

JK EXERCISE  
BUILT FOR HEALTH  
®

# **MOTORIZED TREADMILL**

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## **PROMINENT 9840**

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Owner's Manual  
Made in Taiwan

## **TABLE OF CONTENTS**

<b>IMPORTANT SAFETY INSTRUCTIONS .....</b>	<b>P. 1</b>
<b>ELECTRICAL GROUNDING INSTRUCTION .....</b>	<b>P. 2</b>
<b>ASSEMBLY LIST .....</b>	<b>P. 3</b>
<b>ASSEMBLY INSTRUCTION .....</b>	<b>P. 4~6</b>
<b>PRELIMINARY TEST .....</b>	<b>P. 7</b>
<b>COMPUTER OPERATION .....</b>	<b>P. 7</b>
<b>COMPUTER FUNCTION .....</b>	<b>P. 8~9</b>
<b>WHY AND HOW TO SCAN TV CHANNELS? .....</b>	<b>P. 10</b>
<b>PROGRAM DETAILS .....</b>	<b>P. 11~14</b>
<b>HOW TO FOLD UP FOR STORAGE .....</b>	<b>P. 15</b>
<b>HOW TO FOLD DOWN FOR EXERCISE .....</b>	<b>P. 15</b>
<b>HOW TO MAINTAIN RUNNING BOARD .....</b>	<b>P. 16</b>
<b>HOW TO MAINTAIN RUNNING BOARD BY LIQUID SILICONE .....</b>	<b>P. 16</b>
<b>ALIGNING THE RUNNING BELT .....</b>	<b>P. 17</b>
<b>ADJUSTING THE RUNNING BELT TENSION .....</b>	<b>P. 17</b>
<b>CLEANING .....</b>	<b>P. 17</b>
<b>INSPECT FASTENERS AND WIRING .....</b>	<b>P. 18</b>
<b>MOVING .....</b>	<b>P. 18</b>
<b>STORAGE .....</b>	<b>P. 18</b>
<b>HOW TO WORK OUT SAFELY AND EFFICIENTLY .....</b>	<b>P. 18</b>
<b>ERROR MESSAGE (E1) &amp; TROUBLE SHOOTING .....</b>	<b>P. 19</b>
<b>EXPLODED DRAWING .....</b>	<b>P. 20</b>
<b>PARTS LIST (B.O.M.) .....</b>	<b>P. 21</b>

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 like.**

## WARNING

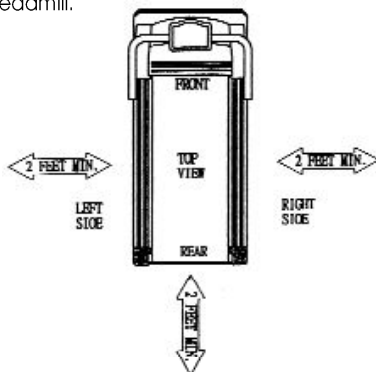
- \* This treadmill requires a dedicated circuit as 110V/220V 15/10AMP separately that is not shared by any other electrical appliances. Failure to do so can damage the electronics and the motor, and will void the warranty.
- \* To reduce the risk of electric shock, always unplug the power cord from 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

- \* Never operate the treadmill if it has been dropped or damaged, or exposed to water. Contact our customer service department 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 open 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.
- \* The weight limit for this treadmill is 300LBS /135KGS .
- \* 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 openings 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

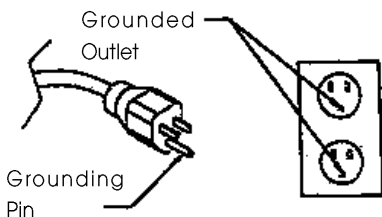
This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for the electric current, reducing the risk of electric shock. This treadmill is equipped with a cord having an equipment grounding connector and a grounding plug. The plug must be plugged 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 products 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 115

volt 60 hz, 15 amp or 220 Volt , 50Hz 10AMP circuit, which has a grounding plug ( see illustration below). 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.



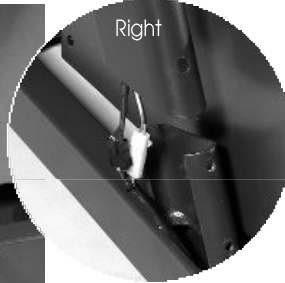
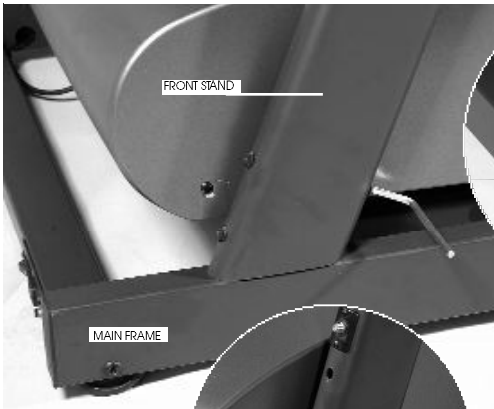
The difference in the RPM of motor is  $\pm 10\%$



## ASSEMBLY NO. LIST

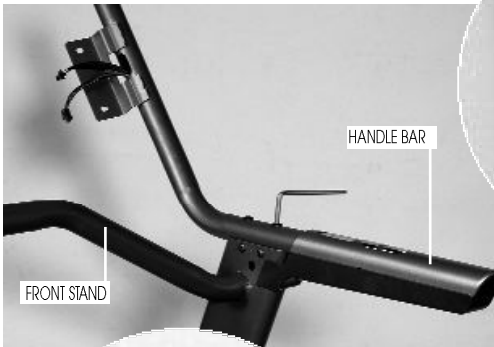
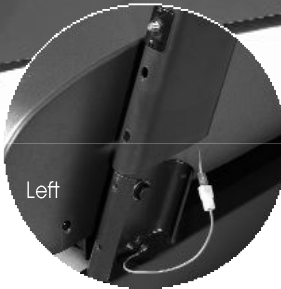
1. MAIN FRAME .....	1
2. FRONT STAND .....	1
3 COMPUTER. ....	1
4. HANDLE BAR .....	2
5. SIDE COVER .....	2
6. BOTTLE .....	1
7. POWER CABLE .....	1
A. BOLT .....	6
B. BOLT .....	4
C. SCREW .....	2
D. BOLT .....	4
E. TOOLS .....	2

## ASSEMBLY INSTRUCTION



### Step 1.:

Connect the cables from MAIN FRAME and FRONT STAND. 12-PIN & 3-PIN cables are on the right and grounded cable is on the left side. Then insert FRONT STAND onto the MAIN FRAME as photo shown, fixed with Bolts (A).



