JOHNSON®

6.0T

TREADMILL OWNER'S MANUAL

⚠ Read the TREADMILL GUIDE before using this OWNER'S MANUAL.

IMPORTANT PRECAUTIONS

SAVE THESE INSTRUCTIONS

Read the TREADMILL GUIDE before using the OWNER'S MANUAL. When using an electrical product, basic precautions should always be followed, including the following: Read all instructions before using this treadmill. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions. If you have any questions after reading this guide, contact your local dealer.

This treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, school or institutional setting. Failure to comply will void the warranty.

⚠ DANGER

TO REDUCE THE RISK OF ELECTRICAL SHOCK:

Always unplug the treadmill from the electrical outlet immediately after using, before cleaning, performing maintenance and putting on or taking off parts.

⚠ WARNING

TO REDUCE THE RISK OF BURNS, FIRE, ELECTRICAL SHOCK OR INJURY TO PERSONS:

- Never use the treadmill before securing the safety tether clip to your clothing.
- If you experience any kind of pain, including but not limited to chest pains, nausea, dizziness, or shortness of breath, stop exercising immediately and consult your physician before continuing.
- When exercising, always maintain a comfortable pace.
- Do not wear clothes that might catch on any part of the treadmill.
- Always wear athletic shoes while using this equipment.
- Do not jump on the treadmill.
- At no time should more than one person be on treadmill while in operation.
- This treadmill should not be used by persons weighing more than Max. user weight. Failure to comply will void the warranty.
- When lowering the treadmill deck, wait until rear feet are firmly on the floor before stepping on the deck.
- Disconnect all power before servicing or moving the equipment. To clean, wipe surfaces down with soap and slightly damp cloth only; never use solvents. (See MAINTENANCE)
- 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.
- Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- Connect this exercise product to a properly grounded outlet only.
- Do not tip the machine on its side at any time

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⚠ WARNING

TO REDUCE THE RISK OF BURNS, FIRE, ELECTRICAL SHOCK OR INJURY TO PERSONS:

- At NO time should children under the age of 13 or pets be within 310 cm (10 feet) of the treadmill
- At NO time should children under the age of 13 use the treadmill.
- Children over the age of 13 or disabled persons should not use the treadmill without adult supervision.
- Use the treadmill only for its intended use as described in the treadmill guide and owner's manual.
- Do not use other attachments that are not recommended by the manufacturer. Attachments may cause injury.
- Never operate the treadmill if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or immersed in water.
- Keep power cord away from heated surfaces. Do not carry this unit by its supply cord or use the cord as a handle.
- Never operate the treadmill with the air opening blocked. Keep the air opening clean, free of lint, hair, and the like.
- To prevent electrical shock, never drop or insert any object into any opening.
- Do not operate where aerosol (spray) products are being used or when oxygen is being administered.
- To disconnect, turn all controls to the off position, then remove plug from outlet.
- Do not use treadmill in any location that is not temperature controlled, such as but not limited to garages, porches, pool rooms, bathrooms, car ports or outdoors. Failure to comply may void the warranty.
- This treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, school or institutional setting. Failure to comply will void the warranty.
- Do not remove the console covers. Service should only be done by an authorized service technician.
- The sole's material of shoes may cause static issue. To avoid electrical shock, Johnson Fitness STRONGLY recommends wearing athletic shoes with rubber soles. Do not wear shoes with whole plastics or others insulating material soles.
- Johnson Fitness STRONGLY recommends consulting a physician for a complete medical examination before undertaking an exercise program, particularly if the user has a family history of heart disease or high blood pressure; or smokes; or is pregnant; or is over the age of 45, has high cholesterol, is obese, or has not exercised regularly in the past year.

It is essential that your treadmill is used only indoors, in a climate controlled room. If your treadmill has been exposed to colder temperatures or high moisture climates, it is strongly recommended that the treadmill is warmed up to room temperature before first time use. Failure to do so may cause premature electronic failure.

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GROUNDING INSTRUCTIONS

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

⚠ DANGER

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

Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

This product must be used on a dedicated circuit. To determine if you are on a dedicated circuit, shut off the power to that circuit and observe if any other devices lose power. If so, move devices to a different circuit. Note: There are usually multiple outlets on one circuit. This treadmill should be used with a minimum 15-amp circuit.

3-POLE GROUNDED OUTLET

GROUNDING PIN
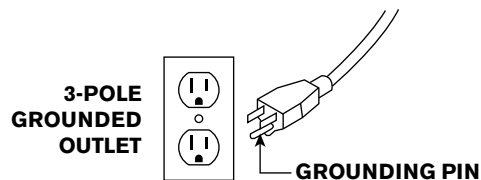
⚠WARNING

Connect this exercise product to a properly grounded outlet only.

Never operate product with a damaged cord or plug even if it is working properly. Never operate any product if it appears damaged, or has been immersed in water. Contact your local dealer for replacement or repair.

