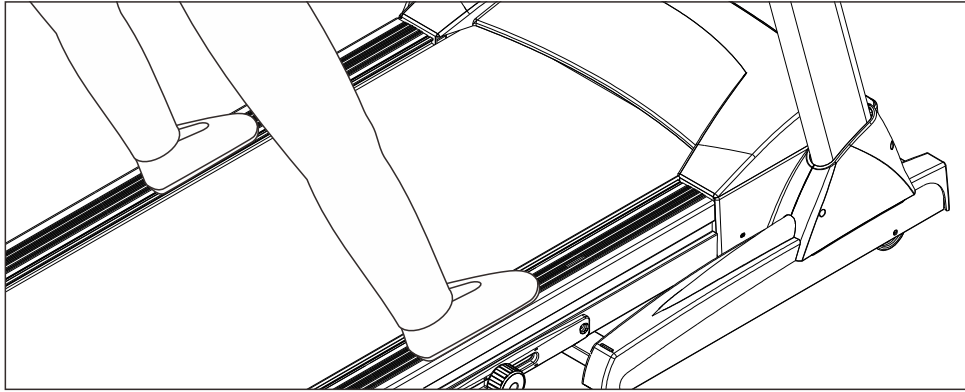
If it will not fit your outlet, have a properly grounded outlet installed by a qualified electrician. This unit must be plugged into a nominal 110 Volt, 60 Hz, 15 AMP or 220-240 Volt, 50/60 Hz, 10 AMP circuit, which has a grounding plug. Outlets that service multiple appliances, or have fluctuating voltage of more than 5%, may result in erratic performance or cause damage to the treadmill electronics. Using electrical power other than that which has been specified will ultimately void any warranty, implied or otherwise. Never remove or bypass the electrical ground contained in the treadmill's three-lug with an adapter.

The difference in the RPM of motor is $\pm 10\%$

CAUTION: BEFORE AND AFTER RUNNING ON THE TREADMILL

Before Running:

1. Read the manual first for familiarization of the computer and other important features.
2. Before starting the treadmill, always stand on two side rails on both sides (not on the running belt) as shown on drawing.



3. Have safety key properly place on the computer console, and have safety clip securely attach to an article of your clothing.
4. Start the treadmill and allow it to reach at speed of at least 1.0kph, hold your hand on the handlebar then walk on the running belt to start your exercise program.

After Running:

1. If you hear any abnormal noise from motor, please stop using and contact with your distributor for necessary maintenance.
2. Please refer to below RUNNING DECK LUBRICATION to do necessary periodical maintenance for long-term and functional operation.

PLEASE NOTE WITHOUT DOING PERIODICAL MAINTENANCE MIGHT VOID THE WARRANTY.

RUNNING DECK LUBRICATION

Why to lubricate?

If the lubricant dries out, the friction between the belt and the deck will rise and place undue stress on the drive motor, drive belt and electronic motor control board, which could result in catastrophic failure of these expensive components.

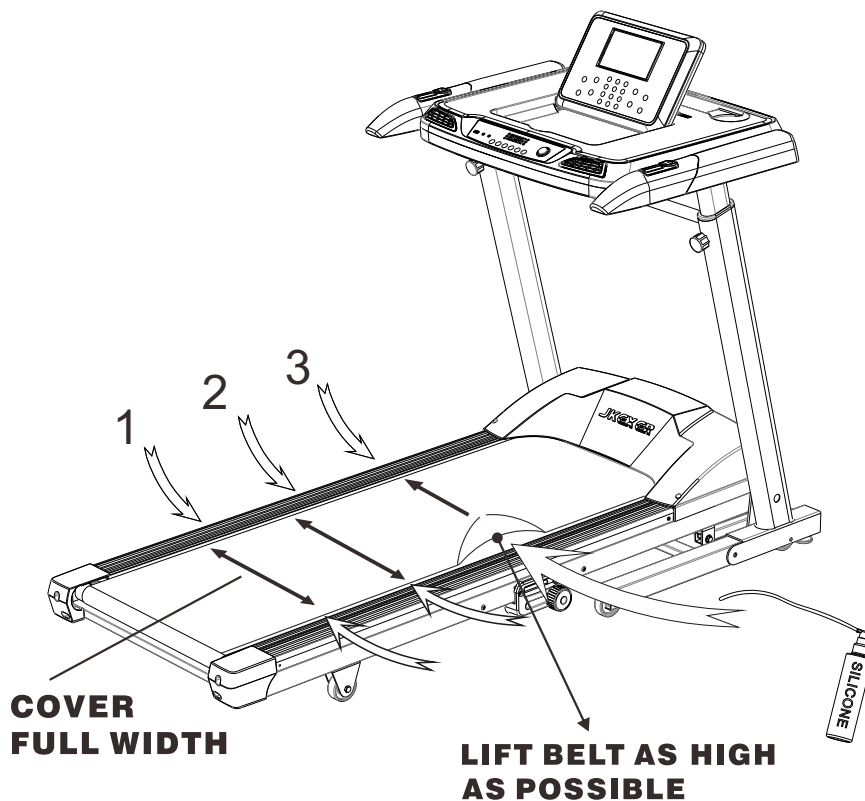
When to lubricate?

High-efficient and low-friction running deck is used on this machine. The deck comes pre-lubricated and subsequent lubrication should be done in every **180km**, or every **3** months of operation, whichever comes first. Keeping the deck lubricated at the recommended intervals ensures the longest life possible for your treadmill.

What to lubricate?

Do not lubricate with other than our approved lubricant. Your treadmill comes with one 30ml tube of silicone. For further lubrication, you may order from distributor for our 200ml silicone:

- 200ml silicone in one bottle with 35cm applicator.
- 100% silicone, non-petroleum base, contains of no harmful solvents, non-toxic and nonflammable.
- Pump action spray bottle.
- Good for treadmill that used non-petroleum based lubricant.



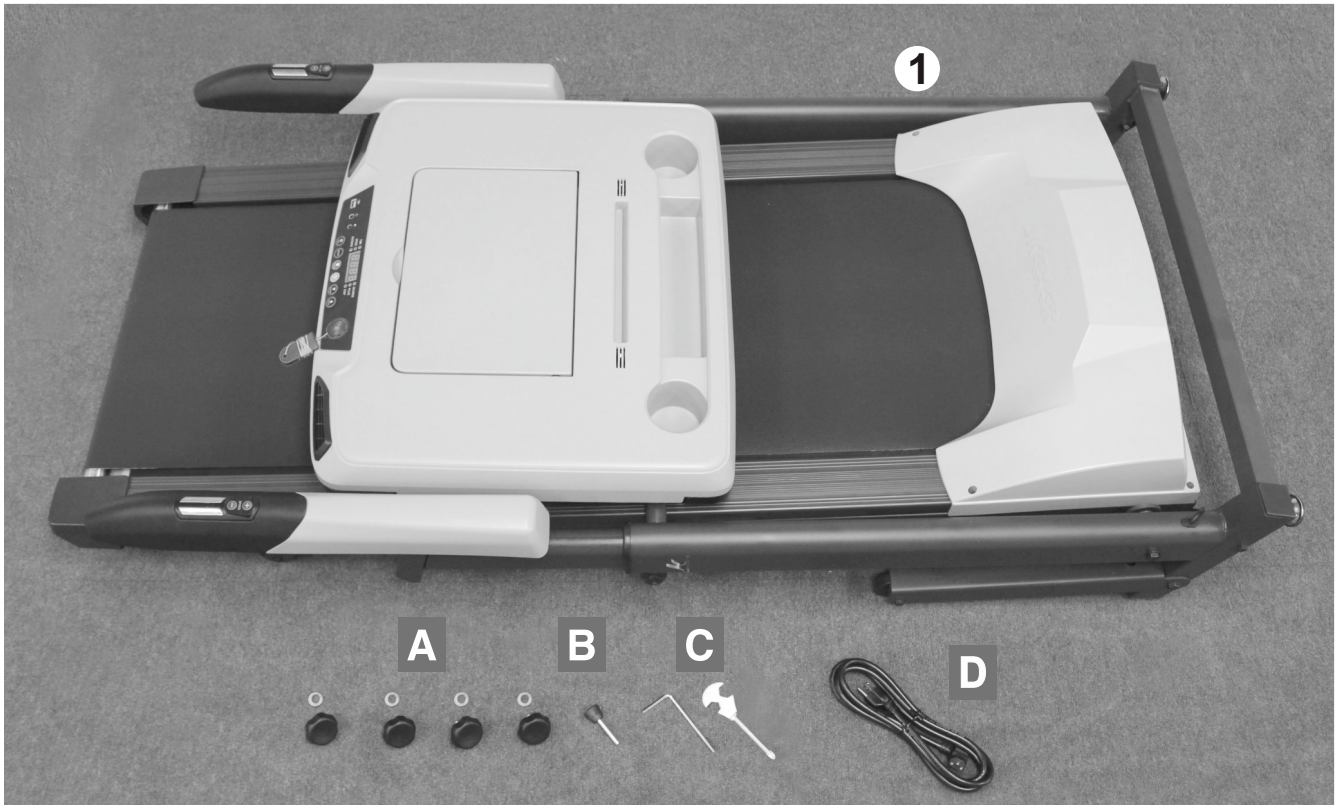
How to lubricate?

Follow above drawing, lift running belt as high as possible, wipe the deck and the edge of the belt with a clean lint free cloth to remove any dirt on both sides. Then inserting straw from silicone bottle from either side of the running belt to reach to the deck surface about 18 inches from motor cover, pump out the silicone of the tube across the deck, parallel to the motor cover, in about one foot line. The one foot line should be in the middle of the deck at approximately equal distance from both side edges of the belt. Repeat above procedures to distribute onto 3 spots on the running deck as shown on drawing. Once the silicone is applied, you should walk, not run, at low speed on the treadmill for at least 5 minutes to ensure it is evenly distributed.

