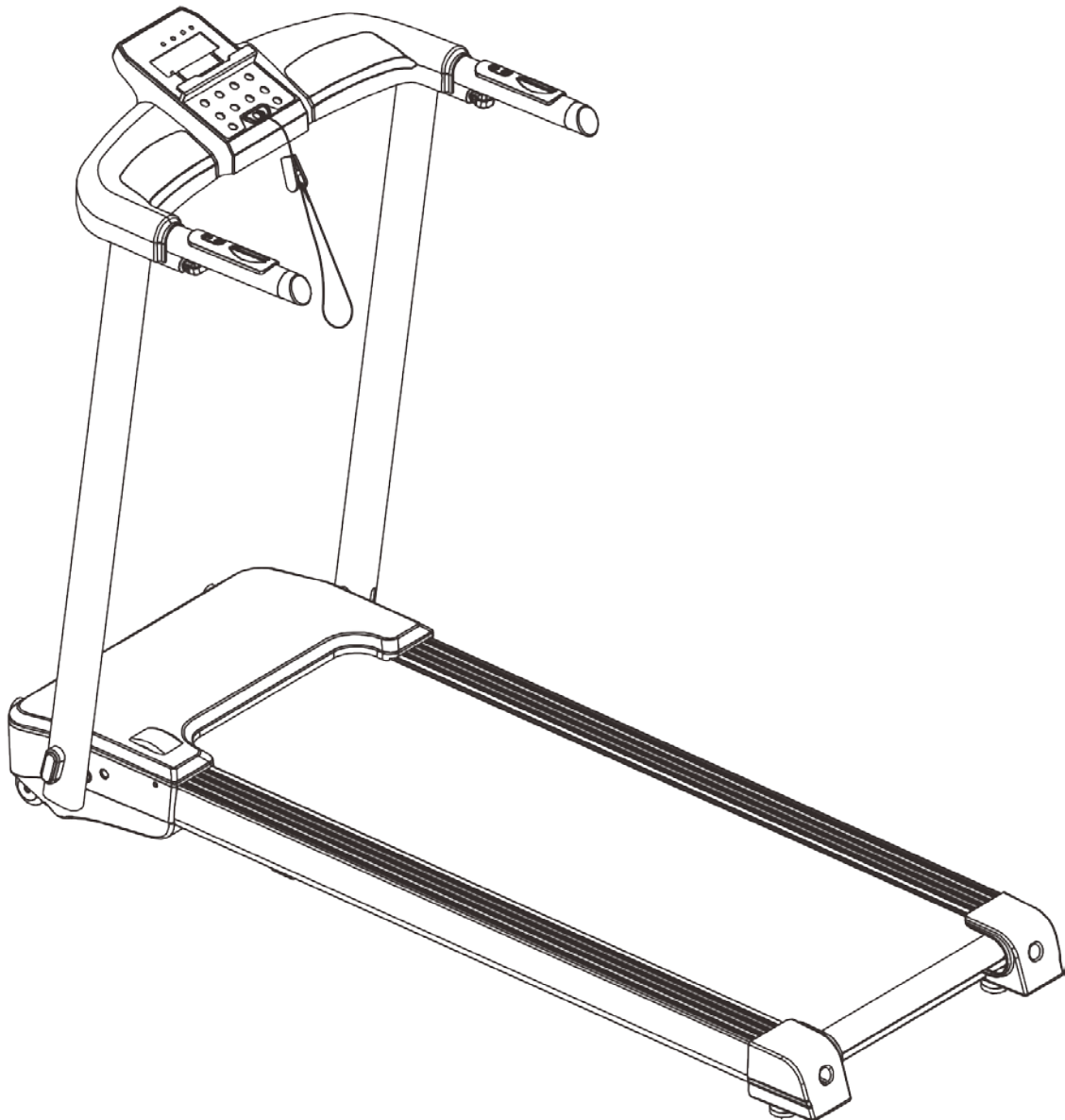# MOTORIZED TREADMILL
KBR-JK103A

INSTRUCTION

Please read this instruction carefully before use it and keep the instruction at proper place.

