JTC200 TREADMILL

Model No: JTC200

BODYWORX

⚠ WARNING
THE BELT COMES PRE-LUBRICATED
NO LUBRICATION REQUIRED

Retain this owner's manual for future reference. Read and follow all instructions in this owner's manual.

CONTENT PAGE

Warranty Registration Form

Congratulations on purchasing your product, we at GPI believe that our product range is of the highest quality and represents great value for money. We back our product range up with our industry leading warranty.

Please see below for the step by step instructions on how to register your product warranty on-line.

Step 1
Visit our Website

Go to the GPI Sports website:
https://service.gpi.com.au/registerwarranty.php

Step 2
Enter Purchase Information

Enter all purchase information including the model number, serial number and proof of purchase which can be uploaded from this page

Step 3
Contact Our Service Department

If a warranty service request is required on your product please email service@gpigroup.com.au or call the toll free number - **1800 005 770**

gpisports.com.au

IMPORTANT SAFETY INSTRUCTIONS

Before beginning any fitness program, you should obtain a complete physical examination from your physician.

This exercise equipment is designed and built for optimum safety for home use. However, certain precautions always apply whenever you operate any exercise equipment. Be sure to read the entire manual before assembly and operation of this machine. Also, please note the following safety precautions.

WHEN USING EXERCISE EQUIPMENT, YOU SHOULD ALWAYS TAKE BASIC PRECAUTIONS INCLUDING THE FOLLOWING:

- Read all instructions before using the machine. These instructions are written to ensure your safety and to protect the unit.

- Do not allow children on or near the equipment.

- Use the equipment only for its intended purpose as described in this guide.

- Do not use accessory attachments that are not recommended by the manufacturer. Such attachments might cause injuries.

- Wear appropriate exercise clothing and shoes for your workout, no loose clothing. Do not wear shoes with heels or leather soles. Ensure shoes are clean of dirt and embedded stones.

- Use care when getting on or off the unit.

- Do not over exert yourself or work to exhaustion.

- If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.

- Never operate the unit after it has been dropped or damaged. Return the equipment to a service center for examination and repair.

- Never drop or insert objects into any opening in the equipment.

- Always check the unit before each use. Make sure that all fasteners are secure and in good working condition.

- Do not use the equipment outdoors or near water.

- Only one person may use the machine at a time.

CHILDREN AND PETS

- Most exercise equipment is not recommended for small children. Children should not use the equipment unless they are under strict adult supervision. To ensure safety, keep young children off the machine at all times.

- Exercise equipment has many moving parts. In the interest of safety, keep others (especially children and pets) at a safe distance while you exercise.

PERSONAL SAFETY DURING ASSEMBLY

- It is strongly recommended that a qualified dealer assemble the equipment. Assistance is required.

- Before beginning assembly, please take the time to read the instructions thoroughly.

- Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.

- Assemble and operate the machine on a solid, level surface. Locate the unit at least 1 meter from the walls or furniture to provide easy access.

The machine is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthy exercise.

After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly.

Maximum User Weight: 125kg
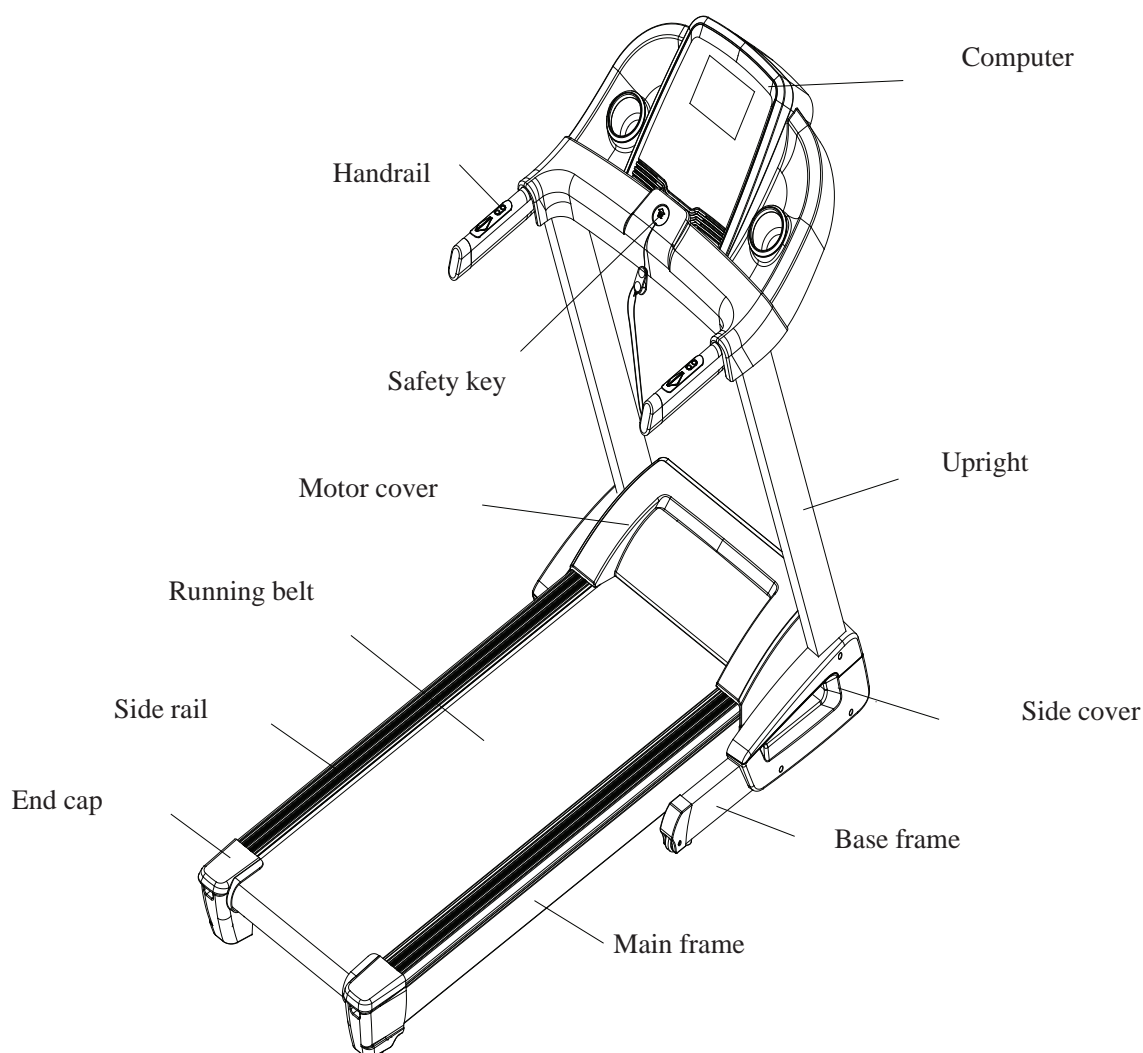
SAFETY GUIDELINES

Successful fitness training programs have one prominent feature in common...safety. Fitness training has some inherent dangers, as do all physical activities. The chance of injury can be greatly reduced or completely removed by using correct techniques, proper breathing, maintaining equipment in good working condition, and by wearing the appropriate clothing.

