ELECTRONIC

TREADMILL

J 550

TABLE OF CONTENTS

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

The J550 treadmill is intended for residential use only.

The Tunturi J550 treadmill is intended for use by one person at a time with maximum user weights of 250 lbs. (110 kg).

TUNTURI TECHNICAL SUPPORT

The Tunturi J550 is exceptionally durable and is 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.

SAFETY FIRST

IT IS EXTREMELY IMPORTANT FOR ANYONE USING THE J550 TREADMILL TO FOLLOW THESE SAFETY GUIDELINES...

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 attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult a Tunturi authorized service representative.

Never operate with the dust or side covers removed.

Always unplug this treadmill from the electrical outlet after using and before cleaning, assembling or servicing.

Do not pull the treadmill by its power cord or use the cord as a handle.

Do not use outdoors.

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.

Do not place any liquids on any surface of the treadmill.

Do not operate where aerosol (spray) products are being used or where oxygen is being administered.

Close supervision is necessary when this treadmill is used by or near children, or persons with disabilities.

Never operate the treadmill with pets or other animals present.

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. (See FIG. A)

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)

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 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.

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 performance 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.

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

ALSO...

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

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

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

Always use the handlebars 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, such as baggy sweat pants, neckties, or loose socks; remove any jewelry. Never drape towels on or around the treadmill.

Your 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 key to a part of your clothing so the key will be pulled during emergencies, stopping the treadmill, as necessary.

Wear shoes with high–traction soles and adequate support. To avoid injury and unnecessary wear on your treadmill, be sure your shoes are free of any debris such as gravel and small rocks.

Always stretch your muscles 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.
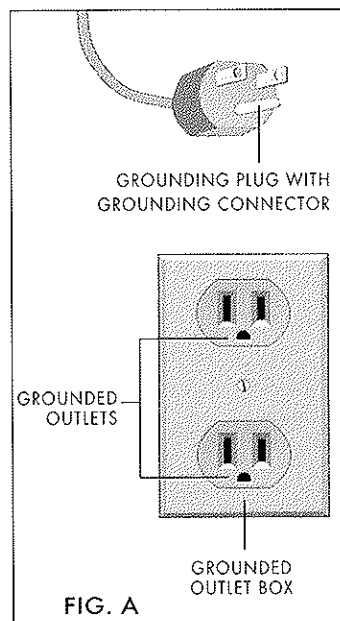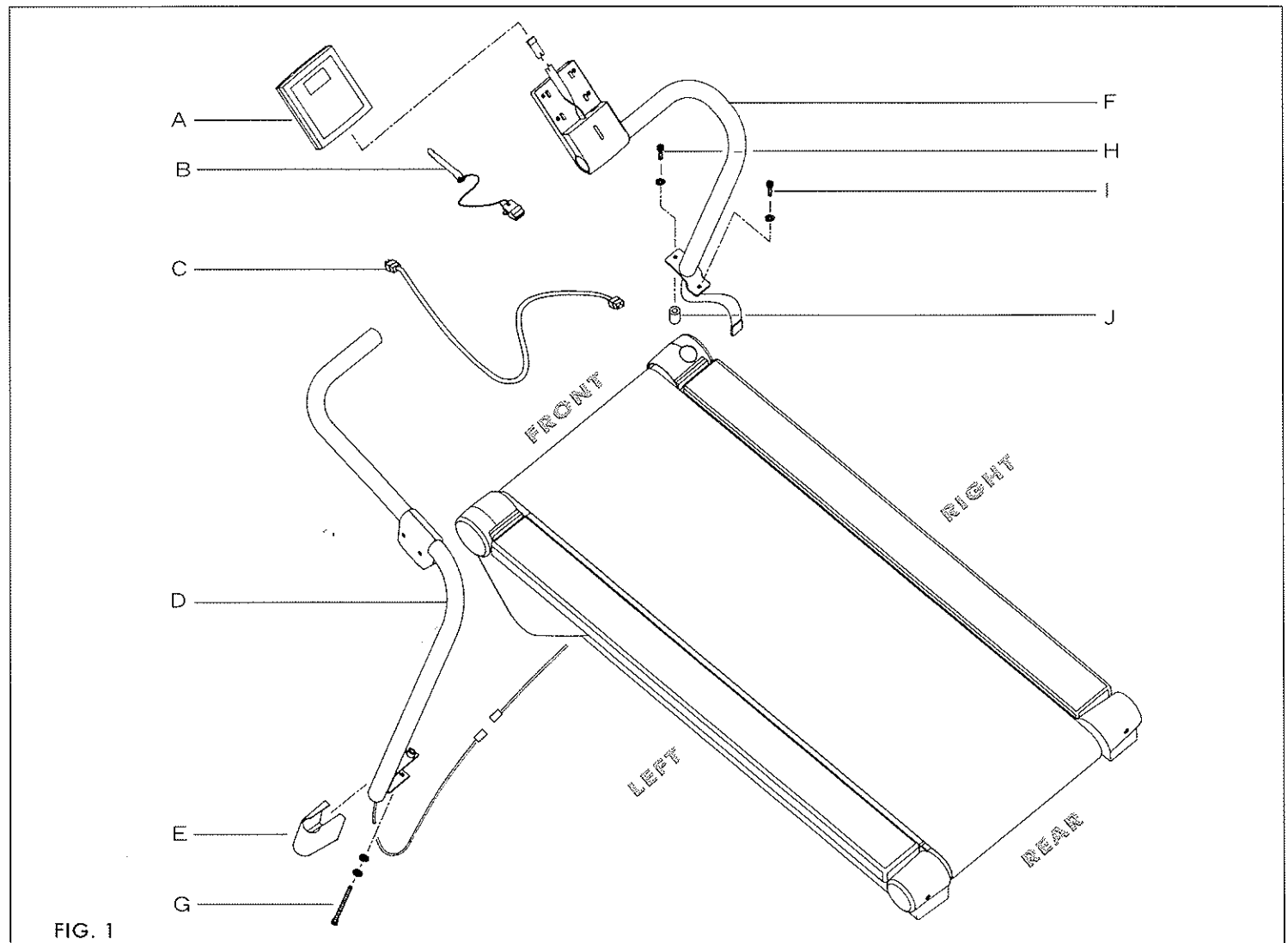
GROUNDING PLUG WITH
GROUNDING CONNECTOR

