

ADVANCED LED DISPLAY

JOG FORMA



User manual

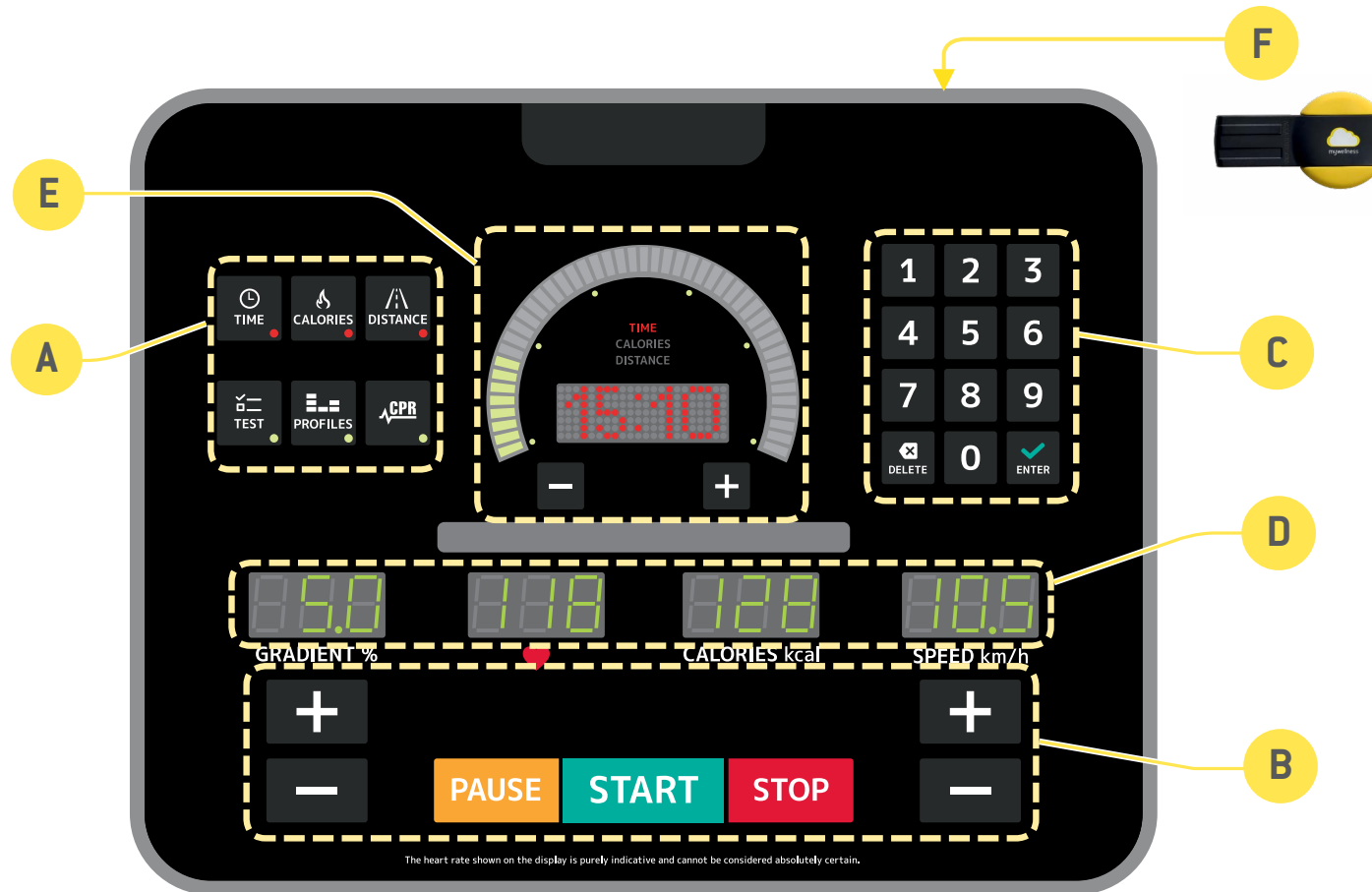
TECHNOGYM

The Wellness Company

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Description of the control panel



- A** - Function keys for workout selection. If the corresponding LED lights up, this key is active or the corresponding exercise is in progress.
- B** - Manual control keys
- C** - Number pad
- D** - Numerical displays
- E** - Goal arc and dial
- F** - TGS input, for the TGS or mywellness key (optional).

