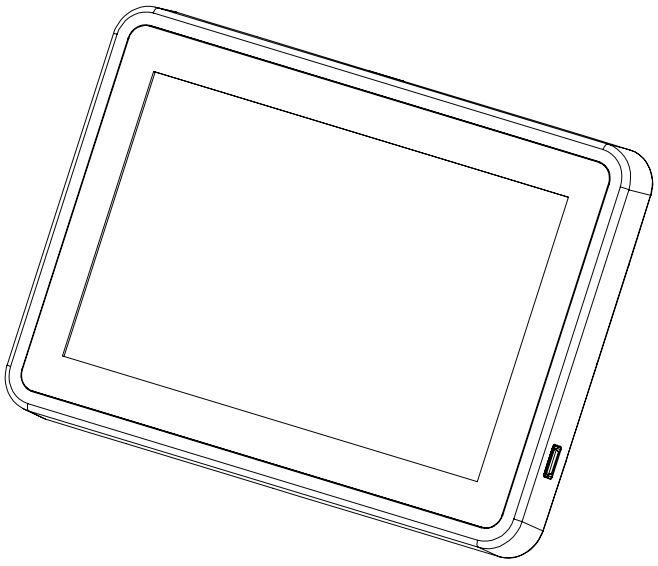
CENTR

Model: TSUM-1.0
For Products: CENTR RUNR-S, T4S, T5S, T7S

USER MANUAL

CENTR TOUCHSCREEN CONSOLE

IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY



Record Serial Number Here

MADE IN CHINA
80232-V2026-04-15

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.

GLOBAL CUSTOMERS

If you have questions or issues with your equipment, please contact our Customer Support team.

EMAIL
support@centr.com

VISIT OUR WEBSITE FOR HELP
help.centr.com

PHONE
877-738-1729 (US)
+1 877-738-1729 (Global)
Mon-Fri 8am-5pm PT - UTC-7h/8

Support is provided in English and Spanish

PRODUCT WARRANTY

Scan the QR code to register your product and view full warranty details.

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;
- 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

WARNING

Be sure to read the entire User Manual for your specific machine, in addition to the CENTR Touchscreen Console User Manual, before you operate your machine.

CARE AND MAINTENANCE

- Inspect and tighten all parts before using the machine.
- The touchscreen console 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.

INITIAL START UP

It will take the console about 40 seconds to initially start up. At the initial start up of your machine, the Log In screen will be displayed.

The treadmill will need to be connected to the internet to access or create a new account. The console will display the Wifi screen to assist in connecting during the initial start up.

From the Log In screen, select the Guest profile or tap on the + to log in or sign up for your own profile. With a User profile, all features of the treadmill are activated.

Tap on the Guest profile to use the treadmill without an account. Some features of the treadmill will not be available without an account.



From the Log In - User Profile screen, enter your user information and tap Sign In.

If you need to create a User profile, tap Sign Up. The Sign Up screen will display.



From the Sign Up screen, a User Name, Password, Email, and Birth Date are needed to create a User profile. Once all of the information has been entered, tap Get Verified, and a verification code is sent to the email. Retrieve the verification code and enter it into the Get Verified field, and tap the Next arrow.

If the User Name is already in use, an alternative will need to be entered. If you would like to return to the previous screen, tap the Back icon.



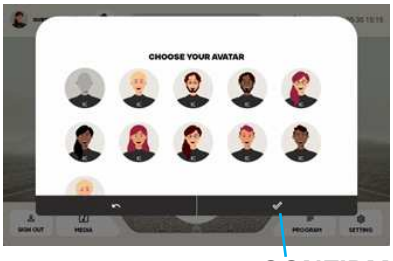
The User profile will request the height, gender, and weight of the user.

To modify a numeric value, tap and hold on the digit that you want to modify and slide your finger up (+) or down (-) until it is the desired value. When the information has been entered, tap the Next arrow.

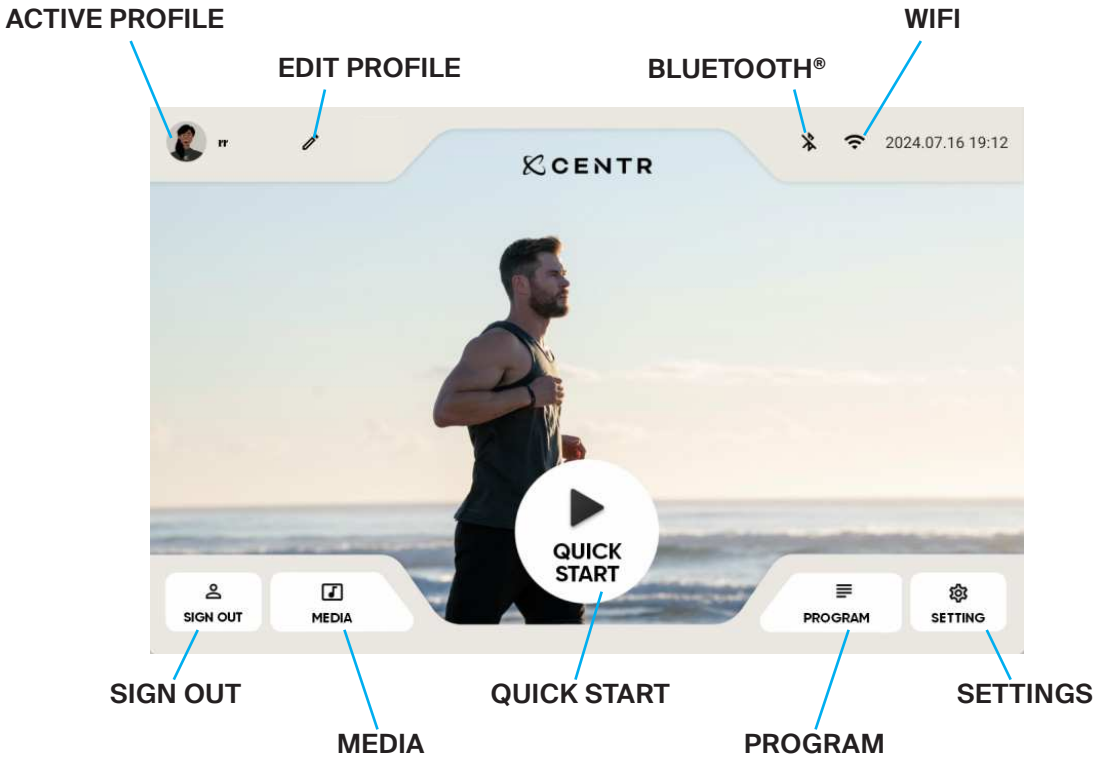


Select an avatar for your User profile, and then tap on the Confirm arrow. The User profile is created, and the Home screen is displayed with the new User profile active.

The avatar for the new User profile will be available on the Log In screen.



HOME OR IDLE SCREEN



ACTIVE PROFILE: Shows the currently active Profile.

EDIT PROFILE: Tap to open the Edit Profile screen and edit or create a Profile.

BLUETOOTH®: Tap to view the available Bluetooth® devices near the treadmill. The Bluetooth® auto-search for available devices setting can be deactivated.

WIFI: Shows if a Wifi connection is connected to the treadmill. If not connected, tap to open the Wifi screen and select from the available Wifi connections. The signal strength of the connection is provided. Tap on the desired Wifi connection. Once selected, a password may be required to connect to the Wifi connection.

SIGN OUT: Tap to sign out the current Profile. A confirmation prompt will be requested. If confirmed, the Profile is signed out, and the Log In screen is displayed.

MEDIA: Tap the Media button to access the provided Applications, or to Mirror your device to the Console Touchscreen.

