

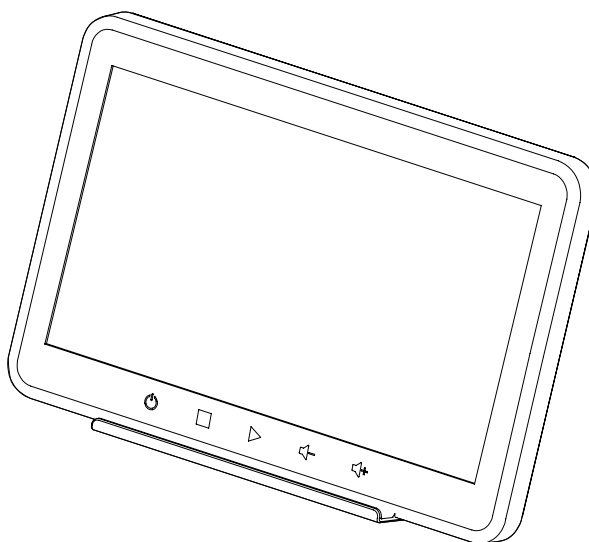


Model: TTS156.1

USER MANUAL

CENTR INSPIRE SERIES 15.6" TOUCHSCREEN

IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY



Record Serial Number Here

MADE IN CHINA
80307-V2024-11-12

WELCOME

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

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

NEED HELP? WE'RE HERE FOR YOU.

US CUSTOMERS

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



EMAIL

hello@centr.com



PHONE

877-738-1729 (US Only)

+1 714-738-1729 (Global)

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

Support is provided in English and Spanish

GLOBAL CUSTOMERS (OUTSIDE OF US)

