

SYNCHRO ARTIS®

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

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

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 put anything on the frame or display.

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

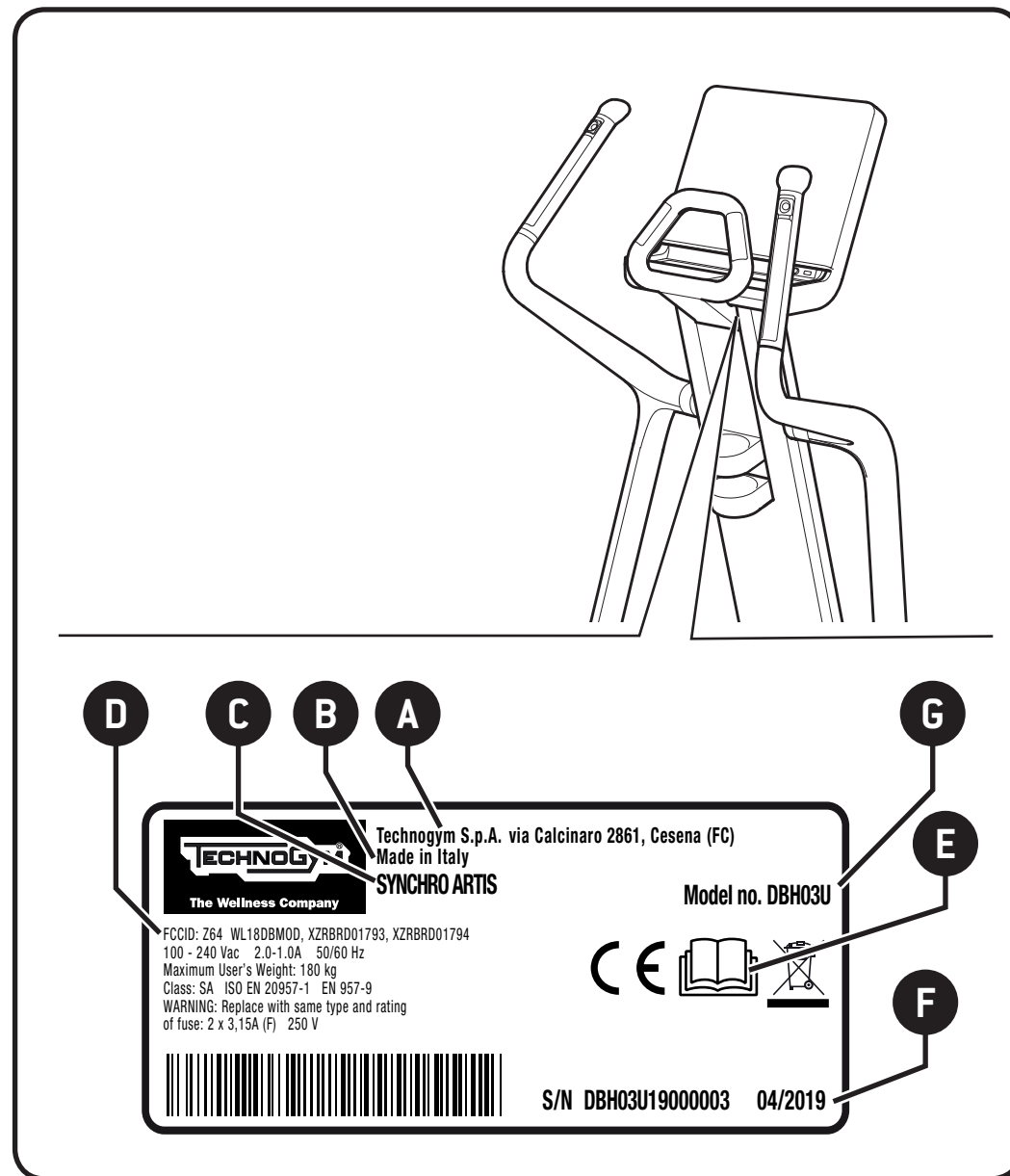
High voltage is present inside the product, and as such, the guard must be only be removed by authorised personnel.

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

The Synchro is a commercial device, designed for use in residential and professional environments. It is a class SA device, pursuant 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.

Object holder (B).

Levers (C). They are gripped during the exercise to combine training of legs and arms.

Fixed handgrip (D). Hold the fixed handgrip to perform the exercise with only your legs.

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

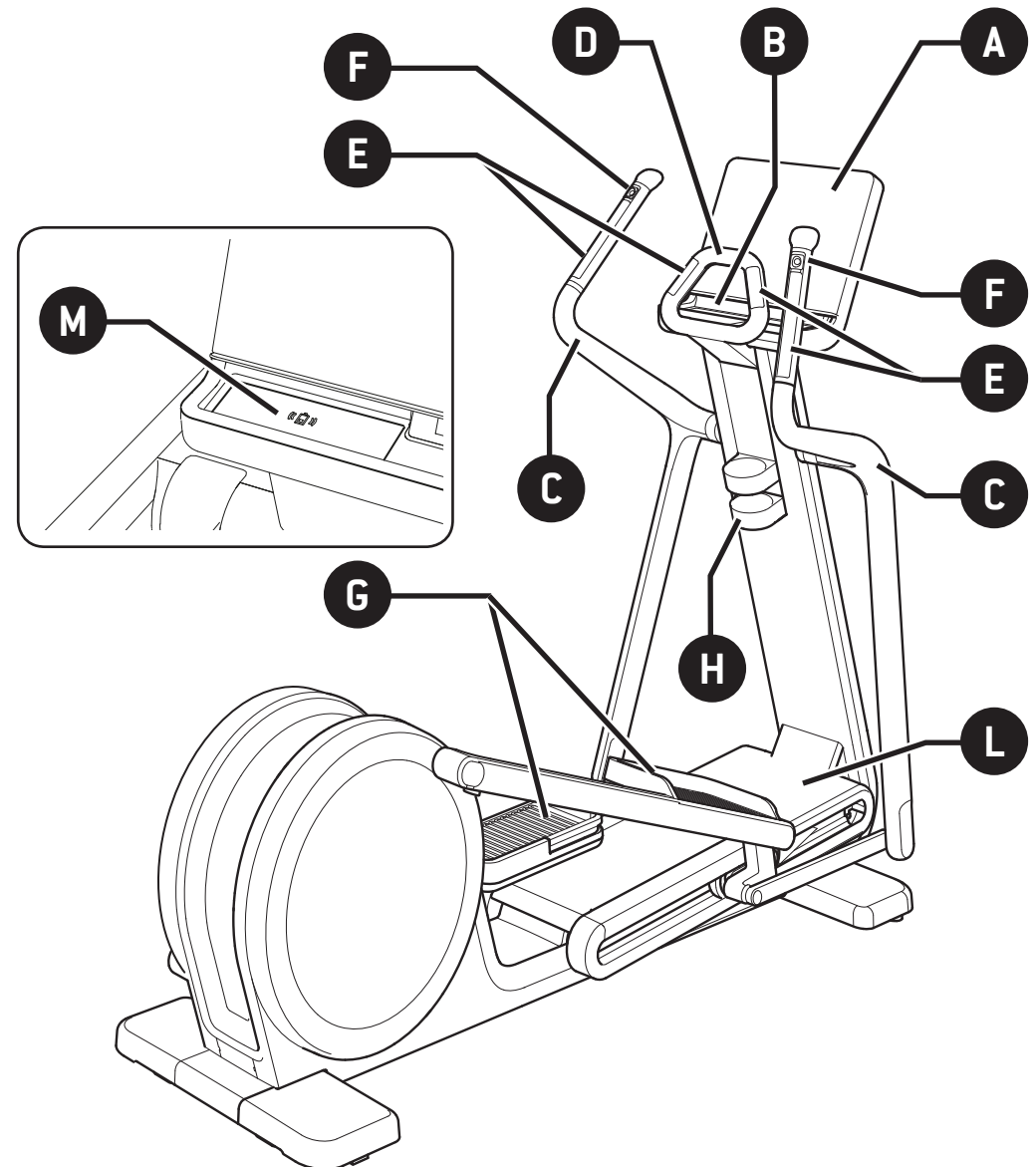
Fast Track Control (F). They allow users to change the level of intensity of the exercise without removing their hands from the levers, ensuring a correct and safe posture.

Pedals (G). The specific shape of the pedals means that the user's ankles are exercised in optimum conditions.

