

EXCITE, ENGAGING CARDIO

ADVANCED LED DISPLAY



RUN 1000

User manual

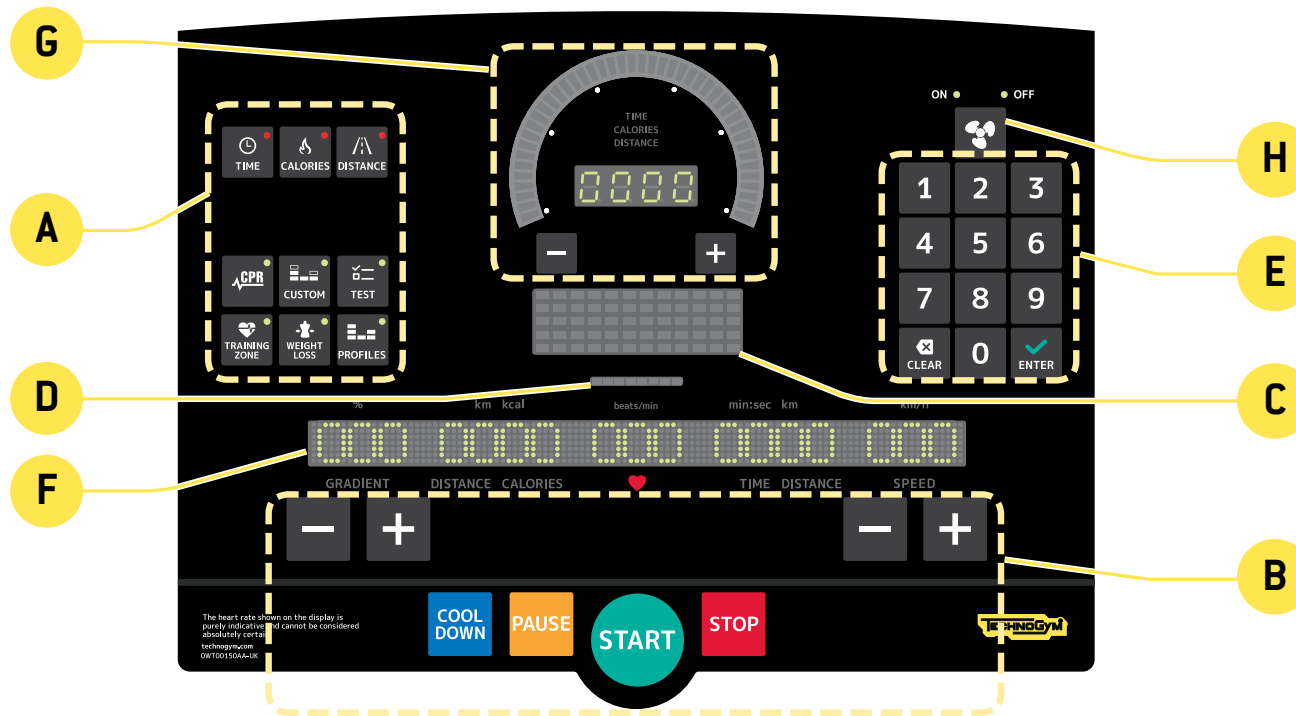


The Wellness Company

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Description of the control panel



A Function keys for workout or test selection. If the corresponding LED lights up, this key is active or the corresponding exercise is in progress.

B Manual control keys

C Profile LEDs

D Heart rate LED

E Number pad

F Alphanumeric display

G Goal arc and dial

H Fan on/off key. The two corresponding LEDs signal whether the fan is ON or OFF. If the equipment is not used the fan switches off after one minute.

Note:

Depending on the country of destination, the equipment will display:
CHR™ (Constant Heart Rate), Smartkey™, mi and mph;
CPR (Constant Pulse Rate), TGS Key™, km and km/h.

Description of the control panel

Function keys



starts a workout with a preset time, i.e. selecting time as a goal in CPR workouts and profiles.



starts a workout with a preset calorie consumption, i.e. selecting calorie consumption as a goal in CPR workouts and profiles.



starts a workout with a preset running distance, i.e. selecting distance as a goal in CPR workouts and profiles.



for starting a constant heart rate workout, in which the treadmill speed and gradient are automatically adjusted to keep the heart rate constant. The workout duration depends on one of the three GOALS: time, distance or calories.



starts a steps workout, in which the user sets the speed, gradient and GOAL (time or distance) for each step.



starts the maximal, submaximal and military tests.



starts a constant heart rate workout, in which the workout heart rate is set on the basis of the user's fitness; the time is set by the user.



starts a workout that has the aim of burning the maximum amount of calories in the time available.



starts one of the 6 different route types proposed by Technogym, or for programming up to 9 personal route types. The duration of the profiles is defined by one of the GOALS: time, distance or calories for predefined profiles; time or distance for personal profiles.

Description of the control panel

Manual control keys

GRADIENT



Increases the gradient. The setting increases by 0.5% every time the key is pressed.

For constant heart rate exercises, this key increases the target heart rate by 1 unit each time it is pressed (if the keys are enabled in this way: see the *Configuration menu* section).



Decreases the gradient. The setting decreases by 0.5% every time the key is pressed.

For constant heart rate exercises, this key decreases the target heart rate by 1 unit each time it is pressed (if the keys are enabled in this way: see the *Configuration menu* section).

You can also use the Fast Track control on the left to change the gradient. If the Fast Track control is pressed forwards, the gradient increases; if pressed backwards, the gradient decreases.

SPEED



Increases the speed during workout. The setting increases by 0.1 km/h each time the key is pressed, or faster if the key is held down.

For constant heart rate exercises, this key increases the target heart rate by 1 unit each time it is pressed (if the keys are enabled in this way: see the *Configuration menu* section).



Decreases the speed during workout. The setting decreases by 0.1 km/h every time the key is pressed, or faster if the key is held down.

For constant heart rate exercises, this key decreases the target heart rate by 1 unit each time it is pressed (if the keys are enabled in this way: see the *Configuration menu* section).

You can also use the Fast Track control on the right to change the speed. If the Fast Track control is pressed forwards, the speed increases; if pressed backwards, the speed decreases.

Description of the control panel



Stops the exercise for a short pause. During the pause, all the control panel settings are blocked and the only keys enabled are the START (restart) and STOP (end) keys.



Starts an exercise or restarts it after a pause.



To end each exercise and the cool down, and to cancel workout programming.

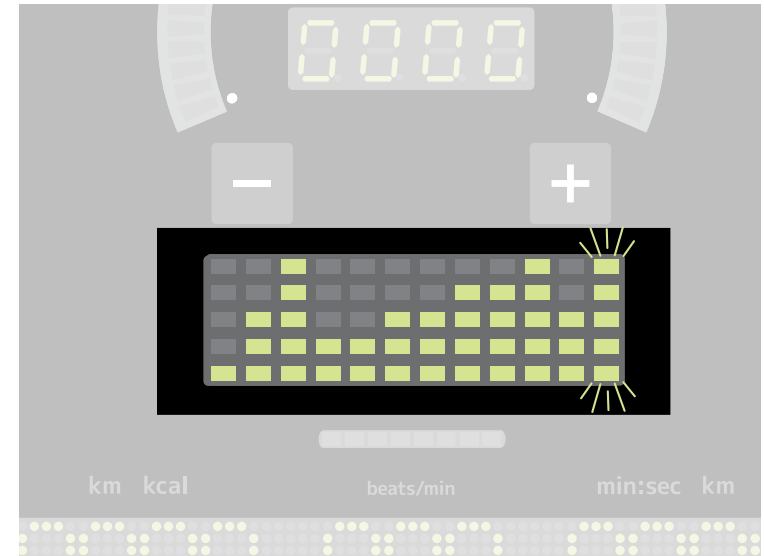


To end the exercise and start the cool down.

