

MYRUN TECHNOGYM

User Manual



The Wellness Company

Contents

Important safety instructions	3	Working out with MYRUN TECHNOGYM	22
Personal safety	5	Using a tablet.....	25
Identification of the unit.....	7	Setting exercise data	26
Technical data.....	8	Routine maintenance	27
Description of the equipment.....	9	Treadmill belt alignment	28
Accessories.....	12	Easily solved problems	29
Safety devices and warnings	13	Error messages	31
Place of installation	16	Fitting and removing the side handgrips.....	32
Moving the equipment	17	Technical Service	33
Levelling.....	18	Storage	34
Electrical connection	19	Disposal	35
Turning on and off	20		

Important safety instructions

Always consult a qualified and licensed medical professional or healthcare practitioner before beginning any nutritional or diet regime and any stretching or training programme. Remember that it is always good practice to make full inquiries and find out about any possible effects that actions and choices you make may have on your health.

MYRUN TECHNOGYM is intended for home use.

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 those listed below.



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 procedures.



WARNING

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

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

Do not allow children unsupervised access to the unit; parents and any other adults to whom the children are entrusted must take responsibility for them and prevent any situations from occurring and any behaviour for which the equipment is not intended. When children are present, they must be carefully supervised, bearing in mind their psycho-physical development in relation to the use of the equipment. The equipment is totally unsuitable for use as a toy.

The equipment may be used by or near disabled persons only under careful supervision by qualified personnel.

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

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

Important safety instructions

Never turn on the equipment if it has a damaged cable or plug, if it does not work 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 use the power cable to pull the equipment or 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.

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

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

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



WARNING

Connect the unit only to a properly earthed outlet. See earthing instructions.

SAVE THESE INSTRUCTIONS

Personal safety

Before beginning any exercise, it is advisable to carefully read all parts of the manual and gain full understanding of the unit's controls.

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

Before beginning a training plan, consult a doctor to ascertain any limitations to use of the equipment.

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

If you feel unwell (dizziness, chest pain, etc.) while performing the training, **immediately stop** the exercise and consult a doctor.

Before starting any workout, make sure **your position on the unit is correct**, and be careful with any components that might constitute an obstruction.

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. If you feel pain or unusual symptoms, stop training immediately and seek medical assistance.

Incorrect or excessive workout may cause physical harm.

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

During use other people must remain at a safe distance.

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

Completely assemble the unit before using it. Check the unit before each use. Do not continue to operate the unit when it is not working properly.

Assemble and operate the unit on a solid, level surface.

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

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

Do not attempt to perform maintenance operations on the equipment other than those described in the user manual.

Do not place anything on the frame, on the treadmill belt or on the control panel.

Personal safety

The equipment is designed and constructed in compliance with the requirements for user safety and health; however, there are some areas that may give rise to risks that are not plainly evident. We therefore recommend taking particular care to avoid any risk of crushing upper and lower limbs.



WARNING

Technogym S.p.a. holds itself responsible for the equipment only if the following precautions are taken:

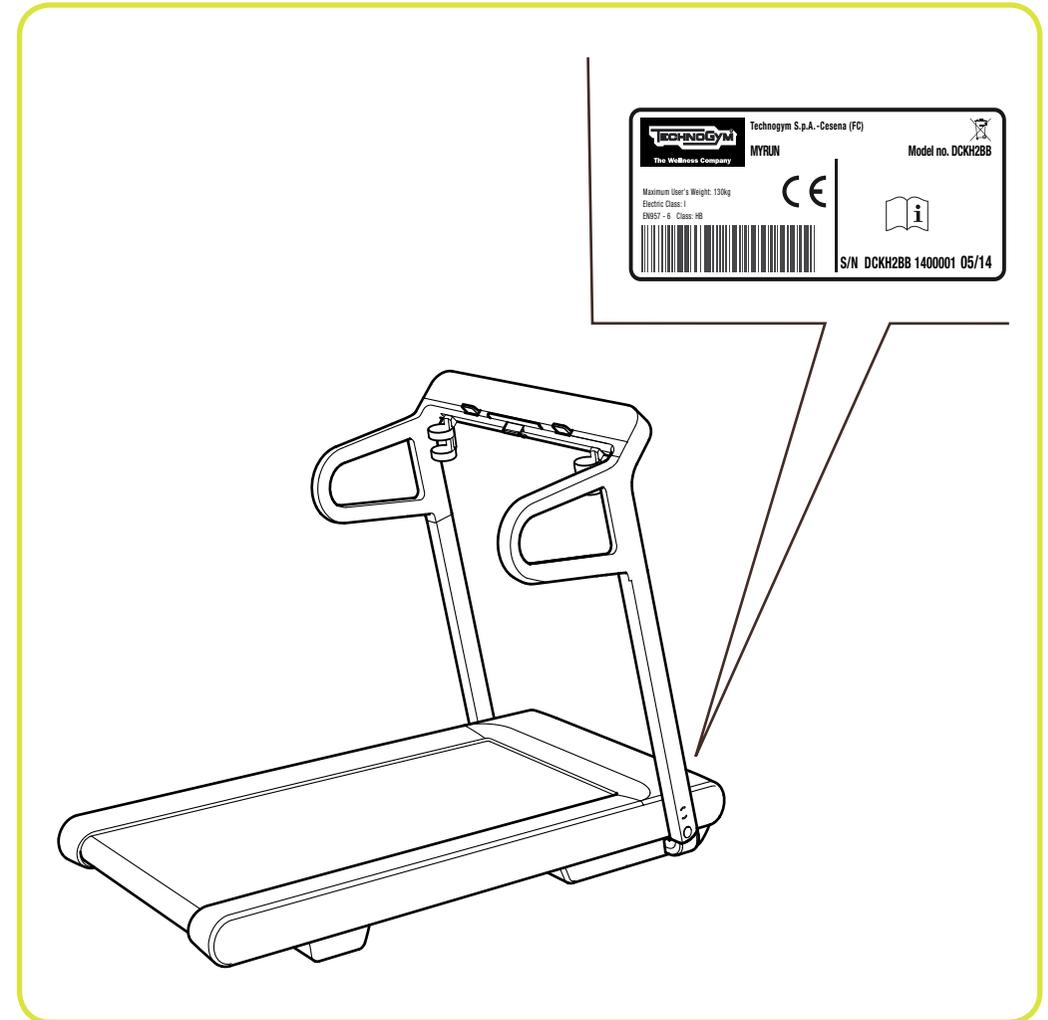
- **the equipment is used in compliance with its specifications;**
- **all sections of the user manual have been carefully read;**
- **the place of installation complies with the requirements stated in the user manual;**
- **the electrical system conforms to the standards and legal requirements in the country of use;**
- **the user wears suitable clothing;**
- **no towels or anything else are placed on the equipment.**

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

Identification of the unit

- A** - Manufacturer's name and address
- B** - Description of the product
- C** - Maximum user weight
- D** - Classification of the unit
- E** - CE Mark
- F** - Consultation of user manual required
- G** - Serial number and date of manufacture
- H** - Product code

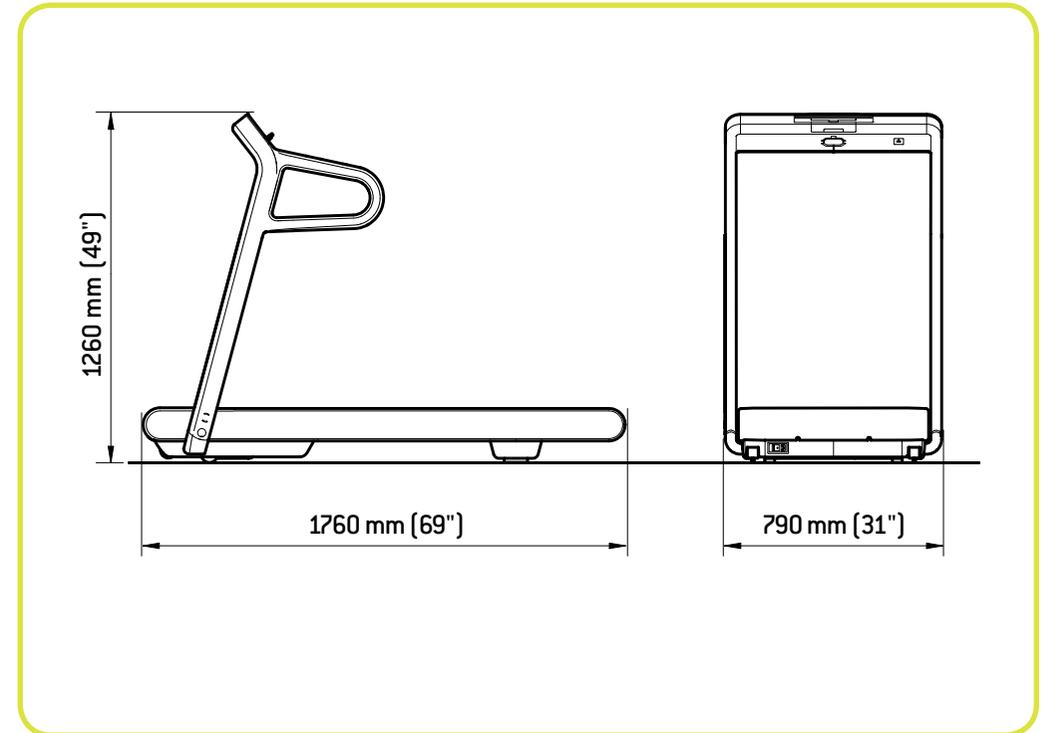
The data shown in the drawing are given purely as an indication; for correct information, check the label on the equipment or the data given in the "Technical data" paragraph.



Technical data

Maximum power input	1500 W
Stand-by power consumption	Less than 0.5 W
Weight of the unit	92 kg (203 lb)
Maximum user weight	140 kg (309 lb)
Maximum capacity of water bottle-holder	0,8 kg (1,8 lb)
Speed (*)	0.8÷20 km/h ± 5% (up to 2 km/h ± 0.1 km/h)
Starting speed of a workout	1.2 km/h
Gradient	0÷12% ± 1%
Time	0÷999 min ± 1%
Distance	0÷99.99 km ± 5%
Noise	Less than 70 dB
Protection rating	IP 20
Operating temperature	from +5° to +35°C
Electrical insulation class	Class I
Product class	HB
Manufacturer	Technogym s.p.a. via Perticari 20 - 47065 Gambettola FC
Marks and certifications	CE

(*) Performance measured with user weighing 85 kg (187 lb).