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ASSEMBLY

⚠ WARNING

There are several areas during the assembly process that special attention must be paid. It is very important to follow the assembly instructions correctly and to make sure all parts are firmly tightened. If the assembly instructions are not followed correctly, the treadmill could have parts that are not tightened and will seem loose and may cause irritating noises. To prevent damage to the treadmill, the assembly instructions must be reviewed and corrective actions should be taken.

Before proceeding, find your treadmill's serial number located on a white barcode sticker near the on/off power switch and power cord and enter it in the space provided below.
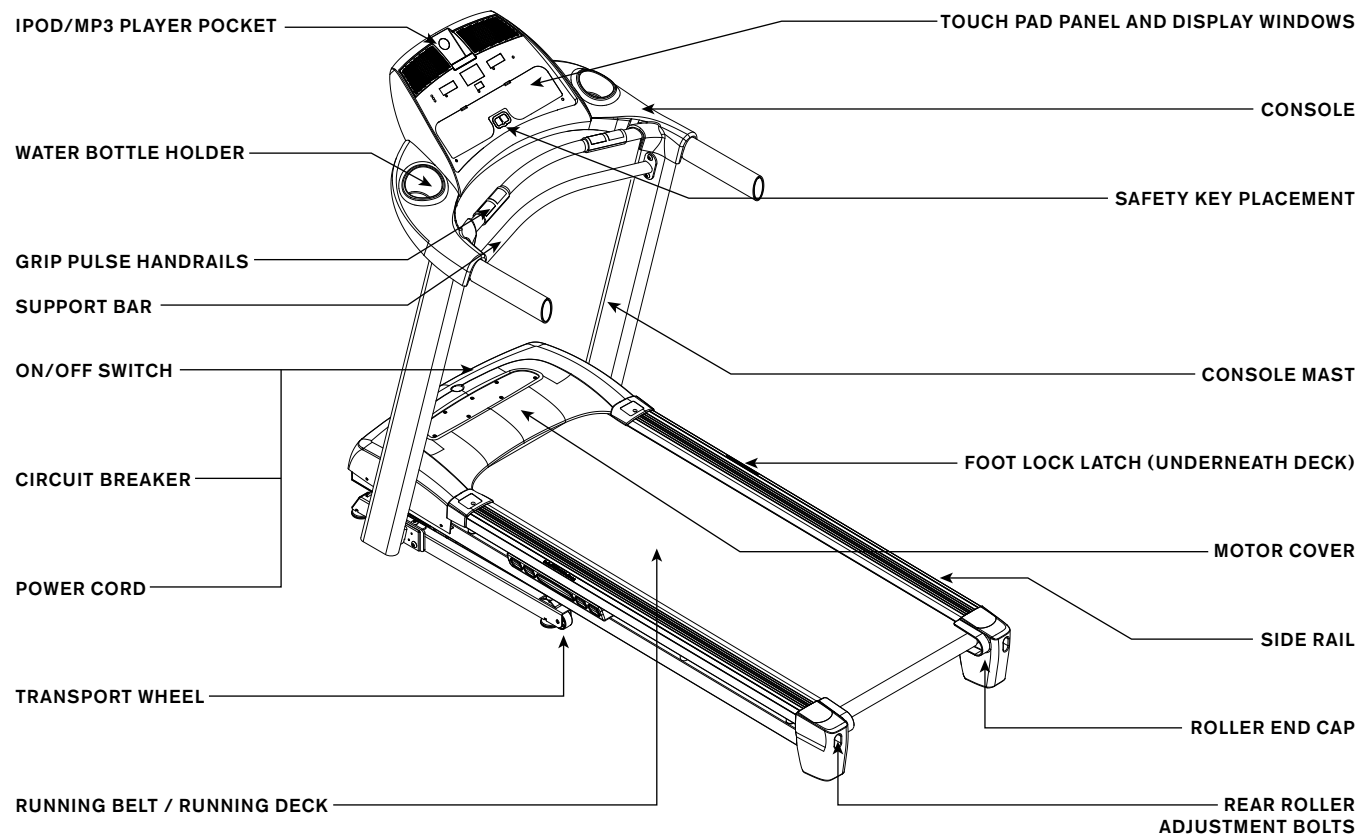
ENTER YOUR SERIAL NUMBER IN THE BOX BELOW:

SERIAL NUMBER:

TM

MODEL NAME: **JOHNSON 6.0T TREADMILL**

» Refer to the SERIAL NUMBER and MODEL NAME when calling for service.

