TOORX

FITNESS IN MOTION

MANUALE D'ISTRUZIONI

APP READY 3.0

TRAVELLER

Istruzioni originali in lingua italiana.

Leggere il manuale con la massima attenzione e tenerlo sempre a portata di mano vicino al prodotto.

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CE

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1.0 %::)68)2>) (- 7-'96)>>%

^ 4VMQE HIP QSRXEKKMS I HIPP´MQ
GSR PE QEWWMQE EXXIR^MSRI U
IZIRXYEPM EPXVM JSKPM HM MWX

^ 9WEVI P´EXXVI^^S WSPEQIRXI-EPP´MRXIVRS HM EQ
FMIRXM HSQIWXMGM 0I QSHEPMXk I PI EZZIVXIR^I
H´MQTMIKS HIZSRS IWWIVI WTMIKS
GSQTSRIRXM HIPPE JEQMKPME S
ZMIRI TIVQIWWS HM YWEVI UYIWMS

^ 9WEVI P´EXXVI^^S WSPS WY YRE
I VMGSTVMVI MP TEZMQIRXS S PE
P´EXXVI^^S TIV IZMXEVI HERRIKKMEQIRXM

^ %WWMGYVEVWM GLI GLM YWE P´EXXVI^^S
FIRI PI MWXVY^MSRM WSVZIKPMS
HIPP´EPPIREQIRXS -P QERYEPI H´MWXVY^MSRM HIZI
XVSZEVWM WIQTVI ZMGMRS EPP´EXXVI^^S TIV YRE
VETMHE GSRWYPXE^MSRI MR GEWS HM RIGIWWMXk

^ %WWMGYVEVWM GLI P´EXXVI^^S
HE TIVWSRI HM IXk WYTIVMSVI E ERRM I HE
TIVWSRI GLI WMERS MR FYSRI GSRHM^MSRM ½WMGLI

^ -RHSWWEVI WIQTVI YR EFFMKPMEQIRXS EHIKYEXS
EPP´EXXMZMXk WTSVXMZE G-LI RSR SWXEGSPM M QSZM
QIRXM 9XMPM^^EVI GSQYRUY-I WGEVTI HE KMRRE
WXMGE EHEXXI TIV PE GSVWE)ZMXEVI HM MRHSWWEVI
MRHYQIRXM GLI MQTIHMWGERS PE XVEWTMVE^MSRI
S WGEVTI GSR WYSPE MR GYSMS S EPXVS QEXIVMERI
VMKMHS

^ 1ERXIRIVI QERM I TMIHM PSRXERS HEPPI TEVXM MR
QSZMQIRXS UYEPM REWXVS I VYPPS TSWXIVMSVI
UYERHS P´EXXVI^^S r MR JYR^MSRI

^ 5YERHS HYVERXI PE GSVWE WM EZZIVXSRS KMVE
QIRXM HM XIWXE HSPSVI XSVEGMGS S WIRWE^MSRI
HM EJJERRS MRXIVVSQTIVI MQQIHMEXEQIRXI
P´IWIVGM^MS I GSRWYPXEVI MP TVSTVMS QIHMGS

^ 'SRXVSPPEVI TIVMSHMGEQIRXI MP WIVVEKKMS HIPPE
FYPPSRIVME HIM QSRXERXM I HIP GSVVMQERS RSR
GLq P´MRXIKVMXk HM XYXXI PI TEVXM HIPP´EXXVI^^S

232 MRSWXEKKEVI P´EXXVI^^S EPP´M
½XRXEWXYSMRIEQFMIRXM EHMFMX
EPYRMSRKEPPUYEWXS EXXVI^^S RS
TIV YR YXMPM^^S MRXIRWMZS-MR E
REPI S TIV WGSTM VMEFMPMXEXM

^ 232 GSPRYXXMI P´EXXVI^^S EPPE
TKPQE QMEZIVMUYEPMXEXS XYXX
HM QSRXEKKMS

^ 232 TIVZSKKMTEVIFE MGGLMIVM-S FS
RIQSUYFXZERHIXZMGMRS S WSTVE

^ 232 VSZMREVI MP TERRIPPS I PI T
XXPI^^S EFFMS GSRXSKIXXM ETTY
SRHSYKRTVEFQEJEWZI S WSW-XER^
KMWXVY^MSRM HIZI

^ 232 WQSRXEVI TEVXM HIPP´EXXV
RIP GEWS MR GYM P´STIVE^MSRI W
ZERKEPYHEXSWYSPMSRM

^ 232 WTSWXEVI P´ETTEVIGGLMS GS
EPMQIRXE^MSRI MRWIVMXE

^ 232 XMVEVI MP GEZS HM EPMQIRXE
GEVI PE WTMRE HEPPE TVIWE HM

^ 232 GSPPSGEVI P´EXXVI^^S EPP´IV
FMXE^MSRI RSR PEWGMEVPS IW
EXQSWJIVMGM TMSKKME WSPI I

^ 232 TIVQIXXIVI E FEQFMRM S-EH E
QIWXMGM HM EZZMGMRÈVMSREPP
VIKSPE VMQYSZIVI PE GLMEZI HM
GSRWSPI HSTS SKRM YXMPM^^S

^ 232 YWEVI QEM P´EXXVI^^S WI HE
GSR MP GEZS HM EPMQIRXE^MSRI
HM KYEWXS I S GEXXMZS JYR-^MSR
XVI^^S WTIKRIVPS I RSR QERSQIX
P´IZIRXYEPI VMTEVE^MSRI VMZSPK
EH YR GIRXVS HM EWWMWXIR^E W

^ 232 YWEVI P´EXXVI^^S TIV PYRKLM
WMQYPEXSVI HM GEQQMREXE TIHS
ZIPSGMXk OQ L TIVMGSPS HM
QIRXS I VSXXYVE HIP QSXSVI

^ 232 MRHSWWEVI YR EFFMKPMEQIR
VMEPI WMRXIXMGS S MR QMW-XS P
REQIRXS 0´MQTMIKS HM MRHYQIR
TY{ GSQTSVXEVI TVSFPIQM HM RE
QE ERGLI PE TSWWMFMPMXk HM GV
XVSWXEXMGLI

1.1 973 46):-783) '32863-2(-'%83 '32:)2>-32-

Il prodotto descritto in questo manuale è progettato e
GIVXM½GEXS TIV YR YXMPM^^S TV
HSQIWXMGS IH r YR EXXVI^^S TIV
HM WMQYPEVI MP QSZMQIRXS HIP
ZERXEKKMS TIV{ HM HMWTSVVI HW
traumi da impatto con il suolo agli arti inferiori, tipici della
pratica della corsa.

5YIWXS WMQYPEXSVI HM GSVWE TIVQI
ZE WIR^E WTSWXEVWM HE GEWE MR U
WTSVX ERGLI UYERHS PI GSRHM^MSRM
GSRWIRXSRS STTYVI TM€ WIQTPMG
ZSKPME I XIQTS HM YWGMVI HM G
VIGEVZM MR YR GIRXVS ½XRIWW
)´ MRHMWTIRWEFMPI WIKYMVI XYXXI PI MWXVY^MSRM I PI EZZIVXIR^
contenute in questa guida per poter essere sicuri di allenarsi
MR WMGYVI^^E WJSV^M MRXIRWM I TV
GSRHM^MSRI ½WMGE I TIV UYIWXS QSXMZS
GSRXVSMRHMGE^MSRM H´YWS IPIR

L'impiego del prodotto è vietato nelle seguenti con -
dizioni:

- ^ YXMPM^^EXSVI HM IXk MRJIVMSVI E ERRM
- ^ YXMPM^^EXSVI HM TIWS WYTIVMSVI E P PMQMXI MRHMGEXS
  RIPPE XEVKE I RIM HEXM XIGRMGM
- ^ YXMPM^^EXSVI MR WXEXS HM KVEZMLER^E
- ^ YXMPM^^EXSVI GSR HMEFIXI
- ^ YXMPM^^EXSVI GSR TEXSPSKMI PIKEXI E GYSVI EM TSP
  QSRM S EM VIRM

La garanzia sul prodotto e la responsabilità del distri -
butore vengono a decadere nei seguenti casi:

- ^ YWS MQTVSTVMS HIP TVSHSXXS
  WTIGM½GEXS RIP QERYEPI H´MWXVY^MSRM
- ^ QERGEXS VMWTIXXS HIKPM MRXIVZEPPM I HIPPI QSHEPMXk
  HIPPE QERYXIR^MSRI
- ^ QERSQMWWMSRI HIP TVSHSXXS
- ^ MQTMIKS HM VMGEQFM RSR SVMKMPIEVI
- ^ MRSWWIVZER^E HIKPM EZZMWM HM
  TMXXSKVEQQM I RIP QERYEPI H´MWXVY^MSRM

5YIWXS QERYEPI GSRXMIRI XY-XXI PI MRJSVQE^MSRM TIV P´MR
WXEPPE^MSRI PE QERYXIR^MSRI I P´YWS GSVVIXXS HIP XETTIXS
simulatore di corsa.
0´YXMPM^^EXSVI HIP TVSHSXXS I KPM IZIRXYEPM EPXVM EQMGM I GS
TSRIRXM HIPPE JEQMKPME GLI RI JEVERRS YWS LERRS P´SFFPMKS H
PIKKIVI GSR PE QEWWMQE EXXI-R^MSRI PI MRJSVQE^MSRM GSRXIRY
XI MR UYIWXE KYMHE TIV TSXIV GSWv IWIKYMVI YRE MRWXEPPE^MSR
sicura e un impiego corretto.

3WWIVZEVI PI MRHMGE^MSRM GSRX
prodotto stesso

PERICOLO

0I MRJSVQE^MSRM IZMHIR^MEXI HE UY
WIKREPERS 4)6-'303 TVIWXEXI PE QE
XIR^MSRI TIV IZMXEVI PIWMSRM TIVW

ATTENZIONE

0I MRJSVQE^MSRM IZMHIR^MEXI HE UY
WIKREPERS '%98)0% TVIWXEXI PE QE
XIR^MSRI TIV IZMXEVI HERRM EP TVS

NOTA:
HMWIKRM GSRXIRYXM RIP QERYEP
GEVI I VIRHIVI TM€ MRXYMXMZM KPI
8YXXEZME E GEYWE HM YR GSWXER
r TSWWMFMPI GLI XEPYRM HM UYIW
TVSHSXXS EGUYMWXEXS MR XEPI
XVEXXE HM EWTIXXM IWXIXMGM I GL
sulla stessa restano comunque garantite.
-P GSWXVYXXSVI TIVWIKYI YRE TSP
IH EKKMSVREQIRXS I TY{ ETTSVXE
IWXIXMGLI HIP TVSHSXXS WIR^E EP

NOTA:
(YEMRXI P´EPPIREQIRXS UYERHS P
WMGYVI^E VMTSVXEXM RIM
MRXIVSQTIVI P´EPPIREQIRXS I GSI
WMWXIR^E

inserita, in caso di suono ripetuto emesso dalla console,

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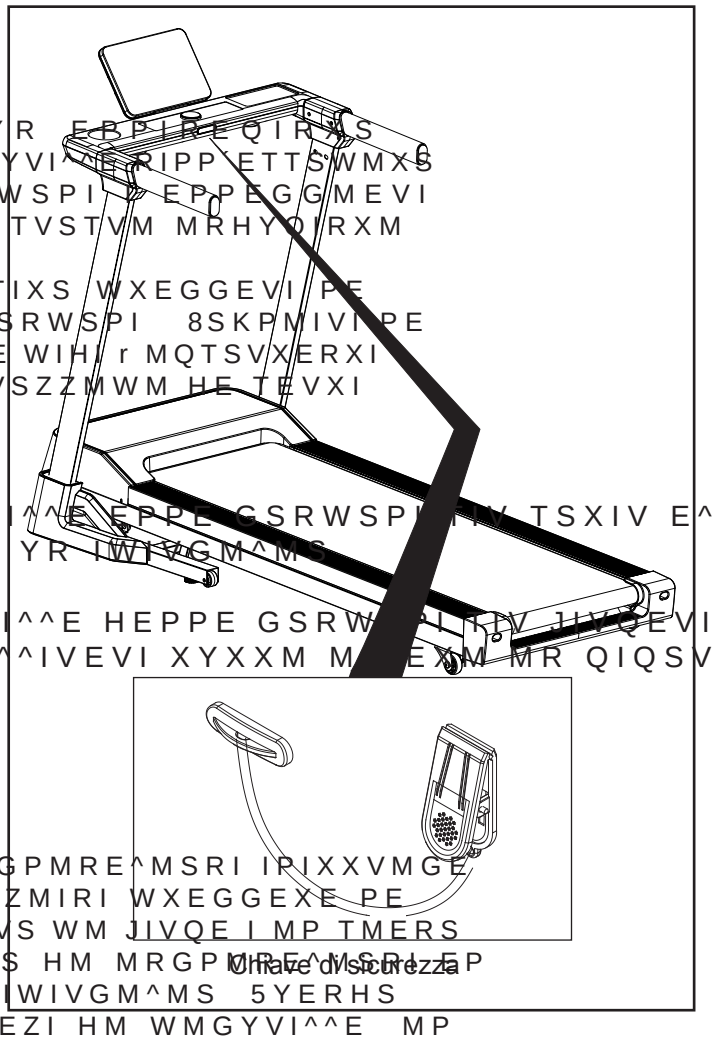
PERICOLO

