

T400 FOLDING TREADMILL

INSTRUCTION MANUAL



ENGLISH USER MANUAL

ASSEMBLY INSTRUCTIONS AND TECHNICAL SUPPORT

1. Scan the QR Code
2. Follow the link to either our YouTube channel or our downloads page.
3. Safely assembly your machine



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CONTENTS



1. SAFETY INSTRUCTIONS

Electrical requirements	5
Important voltage information	5
User safety precautions	5
Prior to use.....	5
During use.....	6
Exercise safety precautions	6
Facility safety precautions	6
Safety key	7
Warning stickers	8
Exploded Diagram	9
Parts List	10

2. ASSEMBLY

Preparing the site	12
Content listing	12
Box contents.....	13
Tools pack.....	13
T400 assembly	14
Folding & unfolding the treadmill	16

3. OPERATION

Getting started	17
Monitor configuration	18
Display information	18
Buttons	18
Kilometres vs miles	19
Stopping the treadmill	19
Emergency dismount.....	19
Safety key function.....	19
Heart-rate sensors	19
Entertainment	20
Bluetooth audio instructions.....	20
Wireless charging.....	20

Programs	21
Custom program P0.....	21
BMI circularly program.....	21
Troubleshooting	22
Warm up and recovery exercises	24
Specifications	25

4. MAINTENANCE

Preventive maintenance activities	26
Treadmill cleaning	27
Treadmill balance	28
Treadmill lubrication	29
5 steps to lubricate your treadmill.....	29
How to check if the running belt is loose	30
Tightening the running belt	30
Adjusting the belt when it is not centred	31
Adjusting the motor belt	31
How to check if the motor belt is loose	31
Tightening the motor belt	32

5. ADDITIONAL INFORMATION

Additional information	33
Disclaimer	33

1

SAFETY INSTRUCTIONS



Please pay attention to the following instructions before operating this treadmill.

ELECTRICAL PREREQUISITES

This treadmill must be earthed and plugged into an appropriate electrical outlet that is properly installed and earthed in accordance with all local codes and ordinances.

This treadmill is for use on an earthed, dedicated circuit. Make sure that the treadmill is connected to an outlet having the same configuration as the plug. Do not use a ground plug adapter to adapt the power cable to a non-grounded outlet.

IMPORTANT VOLTAGE INFORMATION

Before plugging the power cable into an electrical outlet, verify that the voltage requirements for the site match the voltage of the treadmill that has been received. The power requirements for the unit include an earthed dedicated circuit rated for one of the following. The usual voltage for the United Kingdom is 240V, 50 Hz; Spain is 230V, 50 Hz; Italy is 230V, 50 Hz; Germany is 230V, 50 Hz; and France is 230V, 50 Hz.

WARNING

- Shock and electrocution hazard.
- Connect unit to an earthed outlet.
- Do not use a voltage adapter.
- Unplug unit and let sit 10 minutes before cleaning or performing maintenance.
- Electrical charge can remain in unit after unplugging.
- Keep water and liquids away from electrical parts.
- Do not attempt to fix electrical faults if unqualified to do so!

USER SAFETY PRECAUTIONS

PRIOR TO USE

- When you first assemble your treadmill make sure to check your running belt before use! This is part of the maintenance and instructions on how to perform this can be found in the maintenance section.
- Assemble the treadmill according to the instruction manual.
- Consult your doctor before beginning any exercise program.

- Read instructions.
- Read warning labels.
- Read emergency stop procedures.
- Maximum user weight is 110kg/ 17.3 St.
- Inspect unit. If damaged, DO NOT USE.
- Ensure every bolt and screw is securely tightened.
- Place your feet on the side frames when starting or stopping the treadmill.

DURING USE

- DO NOT use for stretching and DO NOT attach straps or other devices.
- DO NOT allow children aged 12 or younger to be on or near the machine.
- Stop exercising if you feel faint, dizzy, or encounter pain.
- Use the handrails for support and to maintain balance.
- Change speed in small increments for safety.
- Keep all clothing and accessories clear of moving parts.
- Wait until the running belt comes to a complete stop before getting off.
- DO NOT jump onto a moving running belt.

EXERCISE SAFETY PRECAUTIONS

- Use sports clothes and gym shoes.
- Check your shoes regularly and see if there is any dust or hard particles attached which may cause unnecessary damage.
- DO NOT use with bare feet.
- This model should only be used at home, DO NOT use for commercial purposes.

FACILITY SAFETY PRECAUTIONS

- Connect the treadmill to a properly earthed outlet only.
 - DO NOT operate electrically powered treadmills in damp or wet locations.
 - Clip the safety key to your clothing.
 - Use caution when getting on or off the treadmill.
 - Keep the running belt clean and dry at all times.
 - After each use, wait until the treadmill comes to a complete stop and is level. Then, switch it off and unplug it. Next remove the emergency safety key from the treadmill.
 - Check the treadmill for worn or loose components before each use. DO NOT use until worn or damaged parts are replaced.
 - Maintain regularly. Refer to *Preventive Maintenance* chapter.
 - DO NOT use the treadmill if: (1) the cable is damaged; (2) the treadmill is not working adequately or (3) the treadmill has been dropped or damaged.
 - DO NOT place the cable near heated surfaces or sharp edges.
 - DO NOT use the treadmill outdoors.
-



- DO NOT use the treadmill with 2 or more people running at the same time.
- Read the instruction manual completely before using the treadmill.
- Ensure all users wear appropriate footwear on JLL® equipment.
- Set up and operate the treadmill on a level surface. DO NOT operate in small restricted areas or on plush carpet.
- As far as possible provide the following clearances: 0.5 m at each side and 2 m at the back. Be sure your treadmill is clear of walls, equipment and other hard surfaces.
- DO NOT modify the treadmill in any way. Any modifications will void the warranty.
- All the data displayed by the monitor is for reference purposes only.

SAFETY KEY

The safety key works as an emergency stop. In the event of falling off the treadmill, the safety key will be pulled out and the power will be switched off at once. Be sure the string is free of knots and has enough slack for you to workout comfortably with the safety key in place. Before using the treadmill, clip the safety key to your clothing.

1. Confirm that the safety key is in place at the bottom of the console. The treadmill will not start without the key in its place.
2. Check the safety clip does not fall off in an emergency situation. Carefully step backward until the key pulls out of the console. If the safety clip falls off your clothing, clip the key again to your clothing and repeat this step until the safety clip is properly attached to your clothes.
3. Ensure the safety clip is secured to your clothing at all times during use.
4. After use, remove the safety key from the treadmill.
5. Store the safety clip on the item holder located on the left or right side of the monitor.

WARNING STICKERS

Warning stickers indicate a potentially hazardous situation which, if not avoided, could result in death or serious injury. Carefully read the following caution and warning labels before using the unit.

WARNING

1. Do not leave the treadmill before ensuring the machine has been locked tightly and properly. Keep children away from the folded machine.
2. Please do not fold the treadmill if the lock does not work properly. If this problem occurs, please contact our customer service department.

WARNING

Press the lock with your foot to unfold the treadmill. Ensure there are no children in close proximity.

WARNING

It is strictly forbidden to touch any moving parts of the treadmill.

WARNING

The plug of this treadmill must be earthed. Do not use this treadmill if the plug is not earthed.

WARNING

Please remove the security lock after finishing the assembly.

WARNING

Remove safety key when not in use and store out of reach of children.