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IPOD/MP3 PLAYER POCKET

TOUCH PAD PANEL AND DISPLAY WINDOWS

CONSOLE

WATER BOTTLE HOLDER

SAFETY KEY PLACEMENT

GRIP PULSE HANDRAILS

SUPPORT BAR

ON/OFF SWITCH

CONSOLE MAST

CIRCUIT BREAKER

FOOT LOCK LATCH (UNDERNEATH DECK)

POWER CORD

MOTOR COVER

SIDE RAIL

TRANSPORT WHEEL

ROLLER END CAP

RUNNING BELT / RUNNING DECK

REAR ROLLER
ADJUSTMENT BOLTS

TOOLS INCLUDED:

- ☐ 6 mm T-Wrench
- ☐ 5 mm L-Wrench
- ☐ 4 mm T-Wrench
- ☐ 4 mm L-Wrench

PARTS INCLUDED:

- ☐ 1 Console Assembly
- ☐ 2 Console Masts
- ☐ 2 Socket
- ☐ 1 Support Bar
- ☐ 5 Hardware Bags
- ☐ 1 Safety Key
- ☐ 1 Audio Adapter Cable
- ☐ 1 Bottle of Silicone Lubricant
    (for 2 applications)
- ☐ 1 Power Cord

PRE ASSEMBLY

UNPACKING

Place the treadmill carton on a level flat surface. It is recommended that you place a protective covering on your floor. Take CAUTION when handling and transporting this unit. Never open box when it is on its side. Once the banding straps have been removed, do not lift or transport this unit unless it is fully assembled and in the upright folded position, with the lock latch secure. Unpack the unit where it will be used. The enclosed treadmill is equipped with high-pressure shocks and may spring open if mishandled. Never grab hold of any portion of the incline frame and attempt to lift or move the treadmill.

⚠ WARNING

DO NOT ATTEMPT TO LIFT THE TREADMILL! Do not move or lift treadmill from packaging until specified to do so in the assembly instructions. You may remove the plastic wrap from console masts.

⚠ WARNING

FAILURE TO FOLLOW THESE INSTRUCTIONS COULD RESULT IN INJURY!

NOTE: During each assembly step, ensure that ALL nuts and bolts are in place and partially threaded in before completely tightening any ONE bolt.

NOTE: A light application of grease may aid in the installation of hardware. Any grease, such as lithium bike grease is recommended.

HARDWARE BAG 1 CONTENTS :
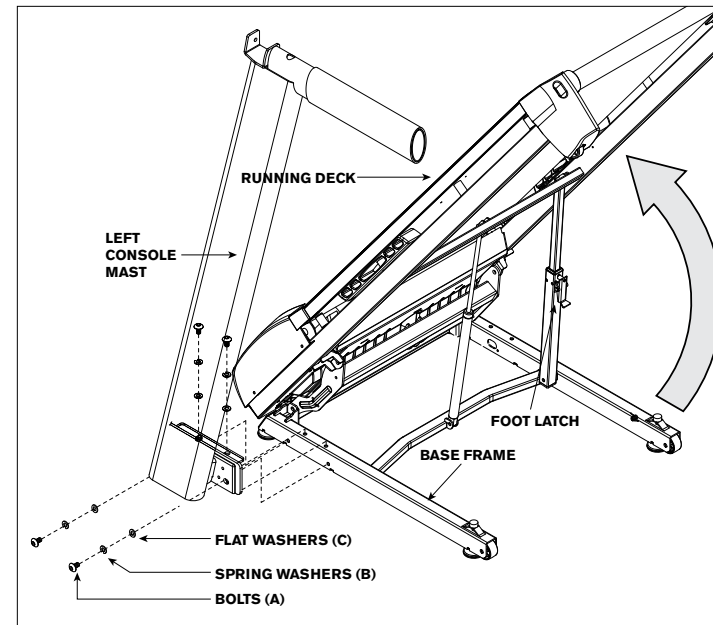
SOCKET BOLT
10 mm
Qty: 8
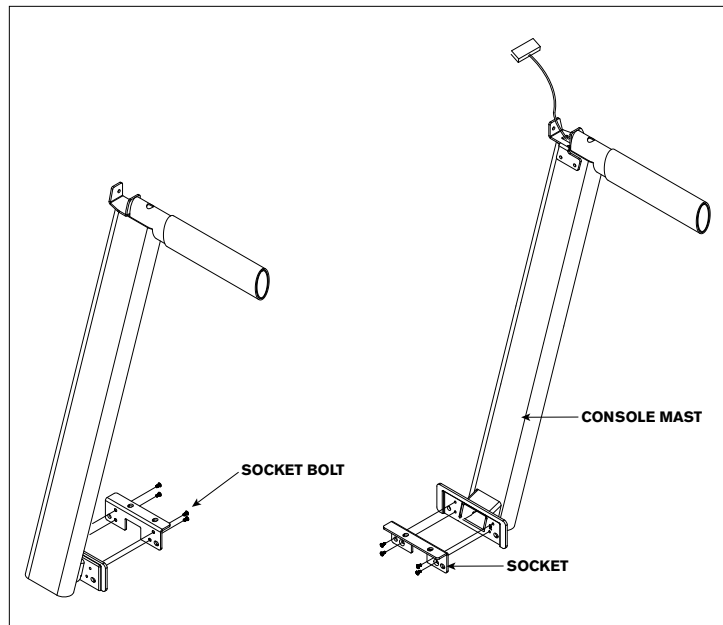
A   Open **HARDWARE BAG 1**.