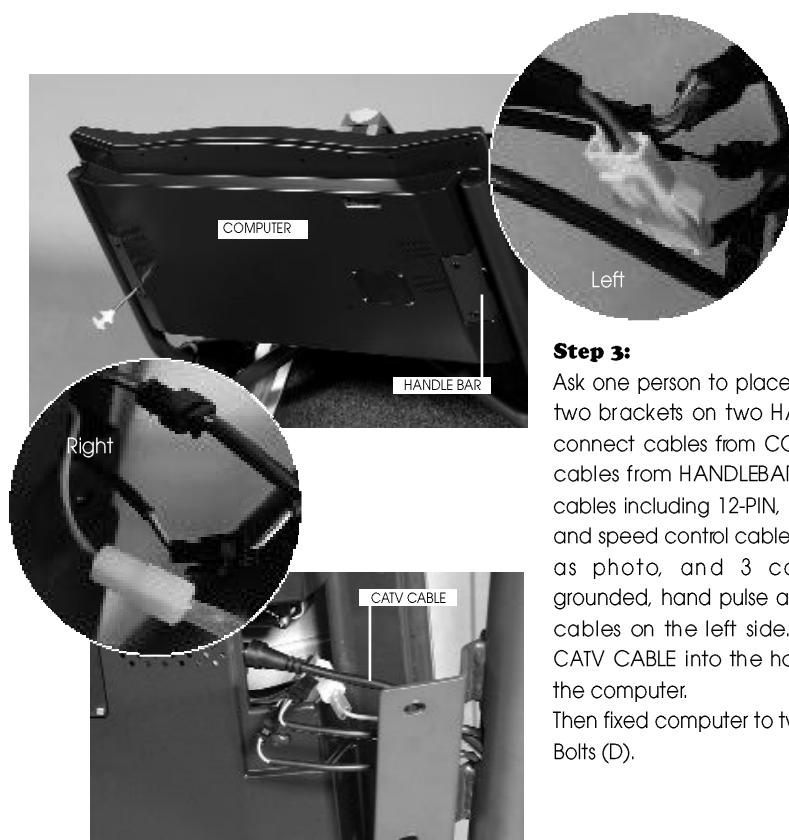
### Step 2:

Take right HANDLE BAR (with speed fast/slow button on it), connect the 12-PIN & 3-PIN CABLES from FRONT STAND with

one end of cables from this handle bar as photo shown, then fix it to the top of FRONT STAND using Bolts (B ).

Then, take left HANDLE BAR (with incline up/down button on it), firstly make the CATV CABLE go through handle bar, then connect the GROUNDED CABLE from FRONT STAND with one end of cable from this handle bar as photo shown, then fix it to the top of FRONT STAND using Bolts (B ).

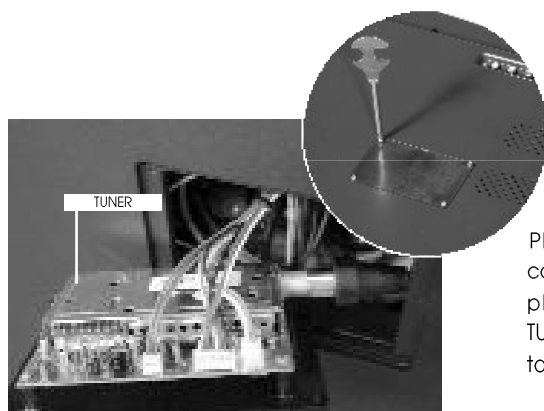




### Step 3:

Ask one person to place COMPUTER onto two brackets on two HANDLEBARS, then connect cables from COMPUTER with the cables from HANDLEBARS. Please note 4 cables including 12-PIN, 3-PIN, hand pulse and speed control cables on the right side as photo, and 3 cables including grounded, hand pulse and incline control cables on the left side. And then insert CATV CABLE into the hole at the side of the computer.

Then fixed computer to two brackets using Bolts (D).



### Step 4:

Plug 3 cables (2-PIN, 3-PIN, 7-PIN) from computer into TUNER as photo shown, also plug CATV CABLE into the socket on the TUNER. Use four bolts provided with TUNER to fix the TUNER on the computer.



### **Step 5:**

Tighten the bolts and fix SIDE COVER on the HANDLEBARS as shown by using Bolts (C).



### **Step 6:**

Plug in the POWER CABLE into the socket at the front of MAIN FRAME.

## **HOW TO CONNECT CABLE/DVD?**



### **For cable TV:**

Plug TV cable to the socket at the front bottom of left FRONT STAND (as photo shown) and refer to page ( 10 ) "WHY AND HOW TO SCAN TV CHANNELS" to scan the monitor.



### **For DVD:**

Plug 3 cables in red, yellow, white from DVD into the 3 sockets of red, yellow and white on the rear side of computer.



## PRELIMINARY TEST

It is suggested that you do this preliminary test to make sure the unit is in good condition and to become familiar with all the operations.

**DO NOT STEP ON THE TREADMILL until the preliminary test is completed.**

1. Plug in the AC cord and place the safety key onto the control panel.
2. Turn on the master power switch and run the treadmill for a couple minutes at 2.5 mph (4KPH).
3. While the treadmill is running, raise the elevation to a 3% incline and back down to 0%.
4. Make sure the running belt is at the center of the running deck; if adjustment is needed refer to page 17 **"ALIGNING THE RUNNING BELT"**.
5. Stop the treadmill by pressing the STOP button.
6. Make a note of any errors and contact authorized dealer for advice.



After assembly is ready, adjust the ADJUSTING TIPS underneath the frame if it is not positioned flatly.

## COMPUTER OPERATING INSTRUCTIONS

First of all, press the Master Power Switch located at the front of the frame to the "ON" position, then place Safety Key. PROGRAM 0 (MN, Manual program) will display in the LCD, and the 400m Lap will flash. You have the option at this point to choose a preset program or use manually. (Quick Start)

### FOR MANUAL USE:

PROGRAM 0 is now displayed in the LCD, you may press START button to start running, then select the desired speed using the FAST or SLOW buttons. You may also select an incline using UP or DOWN buttons.

