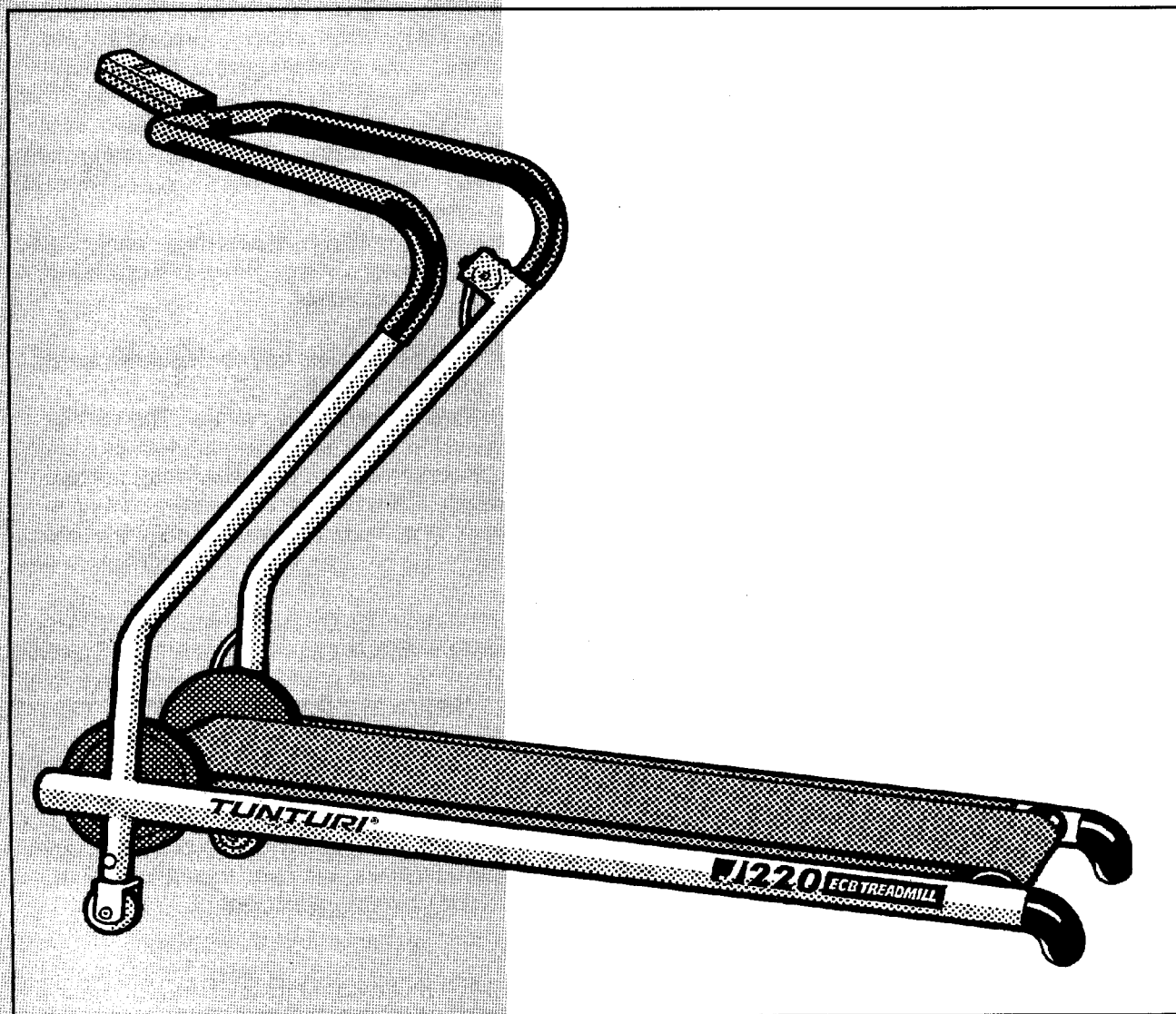


ECB TREADMILL J 220

GB OWNER'S MANUAL
D BETRIEBSANLEITUNG
F MODE D'EMPLOI
I MANUALE D'USO
E MANUAL DEL USUARIO
S BRUKSANVISNING
FIN KÄYTTÖOHJE



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 **TUNTURI®**

REMARKS AND WARNINGS

THE EQUIPMENT HAS BEEN DESIGNED FOR DOMESTIC USE, FOR WHICH THE FULL TUNTURI WARRANTY APPLIES.

