

# SKILLMILL™

USER MANUAL



**TECHNOGYM®**

The Wellness Company

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# IMPORTANT SAFETY INSTRUCTIONS

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 product. These instructions were written to ensure your safety and to protect the product.

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 (models DJK03, DJK13).**



## **WARNING**

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

Never leave the product unattended if not locked. The product is considered locked when the brake lever is in the fully forward position.

Unplug the power supply unit from the outlet when not in use, before cleaning it, and before putting on or taking off electrical parts (models DJK03, DJK13).

Do not allow unsupervised children close to the product.

Close supervision is necessary when the product is used by, on or near children, invalids or disabled persons.

Use the product 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 product if the power supply unit or its cable is damaged, if they are not working properly or if they have been dropped into water. In this case, contact the Technogym Technical Support service.

## IMPORTANT SAFETY INSTRUCTIONS

Do not carry the product holding it by its supply cord or use cord as handle.

Keep the cord away from heated surfaces.

Keep hands and feet away from moving parts.

Never drop or insert any object into any opening.

To switch the power off, disconnect the power supply unit from the outlet or remove the plug from the product.

## SAVE THESE INSTRUCTIONS

# PERSONAL SAFETY

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

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

Before starting an exercise, make sure your position on the product 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 the exercise immediately and consult your physician.

Wear proper exercise clothing and shoes during a workout: no garments that impede perspiration and 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 product in the presence of small children or pets.

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

Completely assemble the product before using it. Check the product before each use. Do not continue to use the product if it is not working properly.

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

Keep all components, such as the power supply and its cable, away from liquids to prevent the risk of electric shocks (models DJK03, DJK13).

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

Do not attempt to service the product yourself other than following 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 applicable in the country of use (models DJK03, DJK13).

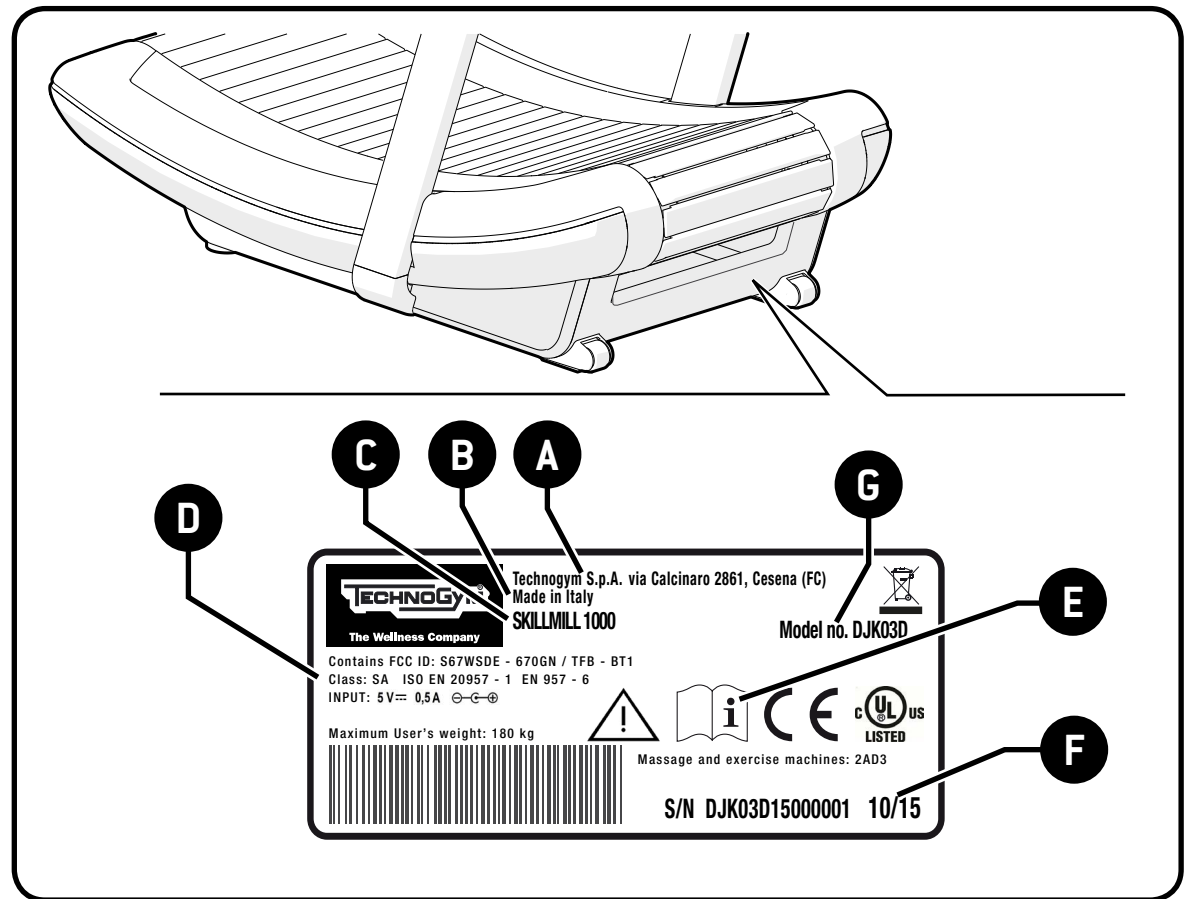
## PERSONAL SAFETY

Do not set anything on the casing or its display.

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.

# IDENTIFICATION OF THE MANUFACTURER AND EQUIPMENT

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



The Skillmill is a commercial device, designed for use in residential and professional environments. It is classified as a class SA device according to ISO EN 20957-1.

Skillmill 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 PRODUCT

**Display (A):** displays information on the exercise in progress. It is present on models DJK03, DJK13, DJK04, DJK14.

**Rotating belt (B):** the elements composing the running surface are covered in rubber to reduce the stress on the user's joints.

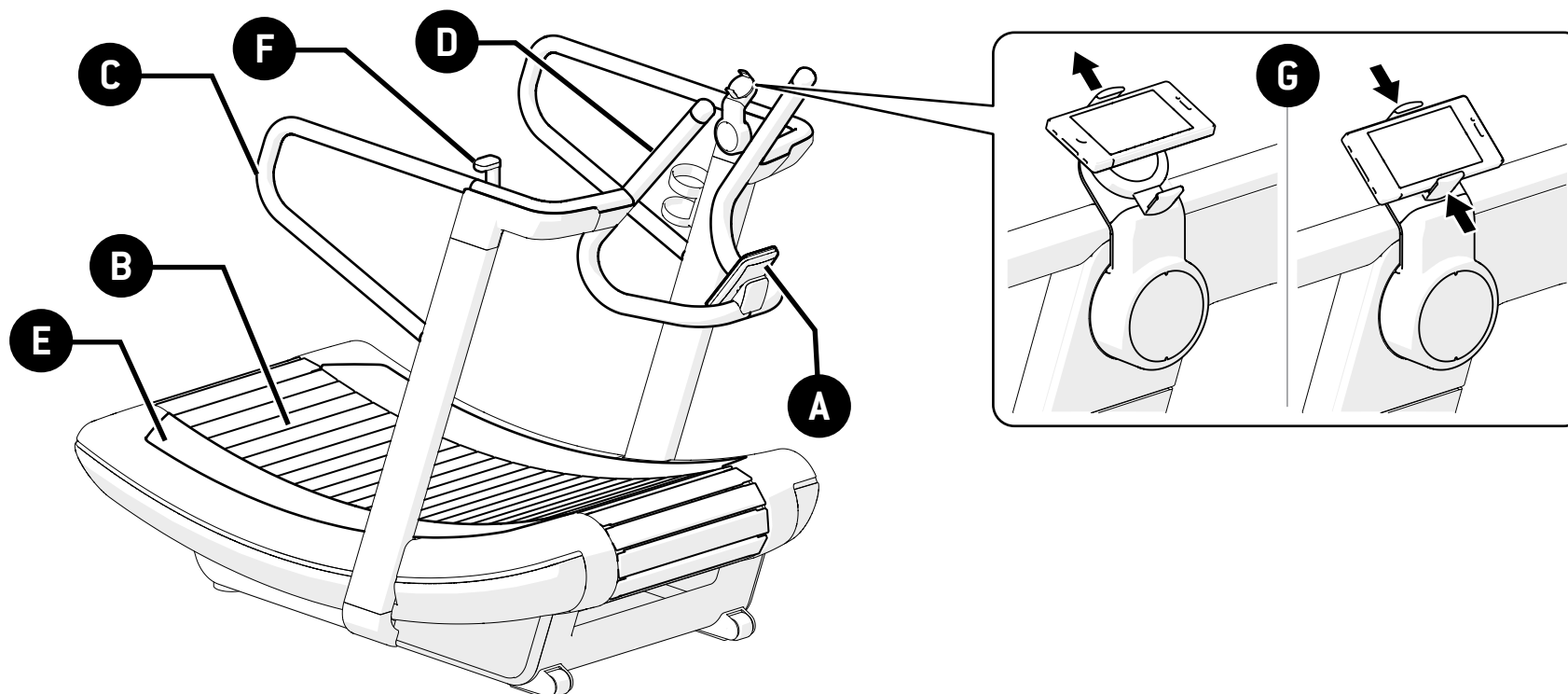
**Side handgrips (C):** grasp these to safely get onto the equipment or if you lose your balance; you can hold onto them to walk with large strides, and they offer stability when running.