### FOR A PROGRAM:

Press FAST/SLOW or UP/DOWN buttons to select below program

1. If you choose program from P1 to P12, then you can press START button to start running or press MODE & FAST/SLOW buttons to choose L1 – L3. You may also press START button to start running or press MODE & FAST/SLOW buttons to set time from 10 ~ 99 minutes. Then press START button to start running.
2. If you choose U1 (U2), you can press MODE button, first dot on the profile will flash, . Then press UP/DOWN button to set desired incline and press FAST/SLOW button to set desired speed. Then press MODE again, second light flash, repeat above until all 16 ranges are set. Then press MODE & FAST/SLOW button to set time from 10 – 99 minutes. Then press START button to start running.
3. If you choose H1 (H2, H3), HRCULSE 113 (142 for H2, 163 for H3) and AGE. 30 appear on the windows. Press MODE button, AGE 30 flashes, press FAST/SLOW button to set age from 9 – 70 years old. Then press MODE button, 113 flashes, press FAST/SLOW button to set desired figure. Then press MODE button, 48

flashes, press FAST/SLOW button to set desired time. Then press START button to start running. When start running, computer will follow the actual heart rate of user to adjust the incline to control the user's heart rate within the HRCPUSE. And there will be always 3 minutes for warm up before doing the heart rate control.

**REMARKS:**

Please note that running time on each range = preset time divides 16 ranges

**NOTE:**

The speed and incline can be changed at anytime during a program or manual use.

**MASTER POWER SWITCH**

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

## COMPUTER FUNCTIONS

**SPEED** : Display running belt speed from 0.8 to 16KPH.

**INCLINE** : Adjustable from 0 ~ 12 % .

**PULSE** : Display current pulse when both hands are holding the plates on the grips.

**TIME** : Accumulate current and total time of workout. A target time may be set.

**DISTANCE** : Accumulated running distance to 99.9km

**CALORIES** : Accumulates current and total calories to 65.5 (0.1= 10cal)



PROGRAM: Program 0 (Manual) ~P1 ~ P12, User U1 ~ U2, Heart Rate Control H1 ~ H3

LEVEL: 1 ~ 3

LEVELS L1 ~ L3 represent 3 different difficulties:

- LEVEL in P1- P4 means different speed
- LEVEL in P5 – P8 means different incline
- LEVEL in P9 – P12 means different speed & incline

Please note the shape of profile will be depended on the incline selection:

0% ~ 2%: 1 dot

3%: 2 dots

4% ~ 5%: 3 dots

6% ~ 7%: 4 dots

8% ~ 9%: 5 dots

10% ~ 11%: 6 dots

12%: 7 dots

**TFT-LCD MONITOR FUNCTION**

For cable TV, broadcast TV, VCD, DVD display.

TV Cable must be plugged into the socket at the bottom of left FRONT STAND for cable TV & broadcast TV.

AC sockets (Red, White, Yellow) at the rear side of computer are for VCD & DVD display.

#### **SELECT /ADJUST BUTTON:**

Push above buttons to adjust definition on the monitor.

#### **POWER:**

Press and hold for 5 seconds to turn the monitor on or off.

#### **MODE (RUNNING TV) BUTTON:**

When treadmill is running, you can press the MODE button, and CATV appears on the LCD, then you can press below buttons to adjust:

QUICK INCLINE BUTTON 5 & 7: For adjustment of volume of sound.

QUICK INCLINE BUTTON 1 & 3: For Channel adjustment

QUICK SPEED BUTTON 2: Press for TV

QUICK SPEED BUTTON 4: Press for VIDEO

The hole on the right down side of overlay with headphone sketch is the socket for headphone.

### **FUNCTION OF BUTTONS**

**QUICK INCLINE BUTTON:** 1%, 3%, 5%, 7%, 9%, 10%, 11%, 12%

**QUICK SPEED BUTTON:** 2, 4, 6, 8, 10, 12, 14, 16KPH

#### **SAFETY KEY**

Safety key is for the operation and emergency stop. Before beginning a workout session ensure that the safety key is securely attached to an article of clothing.

#### **EMERGENCY KEY**

For emergency stop

#### **START KEY**

Push this button to start running, time will count down from 5 – 1 to start.

#### **RESET KEY**

Push the button to reset figures.

#### **MODE KEY**

To enter or switch function

#### **INCLINE UP/DOWN KEY**

To adjust gradient of machine, and to do pre-set function

#### **SPEED FAST/SLOW KEY**

To adjust speed when machine is running, and to do pre-set function

#### **STOP KEY**

Push the button to stop running

The switch at the bottom on the right side of computer is to control two fans on both sides of computer face.

## **WHY AND HOW TO SCAN TV CHANNELS??**

### **WHY TO SCAN?**

Because TV channels are different in most countries, scanning of the channels must be proceeded at the first time when assembling the machine.

### **HOW TO SCAN:**

Step 1: Turn off the power

Step 2: Remove safety key from the computer

Step 3: Press and hold MODE button

Step 4: Turn the power on then release MODE button, the machine will do scanning automatically according to the system in different countries.

Step 5: After scan is done, insert SAFETY KEY on the computer for operation.

### **NTSC SYSTEM:**

When scan starts, figure of channel from small to large number will be displayed in sequence on the monitor, after largest number is shown, it will turn back to smallest number. That means the scan is done. Insert SAFETY KEY to start operation.

### **PAL SYSTEM:**

When scan starts, a square bar is shown on the monitor and will be filled up starting from left side, and when the square bar is completely filled up to the right, that means the scan is done. Insert SAFETY KEY to start operation.

## PROGRAM DETAILS

### WHAT ARE PROGRAM AND LEVELS?

The computer offers 17 different programs for option and 3 levels are optional for P1-P12:

- P0 (MANUAL): Free adjustment

You are free to adjust speed and incline in every stage.

The profile on P1 is LAP. One LAP means 400 Meters and displayed by 40 lights. Each light means 10 Meters.

Also, you may pre-set either Time (0-10-99 Minutes), Distance (0 – 99KM) or Calories (0 – 65.5 Kcals) to count down when exercise.

- P1 ~ P4:

Speed is preset on the profile, and Time can be set from 10 ~ 99Mins. Standard preset time is 48 minutes, but can be adjusted by pressing UP/DOWN button.

