

DOMYOS 8491238

DOMYOS Intense Run Treadmill User Manual

Model: 8491238

1. INTRODUCTION

Thank you for choosing the Domyos Intense Run Treadmill. This manual provides essential information for the safe and effective assembly, operation, and maintenance of your treadmill. Please read this manual thoroughly before using the equipment and retain it for future reference.



Image 1.1: A person demonstrating the use of the Domyos Intense Run treadmill during a run. The treadmill features a grey and black design with 'INTENSE RUN' branding on the side.

2. SAFETY INSTRUCTIONS

To prevent injury and ensure proper operation, observe the following safety precautions:

- Read all instructions in this manual before using the treadmill.
- Keep children and pets away from the treadmill during operation.
- Place the treadmill on a flat, stable surface with adequate clearance around it.
- Wear appropriate athletic footwear and clothing.
- Always attach the safety key clip to your clothing before starting the treadmill.
- Do not operate the treadmill if it is damaged or malfunctioning.
- Consult a physician before starting any exercise program.

3. SETUP

3.1 Unpacking and Placement

Carefully remove all components from the packaging. Ensure all parts are present before beginning assembly. Place the treadmill on a solid, level surface, away from water and direct sunlight. Allow sufficient space behind and to the sides of the treadmill for safe operation and access.

3.2 Assembly

Assembly of the DOMYOS Intense Run Treadmill typically requires two people and takes approximately 60 minutes. Follow the detailed assembly instructions provided in the separate assembly guide included with your product. Ensure all bolts and nuts are securely tightened before use.



Image 3.1: A visual representation of the folding mechanism of the DOMYOS Intense Run treadmill, illustrating how it transitions from an unfolded to a folded position for storage.



Image 3.2: A person demonstrating the process of folding the DOMYOS Intense Run treadmill into its upright, space-saving storage position.

3.3 Power Connection

Connect the treadmill to a grounded electrical outlet. Ensure the power cord is not pinched or damaged. The treadmill operates on a corded electric power source.

4. OPERATING INSTRUCTIONS

4.1 Console Overview

The treadmill console features an LCD display and various control buttons for speed, incline, and program selection.



Image 4.1: A detailed view of the DOMYOS Intense Run treadmill's control panel. It shows the LCD screen displaying distance, time, calories, and RPM, along with buttons for incline adjustment, speed control, program selection, and prominent START/STOP buttons. A red emergency stop button is also visible.

4.2 Starting and Stopping

1. Ensure the safety key is properly inserted into the console and the clip is attached to your clothing.
2. Step onto the treadmill side rails.
3. Press the **START** button. The belt will begin to move at a low speed.
4. To stop, press the **STOP** button or pull the safety key.

4.3 Adjusting Speed and Incline

- Use the **+** and **-** buttons on the console to increase or decrease the speed. The maximum speed is 22 km/h.
- Use the **UP** and **DOWN** arrows to adjust the incline. The maximum incline percentage is 15%.

5. PROGRAMS AND CONNECTIVITY

The DOMYOS Intense Run Treadmill offers 40 pre-set training programs to vary your workouts. Refer to the console display and your separate program guide for details on selecting and customizing these programs.

This treadmill is compatible with the Domyos E CONNECTED and Kinomap applications. Download these apps on your smart device to access additional training options and interactive experiences. Follow the app's instructions for connecting to your treadmill.

6. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your treadmill.

6.1 Cleaning

- Wipe down the console and other surfaces with a damp cloth after each use.

- Do not use abrasive cleaners or solvents.

6.2 Lubrication

The running deck may require periodic lubrication. Refer to your separate maintenance guide or contact customer support for specific instructions and recommended lubricants.

6.3 Belt Tension and Alignment

Periodically check the running belt for proper tension and alignment. If the belt slips or drifts to one side, consult your maintenance guide for adjustment procedures.

7. TROUBLESHOOTING

If you encounter issues with your treadmill, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Treadmill does not start	Power cord unplugged, safety key not inserted, circuit breaker tripped	Check power connection, ensure safety key is in place, reset circuit breaker
Running belt slips	Belt tension too loose	Adjust belt tension according to maintenance guide
Unusual noise	Loose parts, motor issue, belt friction	Inspect for loose components, lubricate belt if needed, contact support if noise persists

For issues not listed here or if problems persist, please contact DOMYOS customer support.

