

## HAMMER Race Runner 2000M

# HAMMER Race Runner 2000M Treadmill

### INSTRUCTION MANUAL

## Introduction

The HAMMER Race Runner 2000M treadmill is designed to provide a dynamic and enjoyable running experience within the comfort of your home. Featuring 26 diverse training programs, a motivating training computer with health-oriented displays, and a super-soft, joint-friendly running surface, this treadmill is engineered for year-round fitness.

This manual provides essential information for the safe and effective use, assembly, operation, and maintenance of your HAMMER Race Runner 2000M treadmill. Please read it thoroughly before initial use and keep it for future reference.

## Safety Instructions

Always observe the following safety precautions to prevent injury or damage to the equipment:

- Ensure the treadmill is placed on a flat, stable surface with adequate clearance around it (at least 2 meters behind and 0.6 meters on each side).
- Keep children and pets away from the treadmill during operation.
- Always attach the safety key to your clothing before starting the treadmill.
- Wear appropriate athletic footwear and clothing.
- Do not operate the treadmill if it is damaged or malfunctioning.
- Consult a physician before starting any new exercise program.
- Unplug the treadmill from the power outlet when not in use or before cleaning/maintenance.

## Product Overview

The HAMMER Race Runner 2000M treadmill combines powerful performance with user comfort and advanced training features.



Figure 1: HAMMER Race Runner 2000M Treadmill

This image shows the HAMMER Race Runner 2000M treadmill in its unfolded, ready-to-use state. It highlights the main components including the running deck, console, and handlebars.

### Key Features:

- **Powerful Motor:** Equipped with a motor providing a maximum output of 5.0 HP (2.0 HP continuous power), enabling speeds up to 20 km/h.
- **Adjustable Incline:** Manually adjustable incline in 3 levels for varied workout intensity.
- **Comfortable Running Surface:** Super-soft, vibration-dampened running surface for a realistic and joint-friendly running experience.
- **Multi-function Training Computer:** Features 26 diverse programs, including 3 heart rate programs, to keep your workouts engaging and effective.
- **Integrated Tablet Holder:** A separately adjustable tablet holder ensures a clear view of your training data or entertainment.
- **Space-Saving Design:** Foldable design for convenient storage.

## Setup and Assembly

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Your HAMMER Race Runner 2000M treadmill comes partially pre-assembled. Follow these general steps for complete setup:

1. **Unpacking:** Carefully remove all components from the packaging. Retain packaging materials for potential future transport or storage.
2. **Placement:** Choose a suitable location on a flat, stable surface. Ensure sufficient space around the treadmill for safe operation and access.
3. **Unfolding:** Gently unfold the running deck from its folded position until it locks securely into place. Refer to the included assembly manual for specific instructions on releasing the locking mechanism.
4. **Handlebar and Console Assembly:** Attach the handlebars and console unit according to the detailed instructions in your assembly guide. Ensure all bolts are tightened securely.
5. **Power Connection:** Connect the power cable to the treadmill and then to a grounded electrical outlet.
6. **Safety Key:** Locate the safety key and ensure it is properly placed on the console. The treadmill will not operate without the safety key in position.

## FAKTEN.

**5,0 PS Power-Motor**

**Große Profi-Laufläche**

132 x 43 cm

**20 km/h Max. Geschwindigkeit**

**3-fache Steigungsverstellung**

**Separater Tablethalter inkl.**

**Gelenkschonend**

Super-Soft-Laufoberfläche

**Extrem platzsparend**

klappbar



\*Tablet nicht im Lieferumfang enthalten.

Figure 2: Folded Treadmill for Storage

This image illustrates the HAMMER Race Runner 2000M treadmill in its folded position, demonstrating its space-saving design for convenient storage when not in use.

## Operating Instructions

Familiarize yourself with the console and its functions before beginning your workout.

# LIVE-STRECKEN ERLEBEN.

Effizientes Training  
mit Kinomap  
(via Kamerafunktion)

Multiplayer-Challenges

TV-Streaming-Funktion

Live-Workouts

Kinomap

\*Für das Streamen auf TV benötigen Sie Ihr Tablet/Smartphone und einen Smart TV, alles nicht im Lieferumfang enthalten.

Figure 3: Treadmill Console and Tablet Holder

This image provides a close-up view of the treadmill's control console, showing the display, control buttons, and the adjustable tablet holder positioned above it for easy viewing during exercise.