SPEED				
LEVEL 1	P1	P2	P3	P4
interval 1	2.0 KPH	2.0 KPH	3.0 KPH	3.0 KPH
interval 2	3.0 KPH	4.0 KPH	6.0 KPH	3.0 KPH
interval 3	4.0 KPH	6.0 KPH	10.0 KPH	5.0 KPH
interval 4	5.0 KPH	2.0 KPH	10.0 KPH	6.0 KPH
interval 5	2.0 KPH	4.0 KPH	3.0 KPH	7.0 KPH
interval 6	3.0 KPH	6.0 KPH	6.0 KPH	8.0 KPH
interval 7	4.0 KPH	2.0 KPH	8.0 KPH	6.0 KPH
interval 8	5.0 KPH	4.0 KPH	8.0 KPH	4.0 KPH
interval 9	3.0 KPH	6.0 KPH	3.0 KPH	3.0 KPH
interval 10	2.0 KPH	2.0 KPH	6.0 KPH	3.0 KPH
interval 11	3.0 KPH	4.0 KPH	8.0 KPH	5.0 KPH
interval 12	4.0 KPH	6.0 KPH	3.0 KPH	6.0 KPH
interval 13	5.0 KPH	2.0 KPH	6.0 KPH	7.0 KPH
interval 14	2.0 KPH	4.0 KPH	8.0 KPH	8.0 KPH
interval 15	3.0 KPH	6.0 KPH	3.0 KPH	6.0 KPH
interval 16	4.0 KPH	2.0 KPH	3.0 KPH	4.0 KPH

SPEED				
LEVEL 2	P1	P2	P3	P4
interval 1	4.0 KPH	4.0 KPH	5.0 KPH	5.0 KPH
interval 2	5.0 KPH	6.0 KPH	8.0 KPH	5.0 KPH
interval 3	6.0 KPH	8.0 KPH	12.0 KPH	7.0 KPH
interval 4	7.0 KPH	4.0 KPH	12.0 KPH	8.0 KPH
interval 5	4.0 KPH	6.0 KPH	5.0 KPH	9.0 KPH
interval 6	5.0 KPH	8.0 KPH	8.0 KPH	10.0 KPH
interval 7	6.0 KPH	4.0 KPH	10.0 KPH	8.0 KPH
interval 8	7.0 KPH	6.0 KPH	10.0 KPH	6.0 KPH
interval 9	5.0 KPH	8.0 KPH	5.0 KPH	5.0 KPH
interval 10	4.0 KPH	4.0 KPH	8.0 KPH	5.0 KPH
interval 11	5.0 KPH	6.0 KPH	10.0 KPH	7.0 KPH
interval 12	6.0 KPH	8.0 KPH	5.0 KPH	8.0 KPH
interval 13	7.0 KPH	4.0 KPH	8.0 KPH	9.0 KPH
interval 14	4.0 KPH	6.0 KPH	10.0 KPH	10.0 KPH
interval 15	5.0 KPH	8.0 KPH	5.0 KPH	8.0 KPH
interval 16	6.0 KPH	4.0 KPH	5.0 KPH	6.0 KPH

SPEED				
LEVEL 3	P1	P2	P3	P4
interval 1	6.0 KPH	6.0 KPH	7.0 KPH	7.0 KPH
interval 2	7.0 KPH	8.0 KPH	10.0 KPH	7.0 KPH
interval 3	8.0 KPH	10.0 KPH	14.0 KPH	9.0 KPH
interval 4	9.0 KPH	6.0 KPH	14.0 KPH	10.0 KPH
interval 5	6.0 KPH	8.0 KPH	7.0 KPH	11.0 KPH
interval 6	7.0 KPH	10.0 KPH	10.0 KPH	12.0 KPH
interval 7	8.0 KPH	6.0 KPH	12.0 KPH	10.0 KPH
interval 8	9.0 KPH	8.0 KPH	12.0 KPH	8.0 KPH
interval 9	7.0 KPH	10.0 KPH	7.0 KPH	7.0 KPH
interval 10	6.0 KPH	6.0 KPH	10.0 KPH	7.0 KPH
interval 11	7.0 KPH	8.0 KPH	12.0 KPH	9.0 KPH
interval 12	8.0 KPH	10.0 KPH	7.0 KPH	10.0 KPH
interval 13	9.0 KPH	6.0 KPH	10.0 KPH	11.0 KPH
interval 14	6.0 KPH	8.0 KPH	12.0 KPH	12.0 KPH
interval 15	7.0 KPH	10.0 KPH	7.0 KPH	10.0 KPH
interval 16	8.0 KPH	6.0 KPH	7.0 KPH	8.0 KPH

• P5 ~ P8:

Incline is preset on the profile, and Time can be set from 10 ~ 99 Mins. Standard preset time is 48 minutes, but can be adjusted by pressing UP/DOWN button.

INCLINE				
LEVEL 1	P5	P6	P7	P8
interval 1	2%	2%	2%	3%
interval 2	4%	3%	4%	6%
interval 3	6%	4%	6%	6%
interval 4	8%	5%	2%	8%
interval 5	8%	2%	4%	8%
interval 6	10%	3%	6%	3%
interval 7	6%	4%	2%	6%
interval 8	4%	5%	4%	6%
interval 9	2%	7%	6%	8%
interval 10	2%	8%	2%	8%
interval 11	4%	2%	4%	6%
interval 12	6%	3%	6%	6%
interval 13	8%	4%	2%	8%
interval 14	8%	5%	4%	8%
interval 15	6%	2%	6%	3%
interval 16	4%	3%	2%	6%

INCLINE				
LEVEL 2	P5	P6	P7	P8
interval 1	4%	4%	4%	5%
interval 2	6%	5%	6%	8%
interval 3	8%	6%	8%	8%
interval 4	10%	7%	4%	10%
interval 5	10%	4%	6%	10%
interval 6	12%	5%	8%	5%
interval 7	8%	6%	4%	8%
interval 8	6%	7%	6%	8%
interval 9	4%	9%	8%	10%
interval 10	4%	10%	4%	10%
interval 11	6%	4%	6%	8%
interval 12	8%	5%	8%	8%
interval 13	10%	6%	4%	10%
interval 14	10%	7%	6%	10%
interval 15	8%	4%	8%	5%
interval 16	6%	5%	4%	8%

INCLINE

LEVEL 3	P5	P6	P7	P8
interval 1	6%	6%	6%	7%
interval 2	8%	7%	8%	10%
interval 3	10%	8%	10%	10%
interval 4	12%	9%	6%	12%
interval 5	12%	6%	8%	12%
interval 6	12%	7%	10%	7%
interval 7	10%	8%	6%	10%
interval 8	8%	9%	8%	10%
interval 9	6%	11%	10%	12%
interval 10	6%	12%	6%	12%
interval 11	8%	6%	8%	10%
interval 12	10%	7%	10%	10%
interval 13	12%	8%	6%	12%
interval 14	12%	9%	8%	12%
interval 15	10%	6%	10%	7%
interval 16	8%	7%	6%	10%

• P9 ~ P12:

Speed and Incline are preset on the profile, and Time can be set from 10 ~ 99 Mins.

