

EXCITE, ENGAGING CARDIO

RUN 1000 - RUN 600

User manual



The Wellness Company

Contents

Important safety instruction	3
Personal safety	5
Manufacturer and equipment identification	7
Description of the equipment	9
Technical data	11
Safety devices and warnings	14
Place of usage	16
Moving the equipment	17
Levelling	18
Electrical connection	19
Connection to another device	22
Routine maintenance	24
Aligning the treadmill	28
Troubleshooting	29
Technical assistance	31
Storage	32
Disposal	32
Switching on and off	33
Monitoring the heart rate	34
Using the equipment	37

Important safety instruction

You should always consult with a qualified and licensed medical professional or healthcare practitioner before starting any nutritional, diet, stretching or exercise program. You are advised to investigate and inform yourself about any health related actions and choices you make.

Please read all instructions before using the equipment. These instructions were written to ensure your safety and to protect the unit.

When using an electrical appliance, basic precautions should be always followed, including the following.



DANGER

To reduce the risk of electric shock, always unplug the unit from the electrical outlet immediately after using and before cleaning or performing any maintenance tasks.



WARNING

To reduce the risk of burns, fire, electric shock or injury to person, take the following precautions.

The equipment should never be left unattended when plugged in. Unplug from outlet when not in use, before cleaning it, and before putting on or taking off electrical parts.

Do not allow unsupervised children close to the equipment.

Close supervision by qualified personnel is necessary when the equipment is used by or near children, invalids or disabled persons.

Use the equipment only for its intended use as described in the user manual. Only perform the exercises for which the equipment has been designed, following the instructions given in the manual. Any other use is to be considered improper and therefore dangerous.

Do not use attachments not recommended by Technogym.

Never operate the equipment if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. In this case, contact the Technogym Technical Support service.

Do not carry the equipment by supply cord or use cord as handle.

Important safety instruction

Keep the cord away from heated surfaces.

Keep hands and feet away from moving parts.

Never drop or insert any object into any opening.

To disconnect, turn all controls to the off position, then remove plug from outlet.

SAVE THESE INSTRUCTIONS



WARNINGS

Do not connect a device with load exceeding 7A.

Risk Of Electric Shock. Do Not Disconnect Under Load.

Do not connect to a circuit operating at more than 150V to Ground.

Personal safety

Use of the equipment is subject to a medical examination in relation to the intended type of exercise, and compliance with the conditions of use laid down by the manufacturer.

Persons suffering from certain physical conditions may only use the equipment under the strict supervision of a specialist doctor.

If, during exercise, the message “HIGH HEART RATE” appears, your heart rate is too high and you should **slow down** the exercise.

Before starting an exercise, make sure **your position** on the equipment is correct, and be careful with any components that might constitute an obstruction.

Choose suitable exercises for your physical characteristics and state of health, starting out with light loads.

Do not overexert yourself or work to exhaustion. Incorrect or excessive exercise may cause serious physical harm or even death. If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.

Wear proper exercise clothing and shoes during a workout, no loose clothing. Tie long hair back. Keep garments or towels away from moving parts.

During use people must remain at a safe distance.

Do not use the equipment in presence of small children or pets.

The person in charge of the gym must explain to the users about proper and improper use of the equipment.

Completely assemble the equipment before using it. Check the equipment before each use. Do not continue to operate the equipment when it is not working properly.

Assemble and operate the equipment on a solid, level surface.

Keep all electrical components, such as the power cable and I/O switch, away from liquids to prevent shock.

Maintain the equipment in good working condition. If there are signs of wear, contact the Technogym Technical Support service.

Do not attempt to service the equipment yourself other than the maintenance instructions found in the user manual.

The installation, maintenance and setting must be done by qualified Technogym staff or persons authorised by Technogym.

The electrical system must conform to the standards and legal requirements in the country of use.

Personal safety

Do not set anything on the casing or control panel.

Technogym is not responsible for any damages due to any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, debris resulting from any construction activities in the product's environment, rust or corrosion as a result of the product's location, alterations or modifications without Technogym's written authorization or for failure on your part to use, operate and maintain the products as set out in this User Manual.

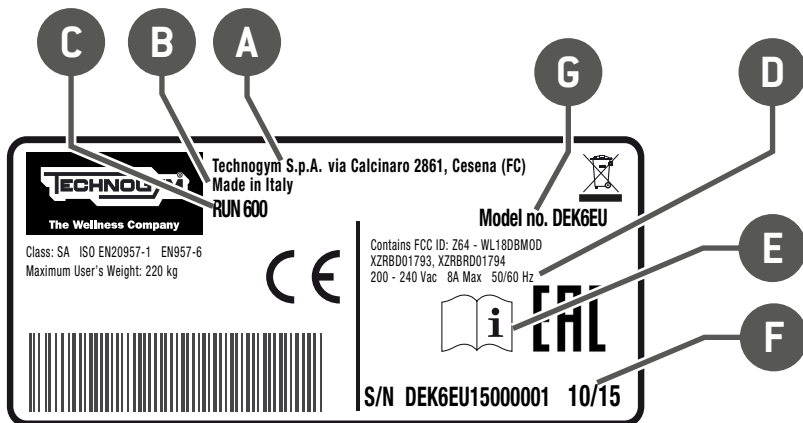
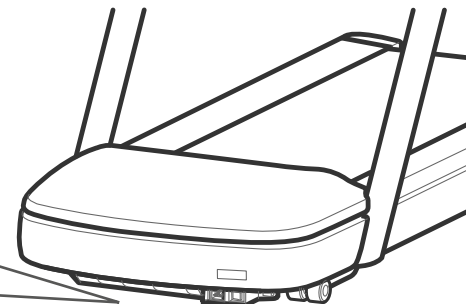
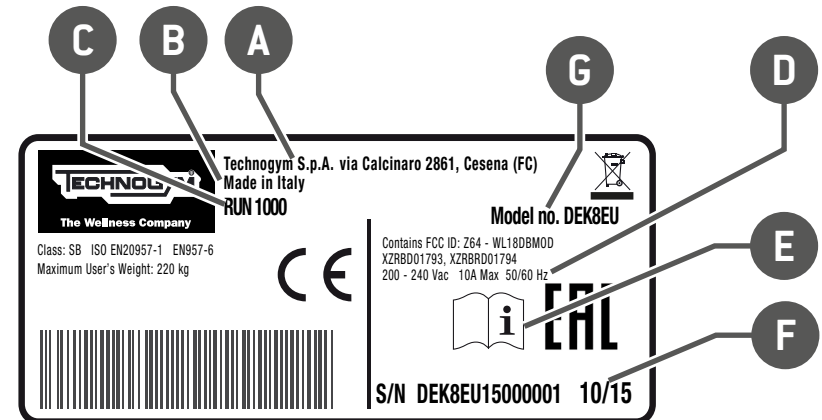
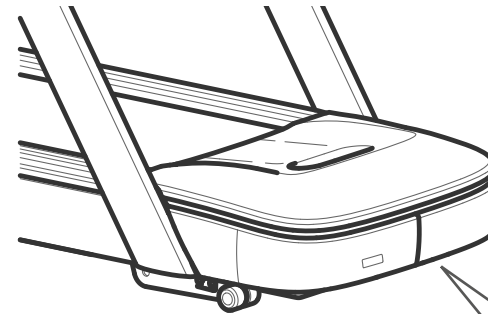


WARNING

There are high voltages inside the equipment, therefore the guard must be removed by authorised personnel only.

Manufacturer and equipment identification

- A** - Manufacturer's name and address
- B** - Place of manufacture
- C** - Description of product
- D** - Electrical specifications
- E** - Tells you to consult the User manual
- F** - Serial number and date of manufacture
- G** - Product model



Manufacturer and equipment identification

Electromagnetic interference notice: the Run product is classified as a class A device. In residential environments, this equipment may cause radio interference. In this event, the user must employ adequate measures.

Products marked with the code DEK8E../DEK8A../DEK6E../DEK6A... are commercial devices, designed for use in residential and professional environments. Products marked with the code DEK8E../DEK8A.. are classified as class SB devices and those with the code DEK6E../DEK6A.. are classified as class SA devices according to ISO EN 20957-1.

Products marked with the code DEK8M../DEK6M.. are intended for medical use and are designed and manufactured for use in doctors' surgeries, hospitals, clinics and gyms, for muscle treatment and rehabilitation. They are classified as class IA devices according to ISO EN 20957-1. They are not suitable for use in the presence of anaesthetic mixtures which are flammable in air, oxygen or nitrous oxide.

Products marked with the code DEK8M../DEK6M.. may be used by or near children, invalids, disabled persons or people with evident physical problems only under close supervision of a doctor or a qualified professional.

.

Description of the equipment

Control panel (A): controls all available functions, from setting up workout programmes to viewing messages and related workout information. It also permits control of audio and video contents with USB and iPod devices and with compatible audio/video equipment (e.g. headphones).

Please see the control panel's manual to see how it works.

USB port (B): for USB devices.

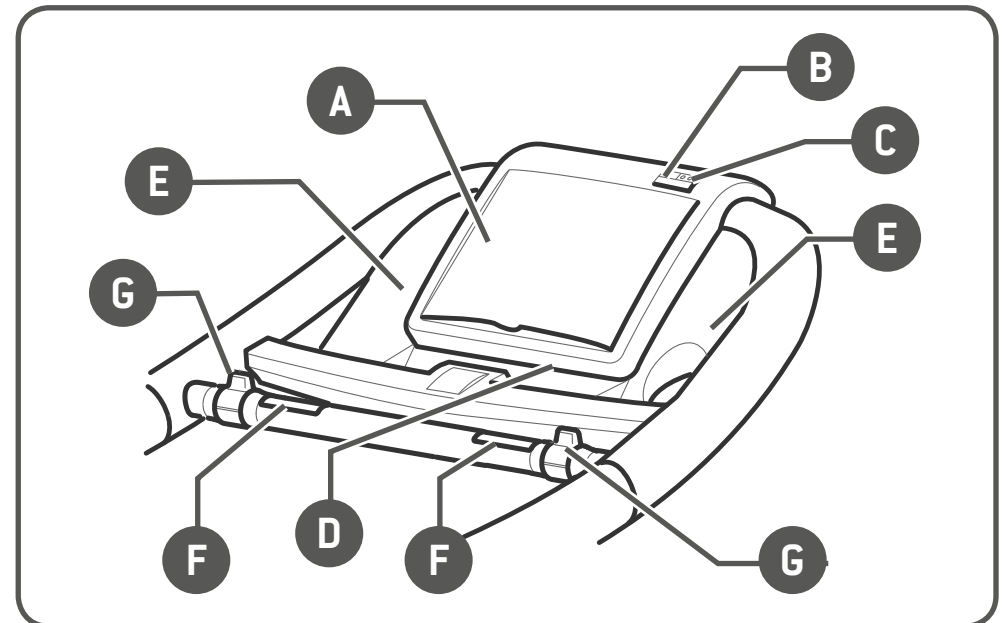
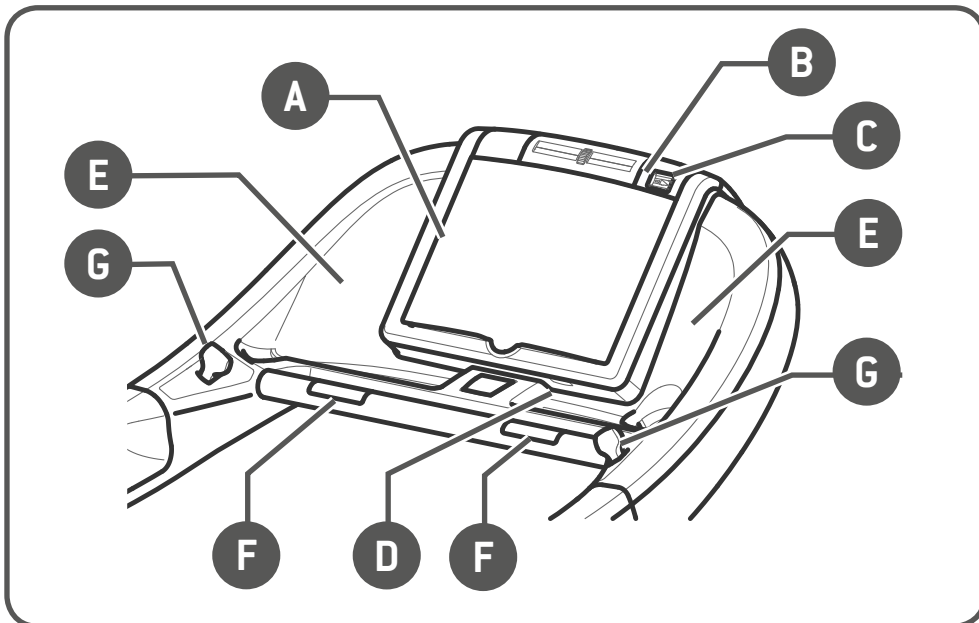
TGS input (C): for the TGS or mywellness key (optional).