GROUNDED
OUTLETS

GROUNDED
OUTLET BOX

FIG. A

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

A

B

C

F

H

I

J

FRONT

RIGHT

D

LEFT

E

REAR

G

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)

ASSEMBLY INSTRUCTIONS

...CONTINUED

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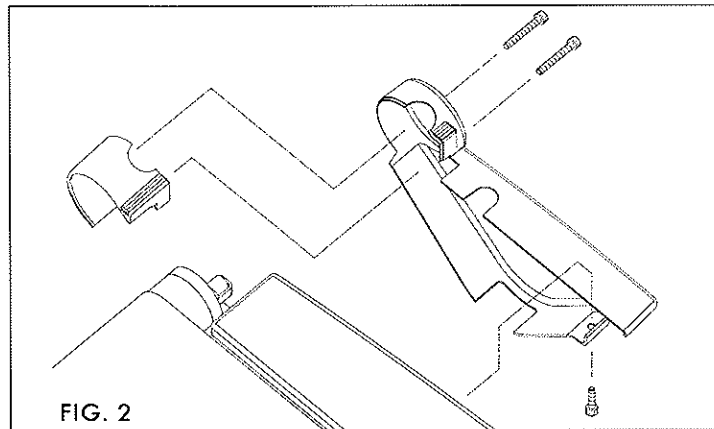

FIG. 2

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.
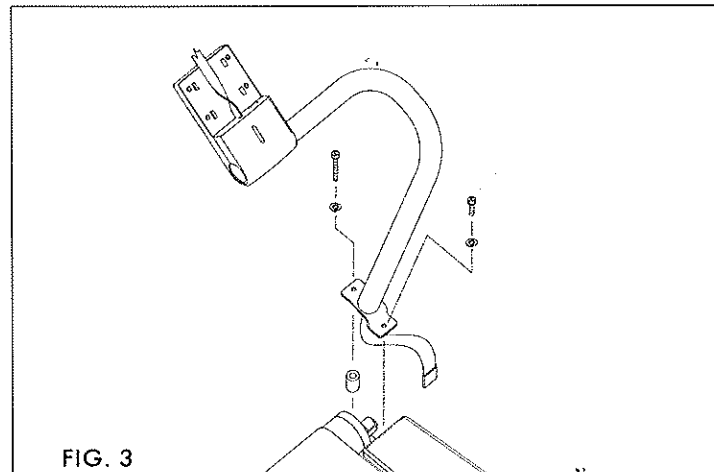

FIG. 3

STEP 3 INSTALL HANDLEBARS

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. (see FIG. 3)

3B Push the Left Handlebar inside the Plastic Meter Base (attached to the Right Handlebar), being careful not to pinch or damage the flat ribbon cable that runs inside the Right Handlebar. Do not try to rotate the meter — this may cut the ribbon cable. (See FIG. 4)
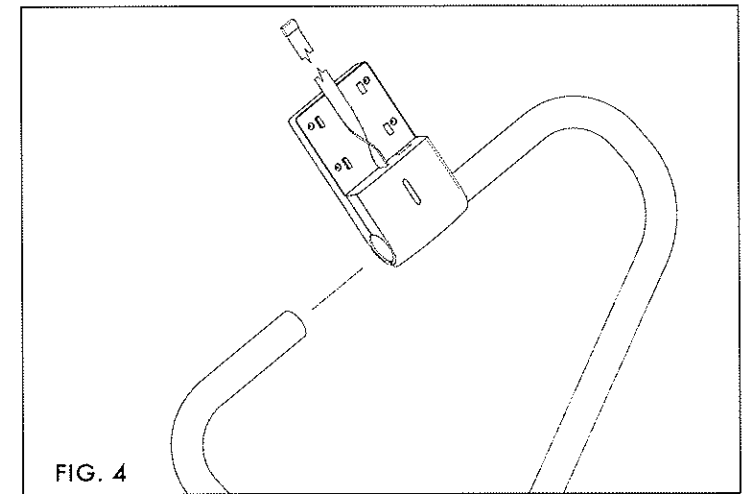

FIG. 4

3C When the top of the Left Handlebar is touching the top of the Right Handlebar, tighten the pre-installed screws in the bottom of the Meter Base, while insuring the Handlebars are held securely together.

3D Attach the Left Handlebar to the Running Deck Side Rail using the 80mm screw. Make sure that the cable operating the Lift Motor is not pinched or forced to make any tight curves. (see FIG. 5)

3E Plug connector from cable in Handlebar into connector from Lift Motor.

3F Slide cable into clip on underside of frame.