Power supply	200 - 240 Vac ± 10% 50/60 Hz	100 - 120 Vac ± 10% 50/60 Hz
--------------	---------------------------------	---------------------------------

Standard unit, not protected against ingress of water.

Description of the equipment

Treadmill belt (A): is a correctly cushioned running surface.

Side handgrips (B): provide a safe support for you when climbing onto the equipment or if you lose your balance. They may be gripped to take long strides.

Footrests (C): by moving your feet from the treadmill belt to the footrest, you can take a short rest if you are tired or in danger

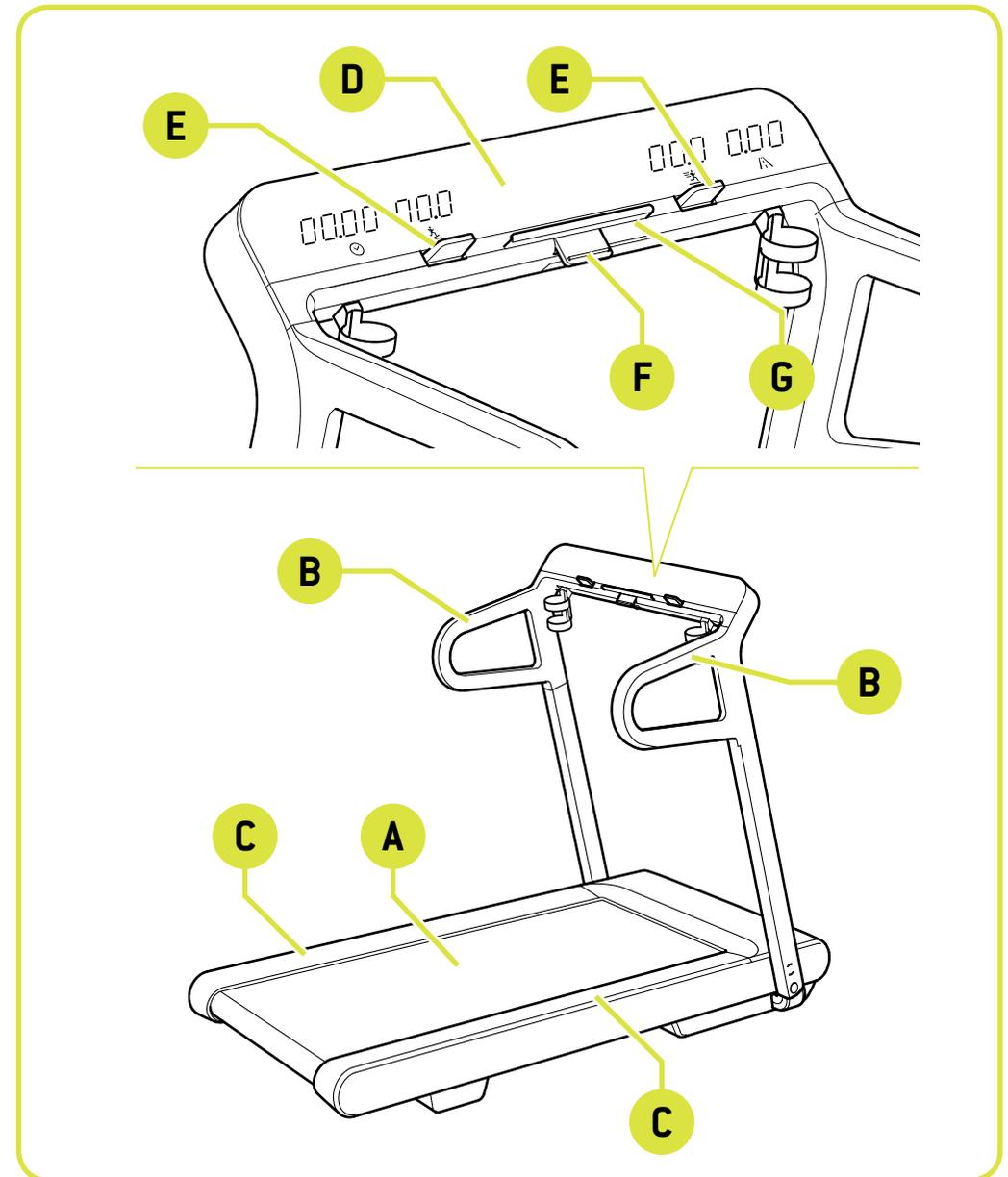
Screen (D): displays the parameters of the current exercise, that is the time elapsed, speed and gradient of the belt, distance covered.

Fast track controls (E): allow you to change the speed and gradient of the belt during the exercise.

Start/stop key (F): when it is green, you can start an exercise; when it is red, you can stop the belt.

When held down for at least 2 seconds it pauses the exercise; it lights up green while paused. Press the button again to restart the paused exercise; hold the button down for at least 2 seconds to end the paused exercise.

Support for small electronic devices (G): you can place your tablet on it.



Description of the equipment

The following information is shown on the display during the exercise.



The elapsed time is expressed in minutes and seconds.
For each hour of exercise, a luminous indicator turns on next to the clock icon.



The belt gradient is shown as a percentage.

Description of the equipment



Depending on the setting selected, either the treadmill speed or the pace can be displayed.
The speed is expressed in kilometres per hour (km/h) or miles per hour (mph), depending on the setting.
The pace is expressed in minutes per kilometre (min/km) or minutes per mile (min/mi), depending on the setting.
To select the value to be displayed, see the paragraph “Setting the exercise data”.

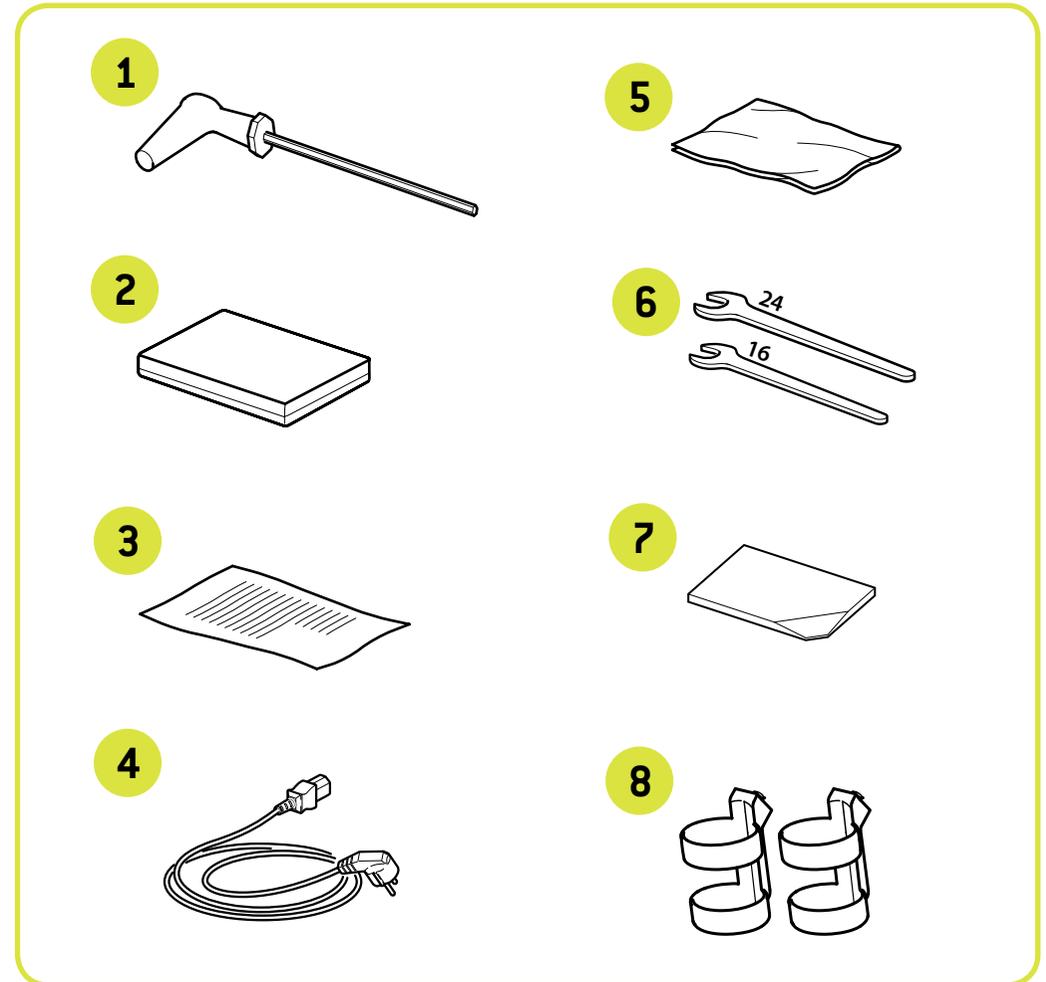


The distance covered is expressed in kilometres; above 100 kilometres, the count restarts from 0.
The distance can be expressed in kilometres or miles, depending on the selected setting.
To select the value to be displayed, see the paragraph “Setting the exercise data”.

Accessories

The kit **supplied** with the equipment includes the following accessories:

- 1 - Spanner for assembly
- 2 - Important safety instructions
- 3 - Guarantee certificate and statement of conformity
- 4 - Power cable
- 5 - Cleaning cloth
- 6 - Levelling spanner
- 7 - Tool for removing the panels for access to adjustments
- 8 - Water bottle holder



Safety devices and warnings

Pull-operated magnetic stop device (A). Located under the start/stop key, it immediately stops the equipment in an emergency situation. A cord connects the stop device to a clip (B) to be attached to your clothing; in this way, if you are too far from the screen, dropping back towards the edge of the belt, the stop device will be pulled away, thus causing the treadmill belt to stop, without any need to use the controls.

