



run!me

Trainingsanleitung

Training instructions

Instructions pour l'entraînement

Trainingshandleiding

Instrucciones para el entrenamiento

Istruzioni di allenamento

Instrukcja treningowa

Trainingsanleitung

Für das gesundheitsorientierte Fitnessstraining der Frau

Laufband
Workout



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Be happier

by doing more exercise!



Thank you very much that you have decided for a **!me** equipment of Kettler. **run!me** offers you the possibility of an individual and health oriented fitness training.

With this training instruction we want to facilitate your start into a more moving life and show you the effectiveness and control of your new treadmill.

Health-oriented fitness training – a benefit for your body and your soul

There are a large number of positive effects of regular fitness training to the human body. Physical efforts increase your self-confidence, improve your body awareness, help to reduce stress, strengthen the immune system and protect the cardiovascular system. Studies have shown that people need to do exercises for the maintenance of their bodily health as well as for their mental balance. Especially for women who have the double burden of family and career, sports is an important factor in order to maintain their inner balance and vitality.



The body will change in various ways due to regular physical exercises and these changes can be felt already after a few training sessions:

- low relaxation and stress pulse
- better blood circulation and metabolism
- increasing the heart and lung volume
- improved oxygen uptake and increased blood amount
- decreasing blood-fat levels and improving the blood levels
- reducing the body fat content
- low release of stress hormones

Before starting with your training, you should determine your current level of fitness. That is the only way to monitor the training effects and your training success.

Health check with your doctor

Before starting with your training, check with your doctor to make sure that you are healthy enough to exercise with fitness devices. The medical finding should be the basis for your training target and the design of your training programme. Wrong or excessive training can damage your health.

Determining your body mass index (BMI)

The relation of your height to your weight gives the first clues on your fitness. First, you must determine your weight. The BMI puts the height and the weight into a relation and is calculated as follows:

$$\text{BMI} = \frac{\text{Weight in kg}}{\text{Height in m} \times \text{height in m}}$$

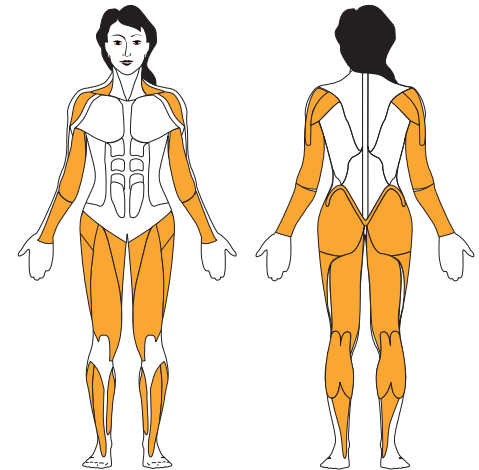
Age in years	Under-weight	Normal weight	Over-weight
19-24	BMI <19	BMI 19-24	BMI >24
25-34	BMI <20	BMI 20-25	BMI >25
35-44	BMI <21	BMI 21-26	BMI >26
45-54	BMI <22	BMI 22-27	BMI >27
55-64	BMI <23	BMI 23-28	BMI >28
>64	BMI <24	BMI 24-29	BMI >29

Define your targets in order to improve your general fitness

After determining your BMI, you should ask yourself what personal targets you have in order to improve your fitness. Would you like to remove existing fat pads, increase your stamina, would you like a firm musculature or do you have medical and/or therapeutic reasons for your training? When you have defined your primary target, please keep in mind that you cannot expect miracles during the first days of training.

The natural movement pattern of the human is the most effective for the cardiovascular system.