Note:

Depending on the country of destination, the equipment will display:
CHR™ (Constant Heart Rate), Smartkey™, mi and mph;
CPR (Constant Pulse Rate), TGS Key™, km and km/h.

Description of the control panel

Function keys



starts a workout with a preset time, i.e. selecting time as a goal in CPR workouts and profiles.



starts a workout with a preset calorie consumption, i.e. selecting calorie consumption as a goal in CPR workouts and profiles.



starts a workout with a preset running distance, i.e. selecting distance as a goal in CPR workouts and profiles.



for starting a constant heart rate workout, in which the effort level is automatically adjusted to keep the heart rate constant. The workout duration depends on one of the three GOALS: time, distance or calories.



starts the fitness test.



starts one of the 6 different route types proposed by Technogym, or for programming up to 9 personal route types. The duration of the profiles is defined by one of the GOALS: time, distance or calories for predefined profiles; time or distance for personal profiles.

Description of the control panel

Manual control keys

GRADIENT



increases the gradient. The value increases by 0.5% every time the key is pressed.

For constant heart rate exercises, this key increases the target heart rate by 1 unit each time it is pressed (if the keys are enabled in this way: see section *Configuration menu*).



decreases the gradient. The value decreases by 0.5% every time the key is pressed.

For constant heart rate exercises, this key decreases the target heart rate by 1 unit each time it is pressed (if the keys are enabled in this way: see section *Configuration menu*).

SPEED



increases the speed during workout. The value increases by 0.1 km/h every time the key is pressed, or faster if the key is kept pressed.

For constant heart rate exercises, this key increases the target heart rate by 1 unit each time it is pressed (if the keys are enabled in this way: see section *Configuration menu*).



decreases the speed during workout. The value decreases by 0.1 km/h every time the key is pressed, or faster if the key is kept pressed.

For constant heart rate exercises, this key decreases the target heart rate by 1 unit each time it is pressed (if the keys are enabled in this way: see section *Configuration menu*).

Description of the control panel

A black rectangular button with the word "PAUSE" in white capital letters, outlined with a thick orange border.

PAUSE

Stops the exercise for a short pause. During the pause, all the control panel settings are blocked and the only keys enabled are the START (restart) and STOP (end) keys.

A black rectangular button with the word "START" in white capital letters, outlined with a thick teal border.

START

Starts an exercise or restarts it after a pause.

A black rectangular button with the word "STOP" in white capital letters, outlined with a thick red border.

STOP

To end each exercise and the cool down, and to cancel workout programming.

Description of the control panel

The number pad

The number pad is for entering the numerical values requested when setting the workouts. Only figures are entered, i.e. 7 and 5 to indicate 7.5 km.

As well as the figures, the number pad also has DELETE and ENTER keys.



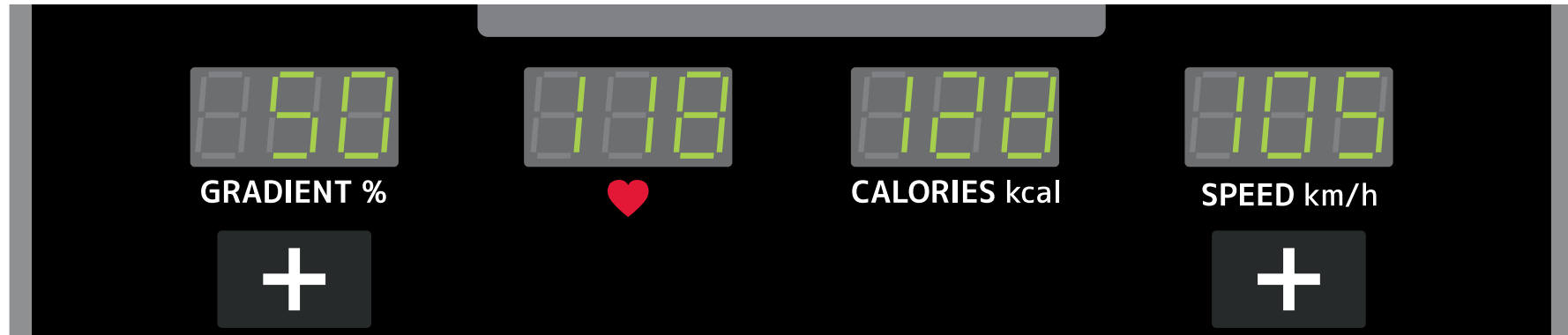
confirms the entered value and proceeds;