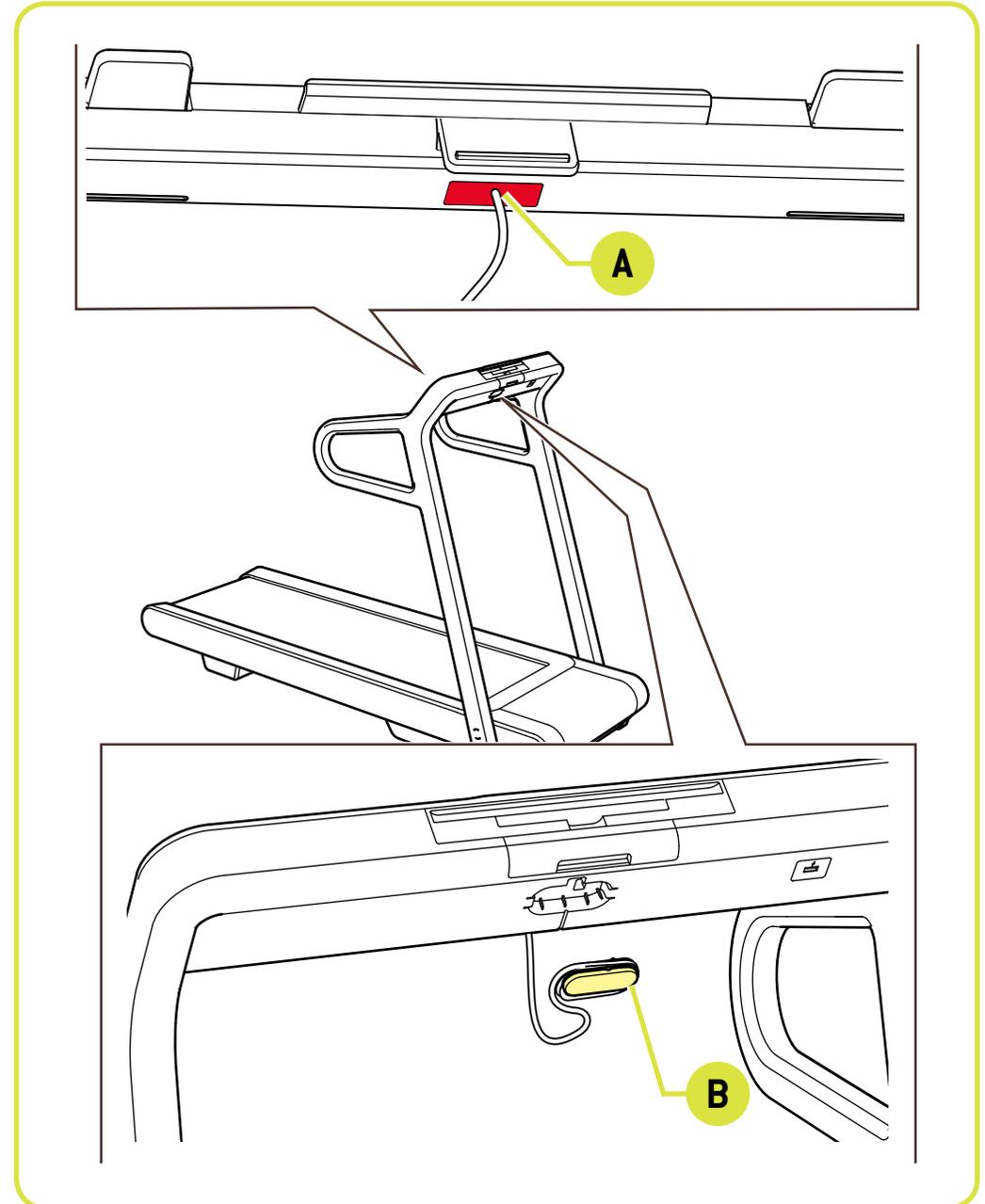
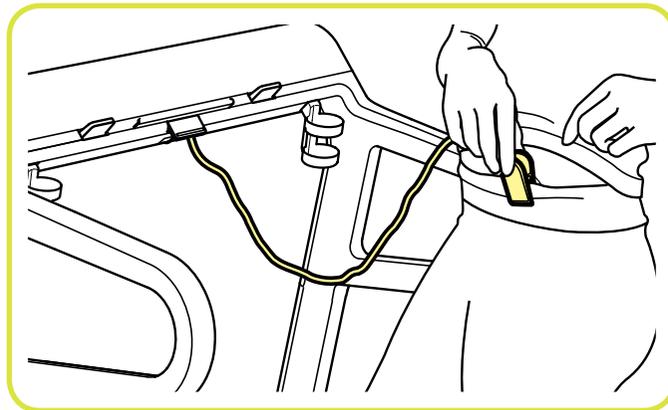
The stop device must be repositioned to restore operation to the equipment.

To put the clip back in its holder, wind the cord in the direction shown in the illustration.

Before using the equipment, check that the stop device works correctly and attach the cord to your clothing with the clip provided.

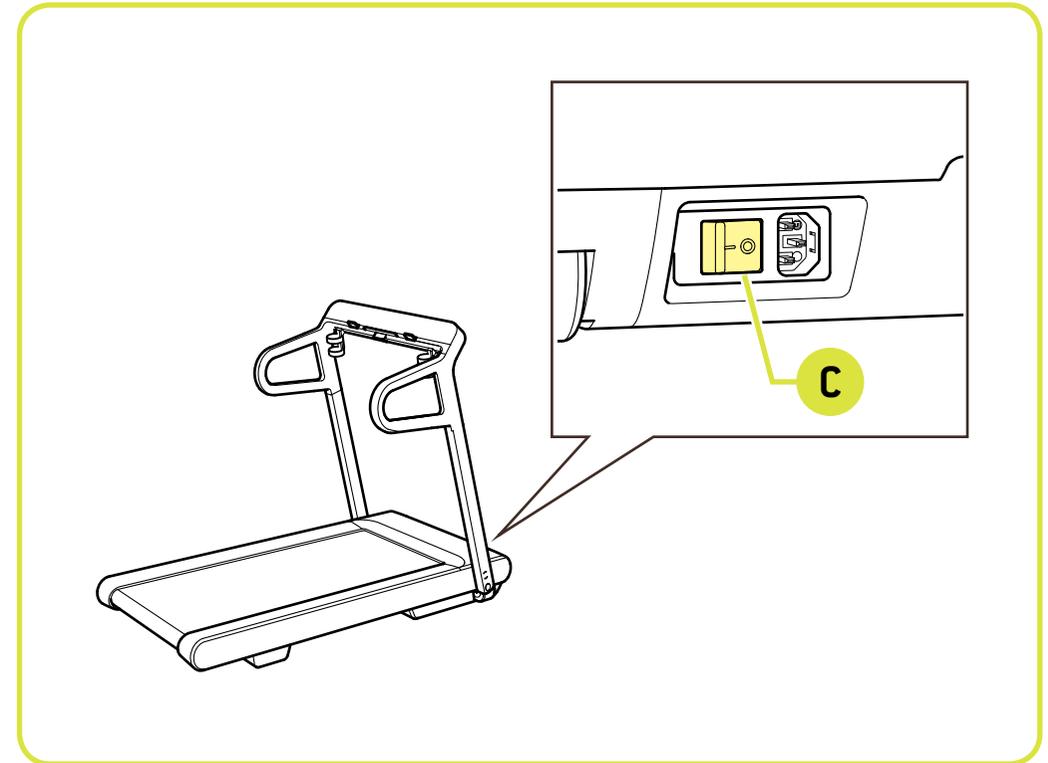
Product immobilisation

To prevent uncontrolled use of the product, remove the magnetic stop device (A) and store it in a safe place.



Safety devices and warnings

Main switch (C). Turns the unit's power on and off. It also protects the unit's electrical parts: when the current increases excessively, the circuit breaker opens thus protecting the internal electronics.



This symbol indicates the presence of moving parts.

Only trained personnel may work on the product areas where this symbol is present.

Safety devices and warnings

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.

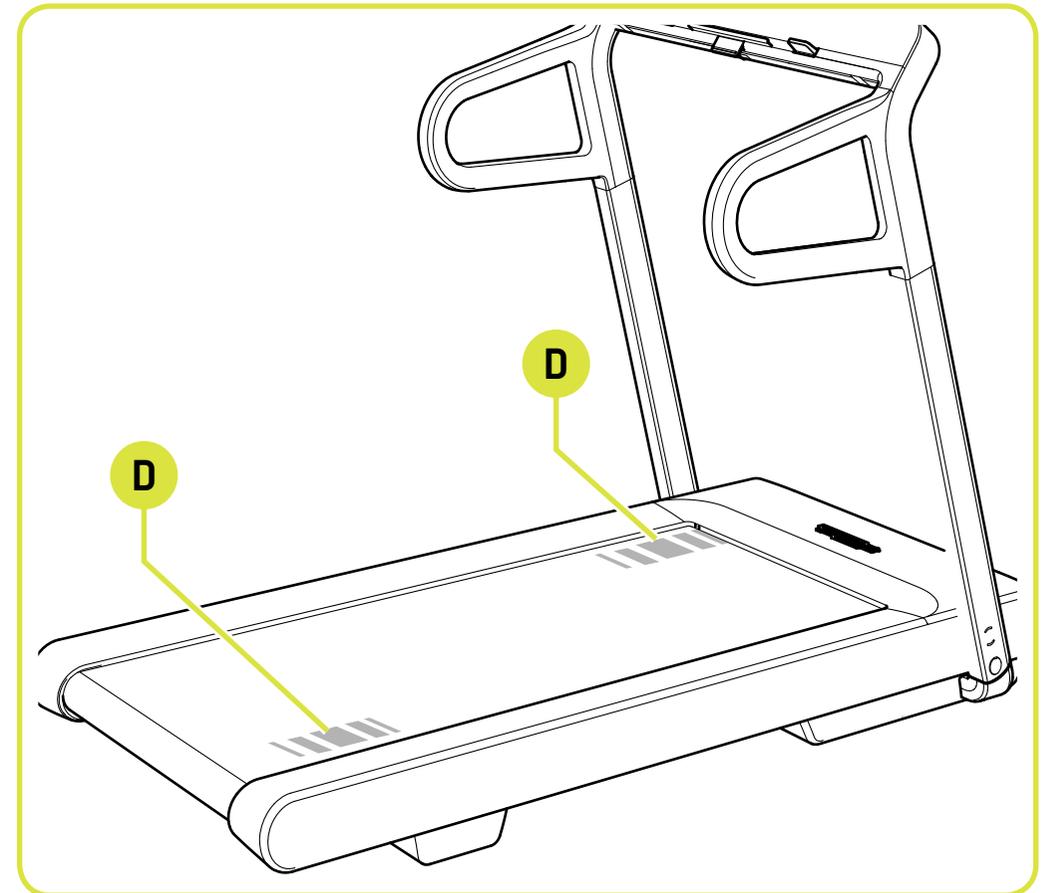
This function is activated if the belt is at a speed greater than or equal to 3 km/h.

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.