B   Cut the yellow banding and get console mast out

C   Attach the **LEFT SOCKET** to the **LEFT CONSOLE MAST** using 4 **SOCKET BOLTS.**

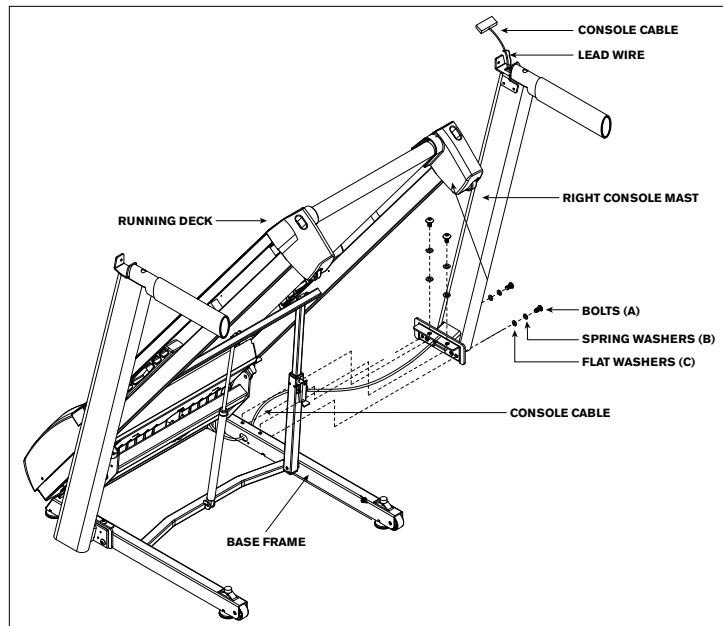D   Attach the **RIGHT SOCKET** to the **RIGHT CONSOLE MAST** using 4 **SOCKET BOLTS.**

CONSOLE MAST

SOCKET BOLT

SOCKET

HARDWARE BAG 2 CONTENTS :

BOLT (A)
20 mm
Qty: 4

SPRING WASHER (B)
15 mm
Qty: 4

FLAT WASHER (C)
15 mm
Qty: 4

A   Lift the **RUNNING DECK** upward until the **FOOT LATCH** locks. Remove all contents from underneath the running deck.

B   Open **HARDWARE BAG 2**.

C   With the **RUNNING DECK** in the raised position, attach the **LEFT CONSOLE MAST** to the **BASE FRAME** using 4 **BOLTS (A)**, 4 **SPRING WASHERS (B)** and 4 **FLAT WASHERS (C)**.

RUNNING DECK

LEFT CONSOLE MAST

FOOT LATCH

BASE FRAME

FLAT WASHERS (C)

SPRING WASHERS (B)

BOLTS (A)

ASSEMBLY **STEP 3**

HARDWARE BAG 3 CONTENTS :

BOLT (A)
20 mm
Qty: 4

SPRING WASHER (B)
15 mm
Qty: 4

FLAT WASHER (C)
15 mm
Qty: 4

CONSOLE CABLE
LEAD WIRE
RIGHT CONSOLE MAST
RUNNING DECK
BOLTS (A)
SPRING WASHERS (B)
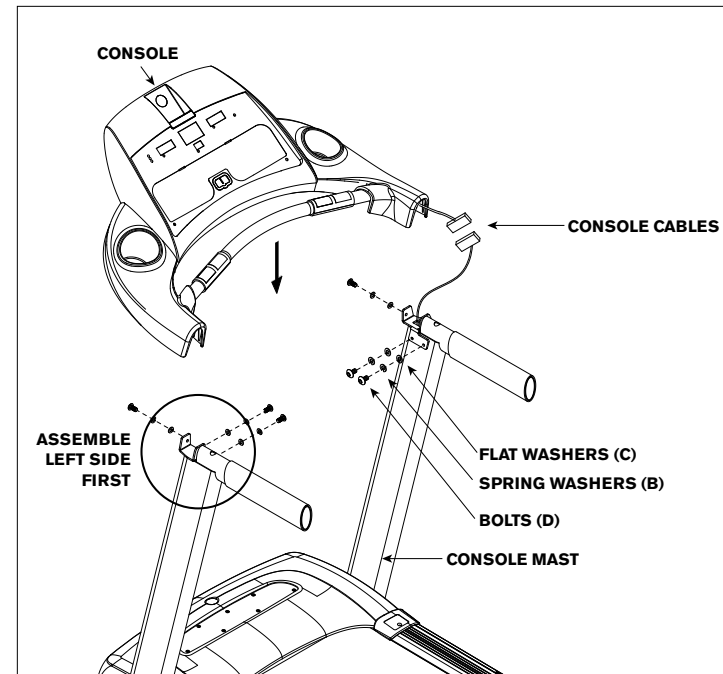FLAT WASHERS (C)
CONSOLE CABLE
BASE FRAME

A   Open **HARDWARE BAG 3**.

