

# SYNCHRO FORMA



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.

Synchro Forma is intended for commercial 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 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.**

**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 children unsupervised access to the equipment; parents and guardians must assume responsibility for the children in their care and avoid the occurrence of situations or usage for which the equipment was not designed. Children must be closely supervised when using the equipment, with careful attention paid to their mental and physical development. The equipment must under no circumstances be adapted or used as a toy.
- Close supervision by qualified personnel is necessary when the equipment is used by or near 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 away from moving parts.
- Never drop or insert any object into any opening.
- Do not use outdoors. Do not leave the appliance outdoors, exposed to the elements (rain, sun, wind, etc.). Do not expose the appliance to water jets.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- To disconnect, turn all controls to the off position, then remove plug from outlet.

 **WARNING** Connect the equipment to a properly grounded outlet only. See grounding instructions.

SAVE THESE INSTRUCTIONS

# Personal safety

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Before starting any exercise you are advised to read the whole manual thoroughly and get to know the equipment's controls.

Synchro Forma can be used only after having a **medical check-up** for the specific type of exercise to be carried out and in compliance with Technogym's stated use conditions.

Before starting a workout program, consult a doctor for advice on any limits to observe when using the equipment.

Persons with specific physical complaints may use the equipment only under the strict supervision of a doctor specialised in that particular area.

If you feel ill during the workout (dizziness, chest pains, etc.), **stop exercising immediately** and consult a doctor.

If the message "HIGH HEART RATE" appears during the exercise, your heart rate is too high and you should **slow** the exercise **down**.

At the beginning of each exercise, make sure you are in **the correct position**, and that none of the parts of the equipment are in your way.

Choose suitable exercises for your physical characteristics and state of health, starting out with light loads.

Do not overexert yourself or work to exhaustion. Incorrect or excessive exercise may cause serious physical harm or even death. If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.

Wear proper exercise clothing and shoes during a workout, no loose clothing. Tie long hair back. Keep garments or towels away from moving parts.

During use people must remain at a safe distance.

Do not use the equipment in presence of small children or pets.

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

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

Keep all electrical components, such as the power cable and I/O switch, away from liquids to prevent shock.

Maintain the equipment in good working condition. If there are signs of wear, contact the Technogym Technical Support service.

Do not attempt to service the equipment yourself other than the maintenance instructions found in the manual.

## Personal safety

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Do not set anything on the casing or control panel.

The equipment **must not** be placed close to heat sources or close to sources of electromagnetic waves (e.g. televisions, electrical motors, aerials, cellphones, etc.).

Although the equipment has been designed and built in accordance with health and safety requirements, there are some zones in which there are unseen hazards. You must be very careful about possible upper and lower limb crushing hazards.



### **WARNING**

**Technogym s.p.a. will be held responsible for its equipment only if the following precautions are observed:**

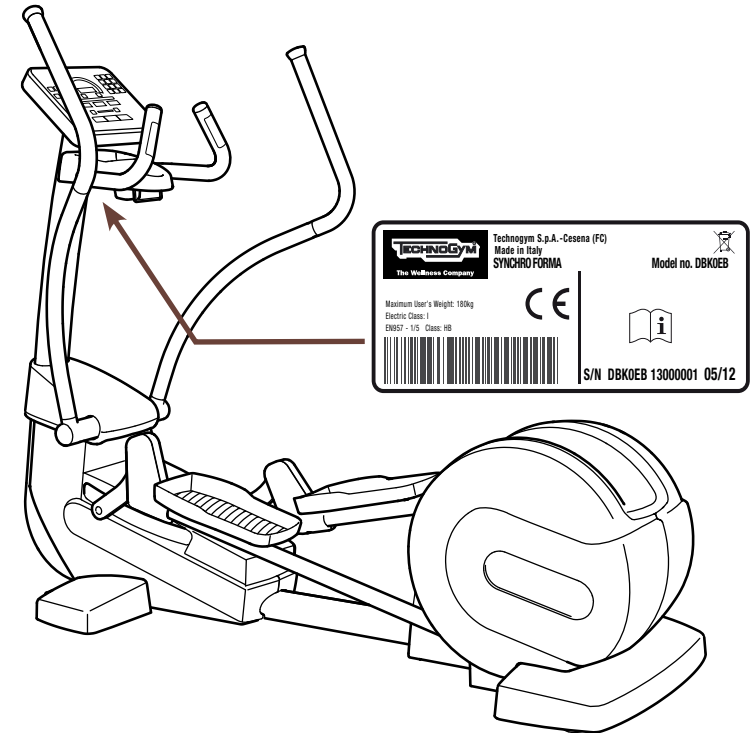
- **the equipment must be used as specified;**
- **the User manual must be read thoroughly throughout;**
- **the place of installation must meet the requirements stated in the User manual;**
- **the electrical system must conform to the standards and legal requirements in the country of use;**
- **the installation, maintenance and setting must be done by qualified Technogym staff or persons authorised by Technogym;**
- **suitable clothing must be worn;**
- **towels and other items must not be put on the equipment.**

Technogym is not responsible for any damages due to any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, debris resulting from any construction activities in the product's environment, 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 products as set out in this User Manual.

