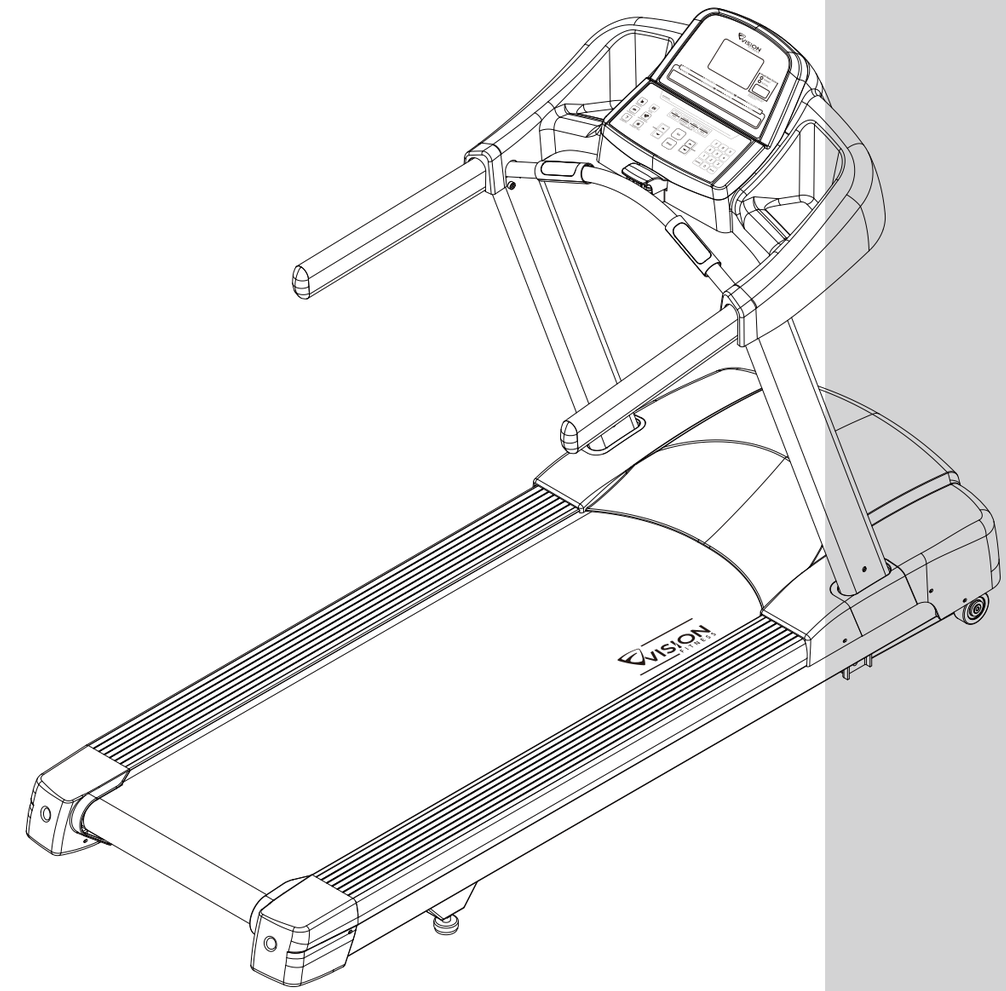
VISION FITNESS

T60 TREADMILL



OWNER'S MANUAL

VISION FITNESS

T60

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Sep. 07,12'

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INSTRUCTION

This Owner's Manual describes the functions of the following product:
Treadmills T60

See "Product Specifications" (Page 28) in this manual for product specific features, the **T60** is intended for commercial use.

It is recommended that all users of fitness exercise equipment should be informed of the following information prior to its use.

When using the **T60**, always follow basic precautions:

- To ensure your safety and to protect the unit, read all the instructions before assembling and using the treadmill.
- To ensure the proper use and safety of the treadmill, make sure that all users read this manual. Please make this manual a part of your facility's training program. Remind the users that before undertaking any fitness programme, they should obtain complete physical examinations from their physicians. If, at any time while exercising, the user experiences dizziness, pain, or shortness of breath, nausea or feels faint he or she must stop immediately.

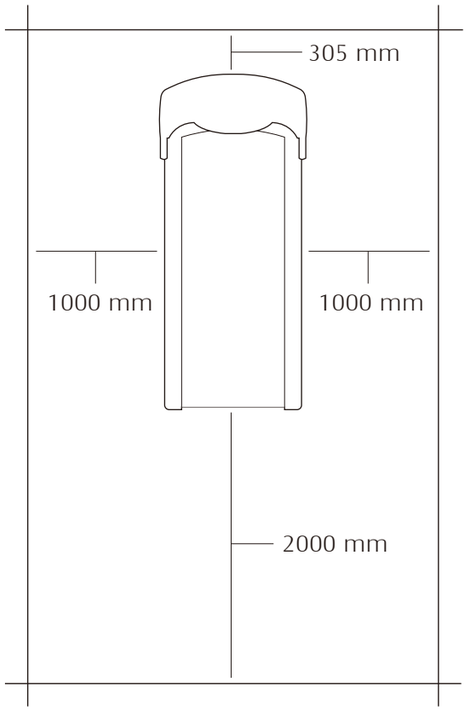
SAVE THIS OWNER'S MANUAL FOR FUTURE REFERENCE.

IMPORTANT SAFETY INSTRUCTIONS

READ AND SAVE ALL INSTRUCTIONS before assembling or using this treadmill.
It is strongly recommended to take the following safety instructions.

- **DANGER:** To reduce the risk of electrical shock, always unplug the treadmill before cleaning or attempting any maintenance activity.
- **WARNING:** To reduce the risk of burns, fire, electric shock, or injury, it is imperative to connect each product to a properly grounded electrical outlet.
- **CAUTION:** If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing.
- Never operate the treadmill if it has a damaged power cord or electrical plug, if it is not working properly, or if it has been damaged or immersed in water. Return the treadmill to the authorized Vision dealers for examination and repair.
- Keep the power cord away from heated surfaces. Do not pull the equipment by the power cord or use the cord as a handle. Never place the power cord under carpeting or place any object on top of the power cord.
- Only use the power cord provided with your treadmill. If the power cord is damaged, it must be replaced by the manufacturer, an authorized service agent, or a similarly qualified person to avoid a hazard.
- To disconnect, turn the switch to the off position, then remove the plug from the outlet.
- Use this treadmill for its intended purpose as described in this manual. Do not use attachments that have not been recommended by the manufacturer.
- Never drop or insert any object into any opening in the product. If an object should drop inside, turn off the power, unplug the power cord from the outlet, and carefully retrieve it. If the item cannot be reached, contact the authorized Vision dealers.
- Do not reach into or underneath the unit, or tip it on its side during operation. And, keep hands and feet clear at all times from moving parts to avoid injury.
- Do not remove the treadmill motor cover or roller covers. Service should be performed only by an authorized service technician.
- Do not use any equipment that is damaged or has worn or broken parts. Use only replacement parts supplied by Vision Fitness or authorized dealers.
- Do not use the treadmill outdoors, near swimming pools or in areas of high humidity.
- Do not operate where aerosol (spray) products are being used or when oxygen is being administered.
- Be sure the emergency stop pull cord is clipped to the user and in a proper placed position on the user before beginning any workout.
- Use the stationary handrails when mount or dismount the treadmill. Place the feet firmly on the right and left side platforms before the running belt begins moving (prior to a workout). Step onto the running belt when the speed is at or below 1.6 km/h (1 mph).

