

RUN EXCITE® LIVE

User Manual



The Wellness Company

Contents

Contents	2	Moving the product.....	20
Important safety instructions	3	Levelling the product	21
Personal safety	4	Electrical connection	22
Manufacturer and product identification.....	5	Other connections	24
Product description	6	Routine maintenance	25
Using the product.....	9	Periodic maintenance	27
Using the heart rate monitor	11	Centring the treadmill belt.....	28
Using the wireless charger	12	Troubleshooting	29
Technical specifications.....	13	Technical Support Service	30
Safety devices.....	15	Storing the product.....	31
Turning the product ON and OFF.....	18	Disposing of the product	31
Place of usage.....	19		

Important safety instructions

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

Please read all instructions before using the 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 use 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.

Never leave the product plugged in and unattended. Unplug the product from the electrical 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 product has been designed, following the instructions provided in the manual. Any other use is to be considered inappropriate and therefore dangerous.

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

Never turn on 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 in 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.

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 the power, bring all controls in the off position and then remove the plug from the socket.

SAVE THESE INSTRUCTIONS

Personal safety

Use of the product is subject to a medical examination to assess your suitability for 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.

Before starting an exercise, 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 serious physical harm or death. If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.

Wear suitable 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 product to users.

Fully assemble the product before use. 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 of the components, such as the power cable and I/O switch, away from liquids in order to prevent electric shocks.

Keep the product in good working condition. If you see signs of wear, contact the Technogym 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.

Do not put anything on the frame or display.

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

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 caused by failure on your part to use, operate and maintain the product as set out in this User Manual.



WARNING

High voltage inside the product. Guard to be removed by authorised personnel only.

Manufacturer and product identification

19" DISPLAY

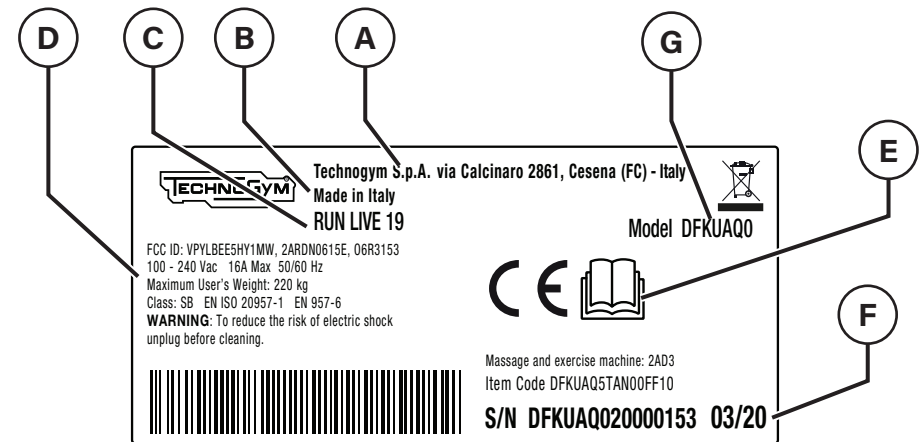


10" DISPLAY



The values stated in the illustration are purely indicative; refer to the label attached to the product for the correct information.

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



Product description

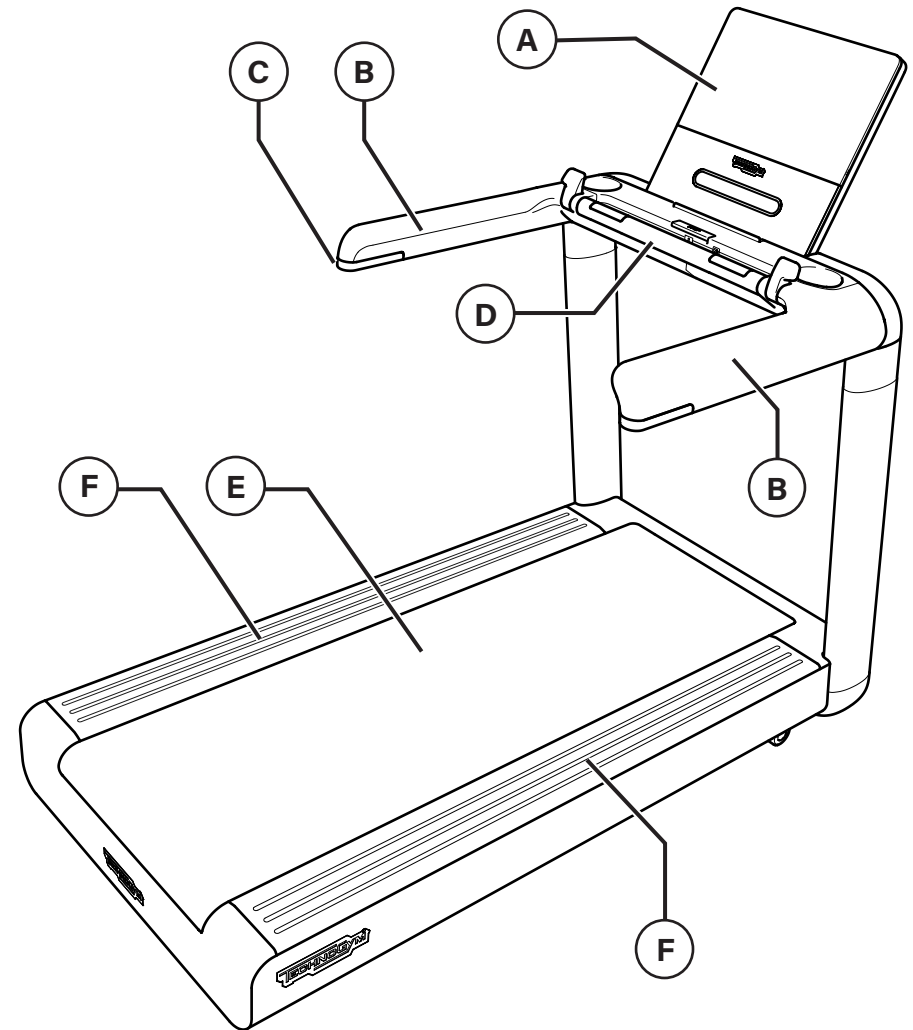
Display (A). Enables you to view and manage workout and entertainment information, settings and content. The tablet-style touch-screen interface lets you include content offered by the Technogym App Store.

Side supports (B). They provide stable support when getting on or off the product or losing balance; they may be useful when striding. The warning light on the left support (C) turns red at the beginning of the exercise to warn that the product is being used and the treadmill belt is moving; it blinks at the end of the exercise to warn that the product will be available shortly.

Central handgrip (D). It can be useful when walking with short steps.

Treadmill belt (E). Anti-static and shock-absorbing running surface.

Foot rails (F). Move feet from treadmill belt to foot rails for a short break in case of fatigue or danger.



Fast Track Control (G). Enable you to change the treadmill belt speed and gradient during the exercise.

Hand sensor (H). Metal plate sensors continuously monitor your heart rate.

Headphone plug (K). To connect your headphones and listen to audio content. Headphones with microphone can also be used.

NFC sensor / RFID reader (L).

USB port (M).

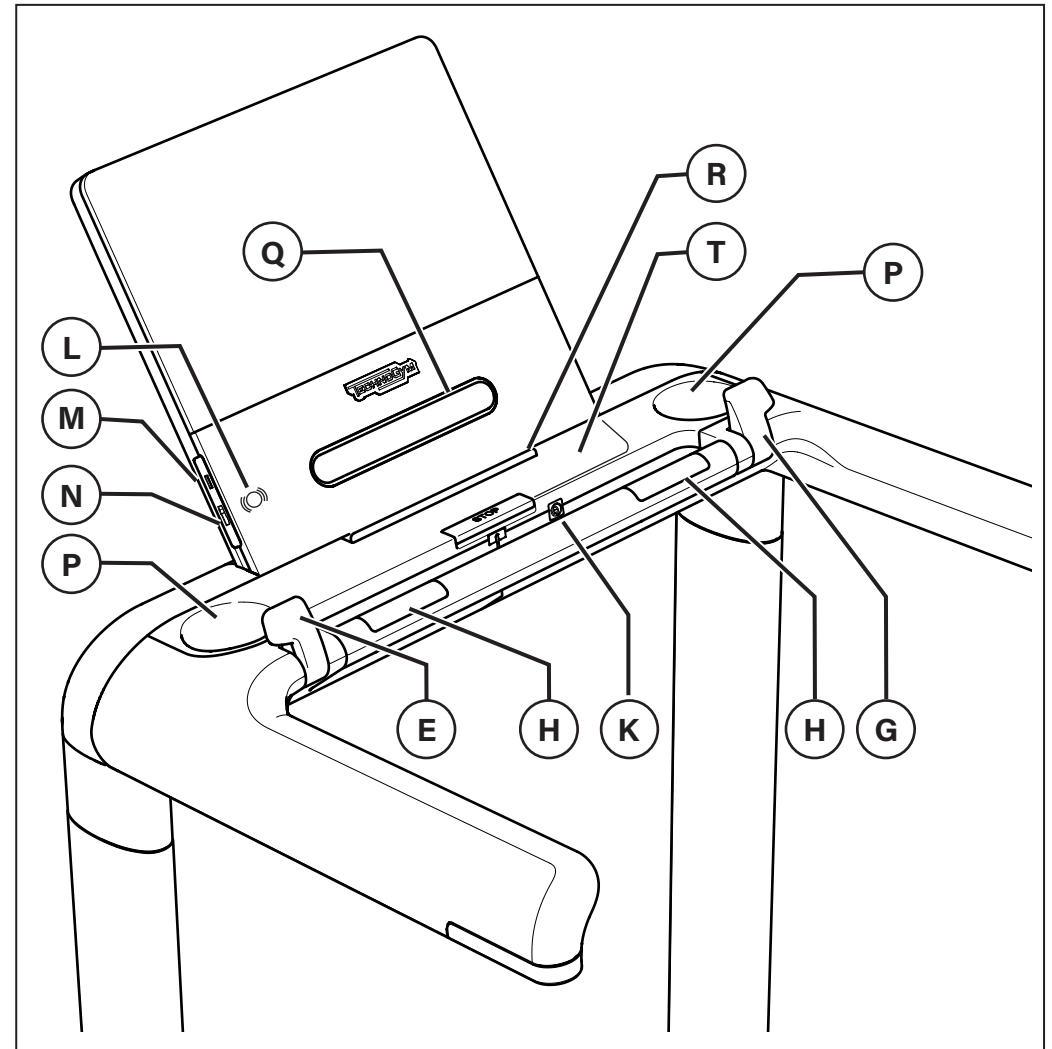
Technogym key slot (N). The device reads workout data from the Technogym key and saves the results of the current exercise.