Description of the control panel

Profile LEDs

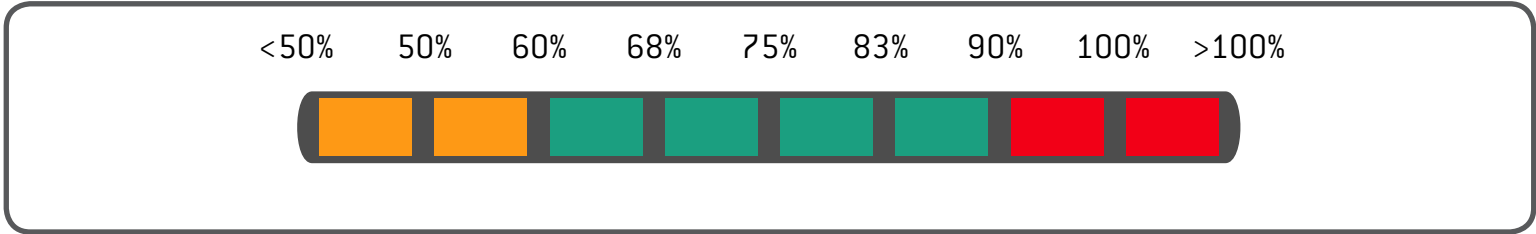
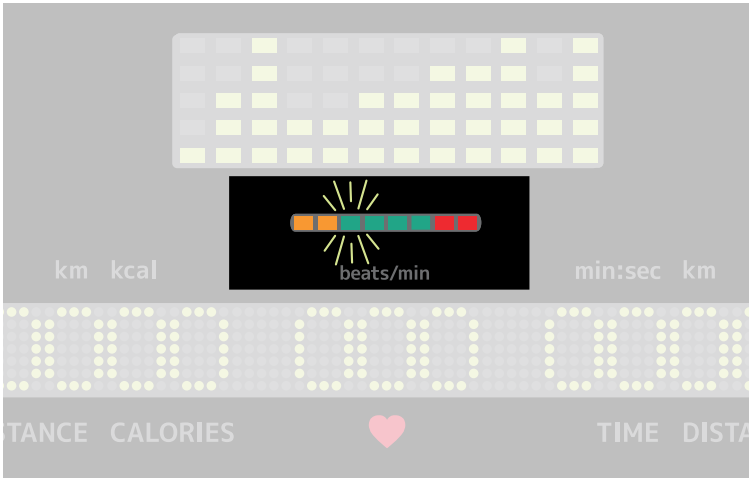
The height of the 12 LED columns is proportional to the treadmill gradient. The columns light up gradually until they are fully lit at the end of the workout, and the column corresponding to the current step blinks. In workouts where the total time is neither known nor calculable and the distance and calories are also unknown, a column lights up every minute and the column corresponding to the current minute blinks.



Description of the control panel

Heart rate LEDs

The heart rate LEDs will be unlit if there is no heart rate signal. If there is a heart rate signal the LEDs will light up, and if the age has been entered when programming the exercise or if the exercise has been stored on the TGS key, the LEDs will all light up and the LED corresponding to the user's theoretical maximum heart rate will blink.



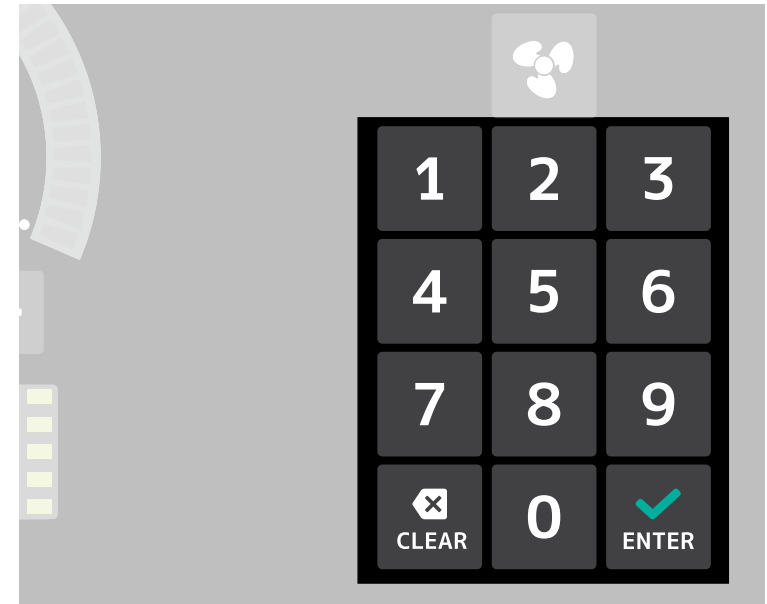
The first two LEDs, coloured orange, signal a heart rate less than 60% of the theoretical maximum heart rate; the four central LEDs, coloured green, signal values between 60% and 90%; the two red LEDs signal a heart rate greater than 90%.

The graph for selecting the workout heart rate is shown in the *Monitoring the heart rate* section in the equipment manual.

Description of the control panel

The number pad

The number pad is for entering the numerical values requested when setting the workouts. Only figures are entered, i.e. 7 and 5 to indicate 7.5 km; 2 and 0 to indicate a gradient of 2%. As well as the figures, the number pad also has CLEAR and ENTER keys.



confirms the entered value and proceeds;

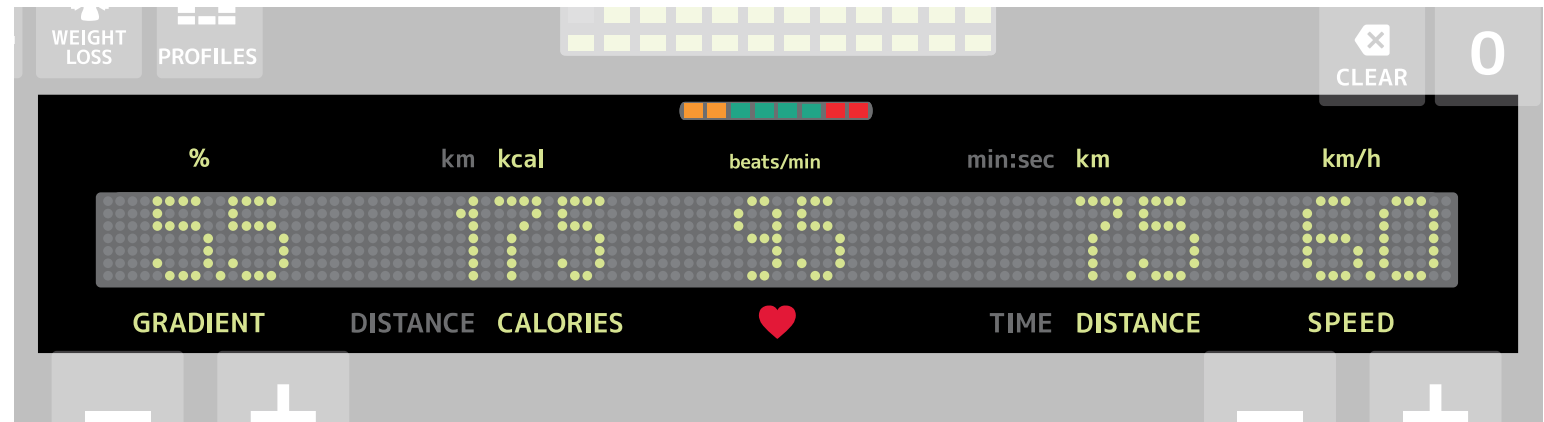


press once to delete the entered value; press twice to go back to the previous message.

Description of the control panel

The alphanumeric display

The alphanumeric display alternates between the display of the current exercise numerical values and the display of all the messages.



The following values are displayed during an exercise:

- gradient, expressed in percentage.
- distance covered in kilometres. If the count goes over the display maximum (99.99), it starts again from zero.
- calories burned, in kilocalories. If the count goes over the display maximum (9999), only the last four figures of the count are shown (e.g. 1234 for 11234).
- heart rate, expressed in number of beats per minute.
- time elapsed, in minutes and seconds. If the time goes over the display maximum (99:59), it will be shown in hours and minutes (e.g. 1 hour and 30 minutes is shown as 1H:30).
- speed, expressed in kilometres per hour.

The second numerical value can indicate either distance or calories and the fourth numerical value either time or distance, depending on the type of workout or the selected goal, as the value not shown on the alphanumeric display will be shown in the goal dial.