SPEED				
LEVEL 1	P9	P10	P11	P12
interval 1	3.0 KPH/2%	2.0 KPH/2%	2.0 KPH/2%	2.0 KPH/3%
interval 2	3.0 KPH/4%	2.0 KPH/3%	2.0 KPH/4%	6.0 KPH/6%
interval 3	5.0 KPH/6%	5.0 KPH/4%	8.0 KPH/6%	10.0 KPH/6%
interval 4	5.0 KPH/8%	6.0 KPH/5%	2.0 KPH/2%	6.0 KPH/8%
interval 5	3.0 KPH/8%	7.0 KPH/2%	2.0 KPH/4%	2.0 KPH/8%
interval 6	3.0 KPH/10%	5.0 KPH/3%	8.0 KPH/6%	6.0 KPH/3%
interval 7	5.0 KPH/6%	6.0 KPH/4%	2.0 KPH/2%	10.0 KPH/6%
interval 8	5.0 KPH/4%	7.0 KPH/5%	2.0 KPH/4%	6.0 KPH/6%
interval 9	3.0 KPH/2%	5.0 KPH/7%	8.0 KPH/6%	2.0 KPH/8%
interval 10	3.0 KPH/2%	6.0 KPH/8%	2.0 KPH/2%	6.0 KPH/8%
interval 11	5.0 KPH/4%	7.0 KPH/2%	2.0 KPH/4%	10.0 KPH/6%
interval 12	5.0 KPH/6%	7.0 KPH/3%	8.0 KPH/6%	6.0 KPH/6%
interval 13	3.0 KPH/8%	5.0 KPH/4%	2.0 KPH/2%	2.0 KPH/8%
interval 14	3.0 KPH/8%	6.0 KPH/5%	2.0 KPH/4%	6.0 KPH/8%
interval 15	5.0 KPH/6%	8.0 KPH/2%	8.0 KPH/6%	10.0 KPH/3%
interval 16	5.0 KPH/4%	9.0 KPH/3%	2.0 KPH/2%	6.0 KPH/6%

SPEED				
LEVEL 2	P9	P10	P11	P12
interval 1	5.0 KPH/ 4%	4.0 KPH/4%	4.0 KPH/4%	4.0 KPH/5%
interval 2	5.0 KPH/ 6%	4.0 KPH/5%	4.0 KPH/6%	8.0 KPH/8%
interval 3	7.0 KPH/ 8%	7.0 KPH/6%	10.0 KPH/8%	12.0 KPH/8%
interval 4	7.0 KPH/10%	8.0 KPH/7%	4.0 KPH/4%	8.0 KPH/10%
interval 5	5.0 KPH/10%	9.0 KPH/4%	4.0 KPH/6%	4.0 KPH/10%
interval 6	5.0 KPH/12%	7.0 KPH/5%	10.0 KPH/8%	8.0 KPH/5%
interval 7	7.0 KPH/ 8%	8.0 KPH/6%	4.0 KPH/4%	12.0 KPH/8%
interval 8	7.0 KPH/ 6%	9.0 KPH/7%	4.0 KPH/6%	8.0 KPH/8%
interval 9	5.0 KPH/ 4%	7.0 KPH/9%	10.0 KPH/8%	4.0 KPH/10%
interval 10	5.0 KPH/ 4%	8.0 KPH/10%	4.0 KPH/4%	8.0 KPH/10%
interval 11	7.0 KPH/ 6%	9.0 KPH/4%	4.0 KPH/6%	12.0 KPH/8%
interval 12	7.0 KPH/ 8%	9.0 KPH/5%	10.0 KPH/8%	8.0 KPH/8%
interval 13	5.0 KPH/10%	7.0 KPH/6%	4.0 KPH/4%	4.0 KPH/10%
interval 14	5.0 KPH/10%	8.0 KPH/7%	4.0 KPH/6%	8.0 KPH/10%
interval 15	7.0 KPH/ 8%	10.0 KPH/4%	10.0 KPH/8%	12.0 KPH/5%
interval 16	7.0 KPH/ 6%	11.0 KPH/5%	4.0 KPH/4%	8.0 KPH/8%

SPEED				
LEVEL 3	P9	P10	P11	P12
interval 1	7.0 KPH/ 6%	6.0 KPH/6%	6.0 KPH/6%	6.0 KPH/7%
interval 2	7.0 KPH/ 8%	6.0 KPH/7%	6.0 KPH/8%	10.0 KPH/10%
interval 3	9.0 KPH/10%	9.0 KPH/8%	12.0 KPH/10%	14.0 KPH/10%
interval 4	9.0 KPH/12%	10.0 KPH/9%	6.0 KPH/6%	10.0 KPH/12%
interval 5	7.0 KPH/12%	11.0 KPH/6%	6.0 KPH/8%	6.0 KPH/12%
interval 6	7.0 KPH/12%	9.0 KPH/7%	12.0 KPH/10%	10.0 KPH/7%
interval 7	9.0 KPH/10%	10.0 KPH/8%	6.0 KPH/6%	4.0 KPH/10%
interval 8	9.0 KPH/ 8%	11.0 KPH/9%	6.0 KPH/8%	10.0 KPH/10%
interval 9	7.0 KPH/ 6%	9.0 KPH/11%	12.0 KPH/10%	6.0 KPH/12%
interval 10	7.0 KPH/ 6%	10.0 KPH/12%	6.0 KPH/6%	10.0 KPH/12%
interval 11	9.0 KPH/ 8%	11.0 KPH/6%	6.0 KPH/8%	14.0 KPH/10%
interval 12	9.0 KPH/10%	11.0 KPH/7%	12.0 KPH/10%	10.0 KPH/10%
interval 13	7.0 KPH/12%	9.0 KPH/8%	6.0 KPH/6%	6.0 KPH/12%
interval 14	7.0 KPH/12%	10.0 KPH/9%	6.0 KPH/8%	10.0 KPH/12%
interval 15	9.0 KPH/10%	12.0 KPH/6%	12.0 KPH/10%	14.0 KPH/7%
interval 16	9.0 KPH/ 8%	13.0 KPH/7%	6.0 KPH/6%	10.0 KPH/10%

#### • P13 (USER1) ~ P14 (USER 2):

USER PROGRAM is for user to set up the speed and incline in every stage of the profile. Speed and Incline can be preset for all profiles and time can be set from 10 ~ 99Mins.

#### • P15 (HRC1) ~ P16 (HRC 2) ~ P17 (HRC3):

HEART RATE CONTROL

Pulse and Time can be preset.

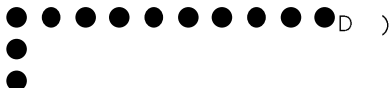
1. When start running, the incline of the machine will be adjusted automatically based on the actual heart rate and preset HRCPULSE to control the user's heart rate within the HRCPULSE. If actual heartbeat is lower than HRCPULSE, incline will be up automatically. If actual heartbeat is higher than HRCPULSE, incline will be down automatically.
2. If actual heart rate is 20 times higher than preset HRCPULSE and last for 10 seconds, the machine will be forced to turn off.
3. There will be always 3 minutes for warm up before doing the heart rate control.
4. When start running under HRC program, you will see horizontal lights (that means preset HRCPULSE) display on the LCD, and actual heart beat is shown vertically.
5. If actual heart beat is lower than HRCPULSE figure, the profile will be as below: Each light means 5 times of heartbeat
  - A) Actual BPM (beats per minutes) is within 5 times lower than HRCPULSE.



