

Jog Forma Software

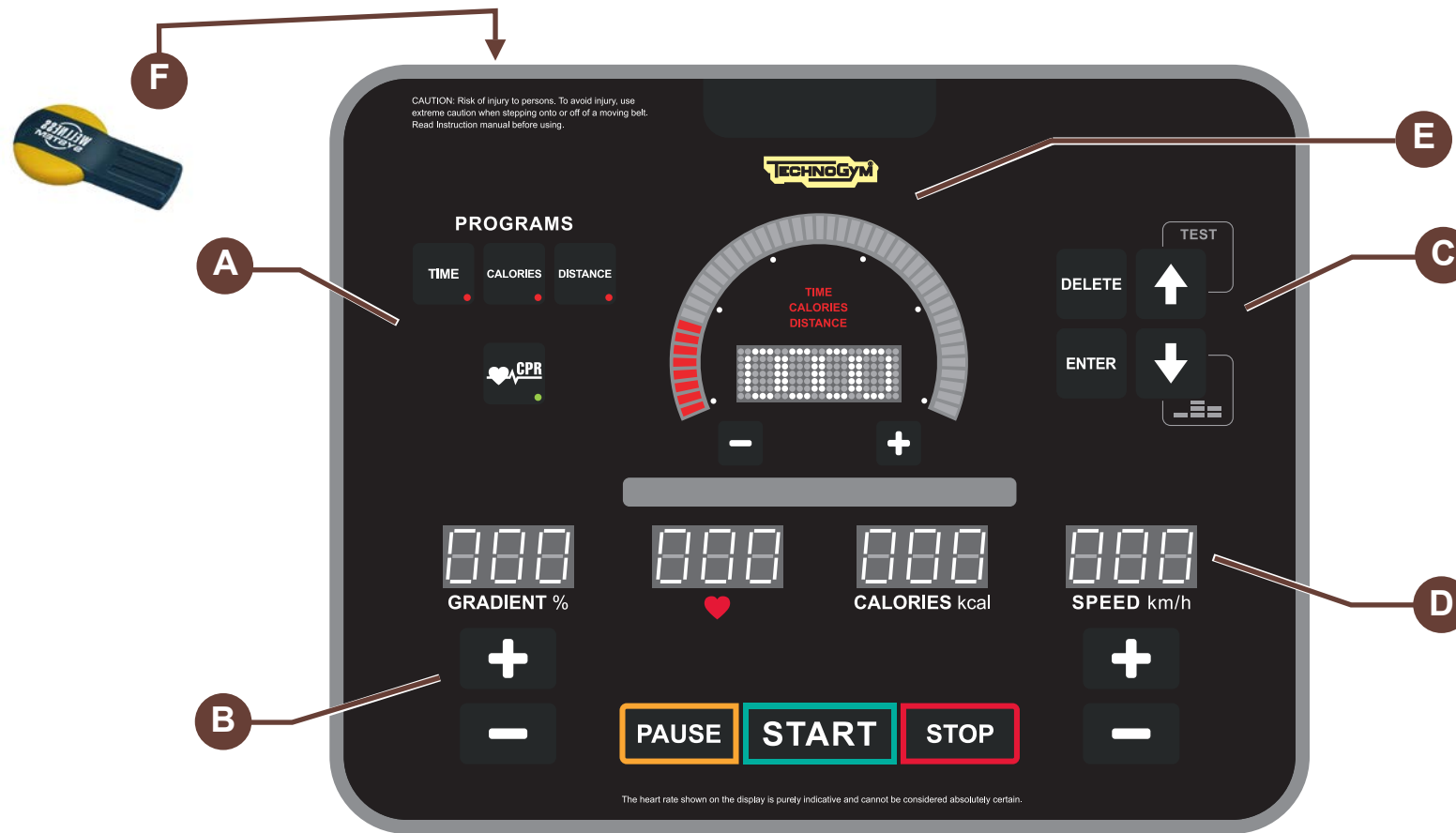
User manual



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1 Description of the control panel



- A - Function keys for workout selection. If the corresponding LED lights up, this key is active or the corresponding exercise is in progress.
- B - Manual control keys
- C - Workout setting keys
- D - Numerical displays
- E - Goal arc and dial
- F - TGS key reader, for the TGS key (optional).

