

runner

MADE IN ITALY



RUN 7410 ELITE-PC

Width:	80 cm
Length:	210 cm
Height:	150 cm
Weight:	180 kgs

Technical specifications:

- 10.1" touch screen monitor resistive;
- PC iMX6 DL 1GB, Micro SD 8GB, OS Linux;
- USB output;
- Wifi
- Video / MP3 player;
- RS232 output (Trackmaster protocol);
- Speed Max 25 km/h;
- Speed Min 0.1 km/h;
- Speed Increment 0.1 km/h;
- Inclination Max 30%;
- 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: 154.5 x 54 cm;
- Transformer 123 VA;
- Inverter 2.2 kw;
- Power supply 220~240Vac 50/60 Hz 12Amp;
- Auxiliary circuit of inclination: 18 Vac;
- Auxiliary circuit of console: 12 Vdc;
- Motor power (max peak) 7 HP (AC);
- Absorbed power at max speed 2500 VA;
- Nominal absorbed power 2000 VA;
- Noise < 30 DB;
- Damped board;
- User's max weight 220 kgs;

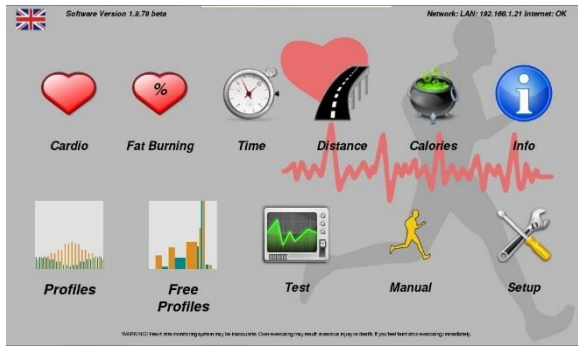
- Emergency stop button;
- Certificate of conformity to EC Rules;

Standard accessories:

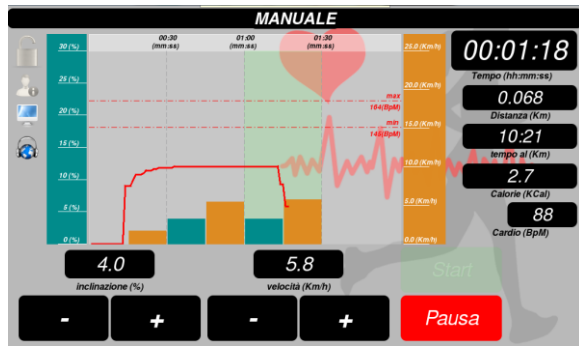
- Wheels for movement;
- Chest belt;
- Bottle holder;
- Service equipment.

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)

PROFILI LIBERI

Profilo 01 Profilo 02 Profilo 03 Profilo 04 Profilo 05

Profilo 06 Profilo 07 Profilo 08 Profilo 09 Profilo 10

Pagina: 01

(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 VETS 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)