



Manual Treadmill

5251MIT

Owner's Manual

Please read all the instructions before using this product.
Consult a physician before beginning any exercise program.



WARNING!

WEIGHT LIMIT:
250 lbs.

WARNING!

This product is not suitable for children under 3 years of age. It contains small parts which may cause choking.

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CUSTOMER SERVICE INFORMATION

Thank you for purchasing our **Cory Everson Fitness™ Manual Treadmill**.

At JamzProducts.net, we want all of our customers to be completely satisfied with their purchase. Please take time to review the contents of the product you just received to make sure that all of the parts are included. If you find that any parts are missing or damaged, we will provide replacement parts at no charge within 30 days of purchase.

To order these parts, or if you have any other questions or concerns about this JamzProducts.net product, please e-mail the JamzProducts.net customer service department at: customerservice@jamzproducts.net or call us at 1-866-498-5269. You can also visit our website at: www.jamzproducts.net

If you request replacement parts, please be sure to include the following information in your correspondence:

- **YOUR NAME**
- **YOUR MAILING ADDRESS**
- **YOUR EMAIL ADDRESS**
- **RETAILER WHERE YOU PURCHASED PRODUCT**
- **PROOF OF PURCHASE (purchase date and item must be on paperwork)**
- **ORDER # IF AVAILABLE**
- **PRODUCT MODEL No.: 5251MIT**
- **SERIAL No.**
- **NAME OF THE PRODUCT : Manual Treadmill**
- **PART NUMBER(s) (located in manual)**
- **QUANTITY NEEDED**
- **A PICTURE OF DAMAGED PART(s) – send by Email , Fax, or Mail**

Again, thank you for purchasing a JamzProducts.net product.

Sincerely,
Customer Service
JamzProducts.net

www.jamzproducts.net

Phone: 1-866-498-5269

Email: customerservice@jamzproducts.net

Fax: 1-561-833-1996

LIMITED WARRANTY

JamzProducts.net warrants this product to be free from defects in workmanship and materials under normal use and conditions for a period of **90 DAYS FROM THE DATE OF ORIGINAL PURCHASE**. This Limited Warranty is not transferable and is available only for the original purchaser of the Product. The Company's obligation under this warranty is limited to replacing or repairing the Product, at the discretion of the Company.

All warranty coverage extends only to the original retail purchaser from the date of purchase. Cory Everson Fitness™ obligation under this Warranty is limited to replacing or repairing, at Cory Everson Fitness™ option, the product at one of its authorized service centers. All products for which a warranty claim is made must be received by Cory Everson Fitness™ at one of its authorized service centers and accompanied by sufficient proof of purchase (photocopy of the original store receipt, indicating the date of purchase). All freight and handling fees are the responsibility of the consumer to pay, both to and from Cory Everson Fitness™. All warranty claims must be preauthorized by Cory Everson Fitness™. Preauthorization can be obtained by calling 866-498-5269. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, or repairs not provided by a Cory Everson Fitness™ authorized service center or for products used for commercial or rental purposes. This warranty does not cover ordinary wear and tear, weathering, failure to follow directions, improper installation, improper maintenance, or acts of Nature (such as damage caused by wind, lightning, snow, water, or ice). Weather damage, damage caused by unauthorized repair work or damage caused by improper use of the products are not covered by the product warranty. No other Warranty beyond that specifically set forth above is authorized by Cory Everson Fitness™.

CORY EVERSON FITNESS™ IS NOT RESPONSIBLE OR LIABLE FOR INDIRECT, SPECIAL OR CONSEQUENTIAL DAMAGES ARISING OUT OF OR IN CONNECTION WITH THE USE OR PERFORMANCE OF THE PRODUCT OR OTHER DAMAGES WITH RESPECT TO ANY ECONOMIC LOSS, LOSS OF PROPERTY, LOSS OF REVENUE OR PROFITS, LOSS OF ENJOYMENT OR USE, COST OF REMOVAL, INSTALLATION OR OTHER CONSEQUENTIAL DAMAGES. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU. THE WARRANTY EXTENDED HEREUNDER IS IN LIEU OF ALL OTHER WARRANTIES AND CORY EVERSON FITNESS™ SPECIFICALLY DISCLAIMS ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE IS LIMITED IN ITS SCOPE AND DURATION TO THE TERMS SET FORTH HEREIN. SOME STATES DO NOT ALLOW LIMITATION ON HOW LONG AN IMPLIED WARRANTY LASTS. ACCORDINGLY, THE ABOVE LIMITATION MAY NO APPLY TO YOU.

This warranty gives you specific legal rights. You may also have other rights, which vary from state to state.

READ THIS FIRST!!!



WARNING

**CHOKING HAZARD – Small parts
NOT for children under 3 years.**

! Warning!

While every attempt is made to ensure the highest degree of protection in all equipment, we cannot guarantee freedom from injury. The user assumes all risks of injury due to use. All merchandise is sold on this condition, which no representative of the company can waive or change.

OWNER'S MANUAL
PRECAUTIONS/SAFETY INSTRUCTIONS/WARNINGS

Dear Customer,

Please read these instructions very carefully before using this item. You will find important information regarding your safety and your use of this product.

