



Technical  
information

900 and 700  
versions software

500 version  
software

700 IFI version  
software

500 IFI version  
software

# RUN



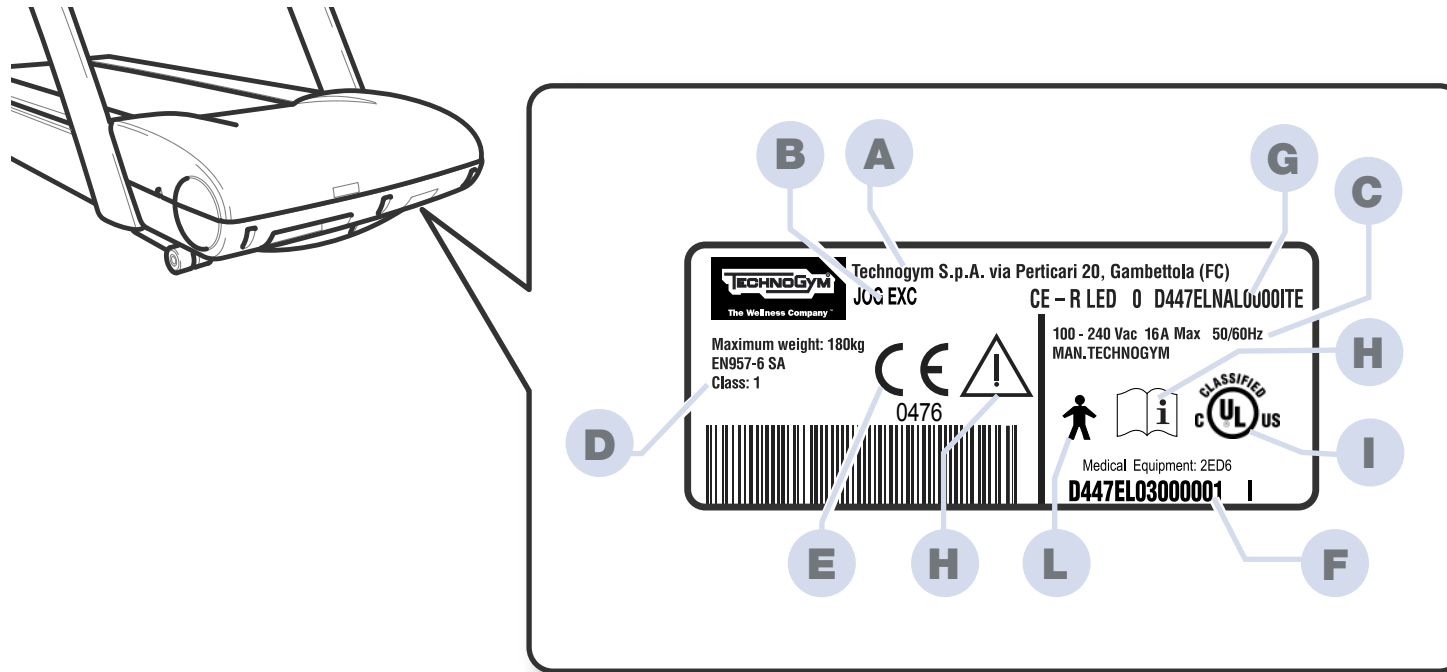
User manual

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# Manufacturer and equipment identification



- A** - Manufacturer's name and address
- B** - Description of product
- C** - Electrical specifications
- D** - Equipment classification
- E** - CE Mark

- F** - Serial number and date of manufacture
- G** - Product code
- L** - Tells you to consult the User manual
- I** - Certification mark for the USA and Canada
- L** - Part applied: type B

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.

## Manufacturer and equipment identification

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

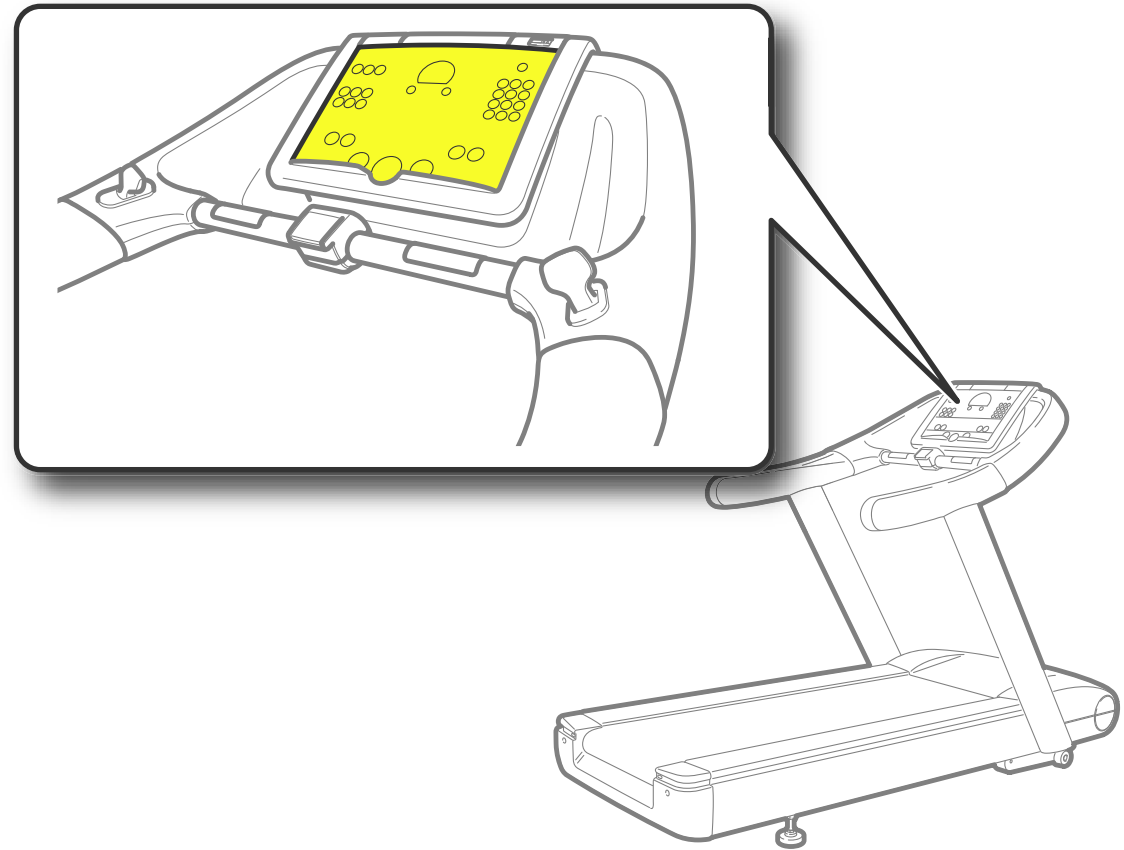
THE EQUIPMENT WITH MODEL CODE DA46U., DA48U., DA49U.. IS CLASSIFIED BY UNDERWITERS LABORATORIES INC. WITH RESPECT TO ELECTRIC SHOCK, FIRE AND MECHANICAL HAZARDS ONLY IN ACCORDANCE WITH UL60601-1/ CAN/CSA C22.2 NO 601-1 – 2ED6.

Equipment with model codes D446M., D448M., D449M., DA46M., DA48M., DA49M., DA46U., DA48U., DA49U.. are intended for medical use and have been designed and built for use in outpatient clinics, hospitals, clinics and sport centres, for muscular therapy and rehabilitation.

Equipment with model codes D446M., D448M., D449M., DA46M., DA48M., DA49M.. can be used by or close to 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
- [Treadmill](#)
- [Side handgrips](#)
- [Central handgrip](#)
- [Sensors](#)
- [Footrests](#)
- [Reading stand](#)
- [Tray](#)
- [TGS key reader](#)
- [Joystick](#)



**Control panel:** controls all available functions, from setting up workout programs to viewing messages and related workout information.

# Description of the equipment

[Control panel](#)

✓ Treadmill

[Side handgrips](#)

[Central handgrip](#)

[Sensors](#)

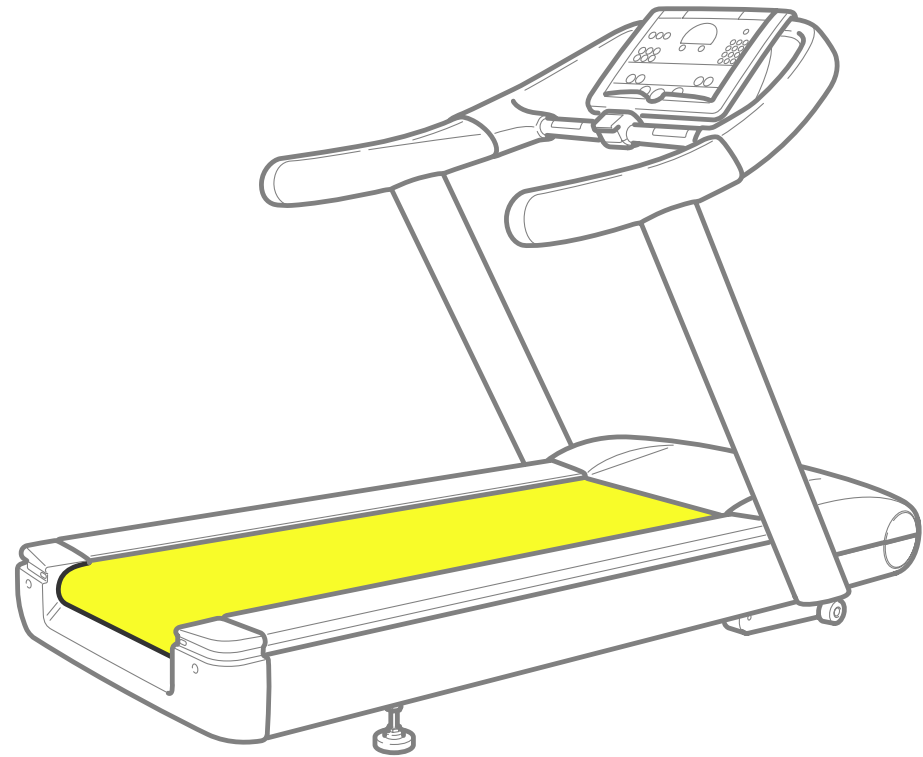
[Footrests](#)

[Reading stand](#)

[Tray](#)

[TGS key reader](#)

[Joystick](#)



**Treadmill:** made entirely of rubber, antistatic and vibration-dampened.

# Description of the equipment

[Control panel](#)

[Treadmill](#)

✓ Side handgrips

[Central handgrip](#)

[Sensors](#)

[Footrests](#)

[Reading stand](#)

[Tray](#)

[TGS key reader](#)

[Joystick](#)



**Side handgrips:** can be held when walking with large strides.

# Description of the equipment

[Control panel](#)

[Treadmill](#)

[Side handgrips](#)

✓ [Central handgrip](#)

[Sensors](#)

