



Core Health & Fitness

10-TRx FREERUNNER

ASSEMBLY MANUAL



WARNING!



Before using this product, it is essential to read the ENTIRE Owner's Manual and ALL installation instructions. The Owner's Manual describes equipment setup and instructs members on how to use correctly and safely.

Read all warnings posted on the machine.

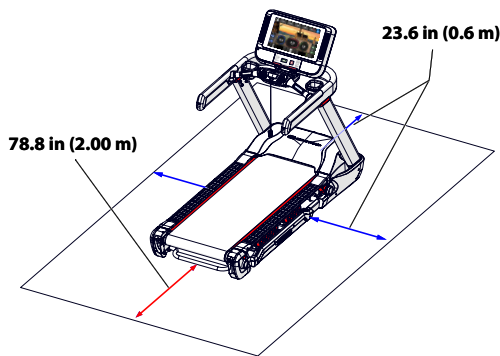


Health related injuries may result from incorrect or excessive use of exercise equipment. STAR TRAC strongly recommends you to encourage your members to discuss their health program or fitness regimen with a health care professional, especially if you or they have not exercised for several years, are over 35, or have known health conditions.

WARNING: Electrical Hazard

1. To reduce the risk of electrical shock, fire, or injury to persons, the installer must ensure that the treadmill is connected to a dedicated power line having an outlet with the same configuration as that of the plug:

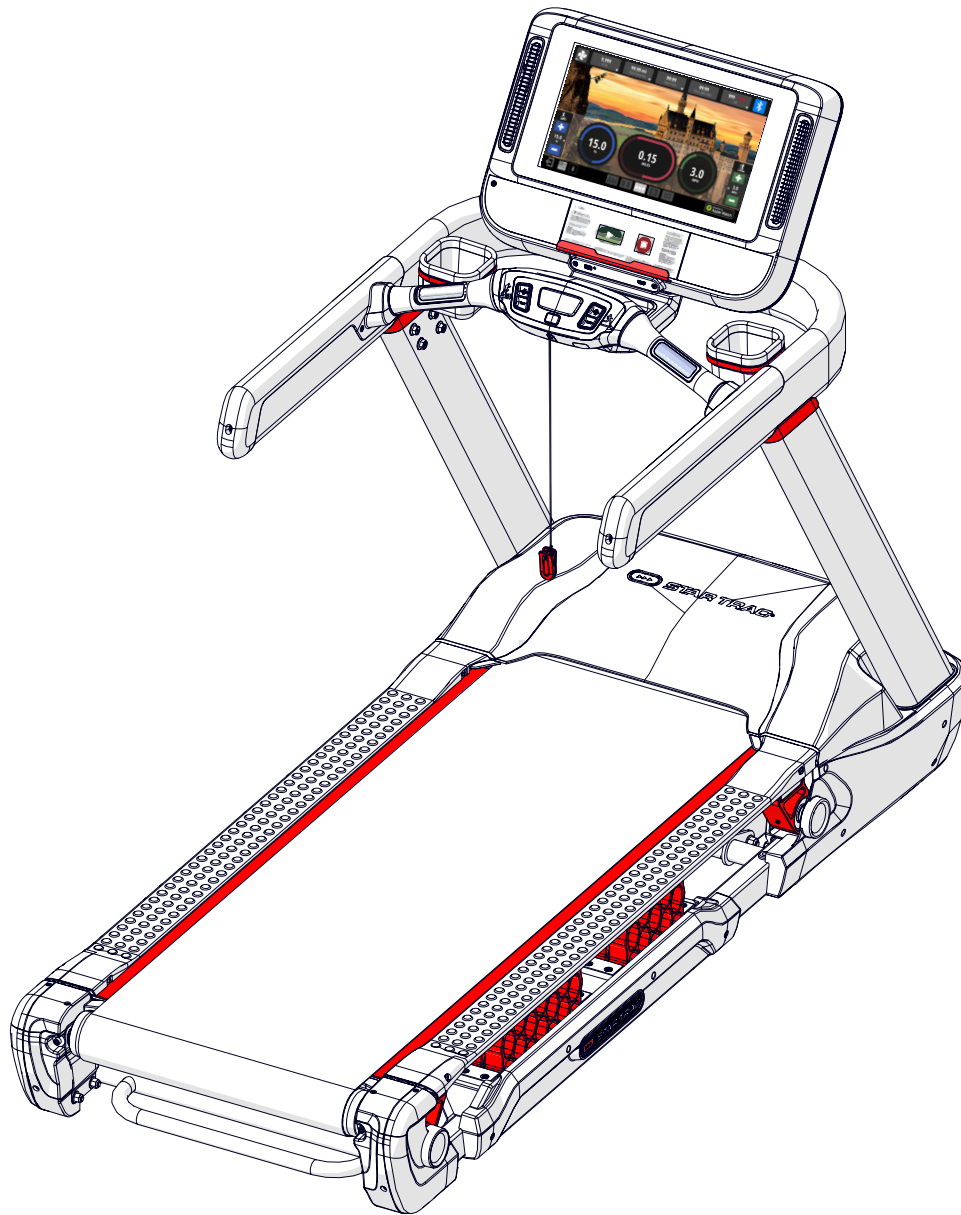
- 20A for 110V models
- 15A for the 230V models



