JKEXER ®

Desk Treadmill
AeroWork™ 897

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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
**freeof lint, hair, and the like.**

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 140KGS (308LBS) .
* 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 .

FRONT

2 FEET MIN.

TOP VIEW

LEFT SIDE

RIGHT SIDE

2 FEET MIN.

REAR

2 FEET MIN.
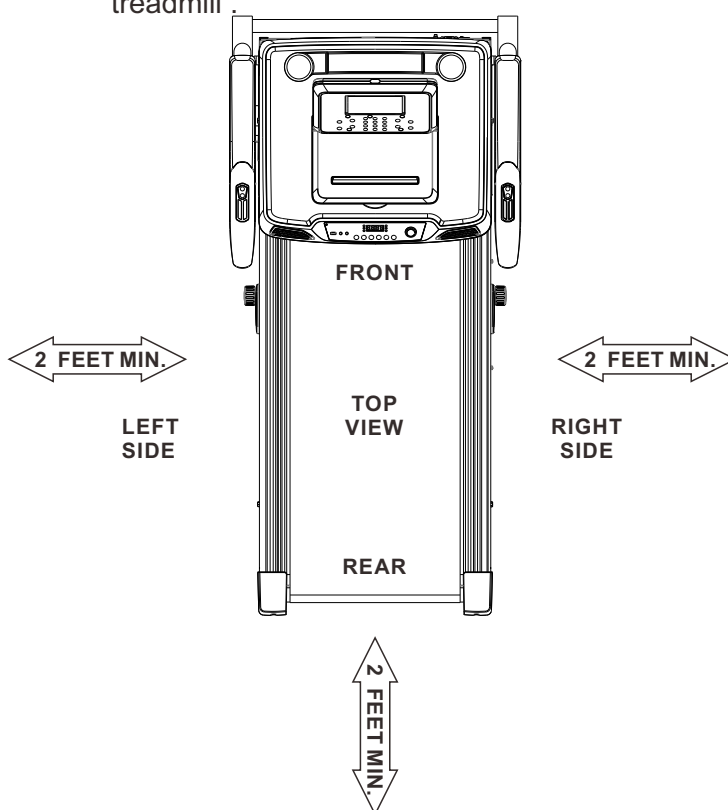
ELECTRICAL GROUNDING INSTRUCTIONS

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, 10 AMP or 220 Volt ,7 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 .
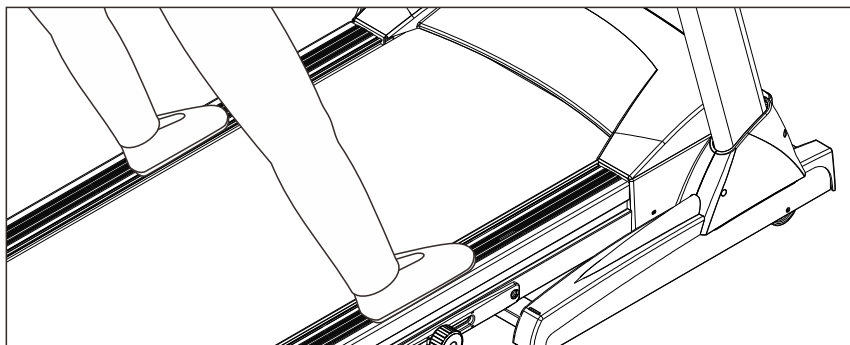
The difference in the RPM of motor is ±10%

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.
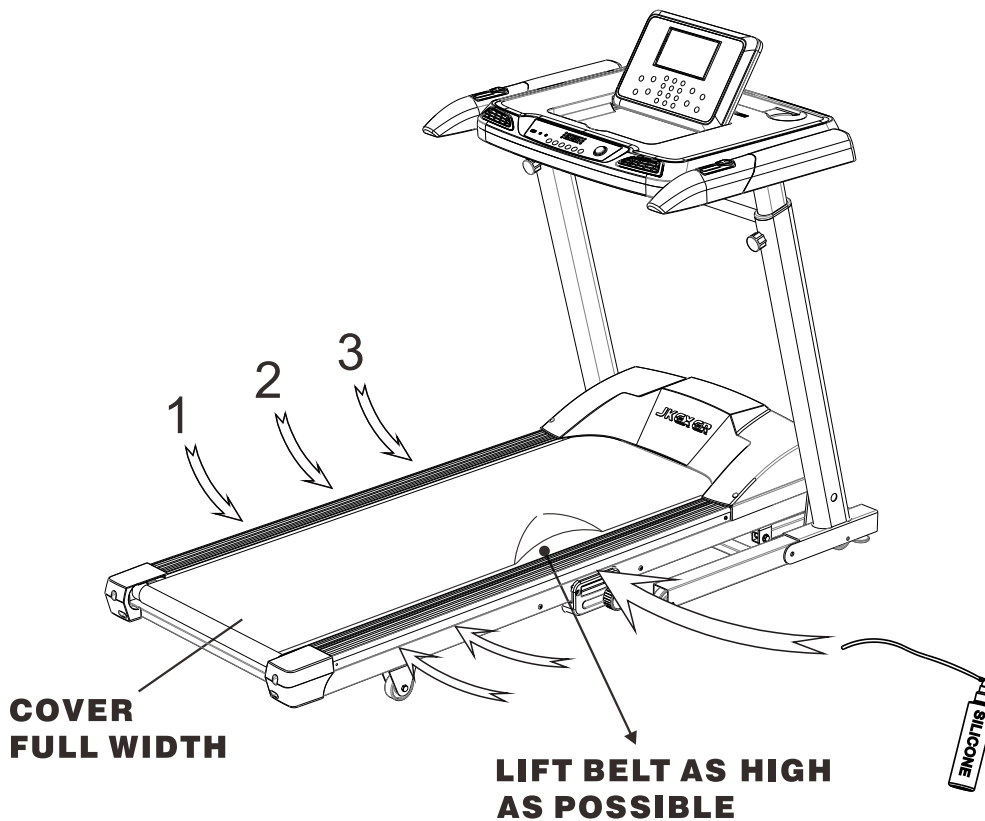
When to lubricate?
High-efficient and low-friction running deck is used on this machine. The deck comes pre-lubricated and subsequent lubrication should be done in every **120** hours, or every **3** months of operation, whichever comes first. Keeping the deck lubricated at the recommended intervals 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