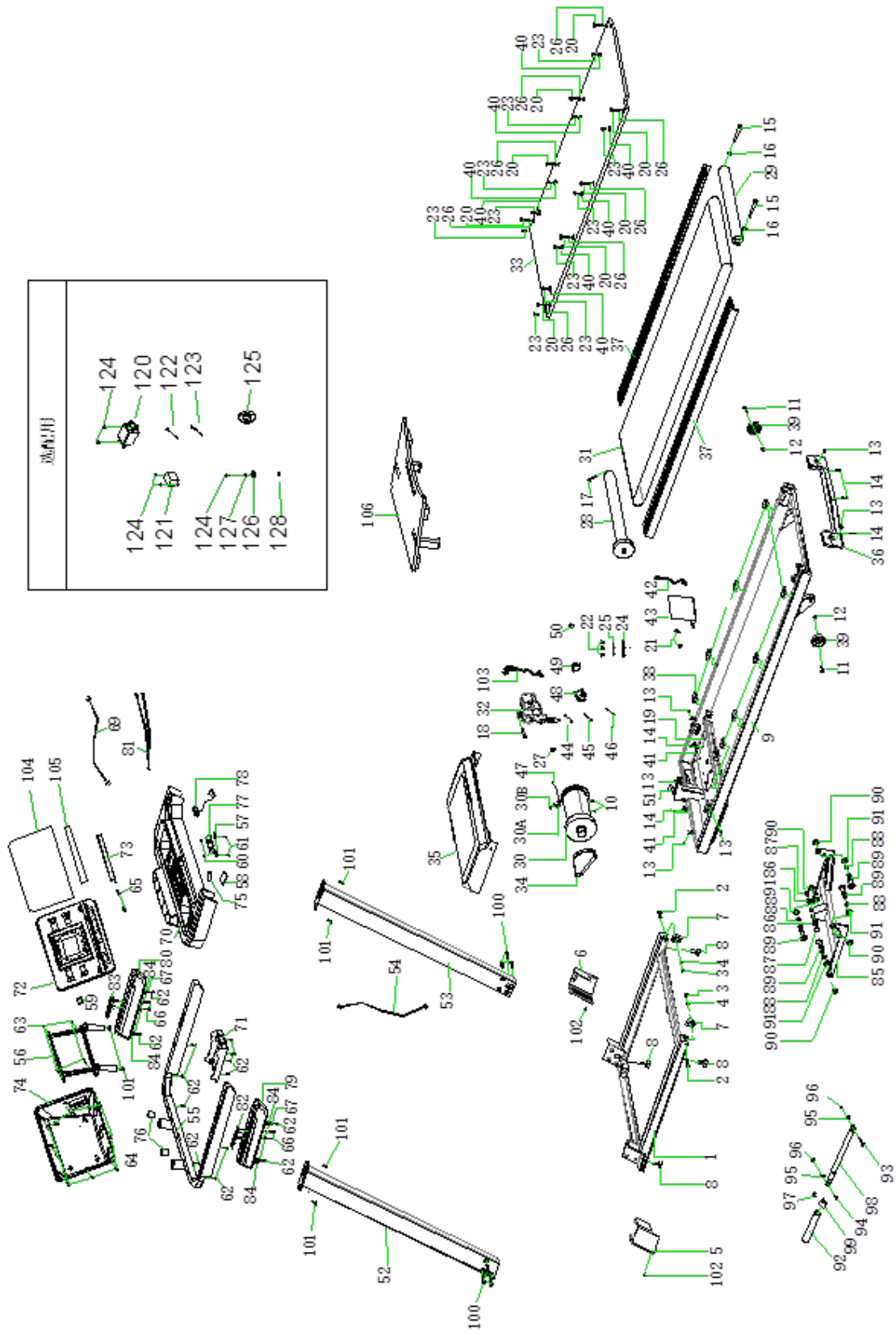
WARNING

Using your foot, firmly push against the cylinder to release the folding mechanism.

WARNING

Keep small children and pets a safe distance from treadmill when in use.

EXPLODED DIAGRAM



PARTS LIST

No.	Description	QTY	No.	Description	QTY
1	Base Frame Weldment	1	30B	Philips Pan Head Bolt (full thread)	1
2	Hexagon large flat head half-thread bolt	2	31	Running Belt	1
3	Hex Lock Nut	2	32	Incline Motor	1
4	Flat Washer	2	33	7410EA Running Deck	1
5	Base Cover Left	1	34	Motor Belt	1
6	Base Cover Right	1	35	Motor Cover	1
7	Wheel	2	36	Rear Cover	1
8	Adjustable Feet Pad	4	37	Side Rail	2
9	Main Frame Weldment	1	38	Square Cushion	8
10	Allen Socket Button Head Cap Screw (full thread)	2	39	Wheel	2
11	Allen Socket Button Head Cap Screw (half thread)	2	40	Side Rail Guider	6
12	Hex Lock Nut	2	41	Cable Clamp	2
13	Phillips Truss Head Screw (full thread)	6	42	Communication Wire	1
14	Phillips Truss Head Self-tapping Screw	5	43	7410EA Controller	1
15	Allen Socket Head Cap Bolt (full thread)	2	44	Power Connecting Wire	1
16	Flat Washer	2	45	Power Connecting Wire	1
17	Allen Socket Head Cap Bolt (full thread)	1	46	Power Connecting Wire	1
18	Allen Socket Button Head Cap Screw (half thread)	1	47	Speed Sensor	1
19	Phillips Truss Head Self-tapping Screw	2	48	Switch	1
20	Allen Socket Flat CSK Head Bolt (full thread)	6	49	Fuse	1
21	Phillips Truss Head Bolt (full thread)	2	50	Power Cable Buckle	1
22	Phillips Truss Head Bolt (full thread)	2	51	EVA pad	1
23	Phillips CSK Head Self Tapping Screw	8	52	Standpost Left	1
24	Lock Washer	3	53	Standpost Right	1
25	Spring Washer	3	54	Communication Wire	1
26	Plastic Flat Washer (PVC)	8	55	Console Frame Weldment	1
27	Magnet Ring	1	56	Console Fixing Plate Weldment	1
28	Front Roller	1	57	Safety lock retainer	2
29	Rear Roller	1	58	Wireless charging board	1
30	Motor	1	59	Speaker adapter	1
30A	Metal Support for Speed Sensor	1			

No.	Description	QTY	No.	Description	QTY
60	Phillips flat head full thread Screw	2	95	Flat washer	2
61	Phillips CSK head self tapping Screw	2	96	Hex lock nut	2
62	Phillips CSK head self tapping Screw	14	97	Shrapnel-1	1
63	Phillips CSK head self tapping Screw	4	98	Hydraulic	1
64	Phillips CSK head self tapping Screw	8	99	Double pipe plug	1
65	Phillips Truss head self-tapping Screw	2	100	Allen socket head cap bolt (full thread)	6
66	Phillips CSK head self tapping Screw	4	101	Allen socket button head cap screw (full thread)	6
67	Flat washer	8	102	Phillips CSK head self tapping Screw	2
68	Flat washer	4	103	Plug power cord	1
69	Communication wire	1	104	Display overlay	1
70	Console frame	1	105	Keypad Overlay	1
71	Console back cover	1	106	Table top	1
72	Console panel	1			
73	Holder	1	120	Filter	1
74	Console panel back cover	1	121	Inductor	1
75	Wireless charging fastener	1	122	Power cable	1
76	Hollow round pipe plug	2	123	Ground wire	1
77	Safety key seat	1	124	Phillips CSK head full thread bolt	1
78	Safety key	1	125	Magnet ring	1
79	PU armrest left	1	126	Serrated lock washers	1
80	PU armrest right	1	127	Spring washer	1
81	Connecting wire for handle pulse	2	128	Earth sticker	1
82	Speed handle pulse set	1			
83	Incline handle pulse set	1			
84	Cable ties	5			
85	Lifting frame weldment	1			
86	Flat washer	2			
87	Hexagon head bolt (half thread)	2			
88	Flat washer	4			
89	Allen socket button head cap screw (half thread)	4			
90	Lifting shaft sleeve	4			
91	Lifting shaft sleeve	4			
92	Check valve	1			
93	Allen socket button head cap screw (half thread)	1			
94	Allen socket button head cap screw (half thread)	1			



2 ASSEMBLY

PREPARING SITE

To find the ideal location to set up this treadmill, ensure that:

- Area is well illuminated and well ventilated.
- Surface is level.
- There is enough space to access the unit and emergency dismount. If it is possible, keep the following clearances: 0.5 m at each side and 2 m at the back.
- The treadmill is placed in an environment with a relative humidity range of 30-50%. Please ensure the temperature is kept constant. Do not use in a moist or damp environment as this may impact on the integrity and performance of the machine.

