



E *ENERGETICS*

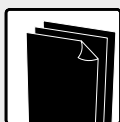
PR 20_{PRO}

Assembly Manual

EN



> 5h



EN 957 1/6



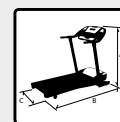
220/230 V



60 - 90 Min.



< 160 kg



A: 103 cm
B: 208 cm
C: 47 cm




159 kgs

Table of contents




1. Englishp. 4

Serial Decal



www.energetics.eu
c/o Neomark Sàrl, 14a rue de la Gare, 4924 Hautcharage, Luxembourg
Assembled & produced by / assemblé & produit par:
Full address of far east supplier
Produced for / produit pour:
IIC-INTERSPORT International Corporation GmbH, Woelflistrasse 2,
3006 Berne, Switzerland
Product Name: XXX
IIC Product Number: XXX
Manufacturer Number: XXX
Serial Number: XXX
Max User Weight: XXX kg / XXX lbs

EN957/1, EN957/X , Class: X




Made in China
Fabriqué en Chine
Console, electronics, adaptor

EN The product sticker is placed on the rear stabilizer on bikes and ellipticals and next to the power inlet on treadmills.

Serial Number: _____

Date of Purchase: _____

EN © The owner's manual is only for the customer reference. ENERGETICS can not guarantee for mistakes occurring due to translation or change in technical specification of the product. Wherever pictograms are used they may differ from your product, it's for reference only.

Corporate Social Responsibility

INTERSPORT is a participating company in the BSCI (Business Social Compliance Initiative) based in Brussels. Through BSCI, INTERSPORT is committed to implement the BSCI Code of Conduct in its supply chain and to gradually achieve better working conditions at the involved suppliers' workplaces. The BSCI system is based on three pillars: monitoring of non-compliances by external independent audits; empowering of supply chains' actors through various capacity-building activities; and engagement with all relevant stakeholders via constructive dialogue in Europe and supplying countries. Our social audits are conducted by neutral, internationally recognized auditing companies with the aim of monitoring the social compliance of our supplier factories.

For more information on the BSCI please visit: www.bsci-intl.org



Norms & Regulations

Consumer safety is the number one priority for ENERGETICS products. This means that all of our products comply with national and international legal requirements (such as the EU Regulation (EC No. 1907/2006) concerning the Registration, Evaluation, Authorization and Restriction of Chemicals [REACH]).

This product is also CE certified and has been tested by an internationally recognized institute and certified against the industry standard EN 957.



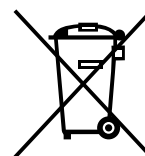
Disposal of electrical waste products (Directive 2002/96/EC WEEE):

All products that contain electrical and electronic equipment must be marked with the logo. These products shall not be disposed in municipal waste. Instead please check local regulations regarding these types of products.



Disposal of batteries (Directive 2006/66/EG):

Batteries must be marked with the logo including the chemical symbols Hg, Cd or Pb if the battery contains mercury, cadmium or lead above the threshold limits mentioned in the directive and its amendments. Batteries used in products shall not be disposed in municipal waste.



Directive 2011/65/EU:

Restriction of the use of certain hazardous substances in electrical and electronic equipment (RoHS).

RoHS

Dear Customer,

EN

Congratulations on your purchase of an ENERGETICS light institutional fitness equipment. This product has been designed and manufactured to meet the needs and requirements of light institutional use (CEN 957 class S). Please carefully read the assembly- and user manual. Be sure to keep the instructions for reference and/or maintenance. If you have any further questions, please contact us. We wish you lots of success and fun while training,

Your ENERGETICS - Team

Product Safety

ENERGETICS offers high quality light institutional fitness equipment. All products have been tested and certified according to the latest European Norm EN 957.

Important Safety Instructions for all light institutional fitness equipment

- Do not assemble or operate this light institutional fitness equipment outdoors or in a wet or moist location.
- Before you start training on your home exercise product, please read the instructions carefully.
- Be sure to keep the instructions for information, in case of repair and for spare part delivery.
- This training equipment is not suitable for therapeutic purposes.
- Consult your physician before starting with any exercise programs to receive advice on the optimal training.
- Warning: incorrect/excessive training can cause health injuries. Stop using the light institutional fitness equipment when feeling uncomfortable.
- Warning: The safety level of the training equipment can only be maintained if it is examined regularly on damage or wear.
- Please follow the advice for correct training as detailed in the training instructions.
- Ensure that training only starts after correct assembly, adjustment and inspection of the light institutional fitness equipment.
- Always start with a warm-up session.
- Only use original ENERGETICS parts as delivered (see parts list).
- Follow the steps of the assembly instruction carefully.
- Only use suitable tools for assembly and ask for assistance if necessary.
- Place the light institutional fitness equipment on an even, non-slippery surface for immobilization, reducing noise and vibration.
- To protect the floor or carpet from damage, place a mat under the product.
- For all adjustable parts be aware of the maximum position to which they can be adjusted.
- Tighten all adjustable parts to prevent sudden movement while training.
- This product is designed for adults. Please ensure that children only use it under the supervision of an adult.
- Ensure that those present are aware of possible hazards, e.g. movable parts during training.
- Do not use the light institutional fitness equipment without shoes or loose shoes.
- Ensure that sufficient space is available to use the light institutional fitness equipment.
- Be aware of non-fixed or moving parts whilst mounting or dismounting the light institutional fitness equipment.
- Search for noisy parts: If you should notice unusual noises, like grinding, clacking etc. try to locate it and have it repaired by a professional. Make sure the light institutional fitness equipment is not used until after repairs have been made.

- This device is not meant to be used by persons (including children) with limited physical, sensory or mental capabilities or lacking experience and/or the knowledge to use this device, unless under the supervision of another person in charge of their safety or having been given prior instruction on the operation of this device.
- Children should always be under supervision, to assure they are not playing with this device.
- Advised correct running position: Running straight on the treadmill is made easier by focusing on a fixed object in front of you in the room. Run as if you wanted to approach the object.
- Noise compliance: This treadmill meets the requirements of the noise pollution standards.



- This product is made for light institutional use and tested up to a maximum body weight of: see front page or serial decal on product.

WARNING: Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

Important Safety Instructions for Treadmills

- To protect the floor or carpet from damage, place a mat under the treadmill.
- Turn off the power whilst the treadmill is not in use and remove the safety key.
- In case of emergency please place both feet at the same time on the side rails.
- Do not leave the equipment unattended when the treadmill is still plugged-in.
- Remove the main plug from the power outlet when the equipment is not in use, before assembly or disassembly and before cleaning and maintenance.
- We take no responsibility for personal injury or damage sustained by or through the use of this treadmill.
- The function of the immobilization method: the purpose of immobilizing the treadmill is to prevent unauthorized use. This can be accomplished by removing the safety key from the console, unclipping it from the cord and putting it in a non-accessible place.
- Clear safety area of at least 200 cm in length and at least as wide as the treadmill shall be provided behind the equipment when in use.
- Make sure that the walking belt comes to a complete stop before folding up the machine.
- Never start the treadmill if folded up.

Emergency Key / Stop

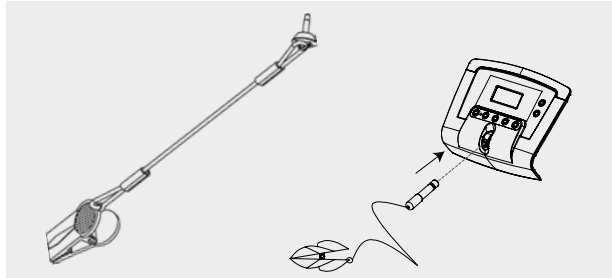
EN

The function of the emergency stop: The safety key functions as the emergency stop. In an emergency situation, remove the safety key from the console and the treadmill will come to a stop.

Follow the steps listed below if you experience pain, feel faint or need to stop your treadmill in an emergency situation:

1. Grip handrails for support.
2. Step onto the lateral platform.
3. Pull the safety key off the console.

To activate an emergency stop, please detach the safety key from the console.



Note: Please attach the safety key clip onto your running outfit while running.

Cleaning, Care & Maintenance on fitness equipment

Warning

- To prevent electrical shock, be sure the power to the treadmill is OFF and the power cord is unplugged from the wall electrical outlet before attempting and cleaning or maintenance.

Important



- Frequent cleaning of your treadmill will extend the product's life.
- Use of a treadmill mat is recommended for ease of cleaning.
- Use clean and proper sport shoes only.
- Use a damp cloth to clean the treadmill and avoid the use of abrasives or solvents.
- To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.
- The treadmill should not be used or stored in a moist area because of possible corrosion.
- Dirt from your shoes contacting the belt may eventually make its way underneath the running belt.



- In case of repair please ask your dealer for advice.
- Replace defective components immediately and/or keep the equipment out of use until repair.
- Use original spare parts for repair only.



Daily



- Immediately wipe off the sweat; perspiration can ruin the appearance and proper function of the treadmill.



Weekly

- Vacuum underneath treadmill once a week.



Monthly



- Check that all connecting elements are tightly fitted and in good condition.

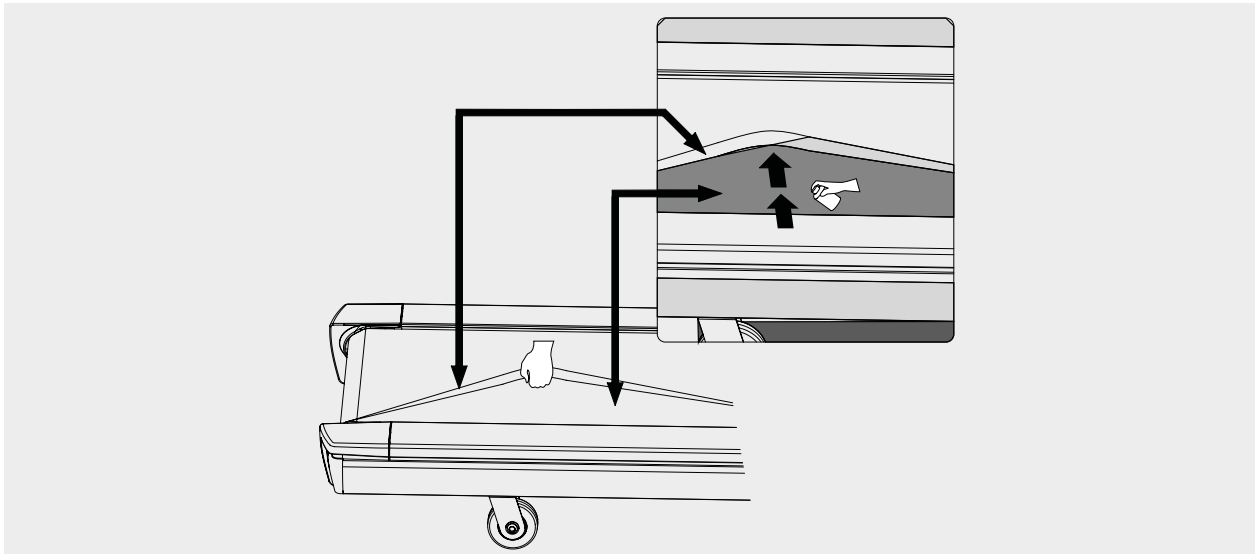
Deck Lubrication

The walking belt has been pre-lubricated at the factory. However, it is recommended that the walking board be checked periodically for lubrication to ensure optimal treadmill performance. Your treadmill should not have to be lubricated usually within the first year or 500 hours of use.

Every 30 days or 20 hours of operation lift the sides of the walking belt and feel the top surface of the walking board as far as you can reach. If there are signs of silicone, no further lubrication is required. If it feels dry to the touch, follow the instructions below. Please use a non-petroleum based silicone.

To apply lubricant to the walking belt:

1. Position the walking belt so that the seam is located on top and in center of the walking board.
2. Insert the spray nozzle into the spray head of the lubricant can.
3. While lifting the side of the walking belt, position the spray nozzle between the walking belt and the board approximately 6 cm from the front of the treadmill. Apply the silicone spray to the walking board, moving from the front of treadmill to the rear. Repeat this on the other side of the belt. Spray approximately 4 seconds on each side.
4. Allow the silicone to "set" for 1 minute before using the treadmill.