ˆ 4VMQE HM GSQMRGMEVI YR EBPIREQIRXS TSWM^MSREVI PE GLMEZI HM WMGYVI^^E RIPP`ETTSWMXS EPPSKKMEQIRXS WYPPE GSRWSPI EPPEGGMEVI P´ETTSWMXE GPMT E QSPPE EM TVSTVM MRHYOIRXM

ˆ (STS SKRM YXMPM^^S HIP XETTIXS WXEGGEVI PE GLMEZI HM WMGYVI^^E HEPPE GSRWSPI 8SKPMIVI PE GLMEZI HM WMGYVI^^E HEPPE WYE WIHI r MQTSVXERXI TIV IZMXEVI E^MSREQIRXM MQTVSZZMWM HE TEVXI HM EQMGM S FEQFMRM



'SPPIKEVI PE GLMEZI HM WMGYVI^^E EPPE GSRWSPI HV TSXIV E^MS REVI P´EXXVI^^S I GSQMRGMEVI YR IWIVGM^MS

7XEGGEVI PE GLMEZI HM WMGYVI^^E HEPPE GSRWSPI HV JIVQEVI MQ QIHMEXEQIRXI P´IWIVGM^MS I E^^IVEVI XYXXM M EXM MR QIQSVME

PERICOLO

ˆ 4IV M QSHIPPM HSXEXM HM MRGPMRE^MSRI IPIXXVMGE HIP TMERS HM GSVWE UYERHS ZMIRI WXEGGEXE PE GLMEZI HM WMGYVI^^E MP REWXVS WM JIVQE I MP TMERS HM GSVWE VMQERI WYP PMZIPPS HM MRGPMRE^MSRI EP UYEPI WM WXEZE WZSPKIRHS P´IWIVGM^MS 5YERHS ZMIRI VMTSWM^MSREXE PE GLMEZI HM WMGYVI^^E MP TMERS HM GSVWE XSVRIVk EYXSQEXMGEQIRXI E PMZIPPS ^IVS

1.3 8%6+,) %()7-:) 790 463(3883

1 0E 8EVKE HM -HIRXM½GE^MSRI HIP TVSHSXXS VMTQVXE M HEXM
tecnici, e il numero di serie.

2 7MQFSPM HM MQ PS HMEQS EPP´SFFPMKS HM PIXXYVE HIP QERYEPI
H´MWXVY^MSRM TVMQE HIPP´MQTMIKS

3) 7MQFSPM HM MRHMGE^MSRI HM GSRJSVQMXK HIP TVSHSXXS EPPI
HMVIXXMZI GSQYRMXEVMI GLI VMKYEVHERS MP XVEXXEQIRXS I PS
WQEPXMQIRXS HM WSWXER^I TIVMGSPSWI MR ETTEVIGGLMEXYVI
IPIXXVMGLI IH IPIXXVSRMGLI

4 7IKREPI HM EZZMWS VMGLMEQS EPPE RIGIWWMXK HM PYFVM½GE
TIVMSHMGEQIRXI MP TMERS HM GSVWE WIGSRHS KPM MRXIVZEPPM
PI QSHEPMXk MRHMGEXI WYP QERYEPI H´MWXVY^MSRM

5 7IKREPI HM WMGYVI^^E MRHMGE MP TIVMGSPS HM MRXVETTSPEQI
I WGLMEGGMEQIRXS HIPPI HMXE XVE MP VYPPS TSWXIVMSVFI MP TM
HM GSVWE UYERHS MP REWXVS r^MR JYR^MSRI

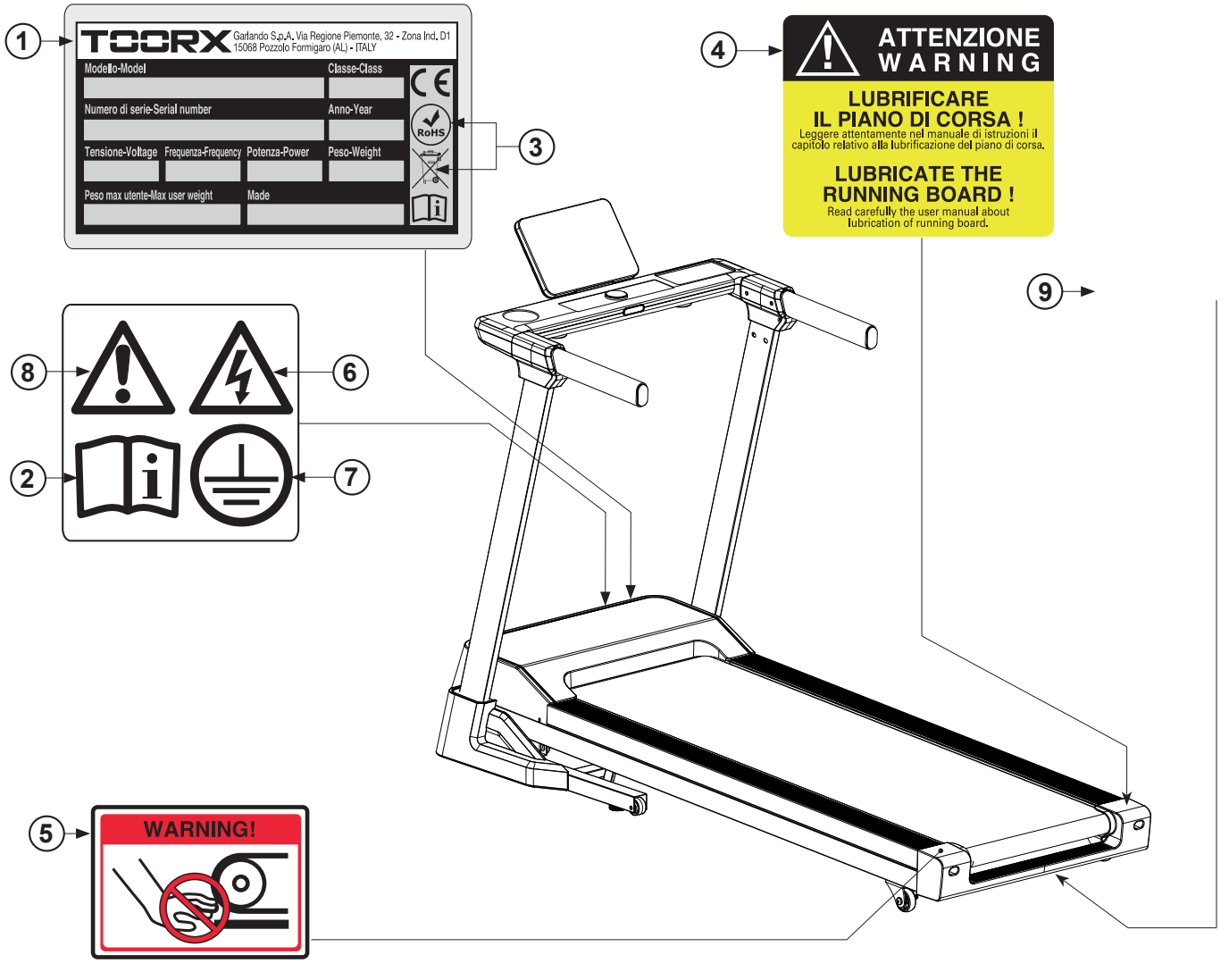
6 7IKREPI H pericolo di scossa elettrica.
È ZMIXEXS WQSRXEVI MP TVSHSXXS
ZERS QSXSVI

7 7IKREPI HM WMGYVI^^E SFFPMKS
una presa elettrica dotata di "messa a terra".

4IV KEVERXMVI P´MQTMIKS MR WM
GIWWEVMS ZIVM½GEVI PE UYEPMX
HIPP´MQTMERXS EP UYEPI ZMIRI G

8 7IKREPI HM EZZMWS MRHMGE PE
prodotto È SFFPMKEXSVME PE PIXXYVE
TVMQE HM GSQTMIVI UYEPWMEWM
UYEPWMEWM MRXIVZIRXS HM QERY

9 7IKREPI HM EZZMWS UYERHS MP
ZIVXMGEPI r ZMWMFMPI PE XEVKL
^MSRM TIV PS WFPSGGS HIP KERG



1.4 CARATTERISTICHE TECNICHE

VELOCITÀ NASTRO	1,0 km/ora (min.) ÷ 18 km/ora (max)
INCLINAZIONE PIANO	12% su 15 P M Z I P P M E V I K S P E ^ M S R I I P I X X V M G E
SUPERFICIE DI CORSA	470 x 1400 mm
SPESSORE NASTRO DI CORSA	1,6 mm
INGOMBRO APERTO (LXPXH)	1750 x 740 x 1200 mm
INGOMBRO CHIUSO (LXPXH)	1200 x 740 x 1440 mm
DIMENSIONE IMBALLO (LXPXH)	1790 x 765 x 295 mm
POTENZA MOTORE	2.5 HP (continui) - 3.5 HP (Z E P S V I) H M T M G G S
PESO NETTO	60,8 kg
PESO LORDO	70 kg
PESO MASSIMO UTENTE	120 kg
TENSIONE DI RETE	230 V AC
* 6) 5 9) 2 > % (- 6) 8)	, ^
POTENZA MAX	1200 W
RILEVAZIONE CARDIACA	W I R W S V M V M P I Z E ^ M S R I T Y P W E & P Y I X S S X L V
1 3 (9 0 3 & 0 9) 8 3 3 8 ,	M R G S V T S V E Y R Q S H Y P S V \ X \ & P Y I X S S X L
CONFORMITA’	2 S V Q I) 2 - 7 3) 2 G P E W W I , & (M V I X X M Z I ') 9) 9)

- P X V E W Q I X X M X S V I E J E W G M E X S V E G M G E & Y I X S S X L R S R r M R G P Y

4 I V Q I X X I M P G S P P I K E ® Q I R E S P E M G E S R P Y I X S S X L M W T S W M X M Z M I P I X X V S R
J E W G I X S V E G M G L I T I V K I W X M V I M P T V S H S X X S I S J J V M V I R Y S Z I W
% T T G S Q T E X M F M P M / M R S Q E T > [M J X

2.0 03'%0) (- -278%00%>-32) ()0 463(3883

CARATTERISTICHE DELL'AMBIENTE:

ˆ 0´EQFMIRXI MHSRIS TIV P´MRWXEPPE^MSRI TIV P´MRWXE
HIP TVSHSXXS HIZI IWWIVI
YR EQFMIRXI HSQIWXMGS
GSTIVXS I WYJ½GMIRXIQIRXI EQTMS
- dotato di una presa elettrica adatta,
HSXEXS HM MPPYQMRE^MSRI EVXM½GMEPI IREXVEPI EHEXXE
HSXEXS HM YRE S TM€ ½RIWXVIHM EVVE^MSRI RIM TVVWWM HM YRE ½RIWXVE
GSR XIQTIVEXYVE STIVEXMZE XVE „' I „'
GSR YQMHMXk VIPEXMZE TIVGIRXYEPI XVE I
0E QEGGLMRE 232 HIZI IWWIVI MRWXEPPEXE EPP´ETIVXS S MR MR
locali umidi o esposti ad atmosfera salina.

CARATTERISTICHE DEL PAVIMENTO:

ˆ -P WYSPS MHSRIS TIV PE GSPPSGE^MSRI HIP TVSHSXXS HIZI IWWIVI
GSR TEZMQIRXE^MSRI TIVJIXXEQIRXI MR TMERS
- con solaio di portata adeguata al peso del prodotto.

0E TEZMQIRXE^MSRI VIEPM^^EXE MR QEXIVMEPM HM TVIKMS EH IWIQ
TMS QSUYIXXIW S TEVUYIX ():) IWWIVI TVSXIXXE GSR YRE
PEWXVE HM KSQQE S HIM VMXEKPM HM JIPXVS RIPPI ^SRI H´ETTSKKM

REQUISITI DEL LOCALE D' INSTALLAZIONE:

ˆ -PPSGEPI TVIWGJRXS TIV P´MRWXE
XIPIZMWSVM QSXSVM IPIXXVMGM
XVEWQIXXMXSVM MR VEHMSJVIUY
JSRXM HM GEPSVI EH IWIQTMS
RIM TVVWWM HM YRE ½RIWXVE

REQUISITI DI SICUREZZA:

ˆ È 3&&0-+%836-3 PEWGMEVI YRS WTE
di almeno 2 metri tra la parte posteriore del tappeto e la parete.
232 HIZSRS IWWIVI GSRPSGEXM S
EPP´MRXIVRS HIPPS WTE^MS PMFI
peto.