Marking on the treadmill belt (D)

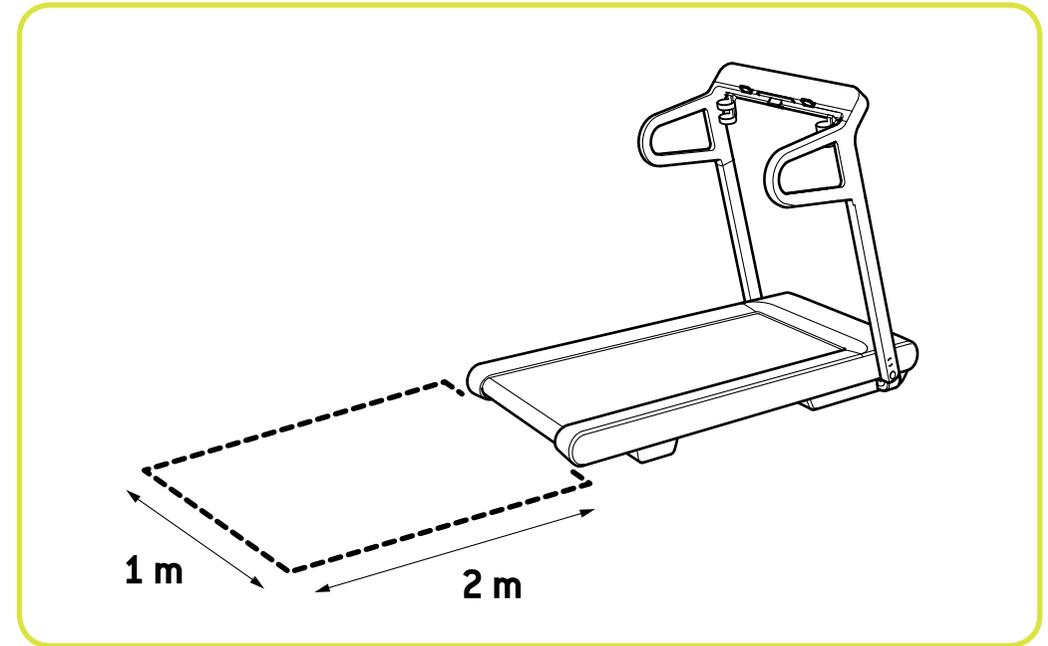
The marking on the two sides of the treadmill belt indicates if the treadmill is moving.



Place of installation

To guarantee safe, comfortable and effective use of the unit, it must be installed in a place which complies with certain specific requirements; in particular, before choosing where to install the unit we recommend that you check that the following conditions are available:

- a **temperature** between +10°C and +25°C;
- sufficient ventilation to maintain a **humidity** level between 20% and 70%, when the equipment is in use;
- adequate **lighting**, so that the workout takes place in pleasant and relaxing conditions;
- a safety **clearance** of 2 x 1 m, as shown in the illustration;
- a flat, stable and vibration-free surface, and strong enough to bear the weight of the equipment plus user.



The place of installation must comply with all the suitability requirements laid down in current legislation on this matter.

Do not expose the equipment to direct sunlight.

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

A dedicated power-supply circuit is recommended; this should be fitted with a combined MCB/RCD with the following characteristics:

- Type C10, if the mains voltage is 200-240Vac;
- Type C16, if the mains voltage is 100-120Vac.

If it is not possible to connect the product to a dedicated power-supply circuit with the specifications given, consult an electrician.

Moving the equipment



WARNINGS

Move the equipment very carefully, because it may become unstable and tip over.

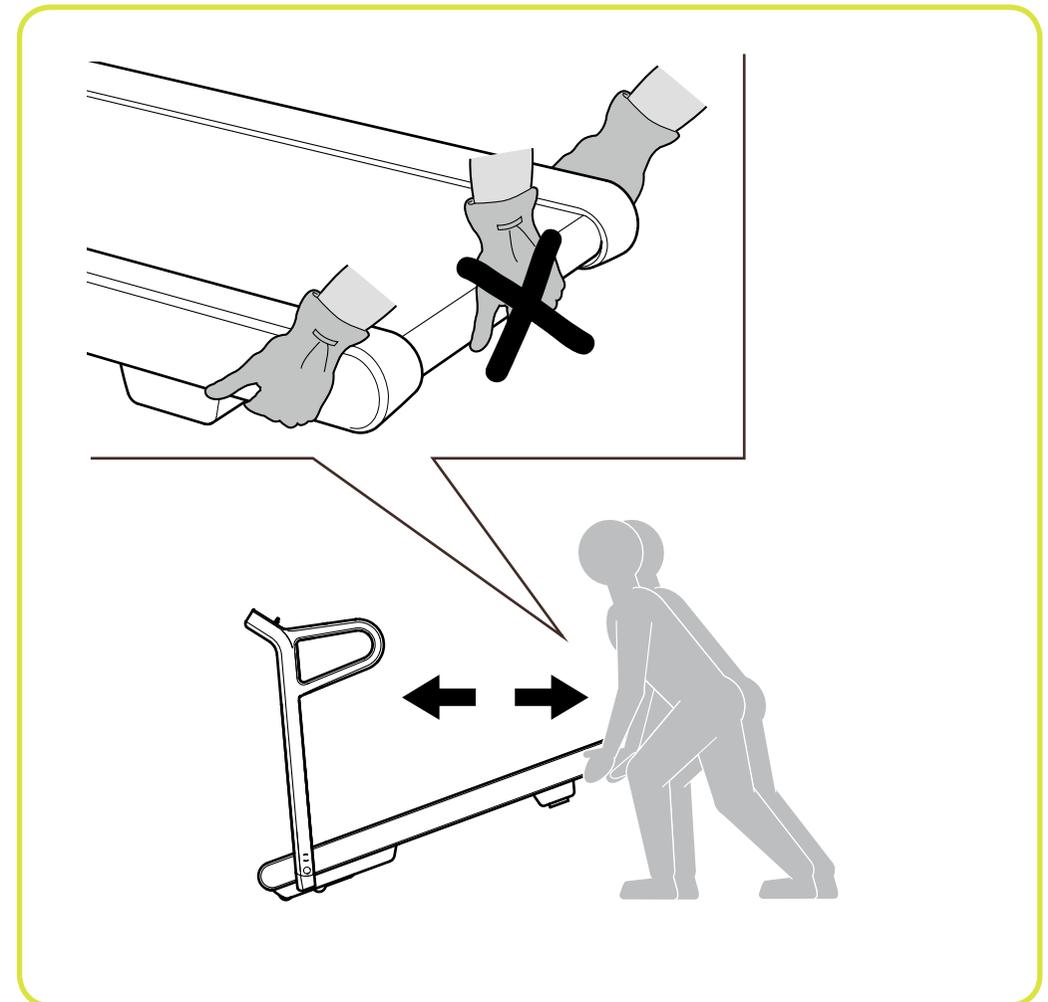
After each move, check that the equipment is level, to ensure that it operates correctly.

The product has two fixed front wheels.

To move it, lift it slightly at the sides, as shown in the illustration, and push it forwards or backwards.

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

If the state of the floor does not allow the wheels to be used, the unit must be moved by using standard lifting and transport equipment.



Levelling

Before use, check that the unit is level.

If one of the two feet **(A)** or **(B)** does not touch the floor, foot **(A)** must be adjusted, using the spanner provided as described below.

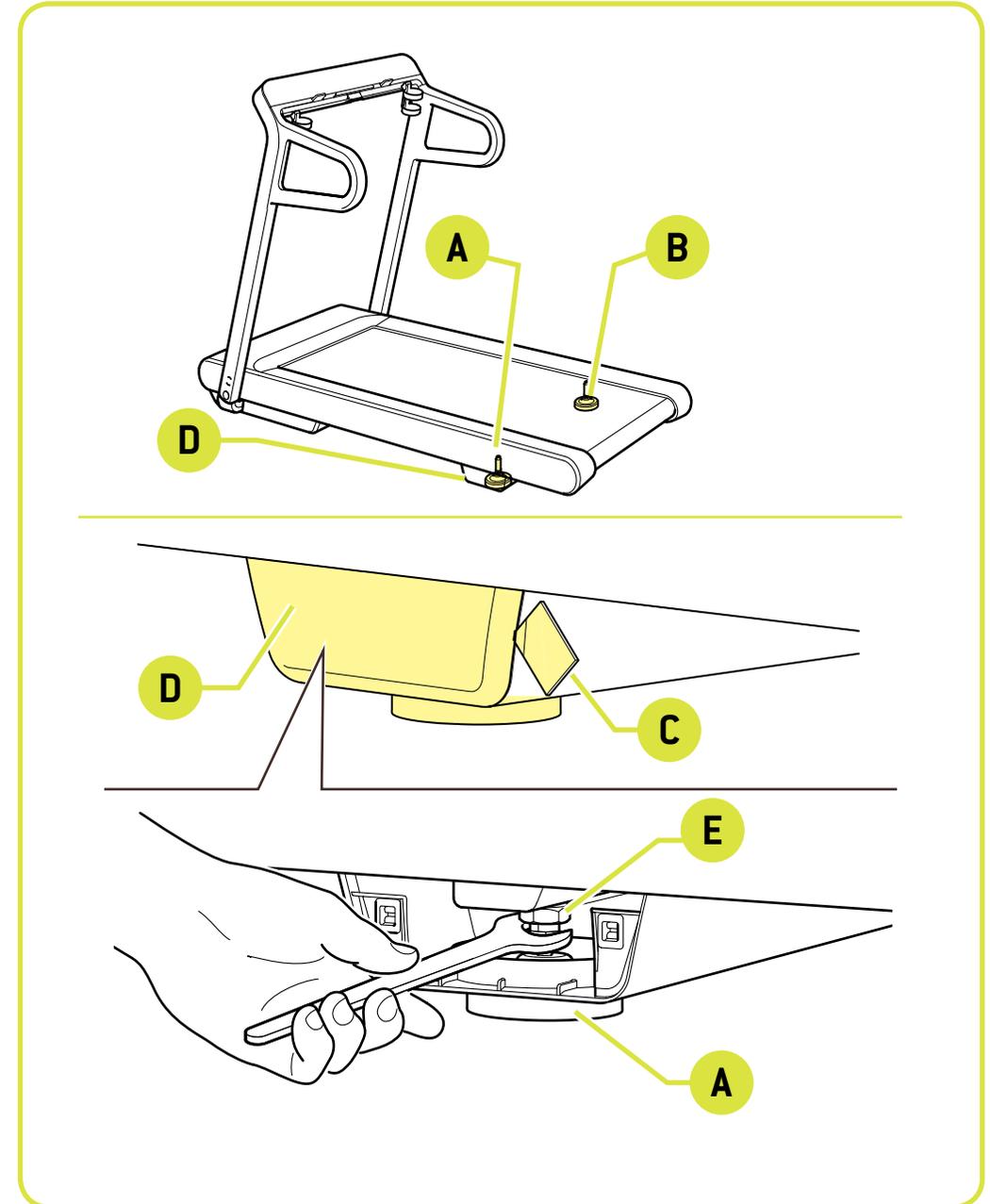
Insert the tool supplied **(C)** into the hole provided and use it to prize open the panel **(D)**.