You want the lubricant to be applied about the spot that your feet would hit the belt as you are walking. This should be about 18 inches from the motor cover. You may walk on the treadmill to see where your feet land on the belt. Please note if you mostly run on the treadmill, the spot where your feet land may be different from the spot in walking.

Note:

1. IF belt is stuck under side rail, use a screwdriver to lever out for easy lubrication.
2. IF belt is not centered, please refer to **Aligning The Running Belt**.
3. IF static symptom happens, adding silicone on the running deck will also help solve it.

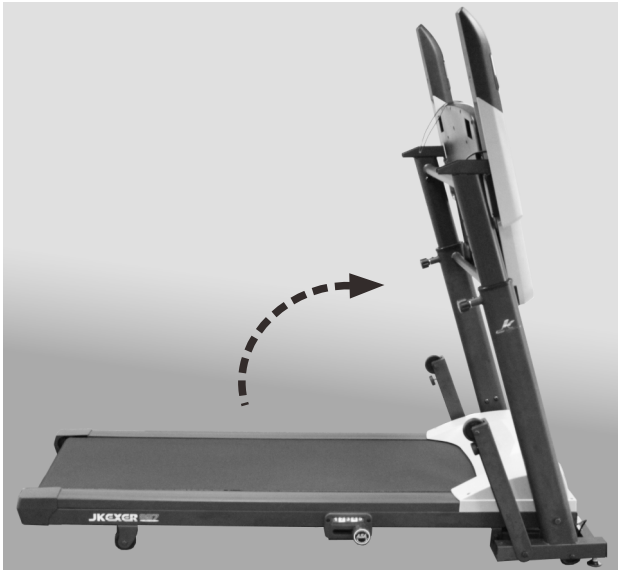


ASSEMBLY PARTS LIST

1. MAIN FRAME	1
A. KNOB & WASHER	4 + 4
B. PIN	1
C. TOOLS.	1 + 1
D. POWER CABLE	1

ASSEMBLY INSTRUCTIONS

Please pay attention to the following procedures to correctly assemble Plate Frames (7 & 8) and Bottom Frame (2).



Step 1.

Fold the front post up.

Step 2.

Hold and lean the front post forward slightly; keep it at leaning position and press Plate Frames (7 & 8) down as shown Fig. 1, make sure to closely and flatly overlap the Plate Frame with Bottom Frame (2) and tighten Knob & washer (A) as shown Fig. 2.

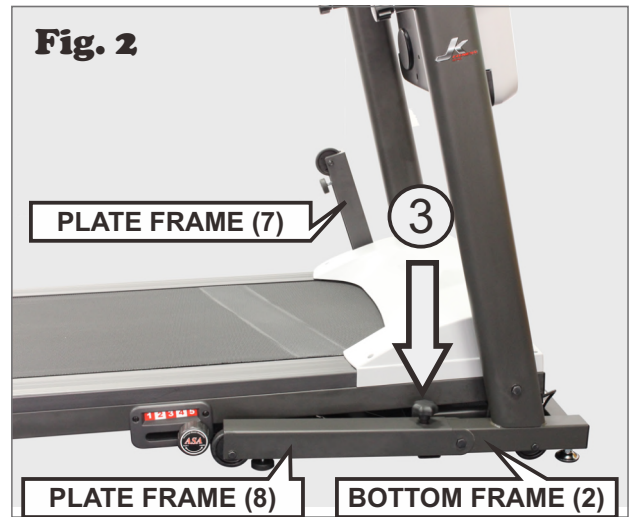
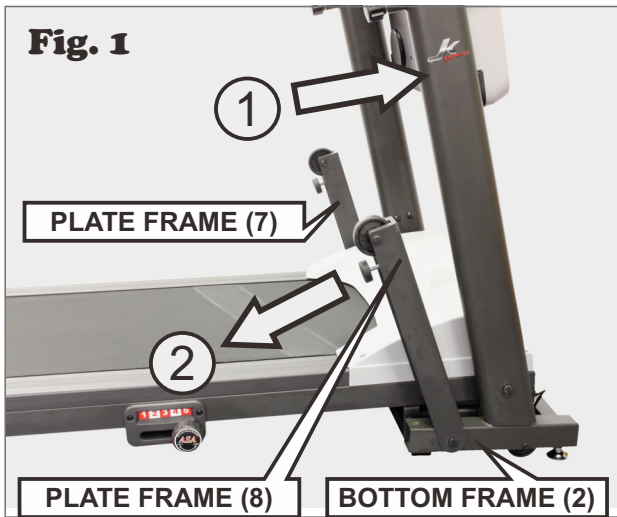
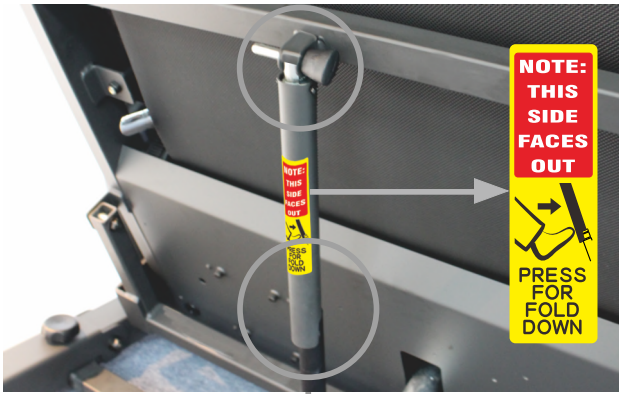
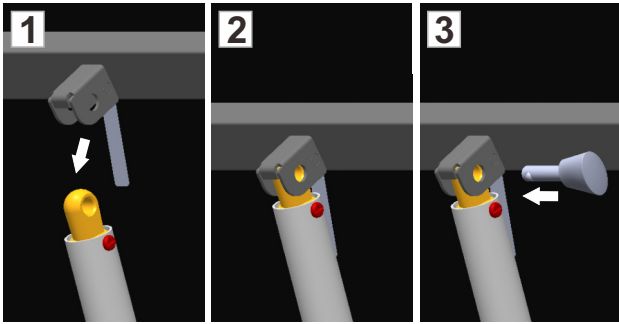


Plate Frames (7 & 8) and Bottom Frame (2) are not closely and flatly overlapped.



Plate Frames (7 & 8) and Bottom Frame (2) are closely and flatly overlapped.

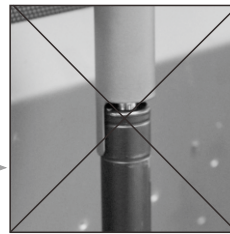


Step 3.

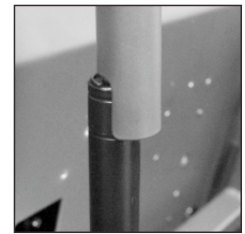
Please follow below 3 steps to fix air shock underneath the frame. Before fixing, please make sure air shock is in right position as below photo.

3 steps to fix:

1. Fold the frame up, and lift up the air shock.
2. Slightly fold down the frame to attach U-bracket on the frame to the head of air shock.
3. Insert Pin (B) into the hole of U-bracket and air shock to fix it.



Wrong Position



Right Position



Step 4.

Fold the handlebar and desktop down.

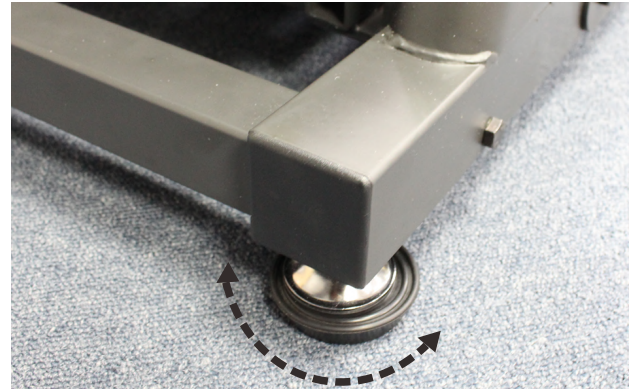


Step 5.

Use Knob (A) to fix both handlebars to the top of front post.

POSITIONED FOR OPERATION

There are balancers at the front bottom. Adjust these balancers to make sure main frame is stably positioned on the ground for exercise.



WALKING MODE

Flip down master console to become a desktop and use secondary control panel to walk at max. 6.0 kph. Desktop can be moved close to your body for you to work on desktop while walking. And for safety concern, incline is not adjustable. This desktop is equipped with compartment, tablet slot and speaker.



RUNNING MODE

Move desktop onward and flip up master console to do intensive running at max. 18kph.



HOW TO ADJUST FORE / AFT POSITION OF DESKTOP

There are 3 positions for adjustment.

Step 1: Anti-clockwise turn to loose the knob on the right side underneath desktop.

Step 2: Pull down the knob and use another hand to move desktop.

Step 3: Release knob then move desktop to the desired position you want, the pin inside the knob will be inserted into the hole underneath the desktop.

Step 4: Clockwise turn to tighten the knob.



HOW TO ADJUST HEIGHT OF DESKTOP

There are 8 ranges for height adjustment.

Step 1: Anti-clockwise turn to loose the knobs on 2 front post until desktop can be moved up and down.

Step 2: Push desktop up or down to the desired height to fit your tall.

Step 3: Clockwise turn the knob to let the pin inside the knob touch front post.

Step 4: Slightly move desktop up and down to let the pin inside the knob insert into the hole on the front post.

Step 5: Clockwise turn to tighten the knob.



TREADMILL OPERATION

CAUTION:

Before beginning a workout session, make sure the safety key is properly placed onto the computer console and the safety clip is securely attached to an article of your clothing. Always start the treadmill while standing on the side rails instead of the running belt. Allow the treadmill to reach a speed of at least 1.0 KPH before walking on the running belt. Before operating read this page first for clear understanding of the treadmill computer console and other important features.

BASIC INFORMATION





1. When safety key is removed: There is no figure shown on LCD.
2. When safety key is positioned: It is in MANUAL mode, and all the functions are ready for manual operation.

HOW TO OPERATE

MASTER CONSOLE OPERATION (0.8 ~ 16KPH) (For 890) (0.8 ~ 18KPH) (For 897)

For quick start (manual)




Press  button to start running. Time, distance, step and calories will count up from 0.

