

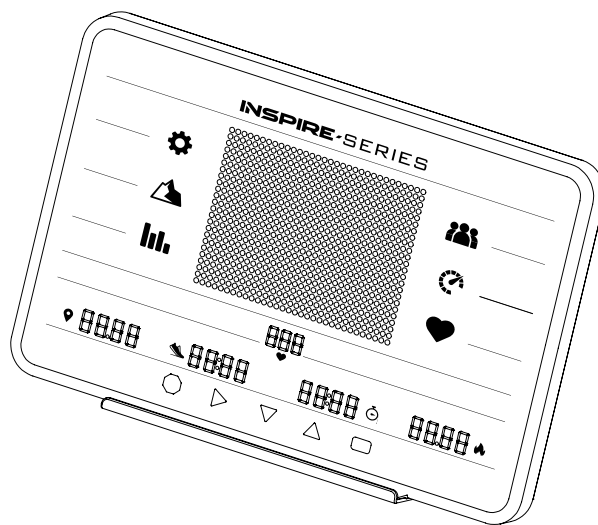


Model: TLED-15.1

USER MANUAL

CENTR INSPIRE SERIES 15" TOUCH KEY LED DISPLAY

IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY



Record Serial Number Here

MADE IN CHINA
80306-V2024-11-18

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.



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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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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:

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

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.