Customer Service: csr@merax.com   Tel: 626-912-8886 Ext. 100

1. CAUTION

To avoid any hurts, please read this manual carefully before using.

- For safety purpose, do not stand on running belt while start.
- Please stop immediately if you experience any kind pain, including but not limited to chest pains, nausea, dizziness, or cramp.
- Please speed up slowly if needed.
- Adjustment of belt is prohibited during using.
- It is suggested to wear sports shoes while using this equipment.
- Children, the elder, the pregnant, and patients are prohibited from using this machine.
- Please clip the safety key on your clothing during using.
- Please firmly hold the handle bars during using.

2. SAFETY AND NOTIICE

- Please put the machine on flat ground. It is unsuitable to put the machine at following places:
  ① Outdoors.(The machine is specially designed for indoor use only)
  ② Slant ground or slant places on balcony.
  ③ Sunlight area or near heater.
  ④ Noisy places.
- The proper power for the machine is A.C 110V.
- Error may appear on display if the power is not stable. Please do not use the same socket together with computer, air conditioner etc.
- It is suggested to wear sports shoes and gym suit while use the machine.
- Please speed up or speed down slowly.
- Make sure no child or other object is near while folding or unfolding the machine.
- The treadmill should not be located near water or wet object. Error or damage may be caused if water or other liquids drop into the equipment.

3. CAUTION DURING USE

- If you do not feel well before using, please consult your doctor or coach.
- Merax is not responsible for any injury or damage caused by improper use.
- Please unplug the equipment when not in use.
- Please unplug the treadmill before cleaning, moving or change parts for the machine.
- Children, the elder and the pregnant are prohibited from using the machine. Patients

should consult their doctor before starting any exercise routine.

