Owner’s Manual

Citius

Motorized Treadmill

NOHRD

MADE IN GERMANY

Designed by WATERROWER I NOHRD GmbH
Manufactured by
WATERROWER I NOHRD GmbH
Otto-Hahn-Str. 75
48529 Nordhorn
and
Reha-Stim Medtec GmbH
Brunsbütteler Damm 456
D-13591 Berlin, Germany

CE

NOHRD

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1. General Introduction1.1. Information on the User Manual

This user manual contains all the necessary information to ensure safe and efficient operation of the “NOHRD Citius” treadmill (hereinafter referred to as *Citius*).

The manual describes the operation and maintenance of the Citius treadmill. Compliance with the specified safety instructions and operating guidelines is a prerequisite for safe and proper use of the system.

The user manual is an integral part of the system and must be kept readily accessible to personnel at all times in the immediate vicinity.

All illustrations, photos, diagrams, screenshots, and drawings are symbolic and may differ from the actual appearance.

In addition to the instructions in this manual, local accident prevention regulations and national occupational safety regulations also apply.

For simplicity, the term “NOHRD” is used below. However, this refers to WATERROWER I NOHRD GmbH, Otto-Hahn-Straße 75, 48529 Nordhorn, Germany.

1.2. Description of the Product

Important Note: Unauthorized modifications to the product are not permitted and will void the warranty! The product is designed for a service life of eight years.

The Citius treadmills stand for safety and quality. The applied slat technology with rubber covering ensures optimal cushioning of impact forces and promotes joint-friendly running. In principle, the treadmills are intended to provide defined loading of the user through walking or running on a flat surface or incline. This engages large muscle groups, primarily the lower extremities and the stabilizing core muscles, as well as the muscles of the upper extremities.

The treadmill is not tailored to any specific user group; it can be used by younger and older individuals, as well as people with special needs and children, for walking and running. For proper use of the treadmill, people with special needs and/or children require one-to-one supervision. The treadmill is designed for use by one person only. Simultaneous use by multiple people is prohibited. The maximum standard load is 250 kg.

The Citius treadmill allows the adjustment of speed (forward up to 30 km/h, reverse up to 6 km/h), incline (up to 25%), and includes a mode that permits resistance training (sled pushing).

The treadmill belongs to **Accuracy Class A**: high accuracy. In terms of usage classification, it is assigned to **Class S** (studio: professional and/or commercial use). Accuracy Class A is achieved according to ISO DIN EN 20957-6. The device complies with the following tolerances: Time ± 1%.

Distance ± 5%; Speed ± 5% up to 2 km/h ± 0.1 km/h. If an incline is present, it has an accuracy of ± 10% above 2% incline.

Important Note: The equipment may only be used after proper instruction by qualified personnel. Before beginning training, make sure that any adjustable parts of the respective training equipment are fully locked in place and do not protrude into the movement area.

1.3. General Safty Instructions

WARNING!	**Be sure to read this user manual** Using the motorized treadmill involves a risk of injury due to falling, improper behavior, or incorrect operation of the treadmill. Familiarize yourself with the operation and functions of the treadmill before your first training session. Always use the safety handrails when mounting, dismounting, and starting your workout. Keep this document for future reference and pass it on if the equipment is transferred to another person.

WARNING!	**Children must not be left unattended on or near the treadmill at any time.**

Improper use excludes any liability or warranty claims against NOHRD. Only persons who have previously received proper instruction are permitted to train on the treadmill.

Only original NOHRD components may be used; otherwise, no liability will be assumed. Visually inspect the device before each use and pay attention to unusual noises. The frame's stepping surface can provide a safe resting area together with the handrail in case of emergency or as needed.If the treadmill does not respond as intended, the following options are available to control the situation:

1. Pull the safety cord or press the STOP button.
2. Grasp the handrail, relieve your body weight, place your feet on the wooden stepping surface, and exit the treadmill.
3. Pull the plug.

In the event of any error symptoms, leave the device immediately. The error should be recorded and reported to the manufacturer/service. No objects may be transported on the treadmill. Environmental conditions must be observed (Chapter 3). Movable or rolling objects that could get under the belt must be removed from the immediate vicinity of the device. Damage that could impair function or cause injury must be corrected; otherwise, no liability will be assumed. Ensure there is sufficient free space around the treadmill (Chapter 4.1).

For any work on the treadmill, the power plug must always be disconnected, even if the device is only being relocated. The power cable length of 3 meters must not be altered. The device must not be serviced while in use.

In accordance with EU Directive 2002/96/EC on waste electrical and electronic equipment, disposal of the device is the responsibility of the business customer. The treadmill is designed for a service life of 8 years. To protect the environment, comply with DIRECTIVE 2008/98/EC!

HIGH RISK OF INJURY! Never step onto the treadmill when the running surface is in motion or when the treadmill is inclined.

WARNING!

Danger due to improper use!
Improper handling of the device can lead to serious injuries as well as property damage. The device may only be operated by persons who have been instructed beforehand by qualified personnel.

Power and Electricity – Avoid Risk of Electric Shock

- Do not alter the plug. The device is equipped with a grounded power connection. If the plug does not fit, the socket must be adapted by a qualified electrician.
- Do not use the device if the cable, plug, or the device itself is damaged. In such cases, contact NOHRD or an authorized service partner.
- Do not use adapters without grounding – this significantly increases the risk of electric shock.
- The device must not be operated in damp or wet areas.
- Always unplug the power cord before cleaning or performing maintenance work.
- Electrical components such as motor, cables, and switches must not come into contact with water.
- Do not carry out repairs yourself. Instead, contact NOHRD customer service. Repairs and maintenance should only be performed by qualified technicians.

Health Check

- Consult your doctor before starting any training, especially if you suffer from any of the following conditions: heart problems, high blood pressure, diabetes, respiratory diseases, high cholesterol, chronic illnesses, or physical limitations.
- Pregnant women should seek medical advice before beginning training.
- If you experience symptoms such as dizziness, chest pain, or nausea, stop training immediately. Consult your doctor before resuming.

EMERGENCY STOP SYSTEMS
Each treadmill is equipped with an emergency stop safety cord and a red STOP push button. Both systems are located below the display on the crossbar connecting the two handrails. See images.

WARNING!

The emergency stop safety cord must be properly attached to your clothing during every training session.

Make sure that the safety clip is securely attached to your clothing, preferably to the waistband of your training pants, and that it cannot fall off during training.

2. Technical Description of the Citius Treadmill

2.1. Intended Use

The Citius treadmill has been developed for use in the home fitness sector, in the light commercial sector (hotels, physiotherapy practices, personal training studios, etc.), and in the full commercial sector (fitness studios).

The treadmill is designed for performance-oriented running training for enthusiastic amateur runners, personal trainers, or premium fitness studios.
The focus is on improving endurance, interval performance, maximum sprint speed, as well as strength and stamina.

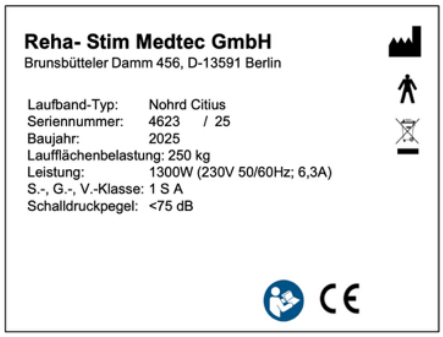
2.2. Information on Labels on the Outside

2.2.1. The Serial Nr. Plate

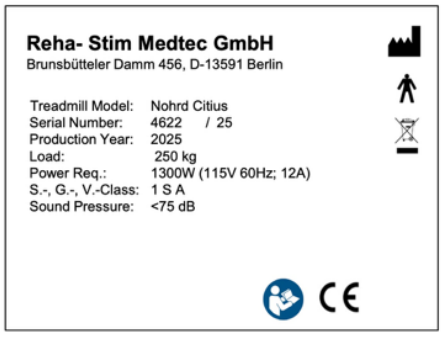
The nameplate is located behind the on/off switch. To view it properly, we recommend setting the treadmill incline to 20 degrees.

Position Serial Nr. Plate

230V (Europe, etc.)



115V (USA etc.)



On the Serial Nr. plate, you will find all the information necessary to safely start up and operate the device.

2.2.2. Markings

2.2.2.1. Safety Notice for Pulse Systems

Every user of the treadmill trains at their own risk. If any symptoms of illness occur, the treadmill must not be used, and a doctor should be consulted first.
Before using the treadmill for the first time, the user must either be instructed by a trained staff member or must have carefully read this detailed user manual.
By doing so, the user confirms that they are familiar with the safe handling and use of the Citius.

WARNING!	**Safety Notice according to DIN EN 957-6** Heart rate monitoring systems may be inaccurate. Excessive exercise can lead to serious injury or death. If you feel faint or otherwise unwell, stop exercising immediately.

The Citius treadmill is equipped with the original Polar pulse system receiver. Signal detection is normally carried out using a chest strap. We recommend Polar chest straps, but other chest straps with Bluetooth (BT) functionality are also recognized by the Citius.

The Polar technology, as well as the standard Bluetooth function, may be disturbed by electric or magnetic fields. The most common causes are the use of chest straps that are not 100% Polar-compatible, some of which have much greater ranges. Likewise, mobile phones, speakers, TVs, high-voltage cables, fluorescent lights, and high-power motors can cause interference.

2.2.2.2 Safety Notice for Entering the Running Surface

The safety notice for entering the running surface is located on the crossbar between the two handrails, at the lower right below the monitor.

For safety reasons, it is necessary to switch on the treadmill with the main switch at the front right bottom **before** operating, and only then step onto the treadmill.

Please make sure that, when stepping onto the treadmill, the slat running surface is completely at a standstill.

This prevents injuries in case of malfunction.

2.2.2.3 Safety Notice “DO NOT REACH INTO MOVING PARTS”

“DO NOT REACH INTO MOVING PARTS”
Do not reach into the slats!
The safety sticker prohibiting reaching between the slats is located on the left and right handrail, at the very bottom of the support tube.

2.2.2.4 Mandatory Sign

“READ AND FOLLOW THE INSTRUCTIONS”
The user manual must be read and followed before use!

2.2.2.5 Serial Number (Stamped Digits)

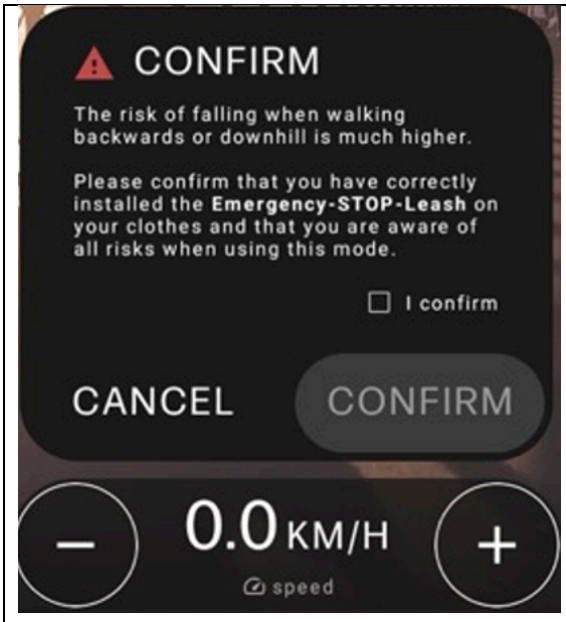
The serial or device number of the treadmill is stamped on the lower rear right frame. It consists of a 6-digit number. The device number can also be read on the serial Nr. plate and is identical to it.