Please read this owner's manual through carefully before assembling, using and servicing the treadmill! Follow the instructions given in this manual carefully.

- * **Before you start any training, consult a physician to check your state of health.**
- * If you experience nausea, dizziness or other abnormal symptoms while exercising, stop your workout at once and consult a physician.
- * Parents or others responsible for children should note that children's natural playfulness and curiosity may lead to situations and behaviour for which the treadmill is not designed. If children are allowed to use the treadmill, they should be supervised and taught to use the treadmill properly, keeping in mind the child's physical and mental development and their personality. The treadmill is not a toy.
- * Only one person may use the treadmill at a time.
- * Place the treadmill on a firm, level surface.
- * Before you start using the treadmill, make sure that it functions correctly in every way. Do not use a faulty device.
- * Hold the handlebar for support when getting on or off the treadmill.
- * Wear appropriate clothing and shoes when exercising. Make sure that your shoe laces are properly tied. If possible use sports shoes intended for indoor use only. Small stones, sand or gravel in the soles of outdoor shoes may cause unnecessary wear or other damage to the treadmill.
- * Always keep your hands well away from moving parts.
- * To avoid muscular pain, begin and end each workout by stretching, warming up and cooling down (slow jogging or walking).
- * Do not attempt any servicing or adjustment other than those described in this manual. The service instructions must be followed carefully.
- * The magnet caliper of the magnetic brake forms an extremely powerful magnetic field which may damage the mechanism of a watch or the magnetic identification tape of a credit or cash card if they come into immediate contact with the magnets. Never attempt to detach or remove the magnet caliper of the magnetic brake.
- * The maximum user weight is 100 kg 225 lbs.

THE FIGURES REFERRED TO IN THE TEXT ARE IN THE BACK FOLD.

1. ASSEMBLY

Before starting the assembly, please make sure that the following items are included in the package (fig. 1):

1)	Main body	1 pc
2)	Right handlebar	1 pc
3)	Left handlebar	1 pc
4)	Support foot with transportation wheel	2 pcs
5)	Meter	1 pc
	Fastener and tool set	
	- hex screw	4 pcs
	- nut	2 pcs
	- crosshead screw	2 pcs
	- hex wrench	1 pc

If you notice that a part is missing, contact the dealer and give the model (J 220), serial number and spare part number, which you can find in the spare parts list at the back of this manual.

Once the treadmill and all its parts have been unpacked, assemble as follows (left, right, front and back are as seen from the exercising position):

1.1. MOUNTING THE SUPPORT FEET

Fit the right support foot into the tube in the right-hand side front part of the main body and adjust to the desired height (fig. 2).

Secure with the locking pin, making sure that the holes are in alignment.

Repeat for the left support foot.

1.2. MOUNTING THE HANDLEBARS

Fit the right handlebar tube onto the tube on the right side of the main body (fig. 3).

Connect the meter cable coming out of the left handlebar to the meter cable coming out of the left main body tube.

Fit the left handlebar onto the tube on the left main body tube.

NOTE!

Make sure the meter cable is not pinched as this may cause damage to the cable.

Thread the cable coming from the top of the left handlebar through the hole in the middle of the console bracket. Join the left and right handlebars together by pushing the tops of the handlebar tubes into the console bracket (fig. 3). Secure with two hex screws.

Secure the lower ends of handlebars with two hex screws and a nut.

1.3. MOUNTING THE RESISTANCE ADJUSTMENT MECHANISM

Make sure that the resistance is set at the minimum ("0").