Water bottle holder (H). Where you can place water bottles during workout.

Ramp (L). To manage the gradient.

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



USING THE PRODUCT

Climb onto the product from one side and place a foot on each pedal.

At the end of the exercise, when you get off the product, the pedals and levers position themselves automatically in an optimal position to guarantee comfortable and safe access.

While using one hand to set the exercise on the display, use the other hand to hold onto the fixed handgrip.

To perform the movement with only your legs, grasp the fixed handgrip; to perform the movement also with your arms, grasp the levers.

Maintain a low speed for a few minutes to become familiar with the product and acquire stability. It is important that you move without leaning forward and assuming unnatural positions.

Once you become more confident, gradually increase the effort level.

Constantly check your position: head held high, shoulders in line with the hips, abdomen sucked in and trunk erect. To maintain correct posture you must keep legs and feet parallel and gaze straight ahead.



USING THE PRODUCT



You can adjust the intensity of the exercise using the buttons on the display or the Fast Track controls on the levers.

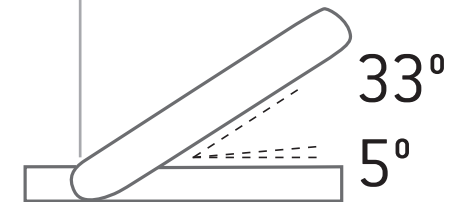
To vary the gradient, use the specific buttons on the display.



WARNINGS

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

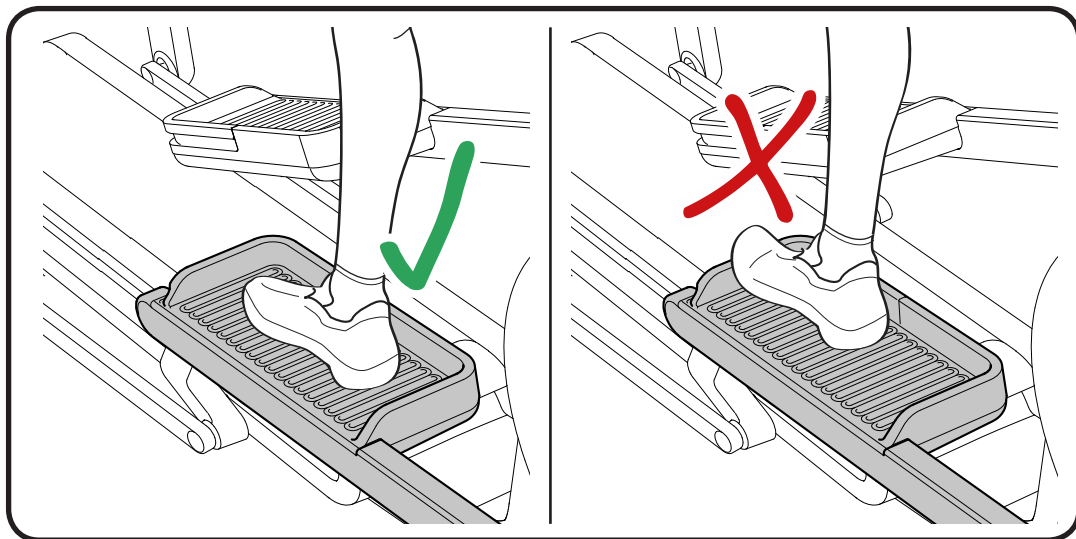
Climb on and off the product only when the pedals are stationary.



Synchro is to be used solely for its intended purpose, i.e. for aerobic exercise of the legs and arms. Any other use is considered unauthorised and therefore dangerous.

USING THE PRODUCT

Keep your feet completely inside the pedal.



Do not climb up with both feet on the same pedal.



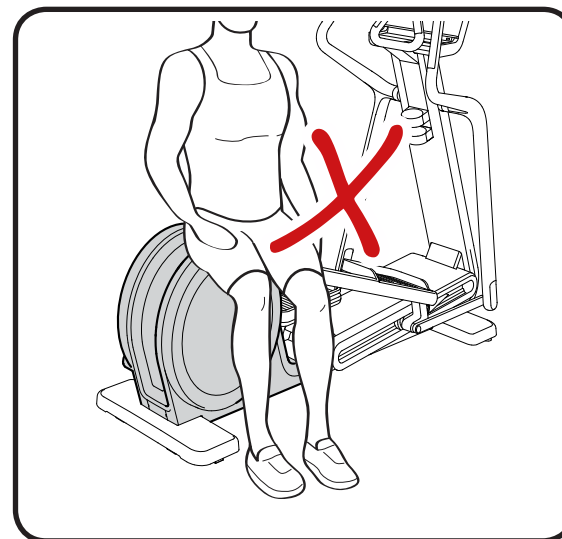
Do not climb on the pedal levers.



Do not climb on the ramp.



Do not sit on the rear section of the product.



USING THE HEART RATE MONITOR

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

- using the device built into the fixed handgrip and levers (hand sensor); it is activated when the fixed handgrip or levers are 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.

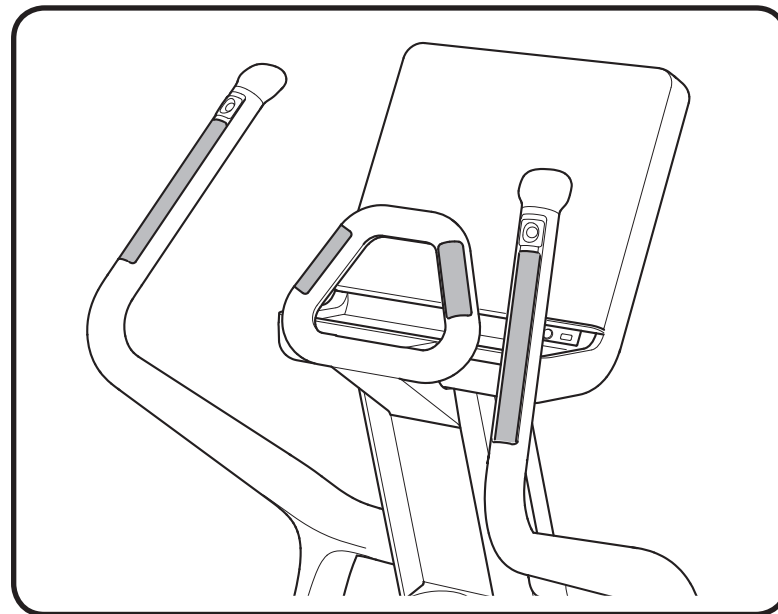


WARNINGS

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.

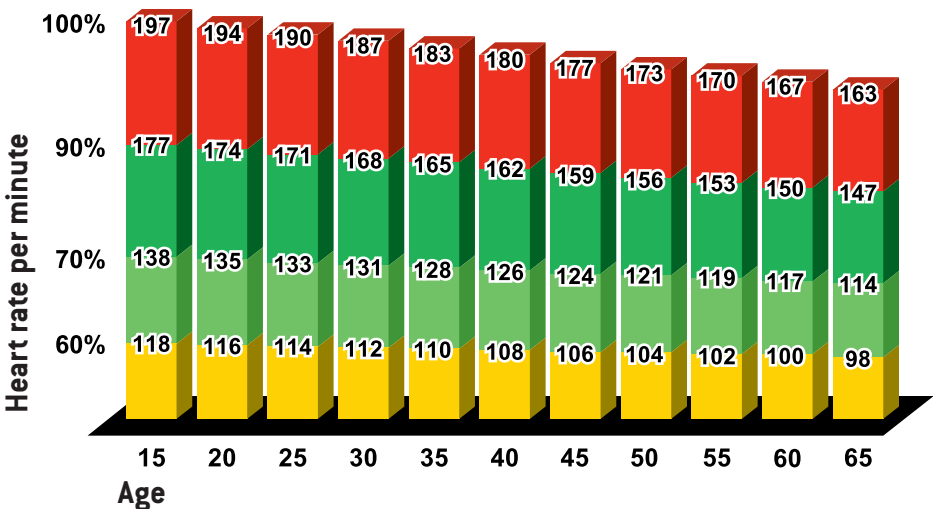
Theoretical maximum heart rate (100%) is calculated on the basis of age using the formula: max H.R. = 220 - age.





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%).



