

SKILLRUN

USER MANUAL



The Wellness Company

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IMPORTANT SAFETY INSTRUCTION

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

Please read all instructions before using the product. These instructions were written to ensure the safety of the user and to protect the product.

When using an electrical appliance, basic precautions should be always followed, including those listed below.



DANGER

To reduce the risk of electric shock, always remove the plug from the electrical socket immediately after using and before cleaning or performing any maintenance procedures.



WARNING

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

The product should never be left unattended when plugged in. Unplug the product from the power socket when not in use, before cleaning it, and before installing or removing electrical parts.

Do not allow children to have unsupervised access to the product.

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

Use the product exclusively for the purposes described in the user manual; only perform the exercises for which the equipment has been designed, following the instructions provided in the manual. Any other use should be considered incorrect and therefore dangerous.

Do not use any accessories other than those recommended by Technogym.

Never operate the product if it has a damaged cable or plug, if it is not working correctly, if it has been knocked over or damaged, or if it has fallen into water. In these circumstances, contact the Technogym Technical Support Service.

Do not pull the product by the power cable or use the cable as a handle.

IMPORTANT SAFETY INSTRUCTION

Keep the power cable away from heated surfaces.

Keep your hands away from moving parts.

Never drop or insert any object into any opening.

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

SAVE THESE INSTRUCTIONS



WARNINGS

Risk Of Electric Shock. Do Not Disconnect Under Load.

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

PERSONAL SAFETY

Use of the product is subject to a medical examination to assess your suitability to the type of workout exercise you intend to perform, and in compliance with the conditions for use laid down by Technogym.

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

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

Before starting any workout, make sure your position on the product is correct, paying attention to any components that may obstruct use.

Plan the workout according to your physical characteristics and state of health, beginning with less demanding workloads.

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

Wear proper workout clothing and shoes during training; do not wear garments that block perspiration; do not wear loose clothing. Tie long hair back. Keep garments or towels away from moving parts.

When using the product, other people must remain at a safe distance.

Do not use the product when children or pets are present.

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

Fully 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 use the product only on a solid and flat surface.

Keep all the components (such as the power cable and the on/off switch) away from liquid substances, to avoid all risk of electric shock.

Keep the product in good working condition. If you see signs of wear, contact Technogym's technical support service.

Do not attempt any maintenance work on the product other than the operations described in the user manual.

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

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

PERSONAL SAFETY

Do not place anything on the frame or control panel.

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

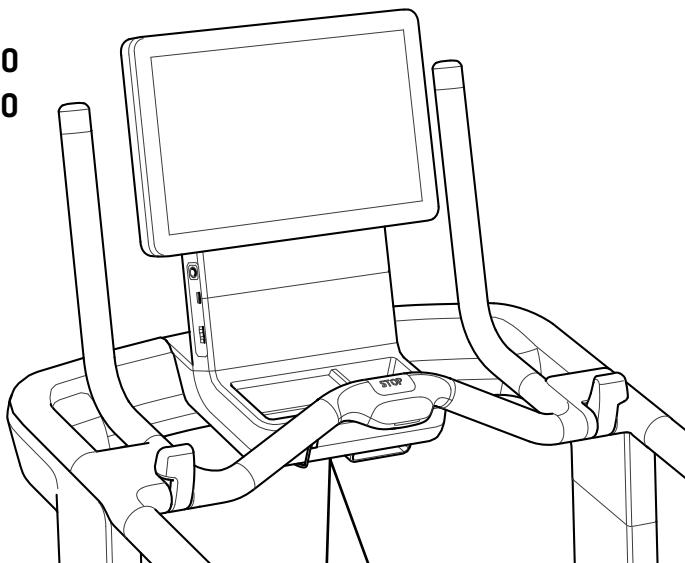


WARNING

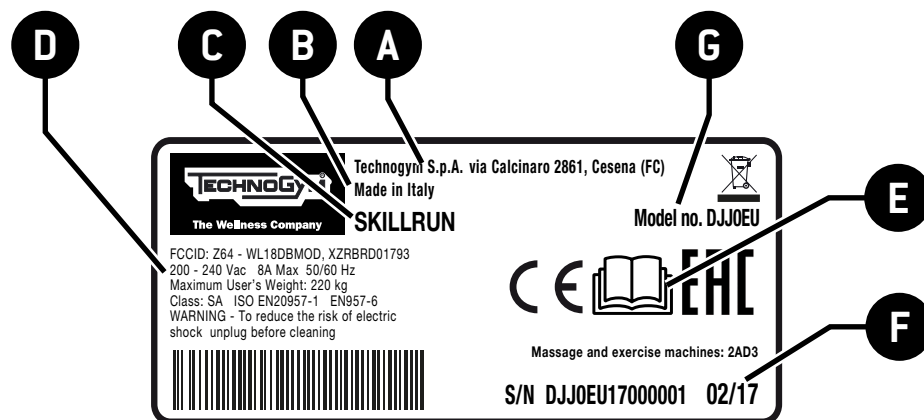
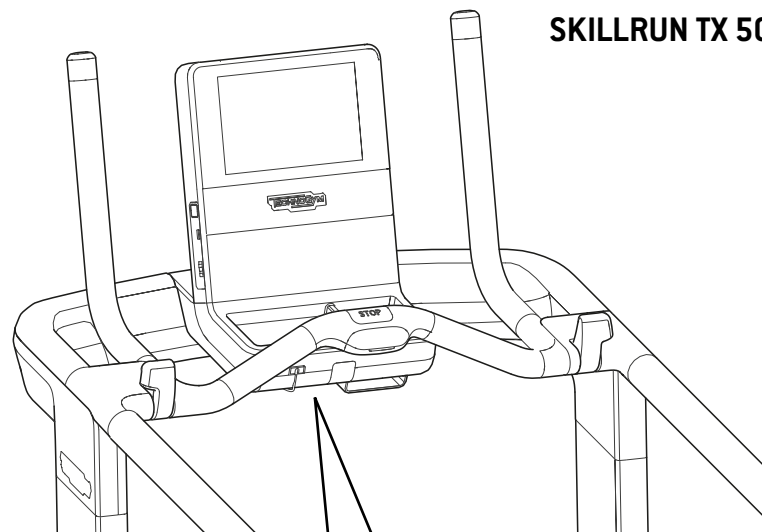
High voltage is present inside the product, and as such, the guard must be only be removed by authorised personnel.

IDENTIFICATION OF THE MANUFACTURER AND THE PRODUCT

SKILLRUN UNITY 5000
SKILLRUN UNITY 7000



SKILLRUN TX 500



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

DESCRIPTION OF THE PRODUCT

Control panel (A). Used to display and manage training information, settings and content.

The tablet-style touch screen interface allows you to include the contents offered by the Technogym App Store (in Unity 5000 and Unity 7000 models).

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

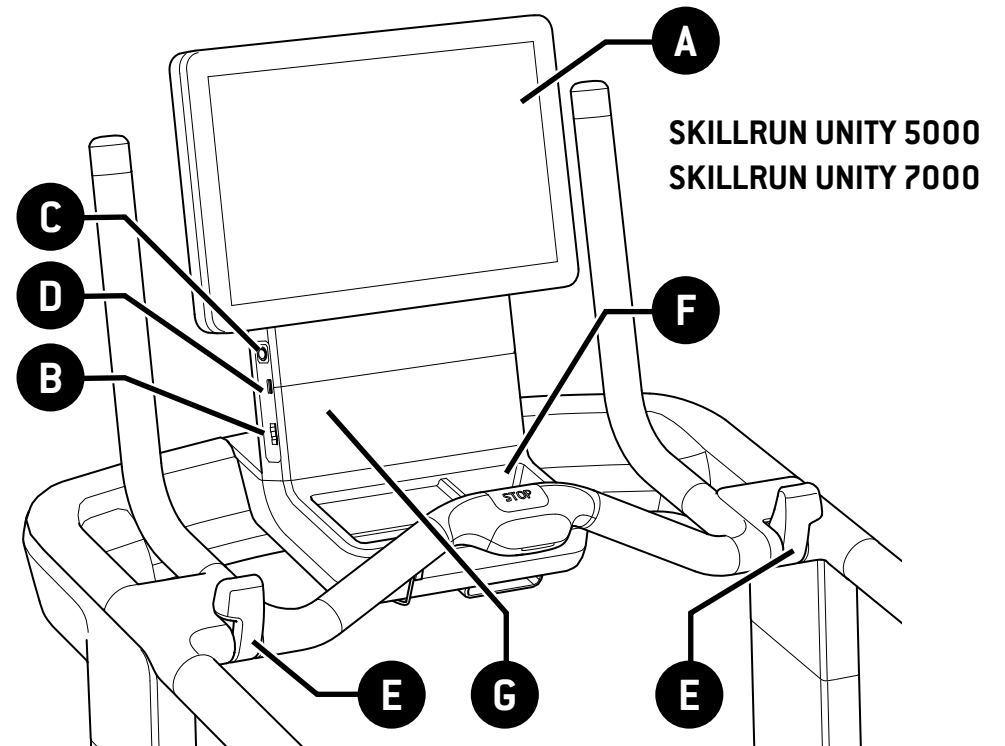
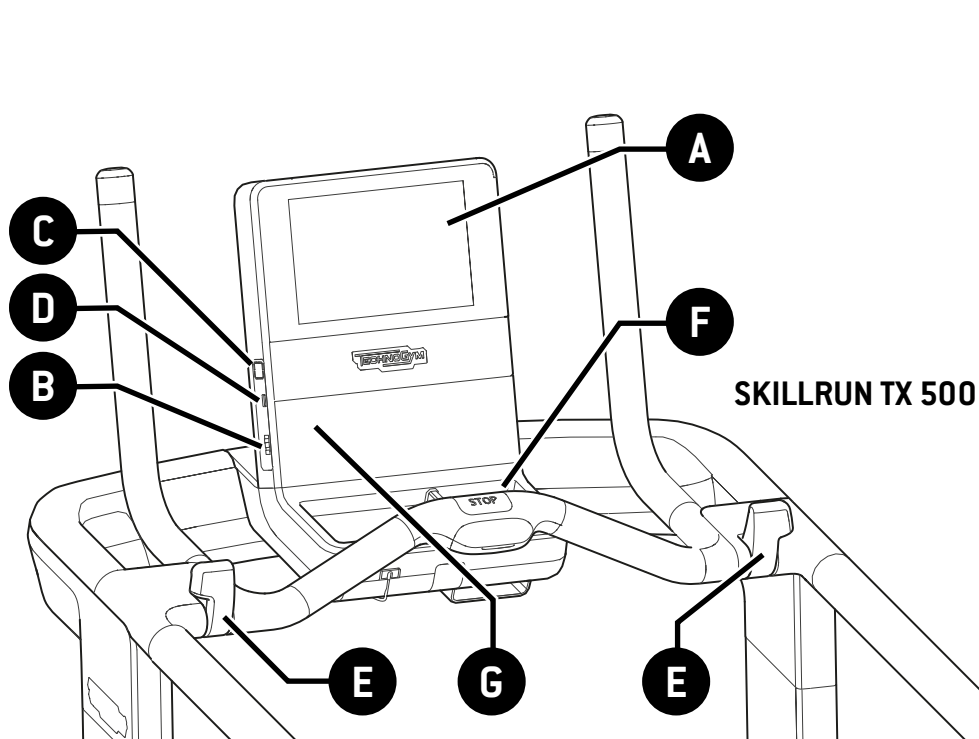
Headphone connector (C). Enables users to plug in headphones and listen to audio content. Headphones with a microphone function may also be used (optional in the TX 500 model).