- 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 .**

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

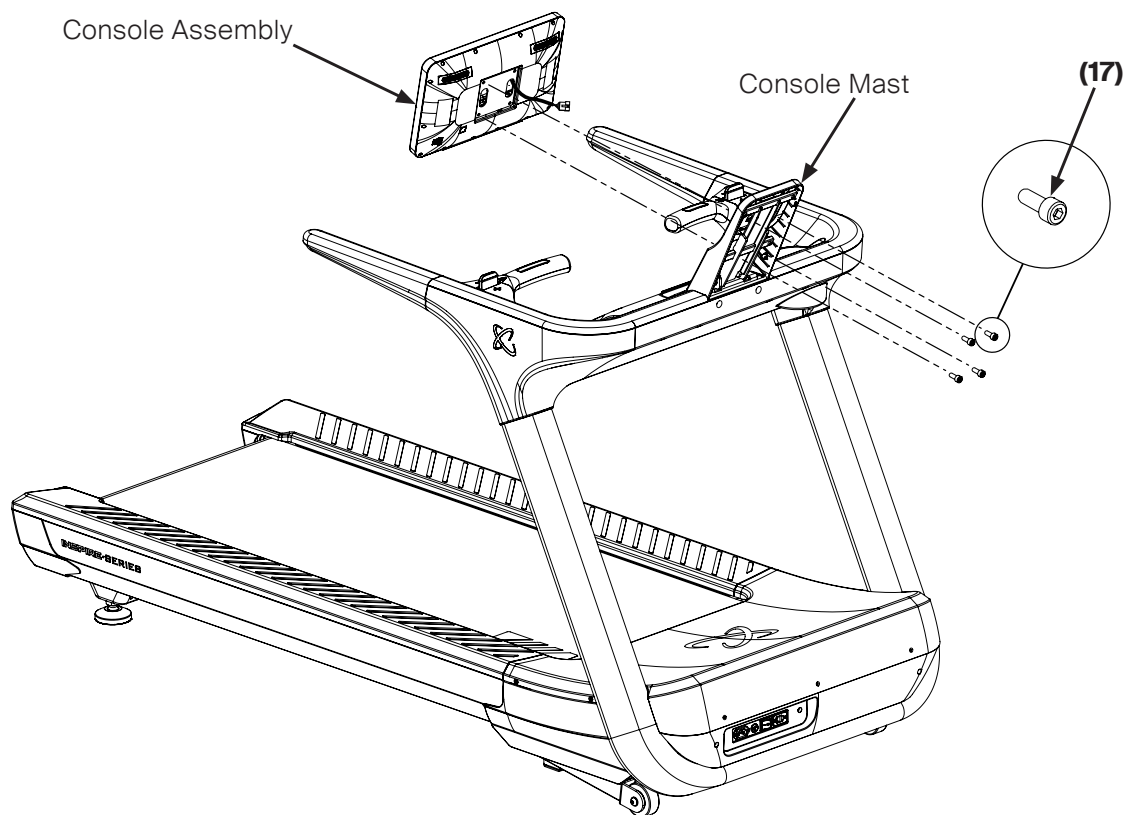


ASSEMBLY

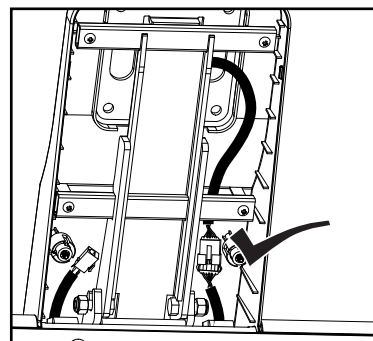
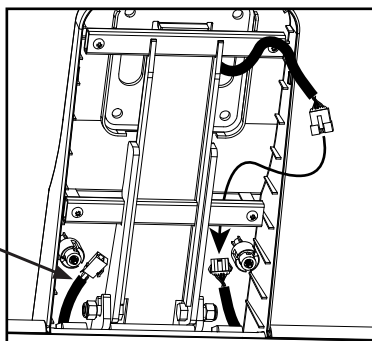
(Continued from CENTR INSPIRE SERIES User Manual)

NOTE: Images may not match your machine exactly. The T7 treadmill is shown.

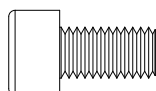
STEP A - Route the Cable from the **Console Assembly** into the **Console Mast**, and attach the **Console Assembly**. Once attached, connect the Cable from the **Console Assembly** being sure to properly orient the connectors and gently insert them. Be sure not to crimp or cut any Cables.



NOTE: If present, the Ethernet Cable is not used with the LED Display and does not need to be connected.