COVER FULL WIDTH

LIFT BELT AS HIGH AS POSSIBLE

How to lubricate?

Follow below 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.
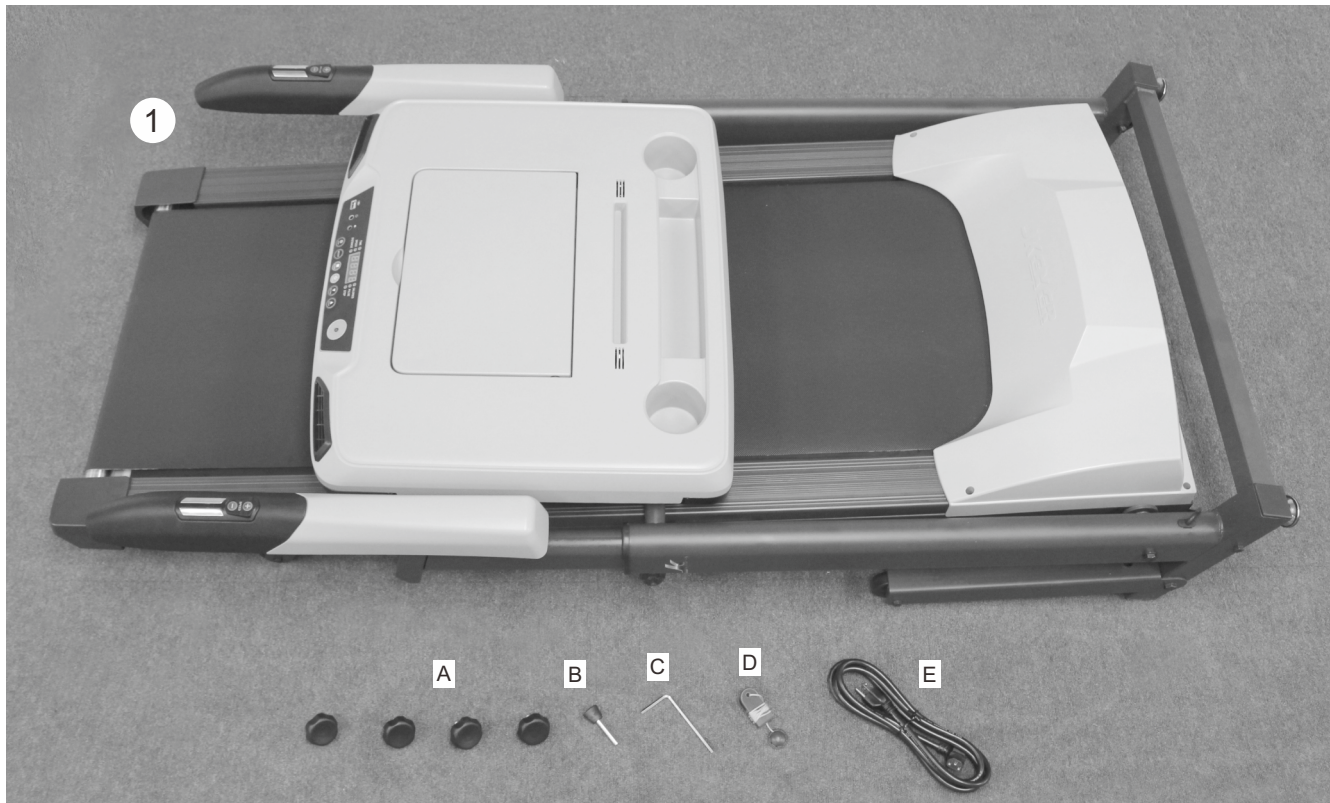
Note:
1. IF belt is stuck under side rail, use a screwdriver to lever out for easy lubrication
2. IF belt is not centered, please refer to P.20--- Aligning The Running Belt.
Remarks: If static symptom happens, adding silicone on the running deck will also help solve it.
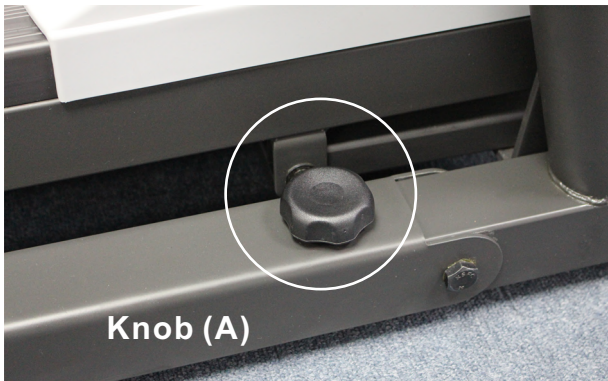
ASSEMBLY PARTS LIST