Water bottle holder (P).

Fan (Q).

Phone support (R).

Wireless Charger (T).



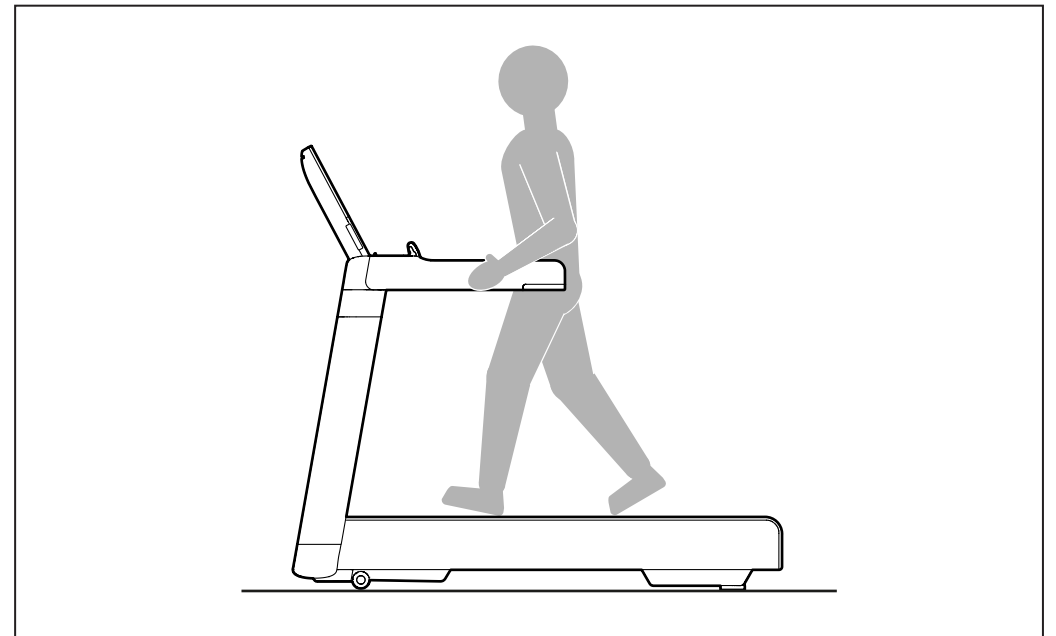
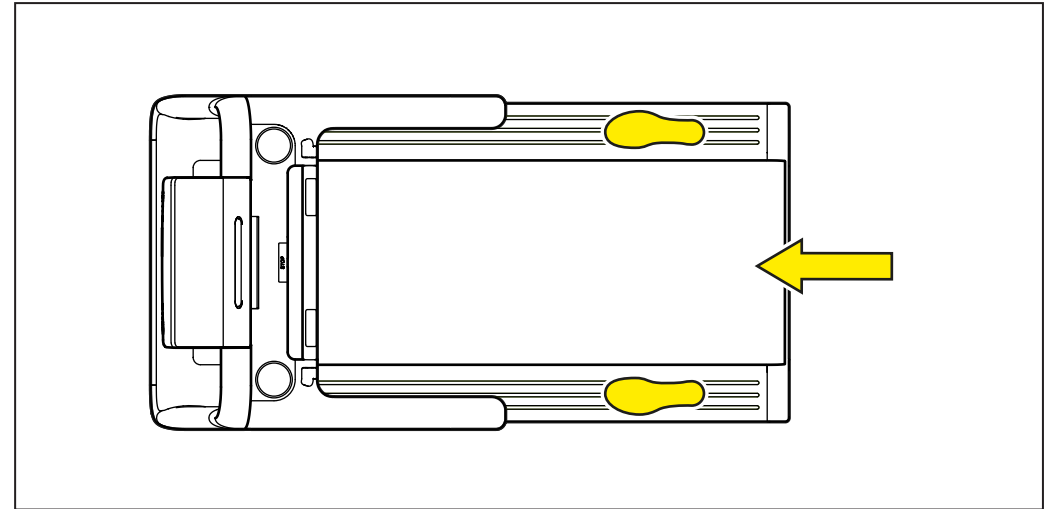
	19" DISPLAY			10" DISPLAY		
	9000	7000	5000	900	700	500
Fast Track Control	YES	YES	–	YES	YES	–
Hand sensor	YES	YES	YES	YES	YES	YES
ANT+ receiver	YES	–	–	YES	–	–
Bluetooth® 5.0	YES	YES	YES	YES	–	–
Technogym key slot	YES	YES	YES	YES	–	–
NFC sensor	YES	YES	YES	YES	–	–
Wireless Charger	YES	–	–	–	–	–
Fan	YES	YES	–	YES	YES	–
Ethernet	YES	YES	YES	–	–	–
In Motion Light	YES	YES	–	YES	YES	–
Preventive Care Light	YES	YES	–	YES	YES	–
Gradient	18%	18%	15%	18%	18%	15%

Using the product

Run must only be used for the purpose for which it was designed and made: walking and running simulation. Any other use is to be considered inappropriate and therefore dangerous.

Step on the running surface from the rear; keep your gaze forward and place your feet on the foot rails. From this rest position, use one hand to hold on to the handgrip and the other to set a programme on the display. Begin to walk slowly when the treadmill belt starts.

The two side supports ensure greater safety during initial use of the product. Afterwards, however, let go of the side supports as you walk or run to improve balance and posture.



At 6-7 km/h (3.5-4.5 mph) you break into a slow run from a fast walk, and the stride naturally lengthens. Increase the speed gradually as you feel safer and more stable.



WARNINGS

Distractions from the surrounding environment could make you lose your stability and balance.

Do not walk or run backwards.

Use by two people at the same time is forbidden.

To step down at the end of the exercise, hold on to the side supports, place feet on the foot rails and step down.

In an emergency situation, hold the side supports firmly and step onto the foot rails. Then step down.

Immobilising the product

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



Using the heart rate monitor

The product can monitor the heart rate in two different ways:

- using the device built into the central handgrip (hand sensor); it is activated when the handgrip is held over the sensors (**H**);
- using a device equipped with heart rate transmitter.

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



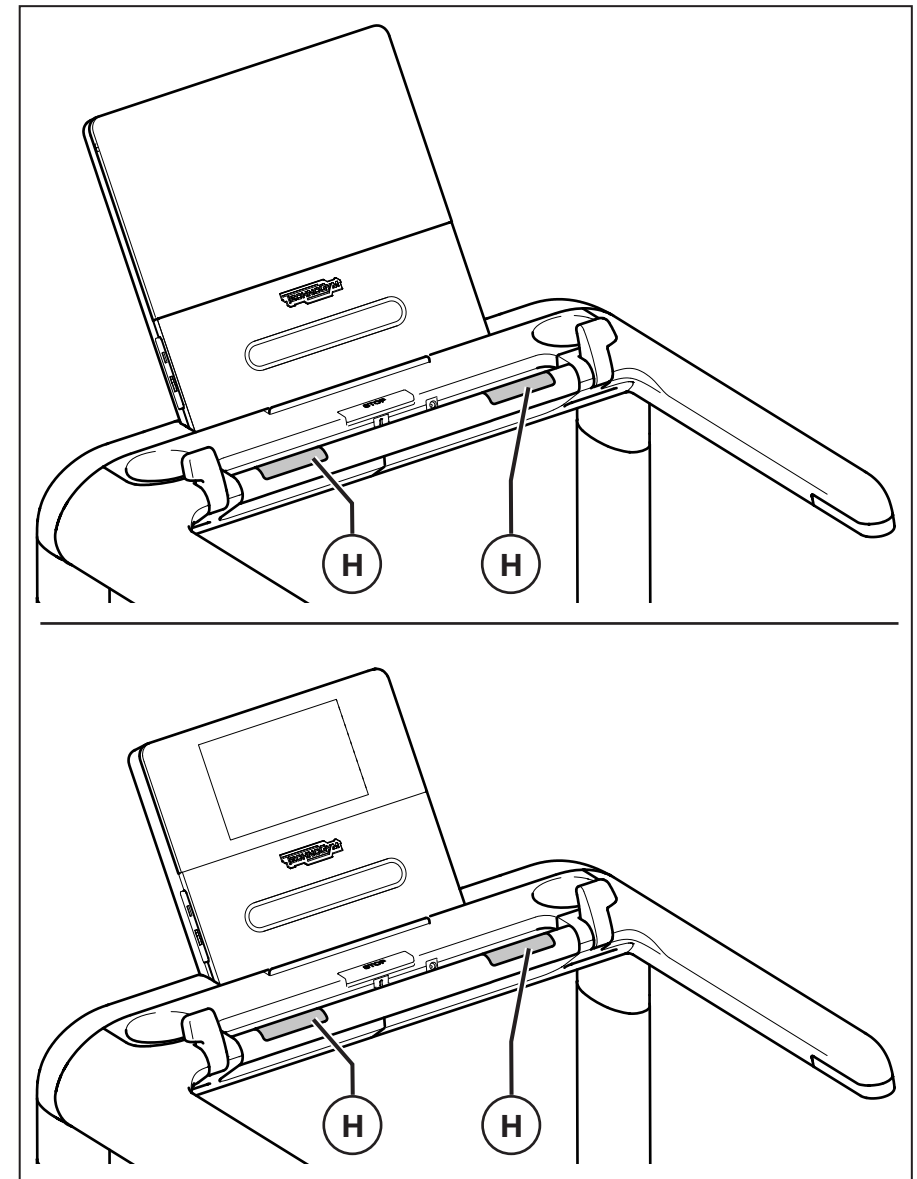
WARNINGS

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

The sole function of the heart rate monitor is to display the heart rate during exercise and cannot be used for medical cardiac diagnoses of any kind. The heart rate shown on the display is purely indicative and cannot be considered absolutely certain.

