JTX Fitness

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Section 1

Assembly & Maintenance

Thank you for purchasing a JTX
Club-Pro. Section 1 will show you
how to set up and maintain your
treadmill. Our customer service
team are always on hand if you
need extra help.

JTX FITNESS

Thank you for purchasing the JTX Club-Pro. We've been specialising in home gym equipment since 2009 and pride ourselves on two things;
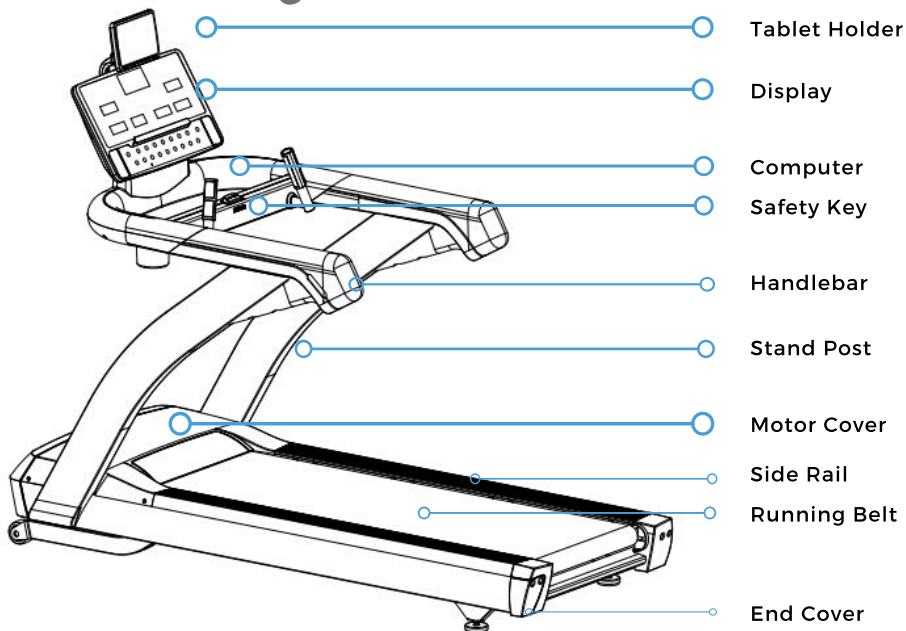
1. Beautifully compact fitness equipment with sleek designs. We prioritise superior build quality and credible specifications. Our fitness equipment will enhance your home and help you make little changes that will transform your health & fitness levels, for life.

2. Our outstanding customer support. Our expert team are on hand from 9am-5.30pm weekdays. We're based in the UK and are a small team, so you'll never need to be transferred. Our equipment is incredibly durable, but if you do find a fault with your product, it will be resolved in an efficient, stress-free manner.

We also have an in-house personal trainer who will give you all the support you need to get the most from your home gym equipment and smash your fitness goals. Free personal training plans, maintenance guides, workout videos and fitness motivation are all part of the service.

Take a look at our website, or give us a call if you'd like more information.
www.jtxfitness.com

YOUR EQUIPMENT

Tablet Holder

Display

Computer

Safety Key

Handlebar

Stand Post

Motor Cover

Side Rail

Running Belt

End Cover

SAFETY FIRST

The JTX Club-Pro Treadmill is designed and built for optimum safety. However, certain safety precautions apply. Please note the following:

1   IF YOU HAVE ANY KNOWN MEDICAL CONDITION, OR PHYSICAL LIMITATION, THAT MAY INTENSIFY THE EFFECTS OF EXERCISE, WE RECOMMEND YOU CONSULT A DOCTOR BEFORE STARTING A NEW EXERCISE ROUTINE.

2   IF YOU EXPERIENCE DIZZINESS, FAINTNESS OR PAIN DURING YOUR EXERCISE YOU SHOULD STOP TRAINING AND CONSULT A DOCTOR.

3   INSTALL YOUR TREADMILL ON A FLAT SURFACE, DO NOT PLACE THE UNIT ON A LOOSE RUG OR UNEVEN SURFACE. IT IS RECOMMENDED TO USE AN EQUIPMENT MAT TO PREVENT THE UNIT FROM MOVING WHILE IN USE, AND TO AVOID SCRATCHING THE SURFACE OF YOUR FLOOR.

