

# RUN ARTIS<sup>®</sup>

## USER MANUAL



The Wellness Company

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# IMPORTANT SAFETY INSTRUCTION

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

When using an electrical appliance, basic precautions should be always followed, including the following.



## **DANGER**

**To reduce the risk of electric shock, always unplug the unit from the electrical outlet immediately after using and before cleaning or performing any maintenance tasks.**



## **WARNING**

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

The equipment should never be left unattended when plugged in. Unplug from outlet when not in use, before cleaning it, and before putting on or taking off electrical parts.

Do not allow unsupervised children close to the equipment.

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

Use the equipment only for its intended use as described in the user manual. Only perform the exercises for which the equipment has been designed, following the instructions given in the manual. Any other use is to be considered improper and therefore dangerous.

Do not use attachments not recommended by Technogym.

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

Do not carry the equipment by supply cord or use cord as handle.

## IMPORTANT SAFETY INSTRUCTION

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

## SAVE THESE INSTRUCTIONS



### **WARNINGS**

**Do not connect a device with load exceeding 7A.**

**Risk Of Electric Shock. Do Not Disconnect Under Load.**

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

# PERSONAL SAFETY

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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

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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 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.**

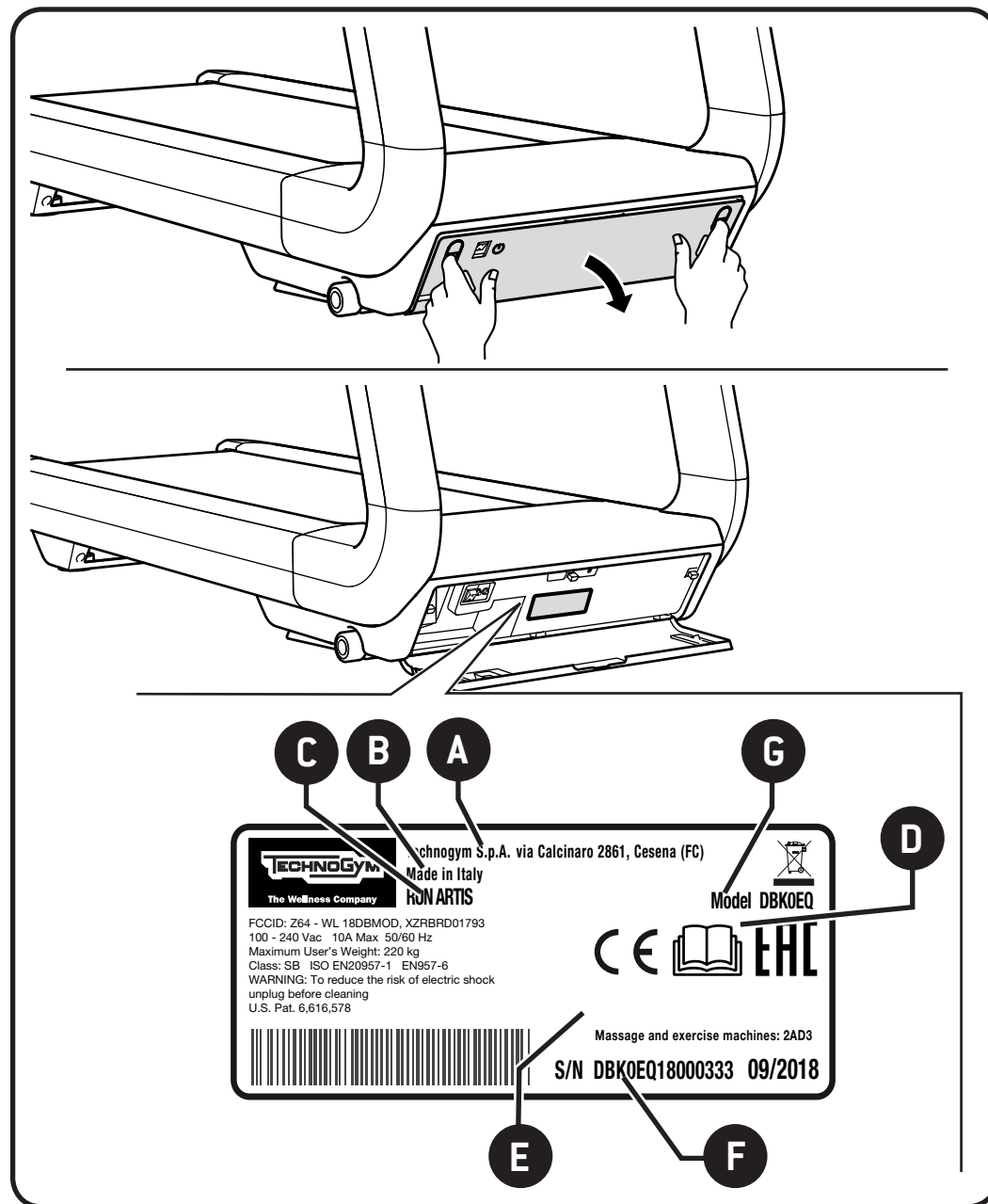
# IDENTIFICATION OF THE MANUFACTURER AND THE PRODUCT

- 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

With regard to electromagnetic interference, the Run Artis 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 Run Artis is a commercial device, designed for use in residential and professional environments. It is classified as a class SB device according to ISO EN 20957-1.

The values stated in the illustration are purely indicative; refer to the label attached to the product or the data in the “Technical characteristics” section for the correct information.



# DESCRIPTION OF THE PRODUCT

**Display (A).** It allows you to view and control information, settings and contents both for workouts and for entertainment. The tablet-style touch screen interface allows you to include the contents offered by the Technogym App Store.

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

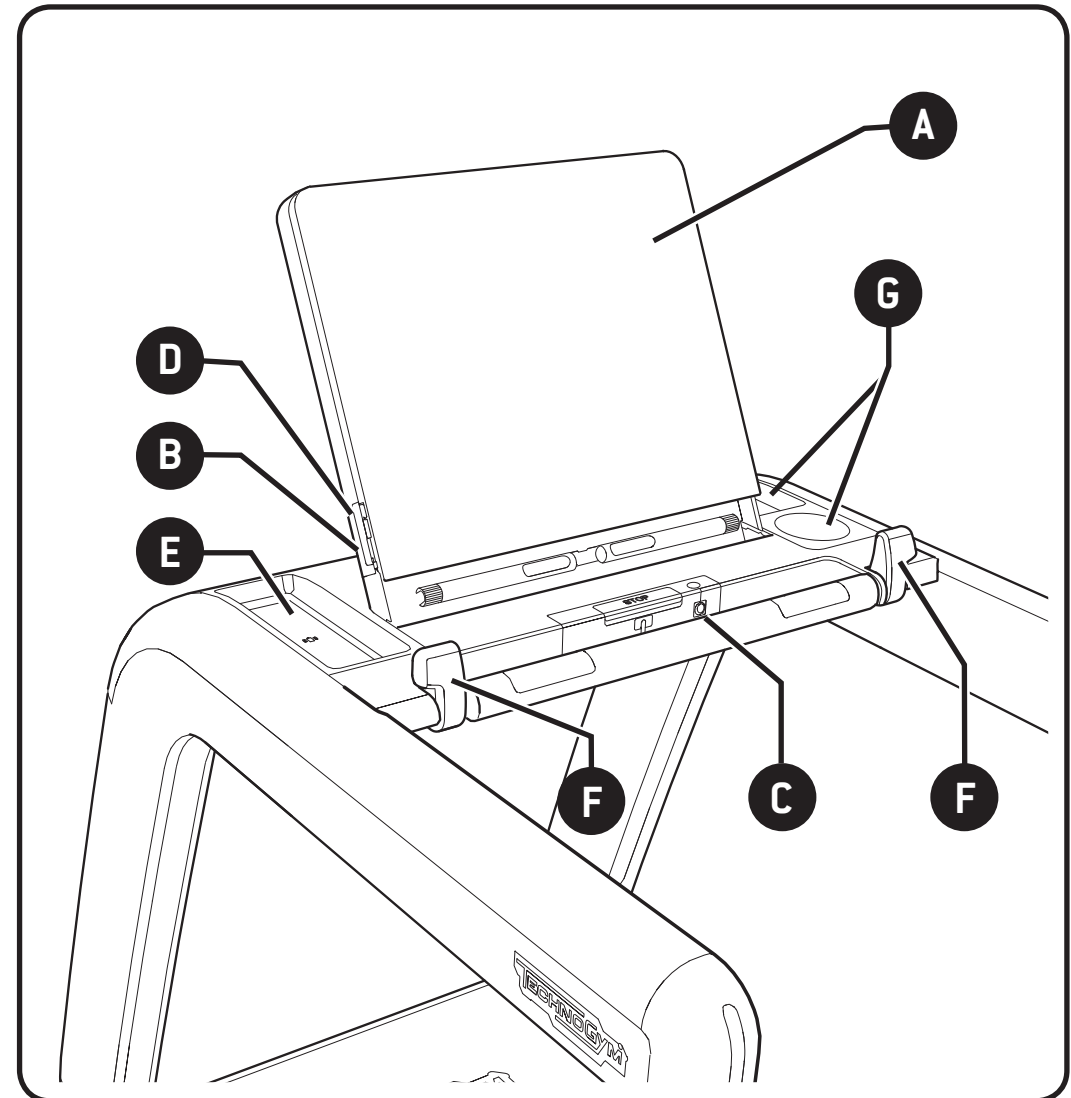
**Headphone connector (C).** Used to plug in headphones and listen to audio content. Headphones with a microphone function may also be used.