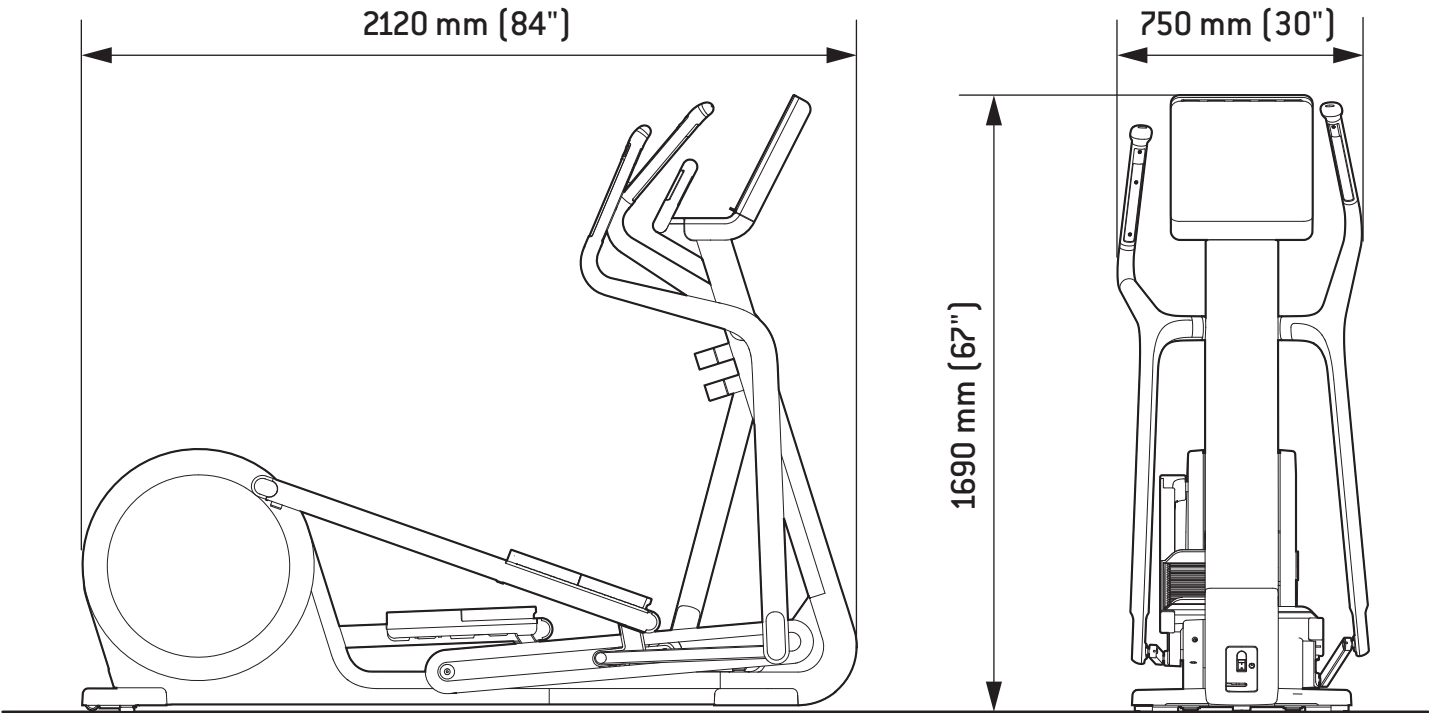
-  Prevalent use of sugars.
Training for athletes who take part in competitions (with medical certificate).
-  Combined use of fats and sugars.
Significant improvement of aerobic efficiency.
-  Prevalent use of fats and increased use of sugars.
Moderate improvement of aerobic efficiency.
-  Prevalent use of fats and little use of sugars.
Limited improvement of aerobic efficiency.

TECHNICAL CHARACTERISTICS

| | |
|--------------------------|------------------------------------|
| Power supply | 100÷240 Vac 50/60 Hz |
| Mains power input | 160 VA max |
| Fuses | 2 x 3,15A (F) |
| Braking power (90 spm) | 30÷310 W ± 10% |
| Time | 0÷999 min ± 1% |
| Distance | 0÷99.99 km ± 5% (0÷99.99 mls ± 5%) |
| Protection grade | IP 20 |
| Electric isolation class | Class I |

| | |
|-----------------------|-----------------|
| Weight of the product | 190 kg (419 lb) |
| Maximum user weight | 180 kg (396 lb) |

Adjustable braking system; power depends on the level set and speed.



SAFETY DEVICES

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

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

Fuses (C). Protect the electrical parts of the product. When the current reaches an excessive value, the fuses melt thus protecting the internal electronics.

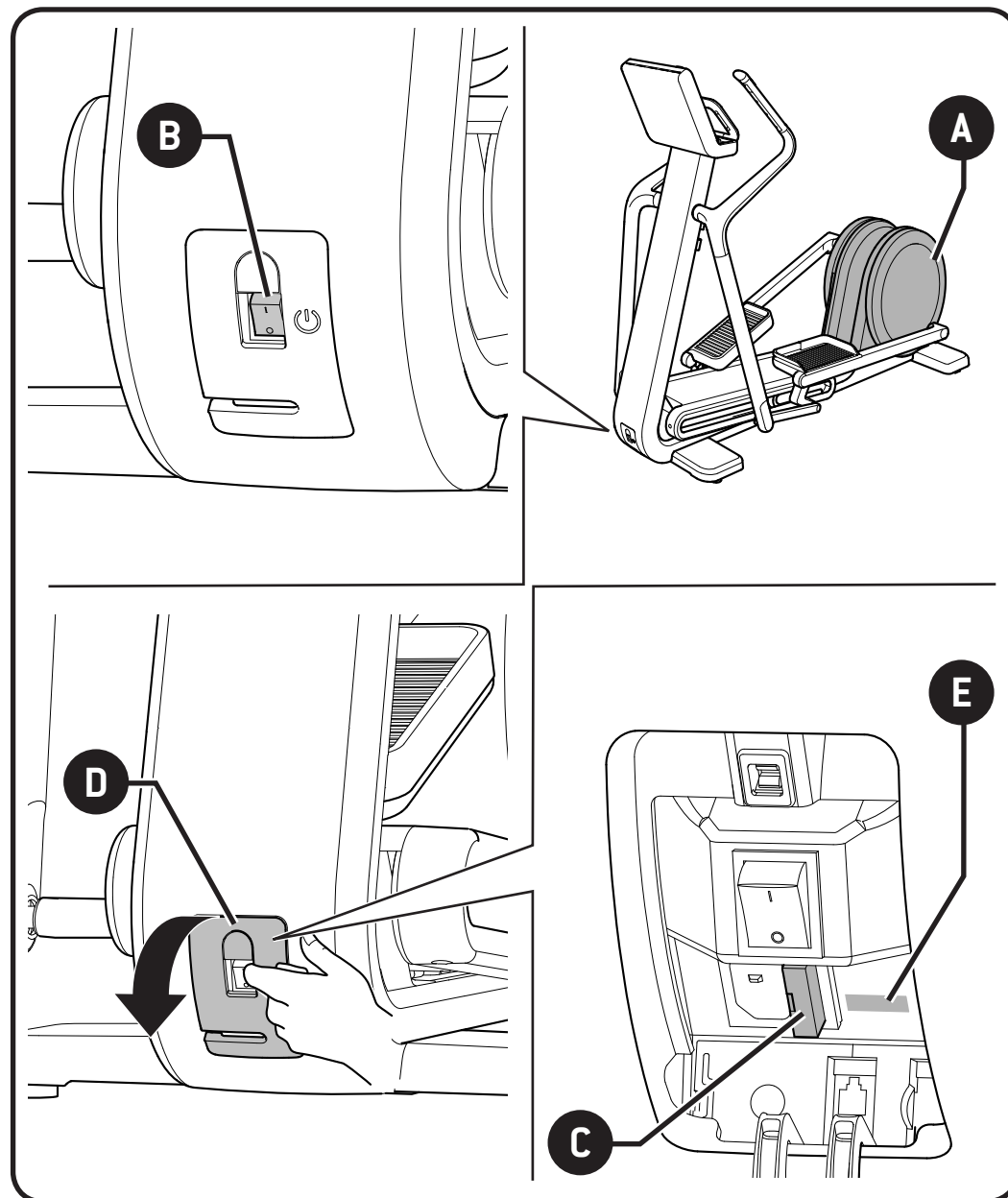
Open panel (D) to reach the fuses: put a finger in the hole and pull.

The label (E) provides electrical specifications and safety information.