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

PRODUCT WARRANTY

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

AUSTRALIA

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

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

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

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

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IMPORTANT SAFETY NOTICE

SAVE THESE INSTRUCTIONS

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

WARNING

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

DANGER

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

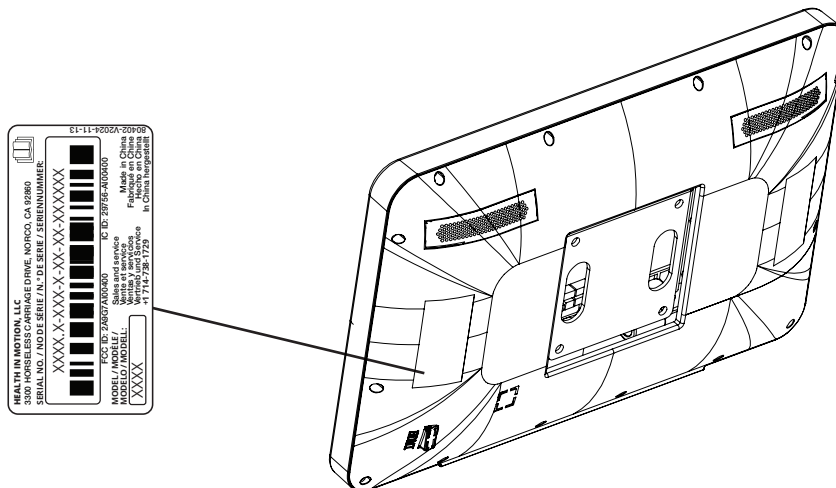
CARE AND MAINTENANCE

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

SERIAL NUMBER LABEL

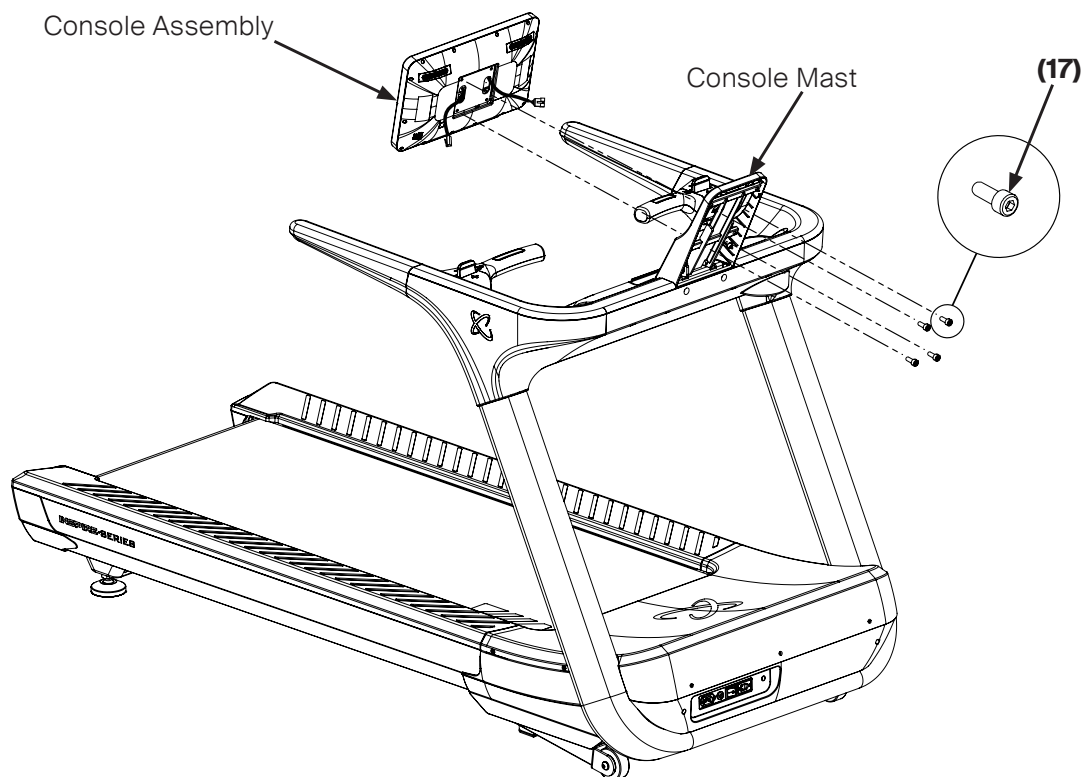


ASSEMBLY

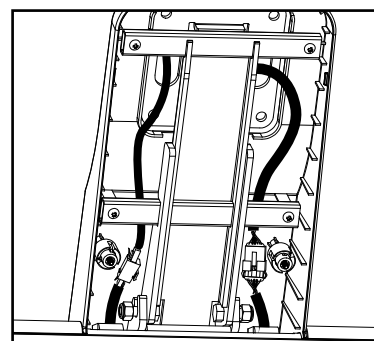
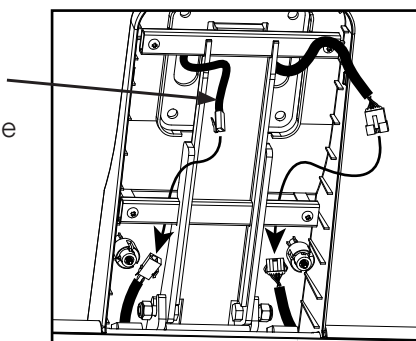
(Continued from CENTR INSPIRE SERIES User Manual)

NOTE: Images may not match your machine exactly. The T7S treadmill is shown.

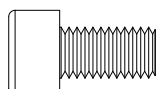
STEP A - Route the Cables from the **Console Assembly** into the **Console Mast**, and attach the **Console Assembly**. Once attached, connect the Cables from the **Console Assembly** being sure to properly orient the connectors and gently insert them. Be sure not to crimp or cut any Cables.



NOTE: On the T5S, the Ethernet Cable from the Console Assembly is not used and does not need to be connected.