Loosen the lock nut **(E)**.

Screw foot **(A)** in or out until both feet **(A)** and **(B)** touch the floor.

Tighten lock nut **(E)** after adjustment is completed.

Close panel **(D)**.



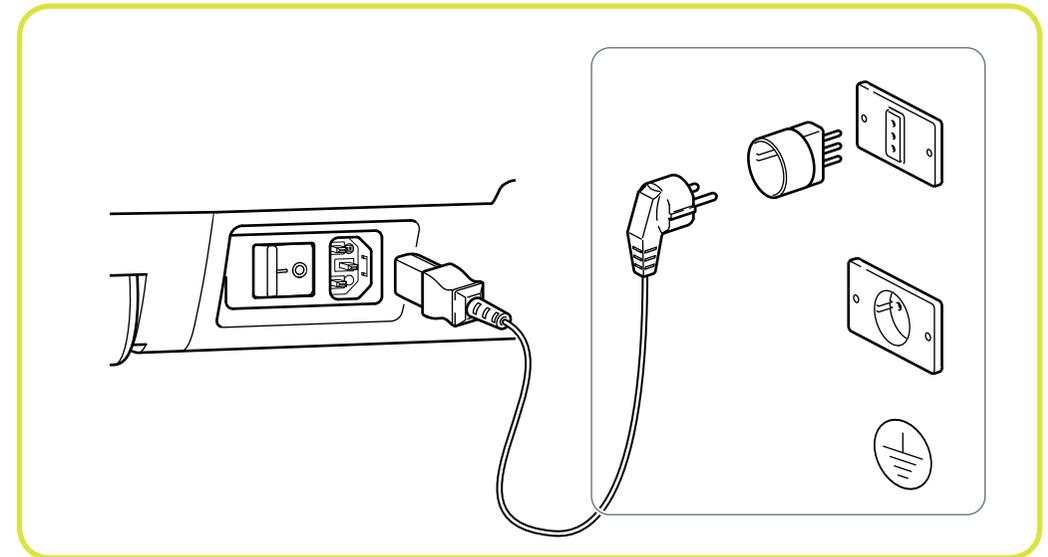
Electrical connection

Before connecting the unit to the mains power supply, ensure that the electrical installation complies with current regulations. Check the mains power supply specifications on the unit's identification plate.

- ⚠ 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 main switch on the unit must be in the 0 position (i.e. the unit must be switched off).**
 - Check the state of the power cable periodically.**

Plug the power cable into the unit's socket first and then into the wall socket.

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



- ⚠ WARNINGS**
- The power supply socket must be earthed (⊕). If not, an earth connection must be installed by a qualified electrician before connecting the unit to the electricity mains.**

Improper connection of the earth wire may 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 unit; if it does not fit the socket, have a suitable socket installed by a qualified electrician.

Turning on and off

Turn the unit on only after completing its assembly.

To turn the unit on, flip the main switch to position “I” (on).

After a quick system check (reset), the equipment is ready for use.

To turn the unit off, switch the main switch to position “0” (off).

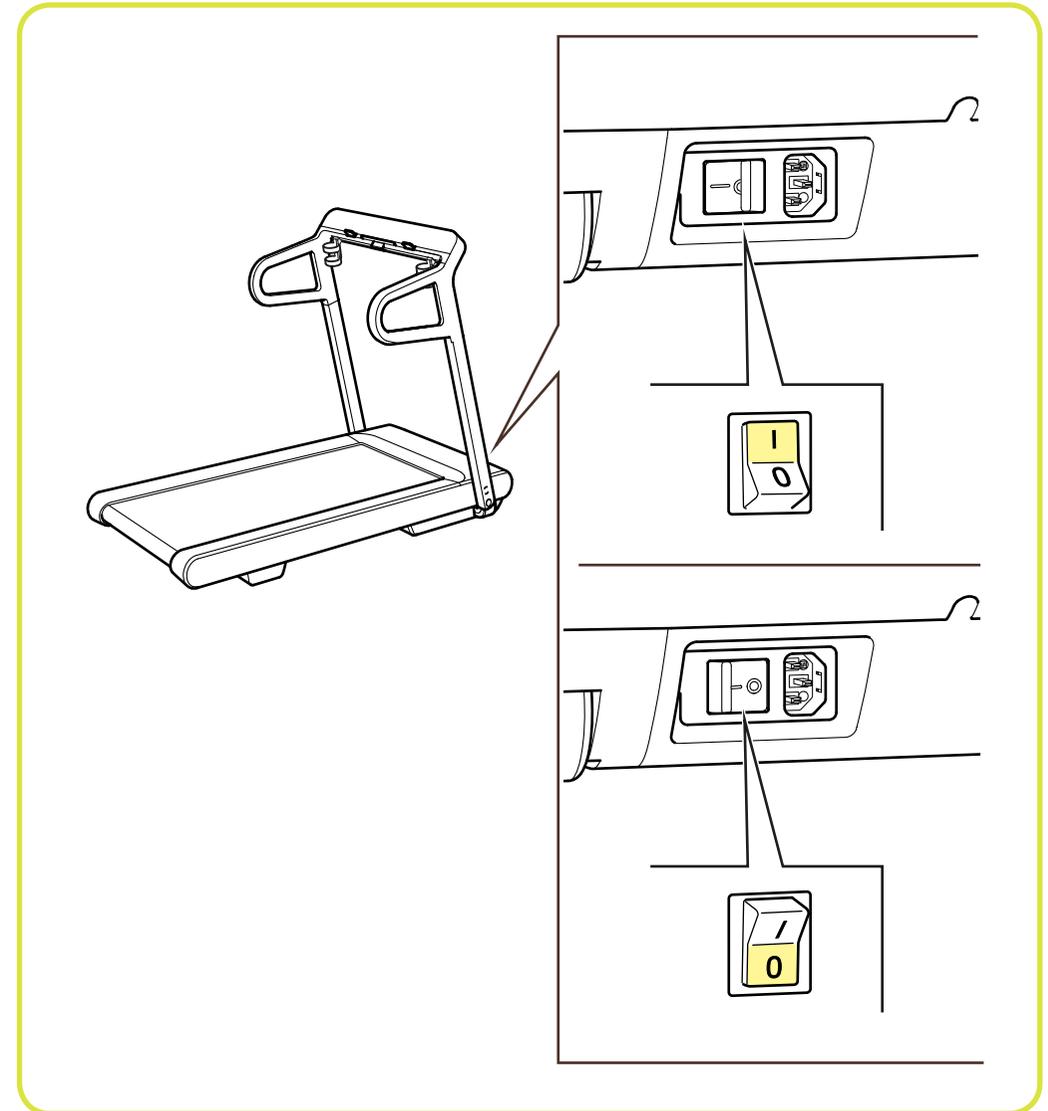
Turn the unit off only at the end of the exercise, when the belt is not turning.

If the unit is not expected to be used for a long time, in addition to turning it off with the main switch, you should also pull the plug out of the wall socket.



WARNING

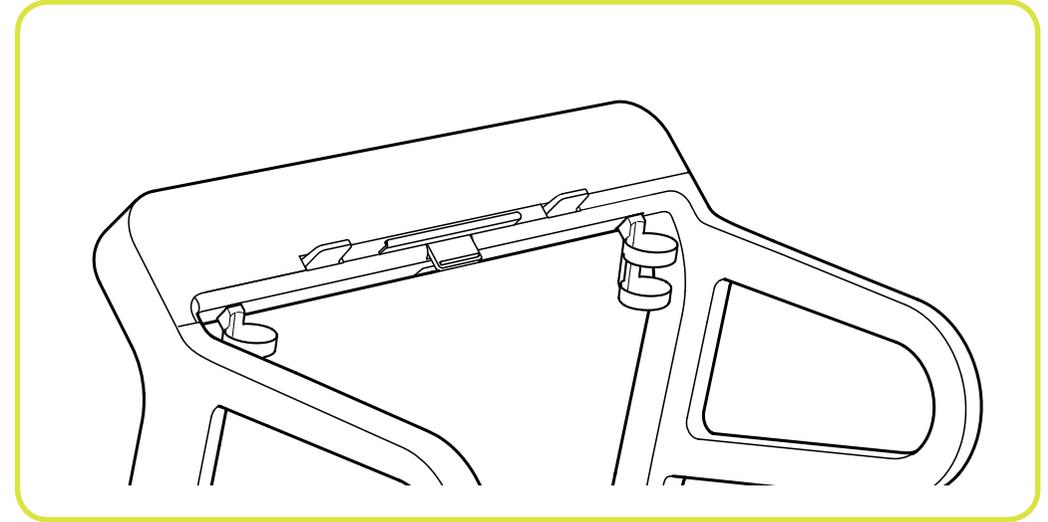
The switch is used to turn the unit on and off, but does not fully disconnect it from mains power, even when set to the “0” (off) position. For complete disconnection you must remove the plug from the power supply.



Turning on and off

The product complies with ERP Directive 2009/125/CE on low energy consumption; consumption in stand-by mode is less than 0.5 W.

Even if the main switch is on, the product will go into stand-by if it is not used.
The screen is off in stand-by mode.
To reactivate all the functions, simply climb onto the product.



Working out with MYRUN TECHNOGYM

MYRUN TECHNOGYM simulates walking and running, aerobic activities that can be performed at various levels of intensity, useful for joint and cardiovascular rehabilitation exercises too. The range of users for which it is intended is therefore broad and diversified: from those practising sport at competitive level, for targeted cardio training, to those who wish to achieve and maintain a good level of physical efficiency.

Step onto the running surface from the rear looking forwards and place one foot on each side footrest. In this rest position hold on to the side handgrip with one hand, using the other hand to press the key to begin the exercise.

