

ABSTRACT

A Treadmill Test is a test of training load of the heart by giving stress physiology that can cause cardiovascular abnormality was not found at the time of the break. The treadmill last time ever made still use the cable to the PC and speed settings low, medium, high. By seeing this, researchers modified the treadmill to be used as a treadmill test by changing the wiring system being wireless and its speed in accordance with the rules of the bruce protocol.

The method used is one group pre- posttest design by performing measurements before and after treatment on the module that has been modified treadmill and run through your PC wirelessly , the treadmill will run slower . Treadmill speed will increase gradually in accordance the rules bruce protocol every period of 3 minutes on each step and stops automatically in the 13th minute .

From the results of measurements on the module, the speed of the motor can be controlled with the specified speed, and run through the PC in the wireless, the module can also be saddled with the burden of a maximum limit but when conducting measurements in voltage 230V, 222V, 210V motor speed, and undergone a change, then it can be concluded that the change of the input voltage from PLN can affect the rate of speed of the motor so that it can give rise to the largest measurement error 17,38%.

Keywords: *PC, Wireless, Voltage.*