Headphones connector (D): for audio headphones. A microphone function may also be used with the Unity headphones.

Object holder (E): for standing the water bottle or other useful items on during the workout.

Hand sensor (F): the metal plate sensors permit constant heart rate monitoring.

Fast Track control (G): for changing the treadmill speed and gradient during the exercise.



Description of the equipment

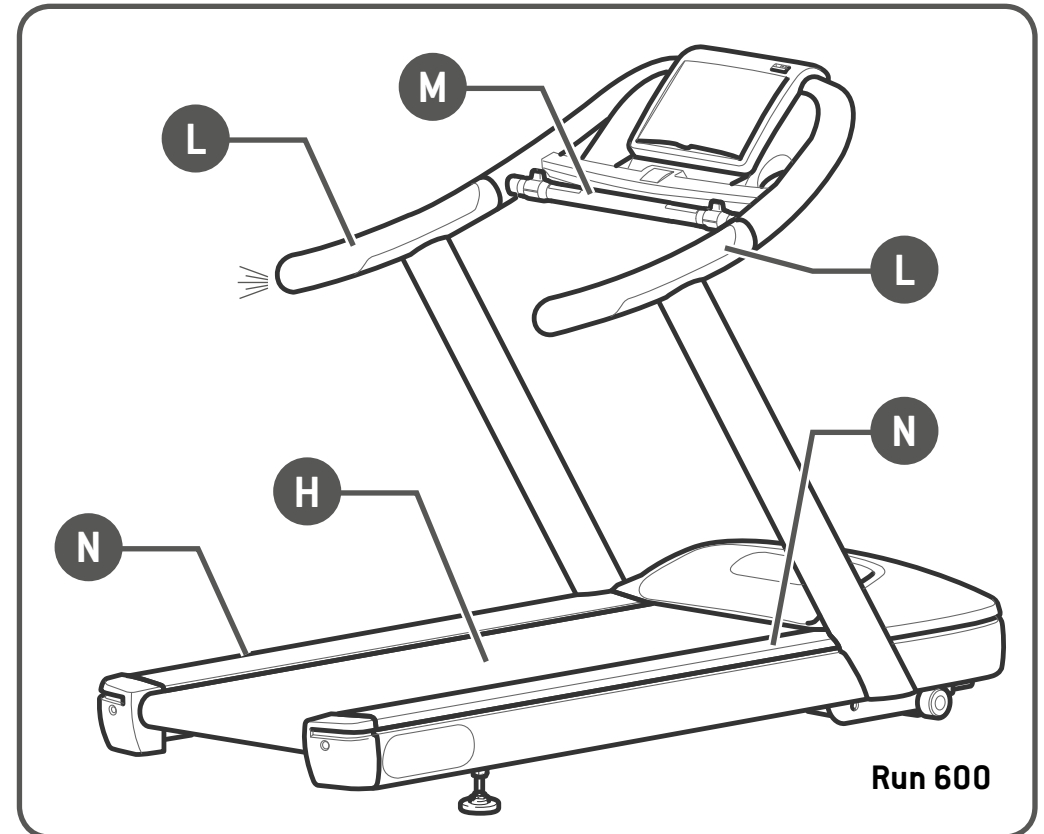
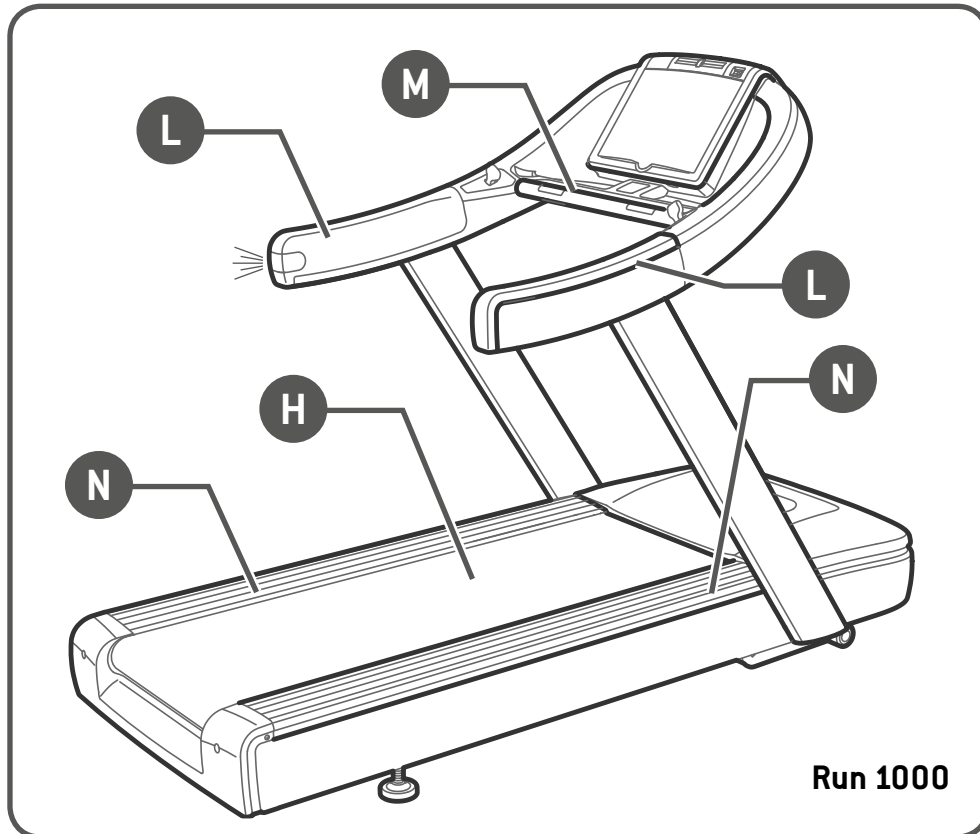
Treadmill (H): antistatic and vibration-dampened running surface.

Side hand grips (L): for stability when getting on and off the equipment or if the user loses his/her balance; they can be held when walking with long strides.

The luminous signal on the left handgrip lights up at the beginning of the exercise to signal that the equipment is in use and the treadmill is moving; the signal blinks at the end of the exercise to signal that the equipment will shortly be available.

Central handgrip (M): can be held when walking with small strides.

Footrests (N): you can take a short rest by moving your feet from the treadmill to the footrests, in the event of fatigue or danger.



Technical data

Model code	DEK8E...	DEK8A...	DEK8M...
Power supply	200-240 Vac 50/60 Hz	100-240 Vac 50/60 Hz	200-240 Vac 50/60 Hz
Peak motor power	5800 W (8 Hp)	5800 W (8 Hp)	5800 W (8 Hp)
Weight of equipment	195 kg (428 lb)	195 kg (428 lb)	195 kg (428 lb)
Maximum user weight	220 kg (485 lb)	220 kg (485 lb)	220 kg (485 lb)
Speed 100 Vac power supply maximum power input	-	0.8÷20 km/h (0.5÷12.4 mph) 1800 VA	-
Speed 120 Vac power supply maximum power input	-	0.8÷22 km/h (0.5÷13.6 mph) 2200 VA	-
Speed 200-240 Vac power supply maximum power input	0.8÷27 km/h (0.5-16.7 mph) 2500 VA	0.8÷27 km/h (0.5÷16.7 mph) 2500 VA	0.4÷27 km/h (0.3÷16.7 mph) 2500 VA
Gradient	0÷18%	0÷18%	0÷18%
Noise level	Less than 80 dB	Less than 80 dB	Less than 80 dB
Protection grade	IP 20	IP 20	IP 20
Operating temperature	from +5°C to +30°C (from +41°F to +86°F)	from +5°C to +30°C (from +41°F to +86°F)	from +5°C to +30°C (from +41°F to +86°F)
Maximum capacity of water bottle- holder	2 kg (4 lb)	2 kg (4 lb)	2 kg (4 lb)
Electric isolation class	Class I	Class I	Class I

The maximum power values refer to a user weighing a maximum of 100 kg.

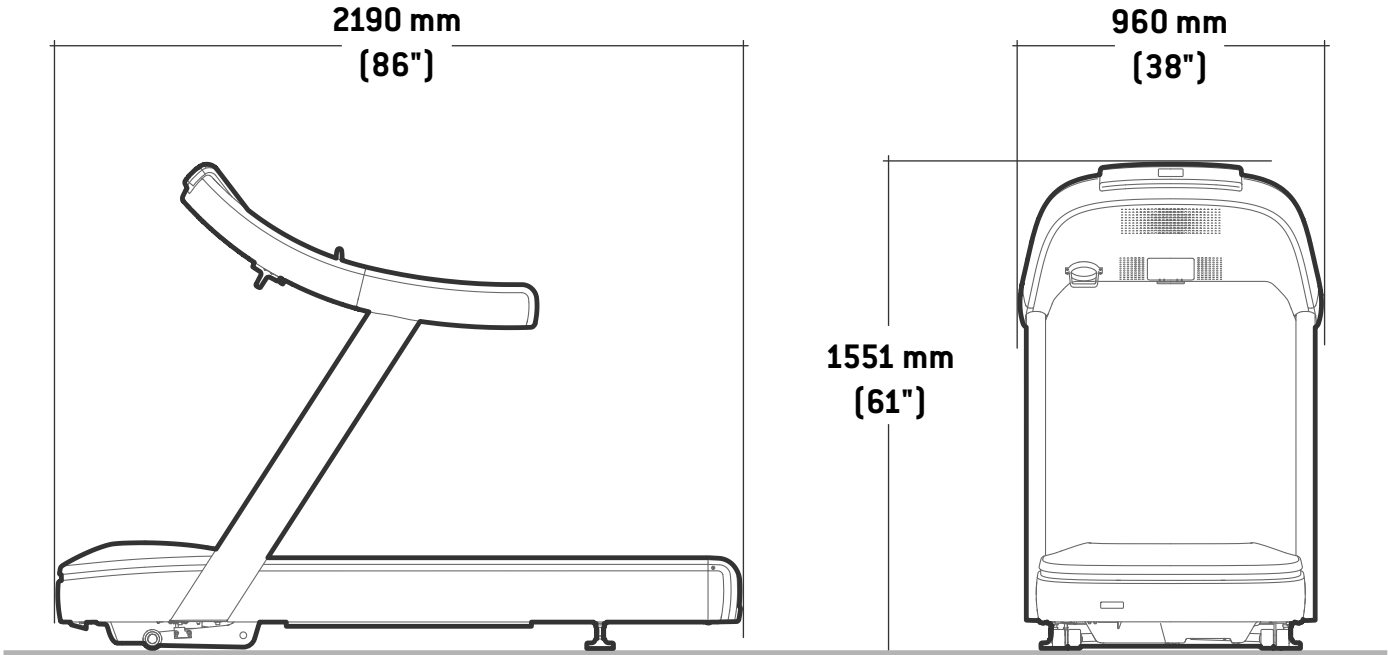
Technical data

Model code	DEK6A...	DEK6E..., DEK6M...
Power supply	100-240 Vac 50/60 Hz	200-240 Vac 50/60 Hz
Peak motor power	4400 W (6 Hp)	4400 W (6 Hp)
Weight of equipment	165 kg (364 lb)	165 kg (364 lb)
Maximum user weight	220 kg (485 lb)	220 kg (485 lb)
Speed	0.4÷20 km/h (0.3÷12.4 mph)	0.4÷20 km/h (0.3÷12.4 mph)
Maximum power input	1800 VA	1800 VA
Gradient	0÷15%	0÷15%
Noise level	Less than 80 dB	Less than 80 dB
Protection grade	IP 20	IP 20
Operating temperature	from +5°C to +30°C (from +41°F to +86°F)	from +5°C to +30°C (from +41°F to +86°F)
Maximum capacity of water bottle-holder	2 kg (4 lb)	2 kg (4 lb)
Electric isolation class	Class I	Class I