Please keep children and pets away from the silicone oil at all times to prevent any swallowing of the substance.

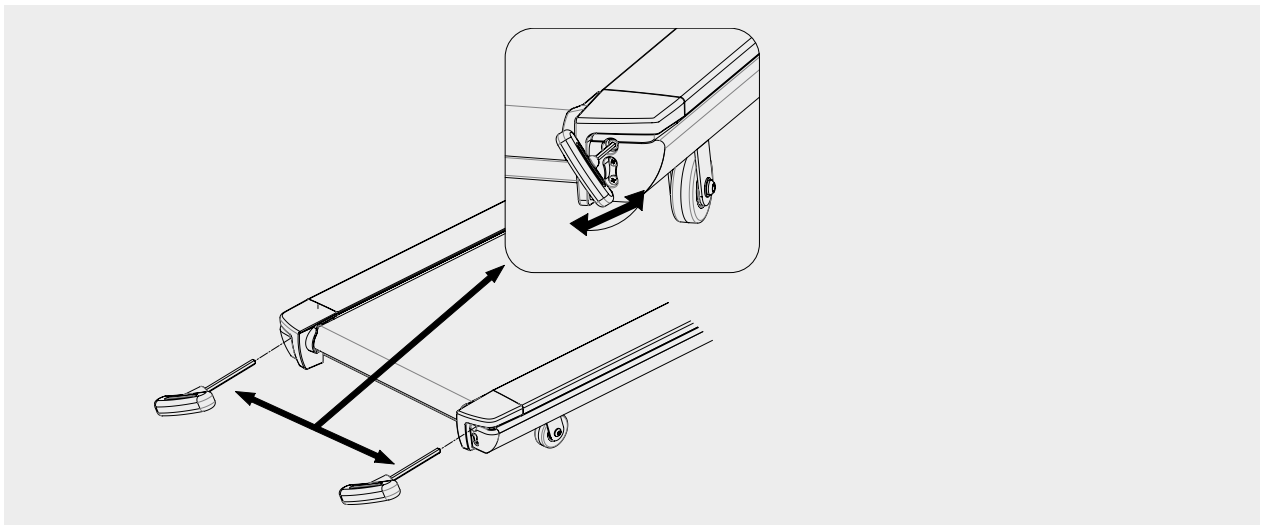
Belt adjustment

Belt adjustment and tension performs two functions: adjustment for tension and centering. The running belt has been adjusted properly at the factory. However transportation, uneven flooring or other unpredicted reasons could cause the belt to shift off center resulting in the belt rubbing with the plastic side rail or end caps and possibly causing damage. To adjust the belt back to it's proper position please follow the directions below:

Walking belt has shifted to the left: First unplug the power cord from the surge protector. Using the hex key provided, turn the left rear roller adjustment bolt 1/4 turn in the clockwise direction. Plug the power cord back into the surge protector and run the treadmill at 4 km/h (2.5 mph). You should see the belt start to correct itself, moving back towards the center. Repeat the above procedure until the walking belt is centered. It may be necessary to set walking belt tension once you have completed this procedure if the belt feels like it is slipping while walking. Refer below to the "Walking belt slipping" instructions.

Walking belt has shifted to the right: First unplug the power cord from the surge protector. Using the hex key provided, turn the right rear roller adjustment bolt 1/4 turn in the clockwise direction. Plug the power cord back into the surge protector and run the treadmill at 4 km/h (2.5 mph). You should see the belt start to correct itself, moving back towards the center. Repeat the above procedure until the walking belt is centered. It may be necessary to set walking belt tension once you have completed this procedure if the belt feels like it is slipping while walking. Refer below to the "Walking belt slipping" instructions.

Walking belt is slipping: First unplug the power cord from the surge protector. Using the hex key provided, turn both the left and right rear roller adjustment bolts the same distance, usually a 1/4 turn in the clockwise direction. Plug the power cord back into the surge protector and run the treadmill at 4 km/h (2.5 mph). You should now walk on the belt to determine if the belt is still slipping. Repeat the above procedure until the walking belt is not slipping. The tension should be just tight enough not to slip.

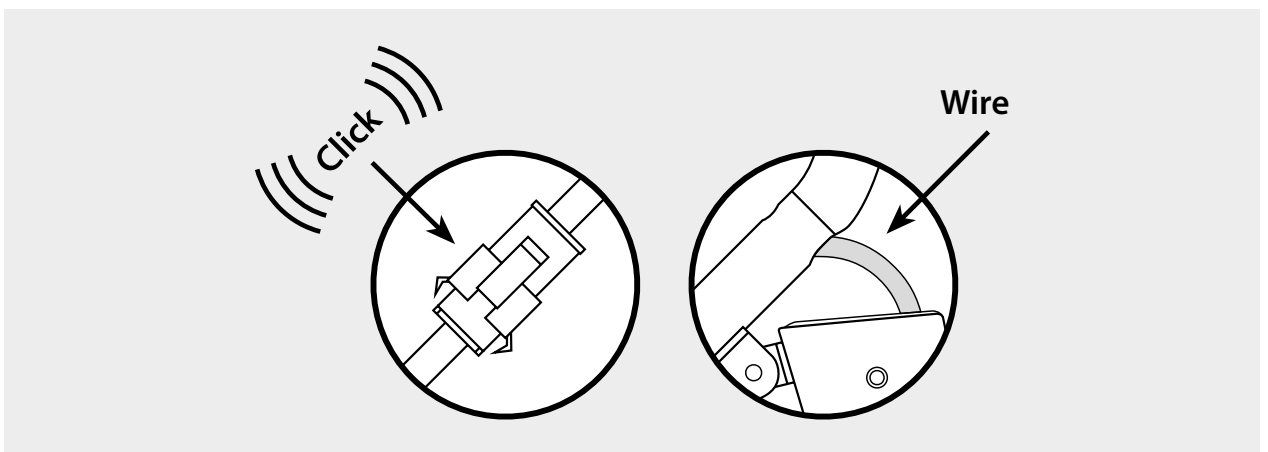


WARNING! Do not over tighten rollers! This will cause premature roller bearing failure!
Right and left tension bolts are located at the rear of the treadmill.

Assembly Information

1. Also refer to the drawings on the last pages of the manual.
2. Open the carton, put the main frame on the ground.
3. Fix the console cockpit on the uprights using designated screws (see assembly drawing for reference).

Important: Make sure you will not pinch, cut or damage the cable in any way (see hangtag). Please pay special attention to the wire connecting of the upper board with the lower board. Please also make sure that you connect the two cables correctly. The connection has been connected well once you hear a “click” sound. Any damage or incorrect connection will cause major problems operating the machine.



4. Fold and move up the console together with the upright posts.

Important: When you up fold the computer and the uprights, make sure the metal does not damage the inside wires! Fix the upright onto the base frame with the designated screws (see assembly drawing for reference). Repeat the same on the other side.

5. If applicable fix the right & left base cover on each upright with the designated screws (see assembly drawing for reference).
6. If applicable cover the right & left handlebar cover on the computer frame.
7. Attach the safety key to the computer.

Operations

Proper Training Clothes

Please make sure you always wear proper training shoes while working out. It is recommended that you wear training appropriate exercise clothing's that allow you to move freely whilst exercising.

Exercise Level

Please contact a physician before your exercise program. Immediately stop exercising if you feel any pain or tightness in your chest, become short breathed or faint. Please contact your doctor before you start using your fitness product again.

Incline Adjustment

Computer controlled adjustment

The incline level can be increased or decreased on the console (if applicable). Please consult the computer manual for further information.

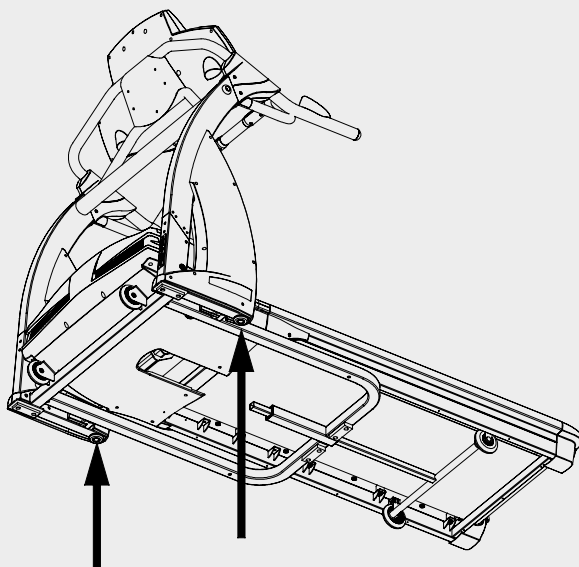
Training instructions

Check www.energetics.eu for detailed training instructions.

Handling

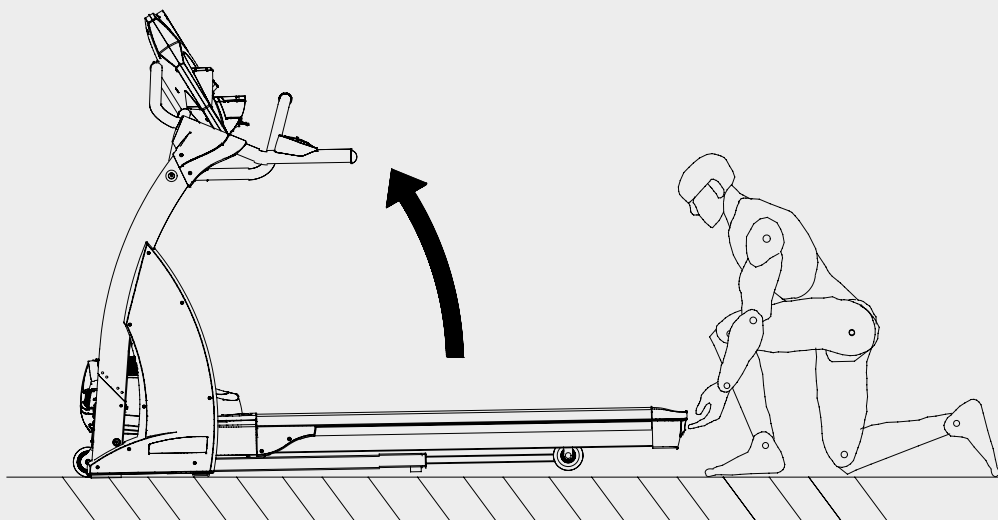
First locate the two adjustable stabilizers under the base frame. Then simply rotate them in or out to adjust the level of the treadmill. When properly adjusted the treadmill should sit firmly on both stabilizers and all cushions.

An uneven floor or improper stabilizer level can cause the treadmill to wobble during use as well as the incline adjustment to function incorrectly. Please follow the procedure described below to make sure the treadmill stabilizer is adjusted correctly prior to use. You may need the assistance of another person to perform this adjustment.

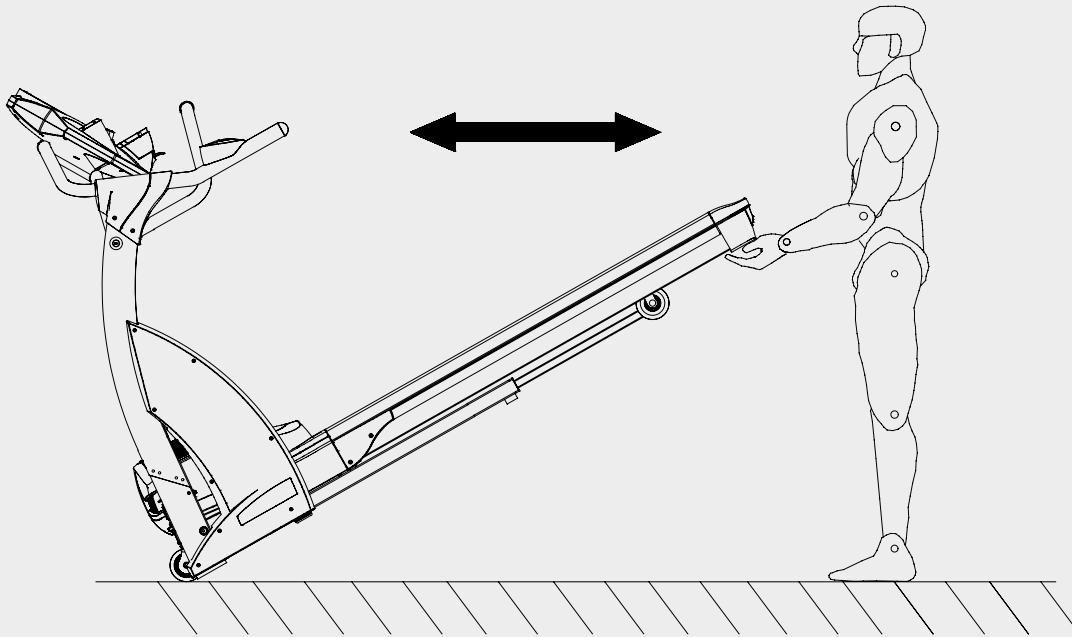


Transport treadmill

Lift the deck from the rear so that the treadmill rests on the front transportation wheels.