Description of the control panel

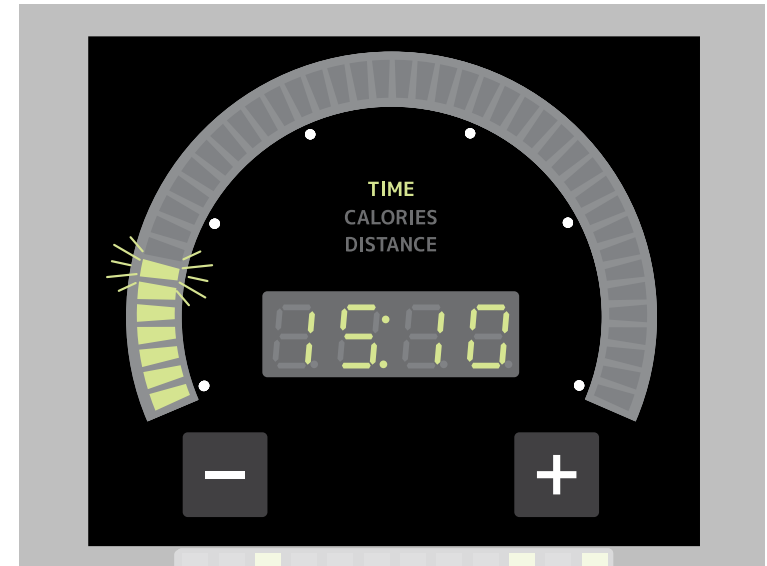
The goal arc and dial

The arc of LEDs lights up from left to right in time with the workout, until the set goal is reached. The LED corresponding to the current time/distance/calories portion blinks.

The type of goal selected is lit up in the arc during the exercise.

The numerical value for the selected goal increases.

The keys are for increasing or decreasing the selected goal value during the exercise. Depending on the type of goal, the value increases or decreases in steps of 1 minute, 0.1 km or 10 calories each time the key is pressed.



Quick start



Exercises started with START are on a time increase basis; the age and weight values are predefined, i.e. 30 years and 70 kilograms.

When starting the speed of the belt is 0.4 km/h, with a 0% gradient.

The columns of the profile LEDs light up one per minute; the last column to light up, i.e. the one for the current minute, blinks. From the 13th minute onwards, the columns move to the left so that the current minute column is always visible.

The time is shown in the goal dial and arc as it increases; the LED for the current minute blinks in the arc.

The speed and gradient edit keys and the keys STOP, COOL DOWN and PAUSE are enabled.

Cool down

At the end of each exercise and test there is a cooling down stage, at half the load of the exercise just completed.

The loads can be modified with the corresponding keys, like during the exercise.

The profile LED columns are blocked, showing the gradient for the exercise just ended.

Everything switches off in the goal arc; the goal dial will either show the total time of the exercise just ended, the total distance covered or the total calories burned.

The workout results alternate on the alphanumeric display:

average H.R. = 120 bpm

- if the heart rate monitor has been used for at least 3 minutes during the exercise

P.I. = 10

- if the heart rate monitor has been used for at least 3 minutes during the exercise

average speed = 11.5 km/h

average gradient = 10.5%

During the cool down, the TGS key can be inserted in the reader to save the results of the exercise just ended.

insert the TGS key to save data

This stage can be started at any time during the exercise by pressing the COOL DOWN key.

To stop the Cool down, press the STOP key.

Goal driven exercises

Press the GOAL keys in standby to select an exercise, in which the only parameter to set before starting is the total duration, in terms of time, calories to be burned or distance to cover.



Press the key for the selected goal.

```
time = min. 30
```

```
calories = 320
```

```
distance = km 20.5
```

Type in the goal value with the number keys and then press ENTER to confirm and proceed.

```
press START to start
```

Press the START key to start; the treadmill starts at gradient 0 and speed 0.4 km/h.

The age and weight values are set initially, then, if the heart rate signal is detected, the age will be requested.

```
for the max H.R. enter age: 30
```

Type in the age with the number keys and then press ENTER to confirm and proceed. On the basis of the age, the maximum heart rate value specified by the user is calculated; the maximum heart rate percentage is then indicated by the blinking LED in the heart rate bar.

If no data are entered, the exercise proceeds without a specific LED blinking for the heart rate.

Goal driven exercises

If the age has been entered, the body weight will be requested for the exact calculation of the calories.

for the exact calories enter weight: kg 70

Type in the weight with the number keys and then press ENTER to confirm and proceed.

In a calories workout, the weight is requested even if the age hasn't been entered.

If no data are entered, the calorie consumption will be calculated on the basis of a bodyweight of 70 kg.

The profile LED columns light up in sequence during the exercise until all the goal values have expired.

The goal value is shown in the goal dial as it increases; the goal arc lights up proportionally from left to right until the entire set value has expired.

The following keys are enabled:

- the speed and gradient edit keys
- the STOP, COOL DOWN and PAUSE keys
- the goal value edit keys
- the keys for changing the type of goal (time, calories, distance)

Constant heart rate (CPR) exercise

The constant heart rate exercise is very important in situations where specific heart rate levels have to be maintained. In the constant heart rate exercise the exercise workload is automatically adjusted to take the heart rate to the preselected level and keep it constant throughout the entire exercise duration.

The heart rate monitor is needed for the constant heart rate exercise. If there is no heart rate signal the exercise does not start.

Press the  key in standby.

```
select goal: TIME CALORIES DISTANCE
```

Press the key for the selected goal.

```
time = min. 30
```

```
calories = 320
```

```
distance = km 20.5
```

Type in the goal value with the number keys and then press ENTER to confirm and proceed.

```
age = 30
```

Type in the age with the number keys and then press ENTER to confirm and proceed.

```
press 1 to walk, 2 to run (1-2) = 2
```

Press the 1 number key to select a slow speed, to walk; or the 2 number key to select the run mode. Then press ENTER to confirm and proceed.

Constant heart rate (CPR) exercise

constant H.R. (125-155) = 130

Type in the heart rate you want to maintain constantly throughout the workout with the number keys, then press ENTER to confirm and proceed. The values corresponding to 60% and 90% of the maximum heart rate are given in brackets as a reference.

press START to start

Press the START key to start; the treadmill starts.

30 seconds after the start of the exercise, the body weight will be requested for the exact calculation of the calories.

for the exact calories enter weight: kg 70

Type in the weight with the number keys and then press ENTER to confirm and proceed.

If no data are entered, the calorie consumption will be calculated on the basis of a bodyweight of 70 kg.

The profile LED columns light up in sequence during the exercise until all the goal values have expired.

The goal value is shown in the goal dial as it increases; the goal arc lights up proportionally from left to right until the entire set value has expired.

The following keys are enabled:

- the speed and gradient edit keys
- the STOP, COOL DOWN and PAUSE keys
- the goal value edit keys

If, during the exercise, there is no heart rate signal for 60 consecutive seconds, the CPR exercise becomes a goal driven exercise, keeping the same goal (i.e. time, calories or distance).

CUSTOM exercise

The CUSTOM exercise can be used to create a personal profile consisting of a number of steps, up to a maximum of 12. The workload and duration are defined when programming each step.

Press the  key in standby.

```
select goal: TIME or DISTANCE
```

Press the key for the selected GOAL.

Now there is the programming of the individual steps: for each step you must set the chosen GOAL value, speed and gradient, as described below.

```
step 1: time = min. 5
```

```
step 1: distance = km 2.0
```

Type in the goal value with the number keys and then press ENTER to confirm and proceed.

```
speed = km/h 15.5
```

Type in the treadmill speed for the first step, in kilometres per hour, with the number keys and then press ENTER to confirm and proceed.

```
gradient = % 12.5
```

Type in the treadmill gradient for the first step in percentage with the number keys and then press ENTER to confirm and proceed.

CUSTOM exercise

```
insert a value or press ENTER to end
```

At the end of every step you can:

- either enter the goal value for the next step, followed by speed and gradient, and then proceed with programming other steps;

```
step 2: time = min. 3
```

```
step 2: distance = km 3.5
```

- or press ENTER to end the programming and start the exercise.

```
press START to start
```

Press the START key to start; the treadmill starts.

The age and weight values are set initially, then, if the heart rate signal is detected, the age will be requested.

```
for the max H.R. enter age: 30
```

Type in the age with the number keys and then press ENTER to confirm and proceed. On the basis of the age, the maximum heart rate value specified by the user is calculated; the maximum heart rate percentage is then indicated by the blinking LED in the heart rate bar.

If no data are entered, the exercise proceeds without a specific LED blinking for the heart rate.

CUSTOM exercise

If the age has been entered, the body weight will be requested for the exact calculation of the calories.

for the exact calories enter weight: kg 70

Type in the weight with the number keys and then press ENTER to confirm and proceed.