QUICK START: Tap Quick Start to begin a workout. The workout will start after a 4 second countdown. No Warm Up or Cooldown is provided.

PROGRAM: Tap the Program button to see the available categories of workouts (Classics, Vision Run, Fitness Test, Heart Rate Control (H.R.C.), User Program, Intervals, and Marathon). Tap the Additional Categories (< or >) buttons to scroll through all of the categories. Tap on a category, and then select an available workout.

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SETTING: Tap the Setting button to access Connection Setting, Machine Setting, App Update, and Machine Information options.

From the Machine Setting display, the treadmill can be customized with units of measurement, time, and machine features.

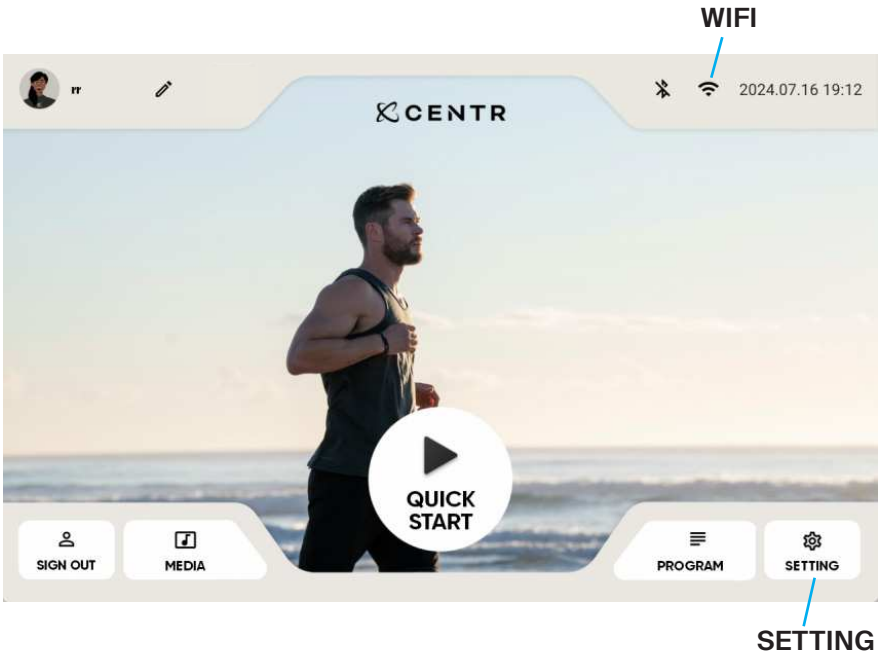
Note: The treadmill will enter LOW POWER CONSUMPTION mode after 10 minutes of no activity on the Idle screen. This mode is to save power when not using the treadmill. During LOW POWER CONSUMPTION mode, a maximum of 0.46 Watts is used by the treadmill. Push any button on the Console Keypad to exit LOW POWER CONSUMPTION mode and shift to IDLE mode.

CONNECTING WIFI

With the treadmill connected to a Wifi connection, all of the features on the machine will be functional.

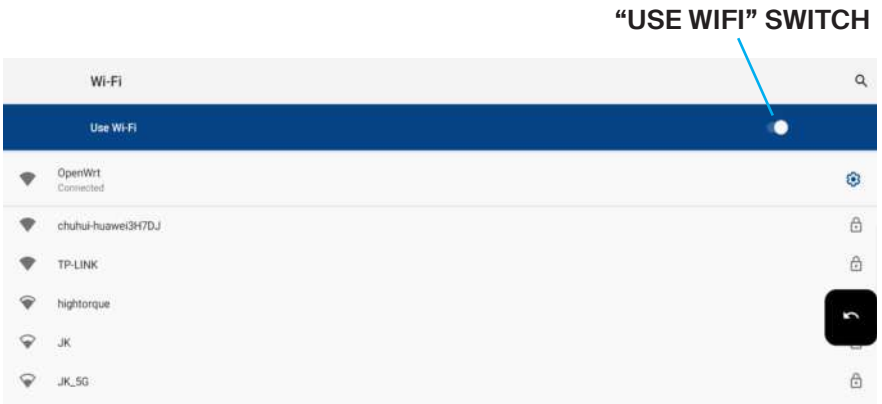
To connect to a Wifi connection:

1. Tap on the Wifi icon on the Idle or Home screen The Wifi screen will display.
2. After a brief scan, a list of available Wifi connections are displayed based on connectivity strength. Tap the desired Wifi connection.
3. A Network screen will request the password (if needed) for the selected Wifi connection. Enter the password, and tap Connect. When connected, the screen will show “CONNECTED”. The icon on the Home or Idle screen will update and show that the treadmill is connected to a Wifi connection.



An alternative method to access the Wifi connection screen is to tap on Setting on the Home screen, then “Connection Setting”, and then “Wifi”.

A “Use Wifi” activate/deactivate switch is available on the Wifi connection screen. When deactivated, the available connections are not listed. Wifi preferences, Saved networks, and Wifi data usage is available.

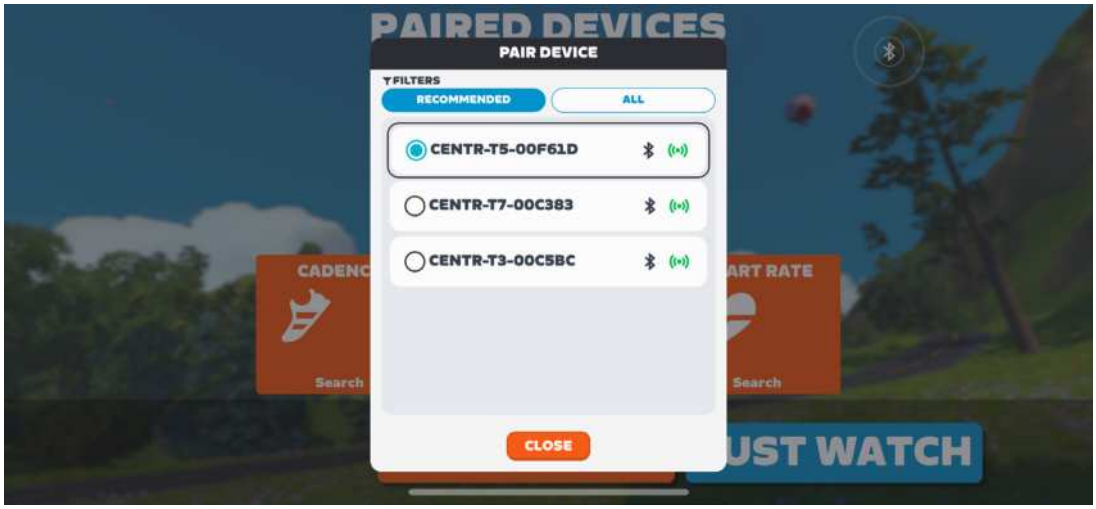


WORKING OUT WITH A FITNESS APP

Your machine is able to connect across a Bluetooth® connection to a fitness app (such as Zwift) running on your device. The app will reflect the current workout, but the speed and incline of the workout will be controlled by the treadmill.

1. Confirm that Bluetooth® is active on your device.
2. Open the desired fitness app on your device, and log in to your account.
3. Next, connect the treadmill to the app. On the Zwift app, select the Run tab and tap on “Run Speed” from the Paired Devices screen.
4. The app will search for available devices, and will provide an available list.
5. Tap on “Centr-TX-XXXXXX” to select it.
6. The app will show that it is connected to the treadmill.
7. Tap OK.
8. Then select a workout and tap Start when ready to workout.
9. Once the workout on the app begins, push Start on the treadmill to begin a Quick Start workout. The app will capture your workout from the treadmill.