- It is highly recommended that you consult your physician before beginning any exercise program. This is especially important for individuals over the age of 35, or persons with pre-existing health problems.

- Always warm up before starting a workout. Try to do a total body warm up before you start.

- Maintaining equipment in proper operating condition is of utmost importance for a safe training program.

- Keep hands, limbs, loose clothing and long hair well out of the way of all moving parts.

- Inspect the machine before each use for loose or worn parts. Ensure all nuts and bolts are fully tightened. If a problem is found do not allow the machine to be used until all parts are tightened or worn or defective parts are repaired or replaced.
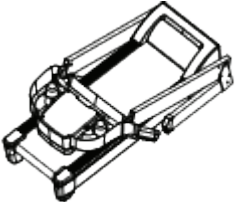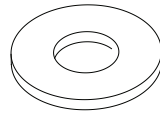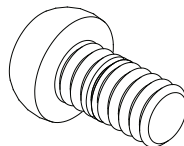
THE MAIN TECHNICAL PARAMETERS
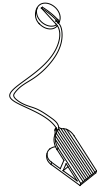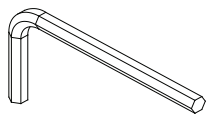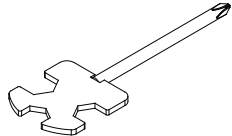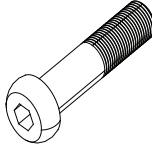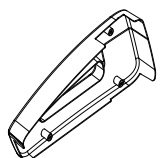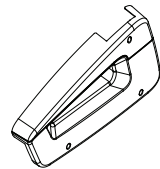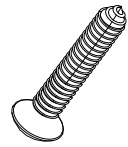
Input supply voltage: 240V	Working temperature: 0-40 ℃
Speed range: 0.8-18 KM/H	Incline range:15 level motor incline
Max. user weight: 125kg	Distance display range: 0.00-99.9km
Calories display range: 000-999	Time display range: 00：00-99：59 (min:sec)
Heart rate range: 50-200 (time/min)	Running surface: 480*1400mm
Product size: 1880*810*1450mm	Folding size: 1150*810*1600mm

PRODUCT OVERVIEW

Computer

Handrail

Safety key

Upright

Motor cover

Running belt

Side rail

Side cover

End cap

Base frame

Main frame

ASSEMBLY INSTRUCTIONS

WHEN YOU OPEN THE CARTON, YOU WILL FIND THE BELOW SPARE PARTS:

Main frame 1 set	D21 Flat washer M10 8 pcs	D8 Round hex bolt M10*15 4 pcs	C13 safety key 1 set
D2 Allen wrench 6mm, 1 pc	B18 Silicon oil 1 pc	D1 Screw driver 1 pc	D12 Round hex bolt M10*55 4pcs
B11 Left Side cover 1 pc	B11 Right Side cover 1 pc	D48 Cross self-tapping bolt ST4.2X19, 6 pcs	

STEP 2: Follow diagram below to lift up the uprights.
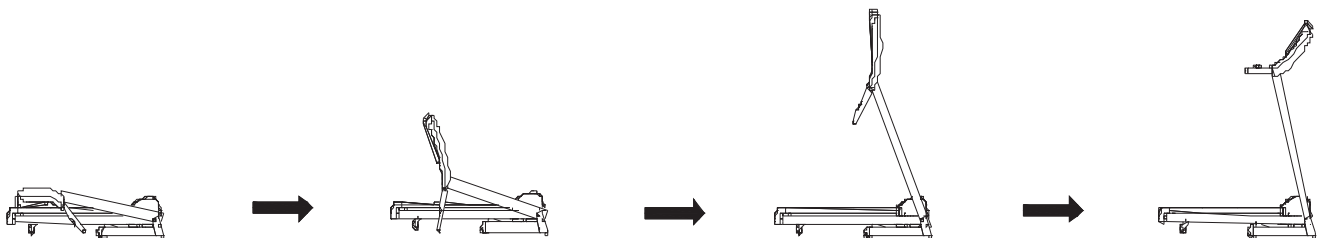
STEP 3: According to the picture, tighten the bottom frame with bolt M10*55 (D12) and flat washer. Then lock the console frame with M10*15 (D8) and flat washer (D21).

D8

D21

D12

D21

D21

D12

D12
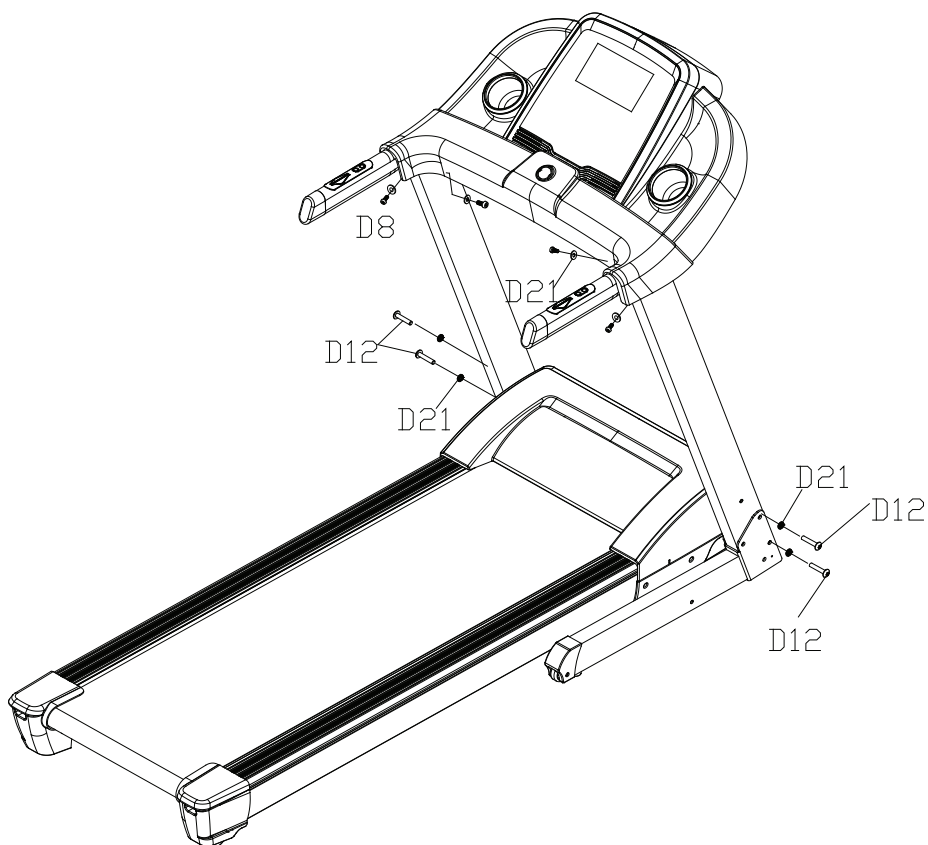
Step 4: Attach the left/right side covers (B11L) and (B11R) to the base frame with bolt ST4.2*19 (D48) as picture.

