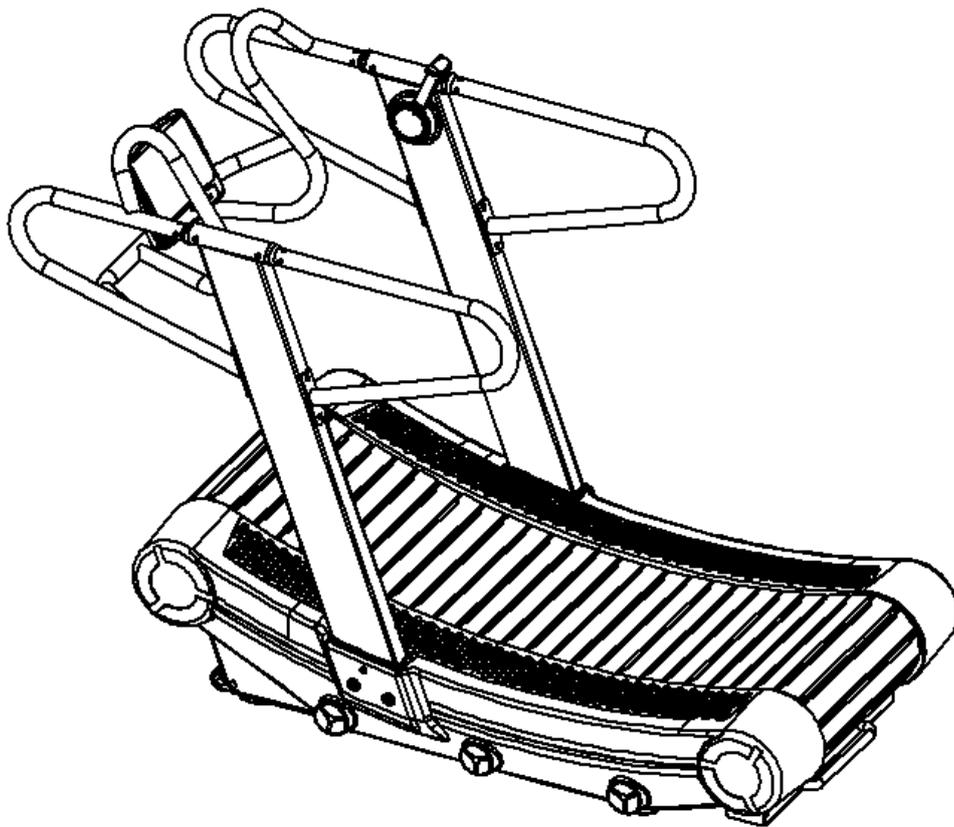


# **PowerJog Self-Propelled Treadmill with Resistance**

Owner's manual



**Metagenics Fitness Inc**  
**[www.metagenics.ca](http://www.metagenics.ca)**

# Important Safety Instructions

Please read all the instructions before using the Powerjog. These instructions will ensure user safety and protection of the treadmill. Always consult a physician prior to starting any exercise program or using the treadmill, especially if you have a history of heart disease, high blood pressure, diabetes, respiratory disease, elevated cholesterol, smoker, etc. Only under the supervision of qualified personnel, children and disabled people can come to close or use the treadmill. The product can be used only as specified in the User Manual. Any other improper use, may cause danger.

Don't touch any moving parts. Don't put your feet under the moving parts. Don't soak the treadmill surfaces with any liquid; just use a damp cloth to clean the treadmill and maintain the running surface clean and clear of obstructions. Don't let objects fall or insert the openings. Don't use the treadmill if you are too tired or exhausted. Wrong training or excessive exercise may result in serious injury or death. When suffering from pain or abnormal symptoms, stop exercising and consult a doctor. Wear only suitable clothes and shoes when training; Don't wear loose clothes that could get caught in the moving parts. Tidy up long hair. Keep clothing or towels away from moving parts. Tie your shoe laces. When the product is in use, third parties must maintain a safe distance.

Fitness center staff should clearly clarify to the user the correct use of equipment to avoid improper use.