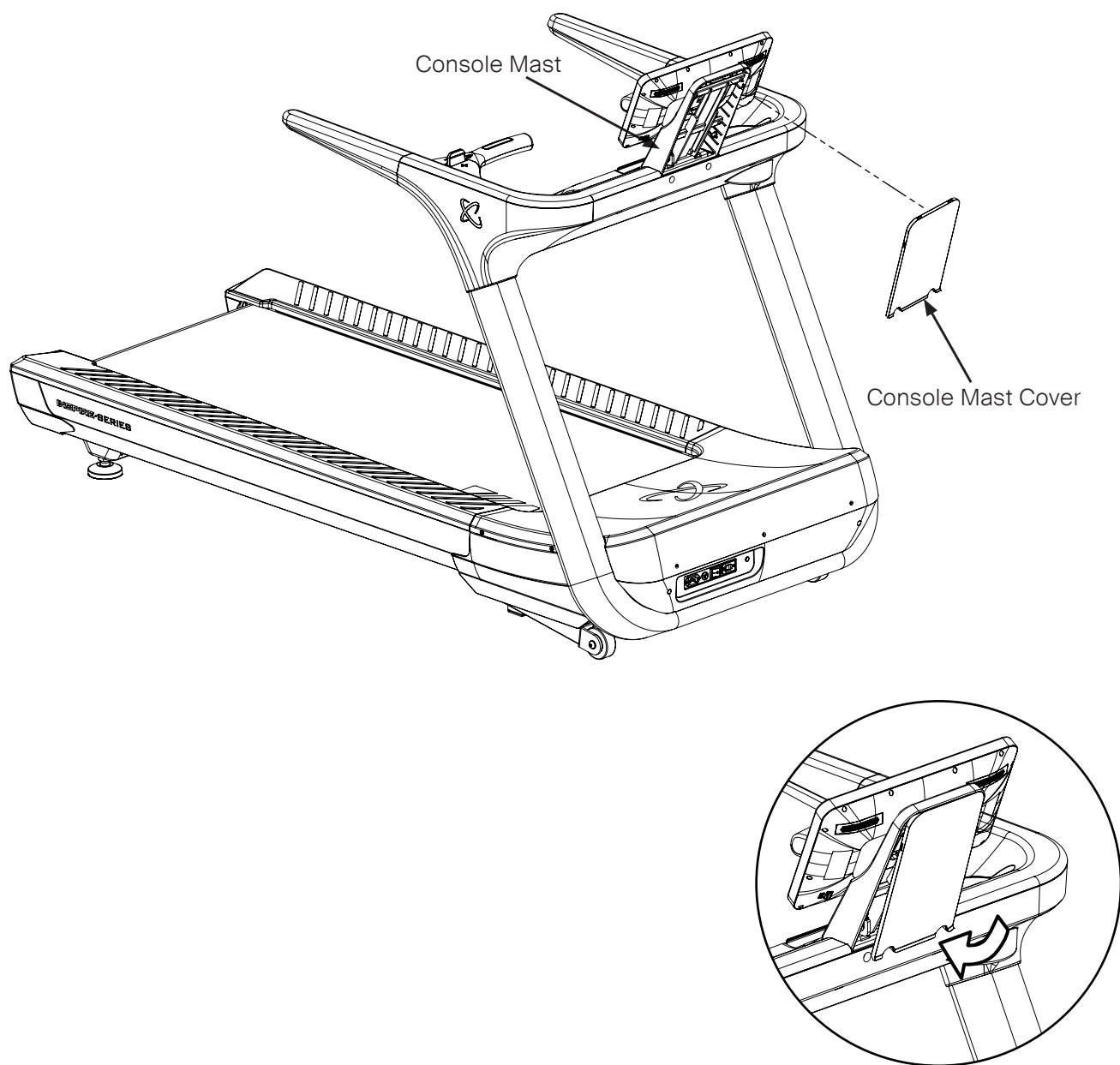


HARDWARE REQUIRED:



4X BOLT, M8X15 (17)

STEP B - With the Cables contained within the **Console Mast**, insert the top of the **Console Mast Cover** into the **Console Mast** and push the lower part into place.



FEATURE OVERVIEW

TOUCHSCREEN CONSOLE OVERVIEW

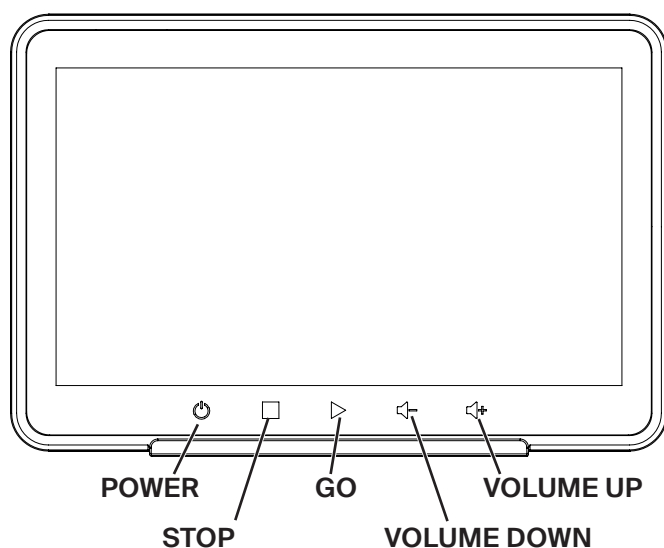
The treadmill is equipped with a Touchscreen Console providing an additional level of interaction, user features and workouts.

