

User Manual

Treadmills



runnerTM
MADE IN ITALY



Management
System
EN ISO
13485:2016



www.tuv.com
ID 9000006711



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WELCOME

This manual refers to treadmills

- RUN2011T
- RUN2011/T-PC
- RUN2011/TR-PC
- RUN 2011/TRO-PC
- RUN2011/TJ-PC
- RUN 2011/TJO-PC
- RUN7410T
- RUN7410/T-PC
- RUN7410/TR-PC
- RUN7410/TJ-PC
- RUN7410XL/TJ-PC
- RUN7411/T-PC
- RUN7411/TR-PC
- RUN7411/TJ-PC

Bold type is used to indicate instructions that are particularly important, or to emphasise special operating conditions.

This manual is an integral part of the instrument, and must always be available. It includes the applicable legal declarations and information on the use of medical devices. The correct use of the instrument, and respect of the safety of both patient and operator are only guaranteed if the indications contained in this manual are followed scrupulously.

Further information and clarifications can be requested directly from:

Runner srl

Via G. Di Vittorio, 391 – 41032 Cavezzo (MO) ITALIA

e-mail: runner@runneritaly.it

tel. +39 0535 58447

Revision table

Rev.	date	Description of the revision
21	22/12/2023	Improved lubrication check warning



1. RECAPITULATION OF MACHINE MARKING DATA

In case of necessity or following to the instructions of this manual, please contact:

Manufacturer:

Runner Srl

Via G. di Vittorio, 391 41032 Cavezzo (MO) – ITALIA

Tel. 0535-58447

E-mail: runner@runneritaly.it

Internet: www.runneritaly.it

Telling always the following data:




Serial Number: _____

Year of construction: _____




Copy of the label on the machine:

Range RUN7410

Range RUN7411

		 Runner srl Via G.di Vittorio, 391 41032 Cavezzo (MO) Italy Tel. +39 053558447 www.runneritaly.it		Rev. 4 del 2020/04
Treadmill				
REF	RUN741_T_-PC	220-240 V~ 50/60 Hz 12A 8AT, 250V		
SN	XXXXXXXX	Power: 2500VA Max. Engine: 3HP		

Range RUN2011

		 Runner srl Via G.di Vittorio, 391 41032 Cavezzo (MO) Italy Tel. +39 053558447 www.runneritaly.it		Rev. 4 del 2020/04
Treadmill				
REF	RUN2011/T_-PC	220-240 V~ 50/60 Hz 10A 5AT, 250V		
SN	XXXXXXXX	Power: 2000VA Max. Engine: 2HP		

HOW TO READ:

RUN7410T fixed part

RUN741: fixed code part

RUN2011T: fixed part

RUN2011/T: fixed code part

_: changing code part (treadmill model)

/T: fixed code part

-PC: fixed code part

xxxxxxxx: serial number

1.1. Symbols



Conformity to European
Community Rules



Producer



Date of production



Attention, please
read the manual



RAEE waste



B Type machine



Read carefully the manual



Electrical grounding



Warning of foot squashing



Electrical grounding



connecting point



Warning of electrical voltage



Catalogue code

The Directive tells as "**applied parts**" the components of a medical device that in the normal use are directly in contact with the human body. They can be made up of electrodes, sensors applied to the patient, catheters containing physiological fluids or simply from casing of the device. The contact of the applied part with the patient obviously makes greater risk compared to a part of the device that the patient may be able to touch, voluntarily or unintentionally, directly or indirectly, but however occasionally. From every device, despite the high impedance insulation, flows a small current that disperses towards the ground, on the casing and in the patient. The current of dispersion to the ground is that from the device connected to power supply, through or through along the insulation, walks the protective conductor to the ground. The scatter current on the casing is the current that travels the casing of a device in normal use (excluding applied parts) accessible to the patient or operator, crossing the subject connection between the casing and the ground or with two points of the casing. Applied part can be defined as the set of all device parts that in normal use is essential to put in contact with the patient so that the device can perform its function or that they can come into contact with the patient or that they need to be necessarily touched by the patient. Depending on the currents dispersion in normal conditions and first fault to the ground, on the casing and on the patient, our electromedical devices are classified as **type B** appliances.

Symbols position:





1.2. Other important informations

This manual is written with the utmost care. Should you find any details which do not correspond to those contained in this manual, please inform Runner Srl who will correct such inconsistencies as soon as possible. The information contained in this manual is subject to change without notice. All changes will be in compliance with the regulations governing the manufacturing of medical equipment. All trademarks mentioned in this document are property of their respective owners. Their protection is guaranteed. No part of this manual may be reprinted, translated or reproduced without the manufacturer's written authorisation.

The code relating to this manual is listed below.

Language: ITALIAN – ENGLISH
Code: Treadmill User Manual Rev.21/2023

1.3. Instructions for assembling the RUN2011 series treadmills

If the treadmill is consigned with low case, it's necessary to assemble it.

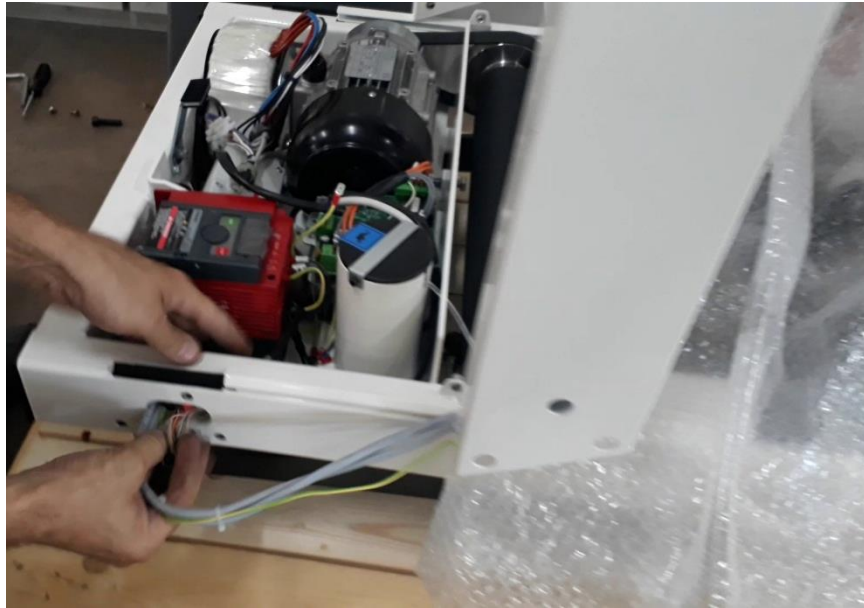
The lower part of the treadmill is fully mounted while handrail/console panel are fixed to side frame parts.

Assembling operation must be done by two persons.

Instruction:

- 1) Open the carton or wooden case taking off all protections;
- 2) Take off all parts lying on treadmill running belt;
- 3) Lift with one hand the front part of the treadmill to take off the two wooden fragments and push forward the back side of lower part of the treadmill using the front wheels to let it slowly down from the pallet;
- 4) Using a star screwdriver, unscrew the two side M6x16 inox screws that fix the plastic motor cover to the frame;
- 5) Lift softly of about 2 cm the plastic motor cover, pull it towards the running belt and take it off;
- 6) With the help of the second person, insert the electric wires (coming from console panel) and thread them in the hole of the motor box frame (left side) without squashing or pinching them;

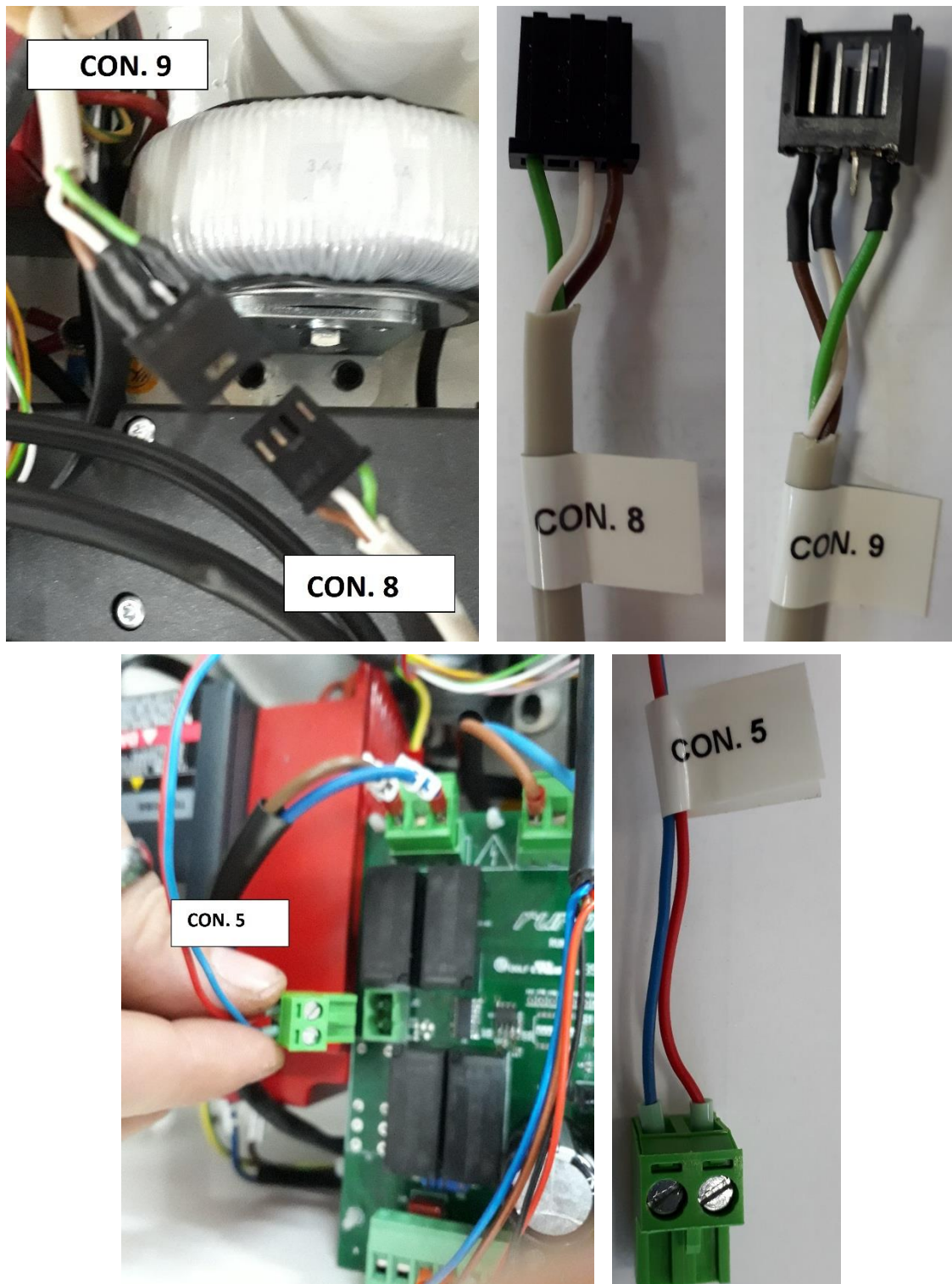
Be careful to avoid any squashing or pinching of electric cables.

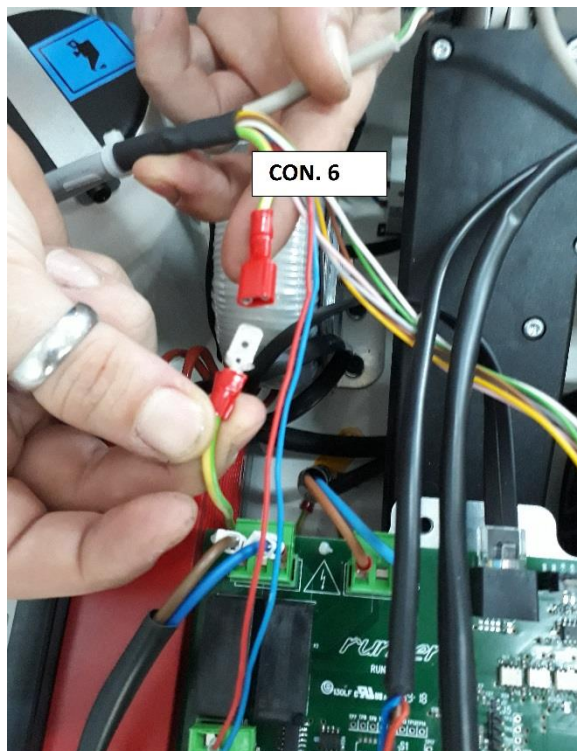
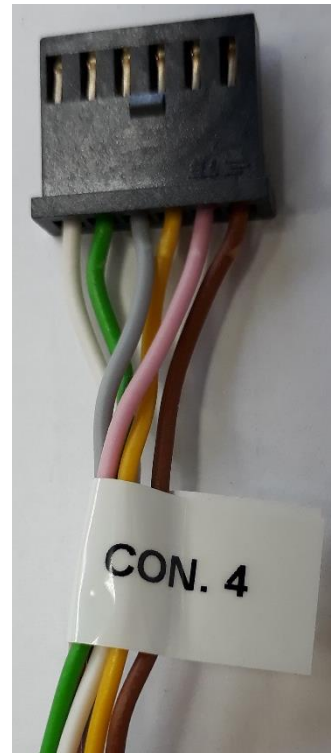
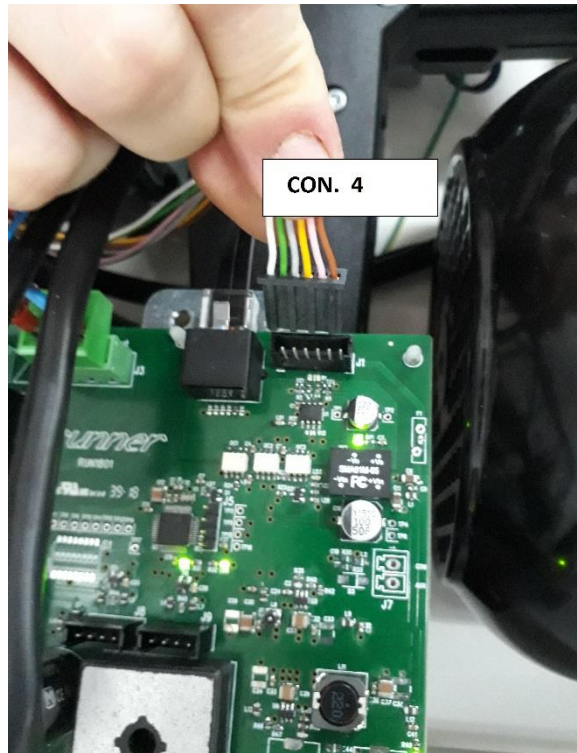


- 7) Using an 8mm allen key, screw lightly 3 screws M10x40 for each side to fix the upper treadmill parts (handrail/console panel/side frames) to the treadmill frame;



8) Join the five connectors CON. 8, 9, 5, 4 e 6;





- 9) Re-install the plastic motor cover laying it on the frame motor box and pushing it smoothly forward the front side in way that the inner slot be tucked into the hook fixed in the front side of the treadmill.
- 10) Using a star screwdriver, screw the two side M6x16 inox screws to fix the plastic motor cover to the treadmill frame.

1.4. Instructions for assembling the RUN7410 series treadmills

If the treadmill is consigned with low case, it's necessary to assemble it.

The lower part of the treadmill is fully mounted while handrail/console panel are fixed to side frame parts.

Assembling operation must be done by two persons.

Instruction:

- 1) Open the carton or wooden case taking off all protections.
- 2) Take off all parts lying on treadmill running belt;
- 3) Lift with one hand the front part of the treadmill to take off the two wooden fragments and push forward the back side of lower part of the treadmill using the front wheels to let it slowly down from the pallet.
- 4) Using a star screwdriver, unscrew the two side M6x16 inox screws that fix the plastic motor cover to the frame.
- 5) Lift softly of about 2 cm the plastic motor cover, pull it towards the running belt and take it off.
- 6) Using a 17mm spanner, screw lightly 4 screws M10x50 for each side to fix the upper treadmill parts (handrail/console panel/side frames) to the treadmill frame;



- 7) With the help of the second person, insert in the left side frame the electric wires (coming from console panel) and thread them in the hole of the motor box frame without squashing or pinch them;

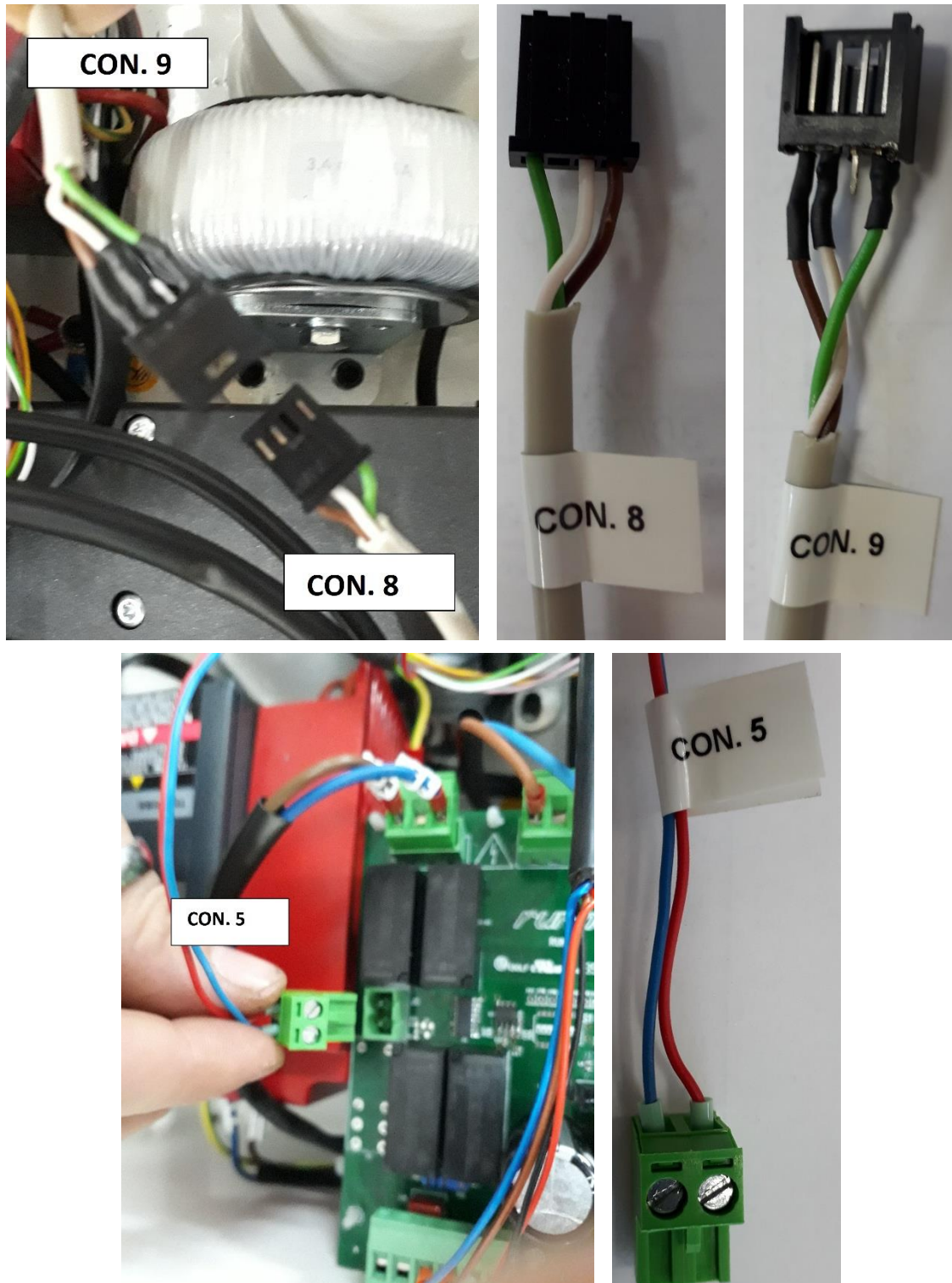
Be careful to avoid any squashing or pinching of electric cables.