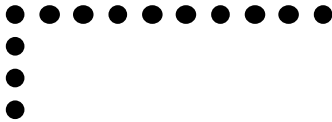
- B) Actual BPM (beats per minutes) is within 10 times lower than HRCPULSE.



- C) Actual BPM (beats per minutes) is within 15 times lower than HRCPULSE.



Actual BPM (beats per minutes) is within 20 times lower than HRCPUSE.



6. If actual heart beat is higher than HRCPUSE figure, the profile will be as below:

Each light means 5 times of heartbeat

A) Actual BPM (beats per minutes) is within 5 times higher than HRCPUSE.



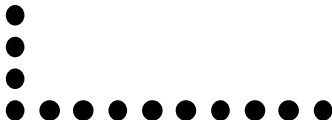
B) Actual BPM (beats per minutes) is within 10 times higher than HRCPUSE.



C) Actual BPM (beats per minutes) is within 15 times higher than HRCPUSE.



D) Actual BPM (beats per minutes) is within 20 times higher than HRCPUSE.





## HOW TO FOLD UP FOR STORAGE/FOLD DOWN/TRANSPORT?

### HOW TO FOLD UP FOR STORAGE?

Please note there is a LEVER-ARM on the left side, underneath the main frame. This LEVER-ARM is to control auto folding.

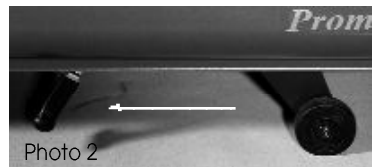
First of all, make sure INCLINE is at 0%, the lowest position. Remove SAFETY KEY, Completely push the LEVER-ARM to the direction of computer, " FOLD " appears on the PULSE window, push UP button on the computer to let the main frame fold up automatically.

### HOW TO FOLD DOWN FOR EXERCISE?

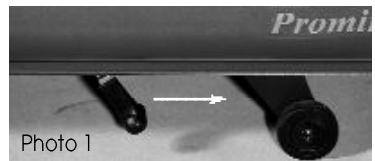
Press DOWN button without placing SAFETY KEY to let the main frame fold down automatically, then completely push the LEVER-ARM to the direction of rear end. "run" appears on the pulse window, the machine is now ready for exercise

### WARNING:

**DO NOT ADJUST THE LEVER-ARM WHEN THE MACHINE IS RUNNING OR FOLDING. ALWAYS ADJUST IT WHEN THE MACHINE IS IN FOLDING DOWN AND STOP MODE, PLUS THE INCLINE IS AT THE LOWEST POSITION.**



FOR STORAGE



FOR EXERCISE

## **RUNNING BOARD MAINTENANCE**

### **CONGRATULATE THAT YOU OWN THIS MOTORIZED TREADMILL!**

PLEASE FOLLOW THE BELOW INSTRUCTIONS TO MAINTAIN THE RUNNING BOARD FOR A LONG-TERM, FUNCTIONAL OPERATION:

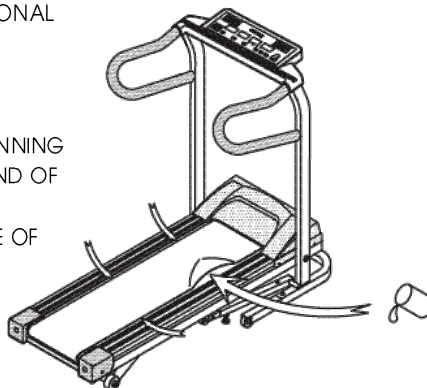
#### **TIME FOR MAINTANANCE**

##### **1ST:**

KINDLY BE INFORMED THAT THE SURFACE OF RUNNING BOARD HAD BEEN SPREAD AT THE FACTORY A KIND OF SPECIAL "SILICONE" FOR SMOOTH RUNNING.  
PLEASE SPREAD SOME SILICONE ON THE SURFACE OF RUNNING BELT AFTER 80 ~ 90 HOURS OPERATION.

##### **2ND:**

AFTERWARDS, PLEASE REMEMBER TO SPREAD SILICONE EVERY 30 ~ 40 HOURS.



#### **WAY OF MAINTANANCE**

FIRSTLY, PLEASE LIFT ONE SIDE OF RUNNING BEST AND USE AIR-SPRAY TO SPREAD SILICON IN BETWEEN THE RUNNING BELT AND RUNNING BOARD.

SECONDLY, PLEASE LIFT ANOTHER SIDE OF RUNNING BELT AND SPREAD THE SILICONE.

THIRDLY, WALKING ON THE TREADMILL IN LOW SPEED FOR FEW MINUTES TO COMPLETELY SPREAD OUT THE SILICONE

#### **WHAT KIND OF SILICONE**

IN THE AREA OF EUROPE, NORTH & SOUTH ARERICA, IT'S "DOWCORNING DC-200/350CS PDMS SILICONE OIL"

IN THE AREA OF ASIAN COUNTRIES & JAPAN, IT'S SHIN ETSU KF-96/350CS SILICONE OIL"

IN MAINLAND CHINA, IT'S "二甲基硅油, 黏度350CS"

## **HOW TO MAINTAIN BY LIQUID SILICONE**

One extra can of liquid SILICONE is enclosed inside the carton for running board maintenance.

When it is necessary to add silicone to maintain the running board, please follow the below instruction:

1. Make sure the treadmill is off and unplugged from the electrical outlet.
2. Lift over the belt of both sides, follow the arrow direction and evenly pour the silicone inside the running board underneath the running belt. Then use a nylon cloth to spread it over the board.
3. Plug the power cable, turn the Master Power Switch to the ON position, insert safety key, press the START button to begin running the belt.
4. If the belt is not centered on the treadmill, please refer to "ALIGNING THE RUNNING BELT" to adjust it.

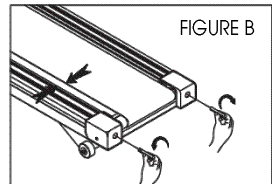
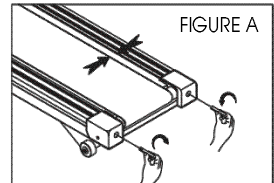
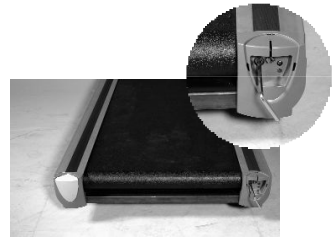
**REMARKS:** If static symptom is found, adding silicone on the running board will aslo help solve it.