press once to delete the entered value; press twice to go back to the previous message.

Description of the control panel

Numerical displays



You can read the numerical values of the current exercise on the numerical displays:

- gradient, expressed in percentage.
- heart rate, expressed in number of beats per minute.
- calories burned.
- speed, expressed in kilometres per hour.

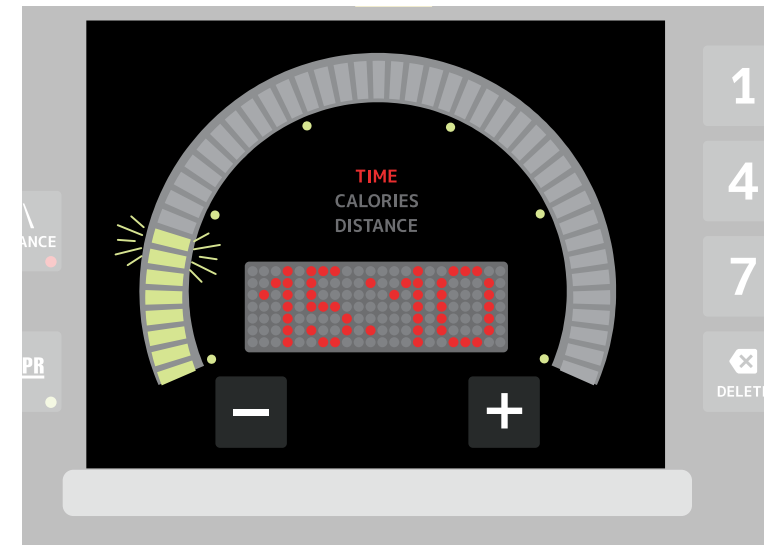
Description of the control panel

The goal arc and dial

The arc of LEDs lights up from left to right in time with the workout, until the set goal is reached. The LED corresponding to the current time/distance/calories portion blinks.

The type of goal selected is lit up in the arc during the exercise. In the dial, the display of the numerical value for the selected goal, which proceeds incrementally, alternates with that of all the messages.

The keys are for increasing or decreasing the selected goal value during the exercise. Depending on the type of goal, the value increases or decreases in steps of 1 minute, 0.1 km or 10 calories each time the key is pressed.



Quick start

Exercises started with START are on a time increase basis; the age and weight values are predefined, i.e. 30 years and 70 kilograms.

When starting the speed of the belt is 0.4 km/h, with a 0% gradient.

The time is shown in the goal dial and arc as it increases; the LED for the current minute blinks in the arc.

Press the GOAL keys to select the value to display in the dial during the exercise, time or distance; the selected value will remain displayed, whilst the other one alternates briefly every 60".

The speed and gradient edit keys and the keys STOP and PAUSE are enabled.

At the end of the exercise the speed and gradient decrease for the cool down.

Cool down

At the end of each exercise and test there is a cooling down stage, at half the load of the exercise just completed.

The loads can be modified with the corresponding keys, like during the exercise.