**USB port (D).**

**Wireless charger (E).** Wireless battery charger to charge phones supporting wireless charging.

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

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





## DESCRIPTION OF THE PRODUCT

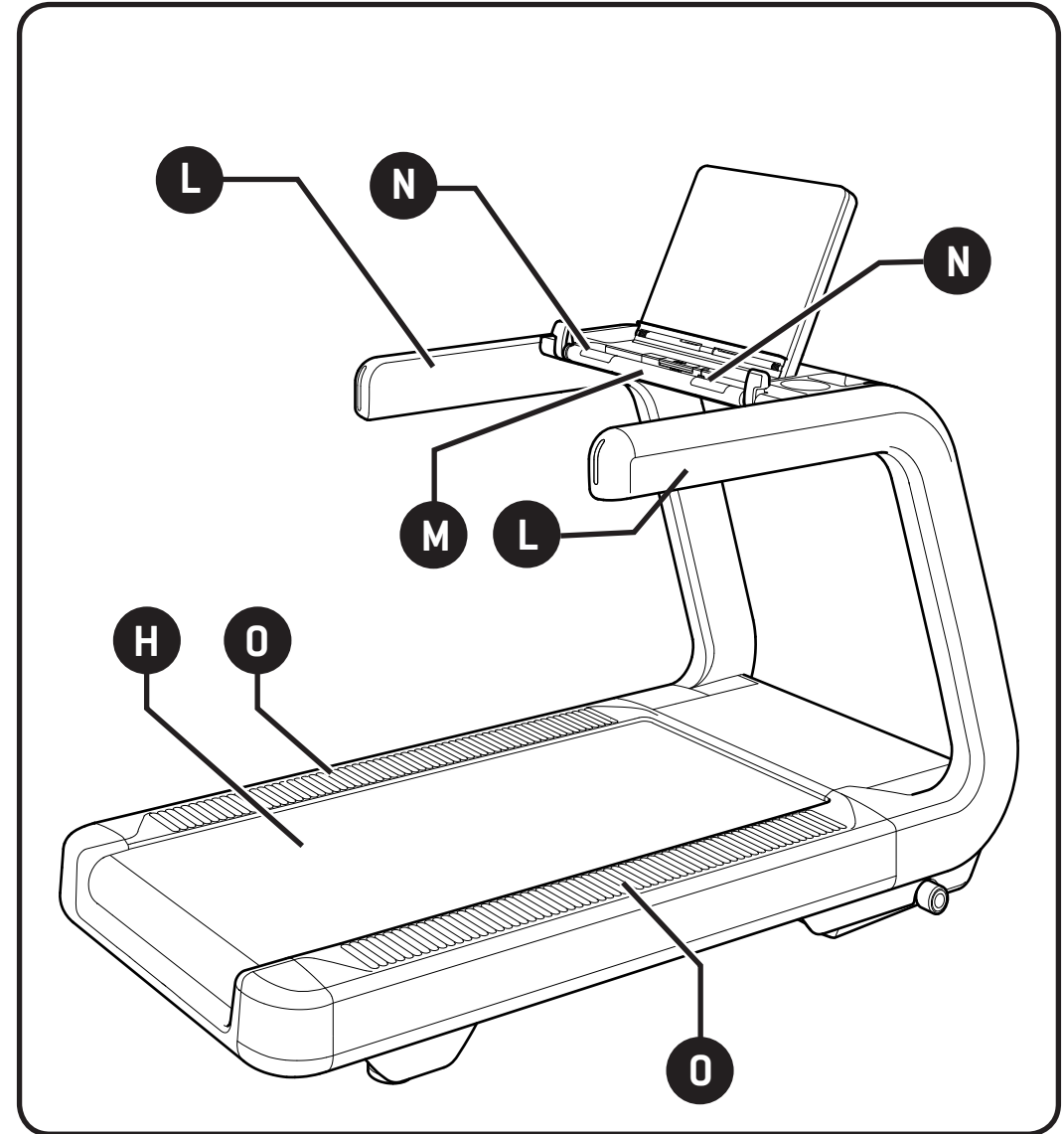
**Treadmill (H).** Antistatic and vibration-dampened running surface.

**Side supports (L).** For stability when getting on and off the equipment or if the user loses his/her balance; they can be held when walking with long strides. The luminous signal applied to the left support turns on at the beginning of the exercise to signal that the product is being used and the treadmill is moving; it flashes at the end of the exercise to signal that the product will be available shortly.

**Central handgrip (M).** Can be held when walking with small strides.

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

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

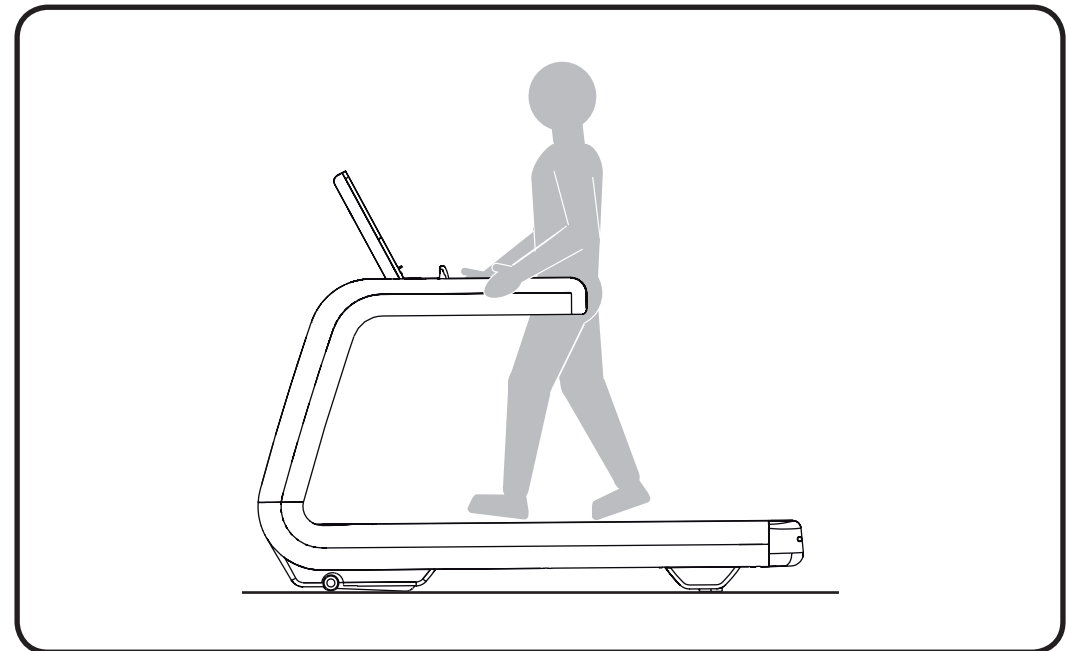
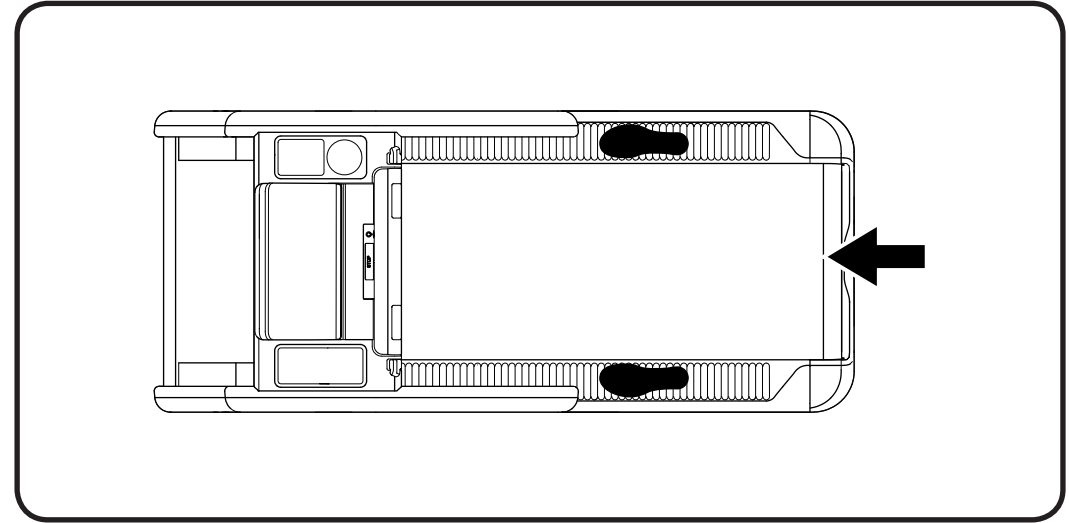


# USING THE PRODUCT

Run is to be used solely for its intended purpose, i.e. to simulate walking and running. Any other use of the equipment is to be considered improper and therefore dangerous.