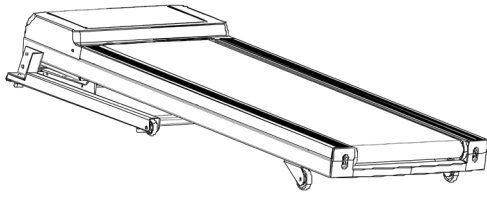
⚠ WARNING: HEAVY EQUIPMENT

- It is recommended that at least two people lift, move and assemble the treadmill.
- Use safe lifting methods.

CONTENT LISTING

See content listing (right) for treadmill box contents. See *Customer Service* chapter for contact information if any parts are missing.

MAIN BOX



Treadmill Main Body

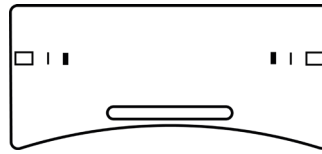
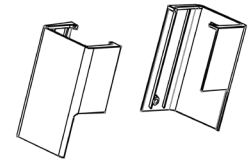
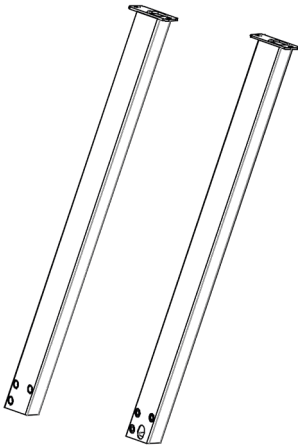


