

Run Personal

User manual



The Wellness Company

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1 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.

Run Personal is intended for commercial use.

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.

Keep the cord away from heated surfaces.

Keep hands away from moving parts.

Never drop or insert any object into any opening.

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

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

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



Warning

Connect the equipment to a properly earthed outlet only. See earthing instructions.

SAVE THESE INSTRUCTIONS

2 Personal safety

Before starting any exercise you are advised to read the whole manual thoroughly and get to know the equipment's controls.

Run Personal can be used only after having a **medical check-up** for the specific type of exercise to be carried out and in compliance with Technogym's stated use conditions.

Before starting a workout program, consult a doctor for advice on any limits to observe when using the equipment.

Persons with specific physical complaints may use the equipment only under the strict supervision of a doctor specialised in that particular area.

If you feel ill during the workout (dizziness, chest pains, etc.), **stop exercising immediately** and consult a doctor.

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

At the beginning of each exercise, make sure you are in **the correct position**, and that none of the parts of the equipment are in your way.

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.

Completely assemble the equipment before using it. Check the unit 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 manual.

Do not set anything on the casing or control panel.

The equipment **must not** be placed close to heat sources or close to sources of electromagnetic waves (e.g. televisions, electrical motors, aerials, cellphones, etc.).

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

Although the equipment has been designed and built in accordance with health and safety requirements, there are some zones in which there are unseen hazards. You must be very careful about possible upper and lower limb crushing hazards.



Warning

Technogym s.p.a. will be held responsible for its equipment only if the following precautions are observed:

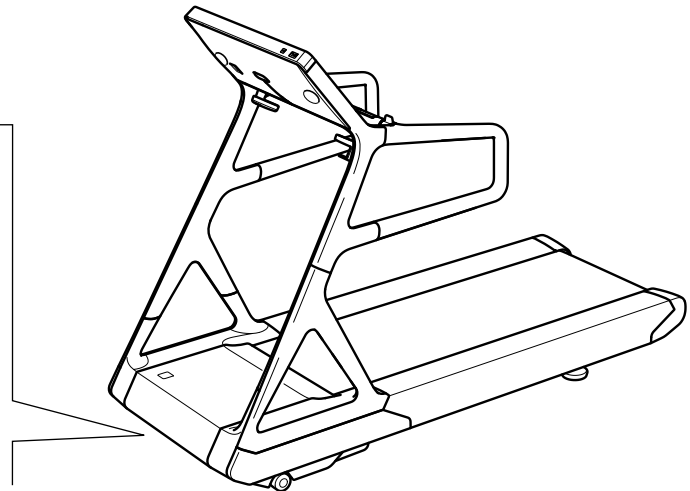
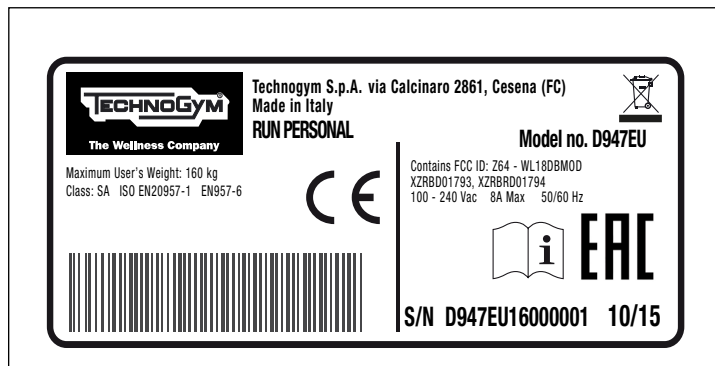
- **the equipment must be used as specified;**
- **the User manual must be read thoroughly throughout;**
- **the place of installation must meet the requirements stated in the User manual;**
- **the electrical system must conform to the standards and legal requirements in the country of use;**
- **the installation, maintenance and setting must be done by qualified Technogym staff or persons authorised by Technogym;**
- **suitable clothing must be worn;**
- **towels and other items must not be put on the equipment.**

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.

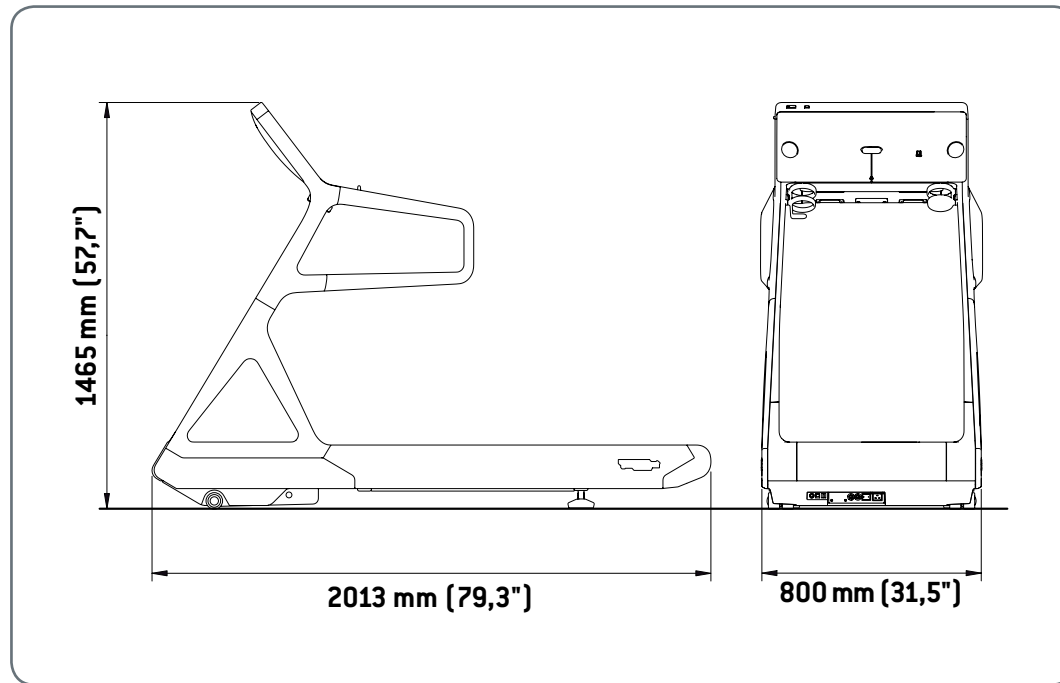
3 Manufacturer and equipment identification