D48

B11L

B11R

D48
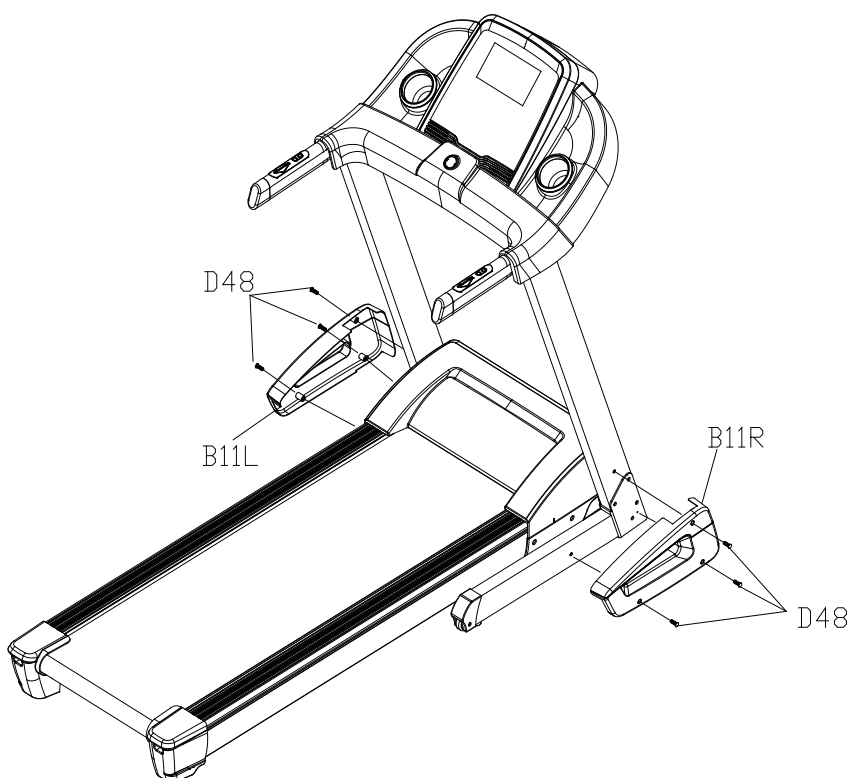
Step 5: Put on the safety key (C13) on the console.
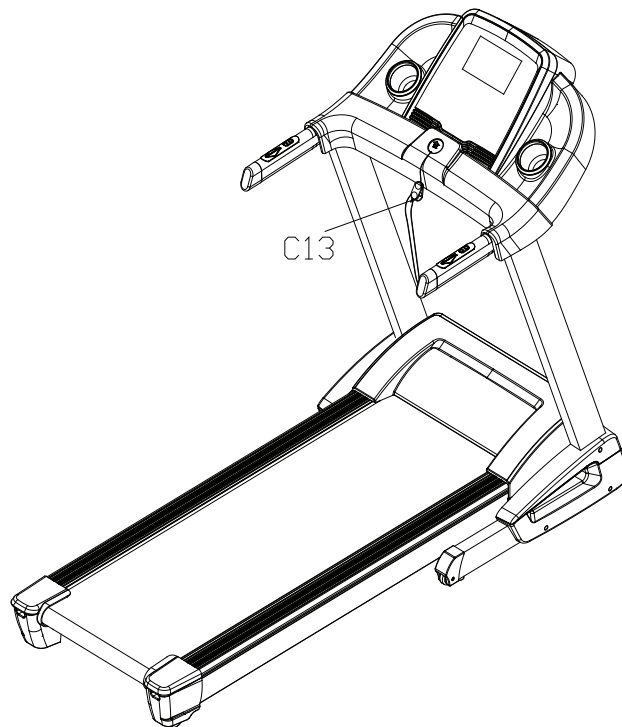
Step 6: To check if the running belt runs correctly, placing treadmill in folding position and tightening all the bolts. Then set speed under 3km/h and see if running belt runs without problem.

ATTENTION: Must confirm complete assembly as the required above and lock all bolts. Do the following operations after checking everything is OK. Before you use the treadmill, please read the instructions carefully.

FOLDING INSTRUCTIONS

FOLDING INSTRUCTION
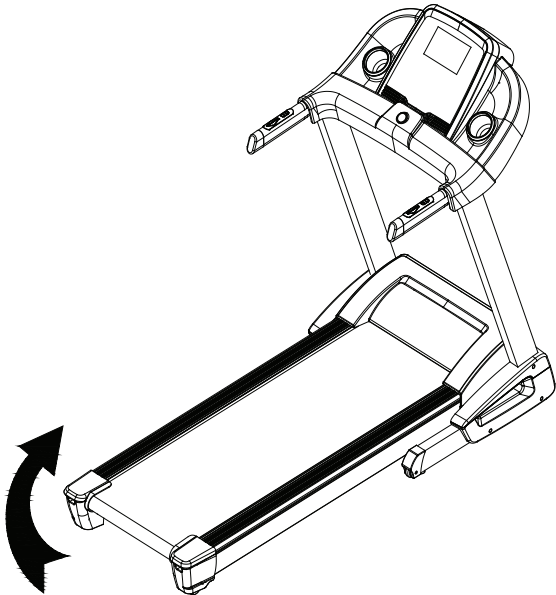
Lift up the machine and force to pull up until you heard "click" that made by safety casing stuck the pneumatic cylinder.

UNFOLDING INSTRUCTION
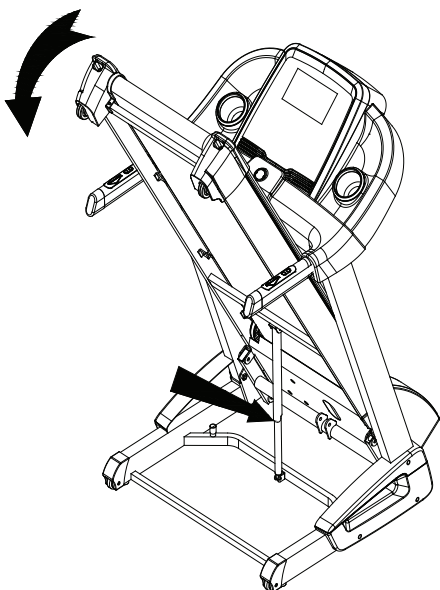
Kick the safety sleeve lightly and pull down the machine at the same time as the arrow direction. Then the machine will fall down smoothly.