- Never mount or dismount the treadmill while the running belt is moving.
- Handrails may be held to enhance stability as needed, but are not for continuous use.
- Do not wear any clothing that might catch on any moving parts of this treadmill.
- Never walk or jog backwards on the treadmill.
- Do not use this product in bare feet. Do not use shoes with heels, leather soles, cleats or spikes. Make sure no stones are embedded in the soles.
- Do not turn the belt by hand.
- Close supervision is necessary when used near children, invalids or disabled people.
- When the treadmill is in use, young children and pets should be kept at least 3 meters / 10 feet away.



NOTE:

Orange strip or white strip in the lateral position of side rail as a criterion to check the belt is in proper position or not, it is necessary to adjust the belt until the edge of belt is parallel to orange strip.

WARNING:

"WARNING! Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately".

CAUTION:

Please leave a 2000 x 1000 mm landing zone behind the treadmill.

SETUP THE TREADMILL

GETTING STARTED

Read the Owner's Manual before setting up the T60. Place the treadmill where it will be used before beginning the setup procedure.

MAKING A CHOICE OF SITE

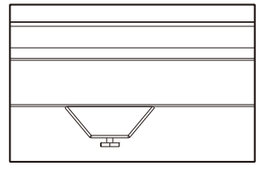
The site that you select for the treadmill should be well-lit and well-ventilated. Locate the T60 on a structurally solid and flat surface a few meters / feet from the wall or any equipment (Allow a distance of 305 millimeter or twelve inches, between the treadmill and other units on either side. Allow a distance of two meters, or six feet, from the rear of the treadmill to any object or surface.) If the site has a heavy plush carpet, to protect the carpeting and machinery, you should place a rigid plastic base under the treadmill.

Please do not place the treadmill in an area of high humidity, such as the vicinity of a steam room, indoor pool, or sauna. Exposure to intensive water vapor or chlorine could adversely affect the electronics, as well as other parts of the machine. To make exercise a desirable daily activity for you, the treadmill should be in an attractive setting.

STABILIZING THE TREADMILL

After positioning the treadmill in its intended location, check its stability by attempting to rock it side to side. Rocking or wobbling indicates that your treadmill needs to be leveled. Determine which leveler is not resting completely on the floor. Loosen the nut with a hand to allow the leveler to rotate. Rotate the left or right leveler, and repeat the adjustment as necessary until the treadmill is stable. Lock the adjustment by tightening the nut against the rear foot support.against the rear foot support.

NOTE: *It is extremely important that the levelers are correctly adjusted for proper operation. An unbalanced unit may cause striding belt misalignment. A bubble level is recommended to ensure proper leveling.*



CENTERING THE BELT

After installing and leveling the treadmill, check the belt to ensure that it is tracking properly. The belt might need to be adjusted after the first two hours of use. If the belt needs to be adjusted, please see ADJUSTING THE BELT at the section of **MAINTENANCE** for details.

ELECTRICAL POWER REQUIREMENT

The treadmill requires a dedicated line according to the electrical configurations listed in the chart below. It is particularly important that no sensitive electrical equipment, such as a computer or a TV, shares the same circuit.

Supply Voltage (VAC)	Frequency (Hz)	Rated Current (Amps)
110	50/60 Hz	15A
220	50/60 Hz	8A

GROUNDING INSTRUCTIONS

The treadmill must be properly grounded. If the product malfunctions or breaks down, proper grounding provides a path of least resistance for the electric current to reduce the risk of electrical shock. This product is equipped with an electrical cord, which includes an equipment grounding conductor and a grounding plug. The plug must be inserted into an outlet that has been properly installed and grounded in accordance with all local codes and ordinances.

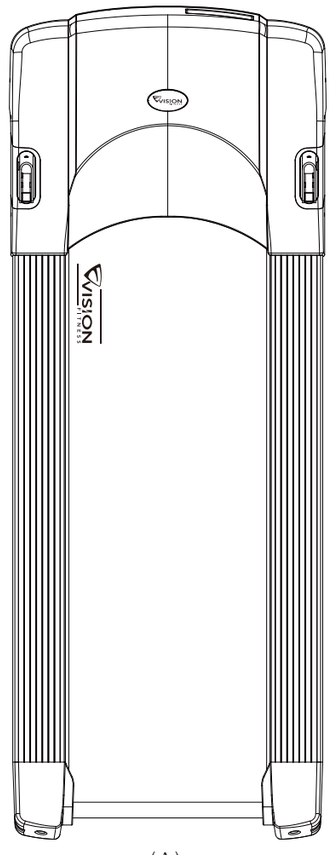
DANGER: : Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or service provider if you are in doubt as to whether or not the product is properly grounded. **DO NOT** modify the plug provided with the product. If it will not fit an electrical outlet, have a proper outlet installed by a qualified electrician. Any modification to the electrical plug will result in void warranty.

ASSEMBLY

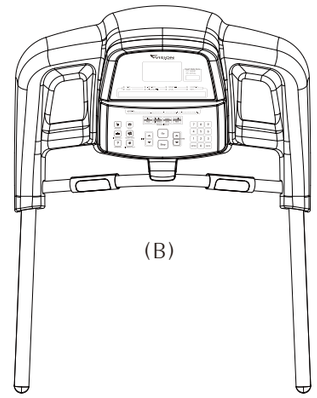
UNPACKING THE TREADMILL

The T60 is carefully inspected before it is packaged. Carefully unpack the unit and dispose of the box material. **NOTE:**In case these parts are missing from the package, please contact the local authorized Johnson dealers at once.

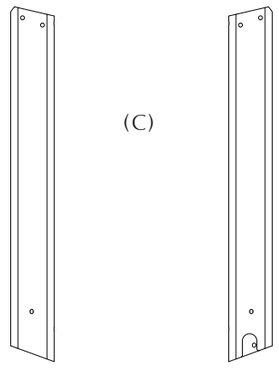
CAUTION: This unit weighes 330 lbs / 150 kg. To avoid injury to the user and the unit, be sure to have proper assistance to remove and move the unit.



(A)



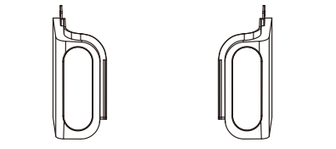
(B)



(C)

Hardware Kit

(D)



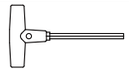
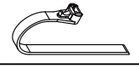
(E)

A) Full Assembled Frame
B) Console Set
C) Console Masts
D) Hardware Kit
E) Motor Cover L/R