First dot will flash on the Speed Dot Matrix, and 0 appears on Incline Dot Matrix. 0 jumping to 1 means 400 meters of running. And you may press INCLINE  /  and SPEED  /  button to adjust incline and speed as you like.

For P1 ~ P12 Preset Program

Step 1. Press SPEED or INCLINE  /  to choose program 01, 02 12 on Program window.




Step 2. Press  and INCLINE  /  SPEED  /  to choose Level 1~3.




Step 3. Press  , default setting time 30:00 flashes, press INCLINE or SPEED  /  to set desired workout time from 10 ~ 99.




Step 4. Press  and  to start running.

For H1, H2, H3 Heart Rate Control Program. (HRC1 ~ HRC 3)

Step 1. Press SPEED or INCLINE  /  to choose H1, H2 or H3.

Step 2. Press  , default setting age: 30 flashes. Press INCLINE or SPEED  /  to set your age.
Preset maximum heartbeat will show on pulse window.

Step 3. Press  and SPEED or INCLINE  /  to choose Level 1 ~ 3 for target heartbeat you prefer.

Step 4. Press  , default setting time 30:00 flashes, press INCLINE or SPEED  /  to set desired workout time from 10 ~ 99.

Step 5. Press  &  to start running.

User must wear a transmitter or hold both hands on the pulse plates on two handlebars at the same time to run HRC program. Machine will run and follow by the set heartbeat to automatically do the speed or incline adjustment.

REMARKS:

HRC 1 (SPEED ADJUSTMENT) OPERATION

1. Wearing a transmitter or holding two hands on the pulse plates, in 30 seconds after pressing START button, computer will detect user's pulse and show it on the computer for further operation.
2. If computer could not detect user's pulse in 30 seconds, machine will stop and figure on the Pulse display will flash 3 times. 3 minutes after, machine will be resumed to standby mode.
3. If user's actual heartbeat is higher than preset max. heart beat, speed will decrease 0.2 kph per detection. When speed reaches to the lowest but actual heartbeat is still higher than preset max. heart beat, suggest you stop running and consult your physician.
4. If actual heartbeat is 20 times continuously higher than preset max. heart beat for 20 seconds, system will stop, 3 minutes after, machine will be resumed to standby mode.
5. If actual heartbeat is lower than preset max. heartbeat, speed will increase 0.2 kph per detection. When speed reaches to the highest but actual heartbeat is still lower than preset max. heart beat, machine will keep running at the highest speed.

HRC 2 (INCLINE ADJUSTMENT) OPERATION

Operation is same as HRC 1 but increase or decrease 1% incline per detection.

HRC 3 (SPEED AND INCLINE ADJUSTMENT) OPERATION

Operation is same as HRC 1

1. Actual heart beat is lower than preset max. heart beat:
Firstly, speed will increase 0.2 kph per detection. After it reaches the highest speed, incline 1% will increase per detection.
2. Actual heart beat is higher than preset max. heart beat:
Firstly, speed will decrease 0.2 kph per detection. After it reaches the lowest speed, incline 1% will decrease per detection.

MAXIMUM HEARTBEAT SETTING (Default setting: 30 years old)

Level 1: $(220 - \text{age}) \times 60\%$

Level 2: $(220 - \text{age}) \times 75\%$




Level 3: $(220 - \text{age}) \times 85\%$

For User Program (U1, U2)

- Step 1. Press SPEED or INCLINE \uparrow / \downarrow to choose User program U1 or U2.
- Step 2. Press and hold \leftarrow button until you hear a "bi" sound and 0 appears on incline window, 0.8 appears on speed window, and first dot flashes on both Dot Matrix.
- Step 3. Press INCLINE \uparrow / \downarrow and SPEED \uparrow / \downarrow to set desired incline and speed on first range.
- Step 4. Press \leftarrow to confirm and second dots flashes on both Dot Matrix.
- Step 5. Repeat above procedures to set from 2nd range to 12th range.
- Step 6. Press \leftarrow to confirm all 12 ranges are set. Default setting time 30 flashes.
- Step 7. Press SPEED or INCLINE \uparrow / \downarrow or digital button 0 ~ 9 to set desired workout time.
- Step 8. Press \leftarrow to confirm then press \downarrow to start running.

U1 & U2 are for setting two running profiles that you prefer. After finishing setting of two User programs, you may follow below to operate:

Step 1. Press SPEED or INCLINE  /  button to choose U1 or U2.




Step 2. Press , default setting 30:00 flashes, press INCLINE or SPEED  /  to set desired workout time from 10 ~ 99 minutes.


Step 3. Press  and  button to run the profile.

For Target Program (Time, Distance, Calories)




Press  to choose one of three for countdown exercise.

Target Time Program

Step 1. Press  to choose target time. Default setting time 30:00 flashes, press INCLINE or SPEED  /  to set desired workout time from 10 ~ 99 minutes.




Step 2. Press  and  to start running.


Target Distance Program

Step 1. Press  to choose target distance. Default setting 1.0 flashes, press INCLINE or SPEED  /  to set desired workout distance from 1 ~ 20 km.

Step 2. Press  and  to start running.

Target Calories Program

Step 1. Press  to choose target calories. Default setting 10.0 flashes, press INCLINE or SPEED  /  to set desired workout calories from 10 ~ 990 KCAL.

Step 2. Press  and  to start running.

When the set data counts down to 0, machine will stop automatically.

MASTER POWER SWITCH LOCATION

To complete shut off power to the treadmill, turn off master power switch and unplug from outlet .



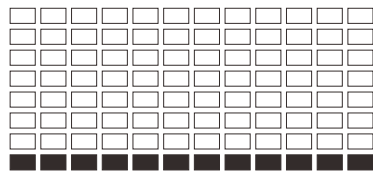
PROFILES FOR PROGRAMS

P 1 ~ P 4 PROGRAM FOR SPEED

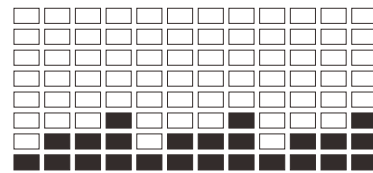
LEVEL 1	P1		P2		P3		P4	
	INCLINE	SPEED	INCLINE	SPEED	INCLINE	SPEED	INCLINE	SPEED
Interval 1	0 %	2.0 KPH	0 %	2.0 KPH	0 %	3.0 KPH	0 %	3.0 KPH
Interval 2	0 %	3.0 KPH	0 %	4.0 KPH	0 %	6.0 KPH	0 %	3.0 KPH
Interval 3	0 %	4.0 KPH	0 %	6.0 KPH	0 %	8.0 KPH	0 %	5.0 KPH
Interval 4	0 %	5.0 KPH	0 %	2.0 KPH	0 %	8.0 KPH	0 %	6.0 KPH
Interval 5	0 %	2.0 KPH	0 %	4.0 KPH	0 %	8.0 KPH	0 %	8.0 KPH
Interval 6	0 %	3.0 KPH	0 %	6.0 KPH	0 %	6.0 KPH	0 %	6.0 KPH
Interval 7	0 %	4.0 KPH	0 %	2.0 KPH	0 %	8.0 KPH	0 %	3.0 KPH
Interval 8	0 %	5.0 KPH	0 %	4.0 KPH	0 %	8.0 KPH	0 %	3.0 KPH
Interval 9	0 %	2.0 KPH	0 %	6.0 KPH	0 %	3.0 KPH	0 %	5.0 KPH
Interval 10	0 %	3.0 KPH	0 %	2.0 KPH	0 %	6.0 KPH	0 %	6.0 KPH
Interval 11	0 %	4.0 KPH	0 %	4.0 KPH	0 %	8.0 KPH	0 %	8.0 KPH
Interval 12	4 %	5.0 KPH	4 %	6.0 KPH	4 %	3.0 KPH	4 %	6.0 KPH

Level 2 is based on Level 1, but each interval increases speed 2.0kph.

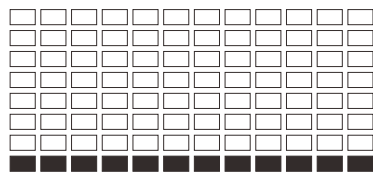
Level 3 is based on Level 2, but each interval increases speed 2.0kph.



