



**MODEL NUMBER: JBW9200**

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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

### **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**

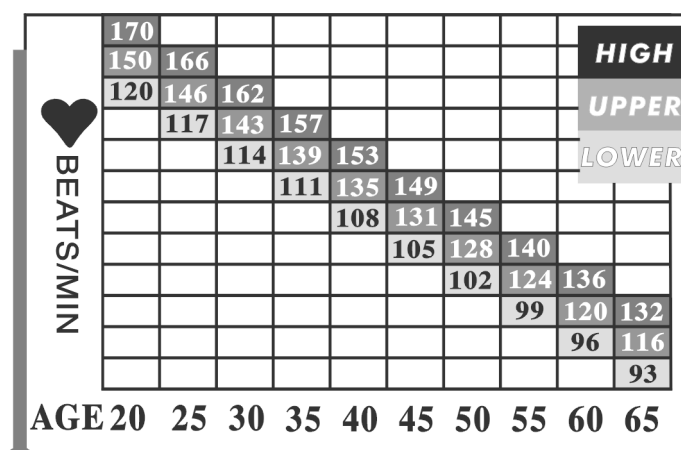
Warning: before starting any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using any fitness equipment. We assume no responsibility for personal injury damage sustained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

# SAFETY

## TARGET HEART RATE ZONE



Target Heart Rate Zone  
 $220 - \text{your age} = \text{maximum heart zone}$

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  $\times 0.6$

Upper limit of Target Heart Rate Zone  
 = Maximum heart rate  $\times 0.75$

(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

## 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

### 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

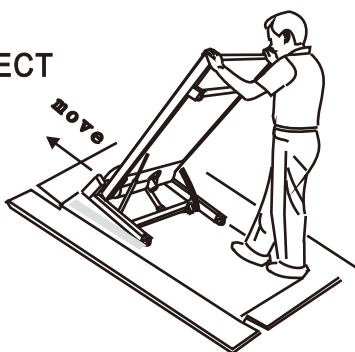
**WARNING!:** Use extreme caution when assembling the treadmill. Failure to do so could result in injury

**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.

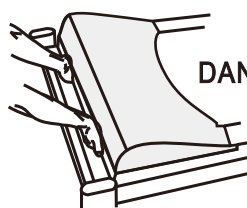
1. Unpack the carton and take off all of separated parts outside carton.
2. Tear open the carton as the picture showing, fold up the treadmill.
3. Hold on roller cover by two hands and lean back the treadmill, move the treadmill forward as the picture showing.

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

○ CORRECT

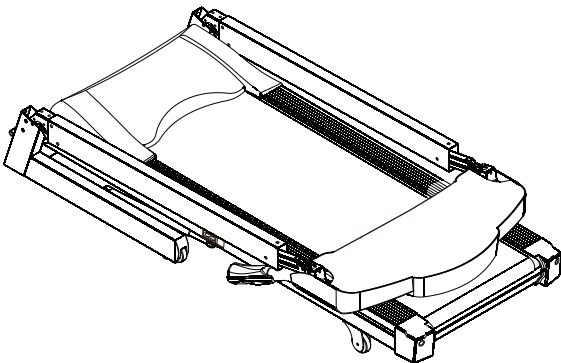
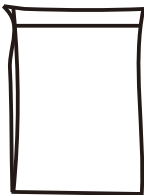


✗ WRONG


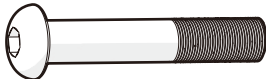
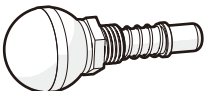


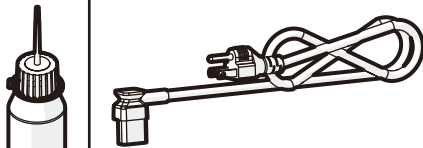


PROHIBITED !

Check the following items are present. If any of the parts are missing, contact with the dealer.

