**CENTR RUNR-S**

# Centr RUNR Foldable Treadmill

INSTRUCTION MANUAL

## Introduction

Welcome to the Centr RUNR Treadmill instruction manual. This guide provides essential information for the safe and effective use of your new fitness equipment. The Centr RUNR Treadmill is designed for convenience and comfort, featuring Cloud Cushion Technology to reduce impact on your joints, and Natural Stride Technology that adapts to your pace for a smooth, natural running experience. It includes a 3.0 HP brushless motor, offering speeds up to 10 mph and an incline of up to 12% on a spacious 20'' x 55'' running surface. Track your progress with the LED console, connect via Bluetooth for heart rate monitoring, and enjoy quiet, efficient workouts. Built to last, the Centr RUNR supports users up to 300 lb and features a self-lubricating belt for easy maintenance. Its compact, foldable design makes it easy to store when not in use.




Image: Centr RUNR Foldable Treadmill, showcasing its sleek black design and integrated console.

## Important Safety Information

Please read all instructions carefully before using this treadmill. Keep this manual for future reference.

- Always consult with a physician before starting any new exercise program.
- Keep children and pets away from the treadmill during operation.
- Place the treadmill on a solid, level surface with adequate clearance around it.
- Do not operate the treadmill if it has a damaged cord or plug, or if it is not working properly.
- Wear appropriate athletic footwear and clothing.
- Use the safety key at all times.
- Do not step on or off the treadmill while the belt is moving.
- Maximum user weight capacity: 300 lbs.

## Setup and Assembly

The Centr RUNR Treadmill is designed for easy setup, requiring no professional assistance. Simply unfold and connect to power.

### Unfolding the Treadmill

The treadmill comes largely pre-assembled. Follow these steps to unfold it safely:

1. Carefully remove all packaging materials.
2. Lift the running deck until it locks into place.
3. Ensure all locking mechanisms are securely engaged before use.