**Central handgrip (D):** grasp this to perform thrust exercises.

**Footrest (E):** it is possible to move your feet from the belt to the footrest to take a brief rest in the event of tiredness or danger; it is also used for single-foot exercises.

**Brake (F):** modifies braking of the rotating belt, from no braking mode to a high level of braking.

**Phone holder (G):** holds your mobile phone during the exercise.





# USING THE EQUIPMENT

Grasp the side handgrips and step onto the rotating belt from the rear; place one foot on each of the side footrests.

Set the braking from this rest position.

Place your feet on the rotating belt and start the exercise.

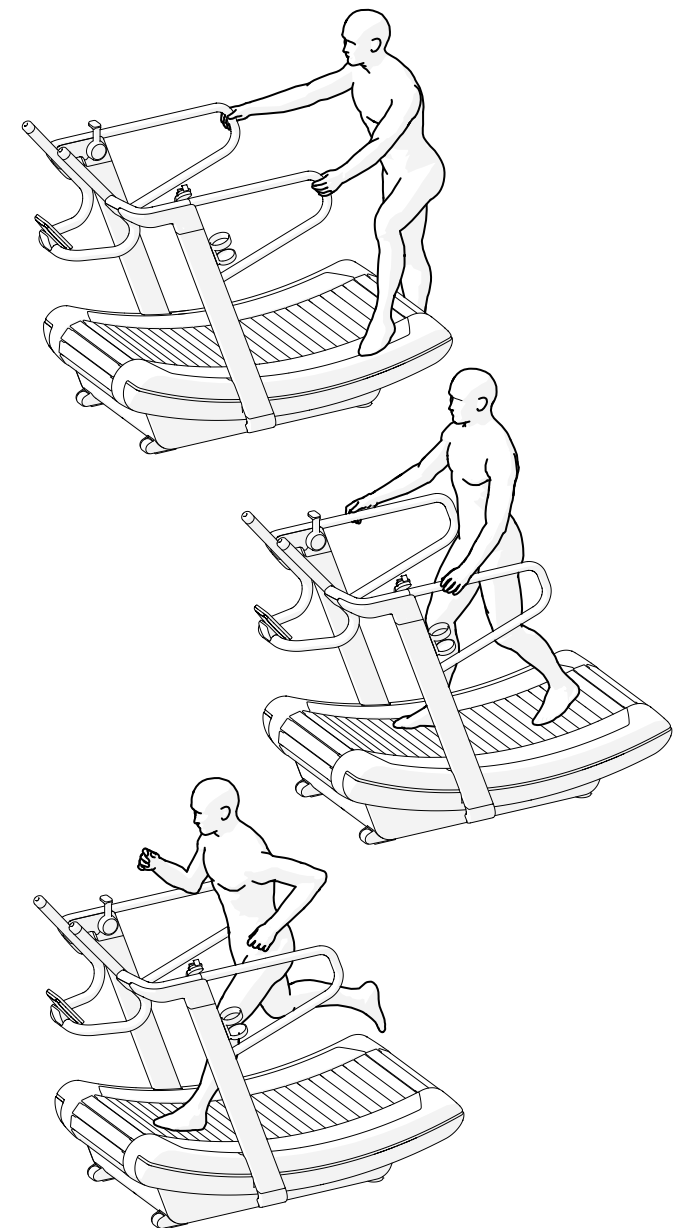
The two side handgrips make it safer when you first use the product; later it is preferable to run without any support, to improve your balance and posture.

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

As the running surface is curved, the further forward towards the central handgrip you move, the more the belt will accelerate; the further backwards you go, the more the belt will decelerate.

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 machine.

To get off the device at the end of the exercise, grasp the side handgrips, support your weight on them and move your feet onto the footrests, then get down from the equipment.



## USING THE EQUIPMENT

Gradually modulate the brake during the exercise.

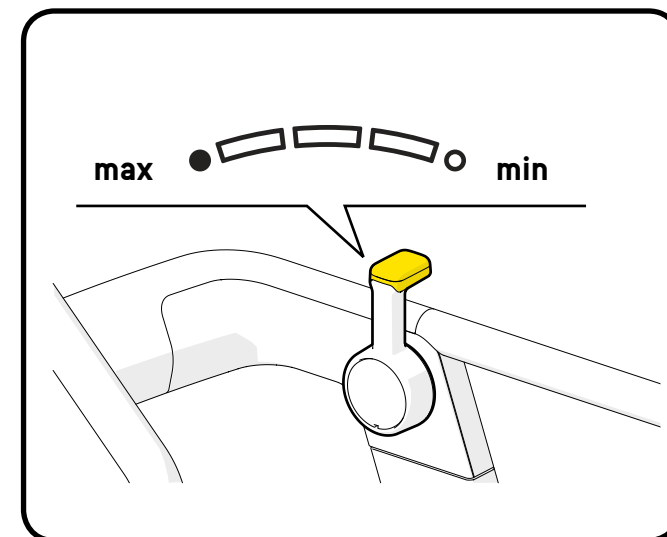
The rotating belt is not motorised and turns freely; for this reason, it is necessary to hold onto the side handgrips when getting on and off the product.



### WARNING

**The brake decreases the speed of the belt, but does not stop it completely; even at maximum braking it is possible for the belt to move.**

Different exercises are possible by varying the strength of the braking and using the side and central handgrips.



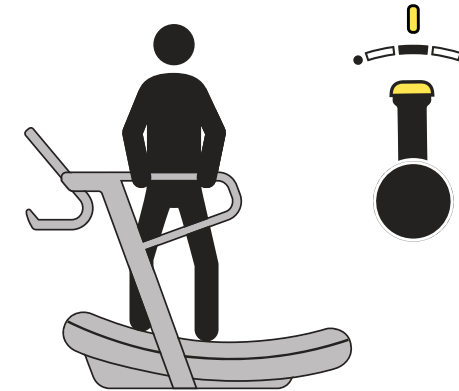
Vigorous walk



Run



Sprint



Side sliding



### WARNINGS

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

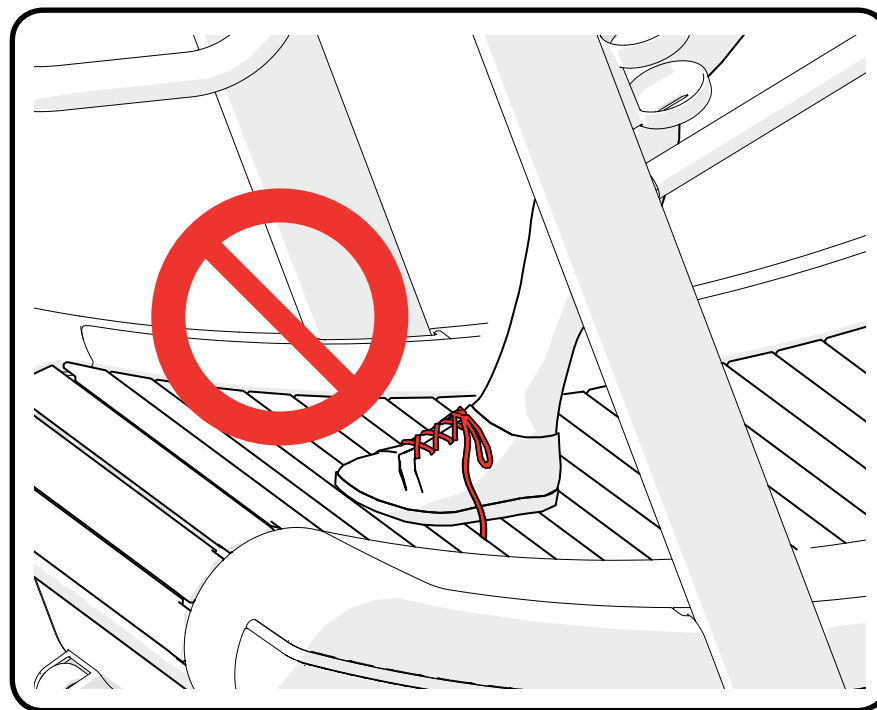
It is the user's responsibility to ensure that the product does not interfere with anything else during use.