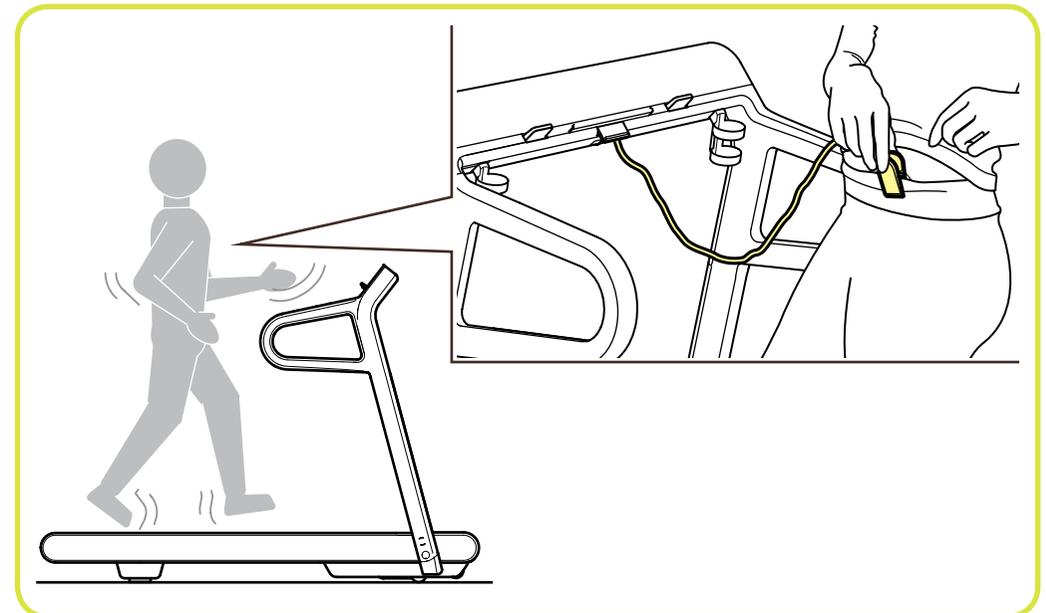
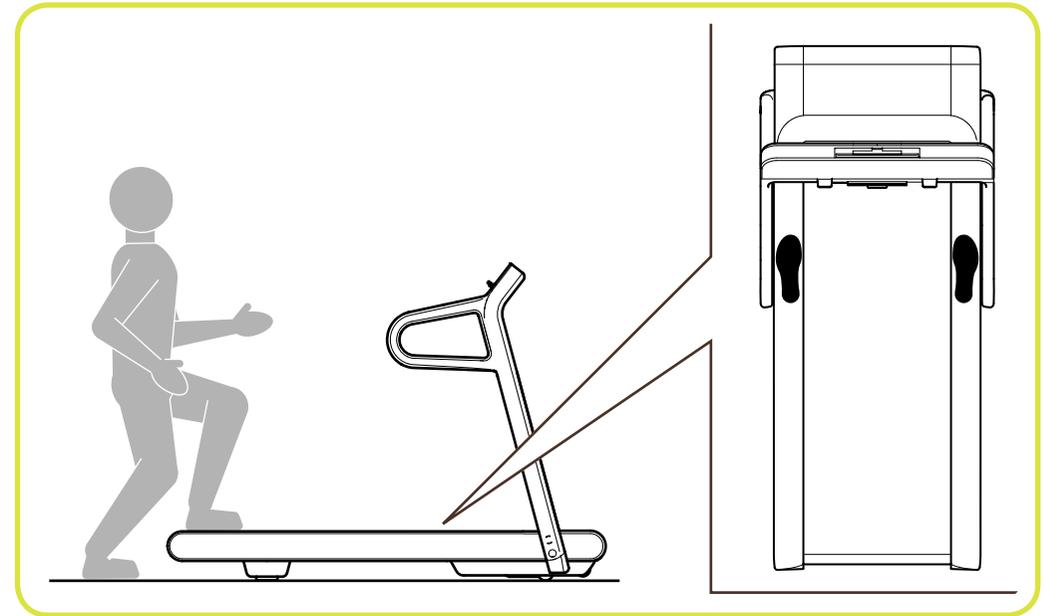
When the treadmill starts, hold on to the side handgrips with both hands and start walking slowly.

The handgrips guarantee increased safety when you first use the equipment; later on, however, it is better to walk or run without any support, to improve your balance and posture.

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

It is important not to lean too far forward or backwards; the correct posture is: **head high, shoulders in line with your pelvis, arms relaxed with elbows bent at 90°, eyes forwards as if you are staring at a point that is 5-6 m ahead.**

Strides should be regular; legs and feet must stay **parallel**, at the centre of the treadmill.



Working out with MYRUN TECHNOGYM

To rest or get off the equipment without stopping the treadmill or in any case without touching the controls, you just have to grip the handgrips and move your feet onto the side footrests.

To get off the device in an emergency, grasp the side handgrips, support your weight on them and move your feet onto the footrests. Then get off the product.



WARNINGS

Do not walk or run backwards.

Use of the equipment by two people at the same time is prohibited.

Any distractions in the area around the equipment may cause you to lose your balance.

MYRUN TECHNOGYM is intended to be used solely for the purpose for which it was designed and constructed, that is for simulated walking or running. Any other use of the equipment is to be considered improper and therefore dangerous.

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).

For this reason we suggest that you use a device to monitor your heart rate.

When the heart rate shown on the display, it is only approximate and cannot be considered to be absolutely certain.

You will need a Bluetooth 4.0 band in order to use the App (IOS and Android) provided to monitor your heart rate.

The table below shows optimum heart rate levels in relation to age and the purpose pursued. Theoretical maximum heart rate (100%) is calculated on the basis of age using the formula: $\text{Max HR} = 207 - 0.7 \times \text{age}$ (R. L. Gelish et alii, *Med Sci Sports Exerc.*, 2007 May, 39 (5): 281).

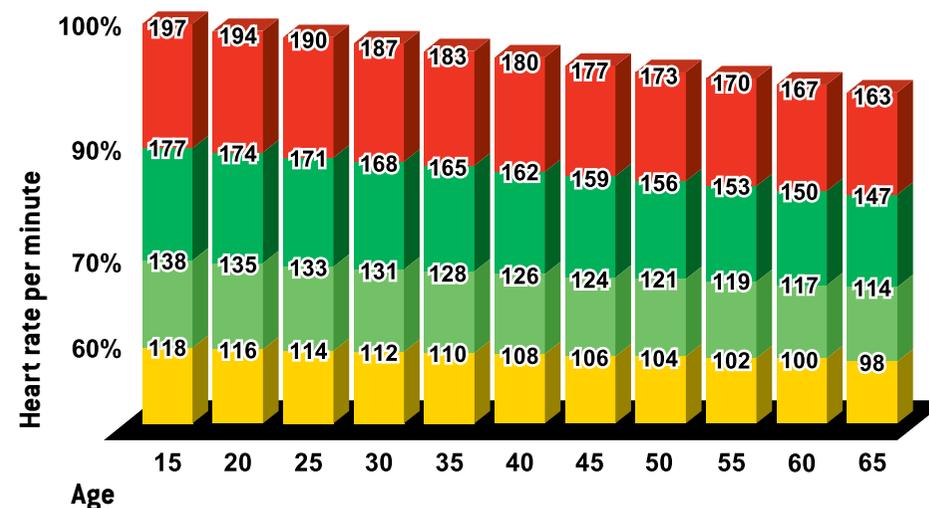
Working out with MYRUN TECHNOGYM

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, his/her heart rate during exercise should be kept to between 112 (60%) and 131 (70%); if he or she wants to improve cardio-respiratory capacity, his/her heart rate should be kept to between 131 (70%) and 168 (90%).



- Prevalent use of sugars.
Competitive athletes' workouts (requiring a doctor's 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 modest use of sugars
Limited improvement of aerobic efficiency.

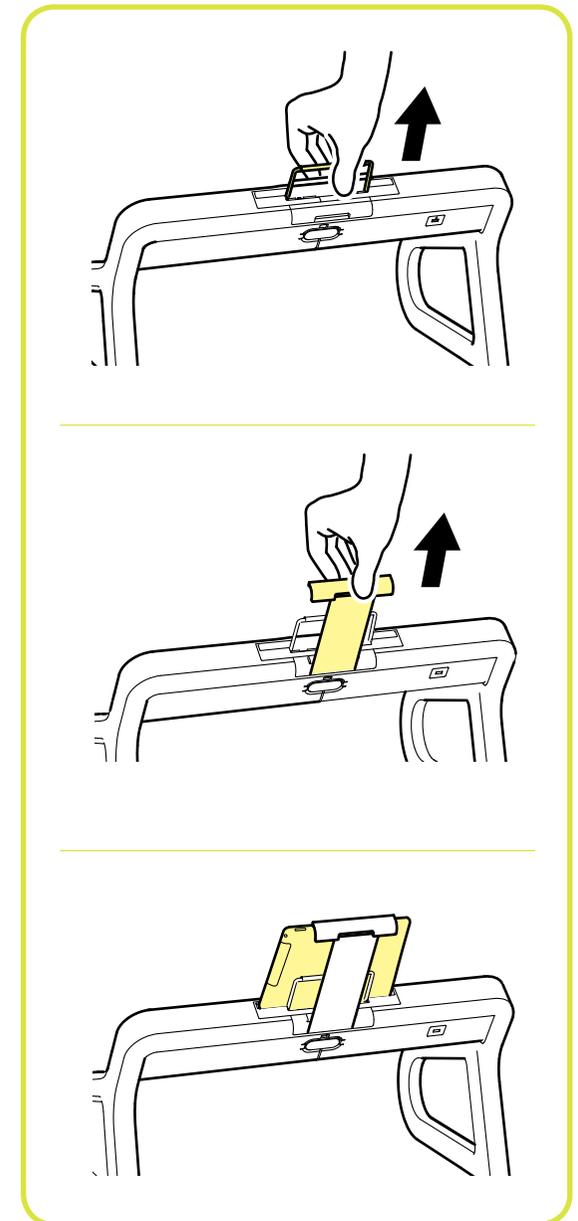
Using a tablet

For integration with TECHNOGYM MYRUN, the tablet must be attached in a stable manner to the dedicated docking system, as illustrated.

To connect your tablet with TECHNOGYM MYRUN:

- download the app from AppStore or on Google play;
- activate Bluetooth on your personal device; the device will display all the IDs of Bluetooth devices available in range;
- select the MYRUN TECHNOGYM ID to pair it to your own device;
- start the exercise.

You will be required to register the first time you access the application.