The CENTR Touchscreen Console User Manual can be found online with the provided QR Code to assist with using the features and workout programs available on it.



80286-EN

TOUCHSCREEN CONTROLS



POWER: Push to activate / deactivate the touchscreen.

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

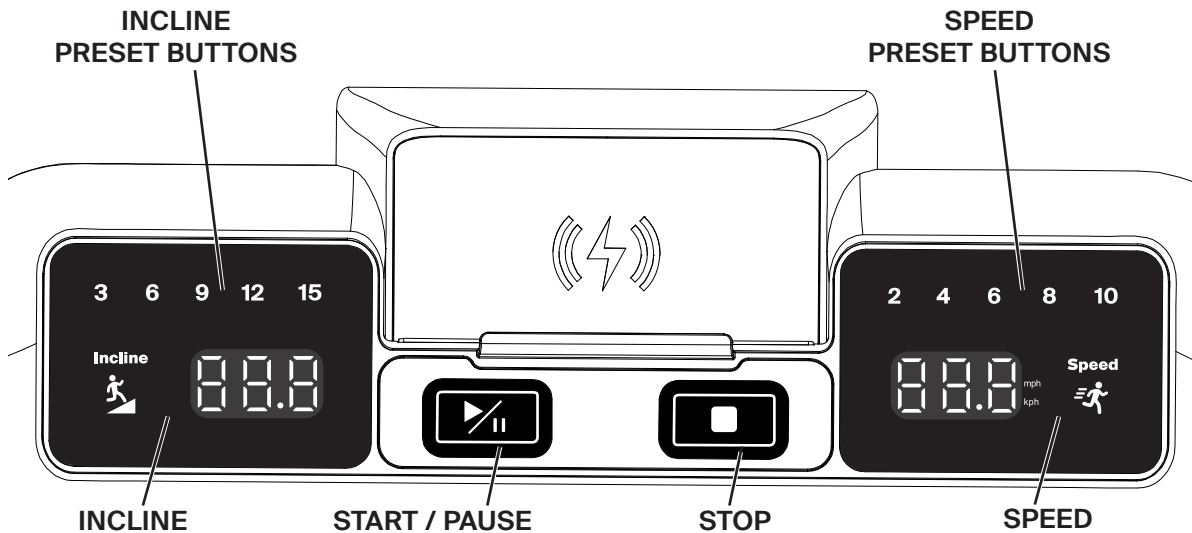
GO: Push this button to start a workout. The console will do a 4 second countdown and then the belt will begin to move. During a workout, push START / PAUSE to pause your workout. When paused, both SPEED and INCLINE will change to 0. From a Paused workout, push to exit Pause mode and resume your workout.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

VOLUME UP: Push to decrease the volume level of the console.

VOLUME DOWN: Push to increase the volume level of the console.

CONSOLE KEYPAD

T7S TREADMILL CONSOLE KEYPAD



INCLINE DISPLAY: Shows the current Incline level of the deck.

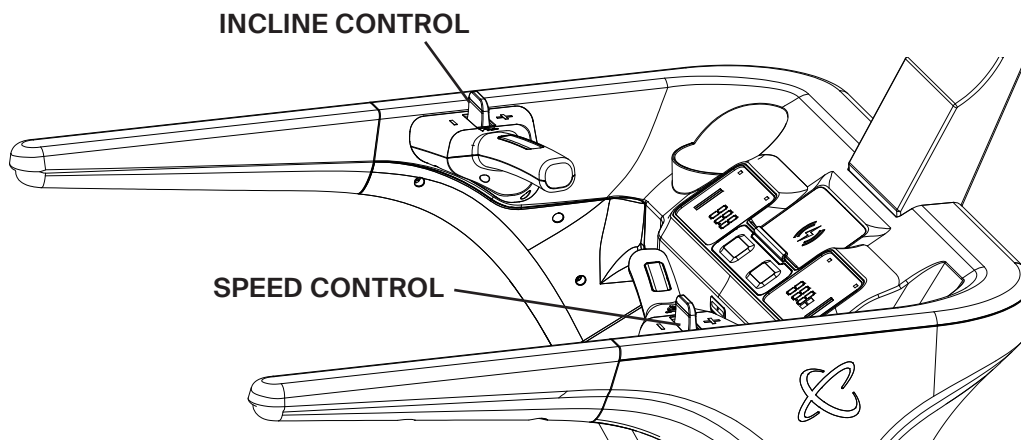
START / PAUSE: Push this button to start a workout. The console will do a 4 second countdown and then the belt will begin to move. During a workout, push START / PAUSE to pause your workout. When paused, both SPEED and INCLINE will change to 0. From a Paused workout, push to exit Pause mode and resume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