WARNING

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



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 at least 60 cm wide all around every product.
- A flat, stable and vibration-free surface that is capable of supporting the weight of both the product and the user.

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

Do not expose the product to direct sunlight.

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 place the product in locations with high moisture levels, such as swimming pools, whirlpool tubs and saunas.

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

MOVING THE PRODUCT

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

Use normal lifting and transport devices for handling operations.

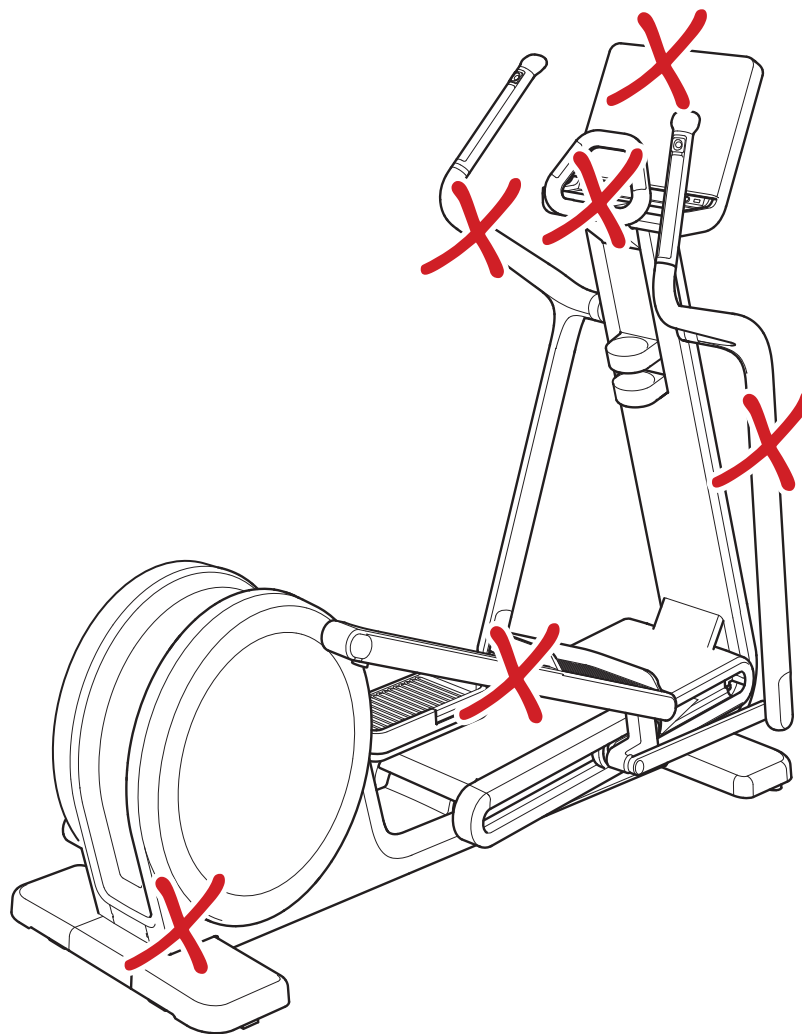
After moving the product, always check it is level to safeguard correct operation.



WARNINGS

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

Do not lift or move the product from the pedals, levers or display.

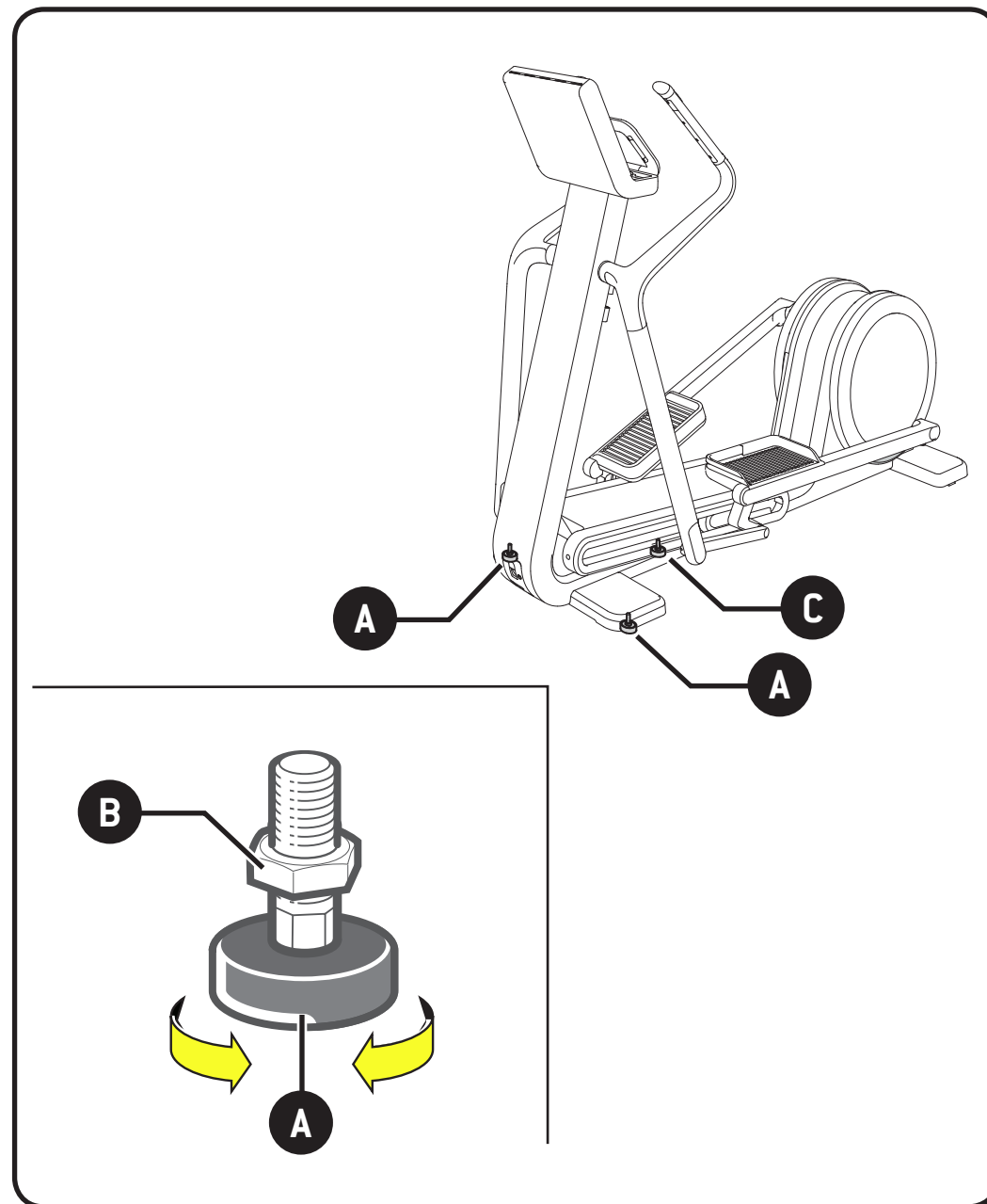


LEVELLING

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

For the levelling operation, use the two front feet and the central foot.

- Loosen the locknut (**B**).
- Screw or unscrew the foot (**A**) until the frame is in a stable position.
- Tighten the locknut (**B**) for the two front feet. The central foot (**C**) must NEVER touch the floor in this phase.
- Unscrew the central foot (**C**) until it touches the ground.
- Tighten the locknut (**B**) for the central foot.



ELECTRICAL CONNECTION

Before connecting the product to the mains power supply, ensure that the electrical system specifications comply to binding regulations. Verify the main power supply specifications on the label affixed close to the main switch.

