

# Instructions for use for



## Treadmills of the *motion cardio line 900* & *motion cardio line 900 med*

motion sprint 900 SE/SL  
motion sprint 900 med SE/SL



**Sprintex Trainingsgeräte GmbH**  
**Bei der Säge 23a**  
**79692 Kleines Wiesental**

**CE** 0483

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# 1. General introduction

## 1.1 Description / classification of the medical device

Note: The devices motion sprint 900 SE/SL med are medical devices **MD** according to the directive 93/42 EWG.

Modifications to the MP are not permitted!

The MP is designed for a useful life of eight years.

The motion sprint 900 SE/SL med stands for safety and quality. The applied slat technology with rubber overlay ensures optimal damping of impact forces and promotion of walking that is easy on the joints.

The naming of the two models refers to the presence of a gradient. I.e.: SL → with slope; SE → without slope. The basic design with all safety and ergonomic aspects remains unaffected.

Basically, MPs are used for defined loading of the patient by walking or running on level ground or on an incline. This addresses large muscle groups, primarily using the lower extremity and the stabilising trunk muscles. When running, the muscles of the upper extremity are also used.

The MP is not designed for a specific user group, it can be used by younger and older people as well as people with special needs and children for walking and running. For proper use of the MP, people with special needs and/or children require 1:1 supervision. The MP is designed for use by one person only. Simultaneous use by more than one person is prohibited. The maximum standard load is 160 kg, which can be increased to 250 kg depending on the model.

For this purpose, the MP can be provided with different speed and gradient. The necessary settings are made manually or programme-controlled via the corresponding terminal. With the help of the integrated pulse receiver, heart rate measurement and thus individual pulse training is possible. If the heart rate set by the user is exceeded, the load is reduced.

The MP motion sprint 900 SE/SL med belongs to accuracy class A: high accuracy. In the use class, it is assigned to class S. (Studio: professional and/or commercial use).

Accuracy class A is achieved according to DIN EN 957-6. The device has complied with the following tolerances: Time  $\pm 1\%$ ; Distance  $\pm 5\%$ ; Speed  $\pm 5\%$  up to 2 km/h  $\pm 0.1$  km/h. If there is an incline, it has an accuracy of  $\pm 10\%$  above 2% incline.

The device may only be used under the supervision of authorised qualified personnel or after instruction by appropriate personnel. Before starting the training, make sure that all adjustable parts of the respective training device are fully locked and do not protrude into the range of motion.

## 1.2 General safety instructions



Read these operating instructions with all the and warnings **before using** the **MP for the first time** in order to ensure safe and use of the product. Keep this document in a safe place for reference and give it to others if you pass on the unit of the appliance.

Only use Sprintex Trainingsgeräte GmbH - accessories, otherwise no liability will be accepted. Visually inspect the equipment before each use and listen for atypical noises. The tread surface of

the frames can provide a safe resting zone with the railing in case of emergency or other need. If the MP does not respond as intended, there are the following ways to control the situation:

2. Pull the rip cord or press the "emergency stop button".
3. Grasp the railing, unload the body, place the feet on the tread and exit the belt.
4. Pull out the plug. (by outside person)

In case of any error symptoms, leave the unit. The fault should be recorded and reported to the manufacturer/service. Do not transport any objects with the MP. Environmental conditions must be observed. (see chapter 3) Moving or rolling objects that could get under the belt must be removed from the immediate vicinity. Damage that could impair the function or cause injury must be repaired. Otherwise, no liability will be accepted. Make sure there is enough space around the MP. (Chapter 4.1) It is essential to disconnect the mains plug before carrying out any work on the MP, even if the unit is to be moved.

### **EMERGENCY STOP SYSTEM**

An emergency stop push button or emergency stop cord is provided on each treadmill. This is either on the display or on a side handrail in combination with another one on the opposite side handrail. (Chapter 6)

#### Requirements from standards:

Interference from electromagnetic fields can cause the MP to stand still. (Standstill= basic safety) The emergency stop also leads to standstill.

Warning: Use of this appliance immediately adjacent to or with other appliances, or with other appliances in stacked form, should be avoided as this may result in incorrect operation. If use in the manner described above is nevertheless necessary, this unit and the other units should be observed to ensure that they are operating properly.

Warning: The use of accessories, transducers and wiring other than those specified or provided by the manufacturer of this unit may result in increased electromagnetic emissions or decreased electromagnetic immunity of the unit and may result in improper operation.