B   Pull **LEAD WIRE** through **RIGHT CONSOLE MAST**. After pulling the lead wire through the mast, the top of the **CONSOLE CABLE** should be located at the top of the mast. Detach and discard the lead wire.

C   With the **RUNNING DECK** in the raised position, attach the **RIGHT CONSOLE MAST** to the **BASE FRAME** using 4 **BOLTS (A)**, 4 **SPRING WASHERS (B)** and 4 **FLAT WASHERS (C)**.

NOTE: Be careful not to pinch any wires while assembling the right console mast.

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ASSEMBLY **STEP 4**

HARDWARE BAG 4 CONTENTS :

BOLT (D)
15 mm
Qty: 6

SPRING WASHER (B)
15 mm
Qty: 6

FLAT WASHER (C)
15 mm
Qty: 6

CONSOLE
CONSOLE CABLES
ASSEMBLE LEFT SIDE FIRST
FLAT WASHERS (C)
SPRING WASHERS (B)
BOLTS (D)
CONSOLE MAST

A   Disengage the **DECK LOCK LATCH** with your foot to lower the **RUNNING DECK**.

B   Open **HARDWARE BAG 4**.

C   Gently place the **CONSOLE** on top of the **CONSOLE MASTS**. Attach the **LEFT SIDE** first using 2 **BOLTS (D)**, 2 **SPRING WASHERS (B)** and 2 **FLAT WASHERS (C)**.

D   Connect the **CONSOLE CABLES**, carefully tucking wires in masts to avoid damage.

E   Attach the **RIGHT SIDE** of the **CONSOLE** using 2 **BOLTS (D)**, 2 **SPRING WASHERS (B)** and 2 **FLAT WASHERS (C)**.

NOTE: Be careful not to pinch any wires while assembling the masts.
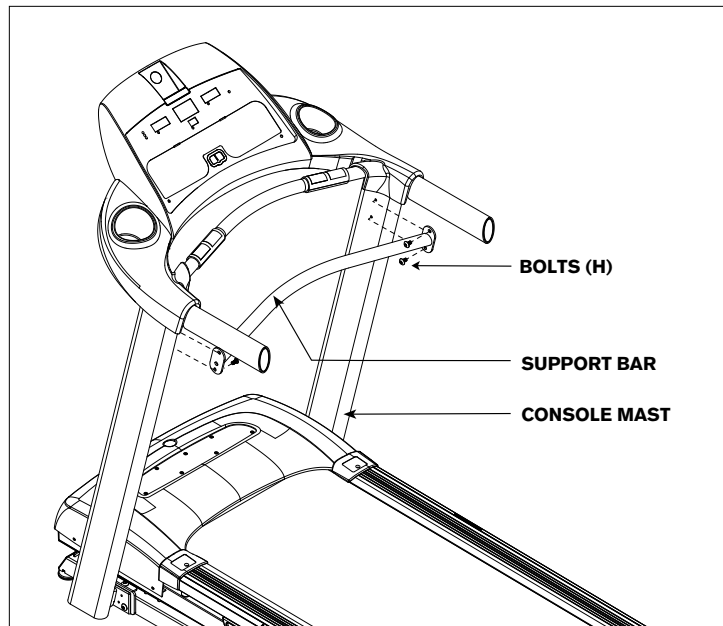
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ASSEMBLY **STEP 5**

BOLT (H)
15 mm
Qty: 4

BOLTS (H)

SUPPORT BAR

CONSOLE MAST

A   Open **HARDWARE BAG 5**.

B   Align **SUPPORT BAR** with holes in **CONSOLE MASTS**.

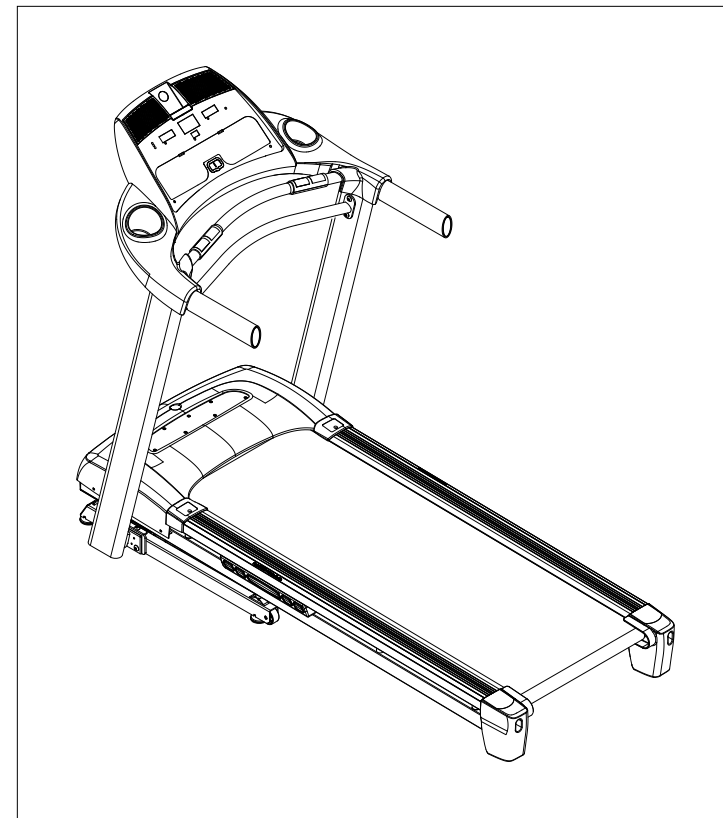C   Insert **BOLTS (H)** into all 4 holes of the **SUPPORT BAR.**