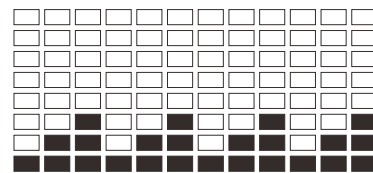
INCLINE DOT MATRIX



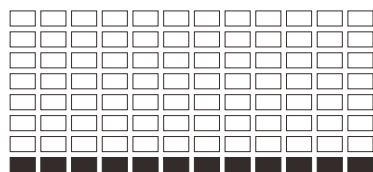
SPEED DOT MATRIX



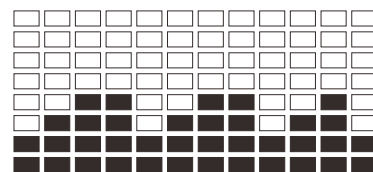
INCLINE DOT MATRIX



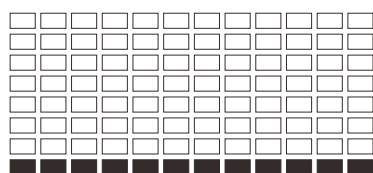
SPEED DOT MATRIX



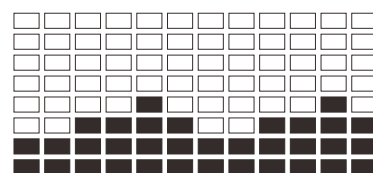
INCLINE DOT MATRIX



SPEED DOT MATRIX



INCLINE DOT MATRIX

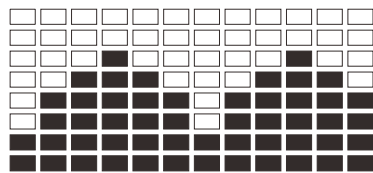


SPEED DOT MATRIX

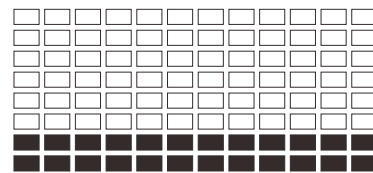
P 5 ~ P 8 PROGRAM FOR INCLINE

LEVEL 1	P5		P6		P7		P8	
	INCLINE	SPEED	INCLINE	SPEED	INCLINE	SPEED	INCLINE	SPEED
Interval 1	2 %	4.0 KPH	2 %	4.0 KPH	2 %	4.0 KPH	3 %	4.0 KPH
Interval 2	4 %	4.0 KPH	3 %	4.0 KPH	4 %	4.0 KPH	6 %	4.0 KPH
Interval 3	6 %	4.0 KPH	4 %	4.0 KPH	6 %	4.0 KPH	6 %	4.0 KPH
Interval 4	8 %	4.0 KPH	2 %	4.0 KPH	2 %	4.0 KPH	8 %	4.0 KPH
Interval 5	6 %	4.0 KPH	3 %	4.0 KPH	4 %	4.0 KPH	8 %	4.0 KPH
Interval 6	4 %	4.0 KPH	4 %	4.0 KPH	6 %	4.0 KPH	3 %	4.0 KPH
Interval 7	2 %	4.0 KPH	5 %	4.0 KPH	2 %	4.0 KPH	3 %	4.0 KPH
Interval 8	4 %	4.0 KPH	7 %	4.0 KPH	4 %	4.0 KPH	6 %	4.0 KPH
Interval 9	6 %	4.0 KPH	8 %	4.0 KPH	6 %	4.0 KPH	6 %	4.0 KPH
Interval 10	8 %	4.0 KPH	2 %	4.0 KPH	2 %	4.0 KPH	8 %	4.0 KPH
Interval 11	6 %	4.0 KPH	3 %	4.0 KPH	4 %	4.0 KPH	8 %	4.0 KPH
Interval 12	4 %	4.0 KPH	4 %	4.0 KPH	6 %	4.0 KPH	3 %	4.0 KPH

Level 2 is based on Level 1, but each interval increases 1% incline and remains same speed.
 Level 3 is based on Level 2, but each interval increases 1% incline and remains same speed.

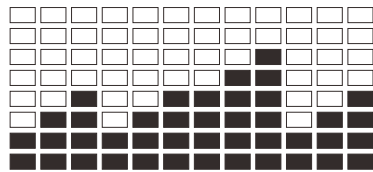


INCLINE DOT MATRIX

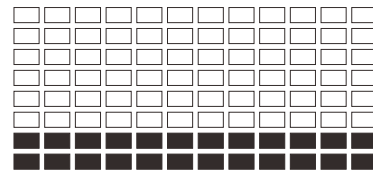


SPEED DOT MATRIX

P5

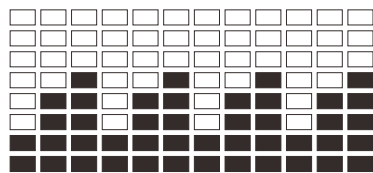


INCLINE DOT MATRIX

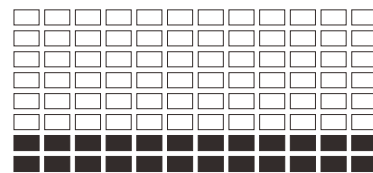


SPEED DOT MATRIX

P6

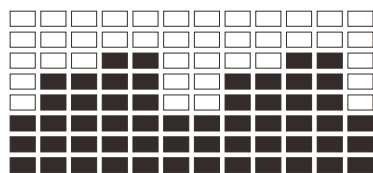


INCLINE DOT MATRIX

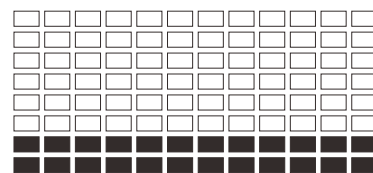


SPEED DOT MATRIX

P7



INCLINE DOT MATRIX



SPEED DOT MATRIX

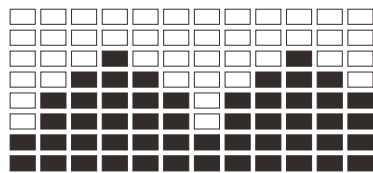
P8

P9 ~ P12 PROGRAM FOR SPEED & INCLINE

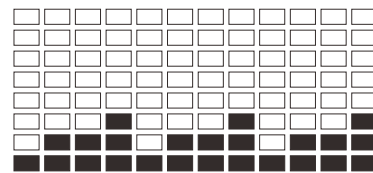
LEVEL 1	P9		P10		P11		P12	
	INCLINE	SPEED	INCLINE	SPEED	INCLINE	SPEED	INCLINE	SPEED
Interval 1	2 %	2.0 KPH	2 %	2.0 KPH	2 %	3.0 KPH	3 %	3.0 KPH
Interval 2	4 %	3.0 KPH	3 %	4.0 KPH	4 %	6.0 KPH	6 %	3.0 KPH
Interval 3	6 %	4.0 KPH	4 %	6.0 KPH	6 %	8.0 KPH	6 %	5.0 KPH
Interval 4	8 %	5.0 KPH	2 %	2.0 KPH	2 %	8.0 KPH	8 %	6.0 KPH
Interval 5	6 %	2.0 KPH	3 %	4.0 KPH	4 %	8.0 KPH	8 %	8.0 KPH
Interval 6	4 %	3.0 KPH	4 %	6.0 KPH	6 %	6.0 KPH	3 %	6.0 KPH
Interval 7	2 %	4.0 KPH	5 %	2.0 KPH	2 %	8.0 KPH	3 %	3.0 KPH
Interval 8	4 %	5.0 KPH	7 %	4.0 KPH	4 %	8.0 KPH	6 %	3.0 KPH
Interval 9	6 %	2.0 KPH	8 %	6.0 KPH	6 %	3.0 KPH	6 %	5.0 KPH
Interval 10	8 %	3.0 KPH	2 %	2.0 KPH	2 %	6.0 KPH	8 %	6.0 KPH
Interval 11	6 %	4.0 KPH	3 %	4.0 KPH	4 %	8.0 KPH	8 %	8.0 KPH
Interval 12	4 %	5.0 KPH	4 %	6.0 KPH	6 %	3.0 KPH	3 %	6.0 KPH

Level 2 is based on Level 1, but each interval increases 1% incline and speed 2.0kph.

Level 3 is based on Level 2, but each interval increases 1% incline and speed 2.0kph.

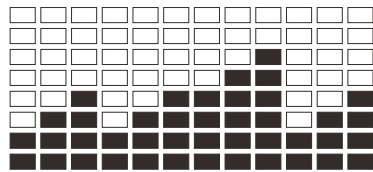


INCLINE DOT MATRIX

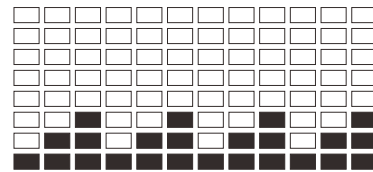


SPEED DOT MATRIX

P9

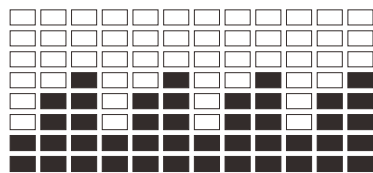


INCLINE DOT MATRIX

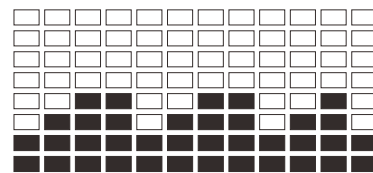


SPEED DOT MATRIX

P10

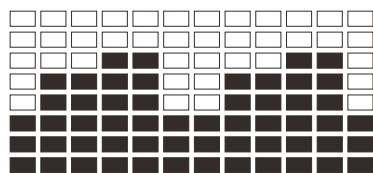


INCLINE DOT MATRIX

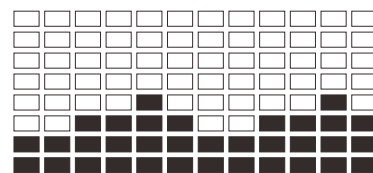


SPEED DOT MATRIX

P11



INCLINE DOT MATRIX



SPEED DOT MATRIX

P12

MASTER CONSOLE FUNCTION DESCRIPTION



1. INCLINE: 0 ~ 12%. 8 x 12 Dot Matrix will show circle of running and incline data.
2. TIME: 00:00 ~ 99.59. Default setting: 30 minutes. Trees will flash in running.
3. SPEED: 0.8 ~ 16 KPH (AeroWork 890), 0.8 ~ 18 KPH (AeroWork 897),
8 x 12 Dot Matrix will show lap for 400m and speed data.
4. PULSE: 40 ~ 200BPM. Polar compatible receiver is built in.
5. PROG: 0 - 01 ~ 12 – H1 – H2 - H3 – U1 – U2
6. CALORIES: 10 ~ 990 KCAL, default setting: 10
7. STEP: 0 ~ 9999
8. AGE: 10 ~ 99, default setting: 30 years old
9. DIST: 1 ~ 20 KM, default setting: 1 KM
10. LEVEL: L1 ~ L3

STEP:

Remarks:

1. This machine offers function of walking training to detect and accumulate total walking steps to incorporate user's own count goal.
2. Step count will start in 20 seconds after user steps on the machine and walks around 20 ~ 30 steps. Step count will be mistakes if user does not walk on the machine.
3. The accuracy will be less for those who walk lightly. So, users over 45.5kg (100lbs) and walk at 2 ~ 6 kph (1.25 ~ 3.75mph) in stable step will get higher accuracy around 97%.