GROUNDING METHODS

This product must be grounded. If it should malfunction or breakdown, 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 serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, Please find a proper outlet installed by a qualified electrician.

This product is for use on a nominal 240V circuit and has a grounding plug. Make that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

CONSOLE INSTRUCTIONS

1.1 WINDOW DISPLAY

1.2. START

Normal start after 5 seconds countdown.

1.3 PROGRAM

1 manual mode,   15 re-set programs, 1 body fat program, 3 countdown function and 3 users.

1.4 SAFETY LOCK FUNCTION

The window shows"---" when take away the safety lock and the treadmill will stop quickly with "didi" alarm noise.

Put the safety lock on, the computer will display for 2 seconds and the data counts down to "0".

1.5 BUTTON FUNCTION

1.5.1 START/STOP

"START"--When the treadmill is not running, press this button to start, speed is "0.8".

"PAUSE/STOP" – When the treadmill is running press one time to PAUSE workout. The treadmill will come to a stop, but data will be paused. Press START to continue workout. If you have paused for over 10minutes it will automatically end the workout. You can press the button again while paused to STOP and end the workout right away.

1.5.2 "PROGRAM" BUTTON

When the treadmill is not running, press this button to switch from manual mode to pre-set mode P1-P15, body fat program, 3 countdown function, U1-U3.

1.5.3 "MODE" BUTTON

When the treadmill is not running, press this button to choose countdown modes:"H-1","H-2","H-3". "H-1" is the time countdown mode, and "H-2" is the distance countdown mode,"H-3" is the calorie countdown mode; press the "SPEED+/-" or "INCLINE+/-" button to adjust the data. After that, press the "START" button to start this treadmill.

1.5.4 "SPEED +/-"BUTTON

SPEED +/– Adjust speed when treadmill starts, the increment is 0.1km/time in kilometer. Press the button more than 2 seconds and it will go up or down automatically.

1.5.5 SPEED QUICK BUTTON

Press the incline quick button 4, 8, 12, 16 to adjust the incline directly when the treadmill is running.

1.5.6 "INCLINE+/-" BUTTON

INCLINE +/ – Adjust incline when treadmill start; the increment is 1 level/time. Press the button more than 2 seconds, and it will go up or down automatically.

1.5.7 INCLINE QUICK BUTTON

Press the incline quick button 5, 10, 15 to adjust the incline directly when the treadmill is running.

1.6 DISPLAY FUNCTION

1.6.1 SPEED

Display running speed.

1.6.2 TIME

Display the running time or countdown time.

1.6.3 DISTANCE

Display the running total distance or distance countdown.

1.6.4 CALORIE

Display the calorie or calorie countdown.

1.6.5 INCLINE

Display the incline.

1.6.6 PULSE

Display pulse data.

1.6.7 ALL WINDOW DISPLAY DATA RANGE

TIME：0:00 – 99.59 (MIN)

DISTANCE: 0.00 – 99.9 (KM)

CALORIES: 0.0 – 999 (C)

SPEED: 0.8-18.0 (km/h)

PULSE: 50 – 200 (BPM)

INCLINE：0 – 15

1.7 PULSE FUNCTION

When the treadmill is running, hold the hand pulse about 5 seconds, it will display pulse data. The pulse data range is 50-200 times/minute. It has heart-shaped graphics when testing pulse. This data is only for reference, can not be used as medical data.

1.8 PROGRAM EXERCISE CHART

MODE	TIME	SET TIME / 16= EVERY GRADE TIME															
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P1	SPEED	2	5	5	5	10	10	5	5	5	3	3	2	5	5	3	2
	INCLINE	0	0	1	1	1	1	2	2	2	2	3	3	3	2	2	0
P2	SPEED	2	2	7	2	2	7	7	12	4	4	12	4	4	12	4	2
	INCLINE	0	1	2	2	3	3	2	2	3	3	2	2	3	2	2	0
P3	SPEED	2	4	9	9	4	4	8	8	10	10	12	4	4	8	4	2
	INCLINE	0	1	2	3	4	5	4	5	4	2	1	2	3	2	1	0
P4	SPEED	2	6	6	6	12	12	12	12	6	6	3	3	3	5	5	2
	INCLINE	0	1	2	3	4	5	6	7	6	6	5	4	3	2	1	0
P5	SPEED	2	4	6	12	12	12	3	3	3	3	12	12	12	6	4	2
	INCLINE	0	2	4	6	4	2	1	0	1	1	2	2	2	2	3	0
P6	SPEED	2	4	5	5	6	6	8	8	6	6	8	8	6	9	6	2
	INCLINE	0	1	3	4	4	3	3	1	2	1	2	1	2	1	2	0
P7	SPEED	2	7	7	9	9	4	4	12	12	4	4	8	8	4	4	2
	INCLINE	0	1	1	2	2	3	3	4	4	3	3	2	2	1	1	0
P8	SPEED	2	2	6	6	6	8	9	10	11	12	9	5	5	5	3	2
	INCLINE	0	1	2	4	2	1	2	4	2	1	2	4	2	1	2	0
P9	SPEED	2	4	8	10	2	4	8	10	2	4	10	2	4	10	4	2
	INCLINE	0	1	2	3	4	5	6	7	8	9	8	6	4	2	1	0
P10	SPEED	2	5	6	7	8	9	10	11	10	9	8	6	7	5	4	2
	INCLINE	0	1	2	4	6	6	6	4	4	4	2	2	2	1	1	0
P11	SPEED	2	5	6	7	9	9	6	9	6	9	6	10	6	10	7	2
	INCLINE	0	2	2	2	3	3	3	4	4	4	5	5	5	4	4	0
P12	SPEED	2	6	8	10	8	6	4	6	8	12	8	6	8	12	12	2
	INCLINE	0	1	1	3	3	5	5	7	7	5	5	3	3	1	1	0
P13	SPEED	2	12	4	12	4	12	4	12	4	12	4	12	4	12	4	2
	INCLINE	0	8	10	13	4	8	10	13	4	8	10	13	4	8	10	0
P14	SPEED	2	8	10	12	4	8	10	12	4	8	10	12	4	8	10	2
	INCLINE	0	8	12	13	4	8	12	13	4	8	12	13	4	8	12	0
P15	SPEED	2	12	10	8	12	12	10	8	12	12	10	8	12	12	10	2
	INCLINE	0	3	4	5	6	8	7	8	8	7	7	6	5	4	3	0

1.9 Manual model operation

1.9.1 Press start key, time count down 5 seconds, then treadmill will start to work with initial speed 1km/h.

1.9.2 Press speed +/-, you can adjust the speed.

1.9.3 Press incline +/-, you can adjust the incline.

1.9.4 Press stop, you can stop treadmill working.

1.9.5 Press quick speed key, you can quickly adjust the speed you want.

1.9.6 Press quick incline key, you can quickly adjust the incline you want.

1.10 3 COUNTDOWN FUNCTION PARAMETER DATA

Countdown time initial setting 30：00 minutes，setting range5：00---99：00 minutes , each step 1：00.