The equipment identity label gives the present information:

- Manufacturer's name and address
- Place of manufacture
- Description of product
- Electrical specifications
- Tells you to consult the User manual
- Serial number and date of manufacture
- Product model



4 Technical data



	Europe-Asia	USA-Canada
Power supply	200÷240 Vac ± 10% 50/60 Hz	110÷240 Vac ± 10% 50/60 Hz
Max power input	1500 W	
Weight of equipment	170 kg (374 lb)	
Maximum user weight	160 kg (352 lb)	
Speed	0,4÷18 km/h ± 5% (up to 2 km/h ± 0,1 km/h)	
Gradient	0÷15% ± 1%	
Time	0÷999 min ± 1%	
Distance	0÷99,99 km ± 5%	
Noise level	Less than 80 dB	
Protection grade	IP 20	
Operating temperature	from +5°C to +35°C	

Ordinary appliance, not waterproofed.

Run Personal is a class A equipment. In residential environments this equipment may cause radio interference. In this case the user must employ adequate measures.

5 Description of the equipment

Control panel (A): it allows you to view and control information, settings and contents both for workouts and for entertainment. The tablet-style touch screen interface allows you to include the contents offered by the Technogym App Store.

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

USB Port (B): for USB devices.

Input for TGS key (C).

Webcam (D).

Sensor for NFC / RFID reader (E).

Water bottle holder (F): where you can place water bottles during workout.



Speakers (G): high performance speakers for sound reproduction in the whole area.

Treadmill (H): a specially cushioned tread surface.

Side handgrips (L): a safe point for support when getting on to the equipment, or if you lose your balance. Can be held when walking with large strides.

Central handgrip (M): can be held when walking with small strides. It has sensors for monitoring the heart rate (hand sensor); and joystick for changing the treadmill speed and gradient during the exercise.

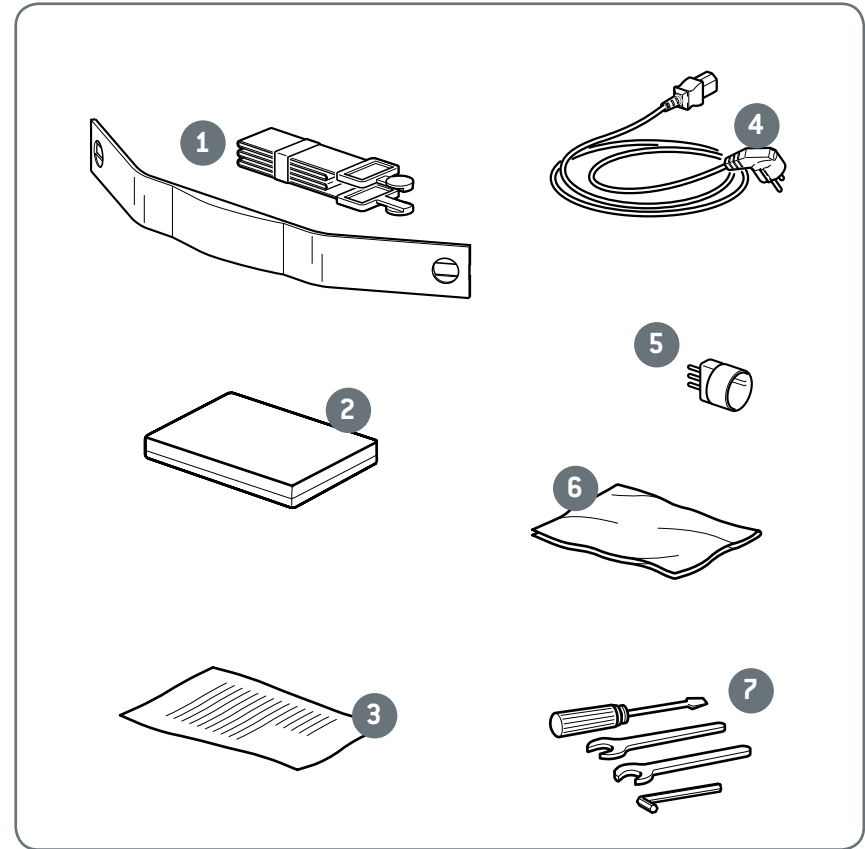
Footrests (N): you can take a short rest by moving your feet from the treadmill to the footrests, in the event of fatigue or danger.