## ALIGNING THE RUNNING BELT

Make sure the running belt is centered on your treadmill at all times. 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. Turn the MASTER POWER SWITCH (Located at the front of the treadmill) to the ON position and make sure SAFETY KEY is properly placed onto the computer console. Press START button to start running the belt. Increase the speed to 3KPH.
2. Stand in the front of the treadmill and determine to which side the belt is drifting.
3. If the belt drifts to the LEFT, turn the left adjustment bolt one-quarter of a turn clockwise and the right adjustment bolt one-quarter turn counter clockwise. (SEE FIGURE A)
4. 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 turn counter clockwise. (SEE FIGURE B)
5. Observe the tracking of the belt for about one or two minutes. And repeat Step 3,4,5 as needed.



## 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

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.

## **MOVING**

This treadmill has been designed and equipped with wheels for easy mobility. You may just push it forward or backward. Before moving, please make sure:

1. Power cord is unplugged from the electrical outlet.
2. Fold the frame up and screw two adjusting tips into the frame and do not let adjusting tips touch the ground. Now the machine is ready for moving.

## **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 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  $114 \sim 160$ .  $190 \times 60\% = 114$        $190 \times 85\% = 161.5$

As the computer of this model equips no pulse function, suggest you may wear a transmitter and watch to dictate your heart beat during workout.

## **ERROR MESSAGE:**

### **ERROR 1**

When machine is in running mode, if the sensor of motor can not be read for 7 seconds, E1 appears on the computer and BEEP sound alarms.

#### **Possible Reason & trouble-shooting:**

It could be due to either defective sensor wire or wrong assembly or improper assembly to the drive board. Please check the sensor wire again or exchange a new one if necessary.

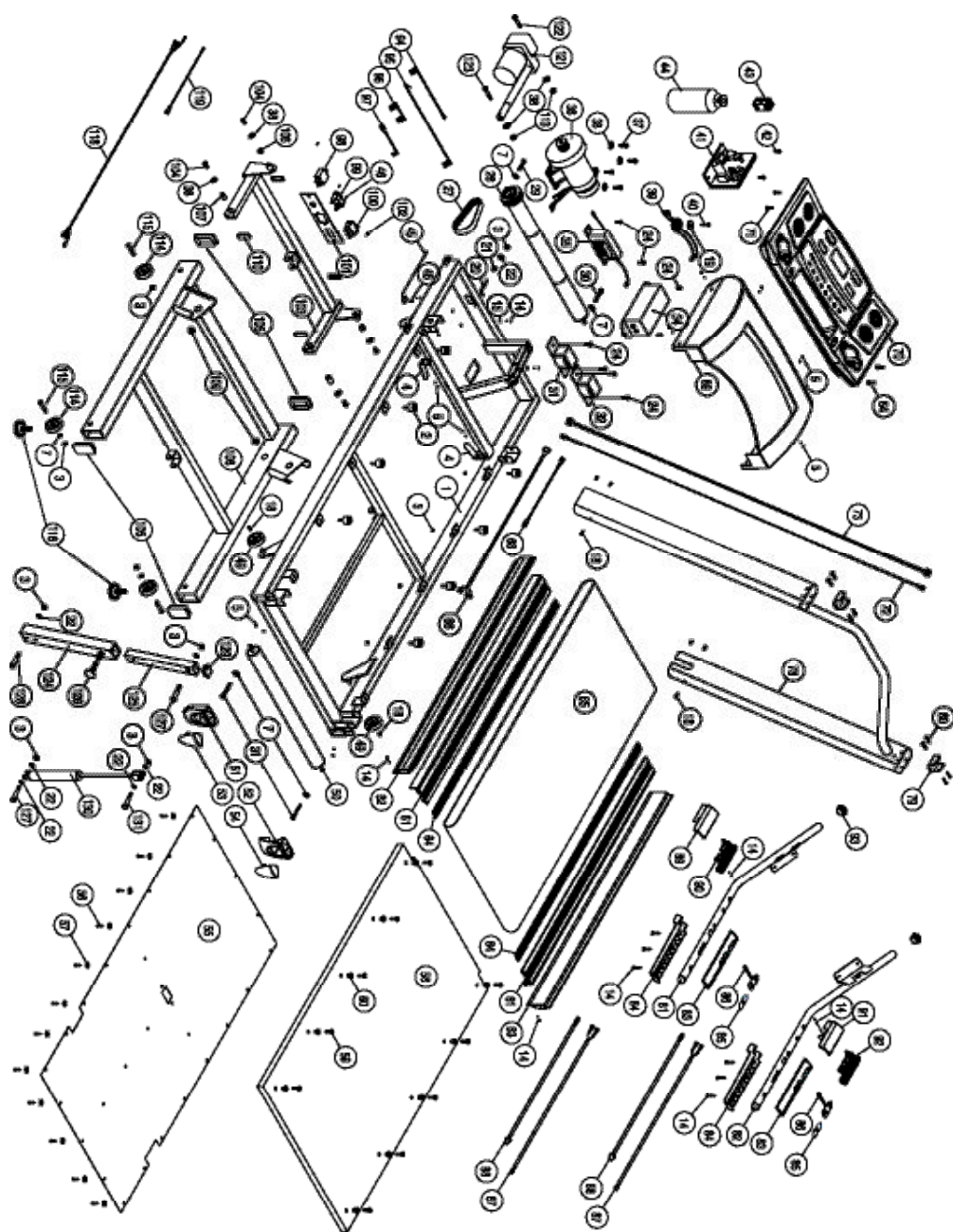
### **ERROR 6**

When incline motor is in running mode, if the computer can not read the VR of incline motor for 6 seconds, E6 appears on the computer and BEEP sound alarms.

#### **Possible Reason & trouble-shooting:**

It could be due to either defective incline motor VR sensor, or the 3-pin cable of incline motor is not properly connect to drive board, or the loose wires, UP (RED), DOWN (BLACK), COM (WHITE) on the incline motor.

