

Star Trac 10TRx FreeRunner

Star Trac 10 Series 10TRx FreeRunner Treadmill User Manual

Model: 10TRx FreeRunner

Brand: Star Trac

PRODUCT OVERVIEW

The FreeRunner treadmill is a revolutionary new indoor running experience. The heart of this new experience is the patent-pending HexDeck System, featuring an aluminum deck supported by a proprietary, hexagonal polymer suspension system. The result is unprecedented cushion and responsiveness, for a feel that test users describe as “buttery,” “easy on the joints” and “like running on a track.” The 10TRx FreeRunner creates a revolutionary feel for runners and walkers. HexDeck Technology creates an unprecedented cushion and responsiveness – lightweight walkers, heavyweight runners and everyone in between will experience initial cushion/flex at foot strike, along with an immediate response, returning support and energy for the push off.

Display Options: Choose from Apex 24 inch HD Touch or Apex LED Display, which provides users with versatility and interactivity for a more engaging and personalized running experience. Tap to Pair: Easily sync your Apple or Samsung Galaxy Watch via NFC technology. Real-time tracking and seamless integration make every run more connected, delivering accurate metrics and a personalized cardio journey. High-Performance Incline and Speed: Achieve up to a 20% incline and a maximum speed of 15 mph, making this treadmill ideal for high-intensity cardio workouts and endurance training. Engaging Content: The touchscreen display offers onboard HIIT programming, wireless personal device mirroring, and integrated apps like RunTV and PlutoTV—ensuring an engaging and personalized experience for every user, from casual gym-goers to dedicated athletes. Command Center: Wireless charger, cooling fan, USB port, and dual bottle holders. Stay refreshed and fully connected to power through every stride.

Key Features

- Revolutionary new patented HexDeck technology features an aluminum running deck, supported by a proprietary, hexagonal polymer suspension system that creates a treadmill with unprecedented cushion and responsiveness
- Easily accessible Hot Bar is located closer to the user with one-finger speed and elevation controls, integrated stop button and contact heart rate grips
- 20% max incline | 15 mph max speed

- User weight capacity of 500 lbs (227 kg)
- GymKit allows OpenHub Consoles to connect directly with Apple Watch for real-time data sharing between the equipment and watch using NFC technology to allow a simple tap to pair connection.



A full view of the Star Trac 10TRx FreeRunner Treadmill, showcasing its sleek design and the HexDeck system.

SETUP AND INSTALLATION

Unpacking

Carefully remove the treadmill from its packaging. Ensure all components are present.

Placement

Place the treadmill on a flat, stable surface with adequate clearance around it for safe operation.

Power Connection

Connect the power cord to a grounded electrical outlet.

Assembly

This treadmill is designed for minimal assembly. Refer to the included user manual for specific instructions if any minor assembly is required.

OPERATING INSTRUCTIONS

Console Overview





The console features a large LCD display, quick start buttons, and various program selection options. It also includes integrated heart rate grips and cup holders.

This video provides a detailed walkthrough of the Star Trac 10TRx FreeRunner Treadmill's console, demonstrating its various functions and settings.

Starting a Workout

1. Ensure the safety key is properly inserted.
2. Press the green "Start" button to begin.
3. Adjust speed and incline using the dedicated controls on the console or handlebars.

Adjusting Speed and Incline

Use the '+' and '-' buttons on the console or handlebars to increase or decrease speed and incline. The treadmill supports up to 15 mph speed and 20% incline.

Heart Rate Monitoring

Grip the heart rate sensors on the handlebars to monitor your heart rate during your workout.

Integrated Fan

The console includes an integrated fan for user comfort during workouts.

Smartwatch Connectivity

Easily sync your Apple Watch or Samsung Galaxy Watch via NFC technology for real-time data tracking.

This video highlights the integrated fan and smartwatch connectivity features of the treadmill, showing how to use them for a more comfortable and connected workout.

HexDeck TECHNOLOGY

The Star Trac 10TRx FreeRunner features the patent-pending HexDeck System, an aluminum deck supported by a proprietary, hexagonal polymer suspension system. This provides exceptional cushion and responsiveness, reducing impact on joints.



The Department of Kinesiology at California State University, Fullerton, conducted a research study to measure and compare running impact and absorption. The measurements were taken for running over ground vs on a traditional treadmill vs our innovative Star Trac FreeRunner™ treadmill with the new aluminum deck and belt system, the HexDeck.



NEARLY 2X USAGE

Industry leading data provided by EcoFit shows FreeRunner being chosen 2:1 over slat-style treadmills.



"IF WE COME UPSTAIRS TO DO OUR CARDIO AND SEE THE FREERUNNER IS BUSY WE'LL GO DO SOMETHING ELSE ... BECAUSE THAT'S THE ONE THAT WE WANT"

— DEMARIA DAY
YMCA MEMBERSHIP SUPERVISOR

A visual representation of the HexDeck system, highlighting the hexagonal polymer suspension that provides superior cushioning and responsiveness.

The study had two primary objectives:

- 1) to determine whether there is significant, measurable benefit to users on the new HexDeck system;
- 2) to determine whether the biomechanics created by the new HexDeck system are safe for users.