The product can only be used after fully installed. Please visually inspect the Powerjog before use to check for abnormal wear and tear. Keep a safe space of two meters behind the treadmill. Do not expose the product to the direct sunshine. Do not use the treadmill outdoor or in a humid environment, such as a swimming pool, bathtub and sauna room. Keep the Powerjog in good operating condition. If you find wear, please consult Metagenics Fitness technical support services.

The installation and service of the Powerjog shall be carried out by a qualified mechanic or authorized representative. Don't put anything on the rack or display.

Metagenics will not be responsible for the loss caused by the following reasons: maintenance without authorization, improper use, accident, negligence, improper assembly or installation, any modifications or adjustments without the written authorization of Metagenics Fitness Inc. and users do not comply with the user manual when using, running and maintenance of the product.

## Product Description

Display(A): Powerjog is equipped with an LCD console.

Running Belt (B): Surface is composed by rubber slats with aluminum backing that will ease the impact on the joints.

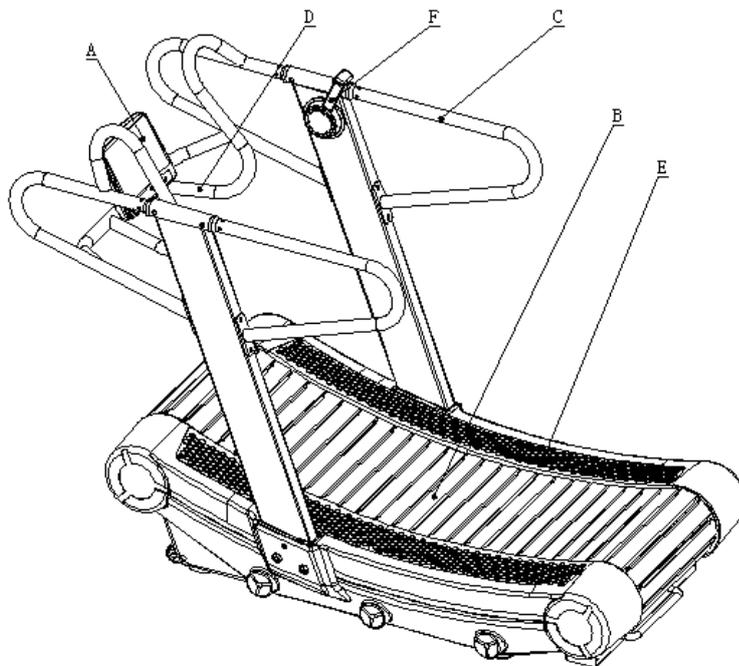
Lateral Handles(C): Long handrails for safety.

Central Handle (D): When using the Powerjog as a sled, this is the handle to grab for pushing

Side rails (E): When the user is in danger or feel tired, he can put his feet on the boards for a short pause, in addition, it can be used as a tool for single foot exercise.

Magnetic Resistance (F): The Powerjog is a heavy-duty commercial treadmill, which has resistance, and several levels of magnetic resistance can be controlled with the metal handle.

We have found out that having resistance in the Powerjog is extremely important for users that only want to walk as adding a bit of resistance can stabilize the belt and give an excellent walk. The levels of resistance are so high that the Powerjog can also be used as a sled.



# Powerjog Installation Instructions

## Hardware kit



- 1- Completely remove both plastic shrouds 01 and 02 in (Picture1) together with the top plastics and keep all the bolts to put them back on once the treadmill is assembled (these are all small bolts # 5) and there are more small bolts for shrouds #5 in the hardware kit.
- 2- Attach the right pedestal that has the handle with the resistance cable, finger tighten all bolts using two large bolts #1 (B1) and two bolts #2 with washers (B3) (Picture 2).
- 3- On the right side of the treadmill (Picture 5), route the resistance steel cable clockwise around the plastic pulley (03) and secure the cable to the peg (d) in the magnet. Set the resistance handle to minimum and verify that the magnet is

away from the flywheel. Set the resistance handle to maximum and verify that the magnet is on top of the flywheel but not too much so it does not touch the flywheel. See pictures below for proper set up. The steel cable can be shortened or enlarged by moving the two little nuts up and down the threaded bolt, when the resistance is properly adjusted please fit the cable in the U shape slot leaving one nut on top and the other nut below the slot and fully adjust the two nuts securing the fitting to the frame in the U shape slot.

