OWNERS MANUAL TP-T4200

Tempo
FITNESS

Retain Owners Manual
for future reference

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SAFETY

IMPORTANT: Read all instructions and warnings before using the treadmill

IMPORTANT VOLTAGE INFORMATION !

Before plugging the power cord into an electrical outlet, verify that the voltage requirements for your area match the voltage of the treadmill that you have received,. The power requirements for this treadmill include a grounded, dedicated circuit, rated for one of the following: 115VAC +- 5%, 60Hz and 20amps; 208/220 VAC, 60Hz, 15amps or 230 VAC +- 5%, 50Hz and 10amps. Check with your dealer for the exact voltage requirements of your treadmill. Use of wrong voltage will damage the treadmill.

WARNING! : Do not attempt to use this treadmill with a voltage adapter.
Do not attempt to use this treadmill with an extension cord.

GROUNDING INSTRUCTIONS

This treadmill must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor 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 equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or service provider if you are in doubt as to whether the treadmill is properly grounded.

CONSULT A PHYSICIAN IMMEDIATELY

Warning: before starting any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using any fitness equipment. We assume no responsibility for personal injury damage sustained by or through the use of this treadmill.

IMPORTANT SAFETY INSTRUCTIONS
 – Obtain a medical exam before beginning any exercise program.
 – Keep children and pets away from the treadmill. Teenagers and disabled persons must be supervised
   while using the treadmill.
 – Stop exercising if you feel faint, dizzy, or experience pain at any time while exercising and consult
   your physician.
 – Clip the SAFETY KEY onto your clothing and carefully test it prior to using the treadmill.
 – Disconnect all power before servicing the treadmill.
 – Connect the treadmill to a properly grounded outlet only.
 – Do not operate electrically powered treadmill in damp or wet locations.
 – Use this treadmill for consumer use only.
 – Remove the SAFETY KEY when not in use.
 – Inspect the treadmill for worn or loose components before each use.
 – Do not operate the treadmill if 1. The power cord is damaged; 2. the treadmill is not working properly;
   3. The treadmill has been dropped or damaged.
 – Do not use the treadmill outdoors.
 – Read and understand this owner's manual completely before using the treadmill.
 – Read and understand all warnings posted on the treadmill and in this owner's manual.
 – Do not wear loose or dangling clothing while using the treadmill.
 – Always wear proper footwear on or around exercise equipment.
 – Set up and operate the treadmill on a solid, level surface. Do not operate in recessed areas or on
   plush carpet.
 – Provide the following clearances: 100cm at each side, 200cm at the back and enough room for safe
   access and passage at the front of the treadmill.
 – Do not modify the treadmill in any way.

TARGET HEART RATE ZONE
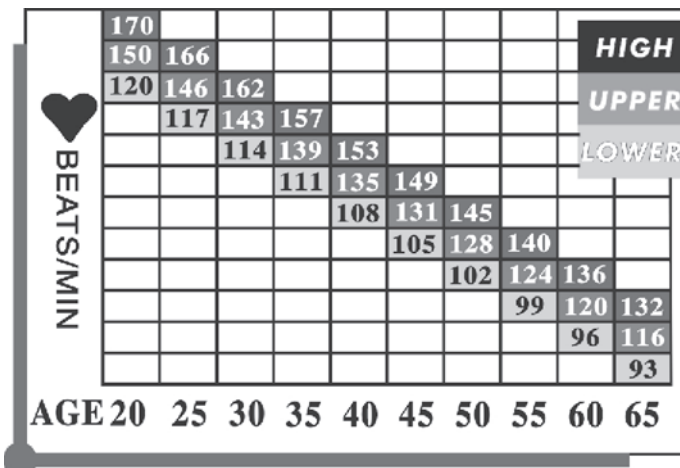
Target Heart Rate Zone
220-your age =maximum heart zone

You do not want to workout at your maximum heart rate. The recommended Heart Rate Zone is a percentage of your maximum heart rate. Between 60% and 75% of your maximum heart rate.

Lower limit of Target Heart Rate Zone =maximum heart rate X 0.6

Upper limit of Target Heart Rate Zone =Maximum heart rate X0.75

(This is recommended by American Heart Association. Before starting exercise program, please consult your physician to understand your physical situation)

HOW OFTEN SHOULD YOU EXERCISE:
You should exercise three to four times a week to improve your cardiovascular and muscle fitness.

HOW HARD SHOULD YOU EXERCISE:
Intensity of exercise is reflected in your heart rate. Exercise must be sufficiently rigorous to strengthen your heart muscle and condition your cardiovascular system. Only your doctor can prescribe the target training heart range for you. Before starting any exercise program consult your physician.

HOW LONG SHOULD YOU EXERCISE:
Sustained exercise conditions your heart, lungs and muscles. The longer you are able to sustain exercise within your target heart range, the greater the aerobic benefits. To begin maintain 2~3 minutes of steady, rhythmic exercise, then check your heart rate.

BEGINNER TREADMILL PROGRAM

	EXERTION LEVEL	DURATION
WEEK 1	Easy	6~12 minutes
WEEK 2	Easy	10~16 minutes
WEEK 3	Moderate	14~20 minutes
WEEK 4	Moderate	18~24 minutes
WEEK 5	Moderate	22~28 minutes
WEEK 6	Slightly higher or slightly lower	20 minutes
WEEK 7	Add interval training	3 minutes at moderate exertion with 3 minutes at higher exertion for 24 minutes

WARM- UP& COOL-DOWN

A successful exercise program consists of a warm up, aerobic exercise, and a cool down. Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the following warm-up and cool-down exercises:

1 Head rolls
Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.

2 Shoulder lifts
Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

3 Side stretches
Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.

4 Inner thigh stretch
Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.

5 Toe touches
Slowly bend forward from your waist, letting your back and shoulder relax as you stretch toward your toes. Reach down as far as you can and hold for 15 seconds.

6 Quadriceps stretch
With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot up.

7 Hamstring stretches
Sit with your right leg straight in front of you. Straighten your leg out while trying to hold on to your outstretched leg with your hand. Starting up with your back straight. Slowly exhale and try to bring your chest to the knee of your outstretched leg. Hold, then repeat on the other side for 15 seconds.

8 Calf/achilles stretch
Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 seconds.

UNPACKING & ASSEMBLY

WARNING!: Use extreme caution when assembling the treadmill. Failure to do so could result in injury

NOTE: Each step number in the assembly instructions tells you what you will be doing. Read and understand all instructions thoroughly before assembling the treadmill.