SUMMARY OF RESULTS

The quantitative findings:

- The HexDeck design reduces impact 26% compared to the traditional deck design
- Users required greater effort to attenuate shock on the traditional deck treadmill – more knee bend and increased quadriceps activity – at the same speed
- The HexDeck design does not add risk to treadmill running vs traditional deck design

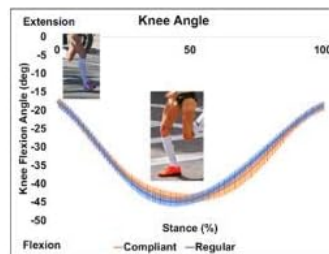
The subjective/qualitative findings:

- Users significantly favored the HexDeck treadmill v traditional
- Common themes in comments were that the HexDeck treadmill feels “softer,” “easier on the joints” and “like running on a track”

DETAILED RESULTS

The primary finding was that there was lower impact acceleration at the leg with the HexDeck treadmill compared to the regular treadmill during running. No difference was observed in head acceleration, and thus more shock attenuation was necessary on the regular treadmill. There was also more vertical displacement of the center of mass on the HexDeck treadmill, and this was predominately during the stance phase of running. We observed no shift in the distribution of footfall patterns between treadmills, and all runners maintained their natural footfall pattern observed during overground trials.

In comparing joint angles between treadmills, data suggest a larger knee flexion angle in the regular treadmill compared to the HexDeck treadmill. This was accomplished via greater knee flexion (“bending of the knee”), and larger quadriceps activity. In other words, additional effort is required on the traditional treadmill design to maintain the same speed as on the HexDeck.



In subjective feedback, the HexDeck treadmill scored significantly higher in overall rating than the traditional treadmill (8.46 ± 1.10 vs. 7.38 ± 1.51). 77% of subjects indicated that they would select the HexDeck treadmill for running, compared with only 17% that would select the traditional treadmill (6% indicated no preference). A similar proportion preferred the compliant treadmill (70%) compared to the

regular treadmill (20%) for walking. Common themes in survey data included a preference for the HexDeck treadmill because it was soft during landing, softer on joints, provided more giveback, provided more cushion for feet, made running feel easier, and was generally more comfortable.

Real responses from study participants:

- It was more comfortable. Very easy to run on
- The landing and running felt softer, less impact. It felt softer than the other treadmill.
- The feel of the treadmill was smooth and comfortable. It didn't feel like I needed much effort to run on this treadmill. After 5 minutes it still felt smooth.
- Running was smooth and easier on the joints. It feels really good on the knee joint.
- Felt a little strange, but once you become accustomed to the pace it feels completely normal. I felt the suspension working especially when changing speeds from walking to running.
- Felt easier than treadmill 1. Running felt like less work.
- Walk felt normal, running felt the same as running on a track.
- It felt like there was more shock absorption and softer surface.

Detailed findings from a study demonstrating the HexDeck treadmill's ability to reduce impact by 26% compared to traditional decks, leading to a softer and more comfortable running experience.

- Not as hard; more “give” to it, walking felt easier than on the first treadmill felt like it absorbed more of my force
- Felt nice and soft; easier on the body, felt more absorption from surface, softer
- Felt more like a track, felt good on feet and had good shock absorption.
- Very soft and easy on legs. Low impact on the feet
- Immediately noticed the surface was more cushion-like. It felt softer to step on. My feet felt less hard impact compared to the other treadmill.
- Run – 10/10 like I was running on a track or wood floor in terms of bounce/reaction response.
- At first it felt like running next to the water at the beach; at the end of 5 minutes like I had just run on a track
- Felt really light on my feet, no thumping my feet; more flat surface; easier to walk on
- Gave more back, more like running outdoors
- Buttery feeling. The machine had no lagging feel.
- Very comfy. Low cushion on landing but very nice rebound. Felt like a track. Very smooth padding
- Very light and soft, felt like there wasn't a lot of force going on the treadmill, so it felt better
- Walking felt smoother. Not as rough and hard as the other treadmill. Running felt much easier, less pain in my shins and feet.
- Lots of give, really easy on the foot. Felt like I was ready to go again after 5 minutes.

INTERPRETATIONS

The use of the HexDeck treadmill can 1) reduce impact acceleration at the lower limb and 2) simultaneously reduce loading of the knee joint and demand of the knee joint musculature. These objective findings from the biomechanical data mirror the subjective feedback provided by subjects after participation.

A note on walking: on average, subjects in this study were of normal weight. Those with higher body mass may experience a reduction in impact acceleration during walking on the HexDeck treadmill that is similar to normal weight individuals who are running.

In comparing the treadmills, the compliant treadmill provides a surface that reduces impact acceleration and demand on the knee joint. This was reflected by larger impact acceleration on the traditional treadmill deck, which was mitigated via additional motion at the knee joint and activity in surrounding musculature. This finding was also supported by the subjective feedback provided by subjects (softer landing and easier on knee joint and foot). These adaptations may provide benefit for runners with a history of bone stress injury who are often subject to high tibial acceleration or patellofemoral pain syndrome (runner's knee) who may experience pain from additional knee stress.



