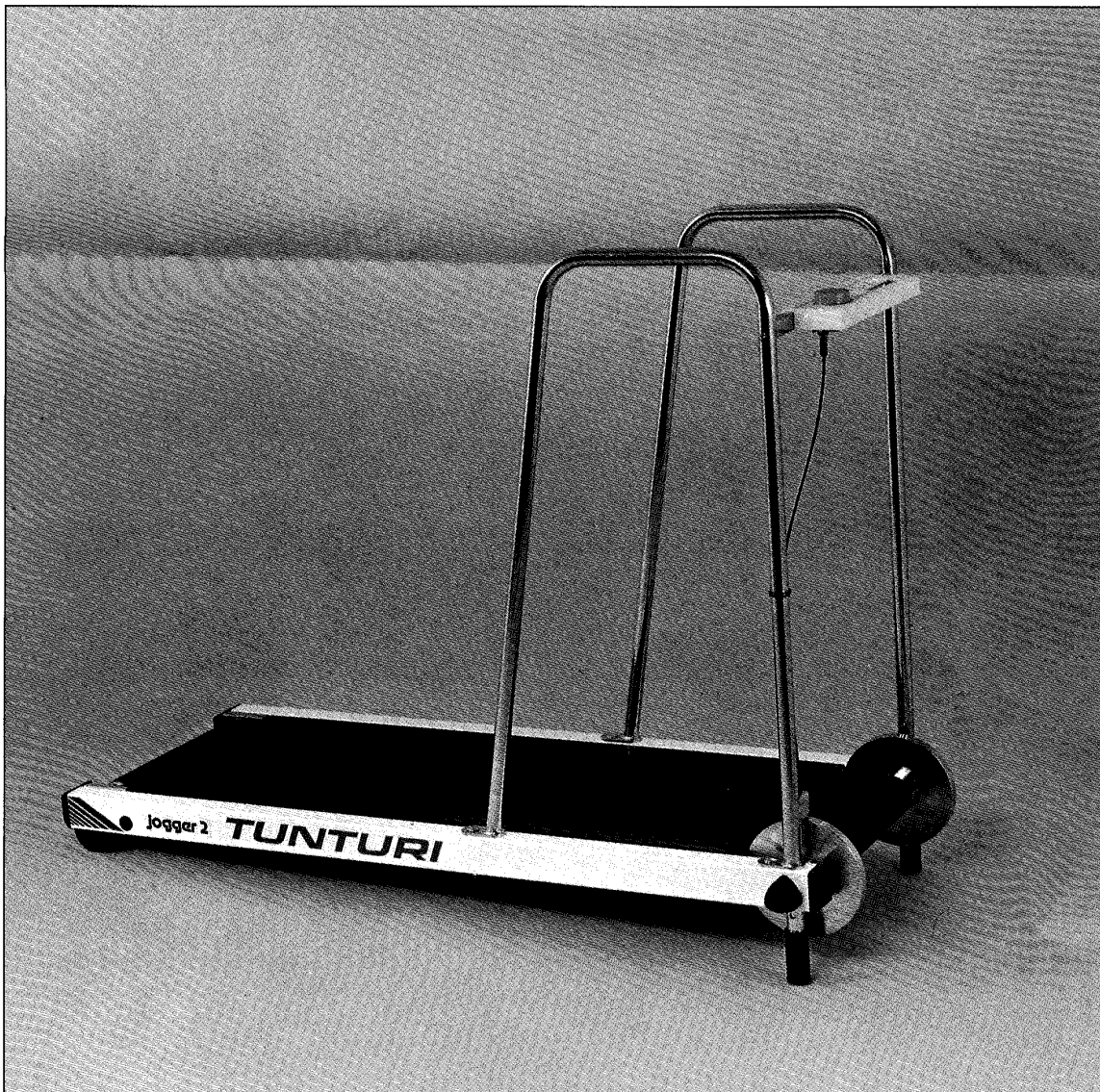


TUNTURI®

JOGGER 2

OWNER'S MANUAL



The Tunturi Jogger 2 is a robust, durable mechanical treadmill which is easy to use and versatile – an ideal exerciser for improving and main-

taining your condition. Extremely adjustable, it is equally well suited for the keen home exerciser or for professional use in gymnasiums and

rehabilitation centres. The design of the Jogger 2 utilizes Tunturi's long experience as a manufacturer of exercising equipment.