Using the equipment two at a time is prohibited.

Skillmill is to be used solely for the use it was designed and built for, i.e. to simulate walking and running, and to perform thrust exercises. Any other use is to be considered improper and therefore dangerous.

Do not touch the belt while it is in motion.

Be careful of shoelaces and any clothing/accessories which could get caught in the cracks: tripping hazard.



# DESCRIPTION OF THE DISPLAY

The display is present on models DJK03, DJK13, DJK04, DJK14.

Walk for a few seconds to turn on the display. If the movement of the rotating belt continues for more than 10 seconds, an exercise will begin.

To switch off the display, stop walking: the rotating belt must remain stopped for more than 10 seconds.

The level of braking is indicated in the upper part of the display, with values from 1 to 10.

The lower part of the display shows the following data:



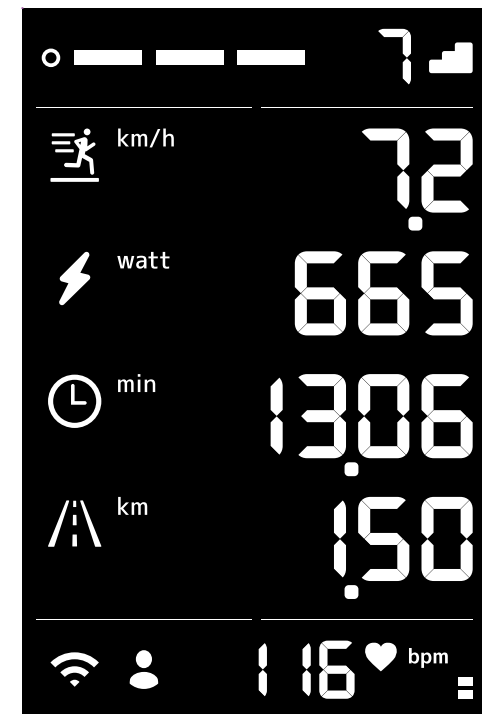
This symbol indicates that the Wi-Fi connection is active.  
If the connection is active, it is possible to log in.



This symbol indicates that the user has logged in.  
It is possible to log in if the Wi-Fi connection is active.  
You can log in with the TGS key, with the mywellness key, or with the mywellness app using NFC or QR-Code.  
If the user is logged in, their results will be saved to their profile at the end of the exercise.



The heart symbol indicates that the chest strap with heart rate monitor is connected.  
The value next to the heart symbol indicates the user's heart rate [bpm].



## DESCRIPTION OF THE DISPLAY

During the exercise, the following values are shown on the central part of the display:

- Speed, expressed in kilometres per hour.
- Instantaneous power, expressed in watts.
- Elapsed time (from the start of the exercise), expressed in minutes and seconds.
- Distance covered, expressed in kilometres.

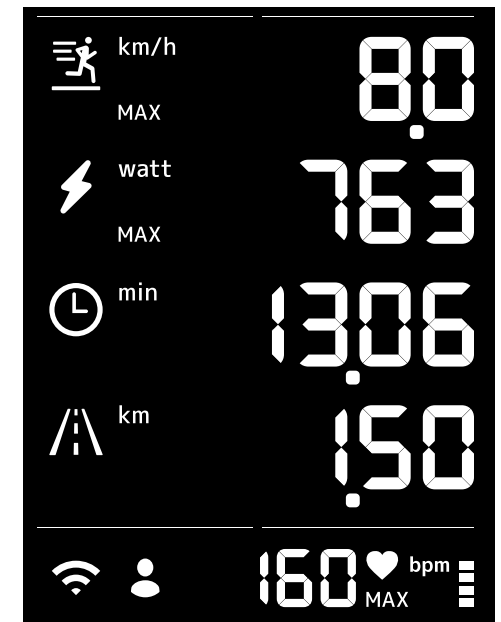


At the end of the exercise the results are displayed; these are divided across 2 screens.

Each page is displayed for 5 seconds, then the display turns off.

Results page 1:

- Maximum speed reached during the exercise, expressed in kilometres per hour.
- Maximum power generated during the exercise, expressed in watts.
- Total duration of the exercise, expressed in minutes and seconds.
- Total distance covered, expressed in kilometres.
- Maximum heart rate reached during the exercise, expressed in beats per minute.



## DESCRIPTION OF THE DISPLAY

Results page 2:

- Average exercise speed, expressed in kilometres per hour.
- Average power generated during the exercise, expressed in watts.
- Total calories burned during the exercise, expressed in kcal.
- Total move generated during the exercise.
- Average heart rate during the exercise, expressed in beats per minute.



Depending on the product setting, the distance and speed values can be displayed in km and km/h, or in mi and mph.

If the user has not logged in, and therefore their bodyweight is unknown, the calorie consumption is calculated on the basis of a default 70 kg bodyweight.

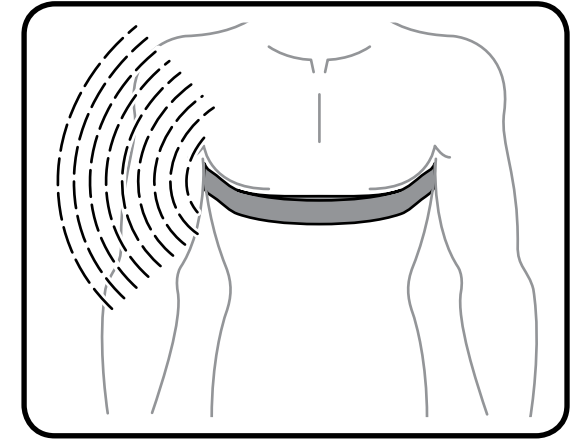
# USING THE CHEST STRAP

The lower part of the display contains a receiver which receives the heart rate signals from the telemetric chest strap.

The transmission technology used is Bluetooth Smart.

The chest strap must be paired with the product in order for the heart rate to be shown on the display.

The connection must be repeated with each exercise.



Press the heart symbol on the lower part of the display to connect to the chest strap. The chest strap must be less than 30 cm from the receiver.

Keep as close to the receiver as possible for 10 seconds to facilitate the connection.

The heart icon flashes on the display while the connection is being negotiated; then, when the connection has been successfully established, the icon remains lit and the instantaneous heart rate is displayed.

The heart rate is expressed in beats per minute.



If the AVG (average) symbol is present, this means that the average heart rate since the beginning of the exercise is being displayed.



If the MAX symbol is present, this means that the maximum heart rate reached during the exercise is being displayed.

## USING THE CHEST STRAP

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

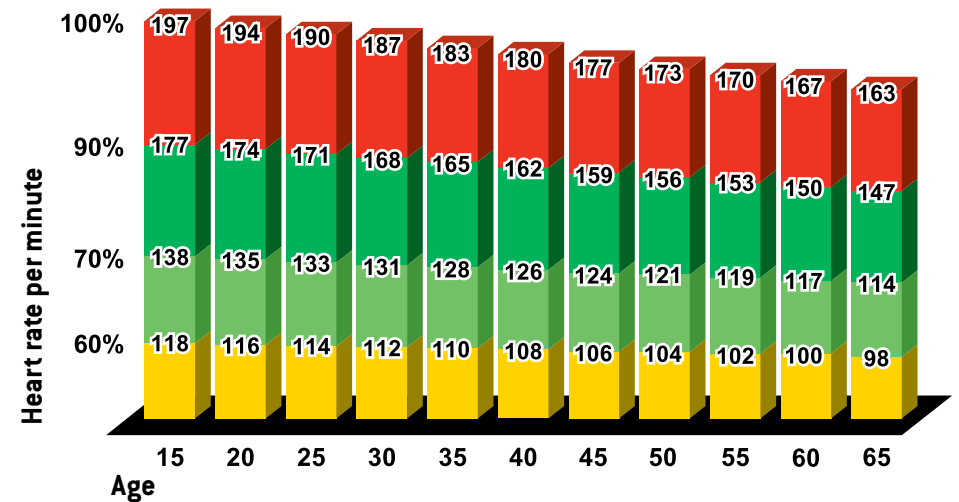
Theoretical maximum heart rate (100%) is calculated on the basis of age using the formula:  $HR_{max} = 207 - 0.7 \times \text{age}$  (R. L. Gelish et al, Med Sci Sports Exerc., 2007 May, 39 (5): 281).