If no data are entered, the calorie consumption will be calculated on the basis of a bodyweight of 70 kg.

During the programming, a column of the profile LEDs lights up for every step. During the exercise, on the other hand, the profile LED columns are proportional to the total time or distance for the whole exercise, and light up in sequence until all the set value has expired.

During the exercise the total goal value in the goal dial as it increases; the goal arc lights up proportionally from left to right until all the time has expired.

The following keys are enabled:

- the speed and gradient edit keys; the change affects the parameters of the whole exercise and not just the individual step
- the STOP, COOL DOWN and PAUSE keys
- the goal value edit keys; the change affects the whole exercise and not just the individual step

The tests

Press the  key in standby.

1=submaximal 2=maximal 3=military

Select the type of test with the number keys.

The list of tests available in the selected category appears below: select the test with the number keys.

Maximal tests

Technogym maximal test

Custom maximal test

Bruce test

Bruce modified test

Naughton test

Balke & Ware test

Astrand modified test

Costill & Fox test

The heart rate monitor is recommended for maximal tests: if it is not worn, the maximum heart rate value cannot be calculated.

Subject to all medical-sports precautions, maximal tests are considered concluded when the STOP key is pressed.

In tests with a maximum number of steps, if the STOP is not pressed before the end of the last step, the test ends with the message:

you get the max VO2 for the test

A 3 minute cool down follows, with loads lower than those during the test.

The tests

Submaximal tests

- Fitness test
- Single stage model
- Multistage model

You need to use the heart rate monitor to perform the submaximal tests.

If there is no heart rate signal for 100 consecutive seconds the test is cancelled, then it ends without giving any result.

At the end of the test there is a 1 minute cooling down stage at an effort level half that of the test stage.

Military tests

- | | |
|--------------------|------------------------------------|
| Gerkin Protocol | Army PFT test |
| Air Force PRT test | Marine Corps PFT test |
| Navy PRT test | PEB (Federal Law Enforcement) test |

Apart from the Gerkin Protocol, which lasts 11 minutes, all the other military tests have a distance as a goal, to be covered in the least amount of time possible. During the tests the Goal keys and the keys for changing the gradient are not enabled. The keys for changing the speed are enabled during the effort stage. The goal arc in the Gerkin Protocol lights up completely at every step; in the other military tests lights up proportionally from left to right until the entire distance has expired.

At the end of test there is a 3 minute cooling down stage with half the speed of the last effort step and gradient 0%.

The tests

The user's age, weight and gender are required for all tests.

```
age = 30
```

Type in the age with the number keys and then press ENTER to confirm and proceed.

```
weight = kg 70
```

Type in the body weight with the number keys and then press ENTER to confirm and proceed.

```
gender (M=1 / F=2) = 1
```

Press number key 1 to select male gender, or number key 2 to select female gender. Then press ENTER to confirm and proceed.

Each test then proceeds in a specific way, as described below.

If the tests have not been performed with the TGS key, the results cannot be saved.

The test cannot be interrupted for a pause.

The maximal tests

Technogym maximal test

The maximal test is a test to exhaustion suitable for a fit user in good state of health.

To perform this test your maximum heart rate is required as well as age, weight and gender:

```
max. H.R. = 130
```

Type in the maximum heart rate value with the number keys, then press ENTER to confirm and proceed.

if you do not know your max heart rate, you may continue without entering it. In this case, a theoretical maximum heart rate based on your age will be used.

```
press START to start
```

Press the START key to start; the treadmill starts.

The maximal test is in two stages:

- 1) a **warm up** stage in constant heart rate mode lasting 15 minutes and divided into 3 five-minute steps, which takes the user to 75% of his/her maximum heart rate;

stage	time	workload
warm up_1	5 minutes	65% of the Max heart rate
warm up_2	5 minutes	70% of the Max heart rate
warm up_3	5 minutes	75% of the Max heart rate

- 2) a **test** stage, not in constant heart rate mode, with increases in speed every minute and 0% gradient.

The maximal tests

The test ends when the user is exhausted and presses the STOP key.

If there is no heart rate signal for 100 consecutive seconds during the test, the test is cancelled, and ends without showing any result.

If the STOP key is pressed before the user has reached 85% of his/her maximum heart rate or before 60 seconds have elapsed, the test is cancelled, and ends without showing any result.

During the cool-down the results are scrolled on the alphanumeric display:

max. H.R. = 180

absolute max $\dot{V}O_2$ = 3.04

relative max $\dot{V}O_2$ = 43.2

maximum speed = 15 km/h

anaerobic H.R. = 120

anaerobic speed = 13.0 km/h

The maximal tests

Custom maximal test

The custom maximal test is for very fit users in good state of health.

To perform this test, in addition to age, weight and gender, you must also set the workloads.

```
starting speed = km/h 10.5
```

Type in the test starting speed with the number keys, then press ENTER to confirm and proceed.

The minimum value is 7.0 km/h, because the test is in run mode.

```
speed increase = km/h 0.3
```

Type in how much the load must increase between one step and the next with the number keys; then press ENTER to confirm and proceed.

```
single step time (mm:ss) = 00:50
```

Type in the time, in minutes and seconds, for each step with the number keys; then press ENTER to confirm and proceed.

There is no specific warm up stage; therefore you are advised to set the first step or steps with appropriate loads or to warm up for a few minutes before the test.

The test ends when the user is exhausted and presses the STOP key.

The maximal tests

During the cool down the results are scrolled on the alphanumeric display:

max. H.R. = 180

absolute max $\dot{V}O_2$ = 3.04

relative max $\dot{V}O_2$ = 43.2

maximum speed = 15 km/h

anaerobic H.R. = 120

anaerobic speed = 13.0 km/h

The maximal tests

Bruce test

The Bruce test is a maximal test for all user categories.

There is no specific warm up stage for the Bruce test; you are advised to warm up for a few minutes before the test.

step	time	speed	gradient
1	3 minutes	2.7 km/h	10.0%
2	3 minutes	4.0 km/h	12.0%
3	3 minutes	5.5 km/h	14.0%
4	3 minutes	6.8 km/h	16.0%
5	3 minutes	8.0 km/h	18.0%

During the test the goal arc lights up completely at every step.

The test ends after 15 minutes or if the STOP key is pressed.

During the cool down the results are scrolled on the alphanumeric display:

max. H.R. = 180

absolute max $\dot{V}O_2$ = 3.04

relative max $\dot{V}O_2$ = 43.2

mets = 15.0

The maximal tests

Bruce modified test

The Bruce modified test is a maximal test for any category of user, as well as high risk individuals.

There is no specific warm up stage for the Bruce modified test; you are advised to warm up for a few minutes before the test.

step	time	speed	gradient
1	3 minutes	2.7 km/h	0.0%
2	3 minutes	3.7 km/h	5.0%
3	3 minutes	3.7 km/h	10.0%
4	3 minutes	4.0 km/h	12.0%
5	3 minutes	5.5 km/h	14.0%
6	3 minutes	6.8 km/h	16.0%
7	3 minutes	8.0 km/h	18.0%

During the test the goal arc lights up completely at every step.

The test ends after 21 minutes or if the STOP key is pressed.

During the cool down the results are scrolled on the alphanumeric display:

max. H.R. = 180

absolute max $\dot{V}O_2$ = 3.04

relative max $\dot{V}O_2$ = 43.2

mets = 15.0

The maximal tests

Naughton test

The Naughton test is a maximal test specific for the assessment of individuals with heart disease or at high risk.

There is no specific warm up stage for the Naughton test; you are advised to warm up for a few minutes before the test.

step	time	speed	gradient
1	2 minutes	1.6 km/h	0.0%
2	2 minutes	3.2 km/h	0.0%
3	2 minutes	3.2 km/h	3.5%
4	2 minutes	3.2 km/h	7.0%
5	2 minutes	3.2 km/h	10.5%
6	2 minutes	3.2 km/h	14.0%
7	2 minutes	3.2 km/h	17.5%

During the test the goal arc lights up completely at every step.

The test ends after 14 minutes or if the STOP key is pressed.

During the cool down the results are scrolled on the alphanumeric display:

max. H.R. = 180

absolute max $\dot{V}O_2$ = 3.04

relative max $\dot{V}O_2$ = 43.2

mets = 15.0

The maximal tests

Balke & Ware test

The Balke & Ware test is a maximal test for any category of user.

