

KETTLER Alpha Run 200

KETTLER Alpha Run 200 Treadmill User Manual

Model: Alpha Run 200

1. INTRODUCTION

Thank you for choosing the KETTLER Alpha Run 200 Treadmill. This manual provides essential information for the safe and effective use, assembly, operation, and maintenance of your new fitness equipment. Please read this manual thoroughly before initial use and keep it for future reference.

2. IMPORTANT SAFETY INSTRUCTIONS

To reduce the risk of serious injury, read all instructions and warnings before using this treadmill. KETTLER assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

- **Consult a Physician:** Before starting any exercise program, consult your physician, especially if you have pre-existing health conditions.
- **Read Manual:** Always read and understand the entire user manual before operating the treadmill.
- **Supervision:** This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Children should be supervised to ensure that they do not play with the appliance.
- **Clear Area:** Ensure a clear area of at least 2 meters (6.5 feet) behind the treadmill and 0.6 meters (2 feet) on each side.
- **Proper Footwear:** Always wear appropriate athletic footwear while using the treadmill.
- **Emergency Stop:** Familiarize yourself with the emergency stop function and safety key. Always attach the safety key to your clothing during operation.
- **Power Cord:** Keep the power cord away from heated surfaces. Do not operate the treadmill if the cord or plug is damaged.
- **Electrical Hazard Warning:** Some users have reported experiencing minor electrical discharges or tingling sensations when touching the metallic heart rate sensors on the console handles. While this may be due to static electricity buildup, it is important to exercise caution. If you experience any discomfort, avoid contact with

these specific metallic parts during operation and consult customer support. Ensure the treadmill is properly grounded.

- **Maximum User Weight:** Do not exceed the maximum user weight of 150 kg (330 lbs).
- **Maintenance:** Perform regular maintenance as described in this manual to ensure safe operation.

3. PACKAGE CONTENTS

Carefully unpack the treadmill and verify that all components are present and undamaged. This product is not supplied as a kit and should arrive largely pre-assembled.

- KETTLER Alpha Run 200 Treadmill main unit
- Console with display and controls
- Power cord
- Safety key
- User Manual (this document)
- Any included tools for minor assembly or adjustments

If any parts are missing or damaged, do not assemble or use the treadmill. Contact KETTLER customer service immediately.

4. SETUP AND INITIAL ASSEMBLY

The KETTLER Alpha Run 200 Treadmill is designed for straightforward setup. While not a full kit, some minor assembly or unfolding may be required.

1. **Positioning:** Place the treadmill on a flat, stable surface. Ensure adequate clearance around the unit as described in the safety instructions.
2. **Unfolding (if applicable):** If the treadmill is in a folded position, carefully follow the instructions to unfold it until it locks securely into the operational position.
3. **Console Connection:** Ensure all cables connecting the console to the main unit are securely fastened.
4. **Power Connection:** Plug the power cord into a grounded electrical outlet. Do not use extension cords or adapters.
5. **Safety Key:** Locate the safety key and its attachment point on the console. This must be in place for the treadmill to operate.



Figure 4.1: Treadmill Dimensions. The image displays the KETTLER Alpha Run 200 Treadmill with its overall dimensions: approximately 182 cm in length, 85.5 cm in width, and 143.5 cm in height.

5. OPERATING INSTRUCTIONS

This section details how to operate your KETTLER Alpha Run 200 Treadmill.

5.1 Console Overview



Figure 5.1: Treadmill Features. This image highlights key components: the training computer for performance tracking, the running surface (135 x 47 cm), and the Energy Deck cushioning system for joint-friendly running and energy recovery. The treadmill supports speeds up to 18 km/h and inclines up to 12%.

The console features a 10-inch LCD display and various control buttons. It allows you to monitor your workout data, select programs, and adjust speed and incline.

- **LCD Display:** Shows time, distance, speed, incline, calories burned, and heart rate.
- **Speed Controls:** Buttons to increase or decrease running speed (up to 18 km/h).
- **Incline Controls:** Buttons to adjust the incline level (up to 12%).
- **Program Selection:** Buttons to browse and select from 32 pre-set training programs.
- **Start/Stop:** Buttons to begin and end your workout.
- **Heart Rate Sensors:** Integrated into the handrails for pulse measurement.

5.2 Starting a Workout

1. Ensure the treadmill is plugged in and the safety key is attached to the console and your clothing.
2. Step onto the side rails of the treadmill.
3. Press the "Start" button. The belt will begin to move at a low speed.