1. MAIN FRAME	⋯⋯⋯⋯⋯⋯⋯⋯⋯⋯⋯⋯⋯⋯⋯⋯⋯⋯⋯⋯	**1**
A. KNOB	⋯⋯⋯⋯⋯⋯⋯⋯⋯⋯⋯⋯⋯⋯⋯⋯⋯⋯⋯⋯⋯	**4**
B. PIN	⋯⋯⋯⋯⋯⋯⋯⋯⋯⋯⋯⋯⋯⋯⋯⋯⋯⋯⋯⋯⋯⋯	**1**
C. TOOL	⋯⋯⋯⋯⋯⋯⋯⋯⋯⋯⋯⋯⋯⋯⋯⋯⋯⋯⋯⋯⋯	**1**
D. SAFETY KEY	⋯⋯⋯⋯⋯⋯⋯⋯⋯⋯⋯⋯⋯⋯⋯⋯⋯⋯	**1**
E. POWER CABLE	⋯⋯⋯⋯⋯⋯⋯⋯⋯⋯⋯⋯⋯⋯⋯⋯⋯	**1**

ASSEMBLY INSTRUCTIONS

Step 1.
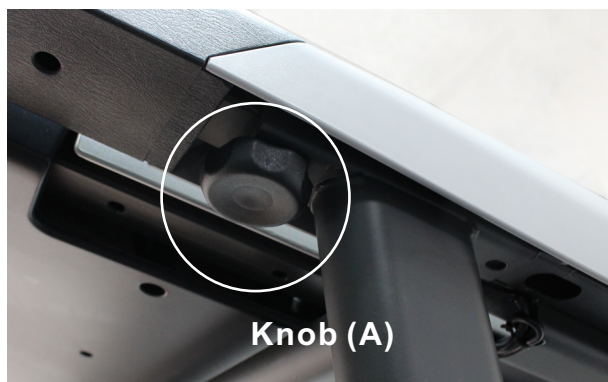
Fold the front post up

Knob (A)

Step 2

Use Knob (A) to fix both sides of bottom frame.
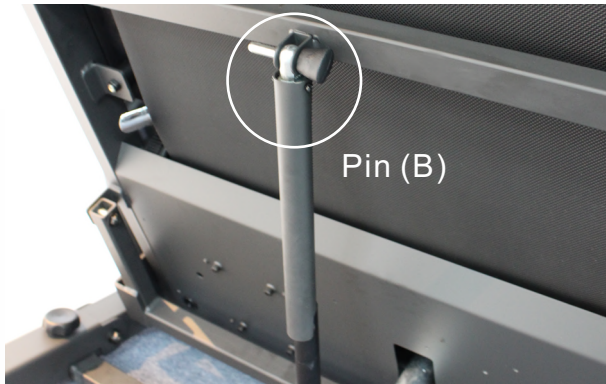

Step 3

Fold the handlebar and desktop down.

Knob (A)

Step 4.

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

Step 5.

Fold the frame up then use Pin (B) to fix air shock at the bottom of frame.

Pin (B)

STEP 6:

Place Safety Key on the console.

STEP 7:

Plug in the power cable for operation.

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 computer to become a desktop and use secondary control panel to walk at max. 6 kph. Desktop can be moved close to your body for you to work on desktop while walking. And for safety cocern, incline is not adjustable.

This desktop is equipped with compartment, tablet slot and speaker.

Running MODE

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

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.

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.

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. You may also Press SPEED or INCLINE ▲/▼ key to choose program mode for running.

HOW TO OPERATE

MASTER COMPUTER OPERATION

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

1st. Press SPEED or INCLINE ▲/▼ to choose program 01, 02 …… 12 on Program window.