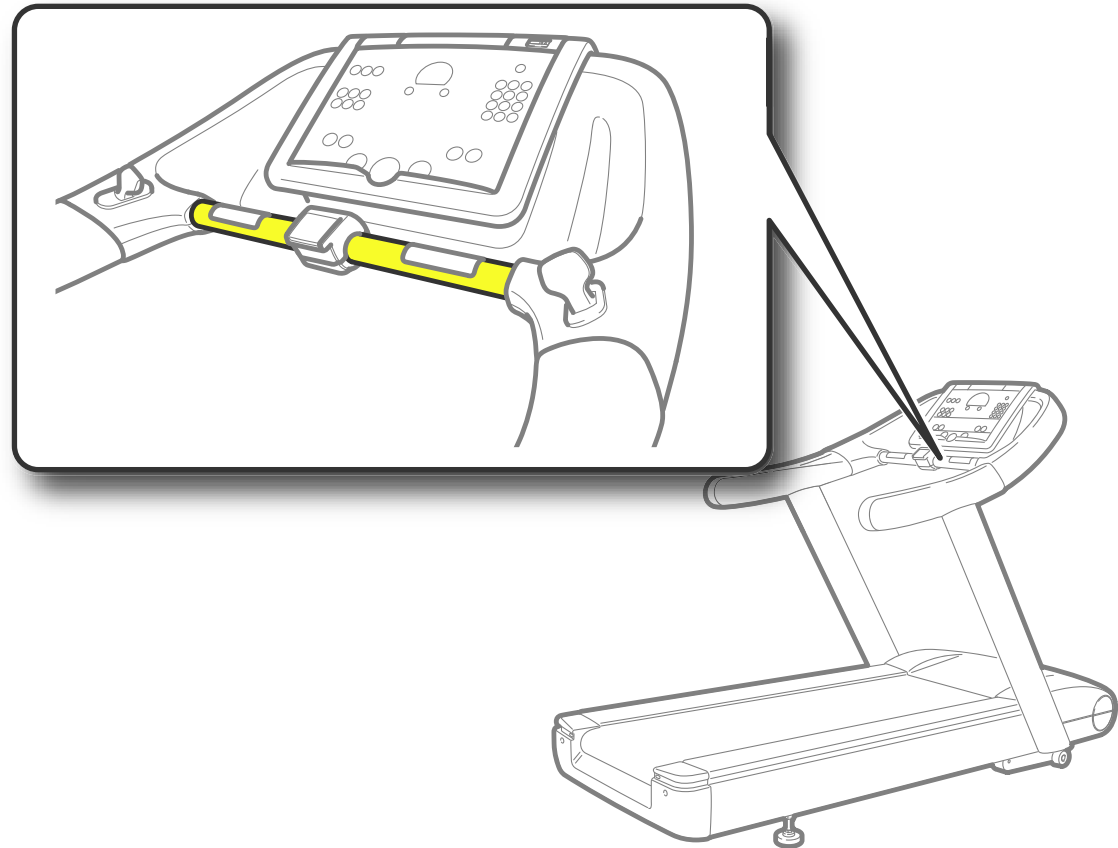
[Footrests](#)

[Reading stand](#)

[Tray](#)

[TGS key reader](#)

[Joystick](#)



**Central handgrip:** can be held when walking with small strides. It has **sensors** for monitoring the heart rate (hand sensor).



# Description of the equipment

[Control panel](#)

[Treadmill](#)

[Side handgrips](#)

[Central handgrip](#)

✓ [Sensors](#)

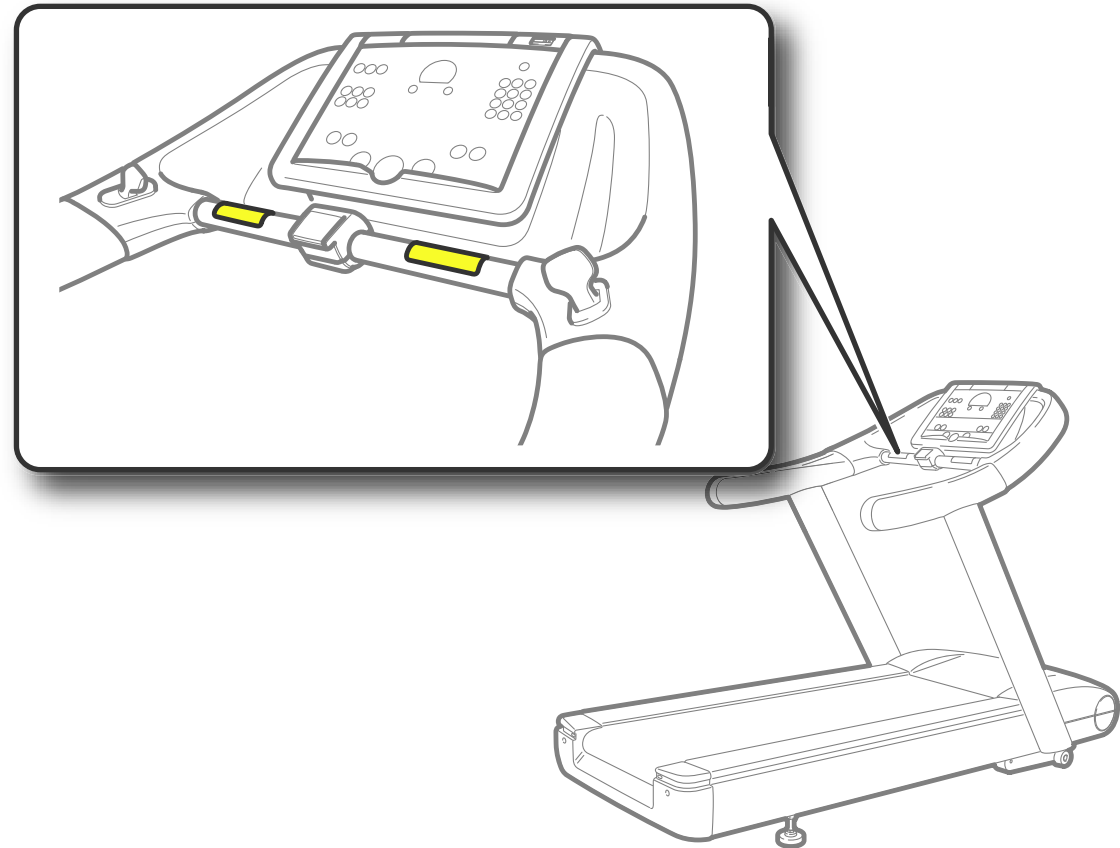
[Footrests](#)

[Reading stand](#)

[Tray](#)

[TGS key reader](#)

[Joystick](#)



**Central handgrip:** can be held when walking with small strides. It has **sensors** for monitoring the heart rate (hand sensor).

# Description of the equipment

[Control panel](#)

[Treadmill](#)

[Side handgrips](#)

[Central handgrip](#)

[Sensors](#)

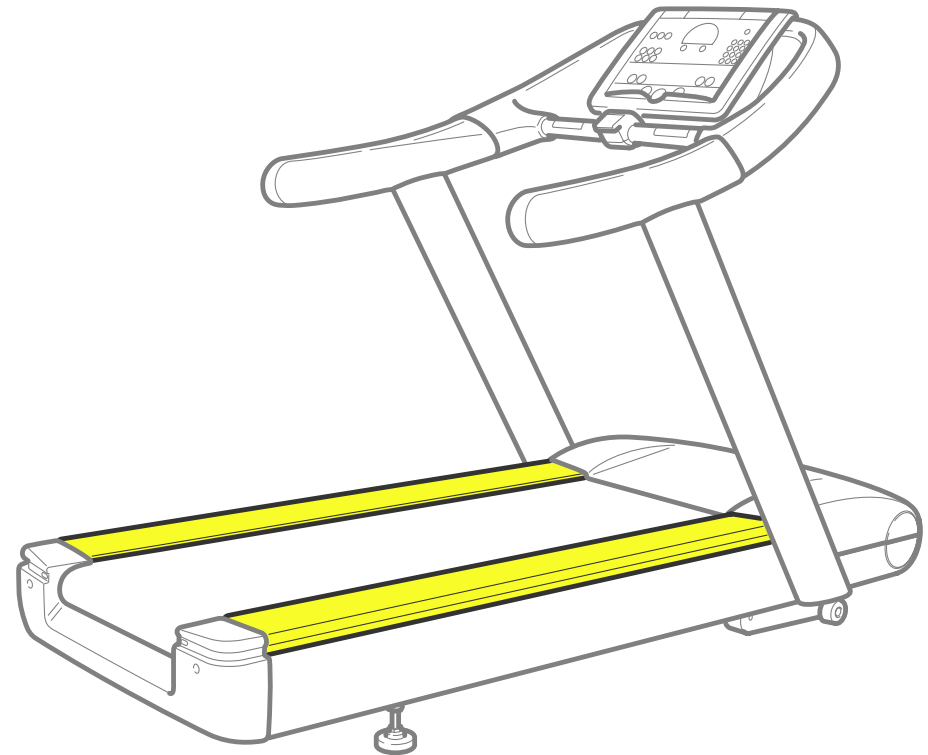
✓ [Footrests](#)

[Reading stand](#)

[Tray](#)

[TGS key reader](#)

[Joystick](#)



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

# Description of the equipment

[Control panel](#)

[Treadmill](#)

[Side handgrips](#)

[Central handgrip](#)

[Sensors](#)

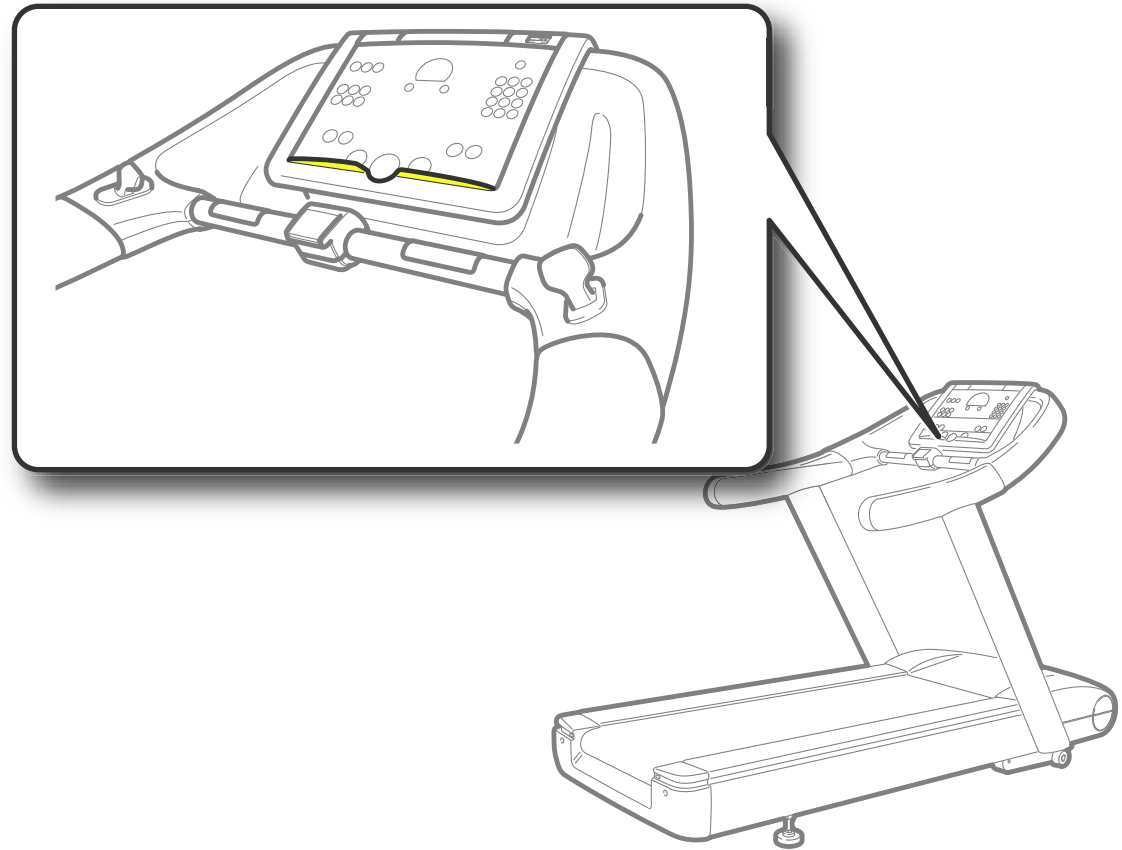
[Footrests](#)