MASTER CONSOLE BUTTON OPERATION

1. SPEED BUTTON:

- 1). To choose program & level (Manual, P1 ~ P12, H1 ~ H3, U1 ~ U2, L1 ~ L3)
- 2). To increase or decrease speed
- 3). To do adjustment of set data

2. ENTER BUTTON:

Push to confirm set data

3. START BUTTON:

To start the machine

4. FIGURE BUTTON:

- 1). For quick speed adjustment, press figure then press SPEED button.
Ex: Press 8 then press SPEED, speed is adjusted to 8.0 kph.
Press 16 then press SPEED, speed is adjusted to 16.0 kph.
- 2). For quick incline adjustment, press figure then press INCLINE button.
Ex: Press 5 then press INCLINE, incline is adjusted to 5%.
- 3). For quick selection of program, press figure then press ENTER.
Ex: MANUAL: Press 0 then press ENTER
P1: Press 1 then press ENTER
P12: Press 1 & 2 then press ENTER
H1 (P13): Press 1 & 4, then press ENTER
H3 (P15): Press 1 & 5, then press ENTER
U1 (P16): Press 1 & 6, then press ENTER
U2 (P17): Press 1 & 7, then press ENTER

5. RESET BUTTON

- 1). In Stop mode, press RESET button to resume to standby mode.
- 2). In selecting program, press RESET button to resume to standby mode.
- 3). In setting data, press RESET button to resume to default setting.

6. STOP BUTTON

- 1). Press Stop button to pause, incline will descend to 0%. Press Start button to restart, machine runs from originally set incline, speed from 0.8 kph.
- 2). 20 minutes after pause mode, whole system will be reset.

7. INCLINE BUTTON

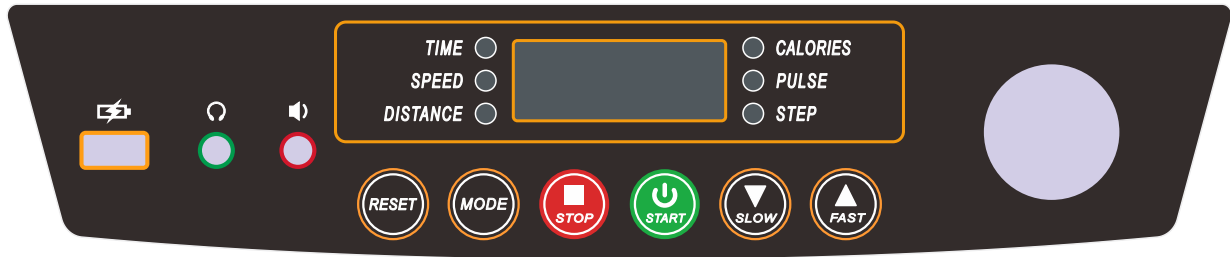
- 1). To choose program & level (Manual, P1 ~ P12, H1 ~ H3, U1 ~ U2, L1 ~ L3).
- 2). To increase or decrease incline.
- 3). To do adjustment of set data.

SECONDARY CONTROL PANEL OPERATION(0.8 ~ 6KPH)

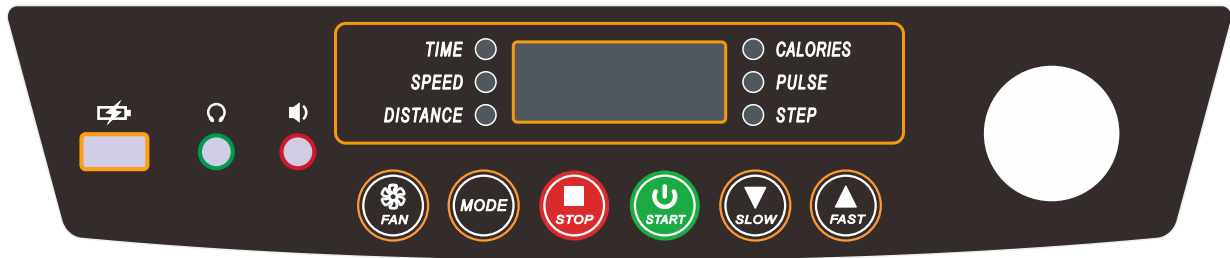
Once master console is flipped down, insert safety key, Time on secondary control panel will light up for operation.

1. Press Start button to begin exercise, Time flashes as Scan mode to display TIME, SPEED, DISTANCE, CALORIES, PULSE, and STEP in sequence.
2. In Scan mode, when adjusting speed, it jumps to SPEED, 5 seconds after, it starts to re-scan and jumps to DISTANCE, then CALORIES, PULSE, and STEP in sequence.
3. In scan mode, when user wears transmitter, it will jump and stay on PULSE to show heart rate. Then you may Press MODE to jump to STEP. Press MODE again, TIME flashes, to switch back to scan mode to show all function in sequence. When user takes off transmitter to stop detecting pulse, it restarts to scan from STEP, then TIME, SPEED, DISTANCE, CALORIES, and PULSE in sequence.
4. In scan mode, whenever user holds both hands on the pulse plates to detect pulse rate, it will jump and stay on PULSE. And after user leaves their hand from pulse plate to stop detecting pulse rate, it jumps to STEP to re-scan all function in sequence. Or, just press MODE to jump to STEP.
5. To focus on specific function, just press MODE button to select the one you prefer.

SECONDARY CONTROL PANEL FUNCTION DESCRIPTION



(890)



(897)

1. TIME: 00:00 ~ 99.59
2. SPEED: 0.8 ~ 6 KPH
3. DIST: 1 ~ 20 KM
4. CALORIES: 10 ~ 990 KCAL
5. PULSE: 40 ~ 200 BPM
6. STEP: 0 ~ 9999

STEP:

Remarks:

1. This machine offers function of walking training to detect and accumulate total walking steps to incorporate user's own count goal.
2. Step count will start in 20 seconds after user steps on the machine and walks around 20 ~ 30 steps. Step count will be mistakes if user does not walk on the machine.
3. The accuracy will be less for those who walk lightly. So, users over 45.5kg (100lbs) and walk at 2 ~ 6 kph (1.25 ~ 3.75mph) in stable step will get higher accuracy around 97%.

SECONDARY CONTROL PANEL BUTTON OPERATION

1. FAN BUTTON (Only For 897)

To turn fan on or off. It also works when master computer flips up.

2. MODE BUTTON

To show and switch each function.

3. STOP BUTTON

- 1). To stop the machine.
- 2). 20 minutes after pause mode, whole system will be reset.

4. START BUTTON

To start the machine.

5. SLOW / FAST BUTTON

To decrease or increase speed.

6. 10W USB CHARGER for tablet and cell phone

7. FOR HEADPHONE

8. FOR AUDIO INPUT

9. RESET BUTTON (Only For 890)

- 1). In Stop mode, press RESET button to resume to standby mode.
- 2). In selecting program, press RESET button to resume to standby mode.
- 3). In setting data, press RESET button to resume to default setting.

NOTE : If no one runs on the treadmill, machine will stop automatically after 3 minutes.

HANDLEBAR SPEED BUTTON

Speed can be controlled from handlebar speed button by increasing or decreasing 0.5 KPH.

HANDLEBAR INCLINE BUTTON

Incline can be controlled from handlebar incline button. Please note this is not available when using secondary control panel.

APP OPERATION (For AeroWork 897 & optional for AeroWork 890)



System requirements:

Support Android 4.3 or above with Bluetooth 3.0 and 4.0.

Support iOS 9 or above with Bluetooth 3.0 and 4.0.

APP installation:

For Android system search "Fit Hi Way" on the Google play.

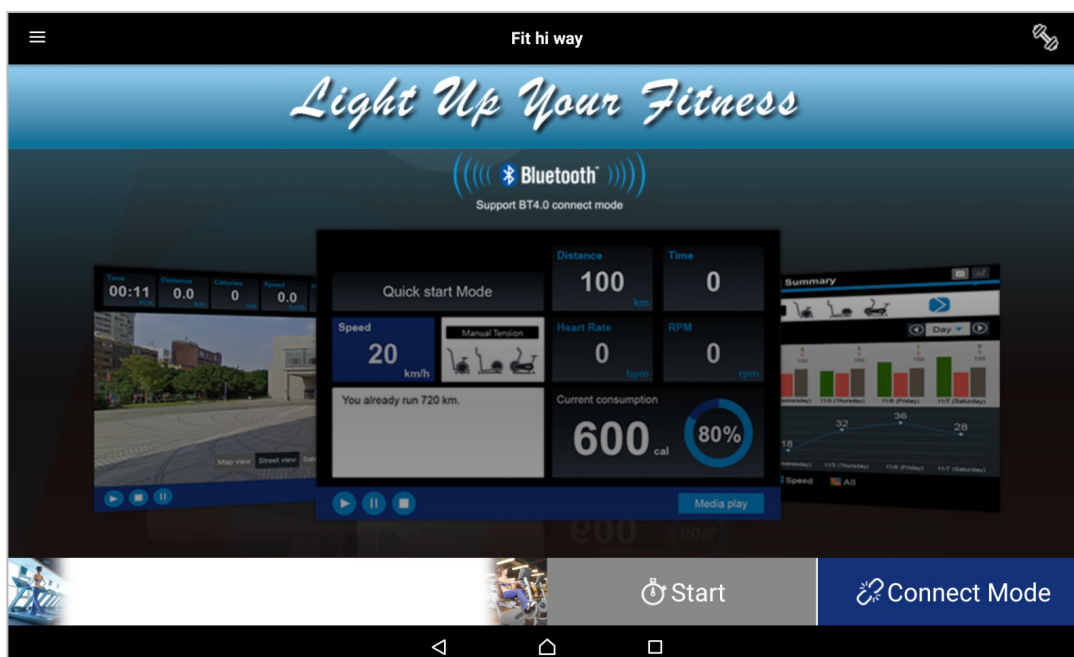
For China search "Fit Hi Way" on the Baidu.

For iOS search "Fit Hi Way" on the App store.

Please either scan the QR Code or link to website:

www.jkexer.com to read how to operate.