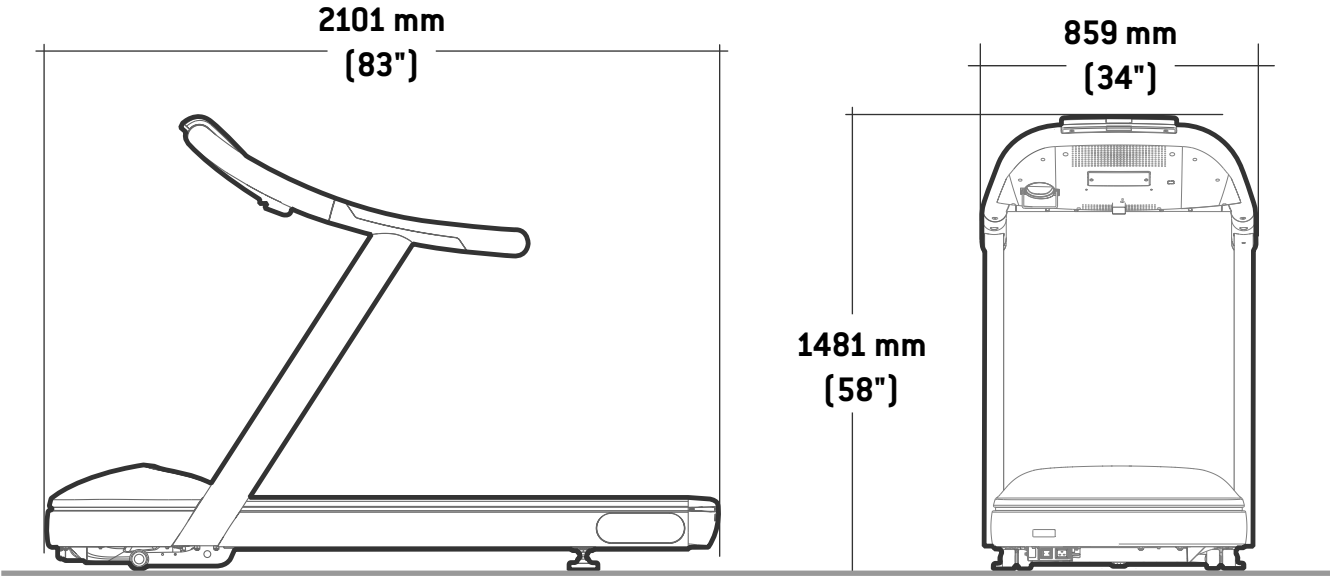
The maximum power values refer to a user weighing a maximum of 100 kg.

Technical data

Run 1000



Run 600



Safety devices and warnings

Fixed guard (A). Guards against access to the inside of the equipment.

STOP button (B). This button can be used to stop the equipment without having to use the normal controls.

Emergency switch (C).

It has a cord with a peg to clip on to the user's clothing as shown in the illustration below. Check that the peg grips onto clothing sufficiently well to operate the emergency switch. The user operates the emergency switch if he/she moves too far away from the control panel, that is if the cord becomes taught.

To restore all the equipment's functions after an emergency stop, press a button on the control panel.

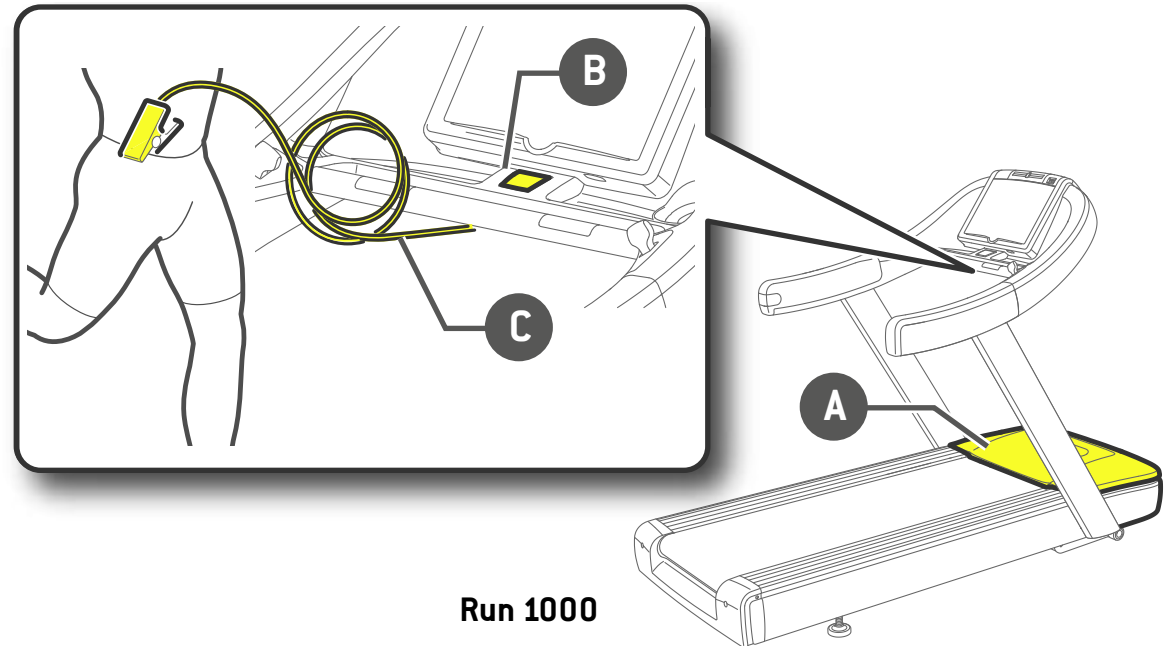
Replace the emergency switch clip in its housing when you have finished exercising.

User Present Function

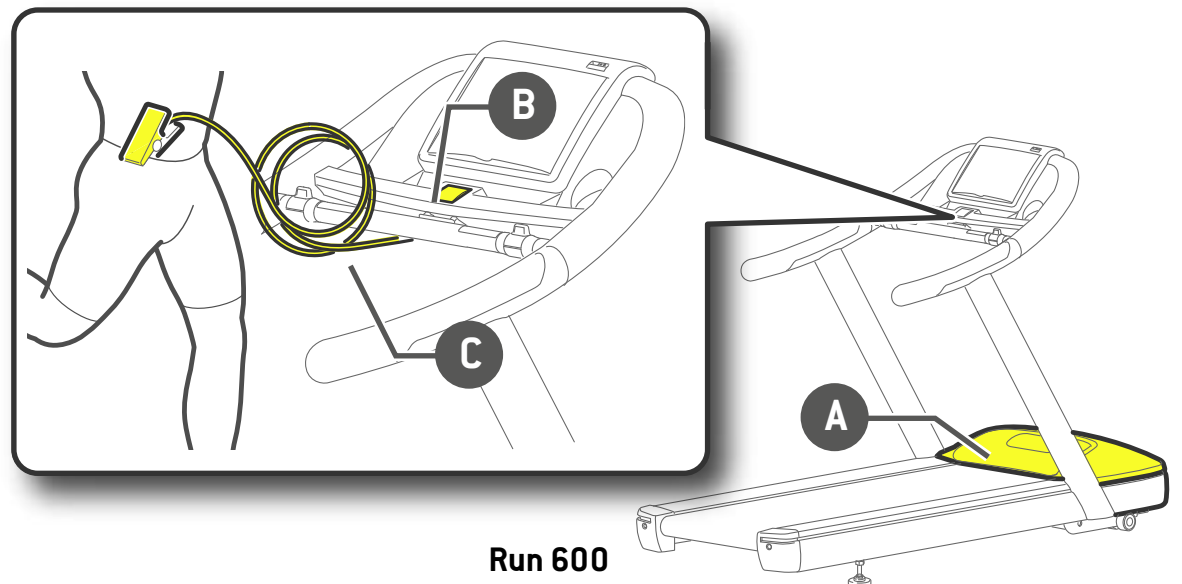
The user present function is a safety function which stops the belt if it is moving without any person walking or running on it. This function is activated if the belt is at a speed greater than or equal to 3 km/h.

If no user is detected for 30 seconds when at a speed of 3 km/h or more, the belt stops and the exercise is paused.

At minimum speed, the user is detected only if they weigh at least 50 kg.



Run 1000



Run 600

Safety devices and warnings

Main switch (D). Turns the equipment's power on and off.

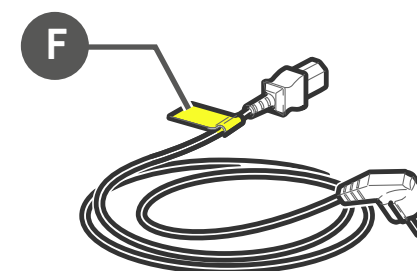
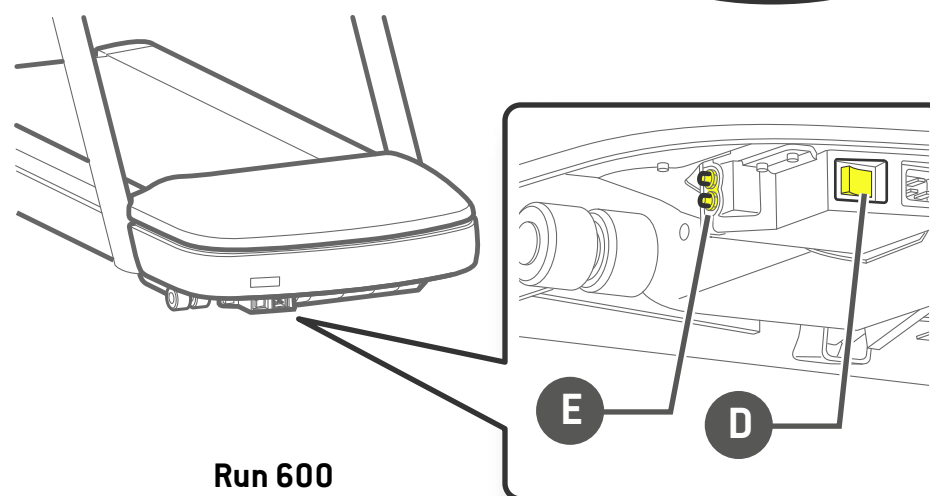
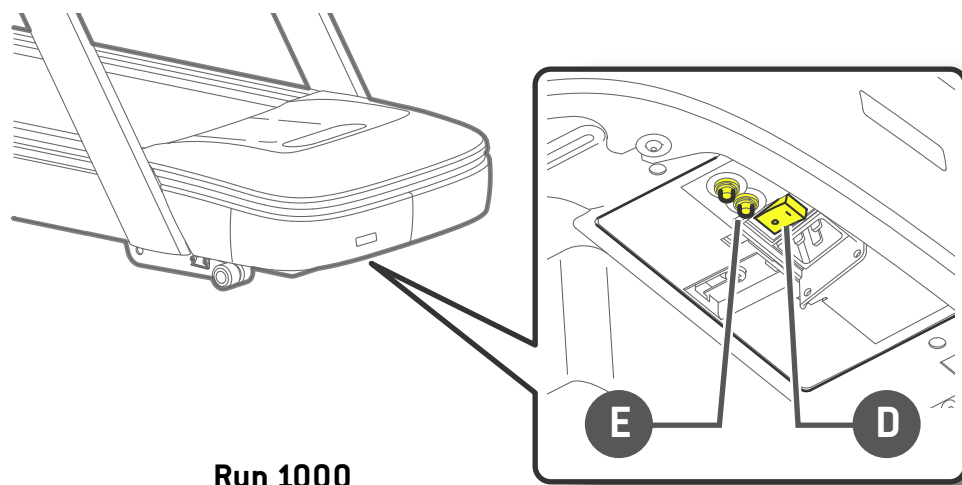
Circuit breaker (E). Protects the electrical components of the equipment. When power surges, the protection device opens, thus preventing damage to the electronics inside.

The label (F) which can be attached to the power supply cable states the electrical specifications for the cable.



WARNING

Please read the adhesive labels on the equipment, which provide information about possible risks and hazards.