> NOTE: Look into holes in the right mast before inserting bolts to avoid pinching cables.

F   Tighten all console bolts (Step 4) and support bar bolts (Step C above) completely

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ASSEMBLY **STEP 6**

YOU ARE FINISHED!

Adventure 2 Plus
Max. User Weight: 125 kg / 275 lbs.
Product Weight: 85 kg / 187 lbs
Overall Dimension: 181 x 86 x 137 cm / 71" x 34" x 54"

Adventure 3 Plus
Max. User Weight: 135 kg / 300 lbs.
Product Weight: 86.5 kg / 190 lbs
Overall Dimension: 181 x 86 x 137 cm / 71" x 34" x 54"

TREADMILL OPERATION

This section explains how to use your treadmill's console and programming. The BASIC OPERATION section in the TREADMILL GUIDE has instructions for the following:

- **LOCATION OF THE TREADMILL**

- **USING THE SAFETY KEY**

- **FOLDING THE TREADMILL**

- **MOVING THE TREADMILL**

- **LEVELING THE TREADMILL**

- **TENSIONING THE RUNNING BELT**

- **CENTERING THE RUNNING BELT**

- **USING THE HEART RATE FUNCTION**
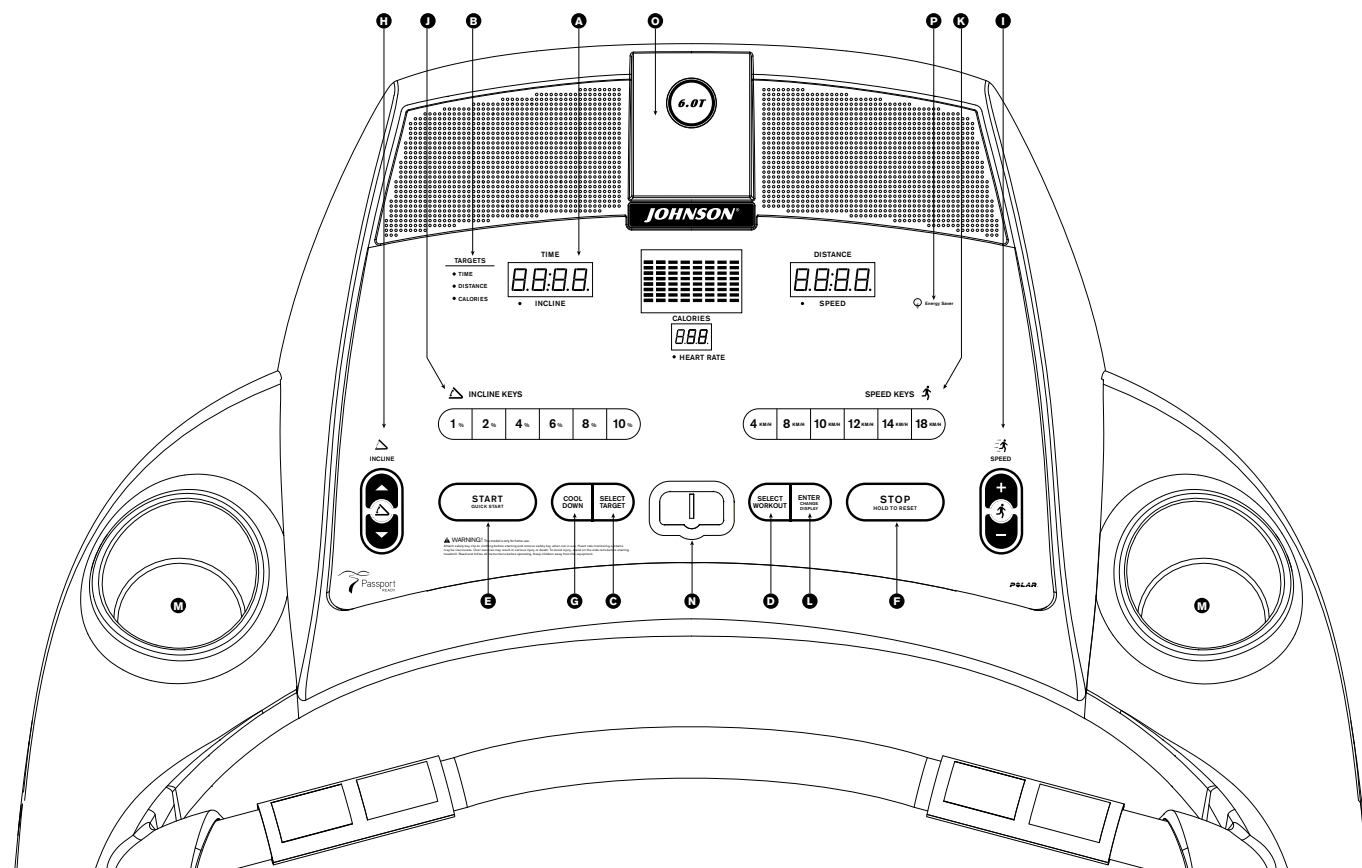
JOHNSON 6.0T CONSOLE OPERATION

Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

A) * LED DISPLAY WINDOWS: time, distance, calories, heart rate, speed, incline and workout profiles.

B) TARGET LED INDICATORS: indicate what target (if any) is set for the current program.

C) SELECT TARGET: press to select your desired target.

D) SELECT WORKOUT: press to select your desired workout.

E) START: press to begin exercising, start your workout, or resume exercising after pause.

F) STOP: press to pause/end your workout. Hold for 3 seconds to reset the console.

G) COOL DOWN: press to enter cool down mode. Cool down lasts for 4 minutes and reduces speed and incline to allow your heart to readjust to decreased demand.

H) INCLINE ▲ / ▼ KEYS: used to adjust incline in small increments (0.5% Increments).

I) SPEED + / - KEYS: used to adjust speed in small increments (0.1 Mph or 0.1 KMph increments).

J) INCLINE QUICK KEYS: used to reach desired incline more quickly.

K) SPEED QUICK KEYS: used to reach desired speed more quickly.

L) ENTER / CHANGE DISPLAY KEYS: used to adjust target and workout settings. Press ENTER to change display feedback during workout.

M) WATER BOTTLE POCKETS: holds personal workout equipment.

N) SAFETY KEY POSITION: enables treadmill when safety key is inserted.

O) MP3 PLAYER POCKET: used to store your MP3 player.

P) ENERGY SAVER : after entering stand-by mode for 10 mins energy saver will run automatically to minimize energy consumption.

