

ELECTRONIC TREADMILL

JDB-1300



CONTENT

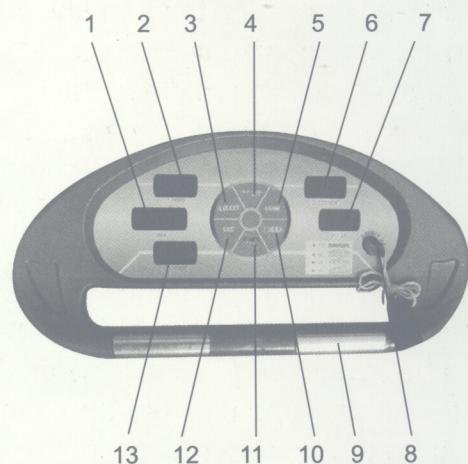
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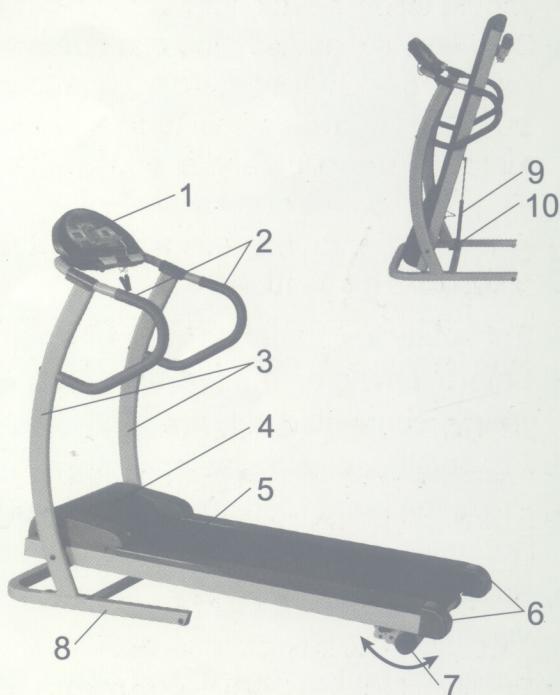
3. Electronic Meter

1. Time
2. Speed
3. System choose key
4. Recover
5. Fast key
6. Distance
7. Mode pulse sensor
8. Safety key
9. Hand hold pulse sensor
10. Slow key
11. On/Off key
12. System set key
13. Calorie



4. Main parts of the treadmill

1. Electronic meter
2. Left and right handlebar
3. Left and right column
4. Cover
5. Running belt
6. Adjusting screw for running belt
7. Back frame
8. Bottom frame
9. Cylinder
10. Clamp



1. Safety regulations

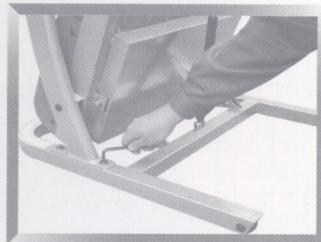
Attention: Read carefully this manual before using the machine.

- The treadmill should be put indoors, keeping it free from moisture and splashes of water. Don't put anything onto the machine.
- During working sparks may occur in the electric motor. So keep the machine far from combustibles and exploder.
- Make sure that four fees of the treadmill support the ground steadily . If necessary, pad the machine with pieces of carpet or rubber.
- Voltage should be within a range of $220V\pm10\%$ olts, otherwise it may put the machine into disorder.
- The plug must be well ground-connected, and the power lines can endure electric currents more than 12 amperes. While the treadmill is working. It should be avoid to use other electrical appliances with the same power line.
- Choose suitable sportswear and sports shoes for exercise, and barefoot walking on the treadmill is forbidden.
- Only single user is allowed at same time .The person whose weight more than 100kg can't use ordinary type of the treadmill.
- Stand on the plastic pad beside the running belt with hands holding the handlebars, then start the machine, and begin exercise if the treadmill works normally. Start the machine while standing on the belt is forbidden.
- A person suffering from heart disease should not use the treadmill alone.
- Adjust the running speed according to individual body state. A weak person should follow doctor's advice concerning exercise.
- Continuous exercise time can not over 60 minutes. Pull the plug off from a working treadmill so as to avoid accidents.
- Don't make the treadmill to over work for long .Otherwise it may damage the motor or controller, and speed up the aging of bearings, running belt and running platform.
- Keep the environment clean for that dust can lower the sensitivity of sensor for checking speed.
- Keep a proper air humidity indoors in winter to avoid static electricity which may influence the working of electronic meter or damage it.