1. Unpack the carton and take off all of separated parts outside carton.
2. Tear open the carton as the picture showing, fold up the treadmill.
3. Hold on roller cover by two hands and lean back the treadmill, move the treadmill forward as the picture showing.

Failure to follow this procedure may result in serious injury due to pinch point area on the front frame near the motor cover.
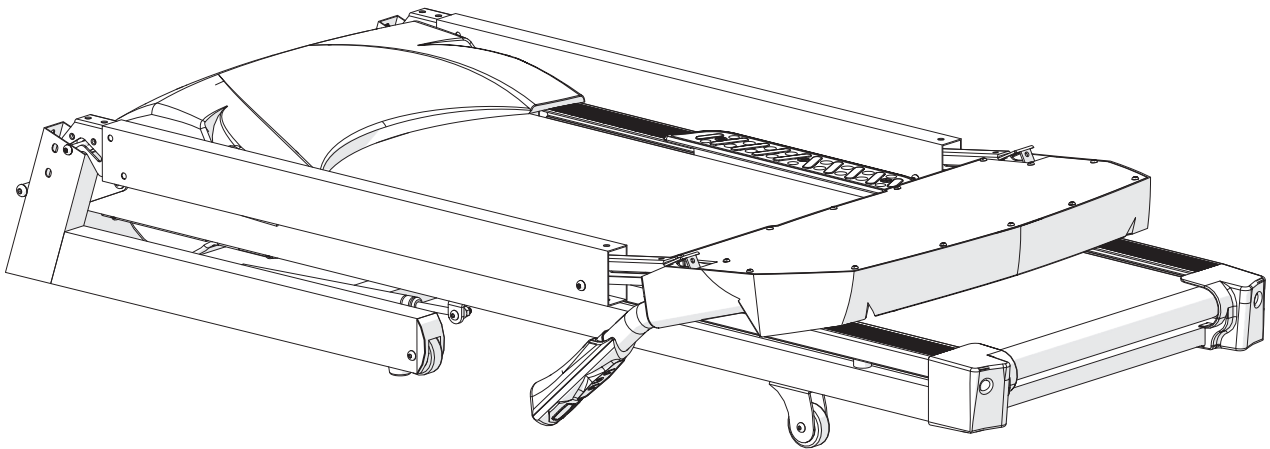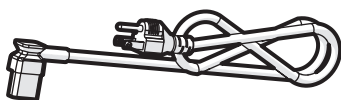

Main body

HARDWARE KIT
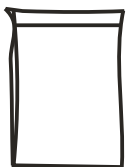
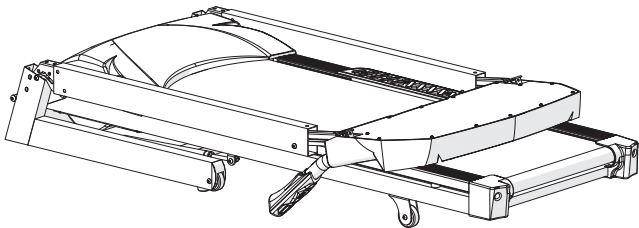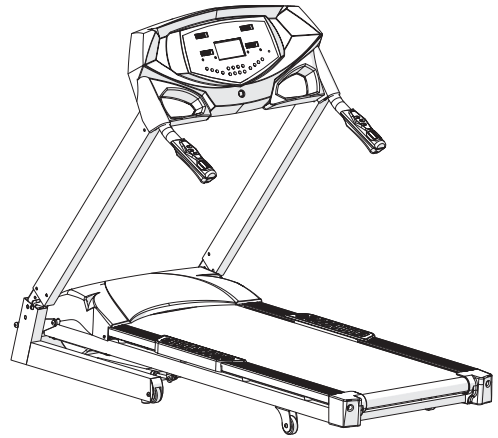|		
Hardware kit	M8X15mm hex socket head bolt 12pcs (base frame and console)	Allen wrench
Power cord	Lubricant for running deck	Safety key

ASSEMBLY DRAWING

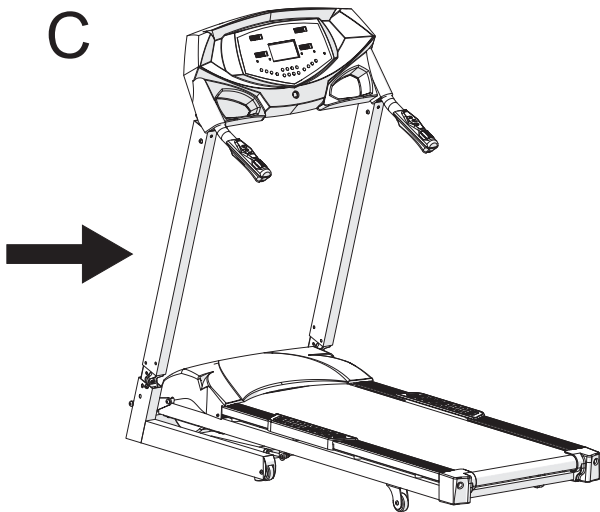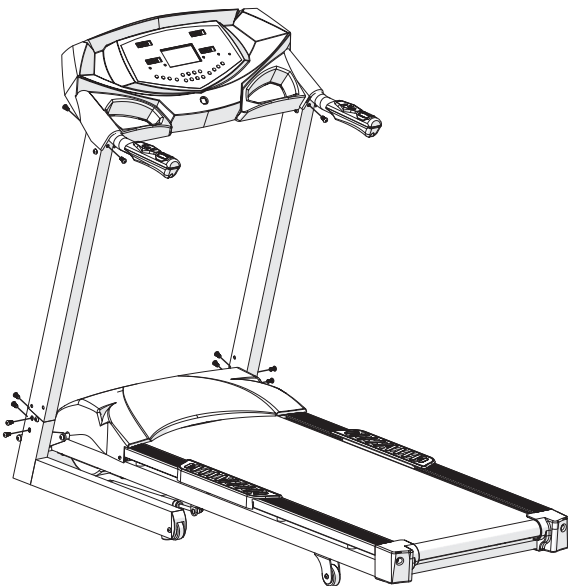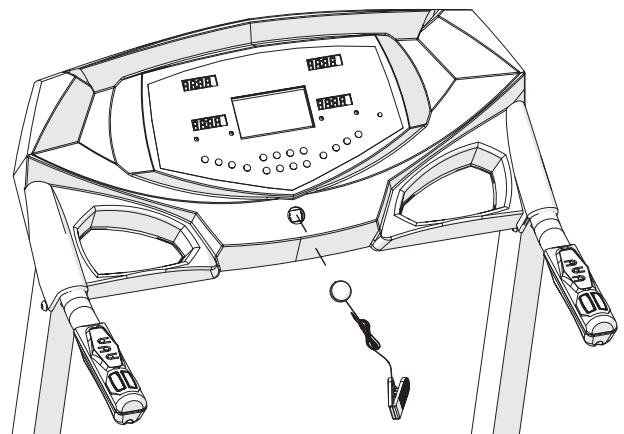**STEP 1-** Attach the console masts to the base frame