There is no specific warm up stage for the Balke & Ware test; you are advised to warm up for a few minutes before the test.

The loads of the effort stage are different for men and women, and are divided as indicated in the tables below.

Men			
step	time	speed	gradient
1	1 minute	5.3 km/h	0.0%
2	1 minute	5.3 km/h	2.0%
3	1 minute	5.3 km/h	3.0%
4	1 minute	5.3 km/h	4.0%
5	1 minute	5.3 km/h	5.0%
6	1 minute	5.3 km/h	6.0%
7	1 minute	5.3 km/h	7.0%
8	1 minute	5.3 km/h	8.0%
9	1 minute	5.3 km/h	9.0%
10	1 minute	5.3 km/h	10.0%
11	1 minute	5.3 km/h	11.0%
12	1 minute	5.3 km/h	12.0%
13	1 minute	5.3 km/h	13.0%
14	1 minute	5.3 km/h	14.0%
15	1 minute	5.3 km/h	15.0%
16	1 minute	5.3 km/h	16.0%
17	1 minute	5.3 km/h	17.0%
18	1 minute	5.3 km/h	18.0%

The maximal tests

Women			
step	time	speed	gradient
1	3 minutes	4.8 km/h	0.0%
2	3 minutes	4.8 km/h	2.5%
3	3 minutes	4.8 km/h	5.0%
4	3 minutes	4.8 km/h	7.5%
5	3 minutes	4.8 km/h	10.0%
6	3 minutes	4.8 km/h	12.5%
7	3 minutes	4.8 km/h	15.0%
8	3 minutes	4.8 km/h	17.5%

During the test the goal arc lights up completely at every step.

The test ends after the last step or if the STOP key is pressed.

During the cool down the results are scrolled on the alphanumeric display:

max. H.R. = 180

absolute max $\dot{V}O_2$ = 3.04

relative max $\dot{V}O_2$ = 43.2

mets = 15.0

The maximal tests

Astrand modified test

The Astrand modified test is a maximal test for very fit users in good state of health.

To perform this test, in addition to age, weight and gender, you must also set the speed:

```
speed = km/h 10.5
```

Type in the speed value for the test with the number keys, then press ENTER to confirm and proceed.

The value must be between 8.0 and 13.0 km/h.

You are advised to warm up for 5 minutes before the test, with a walk or a light run.

step	time	speed	gradient
1	3 minutes	set by the user	0.0%
2	2 minutes	set by the user	2.5%
3	2 minutes	set by the user	5.0%
4	2 minutes	set by the user	7.5%
5	2 minutes	set by the user	10.0%
6	2 minutes	set by the user	12.5%
7	2 minutes	set by the user	15.5%
8	2 minutes	set by the user	17.5%

During the test the goal arc lights up completely at every step.

The test ends after 17 minutes or if the STOP key is pressed.

The maximal tests

During the cool down the results are scrolled on the alphanumeric display:

max. H.R. = 180

absolute max $\dot{V}O_2$ = 3.04

relative max $\dot{V}O_2$ = 43.2

mets = 15.0

The maximal tests

Costill & Fox test

The Costill & Fox test is a maximal test for very fit users in good state of health.

You are advised to warm up for 10 minutes before the test, with a walk or a light run.

step	time	speed	gradient
1	2 minutes	14.3 km/h	0.0%
2	2 minutes	14.3 km/h	2.0%
3	2 minutes	14.3 km/h	4.0%
4	2 minutes	14.3 km/h	6.0%
5	2 minutes	14.3 km/h	8.0%
6	2 minutes	14.3 km/h	10.0%
7	2 minutes	14.3 km/h	12.0
8	2 minutes	14.3 km/h	14.0
9	2 minutes	14.3 km/h	16.0%
10	2 minutes	14.3 km/h	18.0%

During the test the goal arc lights up completely at every step.

The test ends after 20 minutes or if the STOP key is pressed.

The maximal tests

During the cool down the results are scrolled on the alphanumeric display:

max. H.R. = 180

absolute max $\dot{V}O_2$ = 3.04

relative max $\dot{V}O_2$ = 43.2

mets = 15.0

The submaximal tests

The fitness test

The fitness test is a sub-maximum test suitable for quite unfit or moderately fit users.

The fitness test is in three stages; in the warm up stage the workload is determined externally; in the next two stages, the workload is internal, as it is determined by the heart rate.

stage	time	workload
warm up	90 seconds	speed 3.5 km/h and 0% gradient
1	3 minutes after reaching the workload	60% of the Max heart rate if the heart rate at the end of warm up is ≤ 100
		65% of the Max heart rate if the heart rate at the end of warm up is > 100
2	4 minutes after reaching the workload	75% of the Max heart rate

During the test the time is shown in the goal dial as it increases, and alternates with the display of the subsequent messages.

next H.R. = 160

While you are reaching the heart rate required for each step the goal arc stays switched off.

STEP 1: H.R. = 160

On reaching the set heart rate, the goal arc lights up from left to right until all the step time expires.

Only the STOP key is enabled, for cancelling the test. The test cannot be interrupted for a pause.

The submaximal tests

When the STOP key is pressed, or if there is no heart rate signal for 100 consecutive seconds, the test is cancelled, then it ends without giving any result:

```
TEST CANCELLED
```

At the end of the test the speed and gradient decrease for the cool down, during which the results are scrolled:

```
max. H.R. = 180
```

```
absolute max VO2 = 3.84
```

```
relative max VO2 = 43.2
```

```
mets = 15.0
```

```
effort level for training = 10
```

The submaximal tests

Single stage model

This is a submaximal protocol, in which the load is set by the user:

```
speed = km/h 8.5
```

Type in the treadmill speed, in kilometres per hour, with the number keys and then press ENTER to confirm and proceed.

```
gradient = % 5.5
```

Type in the treadmill gradient for the first step in percentage with the number keys and then press ENTER to confirm and proceed.

The single stage model includes a 90 second warm up, at half the set speed and gradient of 0%; followed by a 5 minute effort stage.

During the cool down the results are scrolled on the alphanumeric display:

```
max. H.R. = 180
```

```
absolute max VO2 = 3.04
```

```
relative max VO2 = 43.2
```

```
mets = 15.0
```

```
effort level for training = 15
```

When the STOP key is pressed, or if there is no heart rate signal for 100 consecutive seconds the test is cancelled, then it ends without giving any result.

The submaximal tests

Multistage model

This is a submaximal protocol, in which the mode and the load for each of the two steps are set by the user:

```
press 1 to walk, 2 to run (1-2) = 2
```

Press the 1 number key to select a slow speed, to walk; or the 2 number key to select the run mode. Then press ENTER to confirm and proceed.

```
step 1: speed = km/h 5.5
```

Type in the treadmill speed for each one of the two steps, in kilometres per hour, then press ENTER to confirm and proceed. For the run, the minimum speed that can be set is 7.0 km/h; for the walk, the maximum speed that can be set is 6.9 km/h

```
gradient = % 12.5
```

Type in the treadmill gradient with the number keys, in percentage, for each one of the two steps, then press ENTER to confirm and proceed.

The minimum load for the second step is given by the value set for the first step.

The multistage model includes a 90 second warm up, with gradient 0% and half the speed set for the first step; followed by two effort stages, each lasting 4 minutes.

stage	time	workload
warm up	90 seconds	speed = 50% of the setting for stage 1, gradient 0%
1	4 minutes	speed and gradient set by the user
2	4 minutes	speed and gradient set by the user

The submaximal tests

During the cool down the results are scrolled on the alphanumeric display:

max. H.R. = 180

absolute max $\dot{V}O_2$ = 3.04

relative max $\dot{V}O_2$ = 43.2

mets = 15.0

effort level for training = 20

When the STOP key is pressed, or if there is no heart rate signal for 100 consecutive seconds, the test is cancelled, then it ends without giving any result.