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, they should keep their heart rate between 112 (60%) and 131 (70%) during exercise; if they want to improve cardio-respiratory capacity, they should keep their heart rate between 131 (70%) and 168 (90%).



-  Predominant use of sugars.  
Training for competitive athletes (subject to medical assessment).
-  Combination of sugars and fats burned.  
Significant improvement of aerobic efficiency.
-  Predominant use of fats, and increase in the use of sugars.  
Moderate improvement of aerobic efficiency.
-  Predominant use of fats, and minimal 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 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.

To avoid interference, equipment should be kept at a minimum distance of 170 cm.

Heart rate readings may not be accurate near sources of electromagnetic radiation (TVs, mobile phones etc.).

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

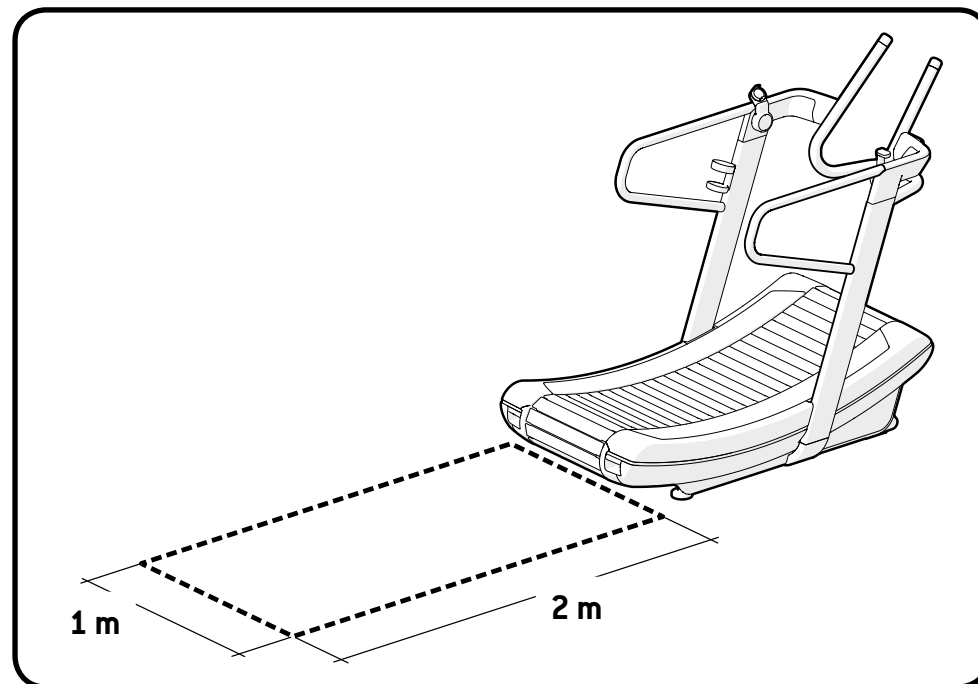
In the event of difficulties connecting the chest strap:

- Check that the battery is not flat.
- Check that the chest strap is not already connected to other devices.

# PLACE OF USE

To ensure 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 we recommend that you check that the following conditions are available:

- **Temperature** between +10°C and +25°C
- Sufficient ventilation to maintain a **humidity** level of between 20% and 90%, when the equipment is in use
- Sufficient **lighting** to make the area a safe and relaxing place to exercise
- 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
- Flat, stable and vibration-free floor, which is strong enough to bear the weight of the equipment plus the user



The place of installation must comply with all binding regulations.

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

Do not expose the product to direct sunlight.


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

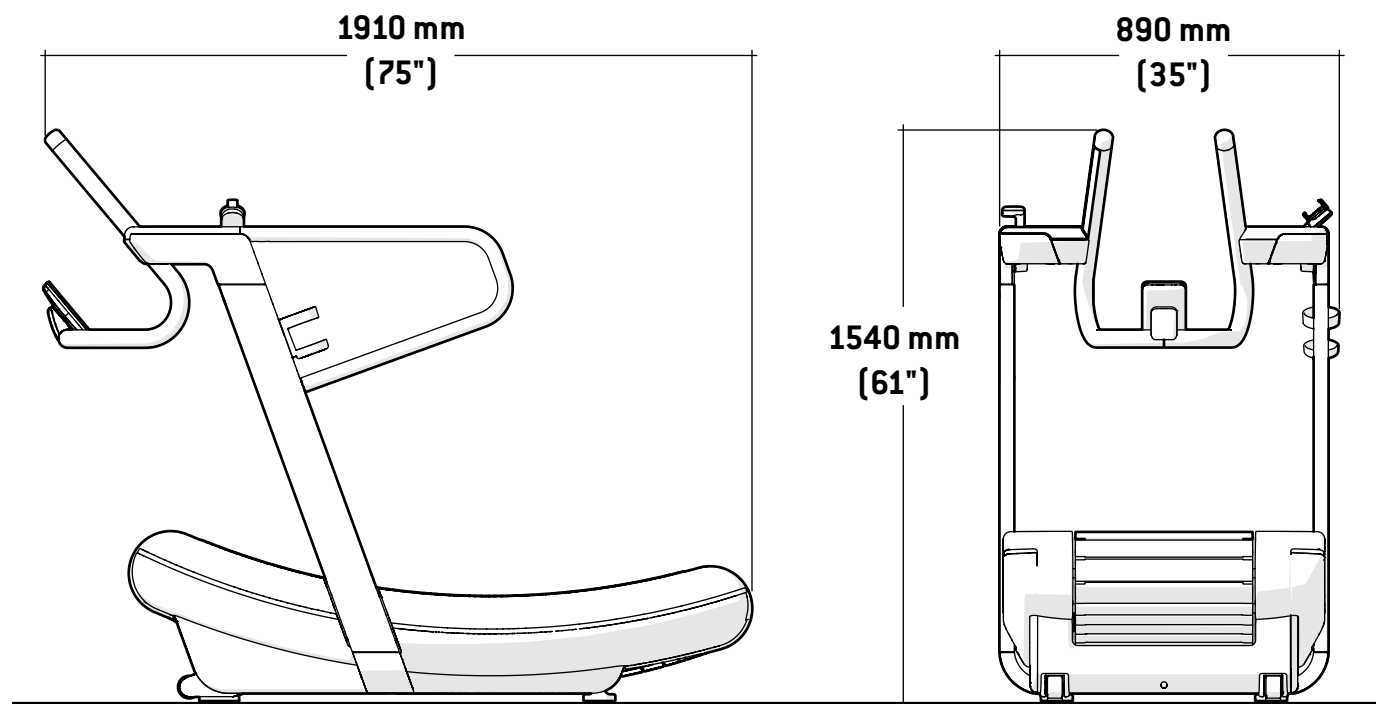
Do not operate where aerosol (spray) products are being used or where oxygen is being administered.

Do not position the product in humid areas, such as near pools, hydromassage tubs, saunas.

# TECHNICAL DATA

Model code	DJK03..., DJK13...	DJK0N..., DJK1N..., DJK04..., DJK14...
Power supply	5 Vdc 1A	-
Weight of equipment	180 kg	180 kg
Maximum user weight	180 kg	180 kg
Noise level	Less than 70 dB (A)	Less than 70 dB (A)
Protection grade	IP 20	IP 20
Operating temperature	from +5°C (+41°F) to +40°C (+104°F)	from +5°C (+41°F) to +40°C (+104°F)
Maximum capacity of water bottle holder	2 kg (4 lb)	2 kg (4 lb)
Electrical isolation class	Class II	Class II

Battery technical specifications - models DJK04..., DJK14...	
Input voltage	5V ±5%
Output voltage	5V ±5%
Maximum input current	2A
Maximum output current	1A
Time for full recharge	16 hours
Power supply connector	5.5x2.1 DC jack 



Product operation will become perfectly smooth after the first 300 km.