ASSEMBLY

The Jogger 2 is easily assembled with the tools supplied in the package, following the instructions given below:

Fig. 1

Push the right-side handrail into place. Remove the tape around the wire holder.

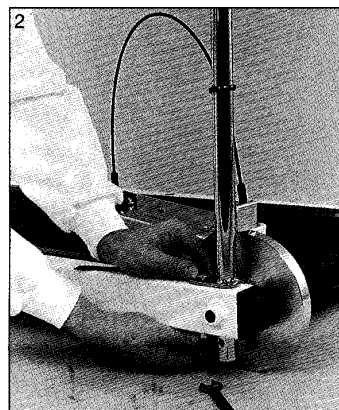
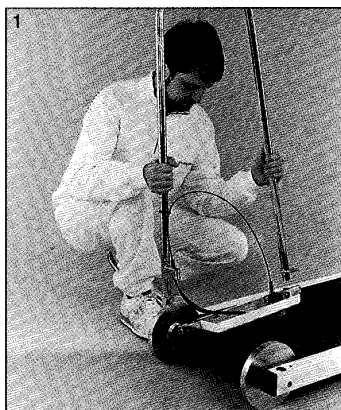


Fig. 2

Fix the handrail to the frame by inserting the securing screws and tightening the nuts lightly from below.

Fig. 3

When fixing the left handrail in place, thread the wire coming from the lower end of the handrail through the appropriate hole in the frame. Insert the securing screws and tighten the nuts lightly from below. Make sure that the wire is not caught between the handrail mounting plate and the frame.

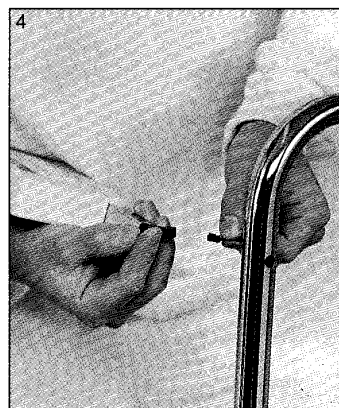
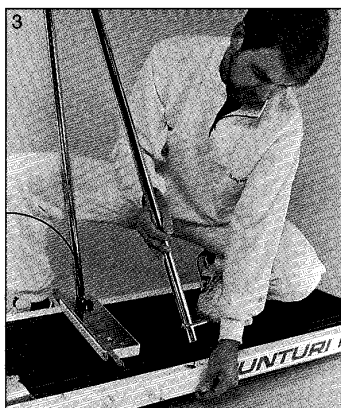


Fig. 4

Holding the control panel, press together the wires from the control panel support and from the handrail.

Fig. 5

Insert the securing screws and sleeves of the control panel support and tighten with the 4 mm Allen key. Make sure that the wire is not caught between the support and the handrail.

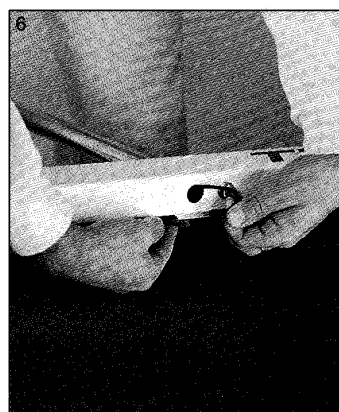
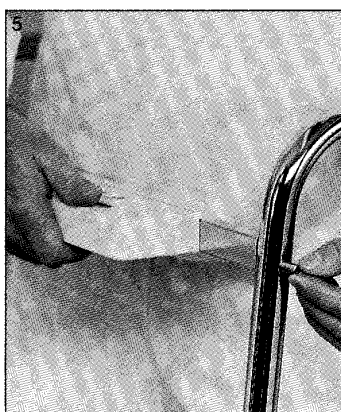


Fig 6

Turn the frame on its right side and press together the wires from the handrail and from the sensor.

