JTX*Fitness*

USER MANUAL

JTX *Fitness*

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JTX *Fitness*

Thank you for purchasing the JTX: Slimline treadmill.
We set up JTX Fitness in 2009 with a very simple aim; to help you reach your fitness goals, effectively, safely and with the best customer service in the industry. Here's how we will support you to transform your health and fitness, for life.

Outstanding Customer Support.
We are honest, we know our products inside out and we strive to deliver an outstanding customer experience. Our expert team is on hand from 9am- 5.30pm Monday - Thursday and 9am-5pm Fridays. We're based in the UK and are a small team, so you'll never need to be transferred.

Reassuring Warranties
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. You'll find your warranty certificate included in this user manual and there is no need to register your purchase with us.

Ready To Start?
We have built a trust-worthy and inspiring collection of fitness advice to help you smash your goals. You can browse our support materials for free here: https://www.jtxfitness.com/help-advice/:

We Are With You
To boost your motivation and keep your workout routine interesting we provide regular email support guides.
• Free workouts & training advice,
• Reviews of apps & fitness technology to use with your equipment
• Maintenance advice
• Exclusive offers
We promise not to spam you, sign up here: www.jtxfitness.com/email-sign-up-form/

Looking For A More Personal Approach?
Our in-house personal trainer can create a free personalised training plan for you. Contact us to arrange a telephone appointment.

JTX Customer service
info@jtxfitness.com
01273 453855

Section 1

Assembly & Maintenance

Thank you for purchasing a JTX: MoveLight Walking Treadmill. 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.

SAFETY FIRST

The JTX: MoveLight Walking 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   REMEMBER - THERE ARE NO RAILINGS TO HOLD ONTO SHOULD YOU FEEL UNSTABLE OR DIZZY.

4   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.

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

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

7   THE MAXIMUM WEIGHT CAPACITY FOR THIS PRODUCT IS 100KG (15.7 STONE/220LBS).

8   WHILE USING YOUR TREADMILL MAKE SURE TO WEAR COMFORTABLE AND APPROPRIATE CLOTHING/FOOTWEAR.

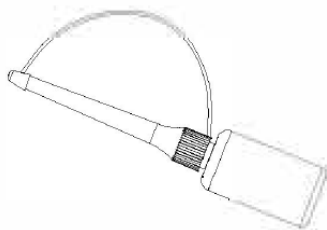9   PLEASE ENSURE YOU HAVE ENOUGH SPACE AT THE END TREADMILL (200CMX100CM).

YOUR EQUIPMENT

Motor cover

Running belt

Console

Side rail

Rear cover
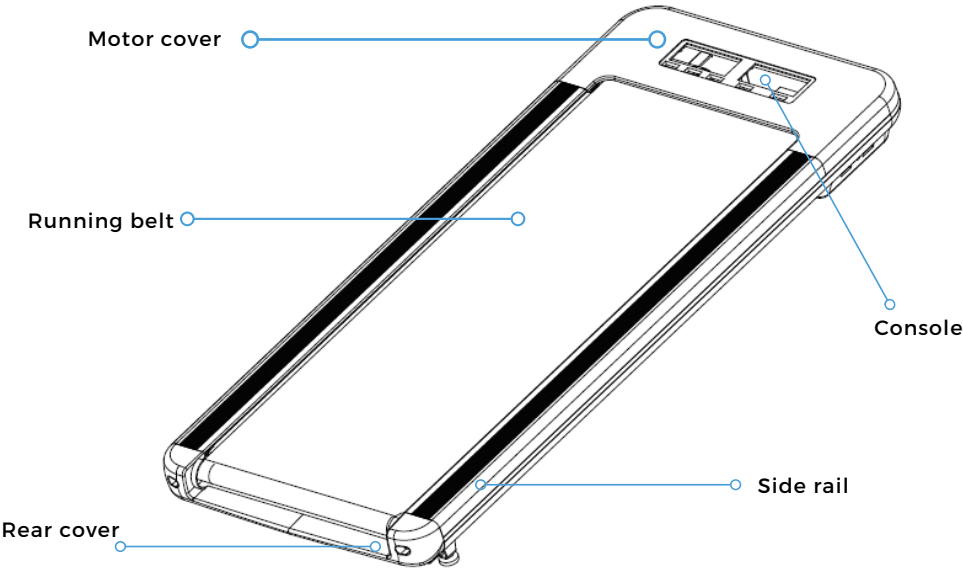
BOX CONTENTS

Treadmill

Controller

Silicone oil

User manual

STORAGE & HANDLING INSTRUCTIONS

MOVING THE TREADMILL

1. Before moving, make sure the power is off.
2. Make sure the machine is unplugged.

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.