✓ [Reading stand](#)

[Tray](#)

[TGS key reader](#)

[Joystick](#)



**Reading stand:** for standing magazines or books on.

# Description of the equipment

[Control panel](#)

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[Sensors](#)

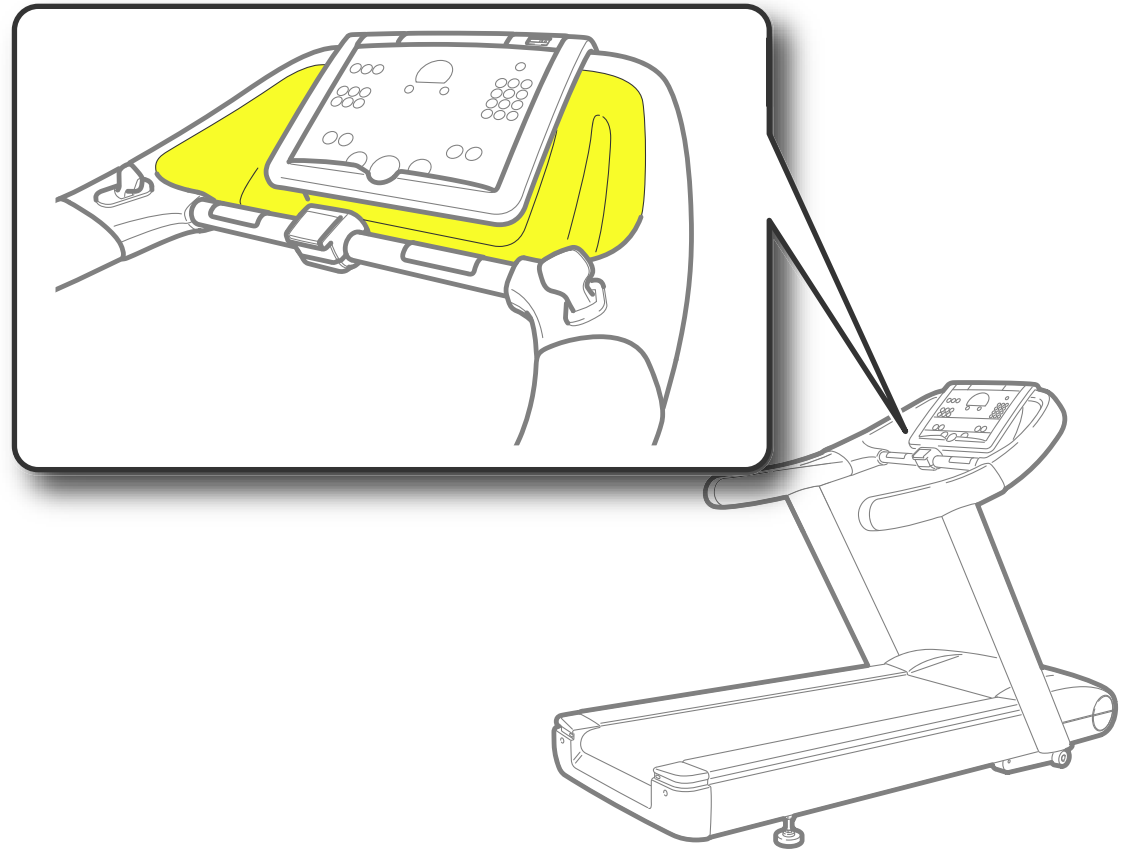
[Footrests](#)

[Reading stand](#)

✓ Tray

[TGS key reader](#)

[Joystick](#)



**Tray:** for standing the water bottle or other useful items on during the workout.

# Description of the equipment

[Control panel](#)

[Treadmill](#)

[Side handgrips](#)

[Central handgrip](#)

[Sensors](#)

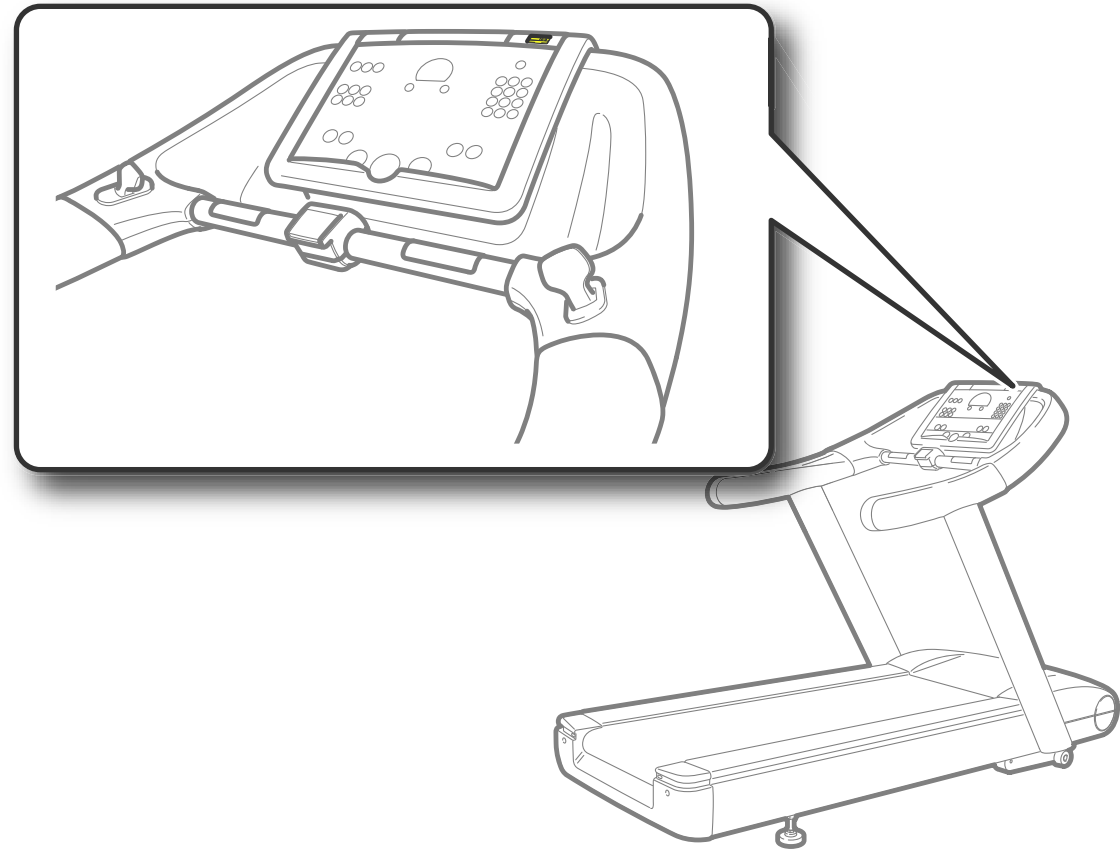
[Footrests](#)

[Reading stand](#)

[Tray](#)

✓ TGS key reader

[Joystick](#)



**TGS key reader:** for the TGS key (optional).

# Description of the equipment

[Control panel](#)

[Treadmill](#)

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[Central handgrip](#)

[Sensors](#)

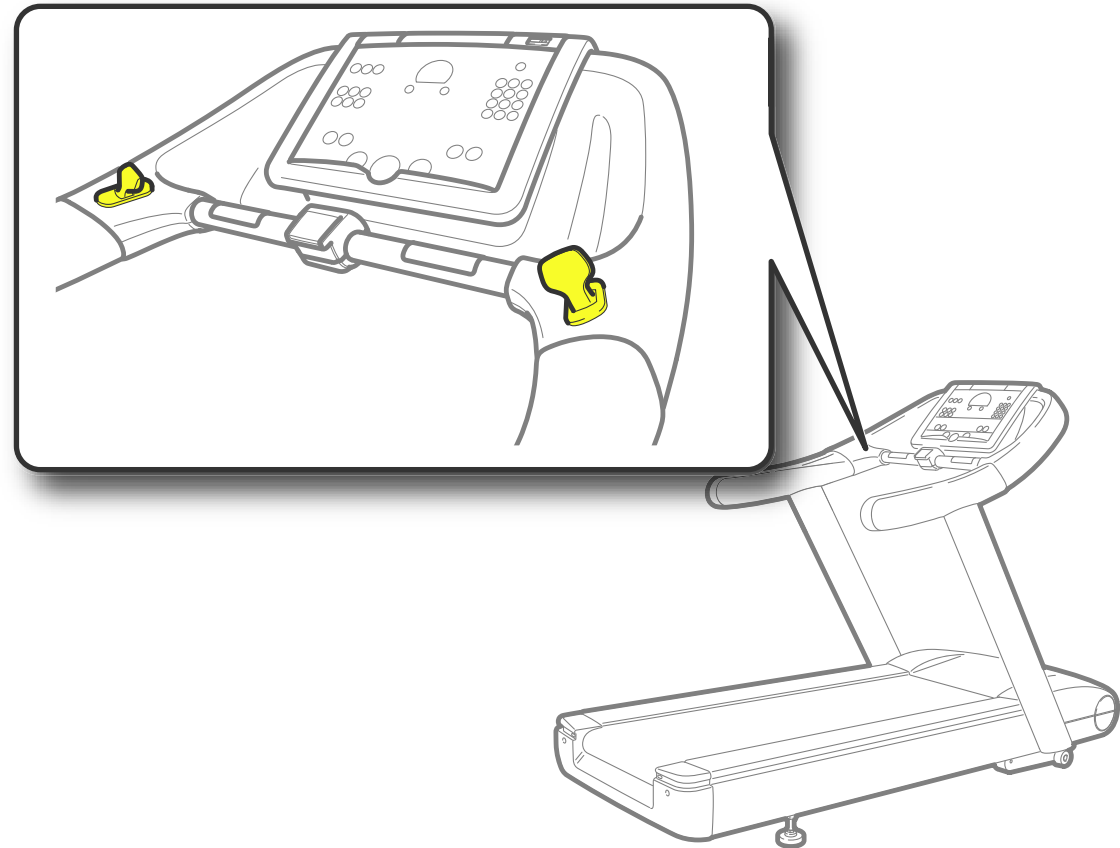
[Footrests](#)

[Reading stand](#)

[Tray](#)

[TGS key reader](#)