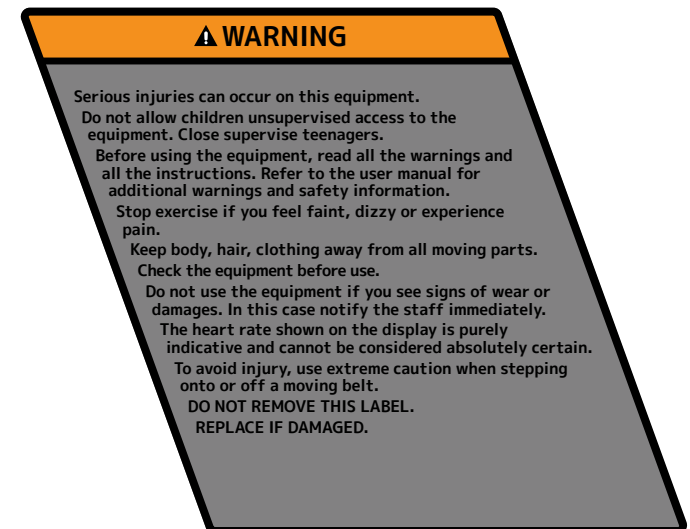
# SAFETY STICKERS

A safety sticker is applied to the product to indicate a falling hazard.

The rotating belt is not motorised and turns freely; for this reason, it is necessary to hold onto the side handgrips when getting on and off the product.



Before using the product, read all warnings on the label applied to the base of the right-hand upright.



# 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.

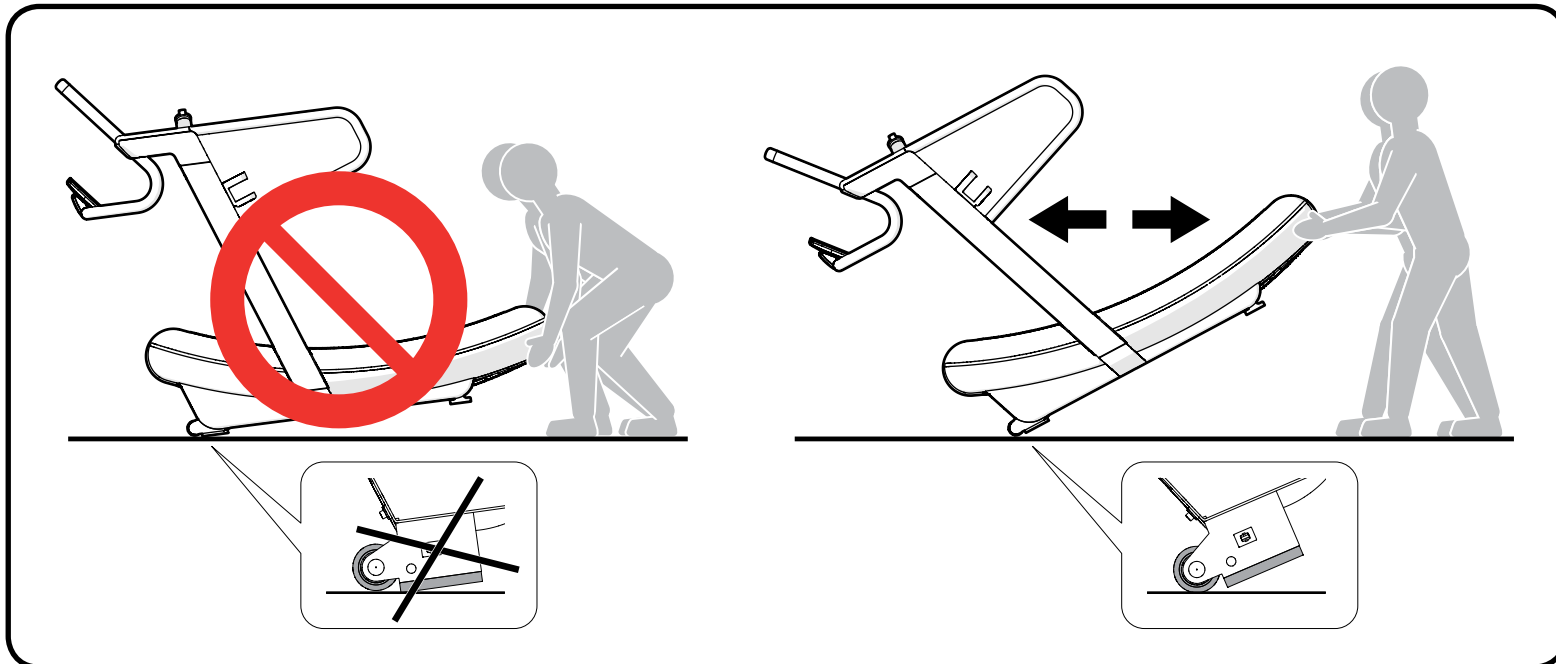
Given the weight of the equipment, we recommend that more than one person be involved in lifting it.

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



## WARNINGS

Move the equipment very carefully, because it may become unstable and tip over.

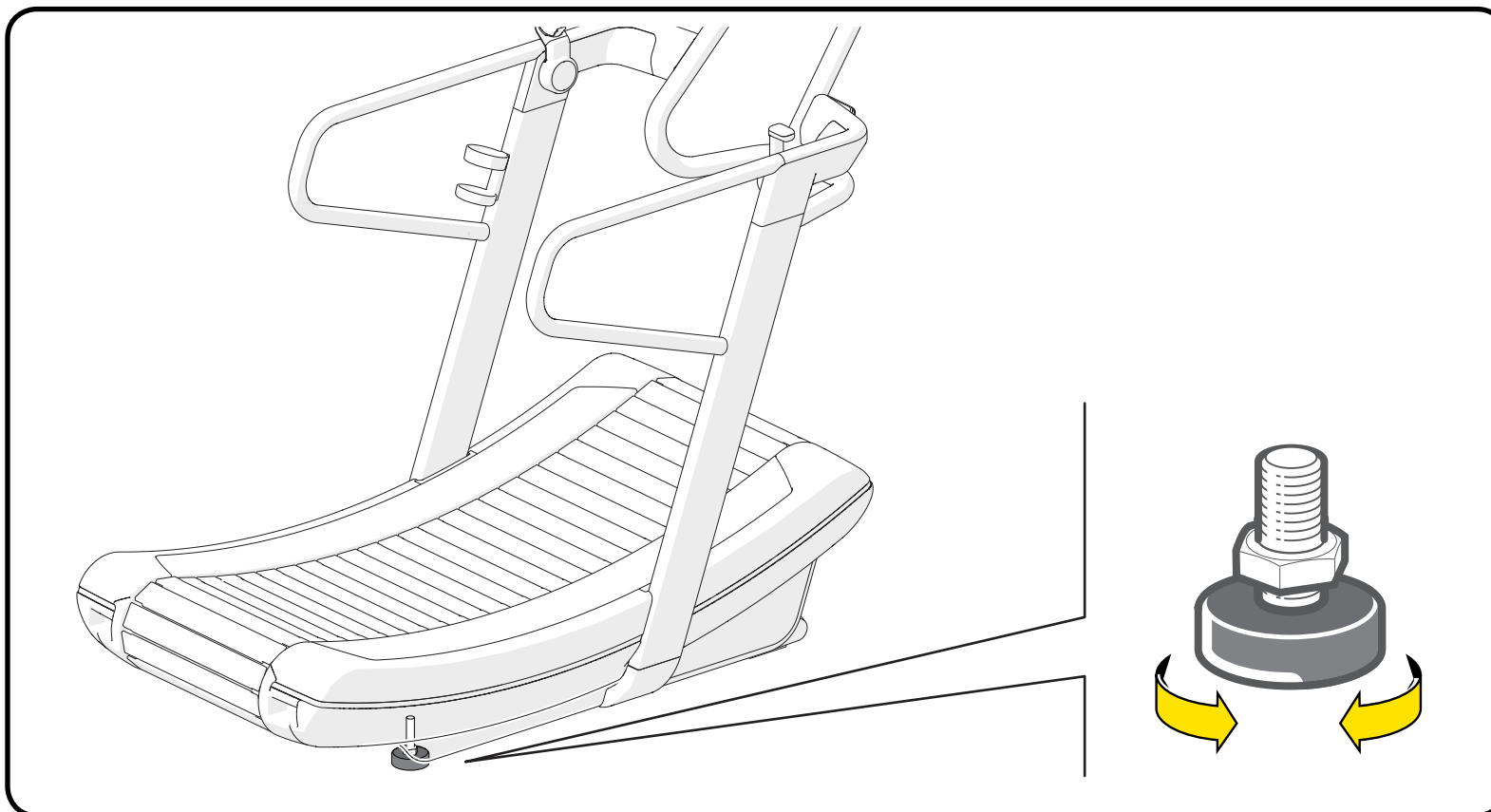


# LEVELLING

The equipment must be level for proper operation.