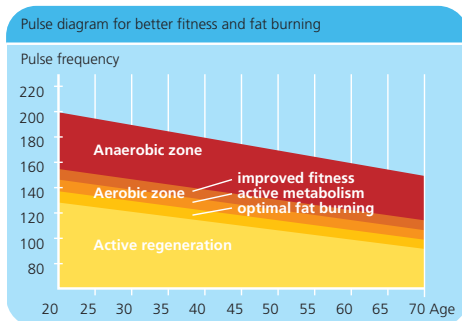
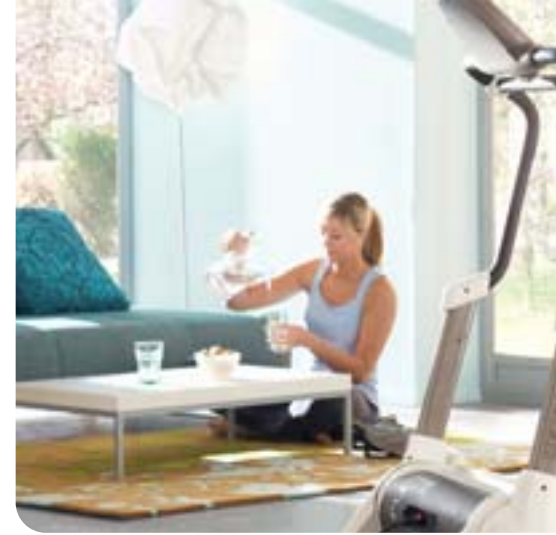
With the training on the **run!me** treadmill you will reach the comparably highest calorie consumption of all fitness devices. You may vary diverse aspects of your running style in an ideal way. Both long and short quick steps are possible as well as running over the forefoot or rolling over the heel. By moving the upper part of the body (swinging the arms while running) a whole-body training is achieved in erect posture.



Before starting with your training, you should do intense stretching, no matter if you are a beginner or if you have exercised for years. By doing so, you can prevent muscular injuries and ensure better training effects after the training and better recovery without unwanted muscle ache.

Basic principles

of training for a successful endurance training



Pulse measuring – better training in your own rhythm

The pulse frequency is the ideal measuring instrument of health-oriented fitness training. There are different pulse frequencies which are measured during various conditions. Normally, a healthy heart in resting state (resting pulse frequency) beats approx. 60 – 80 times per minute. The maximum pulse frequency (PFmax) is the measuring unit for determining the correct training range and the individual classification.

This frequency is calculated with the help of a general formula:

Maximum pulse frequency = 220 – Age in years

The **training pulse frequency** during physical stress serves as an ideal control of the current physical stress and tells you if you are within the desired training pulse range. The frequency always depends on the training target, i.e. the intensity and length of the stress and your personal performance level. The training pulse ranges are ideal for determining the stress intensity with regard to your training target and tell you if you are in the optimal fat burning range or if you increasingly train your endurance.

The **recovery pulse frequency** serves for the measuring of your recovery ability and determines your state of fitness. It is recorded directly after the training stress by measuring how quick your pulse slows down within a defined period of



Fat burning – stimulate your metabolism and burn fat pads

In case of low stress (60 to 75% of your maximum pulse frequency), the share of the fats for the energy provision will increase. Since the provision of the fats is only achieved after a certain period of time, your training period should last at least 30 minutes. We therefore recommend you to train according to the continuous method, i.e. keep the same intensity during the whole period of your training session. Repeat this training session two or three times a week. The energy provision is only effected "aerobic", i.e. the oxygen requirement is solely covered by the respiration. The cardiovascular system and the fat metabolism are stimulated.

phase and increase it little by little. During the stress phase, the pulse should be approx. 80% of your maximum pulse frequency. In general, the following **recovery phase** lasts until the pulse has reached its initial level again. The overall stress length is determined by the sum of the stress and recovery phases and should not exceed 30 minutes for a start. Here you have also the possibility to increase the length after several training sessions.

time after the physical stress. The speed of the slow-down depends on the intensity and the length of the training session and your fitness.

Improvement of your general fitness

If you train with a higher training intensity, namely between 70 and 80% of your maximum pulse frequency, the energy is provided solely aerobic from fats and carbohydrates, but the share of the carbohydrates is higher. You should be able to make a conversation during your training.

The training according to the **interval method** is the most effective way to increase your fitness. During the interval training, you will alternate between short, intense stress phases and longer active recovery phases. The length of the stress phases is normally between 1 and 3 minutes. Select the time period for your individual stress



The pulse rate is measured during the training on your **Ime** equipment with hand pulse sensors or with a breast belt (available as accessory). Over the recovery button you activate the recovery pulse measurement and you get an evaluation, whether your fitness condition has improved.



Recommendation

In general, a training pause of 24 - 48 hours after intense fitness training is recommended. The length of the pause always depends on the intensity of the training session and your fitness and/or recovery ability.