Warning: Portable RF communications equipment should not be used within 30cm of the manufacturer's designated parts and wiring of the ME unit/system. Failure to do so may result in degradation of the unit's performance characteristics.

Warning: To avoid the risk of electric shock, this appliance must only be connected to a supply mains with a protective earth conductor.

Warning: Modification to the ME unit is not permitted. It must not be modified without the permission of the manufacturer. If the ME unit is modified, appropriate examinations and tests must be carried out to ensure continued safe use.

## 2. Technical description

### 2.1 Information on inscriptions on the outside

#### 2.1.1 Type plate

The type plate is attached to the left frame on the rear side.

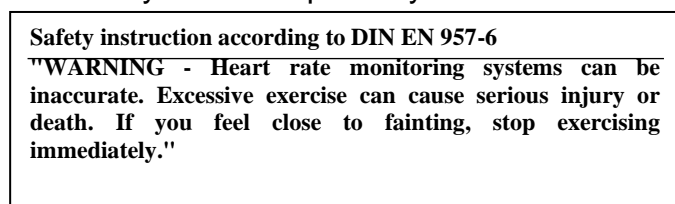


The nameplate contains information about the manufacturer, the model, the serial number and the year of manufacture, the sound pressure level (see chapter "Maintenance"), as well as all information necessary to commission and operate the unit. (chapter 2.1.2)

#### 2.1.2 Indicators

##### 2.1.2.1 Safety note for pulse systems

The safety notice for pulse systems is located on the terminal.



The motion sprint 900 SE/SL med devices have an original **POLAR** heart rate system where the signal acquisition is done by chest strap as standard (the chest strap transmitter is not included). The new "auto-pairing" function is a technology that enables the pairing of a compatible **POLAR** heart rate sensor (e.g. H9 or H10) via a coded 5kHz connection. A stable and almost interference-free **Bluetooth** connection is then automatically established with the above-mentioned sensors. A downward compatibility with older 5kHz sensors from **POLAR** (e.g. T31c) is still guaranteed. This technology is based on signal transmission through a magnetic field. This magnetic field can be disturbed by some factors. For example, loudspeakers, TV, power cables, fluorescent tubes and motors with high power can interfere with the transmission. For the most interference-free transmission of the heart rate, we therefore recommend the use of original **POLAR** sensors with the "auto-pairing" function, such as the H10 sensor.

### 2.1.2.2 Safety advice for walking on the running surface



The safety notice for stepping on the tread is located above the switch-on button, at the rear right of the MP frame.  
For safety reasons, it is necessary to switch on the MP before operation and only then step on the running surface. This prevents injuries in the event of a fault.

### 2.1.2.3 Safety notice "DO NOT PUT IN".

The safety notice is located on the front pulley and on the rear pulley.  
" REACH IN PROHIBITED"  
Do not reach into the slats!

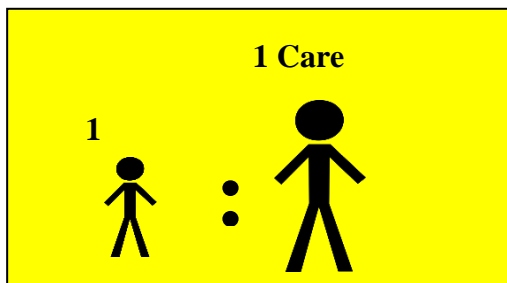


### 2.1.2.4 Safety notice "SITTING PROHIBITED"

The safety notice, if present, is applied to the armpit supports.  
"SITTING FORBIDDEN"  
Sitting on the armpit supports is prohibited!



### 2.1.2.5 Safety notice " SUPERVISION".



"For children, 1:1 care is mandatory".

As soon as the MP is equipped with child axle supports and/or child HvBv (height and width adjustable guardrails), this safety notice is additionally applied.

### 2.1.2.6 Mandatory sign



"FOLLOW INSTRUCTIONS FOR USE"

The instructions for use must be read before use.  
be read and followed!

### 2.1.2.7 Serial number (beat numbers)

The serial or unit number of the MP is located below the power button, stamped on the rear right frame. It consists of a 6-digit number. The unit number can also be read on the type plate and is identical to it.

### 2.1.2.8 Disconnection from the supply network



Pull out the  
mains plug  
before opening

The safety notice is located below the power button, on the rear right frame.