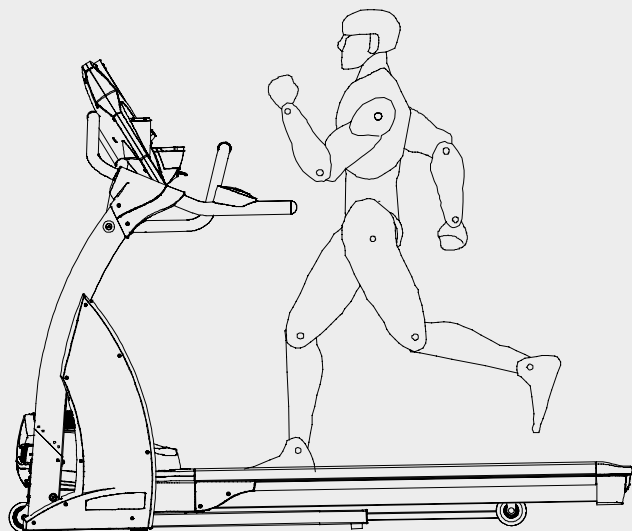
Roll to a desired location.



Correct biomechanical position: Please refer to left picture. Running straight on the treadmill is made easier by focusing on a fixed object in front of you in the room. Run as if you wanted to approach the object. Always keep a distance which you can reach the front hand bar.

Major exercise type: This equipment focuses on your lower body, and it can train your muscle of thigh and shank.

Important: Incorrect/excessive training can cause health injuries.



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701



702



703



704



705



706



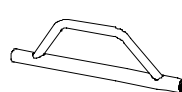
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708



711



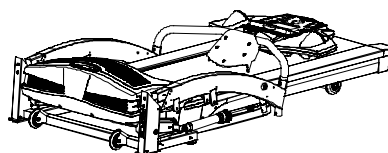
712



710



A1



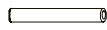
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307



501



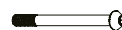
503



504



505



506



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508



509



510



511



512



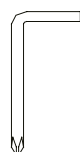
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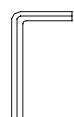
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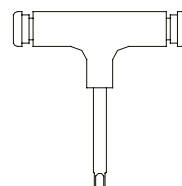
A



B



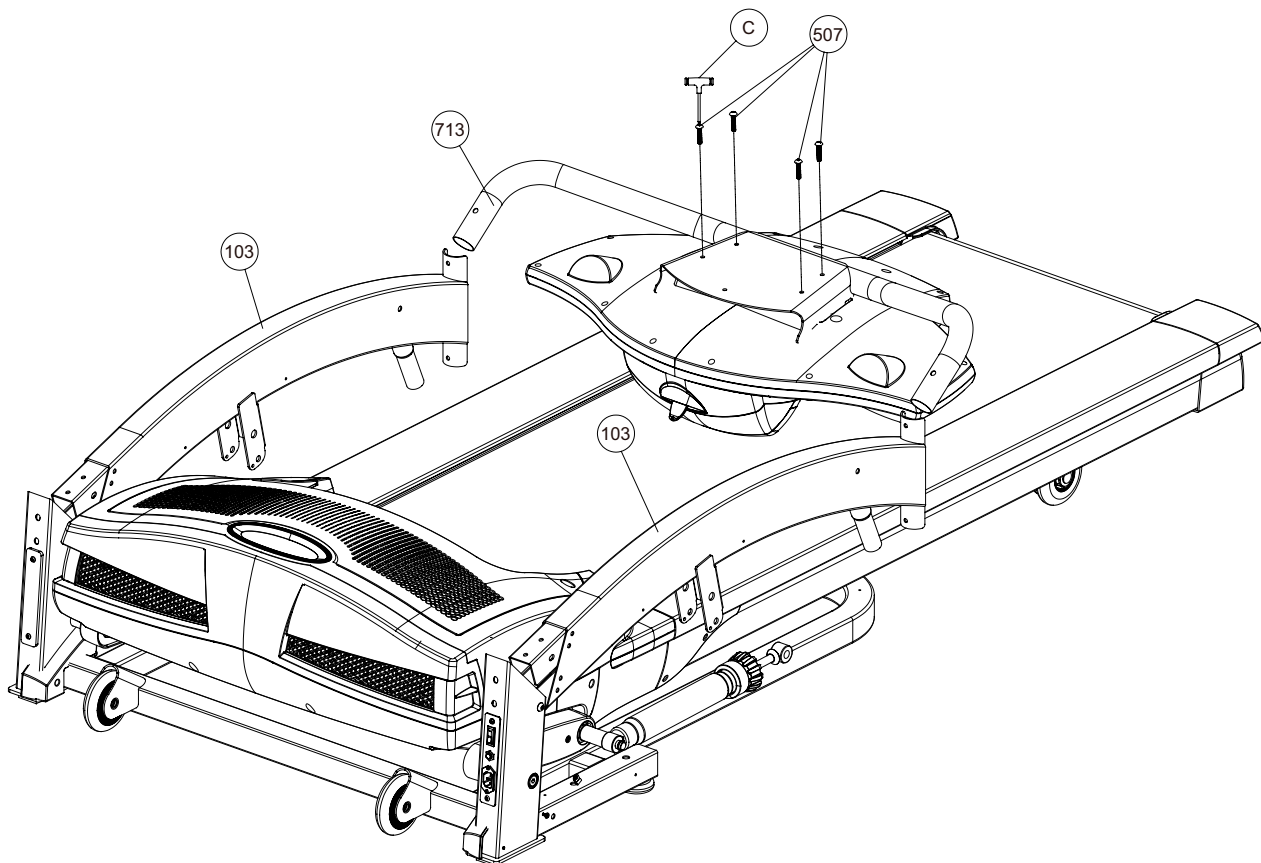
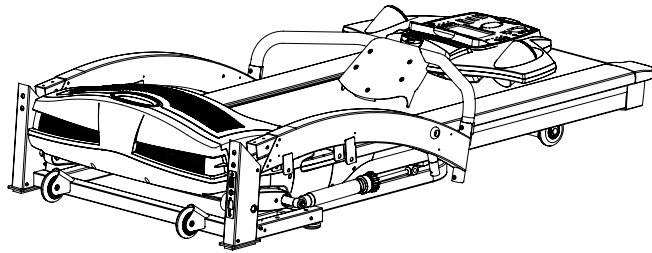
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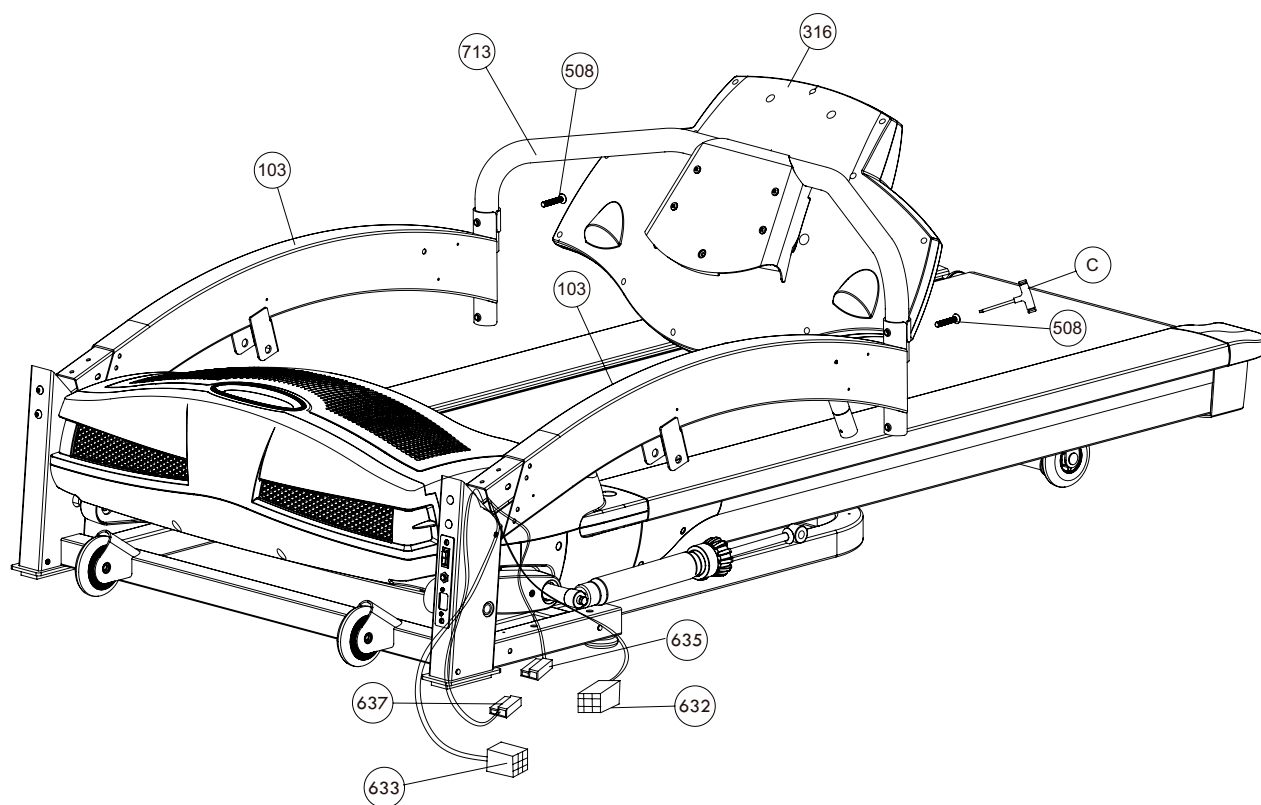


