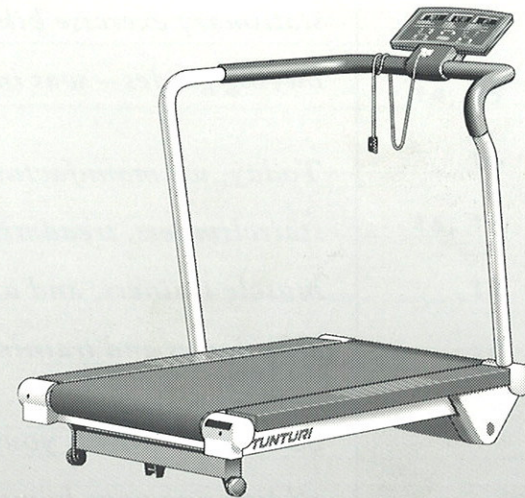# TUNTURI®

ELECTRONIC

TREADMILL

J660

J770

OWNER'S MANUAL

TABLE OF CONTENTS

It is extremely important that you read this manual thoroughly before assembling or using the treadmill.

The J660 & J770 treadmills are intended for residential use only.

The Tunturi J660 & J770 treadmills are intended for use by one person at a time with maximum user weights of 250 lbs./110 kg for the J660 & 300lbs./135kg for the J770.

TUNTURI TECHNICAL SUPPORT

The Tunturi J660 & J770 are exceptionally durable and are designed for heavy use. If any mechanical breakdown or electronic irregularity should occur, please call Tunturi Technical Support at 1-800-736-7616 (weekdays, 7:00 am - 5:00 p.m. PST). A qualified technician will assist you by offering service advice, obtaining spare parts and, if necessary, contacting an authorized field service representative.

The information presented in this manual is given in good faith and is, to the best of our knowledge, accurate. However, anyone who uses this information in any way does so entirely at their own risk. Neither Tunturi, Inc., nor its representatives can accept responsibility for any damage or injury incurred as a result of information presented here except under the terms of warranty of Tunturi products.

SAFETY FIRST

SAVE THESE INSTRUCTIONS!

DANGER: Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check 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.

GROUNDING PLUG

GROUNDED OUTLETS

GROUNDED OUTLET BOX

FIG. A
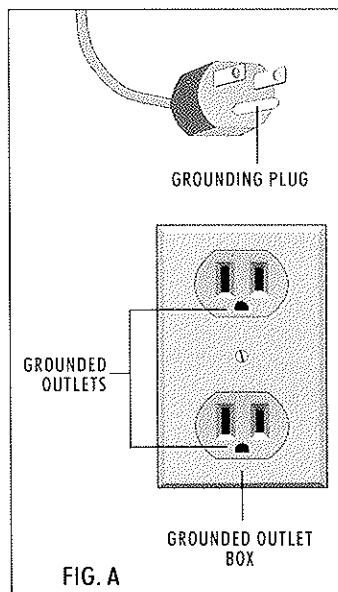
IT IS EXTREMELY IMPORTANT THAT ANYONE USING THE J660 OR J770 TREADMILLS TO FOLLOW THESE SAFETY PRECAUTIONS...

WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons please observe the following:

Never operate this treadmill if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or if it has been exposed to water. Do not pull the treadmill by its power cord or use the cord as a handle.

Do not place any liquids on any surface of the treadmill. Do not use outdoors. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.

Do not attempt any maintenance or adjustments other than those described in this manual. Never operate with the dust or side covers removed. Should any problems arise, discontinue use and consult a Tunturi authorized service representative.

DANGER: To reduce risk of electrical shock always unplug this treadmill from the electrical outlet after using and before cleaning, assembling, or servicing.

Keep the treadmill on a solid, level surface with sides and front at least two feet from any walls. Be sure the area behind the treadmill remains completely clear during use.

Close supervision is necessary when this treadmill is used near children, or persons with disabilities. Never operate the treadmill with pets or other animals present.

Never allow more than one person at a time on the treadmill.

Grounding Instructions

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current – reducing the risk of electric shock. This treadmill is equipped with a cord having an equipment grounding connector and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. (See FIG. A)

This treadmill has a standard American grounding plug. Never remove, or otherwise bypass with an adapter, the electrical ground contained in the treadmill's three-lug plug.

Never use extension cords between the treadmill and your wall outlet.

This unit must be plugged into a dedicated 115v AC/15 amp electrical outlet with a constant 115 volts measured at the treadmill. Outlets that service multiple appliances, or have fluctuating voltage of more that 5%, will result in erratic per-

formance or cause damage to treadmill electronics. Using electrical power other than that which has been specified by Tunturi, Inc., will ultimately void any warranty, implied or otherwise.

ALSO...

See your physician for a complete medical exam before beginning any new exercise program.

When starting the treadmill, always stand with both feet on the side landing areas. When finished allow the running belt to slow and come to a complete stop before stepping off.

Always use the handrail when stepping on or off the treadmill and when changing incline or speed.

Keep hands clear of any moving parts. Never place hands, feet, or any objects under the treadmill.

Wear comfortable, non-restrictive clothing when using the treadmill. To avoid injury and damage to the treadmill, never wear anything loose. Never drape towels on or around the treadmill.

The treadmill is equipped with a safety tether key. If the key is removed from its place near the electronic display, the treadmill will immediately stop. Always clip the cord attached to the safety tether key to a part of your clothing so the key will be pulled from its place, stopping the treadmill, as necessary.

The treadmill should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.

Use this treadmill only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.

Keep the cord away from heated surfaces.

Never drop or insert any object into any opening.

To disconnect, turn all controls to the off position, then remove the plug from the outlet.

Wear shoes with high-traction soles and adequate support.

Always stretch prior to and following any exercise program. Warm up slowly by walking at a slow speed. Increase gradually until you reach your desired workout pace. Before completing an exercise session, slow your pace gradually to an easy walk, allowing your heart rate to decrease to normal.
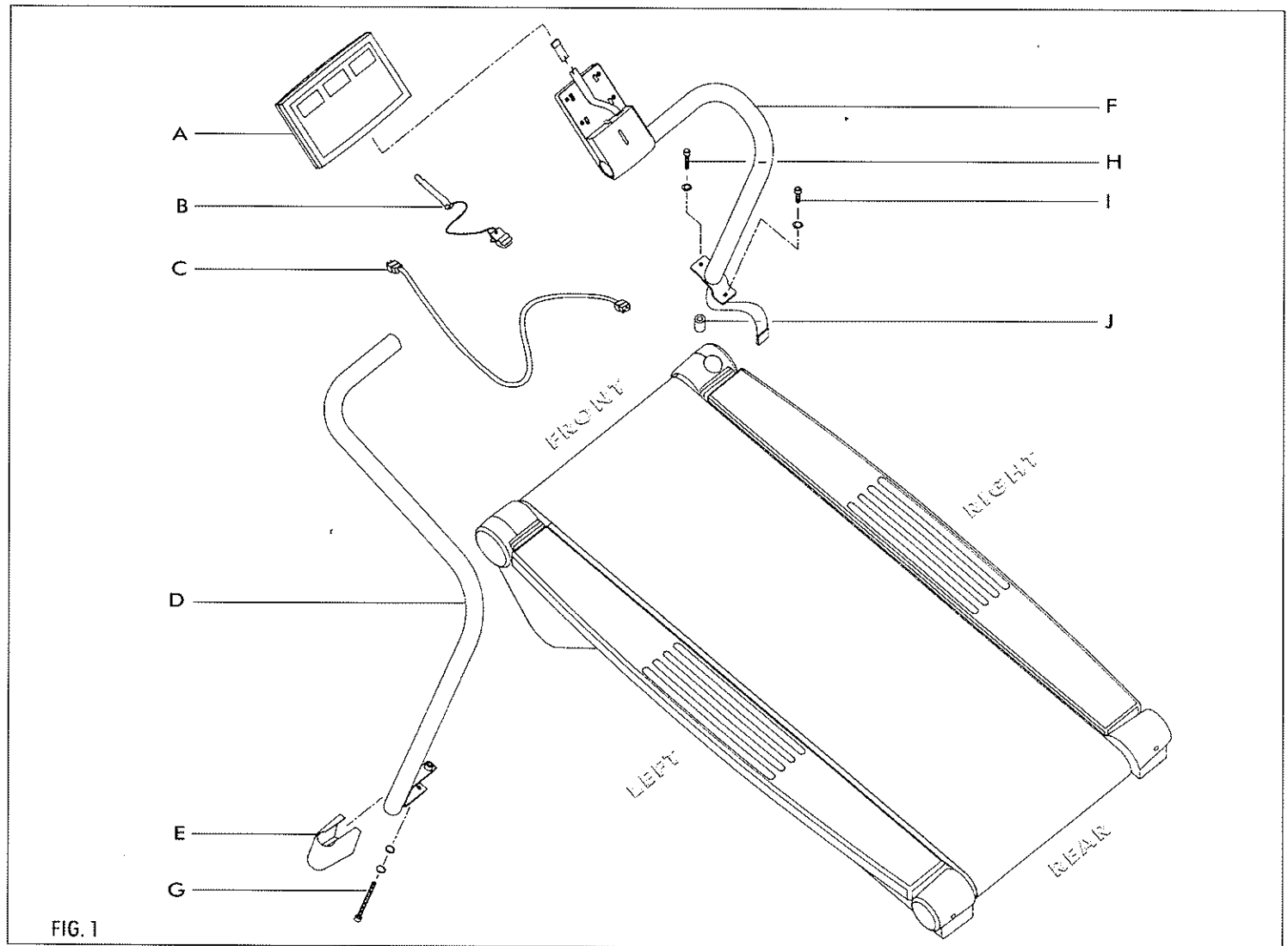
NOTE: If you experience dizziness, nausea, chest pain, or other abnormal symptoms, stop immediately. Consult a physician before continuing.