4   YOUR TREADMILL MUST BE REGULARLY CHECKED FOR SIGNS OF WEAR AND DAMAGE. ANY PART FOUND DEFECTIVE MUST BE REPLACED.

5   ALWAYS USE PROPER LIFTING TECHNIQUES WHEN MOVING THE TREADMILL AND DO NOT MOVE THE TREADMILL UNASSISTED.

Emergency Stop:
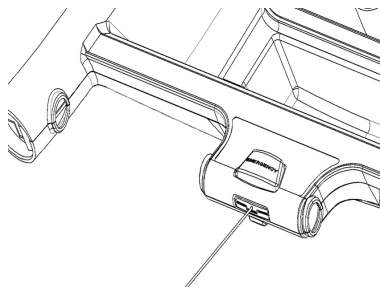
TO STOP THE TREADMILL IN AN EMERGENCY, PULL THE CORD OR PRESS THE EMERGENCY BUTTON.

PLEASE NOTE THE TREADMILL WILL COME TO A DEAD STOP, THIS SHOULD NOT BE USED WHEN GETTING OFF THE TREADMILL IN NORMAL CIRCUMSTANCES.

TO RESTART THE TREADMILL, REINSERT THE KEY BACK INTO THE SLOT.

PARTS & TOOLS

Main parts:

1 x Main frame
1 x Computer
2 x Stand Posts
1 x Display
1 x Water Cup
2 x Motor Cover

Accessories:

1 x Safety key
1 x MP3 attachment
1 x Tablet Holder Kit

Fixings:

Large Allen head screws
Small Allen head screws
Hex head screws
small hex head screws

Large flat washers
Small flat washers

Tools:
T-shaped spanner
Allen key
Cross open spanner
14" spanner
17/19" spanner

ASSEMBLY NOTES

Please note that the JTX Club-Pro should always be assembled by a minimum of two people.

Don't attempt to lift the treadmill parts from the box. Instead, carefully dismantle the box and assemble the treadmill where it is. When assembled, it can be wheeled away.

DO NOT CUT THE CABLE TIES WHICH SECURE THE DECK TO THE BASE UNTIL ASSEMBLY IS COMPLETE.

If for any reason you would like to return your Club-Pro, we ask that you repackage the treadmill. So, please take care when dismantling the box.
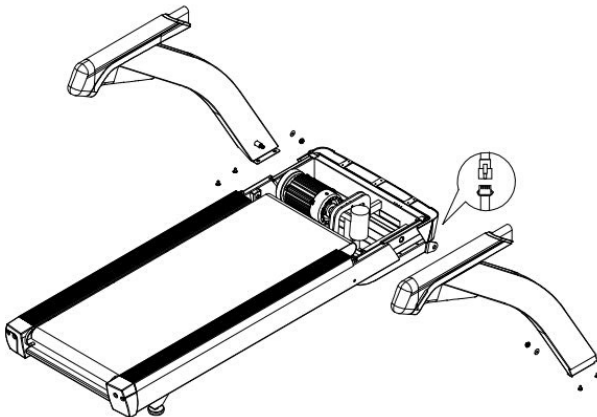
ASSEMBLY INSTRUCTIONS

The JTX Club-Pro is easy to assemble but if you need further guidance, we have additional videos available online. Please see the link below:

https://www.jtxfitness.com/treadmill-maintenance-guide/

STEP ONE: With the main base laying flat on the floor, remove the 4 screws attaching the motor cover to the main frame, then remove the motor cover.
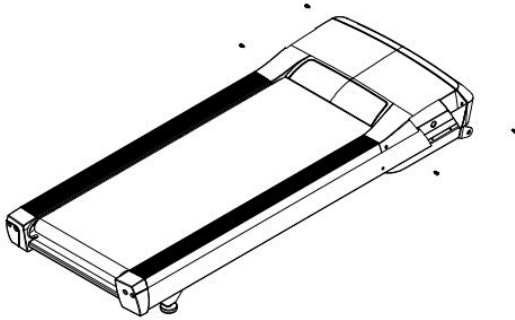