2.2.2.6 Disconnection from the Power Supply

The safety notice is located on the lower right wooden frame near the power input socket.
The notice **“Unplug before opening”** is intended to remind service personnel during assembly or maintenance work to disconnect the device from the power supply, ensuring that no live components can be touched and no electric shock can occur.

Pull Plug first bevore opening

2.2.2.7 Reverse Operation (Reversal of Running Direction)
The safety notice is located on the terminal. The runner must actively confirm at the terminal if they wish to use reverse operation. During this process, the user is explicitly warned about the dangers!



The reverse mode is intended for walking backwards on the treadmill, so that the user can always keep the treadmill parameters in view.
The maximum speed for walking backwards is 6 km/h.

It is only possible to use the reverse mode when confirming the Reverse Attention Button on the screen.

When using the reverse function, make sure that another person is present in the room to observe and provide immediate assistance if needed.

**In the event that reverse mode is used for downhill walking/running, it is absolutely necessary that the emergency stop safety cord is attached to the clothing and that a supervising person is present in the room. When walking downhill, the runner's back is facing the control terminal and the STOP button, and only well-trained and experienced runners are able to operate it by turning their body.

If uncertain, immediately relieve the body weight by holding onto the handrail and leave the running surface by stepping onto the wooden frame.

At the front area of the Citius, there is NO emergency trap door beneath the treadmill that would immediately stop the treadmill if objects and/or body parts get under it!

IMPORTANT: During downhill walking, high forces act against the running direction of the treadmill. It is normal for the treadmill to stall briefly when stepping in the downhill direction. This does not cause damage to the motor. **We recommend not go steeper downhill than 5%.**

 **WARNING!**	**Reverse mode should never be used without a supporting person present in the room, who can immediately trigger the emergency stop safety cord or press the red STOP button.** **This applies especially when walking downhill forwards, as in this case the runner's back is facing the monitor and the safety systems!**

3. Environmental Conditions, Transport, Storage

The *Citius* treadmill must be protected from strong temperature fluctuations. The *Citius* is designed for **indoor use only** and must not be placed in swimming pools or similar environments.

The *Citius* should only be used and set up in rooms that meet the following conditions:

- **Humidity:** < 80%
- **Operating temperature range:** 0 – 40 °C
- **Storage temperature:** 0 – 40 °C

 **WARNING!**	When using the treadmill in a **cold environment**, allow the device to **warm up slowly** (risk of breakage of all plastic components). The device must **not be exposed to direct sunlight**!

The **power plug and socket must remain accessible at all times** in order to disconnect the treadmill immediately from the mains if necessary.
For **any work on the treadmill**, the power plug must be removed — this also applies when the device is being repositioned.

 **WARNING!**	The **transport of the Citius treadmill** should always be carried out using a suitable **wooden pallet** or similar. ! It is essential to ensure that no pallet truck or similar device is inserted **lengthwise** under the treadmill and lifted. Doing so will damage and bend the **emergency-stop flap** located underneath the machine, rendering the treadmill **inoperable**.

4. First Start-Up / Installation

4.1. Installation site

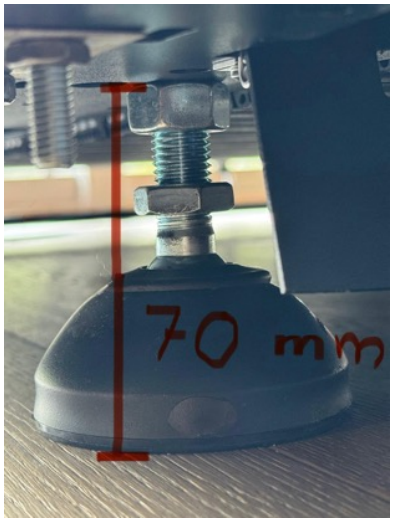
Observe the environmental conditions (see Chapter 3).
Place the treadmill on a firm (hard), level, non-slip, and vibration-free surface.

Due to the incline mechanism (up to 25 degrees), the **front support wheels** are slightly set in motion. The travel path of the front support rollers is between **1–2 cm** (see figure), with the wheels moving forward about 1 cm at the maximum incline position.

It is important that the **front support wheels** rest on a hard surface suitable for rolling.
⚠ If the wheels sink into a carpet, rubber mat, or similar surface, they cannot move freely, which may cause **damage to the incline spindle and incline motor**.

Due to the **incline mechanism** (up to 25 degrees), the **front support wheels** are slightly set in motion. The travel distance of the front rollers is between **1–2 cm** (see figure), with the wheels moving forward by about **1 cm** at maximum incline.

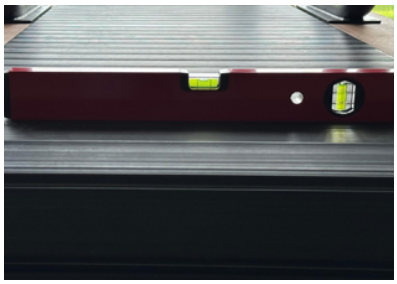
It is important that the **front support wheels** rest on a **hard surface suitable for rolling**.
⚠ If the wheels sink into a carpet, rubber mat, or similar surface, they cannot move freely. This may cause **damage to the incline spindle and incline motor**.



The **rear leveling feet** are fixed on the floor.

⚠ **IMPORTANT:** Ensure that these are extended to a minimum of **70 mm**, measured from the floor to the lower edge of the metal frame. This results in a total height (**entry height**) of **31.5 cm**.

Make sure that the **Citius treadmill is not placed on thick rubber mats**. The leveling feet may sink in, preventing the **incline spindle rollers** from moving properly. In addition, this may cause the **emergency stop flap** located under the treadmill to press against the floor, which would disable its function.

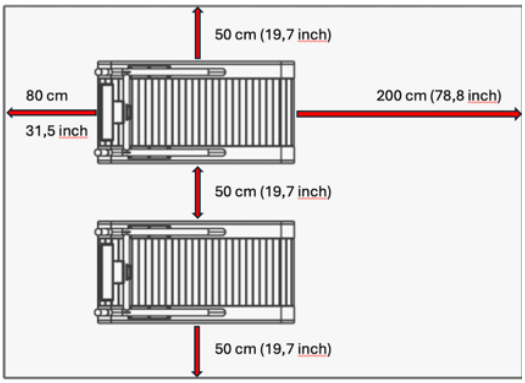


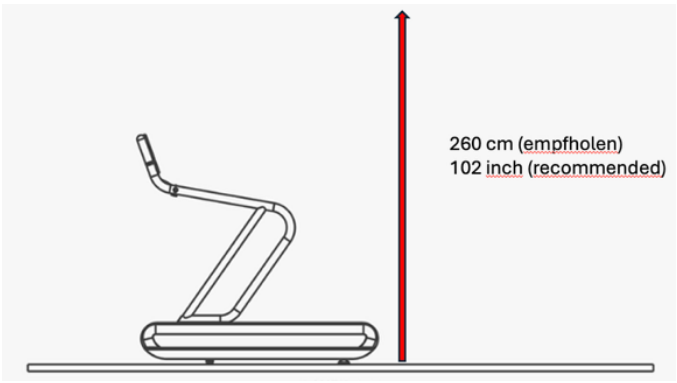
Make sure that the treadmill is aligned **horizontally**!
First, adjust the **rear leveling feet**.
After that, check the **front support wheels** on the spindle mechanism and, if necessary, place **additional shims** underneath so that the **front side of the treadmill** is also aligned horizontally.

There must be **sufficient clearance under the treadmill** so that the running surface can move freely.
The following **safety areas** must be observed:

- **200 cm** behind the treadmill
- **80 cm** in front of the treadmill
- **50 cm** on each side of the treadmill

The height of the running surface (entry height) is approximately **30 cm**.
We recommend installing the treadmill in rooms with a **minimum ceiling height of 260 cm** (see illustrations). No foreign objects may be located within the entire safety area (see illustration).





WARNING!

The **safety area** in front of, behind, and beside the treadmill must be kept **clear of any objects** during use of the treadmill.

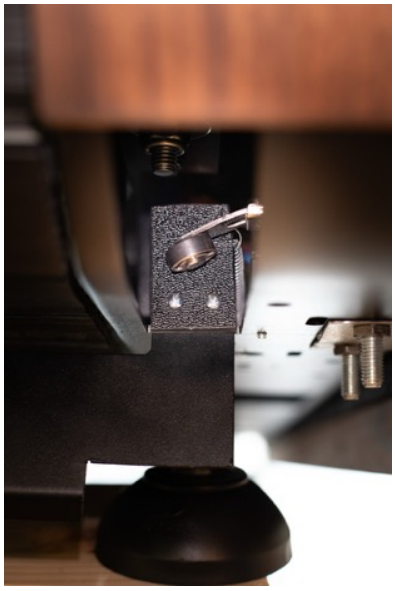
Make sure that there are no **electromagnetic emissions** present that could interfere with the **heart rate measurement**.

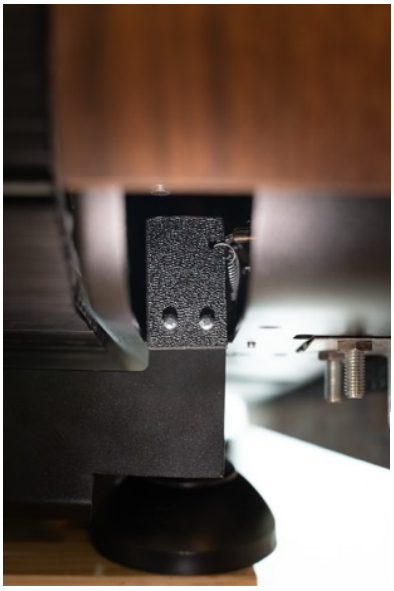
4.2. Initial Start-Up (220 – 230V)

⚠ **CAUTION:** First, observe the environmental conditions (see Chapter 3)!

WARNING!	**Before the treadmill is switched on and commissioned, it should be allowed to acclimate to the environment.** **The treadmill is intended for indoor use only.**

Make sure that the emergency stop flap under the treadmill is in the active position. The emergency stop roller should be positioned in front of the emergency stop plate.





In case the emergency stop roller is located behind the plate, push the emergency stop plate fully backwards and manually move the roller to the front. Once you release the plate, the emergency stop roller will be visibly positioned in front of the plate.

This mechanism serves as a safety feature in case an object or a body part is pulled under the treadmill. If the emergency stop roller falls behind the plate because it has been triggered, the treadmill cannot be restarted. The emergency stop roller must therefore first be manually returned to the correct position.

The treadmill must be allowed to acclimate for several hours before its first started up. The treadmill is connected to the power supply via the power cord (220 – 230 V). Use only a socket with the appropriate voltage for the electrical connection. The socket must be protected with a slow-blow fuse (16 A). No live cables, plugs, or sockets may be installed directly beneath the treadmill.
Ensure that the magnet of the emergency stop safety cord (which also serves as a locking function) is in the designated position.
At the front right underside of the treadmill is a power button that lights blue when operated. It is used exclusively for switching on the unit. The user must not stand on the treadmill when switching it on. The monitor of the treadmill features control keys that can be operated by lightly tapping them, without force (see Monitor operation 7.). Next to the power-on button there is a red OFF button for switching off the treadmill. We recommend always unplugging the treadmill completely when not in use.

4.3 Intial Start-Up (110 – 120 V)

For the 110 – 120 V version (e.g. USA, etc.), the exact same conditions as described above apply, with the following modification:
The treadmill is connected to the power supply via the power cord (110 – 115 V). Use only a socket with the appropriate voltage for the electrical connection. The socket must be protected with a slow-blow fuse (20 A).