2 m

(MWXER^E QMRMQE HE
WTE^MS HE PEWGMEVI

2.1 (-7-1&%003 '328)2983 7'%830%

0´MQFEPPS r GSWXMXYMXS HE YRE WGEXSPE MR GEVXSRI GLMYWE
punti metallici e nastri di reggiatura.
4IV WSPPIZEVI I WTSWXEVI PE WGEXSPE r RIGIWWEVMS GLMIHIVI
aiuto ad un'altra persona quando si depone la scatola sul
TEZMQIRXS VMWTIXXEVI P´MRHMGEQM ±0EXS MP GSR WIKREPEXS
dalla freccia apposita stampata sul cartone.
Per aprire la scatola, tagliare i nastri di reggiatura con delle
JSVFMGM TSM GSR YRE TMR^E VMQYSZIVI IH IPMQMREVI M TYRXM
QIXEPPMGM HM GLMYWYVE

PERICOLO

7M GSRWMKPME HM RSR HERRIKKMEVI P´MQFEPPS
SVMKMREPI IH IZIRXYEPQIRXI HM QERXIRIVPS
UYIWXS RIPP´IZIRXYEPMXk GLI MP TVSHSXXS
TVIWIRXM HIM HMJIXXM I WME RIGIWWEVMS PE
VMTEVE^MSRI MR KEVER^ME

0´MQFEPPS r VIEPM^^EXS MR QEXIVMEPI
VMGMGPEFMPI TIV PS WQEPXMQIRXS HIKPM
IPIQIRXM HE MQFEPPS VMWTIXXEVI PI RSVQI
PSGEPM TIV MP VIGYTIVS HIM QEXIVMEPM VMGMGPEFMPM
+PM IPIQIRXM HIPP´MQFEPPS GEVXSRI I
WEGGLIXXM RSR HIZSRS IWWIVI PEWGMEXM EPPE
TSVXEXE HIM FEQFMRM MR UYERXS TSXIR^MEPM
JSRXM HM TIVMGSPS

Elenco materiali dell'imballo e loro conferimento:

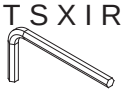
'EVXSRI SRHYPEXS MQFEPPS IWXIVRS
smaltimento carta cartone

4SPMWXMVSPS MQFEPPS HM TVSXI^MSRI
smaltimento plastica

Buste in plastica - (contenimento accessori)
smaltimento plastica

Busta con ferramenta di montaggio e accessori:

61	×8	M8×16 mm
62	×2	M8×45 mm
40	×6	ST4.2x16 mm
47	×10	Rondella piana M8 (Ø16xØ9x1.6T)
24	×1	Lubrificante al silicone
12	×1	Safety Key
42	×1	Chiave a brugola
73	×1	Manuale d'istruzioni



(STS EZIV XSPXS MP TVSHSXXS HEPP
subiti durante il trasporto e controllate la presenza di tutte le
parti illustrate.

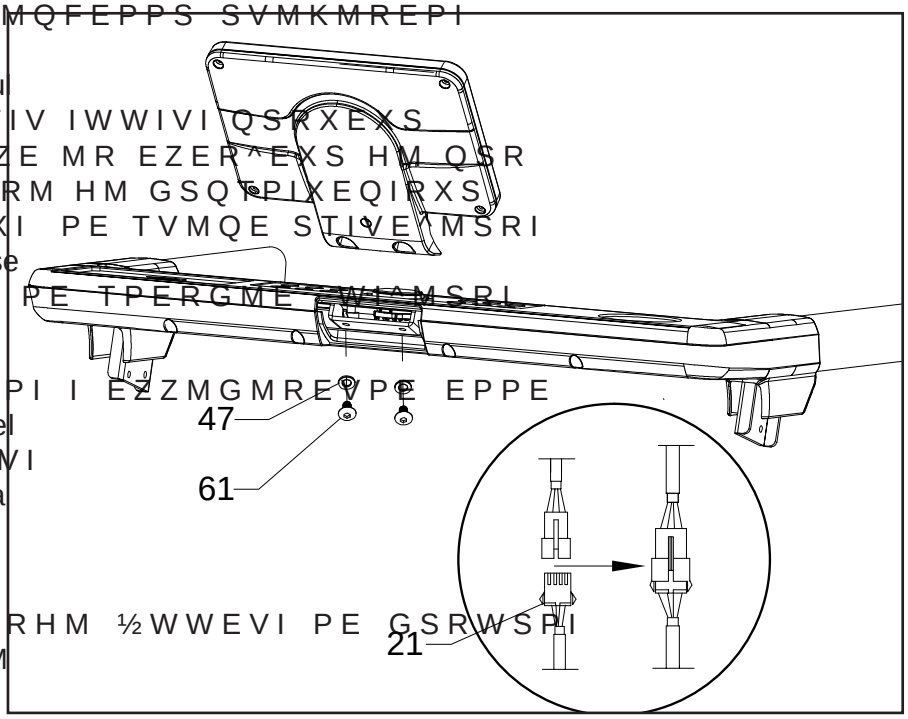
(YVERXI PI STIVE^MSRM VMJIVMVWM EPPI MPPYWXVE^MSRM GSR PI
HM QSRXEKKMS IH IZIRXYEPQIRXI WIVZMVWM ERGLI HIP HMWIKRS
MR IWTPSWS RIP GEXEPSKS VMGEQFM
-P 'EXEPSKS 6MGEQFM GSQTPIXS HM PMWXE HIPPI TEVXM GLI WM
XVSZE MR JSRHS EP QERYEPI H´MWXVY^MSRM r YR YPXIVMSVI EMYX
RIPP´MHIRXM½GE^MSRI HIM GSQTSRIRXM HM TMGGSPI HMQIRWMSRM

2.2 %77)1&0%++-3 ()0 463(3883

^ (STS EZIVI ETIVXS P´MQFEPPS SVMKMREPI
del prodotto, togliere tutto il materiale
contenuto nel cartone e distenderlo sul
TEZMQIRXS TVSRXS TIV IWWIVI QSRXEXS
-P TVSHSXXS WM XVSZE MR EZEP^EXS HM QSR
XEKKMS I PI STIVE^MSRM HM GSQTPIXEQIRXS
WSRS EWWEM VMHSXXI PE TVMQE STIVE^MSRI
consiste nell'accoppiare la console-(se
^MSRI HMWTPE] GSR PE TPERGME WI^MSRI
tastiera).

^ 7SPPIZEVI PE GSRWSPI I EZZMGMREVPE EPPE
plancia, collegare il connettore del
GEFPEKKMS 21 WYTIVVSVI della plancia al
corrispondente connettore in uscita
dalla console.

^ Nascondere i connettori all'interno
HIPPE TPERGME UYMRHM ½WWEVI PE GSRWSPI
WIVVERHS 61 [M8x16 mm] HM 47 [M8]
corredate di rondelle piane



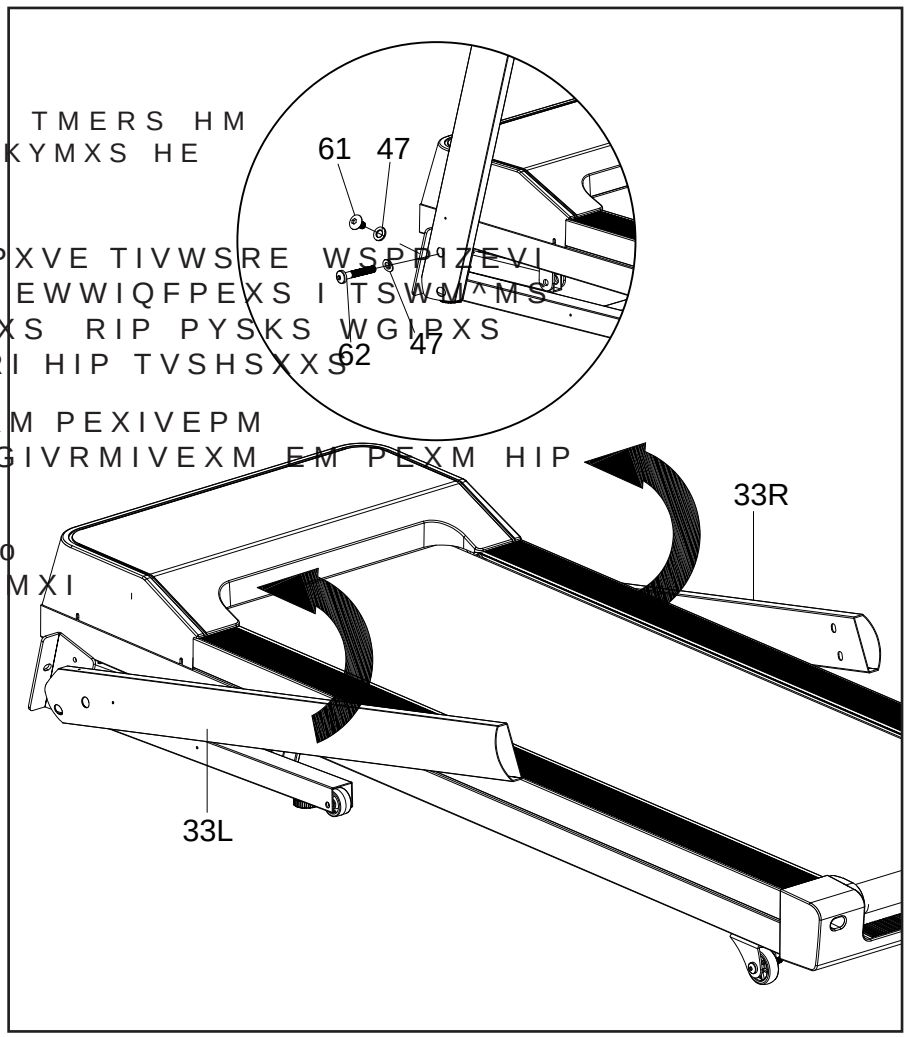
PERICOLO

-P WSPPIZEQIRXS HIP TMERS HM
GSVWE HIZI IWWIVI IWIKYMXS HE
EPQIRS HYI TIVWSRI

^ 'SR P´EMYXS HM YR´EPXVE TIVWSRE WSPPIZEVI
MP TMERS HM GSVWE EWWIQFPEXS I TSWM^MS
REVPS WYP TEZMQIRXS RIP PYSKS WGIPXS
TIV P´MRWXEPPE^MSRI HIP TVSHSXXS

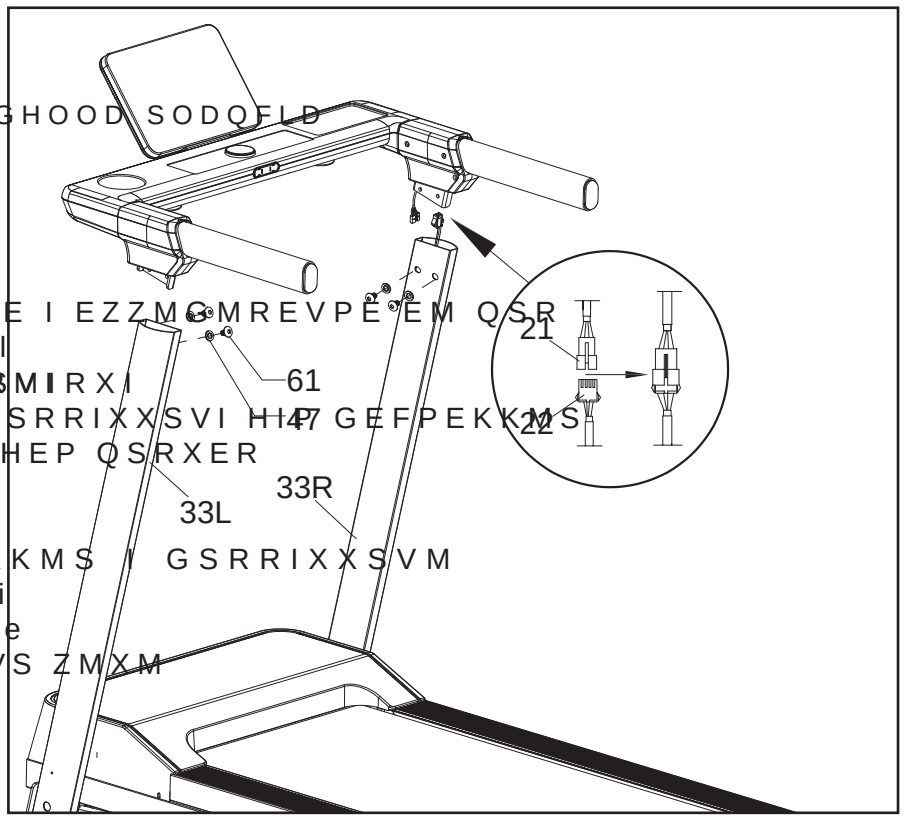
^ 7SPPIZEVI M QSRXEXM PEXIVEPM
GLI WM XVSZERS MRGIVRMIVEXM EM PEXM HIP
piano di corsa.