Note:
Depending on the country of destination, the equipment will display:
CHR™ (Constant Heart Rate), Smartkey™, mi and mph;
CPR (Constant Pulse Rate), TGS Key™, km and km/h.

1.1 Function keys



starts a workout with a preset time, i.e. selecting time as a goal in CPR workouts and profiles.



starts a workout with a preset calorie consumption, i.e. selecting calorie consumption as a goal in CPR workouts and profiles.



starts a workout with a preset running distance, i.e. selecting distance as a goal in CPR workouts and profiles.



for starting a constant heart rate workout, in which the treadmill speed and gradient are automatically adjusted to keep the heart rate constant. The workout duration depends on one of the three goals: time, distance or calories.

1.2 Manual control keys

GRADIENT



increases the gradient. The value increases by 0.5% every time the key is pressed.

For constant heart rate exercises, this key increases the target heart rate by 1 unit each time it is pressed (if the keys are enabled in this way: see section *Configuration menu*).



decreases the gradient. The value decreases by 0.5% every time the key is pressed.

For constant heart rate exercises, this key decreases the target heart rate by 1 unit each time it is pressed (if the keys are enabled in this way: see section *Configuration menu*).

SPEED



increases the speed during workout. The value increases by 0.1 km/h every time the key is pressed, or faster if the key is kept pressed.

For constant heart rate exercises, this key increases the target heart rate by 1 unit each time it is pressed (if the keys are enabled in this way: see section *Configuration menu*).



decreases the speed during workout. The value decreases by 0.1 km/h every time the key is pressed, or faster if the key is kept pressed.

For constant heart rate exercises, this key decreases the target heart rate by 1 unit each time it is pressed (if the keys are enabled in this way: see section *Configuration menu*).

PAUSE

Stops the exercise for a short pause.

During the pause, all the control panel settings are blocked and the only keys enabled are the START (restart) and STOP (end) keys.

START

Starts an exercise or restarts it after a pause.

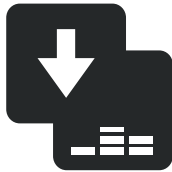
STOP

For ending each exercise and cooling down, and for canceling workout programming.

1.3 Workout setting keys



Increases the suggested value in the message when setting the workouts; during standby it starts the fitness test.



Decreases the suggested value in the message when setting the workouts; in the 700 version, during standby it starts the predefined profiles workout.

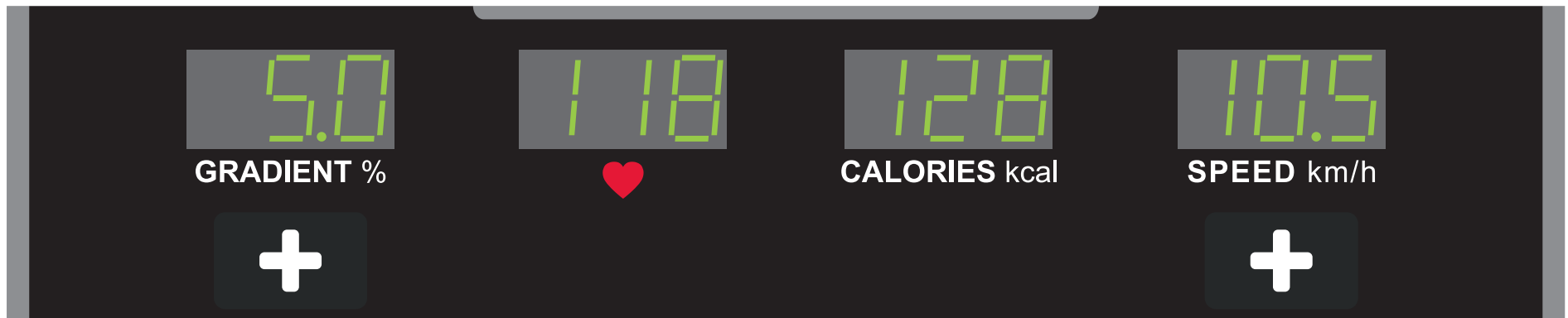


Confirms the entered value and proceeds.



During the setting of the workouts to go back to the previous message.