The note "Pull out the mains plug before opening" is intended to inform service personnel during installation or maintenance work to disconnect the unit from the power supply so that no live components can be touched and no electric shock can occur to the service personnel.

### 2.1.2.9 Reverse operation (reversing the direction of travel)

The safety notice is located on the terminal if reverse operation is available.

**Warnung !**

Reverse Betrieb nur mit Hilfestellung

Reverse mode is designed to run backwards on the treadmill so that you can always see the treadmill parameters. Only with HzP (Personal Safety Bracket) is it allowed to simulate uphill running with the incline set.

### 2.1.2.10 General pictograms



Type B applied part, protection class 1



The MP must not be disposed of in normal household waste.  
It is subject to the EAR.  
MP was placed on the market after 23.03.2006.



### 3. Environmental conditions, transport, storage

Humidity: < 80 %; Temperature range: 0/40 °C; Storage temperature: 0/40 °C (Protect from strong temperature fluctuations // When used in a cold environment, warm up the unit slowly (risk of breakage of all plastics)). The unit should not be exposed to direct sunlight! The mains plug and socket must be accessible at all times so that the MP can be disconnected from the mains immediately. The mains plug must be disconnected before carrying out any work on the MP, even if the unit is to be moved.



## **4. Commissioning / Installation**

### **4.1 Installation site**

Observe ambient conditions. (Chapter 3) Place the unit on a firm, level, non-slip and vibration-free surface. Make sure that the units do not stand on thick "rubber mats". There must be sufficient clearance under the MP to allow the tread to swing. A safety area of at least 2,000 mm length and the width of the MP must be available behind the MP. There must be no foreign objects in the entire safety area. If the unit has the reverse option, the same safety area must also be maintained in front of the MP.

Make sure that there is no electromagnetic radiation that can affect the pulse measurement.

### **4.2 First commissioning**

Observe ambient conditions. (Chapter 3) The MP must be acclimatised for several hours before initial operation.

The MP is connected to the mains (220 - 230V) via the mains cable. Only use a socket with the appropriate voltage for the electrical connection. The socket must be protected with a slow-blow fuse (16 A). The highest internal resistance of the supply mains is  $2\Omega$  (calculated from max. 40 V voltage drop at max. inrush current of 20 A). No live cables, plugs or sockets may be laid directly under the MP. Make sure that the emergency stop pull cord (also serves as a locking function) is in the position provided on the terminal and that the emergency stop button is not in the pressed position. The on/off button is located on the rear right frame of the MP. When switching on, the user must not stand on the running surface. On the operating part of the MP are the operating buttons, which can be operated by tapping lightly and without force. (Operating the terminal, chapter 11)

## 5. Options

### 5.1 Reverse operation (U mverse direction)

See chapter 2.1.2.9

### 5.2 Polar pulse systems (receiver included)


The motion sprint 900 SE/SL med units are equipped with the original **POLAR** pulse system, which uses a chest strap for signal acquisition as standard. This enables individual training in various programmes. The wireless data transmission to the display electronics is coded (either via 5kHz or **Bluetooth**). The new **POLAR** "Auto-Pairing" technology is based on secure and interference-free data transmission via Bluetooth. This technology requires the use of the H10 or H9 transmitters. Other parameters, such as HRV and respiratory rate, are also transmitted to the monitor via the **Bluetooth** connection.




If the old transmitters are used, e.g. T31 coded, there is downward compatibility. It should be noted that there may be interference during signal transmission.

The colour of the flashing heart symbol gives an indication of the technology used. light blue=Bluetooth green=5kHz

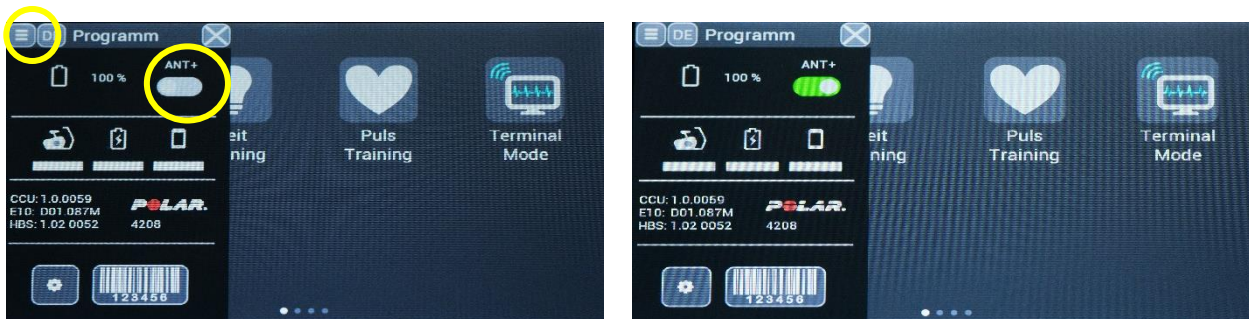
### 5.3 Pulse transmission via ANT+ technology

