



USER MANUAL
Joy Sport
Master



Joy Sport Importeur

Fitness-Import
Timmermannsweg 46
5813 AP Ysselsteyn (LB)
info@joysport.nl
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Geachte klant,

Wij feliciteren u met de aankoop van dit **JOY SPORT** product.
Tevens wensen wij u veel sportplezier toe met uw goede keuze.
Volg aandachtig de montage handleiding.
Mocht u nog vragen hebben dan helpen wij u graag verder.

Garantie,

Deze garantie geldt gedurende 12 maanden voor elke fabricagefout aan uw **JOY SPORT** product die door een gemachtigd **JOY SPORT** dealer werd verkocht.
Wanneer u garantie claimt biedt **JOY SPORT** de mogelijkheid om naar eigen goeddunken het defecte apparaat of het betreffende onderdeel te herstellen of te vervangen.

De transportkosten van en naar onze werkplaats worden uitgesloten van deze garantie, en zijn dus voor rekening van de bezitter van het product.

Wanneer u aanspraak wenst te maken op eventuele garantie gaat u met het aankoopbewijs naar de dealer waar u uw product heeft gekocht.

De dealer zal uw claim dan verder afhandelen.

Tevens bestaat de mogelijkheid om contact op te nemen met de officiële **JOY SPORT** importeur.

Garantie uitsluitingen,

De garantie geldt niet voor: de normale slijtage, de gevolgen van een ondeskundige handeling, of beschadiging door de koper of door derden zelf, en defecten die aan extreme omstandigheden te wijten zijn.

De garantie kan ook niet worden geclaimd wanneer de originele constructie of uitrusting werd gewijzigd, of wanneer geen originele **JOY SPORT** onderdelen voor de reparatie werden gebruikt.

De fabrikant kan niet verantwoordelijk gesteld worden voor schade, verlies of kosten, incidenteel noch gerelateerd ten gevolge van gebruik van dit apparaat.

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Dear customer,

We want to thank you for having chosen a **JOY SPORT** product, and wish you a lot of fun and

success during training with your **JOY SPORT** exercisers.

Please note and follow the enclosed safety and assembly instructions carefully.

If you have questions please do not hesitate to contact us.

Guarantee,

This guarantee covers all manufacturing and material flaws on **JOY SPORT** products purchased from an authorized **JOY SPORT** dealer for a period of 12 months from purchase.

If you wish to make a claim under the guarantee, **JOY SPORT** shall be entitled to repair or replace the defective unit or part at its discretion.

The owner of the unit must pay for the transport costs and any dealer's workshop costs.

To make a claim under the guarantee, take your guarantee card to your dealer.

The dealer will then take the necessary action.

If this is not possible, contact your national **JOY SPORT** importer.

The following are not covered by the guarantee : normal wear and tear and the consequences of improper treatment or damage caused by the purchaser or third persons and faults which are due to other circumstances.

Claims may not be made under the guarantee if modifications have been made to the original construction or equipment or if **JOY SPORT** original parts were not used to repair the unit.

In no event the manufacturer shall be liable for incidental or consequential losses, damages or expenses in connection with exercise products.

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IMPORTANT SAFETY INSTRUCTIONS

SAVE THESE INSTRUCTIONS

Please all instructions before using this Treadmill. When using an electrical product, basic precautions should always be followed, including the following: Read all instructions before using this treadmill.

WARNING! Connect this exercise product to properly grounded outlet only. See grounding instructions.

GROUNDING INSTRUCTIONS

This product must be grounded. If a treadmill should malfunction or breakdown, grounding provides a path of least resistance for electrical current to reduce the risk of electrical shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with local codes and ordinances.

DANGER! Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check out with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product. If it will not fit the outlet, have a proper outlet installed by a qualified electrician.

This production is for use on a nominal 220-volt circuit, and has a grounding plug . A temporary adapter may be used to connect this plug to a 2-pole receptacle , if a properly ground outlet is not available. The temporary adapter should be used only until a properly grounded outlet can be installed by a qualified electrician. The green colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used , it must be held in place by a metal screw.