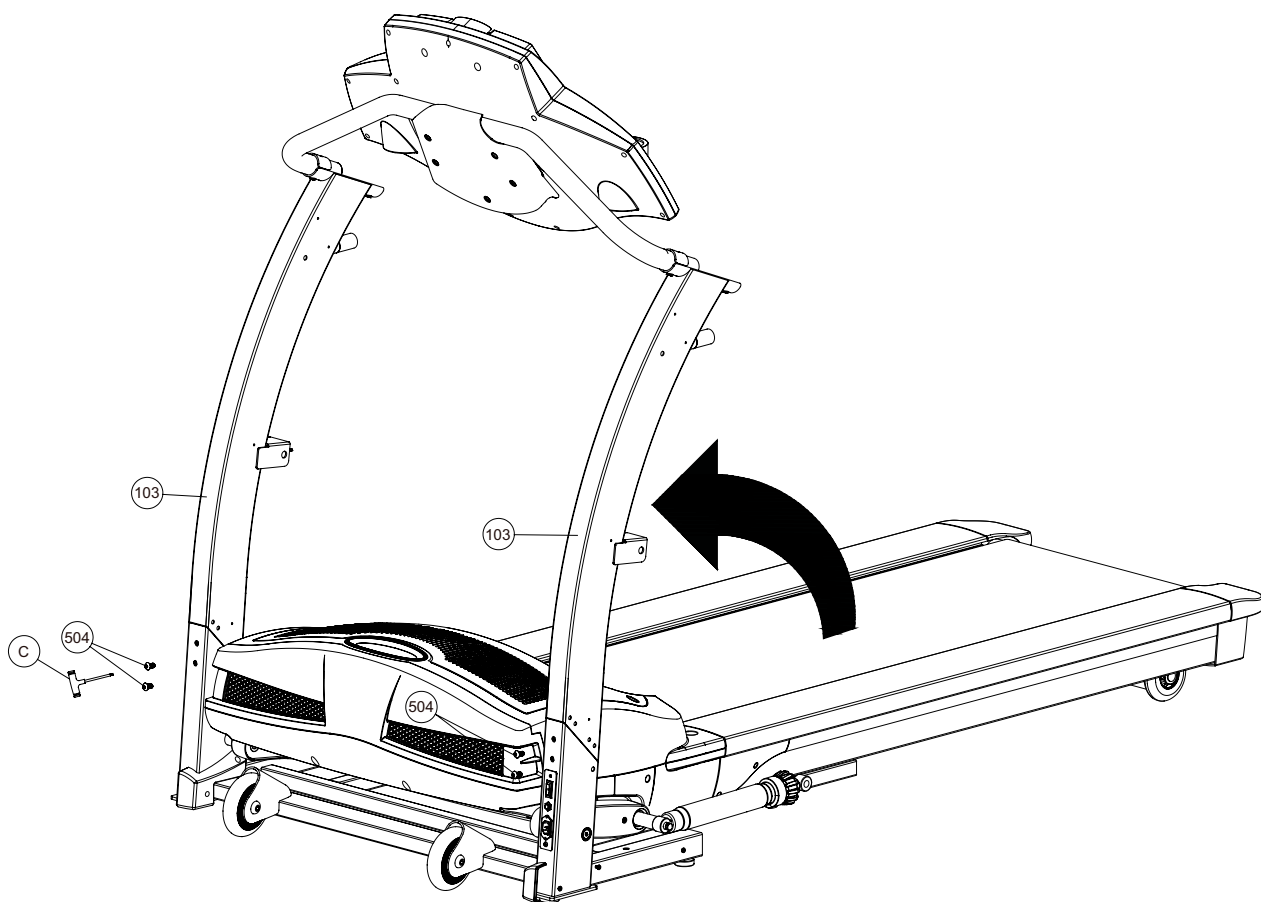
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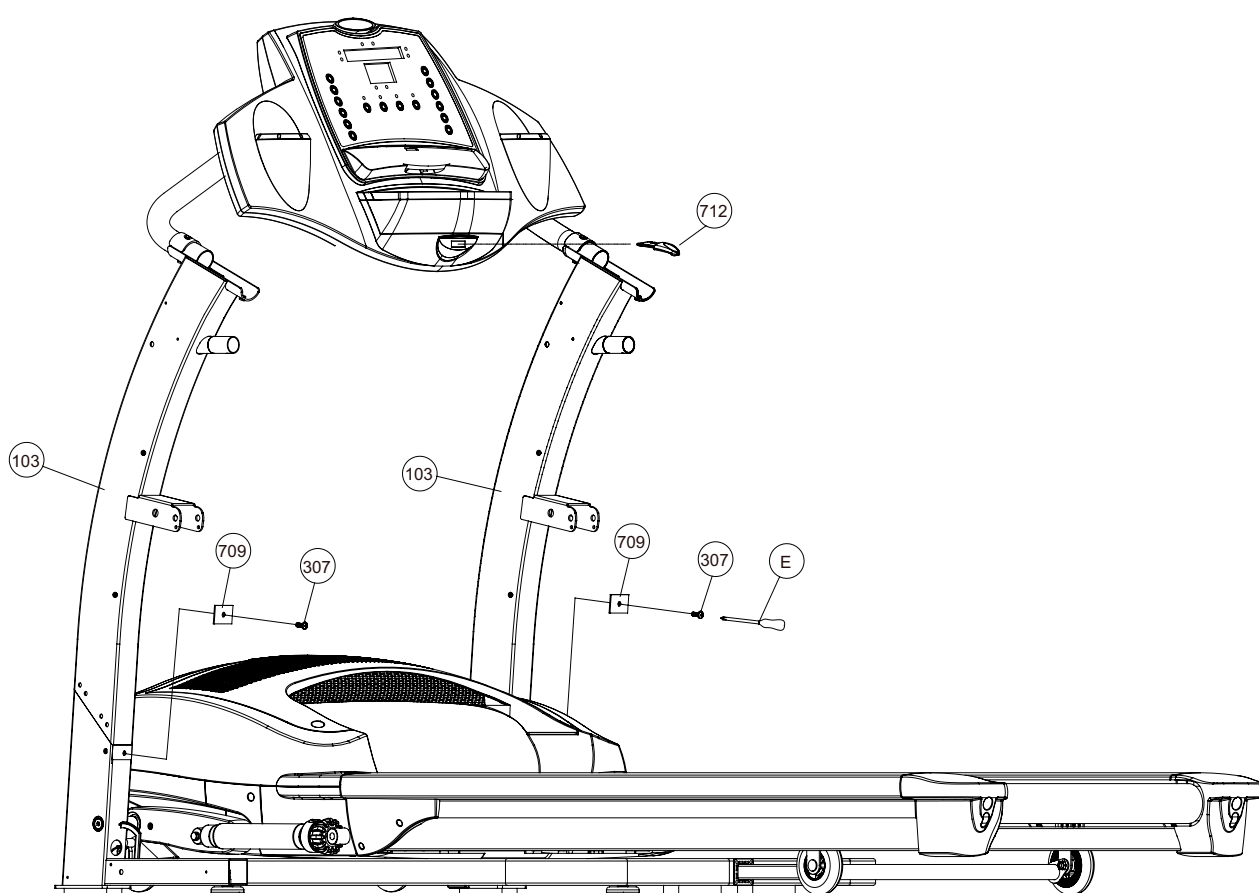