^ Fissare i montanti laterali serrando
MR GMEWGYRS 61 [M8x16 mm] MXI
corredata di rondella piana 47 [M8] e
YRE 62 [M8x45 mm] corredata di
rondella piana 47 [M8].



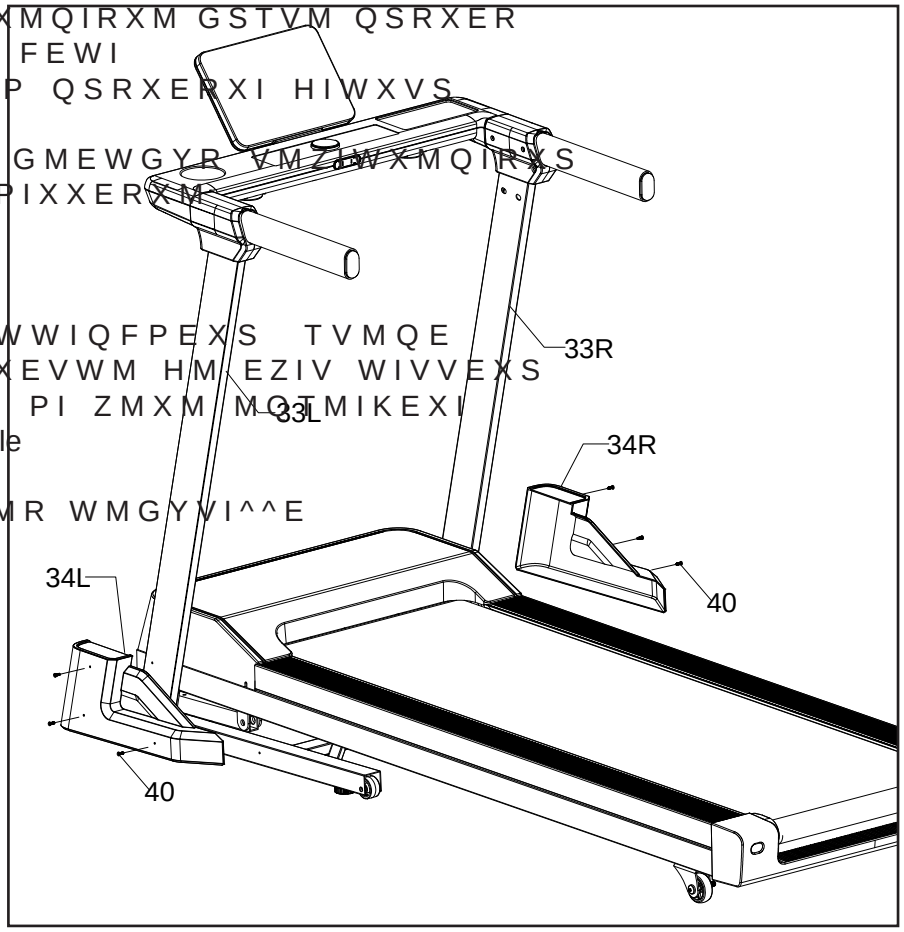
ATTENZIONE

'XUDQWH LO ¿VVDJJLR GHOOD SODQFLD **sul montante destro a fate attenzione a non schiacciare o tagliare tra i tubolari il cablaggio di collegamento della console.**



ˆ 7SPPIZEVI PE TPERGME I EZZMGMREVPE EM QSR tanti, quindi collegare il connettore del GEFPEKKMS21WYTVSZMRMIRXI HEPPE TPERGME EP GSRRIXXSVI H47GEFPEKKMS intermedio22 TVSZIRMIRXI HEP QSRXER te destro33R.

ˆ 2EWGSRHIVI GEFPEKKMS I GSRRIXXSVM all'interno del montante destro, quindi innestare la plancia nei due montanti e ½WWEVPM WIVVERHS 61[M8X16 VS ZMXM mm] corredate di rondelle piane47 [M8].



ˆ %GGSTTMEVI M VMZIWXMQIRXM GSTVM QSRXER te destro34R e sinistro34L EPPE FEWI VMWTIXXMZEQIRXI HIP QSRXERXI HIWXVS 33R e del montante sinistro33L; ½WWEVPM WIVVERHS GMEWGYR VMZoWXMQIRXS GSR XVI ZMXM40 (ST4,2x16 PIXXERXM mm).

ˆ 3VE P´EXXVI^^S r EWWIQFPEXS TVMQE HIPP´MQTMIKS EGGIVXEVWM HM EZIV WIVVEXS EHIKYEXEQIRXI XYXXI PI ZMXM MQTMIKEXI nel processo di montaggio e leggere le restanti parti del manuale per le infor QE^MSRM WYPP´YWS MR WMGYVI^^E

2.3 4-%23 (- '367% -2 437->-32) :)68-'%0)

5YERHS P´EXXVI^^S RSR ZMIRI Y E TY
IWWIVI TSVXEXS MR TSWM^MSRI
WTE^MS IJJIXXYERHS PI WIKYIR

PERICOLO

4SVXEVI PE TSWM^MSRI HIP TM
PMZIPPS QMRMQS HM MRGPMR
MP TMERS RSR TY{ IWWIVI GLM

7TIKRIVI P´EXXVI^^S I WXEG(
HEPPE TVIWE HM GSVVIRXH E
VYXXSVI HM VIXI

^ %JJIVVEVI PI IWXVIQMXk TSW E
inserendo le mani sotto agli angolari.

^ 7SPPIZEVI GSR IRXVEQFI PI Q
E TSVXEVPS MR TVSWWMQMXk E
WSPPIZEVI ½RS EPP´MRWIVMBQ

^ -P GMPMRHVS E KEW TSWXS EI VEP
discesa del piano.

PERICOLO

(STS PE GLMYWYVE TVMQE HM
HEP TMERS HM GSVWE EWWMG
HM WMGYVI^^E WME FIR MRWIV
QERM ZIVWS MP FEWWS MP TM

2.4 4-%23 (- '367% -2 437->-32) 36->>328%0)

PERICOLO

4VMQE HM TSVXEVI MP TMERS HM GSVWE MR TSWM^MSRI
SVM^^SRXEPI XSKPMIVI IZIRXYEPM SKKIXXM TVIWIRXM
WYP TEZMQIRXS RIPPE WYTIVJMGMI GLI ZMIRI
SGGYTEXE HEP TMERS HM GSVWE %WWMGYVEVS
MRSPXVI GLI RIPPI ZMGMRER^I RSR GM WMERS ERMQE
HSQIWXMGM S FEQFMRM GLI KMSGERS

4IV TSVXEVI MP TMERS HM GSVWE MR TSWM^MSRI SVM^^SRXEPI EJJ
VEVI GSR PI QERM PI IWXVIQMXk TSWXIVMSVM (2KPM ERKSPM HIP TM
di corsa, nei punti C quindi premere con un piede sul gancio
HM WMDGYVRS^E WKERGMEVPS HSTSHMGLq EGGSQTEKREVI
PIRXEQIRXI PE HMWGIWE GSR IRXVEQFI PIQERM½RS E TSVXEVPS
in appoggio sul terreno.

PERICOLO

ˆ 4VMQE HM WTSWXEVI P´EXXVI^^S
HEPPE TVIWE HM GSVVIRXI

ˆ 'SRXVSPPEVI GLI MP KERGMS HM
MRWIVMXS TVMQE HM TVSGIHIVI G
XS

Il tappeto monta due ruote nella parte anteriore, indispe
WEFMPM TIV PS WTSWXEQIRXS
4IV GSQTMIVI P´STIVE^MSRI TSV HM
GSVWE TSWXS MR ZIVXMGEPI I E QER
E, puntare un piede sul telaio E quindi inclinare con dec
WMSRI MP XETTIXS XMVERHS GS XI
TSWXIVMSVI HIP TMERS HM GSVV
A questo punto le due ruote G di spostamento sono in
appoggio sul terreno, quindi spingere il tappeto nella di
^MSRI HIWMHIVEXE

2.6 COLLEGAMENTO ELETTRICO

ATTENZIONE

46-1% (- '300)+%6) 0% 7ELETTRICA

VIVM½GEVI GLI P´MQTMERXS EFFME SHEVEXXIVMW XMGLI
MHSRII ZIVM½GERHS M HEXM XIGRMGM MM PSVXEXMW WYPPE
XEVKLIXXE

VIVM½GEVI GLI PE TVIWE EP QYVS WME EHEXXE TIV MP
XMTS HM WTMRE I GLI HMWTSRKE HM ±TVIWE HM XIVVE²

VIVM½GEVI GLI P´MRXIVVYXXSVI 3R 3JJ HM GSPSVI
VSWWS WME MR TSWM^MSRI ±3²

-P TVSHSXXS r GSVVIHEXS HM GEZS
con spina elettrica HM XMTS 7GLYOS GLI HIZI
ad una appropriata presa a muro con tensione nominale
½RS E :%' HSXEXE HM QIWWE E
2IP PEXS ERXIVMSVI HIP ZERSLQSXS
EPPE UYEPI ZMIRI EPPEGGMEXS MP
rottore M con il quale si accende e si spegne il prodotto.

ATTENZIONE

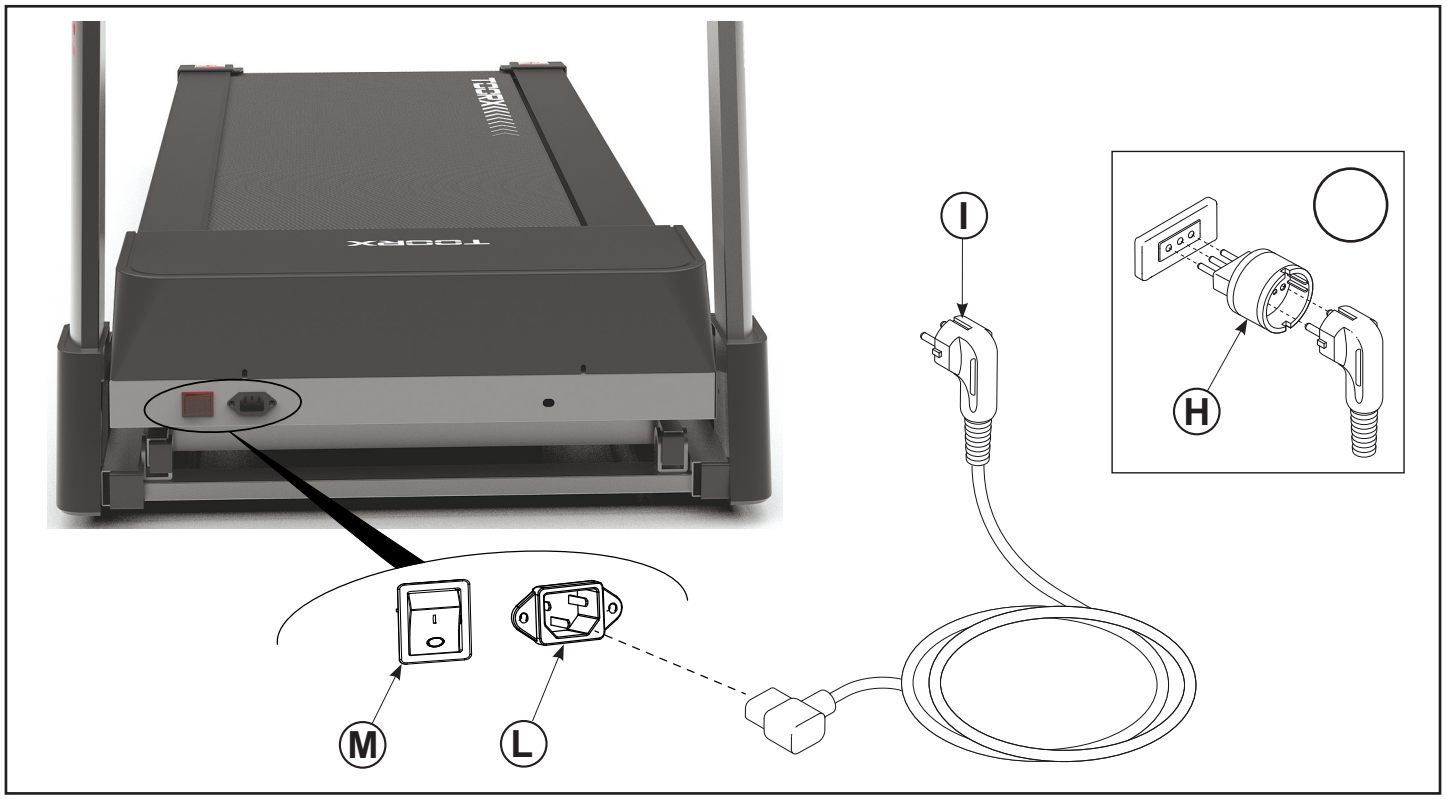
46)'%9>-32- 4)6 74-2%) '%:3 (-

ALIMENTAZIONE

CSPPIKEVI PE WTMRE IPIXXVMGE EH YRE TVIWE HE TE
VIXI GLI WME WYJ½GMIRXIQIRXI HMWXERXI HEP TVS
HSXXS TIV IZMXEVI GSVXSGMVGYMXM GLI TSXVIFFIVS
ZIRMVI GEYWEXM HE KSGGI HM WYHSVI I HEPP´EGUYE