The goal arc is all off; the exercise results are displayed in the goal dial:

TIME = 13'50"

DISTANCE = 3.05 KM

average H.R. = 120 bpm

- if the heart rate monitor has been used for at least 3 minutes during the exercise

P.L. = 10

- if the heart rate monitor has been used for at least 3 minutes during the exercise

average speed = 11.5 km/h

average gradient = 10.5%

During the cool down, the TGS key can be inserted in the reader to save the results of the exercise just ended.

insert the TGS key to save data

To stop the cool down, press the STOP key.

Goal driven exercises

Press the GOAL keys in standby to select an exercise, in which the only parameter to set before starting is the total duration, in terms of time, calories to be burned or distance to cover.



Press the key for the selected goal.

time = min. 30

calories = 320

distance = km 20.5

Type in the goal value with the number keys and then press ENTER to confirm and proceed.

press START to start

Press the START key to start; the treadmill starts at gradient 0 and speed 0.4 km/h.

When the exercise starts, a default user weight of 70 kg is used; the user's bodyweight is then requested for the precise calculation of the calories burned.

weight = kg 70

Type in the weight with the number keys and then press ENTER to confirm and proceed.

If no data are entered, the calorie consumption will be calculated on the basis of a bodyweight of 70 kg.

Goal driven exercises

During the exercise the goal arc lights up proportionally from left to right until the entire set goal value has expired; the goal's numerical value is shown in the goal dial as it increases and alternates with the display of the information on the unselected goal: i.e. how long ago the exercise started, what distance has been covered.



TIME = 3'50"



DISTANCE = 3.05 KM

The following keys are enabled:

- the speed and gradient edit keys
- the STOP and PAUSE keys
- the goal value edit keys
- the keys for changing the type of goal (time, calories, distance)

Constant heart rate (CPR) exercise

The constant heart rate exercise is very important in situations where specific heart rate levels have to be maintained. In the constant heart rate exercise the exercise workload is automatically adjusted to take the heart rate to the preselected level and keep it constant throughout the entire exercise duration.

The heart rate monitor is needed for the constant heart rate exercise. If there is no heart rate signal the exercise does not start.

Press the  key in standby.

select goal

Press the key for the selected goal.

time = min. 30

calories = 320

distance = km 20.5

Type in the goal value with the number keys and then press ENTER to confirm and proceed.

age = 30

Type in the age with the number keys and then press ENTER to confirm and proceed.

press 1 to walk, 2 to run (1-2) = 2

Press the 1 number key to select a slow speed, to walk; or the 2 number key to select the run mode. Then press ENTER to confirm and proceed.

Constant heart rate (CPR) exercise

constant H.R. = 130

Type in the heart rate you want to maintain constantly throughout the workout with the number keys, then press ENTER to confirm and proceed.

press START to start

Press the START key to start; the treadmill starts.

When the exercise starts, a default user weight of 70 kg is used; the user's bodyweight is then requested for the precise calculation of the calories burned.

weight = kg 70

Type in the weight with the number keys and then press ENTER to confirm and proceed.

If no data are entered, the calorie consumption will be calculated on the basis of a bodyweight of 70 kg.

During the exercise the goal arc lights up proportionally from left to right until the entire set goal value has expired; the goal's numerical value is shown in the goal dial as it increases and alternates with the display of the information on the unselected goal: i.e. how long ago the exercise started, what distance has been covered.

TIME = 3'50"

DISTANCE = 3.05 KM

The following keys are enabled:

- the speed and gradient edit keys
- the STOP and PAUSE keys
- the goal value edit keys

If, during the exercise, there is no heart rate signal for 100 consecutive seconds, the CPR exercise becomes a goal driven exercise, keeping the same goal (i.e. time, calories or distance).

The fitness test

The fitness test is a sub-maximum test suitable for quite unfit or moderately fit users.
You need the heart rate monitor to perform the fitness test.

Press the  key in standby.

age = 30

Type in the age with the number keys and then press ENTER to confirm and proceed.

weight = kg 70

Type in the body weight with the number keys and then press ENTER to confirm and proceed.

gender (M=1 / F=2) = 1

Press number key 1 to select male gender, or number key 2 to select female gender. Then press ENTER to confirm and proceed.

press START to start

Press the START key to start; the treadmill starts.