#### ANT+

The motion sprint 900 SE/SL med devices enable optional data transmission via  in addition to heart rate transmission via 5kHz/**Bluetooth**.

By default, Polar 5kHz/**Bluetooth** technology is activated. To activate transmission via , the "ANT+" switch in the info box (  ) must be switched on (marked yellow here). After that, a connection to a transmitter unit that sends the heart rate via  can be established.

A dark blue flashing heart symbol confirms heart rate transmission via .



### 5.4 Load increase to 250 kg

For loads over 160 kg, the treadmill must be in a horizontal position. Setting the incline above 160 kg is prohibited, as is the use of the HzP.

Accessories are: Axle supports (steel, powder-coated), child axle supports (steel, powder-coated), ramp (wood), rehab belt corset (fabric). If you have received one or more of these accessories, more information can be found in the appendix.

Removable parts include: Emergency stop magnet, Removable gel keypad, Carabiner, Suspension straps.

## 6. Safe training

Chapter 2.1.2 "Markings" must be observed!

Chapter 9 "Maintenance" must be observed!



**EMERGENCY STOP device:** The existing EMERGENCY STOP ripcord and/or the EMERGENCY STOP button are to be actuated in an emergency and immediately bring the MP to a standstill. The "STOP button" can always be actuated as a safety function. It reduces the speed of the running surface until it comes to a standstill. Before starting training, the fitness should be checked by an authorised person.

**Note:** Be aware of the contraindications listed. Note that excessive training can be harmful.

When training, wear tight-fitting, lightweight sports clothing that cannot get caught in parts of the MP during training. The plastic clip attached to the rip cord must be attached to the clothing when the MP is put into operation so that when the rip cord is tightened, the magnet comes off the terminal. The rip cord must be adjusted so that the magnet releases at no more than 70% of the length of the tread. Always wear suitable sports shoes for a secure footing on the running surface. Check the unit for secure footing, any defective parts or other tampering before you start exercising. If you discover any defects or are not sure, ask the supervisor before you start training.

**Note:** Make sure to run in the middle of the tread at all times. Adjust to the speed.

With regard to persons exercising, see chapter 1.1.

Indications:

- Cardiology: Economisation of the Cardio-Pulmonary System through Targeted Training  
Aids for exercise ECG
- Pneumology: Aids for spiroergometry  
Economisation through breathing training under load
- Orthopaedics: Muscle building training, primarily of the lower extremities and to warm up for further exercises  
Muscle building for muscle atrophy of the lower extremity  
Mobilisation of the joints through movement of the lower extremity  
Walking school after amputation  
Mobilisation training and walking school
- Neurology: Walking school for neurological deficits e.g. stroke
- General: Accompanying treatment of obesity  
Stimulation of the metabolism through strength-endurance training  
Accompanying treatment through sport in oncology

Foreseeable contraindications:

- If you are taking any kind of medication, please discuss the training with your doctor beforehand.
- Unstable angina pectoris
- Symptomatic cardiac arrhythmias and/or impaired haemodynamics
- Acute dyspnoea
- Circulatory disorders with rest pain in the affected limbs
- Coronary atherosclerosis
- Acute infections (diseases in the respiratory tract)
- Febrile illnesses, febrile infections
- Circulatory complaints, Dizziness, nausea, vomiting
- Acute coronary syndrome
- Acute myocardial infarction
- Symptomatic high-grade aortic stenosis
- Acute pulmonary embolism
- Acute carditis (myo-, endo-, pericarditis)
- Acute phlebothrombosis of the lower extremities
- Acute aortic dissection

Fresh fractures not treated

Foreseeable relative contraindications:

- Hypertension, i.e. when blood pressure is constantly elevated.
- Pain on exertion in the legs when walking less than 100 m
- Decompensated heart failure
- Fractures treated in partial weight bearing
- Dizziness and/or balance disorders
- Advanced osteoporosis
- Mental disorders
- Severe visual impairment

Termination criteria:

- Chest pain
- Malaise
- Nausea
- Dizziness
- Dyspnoea
- Significant pain in the musculoskeletal system

## 7. Care

Clean the plastic trim and frame parts with a damp cloth and mild soap to remove aggressive sweat residue. Then rub the surfaces dry. If the MP needs to be disinfected, use only acryl-des® disinfectant wipes. The safety level of the MP can only be maintained if the units are regularly checked for damage and wear. Defective parts must be replaced immediately and the unit shut down until repaired.

**Attention: Do not use solvents!**

## 8. Maintenance

### 8.1 Minimum qualification for maintenance personnel

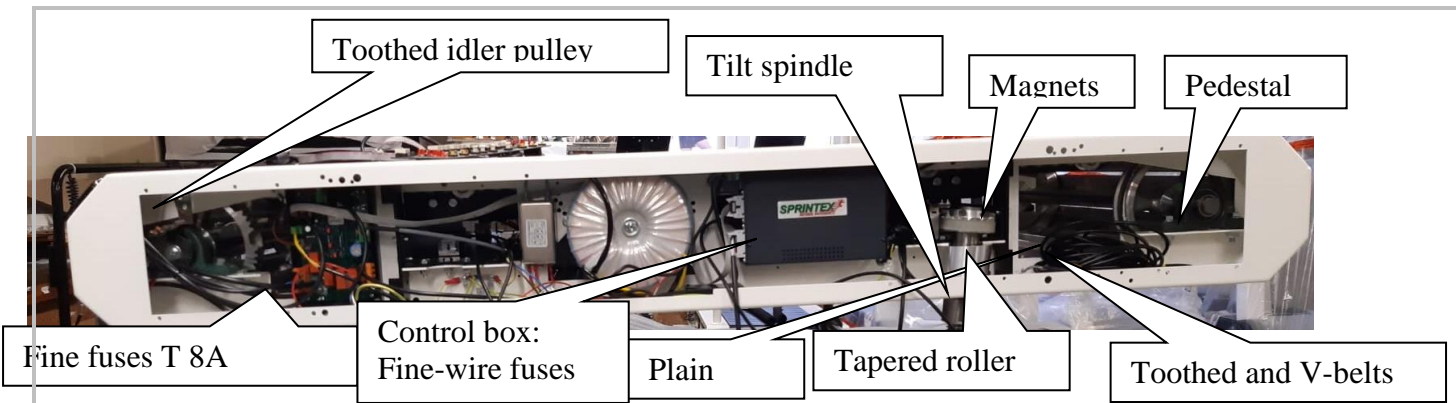
The qualification required of our maintenance staff is a technical vocational training and training, as well as instruction by emotion fitness GmbH & Co. KG or the company Sprintex Trainingsgeräte GmbH.

### 8.2 Maintenance instructions

The unit is almost maintenance-free. Nevertheless, we recommend maintenance every 12 or 36 months. Please observe the following maintenance instructions.

In case of problems that you cannot solve yourself, notify emotion fitness GmbH & Co. KG . The authorised service will help you quickly and competently or provide you with instructions.

**Attention: Before working on the appliance→ , pull out the MAINS CONNECTOR! Do not grease motor belt for running surface and pitch! Poor maintenance leads to higher noise levels.**



### Every 12 months:

- Remove panels left and right
- Vacuuuming out the accessible areas
- Clean the encoder disc (up to 2005) on the pitch spindle.
- Check the magnets (from 2006) on the pitch spindle for tightness, if necessary glue them on again (with Pattex).
- Clean and re-grease toothed and V-belts (Molykote grease).
- Clean and relubricate taper roller bearings and ball bearings (penetrating oil).
- Clean and re-grease the tilt spindles (Molykote grease).

### Additionally every 24 months:

- Clean toothed deflection pulley (deposits in the teeth)
- Check tread tension
- Tighten the pillow block screws on both deflection pulleys (50 Nm).
- Check all screws for tightness

### 8.3 Replacing fuses, mains connection cables and other parts

#### Fuse replacement

Disconnect the mains plug from the mains supply! Loosen the side panel with a Phillips screwdriver. Replace fuses on control board 2x6.3 A slow-blow via bayonet fitting, designation on circuit board, 2x10 A slow-blow on gradient board if gradient is present.