A

B

C

D

STEP 2- Secure the bolts

STEP 3- Put the safety key on

A).Secure the console mast with 12 pcs of
M8X15mm bolts using Allen wrench.

COMPUTER OPERATIONS

CONTROL PANEL FUNCTION

CALORIES: indicates estimated calories burned

PULSE: estimated heart rate

STOP: Stop the treadmill

UP/DOWN: Adjust incline

START: Start the treadmill

SPEED: indicates kph in 0.1 increments

FAST/SLOW:

Used to adjust speed in 0.1 kph increments

To set programs(P1~P10), Set time to countdown

TIME: indicates time you workout, can be set to countdown

DISTANCE: indicates km travelled in 0.1 increment

INCLINE: Indicates incline in percent of grade in 1% increments

MODE: Enter programs selection, enter time setting, push 3 seconds for scanning

ONE-TOUCH SPEED 6, 8,10,12: Used to reach ideal speed

ONE-TOUCH INCLINE 0, 5, 10, 15: Used to reach ideal incline

CONTROL PANEL OPERATION

PROGRAMS :
P1 : manual
P2~P15 : pre-set programs
HRC 1: HRC speed program
HRC 2 : HRC speed+incline program
U1: user1 program
U2: user2 program

P1 MANUAL:
QUICK START

1). Power on, put SAFETY KEY on   2). Press "START " to start exercise

3). Adjust speed using "FAST/SLOW"   4). Adjust incline using "UP/DOWN"

COUNT DOWN SETTING(exercise time count down setting):

1). Power on, put SAFETY KEY on   2). Press "MODE" to enter count down setting.

3). Use "FAST/SLOW" to set exercise time   4). Press "START" to start exercise

5). Adjust speed using "FAST/SLOW"   6). Adjust incline using "UP/DOWN"

(the initial time :6minutes)
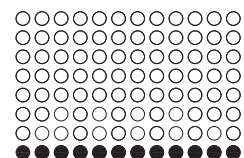
COMPUTER OPERATIONS

PROGRAMS(P2~P15):

1). Power on, put SAFETY KEY on
2). Press "FAST/SLOW" to select programs
3). Press "MODE" to enter count down setting
4). Press "FAST/SLOW" to set exercise time
5). Press " START" to start exercise
6). Adjust speed using " FAST/SLOW" , adjust incline using " UP/DOWN"
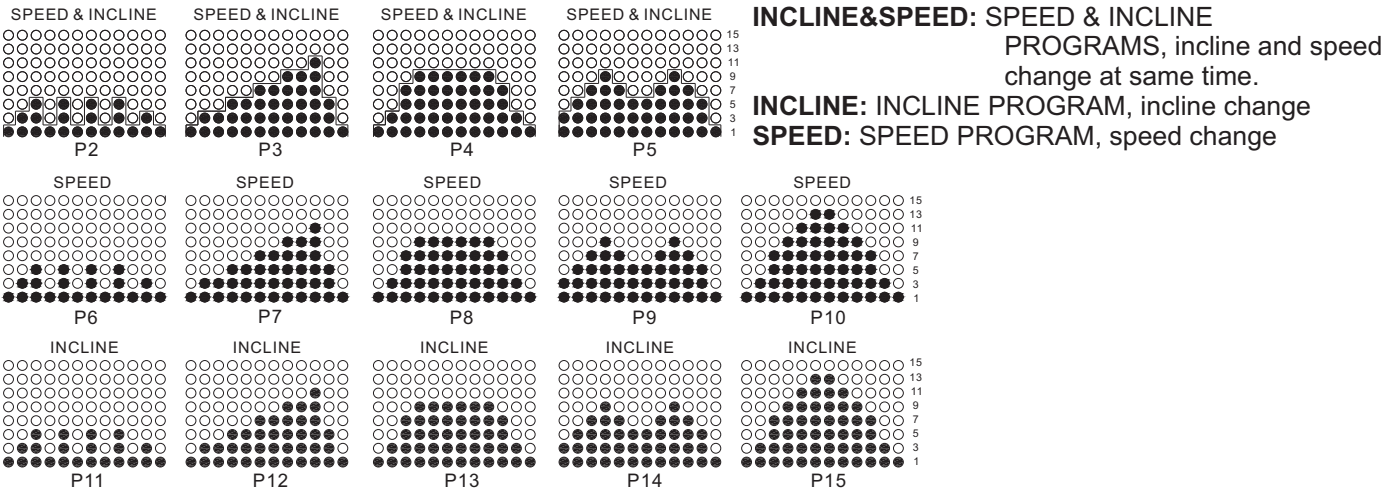7). Press "STOP" to stop treadmill

SPEED & INCLINE	SPEED & INCLINE	SPEED & INCLINE	SPEED & INCLINE	**INCLINE&SPEED:** SPEED & INCLINE
P2	P3	P4	P5	PROGRAMS, incline and speed change at same time.

INCLINE&SPEED: SPEED & INCLINE PROGRAMS, incline and speed change at same time.
INCLINE: INCLINE PROGRAM, incline change
SPEED: SPEED PROGRAM, speed change

SPEED	SPEED	SPEED	SPEED	SPEED
P6	P7	P8	P9	P10

INCLINE	INCLINE	INCLINE	INCLINE	INCLINE
P11	P12	P13	P14	P15

ONE-TOUCH SPEED/ONE-TOUCH INCLINE

ONE-TOUCH SPEED/INCLINE provide a comfortable and convenient operation to use this treadmill, especially for professional runner.