Thread the resistance adjustment cable through the hole in the right main body tube (fig. 4).

Loosen the adjustment nut (A) until you can place the spring (B) on the end of the cable under the main body tube and place the end of the wire coming from the cable in the notch on the magnetic caliper.

Set the resistance at the maximum ("8").

Tighten the cable adjustment nut (A) until the screw (C) touches the main body tube.

The distance between the magnetic caliper and the flywheel should now be approximately 2 mm or 1/16" (never less than 1 mm).

Tighten the lock nut (D).

1.4. MOUNTING THE METER

Put one 1.5 V AA battery into the battery holder at the back of the meter.

Plug the meter cable into the socket on the rear of the meter.

Thread the cables into the groove at the back of the meter to avoid damage during mounting.

Fit the meter into place and secure with two crosshead screws (fig. 5).

Make sure that the belt is running true and that the belt tension is correct (see ADJUSTING THE BELT ALIGNMENT and ADJUSTING THE BELT TENSION).

The treadmill is now ready for use.

2. USE

The Tunturi ECB Treadmill J 220 is a versatile basic treadmill for walking, jogging and running in your home.

Walking and jogging are excellent forms of aerobic exercise. The basic idea is that sufficiently gentle exercise can be carried on for a fairly long time. Aerobic exercise improves the maximal oxygen uptake capacity, which translates into improved endurance and fitness. The capacity of the human body to burn fat depends directly on its capacity to carry oxygen.

Aerobic exercise is meant to be enjoyable. You should work up a light sweat but you should not get out of breath during exercise. For instance, you should be able to talk while jogging. **You should exercise for 30 minutes at least three times a week.** This is how you build up basic fitness. When you have reached this stage, it is easy to improve your fitness by merely increasing the frequency of exercises.

As you get fitter, you can easily increase the challenge by selecting a higher value of the three inclination and eight resistance levels offered by your treadmill.

2.1. ADJUSTING RESISTANCE

To increase or decrease resistance, turn the adjustment knob on the right handlebar, clockwise to increase resistance (+) and anticlockwise to decrease resistance (-). There are eight different resistance levels.

2.2. ADJUSTING INCLINE

Incline is altered by adjusting the front feet of the treadmill. Remove the locking pin of the right front foot and either increase inclination by pulling the front foot out or decrease it by pushing the front foot in. You can select from three different positions. Set the selected position with the locking pin. Repeat for the left front foot.

3. METER

3.1. KEYS AND FUNCTIONS

SPEED

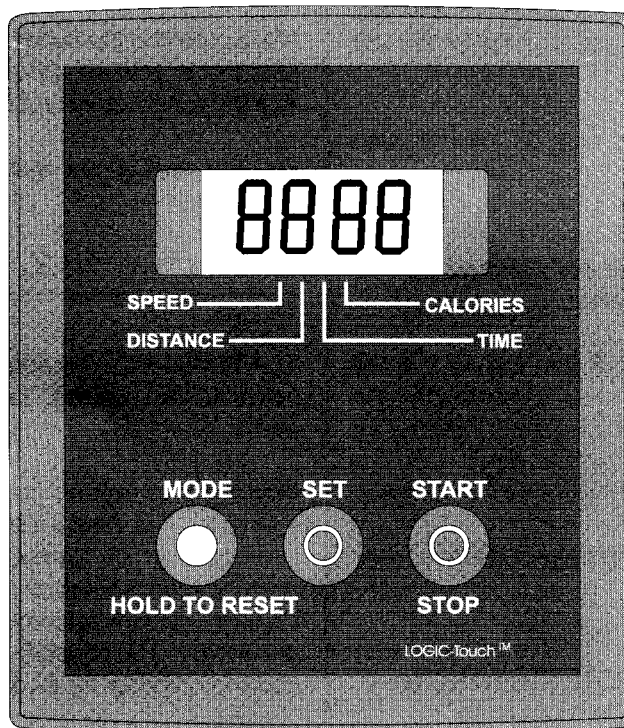
Running speed km/h or mph
(0.0 - 99.9 km/h or mph)

DISTANCE

Either cumulative distance counting from zero (0 - 99.90 km or miles) or set distance counting down to zero, at 0.01 intervals (see SETTING VALUES).