Do not use the heart rate monitor if you have a cardiac support device such as a pacemaker or similar.

Diminish the intensity of your exercise if a message reporting that the heart rate is too high appears.



Using the wireless charger

Use Qi-certified smartphones.

Position your phone correctly on the charger. Your phone might not charge correctly if it is not placed in the right position on the charging surface.

Depending on the position of the wireless coil, the phone might not charge correctly.

The wireless charger is not fast-charge compatible.

The wireless charger might not work correctly through thick phone cases. If your case is thick, remove it before placing the phone on the wireless charger.

Do not leave your phone unattended on the charger.

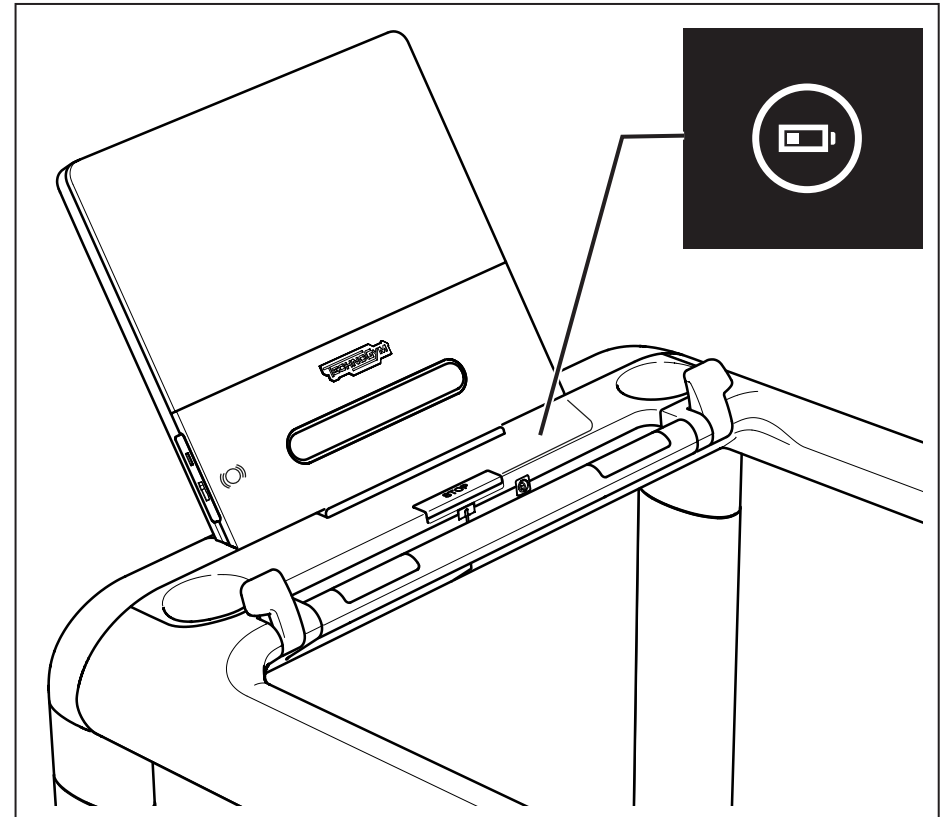
Do not leave your phone charging on the charger after you have finished your workout.

Do not place any object between your phone and the wireless charger.

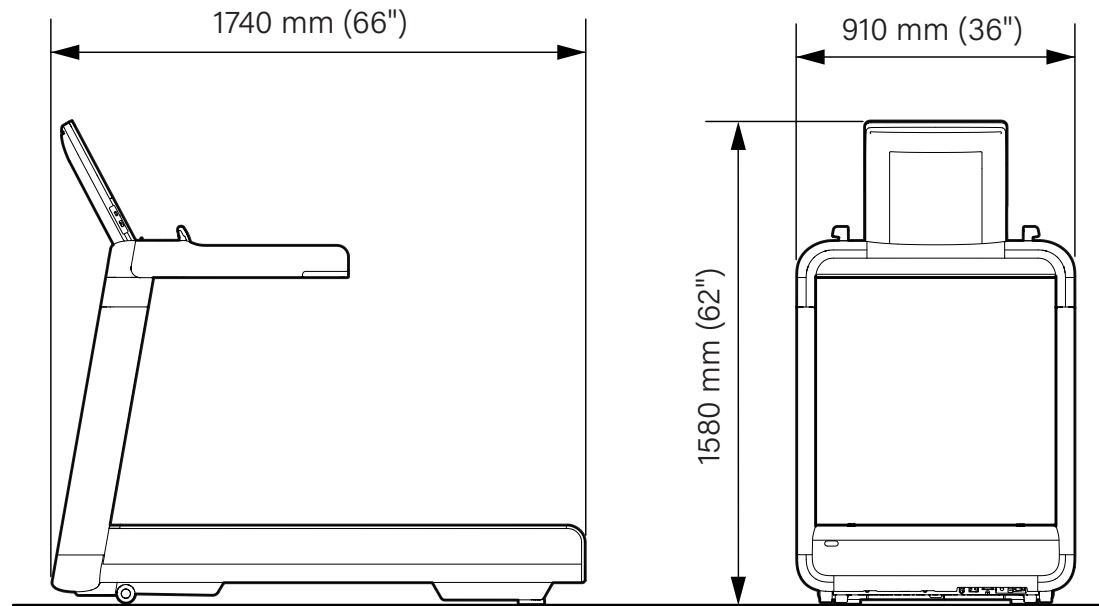
Do not leave magnetic cards in the vicinity of the charger. Magnetic fields can cause damage to magnetic cards such as credit cards and boarding passes.

Do not use the wireless charger for other than its intended purposes.

The wireless charger is available in the 9000 model.



Technical specifications



Model	9000, 7000, 5000	900, 700, 500
Maximum capacity of water bottle holder	2 kg (4 lbs)	
Maximum weight of user	220 kg (485 lbs)	
Weight of the product	162 kg (357 lbs)	160 kg (353 lbs)

Model	9000, 7000, 900, 700	5000, 500
Power supply	100-240 Vac 50/60 Hz	
Peak motor power	5800 W (7.8 hp)	
Noise level	Less than 70 dB	
Protection rating	IP 20	
A-weighted sound pressure level	61.8 dBA SPL	
Speed with 100 Vac Maximum input power	0.8-20 km/h 1600 VA	
Speed with 120 Vac Maximum input power	0.8-22 km/h 2000 VA	
Speed with 240 Vac Maximum input power	0.8-25 km/h 2200 VA	0.8-22 km/h 2000 VA

Peak power values refer to 100 kg (220 lbs) user maximum weight capacity.

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

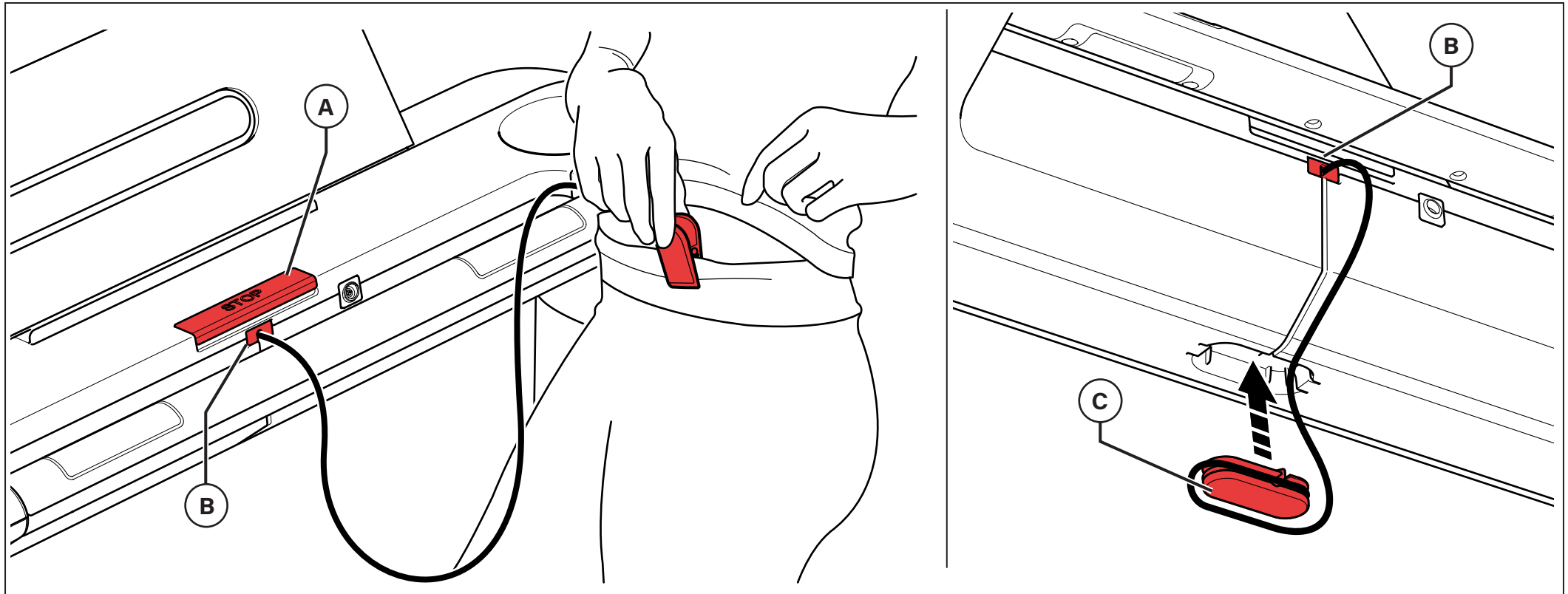
Safety devices

STOP button (A). Allows you to stop the treadmill belt without using the controls.

Emergency switch (B). Consists of a cord with a clip to attach to your clothing as shown in the illustration. Ensure the clip has a good grip on the clothing, enough to trigger the emergency switch. The emergency device is triggered when the user moves too far away from the display, i.e. when the cord is pulled. To restore product functionality after an emergency stop, put the switch (B) back in its housing.

When you are finished exercising, put the emergency switch clip (C) back in its housing as shown in the illustration.

Before you use the product, make sure the switch is in perfect working order and then attach the clip to your clothing.