2nd. Press ↵ and INCLINE ▲/▼ SPEED ▲/▼ to choose Level 1~3.

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

4th. Press ↵ and ⏻ to start running.

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

1st. Press SPEED or INCLINE ▲/▼ to choose H1, H2 or H3.

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

3rd. Press ↵ and SPEED or INCLINE ▲/▼ to choose Level 1 ~ 3 for target heartbeat you prefer.

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

5th. Press ↵ & ⏻ to start running.

User must wear a transmitter or hold both hands on the pulse plates on two handlebars at the same time. 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 – age) x 60%

Level 2: (220 – age) x 75%

Level 3: (220 – age) x 85%

For User Program (U1, U2)

1st. Press SPEED or INCLINE ▲/▼ to choose User program U1 or U2.

2nd. Press and hold ↵ 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.

3rd. Press INCLINE ▲/▼ and SPEED ▲/▼ to set desired incline and speed on first range.

4th. Press ↵ to confirm and second dots flashes on both Dot Matrix.

5th. Repeat above procedures to set from 2nd range to 12th range.

6th. Press ⏎ to confirm all 12 ranges are set. Default setting time 30 flashes.

7th. Press SPEED or INCLINE ▲/▼ or digital button 0 ~ 9 to set desired workout time.

8th. Press ⏎ to confirm then press ⏻ 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:

1st. Press SPEED or INCLINE ▲/▼ button to choose U1 or U2.

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

3rd. 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

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

2nd. Press ⏎ and ⏻ to start running.

Target Distance Program

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

2nd. Press ⏎ and ⏻ to start running.

Target Calories Program

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

2nd. 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 %	3.0 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	0 %	5.0 KPH	0 %	6.0 KPH	0 %	3.0 KPH	0 %	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.

P 1 ~ P 4 SPEED ADJUSTMENT

INLINE DOT MATRIX   P01   SPEED DOT MATRIX

INLINE DOT MATRIX   P02   SPEED DOT MATRIX

INLINE DOT MATRIX   P03   SPEED DOT MATRIX

INLINE DOT MATRIX   P04   SPEED DOT MATRIX
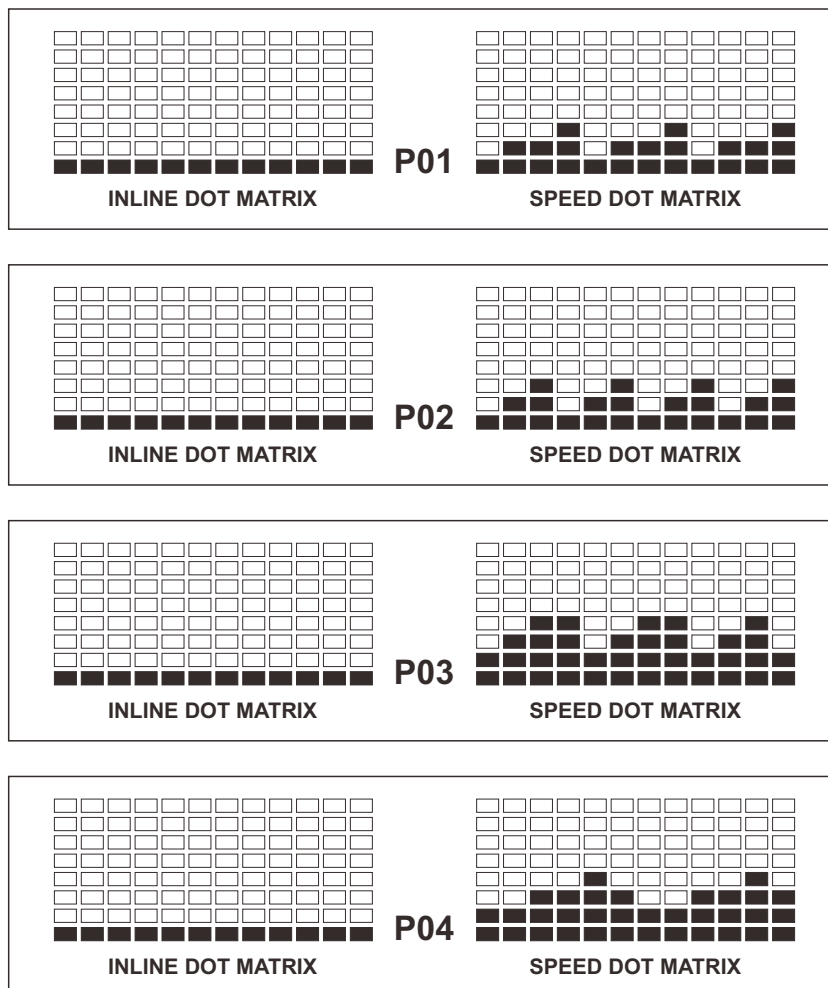
P 5 ~ P 8 PROGRAM FOR INCLINE

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%	PH	2%	4.0 KPH	2%	4.0 KPH	8%	4.0 KPH
Interval 5	6%	PH	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.