The military tests

Gerkin Protocol

The Gerkin Protocol includes a 3 minute warm up stage.

step	time	speed	gradient
warm up	3 minutes	4.8 km/h	0.0%
1	1 minute	7.2 km/h	0.0%
2	1 minute	7.2 km/h	2.0%
3	1 minute	8.0 km/h	2.0%
4	1 minute	8.0 km/h	4.0%
5	1 minute	8.8 km/h	4.0%
6	1 minute	8.8 km/h	6.0
7	1 minute	9.6 km/h	6.0
8	1 minute	9.6 km/h	8.0
9	1 minute	10.4 km/h	8.6
10	1 minute	10.4 km/h	10.0%
11	2 minutes	11.2 km/h	10.0%

The test ends by exceeding 85% of the maximum theoretical heart rate; if the user exceeds 85% of the maximum theoretical heart rate, for 15 seconds the loads remain the same, then the test ends.

If the user's heart rate does not reach 85% of the maximum theoretical rate or the STOP key is not pressed before the end of the last step, the test ends without showing any result.

The military tests

During the cool down the results are scrolled on the alphanumeric display:

max. H.R. = 180

absolute max $\dot{V}O_2$ = 3.04

relative max $\dot{V}O_2$ = 43.2

mets = 15.0

effort level for training = 15

The military tests

Air Force PRT test

The Air Force PRT test requires the user to cover **2.4 km**, with gradient 1%, in the shortest possible time.

The starting speed is set by the user:

```
starting speed = km/h 10.5
```

Type in the starting speed value, with the number keys, then press ENTER to confirm and proceed.

During the test the speed edit keys are enabled.

During the cool down the results are scrolled on the alphanumeric display:

```
time = 10'13"
```

```
points = 45
```

When the STOP key is pressed the test is cancelled, then it ends without giving any result.

The military tests

Navy PRT test

The Navy PRT test requires the user to cover **2.4 km**, with gradient 1%, in the shortest possible time.

The starting speed is set by the user:

```
starting speed = km/h 10.5
```

Type in the starting speed value, with the number keys, then press ENTER to confirm and proceed.

During the test the speed edit keys are enabled.

```
elevation = m 1525
```

Type in the current altitude with the number keys; you are requested to specify if the test is performed at an altitude below or above 1525 metres (5000 ft) to calculate the results.

During the cool down the results are scrolled on the alphanumeric display:

```
time = 10'13"
```

```
points = 45
```

```
category=good
```

```
level=high
```

When the STOP key is pressed the test is cancelled, then it ends without giving any result.

The military tests

Army PFT test

The Army PFT test requires the user to cover **3.2 km**, with gradient 0%, in the shortest possible time.

The starting speed is set by the user:

```
starting speed = km/h 10.5
```

Type in the starting speed value, with the number keys, then press ENTER to confirm and proceed.

During the test the speed edit keys are enabled.

During the cool down the results are scrolled on the alphanumeric display:

```
time = 10'13"
```

```
points = 45
```

When the STOP key is pressed the test is cancelled, then it ends without giving any result.

The military tests

Marine Corps PFT test

The Marine Corps PFT test requires the user to cover **4.8 km**, with gradient 0%, in the shortest possible time.

The starting speed is set by the user:

```
starting speed = km/h 10.5
```

Type in the starting speed value, with the number keys, then press ENTER to confirm and proceed.

During the test the speed edit keys are enabled.

```
elevation = m 1370
```

Type in the current altitude with the number keys; you are requested to specify if the test is performed at an altitude below or above 1370 metres (4500 ft) to calculate the results.

During the cool down the results are scrolled on the alphanumeric display:

```
time = 10'13"
```

```
points = 45
```

When the STOP key is pressed the test is cancelled, then it ends without giving any result.

The military tests

PEB (Federal Law Enforcement) test

The PEB test requires the user to cover **2.4 km**, with gradient 0%, in the shortest possible time.

The starting speed is set by the user:

```
starting speed = km/h 10.5
```

Type in the starting speed value, with the number keys, then press ENTER to confirm and proceed.

During the test the speed edit keys are enabled.

During the cool down the results are scrolled on the alphanumeric display:

```
time = 10'13"
```

```
points = 45
```

When the STOP key is pressed the test is cancelled, then it ends without giving any result.

TRAINING ZONE exercise

The TRAINING ZONE exercise is performed at constant heart rate; the training heart rate is determined by the user's fitness level, who must select the workout intensity: light, moderate or hard.

The heart rate monitor is needed for the constant heart rate exercise. If there is no heart rate signal the exercise does not start.

Press the  key in standby.

```
age = 30
```

Type in the age with the number keys and then press ENTER to confirm and proceed.

```
press 1 to walk, 2 to run (1-2) = 2
```

Press the 1 number key to select a slow speed, to walk; or the 2 number key to select the run mode. Then press ENTER to confirm and proceed.

```
press 1 for light intensity, 2 for moderate, 3 for hard (1-2-3) = 2
```

Press number key 1 to select light intensity, number key 2 for moderate intensity and number key 3 for a harder effort. Then press ENTER to confirm and proceed.

```
time = min. 30
```

Type in the time with the number keys, then press ENTER to confirm and proceed.

```
press START to start
```

Press the START key to start; the treadmill starts.

TRAINING ZONE exercise

30 seconds after the start of the exercise, the body weight will be requested for the exact calculation of the calories.

for the exact calories enter weight: kg 70

Type in the weight with the number keys and then press ENTER to confirm and proceed.

If no data are entered, the calorie consumption will be calculated on the basis of a bodyweight of 70 kg.

The profile LED columns light up in sequence during the exercise until all the goal values have expired.

The goal value is shown in the goal dial as it increases; the goal arc lights up proportionally from left to right until the entire set value has expired.

The following keys are enabled:

- the STOP, COOL DOWN and PAUSE keys
- the speed and gradient keys, for changing the heart rate value
- the goal value edit keys

If, during the exercise, there is no heart rate signal for 100 consecutive seconds, the exercise becomes a time goal exercise:

ATTENTION: H.R. NOT DETECTED

exercise goal in time

WEIGHT LOSS exercise

The aim of the WEIGHT LOSS exercise is to burn the maximum amount of calories in the time available.

The WEIGHT LOSS workout is in two stages: a first processing stage at constant heart rate; and a second stage with the actual exercise. The heart rate monitor is therefore needed, at least during the first stage; If there is no heart rate signal the exercise does not start.

Press the  key in standby.

age = 30

Type in the age with the number keys and then press ENTER to confirm and proceed.

gender (M=1 / F=2) = 1

Press number key 1 to select male gender, or number key 2 to select female gender. Then press ENTER to confirm and proceed.

press 1 to walk, 2 to run (1-2) = 2

Press the 1 number key to select a slow speed, to walk; or the 2 number key to select the run mode. Then press ENTER to confirm and proceed.

time = min. 30

As the first minutes of the exercise are needed for calculating the user's workout heart rate and processing the actual exercise parameters, the total test time must not be less than 10 minutes.

Type in the time with the number keys, then press ENTER to confirm and proceed.

press START to start

Press the START key to start; the treadmill starts.

WEIGHT LOSS exercise

30 seconds after the start of the exercise, the body weight will be requested for the exact calculation of the calories.

for the exact calories enter weight: kg 70

Type in the weight with the number keys and then press ENTER to confirm and proceed.

If no data are entered, the calorie consumption will be calculated on the basis of a bodyweight of 70 kg.

The profile LED columns light up in sequence during the exercise until the set time has completely expired.

The time is shown in the goal dial as it increases; the goal arc lights up proportionally from left to right until all the set time has expired.


The following keys are enabled:

- the STOP, COOL DOWN and PAUSE keys
- the keys for changing speed and gradient, but only in the actual exercise stage
- the goal value edit keys

If there is no heart rate signal for 100 consecutive seconds in the initial data processing stage, used for setting the exercise, the exercise ends.

ATTENTION: H.R. NOT DETECTED EXERCISE CANCELLED

Profile workout

With the  key you can choose between:

- six predefined profiles, non-modifiable;
- nine personal profiles saved by the trainer.

When the PROFILES key is pressed:

1 - if there are only predefined profiles, you are prompted to select a profile.

```
select profile (1-6)
```

Press the number key for the profile you want to select.

2 - if there are also personal profiles, your are prompted to select between the two types:

```
1=predefined 2=custom
```

Press the number key for the type of profile you want to select.

Profile workout

Predefined profiles



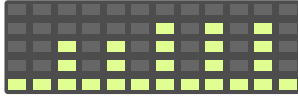
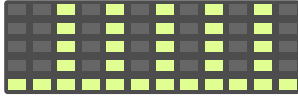


The predefined profiles are variable workouts defined on the basis of one of three goals: time, distance or calorie consumption. The goal value is set in the programming stage and can be changed during the exercise with the corresponding keys.