✓ Joystick

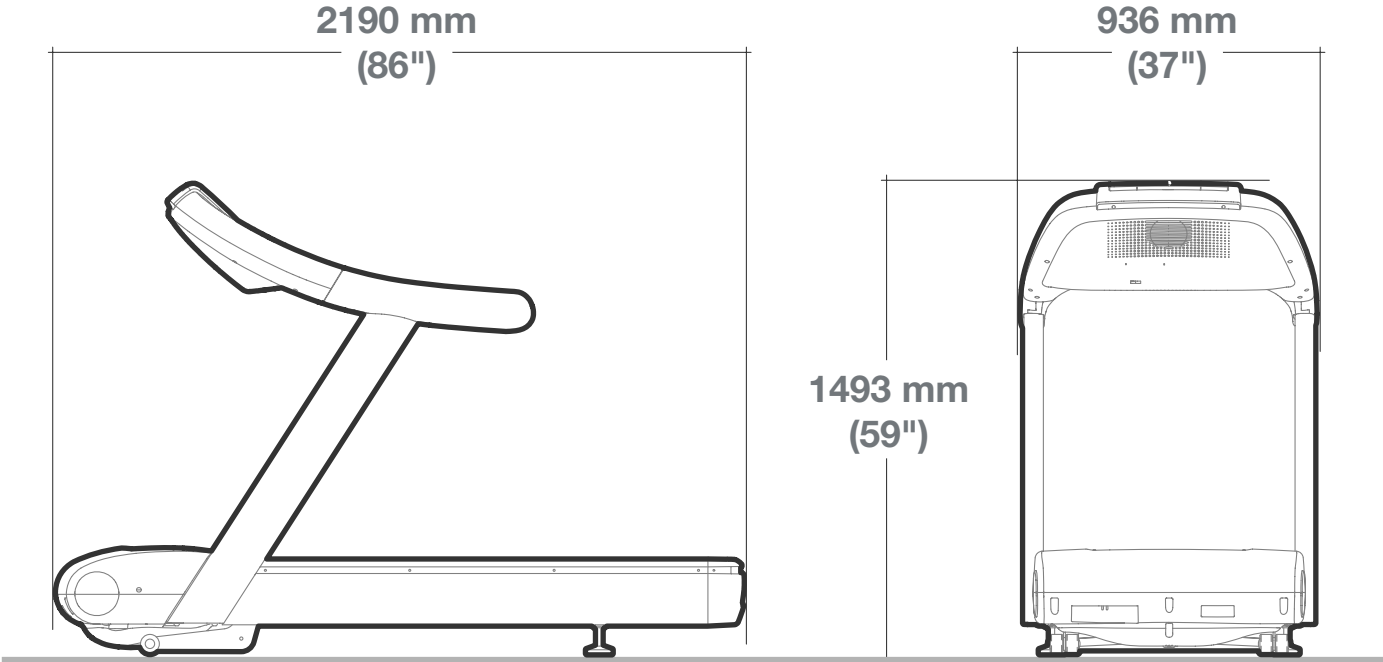


**Joystick:** for changing the treadmill speed and gradient during the exercise. In 900 and 700 versions.

# Technical data

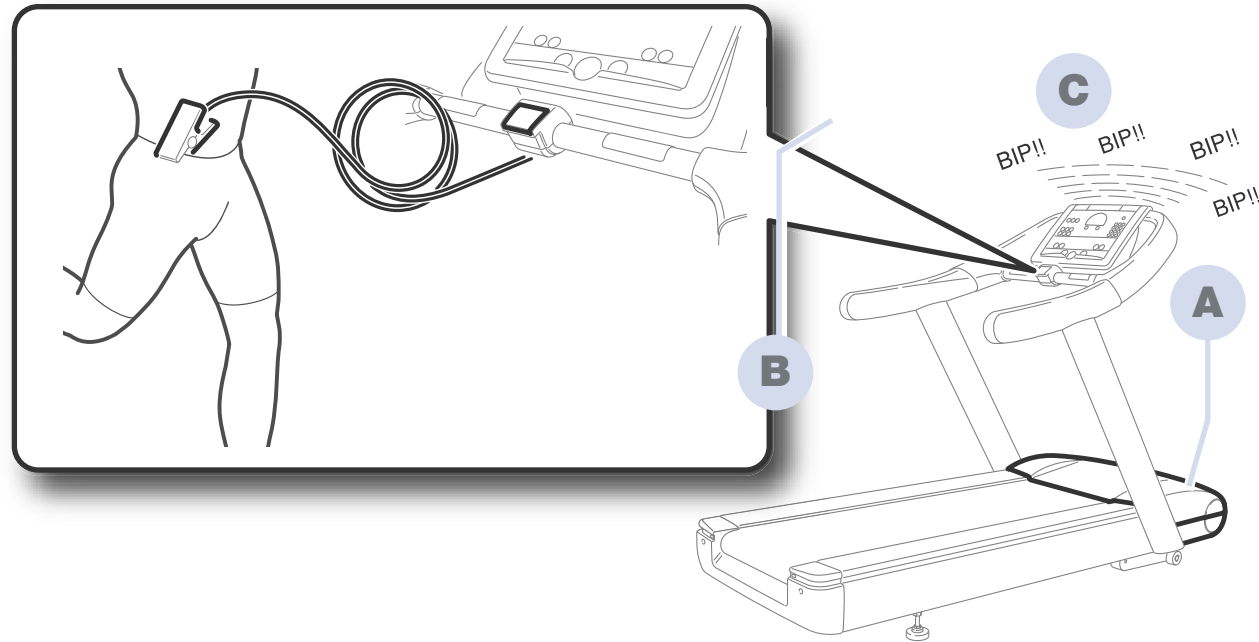
Run version 200÷240V (Europe)			
Model code	D446M..., DA46M..., DA46E...	D448M..., DA48M..., DA48E...	D449M..., DA49M..., DA49E...
Power supply	200÷240 Vac 50/60 Hz		
Power input	1800 VA	2200 VA	2500 VA
Motor peak power	4400 W (6Hp)		
Weight of equipment	194 kg (428 lb)		
Maximum user weight	220 kg (485 lb)		
Speed	0.8÷20 km/h	0.8÷23 km/h	0.8÷25 km/h
Gradient	0÷15%		0÷18%
Noise level	Less than 80 dB		
Protection grade	IP 20		
Operating temperature	from +5°C to +35°C		
Maximum capacity of water bottle-holder	2 kg		
Electric isolation class	Class I		
Marks and certificates	CE		

Run version 100÷240V (UL)			
Model code	DA46U...	DA48U...	DA49U...
Power supply	100÷240 Vac 50/60 Hz		
Power input	1800 VA		
Motor peak power	4400 W (6Hp)		
Weight of equipment	194 kg (428 lb)		
Maximum user weight	220 kg (485 lb)		
Speed 100 Vac power supply	0.8÷16 km/h (0.5÷10 mph)		
Speed 120 Vac power supply	0.8÷18 km/h (0.5÷11.2 mph)	0.8÷19.2 km/h (0.5÷12 mph)	0.8÷19.2 km/h (0.5÷12 mph)
Speed 200÷240 Vac power supply	0.8÷20 km/h (0.5÷12.4 mph)	0.8÷23 km/h (0.5÷14.4 mph)	0.8÷25 km/h (0.5÷15.5 mph)
Gradient	0÷15%		0÷18%
Noise level	Less than 80 dB		
Protection grade	IP 20		
Operating temperature	from +5°C (+41°F) to +30°C (+86°F)		
Maximum capacity of water bottle-holder	2 kg (4 lb)		
Electric isolation class	Class I		
Part applied	Type B		
Part applied of the monitor transmitter	Type BF		
Marks and certificates	UL		



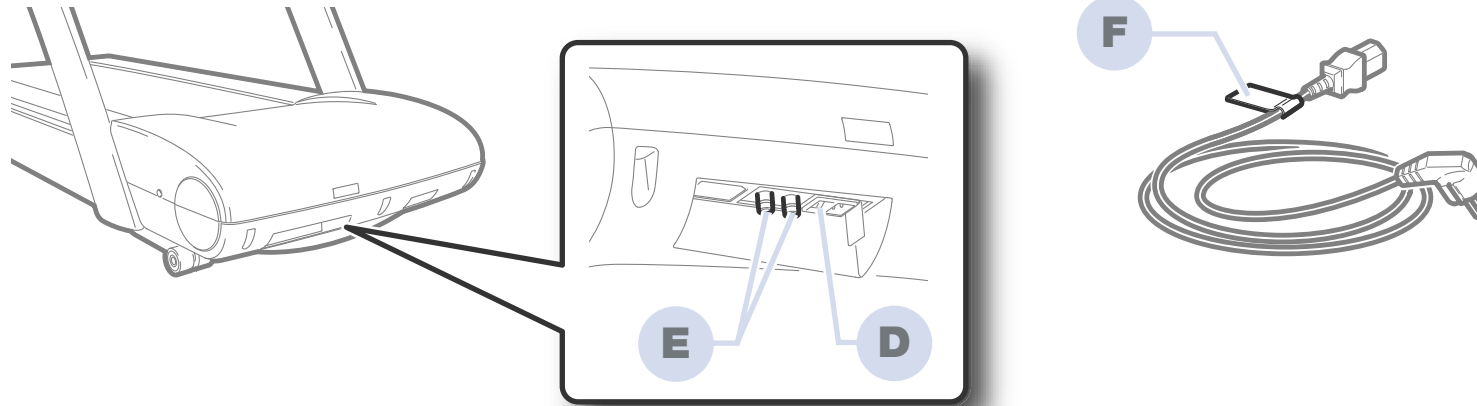


# Safety devices and notices



- A Fixed guard:** guards against access to the inside of the equipment.
- B Emergency button:** stops the equipment immediately in the event of an emergency. If a dangerous situation arises, this button can stop the equipment without having to use the normal controls. On the pushbutton there is a cord with a peg to clip on to the user's clothing. In this case, the user trips the emergency button if he/she either goes too far from the control panel or pulls the cord.
- C Beep:** warns the user when the equipment is switched on, when the exercise starts or if the heart rate is high.

- D Main switch:** turns the equipment's power on and off.
- E Circuit breaker:** protects the electrical components of the equipment. When power surges, the protection device opens, thus preventing damage to the electronics inside.



### WARNING

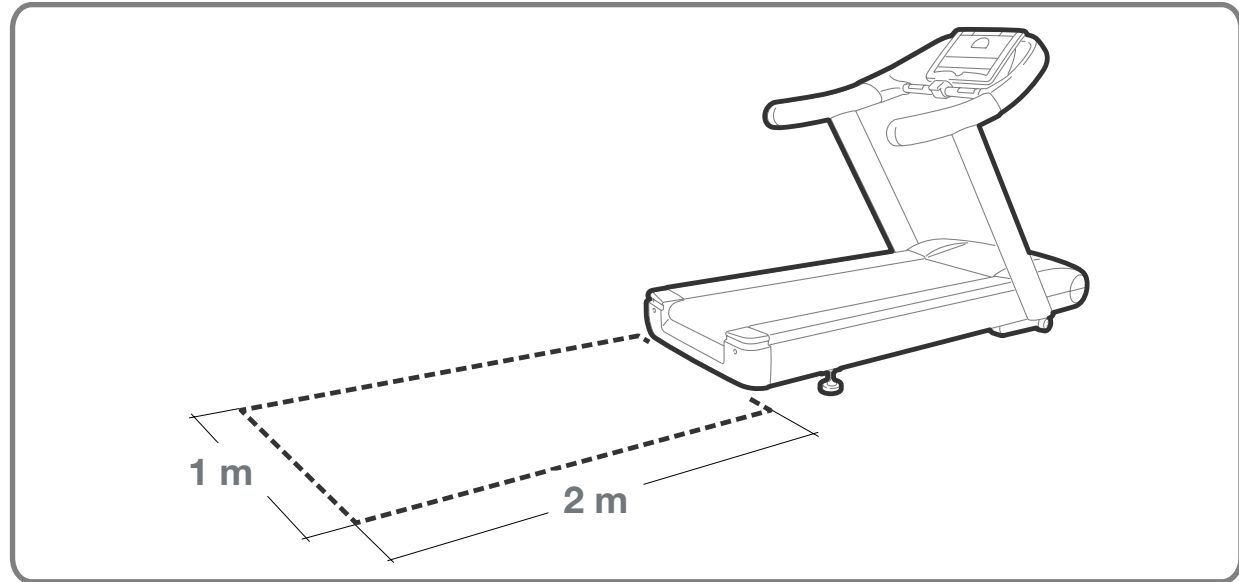
Please read the adhesive labels on the equipment, which provide information about possible risks and hazards.