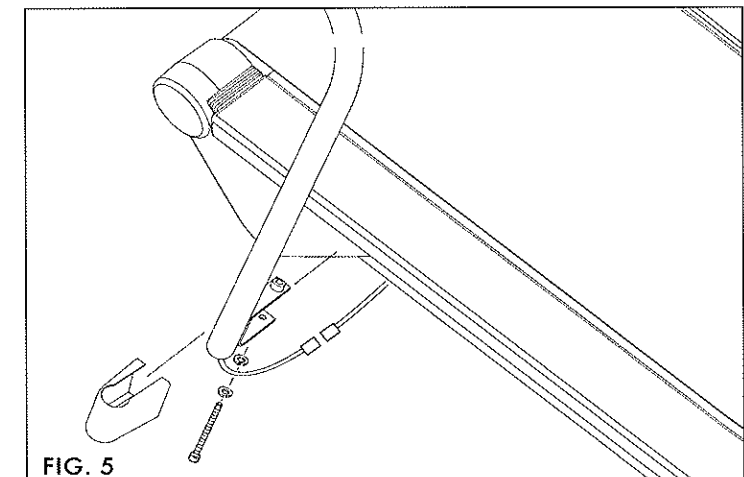3G Attach the Handlebar Bracket Cover by snapping it into place over the lower end of the Left Handlebar.

FIG. 5

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.
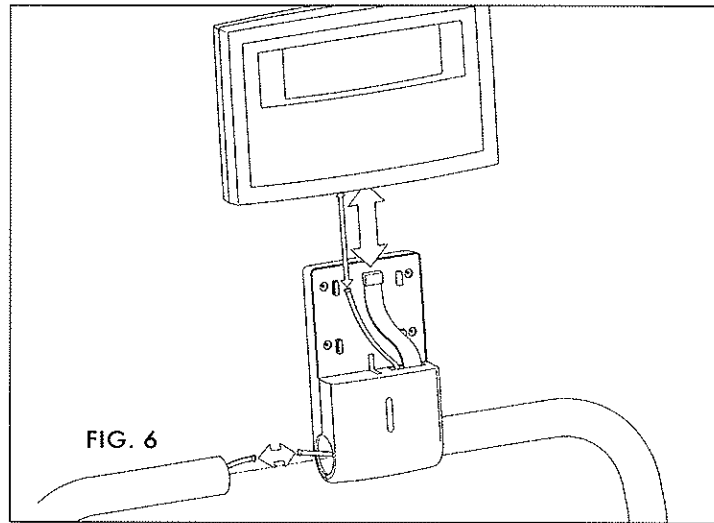

FIG. 6

STEP 4

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. (See FIG. 6)
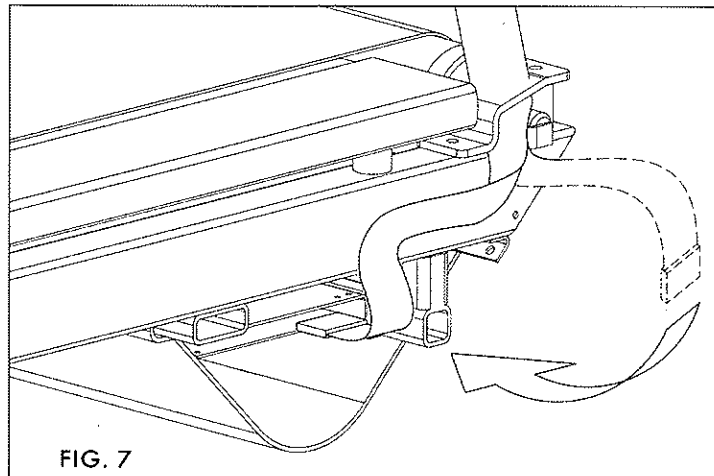
FIG. 7

STEP 5

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. (See FIG. 7)

STEP 6

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. (See FIG. 8)

FIG. 8

STEP 7

Attach the Right Side Cover and Front Roller Cap. Careful not pinch or break the ribbon cable. (See FIG. 2, page 6)

STEP 8

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.

FIG. 9

DEVELOPING AN EXERCISE PROGRAM

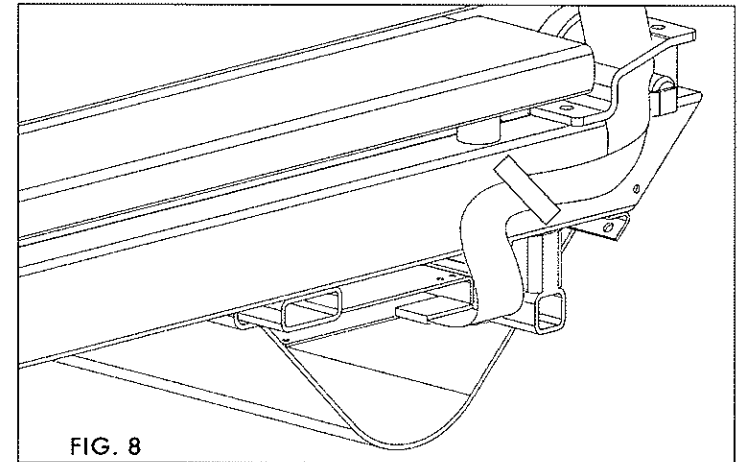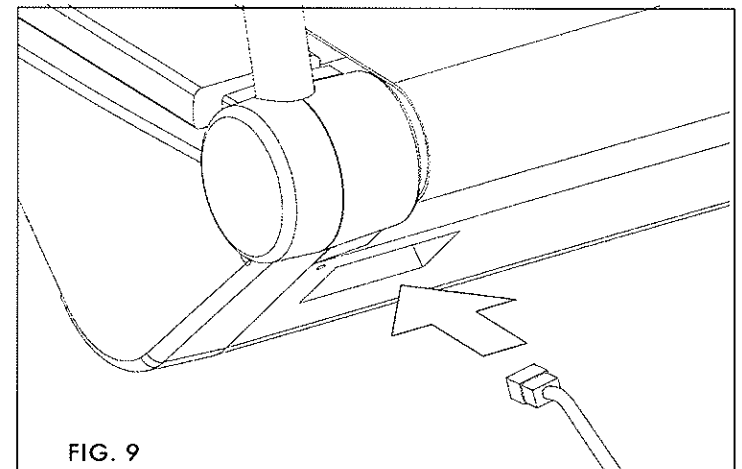CAUTION: What follows are general recommendations and should only be used as such. Please modify these recommendations to accommodate your personal fitness level.