**No Resistance**

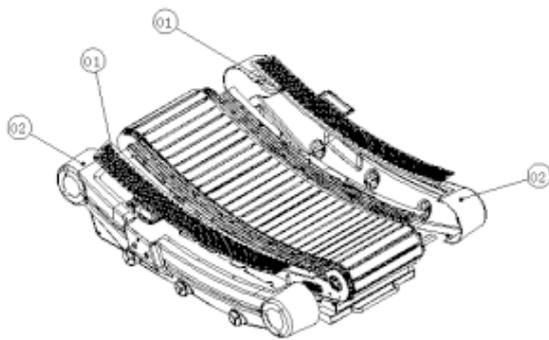


**Max Resistance**

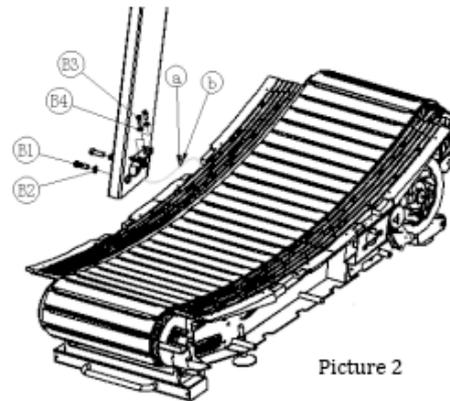


- 4- Attach the left pedestal in the same manner using two large bolts#1 and two bolts #2 with washers. Connect the data cable on the lower left side to the cable going up the pedestal. All bolts finger tighten at this time.
- 5- Connect the V shape handle-bars (Pictures 4,5 & 6) using bolts#3 provided in the hardware kit.
- 6- Attach and connect the console and put the batteries in the compartment. **At this point, fully tighten all bolts.**
- 7- **Only when the console is working and the resistance is working you are ready to put the shrouds back again.**

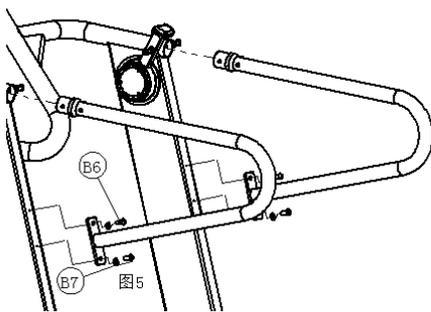
- 8- You will have to use all bolts #5 and four longer bolts #4 in the middle of the top plastics where they connect, two bolts#4 for each side.
- 9- IMPORTANT: Make sure the rubber covers that slide on the handrails don't stay under the top plastics as those will go on top of the plastics.