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.

JTX Treadmill Lubrication

Your treadmill has been provided with a free bottle of silicone oil or lubricant. It is important that a small amount of this 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 watch a video of one of our engineers showing you how to do this.

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

It is important to note that an insufficiently lubricated deck will cause the belt, running deck and motor to wear out much quicker.

How often should lubrication be applied depends on usage, JTX recommend the following:
1. Light use (less than 3 hours a week) - every 8 months
2. Medium use (3 to 5 hours a week) - every 4 months
3. Heavy user (more than 5 hours a week) - every 2 months

How to check for sufficient lubrication levels if in doubt:
• Disconnect the treadmill from the power supply.
• Put your hand underneath the mat and feel along the running deck, as close to the centre of the deck as you can:
• If your hand gets a light coating of lubricant, then no further lubrication is required.
• If the surface feels dry and your hand feels clean, then apply more lubricant in the central area of the running belt, re-apply 15ml or 20ml of lubricant as required
• Be careful not to over-lubricate the belt, add a little lubricant at a time, reconnect power to the treadmill and walk it for at least 15 to 20 minutes and then re-check. Repeat above process if necessary, until the desired result is achieved.

Section 2

Using Your JTX: MoveLight Walking Treadmill

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.

TREADMILL OPERATION

Plug the power cable in at the wall and locate the black switch at the side of the treadmill, right of the motor cover. Switch this on, and the console will be fully displayed with a prompt sound,

Time

Speed

Distance

Step

Calorie
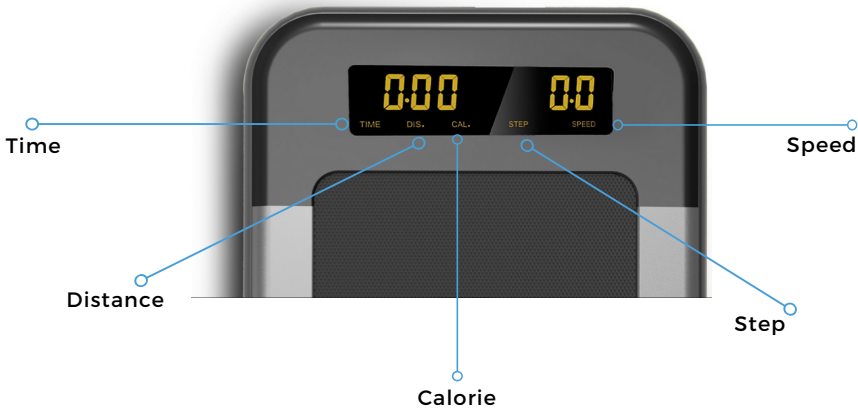
Note: From start up the control system is in safety monitoring mode, if any abnormality is found the information will be displayed accompanied by an audible sound. To clear this issue, restart the system again by turning the power off and back on.

Controller Instructions

Start/Pause key: With power supplied to the treadmill, press this key to start, when the treadmill is running, press this key to pause.

Stop key: When the treadmill is running or paused, press this key, the treadmill will stop and all of the data clears to zero (0).

Time key: This controls the left display window on the console showing the functions, calories and distance while walking/running. In the initial state, these functions will play in a continuous loop. The user can choose one of these functions to display by pressing the 'TIME 'key.

Speed key: This controls the right display window on the console showing the functions between speed and steps. In the initial state, these functions will play in a continuous loop. The user can choose one of these functions by pressing the SPEED.

"+" key: Press "+" key to increase speed, adding 0.1km per each click.

"-" key: Press "-" key to reduce speed, reducing 0.1km per each click.