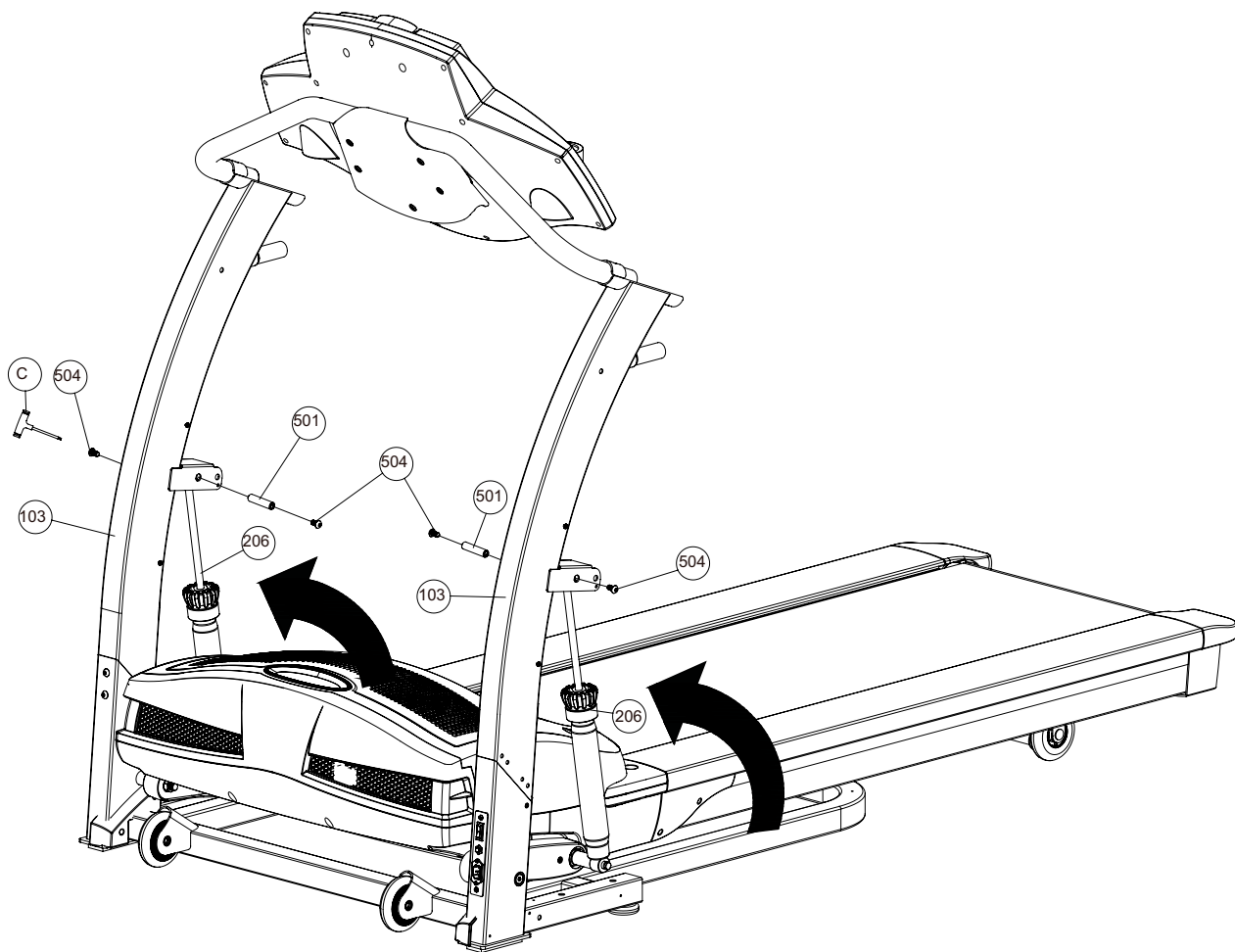
FIG-1

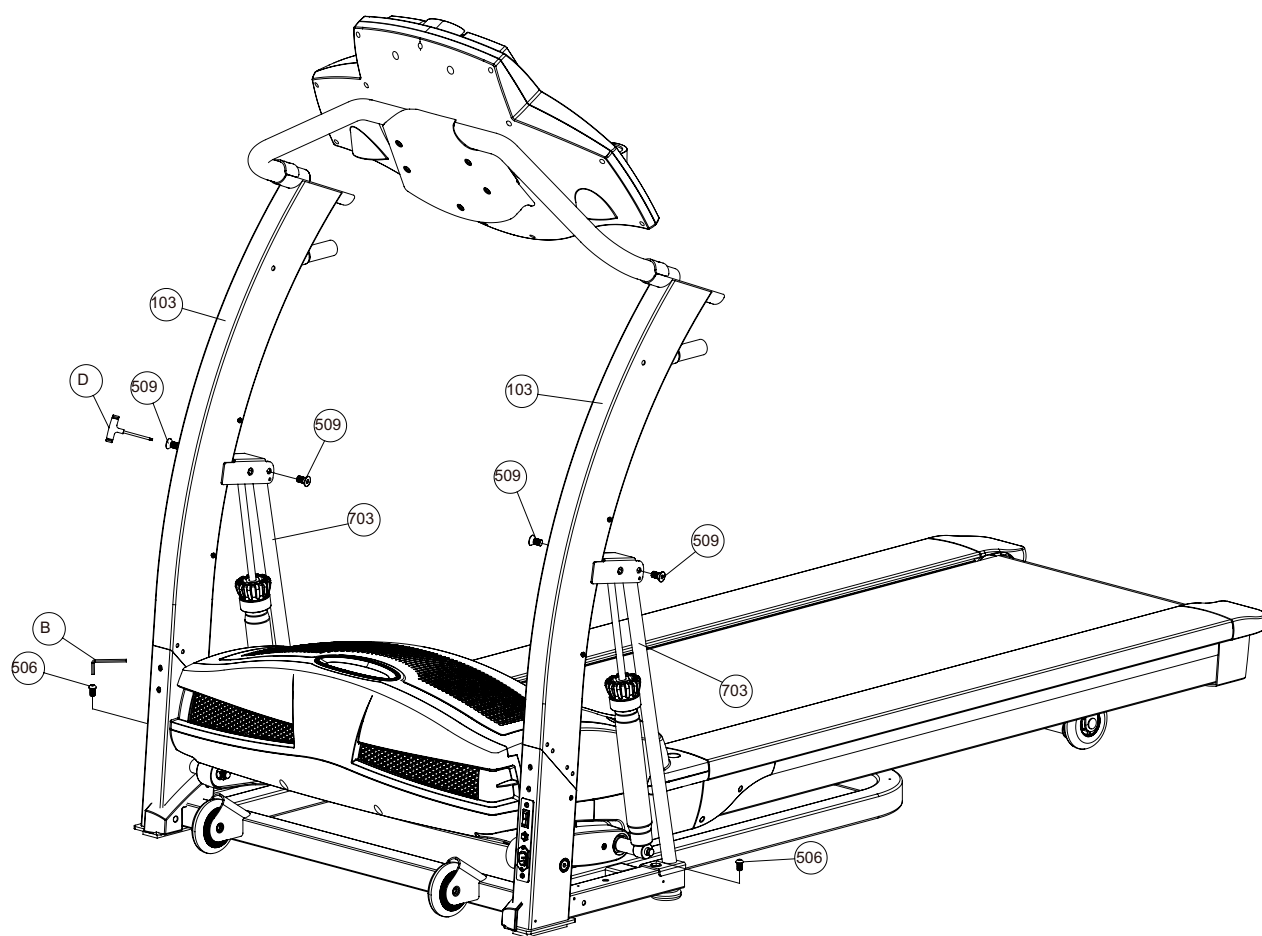


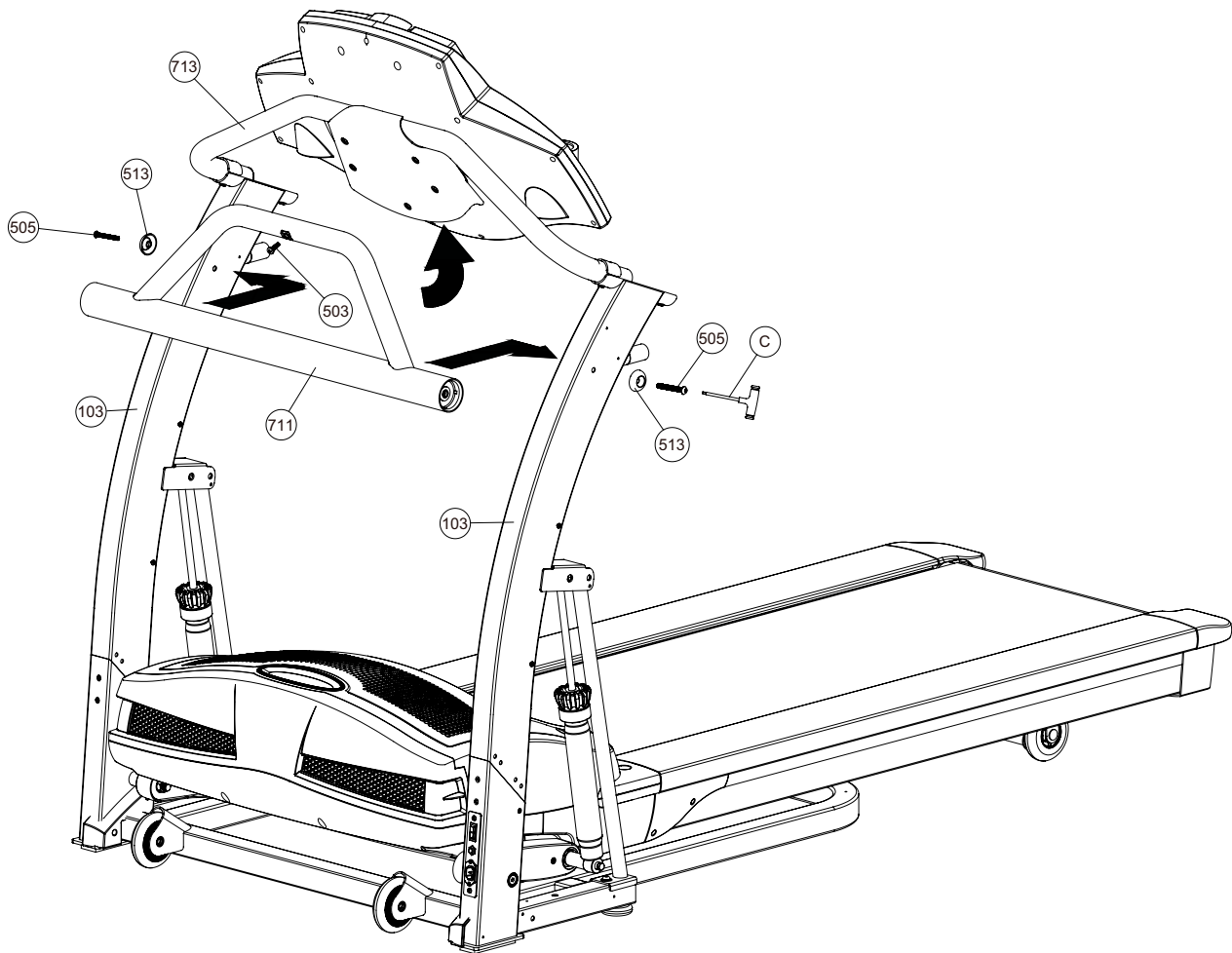


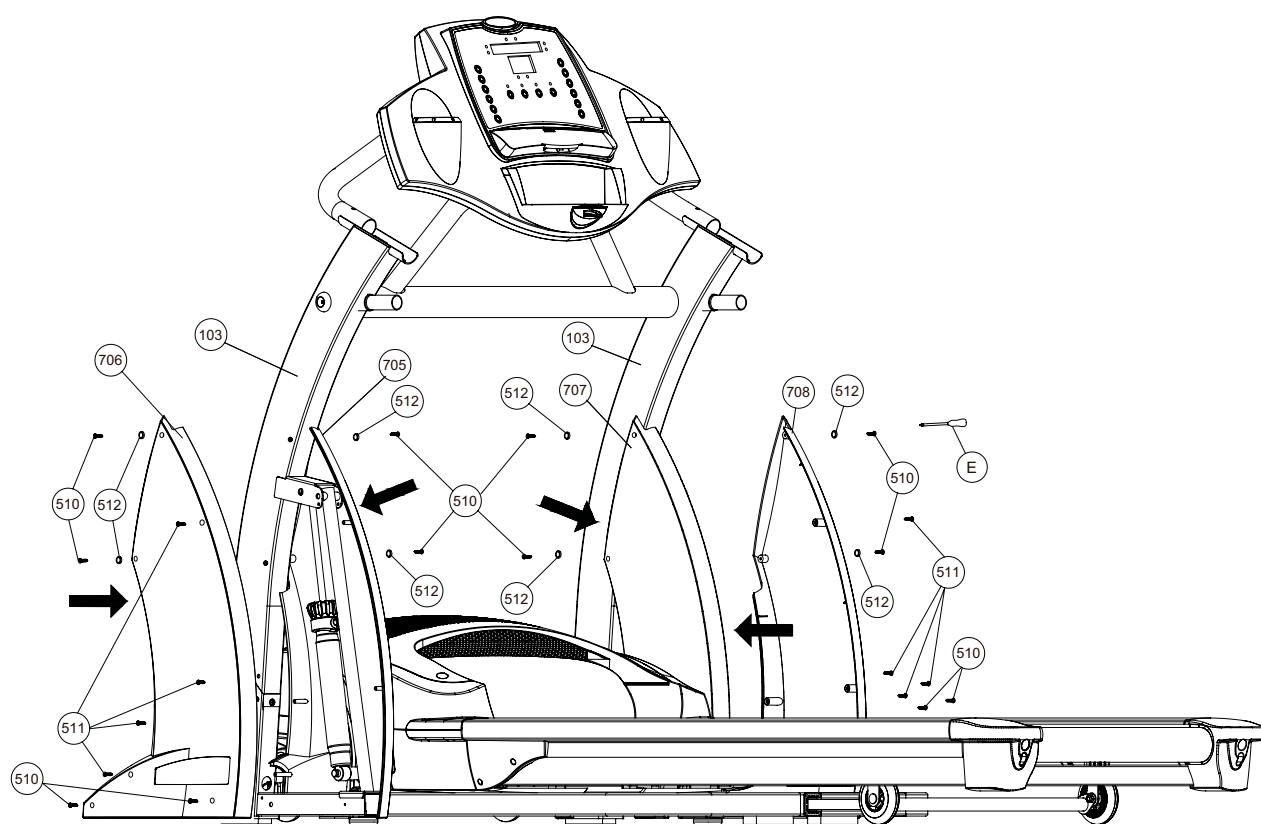


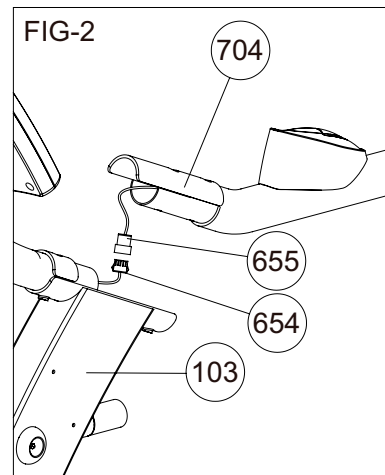
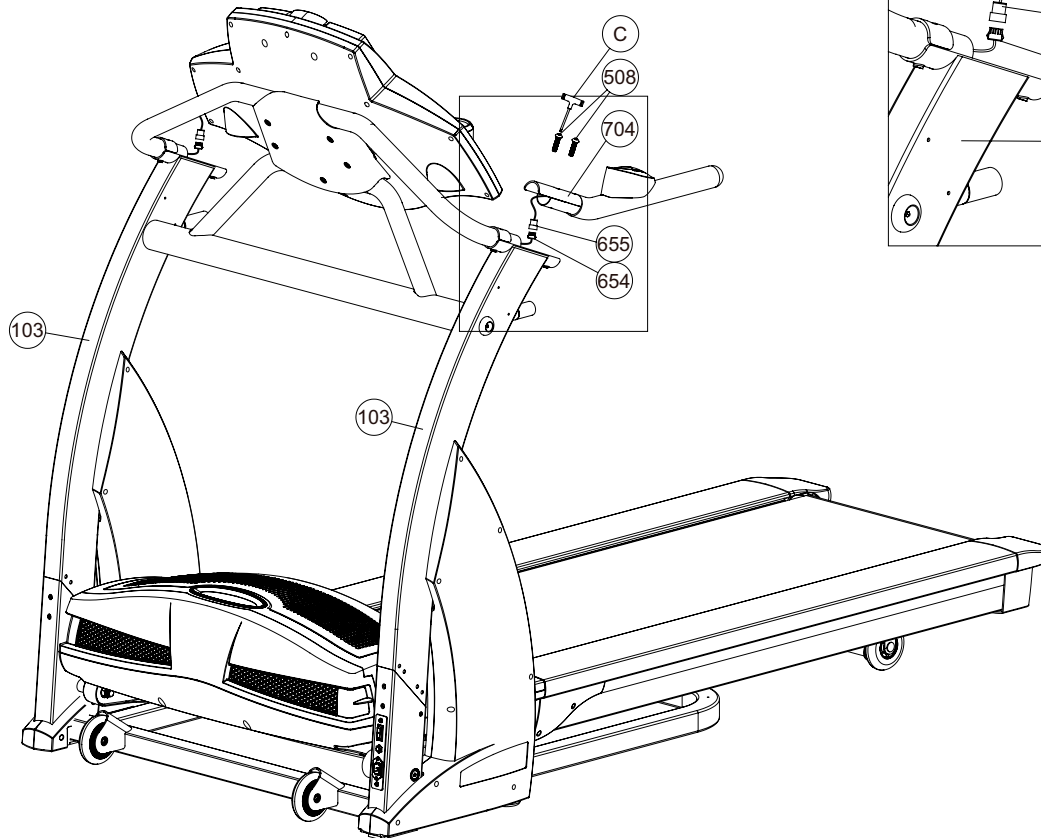