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



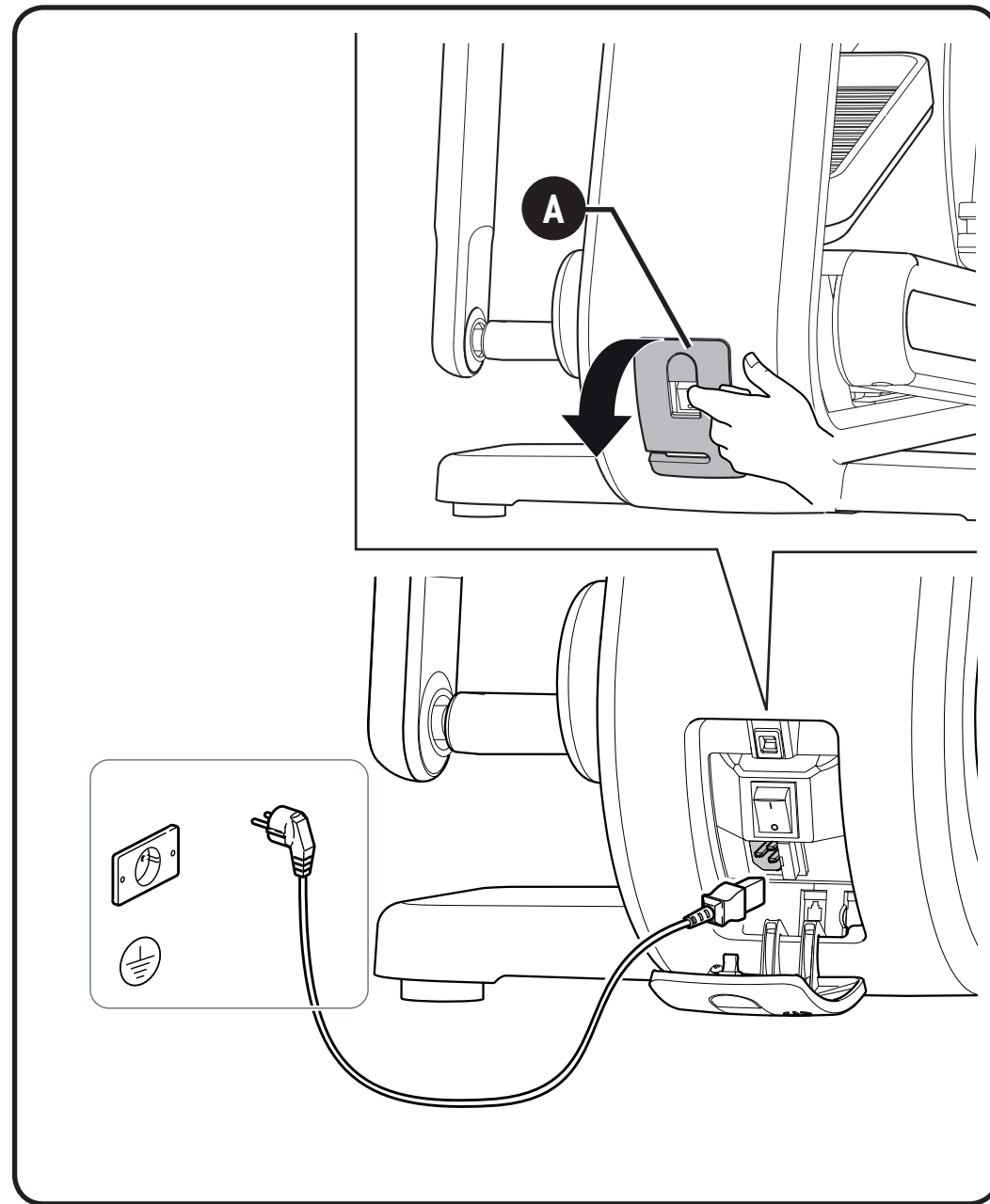
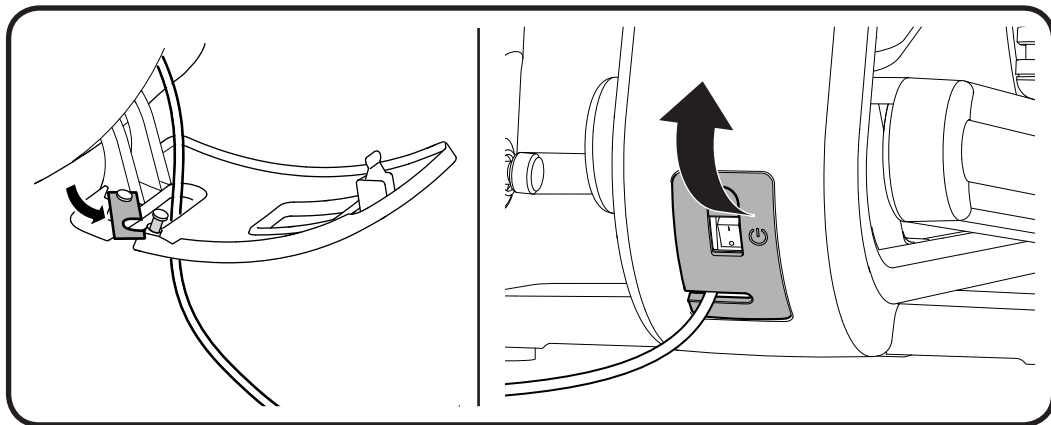
WARNINGS

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

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

Check the state of the power supply cable periodically.

Plug the power cable into the product socket first and then into the wall socket. Close panel (A) putting the cable through the slot.



ELECTRICAL CONNECTION

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 it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. The product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.



WARNINGS

Improper connection of the equipment-grounding conductor can result in a risk of electrical shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product; if it will not fit in the outlet, have a proper outlet installed by a qualified electrician.

OTHER CONNECTIONS

A - Antenna cable jack

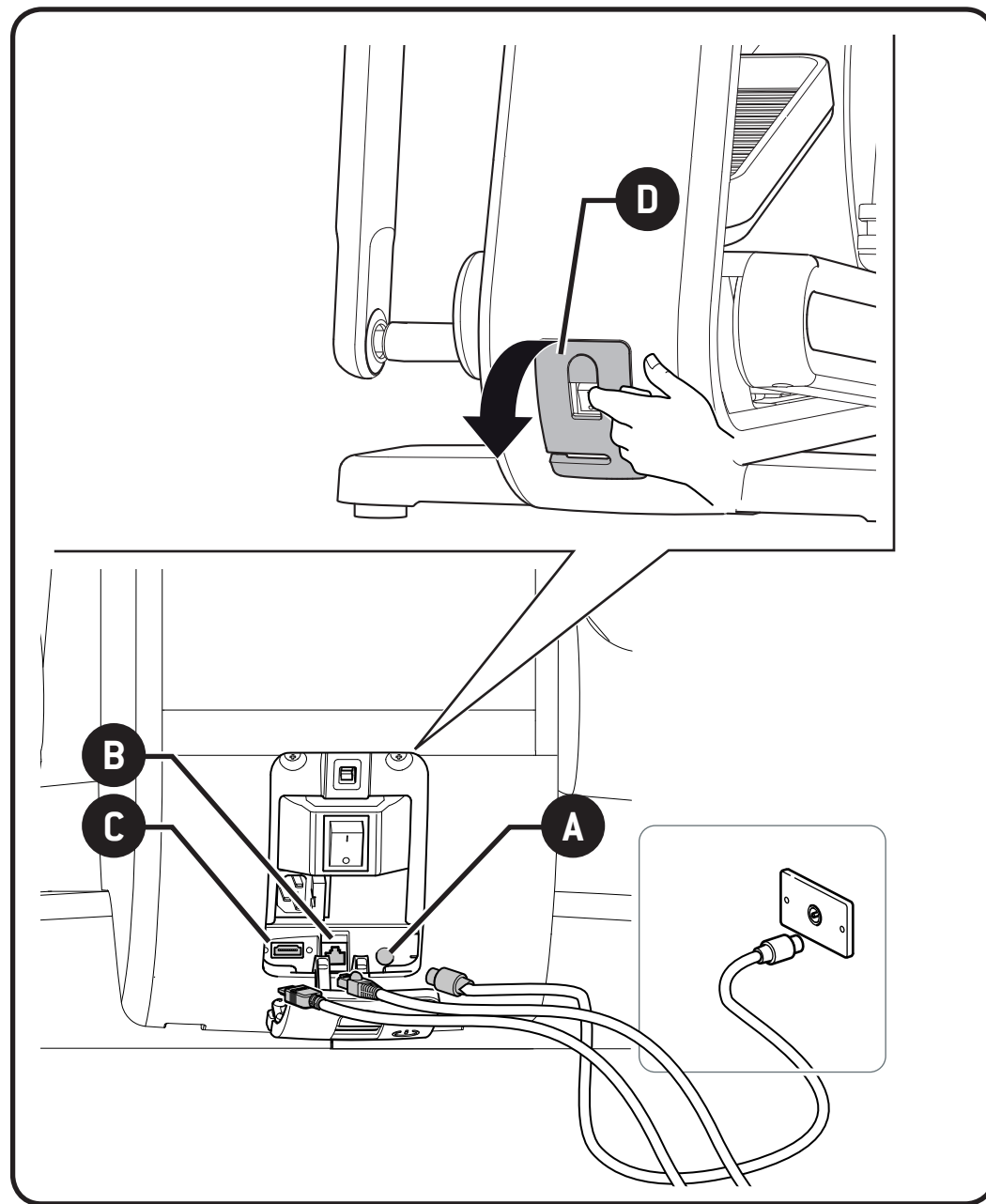
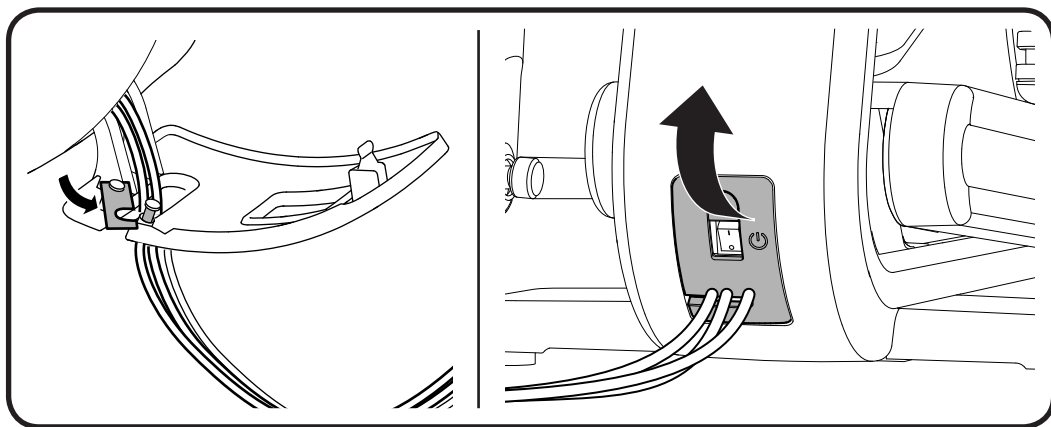
B - Ethernet jack