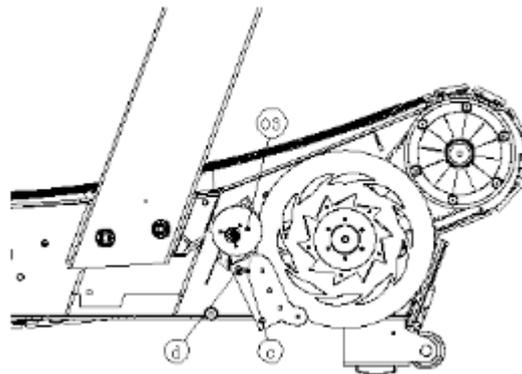
Picture 1



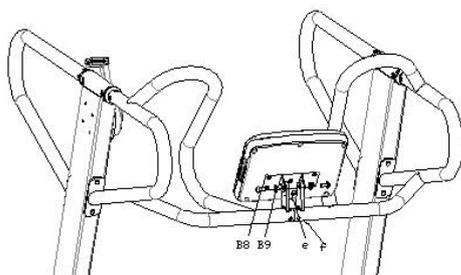
Picture 2



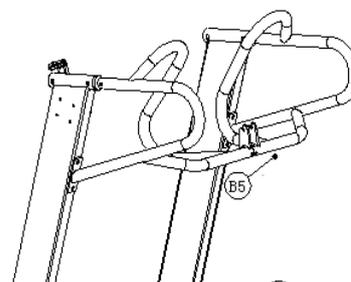
Picture 4



Picture 3



Picture 5



Picture 6

## Instructions for use

The PowerJog is a non-motorized treadmill with magnetic resistance where the user drives the running surface at will and controls the speed. For safety the treadbelt rotates backwards only and will not rotate forward. The belt is very slick so we suggest stepping on the side rails to access the Powerjog. Hold the side handle, first step on the side rails and from the side rails to the running belt. If this is your first time, we recommend that you adjust the resistance handle to maximum resistance so the treadbelt will not move. Standing firm on the running belt start lowering the resistance and start walking but leave the resistance handle in 1 or 2 of resistance according to your body weight.

The Powerjog is a completely new concept of treadmill very different from conventional motorized treadmills so exercise caution when using this new treadmill and start slow walking to learn the proper use, after some time you will be use to it and jogging or running at high speeds will come naturally.

Because the running surface is slightly curved, to accelerate, move forward and to slow down move to the flatter part of the curve.

You can finish running by drifting positioning your body to the flatter part of the curve, grab the handrails and step on the side rails.

### WARNING



The magnetic brake might not be able to fully stop the treadbelt.

**A NEW EXPERIENCE :** The Powerjog will give you amazing muscle activation compared to conventional electric flat treadmills so don't get frustrated if you run for one hour on an electric treadmill but can only do 20 minutes on the Powerjog. You are getting a more efficient workout and with the use of resistance and the long handrail, many different workouts can be achieved. The Powerjog is excellent for interval training where you are constantly changing the speed, but almost impossible to do in a conventional electric flat treadmill.



Brisk walking



Fast running



Propel



Side shuffle step

## **PowerJog Console Manual**

### **I、 Functional Display Description:**

- 1、 SPEED : 0.0~99.9 KM / ML。
- 2、 TIME : 1:00:00~1:59:59 , Can count from beginning or countdown
- 3、 DISTANCE : 0.00~999.9 K / M , Can count from beginning or countdown
- 4、 CALORIES : 0~999 , Can count from beginning or countdown
- 5、 WATT : 0~1999。
- 6、 PULSE : P~30~230。
- 7、 INTERVAL : Intermittent rest exercise mode。
- 8、 TARGET HR : Heart rate control mode。
- 9、 KM/M : KILO/ML。

### **II、 Key function description:**

- 1、 START KEY :
  - A、 Pause function during exercise
  - B、 Restore exercise after pausing
- 2、 STOP KEY :
  - A、 Stop function during exercise
  - B、 Press total 3 s to reset any time
- 3、 UP KEY :
  - A、 Each function can be set for TIME, DISTANCE, CAL and AGE after clicking UP KEY during display.
  - B、 Press UP KEY more than 1 second during all function's display period, it can be carried continuously (8 steps per second).Stop pressing, the process will stop.
- 4、 DOWN KEY :

A. Each function can be set for TIME, DISTANCE, CAL and AGE after clicking DOWN KEY during display

Press DOWN KEY more than 1 second during all function's display period, it can be carried continuously (8 steps per second). Stop pressing, the process will stop.

5、 ENTER KEY :

Enter key is the main function selection button and have the same function with Set key

6、 INTERVAL 20-10 KEY :

Press this key and enter interval function menu

7、 INTERVAL 10-20 KEY :

Press this key and enter interval function menu

8、 INTERVAL CUSTOM KEY :

Press this key and enter interval function menu

9、 TARGET TIME KEY :

Press this key and enter interval function menu

10、 TARGET DISTANCE KEY :

Press this key and enter interval function menu

11、 TARGET CALORIES KEY :

Press this key and enter interval function menu

12、 TARGET HR KEY :

Press this key and enter interval function menu

13: ML and KM can be switched when press Enter and Start key at the same time

14: Press the Enter and Down key makes a quick turn off

### III、 **Operation setting instructions :**

1. After installing the battery (POWER ON), the LCD will display 2 seconds (Fig. 1) and a BI long tone at the same time, the wheel diameter value will be displayed 1 second (Fig. 2) in the DIST field,

and the AGE setting will be entered. The age value will flicker. Press UP/DOWN to adjust, then press ENTER into the standby screen.