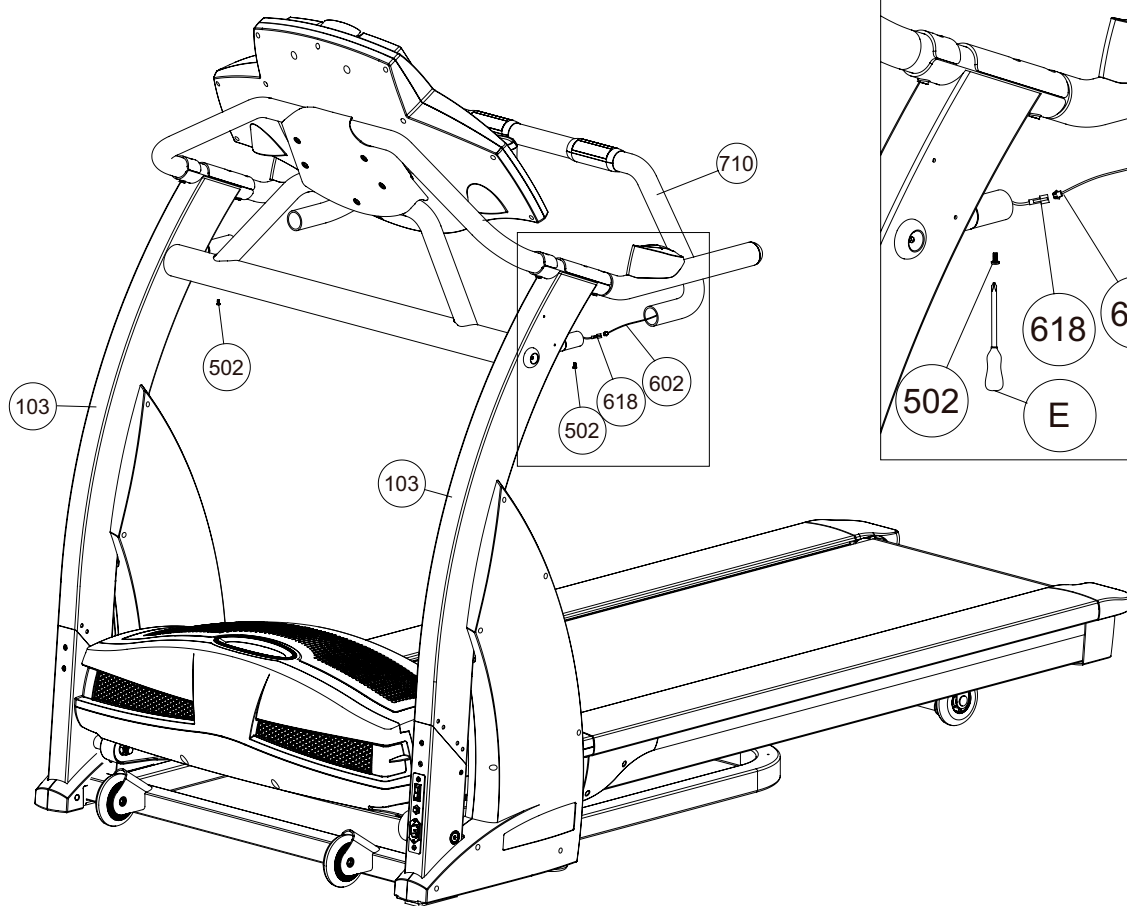


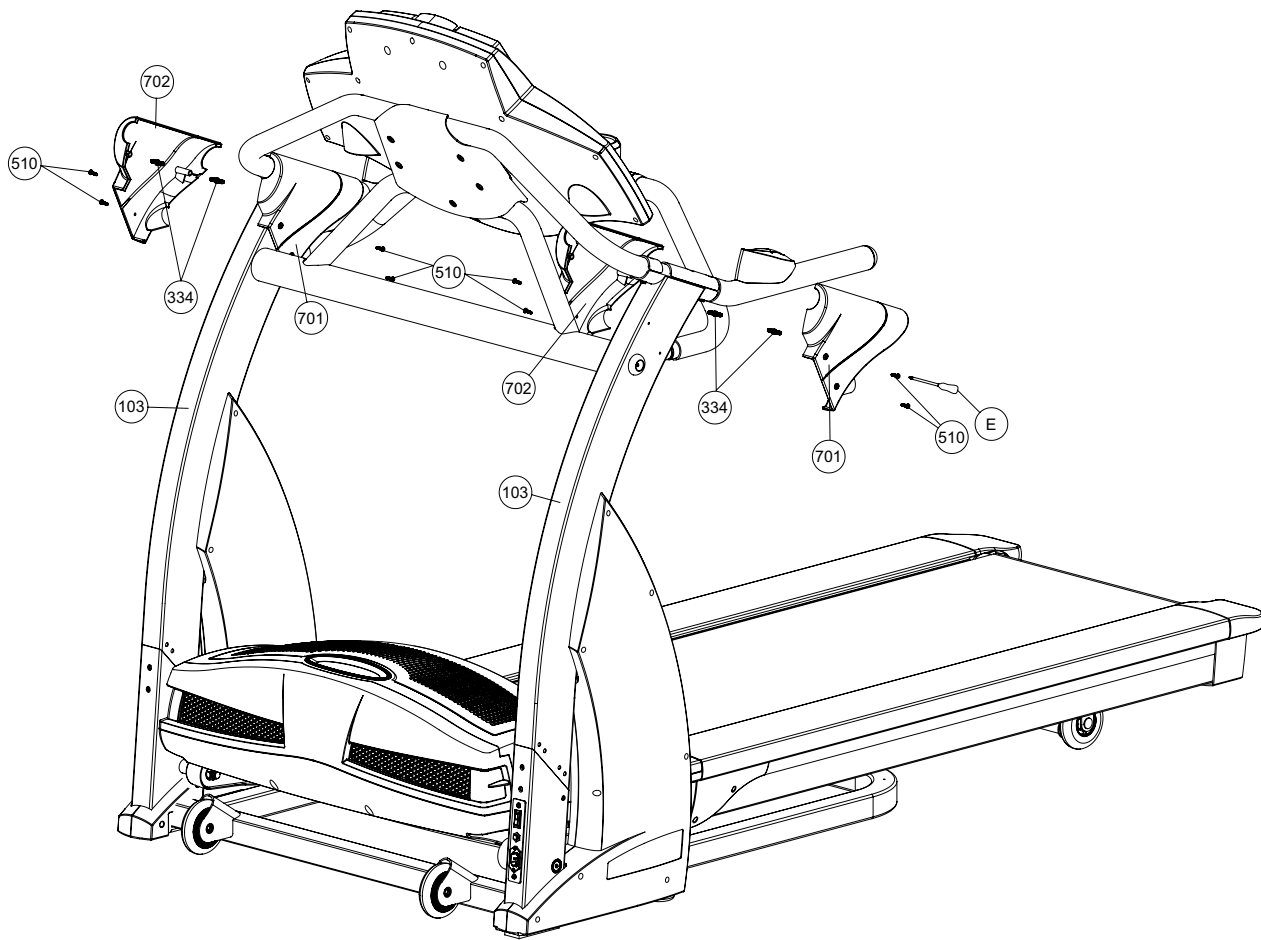


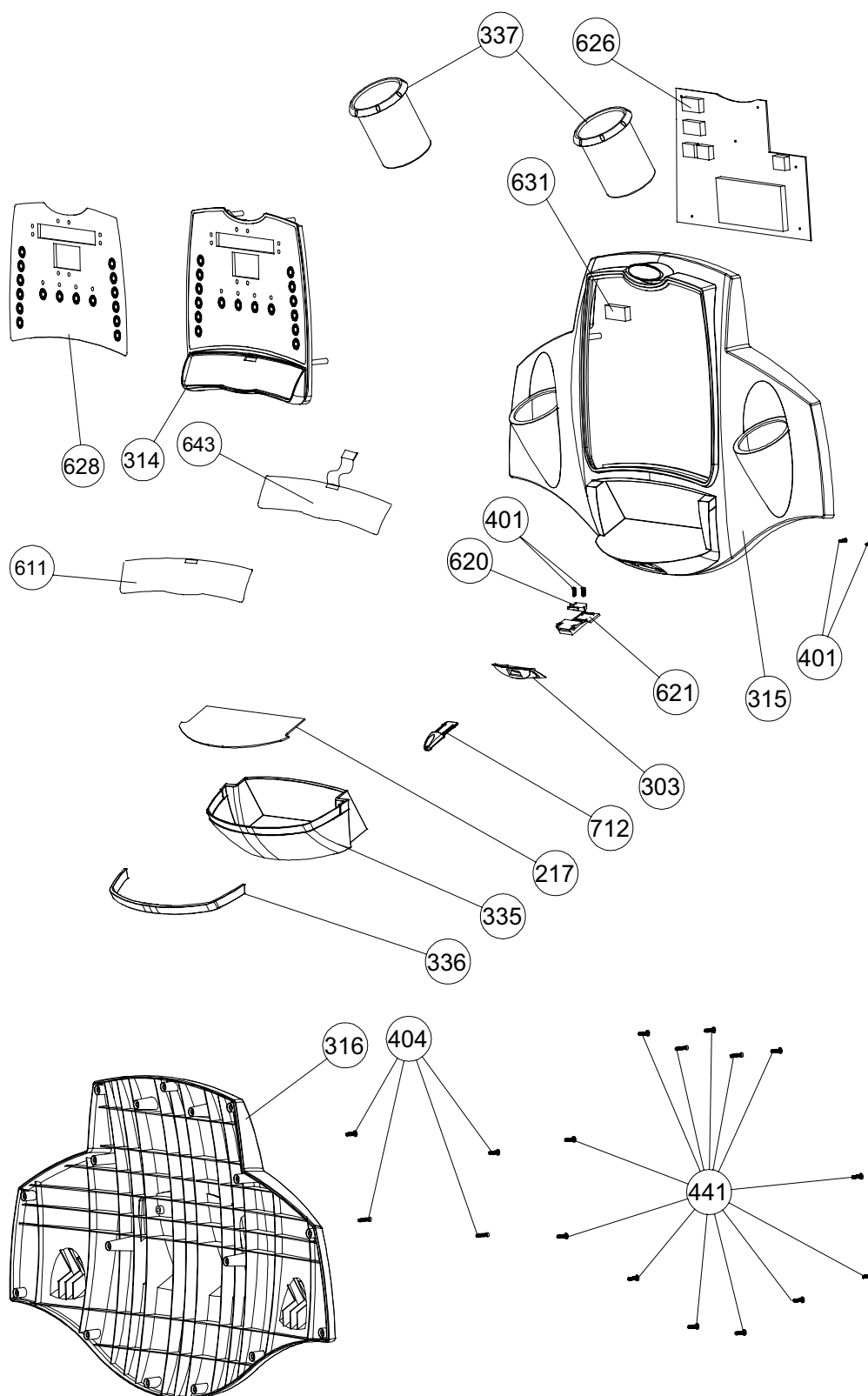


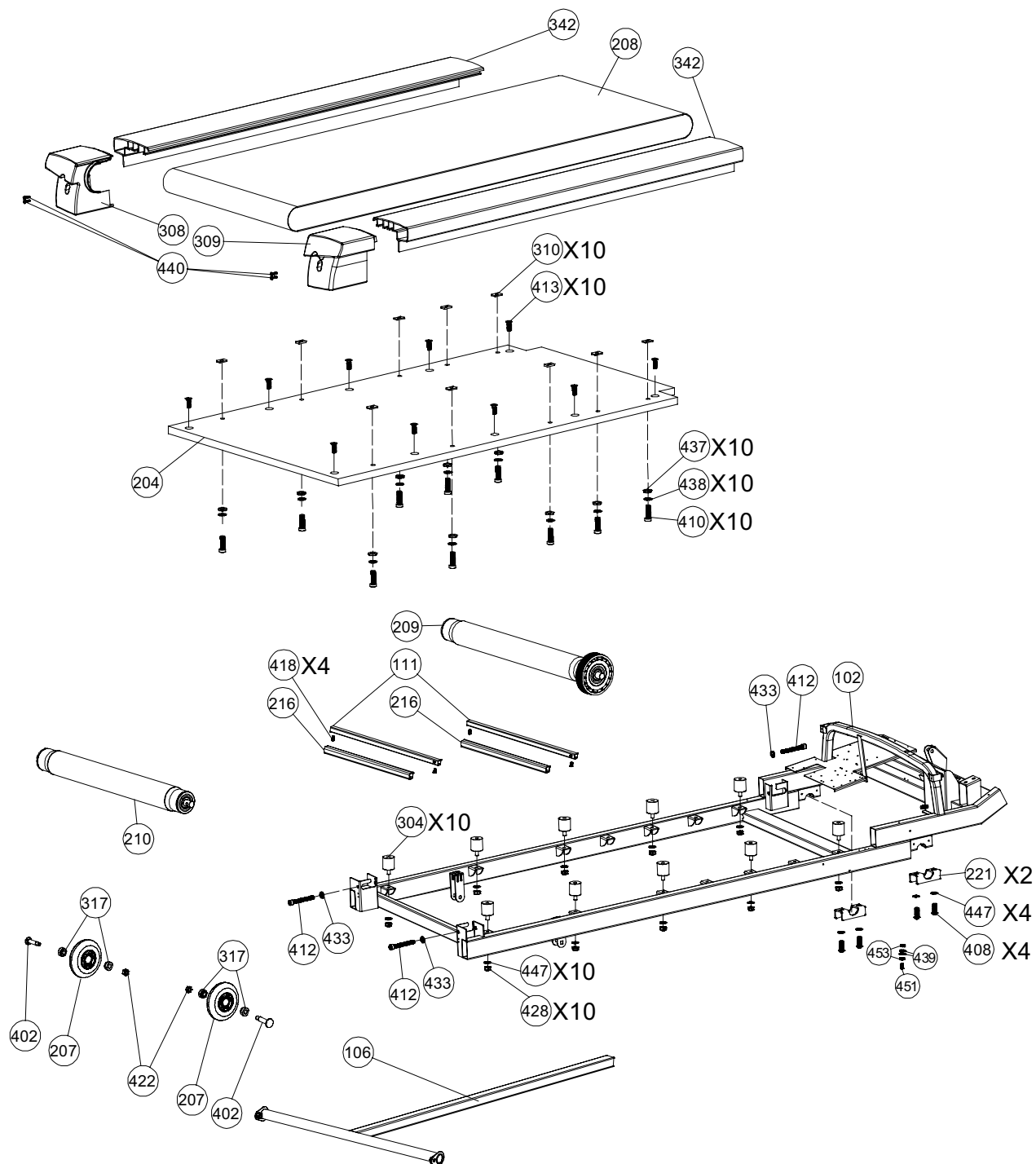


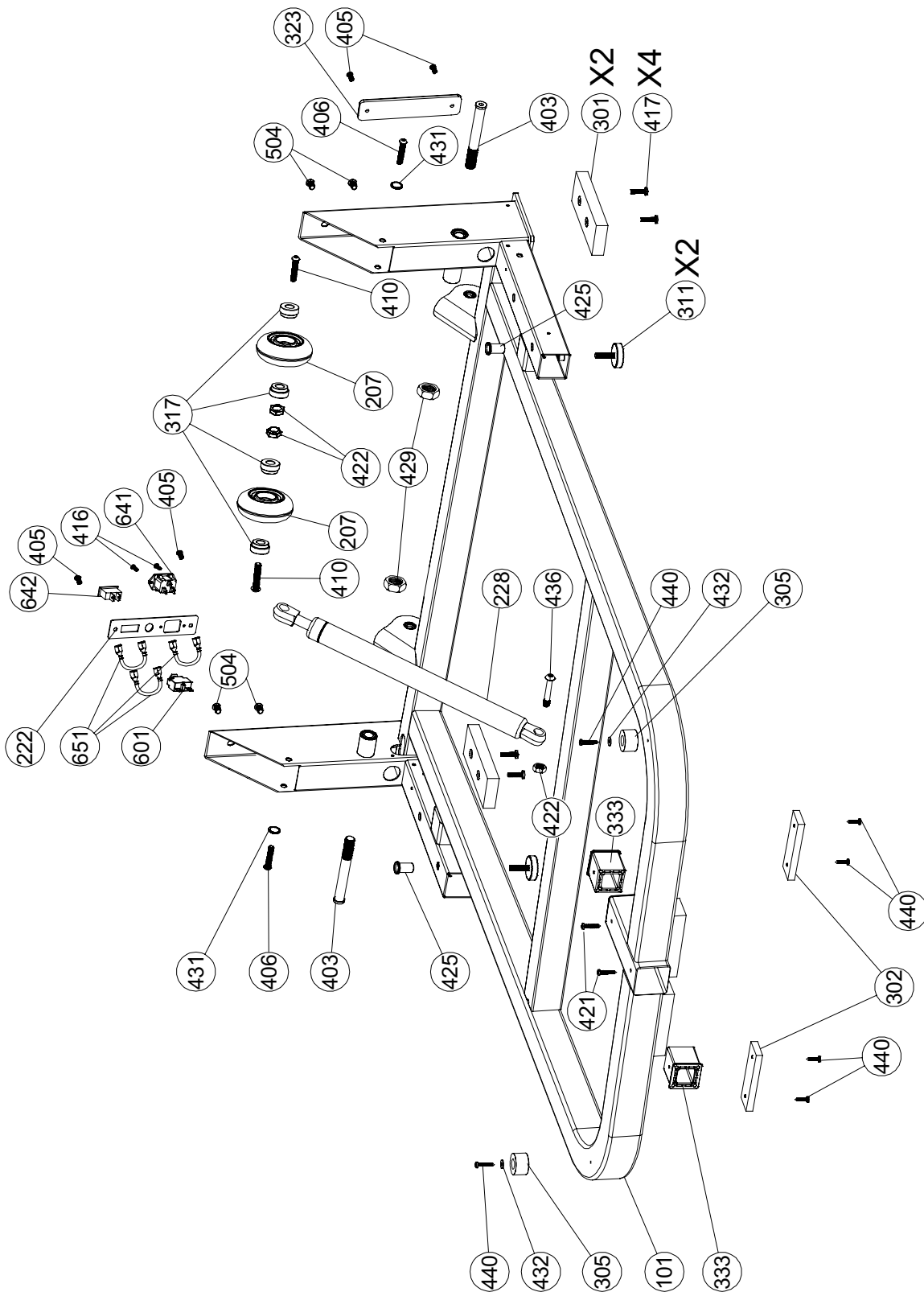


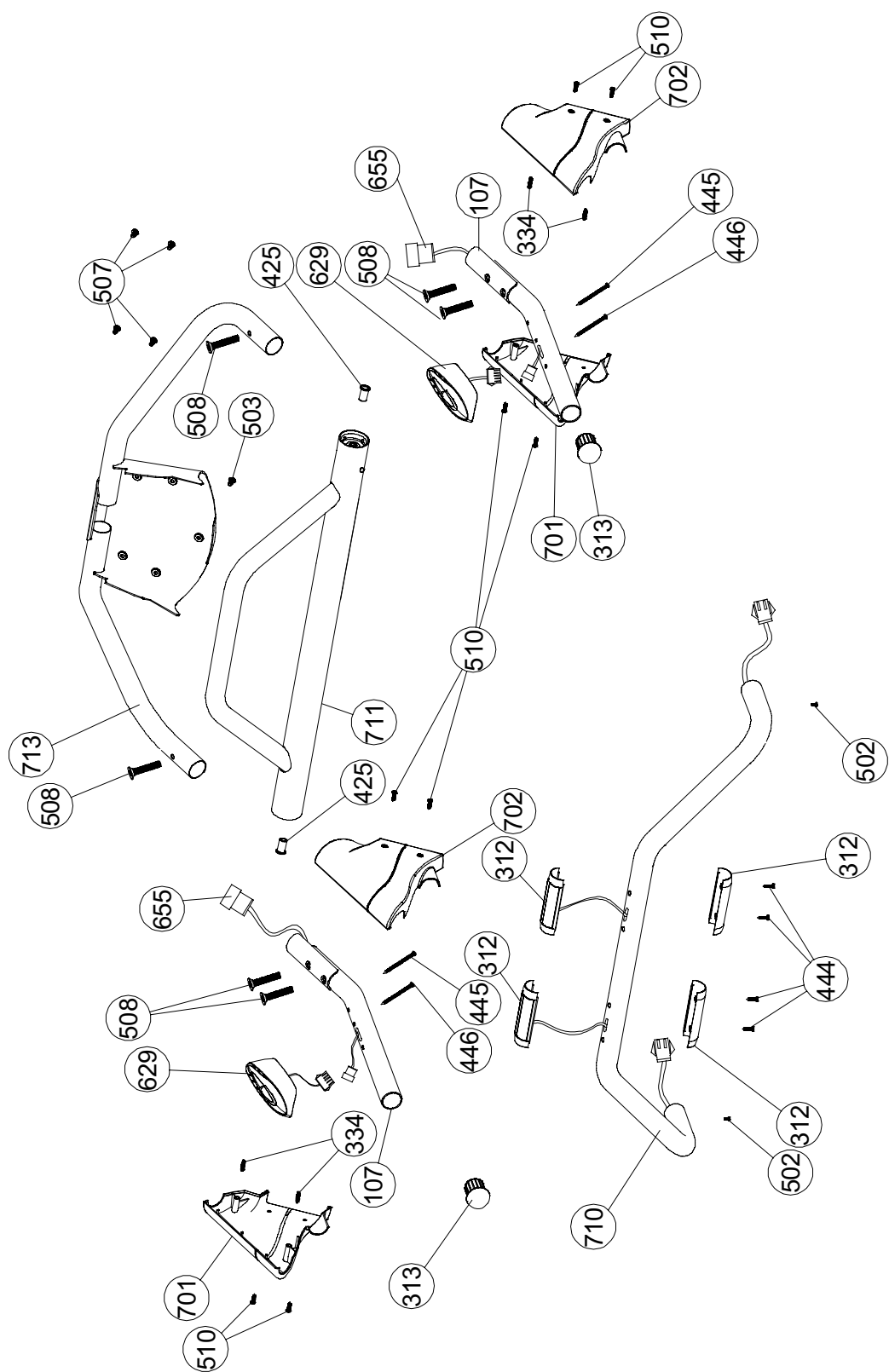


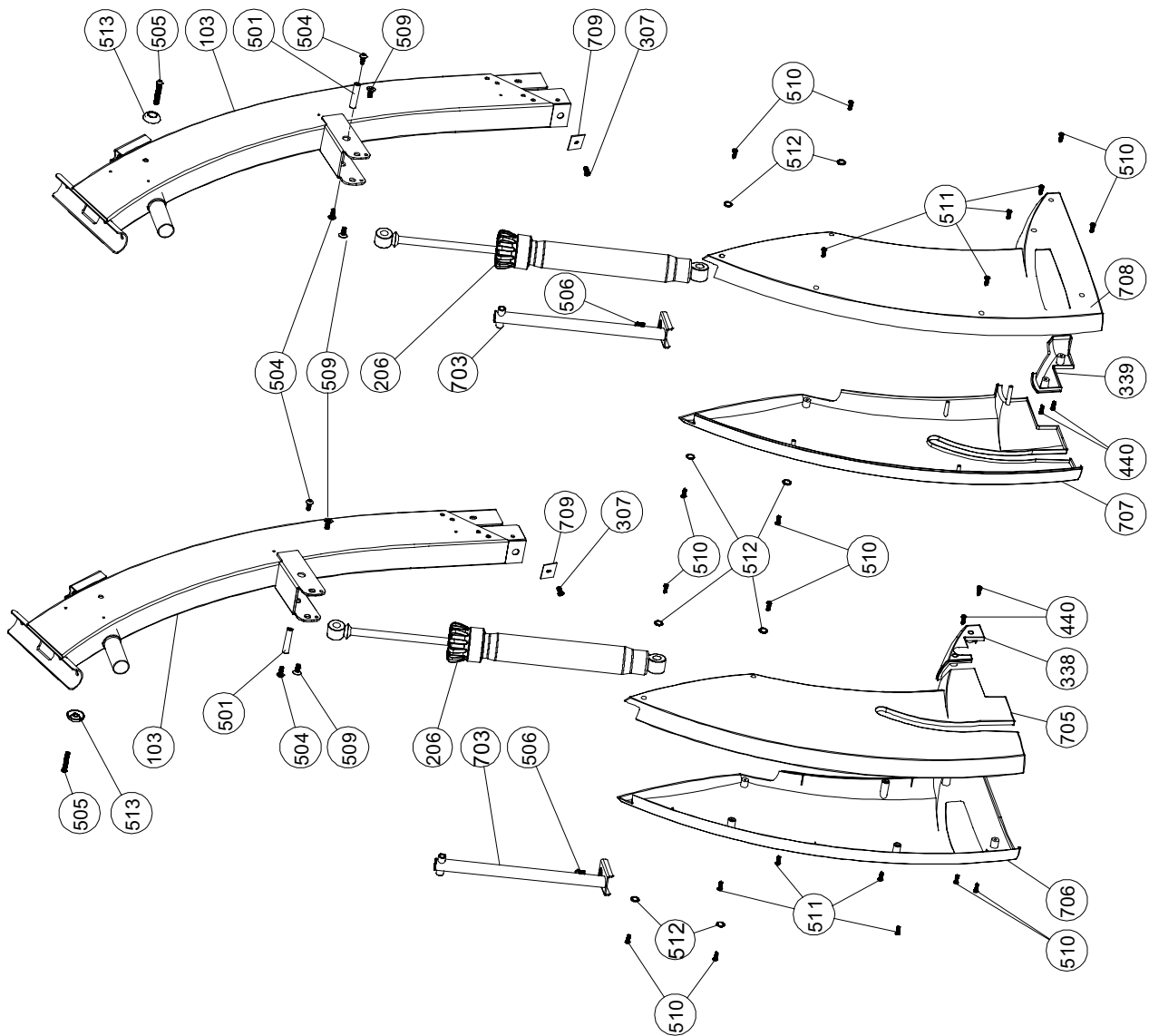


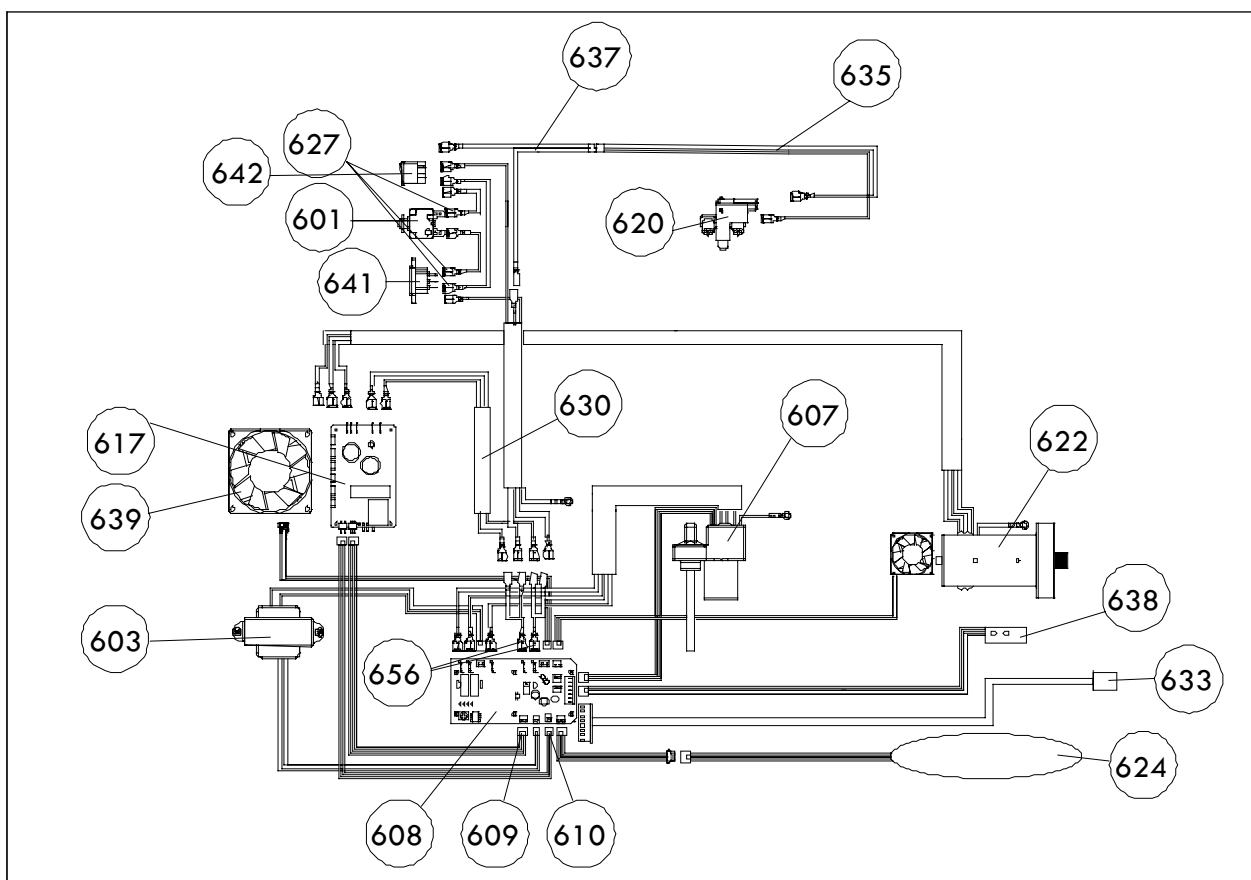
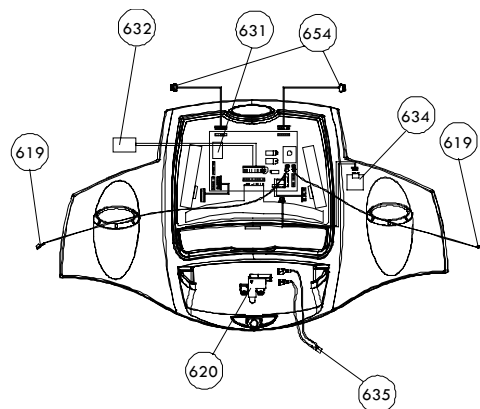
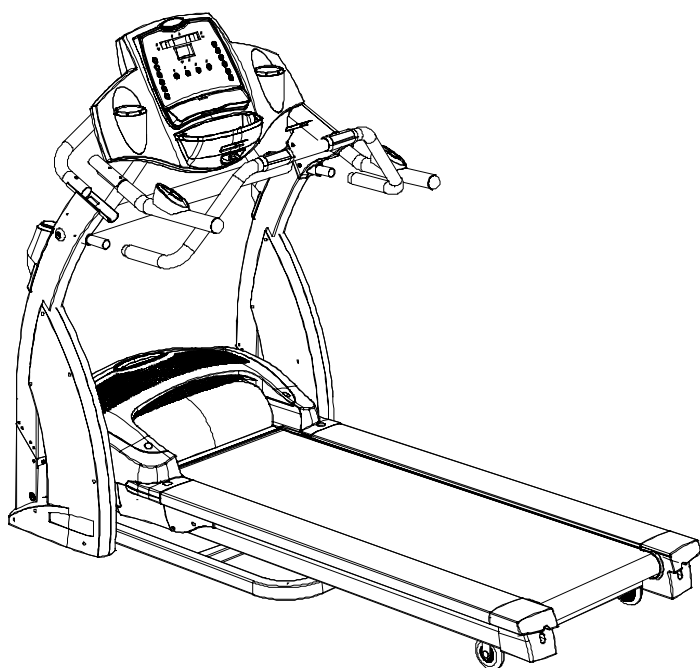












PR 20 pro – 2013

Spare part list

	#	Dim.	Qty.
101	–		1
102	–		1
103	218705		2
104	218965		1
106	218967		1
107	218701		2
111	218964		2
204	218963		1
206	218706		2
207	218968		4
208	218962		1
209	218958		1
210	218959		1
211	218957		1
216	218964		2
217	218696		1
219	218954		1
221	218969		2
222	218953		2
223	218955		1
224	218955		1
228	218966		1
301	218969		2
302	218969		2
303	218686		1
304	218963	30 x 23 mm	10
305	218969	35 x 13 mm	2
307	218972	M6 x 10 - 10 mm	4
308	218961		1
309	218961		1
310	218963		10
311	218972	M8	2
312	218700		2
313	218701		2
314	218696		1
315	218696		1
316	218696		1
317	218968	26 x 12 - ID10	8
319	218943		1
320	218943		1
321	218943		1
322	218943		1
323	218705		1
324	218943		1
325	218943		1

	#	Dim.	Qty.
326	218943		1
327	218943		1
328	218965		2
329	218965		2
330	218943		1