WARNING! To reduce the risk of burns, fire, electrical shock or injury to persons:

- Never use the treadmill before securing the safety tether clip to your clothing.
- If you experience chest pains, nausea, dizziness, or shortness of breath, stop exercising immediately and consult your physician before continuing.
- Do not wear clothes that might catch on any part of the treadmill.
- Keep power cord away from heated surfaces.
- Keep children off of treadmill at all times.
- Do not use treadmill outdoors.
- Unplug treadmill before moving it.
- Do not remove the treadmill motor covers or roller covers. Service should be performed only by a service provider.
- Treadmill should be plugged into a dedicated 20amp circuit.
- At no time should more than one person be on treadmill while in operation.

CHILDREN

- Keep children off your treadmill at all times.
- When the treadmill is in use, young children and pets should be kept at least 10 away.

CLEANING

- Clean with soap and slightly damp cloth only; never use solvents.

OTHER SAFETY TIPS FOR YOUR TREADMILL

CAUTION! If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing.

- Do not wear clothing that might catch on any part of the Treadmill.
- Read this owner's Guide before operating this Treadmill.

CINGRATULATIONS! On choosing our treadmills.

You've taken an important step in developing and sustaining an exercise program! Your treadmill is a tremendously effective tool for achieving your personal fitness goals. Regular use of your treadmill can improve the quality of your life in so many ways.

Here are just a few of the health benefits of aerobic exercise:

- Weight loss
- A Healthier Heart
- Improved Muscle Tone
- Increased Daily Energy Levels
- Reduced Stress
- Help in Countering Anxiety and Depression
- An improved self image

The key to reaping these benefits is to develop the exercise habit. Your new treadmill will help you eliminate the obstacles that prevent you from getting in your exercise time. Inclement weather and darkness won't interfere with your workout when you use your treadmill in the comfort of your home. This manual provides you with basic information for using and enjoying your new machine. A more complete knowledge of your new treadmill will assist you in realizing your goal of a healthy lifestyle.

CAUTION: BEFORE BEGINNING ANY EXERCISE PROGRAM.ALWAYS CONSULT YOUR PHYSICIAN. IF YOU EXPERIENCE CHEST PAINS,NAUSEA, DIZZINESS OR SHORTNESS OF BREATH. STOP EXERCISING AND CONSULT YOUR PHYSICIAN BEFORE CONTINUING..

IMPORTANT: PLEASE READ BEFORE USE!

ASSEMBLY

CAUTION! There are several areas during the assembly process of a motorized treadmill that special attention must be paid. It is very important to follow the assembly instructions correctly and to make sure all parts are firmly tightened. If the assembly instruction are not followed correctly, the treadmill could have frame parts that are not tightened and will seem loose and may cause irritating noises. There should be no side-to- side play in the console

masts or any forward and back play in the console assembly or handlebars. If there is any play in these areas, the treadmill has not been properly assembled. To prevent damage to the treadmill, the assembly instructions must be reviewed and corrective actions should be taken.

LEVELING

The treadmill should be level for optimum use. Once you have placed the treadmill where you intend to use it, raise or lower the adjustable levelers located on the treadmill base frame. Once you have leveled the treadmill, lock the levelers in place by tightening the nuts against the frame. To assure the treadmill is level, a carpenter's level is recommended.

