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**KETTLER Sprinter 3**

# Kettler Sprinter 3 Treadmill User Manual

Model: Sprinter 3 (07880-100)

## 1. Introduction

Thank you for choosing the Kettler Sprinter 3 Treadmill. This manual provides important information for the safe and efficient use of your new fitness equipment. Please read all instructions carefully before operating the treadmill and retain this manual for future reference.
The Kettler Sprinter 3 is designed for home use, offering a reliable and user-friendly experience for beginners and leisure sportsmen. It features a 1.5 HP motor, a running surface of 120 x 43 cm, and a display for essential training data.

## 2. Safety Instructions

- Always consult with a physician before starting any new exercise program.
- Ensure the treadmill is placed on a flat, stable surface with adequate clearance around it (at least 2 meters at the rear and 0.6 meters on each side).
- Keep children and pets away from the treadmill during operation.
- Wear appropriate athletic footwear and clothing. Avoid loose clothing that could get caught in moving parts.
- Always use the safety key/emergency stop clip. Attach it to your clothing before starting your workout. The treadmill will stop immediately if the clip is pulled.
- Do not step on or off the treadmill while the belt is moving.
- The maximum user weight for this treadmill is 110 kg. Do not exceed this limit.
- If you experience pain, dizziness, or shortness of breath, stop exercising immediately.
- Ensure the power cord is not damaged and is properly connected to a grounded outlet.

## 3. Setup and Assembly

The Kettler Sprinter 3 Treadmill requires minimal assembly. Please follow these steps for initial setup:

1. **Unpacking:** Carefully remove all components from the packaging. Retain packaging materials for potential future transport or storage.
2. **Placement:** Position the treadmill on a level, solid surface. Ensure there is sufficient space around the unit for safe

operation and access. The dimensions when set up are approximately 154 cm (L) x 78 cm (W) x 125 cm (H).

3. **Power Connection:** Connect the power cord to a suitable grounded electrical outlet.
4. **Unfolding (if applicable):** If the treadmill is in a folded position, carefully lower the running deck until it locks into place. Refer to the folding mechanism instructions for details.

The treadmill is equipped with an EASY ROLLER system and transport wheels, allowing for easy movement and space-efficient storage when folded (requiring approximately 100 x 78 cm set-up space).

## 4. Operating Instructions

### 4.1 Control Panel Overview

The control panel features an LED display and various buttons for controlling your workout. The display shows essential training data such as time, distance, speed, and energy consumption.



Image: Front view of the Kettler Sprinter 3 treadmill console, showing the LED display, emergency stop button, and various control buttons for speed and incline.



Image: Side view of the Kettler Sprinter 3 treadmill console, illustrating the handlebars with integrated hand pulse sensors and additional control buttons.

### 4.2 Starting a Workout

1. Ensure the safety key is properly inserted into the console and the clip is attached to your clothing.
2. Step onto the treadmill, placing your feet on the side rails, not the running belt.
3. Press the START button. The belt will begin to move at a low speed.
4. Gradually increase the speed using the speed adjustment buttons (adjustable in 0.1 km/h increments) to your desired pace. The treadmill supports speeds from 1 to 12 km/h.

### 4.3 Adjusting Incline

The Kettler Sprinter 3 features a motorized incline adjustment from 1% to 10%. Use the incline adjustment buttons on the console to increase or decrease the gradient during your workout. The incline can be adjusted while exercising.



Image: Close-up view of the Kettler Sprinter 3 treadmill's motorized incline mechanism, showing the structural components that adjust the running deck's angle.

### 4.4 Training Programs

The treadmill includes 3 pre-installed programs to help track and vary your fitness regime. Consult the display for program selection and details. The console also features an integrated cool-down/workout chart and a perspiration-resistant keypad.

### 4.5 Heart Rate Monitoring

The Kettler Sprinter 3 is equipped with hand pulse sensors on the handlebars. Grip these sensors during your workout to monitor your heart rate on the LED display.

### 4.6 Stopping a Workout

To stop your workout, press the STOP button. The treadmill belt will gradually slow down and come to a complete stop. For an emergency stop, pull the safety key from the console.

## 5. Maintenance

Regular maintenance ensures the longevity and safe operation of your Kettler Sprinter 3 Treadmill.

- **Cleaning:** Wipe down the treadmill surfaces, including the console and handrails, with a damp cloth after each use. Avoid using abrasive cleaners.
- **Belt Lubrication:** The running belt requires periodic lubrication to reduce friction and wear. A bottle of silicone lubricant is included with the treadmill. Refer to the specific instructions for applying lubricant, typically every few months depending on usage. Proper lubrication prevents motor strain and extends belt life.
- **Belt Tension and Alignment:** Periodically check the running belt for proper tension and alignment. If the belt slips or drifts to one side, consult the troubleshooting section or contact customer support for adjustment instructions.
- **Shock Absorber System:** The treadmill features a shock absorber system for effective cushioning. Inspect these components periodically for any signs of wear or damage.

## 6. Troubleshooting

If you encounter any issues with your Kettler Sprinter 3 Treadmill, refer to the following common troubleshooting tips:

- **Treadmill Not Starting:** Ensure the power cord is securely plugged in and the safety key is fully inserted into the console. Check the circuit breaker.
- **Belt Slipping:** The running belt may require tension adjustment or lubrication. Refer to the maintenance section.
- **Unusual Noise:** Check for loose parts. If the noise persists, it may indicate a need for lubrication or professional inspection.
- **Display Not Working:** Ensure all connections to the console are secure. If the issue persists, contact customer support.
- **Incline Not Adjusting:** Check for any obstructions under the running deck. Ensure the power connection is stable.

For issues not resolved by these steps, please contact Kettler customer support.

## 7. Specifications

| Feature | Specification |
|---|---|
| Brand | Kettler |
| Model Number | 07880-100 |
| Motor | 1.5 HP Electric DC Motor |
| Speed Range | 1 - 12 km/h (adjustable in 0.1 km/h increments) |
| Incline Range | 1 - 10% (motorized adjustment) |
| Running Surface | 120 x 43 cm |
| Maximum User Weight | 110 kg |
| Display Type | LED |

| | |
|---|---|
| Metrics Measured | Time, Distance, Speed, Energy Consumption, Heart Rate |
| Programs | 3 pre-installed programs |
| Dimensions (L/W/H) | 154 cm / 78 cm / 125 cm |
| Foldable | Yes, with EASY ROLLER system |
| Material | Alloy Steel |
| Item Weight | 998 Grams (Note: This value seems unusually low for a treadmill and might be a packaging weight. Refer to product packaging for actual unit weight.) |
| Power Source | Electric (Power cord) |

## 8. Warranty and Support

For warranty information, please refer to the documentation provided with your purchase or visit the official Kettler website. Kettler products typically come with a manufacturer's warranty covering defects in materials and workmanship. If you require technical assistance, spare parts, or have questions regarding your Kettler Sprinter 3 Treadmill, please contact Kettler customer service. Have your model number (07880-100) and proof of purchase ready when contacting support.


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