Now switch on the device using the blue ON switch. The ON switch is located at the front right bottom of the wooden casing, behind the power inlet socket.
It will take a short moment for the monitor to start up. Only after you see the “Start” button on the screen can you operate the treadmill via the monitor.

5. Variants

For the respective models, different variants can be ordered depending on the application. The variants differ only in the design of the wooden frame and the impact horns. These have no influence on the stability or safety of the treadmill, but are purely an optical design element.
The following wood variants are available:

- American Walnut
- Oak
- Cherry
- Beech or Ash, black stained (Shadow)
- Beech or Ash, Club Sport look stained (Club)
- Oak, Vintage stained

6. Safety During Use

Please also read Chapter “Initial Start Up” and the chapter “Maintenance” carefully!

Emergency Stop Device:
The available emergency stop safety cord and/or the red STOP button must be activated in case of emergency and will immediately bring the treadmill to a standstill. The STOP button can always be pressed as a safety function. It gradually reduces the running surface speed until the treadmill comes to a stop. The emergency stop safety leash stops the treadmill quickly.

Before starting the training, fitness for use should be checked by an authorized person.
According to the standard DIN EN 60601-1, the applied parts are the slats, the display, and the keypads.
By lightly tapping the red OFF switch, the treadmill will switch off again.

WARNING!	**Please observe the contraindications listed below. Note that excessive training can be harmful.** **Always ensure that you run in the center of the running surface. Adjust yourself to the speed.**

During training, tight-fitting, lightweight sports clothing must be worn to prevent parts of the clothing from getting caught in the treadmill. The red plastic clip attached to the safety cord must be fastened to the clothing when commissioning the treadmill in such a way that the magnet detaches from the terminal when the cord is pulled. The safety cord must be adjusted so that the magnet is released at no more than 70% of the length of the running surface. Always wear suitable sports shoes to ensure a secure stance on the running surface. Before beginning your training, check the device for stability, possible defective parts, or any manipulations. If you discover defects or are unsure, consult the supervisor before starting your training.

With regard to training persons, please also refer to Chapter 1.1.

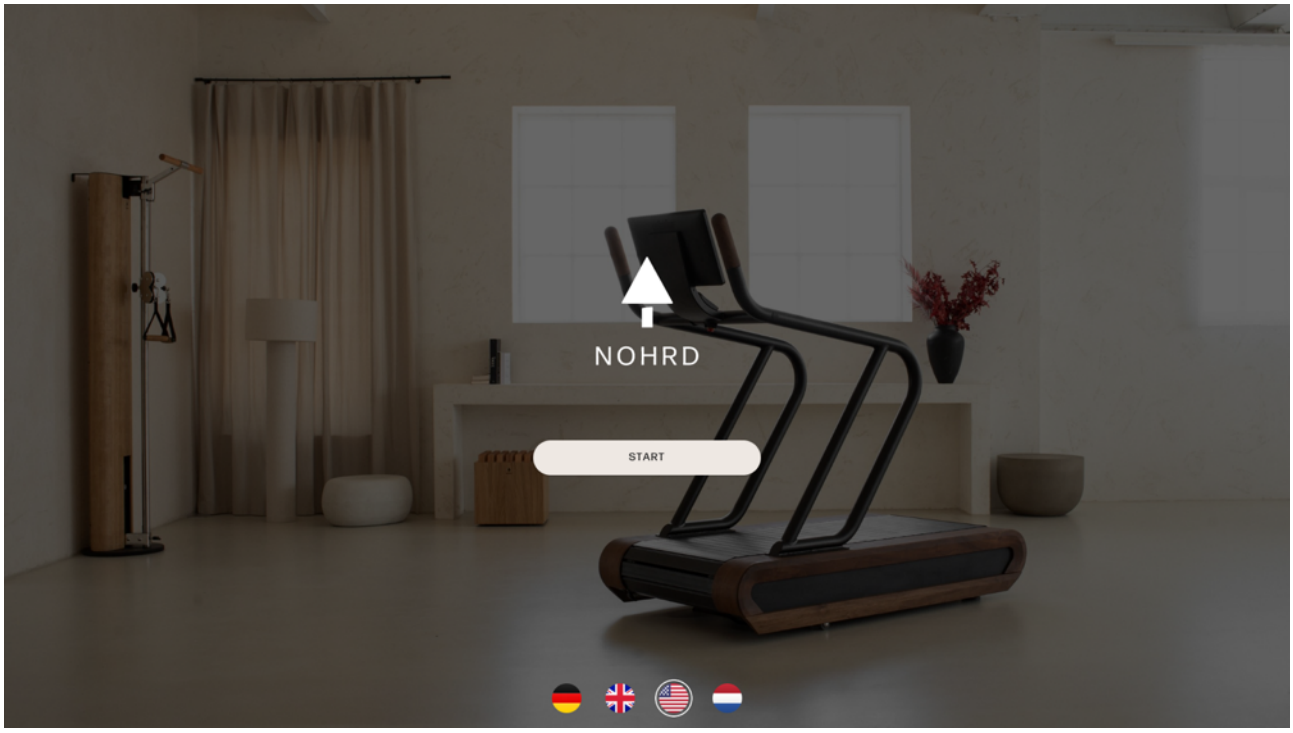
Indications	Contraindications	Termination Criteria
Strengthening of muscles and cardiovascular system	Untreated cardiovascular diseases, pain in the musculoskeletal system	Chest pain, nausea, malaise, dizziness, dyspnea

 **WARNING!**	**If you are taking medication, be sure to consult a doctor before training with the Citius treadmill.**

7. Operation of the Monitor

7.1. Starting

When you switch on the Citius using the blue main switch at the lower right front, the touch monitor will automatically turn on as well.
Please wait until the screen has fully booted up and the following image appears on the display:

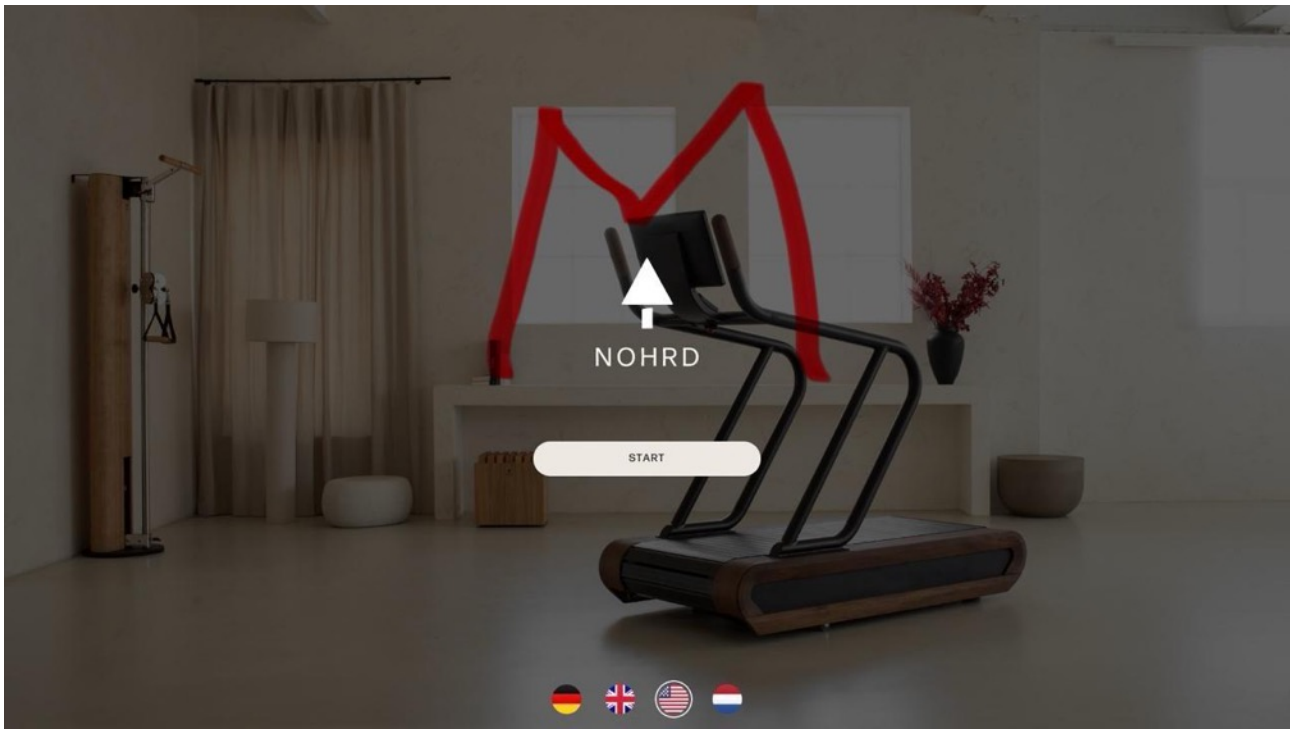


The Citius is now ready to start.

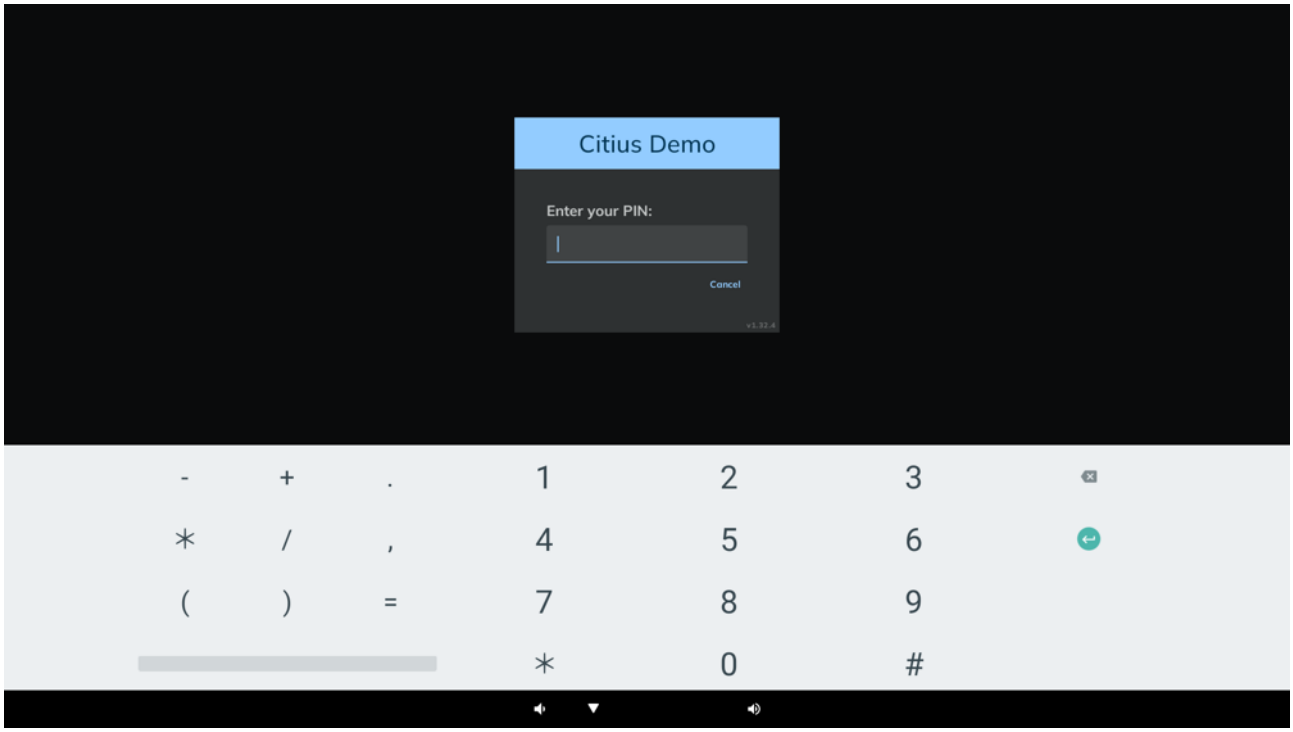
7.2 Connecting to Wi-Fi

The software on the monitor is continuously improved and expanded.
When you restart the monitor or the Citius, the latest software will automatically be installed, provided that the monitor is connected to Wi-Fi.
To connect your monitor to Wi-Fi, proceed as follows:

As soon as the monitor has booted up, draw a large **“M”** on the touch display with your finger (see image).



