

Run Forma and Spazio Forma

User manual



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1 Important safety instruction

You should always consult with a qualified and licensed medical professional or healthcare practitioner before starting any nutritional, diet, stretching or exercise program. You are advised to investigate and inform yourself about any health related actions and choices you make.

Run Forma and Spazio Forma are intended for home use.

Please read all instructions before using the equipment. These instructions were written to ensure your safety and to protect the unit.

When using an electrical appliance, basic precautions should be always followed, including the following.



Danger

To reduce the risk of electric shock, always unplug the unit from the electrical outlet immediately after using and before cleaning or performing any maintenance tasks.

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

- The equipment should never be left unattended when plugged in. Unplug from outlet when not in use, before cleaning it, and before putting on or taking off electrical parts.
- Do not allow children unsupervised access to the equipment; parents and guardians must assume responsibility for the children in their care and avoid the occurrence of situations or usage for which the equipment was not designed. Children must be closely supervised when using the equipment, with careful attention paid to their mental and physical development. The equipment must under no circumstances be adapted or used as a toy.
- Close supervision by qualified personnel is necessary when the equipment is used by or near invalids or disabled persons.
- Use the equipment only for its intended use as described in the user manual. Only perform the exercises for which the equipment has been designed, following the instructions given in the manual. Any other use is to be considered improper and therefore dangerous.
- Do not use attachments not recommended by Technogym.
- Never operate the equipment if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. In this case, contact the Technogym Technical Support service.
- Do not carry the equipment by power cable or use cord as handle.
- Keep the cord away from heated surfaces.
- The equipment should not be operated when folded up.

- Keep hands away from moving parts.
- Never drop or insert any object into any opening.
- Do not use outdoors. Do not leave the appliance outdoors, exposed to the elements (rain, sun, wind, etc.). Do not expose the appliance to water jets.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- To disconnect, turn all controls to the off position, then remove plug from outlet.



Warning

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

SAVE THESE INSTRUCTIONS

2 Personal safety

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

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

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

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

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

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

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

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

Do not overexert yourself or work to exhaustion. If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.

Incorrect or excessive exercise may cause physical harm.

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

During use people must remain at a safe distance.

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

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

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

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

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

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

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

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

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



Warning

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

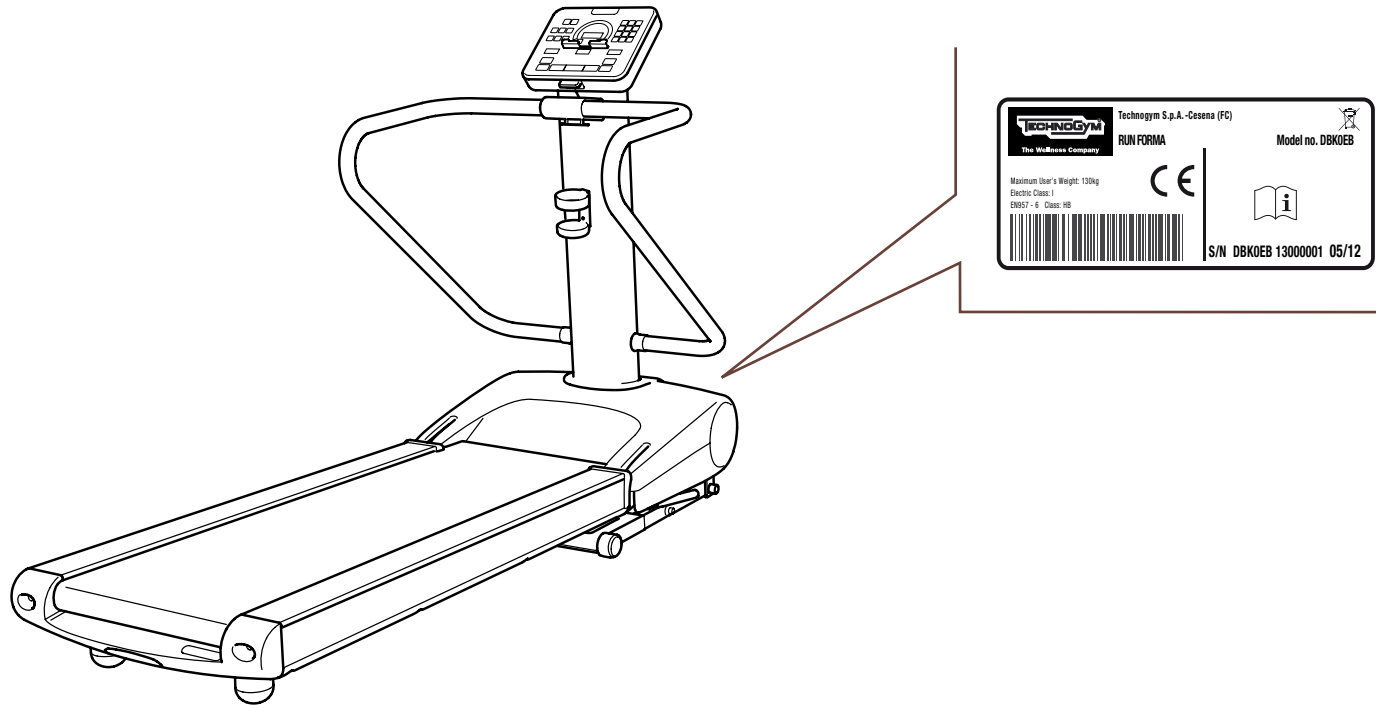
- **the equipment must be used as specified;**
- **the User manual must be read thoroughly throughout;**
- **the place of installation must meet the requirements stated in the User manual;**
- **the electrical system must conform to the standards and legal requirements in the country of use;**
- **the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

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

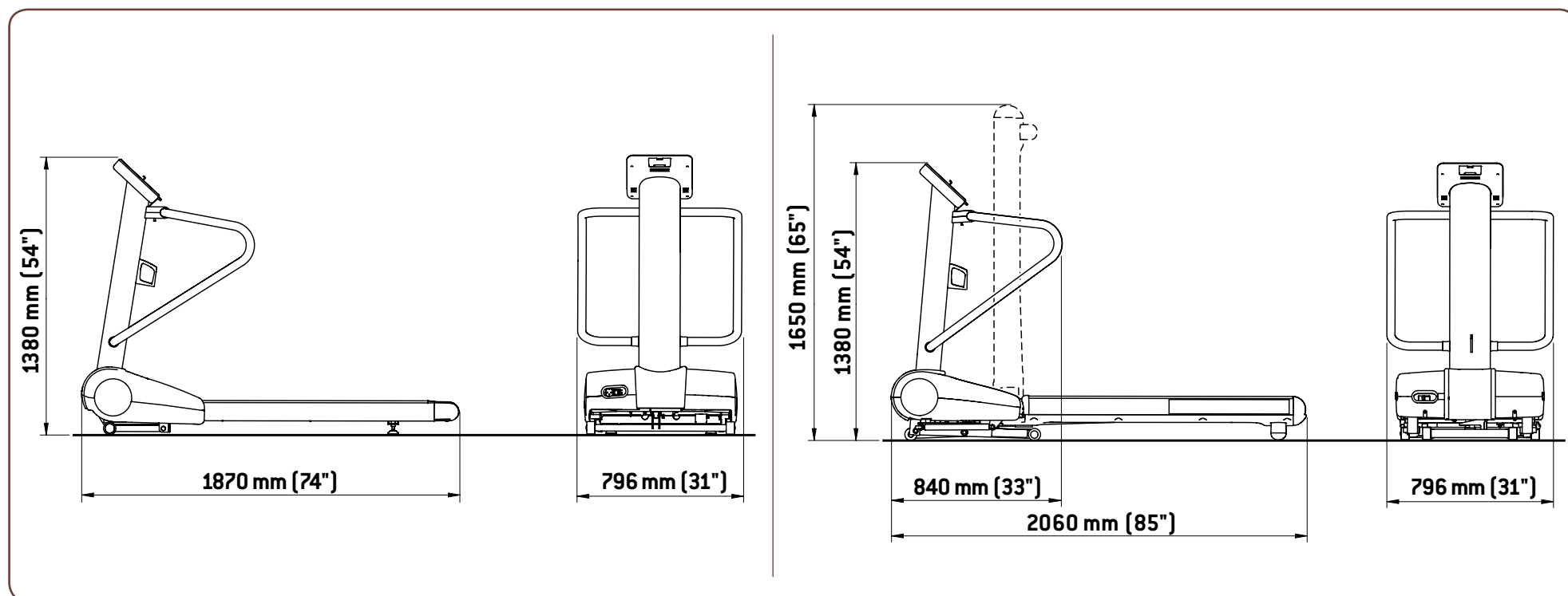
3 Equipment identification

The equipment identity label gives the present information:

- Manufacturer's name and address
- Name of product
- Electrical specifications
- Equipment classification
- Certification marks
- Serial number and date of manufacture
- Product code