6 Accessories

The **supplied kit** includes the following accessories:

- 1 - Chest band with transmitter for heart rate monitor
- 2 - User manual
- 3 - Warranty certificate
- 4 - Power supply cable
- 5 - 10A German plug adapter (European version)
- 6 - Cloth for cleaning
- 7 - Set of spanners for assembly and adjustment



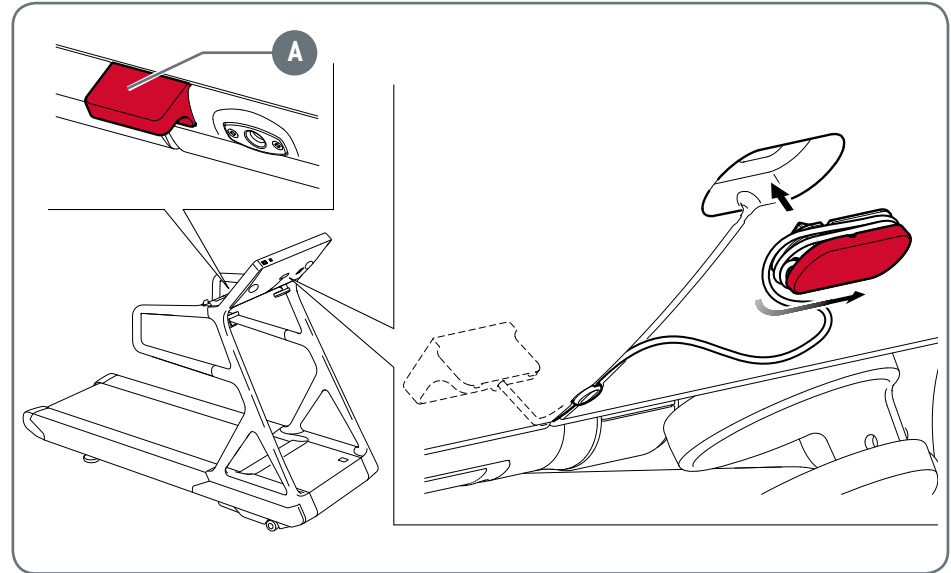
7 Safety devices and warnings

A - Snap-off Safety Stop: located under the control panel, it stops the equipment immediately should a hazardous situation arise.

A cord connects the switch to a clamp that must be attached to the user's clothing. As a result, if the user moves too far from the control panel, the switch pops out and stops the equipment without having to touch the controls.

To reset all the equipment's functions, return the switch to its position, then touch the screen anywhere.

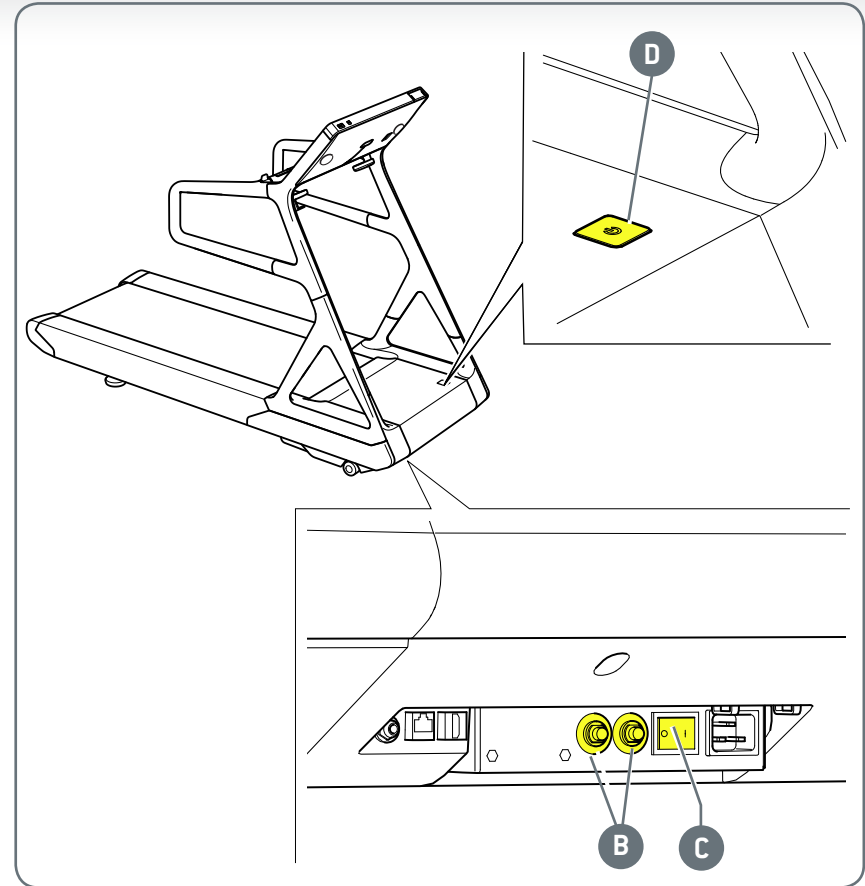
To return the clamp in its seating, wind the cord in the direction shown in the figure.