Countdown calorie initial setting 50therm, setting range 10---990 term，each step 10.

Countdown distance initial setting 1.0km，setting range 0.5---99.9 km，each step 0.1.

Cycle switch order is: manual, time, distance, calories.

1.11 BODY TESTER（FAT）

At the beginning state, press " PROGRAM" continually to enter "FAT" body fat test，window display "FAT". Press "MODE" to enter (F1 SEX, F2 AGE, F3 HEIGHT, F4 WEIGHT). Press "SPEED+", "SPEED-" to set. After setting, the computer will display F5 and grasp the hand pulse, the window will display your body quality index.

The body quality index is to test the relation between height and weight not the body scale. The body FAT suits for any male and female to adjust the weight according together with other body quality index. The ideal FAT should be between 20-25, if under 19, it means too thin. If between 25 and 29, it means overweight, if over 30, it means obesity. (The data is just for reference and can not be as medical data).

01	Sex	01 Male 02 Female
02	Age 10------99	
03	Height 100----200	
04	Weight 20-----150	
05	FAT≤19	Under weight
	FAT= (20---25)	Normal weight
	FAT= (25---29)	Over weight
	FAT≥30	Obesity

1.12 User Program

Besides 12 pre-set programs, there have 3 user-defined programs: U1, U2 and U3 Each user program has 10 segments. The user can set the desired speed and incline. Press "PROGRAM" button to choose U1 ,U2 or U3, press "MODE" button to enter setting condition, then set the time of the first segment. Press "SPEED+" and "SPEED-" to set speed. Press" INCLINE+" and "INCLINE-" to set incline. Press "MODE" button and your choice will be set. The next workout segment will flash, go through the same setup as you completed with segment one. You must complete all 10 segments and then your user program is ready to use. Press "STOP" key to return to last segment setting any time.

1.13 HRC Program

There are 3 HRC programs (HRC1-HRC3) in total.

The parameter data setting order is "AGE" -> "THE(HRC) data" -> "TIME".

HRC: Detect user's actual heart rate through wireless receiver and set different the heart rate data as goal to adjust speed and incline during running.

It's recommended that user uses the wireless chest belt while running HRC function.

1.12.1 After turning on the power, press "PROG" key to choose HRC function. HRC function is turned on when "HRC" characters shown on the screen.

User can use "SPEED +/-" to adjust age (data from 13 to 80) after seeing the "30" shown on the screen.

1.12.2 Press "MODE" key to enter the setting of heart rate. The standard heart rate is fixed at different data from HRC1 to HRC3. Heart rate data can be adjusted from 50 to 200. User can use "SPEED +/-" to adjust the data. (It's recommended that standard heart rate data doesn't need to be changed for physical health condition.)

Formula is calculated as below:

HRC1 is T.H.R = (220-age) x60%,

HRC2 is T.H.R = (220-age) x70%,

HRC3 is T.H.R = (220-age) x80%.

After finishing the setting of HRC data, user can press "MODE" key to modify the time. When "TIME" window flashes, it displays the default time as 30:00 minutes, and user can press "SPEED+/-" to set up time.

1.12.3 Enter "START" key to begin the workout (Remember you can only press "START" key after all setting is completed). It's suggested that user use wireless chest belt to detect the heart rate. If chest belt and hand pulse are used at the same time, data from chest belt will show up only on the screen.

1.12.4 During the operating of HRC, speed and incline will adjust as below:

(1) If Target heart rate <THR-15, then the speed and incline will adjust automatically every 15 second, the SPEED will increase 0.8km/h and incline add 1 section until they reach the max. data.

(2) If THR-5>Target heart rate >=THR-15, then the speed and incline will adjust automatically every 15 second, the SPEED will increase 0.4km/h and incline add 1 section until they reach the max. data.

(3) If THR+5>= Target heart rate >=THR-5, then the speed and incline will not change.

(4) If THR+15>= Target heart rate >=THR+5, then the speed will adjust automatically every 15 second, the SPEED will decrease 0.4km/h and incline less1 section until they reach the min. data

(5) If Target heart rate >=THR+15, then the speed and incline will adjust automatically every 15 second, the SPEED will decrease 0.8km/h and incline less 2 section until they reach the min. data.

1.13 OTHERS

1.13.1 The system will enter into power saving mode automatically if there is no any action within 10 minutes under IDLE MODE and there is no display and backlit on the computer. Press any key to resume the system.

1.13.2 Countdown time, countdown calorie and countdown distance, you just can set one of them at one time, press last item to set running, the setting parameter is countdown, others display normal data.

1.13.3 USB Charging: Plug in your USB cable to the treadmill's USB charging port and connect your phone to start charging. The power out put is approximately 5V 2A.

Please do not plug in USB drives or other USB products, as it may damage your products instead.

1.13.4 Bluetooth music function: Press the Bluetooth key till the display show Bluetooth icon,turn on the Bluetooth of your device to match with computer and play the music, user can increase or decrease the volume from the device, and also can turn back to last song or jump to next song.

1.13.5 On display – Distance covered, Calories burnt, Pulse reading, Body Fat test shown is only for indicative purpose and may vary from machine to machine. Do not compare these readings to a medical instrument.

GETTING STARTED GUIDE

PREPARE

If you are around 35 years old, or have health problem, even this is your first time to do fitness exercise, please consult doctor or professional before use.

Before you exercise, please stand on the side to learn how to operate, such as start, stop and speed adjustment. After that stand on the plastic deck of the treadmill board, catch hold of the handrail, start treadmill at 1.6--3.2 km/h low speed, stand straight, look forward, use one foot try to do few times, then stand on the belt to do exercise. After adapting, you can adjust the speed to 3--5 km/h and keep doing about 10 minutes, then stop.

EXERCISE

Start exercise by walking slowly. Remember it is for your health and if you feel uncomfortable stop exercising immediately and seek medical advice.

AMOUNT OF EXERCISE

SHORTCUT——The best way to save time is do 15-20 minutes exercise.

If you are finding that it is difficult to increase your exercise intensity by increasing the speed, you can alternatively choose to increase the incline slowly which will also increase the exercise intensity for you.

EXERCISE FREQUENCY

It is better to make a weekly time schedule for your exercise routine to ensure it forms parts of your busy schedule.

SAFETY EXERCISE

Please consult professional staff before you exercise. They can help recommend exercise rate/intensity and time according to your age and health condition. When running, if you feel chest tightness or chest pain, irregular heartbeats, short of breath, dizziness or feel unwell, please stop immediately! Consult a professional before you continue to exercise. If you often use treadmill, you can choose normal walk speed or jog speed.