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 J550 is designed for a variety of fitness needs and is 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.

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.

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 on the next page 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.
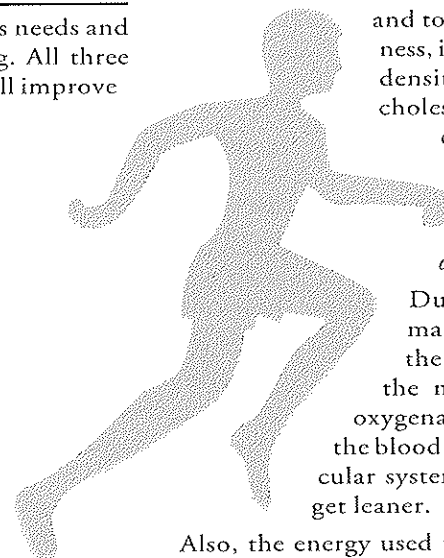
DEVELOPING AN EXERCISE PROGRAM

...CONTINUED

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

SIX-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 thumb-side or your wrist.

3   Count your pulse beats for six seconds.

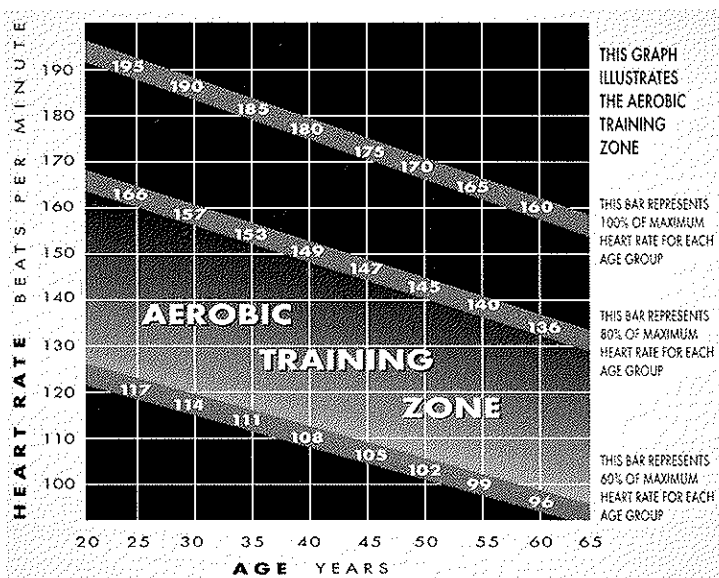4   Multiply the number of pulse beats by 10 to calculate your heart rate.

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 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.

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

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.

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)

FIG. 10
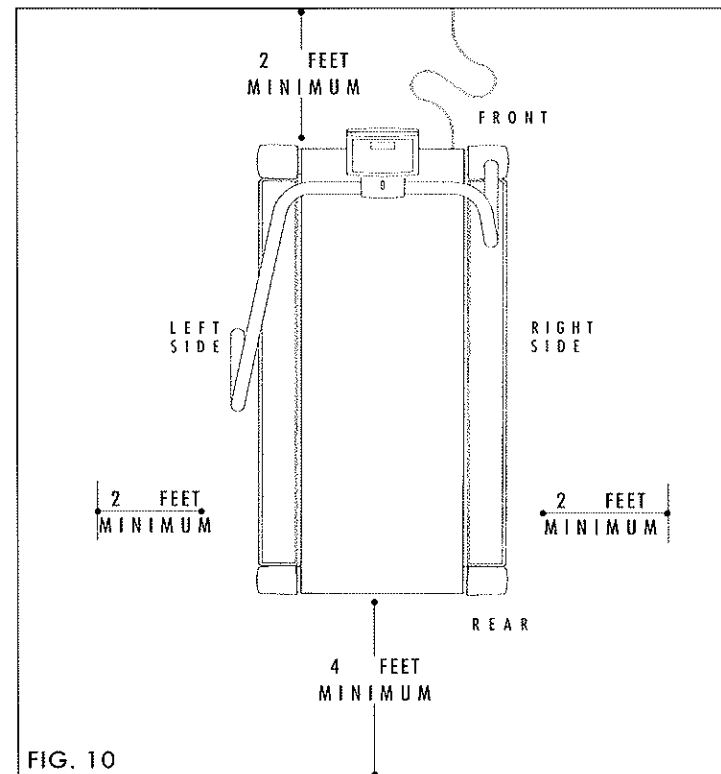
Position the treadmill so you have complete visibility on all sides. This is especially important in homes with children and pets.

