

# Run

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User manual



The Wellness Company

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# Important safety instructions

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You should always consult 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 Artis 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 persons, take the following precautions.**

The equipment should never be left unattended when plugged in. Unplug the equipment from outlet when not in use, before cleaning it, and before fitting or removing 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 of the equipment is to be considered improper and therefore dangerous.

Do not use accessories not recommended by Technogym.

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

## Important safety instructions

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Do not drag the equipment by the power cable or use the cable cord as a handle.

Keep the power cable 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 equipment outdoors, exposed to the elements (rain, sun, wind, etc.). Do not expose the equipment to water jets.

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

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

## SAVE THESE INSTRUCTIONS

# Personal safety

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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 other 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 proper and improper use of the equipment to users.

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 electric shocks.

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

Do not attempt to perform any service on the equipment yourself other than the operations described in 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

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Do not place anything on the frame 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 vicinity of the product, 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.



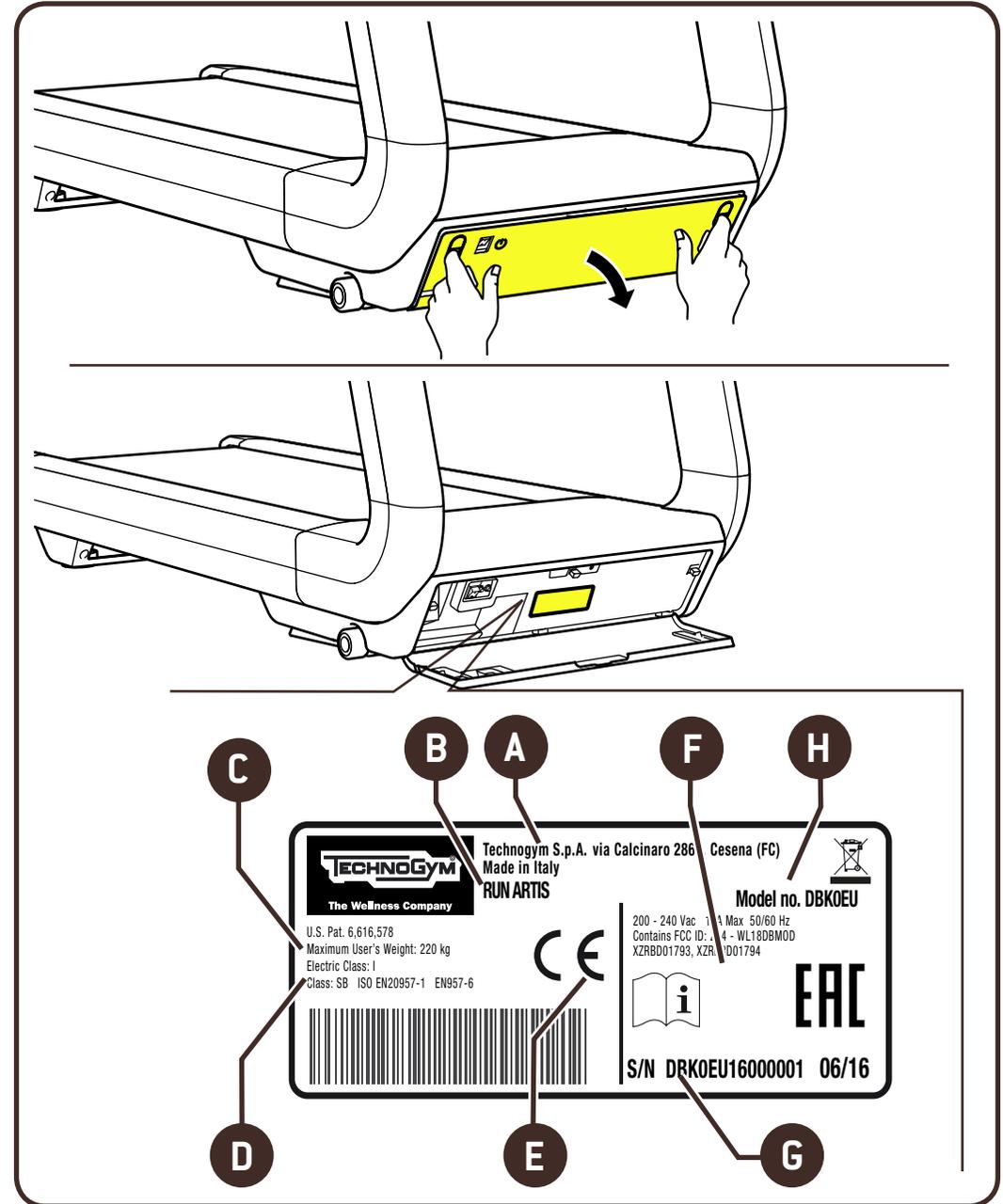
### **WARNING**

**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** - Description of product
- C** - Maximum weight of the user
- D** - Equipment classification
- E** - CE Mark
- F** - Tells you to consult the User Manual
- G** - Serial number and date of manufacture
- H** - Product code

The values stated in the illustration are purely indicative; refer to the label attached to the equipment or the data in "Technical data" section for the correct information.



# 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.

**Input for TGS key (B):** the device reads the training data on the TGS key and memorises the exercise results (optional).

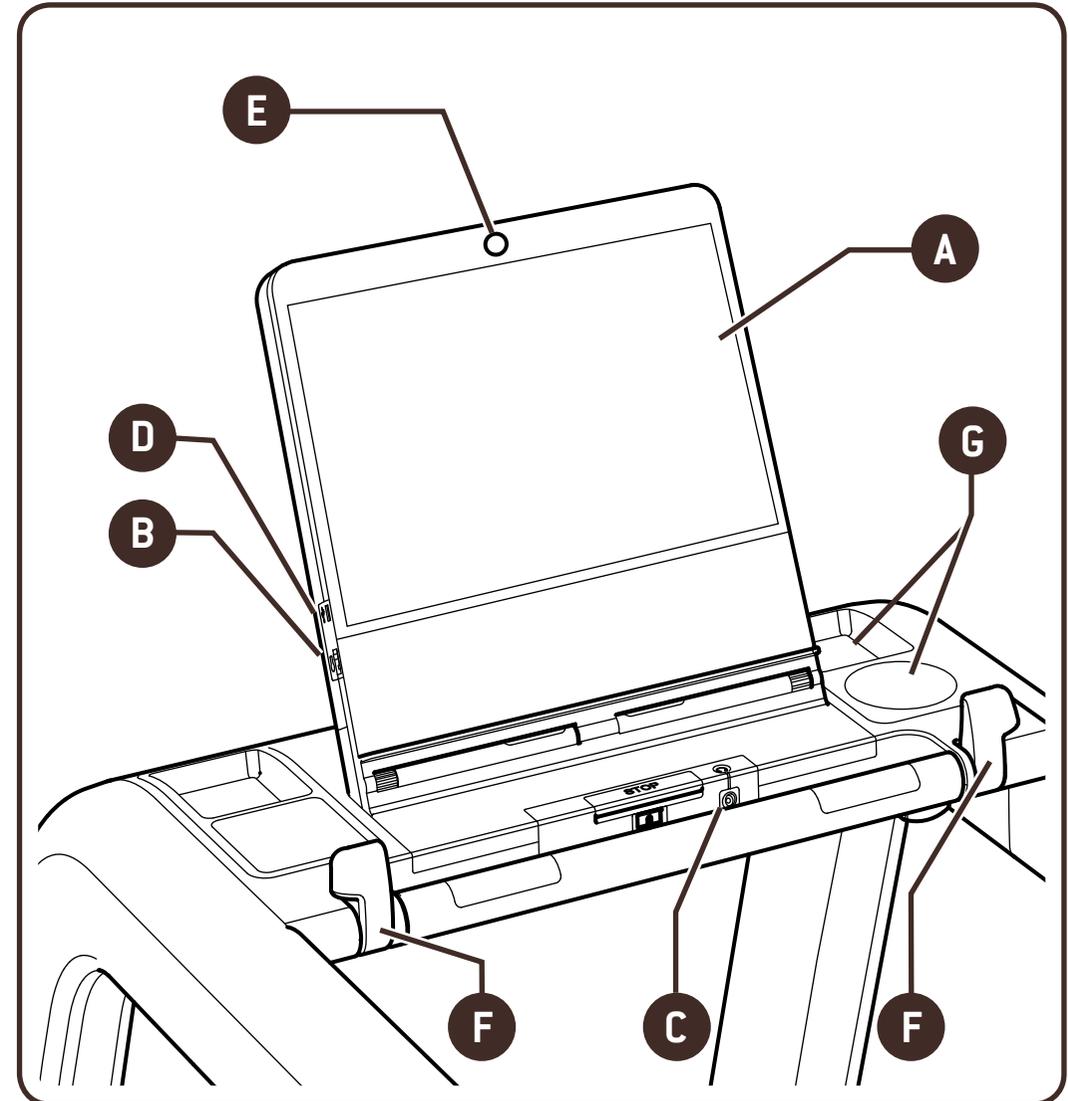
**Headphone connector (C):** used to plug in headphones and listen to audio content. A microphone function may also be used with the Unity headphones.