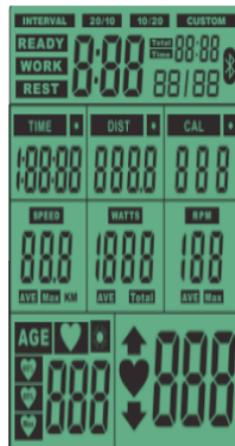


Fig1

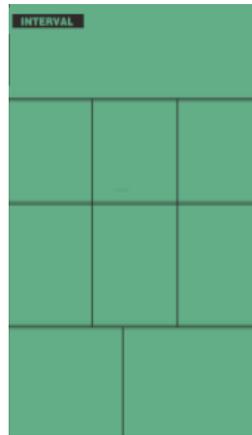


Fig 2

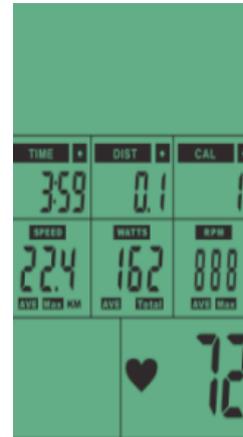


Fig3

2. **INTERVAL10/20**、**READY**、**WORK**、**REST**、**TARGET**、**TIME**、**DISTANCE**、**CALORIES**、**TIME**、**DISTANCE**、**CALORIES**、**WATTS**、**SPEED**、**RPM**、**HEART RATE** flicker for 1 second in sequence in SCAN mode (similar to Figure 2).

3. Entering sleep mode automatically after 60 seconds without pressing any key, RPM signal or heartbeat signal.

### 1. Fast motion mode:

A. Quick START immediately when RPM signal is input while standby, buzzer sound for 1 second at the same time.

B. TOTAL TIME、TIME、DISTANCE、CALORIES、WATTS、SPEED、RPM start counting by operation value (Figure 3)

C. The heartbeat symbol flickers when heartbeat input,  and symbol  flickers and displays the current heartbeat value (Figure 4); Heartbeat input **P** continues to light without heartbeat inputting.

D. After 30 seconds without any signal input, the buzzer goes into wake-up mode for 1 second.

E. Press START key one time, enter pause mode within 30 seconds buzzer rings 0.5 seconds. When entering pause mode, all the display will remain on the screen for 3 seconds and then flicker every four seconds (3 bright/1 out). After 5 minutes of continuous pause, buzzer rings 2seconds then entering wake-up mode, press START to continue running.

F. Press STOP key for 1 second, TIME display total time, DISTANCE display total distance, CALORIES display total heat consumption display for 30 seconds, WATT, SPEED, RPM exchange and display average and maximum every five seconds.

G. 85% and 65% heartbeat values are displayed every five seconds with heartbeat input, but not displayed without heartbeat input.

H. If you press any PROGRAM key to perform the action

**INTERVAL:** INTERVAL option:

This function can be accessed by pressing the UP/DOWN during power-on, or by selecting the shortcut key in the pause mode

**5.1.** Select INTERVAL20/10 :

A. Press INTERVAL Key to select INTERVAL20/10. After pressing Enter Key, enter this mode and INTERVAL20/10 will light up. The buzzer rings 1 second at the same time.

B. CYCLE TIME. After three seconds countdown then start, the buzzer sounds once every second and READY flashes once per second (0.75 light / 0.25 off), the count shows 00/08 (Figure 5).

C. CYCLE TIME. Starts counting down for 20 seconds and WORK flashes once every second (0.75 light / 0.25 off). The buzzer rings synchronously. At this time, the rim will have a rotation animation and count down from the four- minute, TOTAL TIME, DISTANCE, CALORIES , WATTS, SPEED, RPM start counting according to the operation value, and the count shows 01/08.