Warnings

Before using the equipment check that the switch is in perfect working order and attach the clamp to the clothing. If the Safety Stop 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.

- B - Circuit breaker:** protects the equipment's electrical parts. When the current reaches an excessive value, the protection device opens, thus preventing damage to the electronics inside.
- C - Main switch:** turns the equipment's power on and off.
- D - Additional switch:** if the main switch is in the on position, this switch turns the equipment on.



8 Place of installation

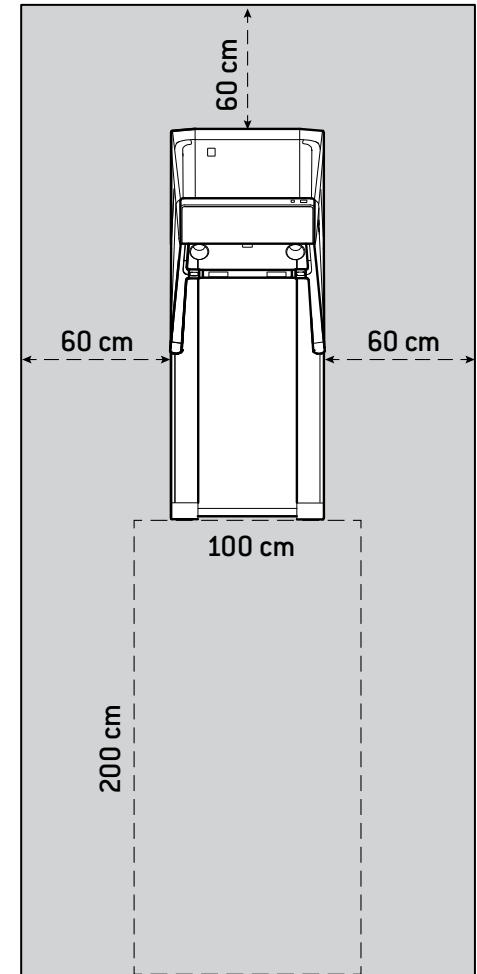
To guarantee safe, comfortable and effective use of the equipment, the place of installation must comply with certain specific requirements; in particular, before choosing where to install the equipment it is recommended to check the following:

- 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;
- there is 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;
- 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 binding regulations.

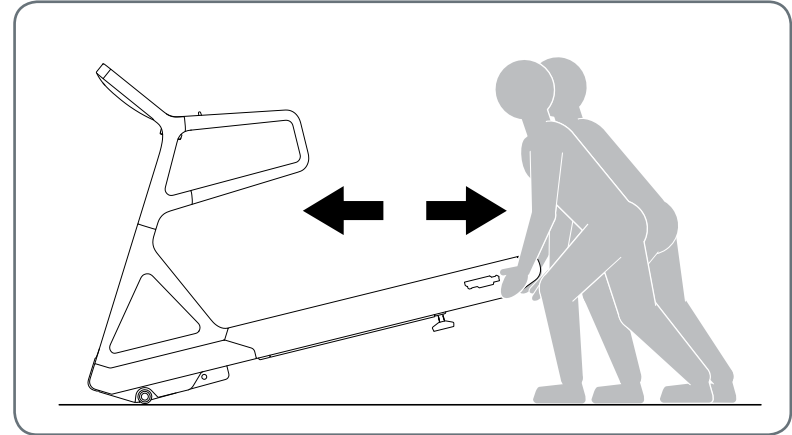
Do not expose the equipment to direct sunlight.

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



9 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. .



Given the weight of the equipment, we recommend that more than one person be involved in moving it.
If flooring conditions prevent use of the wheels, normal moving procedures must be employed.



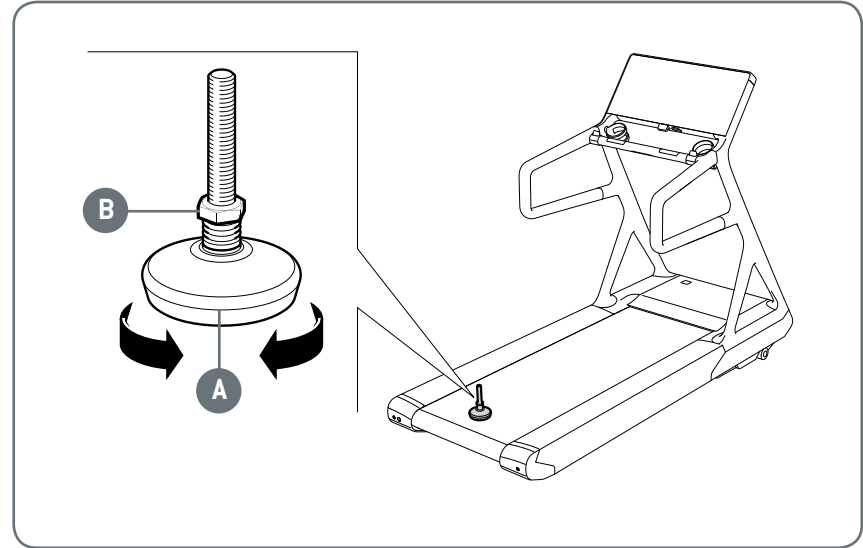
Warnings

Move the equipment very carefully, because it may **become unstable and tip over**.
After moving the equipment always check that it is level to ensure correct operation.