Profile workouts are set at the effort level specified by the user, calculated with the fitness test; you are advised, therefore, to do the fitness test first.

The heart rate monitor is not needed for profile workouts.

```
select profile (1-6)
```

Press the number key for the profile you want to select, from 1 to 6.

Profile 1		Profile 4	
Profile 2		Profile 5	
Profile 3		Profile 6	

Each column on the display corresponds to a step, with a duration of 1/12 of the total goal value.

Press ENTER to confirm the selection of the displayed profile.

Profile workout

After having selected one of the profiles, select the goal and give the goal value:

```
select goal: TIME CALORIES DISTANCE
```

Press the key for the selected GOAL.

```
time = min. 30
```

The time must not be less than 10 minutes for profile 2, and 5 minutes for the other profiles.

```
calories = 320
```

```
distance = km 20.5
```

Type in the goal value with the number keys and then press ENTER to confirm and proceed.

```
level (1-12) = 10
```

Type in the effort level (based on the test result) with the number keys, then press ENTER to confirm and proceed.



WARNING

You are advised not to do the exercise at a higher effort level than that indicated by the level test.

```
press START to start
```

Press the START key to start; the treadmill starts.

Profile workout

The age and weight values are set initially, then, if the heart rate signal is detected, the age will be requested.

for the max H.R. enter age: 30

Type in the age with the number keys and then press ENTER to confirm and proceed. On the basis of the age, the maximum heart rate value specified by the user is calculated; the maximum heart rate percentage is then indicated by the blinking LED in the heart rate bar.

If no data are entered, the exercise proceeds without a specific LED blinking for the heart rate.

If the age has been entered, the body weight will be requested for the exact calculation of the calories.

for the exact calories enter weight: kg 70

Type in the weight with the number keys and then press ENTER to confirm and proceed.

If no data are entered, the calorie consumption will be calculated on the basis of a bodyweight of 70 kg.

During the exercise the profile LED columns are all lit to show the programmed route: the height of the 12 LED columns is proportional to the treadmill gradient; the column for the current step blinks.

The goal value is shown in the goal dial as it increases; the goal arc lights up proportionally from left to right until the entire set value has expired.

The following keys are enabled:

- the STOP, COOL DOWN and PAUSE keys
- the keys for changing speed and gradient; the change affects the parameters of the whole profile and not just the individual step
- the goal value edit keys; the change affects the parameters of the whole profile and not just the individual step.

Profile workout

Personal profiles

Personal profiles are multiple step workouts in two different modes:

- either at constant heart rate (CPR); for this type of profile the heart rate monitor is needed;
- or at constant power.

select profile (1-9)

Press the number keys for a personal profile, from **1** to **9**; the LED display will show the altitude features of the corresponding profile. Each column on the display corresponds to a step, with a duration of 1/12 of the total goal value.

Press ENTER to confirm the selection of the displayed profile.

age = 30

Type in the age with the number keys and then press ENTER to confirm and proceed.

press START to start

Press the START key to start; the treadmill starts.

30 seconds after the start of the exercise, the body weight will be requested for the exact calculation of the calories.

for the exact calories enter weight: kg 70

Type in the weight with the number keys and then press ENTER to confirm and proceed.

If no data are entered, the calorie consumption will be calculated on the basis of a bodyweight of 70 kg.

Profile workout

During the exercise the profile LED columns are all lit to show the programmed route: in constant power profiles, the height of the 12 LED columns is proportional to the treadmill gradient; in constant heart rate profiles, the height of the 12 LED columns is proportional to the target heart rate. The column for the current step blinks.

The goal value is shown in the goal dial as it increases; the goal arc lights up proportionally from left to right until the entire set value has expired.

The following keys are enabled:

- the STOP, COOL DOWN and PAUSE keys
- the keys for changing speed and gradient; the change affects the parameters of the whole profile and not just the individual step
- the goal value edit keys; the change affects the parameters of the whole profile and not just the individual step

Programming personal profiles

To program personal profiles, when in standby press number keys **3 6 9** simultaneously; then enter the password **2412** with the number keys and confirm with ENTER.

```
profile (1-9) = 3
```

Type in the number of the profile to be saved with the number keys, then press ENTER to confirm. If the number entered corresponds to a previously stored profile, this profile will be shown in the led display; if you proceed at this point, the previously stored profile will be overwritten.

```
press 1 for power, 2 for CPR (1-2) = 2
```

Press number key 1 to program a constant power profile, i.e. with constant speed and gradient values; otherwise, press number key 2 to program a constant heart rate profile.

```
select goal: TIME or DISTANCE
```

Press the key for the selected GOAL.

For the CPR profile you must select the execution mode:

```
press 1 to walk, 2 to run (1-2) = 2
```

Press number key 1 to select a slow speed, which will be the walk mode when carrying out the exercise; otherwise, press number key 2 to select a faster speed and therefore the run mode.

Programming personal profiles

Now there is the programming of the individual steps: for each step you have to enter different parameters, depending on the type of profile selected.

- For the **constant power profile**, you must set the selected GOAL value, speed and gradient:

```
step 1: time = min. 30
```

```
step 1: distance = km 2.0
```

Type in the goal value with the number keys and then press ENTER to confirm and proceed.

```
speed = km/h 5.5
```

Type in the treadmill speed for the first step, in kilometres per hour, with the number keys and then press ENTER to confirm and proceed.

```
gradient = % 12.5
```

Type in the treadmill gradient for the first step in percentage with the number keys and then press ENTER to confirm and proceed.

Programming personal profiles

- For **CPR profiles**, you must set selected GOAL value and the percentage of the theoretical maximum heart rate to be kept constant:

```
step 1: time = min. 3
```

```
step 1: distance = km 2.5
```

Type in the goal value with the number keys and then press ENTER to confirm and proceed.

```
% max H.R. = 70
```

Type in the percentage of the theoretical maximum heart rate you want to reach and maintain constantly during the step with the number keys, then press ENTER to confirm and proceed.

```
insert a value or press ENTER to end
```

At the end of every step you can:

- either enter the goal value for the next step, followed by speed and gradient or by the maximum heart rate percentage, and then proceed with programming other steps;
- or press ENTER to end the programming and save the profile.

```
profile 1 saved
```

The personal profile is now available, when the PROFILES key is pressed.

Performance index

The performance index (PI) was invented by Technogym to give a concise and easily comparable assessment of performance in a workout.

To have your performance index shown on the display with the other results at the end of the exercise, in any kind of workout, simply use the heart rate monitor for at least 3 minutes.

A rectangular LED display with a dark background and yellow-green characters showing "P.I. = 10".

P.I. = 10

The index is based on a rating scale ranging from 0 to 99. The higher the rating, the greater your aerobic capacity.

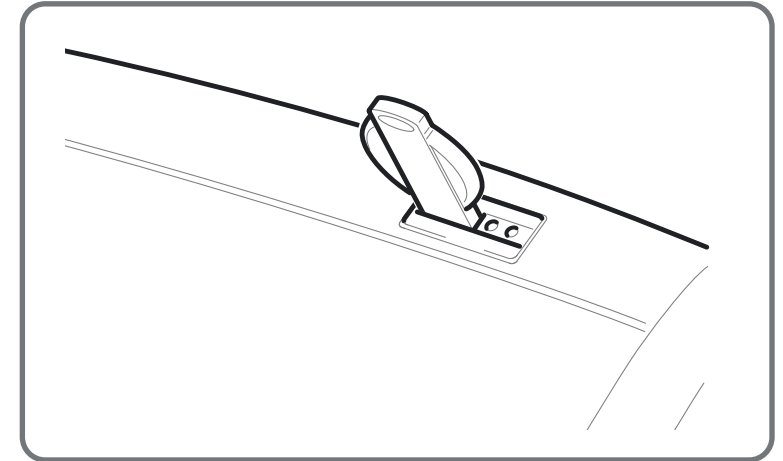
If your performance index increases, this means that you are exercising more intensely without increasing your heart rate.

The criteria used to calculate the performance index makes it possible to compare tests taken by people of different ages. In any event, you are advised to compare the results of different tests taken by the same person, or different people, working out at the same intensity for the same time.