USB port (D). In the TX 500 model, this USB port is only enabled for maintenance operations.

Fast Track Control (E). These enable you to change the speed and gradient of the belt during the exercise.

Object holder (F). For storing a water bottle or other useful items during the workout.

Sensor for NFC / RFID reader (G).



DESCRIPTION OF PRODUCT

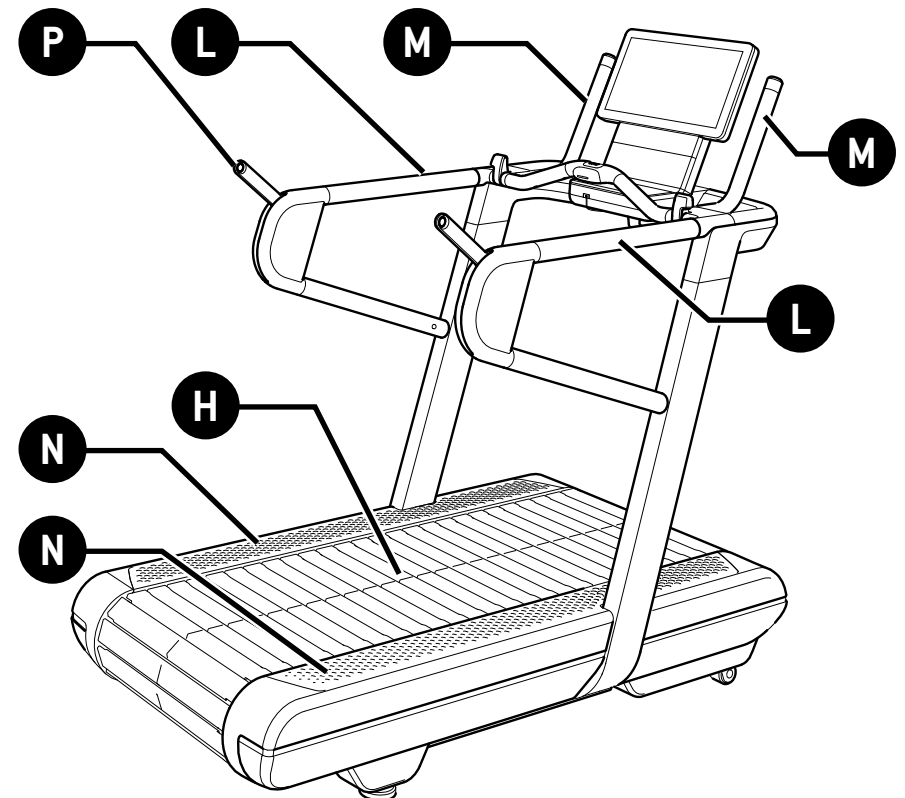
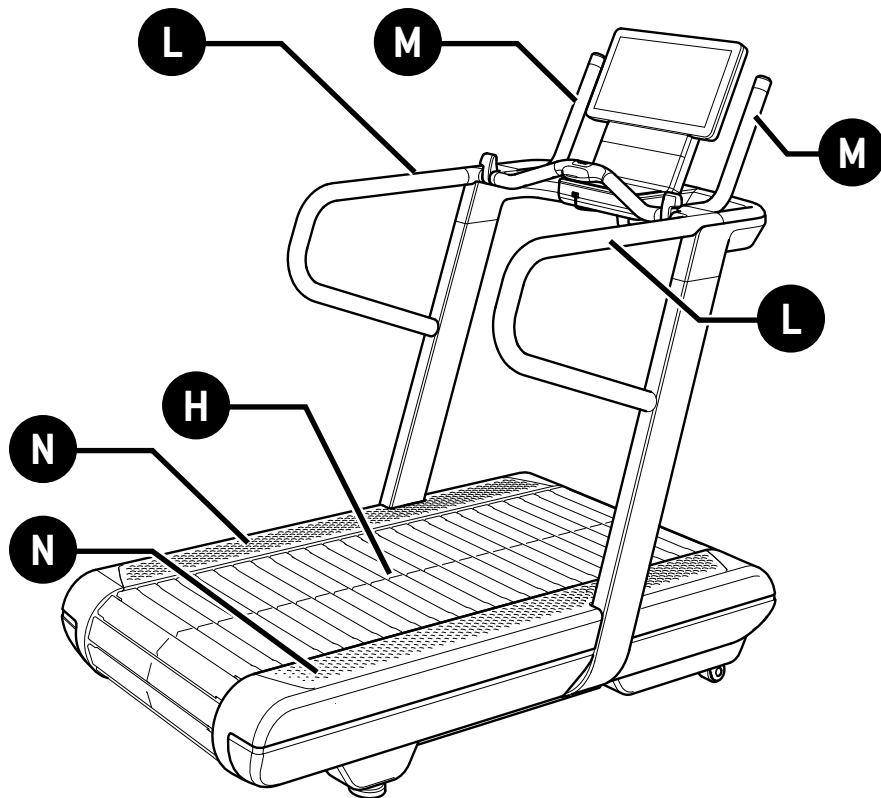
Treadmill belt (H). The elements that compose the running surface are covered with rubber, in order to reduce the impact on the user's joints.

Side supports (L). For stability when getting on and off the product or if the user loses his/her balance; these can also be gripped to take long strides.

Handgrips (M). Can be gripped when performing pushing exercises.

Footrest (N). Moving your feet from the treadmill belt to the footrests either side enables you to take a short rest if you are tired or in danger; they can also be used for single-foot exercises.

Parachute Training Kit (P). Support with an adjustable ergonomic band for performing parachute resistance training (standard in Unity 7000 model).



USING THE PRODUCT

Before getting onto the product, make sure that it is turned on and that the treadmill is at a standstill.

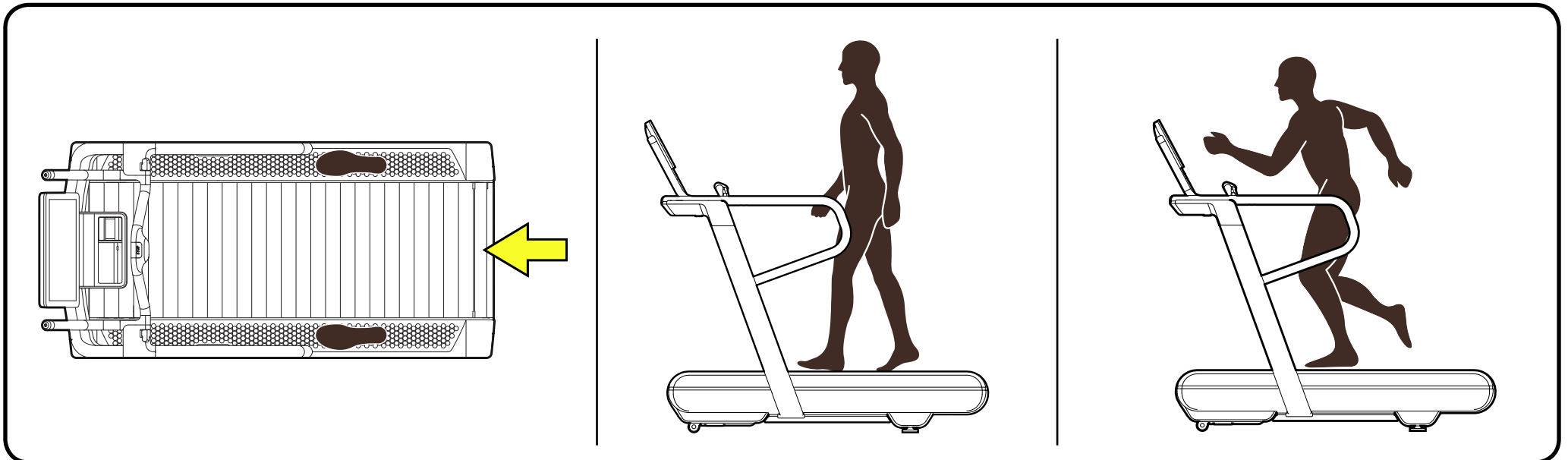
Step on the rotating belt from the rear, looking forward, and put your feet on the footrests on either side of the frame. In this rest position hold on to the grip with one hand, using the other hand to operate the control panel. When the rotating belt starts up, start walking slowly.

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

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

To get off at the end of the exercise, hold onto the side supports, steady yourself and move your feet onto the footrests; then get down from the equipment. Before leaving, make sure that the treadmill is stationary.

To get off in an emergency, hold onto the side supports, steady yourself and move your feet onto the footrests. Then get off the equipment.