331	218965		1
332	218965		1
333	218969	34 x 48 x 23.3 mm	2
334	218703		4
335	218696		1
336	218696		1
337	218696		2
338	218888		1
339	218888		1
342	218960		2
401	218972	3 x 12 mm	4
402	218972	M10 x 10 x 43 mm	2
403	218972	M14 x 135 mm	2
404	218972	4 x 19 mm	4
405	218972	M5 x 8 mm	4
406	218972	6 x 55 - M6 x 15 mm	2
407	218972	M4 x 15	2
408	218972	M8 x 20 - 20 mm	4
409	218972	M6 x 10 - 10 mm	2
410	218972	M10 x 45 - 15 mm	10
411	218972	6 x 10 x T1 mm	2
412	218972	M8 x 70 mm	3
413	218972	M8 x 30 - 30 mm	10
414	218972	M6 x 12 mm	2
415	218972	10 x 61 - M10 mm	1
416	218972	M3 x 8 - 8 mm	4
417	218972	M5 x 12 - 12 mm	6
418	218972	M6 x 12 - 12 mm	4
419	218706	16 x 13 x T5 mm	2
420	218706	M13	2
421	218972	4 x 8 mm	2
422	218972	M10	4
425	218706	M8	2
428	218972	M8	10
429	218972	M14	2
431	218972	6 x 13 x T1 mm	2
432	218972	4 x 12 x T1 mm	4
433	218972	8 x 16 x T1 mm	3
436	218972	M10 x 40 - 12 mm	1
437	218972	10 x 23 x T2 mm	11

	#	Dim.	Qty.
438	218972	10 x 16 x T2 mm	10
439	218972	5 mm	2
440	218972	412 mm	5
441	218972	4 x 12 mm	13
442	218972	4 x 12 mm	8
443	218972	4 x 15 mm	1
444	218972	3 x 12 mm	4
445	218972	4 x 100 x 75 mm	2
446	218972	4 x 63 mm	2
447	218972	8 x 14 x T2 mm	16
449	218972	19.2 x 14.9 x 3.4 mm	3
450	218972	M10 x 25 - 25 mm	2