#### Replacing the mains connection line

Disconnect the mains plug from the mains supply! Loosen the side cover with a Phillips screwdriver. Disconnect the mains cable from the mains filter, loosen the strain relief, remove the mains cable, insert the new mains cable, insert the new strain relief, connect the mains cables to the mains filter. After successful replacement, refit the side panels.

#### Other parts

When replacing parts that are not listed, the company Sprintex Trainingsgeräte GmbH must always be contacted.

### 8.4 Circuit diagrams / component list

Note: Information required for maintenance measures (circuit diagrams, components, etc.) can be requested directly from Sprintex Trainingsgeräte GmbH.

## 9. Maintenance

The MP motion sprint 900 SE/SL med must be subjected to the safety check (STK) in accordance with the Medical Devices Operator Ordinance (MPBetreibV) every 12 months. The operator is responsible for carrying out the inspection.

## 10. Operation "Display"

Various training and test programmes enable individual and varied training with the **motion cardio line 900** and motion cardio line 900 med machines.




sprint 900 / 900 med	
Basic equipment	Quickstart, timed training, pulse training (with SL pulse inclination/pulse speed)
incl. programme package	Quickstart Qualifying Pulse training (at SL pulse inclination/pulse speed) + 6 more programmes

### Overview display/key functions



Fig. 2: Monitor view, explaining the button functions, actual view may vary in colour, button assignment is the same.

#### Explanation of the buttons:

- The **Home button** is a physical button below the display glass. It is pressed to enter the main menu. During training, this button pauses the programme. The treadmill slows down and finally stops. A long press (at least 6 seconds) on the HOME button will reset the monitor electronics.
- Press the **PAUSE** button (  ) to pause the training.
- Pressing the **PLAY** button (  ) starts or resumes the training.
- The **COOL** button (  ) stops the training immediately. A summary of the training results is immediately generated, displayed and, if necessary, sent to a compatible training control software. When the COOL button is pressed, the current speed is maintained for the cool-down.
- Use the **"+" key or "-" key** to increase or decrease the parameters or power values to be set.
- Use the **arrow keys** to navigate through the corresponding menus and confirm values or settings.
- Swipe/swipe gestures navigate through the programme selection.

Depending on the programme, some of the following parameters are displayed:

- Programme name.
- Time: Training time completed or remaining.
- Pulse: Heart rate indicator, when using a compatible pulse transmitter belt. The pulse indicator display shows the current pulse range for programmes with target or maximum pulse. The profile indicator in the display shows the progression of the intensity range during training.
- Watt: Power is displayed in watts. In parallel, the intensity is clarified via a graphic display in the profile.
- km/h: Fictitious speed is displayed in km/h.
- HRV: Heart rate variability is displayed via the RMSSD value (requires **POLAR** H10 sensor).
- resp: Breathing rate (requires **POLAR** H10 sensor)
- km: Added or remaining distance. The display is in metres; from 1000 m in 10 m steps (1.00 km).

- K-Cal: Added or remaining calorie consumption.
- Level: Intensity level 1 - 21.
- Ø: If the parameters are completed with this symbol, they are average values.

## Results

After completion of a training programme or premature termination via COOL ( ❄ ), the results are displayed in the monitor and a 3 minute cool-down takes place. This can be cancelled via the HOME button.

Some of the values are averaged (Watt, Km/h, RPM, Pulse, Altitude/ min), some are cumulated (Km, K-Cal, Time, Altitude). The average values are marked with the symbol Ø.

These results make it possible to monitor personal performance development and thus serve as motivation.

## Programme selection

The desired training programme can be selected in the main menu by tapping the corresponding symbol. You will then be taken to the configuration page where you can set the corresponding training parameters. Press the **PLAY** button ( ▶ ) to confirm your entry and start the training. You can return to the main menu via the home icon or the home button.