STEP TWO: Attach the left and right stand posts onto the main base ensuring you attach the wires on the right hand stand post. Use 2 washers and 2 nuts (on each side) to attach each post to the inside of the main frame, and 2 of the hexagonal screws at the bottom of each upright posts to fix in place. Only loosely fix the screws at this stage.

ASSEMBLY INSTRUCTIONS

STEP THREE: Connect the wires from the right upright post to the computer. Insert the computer frame onto the handlebars, then fix with 4 screws on each side.
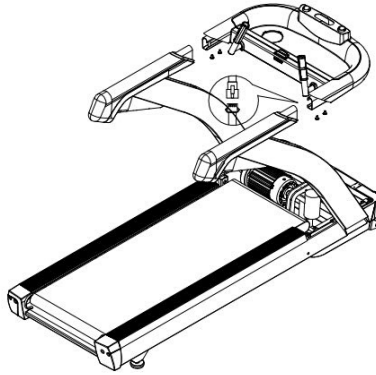
STEP FOUR: Connect the wire between the computer and the display. Then insert the display frame into the circular tube of the computer frame, then fix with 2 screws at the bottom.
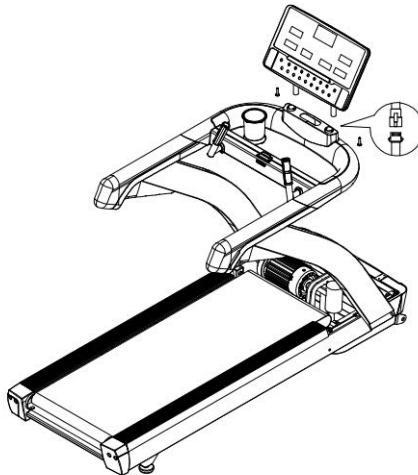
STEP FIVE: Once all the screws are loosely connected, proceed to fully tighten. Install the upper motor cover back to the original position on the main frame, replacing the original screws.

STEP SIX: Attach the safety key to the front control panel and insert the water cup into left circular hole of the computer frame.

STEP SEVEN: Attach the MP3 connecter to the stereo output on the control panel.

TABLET HOLDER ASSEMBLY

If your treadmill has been supplied with a tablet holder, you can attach this to the back of the main computer.
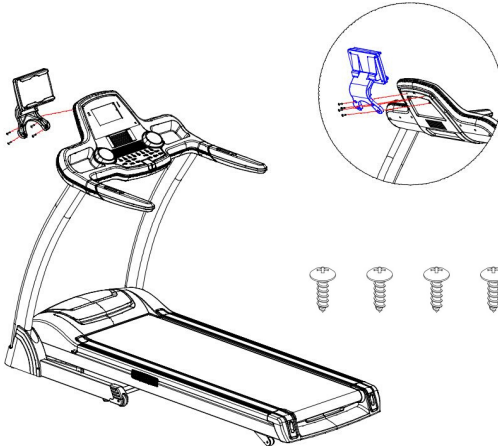
Attach the tablet holder to the back of the computer using the four screws supplied in the tablet holder pack.

Once attached, the top of the tablet holder can be pulled upwards, allowing space to slide your tablet into the holder. Release the top to secure the tablet.

You should check the screws occasionally to ensure your tablet holder is secure.

HANDLING

MOVING THE TREADMILL

1. Before moving the JTX Club-Pro ensure your incline setting is set to 0 and the machine is unplugged.
2. Lift the treadmill from the rear of the machine (the end of the treadmill base furthest away from the computer). Lift with a straight back and bent knees.
3. The treadmill will tilt onto its transport wheels, and can then be moved safely.