Required Clearance

2. Assemble and operate the machine on a solid level surface. Position the machine with a minimum of 39.4 inches (1.0 meters) of clearance on each side to allow for ease of mounting and dismounting. Allow for 78.8 inches (2.00 meters) of clearance behind the machine. These dimensions are the recommended minimum distances. The actual area for access and passage is the responsibility of the facility and should take into account this training envelope and any other national or local codes or regulations.

3. Lock your treadmill when not in use. Use the Lockout EN option in MAINTENANCE MODE to enable or disable treadmill lockout. When the treadmill is locked, the display shows the message "TREADMILL LOCKED, ENTER ID TO UNLOCK". The user must press "0", enter the 3-digit ID number (default=999), then press ENTER to unlock the treadmill. The treadmill will then operate as normal (NOTE: The treadmill will lock back up if it is idle for 30 seconds).
4. Familiarize yourself with the location of the STOP buttons on the console. If you experience difficulties during the workout, pushing the STOP button will bring the machine to a stop.
5. Do not exceed the maximum allowable weight limit of 500 lbs. / 226 kg.
6. Use care when getting on or off the machine. Always use the handrails. Do not step off of the machine while it is moving. Press the STOP button and wait for the machine to come to a complete stop before dismounting.
7. Caution: unit is heavy and requires two people for assembly.
8. After assembly, a complete visual inspection, and test of the features and functions of the assembled treadmill must be made prior to use.
9. For complete instructions refer to the owner's manual.



9-9271 110V
9-9274 220V CE/UL/FCC/CSA

10-TRx Treadmill

Overall Weight	Width	Length	Height	Belt Width	Max User Weight
494 lbs (224 kg)	35 in (90 cm)	89 in (226 cm)	57.3 in (146 cm)	21.5 in (55 cm)	0-500 lbs (0-226 kg)

SKU	Description
715-4254-XX	ASSY, HANDRAIL, W/HB, DECK, FLEX, TREADMILL
020-7911	BEAUTY RING, HANDRAILS, 150X50
020-7854-XX	RAIL, UPRIGHT, FLEXDECK, RIGHT
020-7853-XX	RAIL, UPRIGHT, FLEXDECK, LEFT
110-4055	SCREW, M10x1.5, 20mm, HHC, HE, AS, NKL, FL, Gr-10.9
140-3683	GROMMET, RT, HANDRAIL, DECK, FLEX, TREADMILL
140-3684	GROMMET, LT, HANDRAIL, DECK, FLEX, TREADMILL
715-4257-XX	SHROUD, MOTOR, DECK, FLEX, TREADMILL
110-3561	SCREW, M5x0.8, 16mm, PHM, PH, SS, BO
715-4268-XX	SHROUD, RT, FRONT, DECK, FLEX, TREADMILL
715-4267-XX	SHROUD, LT, FRONT, DECK, FLEX, TREADMILL
020-7460-XX	KIT, LCD DISPLAY, 8TR, QK KEYS
110-3402	SCREW, #8-18, 3/4", HI-LOW, PHT, PH, CS, BO
120-3307	WASHER, M4, 4.3mm I.D. X 12mm O.D., ISO 7089
020-7821-XX	PLASTICS, DISPLAY, TUBE COLLAR, GEN 2