Main switch (D).

Connects and disconnects the power to the product.

Circuit breaker (E).

Protects the product's electrical parts. When current is excessive, the protection device opens, preventing damage to the internal electronics.

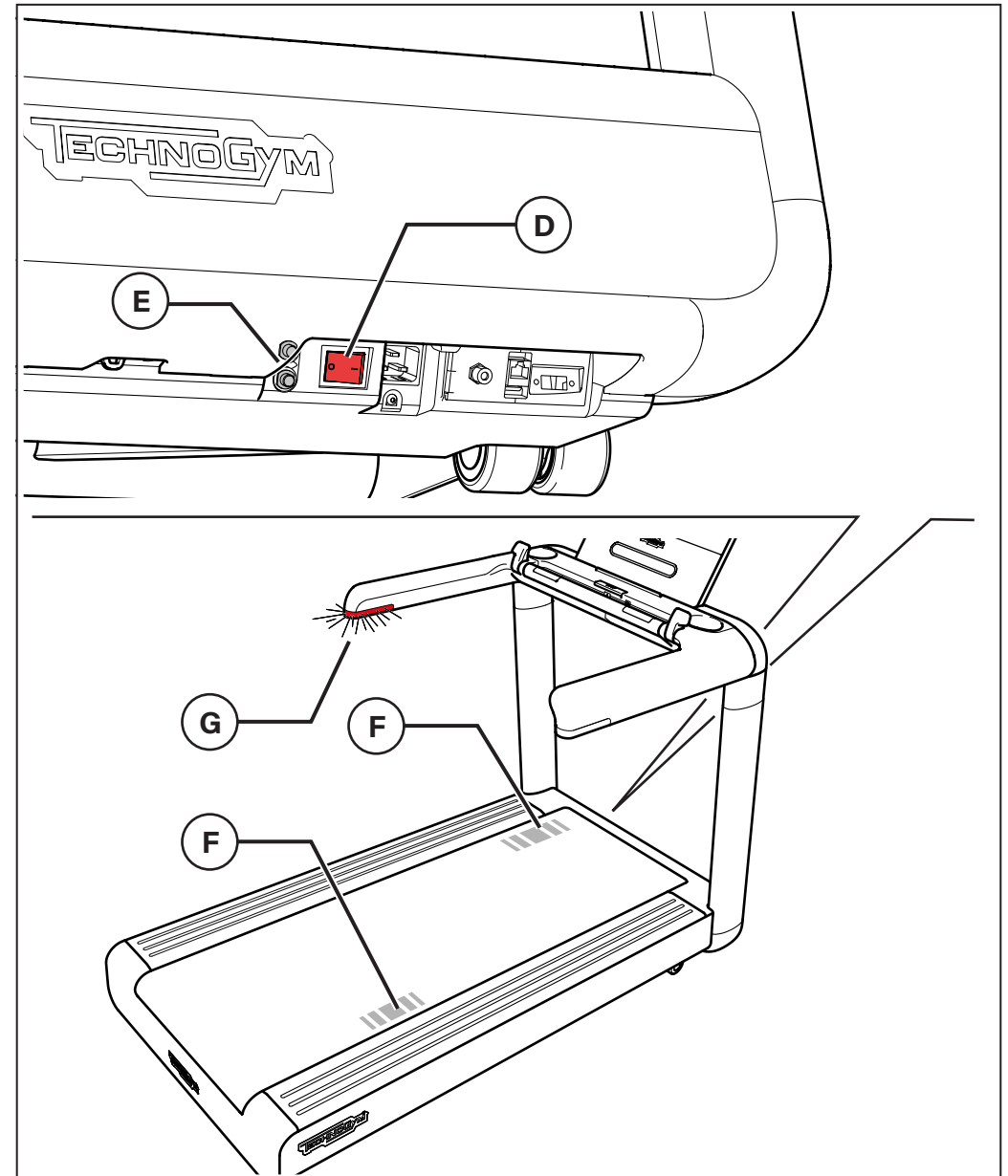
Treadmill belt marks (F).

The marks on either side of the treadmill belt indicate whether or not the treadmill belt is moving.

In Motion Light (G).

The red warning light on the left side support indicates the treadmill belt is moving.

Do not step onto the treadmill belt if it is moving.



User detection

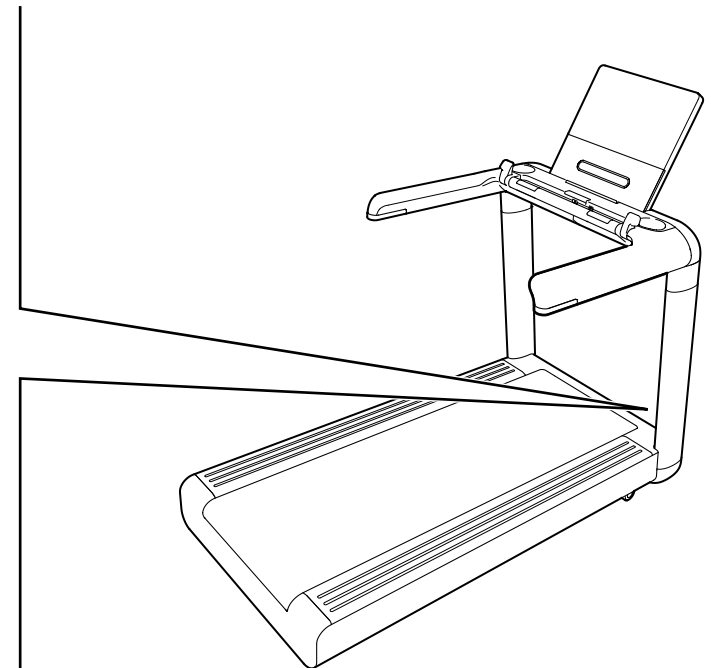
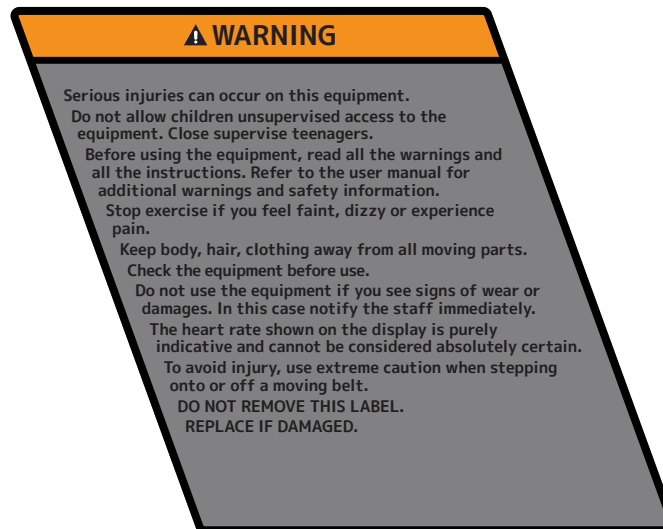
User detection is a safety feature that stops the treadmill belt if it is moving with no person running or walking on it.

This function is activated if the treadmill belt speed is equal to or greater than 3 km/h (approx. 2 mph).

If no person is detected for 30 seconds at the speed of 3 km/h (approx. 2 mph) or higher, the treadmill belt stops and the exercise is paused.

The user is detected at the minimum speed if he or she weighs at least 50 kg (110 lbs).

Before using the product, read all the warnings on the label attached to the upright on the right side.



Turning the product ON and OFF

Turn on the product by pressing the switch to the **I** position (ON).



WARNING

When switching the product on, the treadmill belt and gradient may move slightly.

Turn off the product by pressing the main switch to the **0** position (OFF).

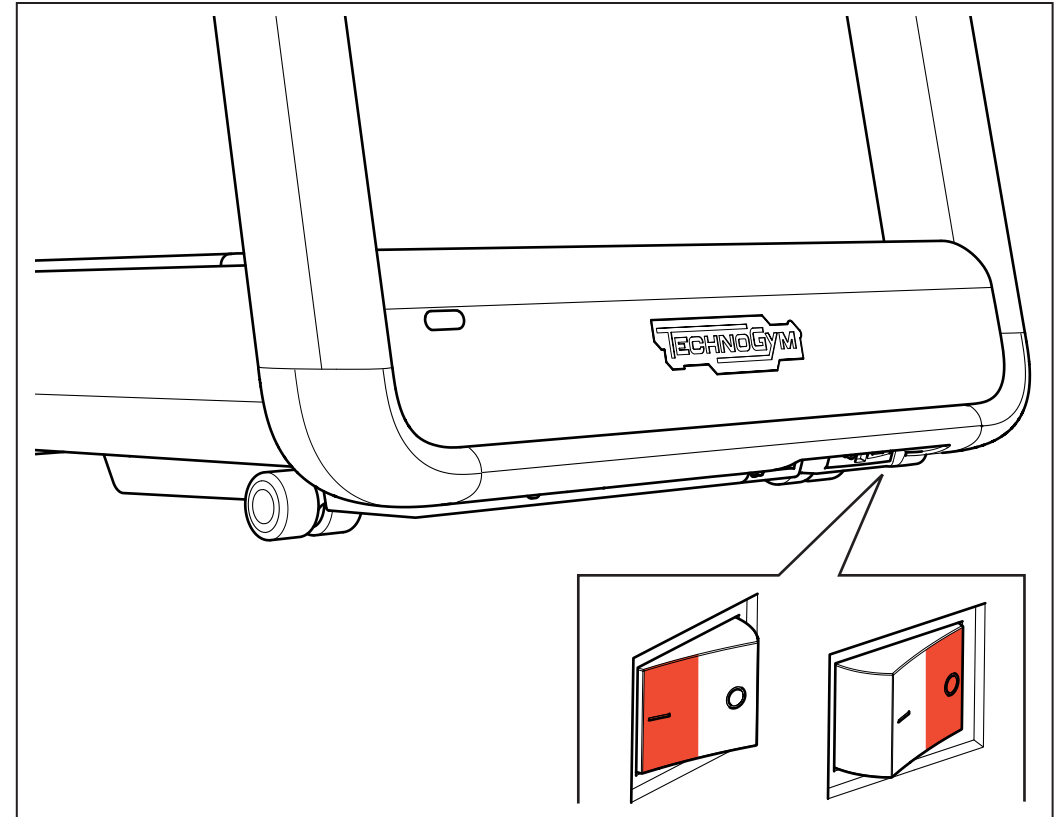
Turn the product off, after exercising, only when it is in stand-by.