- Please place the machine on a level flat surface. There should be 2M of clearance behind the treadmill.
- Do not start the machine when it is folded.
- Keep all electrical components, especially motor, power cord and plug, away from water or other liquids.
- Do not wear clothes, such as long dress, that might catch on any part of the treadmill while using.
- Do not place the treadmill in area that will block any vent or air openings.
- Do not put any objects on the machine.
- Put away the plug from heated place or fire seat.
- Please switch off all functions and pull out plug after using.
- Do not stand on the belt while you're preparing to use the treadmill.
- Do not disassemble the machine without consulting professional technicians.
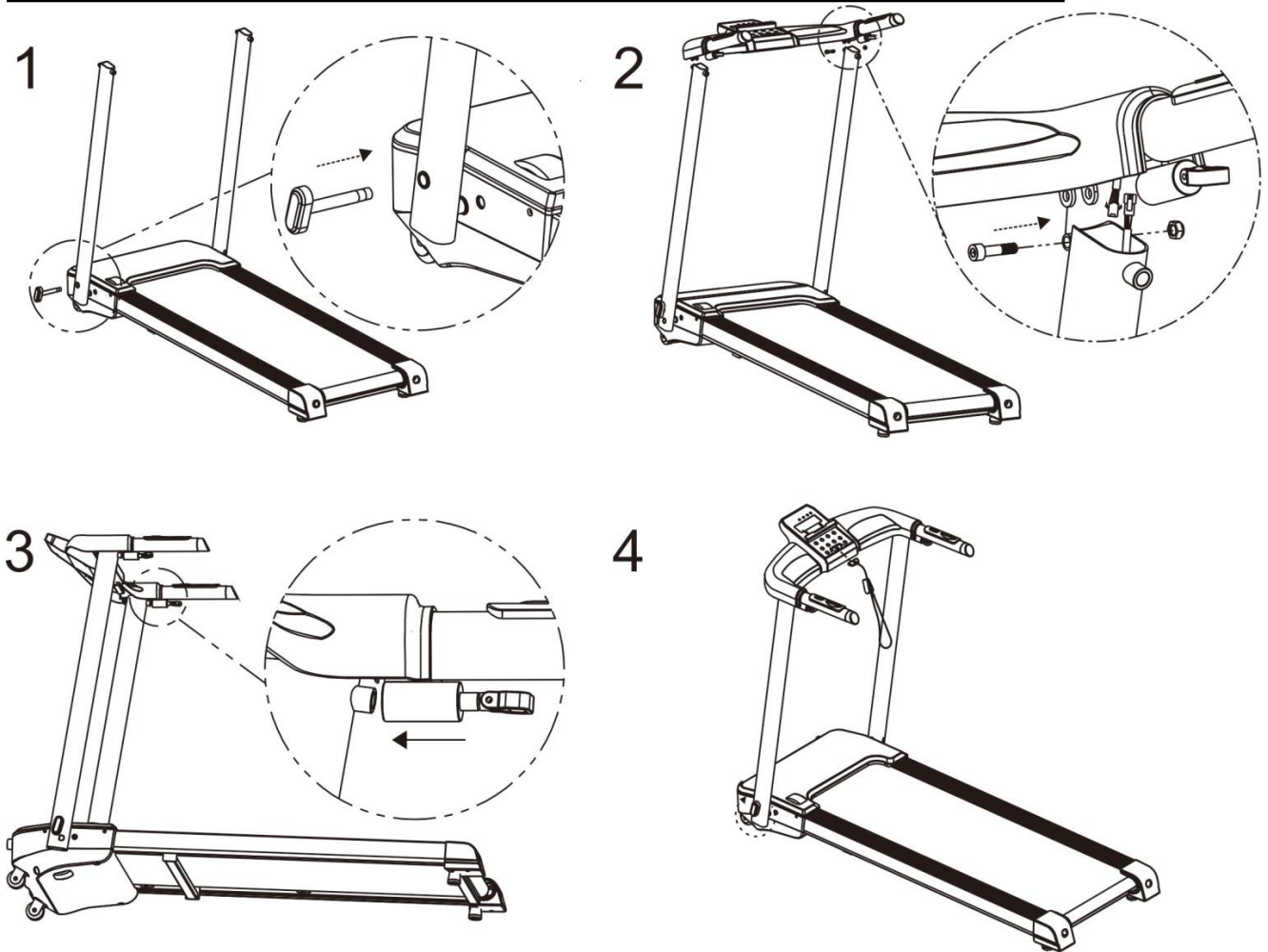- Please make sure the running belt is fastened before using.

4. Technical Specification

| Product Name	Treadmill
Power	500W
Voltage	110V
Frequency	60Hz
Speed	1-12km/h
Net Weight	34kg