Required Tools:

- Ratchet Wrench
- 15mm Socket
- 19mm Socket
- Torque Wrench
- #2 Phillips Screwdriver
- Rubber Mallet
- Caliper or Ruler
- 9/16" Open-ended Wrench
- 3/4" Open-ended Wrench

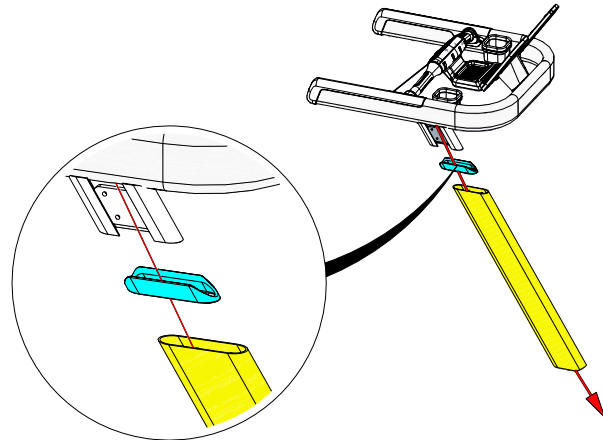


CAUTION: This product requires two people to assemble.

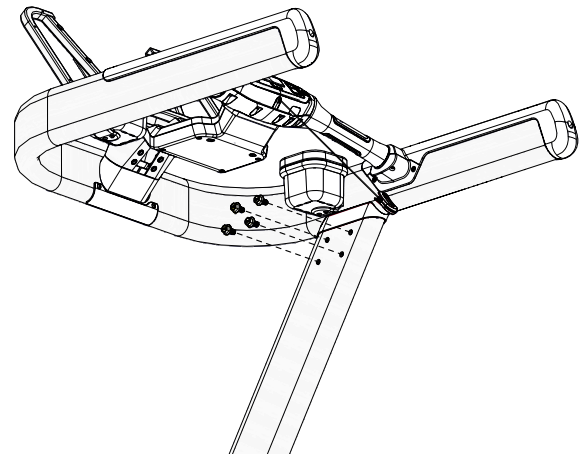
IF INSTALLING PVS - PLEASE REFER TO PVS INSTALL INSTRUCTIONS FOR ROUTING THE COAX CABLE BEFORE CONTINUING WITH UNIT BASE ASSEMBLY.

10. Unpack all parts and inspect for damage.
11. Route the wires through the beauty ring (020-7911) (**BE CAREFUL OF ORIENTATION**) and down through the right side upright handrail (020-7854-XX).

NOTE: The holes in the upright handrail need to face inward toward the running belt.