If you have no experience or can't make sure the best testing speed, you can reference below standard:

Speed 1-3.0km   weak constitution people.

Speed 3.0-4.5km   sedentary or don't exercise often.

Speed 4.5-6.0km   walking quickly.

Speed 6.0-7.5km   fast walk.

Speed 7.5-9.0km   jogger.

Speed 9.0-12.0km   intermediate speed runner.

More than 12.0km   excellent runner.

ATTENTION：It is suitable for walker to choose less than or equal to 6km speed.

EXERCISE INSTRUCTIONS

Using your exerciser will provide you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with a calorie controlled diet help you lose weight.
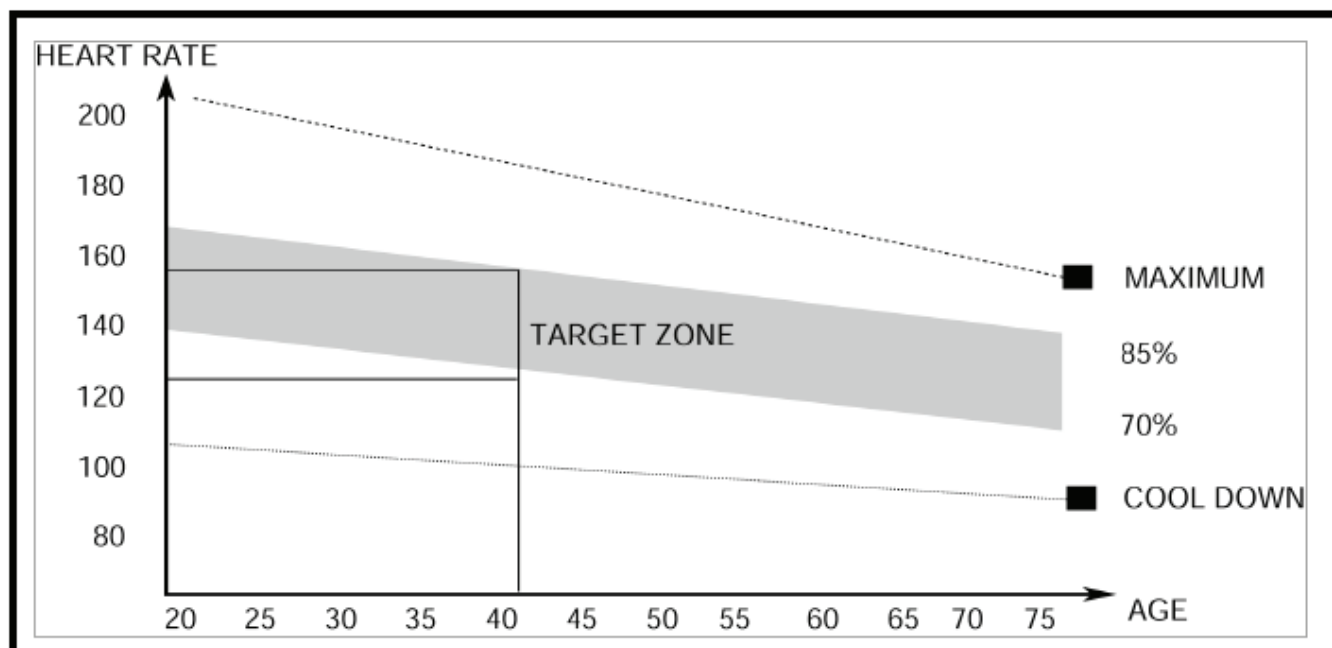
1. THE WARM UP PHASE

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP.

INNER THIGH

FORWARD BENDS

CALF/ACHILLES

OUTER THIGH

SIDE BENDS
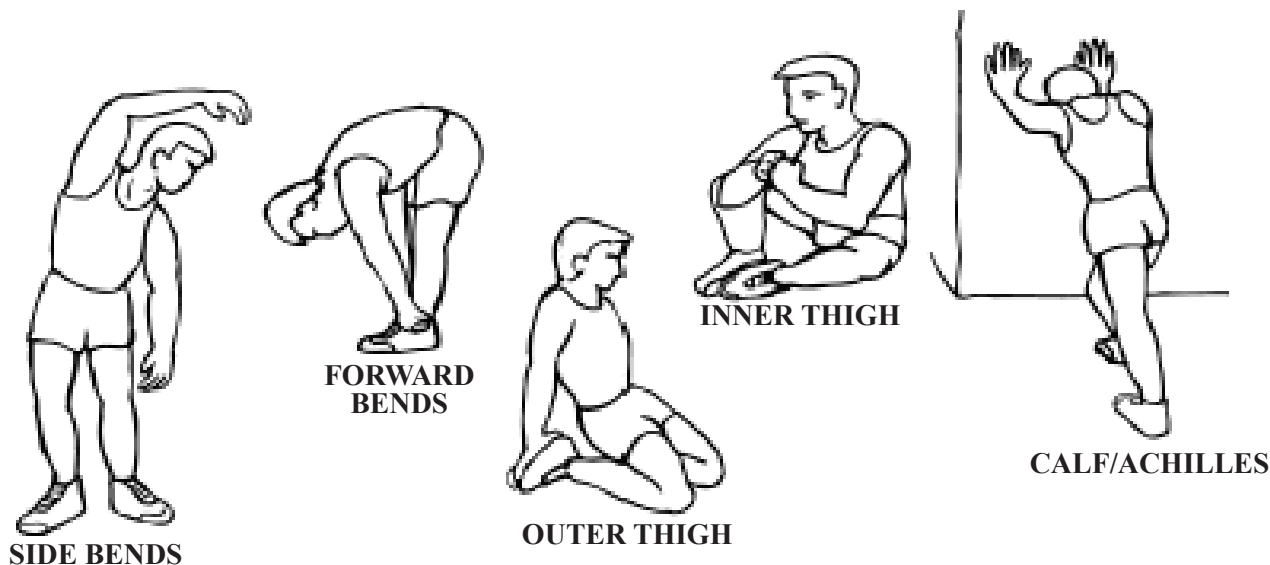
2. THE EXERCISE PHASE

This is the stage where you put the effort in. After regular use, your muscles will become more flexible. Work to your own level but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.

This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes.

EXERCISE INSTRUCTIONS

3. THE COOL DOWN PHASE

This stage is to let your Cardio Vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

MUSCLE TONING

To tone muscle while on your exerciser you will need to have the resistance set quite high. This will put more strain on your muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance, making you work harder. You may have to reduce your tempo to keep your heart rate in the target zone.

WEIGHT LOSS

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal. The calorie function, where applicable, is an estimate only and to be used for comparison between workouts.