WARNINGS

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

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

It is forbidden for two people to use the equipment at the same time. It is also forbidden to walk or run backwards on the equipment.

The SKILLRUN product is intended to be used solely for the purpose for which it was designed and constructed, that is for simulated walking or running or for performing pushing exercises. Any other use should be considered incorrect and therefore dangerous.

Product immobilisation

To prevent unauthorised or unmonitored use of the product, remove the power cable and store it in a safe place.

Do not touch the treadmill belt when it is in motion.

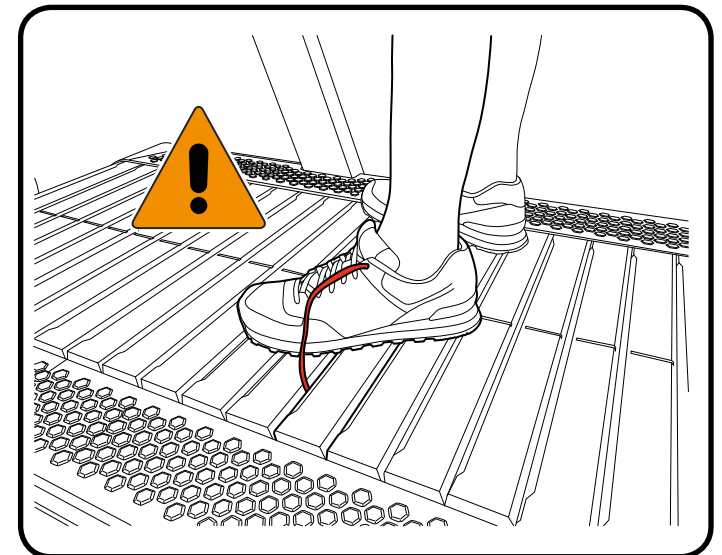
Pay attention to shoelaces and to all clothing items that could get caught in the openings: danger of falling.

Never drop or insert any object into any of the treadmill belt openings.

If an object becomes caught between the treadmill belt openings, it may slow down or stop abruptly.

Make sure the soles of your shoes are clean.

Only use running shoes or similar. Do not use five finger shoes, shoes with spikes or shoes with studs/cleats. Do not use the product barefoot.

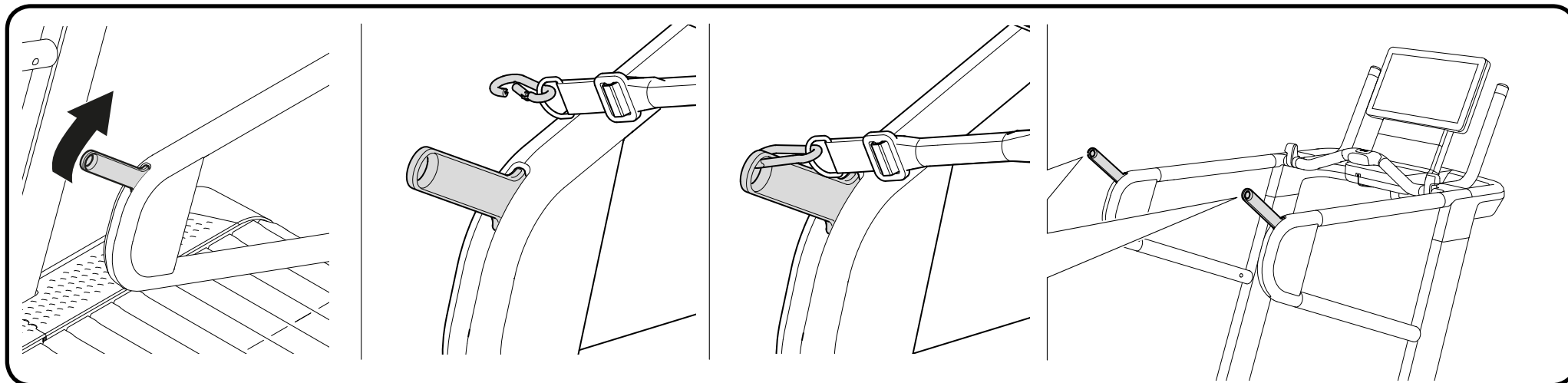
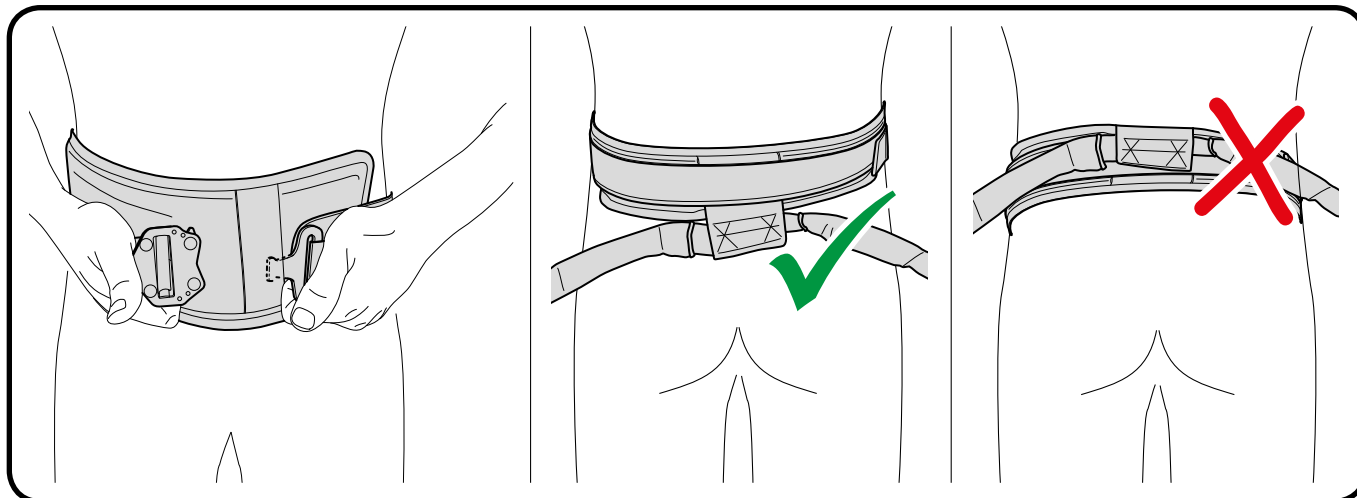


USING THE EQUIPMENT

Thanks to SKILLRUN parachute resistance training, it is possible to improve the maximum reachable speed.

To perform parachute resistance training, connect the ergonomic band.

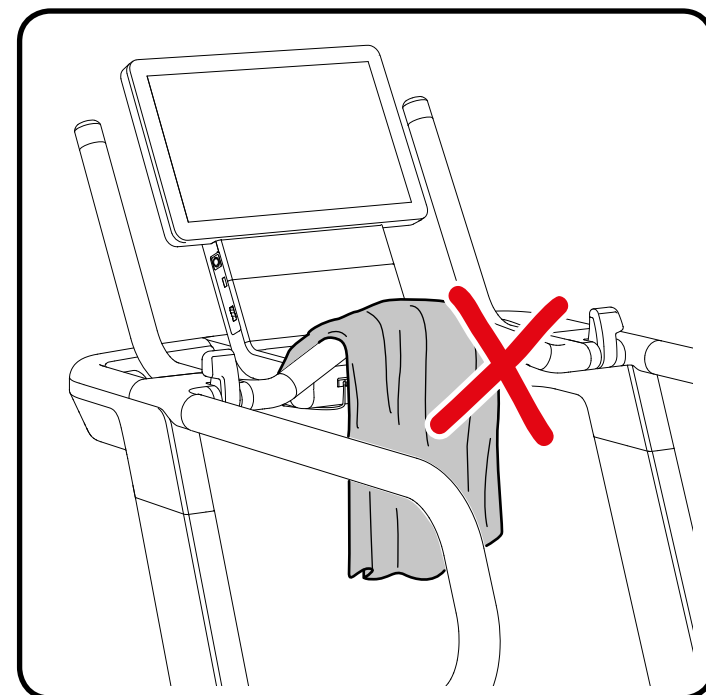
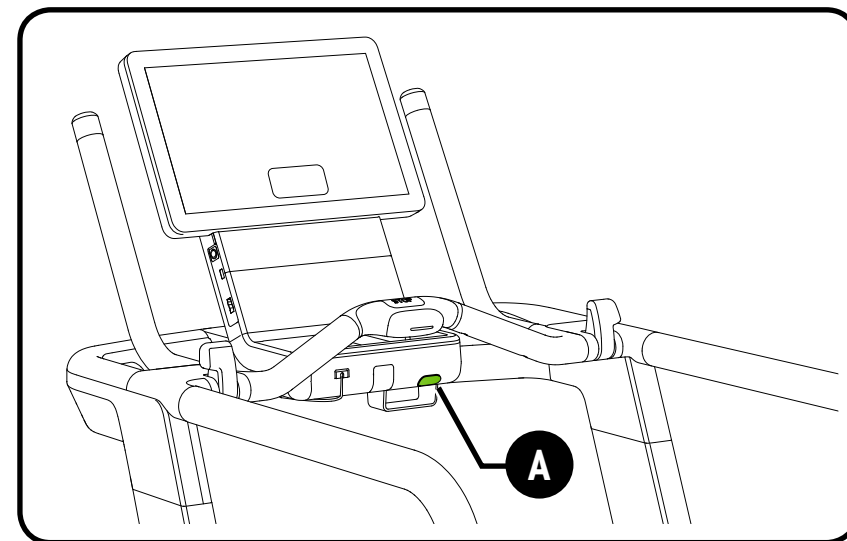
Put on the ergonomic band in the direction shown in the figure.



USING THE EQUIPMENT

The advanced biofeedback sensor (A) is installed standard in Unity 7000 model.

Be careful not to cover the sensors (A), if present.