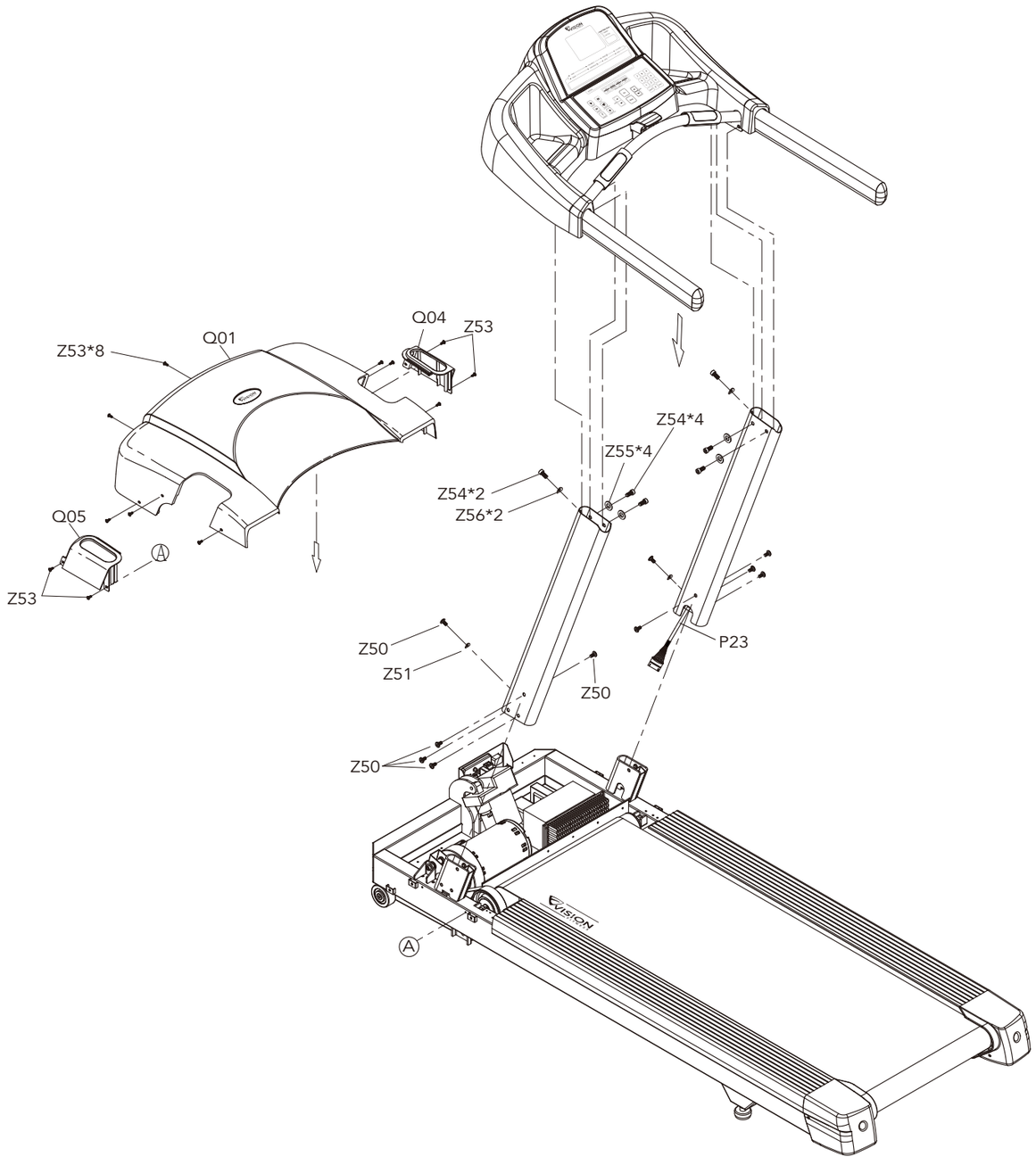
ASSEMBLY INSTRUCTIONS

Please make sure that the power plug is not plugged into the wall outlet while assembling the treadmill. Ensure correct assembly of the T60, carefully read and follow these steps:

FASTENERS

PART NO.	DESCRIPTION	SKETCH	QUANTITY	NOTE
Z05	8mm T-SHAPED WRENCH		1	
Z50	HEX SOCKET THIN HEAD SCREW (M8*1.25P*15L)		10	WHITE
Z51	ARC WASHER (Ø8.2*Ø18*1.5T)		2	WHITE
Z53	PHILLIP BUTTON HEAD SCREW (M5*0.8P*12L)		10	BLACK/ YELLOW
Z54	HEX SOCKET HEAD SCREW (M10*1.5P*20L)		6	BLUE
Z55	FLAT WASHER (Ø10.5*Ø18*2.0T)		4	BLUE
Z56	ARC WASHER (Ø10.2*Ø20*1.5T)		2	BLUE
Z62	SADDLE TYPE TIE MOUNT (HC-4 KSS)		1	RED
Z63	RELEASIBLE CABLE TIE (HV150HB KSS)		1	RED
Z64	PHILLIP ROUND HEAD SCREW (M5*0.8P*20L)		1	RED

ASSEMBLY EXPLODED DIAGRAM

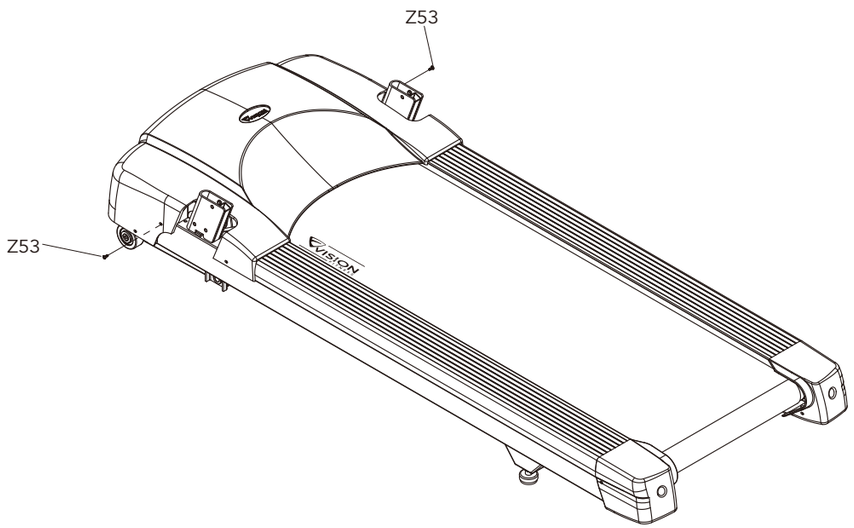


ASSEMBLY STEPS

ATTENTION: After installation is completed, the treadmill will need to be calibrated by using the AUTO-CHECK function. If this is not done, the treadmill's speed and incline values may be incorrect and damage the treadmill. **DO NOT** stand on the belt when performing the AUTO-CHECK function.

STEP 1: Remove The Motor Cover

Unscrew the left and right-size screws (Z53) and lift the motor cover off the treadmill and set it aside.



STEP 2: Secure The Left And Right Console Mast

a. Attach the left console mast by placing it into the console mast support bracket and aligning the mounting holes.
b. Lift up the plastic piece (Q05) that is attached aside the motor cover. Place 3 screws (Z50) on the outside and 1 screw (Z50) on the inside and secure the screws, but leave room for adjustments.
c. Place a wave washer (Z51) on the screw (Z50) and secure the screw in the front of the console mast.
d. Put the plastic piece (Q05) down. Place 2 screws (Z53) and secure the screws into the frame.
e. Secure the right console mast to follow the above procedure.