# Manufacturer and equipment identification

The equipment identity label gives the present information:

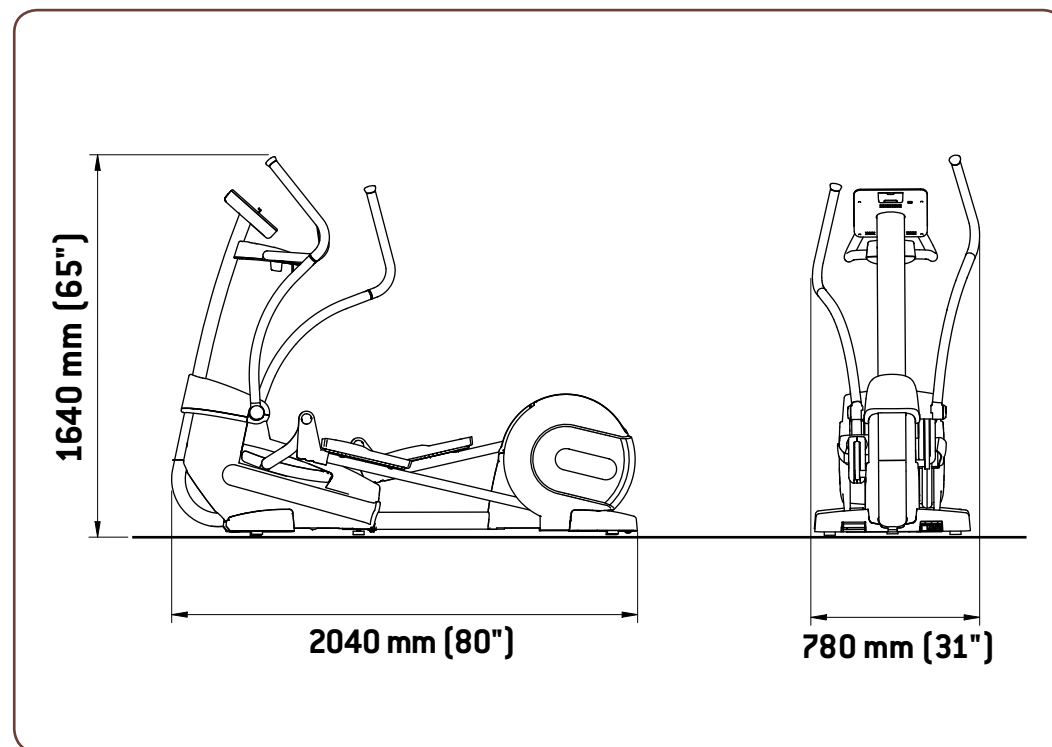
- Manufacturer's name and address
- Place of manufacture
- Description of product
- Electrical specifications
- Tells you to consult the User manual
- Serial number and date of manufacture
- Product model



# Technical data

## Synchro Forma

Power supply	100÷240 Vac 50/60 Hz
Power input	65 VA max
Fuses	2 x 3.15 A (F)
Weight of equipment	148 kg (326 lb)
Maximum user weight	160 kg (353 lb)
User height for which performance indicated is guaranteed	155 cm÷205 cm (6"÷8")
Time	0÷999 min ± 1%
Distance	0÷99,99 km ± 5% (0÷99,99 mi ± 5%)
Maximum braking power	440 W at 200 spm
Minimum braking power	23 W at 80 spm
Protection grade	IP 20
Operating temperature	from +5°C to +35°C
Electrical isolation class	Class I
Manufacturer	Technogym s.p.a. via Calcinaro 2861 - 47522 Cesena FC



Ordinary appliance, not waterproofed.



# Description of the equipment

**Control panel (1):** controls all available functions, from setting up workout programmes to viewing messages and related workout information.

Please see the control panel's manual to see how it works.