4 Technical data



	Spazio Forma	Run Forma
Power supply	230 Vac \pm 10% 50/60 Hz	230 Vac \pm 10% 50/60 Hz
Max power input	1500 W	1500 W
Fuse	F10A 250 V	F10A 250 V
Weight of equipment	160 kg (352 lb)	120 kg (265 lb)
Maximum user weight	130 kg (285 lb)	130 kg (285 lb)
Speed (*)	0.8÷16 km/h \pm 5% (up to 2 km/h \pm 0,1 km/h)	0.8÷16 km/h \pm 5% (up to 2 km/h \pm 0,1 km/h)
Gradient	0÷12% \pm 1%	0÷12% \pm 1%
Time	0÷999 min \pm 1%	0÷999 min \pm 1
Distance	0÷99.99 km \pm 5%	0÷99.99 km \pm 5%
Noise level	Less than 70 dB	Less than 70 dB
Protection grade	IP 20	IP 20
Operating temperature	from +5°C to +35°C	from +5°C to +35°C
Electrical isolation class	Class I	Class I
Marks and certificates	CE	CE

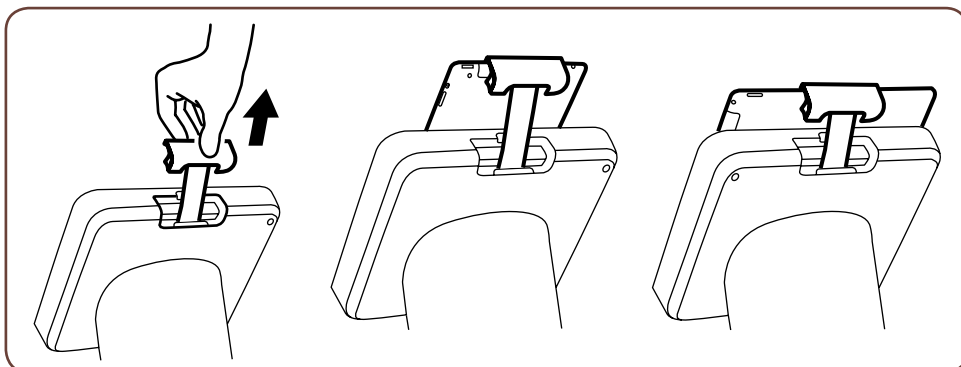
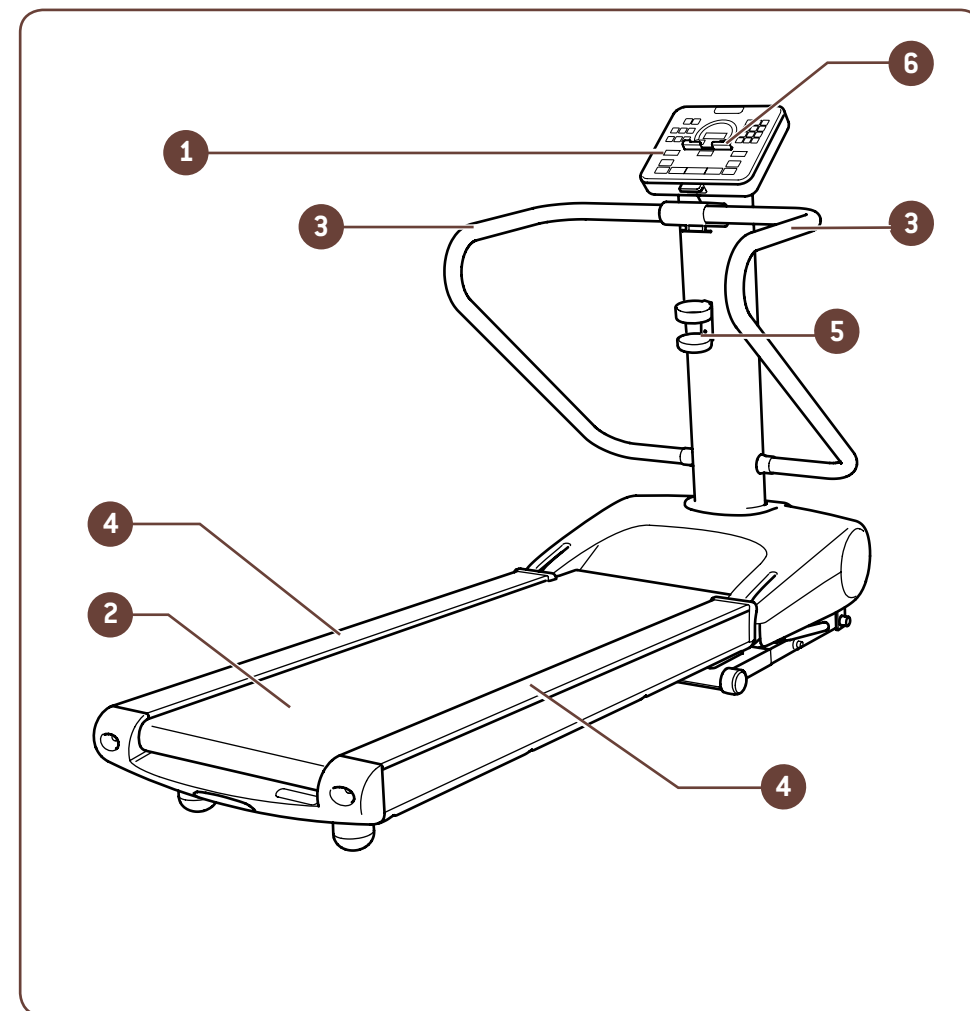
[*] Calculated with user of weight 85 kg (187 lb).

Ordinary appliance, not waterproofed.

Run Forma and Spazio Forma are class A equipment. In residential environments this equipment may cause radio interference. In this case the user must employ adequate measures.

5 Description of the equipment

- 1- **Control panel:** controls all available functions, from setting up workout programs to viewing messages and related workout information.
- 2- **Treadmill:** a specially cushioned tread surface.
- 3- **Side handgrips:** a safe point for support when getting on to the equipment, or if you lose your balance. Can be held when walking with large strides.
- 4- **Footrests:** for getting on and off the equipment.
- 5 - **Bottle-holder:** for standing the water bottle or other useful items on during the workout.
- 6 - **Object holder:** for placing magazines, books or tablets and other electronic devices. Tablets can be firmly fixed as shown in the figure

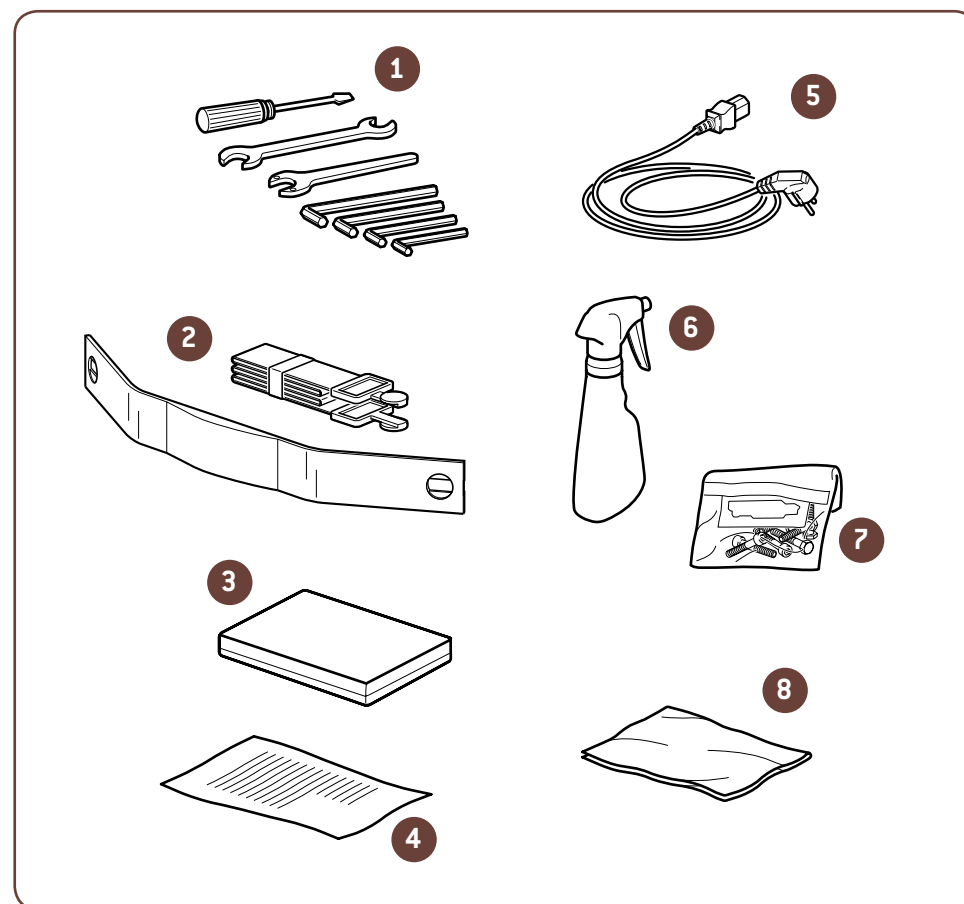


6 Accessories

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

- 1 - Set of wrenches for assembly and adjustment
- 2 - Chest band with transmitter for heart rate monitor
- 3 - User manual
- 4 - Warranty certificate
- 5 - Power supply cable
- 6 - Lubricating oil
- 7 - Side grips fixing kit
- 8 - Cloth for cleaning

A replacement fuse is provided in the fuse holder.



7 Safety devices and warnings

A - Snap-off Safety Stop: located under the control panel, used to stop the equipment immediately in the event of an emergency.