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

- loosen the locknut **(B)**;
- turn the foot **(A)** to the left or right until the frame is stable;
- after adjusting tighten the locknut **(B)**.



# ELECTRICAL CONNECTION

The DJK03 and DJK13 models must be connected to a mains power socket.

Before connecting the product to the mains power supply, ensure that the electrical installation complies with applicable regulations. Check the mains power supply specifications on the label near the switch.

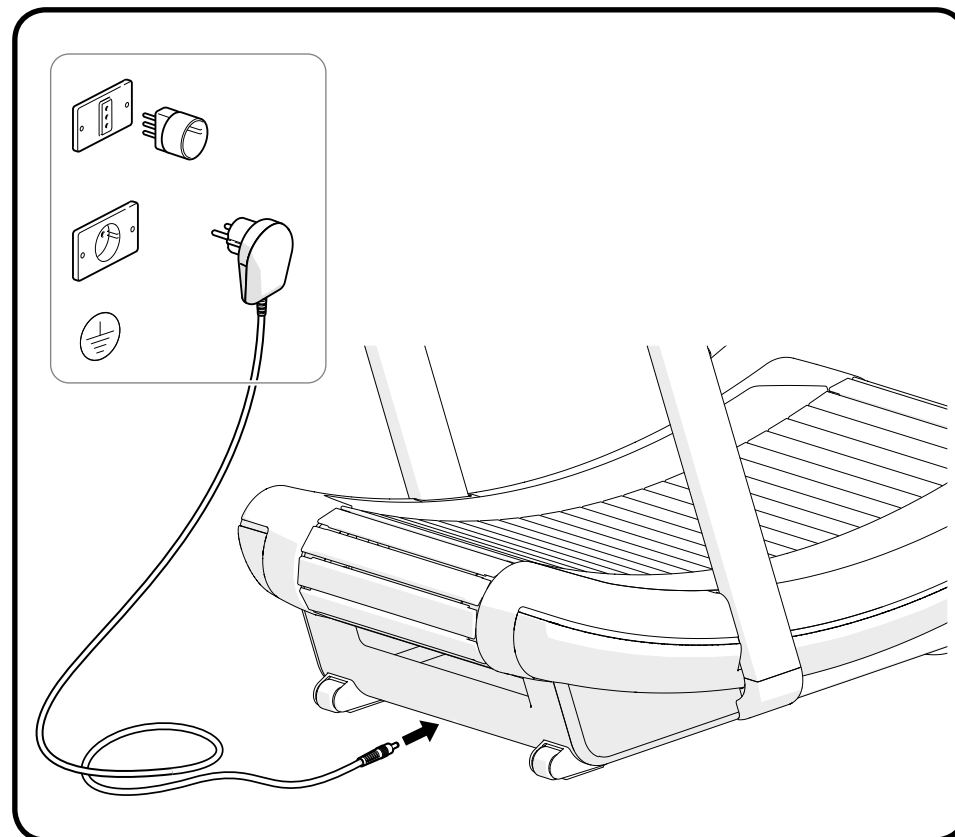
Plug the power cable first into the equipment socket and then into the wall socket.



## WARNINGS

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

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





## ELECTRICAL CONNECTION

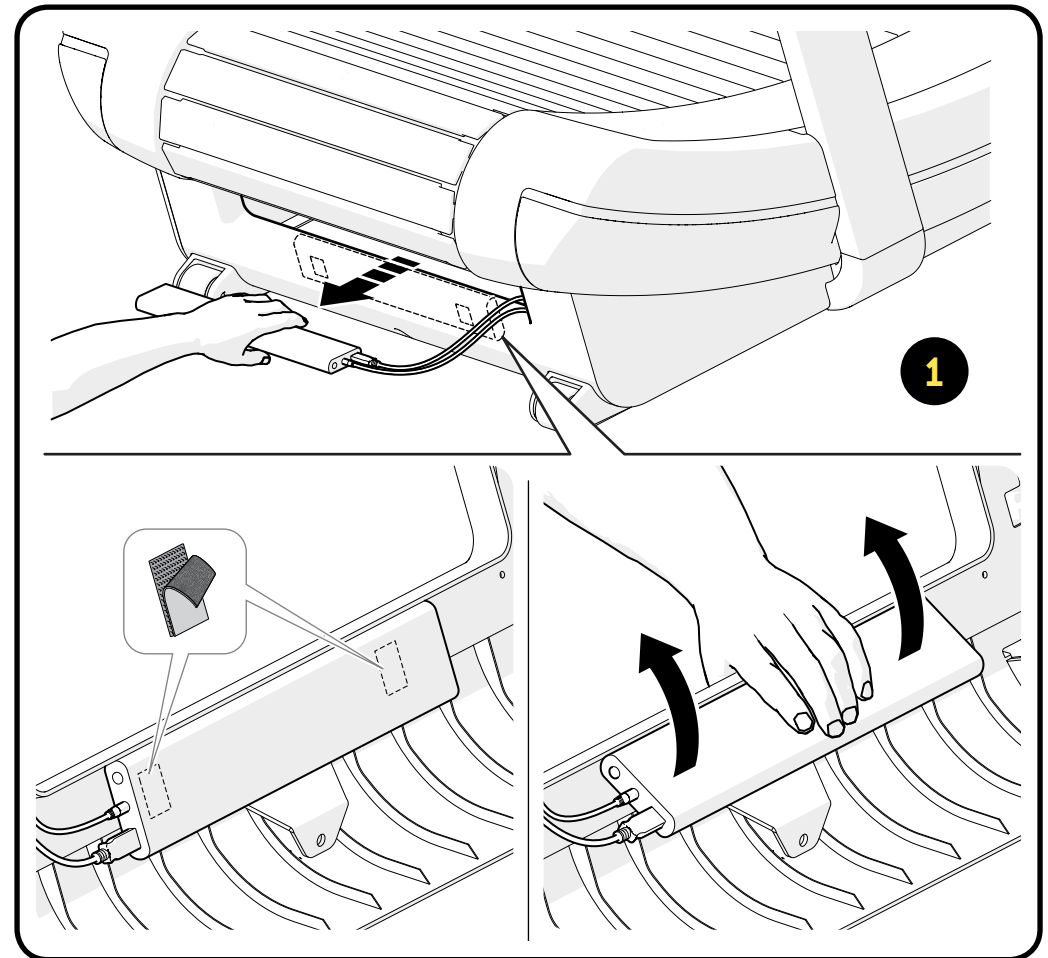
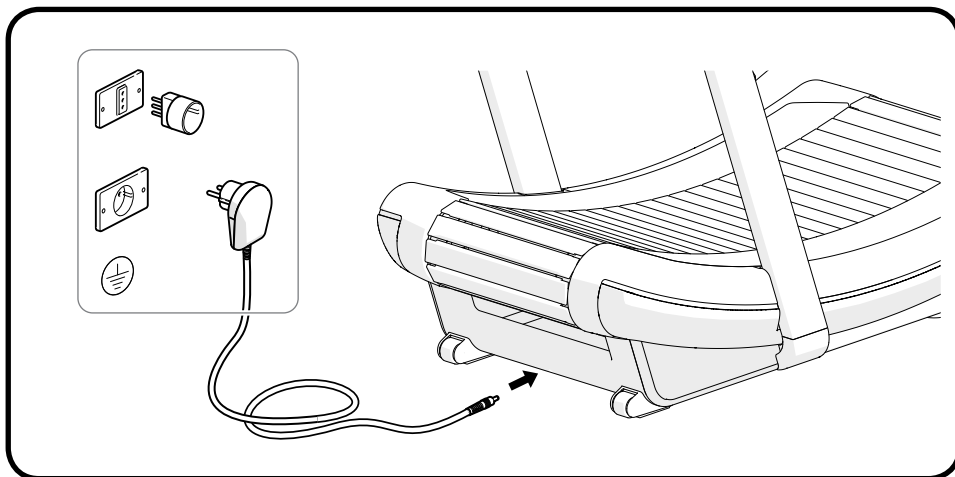
The DJK04 and DJK14 models are powered by a battery.