* Note: LED windows show the upper message when in use, will change display to the lower message with lower LED lighting up. Calories and Heart Rate are shown in the middle low LED window.

DISPLAY WINDOWS

Johnson 6.0T DISPLAYS
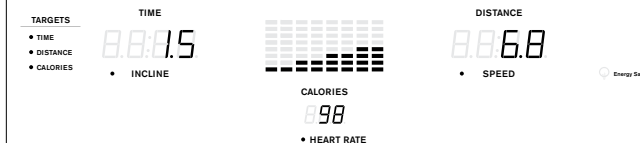
- **TIME:** Shown as minutes : seconds. View the time remaining or the time elapsed in your workout.

- **DISTANCE:** Shown as miles. Indicates distance traveled or distance remaining during your workout.

- **SPEED:** Shown as MPH or KMPH. Indicates how fast your walking or running surface is moving.

- **INCLINE:** Shown as percent. Indicates the incline of your walking or running surface.

- **CALORIES:** Total calories burned or calories remaining left to burn during your workout.

- **HEART RATE:** Shown as BPM (beats per minute). Used to monitor your heart rate (displayed when contact is made with both pulse grips).

- **PROGRAM PROFILES:** Represents the profile of the program being used (speed during speed based programs and incline during incline based programs).

- **TARGETS:** LED lights up next to currently selected target. If no LED is lit, no target is activated.

- **WORKOUTS:** LED lights up next to currently selected workout.

GETTING STARTED

1) Check to make sure no objects are placed on the belt that will hinder the movement of the treadmill.

2) Plug in the power cord and turn the treadmill ON.

3) Stand on the side rails of the treadmill.

4) Attach the safety key clip to part of your clothing making sure that it is secure and will not become detached during operation.

5) Insert the safety key into the safety keyhole in the console.

6) You have two options to start your workout:

A) QUICK START UP

Simply press the GO/START key to begin working out. Time, distance, and calories will all count up from zero. OR...

B) SELECT A TARGET AND WORKOUT

1) Select a TARGET using the SELECT TARGET key.

2) Adjust the TARGET settings using the ARROW keys.

3) Press ENTER to advance.

4) Select a WORKOUT using the SELECT WORKOUT key.

5) Press GO/START to begin workout.

NOTE: If no TARGET or WORKOUT is selected, the program will function as a MANUAL program. All changes in speed and incline will need to be from the user in this setting.

CHANGING YOUR TARGET MID-WORKOUT

You can change your Target "on-the-fly" without losing your current workout stats.

Anytime during your workout, press the SELECT TARGET key until you have selected the new TARGET you would like.