Active measures

- Cool Down phases – after the physical stress, use the pedal platforms for 3 to 4 minutes at low intensity
- Stretching (see DVD)

Passive measures

- Massages, relaxation baths and/or contrast showers, sauna
- Healthy, fitness-related diet for filling up the energy stores
- Restoring the liquid balance

	1 st week	2 nd week	3 rd week	4 th week
Monday	1 minute running 1 minute walking 2 minutes running 1 minute walking 2 minutes running 1 minute walking 1 minute running 1 minute walking	2 minutes running 1 minute walking 3 minutes running 1 minute walking 2 minutes running 1 minute walking	3 minutes running 1 minute walking 4 minutes running 1 minute walking 3 minutes running 1 minute walking	4 minutes running 1 minute walking 5 minutes running 1 minute walking 4 minutes running 1 minute walking
Tuesday	Pause	Pause	Pause	Pause
Wednesday	1 minute running 1 minute walking 2 minutes running 1 minute walking 2 minutes running 1 minute walking 1 minute running 1 minute walking	2 minutes running 1 minute walking 3 minutes running 1 minute walking 2 minutes running 1 minute walking	3 minutes running 1 minute walking 4 minutes running 1 minute walking 3 minutes running 1 minute walking	4 minutes running 1 minute walking 5 minutes running 1 minute walking 4 minutes running 1 minute walking
Thursday	Pause	Pause	Pause	Pause
Friday	Pause	Pause	Pause	Pause
Saturday	1 minute running 1 minute walking 2 minutes running 1 minute walking 2 minutes running 1 minute walking 1 minute running 1 minute walking	2 minutes running 1 minute walking 3 minutes running 1 minute walking 2 minutes running 1 minute walking	3 minutes running 1 minute walking 4 minutes running 1 minute walking 3 minutes running 1 minute walking	4 minutes running 1 minute walking 5 minutes running 1 minute walking 4 minutes running 1 minute walking
Sonntag	Pause	Pause	Pause	Pause

4 week training programme for beginners on

Always keep in mind the subsequent stretch exercises in order to prevent injuries and aching muscles.

Note: Increase the intervals of strain from the fifth week on until you accomplish to run 20 to 30 minutes without interruption. Bear in mind that your training pulse is about 60 – 65% of your maximum pulse rate during the first eight weeks and does not exceed 75%.

For achieving optimum training results on your treadmill you always should maintain the proper posture. Here you get to know how you can make the most of your treadmill and perform a varying endurance training.

Your new trainer – that's the way to do it

Your treadmill is a very effective training equipment for women. Its many possibilities for variations – from walking over power walking up to running training – make your a perfect piece of sports equipment for each age group.



Posture and performance of movements

The upper part of the body and the head always show forward. The elbows stay in a right angle and oscillate next to the upper part of the body. Your foot rolls from the heel forwards to the ball as with normal running in free nature.



Advices for beginners

Perform your running training only with suitable running shoes. Look to a specialist dealer for advice about the appropriate footwear. Start deliberately at slow pace, if you train on the treadmill for the first time. Try to train freehand right from the start. On the one hand this supports your personal running style and on the other hand thus you avoid an unnatural posture. In the beginning increase your speed deliberately in slow steps.



Training variations

Running is not just an ideal endurance training, but also perfect for your figure. By means of your **training variations** you can combine your leg training with a training of the upper part of your body in an optimum way. Therefore use the aerobic dumbbells or weight sleeves of KETTLER that should not exceed a maximum weight of 0.5 kg (1 pound). Keep in mind that you do not interfere with the legs' natural course of movement. This way you get a perfect training for shoulder, arm and breast muscles. Furthermore, the inclination of the treadmill is adjustable. Thus you can also simulate a slight mountain drive-up.



Supplementary exercises for your running training

Some muscle groups are less strained than others on your **running training**. Therefore you will find the 12 most effective strengthening and stretching exercises on your DVD in order to compose your well-balanced workout. KETTLER wishes you much fun with your muscle care!

Computer-

instruction



Computer instruction manual for treadmill



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Operation

Switching on

Switch on the appliance first. The ON/OFF switch for the treadmill is next to the power cord on the back side of the motor covering.