Safety devices and warnings

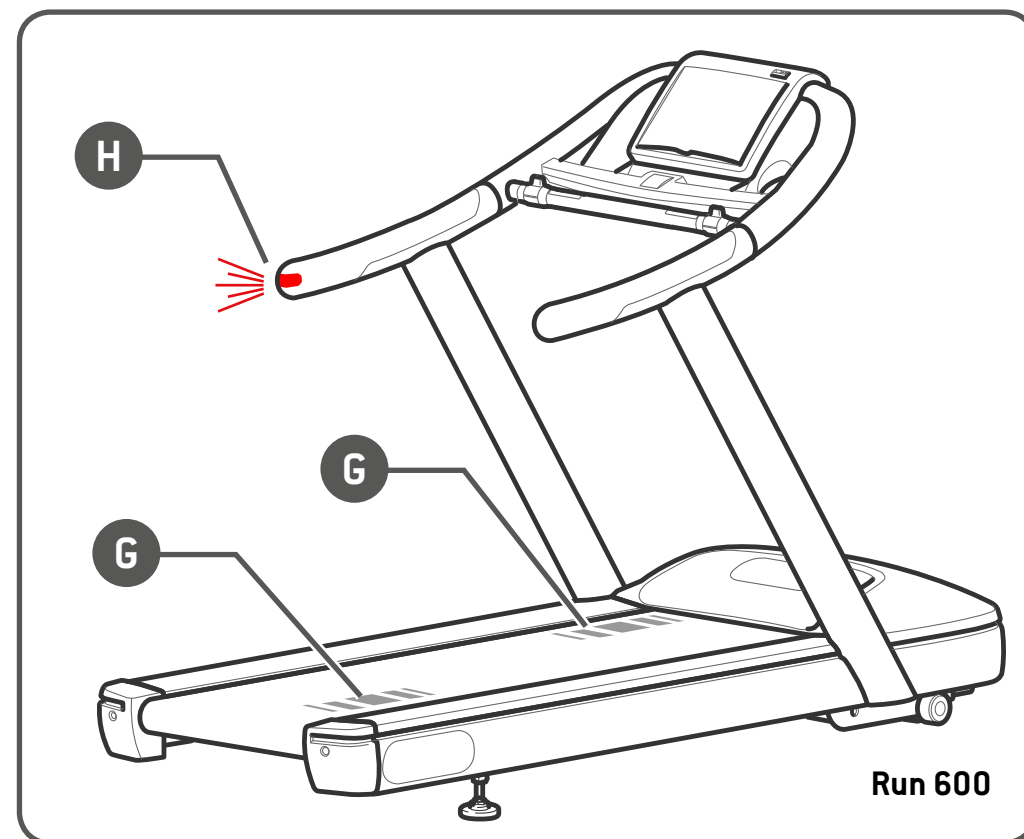
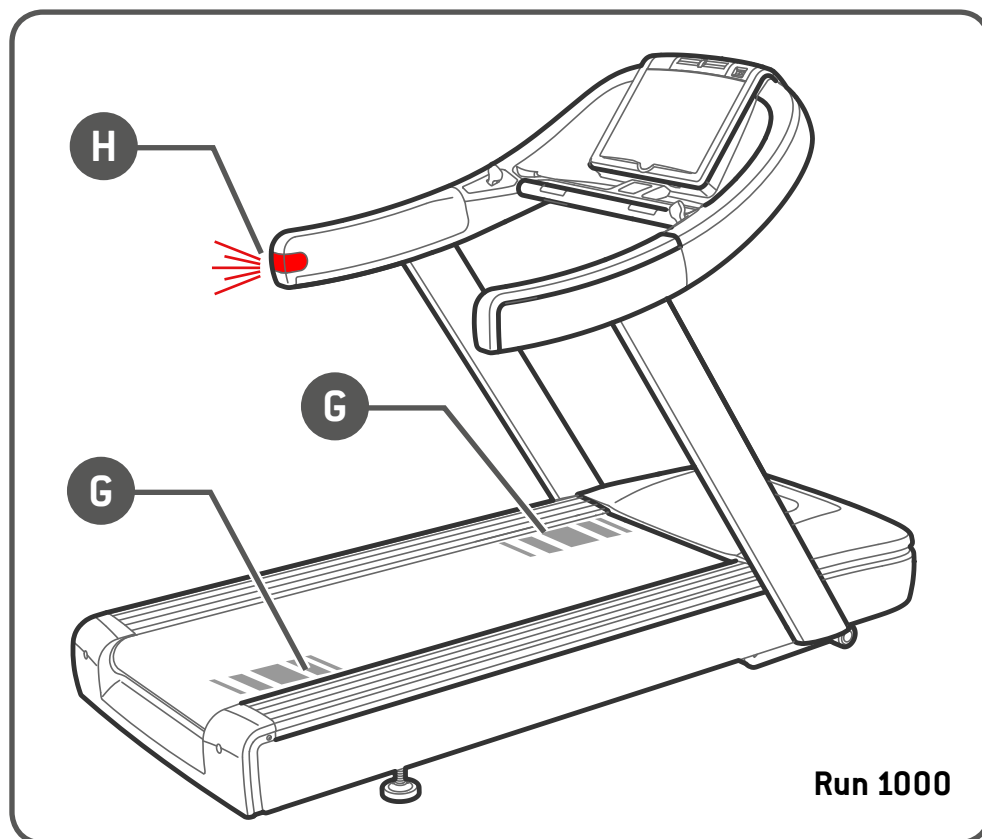
Marking on the treadmill belt (G)

The marking on the two sides of the treadmill belt indicates if the treadmill is moving.

In motion light (H)

The luminous red signal located on the left handle shows that the treadmill is moving.

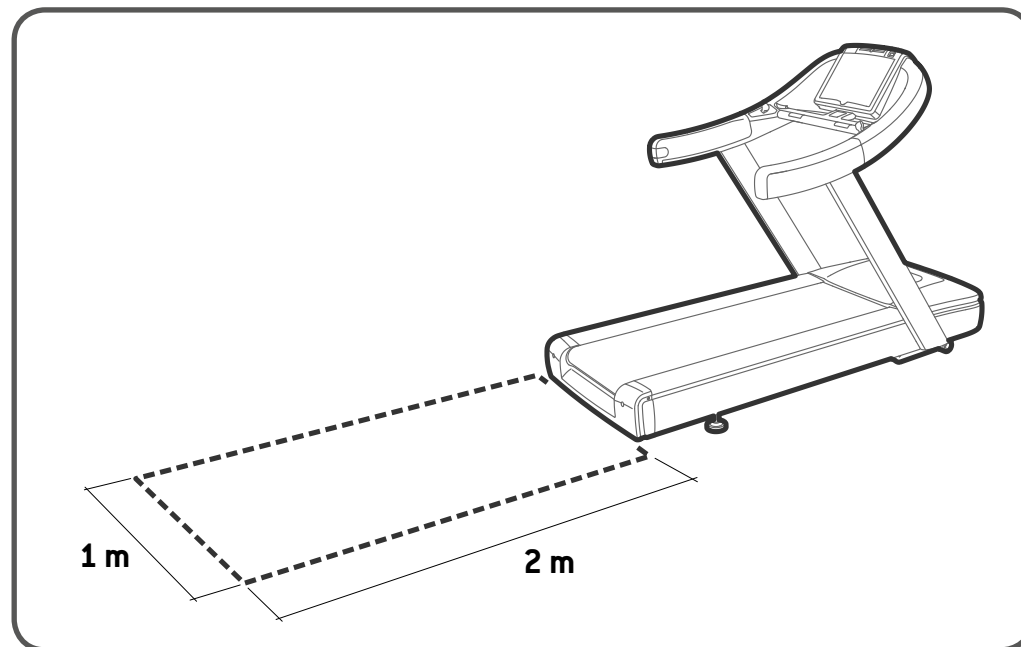
Do not climb onto the product while the treadmill is moving.



Place of usage

To ensure that exercising with the equipment is easy, safe and effective, the place where it is used should comply with certain specific requirements; in particular, before choosing the place where the equipment will be installed, please ensure that the following conditions are satisfied:

- the **temperature** is between +10°C and +25°C;
- enough air is circulating to keep **humidity** during exercise to between 20% and 90%;
- the **lighting** is good enough to make the area safe and relaxing place to exercise in;
- plenty of **free space** around each item of the equipment and a free space of 2x1 m in front of the treadmill, as shown in the illustration;
- that the floor is flat, stable and vibration-free, and strong enough to bear the weight of the equipment plus user.



The place of installation must comply with all the suitability requirements laid down in current legislation on this matter.

In order to guarantee the performance indicated by the manufacturer, you are advised against using the equipment in zones with high short-wave presence or similar.

Do not expose the equipment to direct sunlight.

Do not use outdoors. Do not leave the equipment outdoors, exposed to the elements (rain, sun, wind, etc.). Do not expose the equipment to water jets.

Do not operate where aerosol (spray) products are being used or where oxygen is being administered.

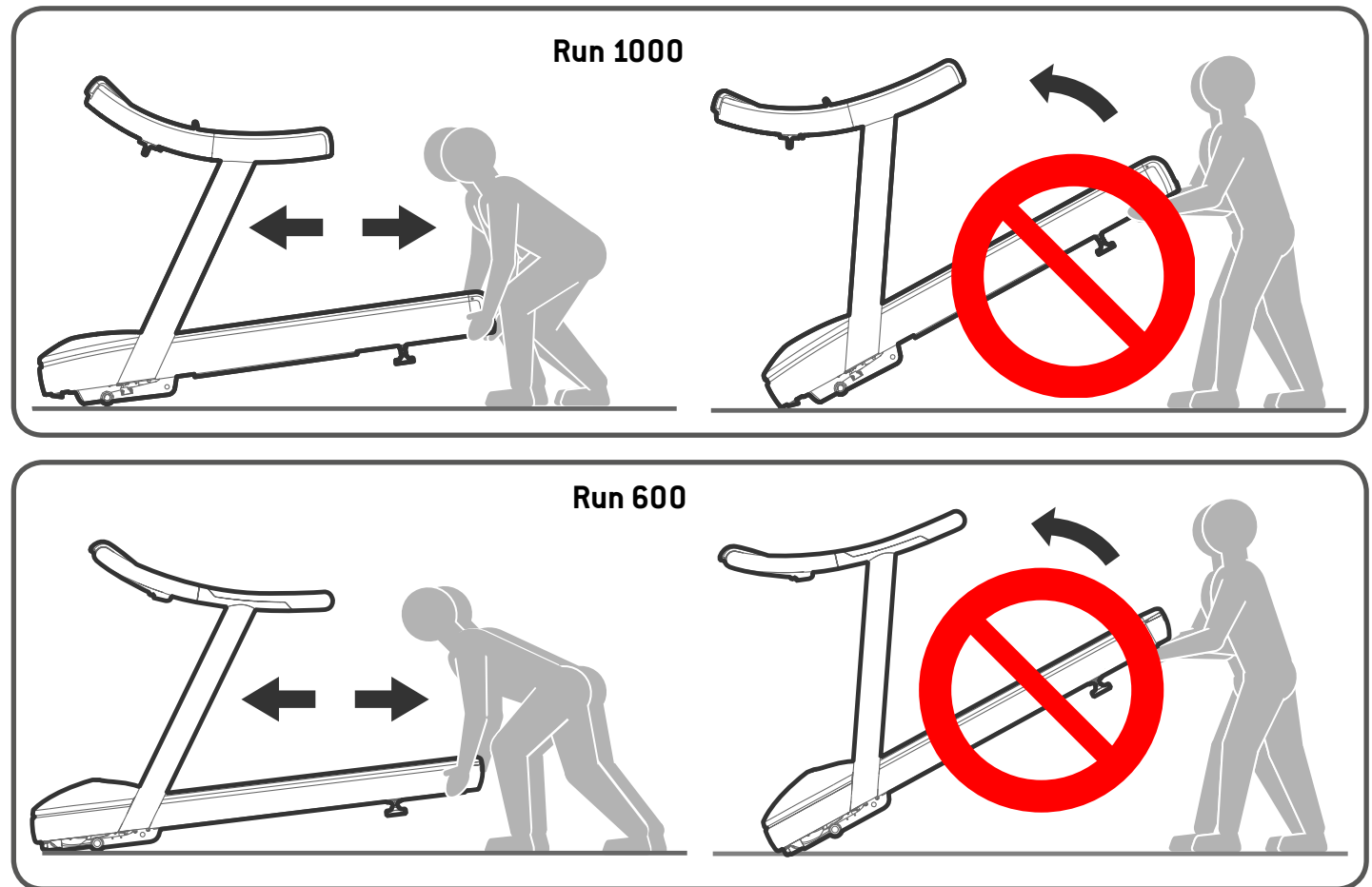
Do not install the equipment in areas with high humidity levels, for example close to swimming pools, whirlpools or saunas.

Moving the equipment

The equipment has two fixed front wheels. To move the equipment, lift it up slightly, as shown in the illustration, and push it forwards and backwards. Do not lift the equipment too high, as this may damage the front frame.

Given the weight of the equipment, we recommend that more than one person be involved in moving it.

If wheels cannot be used on the floor, move the equipment with normal lifting and transport methods.