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.
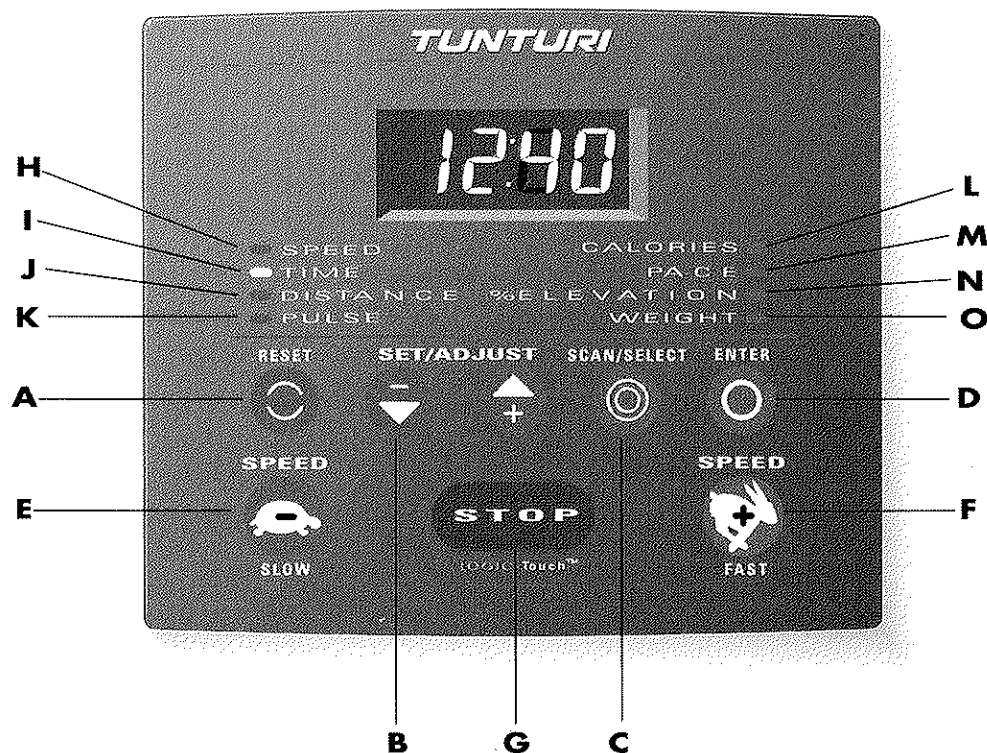
FUNCTION KEYS

Please read "Operation & Exercixe Technique" pages 11 & 12, for an understanding and use of the Function Keys.

A 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 key or just push ENTER (and accept the default weight).

B SET/ADJUST

These keys are used to set the correct weight or adjust other set up parameters.

C SCAN/SELECT

Pressing this key once starts scanning the different display values.

Pressing this key a second time stops scanning, allowing the computer to display the current parameter.

D ENTER

Used to confirm the user weight and other parameters set by user.

E SLOW (TORTOISE)

Reduces running belt speed in .1 m.p.h. increments.

F FAST (HARE)

Increases running belt speed in .1 m.p.h. increments.

G STOP/PAUSE

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) for 1-5 minutes. If pressed twice or when the pause time expires, stops all functions and resets the display.

DISPLAY FEATURES

H SPEED

Displays running belt speed, (1 to 8 m.p.h. in .1 m.p.h. increments).

I TIME

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

J DISTANCE

Displays the distance traveled during the exercise session.

K PULSE (OPTIONAL)

Displays pulse, (heart beats per minute). This feature is optional, please contact your Tunturi Retailer for information.

L CALORIES

Uses values for weight, time, speed, and elevation to calculate and display cumulative calories burned during the exercixe session.

M PACE

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

N % ELEVATION (INCLINE)

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

O WEIGHT

Displays weight entered (up to 250 lbs. maximum weight).

OPERATION & EXERCISE TECHNIQUE

Read this manual thoroughly before beginning your first exercise session.

SET UP MODE

You can use the J550 Set Up program to customize the features of your treadmill.

To enter the Set Up Mode, follow these instructions:

1 Before pressing ENTER to confirm your weight (See "Begin Walking" Step 6, page 11), press and hold the STOP button while pressing the SCAN/SELECT buttons.

2 Press SCAN/SELECT to see the various set up parameters:

— Audio On (AUD1) or Audio Off (AUD0).

— Pause time-out duration, 1-5 minutes, (to 1, to 2, to 3, to 4, or to 5 minutes).

3 Press the SET/ADJUST, (▲ or ▼) buttons to toggle the different selections within each parameter.

4 Press the ENTER button when you have set each parameter to your desired setting.

USING THE TREADMILL

STEP 1 VERIFY

Verify that all components and fasteners are sufficiently tightened and secure.

STEP 2 FAMILIARIZE

Familiarize yourself with the different switches, buttons, and Electronic display.

STEP 3 TURN POWER ON

Plug the unit in and turn the power switch on. The switch is located at the lower right front of the treadmill, (FIG. 10, pg. 7).

STEP 4 INSERT SAFETY TETHER KEY

Insert the safety tether key (yellow), into the computer base. Attach the clip on the other end of the cord to your shirt, in a place where it is not in your way when using the treadmill. The treadmill cannot be used and the display will not function completely if the tether key is not properly installed in the meter base.