When the product is delivered, the battery charge level will be between 40% and 60%. Charge the battery fully using the power supply provided before using the product.

To charge the battery, connect the power supply to the socket on the product.

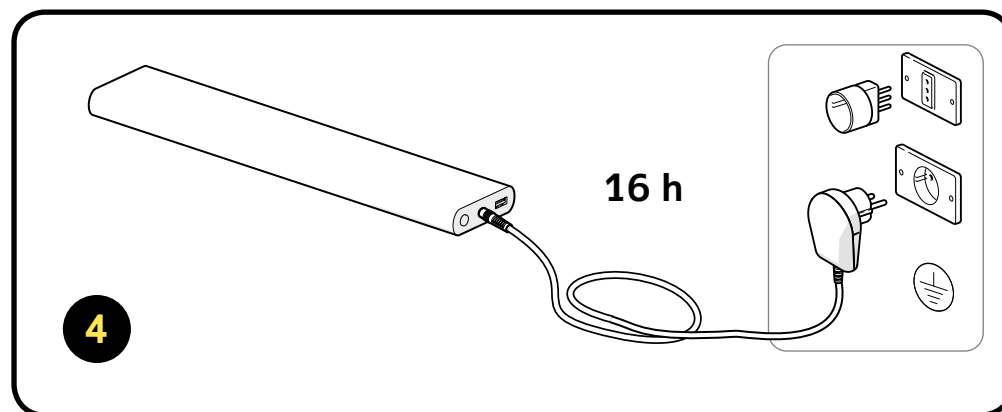
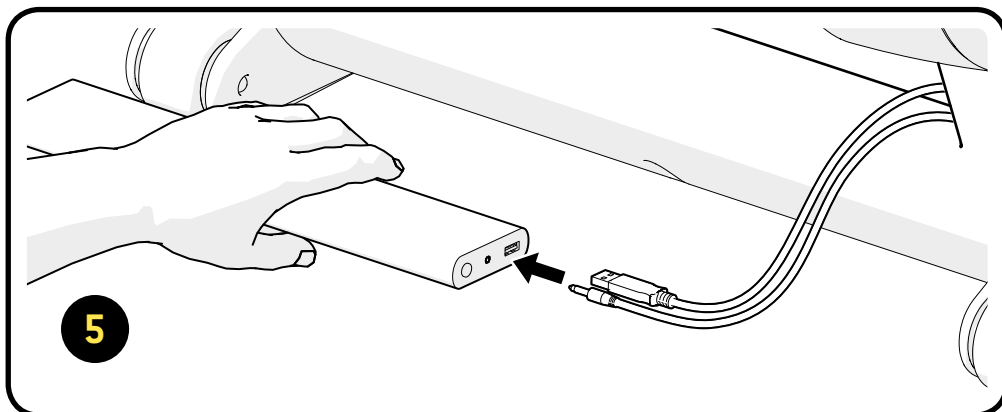
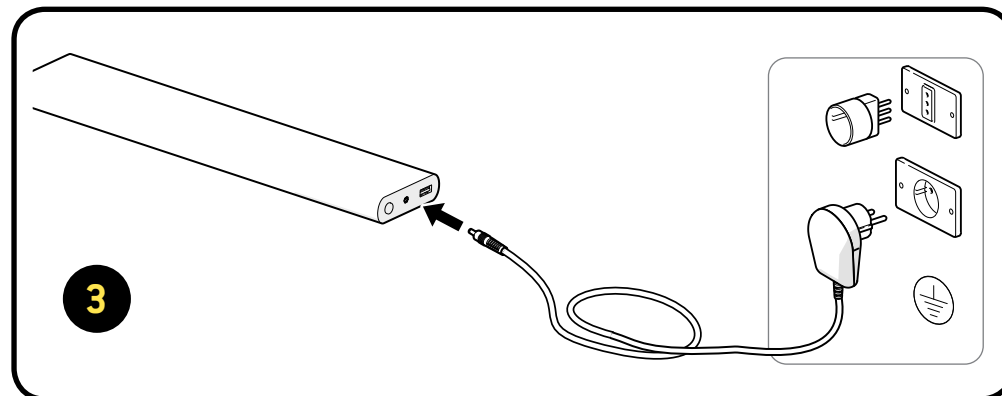
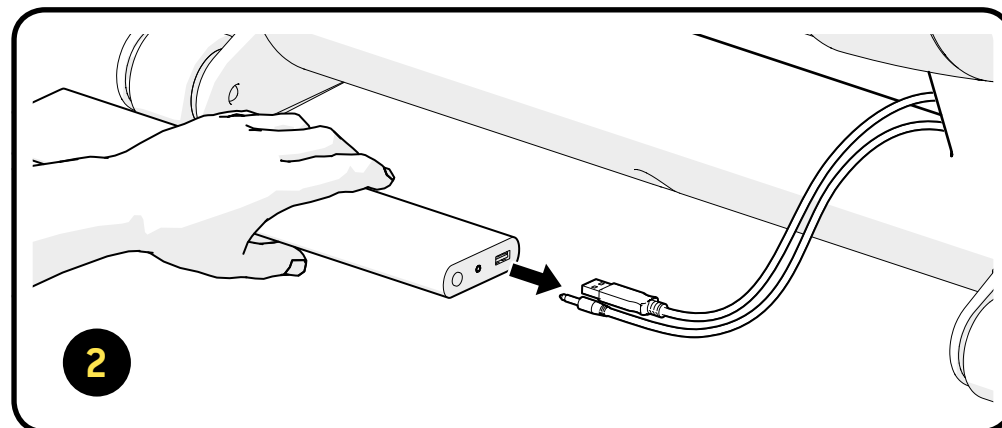
It is also possible to remove the battery to charge it in another location without moving the product – proceed as follows.

1 - Remove the battery from its housing.



## ELECTRICAL CONNECTION

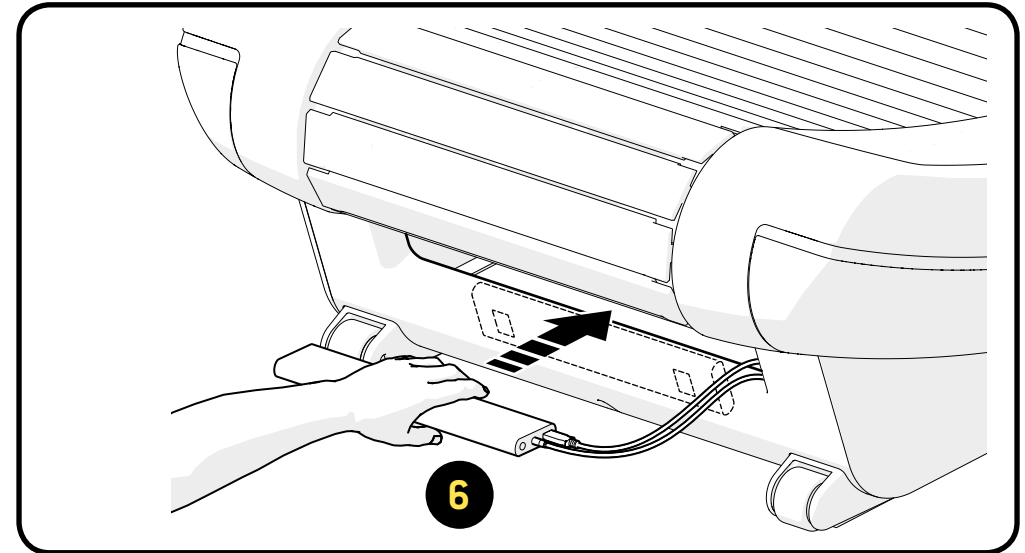
- 2 - Disconnect the two connectors connecting the battery to the product.
- 3 - Connect the power supply to the battery.
- 4 - Leave the battery to charge for at least 16 hours.
- 5 - Disconnect the power supply and connect the battery to the two connectors on the product.