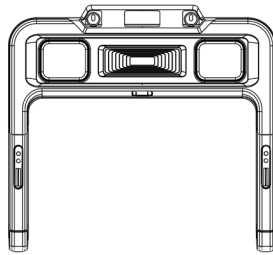
Table Top



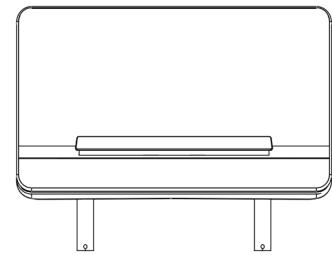
Frame Arm Covers



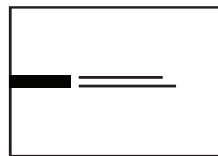
Vertical Frame x2



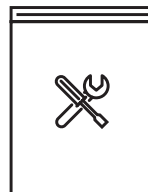
Console Tray



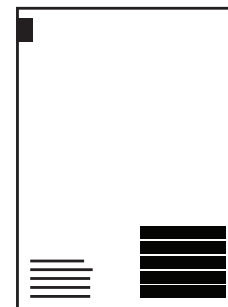
Console



Program Guide

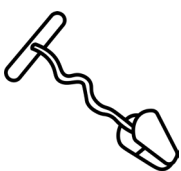


Tool Pack

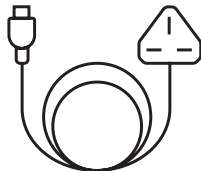


Manual

TOOLS PACK



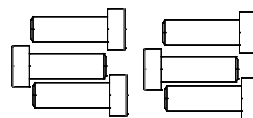
Safety Key



Power Cable



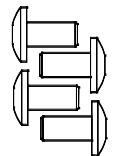
Oil Bottle



Hex Cylinder Head
Bolts M8x35
x6



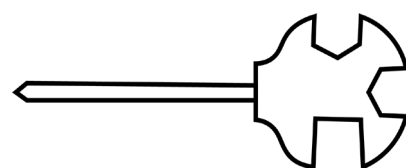
Self Tapping
Screws ST4x15
x2



Hexagon Bolts
M8x15
x6



Hex Allen Key
x1

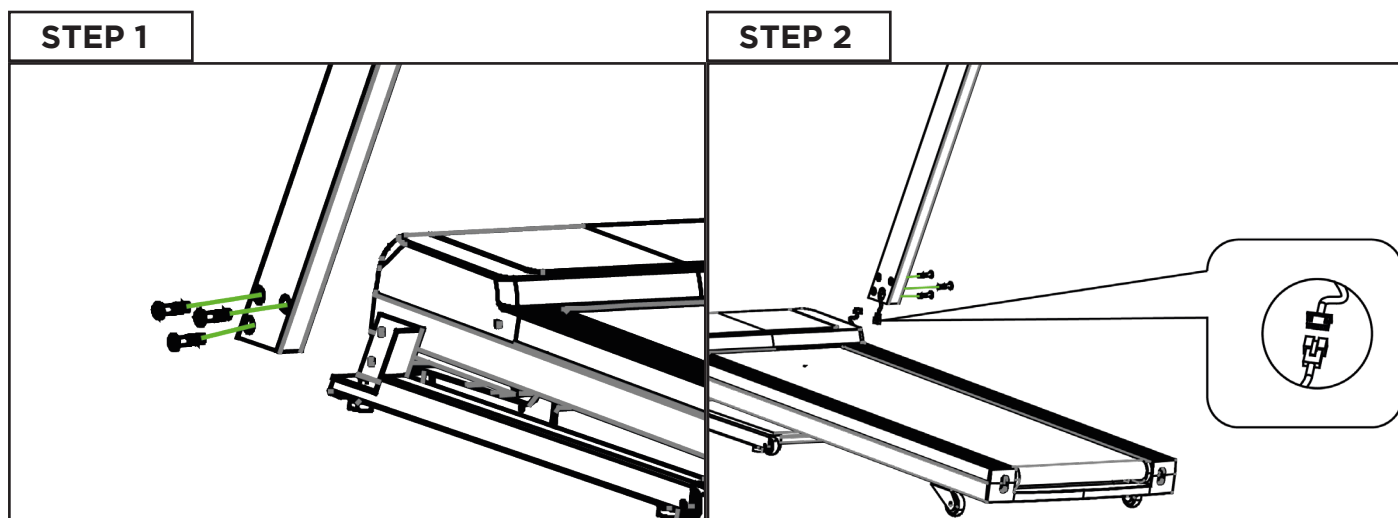


Multi-Tool
x1

T400 ASSEMBLY

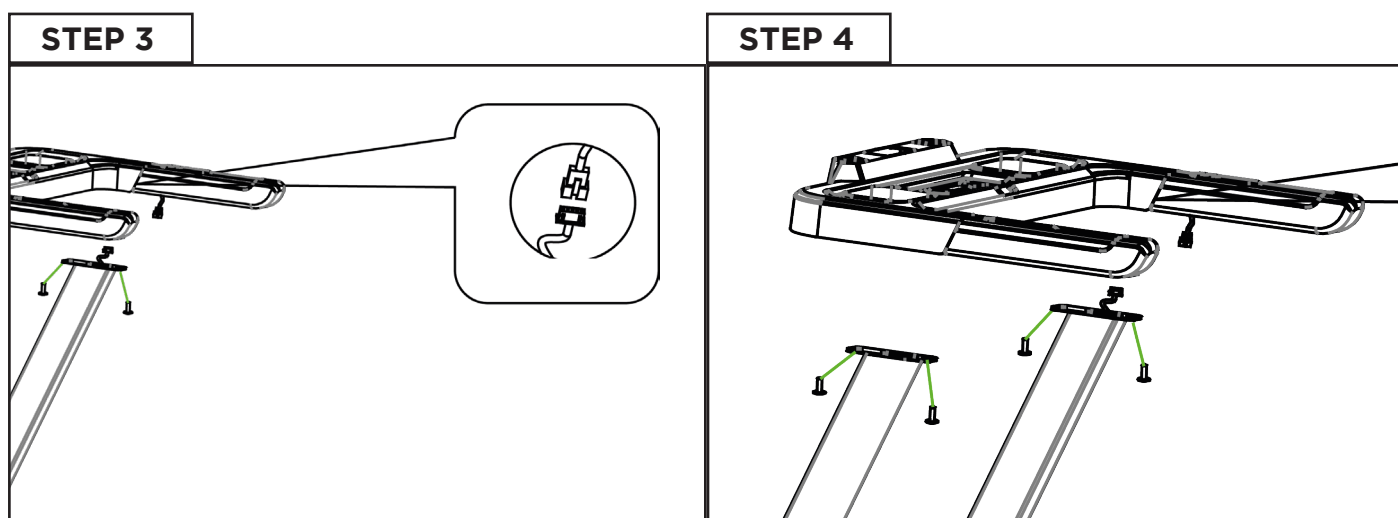
The treadmill has been assembled and tested at the factory, so you shouldn't have any problems putting all the parts together. Components are designed to fit together, and only basic tools are required for the assembly process. Inside the box you will find a Tools Pack (Hex Allen Key, Screwdriver, Washers and Bolts). See previous page.

To assemble your JLL T400 please follow these easy steps:



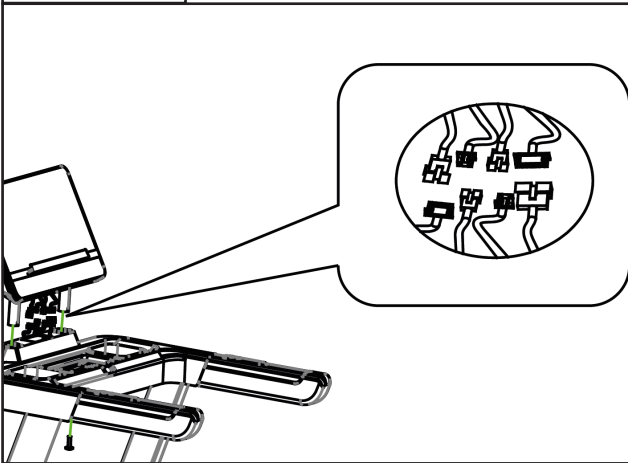
Once you have removed all the components from the box start by connecting the vertical frame arms to the base using 3 Allen head bolts on each side.

Make sure to attach the main connection wire in the vertical frame arm at the bottom.

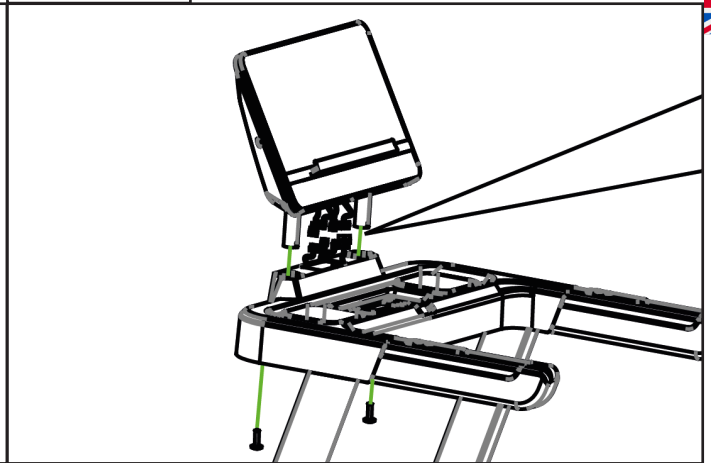


Now join the main connection wire in the vertical frame arm to the console tray.

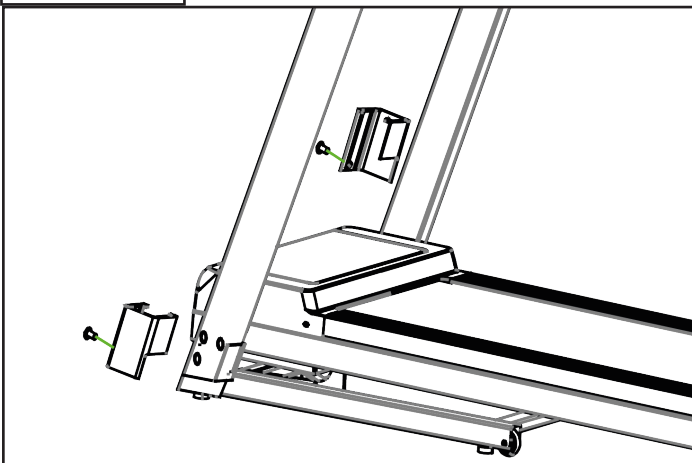
Place to console tray on top of the vertical frame arms and secure using four Allen head bolts.

**STEP 5**

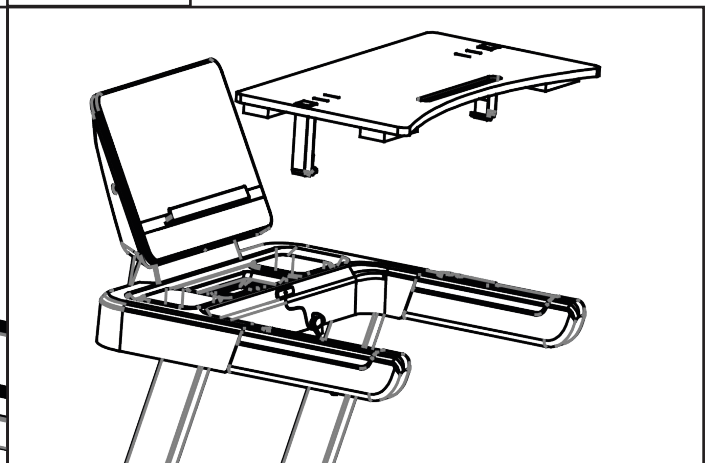
Join the wires from the console to the console tray.

STEP 6

Now secure the console to the console tray using two hexagon bolts.

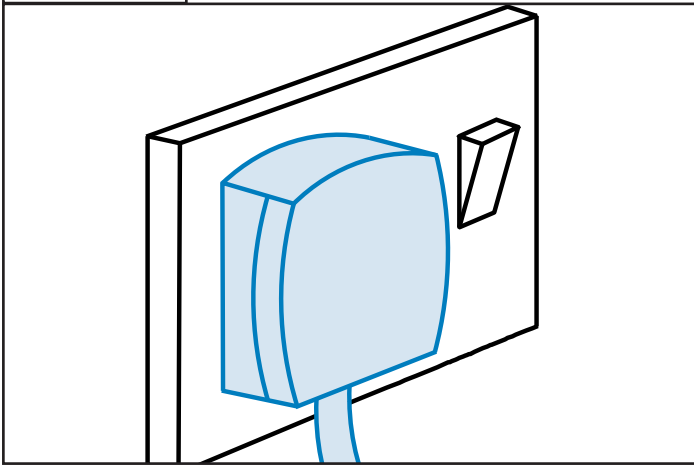
STEP 7

Attach the R/L frame covers to the bottom of the vertical frames using two screws. Each over will be labelled L and R.