*If you need assistance, or
if parts are missing please
call toll free:
Tunturi Technical
Support
1–800–736–7616*

FIG. 1

STEP 1   MAKE SURE ALL PARTS & HARDWARE KIT ARE PRESENT (FIG. 1)

A   Electronic Display
B   Safety Tether Key with Cord & Clip
C   Power Cord
D   Left Handlebar
E   Handlebar Bracket Cover
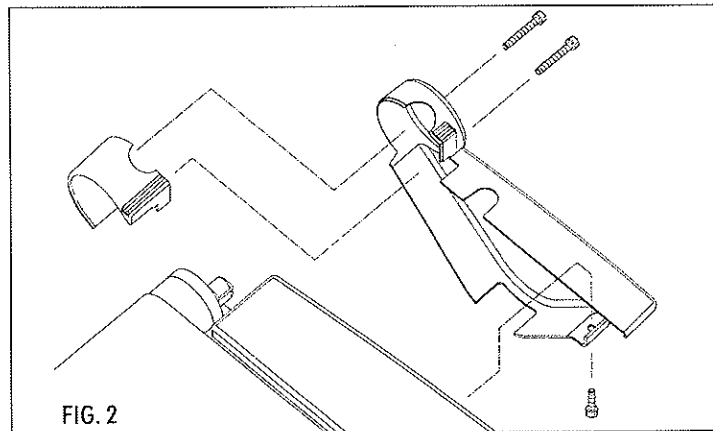F   Right Handlebar with attached Display Base

Hardware Kit, includes the Following:

G   1 – M8 x 80 mm allen screw, flat washer & lock washer
H   1 – M8 x 60mm allen head screw & flat washer
I   1 – M8 x 20mm allen head screw & flat washer
J   1 – 35mm steel bushing
       1 – Phillips head screwdriver, (not shown)
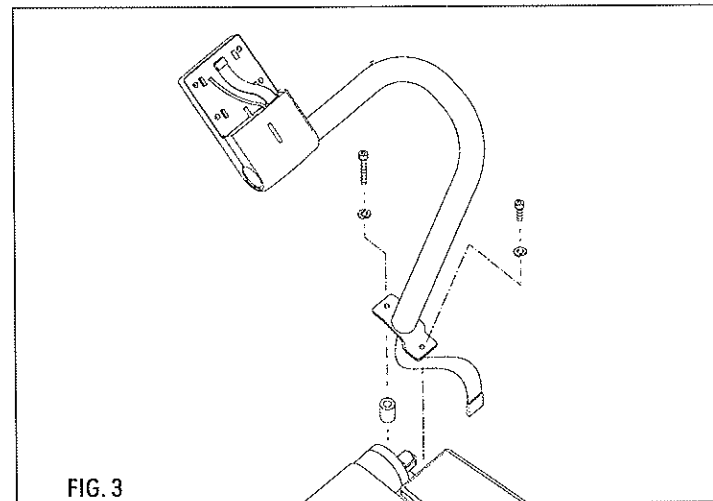   1 – 5mm allen wrench, (not shown)

Refer to fig. 1, page 5 for left, right, front & rear orientations.

FIG. 2

STEP 2   REMOVE RIGHT SIDE COVER   (FIG. 2)

Remove the screws that attach the Right Side Cover and Right Front Roller Cover (3 screws total). Remove the covers.


FIG. 3

STEP 3   INSTALL RIGHT HANDLEBAR   (FIG. 3)

3A Hold the Right Handlebar in place at the front right corner of the treadmill and secure it using the 50mm and 20mm screws each with a flat washer. Insure the Steel Bushing is installed between the front right handlebar base and the treadmill frame. Be careful not to pinch or otherwise damage the ribbon cable that comes out the bottom of the handlebar.

STEP 4   J660   (FIG. 4.1)

4A Plug the flat ribbon cable and small cable into the connectors on the back side of the Electronic Display. Carefully slide the Computer Display onto the Display B~~~

FIG. 4.1 (J660)
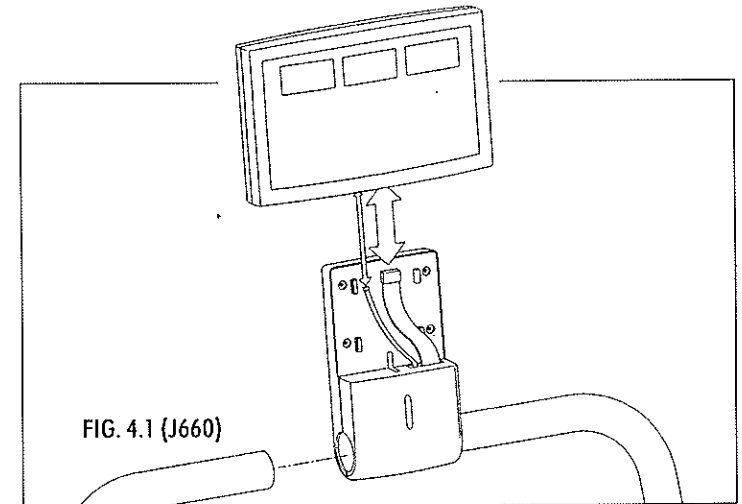
4B Insert the Left Handlebar inside the plastic Display Base, Tighten the pre–installed screws in the back of the Display Base. Insure that the handlebars are secure. Careful not to pinch or damage the flat ribbon cable during assembly.

STEP 4   J770   (FIG. 4.2)

4a Plug the flat ribbon cable and the small cable into the connectors on the back of the Computer Display.

4b Carefully slide the Computer Display onto the Display Base. Careful not to pinch or damage the cables.

4c Plug the small cable, (located at the top end of the Left Handlebar), into the cable coming out of the Display Base.
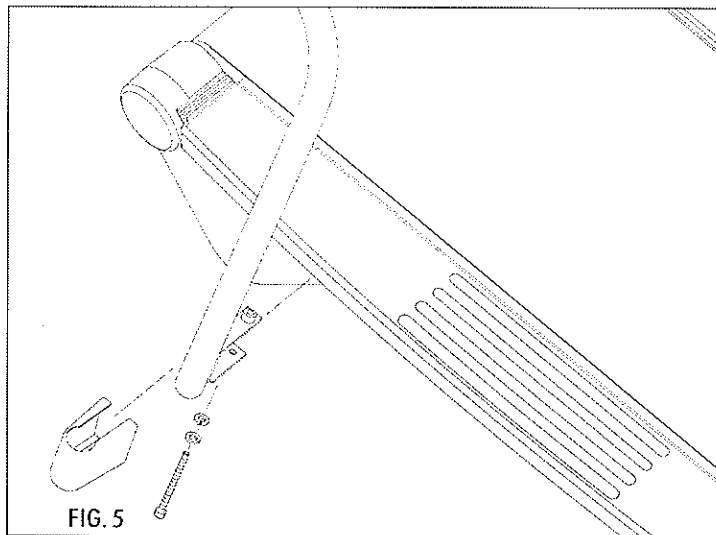
4d Insert the Left Handlebar inside the plastic Display Base, (attached to the right handlebar). Tighten the pre–installed screws in the back of the Display Base. Insure that the handlebars are secure. Careful not to pinch or damage the cables during assembly.

FIG. 4.2 (J770)
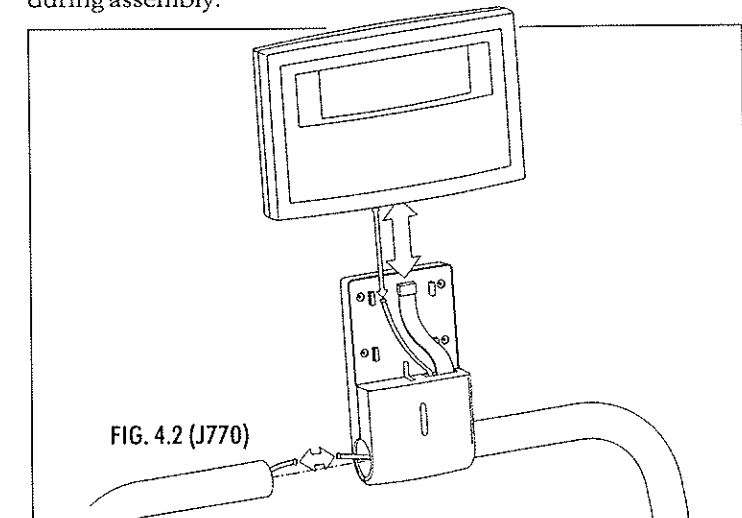
Double check all fasteners assembled so they are sufficiently tightened and secure. Loose bolts can result in personal injury and/or damage to the treadmill.

FIG. 5

STEP 5 (FIG. 4A, 4B, 5)

5A When the the Left Handlebar is pressed in and touching the top end of the Right Handlebar, tighten the pre-installed screws in the back of the Display Base. Insure the handlebars are held securely together. (See FIG. 4A, 4B)

5B Attach the Left Handlebar to the running deck side rail using the 80mm screw, flat washer and lock washer. (See FIG. 5)

5C Attach the Handlebar Bracket Cover by snapping it into place over the lower end of the Left Handlebar. (See FIG. 5)
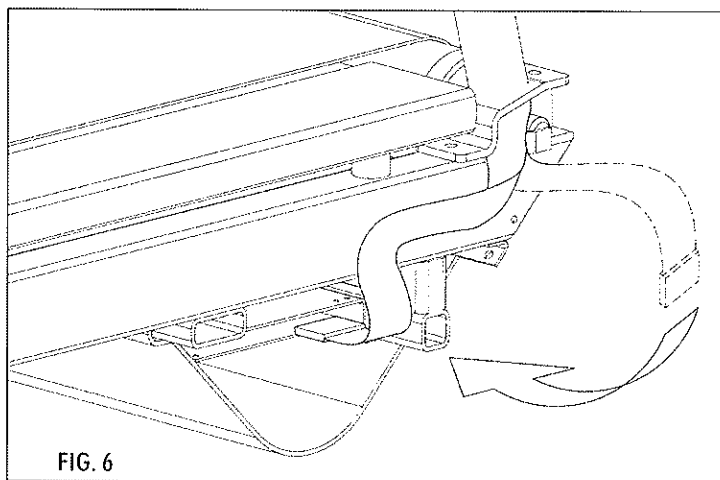
FIG. 6

STEP 6 (FIG. 6)

Locate the lower circuit board at the right front corner of the

treadmill under the frame. Carefully plug the lower end of the flat ribbon cable into the lower circuit board. The flat ribbon cable exits through the bottom of the Right Handlebar.
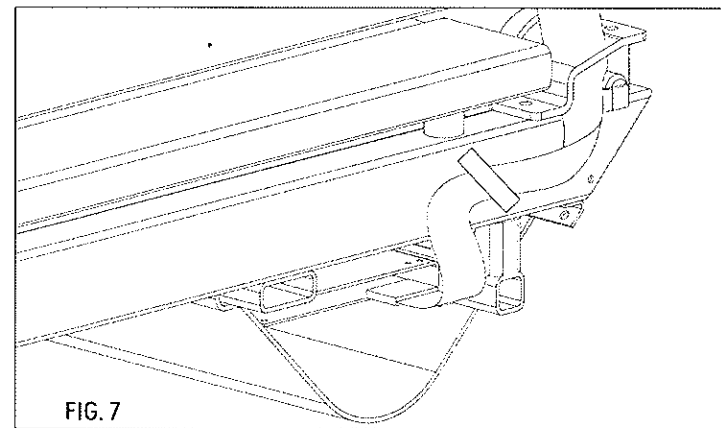
FIG. 7

STEP 7 (FIG. 7)

Remove the paper from the double-sided tape on the frame and press the loose part of the ribbon cable against it. Verify that it remains in place.