WARNINGS

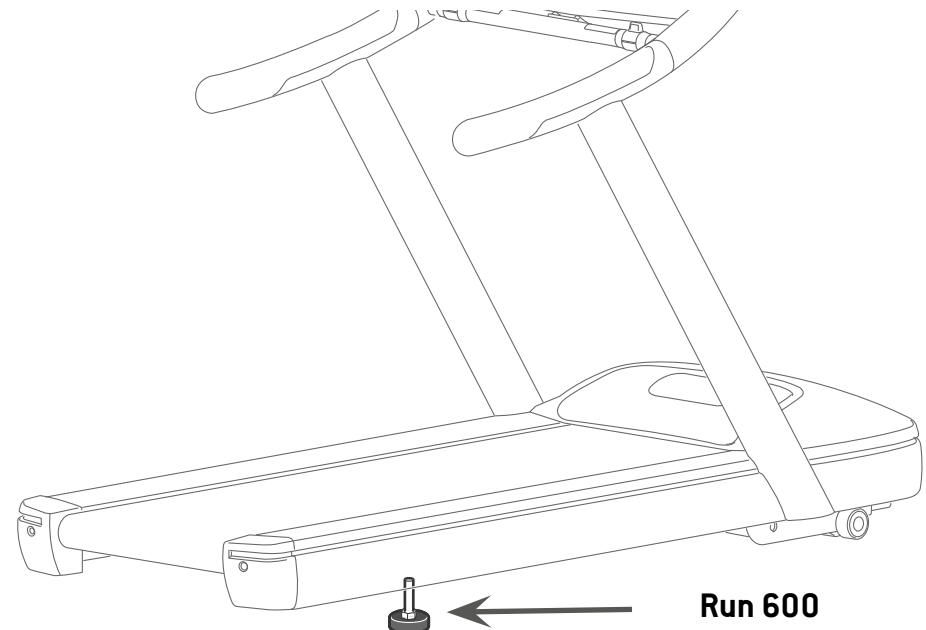
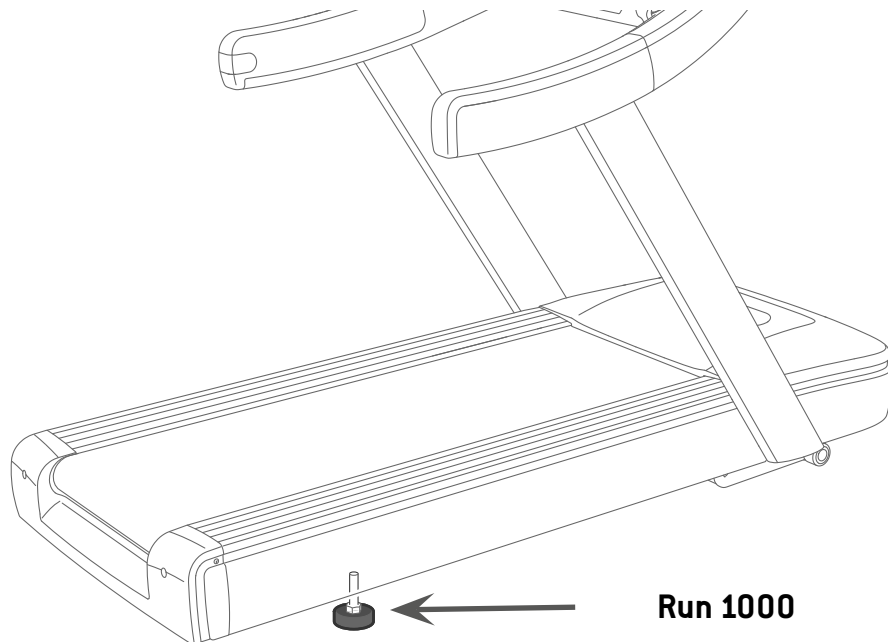
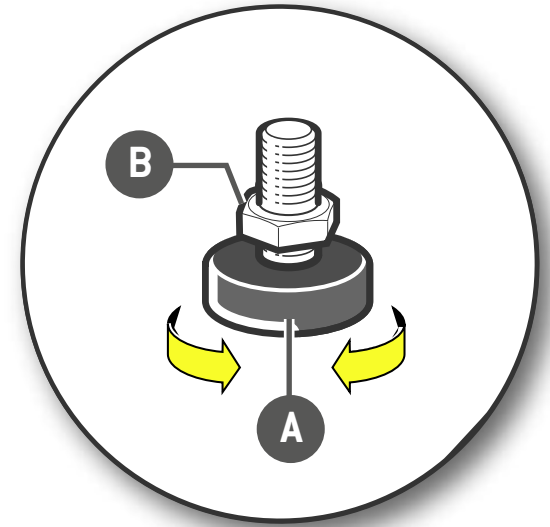
When lifting, it is recommended to grip the frame and not the plastic parts.

Move the equipment with great care to avoid it tipping over.

Levelling

The equipment is levelled by adjusting the rear foot on the side shown in the illustration:

- loosen the lock nut (**B**);
- screw the foot (**A**) in or out until the frame is in a stable position;
- tighten up the lock nut (**B**) after adjusting.



Electrical connection

Before connecting the equipment to the mains power supply, ensure that the electrical system specifications comply to binding regulations. Check the mains power supply specifications on the label next to the switch.

Plug the power cable first into the equipment socket and then into the wall socket.

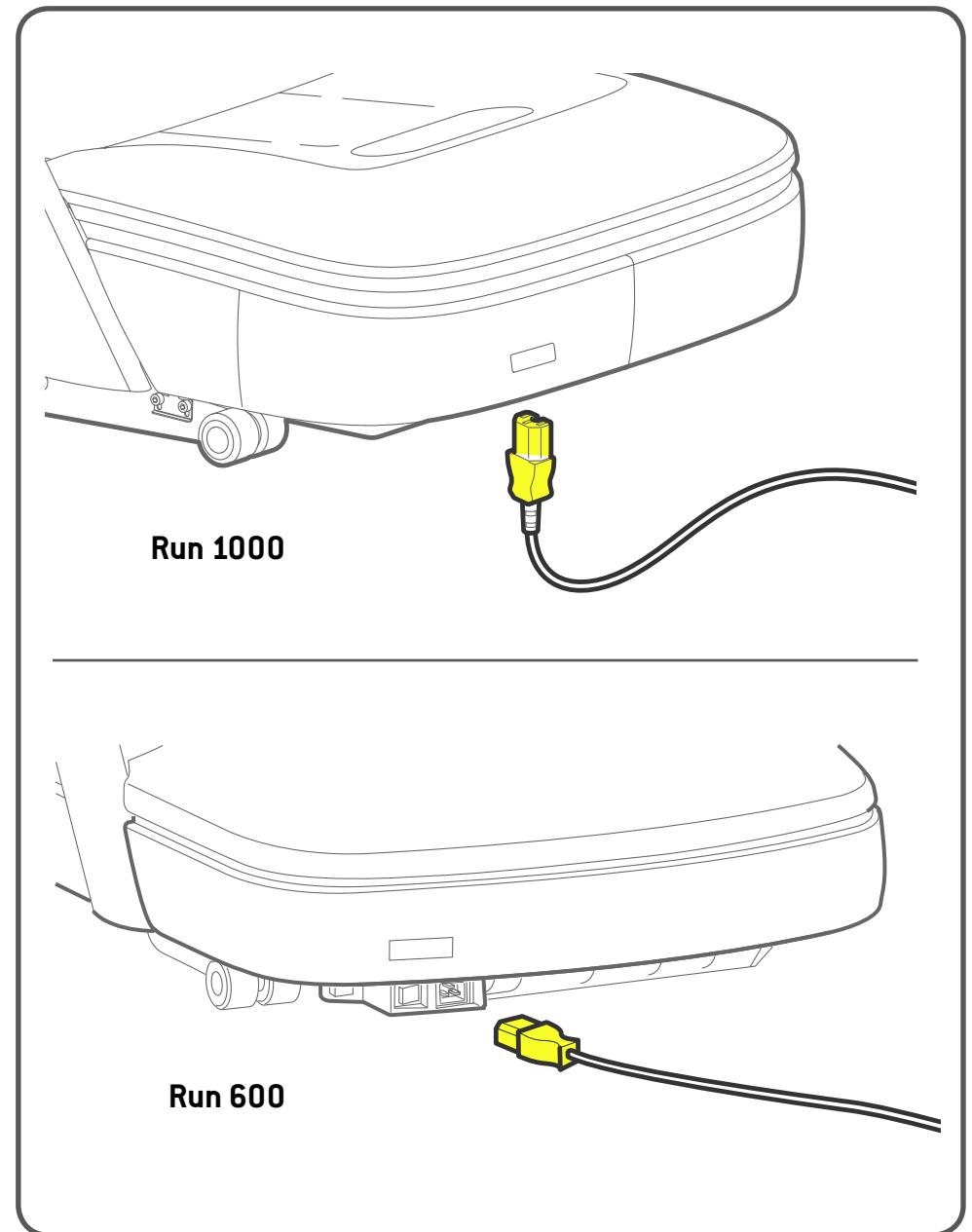
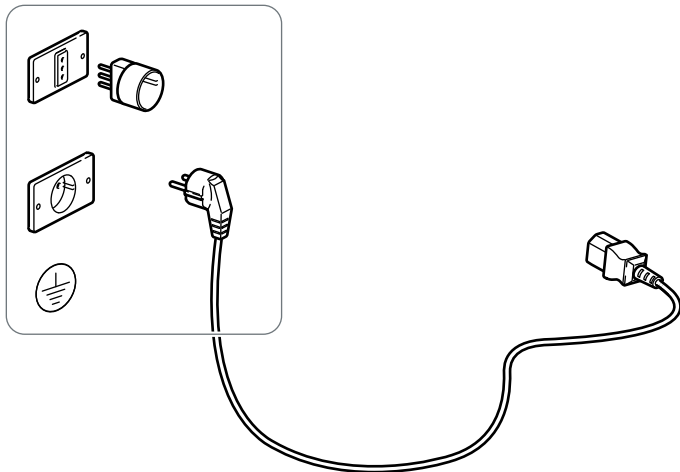


WARNINGS

Check the state of the power supply cable periodically.

The wall socket must be located in a place where the plugging and unplugging can be done easily and safely.

When plugging in, the switch on the equipment must be in the OFF (0) position (i.e. the equipment must be switched off).



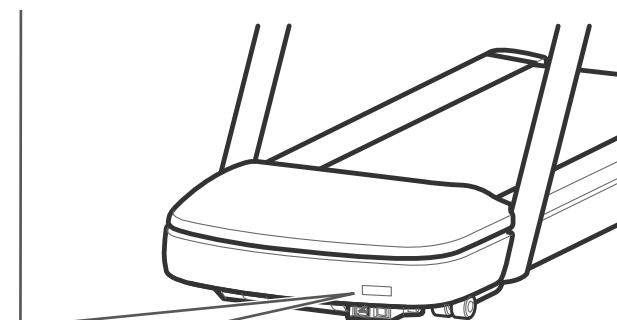
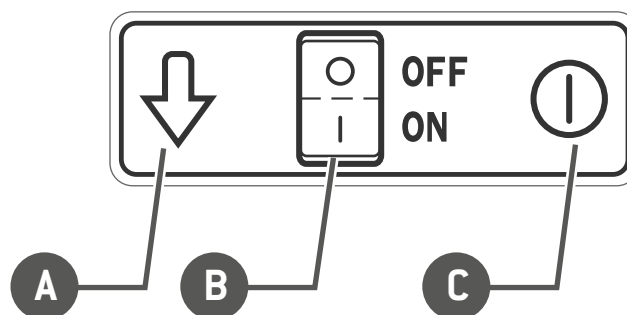
Electrical connection

The label above the main switch shows the on and off positions.

- A** - Shows where the switch is.
- B** - Shows which sides the ON and OFF (I and O) positions are. The ON (I) / OFF (O) positions may vary according to the equipment version. The correct positions are given on the label on the equipment.
- C** - Shows the type of switch (two fixed positions).



Run 1000



Run 600

Electrical connection

The product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. The 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 all local codes and ordinances.



WARNING

The power supply socket must be grounded . If not, a ground connection must be installed by a qualified electrician before connecting the equipment to the electricity mains.

Improper connection of the equipment-grounding conductor can result in a risk of electrical 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 in the outlet, have a proper outlet installed by a qualified electrician.

Connection to another device

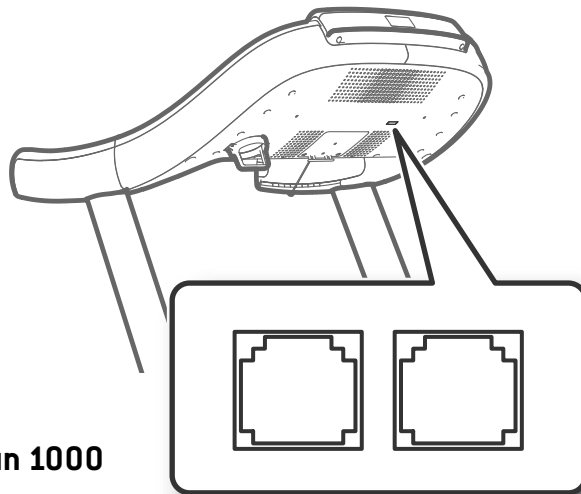
The equipment can be connected to an audio/video reception device such as the Cardio Theater. Besides, if the equipment has not TV, it can be connected to a network of devices conforming to the CSAFE protocol.