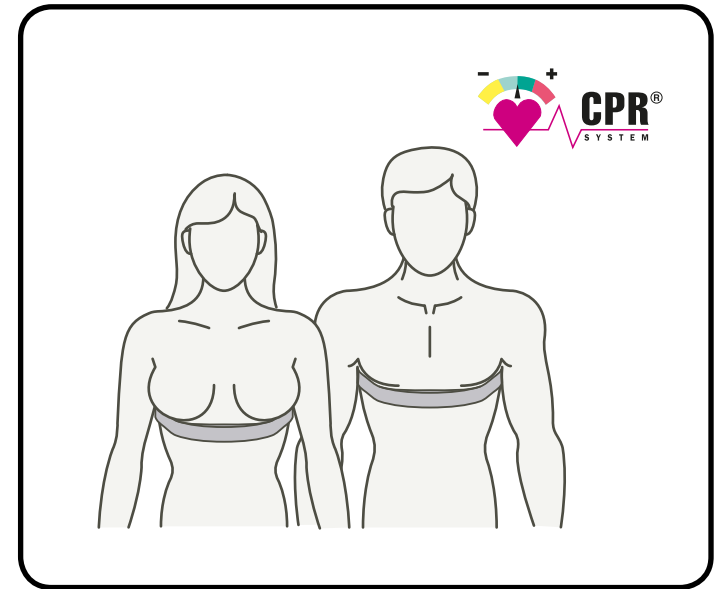
READING THE HEART RATE

A receiver is incorporated into the control panel, which receives heart rate signals from the telemetric chest band. Bluetooth Smart transmission technology is supported.

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

If you are experiencing difficulty in connecting the chest band:

- check that the battery of the band is fully charged;
- check that the chest band is not already connected to other devices.



 **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 heart rate monitor is only designed to display your heart rate during exercise, and cannot be used for medical diagnostic purposes; the band cannot be used to detect any cardiac dysfunction or abnormality. 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.

READING THE HEART RATE

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

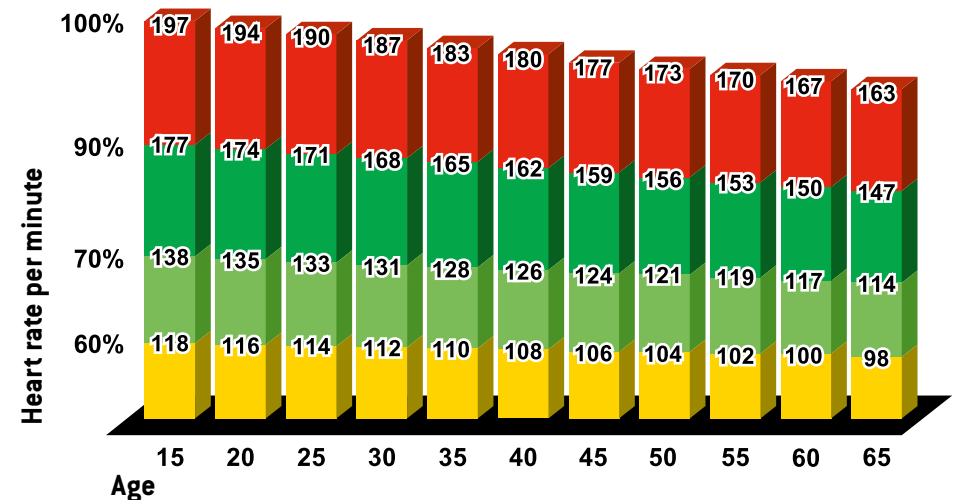
Theoretical maximum heart rate (100%) is calculated on the basis of age using the formula: $HR_{max} = 207 - 0.7 \times \text{age}$ (R. L. Gelish et al, Med Sci Sports Exerc., 2007 May, 39 (5): 281).

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.

TECHNICAL CHARACTERISTICS

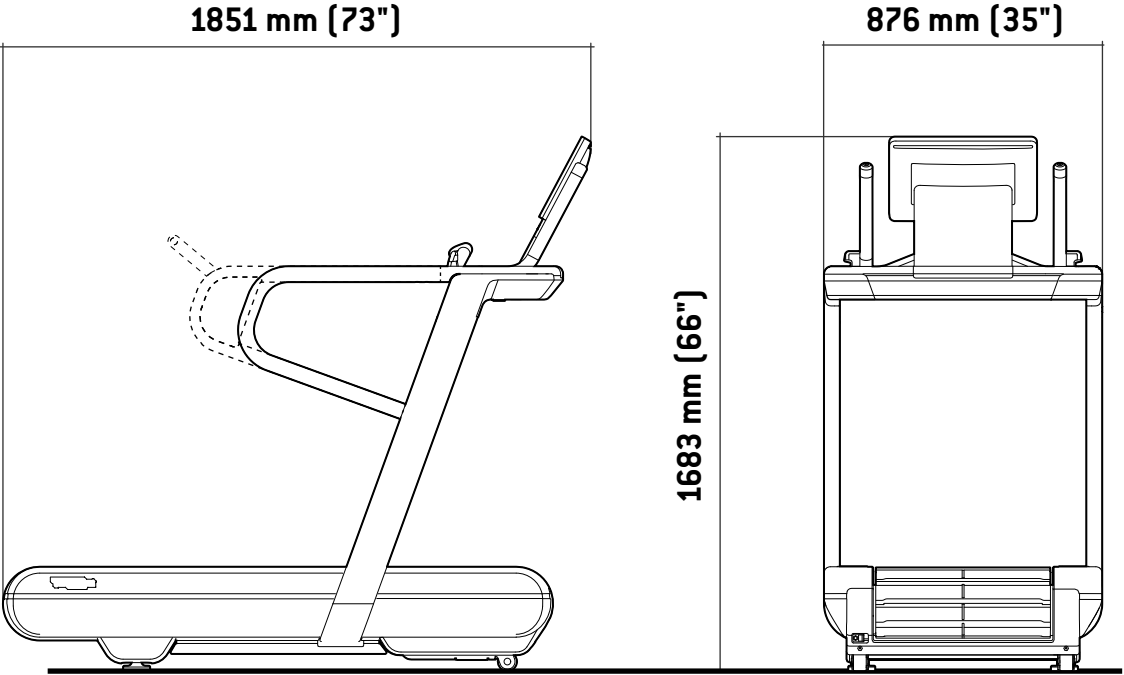
Model code	DJJOE... - DJJAE...	DJJOA... - DJJAA...
Power supply	200÷240 Vac 50/60 Hz	100÷240 Vac 50/60 Hz
Motor peak power	5800 W (8 Hp)	5800 W (8 Hp)
Maximum weight of user (walking)	220 kg (485 lb)	220 kg (485 lb)
Maximum weight of user (running)	180 kg (397 lb)	180 kg (397 lb)
Speed 100 Vac power supply maximum power input	-	0,2÷25 km/h (0.1÷15.5 mph) 1800 VA
Speed 120 Vac power supply maximum power input	-	0,2÷30 km/h (0.1÷18.6 mph) 1800 VA
Speed 200÷240 Vac power supply maximum power input	0,2÷30 km/h (0.1÷18.6 mph) 2000 VA	0,2÷30 km/h (0.1÷18.6 mph) 2000 VA
Gradient	-3% ÷ 25%	-3% ÷ 25%
Noise level	Less than 70 dB	Less than 70 dB
Protection rating	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 peak power values refer to a user with a maximum weight of 100 kg.

With regard to electromagnetic interference, the SKILLRUN product is a Class A device. In a residential environment, this equipment may cause radio interference. In such cases, the user may be required to take adequate measures.

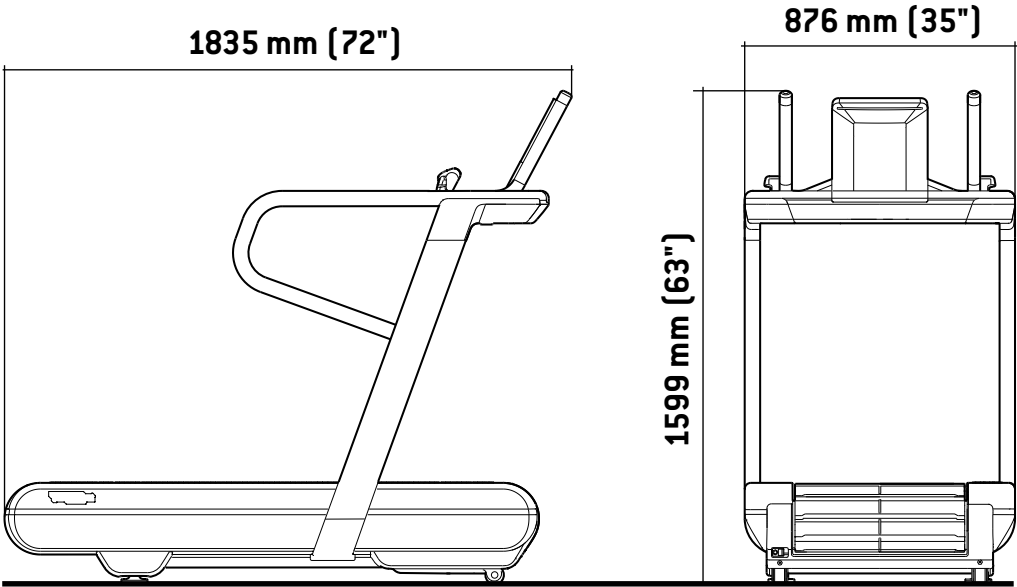
The SKILLRUN is a commercial device, designed for use in residential and professional environments. It is classified as a class SA device according to ISO EN 20957-1.