1.4 Numerical displays



You can read the numerical values of the current exercise on the numerical displays:

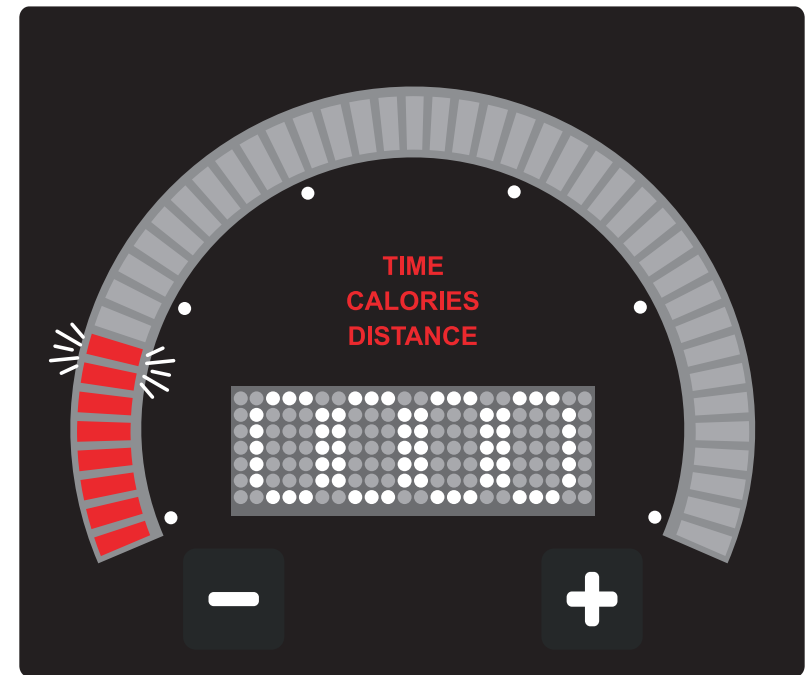
- gradient, expressed in percentage.
- heart rate, expressed in number of beats per minute.
- calories burned.
- speed, expressed in kilometres per hour.

1.5 The goal arc and dial

The arc of LEDs lights up from left to right in time with the workout, until the set goal is reached. The LED corresponding to the current time/distance/calories portion blinks.

The type of goal selected is lit up in the arc during the exercise. In the dial, the display of the numerical value for the selected goal, which proceeds incrementally, alternates with that of all the messages.

If a message is scrolling with a prompt to attribute data, these keys are used to increase or decrease the suggested value, and are used during the exercise to increase or decrease the selected goal value. Depending on the type of goal, the value increases or decreases in steps of 1 minute, 0.1 km or 10 calories each time the key is pressed.



2 Quick start

Workouts started with START are on a time increment basis; the gradient level is 0, the speed is 0.4 km/h and the age and weight values are preset.

Press the key START in stand by; the equipment gives a beep and the treadmill starts.

The time is shown in the goal dial and arc as it increases; the LED for the current minute blinks in the arc.

Press the GOAL keys to select the value to display in the dial during the exercise, time or distance; the selected value will remain displayed, whilst the other one alternates briefly every 60”.

The speed and gradient edit keys and the keys PAUSE and STOP are enabled.

At the end of the exercise the speed and gradient decrease for the cool down.

3 Cool down

At the end of each workout there is cooling down stage, at half the speed and gradient of the exercise just completed. For workouts lasting less than a minute, on the other hand, at the end of the exercise the equipment goes straight into standby.

During the cool down only the key STOP is enabled, for going into stand by, and the keys to modify speed and gradient.

The goal is all off; the exercise results are displayed in the goal dial:

TIME = 3'50"

DISTANCE = 3.05 KM

average H.R. = 120 bpm

- if the heart rate monitor has been used for at least 3 minutes during the exercise.

P.I. = 10

- if the heart rate monitor has been used for at least 3 minutes during the exercise.

average speed = 12.5 km/h

average gradient = 10.0%

During the cool down, the TGS key can be inserted in the reader to save the results of the exercise just ended.

insert the TGS key

4 Workouts with goals: Time, Calories, Distance

Press the goal keys in standby to select an exercise, in which the only parameter to set before starting is the total duration, in terms of time, calories to be burned or distance to cover.

Press the key for the selected goal:



time = min. 15

calories = 300

distance = km 20.5

Select the goal value with the two arrows used for setting the workouts or with the two goal value edit keys, then press ENTER to confirm and proceed.

press START to start

Press the START key to start; the equipment emits a beep and the treadmill starts at gradient 0 and speed 0.4 km/h.