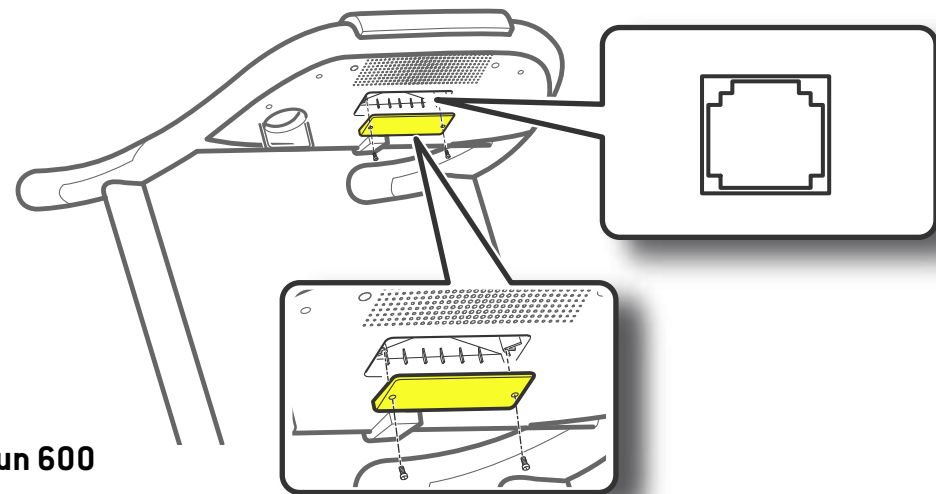
WARNING

The devices connected must comply with international standards.

Equipment with codes DEK6M..., DEK8M... can be connected to devices conforming to the CSAFE protocol only for setting and maintenance functions. Additional devices connected to the digital interface must conform to the respective IEC standards (that is IEC 60950 for information technology equipment and IEC 60601-1 for medical electrical equipment). Whoever connects additional equipment to the input or output signal ports, configures a medical system and therefore is responsible for the system's conformity to the IEC 60601-1 standard about systems. Consult the technical support department or your local representative if you have any doubts.



Run 1000



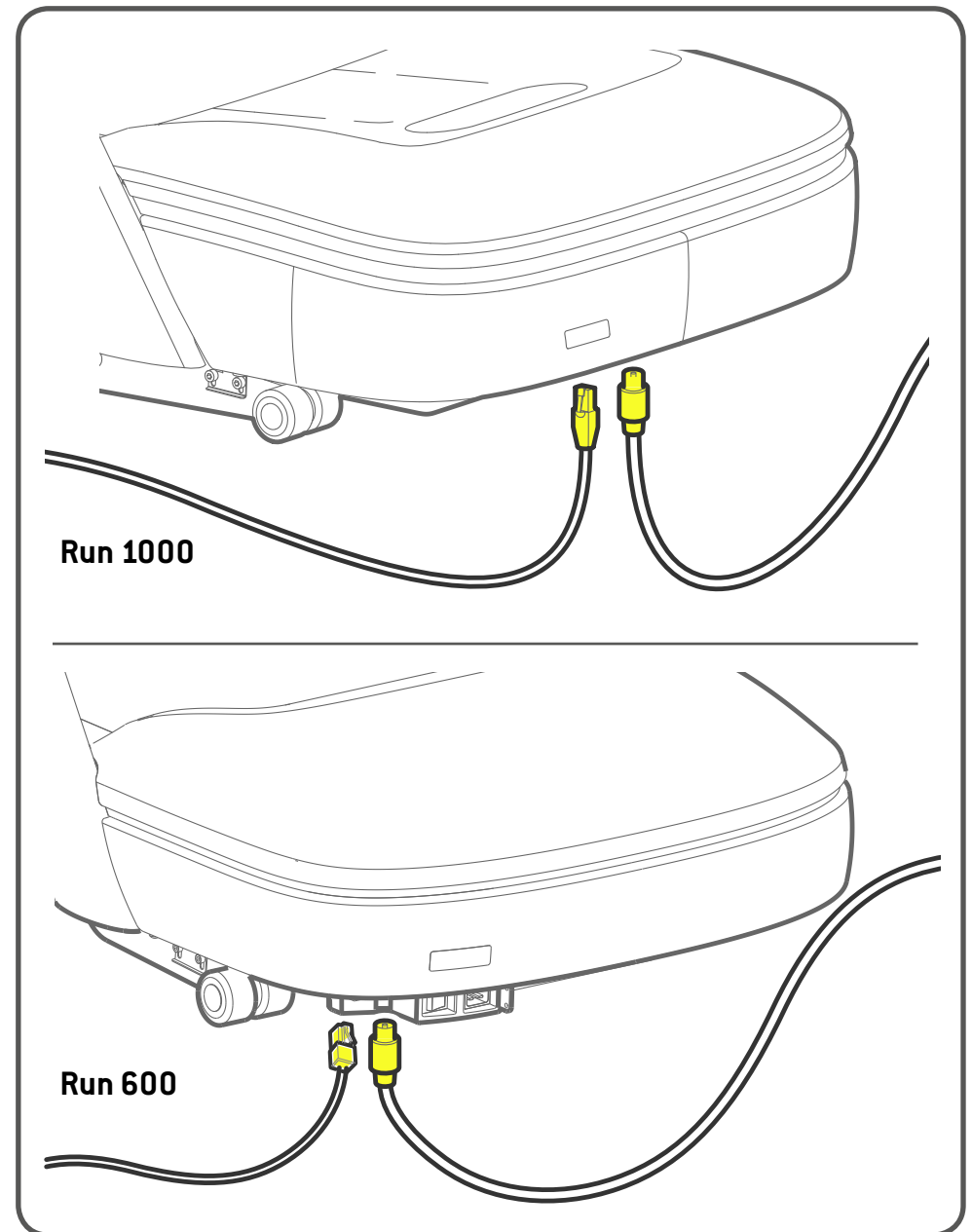
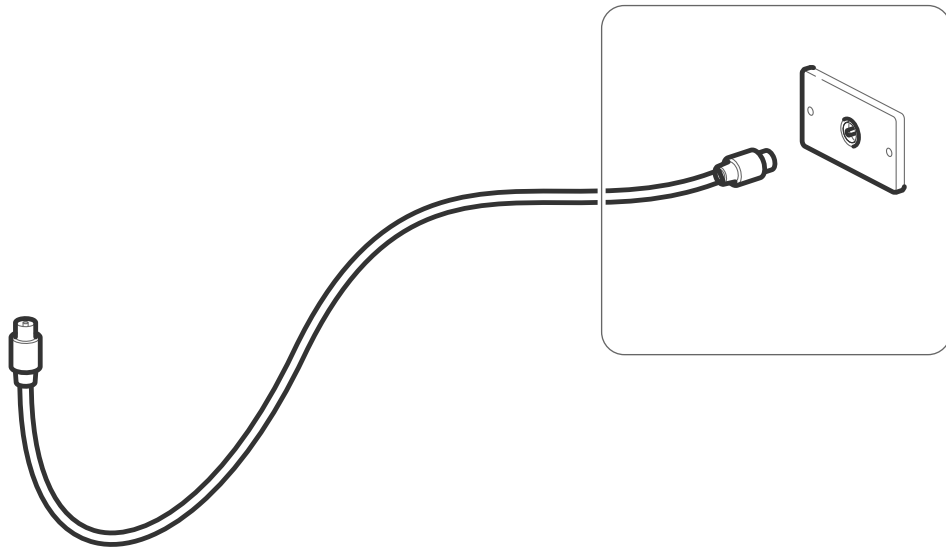
Run 600

Connection to another device

If the equipment has TV, connect the aerial cable to the equipment and to the wall socket. Use an RF coaxial cable for the connection with an F type of connector for the equipment.

The wall socket of the aerial cable must be positioned so that the plug can be easily inserted and removed.

A network socket can be found next to the aerial socket for the Ethernet connection.



Routine maintenance

As the equipment is used in a sports centre by more than one person, it should always be kept clean and free of dust, in accordance with normal hygiene and sanitary rules.

To clean the **control panel**, proceed as follows:

- turn the equipment off by switching the switch to the **0** position;
- unplug the equipment power cable from the wall socket;
- clean the control panel with a damp, but not wet, cloth.

Every week, clean **the equipment completely**:

- turn the equipment off by switching the switch to the **0** position;
- unplug the equipment power cable from the wall socket;
- clean the external parts with a damp sponge;
- move the equipment to one side so that you can vacuum clean underneath it.

Do not use chemical products or solvents.



WARNINGS

Do not rub too hard on the control panel and diagrams, or on the written instructions on the stickers.

The safety of the equipment is assured only on the condition that it is carefully inspected every two weeks for any signs of damage and/or wear.

If used for medical purposes, disinfect the hand sensors each time the equipment is used.

For maintenance actions not described in this manual, call in the Technogym Technical Service.

Routine maintenance



WARNINGS

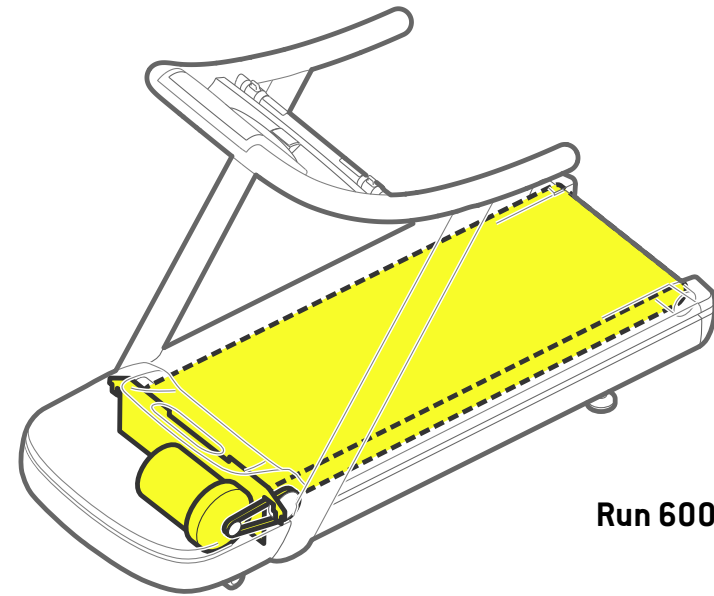
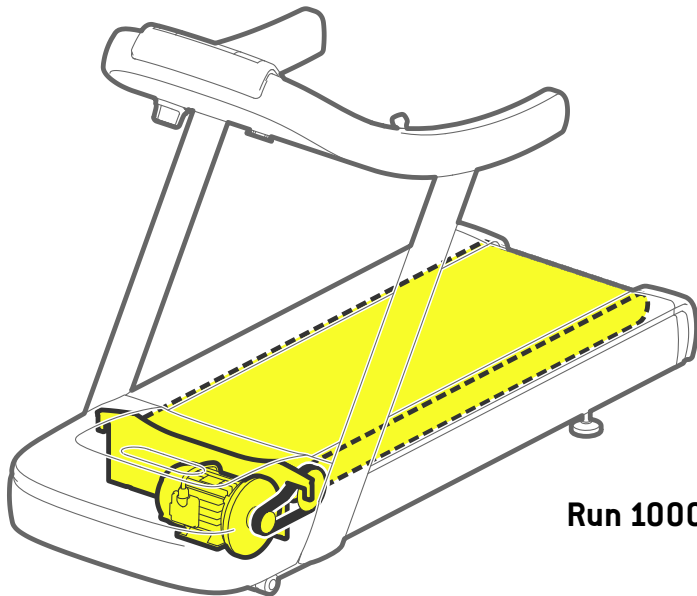
The routine maintenance, adjustment and lubrication jobs must be performed by the Technogym Technical Support Service.

Before starting any job, turn the equipment off by switching the switch to the OFF (0) position and unplug the power cable from the wall socket.

Every month:

- check the state of wear of the **treadmill**;
- clean the **motor compartment** and the **dust panel**.