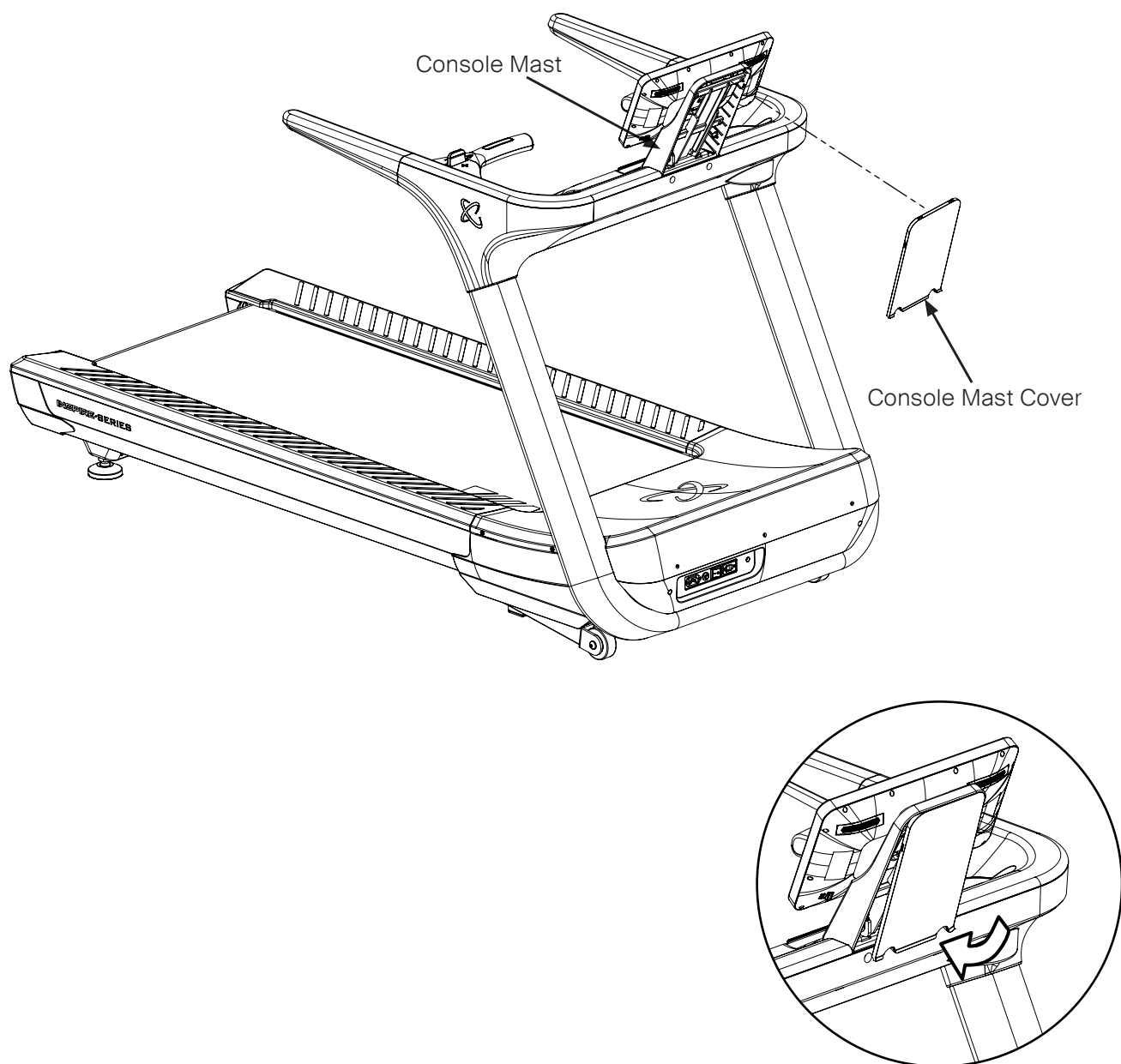


HARDWARE REQUIRED:



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.



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

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.

STOP: During a workout, push STOP to end your workout. The belt will stop, the incline will lower to 0, and the workout results will be displayed. If in Settings mode or in a Program menu, push STOP to go back to the previous screen.

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 GO to pause your workout. 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.

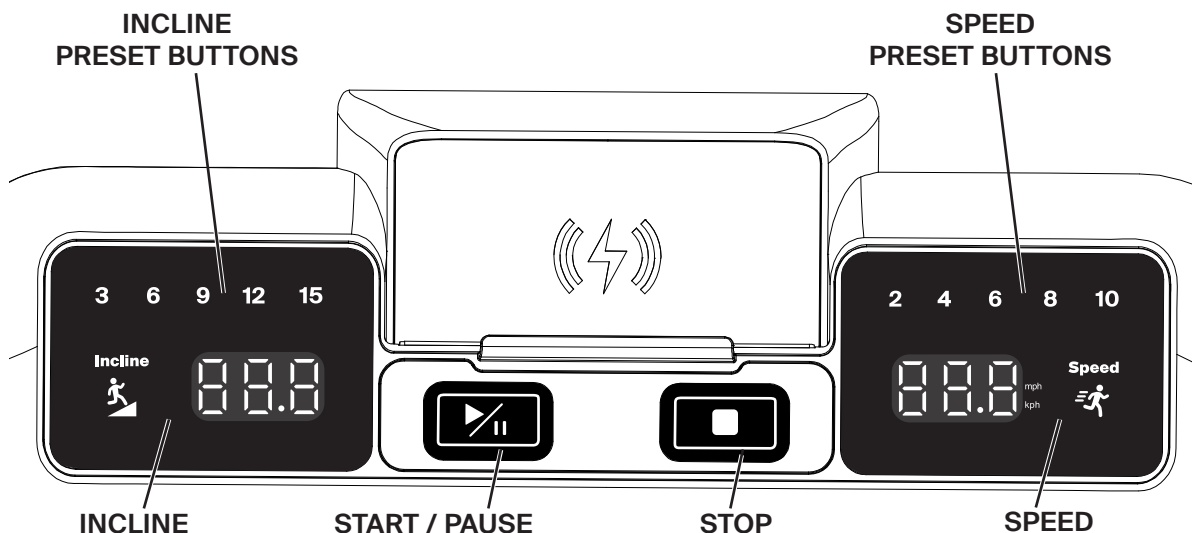
DOWN: Push to decrease the currently active value for Speed (0.1 mph/kph) or Incline (1). And if the button is held down, the currently active value will decrease quickly. Also used to cycle through selections.

UP: Push to increase the currently active value for Speed (0.1 mph/kph) or Incline (1). And if the button is held down, the currently active value will increase quickly. Also used to cycle through selections.

SET: Push this button to swap the displayed value between INCLINE and SPEED during a workout, to accept a modified settings value, or push and hold down for 2 seconds to access Settings mode.