Safety key

Check if the safety key is secured to the treadmill and the clip to the clothing of the operator. The safety key was developed in order to interrupt the power supply immediately in case you should fall over. The treadmill will then stop immediately. In case of high speed, it can be unpleasant and sometimes somewhat dangerous if the treadmill stops abruptly. Use the safety key only for an emergency stop! Use the STOP button in order to stop the treadmill during the training safely, comfortably and completely under normal conditions. If the safety key is not inserted into the treadmill, the display shows "----".

Stepping on and off the treadmill

Be careful when stepping on and off the treadmill. Try using the handrail. Do not step on the treadmill while you are preparing its use. Spread your feet and step on the two side platforms next to the running surface. Do not step your foot on the belt unless it has started to move with constant speed. For your own safety, only step on the running belt when the speed is not more than 2 km/h. Always keep your body and head facing forward during training. Never try to turn around on the treadmill while the belt is still moving. Stop the treadmill after your training by pressing the STOP button. Wait for the treadmill to stop completely before stepping off. If you are unsure about the speed and/or you are not sure how to stop the appliance, hold tight on the handrail, lift your feet from the running belt and put them on the side platforms next to the running area. The side platforms are a suitable place to rest before resuming the training.

Remember to start with a low speed for your own safety and convenience.

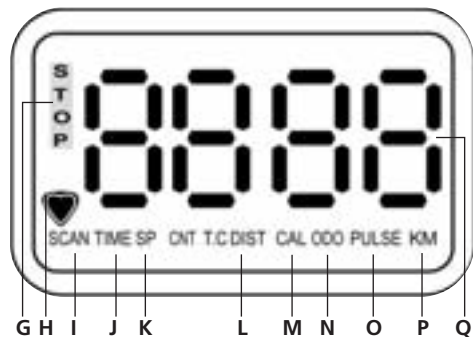
Quick reference guide



Buttons

- A START/STOP** Starts the belt
Stops the belt in order to interrupt the programme (stop mode)
Keeping the button pressed for more than 3 seconds will stop the programme and delete the training data
- B ENTER/SCAN** Selecting training targets and confirming the input
Switching between automatic and manual change of the value display
- C 3, 6, 9, 12** Direct adjustment of the speed in km/h (2,4,6,8 mph English system)
- D RECOVERY** Starts the calculation of the fitness score (only in stop mode)
- E SPEED (-)** Decrease speed
Decrease input values
- F SPEED (+)** Increase speed
Increase input values

Quick reference guide



Display symbols

- G **STOP** Stop mode/training statistics
- H **Heart** Heart symbol is flashing during pulse reception
- I **SCAN** Automatic run through the values
- J **TIME** Time
- K **SP** Speed
- L **DIST** Distance
- M **CAL** Kilocalories
- N **ODO** Total kilometres
- O **PULSE** Pulse/flashes in case of a deviation from the training pulse
- P **K M** K = metric system
M = English system
- Q **88 88** Value display

Functions

Values displayed on the computer screen

Display	Resolution	Range	Graduation
SPEED (mph)	XX,X	1,0 - 8,0	0,1
DISTANCE (miles)	XX,XX	0,00 - 99,99	0,01
TIME (min : sec)	XX:XX	0:00 - 99:59	0:01
CAL (kcal)	XXXX	0 - 9999	1
PULSE (bpm)	XXX	50 - 240	1

Setting of training values

Display	Resolution	Range	Graduation
DISTANCE (miles)	XX,XX	0,00 - 99,50	0,50
TIME (min : sec)	XX:XX	0:00 - 99:00	1:00
CAL (kcal)	XXXX	0 - 9990	10
PULSE (bpm)	XXX	OFF, 90 - 190	1

Functions

Switching on

After plugging in the power cord and inserting the safety key, the display carries out a segment test. After that, the total kilometre reading is displayed for approx. 3 seconds and the computer is in the standby mode. In the standby mode SPEED is displayed or in case of an applied pulse signal, PULSE is displayed. The training can be started by further inputs.

Training settings

Set training values

By setting the training values for time, distance and kilocalories, you can set the training according to your individual needs. The preset values are counted down to "0".

In addition, you can activate the monitoring function for the training pulse.