TREADMILL OPERATION

Start/Pause   Stop

Time/Distance/Calories   Steps

Speed "-"   Speed "+"
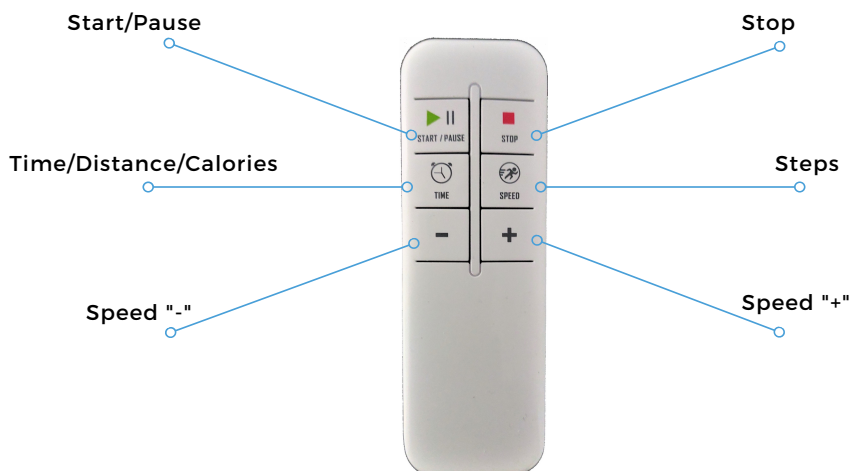
Time display:
This displays the running time, counting from 0:00 to 99:59 and counts down from your setting time to 0:00 (time setting range is from 5:00 to 99:00). The treadmill will begin to slow down until it stops smoothly as the counter reaches 0:00.

Distance display:
This displays the current running distance and counts from 0 to 999.9 and restarts counting when the distance exceeds the range. Distance counts down from your setting range to 0.0 then the treadmill will slow down until it stops smoothly (the setting range is from 1.0 to 99.0).

Calorie display: This displays calorie counts from 0 to 9999 and restarts counting when the calorie exceeds the range. Calorie counts down from setting the value to 0 then the treadmill will slow down until it stops smoothly (the setting range is from 20 to 9999). In the running state, the TIME button on the controller can switch function between time, distance and calories.
To show the running time continuously click the TIME button twice.
If you click the TIME button once it will show time, distance and calories in rotation.

Step display:
This displays current running steps.

Speed display:
This displays current running speed. Setting and display range is 0.5 to 6.0Km/h.

TREADMILL OPERATION

Manual Program

In the stop state, press TIME to select from the four training modes. The user can select the speed. Speed default is 1.0Km/h.

Training mode 1:
Normal counting. Time, Distance, and Calorie is increasing. The select function is unavailable.

Training mode 2:
Time countdown. Under selecting, the time window flashes, press + or – to select. The range is 5 – 99 minutes. Default 30:00.

Training mode 3:
Calories countdown. Under selecting, calories window flashes, press + or – to select. The range is 20 – 9999CAL. The default is 50CAL.

Training mode 4:
Distance countdown. Under selecting, distance window flashing press + or – to select. The range is 1.0 – 99.0km. The default is 1.0km.

After the training mode is set, press the start key and the monitor will count down from 5 seconds with 5 prompt tones. When time counts down to 1 second, speed will start
from 0.5km/h and increase to the setting speed slowly.

Section 3

Troubleshooting
Warranty
Exploded Drawing
Parts List

TROUBLESHOOTING

TREADMILL ISSUES

PROBLEM:

The display will not turn on.

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

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

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 what the bottle of lubricant is for.

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

CERTIFICATE OF WARRANTY

This is to certify that your JTX: MoveLight Walking Treadmill is under warranty with JTX Fitness. There is no need to register your warranty. All warranties are registered automatically on purchase.

2 YEAR IN-HOME WARRANTY
The JTX: MoveLight Walking Treadmill comes with a 2-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.