Step on the running surface from the rear; keep your gaze forward and place your feet on the footrests. From this rest position, use one hand to hold on to the handgrip and the other to set a programme on the display. 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.



## USING THE EQUIPMENT

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.



### WARNINGS

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

**Do NOT walk or run backwards.**

**Using the equipment two at a time is prohibited.**

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.

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.

### Preventing use of the product

To prevent unsupervised use of the product, remove the power supply cable and keep 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 handgrip (hand sensor); it is activated when the handgrip is held over the sensors;
- using a device equipped with heart rate transmitter.

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

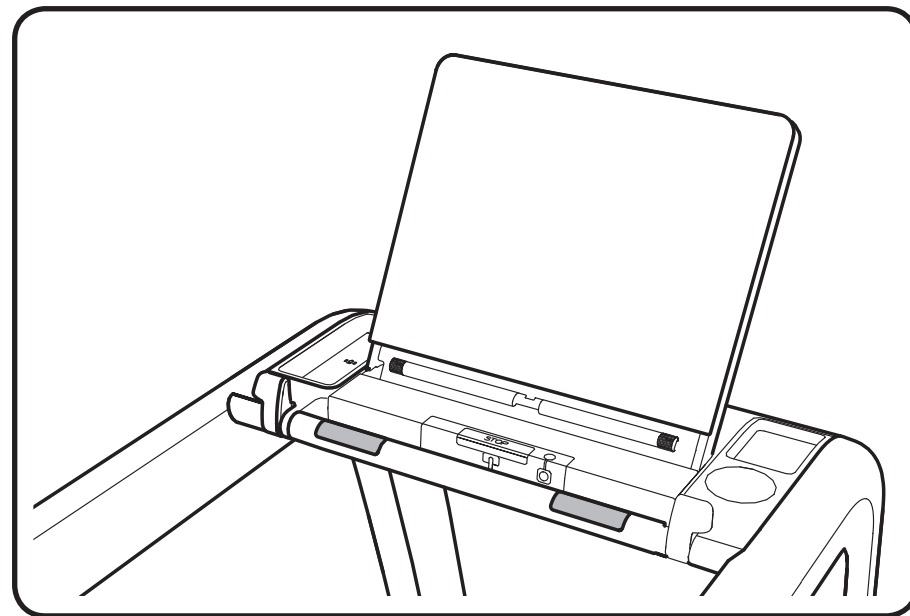


## WARNINGS

**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.**



# USING THE HEART RATE MONITOR

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

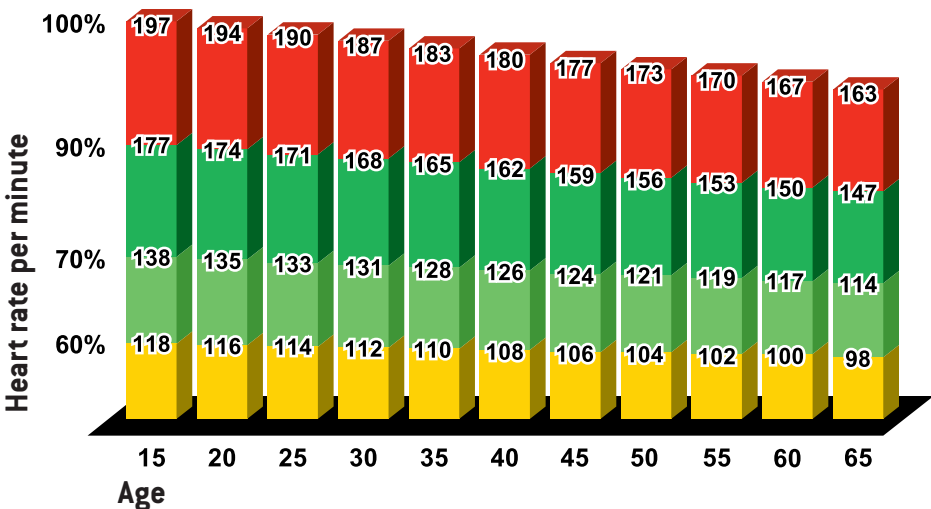
Theoretical maximum heart rate (100%) is calculated on the basis of age using the formula: max H.R. = 220 - age.

To read the graph, simply find your age on the horizontal axis and scan up the vertical until you reach the 60%, 70% and 90% values.

Aerobic exercise performed at a heart rate **between 60% and 70%** mainly burns fat as an energy source.

When doing aerobic exercise at a heart rate of **70% to 90%** the cardiocirculatory component prevails.

For example, if someone **aged 30** wants to burn off fat, the heart rate during exercise should be kept to between 112 (60%) and 131 (70%); if he or she wants to improve cardio-respiratory capacity, the heart rate should be kept to between 131 (70%) and 168 (90%).



Prevalent use of sugars.  
Training for athletes who take part in competitions (with medical certificate).



Combined use of fats and sugars.  
Significant improvement of aerobic efficiency.



Prevalent use of fats and increased use of sugars.  
Moderate improvement of aerobic efficiency.

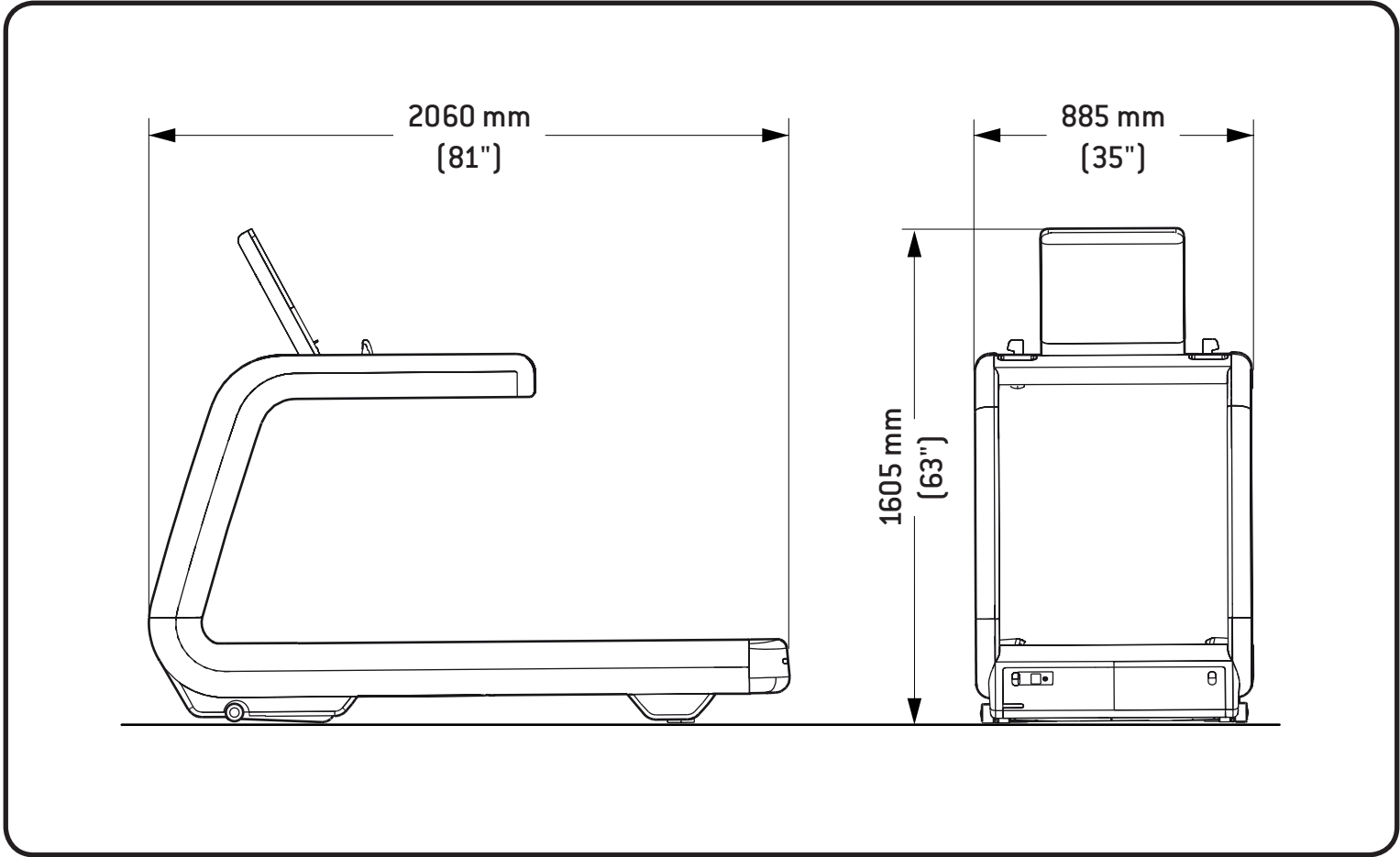


Prevalent use of fats and little use of sugars.  
Limited improvement of aerobic efficiency.