The fitness test is in three stages; in the warm up stage the workload is determined externally; in the next two stages, the workload is internal, as it is determined by the heart rate.

The fitness test

stage	time	workload
warm up	90 seconds	speed 3.5 km/h and 0% gradient
1	3 minutes after reaching the workload	60% of the Max heart rate if the heart rate at the end of warm up is ≤ 100
		65% of the Max heart rate if the heart rate at the end of warm up is > 100
2	4 minutes after reaching the workload	75% of the Max heart rate

During the test the time is shown in the goal dial as it increases, and alternates with the display of the subsequent messages.

next H.R. = 160

While you are reaching the heart rate required for each step the goal arc stays switched off.

STEP 1: H.R. = 160

On reaching the set heart rate, the goal arc lights up from left to right until all the step time expires.

Only the STOP key is enabled, for cancelling the test. The test cannot be interrupted for a pause.

When the STOP key is pressed, or if there is no heart rate signal for 100 consecutive seconds, the test is cancelled, then it ends without giving any result:

TEST CANCELLED

The fitness test

At the end of the test the speed and gradient decrease for the cool down, during which the results are scrolled:

max. H.R. = 180

absolute max $\dot{V}O_2$ = 3.04

relative max $\dot{V}O_2$ = 43.2

mets = 15.0

effort level for training = 10

Profile workout

The predefined profiles are variable workouts defined on the basis of one of three goals: time, distance or calorie consumption. The goal value is set in the programming stage and can be changed during the exercise with the corresponding keys.

Profile workouts are set at the effort level specified by the user, calculated with the fitness test; you are advised, therefore, to do the fitness test first.

The heart rate monitor is not needed for profile workouts.

Press the  key in standby.

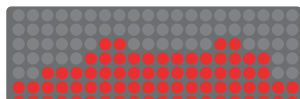
select profile (1-6)

Press the number key for the profile you want to select, from 1 to 6.

When the number key is pressed, the goal dial will show the corresponding profile.

Press ENTER to confirm the selection of the displayed profile.

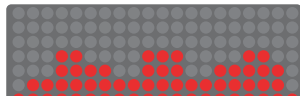
Profile 1



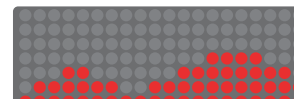
Profile 2



Profile 3



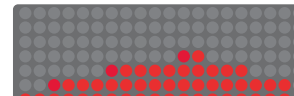
Profile 4



Profile 5



Profile 6



Profile workout

After having selected one of the profiles, select the goal and give the goal value:

select goal

Press the key for the selected GOAL.

time = min. 30

The time must not be less than 10 minutes for profile 2, and 5 minutes for the other profiles.

calories = 320

distance = km 20.5

Type in the goal value with the number keys and then press ENTER to confirm and proceed.

level (1-12) = 10

Type in the effort level (based on the test result) with the number keys, then press ENTER to confirm and proceed.



WARNING

You are advised not to do the exercise at a higher effort level than that indicated by the level test.

press START to start

Press the START key to start; the treadmill starts.

Profile workout

When the exercise starts, a default user weight of 70 kg is used; the user's bodyweight is then requested for the precise calculation of the calories burned.

A digital display showing the text "weight = kg 70" in a green, pixelated font on a dark background.

Type in the weight with the number keys and then press ENTER to confirm and proceed.

If no data are entered, the calorie consumption will be calculated on the basis of a bodyweight of 70 kg.

During the exercise the goal arc lights up proportionally from left to right until the entire set goal value has expired; the goal's numerical value is shown in the goal dial as it increases and alternates with the display of the information on the unselected goal: i.e. how long ago the exercise started, what distance has been covered.

A digital display showing the text "TIME = 3'50"" in a green, pixelated font on a dark background.A digital display showing the text "DISTANCE = 3.05 KM" in a green, pixelated font on a dark background.