A window will now open where a code must be entered.
The code for your Citius is: **1708**

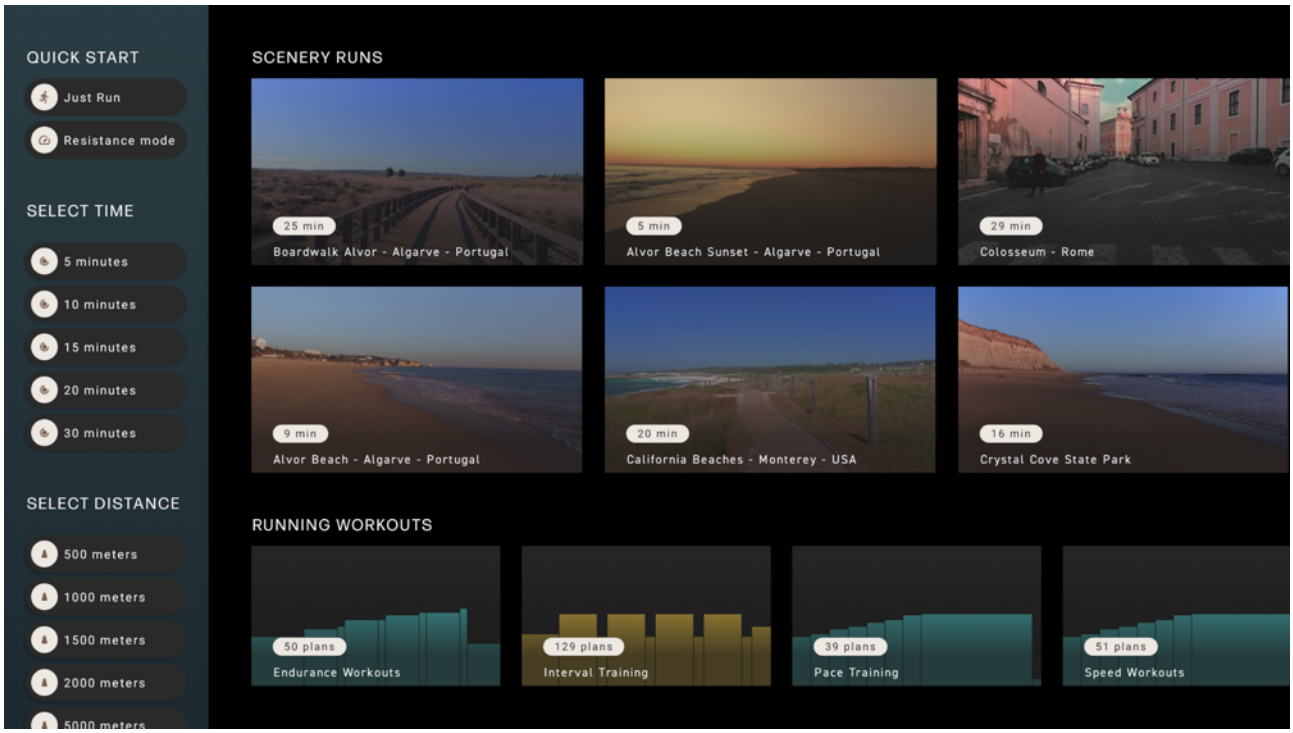


Do not discard this user manual. You can look up the code here at any time.

You are now in the settings menu and can configure your Wi-Fi under **“Network & Internet.”**
After successfully setting up the Wi-Fi, swipe the settings menu upward from the bottom to return to the start screen.

7.3 Training Options

When you have selected your language (when choosing the US flage, imperial units will be shown on the screen; when choosing the UK flag metrical units will be shown) and click on *Start*, you will be taken to the main menu:

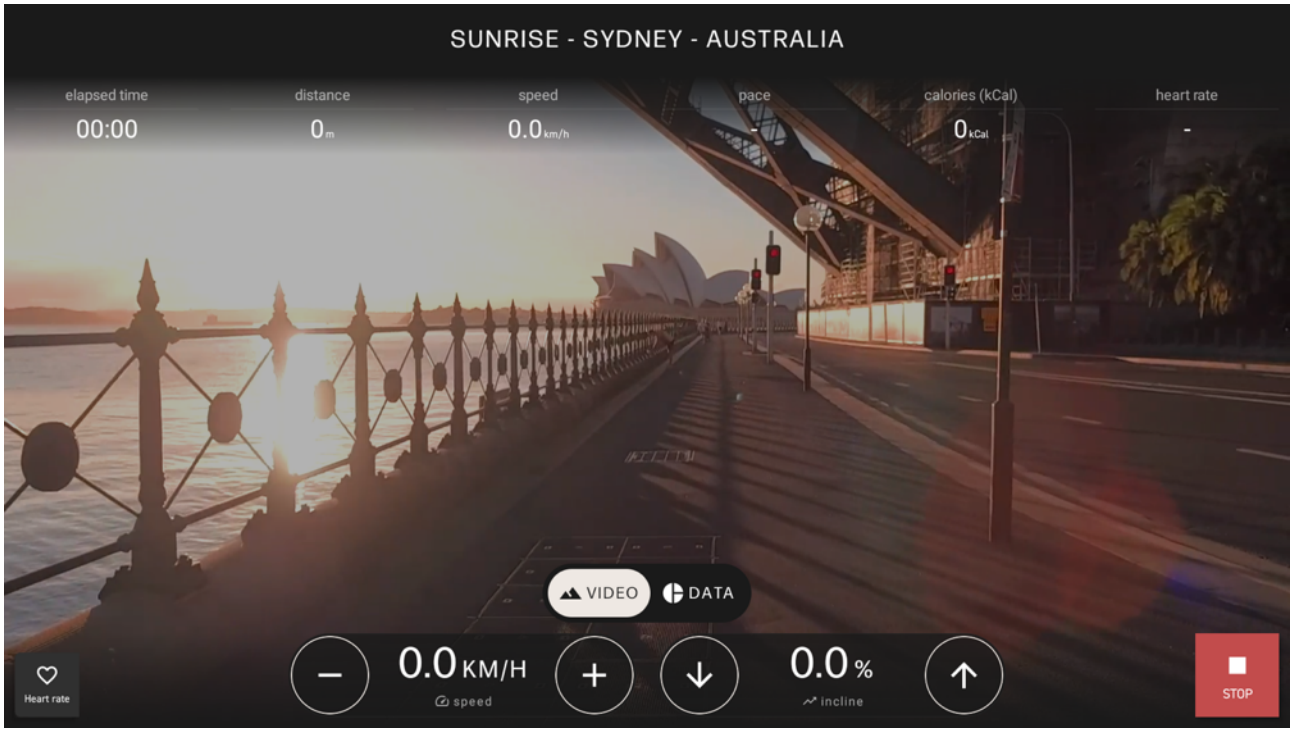


Now select one of the following training options:

1. Just Run
2. Time Training / Distance Training
3. Scenery Runs
4. Running Workouts
5. Resistance Mode (sled pushing)
6. Reverse Walking

7.4 Just Run

If you select this mode, the system will randomly choose a *Scenery Run* and you will see the following screen (or similar):



A) Speed (speed setting):

- Press **+** or **–** to set the desired speed. The adjustment steps are 0.1 km/h each.
- If you tap on the displayed speed, a window with preset speeds will open. This makes it easier to quickly select the desired speed.

B) Incline (tilt setting):

- Press **+** or **–** to set the desired incline. The adjustment steps are 1% each.
- If you tap on the displayed percentage, a window with preset incline levels will open. This makes it easier to quickly select the desired incline.

C) VIDEO / DATA:

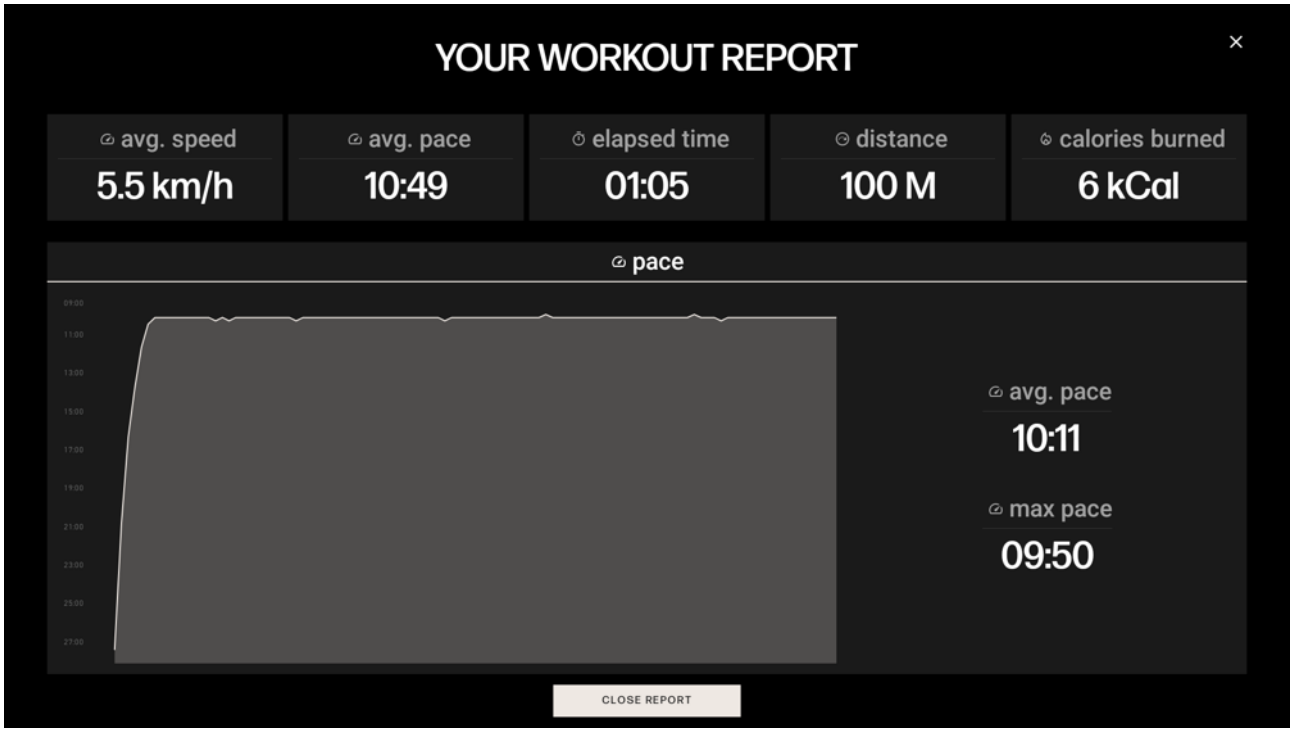
- Press **DATA** to leave the scenery video and go to the DATA screen. Here, performance data is displayed graphically.
- From the DATA screen, press **VIDEO** to return to the scenery screen.

D) Heart Rate:

- Press the **Heart Rate** button to see which Bluetooth heart rate device (e.g., Bluetooth chest strap) you want to connect to.
- Select the corresponding device to establish the connection and display your heart rate on the screen.