2. Technical Standard

- | | |
|---|---|
| • Input voltage: $220V\pm10\%$ (50Hz or 60Hz) | • Distance :000-9.99 kilometers. |
| • Environment temperature for working:0-40°C. | • Valid area for running belt:110x38cm. |
| • Maximum input power :1.5HP. | • Occupied area:152x65cm. |
| • Electric current is less than 5A. | |
| • Speed :1.0-12.0 kilometers/hour($\pm5\%$) | |
| • Time limits:00:00-99:59(minute: second) | |

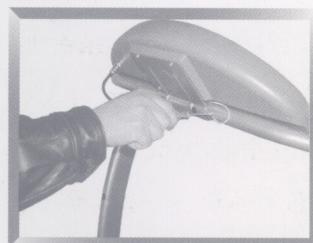
5. Assembling



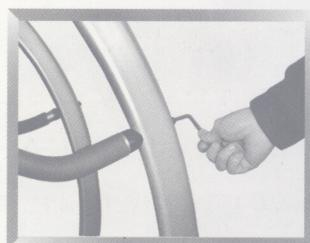
1. Install left and right column: insert left and right column into bottom frame connect tube, fixed it with M10 screws.



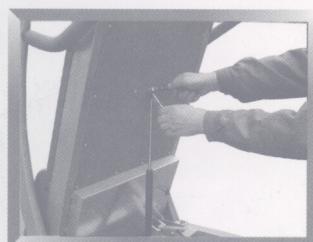
2. Fixed ele ctronnic meter with M6 screws.



3. Install electronic meter, please hitch wire at M4 screw, connection in frame.



4. Fix handlebar: Fixed handlebar to the column with M8 screws.



5. Fix hydraulic pole on the frame with M8 screws.

6. Adjusting & testing

1. Put safety key to the position of electronic meter.
2. Before turning on the power, must check: proper voltage; plug is well ground-connected, the running belt moved smoothly and no noise.
3. Put on plug, electric meter displays "0". The running belt is still.
4. Press the button "on/off", the treadmill begins running with a low speed (1.0km/h), observe if the machine works normally
5. Press the button "fast key", slow key" to see if the speed adjustment is workable
6. Press the button "on/off" key again, treadmill will stop, pull off the plug.

7.Operation instructions

1. Insert plug in the Jack of 220v.
2. Insert emergency stop disk into the socket of instrument of "safety key". into the socket.press on/off key,running belt can be slowly moved, speed is about 1.0-1.2kilometers/h or so.it will show running belt's speed at once.
3. Press the button faster to gain a higher speed. The fastest speed is about 12.00kilometers/h.
4. Operation instructions for 3 auto fixed systems:
Treadmill isn't working,instrument window display "o".Pulse sensor window display "P".Press "choose' key,Calorie window display 'p1-p4".after choosed system,Press on/off key,treadmill auto proceed it.every system is 12 minutes,(see attachment) After finish the system,instrument window is twinkle,bee machine make voice,five times stop.Continous operate ,pls press "recover".
5. Operatin instructons for 3 system set:
Treadmill isn't working,instrument window is "0".press "set" key,time, distance,calorie window twinkle seperately,if choose present window time and distance,press fast,slow key to correct.(instrumment can't set two sys tems at same time.) then press "on/off" key to start it.
6. Press "recover"key to clear digital if change person.
7. Treadmill will stop immediately if the safety key is pulled off
8. Finish running, the treadmill will stop at once when lower the speed and press "on/off" button. If you want to restart the treadmill, press "on/off" button. There should be an interval of 3 seconds between stop and restart.
9. Pulse sensor test:shape is hand hold sensor chart.
Hand hold sensor's test:Before test,two hands rub several times and hold sensor.so it will show sensor number.
10. When exercise with "niu yao pan",pull up it first,then put down out.and hold handlebar when exercise.
See attachment p2,p3,p4.

P2:

Time min	1	2	3	4	5	6	7	8	9	10	11	12
Speed km/h	3.0	3.0	6.0	3.0	6.0	3.0	6.0	3.0	6.0	3.0	3.0	3.0

P3:

Time min	1	2	3	4	5	6	7	8	9	10	11	12
Speed km/h	5.0	8.0	5.0	10.0	6.0	11.0	7.0	12.0	6.0	5.0	5.0	5.0