A cord connects the switch to a clamp (**B**) that must be attached to the user's clothing. As a result, if the user moves too far from the control panel, the switch pops out and stops the equipment without having to touch the controls.

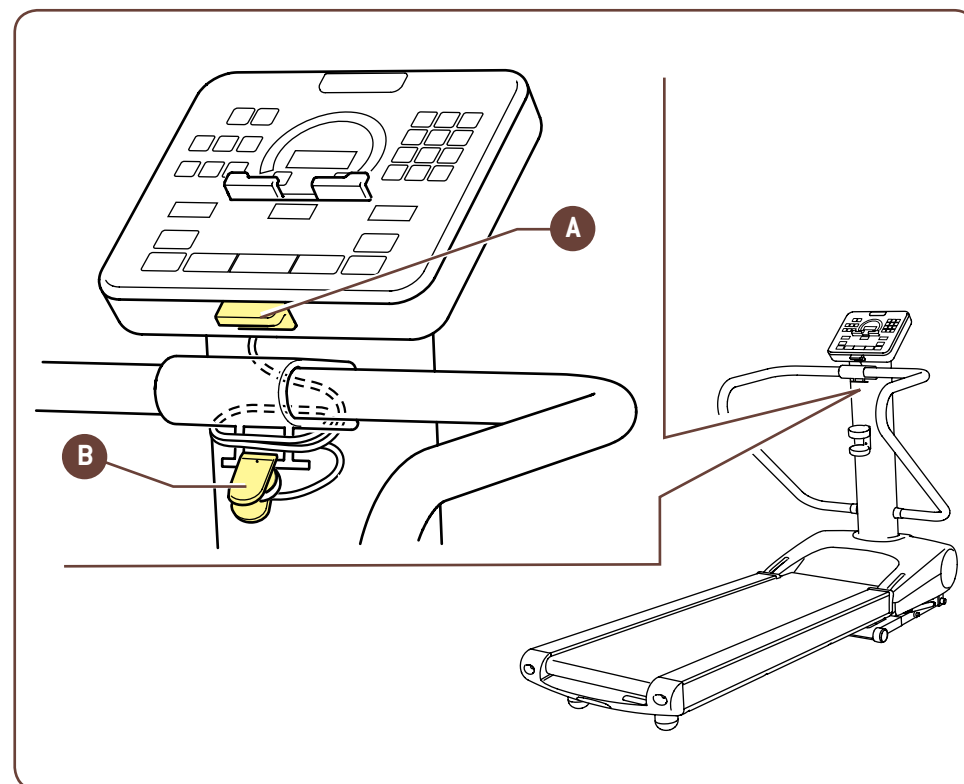
To reset all the equipment's functions, return the switch to its original position, then press any key.

To return the clamp in its seating, wind the cord in the direction shown in the figure.

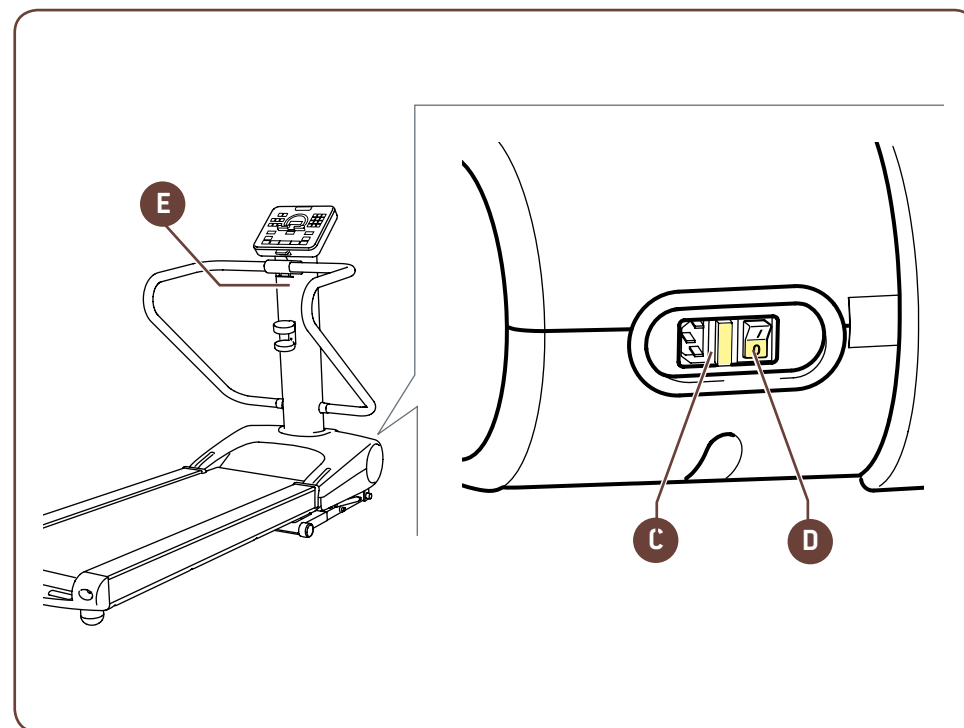


Warning

Before using the equipment check that the switch is in perfect working order and attach the clamp to the clothing.



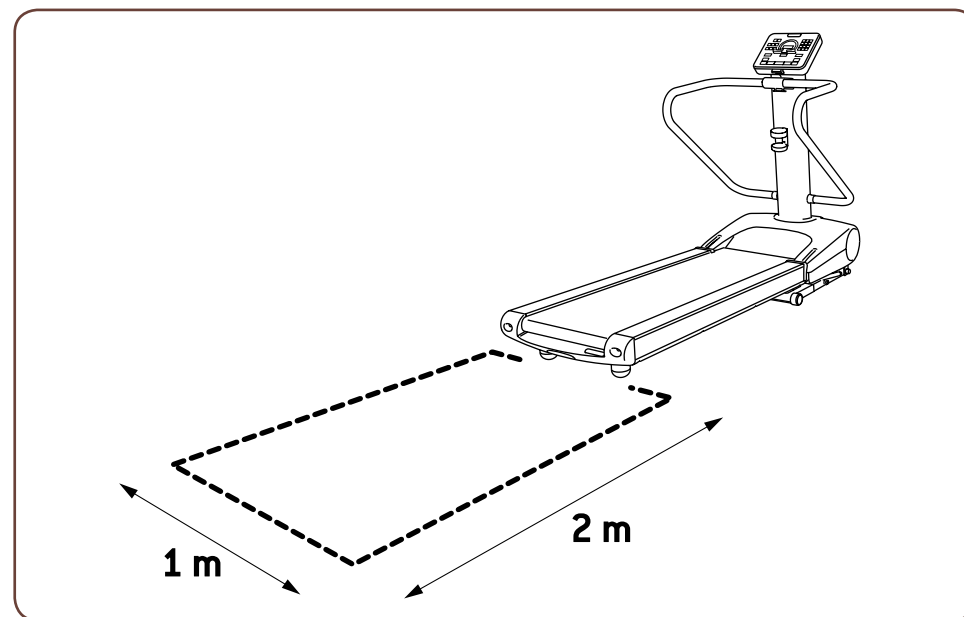
- C - Fuse:** protects the equipment's electrical parts. When the current reaches an excessive value, the fuse melts thus protecting the internal electronics.
- D - Main switch:** turns the equipment's power on and off.
- E -** The label affixed to the frame under the control panel states the equipment electrical specifications.



8 Place of installation

To guarantee safe, comfortable and effective use of the equipment, the place of installation must comply with certain specific requirements; in particular, before choosing where to install the equipment it is recommended to check the following:

- the **temperature** is between +10°C and +25°C;
- enough air is circulating to keep **humidity** during exercise to between 20% and 70%;
- the **lighting** is good enough to make the area safe and relaxing place to exercise in;
- there is a safety area of **free space** of 2x1 m in front of the treadmill;
- the floor is flat, stable and vibration-free, and strong enough to bear the weight of the equipment plus user.



The place of installation must comply with all binding regulations.



Warning

Do not expose the equipment to direct sunlight.

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

9 Moving the equipment



Warnings

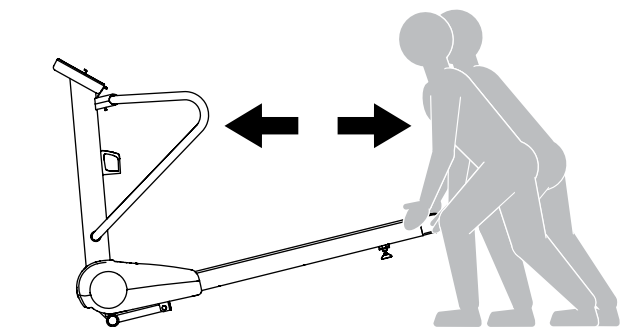
Move the equipment with great care to avoid it tipping over.

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

Run Forma has fixed front wheels.

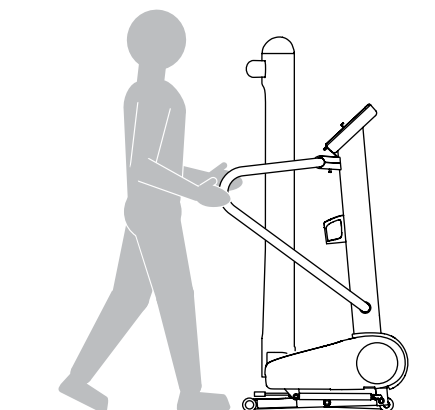
To move the equipment, lift it up slightly, as shown in the illustration, and push it forwards and backwards.