The age and weight values are set initially and then the body weight will be requested for the exact calculation of the calories burned.

weight = kg 70

Select the goal value with the two arrows used for setting the workouts or select the weight with the keys used for editing the goal value, then press ENTER to confirm and proceed.

If no data are entered, the calorie consumption will be calculated on the basis of a default body weight.

During the exercise the goal arc lights up proportionally from left to right until the entire set goal value has expired; the goal's numerical value is shown in the goal dial as it increases and alternates with the display of the information on the unselected goal: i.e. how long ago the exercise started, and what distance has been covered.

TIME = 3'50"

DISTANCE = 3.05 KM

The following keys are enabled:

- the speed and gradient edit keys
- the STOP and PAUSE keys
- the goal value edit keys
- the goal keys, for changing the type of goal

At the end of the exercise the speed and gradient decrease for the cool down.

5 Constant heart rate workout (CPR)

A constant heart rate workout is very important in situations where certain heart rate levels have to be kept to. In constant heart rate workouts, the exercise effort level is automatically adjusted to take the heart rate to the preselected level and keep it constant throughout the entire exercise.

The chest band must be worn for this workout.

Press the  key in standby.

```
select goal
```

Press the key for the selected goal.

```
time = min. 30
```

```
calories = 320
```

```
distance = km 20.5
```

Select the goal value with the two arrows used for setting the workouts or with the two goal value edit keys, then press ENTER to confirm and proceed.

```
age = 30
```

Select the age with the two arrows used for setting the workouts or the goal value edit keys, then press ENTER to confirm and proceed.

```
press 1 to walk, 2 to run = 2
```

Using the two workout setting arrows or the goal value edit keys, select 1 for a low speed, to walk, or 2 for running mode. Then press ENTER to confirm and proceed.

constant H.R. = 130

Using the two workout setting arrows or the goal value edit keys, select the heart rate you want to maintain constantly throughout the exercise, then press ENTER to confirm and proceed.

press START to start

Press the START key to start; the equipment beeps and the treadmill starts.

30 seconds after the start of the exercise, the body weight will be requested for the exact calculation of the calories.

weight = kg 70

Select the goal value with the two arrows used for setting the workouts or select the weight with the keys used for editing the goal value, then press ENTER to confirm and proceed.

If no data are entered, the calorie consumption will be calculated on the basis of a default body weight.

During the exercise the goal arc lights up proportionally from left to right until the entire set goal value has expired; the goal's numerical value is shown in the goal dial as it increases and alternates with the display of the information on the unselected goal: i.e. how long ago the exercise started and what distance has been covered.

TIME = 3'50"

DISTANCE = 3.05 KM

The following keys are enabled:

- the speed and gradient keys, for editing the set heart rate
- the STOP and PAUSE keys
- the goal value edit keys

If, during the exercise, there is no heart rate signal for 100 consecutive seconds, the CPR exercise becomes a goal exercise, keeping the same goal (i.e. time, calories or distance).

At the end of the exercise the speed and gradient decrease for the cool down.

6 The fitness test

The fitness test is a sub-maximal test, suitable for quite unfit or moderately fit users.

You need to wear the chest band to perform the test.

Press the  key in standby.

After the heart rate has been detected, the age, body weight and gender are requested for setting the test and calculating the results.

```
age = 30
```

Select the age with the two arrows used for setting the workouts or the goal value edit keys, then press ENTER to confirm and proceed.

```
weight = kg 70
```

Select the goal value with the two arrows used for setting the workouts or select the weight with the keys used for editing the goal value, then press ENTER to confirm and proceed.

```
gender (M=1 / F=2) = 1
```

Using the two workout setting arrows or the goal value edit keys, select 1 for male gender, or 2 for female gender. Then press ENTER to confirm and proceed.

```
press START to start
```

Press the START key to start; the equipment beeps and the treadmill starts.

The fitness test is in three stages:

- 1) a 90 second warm-up stage with gradient 0% and speed 3.5 km/h;
- 2) a test stage of about 3 minutes at constant heart rate, with initial speed of 3.5 km/h and initial gradient of 4.5% (step 1);
- 3) a subsequent test stage of about 4 minutes, in constant heart rate mode at 75% of the maximum theoretical H.R. (step 2).