- F** The label which can be affixed to the power supply cable states the electrical specifications for the cable.

# Place of installation

To ensure that exercising with Run 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.

Equipment not suitable for use in the presence of anaesthetic mixtures inflammable in air, oxygen or nitrous oxide.

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.

# Unpacking

Depending on the country of destination, Run can either come partially assembled in a cardboard pack attached to a pallet, or fully assembled, wrapped in a transparent plastic sheet and attached to a pallet.

The packed material can be **lifted and carried** with normal lifting equipment. The instructions are printed directly on the pack.

As stated in the instructions on the pack, **to unpack** equipment delivered in a cardboard pack, remove the clips that attach the external pack, lift the cover and finally remove the plastic parts that keep the cardboard pack together.

Check the pack visually to make sure it is in a good, complete state.

The *Assembly instructions* are enclosed with this guide.



## WARNING

Observe the legally stated urban waste disposal procedures when disposing of the packaging material.

# 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 to 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.

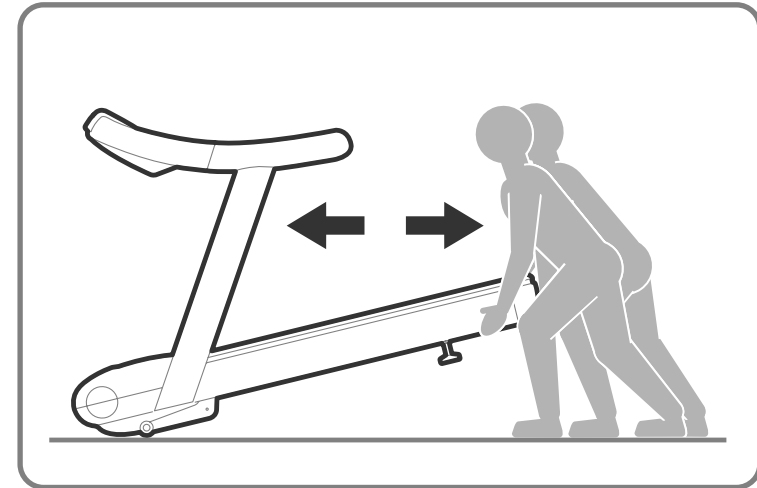
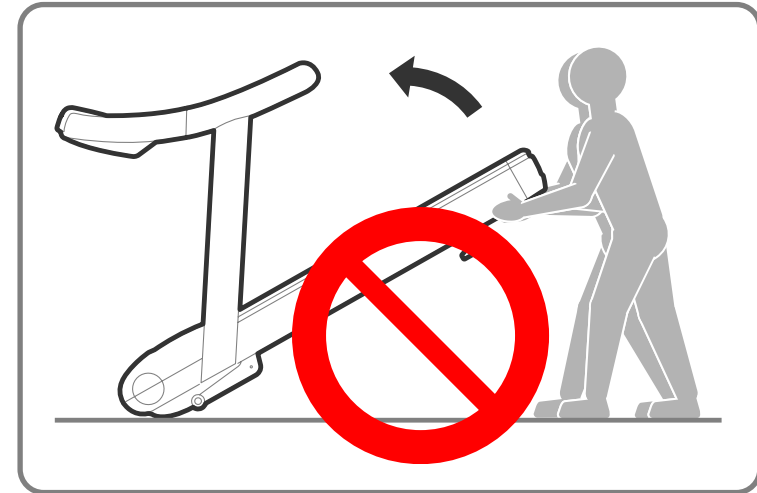
If wheels cannot be used on the floor, move the equipment with normal lifting and transport methods.



## DANGER

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

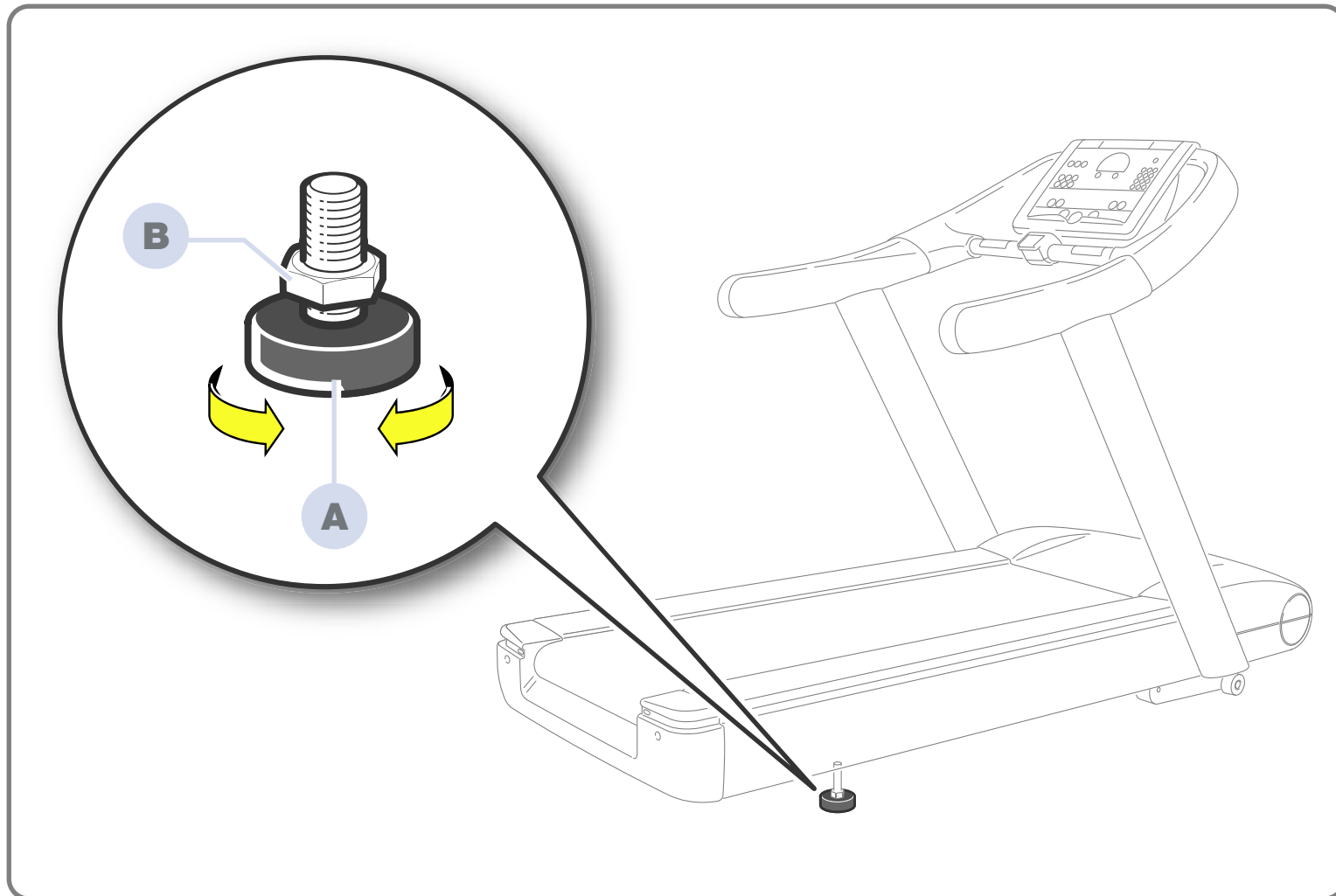
Move the equipment with great care to avoid it tipping over.



# Levelling

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

- 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.

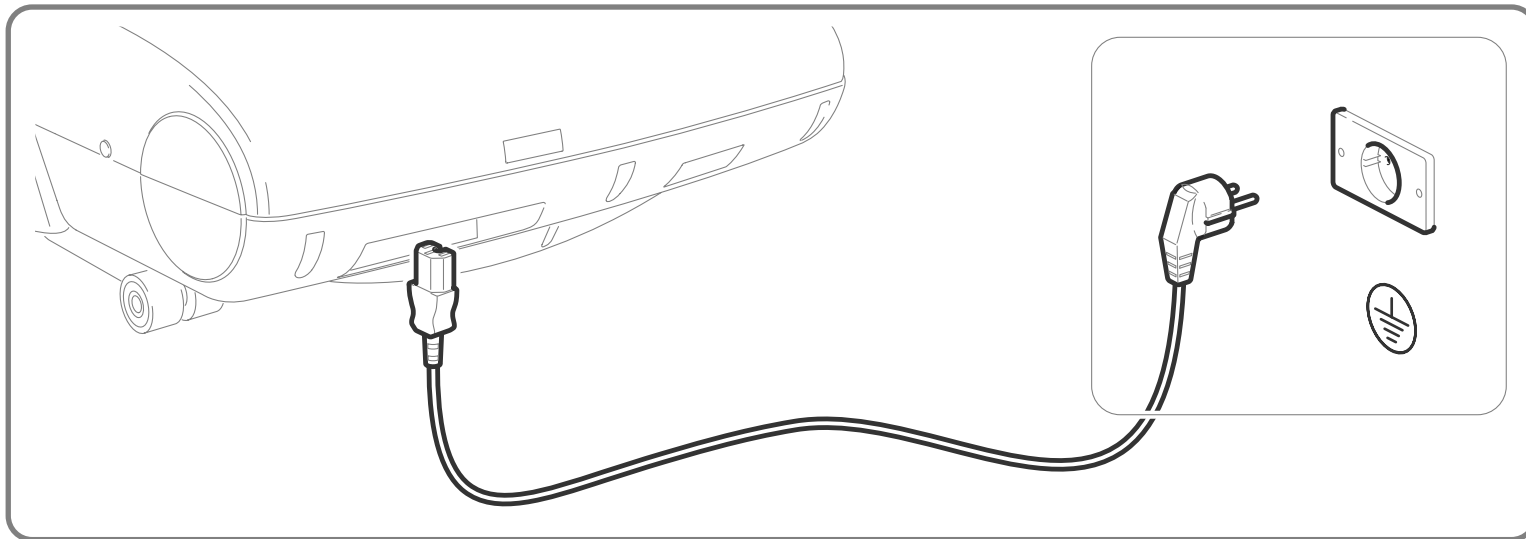


## DANGER

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).

