

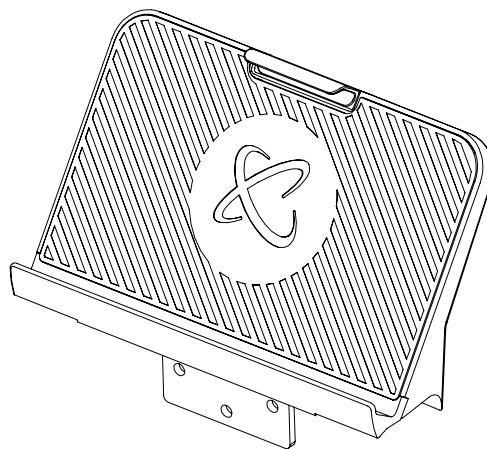


Model: T4TAB.1

USER MANUAL

CENTR INSPIRE SERIES T4 TABLET HOLDER

IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY



Record Serial Number Here

MADE IN CHINA
80332-V2025-01-15

WELCOME

Welcome to Centr and thanks for your purchase. We're happy to have you. Please inspect your product and contact us right away if anything is missing or damaged.

Your equipment also comes with access to Centr's digital membership, unlocking tools that will fuel your active lifestyle and well-being. The Centr wellness system aligns your movement, meals and mind with expert-led programs and advice made to work together to deliver you the best results and lifelong healthy habits. Get moving with limitless ways to fuel your routine and reach your goals!

NEED HELP? WE'RE HERE FOR YOU.

US CUSTOMERS

If you have questions or issues with your equipment, please contact our US Customer Service team. Support is provided in English and Spanish.



EMAIL

hello@centr.com



PHONE

877-738-1729 (US Only)

+1 714-738-1729 (Global)

Mon-Fri 8am-5pm PT - UTC-7h/8

Support is provided in English and Spanish

GLOBAL CUSTOMERS (OUTSIDE OF US)

If you have any questions or issues with your equipment, please contact the store where your purchase was made.

PRODUCT WARRANTY

To view full warranty details, or to register your product for warranty, visit **centr.com/support**

AUSTRALIA

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

Our goods and services come with guarantees that cannot be excluded under the Australian Consumer Law. For major failures with the service, you are entitled:

- to cancel your service contract with us; and
- to a refund for the unused portion, or to compensation for its reduced value.

You are also entitled to choose a refund or replacement for major failures with goods. If a failure with the goods or a service does not amount to a major failure, you are entitled to have the failure rectified in a reasonable time. If this is not done you are entitled to a refund for the goods and to cancel the contract for the service and obtain a refund of any unused portion. You are also entitled to be compensated for any other reasonably foreseeable loss or damage from a failure in the goods or service.

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IMPORTANT SAFETY NOTICE

SAVE THESE INSTRUCTIONS

This treadmill is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. Please note the following safety precautions:

WARNING

Before using this treadmill, all users must read, understand, and carefully follow all warnings, instructions, and procedures on the treadmill, specific model of CENTR INSPIRE SERIES User Manual, and in this User Manual.

DANGER

To reduce the risk of electric shock and the injury from moving parts, always unplug this treadmill from the electrical outlet immediately after using and before cleaning or attempting any maintenance activity.

CARE AND MAINTENANCE

- Inspect and tighten all parts before using the machine.
- The tablet holder can be cleaned using a damp cloth and mild non-abrasive detergent. **DO NOT use solvents .**

WARNING

BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. Centr, LLC. DOES NOT ASSUME ANY RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