 <p>Main body</p>	 <p>Hardware kit</p>
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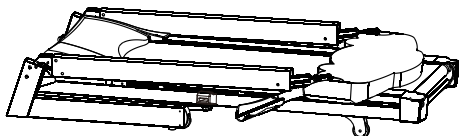
### HARDWARE KIT

 <p>M8X15mm hex socket head bolt 6 pcs (base frame and console)</p>	 <p>M8X45mm hex socket head bolt 2 pcs (console frame)</p>	 <p>Lock pins</p>
 <p>Allen wrench</p>	 <p>Safety key</p>	 <p>Lubricant for running deck</p> <p>Power cord</p>

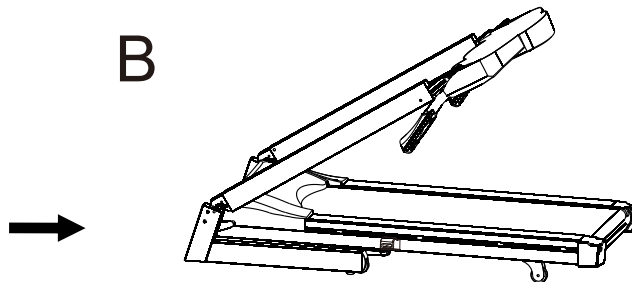
## ASSEMBLY DRAWING

### STEP 1- Assemble the console masts and the console

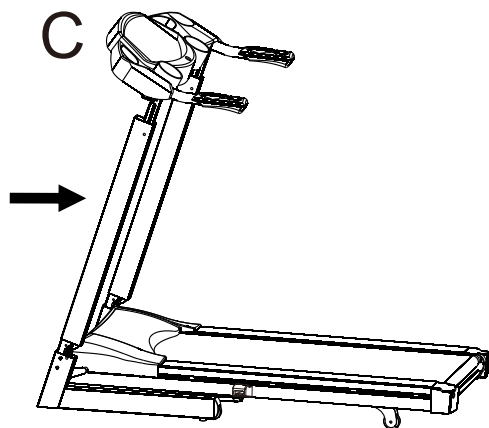
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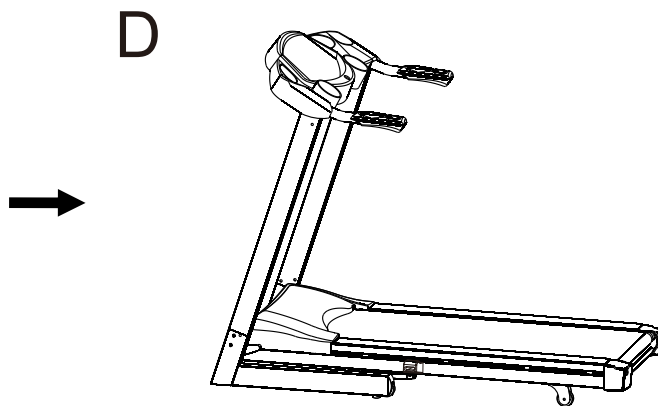
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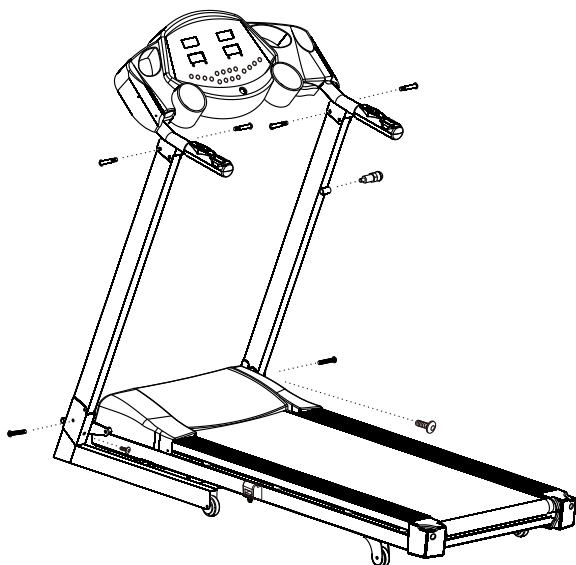
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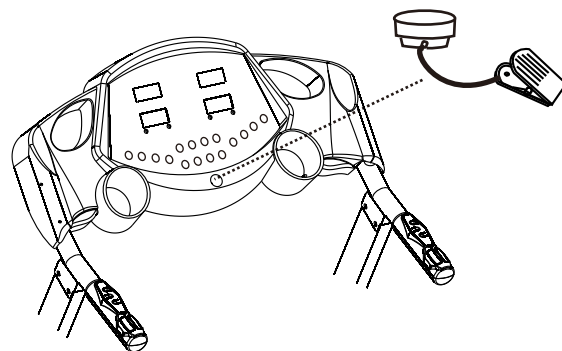
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### STEP 2- Secure the bolts