STEP 5 ENTER YOUR WEIGHT

5A The small light next to WEIGHT will blink and the display shows the last entered weight.

5B Press the SET/ADJUST, (▲ or ▼), keys until the value shown is your weight.

5C Press ENTER to confirm and store.

5D The small light next to SPEED turns on and the display shows "0.0".

STEP 6 BEGIN WALKING

NOTE: Always hold onto the handlebars when changing the treadmill's speed.

6A Stand on the landing rails to the left and right of the running belt. Do not stand on the running belt.

6B Press the FAST (hare) key once. The belt will start moving at 1.0 m.p.h. (1.5 k.p.h.). Steady yourself by holding onto the handlebars and carefully stepping onto the moving belt. Increase speed by pressing the FAST key until the desired pace is reached. To slow down, press the SLOW (tortoise) key.

CAUTION: Never step onto the running belt at speeds greater than 1 m.p.h. (1.5 k.p.h.). Do not attempt to start the treadmill while you are standing on the belt...This is dangerous and will accelerate wear on your treadmill.

STEP 7 CHANGING % ELEVATION

The % ELEVATION is user controlled by depressing the UP and DOWN switch on the left handlebar.

7A Depress and hold the switch forward to increase elevation. Release the switch when desired elevation is displayed on the LCD.

NOTE: Actual treadmill elevation will lag behind the % ELEVATION readout until elevation is achieved

7B To reduce elevation or return to 0%, depress and hold the switch back. Release the switch when the desired elevation is displayed on the LCD.

THE SCANNING FUNCTION

Pressing the SCAN/SELECT key one time starts scanning through the different computer functions (current SPEED, elapsed TIME, DISTANCE traveled, total CALORIES, PACE minutes per mile/km, and current ELEVATION incline). Each display is active for 3 seconds. By pressing the SCAN/SELECT key again, the SCAN function will stop and the computer will continue to show the current function in the display window.

THE PAUSE FEATURE

1 To pause the treadmill, press the STOP key one time. Do not remove the tether key. This stops the treadmill and the elapsed timer. All values are stored temporarily, allowing you to continue your workout without losing the numerical data.

2 When you are ready to resume, press the FAST key. The treadmill will return to its last speed and resume the time, distance and calorie counters.

If you pause a workout at high speed, be careful — the treadmill will resume by accelerating to that speed.

3 The display will return to the weight entry mode if the STOP, RESET, or ENTER buttons are pressed after the pause time expires, or if the STOP button is pressed twice.

OPERATION & EXERCISE TECHNIQUE

...CONTINUED

BFORE YOU COMPLETE YOUR EXERCISE SESSION:

1   Grasp the handlebars and press the SLOW key; gradually slow your pace to an easy walk.

2   Press STOP and keep walking until the treadmill comes to a complete stop.

Allow time to slow your pace, cool down, and allow your heart rate to drop to a normal level before ending your workout.

AT THE END OF EVERY EXERCISE SESSION BE SURE TO:

- Use the main power switch to turn the unit off.
- Never leave the safety 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, running belt and any other surface where perspiration may have fallen, with a dry cloth or towel.

ADJUSTMENTS

ALIGNING THE RUNNING BELT

The running belt should remain centered on the J550 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 m.p.h. (5 k.p.h.).

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 m.p.h. (5 k.p.h.).

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 Step 3.

GAP

CLOCKWISE ONE-EIGHTH TURN

COUNTER-CLOCKWISE ONE-EIGHTH TURN

FIG. 12

GAP

COUNTER-CLOCKWISE ONE-EIGHTH TURN

CLOCKWISE ONE-EIGHTH TURN

FIG. 13
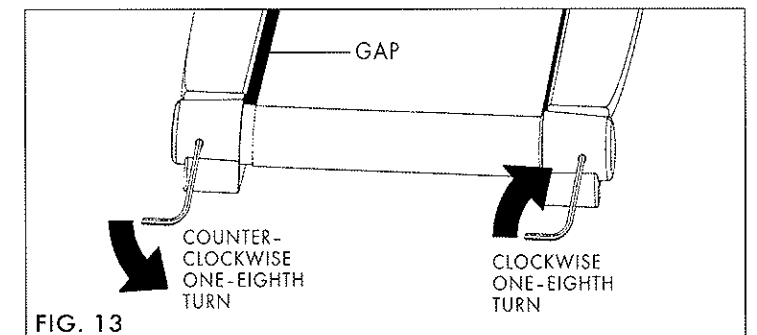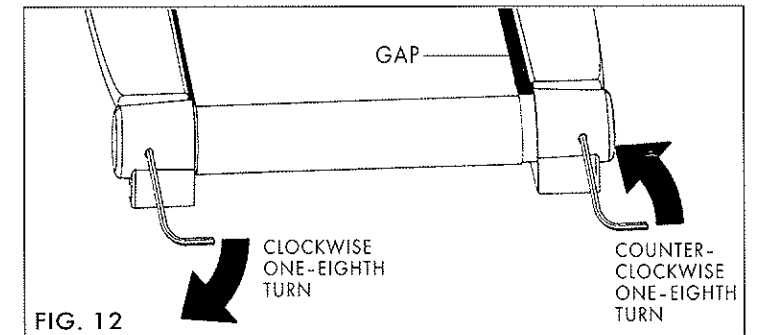
MAINTENANCE & STORAGE

USER MAINTENANCE MENU

Access the User Maintenance Menu to display the software revision level, total time & distance values, and to clear the 'S1' maintenance code.