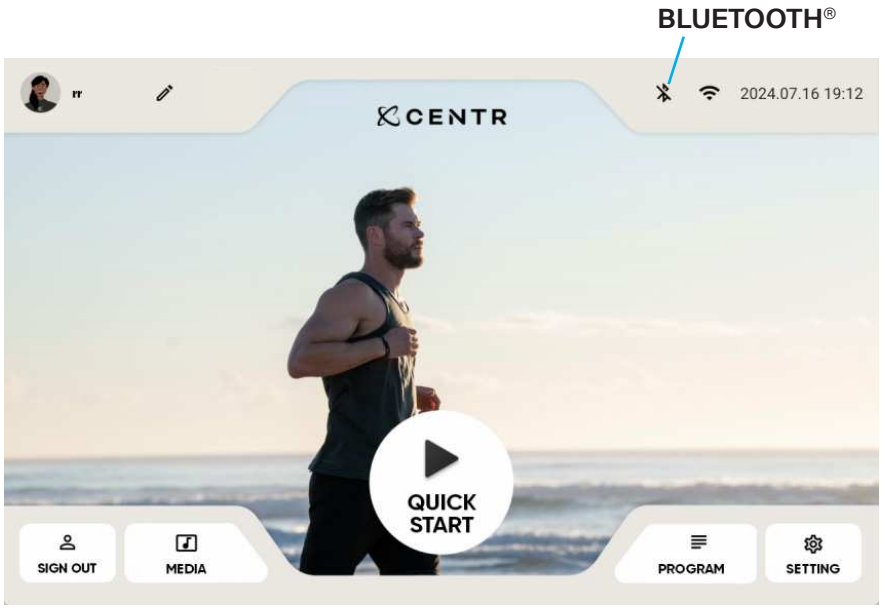
Note: If the app does not follow along with the workout, the connection to the treadmill may need to be reconnected. For the Zwift app, tap the lower left side of the screen on your device. Then tap on Menu, and the available options are displayed. Tap on Pair found on the right side of the display. The Paired Devices screen of the app is displayed. Repeat Steps 3-7 to reconnect the treadmill to the app.



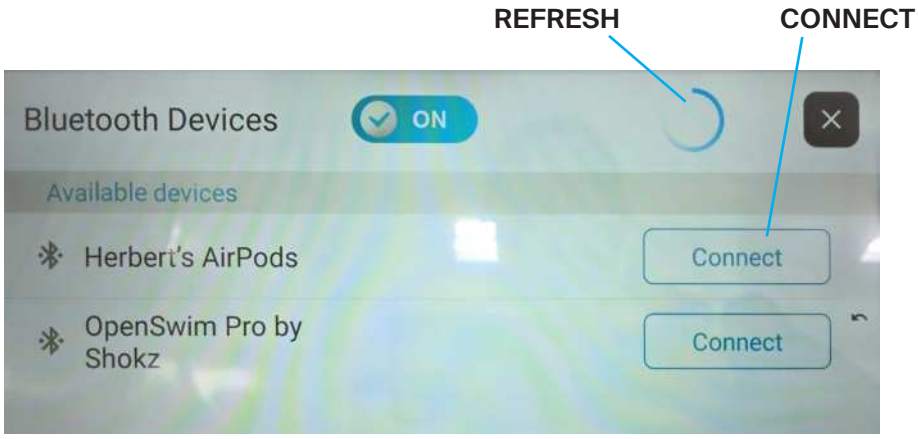
BLUETOOTH® AUDIO FROM THE TREADMILL TO YOUR HEADPHONES

Your machine is able to play audio across a Bluetooth® connection to your Bluetooth® headphones.

1. With the console active, tap on the Bluetooth® icon.



2. Activate your Bluetooth® headphones and put them into pairing mode. Follow the instructions provided by the manufacturer to pair or connect it.
3. Once the Bluetooth® headphones are found, the console will list it as an available device.
   Note: If the Console has not found your headphones, tap the Refresh icon to search again for available devices.



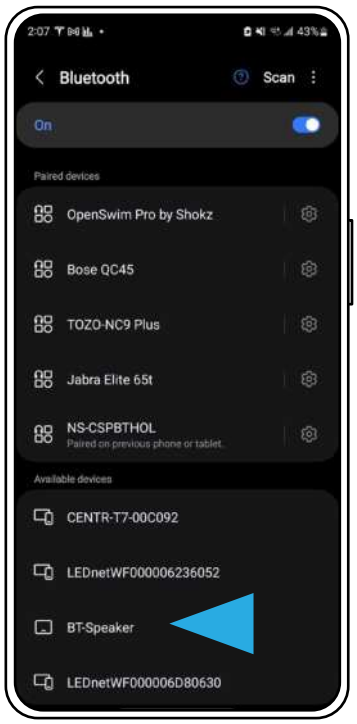
4. Tap on Connect. The headphones will be connected, muting the speakers on the treadmill.

Note: To disconnect your device, tap on Disconnect from the list of connected devices.

BLUETOOTH® AUDIO FROM DEVICE TO TREADMILL SPEAKERS

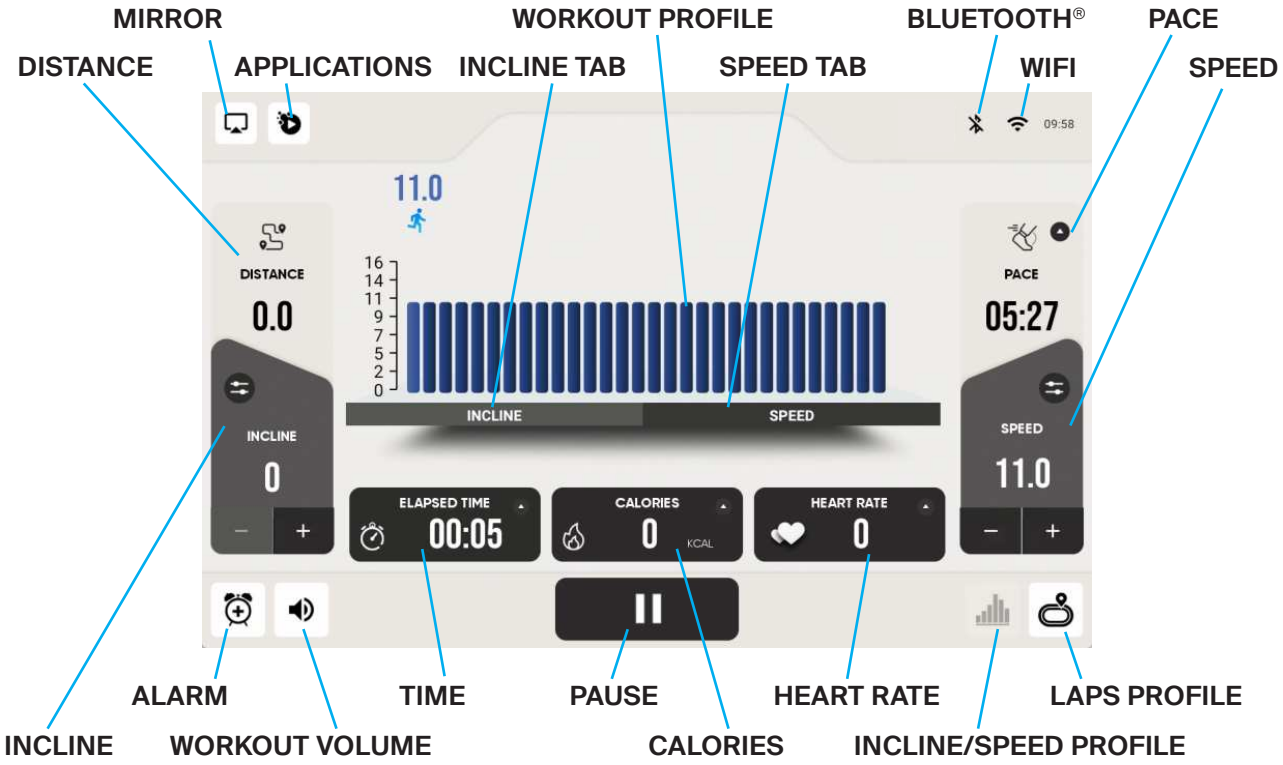
Your machine is able to play audio across a Bluetooth® connection from your phone or other Bluetooth® audio device through the treadmill speakers. The name of the Bluetooth® audio device is “BT-Speaker”.