10 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.

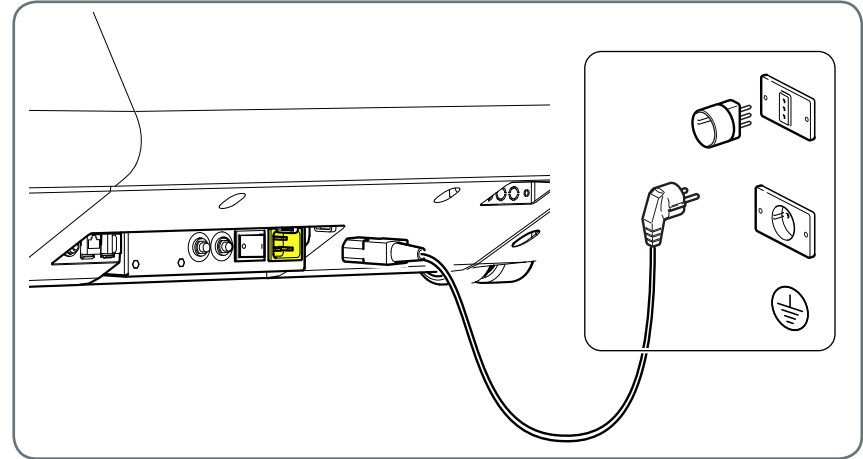


11 Electrical connection

Before connecting the equipment to the mains power supply, ensure that the electrical installation complies to binding regulations. Check the mains power supply specifications on the equipment identity label.

-  **Warnings**
 - The wall socket must be located in a place where the plugging and unplugging can be done easily and safely.**
 - When plugging in, the main switch on the equipment must be in the 0 position (i.e. the equipment must be switched off).**
 - Check the state of the power supply cable periodically.**

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



The product must be earthed. If it should malfunction or breakdown, earthing 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-earthing conductor and a earthing plug. The plug must be plugged into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances.



WARNINGS

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

Improper connection of the equipment-earthing 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 earthed. 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.

12 Connection to another device

Aerial cable socket (A).

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.

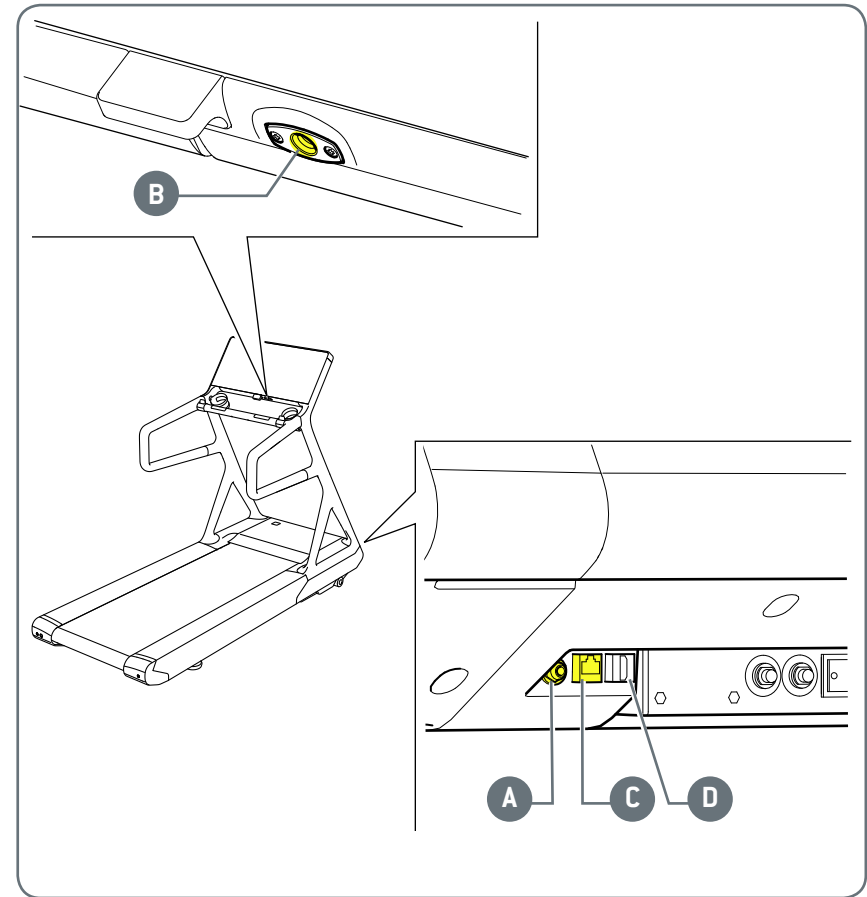
The wall socket of the aerial cable must be positioned so that the plug can be easily inserted and removed.

Audio headphone output (B).

A microphone function may also be used with the Unity headphones. To turn off the sound from the speakers, insert a jack in audio output **B**.

The **network socket (C)** is used for the Ethernet connection.

HDMI socket (D).



13 Maintenance



Warnings

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.

Replace defective and worn components immediately, or alternatively remove the equipment from service.

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

Cleaning and looking after the equipment

The equipment should always be kept clean and free of dust, in accordance with normal hygiene and sanitary rules.