P 5 ~ P 8 INCLINE ADJUSTMENT

INLINE DOT MATRIX   P05   SPEED DOT MATRIX

INLINE DOT MATRIX   P06   SPEED DOT MATRIX

INLINE DOT MATRIX   P07   SPEED DOT MATRIX

INLINE DOT MATRIX   P08   SPEED DOT MATRIX
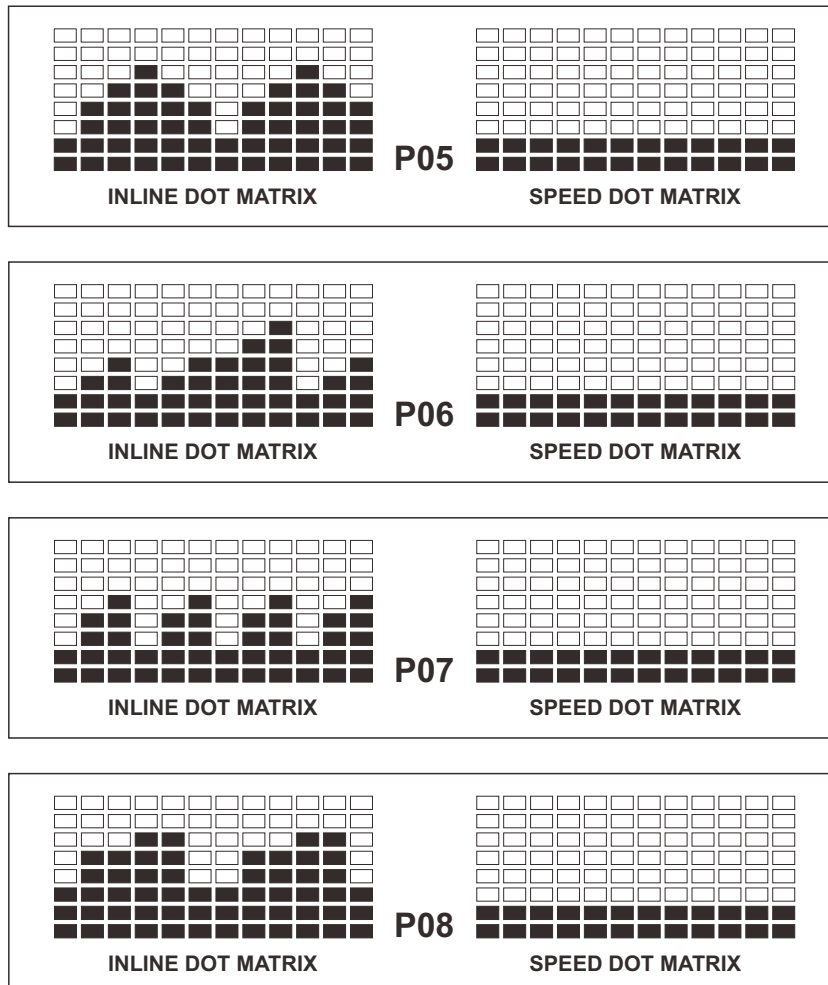
P9 ~ P12 PROGRAM FOR SPEED & INCLINE

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%	3.0 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.