MODE

Selects different functions and displays (speed, time, distance, energy consumption, scan) or, if pressed continuously for two seconds, resets the values on the display.



KCAL

Shows either cumulative or set calorie consumption in kilocalories (0-999.9), see also SETTING VALUES.

TIME

Either time elapsed counting from zero (0.00 - 99.59 min) or set time counting down to zero (99.00 - 00.00), at one minute intervals (see SETTING VALUES).

SET

Sets the values (time, distance and energy consumption).

START/STOP

Starts or stops a function.

SCAN (text "SCAN" on display)

Automatic alternation of displays at four-second intervals. Pressing MODE until the text SCAN appears on display switches SCAN on. The SCAN function can be switched off by pressing MODE until the text SCAN disappears.

The meter is automatically switched on when you press any button or start exercising. The meter is automatically switched off if it has not received any impulse for about four minutes.

NOTE!

Protect the meter from strong sunlight, as it may damage the liquid crystal display. Do not expose the meter to water or severe impacts, as these may also damage the meter.

NOTE!

In theory energy consumption is calculated from selected resistance, speed and distance run, but because different people have different capacities to produce energy (efficiency), the energy consumption display shows only an approximation of the real consumption. This meter calculates energy consumption on the basis of average values.

3.2. SETTING VALUES

You can set a certain exercise time, distance or energy consumption on the meter. Setting of values is done when the meter is in the STOP mode (text STOP on display). The STOP function can be switched on by using the START/STOP button. NOTE! The SCAN function must be off when setting values.

1. Switch the meter on by pressing any button.
2. Make sure that the meter is in STOP status (text STOP on display).
3. Press MODE to select the value you wish to set, .e.g. TIME.
4. Set the desired workout time (1:00 - 99:00) distance (0.10 - 99.90 km) or energy consumption (1.0 - 999.0 kCal) by pressing SET.
5. Start countdown from set values by pressing the START/STOP key. The meter gives an audible alarm for a few seconds when the set values (time/distance) have been reached.

3.3. CHANGING BATTERIES

If the meter display fades considerably or fades out completely, change the battery. The meter has one 1.5 V AA battery. Remove the spent battery from the holder at the back of the meter and push the new battery into the holder as indicated by the + and - signs on the bottom of the case. Tunturi recommends alkali batteries.

4. MAINTENANCE

4.1. ADJUSTING THE BELT ALIGNMENT

During exercise the belt should be centred on the running bed. Usually if the treadmill has been placed on an even surface and the tension of the belt is correct, no adjustment of the belt alignment is needed. Due to different running styles (e.g. uneven distribution of weight) the belt may drift from the centre. Follow these steps to adjust the belt alignment:

1. If the belt is drifting to the right, turn the adjustment screw located inside the grey rear cover on the right hand side 1/4 to 1/2 turn clockwise.
2. If the belt is drifting to the left, turn the adjustment screw located inside the grey rear cover on the left hand side 1/4 to 1/2 turn clockwise.
3. If the belt is now running true, the adjustment was adequate. However, if the belt is still drifting, continue gradual adjustments until the belt runs properly.

NOTE!

Even a very small adjustment effects the running of the belt. It is advisable to tighten the screws only a little at a time.

4.2. ADJUSTING THE BELT TENSION

The belt tension needs to be adjusted if the belt slips on the drive roller in normal use.

NOTE!

The belt should be kept as loose as possible as a too high belt tension will cause unnecessary wear on the bearings and the belt.

Adjust the belt tension by turning the same adjustment screws as for belt alignment. Turn both screws clockwise an equal amount, about 1/4 turn.

4.3. CLEANING AND LUBRICATION OF THE BELT

If the belt does not run well even after the resistance has been decreased, the running deck needs to be treated with lubrication oil (at approximately six-month intervals depending on the frequency of use).