During the test the time is shown in the goal dial as it increases, and alternates with the display of the subsequent messages.

next H.R. = 160

While you are reaching the heart rate required for each step the goal arc stays switched off.

STEP 1: H.R. = 160

On reaching the set heart rate, the goal arc lights up from left to right until all the step time expires.

Only the STOP key is enabled, for cancelling the test. The test cannot be interrupted for a pause.

When the STOP key is pressed, or if there is no heart rate signal for 100 consecutive seconds, the test is cancelled, then it ends without giving any result.

At the end of the test the speed and gradient decrease for the cool down, during which the results are scrolled:

max. H.R. = 180

absolute max $\dot{V}O_2$ = 40.03

relative max $\dot{V}O_2$ = 5.0

mets = 15.0


level = 10


7 Profile workout

The predefined profiles are variable workouts defined on the basis of one of three goals: time, distance or calorie consumption. The goal value is set in the programming stage and can be changed during the exercise with the corresponding keys.

Profile workouts are set at the effort level specified by the user, calculated with the fitness test; you are advised, therefore, to do the fitness test first.

The heart rate monitor is not needed for profile workouts.

When the arrow  is pressed, the goal dial will show the profile 1.

To scroll the 6 profiles, press the  key.

Press ENTER to confirm the selection of the displayed profile.

After having selected one of the profiles, select the goal and give the goal value:

```
select goal
```

Press the key for the selected goal.

```
time = min. 30
```

```
calories = 320
```

```
distance = km 20.5
```

Select the goal value with the two arrows used for setting the workouts or with the two goal value edit keys, then press ENTER to confirm and proceed.

level (1-12) = 10

With the two arrows used for setting the workouts or with the two goal value edit keys select the effort level (based on the test result), then press ENTER to confirm and proceed.



Danger

You are advised not to do the exercise at a higher effort level than that indicated by the level test.

Always check that the heart rate is not greater than 90% of the maximum rate (for the calculation see section *Monitoring the heart rate* in the equipment part).

press START to start

Press the START key to start; the equipment beeps and the treadmill starts.

30 seconds after the start of the exercise, the body weight will be requested for the exact calculation of the calories.

weight = kg 70

Select the goal value with the two arrows used for setting the workouts or select the weight with the keys used for editing the goal value, then press ENTER to confirm and proceed.

If no data are entered, the calorie consumption will be calculated on the basis of a default body weight.

During the exercise the goal arc lights up proportionally from left to right until the entire set goal value has expired; the goal's numerical value is shown in the goal dial as it increases and alternates with the display of the information on the unselected goal: i.e. how long ago the exercise started and what distance has been covered.

TIME = 3'50"

DISTANCE = 3.85 KM

When the step is changed, the whole profile is displayed in the goal dial and the new step flashes for a few seconds.

The following keys are enabled:

- the STOP and PAUSE keys
- the speed and gradient edit keys
- the goal value edit keys

At the end of the exercise the speed and gradient decrease for the cool down.

8 Workouts with the TGS key

The TGS key does away with the need to enter your personal data and workout parameters each time you exercise, as all this information is saved in its memory. To start the exercise just slip the TGS key into its reader slot; the display shows the user name, followed by the type of exercise specified in the workout program.



EXERCISE GOAL: 30.00 KM

speed 5.0 km/h, gradient 3.0%

For example if a single-step GOAL exercise is specified, the goal value (a distance of 30 km) is given, together with the speed (5.0 km/h) and gradient (3.0%) parameters.

CPR EXERCISE IN CALORIES

STEP 1: 60 calories, H.R. = 135

If a multiple-step CPR exercise is specified, the type of goal (calories) is given and then, at the start of each step, the goal (60 calories) and target heart rate (135 beats per minute) values.

After the first message, a beep sounds to signal that you can start the workout and the equipment behaves exactly as if the exercise had been set on the control panel.

At the end of the exercise, either a message appears saying that that was the last of the set of exercises stored on the TGS key, or another exercise follows.

end of workout

next equipment: BIKE FORMA

At any time, however, it will be possible to perform an exercise and save its results on the TGS key, even if this exercise was not included in the workout program (unless the use of the TGS is disabled: see the *Configuration menu* section).