STEP 8

Insert the table top tray into the console tray.

STEP 9



Plug the treadmill into the wall outlet to power on the treadmill.

You'll need to insert the safety key in order to operate the treadmill.

FOLDING & UNFOLDING THE TREADMILL

To fold: Hold the end of the running deck by the side frames/rails and lift it until the machine gets to an upright position and you hear a click from the hydraulic cylinder.

To unfold: Press the hydraulic cylinder with your foot. Push the running deck down, holding it by the side frames. The running deck will go down slowly thanks to the hydraulic system.

3 OPERATION



Read all instructions, warnings and safety procedures located in the *Safety* chapter before using the treadmill.

GETTING STARTED

Use the following instructions to set up yourself on the treadmill and test the full machine for proper operation.

JLL® recommends that the treadmill is unplugged or the On/Off power (I/O) is switched off (O) when not in use.

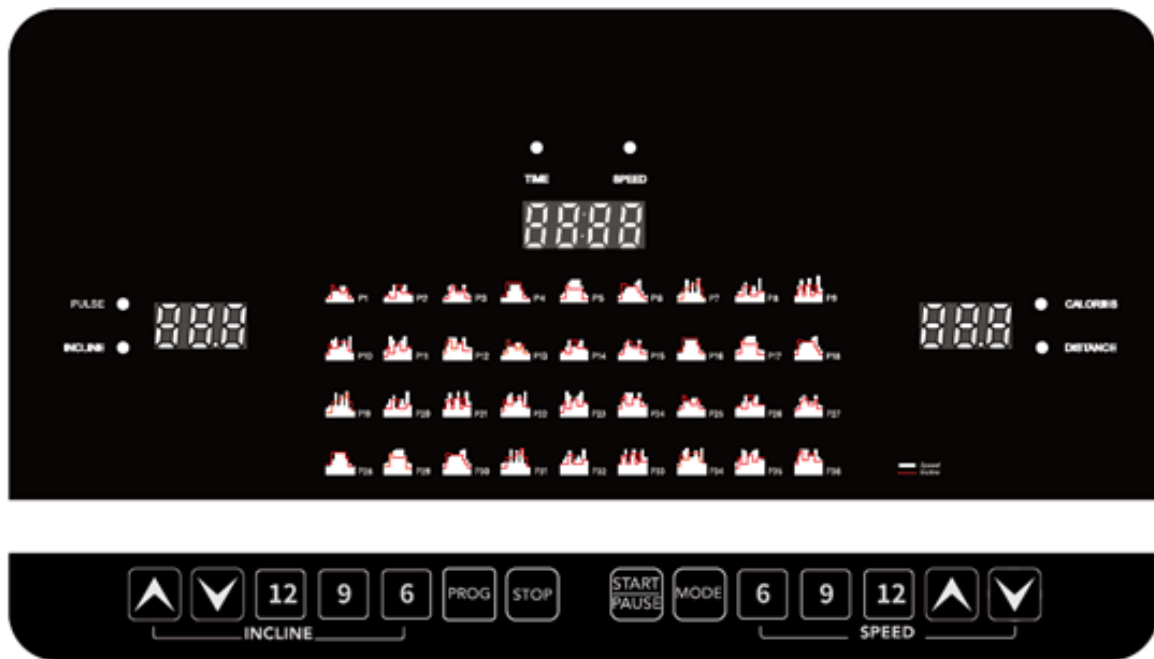
1. Without anyone on the machine, plug the treadmill in. Ensure the power cable is not being pinched under the front of the treadmill.
2. Locate the On/Off (I/O) power switch under the front end of the treadmill. Switch it to the on position (I). The display will light up.
3. Place each of your feet on the side frames located on each side of the running belt.
4. Clip the safety key onto your clothing and carefully test the safety key to ensure it will activate in case of an emergency. See *Safety Key* in the *Safety* chapter for proper testing of the safety key. Be sure the string is free of knots and has enough slack for you to run comfortably with the safety key in place.
5. Press the START button and the treadmill will start at 1.0 km/h. Check if the monitor is working normally by watching the digits change.
6. Observe the belt to see if it is running properly; it should be centred in the middle of the deck. If you have problems with the running belt operation, see *Adjust Running Belt* in the *Preventive Maintenance* chapter.
7. Press the speed buttons to check whether they are working. Run the treadmill through its full speed range. First press the up button until the treadmill reaches its highest speed. Then press the down button until the treadmill is back to 1.0 km/h.
8. Press the STOP button and check if the machine stops working.
9. Once you're confident, press START again and hold the handlebars while you step onto the running belt and begin walking.

WARNING: FALLING HAZARD

When starting the unit:

- Stand on the side frames.
- Do not stand on running belt.

MONITOR CONFIGURATION



DISPLAY INFORMATION

Time Display Range	0:00 - 99:59	Speed Range	1.0 - 18 km/h
Distance Range	0 - 9.999 km	Incline Range	20 levels
Heart-Rate Display Range	50 - 180 ppm	Programs	36
Calorie Display Range	0 - 999 Kcal	Max. User Weight	110 kg, 17.3 st or 242.5 lb.

BUTTONS

Program	Press this button to select the program you wish to run from P01 - P36.
Mode	Press this button to confirm your selection of specific programs.
Start/Pause	Once your safety key is in place press start to initiate the treadmill at 1.0 km/h, whilst the treadmill is in use press pause to slowly stop the belt and hold onto the program data.
Stop	Press stop once to end the workout and view the accumulated data, press again to clear the data.
Quick Speed	Choice of three quick speed buttons, 6, 9 and 12 km/h.
Quick Incline	Choice of three quick incline buttons, 6, 9 and 12 levels.

KILOMETRES VS MILES



To convert the distance readings from kilometres to miles or visa versa follow the below steps:

1. Start by removing the safety key
2. Press the MODE and PROGRAM buttons at the same time and hold for a few seconds.
3. The LED display will then either show 0.6 or 1.0.
0.6 = miles
1.0 = kilometres

STOPPING THE TREADMILL

Press START/PAUSE once to pause the workout session. The treadmill will smoothly stop and the accumulated data will be displayed. Press STOP to end the workout session.

EMERGENCY DISMOUNT

If you experience pain, feel faint or need to stop your treadmill in an emergency situation, simply pull the safety key off the console. The running belt will then immediately stop.

SAFETY KEY FUNCTION

The safety key functions as the emergency stop. In an emergency situation, remove the safety key from the treadmill and the running belt will stop.

HEART-RATE SENSORS

Hold the sensor plates on the handlebars ensuring that your hands are clean. A heart-rate reading will show on the display. Factors that interfere with pulse signal are:

- Hand lotions, oils or body powder.
- Excessive dirt.
- Excessive movement.

 NOTE: Incline and heart-rate share the same window on the LED display.

 NOTE: Heart-rate is calculated by PPM (Pulsations per minute) not BPM (Beats per minute).

 NOTE: The pulse reading is only for your reference and will not be 100% accurate.

BLUETOOTH AUDIO INSTRUCTIONS

Turn on the Bluetooth on your device and click or tap on SEARCH DEVICE.

1. Select *SW7419EA-XXXX* and your device should now be connected to the treadmill.
2. Wait for the treadmill console to beep to confirm the pairing.
3. Open your favourite music player on your device.
4. Use the controls on your device to play, pause or skip your music.