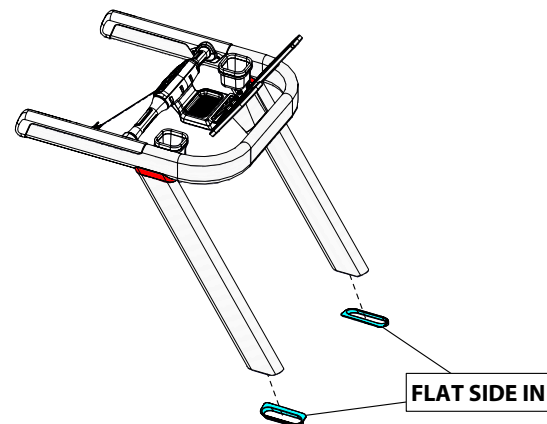


12. Install the upright handrail into the handrail assembly (715-4254-XX) and use a ratchet wrench with a 15mm socket to secure using four (4) pieces of the M10 x 20mm hex head screw - **DO NOT FULLY TIGHTEN**
13. Tap the bottom of the upright handrail to ensure it is fully seated up against the handrail assembly, then use a torque wrench coupled with a 15mm to finish tightening the screws - **TORQUE TO 35 lb-ft / 47.45 Nm**
14. Repeat Steps 2-4 for the left side beauty ring (020-7911) and upright handrail (020-7853-XX). No wires will need to be routed through the left side.

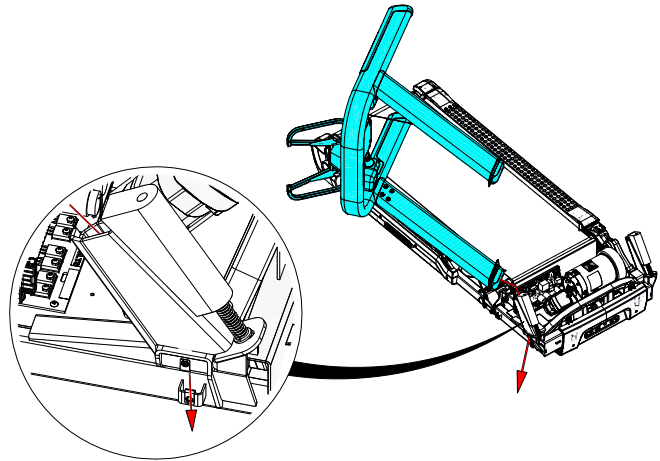


15. Slide the right side handrail grommet (140-3683) onto the right side upright handrail and slide the left side handrail grommet (140-3684) onto the left side upright handrail. Ensure both grommets are moved up to the middle of the handrails.

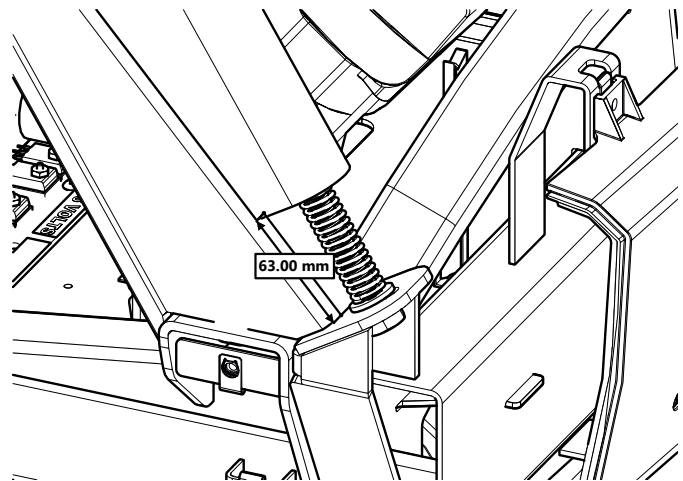
NOTE: Be careful of the orientation of the grommets as they are left-right specific.



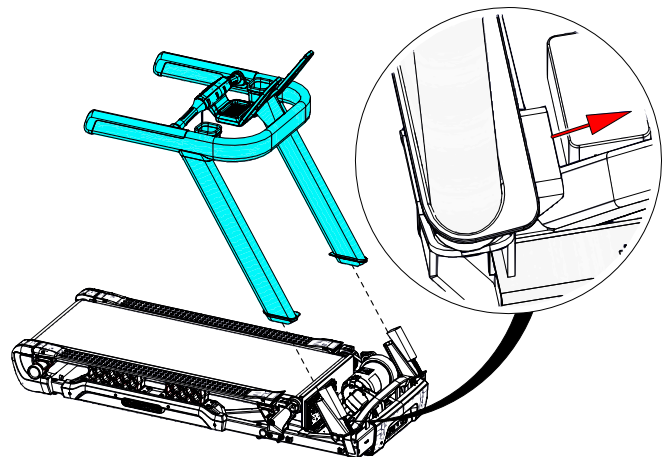
16. Carefully lay the handrail assembly built in Steps 3-5 onto the deck on its right side, then route the wires from Step 2 into the frame.