NON JEVI TEWWEVI MP GEZS HM EPMQIRXE^MSRI WSX
XS EP XIPEMS I XVE KPM IPIQIRXM QSFMPM HIP WMWXIQE
HM MRGPMRE^MSRI

NON YXMPM^^EVI TVIWI QYPXMTPI S TVSPYRKLI
YXMPM^^EVI WSPEQIRXI EHEXXEXSVM GSRJSVQM ,



4VMQE HM GSQMRGMEVI EH YXMPM^^S E RSR TMc HM XVI WIXXMQEREPM I QERXI
GSRWYPXEVI MP TVSTVMS QIHMGS TIV YRE ZIVM½GE HIPPI GSRHM
^MSRM ½WMGLI I TIV ZEPYXEVI GSR PYM PEVXMGSPEVM TVIGEY^MS
GSRWIKYIRXM EPPE TVEXMGE HM UYIWXE EXXMZMXk ½WMGE
4IV GSPSVS GLI MRM^MERS EH YXMPM^^EVI MP TVSHSXXS WIR^E EPG
PI WIHYXI HM YXMPM^^S E RSR TMc HM XVI WIXXMQEREPM I QERXI
RIRHS HIM XIQTM I HIPPI ZIPSGMXk QMRMQI WME TIV TVIRHIVI
GSR½HIR^E GSR M GSQERHM HIPPE GSRWSPI GLI TIV HMWXEGGEVWM
PIRXEQIRXI HEPPE WIHIRXEVMIXk
4IV GSPSVS GLI KMk TVEXMGERS EXXMZMXk WTSVXMZE IH MRXFRHSR
YXMPM^^EVI MP TVSHSXXS GSQI GSEHMYZERXI HIM PSVS IWIVGM^M
WM GSRWMKPME HM VMZSPKIVWM EH YR TIVWSREP XVEMRIV TIV PE
KVEQQE^MSRI HIPPI WIWWMSRM EPPIRERXM I PE VIEPM^^E MSRI HIP
WGLIHE HM EPPIREQIRXS
1SRMXSVERHS PI TYPWE^MSRM GEVHMEGLI HYVERXI P´EPPIREQIRXS
WM TY{ ½REPM^^EVI PE TVSTVME EXXMZMXk TIV SFMIXXMZM
- HMQEKVMQIRXS mantenendo un regime cardiaco tra 60% e 75% WM TSWWSRS GSRWYQEVI GEPSVMI WIR^E HSZIV JEVI WJSV^M
- QMKPMSVEQIRXS GETEGMXk VIWTMVEXSVMI mantenendo un regime cardiaco tra 75% e 85% si possono EPPIREVI M TSPQSRM PEZSVERHS E VIKMQI EIVSFMGS
- QMKPMSVEQIRXS GETEGMXk GEVHMSZEWGSPEVM mantenendo un regime cardiaco tra 85% e 95% WM TY{ EPPIREVI MP GYSVI PEZSVERHS E VIKMQI EIVSFMGS

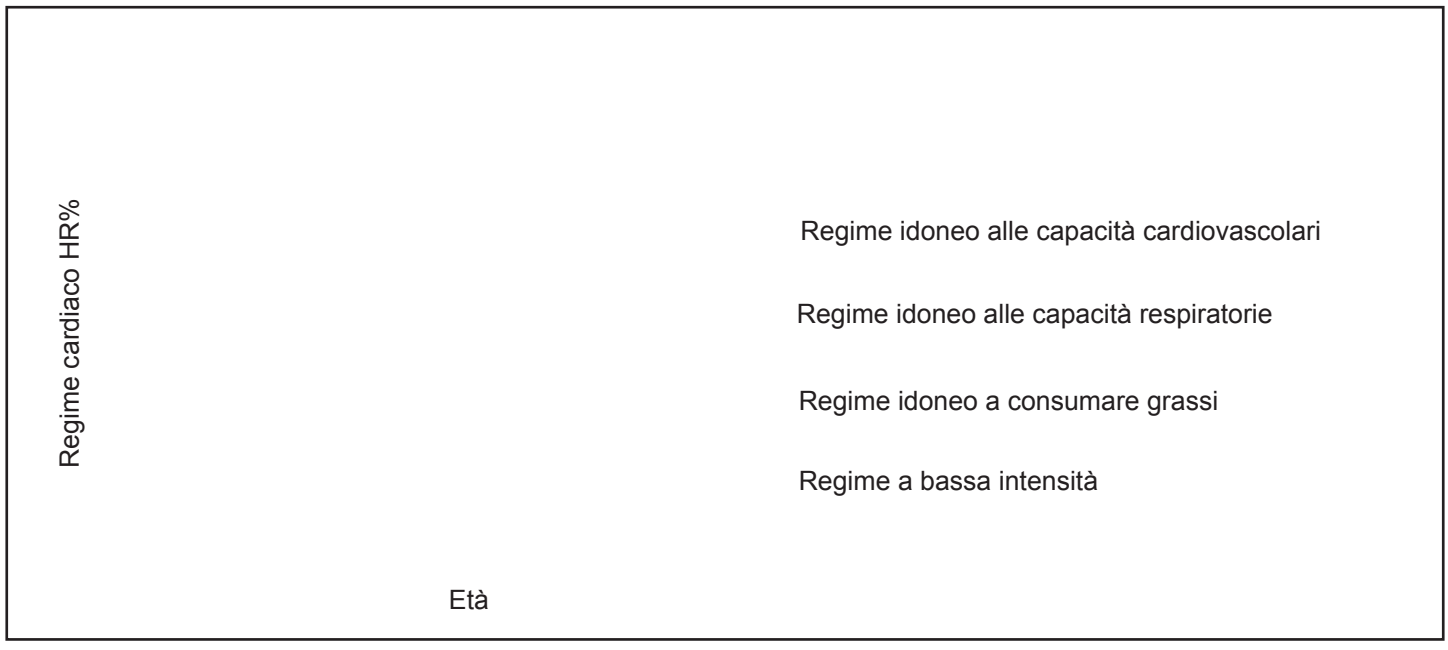
0´WSVI HIPPI TVSHSXXS HIZGSRWMKPM
RISCALDAMENTO: prima di affrontare un allenamento ser ZIRHSWM HIP TVSHSXXS r WIQTVI F per il riscaldamento e lo scioglimento dei muscoli, giusto per portare il corpo in temperatura e preparare cuore e polmoni.

ALLENAMENTO: partire a regime ridotto e dopo il riscalda QIRXS EYQIRXEVI TVSKVIWWMZEQIRX ½RS E UYERHS MR FEXXMXS GEVHM desiderato.
1ERXIRIVI GSWXERXI PE JVIUYIR^E
VEXE MR FEWIER TVSTVMS SFMIXX
QIRXS GETEGMXk VIWTMVEXSVMI ST GEVHMSZEWGSPEVM
Durante le prime settimane d'impiego, le sedute di allena QIRXS RSR HIZSRS IWWIVI TVSXVEX YRE ZSPXE EGUYMWMXE GSR½HIR^E IWWIVI TSVXEXI ½RS E QMRYXM

RAFFREDDAMENTO: XIVQMRI HIPPE WIHY prodotto, rilassarsi praticando il defaticamento per alcuni QMRYXM GSR HIKPM IWIVGM^M HM W

PERICOLO

0´EXXMZMXk MR VIKMQI HM EPPIREQIR r GSRWIRXMXE WSPS HE WTSVXMZM FIRI EPPIREXM



Regime cardiaco HR%

Regime idoneo alle capacità cardiovascolari

Regime idoneo alle capacità respiratorie

Regime idoneo a consumare grassi

Regime a bassa intensità

Età

3.1 86%71)88-836) % *%7'-% 836%'-'% 348-32%0

ATTENZIONE

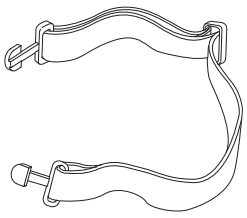
- 4VMQE HM YXMPM^^EVI MP XVEWQIX
  GSR EXXIR^MSRI PI MWXVY^MSRM
  UYIPPI IZIRXYEPM JSVRMXI HEP G
- DSTS SKRM YXMPM^^S TYPMVI I- E
  QIRXI MP XVEWQIXXMXSVI I PE J
  IZMXEVI YRE WGEVMGE TVIGSGI H
  WXEGGEVI MP XVEWQIXXMXSVI I V
  JEWGME IPEWXMGE
- 4YPMVI MP XVEWQIXXMXSVI GSR- Y
  TSRI RIYXVS PE JEWGME IPEWXM
  E QERS GSR RSVQEPI HIXIVKIRXI
- *EWGME I XVEWQIXXMXSVI HIZSRS
  JYSVM HE GEWWIXXM FYWXI GLMY
  WM GSRWMKPME HM ETTIRHIVPM E
  GLI WME KEVERXMXE PE TIVJIXXE

7Y VMGLMIWXE MP TVSHSXXS T-Y XV
WQIXXMXSVI E JEWGME XSVEGMG PI
GSR MP VMGIZMXSVI MRWXEPPEX
)WWS r GSWXMXYMXS HE HYI IPIQ MRZ
M WIKREPM VEHMS EPPE GSRWSP IVQ
MP FPSGGEKKMS HIP XVEWQIXXM
-P XVEWQIXXMXSVI r EPMQIRXEX GLI
HIZI IWWIVI WSWXMXYMXE UYE-R J ½
GMIRXI ZIHM 1ERYXIR^MSRI 'E

1 %KKERGMEVI YR´IWXVIQMXk H ME
elastica.
2 6IKSPEVI PE PYRKLI^^E HIPPE EP
TVSTVMS XSVEGI EKIRHS WYP
4SWM^MSREVI PE JEWGME IPE SVE
o sotto i seni, come mostrato, quindi agganciare l'altr
capo della fascia elastica al trasmettitore.
3 7SPPIZEVI MP XVEWQIXXMXSVI EXI
d'acqua gli elettrodi posti sul retro.
4 :IVM½GEVI GLI PE WYTIV½GMI E
FIRI WYPPE TIPPI

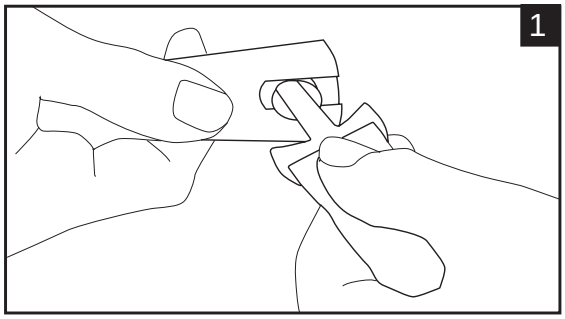
ATTENZIONE

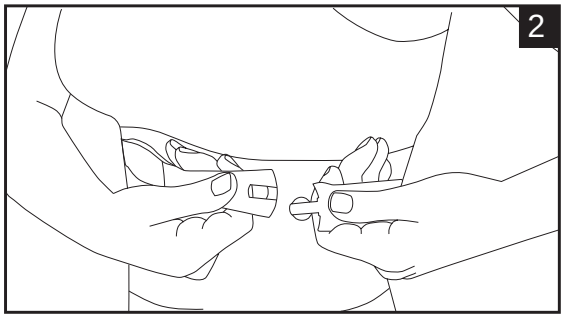
0´MRHMGE^MSRI HIPPI TYPWE-^MS
WYVEXI XVEQMXI PE JEWGME XS
YR ZEPSVI HM VMJIVMQIRXS YXMP
JVIUYIR^E HIP GYSVI E WIGSRHE
EPPIREQIRXS GLI WM MRXIRHI WZSF
RIVI YR VMJIVMQIRXS TIV MP GSRW
RIWWYR GEWS PE QMWYVE VMPIZE
TY{ IWWIVI GSRWMHIVEXE GSQI HE