Loosen the belt by turning the adjustment screws at the back of the treadmill anti-clockwise.

Before applying lubrication oil, it is important to wipe off any

existing lubricant from the running deck and the belt inner surface with a damp cloth.

If necessary remove the back roller from its place.

Lubricate the deck of the running surface evenly using the Tunturi lubrication oil provided with the treadmill. **Do not use any other lubricants than the Tunturi lubrication oil.**

The running deck may feel sticky for the first minute or two after the lubrication.

If the edges of the belt are worn, make sure that the belt is running true (see Adjusting the Belt Alignment). If the edges of the belt are frayed, contact your Tunturi dealer.

4.4. CLEANING THE TREADMILL

At regular intervals vacuum the outer structures of the treadmill (including the belt, the underplate, the edge plates) using a small nozzle. Use a slightly damp cloth to remove dust and dirt on handlebars, meter, surface of magnets in the resistance mechanism, surface of flywheels, and front and back rollers. **Do not use solvents.**

NOTE!

The magnet caliper of the magnetic brake forms an extremely powerful magnetic field which may damage the mechanism of a watch or the magnetic identification tape of a credit or cash card if they come into immediate contact with the magnets. Never attempt to detach or remove the magnet caliper of the magnetic brake.

Check now and again that all screws and nuts are tight. Do not overtighten.

In spite of continuous quality control, individual defects and malfunctions may occur in individual components. It is in most cases unnecessary to take the whole treadmill for repair, as it is usually sufficient to replace the defective part.