**USB port (D).**

**Webcam (E):** available with Unity.

**Fast Track Control (F):** for changing the treadmill speed and gradient during the exercise.

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



## Description of the equipment

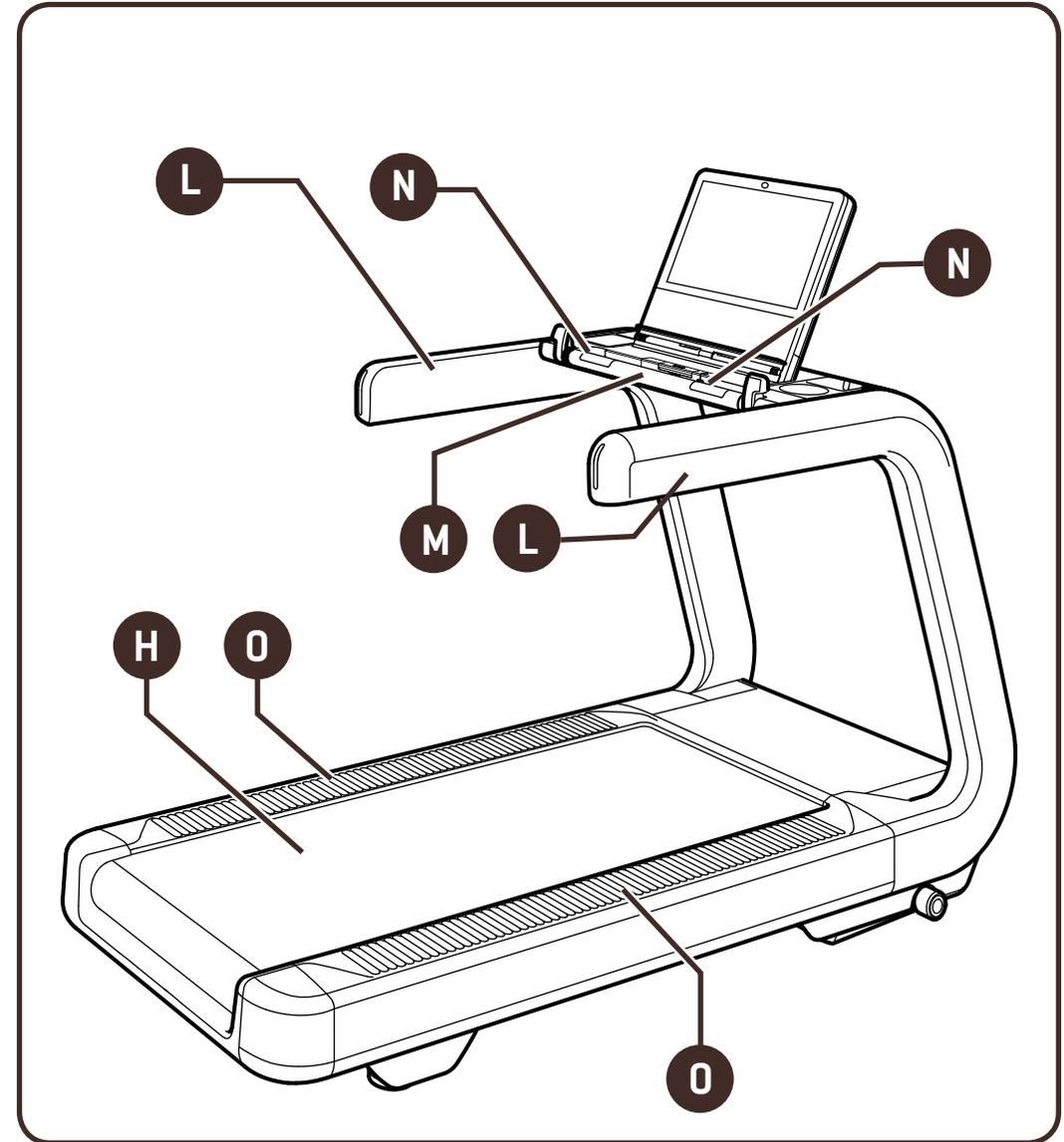
**Treadmill (H):** antistatic and vibration-dampened running surface.

**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.

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

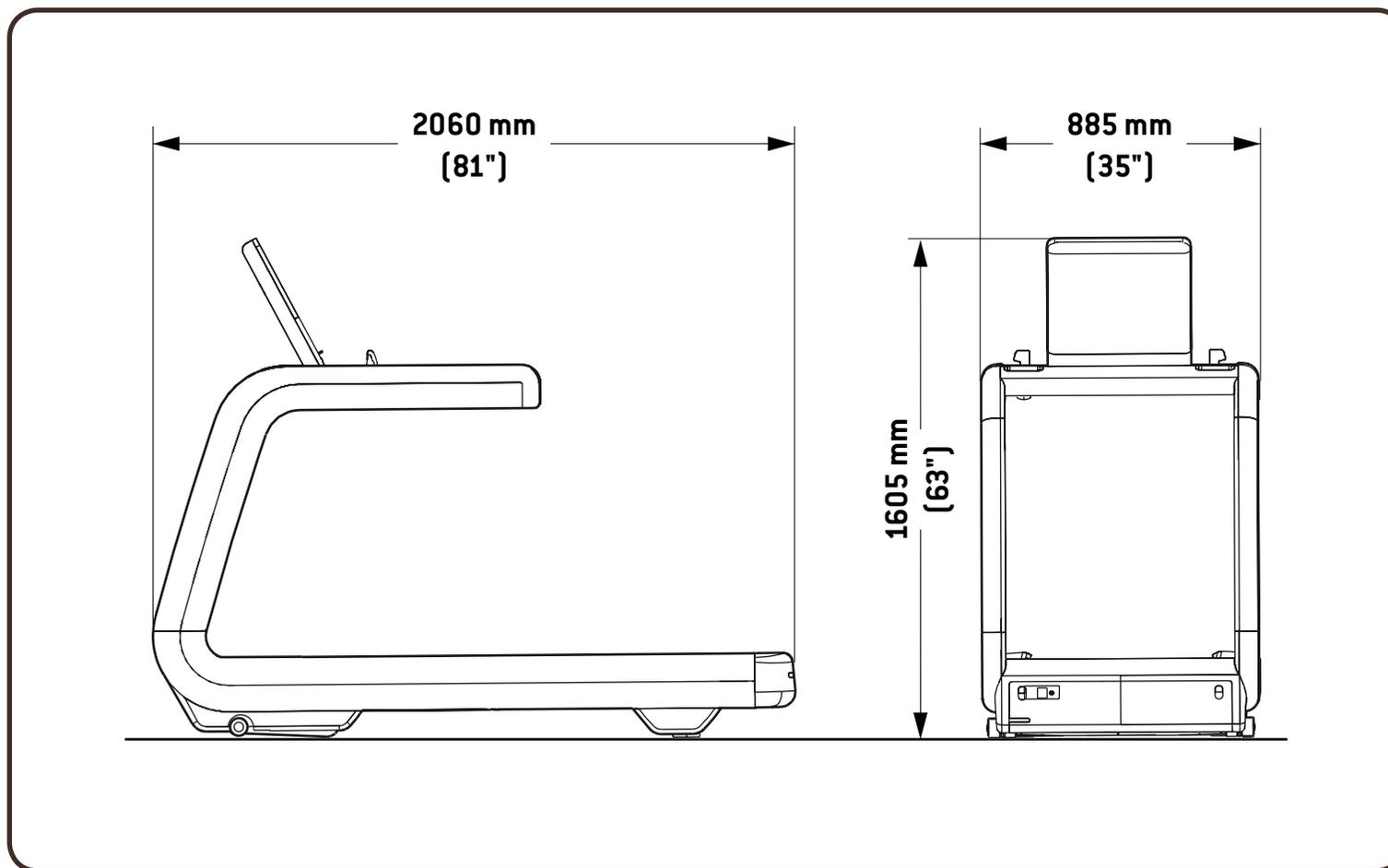
**Footrests (O):** you can take a short rest by moving your feet from the treadmill to the footrests, in the event of fatigue or danger.