E) STOP Training:

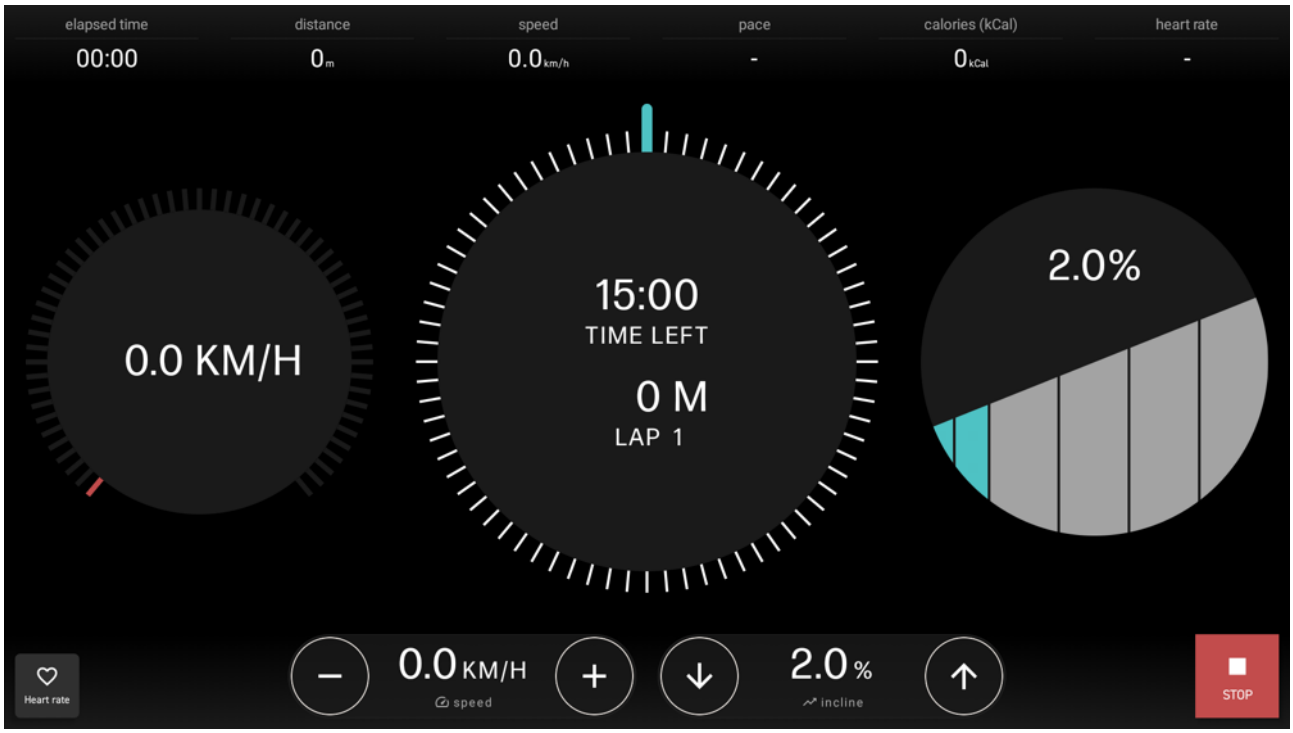
- Press the **STOP** button to stop the treadmill and end the training session. If you want to continue training, press the **Resume** button and the workout will continue.
- If you want to end the training completely, press **FINISH.**
- A summary of your workout will now be displayed. To leave this screen, press **DONE** at the bottom.



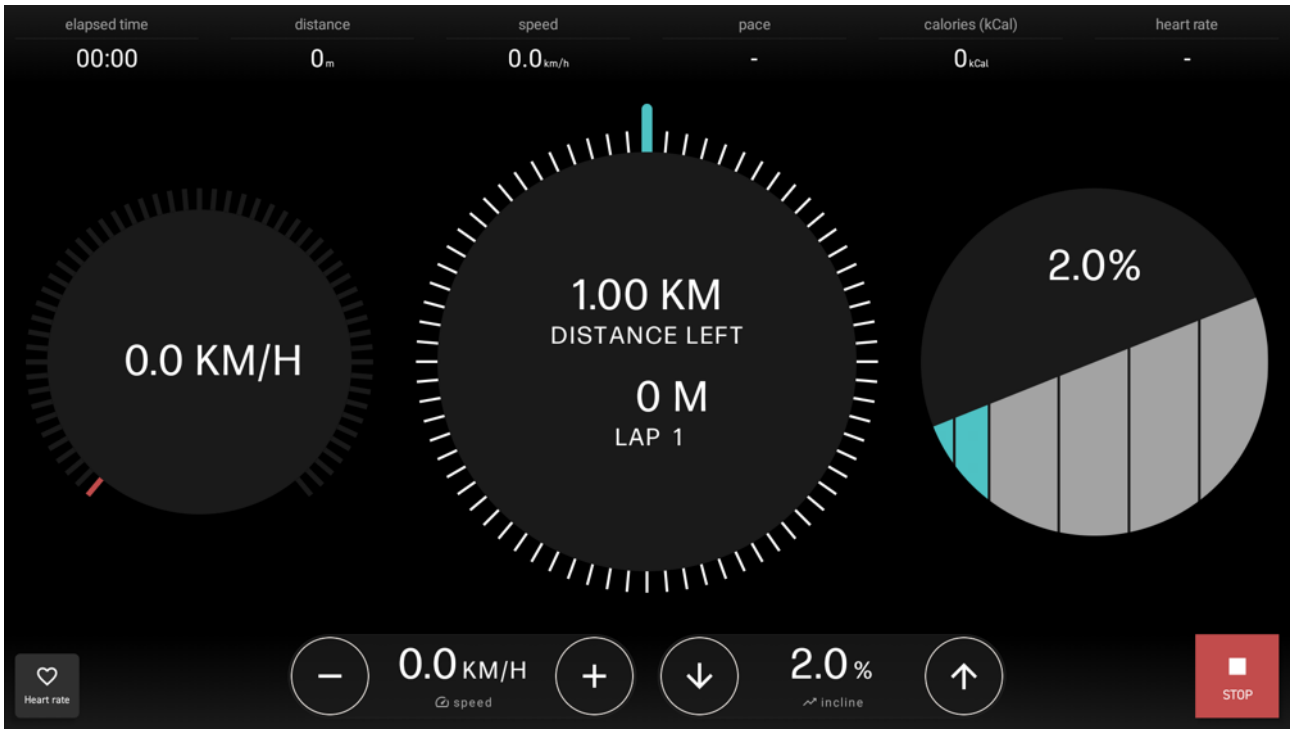
7.5 Time / Distance Training

On the left side, select a preset training time or a preset distance you would like to complete. If your desired time is not available, select *Just Run* or choose a *Scenery Run* that matches your desired training time.

TIME Training

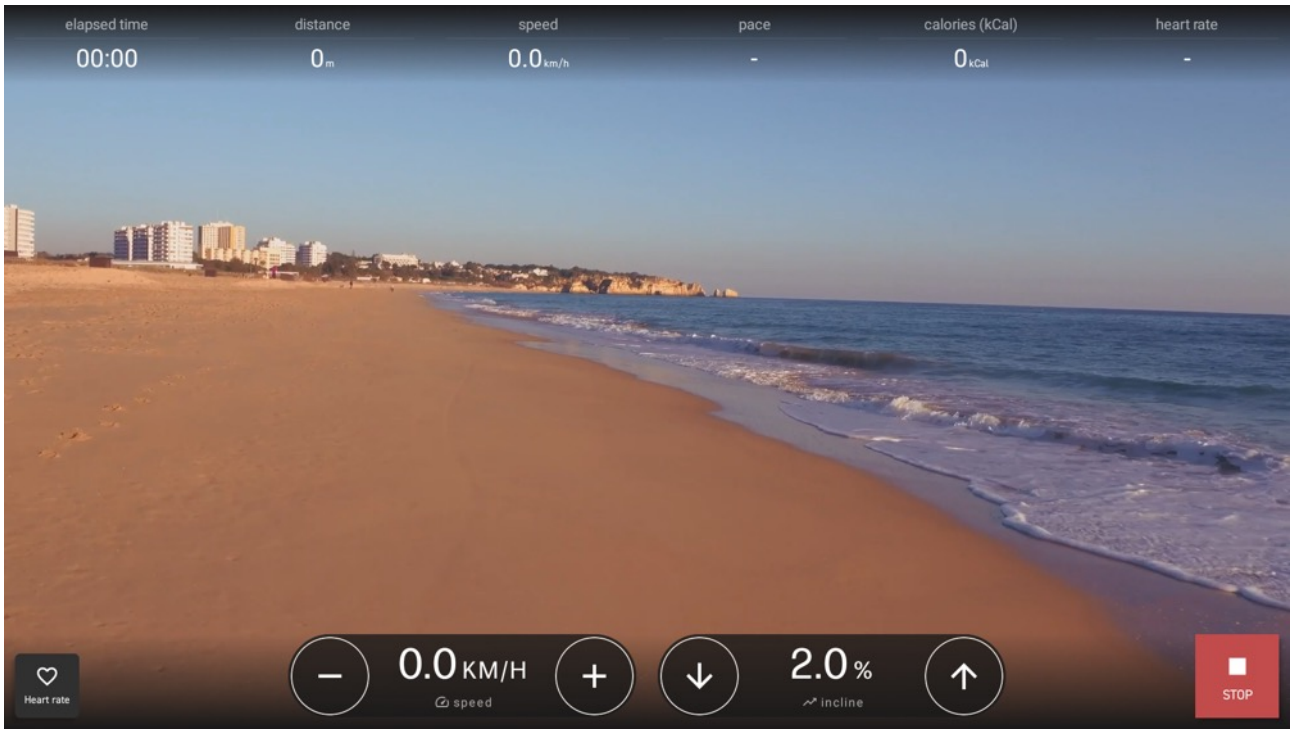


DISTANCE Training



7.6 Scenery Run

Select one of the displayed *Scenery Runs*. If you scroll to the right, you will see more sceneries. Choose the Scenery Run that appeals to you the most and pay attention to the duration of the video.