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



Spazio Forma must be moved in the closed position, holding it by the side grips.

If flooring conditions prevent use of the wheels, normal moving procedures must be employed.



10 Levelling

Check that the equipment is level.

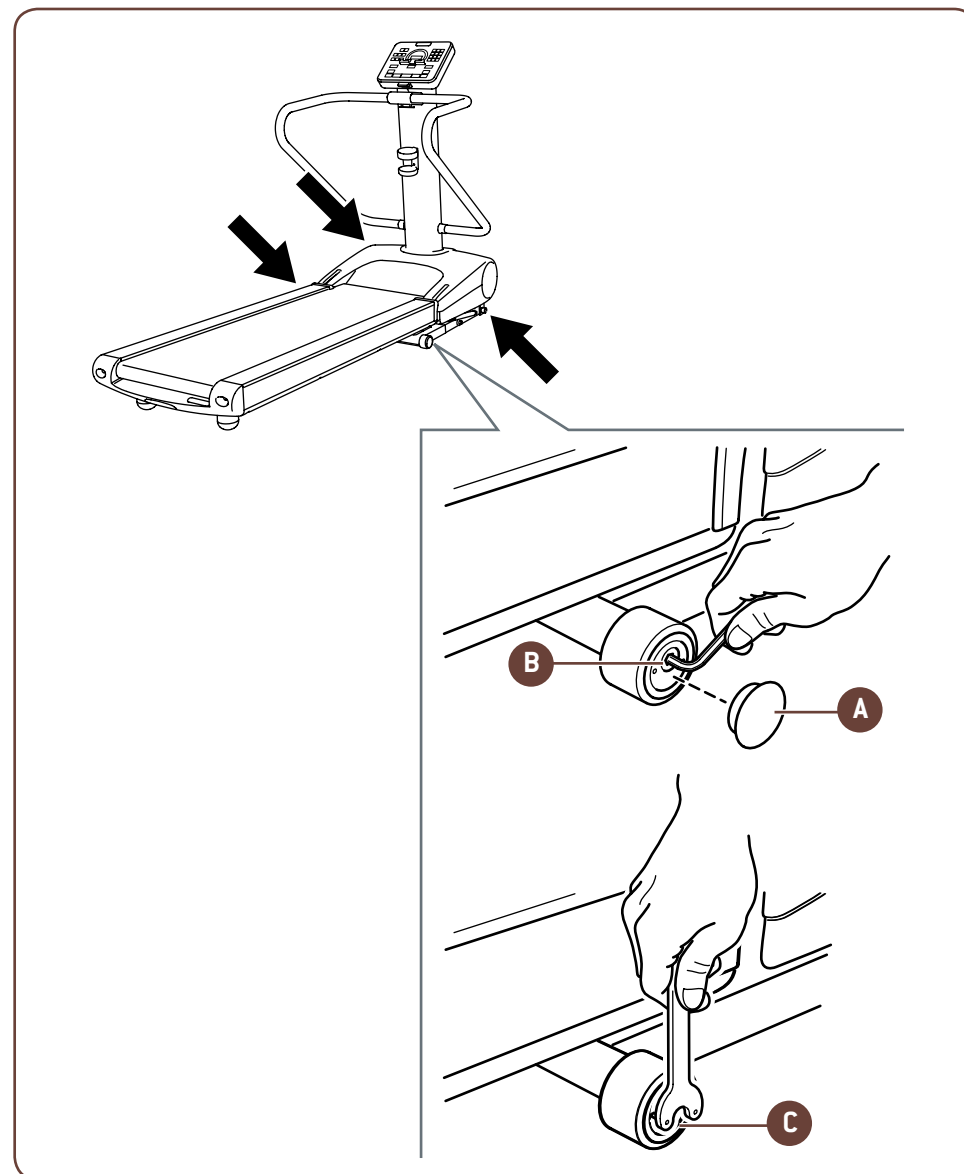
For **Spazio Forma**, check that all four wheels touch the floor.
If they do not, the equipment must be levelled.

Remove cap (A).

Loosen screw (B) using the hex key.

Turn eccentric (C) using the spanner supplied.

Tighten screw (B) holding eccentric (C) in position.



If the two feet **(D)** do not touch the floor, follow the instructions below to regulate each foot in turn.

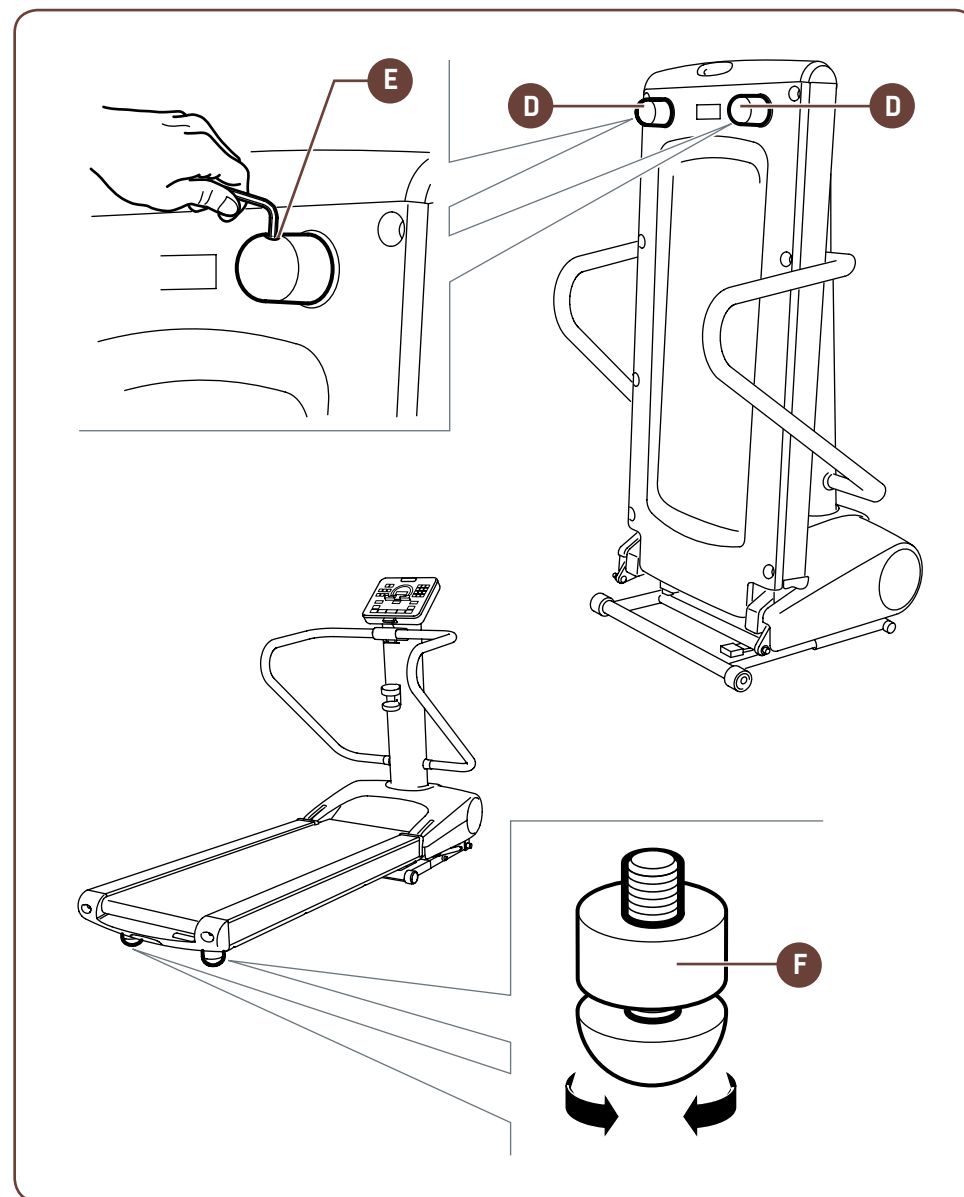
Close Spazio Forma.

Loosen grub screw **(E)**.

Open Spazio Forma and screw or unscrew the foot until it touches the floor.

Close Spazio Forma and re-tighten grub screw **(E)**.

When adjustment is completed tighten part **(F)**.