# Technical data

Model code	DBK0EU... , DBK0EV...	DBK0AU.. , DBK0AV...
Power supply	200-240 Vac 50/60 Hz	100-240 Vac 50/60 Hz
Peak motor power	5800 W (7.8 Hp)	5800 W (7.8 Hp)
Weight of equipment	215 kg (474 lb)	215 kg (474 lb)
Maximum user weight	220 kg (485 lb)	220 kg (485 lb)
Speed 100 Vac power supply maximum power input	-	0.8-25 km/h (0.5-15.5 mph) 1600 VA
Speed 120 Vac power supply maximum power input	-	0.8-25 km/h (0.5-15.5 mph) 2000 VA
Speed 200-240 Vac power supply maximum power input	0.8-25 km/h (0.5-15.5 mph) 2200 VA	0.8-25 km/h (0.5-15.5 mph) 2200 VA
Gradient	0-15%	0-15%
Noise level	Less than 70 dB	Less than 70 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)

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



# Safety devices and warnings

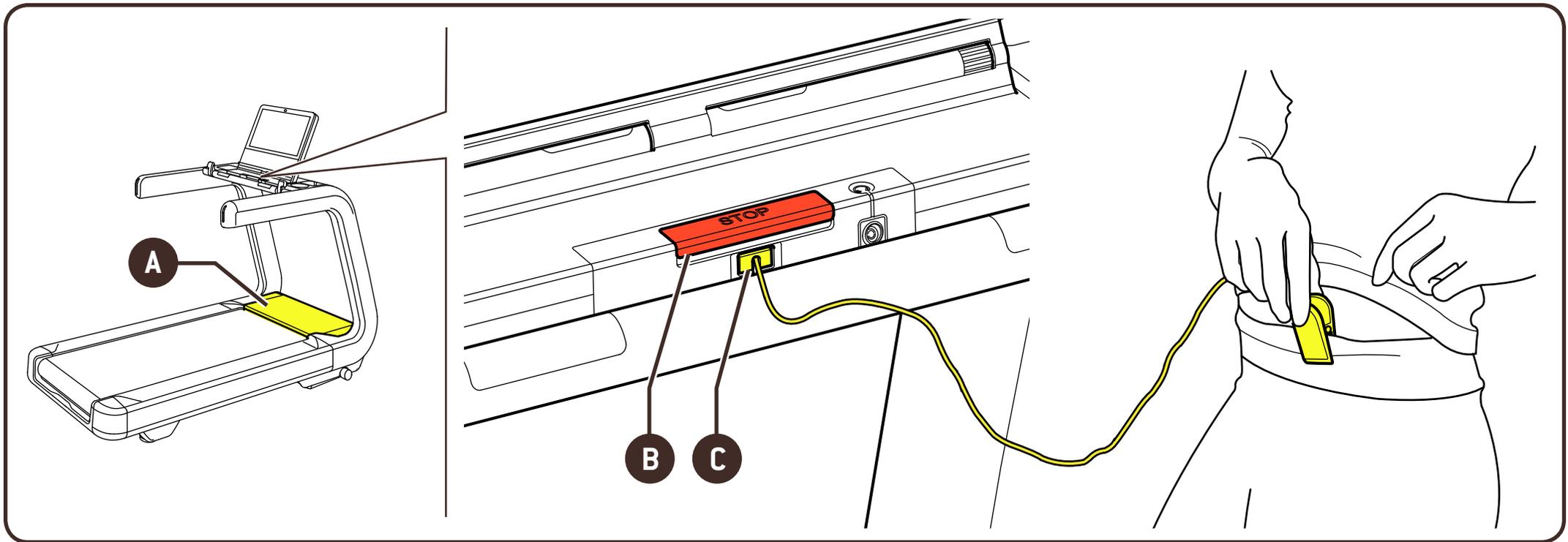
**Fixed guard (A).** Guards against access to the inside of the equipment.

**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.

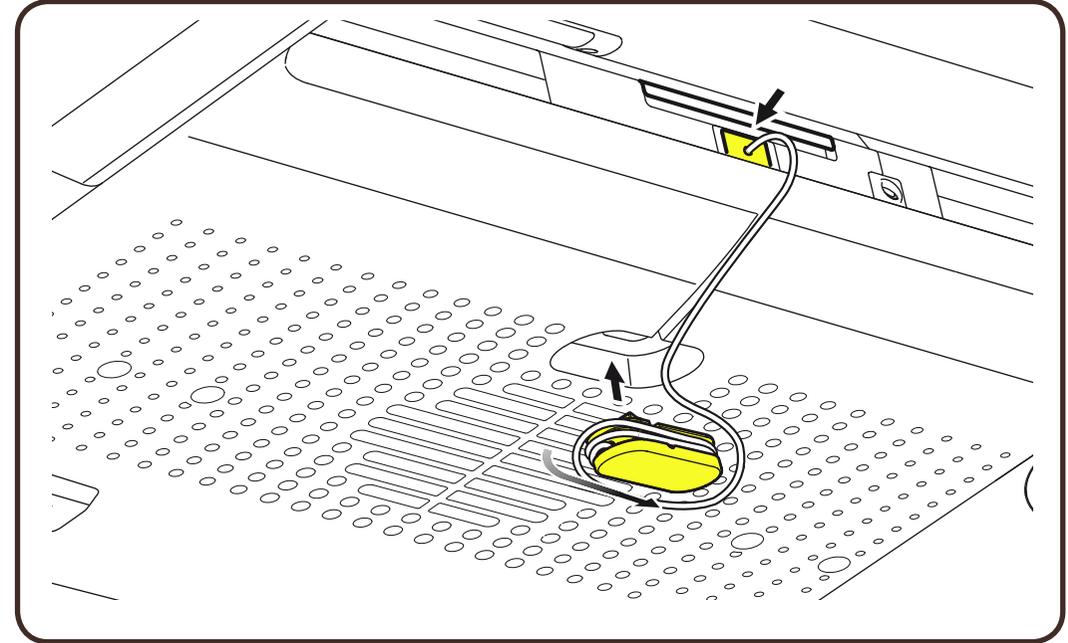
To restore all the equipment's functions after an emergency stop, reset the switch as shown in the illustration.

**Before using the equipment, check that the stop device works correctly and attach the cord to your clothing with the clip provided.**



## Safety devices and warnings

After finishing working out, put the emergency switch peg back into its slot, as shown in the illustration.

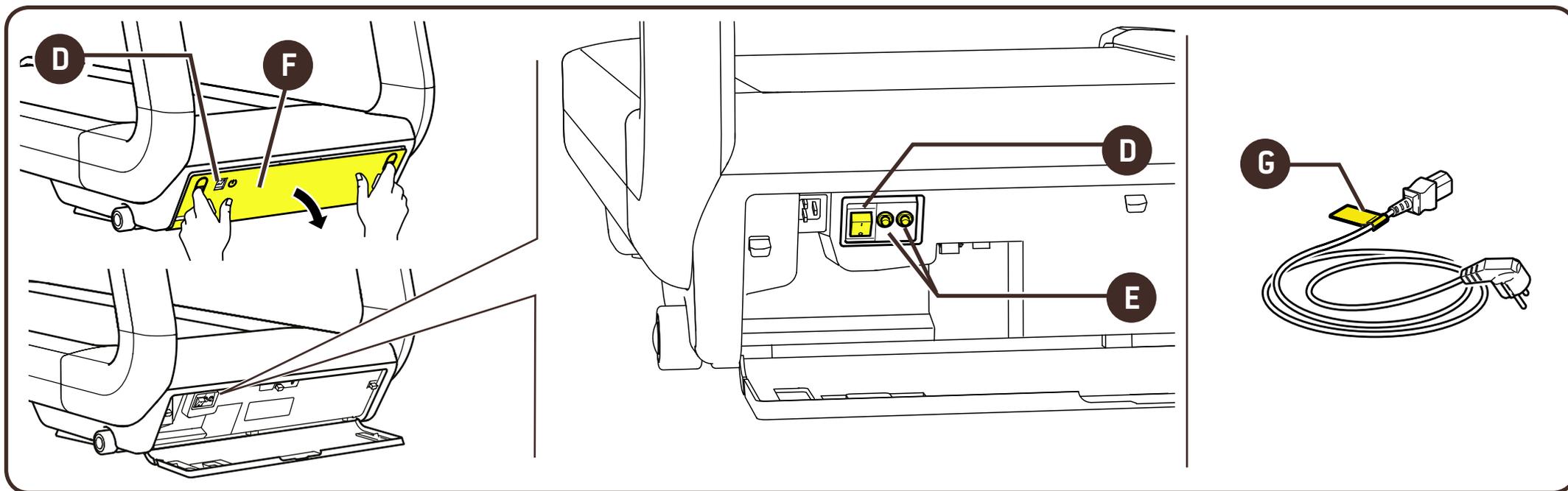


## Safety devices and warnings

**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.

To access the circuit breaker, open panel (F): insert your fingers into the holes and pull.