451	218972	M5 x 15 - 15 mm	1
452	218972	4 x 45 mm	2
453	218972	M5	2
501	218971		2
502	218972	M6 x 12 - 12 mm	2
503	218972	M6 x 15 - 15 mm	1
504	218972	M8 x 15 - 15 mm	8
505	218972	M8 x 80 - 20 mm	2
506	218972	M8 x 25 - 25 mm	2
507	218972	M6 x 55 - 20 mm	4
508	218972	M8 x 55 mm	6
509	218972	M10 x 20 mm	4
510	218972	4 x 12 mm	20
511	218972	4 x 19 mm	8
512	218972	4 x 12 x T1 mm	8
513	218971	8 x 45 x T3 mm	2
601	218953		1
603	218947		1
607	218954		1
608	218946		1
609	218704	3 Pin	1
610	218704	2 Pin	1
611	218685		1
617	218945		1
619	218704	2 Pin - 1250 mm	2

	#	Dim.	Qty.
620	218686		1
621	218686		1
622	218956		1
624	218944		1
626	218684		1
628	218685		1
629	218701		1
630	218704	2C	1
631	218696		1
632	218696	8 Pin	1
633	218704	8 Pin	1
634	218688		1
635	218704	2C - 2450 mm	1
637	218704	2C - 400 mm	1
638	218949		1
639	218952		1
641	218953		1
642	218953		1
643	218684		1
651	218953	1 Pin	3
652	218704	14 AWG	1
654	218704	5 Pin	2
655	218702	5 Pin	2
656	218704	80 mm (1F2M)	2
701	218703	#1	2
702	218703	#2	2
703	218707		2
705	218888		1
706	218888		1
707	218888		1
708	218888		1
709	218971		2
710	218699		1
711	218698		1
712	218687		1
713	218697		1



15 horizontal grey bars for writing.



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