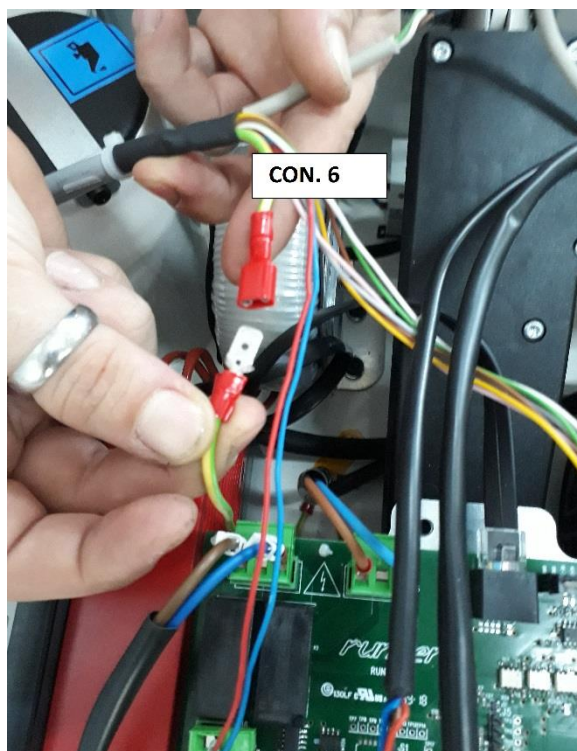
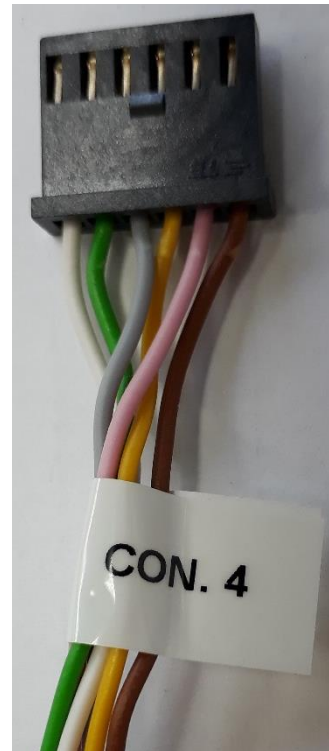
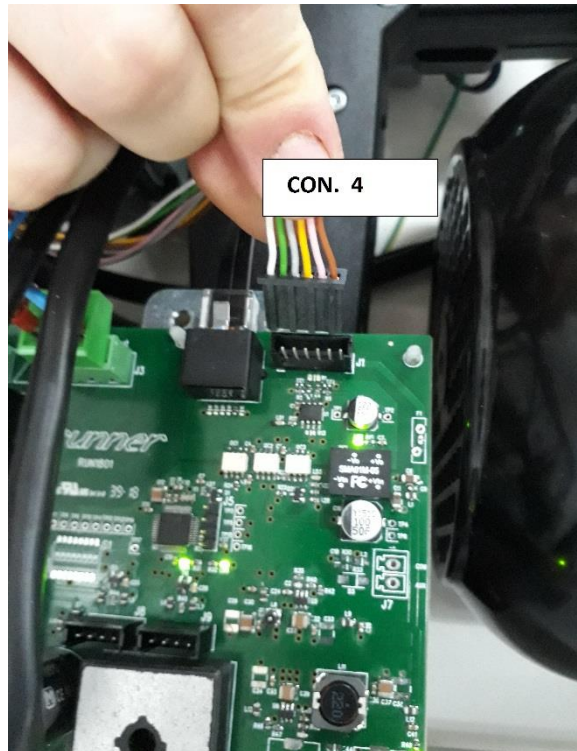


- 8) Using a 5 mm allen key, screw 4 screws M8x20 to join the handrail to the left and right side frames;



9) Join the five connectors CON. 8, 9, 5, 4 e 6;





10) Using 17mm spanner, tighten 4 screws M10x50 for each side to fix the side frames;



- 11) Re-install the plastic motor cover laying it on the frame motor box and pushing it smoothly forward the front side in way that the inner slot be tucked into the hook fixed in the front side of the treadmill.
- 12) Using a star screwdriver, screw the two side M6x16 inox screws to fix the plastic motor cover to the treadmill frame.

1.5. Instructions for assembling RUN2011T treadmill

If the treadmill is consigned with a low case, it's necessary to assemble it.

The lower part of the treadmill is fully mounted while it's necessary to assemble the long size handrails and front handrail with emergency stop button.

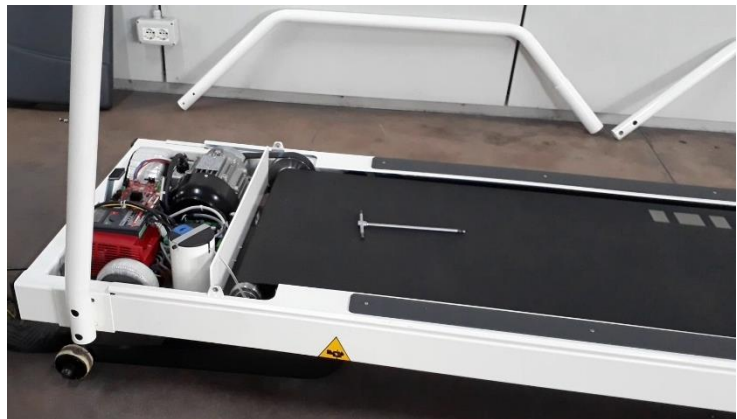
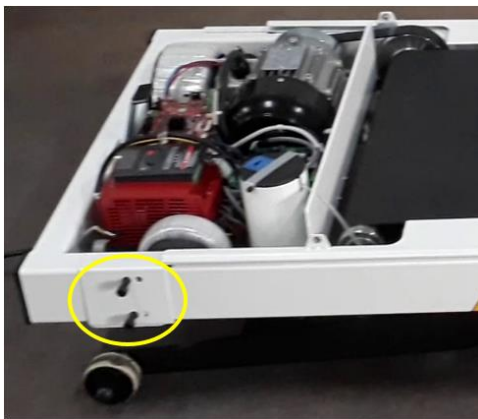
Assembling operation must be done by two persons.

Instruction:

- 1) Open the carton or wooden case taking off all protections.
- 2) Take off all parts lying on the treadmill running belt.
- 3) Lift with one hand the front part of the treadmill to take off the two wooden fragments and push forward the back side of lower part of the treadmill using the front wheels to let it slowly down from the pallet;



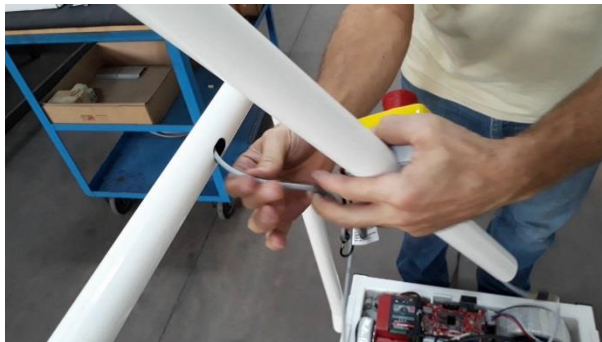
- 4) Using a star screwdriver, unscrew the two side M6x16 inox screws that fix the plastic motor cover to the frame.
- 5) Lift softly of about 2 cm the plastic motor cover, pull it towards the running belt and take it off.
- 6) Unscrew from the front frame left side the two screws M8x30, join the fore left handrail to the treadmill frame and screw lightly the two screws;



7) Do the same operation of point 6) to join the fore right handrail to the treadmill frame;



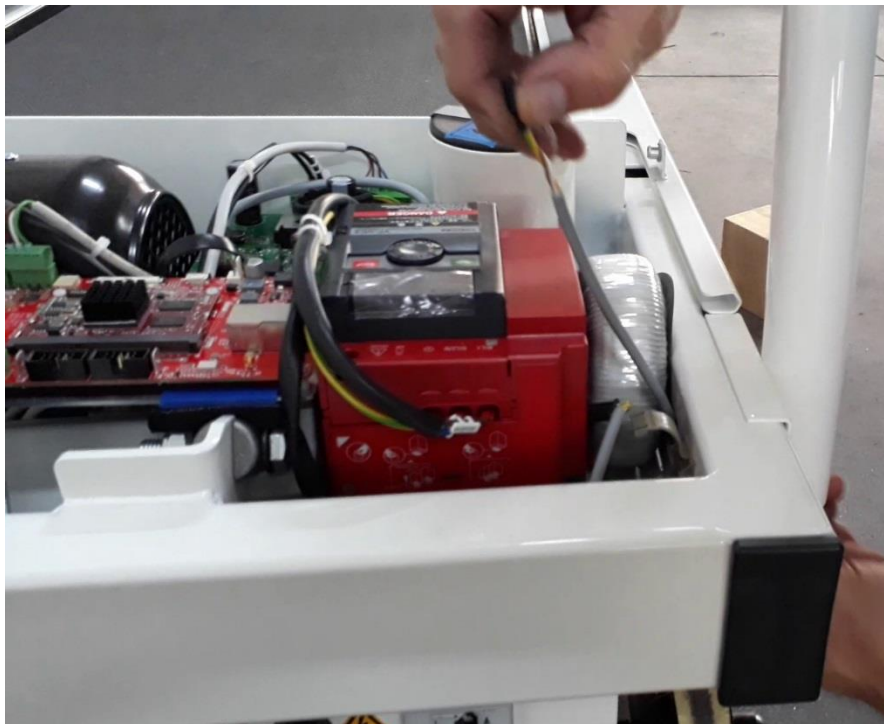
8) Unscrew the two screws M8x60 from the front handrail, thread the cable in the hole of fore left handrail and join the front handrail to the fore left/right handrails with two screws;



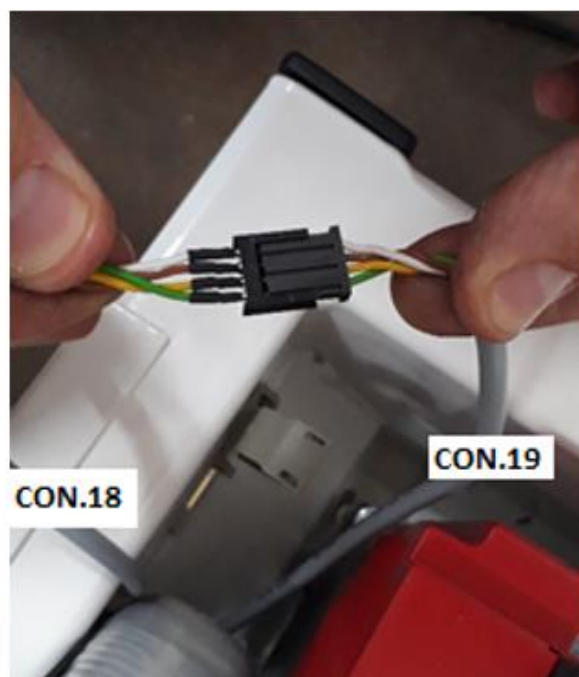
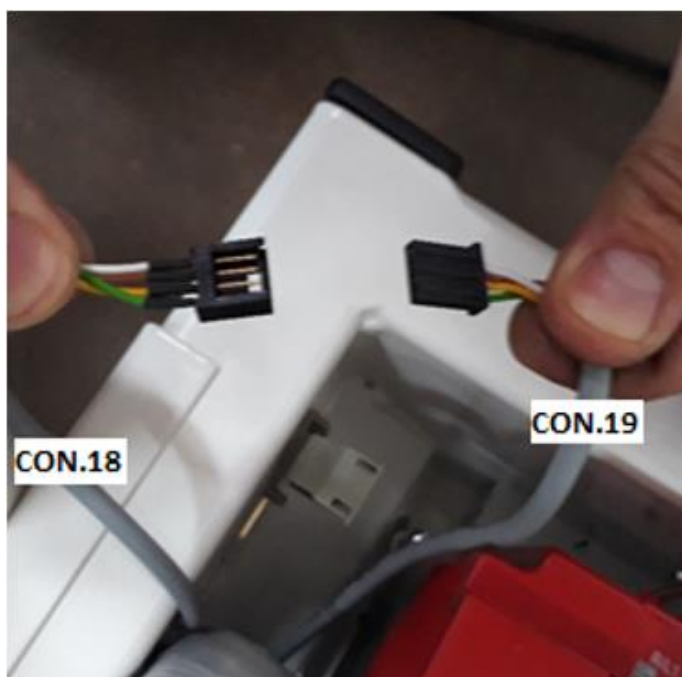
- 9) Join the rear left and right handrails to the fore left and right handrails fixing them with two screws M8x30 and two screws D.4.2x16;



- 10) Enter the grey cable coming from fore left handrail in the hole of the motor box;



- 11) Join the cable with the black connector MOD2 4 ways male (CON.18) to the cable MOD2 4 ways female (CON.19) inside the motor box;



- 12) Re-install the plastic motor cover laying it on the frame motor box and pushing it smoothly forward the front side in way that the inner slot be tucked into the hook fixed in the front side of the treadmill.
13) Using a star screwdriver, screw the two side M6x16 inox screws to fix the plastic motor cover to the treadmill frame.

1.6. Instructions for assembling RUN7410T treadmill

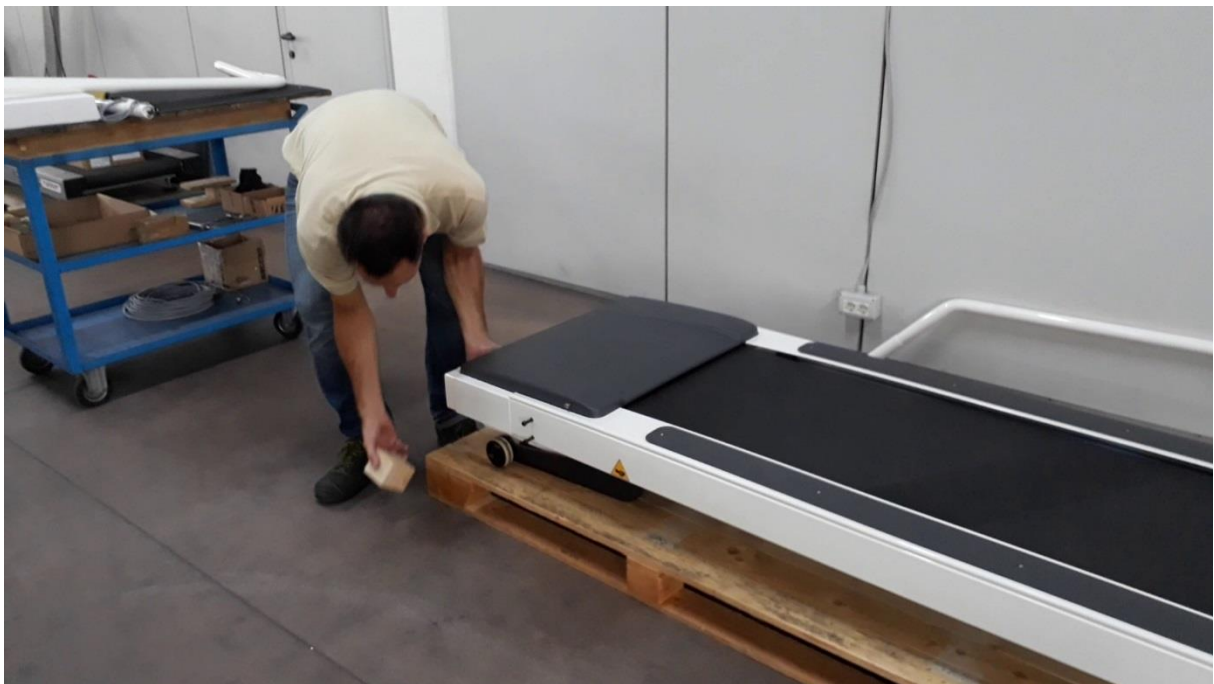
If the treadmill is consigned with a low case, it's necessary to assemble it.

The lower part of the treadmill is fully mounted while it's necessary to assemble the long size handrails and front handrail with emergency stop button.

Assembling operation must be done by two persons.

Instruction:

- 1) Open the carton or wooden case taking off all protections.
- 2) Take off all parts lying on the treadmill running belt.
- 3) Lift with one hand the front part of the treadmill to take off the two wooden fragments and push forward the back side of lower part of the treadmill using the front wheels to let it slowly down from the pallet;



- 4) Using a star screwdriver, unscrew the two side M6x16 inox screws that fix the plastic motor cover to the frame.
- 5) Lift softly of about 2 cm the plastic motor cover, pull it towards the running belt and take it off.

- 6) Unscrew from the front frame left side the two screws M8x30, join the fore left handrail to the treadmill frame and screw lightly the two screws;



- 7) Do the same operation of point 6) to join the fore right handrail to the treadmill frame;



- 8) Unscrew the two screws M8x60 from the front handrail, thread the cable in the hole of fore left handrail and join the front handrail to the fore left/right handrails with two screws;



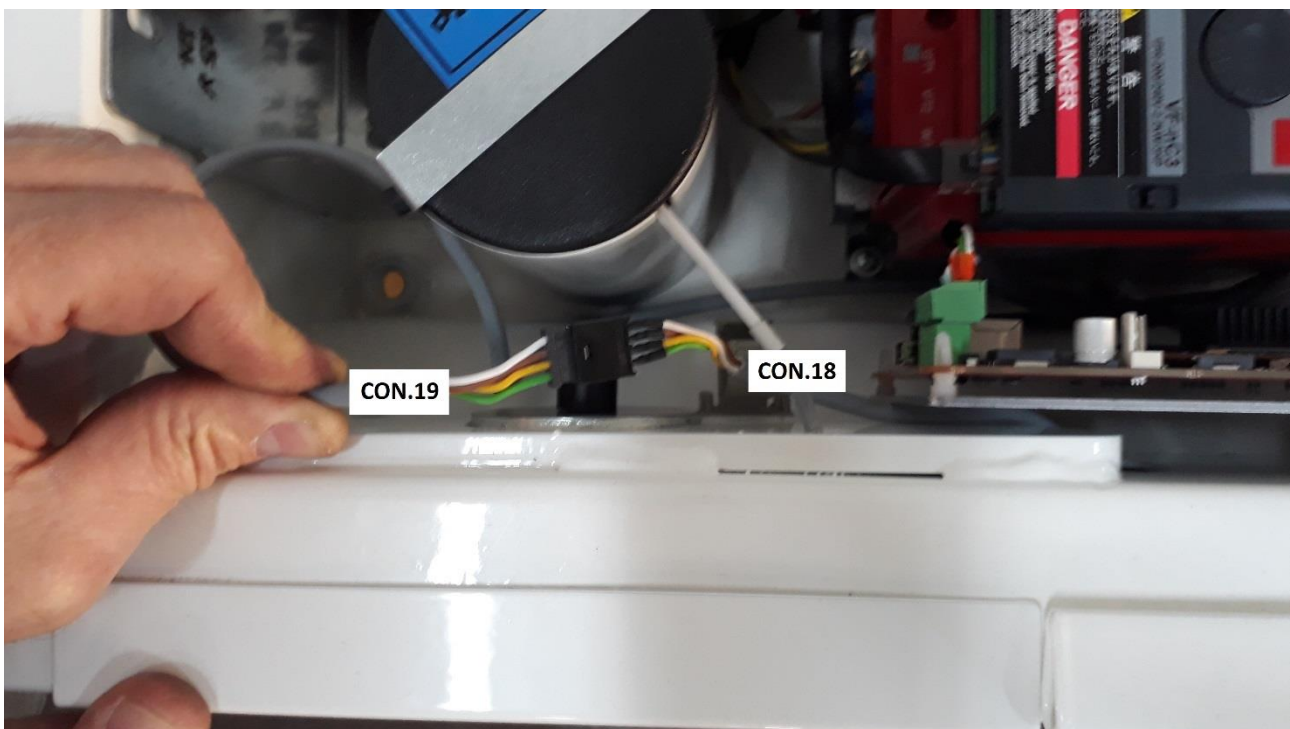
- 9) Join the rear left and right handrails to the fore left and right handrails fixing them with two screws M8x30 and two screws D.4.2x16;



10) Enter the grey cable coming from fore left handrail in the hole of the motor box;



11) Join the cable with the black connector MOD2 4 ways male (CON.18) to the cable MOD2 4 ways female (CON.19) inside the motor box;



12) Re-install the plastic motor cover laying it on the frame motor box and pishing it smoothly forward the front side in way that the inner slot be tucked into the hook fixed in the front side of the treadmill.