The label (G) 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 (H)

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

### In motion light (L)

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

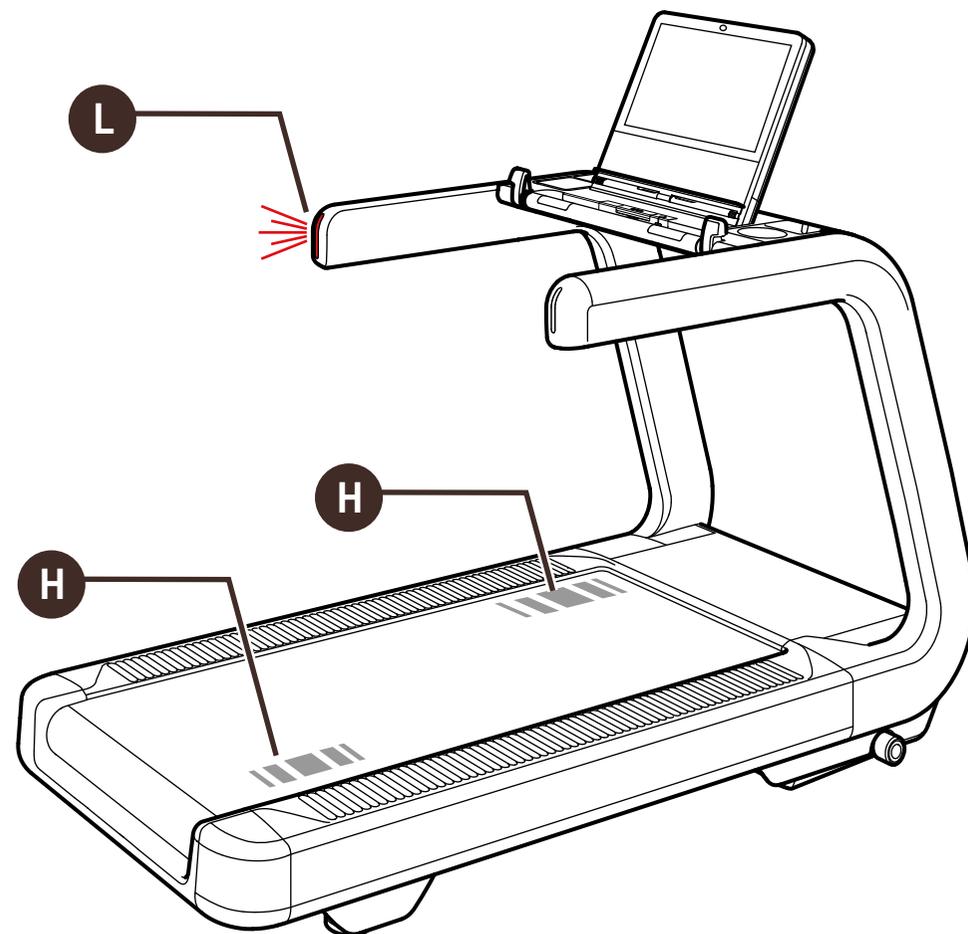
Do not climb onto the product while the treadmill is moving.

### 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.

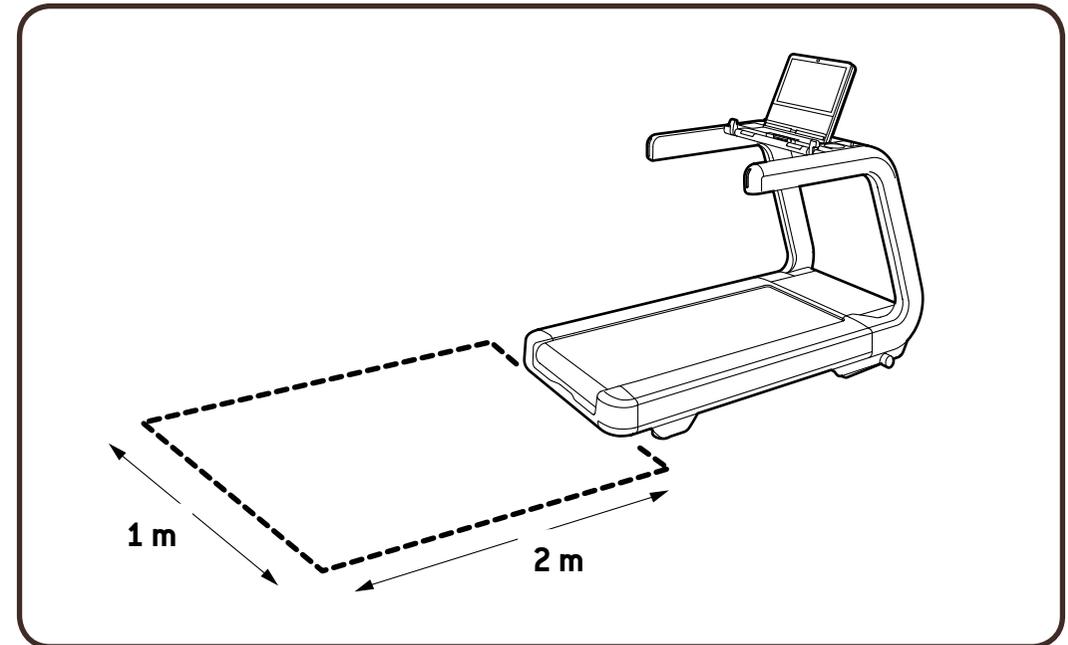
At minimum speed, the user is detected only if they weigh at least 50 kg.



# Place of installation

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 a safe and relaxing place to exercise in;
- plenty of **free space** all around each item of equipment and a free space of 2x1 m in front of the equipment, 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.



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.

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 areas where there are high short-wave or similar emissions.

# 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.

To make it easier to move the equipment, we recommend adjusting the belt to its highest gradient.

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.

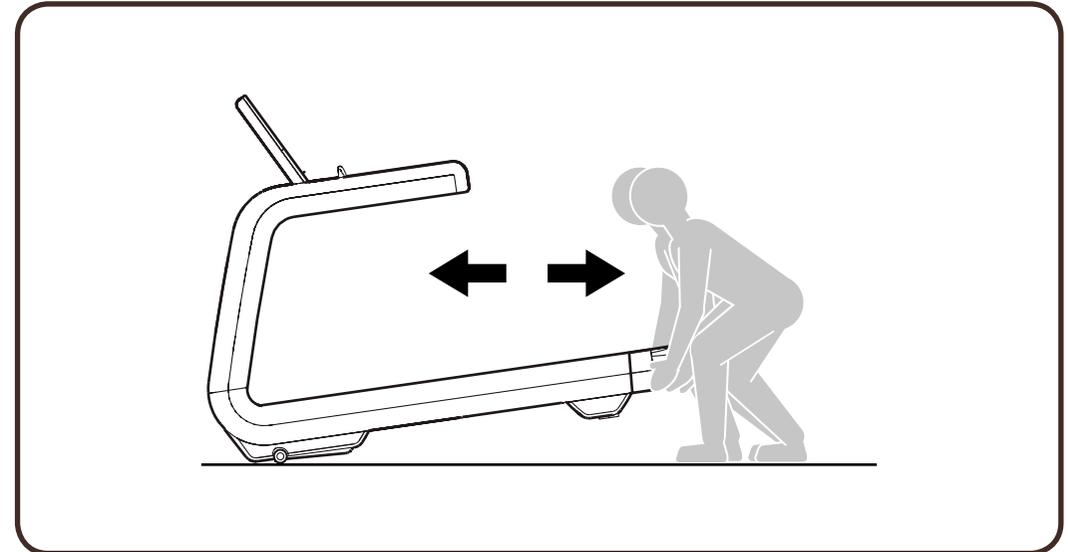
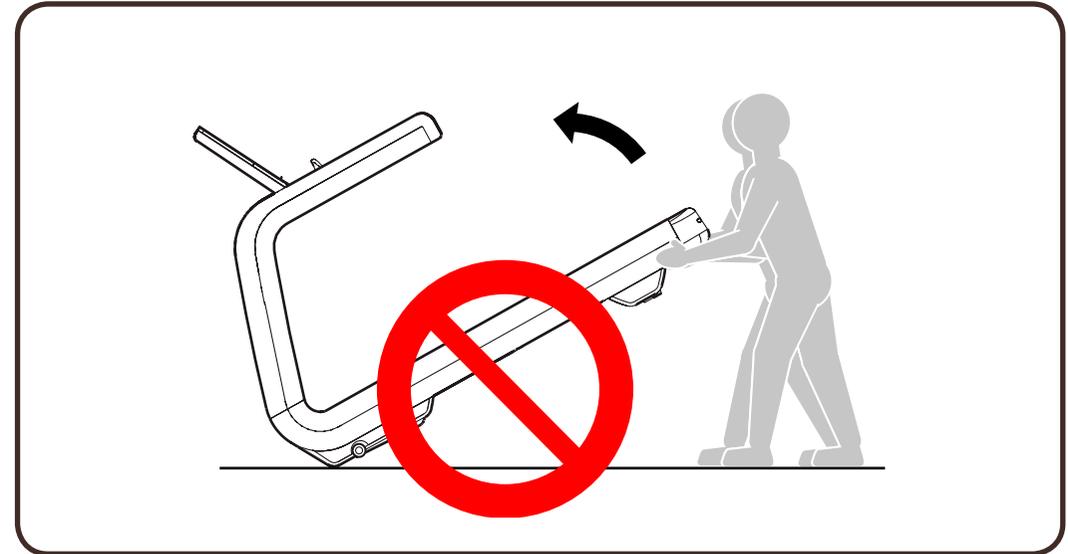
If wheels cannot be used on the floor, move the equipment with normal lifting and transport methods.