MAINTENANCE

Over 80% of electrical treadmill faults are caused by one or both of the following steps not being taken. Take these two easy steps on a regular basis to extend the life of your treadmill.

Your treadmill needs to be lubricated regularly with a silicone oil. It is important that a small amount of oil is applied to the treadmill underneath the belt to reduce friction between the belt and the deck. If you are using your treadmill regularly the belt should be lubricated every 3 months. Please see the link below to a section which includes a video of one of our engineers showing you how to do this.

https://www.jtxfitness.com/treadmill-maintenance-guide/

Keep The Treadmill (And The Area Underneath) Clean:

The only other thing we strongly recommend is to keep the area under the treadmill as clean as possible. As the running belt rotates it creates friction and picks up dust which is then deposited under the motor cover. This dust builds up over time and sticks to circuit boards which then overheat.

Section 2

Using Your
JTX Club-Pro

Section two is to help you get the
most from your new treadmill. It will
guide you through how to use the
computer and the inbuilt fitness
programs.

COMPUTER OPERATION

SWITCHING ON

Plug the power cable in at the wall and locate the red switch at the base of the treadmill, behind the motor cover. Switch this on, and you're ready to go.

JUST RUN

To begin running on a manual setting, simply press the start button and the JTX Club-Pro will begin to operate with no incline at a speed of 1 kph. Whilst training in this mode the incline and speed can be adjusted up or down manually.

SPEED

Your speed can be increased or decreased in 1 kph intervals using the speed + or speed - buttons on the control panel or right hand handlebar. Six quick speed settings are featured on the control panel, pressing any of these will cause the JTX Club-Pro to gradually increase or decrease until the selected speed is reached.

INCLINE

The incline can be increased or decreased in 1 degree intervals using the incline arrows on the control panel or left hand handlebar.

MODE

To set a goal for your workout first press the Mode button. The time will now flash.

If you would like to run for a specific amount of time, use the speed + or - buttons to select your desired workout length. Press start to begin your workout.

If you press the Mode button a second time the distance will flash. Using the speed + or - buttons you can select a desired distance for your workout. Press start to begin your workout.

If you press the Mode button a third time the calorie counter will flash. Using the speed + or - buttons chose how many calories you would like to burn during your workout. Press start to begin your workout.

PROGRAMS

The JTX Club-Pro has 36 detailed pre-set workout programs, 3 heart rate user programs (H1 - H3), 3 custom user programs (U01 - U03) and a body fat function to calculate your BMI (Body Mass Index). Your BMI is a measure of body fat based on height and weight.

COMPUTER OPERATION

Pre-set Programs (P1 to P36)

The JTX Club-Pro has 36 pre-set programs.

To select a program, press the 'PROGRAM' button until the desired workout program is reached. Pressing start will allow training to begin on that program.

Each program has a default duration time of 30 minutes. You can adjust the duration of the program from 5 to 99 minutes. Simply press the speed + or - buttons when you have chosen your program before pushing the start button.

Each of the 36 programs is illustrated by a graph on the control panel. The graph will show a red line, this shows the incline level of the treadmill throughout the program.

The white boxes shown on the graph indicate the increase/decrease of speed throughout the program.

The speed and incline will change automatically throughout the programmed run.

Please contact customer service if you'd like to be sent a chart showing a break down of the pre-set programs.

Custom Programs (U01 to U03)

There are three custom programs which you can set to suit your training needs. They can be set to run for any length of time up to 99 minutes. The workout length is split into 16 equal segments. Each segment can be set to a different speed and incline.

To set the custom programs, press the 'Prog' button until U01, U02 or U03 is displayed. Then select the total time required using the speed + or - buttons. (the default is 30 minutes). Once the time is selected press the 'Mode' button.

You can then select the desired speed for the first segment using the speed + or - buttons respectively. Then press 'Mode' again to set the speed for the second increment in the same way.

Repeat this for each of the 16 increments. Please note if nothing is selected for any increment the treadmill will revert to a default speed of 3.0 on an incline of 0.