13) Using a star screwdriver, screw the two side M6x16 inox screws to fix the plastic motor cover to the treadmill frame.



2. HOW TO USE AND KEEP THE MANUAL

2.1. Consegnee

Keep this manual in safety place near the machine; please read it completely before turning on the machine in order to allow a safety using. It's also a valid instrument for service people because it shows the correct operations to be followed for good maintenance of the medical device.

2.2. Aim

The info written in this manual are for best using of the machine, for knowing its technical characteristics and for giving instruction about transport, moving, installation, mounting, regulation, maintenance, spare parts request and risks. The manufacturer kindly asks to the user to read this manual completely before any operation.

2.3. Using limits

This manual is projected and made to give to the user instructions, indications and warnings for knowing well the machine, for understanding the using limits and for being informed in the best way for a safety use. It must be considered part of the medical device and it must be kept till the final destruction of the machine.

2.4. How and where keeping the manual

For a correct manual keeping, it must be kept near the machine in safety and dry place sheltered from dust and sun. It must always be ready for consulting under request of anybody. This manual is given in paper sheets and, only if requested, in electronic file.

2.5. Updating, integration and substitution

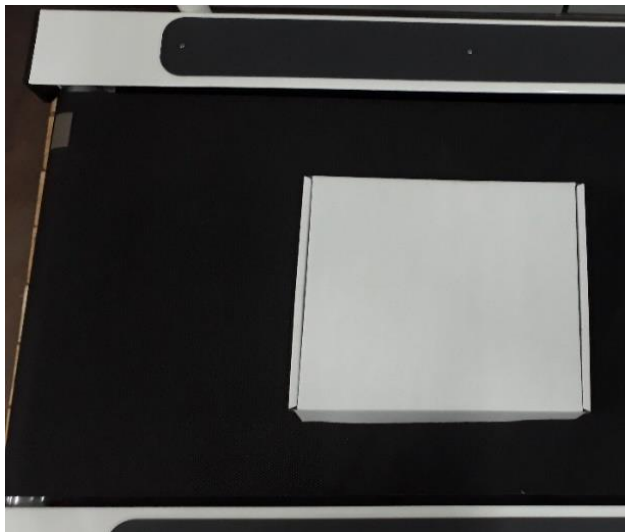
If the manual is damaged or lost, ask for it to the manufacturer referring to the Code written in paragraph 1.2. The manufacturer informs that the manual shows the technical info at the moment of machine sale and it cannot be considered inadequate only for updating made on the basis of new knowledge. The manufacturer keeps the right to update the production and the manual, without any obligation to update previous machines or manuals except for safety and health care of users and things. In case of manual updating, the client can make it request to the manufacturer as part of the original. In case the client sells the machine, he is invited to inform the manufacturer about the name and address of the new owner for keeping the traceability of medical device.

2.6. Equipment

Inside the carton/wooden case packing of the treadmill there is a white carton box containing MD equipment.

Content:

- Instruction manual
- RS232 cable
- 1 star screwdriver
- 1 13-17 mm spanner
- 1 30-32 mm spanner
- 1 5 mm allen key
- 1 8 mm allen key (range RUN2011/T-PC)
- 1 10 mm allen key (range RUN7410/T-PC)
- 1 6 mm allen key (RUN2011T, RUN7410T)
- USB key (RUN2011T, RUN7410T)





3. IMPORTANT SAFETY INSTRUCTIONS

3.1. Incorrect or unforeseen use

The treadmill needs to have particular attention to EMC (Electromagnetic Compatibility) and must be installed in conformity to EMC info as follows. Mobile phones can disturb the correct functioning of MD. The treadmill cannot be turned on without or unconnected safety devices (protection covers, emergency stop, etc ...) because of electric risks. The treadmill must be used only in levelled position to avoid crushing or capsizing risks.

Before turning on the Medical Device read entirely the following suggestions checking that being satisfied all following conditions:

- Please read this manual completely before turning on the treadmill in order to allow a safety using.
- The machine must operate in stable or levelled position otherwise the belt could have uncontrolled shifts.
- Neither touch nor put the hands near the moving parts of operating machine.
- Use the side handles only at the beginning or at the end of use or when you push the red Stop button or Stop key.
- Do not turn on the machine near children or pets.
- The machine can be used by one user only at a time.
- Properly dress and suitable shoes are suggested during utilization. Be careful of shoes with strings, scarfs, etc... because they could be dangerous for user.
- Neither tread nor brake with your feet when the machine is functioning but walk or run following the speed of the belt.
- Do not use the machine in the garden or in a damp environment.
- In case of troubles, please contact the authorized dealer or manufacturer. Not authorized repairing attempts make guarantee invalid.
- Take off the plug before starting any maintenance or assembling operation.
- Do not clean the belt under running water.
- Consult with your doctor before starting an exercise program.
- In case of vertigo, sick or other abnormal symptoms during the use, stop the training and consult a doctor before continuing.
- People with asthma should carefully follow the doctor's instructions..
- The use of gloves with non-slip properties is required.
- At the end of the training let your body rest until heart-beats are normal again. NEVER stop suddenly but gradually slow down.
- The handbook shall always be available near the machine to be consulted by user.
- Make sure there are required spaces to reach and handle the machine, for maintenance and cleaning as well; do not put the motor close to heat sources and let it receive a steady ventilation.
- **WARNING:** To avoid the risk of shock, this device must be connected only to power supply with electrical grounding.



3.2. Machine handling

Machine shift can be done by at least two persons authorized by the manufacturer or customer, as per contractual agreement. The wheels on the machine pantograph are used for treadmill elevation. Do not use them to move the machine but only for the first installation.

It can be made by authorized people from producer or client, as per sales agreements. Before any handling, the handlers must carefully read the manual following the instructions written on it. The machine is sold by manufacturer on wooden pallet to be moved with appropriate fork-lift:

- Gross weight **230 kgs** with packing and pallet for model range RUN7410/T-PC;
- Gross weight **320 kgs** with packing and pallet for model range RUN7410/TJ XL-PC;
- Gross weight **260 kgs** with packing and pallet for model range RUN7411/T-PC;
- Gross weight **210 kgs** with packing and pallet for model range RUN2011/T-PC.

Do not swing the pallet to avoid the machine fall to the ground or capsize.

3.3. Instructions for rae waste

(Waste of electric and electronic parts)



The symbol as above put on the machine means that this waste must be separately thrown bringing it to a waste centre or to the reseller.



3.4. Instructions for installation

The treadmill can be sold fully mounted (high carton/wooden case packing) so you can put it down from pallet lifting and pushing the back side of the treadmill otherwise it can be sold partially mounted (low carton/wooden case packing).

In the first case follow the indications before its connection to the power supply system:

- Lift the treadmill in the back side and use the front wheels to move it;
- Check the machine be well steady on the floor regulating the rear feet (see 3.9 how to stabilize the treadmill) to avoid the user's falling and capsizing;
- Read 3.7 chapter for connection to power supply and 3.10 chapter for running belt centring if necessary.

In the second case, read service manual or enclosed instruction and follow the indications before its connection to the power supply system:

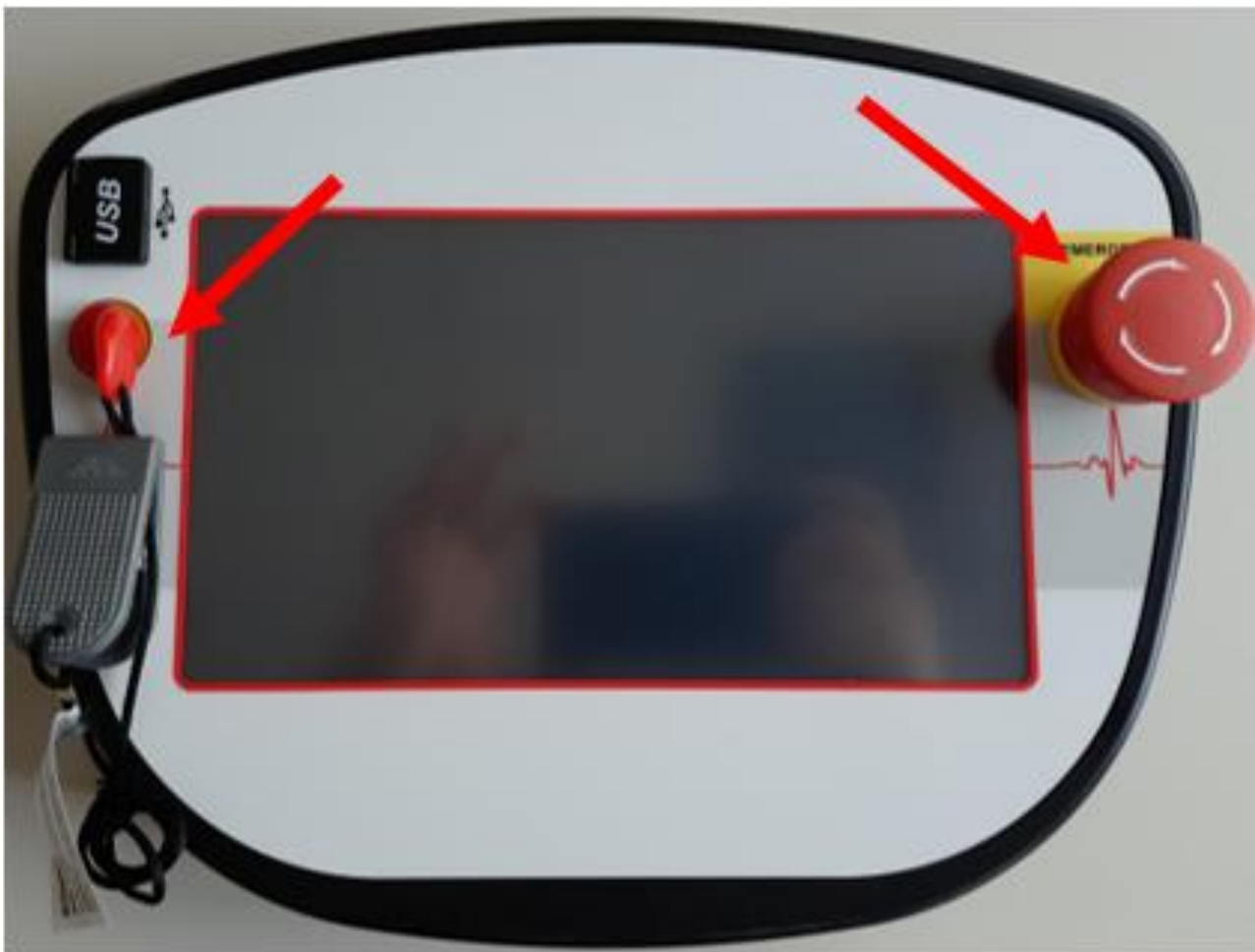
- Lift the treadmill in the back side and use the front wheels to move it;
- Check the machine be well steady on the floor regulating the rear feet (see 3.9 how to stabilize the treadmill) to avoid the user's falling and capsizing;

Before treadmill's connection to the power supply system please check that the power supply system is as required on machine label (see 3.7 chapter electric requirements) and check the machine is well steady on the floor regulating the rear feet (see 3.9 chapter how to stabilize the treadmill) to avoid the user's falling and capsizing. Before turning on the treadmill please check:

the safety key is well connected to the console panel and the emergency red stop button is released (see chapter 4.4); the treadmill electric cable is well connected to a single wall socket;

the magnet-thermal on/off switch in the front part of the treadmill is on (red color);

the space under the treadmill is free from people, parts of the body or objects (treadmill goes down for self-lubricating operation and motor/running belt runs).





3.5. Safety parts

Safety parts and devices as:

- Emergency red button/emergency rope;
- Magnet-thermic on/off switch

do not need any intervention by the user for their calibration but he only must check they are installed and complete. The user must also check, when it is possible, their correct functioning.

3.6. First starting

Everybody can use the machine only after the complete manual reading, following the instructions written on it. In case of any doubt please contact the manufacturer, whose address is in the section 1 for the manual. The user cannot use the machine under the effect of drugs, alcohol or other foodstuffs that can compromise the normal level of attention, feeling and reaction. The machine cannot be used without safety parts and devices well mounted or not efficient because they could create electric risks.

3.7. Electric requirements

Connect the machine to 220~240 Volt electric circuit, frequency 50~60Hz, with plug to hearth of minimum 12 Ampere for range RUN7410/T-PC RUN7411/T-PC treadmills or 10 Ampere for range RUN2011/T-PC treadmills. Range RUN7410/T-PC RUN7411/T-PC treadmills at normal functioning absorb 2000 VA about, the range RUN2011 PC/T treadmills at normal functioning absorb 1500 VA about.

Every machine has its electric wire and plug. The plug must be connected to a socket correctly installed on the basis of local laws.



Avoid connecting the treadmill connected via serial to a PC/ECG to an electrical system that does not comply with the above mentioned characteristics in order not to damage the RS232 serial chip of the treadmill, thus making it no longer controllable by the PC/ECG.

If you need to connect the treadmill and the PC/ECG to an electrical system whose suitable characteristics are not known, it is advisable to connect both to a 1700VA UPS unit.

It is also recommended to connect an external opto-isolator serial cable between the PC/ECG and the Runner's serial cable.



3.8. Warehousing, working place

Warehousing must be done at:

- Temperature: da -5°C a $+40^{\circ}\text{C}$
- Moisture: da 20 % a 90 %.

The working place must be at:

- Temperature: da $+5^{\circ}\text{C}$ a $+30^{\circ}\text{C}$
- Moisture: da 20 % a 90 %.

If the treadmill is transported or stored with temperature below 0°C and then positioned into the working place with above mentioned temperature, please wait about 1 hour before turning it on in order to avoid the console thermic shock.

The machine cannot be used outdoor and in rooms with fire or explosion risk. The user must be in front of machine console. The ambient conditions cannot create uneasy situations (noise, high beam lights, etc...) or physical and psychical stress to the user. Before installing the machine please calculate the minimum spaces around it necessary for turning around, cleaning, service and out of hot sources.



If the treadmill is operated in an environment with temperature and humidity characteristics different from those mentioned above, the electronic boards can be damaged by humidity and temperature causing corrosion/failure of the same.

3.9. How to stabilize the treadmill

Check the treadmill be on stable surface and, if necessary, adjust the rear feet after that block the two M20 bolts until stability is achieved.



3.10. How to center the running belt

The treadmill has a self-centering belt system. If the belt goes to right or left side, please control that the treadmill is well steady on the floor (see 3.9 how to stabilize the treadmill). To center the belt, use the left rear screw with moving of half a turn each time. Turning the screw rightwards, the belt will move rightwards while turning the screw leftwards the belt will move leftwards.



3.11. Best running belt tension

To obtain the best belt tension, put the treadmill at 5 km/h speed, hold the side handles and press the belt with feet stopping it with difficulty and feeling the front roller slipping. If the belt is easily stopped, it means that the belt is too loose and it must be tight; on the contrary if the belt cannot be stopped, it means that the belt is too tight and must be released. For belt tightening or releasing, turn the right and left rear screw with moving of half a turn each time. Keep the belt tight but not in tension.

TOO MUCH TENSION CAN MAKE THE BELT IRREPARABLE!



3.12. Inverter

Don't try to open the inverter flap damaging the security seal.

Never touch the inverter.

Inverter will completely turn off after 30 sec. the power supply cut-off.

Attention: warranty immediately stops if any service is made by not authorized people.





Inverter/console screen can show the following listed errors:

Code	Description	Code	Description
OC 1	Over-current during acceleration	Err 7	Output current detector error
OC 2	Over-current during deceleration	Err 8	Option error
OC 3	Over-current during constant speed operation	UL	Low current operation status
OC L	Over-current in load at startup	UP 1	Under voltage (main circuit)
OC A	Arm overcurrent at start-up	OL	Over-torque trip
EPH 1	Input phase failure	EF 2	Ground fault trip
EPH 0	Output phase failure	Et n	Tuning error*2
OP 1	Overvoltage during acceleration	Et 4P	Inverter type error
OP 2	Overvoltage during deceleration	E - 10	Analog input terminal overvoltage *2
OP 3	Overvoltage during constant speed operation	E - 13	Speed error*2



OL 1	Over-LOAD in inverter	OH2	External thermal
OL 2	Over-LOAD in motor	E - 18	Terminal input error
OL r	Dynamic breaking resistor overload trip*2	E - 19	Abnormal CPU2 communication
OH	Overheat	E - 20	V/f control error
E.	Emergency stop	E - 21	CPU2 fault
EEP 1	EEPROM fault	E - 26	CPU3 fault
EEP 2	Initial read error	OL 3	Main device over heat
EEP 3	Initial read error	E - 49	External power logic switching check alarm
Err 2	Inverter RAM fault	E - 50	Source logic switching check alarm
Err 3	Inverter ROM fault	E - 51	Sink logic switching check alarm
Err 4	CPU fault	Err 1	Auto tuning error
Err 5	Communication time-out error		

3.13. Fuse check or substitution

If the power board cod. RUN1801 doesn't turn on please check good condition of fuse  8AT, 250V (RUN7410/T-PC range – RUN7411/T-PC range) or fuse  5AT, 250V (RUN2011/T-PC range). The fuse inside the fuse holder is in the bottom part of front treadmill frame near the on/off switch. Turn counterclockwise the black cap of fuse holder and thread the fuse for substitution.





4. TREADMILL DESCRIPTION

4.1. Treadmill description

The treadmill is intended to be used as a valuable **stationary** machine for rehabilitation in medical and therapeutic activity as well as ergometric system for stress test, prepared for manual/automatic stand alone operation and controlled by digital electrocardiograph equipped with RS232 interface.

The treadmill has to be used indoor where is made rehabilitation activity for patients, adults and children over 16 years, with suspected or diagnosed cardiovascular or neurological conditions where stress test is required.

The treadmill is not intended for home use.

The treadmill is built with high quality materials and most innovative resources, allowing high performance in total silence and reliability.

It has a multifunctional touch screen digital console with view of:

Time (hh:mm:ss), Distance (km), Time to (km) , Calories (Kcal), Speed (km/h) and Inclination (%).

Model:	Speed (tolerance +/-5%)	Inclination (tolerance +/-5%)
range RUN7410	0 – 25	0 – 25 %
RUN7410/TJ XL-PC	0 – 20	0 – 25 %
range RUN7411	0 – 25	0 – 20 %
range RUN2011	0 – 20	0 – 22 % optional -3 / +19 %

4.2. User description

Identifies as an operator any patient who can make the medical device work, under the nurse, doctor or physiotherapist control.