**Fixed handgrips (2):** they are gripped when working out only with legs.

**Hand sensor (3):** the metal plate sensors permit constant heart rate monitoring.

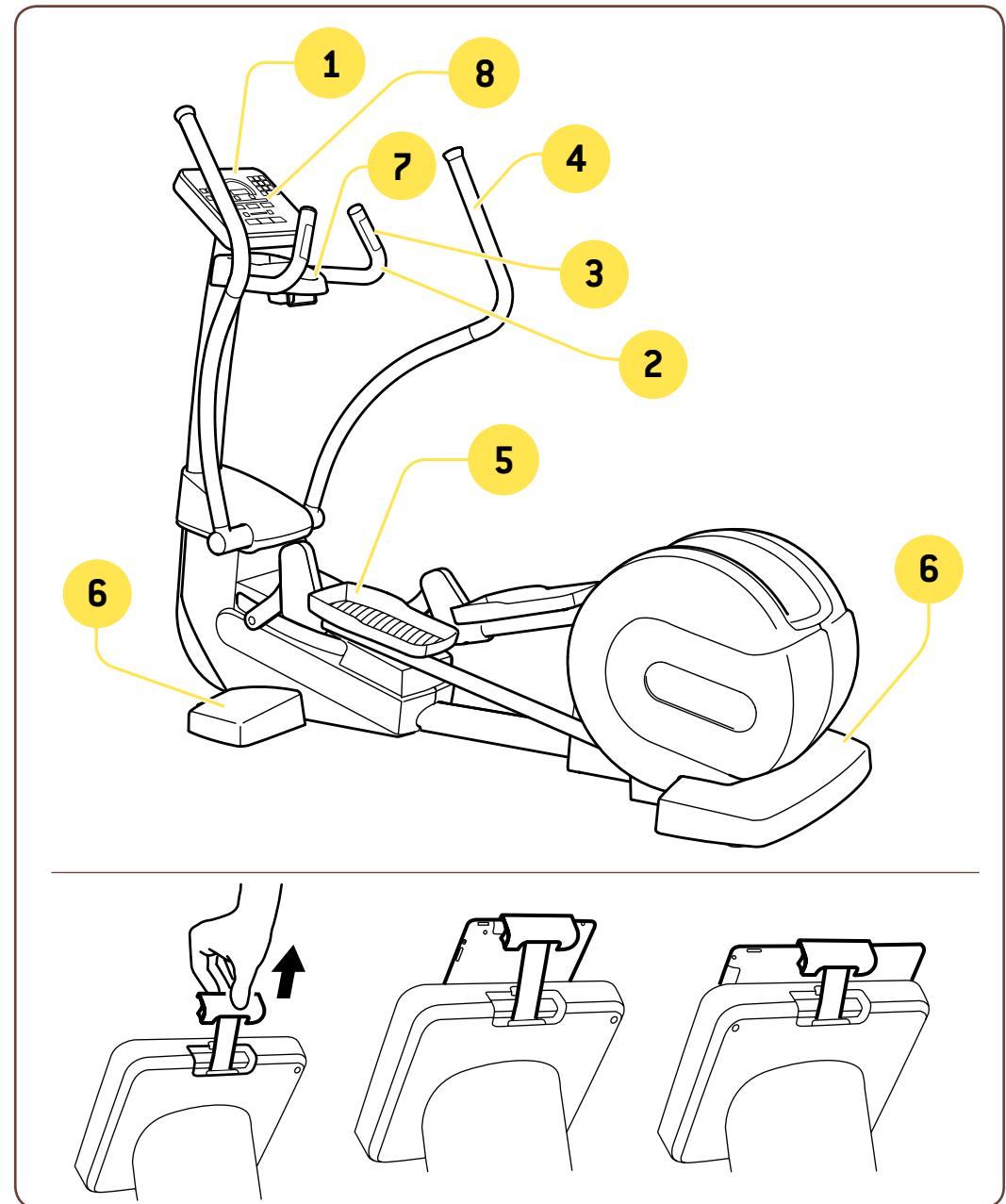
**Levers (4):** they are gripped during the exercise to combine training of legs and arms.

**Pedals (5):** the special configuration of the pedals permit the ankles to work under optimum conditions.

**Bases (6):** support the equipment frame and components.

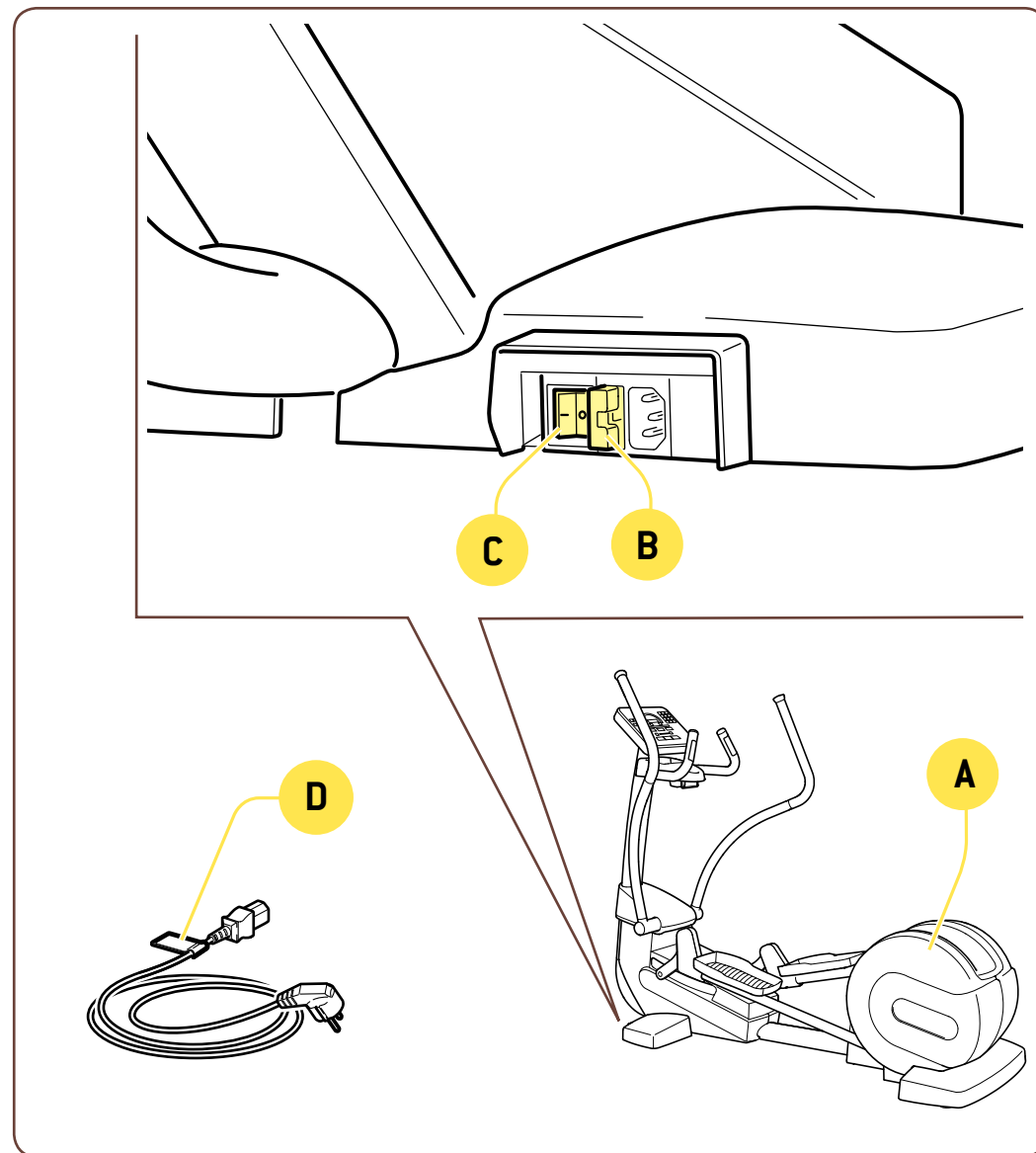
**Water bottle holder (7):** where you can place water bottles during workout.