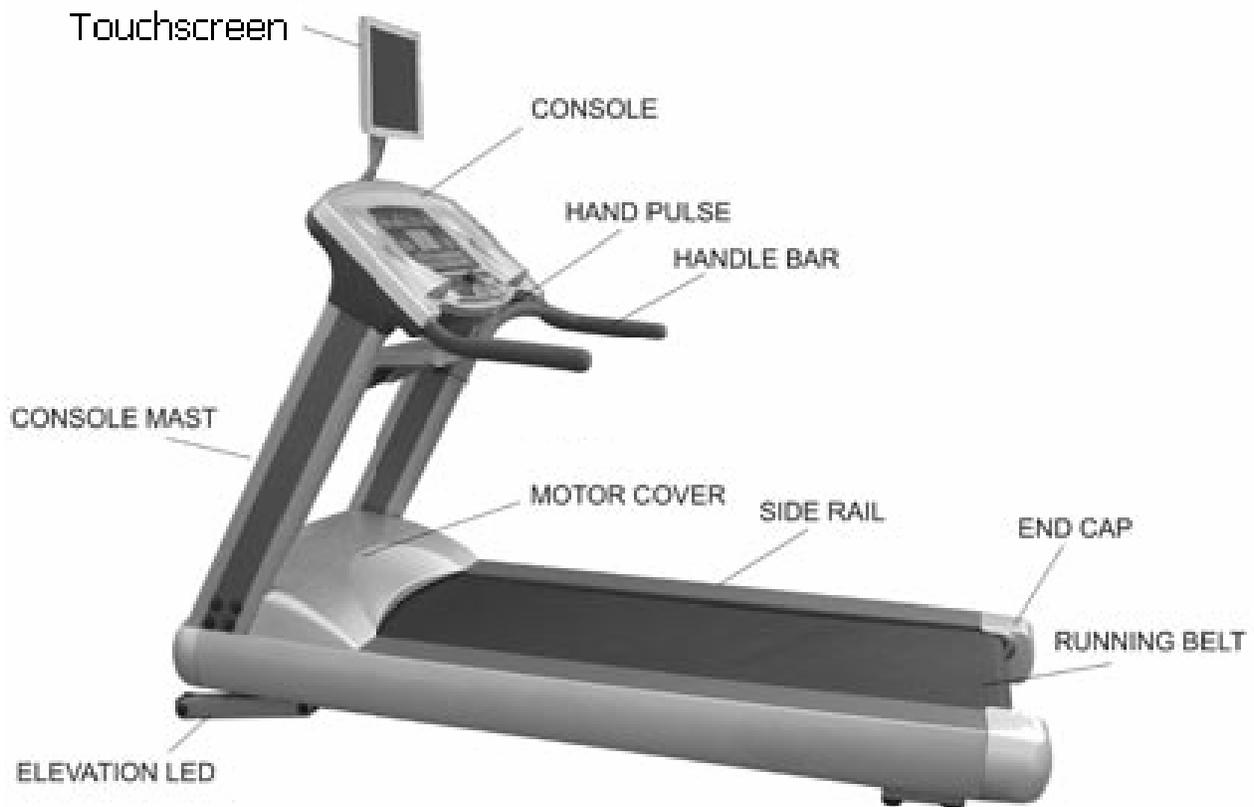
TURN POWER ON

Make sure that your treadmill is properly connected to a power outlet. The on/off switch is located next to the power cord. Flip this switch to the "on" position, so that the switch is lit. You will hear a beep and the console will light up.

DO NOT STAND ON THE BELT

While you are preparing to use the treadmill, do not stand on the belt. Place your feet on the side rails before starting the treadmill. Start walking on the belt only after the belt has begun to move. Never start the treadmill at a fast running speed and attempt to jump on!