IMPORTANT SAFETY INSTRUCTIONS

- Read this manual in its entirety before use and retain for future reference.
- Read section on the Water Bottle for important safety information regarding its use.
- This manual is designed to help you assemble, adjust, maintain and use the product and its accessories.
- This machine is intended for indoor home use only. It is **NOT** intended for commercial applications and/or in public areas such as schools/community centers, parks, and commercial/communal gyms.
- Before each use of this product, inspect your Treadmill; make sure that all nuts and bolts are tight and in working order and the Running Belt and Rollers turn freely. Replace any worn, defective or missing parts.
- **DO NOT** use the Resistance Band attachments while using the Treadmill. This feature is designed to assist you with warm up and cool down exercises **ONLY**. This Treadmill has parts which move at a high rate of speed. The Resistance Bands can become snagged, which may result in injury and/or damage to the unit.
- **ALWAYS** fully detach the Resistance Bands from the Treadmill and make sure the Bands are completely clear of the Rollers and the Treadmill Platform before beginning any walking, running, or jogging exercise.
- Refer to the Care and Use section of this manual and follow the instructions therein.
- **DO NOT** allow children under the age of 12 to use this product.
- **ALWAYS** ensure that the product is on level ground.
- **ALWAYS** ensure that your workout area is well lit.
- **DO NOT** exceed the recommended **MAXIMUM WEIGHT** limit of **250lbs (113kgs)**
- **ALWAYS** warm up at least 5-10 minutes before each workout and to cool down for at least 5-10 minutes afterwards. Never hold your breath while exercising
- Rest adequately between workouts to allow your muscles to tone and develop.
- **ALWAYS** wear appropriate clothes when exercising. Do not wear loose clothes that could become caught on the Treadmill.
- **ALWAYS** wear athletic shoes when using the Treadmill; do not use the Treadmill with bare feet, wearing only stockings, or in sandals.
- If you feel pain or dizziness while exercising, stop **immediately** and begin cooling down.
- **ALWAYS** hold the handrail when mounting, dismounting, or exercising on the Treadmill.
- **DO NOT** store your Treadmill outside or where exposed to moisture or extreme temperatures.
- **ALWAYS** store your Treadmill in the Upright and Locked position, and in a location where it will not present a tripping or obstacle hazard.

WARNING

Consult your physician before beginning any exercise program.

- Evaluate your present fitness level and determine the exercise program that is most appropriate for your particular age and condition.
- If you experience any pain or tightness in your chest, irregular heartbeats, shortness of breath, faintness or other unusual discomfort while exercising, stop immediately and consult your physician before continuing.

MAXIMUM WEIGHT CAPACITY

The maximum recommended weight capacity for your product is:

- **250 Pounds**

PARTS LIST

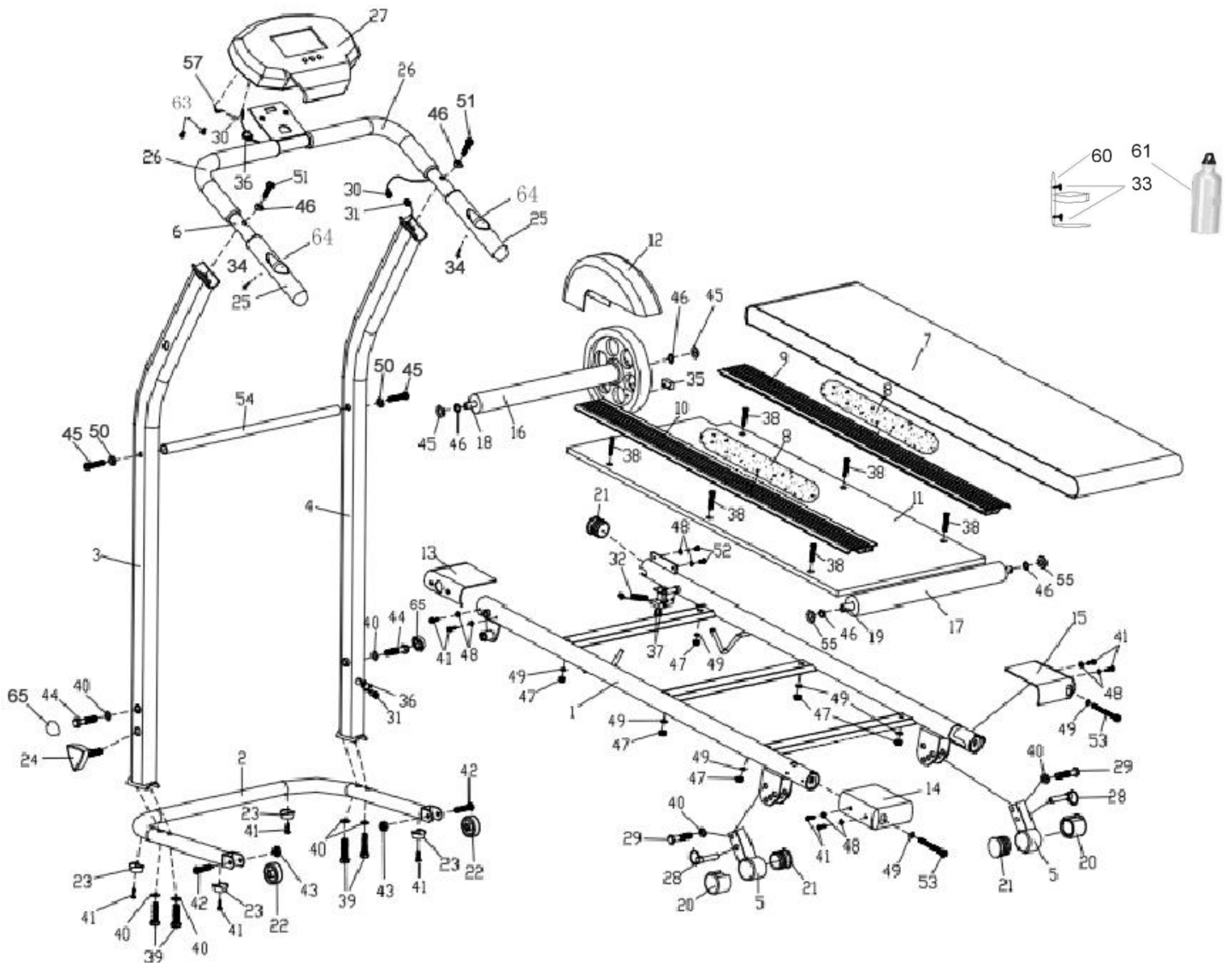
NO	DESCRIPTION	QTY	NO	DESCRIPTION	QTY
1	<i>Treadmill Platform</i>	1	34	<i>Safety Caps</i>	2
2	<i>U-Base w/ Wheels</i>	1	35	<i>Magnet</i>	1
3	<i>Left Support Bar</i>	1	36	<i>Sensor Cable Cap</i>	1
4	<i>Right Support Bar</i>	1	37	<i>M3x10 Crosshead Bolts</i>	2
5	<i>Rear Feet</i>	2	38	<i>Assembly Bolts</i>	6
6	<i>Handlebar</i>	1	39	<i>Medium Bolts</i>	4
7	<i>Running Belt</i>	1	40	<i>Medium Flat Washers</i>	6
8	<i>Emery Cloths</i>	2	41	<i>Medium Screws</i>	6
9	<i>Right Rail</i>	1	42	<i>M8x40 bolts</i>	2
10	<i>Left Rail</i>	1	43	<i>M8 Lock Washers</i>	2
11	<i>Running Board</i>	1	44	<i>Large Bolts</i>	2
12	<i>Flywheel Cover</i>	1	45	<i>24x13.2x1 Flat Washers</i>	2
13	<i>Front End Cap (Left)</i>	1	46	<i>16x8.5x1.5 Flat Washers</i>	4
14	<i>Rear End Cap (Left)</i>	1	47	<i>M6 Lock Washers</i>	6
15	<i>Rear End Cap (Right)</i>	1	48	<i>Small Flat Washers</i>	8
16	<i>Front Roller</i>	1	49	<i>16x6.5x1.5 flat washer</i>	8
17	<i>Rear Roller</i>	1	50	<i>Arc washers</i>	4
18	<i>Front Roller Axis</i>	1	51	<i>Handlebar bolts</i>	2
19	<i>Rear Roller Axis</i>	1	52	<i>Flywheel Cover Screws</i>	2
20	<i>Rear Foot Covers</i>	2	53	<i>M6X75 Bolt</i>	2
21	<i>Round Caps</i>	2	54	<i>Crossbar</i>	1
22	<i>Small Wheels</i>	2	55	<i>Crossbar Bolts</i>	2
23	<i>Rubber Cushions</i>	4	57	<i>Small Wrench</i>	2
24	<i>Adjustment Knob</i>	1	58	<i>Medium Wrench</i>	2
25	<i>Handle Foam (L)</i>	2	59	<i>Large Wrench</i>	1
26	<i>Handle Foam (R)</i>	2	60	<i>Water Bottle Holder</i>	1
27	<i>Meter</i>	1	61	<i>Water Bottle</i>	1
28	<i>Incline Pins w/ Ring</i>	2	62	<i>Resistance Tubes</i>	2
29	<i>Rear Foot Bolts</i>	2	63	<i>M5x10 crosshead bolts</i>	2
30	<i>Upper Sensor Cable</i>	1	64	<i>Pulse Sensors</i>	2
31	<i>Lower Sensor Cable</i>	1	65	<i>Small screws</i>	2
32	<i>Sensor</i>	1	66	<i>Sensor Cable Connector</i>	1
33	<i>Accessory Screws</i>	2			



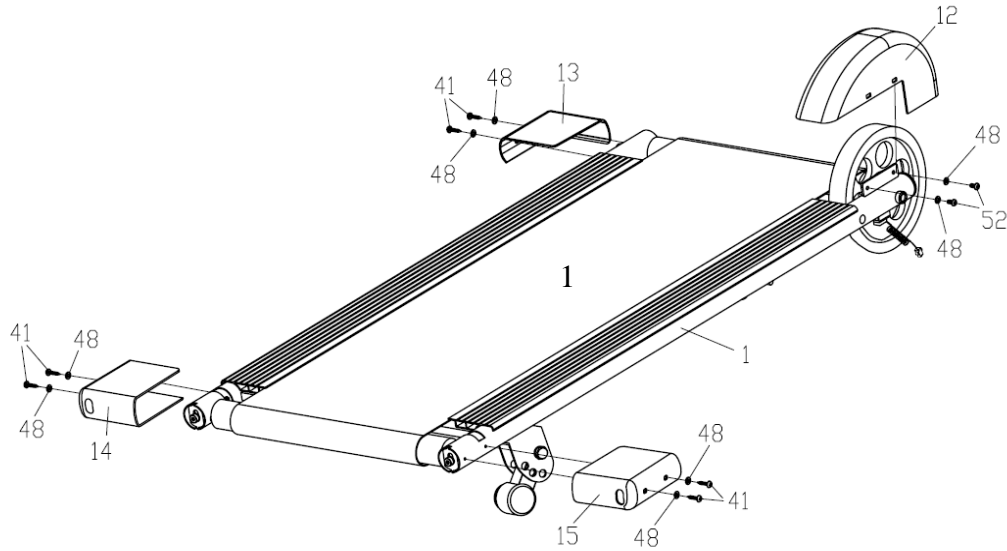
NOTE: For your convenience, your Manual Treadmill comes partially assembled. Many of the parts on this page and the following page are *already installed*, so they will not be found in the Hardware Pack which came with your Treadmill. The parts which you will need to assemble your Treadmill are shown shaded above. For your easier review, these parts are grouped together on the following page.