5. Hardware and Tools
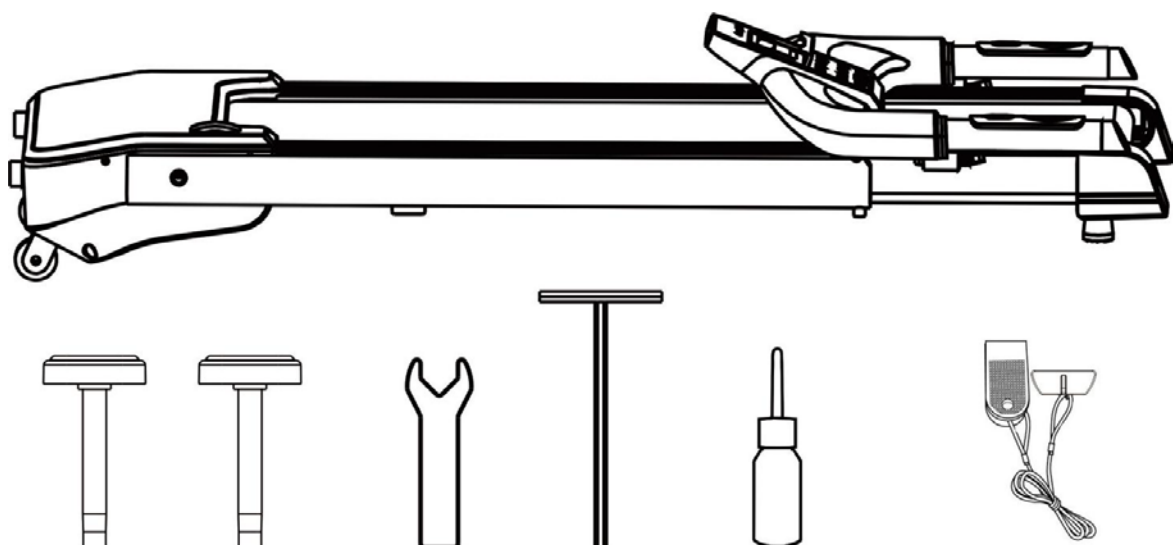
6. Assemble Instruction

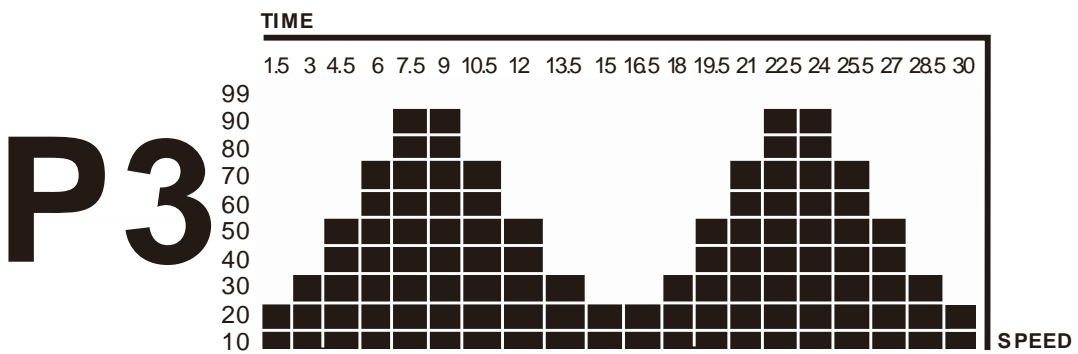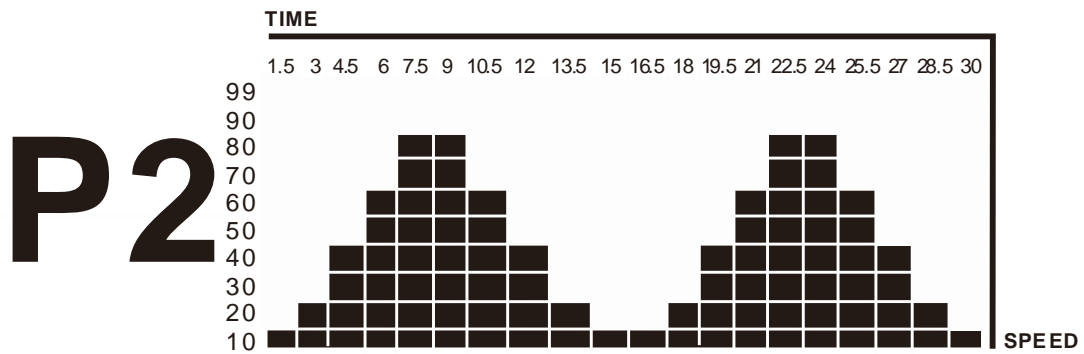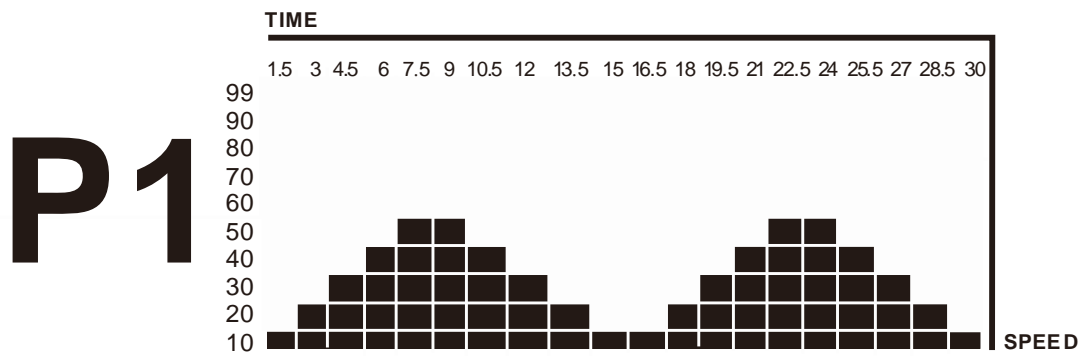Please confirm all parts necessary are present before assembling this machine:

1. **We recommend that you have another person to help you take the equipment out from the carton. Fix the upright tubes on the base frame with two M12 knobs. For now, please do not tighten them completely.**

2. **Attach the console to the upright tubes with M6 screws (pre-assembled on the upright tubes), and then connect the connector wires of the right handrail and upright tube.**
   Attention: make sure both ends of the connector wires are connected correctly.

3. **Hold the handrails of the console in the horizontal direction, and clip the pull pin of the left and right handrails into the holes on the upright tubes.**

4. **Tighten M12 knobs completely on the base frame, and put safety key on the yellow area on the console. Assembly complete!**

7. Control Panel
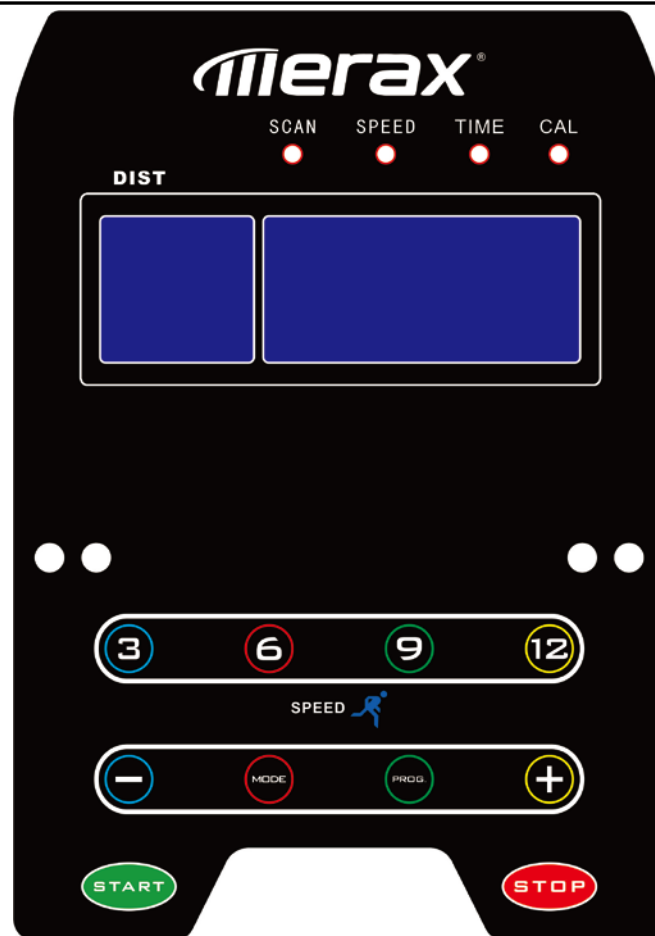

① SPEED (KM/H): 1.0~12.0KM/H   ②DISTANCE (METER): 1~9999METER

③ CALORIE (CAL): 1~9999CAL   ④ TIME (MINUTE : SECOND): 00:00~60:00

1) Press "START" key, the machine will start from 1KM/H after 3 seconds.

2) Press"+" key to speed up and "-" key to slow down. The fastest speed is 12 KM/H and lowest is 1 KM/H.

3) Press "MODE" key, the screen will show Speed, Time, and Calorie alternatively, each information stays for 5 seconds. The light under each category lights on if its information is currently displayed.