1. From your device, scan for available Bluetooth® devices from the Bluetooth® or Connected devices setting.
2. Tap on “BT-Speaker” to connect to it.
3. Once the device is found, tap on Pair.
4. The “BT-Speaker” is added to the Paired Devices list, and is currently active.
5. Play the desired audio on the device and adjust the volume with the console.



Note: To remove a previously connected or paired device from the list, tap on the icon to the right of the undesired device and select Unpair. The device is removed from the list.

STARTING A WORKOUT



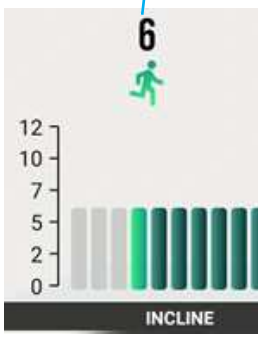
There will be a 4 second countdown when starting a workout. Some workouts have a 3 minute Warm Up before the workout begins. To directly start the workout, tap Skip.

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.

MIRROR: Share the screen of your device on the treadmill display during a workout.

APPLICATIONS: Tap to select a pre-installed application to be displayed on the screen during the workout.

WORKOUT PROFILE: The Workout Profile shows the incline or speed settings across the workout, with the workout time starting at the left and increasing to right. The active segment in the Workout Profile shows the current column of the workout.

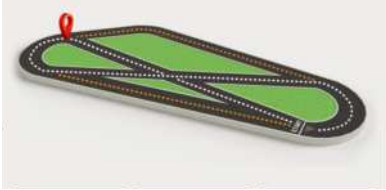


Each Workout Profile has an Incline and a Speed Profile. Tap on the Incline or Speed Tab under the Workout Profile to switch between the Incline and a Speed Profile. The higher the column, the higher incline or speed setting for that segment of the workout.

WARNING

During a workout with a Workout Profile, the console will make two audible beeps to notify the user that the speed is going to change.

LAPS PROFILE: The Laps Profile shows virtual track that has an outer and an inner lap, both of which are 0.25 miles long.



If the screen shows the Workout Profile, tap the Lap Profile button to change to the Lap Profile display.

BLUETOOTH®: Tap to open the Bluetooth® screen and select an available device to connect. Select the desired device, and then tap Connect.

WIFI: Shows if the treadmill is connected to a Wifi connection.

DISTANCE: Shows the Distance (km or mi) of the workout. The displayed value will count down if Distance was a goal.

INCLINE: Shows the current incline grade of the running deck.

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

CALORIES: Shows the estimated calories burned for the workout. The displayed value will count down if Calories was a goal.

HEART RATE: Shows the current heart rate in beats per minute (bpm) for the wearer of a connected Bluetooth® Heart Rate device.

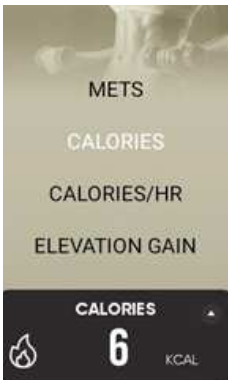
The value displayed for Time, Heart Rate, and Distance can be customized during a workout. Tap the value and the alternate workout values are displayed. Tap on the desired value, and the display will update.

Time: Elapsed Time, Target Time, or Remaining Time

Calories: METS, Calories, Calories/HR, or Elevation Gain

Heart Rate: Maximum HR, Average HR, or Heart Rate







PACE: Shows an estimated time that it would take to complete a kilometer or a mile at the current workout values.

SPEED: Shows the current speed (kph or mph) of the running belt.

ALARM: During a workout, an alarm can be set to pull your attention out of the workout. Tap the Alarm option in the lower left corner of the display. Turn on the alarm, select AM or PM, and adjust the time for the alarm. To adjust the time, tap on each digit and roll it up or down to the desired value.



The alarm is silent, but presents an alarm notification screen on the display which must be dismissed.

WORKOUT VOLUME: Adjust the volume for the workout with the + and - buttons.

PAUSE: Pauses an active workout bringing the running belt to a stop and the incline to 0. A Pause window is displayed, with the options Resume or Finish.



NOTE: If a workout is paused for over 5 minutes, the workout is ended and the treadmill displays the workout results. When a paused workout is resumed, speed and incline will gradually return to the levels when the workout was paused.

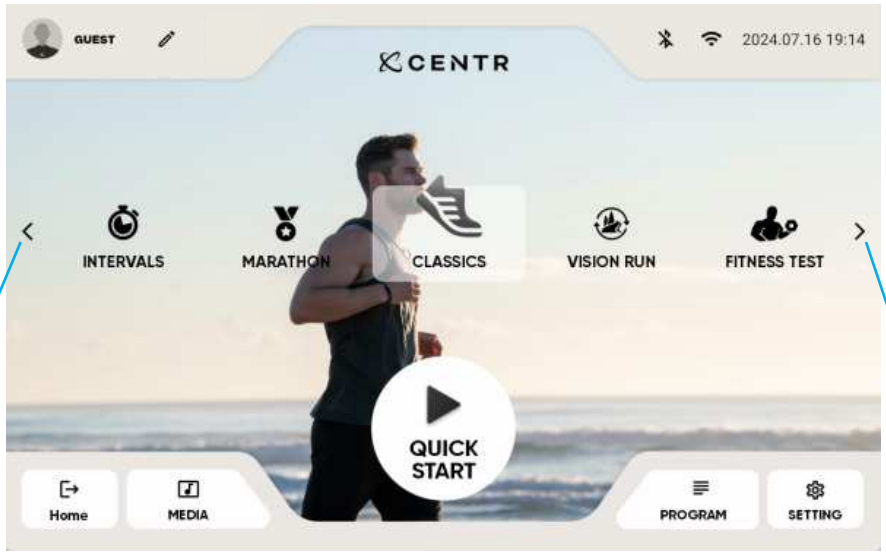
INCLINE/SPEED PROFILE: Tap to switch the Workout Profile from the Laps Profile to Incline/Speed Profile.

LAPS PROFILE: Tap to switch the Workout Profile from the Incline/Speed Profile to Laps Profile.

EMERGENCY STOP: If the Safety Key is removed during a workout the belt will stop immediately, the workout is ended, and the Emergency Stop (Please Reinsert the Safety Key) screen is displayed. When the Safety Key is inserted back into the machine, the Home screen will be displayed.



PROGRAMS



ADDITIONAL CATEGORIES, LEFT

ADDITIONAL CATEGORIES, RIGHT

The Program screen will show 5 categories of available Workout Programs, and the Quick Start Workout. To view more categories, tap on the Left (<) or Right (>) Additional Categories buttons. Each category is based on a workout approach or theme. Focused workouts are contained within each category. Tap on a category to select an available workout from it.

A 3 minute Warm Up or Cool Down period is encouraged with some of the workouts. The workout time does not include these time periods. To dismiss a Warm Up or Cool Down period, tap SKIP.