## WARNINGS

**When lifting the equipment, do not grip the rear plastic housing, but the frame under the side housings.**

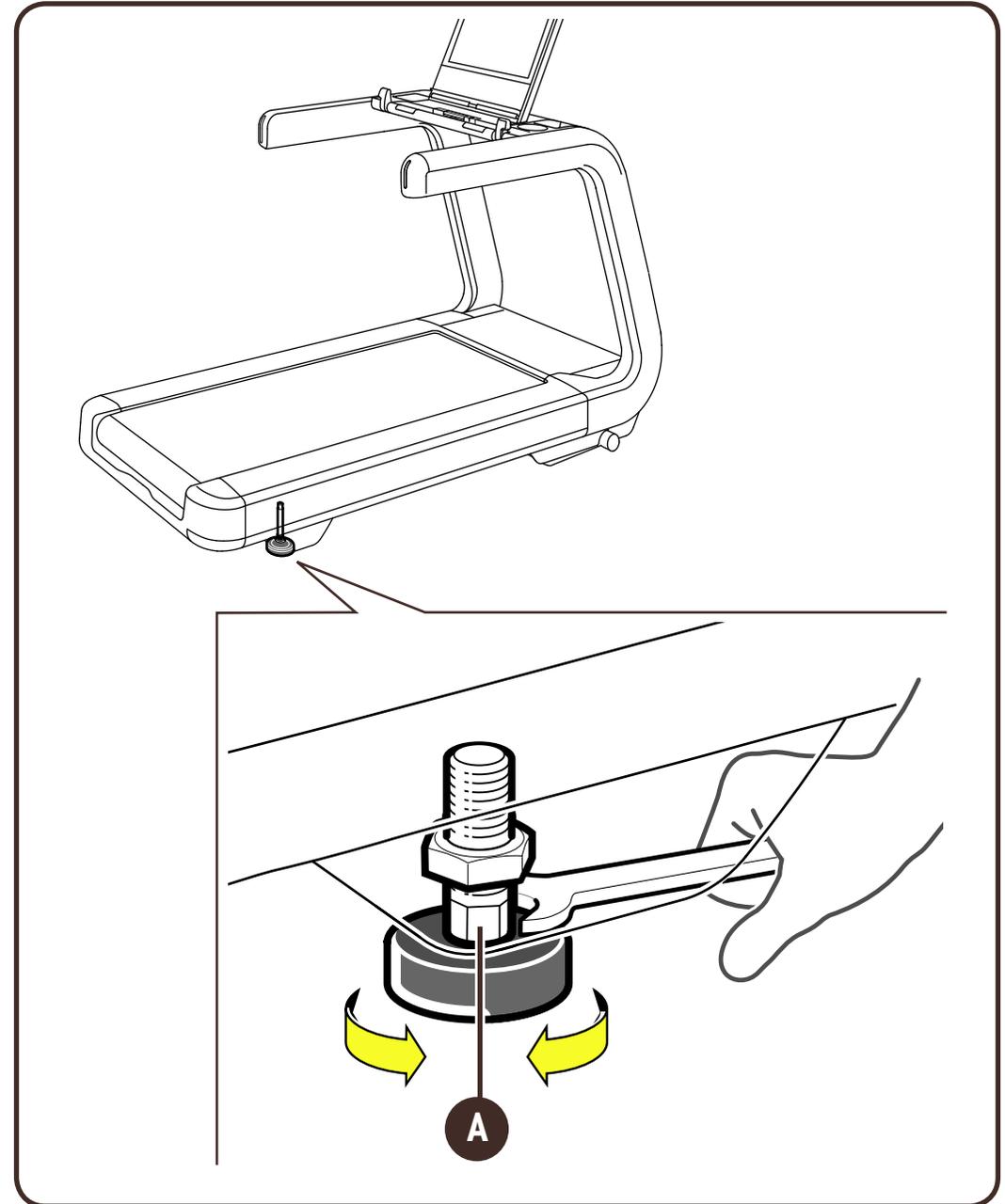
**Move the equipment with great care to prevent it from tipping over.**



# Levelling

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

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

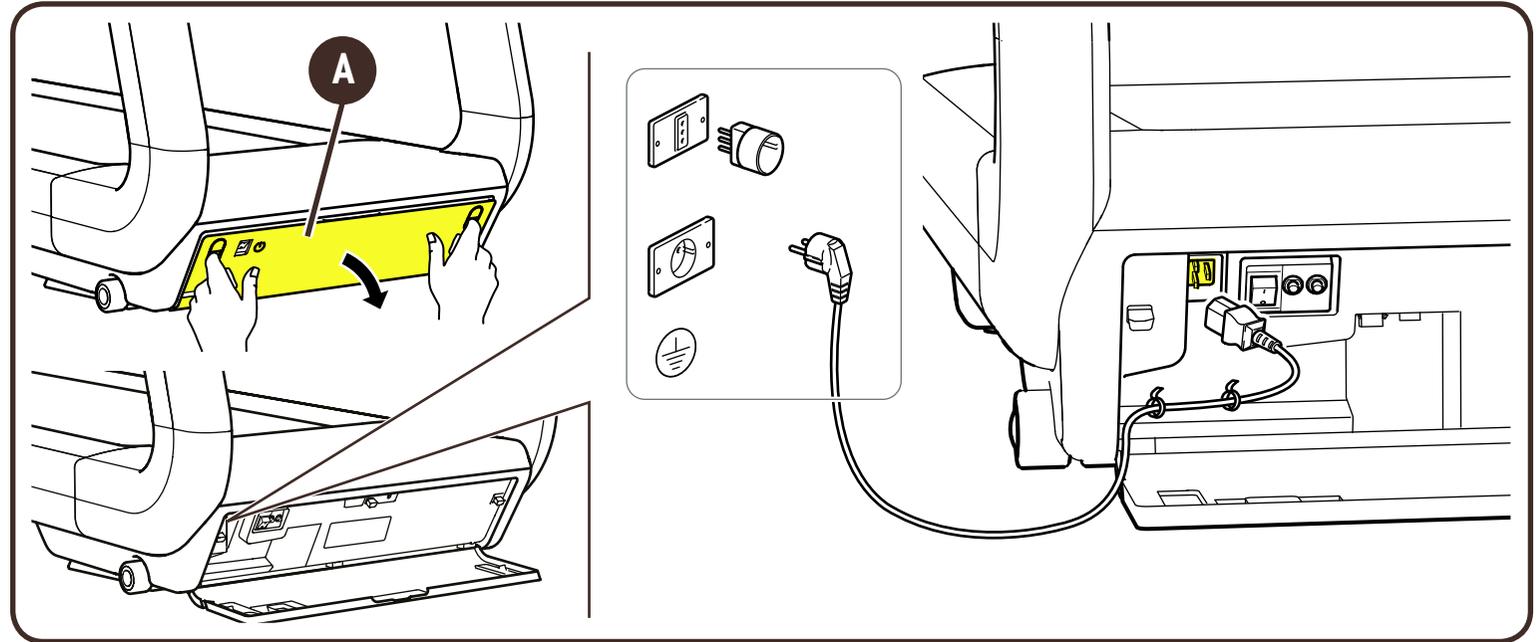


# Electrical connection

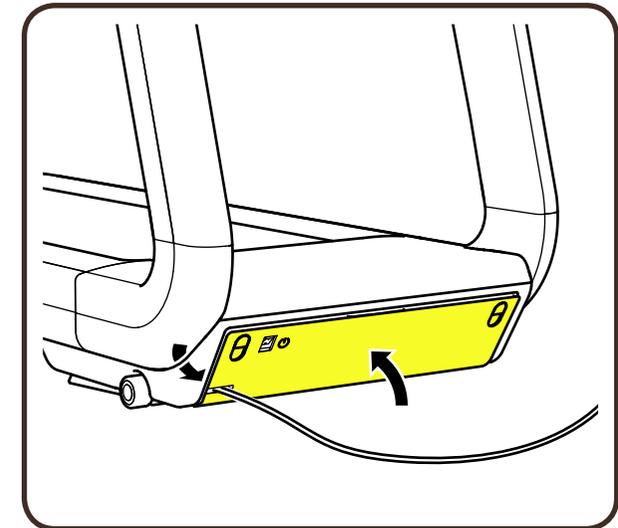
Before connecting the equipment to the mains power supply, ensure that the electrical system specifications comply with current regulations. Check the mains power supply specifications on the label next to the switch.

Open panel (A) to reach the label and connector: put your fingers into the holes and pull.

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



Fix the cable into the channel provided using the cable clamps supplied. Close panel (A) again, threading the cable through the slot provided.



## Electrical connection

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### **WARNINGS**

**Check the state of the power supply cable periodically.**

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

**When plugging in, the switch on the equipment must be set to position 0 (the equipment must be switched off).**

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

The product must be earthed. If it malfunctions or breaks down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock. The product is equipped with a cable fitted with an earth wire and earthed 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**

**Improper connection of the earth wire 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 does 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, as well as to a network of devices conforming to the CSAFE protocol.