PI value	Rating
under 10	Improvable
from 11 to 20	Fair
from 21 to 30	Very good
from 31 to 40	Excellent
over 40	Superb

Workouts with the TGS key

The TGS key does away with the need to enter your personal data and workout parameters each time you exercise, as all this information is saved in its memory. To start the exercise just slip the TGS key into its port; the display shows the user name, followed by the type of exercise specified in the workout program.



EXERCISE GOAL: 30.00 KM

speed 5.0 km/h, gradient 3.0%

For example if a single-step GOAL exercise is specified, the goal value (a distance of 30 km) is given, together with the speed (5.0 km/h) and gradient (3.0%) parameters.

CPR EXERCISE IN CALORIES

STEP 1: 60 calories, H.R. = 135

If a multiple-step CPR exercise is specified, the type of goal (calories) is given and then, at the start of each step, the goal (60 calories) and target heart rate (135 beats per minute) values.

Workouts with the TGS key

After the first message you can start the workout; the equipment behaves exactly as if the exercise had been set on the control panel.

At the end of the exercise, either a message appears saying that that was the last of the set of exercises stored on the TGS key, or another exercise follows.

```
end of workout
```

```
next equipment: VARIO
```

At any time, however, it will be possible to perform an exercise and save its results on the TGS key, even if this exercise was not included in the workout program (unless the use of the TGS key is disabled: see the *Configuration menu* section).

- after inserting the TGS key into the reader, select the exercise with the control panel keys;
- either this, or select the exercise with the control panel keys and then insert the TGS key into the reader during the workout or cool down.

Integration with NFC and QR code

For further information on use of the product Run, connect to the Technogym cloud.

Use the QR code or the NFC sensor to connect to the cloud.

NFC Sensor

Activate the Internet connection on your device (for example, on your smartphone).

Identify the position of the NFC sensor on your device.

Place your personal device on the equipment, with its sensor over the NFC logo. In this way, the personal device will connect to the Technogym cloud.

To connect using NFC you must have installed the Technogym application on your personal device.



QR Code

Activate the Internet connection on your device (for example, on your smartphone).

Open the QR code reader on your device and point the camera of the device at the code on the product.

In this way, the personal device will connect to the Technogym cloud.

To connect using the QR code, you must have installed the Technogym application on your personal device.

Configuration menu

To customise the software configuration, when in standby press number keys **3 6 9** simultaneously; then enter the password **2406** with the number keys and confirm with ENTER.



If the password entered is not correct, the software will go back to standby directly.





PASSWORD INCORRECT

The configuration menu messages are in two parts:

- the first part, which is fixed, gives the name of the parameter;
- the second part shows the individual parameter options one by one (on pressing the corresponding keys).

Press the  speed key to go to the next message; to go back to the previous message press the  speed key.

To scroll the options of the individual parameter press the  or the  goal keys.

To select one of the options and proceed, press ENTER when the chosen option is displayed.

Press the CLEAR key to go back to standby. Whenever CLEAR is pressed, in whatever message, all the changes made up to that time will be saved. You cannot exit without saving. If you make a mistake, you can reset the initial Technogym values with *default config*. (see below).

The following parameters can be edited, in the order given below:



LANGUAGE: UK ENGL.

Selects the language for the messages.

Configuration menu

DISTANCE: KM

To select the unit of measurement, either kilometres and kilograms (KM) or miles and pounds (MILES).

MAX TIME: 0

To set a maximum time for all the exercises, enter the number of minutes with the number keys. If you make a mistake press CLEAR to delete the entered number.

PAUSE TIME: 120

To set the pause time, after which the equipment goes back to standby, enter the number of minutes with the number keys. If you make a mistake press CLEAR to delete the entered number.

COOLDOWN TIME: 60

To set the cool down time, from 5 to 180 seconds, enter the number of seconds with the number keys. If you make a mistake press CLEAR to delete the entered number. Whatever duration has been set, the results of the workout scroll completely.

HR: MODIFIABLE

To enable (*modifiable*) the gradient and speed keys to change the heart rate that has to be kept constant in CPR mode exercises. If you select the non-modifiable option, it will not be possible to change the set heart rate in any way.

Configuration menu

TGS: ENABLED

To enable the equipment to be used with the TGS key. If the TGS is *disabled*, the equipment can be used only with the control panel.

KEYS: ENABLED

To enable the equipment with the function keys. If the function keys are *disabled*, the equipment can be used only with the TGS key.

UP/DOWN: ENABLED

To enable or disable the treadmill gradient.

LANGUAGE: FIXED

If the language is *fixed*, all the messages will be in the language set in the current configuration menu; if the language is *optional*, it can be changed when in standby.

DEFAULT CONFIG.

Resets all the initial settings that were on the equipment when it was first purchased.

USER PRESENT: 5

To set the speed (in the example 5.0 km/h) at which the “user present” function activates. To deactivate the function, enter a value of between **0** and **3**. If the function is active, at the set speed a check is made to determine whether there is a user in the treadmill; if no user is detected within one minute, the equipment stops and the exercise ends. The function does not activate, however, if the weight of the user entered during the exercise setting phase is less than 50 kg.

Other control panel messages

the equipment is blocked. Contact the Technogym Technical Support

In case of trouble it is necessary to contact the Technogym Technical Support Service.

EMERGENCY ERROR

The emergency button is not working: contact the Technogym Technical Support Service.

select language and press ENTER

If the language has been set as *optional* in the configuration menu, the available options are scrolled when in standby. After selecting the language with the corresponding number key, the equipment works normally with the messages in the chosen language. If you make a mistake, press the CLEAR key to go back to the previous message and select a different language.

If no exercise is started after 60 seconds after making the selection, the software will go back to scrolling the language options.

If a workout is selected while the message is scrolling, the language enabled will be the one selected in the configuration menu (see previous section).

calorie consumption = 184 kcal per exercise 15.0 mets

Scrolls during the exercise to show the total forecast calorie consumption in the whole exercise. This message is not displayed in exercises with calorie goals and exercises where the total time is neither known nor calculable (Quick Start).

calorie consumption = 254 kcal per hour 15.0 mets

Scrolls during exercises in which the total calorie consumption for the exercise is not known, displaying the hourly calorie consumption rate.

Other control panel messages

time per km = 2'44"

Scrolls during the exercises to show the time taken to cover one kilometre.

15 minutes to end

Scrolls during the workout to show the time remaining to the end of the exercise. This message is not displayed in exercises with time goals and exercises where the total time is neither known nor calculable (Quick Start).

the maximum time is 60 min.

If, when programming an exercise, a maximum time is set that is greater than the maximum time in the configuration menu, a message prompts the user to decrease the setting. May appear when setting the time in time profiles, in exercises such as GOAL, CPR, time Custom, Training Zone and Weight Loss.

MAXIMUM TIME EXPIRED

In exercises with calorie consumption or distance goals, or in any exercises with no preset time, if the maximum time setting in the configuration menu is reached, the exercise stops and the cool down starts.

May appear in calorie and distance profiles and in exercises such as calorie and distance GOAL or CPR exercises, distance Custom exercises and Quick Start exercises.

wear the chest band

In some exercises and tests, this message prompts the user to wear the chest band. Scrolls both while setting the exercise and during the workout, if there is no heart rate signal from the chest band.

ATTENTION: H.R. NOT DETECTED

Scrolls during exercises in constant heart rate mode if there is no heart rate signal.

Other control panel messages

HIGH HEART RATE

Scrolls during exercises performed with the heart rate monitor, if the heart rate reading exceeds 90% of the theoretical maximum value.

press a key

If the emergency stop has been triggered, the equipment stops immediately and remains blocked until any key is pressed; a few seconds after the key has been pressed, the equipment goes into standby.

user not detected: the exercise is interrupted

If no user is detected within one minute, the equipment stops and the exercise is interrupted. If the TGS key is inserted, the completed exercise is stored in the memory.

If the treadmill stops and this message appears despite the presence of the user, change the “user present” function activation speed as described in the previous section.

TGS key empty

Signals that there are no workout programs on the TGS key.

equipment not included on the TGS key

Scrolls if the workout program refers to equipment other than that stored on the TGS key. The exercise can still be performed, however, and the results saved on the TGS key, making the selection with the keys on the control panel.

Run 1000 _ LED Display_eng-AA
OSM00977



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