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

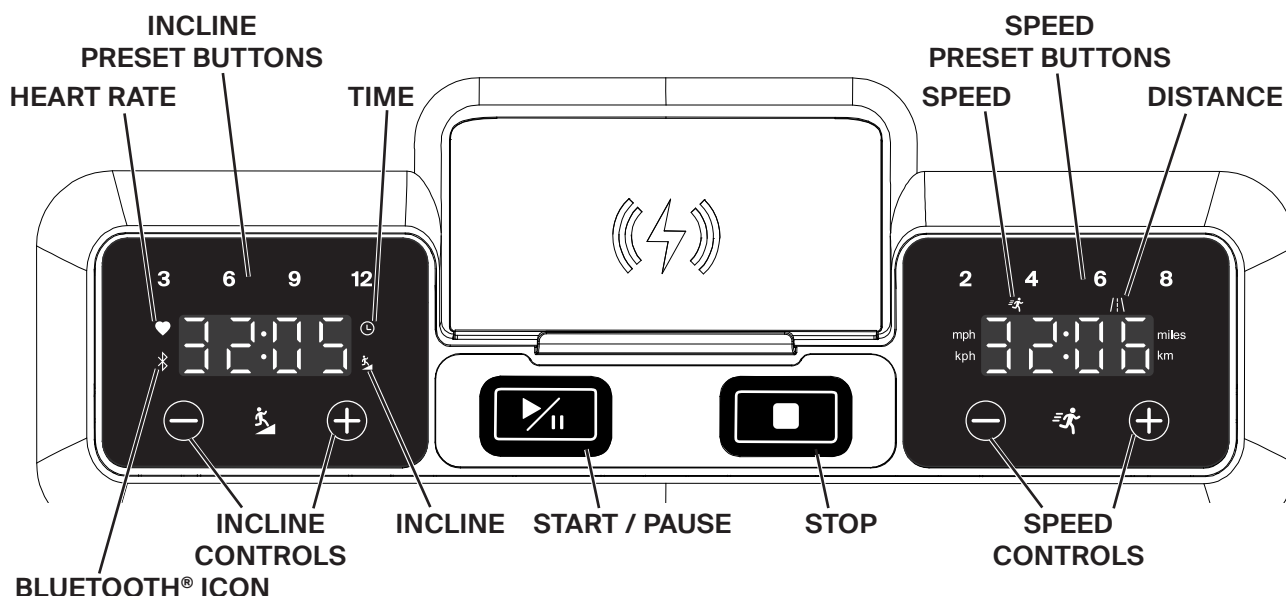
STOP: During a workout, push STOP to end the workout. The belt will stop, the incline will lower to 0, and the workout results will be displayed.

SPEED DISPLAY: Shows the current Speed level of the belt.

T7S TREADMILL INCLINE AND SPEED CONTROLS



T5S TREADMILL CONSOLE KEYPAD



SPEED AND INCLINE CONTROLS: Use the Speed and Incline Controls to change the incline and speed during a workout. On the T7S, increase (+) is toward the front of the treadmill, decrease (-) is to the back.

INCLINE ADJUSTMENT: Press 3, 6, 9, or 12 (and 15 on T7S) INCLINE preset button to directly move to that INCLINE running grade. Use the Incline Control to adjust the INCLINE between 0 and 15 (18 on T7S). Hold the Incline Control either + or - position for 0.5 seconds to quickly change the INCLINE.

WARNING

On the T7S, when the incline of the deck is increased, the uprights, console assembly, and water bottle holder all tilt with the deck. Be sure to only fill your water bottle to a level that will not spill during your workout.

SPEED ADJUSTMENT: Press 2, 4, 6, 8, or 10 (on T7S only) SPEED preset button to directly move to that SPEED. Use the Speed Control to adjust the SPEED between 1 mph/ 1.6 kph and 11 mph/ 17.6 kph (12 mph/ 19.3 kph on T7S). Hold the Speed Control either + or - position for 0.5 seconds to quickly change the SPEED.

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

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

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

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

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