**Object holder (8):** for placing magazines, books or tablets and other electronic devices. Tablets can be firmly fixed as shown in the figure.



# Safety devices and warnings

- A - Fixed guard:** guards against access to the inside of the equipment.
- B - Fuses:** protect the equipment's electrical parts. When the current reaches an excessive value, the fuses melt thus protecting the internal electronics.
- C - Main switch:** turns the equipment's power on and off.
- D -** The label for attachment to the power supply cable states the electrical specifications for the cable.



# Place of usage

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To ensure that exercising with the equipment is easy, safe and effective, the place where it is used should comply with certain specific requirements; in particular, before choosing the place where the equipment will be installed, please ensure that the following conditions are satisfied:

- the **temperature** is between +10°C and +25°C;
- enough air is circulating to keep **humidity** during exercise to between 20% and 90%;
- the **lighting** is good enough to make the area safe and relaxing place to exercise in;
- **free space** of at least 60 cm around the entire perimeter of each product;
- that the floor is flat, stable and vibration-free, 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.

# Moving the equipment



## WARNINGS

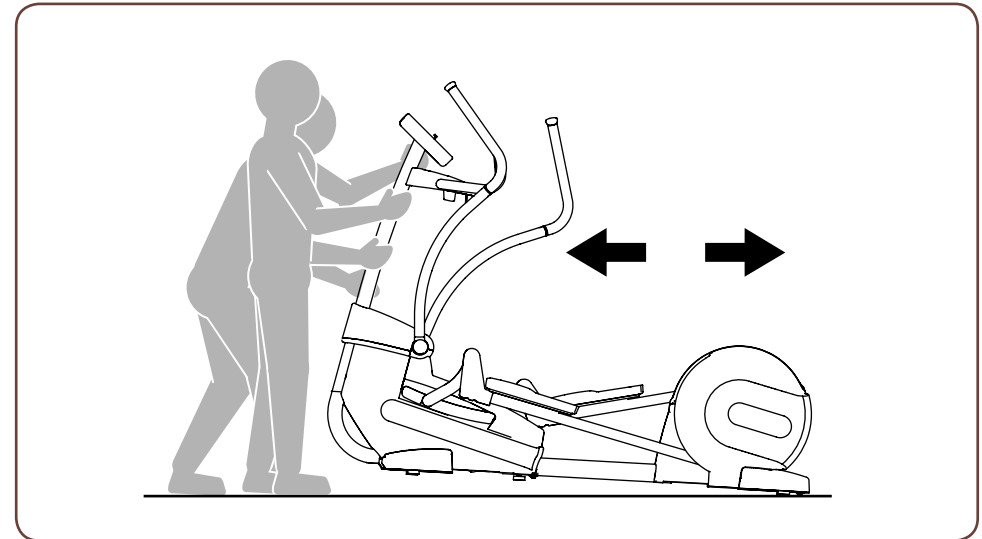
**Move the equipment with great care to avoid it tipping over.**