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.
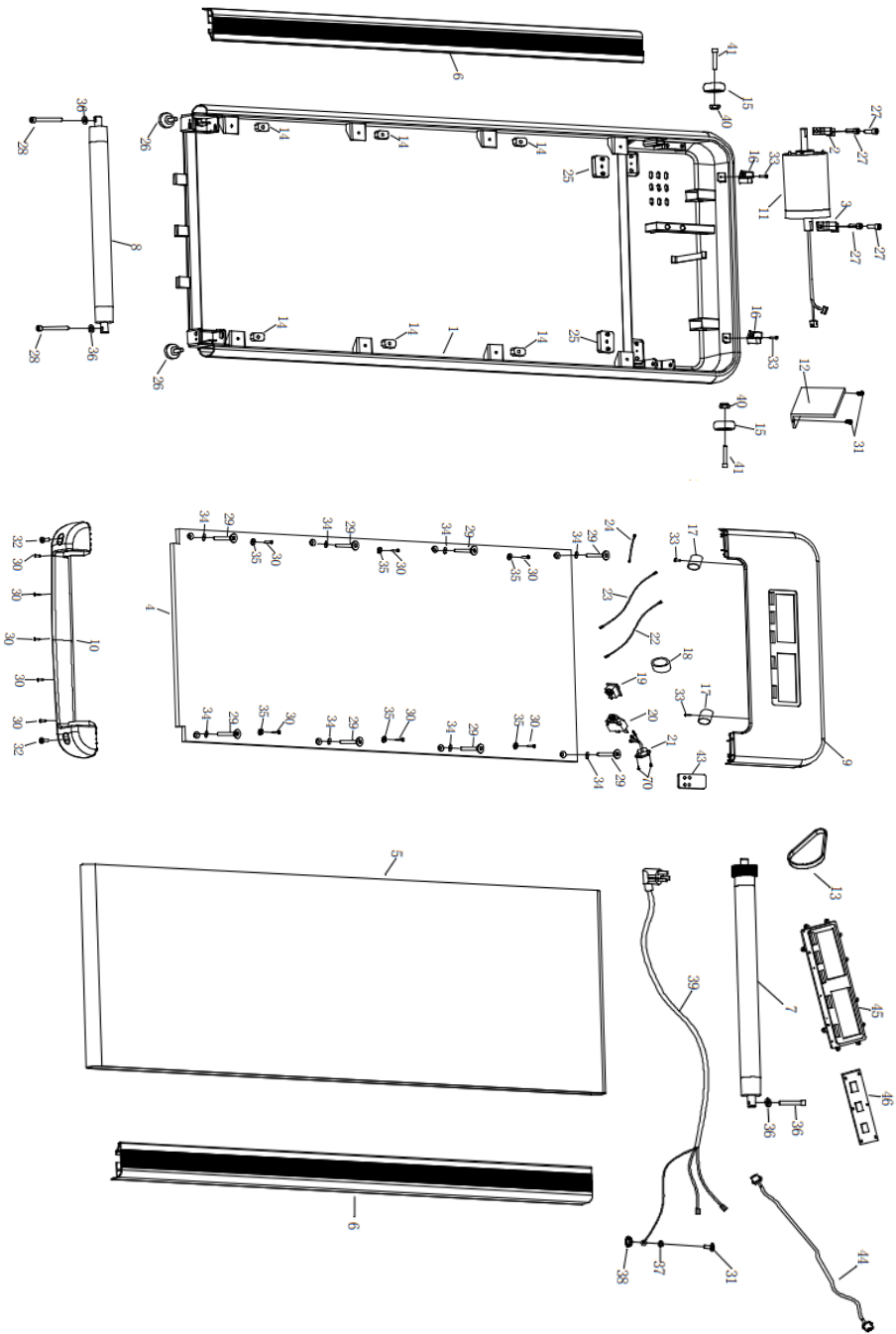
2 -Year Home Warranty
28 Day Money Back Guarantee

JTX Fitness

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

EXPLODED DRAWING

PARTS LIST

No	Name	QTY		No	Name	QTY
1	Base frame	1		24	Communication wire L- 100mm	1
2	Motor press plate left	1		25	Square foot pad	2
3	Motor press plate right	1		26	Adjusting foot pad	2
4	Running board	1		27	Allen cylinder full thread screw M8*15	4
5	Running belt	1		28	Allen cylinder full thread screw M8*75	3
6	Side rail	2		29	Allen sunk full thread screw M6*30*Φ16	8
7	Front roller	1		30	Philips C.K.S. self-tapping screw ST4*10	10
8	Rear roller	1		31	Philips C.K.S. full thread screw M5*5	2
9	Motor cover	1		32	Philips C.K.S. full thread screw M5*10	2
10	Rear cover	1		33	Philips sunk self-tapping screw ST4*15	4
11	Motor	1		34	Plastic flat gasket (PVC)	8
12	Controller	1		35	Side rail guide block	6
13	Motor belt	1		36	Flat washerΦ8	3
14	Cushion	8		37	Spring washerΦ5	1
15	Wheel	2		38	External serration lock nut	1
16	Pipe strip	2		39	Power cord	1
17	Motor cover fixed tube	2		40	Hexagon self-locking nut	2
18	Magnetic ring	1		41	Hexagon half tooth bolt M8x75	2
19	Ship switch	1		42	Hexagon full tooth bolt	1
20	Automatic reset switch	1		43	Remote control	1
21	Power cord buckle (ship switch)	1		44	Communication wire	1
22	Communication wire (red) L-200mm	1		45	Digital tube fixer	1
23	Communication wire (black) L-200mm	1		46	Console	1

NOTES

NOTES