QUICK START:

Get up and working out instantly. Just tap QUICK START when ready to workout.

A Quick Start Workout is an open-ended workout with speed and incline adjustments controlled by the user. The default speed is 1.0 mph with a 0 incline setting. Each column of the Workout Profile is 1 minute long, and the workout values count up. There is no Warm Up or Cool Down for this workout.

CLASSICS: Goal, Hill, Random Incline

Classics Goal Workout: Focus on what matters to you: Time, Distance, or Calories. A true classic workout to get you moving.

For a Classics Goal Workout, there are 3 adjustable Goals available, Time (default is 20 minutes), Distance (default is 5 miles), or Calories (default is 200 kcal). A user can choose 1 to 3 of the Goals, and adjust them. The values for Goals will count down toward zero during the workout. All other values will count up. When a Goal is achieved, the workout ends. There is no Warm Up or Cool Down for this workout.

Classics Hill Workout: As the name implies, this workout has hills. Three of them. With the largest in the final third of the workout. And using the maximum speed setting, speed will peak near the middle of the workout, allowing for a progressive build up and then a gradual decline.

For a Classics Hill Workout, there is 1 adjustable Goal available, Time (default is 20 minutes), and there are 2 maximum workout settings, Maximum Speed (default is 2.0 mph) and Maximum Incline (default is 12%).

The Goal value will count down toward zero during the workout. All other values will count up. When the Goal is achieved, the workout ends. There is a Warm Up and Cool Down for this workout.

Classics Random Incline Workout: Using the maximum incline setting, an incline profile is created randomly so every workout is different than the last.

For a Classics Random Incline Workout, there is 1 adjustable Goal available, Time (default is 20 minutes), and 1 maximum workout setting, Maximum Incline (default is 10%). Based on the maximum incline setting, an incline workout profile is created. From the Preview Profile screen, tap on the refresh profile button for another random Incline profile. The Goal value will count down toward zero during the workout. There is a Warm Up and Cool Down for this workout.

Additional Workout Information- If further values that can be modified for a workout, or a preview for a modified Workout Profile is available, then the Additional Workout Information option is displayed. Tap on the Right Arrow (>) to view the additional screens, and the Left Arrow (<) to return to previous Workout Information screens.



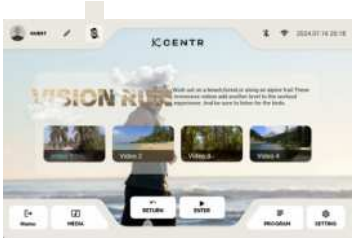
ADDITIONAL WORKOUT INFORMATION

VISION RUN: Video 1, Video 2, Video 3, Video 4

Work out on a beach, forest, or along an alpine trail. These immersive videos add another level to the workout experience. And be sure to listen for the birds.

Vision Run Workouts have an immersive video through 4 different environments. For each Vision Run Workout, there are 3 adjustable Goals available, Time (default is 20 minutes), Distance (default is 5 miles), or Calories (default is 200 kcal). A user can choose 1 to 3 of the Goals, and adjust them. The values for Goals will count down toward zero during the workout. All other values will count up. When a Goal is achieved, the workout ends. There is no Warm Up or Cool Down for this workout.

The speed of the video playback is directly related to the speed of the belt, and will adjust with changes. The incline of the deck is not reflected in the video. Applications and Mirror are disabled during a Vision Run Workout.







Shifts to full screen mode

Shifts from full screen mode to standard screen mode

FITNESS TEST: Air Force, Army, Coast Guard, PEB, Marine Corps, Navy, Gerkin

Complete a set distance in an acceptable time, based on your age, height, gender and weight. The Fitness Test is Pass or Fail, so be ready.

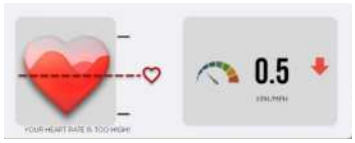
Fitness Tests take the time that it takes to complete a set distance adjusted for your age, gender, and weight, and then assign a Pass or Fail score to your workout. Air Force, Coast Guard, PEB, and Navy have a distance of 1.5 miles. Army has a distance of 2 miles. And Marine Corps and Gerkin have a distance of 3 miles.

Each of the Fitness Test Workouts use the provided information from the active Profile. Be sure that the height, gender, age, and weight are all correctly entered for your active Profile. Pauses are not encouraged during Fitness Tests, and result in an automatic Fail. A Heart Rate is needed for the Fitness Test Gerkin Workout. Only Fitness Test Gerkin has a Warm Up and Cool Down.

H.R.C. (HEART RATE CONTROL): 60%, 70%, 80%

During a Heart Rate Control workout, speed is adjusted to keep you at your targeted heart rate. The intensity of the workout is driven by your current heart rate. So be sure that your Bluetooth® Heart Rate device works, the age in the profile is current, and the targeted heart rate is adjusted for you





A Bluetooth® Heart Rate device is required to perform a Heart Rate Control Workout. The goal of a Heart Rate Control Workout is for you to workout close to your target heart rate. If your heart rate is not close enough to the target rate, the treadmill will ask you to adjust the intensity of your workout. These adjustments can be to speed or incline. If your heart rate is still not close enough to the target rate, the treadmill will automatically adjust the speed of the running belt every 10 seconds.

For a Heart Rate Control Workout, there is 1 adjustable Goal available, Time (default is 20 minutes), and the Target Heart Rate (bpm). The default Target Heart Rate is calculated using the age of the active profile. Be sure that your age is entered correctly for the active Profile. The value for the Goal will count down toward zero during the workout. All other values will count up (excluding Heart Rate). When the Goal is achieved, the workout ends.

Target Heart Rate = 220 - (your age) * (the selected % value of the workout)

WARNING



If the console has reduced the speed to the minimum and your heart rate is +25 bpm above your maximum heart rate, the Heart Rate is too High / STOP screen will be displayed. Safely end your workout immediately. If the workout does not end after 30 seconds, and your heart rate has not reduced, the workout will be ended.



During a Heart Rate Control workout, if the signal from the hear rate device is lost for 15 seconds, the Reconnect or End the Program screen will be displayed. If the heart rate device does not reconnect after 30 seconds, the workout will be ended.

Note: If your Bluetooth® Heart Rate (HR) wearable device seems to be working properly but the console has lost the connection, restart it. This may re-establish the signal between the devices.

USER PROGRAM: Custom

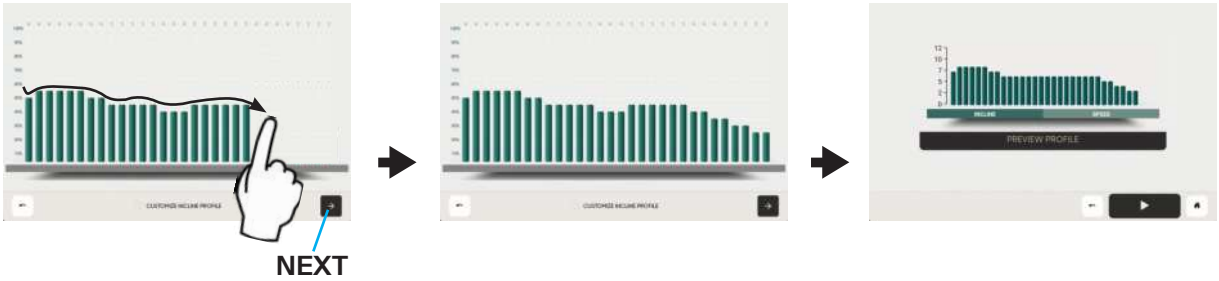
Select from past saved workouts, or create your own Custom Workout with a simple swipe of a finger. Once created, it can easily be selected for your next workout.