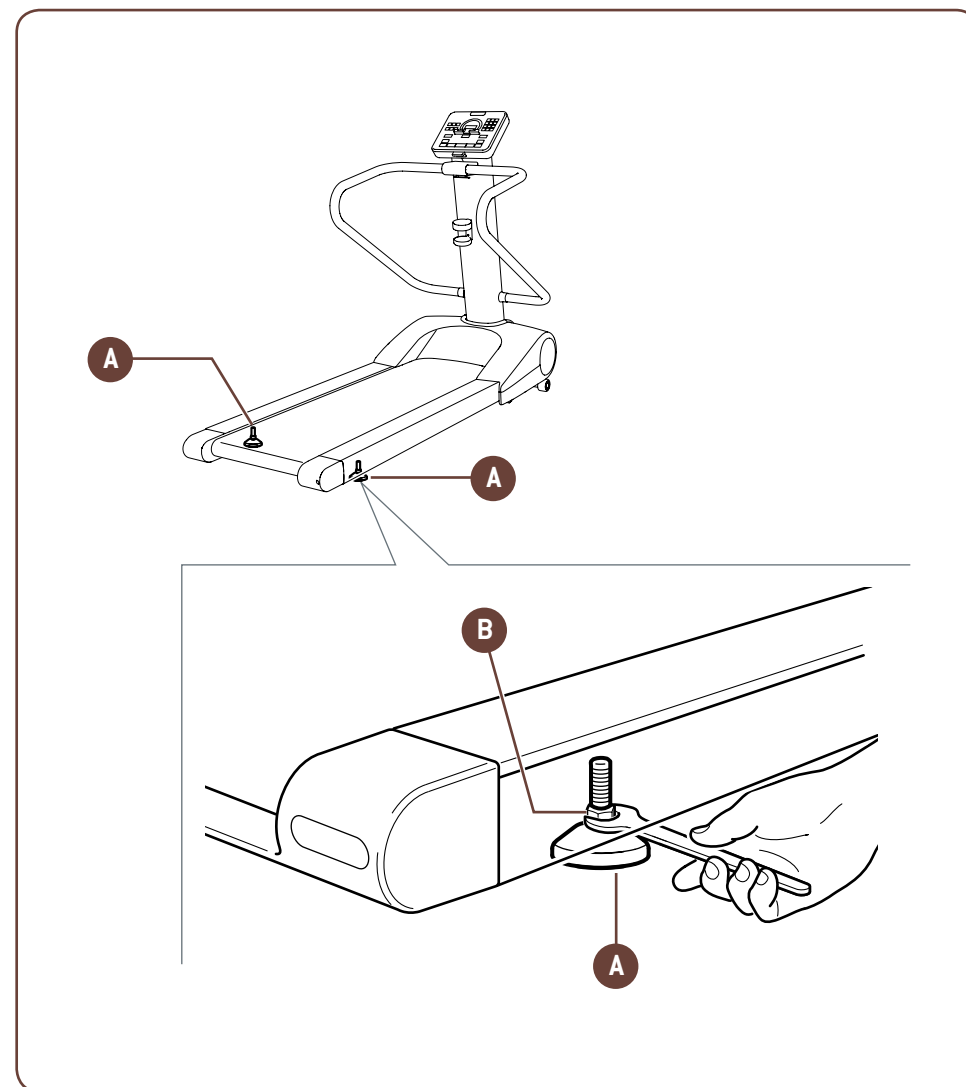


For **Run Forma** the two feet **(A)** must touch the floor. If they do not, the equipment must be levelled.

Loosen the locknut **(B)**.

Unscrew or screw the foot **(A)** until the frame is stable.

After adjusting tighten the locknuts **(B)**.



11 Electrical connection

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

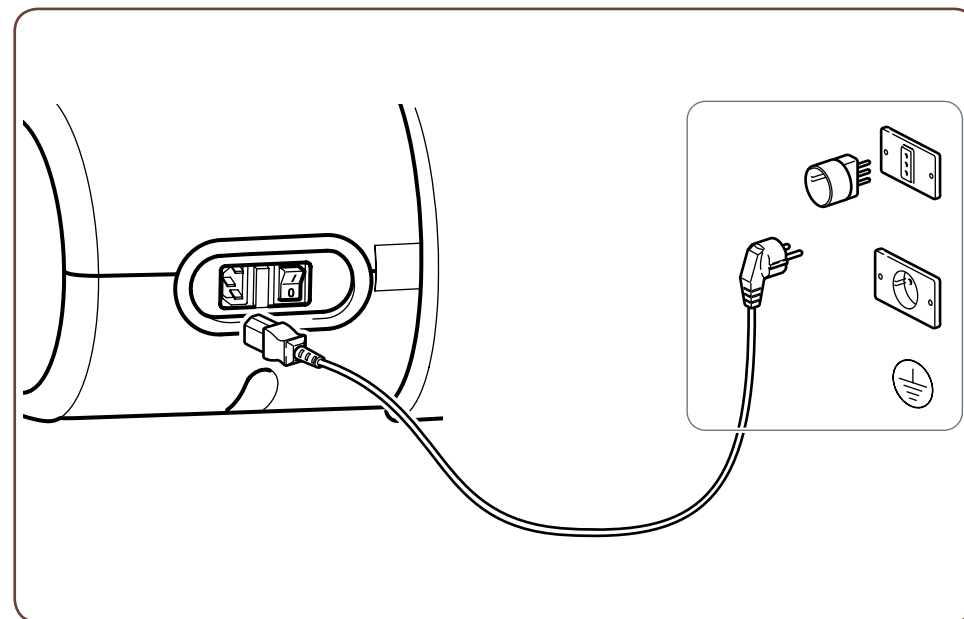
Warnings

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

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

Check the state of the power supply cable periodically.

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



The product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. The product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER

The power supply socket must be grounded . If not, a ground connection must be installed by a qualified electrician before connecting the equipment to the electricity mains.

Improper connection of the equipment-grounding conductor can result in a risk of electrical shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product; if it will not fit in the outlet, have a proper outlet installed by a qualified electrician.

12 Switching on and off

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

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

Spazio Forma must be unfolded before it is switched on.

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

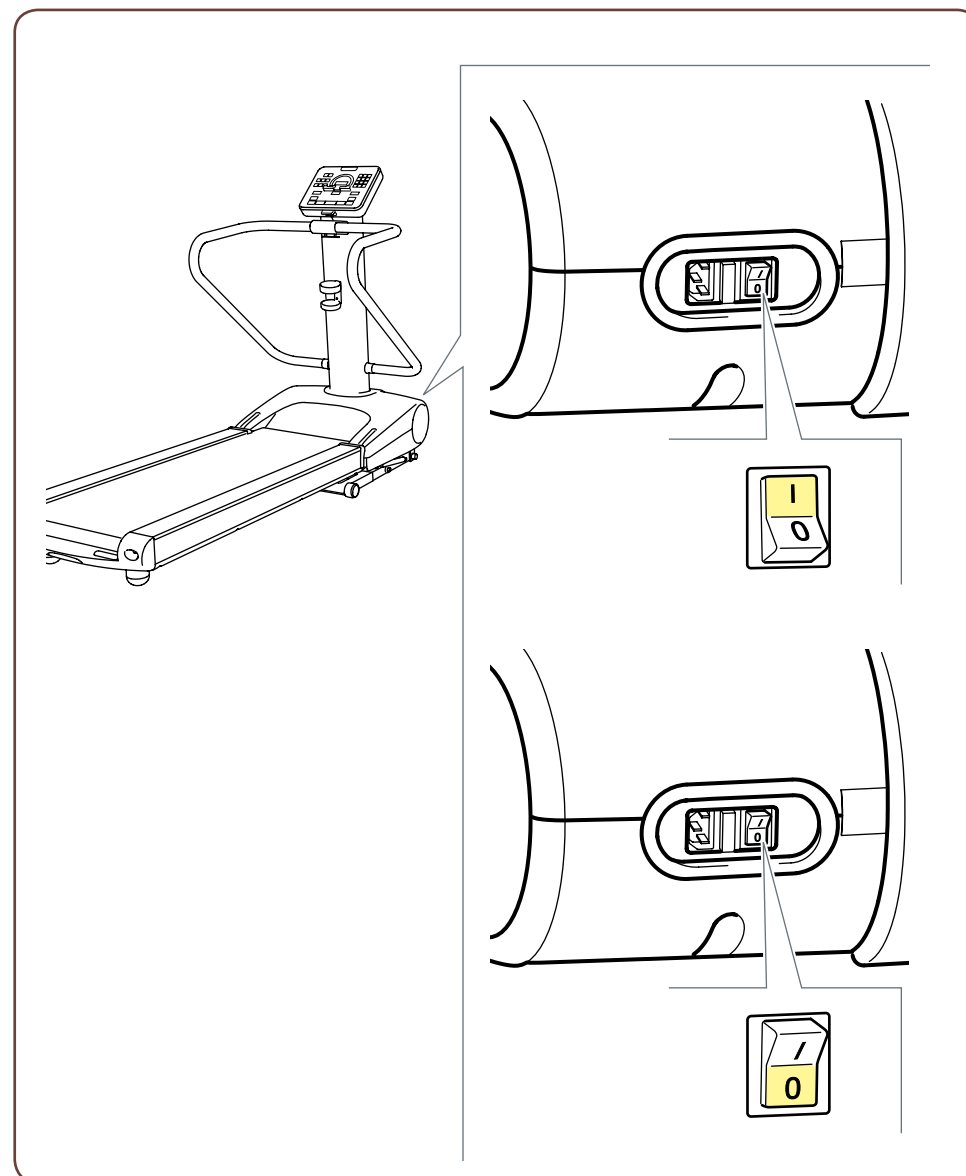
The equipment must be switched off only at the end of the exercise, when in standby.

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



Warning

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



13 Unfolding Spazio Forma

After switching on the equipment, the “UNFOLD THE BELT TO BEGIN THEN PRESS RESET” message is displayed in the goal dial. The message is displayed until the treadmill is in the correct position.