4) 3 preset programs (P1-P3) are available. When the equipment is in standby, press "PROG" to choose desired program and press "START" to begin your workout.

P1

TIME

1.5 3 4.5 6 7.5 9 10.5 12 13.5 15 16.5 18 19.5 21 22.5 24 25.5 27 28.5 30

99
90
80
70
60
50
40
30
20
10

SPEED

P2

TIME

1.5 3 4.5 6 7.5 9 10.5 12 13.5 15 16.5 18 19.5 21 22.5 24 25.5 27 28.5 30

99
90
80
70
60
50
40
30
20
10

SPEED

P3

TIME

1.5 3 4.5 6 7.5 9 10.5 12 13.5 15 16.5 18 19.5 21 22.5 24 25.5 27 28.5 30

99
90
80
70
60
50
40
30
20
10

SPEED

5) If the machine is running under auto program, the (-) and (+) keys are not available. If you want to stop the auto program, press "STOP" or remove the safety key, and turn on the machine again or place the safety key back. Select desired speed and you can continue your workout session.

6) For emergency stop, please pull out the safety key, and the machine will stop very slowly. The screen will show "Err" if safety key is not in place. Put it back and the screen will show "OFF".

7) Press "STOP" key to stop your workout.

8. Unfold, Fold and Move
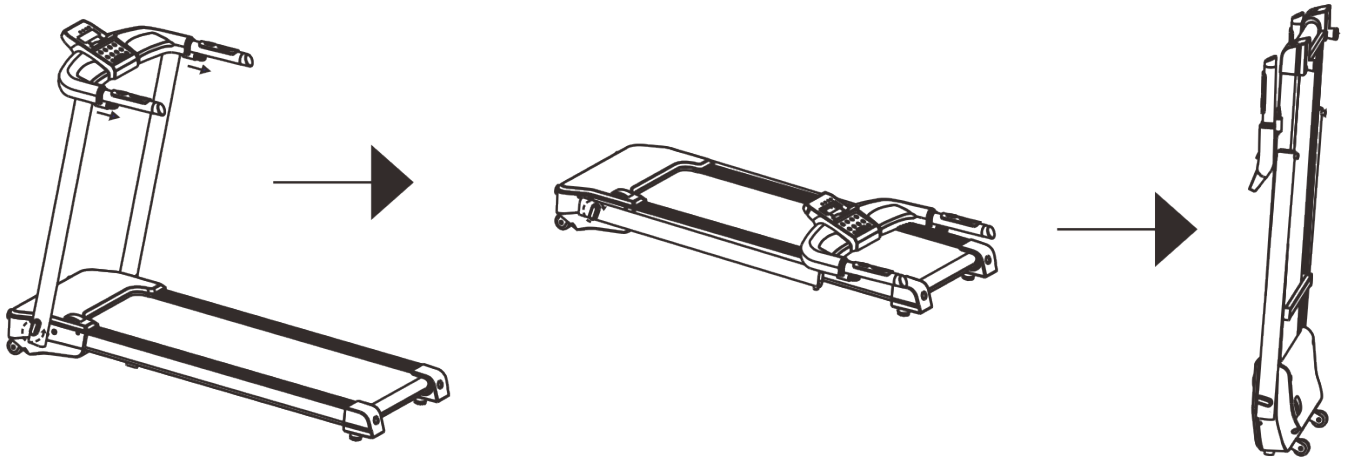
- **Unscrew the M12 knobs on the upright tubes and fold the tubes. Pull out the pull pin on the handrail of console to fold the console**
- **Use the same M12 knobs you just unscrewed to tighten the upright tubes to the base frame.**
- **Lift the machine up, and lean it against a wall. Attention: Keep children away from the treadmill in case it falls down.**

9. USAGE OF SILICONE OIL

Pull up the running belt slightly, apply silicone oil to the backside of the belt and the top surface of the running deck. Start the machine and keep it running for 3 minutes so that the oil spread and even out. It is necessary to maintain your treadmill like this every 30 working hours of the machine for optimal performance, which also helps extend the service life of parts.