# TECHNICAL CHARACTERISTICS

Model code	DBK0EQ...	DBK0AQ...
Power supply	200-240 Vac 50/60 Hz	100-240 Vac 50/60 Hz
Motor peak power	5800 W (7.8 Hp)	5800 W (7.8 Hp)
Weight of the product	215 kg (474 lb)	215 kg (474 lb)
Maximum user weight	220 kg (485 lb)	220 kg (485 lb)
Speed 100 Vac power supply maximum power input	-	0.8-25 km/h (0.5-15.5 mph) 1600 VA
Speed 120 Vac power supply maximum power input	-	0.8-25 km/h (0.5-15.5 mph) 2000 VA
Speed 200-240 Vac power supply maximum power input	0.8-25 km/h (0.5-15.5 mph) 2200 VA	0.8-25 km/h (0.5-15.5 mph) 2200 VA
Gradient	0-15%	0-15%
Noise level	Less than 70 dB	Less than 70 dB
Protection 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.



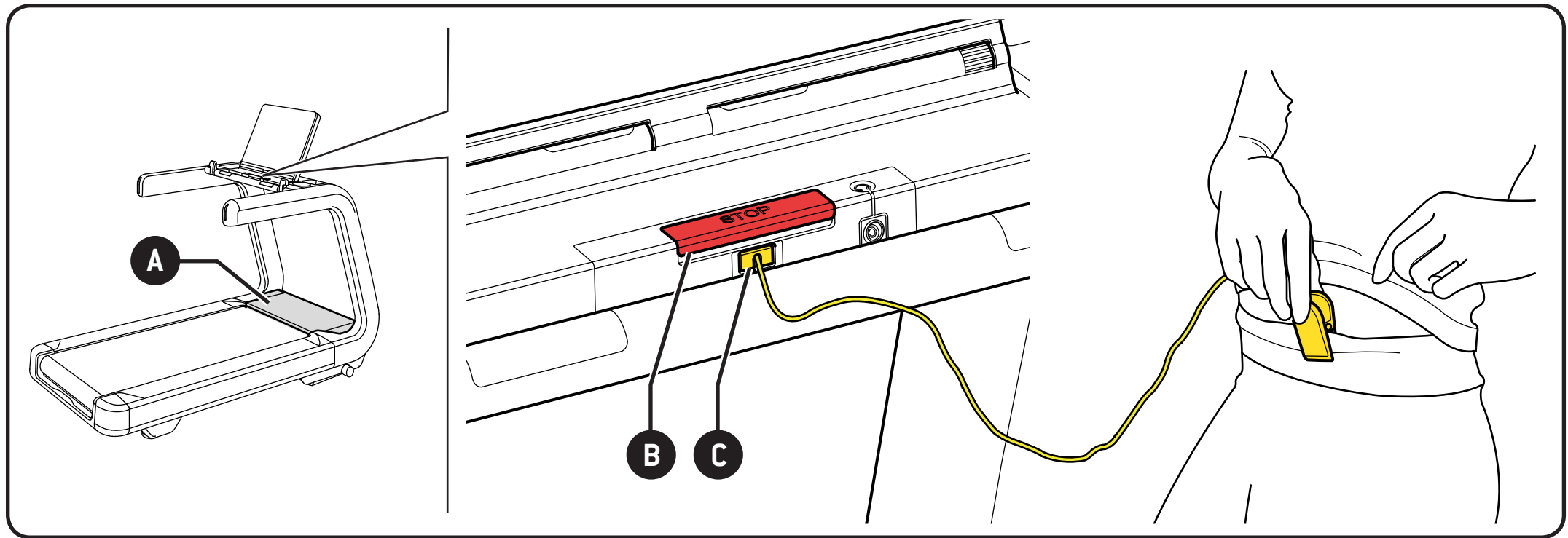
# SAFETY DEVICES

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

**STOP button (B).** Allows you to stop movement of the rotating belt without using the controls.

**Emergency switch (C).** 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, reposition the switch as shown in the illustration.

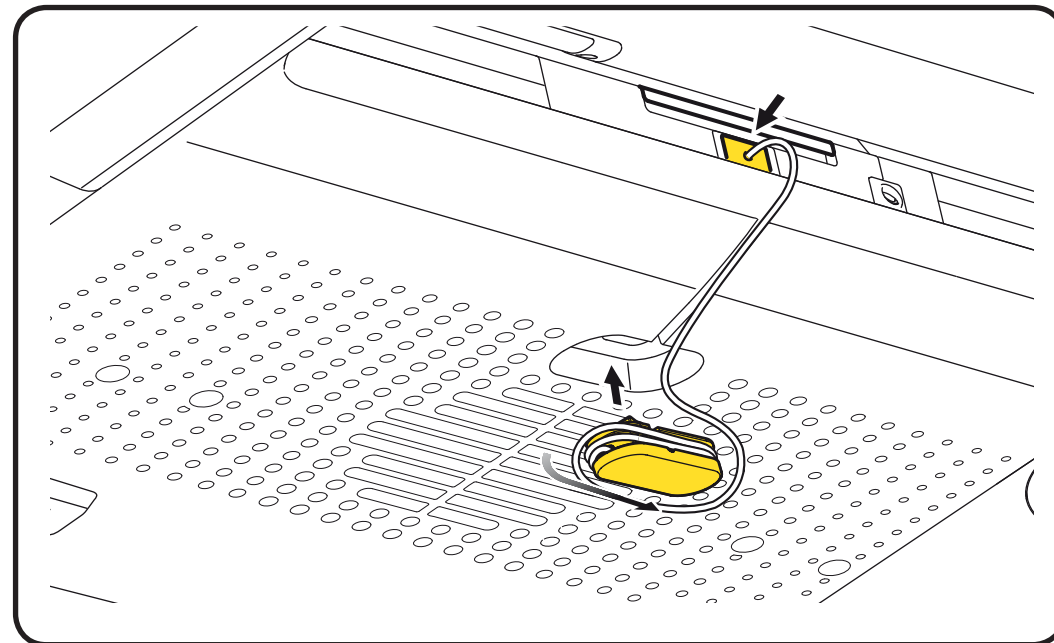
**Before you use the product, make sure the switch is in perfect working order and then attach the clip to your clothing.**





## SAFETY DEVICES

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



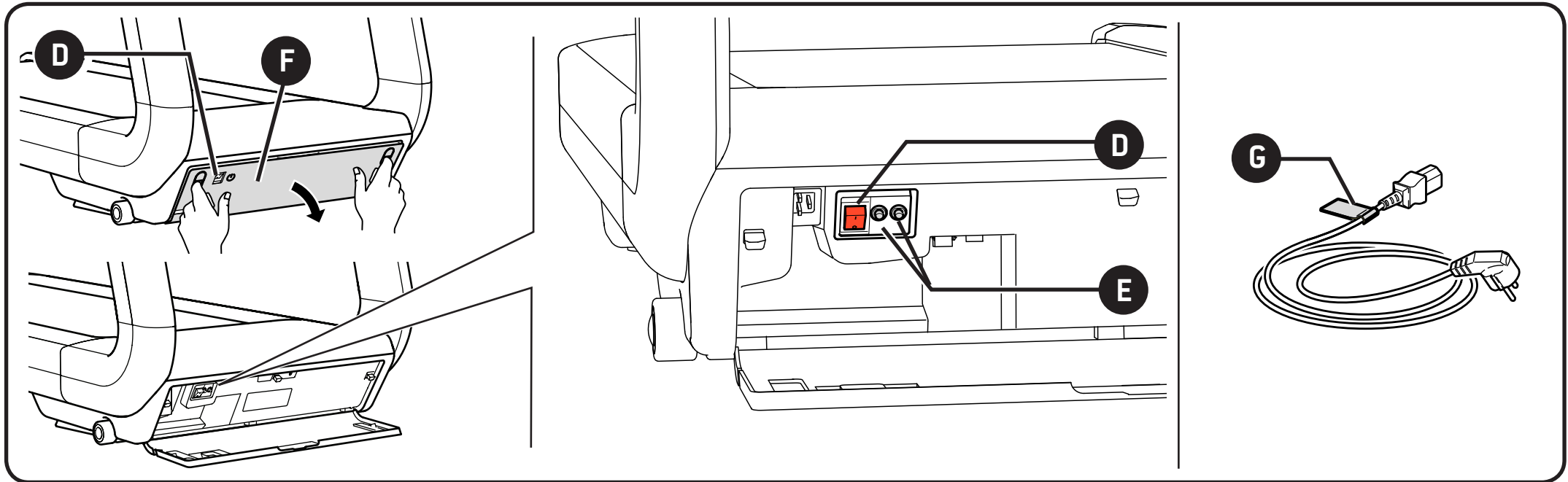
## SAFETY DEVICES

**Main switch (D).** Turns the product power supply voltage on and off.

**Circuit breaker (E).** Protects the electrical components of the product. When power surges, the protection device opens, thus preventing damage to the electronics inside.