### STEP 3- Put the safety key on



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

## COMPUTER OPERATIONS

### CONTROL PANEL FUNCTION

**CALORIES:** indicates estimated calories burned

**PULSE:** estimated heart rate

**INCLINE:**

Indicates incline in percent of grade in 1% increments

**DISTANCE:** indicates km travelled in 0.1 increment

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

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

**FAST/SLOW:**

Used to adjust speed in 0.1 kph increments  
To set programs(P1~P10), ,Set time to countdown

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

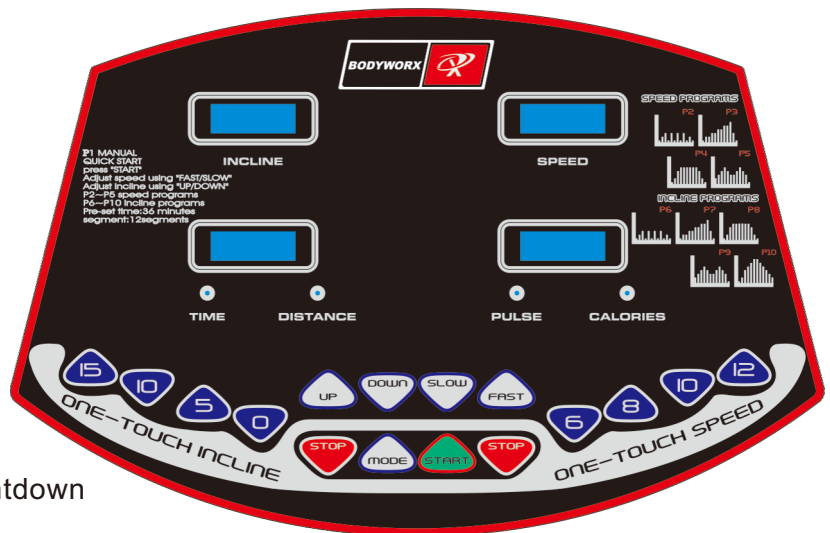
**ONE-TOUCH INCLINE 0, 5, 10, 15:** Used to reach ideal incline

**START:** Start the treadmill

**SPEED:** indicates kph in 0.1 increments

**UP/DOWN:**Adjust incline

**STOP:** Stop the treadmill



### CONTROL PANEL OPERATION

**QUICK START: (P1 MANUAL)**

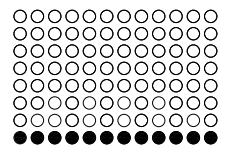
- 1). Power on, put SAFETY KEY on
- 2).press "START " to start exercise
- 3). Adjust speed using "FAST/SLOW"
- 4). Adjust incline using "UP/DOWN"

**COUNT DOWN SETTING(exercise time count down setting):**

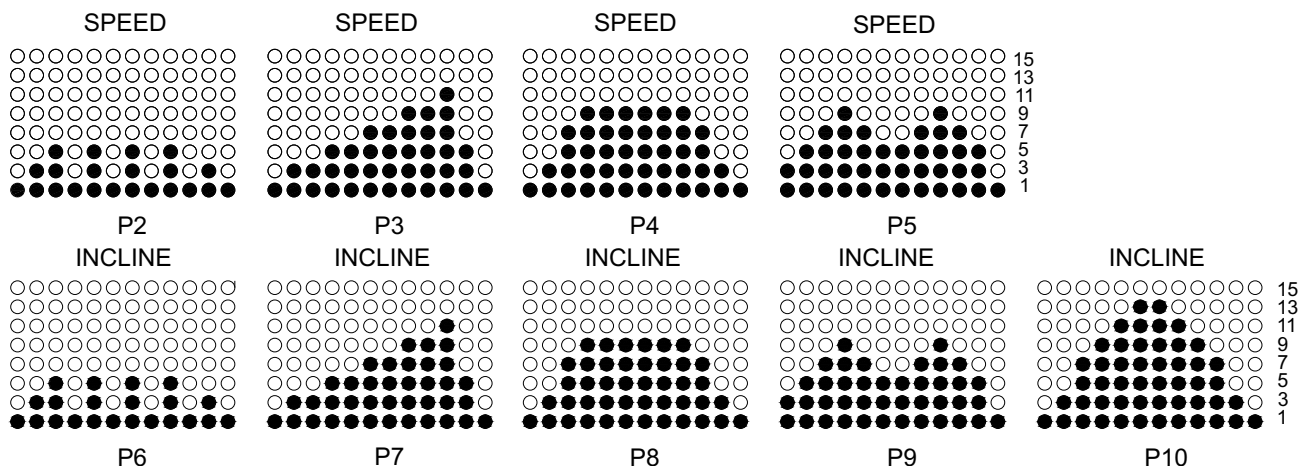
- 1). Power on, put SAFETY KEY on
- 2). Press "MODE" to enter count down setting.
- 3). Use "FAST/SLOW" to set exercise time
- 4). Press "START" to start exercise
- 5). Adjust speed using "FAST/SLOW" ( the initial time :6minutes)
- 6). Adjust incline using "UP/DOWN"