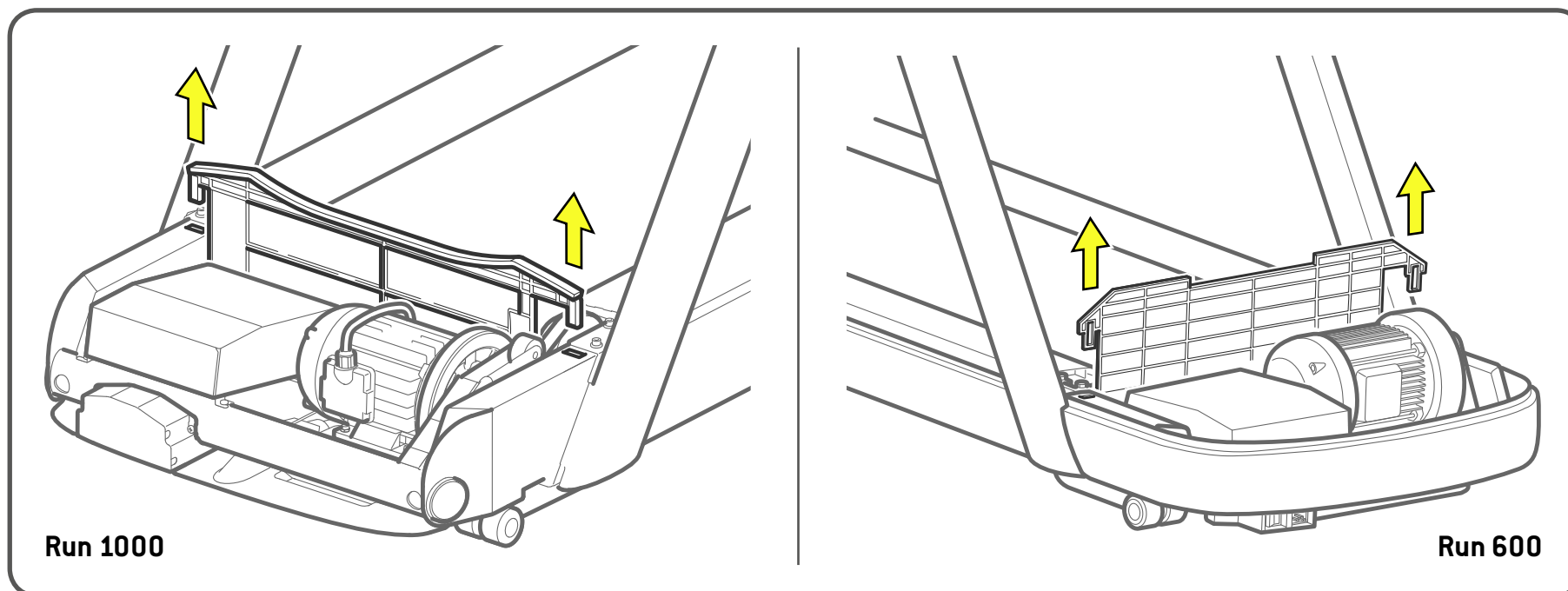
Annually check the state of wear of the **treadmill transmission belt**.



Routine maintenance

Dust panel

The dust panel is positioned between the treadmill and the motor compartment and acts as a guard against external agents pulled in by the treadmill as it runs. Clean the dust panel and the surrounding area every month: remove the guard, extract the panel from its guides and clean it with a vacuum cleaner. For safety reasons, always replace the dust panel.



Routine maintenance

Emergency button

Check the condition of the emergency push button each month:

- Ensure that the cord and the spring are present and in good condition.
- Check the condition of the emergency push button.
- With the rotating belt in motion at 5 km/h pull the cord with the spring to trigger the emergency push button and ensure that the belt stops.
- With the rotating belt in motion at 5 km/h press the emergency push button to ensure that the belt stops.

If the emergency push button does not work properly place the product out of service and contact Technogym Technical Support Service. to replace defective or damaged components contact the Technogym Technical Support Service.

Maintenance of the running surface

The Preventive care light is located at the end of the left side handgrip, next to the moving belt indicator light.

This green indicator light indicates the wear level of the belt, and turns on during standby; it remains off during exercise.

If the light is lit steadily during standby, the running surface material does not require maintenance.

If the light flashes during standby, the running surface material is beginning to show signs of wear.


If, during standby, the light flashes intermittently with groups of flashes, you must contact the Technogym Technical Support service for maintenance to be carried out on the materials.

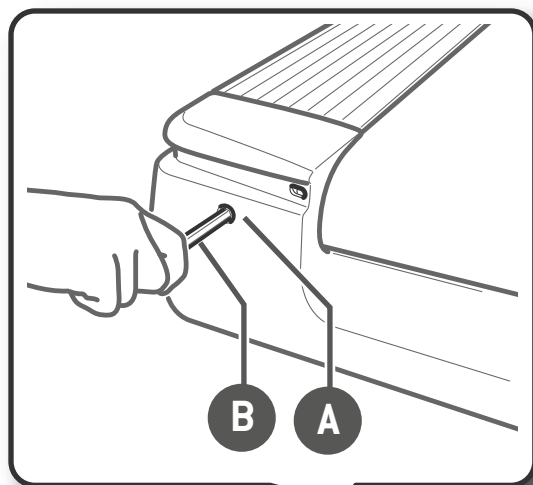
Aligning the treadmill

When the equipment is running the treadmill must be centrally aligned in relation to the frame (i.e. the writing on the belt must be equidistant from both sides). If it tends to move to the right or left or is not centrally positioned, it needs aligning.

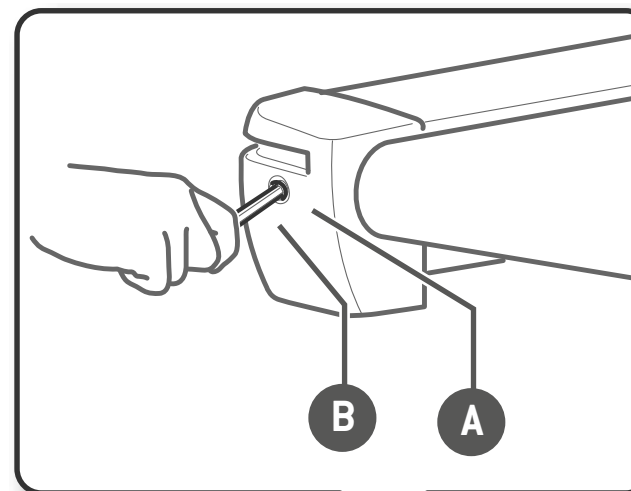
The alignment is done with the equipment running.

Turn the adjustment screw (A), on the side shown in the illustration, using the supplied tool (B), until the writing is equidistant from both sides.

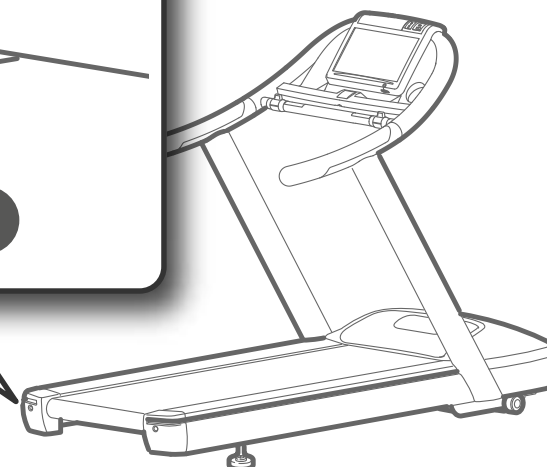
 **WARNING** The treadmill realigns slowly: turn the adjustment screw $\frac{1}{4}$ or $\frac{1}{2}$ a turn and then check the result before turning it again.



Run 1000



Run 600



Troubleshooting

Below is a list of problems that may arise during normal use of the equipment. If the described remedies do not solve the problem, contact the Technical Support Service.

Problem	Cause	Solution
Equipment does not switch on	Mains power failure.	Check the power supply at the wall socket used by the equipment by plugging in an appliance that definitely works.
	Power supply cable damaged.	Contact the Technogym Technical Support Service.
	Installation problems with the power supply cable.	Check the connection.
	The Circuit breaker is open.	Check that the two keys next to the switch are closed, by pressing them fully down.
	The control panel connector has been accidentally disconnected.	Contact the Technogym Technical Support Service.
Too noisy	Equipment not properly levelled.	Check the position and level with the rear adjustment foot.
	Damaged bearings.	Contact the Technogym Technical Support Service.
	Worn belt.	Contact the Technogym Technical Support Service.
	Treadmill not centrally aligned.	Align the treadmill as described in the paragraph headed "Aligning the treadmill".
Data incorrect or unreliable with equipment running	Equipment next to source of radio interference (e.g. electrical household appliances).	Move the equipment to another place or move the household appliances.

Troubleshooting

Problem	Cause	Remedy
Problems in monitoring heart rate with the chest band	Other transmitters situated nearby.	Move the equipment far enough away to stop signal interference (minimum distance between two units 80 cm).
	Strong interference sources nearby.	Find the interference source (e.g. an electrical household appliance) and move it away, or move the equipment.
	Worn heart rate monitor chest band.	Change the chest band.
	Chest band transmitter not making proper skin contact.	Dampen the inside of the chest band with water.
	Damaged transmitter.	Change the chest band.

Technical assistance

The Technogym Technical Support Service provides:

- telephone consultation
- information about which services are covered by the warranty and which must be paid for
- on-site servicing
- supply of original spare parts.

**Technical Support Service
Technogym s.p.a.**

**Via Calcinaro 2861, 47521 Cesena Italy
tel: +39 0547 56047
<http://www.technogym.com/Support>**

When you contact the Technogym Technical Support Service you must give the following information:

- model,
- date of purchase,
- serial number,
- precise description of the problem.



WARNING

Work on the equipment by persons unauthorised by Technogym invalidates the warranty.

Technogym supplies the electrical and wiring diagrams to companies with technical support.

Storage

If a long period of non-use is expected, you are advised to store the equipment in the following way:

- in a clean dry place, with a dust cover;
- at a room temperature between -10°C and 70°C and relative humidity between 20% and 90%.

For better storage, use the **original packing materials**.

Disposal

It is always good practice to ensure that the unit can never constitute a hazard; therefore do not leave the equipment where children may play with it. For this reason, when it is not used for long periods it must be turned off by disconnecting the power cable.

Do not dump the equipment in the environment, or in public or private areas accessible to the public.

The equipment is made from recyclable materials such as steel, aluminium and plastic, which must be disposed of in the manner required by the urban refuse collection regulations in force, by specialised urban hygiene and environmental firms.

Electrical and electronic waste must not be put out for normal waste collection. A specific waste collection system is provided for with this type of product, in conformity with applicable legislation requiring appropriate handling, recovery and recycling.

Unauthorised dumping or disposal of electrical and electronic equipment or improper use of the same can cause serious damage to the environment and human health.

Following measures implemented by the member states of the European Union, private citizens resident in the EC can take their used electrical and electronic equipment to authorised collection centres for disposal.

If the product is used commercially, contact your reseller or Technogym Customer Service in your country to arrange collection and disposal of the electrical or electronic waste.

Contact the local authorities for disposal of electrical or electronic waste in countries outside the European

Average product lifetime: 10 years.

Switching on and off


To turn the equipment on, switch the switch to the “**ON**” position (I). After a quick system check (reset), the equipment is ready for use.

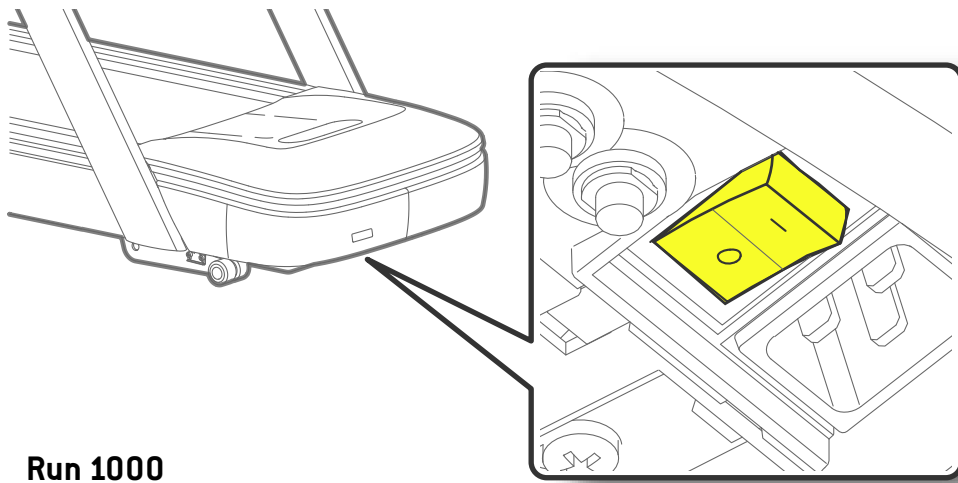
To turn the equipment off, switch the main switch to the “**OFF**” position (O).

The ON (I) / OFF (O) positions may vary according to the equipment version. The correct positions are given on the label on the equipment.