WIRELESS CHARGING

To use the wireless charging function, make sure your device is compatible with this feature. Place your device in the centre well on the console tray, connection should be automatic.

APP CONNECTIVITY

Below are the apps which are able to connect to your machine, each can be downloaded from the apple app store or google play store by scanning the corresponding QR codes.



AnyRun





Each program is made up of 10 sections of 200m. At each 200m interval the speed/incline may change. Once the tenth section has been completed the program will loop to start from section one again unless STOP is pressed. Once you press the PROG button you can select from P0-P36 & BMI Circularly.

CUSTOM PROGRAM P0

Press PROG to enter the first P0 program, you can then use the MODE button to select between four different training modes:

- Training Mode 1 - **Normal**: This is standard program where your data will be counted positively and no targets are set.
- Training Mode 2 - **Time**: In this program the time window will flash, use the speed +/- buttons on the handrail to increase the digit to your desired target. Press START button to begin.
- Training Mode 3 - **Distance**: In this program the distance window will flash, use the speed +/- buttons on the handrail to increase the digit to your desired target. Press START button to begin.
- Training Mode 4 - **Calories**: In this program the calories window will flash, use the speed +/- buttons on the handrail to increase the digit to your desired target. Press START button to begin.

After setting your targets and starting the program the values will start to countdown, once completed the monitor will beep and the treadmill will come to a stop.

BMI CIRCULARLY PROGRAM

Press PROG button until you reach the BMI setting, then press MODE to select it. Once in the program you will need to set some parameters:

1. Use the speed +/- buttons on the handrail to set the gender, 1= male & 2= female.
2. Next set your age using the same process.
3. Now set your height (100-220cm)
4. Now set your weight (20-150kg)
5. After these have been completed the program will be in a testing state, hold your hands on the pulse plates and wait for approx 4 seconds.
6. Your BMI will then be displayed on the screen.

As an approx reference:

<18 = lean

18-24 = normal

25-28 = overweight

>28 = obese

For more details about the treadmill programs, see the *Treadmill Program Guide* Booklet.

TROUBLESHOOTING

Problem & Code	Possible Cause	Handling Method
system didn't work	A. No power.	Check the plug is fully inserted & power button is switched on
	B. Safety key isn't in the right position	Replace the safety key
	C. No electricity in the controller or the console.	Replace the console or controller
	D. Poor contact of circuit.	Check system input and output terminals and communication lines
belt suddenly stops	A. Safety key dropped	Replace the safety key
	B. System error	Must be returned for repair
buttons not responding	Buttons not sending information	1. Replace the console and wires 2. Change the mainboard
E-01	A. The communication wire is abnormal	Disconnect and reconnect the signal cable, alternatively replace the signal cable
	B. Defective console	Change the console
	C. Defective controller	Change the controller
E-02	A. Defective motor wire and motor	Change the motor
	B. Bad connection between motor and controller	Disconnect and reconnect the wire or change the controller
E-03	A. Incorrect installation of photoelectric sensor	Check and assemble again
	B. Defective photoelectric sensor	Change and reconnect the photoelectric sensor
	C. Photoelectric sensor is dirty or poor connection	Check, clean and reconnect
	D. Defective controller	Change the controller



Problem & Code	Possible Cause	Handling Method
E-05	A. Controller damaged	Change the controller
	B. Motor damaged	Change the motor
	C. Mechanical failure	Check/add the lubricant oil to the running & check the rollers are not blocked
E-07	No safety key signal	1. Check the safety key is in place 2. Reinstall the safety lock mechanism 3. Change the console
displays no heart rate	A. The handle signal wire didn't connect well or a defective wire	Disconnect and reconnect the wire or change the wire
	B. Circuit of system console failure	Change the console
console not displaying all information	A. Defective LED digital tube	Change the main board
	B. System failure	Change the console
incline failure	A. Defective incline motor	Change the incline motor
	B. Defective controller	Change the controller
	C. Controller signal wire is abnormal	Press the learning key on the controller to learn the incline value

STRETCHING EXERCISES

Before each workout it is recommended to spend **10-15 minutes** stretching your muscles in order to warm them up sufficiently. Stretching helps to improve flexibility and reduce the risk of injury. Below are some recommended stretches to perform:

HEAD ROLLS

Start by dropping your head down so your chin almost touches your chest and roll your head round to the right slowly making sure to feel the stretch on the left side of your neck. Continue rotating so your head is leant back stretching the front of your neck and then rotating to left stretching the right side of your neck.

Return to your initial position and repeat multiple times.

SIDE STRETCHES

Lift both arms above your head shoulder width apart, begin to stretch your right arm towards to ceiling as far as possible and hold for 3 seconds. Then, relax and repeat this process with your left arm. Repeat on each side multiple times.

QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind and grab your right foot bringing your heel to your buttocks. Hold for 15 secs and repeat on the left leg.

INNER THIGH STRETCH

Sit on the floor with the soles of your feet pressed together, place your feet as close to your groin as you can and gently press on your knees stretching them towards to ground. Hold for 15 secs.

TOE TOUCHES

Stand with your feet together and slowly bend forwards from your waist, allow your shoulders and back to relax and reach for your toes. Hold for 15 secs.

HAMSTRING STRETCHES

Sit on the floor and extend your right leg out in front of you, rest the sole of your left foot against your right thigh. Stretch toward your toes as far as you can and hold for 15 secs. Repeat this on the left leg.

RECOVERY

Again this recovery stage should last between 10-15 minutes, this will allow your cardio-vascular system and muscles to wind down. You can repeat the exercises used in the warm up. It's advisable to train approx 3 times per week.

SPECIFICATIONS



Display	LED Displays: Time, speed, distance, heart-rate, calories and incline.
Programs	36 running programs. See <i>Treadmill Program Guide</i> included.
Entertainment	High powered speakers, wireless charging capabilities & Bluetooth wireless connection.
Storage	Foldable and built-in wheels.
Quick Buttons	Quick Speed: 6, 9, 12 km/h. Quick Incline: 6, 9, 12 levels.
Safety	Emergency safety key, safety handrail & shock absorption system
Speed	1.0 - 18 km/h
Incline	20 levels
Motor	DC Motor (Direct Current Motor)
Horsepower	Continuous power: 1.5HP, Peak Power: 2.5HP
Power Rating	220 AC 50 Hz
Working Temperature	5° C - 40° C
Running Area	135 cm (Length) x 45 cm (Width)
Maximum User Weight	110 kg, 17.3 st or 242.5 lb.
Occupying Area	166 cm (Length) x 74 cm (Width) x 132.5 cm (Height)
Folded Area	110 cm (Length) x 74 cm (Width) x 141 cm (Height)
Packaging Dimensions	178 cm (Length) x 81 cm (Width) x 27 cm (Height)
Gross Weight	73KG
Net Weight	67KG

4 MAINTENANCE

Maintenance must be performed on a regular basis. Performing maintenance actions can aid in providing safe and trouble-free operation of all JLL® equipment.

JLL® are not responsible for performing regular inspection and maintenance actions for your machine. JLL® representatives are available to answer any questions that you may have on +44 (0)121 328 7507.

PREVENTIVE MAINTENANCE ACTIVITIES

Every JLL® treadmill that comes from the factory is already lubricated, however, you just need to follow simple steps to maintain it. Keeping the treadmill in a clean state will help to prolong its life. Perform regular preventive maintenance to ensure normal operation of the unit. Keep a log of all maintenance actions to assist in staying current with all preventive maintenance activities. JLL® is not responsible for performing regular inspection or maintenance.