**PROGRAMS(P2~P10):**

- 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



## COMPUTER OPERATIONS



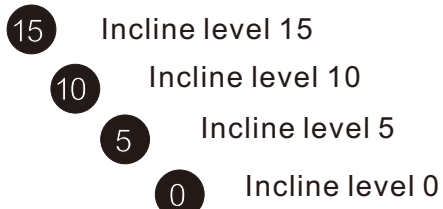
**INCLINE:** INCLINE PROGRAM, incline change  
**SPEED:** SPEED PROGRAM, speed change

### ONE-TOUCH SPEED/ONE-TOUCH INCLINE

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

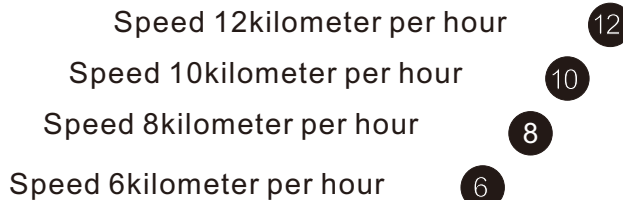
#### ONE-TOUCH INCLINE

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



#### ONE-TOUCH SPEED

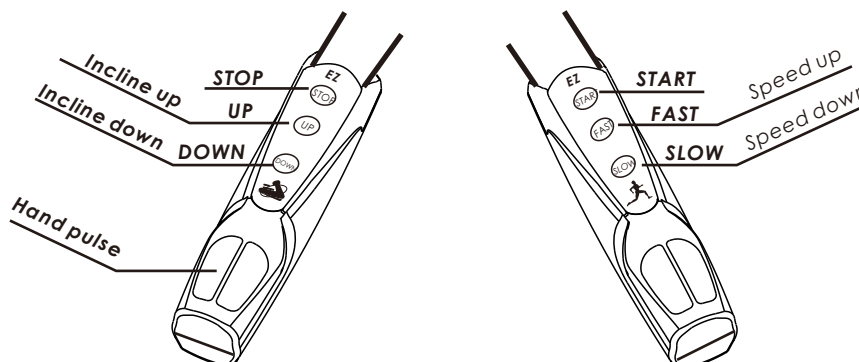
There is one set of ONE-TOUCH SPEED control panel on the console overlay for user to select the ideal speed.



### 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 gripping 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.



## BELT ADJUSTMENT

### 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:

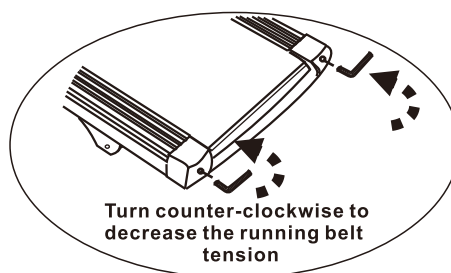
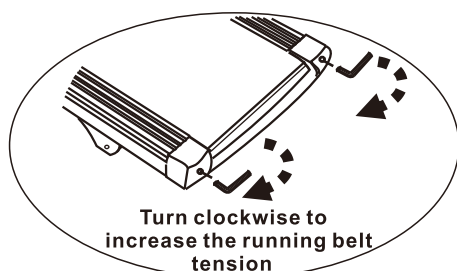
- A. Place 8MM wrench on the left belt tension bolt. Turn the wrench clockwise 1/4 turn to draw the rear roller and increase the belt tension.
- B. Repeat STEP A for the right belt tension bolt. You must be sure to turn both bolts the same number of turns, so the rear roller will stay square relative 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 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 turn and 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 turn and 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.