TECHNICAL CHARACTERISTICS



Weight of the product	
SKILLRUN UNITY 5000	220 kg (485 lb)
SKILLRUN UNITY 7000	232 kg (511 lb)

Weight of the product	
SKILLRUN TX 500	216 kg (476 lb)



SAFETY DEVICES AND WARNINGS

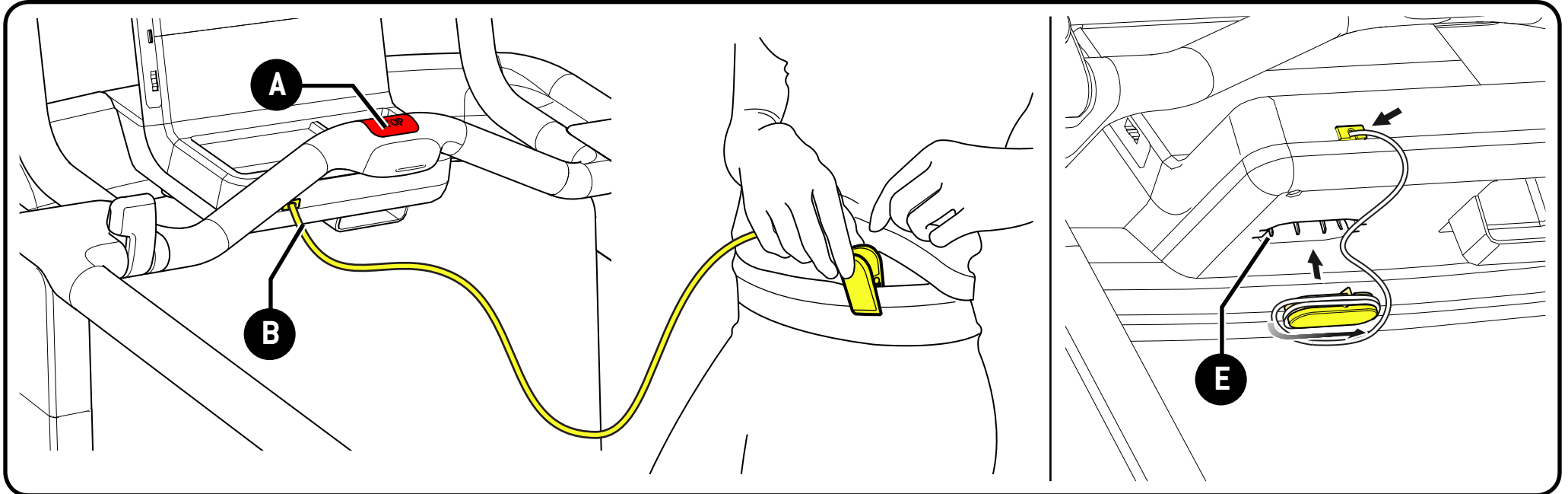
STOP button (A). This button can be used to stop the exercise without having to use the normal controls.

Emergency switch (B). This switch stops the exercise immediately. It is equipped with a cord with a peg to clip on to the user's clothing as shown in the illustration. Check that the peg grips onto clothing sufficiently well to operate the emergency switch. The user triggers 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 functions of the equipment after an emergency stop, reset the switch as shown in the illustration.

After finishing the exercise, replace the emergency switch peg back into its slot (E), as shown in the illustration.

If the emergency switch is activated while the product is in use at any gradient, the treadmill belt runs freely, and no form of braking is applied. Under such conditions, the user's weight and gravity may cause an unintended acceleration. Hold onto the side supports.

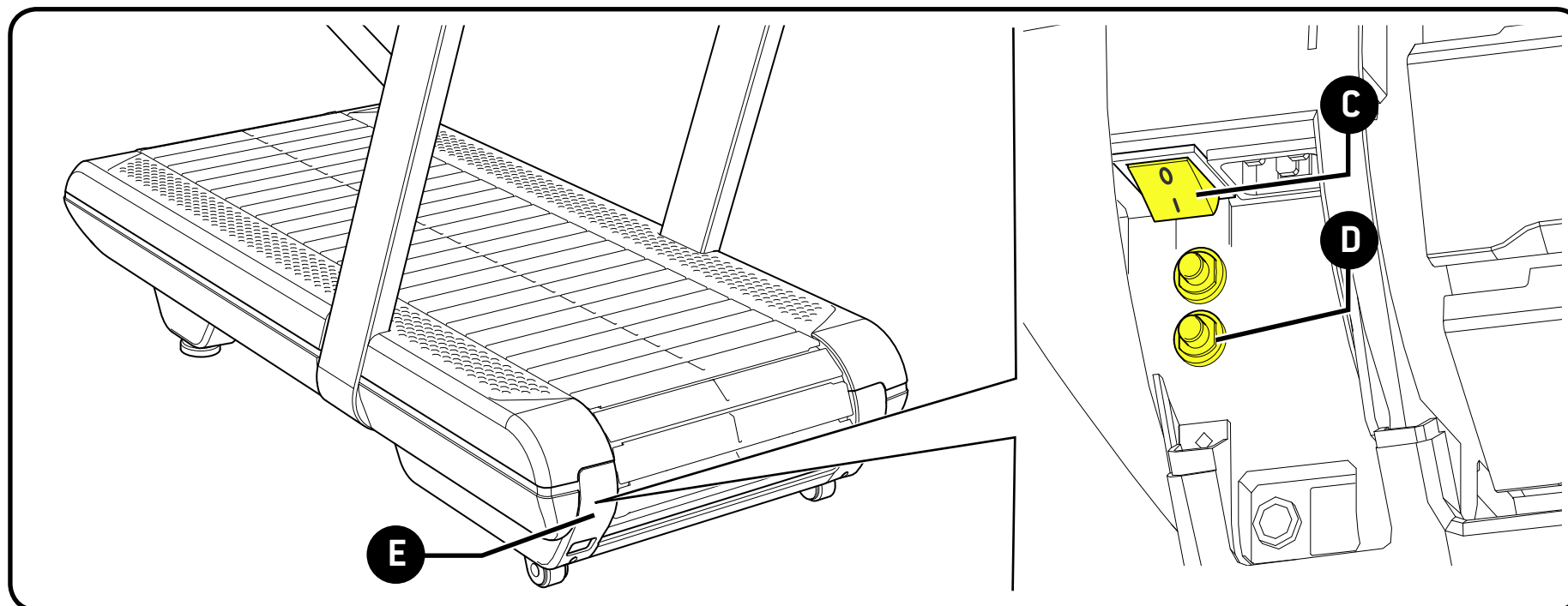


SAFETY DEVICES AND WARNINGS

Main switch (C). Turns the power to the product on and off.

Circuit breaker (D). Protects the electrical components of the product. When a power surge occurs, the protection device opens, thus preventing damage to the electronics inside.

To access to the main switch and circuit breaker, open the panel (E).

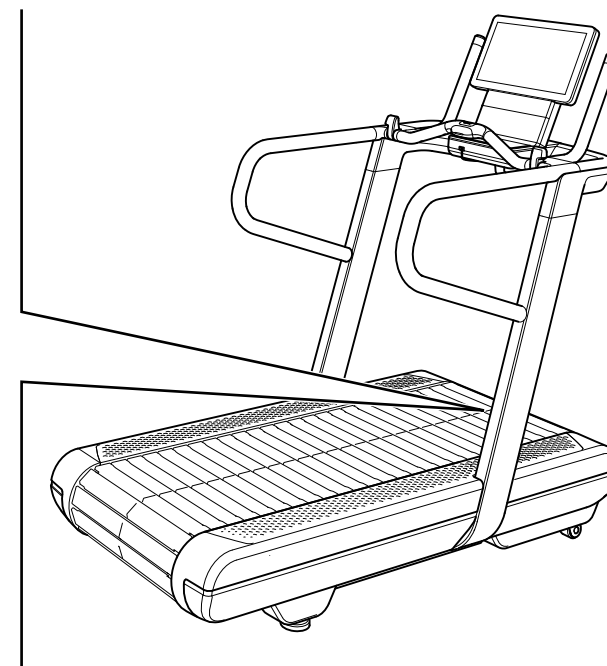
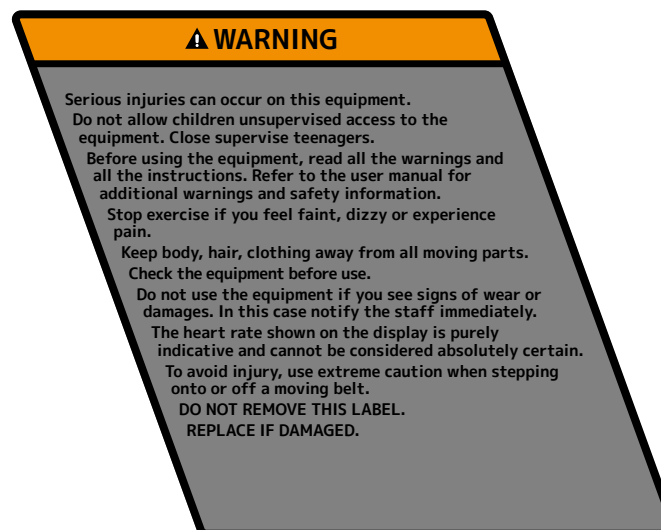




WARNING

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

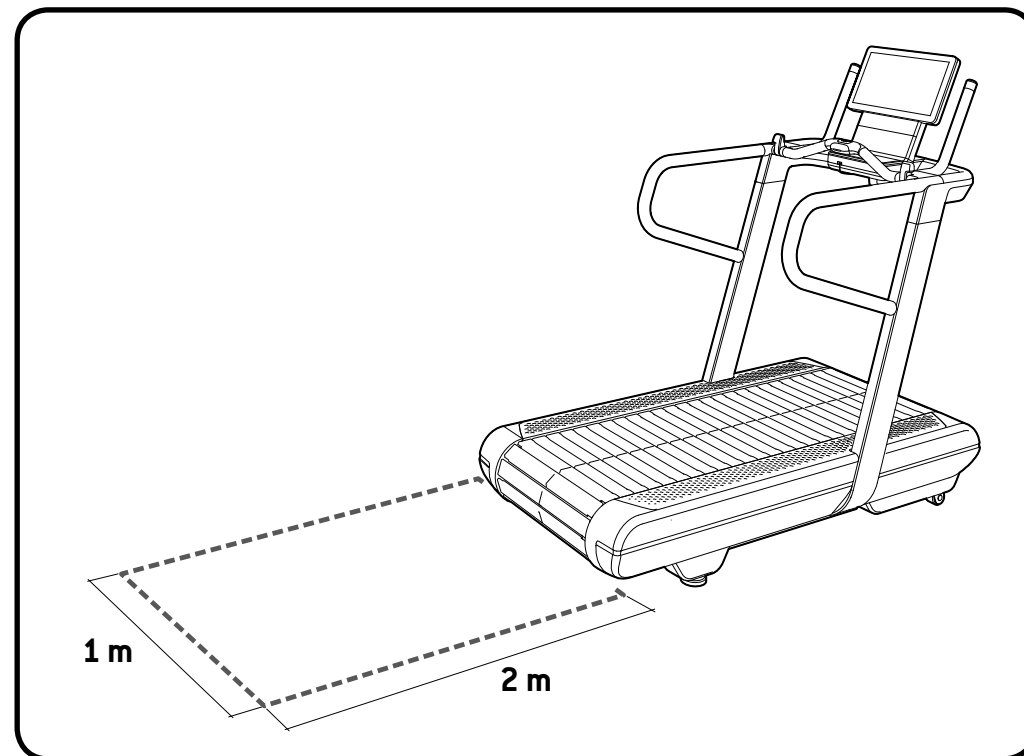
Before using the product, read all the warnings on the label applied to the right-hand column.