ONE-TOUCH INCLINE
There is one set of ONE-TOUCH INCLINE control panel on the console overlay for user to select the ideal incline.

- 15 Incline level 15
- 10 Incline level 10
- 5 Incline level 5
- 0 Incline level 0

ONE-TOUCH SPEED
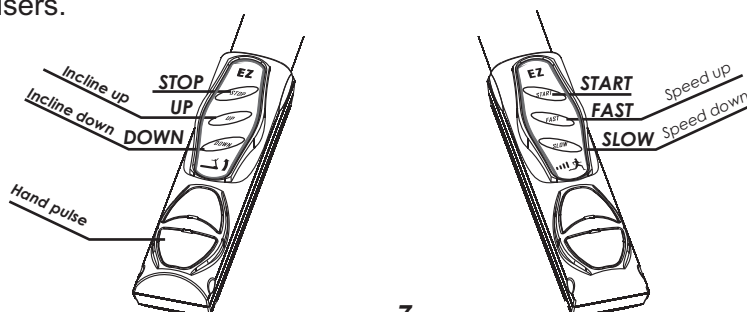There is one set of ONE-TOUCH SPEED control panel on the console overlay for user to select the ideal speed.

- Speed 12kilometer per hour 12
- Speed 10kilometer per hour 10
- Speed 8kilometer per hour 8
- Speed 6kilometer per hour 6

EZ-BUTTON:

EZ-BUTTON is designed for the beginner. You can grip on handlebar and adjust speed and incline at same time. Also allow you to stop or start your workout while you are griping on handlebar. It means this treadmill is with double safety protections, besides safety key, EZ-Button design will supply the runner much safety protection.
With ONE-TOUCH SPEED, ONE TOUCH INCLINE and EZ-BUTTON. This treadmill is suitable for each level users.

HRC OPERATION:

This is with the most advanced design, including HRC (Heart rate control). HRC is a sophisticated program. It controls the speed or incline by runner heart rate beating. In order to provide runner with optimum workout, the runner needs to set the target heart rate first, and workout time. The whole program includes 3 stages.
1. Warm-up (We suggest at least 5 minutes)
2. Entering HRC program
3. Cool down

You do not want to workout at your maximum heart rate. The recommended Heart Rate Zone is a percentage of your maximum heart rate. Between 60% and 75% of your maximum heart rate.

Lower limit of Target Heart Rate Zone =maximum heart rate X 0.6

Upper limit of Target Heart Rate Zone =Maximum heart rate X0.75

(This is recommended by American Heart Association. Before starting exercise program, please consult your physician to understand your physical situation)

TARGET HEART RATE ZONE

BEATS/MIN										
170										
150	166									HIGH
120	146	162								UPPER
	117	143	157							LOWER
		114	139	153						
			111	135	149					
				108	131	145				
					105	128	140			
						102	124	136		
							99	120	132	
								96	116	
									93	
AGE 20	25	30	35	40	45	50	55	60	65	

Target Heart Rate Zone
220-your age =maximum heart zone

CHEST STRAP TRANSMITTER
To operate HRC, the user needs to wear a chest strap transmitter

CHEST STRAP (TRANSMITTER)

CHEST STRAP is not standard specification. It is optional, please contact your dealer for more details.
ATTENTION: Please use Polar belt compatible chest strap.

TRANSMITTING AREA
The transmitting area is around 1 meter on straight line. Please see the below drawing for more detail for transmitting area.

COMPUTER OPERATIONS

HRC OPERATION STEPS

Apply moisture here

Backside of chest strap transmitter

1. Wear chest strap transmitter.
   Apply moisture on the electrodes before wear.
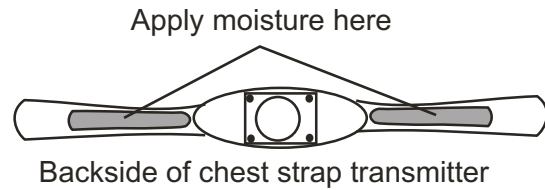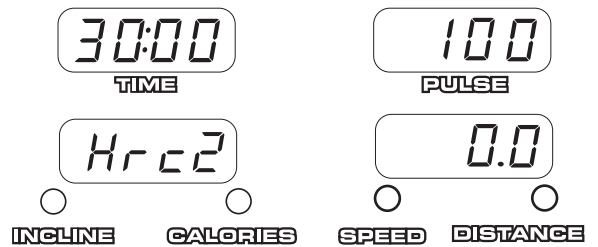
HRC 1(**herat rate control 1**) **program**

2. Press "FAST" or "SLOW" to HRC1 program.
   The screen on monitor shows:
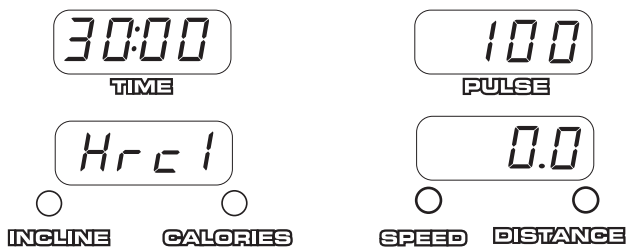
HRC 2(**herat rate control 2**) **program**

2. Press "FAST" or "SLOW" to HRC 2 program.
   The screen on monitor shows:

3. Press "MODE" to enter TARGET HEART RATE setting.
   Press " FAST" or "SLOW" to set TARGET HEART RATE. (Max=190, min=90)

4. Press "MODE" to enter WORKOUT TIME setting.
   Press " FAST" or "SLOW" to set WORKOUT TIME.

Take example. on HRC 1 , set TARGET HEART RATE is 130, WORKOUT TIME is 32minutes.
The screen on monitor shows:
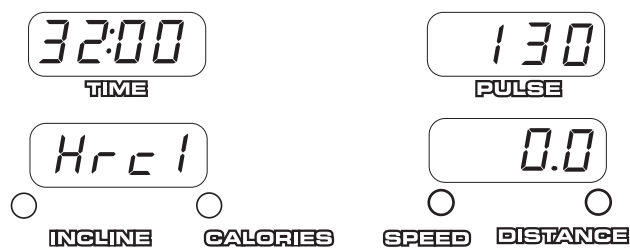
5. Press "START" to start workout and enter HRC program.

HOW HRC WORK?