If you do not expect to use the product for some time, turn it off at the switch and take the power plug out of the wall socket.



WARNING

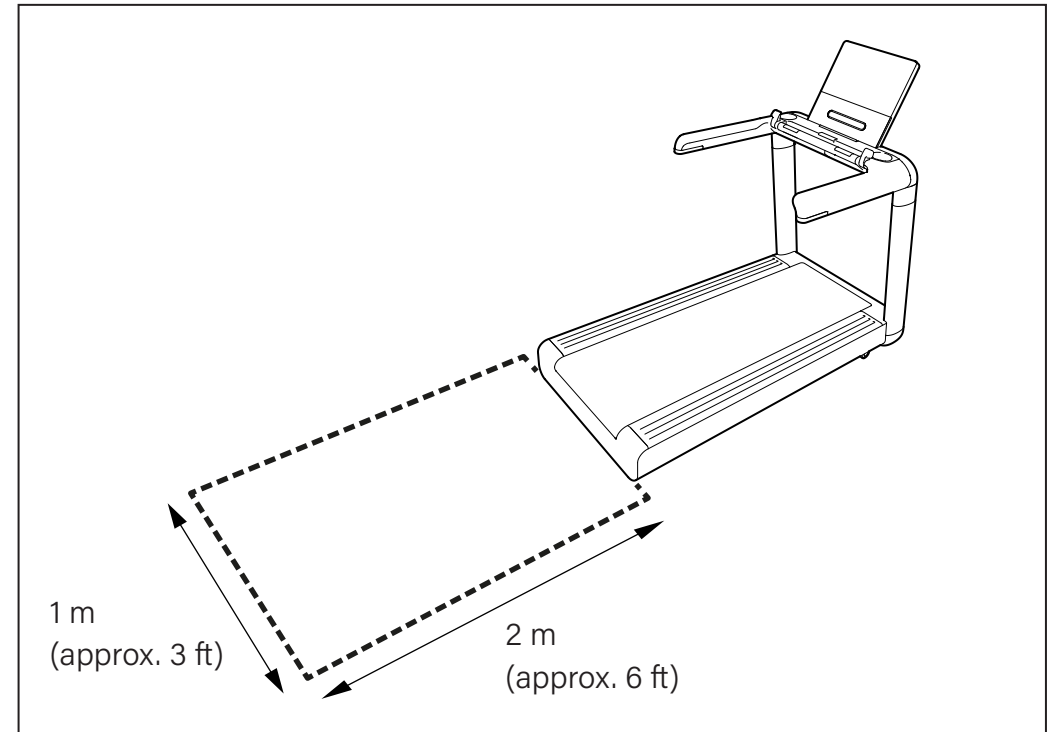
The switch turns the product ON/OFF but it does not isolate it from the mains voltage, even if it is in the “0” position (OFF). Take the power plug out of the socket to isolate the product.



Place of usage

In order to ensure that activities with the product are easy and risk-free for people, the area in which they take place must meet a number of specific requirements. In particular, when deciding where to install the product, make sure that the location satisfies the following requirements.

- Temperature of between +10°C (50°F) and +25°C (77°F).
- Sufficient air circulation, with the capacity to keep humidity levels between 20% and 90% during exercise.
- Sufficient lighting, to make the area a safe and relaxing place to exercise in.
- Plenty of free space all around each product and 2x1-metre (2x3-feet) free safety space, as shown in the illustration.
- A flat, stable and vibration-free surface that is capable of supporting the weight of both the product and the user.



The location where the product will be used must meet the suitability requirements set forth in current applicable laws.

Do not expose the product to direct sunlight.

Do not place the product in humid environments, such as swimming pools, whirlpool baths, and saunas.

Do not use outdoors; do not leave the product outside, exposed to the weather elements; do not clean with jets of water.

Do not operate where spray products or oxygen are being used.

In order to guarantee the Manufacturer's performance specifications, do not use the product in areas where the presence of short waves or similar interference is high.

Moving the product

The product has fixed front wheels. To move the equipment, lift it up slightly, as shown in the illustration, and push it forwards or backwards.

Do not lift the product too much to prevent damaging the dashboard.

Due to its size and weight, more than one person is needed to move the product.

If the condition of the floor makes it impossible to use the wheels, move the product with normal lifting and transport methods.

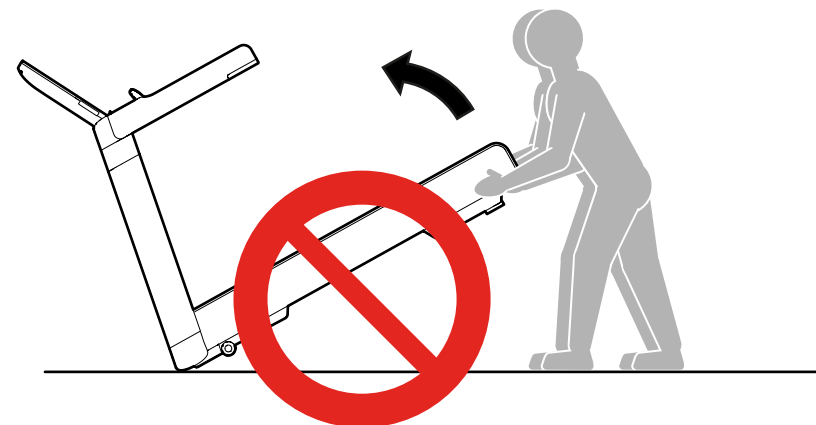
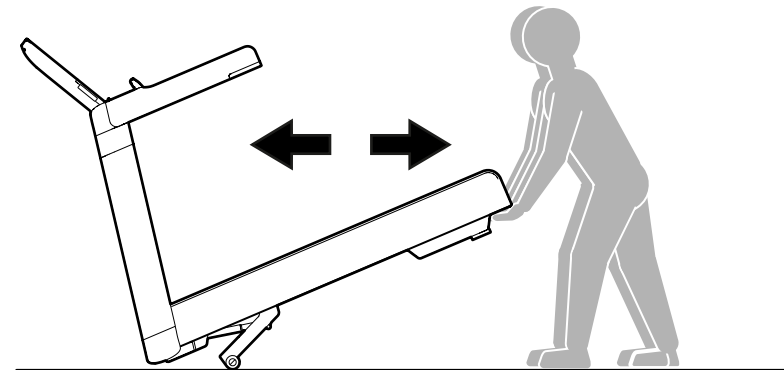
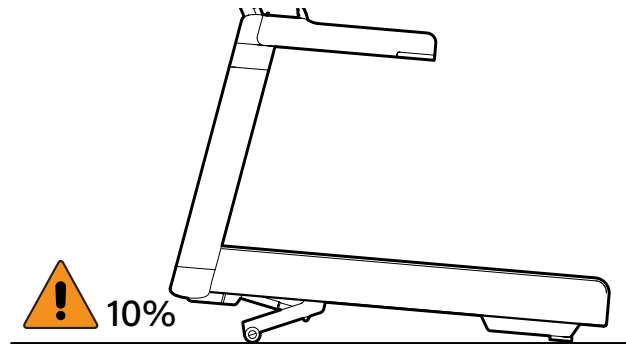
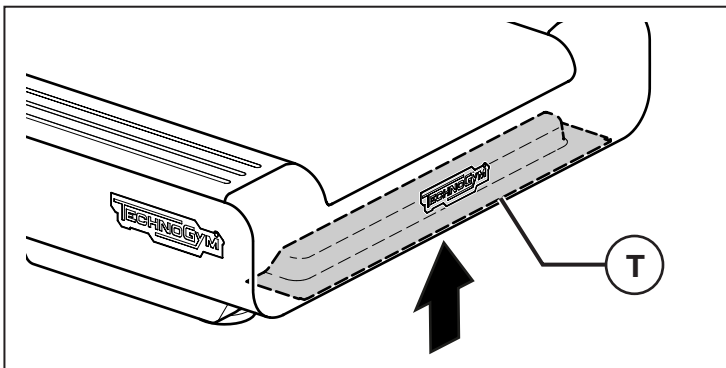
After moving the product, always check it is level to ensure correct operation.



WARNINGS

Move the product very carefully; it may become unstable and tip over.

Lift the product by the special handle (T) only.



Levelling the product

The product must be level for proper operation.

Adjust the foot as shown in the illustration in order to level the product.