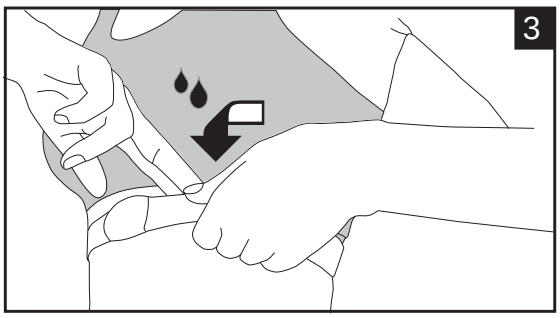


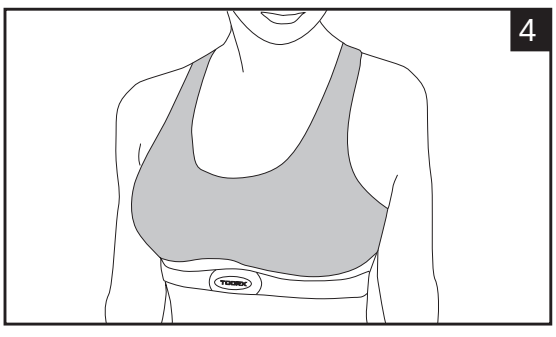
Fascia elastica

Trasmettitore









3.2 '32'-+0- 46%8-'-) 79++)6-1)28- (´973

PERICOLO

ˆ 4VMQE HM GSQMRGMEVI YR E-PPIREQIRXS EKKER
GMEVI GSVVIXXEQIRXI PE GLMEZI HM WMGYVI^^E
GERHS PE GPMT EM ZIWXMXM HIP KMVSZMXE
GYM ZSKPMEXI EVVIWXEVI MQQIHMEXEQIRXI MP REWXVS
XMVEVI WIQTMGIQIRXI PE GSVHE TIV WXEGGEVI PE
GLMEZI QEKRIXMGE HM WMGYVI^^E HEPPE GSRWSPI
VMTVIRHIVI P´EPPIREQIRXS VMTSWM^MSRI
RIPPE WIHI WYPPE GSRWSPI

ˆ 5YERHS MP XETTIXS RSR ZMIRI YXMPMaEXS
VI PE GLMEZI HM WMGYVI^^E I GSRWYZEVRE EP WMGYVS
8IRIVI PE GLMEZI HM WMGYVI^^E PSRXERS HEM FEQ
FMRM

ˆ 4VSGIHIVI KVEHYEPQIRXI RIPP´YXMPMaaS HIP WMGYVS
XVI^^S 9WEVI M GSVVMQERS UYERHS PVQ GIWWEVMS
%RHEVI E TEWWS PIRXS UYERHS PE ZIPSGMXk HIP
XETTIXS r FEWWE 2SR VMQERIVI JIVQM UYERHS MP
REWXVS r MR QSZMQIRXS

ˆ 2SR GIVGEVI HM GEQFMEVI HMVI^MSRI XIRIVI
WME MP ZMWS GLI PE TEVXI JVSRXEPI HIP GSVTS ZIVWS
PE GSRWSPI HM GSRXVSPPS

ˆ 2SR EGGIRHIVI QEM P´EXXVI^^S QIRXVI UYEPGYRS
WM XVSZE WSTVE EP REWXVS

ˆ 2SR YXMPM^^EVI P´EXXVI^^S TIV TM€ HM YRE TIVWSRE
EPPE ZSPXE

ˆ %ZZMEVI P´IWIVGM^MS VMQERIRHS GSRWYPXE
TIHERI PEXIVEPM HSTS GLI MP REWXVS LE MRM^MEXS E
WGSVVIVI E ZIPSGMXk QMRMQE MRM^MEVI E GEQQM
REVZM WSTVE PIRXEQIRXI

'LM WM EGGMRKI EH YXMPM^^EVI M
HSZVk ER^MXYXXS JEQMPMEVM^^EV
ZIVM½GEVI MP JYR^MSREQIRXS HIP X
in un programma di allenamento.
E %GGIRHIVI P´EXXVI^^S EKIRHS WY
WTME VSWWE HIPP´MRXIVVYXXSVI
HM WMGYVI^^E RIPP´ETTSWMXS E
YP MWXERXI IWIKYI MP XIWX EGGI
mostrerà subito pronto.
b 7EPMVI WYP XETTIXS HE YR PEXS
mantenendo i piedi sulle pedane laterali.
c. Premere il pulsante START per partire immediatamente
GSR P´EPPIREQIRXS EPPE ZIPSGM
GSVVMQERS MRM^MEVI E GEQQMR
TEWWS WGMSPXS QERXIRIVI TIV U
FEWWE GSWV HE JEQMPMEVM^^EVI
rotante.
H 5YERHS GM WM WIRXI E TVSTVMS
HM VSXE^MSRI HIP XETTIXS TVIQIR
%78 I EFFERHSREVI PE TVIWE HIP
GSR XVERUYMPPMXk 4IV YRE QEK
HM YWEVI M TYPWERXM VIQSXM Z
I. Durante l'allenamento è importante mantenere una
EHIKYEXE GSRGIRXVE^MSRI TIV IZ
J) GSRWMKPMEFMPI QERXIRIVI YRI
GSR WKYEVHS MR EZERXM I RSR C
MSRI WSHMEXXPXS EPPI ZIPSGM
KYYERX1 P´IWIVGM^MS ZEPYXEVI V
MQTYKRERHS GSR IRXVEQFI PI QE
sui corrimano, oppure indossando la fascia toracica
STXMSREP MP HEXS ZIVVk ZMWY

3.3 '32730) (- '32863003 HMWTPE]

0E ½RIWXVE GIRXVEPI HIPPE GSRWSPI GSQTMVRHEY^E HMWTPEVE
4 cifre e un anello composto da una serie di spie a LED.
ˆ-R GSRHM^MSRI HM WXERH F] I RESWXVS VIJMPQSMRXIKMS VEJWMHYS H
ZMWYEPM^^E PI WMKPI HIM TVSKVEQQM TIVQSMRE E XIVQMRI HIP
4 µ 4 TVSKVEQQM TVIHI½RMXM
9 µ 9 TVSKVEQQM MQTSWXEFMPMXk CALORIES - Consumo calorico
,4 µ ,4 TVSKVEQQM E VIKMQI MSRIVIRXI GSRWSRR]YXIXSXI HEPP´M
*%8 FSH] JEX XIWX STTYVI MP GSRXIKKMS VIWMHYS H
ˆ(YVERXI P´IWIVGM^MS GSR MP REWXVS MER SVZIMEPRXIS QMR IHIWTPIE
GIRXVEPI ZMWYEPM^^E MR QSHS EPXIVRS PE HYVEXE I PE ZIPSGMX

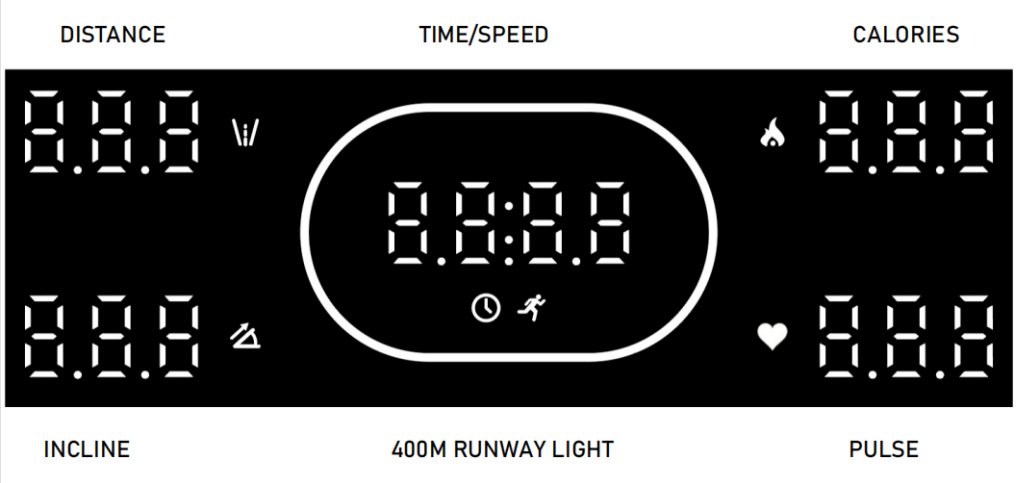
TIME (YVEXE IWIVGM^MS
1SWXVE M QMRYXM XVEWGSVWM HEPP´MRM^MS HIPP´IWIVGM^MS
MP GSRXIKKMS VIWMHYS HEPPE HYVEXE MQTSWXEXE ½RS E^IVS
QMRYXM EP XIVQMRI HIPP´IWIVGM^MS
74))(:IPSGMXk HIP REWXVS
1SWXVE PE ZIPSGMXk HIP REWXVS MR QQ SVE

1 692;%= 0-+,8- Indicatore ad anello
- L'anello luminoso centrale è costituito da una serie di
WTMI E 0)(GLI WM EGGIRHSRS
P´IWIVGM^MS IH LE PS WGSTS HM
metri di un circuito di atletica leggera.

INCLINE -RGPMRE^MSRI HIP TMERS
1SWXVE MP PMZIPPS HM M.RGPMRE^MSRI HIP TMERS HM GSVWE

DISTANCE (MWXERXE TIVGSVWE
MSWXVE PE HMWXER^E XSXEPI TIVG
SWXVS VIJMPQSMRXIKMS VEJWMHYS H
ZMWYEPM^^E PI WMKPI HIM TVSKVEQQM TIVQSMRE E XIVQMRI HIP
4 µ 4 TVSKVEQQM TVIHI½RMXM
9 µ 9 TVSKVEQQM MQTSWXEFMPMXk CALORIES - Consumo calorico
,4 µ ,4 TVSKVEQQM E VIKMQI MSRIVIRXI GSRWSRR]YXIXSXI HEPP´M
*%8 FSH] JEX XIWX STTYVI MP GSRXIKKMS VIWMHYS H
ˆ(YVERXI P´IWIVGM^MS GSR MP REWXVS MER SVZIMEPRXIS QMR IHIWTPIE
GIRXVEPI ZMWYEPM^^E MR QSHS EPXIVRS PE HYVEXE I PE ZIPSGMX

4907) *VIUYIR^E GEVHMEGE
5YERHS ZIRKSRS MQTYKREXI IRXV
corrimano, appoggiando i palmi delle mani sui sensori di
VMPIZE MSRI TYPWE^ MSRM GEVHM
MRHSWWERHS PE JEWGME XSVEGM
STXMSREP MP HMWTPE] ZMWYEPM
6MGSVHMEQS GLI PE QMWYVE JSV
VMJIVMQIRXS ETTVSWWMQEXMZS
considerato come un dato di riferimento medico.
2SXEM HMWTPE] HIPPE GSRWSPI WM
MR QSHEPMXk VMWTEVQMS IRIV
MREXXMZMXk



3.4 '32730) (- '32863003 TYPWERXM

START

4VIQIVI MP TYPWERXI 78%68 TIV%EZZMEWIP´IWIVGM^MS ! JEV2I) 9T (
TEVXMVI MP REWXVS MR XYXXI PI HMQSMRYMVI MP PMZIPPS IHM MRGPM

7834

Premere il pulsante STOP per fermare il nastro e concludere
YR IWIVGM^MS

74))(:IPSGMXk HIP REWXVS
^ 6YSXEVI MP VIKSPEXSVI HM ZIPSGMXk GIRXVEPI TIVEPYQIRXEVI WM
WIRWS SVEVMS S HMQMRYMVI WIRXVEPI ZMRIVZMSRI HIM ZE
HIP REWXVS 0E ZIPSGMXk MQTSWXE^MSRI HIM
HMWTPE] E 0)(TSWXS EP GIRXVSPHIP VIKSPEXSVI VSZIWGME HEP
^ (YVERXI P´MQTSWXE^MSRI HIM QSQIRXSRIP UYEPQIPIWIVGM^MS LE
PEXSVI r YXMPM^^EXS TIV MQTSWXE^MSRI HIM
HIPP´EPPIREQIRXS HYVEXE HMWXER^E

463+

(EPPE GSRHM^MSRI HM WXERH-FI TVIQIVI MP TYPWERXI TIV WGSV
VIVI P´IPIRGS HIM TVSKVEQQM HM EPPIREQIRXS HMWTSRMFMPM
4VSKVEQQM TVIHI½RMXM 4 µ4
4VSKVEQQM YXIRXI 9 µ9
4VSKVEQQM ,6' ,4 µ,4
4VSKVEQQE FSH] JEX XIWX *%8