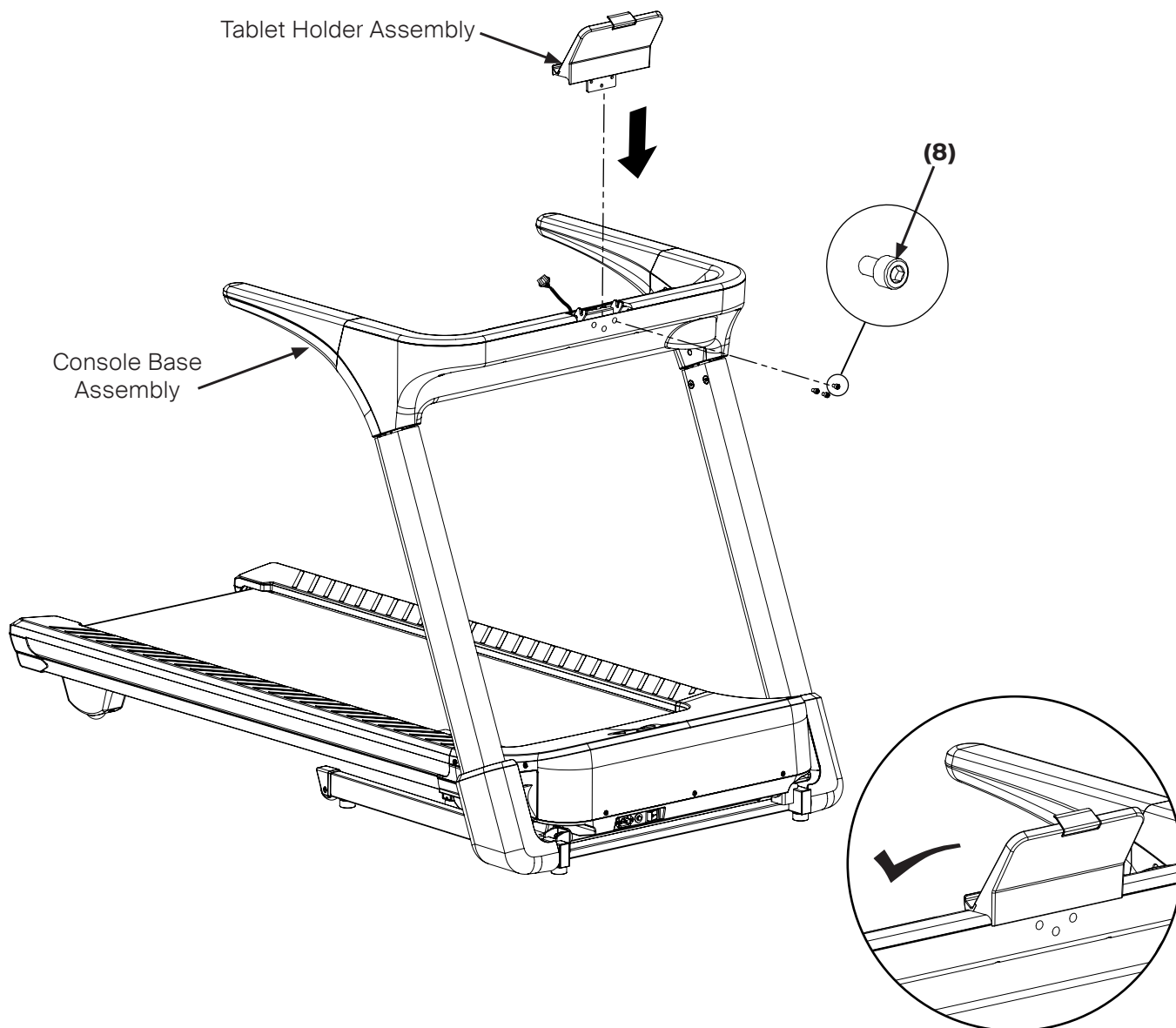
ASSEMBLY

(Continued from CENTR INSPIRE SERIES T4 & T4S User Manual)

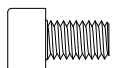
NOTE: Images may not match your machine exactly.

STEP A - Slide the **Tablet Holder Assembly** into the **Console Base Assembly**, and secure it with the indicated hardware.

NOTE: The Cable from the Console Base Assembly is not used, so push it fully into the Console Base Assembly. Be sure not to crimp or cut the Cable.



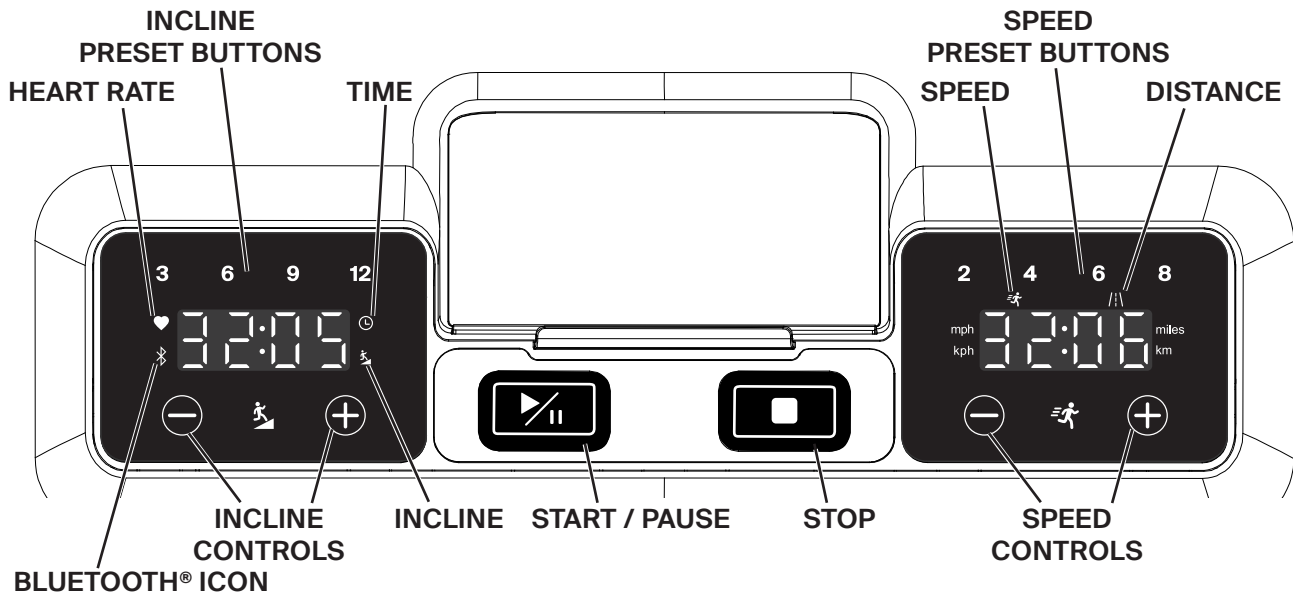
HARDWARE REQUIRED:



3X BOLT, M6X10 (8)

FEATURE OVERVIEW

CONSOLE KEYPAD



INCLINE: Shows the current Incline setting of the deck.

HEART RATE: Shows the current heart rate in beats per minute (bpm) for the wearer of a connected Bluetooth® Heart Rate device. The Heart Rate value and icon is blank if a Heart Rate device is not detected.

TIME: Shows the time for the workout. The displayed value will count down if Time was a goal.

BLUETOOTH® ICON: The Bluetooth® icon is displayed when a device is connected to the treadmill.

INCLINE AND SPEED CONTROLS: Use the Incline and Speed Controls to change the incline and speed during a workout.

INCLINE ADJUSTMENT: Press 3, 6, 9, or 12 INCLINE preset button to directly move to that INCLINE running grade. Use the Incline Control to adjust the INCLINE between 0 and 12. Push and hold down the Incline + or - buttons for 0.5 seconds to quickly change the INCLINE.

SPEED ADJUSTMENT: Press 2, 4, 6, or 8 SPEED preset button to directly move to that SPEED. Use the Speed Control to adjust the SPEED between 1 mph/ 1.6 kph and 10 mph/ 16 kph. Push and hold down the Speed + or - position for 0.5 seconds to quickly change the SPEED.

The default speed and distance units are mph / miles, but can be set to kph / km. To change the setting between Imperial to metric, the treadmill must be in idle mode. Then, simultaneously press and hold the INCLINE (9) preset button and the SPEED (6) preset button for 3 seconds until the treadmill beeps once. The console will display the current units on the Speed Display.

SPEED: Shows the current Speed level of the belt.

DISTANCE: Shows the Distance (km or mi) of the workout.

The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc., and any use of such marks by Centr, LLC, is under license. Other trademarks and trade names are those of their respective owners.

START / PAUSE: Push this button to start a workout. The console will do a 4 second countdown and then the belt will begin to move. During a workout, push START / PAUSE to pause your workout. When paused, the belt will stop and incline will lower to 0. From a Paused workout, push to exit Pause mode and resume your workout. Speed and incline will gradually return to the levels when the workout was paused.

NOTE: If a workout is paused for over 5 minutes, the workout is ended and the workout results are displayed.

STOP: During a workout, push STOP to end your workout. The belt will stop, the incline will lower to 0, and the workout results will be displayed.

CONSOLE MODES

INITIAL POWER ON: After the On/Off power switch is turned on, all segments and icons on the Console will light up for 2 seconds, then it will enter IDLE mode.

IDLE (STANDBY): Speed and incline will both be set to 0. If after 20 minutes of no activity, the treadmill will enter LOW POWER CONSUMPTION mode, and all console lights will turn off.

LOW POWER CONSUMPTION: The treadmill will enter LOW POWER CONSUMPTION mode after 20 minutes of no activity. This mode is to save power when not using the treadmill. During LOW POWER CONSUMPTION mode, a maximum of 0.46 Watts is used by the treadmill. Push the STOP button on the Console Keypad to exit LOW POWER CONSUMPTION mode and shift to IDLE mode.

RUNNING: When in IDLE mode, push the START / PAUSE button to begin a workout. The console will do a 4 second countdown and then the belt will begin to move at the minimum SPEED of 1.0 mph/ 1.6 kph. Push the STOP button to pause the workout and enter PAUSE mode.

NOTE: After 1 minute, if the belt is moving and the motor does not detect a user on the belt, it will automatically exit RUNNING mode and enter IDLE mode.

PAUSE: In PAUSE mode, speed and incline are reduced to 0. Push the START / PAUSE button to resume the workout, and STOP to end the workout and enter IDLE mode.

WORKOUT RESULTS

When a workout is ended, the belt will stop and the incline will lower to 0.

The console will display the total workout values for Time and Distance. The Workout Results will be displayed for 5 minutes or until the STOP button is pushed.

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