CONSOLE KEYPAD

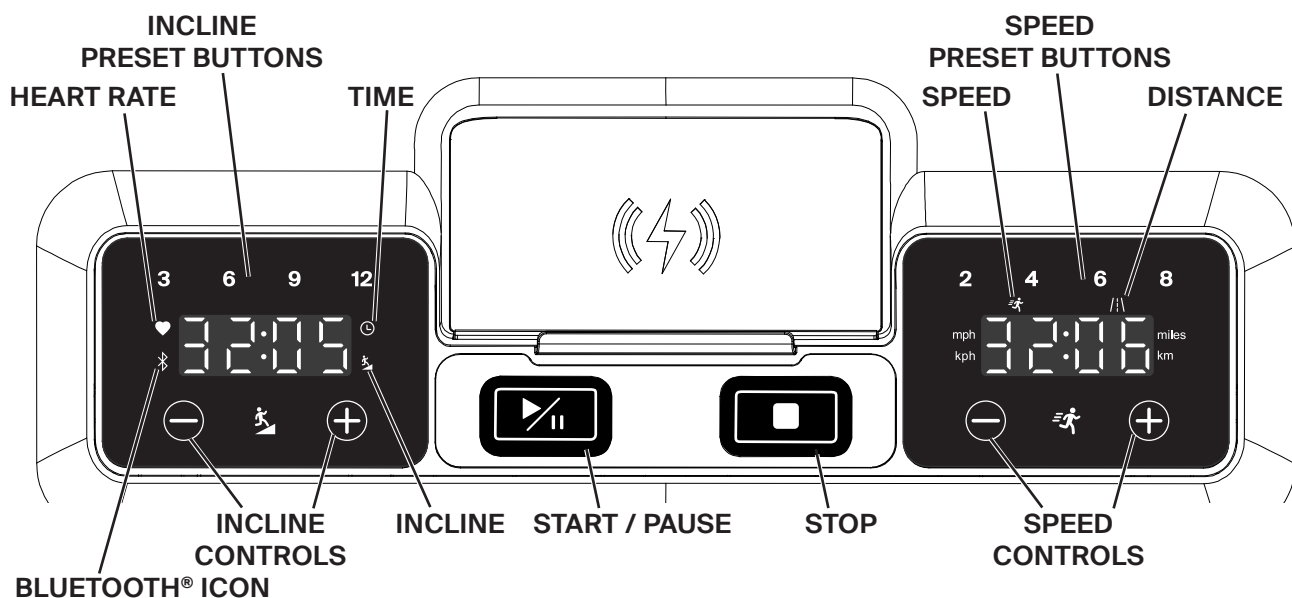
T7 TREADMILL CONSOLE KEYPAD



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. From a Paused

T5 TREADMILL CONSOLE KEYPAD



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.

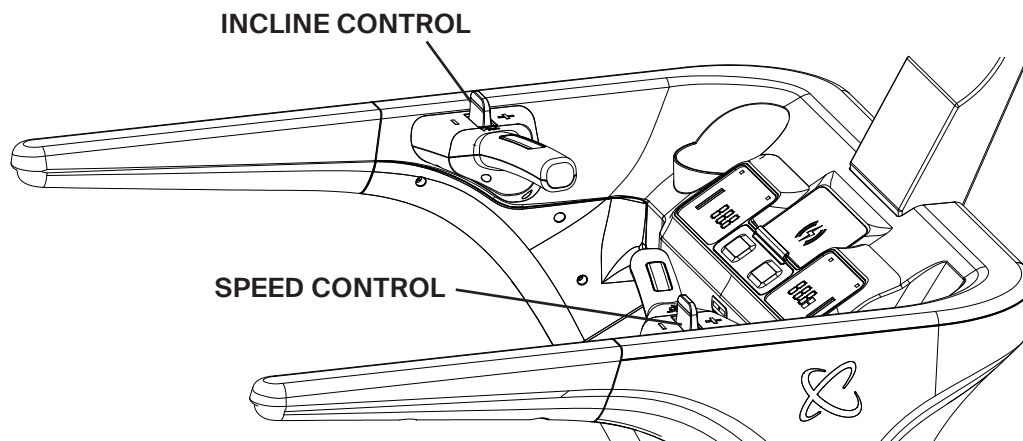
STOP: During a workout, push STOP to end your workout. The belt will stop, the incline will lower to 0, and the workout results will be displayed. If in Settings mode or in a Program menu, push STOP to go back to the previous screen.