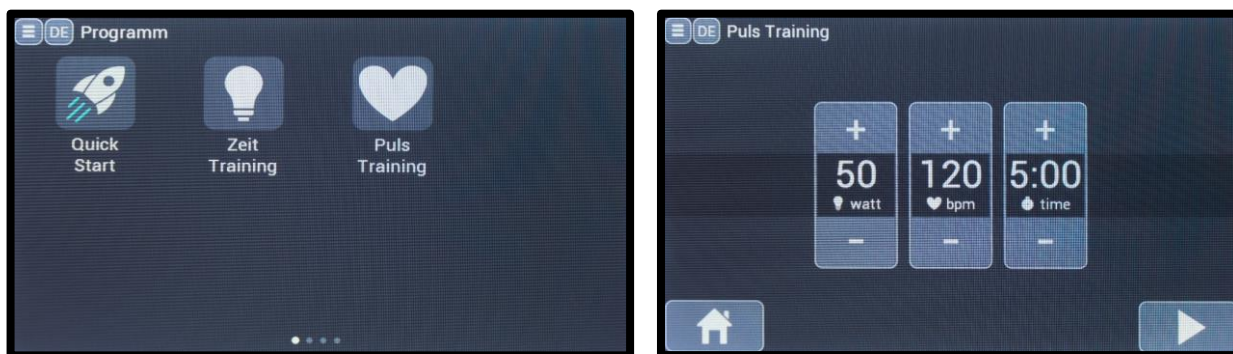


Fig. 3: Programme selection and configuration for manual training.

## 11. Technical data

Dimensions and weights may vary due to changes in equipment.

Dimensions	Weight	Max. user weight	Safe workload
172 cm x 76 cm x 148 cm (L/W/H)	170 kg	150 kg; boosted: 250 kg	320 kg; boosted: 420 kg

Toothed belt controlled drive of aluminium lamellas with rubber overlay. No slippage, no heating of the running surface, low continuous power consumption.

Tread height:	28 cm
Tread:	Slat technology s <sup>2</sup> ap Sprintex, L x W 155 cm x 50 cm;
Weight:	190 kg with incline
Max. User weight:	150 kg
Drive:	Brushless DC motor 1.3 KW
Voltage:	230V 50/60Hz
Current:	6 ampere
Fuses:	2 x 6.3 A slow-blow, 2 x 10 A m. Gradient
Humidity:	< 80%
Noise emission	:< 75 dB(A)
Temperature range:	0 to 40 ° C.
Storage temperature:	0 to 40° C.
Leakage current:	< 0.5 mA
Degree of protection:	IP X0
Speed:	0-17 km/h continuously adjustable
Gradient:	0-15 % infinitely variable (for motion sprint SL med)
Pulse measurement system:	Ant+ and Bluetooth (chest strap or watch not included)
Medical device:	according to 93/42/EEC
Applications include following standards:	DIN EN 20957-1 DIN EN 957-6 DIN EN 60601-1



## 12. Warranty

This is based on the statutory warranty.

emotion fitness GmbH & Co. KG, as the distributor of this product, will provide free service for 12 months on parts and labour for professional users if the proper use and care listed in this user manual can be verified. For a further 12 months, emotion fitness GmbH & Co. KG will provide replacement parts free of charge.

The warranty claim expires if the product has been serviced or repaired by unauthorised persons. As soon as a warranty case occurs, you should immediately inform emotion fitness GmbH & Co KG of this in writing or by e-mail. Information about the serial number of the device, the time of purchase, a detailed description of the fault and the source of supply must be provided by the owner of the device.

emotion fitness GmbH & Co KG will arrange for a service, but reserves the right to determine the type of service.

The following procedures are conceivable:

1. the service is carried out on site by our service.
2. we send the desired spare part.
3. we will send a replacement unit.

The defective parts shall be returned to us immediately by the customer. Otherwise, the delivered spare parts will be invoiced.

If the causes lie outside the scope of the warranty, emotion fitness GmbH & Co. KG reserves the right to charge all repair costs.

Some wear parts are not covered by the warranty. These are in particular the saddle, cranks and crank attachment, pedals, pedal loops, upholstery fabrics and the grip rubber on the handlebar. The **POLAR** pulse systems come with the legal warranty.

These warranty provisions shall in no way affect the general statutory claims.

Our General Terms and Conditions of Delivery, as amended from time to time, can be viewed and downloaded from our website [www.emotion-fitness.de](http://www.emotion-fitness.de).



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## 13. Document History

Version no.	Reason for the change	Author/ Date	checked/ date	released/ date
1.0	New creation BA Callis motion sprint 900 SE/SL med	L.Huhn, 07.10.2022	W.R.	W.R.
1.1	Supplement motion sprint 900 SE/SL med	M. Brodehl 13.02.2023		