To clean the screen, proceed as follows:

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

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

- with the equipment turned off, clean the outer parts with a damp sponge using only water, then dry with a microfiber cloth.
- raise the treadmill to the maximum gradient (+12%) and clean around the lower guard and floor with a vacuum cleaner;
- clean the tread surface while it is running, using a clean nylon/synthetic brush or broom.

Do not use chemicals or solvents. Do not use abrasive products on polished parts.


Do not rub too hard on the screen.

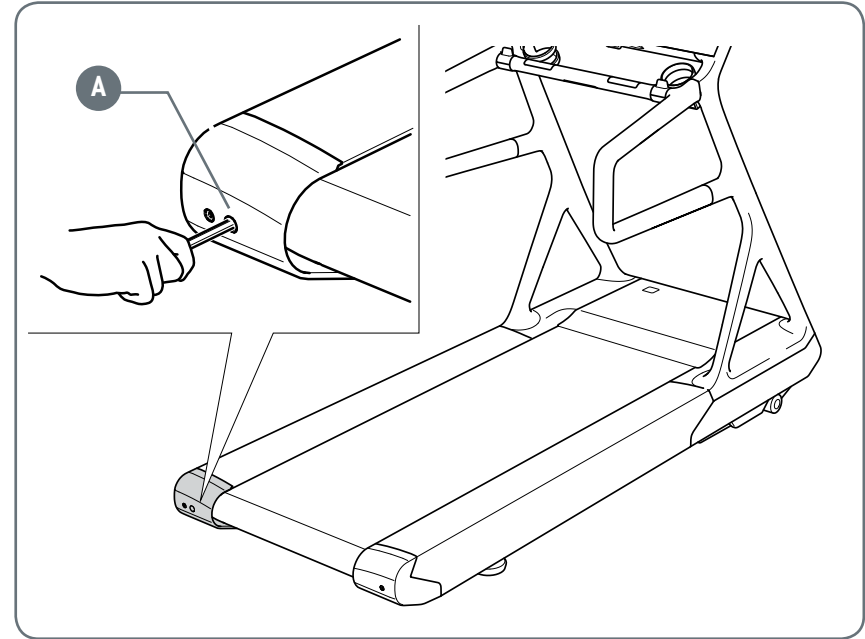
14 Aligning the treadmill

When the equipment is running the treadmill must be centrally aligned in relation to the frame. 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.

Set the adjustment screw (A), located at the back of the equipment, opposite the control panel support riser, so that the belt is centrally aligned with the back roller.

 **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.



15 Easily solved problems

The following table lists a series of problems that may arise during normal use of Run Personal. If the solutions given don't solve the problem, or if the problems are different, ask for help from the Technical Support Service.

Problem	Cause	Remedy
Equipment doesn't switch on	Power supply cable not plugged in	Plug the power supply cable into the wall socket
	Mains power failure	Check the power supply in the mains socket in question by plugging in another appliance that definitely works
	Power supply cable damaged	Contact the Assistance Service
	Power supply cable connector not plugged into equipment	Plug the connector in
	One of the two switches is off	Switch on both the main switch and the additional switch
	The Circuit breaker is open	Check that the two keys next to the switch are closed, by pressing them fully down.
Excessive noisiness	Equipment not properly levelled	Check the position and level with the adjustment screws

Problem	Cause	Remedy
Data incorrect or unreliable with equipment running	Equipment next to source of radio interference (e.g. electrical domestic appliance)	Move the equipment to another place or move the sources of interference
Problems in reading heart rate	Other transmitters situated nearby	Move the equipment far enough away to stop signal interference (minimum distance between two units cm 80)
	Strong radio interference sources nearby	Find the interference source (e.g. electrical domestic appliance) and move it away or move Run Personal
	Worn chest band	Replace the chest band
	Chest band not making proper skin contact	Dampen the inside of the chest band with water
The speakers are not working	A jack is inserted in the audio output for the headphones	Remove the jack from the audio output



Warning

There are high voltages inside the motor compartment, therefore the guard must be removed by authorised personnel only; **only authorised personnel can carry out internal repairs.**

16 Technical Support Service

The Technogym Technical Support Services 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:

- equipment 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.

17 Storage

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

- in a dry, clean place, covered with a cloth to protect it from dust
- at a room temperature between +10°C and +25°C and relative humidity between 20% and 90%.

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

18 Scrapping

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 Union.

Average product lifetime: 10 years.

Disposal of the chest band

The chest band, which transmits heart rate data, is not made of recyclable materials and therefore must not be disposed of on open ground.

Contact a company specialized in urban and environmental sanitation.