PLACE OF USAGE

To ensure that exercising with the equipment is easy, safe and effective, the place where it is used should comply with certain specific requirements; in particular, before choosing where to install the equipment we recommend that you check that the following conditions are present.

- 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;
- There is plenty of free space all around each item of equipment and a safety perimeter of 2x1 m, as shown in the illustration;
- The floor is flat, stable and vibration-free, and strong enough to bear the weight of the equipment plus user.



The place in which the equipment is installed 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.

Do not expose the equipment to direct sunlight.

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

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

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

MOVING THE PRODUCT

The product has two fixed front wheels.
To lift and move it, use the two levers provided.

Remove the two covers (A).

Insert the levers (B).

Hold onto the levers, lift the product and push forwards or backwards.

After moving the product, remove the levers (B) and put the covers back in position (A).

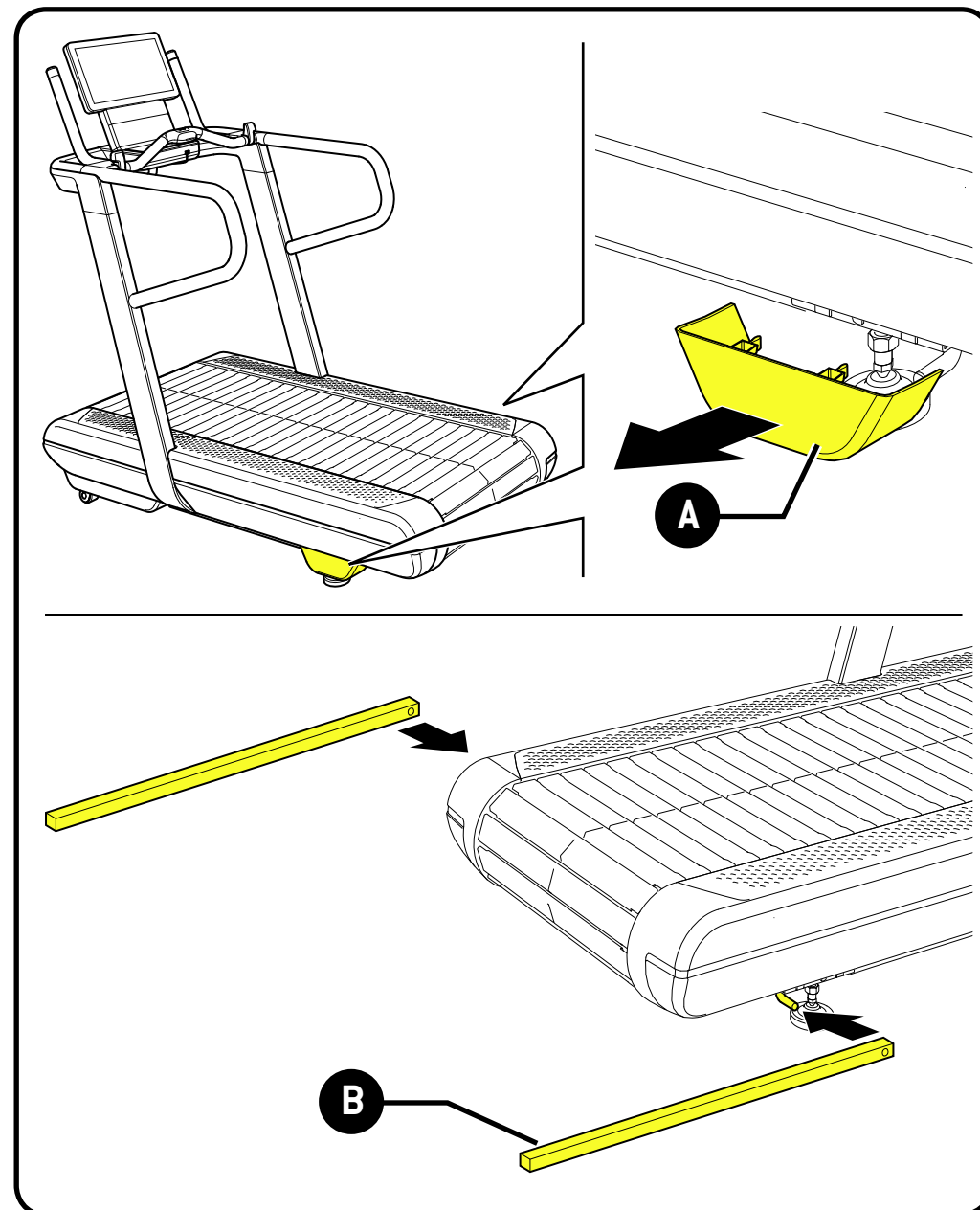
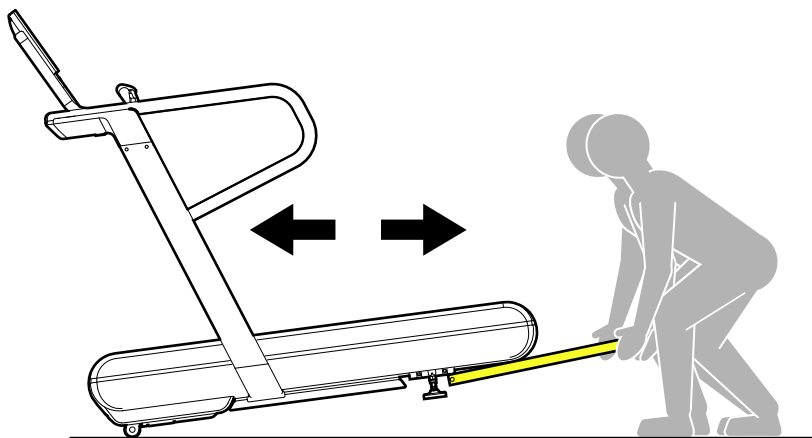
Do not use the product with the levers for moving it inserted.

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



WARNINGS

Move the product very carefully, because it could become unstable and tip over.



LEVELLING

In order to function correctly, the equipment must be level.

Use one of the feet shown in the illustration to level the equipment.

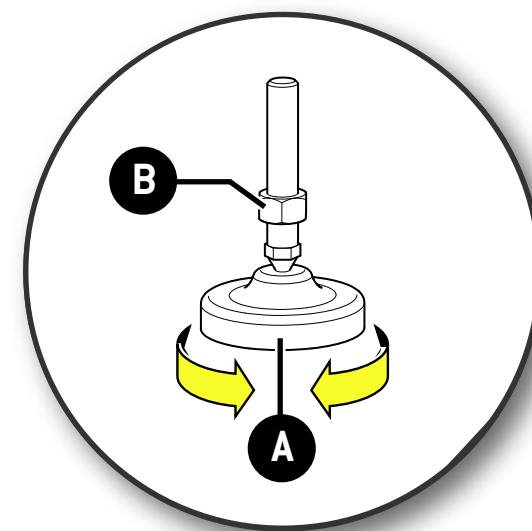
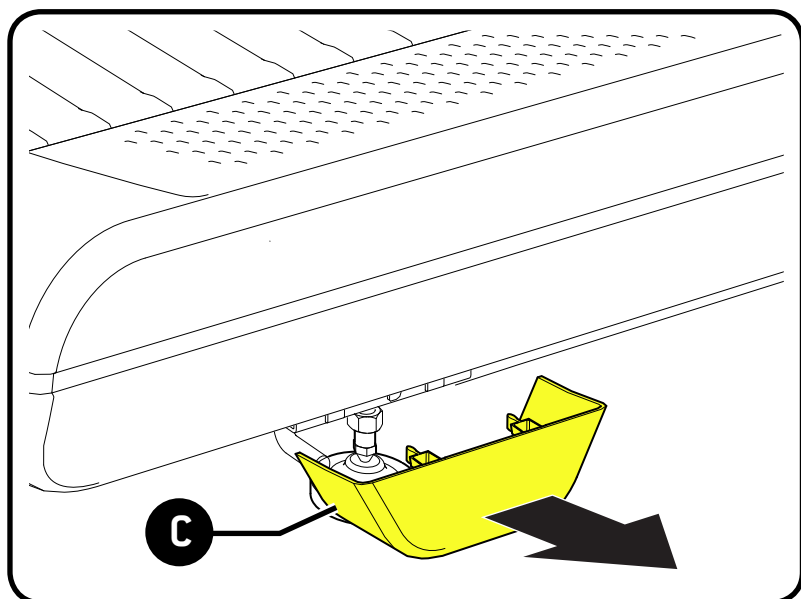
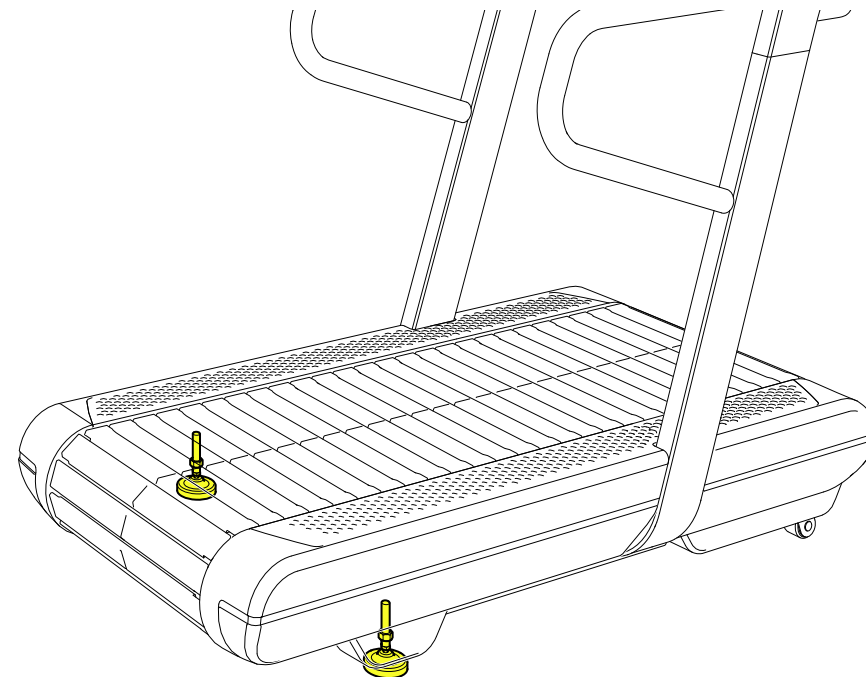
Remove the cover **[C]**.

