

*For The Long Run<sup>®</sup>*

# WOODWAY<sup>®</sup>

**BOOST**

**Model: BOOST1**

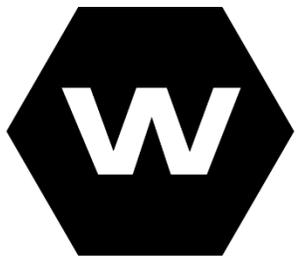


**User's Manual**

10/2018 UM-BS-EN-A3

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**MY WOODWAY:** \_\_\_\_\_ **ARRIVED:** \_\_\_\_\_

## **WOODWAY History**

WOODWAY's history begins in Germany in 1974. Willi Schoenberger, a technical director in charge of planning a fitness center, noticed that the most important piece of equipment, the treadmill, didn't meet the most important requirements: a mechanically sound machine that is designed to meet human needs.

He envisioned a comfortable walking surface that didn't interfere with the natural biomechanics of running or walking. Also, he wanted a transportation system which eliminated the friction associated with conventional conveyor-belt treadmills. After intensive research, and trial and error (and in cooperation with the Deutsche Sporthochschule in Cologne, Germany), Willi developed and patented a very unique and revolutionary treadmill design.

In 1975, WOODWAY GmbH was founded in Weil am Rhein, Germany. The name "WOODWAY" is derived from the German "Waldweg" ("Wald" = wood and "Weg" = way), the feel of running on a soft pine needle covered path in the forest.

In 1983, a manufacturing license was awarded to Sakai Medical, for the use of WOODWAY technology in the Japanese marketplace.

In 1988, a U.S. license was granted to a small, well-established manufacturing company in Waukesha, Wisconsin. WOODWAY USA was formed when the U.S. incarnation of the WOODWAY was developed and completed in 1990. WOODWAY USA is proud to be the primary manufacturer of WOODWAY Treadmills worldwide, exporting treadmills for international distribution, in addition to serving our domestic customers and clients.

Today, WOODWAY's design and manufacturing facilities in the United States, Germany, and Japan make WOODWAY the largest specialized treadmill manufacturer in the world. Constant enhancements in quality, design, and function are shared and implemented by all three WOODWAY manufacturers.

As WOODWAY moves forward, attention to product quality, innovation, and customer service are at the forefront of our efforts. Along with our treadmills, other products, services, and strategic relationships are being developed so as to keep WOODWAY on the leading edge as we meet fitness training, testing, and rehabilitation needs.

# 1 Introduction

## NOTE

The BOOST1 system is a feature that is compatible with the WOODWAY 4FRONT and DESMO treadmills. For treadmill instructions and safety information see the *WOODWAY MOTORIZED Treadmill Manual*.

## 1.1 Operating Instructions Information

This manual provides information on the safe operation of the WOODWAY BOOST. A condition for safe operation is compliance with all safety and operating instructions.

## ⚠ CAUTION

### **Improper Operation Can Cause Accidents!**

Not using the BOOST as intended according to the manufacturer's instructions can cause accidents and equipment damage.

- ▶ These operating instructions must be completely read and understood before using the BOOST.
- ▶ Keep these instructions close at hand for all users of the device.

### 1.1.1 Read and Observe the Operating Instructions



Read these instructions carefully before beginning any work on the BOOST. It is a part of the device and must be kept accessible at all times and in the immediate vicinity of the BOOST for operating and maintenance personnel.

### 1.1.2 Observe the Instructions

WOODWAY accepts no liability for accidents, equipment damage, and consequences of equipment failure that are a result of failure to follow the operating instructions. In addition, local accident prevention regulations and general safety conditions for intended use of the BOOST apply.

The manufacturer reserves the right to make technical changes in the context of improving the performance properties and further development without prior notice. Illustrations are for basic understanding and may differ from the actual design of the device.

Accessories from other suppliers have further safety regulations and guidelines which must also be observed. WOODWAY accepts no liability for accidents, equipment damage, and personal injury caused by the use of accessories from other suppliers.

## 1.2 Limitation of Liability

All information and instructions in this manual have been compiled in accordance with applicable standards and regulations, the current state of technology, and our knowledge and experience.

WOODWAY accepts no responsibility for damages resulting from:

- Disregarding the operating instructions
- Improper use
- Use by non-authorized persons
- Use of replacement parts which were not approved by WOODWAY
- Unauthorized modifications to the device or accessories

WOODWAY general terms and conditions and delivery conditions apply, as well as the legal regulations valid at the time of contract conclusion.

## 1.3 Copyright

The release of the operating instructions to third parties without the written permission of WOODWAY is prohibited.

### NOTE

All contents, text, drawings, images, or other illustrations are copyright protected and are subject to intellectual property rights.

Any misuse is punishable by law.

Duplication in any manner and form - including excerpts - as well as use and/or communication of the content are not permitted without written permission from WOODWAY.

## 1.4 Replacement Parts

WOODWAY recommends the use of original replacement parts. Original replacement parts have particular qualities and ensure reliable and safe operation.