Diagram 1

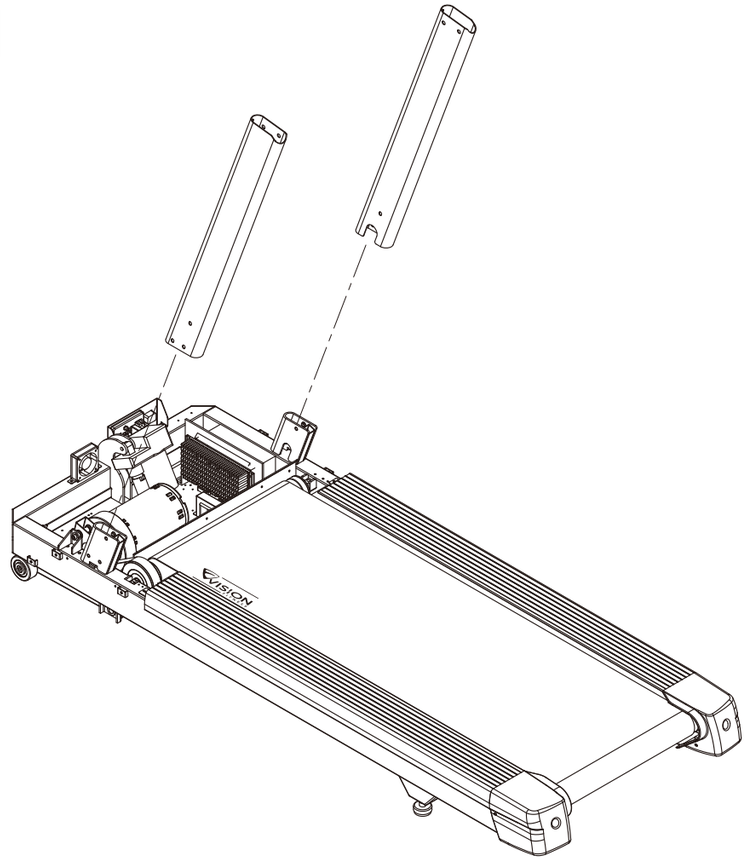


Diagram 2

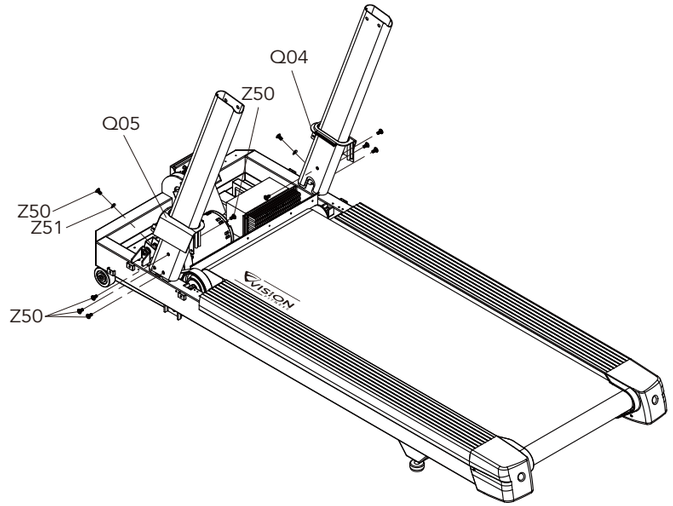
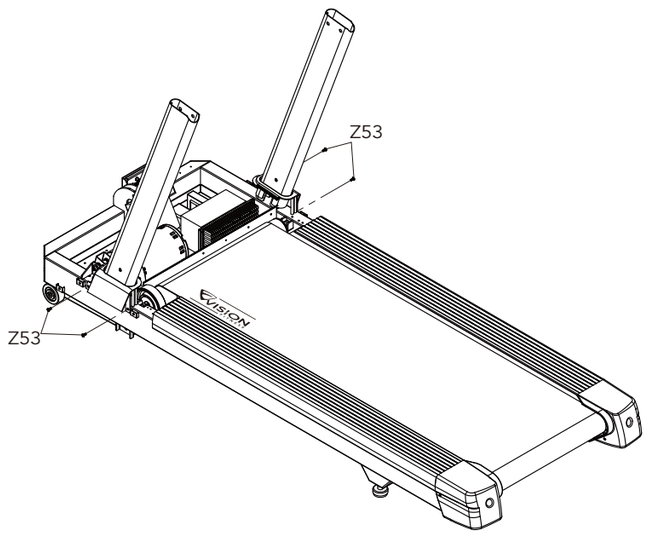


Diagram 3

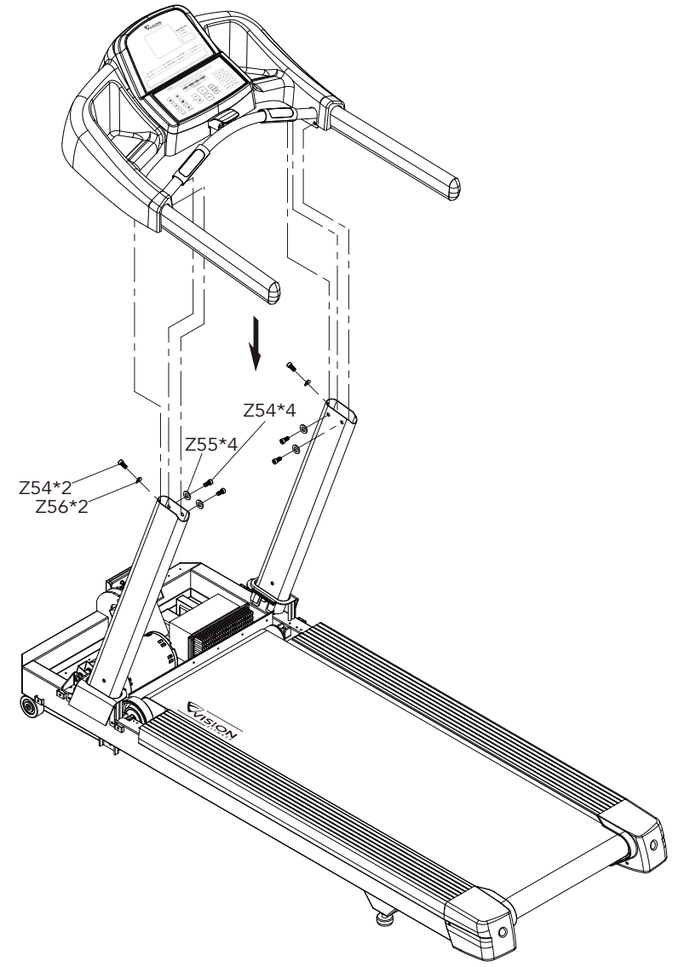


STEP 3: Attach The Console To The Console Mast

a.Route the display cable through the right console mast and pull it out of the hole on the side of the console mast near the frame. Ask an assistant to hold the console in place while you route the cable through the console mast.

b.Attach the console to the right and left console mast using six screws (Z54) and washers (Z55)(Z56) to secure.

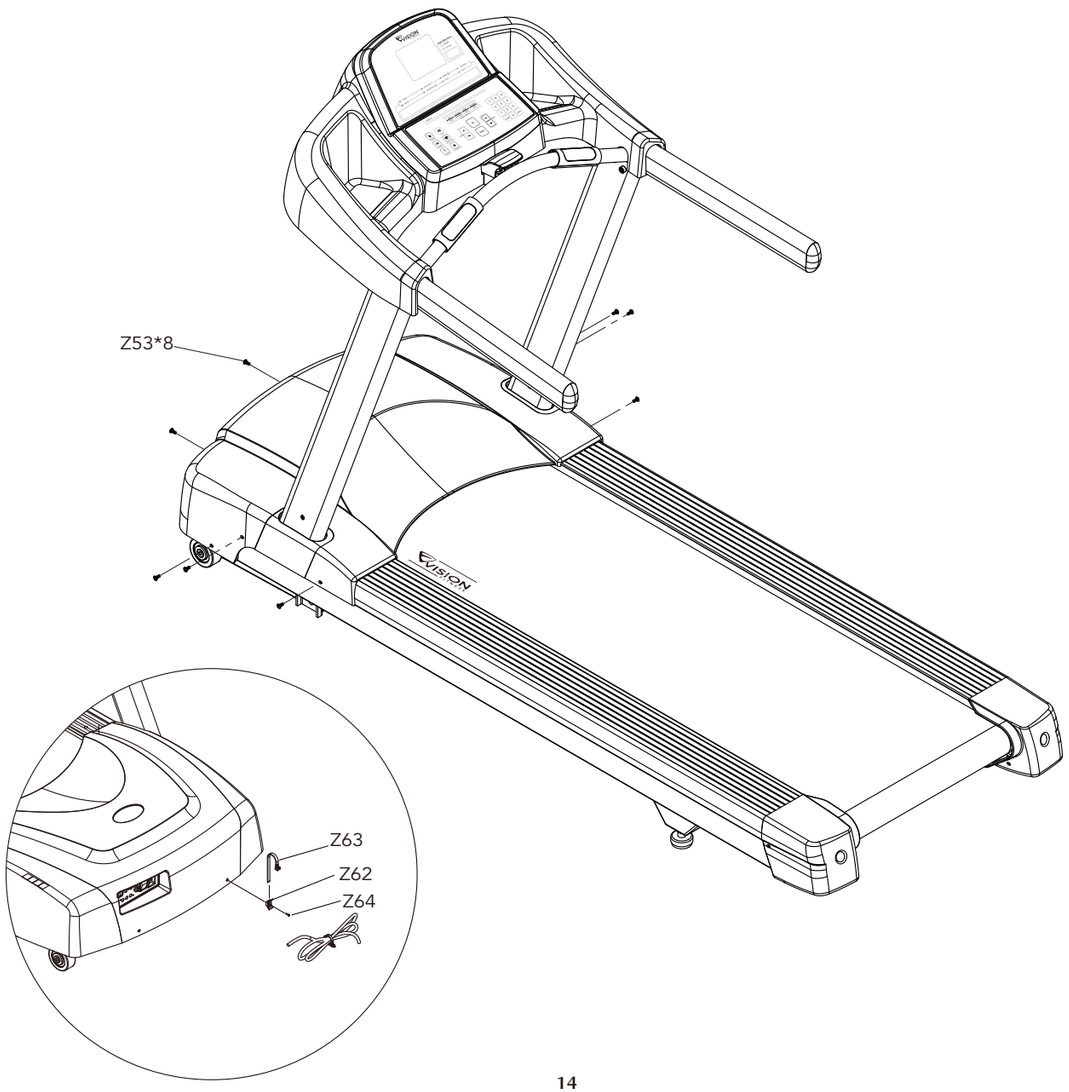
c.Plug the cable connector into its receptacle on the lower board near the motor.