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

The label (G) which can be attached to the power supply cable states the electrical specifications for the cable.



## SAFETY DEVICES

### Marking on the treadmill belt (H)

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

### In motion light (L)

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

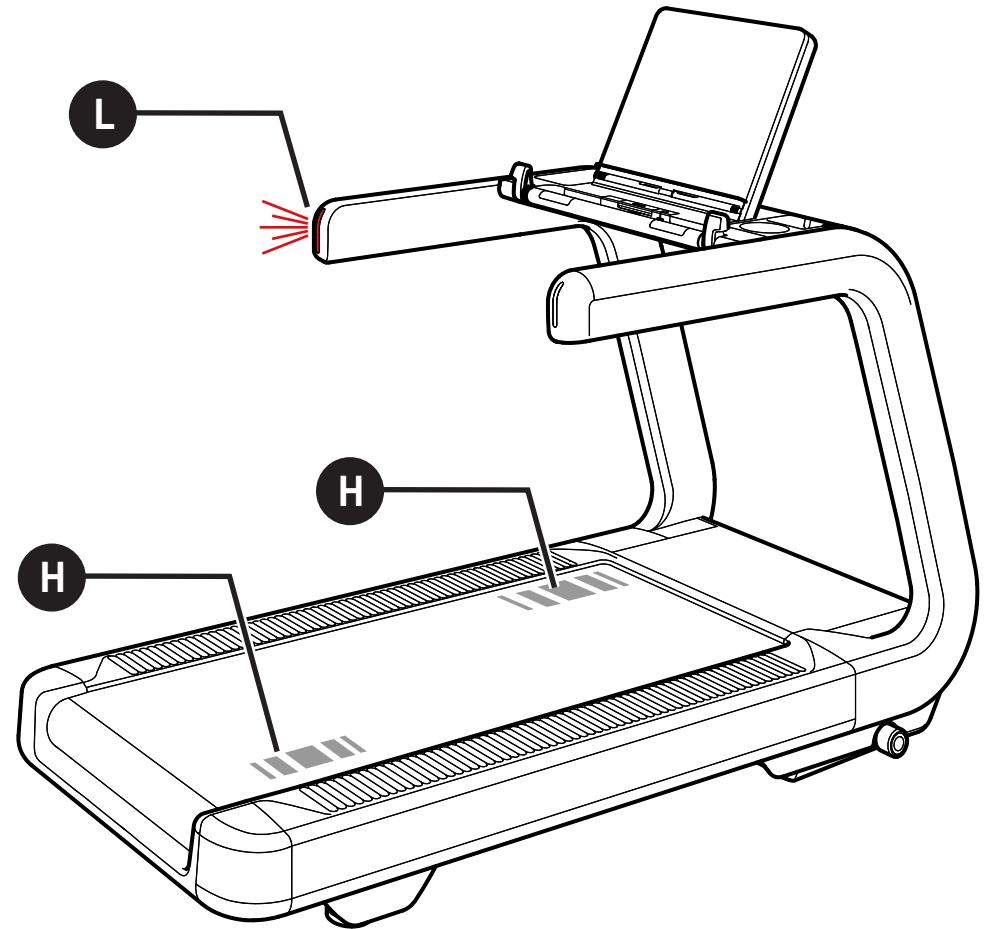
Do not climb onto the product while the treadmill is moving.

### User Present Function

The user present function is a safety function which stops the belt if it is moving without any person walking or running on it.

This function is activated if the belt is at a speed greater than or equal to 3 km/h. If no user is detected for 30 seconds when at a speed of 3 km/h or more, the belt stops and the exercise is paused.

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



# SWITCHING ON AND OFF

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



## WARNING

**When switching the product on, the rotating belt may move slightly.**

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

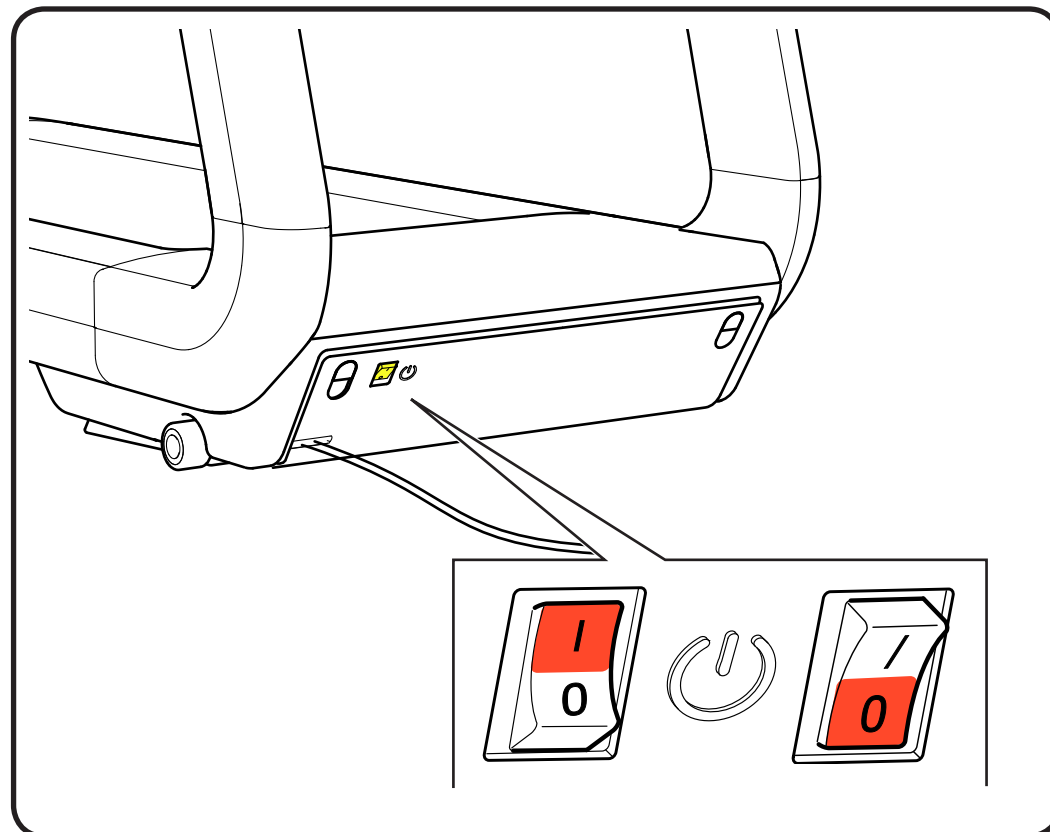
Only turn the product off, after exercising, when it is in stand-by.

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

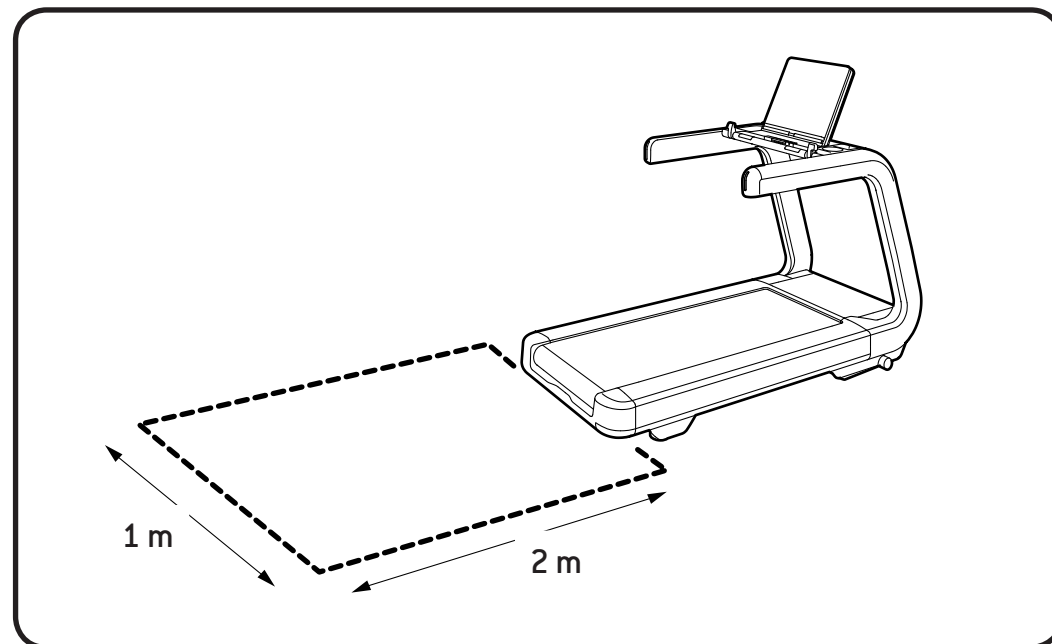
**The switch turns the product on/off but it does not isolate it from the mains voltage, even if it is in position “0” (off). Take the power plug out of the socket to isolate the product.**



# PLACE OF USAGE

In order to ensure that activities with the products 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 and +25°C.
- Sufficient air circulation, with the capacity to keep humidity levels between 20% and 90% during exercise.
- Sufficient lighting, so that physical exercise can be done in pleasant, relaxing conditions.
- An empty space all around every product and a safety perimeter of 2x1 m, 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.