STEP 8 (FIG. 2, PAGE 6)

Attach the Right Side Cover and Front Roller Cap. Careful not pinch or break the ribbon cable.
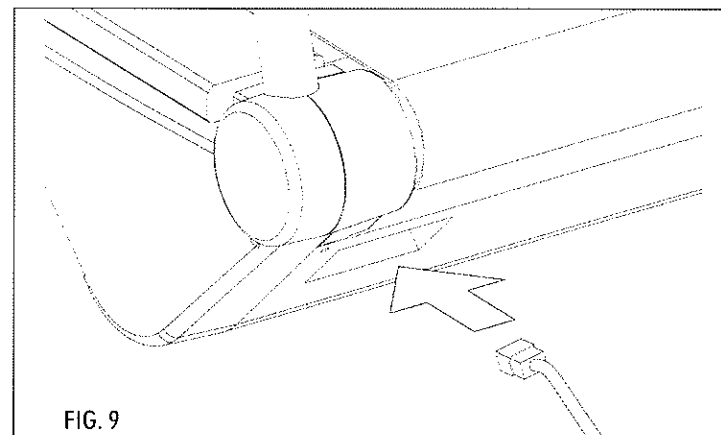
FIG. 9

STEP 9 (FIG. 9)

Plug the socket end of the power cord into the treadmill at the lower right front corner. Read all warnings on the treadmill before plugging it into the wall. (See FIG. 9)

The treadmill is now ready to use.

DEVELOPING AN EXERCISE PROGRAM

CAUTION: What follows are general recommendations and should only be used as such. Please modify these recommendations to accommodate your personal fitness level.

It is extremely important to discuss your exercise plans with your physician prior to working out so that you develop a program appropriate for your level of fitness. If at any time you should feel faint, dizzy, nauseous, experience heart palpitations, or any other abnormal symptoms or discomfort, discontinue use and consult your physician.

INTRODUCTION

The Tunturi J660 and J770 are designed for a variety of fitness needs and are conducive for walking, jogging, and/or running. All three modes of exercise, when performed consistently, will improve the quality of life.

Your goal may be to:

- Increase cardiovascular fitness
- Increase lung capacity
- Increase circulation
- Increase muscular strength and endurance
- Increase bone strength

Or you may want to:

- Decrease body fat
- Decrease stress
- Decrease cholesterol
- Decrease blood pressure

PHILOSOPHY

Tunturi has carefully researched your fitness needs and designed programs with every fitness level in mind. Exercise has been shown to enhance the quality of life and we would like to see everyone move to a higher degree of fitness. Motivation is a key to success of this endeavor, so throughout the design process, motivation was considered. The variety of programs and intensity levels will help you in achieving your fitness goals.

OBJECTIVE

The objective, as with all fitness programs, is optimal health and fitness. Age, sex, body weight, and current fitness levels all combine to determine the intensity of the workout. The optimal aerobic program varies the muscle involvement from workout to workout. This is called cross training, it enables you to involve the maximum amount of muscle fiber throughout the week by varying the type of aerobic exercise.

Though the heart is the primary muscle targeted in any aerobic workout, muscle enhancement in other areas of the body, specifically the lower extremity, is important. When the same muscle group is moved at a different angle, a different part of that muscle group is strengthened. The end result is a more complete development of the entire muscle group.

Tunturi has provided you with several different programs, each with various intensity levels (43 pre-programmed combinations on the J770). Identifying the correct level and program makes your workout fun, challenging, and interesting … the end result being a more complete development of the entire muscle group, making optimal health and fitness a reality.

AEROBIC EXERCISE

The Tunturi treadmill is an aerobic exercise device and functions primarily to increase aerobic capacity. The benefits of aerobic exercise have been found to strengthen and tone muscles, increase cardiovascular fitness, improve blood circulation, increase bone density, strengthen the heart, lower blood cholesterol, aid digestion, reduce stress, decrease body fat, and increase metabolic rate.

Aerobic exercise refers to a physical activity which requires large amounts of oxygen for prolonged periods.

During aerobic workout, strenuous demands are placed on the heart and lungs; the heart pumps quickly to spread blood to the muscles, and the lungs work hard to oxygenate that blood. As you work to oxygenate the blood for your muscles, your entire cardiovascular system becomes stronger and your muscles get leaner.

Also, the energy used to work muscles comes from body fat. Aerobic exercise is the best way to burn fat as well as strengthen and tone muscles.

AEROBIC TRAINING ZONE

Your Aerobic Training Zone is the workout intensity that will yield the greatest benefits to you. The Institute for Aerobics Research recommends that this Aerobic Training Zone fall between 60% and 80% of your maximum heart rate (the fastest your heart can physically beat). *NOTE: A maximum heart rate up to 85% is acceptable for developed or advanced aerobic exercisers.*
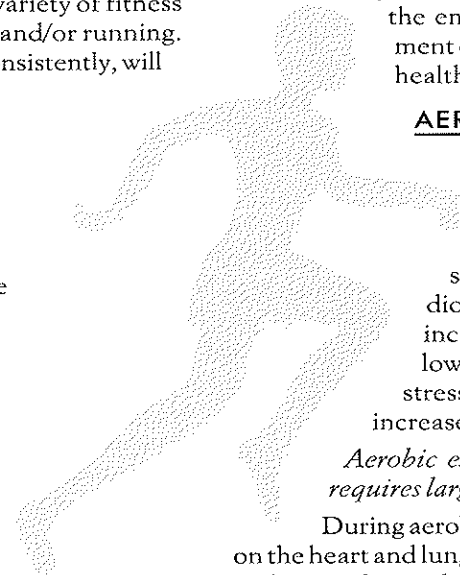
The Heart Rate Chart shown below offers a quick reference and a rough approximation of your Aerobic Training Zone. It is based only upon age and since fitness levels vary dramatically within an age group, we highly recommend that you consult your physician to determine your exact training zone.

MONITORING YOUR HEART RATE

It is very important to monitor your heart rate throughout the exercise session. Your heart rate indicates the intensity of your workout. Many people begin an exercise program too zealously and discontinue because it becomes too difficult. Exercise should be a pleasant experience, and exercising at the correct intensity level will enhance the pleasure.

You should check your heart rate periodically throughout your workout to verify that you are exercising in your training zone. If you do not have an electronic pulse monitor, use the 6-second manual count method:

1 Slow down or stop briefly.

2 Lightly place your index and second finger at the side of your neck or to the thumbside or your wrist.

3 Count your pulse beats for six seconds.

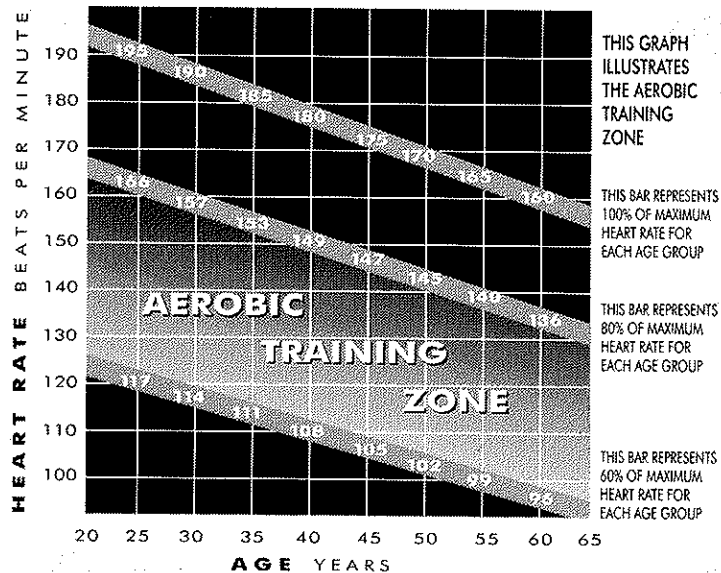4 Multiply the number of pulse beats by 10 to calculate your heart rate.

Adjust your workout intensity if you are below or above your Aerobic Training Zone.

WORKOUT DURATION

To gain the benefits of aerobic exercise, you must maintain your heart rate within your training zone for at least 12 uninterrupted minutes. If you're beginning an exercise program, stay at the 12-minute minimum for at least one week. Increase your time by no more than 10 percent each week.

People in excellent cardiovascular shape can exercise for longer periods of time because their heart, muscles, and bones have developed to handle it. Increase duration as your strength increases. But, remember, it takes time to strengthen all of the body's systems. Please, listen to your body, and know your

THIS GRAPH ILLUSTRATES THE AEROBIC TRAINING ZONE

THIS BAR REPRESENTS 100% OF MAXIMUM HEART RATE FOR EACH AGE GROUP

THIS BAR REPRESENTS 80% OF MAXIMUM HEART RATE FOR EACH AGE GROUP

THIS BAR REPRESENTS 60% OF MAXIMUM HEART RATE FOR EACH AGE GROUP

limits. If you exercise longer than 60 minutes, benefits are reduced and risk of injury is increased. If you experience dizziness, nausea, chest pain, or other abnormal symptoms, stop immediately. Consult a physician before continuing.

WORKOUT ROUTINE EXAMPLES

A person who wants to walk for health and fitness, lowering cholesterol and increasing circulation while burning some calories, may want to build a program like this:

Day 1   Easy Walking (intensity level 1 or 2)

Day 2   Rest

Day 3   Hill Climbing (intensity level 1 or 2)

Day 4   Rest

Day 5   Easy Walking (intensity level 1 or 2)

Day 6   Rest

Day 7   Cardiovascular Training (intensity level 1 or 2)

A serious walker, interested in greater cardiovascular fitness and weight loss, may develop a program plan that looks like this:

Day 1   Time/Distance (intensity level 2 or 3)

Day 2   Strength Development (intensity level 2 or 3)

Day 3   Weight Loss (intensity level 2 or 3)

Day 4   Hill Climbing (intensity level 2 or 3)

Day 5   Weight Loss (intensity level 2 or 3)

Day 6   Strength Devlopment (intensity level 2 or 3)

A jogger looking for improved aerobic capacity and an increase in his/her mile time will take a different approach and develop a program that looks like this:

Day 1   Cardiovascular Training

Day 2   Rest

Day 3   Strength Development

Day 4   Rest

Day 5   Time/Distance

Day 6   Rest

Day 7   Hill Climbing

THE J770 ELECTRONIC METER & FEATURES

DISTANCE
Displays distance traveled during the exercise session.

% ELEVATION
Displays current %Elevation or incline (up to 10% in 1% increments).

PULSE
Displays heart rate, (beats per minute). Used with Polar® Heart Rate Technology accessory, (See page 20).