ASSEMBLY PARTS

NO	DESCRIPTION	QTY	NO	DESCRIPTION	QTY
1	Treadmill Platform	1	39	Medium Bolts	4
2	U-Base w/ Wheels	1	40	Medium Flat Washers	6
3	Left Support Bar	1	41	Medium Screws	6
4	Right Support Bar	1	44	Large Bolts	2
6	Handlebar	1	48	Small Flat Washers	8
12	Flywheel Cover	1	50	Arc washers	4
13	Front End Cap (Left)	1	51	Handlebar bolts	2
14	Rear End Cap (Left)	1	52	Flywheel Cover Screws	2
15	Rear End Cap (Right)	1	54	Crossbar	1
24	Adjustment Knob	1	55	Crossbar Bolts	2
27	Meter	1	57	Small Wrench	2
30	Upper Sensor Cable	1	58	Medium Wrench	2
31	Lower Sensor Cable	1	59	Large Wrench	1
32	Sensor	1	60	Water Bottle Holder	1
33	Accessory Screws	2	61	Water Bottle	1
34	Safety Caps	2	62	Resistance Tubes	2



ASSEMBLY INSTRUCTIONS



STEP 1:

Locate the Treadmill Platform (1), Flywheel Cover (12), 3x Corner End Caps (13, 14, 15), 8x Small Flat Washers (48), 2x Flywheel Cover Screws (52), and 6x Medium Screws (41).

A. Attach the Flywheel Cover (12) to the Treadmill Platform (1) with 2x Small Flat Washers (48) and 2x Flywheel Cover Screws (52).

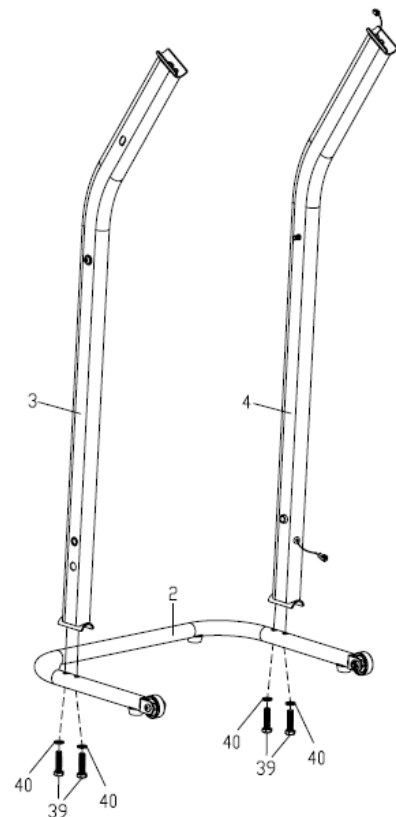
B. Affix the Left Front End Cap (13), and the Left and Right Rear End Caps (14, 15) to the Treadmill Platform (1) with 6x Small Flat Washers (48) and 6x Medium Screws (41).

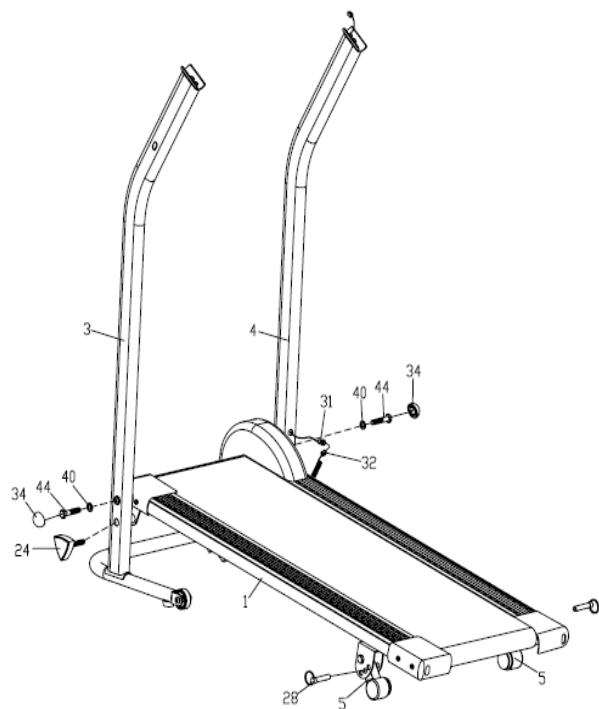
STEP 2:

Locate the Left and Right Support Bars (3,4), U-Base w/ Wheels (2), 4x Medium Flat Washers (40), and 4x Medium Bolts (39).

Using 4x Medium Flat Washers (40) and 4x Medium Bolts (39), attach the U-Base (2) to the Left Support (3) and Right Support (4) Bars.

NOTE: DO NOT fully tighten these Bolts until the Handlebar is attached in **Step 4**.





STEP 3:

Locate the Adjustment Knob (24), 2x Medium Flat Washers (40), 2x Large Bolts (44) and 2x Incline Pins (29).