Read this manual which is designed and prepared to provide all the instructions, directions, warnings needed by the user to know the machine, to understand its principles and operation limits and to be informed appropriately for safe use.

The manual should be read for the first time in full and consequential way and any information and warning must be understood and remembered cause it is not repeated at every opportunity as it is in the appropriate section.

For subsequent readings it will be enough to limit to the section of interest.

Operator's psycho-physical capabilities and conditions must be to fully understand the instructions written in this manual and on the machine in the form of signals, symbols, pictograms and writings.

The operator must not operate the machine is under the influence of drugs, alcohol or substances that nevertheless compromise the normal level of attention, perception and reaction.

In order to use the device correctly, the operator must position himself standing with his feet on the running belt and grab the handrails.



4.3. Treadmill uses

This Medical Device can be used as follows:

	RUN7410T RUN7410/T-PC RUN7411/T-PC	RUN7410/TR-PC RUN7411/TR-PC	RUN7410/TJ-PC RUN7410/TJ XL-PC RUN7411/TJ-PC
Remote use with RS232	X	X	X
Manual use		X	X
Time (count down)			X
Distance (count down)			X
Calories (count down)			X
Preset Profiles			X
Free profiles (customizable)			X
Test (fixed and customizable)			X

	RUN2011T RUN2011/T-PC	RUN2011/TR-PC RUN2011/TRO-PC	RUN2011/TJ-PC RUN2011/TJO-PC
Remote use with RS232	X	X	X
Manual use		X	X
Time (count down)			X
Distance (count down)			X
Calories (count down)			X
Preset Profiles			X
Free profiles (customizable)			X
Test (fixed and customizable)			X

4.4. Emergency

In case of emergency use the red emergency button to cut electricity for motion and motor machine immediate stopping. The treadmill has also a magnetic emergency stop (red magnet with rope and clip). Pushing the red emergency button the treadmill makes one beep per second to report the stop. Rotate clockwise the red stop button / re-install the red magnet in the yellow hole and push Reset Alarm key on display to release the emergency and unblock the motor.





5. SOFTWARE

The software version, except for updates, is released on 27.06.164.

After turning on, the treadmill automatically resets itself bringing the inclination to end run.

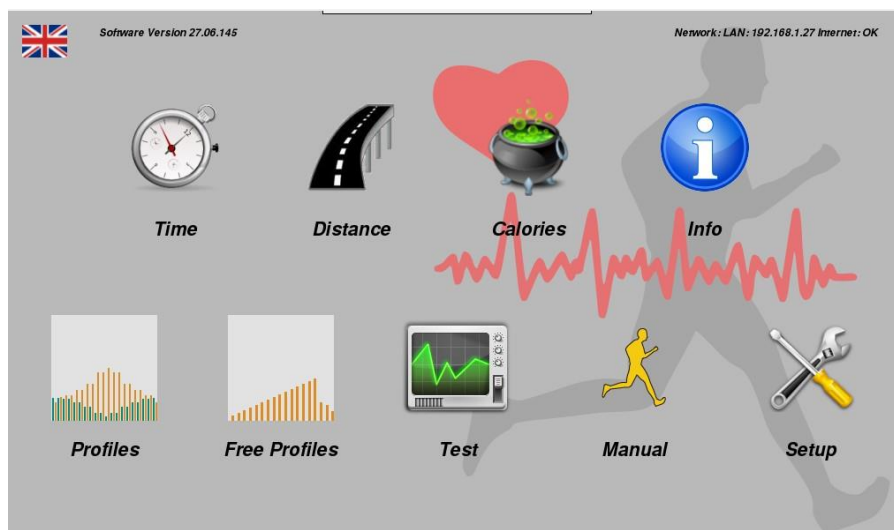
During this operation the oil-can under the motor cover sprays a little quantity of oil under the running belt. The belt runs at low speed for about 10 sec. At the end of self-lubrication operation, the running belt stops, the inclination goes to default value (see point 5.11 Setup) and the treadmill makes 3 beeps (2 short and 1 long) to inform that the treadmill is ready to be used.

WARNING: switch the machine on and off once a day unless used.



Self-lubrication after turning on

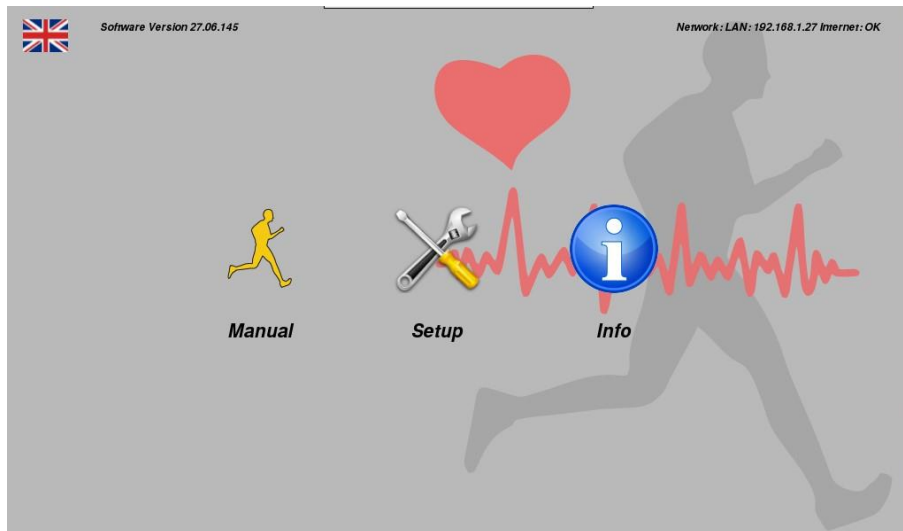
RUN2011/TJ-PC, RUN7410/TJ-PC, RUN7411/TJ-PC:



software license "J" complete of all operations

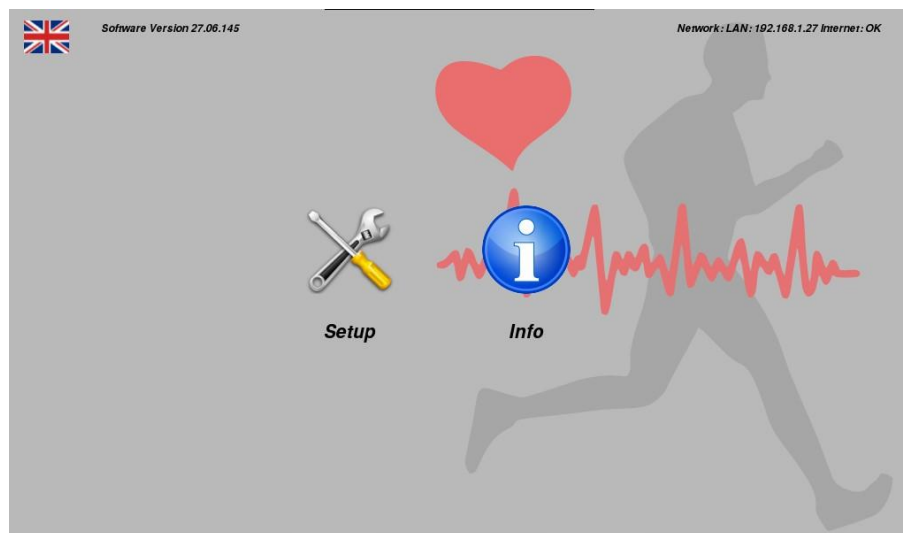


RUN2011/TR-PC, RUN7410/TR-PC, RUN7411/TR-PC:



software license “R” with only manual operation

RUN2011/T-PC, RUN7410/T-PC, RUN7411/T-PC:



software license “T” with only ECG remote control operation

N.B.: The **RUN2011T** and **RUN7410T** electric treadmills are for remote use only.



Conversion table of inclination unit of measurement from “%” to degrees “°”

%	degrees
5	3
10	6
15	9
20	11
25	14

5.1. Manual use

Set up the speed with +/- Speed keys, inclination with +/- Incline keys and push START key to start up the exercise. Hold on to the handrails for safety. Start walking/running slowly and increase the speed. After having achieved the optimal speed, go on walking/running for the requested time leaving the handrails; stop walking/running gradually for a few minutes to regularize the heartbeats.

Push Pause Key to stop gradually the treadmill and let down the inclination.

Then push Stop key to stop permanently the exercise.

Set up the personal data before starting the exercise to get the correct calculation of burnt calories (see 5.6 *Personal data*).

During the workout the touch screen console shows **time (hh:mm:ss)**, **distance (km)**, **time to (km)**, **calories (Kcal)**, **speed (km/h)** and **inclination (%)**.

Before pushing START Key the exercise can be blocked/unblocked in way that the machine repeats always this exercise (see 5.12 Lock/unlock menu).

Push in the middle of the workout graphic (see 5.11 Menu setup) to zoom (full screen);

Push in any part of the screen to return back.

The manufacturer has verified compatibility with Polar Bluetooth chest belt (BLE technology) (see paragraph 5.16 *Heart rate measurement with Polar BLE chest belt*).

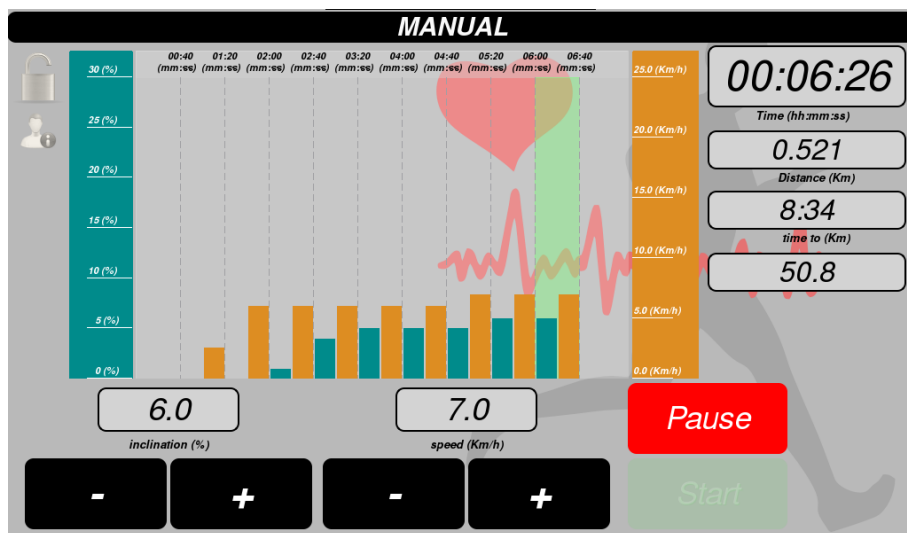
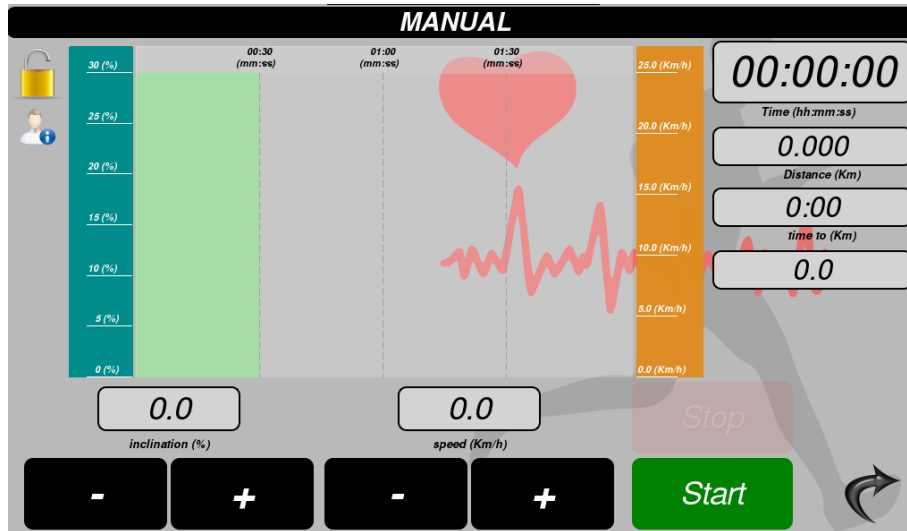
Push the black arrow to return back.



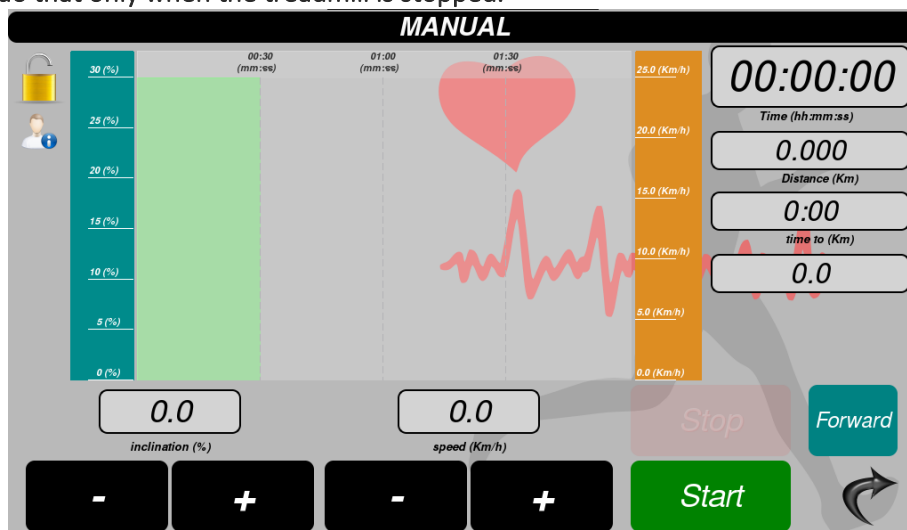
ATTENTION: If the icon with the oil can appears before pressing start and by pressing it a message opens indicating to check the lubrication status of the machine, get off the treadmill, raise the side of the running belt with your hand and check whether the center of the wooden table is well lubricated. In case the wooden table is dry, with silicone oil, spray on the wooden table for 15 sec. along its entire length on both the right and left.

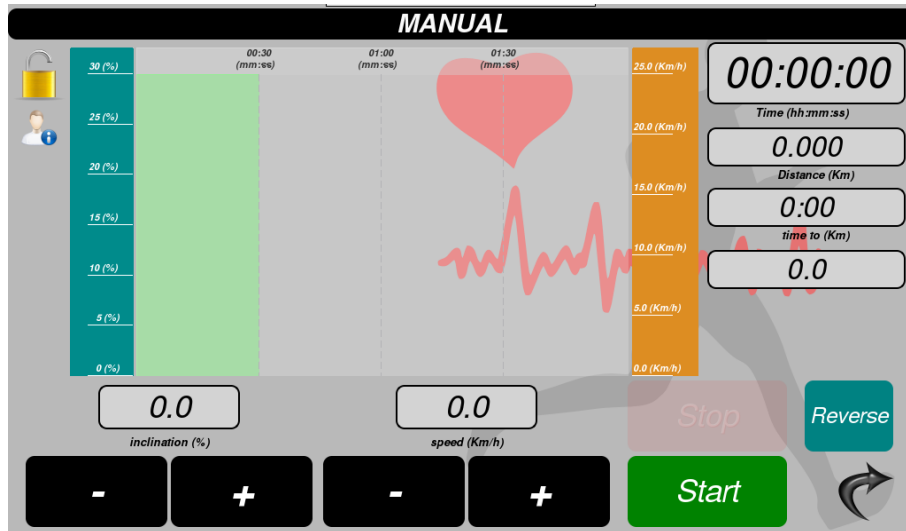
Then turn the treadmill on its own for at least 1 minute at a speed of 1 km/h to spread the oil.





In RUN7410/TJ-PC, RUN7411/TJ-PC and RUN2011/TJ-PC treadmills, pushing the light blue key Forward/Reverse, is possible to use the REVERSE speed (see 5.11 Menu setup) for a reverse walking/run. It's possible to do that only when the treadmill is stopped.





Pushing STOP key at the end of workout/untiring, it will be possible to see the exercise summary (see 5.15 Exercise data summary).

5.2. Time (RUN2011/TJ-PC, RUN7410/TJ-PC, RUN7411/TJ-PC)

It allows the user to do an exercise with a decreasing preset time. It's possible to set up the time and speed of warm up, cooldown and exercise. After pushing CONFIRM key you will start the warm up. At the end of warm up preset time, the machine will automatically start the exercise and at the end goes to cooldown. Use the black arrow to return back.



At the end of cooldown, the machine will show the exercise data (see 5.15 Exercise data summary).

5.3. Distance (RUN2011/TJ-PC, RUN7410/TJ-PC, RUN7411/TJ-PC)

It allows the user to do an exercise with a decreasing preset distance. It's possible to set up the time and speed of warm up, cooldown and exercise. After pushing CONFIRM key you will start the warm up. At the end of warm up preset time, the machine will automatically start the exercise and at the end goes to cooldown. Use the black arrow to return back.

EXERCISE PARAMETERS

Warm-up (mm:ss) - 0:00 + (Km/h) - 3.0 +

Cooldown (mm:ss) - 0:00 + (Km/h) - 3.0 +

Distance exercise (Km)

- 1.000 +

CONFIRM

At the end of cooldown, the machine will show the exercise data (see 5.15 Exercise data summary).

5.4. Calories (RUN2011/TJ-PC, RUN7410/TJ-PC, RUN7411/TJ-PC)

It allows the user to do an exercise for burning preset calories. Insert personal data (see 5.6 Personal data) for a correct calculation of calories. It's possible to set up the time and speed of warm up, cooldown and exercise. After pushing CONFIRM key you will start the warm up. At the end of warm up preset time, the machine will automatically start the exercise and at the end goes to cooldown. Use the black arrow to return back.

EXERCISE PARAMETERS

Warm-up (mm:ss) - 0:00 + (Km/h) - 3.0 +

Cooldown (mm:ss) - 0:00 + (Km/h) - 3.0 +

Calories exercise (KCal)

- 100 +

CONFIRM

At the end of cooldown, the machine will show the exercise data (see 5.15 Exercise data summary).



5.5. Info

Push Info key to see the machine manufacturer/ distributor data.