P9 ~ P12 SPEED & INCLINE ADJUSTMENT

P09
INLINE DOT MATRIX   SPEED DOT MATRIX

P10
INLINE DOT MATRIX   SPEED DOT MATRIX

P11
INLINE DOT MATRIX   SPEED DOT MATRIX

P12
INLINE DOT MATRIX   SPEED DOT MATRIX
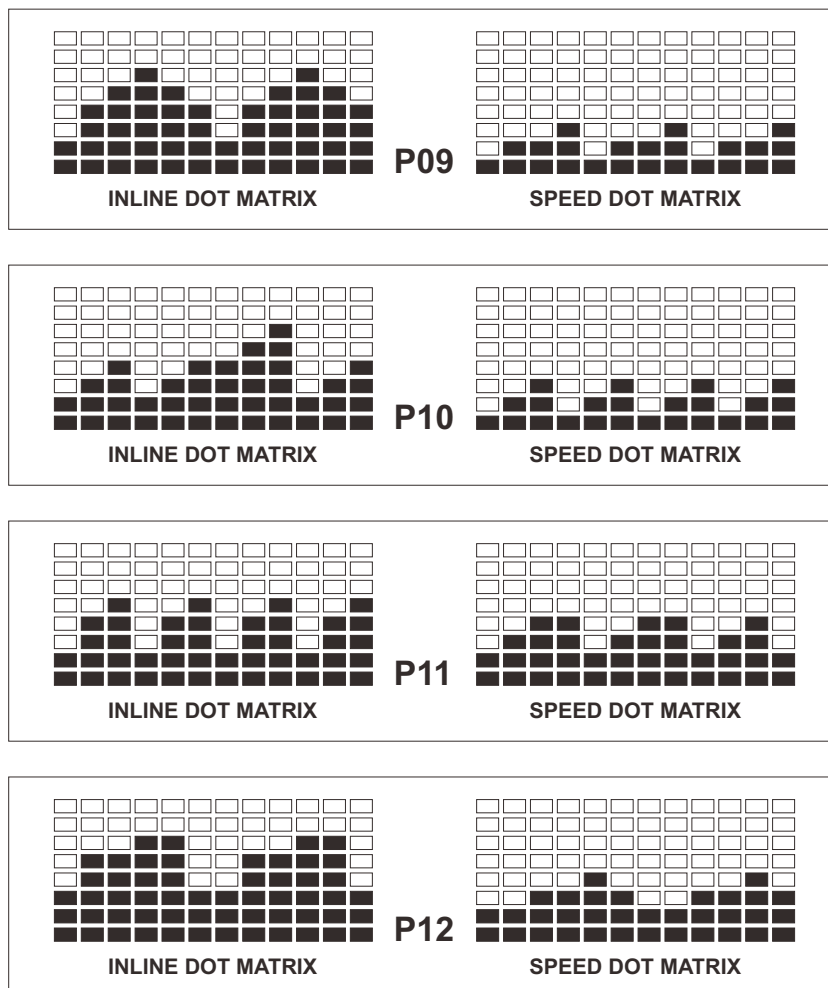
MASTER COMPUTER FUNCTION DESCRIPTION

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 ~ 18 KPH. 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

MASTER COMPUTER BUTTON INSTRUCTION

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
Press 8 then press SPEED, speed is adjusted to 8 kph.

2) For quick incline adjustment, press figure then press INCLINE button
   Press 5 then press INCLINE, incline is adjusted to 5%.
3) For quick selection of program, press figure then press ENTER
   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 to pause, incline will descend to 0%. Press ⏻ to restart, machine runs from originally set incline, speed from 0.8.
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 FUNCTION DESCRIPTION

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

SECONDARY CONTROL PANEL OPERATION

Once master computer is flipped down, LED on secondary control panel will light up for operation.

1. Insert Safety Key, Time LED lights up. Press ⏻ to begin exercise, TIME LED flashes as Scan mode to display TIME, SPEED, DISTANCE, CARLOIES, PULSE and STEP at 6 seconds interval.

2. To focus on the data of certain function, press (MODE), TIME LED stops flashing. Press (MODE) again to switch to next Speed LED. Following this operation to display the rest.

3. Whenever you hold both hands on the pulse plate or wear a transmitter, it will jump to PULSE LED to show your heart rate. And you need to press (MODE) to view other function.
4. In scan mode, when adjusting speed or holding two hands on pulse plate/wearing transmitter to detect heart rate, LED jumps to SPEED LED or PULSE LED to show new speed data or heart rate. After 10 seconds, it will start to re-scan.

SECONDARY CONTROL PANEL BUTTON INSTRUCTION

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

2. MODE BUTTON
To show and switch LED

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

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.

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

TRANSPORTATION:
This machine is equipped with 4 transport wheels. For reference, tilting the frame in one side to screw in 2 balancers, then do the same to screw in another 2 balancers in another side. Then fold the frame up, the unit can be easily moved.

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 onsult the distribu-tor for necessary help.

ASA OPERATION

There is an ASA system (Adjustable Shock Absorbing system) installed on the right side 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.

① ②

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 into the ground .
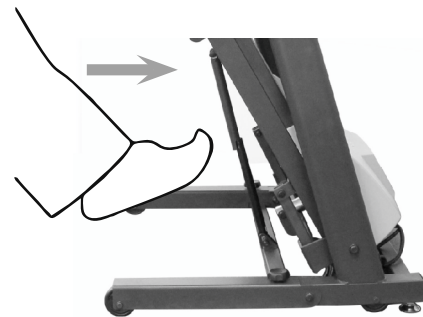
WARNING

TO AVOID ANY DANGER HAPPENS TO CHILDREN, PLEASE NOTE:

• DO NOT ALLOW CHILDREN TO USE THE MACHINE ALONE.
• TURNING OFF MASTER POWER SWITCH AND UNPLUG POWER CABLE FROM OUTLET WHEN NOT IN USE.
• 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 .

FIGURE A

drifts to the right

FIGURE B
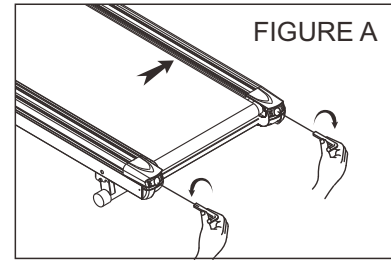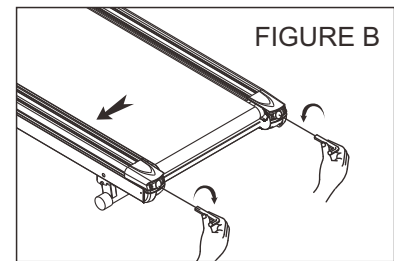
drifts to the left

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) . Then stepping heavily on the belt to see if the belt slips .