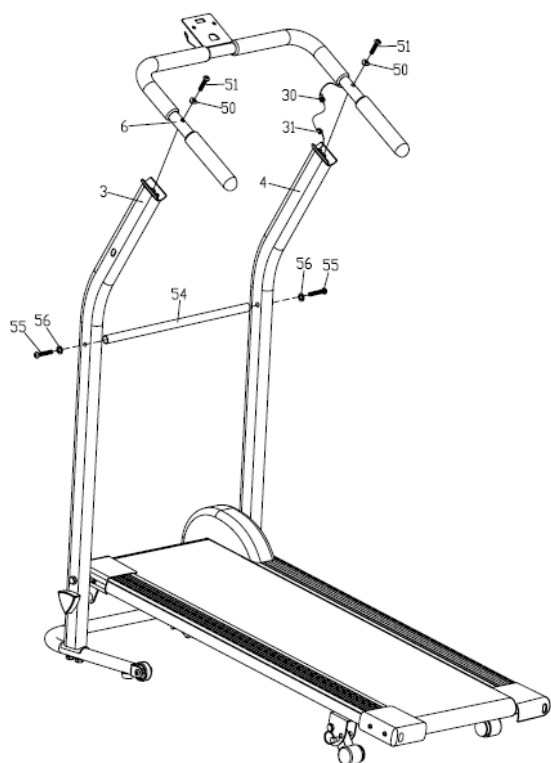
A. Lift the front end of the Treadmill Platform (1) and place in between the assembled Support piece from Step 2. Line up the Treadmill Platform to the bolt hole in the lower Left Support Bar (3) and the corresponding bolt hole on the lower Right Support Bar (4). Attach with 2x Medium Flat Washers (40) and 2x Large Bolts (44)

NOTE: DO NOT fully tighten these bolts until the Handlebar is attached in Step 4.

B. Attach the Adjustment Knob (24) to the welded on plate with hole on the Left Support Bar (3).

C. Connect the Lower Sensor Cable (31) to the input on the Sensor (32).

D. Insert the Incline Pins (29) into the middle hole of the Rear Feet (5). *If desired, you can adjust these later before beginning use of the Treadmill.*



STEP 4:

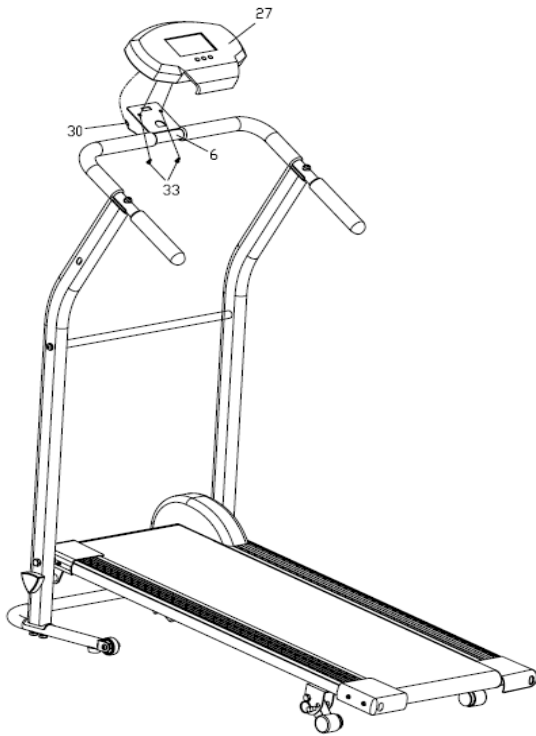
Locate the Crossbar (54), Handlebar (6), 2x FLAT Washers and 2x ARC/Curved Washers (for Handlebar) (50), 2x Handlebar Bolts (51) and 2x Crossbar Bolts (55).

A. Attach the Crossbar (54) to the Left and Right Support Bars (3, 4) with 2x FLAT Washers and 2x Crossbar Bolts (55).

B. Connect the Upper Sensor Cable (30); found underneath the right side of the Handlebar (6), to the top of the Lower Sensor Cable (31); found on the top of the Right Support Bar (4).

C. Gently thread the now attached cables down into the Lower Sensor Cable hole in the Right Support Bar so they do not become pinched or undone. Attach the Handlebar (6) to the Left and Right Support Bars (3, 4) with 2x Arc (CURVED) washers (50) and 2x Handlebar Bolts (51).

ONCE HANDLEBAR IS ATTACHED, FULLY TIGHTEN BOLTS FROM STEPS 2 & 3 BEFORE PROCEEDING! Once tightened, cover the exposed Large Bolt heads (44) on each Support Bar with 2x Safety Caps (34).



Step 5 :
Locate the Meter (27)

Make sure the U-Base Bolts (2), Treadmill Platform Bolts (1) and Crossbar Bolts (55) are fully tightened to the Right and Left Support Bars before proceeding, and that the Safety Caps (34) are in place on the Large Bolt (44) heads.

A. Attach the Meter (27) to the Meter Bracket on the Handlebar (6) with 2x Black Meter Screws* (63).
 *(2x Black Screws are located already in their holes on back of the Meter.)

B. Connect the Upper Sensor Cable (Single Wire) (30) to the "SPEED" input on the rear side of the Meter (27). Connect the Pulse Wire (Double wire) to the "PULSE" input on the Meter.

Step 6:
Locate the Water Bottle, Water Bottle Holder, 2x Resistance Bands and 2x Accessory Screws (33).