STEP 4: Replace The Motor Cover

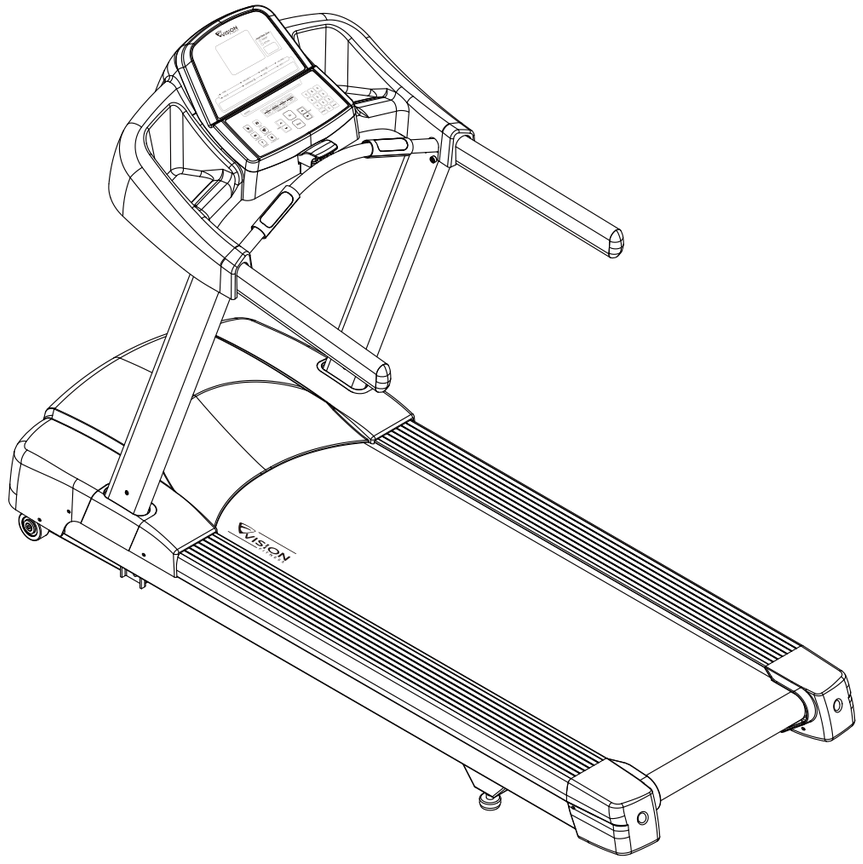
a.Replace the motor cover on the treadmill using buttonhead cross screws (Z53) to secure them.

b.In order to prevent the power cord pressed down by elevation rack when the treadmill is elevated up or down, it is recommended to tie up the power cord on the motor cover (Shown as picture)



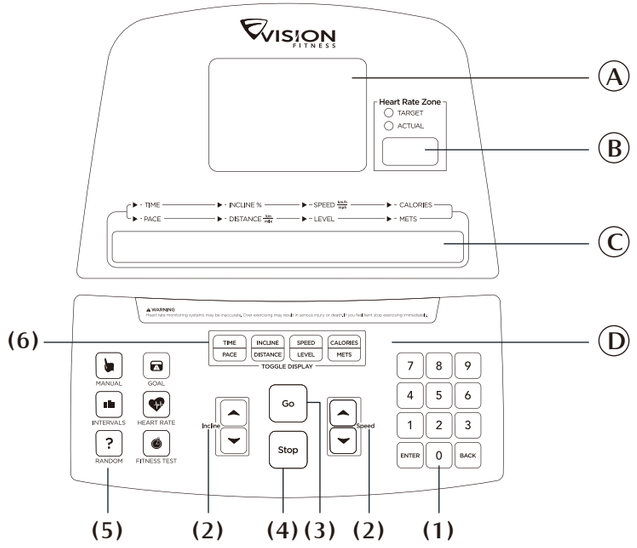
STEP 5: Calibrate The Treadmill

Enter the Manager's Custom Mode to execute P16 AUTO CHECK. The treadmill's **INCLINE** will be calibrated automatically. This will take around 1 minute to run. After the completion of calibration, press **EMERGENCY STOP** key twice to back to the inital starting screen.



USING THE WORKOUTS

1. Without anyone standing on the treadmill, plug the power cord into a dedicated electrical outlet.
2. The On/Off switch for the treadmill is located next to the power supply plug in. Turn the switch to the on "I" position to activate the treadmill.
3. Run the treadmill by following the INSTRUCTION CENTRE instructions to press the Quick Program or Numeric keys for the program setting: Program, Level, Incline, Speed, Time, Weight, Height, Age and Target Heart Rate.



DISPLAY CONSOLE

A. **WORKOUT PROFILE WINDOW:** During a workout, intervals, hills and valleys appear in this window as rows of lights stacked in columns. The number of lit rows within a column corresponds to an incline percentage.

B. **HEART RATE CENTRE:** This window displays your Actual and Target heart rate during the workout. The console displays a heart rate within 15 to 20 seconds of contact with the sensors or the use of a heart rate chest strap. In TARGET HEART RATE program, the inputted target heart rate will display in the window every 60 seconds.

C. **INSTRUCTION CENTER:** This window displays step-by-step instructions for setting up a workout. During a workout, it displays Time, Pace, Incline, Distance, Speed, Level, Calories and METS.

D. **CONTROL KEYPAD:** The Control Keypad allows the user to set up programs and control workout.

(1) NUMBER KEYS: Press the numbers to input exercise Time, Weight, Level, Age, Heart Rate, Speed and Incline.
SELECT / ENTER key: Press this key to confirm an entry of the number.
CLEAR key: Use this key to clear data not yet entered during the workout setup.
(2) SPEED & INCLINE: Use the arrow keys to adjust speed or incline.
(3) GO: Press GO to begin your workout immediately, without having to select a workout program.
(4) STOP: Press this key once to enter PAUSE mode. And, hold it with 3 seconds to reset the treadmill and restart the programming sequence.
(5) PROGRAM keys: Press the key to select one of the workouts. The program key with a symbol of plus "＋" represents this key includes additional workout options. Press this key repeatedly for similar workout options.
(6) READOUT SWITCH keys: Press one of these four keys to change your desired readout.