17. Use a ratchet wrench with a 19mm socket to adjust the frame wedge bolts to ensure the gap between the wedge and the frame is 63mm.

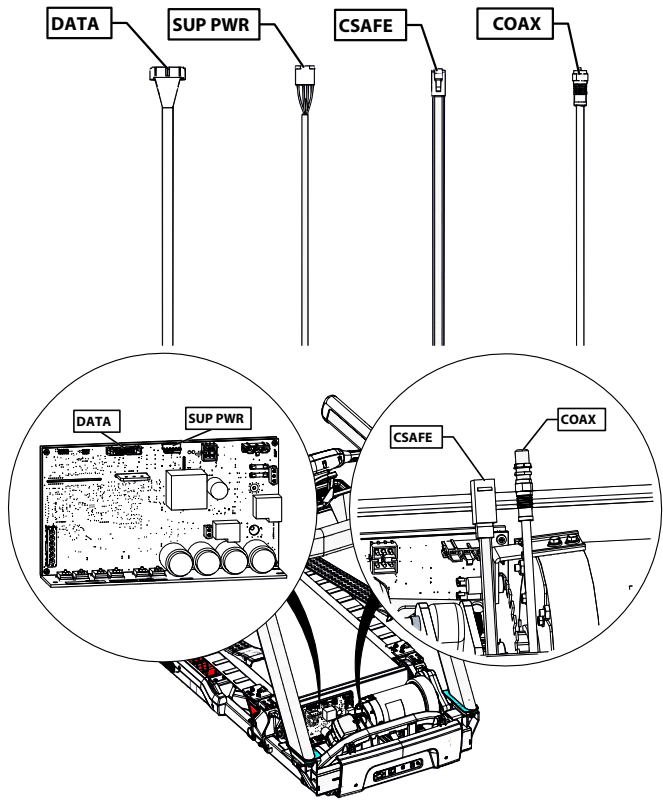


18. With two people, carefully lift the handrail assembly and install it onto the frame. Once the handrail assembly is set onto the frame, route the wires through the hole in the frame and into the motor compartment.

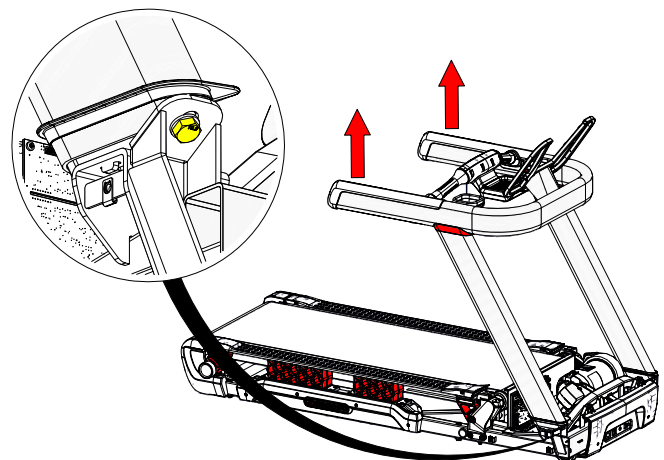


CAUTION: Be careful not to damage the wires when installing the handrail assembly.

19. After routing the cable bundle into the motor compartment, connect the cables to the corresponding connections both on the motor control board (MCB) and the CSAFE and COAX cables.