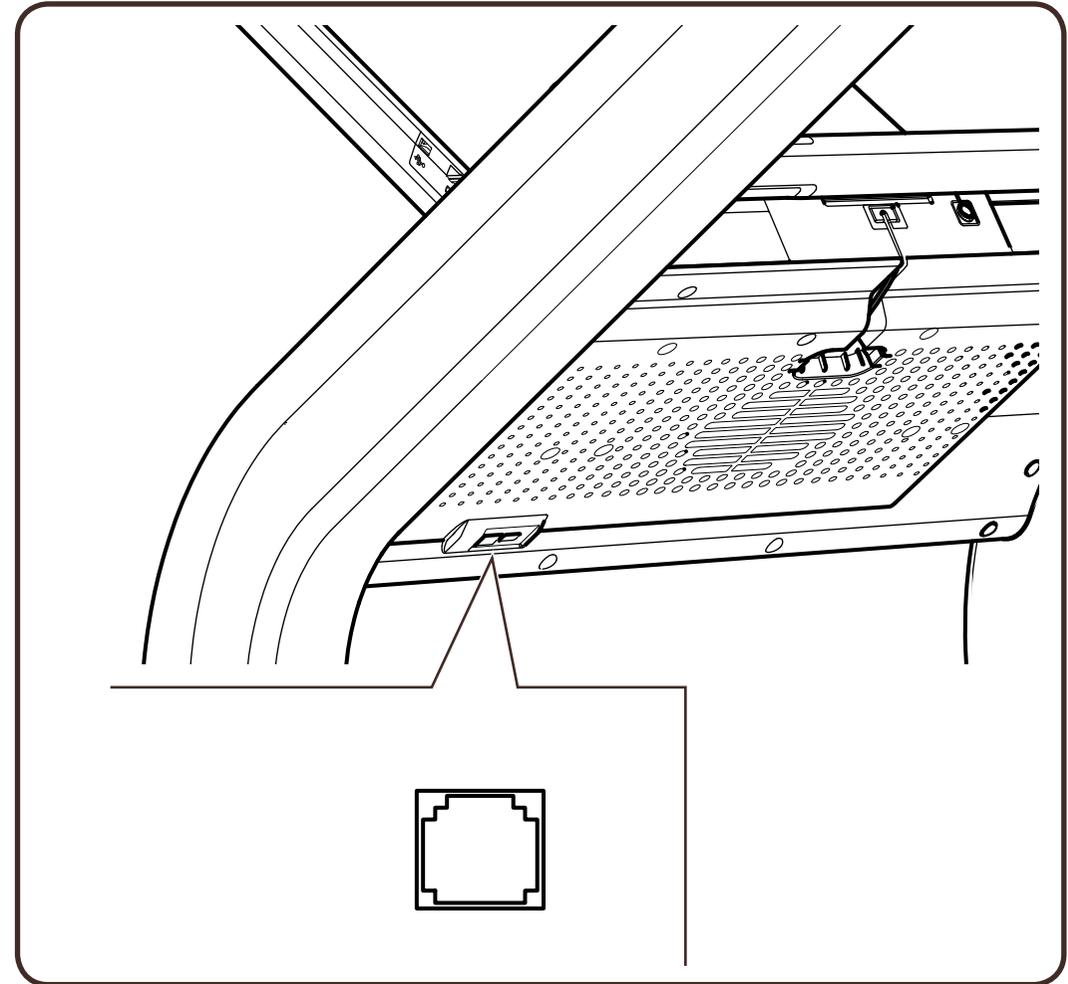


## WARNING

**The devices connected must comply with international standards.**

Whoever connects additional equipment to the input or output signal ports is responsible for the system's conformity to existing laws and standards. Consult the technical support department or your local representative if you have any doubts.

This port is optional.



## Connection to another device

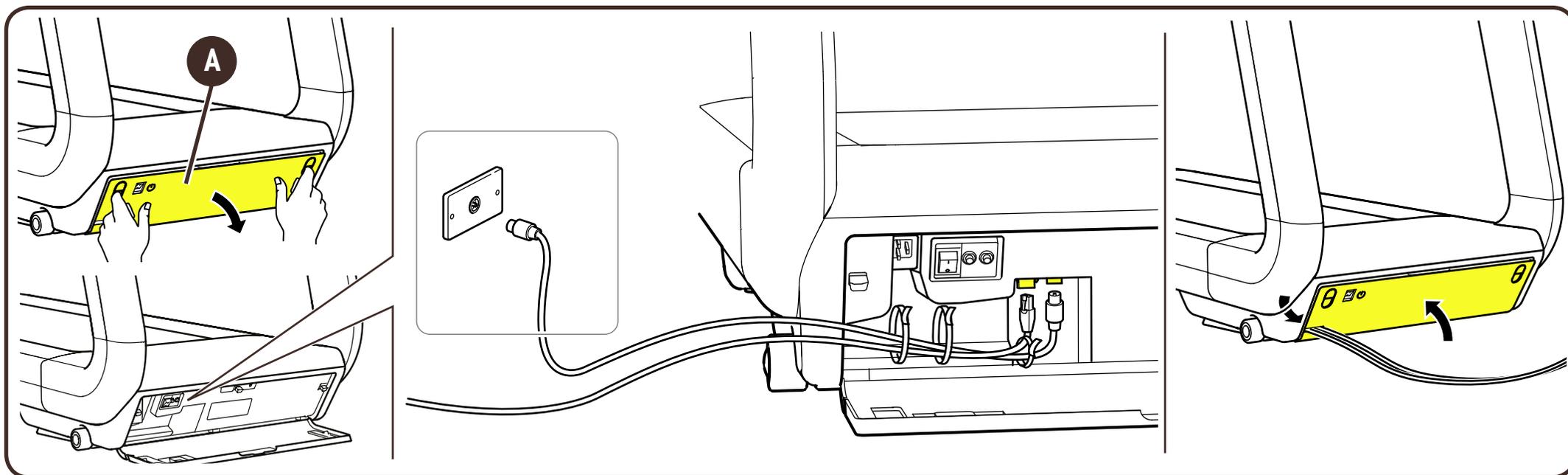
If the equipment is fitted with TV, connect the aerial cable to the equipment and to the wall socket. Use an RF coaxial cable for the connection with an F type of connector for the equipment.

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

Open panel (A) to reach the aerial socket: put your fingers into the holes and pull.

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

Fix the cable into the channel provided using the cable clamps supplied. Close panel (A) again, threading the cables through the slot provided.



# 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:

- switch 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**:

- switch 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 labels.**

**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 operations not described in this manual, call in the Technogym Technical Support Service.

## Routine maintenance



### WARNINGS

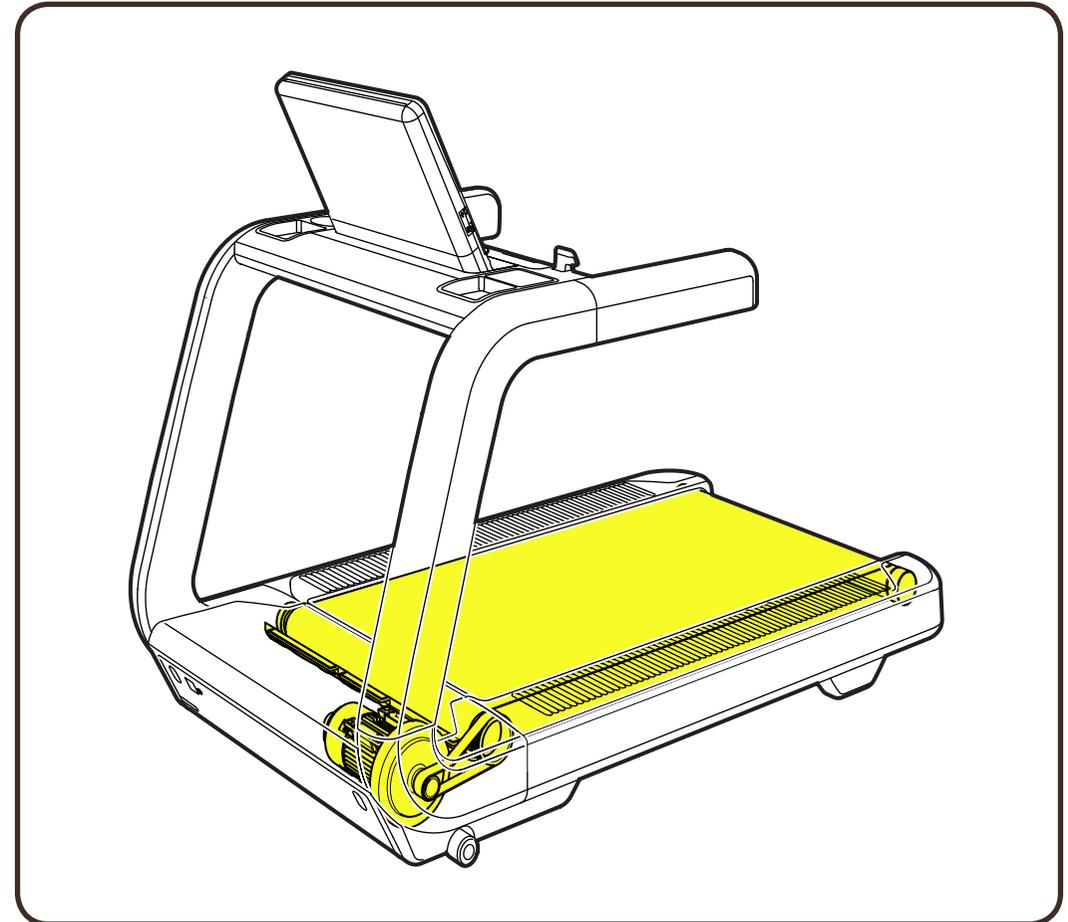
The routine maintenance, adjustment and lubrication jobs must be performed by the Technogym Technical Support Service.

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

Every month:

- check the **treadmill** for wear;
- vacuum clean the **motor compartment**.