WORKOUT PARAMETER PROMPTS

PROMPT	DEFAULT	MINIMUM	MAXIMUM	UNIT
TIME	20	10	99	minute
LEVEL	1	1	10	
HEIGHT	160/5’	100/3’3”	230/7’5”	cm / ft.in.
WEIGHT	68/150	34/75	159/350	kg / lbs
AGE	30	10	99	year
HEART RATE	N/A	52	200	beat
GENDER	MALE	MALE	FEMALE	
SPEED	N/A	0.8 / 0.5	20 / 12	kph / mph
INCLINE	N/A	0	15	%

NOTE: *The workout time displays “countdown” according to default time or the maximum time that the club owner set. When the workout time input as “0”, the time will count from 0 to the maximum time depending on the fitness club setup. The workout pattern repeats until the maximum workout time is completed.*

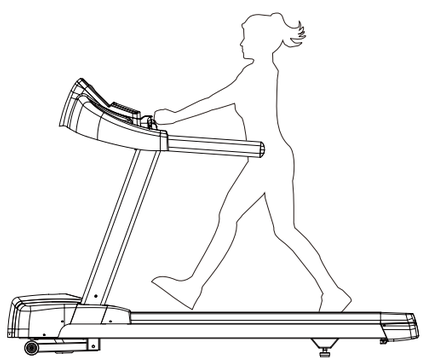
WORKOUT OVERVIEWS

PROGRAM		DESCRIPTION	DEFAULT TIME	PROMPT INPUT	PROGRAM CONTROL
QUICK START		Quick Start is the fastest way to begin exercising and bypasses the setup prompts. After pressing the QUICK START key, a constant-level workout begins, and the speed and incline do not change automatically.	N/A	N/A	N/A
MANUAL		Manual is a constant effort workout in which the user can change incline or speed at any time.	20 min	Time, Weight	N/A
INTERVAL		Interval is periods of intense aerobic exercise separated by regular periods of lower-intensity exercise. At any point during the workout, the user can change the settings of the current speed.	20 min	Level, Time, Weight	Elevation
GOAL+	TIME GOAL	This workout sets duration as the workout goal. Once the duration objective is met, the workout goes into a cool-down phase.	20 min	Time, Start Incline, Start Speed, Weight	N/A
	DISTANCE GOAL	This workout is designed to build endurance in a certain distance. Once the objective is met, the workout automatically goes into a cool-down phase, and ends afterward.	N/A	Distance, Start Incline, Start Speed, Weight	N/A
	CALORIES GOAL	This workout is designed to burn a certain number of calories in the selected time duration. Once the objective is met, the workout automatically goes into a cool-down phase, and ends afterward.	N/A	Calories, Start Incline, Start Speed, Weight	N/A
RANDOM		Random creates a random terrain pattern of hills and valleys that varies with each workout.	20 min	Time, Weight	Elevation

PROGRAM		DESCRIPTION	DEFAULT TIME	PROMPT INPUT	PROGRAM CONTROL
HEART RATE+	TARGET HR	Target HR is a higher intensity workout for more fit users, emphasizing cardiovascular benefits. The user must wear a heart rate chest strip, or keep hands on contact heart rate grips continuously. The program adjusts the intensity level, based on the actual heart rate, to maintain the rate at 80 percent of the theoretical maximum.	20 min	Age, Heart Rate, HR Control, Max. Speed or Max. Incline, Time, Weight	Speed or Elevation
	WEIGHT LOSS	Weight Loss is a low-intensity workout for burning the body's fat reserves. The user must wear a heart rate chest strip, or keep hands on contact heart rate grips continuously. The program adjusts the intensity level, based on the actual heart rate, to maintain the rate at 65 percent of the theoretical maximum. And use Body Mass Index (BMI) to measure your body composition.	20 min	Age, Heart Rate, HR Control, Max. Speed or Max. Incline, Time, Weight, Height	Speed or Elevation
FITNESS TEST		Vision treadmill offers fitness tests-the Gerkin firefighter protocol, the Gerkin protocol was developed by Dr. Richard Gerkin of the Phoenix (Arizona) Fire Department. It is a sub-maximal graded treadmill evaluation used by many Fire Departments across the United States to assess the physical condition of the firefighters. The test requires constant monitoring of the user's heart rate so the use of a telemetric chest strap is highly encouraged.	N/A	N/A	N/A

WORKOUT TIPS

- Vision Fitness strongly recommends seeing a physician for a complete medical exam before undertaking an exercise program. If, at any time while exercising, the user experiences faintness, dizziness, pain, or shortness of breathe, he or she must stop immediately.
- Without anyone standing on the treadmill, plug the power cord into a dedicated electrical outlet.
- The On/Off switch for the treadmill is located next to the power supply plug in. Turn the switch to the on " | " position to activate the treadmill.
- To mount or dismount the treadmill, grasp the stationary side-handrails and place the feet firmly on the right and left side platforms before the running belt begins moving. Prior to the workout, please always attach the security clip to your clothing.
- When you are comfortable situated onto the running belt, the computerized display console on the treadmill instructs you to operate the unit.
- The better position of feet to walk on the treadmill is where feet planted on the belt to have your arms bent slightly and your hands grasped the heart rate sensors (as below illustration). At the running speed, the feet stand on the point of the belt where the hands at a natural swing are not able to touch the front handrail.
- Hold onto the handrail with one hand while you increase SPEED with the other hand. Once you are comfortable with the walking or running speed, you can remove your hands from the handrail.
- Do not attempt to grasp the HR sensors at speeds above 7.2 km/h (4.5 mph). For these speeds, the use of a heart rate chest strap is recommended.
- It is highly recommended that you always incorporate the warm-up and cool-down period into your workout. Warm-up brings the heart rate into the lower end of the target zone and increases respiration and blood flow to working muscles. Cool-down takes time for a user's heart rate to return to a resting state after vigorous exercise and reduces the amount of lactic acid in muscle tissue.



WORKOUT SETUP STEPS

Use the PROGRAM PLUS™ KEYS to enter the program, or use SPEED ▲ ▼ keys to scroll to desired program. Use the NUMBER keys to enter the values, or use SPEED ▲ ▼ keys to scroll to desired values displayed on the INSTRUCTION CENTER. Press the SELECT key to confirm each selection. Follow the steps to set up each workout.

QUICK START

Press the "GO" key and the WORKOUT PROFILE WINDOW will display "3, 2, 1, GO!" The workout begins at the lowest incline and speed, and the time counts "0" to the maximum time.

MANUAL

1) Press the "MANUAL" key to enter the program.
2) "SELECT TIME" using the NUMBER keys or SPEED ▲ ▼ keys, and then press SELECT.
3) "SELECT WEIGHT" using the NUMBER keys or SPEED ▲ ▼ keys, and then press SELECT.
4) Press GO to begin the workout.