## 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 6 months
6~12kph	Every 3 months
12~16kph	Every 2 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

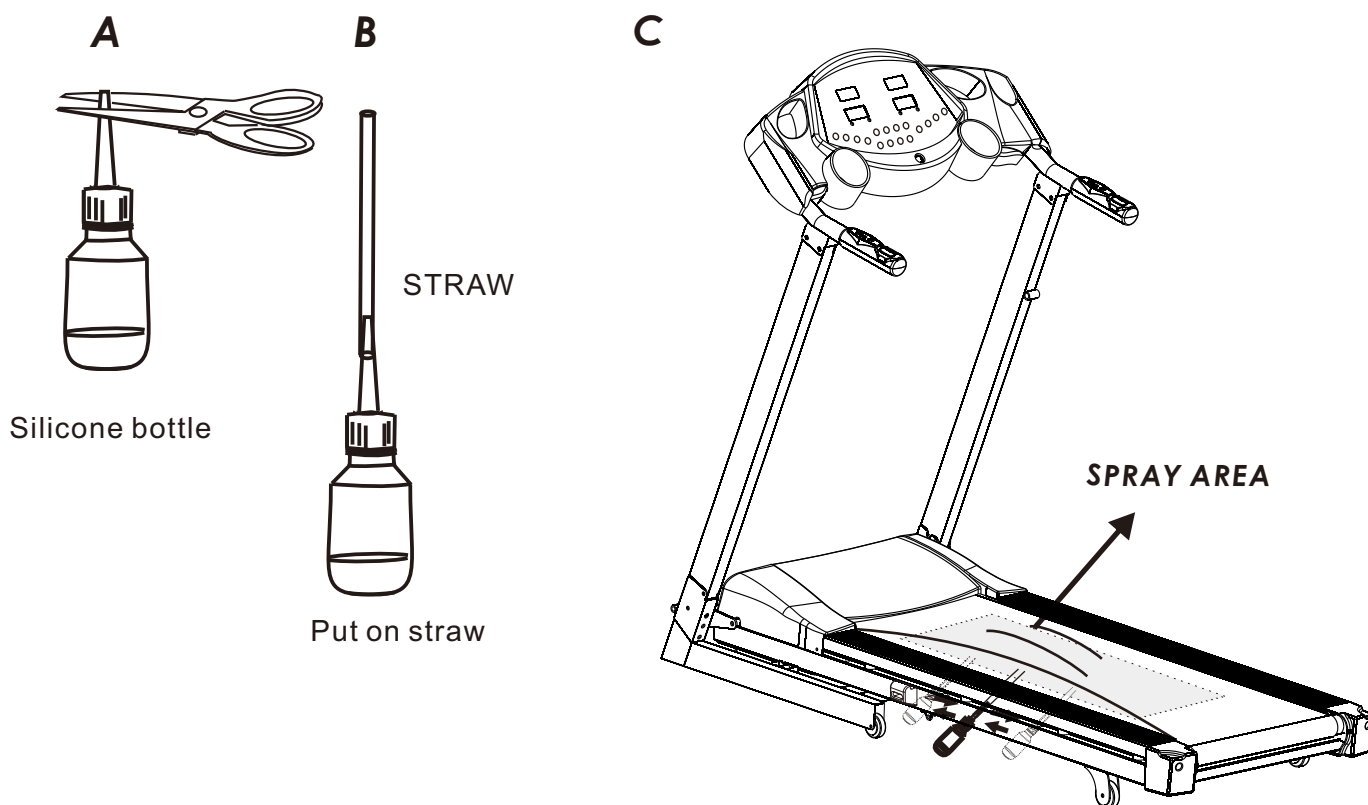
It is important to take good care of your treadmill deck (the walking surface underneath the belt). A good silicone lubrication will also improve the performance of your treadmill.

**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.



## 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. Sensor 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.

If still can not solve it, please call your dealer for helps.