## Exploded Drawing



## PARTSLIST (B.O.M.)

NO.	DESCRIPTION	QUT.	B.O.M.
1	MAIN FRAME	1	GB20-983004100
2	RUBBER TIP	6	EA0011-001041
3	NUT M8	10	CA2004-00060B
4	CENTER BAR	2	CB4001-210665
5	BOLT M5*8	16	CA1006-102700B
6	PLATE	1	BA0005-10030000
7	WASHER M8*16	8	CA3002-00095B
8	NUT M8	2	CA2002-00100B
9	PLATE	1	BA0005-7200M030
10	SPRING	1	CB4001-160090
11	BOLT M8*35	1	CA1013-10310B
12	BOLT M8*80	1	CA1003-00720B
13	NUT M8	1	CA2005-00060B
14	SCREW 5/32*16	15	CA1016-00195P
15	WASHER M4	10	CA3005-000930
16	AXIS	1	CB4001-22005100
17	WASHER M8*26	1	CA3002-00110B
18	BOLT M8*15	3	CA1013-10290B
19	WASHER M8*35	2	CA3002-001000B
20	L-PLATE	1	CB4001-240021
21	CAP	1	EA0001-500900
22	WASHER M8*19	2	CA3002-00097B
23	L-PLATE	1	BA0030-10011110
24	BOLT M4*6	14	CA1006-101500
25	LIMITED SWITCHES	1	EA0011-003895
26	BOLT M3*15	2	CA1006-000315
27	POLY-BELT	1	DA0010-12011600
28	FRONT ROLL	1	DA0006-40036100
29	BOLT M8*40	1	CA1013-00310B
30	BOLT M8*65	3	CA1013-00370B
31	(T1) TRANSFORMER	1	DA0014-220V020
32	(T2) TRANSFORMER	1	DA0014-220V030
33	(T6) TRANSFORMER	1	DA0014-220V035
34	FILTER	1	DA0015-000010
35	CHOKO	1	DA0014-220VCO3
36	MOTOR	1	DA0010-112010
37	BOLT M10*20	4	CA1003-00079B
38	WASHER M10*22	11	CA3005-00080B
39	MAGNET	1	HASM-910006000
40	BOLT M5*30	1	CA1006-10330B
41	CONTROL BOX	1	DA0012-220V030
42	M5*12 BOLT	2	CA1006-10290B
43	CLIP	1	DA0010-001500
44	KETTLE	1	EA0011-003205
45	SENSOR	1	DA0007-200670
46	SCREW M3*10	2	CA1016-300100
47	TENSION	1	DA0007-3009100
48	CAP	1	DA0007-3009100
49	WHEEL	2	EA0008-300070
50	REAR ROLLER	1	DA0006-4012400B
51	FIX PLATE (L)	1	EA0011-1230040G
52	FIX PLATE (R)	1	EA0011-1230050G
53	FIX PLATE (L)	1	EA0011-12300450
54	FIX PLATE (R)	1	EA0011-12300500
55	BOTTOM COVER	1	EA0011-1206910B
56	SCREW M5*12	28	CA1016-60512B5
57	WASHER M6*13	28	CA3002-00075B
58	RUNNING DECK	1	DA0004-0011900N
59	BOLT M8*40	10	CA1006-2000040B
60	T-TIP	10	EA0001-2010000B
61	SIDE COVER	2	CB4001-2711339
62	COVER(L)	1	HASM-98200440L
63	COVER(R)	1	HASM-98200440R

NO.	DESCRIPTION	QUT.	B.O.M.
64	ANTI-SLIPPER	2	HASM-982004300
65	RUNNING BELT	1	DA0002-1003335B
66	CABLE 750mm	1	DA0010-15A0C0750
67	CABLE 500 mm	1	DA0010-15053010
68	CABLE 350 mm	1	DA0010-1500310
69	COVER	1	HASM-983000400G
70	COMPUTER	1	HASM-984006400
71	BOLT M6*15	4	CA1006-10410B
72	CABLE 1750 mm	1	DA0010-1521750D
73	CABLE 1750mm	1	DA0010-15A81750
74	CABLE 1600mm	1	DA0010-159A1600
75	CONNECTOR	1	DA0010-13020000
76	FIXING PLATE	1	EA0011-1006060B
77	BOLT M4*8	10	CA1006-101550B
78	SIDE FRAME	1	GB20-984000300
79	FIX PLATE	2	BA0060-200420
80	BOLT M6*10	8	CA1006-10390B
81	HAND RAIL/L	1	GB20-982000500L
82	HAND RAIL/R	1	GB20-982000500R
83	HANDLE TOP COVER	1	BA0011-123000G1
84	HANDLE BOTTOM COVER	1	BA0011-1230010B
85	HAND PULSE	2	DA0007-34000000
86	SWITCH(SPEED)	1	DA0017-1000100
87	CABLE 750mm	2	DA0010-15060750
88	CABLE 650mm	2	DA0010-151E0650
89	HANDLE SIDE COVER L-L	1	EA0011-1230020B
90	HANDLE SIDE COVER L-R	1	EA0011-1230025B
91	HANDLE SIDE COVER R-L	1	EA0011-1230030B
92	HANDLE SIDE COVER R-R	1	EA0011-1230035B
93	CAP	2	EA0001-200900
94	GROUND CABLE	1	DA0010-1500386
95	CABLE (BROWN) 170mm	1	DA0010-155D170N
96	CABLE (BROWN) 30mm	1	DA0010-155G030N
97	CABLE (BLUE) 60mm	1	DA0010-155H060U
98	BREAKER (10A)	1	DA0010-130033
99	SOCKET	1	DA0010-160100
100	SWITCH	1	EA0011-003870
101	PLATE	1	BA0050-8810020
102	BOLT M4*10	3	CA1006-102800B
103	FRONT FRAME	1	GB20-983000400
104	BOLT M10*40	4	CA1013-11040B
105	CAP 40*80	4	EA0001-100130
106	SLEEVE	2	CB4001-400015
107	SLEEVE TUBE 15.8*7*2.5	2	BBO325-C00700
108	BOTTOM STAND	1	GB20-983000200
109	FIXING CAP 25*12*17	2	EA0001-600760
110	U&BOLT	1	CB4001-2420000
111	NUT M10	1	CA2002-001010B
112	WASHER	1	CB4001-7200M030
113	NUT M10	3	CA2004-00075B
114	WHEEL	4	EA0008-100400
115	BOLT M8*50	4	CA1013-10350B
116	ADJUSTING TIP	2	EA0001-8810060
117	CABLE 1550.0L	1	DA0010-1541550A
118	CABLE 1300.0L	1	DA0010-158A1300
119	GROUND CABLE	1	DA0010-1520200C
120	COVER	1	BA0060-7200M030
121	INCLINE MOTOR	1	DA0010-9200M220
122	BOLT M10*50	1	CA1004-00370B
123	BOLT M10*75	1	CA1004-00430B
124	CABLE 1750 L	1	DA0010-152E1750
125	CABLE 100 L	2	DA0010-158B0100
126	CABLE 750 L	1	DA0010-151H0750



Factory:

**JIH KAO ENTERPRISE CO., LTD**