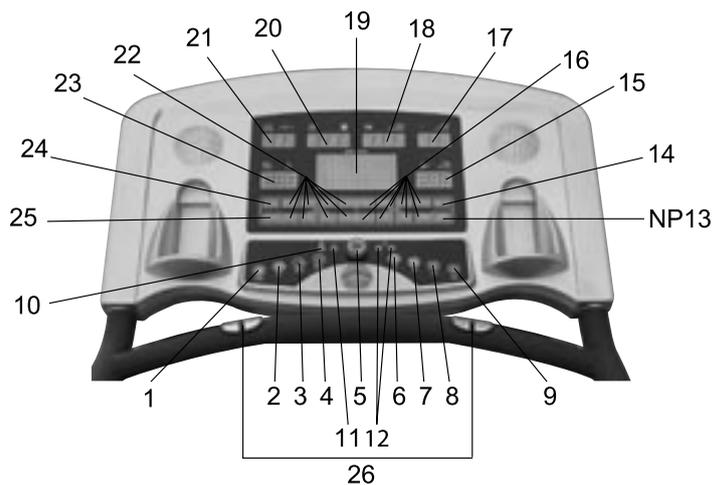
KNOW YOUR TREADMILL



TESTING

1. Before using, please check the input voltage and the wires connecting the ground. Pull the walking belt by hand to check whether it sensitive and noiseless or not.
2. Insert the plug of power, turn on the ON/OFF, the control meter sounds a “beep”, all the windows show zero. The walking belt doesn't move.
3. Press the START KEY, the treadmill begin to run in the lowest speed of 1.6km/h, observe the treadmill and electronic meter whether run normally. In this time, the dot matrix display a round course and simulate the position of sporter at any moment.
4. Press SLOW SPEED KEY and FAST SPEED KEY ,then observe them whether run normally.
5. Press SLOW SPEED KEY 、 FAST SPEED KEY and DIRECT SPEED KEY, then observe them whether run normally.
6. Press STOP KEY and observe the treadmill whether stop running.

THE PARTS NAME &FUNCTION OF CONTROL METER



1. STOP button:

Press the button at first, and the treadmill will stop, retaining the data of display. The second press, all the data will be deleted.

2. START button:

start the treadmill to work.

3. SLOW incline button

For decrease the incline in the running.

4. FAST incline button

For increase the incline in the running.

5. SAFTEY switch

6. FAST speed button

For increase the speed or increase the preset data.

7. SLOW speed button:

For decrease the speed or decrease the preset data.

8. Volume increase button

9. Volume decrease button

10. The jack of Earphone

11. The jack of heart pulse line

12. The jack of frequency input

13. Switch of Power Amplifier

14. The program set button

15. INCLINE window

The first one display the number of automatic incline program, the second one and the third one display the data of incline

16. Direct speed choice button

17. CALORIE window

18. DISTANCE window

19. Dot matrix display window

20. TIME window

21. PULSE window

22. Direct incline choice button

23. SPEED window

24. Incline set button

Before making the electronic meter enter the set state, there are five kinds of programs to set and choose.

25. Fan switch

26. Pulse hold in hand 、 Inductor of speed up and speed down

OPERATION

1. Direct start:

Press start key when the treadmill is in stop state and all showed data are zero, it run at the lowest speed; press fast key, the speed will increase; press slow key, the speed will decrease.

2. Switch of Power Amplifier

Press one time of the switch of Power Amplifier, the indicator light bright, here increase and decrease the volume by (VOLUME+)、 (VOLUME-);press again this switch, the indicator light

go out, there's no use to increase and decrease the volume by (VOLUME+), (VOLUME-).

3. Fan switch

The function of fan is to expel the neagative and oxyen ion from the inner of electronic meter as soon as possible. If don't start the fan, the speed of venting will be decreased.(But don't influnce the function of fan largely);press one time is begain and the indicator light bright,press again is over and the indicator light go out.

4. Incline set :

Press incline set button will enter the state of automatic incline program, and the number of program display in the first one of incline window. Press this button continuously, there are five kinds of fixed programs to choose, and each one includes 20 segments incline data. The program will switch the next segment after running per 200m.After one program, the treadmill will run 4000m.

5. Program set:

Press programs set continuously, there are eight kinds of programs to choose: three kinds (P1、 P2、 P3) need to workout by person, the other five kinds (p4、 P5、 P6、 P7、 P8) are automatic programs, the icons of eight kinds programs display all on the dot matrix window.