In the lower part, it also indicates:

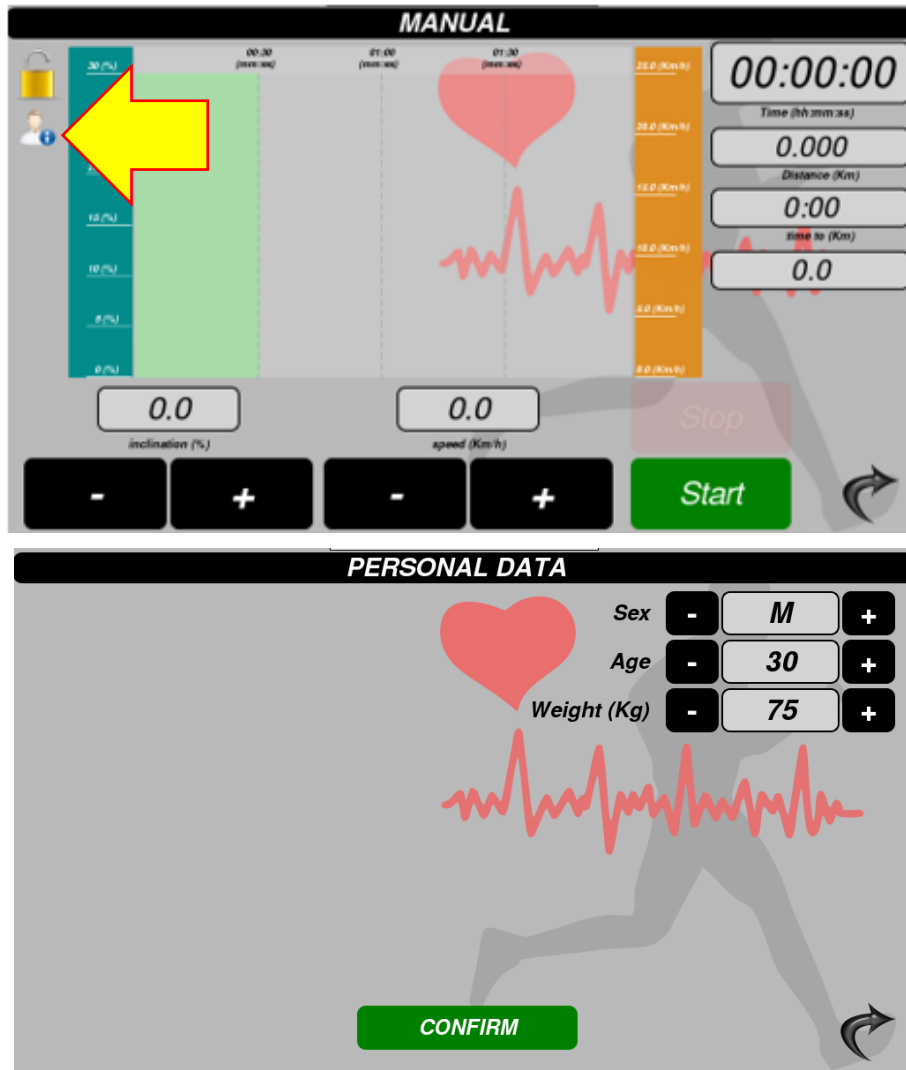
- the serial number of the machine (*Serial Number: 00000000*)
- hardware code of the PC mounted inside it (*HW: RUN: 54: 10: EC: BE: DA: 24*)
- the type of PC mounted inside (*IMX6*)
- the type of carpet set in the software (*RUN-7410-J*)
- the type of input protocol set in the software to be driven by an ECG (*Pin RUNNER - kmh*)



5.6. Personal data

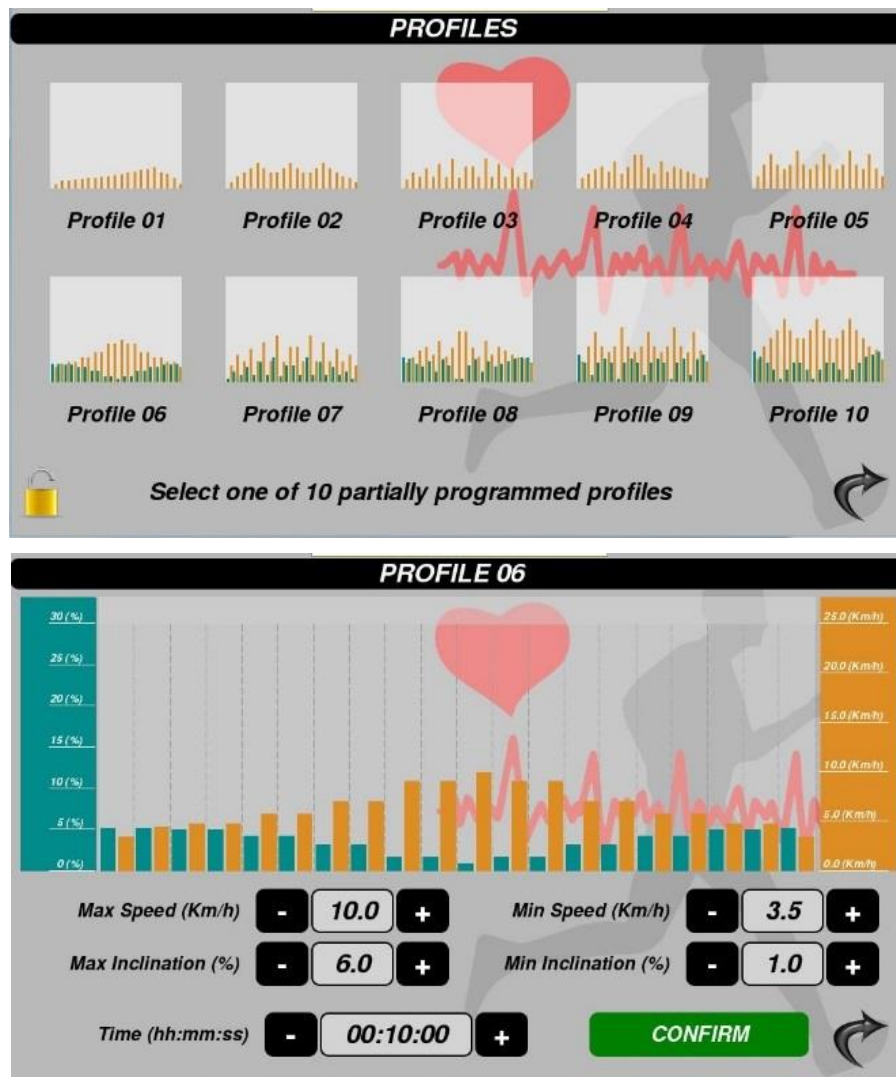
Before pushing **START** key to begin any exercise, push the key of man with light blue “i” to set up the personal data (sex, age, weight).

These values will be necessary to calculate correctly the burned calories and the Max Theoretical HB not to be exceeded during the exercise/test.



5.7. Profiles (RUN2011/TJ-PC, RUN7410/TJ-PC, RUN7411/TJ-PC)

It's possible to choose one of 10 preset profiles.



Then set up Speed max, Speed min, Inclination Max, Inclination Min and Time. Push **CONFIRM** key and START key. Use the black arrow to return back. During the exercise it's possible to change the Speed and Inclination values. The machine will calculate the new effort values for each step.

ATTENTION:

If the setup minimum inclination is bigger than maximum inclination, you will have an inclination increment opposite proportional to the speed increment.

If the setup minimum inclination is smaller than maximum inclination, you will have an inclination increment directly proportional to the speed increment.

These profiles give the perfect result of a mixed workout: periods of strong aerobic works mixed with lower ones.



Each of these 10 profiles consists of three phases:

- (1) **Warm up:** It gradually increases HB bringing them within the lowest value of the optimal heart rate.
- (2) **Interval Training:** It includes some hills of different intensity of effort.
- (3) **Cooldown:** This phase gradually slows down the heart rate by bringing it almost within the initial values and allowing the body to drain the lactic acid developed into the muscles due to the prolonged effort that may cause stiffness and cramps.

“Profile chart” is shown in the console display with the most and least intense stress levels that are faced during the exercise.

Effort levels, more or less intense, are simulated on display by bright orange columns for speed and green for inclination.

A green transparent column moves from left to right during training to indicate the current location. At the end of the exercise / cool down, the machine will stop gradually viewing the summary of exercise data (see paragraph 5.15 summary exercise data).

5.8. Free profiles (RUN2011/TJ-PC, RUN7410/TJ-PC, RUN7411/TJ-PC)

It's possible to recall or modify or create one of 100 free profiles.

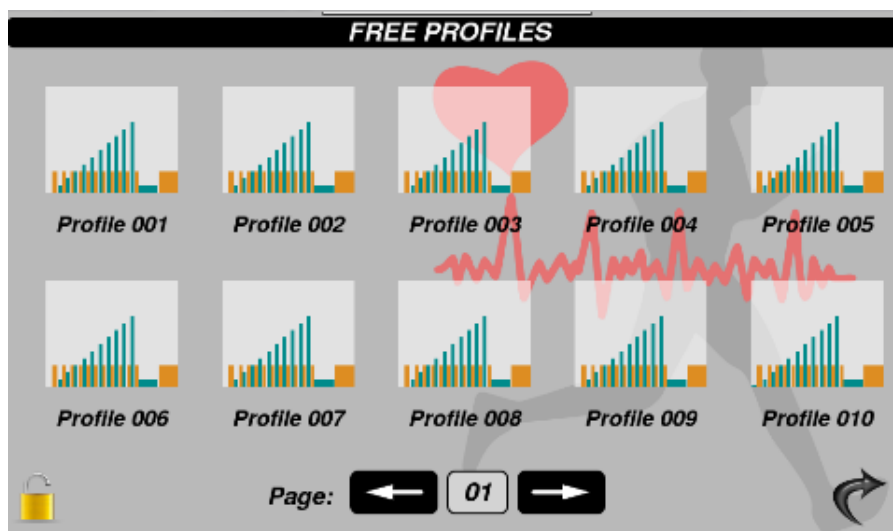
In outpatient heart patients walking at low speed with moderate frequent are promoted.

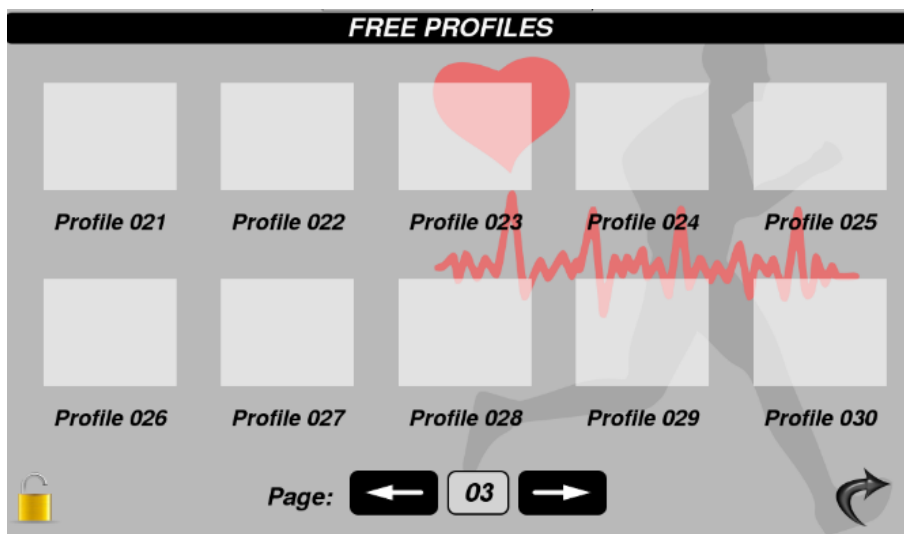
For patients who perform neurological rehabilitation recommended speeds can range from 1 to 3 km/h with average time of 30 minutes and sometimes with treadmill's light inclination.

Free profiles must be set by medical staff.

- 1) Touch the image of profile to **CHOOSE/MODIFY** one of 100 free profiles already loaded.

Push on empty profile image (white colour) to **CREATE** a new free profile.





2) **Enter / modify** the speed and inclination of the step highlighted by the green column.

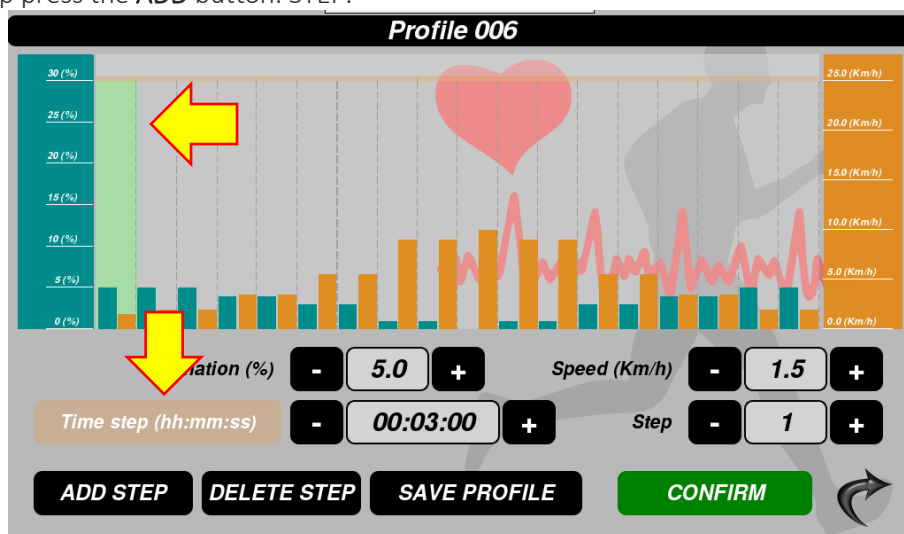
By pressing the orange button with white writing "**Time step (hh: mm: ss)**" you can change whether to set the step as a function of time (hh: mm: ss) or distance (km.mt).

Above the step you set, you will see a small orange (time) or green (distance) colored stripe that will indicate what kind of setting the step has.

To move from one step to another, press the **+/- Step** buttons.

To delete a step, press the **CANC** button. STEP.

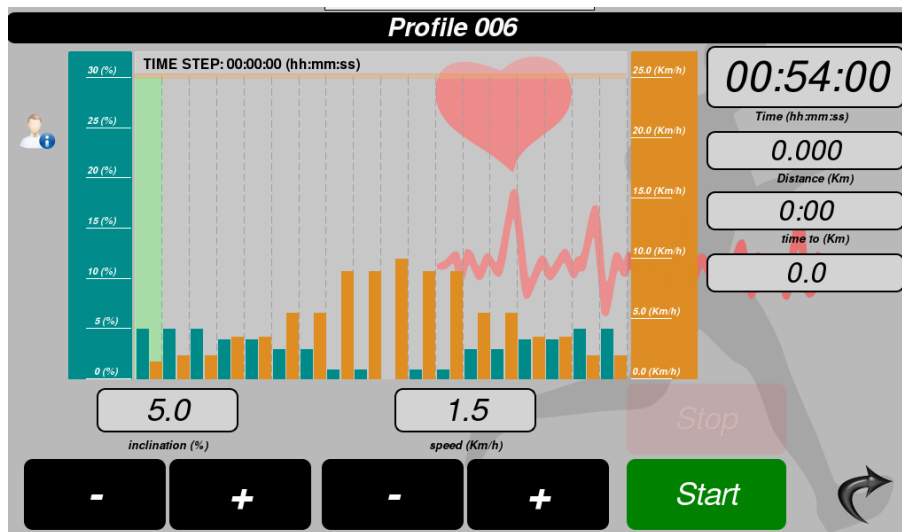
To add a step press the **ADD** button. STEP.



- 3) If after profile modifications **CONFIRM** key is pushed, these modifications will be not saved.
If **SAVE PROFILE** key is pushed before **CONFIRM** key, these modifications will be saved digit the password 58447. If after profile modifications **CONFIRM** key is pushed, these modifications will be not saved.
You can save the profiles with a minimum number of 1-step and a maximum number of 40 steps.
After password has been digit it's possible to change the name of free profile / test or to confirm the default name.

The image displays two screenshots of the Runner device's user interface. The top screenshot is titled 'PASSWORD' and features a numeric keypad with digits 1-0, a QWERTY keyboard, and a green 'OK' button. The bottom screenshot is titled 'TEST NAME' and shows a text input field containing 'Profile 006', the same keypad, and the 'OK' button. Both screens include a red heart rate line graphic on the right side.

- 4) During free profile / test execution, time or distance variable with count down will appear on the top of the graph



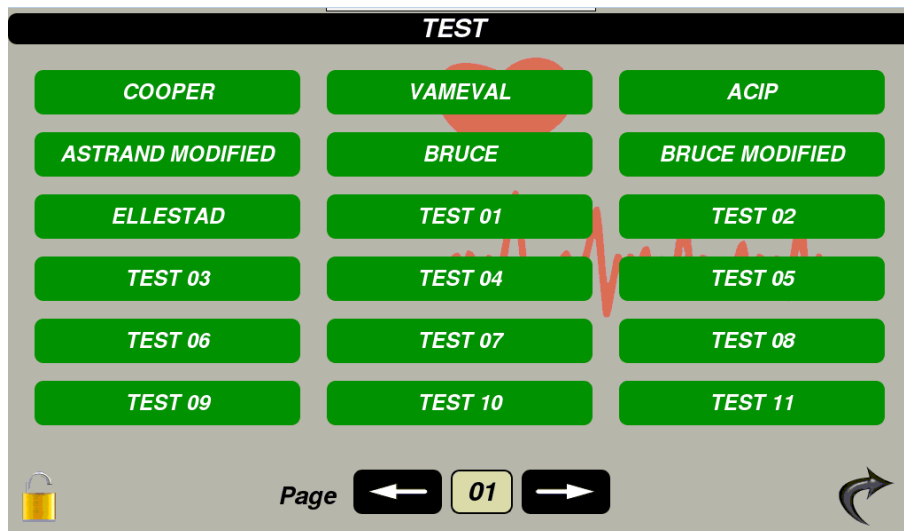
At the end of cooldown, the machine will show the exercise data (see 5.15 Exercise data summary).

It's possible to save or restore the Free Profiles on USB (see 5.11.3 Basic Setting).

5.9. Test (RUN2011/TJ-PC, RUN7410/TJ-PC, RUN7411/TJ-PC)

It is possible to perform / modify / set different TESTS on the machine, strictly with the assistance of a cardiologist with emergency equipment (defibrillator first aid kit with AMBU Kit), to check his / her fitness. In order to get the most reliable data, strictly follow these suggestions:

- Make the test approximately at the same time of the day;
- Sleep sufficiently during the night;
- Eat the last meal at least 3 hours before the test;
- Wear comfortable clothes;
- Avoid smoking, drinking coffee or alcoholic drinks, taking medicines that may affect the result of the test;
- Relax before starting the test;
- We suggest women doing test far from menstrual period.



COOPER Test

COOPER Test is an endurance test for sport. It's a 12 minutes run without any inclination at fastest constant speed to check the runner shape on the basis of his/her age and sex. The possible test results are Very well, Well, Normal, Bad and Very bad.

		Very well	Well	Normal	Bad	Very bad
13 - 14	M	2700+ m	2400 - 2700 m	2200 - 2399 m	2100 - 2199 m	2100- m
	F	2000+ m	1900 - 2000 m	1600 - 1899 m	1500 - 1599 m	1500- m
15 - 16	M	2800+ m	2500 - 2800 m	2300 - 2499 m	2200 - 2299 m	2200- m
	F	2100+ m	2000 - 2100 m	1900 - 1999 m	1600 - 1699 m	1600- m
17 - 20	M	3000+ m	2700 - 3000 m	2500 - 2699 m	2300 - 2499 m	2300- m
	F	2300+ m	2100 - 2300 m	1800 - 2099 m	1700 - 1799 m	1700- m
20 - 29	M	2800+ m	2400 - 2800 m	2200 - 2399 m	1600 - 2199 m	1600- m



	F	2700+ m	2200 - 2700 m	1800 - 2199 m	1500 - 1799 m	1500- m
30 - 39	M	2700+ m	2300 - 2700 m	1900 - 2299 m	1500 - 1899 m	1500- m
	F	2500+ m	2000 - 2500 m	1700 - 1999 m	1400 - 1699 m	1400- m
40 - 49	M	2500+ m	2100 - 2500 m	1700 - 2099 m	1400 - 1699 m	1400- m
	F	2300+ m	1900 - 2300 m	1500 - 1899 m	1200 - 1499 m	1200- m
50 +	M	2400+ m	2000 - 2400 m	1600 - 1999 m	1300 - 1599 m	1300- m
	F	2200+ m	1700 - 2200 m	1400 - 1699 m	1100 - 1399 m	1100- m

VAMEVAL test

VAMEVAL test is a test to calculate MAS (Maximum Aerobic Speed) increasing gradually the speed of 0.5 km/h every minute. This test is fit for all athletes.

BRUCE Test

BRUCE Test is the most common test used for stress test on treadmills to check patients with possible heart disease. This test must be done under the supervision of skilled medics.