INTERVAL

1) Press the "INTERVAL" key to enter the program.
2) "SELECT LEVEL" using the NUMBER keys or SPEED ▲ ▼ keys, and then press SELECT.
3) "SELECT TIME" using the NUMBER keys or SPEED ▲ ▼ keys, and then press SELECT.
4) "SELECT WEIGHT" using the NUMBER keys or SPEED ▲ ▼ keys, and then press SELECT.
5) Press GO to begin the workout

GOAL+

A) TIME GOAL

1) Press the "GOAL+" key and use SPEED ▲ ▼ keys to select "TIME GOAL".
2) "SELECT TIME" using the NUMBER keys or SPEED ▲ ▼ keys, and then press SELECT.
3) "SELECT START INCLINE" using the NUMBER keys or SPEED ▲ ▼ keys, and then press SELECT.
4) "SELECT START SPEED" using the NUMBER keys or SPEED ▲ ▼ keys, and then press SELECT
5) "SELECT WEIGHT" using the NUMBER keys or SPEED ▲ ▼ keys, and then press SELECT.
6) Press GO to begin the workout

B) DISTANCE GOAL

1) Press the "GOAL+" key and use SPEED ▲ ▼ keys to select "DISTANCE GOAL".
2) "SELECT DISTANCE" using the NUMBER keys or SPEED ▲ ▼ keys, and then press SELECT.
3) "SELECT START INCLINE" using the NUMBER keys or SPEED ▲ ▼ keys, and then press SELECT.

4) “SELECT START SPEED” using the NUMBER keys or SPEED ▲ ▼keys, and then press SELECT.
5) “SELECT WEIGHT” using the NUMBER keys or SPEED▲ ▼ keys, and then press SELECT.
6) Press GO to begin the workout

C) CALORIES GOAL

1) Press the “GOAL+” key and use SPEED▲ ▼ keys to select “CALORIES GOAL”.
2) “SELECT CALORIES” using the NUMBER keys or SPEED ▲ ▼ keys, and then press SELECT.
3) “SELECT START INCLINE” using the NUMBER keys or SPEED▲ ▼ keys, and then press SELECT.
4) “SELECT START SPEED” using the NUMBER keys or SPEED▲ ▼ keys, and then press SELECT.
5) “SELECT WEIGHT” using the NUMBER keys or SPEED▲ ▼ keys, and then press SELECT.
6) Press GO to begin the workout

RANDOM

1) Press the “RANDOM” key to enter the program.
2) “SELECT TIME” using the NUMBER keys or SPEED ▲ ▼keys, and then press SELECT.
3) “SELECT WEIGHT” using the NUMBER keys or SPEED ▲ ▼ keys, and then press SELECT.
4) Press GO to begin the workout

HEARTRATE+

TARGET HR & WEIGHT LOSS

1) Press the “HEARTRATE+” key and use SPEED▲▼ keys to select “TARGET HR” or “WEIGHT LOSS”.
2) “SELECT AGE” using the NUMBER keys or SPEED ▲▼ keys, and then press SELECT.
3) “SELECT HR” using the NUMBER keys or SPEED ▲▼ keys, and then press SELECT.
4) “SELECT HR CONTROL” using the SPEED ▲▼ keys, and then press SELECT.
   - If SPEED is selected, the INSTRUCTION CENTER will display "SET MAX SPEED”. Use the SPEED ▲▼ keys to set MAX SPEED, and then press SELECT.
   - If INCLINE is selected, the INSTRUCTION CENTER will display "SET MAX INCLINE”. Use the SPEED ▲▼ keys to set MAX INCLINE, and then press SELECT.
5) “SELECT TIME” using the NUMBER keys or SPEED ▲▼ keys, and then press SELECT.
6) “SELECT WEIGHT” using the NUMBER keys or SPEED ▲▼ keys, and then press SELECT.
7) “SELECT HEIGHT” using the NUMBER keys or SPEED ▲▼keys, and then press SELECT.
   (Only For WEIGHT LOSS)
8) Press GO to begin the workout.

BMI Categories:

- Underweight = < 18.5
- Normal Weight = 18.5-24.9
- Overweight = 25-29.9
- Obesity = BMI of 30 or greater

FITNESS TEST

To enter into this workout on a T60, use the following guidelines:

1. Choose the Gerkin test by pressing the Fitness Test workout button until Gerkin is shown in the message window and press ENTER.
2. Enter age using the NUMBER keys or SPEED ▲ ▼ keys and press ENTER
3. The message window will display your target heart rate based upon your age and the target heart rate zone of 85%.
4. Select gender using the NUMBER keys or SPEED ▲ ▼ keys, and press ENTER.
5. Enter user weight (user weight is used to calculate the caloric expenditure value-providing an accurate weight helps to ensure an accurate caloric expenditure rating for each user) using the NUMBER keys or SPEED ▲ ▼ keys and press ENTER.
6. The message window will notify the user that the start speed is 3.0 mph (5.0 kph) and 0% incline during the warm-up.
7. Press GO to begin the workout.

Note: Press "STOP" key during workout, the program will be terminated and console will display workout data.

MANAGER’s CUSTOM MODE

The Manager’s Custom Mode allow the club owner to customize the treadmill for the club.

To enter the Manager’s Custom Mode, press and hold down the **"INCLINE ▼ "** and **"SPEED ▼ " keys.** Continue to hold down these two keys until the INSTRUCTION CENTER displays “MANAGER MENU”.

1. To scroll through the list of Manager’s Custom Mode use the **SPEED ▲ / ▼ key**. The INSTRUCTION CENTER will display, in turn, each of custom settings.
2. To select a custom setting, press the **SELECT key** to enter.
3. To change the value of the setting, use the **SPEED ▲ / ▼ key**.
4. To confirm and save the value of the setting, press the **QUICK START key**. “SETTING SAVED” will appear in the INSTRUCTION CENTER. To exit the setting without saving, press the RESET key over 5 seconds, or if there is no key pressed, the system will resume automatically.

THE LIST OF MANAGER's CUSTOM MODE

	CUSTOM SETTING	DEFAULT	MINIMUM	MAXIMUM	UNIT	STEP	DESCRIPTION
P0	MAXIMUM TIME	99	10	99	minute	1	This option enables fitness club managers to set the program maximum workout duration limits during peak and non-peak hours of club traffic. Active variable displayed in the TIME display after change.
P1	DEFAULT TIME	20	10	99	minute	1	This option controls the default program time.
P2	DEFAULT LEVEL	1	1	10	n/a	1	This option controls the default program level.
P3	DEFAULT WEIGHT	68 kg / 150 lbs	34 kg / 75 lbs	159 kg / 350 lbs	kg / lbs	1	This option controls the default weight used in the calorie calculations. Sets to default unit change (kilograms or pounds). Displayed in native units.
P4	DEFAULT AGE	30	10	99	age	1	This option controls the default users age used in the target heart rate calculations.
P5	MAXIMUM SPEED	20 kph / 12 mph	6.4kph / 4mph	20 kph / 12 mph	kph / mph	1	Controls the maximum speed for all programs. Displayed in native units (miles per hour or kilometers per hour). Reverts to default value on unit change.
P6	MAXIMUM INCLINE	15	4	15	%	N/A	This option changes the maximum incline grade to 4%, 8%, 12%, 15%
P7	ACCUMU-LATED DISTANCE	N/A	0	104,000 km / 65,000 mile	km / mile	N/A	Accumulated distance is not editable, for display only. Displayed in native units (miles or kilometers). Holding the INCLINE ▲ and SPEED ▲ keys simultaneously to reset the accumulated distance. After the treadmill reaches the maximum distance, it will reset to "0" automatically.
P8	ACCUMU-LATED TIME	N/A	0	65,000 hrs	hour	N/A	Accumulated time is not editable, for display only. Holding the INCLINE ▲ and SPEED ▲ keys simultaneously to reset the accumulated time. After the treadmill reaches the maximum time, it will reset to "0" automatically.
P9	START SPEED	0.8 kph / 0.5 mph	0.8 kph / 0.5 mph	3 kph / 1.8 mph	kph / mph	0.1	Controls the starting speed for all programs (minimum speed not affected). Displayed in native units (miles per hour or kilometers per hour). Reverts to default value on unit change.