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

SPEED AND INCLINE CONTROLS: Use the Speed and Incline Controls to change the incline and speed during a workout. On the T7, increase (+) is toward the front of the treadmill, decrease (-) is to the back.

INCLINE ADJUSTMENT: Press 3, 6, 9, or 12 (and 15 on T7) 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 T7). Hold the Incline Control either + or - position for 0.5 seconds to quickly change the INCLINE.

T7 TREADMILL INCLINE AND SPEED CONTROLS



WARNING

On the T7, 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, or 8 (and 10 on T7) 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 T7). 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.

CONSOLE MODES

INITIAL POWER ON: After the On/Off power switch is turned on, all segments and icons on the Console will light up for 2 seconds, then it will enter STANDBY state.

STANDBY (IDLE): Speed and incline will both be set to 0. If after 5 minutes of no activity, the treadmill will enter SLEEP state, and all console lights will turn off.

RUNNING: When in STANDBY mode, push the START / PAUSE or GO button to begin a Quick Start workout. The console will do a 4 second countdown and then the belt will begin to move at the minimum SPEED of 1.0 mph/ 1.6 kph. Push the START / PAUSE button to pause the workout and enter PAUSE mode. Push the STOP button to end the workout.

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 STANDBY.

PAUSE: In PAUSE mode, speed and incline are reduced to 0. Push the START / PAUSE or GO button to resume the workout, and STOP to end the workout and enter STANDBY mode.

SLEEP: This state is to save power when not using the treadmill. Push any button on the console to exit SLEEP mode and return to STANDBY mode.

SETTINGS: To access SETTINGS mode, push and hold down the SET button for 2 seconds from STANDBY mode. The values can be adjusted in the SETTINGS mode: Units (Imperial/ Metric), User Age (default: 30), User Weight (default: 154 lbs/ 70 kg), User Height (default: 63 in/ 160 cm), and Stepped Adjustment (T7 only, default: on). Adjust the displayed value with the UP and DOWN buttons, and push GO to accept the modified value and go to the next value. Use the STOP button to go back to the previous selection, or push and hold down STOP for 2 seconds to exit and return to Idle mode.

Stepped Adjustment (T7 only) limits the maximum speed increase per column to 2 mph / 3.2 kph.

WORKOUT PROGRAMS

Quick Start, Manual, Hill, Interval, User, Speed, HRC

The treadmill comes with 6 Workout Program buttons to get you working out quickly, in addition to the Quick Start workout. Push the Workout Program button to cycle through the available workouts within that Workout Program. There will be a 4 second countdown when starting a workout (3-2-1-GO).

WARNING

During a workout with a Workout Profile, the console will make two audible beeps and display "SPD CHG!" to notify the user that the speed is going to change.

During a workout, all values will count up except for Goal values which were adjusted before the workout was started. Goal values will count down during the workout. Push SET to swap the displayed value between SPEED and INCLINE during a workout

QUICK START

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/ 1.6 kph with a 0 incline setting. Each column of the Workout Profile is 1 minute long, and the workout values count up.

To start a Quick Start workout, push the START / PAUSE button when ready to workout.

MANUAL: Time, Distance, Calories

The MANUAL workout program allows the TIME, DISTANCE, or CALORIES to be a goal for the workout. The goal will count down during the workout, and the workout will end when it is achieved.

To create a workout goal, push SET. The display will show "ADJUST TIME OR PRESS SET FOR DISTANCE". The TIME value will flash, and the current TIME value (default is 32 minutes) is displayed. Use the UP or DOWN buttons to adjust the TIME value. To start this workout with the TIME Goal, push START. If Time is not your Goal, push SET.

NOTE: Push STOP to go back to the previous display. Push and hold down STOP for 2 seconds to exit and return to Idle mode.

The display will show "ADJUST DISTANCE OR PRESS SET FOR CALORIES". The DISTANCE value will flash, and the current DISTANCE value (default is 5.0 miles) is displayed. Use the UP or DOWN buttons to adjust the DISTANCE value. To start this workout with the DISTANCE Goal, push START. If Distance is not your Goal, push SET.

The display will show "ADJUST CALORIES OR PRESS START". The CALORIES value will flash, and the current CALORIES value (default is 100 calories) is displayed. Use the UP or DOWN buttons to adjust the CALORIES value. To start this workout with the CALORIES Goal, push START.