Check the **treadmill transmission belt** once a year for wear.



## Routine maintenance

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### 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; if the treadmill tends to move either to the right or left, or if it is not centrally positioned, it needs aligning.

Alignment must be performed with the equipment running.

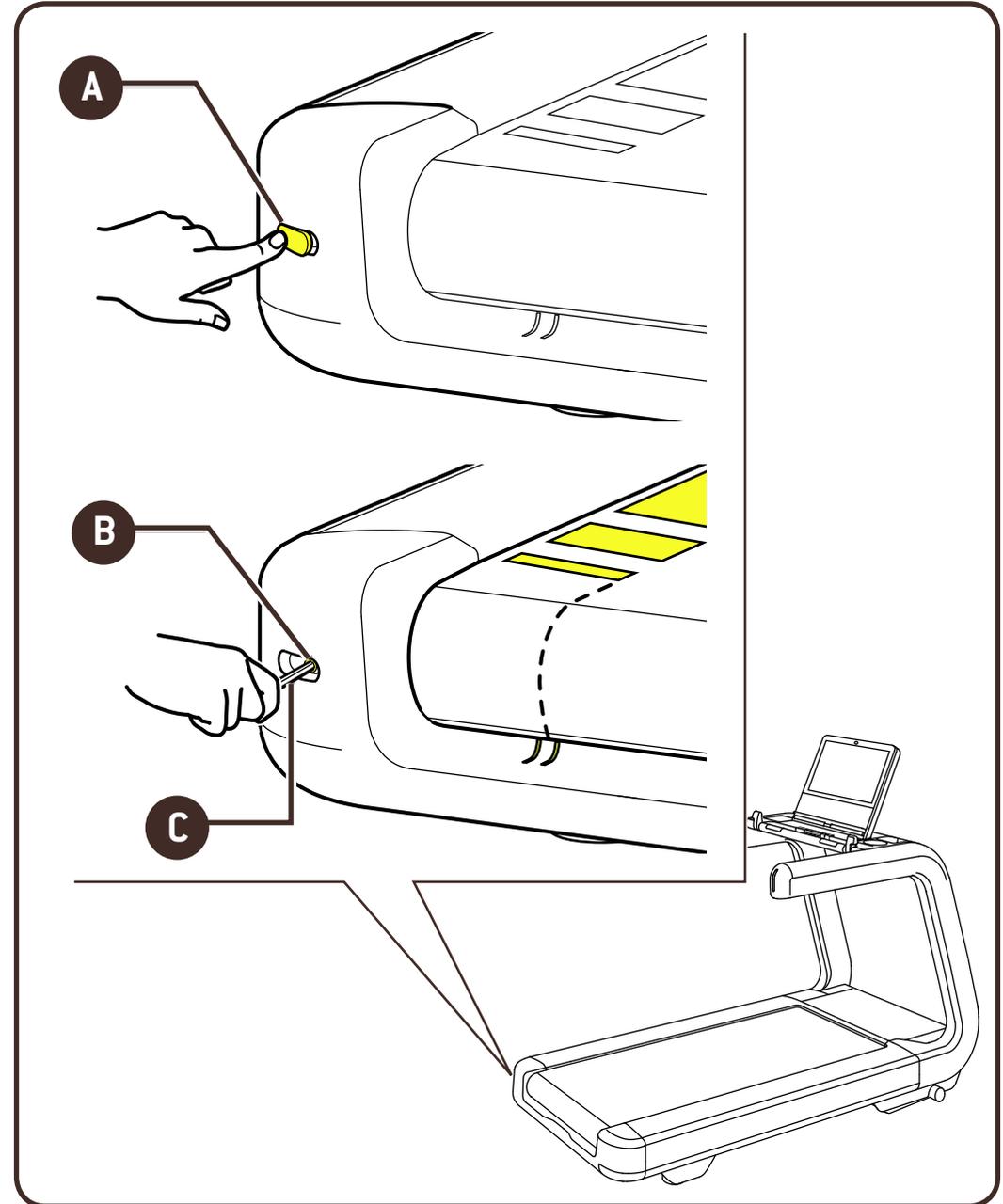
Remove cap (A) by pressing on one side.

Turn the adjustment screw (B), on the side shown in the illustration, using the spanner supplied (C), until the graphics on the treadmill are aligned with the reference marks on the rear guard, as shown in the illustration.



## 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.**



# Troubleshooting

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

<b>Problem</b>	<b>Cause</b>	<b>Solution</b>
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".

## 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

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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 of the equipment

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.

# Switching on and off

To turn the equipment on, switch the main switch to the **I** position.



## WARNING

**While switching the equipment on, the treadmill may move slightly.**

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

To turn the equipment off, switch the main switch to **0** position.

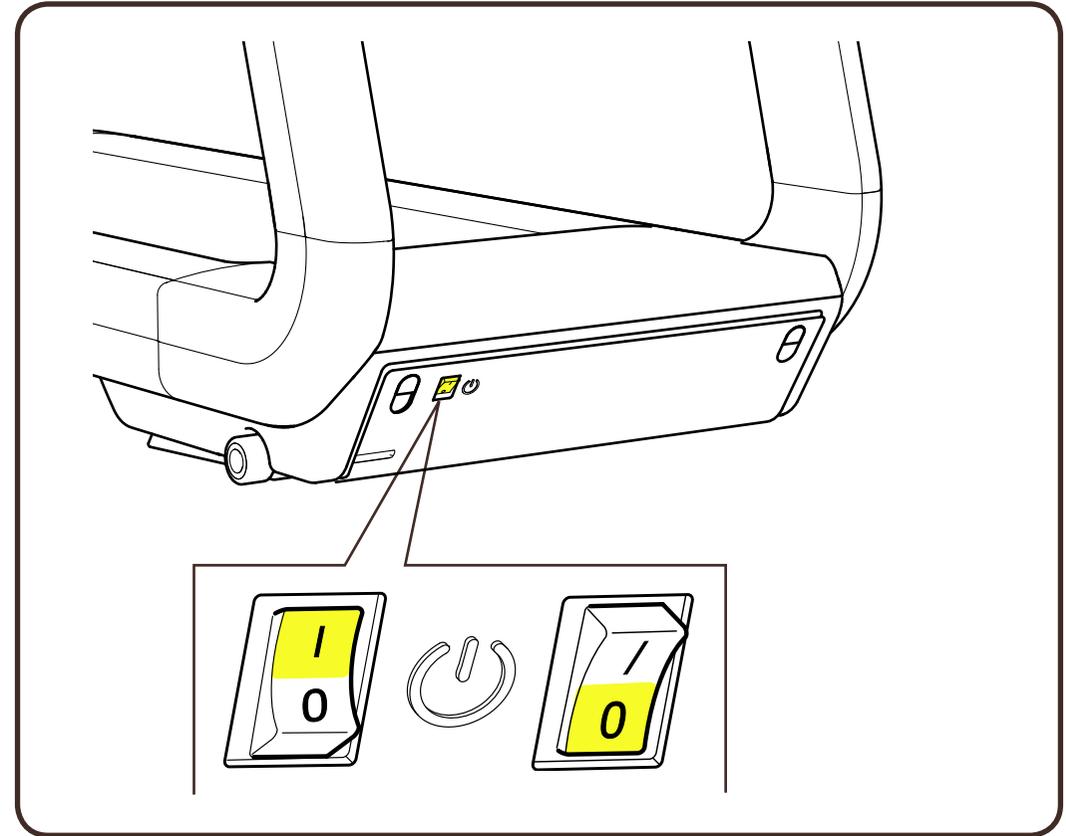
The equipment must be switched off only at the end of the exercise, when in standby.

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.



## WARNING

**The main switch is used to turn the equipment on and off, but it does not isolate it completely from the mains voltage, even when it is set to the 0 position. For complete isolation you must unplug the power supply plug.**