Initial speed limit: 12kph

HRC 1: HRC SPEED PROGRAM

WARM-UP and EXERCISE:
After setting the "TARGET HEART RATE" and the "WORKOUT TIME", push "START" button to start workout and enter WARM-UP. The computer will detect per 10seconds.
If your heart rate is under and more 10 than "TARGET HEART RATE", the computer will switch to detect per 5seconds.

If the heart rate is less than "TARGET HEART RATE ",the speed will add 0.2kph.
If the heart rate is over " TARGET HEART RATE ",the speed will reduce 0.4kph.
(Under speed reduced situation, the heart rate should be more than 5 beats of "TARGET HEART RATE", and can add the speed. If the heart rate is in +- 5 beats difference from TARGET HEART RATE, the speed will maintain same speed.)
The runner can push speed +/- , incline +/- to change speed/incline. The speed can be adjusted to maximum speed. Not limit under 12kph.

COOL DOWN: Cool down is located at the last 2 minutes,
While entering the last 2nd minute. The speed reduces 50%, The incline returns to 0 level.
While entering last minute. The speed will reduce 50% again, The incline still is 0 level.
While the set time is over, the treadmill stops.
(Under cool down, can not be adjusted speed/incline manually)

HRC2: HRC SPEED + INCLINE PROGRAM

WARM-UP and EXERCISE:
After setting the "TARGET HEART RATE" and the "WORKOUT TIME", push "START" button to start workout and enter WARM-UP. The computer will detect per 10seconds.
If your heart rate is under and more 10 than "TARGET HEART RATE", the computer will switch to detect per 5seconds.

If the heart rate is under "TARGET HEART RATE ",the speed will add 0.2kph.
After accumulating 10 times of 0.2kph speed up. The incline will add 1 level.

If the heart rate is over " TARGET HEART RATE ",the speed will reduce 0.4kph.
After accumulating 5 times of 0.4kph speed down. The incline will reduce 1 level.

(Under speed reduced situation, the heart rate should be more than 5 beats of "TARGET HEART RATE", and can add the speed. If the heart rate is in +- 5 beats difference from TARGET HEART RATE, the speed will maintain same speed.)
The runner can push speed +/- , incline +/- to change speed/incline. The speed can be adjusted to maximum speed. Not limit under 12kph.

COOL DOWN: Cool down is located at the last 2 minutes,
While entering the last 2nd minute. The speed reduces 50%, The incline returns to 0 level.
While entering last minute. The speed will reduce 50% again, The incline still is 0 level.
While the set time is over, the treadmill stops.
(Under cool down, can not be adjusted speed/incline manually)

NO HEART RATE SIGNAL:
If the computer can not detect heart rate, the heart rate shows on computer will be **0 after 15** seconds.

The possible reasons for no heart rate signal:
1. Improper chest strap wearing
2. Not enough moisture on electrodes
3. The distance between chest strap and computer is over 1 meter
4. Need to change battery on chest strap transmitter.
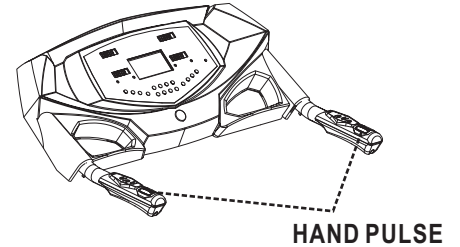
HAND PULSE

STOP:
If the runner push "STOP" button during workout, the computer will be reset after 5 minutes without push "START" button to resume workout.

CHEST STRAP TRANSMITTER and HAND PULSE:
1. The runner still can detect heart rate by gripping hand pulse after taking off chest strap transmitter. (Use chest strap transmitter is much accurate to detect hear rate than use hand pulse. Some runner is hard to detect heart rate by using hand pulse. We strongly suggest to use chest strap transmitter if you need much accurate hear rate detection while using this treadmill.)
2. Chest strap transmitter is priority than hand pulse if you wear chest strap transmitter and grip hand pulse at same time.
3. The runner also can use chest strap transmitter to detect heart rate even do not use HRC program.

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2 USER PROGRAMS:

The user can also create his/her own programs to do workouts. There are two user programs: U1 and U2

U1 (user 1 program)
12 segments
speed range — 0.8~20kph
incline range — 0~15level
initial value at each segment:
speed: 3.0kph
incline: level 3

U2 (user 2 program)
12 segments
speed range — 0.8~20kph
incline range — 0~15level
initial value at each segment:
speed:3.0kph
incline: level 5

8:00	0 0	8:00	0 0
TIME	PULSE	TIME	PULSE
U 1	0.0	U 2	0.0
INCLINE CALORIES	SPEED DISTANCE	INCLINE CALORIES	SPEED DISTANCE
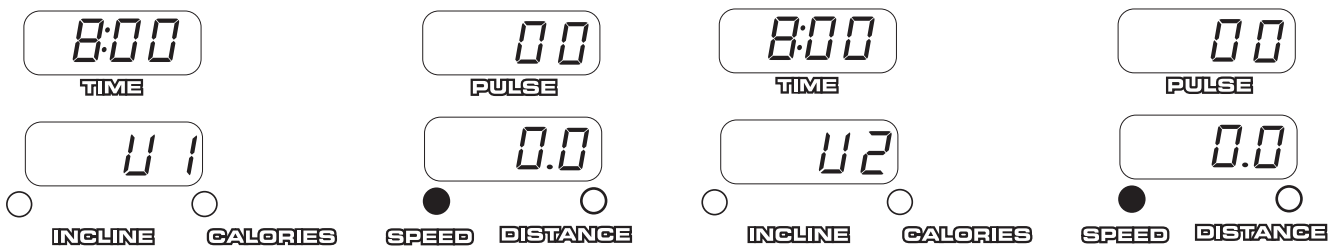
1. Treadmill has been completely test at factory. The initial value would be different from the monitor shows due to factory test.
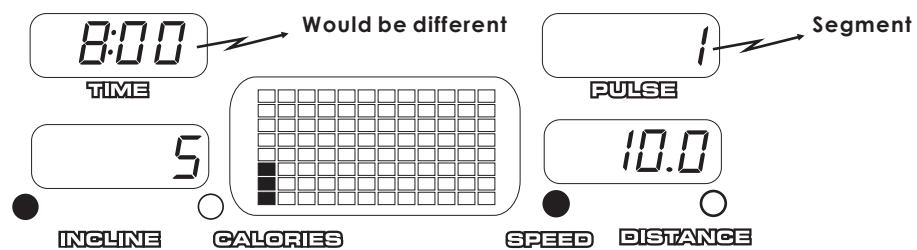2. Speed range 0.8~18kph would be different due to the treadmill specification.