If signed in, the last 10 saved Custom Workouts for that Profile are displayed across the top of the screen.

If signed in as a Guest user, the last 10 saved Custom Workouts by any Profile are displayed across the top of the screen. Tap a Custom Workout, and the details of the saved Custom Workout are displayed. To begin the selected workout, tap Start.



If a more focused workout is desired, then create your own Custom Workout. To create a Custom Workout, tap Custom. The screen will display a blank speed profile. Slide your finger across the display defining the peak speed levels for the workout. The screen captures the motion, and fills in the speed profile. To adjust a specific column of the profile, hold your finger on it and then slide your finger up or down to the desired setting.



Tap the Next icon, and the screen will display the blank incline profile. Slide your finger across the display defining the peak incline levels for the workout. If necessary, adjust the incline profile and then tap the Next icon.

The screen will display the 1 adjustable Goal available, Time (default is 20 minutes), and the 1 workout setting, Maximum Speed (captured by the highest value of the speed profile). Adjust the Time value, and tap the Next icon. The screen will show a preview of the Workout Profile for Incline and Speed. To begin the Custom workout, tap Start.

During the workout, the value for the Goal will count down toward zero. All other values will count up. When the Goal is achieved, the workout ends. There is no Warm Up or Cool Down for this workout.

INTERVALS: Speed, HIIT (High Intensity Interval Training), Custom

Intervals Speed Workout: A great introduction to interval workouts. Input the time for the workout and maximum speed, and a workout with 15 intervals, each with a Work and Rest segment, is created. Adjust the speed setting for each segment as needed.

For an Intervals Speed Workout, there is 1 adjustable Goal available, Time (default is 20 minutes), and 1 workout setting, Maximum Speed (default is 2.0 mph). The value for the Goal will count down toward zero

during the workout. All other values will count up. When the Goal is achieved, the workout ends. There is a Warm Up or Cool Down for this workout.

Intervals HIIT Workout: HIIT (High Intensity Interval Training) it! Set the speed for the Work segment of the interval, decide how many, and select the ratio of Work to Rest speeds, and get ready for an intense workout.

For an Intervals HIIT Workout, there are 4 workout settings, Interval Ratio (default is 10:30 seconds, Work:Rest), Work Speed (default is 6 mph), Rest Speed (default is 2.0 mph), and Repetition (default is 10). The Repetition value is the number of intervals of the workout. Each interval has a Rest segment followed by a Work segment. All workout values count up except Time, which counts down to the end of that segment of the Interval. When the last interval is completed, the workout ends. There is a Warm Up and Cool Down for this workout.

Intervals Custom Workout: An interval workout designed by you specifically for you. Fully customize your interval workout by defining the time for the Work and Rest segments, the speed of each segment, and the total number of intervals.

For an Intervals Custom Workout, there are 5 workout variables, Work Time (default is 1:00 minute), Work Speed (default is 6 mph), Rest Time (default is 0:30 seconds), Rest Speed (default is 2.0 mph), and Repetition (default is 4). The Repetition value is the number of intervals of the workout. Each interval has a Rest segment followed by a Work segment. All workout values count up except Time, which counts down to the end of the Rest or Work segment of the Interval. When the last interval is completed, the workout ends. There is a Warm Up and Cool Down for this workout.

All Interval workouts use changes in speed between the Work and Rest segments of the intervals. Incline is not used, but can be adjusted throughout an Interval workout by the user.

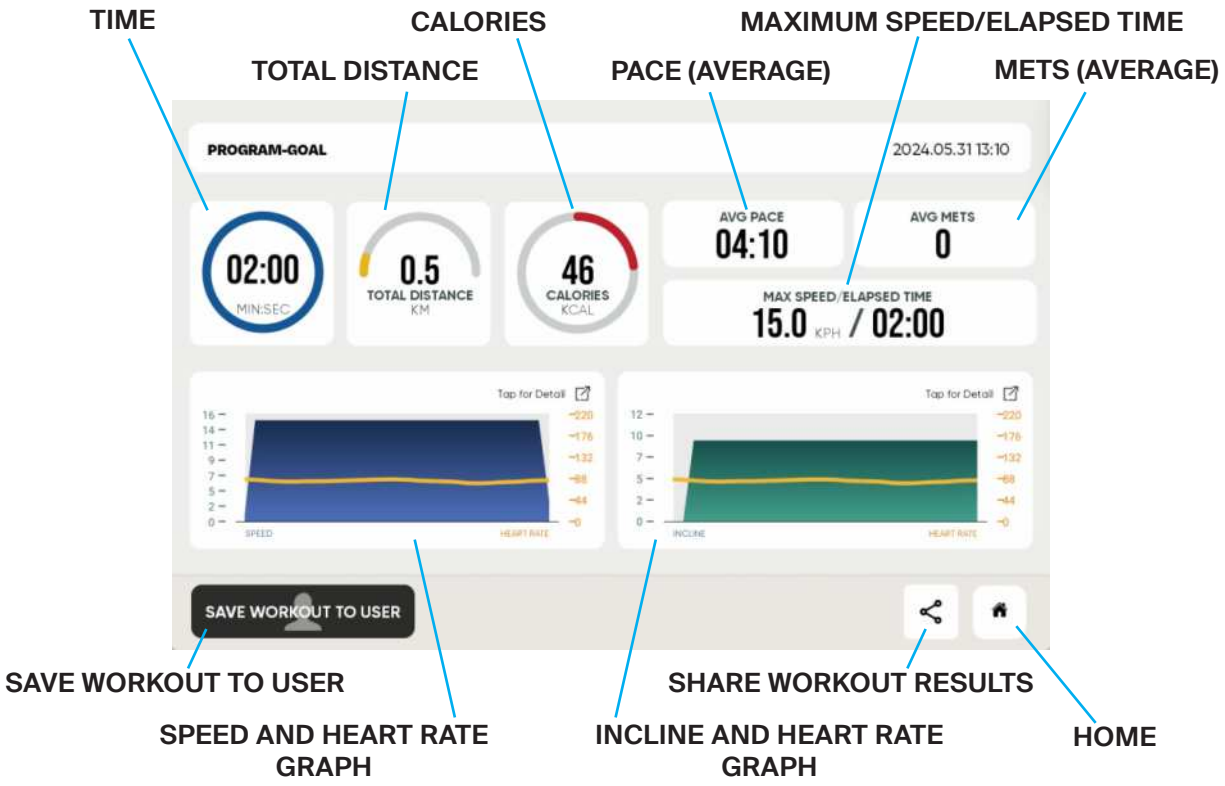
MARATHON: 5K, 10K, 21.5K, 42K

Whether training for a physical race or just a personal best, select an achievable distance workout for now. Then use the shorter distance workouts to train for the ultimate: the 42K Marathon.

For a Marathon Workout, there is 1 workout defined Goal, Distance, and 1 adjustable Goal, Time (default is 20 minutes). A workout setting is also provided, Speed (default is 1 mph). The values for the Goals will count down toward zero during the workout. All other values will count up. When the Goal is achieved, the workout ends. There is no Warm Up or Cool Down for this workout.

The distances in miles for each of the workouts: 5K (3.1 miles), 10K (6.2 miles), 21.5K (13.1 miles), and 42K (26.1 miles).

WORKOUT RESULTS



TIME: Shows the total time of the workout.

TOTAL DISTANCE: Shows the total distance (km or mi) of the workout.

CALORIES: Shows the estimated total calories burned during the workout.

PACE (AVERAGE): Shows the average time to complete a kilometer or mile during the workout.

MAXIMUM SPEED/ELAPSED TIME: Shows the maximum speed of the running belt during the workout and when it occurred.