The test starts with 2.7 km/h speed (1.7 mph) and of 0%. At three-minute intervals the inclination and speed increase (as shown in the table below). The test must be stopped when the patient / athlete cannot go on.

Duration (s)	Speed (km/h)	Incline (%)
180	2.7	0
180	2.7	5
180	2.7	10
180	4	12
180	5.4	14
180	6.7	16
180	8	18
180	8.8	20
180	9.6	20
180	3.8	0

BRUCE MODIFIED Test

BRUCE MODIFIED Test is a Bruce test with lower starting speed for old patient / athlete.

ASTRAND MODIFIED:

Duration (s)	Speed (km/h)	Incline (%)
180	5.0	0.0
120	5.0	2.0
120	5.0	4.0
120	5.0	6.0
120	5.0	8.0
120	5.0	10.0
120	5.0	12.0
120	5.0	14.0
120	5.0	16.0
120	5.0	18.0
120	5.0	20.0
600	5.0	2.0

ELLESTAND:

Duration (s)	Speed (km/h)	Incline (%)
180	2.7	10.0
120	4.8	10.0
120	6.4	10.0
120	8.0	10.0
120	8.0	12.0
120	9.6	15.0
120	11.2	17.0

**ACIP:**

Duration (s)	Speed (km/h)	Incline (%)
60	3.2	0.0
120	4.0	2.0
240	4.8	3.0
360	4.8	7.0
480	4.8	10.5
600	4.8	14.0
720	4.8	17.5
840	4.8	21.0
960	4.9	24.0
1080	5.4	24.0

CUSTOMIZABLE TESTS

Test_01...test_116 are tests to be created/modified as free profiles (see 5.9 free profiles).
 It's possible to save or restore the Free Tests on USB (see 5.13.3 Basic Setting).

5.10. Connection to ECG

Runner ergometers can be connected to ECG by **RS232 port** using the **RS232 cable** provided by **Runner Srl** with the machine.

RS232 serial port must be set with the following characteristics:

4800 Baud, No parity, 8 Data Bits, 1 Start Bit, 1 Stop Bit, Full Duplex operation.

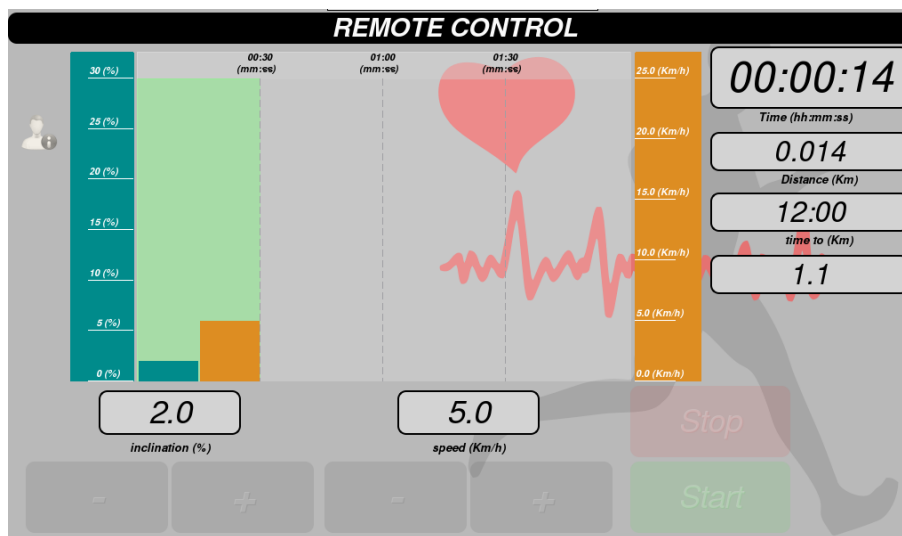
ECG must have *“Trackmaster”* communication protocol to control the treadmill.

Select protocol in the ECG setting.

“REMOTE CONTROL” will appear in the console panel during the treadmill’s remote control, excluding RUN2011T and RUN7410T.

A short beep will be heard when the treadmill is connected and the test starts.

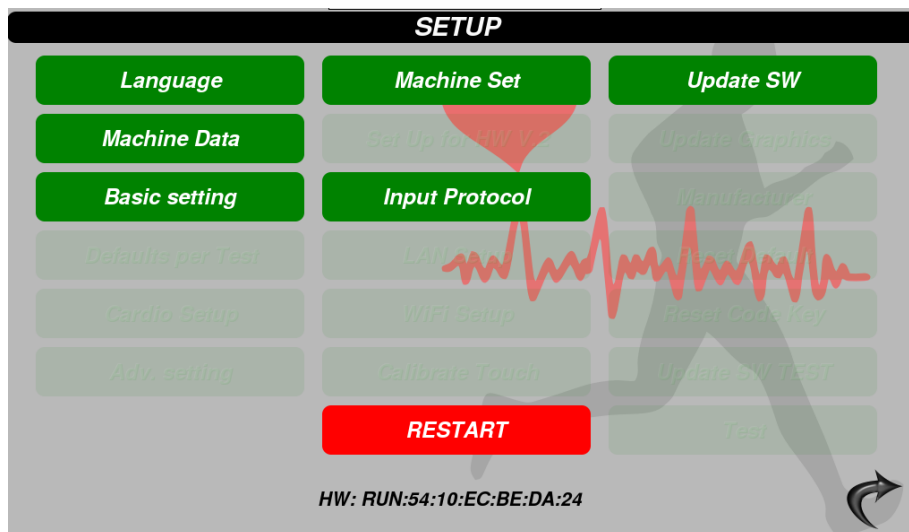
A long beep will be heard when the treadmill is disconnected.



RS232 serial port positioning

5.11. Setup

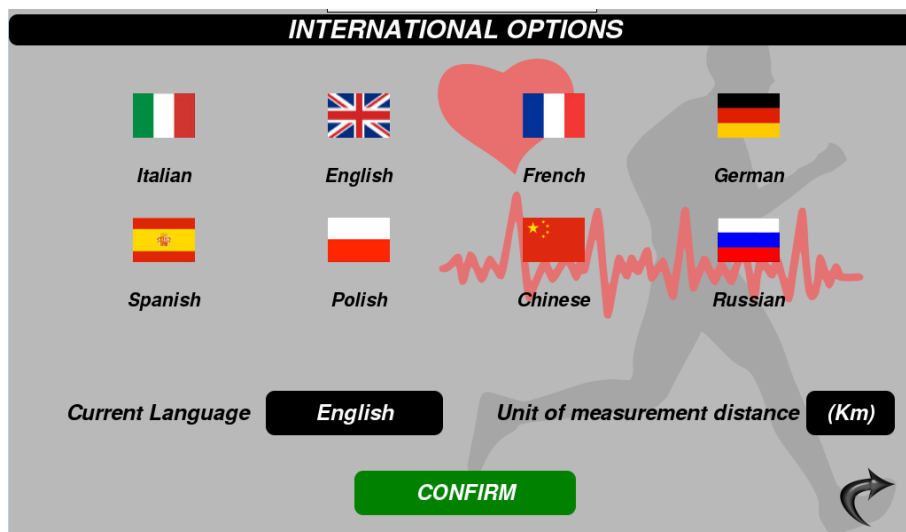
With password 58447 is possible to set up or change some parameters to improve the machine functions.



Use the black arrow to return back.

5.11.1 Language

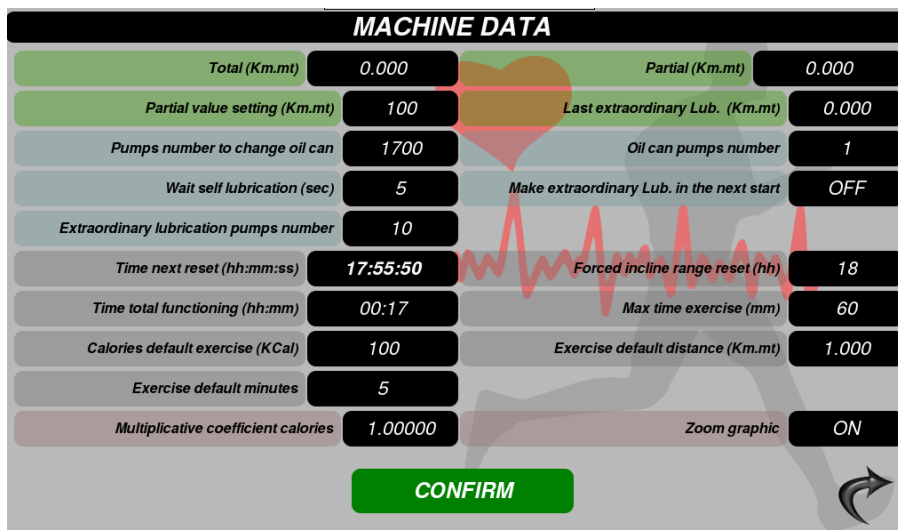
This menu gives the possibility to select the various languages of the texts among: **Italian, English, French, German, Spanish, Polish, Chinese** and **Russian**. It is also possible to set the unit of measurement for speed and distance between **kmh** and **mph**.



Use the black arrow to return back or push CONFIRM key to confirm the selection.

5.11.2 Machine Data

It's possible to see or set up some values as:



MACHINE DATA			
Total (Km.mt)	0.000	Partial (Km.mt)	0.000
Partial value setting (Km.mt)	100	Last extraordinary Lub. (Km.mt)	0.000
Pumps number to change oil can	1700	Oil can pumps number	1
Wait self lubrication (sec)	5	Make extraordinary Lub. in the next start	OFF
Extraordinary lubrication pumps number	10		
Time next reset (hh:mm:ss)	17:55:50	Forced incline range reset (hh)	18
Time total functioning (hh:mm)	00:17	Max time exercise (mm)	60
Calories default exercise (KCal)	100	Exercise default distance (Km.mt)	1.000
Exercise default minutes	5		
Multiplicative coefficient calories	1.00000	Zoom graphic	ON
<div>CONFIRM</div>			

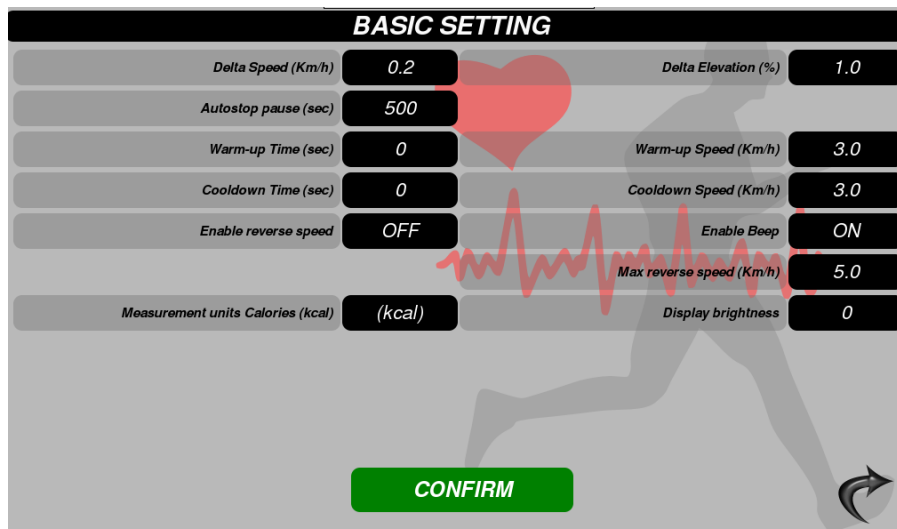
Total (km):	See the total km of machine;
Partial (km):	See the km made from last extraordinary lubrication;
Partial value setting (km):	See / set up the km when the treadmill must make the extraordinary lubrication;
Last extraordinary lub. (km):	See the km when the treadmill made last extraordinary lubrication;
Pumps number to change oil can:	Pumps number after that the oil can alarm turns on;
Oil can pumps number:	See / reset the oil can pumps number (one every turning on operation);
Wait self lubrication (sec):	Waiting time to make extraordinary lubrication operations;
Make extraordinary lub. in the next start:	If "ON" the treadmill makes an extraordinary lubrication in the next start even if the necessary km are not reached;
Extraordinary lubrication pumps number:	Number of oil pumps during the extraordinary lubrication;
Time next reset (hh:mm:ss):	Count down timer of inclination motor reset;
Forced incline range reset (hh):	Time after that the inclination motor makes an automatically reset, without moving the running belt, to cancel moving errors;
Time total functioning (mm):	See the time total functioning of machine;
Max time exercise (mm):	See / set up the maximum time of each exercise;
Calories default exercise (KCal)	See / set up the default calories to burn during exercise;
Exercise default distance (km)	See / set up the default distance of the exercise;
Exercise default minutes	See / set up the default minutes of the exercise;
Multiplicative coefficient calories:	See / set up the value to change the calories calculation;

Zoom graphic:	If "ON", touching the graphic during the exercise, you will see it wider while touching again the screen it will return small.
---------------	--

Use the black arrow to return back or push CONFIRM key to confirm the selection.

5.11.3 Basic setting

It's possible to see or set up some values as:

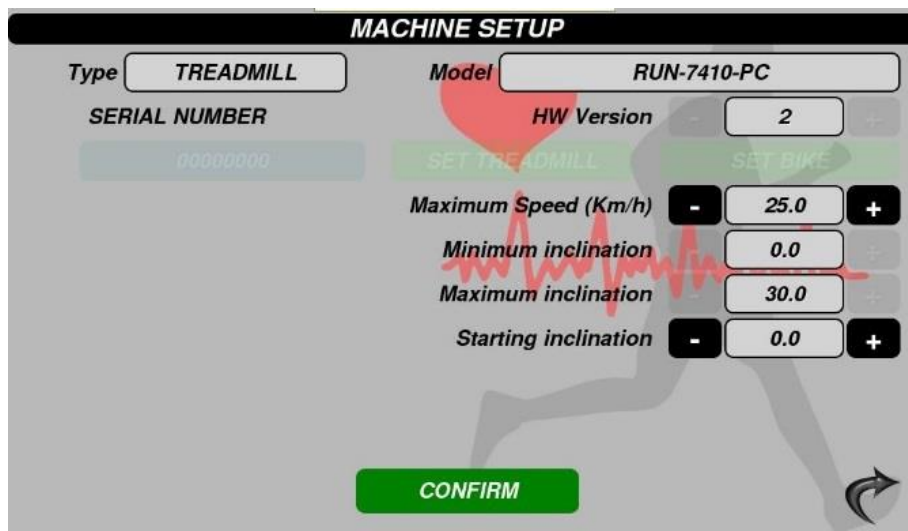


Delta Speed (km/h):	Speed increment pushing "+ speed" key;
Delta Elevation (%):	Inclination increment pushing "+ inclination" key;
Autostop pause (sec):	Reset time;
Warm-up time (mm:ss):	Warm up time;
Warm-up speed (km/h):	Warm up speed;
Cooldown time (mm:ss):	Cooldown time;
Cooldown speed (km/h):	Cooldown speed;
Enable reverse speed:	Enable/Un-enable the reverse speed;
Enable Beep:	Enable/Un-enable beep sound at key pressure;
Max reverse speed (km/h):	Max reverse speed value.
Measurement units Calories (Kcal):	Modifies the unit of measurement of calories from Kcal to KJ;
Display brightness	Setting the display brightness;

Use the black arrow to return back or push CONFIRM key to confirm the selection.

5.11.4 Machine Set

It's possible to see or set up some machine data or parameters:

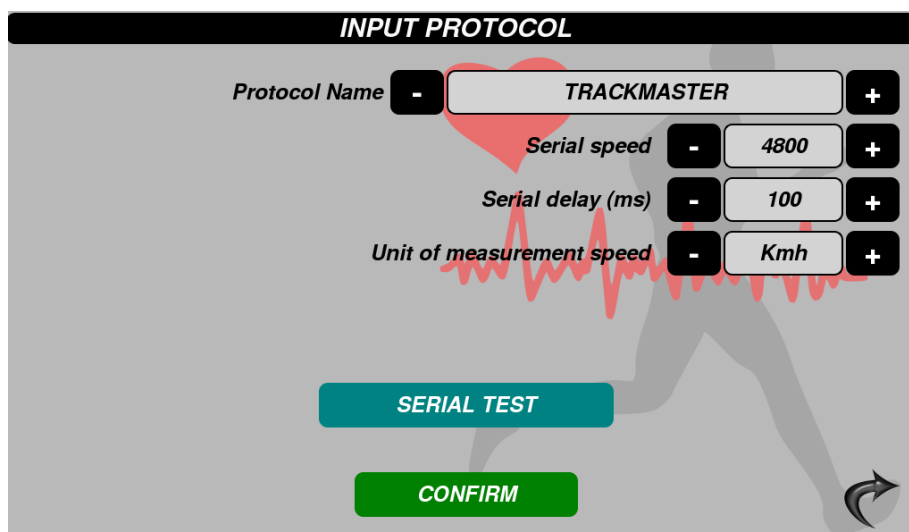


Maximum speed (km/h):	It's possible to change the machine maximum speed;
Starting inclination:	It's possible to change the starting inclination value.

Use the black arrow to return back or push CONFIRM key to confirm the selection.

5.11.5 Input Protocol

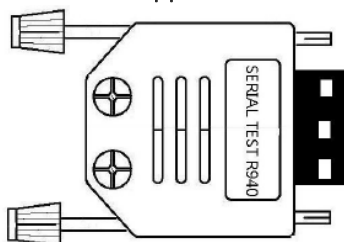
It's possible to set up:



- Protocol Name [default: Trackmaster];
- Serial speed [default: 4800];
- Serial delay [default: 100ms];
- Unit of measurement speed [default: kmh/mph];

By attaching a special connector to the RS232 cable (ECG side) and pressing the "SERIAL TEST" button in this screen, you can check the perfect operation of the RS232 port and of the serial cable supplied with the machine.

In the RUN2011T and RUN7410T treadmill (without console), by connecting the "Serial Test" connector to the RS232 cable (ECG side) and turning on the machine, you will hear a series of beeps which indicate the perfect functioning of the RS232 port and the serial cable supplied to the car.



Serial Test

Use the black arrow to return back or push CONFIRM key to confirm the selection.

5.11.6 Restart

PC restarts pushing this key.