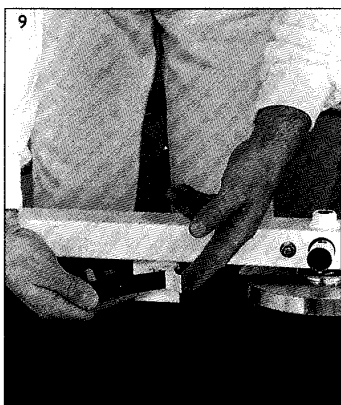
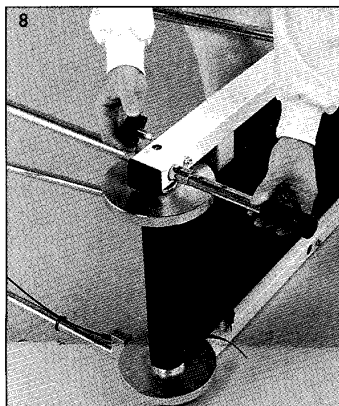
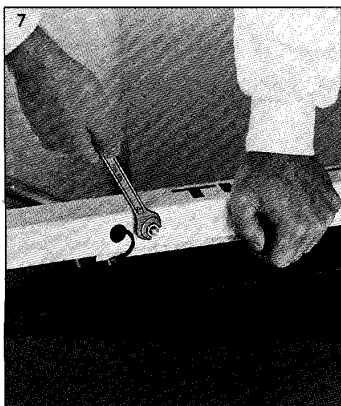


Fig. 7
Tighten the handrail securing nuts home with the 13 mm set wrench.

Fig.8
Put the left-hand front leg into place. Insert the triangular knob into the upper hole on the frame. When the alignment hole and the appropriate hole on the leg are exactly level, tighten the knob. To ensure stability, be careful not to insert the knob into the topmost hole on the leg. (See Adjusting Inclination).

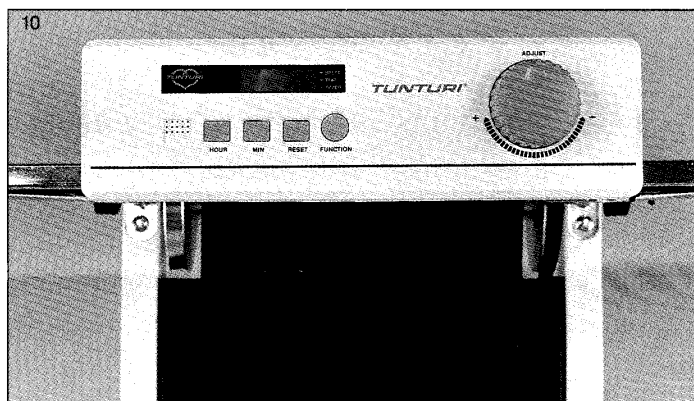
See fig 7
Turn the frame on its left side and tighten the handrail securing nuts home with the 13 mm set wrench.

Fig. 9
Fix the right-hand leg in place as described in Fig. 8. Thread the brake belt between the flywheel and underplate into the clasp and tighten.

OPERATION

ADJUSTING RESISTANCE

The control knob for adjusting resistance is on the right of the control panel (Fig. 10). To increase resistance turn it clockwise (+), to decrease resistance anti-clockwise (-). If sufficient resistance is not obtained, turn the knob anti-clockwise as far as it will go and tighten the brake belt at the clasp (Fig. 9). If resistance is too great even when at its lowest, the underside of the mat will have to be treated with silicone (see Maintenance/Silicone Treatment).