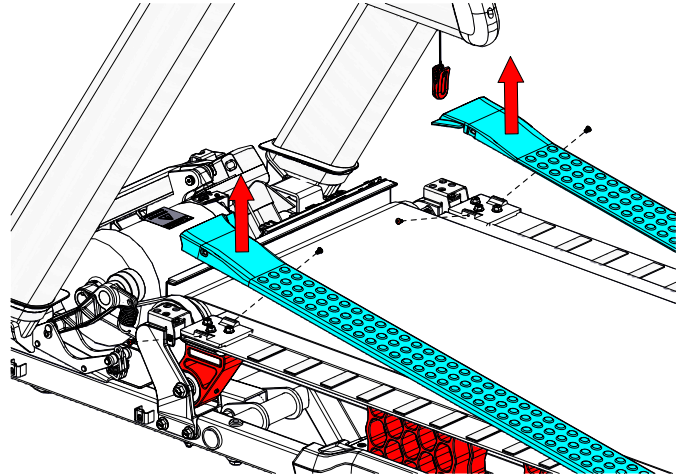


20. Have one person lift upwards on the handrail assembly while the other person uses a torque wrench with a 19mm socket to lock the handrail assembly to the frame by tightening the bolts at the bottom of the handrails - **TORQUE TO 50 lb-ft / 67.79 Nm.**

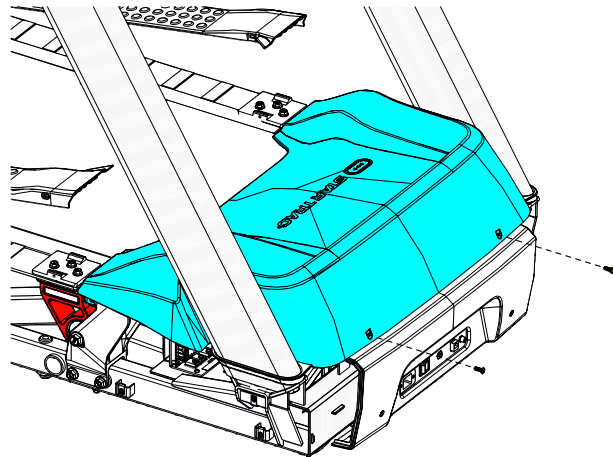


21. Use a #2 phillips screwdriver to remove the four screws securing the side-bed covers to the frame, then lift the side-bed covers up.

NOTE: The screws are angled, take care when reinstalling the hardware as to not strip the screws.



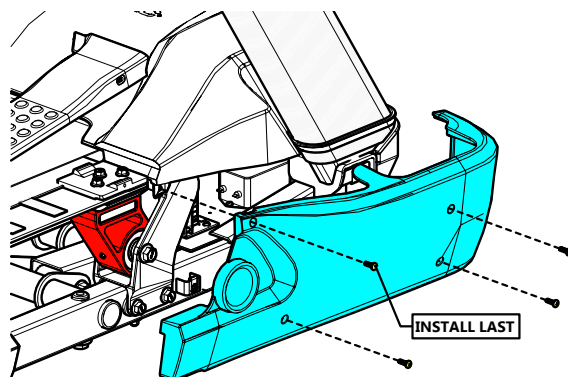
22. With the side-bed covers lifted, install the motor shroud (715-4257-XX), then use a #2 phillips screwdriver to secure the motor shroud to the frame using two (2) pieces of the M5 x 16mm pan head machine screw (110-3561).



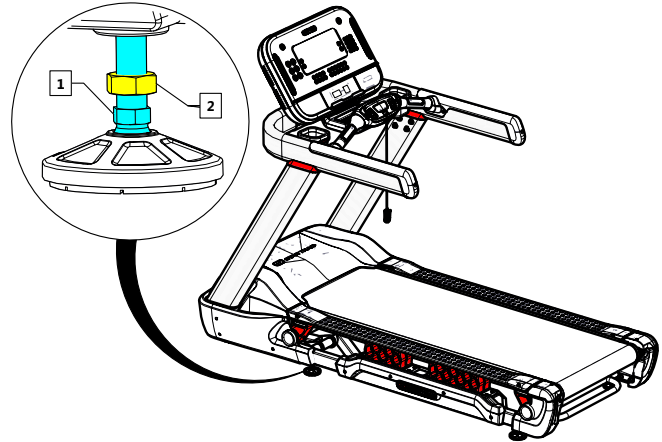
23. Install the right side corner shroud (715-4268-XX) then use a #2 phillips screwdriver to secure the shroud to the frame using four (4) pieces of the M5 x 16mm pan head machine screw.