5.11.7 Update SW

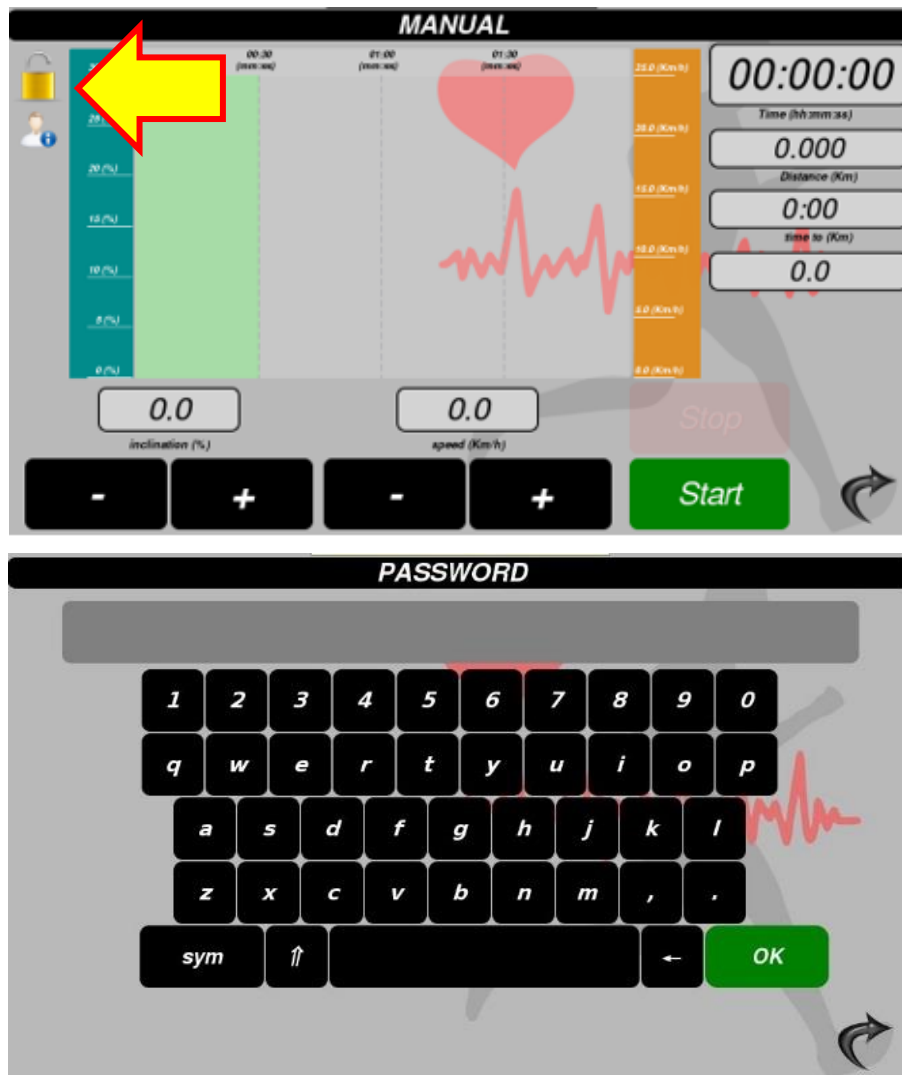
It's possible to update the machine software pushing the CONFIRM key.

5.12. Lock / Unlock

After choosing manual use or workout/profile/test, it's possible to lock / unlock machine for manual use only or workout/profile/test only.

The machine, if locked, will always do manual locked exercise or locked workout/profile/test only.

Push the key to lock/unlock the machine and digit the password 58447.



Use the black arrow to return back.

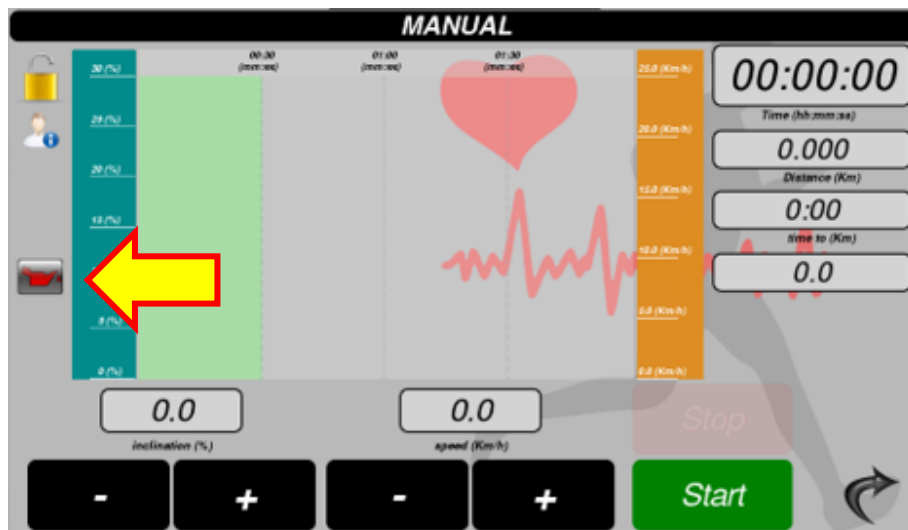
5.13. Extraordinary Lubrication

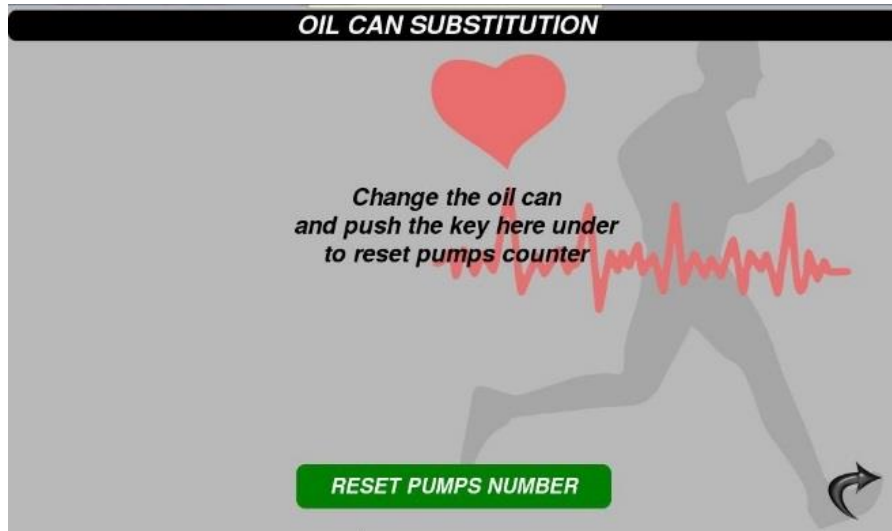
Every **100 km** (this value can be modified from SetUp, see 5.11 menu setup), at turning on, the machine will go down **10** times (this value can be modified from SetUp, see 5.11 menu setup), spraying oil for special belt lubrication. During this operation the treadmill makes 4 beep when inclination reaches the minimum value



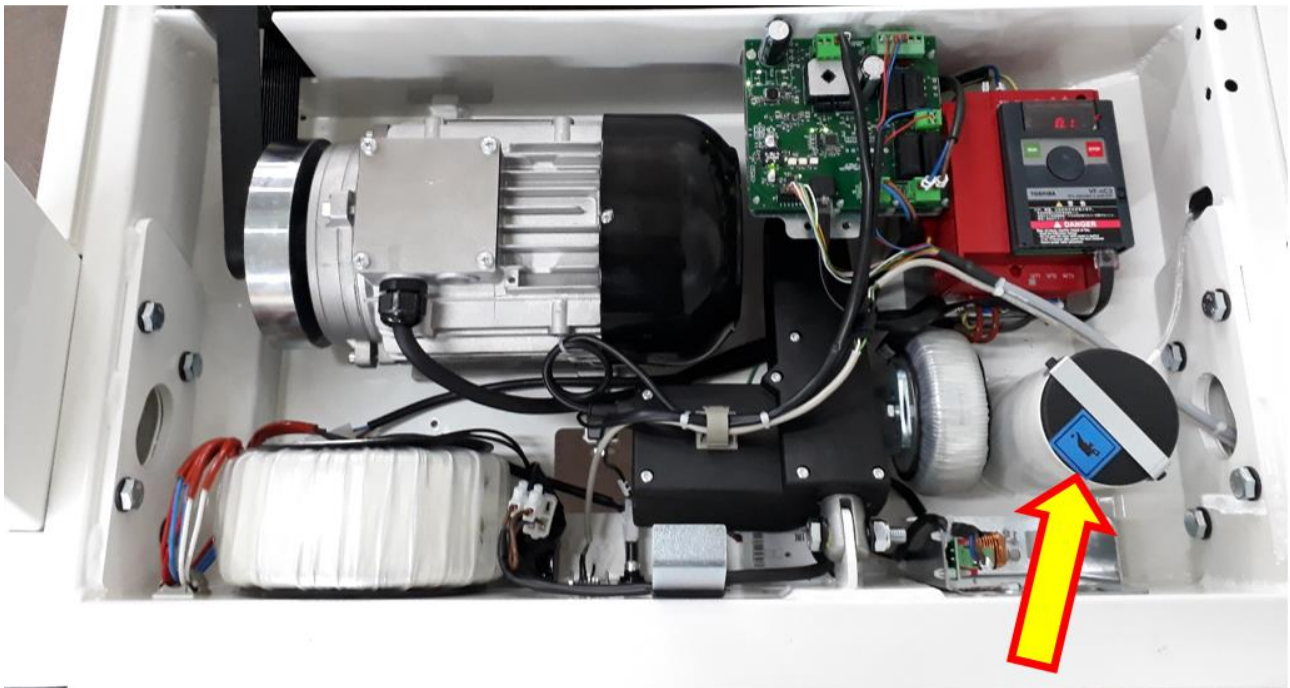
5.14. Oil Can Substitution

When oil can image appears on the screen (engine stop only), it means that the oil can must be replaced.





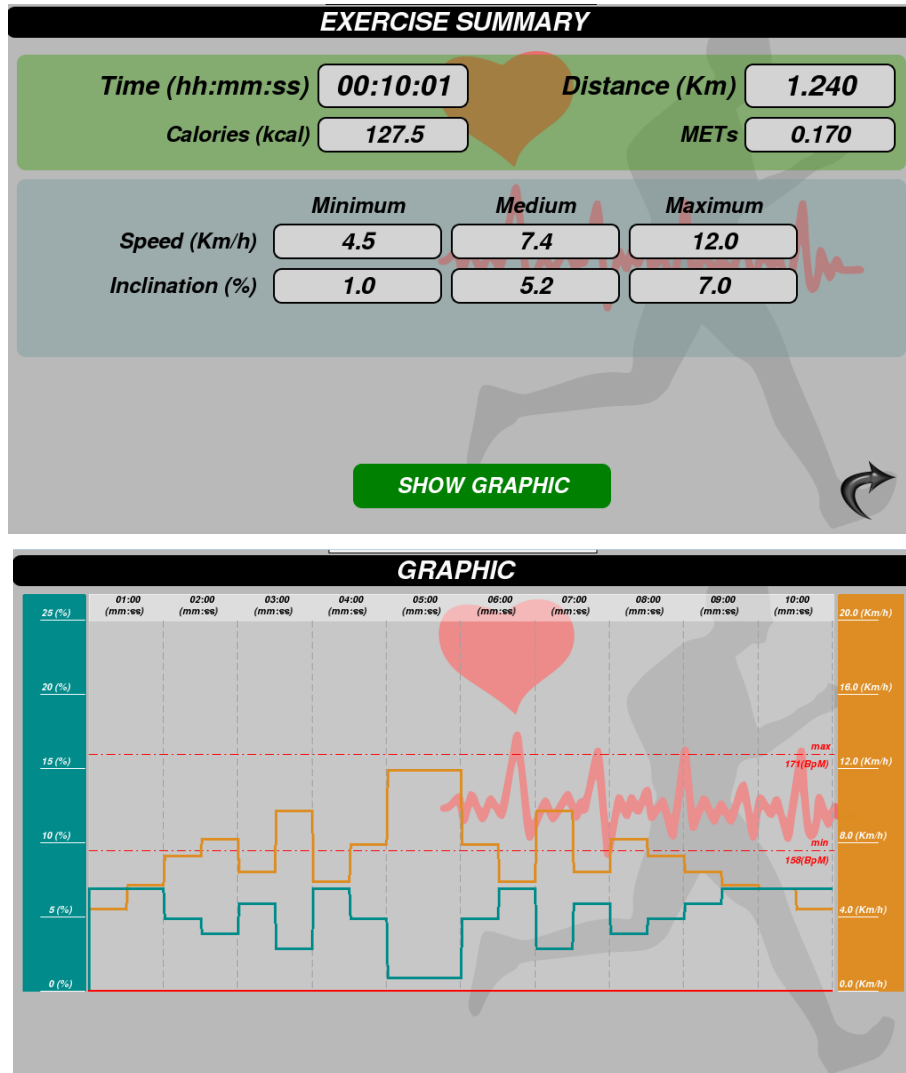
Open the plastic motor cover, unscrew the black cap with oil can image and take off the empty can;
Use the can cap again on new can because it is already connected with lubrication pipe.



After new can installation, push on the oil can image of the screen, digit the password 58447 and push Reset Pumps Number key. Use the black arrow to return back.

5.15. Exercise summary

At the end of each exercise/test, the machine will automatically go to exercise summary.



Pushing on “*Show Graphic*” key, it will be possible to see the full exercise in graphic.

5.16. Heart rate measurement with Polar BLE chest belt

The manufacturer of the DM has verified the compatibility of the Polar Bluetooth chest belt with BLE (Bluetooth Low Energy) technology and the related RED certified USB/BLE dongle code. BT06H – CSR4.0.

THE MANUFACTURER DOES NOT PROVIDE THE ABOVE-MENTIONED POLAR CHEST BELT AND THE USB/BLE DONGLE.

THIS SYSTEM IS DEFINED “PLUG-IN”

The RED certified USB/BLE dongle cod. BT06H – CSR4.0 can be purchased online on the site:

<https://it.aliexpress.com/>

The Polar BLE chest belt H7, H9 and H10 can be purchased online on the site:

<https://www.amazon.it/>

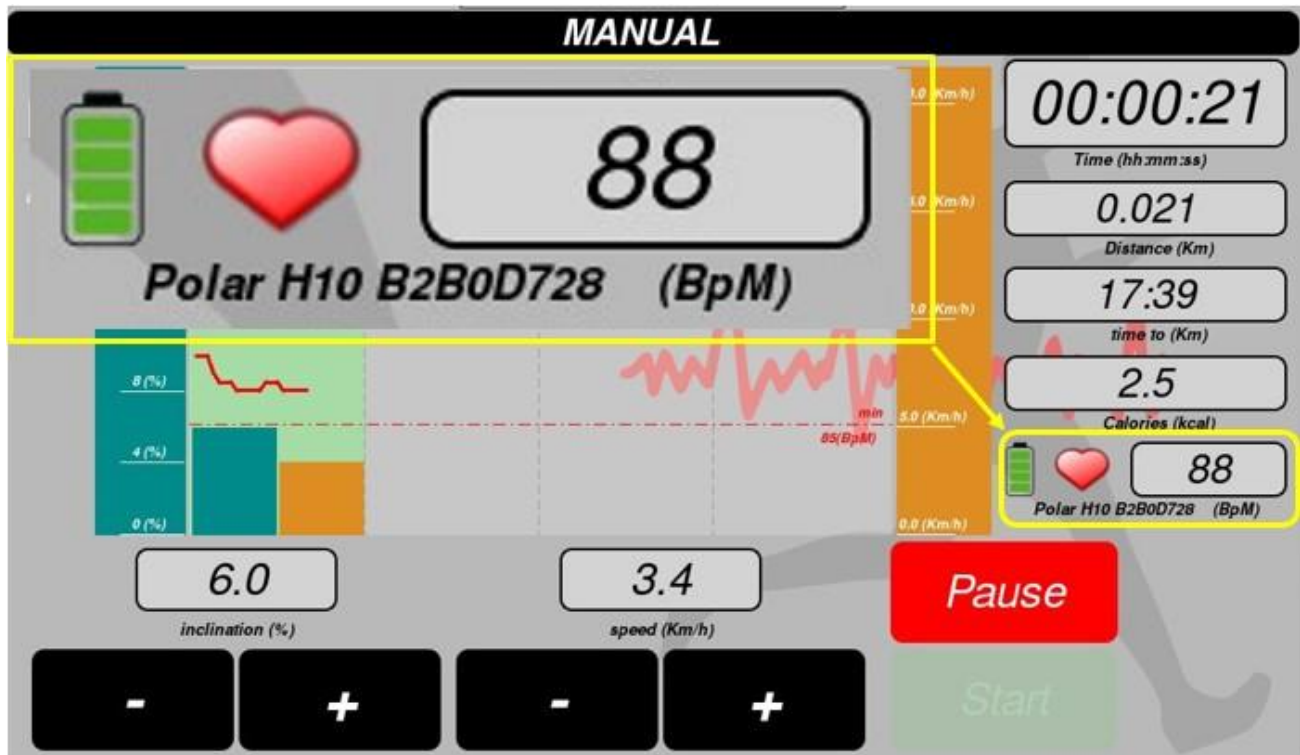


The heart rate display, through compatibility with Polar BLE chest belt, is for **ILLUSTRATIVE, NOT DIAGNOSTIC** use ONLY.

THE POLAR BLE CHEST BELT CAN ONLY BE USED IN ADDITION TO THE ECG.

When running an ex. manual/test/profiles, the cell containing the value of the H.B. measured, the icon indicating the battery charge of the Polar BLR chest belt and the code you are wearing will appear in the screen. Next to the cell containing the value of the H.B. measured, the little heart icon will blink.








- 1 = Polar BLE chest belt battery level;
- 2 = Code of the Polar BLE chest belt connected;
- 3 = Heart icon blinking;
- 4 = Value of the H.B. measured.

6. TECHNICAL DESCRIPTION

6.1. Technical specifications

	(1) RUN7410/TJ-PC (2) RUN7410/TJ XL-PC (3) RUN7411/TJ-PC	(4) RUN7410/TR-PC (5) RUN7411/TR-PC	(6) RUN7410T (7) RUN7410/T-PC (8) RUN7411/T-PC
TECHNICAL SPECIFICATIONS:			
10" touch screen display	x	x	x
PC iMX6 DL 1GB, Micro SD 8GB, Linux OS	x	x	x
RS232 output	x	x	x
Forward speed	0.1 – 25.0 km/h	0.1 – 25.0 km/h	0.1 – 25.0 km/h
Reverse speed	0.1 - 5.0 km/h		
Speed increment	0.1 km/h	0.1 km/h	0.1 km/h
Inclination	(1) (2) 0 / +25 % (3) 0 / +20 %	(4) 0 / +25 % (5) 0 / +20 %	(6) (7) 0 / +25 % (8) 0 / +20 %
Inclination increment	0.5 - 1%	0.5 - 1%	0.5 - 1%
Electronic variation of speed and inclination	x	x	x
Self-centring belt system	x	x	x
Self-lubrication belt system	x	x	x



	(1) RUN7410/TJ-PC (2) RUN7410/TJ XL-PC (3) RUN7411/TJ-PC	(4) RUN7410/TR-PC (5) RUN7411/TR-PC	(6) RUN7410T (7) RUN7410/T-PC (8) RUN7411/T-PC
TECHNICAL SPECIFICATIONS:			
Walking surface	(1) 154.5 x 54 cm (2) 154.5 x 72 cm (3) 204.5 x 54 cm	(4) 154.5 x 54 cm (5) 204.5 x 54 cm	(1) (2) 154.5 x 54 cm (3) 204.5 x 54 cm
Acoustic warning to the pressure of the keys	x	x	x
Toroidal transformer	1700 VA	1700 VA	1700 VA
Inverter	Single phase 230V~ 2.2 KW	Single phase 230V~ 2.2 KW	Single phase 230V~ 2.2 KW
Electric power supply	220-240V~ 50/60 Hz 12Amp	220-240V~ 50/60 Hz 12Amp	220-240V~ 50/60 Hz 12Amp
Fuse	 8AT, 250V	 8AT, 250V	 8AT, 250V
Auxiliary circuit of inclination	18 V~	18 V~	18 V~
Auxiliary circuit of console	12 Vdc	12 Vdc	12 Vdc
Motor power	3HP AC	3HP AC	3HP AC
Absorbed power at max speed	2500 VA	2500 VA	2500 VA
Nominal absorbed power	2000 VA	2000 VA	2000 VA
Noise	< 30 DB	< 30 DB	< 30 DB
Damped board	x	x	x
Max user weight	220 kg	220 kg	220 kg
Emergency stop	Emergency stop button and pull rope with magnet	Emergency stop button and pull rope with magnet	Emergency stop button and pull rope with magnet