**After moving the equipment always check that it is level in order to guarantee the correct working.**

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

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

**When lifting or moving the equipment, do not take hold of the platforms, levers or the control panel as hand holds.**

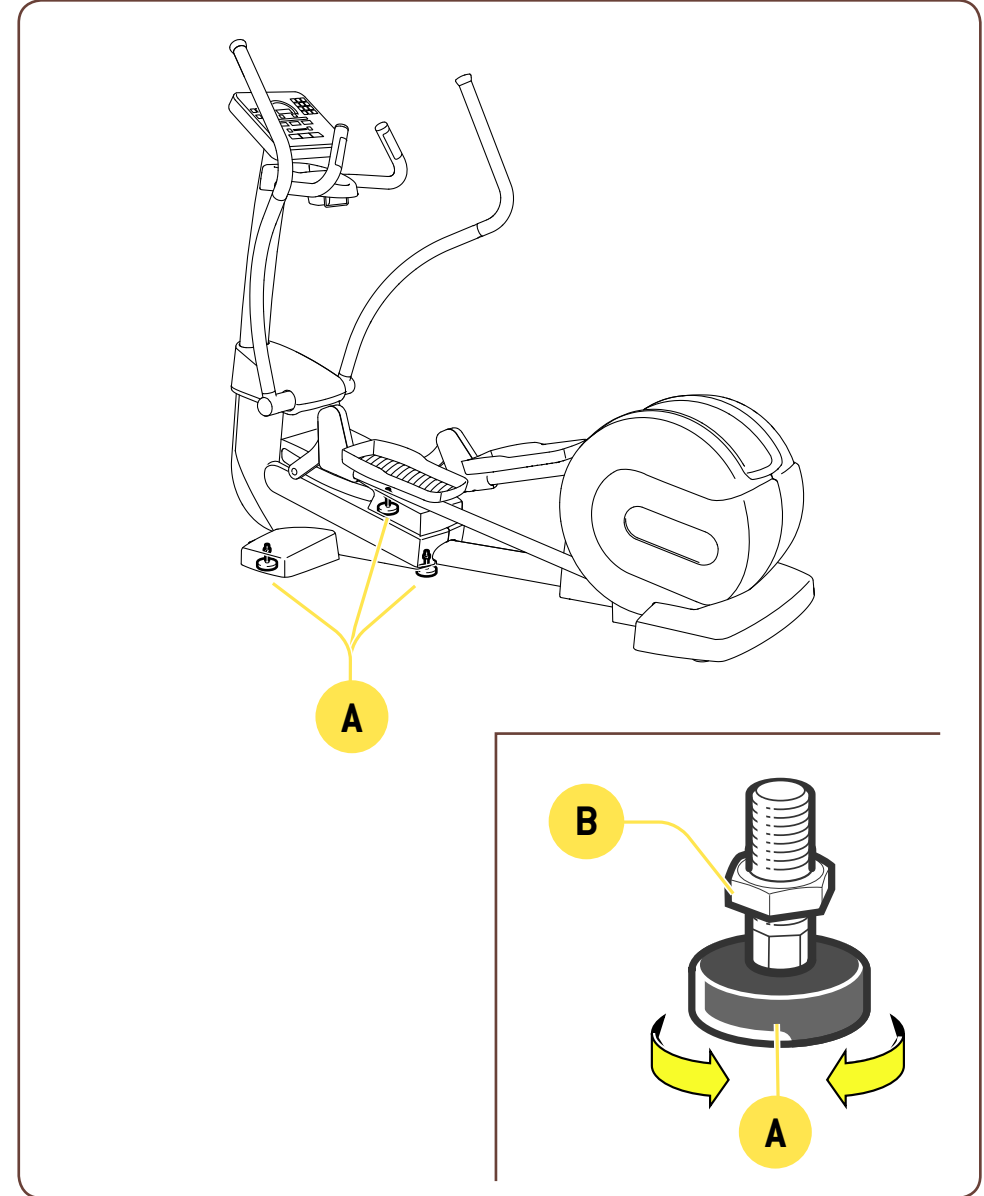


# Levelling

Before use, check that the unit is level.

Use the two front feet and the central foot to level the equipment:

- loosen the lock nut **(B)**;
- screw the front feet **(A)** in or out until the frame is in a stable position;
- tighten up the lock nut **(B)** after adjusting.



# Electrical connection

Before connecting the equipment to the mains power supply, ensure that the electrical installation complies to binding regulations. Check the mains power supply specifications on the equipment identity label.



## WARNINGS

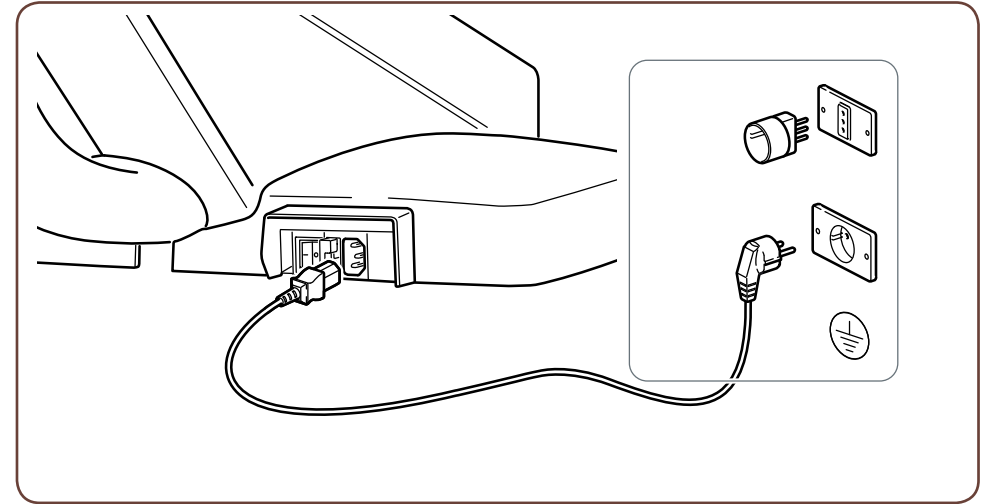
**The wall socket must be located in a place where the plugging and unplugging can be done easily and safely.**

**When plugging in, the main switch on the equipment must be in the 0 position (i.e. the equipment must be switched off).**

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

The power cable is supplied with the product.