5 . If the belt slips, adjust one-quarter turn clockwise and repeat STEP 4 if necessary .

ALWAYS BE CAREFUL NOT TO OVERTIGHTEN THE RUNNING BELT.

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 MOVE

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

1st . Fold the frame up (Please refer to HOW TO FOLD UP FOR STORAGE) .
2nd. Screw in 4 balancers not to touch ground, then push frame for moving.

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 your 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 ˜ 160 .   190 x 60% = 114   190 x 85% = 161 .5
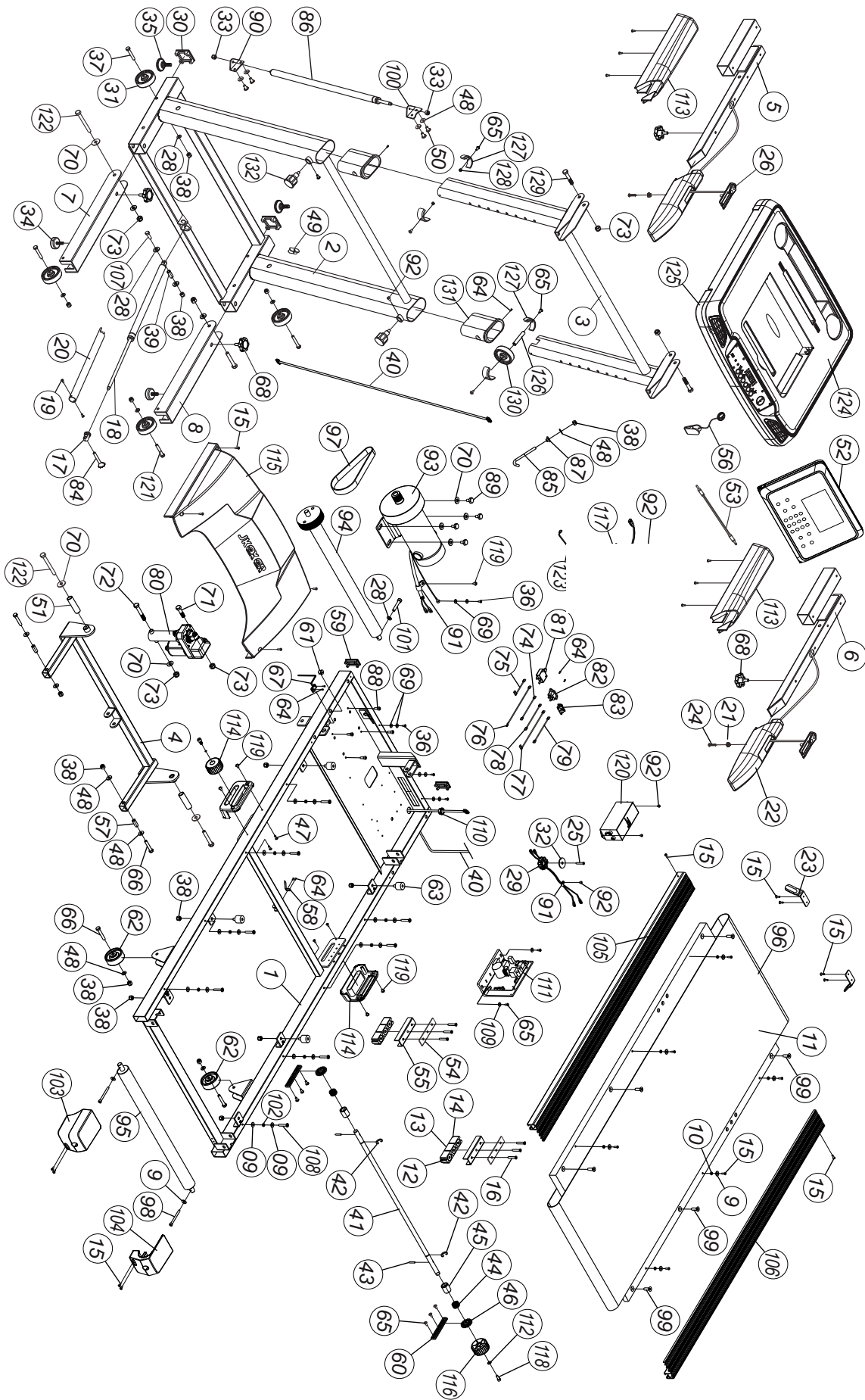
Parts List