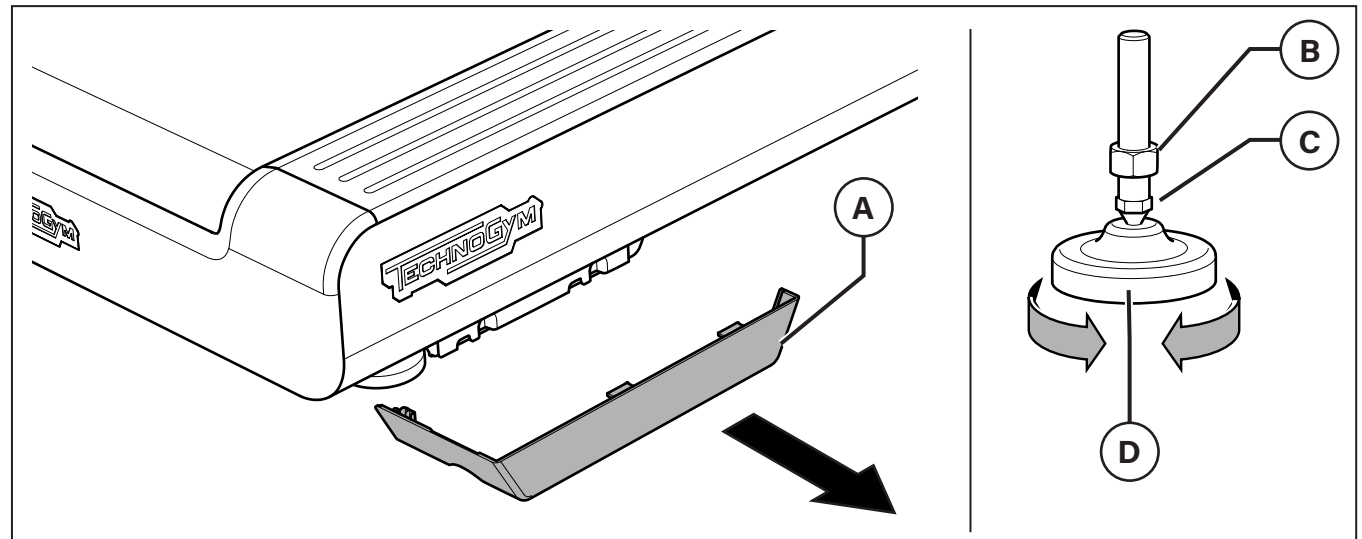
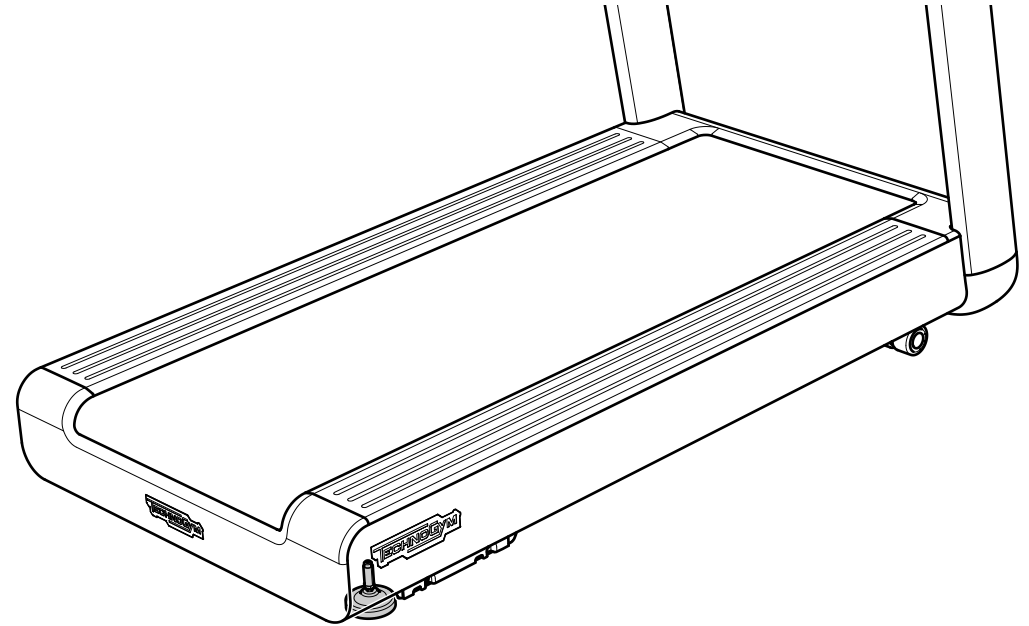
Remove panel **(A)**.

Loosen the lock nut **(B)** with a 24 mm wrench.

Turn **(C)** with a 16 mm wrench to screw or unscrew the foot **(D)** until you bring the frame to a stable position.

After adjusting, tighten the lock nut **(B)**.

Fit the panel back in place **(A)**.



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.

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



WARNINGS

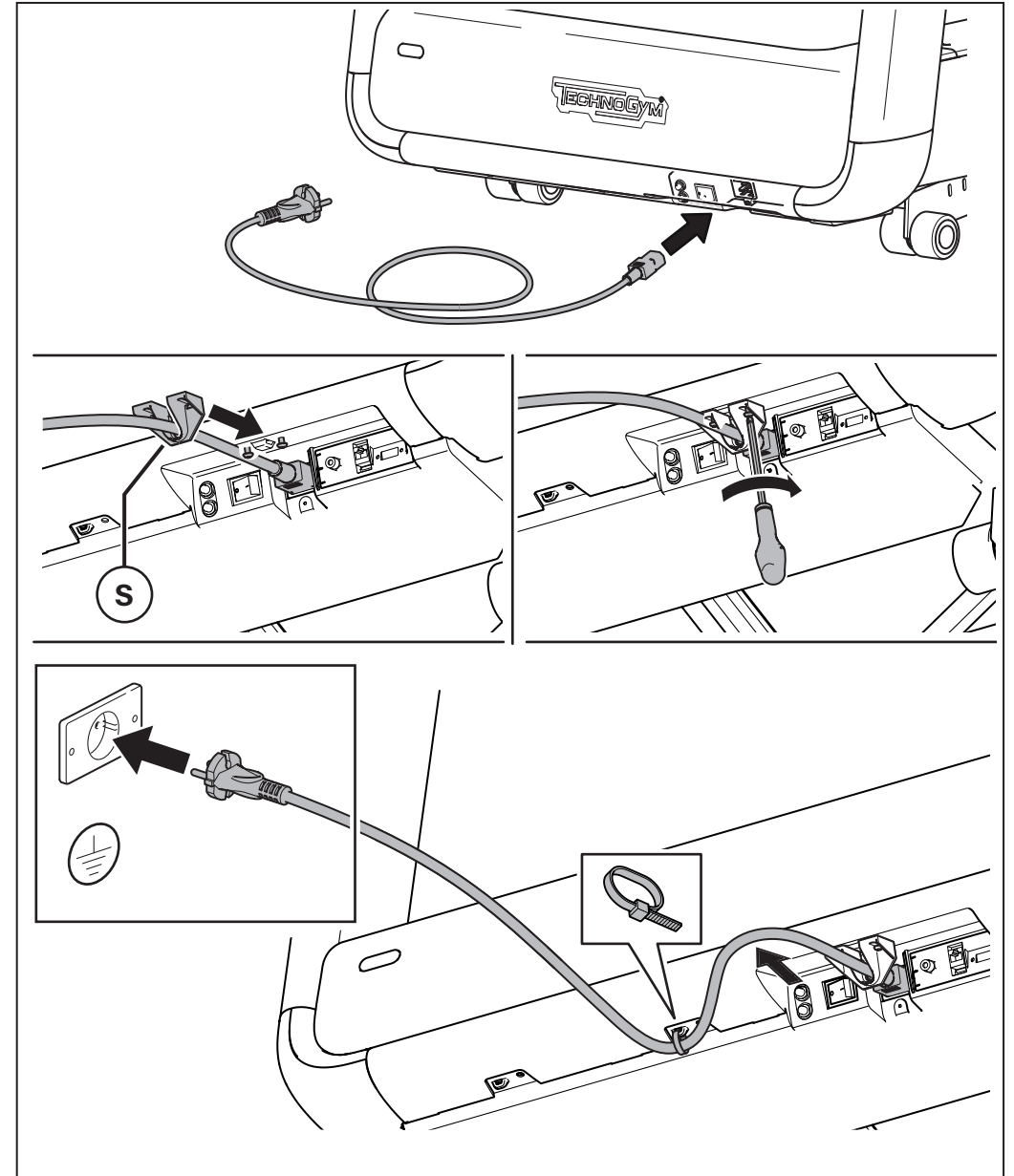
The wall socket must be located in a place where the product may be easily and safely plugged in and unplugged.


The power switch must be in the 0 position (OFF) before plugging in the product.

Check the state of the power supply cable periodically.

Use the bracket (S) to secure the cable in place.

Tie the excess cable length.



The power socket must be fitted with earth . If missing, it must be installed by an electrician before plugging in the product.

The product must be grounded. In the event of faulty operation or failures, the earth wire provides the electrical current a low resistance path, reducing the risk of electric shocks. The product includes a cable with earthing conductor and plug. The plug must be inserted in a properly installed socket connected to the earth in accordance with local codes and regulations.



WARNINGS

Improper connection of the earthing conductor can result in the risk of an electric shock. Check with a qualified electrician or maintenance technician if you are in doubt whether the product is properly grounded. Do not modify the plug provided with the product; if it does not fit the socket, have a proper socket installed by a qualified electrician.

Other connections

A - Antenna cable jack

B - Ethernet jack

Use an RF coaxial cable to connect the antenna with an F-type connector for the product.

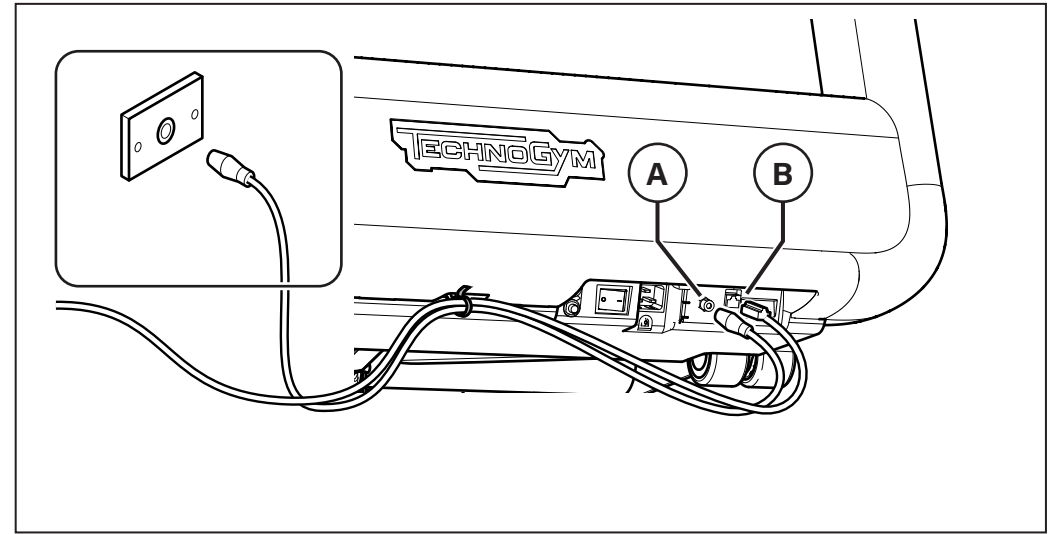
The wall socket for the antenna cable must be located in a position where the plug can be inserted and removed with ease.

Fasten the cables with a cable tie. Secure the cable tie in place in the specific hole found on the frame.



WARNING

Connected devices must comply with international standards.



Routine maintenance



WARNINGS

The safety of the product is assured only on the condition that it is carefully inspected every two weeks for any signs of damage and/or wear. Replace defective or worn components immediately, or remove the product from service.