RESET
When the treadmill is running: Resets all workout data, including time, distance, and calories. When the treadmill is stopped: Returns computer to the "enter weight" mode. To continue, either set weight and push the ENTER button or just push ENTER (and accept the default weight).

SCAN/SELECT
Pressing this button once starts scanning the different display values. Pressing this button a second time stops scanning, allowing the computer to display the current parameter.
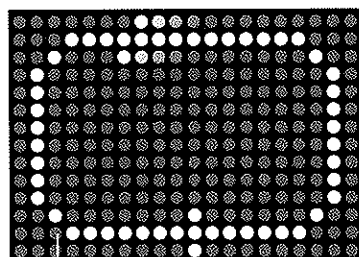
TOTAL TIME & CYCLE TIME

TOTAL TIME
Displays the elapsed time of the exercise session (up to 99.59 minutes in 1 second increments).

CYCLE TIME
Time remaining, (countdown), of each cycle of the programmed workouts.

MANUAL MODE, RACE TRACK PROFILE

WORKOUT DISPLAY
Provides a visual representation of the workout and your progress. Pre-programmed profile shown. Race Track profile, (manual mode), shown left, (See pages 12, 13).

CALORIES & CAL./MINUTE

CALORIES
Uses values of user weight, time, speed, and elevation incline to calculate and display cumulative calories burned during the exercise session.

CAL./MINUTE
Calculates calories exhausted per minute.

PACE
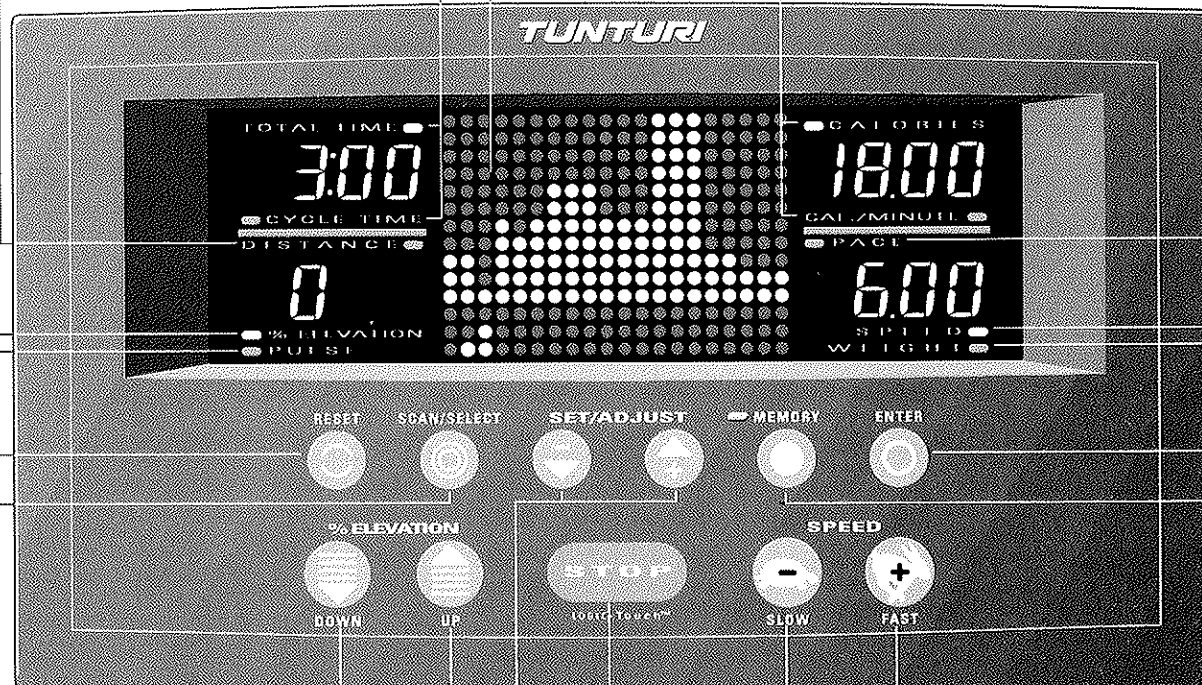Displays the time it takes to run/walk a mile/km at the current speed.

SPEED
Displays running belt speed from 1 to 10 mph (1.5–16 kph) in 0.1 mph (0.1 kph) increments.

WEIGHT
Displays current user weight entered. Up to 300 lbs. or 135kg.

ENTER
Used to confirm the user weight and other parameters set by user. See OPERATION & EXERCISE TECHNIQUE.

MEMORY
This button is used to access the pre-programmed workouts and to instruct the computer to "remember" your current workout. A small L.E.D. light to the left of the label illuminates during program usage. See RECORDING & SAVING A USER PROGRAM.

% ELEVATION

DOWN
Decreases the %Elevation in1% increments.

UP
Increases the %Elevation in 1% increments.

SET/ADJUST
These buttons are used to set the correct weight or adjust other workout parameters.

STOP
Stops the treadmill motor and running belt.
Enters the "pause" mode if pressed once. The treadmill remembers all exercise data (including current speed and elevation incline) for one to five minutes.
If pressed twice or when the pause time expires, stops all functions and resets the display.

SPEED

SLOW (tortoise)
Reduces running belt speed in 0.1 mph or in 0.1 kph increments

FAST (hare)
Increases running belt speed in 0.1 mph or in 0.1 kph increments

THE J660 ELECTRONIC METER & FEATURES

When illuminated The following features are displayed in the left L.E.D. display:

DISTANCE

Displays distance traveled during the exercise session.

% ELEVATION

Displays current elevation incline (up to 10% in 1% increments).

PULSE (OPTIONAL)

Displays heart rate, (beats per minute). Used with optional Polar® Heart Rate Technology accessory, (See page 20).

RESET

When the treadmill is running: Resets all workout data, including time, distance, and calories. When the treadmill is stopped: Returns computer to the "enter weight" mode. To continue, either set weight and push the ENTER button or just push ENTER (and accept the default weight).

SCAN/SELECT

Pressing this button once starts scanning the different display values. Pressing this button a second time stops scanning, allowing the computer to display the current parameter.

When illuminated The following features are displayed in the center L.E.D. display:

TIME	PACE	WEIGHT
Displays the elapsed time of the exercise session (up to 99.59 minutes in 1 second increments).	Displays the time it takes to run/walk a mile or kilometer at the current speed.	Displays weight entered up to 250 lbs. (110kg) maximum weight

% ELEVATION

DOWN
Decreases the %Elevation or incline in 1% increments.
UP
Increases the %Elevation or incline in 1% increments.

SET/ADJUST

These buttons are used to set the correct weight or adjust other workout parameters.

STOP

Stops the treadmill motor and running belt.
Enters the "pause" mode if pressed once. The treadmill remembers all exercise data (including current speed and elevation incline) for one to five minutes.
If pressed twice or when the pause time expires, stops all functions and resets the display.

SPEED

SLOW (tortoise)
Reduces running belt speed in 0.1 mph or 0.1 kph increments
FAST (hare)
Increases running belt speed in 0.1 mph or 0.1 kph increments.

When illuminated The following features are displayed in the right L.E.D. display:

SPEED

Displays running belt speed from 1 to 10 mph in 0.1 mph, (1.5 to 16 kph in 0.1kph), increments.

CALORIES

Uses values of user weight, time, speed, and elevation incline to calculate and display cumulative calories burned during the exercise session.
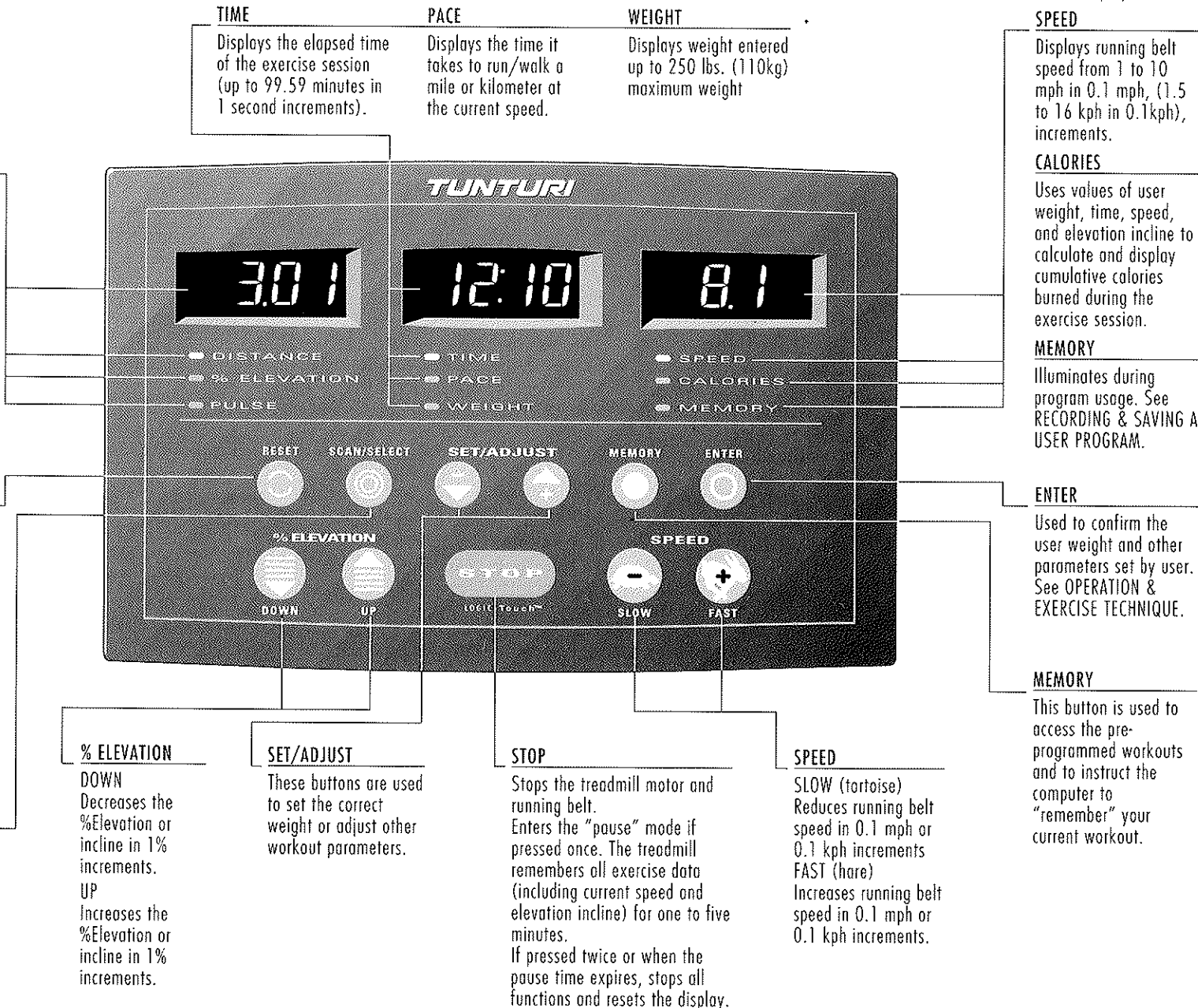
MEMORY

Illuminates during program usage. See RECORDING & SAVING A USER PROGRAM.