HOW TO OPERATE U1, U2

1). Power on, put SAFETY KEY on
2). Press "FAST" or "SLOW" to U1/U2 program, then press "MODE" into SEGMENT 1
3). Under segment 1. Press "FAST" or "SLOW" to set speed. Press " UP" or "DOWN" to set incline level

For example: on U1, SEGMENT 1, The user want to create
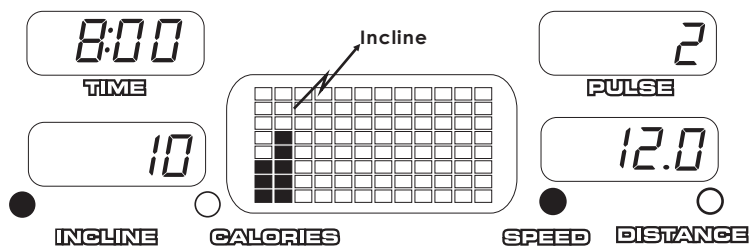   speed:10
              incline: 5
Press "FAST" or "SLOW" to digital No. 10 on speed window
Press "UP" or "DOWN" to digital No. 5 on incline window
The screen on monitor shows:

```
 8:00   → Would be different        1  → Segment
 TIME                            PULSE
    5                            10.0
 ●     ○                        ●     ○
 INCLINE  CALORIES          SPEED  DISTANCE
```

5). After finishing SEGMENT 1 setting, press "MODE" again to enter SEGMENT 2 to set speed and incline for SEGMENT 2.
6). Press " FAST" or "SLOW" to set speed, press "UP" or "DOWN" to set incline.

For example: on USER1, SEGMENT 2, The user want to create
              speed: 12
              incline:10
Press "FAST" or "SLOW" to digital No. 15 on speed window
Press "UP" or "DOWN" to digital No. 10 on incline window
The screen on monitor shows:

```
 8:00        Incline              2
 TIME                            PULSE
   10                            12.0
 ●     ○                        ●     ○
 INCLINE  CALORIES          SPEED  DISTANCE
```

6). Repeat and set all of SEGMENT1 ~12. After finishing SEGMENT1~12 setting, press "MODE" key again to enter TIME setting.
7). Press "FAST" or "SLOW" to set your ideal workout time. Then press "START" to start your created workout program. ENJOY a nice your own program.

BELT ADJUSTMENT

You may need to adjust the running belt during the first few weeks of use. All running belts are properly set at the factory. It may stretch or be off-center after use. Stretching is normal during the break-in period.
ADJUSTING THE BELT TENSION
If the running belt feels as though it is "slipping" or hesitating when you plant your foot during a run, the tension on the running belt may have to be increased.

TO INCREASE THE RUNNING BELT TENSION:
A. Place 8MM wrench on the left belt tension bolt. Turn the wrench clockwise 1/4 turn to draw the rear roller and increase the belt tension.
B. Repeat STEP A for the right belt tension bolt. You must be sure to turn both bolts the same number of turns, so the rear roller will stay square relative to the frame.
C. Repeat STEP A and STEP B until the slipping is eliminated.
D. Be careful not to tighten the running belt tension too much as you can create excessive pressure on the front and rear roller bearings. An excessively tightened running belt may damage the roller bearings that would result in bearing noise from the front and rear rollers.

TO DECREASE THE TENSION ON THE RUNNING BELT, TURN BOTH BOLTS COUNTER-CLOCKWISE THE SAME NUMBER OF TURNS.

CENTERING THE RUNNING BELT
When you run, you may push off harder with one foot than with another. The severity of the deflection depends on the amount of force that one foot exerts in the relation to the other. This deflection can cause the belt to move off-center. This deflection is normal and the running belt will centre when no body is on the running belt. If the running belt remains consistently off-center, you will need to centre the running belt manually.

A). Start the treadmill without anyone on the running belt, press (SPEED UP) bottom until speed reached 6kph.
B). Observe whether the running belt is toward the right or left side of the deck.
a. If toward the left side of the deck
   Using wrench, turn the left adjustment bolt clockwise 1/4, or turn the right adjustment bolt counterclockwise 1/4.
b. If toward the right side of the deck
   Using wrench, turn the right adjustment bolt clockwise 1/4, or turn the left adjustment bolt counterclockwise 1/4.
c. If the belt is still not centered, repeats the above steps until the running belt is on center.
C). After the belt is centered, increase the speed to 16kph and verify that it is running smoothly. Repeat the above steps if it is necessary.
If the above procedure is unsuccessful in resolving the off-center, you may need to increase the belt tension.

Turn clockwise to increase the running belt tension

Turn counter-clockwise to decrease the running belt tension
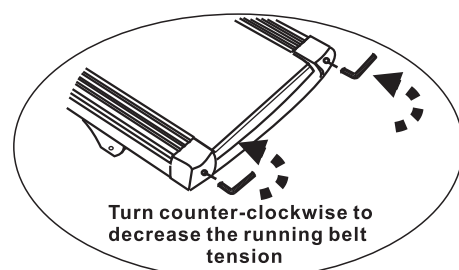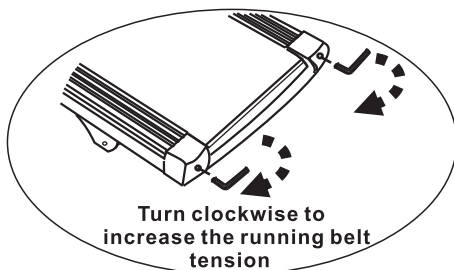
CARE & MAINTENANCE

WARNING!: To prevent electrical shock, be certain the treadmill is turned off and unplugged before cleaning or routine maintenance.

RUNNING BELT AND RUNNING DECK LUBRICATION
For maximum treadmill life, this treadmill needs a routine lubrication as part of a general maintenance for the machine. The routine maintenance procedure will prevent premature wear of the running belt, running deck and drive motor system. The recommended lubrication schedule as:

USAGE	LUBRICATION
1~6kph	Every 3 months
6~12kph	Every 2 months
12~16kph	Every 1 months

Lubricant for running deck

This schedule is the recommended application for a single user, up to 20~30 minutes per time. 3~4 times per week. For lubrication, you can contact your dealer.