If used for medical purposes, disinfect the hand sensors after each use.

Contact the Technogym Technical Support Service for information about any maintenance operations not described in this manual.

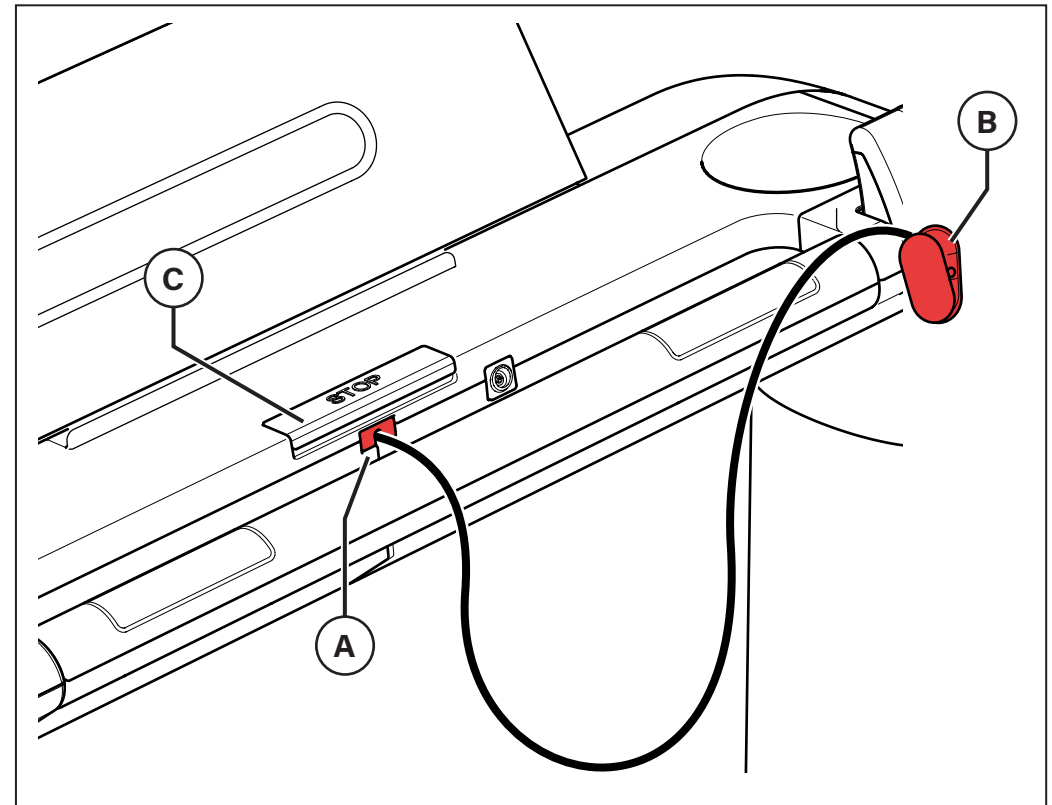
Emergency switch and STOP button

Check the state of the emergency switch and STOP button monthly.

- Make sure the cord and clip (**B**) are on the product and in good condition.
- Make sure the emergency switch (**A**) is in good condition.
- With the treadmill belt moving at a speed of 5 km/h (3 mph), pull the cord by the clip to trigger the emergency switch; check if the treadmill belt stops.
- With the treadmill belt moving at a speed of 5 km/h (3 mph), push the STOP button (**C**) to check if the treadmill belt stops.

If the emergency switch and/or STOP button are not operating properly, put the product out of order and contact the Technogym Technical Support Service.

To replace defective or damaged components, contact the Technogym Technical Support Service.



Cleaning

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

To clean the display, proceed as follows:

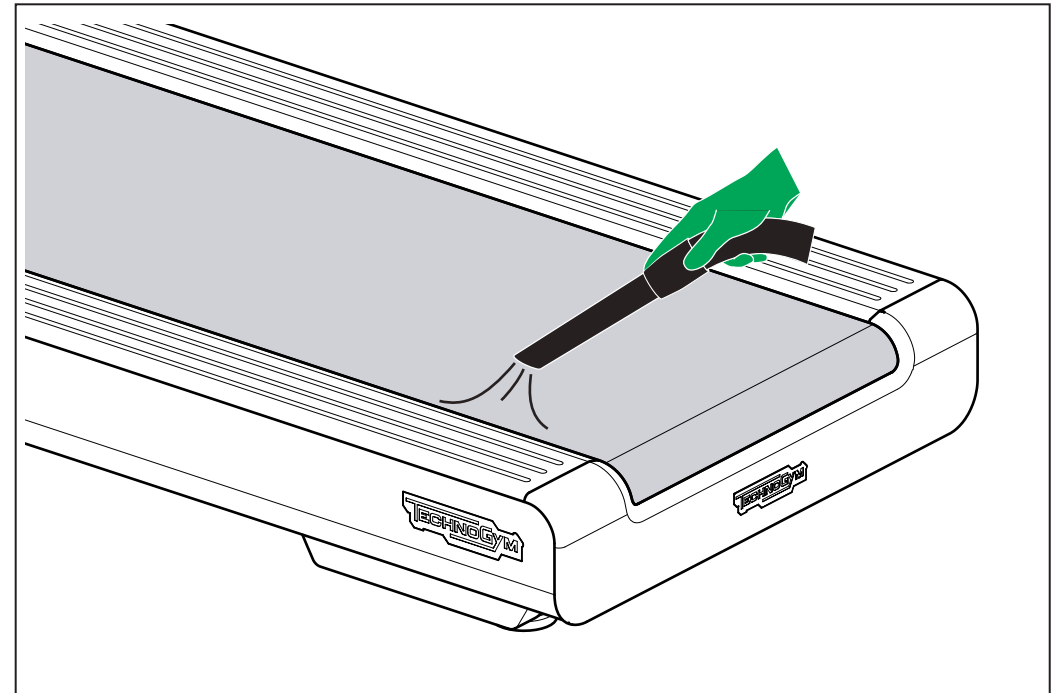
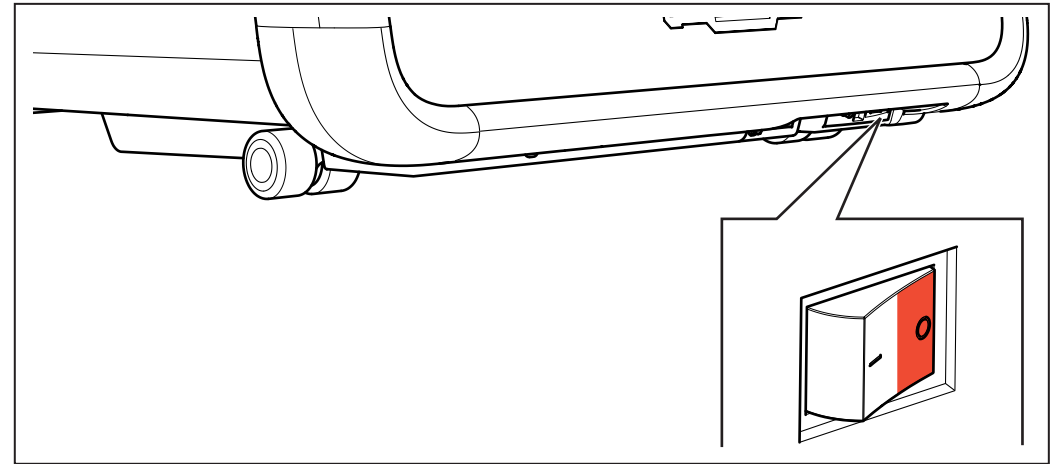
- Turn off the product by moving the switch to the “0” position.
- Take the product’s power plug out of the wall socket.
- Clean the display using a damp (not wet) cloth.

Clean the entire product once a week.

- Turn off the product by moving the switch to the “0” position.
- Take the product’s power plug out of the wall socket.
- Clean outer parts with a damp sponge.
- Clean the treadmill belt area with a vacuum cleaner.
- Move the product to clean the area underneath with a vacuum cleaner.

Do not use chemical products or solvents.

Take care not to wipe the display and labels too aggressively.



Periodic maintenance



WARNINGS

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

Before servicing, turn off the product by moving the switch to the 0 position and take the power plug out of the socket.

Perform the following maintenance once a year.

- Check the treadmill belt's state of wear (**A**).
- Clean the motor compartment with a vacuum cleaner (**B**).
- Check the state of wear of the treadmill's drive belt (**C**).