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 product to direct sunlight.

Do not place the product in locations with high moisture levels, such as swimming pools, whirlpool tubs and saunas.

The product must be installed in a setting that meets all of the requirements of the relevant laws in force.

Do not use the product outside. Do not use the product outdoors, where it is exposed to the elements. Ensure that the product does not get splashed by water.

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

# MOVING THE PRODUCT

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

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

Do not lift the equipment too high, as this may damage the front frame.

Due to its size and weight, this product cannot be moved by one person only.

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

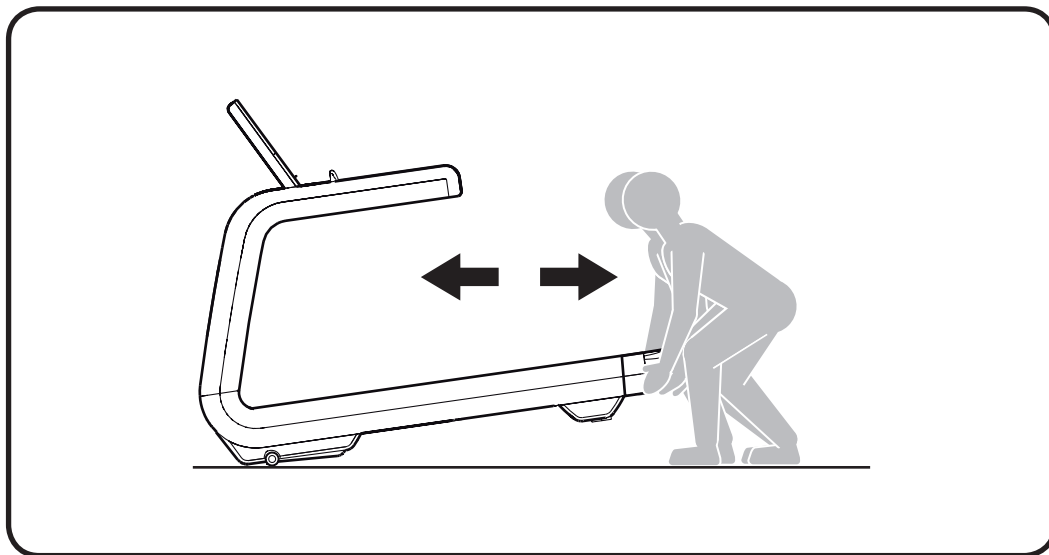
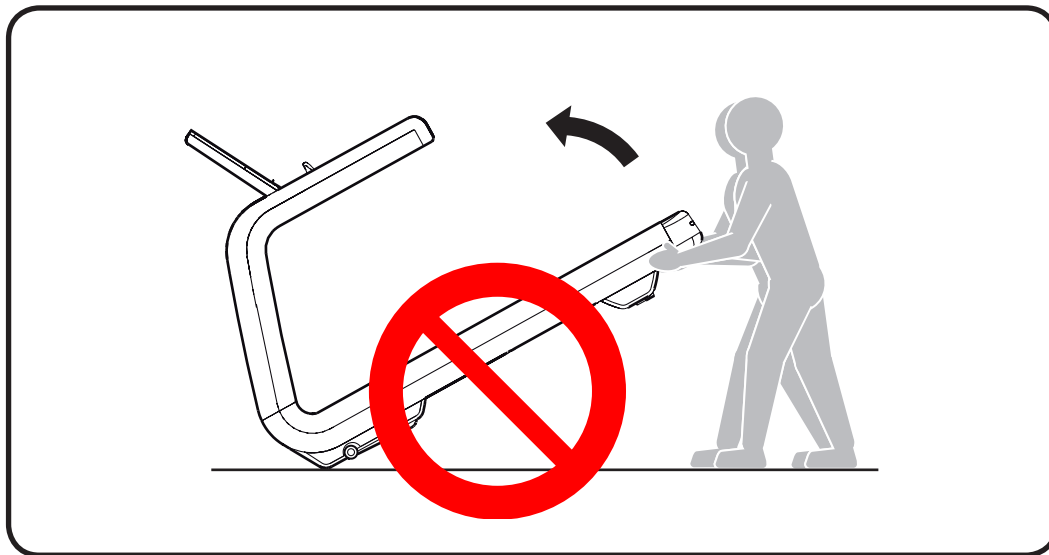
After moving the product, always check it is level to safeguard correct operation.



## WARNINGS

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

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

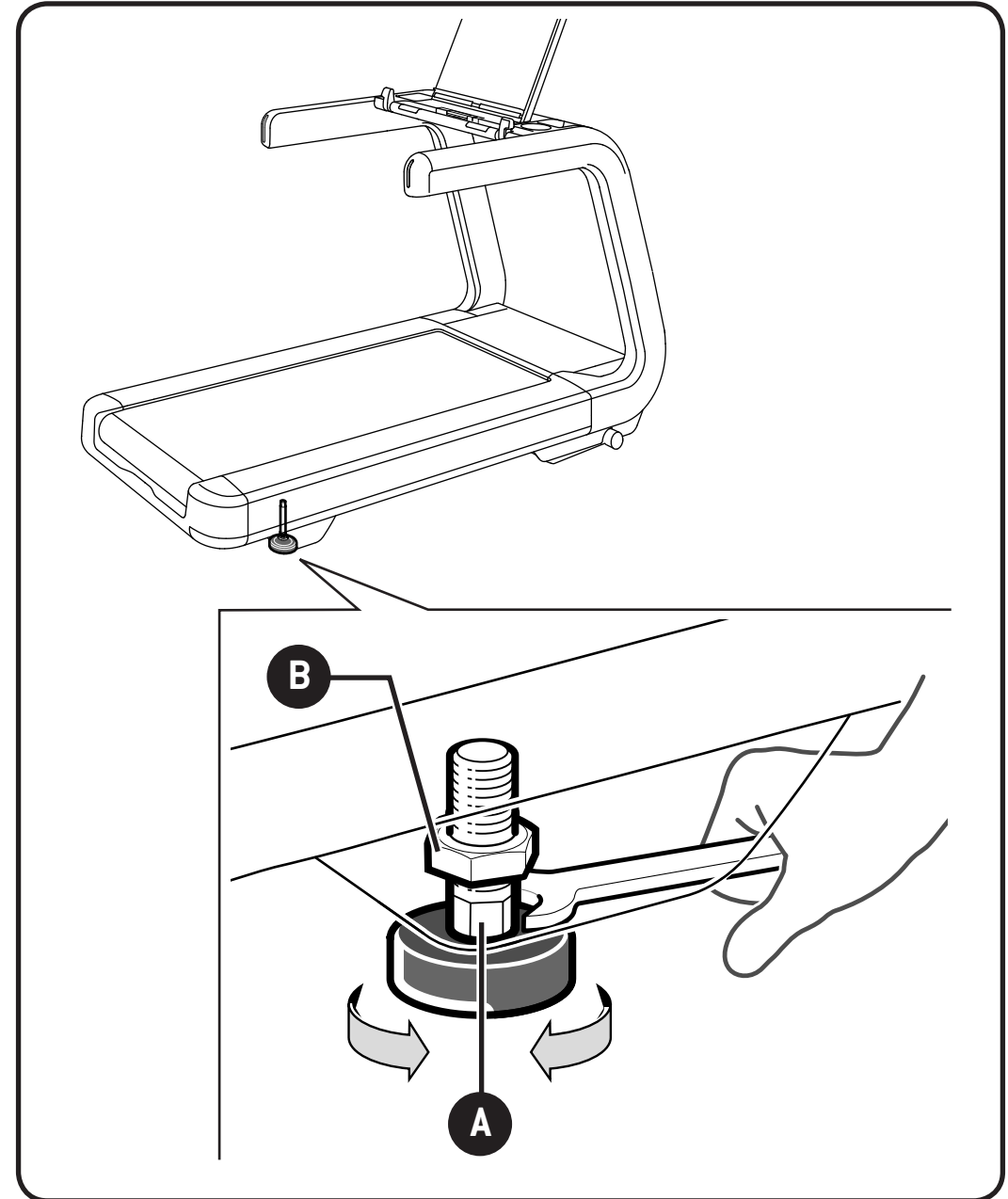


# LEVELLING THE PRODUCT

The product must be level for proper operation.