1. Press the green "START" button on the console instead of the green "START" button on the smart device to start the treadmill.
2. The "TA..." sound is to keep user alert that the treadmill is about to start.
3. To start the Map Run Mode, press "Blue Arrow" on the upper right corner before pressing the "START" button on the console.



WARNING:

For safety concern, suggest do not operate tablet or laptop when you are running or walking at high speed.

CAUTION:

1. Use the master console for operation when it is flipped up for running mode with max speed up to 16 / 18 KPH.
2. Use the secondary control panel for operation when the console is flipped down for walking mode with limited speed of 6 KPH.
3. The fan button on the secondary control panel is available at both modes. (For 897)

ERROR MESSAGE & TROUBLE SHOOTING

E1 (ERROR 1):

When the machine starts but computer could not read the signal from sensor for 7 seconds, E1 will be shown on the computer.

E6 (ERROR 6):

When the machine starts but computer could not read the VR signal from incline motor for 6 seconds, E6 will be shown on the computer.

If any above trouble happens, please consult the distributor.

E3 (ERROR 3):

It happens only in HRC mode (H1, H2, or H3) when user's heart rate is 20 beats more than target heart rate and last for over 30 seconds. For your safety, you should stop running when E3 appears.

SMELL

If any smell comes out from motor, please firstly spray out some silicone on the running board (Please refer to page: RUNNING BOARD MAINTENANCE), and see if the situation improves. Then consult the distributor for necessary help.

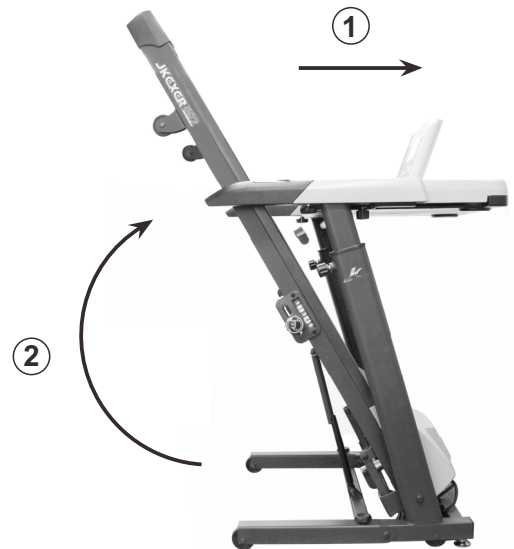
HOW TO USE ASA (ADJUSTABLE SHOCK-ABSORBING) SYSTEM

There is an ASA system (Adjustable Shock Absorbing system) installed on two sides of main frame. By turning the knob, user can change shock intensity from soft (1) (decrease 60%) to Firm (5) (decrease 20%). Do not adjust it when some one is running on the machine.



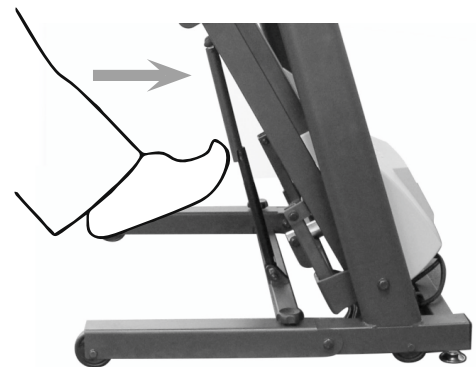
HOW TO FOLD UP FOR STORAGE

Please refer to the photo. Firstly, move desktop to the very front of the machine, then lift the rear end of the frame to the computer till you hear a "CLICK" sound from cylinder then push and pull it to make sure the frame is fixed.



HOW TO FOLD DOWN FOR EXERCISE

There is a safety pin on the air-shock . To fold down the frame, please hold your hand on the frame and use your foot to push at the center of air shock (as photo shown) then lean down the frame onto the ground.



HOW TO TRANSPORT

There are 4 wheels at the front bottom of frame. So the machine can be easily moved after frame is folded up.

Step 1. Fold the frame up (Please refer to HOW TO FOLD UP FOR STORAGE) .

Step 2. Screw in 4 balancers not to touch ground, then push frame for moving.

To screw in 4 balancers, suggest you may tilt the frame in one side to screw in two balancers, then do the same to screw in 2 balancers in another side.

WARNING

To avoid any danger happening to children, please note:

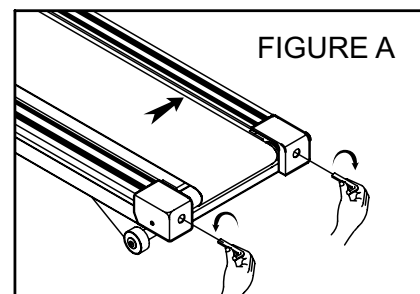
1. Do not allow children to use the machine alone.
2. Turning off master power switch and unplug power cable from outlet when not in use.
3. For safety reason, always keep the children away from folding area.

ALIGNING THE RUNNING BELT

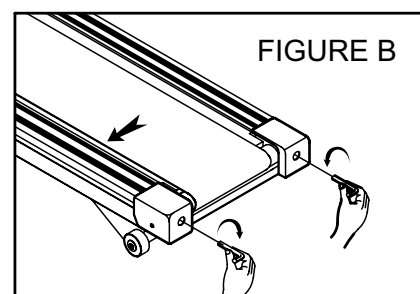
Ensure the running belt is centered on your treadmill at all times. Running style and Non-level surface are two instances which may cause the belt to drift off center.

Minor adjustments to the two bolts at the rear of the treadmill are necessary when the belt has drifted off center (See Fig. A & B).

1. Press the Master Power Switch (located at the front of the treadmill) to ON position and ensure Safety Key is properly placed onto the computer console, press the START button to begin running, then increase the treadmill's speed to 3 kph.
2. Stand right behind the treadmill and to determine which side the belt is drifting.
3. If the belt drifts to the right, turn the right adjustment bolt one-quarter of a turn clockwise and the left adjustment bolt one-quarter counter clockwise (See Fig. A).
4. If the belt drifts to the left, turn the left adjustment bolt one-quarter of a turn clockwise and turn the right adjustment bolt one-quarter turn counter-clockwise (See Fig. B).
5. Observe the tracking of the belt for about two minutes. Repeat Steps 3, 4, and 5 as needed.



Drifts To The Right



Drifts To The Left

ADJUSTING THE RUNNING BELT TENSION

Adjust the belt tension if it begins to slip on the rollers. This is important as it increased the longevity of the treadmills components.

Before adjusting belt tension, keep the belt loose.

1. Turn the MASTER POWER SWITCH to the ON position and make sure safety key is properly placed onto the computer console.
2. Press START button to start running the belt, then increase speed to 3KPH.
3. Turn both adjustment screws an equal amount, approximately one-quarter turn clockwise.
4. Slow the belt by holding onto the handrails and applying more weights as you walk, (as if you are walking downhill).
5. Then stepping heavily on the belt to see if the belt slips. If the belt slips, adjust one-quarter turn clockwise and repeat STEP 4 if necessary.

CLEANING AND INSPECTING THE RUNNING BELT

Turn off power and unplug from electrical outlet.

Carefully position the treadmill on its side.

Use a damp cloth to wipe off the inside of the running belt. Carefully rotate the running belt by hand to clean the entire inside face. Return treadmill to its upright Position.

If running belt edges are frayed, check the running belt adjustment.

If seams are splitting, call your retailer or nearest authorized service center.

CLEANING

Firstly, make sure the treadmill is off and unplugged from the electrical outlet.

To remove dust, use a small vacuum nozzle to carefully vacuum around all visible components.

To remove film or dust, use a slightly damp rag with a mild cleaning agent sprayed onto the rag only.

Be careful not to immerse any treadmill component with any liquids.

INSPECT FASTENERS AND WIRING

Check that all fasteners are properly tightened and all wiring is securely in place. To avoid damaging fasteners, do not over tighten.

STORAGE

Store your treadmill in a clean and dry environment. Make sure the master power switch is off and is unplugged from the electrical outlet.

HOW TO WORK OUT SAFELY AND EFFICIENTLY

First of all, we strongly suggest you to check with your doctor before you start your walking program. Of course, if you have arthritis, anemia, low back pain, uncontrolled diabetes, or serious diseases of the lungs, kidneys, liver, or heart, you should see a doctor regularly anyway.

To work out efficiently, we suggest using your heart rate as a guide. Everyone has what is called a "Maximum Heart Rate". Your maximum heart rate is the number of beats your heart makes per minute when you are running as far, as fast, and as long as possible. Although it varies from person to person, your maximum heart rate is roughly 220 minus your age. That is, if you are 20 years old, your maximum heart rate is about 200; If you are 40, it is about 180.

However, it could be dangerous if exercise at your maximum heart rate. And physiologists have figured out a safe heart range for most people. They call it "Target Heart Rate". This Target Heart Rate, as it is called in cardiovascular exercise programs, is considered about 60 to 85 percent of your Maximum Heart Rate. This is your optimum level for exercise. Exercise at least 3 times a week, keep your heart beat within Target Heart Rate for minimum 20 minutes per time will get the most advantage of your workout.