- after inserting the TGS key into the reader, select the exercise with the control panel keys;
- either this, or select the exercise with the control panel keys and then insert the TGS key into the reader during the workout or cool down.

9 Performance index

The performance index (PI) was invented by Technogym to give a concise and easily comparable assessment of performance in a workout.

To have your performance index shown on the display with the other results at the end of the exercise, in any kind of workout, simply use the heart rate monitor for at least 3 minutes.



P.I. = 10

The index is based on a rating scale ranging from 0 to 99. The higher the rating, the greater your aerobic capacity.

If your performance index increases, this means that you are exercising more intensely without increasing your heart rate.

The criteria used to calculate the performance index makes it possible to compare tests taken by people of different ages. In any event, you are advised to compare the results of different tests taken by the same person, or different people, working out at the same intensity for the same time.

PI value	Rating
under 10	Improvable
from 11 to 20	Fair
from 21 to 30	Very good
from 31 to 40	Excellent
over 40	Superb

10 Configuration menu

To customise the software configuration, when in standby press the workout setting keys simultaneously



Select the password 2406 with the two arrows used for setting the workouts or the two goal value edit keys and confirm with ENTER. If the password entered is not correct, the software will go back to standby directly.

The configuration menu messages are in two parts:

- the first part gives the name of the parameter;
- the second part gives the options of the individual parameter.

Press the  speed key to go to the next message; to go back to the previous message press the  speed key.

To scroll the options of the individual parameter press the  or the  goal keys, or else use the two workout setting keys  and .

To select one of the options and proceed, press ENTER when the chosen option is displayed in the goal dial.

Press the DELETE key to go back to standby. Whenever DELETE is pressed, in whatever message, all the changes made up to that time will be saved. You cannot exit without saving. If you make a mistake, you can reset the initial Technogym values with *default config*. (see below).

The following parameters can be edited, in the order given below:

LANGUAGE: UK

Selects the language for the messages.

DISTANCE: KM

Selects the unit of measurement, either kilometres and kilograms (KM); or miles and pounds (MLS).

MAX TIME: 0000

Sets a maximum time for all the exercises.

Press ENTER to select the setting value; another edit menu appears with the set value shown on the goal dial. Press the right arrows to edit the numbers; press the goal keys to move the cursor and select the number to be edited. Press ENTER to confirm the selected value; press and hold DELETE to go back to the main configuration menu without changing the max duration
to go back to the main configuration menu without changing the max duration.

PAUSE TIME: 120

Set the pause time, after which the equipment goes back to standby.

Press ENTER to select the setting value; another edit menu appears with the set value shown on the goal dial. Press the right arrows to edit the numbers; press the goal keys to move the cursor and select the number to be edited. Press ENTER to confirm the selected value; press and hold DELETE to go back to the main configuration menu without changing the pause duration.

COOLDOWN TIME: 60

To set the cool down time, from 5 to 180 seconds. Whatever duration has been set, the results of the workout scroll completely.

Press ENTER to modify the setting value; the next edit menu will be accessed with the set value displayed in the goal box. Press the right arrows to edit the numbers; press the goal keys to move the cursor and select the number to be edited. Press ENTER to confirm the selected value; press and hold DELETE to go back to the main configuration menu without saving any changes.

DEFAULT AGE: 30

To change the age value that appears each time in the “enter age” messages when setting a workout; then the user will use the arrows to move from the value set here and select his own age.

Press ENTER to modify the setting value; the next edit menu will be accessed with the set value displayed in the goal box. Press the right arrows to edit the

numbers; press the goal keys to move the cursor and select the number to be edited. Press ENTER to confirm the selected value; press and hold DELETE to go back to the main configuration menu without saving any changes.

DEFAULT WEIGHT: KG 70

To change the weight value that appears each time in the “enter weight” messages when setting a workout; then the user will use the arrows to move from the value set here and select his own weight.

Press ENTER to modify the setting value; the next edit menu will be accessed with the set value displayed in the goal box. Press the right arrows to edit the numbers; press the goal keys to move the cursor and select the number to be edited. Press ENTER to confirm the selected value; press and hold DELETE to go back to the main configuration menu without saving any changes.

DEFAULT TIME: MIN. 15

To change the duration value that appears each time in the “enter time” messages when setting a workout; then the user will use the arrows to move from the value set here and select the duration.