7)0)>-32) 6%4-(% :)03ª-82'0-2%>-32)
5YERHS ZMIRI TVIQYXS YRS HIM
HIPPE ZIPSGMXk S HIPP´MRGPMR
HM ZIPSGMXk I MRGPMRE^MSRI

-2'0-2) 94 (3;2 -RGPMRE^MSRI TMER
HMQSMRYMVI MP PMZIPPS IHM MRGPM

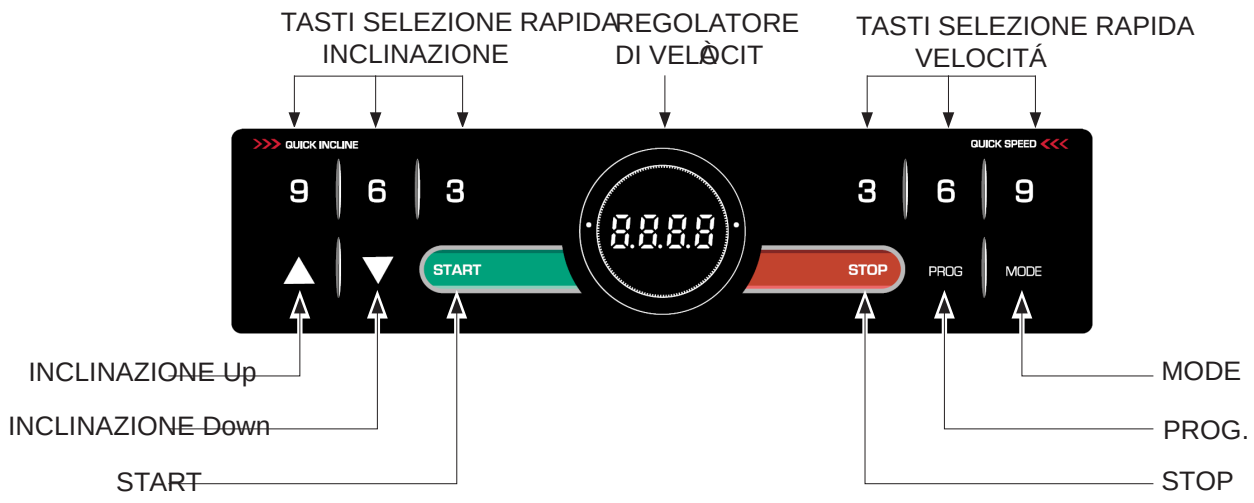
MODE

(EPPE GSRHM^MSRI HM WXERH-FI RTM
P´EPPIREQIRXS WY YRS HIM XVI SFM
- H-1 . durata dell'allenamento,
- H-2 HMWXER^E GLI WM MRXIRHI TIV
- H-3 UYERXMXk HM GEPSVMI GLI WM
5YERHS ZMRIVZMSRI MRWIVMXM HIM ZE
MP GSRXIKKMS EP VSZIWGME HEP
HIEXM HM TVSKVEQQE IWIVGM^MS LE
2IP 4VSKVEQQE &SH] EX 8IWX
EXS TIV PMRXVSHY^MSRI HIM HEXI
TIWS MRHMWTIRWEFMPI TIV MP GEP

4907%28REMOMP TYPWERXI TIV WGSV
7YEPGSVVMQERS HM HIWXVE WM XVS
GSRXVSPPS EKIZSPI HIPPE ZIPSGMX
WMRMWXVE M TYPWERXM TIV MP GSI

4'7-%:) (- 7-'96)>>%

0E GLMEZI HM WMGYVI^^E r YR HMW
importante.
console rimane spenta.
0E GLMEZI HM WMGYVI^^E LE YRE
IWWIVI ½WWEXE EPPE GMRXYVE HIM



ACCENSIONE ATTREZZO

ˆ 4IV EGGIRHIVI P´EXXVI^^S TVIQIVI P´MRXIVVYXXSVI KIRIVEPI
di rete su I=ON, si accende la spia rossa integrata per
WIKREPEVI GLI P´EXXVI^^S r EPMQIRXEXS 0´MRXIVVYXXSVI r
TSWXS RIPPE TEVXI ERXIVMSVI ˆ ZEPMVI WYP TMERS HM GSVWE QE
(STS P´EGGIRWMSRI TSWM^MSREVI PE GLMEZI HM WMGYVI^^E RIPPE
WIHI MR TPERGME ZIVVk IWIKYMXS YR XIWX HMEKRSWXMGS TIV
PE ZIVM½GE HIPPE WGLIHE PSKMGE I HIM HMWTPE] HSTSHMGLq
P´EXXVI^^S WEVk TVSRXS TIV P´YXMPM^^S

ˆ 0E GSRWSPI WM WTIKRI EYXSQEXMGEQIRXI MR QSHEPMXk VM
WTEVQMS IRIVKIXMGS HSTS QMRYXM HM MREXXMZMXk

ARRESTO ESERCIZIO

ˆ 5YERHS MP REWXVS r MR JYR^MSRI TVIQIVI YRE ZSPXE MP TYP
WERXI 7834 TIV JIVQEVPS I QIXXIVI MR TEYWE'P´IWIVGM^MS
- HEXM GSVVIRXM ZIRKSRS QERXIRYXM TIV HMIGM QMRYXM IRXVS
M UYEPM r TSWWMFMPI VMTVIRHIVI P´IWIVGM^MS HE HSZI PS WM IV
interrotto, premendo il pulsante START.

ARRESTO DI EMERGENZA

ˆ 4IV JIVQEVI MQQIHMEXEQIRXI YR IWIVGM^MS IH EVVIWXEVI
MP REWXVS IWXVEVVI PE GLMEZI HM WMGYVI^^E HEPPE WYE WIHI

1SHS 5YMGO7XEVX

ˆ %GGIRHIVI MP TVSHSXXS QIXXIRH
WY 32 I GSPPIKERHS PE GLMEZI H
ZEPMVI WYP TMERS HM GSVWE QE
E ½ERGS HIP GEZS IPIXXVMGS
laterali, quindi premere START, dopo 3 secondi il nastro
TEVXI E QMRMQE ZIPSGMXk

%KMVI WYM TYPWERXM 74))(I -2
XIQTS VIEPI ZIPSGMXk I MRGPMRE
VIPEXMZM STTYVI EKMVI WYM TYP
TEWWEVI ZIPSGIQIRXI EM VIPEXMZ
RE^MSRI MRHMGEXM WYP TYPWER

ˆ 8-1) (-78%2') '%036-)7 MRGVIQIR
FEWI EPPS WZSPKIVWM HIPP´IWIVG
WMRS EPP´EVVIWXS XVEQMXI 7834

1SHS 5YRXHS[R

ˆ %GGIRHIVI MP TVSHSXXS QIXXIRH
WY 32 I GSPPIKERHS PE GLMEZI H

ˆ 4VIQIRHS 13() MR WYGGIWWM-SRI V
TSWXEVI PE HYVEXE ?, A PE HMV
HM GEPSVMI ?, A GSQI SFMIXXMZ
QERYEPI +'SYRXHS[R² MP HMWTP
JYR^MSRI WIPI^MSREXE WM TVIWI

ˆ -QTSWXEVI MP ZEPSVI HM ³XEVKI
agendo sui pulsanti SPEED. Ad esempio impostare la
durata dell'allenamento a 30 minuti.

ˆ 7EPMVI WYP TMERS HM GSVWE QE
laterali, premere START, dopo 3 secondi il nastro parte
E QMRMQE ZIPSGMXk

ˆ %KMVI WYM TYPWERXM 74))(I -2
XIQTS VIEPI ZIPSGMXk I MRGPMRE
VIPEXMZM STTYVI EKMVI WYM TYP
TEWWEVI ZIPSGIQIRXI EM VIP-EXMZ
RE^MSRI MRHMGEXM WYP TYPWER

ˆ 8-1) ZMWYEPM^^E MP GSRXIKKMS
tempo impostato, mentre DISTANCE E CALORIES
MRGVIQIRXERS M ZEPSVM MR FEWI

ˆ 0´IWIVGM^MS ZIVVk TSVXEXS EZER
HSTSHMGLr MP REWXVS VEPPIRX
EPP´EVVIWXS -R UYEPYRUYI-QSQ
WIVGM^MS TVIQIRHS MP TYPWERX
PE GLMEZI HM WMGYVI^^E

3.6 463+6%11- 46)()*-2-8- 4 µ4

0E GSRWSPI HMWTSRI HM TVSK-VEQQE WIPI^MSREXS
ETTSWMXEQIRXI TIV VIEPM^^EVI YP
completo.

^ %GGIRHIVI MP TVSHSXXS QIXXIRHS
WY 32 I GSPPIKERHS PE GLMEZI
^ 7EPMVI WYP TMERS HM GSVWE
PEXIVEPM UYMRHM TVIQIVI MP
^MSREVI YRS HIM TVSKVEQQM
4 µ4 WYP
numero di programma.

^ -P HMWTPE] 8-1) WM EGGIRHI-
PM^^EVI
74))(S -2'0-2) TIV MQTSWXEVI
UYMRHM TVIQIVI MP TYPWERXI-
QE HSTS YR GSRXIKKMS EPPE-
WXVS TEVXI WIGSRHS MP TVS½PS

denti. 0E QSHM½GE HM ZIPSGMXk I
RIPP´EQFMXS HIP WIKQIRXS IRXVS
MR UYMP HEXS QSQIRXS
MRGPMRE^MSRI TVIZMWXE HEP TV
La durata del programma corrisponde al tempo impo
9RE ZSPXE GSQTPIXEXS YR TVSKV
QMRYXM EKMVIWY
IQLWWS YR WJKREPI WSRSVS I M H
MP ZEPSVI HIWMHIVEXS
WMG.TVSKVEQQE WIPI^MSREXS

	P01		P02		P03		P04		P05		P06		P07		P08		P09		P10		P11		P12	
No	speed	incline	speed	incline	speed	incline	speed	incline	speed	incline	speed	incline	speed	incline	speed	incline	speed	incline	speed	incline	speed	incline	speed	incline
1	1	0	2	0	2	0	2	0	3	0	3	0	3	0	3	0	2	0	3	0	4	0	4	0
2	3	2	3	3	3	2	2	3	4	2	4	8	4	1	5	3	4	6	5	7	5	6	6	8
3	3	6	3	9	5	3	3	6	5	4	5	8	9	4	8	8	5	6	6	7	7	6	10	8
4	7	6	6	9	5	4	5	6	6	4	5	8	4	4	3	8	5	3	6	7	9	6	10	6
5	7	8	5	9	7	5	5	6	7	8	6	8	10	4	5	8	6	7	6	5	10	3	7	9
6	5	8	5	2	7	5	5	9	8	8	6	8	4	6	7	3	5	7	9	5	11	3	10	9
7	5	6	8	2	8	7	8	9	9	6	7	7	10	6	9	7	6	3	10	5	9	3	10	5
8	5	6	5	8	5	7	8	9	10	6	7	7	4	6	3	7	3	8	6	8	6	7	10	5
9	7	4	5	8	5	4	8	9	10	6	7	7	9	8	5	3	3	8	6	8	8	7	7	8
10	7	4	6	4	5	4	8	9	10	6	9	7	4	8	7	3	2	3	9	8	9	4	7	8
11	5	4	8	1	3	4	5	9	9	8	9	7	8	8	10	6	6	9	10	8	10	4	10	8
12	5	6	8	1	3	4	5	6	8	7	10	5	4	10	3	6	5	9	6	8	10	4	10	4
13	5	6	8	4	8	6	5	6	7	6	10	5	11	10	5	3	6	3	6	8	11	4	10	4
14	5	2	5	4	8	3	3	6	5	5	11	3	5	10	7	3	3	3	6	4	9	6	10	4
15	3	2	4	4	4	2	2	2	4	1	5	3	3	6	11	5	3	7	11	4	6	6	6	4
16	2	0	3	0	3	0	2	0	3	0	3	0	2	0	5	0	2	0	3	0	5	0	5	0