MyRun App



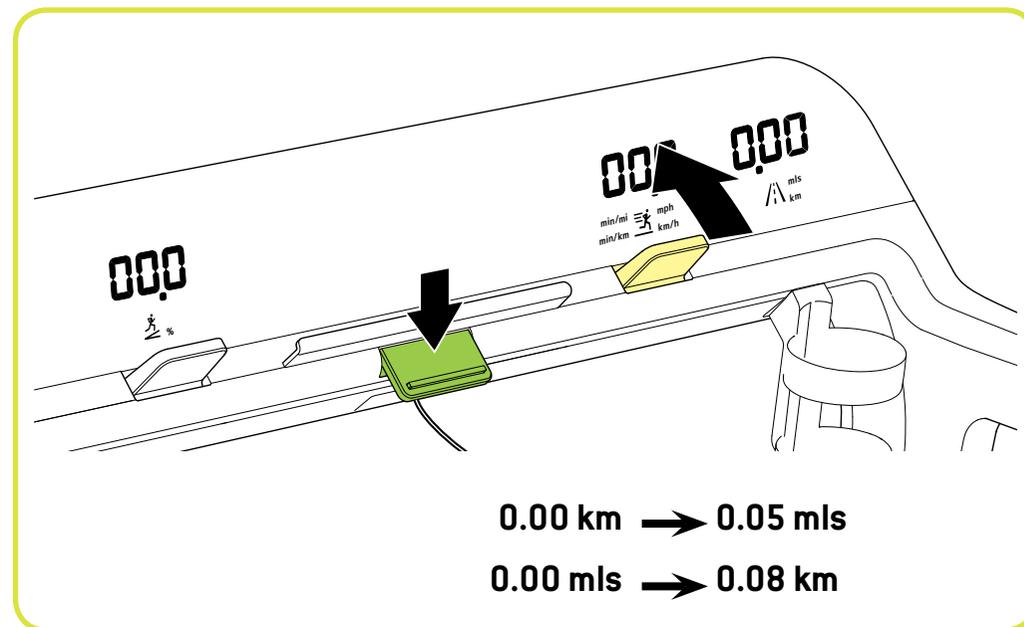
Apple and the Apple logo are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc. Google Play is a trademark of Google Inc. The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. and any use of such marks by Technogym® is under license.

Setting exercise data

In order to change these setting, the screen must be on, but no exercise must be in progress; the treadmill must be stopped and the central key must be green.

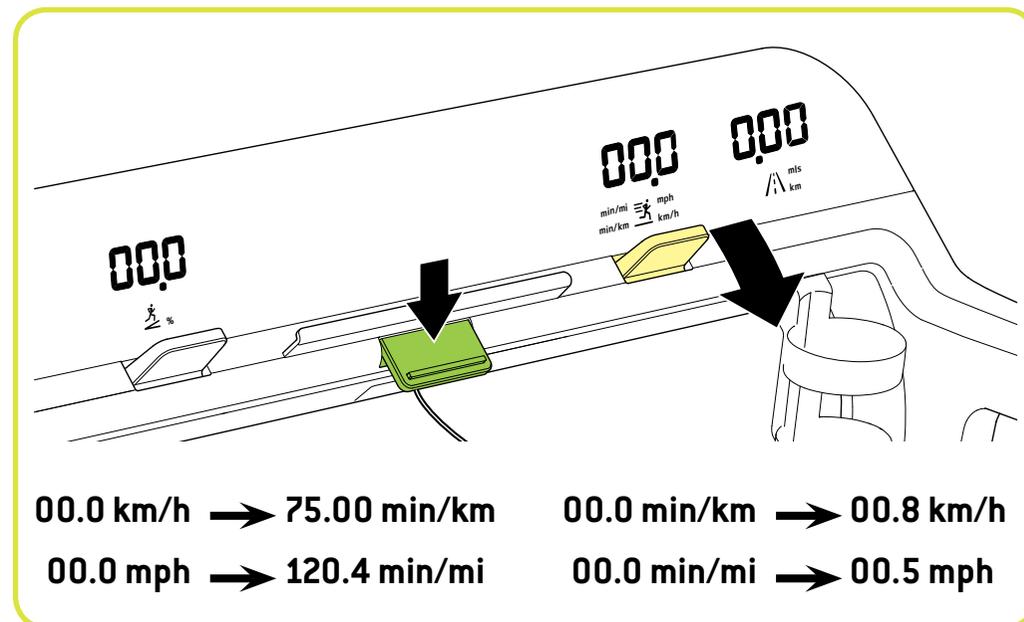
To set the unit of measure of the distance and speed using the Imperial system (mls and mph): push the speed fast track forward, then press the button to start an exercise. The unit of measures mls and mph will illuminate.

Repeat the same operation to return to km and km/h.



To view the pace instead of speed: pull the speed fast track towards you, then press the key to start an exercise. The unit of measure min/km will illuminate.

Repeat the same operation to display your speed again.



Routine maintenance



WARNINGS

The safety of the equipment is assured only on the condition that it is carefully inspected every two weeks for any signs of damage and/or wear.

Replace defective and worn components immediately, or alternatively remove the equipment from service.

Call the Technogym Technical Support Service for instructions on any maintenance operations not described in this manual.

The unit should always be kept clean and free of dust, in accordance with normal hygiene and sanitary practices.

To clean the control panel, proceed as follows:

- turn the unit off by moving the main switch to position “0”;
- unplug the equipment power cable from the wall socket;
- clean the control panel with a damp, but not wet, cloth.

Clean **the equipment completely** every week:

- when the unit is turned off, clean the external parts with a damp sponge;
- set the running surface at the maximum gradient and use a vacuum cleaner to clean the lower side of the unit close to the guard, and the floor;
- clean the running surface with a brush with nylon bristles or a clean synthetic broom, while the belt is turning with no one using it.

Do not use chemicals or solvents. Do not use abrasive products on polished parts.

Make sure you do not rub too hard on the control panel.

Treadmill belt alignment

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

Open flap (A) with the belt stopped.

Start the belt at the speed of 3 km/h.

Turn the adjustment screw (B), located at the rear of the equipment, until the belt is centred.

The outer edge (C) of the logo on the belt must remain within the marks (D) on the casing.

Turning the screw clockwise moves the belt to the right; turning it anticlockwise moves it to the left.

The belt alignment adjustment is performed **slowly**: turn the adjustment screw 1/4 of a turn and then check the result before turning it again.

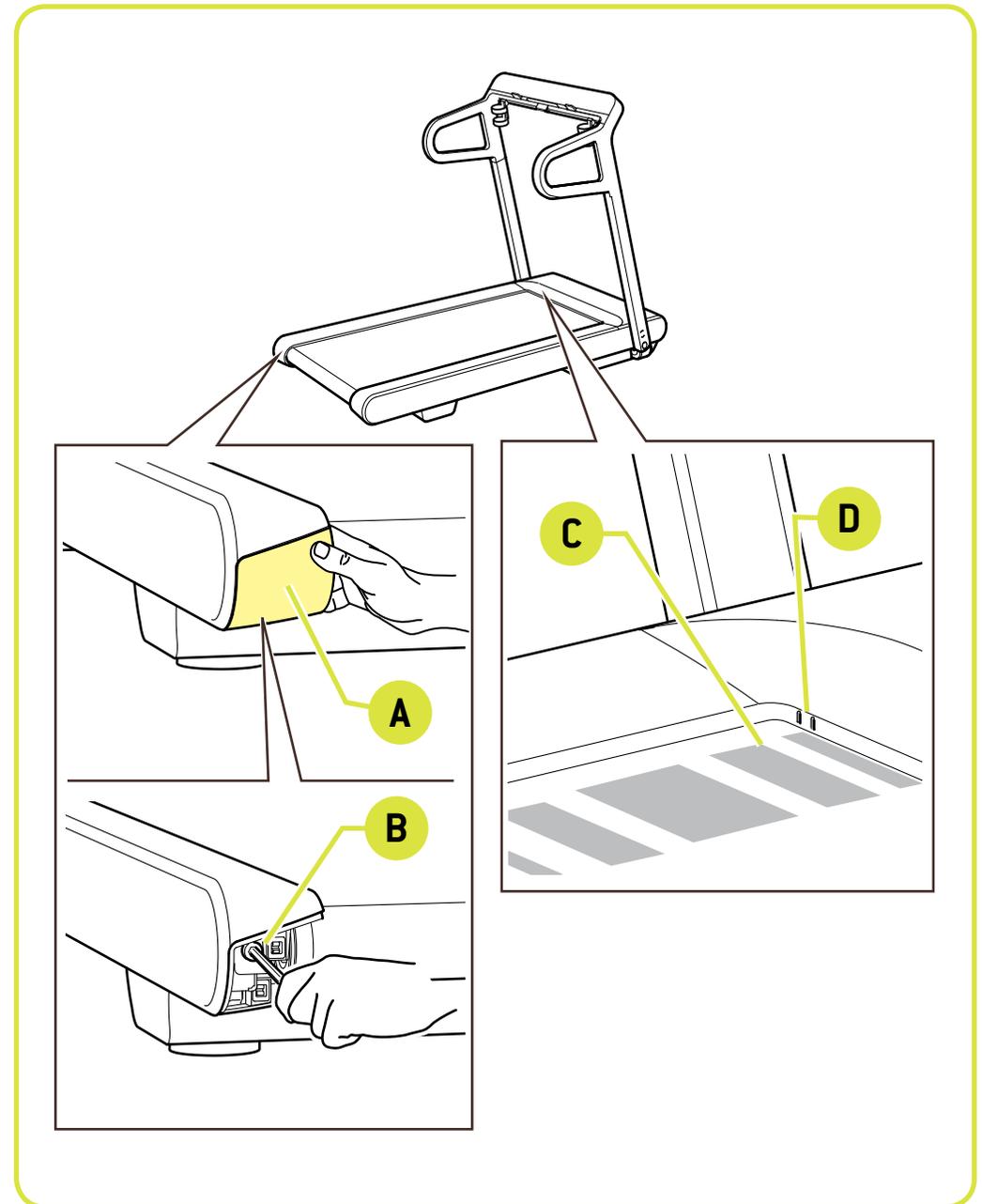
When you have completed the adjustment, stop the belt with the STOP button.

Close the flap (A).



WARNING

The treadmill belt may only be adjusted by trained personnel or by the Technogym Technical Support Service due to the presence of moving components.



Easily solved problems

The following table lists a series of problems that may occur during normal use of the product. If the solutions indicated do not solve the problem, or if the problem is not listed, ask the Technical Support Service for help.