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



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

**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.**

**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.**

# Switching on and off

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

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

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

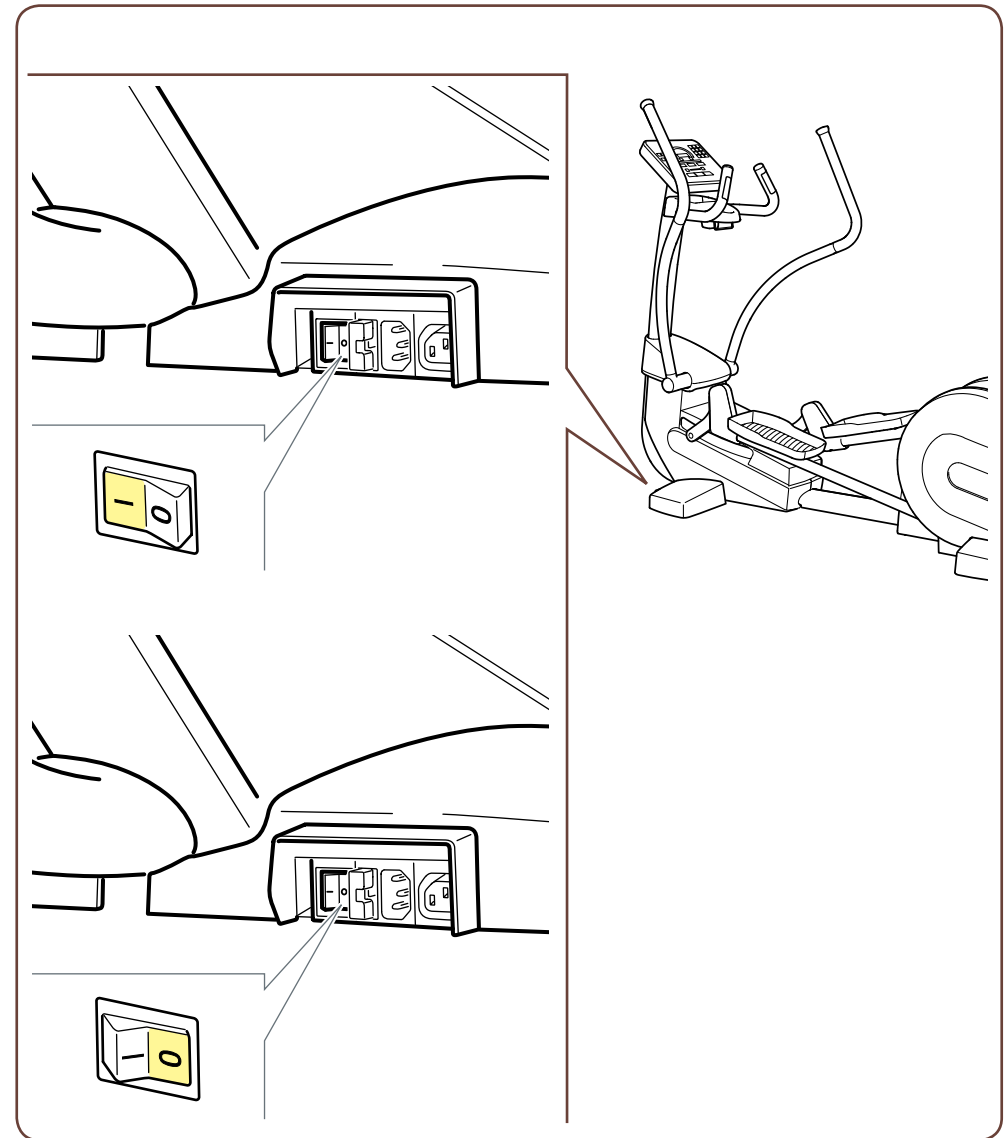
The equipment must be switched off only at the end of the exercise, when in standby.

If the equipment is not expected to be used for a long time, as well as turning it off you should also pull the plug out of the wall socket.



## WARNING

The switch is for turning the equipment on and off but does not isolate it completely from the mains voltage, even in the “0” position (off). For complete isolation you must unplug the power supply plug.



# 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.**

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

## Cleaning and looking after the equipment

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

To clean the **control panel**, proceed as follows:

- turn the equipment off by switching the switch to **0**;
- unplug the equipment power cable from the wall socket;
- clean the control panel with a damp, but not wet, cloth.

Every week, clean **the equipment completely**:


- turn the equipment off by switching the switch to the **0** position;
- unplug the equipment power cable from the wall socket;
- clean the external parts with a damp sponge;
- move the equipment to one side so that you can vacuum clean underneath it.

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

Do not rub too hard on the control panel.