## Starting a Workout:

1. **Power On:** Ensure the treadmill is plugged in and the safety key is correctly placed on the console.
2. **Manual Mode:** Press the 'START' button to begin a manual workout. The belt will start moving at a low speed.
3. **Speed Adjustment:** Use the '+' and '-' buttons on the console or handlebars to increase or decrease the running speed.
4. **Incline Adjustment:** Manually adjust the incline to one of the 3 available levels by repositioning the support bars under the running deck. (Refer to assembly manual for detailed steps).

## Using Training Programs:

The treadmill offers 26 pre-set training programs, including 3 heart rate controlled programs.

1. **Select Program:** From the idle screen, use the 'PROGRAM' button to cycle through the available programs.



2. **Confirm Selection:** Press 'START' to begin the selected program. The treadmill will automatically adjust speed and incline according to the program's profile.
3. **Heart Rate Programs:** For heart rate programs, ensure you are wearing a compatible heart rate monitor (if applicable) or holding the hand pulse sensors.



## LAUFTRAINING FÜR DEINE FITNESS.

### 26 Trainingsprogramme

18 Fitness-, 3 Herzfrequenzprogramme

### Kinderleicht bedienbarer Multifunktions-Computer

Geschwindigkeit über Monitor oder durch  
Quick-Tasten an den Handgriffen einstellbar

### Kalorienkiller

Effektives Ganzkörpertraining  
lässt die Pfunde purzeln

### Live Strecken erleben mit Kinomap

(via Kamerafunktion)

Figure 4: User Engaged in Treadmill Training

This image depicts a user actively running on the HAMMER Race Runner 2000M treadmill, demonstrating the use of the tablet holder for interactive training or entertainment during a workout.

### Using the Tablet Holder:

The adjustable tablet holder allows you to place your device for entertainment or to use fitness apps like Kinomap (subscription may be required) for interactive training experiences.

- Place your tablet securely in the holder.
- Adjust the angle for optimal viewing.
- Ensure the tablet does not obstruct your view of the console display or safety key.

**120 JAHRE  
HAMMER-QUALITÄT.**



Figure 5: Interactive Training with Kinomap

This image shows a user running on the treadmill, with a tablet displaying the Kinomap application, illustrating how the treadmill can be used for interactive and immersive virtual running experiences.

### Stopping a Workout:

- Press the 'STOP' button to gradually slow down and stop the treadmill.
- In an emergency, pull the safety key from the console to immediately stop the belt.

### Maintenance

Regular maintenance ensures the longevity and optimal performance of your treadmill.

- **Cleaning:** Wipe down the treadmill surfaces with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners.
- **Belt Lubrication:** The running belt requires periodic lubrication to reduce friction and wear. Refer to your

specific product manual for the recommended lubrication schedule and procedure. Typically, this involves applying silicone lubricant under the belt.

- **Belt Tension and Alignment:** Check the running belt tension and alignment regularly. Adjust if necessary using the provided tools and following the instructions in your detailed manual. An overly tight or loose belt can cause premature wear.
- **General Inspection:** Periodically check all bolts and nuts for tightness. Inspect the power cord for any damage.

## Troubleshooting

Here are some common issues and their potential solutions:

| Problem                         | Possible Cause   | Solution   |
|---------------------------------|--|--|
| Treadmill does not start        | Power cord not plugged in; Safety key not in place; Circuit breaker tripped. | Ensure power cord is securely plugged in; Place safety key correctly; Check household circuit breaker. |
| Running belt slips or hesitates | Belt too loose; Belt needs lubrication.                                      | Adjust belt tension (refer to manual); Lubricate running belt.   |
| Unusual noise during operation  | Loose components; Motor or belt issue.                                       | Check and tighten all visible bolts; If noise persists, contact customer support.                      |
| Display not working             | Loose cable connection; Console malfunction.                                 | Check all cable connections to the console; If problem persists, contact customer support.             |

If you encounter issues not listed here or if the suggested solutions do not resolve the problem, please contact HAMMER customer support.