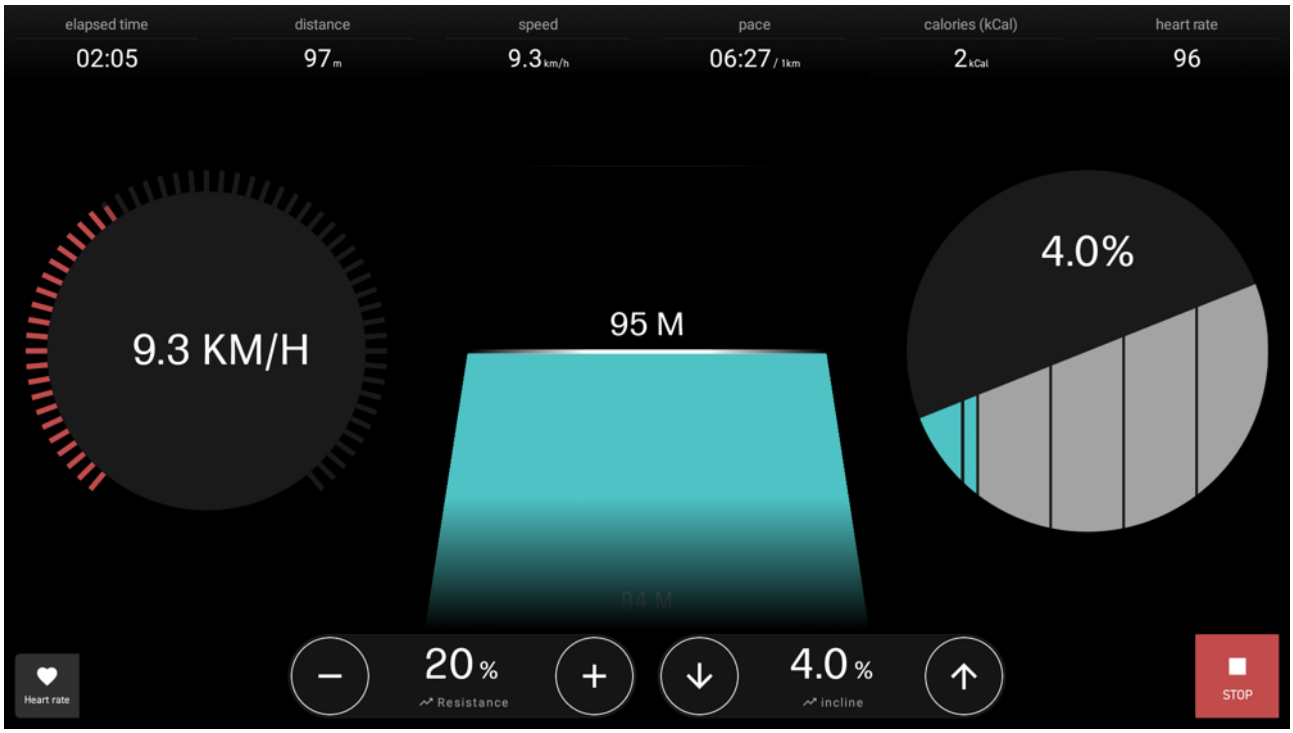
7.7 Running Workouts

Here you can choose from various running training methods. The Citius provides you with suggestions on how to structure your workout. The intensity of the training is up to you.
On the right side of the monitor, you can see the suggested levels. The time counts down.

7.8 Resistance Mode (Sled Pushing)

The Resistance Mode, also known as *sled pushing*, is an intensive strength and endurance workout.

- First, select the desired resistance.
- Then select the desired incline.
- Place your hands on the wooden handles and start pressing against them while walking/running.
- Pay attention to your heart rate. This workout significantly increases heart rate.

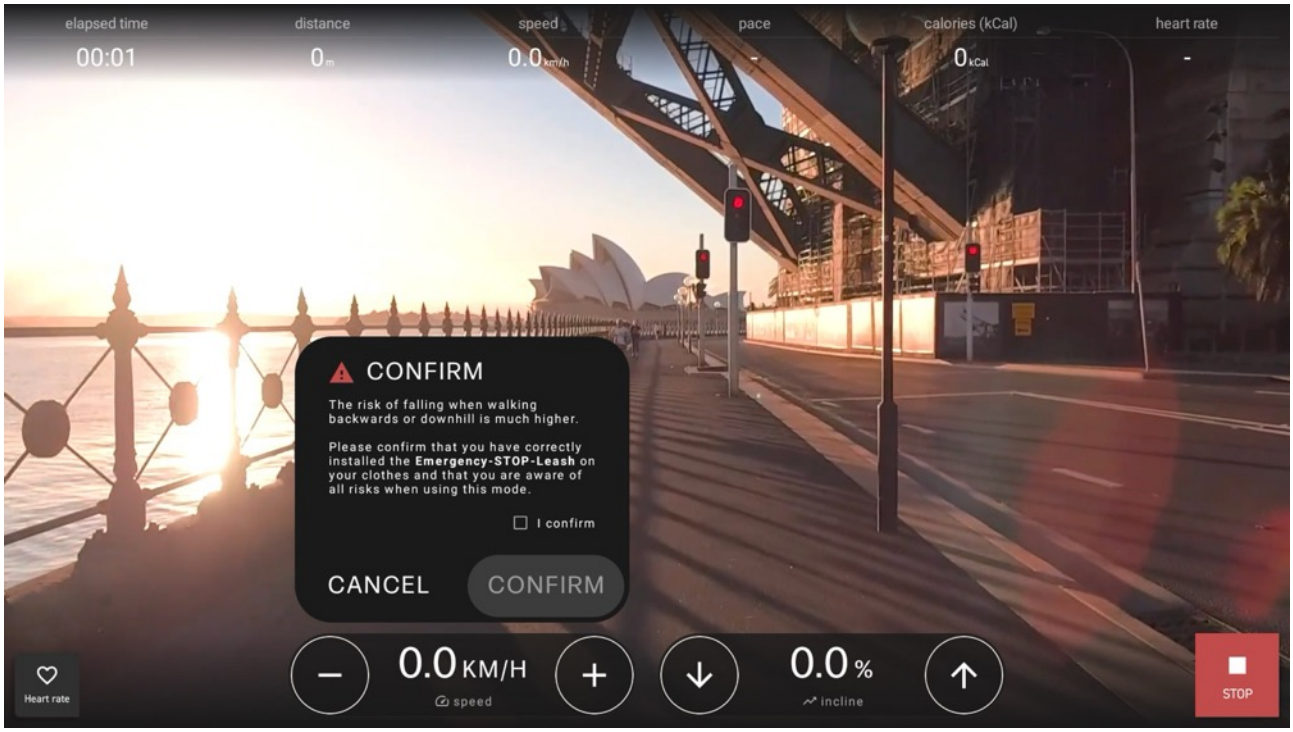


7.9 Reverse Walking/Running

The Citius also offers the option to walk backwards (Reverse).

WARNING!	**Please read the safety information listed in section 2.2.2.7. of the manual.**

- Go to the running mode **“Just Run.”**
- Tap on the speed. A window with the preset speeds will open.
- In the bottom right of the preset speeds window, you will see the **“Reverse”** button.
- Click on it. A safety notice will appear, which you must actively confirm.
- Now select the speed and incline you want to set for walking backwards or downhill walking.



7.10. CE Certificate Monitor

CERTIFICATE

Anbotek Product Safety

CERTIFICATE
Of Conformity
Directive 2014/53/EU
On The Radio Equipment Directive

Certificate No.:	AT18220WC202004
Certificate Holder:	SHENZHEN ELECTRON TECHNOLOGY CO.,LTD
Address:	Bld.2,Yingfeng Industrial Zone,Tantou Community,Songgang Street,Bao'an,Shenzhen,China
Manufacturer:	SHENZHEN ELECTRON TECHNOLOGY CO.,LTD
Address:	Bld.2,Yingfeng Industrial Zone,Tantou Community,Songgang Street,Bao'an,Shenzhen,China
Product Name:	Android Tablet
Model No.:	NW2195T, NW1495T, NW1695T
Trade Mark:	N.A.
Rating:	NW2195T: Input: 12V⎓3A NW1495T, NW1695T: Input: 12V⎓2A

The radio equipment meets the following essential requirements		Complied
Article 3(1)(a) ■ Safety	EN IEC 62368-1:2020+A11:2020	Yes
Article 3(1)(a) ■ Health	EN IEC 62311: 2020	Yes
Article 3(1)(b) ■ EMC	ETSI EN 301 489-1 V2.2.3 (2019-11) ETSI EN 301 489-3 V2.1.1 (2019-03) ETSI EN 301 489-17 V3.2.4 (2020-09) EN 55032: 2015+A11: 2020; EN 55035: 2017+A11: 2020 EN IEC 61000-3-2:2019+A1:2021 EN 61000-3-3: 2013+A1:2019+A2:2021	Yes
Article 3(2) ■ Radio	ETSI EN 300 328 V2.2.2 (2019-07) ETSI EN 301 893 V2.1.1 (2017-05) ETSI EN 300 440 V2.2.1 (2018-07)	Yes

Note: The attached Annex forms part of this certificate which consists of 2 pages.

Certified by

Oct. 10, 2022
Date

Kingkong Jin

CE **The CE Marking may only be used if all relevant and effective EU Directives are complied with** CE

Shenzhen Anbotek Compliance Laboratory Limited
1/F, Building D, Sogood Science and Technology Park, Sanwei community, Hangcheng Street, Bao'an District, Shenzhen, Guangdong, China.518128
Tel: (86)755-26066440 Fax: (86)755-26014772
Http://www.anbotek.com Email: service@anbotek.com

Page 1 of 2

CERTIFICATE

Anbotek Product Safety

Annex
of RED Certificate
Certificate Number: AT18220WC202004

Product Specifications	
Frequency Range:	BLE: 2402~2480MHz WiFi 2.4G: 2412~2472MHz WiFi 5.2G: 5150~5250MHz WiFi 5.8G: 5725~5850MHz
Maximum Output Power:	BLE: 9.350 dBm Max. WiFi 2.4G: 17.964 dBm Max. WiFi 5.2G: 18.639 dBm Max. WiFi 5.8G: 12.34 dBm Max.
Modulation:	BLE: GFSK WiFi 2.4G: DSSS, OFDM WiFi 5G: OFDM, OFDMA
Max. Antenna Gain:	BLE: 2.27 dBi (Provided by customer) WiFi 2.4G: ANT 1: 2.27 dBi (Provided by customer) ANT 2: 2.23 dBi (Provided by customer) WiFi 5G: ANT 1: 2.28 dBi (Provided by customer) ANT 2: 2.64 dBi (Provided by customer)
Type of Antenna:	BLE&WiFi 2.4G&WiFi 5G: FPC Antenna

Technical Documentation Identification

Test Report	
Article 3(1)(a) ■ Safety	18220WC20200402S 18220WC20200403S
Article 3(1)(a) ■ Health	18220WC20200404H
Article 3(1)(b) ■ EMC	18220WC20200401E
Article 3(2) ■ Radio	18220WC20200405W, 18220WC20200406W 18220WC20200407W, 18220WC20200408W

Notes:

1. The certificate of conformity is based on an evaluation of a sample of the above-mentioned product. Technical report and documentation are at the applicant's disposal. This is to certify that the tested sample is in compliance with the requirements of article 3 of the Radio Equipment Directive 2014/53/EU. The certificate does not imply assessment of the production and does not permit the use of Lab's logo. The applicant of the certificate is authorized to use this certificate in connection with EU declaration of conformity to article 18 of the Directive.

2. The manufacturer shall affix the CE marking to each item of radio equipment that is in conformity with the certificate and satisfies the applicable requirement of the Directive.

3. The manufacturer shall draw up a written EU declaration of conformity for each radio equipment type and keep it at the disposal of the national authorities for 10 years after the radio equipment has been places on the market. The EU declaration of conformity shall identify the radio equipment type for which it has been drawn up. A copy of the EU declaration of conformity shall be made available to the relevant authorities upon request.

Shenzhen Anbotek Compliance Laboratory Limited
1/F, Building D, Sogood Science and Technology Park, Sanwei community, Hangcheng Street, Bao'an District, Shenzhen, Guangdong, China.518128
Tel: (86)755-26066440 Fax: (86)755-26014772
Http://www.anbotek.com Email: service@anbotek.com

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8. Maintenance

Clean the frame parts and all plastic and rubber components with a damp cloth and mild soap to remove aggressive sweat residues. Afterwards, wipe the surfaces dry.
The wooden covers can also be cleaned with a slightly damp cloth. For wood care, we recommend oiling the wood at regular intervals with **NOHRD Hardwax Oil**.
If disinfection of the treadmill is necessary, please use only **non-alcoholic disinfectant wipes.** Alcohol-based products can damage the rubber of the running surface or other components of the Citius and impair its functionality. Cleaning should be carried out as needed.
The safety level of the treadmill can only be maintained if the equipment is regularly inspected for damage and wear. Defective parts must be replaced immediately, and the device must be put out of operation until repaired.