When the step is changed, the whole profile is displayed in the goal dial and the new step flashes for a few seconds.

The following keys are enabled:

- the STOP and PAUSE keys
- the keys for changing speed and gradient; the change affects the parameters of the whole profile and not just the individual step
- the goal value edit keys; the change affects the parameters of the whole profile and not just the individual step.

Selects the language for the messages.

Performance index

The performance index (PI) was invented by Technogym to give a concise and easily comparable assessment of performance in a workout.

To have your performance index shown on the display with the other results at the end of the exercise, in any kind of workout, simply use the heart rate monitor for at least 3 minutes.

P.I. = 10

The index is based on a rating scale ranging from 0 to 99. The higher the rating, the greater your aerobic capacity.

If your performance index increases, this means that you are exercising more intensely without increasing your heart rate.

The criteria used to calculate the performance index makes it possible to compare tests taken by people of different ages. In any event, you are advised to compare the results of different tests taken by the same person, or different people, working out at the same intensity for the same time.

PI value	Rating
under 10	Improvable
from 11 to 20	Fair
from 21 to 30	Very good
from 31 to 40	Excellent
over 40	Superb

Workouts with the TGS key

The TGS key reading device is optional.

The TGS key does away with the need to enter your personal data and workout parameters each time you exercise, as all this information is saved in its memory. To start the exercise just slip the TGS key into its port; the display shows the user name, followed by the type of exercise specified in the workout program.



EXERCISE GOAL: 30.00 KM

speed 5.0 km/h, gradient 3.0%

For example if a single-step GOAL exercise is specified, the goal value (a distance of 30 km) is given, together with the speed (5.0 km/h) and gradient (3.0%) parameters.

CPR EXERCISE IN CALORIES

STEP 1: 60 calories, H.R. = 135

If a multiple-step CPR exercise is specified, the type of goal (calories) is given and then, at the start of each step, the goal (60 calories) and target heart rate (135 beats per minute) values.

After the first message you can start the workout; the equipment behaves exactly as if the exercise had been set on the control panel.

At the end of the exercise, either a message appears saying that that was the last of the set of exercises stored on the TGS key, or another exercise follows.

end of workout

next equipment: BIKE

Workouts with the TGS key

At any time, however, it will be possible to perform an exercise and save its results on the TGS key, even if this exercise was not included in the workout program (unless the use of the TGS key is disabled: see the *Configuration menu* section).

- after inserting the TGS key into the reader, select the exercise with the control panel keys;
- either this, or select the exercise with the control panel keys and then insert the TGS key into the reader during the workout or cool down.

QR code integration

For further information on use of the product, connect to the Technogym cloud using the QR code.

Activate the Internet connection on your device (for example, on your smartphone).

Open the QR code reader on your device and point the camera of the device at the code on the product.

In this way, the personal device will connect to the Technogym cloud.

To connect using the QR code, you must have installed the Technogym application on your personal device.





Configuration menu



To customise the software configuration, when in standby press number keys **3 6 9** simultaneously; then enter the password **2406** with the number keys and confirm with ENTER.

If the password entered is not correct, the software will go back to standby directly.

The configuration menu messages are in two parts:

- the first part gives the name of the parameter;
- the second part gives the individual parameter options.

Press the  speed key to go to the next message; to go back to the previous message press the  speed key.

To scroll the options of the individual parameter press the  or the  goal keys.

To select one of the options and proceed, press ENTER when the chosen option is displayed on the goal dial.

Press the DELETE key to go back to standby. Whenever DELETE is pressed, in whatever message, all the changes made up to that time will be saved. You cannot exit without saving. If you make a mistake, you can reset the initial Technogym values with *default config*. (see below).

The following parameters can be edited, in the order given below:

LANGUAGE: UK

To select the language for the messages.

DISTANCE: KM

To select the unit of measurement, either kilometres and kilograms (KM) or miles and pounds (MILES).

Configuration menu

MAX TIME: 0

To set a maximum time for all the exercises.