Under P1program is pulse control speed set: here the pulse window flicker, the target value is 100 times per minute, the speed value is 2.8km/h, press slow and fast speed button can change the target value of pulse(If not change the target value is seen as the pulse control speed isn't set),here press start button ,the set data is accepted and adjust the speed according to contrast the sporter's pulse with the pulse of set automatically, so the sporter's actual pulse will keep on the target value.(Note:Many factors influnce the test of pulse,so the data is for reference only, the max running speed is 6km/h in this mode, the scope of pulse control speed is 50 times per minute—160 times per minute.

Under P2、 P3 programs are time and calorie set, change the time and clorie target value through fast and slow speed button on the opposite flicker windows in the same method.(If the target value is zero seen as it isn't set), here press the start button,the data is accepted the target value of time and clorie is decreased after starting until zero,the electronic meter send a moo sound and begin to add number.

Under the situation of pulse control speed isn't set,after starting can fast and slow speed by arbitrarily and use the direct button; under the pulse control speed is set conditon,if time and clorie are set or one of them is set, after starting can only speed up to 6km/h and can't use the direct button.

P4—P8 is the programs of automatic workout,sporter can choose the sport program suit to

oneself by icons. Press the start key, the treadmill begin to run, the speed change per 200m by chosen programs.

6. Direct speed set

To operate the treadmill, select any key when the treadmill is not in automatic adjusting speed. The speed will be adjusted as selection speed.

7. Direct incline set

In nonautomatic state, when treadmill starts, selecting any key from the incline programs, it will automatically adjust to the incline is selected.

8. Fast and Slow incline

Press the two buttons can adjust the fast and slow incline so as to change the incline of treadmill.

9. Fast and Slow speed

These are the keys of hand control speed, they can speed up or speed down continuously, adjusting the speed of treadmill by the two keys. The four jacks of electronic meter from left to right, the third one is speed up and speed down induction hold in hand switch. This function is shut by insert the plug of pulse sensor.

10. Volume increase 、 Volume decrease

Under the condition of starting power amplifier, controlling the volume of loudhailer.

11. Pause and stop

During treadmill runs, first press stop key, the treadmill will stop and keep all data, if here press start key, the treadmill will run as per original state; if press stop key in second time, all data in the windows will become to zero.

12. Safety switch

Press this switch, the treadmill stop running, all the windows flicker, here any operation is no use. Circumgyrating the switch according to the direction shows, the treadmill resume the state before stopping.

TROUBLESHOOTING YOUR TREADMILL

The motorized treadmills are designed to be reliable and easy to use. However, if you experience a problem, please reference the troubleshooting guide listed below.

PROBLEM: The console does not light up.

SOLUTION: Verify that the power cord is plugged in properly to the outlet, and that the treadmill switch is turned on.

PROBLEM: The treadmill circuit breaker trips during a workout.

SOLUTION: Verify that the treadmill is plugged into a dedicated 20amp circuit. NOTE: no extension cord.

PROBLEM: The treadmill shuts off when elevating

SOLUTION: Verify that there is enough slack in the power cord to reach to the wall outlet during elevation.

PROBLEM: The running belt does not stay centered during a workout.

SOLUTION: Verify that the treadmill is on a level surface. Verify that the belt is properly tightened(refer to centering the belt).

PROBLEM: The treadmill makes a clicking noise towards the front of the machine while walking or running on it.

SOLUTION: For optimum use, the treadmill needs to be level. Refer to the section on leveling your treadmill.

HEART RATE TROUBLESHOOTING

Check your exercise environment for sources of interference such as fluorescent lights, computer, or appliances containing large motors. These items may cause erratic heart rate readouts.

You may experience an erratic readout under the following conditions:

- Gripping the heart rate handlebars too light. Try to maintain moderate pressure while holding onto the heart rate handlebars.
- Constant movement and vibration due to constantly holding the heart rate handlebars while exercising. If you are receiving erratic heart rate readouts, try to only hold the grips long enough to monitor your heart rate.
- When you are breathing heavily during a workout.
- When your hands are constricted by wearing a ring.
- When your hands are dry or cold. Try to moisten your palms by rubbing them together to warm.
- Anyone with heavy arrhythmia.
- Anyone with arteriosclerosis or peripheral circulation disorder.
- Any one whose skin on the measuring palm is especially thick.