 **WARNING!**	**Do not use solvents!** Alcohol-based cleaning agents damage the surfaces and/or components.

The Citius can be cleaned at self-determined intervals (at least every 6 months, more frequently depending on usage and the degree of soiling). During cleaning, the temperature should be between 0°–40°C, and the humidity below 80%.

9. Maintenance

9.1 Minimum Qualification for Maintenance Personnel

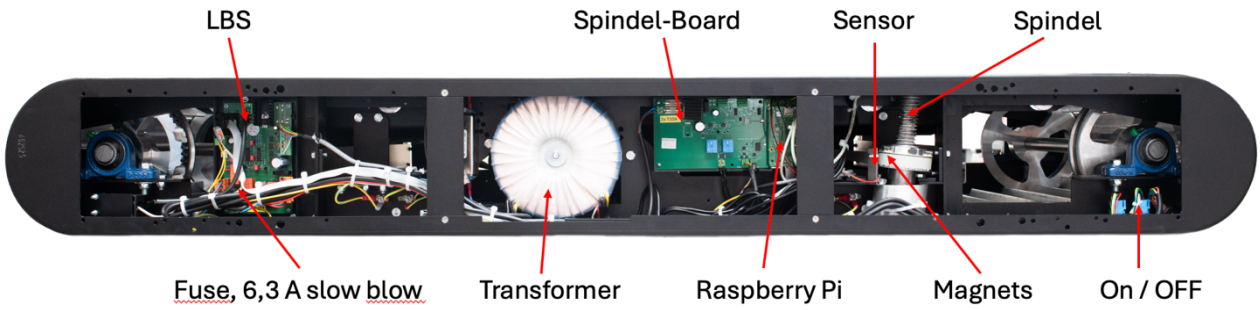
Maintenance must be carried out by a technician or service partner authorized by NOHRD, who has been trained by NOHRD.

9.2 Maintenance Instructions

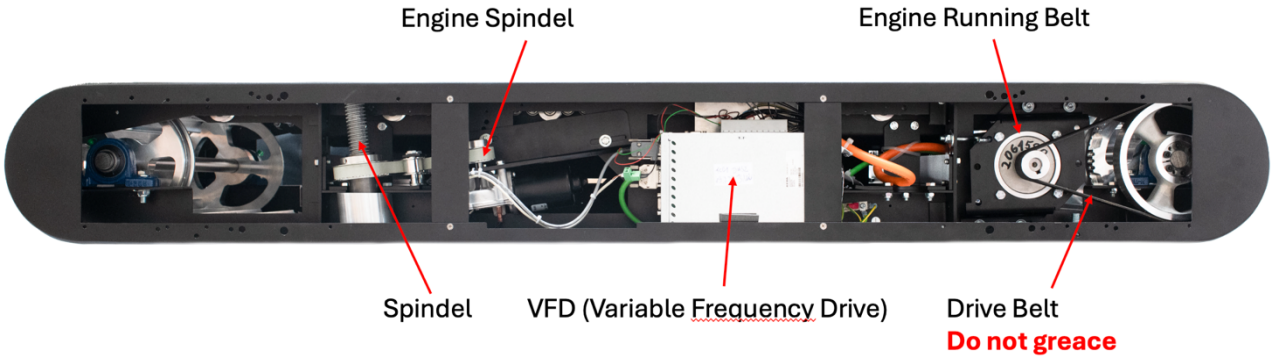
The device is almost maintenance-free. Nevertheless, we recommend servicing the treadmill at least every 12 months. Depending on usage, more frequent servicing may be necessary. Please refer to the following maintenance instructions.
If you encounter problems that you cannot solve yourself, contact NOHRD. Authorized service will provide you with quick and competent assistance or instructions.
No part of the treadmill may be serviced while it is in use!

WARNING!	**Unplug the power cord before working on the device!** Do not lubricate the motor belts for the running surface and incline! Insufficient maintenance leads to increased noise levels.

Right Side



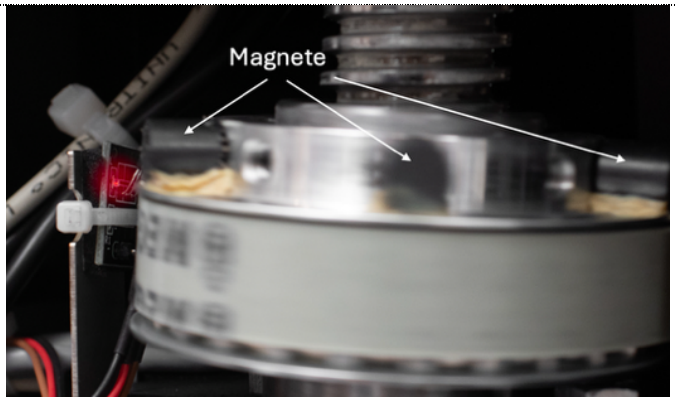
Left Side



9.3 Maintenance Every 12 Months (minimum):

In order to carry out this annual maintenance, the treadmill must first be set to a 20% incline. Then unplug the power cord!

a. Remove the left and right covers by loosening the 3 screws on the lower solid wood frame. Pull the cover downward to remove it.
b. Vacuum the dust from the accessible areas. **CAUTION:** Proceed carefully, otherwise cables may be torn out.
c. Check that the magnets (see image 1) on the incline spindle are securely in place; if necessary, reattach with adhesive (Pattex).
d. Grease the incline spindle of the height adjustment with a brush (Molykote grease) (see image 2).
e. Grease the slat belt of the running surface with a brush (Molykote grease) (see images 3 & 4, **CAUTION!**)
f. Clean and re-lubricate the tapered roller bearings and ball bearings (penetrating oil).

Image 1 Check that the magnets on the spindle drive roller are securely in place.	
Image 2 First clean the spindle of dust and dirt, then apply Molykote grease with a brush.	

Images 3 & 4
Lubricate the slat belt of the running surface.

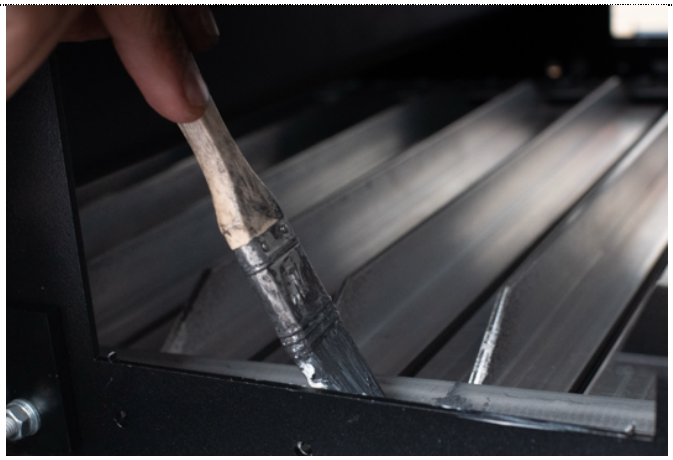
CAUTION:
For this, plug in the treadmill and start the running surface at 2 km/h. Apply grease to the slat belt with a brush.

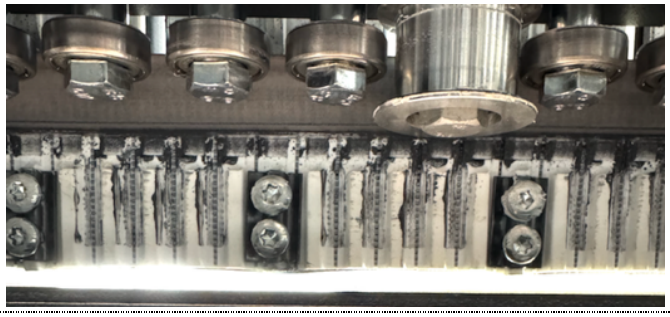
WARNING

This task may only be carried out by trained personnel or NOHRD service technicians.

Life danger from electric shock!

Afterwards, unplug the device immediately!





9.4 Maintenance Every 24 Months (additional recommendation)

a. Perform all steps from 9.3.
b. Clean all deflection rollers with a clean cloth to remove dust and other dirt (cleaning).
c. Check the running surface tension.
d. Check the drive belt tension of the running surface motor (156–162 Hertz).
e. Retighten the pedestal bearing screws on both deflection rollers (50 Nm).
f. Check all screws to ensure they are securely fastened.

9.5 Replacement of fuses, power supply cables, and other parts

WARNING!

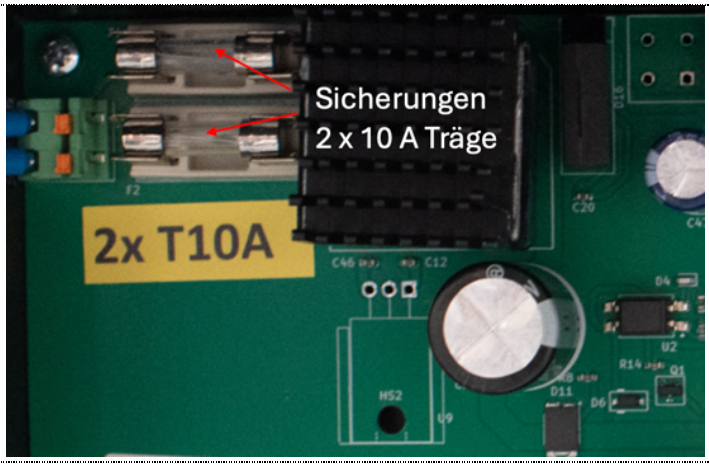
Unplug the power cord before working on the device!
Disconnect the power plug from the mains supply!
Remove the side cover (see 9.3).

Treadmill Control (LBS) Fuses

2 × 6.3 A slow-blow, designation also indicated on the circuit board.
Open using the bayonet lock, remove the defective fuse, insert a new one, and close the holder again.

On the Spindle Board

2 × 10 A slow-blow fuses on the spindle incline board.
Designation also indicated on the board.



Possible replacement of the power supply cable
Disconnect the power plug from the mains! Remove the side cover (see 9.3). Unplug the power supply cable from the power filter, loosen the cable bushing including the strain relief, remove the power cable, feed in the new cable, install the new strain relief, and connect the power supply cables to the power filter. After successful replacement, reinstall the side covers.

Other parts
For the replacement of parts not listed here, NOHRD must be contacted in any case.

9.6 Circuit diagrams / component list

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

10. Troubleshooting

In case of faulty treadmill behavior, the following steps can be carried out:

1. Check that the magnetic button of the emergency stop cord is fully inserted into its holder.
2. Check that the emergency stop roller is located in front of the emergency stop plate (see 4.2).
3. Treadmill no longer raises and lowers properly: Most likely, during cleaning or similar, someone touched the limit switch above the front right support rolle of the spindel. The treadmill must now be manually returned to 0% incline. This can be done by repeatedly pressing the down arrow on the monitor. It may first be necessary to briefly press up and then down. The downwards movement only last for 1 second before it stops again. Once the Citius is back at 0%, the limit switch will automatically recalibrate, and the incline function will work normally again.
4. Perform a restart. This can be done by:
   a) Switching off the device using the red power switch. This is located at the front right bottom of the wooden cover.
   b) Unplugging the device, waiting 10 seconds, plugging it back in, and starting the treadmill with the blue “On” switch. This is located at the front right bottom of the wooden cover.
5. Check the fuses in the treadmill control (LBS) (see 9.5) and on the board for the incline motor (in the black box). For this, the cover must be removed (see 9.3 Maintenance).

CAUTION: Opening the treadmill may only be carried out by trained personnel or a NOHRD service technician.
If the treadmill cannot be started as desired or you notice further malfunctions, please contact NOHRD.