ADJUSTING INCLINATION

The treadmill can be set to four different inclinations as follows:

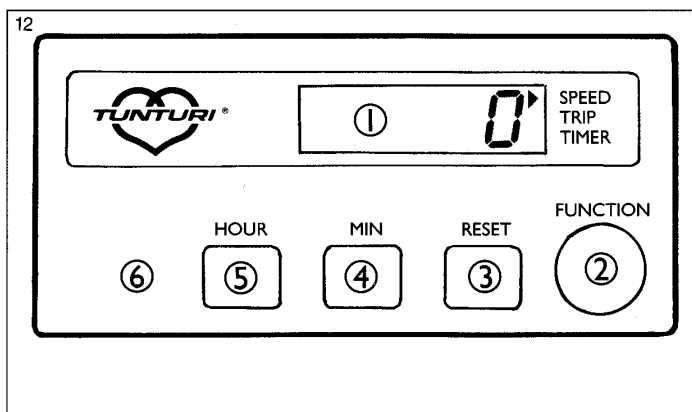
- | | | |
|-----------------------------|------|---|
| Position 1 – inclination of | 4°: | front leg almost completely inside handrail |
| Position 2 – inclination of | 6°: | lowest hole of front leg level with alignment hole |
| Position 3 – inclination of | 8°: | second lowest hole of front leg level with alignment hole (Fig. 11) |
| Position 4 – inclination of | 10°: | third lowest hole of front leg level with alignment hole |



CONTROL UNIT FUNCTIONS

I. LIQUID CRYSTAL DISPLAY

- SPEED: speedometer measures your speed in km/h; displays 0 – 80 km/h (0 – 50 mph)
- TRIP: measures distance travelled to an accuracy of 100 m (0,1 miles); displays 0 – 999.9 km (0 – 999.9 miles)
- TIMER: shows how much of your workout time is left; max. 9 h 59 min
- SCAN: automatic display change



2. FUNCTION KEY

- calls the required function to the display: speed, trip, timer or scan

3. RESET KEY

- stops buzzer
- zeros trip meter and timer

4. MIN KEY

- sets required workout time - minutes

5. HOUR KEY

- sets required workout time - hours

6. BUZZER

- gives a continuous signal when half of workout time is up and signals at intervals when time is up

To set the desired workout time, press the HOUR and MIN keys. Each press increases the figure shown on the display by one digit. If you press the keys continuously, the digits change at intervals of 0.25 seconds. Timing begins five seconds after setting.

When the hour display has reached 9 and the minute display 59, they return to zero. If your workout time is less than an hour, the display shows the time remaining in minutes and seconds; if workout time is more than an hour the display shows hours and minutes and the letter 'T' flashing in the bottom corner.

SCAN/automatic display change

at 3.5 second intervals: the word 'SCAN' appears in the top left-hand corner.

On pressing the FUNCTION key, the display changes in the following order: SPEED ---> TRIP ---> TIMER ---> SCAN ---> SPEED and so on.

The triangle indicates the function being displayed at any time. To save batteries, the display goes off automatically if the exerciser is not used for five minutes.

Warning: The liquid crystal display will not withstand strong, direct sunlight, high temperatures or humidity. Protect against heavy impacts. Clean with a dry cloth.

MAINTENANCE

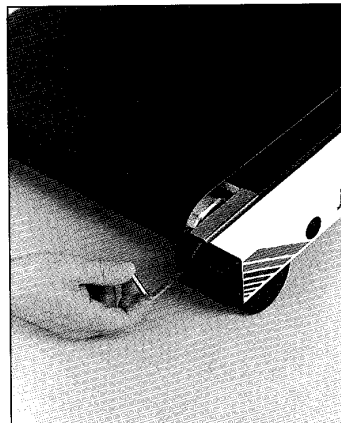
ADJUSTING MAT

If there is slippage between mat and roller, the tension of the mat should be increased by tightening the adjusting screws at the rear of the frame. (Fig. 13)

N.B. If the mat is too tight, it will strain the mat and the bearings, and cause greater than normal wear.

Centre the mat by adjusting the

same screws as above. If the mat moves to either side when running, tighten the adjusting screw on that side half a turn clockwise and correspondingly loosen the screw on the other side by turning it anti-clockwise. Rotate the mat smoothly to ensure that it is correctly centred - if not repeat the adjustments.