Running surface maintenance

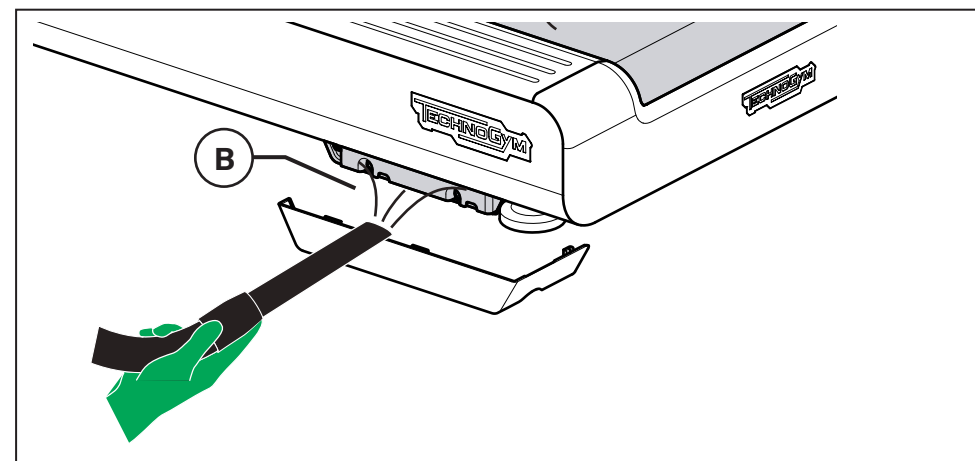
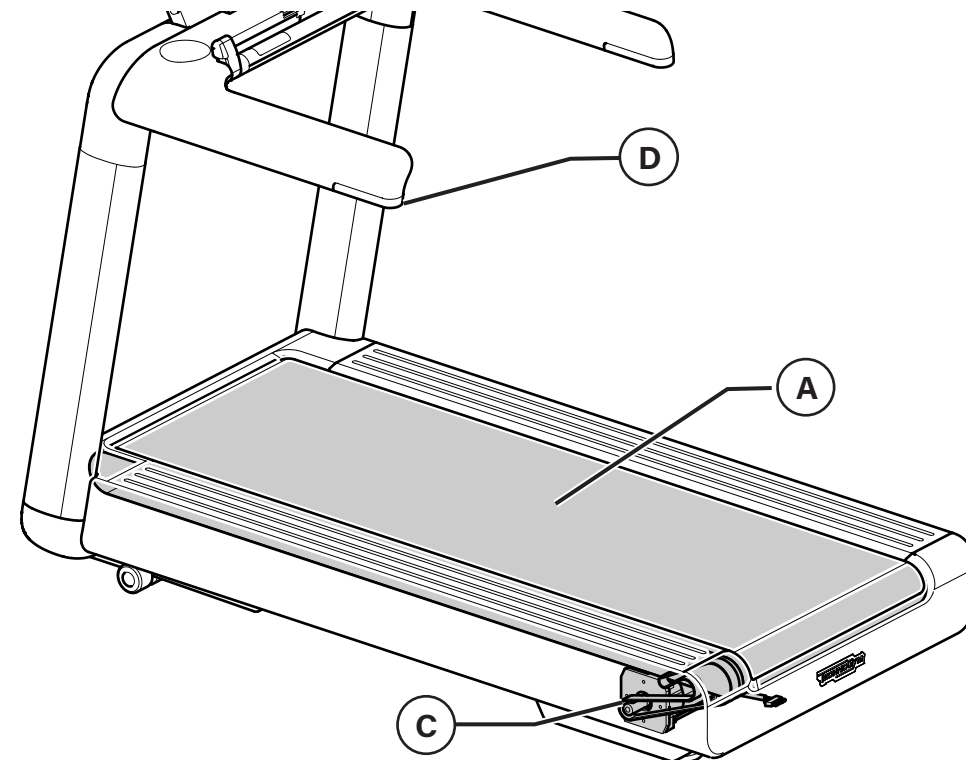
At the end of the left side support (**D**), the warning light that indicates that the treadmill belt is moving is also a Preventive Care Light.

This green warning light indicates the treadmill belt's state of wear and lights up during standby.

If the light remains steady ON during standby, it means running surface materials do not require maintenance.

If the light blinks during standby, it means running surface materials are beginning to show signs of wear.

If the light flashes intermittently in flash groups, contact Technogym Technical Support Service to have the materials serviced.



Centring the treadmill belt

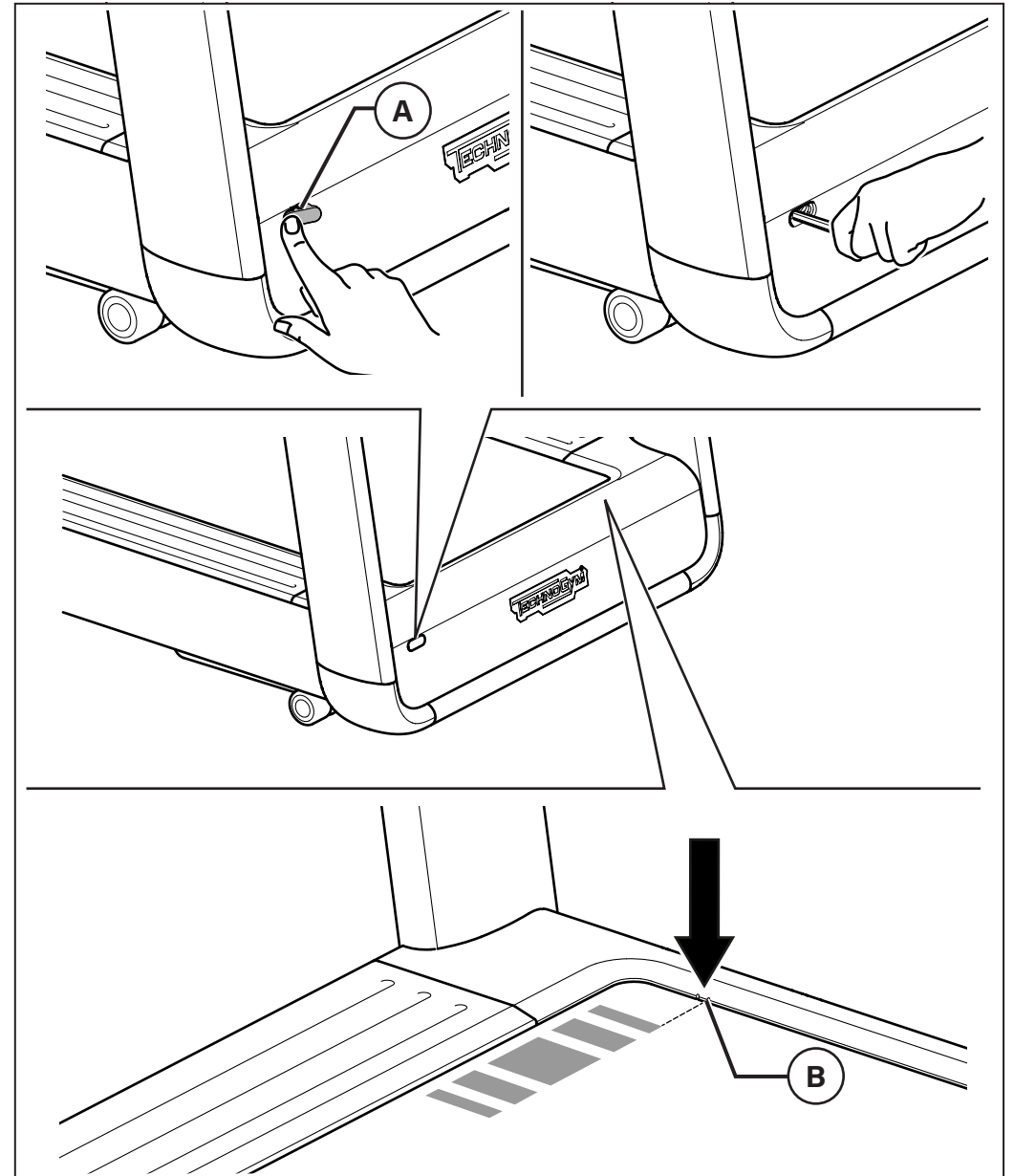
While running, the treadmill belt should rotate in the centre of the frame. If not in the centre or if it moves right or left, proceed to centre it.

Perform the adjustment while the treadmill belt is moving.

Remove the cap **(A)** by pressing it at one end.

Turn the tension screw as shown in the illustration using the wrench supplied until the mark on the treadmill belt is aligned to the reference points **(B)**.

Realign the treadmill belt slowly: turn the tension screw $\frac{1}{4}$ or $\frac{1}{2}$ of a turn, then check the result before turning the screw again.



Troubleshooting

The following is a list of problems that may occur during normal use of the product. If the remedies described do not solve the problem, contact Technical Support for service.

Problem	Cause	Remedy
The product is not turning ON	No line voltage.	Check whether there is power at the socket by plugging in another product that you know works.
	The power supply cable is damaged.	Contact the Technogym Technical Support Service.
	The power supply cable is not plugged in properly.	Check the connection.
	The circuit breaker is open.	Press the two buttons near the switch all the way down to ensure they are closed.
Excessive internal noise	The product is not level.	Check and level using the rear levelling foot.
	Bearings are damaged.	Contact the Technogym Technical Support Service.
	The belt is worn.	Contact the Technogym Technical Support Service.
	The treadmill belt is not centred.	Adjust the treadmill belt as described in the section "Centring the treadmill belt".

Technical Support Service

The Technogym Technical Support Service provides:

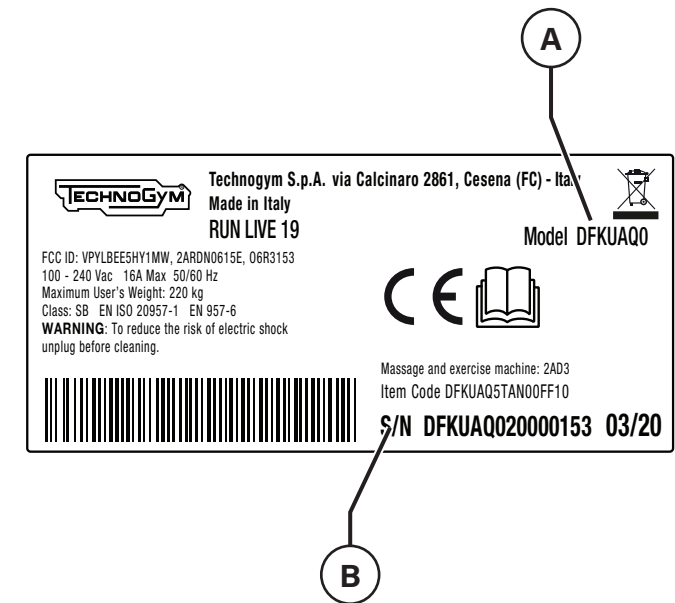
- telephone consultation
- information about which services are covered by the warranty and which must be paid for
- on-site servicing
- supply of original spare parts

When you contact the Technogym Technical Support Service, you must give the following information:

- Product model (**A**)
- Date of purchase
- Serial number (**B**)
- A precise description of the problem found.

Any work on the product by persons unauthorised by Technogym will invalidate the warranty.

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



<https://www.technogym.com/int/contacts/>

Tel: +39 0547 56047

Storing the product

If you plan to leave the product inactive for an extended period of time, make sure it is stored as described below:

- In a clean dry place
- With a dust cover
- At a room temperature between -10°C (14°F) and 70°C (158°F) and relative humidity between 20% and 90%

Disposing of the product

Inspect the product and ensure it is not a potential source of danger. Do not allow children to have access to the product. When the product is not used for long periods, disconnect 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 by firms specialised in urban and environmental hygiene in the manner prescribed by the urban waste collection regulations in force.

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 Union 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.

RUN_EXCITE_LIVE_en_AA
OSM01162