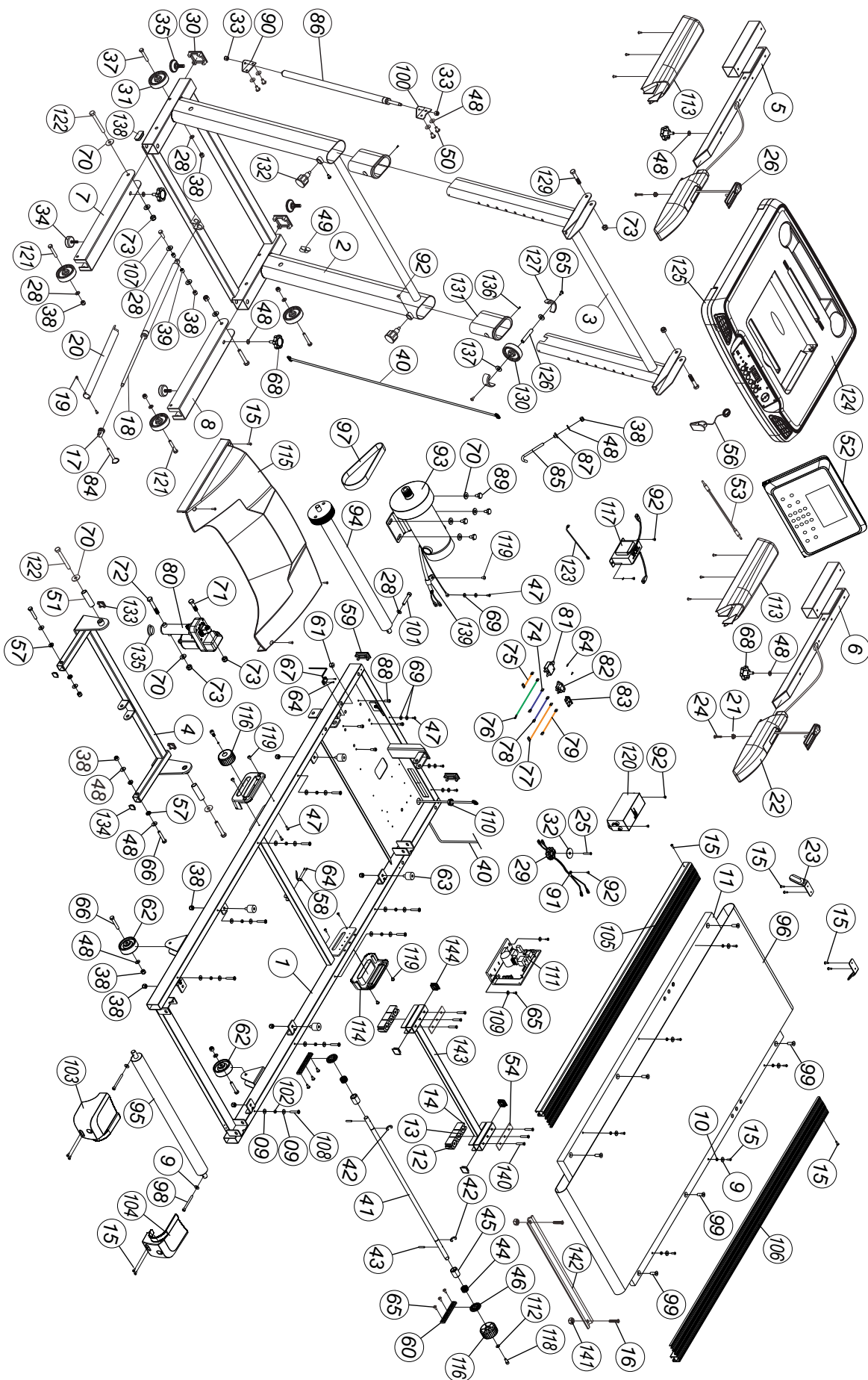
For example:

If you are 30 years old, your Maximum Heart Rate is $220 - 30 = 190$

Your Target Heart Rate is about $114 \sim 160$

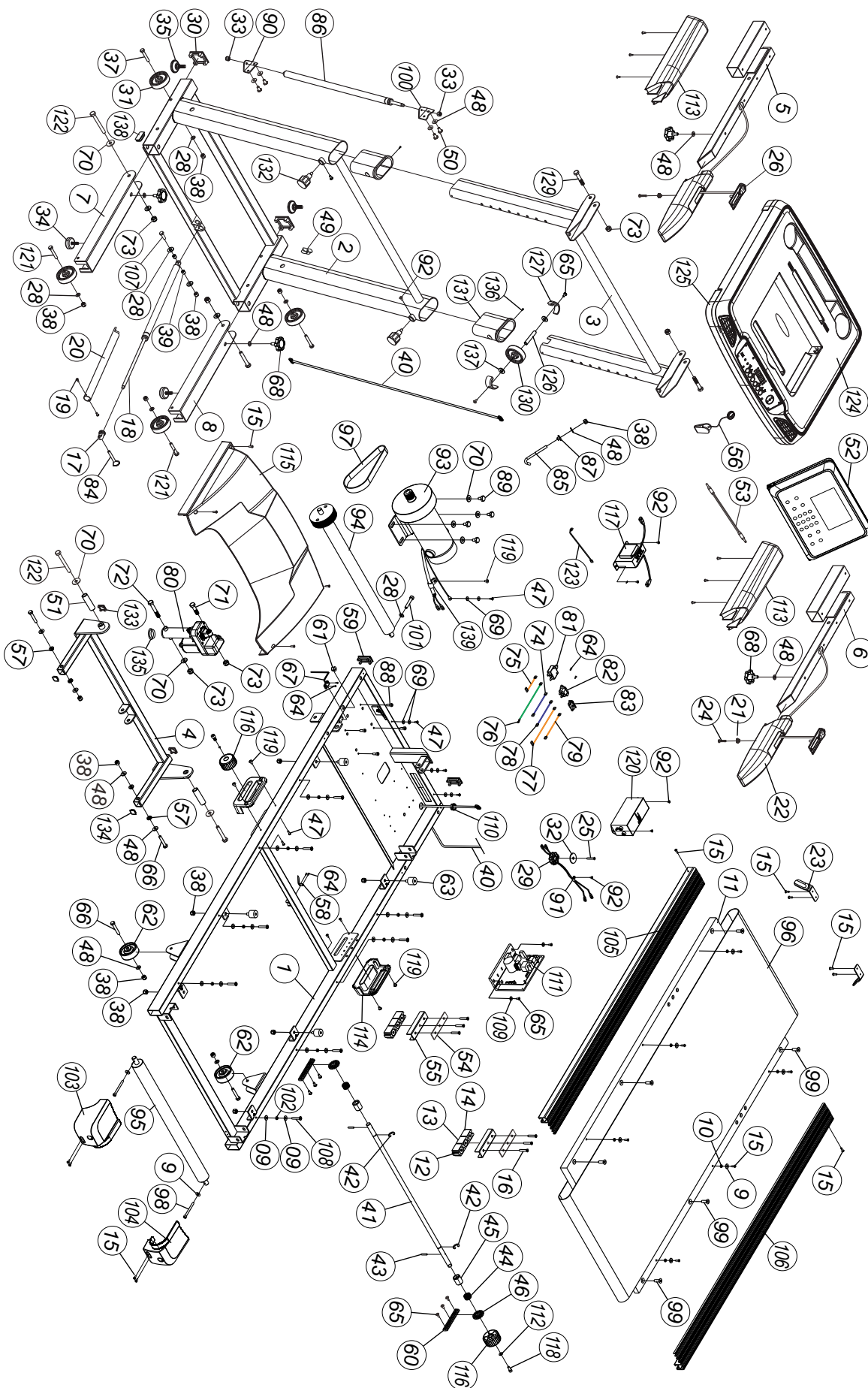
$190 \times 60\% = 114$

$190 \times 85\% = 161.5$



Parts No.**(890)**

No	Description	No	Description	No	Description
1	MAIN FRAME	49	CABLE FIXER	97	BELT (190-J8)
2	BOTTOM FRAME	50	BOLT (M8 x 15L)	98	SCREW (M6 x 65L)
3	SUPPORT FRAME	51	BUSH (Ø15.8 x 2.6t x 51L)	99	BOLT (M8 x 30L)
4	FRONT FRAME	52	COMPUTER	100	L-PLATE (UPPER)
5	ARMREST FRAME (L)	53	AUDIO CABLE (600L)	101	BOLT (M8 x 45L)
6	ARMREST FRAME (R)	54	PLATE (110 x 25 x 2t)	102	BUSHING (Ø6 x Ø10 x 3.5L)
7	PLATE FRAME (L)	56	SAFETY KEY	103	REAR COVER (L)
8	PLATE FRAME (R)	57	BUSH (Ø8 x Ø11.5 x 6.5L)	104	REAR COVER (R)
9	WASHER (Ø6 x Ø16 x 1t)	58	SPRING PLATE	105	SIDE RAIL (L)
10	T-BUSHING (808A-N2W)	59	END CAP (25.4 x 50.8)	106	SIDE RAIL (R)
11	RUNNING DECK	60	RACK (POM)	107	BOLT (M8 x 45L)
12	CUSHION (40D)	61	FIXING CAP (Ø12 x Ø3.5)	108	SCREW (M6 x 35L)
13	CUSHION (60D)	62	WHEEL (Ø65)	109	WASHER (Ø5 x Ø13 x 1t)
14	CUSHION (80D)	63	ROUND CUSHION (60D)	110	FASTENER (OSBR-22)
15	SCREW (5/32" x 16L)	64	SCREW (M3 x 10L)	111	CONTROL BOX
16	SCREW (M6 x 35L)	65	SCREW (M5 x 12L)	112	WASHER (Ø6 x Ø13 x 1t)
17	AIR SHOCK FASTENER	66	BOLT (M8 x 45L)	113	ARMREST COVER
18	AIR SHOCK (492L)	67	SENSOR	114	ASA COVER
19	SCREW (M4 x 10L)	68	KNOB	115	BIG COVER
20	SAFETY TUBE	69	BS WASHER (M4)	116	ASA KNOB
21	PLASTIC WASHER (01-N2B)	70	WASHER (Ø10 x Ø22 x 2t)	117	CHOKE (6mH)
22	PU FOAM	71	BOLT (M10 x 40L)	118	SCREW (M6 x 15L)
23	CENTER BAR	72	BOLT (M10 x 60L)	119	SCREW (M5 x 8L)
24	SCREW (5/32" x 50L)	73	NYLON NUT (M10)	120	FILTER (10A)
25	SCREW (M5 x 30L)	74	CABLE (90 / blue)	121	BOLT (M8 x 65L)
26	HANFLE PULSE (Incline)	75	CABLE (60 / brown)	122	BOLT (M10 x 70L)
27	HANDLE PULSE (Speed)	76	CABLE (160 / Yellow-Green)	123	CABLE (200 / blue)
28	WASHER (Ø8 x Ø16 x 1t)	77	CABLE (170 / brown)	124	TABLE CASE (UPPER)
29	MAGNET COIL	78	CABLE (100 / blue)	125	TABLE CASE (BOTTOM)
30	END CAP (50 x 50)	79	CABLE (100 / brown)	126	BOLT (M8 x 75L)
31	WHEEL (Ø70)	80	INCLINE MOTOR	127	SLIDER
32	WASHER (Ø8 x Ø35 x 2t)	81	BREAKER (10A)	129	BOLT (M10 x 50L)
33	NYLON NUT (M8 x 6t)	82	POWER SOCKET	130	WHEEL (Ø46)
34	ADJUSTING TIP(Ø40)	83	POWER SWITCH	131	SLEEVE (50 x 100)
35	ADJUSTING TIP(Ø44)	84	FIXED PIN	132	POP PIN
37	BOLT (M8 x 60L)	85	L-HOOK	133	END CAP (25.4 x 25.4)
38	NYLON NUT (M8)	86	AIR SHOCK (905L)	134	END CAP (22.2 x 22.2)
39	BUSH (Ø11 x 1.2t x 10.5L)	87	BUSH (Ø20+10 x Ø8 x 7+3L)	135	END CAP (Ø35)
40	CABLE (7P x 1550L)	88	SCREW (M6 x 6L)	136	SCREW (M3 x 8L)
41	CHSHION SHAFT	89	BOLT (M10 x 15L)	137	FAST NUT
42	E-CLIP (ETW-12)	90	L-PLATE (BOTTOM)	138	END CAP (20 x 40)
43	SPRING PIN (Ø4.5 x 22L)	91	FIXING CLIP (UCR-0.5)	139	FIXING CLIP (ACC-2-B)
44	SPRING (Ø14.5 x Ø1.5 x 13L)	92	SCREW (M4 x 6L)	140	SCREW (M6 x 60L)
45	BUSH (Ø14 x Ø24 x 27.5L)	93	MOTOR	141	NYLON NUT (M6 x 5.8T)
46	GEAR (POM)	94	FRONT ROLLER	142	SUPPORT PLATE
47	SCREW (5/32" x 12.7L)	95	REAR ROLLER	143	SUPPORT FRAME (ASA)
48	WASHER (Ø8 x Ø19 x 1.5t)	96	RUNNING BELT	144	END CAP (30 x 30)