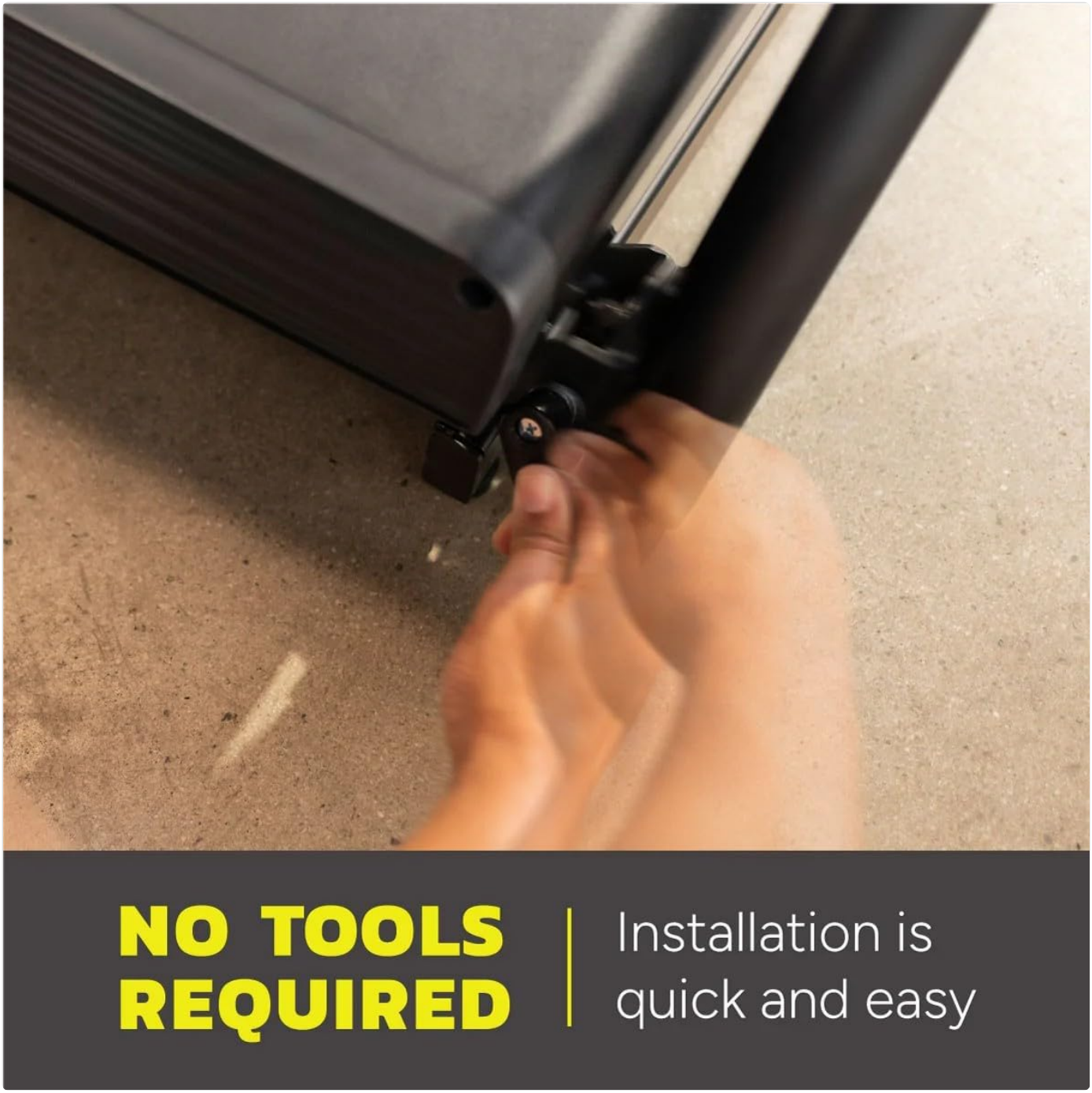



Image: A hand demonstrating the simple, tool-free installation process of the treadmill.

### Placement and Dimensions

Choose a suitable location for your treadmill, ensuring sufficient space for safe operation and storage.

- Product Dimensions: 70"D x 37.6"W x 47.5"H
- Folded Size: 59.3" x 44.1" x 41.4"
- Item Weight: 194 Pounds




Image: Diagram illustrating the full dimensions of the Centr RUNR Treadmill, including running surface size and overall height/width/depth.

## Operating Instructions

### Console Overview

The Centr RUNR Treadmill features an intuitive console with a 10-inch touchscreen display and an LED console for essential workout metrics.




Image: Close-up view of the treadmill's console, highlighting the 10-inch touchscreen, LED display, quick keys, and real-time heart rate tracking area.

- **10" Touchscreen Display:** Access entertainment apps like Netflix, Disney+, YouTube, Amazon Prime Video, and Spotify. Also features 25 pre-built workout programs.
- **LED Console:** Displays key metrics such as time, speed, distance, calories burned, and heart rate.
- **Quick Keys:** Easily adjust speed and incline with dedicated quick keys for efficient workout control.
- **Real-Time Heart Rate Tracking:** Connect via Bluetooth for accurate heart rate monitoring during your workout.

### Starting a Workout

1. Ensure the safety key is properly attached to both the console and your clothing.
2. Step onto the treadmill belt.
3. Press the 'Quick Start' button on the touchscreen or LED console to begin.
4. Adjust speed and incline using the console controls or quick keys.

### Adjusting Speed and Incline

The treadmill offers a speed range of 1 to 10 mph and an incline range of 0% to 12%.




Image: Visual representation of the treadmill's incline capabilities (0% to 12%) and speed range (0-10 MPH).

- Use the '+' and '-' buttons on the console to incrementally adjust speed and incline.
- Utilize the quick keys for rapid changes to preset speed and incline levels.

### Workout Programs

Select from 25 pre-built workout programs to diversify your training.