## Specifications

- **Model:** Race Runner 2000M
- **Model Number:** 4334
- **Color:** Black/Red/Silver
- **Dimensions (L x W x H):** 172 x 69 x 133 cm
- **Folded Dimensions (L x W x H):** 74 x 90 x 31 cm
- **Weight:** 63 kg
- **Motor Horsepower:** 5.0 HP (Peak), 2.0 HP (Continuous)
- **Maximum Speed:** 20 km/h
- **Incline Levels:** 3 (manual adjustment)



- **Display Type:** LCD/LED
- **Programs:** 26 (including 3 heart rate programs)
- **Metrics Displayed:** Incline, Distance, Heart Rate, Speed, Calories Burned
- **Material:** Alloy Steel Frame
- **Special Feature:** Super-soft running surface with vibration damping
- **Power Source:** Electric Cord

### Warranty and Support

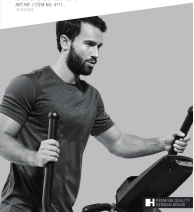
The HAMMER Race Runner 2000M treadmill typically comes with a manufacturer's warranty. Please refer to the warranty card included with your product for specific terms and conditions, including the duration of coverage (e.g., 2 years as mentioned in some customer reviews).

For technical assistance, spare parts, or warranty claims, please contact HAMMER customer support. Have your model number (4334) and purchase information ready when contacting support to ensure efficient service. You can often find additional support resources, FAQs, and contact information on the official HAMMER website.

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This manual is for informational purposes only. Product specifications are subject to change without notice.

### Related Documents - Race Runner 2000M

|   |   |
|---|---|
| <div><div>HAMMER</div><div>ANLEITUNG/MANUAL</div><div>TR 8000</div><div>ARTIKEL: LITTON 8000-10000</div></div>    | <div><a href="#">HAMMER TR 8000 Treadmill User Manual and Training Guide</a></div> <div>Comprehensive user manual and training guide for the HAMMER TR 8000 treadmill. Covers safety, assembly, operation, computer features, maintenance, training advice, and warranty information.</div> |
| <div><div>HAMMER</div><div>ANLEITUNG/MANUAL</div><div>FlyRun 4.0</div><div>ARTIKEL: LITTON 4000-10000</div></div> | <div><a href="#">Hammer FlyRun 4.0 Treadmill User Manual and Safety Guide</a></div> <div>Comprehensive user manual for the Hammer FlyRun 4.0 treadmill, covering safety instructions, assembly, operation, maintenance, training guidance, and warranty information.</div>                  |

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|--|---|
| <div>HAMMER</div> <div>ANLEITUNG/MANUAL</div> <div><b>BioForce MX Norsk</b></div> <div>ART NR. 11708 NR. 11802</div>   | <p><a href="#">HAMMER BioForce MX Norsk Multi-Gym User Manual</a></p> <p>Comprehensive user manual for the HAMMER BioForce MX Norsk multi-gym, covering assembly, safety instructions, maintenance, and detailed exercise guides.</p>   |
| <div>HAMMER</div> <div>ANLEITUNG/MANUAL</div> <div><b>Ellypsis E3500</b></div> <div>ART NR. 11708 NR. 11802</div>  | <p><a href="#">Hammer Ellypsis E3500 Elliptical Trainer User Manual</a></p> <p>Comprehensive user manual for the Hammer Ellypsis E3500 Elliptical Trainer, covering safety instructions, assembly, computer functions, maintenance, training guidance, and troubleshooting.</p>   |
| <div>HAMMER</div> <div>ANLEITUNG/MANUAL</div> <div><b>FlyRun 2.0</b></div> <div>ART NR. 11708 NR. 11802</div>  | <p><a href="#">Hammer FlyRun 2.0 Laufband Bedienungsanleitung</a></p> <p>Umfassende Anleitung für das Hammer FlyRun 2.0 Laufband, inklusive Sicherheitshinweisen, Montage, Bedienung, Wartung und Trainingsratschlägen für Ihr Heimtraining.</p>  |
| <div>HAMMER</div> <div>ANLEITUNG/MANUAL</div> <div><b>CROSSFLY BT</b></div> <div>ART NR. 11708 NR. 11802</div>  | <p><a href="#">HAMMER CROSSFLY BT Elliptical Trainer - User Manual and Assembly Guide</a></p> <p>Comprehensive user manual for the HAMMER CROSSFLY BT elliptical trainer (Item No. 4111). Includes safety instructions, assembly steps, maintenance, computer functions, training programs, technical specifications, parts list, and warranty information.</p> |