Press ENTER to modify the setting value; the next edit menu will be accessed with the set value displayed in the goal box. Press the right arrows to edit the numbers; press the goal keys to move the cursor and select the number to be edited. Press ENTER to confirm the selected value; press and hold DELETE to go back to the main configuration menu without saving any changes.

DEFAULT CALORIES: 300

To change the specific calories value that appears each time in the “enter calories” messages when setting a workout; then the user will use the arrows to move from the value set here and select the specific calories.

Press ENTER to modify the setting value; the next edit menu will be accessed with the set value displayed in the goal box. Press the right arrows to edit the numbers; press the goal keys to move the cursor and select the number to be edited. Press ENTER to confirm the selected value; press and hold DELETE to go back to the main configuration menu without saving any changes.

DEFAULT DISTANCE: KM 10.00

To change the desired distance value that appears each time in the “enter distance” messages when setting a workout; then the user will use the arrows to move from the value set here and select the desired distance.

Press ENTER to modify the setting value; the next edit menu will be accessed with the set value displayed in the goal box. Press the right arrows to edit the numbers; press the goal keys to move the cursor and select the number to be edited. Press ENTER to confirm the selected value; press and hold DELETE to go back to the main configuration menu without saving any changes.

HR: MODIFIABLE

To enable the gradient and speed keys to change the heart rate that has to be kept constant in CPR mode exercises. If you select the non-modifiable option, it will not be possible to change the set heart rate in any way.

TGS: ENABLED

To enable the equipment to be used with the TGS key. If the TGS is *disabled*, the equipment can be used only with the control panel.

KEYS: ENABLED

To enable the equipment to be used with the function key. If the function keys are *disabled*, the equipment can be used only with the TGS key.

UP/DOWN: ENABLED

To enable or disable the treadmill gradient.

DEFAULT CONFIG.

Resets all the initial settings that were on the equipment when it was first purchased.

USER PRESENT: 5

To set the speed (in the example 5.0 km/h) at which the “user present” function activates. To deactivate the function, enter a value of between **0** and **3**. If the function is active, at the set speed a check is made to determine whether there is a user in the treadmill; if no user is detected within one minute, the equipment stops and the exercise ends. The function does not activate, however, if the weight of the user entered during the exercise setting phase is less than 50 kg.

11 Other control panel messages

equipment blocked.

In case of trouble it is necessary to contact the Technogym Technical Support Service.

EMERGENCY ERROR

The emergency button is not working: contact the Technogym Technical Support Service.

60 minutes max

If, when programming an exercise, a maximum time is set that is greater than the maximum time in the configuration menu (see previous section), a message prompts the user to decrease the setting. May appear when setting the time in goal and CPR exercises.

MAXIMUM TIME EXPIRED

In exercises with calorie consumption or distance goals, or in any exercises with no preset time, if the maximum time setting in the configuration menu is reached (see previous section), the exercise stops and the cool down starts. May appear in goal and CPR calorie and distance exercises and START exercise.

wear the chest band

In exercises in constant heart rate mode and in tests, this message prompts the user to wear the chest band. Scrolls both while setting the exercise and during the workout, if there is no heart rate signal from the chest band.

H.R. NOT DETECTED

Scrolls during exercises in constant heart rate mode if there is no heart rate signal from the chest band for 100 consecutive seconds. The exercise becomes a goal type exercise, keeping the same goal.

HIGH HEART RATE

Scrolls during exercises performed with the heart rate monitor, if the heart rate reading exceeds 90% of the theoretical maximum value.

press a key

If the emergency stop has been triggered, the equipment stops immediately and remains blocked until any key is pressed; then, after a few seconds that a key has been pressed, the equipment returns in stand by.

user not detected: the exercise is interrupted

If no user is detected within one minute, the equipment stops and the exercise is interrupted. If the TGS key is inserted, the completed exercise is stored in the memory.

If the treadmill stops and this message appears despite the presence of the user, change the “user present” function activation speed as described in the previous section.

TGS key empty

Signals that there are no workout programs on the TGS key.

equipment not included in the TGS key

Scrolls if the workout program refers to equipment other than that stored on the TGS key. The exercise can still be performed, however, and the results saved on the TGS key, making the selection with the keys on the control panel.