A. Secure the Water Bottle Holder (60) to the Right Support Bar (4) with 2x Accessory screws (33).

B. Attach the Resistance Bands (62) onto the U-Base (2) as shown in Figures 1 & 2 below.

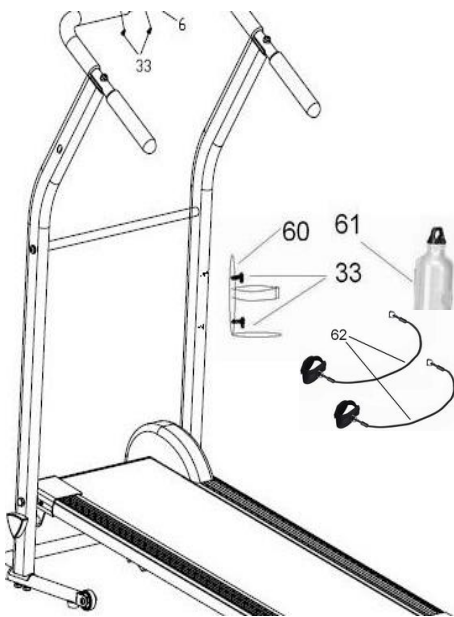


Figure 1



Figure 2

!WARNING!



Resistance Bands are for warm-up and cool-down exercises **ONLY**. These bands are **NEVER** to be used while Treadmill is in use. **ALWAYS** fully detach the Resistance Bands from the Treadmill and make sure the Bands are completely clear of the Rollers and the Treadmill Platform before beginning any walking, jogging, or running exercise on the Treadmill. ***This Treadmill has parts which move at a high rate of speed. The Resistance Bands can become snagged, which may result in injury and/or damage to the product.***



CARE AND USE INSTRUCTIONS

Folding and Moving your Treadmill:

Folding: To fold, turn the Adjustment Knob counterclockwise until you are able to fully remove it from the bottom of the Left Support Bar. Next, raise the rear part of the Treadmill Platform until it is in an upright position. Insert the Adjustment Knob into the Upright Locking Hole, located near the top of the Left Support Bar (See *figure A*), and fully tighten it.

When folding, NEVER leave the Treadmill in the upright position or attempt to move the Treadmill without the Adjustment Knob fully secured into the Upright Locking Hole.

Moving: After folding the Treadmill into the upright position and securing the Adjustment Knob into the Upright Locking Hole, grab a firm hold on the handlebars, and carefully tilt the treadmill back until the wheels touch the ground (See *figure B*).

Unfolding: When unfolding your Treadmill, make sure you **maintain a firm grip on the Treadmill Platform** when loosening the Adjustment Knob. If you do not maintain firm control on the Treadmill Platform, it may suddenly drop, resulting in injury and/or damage to the Treadmill.

When unfolding, ALWAYS use the Adjustment Knob to lock the Treadmill in the Down position.



Figure a



Figure b

Adjusting the Incline:

Use the provided Incline Pins to adjust the incline of the Treadmill. Remove the pins that you inserted into the Rear Feet in Step 3 of the Assembly Instructions by pulling the pin rings. Evenly adjust each foot to the desired position and reinsert the Incline Pins into the corresponding holes (See *figure 7, on right*). Make sure to place the Left and Right Feet in the same incline position when inserting the Incline Pins.

This Treadmill has three levels of incline. You may actually find it **easier** to move the belt on your Manual Treadmill with a greater incline, as you will have more traction to assist you in moving the belt.



Figure 7

Running Belt Adjustment:

After assembly, please try a brisk walk on your Treadmill to check for the following:

1. Check if the running belt turns smoothly and make sure it isn't sliding off center. Each Treadmill is tested before it leaves the factory, and under normal conditions, the running belt will turn freely and keep its position in the middle. However, freight travel may cause the Belt to become askew.
2. If the Running Belt is straying to one side, the Rear Roller or Belt may have shifted during transport. To make adjustments, fold and lock the Treadmill in the upright position. Lift the underside of the Belt so you can see the rear roller underneath. Make sure that the roller is level. If it isn't, follow the instructions in **3a** for Rear Roller adjustments. If the Rear Roller appears to be perfectly level, you may have to adjust the Running Belt. Follow the instructions in **3b** to adjust the Belt.

3a. To adjust the Rear Roller, refer to Figure C. The two holes in the rear end caps have Adjustment Bolts therein. Turning the Bolt counterclockwise (left) will move the corresponding side of the roller down, towards the front of the unit. Turning the Bolt clockwise (right) will raise the roller, or move it towards the rear of the Treadmill. The Rear Roller must be as level as possible to prevent shifting of the Treadmill Belt.

3b. To adjust the Running Belt, refer to Figure C. If the Rear Roller is level, loosen **both** the Adjustment Bolts found in the holes in the rear End Caps as evenly as possible by turning each one an even full turn counterclockwise until you have just enough slack in the Belt to shift it over. Move the Running Belt towards the center of the Platform, making sure that the Running Belt is still **underneath** the plastic rails on the **top** of the Treadmill Platform, and between, but **not** underneath the V-shaped hooks on the **bottom** of the Treadmill Platform. Once it is in the proper position, make even clockwise half turns on each Adjustment Bolt to raise the Rear Roller until the Belt is taut. Make sure the Rear Roller is level. Use the Treadmill. If the belt is still straying to one side, the Rear Roller is not raised enough. Keep centering the mat and turning each bolt an even half turn in a clockwise direction until the Belt stops straying. If the Belt will not move smoothly, the Adjustment Bolts are too tight. Loosen each Bolt an even half turn in the counterclockwise direction until it moves smoothly.