CLEANING
Perspiration should be wiped from the console and treadmill surface after your workout. You should wipe down your treadmill once a week with a water dampened, soft cloth. Be careful not get excessive moisture on the display panel as this might cause an electrical hazard or electronics to fail.

STORAGE
Store your treadmill in a clean and dry environment. Ensure the master power switch is off and is un-un-plugged from the electrical wall outlet.

MOVING
This treadmill has been designed and equipped with wheels for easy mobility. Before moving, ensure the master power switch is in the off position and the power cord is unplugged from the electrical outlet.

FOR CONSUMER/HOME USE ONLY!!
This treadmill is designed for home use only. Do not use for light institutional or commercial.

LUBRICATION MAINTENANCE

It is important to take good care of your treadmill deck (the walking surface underneath the belt). A good silicone lubrication will also improve the performance of your treadmill.

NOTE: Use the silicone that is supplied with the treadmill. Additional silicone lubricant can be purchased from your retail store.

WARNING: STOP the treadmill and remove the safety key before lubricating the running deck.

HOW TO SPRAY SILICONE ON DECK?

A). Find the silicone bottle. It is located in the hardware kit package included with this treadmill.

B). Find a straw and put it onto the silicone bottle as the drawing shows.

C). Spray silicone evenly on treadmill deck as the drawing shows. (ATTENTION : The treadmill MUST BE STOPPED before applying the silicone lubricant. This is to prevent injury, otherwise the edge of the running belt may cut you or your fingers could be crushed by the rollers.)

Do not put too much silicone on the deck. Excessive lubricant may cause slippage of the belt on the rollers.

A　　　　*B*　　　　　　*C*

STRAW

Silicone bottle

Put on straw

SPRAY AREA
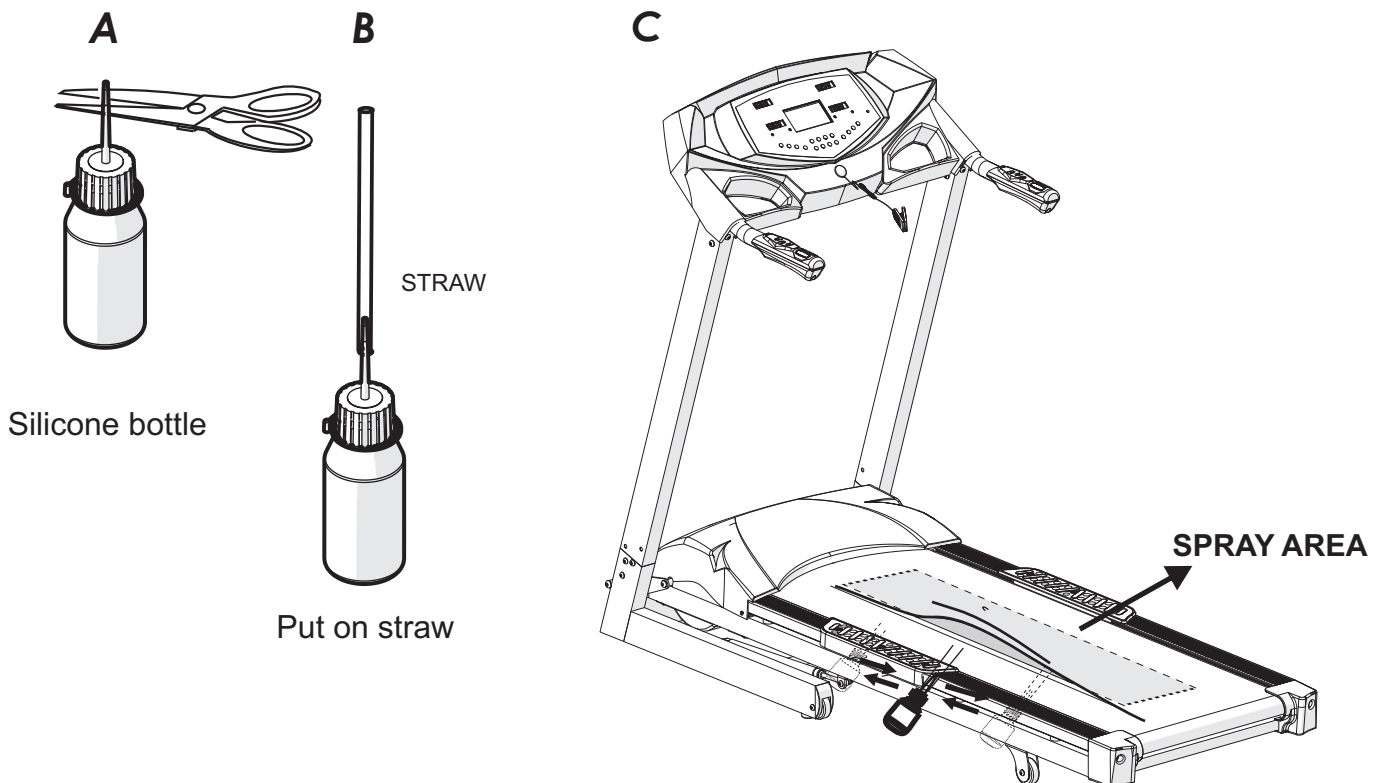
TROUBLE SHOOTING

TROUBLE SHOOTING GUIDE

SYMPTOM	CAUSE	SOLUTION
Console display LCD's do not illuminate	a. No power to treadmill b. Console wire connector not connected or incompletely connected c. Overload protection is activated	Check the on-off switch Turn off, then turn on power. Push START, Check all of connected wires, if still not illuminated, a service is required
Scrambled digitalis on console LCD	Damaged console	Service required
Show E1	a. RPM sensor problem b. Senor wire not connect to controller or improper connection c. Motor wire not connected d. Console wires not connect properly e. Controller damaged f. Overload protection is activated	Service required Check the lubrication, running belt tension, turn off, then turn on power

The most happened symptom is current overload protection. And show E1(error 1) on monitor. E1 is to inform the runner to examine your treadmill by yourself to avoid the damage happened on treadmill. The runner can follow the below steps to do the examination.