## ELECTRICAL CONNECTION

6 - Insert the battery in its housing.

Power supply electrical specifications: 5 Vdc 1A with SELV output.



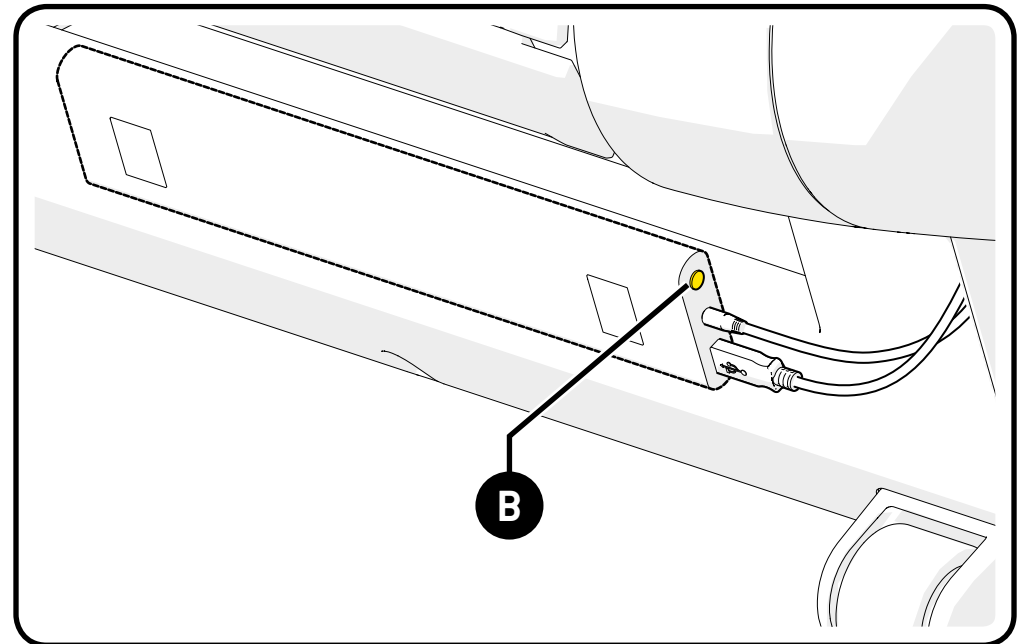
If the display does not turn on after charging, press the button **(B)**.

If the battery will not be used for a long period, check that the display is on and press the button **(B)**; otherwise disconnect the battery.

To reactivate the battery at a later date, charge it fully.

Function of the button **(B)**:

- If the battery is off, the button turns it on.
- If the battery is on, the button turns it off.



# ROUTINE MAINTENANCE

The equipment should always be kept clean and free of dust, in compliance with good hygiene practice, as it is used in a gym by more than one person.

To clean the **display**, proceed as follows:

- Unplug the power cable from the wall socket, if present.
- Adjust the brake to slow down the rotating belt as much as possible.
- Clean the control panel with a damp, but not wet, cloth.

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

- Unplug the power cable from the wall socket, if present.
- Adjust the brake to slow down the rotating belt as much as possible.
- Clean the outside of the equipment using a damp sponge.
- Move the equipment to one side so that you can vacuum underneath it.

Do not use chemicals or solvents.



## WARNINGS

**Be careful not to rub too hard on the drawings and instructions shown 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.**

**All cleaning and maintenance operations must be performed with the rotating belt completely stopped.**

Call the Technogym Technical Support Service for instructions on any maintenance operations not described in this manual.



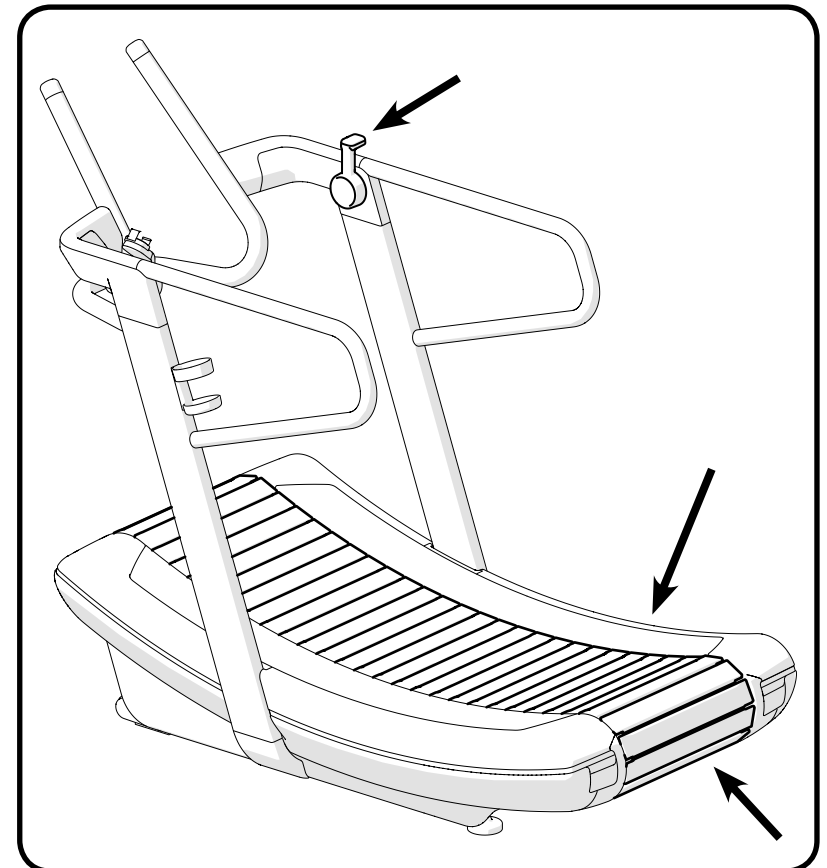
### WARNINGS

Routine maintenance, adjustment and lubrication operations must be performed by the Technogym Technical Support Service.

Before any work is performed, it is essential to unplug the power supply (if present) and set the brake to maximum; the rotating belt must be completely stopped.

Every two weeks, check:

- That the individual components of the rotating belt and the belt are not damaged.
- That the brake is working correctly.
- That the plastic guards are in good condition.



# TROUBLESHOOTING

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

Problem	Cause	Remedy
The display does not turn on	Mains power failure.	Check the power supply in the mains socket in question by plugging in another appliance that you are sure works
	Power supply cable damaged.	Contact the Technogym Technical Support Service.
	The power supply cable is not correctly plugged in.	Check the connection.
	Installation problems with the power supply cable.	Check the connection.
	The control panel connector has been accidentally disconnected.	Contact the Technogym Technical Support Service.
	The battery is flat.	Charge the battery.
Too noisy	Equipment not properly levelled.	Check the position and level with the adjustment screws.
	Damaged bearings.	Contact the Technogym Technical Support Service.
	Rotating belt not centrally aligned.	Contact the Technogym Technical Support Service.

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 domestic 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.
Data on the display incorrect or unreliable with equipment running	Equipment next to source of radio interference (e.g. electrical domestic appliances).	Move the equipment to another place or move the domestic appliances.

# TECHNICAL SERVICE

The Technogym Technical Support Service provides:

- Telephone consultations
- Description of support services covered by warranty and those requiring payment
- On-site servicing
- Delivery of original replacement 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:

- Product model
- Purchase date
- Serial number
- A precise description of the problem



## **WARNING**

**Any operations carried out on the equipment by persons not authorized by Technogym will invalidate the warranty.**

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



# STORAGE

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

- In a clean dry place, with a dust cover.
- At a room temperature between -10°C and +70°C and relative humidity between 20% and 90%.

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

# DISPOSAL

It is always a good practise to ensure that the equipment can never constitute a hazard; therefore do not leave the equipment where children may play with it. As a precaution, when the equipment is to go unused for a long period of time, unplug it from the mains.

The equipment must not be dumped; it should only be disposed of at an authorized facility.

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 firms specialised in urban and environmental hygiene.

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.

Follow the instructions in paragraph "Electrical connection" to remove the battery for disposal.

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The Wellness Company