Press 'Mode' again and repeat the above process for setting the incline using the incline arrows to set the incline of your choice for the 16 increments.

Press 'Start' once you have completed programming. The program will be saved for future use when the treadmill is switched off.

COMPUTER OPERATION

Your JTX Club-Pro can track your heart rate via a Bluetooth heart rate monitor. This will enable you to train according to your fitness level.

Heart rate training is a great way to improve your fitness. By tracking your BPM (beats per minute) during exercise, you can train at an optimum level of intensity.

Fit your heart rate monitor according to the instructions.
When your heart rate monitor is working, your BPM will display on the monitor of your JTX Club-Pro.

Within the heart rate control programs, the JTX Club-Pro will automatically adjust the speed and incline to keep you within your chosen heart rate zone. Heart rate zones are outlined below.

HRC1 - Heart rate zone of 50% - 70% of your maximum heart rate (MHR)
HRC2 - Heart rate zone of 70% - 80% of your maximum heart rate (MHR)
HRC3 - Heart rate zone of 80% - 90% of your maximum heart rate (MHR)

The JTX Club-Pro automatically works out your maximum heart rate based on your age.

Firstly ensure you are wearing the heart rate monitor across your chest. Press the 'PROGRAM' button, until H1, H2 or H3 appears in the program function. Then press 'Mode'

1. Select your age: press the speed + or speed down - buttons to select your age. Press 'Mode' again.

2. Select your target heart rate: press the speed + or speed down - buttons to select. Press 'Mode' again.

3. Select the time duration of your run: press the speed + or speed down - buttons to select.

4. Press 'start' to commence your heart rate controlled program.

Heart rate training can be a much more complex principle than is outlined here. It can help you develop along your fitness journey in a very precise manner.

For more information on heart rate training, check out our blog post:
www.jtxfitness.com/heart-rate-training

COMPUTER OPERATION

The JTX Club-Pro has a body fat program to calculate your BMI.

Press the 'PROGRAM' Button, until 'F1' appears on the screen.

1. Select your sex: press the speed + or speed - buttons to select '1' for Male and '2' for Female. Press 'Mode' again

2. Select your age: press the speed + or speed down - buttons to select your age. Press 'Mode' again

3. Select your height: press the speed + or speed - buttons to select your height in centimetres. Press 'Mode' again

4. Select your weight: press the speed + or speed - to select your weight in kilograms. Press 'Mode' again

5. The screen will now show 'FAT again'. Place both hands on the pulse sensors on the handlebars. After 3 seconds, it will show the BMI result.

The chart below gives you an indication of what the result means.

Body Mass Index:
Underweight 18.5 or lower   Overweight 25.1-29.9
Normal weight 18 - 24   Obesity 30.0 or higher

KINOMAPS CONNECTIVITY

Your JTX Club-Pro integrates directly via Bluetooth with Kinomap, a free app for your phone or tablet. Kinomap allows you to run stunning routes from all over the world, using Google maps technology.

1) Download Kinomap from the app store for your device

2) Ensure the Bluetooth on your device is turned ON

3) Open the 'Kinomap' app

4) Activate the menu on the left hand side (The menu icon is the box with three horizontal lines)

5) Select 'Equipment' (The spanner icon)

6) Select 'Add' (The + icon in the top right hand corner)

7) Select 'Add new Equipment'

8) Select 'Treadmill'.

9) Select JTX Fitness from the list

10) Select your model, e.g. JTX Club-Pro

11) Select 'Bluetooth Smart 4.0'

12) Screen will show 'Discovered; i-Running'. Select iRunning. Your treadmill screen will beep and show a Bluetooth icon if successfully paired.

13) Press 'Done' in the top right hand corner of your tablet

14) Go back to the menu, in the top left hand corner of the screen, to select your run

CONNECTING TO OTHER APPS

There are a wide range of other running and tracking apps you can connect to on your JTX Club-Pro. Our fitness apps and technology blog pages will guide you through our recommendations:

https://www.jtxfitness.com/fitness-apps-and-technology/

Section 3

Troubleshooting
Warranty
Parts List

TROUBLESHOOTING

TREADMILL ISSUES

PROBLEM:

My treadmill won't start and flashes "E7".