The product is levelled by adjusting the rear foot on the side shown in the illustration.

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



# ELECTRICAL CONNECTION

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

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

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

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

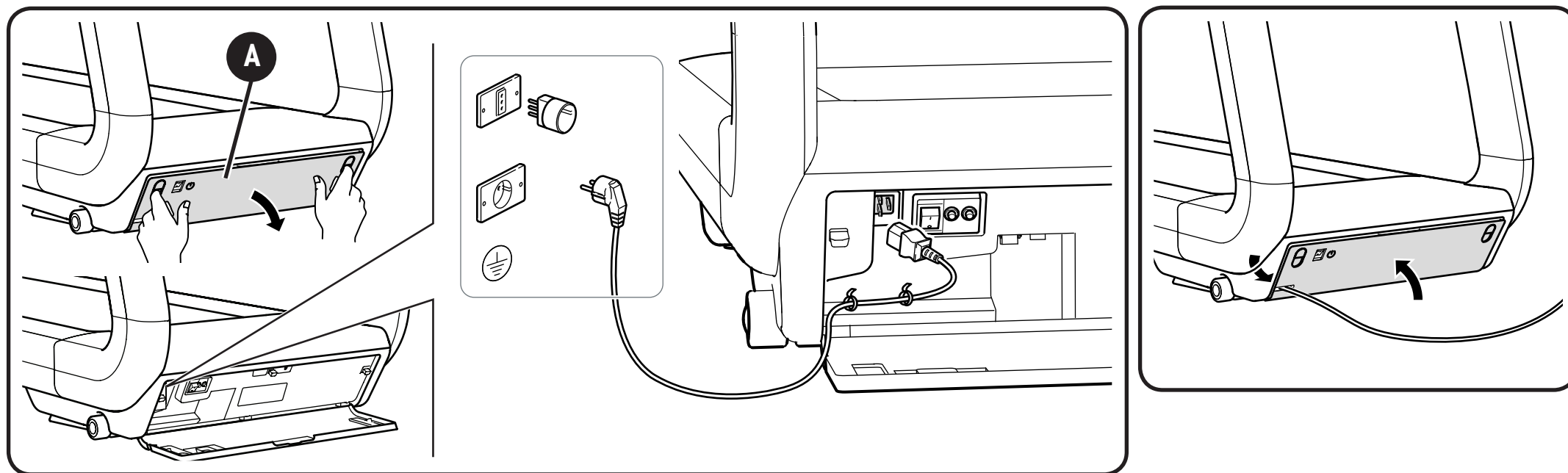


## WARNINGS

**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 0 position (the product must be switched off).**


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





## ELECTRICAL CONNECTION

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

The product must be earthed. If it malfunctions or breaks down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock. The product is equipped with a cable fitted with an earth wire and earthed plug. The plug must be plugged into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances.



### **WARNINGS**

**Improper connection of the earth wire can result in a risk of electrical shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly earthed. Do not modify the plug provided with the product; if it does not fit in the outlet, have a proper outlet installed by a qualified electrician.**

# OTHER CONNECTIONS

**A** - Antenna cable jack

**B** - Ethernet jack

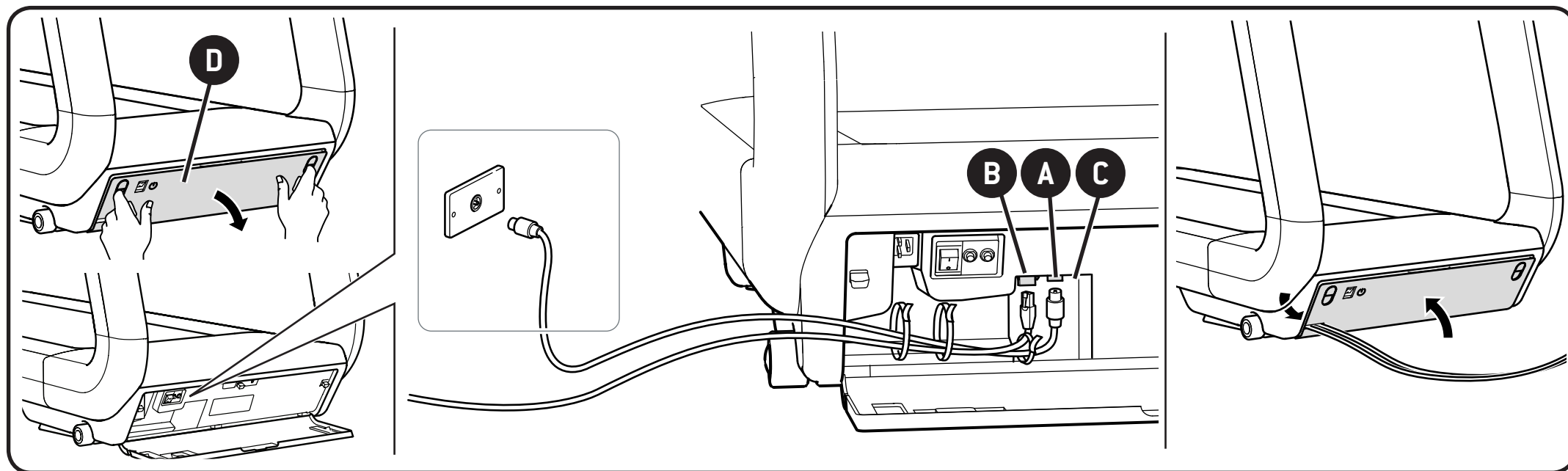
**C** - HDMI jack

To reach the jacks, open the panel (**D**): put your fingers in the specific holes and pull.

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.

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



# ROUTINE MAINTENANCE

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

Do not use chemical products or solvents.



## **WARNINGS**

**Do not press too hard on the display or the illustrations and instructions on the labels.**

**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 each time the equipment is used.**

For maintenance actions not described in this manual, call in the Technogym Technical Service.

## ROUTINE MAINTENANCE



### WARNINGS

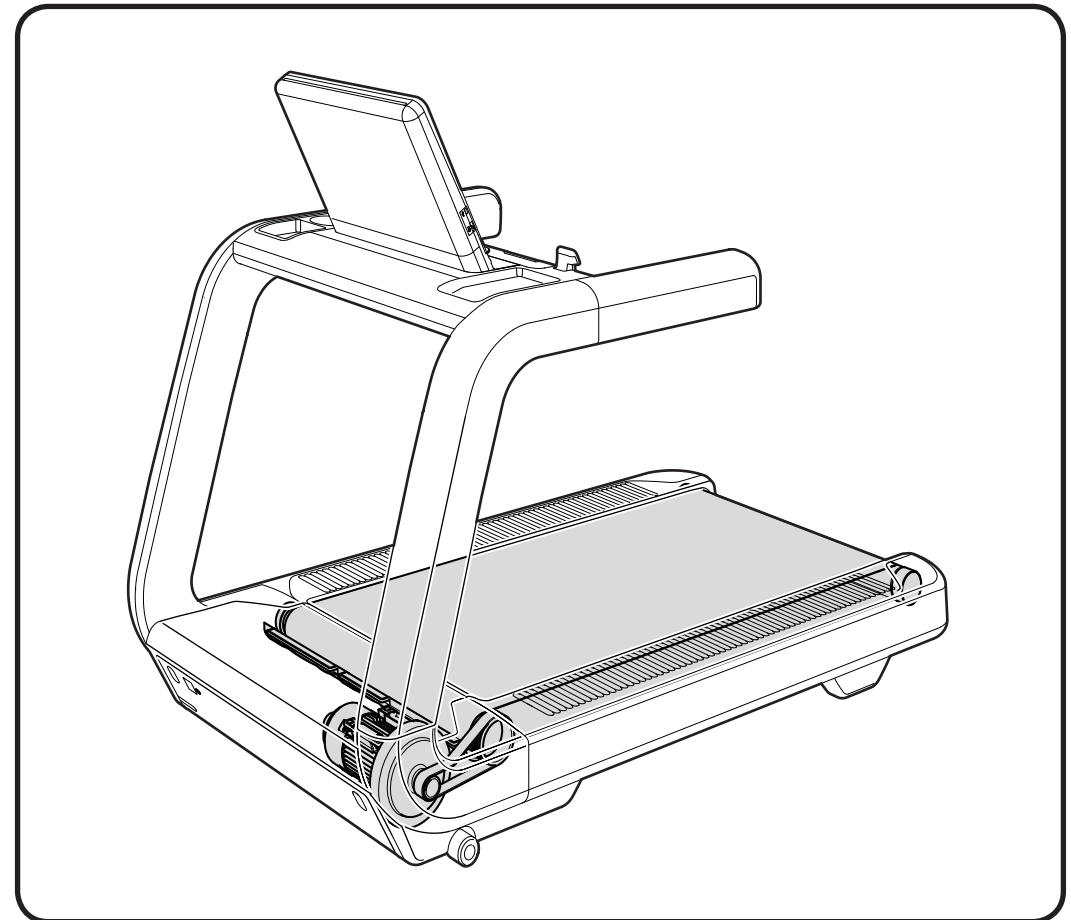
The routine maintenance, adjustment and lubrication jobs must be performed by the Technogym Technical Support Service.