Additional data and user feedback reinforcing the benefits of the HexDeck system, including improved comfort and reduced joint stress.

MAINTENANCE AND CARE

Cleaning

Regularly wipe down the console and frame with a damp cloth. Avoid abrasive cleaners.

Belt Care

Inspect the running belt periodically for wear and tear. Refer to the full manual for belt lubrication instructions if needed.

General Inspection

Check all bolts and connections for tightness regularly.

TROUBLESHOOTING

Treadmill Not Starting

- Ensure the power cord is securely plugged into a live outlet.
- Verify the safety key is fully inserted into its slot.
- Check the circuit breaker.

Belt Slipping or Sticking

- The belt may need lubrication. Refer to the full user manual for instructions.
- The belt may need tension adjustment. Contact customer support if unsure.

Display Issues

- Ensure all connections to the console are secure.
- Power cycle the machine by unplugging it for 30 seconds and plugging it back in.

PRODUCT SPECIFICATIONS

Feature	Detail
Brand	Star Trac
Color	silver
Product Grade	NEW
Product Dimensions	81.5"D x 34.8"W x 60"H
Item Weight	494 Pounds

Feature	Detail
Material	Aluminum
Maximum Speed	15 Miles per Hour
Special Feature	hexagonal polymer suspension system
Recommended Uses For Product	Indoor
Target Audience	Adult
Maximum Horsepower	5 Horsepower
Maximum Incline Percentage	20
Assembly Required	No
Display Type	LCD
Power Source	Electric
Number of Programs	14
Control Program Name	StarTrac Treadmill Control Program
Included Components	User Manual, Power Cord, Safety Key
Maximum Weight Recommendation	500 Pounds
Deck Length	40 Inches
Frame Material	Aluminum
Input Power	500 Watts
Minimum Speed	0.5 Miles per Hour
UPC	785983722681
Model Name	10-TRX FREERUNNER
Manufacturer	Star Trac Fitness



An image showing the key dimensions of the treadmill: 81.5 inches deep, 34.8 inches wide, and 60 inches high.


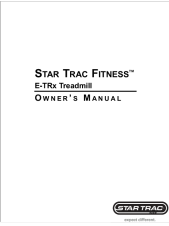

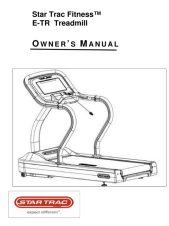


WARRANTY INFORMATION

COMMERCIAL (Facilities that charge dues and/or > 8 hours/day usage): Limited 10 year warranty on structural frame not including coatings, all other components 5 years parts and labor. LIGHT COMMERCIAL/VERTICAL (Non-dues paying facility and < 8 hours/day usage): Limited 10 year warranty on structural frame not including coatings, all other components 5 years parts and labor. RESIDENTIAL (Home setting, equipment used by home occupants only): Limited 10 year warranty on structural frame not including coatings, all other components 10 years parts and 5 years labor.

CUSTOMER SUPPORT

For further assistance, technical support, or to order replacement parts, please contact Star Trac customer service. Refer to the original packaging or the full user manual for contact details. You can also visit the official Star Trac website for FAQs and additional resources.

Related Documents - 10TRx FreeRunner

	<p>Core Health & Fitness 10-TRx Freerunner Treadmill Owner's Manual</p> <p>Owner's manual for the Core Health & Fitness 10-TRx Freerunner treadmill, detailing safety instructions, product specifications, operation procedures for OpenHub LCD and touchscreen consoles, workout programs, maintenance schedules, and support services.</p>
	<p>Star Trac E-TRx Treadmill Owner's Manual: Assembly, Operation, and Safety Guide</p> <p>Comprehensive owner's manual for the Star Trac E-TRx Treadmill, detailing assembly, operating instructions, safety precautions, maintenance, troubleshooting, and regulatory information. Includes guidance on exercise tips and training programs.</p>
	<p>Star Trac Pro Tread AC 7600/7700 Service Manual</p> <p>Comprehensive service manual for Star Trac Pro Tread AC 7600 and 7700 treadmills, detailing maintenance, troubleshooting, and repair procedures for qualified technicians.</p>
	<p>Star Trac E-TR Treadmill Owner's Manual - Assembly, Operation, and Maintenance Guide</p> <p>Comprehensive owner's manual for the Star Trac E-TR Treadmill, covering assembly, operation, safety instructions, maintenance, and troubleshooting. Learn to use your treadmill effectively and safely.</p>
	<p>Star Trac E-TR Treadmill Owner's Manual</p> <p>Comprehensive owner's manual for the Star Trac E-TR Treadmill, covering safety instructions, assembly, operation, maintenance, troubleshooting, and regulatory information.</p>
	<p>Star Trac 8-TRx/8-TR Treadmills Owner's Manual</p> <p>This comprehensive owner's manual provides essential information for the safe and effective operation and maintenance of the Star Trac 8-TRx and 8-TR treadmills. It covers safety, console operation, maintenance schedules, and regulatory compliance for optimal fitness equipment use.</p>