ENTER

Used to confirm the user weight and other parameters set by user. See OPERATION & EXERCISE TECHNIQUE.

MEMORY

This button is used to access the pre-programmed workouts and to instruct the computer to "remember" your current workout.

J660 & J770 PROGRAMS

INTRODUCTION

Your new treadmill has specially designed programs stored in permanent memory. You can also record and store or save your own program(s) to suit your specific needs, (See Recording and Saving a User Program, Pg. 15).

Model number and features:

J660 PROGRAMABILITY

5   Pre–programmed work–outs, see Programs 1–5.

1   User–defined programmed workout.

J770 PROGRAMABILITY

9   Pre–programmed work–outs, see Programs 1–9.

2   User–defined programmed workouts.

Each pre-programmed workout profile can be executed at five levels of intensity, except "Easy Walking" which has three levels, (Choosing Program Intensity Level, Pg. 15).

You can further customize any selected program by changing the Speed and % Elevation at any time – the different levels of Speed and % Elevation targeted by the treadmill are programmed as a guide and challenge only. Depending on your physical characteristics (height, leg length, etc.) you may want to adjust the Speed and or % Elevation incline.

PROGRAM 1   EASY WALKING

Also called Health, Leisure, or Wellness Walking, this program is a comfortable way to decrease blood lipoprotein levels and improve circulation.

PROGRAM 2   TIME / DISTANCE

This is a stabilization or general conditioning program designed to maintain the current level of fitness you have gained from other programs. It strengthens the cardiovascular system as well as all the muscles of the upper body and lower extremity.

PROGRAM 3   HILL CLIMBING

A cardiovascular conditioning program. Slight changes in speed accompanied by drastic incline changes help create a stronger heart and greater cardiac output. The heart will beat faster and harder while going up the hill and recover a bit going down.

PROGRAM 4   CARDIOVASCULAR TRAINING

This program is based on the principle of interval training. The heart rate is elevated to 85% of its maximum for several minutes and then allowed to rest for several minutes. Track coaches have consistently used this principle to increase running speeds. It is accomplished by running "all out" for a specific distance, elevating the heart to a near anaerobic state, followed by slow jogging to recover the heart rate. This method strengthens the muscle of the heart. Though Tunturi does not recommend elevating the heart rate above individual target zones (above 85% of maximum), we do set speeds to increase and decrease the heart rate within individual target zones. The Cardiovascular Training program will increase your cardiovascular capacity to enable your body to handle workouts of longer duration.

PROGRAM 5   WEIGHT LOSS

This Program has been developed for individuals whose goal is to burn excess body fat. Two important physiological changes must occur. First, greater cardiovascular fitness and aerobic capacity must be developed. And second, higher degrees of strength and muscular endurance must be obtained. Fat loss occurs when the muscles in the body need fuel for their movement. The body breaks up fat molecules, stored as fat deposits in specific areas of the body, mobilizes them, and carries them to the working muscles. The more muscle the body has, the more fat is needed for energy. If you are just beginning a weight loss program, a long duration exercise session at any intensity would be too strenuous. Start with level one. Increase the speed if you want, but do not increase duration. Gradually (over four to six weeks), work up to level three. Your muscles and metabolism need a chance to develop into the fat burning machine that you will become.
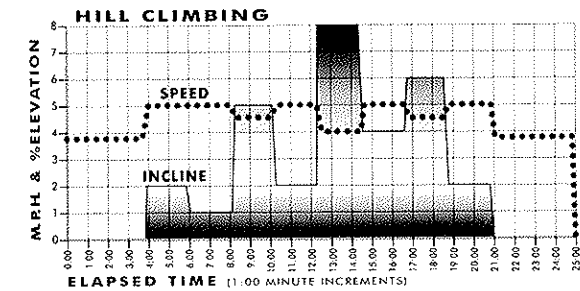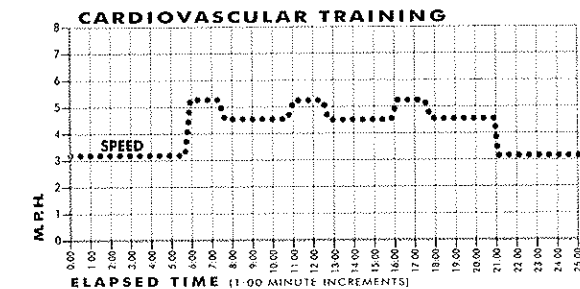
Pro1
(PROGRAM 1)

IL 2
(INTENSITY LEVEL 2)
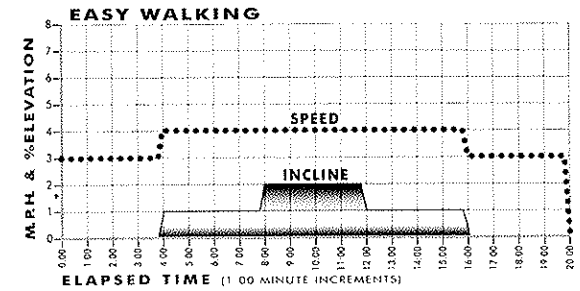
Pro2
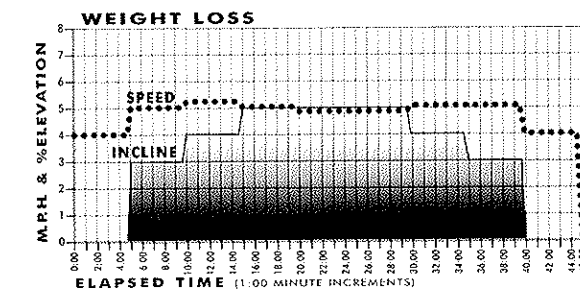(PROGRAM 2)

IL 3
(INTENSITY LEVEL 3)
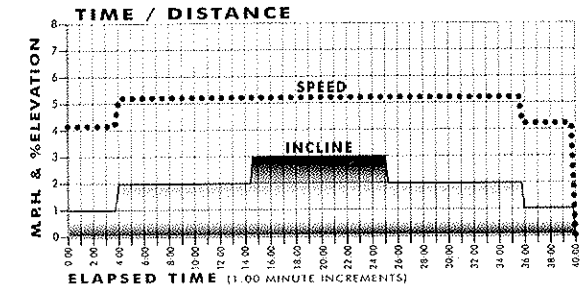
Pro3
(PROGRAM 3)

IL 3
(INTENSITY LEVEL 3)
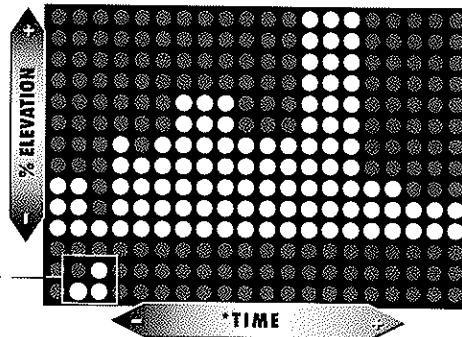
Pro4
(PROGRAM 4)

IL 3
(INTENSITY LEVEL 3)

Pro5
(PROGRAM 5)

IL 3
(INTENSITY LEVEL 3)

J770 ELECTRONIC WORKOUT DISPLAY

The illustrations below explain the features for each type of Workout Display/Profile available on the J770.

USER POSITION

Indicates user position relative to overall workout.

PROGRAM MODE: WORKOUT PROFILE

A profile diplay activates while in pre-program, or user-program modes.
*Represents distance in programs 8 & 9.
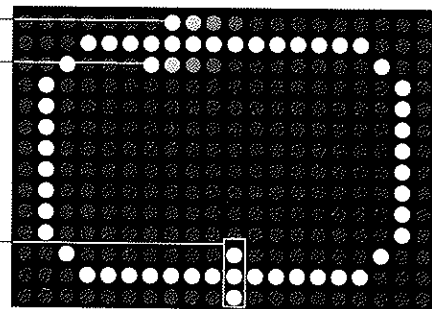
USER POSITION

Indicates user position relative to user set speed.

PACER

L.E.D. travels around track at 12.2 Kph, (7 m.p.h.).

STARTING LINE

Indicates beginning of user and pacer position.

MANUAL MODE: RACE TRACK PROFILE

This display activates when choosing the manual mode. The display represents a running track with a distance of 1/2 kilometer, (.37 miles).

PROGRAM 6 J770 ONLY TIME SAVER

Packs important aspects from the interval training, hill climbing, speed changes, and strength training program profiles into one 20-minute workout session; appropriate for a day when conditioning is necessary but time is limited. As long as the heart rate stays within 60 to 85% of the maximum, you can accomplish a complete workout and, performed three times per week, the Time Saver program provides both cardiovascular and strength training benefits.

PROGRAM 7 J770 ONLY STRENGTH DEVELOPMENT

This is a short workout of fast speeds and steep inclines designed to strengthen leg, hip, and buttock muscles like quadriceps, hamstrings, and gluteals to ultimately improve fitness. Regardless of your fitness goal, inclusion of this program at least once per week is beneficial. All levels are twenty minutes long with five minute warm up and five minute cool down periods. Muscle strength and endurance in the quads (front of thighs), gluteals, hamstrings, and calves enhances the ability to perform any aerobic exercise, especially walking and running. The greater muscle mass in these muscle groups provides the body with more active muscle tissue and results in a higher degree of fat burning – even while the body is at rest.

PROGRAM 8 J770 ONLY 5K RACE

In this program, the computer only controls incline changes when you reach specific mileposts. You decide the speed and determine the overall duration of the workout. The program ends when you reach 5 kilometers (3.1 miles).

PROGRAM 9 J770 ONLY 10K RACE

Similar to the 5k Race program, you determine the speed and overall duration of the workout, the computer controls incline changes. The program ends at 10 kilometers (6.2 miles).