General Belt Adjustment:

Keep in mind that the Treadmill may require some use before the factory applied lubricant fully works its way around each axis bar of the Front and Rear Rollers. In rare cases, it may take up to an hour of general use before the Treadmill reaches its optimal performance.

Tightening the belt will slow it down, Loosening it will speed it up. Turning the Adjustment Bolts clockwise (right) will tighten the Belt, and counterclockwise (left) will loosen it. Both Adjustment Bolts need to be aligned evenly together during the adjustment. If you turn one Bolt, you must turn the other the same amount (half turn, full turn, etc.) and in the same direction (clockwise or counterclockwise) to keep the Rear Roller level. Do not turn them at the same time.



Figure c

General Use Instructions:

1. Ensure workout area is well-lit, free from obstacles or hazards and on level ground. Unfold the Treadmill and secure the Adjustment Knob in the Lower Lock Hole. Begin your 5-10 Minute warm-up using the Resistance Bands, stretches, and/or other warm-up procedures.
2. When WALKING: Hold onto the Handlebar, lean your body forward a little, and begin.
3. When JOGGING: Hold onto the Handlebar, straighten your body and begin.
4. When RUNNING: Hold onto the Handlebars and begin.
5. For proper Pulse (BPM) Display: Place both hands on the Pulse Meter Sensors. Keep in mind that it will take at least 30 seconds for your BPMs to properly show on the display

ALWAYS hold onto the handlebar grips, removing your hands from the grips may result in loss of balance and injury from falling. The Pulse Function will not work if you are not in constant contact with the Pulse Sensors.

ALWAYS use caution whenever stepping on the Running Belt.

ALWAYS wear well fitting, appropriate exercise wear and athletic footwear.

ALWAYS start your exercise with a slow walk and gradually build to a brisk walk, jog, and/or run to make sure that the Running Belt, Front Roller and Rear Roller are all operating normally.

ALWAYS fully detach the Resistance Bands after using them to warm-up, and make sure they are completely clear of the Rollers and Treadmill Platform **before** beginning any walking, jogging, or running exercise on your Treadmill. Never use the Resistance Band attachments while walking, jogging, or running on your Treadmill.

Meter Instructions:

METER BUTTONS:

1. **MODE:** Press to turn Meter on or cycle through Functions.
2. **SET:** Press to set current Function as exercise target.
3. **RESET:** Press to reset the Function Value the Meter is currently displaying.



FUNCTIONS:

1. **SCAN:** Press the MODE button until the arrow appears next to SCAN. The Meter display will cycle through all of the Functions: Time, Speed, Distance, Calorie, Total Distance and Pulse. Each Function will display for ~6 seconds.
2. **SPEED:** Displays your current Speed.
3. **DISTANCE:** Counts the Distance travelled for the current exercise.
4. **TIME:** Counts the Total Time for the current exercise.
5. **ODO:** Counts the Total Distance travelled from your first workout.
6. **CAL:** Counts the total calories burned for the current exercise.
7. **PULSE:** Counts your BPM (Heart rate: Beats Per Minute) for the current exercise.

AUTO ON/OFF:

The Meter will turn on whenever it receives a signal input from the Magnetic Sensor or if the MODE button is pressed. The Meter will shut itself off after ~4 Minutes of no Sensor input.

METER READOUT SPECIFICATIONS & BATTERY INFO:

AUTO SCAN Every 6 seconds

TIME 00: 00~99: 59 (Minutes: Seconds)

Distance: 0.00~9999 Km or Miles

Calories: 0.0~9999 Kcal

ODO meter: 0~9999 Km or Miles

Pulse: 40-240 BPMs

Batteries: 2x AA

MAINTENANCE

The Front and Rear Rollers must be periodically lubricated and the Running Board should be occasionally cleaned to remove dust and grime. This prevents the Running Belt from sticking or becoming difficult to move. Please refer to the directions below for proper Roller, Running Board and General Maintenance methods.

1. **Running Board:** Raise up the belt on one side, use a duster to remove light dust particles or grime from the board. For more intensive cleaning, use a soft cloth and soapy water to clean the finished side of the running board. Make sure to let the equipment completely dry and remove all soap residue before commencing use.
2. Remove the End Caps from the rear of the Treadmill Platform, and use a household lubricant to spray the joints of the Front and Rear Rollers. Do not spray the Running Belt directly.
3. Check the main attaching bolts on the equipment regularly and tighten them if they are loose. Also be aware of any of the moving parts. They should turn freely and quietly. Abnormality of moving parts will affect the safety of the equipment. Contact customer service (info on last page) with any questions about your Treadmill.
4. Keep the equipment and frame clean. Do NOT clean the equipment with a strong solvent.
5. The running belt will eventually wear out. If your belt becomes worn or is broken, contact customerservice@jamzproducts.net to assist with replacing this part. Do not use the equipment until the belt is repaired.

Malfunction	Reason	Treatment
Treadmill Platform is unstable.	<ol style="list-style-type: none"> 1. The ground is not level. 2. The Lock Knob is not fully tightened. 3. Rubber Cushion on U-Base is missing. 	<ol style="list-style-type: none"> 1. Relocate Treadmill or remove items from underneath. 2. Tighten the lock knob at the bottom of the treadmill. 3. Contact Customer Service.
The Running Belt is off-center when in use.	<ol style="list-style-type: none"> 1. Rear Roller is askew 2. Belt is too loose. 	See section on Running Belt Adjustment (page 11)
The Running Belt is too hard to move.	<ol style="list-style-type: none"> 1. Belt is too tight 2. Lubricant has not worked its way into the Roller Axis yet. 	<ol style="list-style-type: none"> 1. See section on Running Belt Adjustment (page 11) 2. Use the Treadmill for about an hour for full lubrication.