SILICONE TREATMENT AND CLEANING

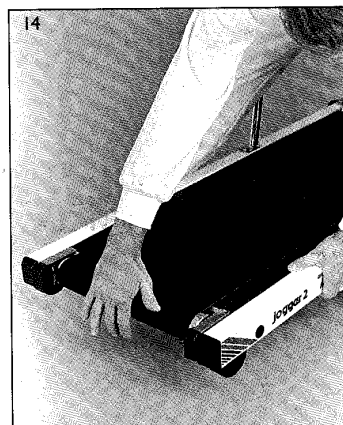
If the mat does not run smoothly even after reducing resistance to minimum, silicone should be sprayed on the inside surface of the mat. To apply the silicone, loosen the mat by firmly pushing down the back roller with its clamps into the lower position (Fig. 14). Spray TUNTURI SILICONE lubricant on the centre inside surface of the mat (Fig. 15).

The inside surface of the mat and the underplate should be cleaned twice a year using a cloth and detergent (Fig. 16). Solvents are

not recommended for cleaning. To clean, loosen the mat as described above.

Warning: When tightening or loosening the mat, be careful not to catch your hand between the clamps and frame.

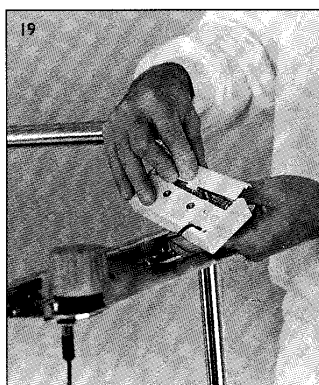
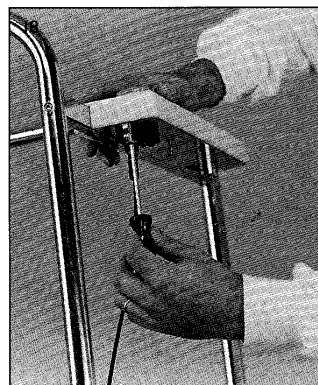
The above procedures should always be carried out whenever the mat is not running smoothly. To tighten the mat again, lift the back roller and push the frame down (Fig. 17). Check that the mat is centred.



REPLACING BATTERIES

Open the three crosshead screws at the base of the control unit (Fig. 18) and lift it out.

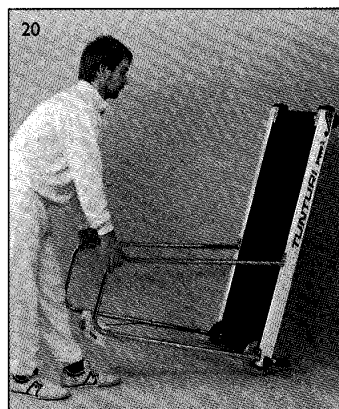
Turn the unit the other way round and remove the lid of the battery case (Fig 19). Replace the batteries (2 x 1.5 V torch batteries). When re-assembling the control unit, make sure that the wire is not caught between the unit and base plate, but goes through the hole in the metal plate. Retighten the screws.



MOVING AND STORAGE

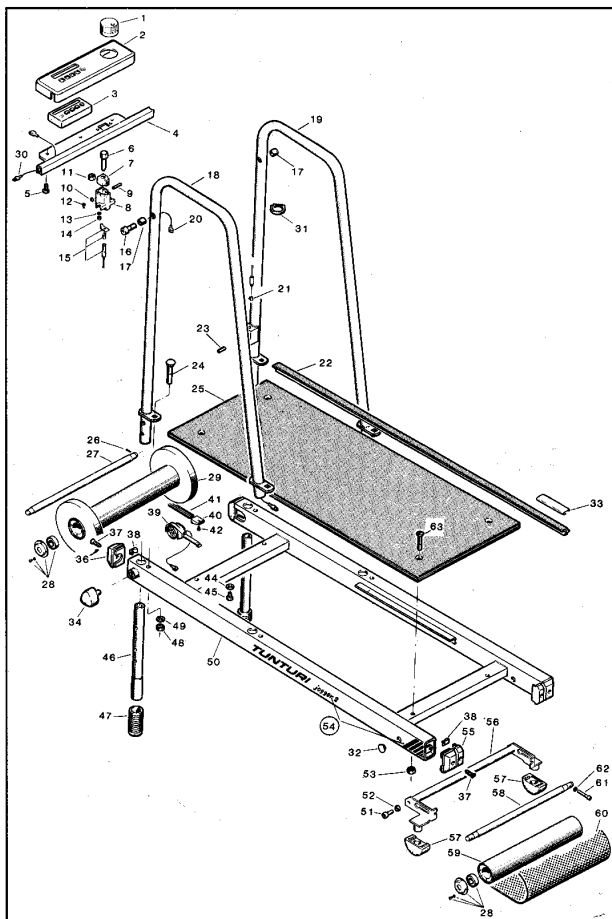
The Jogger 2 is easily moved by lifting it and rolling it along the floor on the flywheels (Fig. 20). Before moving, check that the wheels will not damage the floor:

The equipment should be used and stored in a dry place with as little variation in temperature as possible and protected from dust.



SPARE PARTS

Photo No	Part No
1	533.154.85
2	173.409.86
3	233.404.86
4	203.408.86
5	653.468.85
6	653.471.86
7	533.526.84
8	503.119.85
9	663.502.84
10	651.206.80
11	653.506.84
12	60.05.012.11
13	62.0511.10
14	61.0501
15	223.112.80
16	60.05.035.33
17	533.426.86
18	203.406.86
19	203.407.86
20	233.404.86.3
21	220.099.60
22	433.411.86
23	433.509.82
24	60.08.075.40
25	433.412.86
26	662.700.71
27	343.410.86
28	523.404.79
29	523.415.86
30	233.404.86.2
31	223.118.82
32	533.428.86
33	173.410.86
34	653.472.86
36	533.423.86
37	60.42.016.57
38	651.900.70
39	233.404.86.1
40	503.100.77
41	443.405.85
42	60.35.013.57
44	62.0511.10
45	652.176.77
46	103.417.86
47	533.411.85
48	61.0801
49	62.0817.10
50	103.414.86
51	60.08.020.33
52	523.102.71
53	61.0601



54	423.416.86.1	59	523.414.86
	423.418.86	60	443.400.79
	423.417.86	61	60.06.060.33
	423.416.86	62	62.0612.16
	423.419.86	63	60.06.045.17
55	533.424.86		56.22.005
56	103.416.86		553.202.81
57	103.412.86		556.335.00
58	343.409.86		556.031.00

TECHNICAL DATA

- length 132 cm (52")
- width 60 cm (24")
- height 107 - 119 cm (42" - 47")
- weight 38 kg (84 lbs)
- mat 107 x 35 cm (42" x 14")
- angle of inclination 4 - 10°
- stepless control of resistance
- steel profile construction
- liquid crystal display for speed, distance and remaining workout time
- buzzer

WHAT TO DO IF...

FAULT	REASON	ACTION
The control display is dim or not visible	Batteries worn out	Replace batteries (2 x size AA/1.5 V) see Maintenance/Replacing Batteries
No speed or trip display	Speed sensor broken Sensor wire broken or terminal loose	Replace sensor Replace wire or connect terminal
RESET key not operating	You have not pressed the key long enough	Press the RESET key for 1 - 2 seconds
Insufficient resistance obtained by turning the adjusting knob	Brake belt loose	Turn the adjusting knob anti-clockwise (—) and tighten brake belt
Mat not running smoothly	Brake belt too tight Mat insufficiently lubricated Underplate and/or mat dirty	Loosen brake belt Apply silicone lubricant. See Maintenance/Silicone Treatment Clean underplate and/or mat + apply silicone
Jogger rocks during use	Floor uneven Front legs not level	Move jogger to level floor Adjust front legs to same level
Handrails not secure	Securing screws loose	Tighten securing nuts (N.B. take care not to flatten tube by overtightening)
Mat moves to one side	Roller not straight	Adjust roller by turning the adjusting screws of the jogger. See Maintenance/Adjusting Mat

TUNTURI®

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