Prior to the start of the training, you can preset the training target „time“ after pressing the ENTER button. After this value has been confirmed by means of the ENTER button, you can preset the training target "distance". After this value has been confirmed by means of the ENTER button, the training target "kilocalories" can be preset. After confirming the kilocalories value, you can activate the monitoring function for the training pulse. When the monitoring function for the training pulse was or was not activated by means of the ENTER button, the belt can be started by the START button.

During the input, the value which is to be set is flashing. This means that you can either confirm the flashing value or change the value with the buttons (-) or (+). After the confirmation of a training value by means of the ENTER button, it is possible to start the belt immediately by means of the START button.

Start funktion

The belt can be started directly after the plugging in of the power cord and the insertion of the safety switch or after the setting of training values. After pressing the START button, the value display counts down from 3 to 0. Then the belt will start with the lowest possible speed.

If the START button is shortly pressed during stop mode, the belt will start and remain on the speed which was last set after the countdown from 3 to 0.

Speed settings

By means of the SPEED button (+), the speed during the training will be increased by 0.1 km/h (mph).

By means of the SPEED button (-), the speed during the training will be decreased by 0.1 km/h (mph).

Pressing these buttons for a longer period of time leads to an automatic run through the values. With the DIRECT SPEED buttons 3.0 km/h (2.0 mph), 6.0 km/h (4.0 mph), 9.0 km/h (6.0 mph) and 12.0 km/h (8.0 mph), you can directly set the speed.

Scan function

After the start, an automatic run through the values takes place on the display in the following sequence during the training:

SPEED; DISTANCE; TIME; CALORIES; PULSE ("P" in case of no pulse value); SPEED; DISTANCE;...

The automatic run through the values is displayed by the symbol SCAN.

By pressing the SCAN button, the automatic run through the values is interrupted and the displays are shown. By pressing the SCAN button several times, you can change between the various displays and then go back to the SCAN mode.

The SCAN function is only possible during training and stop mode.

Stop funktion

If the STOP button is shortly pressed during the training, the programme is interrupted, the belt is stopped and the STOP symbol is shown on the display. During the stop mode, the training data are shown on the value display.

The stop mode is automatically exited after 120 seconds or by pressing the STOP button for more than 3 seconds. The computer will delete all training data.

If the STOP button is pressed for more than 3 seconds during training, the belt is stopped and the computer immediately deletes all training data.

General instructions

Pulse monitoring

During the input of training values, a training pulse can also be entered. If this training pulse is reached during the training, the current pulse is monitored. If the current pulse deviates by more than 10 pulse beats from the preset training pulse during training, the reading PULSE stars to flash or the pulse value in the PULSE display starts to flash and indicates a deviation.

Fitness score

The fitness score can only be calculated during the stop mode and if the pulse signal is applied. After pressing the RECOVERY button, the stress pulse is measured, and a minute later, the recovery pulse is measured and the fitness score is determined. With the same training, the improvement of this score is a measurement for the increase of fitness. On the value display, a 60-second countdown is running. After 60 seconds, the fitness score is calculated on the display and shown for approx. 15 seconds. After that, the display changes to the stop mode again.

Calculation of the fitness score:

$$\text{Note (F)} = 6.0 - \left(\frac{10 \times (P1 - P2)}{P1} \right)^2$$

P1 = stress pulse; P2 = recovery pulse
 F1,0 = very good; F6,0 = insufficient

Training data

During and after training, training data is shown on the value display. The displayed value refers to the displayed symbol below the value display. Upon starting the training, all values for time, distance and kilocalories, which have not been preset, will be counted upwards, starting from "0".

Preset values are counted down (the values which have not been preset are counted upwards). As soon as these values have been counted down and reached "0", the originally programmed values are displayed again and counted upwards from there. The corresponding value flashes for 5 seconds after the start of the upwards counting.

When you have stopped your training and you are in the stop mode, the display shows your training statistics for 120 seconds. The value display shows the overall time, the overall distance and the overall calories. Then the values are deleted and the treadmill is ready for the next training.

If you would like to skip the training statistics, just press the STOP button for more than 3 seconds in order to cancel the display of the training statistics.

Attention! By shortly pressing the START / STOP button during the stop mode, the treadmill will start again with the speed last set.

The values displayed during the last training are shown again.

Calculation of kilocalories

The calculation of kilocalories is a guide value. The calculated value is not a medical value determined by a doctor.