Disposal of the Battery

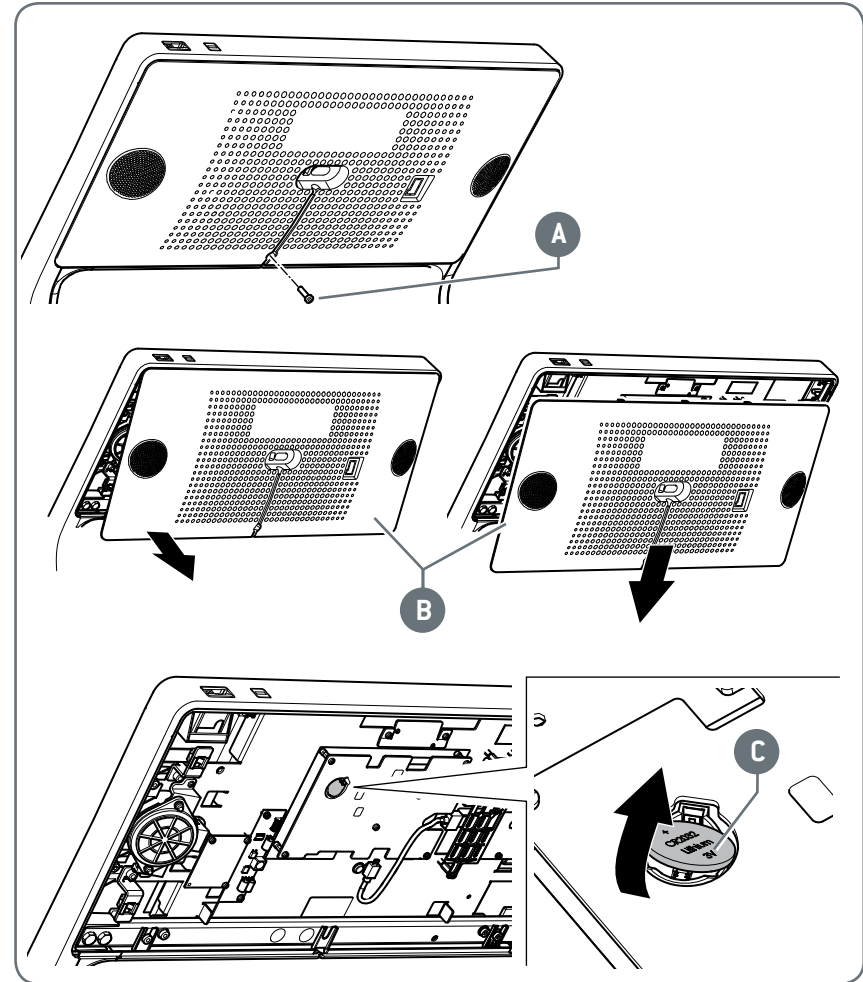
There is a lithium battery inside the product. Follow the instructions given below to remove the battery safely.

Unscrew the screw **(A)**.

Remove the cover **(B)**.

Remove the battery **(C)**.

Do not dump the battery or dispose of it in landfill, as it is composed of non-recyclable materials. The battery must be disposed of pursuant to applicable legislation in the place of use. Contact a specialised waste disposal company.



19 Switching on and off

To turn the equipment on, switch the main switch to the “I” position (on) and press the additional switch. If the additional switch is lit, the equipment is on.

After a quick system check (reset), the equipment is ready for use.

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

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

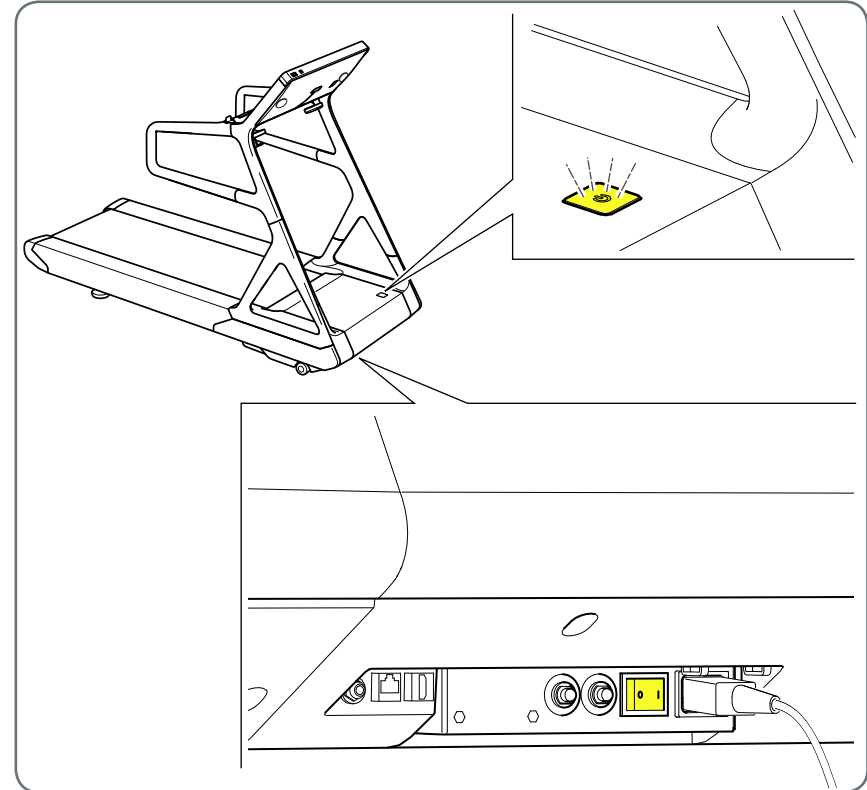
If the equipment is not expected to be used for a long time, as well as turning it off you should also pull the plug out of the wall socket.