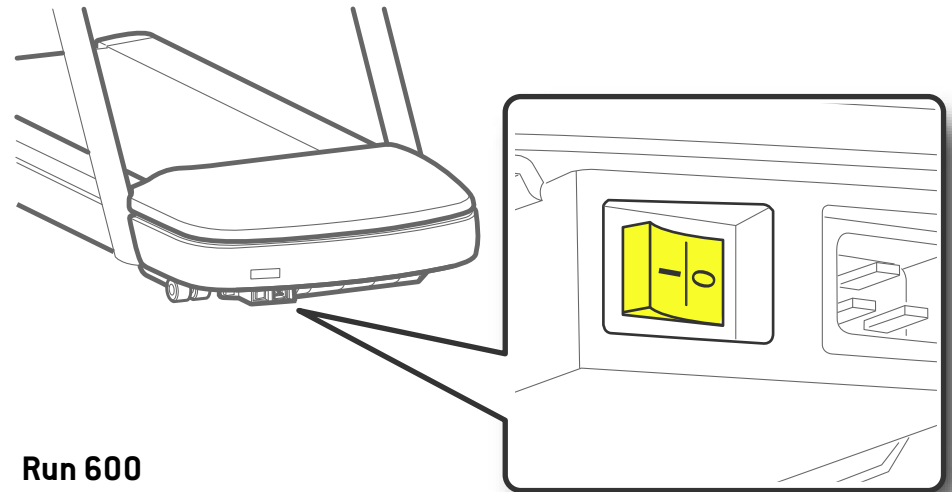
The equipment must be switched off only at the end of the exercise, when in standby.

If the equipment isn't going to be used for a long time, as well as turning it off you should also pull the plug out of the wall socket.

 **WARNING** The switch is for turning the equipment on and off but does not isolate it completely from the mains voltage, even in the “OFF” (O) position. For complete isolation you must unplug the power supply plug.



Run 1000

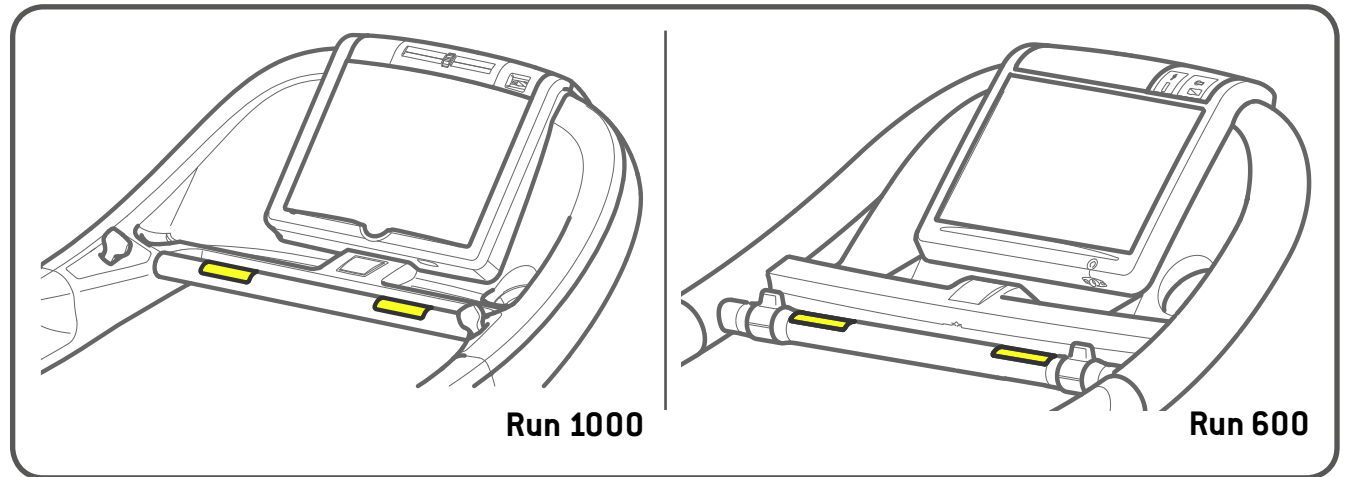


Run 600

Monitoring the heart rate

The equipment is able to measure heart rate trends, in two different ways:

- with a device applied to the handle (hand sensor), that switches on when you grip the handles in the sensor region;

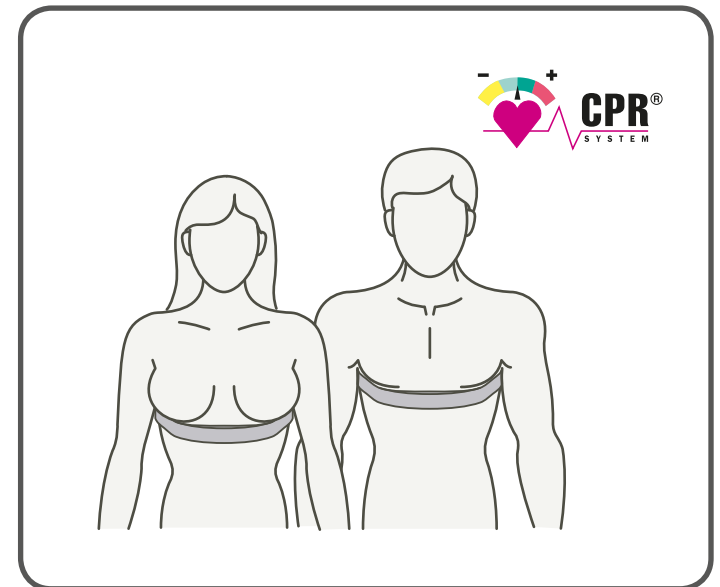


- with a chest band with a heart rate transmitter (Polar T31).

There must be no more than one transmitter in the reception range: otherwise the receiver may receive different signals at the same time and give incorrect heart readings. If there are several equipment units with heart rate receivers in the same area, the recommended minimum distance between them is 80 cm.

Heart rate readings will not be accurate near electromagnetic radiation sources (TVs, cellphones, etc.).

Should you have any doubts about the accuracy of the readings, contact the Technical Support Service.



Monitoring the heart rate

The table shows the optimum heart rate levels in relation to age and the goal to be achieved.

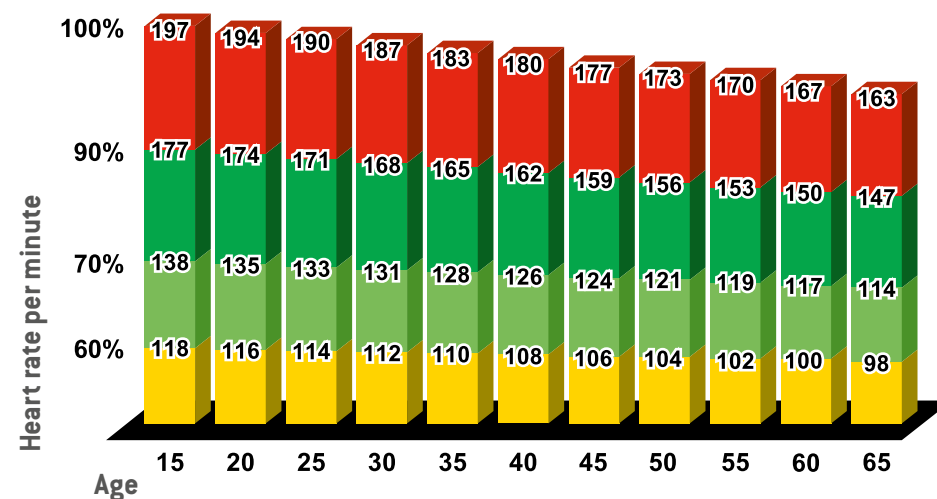
Theoretical maximum heart rate (100%) is calculated on the basis of age using the formula: $\text{Max HR} = 207 - 0.7 \times \text{age}$ (R. L. Gelish et alii, Med Sci Sports Exerc., 2007 May, 39 (5): 281).





To read the graph, simply find your age on the horizontal axis and scan up the vertical until you reach the 60%, 70% and 90% values.

Aerobic exercise performed at a heart rate between 60% and 70% mainly burns fat as an energy source.

When doing aerobic exercise at a heart rate of 70% to 90% the cardiocirculatory component prevails.

For example, if someone aged 30 wants to burn off fat, his/her heart rate during exercise should be kept to between 112 (60%) and 131 (70%); if he or she wants to improve cardio-respiratory capacity, his/her heart rate should be kept to between 131 (70%) and 168 (90%).



-  Prevalent use of sugars.
Area reserved for competitive athlete's workouts (requiring a doctor's certificate).
-  Combined use of fats and sugars
Significant improvement of aerobic efficiency.
-  Prevalent use of fats and increased use of sugars
Moderate improvement of aerobic efficiency.
-  Prevalent use of fats, and modest use of sugars
Limited improvement of aerobic efficiency.



WARNINGS

During a workout it is very important that your heart rate never goes above 90% of your maximum rate (unless you are an athlete engaged in competitive sport).

The sole function of the heart rate monitor is to display the heart rate during exercise and cannot be used for medical cardiac diagnoses of any kind. The heart rate shown on the display is purely indicative and cannot be considered to be absolutely certain.

You are advised not to use a chest band with heart rate monitor if you have a cardiac support device such as a pacemaker or similar.

Using the equipment

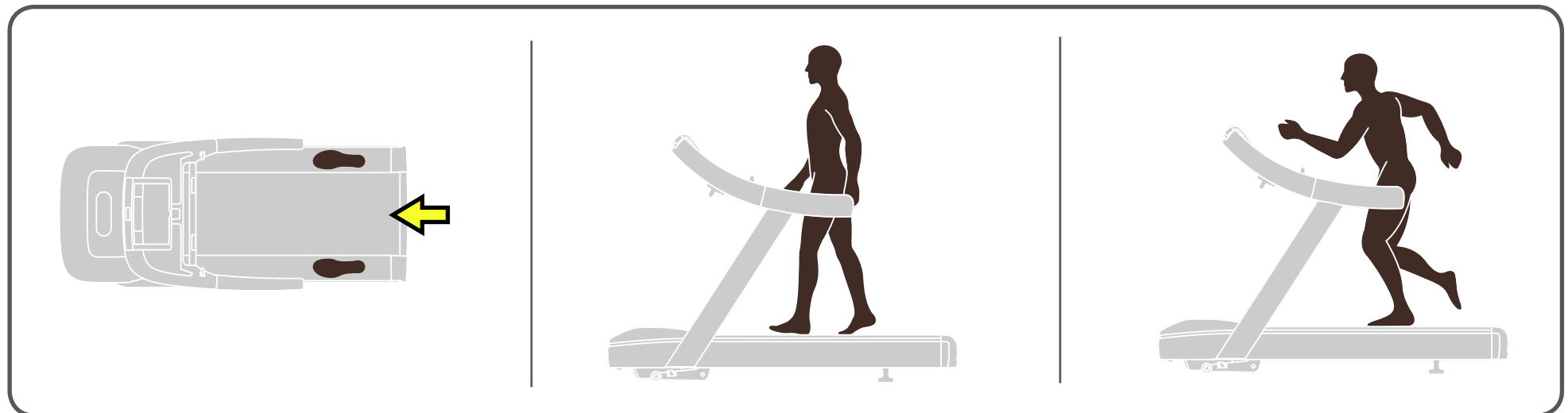
Step on the treadmill from the rear, looking forward, and put your feet on the footrests on either side of the frame. In this rest position hold on to the side grip with one hand, using the other hand to operate the control panel. When the treadmill starts up, hold on to the side grips with both hands and start walking slowly.

The two **side grips** make it safer when you first use the equipment; later on, however, it's better to walk or run without any support, to improve your balance and posture.

At a speed of about 6-7 km/h, the fast walking becomes a gentle run, with gradually lengthening steps. The speed will increase gradually as you feel more sure and stable.

To rest or get off the equipment without stopping the treadmill or in any case without touching the controls, you just have to grip the handgrips and move your feet onto the side footrests.

To get off the device in an emergency, grasp the side handgrips, support your weight on them and move your feet onto the footrests. Then get off the equipment.



Using the equipment



WARNINGS

Any distractions in the area around the equipment may cause the user to lose his/her balance.

It is the user's responsibility to ensure that the product being used does not interfere with any other mobile goods during use.

Walking or running backwards is prohibited.

Using the equipment two at a time is prohibited.

Run is to be used solely for its intended purpose, i.e. to simulate walking and running. Any other use of the equipment is to be considered improper and therefore dangerous.

Preventing use of the product

To prevent unsupervised use of the product, remove the power supply cable and keep it in a safe place.

Run_Excite_en-AB
OSM00977



The Wellness Company