	CUSTOM SETTING	DEFAULT	MINIMUM	MAXIMUM	UNIT	STEP	DESCRIPTION
P10	PAUSE TIME	60 sec	30 sec	180 sec	second	1	This is the maximum time during which a workout can remain in pause mode.
P11	LANGUAGE	English	N/A	N/A	N/A	N/A	The language of the INSTRUCTION CENTER display.
P12	UCB SOFTWARE VERSION	N/A	N/A	N/A	N/A	N/A	Software version is not editable, for display only.
P13	MCB SOFTWARE VERSION	N/A	N/A	N/A	N/A	N/A	Software version is not editable, for display only.
P14	UNITS	Metric	Metric	English	N/A	N/A	The measurement unit type for weight, distance, and speed.
P15	MAIN-TENANCE REMINDER	ON	N/A	N/A	N/A	N/A	This option enables fitness club managers to set the maintenance reminder as ON/OFF.
P15-1	MAIN-TENANCE REMINDER DISTANCE	2500mls / 4000 kms	2500mls / 4000 kms	5000mls / 8000 kms	km/ miles	10	When the treadmill's accumulated distance reaches the certain kilometers or miles, the maintenance reminder will display in the message center meaning maintenance is needed.
P16	AUTO CHECK	N/A	N/A	N/A	N/A	N/A	The function is to calibrate the treadmill's incline after the completion of the installation.
P17	ERROR LOG	N/A	N/A	N/A	N/A	N/A	Error log is not editable, for display only. Holding the INCLINE ▲ and SPEED ▲ keys simultaneously to erase the error log.
P18	RESET ALL	N/A	N/A	N/A	N/A	N/A	The function would clear all custom settings had stored on the unit as a default value. Holding the INCLINE ▲ and SPEED ▲ keys simultaneously to clear all custom settings as a default value.
P19	MANUFAC-TURING TEST	N/A	N/A	N/A	N/A	N/A	The function is only for manufacturer use.
P20	ErP Mode	5	1	30	minute	N/A	The function is setting up the time of standby for treadmill.

MAINTENANCE

The T60 is built for use in the light commercial environment - 8 hours a day and seven days a week. However, as a club manager or owner, you are responsible for cleaning and maintaining the unit's integrity. If you fail to maintain the treadmill as described below, it could affect or void the Johnson limited warranty.

DANGER — To reduce the risk of electrical shock, always unplug the treadmill from its power source before cleaning it or performing any maintenance tasks.

NOTE: *Safety of the equipment can be maintained only if the equipment is examined regularly for damage or wear. Keep the equipment out of use until defective parts are repaired or replaced. Pay special attention to parts that are subject to wear, as outlined below.*

RECOMMENDED CLEANING TIPS

1) Use a soft, clean cotton cloth. DO NOT use paper towels to clean surfaces on the treadmill. DO NOT use ammonia or acid based cleaners. DO NOT use abrasive cleaners. DO NOT apply cleaners directly to equipment surfaces.
2) Wipe the console and side rails after every use.
3) Brush away any wax deposits from the deck and belt area. This is a common occurrence until the wax is worked into the belt material.
4) Be sure to remove any obstructions from the path of the elevation wheels including power cords.
5) Monthly, unplug the treadmill and remove the motor cover. Check for debris and clean with a dry cloth or small vacuum nozzle. DO NOT plug the unit in until the motor cover has been reinstalled.

CENTERING THE BELT

The T60 is built with a crowned roller to ensure proper tracking of the belt in the centre of the deck. When you run or walk, you may push off harder with one foot than the other. This uneven deflection can cause the belt to move off centre. Occasionally, the belt may need further adjustment to keep it centred. To centre the belt, use the enclosed 8mm Allen wrench to adjust the rear roller position.

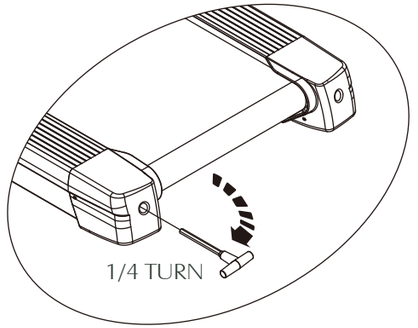
CAUTION! Please follow the centring belt procedure tips before you begin.

1) Do not wear loose clothing or loose jewellery while making this adjustment.
2) Never turn the bolts more than 1/4 turn at a time.
3) Tighten one side and loosen the other side to prevent from over-tightening or loosing the belt. Over-tightening the belt will significantly shorten the life of the belt.

4) To Press QUICK START and speed up the SPEED up to 6.4 kph / 4 mph during the belt adjustment.
5) After the belt adjustment, let the treadmill run for 5 minutes to test. If necessary, repeat the procedure until the belt is centred.

If the belt moves to the left, turn the left tension bolt a 1/4 turn clockwise, and then turn the right tension bolt - turn counter-clockwise to start the belt tracking back to centre of the roller.

If the belt moves to the right, turn the right tension bolt a 1/4 turn clockwise, and then turn the left tension bolt - turn counter-clockwise to start the belt tracking back to centre of roller.



Repeat these adjustments until the belt appears centred. Allow the belt to continue running for several minutes to be sure that the tracking is stabilised.

NOTE: Do not exceed one full turn of the adjusting screws in either direction. If, after one full turn, the belt does not track properly, contact your Johnson Dealer.

TENSIONING THE BELT

Check the tension of the belt. The belt should be very snug. When a person walks or runs on the belt it should not hesitate or slip. If this occurs, tighten the belt by turning both tension bolts a -turn clockwise. Repeat if necessary, but NEVER TURN the tension bolts over a 1/4 turn at a time. If, after tensioning the belt, the belt still hesitates or slips, please contact your Johnson Dealer.

CAUTION! Over-tightening the belt will severely shorten the life of the belt and cause damage to other components.

PRODUCT SPECIFICATIONS

Model	T60
Console	
Display Screen	Workout Profile Window – 10 × 14 green LED dot-matrix display Instruction Center – 19-character red LED alphanumeric display Informational Display – 3 numeric 7-segment display (3 sets)
Display Readout	Time, Pace, Incline, Distance, Speed, Level, Calories, METS, Target HR, Actual HR, Profile
Programs	Manual, Interval, Goal+(Time Goal, Distance Goal, Calories Goal), Random, Heart Rate+(Target HR, Weight Loss [includes BMI Test]), Fitness Test
On-the-fly Program Change	Yes
Telemetric Receiver	Yes
Contact HR Sensors	Yes
Program Plus™ Keys	Yes
Number Keys	Yes
One-Touch Quick Start	Yes
Pause Time	Yes
Safety Stop	Push button with lanyard clip
Technical Data	
Drive Motor	3.0 hp AC drive system
Motor Controller	Club grade AC drive
Speed Range	0.8 – 20 km/h / 0.5 – 12 mph
Elevation Range	0 – 15%
Deck	1″ reversible deck
Deck Step Height	20 cm / 7.9″
Belt Area	51 cm × 160 cm / 20" × 63"
Belt Type	Multi-ply, prewaxed
Cushion System	Dynamically-controlled cushioning system
Rollers	7.6 cm / 3″ Diameter, precision-crowned steel, front and back
Side Handrails	51 cm (20″) long, cantilevered
Foot Standing Platform	One piece extrude
Dimensions (LxWxH)	214 cm × 82 cm × 144 cm / 84″ × 32.5″ × 57″
Product Weight	150 kg / 330 lbs
Max User Weight	159 kg / 350 lbs
Power Requirement	110V – 220V dedicated circuit required
Special Features	
Integrated Accessory Tray	Yes
Integrated Reading Rack	Yes

*Product specifications are subject to change without notice.