Parts No.

No	Description	No	Description	No	Description
1	MAIN FRAME	48	WASHER (Ø8 x Ø19 x 1.5t)	94	FRONT ROLLER
2	BOTTOM FRAME	49	CABLE FIXER	95	REAR ROLLER
3	SUPPORT FRAME	50	BOLT (M8 x 15L)	96	RUNNING BELT
4	FRONT FRAME	51	BUSH (Ø15.8 x 2.6t x 51L)	97	BELT (190-J8)
5	ARMREST FRAME (L)	52	COMPUTER	98	SCREW (M6 x 65L)
6	ARMREST FRAME (R)	53	AUDIO CABLE (600L)	99	BOLT (M8 x 30L)
7	PLATE FRAME (L)	54	PLATE (110 x 25 x 2t)	100	L-PLATE (UPPER)
8	PLATE FRAME (R)	55	U-BRACKET	101	BOLT (M8 x 45L)
9	WASHER (Ø6 x Ø16 x 1t)	56	SAFETY KEY	102	BUSHING (Ø6 x Ø10 x 3.5L)
10	T-BUSHING (808A-N2W)	57	BUSH (Ø8 x Ø11.5 x 6.5L)	103	REAR COVER (L)
11	RUNNING DECK	58	SPRING PLATE	104	REAR COVER (R)
12	CUSHION (40D)	59	END CAP (25.4 x 50.8)	105	SIDE RAIL (L)
13	CUSHION (60D)	60	RACK (POM)	106	SIDE RAIL (R)
14	CUSHION (80D)	61	FIXING CAP (Ø12 x Ø3.5)	107	BOLT (M8 x 45L)
15	SCREW (5/32" x 16L)	62	WHEEL (Ø65)	108	SCREW (M6 x 35L)
16	SCREW (M6 x 35L)	63	ROUND CUSHION (60D)	109	WASHER (Ø5 x Ø13 x 1t)
17	AIR SHOCK FASTENER	64	SCREW (M3 x 10L)	110	FASTENER (OSBR-22)
18	AIR SHOCK (492L)	65	SCREW (M5 x 12L)	111	CONTROL BOX
19	SCREW (M4 x 10L)	66	BOLT (M8 x 45L)	112	WASHER (Ø6 x Ø13 x 1t)
20	SAFETY TUBE	67	SENSOR	113	ARMREST COVER
21	PLASTIC WASHER (01-N2B)	68	KNOB	114	ASA COVER
22	PU FOAM	69	BS WASHER (M4)	115	BIG COVER
23	CENTER BAR	70	WASHER (Ø10 x Ø22 x 2t)	116	ASA KNOB
24	SCREW (5/32" x 50L)	71	BOLT (M10 x 40L)	117	CHOKE (6mH)
25	SCREW (M5 x 30L)	72	BOLT (M10 x 60L)	118	SCREW (M6 x 15L)
26	HANFLE PULSE (Incline)	73	NYLON NUT (M10)	119	SCREW (M5 x 8L)
27	HANDLE PULSE (Speed)	74	CABLE (90 / blue)	120	FILTER (10A)
28	WASHER (Ø8 x Ø16 x 1t)	75	CABLE (60 / brown)	121	BOLT (M8 x 65L)
29	MAGNET COIL	76	CABLE (160 / Yellow-Green)	122	BOLT (M10 x 70L)
30	END CAP (50 x 50)	77	CABLE (170 / brown)	123	CABLE (200 / blue)
31	WHEEL (Ø70)	78	CABLE (100 / blue)	124	TABLE CASE (UPPER)
32	WASHER (Ø8 x Ø35 x 2t)	79	CABLE (100 / brown)	125	TABLE CASE (BOTTOM)
33	NYLON NUT (M8 x 6t)	80	INCLINE MOTOR	126	BOLT (M8 x 75L)
34	ADJUSTING TIP(Ø40)	81	BREAKER (10A)	127	SLIDER
35	ADJUSTING TIP(Ø44)	82	POWER SOCKET	129	BOLT (M10 x 50L)
37	BOLT (M8 x 60L)	83	POWER SWITCH	130	WHEEL (Ø46)
38	NYLON NUT (M8)	84	FIXED PIN	131	SLEEVE (50 x 100)
39	BUSH (Ø11 x 1.2t x 10.5L)	85	L-HOOK	132	POP PIN
40	CABLE (7P x 1550L)	86	AIR SHOCK (905L)	133	END CAP (25.4 x 25.4)
41	CHSHION SHAFT	87	BUSH (Ø20+10 x Ø8 x 7+3L)	134	END CAP (22.2 x 22.2)
42	E-CLIP (ETW-12)	88	SCREW (M6 x 6L)	135	END CAP (Ø35)
43	SPRING PIN (Ø4.5 x 22L)	89	BOLT (M10 x 15L)	136	SCREW (M3 x 8L)
44	SPRING (Ø14.5 x Ø1.5 x 13L)	90	L-PLATE (BOTTOM)	137	FAST NUT
45	BUSH (Ø14 x Ø24 x 27.5L)	91	FIXING CLIP (UCR-0.5)	138	END CAP (20 x 40)
46	GEAR (POM)	92	SCREW (M4 x 6L)	139	FIXING CLIP (ACC-2-B)
47	SCREW (5/32" x 12.7L)	93	MOTOR		

WHEN AND HOW TO MAINTAIN YOUR MOTORIZED TREADMILL ?

ITEM	DAILY (Before Use)	DAILY (After Use)	WEEKLY	MONTHLY	3 MONTHS	6 MONTHS
Machine Itself	Examine if the frame is stable for exercise. Adjust balancer to make it stably positioned on the ground.	Use dry cloth to wipe and clear sweat and dust on the surface of machine.		Use damp cloth to clean. (Do not use Solubility Cleaners.) Use water for plastic parts. Use silicone oil or wax for metal parts.		
Location	Assure enough safe space around the machine, and make sure no dangerous objects around.	Use wet cloth to clean the ground. Do not put wax on the ground.	Vacuum dust at the bottom and around the machine.			
Power Cable	Assure power cable is well-plugged and not pressed by the machine.	Turn off the power or unplug power cable.				
Running Belt	Assure no objects on the belt, and run the machine at 3~5 kph to see if the belt drifts. Please refer to "ALIGNING THE RUNNING BELT" to adjust.	Use dry cloth to wipe and clear the surface of running belt.		Use dry cloth to wipe and clear the surface of running belt. Use damp cloth to clean (Do not use Solubility Cleaners).		
Running Belt Tension Adjustment	Check if running belt is slipping. Please refer to "ADJUSTING RUNNING BELT TENSION" to adjust it.					
Lubrication of Running Belt					Use JK's lubricant silicone oil to lubricate whenever reaching 180km. Please refer to "RUNNING DECK LUBRICATION".	
Location				Check if they are well-fixed and make sure no breakdown on the panel.		
Power Cable				Check if all bolts are firmly fastened and no rusting.		
The Inside of Motor Cover						Open motor cover and vacuum all dust.
Safety Key	Turn the power on and remove safety key to check if it is in normal function.	Make sure safety key is re-placed on the console.				

Lubrication Alert:

1. The word of 'LUBE' will flash in every 3 seconds on the console once accumulated running distance reaches 180KM (or 360, 540,...) to remind user to do the maintenance.
2. Press any button to jump out of the alert mode. Word of 'LUBE' will show up again whenever the machine re-starts if the user doesn't eliminate the word by taking action of No. 3 as below.
3. Press "STOP' & "SPEED Slow (-)" buttons at the same time to eliminate the word of 'LUBE', but distance will keep accumulating.



Factory:
JIH KAO ENTERPRISE CO., LTD