METS: A MET is a ratio of your workout metabolic rate relative to your resting metabolic rate. Your resting metabolic rate is 1 MET, so the displayed number of METS is the intensity level of exertion above the sitting at rest level.

SPEED AND HEART RATE GRAPH: Graphic representation of the speed of the running belt throughout the entire workout, with the recorded heart rate value charted on it.

INCLINE AND HEART RATE GRAPH: Graphic representation of the incline grade of the running deck throughout the entire workout, with the recorded heart rate value charted on it.

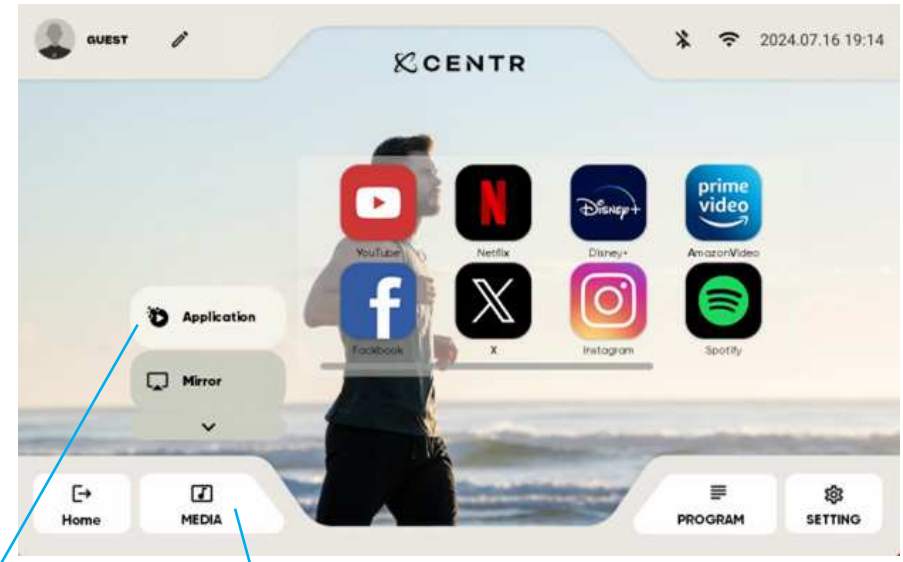
SAVE WORKOUT TO USER: Tap to save the workout.

SHARE WORKOUT RESULTS: Use pre-installed applications to share your workout.

HOME icon: Goes to the Home or Idle screen.

APPLICATION

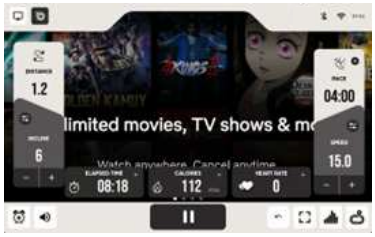
The treadmill is able to open select, pre-installed applications on the display. To access an application open the desired application, log into your account, and enjoy it on your treadmill. Applications can be viewed in the standard screen mode, where the application is displayed along with the treadmill information, or in full screen mode, where the application fully covers the display.



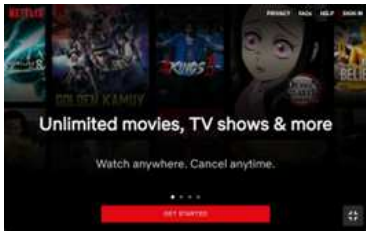
Shifts to full screen mode

Shifts from full screen mode to standard screen mode

Application in standard screen mode during a workout:

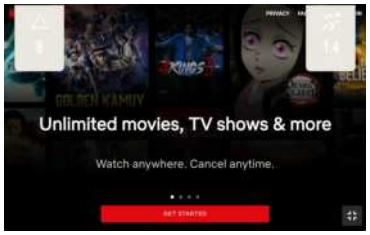


Application in full screen mode in a workout, without incline or speed changes:



Application in full screen mode in a workout, with incline and speed changes:

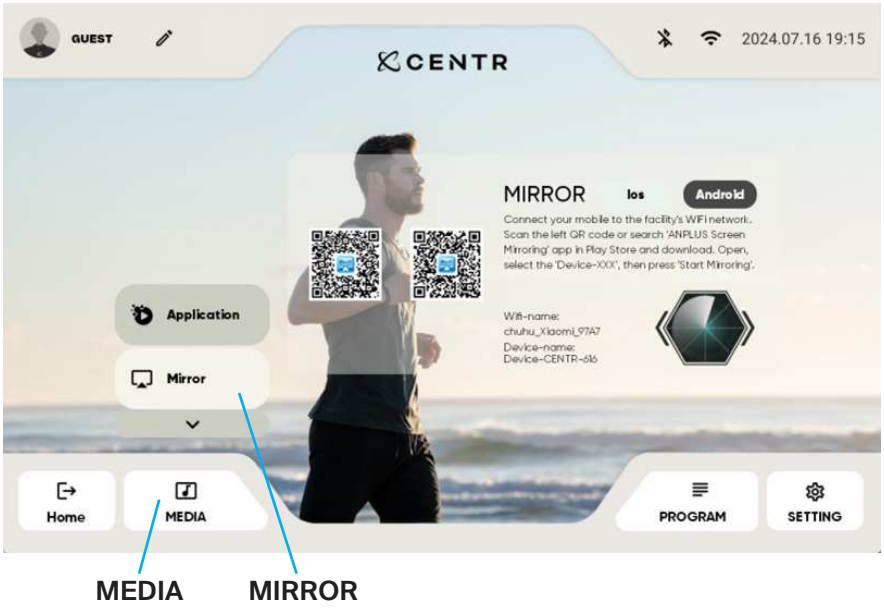
In full screen mode when there are changes to the incline or speed during a workout, the display shows changes to incline or speed in the upper corners of the display.

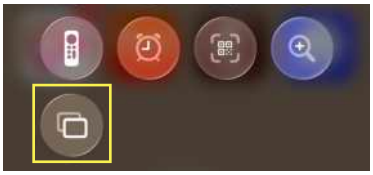


MIRROR

Mirror allows the screen of your device to be projected onto the treadmill display. Depending on your type of device , iOS or Android, will decide how you activate the screen projection.

The treadmill and your device must be connected to the same Wifi.