Press the RESET key: after a quick system check (reset) the equipment is ready for use.

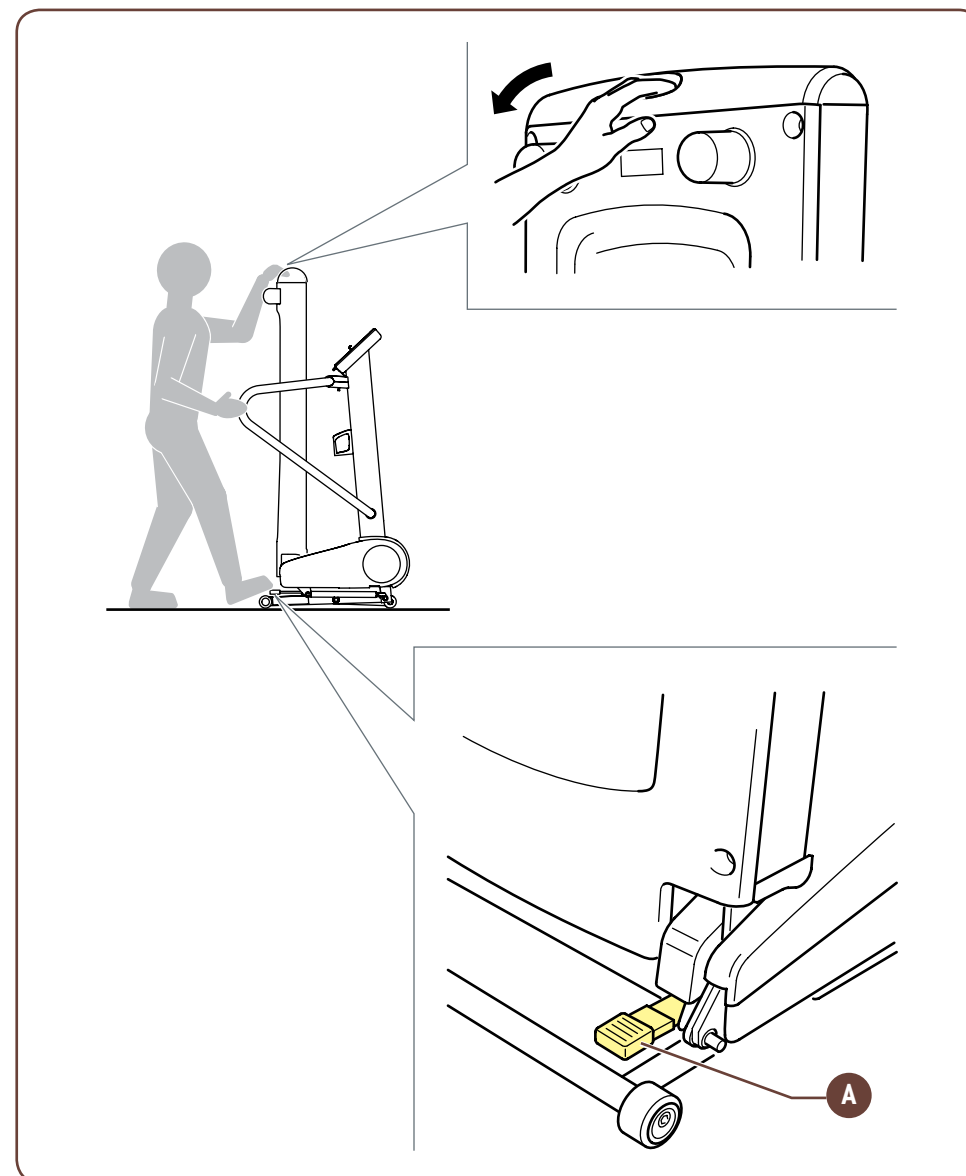
When the equipment is folded, it is blocked in position by a safety stop.

To unfold it, press on the release pedal (A) and pull the treadmill downwards, as shown in the illustration.



Warning

Take great care when unfolding and folding up the equipment. Do not allow the rear frame to drop to the floor by itself. Lower the frame towards the floor supporting it with your hands.



14 Folding up Spazio Forma

During training, the coupling between the front part of the equipment and the rear part (i.e. the treadmill part) is semi-rigid.

To disable this coupling at the end of the workout in order to be able to fold the equipment up, press the SMART FOLD key on the control panel.

The “FOLD UP THE BELT OR PRESS RESET TO CANCEL” message is displayed in the goal dial until the belt is folded up.

The equipment will lean downwards slightly; at this point grip the rear frame and fold up the belt, as shown in the illustration.

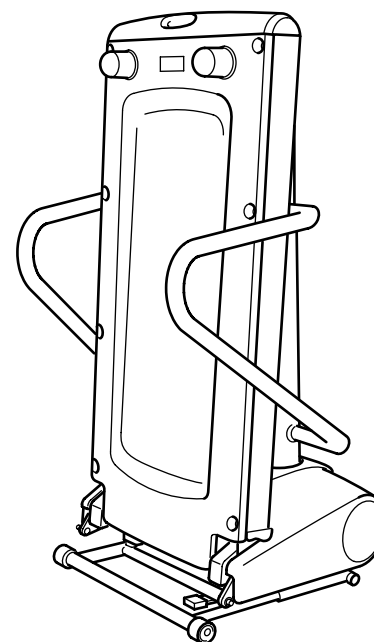
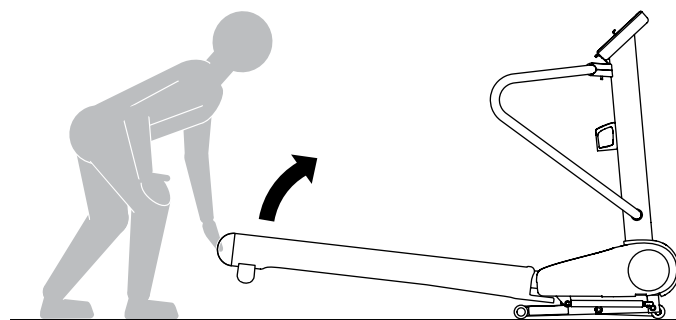
After folding the belt, until the equipment is not switched off the “UNFOLD THE BELT TO BEGIN THEN PRESS RESET” message is displayed in the goal dial.

Switch off the equipment by moving the main switch to “0” [off].



Warning

Wait until the treadmill fully comes to a stop before folding up Spazio Forma.



15 Maintenance



Warnings

The safety of the equipment is assured only on the condition that it is carefully inspected every two weeks for any signs of damage and/or wear. Replace defective and worn components immediately, or alternatively remove the equipment from service.

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

Cleaning and looking after the equipment

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

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

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

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

- with the equipment turned off, clean the external parts with a damp sponge;
- raise the treadmill to the maximum gradient (+12%) and clean around the lower guard and floor with a vacuum cleaner;
- clean the tread surface while it is running, using a clean nylon/synthetic brush or broom.

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



Warning

Do not rub too hard on the control panel.

15.1 Aligning the treadmill

When the equipment is running the treadmill must be centrally aligned in relation to the frame. If it tends to move to the right or left or is not centrally positioned, it needs aligning.

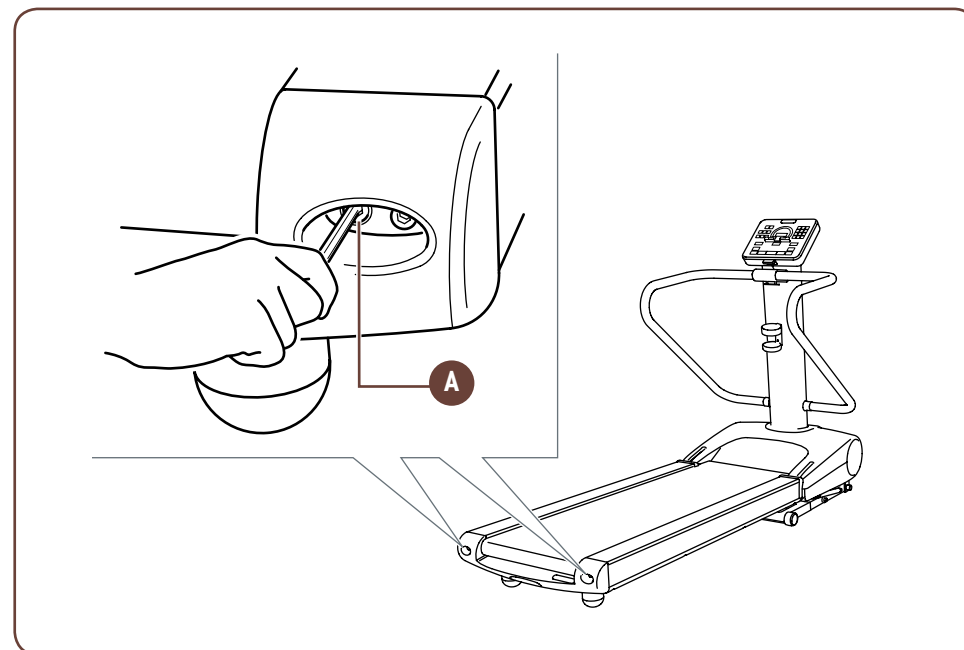
The alignment is done with the equipment running.