Checks

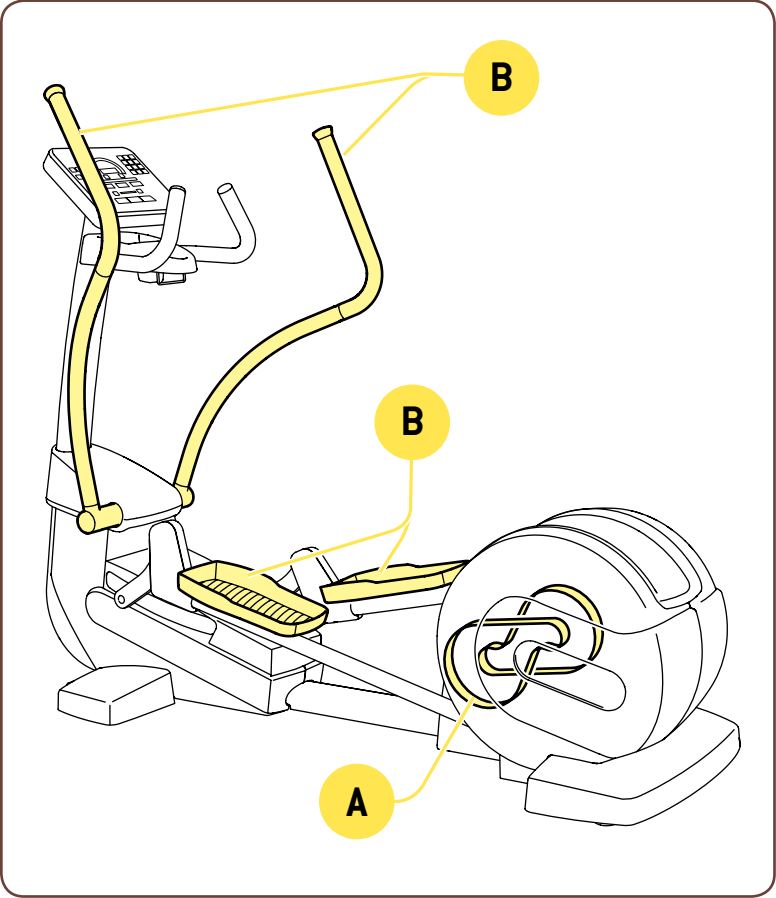


**WARNINGS**

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

Before starting any job, turn the equipment off by switching the switch to the "0" position and unplug the power cable from the wall socket.

	Description	Type of intervention	Frequency
A	Transmission belt	Check state of wear	Six-month
B	Pedals	Check play	Six-month
C	Levers	Check play	Six-month



# Changing the fuses



## WARNINGS

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

Before changing the fuses, switch the equipment off by switching the switch to 0 and unplug the power cable plug from the wall socket.

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

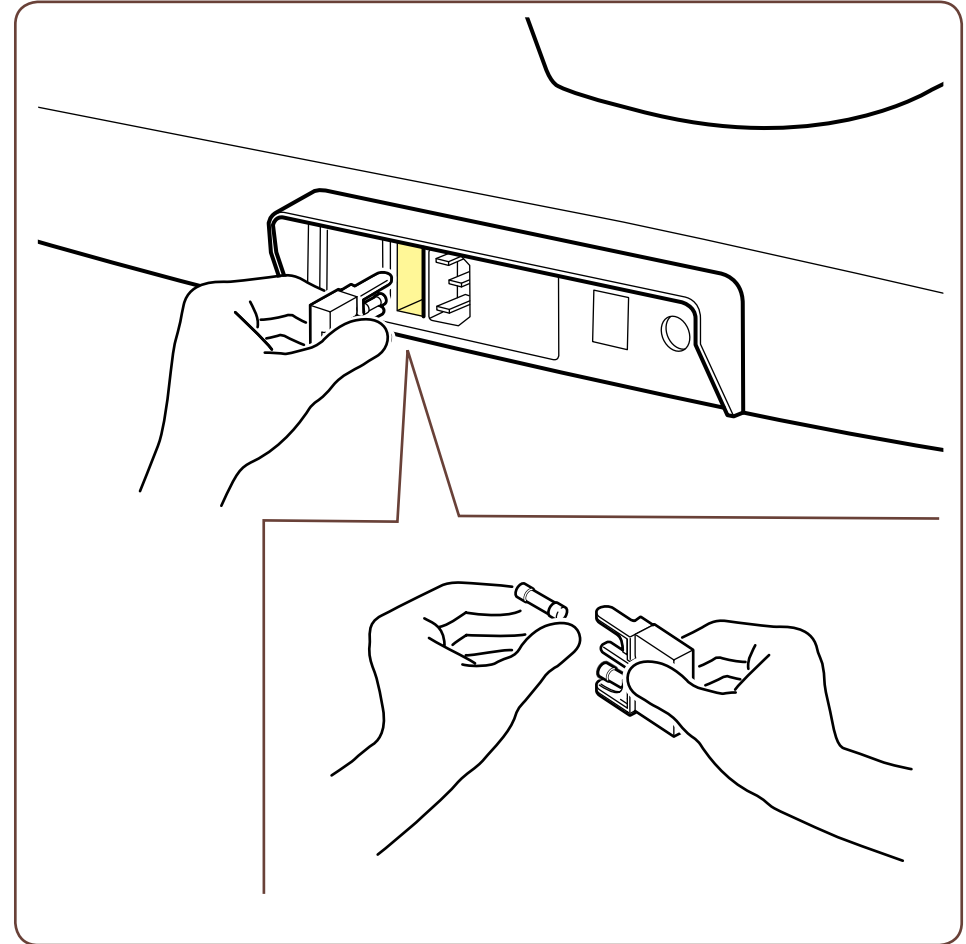
Replace the blown fuse with the new one, as supplied.

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



## WARNING

If no more of the supplied fuses are available, use a certified fuse with identical electrical specifications for the replacement.



# Easily solved problems

Below is a list of problems that may arise during normal use of the equipment. If the described remedies do not solve the problem, contact the Technical Support Service. f

Problem	Cause	Remedy
Equipment doesn't switch on	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.
	Installation problems with the power supply cable	Check the connection.
	Burnt-out fuses	To replace the blown fuse with a spare contact Technogym Technical Support Service.
	The main switch is off.	Switch on the main switch
Too noisy	Equipment not properly levelled.	Check the position and level the adjustment feet.
	Damaged bearings.	Contact the Technogym Technical Support Service.
	Worn belt.	Contact the Technogym Technical Support Service.
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.