Use the ▲ / ▼ or **+ / −** keys to enter in the value of your new TARGET and press ENTER. All previous workout statistics will be rolled into the new TARGET, so you'll never miss a beat.

NOTE: If you accidentally press the SELECT TARGET key during a workout, if no buttons are pressed after 5 seconds, the current target will resume.

CHANGING YOUR WORKOUT MID-WORKOUT

You can change your Workout "on-the-fly".

Anytime during your workout, press the SELECT WORKOUT key until you have selected the new WORKOUT you would like. Press ENTER.

New WORKOUT will begin at the first segment after warm up and all workout statistics will roll over.

NOTE: HRC is not available for workout changing. If you accidentally press the SELECT WORKOUT button during a workout, if no buttons are pressed after 5 seconds the current program will resume.

TARGET PROFILES

TARGET 1 – TIME: Allows user to set a target based on how long they would like to workout. Time targets can range from 15:00 – 99:00. TIME will count down. DISTANCE and CALORIES will count up from zero.

TARGET 2 – DISTANCE: Allows user to set a target based on distance they would like to complete. Distance target can range from 0.25 – 26.25 MILE or 0.4-42 KM. DISTANCE will count down. TIME and CALORIES will count up from zero.

TARGET 3 – CALORIES: Allows user to set a target based on the number of calories they would like to burn. Calories target can range from 20 – 980 calories. CALORIES will count down. TIME and DISTANCE will count up from zero.

NO TARGET: Allows user to select a workout profile that has no specified time, distance, or calorie target. TIME, DISTANCE, and CALORIES will all count up from zero.

WORKOUT PROFILES

1) **MANUAL**: Allows 'on the fly' manual speed and incline changes.

2) **INTERVALS**: Improves your strength, speed and endurance by increasing and decreasing the speed throughout your workout to involve your heart and other muscles.

Segment	Warm Up		1	2	
Time	2:00 Mins	2:00 Mins	90 sec	30 sec	Segments 1 & 2 repeat until target is complete
Incline	1	1.5	0.5	1.5	
Speed (British)	1	1.5	2	4	
Speed (Metric)	1.6	2.4	3.2	6.4	

3) **WEIGHT LOSS**: Promotes weight loss by increasing and decreasing the speed, while keeping you in your fat burning zone.

Segment		Warm Up	1	2	3	4	5	6	7	8	
Time		4:00 Mins	30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	Segments 1–8 repeat until target is complete
Level 1	Incline	0	0.5	1.5	1.5	1	0.5	0.5	0.5	1	1.5	
	Speed(British)	1	1.5	2	2.5	3	3.5	4	3.5	3	2.5	
	Speed (Metric)	1.6	2.4	3.2	4.0	4.8	5.6	6.4	5.6	4.8	4.0	

4) **HRC**: Once the HRC program is selected, press 'enter'. To adjust your target heart rate, press the plus (+) or minus (-) incline buttons.

Your target heart rate should be set at a number that you will be able to exercise at throughout the majority of your workout. Once you have chosen your target heart rate, press the 'Start' button and begin your workout.

After the 4 minute warm up period, the elevation level will increase gradually to get the user to the entered target heart rate zone. Once the user is at the target heart rate zone, plus or minus 5 beats, the elevation level will remain at the current level.

If the user is more than 25 beats per minute above the target heart rate zone, the console will shut down for safety reasons.

NOTE: HRC program is designed with Time target, you can choose this under Target 1. The chest strap is required to use the HRC program, with HRC program you can only choose time as your workout target.

TO RESET THE CONSOLE

Hold STOP key for 3 seconds.

COOL DOWN

Puts treadmill into cool down mode. Cool down lasts for four minutes and reduces speed and incline to allow your heart to readjust to decreased demand.

FINISHING YOUR WORKOUT

When your workout is complete, the monitor display will flash "FINISHED" and beep. Your workout information will stay displayed on the console for 30-45 seconds and then reset.
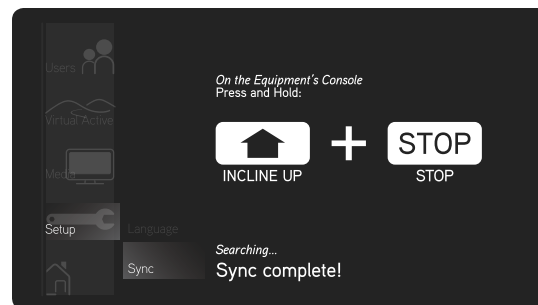
CLEAR CURRENT SELECTION

To clear the current program selection or screen, hold the STOP button for 3-5 seconds.

SYNCING TREADMILL WITH PASSPORT

1) Use the arrow keys on the Passport remote to scroll to the setup icon and press select.

2) Follow the on-screen prompt to press and hold the incline up and stop buttons on the console.

3) The message displayed on-screen will notify you if the sync was a success or failure.

   NOTE: See Passport Owner's Manual for more information.

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