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



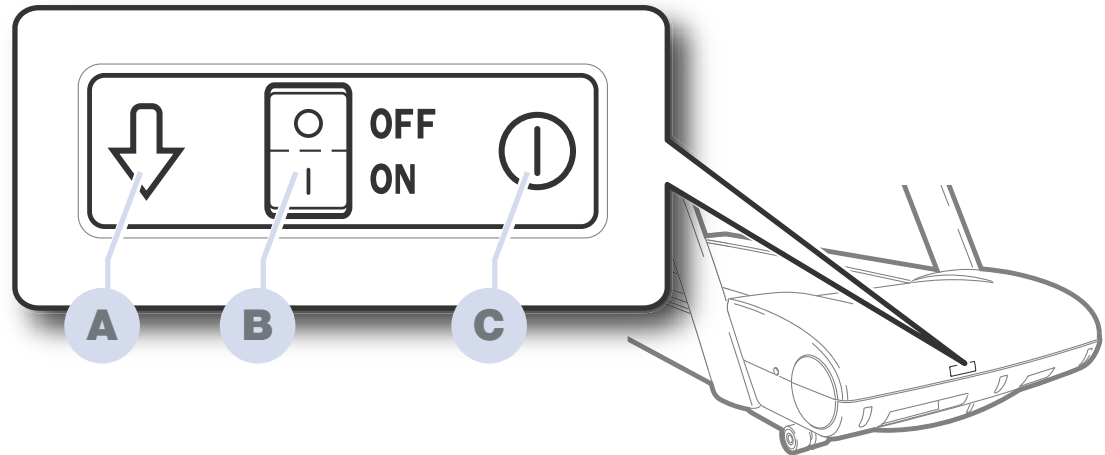
## WARNING

Check the state of the power supply cable periodically.

## 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 0) positions are. The ON (I) / OFF (0) 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).



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.



### **DANGER**

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.



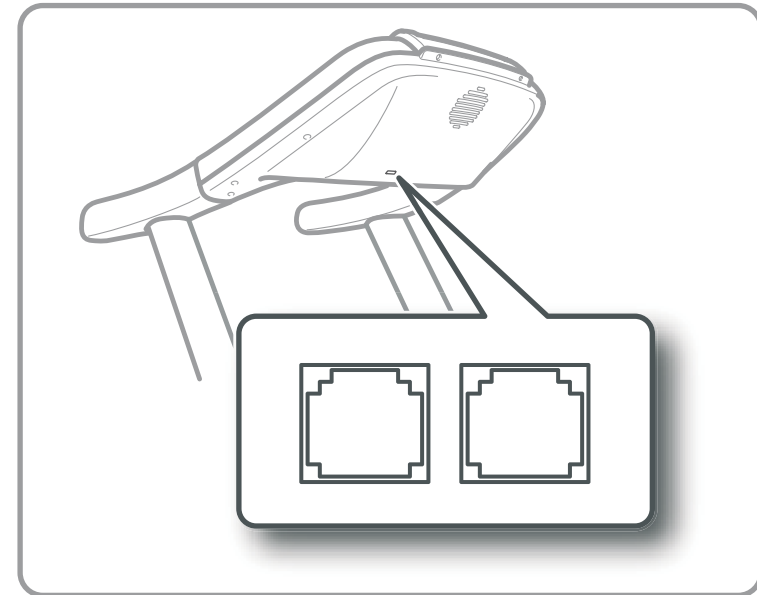
# Connection to another device

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.



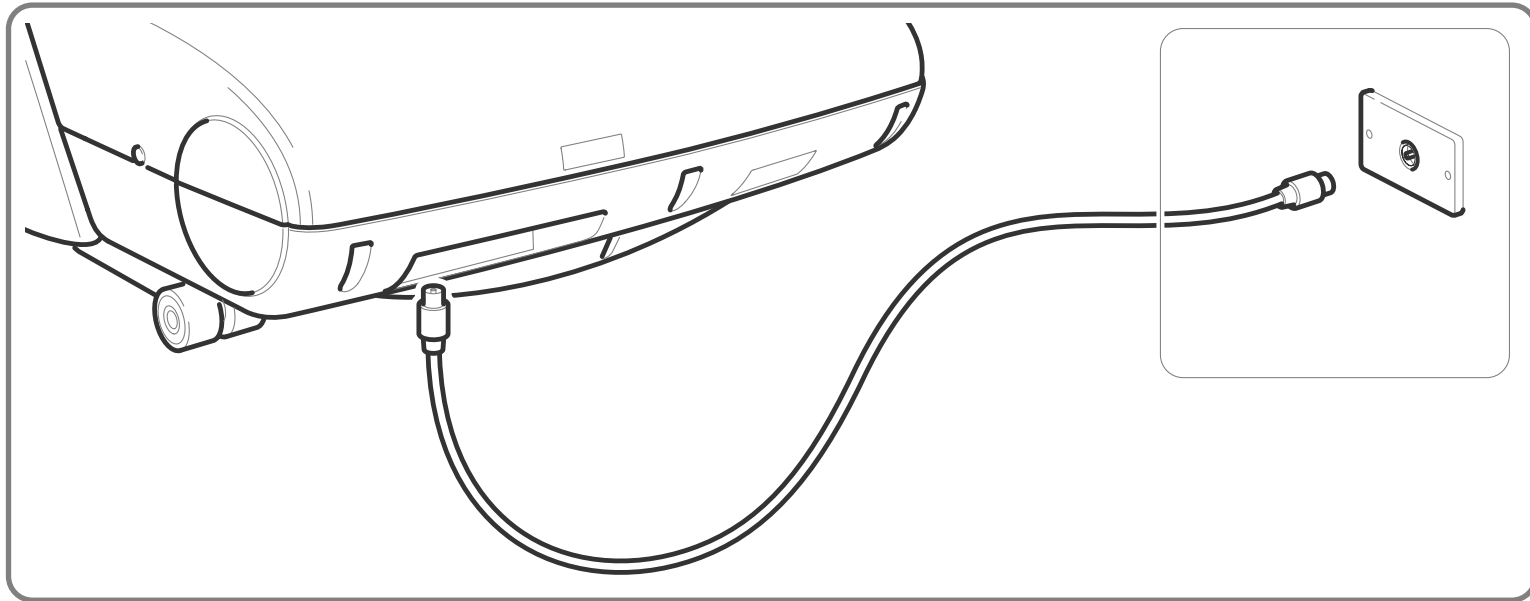
Equipment with codes D446M.., D448M.., D449M.., DA46M.., DA48M.., DA49M.., DA46U.., DA48U.., DA49U.. can be connected to devices conforming to the CSAFE protocol only for setting and maintenance functions. Additional devices connected to the digital interface must conform to the respective IEC standards (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.

## Connection to another device

If the equipment has the 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.

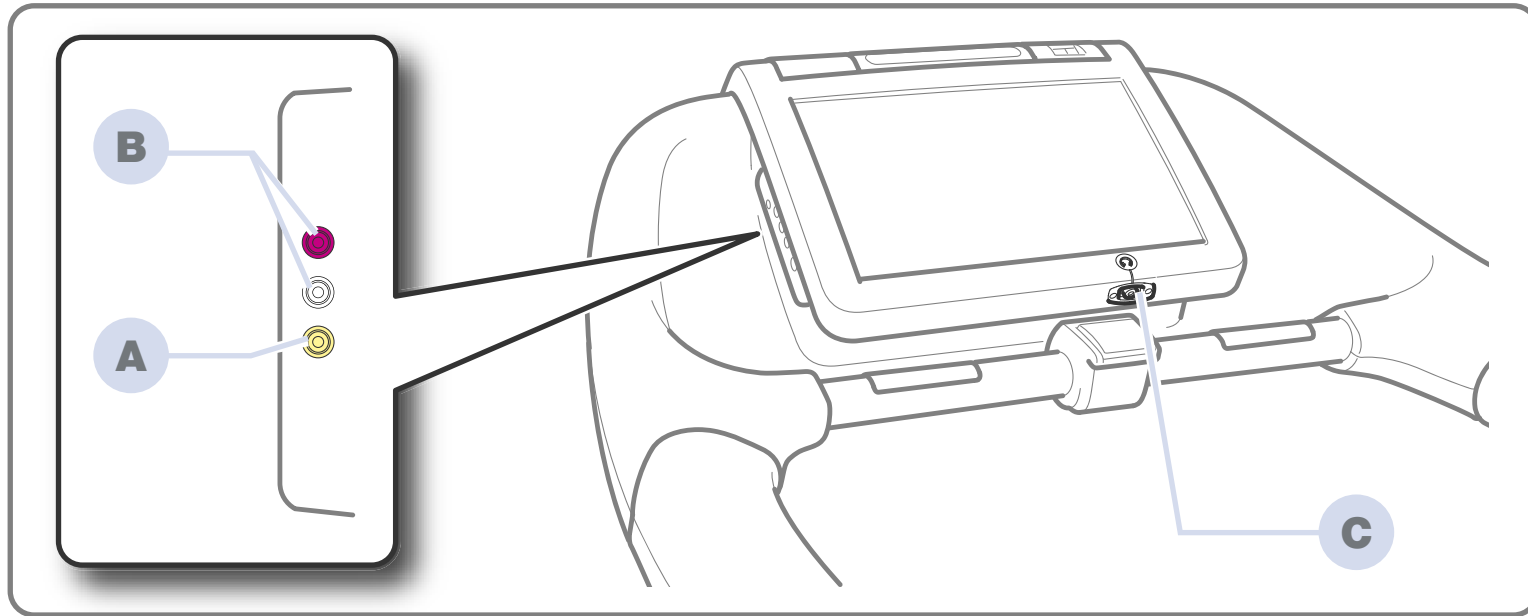
The wall socket of the aerial cable must be positioned so that the plug can be easily inserted and removed.

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



## Connection to another device

Each TV can be connected to many compatible audio/video equipment (e.g. DVD, Playstation, VCR and earphones):



**A** RCA video input (yellow connector)

**B** RCA audio inputs (red connector for the right input and white connector for the left input)

**C** earphones jack.



### **WARNING**

Never connect more than one equipment in input at the same time.

# 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 **OFF (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**:

- with the equipment turned off, 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.



## WARNING

**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 Support Service.



### DANGER

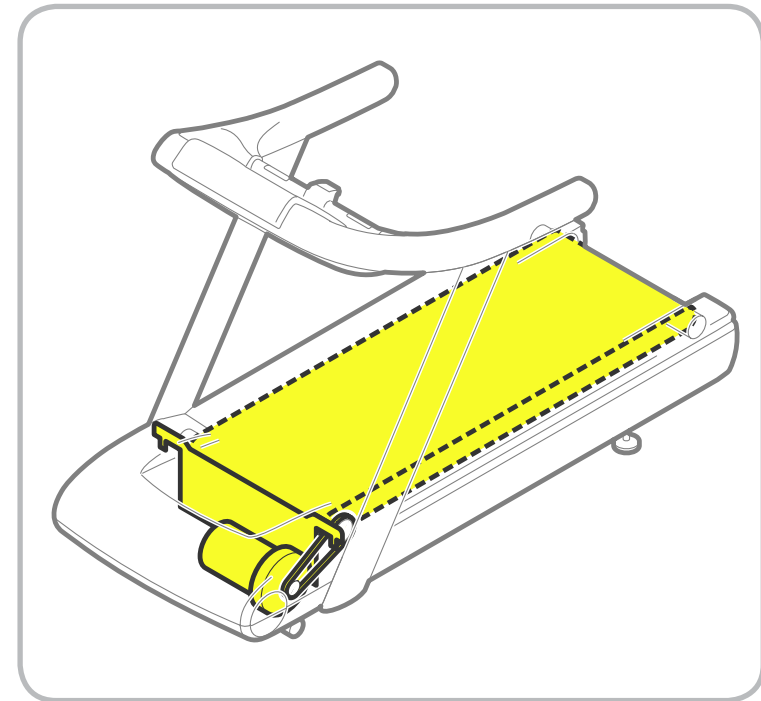
The routine maintenance, adjustment and lubrication jobs must be performed by the Technogym Technical Support Service.