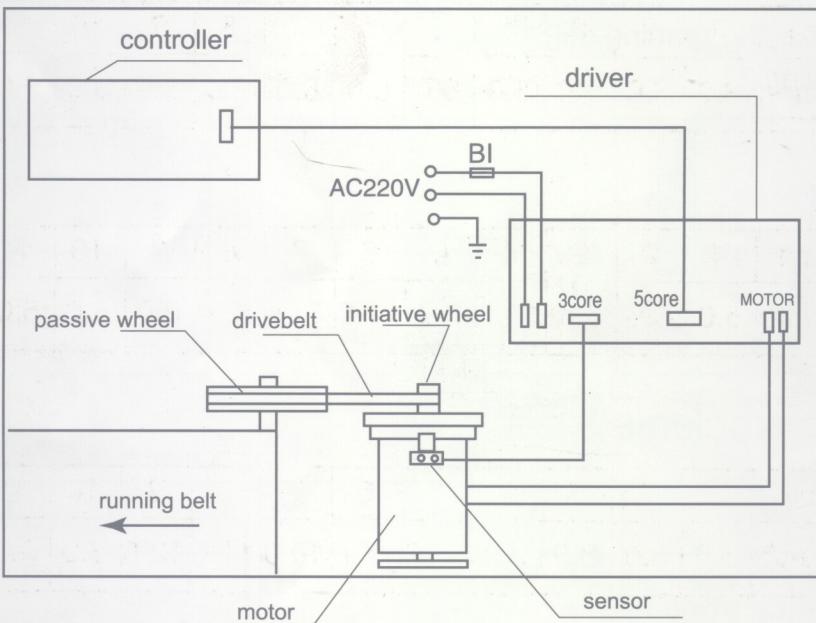
P4:

Time min	1	2	3	4	5	6	7	8	9	10	11	12
Speed km/h	5.0	5.0	8.0	9.0	10.0	9.0	10.0	11.0	12.0	8.0	5.0	5.0

8.Points for attention

- 1.When using the treadmill for the first time, please begin with a slow speed, and raise the speed gradually.
- 2.The paces should be suited to the speed of belt. Treading the machine deliberately is forbidden.
- 3.Don't use safety key as a top button, otherwise the treadmill may be damaged. Only in case of emergency can safety key be used.
- 4.The running speed and exercise time depend on the state of individual body.
- 5.When the source wire is damaged,it should be changed by local agent.
- 6.Children,pregnant,old age etc is careful to use it.Do't use it within one hour after dinner.
- 7.The pulse sensor is not medical instruments, which data is just for reference.

9.Drawing for system connection



10.Maintenance

1.Clearance:

The treadmill should keep cleaning, Put off the plug first before cleaning, clean it every one to two months. When cleaning, open the cover, clean the dust on motor and sensor and then check if the screws are loosened.

2. Shoes should be soft and keep running belts cleaning when running.

3.The running belt's problems.

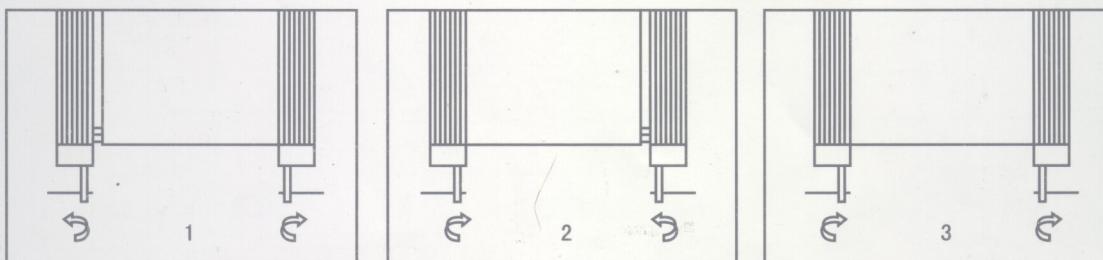
During working the running belt may deviate right or left in this case adjustment would be necessary. The adjusting method is as follows.

If the belt deviate right, tighten the right adjusting bolt or loosen the left one and turn the bolt half a round each time and never turn it too much to avoid over doing.(see drawing 1). If the belt deviate left , tighten the left adjusting bolt or loosen the right one.(see drawing 2). The main reason for deviation is that the strength of two legs is different sometime .so always run is the middle of belt.

4.Running slip

If the treadmill has this kind of problem, please adjust bolts according to clockwise. Two sides' adjustment should be same. And every time adjust

half round until the running belts not slippery and deviation. And every time's adjustment can't exceed 2 to3 round and can't make it too tight to avoid damaging running belt.
(see drawing 3).



11. Some problems & settlement

Problems	Probability reason	Measures
1.Machine can't be started while meter working normally 2.Meter working normally, but there's noise after starting	The input voltage is too low or carton brush seriously wear and tear.	1.Adjust input voltage. 2.Replace brush or clean dust.
Running & meter works abnormally	There is dust on the speed sensor	Clean the dust
E—2	Safety key didn't in the right place	Put the safety key to the right place.
E—3	There are something wrong with the display and the power communication.	Please check the 4 pin line.
E—4	Power tube of PCB is damage.	Replacing PCB.
E—5	The motor is not working.	Please check the sensor line.
E—6	The temperature of the PCB is too high.	Supply lubrication oil between the running belt and running deck. And restart the machine after 30 minute.
E—7	Motor over loading protection	Supply lubrication oil between the running belt and running deck.
Press reset to clear the malfunction code.		