



**RUN-2011/J-PC**

Width:	70 cm
Length:	188 cm
Height:	142 cm
Weight:	145 kgs

**Technical specifications:**

- 10.1" touch screen monitor resistive;
- PC iMX6 DL 1GB, Micro SD 8GB, OS Linux;
- USB output;
- Wifi
- RS232 output (Trackmaster protocol);
- Speed Max 20 km/h;
- Speed Min 0.1 km/h;
- Speed Increment 0.1 km/h;
- Inclination Max 22%;
- Inclination Min 0%;
- Inclination increment 0.5 / 1%;
- Electronic variation of speed and inclination;
- Cardio recording: hand grip + chest belt;
- Self-centring belt system;
- Self-lubrication belt system;
- Walking surface: 140 x 48 cm;
- Transformer 123 VA;
- Inverter 1.5 kw;
- Power supply 220~240Vac 50/60 Hz 10Amp;
- Auxiliary circuit of inclination: 18 Vac;
- Auxiliary circuit of console: 12 Vdc;
- Motor power (max peak) 5 HP (AC);
- Absorbed power at max speed 2000 VA;

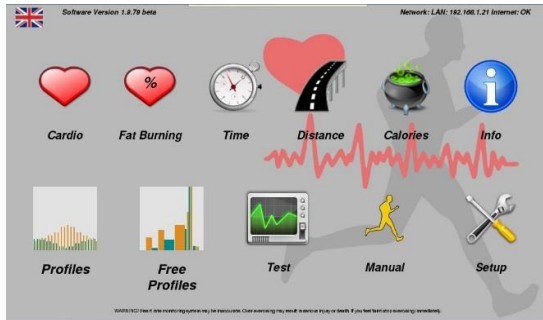
- Nominal absorbed power 1500 VA;
- Noise < 30 DB;
- Damped board;
- User's max weight 150 kgs;
- Emergency stop button and pull rope with magnet;
- Certificate of conformity to EC Rules.

**Standard accessories:**

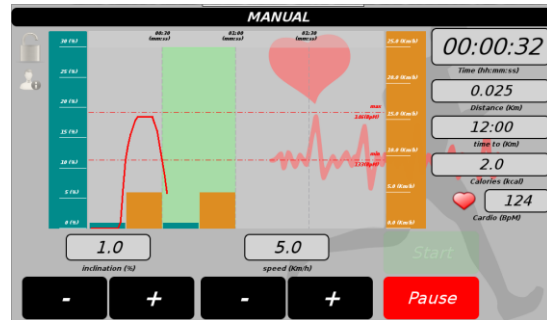
- Wheels for movement;
- Chest belt;
- Bottle holder;
- Service equipment.

**Console functions (picture 1):**

- Manual use (picture 2);
- Cardio (picture 3);
- Fat burning (picture 3);
- Time (picture 4);
- Distance (picture 5);
- Calories (picture 6);
- 10 Profiles (pre-set) (picture 7/8);
- 100 Free profiles (picture 7/8);
- Test: CHR test, CWL test, COOPER test, VAMEVAL test, RUNNER test, BRUCE test, BRUCE MODIFIED test, ASTRAND MODIFIED test, ELLESTAD test, ACIP test, TEST01-08 (picture 9);
- Exercise saving on USB key (picture 10).



(picture 1)



(picture 2)

### DATI PERSONALI

Sesso - **M** +  
 Età - **50** +  
 Peso (Kg) - **70** +  
 Frequenza Cardiaca Max Teorica (BpM) - **173** +  
 FC Min (BpM) - **129** +      FC Max (BpM) - **147** +

**TEMPO**    **DISTANZA**    **CALORIE**

Imposta i dati personali e scegli la modalità di esecuzione dell'esercizio

(picture 3)

### IMPOSTA LA DURATA DELL' ESERCIZIO

Riscaldamento (mm:ss) - **01:00** + (Km/h) - **1.86** +  
 Defaticamento (mm:ss) - **01:00** + (Km/h) - **1.86** +  
 Tempo esercizio (hh:mm:ss) - **00:05:00** +

**CONFERMA**

(picture 4)

### IMPOSTA LA DURATA DELL' ESERCIZIO

Riscaldamento (mm:ss) - **01:00** + (Km/h) - **1.86** +  
 Defaticamento (mm:ss) - **01:00** + (Km/h) - **1.86** +  
 Distanza(Km.mt): - **1.000** +

**CONFERMA**

(picture 5)

### IMPOSTARE I PARAMETRI DELL'ESERCIZIO

Riscaldamento (mm:ss) - **0:00** + (Km/h) - **3.0** +  
 Defaticamento (mm:ss) - **0:00** + (Km/h) - **3.0** +  
 Calorie esercizio (KCal) - **100** +

**CONFERMA**

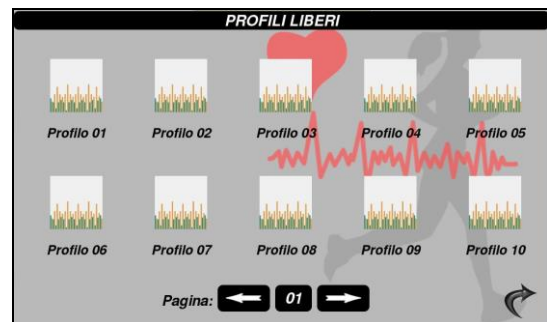
(picture 6)

### PERSONALIZZA PROFILO LIBERO 02

Inclinazione (%) - **4.0** +      Velocità (Km/h) - **4,5** +  
 Tempo step (hh:mm:ss) - **00:00:10** +      Step - **1** +

**AGG. STEP**    **CANC. STEP**    **SALVA PROFILO**    **CONFERMA**

(picture 7)



(picture 8)

### TEST

**CHR**    **CWL**    **COOPER**  
**VAMEVAL**    **RUNNER**    **BRUCE**  
**BRUCE MODIFIED**    **ASTRAND MODIFIED**    **ELLESTAD**  
**ACIP**    **TEST 01**    **TEST 02**  
**TEST 03**    **TEST 04**    **TEST 05**  
**TEST 06**    **TEST 07**    **TEST 08**

Selezionare il tipo di test che si vuole eseguire

(picture 9)

### RIEPILOGO ESERCIZIO

Tempo (hh:mm:ss) **00:17:05**      Distanza (Km) **2.937**  
 Calorie (KCal) **156.0**    WETs **0.134**    VO2Max (ml/min/kg) **63.035**

	Minimo	Medio	Massimo
Velocità (Km/h)	2,6	10,3	12,4
Inclinazione (%)	0,0	2,3	6,0
Cardio (BpM)	58	72	81

**MOSTRA GRAFICO**    **SALVA ESERCIZIO SU USB**

(picture 10)