<div> <div>(1) RUN7410/TJ-PC (2) RUN7410/TJ XL-PC (3) RUN7411/TJ-PC</div> <div>(4) RUN7410/TR-PC (5) RUN7411/TR-PC</div> <div>(6) RUN7410T (7) RUN7410/T-PC (8) RUN7411/T-PC</div> </div>			
TECHNICAL SPECIFICATIONS:			
Width, lenght, height	(1) 80x210x150 cm (2) 105x210x150 cm (3) 80x260x150 cm	(4) 80x210x150 cm (5) 80x260x150 cm	(6) 80x210x126 cm (7) 80x210x150 cm (8) 80x260x150 cm
Weight	(1) 180 kg (2) 240 kg (3) 210 kg	(4) 180 kg (5) 210 kg	(6) (7) 180 kg (8) 210 kg
STANDARD COMPONENTS:			
Wheel for movement	x	x	x
Power cable	x	x	x
RS232 cable	x	x	x
Service equipment	x	x	x
Long side handrails			(6) x
ADDITIONAL COMPONENTS:			
Long side handrails	(1) (2) art.EE0634 - EE0644 (3) art.EE0643 - EE0645	(4) art.EE0634 - EE0644 (5) art.EE0643 - EE0645	(7) art.EE0634 - EE0644 (8) art.EE0643 - EE0645
Height adjustable handrails 68cm~118cm	(1) art. EE0793/2		
Front handrail	(1) art. EE0795		
Height adjustable handrail anti-fall support	(1) art. EE0649		

	(1) RUN7410/TJ-PC (2) RUN7410/TJ XL-PC (3) RUN7411/TJ-PC	(4) RUN7410/TR-PC (5) RUN7411/TR-PC	(6) RUN7410T (7) RUN7410/T-PC (8) RUN7411/T-PC
ADDITIONAL COMPONENTS:			
Harness system	art.EE0640	art.EE0640	art.EE0640
Ramp	(1) (3) art.EE0691 (2) art.EE0682	(4) (5) art.EE0691	(6) (7) (8) art.EE0691
Under arm kit	(1) (3) art.EE0621 (2) art.EE0622	(4) (5) art.EE0621	(7) (8) art.EE0621
Special support (bracket) + jacket for harness system	art.EE0642	art.EE0642	(7) (8) art.EE0642
CONFORMITY:			
EEC 93/42 (Medical Device)	x	x	x
CONSOLE FUNCTIONS:			
Remote use by RS232	x	x	x
Manual use	x	x	
Personal data	x	x	(7) (8) x
Decreasing Time	x		
Decreasing distance	x		
Decreasing calories	x		
Preset profiles (10)	x		
Free profiles programmable (100)	x		



	(1) RUN7410/TJ-PC (2) RUN7410/TJ XL-PC (3) RUN7411/TJ-PC	(4) RUN7410/TR-PC (5) RUN7411/TR-PC	(6) RUN7410T (7) RUN7410/T-PC (8) RUN7411/T-PC
CONSOLE FUNCTIONS:			
Test: COOPER, VAMEVAL, ACIP, ASTRAND MODIFIED, BRUCE, BRUCE MODIFIED, ELLESTAD, Test 01 - Test 116 (free tests)	x		
HEART RATE MONITORING:			
Compatibility with Polar ¹ BLE chest belt H7, H9 and H10 (Bluetooth Low energy) through certified dongles not supplied by manufacturer	x	x	x
DISPLAY DATA:			
Time (hh:mm:ss), Distance (km), Time to (Km), Calories (Kcal), Inclination (%) and Speed (Km/h)	x	x	(7) (8) x
Training chart	x	x	(7) (8) x
Language choice	x	x	(7) (8) x

¹ The Polar BLE chest belt can only be used in addition to the ECG

	(9) RUN2011/TJ-PC (10) RUN2011/TJO-PC	(11) RUN2011/TR-PC (12) RUN2011/TRO-PC	(13) RUN2011T (14) RUN2011/T-PC
TECHNICAL SPECIFICATIONS:			
10" touch screen display	x	x	x
PC iMX6 DL 1GB, Micro SD 8GB, Linux OS	x	x	x
RS232 output	x	x	x
Forward speed	0.1 – 20.0 km/h	0.1 – 20.0 km/h	0.1 – 20.0 km/h
Reverse speed	0.1 – 5.0 km/h		
Speed increment	0.1 km/h	0.1 km/h	0.1 km/h
Inclination	0 / +22 % (-3 / +19 %)	0 / +22 % (-3 / +19 %)	0 / +22 % (-3 / +19 %)
Inclination increment	0.5 - 1%	0.5 - 1%	0.5 - 1%
Electronic variation of speed and inclination	x	x	x
Self-centring belt system	x	x	x
Self-lubrication belt system	x	x	x
Walking surface	140 x 48 cm	140 x 48 cm	140 x 48 cm
Acoustic warning to the pressure of the keys	x	x	x
Toroidal transformer	1700 VA	1700 VA	1700 VA
Inverter	Single phase 230V~ 1.5 KW	Single phase 230V~ 1.5 KW	Single phase 230V~ 1.5 KW
Electric power supply	220-240V~ 50/60 Hz 10Amp	220-240V~ 50/60 Hz 10Amp	220-240V~ 50/60 Hz 10Amp
Fuse	 5AT, 250V	 5AT, 250V	 5AT, 250V
Auxiliary circuit of inclination	18 V~	18 V~	18 V~



	(9) RUN2011/TJ-PC (10) RUN2011/TJO-PC	(11) RUN2011/TR-PC (12) RUN2011/TRO-PC	(13) RUN2011T (14) RUN2011/T-PC
TECHNICAL SPECIFICATIONS:			
Auxiliary circuit of console	12 Vdc	12 Vdc	12 Vdc
Motor power	2HP AC	2HP AC	2HP AC
Absorbed power at max speed	2000 VA	2000 VA	2000 VA
Nominal absorbed power	1500 VA	1500 VA	1500 VA
Noise	< 30 DB	< 30 DB	< 30 DB
Damped board	x	x	x
Max user weight	150 kg	150 kg	150 kg
Emergency stop	Emergency stop button and pull rope with magnet	Emergency stop button and pull rope with magnet	Emergency stop button and pull rope with magnet
Width, lenght, height	70x188x142 cm	70x188x142 cm	(13) 70x188x123 cm (14) 70x188x142 cm
Weight	145 kg	145 kg	145 kg
STANDARD COMPONENTS:			
Wheels for movement	x	x	x
Power cable	x	x	x
RS232 cable	x	x	x
Service equipment	x	x	x
Long side handrails	(10) x	(12) x	(13) x
Under arm kit	(10) x	(12) x	(14) x

	(9) RUN2011/TJ-PC (10) RUN2011/TJO-PC	(11) RUN2011/TR-PC (12) RUN2011/TRO-PC	(13) RUN2011T (14) RUN2011/T-PC
STANDARD COMPONENTS:			
Seat	(10) x	(12) x	(14) x
ADDITIONAL COMPONENTS:			
Long side handrails	art.EE0639	art.EE0639	(14) art.EE0639
Height adjustable handrails 68cm~118cm	(9) art. EE0793/1		
Front handrail	(9) art. EE0794		
Height adjustable handrail anti-fall support	(9) art. EE0653		
Harness system	art.EE0640	art.EE0640	(14) art.EE0640
Ramp	art.EE0692	art.EE0692	art.EE0692
Under arm kit	art.EE0623	art.EE0623	(14) art.EE0623
Special support (bracket) + jacket for harness system	art.EE0642	art.EE0642	(14) art.EE0642
Adjustable front and side handrails	art.EE0706	art.EE0706	(14) art.EE0706
CONFORMITY:			
EEC 93/42 (Medical Device)	x	x	x
CONSOLE FUNCTIONS:			
Remote use by RS232	x	x	x
Manual use	x	x	
Personal data	x	x	(14) x
Decreasing time	x		



	(9) RUN2011/TJ-PC (10) RUN2011/TJO-PC	(11) RUN2011/TR-PC (12) RUN2011/TRO-PC	(13) RUN2011T (14) RUN2011/T-PC
CONSOLE FUNCTIONS:			
Decreasing distance	x		
Decreasing calories	x		
Preset profiles (10)	x		
Free profiles programmable (100)	x		
Test: CHR, CWL, COOPER, VAMEVAL, RUNNER, ACIP, ASTRAND MODIFIED, BRUCE, BRUCE MODIFIED, ELLESTAD, TEST 01... TEST 116 (free tests)	x		
HEART RATE MONITORING:			
Compatibility with Polar ¹ BLE chest belt H7, H9 and H10 (Bluetooth Low energy) through certified dongles not supplied by manufacturer	x	x	x
DISPLAY DATA:			
Time (hh:mm:ss), Distance (km), Time to (Km), Calories (Kcal), Inclination (%) and Speed (Km/h)	x	x	(14) x
Training chart	x	x	(14) x
Language choice	x	x	(14) x



6.2. Connecting cable

3 mt length electric power supply earth wire (supplied).

WARNING Non-detachable power supply cord replaceable by service personnel.

6.3. Additional components

Use of additional components not supplied with machine can cause the increase of electromagnetic output and decrease of machine immunity to external electromagnetic source

7. MAINTENANCE INSTRUCTIONS

User or person in charge of machine maintenance can only carry out procedures as follows:

7.1. Outer cleaning

Clean the machine frame and the running belt only with wet cloth. Do not use solvents. Before cleaning make sure the plug is disconnected.

IMPORTANT: CLEAN THE CONSOLE ONLY WITH DAMP CLOTH WITHOUT SCRATCHING THE SCREEN. DO NOT ABSOLUTELY USE WET SPONGE OR SPRAY LIQUID ON CONSOLE.

7.2. Lubrication

Control weekly the wooden board below the belt is well lubricated.

The machine has a self-lubricating system (*see 5.13 Extraordinary lubrication*) that spray oil to the belt every time the treadmill is powered up (do not turn on it more than 2 times per day).

One time per year check oil into the spray can and, if it is necessary, substitute it with a new one.

The machine is also equipped with an extraordinary self-lubrication system (see paragraph 5.13 extraordinary lubrication).

Use only silicon oil.

7.3. Oil can substitution

(*See 5.14 oil can substitution*).

7.4. Belt tension

(*See 3.11 best running belt tension*).



7.5. Routine service instructions

People that make routine service to the machine do not need particular skills. They only must read the manual to get all instructions and warnings.

Do not repair or change by yourselves damaged or broken parts.

Please contact the manufacturer (*See chapter 1 Recapitulation of machine marking data*).

7.6. Danger and emergency

ATTENTION! MACHINE UNDER VOLTAGE.

- DANGER OF CONTACT WITH PARTS UNDER VOLTAGE, SHORT CIRCUIT, BURN.
- Do not put the plug into socket and do not turn on the machine with plastic motor cover open.
- Before opening it, turn off the general electric switch and take off the electric plug.

ATTENTION! MOVING PARTS.

- DANGER OF CONTACT WITH MOVING, CUTTING, ENTANGLING, DRAGGING PARTS.
- Turn on the machine always with closed and mounted plastic motor cover for guarding the user from moving parts.

7.7. Spare parts manual

The manufacturer doesn't give the spare parts manual because it's not allowed to repair or change by itself damaged or broken parts. Please contact the manufacturer for any request of assistance (*See chapter 1 recapitulation of machine marking data*).



7.8. Control register

N°:	Intervention:	Operating hrs:	Reason:	Made by:	Date:
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					

8. WARRANTY

The manufacturer guarantees the machine free from material or working defects. **Guarantee is valid for 2 years on mechanic, electric or electronic parts; ten years on the chassis and AC motor.** The warranty period starting from date of purchase stated by consignment document issued by producer or retailer. Guarantee means substitution or repairing free of charge of defective parts not including accessories, plastic bodies, belt and all parts showing defects due to negligence, carelessness, bad or correct use, unfit maintenance, not authorized use, bad assembling or installation or maintenance made by personnel not authorized by the manufacturer. The manufacturer declines any responsibility for possible damages to things, persons or animals against conformity of all indications written in this manual.

9. DECLARATION OF CONFORMITY



Rev.04 del
01/01/2022

DICHIARAZIONE DI CONFORMITÀ

(Declaration of conformity)

Fabbricante: Runner Srl.
(Manufacturer) Via G. Di Vittorio, 391
41032 Cavezzo (MO) – Italia

Dispositivo Medico: Camminatore
(Medical Device) Treadmill

Codici: RUN2011T, RUN2011/T-PC, RUN2011/TR-PC,
(REF. code) RUN2011/TRO-PC, RUN2011/TJ-PC, RUN2011/TJO-PC,
RUN7410T, RUN7410/T-PC, RUN7410/TR-PC,
RUN7410/TJ-PC, RUN7410/TJ XL-PC,
RUN7411/T-PC, RUN7411/TR-PC, RUN7411/TJ-PC

Direttive Applicabili: DIRETTIVA 93/42/CEE concernente i dispositivi medici modificata dalla
(Applicable Directives): 2007/47/CE – recepita dal D.Lgs. n°46 del 24/02/1997 – modificato da
D.Lgs. N°37 del 25/01/2010; DIRETTIVA 2006/42/CE relativa alle
macchine.

*(CE Directive 93/42/EC concerning medical devices and following update;
CE Directive 2006/42/CE related to machines)*

Classificazione (Allegato IX D.Lgs. 46/97): Classe IIa (Regola IX)
Classification (Annex IX, MDD 93/42): Class IIa (Rule IX)

Procedura di valutazione della Conformità: Allegato II
(Conformity Assessment procedure): Annex II

Con la presente si dichiara, sotto la propria esclusiva responsabilità, che i prodotti sopra elencati soddisfano tutti i requisiti essenziali applicabili, previsti dall'Allegato I della Direttiva 93/42/CE concernente i Dispositivi Medici e alle norme applicabili.

(Under our sole responsibility, we state that the above mentioned products meet all the applicable essential requirements of Annex I of the Medical Devices Directive 93/42/EEC and all the applicable standards).



Norme europee armonizzate applicabili
(Applicable harmonized European standards)

La lista delle norme applicabili è riportata nel Cap.05 del Fascicolo Tecnico FT2 Runner S.r.l.

(The list of the applicable standards is reported in Chapter 05 of Technical File FT2 Runner S.r.l.).

Il Fabbrikante si impegna a conservare e a mettere a disposizione delle Autorità competenti la documentazione tecnica specificata nell'Allegato V della Direttiva 93/42/CEE, per un periodo di 10 anni dalla data di ultima fabbricazione del prodotto.

(The Manufacturer undertakes too keep available for the Competent Authorities the technical documentation quoted in Annex V of Directive 93/42/EEC for a period of at least TEN years after the last manufacture of the product.)

Ente Notificato: TUV Rheinland Italia s.r.l. N° identificazione 1936
(Notified Body) Via Mattei n. 3, 20010 *(Identification number)*
 Polignano Milanese (MI)

Certificato CE: HD 60149833 Data scadenza: 26/05/2024
(CE Certificates) *(expiry date)*



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Responsabile: Firma: Data: 01/07/2020
(Authorized/Responsible Signed Date)
 Person)

Il Fabbrikante, Runner S.r.l., dichiara, inoltre, che i suddetti dispositivi sono conformi alle disposizioni della Direttiva 2011/65/UE (RoHS2), integrata dalla Direttiva 2015/863/UE (RoHS3), sulla restrizione dell'uso di determinate sostanze pericolose nelle apparecchiature elettriche ed elettroniche.

Manufacturer, Runner S.r.l., also declares that the above-mentioned products meet the requirements of the Directive 2011/65/UE (RoHS2 Directive), supplemented by Directive 2015/863/EU (RoHS3), on the Restriction of the Use of Certain Hazardous Substances, as amended by the following modifications and integrations.



10. PROBLEMS AND SOLUTIONS

10.1. Display doesn't turn on

If turning on the machine the display doesn't turn on, turn off the machine and wait for a minute before restarting. If the display doesn't turn on again, contact the manufacturer (*See chapter 1 recapitulation machine marking data*).

10.2. Console doesn't turn on

Verify that the machine is properly powered by the network voltage (see paragraph 3.7 Electrical requirements).

Verify that on the power board RUN1801 there are two green leds on and one flashing.

Check also that on PC board are on seven green leds, one yellow and one yellow flashing.

If the above mentioned checks have not revealed the possible cause of problem, contact Runner Srl.

10.3. Touch screen doesn't keep commands

Contact the manufacturer (*See chapter 1 recapitulation machine marking data*).

10.4. Shown calories are not correct

Please check if user's personal data are correct or missing (*See 5.6 Personal data*).

10.5. Console shows "ERROR 485 inverter not responding"

The problem is missing communication between inverter and console PC.

Please check that emergency stop button is released or not broken.

Please check if inverter screen is on or off; if it's off, the emergency stop must be released or it's broken.

10.6. Console shows "ERROR Code 36"

Please check that running board and running belt are well oiled.

10.7. ECG is not connected to the treadmill

Please check that Runner RS232 cable is used to connect the treadmill to ECG.

Don't use any other RS232 cable.

Please check if the right communication protocol has been set up (see 5.11.5 Input protocol).

If serial adaptor USB-RS232 is used, please check the right functioning.

10.8. The running belt stops and restarts

Control the belt tension (see 3.11 best running belt tension) because if belt is too loose or too much lubricated it could slip.

10.9. Running belt doesn't go on



Set up the speed and push start key on the console touch screen. Check if the inverter display is on, if it shows numbers (they refer to set up speed) and the red led "RUN" is on.



10.10. The running belt doesn't keep center

The belt is too tight or user hangs on only one side handle. (See 3.10 how to center the running belt)

10.11. Inclination doesn't work

Check the fuse ( **8AT, 250V** for range RUN7410/T – range RUN7411/T or  **5AT, 250V** for range RUN2011/T) inside fuse box near the machine power switch. If it's o.k. contact the manufacturer (See chapter 1 recapitulation machine marking data). If it's off replaced it.

Check in the power board RUN1801 if two green led are on fixed and one blinking. Besides check in PC board if seven green led plus one yellow led are on and one yellow led is blinking.

If all checks are positive, contact Runner Srl.



10.12. The general electric power switch doesn't stay on

Problems on inverter or motor in short circuit. Contact the manufacturer (See chapter 1 recapitulation machine marking data).

10.13. Noise from motor

Contact the manufacturer (See chapter 1 recapitulation machine marking data).

10.14. Noise from roller

It is necessary to change the roller because of bearings seat ruined. Contact the manufacturer (See chapter 1 recapitulation machine marking data).

10.15. Inverter doesn't turn on

Check if the emergency red stop button is released;
Check if the treadmill is connected to a functioning wall socket;
Check if the two relays of power board cod. RUN1801 are well functioning.

10.16. The heart rate beat is not constant

Try replacing the Polar BLE chest belt battery.
Check that there are no bluetooth systems nearby, eg. cell phones or other bluetooth systems, which may interfere with the Polar BLE chest belt.



11. Electromagnetic Compatibility EN 60601-1-2

Changes or modifications to this system not expressly approved by manufacturer could cause EMC issues with this or other equipment.

This system is designed to comply with applicable regulations regarding EMC. Its compliance with these requirements has been verified.

It needs to be installed and put into service according to the EMC information stated as follows.

Use of portable telephones or other radio frequency (RF) emitting equipment near the system may cause unexpected or adverse operation.

The equipment or system should not be used adjacent to, or stacked with, other equipment. If adjacent or stacked use is necessary, the equipment or system should be tested to verify normal operation in the configuration in which it is being used.

The machine is intended for use in the electromagnetic environment specified below. It is the responsibility of the customer or user to ensure that the machine is used in such an environment.

The machine uses RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.

The machine is suitable for use in all establishments, including domestic and those directly connected to the public low-voltage power supply network that supplies buildings used for domestic purposes.

Floors should be wood, concrete or ceramic tile. If floors are covered with synthetic material, the relative humidity should be at least 30%.

Mains power and power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment.



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