5. TRANSPORT AND STORAGE

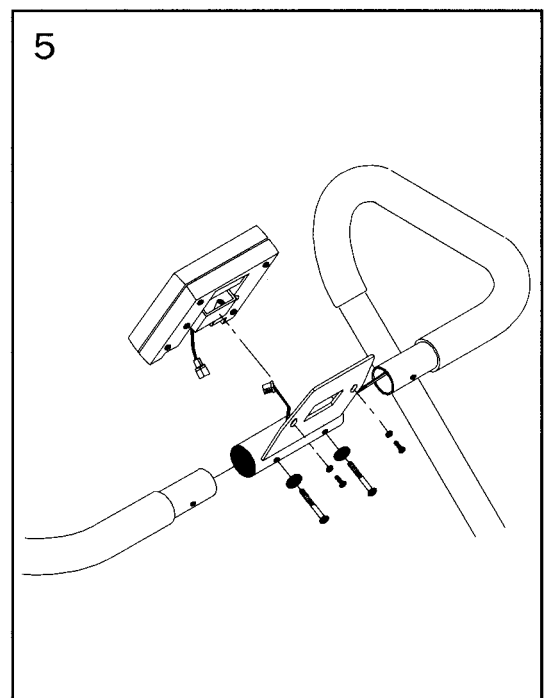
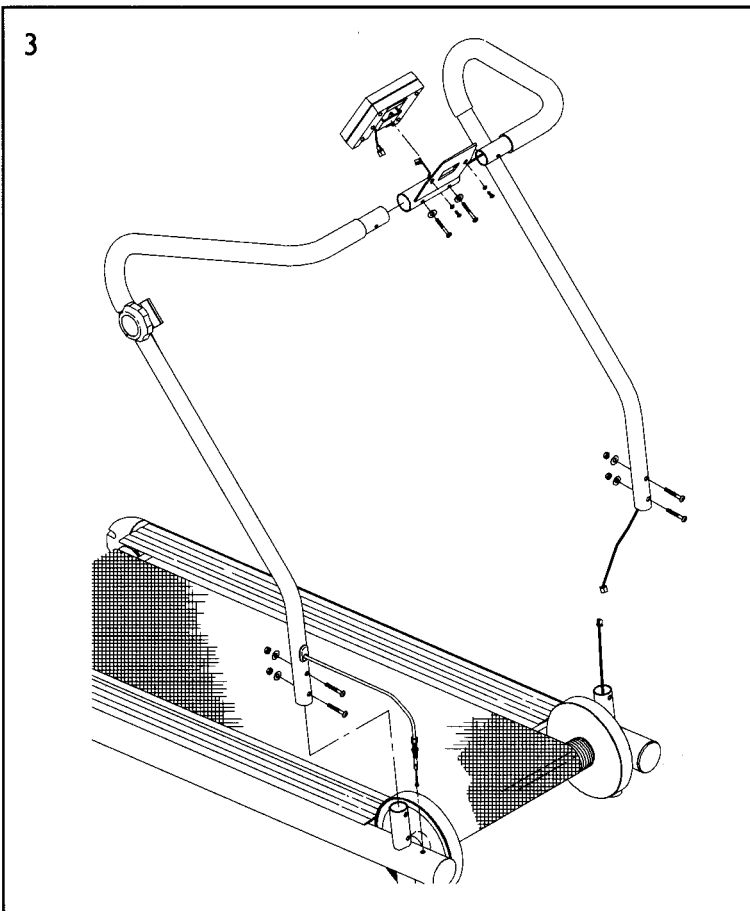
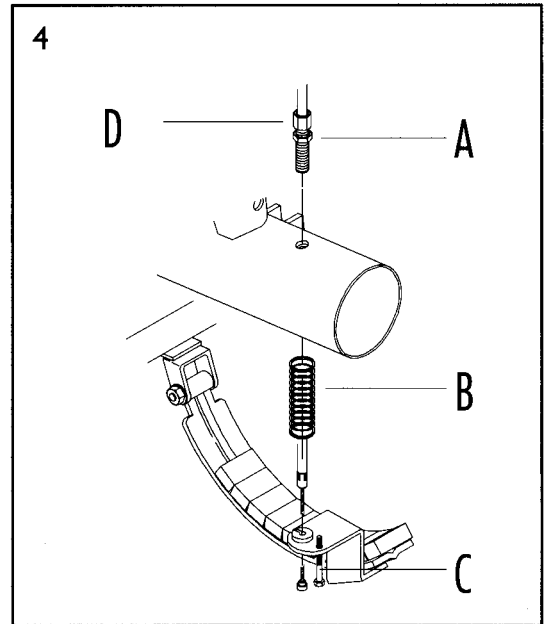
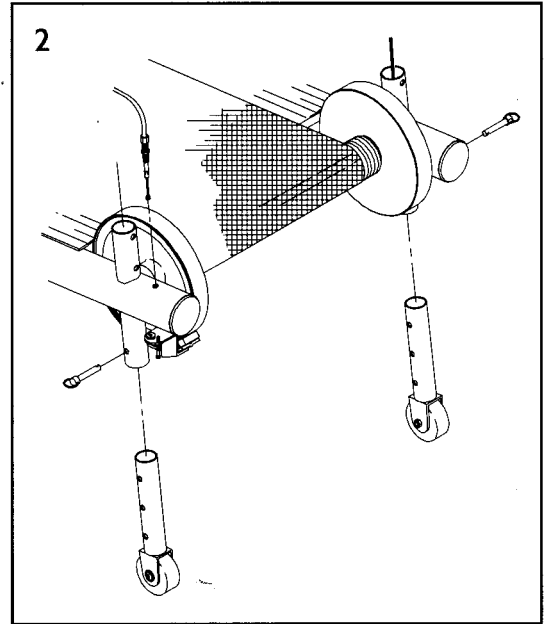
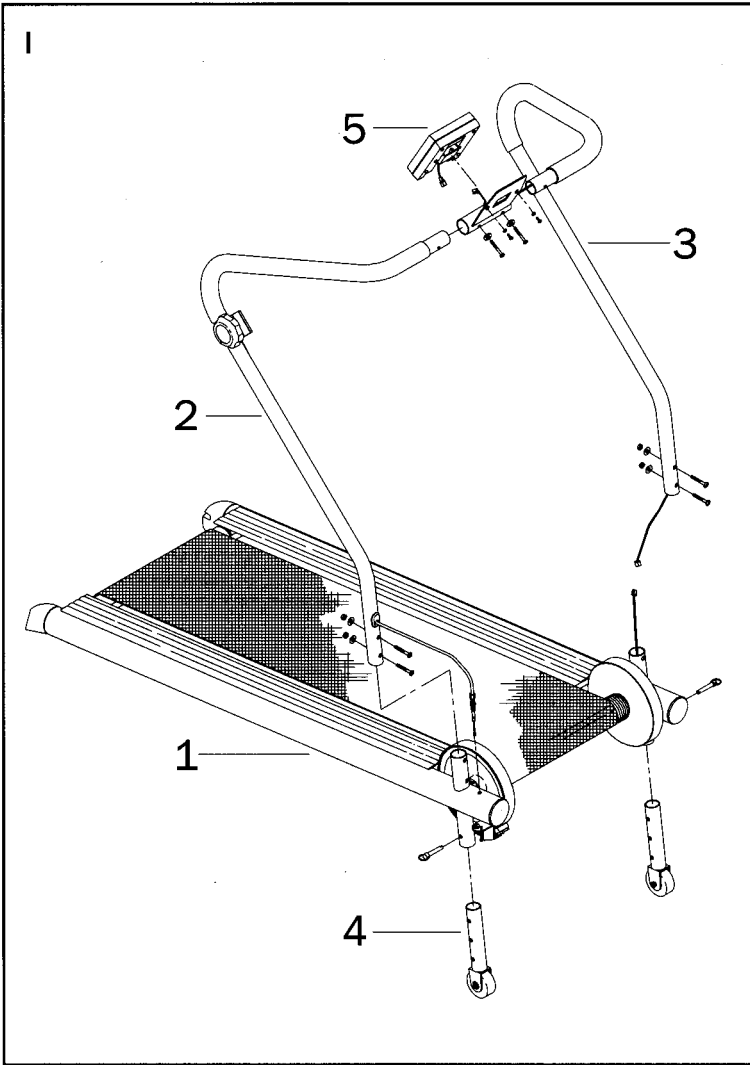
The treadmill is easily moved by lifting the back of the treadmill and wheeling it on the transportation wheels at the front of the main body.