8. SPECIFICATIONS

Key technical specifications for the DOMYOS Intense Run Treadmill:

Feature	Specification
Brand	DOMYOS
Model Number	8491238
Maximum Speed	22 km/h
Maximum Incline	15%
Running Deck Dimensions (L x W)	150 cm x 51 cm
Motor Horsepower	4 HP
Display Type	LCD (5 Inches)
Input Power	1100 Watts
Frame Material	Alloy Steel
Assembly Required	Yes (approx. 60 mins for 2 people)
Connectivity	Domyos E CONNECTED, Kinomap compatible

Feature	Specification
Special Feature	Folding design, Soft Impact cushioning

8.1 Dimensions

- **Unfolded Dimensions:** 178 cm (Length) x 89 cm (Width) x 151 cm (Height)
- **Folded Dimensions:** 75 cm (Length) x [Width not specified] x 166 cm (Height)



Image 8.1: The DOMYOS Intense Run treadmill in its unfolded, operational state, with labels indicating its length (178 cm), width (89 cm), and height (151 cm).



Image 8.2: The DOMYOS Intense Run treadmill in its folded, storage position, with labels indicating its length (75 cm) and height (166 cm).








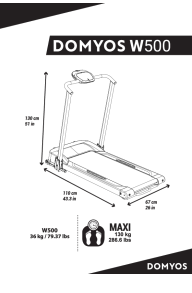
Image 8.3: A close-up view of the running deck of the DOMYOS Intense Run treadmill, highlighting its width of 51 cm.

9. WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the warranty card included with your product or visit the official DOMYOS website. You may also contact DOMYOS customer service directly for assistance with any product-related inquiries.

Related Documents - 8491238

 <p>DECATHLON DOMYOS Domyos Challenge Run</p>	<p>Domyos Challenge Run Treadmill User Manual and Guide</p> <p>Comprehensive guide to the Domyos Challenge Run treadmill, covering setup, features, programs, maintenance, and troubleshooting. Learn how to use your treadmill for fitness, weight loss, and endurance training.</p>
 <p>DECATHLON DOMYOS Run 100E-B</p>	<p>DOMYOS Run 100E-B Treadmill: User Manual & Assembly Guide</p> <p>Explore the DOMYOS Run 100E-B treadmill, a fitness machine from DECATHLON. This guide covers assembly, operation, workout programs (Calorie Burn, Endurance, Interval Training), and maintenance for effective home workouts.</p>
 <p>INTENSE RUN - BY DOMYOS -</p>	<p>Manuale Utente Tapis Roulant DOMYOS Intense Run</p> <p>Questo manuale utente fornisce istruzioni complete per il tapis roulant DOMYOS Intense Run, coprendo assemblaggio, funzionamento sicuro, manutenzione e programmi di allenamento.</p>
 <p>T540A</p>	<p>DOMYOS T540A Treadmill User Manual, Assembly, and Safety Guide</p> <p>Comprehensive guide for the DOMYOS T540A treadmill, covering assembly instructions, operation, safety recommendations, maintenance, troubleshooting, program details, and technical specifications.</p>
 <p>DECATHLON DOMYOS T900 D</p>	<p>DOMYOS T900 D Treadmill User Manual and Assembly Guide</p> <p>Comprehensive guide for the DOMYOS T900 D treadmill, covering assembly, operation, maintenance, troubleshooting, and program details. Learn how to set up, use, and care for your treadmill for optimal fitness results.</p>

 <p>The image shows the front cover of the DOMYOS W500 Treadmill User Manual. It features a technical line drawing of the treadmill with dimensions: 130 cm (51 in) height, 118 cm (46.5 in) width, and 65 cm (25.6 in) depth. Below the drawing, it specifies 'W500 34 kg / 74.97 lbs' and 'MAXI 130 kg / 286.6 lbs'. The DOMYOS logo is at the bottom right of the cover.</p>	<p>DOMYOS W500 Treadmill User Manual</p> <p>Comprehensive user manual for the DOMYOS W500 treadmill, detailing setup, operation, features, maintenance, and safety guidelines for effective home fitness.</p>
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