Pulse reception

Hand pulse measurement

The treadmill is equipped with a hand pulse reception function. In order to guarantee a good hand pulse reception, both hand pulse sensors must be gripped slightly and completely with both hands without moving the hands. Movement of the hands can lead to interferences. The PULSE display needs approx. 5 to 15 seconds in order to show your current pulse.

- NOTES ON PULSE MEASUREMENT WITH HAND PULSE

An extra-low voltage generated by the contraction of the heart is registered by the hand sensors and analysed by the electronic system

- Always grip the contact surfaces with both hands
- Avoid abrupt gripping
- Keep your hands still and avoid contractions and rubbing motions on the contact surfaces.

Pulse measurement with chest belt

The treadmill has an integrated polar compatible heart frequency receptor. In order to use the

cable-free pulse system, you must wear a chest belt for the transmission of the heart frequency. The chest belt for the transmission of the heart frequency is not part of the scope of delivery of this treadmill.

We recommend the POLAR chest belt T34.

It is available as accessory from specialist dealers.

Please note that some materials that are used in your clothing (e.g. polyester, polyamide) create static loads and possibly make difficult a reliable heart frequency measurement.

Please also note that mobile phones, televisions and other electrical equipment, which generate an electromagnetic field around them, may also cause problems with the heart frequency measurement.

Beep On/OFF

In order to switch the beep on or off, you must keep the (+) button pressed for 10 seconds.

Press the (-) button in order to toggle between EIN = "On" and AUS = "OFF". Press the (+) button to confirm.

System conversion

In order to convert the appliance from the metric system to the English system (and the other way round), you must keep the (-) button pressed for 10 seconds after the switching on. Press the (+) button in order to toggle between metric = "K" and English = "M".

Press the (-) button to confirm.

Please note that apart from the displays for speed and the distance, the measuring unit was changed according to the displayed setting "K" or "M".

Error message E1

The belt was stopped and E1 is shown in the display.

The following reasons may be responsible for this:

- A** The motor was overloaded. Please switch off the treadmill and check the lubrication of the treadmill. Then start the treadmill again.
- B** If the treadmill always stops after a few seconds after a re-start, an electronic system or motor failure may have occurred. Please switch off the treadmill and contact the service department.

Safety instructions

For your safety

- In order to prevent injuries caused by incorrect loading or overloading, the training appliance may only be used as per the instructions.
- Before putting into operation for the first time and after the appliance has been in operation for approximately 6 days, all connections should be checked to ensure a secure fit.
- Conduct regular checks to ensure that the functional efficiency and general overall condition of the training appliance are as they should be.
- The operator's responsibilities also include technical safety checks and must be conducted at regular intervals and with the required thoroughness and precision.
- The level of safety of the appliance can only be maintained if it is checked at regular intervals for damage and wear-and-tear.
- Defective or damaged components must be replaced at once. Electrical components may only be handled by qualified personnel. Use only original KETTLER spare parts.
- The appliance may not be used until repair work has been completed.
- The treadmill may only be used for its intended purpose, i.e. for adults walking and running on it.
- Fix the safety switch cord securely to your clothing. Adjust the length of the cord as required: "Stumbling" will activate the switch.

- Use the first few training sessions to familiarize yourself with various movements and procedures at low speed.
- Position yourself on the two side platforms in such a way that you are ready to commence running before pressing the start button.
- In case of uncertainty hold on to the handrails and leave the belt on the side platforms. Pull the safety key out.
- Pulling the safety key will cause the belt movement to be switched off at once!
- Unsupervised use of the running belt by others can be prevented by removing the safety key and depositing it in a safe place. Keep the safety key in a safe place and out of reach of children!

Important: Please also observe the safety notes in the assembly instructions.

For your own safety

- **Before taking up training, consult your GP to ensure that your state of health is such that the appliance is a suitable form of training for you. Your own personal training program should be based on the medical findings. Incorrect or excessive training can damage your health.**

bike !me

Heimtrainer
Exercice bike
Vélo intérieur
Hometrainer
Bicicleta estatica
Biciclette da camera
Rower stacjonarny



cross !me

Crosstrainer
Cross trainer
Vélo Cross
Crosstrainer
Crosstrainer
Crosstrainer
Crosstrainer



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