D. CYCLE TIME. starts counting down 10 seconds and REST flashes every second (0.75 light / 0.25 off), buzzer rings synchronously, and the last 3 seconds READY also flashes synchronously. This animation is still.

E. C, and D continue to repeat the cycle, adding 1 to each cycle count until CYCLE TIME begins to count down 10 seconds after the 08/08WORK motion is displayed and REST flashes once per second (0.75 light / 0.25 off).

F. After 30 seconds without any signal input, buzzer rings 1 second to enter the wake mode.

G. Press the START key once to enter the pause mode. The buzzer rings 0.5 seconds every 30 seconds. When entering the pause mode, all the displays will remain on the screen for 3 seconds and then flash every 4 seconds (3 lights / 1 off). After 5 minutes of pause, the buzzer sounds for 2 seconds to enter the wake mode, press START to continue running.

H. Press the STOP key or the buzzer rings 1 second after the end, TIME shows the total time, DISTANCE shows the total distance, CALORIES shows the total calorie consumption for 30 seconds, WATT, SPEED, RPM exchanges the average and maximum values every five seconds.

I. When there is a heartbeat input, the 85% and 65% heartbeat values are exchanged with the maximum value every five seconds. If no heartbeat input is displayed, it is not displayed.

J. If you press any PROGRAM button to perform this action



Fig4



Fig5

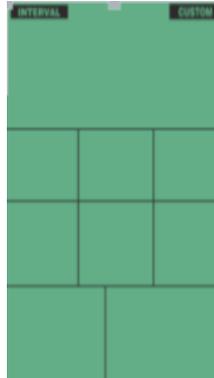


Fig6

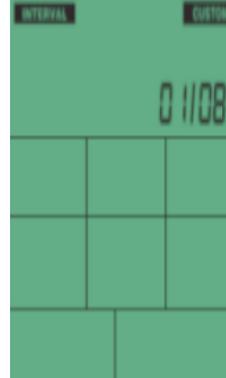


Fig7

## 5.2 Select INTERVAL 10-20

A. Press INTERVAL Key to select INTERVAL10/20. After pressing Enter Key, enter this mode and **INTERVAL10/20** will light up. The buzzer rings 1 second at the same time.

B. CYCLE TIME START countdown after 3 seconds, buzzer rings every second and **READY** flashes once per second (0.75 light / 0.25 off), the count shows 00/08 (Figure 5).

C. CYCLE TIME starts counting down 10 seconds and **WORK** flashes every second (0.75 light / 0.25 off), buzzer rings synchronously, REMAINING lights up and counts down from four-minute, TOTAL TIME, DISTANCE, CALORIES, WATTS, SPEED, RPM The count starts from the operation value, and the count shows 01/08.

D. CYCLE TIME starts counting down for 20 seconds and **REST** flashes every second (0.75 light / 0.25 off). The buzzer rings synchronously, and the last 3 seconds READY flashes synchronously.

E. C, and D continue to repeat the cycle, adding 1 to each cycle count until CYCLE TIME begins to count down 20 seconds after the 08/08**WORK** motion is displayed and REST flashes per second (0.75 light / 0.25 off).

F. After 30 seconds without any signal input, buzzer rings 1 second to enter the wake mode.

G. Press the START key to enter the pause mode. Within 30 seconds, buzzer rings 0.5 second every 1-second. When entering the pause mode, all the display will remain on the screen for 3 seconds and then flash every 4 seconds (3 lights / 1 off). After 5

minutes of continuous pause, buzzer rings 2 seconds to enter the wake mode, press START to continue running.

H. Press the STOP button or buzzer rings 1 second after the end, TIME shows the total time, DISTANCE shows the total distance, CALORIES shows the total calorie consumption for 30 seconds, WATT, SPEED, RPM exchanges the average and maximum values every five seconds.

I. When there is heartbeat input, the 85% and 65% heartbeat values are exchanged with the maximum value every five seconds. If there is no heartbeat input, will not display.