PLEASE NOTE: Factors such as where the item is stored and how often the machine is used will affect the length of time between the necessary maintenance. It is recommended to perform this maintenance every six weeks. Details of how to perform the maintenance can also be found on our support centre.

Read all instructions and warnings listed both in this chapter and in the *Safety* chapter. During maintenance, disconnect the power cable. Contact JLL® Customer Service on +44 (0)121 328 7507 for any maintenance or service concerns.

Requirements:

- Water
- Dry cloth
- Allen key
- Vacuum
- Lubrication oil



Scan the QR code to view our maintenance tutorial video.

Depending on where the treadmill is placed, you may experience dry air, causing a common experience of static electricity. You can notice that by walking across a carpet and then touching a metal object. On your treadmill you may experience a shock due to the build-up of static electricity on your body and the discharge path of the treadmill. If you experience this type of situation, you may want to increase the humidity to a comfortable level through the use of a humidifier.



Check your machine regularly for rust. If rust starts to appear on the screws it means the item is not housed in the correct environment and will need to be moved to a more suitable room. Any rust will indicate there may be moisture in the air and as a result this could impact on the integrity and performance of your machine.

TREADMILL CLEANING

Keep the running belt free of dust and debris for smooth running and preventing injuries. Dust/debris may cause damage to the electric motor and other moving parts.

After every workout use a neat, dry cloth for cleaning the treadmill and the handlebars to prevent the machine of corrosion. Wipe away any sweat that may have dripped onto the running belt. Avoid scratching the display by using a soft cloth.

Contaminants, such as hand lotions, oils or body powder, may come off on the sensor plates. These can reduce sensitivity and interfere with the pulse signal. It is recommended that the user has clean hands when making contact with the sensor plates. Clean the handles using a cloth dampened with water.

For cleaning the console unplug the machine and clean with a dust free cloth. For further cleaning, use a soft cloth or paper towel dampened with water. Do not use abrasive or chemical cleaning agents.

When not using product for an extended period of time the product should be disconnected from the power supply.

⚠ WARNING

1. Only use water to clean and dust. Do not use any cleaning product because they may damage the treadmill.
2. Be careful not to spill or get excessive moisture between the edge of the display panel and the console, as this might create an electrical hazard or cause failure of the electronics.
3. Direct spraying could cause damage to the electronics and may void the warranty.

⚠ WARNING

1. Use only JLL® replacement parts.
2. Unplug unit and let sit 10 minutes before cleaning or performing maintenance.
3. Keep water and liquids away from electrical parts.
4. Electrical charge can remain in unit after unplugging.
5. If you allow your machine to become rusty, this will affect your warranty.

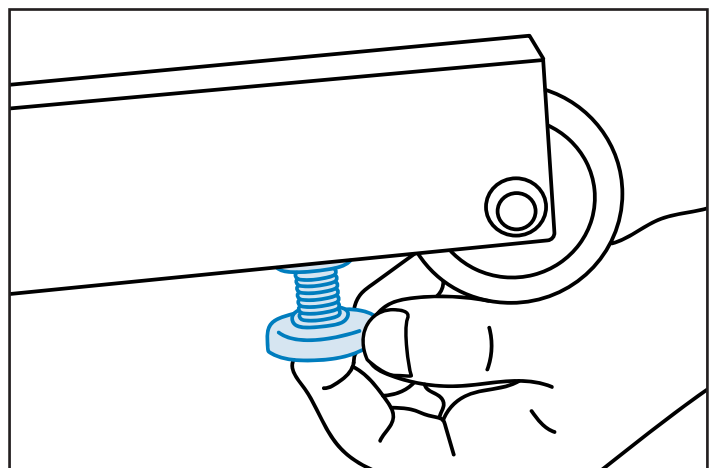
⚠ WARNING: EQUIPMENT HAZARD

To avoid serious injury or death:

- Replace worn or damaged components immediately and do not use until repair is completed.
- Unplug the unit when not in use or when performing regular maintenance.

TREADMILL BALANCE

Place the treadmill on a level floor to avoid it being off-balance. If that is not possible, adjust the treadmill by adjusting the rubber feet located underneath the frames.



Check if the treadmill is balanced:

1. Stand on the machine with your feet on the side frames.
2. Put your weight on the right side first and then switch to the left side.
3. If you feel any vibrating whilst using the treadmill, adjust the rubber feet located at the base of the frame.

TREADMILL LUBRICATION



If the level of friction between the deck and the belt is high, it will damage the motor and electronics. The running board must be lubricated by a special lubrication oil after a period of usage. A well-lubricated treadmill will be smooth when running and will last longer.

Recommendation (these are just a guideline):

- Less than 3 hours per week of use: Lubricate it every 6 months.
- 3-6 hours per week: Lubricate it every 3 months.
- More than 6 hours per week: Lubricate it every month.

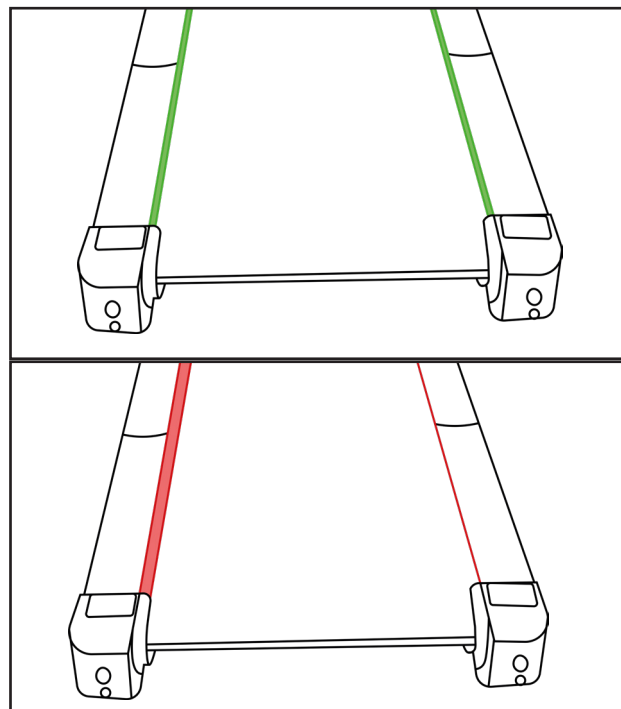
5 STEPS TO LUBRICATE YOUR TREADMILL

1. Unplug the treadmill.
2. To get access to the deck lift the belt on the treadmill up with your fingers or with something flat and not sharp.
3. Look at the running board or touch it to check if it is oily or not. In case of dryness, use the lubrication oil provided and apply it on the running deck by spreading a straight line down the side of the deck. Ensure that the middle of the board is lubricated.
4. Repeat on the other side.
5. Turn on the machine and leave it running for around 2-3 minutes at 3-4 km/h. Walk on the treadmill to help spread the lubrication oil.