C - HDMI jack

To reach the jacks, open the panel (**D**): put a finger in the specific hole and pull. After connection, close panel (**D**) putting the cables through the slot.

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.



TURNING ON AND OFF

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

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

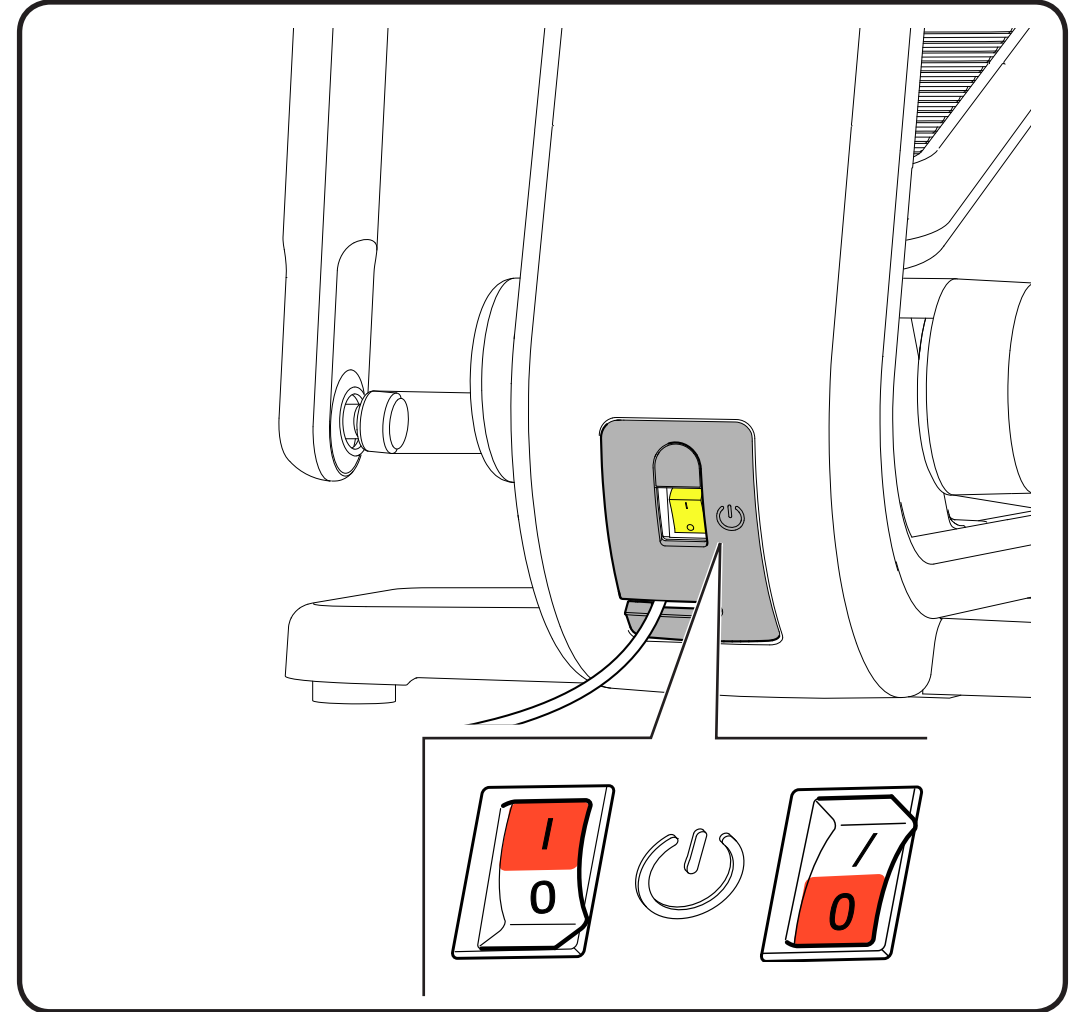
Only turn the product off, after exercising, when it is in stand-by.

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



WARNINGS

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.



ROUTINE MAINTENANCE

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.

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.

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

ROUTINE MAINTENANCE

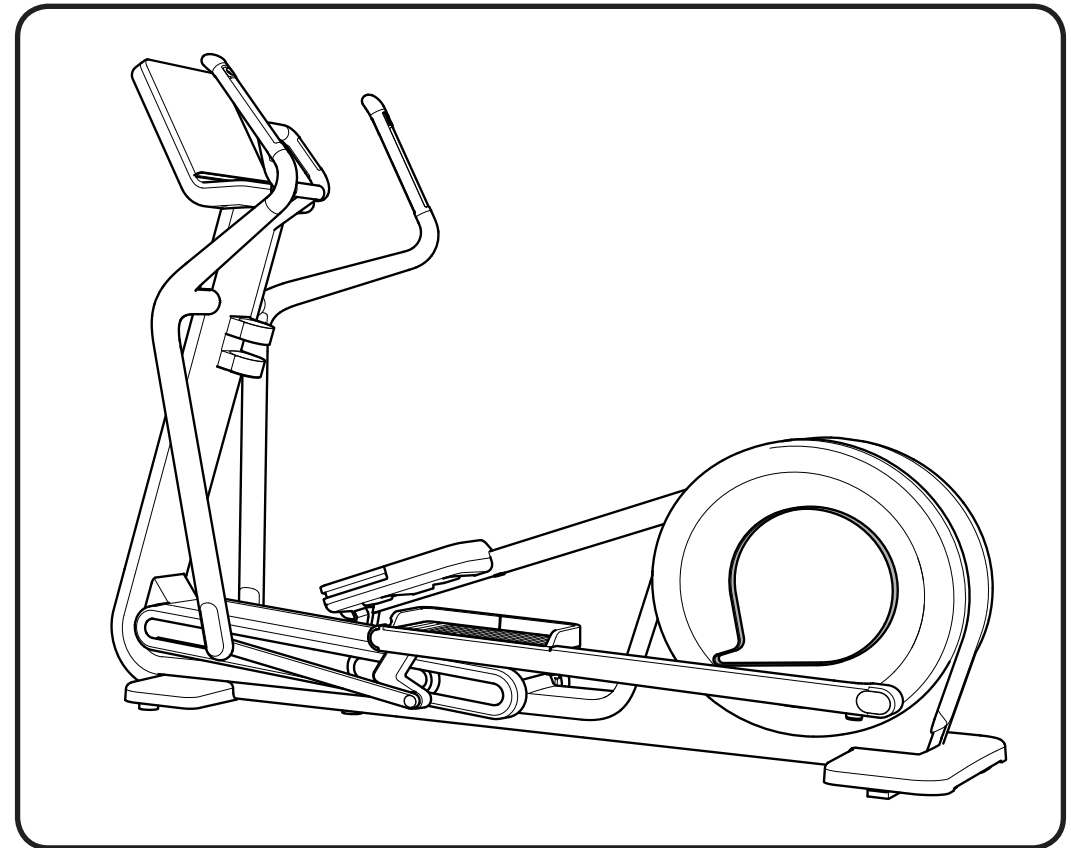


WARNINGS

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 six months check the state of wear of the **transmission belt** and verify that exercise movements are smooth.