CARE AND MAINTENANCE

Proper maintenance is very important to ensure your equipment is always in top working condition. Improper maintenance could cause damage or shorten the life of your equipment and void the WARRANTY coverage

Important: Never use abrasives or solvents to clean the equipment. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.

After each workout: Wipe off the console, where applicable, and other frame surfaces with a clean, water dampened soft cloth to remover excess perspiration. Inspect and tighten all parts of the equipment regularly. Replace any worn parts immediately.

Don't use the equipment before the worn parts were replaced by new ones. When you feel the exerciser is not smooth, please check the status of the parts and if need be call the service hot line.

BELT ADJUSTMENT

Place treadmill on a level surface. Make treadmill run at approximately 6-8 km/h, observe the running belt deviation condition.


Pic A

Pic B

Pic C
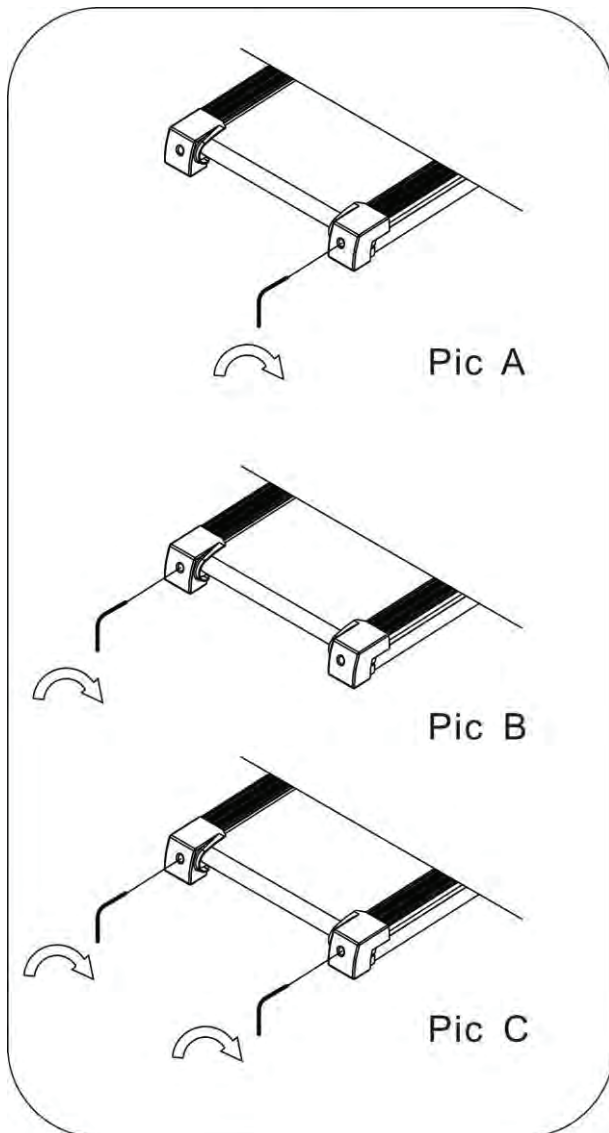
If the belt has drifted to the right, unplug the safety lock and power switch, and turn the right adjusting bolt 1/4 turn clockwise, then insert the power switch and safety lock, make the treadmill running, observe the running belt deviation condition. Repeat above steps until the running belt be placed in the middle. **See picture A**

Once the treadmill belt swerving to the left, unplug the safety lock, turn off the power, then with the left adjusting bolt clockwise rotation 1/4 laps, and turn on the safety lock and power to make treadmill running, checking the deviation of the treadmill belt. Repeat the above steps until the belt centered. **See picture B**

The treadmill belt will gradually relax after above steps or after a period of time using, unplug the safety lock, and turn off the power, with the two adjusting bolt clockwise rotation 1/4 laps, and turn on the safety lock and power to make treadmill running, then standing on the belt to confirm the tightness. Repeat the above steps until the belt has moderate tightness. **See picture C**
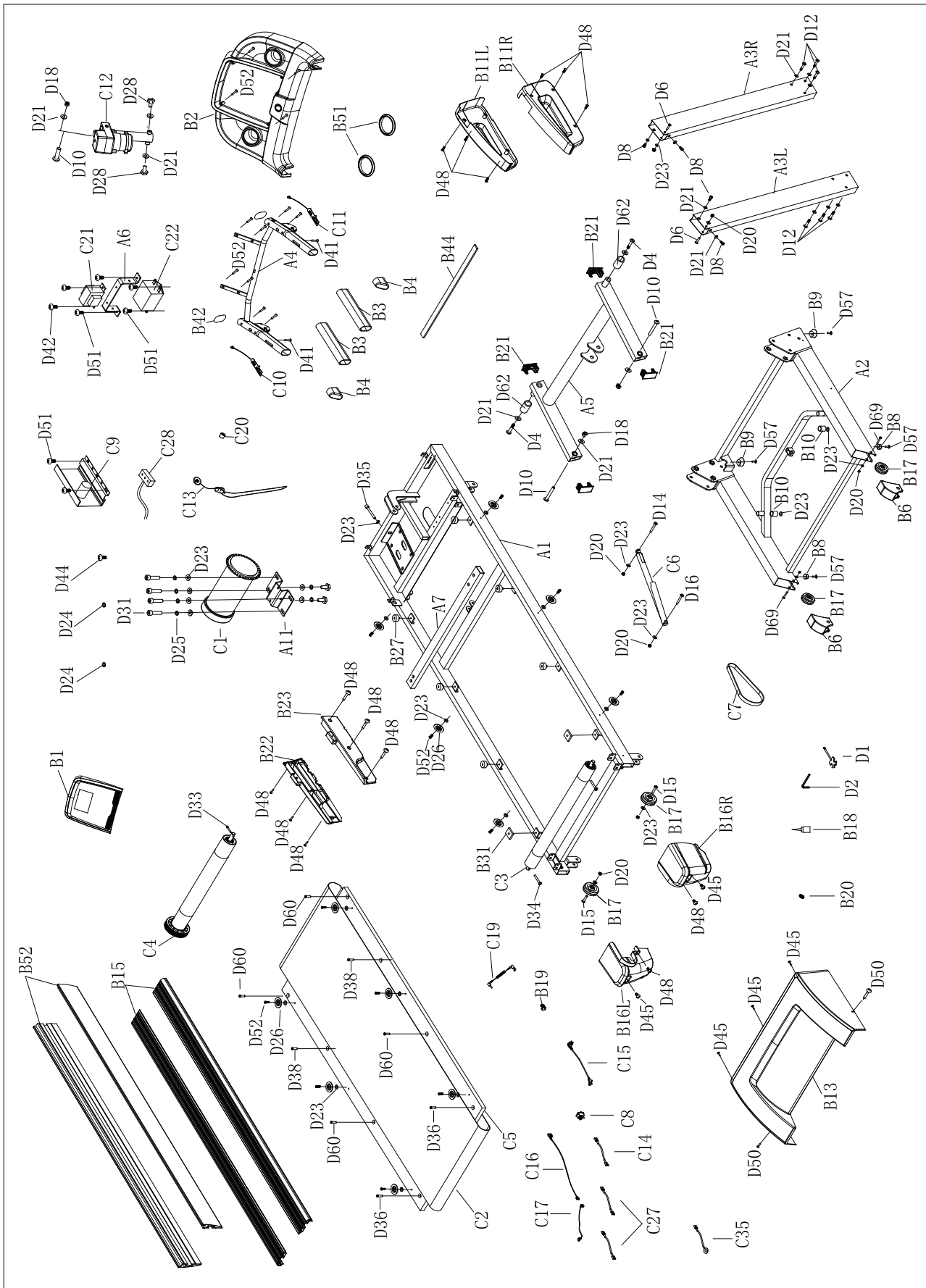
PARTS LIST