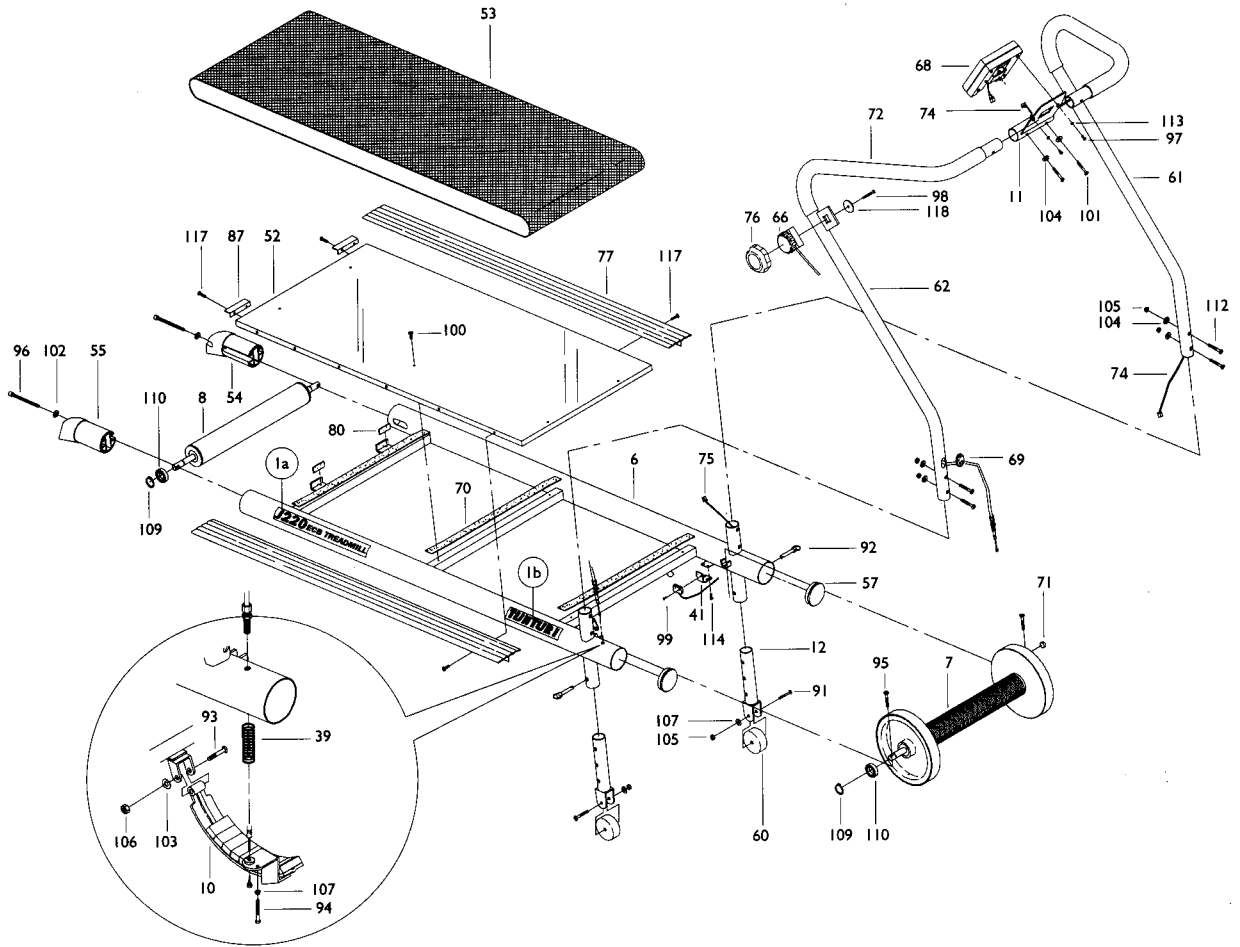
To prevent malfunctioning of the treadmill, store in a dry place with as little temperature variation as possible, protected from dust.