## Easily solved problems

Problem	Cause	Remedy
Problems in monitoring heart rate with the chest band	Other transmitters situated nearby.	Move the equipment far enough away to stop signal interference (minimum distance between two units 80 cm).
	Strong interference sources nearby.	Find the interference source (e.g. an electrical domestic appliance) and move it away, or move the equipment.
	Worn heart rate monitor chest band.	Change the chest band.
	Chest band transmitter not making proper skin contact.	Dampen the inside of the chest band with water.
	Damaged transmitter.	Change the chest band.



### WARNING

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

# Technical Support Service

The Technogym Technical Support Services 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.

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

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

# Storage

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

- in a dry, clean 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%.

For better storage, use the **original packing materials**.

## Scrapping

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.

# Monitoring the heart rate

The equipment is able to measure heart rate trends, in two different ways:

- with a device applied to the handgrips (hand sensor), that switches on when you grip the handgrips in the sensor region;
- with a chest band with a heart rate transmitter (Polar T31).

There must be no more than one transmitter in the reception range: otherwise the receiver may receive different signals at the same time and give incorrect heart readings. If there are several equipment units with heart rate receivers in the same area, the recommended minimum distance between them is 80 cm.

Heart rate readings will not be accurate near electromagnetic radiation sources (TVs, cellphones, etc.).

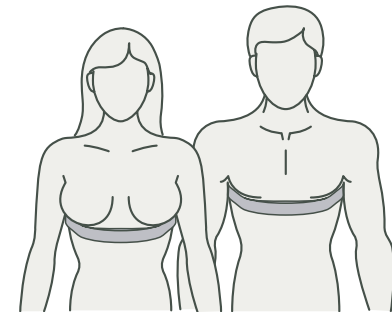
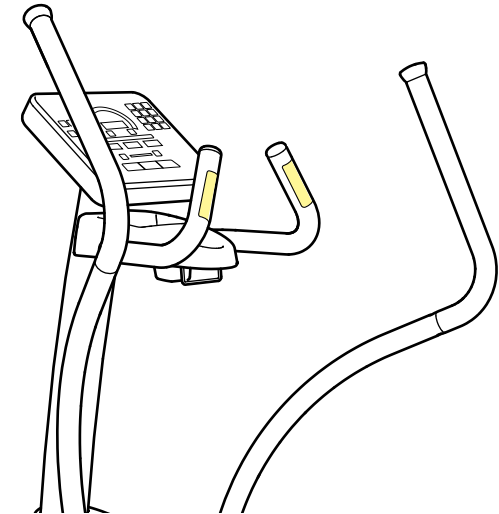
Should you have any doubts about the accuracy of the readings, contact the Technical Support Service.



## 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.**



## Monitoring the heart rate

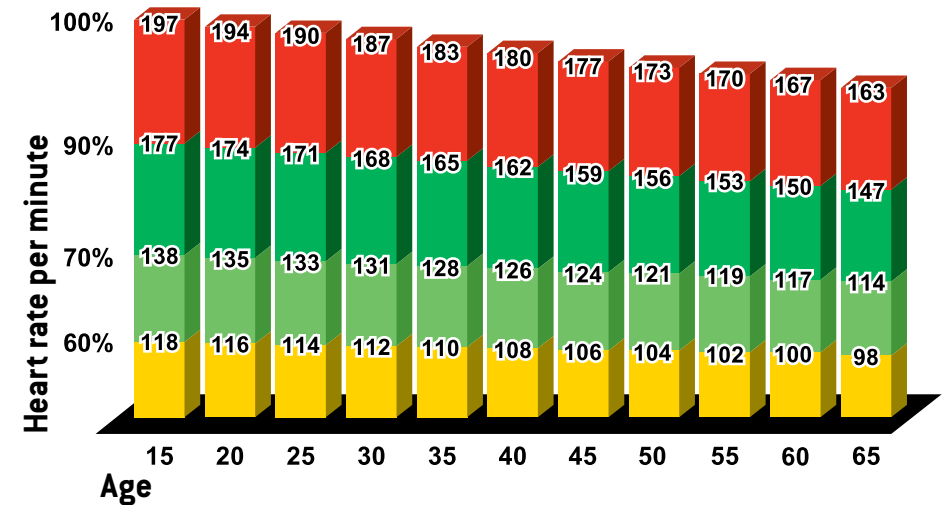
The table shows the optimum heart rate levels in relation to age and the goal to be achieved. Theoretical maximum heart rate (100%) is calculated on the basis of age using the formula:  $HR_{Max} = 207 - 0.7 \times \text{age}$  (R. L. Gelish et alii, *Med Sci Sports Exerc.*, 2007 May, 39 (5): 281).

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%).





# Using Synchro Forma



## **WARNING**

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

Step onto the equipment from one side and put one foot on each pedal. Grasp one of the fixed handgrips with one hand, and with the other set a program on the control panel.

To perform the movement with your lower limbs only, hold on to the fixed handgrips. To perform movement with your arms as well, hold the levers.

At the beginning move slowly until you become familiar with the equipment and acquire balance. It is important that you get used to the movement 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.



## **WARNING**

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



SynchroForma\_uk-AD  
OSM00750



**The Wellness Company**