HOW TO CHECK IF THE RUNNING BELT IS LOOSE

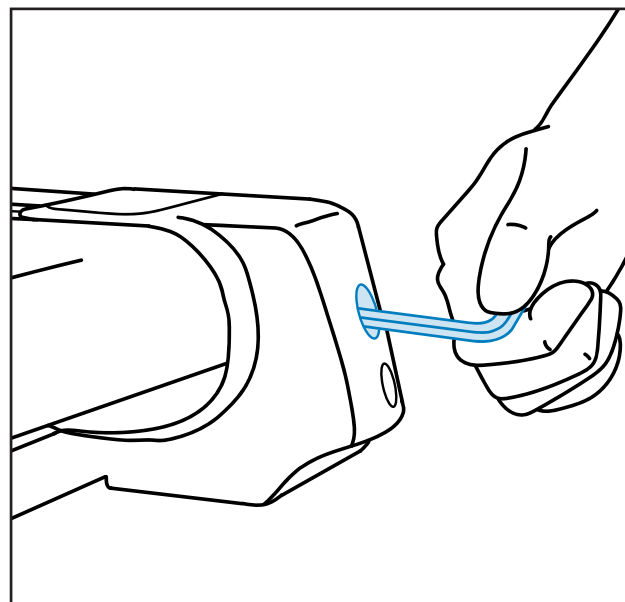
You can check this every time you use the treadmill by setting the speed to 2-3 km/h then walking on the machine and try to stop the running belt with your feet while holding the handlebars and pulling your body in the opposite direction. If the belt stops, it means that it is loose and needs to be tightened. The user may also feel there is a pause sensation whilst running. The running belt can become loose and stretch a bit over time causing a slipping sensation if it is not adjusted and tightened when needed.

Another way is checking if the gap between the running belt and the running board is smaller than 5-6 mm, that means that the running belt is loose.



TIGHTENING THE RUNNING BELT

1. Power off the treadmill.
2. Turn the two belt adjustment screws, located at the rear, clockwise to tighten the belt slightly by quarters.
3. Get back on the treadmill and check the belt (read description above). If it is still loose, re-adjust the belt screws by another quarter until you get the required tension on the belt.
4. Run the machine on its own for 1-2 minutes to see if the belt stays in the middle.



5. Do the final test. Leave the machine running for a couple of minutes at 6-8 km/h.
6. If the running belt stays in the centre, you can use the treadmill straight away.

ADJUSTING THE BELT WHEN IT IS NOT CENTRED



Usually between the frames and the running belt there should be a gap of 5-6 mm on both sides. If that gap is different it means that the belt is eccentric. So you have to put it back to the right position by following these steps:

1. Power on and set the speed at 2-3 km/h and adjust the screw at the end of the treadmill slowly with the Allen key.
2. If the belt slants to the left, adjust the left bolt clockwise or adjust the right bolt anti-clockwise. If the belt slants to the right, adjust in the opposite manner.
3. While adjusting the belt, check if the gap of difference has disappeared, if it is still there, screw the bolt again. Repeat this procedure until the running belt is in the centre. It does not need to be aligned perfectly, but ensure it is not scraping or rubbing on anything on the sides.
4. Set the speed at 6 km/h to check if the running belt is still in the same position. Once you have checked that, the treadmill is ready to use.

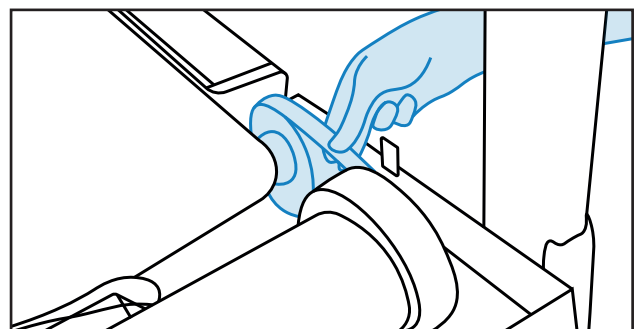
If the belt is too tight, this may cause damage to your motor and/or roller. A belt too loose or too tight can cause wear and tear of both the belt and the board.

ADJUSTING THE MOTOR BELT

After a period of time, the user will feel there is a pause sensation whilst running. That may be due to a loose motor belt, so adjusting it would be necessary. First of all, you have to check if it is loose following the steps below.

HOW TO CHECK IF THE MOTOR BELT IS LOOSE

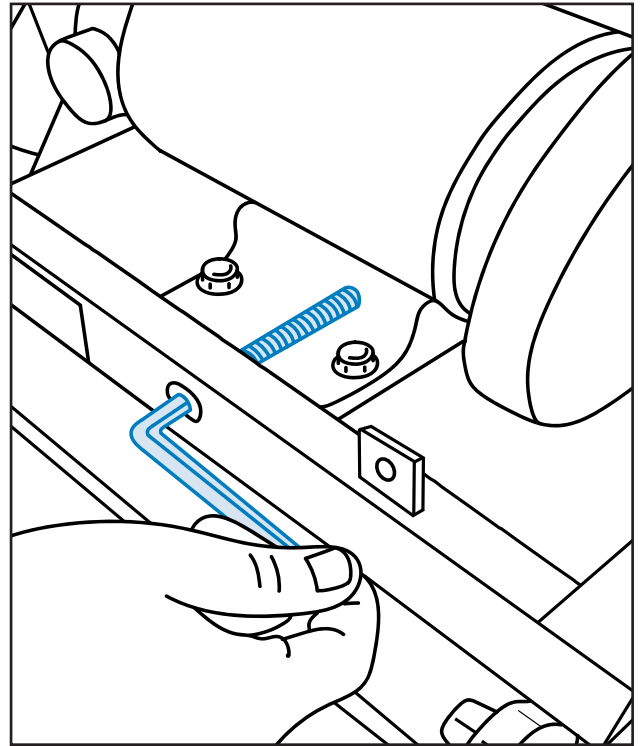
1. Unplug the treadmill.
2. Remove the motor cover by unscrewing the bolts on each side. You will see the motor located on the left hand side of the treadmill.
3. An easy way of checking is by touching the drive belt to feel if it is slack. If you can wiggle the belt up and down, it means that the drive belt is loose.




4. You can check this every time you use the treadmill by setting the speed to 2-3 km/h then walking on the machine and try to stop the belt with your feet while holding the handlebars and pulling your body in the opposite direction. If the motor stops, it means that it is loose and needs to be tightened.

TIGHTENING THE MOTOR BELT

1. Ensure that the treadmill is unplugged from the power source.
2. Locate the four bolts holding the motor.
3. Loosen those four bolts, but do not remove them.
4. Locate the long tensioning bolt that goes from the front edge of the treadmill to the front edge of the motor pallet.
5. Turn the Allen key clockwise to tighten the tensioning bolt just enough to stop it from slipping.
6. Check the tension on the motor belt.
7. Power on the machine and check if the motor belt is still loose (See previous chapter).



 NOTE: Do not tighten the motor belt too much as this could cause the motor shaft to snap.

5 ADDITIONAL INFORMATION



CONTACT INFORMATION

In case any issues arise, please do not hesitate to contact our Customer Service team on +44 (0)121 328 7507 or email us at **CONTACT@JLLFITNESS.CO.UK**

You can also visit our support centre at **SUPPORT.JLLFITNESS.CO.UK** for maintenance and assembly articles & videos.

DISCLAIMER

- You should consult your physician, doctor or other health care professional before starting or taking part in any of our workout guides. It is your responsibility to evaluate your own health before taking part or performing any physical activity you may see associated with JLL Fitness Ltd.
- Always seek professional advice before changing your diet or starting any exercise program.
- JLL Fitness Ltd is not liable for any injuries or damages that may occur when assembling or using this treadmill.
- Users must be cautious when using the top speeds on this treadmill. Although the machine has a top speed of 18 km/h, for safety reasons, JLL Fitness Ltd does not recommend exceeding 16 km/h.
- By reading this you assume full responsibility for any injuries or changes to your physical well-being. You waive all rights and release JLL Fitness Ltd of blame from any injuries or damages to property that may occur whilst following our advice.
- This manual offers specific instructions on how to assemble and maintain your treadmill. Failure to follow these directions may result in your warranty being void.

WWW.JLLFITNESS.CO.UK

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