6. DIMENSIONS

Length	147 cm	Height	140 cm
Width	74 cm	Weight	38 kg
Running area			38 x 123 cm
Three inclination levels			10%, 13%, 16%

The information presented in this manual is given in good faith and as accurately as possible. However, anyone who uses this information in installing, using or servicing the treadmill does so at their own risk.





Ref. no Part no

6	103 4010 (incl. 70, 80)	68	233 4010	100	653 4022
7	523 4018	69	533 4026	101	653 4023
	(incl. 31 - 34, 38, 108 - 110)	70	533 4027	102	653 4027
8	523 4019	71	403 4034	103	653 4028
	(incl. 35 - 37, 109, 110)	72	213 4006	104	653 4029
10	373 4002 (incl. 42)	74	403 4035 (incl. 75)	105	653 4032
11	503 4014	76	533 4028	106	653 4033
12	103 4011	77	433 4013	107	653 4034
39	643 4002	80	533 4029	109	673 4003
41	503 4015	87	433 4014	110	523 4020
52	433 4012 (incl. 70)	91	653 4014	112	653 4024
53	443 4006	92	663 4002	113	653 4030
54	533 4022	93	653 4015	114	653 4025
55	533 4023	94	653 4016	117	653 4026
57	533 4024	95	653 4017	118	653 4031
60	533 4025	96	653 4018	-	553 4002 Hardware kit
61	203 4006 L (incl. 72)	97	653 4019	-	423 4035 Decal set
62	203 4007 R (incl. 72)	98	653 4020	-	556 0003 Screw - shaped
66	373 4003	99	653 4021	-	556 032 00 Allen key 6mm
				-	583 4012 Owners manual

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