1). E1 would be happened by electricity system at your home. Sudden big current would cause E1. Please turn off the on-off switch, then turn on the switch to resume the using.
If it still happened, the most reason is too much friction between the running belt and the running deck.
2). Please do lubrication according to LUBRICATION MAINTENANCE instructions. Enough lubrication will improve the performance and maximum the treadmill life.
3). Keep clean under running belt.
4). check the tension between roller and running belt. (please see BELT ADJUSTMENT)
5). The damaged running belt will increase the current and be easy to cause E1. Wear proper footwear while using. It can avoid to damage the running belt.

For all service please contact:
Johnson Health Tech Australia:
www.jhta.com.au/service

ITEM		DESCRIPTION	QTY	ITEM		DESCRIPTION	QTY
AB1	ST70-AB3	Main frame	1	J01	ST44-J01	Motor	1
B20	ST70-B20	Side rein	2	J02	ST04-J02	Incline motor	1
B21B	ST06-B21	Rubber cushion	2	J03	ST11-J03	Controller	1
B21	ST08-B21	Rubber cushion	6	J08	ST01-J08	Motor sensor wire	1
B22	ST78-B22	Running belt	1	J09	ST08-J09	Power cord	1
B23	ST70-B30	Side rein	2	J13	ST01-J13	Grounded wire A	1
B24	ST63-B24	Upper motor cover	1	J15	ST03-J15	Lower console wire	1
B25	ST03-B25	Lower motor cover	1	J16	ST06-J16	Socket	1
B26	ST08-B26	Roller cover, left	1	J17	ST06-J17	On/off switch	1
B27	ST01-B27	Mobile wheel	2	J18	ST06-J18	Fuse	1
B28	ST08-B28	End cap, main frame	2	J22	ST08-J22	Fixing bracket, controller	1
B29	ST70-B29	Side strip footboard	2	J23	ST01-J23	Wave filter	1
B33	ST08-B33	Roller cover, right	1	J24	ST63-J24	Controller thrustplate	1
B39	ST70-B39	Running deck	1	J28	ST01-J28	Wave filter housing	1
AC5	ST08D-AC5	Base frame	1	K01	ST70-K01	Front roller	1
C11	ST03-C11	Foot step	1	K02	ST70-K02	Rear roller	1
C13	ST08-C13	Mobile wheel housing	2	K03	ST09-K04	Drive belt	1
C14	ST01-C14	Base frame, mobile wheel	2				
C16	ST01-C16	Pad, base frame	4				
C18	ST01-C18	Spring, foot step	1				
AD1	ST08-AD1	Lift arm, incline	1				
AE1	ST03-AE1	Fixing arm, folding	1				
E07	ST03-E07	Sleeve, fixing arm	1				
E04	ST12-E04	Air shock	1				
AF4	ST08D-AF4	Handlebar	1				
AF2	ST63-AF2	EZ-button, incline	1				
AF3	ST63-AF3	EZ-button, speed	1				
F08	ST03-F08	Wire, hand pulse	1				
F12	ST63-F12	Lower EZ-button case	2				
AG5	ST08D-AG5	Console mast	2				
G13	ST08G13	Connecting bracket	2				
H01	ST63-H01	Upper console case	1				
H02	ST63-H02	Lower console case	1				
H04	ST63-H04	Overlay, console	1				
H05	ST01-H05	Safety key	1				
H08	ST07-H08	Monitor	1				
H09	ST03-H09	Sensor wire, monitor	1				
H10	ST06-H10	Heart rate PCB	1				
H11	ST01-H11	Upper console wire	1				
H12	ST01-H12	Fixing bracket, safety key	1				
H20	ST21-H08	Membrane key	1				
H30	ST03-H30	Loudspearker	2				
H31	ST11-H31	Expansion montior	1				
H35	ST03-H35	Receiver	1				

PARTS LIST-BOLTS

ITEM	DESCRIPTION	QTY	ITEM	DESCRIPTION	QTY
AB	**Bolt M10X40mm**		AY	**Washer M6**	
	Incline motor	1		Front & rear roller	3
AC	**Nut M10**		AS	**Bolt M8X15mm**	
	Incline motor	1		Pad, base frame	4
ACE	*Nylon nut M10*		BB	**Bolt M4X15mm**	
	Incline motor	1		Ground wire	1
	Lift arm, incline	4		Ground wire, wave filter	1
AD	**Bolt M8X140mm**		BBE	**Self tapping screw M4X15mm**	
	Motor	1		Upper &Lower console case	14
AG	**Nylon nut M8**			EZ-button	6
	Motor	2		Roller cover	2
AGE	**Nut M8**			Console frame	4
	Air shock	1		Upper motor cover	4
	Foot step	1		Lower motor cover	4
	Rear mobile wheel	2	BNE	**Bolt M10X60mm**	
	Fixing arm,folding	1		Incline motor	1
	Mobile wheel housing	2		Lift arm, incline	2
AH	**Washer M8**		BP	**Copper column M3X10mm**	
	Motor	1		Wave filter, a pillar	4
AI	**Nut M4**		BQ	**Bolt M3X6mm**	
	Upper motor cover	4		Wave filter	4
AJ	**Bolt M4X15mm**		BR	**Bolt M8X40mm**	
	Fixing bracket, controller	2		Base frame	2
	Controller back plate	2		Console mast	2
ALE	**Bolt M8X40mm**		BS	**Bolt M8X25mm**	
	Fixing arm, folding	1		Console frame	2
	Rear mobile wheel	2	BW	**Bolt M8X30mm**	
AN	**Bolt M5X10mm**			Air shock	2
	Controller	2	CJ	**Bolt M8X125mm**	
AO	**Bolt M3X10mm**			Motor	1
	Motor sensor wire	2	CO	**Bolt M6X65mm**	
	Power cord	2		Front & rear roller	3
	Loundspeaker	8	CP	**Bolt M6X25mm w/washer**	
AP	**Bolt M6X30mm**			Running deck	8
	Side strip footboard	6	CQE	**Bolt M10X70mm**	
AQ	**Bolt Ø6X15mm**			Lift arm, incline	2
	Side rein	2			
ATE	**Bolt M8x50mm**				
	Foot step	1			
	Mobile wheel housing	2			
AX	**Bolt M3x6mm**			**HARDWARE KIT**	
	Monitor	6			
	Sensor wire, monitor	2	AS	Bolt M8X15mm	12
	MP3 board	2	AZ	Wrench M5	1

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