Loosen the locknut **[B]**.

Screw or unscrew the foot **[A]** until the frame is in a stable position.

After adjusting, tighten the lock nut **[B]**.

Put the cover back in position **[C]**.



ELECTRICAL CONNECTION

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

Open the panel **(A)** to reach the label and connector: put a finger in the hole and pull.

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

Fix the cable in place with the clamp **(B)**.

Close the panel **(A)** again, threading the cable through the slot provided.

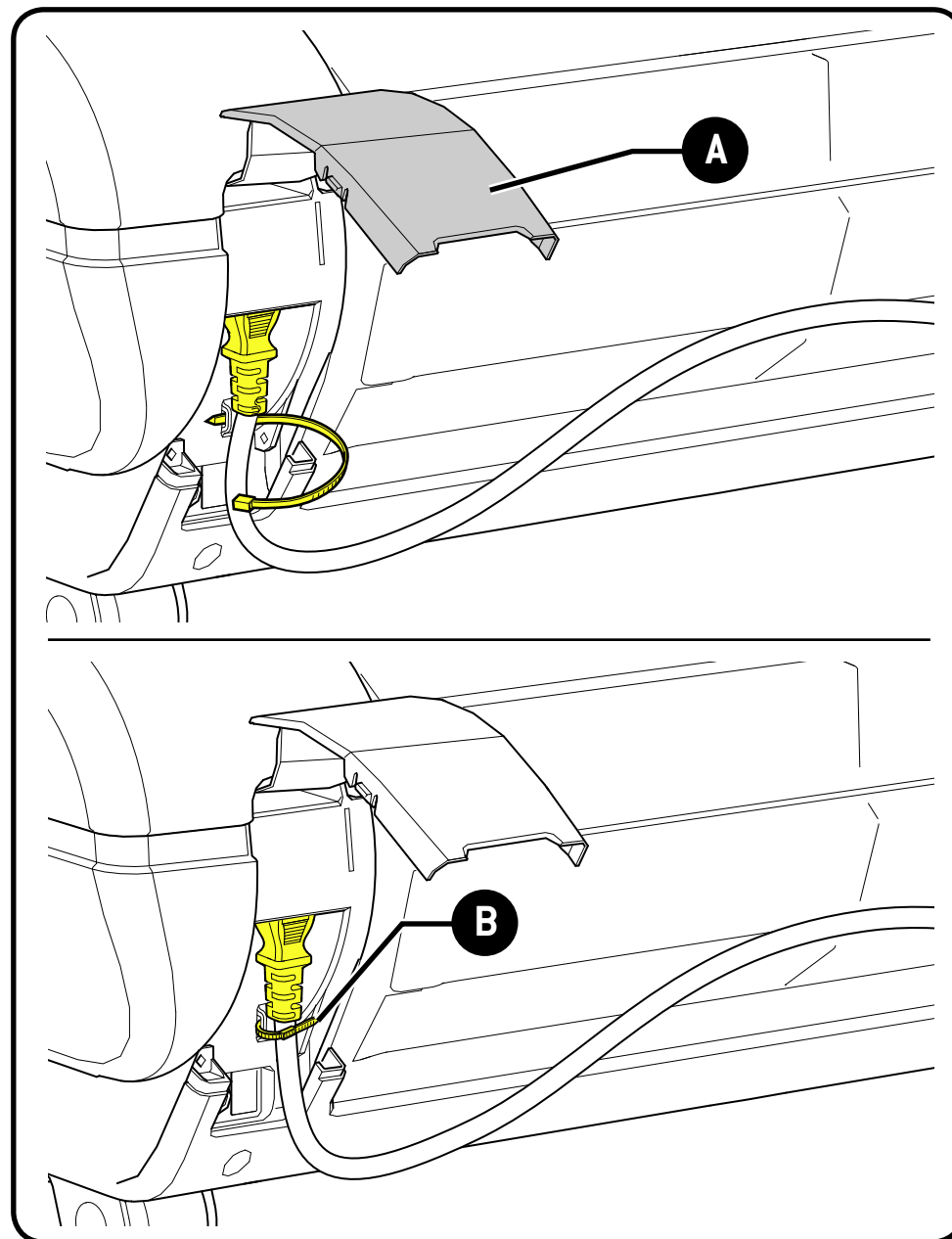


WARNINGS

Check the state of the power cable periodically.

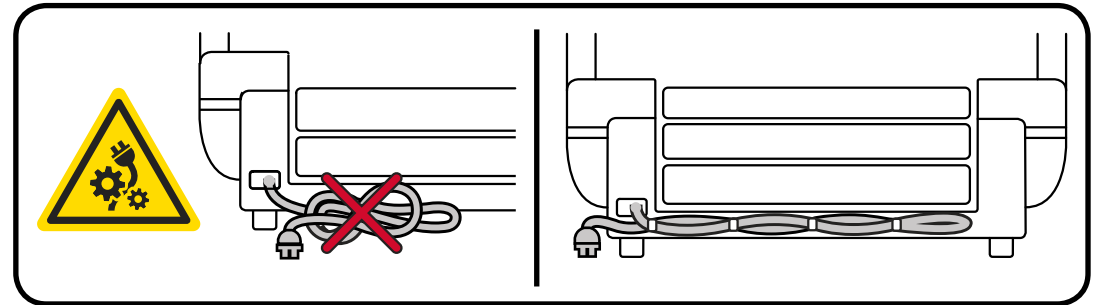
The wall socket must be located in a place where the unit may be easily and safely plugged in and unplugged.

When plugging in, the power supply switch must be in the OFF (0) position (the equipment must be switched off).



ELECTRICAL CONNECTION

Collect the excess cable with the specific cable ties.



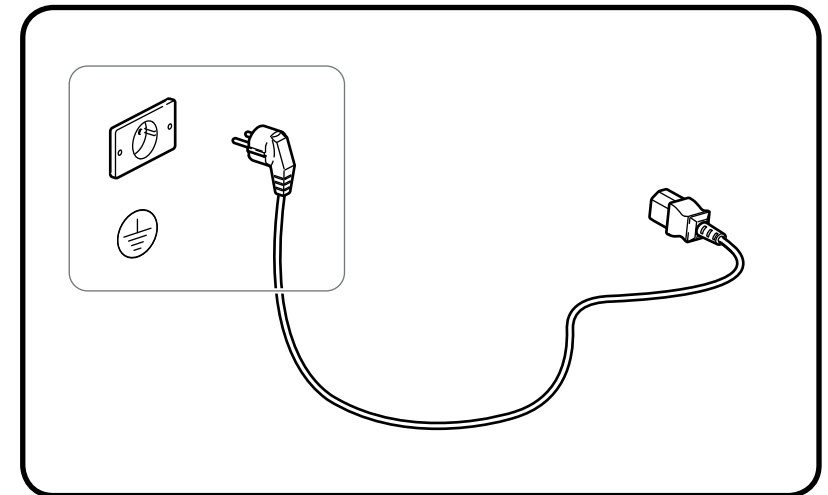
The power supply socket must be grounded . If not, a ground connection must be installed by a qualified electrician before connecting the equipment to the electricity mains.

The product must be grounded. If the unit malfunctions or breaks down, earthing provides a minimum resistance path for electric current thus reducing the risk of electric shock. The product is equipped with a cable that includes an earth wire and an earthing plug. The plug must be connected to an appropriate socket that is properly installed and earthed in accordance with all local codes and ordinances.



WARNING

Improper connection of the earth wire may result in risk of electrical shock. Check with a qualified electrician or maintenance operator 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 the socket, have a suitable socket installed by a qualified electrician.



TURNING ON AND OFF

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

To turn the equipment off, move the main switch to the OFF (O) position.

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

If the product is not expected to be used for a long time, as well as turning it off, the plug should also be removed from the wall socket.