HILL: HILL 1, HILL 2

Push the HILL Workout Program button to shift between the HILL 1 or HILL 2 workouts. When the desired HILL workout is displayed, push START.

INTERVAL: INTVL 1, INTVL 2

Push the INTERVAL Workout Program button to shift between the INTVL 1 or INTVL 2 workouts. When the desired INTERVAL workout is displayed, push START.

USER: USER 1, USER 2, USER 3, USER 4

USER workout programs allow for time and the Workout Profiles (Speed and Incline) to be customized.

The USER workout programs have 4 different workout profiles (USER 1 through USER 4) that can focused on either speed (SPD) or incline (INCL).

NOTE: After any completed workout, the workout can be saved to one of the USER workout programs so it can be repeated. When saved, the previous USER workout program is lost.

To customize a USER workout program, select one of them (USER 1 through USER 4). Then push SET. The display will show "TIME ADJ", the TIME icon will flash, and the current TIME value (default is 32 minutes) is displayed. Use the UP or DOWN buttons to adjust the TIME value. To start this workout with the new TIME value, push START. To customize the workout profiles, push SET.

The display will show the Speed Profile, with the active column flashing. Adjust the column with the UP or DOWN buttons. Once the column is at the desired speed level, push SET. The next column to the right will flash showing that it is now the active column. Repeat this procedure across the Speed Profile. To start this workout with the new Speed Profile value, push START. To customize the Incline Profile, push SET.

The display will show the Incline Profile, with the active column flashing. Adjust the column with the UP or DOWN buttons. Once the column is at the desired incline level, push SET. The next column to the right will flash showing that it is now the active column. Repeat this procedure across the Incline Profile.

With the Incline Profile customized, "SETTINGS COMPLETED - PRESS START TO BEGIN WORKOUT" will be displayed. To start this workout, push START. To exit with the customized USER workout saved, push and hold down STOP for 2 seconds.

SPEED: SPD 1-SPD, SPD 2-SPD

The SPEED workout programs are all about moving your body during the workout.

Push the SPEED Workout Program button to shift between the SPD 1 or SPD 2 workouts. Push START when ready to workout.

HRC (HEART RATE CONTROL): 60%, 70%, 80%

During a Heart Rate Control workout, speed is adjusted to keep you at your Targeted Heart Rate (THR). The intensity of the workout is driven by your current heart rate. So be sure that your Bluetooth Heart Rate device works, 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 work out close to your target heart rate. If your heart rate is not close enough to the target rate, the treadmill will automatically adjust the speed of the running belt every 15 seconds.

Target Heart Rate = $220 - (\text{your age}) * (\text{the selected \% value of the workout})$

To adjust the Target Heart Rate (THR) before a workout, select the desired percentage level (PCT) for the workout (60, 70, or 80). Then push SET. The display will show "TARGET HR", the HEART RATE value will flash, and the current Target Heart Rate value is displayed. Use the UP or DOWN buttons to adjust the Target Heart Rate value. Push SET to accept the Target Heart Rate.

NOTE: Push STOP to go back to the previous display. Push and hold down STOP for 2 seconds to exit and return to Idle mode.

The display will show "TIME ADJ", the TIME value will flash, and the current TIME value (default is 32 minutes) is displayed. Use the UP or DOWN buttons to adjust the TIME value.

To start this workout, push START or SET. Be sure that your heart rate device is activated before starting the workout.

During a Heart Rate Control workout, if the signal from the heart rate device is lost for 15 seconds, the console will display "NO HR DETECTED". If the heart rate device does not reconnect after 60 seconds, the workout will be ended.

WORKOUT RESULTS

When a workout is completed, an audible congratulation sound will be played, the belt will stop and the incline will lower to 0.

The console will display the Workout Results. The total workout values are Distance, Time, and Calories. The average workout values are Speed, Incline, Heart Rate, and Pace.

NOTE: If a Heart Rate was not provided during the workout, the average Heart Rate value will not be displayed.

The Workout Results will be displayed for 5 minutes or until the STOP button is pushed.

After the completed workout, the workout can be saved to one of the USER workout programs so it can be repeated. When saved, the previous USER workout program is lost. To save the workout, push SET. The console will display USER 1. To change to a different USER, push the UP or DOWN buttons until the desired USER is displayed, and push SET. The Console will display "SAVED" for a second, and then return to the Workout Results.

The Workout Results will be displayed for 5 minutes or until the STOP button is pushed.

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