POSSIBLE CAUSE: The safety key is not attached.

SOLUTION: Attach the safety key. Please check your polystyrene packaging thoroughly as it is sometimes taped in to avoid movement in transit. The end of the safety cord attaches to the yellow circular part on the computer marked 'safety key'.

PROBLEM:

The running belt feels as though it's slipping or not running smoothly.

POSSIBLE CAUSE: The belt has come loose.

SOLUTION: Instructions on how to tighten your running belt can be found at :

https://www.jtxfitness.com/treadmill-maintenance-guide/

PROBLEM:

I don't know how to lubricate my running belt.

The underside of the running belt should be lubricated every couple of months to keep the belt running smoothly. Instructions on how to lubricate your running belt can be found at :

https://www.jtxfitness.com/treadmill-maintenance-guide/

For any problems that cannot be resolved, or are not listed, do not hesitate to contact the JTX Customer Service team on:

Email: info@jtxfitness.com
Phone: 01273 453855

PROBLEM:

The motor cover is resting on the running belt and making a noise.

SOLUTION: Adjust the motor cover by loosening off the screws that attach the motor cover to the main frame on either side. Lift the motor cover slightly and secure it in place by tightening up the screws.

TROUBLESHOOTING

COMPUTER ISSUES

PROBLEM:

The computer will not turn on.

POSSIBLE CAUSE: The treadmill is plugged in but not turned on the switch.

SOLUTION: Locate the ON switch at the back of the treadmill, close to the floor on the left hand side.

PROBLEM:

The computer turns on and the buttons work, but the stats don't change as the treadmill starts to move.

POSSIBLE CAUSE: Internal cabling has come loose or become damaged.

SOLUTION: Check the cable to see if it is loose or damaged. Contact JTX customer services if you cannot reinstall the cable or see any problems.

For any problems that cannot be resolved, or aren't listed, do not hesitate to contact the JTX Customer Service team on:

Email: info@jtxfitness.com
Phone: 01273 453855

HEART RATE FUNCTION ISSUES

PROBLEM:

The heart rate reading isn't showing, or is erratic.

POSSIBLE CAUSE: Poor connection between your skin and the heart rate monitor.

SOLUTION 1: Make sure the electrodes are wet. You can use water or a little shower gel or Vaseline, which may last longer.

SOLUTION 2: Make sure the transmitter is placed on the center of your chest. With the electrodes flat against your skin. The fit should be snug around your chest.

SOLUTION 3: Remove hair in the area.

SOLUTION 4: Wash the transmitter part of the belt with soap and water. This should be done regularly.

See our heart rate monitor guide for more information on how to use a heart rate monitor with your JTX Club-Pro.

https://www.jtxfitness.com/blog/2019/01/16/jtx-heart-rate-monitor-guide

CERTIFICATE OF WARRANTY

This is to certify that your JTX Club-Pro is under warranty with JTX Fitness. There is no need to register your warranty. All warranties are registered automatically on purchase.

3 YEAR HOME USE WARRANTY
The JTX Club-Pro comes with a 3-year in-home repair warranty. All parts and labour are included. Warranties are registered automatically when you buy. In the unlikely event that your machine does have a problem, we will arrange for a specialist engineer to visit your home at a convenient time to repair. For all warranty inquiries/claims, contact our friendly, UK-based, customer service team. Accidental damage is not covered. Commercial warranties should be discussed with our Customer Services team.

28 DAY MONEY BACK GUARANTEE
JTX Fitness equipment comes with a fantastic 28 day 'no-quibble' returns policy. We hope that you are delighted with your purchase but if you are not 100% happy, we will collect your order and offer a full refund (minus collection costs) within 28 days of purchase.

3-Year Home Warranty
28 Day Money Back Guarantee

JTX Fitness

JTX Customer Services Team   Email: info@jtxfitness.com
Phone: 01273 453855