WATER BOTTLE USE, CARE AND SAFETY WARNINGS

Cleaning Guide:

Clean your bottle thoroughly **BEFORE INITIAL USE** and after each consecutive use with warm, soapy water—Do NOT use hard-bristled brushes or steel wool when cleaning. Make sure to rinse thoroughly to ensure no soap residue remains. Leave the cap off and let the bottle air dry before re-use.

To Use:

1. Unscrew the cap on the Water Bottle, and fill with a refreshing, non-carbonated beverage to ensure proper hydration during your Stepper workout.

2. Make sure the cap is *securely* tightened on the bottle before beginning any workout or when moving the Water Bottle once it has been filled.







IMPORTANT SAFETY WARNINGS

- **DO NOT** freeze your bottle as it may explode. Liquids solidify and expand when frozen.
- **NEVER** place your Bottle in the microwave or attempt to cook with it.
- **NEVER** fill the bottle with hazardous fluids or any liquids not intended and fit for human consumption.
- **NEVER** overfill the bottle, as leakage and/or spillage may occur even with the cap on.
- **DO NOT** use bottle for long-term storage of drinks or other beverages.
- **DO NOT** use bottle with hot beverages. The Water Bottle is aluminum and will conduct heat.
- We recommend that you always store the bottle with the cap off.
- We strongly recommend **AGAINST** filling the bottle with carbonated, alcoholic, fermented or nutrient-rich beverages, as these liquids may cause extreme pressure to build up inside the bottle, even under non transport/vibration conditions. This may present a safety hazard, especially when removing the cap from the bottle. If you fill the bottle with any of the above or similar liquids, it is your responsibility to take the necessary caution to prevent serious injury by **ALWAYS** removing the cap pointed away from other people or your own body, and to also be aware that the contents may spill out onto your clothing and/or person.

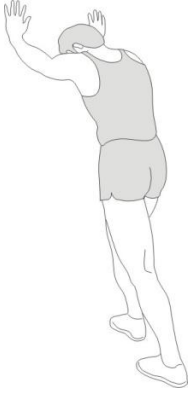
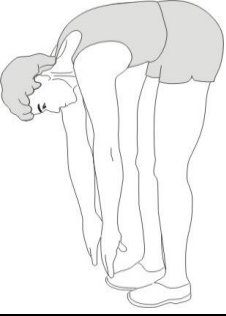

WARM UP EXERCISES

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the following warm-up and cool-down exercises:

	<p>Inner Thigh Stretch Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.</p>
	<p>Hamstring Stretch Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.</p>
	<p>Head Roll Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.</p>
	<p>Shoulder Lift Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.</p>

WARM UP EXERCISES CONTINUED

	<p>Calf-Achilles Stretch Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.</p>
	<p>Toe Touch Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.</p>
	<p>Side Stretch Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.</p>

FREQUENTLY ASKED QUESTIONS

Question: “How do I adjust the Belt tension?”

Answer: There is no tension control on this Manual Treadmill. The only way to “slow it down” or “speed it up” would be to adjust the Belt tension. See “Running Belt Adjustment” on Page 11 of this manual.

Question: “The Belt is too hard to move” or “The Belt will not stay centered, what can I do?”

Answer: See “Running Belt Adjustment” on Page 11 of this manual.

Question: “My Meter doesn’t work, how do I fix it?”

Answer: Replace the 2x AA Batteries in the Meter. If the problem persists, double check that all your connections to the Meter are correct. There are three connections, one at the bottom of the Treadmill by the Flywheel Cover, one under the Right side of the Handlebar (you will have to remove the Right Handlebar bolt, and loosen the Left to check this connection), and the last in the back of the Meter. Also make sure there are no exposed, pinched or cut wires.

Question: “Why is the Flywheel Cover not securely attached to the Treadmill Platform?”

Answer: Please make sure you’re using the correct Flywheel Cover Screws (Part #52).

Question: “Why doesn’t the Handlebar (Part #6) properly fit on to the Treadmill?”

Answer: As stated in the assembly instructions, do not tighten the bolts on the Left and Right Support Bars (Parts #3 and #4) until after you have the Handlebar attached to the frame.

Question: “What kind of lubricant do I need for the Rollers?”

Answer: Use a common household lubricant (preferably a spray lubricant with a directional nozzle/straw attachment) to lubricate the Rollers. **CAUTION! DO NOT SPRAY THE BELT!**

Question: “What are the Incline Pins for?” and “Where do I put the Metal Pins that have a ring on the end?”

Answer: These are used to adjust the incline. For placement see Step 3, Section E. For instructions on how to use the Incline Pins, see “Adjusting the Incline” on Page 10.

Question: “I had an Assembly part missing from my packaging” or “Something was damaged in shipping, can you send it to me?”

Answer: Make sure it is one of the “shaded parts” in the list that is missing. Your treadmill comes partially assembled, and only the parts that are shaded in the Parts List are required for assembly. If you are missing one of the assembly parts and it has been 30 days or less from the date of your initial purchase, you can contact Customer Service (info below) for a replacement part to be issued.

CUSTOMER SERVICE CONTACT INFO:

Email: customerservice@jamzproducts.net

Telephone: 866-498-5269

Fax: 561-833-1996

Website: <http://www.jamzproducts.net>