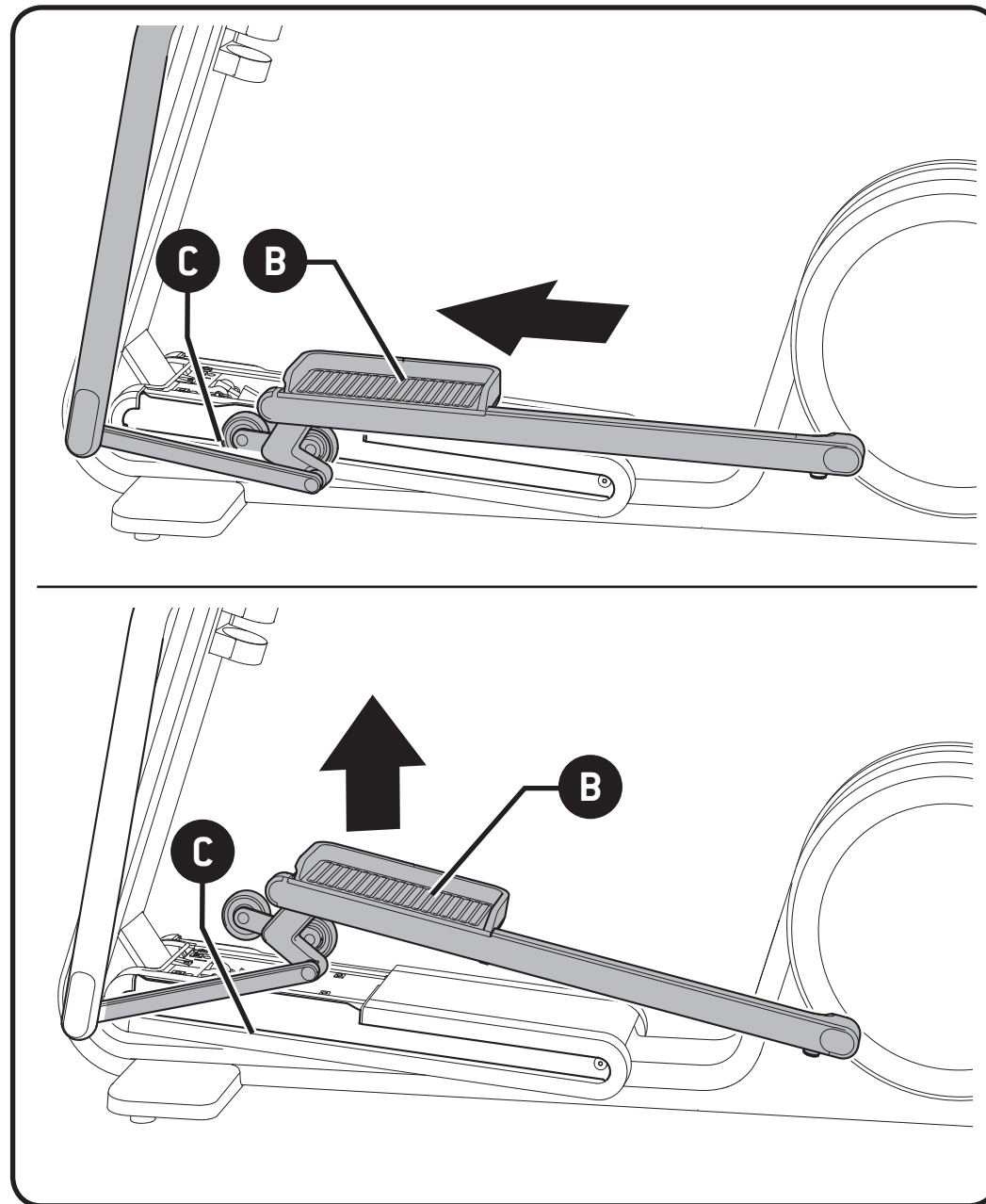
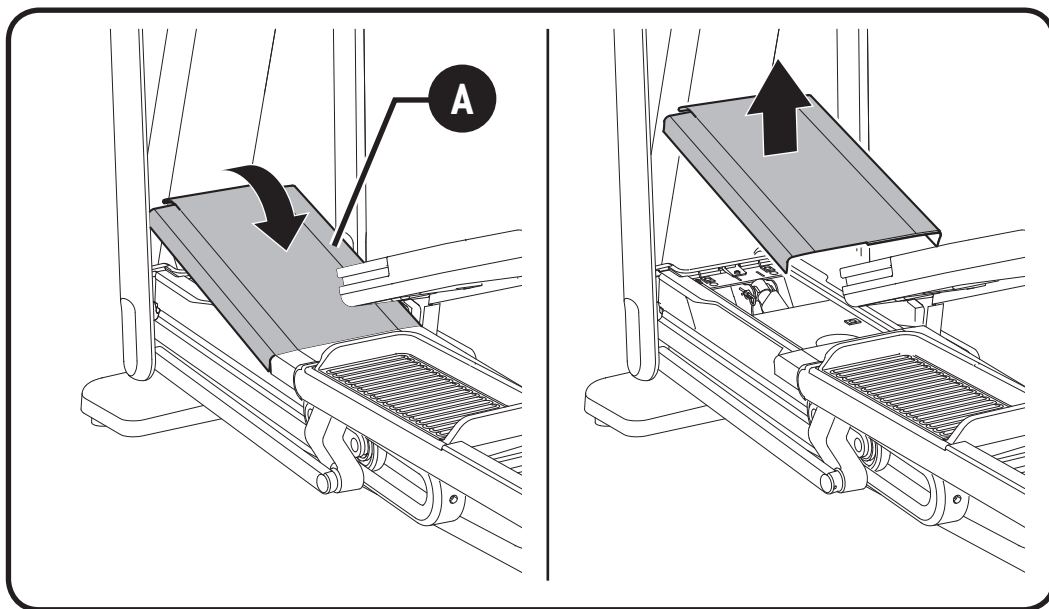


CLEANING THE GUIDE RAILS

Once a year, or when the movement becomes particularly rough, clean the **pedal guide rails** with a damp sponge.

Access the pedal guide rails as shown.

- Remove the cover (A).
- Move the pedal (B) in correspondence of the slot in the guide (C).
- Remove the pedal (B) from the guide (C).