	P13		P14		P15		P16		P17		P18		P19		P20		P21		P22		P23		P24	
No	speed	incline	speed	incline	speed	incline	speed	incline	speed	incline	speed	incline	speed	incline	speed	incline	speed	incline	speed	incline	speed	incline	speed	incline
1	1	0	2	5	2	3	2	1	2	3	2	5	3	3	3	1	3	0	3	0	4	2	4	3
2	2	8	6	6	6	4	5	5	5	5	3	7	7	5	5	3	7	6	5	7	5	6	6	8
3	3	8	5	5	5	5	7	6	6	6	5	5	6	6	8	8	9	6	6	7	7	6	10	8
4	4	6	4	8	4	6	5	8	7	8	6	8	5	8	3	8	4	3	6	7	9	6	10	6
5	5	9	8	4	8	3	8	12	8	6	8	6	9	5	5	3	7	7	6	5	10	3	7	9
6	6	9	6	5	7	5	6	9	9	5	6	5	7	6	7	0	10	7	10	5	11	3	10	9
7	7	5	5	5	5	5	5	10	10	8	9	9	6	5	9	7	4	3	6	5	9	3	12	5
8	8	5	2	10	3	6	2	9	5	7	6	10	3	12	3	7	7	8	11	8	6	7	10	5
9	9	8	3	6	3	4	4	5	3	5	5	6	5	8	5	3	11	8	3	8	8	7	7	8
10	10	8	3	3	2	3	2	3	4	3	2	2	2	3	7	3	5	3	9	9	9	4	7	8
11	12	8	8	4	8	3	8	12	8	6	8	6	9	5	10	6	7	9	10	8	10	4	10	8
12	10	4	6	5	7	5	6	9	9	5	6	5	7	6	3	6	12	12	6	12	10	7	11	4
13	8	4	5	5	5	5	5	10	10	8	9	9	6	5	5	3	4	3	6	8	11	4	10	10
14	6	4	2	10	3	6	2	9	5	7	6	10	3	12	7	3	7	3	6	4	9	6	10	4
15	4	4	3	6	3	4	4	5	3	5	5	6	5	8	11	5	12	7	11	4	6	6	6	4
16	2	0	3	3	2	3	2	3	4	3	2	2	2	3	5	0	6	0	3	0	5	0	5	0

3.7 463+6%11- 98)28) 9 µ9

^ %GGIRHIVI MP TVSHSXXS QIXXIRHS SPÁMRXQSVIHI TSWWMFMPI
WY 32 I ZIVM½GEVI GLI PE GLMEZIHSWMG YMRGSRSWGMFMPI

^ 7EPMVI WYP TMERS HM GSVWE QERXIRIRHS M TMIHM WYPPI TIHEPI
PEXIVEPM UYMRHM TVIQIVI MP TYPWERXI 463± ½RS E WIPI^MS
REVI YRS HIM TVSKVEQQM HM EPPÁMREQIRXS TIVWSREPM^EFMPM
9 µ9 WYP"Distance" ZMWYEPM^EXS MP
numero di programma; quindi premere il pulsante MODE
TIV MQTSWXEVI YR RYSZS TVSKVEQQE 9XIRXI
QSHM½GEVI YR TVSKVEQQE KMk

^ -P TVSKVEQQE 9XIRXI WM GSQTSRI HM WIKQIRXM S WXIT
MR GMEWGYR WIKQIRXS WM TY{ MQTSWXEVI ZIPSGMXk HIP REWXVS
I MRGPMRE^MSRI HIP TMERS M
TVS½PS HIP TVSKVEQQE 9XIRXI

SEGMENTO 01

XVEQMXI MP VIKSPEXSVI 74))(MQTSWXEVI PE ZIPSGMXk
VMJIVMXE EP WIKQIRXS PE ZIPSGMXk ZMIRI MRHMGEXE WYP
HMWTPE] ±7TIIH²

XVEQMXI M TYPWERXM -2'0-2) MQTSWXEVI P´MRGPMRE^MSRI
VMJIVMXE EP WIKQIRXS P´MRGPMRE^MSRI ZMIRI QSWXVE
XE WYP HMWTPE] ±-RGPMRI² UYMRHM TVIQIVI 13() TIV
GSRJIVQEVI I TEWWEVI EPP´MQTSWXE^MSRI HIP WIKQIRXS
WYGGIWWMZS

SEGMENTO 02

XVEQMXI MP VIKSPEXSVI 74))(MQTSWXEVI PE ZIPSGMXk
VMJIVMXE EP WIKQIRXS PE ZIPSGMXk ZMIRI MRHMGEXE WYP
HMWTPE] ±7TIIH²

XVEQMXI M TYPWERXM -2'0-2) MQTSWXEVI P´MRGPMRE^MSRI
VMJIVMXE EP WIKQIRXS P´MRGPMRE^MSRI ZMIRI QSWXVE
XE WYP HMWTPE] ±-RGPMRI² UYMRHM TVIQIVI 13() TIV
GSRJIVQEVI I TEWWEVI EPP´MQTSWXE^MSRI HIP WIKQIRXS
WYGGIWWMZS

^ (STS EZIVI MQTSWXEXS ZIPSGMXk I MRGPMRE^MSRI TIV M
WIKQIRXM MP HMWTPE] 8-1) WM EGGIRHI MR QSHS PEQTIKKMERXI
ZMWYEPM DURATA TIPE½RMXE HM QMRYXM EKMVI
WYP VIKSPEXSVI 74))(TIV MQTSWXEVI MP ZEPSVI HIWMHIVEXS
PE HYVEXE HM SKRM WIKQIRXS VMWYPXIVk YR WIHMGIWMQS HIP
XIQTS GSQTPIWWMZS MQTSWXEXS UYMRHM TVIQIVI MP TYP
sante MODE per confermare la durata del programma.

^ -P TVS½PS GSWv GSQTPIXEXS-VIWXE QIQSVM^^EXS RIPPE GSRWS
PI HSTS EZIV MQTSWXEXS M XVI TVSKVEQQM 9XIRXI P´IZIR
XYEPI MRWIVMQIRXS HM YR RYSZS TVSKVEQQE 9XIRXI TY{
IWWIVI JEXXE WSPEQIRXI QSHM½GERHS YRS HIM TVSKVEQQM
9XIRXI KMk MQTSWXEXM

^ 4VIQIVI MP TYPWERXI 78%68 TIV EZZMEVI MP TVSKVEQQE
9XIRXI HSTS YR GSRXIKKMS EPPE VSZIWGME HM XVI WIGSRHM MP
REWXVS TEVXI WIGSRHS MP TVS½PS TVSKVEQQEXS

3.8 463+6%11-,6',4µ,4

Il programma HRC è un sistema di allenamento nel qualeè la(STS EZIV XIVQMREXS P´MRXVSHY
GSRWSPI VIKSPE EYXSQEXMGEQIRXI P´MRGMREˆMSRI HHRC è TMERS
GSVWE I PE ZIPSGMXk E WIGSRHE HCPPEWJEUYRRHˆEWGEEXHEPE GJEWGIE
È MQTSVXERXI GLI P´YXMPMˆˆEXSVIIVMQTSWXMGLMPEZEGSRWSHPMVWSKIZ
GEVHMEGE EXXIRIRHSWM EPPI-MRdalla fascia e premere il pulsante START.IPPE HM V
QIRXS VMTSVXEXE RIPPE WIˆMSRI ±-P TVSKVEQQE HM EPPIREQIR
to", WIQTVI I WSPS HSTS EZIV GSRWYPXEVI MP TVSTVMSQHMGS,6VWSMQWZMPSYTTE
VMWGEPHEQIRXS [EVQ YT HIPI
EPPIREQIRXS E FEXXMXS GSRXV

PERICOLO

- (Programma HRC)

È SFFPMKEXSVMS GSRWYPXEVI MP TVSTVMSQHMGS HIPJEXMGEQIRXS GSSP HS[R
TVMQE HIPPˆYXMPMˆˆSHRCM TVSKVEQQM 0E ZIPSGMXk HIP REWXVS I PˆMRGP
HEPPE GSRWSPI GLI TVSZZIHIVk E
MVPE E WIGSRHE GLI MP FEXXMXS
S WM EZZMGMRM EP ZEPSVI HM WS
PE JEGSPXk HM EYQIRXEVI S HMQM
QIXXIVI M LMLHM WYPPI IHERI
XVEQMXI M TYPWERXM WYM GSVVM
YR EJJIXXS XIQTSVERIS 0´IWIVGM
½RS E UYERHS MP GSRXIKKMS EPI
^ IVVMZE E ^IVS
HMWXMRXI GEVEXXIVMWXMGLI I
TIVQIXXSRS HMZIVWI MRXIRWMˆXk PHMVSRVEQQE XIVQMRE YRE ZSPX
EPPE VSZIWGME HIPPE HYVEXE MC
HP1 = programma con inclinazione controllata, interrotto in qualunque momento premendo il pulsante
(velocità max 8 km/h) - default(età 30-124 bpm);
HP2 = programma con velocità controllata, 7834 STTYVI WXEGGERHS PE GLME
(velocità max di 9 km/h) - default(età 30-143 bpm);
HP3 = programma con velocità e inclinazione controllata;
(velocità max di 10 km/h) - default(età 30-162 bpm).

NOTE IMPORTANTI:

ˆ Accendere il prodotto mettendo l'interruttore di rete 2IPPˆIWIGY^MSRI HIP TVSKVEQQE
WY 32 I ZIVM½GEVI GLI PE GLMEZI HM WMGYVˆ^E WME MRWIVMXE XMPMˆ^S HIP XVEWQIXXMXSVI E JI

ˆ 7EPMVI WYP TMERS HM GSVWE I 6TVIQIVI MP VMGLMIWXE TSMGLq UYIWXS KEV
PEXIVEPM UYMRHM TVIQIVI MP TYPWERXI 463± ½RS E WIP HMWTPE] ±4YPWI² I WM EGGIR
^MSREVI YRS HIM TVSKVEQQM ,6 QSWXVEXE PE WYP HMWTPE] ±EPSVMIW² WYP UYEPI
±(MWXERGI² GSR PI WMKPI ,4 µ ^MSRI TSWXM WYM GSVVMQERS GL
E^IVVMZE E ^IVS GSVVIXXS FMPERGMEQIRXS HYVER
- XVI TVSKVEQQM TSWWMIHSRS HMWXMRXI GEVEXXIVMWXMGLI I 5YEPSVE WYP HMWTPE] 4YPWI ZIRMWW
TIVQIXXSRS HMZIVWI MRXIRWMˆXk PHMVSRVEQQE XIVQMRE YRE ZSPX HIPPE JVIUYIRˆE GEVHMEGE PE Z
EPPE VSZIWGME HIPPE HYVEXE MC ZEPSVM HIPPI TYPWEˆMSRM G-EVHMEG
interrotto in qualunque momento premendo il pulsante FMPM S XVSTTS ZEVMEFMPM -232 MQ
7834 STTYVI WXEGGERHS PE GLME

ˆ (STS PE WIPIˆMSRI HM YR TVSKVEQQE 6TVIQIVI MP TYPWERXI 13() WM EGGIRHI MP HMWTPE] ±4YPWI² WM EGGIR
HI MR JSVQE PEQTIKKMERXI MP HMWTPE] ±EPSVMIW² WYP UYEPI
ZMIRI QSWXVEXE PEMˆQIHSWXEXMSRI IHXRP
TVIHI½RMXE ERRM
%KMVI WYP VIKSPEXSVI 74)(TSYMRHSRSVZIMPRIWEXRE MR Q
dell'utente. Premere il pulsante MODE per confermare, HIPPE JVIUYIRˆE GEVHMEGE PE Z
WYP HMWTPE] ±4YPWI² ZMIRI QSWXVEXE PEMˆQIHSWXEXMSRI IHXRP
XI HIPPE JVIUYIRˆE GEVHMEGE HMWTPE] ±EPSVMIW² WYP UYEPI
MR FEWI EPPˆIXk MQTSWXEXE *EWQEIRˆE TYRWEˆMSRM
TVIHI½RMXS TY{ IWWIVI QSHM½GEXS EKIRHS WYP VIKSPEXSVI
74)(TY{ IWWIVI MRXVSHSXXS YR ZEPSVI E TMEGVIRXVS
MP VERKI QMRµQE\ GSQI MRHMGEXS PERICOLO XEFIPPE EPPE TEKMRE
WIKYIRXI 6EKKMYRXS MP ZEPSVI HIWMHIVEXS TVIQIVI MP TYP
sante MODE per confermare. 5YEPSVE WYP HMWTPE] 4YPWI ZIRMWW
ZEPSVM HIPPI TYPWEˆMSRM G-EVHMEG
FMPM S XVSTTS ZEVMEFMPM -232 MQ

ˆ :MIRI VMGLMIWXE PE (96%8% HIPVEQQE6'QZEM½EVIEXE TVIWIRˆE
TVIHI½RMXE MP HMWTPE] 8TVSHIXXSWIRHMWWIRIEXSIPPEQVSQE
TIKKMERXI IH r TSWWMFMPI MRGVIQMRXEVPS½RS E QMRYXM
agendo sul regolatore SPEED, quindi premere MODE TVSFPIQE TIVWMWXIWWI GSRXEXXE
per confermare. EWWMWXIRˆE