NO.	DESCRIPTION	NO.	DESCRIPTION	NO.	DESCRIPTION
1	MAIN FRAME	45	PLASTIC BUSH (Ø14 x Ø24 x 27.5L)	89	BOLT (M10 x 15L)
2	BOTTOM FRAME	46	GEAR (POM)	90	L-PLATE (BOTTOM)
3	SUPPORT FRAME	47	SCREW (5/32" x 12.7L)	91	FIXING CLIP (UCR-0.5)
4	FRONT FRAME	48	WASHER (Ø8 x Ø19 x 1.5t)	92	SCREW (M4 x 6L)
5	ARMREST FRAME (L)	49	CABLE FIXER	93	MOTOR
6	ARMREST FRAME(R)	50	BOLT (M8 x 15L)	94	FRONT ROLLER
7	PLATE FRAME(L)	51	BUSH (Ø15.8 x 2.6t x 51L)	95	REAR ROLLER
8	PLATE FRAME(R)	52	COMPUTER	96	RUNNING BELT
9	WASHER (Ø6 x Ø16 x 1t)	53	AUDIO CABLE (600L)	97	BELT (190-J8)
10	T-BUSHING (808A-N2W)	54	PLATE (110 x 25 x 2t)	98	SCREW (M6 x 65L)
11	RUNNING DECK	55	U-BRACKET	99	BOLT (M8 x 30L)
12	CUSHION (40D)	56	SAFETY KEY	100	L-PLATE (UPPER)
13	CUSHION (60D)	57	BUSH (Ø11 x 1.2t x 26.5L)	101	BOLT (M8 x 45L)
14	CUSHION (80D)	58	SPRING PLATE	102	BUSHING (Ø6 x Ø10 x 3.5L)
15	SCREW (5/32" x 16L)	59	END CAP (25.4 x 50.8)	103	REAR COVER (L)
16	SCREW (M6 x 35L)	60	RACK (POM)	104	REAR COVER (R)
17	AIR SHOCK FASTENER	61	FIXING CAP (Ø12 x Ø3.5 PVC)	105	SIDE RAIL (L)
18	AIR SHOC(492L)	62	WHEEL (Ø64)	106	SIDE RAIL (R)
19	SCREW (M4 x 10L)	63	ROUND CUSHION (60D)	107	BOLT (M8 x 45L)
20	SAFETY TUBE	64	SCREW (M3 x 10L)	108	SCREW (M6 x 35L)
21	PLASTIC WASHER(01-N2B)	65	SCREW (M5 x 12L)	109	WASHER (Ø5 x Ø13 x 1t)
22	PU FOAM	66	BOLT (M8 x 45L)	110	FASTENER(OSBR-22)
23	CENTER BAR	67	SENSOR	111	CONTROL BOX
24	SCREW (5/32" x 37.5L)	68	KNOB	112	WASHER (Ø6 x Ø13 x 1t)
25	SCREW (M5 x 30L)	69	BS WASHER (M4)	113	ARMREST COVER
26	HANFLE PULSE (Incline)	70	WASHER (Ø10 x Ø22 x 2t)	114	ASA COVER
27	HANDLE PULSE (Speed)	71	BOLT (M10 x 40L)	115	BIG COVER
28	WASHER (Ø8 x Ø16 x 1t)	72	BOLT (M10 x 60L)	116	ASA KNOB
29	MAGNET COIL	73	NYLON NUT (M10)	117	CHOKE (6mH)
30	END CAP (50 x 50)	74	CABLE (90 / blue)	118	SCREW (M6 x 15L)
31	WHEEL (Ø70)	75	CABLE (60 / brown)	119	SCREW (M5 x 8L)
32	WASHER (Ø8 x Ø35 x 2t)	76	CABLE (160 / yellow-green)	120	FILTER (10A)
33	NYLON NUT (M8 x 6t)	77	CABLE (170 / brown)	121	BOLT (M8 x 65L)
34	ADJUSTING TIP(Ø40)	78	CABLE (100 / blue)	122	BOLT (M10 x 70L)
35	ADJUSTING TIP(Ø44)	79	CABLE (100 / brown)	123	CABLE (200 / blue)
36	SCREW (5/32" x 10L)	80	INCLINE MOTOR	124	TABLE CASE (UPPER)
37	BOLT (M8 x 60L)	81	BREAKER (10A)	125	TABLE CASE (BOTTOM)
38	NYLON NUT (M8)	82	POWER SOCKET	126	BOLT (M8 x 75L)
39	BUSH (Ø11 x 1.2t x 10.5L)	83	POWER SWITCH	127	SLIDER
40	CABLE (7P x 2000L)	84	FIXED PIN	128	NYLON NUT (M5)
41	CUSHION SHAFT	85	L-HOOK	129	BOLT (M10 x 50L)
42	E-CLIP (ETW-12)	86	AIR SHOCK (905L)	130	WHEEL (Ø46)
43	SPRING PIN (Ø4.5 x 22L)	87	BUSH (Ø20+10 x Ø8 x 7+3L)	131	SLEEVE (50 x 100)
44	SPRING (Ø14.5 x Ø1.5 x 13L)	88	SCREW (M6 x 6L)	132	POP PIN

Factory:
JIH KAO ENTERPRISE CO., LTD