11. Technical Data

The specifications for the dimensions and weight of the treadmill as well as for user weight may vary due to device modifications.

Areas of use: Home Fitness, Light Commercial, and Full Commercial

Motor

- Motor type: Brushless DC motor
- Motor power: 1300 W
- Plug: Safety connector IEC socket
- Maximum speed: 0.1 to 30 km/h
- Speed increments: +/- keys in 0.1 km/h; speed increases faster when held down
- Preset speeds: 4, 5, 6, 8, 10, 12, 14, 16 km/h
- Preset reverse speeds: 0.5; 1; 1.5; 2; 3; 4; 5; 6 km/h
- Power supply: Voltage and current (1.3 kW, 230 V AC, 50/60 Hz, 6.3 A)

Running surface

- Running surface size: 155 cm × 60 cm (L × W)
- Slat material: s²ap Sprintex rubber technology on aluminum rails
- Shock absorption: Hardness of slats (Shore A 60±5)
- Height of running deck: 31.5 cm (at 0% incline)

Incline

- Incline range: Electrically adjustable from 0% to 25%
- Preset inclines: 0, 2, 4, 8, 12, 16, 20, 25%
- Speed sensor: Digital measurement of RPM, incline via magnetic sensor
- Control: On-screen with quick select keys (or manual) for speed and incline

Frame and construction

- Frame material: High-strength steel frame, powder-coated
- Rollers and bearings: Roller diameter and bearing quality (sealed bearings, 20 mm diameter). Total number of bearings for the running surface: 114
- Wood: Walnut, cherry, oak, vintage oak, Club, Shadow

Additional equipment

- Screen: 21" touch monitor
- Performance data: Time, speed, calories burned, heart rate, distance
- Safety features: Magnetic emergency stop switch with safety cord
- Hand grips: Ergonomically designed hand and push bars
- Transport: Transport rollers at the front

Dimensions and weight

- Overall dimensions: 174 cm × 91 cm × 165 cm
- Device weight: 215 kg
- Maximum user weight: up to 250 kg

12. Warranty

The statutory warranty applies. Summary:

- General: 2 years
- Frame: 5 years
- Belt & slats: 2 years or 100,000 km running distance
- Motor: 2 years
- Labour: 1 year (costs for the technician performing the repair)

WATERROWER I NOHRD GmbH, and it's distributors of the Citius treadmill, provides free service for 12 months on parts and labour for professional users, provided that proper use and care as described in this manual can be demonstrated. For a further 12 months, WATERROWER I NOHRD GmbH provides free replacement parts.

The warranty claim expires if the product has been serviced or repaired by unauthorized persons. As soon as a warranty case occurs, you should immediately notify NOHRD GmbH in writing or by e-mail. The device owner must provide the serial number of the device, date of purchase, a detailed description of the fault, and the source of purchase.

NOHRD GmbH will arrange for service but reserves the right to decide the type of service. The following options are possible:

1. Service carried out on site by our service team.
2. We send the required spare part.
3. We send a replacement unit.

The defective parts must be returned to us by the customer within 48 hours. Otherwise, the delivered spare parts will be invoiced.

If the causes lie outside the scope of the warranty, NOHRD GmbH reserves the right to charge for all repair costs.

Some wear parts are not covered by warranty. The Polar pulse systems are covered by statutory warranty.

These warranty provisions do not affect general statutory claims.
Our general terms and conditions in their current version can be viewed and downloaded from our website www.NOHRD.com.

13. Disposal of Devices and Components

Electrical and electronic devices must not be disposed of with household waste. Disposal must be carried out separately and in accordance with legal requirements.

Device disposal

After the end of its service life, the device must be properly and environmentally disposed of – for example, through a municipal collection point for waste electrical equipment or by a certified disposal company.

Separation of materials

The individual components of the device must be disposed of as follows:

- **Packaging materials:** Recycle through material collection.
- **Metal parts:** Dispose of in scrap metal collection.
- **Plastic parts:** Dispose of through plastic recycling.
- **Rubber parts:** Declare as hazardous waste and dispose of accordingly.

Wear parts
Worn components are considered hazardous waste and must, after replacement, be disposed of in accordance with the applicable national disposal regulations.

Batteries

Batteries
Batteries must not be disposed of with household waste. They must be taken to an appropriate collection point for used batteries.

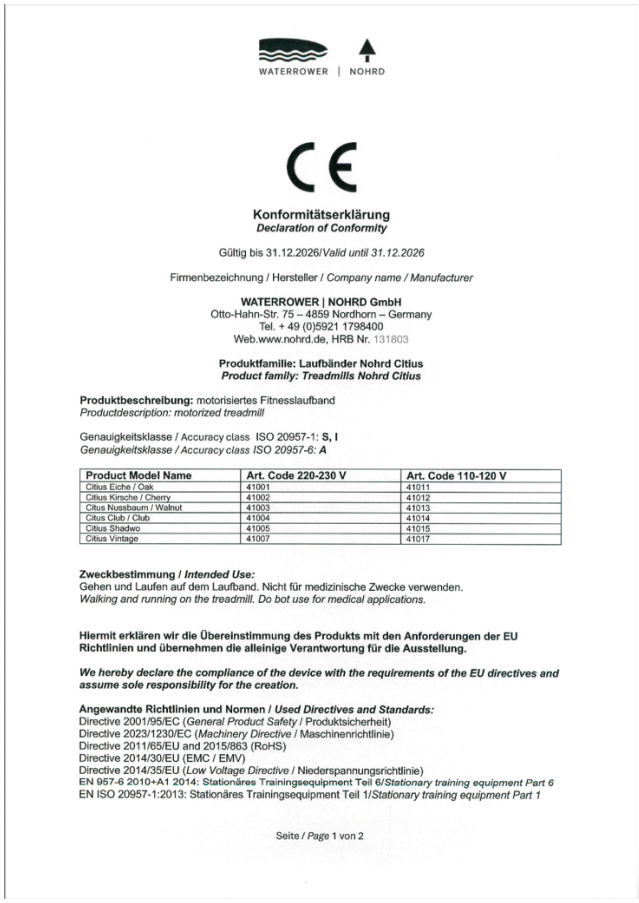
14. Contact Information

WATERROWER I NOHRD GmbH
Otto-Hahn-Straße 75
48529 Nordhorn
Tel. +49 59 21 - 17 98 400
Email: info@nohrd.de

The documents always show the creation date at the beginning and a language code at the end.

Date: 31.07.2025
Version: V1
Language: English

CE-Certificat



WATERROWER | NOHRD

CE

Konformitätserklärung
Declaration of Conformity

Gültig bis 31.12.2026/*Valid until 31.12.2026*

Firmenbezeichnung / Hersteller / *Company name / Manufacturer*

WATERROWER | NOHRD GmbH
Otto-Hahn-Str. 75 – 4859 Nordhorn – Germany
Tel. + 49 (0)5921 1798400
Web.www.nohrd.de, HRB Nr. 131803

Produktfamilie: Laufbänder Nohrd Citius
Product family: Treadmills Nohrd Citius

Produktbeschreibung: motorisiertes Fitnesslaufband
Productdescription: motorized treadmill

Genauigkeitsklasse / Accuracy class ISO 20957-1: **S, I**
*Genauigkeitsklasse / Accuracy class ISO 20957-6: **A***

Product Model Name	Art. Code 220-230 V	Art. Code 110-120 V
Citius Eiche / Oak	41001	41011
Citius Kirsche / Cherry	41002	41012
Citus Nussbaum / Walnut	41003	41013
Citus Club / Club	41004	41014
Citius Shadwo	41005	41015
Citius Vintage	41007	41017

Zweckbestimmung / *Intended Use:*
Gehen und Laufen auf dem Laufband. Nicht für medizinische Zwecke verwenden.
Walking and running on the treadmill. Do bot use for medical applications.

Hiermit erklären wir die Übereinstimmung des Produkts mit den Anforderungen der EU Richtlinien und übernehmen die alleinige Verantwortung für die Ausstellung.

We hereby declare the compliance of the device with the requirements of the EU directives and assume sole responsibility for the creation.

Angewandte Richtlinien und Normen / *Used Directives and Standards:*
Directive 2001/95/EC (*General Product Safety* / Produktsicherheit)
Directive 2023/1230/EC (*Machinery Directive* / Maschinenrichtlinie)
Directive 2011/65/EU and 2015/863 (RoHS)
Directive 2014/30/EU (EMC / EMV)
Directive 2014/35/EU (*Low Voltage Directive* / Niederspannungsrichtlinie)
EN 957-6 2010+A1 2014: Stationäres Trainingsequipment Teil 6/*Stationary training equipment Part 6*
EN ISO 20957-1:2013: Stationäres Trainingsequipment Teil 1/*Stationary training equipment Part 1*

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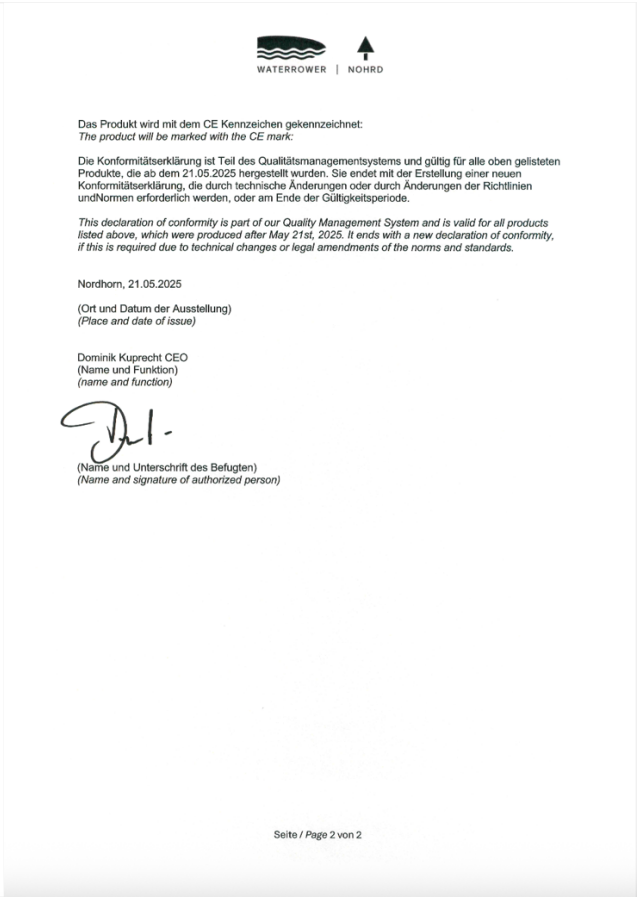

WATERROWER | NOHRD

Das Produkt wird mit dem CE Kennzeichen gekennzeichnet:
The product will be marked with the CE mark:

Die Konformitätserklärung ist Teil des Qualitätsmanagementsystems und gültig für alle oben gelisteten Produkte, die ab dem 21.05.2025 hergestellt wurden. Sie endet mit der Erstellung einer neuen Konformitätserklärung, die durch technische Änderungen oder durch Änderungen der Richtlinien undNormen erforderlich werden, oder am Ende der Gültigkeitsperiode.

This declaration of conformity is part of our Quality Management System and is valid for all products listed above, which were produced after May 21st, 2025. It ends with a new declaration of conformity, if this is required due to technical changes or legal amendments of the norms and standards.

Nordhorn, 21.05.2025

(Ort und Datum der Ausstellung)
(Place and date of issue)

Dominik Kuprecht CEO
(Name und Funktion)
(name and function)

(Name und Unterschrift des Befugten)
(Name and signature of authorized person)

Seite / *Page* 2 von 2