Pro6
(PROGRAM 6)
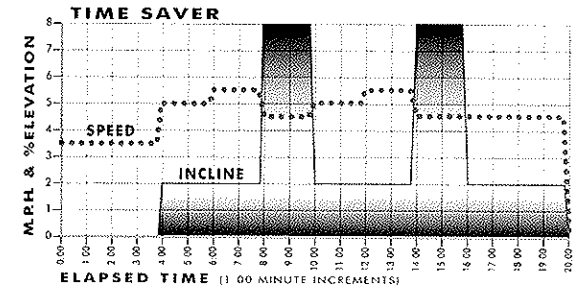
IL 3
(INTENSITY LEVEL 3)

Pro7
(PROGRAM 7)

IL 3
(INTENSITY LEVEL 3)

Pro8
(PROGRAM 8)

IL 3
(INTENSITY LEVEL 3)

Pro9
(PROGRAM 9)
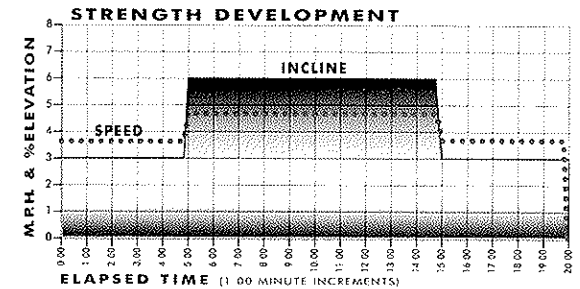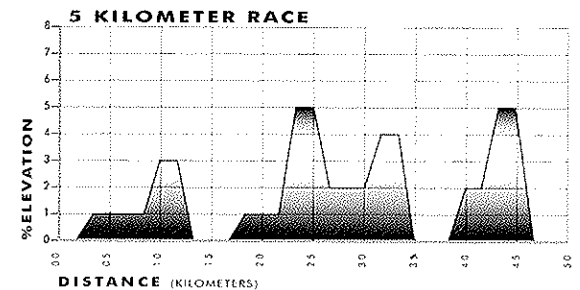
IL 3
(INTENSITY LEVEL 3)

OPERATION & EXERCISE TECHNIQUE

THE FOLLOWING GUIDELINES MUST BE OBSERVED PRIOR TO OPERATION

CAUTION: Failure to follow these guidelines may lead to serious injury and cause damage to the treadmill.

2 FEET MINIMUM
FRONT
LEFT SIDE
RIGHT SIDE
2 FEET MINIMUM
2 FEET MINIMUM
REAR
4 FEET MINIMUM

FIG. 10

THE FLOOR MUST BE SOLID, AND LEVEL. IT MUST BE CLEAN AND LINT-FREE. DO NOT USE THE TREADMILL ON A CARPET THAT IS GREATER THAN 1/2 INCH IN HEIGHT.

THERE MUST BE AT LEAST FOUR FEET OF CLEARANCE BEHIND THE TREADMILL AND AT LEAST TWO FEET ON THE OTHER THREE SIDES. (FIG. 10)

POSITION THE TREADMILL SO YOU HAVE COMPLETE VISIBILITY ON ALL SIDES. THIS IS ESPECIALLY IMPORTANT IN HOMES WITH CHILDREN AND PETS.

THIS UNIT MUST BE PLUGGED INTO A DEDICATED AND GROUNDED 115V AC/20 AMP ELECTRICAL OUTLET WITH A CONSTANT 115 VOLTS MEASURED AT THE TREADMILL.

BEFORE EACH USE, YOU MUST CHECK THAT THE RUNNING BELT IS ALIGNED AND CENTERED ON THE TREADMILL BED AND THAT ALL VISIBLE COMPONENTS AND FASTENERS ARE SUFFICIENTLY TIGTHENED AND SECURE.
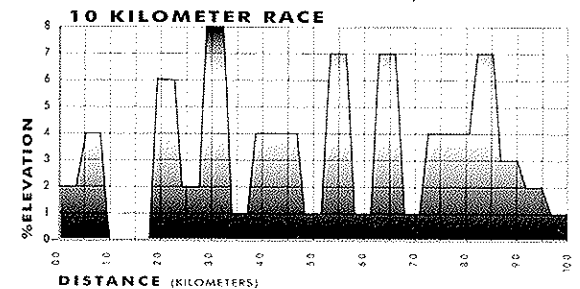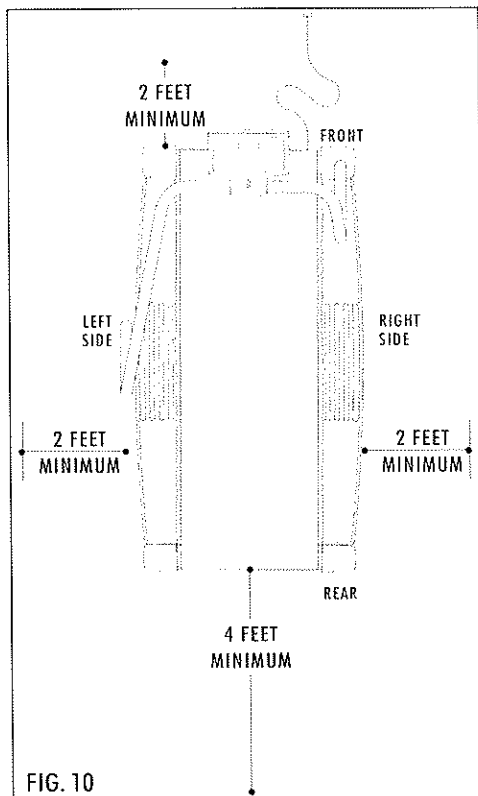
VERIFY THAT ALL VISIBLE COMPONENTS AND FASTENERS ARE SUFFICIENTLY TIGHTENED AND SECURE.

BECOME COMPLETELY FAMILIAR WITH ALL SWITCHES, BUTTONS, AND THE ELECTRONIC FEATURES, (SEE PAGES 10–13).

Read manual thoroughly before beginning your first exercise session.

OPERATING THE TREADMILL

STEP 1   TURN POWER ON

1A Plug the treadmill in and turn the power switch on, [the power switch is located at the lower right front of the treadmill, (Fig. 9, Page 7)].

- *The computer will perform a self–check then the display will scroll and read; "Tunturi J770" or "Tunturi J660".*
- *When the Computer is ready for operation it will emit two short "beeps" and display the last entered user weight.*
- *The small light next to the WEIGHT label begins to flash.*

STEP 2   INSERT SAFETY TETHER KEY

If the Safety Tether key is not installed the display will read; "teth" prompting for insertion of Safety Key.
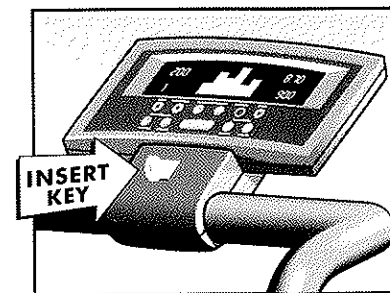
2A Insert the Safety Tether Key. Attach the clip on the other end of the cord to an article of clothing above your waist.

Note: The treadmill cannot be used if the safety tether key is not properly installed in the meter base.

Important J770 Note: Choose the User # by pressing the SET/ADJUST keys to select User 1 (Usr 1) or User 2 (Usr 2). Confirm by pressing the ENTER key

STEP 3   ENTER USER WEIGHT

- *The WEIGHT L.E.D. should now be flashing.*

3A Use th SET/ADJUST, (▲ or ▼), keys to set the users weight.

3B Confirm your weight with the weight shown in the display, then press the ENTER key.

STEP 4   CHOOSE MANUAL OR PROGRAM MODE

- *The display now reads "0.0" in the SPEED window.*
- *Stand on the landing areas to the left and right of the running belt. Do not stand on the running belt at start up.*

→ For MANUAL control of the workout, proceed directly to STEP 6, Page 15.

4A To proceed in the PROGRAM mode, (pre–programmed or a user–defined program) , press the MEMORY key.

4B Press the SET/ADJUST, (▲ or ▼), keys to browse or scroll through the available programs. *See pages 12 & 13 for a description of each program.*

4C Press the ENTER key when the desired program is shown in the display window.

STEP 5   CHOOSE PROGRAM INTENSITY LEVEL

→ *If you selected the user–program, go directly to STEP 6.*

5A If you have selected one of the pre-programmed profiles, press the SET/ADJUST, (▲ or ▼), buttons until the desired intensity level is displayed; IL 1 = Beginner, IL 2 = Intermediate, IL 3 = Advanced Intermediate, IL 4 = Advanced, and IL 5 = Athletic.

5B Press the ENTER key to choose the desired INTENSITY LEVEL.

OPERATION & EXERCISE TECHNIQUE

...CONTINUED

NOTE:

In the program mode Speed & %Elevation controls are always available to the user. If the Speed is too fast or too slow, or if the %Elevation or incline is too steep or shallow, press the SLOW, FAST or DOWN, UP, keys as needed to adjust the workout. These adjustments are remembered by the treadmill and you will have the opportunity to save them as your most current program when your workout ends, See "Recording & Saving A User Program"

CORRECT BODY POSITION

- *Position yourself so that you remain centered on the running belt, about an arm's length distance from the control panel.*

- *During exercise, your feet should land near the center of the running belt, never too far to one side.*

- *The handlebars should always be easily within reach.*

- *Maintain an upright position. Keep your head up, looking forward. Looking down for more than a brief moment puts unnecessary stress on your neck, shoulders, and back.*

STEP 6   BEGIN WORKOUT

6A Press the FAST key to begin your workout. The display beeps twice and the running belt begins to move.

STEP 6   MANUAL MODE

The SPEED and %ELEVATION are user controlled by pressing the SLOW, FAST, (Speed), UP and DOWN, (%Elevation).

On the J770 a Race Track is displayed; your position, (outside lane), and a pacer, (inside lane, 7 mph./11.2 kph) , See page 13.

STEP 6   PROGRAM MODE

As you progress in the programmed workout, changes to Speed and %Elevation occur in accordance to the programmed workout profile. These changes in Speed and %Elevation are signaled 15 seconds in advance when the display begins to beep.

On the J770 the selected program elevation profile is shown in the center display , (See page 13).

PAUSING THE TREADMILL

1   Press the STOP button once. This stops the treadmill and the elapsed timer.

2   The display begins to countdown.

3   Press the FAST button to resume your workout before the pause time expires. The treadmill will return to its last speed and resume the time, distance and calorie counters.

CAUTION: If you pause a workout at high speed, be careful, the treadmill will resume by accelerating to the previously set speed.

NOTE: The pause time-out duration can be changed to as little as one minute or as much as five minutes. Refer to the "SET UP MODE" on this page for instructions.

STOPPING THE TREADMILL

The treadmill can be stopped in one of four ways:
1   By pressing the STOP button.
2   By removing the Safety Tether Key.
3   By decreasing the running speed to 0.0 and remaining there for at least one minute.
4   By reaching the end of a programmed workout.

AT THE END OF EVERY EXERCISE SESSION BE SURE TO:

- Use the main power switch to turn the unit off.
- Never leave the tether key in the treadmill.
- Unplug the electrical cord from the wall outlet.
- Store the electrical cord where it is clear from all pathways.
- Wipe all treadmill surfaces, especially the handlebars, control panel, and any other surface where perspiration may have fallen, with a dry cloth or towel.