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

Every month:

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

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



### **Maintenance of the running surface**

The Preventive care light is located at the end of the left side support, next to the luminous signal that signals that the treadmill is moving.

This green indicator light indicates the wear level of the belt, and turns on during standby; it remains off during exercise.

If the light is lit steadily during standby, the running surface material does not require maintenance.

If the light flashes during standby, the running surface material is beginning to show signs of wear.

If, during standby, the light flashes intermittently with groups of flashes, you must contact the Technogym Technical Support service for maintenance to be carried out on the materials.

# ALIGNING THE TREADMILL

When the equipment is running the treadmill must be centrally aligned in relation to the frame; if the treadmill tends to move either to the right or left, or if it is not centrally positioned, it needs aligning.

Alignment must be performed with the equipment running.

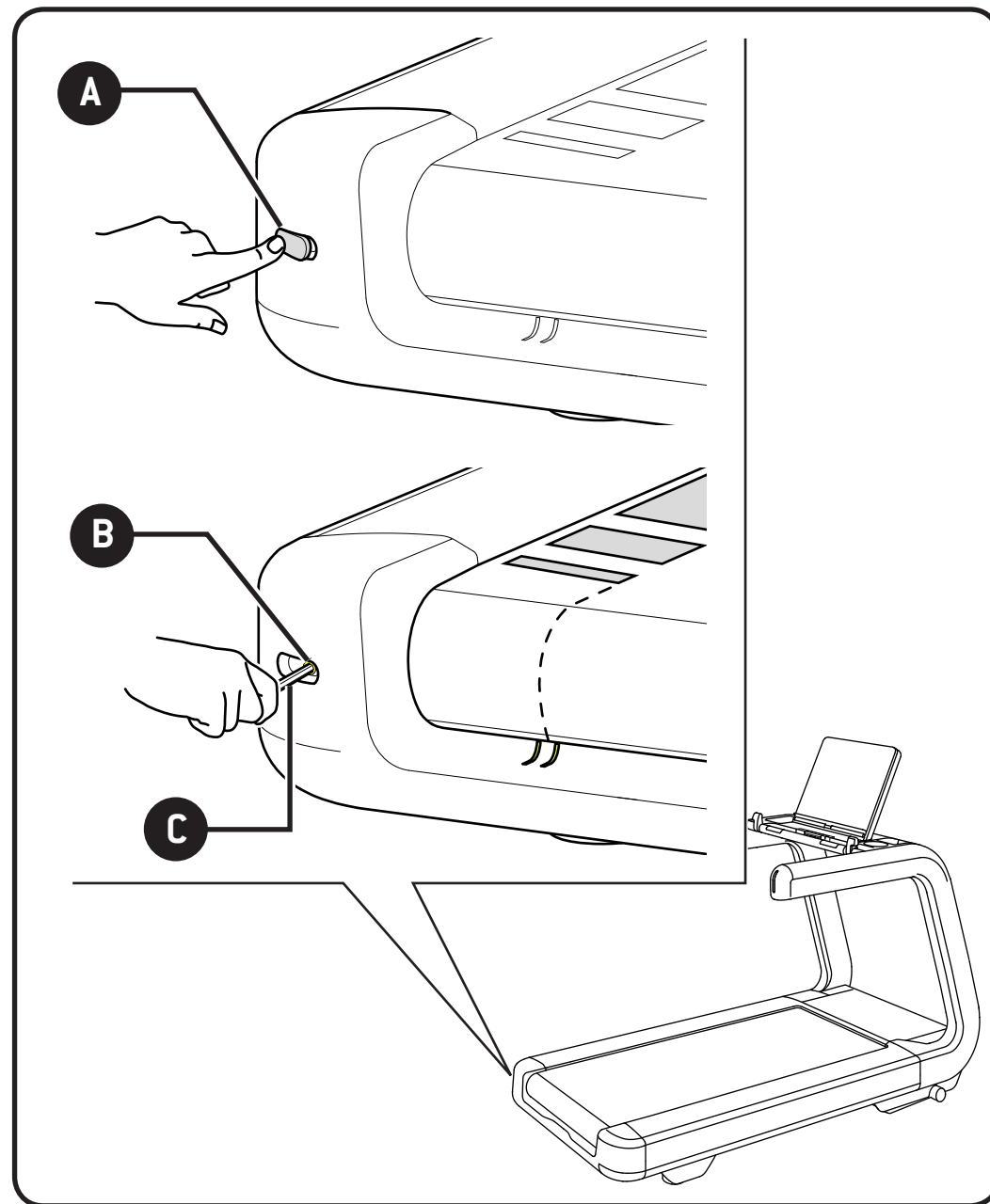
Remove cap **(A)** by pressing on one side.

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



## WARNING

**The treadmill realigns slowly: turn the adjustment screw  $\frac{1}{4}$  or  $\frac{1}{2}$  a turn and then check the result before turning it again.**



# TROUBLESHOOTING

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	Solution
The product is not turning ON	Mains power failure.	Check whether there is power at the socket by plugging in another appliance that you know 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	The product is not level.	Check the position and level with the rear adjustment foot.
	Damaged bearings.	Contact the Technogym Technical Support Service.
	Worn belt.	Contact the Technogym Technical Support Service.
	Treadmill not centrally aligned.	Align the treadmill as described in the paragraph headed "Aligning the treadmill".

# 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.

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

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



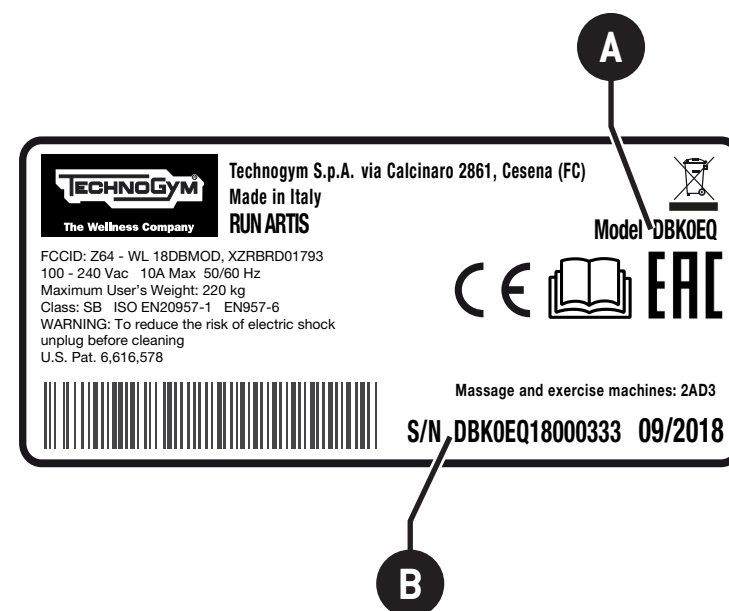
## WARNING

**Work on the equipment by persons unauthorised by Technogym invalidates the warranty.**

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

## Technical Support Service Technogym s.p.a.

**Via Calcinaro 2861, 47521 Cesena Italy**  
**tel: +39 0547 56047**  
**<http://www.technogym.com/Support>**





# STORING THE PRODUCT

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

- in a clean dry place, with a dust cover;
- at a room temperature between -10°C and 70°C and relative humidity between 20% and 90%.

For better storage, use the original packing materials.

## DISPOSING OF THE PRODUCT

It is always good practice to ensure that the unit can never constitute a hazard; therefore do not leave the equipment where children may play with it. For this reason, when it is not used for long periods it must be turned off by disconnecting the power cable.

Do not dump the equipment in the environment, or in public or private areas accessible to the public.

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

Electrical and electronic waste must not be put out for normal waste collection. A specific waste collection system is provided for with this type of product, in conformity with applicable legislation requiring appropriate handling, recovery and recycling.

Unauthorised dumping or disposal of electrical and electronic equipment or improper use of the same can cause serious damage to the environment and human health.

Following measures implemented by the member states of the European Union, private citizens resident in the EC can take their used electrical and electronic equipment to authorised collection centres for disposal.

If the product is used commercially, contact your reseller or Technogym Customer Service in your country to arrange collection and disposal of the electrical or electronic waste.

Contact the local authorities for disposal of electrical or electronic waste in countries outside the European Union.

Average product lifetime: 10 years.

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