10. Running Belt Adjustment
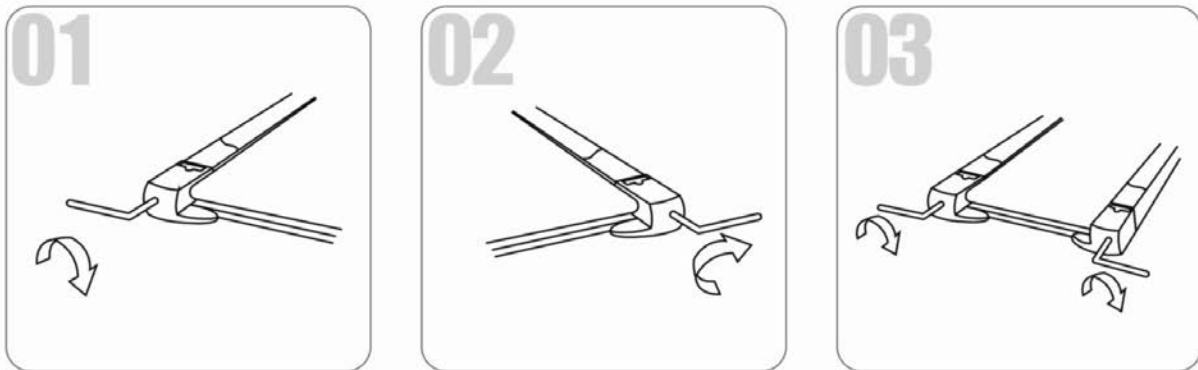
1) **Running belt deviate to left**

   With the running machine running at 2-3Km/h, tighten the left bolt 1/4 turn at a time clockwise (see fig1). Keep the machine running for 1-2 minutes to gauge if more adjustment is needed. Repeat if necessary until the belt moves to the center.

2) **Running belt deviate to right**

   With the running machine running at 2-3Km/h, tighten the right bolt 1/4 turn at a time clockwise (see fig2). Keep the machine running for 1-2 minutes to gauge if more adjustment is needed. Repeat if necessary until the belt moves to the center.

3) **Running belt is too loose**

   If the running surface becomes slipping, tighten bolts on both sides 1/4 turn clockwise (see fig3). Repeat if necessary until the belt is properly adjusted.

4) **Running belt is too tight**

   If the running belt is in dead condition, turn bolts on both sides counter-clockwise to loosen the running surface.

11. Daily Maintain

1. Please switch off and cut off power before checking or cleaning the machine.

2. Clean the belt and console after use, at least once a week.

3. Check and tighten screws and spines regularly.

4. Do not hang up clothes etc. to the machine.

12. Trouble Shooting

Error Code	Meaning	Problem	Solution
Err (or E00)	No safety key on the panel	Safety key is not in place or it is not properly put on	1. Put the safety key in the yellow area of the panel. 2. If the error still shows or there is no reaction, replace the computer screen/display monitor.
E2	Control Board Error	Control board broken or pseudo soldering on control board	Replace the control board.
E4	Control Board Error	Control board broken	Replace the control board.
E5	Overcurrent Protection	Control board short circuit or motor blocked	1. Open the motor cover and check whether the motor is blocked. Remove the block if yes. 2. Replace the control board if the error still shows.
E6	Motor Error	Motor broken or motor line fall off	1. Open the motor cover, and check whether the motor is broken or whether the motor line is connected to control board properly. 2. Replace the control board if the error still shows.
E7	Communication Failure	Wires from the control board and panel board are not properly connected or broken	1. Make sure the wires from the control board and panel board are connected securely and not damaged. 2. Replace the control board if the error still shows.
E8	Overload Protection	Excess of electricity or user exceed max weight capacity	1. Make sure the user does not exceed max weight capacity, and then reconnect power and re-start the machine. 2. Replace the control board if the error code still shows.