24. Repeat Step 12 for the left corner shroud (715-4267-XX).

25. Lay the side-bed covers back down into position and reinstall the screws removed in Step 10.



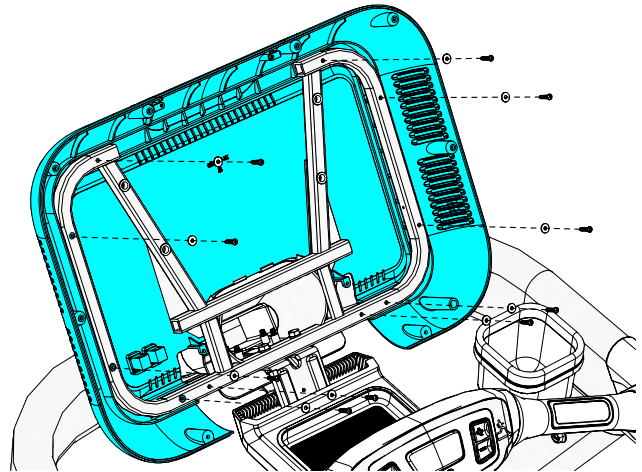
26. Before plugging in the treadmill, ensure it is moved to its final position and level the treadmill by using a 9/16" open-ended wrench to adjust the four (4) leveling feet [1].
27. Once the treadmill is level, use a 3/4" open-ended wrench to tighten the lock nut [2] on each foot to ensure the foot is locked into place.



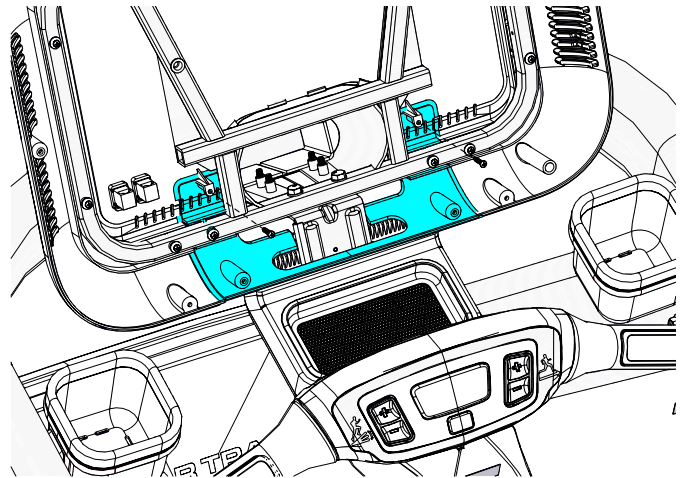
CONSOLE INSTALLATION

NOTE: Depending on which console was purchased, the install instructions could be different - please see console owner's manual for additional information.

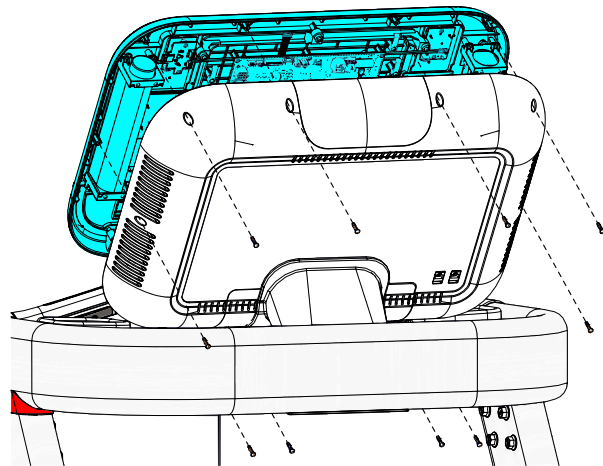
1. Use a #2 phillips screwdriver to secure the back console shroud to the console mount using ten (10) pieces each of the #8-18 x 3/4" screw (110-3402) and M4 x 12mm flat washer (120-3307).