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:

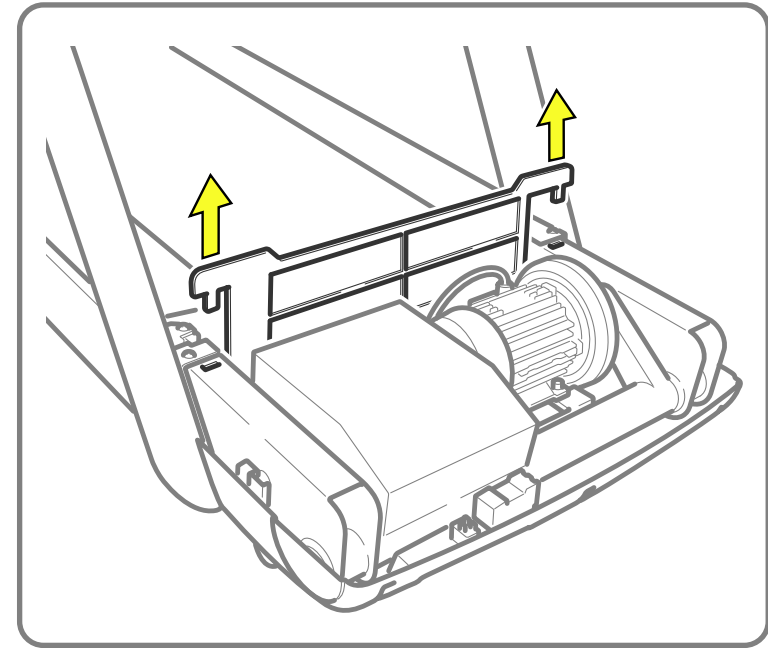
- check the state of wear of the **treadmill**;
- clean the **motor compartment** and the **dust panel**.

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



### 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.



# 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.

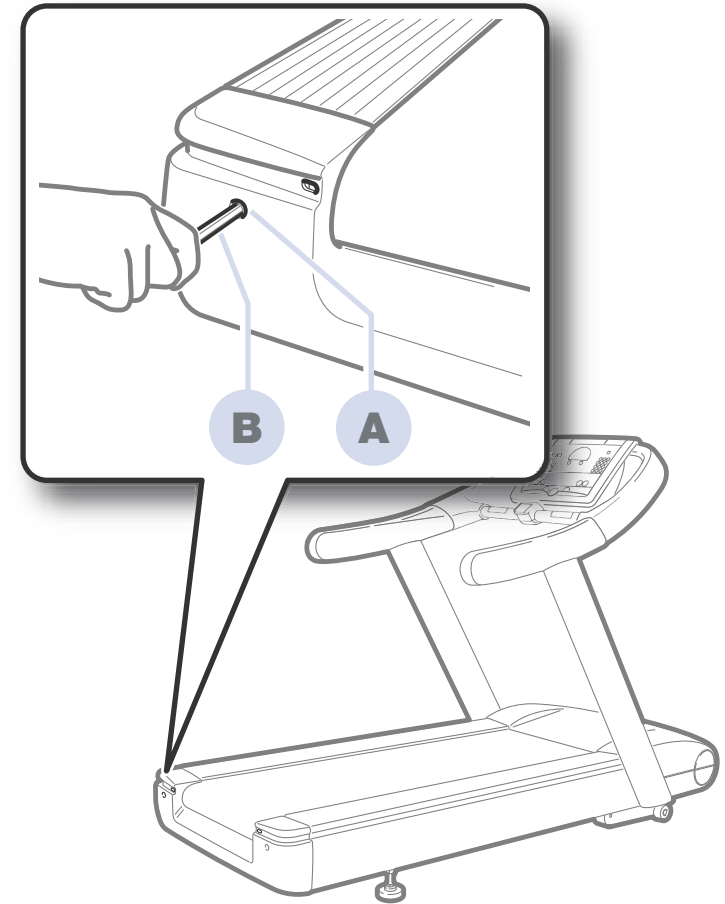
The alignment is done with the equipment running.

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.



# 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.

<b>Problem</b>	<b>Cause</b> Remedy
<b>Equipment doesn't switch on</b>	<b>Mains power failure.</b> Check the power supply at the wall socket used by the equipment by plugging in an appliance that definitely works.
	<b>The Circuit breaker is open.</b> Check that the two keys next to the switch are closed, by pressing them fully down.
	<b>Power supply cable damaged</b> Contact the Technogym Technical Support Service.
	<b>The control panel connector has been accidentally disconnected.</b> Contact the Technogym Technical Support Service.
<b>Too noisy</b>	<b>Equipment not properly levelled.</b> Check the position and level with the rear adjustment foot.
	<b>Damaged bearings.</b> Contact the Technogym Technical Support Service.
	<b>Worn belt.</b> Contact the Technogym Technical Support Service.
<b>Irregular noise from motor area</b>	<b>Treadmill not centrally aligned.</b> Align the treadmill as described in <i>Aligning the treadmill</i> section.



Problem	Cause Remedy
<b>Problems in monitoring heart rate with the chest band</b>	<p><b>Other transmitters situated nearby.</b> Move the equipment far enough away to stop signal interference (minimum distance between two units 80 cm), or use the hand sensor.</p> <p><b>Strong interference sources nearby.</b> Find the interference source (e.g. an electrical domestic appliance) and move it away, or move the equipment.</p> <p><b>Worn heart rate monitor chest band.</b> Change the chest band.</p> <p><b>Chest band transmitter not making proper skin contact.</b> Dampen the inside of the chest band with water.</p> <p><b>Control panel not working properly.</b> Contact the Technogym Technical Support Service.</p> <p><b>Damaged transmitter.</b> Change the chest band.</p>
<b>Data incorrect or unreliable with equipment running</b>	<p><b>Blocked key on keypad.</b> If the problem persists, contact the Technogym Technical Support Service.</p> <p><b>Equipment next to source of radio interference (e.g. electrical domestic appliances).</b> Move the equipment to another place or move the domestic appliances.</p> <p><b>An internal connector has become accidentally disconnected.</b> Contact the Technogym Technical Support Service.</p> <p><b>Internal contact in control panel.</b> Contact the Technogym Technical Support Service.</p>

# 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.

## **Technogym Technical Support Service**

**via G. Peticari, 20**

**47035 Gambettola (Forlì) ITALY**

**tel: 0547 650650**

**fax: 0547 650150**

**email: [service@technogym.com](mailto:service@technogym.com)**

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  $-10^{\circ}\text{C}$  and  $70^{\circ}\text{C}$  and relative humidity between 20% and 90%.

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

## Disposing of the equipment

Always make sure that the equipment cannot become a hazard in any way, and do not leave it in places where children play. As a precaution, when the equipment is unused for a long time or when you want to dispose of it, unplug it from the mains.

Disposing of the equipment on open ground, in public areas, or in private areas used by the public is prohibited.

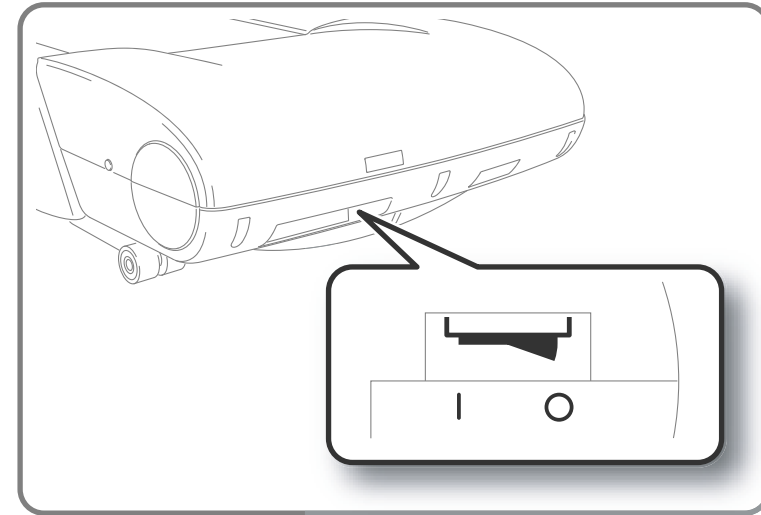
The equipment is made from recyclable materials such as steel, aluminium and plastic, which must be disposed of in the manner prescribed by the urban refuse collection regulations in force, by specialist environmental firms.

# Switching on and off

To turn the equipment on, switch the switch to the “**ON**” position (**I**). The ON (I) / OFF (O) positions may vary according to the equipment version. The correct positions are given on the label on the equipment.

When switched on, a beep sounds and all the control panel LEDs light up.

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



## choose training

The message does not appear if the keys are disabled (see the *Configuration Menu* section in the software part) so that exercises can be started only with the TGS key

## insert the TGS key

The message does not appear if the TGS key reader is not installed or if the use of the TGS key is disabled (see the *Configuration Menu* section in the software part) so that exercises can be started only with the control panel keys.

In this mode, the following functions are enabled:

- calculation of heart rate, if measured;
- reading of access codes for configuration menu (see the *Configuration Menu* section in the software part);
- change of gradient.

## Switching on and off

To turn the equipment off, switch the main switch to the “**OFF**” position (**0**). The ON (I) / OFF (0) positions may vary according to the equipment version. The correct positions are given on the label on the equipment.

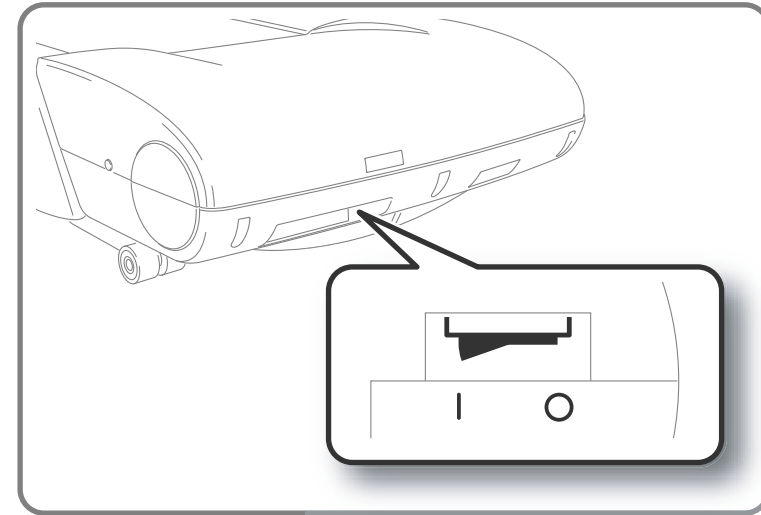
The equipment must be switched off only at the end of the exercise, when in standby.