The additional switch is operated simply by touching it; **this means that leaving anything in front of the switch may turn off the equipment.**



Warning

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

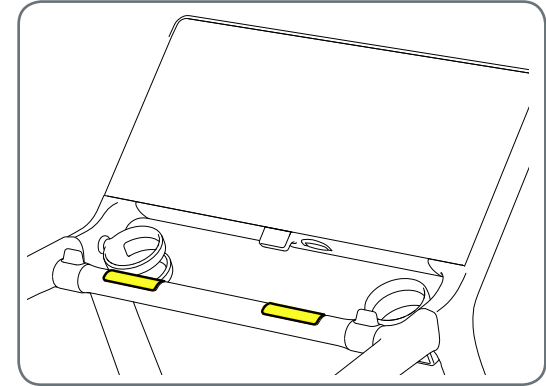


20 Monitoring the heart rate

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

- with a device applied to the central handgrip (hand sensor), that switches on when you grip the handgrip in the sensor region;
- with a chest band with a heart rate transmitter (Polar H7).

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.

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 absolutely certain.

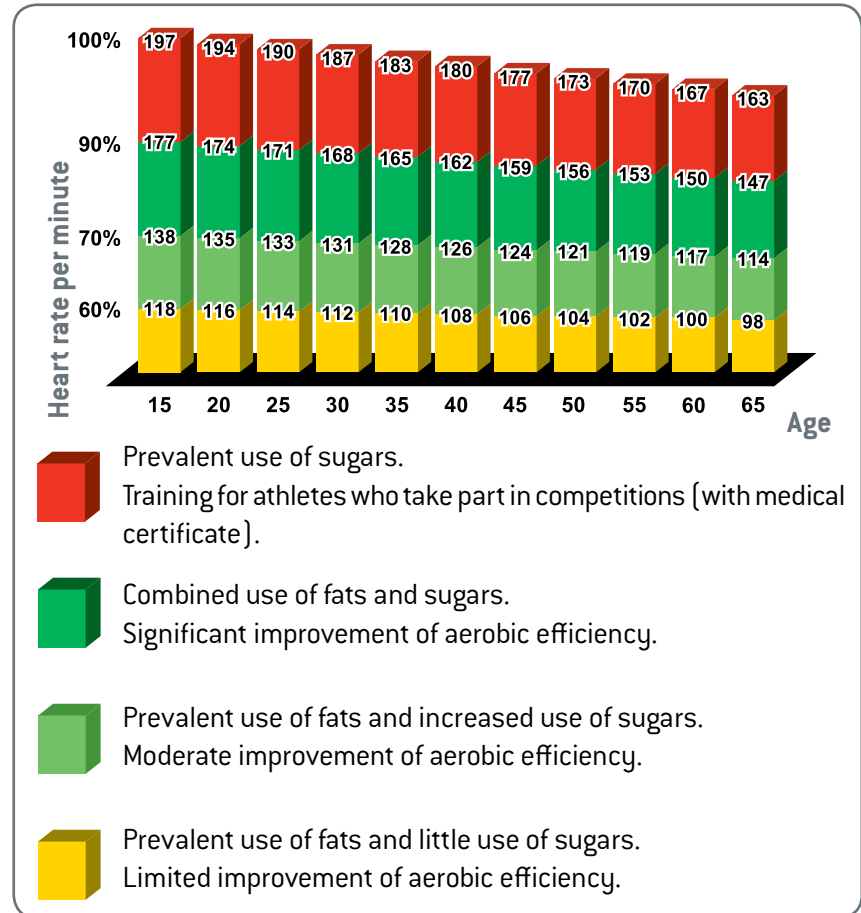
The following table shows the optimum heart rate levels in relation to age and the goal to be achieved. Theoretical maximum heart rate (100%) is calculated on the basis of age using the formula: $220 - \text{age}$.

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, the heart rate during exercise should be kept to between 114 (60%) and 133 (70%); if he or she wants to improve cardio-respiratory capacity, the heart rate should be kept to between 133 (70%) and 171 (90%).



20 Using the equipment

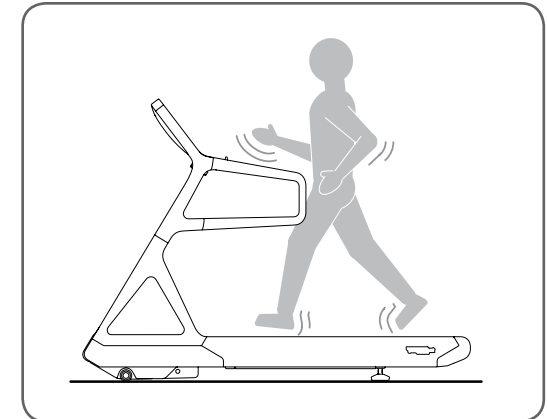
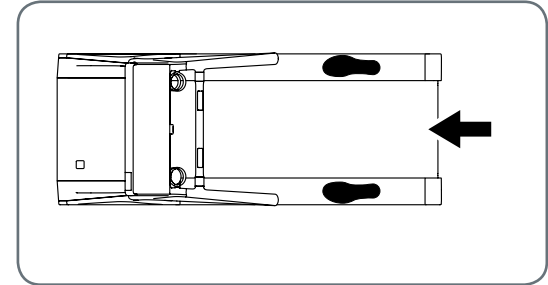
Step on the treadmill from the rear, looking forward, and put your feet on the footrests on either side of the frame. In this rest position hold on to the side grip with one hand, using the other hand to operate the control panel.

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 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.





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.

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The Wellness Company