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 (while still pressing STOP).

3 The software version will be displayed.

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

5 To display total time, press SLOW. To display total distance, press SLOW again.

6 Press ENTER to exit the User Maintenance Menu.

SPECIFICATIONS

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.

CAUTION: Turn off and unplug the J550 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.*

MAINTENANCE

Your J550 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.

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 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.

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

DECK MAINTENANCE

Your J550 Treadmill is designed for heavy use. To assure smooth operation, it may be necessary to relubricate the deck after 200 hours of usage. Please contact your Tunturi dealer or Tunturi Technical Support (1-800-736-7616) for a lubrication kit.

CLEANING AND REMOVING DUST

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

LENGTH	150^{CM} / 60^{INCHES}
WIDTH	80^{CM} / 31.5^{INCHES}
HEIGHT	125^{CM} / 49.2^{INCHES}
WEIGHT	71^{KG} / 156^{POUNDS}
RUNNING SURFACE LENGTH	140^{CM} / 55^{INCHES}
RUNNING SURFACE WIDTH	46^{CM} / 18^{INCHES}
SPEED	0 - 8$^{M.P.H}$ / 0 - 13$^{K.P.H}$
% ELEVATION (INCLINE) RANGE:	0 - 10%
ELECTRONIC	4 DIGIT L.E.D. WITH 8 L.E.D. INDICATORS

INSPECTING FASTENERS AND WIRING

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

ERROR CODES

The J550 electronics continuously run a self check of its 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, ("E" follwed by a number), appears on your treadmills display, please write down the error code, and serial number of the treadmill, (located on the lower right back), and contact Tunturi Technical Support (1-800-736-7616).

MOVING

The J550 is 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: The running belt may need to be re-aligned after moving. If necessary see "Aligning the Running Belt" on page 12.

MOTOR		2.0^{HP} HIGH TORQUE TREADMILL DUTY
DRIVE SYSTEM		POLY-VEE DRIVE BELT, DIRECT TO FRONT ROLLER
STRUCTURAL FRAME		WELDED 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}

PARTS LIST

REF.	DESCRIPTION	QUANTITY
1	TETHER KEY	1
2	METER BASE, COMPL.	1
6	SCREW	6
7	METER	1
8	HANDLE GRIP, RIGHT	1
9	HANDLEBAR, RIGHT (INCL. 8)	1
10	HANDLE GRIP, LEFT	1
11	HANDLEBAR, LEFT (INCL. 10)	1
14*	SCREW (* 1 PC)	8
16	METER BRACKET	1
17*	SCREW (* 1 PC)	16
18*	SCREW	1
19*	WASHER, SPRING	2
20	FRONT ROLLER CAP, RIGHT	1
21*	SLEEVE	1
22	CABLE SET (INCL. 22A - 22C)	1
23*	SCREW (* 1 PC)	2
24*	SCREW (* 1 PC)	12
25	SIDE COVER, RIGHT	1
26	SIDE COVER, LEFT	1
27	DECAL SET (INCL. 27A - 27E)	1
28	FRONT ROLLER CAP, LEFT	1
29	LIFT HANDLE MOUNT, PAIR	1
30	SWITCH	1
31	SCREW	2
32	CABLE SET (INCL. 32A - 32D)	1
33	RETAINER	4
34	ROLLER, FRONT	1
35	RUBBER	2
36	MAIN CABLE	1
37	SCREW	4
38	WASHER	4
39	CIRCUIT BRAKER	1
40	MAIN CABLE PLUG	1
41	NUT	4
42	POWER BOARD	1
43*	HANDLEBAR COVER	1
44*	SCREW	1
45	RUBBER SHEET	6
46	MOTOR DUST COVER	1
47	WASHER	14
48	WASHER	4
49	WHEEL	4
50	RUBBER BUMBER	8
51	DRIVE BELT	1
52	FLYWHEEL	1
54	MOTOR (INCL. 52, 55 - 57)	1
55	MOTOR FAN	1

REF.	DESCRIPTION	QUANTITY
56	SPEED SENSOR PLATE	1
57	SCREW	2
58	STAND FOOT	2
59	WASHER	2
60	MOTOR BRACKET (INCL. 65)	1
61	SCREW	2
62	SCREW	1
63	BRACKET, SPEED SENSOR	1
64	SCREW	2
65	RUBBER BAD	2
66	SENSOR AND WIRE	1
67	SCREW	1
68	LIFT MOTOR	1
69	CABLE HOLDER	4
70	PANDUIT BASE	2
71	PANDUIT	10
75	FRAME	1
77	REAR CAP, LEFT	1
78	ROLLER, REAR	1
79	BOLT	2
80	LIFT ARM	1
81	SLEEVE	2
82	NUT NYLON	2
84	SCREW	2
85	REAR CAP, RIGHT	1
86	WHEEL CAP	2
87	RETAINING RING	4
88	RETAINING RING	2
89	AXLE, LIFT MOTOR	1
95	SCREW	6
96	NUT	2
97	LANDING AREA	2
98	LANDING AREA CAP	4
100	SCREW	6
101	WASHER	6
102	RUNNING DECK	1
103	WASHER	6
104	NUT	6
105	RUNNING BELT	1
108	NUT	1
109	SCREW	1
110	PLATE, SWITCH	1
111	SCREW	2
*	HARDWARE KIT (INCL. *)	1
	SCREW - SHAPED	1
	ALLEN KEY 6MM	1
	OWNER'S MANUAL	1