A. Welding parts

No.	Description	Qty	No.	Description	Qty
A1	Base frame	1	A5	Incline frame	1
A2	Main frame	1	A6	Filter supporting frame	1
A3L	Left upright	1	A7	Reinforcing tube	1
A3R	Right upright	1	A11	Motor bracket	1
A4	Handrail bracket	1			

B. Plastic parts

No.	Description	Qty	No.	Description	Qty
B1	Console set	1	B16L	Left end cap	1
B1-1	Overlay	1	B16R	Right end cap	1
B1-2	Membrane key	1	B17	Adjust wheel	2
B1-3	Console panel	1	B18	Silicon oil	1
B2	Console cover	1	B20	Round plug	1
B3	Protecting foam	2	B21	Inner plug	4
B4	Handrail plug	2	B22	Motor left cover	1
B6	Transport wheel cover	2	B23	Motor right cover	1
B8	Flat foot pad	2	B27	New cushion	4
B9	U-shaped foot pad	2	B31	Rubber pad	2
B11L	Left side cover	1	B42	Handrail plug	1
B11R	Right side cover	1	B44	EVA pad	1
B13	Motor upper cover	1	B51	Bottle holder	2
B15	Upper side rail	2	B52	Under side rail	2

C. Electric and drive parts

No.	Description	Qty	No.	Description	Qty
C1	DC motor	1	C13	Safety key	1
C2	Running belt	1	C14	Single cord (red) 300	1
C3	Rear roller	1	C15	Power line	1
C4	Front roller	1	C16	Console upper wire	1
C5	Running board	1	C17	Console lower wire	1
C6	Cylinder	1	C20	Magnetic ring	1
C7	Motor belt	1			

No.	Description	Qty	No.	Description	Qty
C8	Power switch	1	C21	Inductor	1
C9	Controller	1	C22	Filter	1
C10	Handle pulse left keyboard	1	C27	Single cord (black) 300	2
C11	Handle pulse right keyboard	1	C28	Photoelectric sensor	1
C12	Incline motor	1	C35	Single line(CE sets)	1

D. Hardware parts

No.	Description	Qty	No.	Description	Qty
D1	Screw driver 13-15-17	1	D31	Hex round head bolt M8*20	4
D2	Allen wrench T6	1	D33	Hex round head bolt M8*55	1
D4	Round hex bolt M10*65	2	D34	Hex round head bolt M8*60	2
D6	Round hex bolt M8*50	2	D35	Hex round head bolt M8*80	1
D8	Round hex bolt M10*15	4	D36	Cross head bolt M6*25	2
D10	Round hex bolt M10*45	3	D38	Cross head bolt M6*30	2
D12	Round hex bolt M10*55	6	D41	Cross self-tapping bolt ST4.2*70	2
D14	Round hex bolt M8*30	1	D42	Cross head bolt M4*10	2
D15	Round hex bolt M8*40	2	D44	Cross head bolt M5*12	1
D16	Round hex bolt M8*45	1	D45	Cross head bolt M5*15	5
D18	Nylon nut M10	3	D48	Cross self-tapping bolt ST4.2*19	14
D20	Nylon nut M8	8	D50	Cross self-tapping bolt ST4.2*25	2
D21	Flat washer M10	17	D51	Cross head bolt M5*8	6
D23	Flat washer M8	27	D52	Cross self-tapping bolt ST4.2*16	24
D24	Spring washer M5	2	D57	Cross self-tapping bolt ST4.2*25	4
D25	Spring washer M8	4	D60	Cross head bolt M6*20	4
D26	Washer	6	D62	Incline shaft cover	2
D28	Hex round head bolt M10*20	2	D69	Round hex bolt M8*55	2

ERROR CODE & SIGNIFICANCE

| Error Code	Fault Description	Solutions
E01	Failure communication between controller and computer	1. Check if computer is connected to controller with correct wires, check connector, check if wire is damaged, or unplug and re-connect 2. Change inverter and test 3. Change computer and test
E02	Motor connection problem	1. Check if motor wire is connected well. 2. Check if controller is working, If not, please change one.
E03	Speed Sensor Failure	1. Check if the speed sensor is properly installed and in place. 2. Check if the speed sensor or the motor fan blades have dusts stuck in them, if so clean it. 3. Check to see if the speed sensor is working, change to a new speed sensor 4. If new speed sensor doesn't work, change controller
E04	Incline Calibration	1. Will display on screen when under incline calibration. 2. If incline isn't calibrated and can't use it will also display, please start the incline calibration again. 3. If still fails, change controller.
E05	Overload protection	1. Protection is activated when current is overloaded, or when motor cannot run properly. If it's the second situation, examine the treadmill and re-start it. 2. Check if there's un-normal smell. If so, please change motor or Controller. 3. Check if electric voltage works in proper range.
E06	Rush protection	1. Wait a few minutes and restart to see if it works normally. If there is a burning smell, change controller 2. Check motor wires are properly connected or damaged. 3. Check to see the outlet powering the treadmill has enough voltage. 4. If changing controller doesn't help, change motor.
— —	Computer doesn't detect safety key signal	1. Check if safety key switch works, connecting wire works, or magnet inside works. 2. Safety key is not placed correctly 3. Safety key is damaged
No display on computer	No power	1. Check if power cable is connected to machine or change to another power outlet. If power switch is in position, test it by switch ON/OFF. If the power switch is burned out, replace one and make sure there's power to machine 2. Check cable connection between computer and controller 3. Replace adaptor or computer

JTC200
TREADMILL

Model No: JTC200

To register your warranty, please go to

www.gpisports.com.au
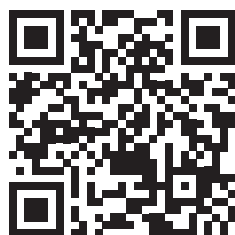
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