### **5.3 INTERVAL CUSTOM :**

A. Press INTERVAL Key to select INTERVAL CUSTOM, press Enter Key, enter this mode **INTERVALCUSTOM**, 00/XX flashes, buzzer rings 1 second at the same time, press UP or DOWN to set 00/XX, the setting range is 1~99, can be cycled, press ENTER to confirm buzzer rings 1 second to enter the next option setting (Figure 6-7).

B. TIME continues to light, WORK and 0:01 flashes, press UP or DOWN to set the working time, the setting range is 0:00~9:59, recycled setting, press ENTER to confirm buzzer rings 0.75 seconds and enter next option to set.

C. TIME continues to light, REST and 0:01 flashing, press UP or DOWN to set the working time, the setting range is 0:00~9:59, recycled setting, press ENTER to confirm the buzzer sounds for 1 second INTERVALCUSTOM continues Light up.

D. CYCLE TIME START countdown after three seconds, buzzer rings every second and **READY** flashes every second (0.75 light / 0.25 off), the count shows 00/XX.

E. CYCLE TIME starts counting down and **WORK** flashes every second (0.75 light / 0.25 off). The buzzer rings synchronously, REMAINING lights up and starts counting down according to the total set time, TOTAL TIME, DISTANCE, CALORIES, WATTS, SPEED, RPM start counting based on calculated value, and the count shows 01/XX.

F. CYCLE TIME starts counting down and **REST** flashes every second (0.75 light / 0.25 off) the buzzer rings synchronously, the last 3 seconds

G. C and D continue to repeat the cycle, each cycle count is incremented by 1, until the set value WORK moves CYCLE TIME begins to count down and REST flashes every second (0.75 light / 0.25 off).

H. After 30 seconds without any signal input, the buzzer sounds for 1 second to enter the wake mode.

I. Press the START button once to enter the pause mode. Within 30 seconds, the buzzer will sound for 0.5 second every 1-second. When entering the pause mode, all the displays will remain on the screen for 3 seconds and then flash every 4 seconds (3 bright / 1 off) After 5 minutes of continuous pause, the buzzer rings 2 seconds to enter the wake mode, press START to continue running.

J. Press the STOP button or the buzzer rings 1 second after the end, TIME shows the total time, DISTANCE shows the total distance, CALORIES shows the total calorie consumption for 30 seconds, WATT, SPEED, RPM exchanges the average and maximum values every five seconds.

K. When there is heartbeat input, the 85% and 65% heartbeat values are exchanged with the maximum value every five seconds. But not displayed without heartbeat input.

L. If you press any PROGRAM key to perform the action



Fig8



Fig9

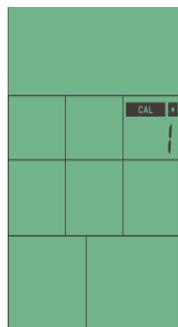


Fig10

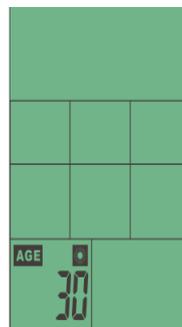


Fig11



Fig12

## 6. TARGET TIME :

A. Press the key to enter the mode, value flashes, and the buzzer rings 1 second at the same time.

B. TIME continues to light, the TIME value will flash and press UP or DOWN to set the time (Fig. 8). Press ENTER to confirm and the buzzer rings 1 second. Start counting down, DISTANCE, CALORIES, WATTS, SPEED, RPM start counting according to the calculated value (Figure 12)

## **7.TARGET DISTANCE :**

- A. Press key to enter this mode, value flashes, and buzzer rings 1second
- B. TIME continues to light, TIME value flashes. Press UP or DOWN to set up time (Fig 9). After pressing ENTER to confirm, buzzer rings 1s. Countdown time begins, DISTANCE, CALORIES, WATTS, SPEED, SPM will count by operation value r (Fig 12)

## **8.TARGET CALORIES :**

- A. Entering this mode, **TARGET**, **CALORIES** flashes, buzzer rings 1second at the same time
- B. CALORIES continues on , CAL value flashes. Press UP or DOWN to set CAL(Fig 10) .Press ENTER to confirm ,buzzer rings 1s,**TARGET**, **CALORIES** begins counting down,. TIME, DISTANCE ,WATTS, SPEED, RPM begin to count by operation value(Fig 12)