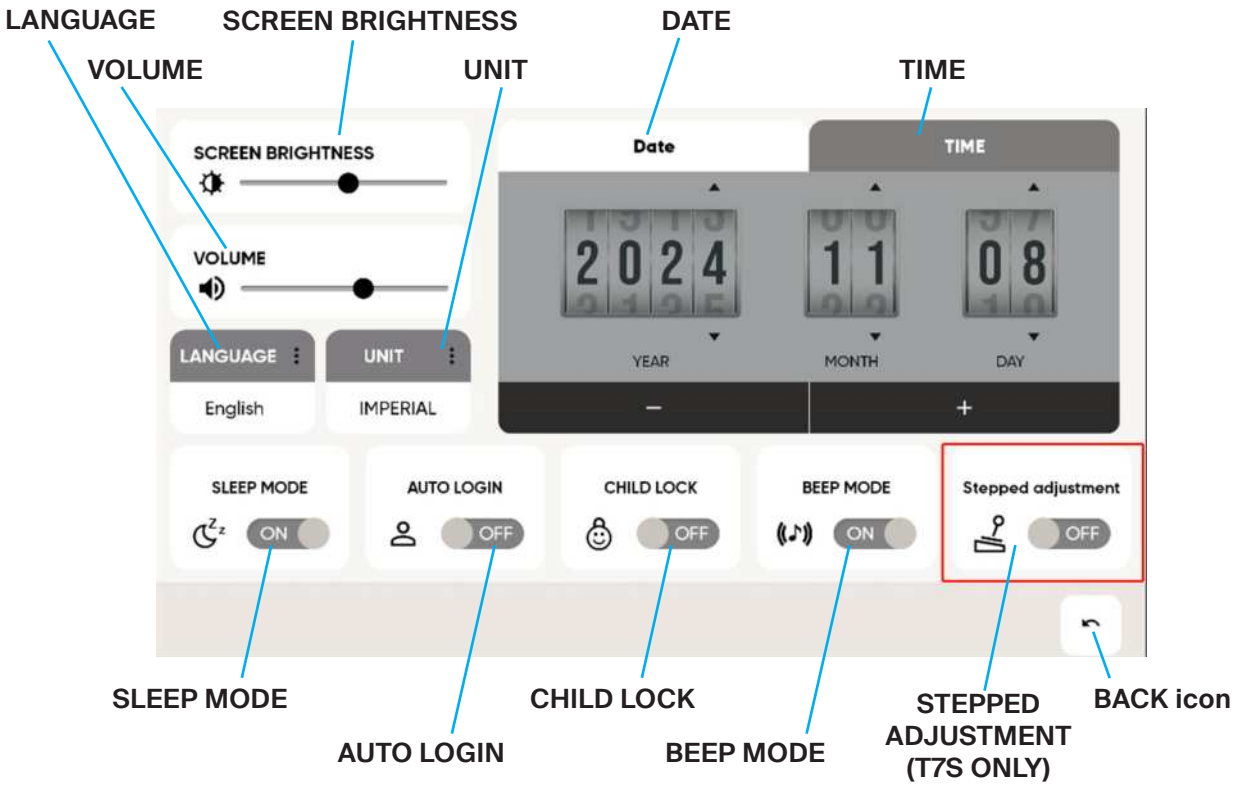


iOS devices: With the connected Wifi matching on the iOS device and the treadmill, tap on “Screen Mirroring” on the device. Select the treadmill, “Device-CENTR-XXX”, from the Screen Mirroring list, and then tap “Screen Mirroring”. The treadmill display will show the screen of the device.

Android devices: Be sure that the Android device and the treadmill are connected to the same Wifi. Scan the provided QR code on the screen, or search for the “ANPLUS Screen Mirroring” app in the Google Play Store and install it. Open the app and tap on “Start Searching”. Select the treadmill, “Device-CENTR-XXX”, from the list, and then tap “Start Mirroring”. The treadmill display will show the screen of the device.

To stop mirroring, tap “Stop Mirroring” from the device.

MACHINE SETTING



SCREEN BRIGHTNESS: Adjust the slider left to decrease or right to increase the Screen Brightness.

VOLUME: Adjust the slider left to decrease or right to increase the Volume.

TIME AND DATE: Time has two settings which can be customized: 24 HOUR or AUTO SET. The 24 HOUR setting allows the time to be either set to 24 hours (ON) or 12 hours, AM or PM (OFF). With AUTO SET turned off, the Time and Date can be modified. To modify a value, tap and hold on the digit that you want to modify and slide your finger up (+) or down (-) until it is the desired value. To modify the Date, the AUTO SET must be set to OFF.

LANGUAGE: To view the available languages for the console, tap on Language. To change to one of the available languages, tap on the desired language. The console shifts to the selected language.

UNIT: To change the units of measurement, tap on Unit. The option for Imperial or Metric is displayed. Tap on the desired unit of measurement.

SLEEP MODE: (ON) If there is no input for 10 minutes while on the Home or Idle screen, the machine will go into LOW POWER CONSUMPTION mode and turn off the display. Push any button to activate the display.

AUTO LOGIN: (ON) Provides an option on the Log In screen for a user to select “Log me in automatically”.



CHILD LOCK: (OFF) When Child Lock is on, if there is no input for ten minutes while on the Home or Idle screen, the machine will lock itself. A “CONSOLE LOCKED” screen is displayed. Push and hold the Stop button for three seconds to unlock the machine.

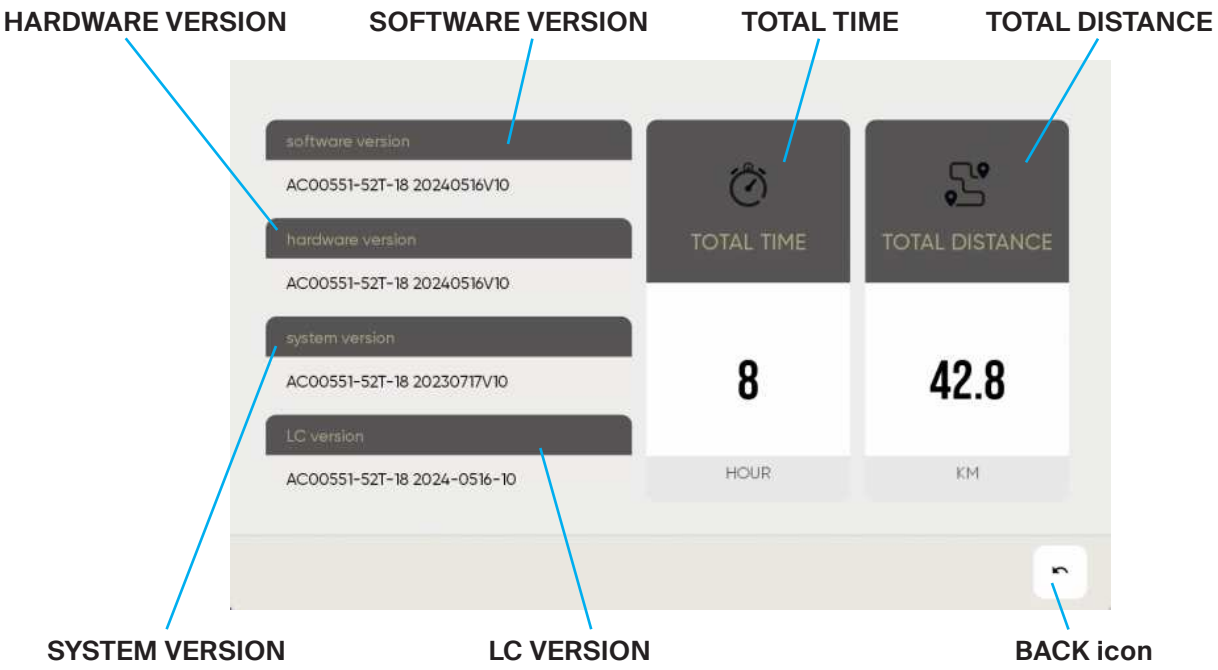
Once locked, the machine must be unlocked with the Stop button. If the power is turned off and the machine restarted, it will be in locked mode.

BEEP MODE: (ON) Turns on/off the sound made a button is pushed.

STEPPED ADJUSTMENT (T7S ONLY): (ON) Limits the maximum speed increase per column to 2 mph / 3.2 kph.

BACK icon: Returns to the previous screen.

MACHINE INFORMATION



HARDWARE VERSION: Shows the current configuration of hardware.

SOFTWARE VERSION: Shows the currently installed version of software.

TOTAL TIME: Shows the accumulated hours that the treadmill has been used.

TOTAL DISTANCE: Shows the accumulated distance that the motor has been used.

SYSTEM VERSION: Shows the current version of the system.

LC VERSION: Shows the current version of the Lower Control Board.

OFFLINE MODE

The treadmill can be connected by Wifi, Bluetooth®, or Ethernet to the internet. When the treadmill is not connected, it operates in Offline Mode.

In Offline Mode, the Bluetooth® and Wifi icons are crossed out on the Home screen, Profile information cannot be edited, and workout results are not saved.



CENTR