If the above troubleshooting section does not remedy the problem, discontinue use and turn the power off.

Please consult your local dealer for further assistance.

MAINTENANCE

1. Running board and running belt

- Brief:

The motorized treadmill use imported running belt, it's with lower friction coefficient, higher intensity of tension, the running board is specially with double shock absorption system, it's special smoothness and abrasion prevention.

- Clean

Keep cleanness of treadmill, it can prolong treadmill's life, please usually clean the exposed running board both side of the running belt and foot board. Clean the running belt by dipped soap water; please note not to let water flow into machine and under the running belt.

2. Lubricating

The running board/belt must be lubricated by special lubrication after a period of use, suggestion:

Treadmill works no more than 3 hours every week. It's lubricated one time every half of year.

Treadmill works no 3 to 6 hours every week. It's lubricated one time every 3 months.

Treadmill works more than 6 hours every week. It's lubricated one time every month.

Superfluous lubrication is not ok, it's not good with more lubrication, please remember: reasonable lubricating is a important factor for prolonging treadmill's life!

3. Evaluation of friction

The friction between running belt and board will be increased as dust or reduced lubrication, this perhaps can harm motor, controller increased friction is with following character:

- (1) When shut off power of treadmill, the running belt can't be moved or it's difficult for user to move by foot.
- (2) Pull out safe key when treadmill runs at middle-speed under load state, the running belt stops at once.
- (3) Causing harm of motor of controller, open circuit and the fuse blows.

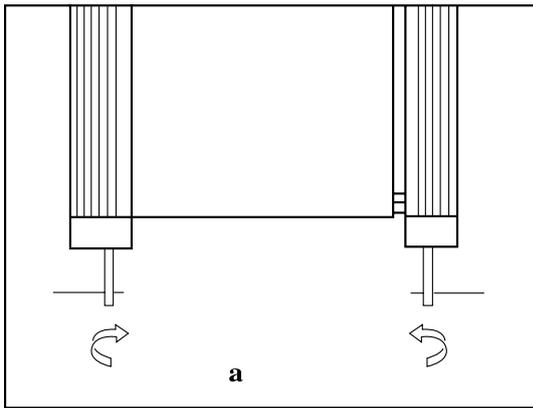
4. Adjust flab or tight belt

All running belt are adjusted before the treadmill leaving the factory or after assembling, but after a period of time of use, the belt will become flab, this circumstance sis out of guarantee to keep it good repair. The user adjust it by oneself., the flabby belt will cause slippage between belt and roller, but more tightly belt perhaps harms the motor, roller and itself. Usually, the space of 50-60mm between belt and footboard when pull the side of belt is reasonable.

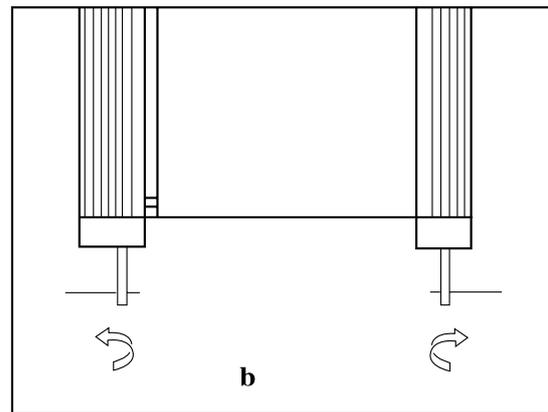
5. Adjust slanted running belt

All running belt are adjusted before the treadmill leaving the factory or after assembling, but after a period of time of use, the belt will become slanting, this circumstance is out of guarantee to keep it in good repair, the user adjust it by oneself. The slanting running belt will strictly harm itself, so the user must adjust it once find this circumstance.

The method of adjusting:



Cast off



Cas