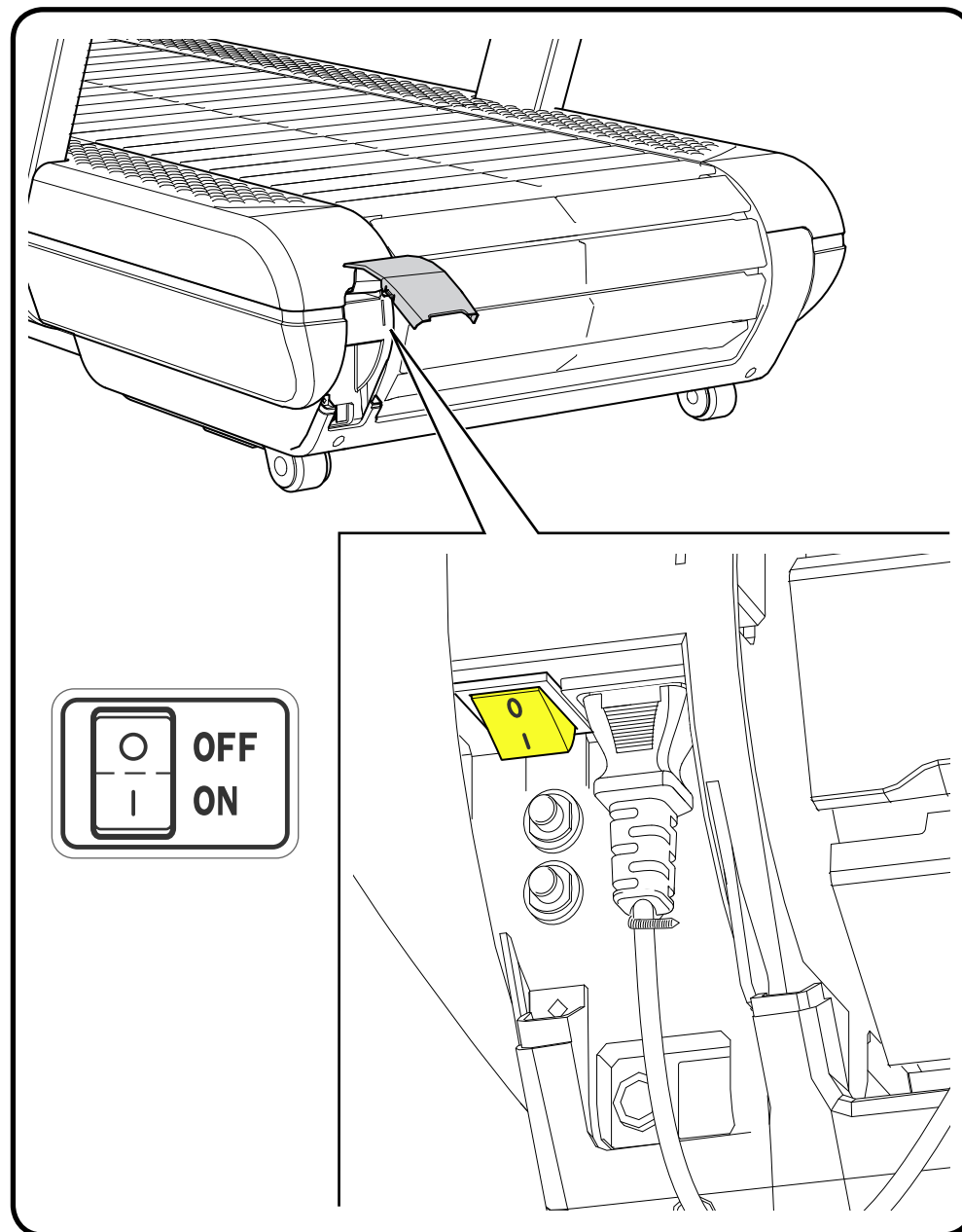
Depending on the version of the product, the ON (I) and OFF (O) position may vary; check the illustration above the switch for the exact position.



WARNINGS

The switch is used to turn the unit on and off, but does not fully disconnect it from mains power, even when set to the OFF (O) position. For complete isolation you must unplug the power supply plug.

Danger of falling. If the product is not connected to the power supply, the belt will turn freely. You must hold onto the side supports when getting on and off the product.



CONNECTION TO ANOTHER DEVICE

To connect the TV, connect the cable for the aerial 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.

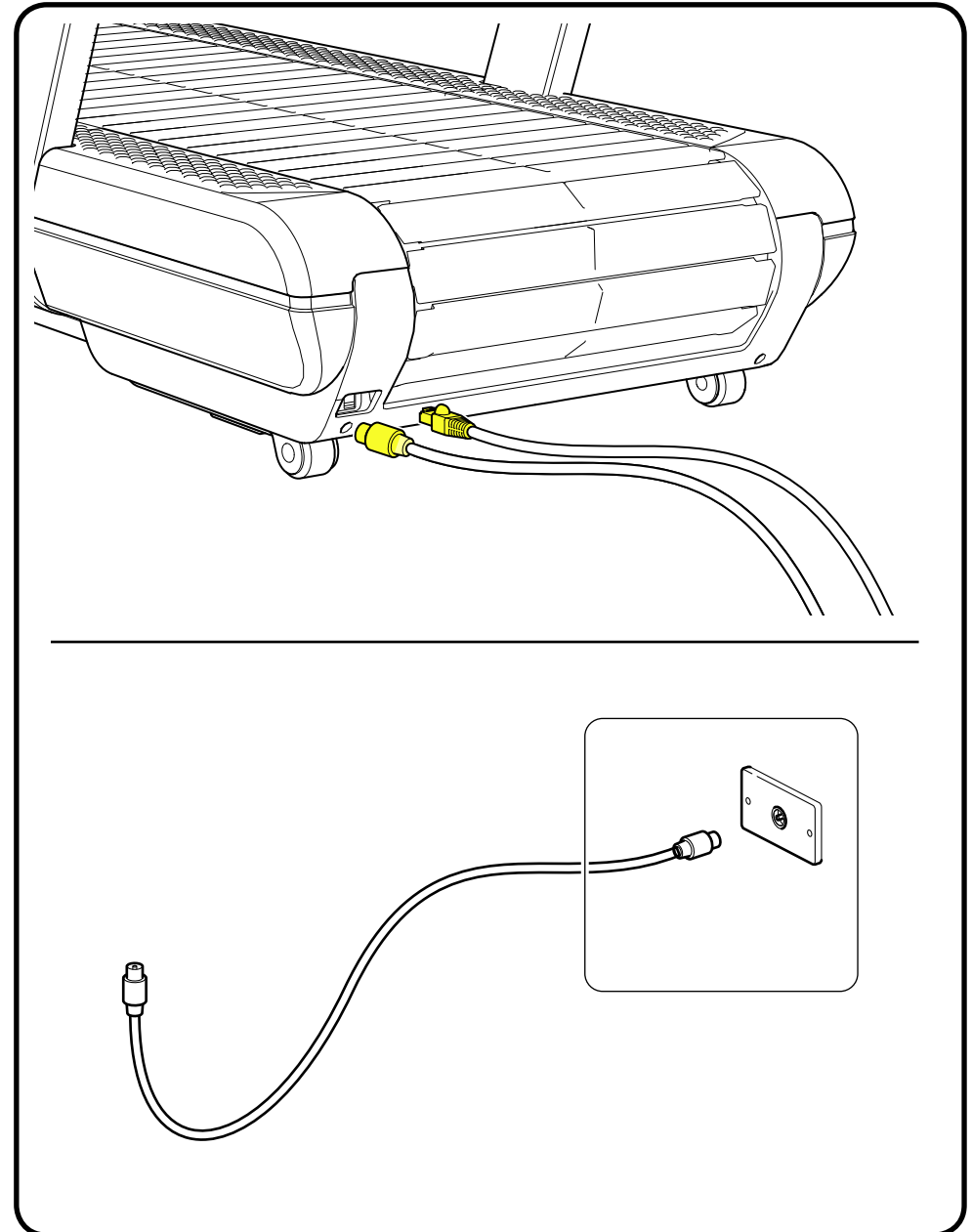
The wall socket of the aerial cable must be positioned so that the plug can be easily inserted and removed.

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



WARNING

The devices connected must comply with international standards.



ROUTINE MAINTENANCE

The product should always be kept clean and free of dust, in compliance with common health and hygiene standards.

To clean the control panel, proceed as follows:

- turn the equipment off by moving 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:

- turn the equipment off by moving the switch to the OFF (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 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.

Danger of falling. If the product is not connected to the power supply, the belt will turn freely. You must hold onto the side supports when getting on and off the product

For maintenance operations not described in this manual, contact the Technogym Technical Support Service.



WARNINGS

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 unplugging the power cable from the wall socket

Every two weeks, check:

- that the individual elements of the treadmill belt and the belt itself are not damaged;
- that the plastic protective devices are undamaged.

Emergency switch

Check the condition of the emergency switch each month.

- ensure that the cord and the spring are present and in good condition.
- check that the emergency switch is undamaged.
- with the treadmill belt in motion at 5 km/h, pull the cord with the spring to trigger the emergency switch and ensure that the belt stops.
- with the treadmill belt in motion at 5 km/h, press the emergency push button to ensure that the belt stops.

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

TROUBLESHOOTING

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

Problem	Cause	Solution
Equipment does not switch on	Mains power failure.	Check the power supply at the wall socket used by the equipment by plugging in an appliance that definitely works.
	Power supply cable damaged.	Contact the Technogym Technical Support Service.
	The power supply cable is not correctly inserted.	Check the connection.
	The circuit breaker is open.	Check that the two keys next to the switch are closed, by pressing them fully down.
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.
	Rotating belt not centrally aligned.	Contact the Technogym Technical Support Service.
Problems in monitoring heart rate with the chest band	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
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.

STORING THE PRODUCT

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**.

DISPOSING OF THE PRODUCT

It is always advisable to check that the product does not create any type of hazard, and therefore it should not be left for children to play with. For this reason, when it is not used for long periods it must be turned off by disconnecting the power cable.

The product must not be disposed of in the environment, in public areas, or private areas used for public purposes.

The product 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.

Waste deriving from electrical and electronic equipment must not be disposed of as urban waste. A specific disposal system involving suitable processing, recovery and recycling in compliance with the regulations in force, is provided for this kind of waste.

Illegal dumping or improper use of electrical and electronic equipment waste may cause serious damage to the environment and have repercussions on people's health.

Under the provisions put into effect by the European Union Member States, private citizens resident within the European Community may take used electrical and electronic equipment to authorised collection centres.

If the product is used for commercial purposes, contact your reseller or the Technogym Customer Service, in the various Countries, to arrange for collection and disposal of waste from electrical and electronic equipment.

For disposal of electrical and electronic equipment in Countries outside the European Union, contact your local authorities.

Average life of the product: 10 years.

SKILL LINE

SKILLATHLETIC TRAINING



SKILLMILL



SKILLROW



SKILLRUN



SKILLBIKE

SKILLRUN_en-AC
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