4. Carefully step onto the moving belt and begin walking.

5.3 Adjusting Speed and Incline

- **Speed:** Use the speed adjustment buttons on the console to increase or decrease your pace. Quick-select speed buttons may also be available.
- **Incline:** Use the incline adjustment buttons to raise or lower the running surface. Quick-select incline buttons may also be available.

5.4 Using Training Programs

The Alpha Run 200 offers 32 pre-set training programs and supports 4 user profiles.

1. Before starting, select your user profile if applicable.
2. Press the "Program" button to browse through the available programs.
3. Select your desired program and press "Start". The treadmill will automatically adjust speed and incline according to the program's profile.

5.5 Bluetooth & Kinomap Connectivity

Your treadmill is equipped with Bluetooth connectivity, allowing integration with fitness apps like Kinomap for an enhanced training experience.

1. Ensure Bluetooth is enabled on your smartphone or tablet.
2. Download and open the Kinomap app (or other compatible fitness apps).
3. Follow the app's instructions to pair your device with the KETTLER Alpha Run 200 Treadmill via Bluetooth.
4. Once connected, the app can control the treadmill's speed and incline, and display your workout data.

5.6 Heart Rate Monitoring

The treadmill features integrated hand pulse sensors to monitor your heart rate during your workout.

- Grip the metallic sensors on the handrails firmly with both hands.
- Your heart rate will be displayed on the console after a few seconds.
- **Note:** As mentioned in the safety section, some users may experience minor electrical sensations when touching these sensors. If this occurs, discontinue use of the hand pulse sensors and consider using an external heart rate monitor if available.

6. MAINTENANCE

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

- **Cleaning:** Wipe down the treadmill surfaces with a damp cloth after each use. Avoid abrasive cleaners or solvents.
- **Belt Lubrication:** The running belt requires periodic lubrication to reduce friction and wear. Refer to the specific instructions in your full product manual for the recommended lubricant type and frequency (typically every 3-6 months depending on usage).
- **Belt Tension and Alignment:** Check the running belt tension and alignment regularly. A belt that is too loose can slip, and a misaligned belt can cause wear. Adjust according to the detailed instructions in the full manual.
- **Motor Cover:** Periodically vacuum under the motor cover to remove dust and debris, ensuring proper ventilation. Disconnect power before removing the cover.

- **Inspection:** Regularly inspect all nuts, bolts, and moving parts for tightness and wear. Tighten as necessary.

7. TROUBLESHOOTING

This section addresses common issues you might encounter with your treadmill.

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not plugged in; circuit breaker tripped; safety key not in place.	Ensure power cord is securely plugged into a grounded outlet. Check household circuit breaker. Ensure safety key is correctly inserted into the console.
Running belt slips or hesitates.	Belt too loose; belt requires lubrication.	Adjust belt tension according to the full manual. Lubricate the running belt as per maintenance instructions.
Unusual noise during operation.	Loose components; motor issues; belt friction.	Inspect and tighten all visible bolts and screws. Lubricate the belt. If noise persists, contact customer support.
Heart rate sensors cause electrical sensation.	Static electricity buildup; potential electrical insulation issue.	Avoid direct contact with metallic heart rate sensors if discomfort occurs. Ensure the treadmill is properly grounded. If the issue persists or is severe, discontinue use of the sensors and contact KETTLER customer support.
Console display is blank or erratic.	Loose cable connection; power issue; console malfunction.	Check all console cable connections. Ensure stable power supply. If problem persists, contact customer support.

8. SPECIFICATIONS

Feature	Detail
Model	KETTLER Alpha Run 200
ASIN	B09NSDHCKV
Running Surface (L x W)	135 cm x 47 cm
Maximum Speed	18 km/h (11.18 mph)
Maximum Incline	12%
Motor Power	2.5 Horsepower (HP)
Display Type	LCD
Display Size	10 Inches
Training Programs	32

Feature	Detail
User Profiles	4
Connectivity	Bluetooth (Kinomap compatible)
Maximum User Weight	150 kg (330 lbs)
Product Dimensions (L x W x H)	182 cm x 85.5 cm x 143.5 cm
Item Weight	100 kg
Frame Material	Aluminium
Power Source	Electric Cable (1864.25 Watt input power)

9. WARRANTY AND SUPPORT

For information regarding your product's warranty, please refer to the warranty card included with your purchase or visit the official KETTLER website. For technical support, spare parts, or service inquiries, please contact your retailer or KETTLER customer service directly. Have your model number (Alpha Run 200) and ASIN (B09NSDHCKV) ready when contacting support.

KETTLER Official Website: www.kettler.com (Please note this is a generic link, refer to your regional KETTLER website for specific support.)