## **9. TARGET HR :**

- A. Press key to enter this mode, **TARGET HEART RATE** flashes and buzzer rings 1 second
- B. AGE continues to light on ,age value flashes and press UP or DOWN to set up AGE(Fig13) . Press ENTER to confirm ,buzzer rings for 1s,**TARGET HEART RATE**, HEART RATE continues to light on, MAX HR continues to light on and shows heart beat at 65% and 85% .TIME、DISTANCE、CALORIES、WATTS、SPEED、RPM start to count by operation value
- C. When Hear beat drops to 65%,  and 65% value will light on , buzzer rings every 10s, till Heart rate reaches above 65%
- D. When Hear beat exceeds 85%,  and 85% value lights on, buzzer rings every 10s, till Heart rate drops below 85%
- E. When heart beat maintains 65%--85%, hear beat symbol flashes, And it enters 65%-85% when it does not show MAX/65%/85%

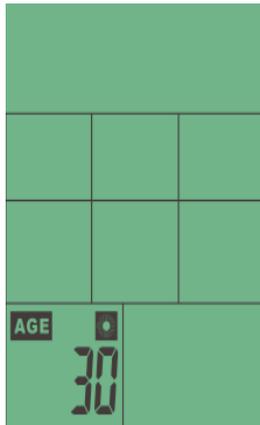


Fig13

Press START one time despite any other keys, entering pulse mode. Within 30s, buzzer rings 0.5s every 1s. When the system enters in PULSE mode, all display will save on the screen after 3s, light on every 4s( 3 lights /1off).After 5minutes of pulsing , buzzer rings 2s to enter wake mode, press START to continue running

30s after without single input, buzzer rings 1s to enter wake mode

When the display is fade, means the battery electricity is not enough, you have to replace the battery. If there is no input signal, please check whether the wire is connected or not.

### Technical data

Model No.	Powerjog
Power Supply	Not needed
N.Weight	195KG
Max User Weight	500 lbs running 800 lb walking
Noise Degree	Below 80dB (A)
Running Temperature	From +5°C to +40°C
Product Dimension (L*W*H)	1950*960*1600 mm
Package Dimension (L*W*H)	2000*1100*900mm

## Movement and adjustment of equipment

The equipment is equipped with two front wheels and a rear handle to roll it in place. If you need to move the Powerjog, just lift from the handle and push forward to roll.

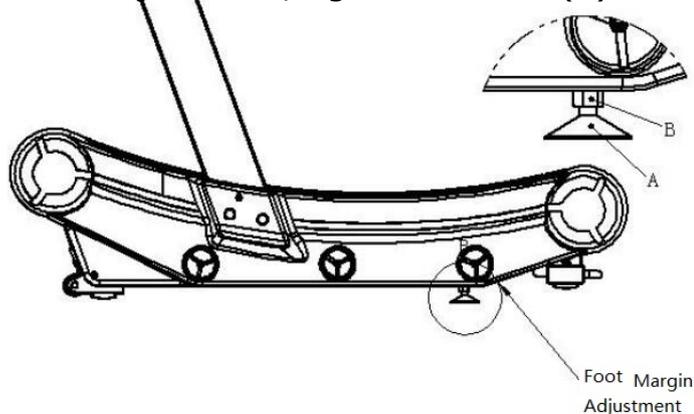
The Powerjog can be leveled as following method:

(Note: Powerjog must to be placed horizontally before using)

A, unscrew the nut (B);

B, screwing or unscrewing the rear feet (A) until the equipment stable and firm.

C, after adjustment, tighten the nut (B).



## Maintenance

Before maintenance, select maximum resistance so treadbelt does not move.

Very little maintenance is required; only vacuum the rubber slats regularly if necessary. With neutral and mild detergent wipe the handrails and console.

Warning



Be careful not to wipe instructions and label.

In order to ensure the equipment can be used safely, it should be inspected every two weeks for product damage or wear.