Image: The treadmill's console displaying options for 25 built-in workout programs, including Quick Start, HRC, Intervals, and Fitness Tests.

- Programs include Quick Start, HRC (Heart Rate Control), Intervals, and various Fitness Tests.
- Navigate through the programs using the touchscreen interface.

### Advanced Technologies

Experience enhanced comfort and connectivity with the treadmill's integrated technologies.




Image: A person running on the treadmill, illustrating the effect of Cloud Cushion Technology for optimized shock absorption.

- **Cloud Cushion Technology:** Reduces impact on each stride, providing a softer feel and protecting your joints.
- **Natural Stride Technology:** Automatically adjusts to your speed for a more natural and fluid running experience.
- **Smartphone Mirroring:** Seamlessly mirror your smartphone to the 10-inch display for an immersive workout experience.




Image: A smartphone screen being wirelessly mirrored to the treadmill's 10-inch touchscreen display.

## Maintenance

Regular maintenance ensures the longevity and optimal performance of your Centr RUNR Treadmill.

- **Cleaning:** Wipe down the treadmill after each use with a damp cloth to remove sweat and dust. Avoid abrasive cleaners.
- **Self-Lubricating Belt:** The treadmill features a self-lubricating belt, minimizing the need for manual lubrication. Periodically check the belt for any signs of wear or damage.
- **Belt Tension and Alignment:** Refer to the detailed instructions in the full user manual for adjusting belt tension and alignment if necessary.
- **Power Cord Inspection:** Regularly inspect the power cord for any damage. If damaged, contact customer support.

## Troubleshooting

This section addresses common issues you might encounter with your treadmill. For more complex problems, please contact customer support.

| Problem | Possible Cause | Solution |
|---|---|---|
| Treadmill does not power on. | Power cord not plugged in; circuit breaker tripped. | Ensure power cord is securely plugged into a grounded outlet. Check household circuit breaker. |
| Running belt stops unexpectedly. | Safety key dislodged. | Ensure the safety key is properly inserted into the console. |
| Unusual noise during operation. | Loose components; belt friction. | Check for any loose screws or parts and tighten them. Ensure the belt is clean and free of debris. |
| Inaccurate heart rate reading. | Poor contact with sensors; external interference. | Ensure hands are firmly placed on the heart rate sensors. Avoid wearing jewelry that may interfere. |

## Specifications

| Feature | Detail |
|---|---|
| Brand | CENTR |
| Model Name | RUNR-S |
| Product Dimensions | 70"D x 37.6"W x 47.5"H |
| Folded Size | 59.3" x 44.1" x 41.4" |
| Item Weight | 194 Pounds |
| Maximum Weight Recommendation | 300 Pounds |
| Motor Horsepower | 3.0 HP |
| Maximum Speed | 10 Miles per Hour |
| Maximum Incline Percentage | 12% |
| Running Surface | 20’’ x 55’’ |
| Display Type | 10" Touchscreen & LED |
| Number of Programs | 25 |
| Special Features | Bluetooth, Auto Incline, Heart Rate Monitor, Cloud Cushion Technology, Natural Stride Technology, Smartphone Mirroring, Self-Lubricating Belt |
| Frame Material | Alloy Steel |
| Power Source | Corded Electric |

## Warranty and Support

### Warranty Information

The Centr RUNR Treadmill comes with a comprehensive warranty to ensure your peace of mind:

- **Motor and Frame:** Lifetime warranty
- **Parts:** Two-year warranty
- **Labor:** One-year warranty

Please retain your proof of purchase for warranty claims.

### Customer Support

For any questions, technical assistance, or warranty claims, please contact Centr customer support. You can find contact information on the official Centr website or through your retailer.
The manufacturer, Centr, is committed to providing excellent customer service and support for your product.

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### Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

**Name**

Anonymous

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**Question**

Example: How do I reset this device or fix this error?

**Details**

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question