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

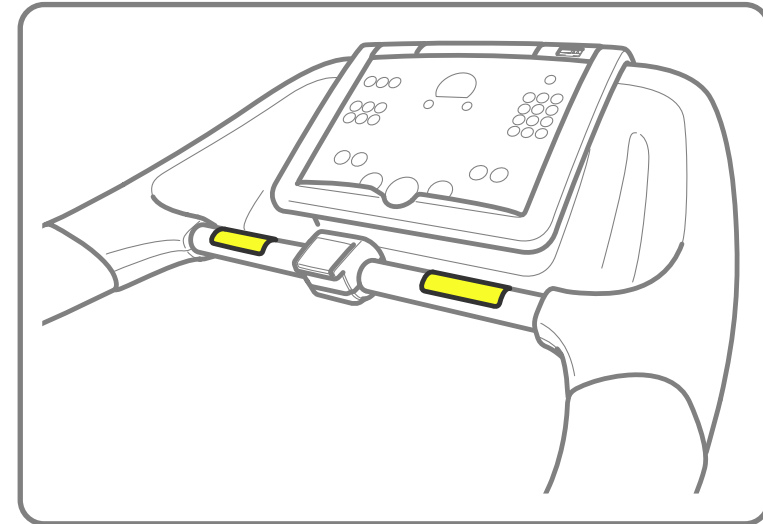
The switch is for turning the equipment on and off but does not isolate it completely from the mains voltage, even in the “**OFF**” (0) position. For complete isolation you must unplug the power supply plug.



# Monitoring the heart rate

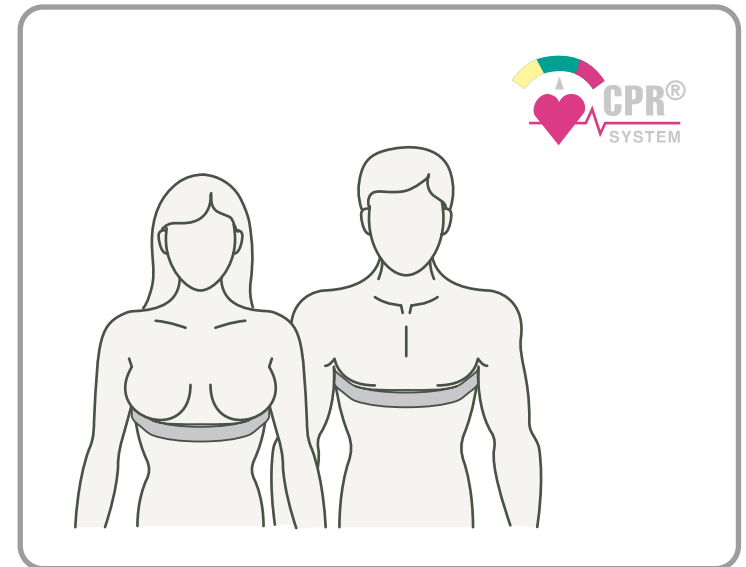
The equipment is able to measure heart rate trends, in two different ways:

- 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 T31).

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 readings. If there are several equipment units with heart rate receivers in the same area, the recommended minimum distance between them is 80 cm.

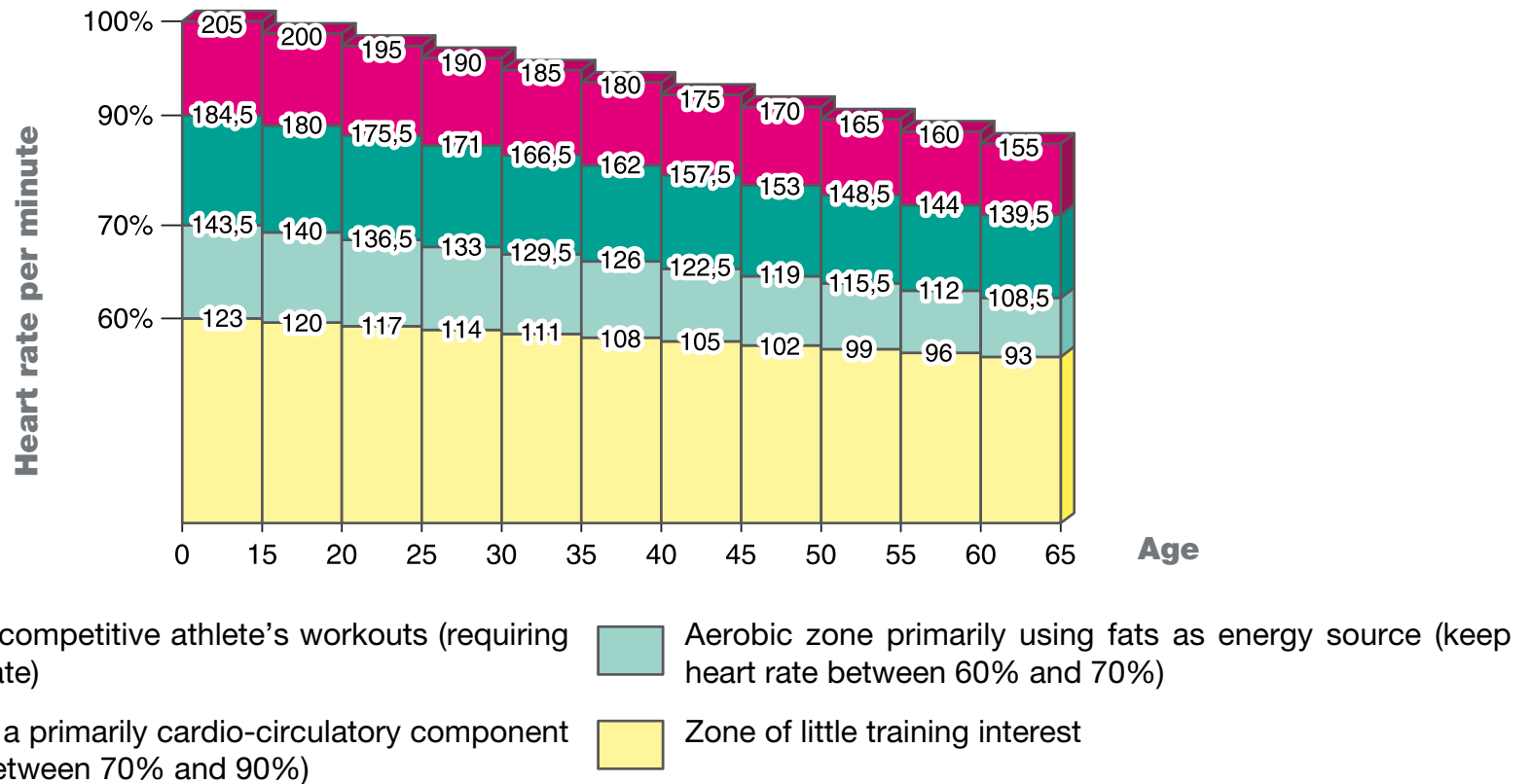


## Monitoring the heart rate

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.

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:  $220 - \text{age}$ .



## Monitoring the heart rate

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%).



### DANGER

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).



### WARNING

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.

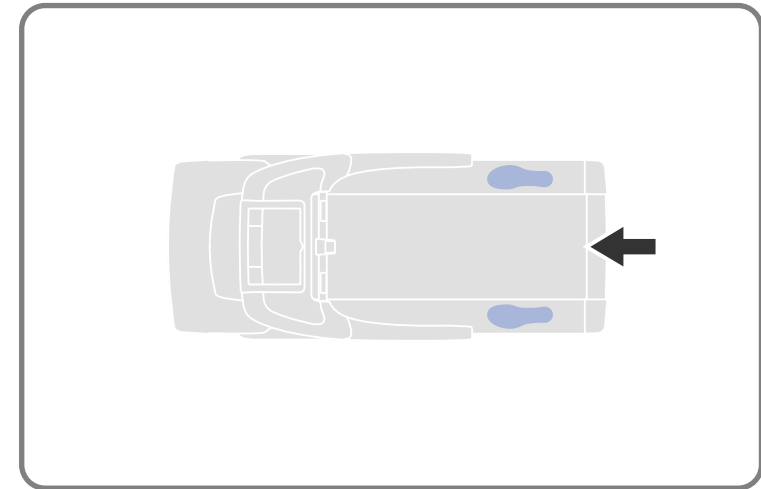
You are advised not to use a chest band with heart rate monitor if you have a cardiac support device such as a pacemaker or similar.

For information on displaying the heart rate percentage on the control panel see the *Heart rate LEDs* section in the software part.

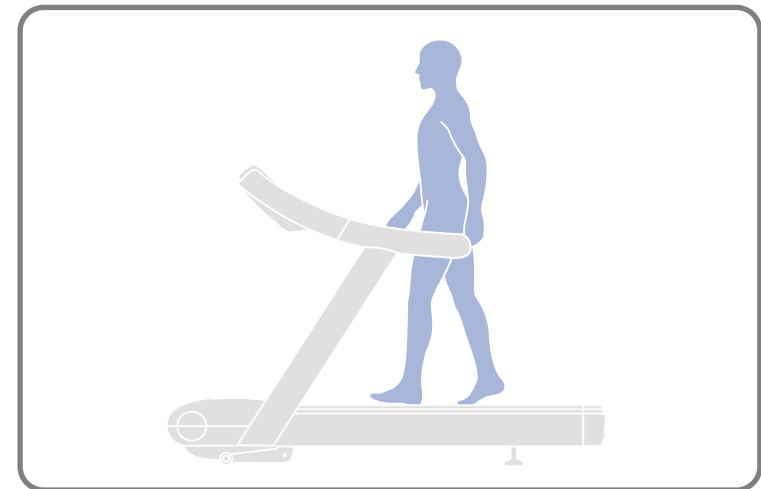


# Ergonomic positioning on the equipment

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.

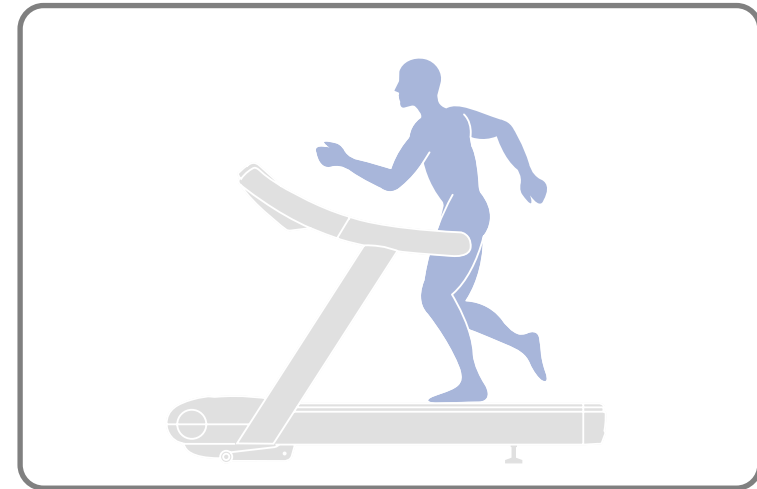


The two **side grips** make it safer when you first use Run; later on, however, it's better to walk or run without any support, to improve your balance and posture.



## Ergonomic positioning on the equipment

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.



### **WARNING**

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



### **DANGER**

Walking or running backwards is prohibited.

Using the equipment two at a time is prohibited.



### **DANGER**

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.