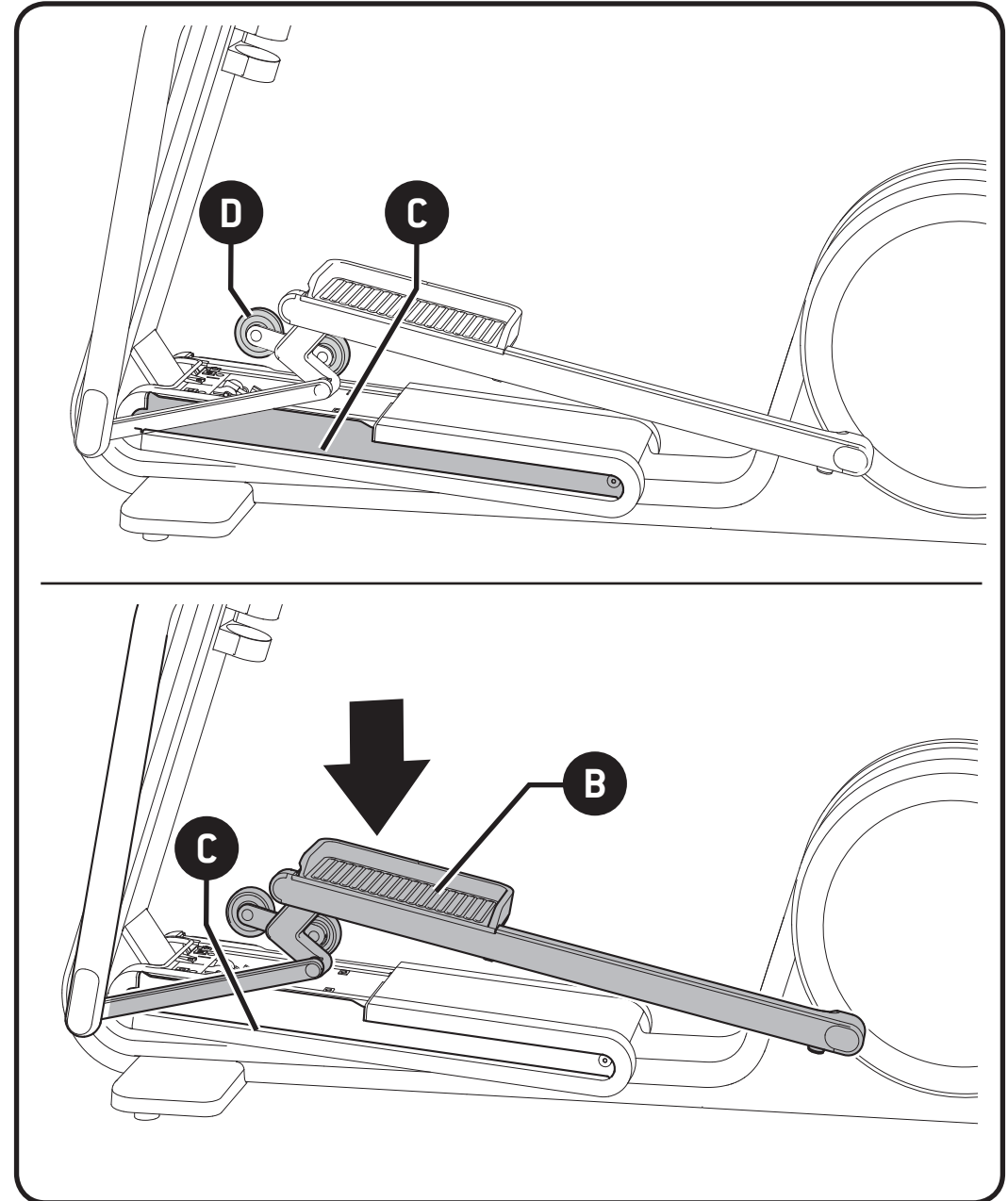
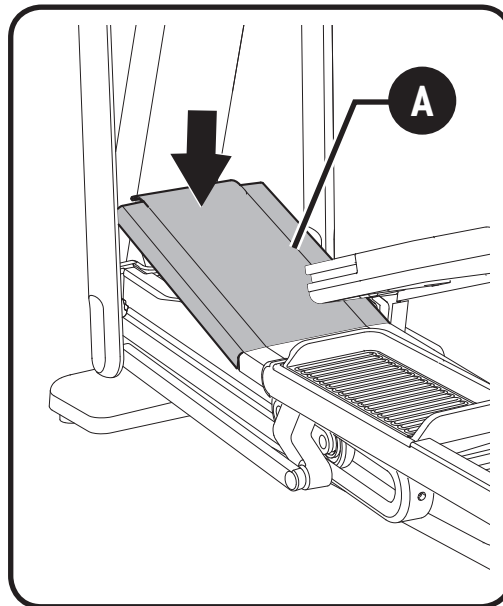
CLEANING THE GUIDE RAILS

- Clean the guide (C) and the wheels (D).
- Return the pedal (B) into its seat in the guide (C).
- Repeat the same operations to clean the other guide.
- Refit the cover (A).



WARNING

The pedals are free to move, therefore the wheels will roll along the guide rails: pay attention to where you place your hands and fingers.



CHANGING THE FUSES



WARNINGS

The fuses must be changed by the Technogym Technical Support Service.

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

If no more of the supplied fuses are available, use certified fuses with identical electrical specifications (3.15A (F) for the replacement).

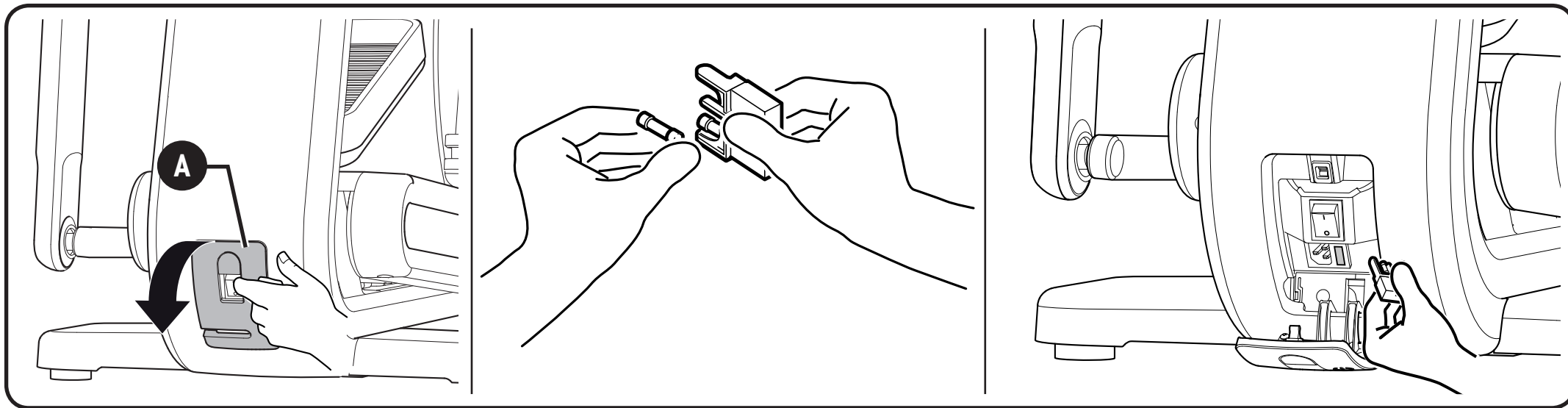
Open the panel (A) to reach the fuses: put a finger in the hole and pull.

Remove the fuse holder, to the right of the switch, by pushing the lever.

Replace the blown fuse with a new one, as supplied.

Fit the fuse holder back into its housing, making sure it clicks in properly.

Close panel (A).



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 | 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. |
| | Burnt-out fuses | To replace the blown fuse with a spare contact Technogym Technical Support Service. |
| Too noisy | The product is not level | Check the position and level the adjustment feet. |
| | Damaged bearings | Contact the Technogym Technical Support Service. |
| | Worn belt | Contact the Technogym Technical Support Service. |
| Movement is not smooth when the product is operating. | The pedal guide rails and/or travelling wheels are dirty. | Clean the pedal guide rails. |

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:

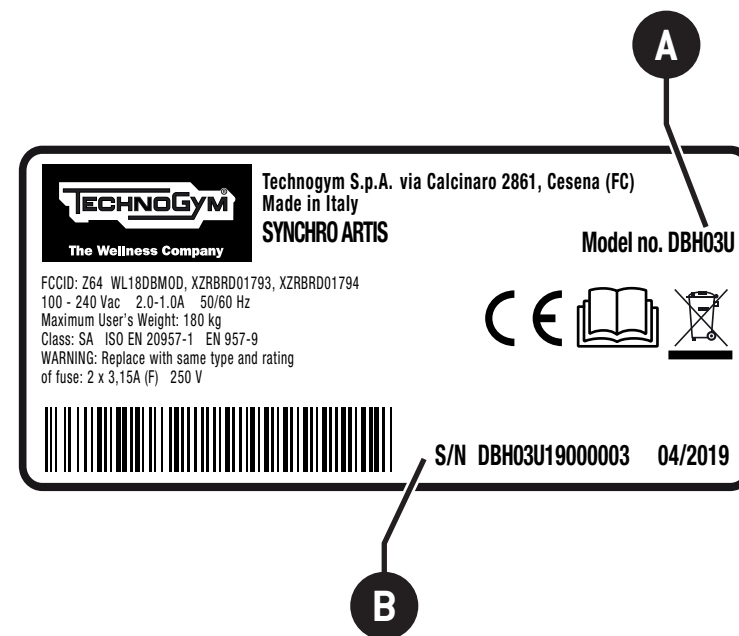
- Product model **(A)**
- Date of purchase
- Serial number **(B)**
- Precise description of the problem

Work on the product 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

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.

Synchro Artis_en_AA
OSM01148



The Wellness Company