RECORDING AND SAVING A USER PROGRAM

Important J770 Note: Upon start–up and insertion of the Safety Tether Key select User # by pressing the SET/ADJUST keys to select either User 1, or User 2. Confirm by pressing ENTER.

1   Press the MEMORY key after entering user weight, (STEP 3, page 14)

2   Using the SET/ADJUST keys select a program, then press ENTER.

3   Using the SET/ADJUST keys select desired INTENSITY LEVEL, then press the ENTER key.

4   Proceed with workout, adjusting SPEED and % ELEVATION throughout workout as desired.

5   Complete the recorded workout by running to the end of the program, or by pressing the STOP key.

6   The small light next to MEMORY begins to blink.

7   Press the STOP key (again).

8   The small MEMORY light turns off.

9   If you have made changes during the workout program, and if Protect Memory Profile, (See SET UP MODE) is set to "OFF", the display will read, "SAVE no".

10 Press one of the SET/ADJUST, (▲ or ▼), keys and the display will read, "SAVE YES".

11 Press ENTER to save the workout as your user–defined program.

NOTE: A user–defined program will be display as "USr" on the J660, or "USr 1" (user program 1) and "USr 2" (user program 2), on the J770.

SET UP MODE

Use the J660 and J770 Set Up programs to customize features of your treadmill. To enter the Set Up mode, follow these instructions:

1   Before pressing ENTER to confirm your weight, ("Operating the Treadmill" – Step 3), press and hold the STOP button while pressing the SCAN/SELECT button.

2   Press SCAN/SELECT for the various set up options:
- English or Metric.
- Audio; On ("Aud 1") or Off ("Aud 0").
- Pause time-out duration 1–5 minutes, ("to 1", "to 2", "to 3", "to 4", or "to 5").
- Protect Memory Profile; On ("PEnb") or Off ("PdIS").

2A Press the SET/ADJUST, (▲ or ▼), keys to select the different options within for each parameter.

2B Press the ENTER key after all parameters are to your desired settings.

ADJUSTMENTS

Access the User Maintenance Menu to display the software revision level, total time and distance values, and also to clear the 'S1' maintenance code. Please follow these instructions:

1 Enter the Set Up Mode; Press and hold STOP, then press SCAN/SELECT.

2 Enter the User Maintenance Menu; Press and hold STOP then, press and release SCAN/SELECT, then press and release ENTER.

3 After pressing ENTER the Computer Display will show the following;
 — Software Version
 — Total Time
 — Total Distance

4 To clear the 'S1' code, press RESET.

5 Press ENTER to exit the User Maintenance Menu.

MAINTENANCE

Turn off and unplug the J660 or J770 before proceeding with any maintenance or visual inspections. Failure to do so may result in serious injury.

Failure to perform the required preventative maintenance can void your warranty.

ALIGNING THE RUNNING BELT

The running belt should remain centered on the J660 or J770 at all times. Running style and a non-level surface are two of the factors that can cause the belt to drift at times. Minor adjustments to the two bolts at the back of the treadmill are necessary when the belt has drifted off center.

STEP 1 Turn the power switch on and increase the treadmill's speed to 3 mph (5 kph).

STEP 2 Stand at the back of the treadmill and determine to which side the belt is drifting.

STEP 3 If the belt drifts to the left, turn the left adjustment bolt one-eighth of a turn clockwise and the right adjustment bolt one–eighth turn counter–clockwise. (See FIG. 12)

STEP 4 If the belt drifts to the right, turn the right adjustment bolt one-eighth of a turn clockwise and the left adjustment bolt one–eighth turn counter-clockwise. (See FIG. 13)

STEP 5 Stand at the back of the treadmill and observe the tracking of the belt for two to three minutes.

STEP 6 Repeat STEPS 3, 4, and 5 until the running belt is centered and tracking properly.

ADJUSTING RUNNING BELT TENSION

The belt must be tensioned if it begins to slip on the rollers. In normal use, however, keep the belt as loose as possible!

The belt tension is adjusted by turning the same screws as used for aligning the running belt.

STEP 1 Adjust the treadmill's speed to 3 mph (5 kph).
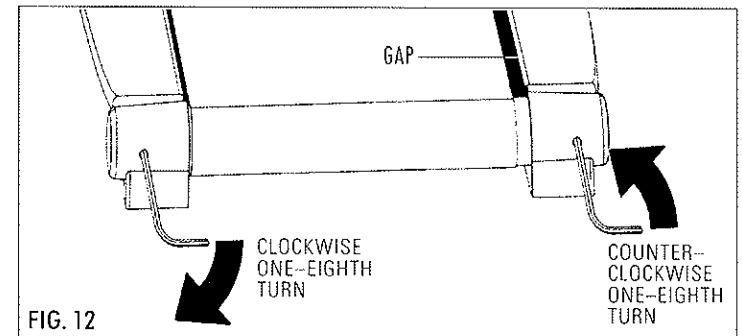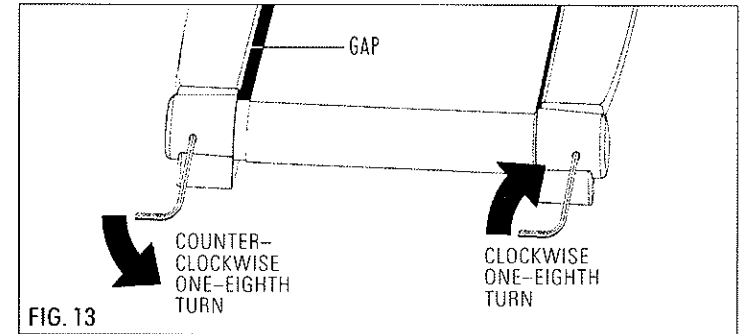
MAINTENANCE

Your J660 or J770 treadmill has a built-in maintenance system which monitors your usage and provides a reminder that certain maintenance procedures should be performed periodically to keep the treadmill operating properly. The treadmill display will show 'S1' after every 125 hours of usage. We recommend that you perform the following procedures each time the 'S1' maintenance code is displayed.

NOTE: To clear the 'S1' code, refer to the "User Maintenace Menu"

CLEANING AND INSPECTING RUNNING BELT

STEP 1 Carefully position the treadmill on its side.

STEP 2 Using a damp cloth and wipe off the inside of the running belt. Carefully rotate the running belt by

STEP 2 Turn both adjustment screws an equal amount, approximately one–eighth turn clockwise.

STEP 3 Try to slow the belt by holding onto the handrails and "braking" as you walk, (as if you were walking downhill). **When braking heavily the belt may slip.**

STEP 4 If the belt slips, turn another one–eighth turn and repeat the Step 3.

FIG. 13 — GAP — COUNTER–CLOCKWISE ONE–EIGHTH TURN — CLOCKWISE ONE–EIGHTH TURN

FIG. 12 — GAP — CLOCKWISE ONE–EIGHTH TURN — COUNTER–CLOCKWISE ONE–EIGHTH TURN

hand to clean the entire inside face. Return treadmill to its upright position.

STEP 3 If running belt edges are frayed, check the running belt alignment. If seams are splitting call Tunturi Technical Support at 1-800-736-7616.

CLEANING AND REMOVING DUST

Use a small vacuum nozzle to carefully vacuum around all visible components.

INSPECTING FASTENERS AND WIRING

Check that all fasteners are properly tightened and wiring is in place. To avoid damaging fasteners, do not over tighten.

ANY OTHER SERVICING SHOULD BE PERFORMED BY AN AUTHORIZED SERVICE REPRESENTATIVE.

MAINTENANCE MOVING & STORAGE

ERROR CODES

The J660 & J770 electronics continuously runs a self check of their operating systems. If it finds an irregularity, it displays an error code. The following is a brief description of error codes:

ERROR CODE	DESCRIPTION
E 1	Failure of speed sensor.
E 2	Noisy signal at speed sensor.
E 3	Faulty connection between power and display boards.
E 4	Elevation system failure.
E 5	Microprocessor self-test failure.
E 7	Software failure.
E 8	Running belt exceeds software parameter.

If any error code, (the letter "E" follwed by a number), appears on your treadmills display, please write down the error code, and the serial number of the treadmill, (located on the lower right front, near the on/off switch), and contact Tunturi Technical Support (1-800-736-7616).

MOVING

The J660 and J770 are equipped with wheels for easy mobility.

A   Before moving, be sure the power cord is unplugged from the wall and the treadmill; allowing the cord to drag on the floor may cause tripping and result in injury and/or damage to the treadmill.

B   Lift the rear end of the treadmill, then push or pull, rolling the treadmill on the front wheels.

NOTE: *When moving the treadmill, be sure to bend your knees and elbows, keeping your back in a straight, upright position.*

NOTE: *The treadmills' running belt may need to be re-aligned after moving. If necessary see "Aligning the Running Belt" on page 16.*

STORAGE

The treadmill must be stored in a clean and dry location. Be sure the power switch is off and the treadmill is unplugged from the electrical wall outlet.

J660 SPECIFICATIONS

WIDTH	80^{CM} / 31.5^{INCHES}
HEIGHT	125^{CM} / 80^{INCHES}
WEIGHT	71^{KG} / 156^{POUNDS}
RUNNING SURFACE LENGTH	140^{CM} / 55^{INCHES}
RUNNING SURFACE WIDTH	46^{CM} / 18^{INCHES}
SPEED	0 – 10$^{M.P.H.}$ / 0 – 16$^{K.P.H.}$
% ELEVATION (INCLINE) RANGE:	0 – 10%
ELECTRONIC DISPLAY	3 – FOUR DIGIT L.E.D. WINDOWS

MOTOR	2.25^{HP} HIGH TORQUE TREADMILL DUTY
DRIVE SYSTEM	POLY–VEE DRIVE BELT, DIRECT TO FRONT ROLLER
STRUCTURAL FRAME	WELDED TUBULAR STEEL, POWDER COATED FINISH
MAXIMUM USER WEIGHT	110^{KG} / 250$^{LBS.}$
SHIPPING DIMENSIONS	CM 159L x 81.5W x 31.5H INCHES 62.6" L x 32.1"W x 12.4"H
SHIPPING WEIGHT	75^{KG} / 166$^{LBS.}$

J770 SPECIFICATIONS

LENGTH	150^{CM} / 60^{INCHES}
WIDTH	80^{CM} / 31.5^{INCHES}
HEIGHT	125^{CM} / 80^{INCHES}
WEIGHT	71^{KG} / 157^{POUNDS}
RUNNING SURFACE LENGTH	140^{CM} / 55^{INCHES}
RUNNING SURFACE WIDTH	46^{CM} / 18^{INCHES}
SPEED	0 – 10$^{M.P.H.}$ / 0 – 16$^{K.P.H.}$
% ELEVATION (INCLINE) RANGE:	0 – 10%
ELECTRONIC DISPLAY	4 – FOUR DIGIT L.E.D. DISPLAY WINDOWS WITH MOTIVATIONAL L.E.D. MATRIX