Set the adjustment screw **(A)**, located at the back of the equipment, opposite the control panel support riser, so that the belt is centrally aligned with the back roller.



Warning

The treadmill realigns slowly: turn the adjustment screw 1/4 or 1/2 a turn and then check the result before turning it again.



15.2 Changing the fuse



Warnings

The fuse must be changed by the Technogym Technical Support Service. Before changing the fuse, switch the equipment off by switching the switch to 0 and unplug the power cable plug from the wall socket.

An extra fuse **(B)** can be found in the fuse holder, in the slot provided.

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

Replace the blown fuse **(A)**, with the new one, as supplied.

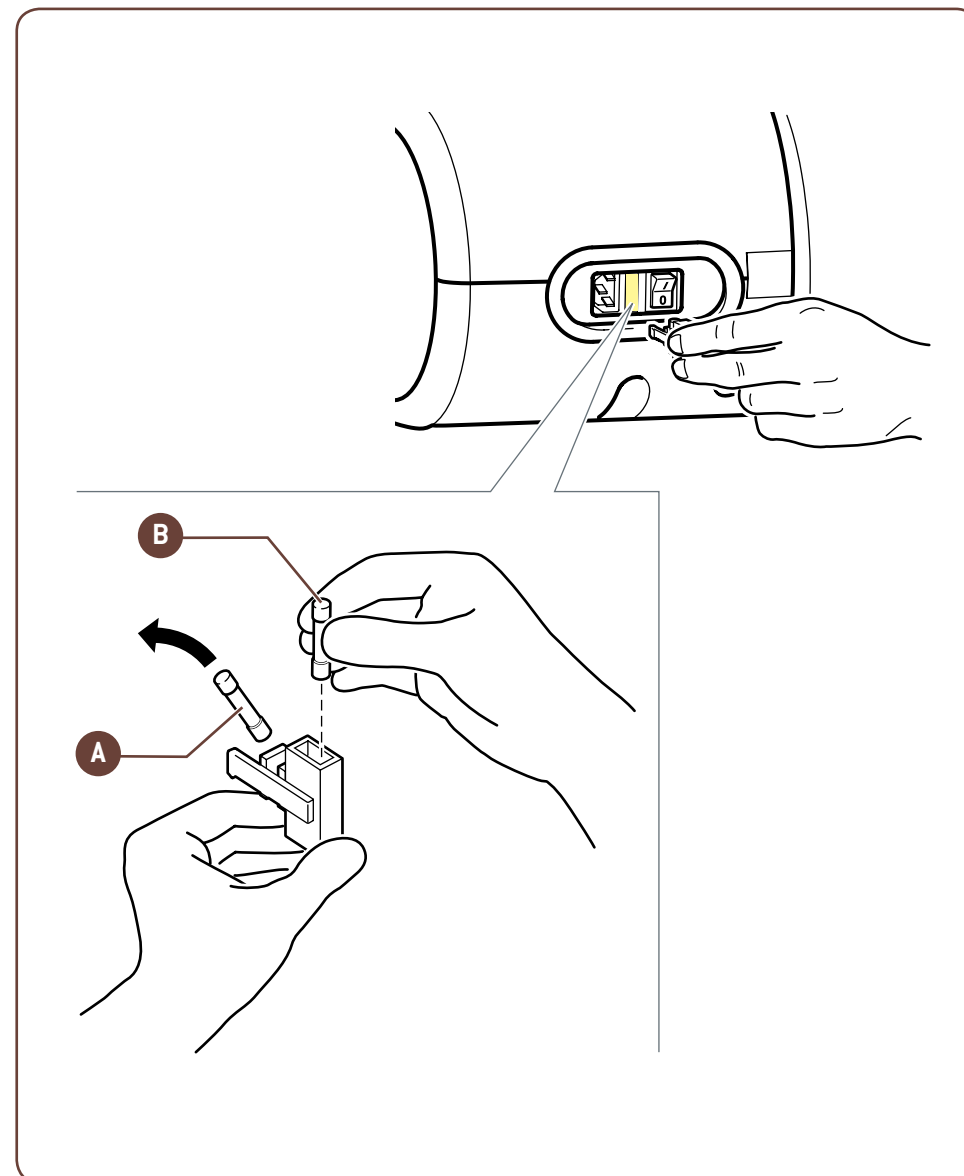
Fit the fuse holder back into its housing, making sure it clicks in properly.



Warnings

If the fuse blows repeatedly, lubricate the treadmill. If the problem persists, consult the Technogym Technical Support Service.

If you have already used the spare fuse provided, use a fuse with certified identical electrical specifications for the replacement.



15.3 Lubricating the treadmill

The equipment is factory-lubricated with products specially designed to have a long lasting effect. Nevertheless, it may become necessary to replenish the film of lubricant between the running track table and the tread belt itself, especially if the treadmill is used intensively (at high speed and with heavy users). If the treadmill runs unevenly, slowing down each time the foot comes down on to the belt, proceed as follows.

Stop the treadmill.

Set the gradient to 12%.

Introduce the spout between the belt and table, as shown in the illustration.

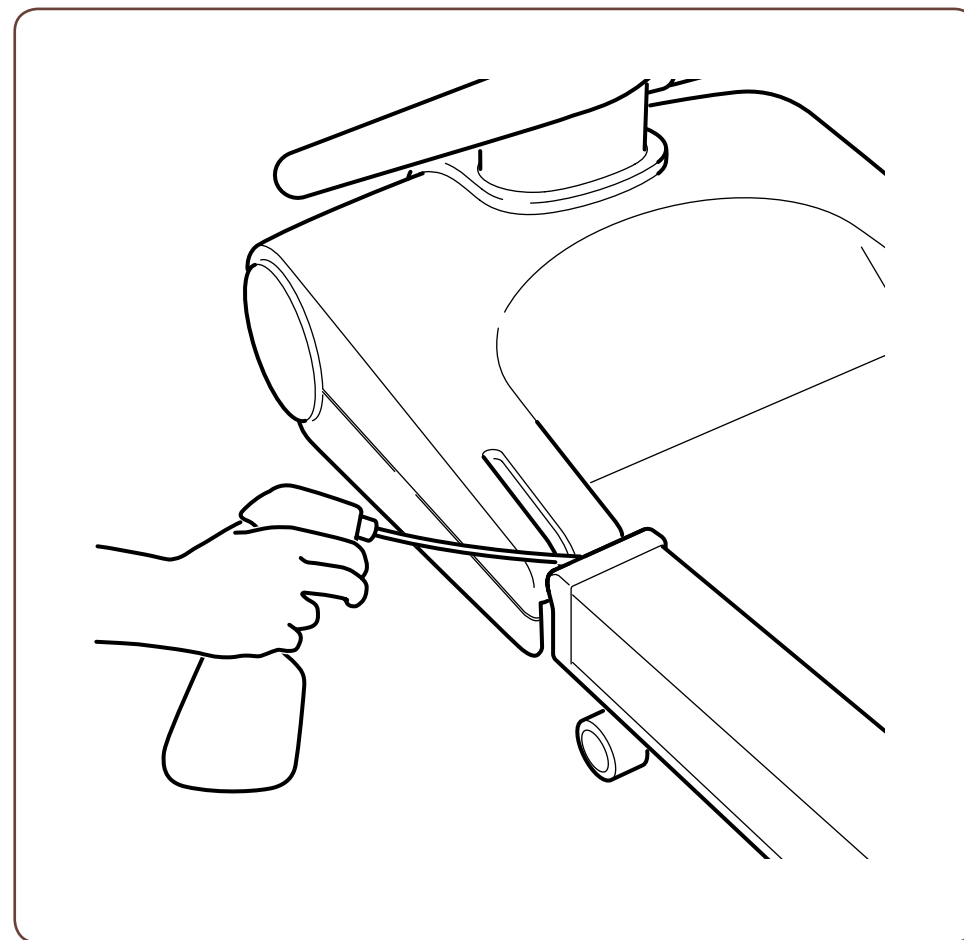
Oil the tread belt in several different places, without applying an excessive amount of oil.

Start the treadmill at a speed of 5 km/h and walk on it for a few seconds.

Stop the treadmill and repeat the above steps four times, so as to cover the entire surface of the tread belt.

Check that the treadmill now runs smoothly.

If the problem persists, consult the Technogym Technical Support Service.



16 Easily solved problems

The following table lists a series of problems that may arise during normal use of the equipment. If the solutions given don't solve the problem, or if the problems are different, ask for help from the Technical Support Service.

Problem	Cause	Remedy
Equipment doesn't switch on	Power supply cable not plugged in	Plug the power supply cable into the wall socket
	Mains power failure	Check the power supply in the mains socket in question by plugging in another appliance that definitely works
	Power supply cable damaged	Contact the Technogym Technical Support Service
	Power supply cable connector not plugged into equipment	Plug the connector in
	The main switch is off	Switch on the main switch
	Burnt-out fuse	To replace the blown fuse with a spare contact the Technogym Technical Support Service

Problem	Cause	Remedy
Excessive noisiness	Equipment not properly levelled	Check the position and level with the adjustment screws
Data incorrect or unreliable with equipment running	Equipment next to source of radio interference (e.g. electrical domestic appliance)	Move the equipment to another place or move the sources of interference
Problems in reading heart rate	Other transmitters situated nearby	Move the equipment far enough away to stop signal interference (minimum distance between two units cm 80)
	Strong radio interference sources nearby	Find the interference source (e.g. electrical domestic appliance) and move it away or move the treadmill
	Worn chest band	Replace the chest band
	Chest band not making proper skin contact	Dampen the inside of the chest band with water



Warning

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

17 Technical Support Service

The Technogym Technical Support Services provides:

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

**Technogym International
Technical support HQ**

tel: +39 0547650638

fax: +39 0547650150

email: support@technogym.com

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

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



Warning

Work on the equipment by persons unauthorised by Technogym invalidates the warranty.