Press ENTER to select the setting value; another edit menu appears with the set value shown on the goal dial. Enter the new setting with the number keys and then press ENTER to confirm and go back to the main configuration menu. Press and hold DELETE to go back to the main configuration menu without changing the max duration.

PAUSE TIME: 120

To set the pause time, after which the equipment goes back to standby.

Press ENTER to select the setting value; another edit menu appears with the set value shown on the goal dial. Enter the new setting with the number keys and then press ENTER to confirm and go back to the main configuration menu. Press and hold DELETE to go back to the main configuration menu without changing the max duration.

COOLDOWN TIME: 60

To set the cool down time, from 5 to 180 seconds. Whatever duration has been set, the results of the workout scroll completely

Press ENTER to select the setting value; another edit menu appears with the set value shown on the goal dial. Enter the new setting with the number keys and then press ENTER to confirm and go back to the main configuration menu. Press and hold DELETE to go back to the main configuration menu without changing the max duration.

HR: MODIFIABLE

To enable (*modifiable*) the gradient and speed keys to change the heart rate that has to be kept constant in CPR mode exercises. If you select the non-modifiable option, it will not be possible to change the set heart rate in any way.

Configuration menu

TGS: ENABLED

To enable the equipment to be used with the TGS key. If the TGS is *disabled*, the equipment can be used only with the control panel.
Available only if the TGS key reading device is installed.

KEYS: ENABLED

To enable the equipment with the function keys. If the function keys are *disabled*, the equipment can be used only with the TGS key.
Available only if the TGS key reading device is installed.

UP/DOWN: ENABLED

To enable or disable the treadmill gradient.

DEFAULT CONFIG.

Resets all the initial settings that were on the equipment when it was first purchased.

USER PRESENT: 5

To set the speed (in the example 5.0 km/h) at which the “user present” function activates. To deactivate the function, enter a value of between **0** and **3**.
If the function is active, at the set speed a check is made to determine whether there is a user in the treadmill; if no user is detected within one minute, the equipment stops and the exercise ends. The function does not activate, however, if the weight of the user entered during the exercise setting phase is less than 50 kg.

Other control panel messages

equipment blocked

In case of trouble it is necessary to contact the Technogym Technical Support Service.

EMERGENCY ERROR

The emergency button is not working: contact the Technogym Technical Support Service.

60 minutes max

If, when programming an exercise, a maximum time is set that is greater than the maximum time in the configuration menu, a message prompts the user to decrease the setting. May appear when setting the time in exercises such as goal and CPR.

MAXIMUM TIME EXPIRED

In exercises with calorie consumption or distance goals, or in any exercises with no preset time, if the maximum time setting in the configuration menu is reached, the exercise stops and the cool down starts.

May appear in exercises such as calorie and distance GOAL or CPR exercises, and Quick Start exercises.

wear the chest band

In some exercises and tests, this message prompts the user to wear the chest band. Scrolls both while setting the exercise and during the workout, if there is no heart rate signal from the chest band.

H.R. NOT DETECTED

Scrolls during exercises in constant heart rate mode if there is no heart rate signal.

Other control panel messages

HIGH HEART RATE

Scrolls during exercises performed with the heart rate monitor, if the heart rate reading exceeds 90% of the theoretical maximum value.

press a key

If the emergency stop has been triggered, the equipment stops immediately and remains blocked until any key is pressed; a few seconds after the key has been pressed, the equipment goes into standby.

user not detected: the exercise is interrupted

If no user is detected within one minute, the equipment stops and the exercise is interrupted. If the TGS key is inserted, the completed exercise is stored in the memory.

If the treadmill stops and this message appears despite the presence of the user, change the “user present” function activation speed as described in the previous section.

TGS key empty

Signals that there are no workout programs on the TGS key.

equipment not included on the TGS key

Scrolls if the workout program refers to equipment other than that stored on the TGS key. The exercise can still be performed, however, and the results saved on the TGS key, making the selection with the keys on the control panel.

Jog Forma_LED Display_eng-AB
OSM00750



The Wellness Company