MOTOR	2.50^{HP} HIGH TORQUE TREADMILL DUTY
DRIVE SYSTEM	POLY–VEE DRIVE BELT, DIRECT TO FRONT ROLLER
STRUCTURAL FRAME	WELDED TUBULAR STEEL, POWDER COATED FINISH
MAXIMUM USER WEIGHT	135^{KG} / 300$^{LBS.}$
SHIPPING DIMENSIONS	CM 159L x 81.5W x 31.5H INCHES 62.6" L x 32.1"W x 12.4"H
SHIPPING WEIGHT	75^{KG} / 167$^{LBS.}$

PARTS LIST

REF.	DESCRIPTION	QUANTITY
1	HANDLEBAR WELDMENT, RIGHT	1
2	HANDLEBAR WELDMENT, LEFT	1
3	HANDLEBAR SUPPORT BUSHING	2
4	TIGHTENING BRACKET, HANDLEBAR	2
5	METER BRACKET	1
6	FOAM GRIP, RIGHT	1
7	FOAM GRIP, LEFT (LONG)	1
8	METER BASE, TOP	1
9	METER BASE, BOTTOM	1
10	SCREW (METER BASE)	1
11	ELECTRONICS DISPLAY, J660	1
	ELECTRONICS DISPLAY, J770	1
12	POWER BOARD ASSEMBLY	1
13	RIBBON CABLE	1
14	POWER CABLE	1
15	POWER CABLE PLUG	1
16	CIRCUIT BREAKER	1
17	ELEVATION SENSOR	1
18	SCREW (ELEVATION SENSOR)	1
19	SPEED SENSOR AND WIRE	1
20	FRAME WELDMENT	1
21	BRACKET, LOWER PCB	1
22	LIFT ARM WELDMENT, MOTOR	1
23	NUT (LIFT AXLES)	4
24	RETAINING RING	2
25	BRONZE BUSHING	2
26	WASHER (LIFT ARM)	2
27	PIN (LIFT ARM)	2
28	WHEEL	2
29	BOLT (TRANSPORT WHEEL)	2
30	ROLLER ASSEMBLY, REAR	1
31	ROLLER ASSEMBLY, FRONT (NOT SHOWN)	1
32	RETAINER (NOT SHOWN)	4
33	SCREW, REAR ADJUSTMENT	2
34	RUBBER SHEET	4
35	DRIVE MOTOR (J770)	1
	DRIVE MOTOR (J660)	1
36	MOTOR BRACKET	1
37	DRIVE BELT	1
38	FLYWHEEL	1

REF.	DESCRIPTION	QUANTITY
39	SPEED SENSOR TARGET DISC	1
40	MOTOR FAN	1
41	LIFT MOTOR	1
42	AXLE, LIFT MOTOR	2
52	BRACKET, SPEED SENSOR	1
53	SCREW (SPEED SENSOR)	2
54	STAND FOOT	2
55	WASHER (STAND FOOT)	2
56	SCREW (STAND FOOT)	2
57	RUNNING DECK	1
58	RUBBER BUMPER	8
59	RUNNING BELT, 2 PLY	1
60	SIDE COVER, LEFT	1
61	SIDE COVER, RIGHT	1
62	REAR CAP, LEFT	1
63	REAR CAP, RIGHT	1
64	FRONT ROLLER CAP, LEFT	1
65	FRONT ROLLER CAP, RIGHT	1
66	LANDING AREA (LEFT & RIGHT)	2
72	BOLT, RUNNING DECK (NOT SHOWN)	10
73	MOTOR DUST COVER	1
74	HANDLEBAR BRACKET COVER	1
75	DECAL SET	1
76	SCREW (RIGHT HANDLEBAR)	1
77	SCREW (RIGHT HANDLEBAR – SHORT)	1
78	SCREW (LEFT HANDLEBAR BAR)	1
79	WASHER, LOCK (LEFT HANDLEBAR)	1
80	WASHER, FLAT (HANDLEBARS)	3
81	SCREW (METER BRACKET)	2
82	SCREW, (FRONT ROLLER CAP – NOT SHOWN)	2
83	SCREW, (LONG FRONT ROLLER CAP – NOT SHOWN)	2
84	SCREW (MOTOR BRACKET)	4
85	SCREW (MOTOR BRACKET ADJUSTMENT)	1
87	TETHER KEY	1
88	TETHER CORD	1
89	TETHER CLIP	1
90	RUBBER PAD	1
91	WASHER (MOTOR BRACKET)	4
92	SCREW (DUST COVER)	4
	TOOL KIT	1

PARTS DIAGRAM
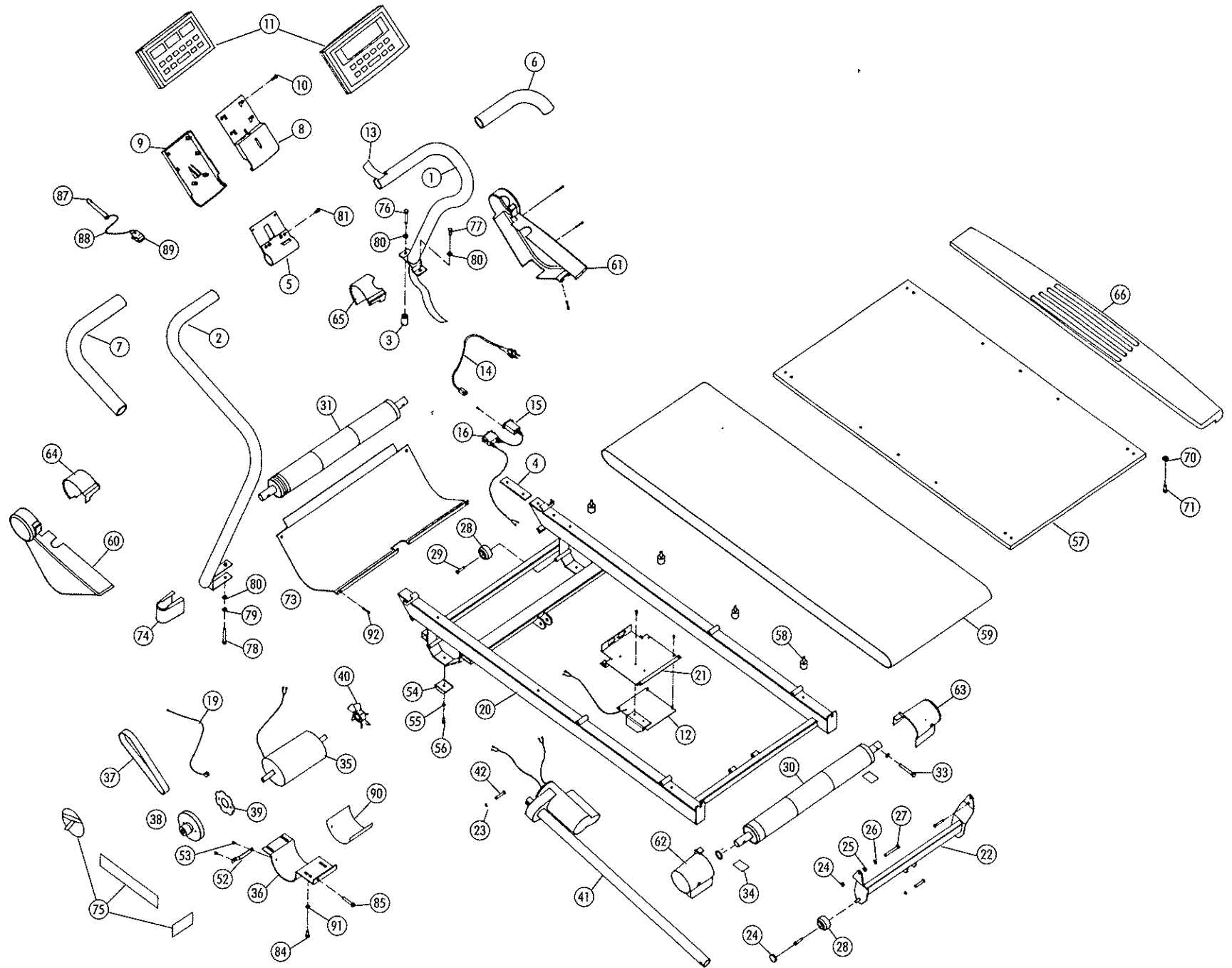
POLAR® HEART RATE TECHNOLOGY

All Tunturi SofTrack® Treadmills are manufactured with heart rate monitoring capability. A Polar Pulse Transmitter and Belt (see fig. 1) are accessories that are necessary in order to take advantage of this technology. These items are included with each J770 and may be purchased separately for the J660 and J440. Please contact your Tunturi Retailer if you are interested in purchasing the transmitter & belt.

USING THE POLAR® TRANSMITTER & BELT

1   Attach the elastic chest belt to the pulse transmitter. (fig. 2)

2   Wrap the belt around your chest and fasten it together. Adjust the belt so it will remain tight and not bounce up and down. (fig. 3)

3   The transmitter should be above your stomach and at the center of your chest, against your skin. (fig. 4)

4   Under extreme sweat conditions, it may be necessary to wear the belt and transmitter over a light shirt to prevent irregular readings. (fig. 5)

MONITORING PULSE WITH YOUR TREADMILL

1   Turn on the treadmill.

2   Begin your workout. See Steps 1–6; "Operating The Treadmill", pages 14–15.

3   Pulse or heart rate will read on the Computer Display when the small light is ON next to the PULSE label.

Also see "Developing An Exercise Program" pages 8 & 9.

PULSE MONITOR INFORMATION & PRECAUTIONS:

• The belt should be cleaned, as needed, with a mild soap and water solution. Never use alcohol or any abrasives as these will cause permanent damage.

• To maximize the life of your belt, be sure that you do not stretch or bend the electrode strips (take special care when storing it).

• The Transmitter is switched to an active state only when it is being used for measurement. However, we recommend that you detach the Transmitter from the Belt after use because sweat and other moisture can keep the Transmitter in an active state and waste battery energy.

• The Transmitter should last for a number of years. Replacement Transmitters and/or Belts are available from Tunturi, Inc.

• **Do not use the Transmitter together with a heart pacemaker.**

• **Strong electromagnetic fields, emitted from televisions, radios, antennae, or high voltage power lines may produce irregular readings.**

TRANSMITTER
BELT
FIG. 1

FIG. 2

FIG. 4

FIG. 4

WATER
FIG. 5