## PARTS LIST

ITEM	DESCRIPTION	QTY	ITEM	DESCRIPTION	QTY
AB1 ST45-AB1	Main frame	1	H12 ST01-H12	Fixing bracket, safety key	1
B21 ST08-B21	Rubber cushion	6	H21 ST45-H08	Membrane key	1
B21 ST06-B21	Rubber cushion	2	J01 ST27-J01	Motor	1
B22 ST37-B22	Running belt	1	J02 ST04-J02	Incline motor	1
B23 ST37-B23	Side rein	2	J03 ST11-J03	Controller	1
B24 ST08-B24	Upper motor cover	1	J08 ST01-J08	Motor sensor wire	1
B25 ST03-B25	Lower motor cover	1	J09 ST08-J09	Power cord	1
B26 ST08-B26	Roller cover, left	1	J15 ST03-J15	Lower console wire	1
B27 ST01-B27	Mobile wheel housing	2	J16 ST06-J16	Socket	1
B28 ST08-B28	End cap, main frame	2	J17 ST06-J17	On/off switch	1
B33 ST08-B33	Roller cover, right	1	J18 ST06-J18	Fuse	1
B34 ST50-B34	Lock pin stand	1	J22 ST08-J22	Fixing bracket, controller	1
B39 ST45-B39	Running deck	1	J23 ST01-J23	Wave filter	1
AC1 ST45-AC1	Base frame	1	J28 ST01-J28	Wave filter cover	1
C16 ST01-C16	Pad, base frame	4	K01 ST37-K01	Front roller	1
C27 ST27-B27	Mobile wheel housing	2	K02 ST37-K02	Rear roller	1
AD1 ST08-AD1	lift arm, incline	1	K03 ST09 -K04	Drive belt	1
E04 ST08-E04	Air shock	1			
AF1 ST37-AF1	Console frame	1			
F08 ST03-F08	Wire, hand pulse	1			
AF2 ST23-F11	EZ-button, incline	1			
AF3 ST23-F11	EZ-button, speed	1			
F12 ST01-F12	Lower EZ-button case	2			
AG1 ST45-AG1	Console mast right	1			
AG2 ST45-AG2	Console mast left	1			
G04 ST50-G04	Lock pin	1			
H01 ST28-H01	Upper console case	1			
H02 ST28-H02	Lower console case	1			
H04 ST45-H04	Overlay, console	1			
H05 ST01-H05	Safety key set	1			
H08 ST45-H08	Monitor	1			
H09 ST03-H09	Sensor wire, monitor	1			
H10 ST06-H10	Heart rate PCB	1			
H11 ST01-H11	Upper console wire	1			

## PARTS LIST-BOLTS

ITEM	DESCRIPTION	QTY	ITEM	DESCRIPTION	QTY
AB	<b>Bolt M10x45</b> Incline motor	1	AX	<b>Bolt M3x6mm</b> Monitor Sensor wire, monitor	6 2
AC	<b>Nylon nut M10</b> Incline motor Lift arm	2 2	AU	<b>Bolt M8x25mm</b> Air shock	1
AD	<b>BOLT M8X140mm</b> Motor	1	AY	<b>Washer M8</b> Front roller	1
AG	<b>Nylon nut M8</b> Motor Folding arm, incline Rear mobile wheel Front mobile wheel Air shock	2 1 2 2 1	AY	<b>Washer M6</b> Front & rear roller	2
AH	<b>M8 Washer</b> Motor	1	AZ	<b>Bolt M8x25mm</b> Air shock	1
AI	<b>Nut M4</b> Upper motor cover	4	BB	<b>Bolt M4X15mm</b> Ground wire Ground wire Ground wire Wave filter ground wire	1 1 2 1
AJ	<b>Self tapping screw M4X15mm</b> Upper motor cover EZ-button Fixing bracket, controller Console frame Roller cover, left &right Lock pin stand	4 4 6 2 4 2 4	BN	<b>Bolt M10X60mm</b> Lift arm Incline motor	2 1
AL	<b>Bolt M8X40mm</b> Folding arm, incline Rear mobile wheel Front mobile wheel	1 2 2	BP	<b>Copper column M3X10</b> Wave filter column	4
AN	<b>Bolt M5X10mm</b> Controller	2	BQ	<b>Bolt M3X6mm</b> Wave filter	4
AO	<b>Bolt M3X10mm</b> Motor sensor wire Power cord	2 2	CJ	<b>Bolt M8x125MM</b> Motor	1
AR	<b>Self tapping screw M4X10mm</b> Lower motor cover Console case	4 14	CO	<b>Bolt M6X65mm</b> Front & rear roller	2
AS	<b>Bolt M8X15mm</b> Pad, base frame Console mast	2 4	CP	<b>Bolt M6X25mm w/washer</b> Running deck	8
			CQ	<b>Bolt M10X70mm</b> Lift arm	2
			EM	<b>Bolt M8X45mm</b> Console mast	2
			Sa1	<b>Bolt M8X65mm</b> Roller	1
				<b><u>HARDWARE KIT</u></b>	
			AS	Bolt M8X15mm	12
			AZ	Wrench M5	1





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