Problem	Cause	Solution
The equipment does not switch on	The power cable is not plugged into the wall socket.	Plug the power cable into wall socket.
	Mains power failure.	Check the power supply at the wall socket used by the equipment by plugging in an appliance that definitely works.
	Power supply cable damaged.	Contact the Technogym Technical Support Service.
	The power cable connector is not connected to the unit.	Connect the connector.
	The main switch is off.	Turn on the main switch.
	The main switch often turns itself off.	Contact the Technogym Technical Support Service.
Too noisy	Equipment not properly levelled.	Check the position and level with the rear adjustment foot.
	The treadmill is not centred.	Align the treadmill as described in the paragraph headed "Aligning the treadmill".
Data incorrect or unreliable with equipment running	Equipment next to source of radio interference (e.g. electrical domestic appliances).	Move the equipment to another place or move the domestic appliances.
The side handgrips do not stay in place	The handgrip anchor lever is not fully raised.	Remove the handgrips and refit them onto the frame, as described in the paragraph on this subject.

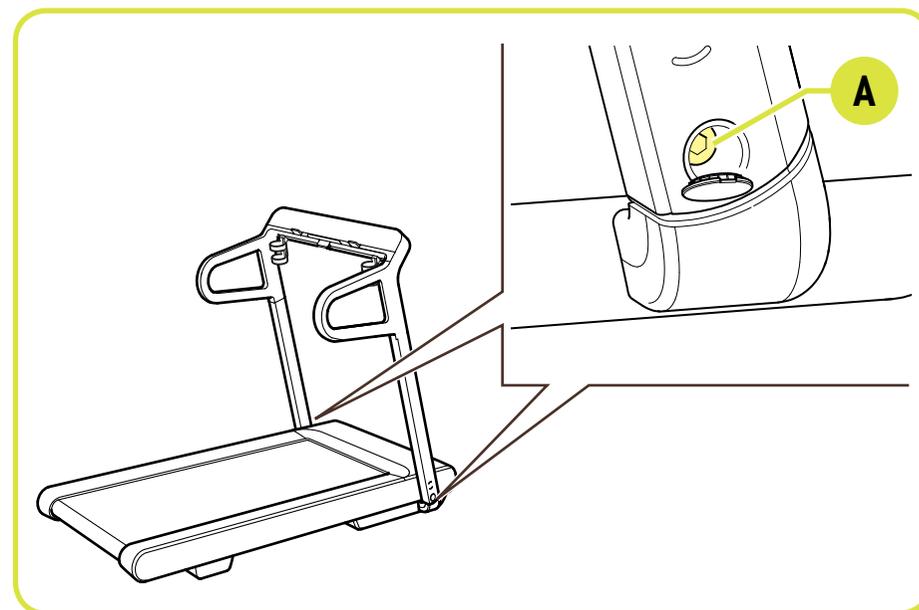
Easily solved problems

Problem	Cause	Solution
The product is blocked, with the screen off and with the red light of the start button on steadily	The software update has not completed.	Position the tablet on the screen. Start the MYRUN app. Connect to the product. Wait for the update to complete.
The power supply trips out	The mains electrical system may not be suitable.	Check that the characteristics of the mains electrical system meet the requirements given on page 15.
The upper part of the unit does not seem stable	Screws (A) are not tightened sufficiently.	Tighten screws (A) until the unit is stable.



WARNING

There are high voltages inside the motor compartment, therefore the guard must be removed only by authorised personnel; only authorised personnel may perform internal repairs.



Error messages

Error code HF701

This code indicates a possible problem with the detection of the personal device (tablet) in the upper position above the screen.

The product functions in any case; press the Start key to continue.

To resolve the problem, contact the Technogym Technical Support Service.

Error code HF702

This code indicates a possible problem with the detection of the personal device (tablet) in the lower position in front of the screen.

The product functions in any case; press the Start key to continue.

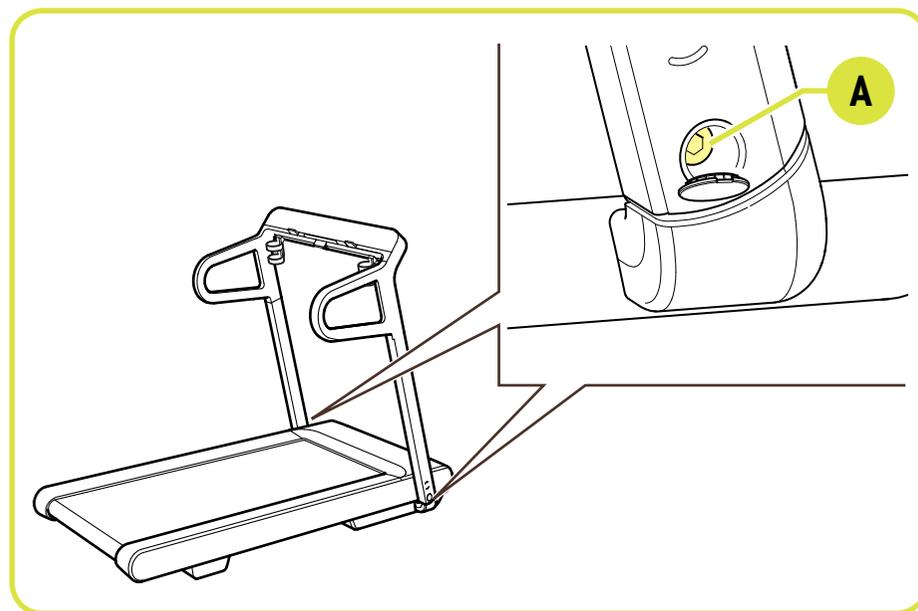
To resolve the problem, contact the Technogym Technical Support Service.

Error code HF703

This code indicates an emergency state due to an abnormal screen position.

Make sure that the screws **(A)** at the base of the two side poles are well tightened and that the product is positioned flat. Then press the Start key.

If the error persists, contact the Technogym Technical Support Service.



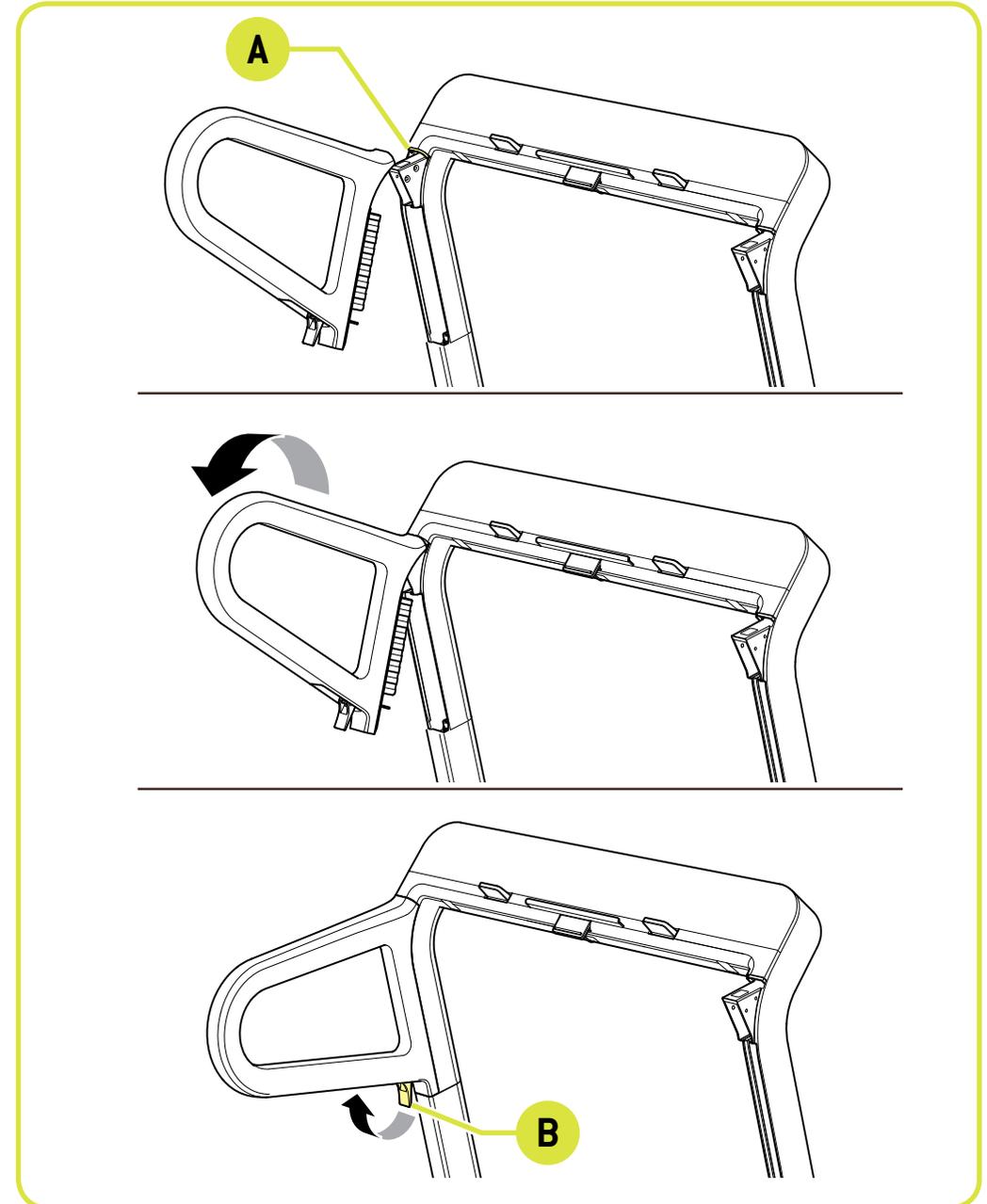
Fitting and removing the side handgrips

To fit the side handgrip:

- insert the top of the handgrip into the slot provided above the profile **(A)**;
- place the lower end of the handgrip against the frame;
- fully raise lever **(B)**.

To remove the side handgrip, follow the fitting instructions in reverse order:

- lower lever **(B)** and keep it pressed forward;
- pull out the handgrip.



Technical Service

The Technogym Technical Support Service provides:

- telephone help service
- information about which services are covered by the warranty and which must be paid for
- on-site servicing
- sending of original spare parts.

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

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

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

- equipment model,
- date of purchase,
- serial number,
- precise description of the problem.



WARNING

Work on the unit by persons not authorised by Technogym invalidates the warranty.

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

Storage

If the unit is not expected to be used for a long period, we recommend that it should be stored:

- in a clean and dry place, covered with a cloth to protect it from dust;
- at a room temperature between +10°C and +25°C and relative humidity between 20% and 90%.

Use the **original packing materials**, to better preserve the equipment.

Disposal

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 life of the product: 10 years.

technogym.com/myrun