# Monitoring the heart rate

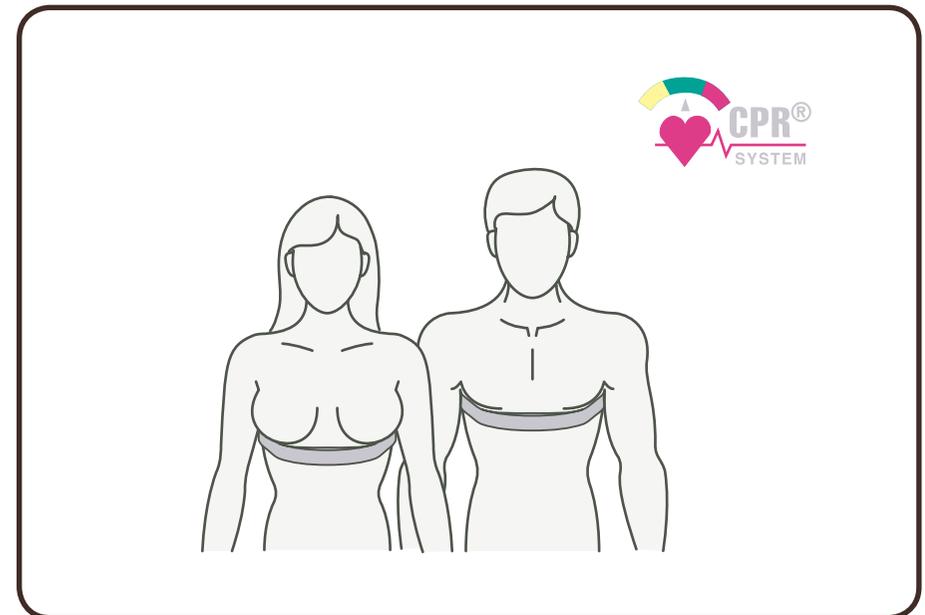
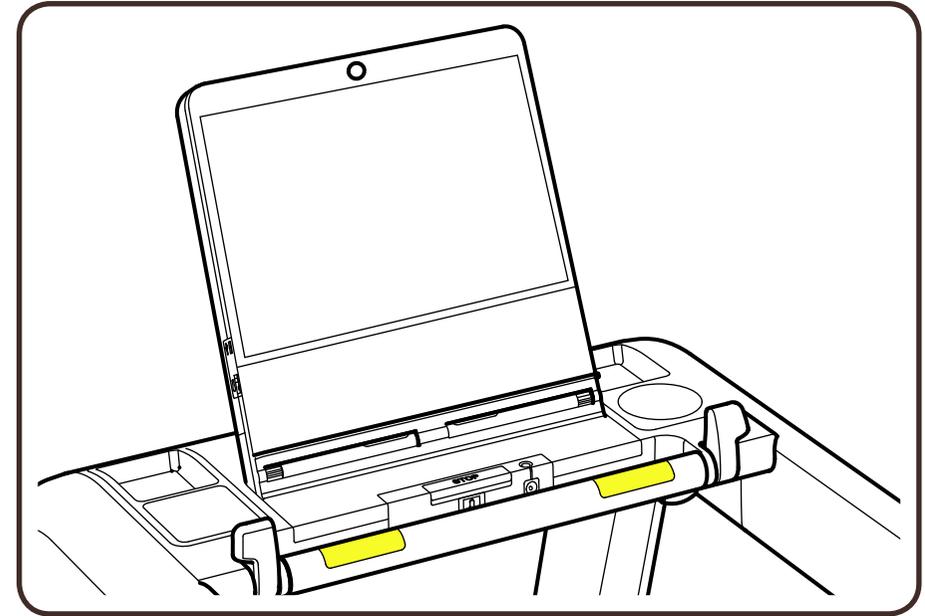
The equipment is able to measure heart rate trends, in two different ways:

- 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 within the range of the receiver: otherwise the receiver may receive different signals at the same time and give incorrect heart rate 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.

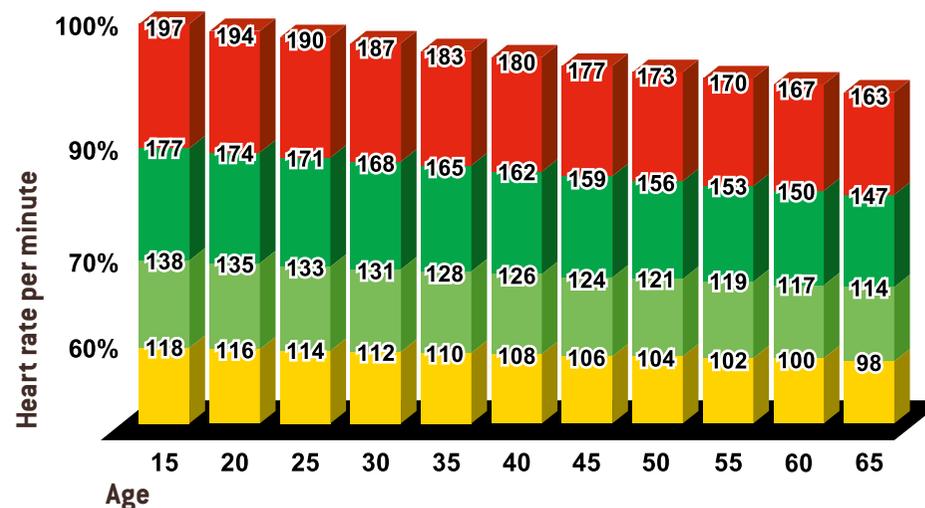
Theoretical maximum heart rate (100%) is calculated on the basis of age using the formula:  $\text{Max HR} = 207 - 0.7 \times \text{age}$  (R. L. Gelish et alii, Med Sci Sports Exerc., 2007 May, 39 (5): 281).

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**

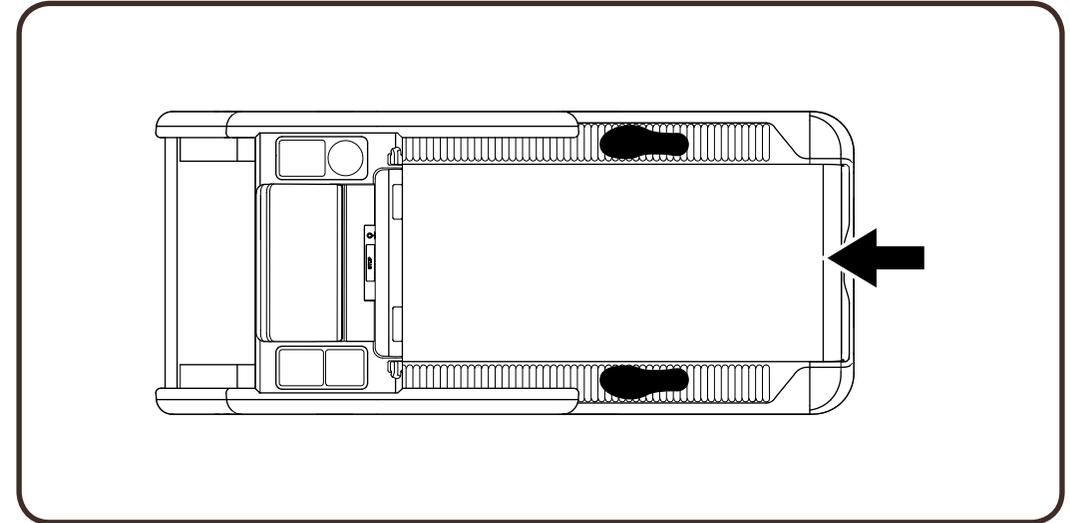
**During a workout it is very important that your heart rate never goes above 90% of your maximum rate (unless you are an athlete engaged in competitive sport).**

**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.**

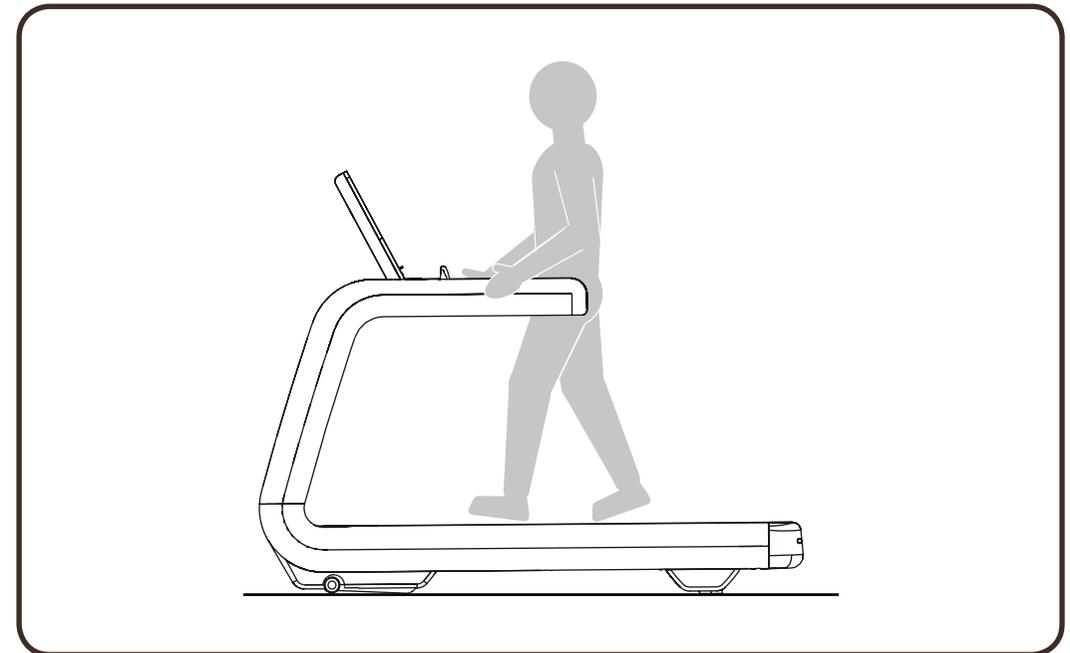
**You are advised not to use a chest band with heart rate monitor if you have a cardiac support device such as a pacemaker or similar.**

# Using the equipment

Step onto the running surface from the rear looking forwards 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 handgrips with both hands and start walking slowly.



The two **side handgrips** 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.



## Using the equipment

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



### **WARNINGS**

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

**Do NOT walk or run backwards.**

**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.**

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.

### **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 Artis\_en-AD  
OSM00829



**The Wellness Company**