2. Slide the tube collar (020-7821-XX) into place, then secure it to the back console shroud using two (2) pieces of the #8-18 x 3/4" screw.



3. Refer to the documentation contained inside the console box in order to connect the cables from the unit to the console.
4. Use a #2 phillips screwdriver to attach the console front to the back shroud using ten (10) pieces of the #8-18 x 3/4" screw.



5. Install the power cord into the machine and plug the other end into the wall outlet, then push the power breaker to the on position.



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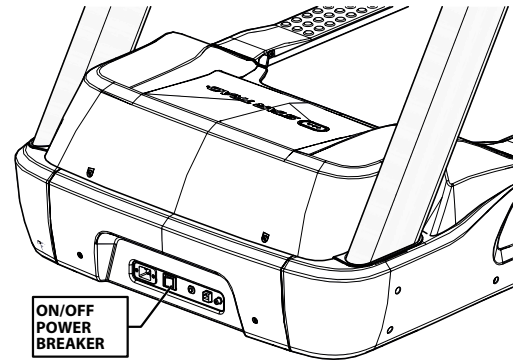
- 20A for 110V model (9-9271)
- 15A for the 230V model (9-9274)

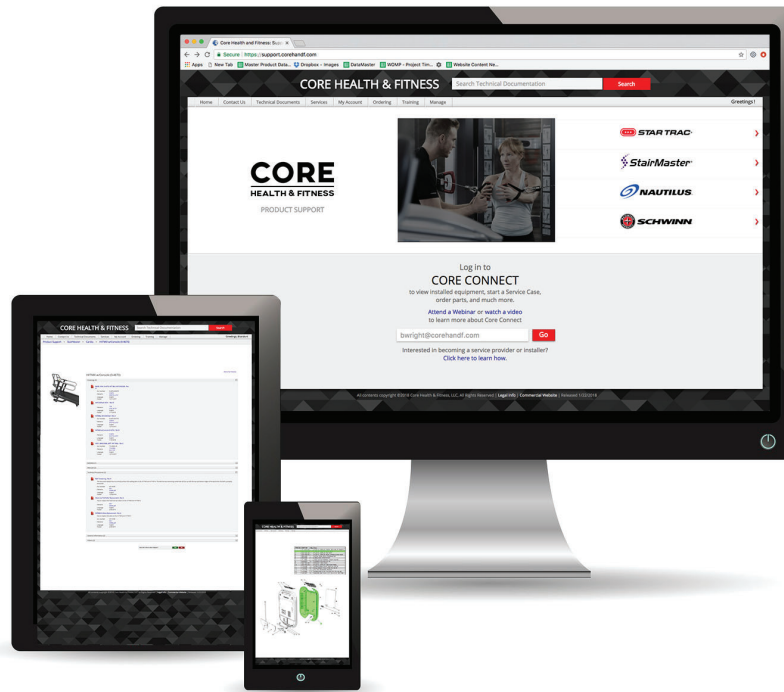
NOTE: When the power breaker is in the off position, movement of the running belt is prevented.

6. Press 0+2+OK at the same time to enter the service menu, then use Elevation Up key to select "MODEL", then use the Speed Up key to select "10-TRx" then press "OK".

NOTE: On some older consoles, "10-TRx" will not be a selectable option, please use "8-TRx" - this will not effect treadmill performance.

7. Ensure nothing is on the belt, then use the Elevation Up key to select "ELEV CALIBRATION" and press "OK" twice to run the elevation calibration. Once the calibration has passed, press the stop key on the hotbar to go back to the service menu.
8. Ensure nothing is on the belt, then use the Elevation Up key to select "MOTOR CALIBRATION" and press "OK" twice to run the elevation calibration. Once the calibration has passed, press the stop key on the hotbar twice to go back to the main workout menu.





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