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

18 Storage

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

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

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

19 Scrapping

Always ensure that the equipment poses no danger to people and do not let children play with it. As a precaution, when the equipment is unused for a long time, unplug it from the mains.

Disposing of the equipment on open ground, in public areas, or in private areas used by the public is prohibited.

The equipment is made of recyclable materials such as steel, aluminium and plastic, which must be disposed of in compliance with urban waste and refuse regulations, contacting a company specialised in urban and environmental sanitation.

Disposing of the chest band

The chest band, which transmits heart rate data, is not made of recyclable materials and therefore must not be disposed of on open ground.

Contact a company specialized in urban and environmental sanitation.

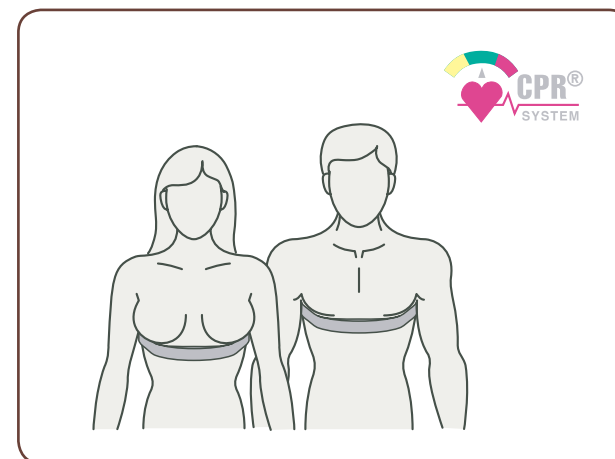
20 Monitoring the heart rate

The equipment is able to measure heart rate trends, by means of a chest band with a Polar T31-type heart rate transmitter.

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

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

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



Warnings

During a workout it is very important that your heart rate never goes above 90% of your maximum rate (unless you are an athlete engaged in competitive sport).

The sole function of the heart rate monitor is to display the heart rate during exercise and cannot be used for medical cardiac diagnoses of any kind.

The heart rate shown on the display is purely indicative and cannot be considered absolutely certain.

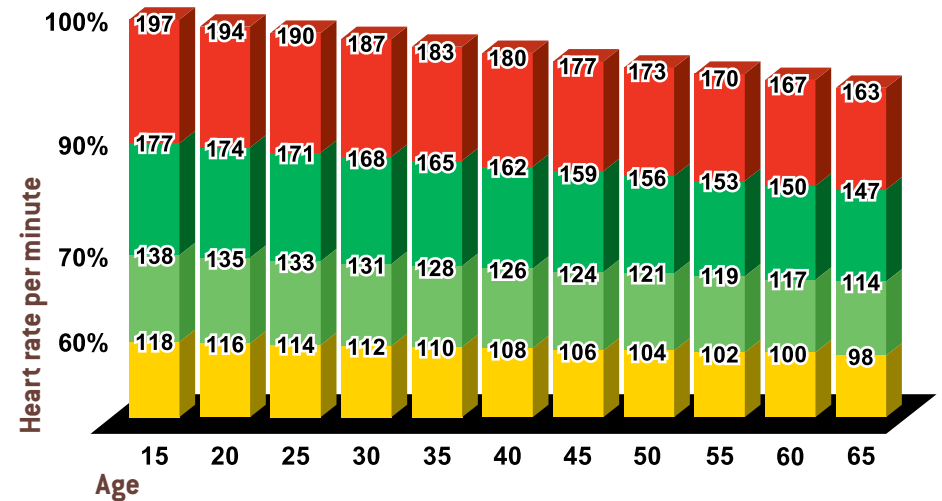
The following table shows the optimum heart rate levels in relation to age and the goal to be achieved. Theoretical maximum heart rate (100%) is calculated on the basis of age using the formula: $HR\ Max = 207 - 0.7 \times age$ (R. L. Gelish et alii, *Med Sci Sports Exerc.*, 2007 May, 39 (5): 281).





To read the graph, simply find your age on the horizontal axis and scan up the vertical until you reach the 60%, 70% and 90% values.

Aerobic exercise performed at a heart rate **between 60% and 70%** mainly burns fat as an energy source.

When doing aerobic exercise at a heart rate of **70% to 90%** the cardiocirculatory component prevails.

For example, if someone aged 30 wants to burn off fat, the heart rate during exercise should be kept to between 112 (60%) and 131 (70%); if he or she wants to improve cardio-respiratory capacity, the heart rate should be kept to between 131 (70%) and 168 (90%).



-  Prevalent use of sugars.
Training for athletes who take part in competitions (with medical certificate).
-  Combined use of fats and sugars.
Significant improvement of aerobic efficiency.
-  Prevalent use of fats and increased use of sugars.
Moderate improvement of aerobic efficiency.
-  Prevalent use of fats and little use of sugars.
Limited improvement of aerobic efficiency.

21 Using Run Forma and Spazio Forma

Run Forma and Spazio Forma equipment simulates walking and running, aerobic exercises which can be performed at different levels of intensity. They are also useful for limb and joint rehabilitation and cardiovascular exercises. This means that a wide and diversified range of people can use them, from competitive athletes (for specific cardiovascular training) to ordinary individuals who want to get fit and keep in shape.



Warning

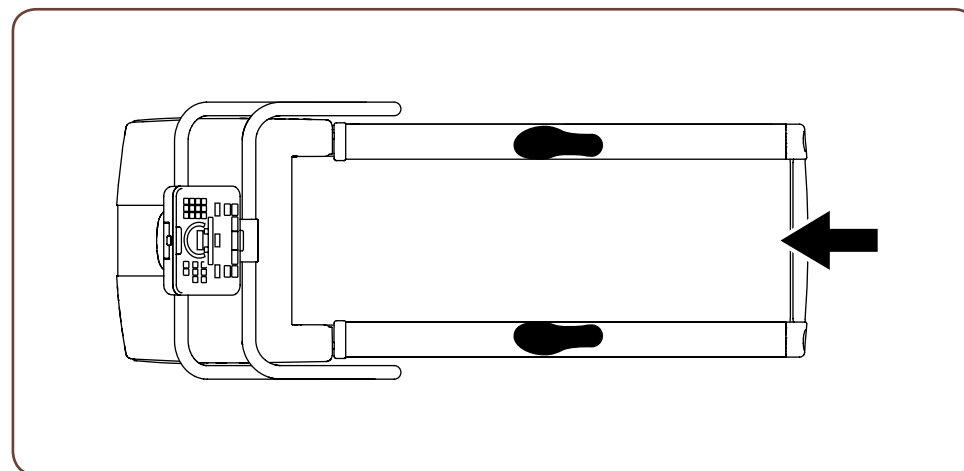
Run Forma and Spazio Forma are to be used solely for its intended purpose, i.e. to simulate walking and running. Any other use is considered improper.

Step on the treadmill from the rear, looking forward, and put your feet on the footrests on either side. In this rest position hold on to the side grip with one hand, using the other hand to operate the control panel.

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

The grips make it safer when you first use the equipment; later on, however, it's better to walk or run without any support, to improve your balance and posture.

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



Do not lean too far forward or back. The correct position is with your **head up, shoulders aligned with your hips, arms loose with elbows at 90°, looking straight ahead as if at a point 5 - 6 metres away.**



Warning

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

The stepping pace must be regular, with legs and feet **parallel** to the treadmill centre line.

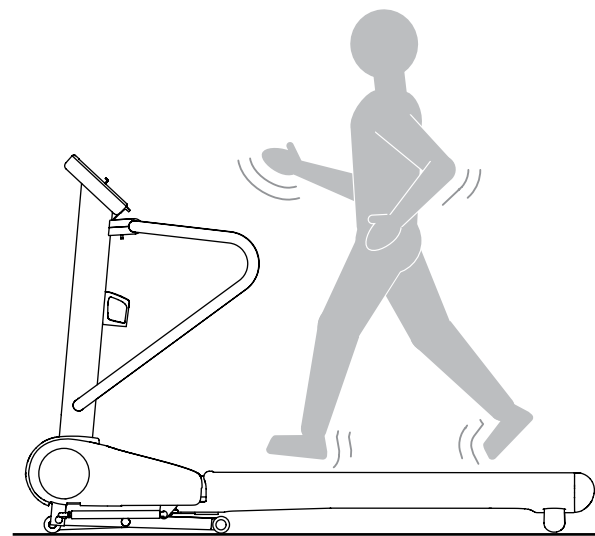


Warnings

Walking or running backwards is prohibited.

Using the equipment two at a time is prohibited.

To rest without stopping the treadmill or using the controls, simply stand on the footrests on either side.



RunSpazio Forma_uk-AC
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Run Forma and Spazio Forma



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