PARTS DIAGRAM
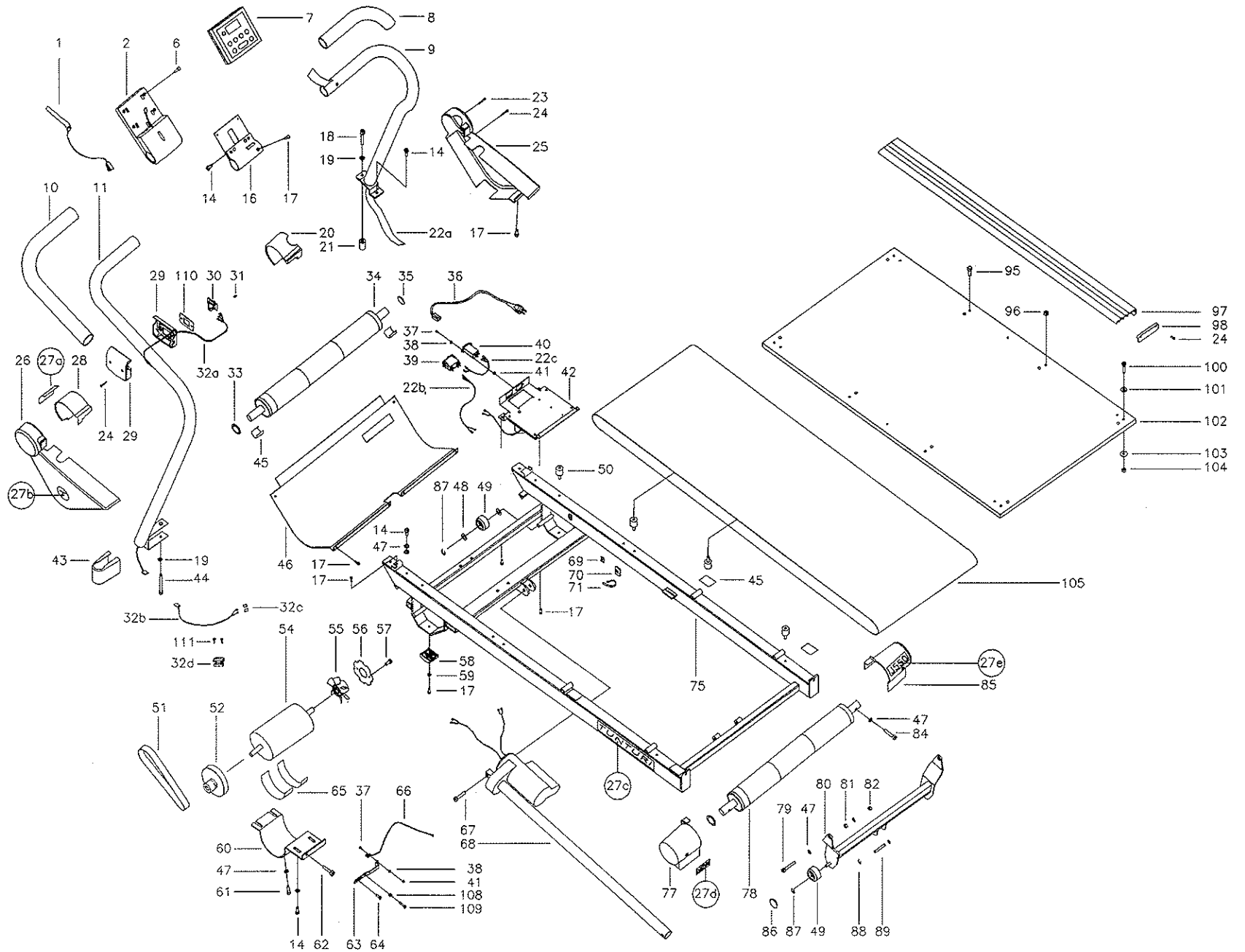
POLAR® HEART RATE TECHNOLOGY

All Tunturi Electronic 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 may be purchased separately for the J550. 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.**
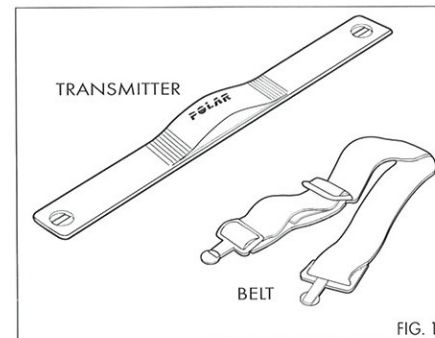

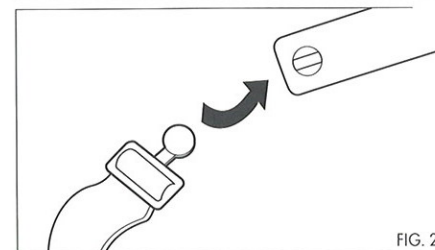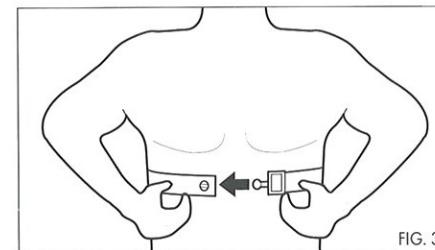TRANSMITTER

POLAR

BELT

FIG. 1

FIG. 2

FIG. 3

POLAR

FIG. 4

WATER

POLAR

FIG. 5