- Developed for specific use with the device
- Manufactured for high quality and excellence
- Ensure the legal warranty period (excluding wear parts) or other reached agreements

### NOTE

The use of NON-original replacement parts may change the characteristics of the device and interfere with the safe use!  
WOODWAY does not accept liability for damages resulting from this.

### 1.4.1 Disposal

Wear parts are considered hazardous waste.

After being replaced, wear parts must be disposed of according to country-specific waste laws.

For further information on disposal, see Section 12 Page 42.

## 1.5 Customer Service

For service questions contact the following:

### WOODWAY USA, Inc.

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Web: [www.WOODWAY.de](http://www.WOODWAY.de)

For faster processing of your request please have the following data and information available:

- Information on the name plate (specific model/serial number)
- An accurate description of the circumstances
- Customer number (if available)
- What action has already been taken

### 1.5.1 Servicing

The address of your local service center can be obtained from the manufacturer. After repair or re-installation, the actions listed under "Setup & Installation" (see Section 6 Page 24) are to be performed as during installation.

#### **DANGER**

##### **Danger of Death by Electric Shock!**

Maintenance and inspection work on the unit may cause serious or fatal electrical shock.

- ▶ Pull the power plug prior to any maintenance and inspection work on the equipment. The device must not be connected to the power!
- ▶ Ensure the device cannot be switched back on.

## 1.6 Electromagnetic Compatibility (EMC)

It is expressly noted that the WOODWAY BOOST is subject to special precautions regarding electromagnetic compatibility (EMC). They must be installed and operated accordingly.

It should be noted that portable and mobile RF communications equipment and other devices with interference beyond the permissible values can affect the electronics of the treadmill. This can influence the measurement functions and the displays, causing malfunctions.

### ATTENTION

According to CISPR 11, the treadmill is a Class A device.

The device can cause radio interference or disrupt the operation of equipment in the vicinity. It may be necessary to take appropriate remedial measures, such as changing the direction, realigning or shielding the device, or filtering the connection to the location.

Detailed information and proof relating to electromagnetic compatibility can be viewed at the manufacturer on request.

## 2 Safety

### 2.1 Important Safety Instructions

The WOODWAY BOOST has been reliably designed, manufactured, and tested according to the latest state of technology and are in safe and technically perfect condition. Nevertheless, the devices can cause risk to persons and property if operated improperly.

For this reason, the operating instructions should be read completely, and safety instructions must be observed.

Warnings attached directly to the device must be observed and kept in a legible condition. Replace the stickers if they become damaged or illegible.

Inappropriate use will result in the rejection of any liability or guarantee claims by WOODWAY.

All WOODWAY BOOSTS are built to the specifications of and are intended for both commercial and residential use.

#### **Read all instructions before using the BOOST.**

##### **DANGER:**

- Do not operate in damp or wet locations.
- Do not operate the heart rate monitor transmitter in conjunction with an electrical heart pacemaker. The transmitter may cause electrical disturbances.
- Do not attempt to service your BOOST yourself without first contacting WOODWAY Service.

##### **CAUTION:**

- Consult your physician before beginning any exercise program, especially if any of the following pertain to you: history of heart disease, high blood pressure, diabetes, chronic respiratory disease, elevated cholesterol, smoker, experiencing any other chronic disease or physical impairments.
- Pregnant women should consult their physician before beginning an exercise program.
- If you experience dizziness, chest pain, nausea, or any other abnormal symptoms while using the BOOST, stop training immediately. Consult a physician before continuing.
- A qualified mechanic should perform any service or repair work. It is preferable that mechanics have successfully completed WOODWAY factory-authorized service school or equivalent.

**WARNING:** To reduce the risk of injury to you and others:

- Always press the STOP button to end the workout.
- Never leave the BOOST unattended while a workout is in progress.
- Use the BOOST only for its intended purpose as described in the manual. Do not use attachments not specified by the manufacturer.
- Do not operate the BOOST outside.
- Keep the area behind BOOST clear and at least 78" (2 m) from walls or furniture.
- Keep hands away from all moving parts.
- Never leave children unsupervised while on or near the BOOST.
- Inspect the BOOST for worn or loose components prior to use. Replace any worn or loose components prior to use.
- Read, understand, and test all emergency stop procedures.
- Always use the emergency safety pull cord supplied with the treadmill. It can be clipped to an article of clothing while training. This is for the user's safety in case of an emergency.
- Care should be taken when mounting and dismounting the BOOST. Never mount or dismount the BOOST while the running surface is moving. Use the handrails and handlebar whenever practical or necessary.
- Wear proper athletic shoes with rubber or high-traction soles. Do not use shoes with heels or leather soles. Ensure no stones are embedded in the profile of the soles.
- The safety and integrity designed for the machine can only be maintained when the BOOST is regularly examined for damage and/or wear and repaired if necessary. It is the sole responsibility of the user/owner or facility operator to ensure that regular maintenance is performed.
- Worn or damaged components should be replaced immediately, or the BOOST should be removed from service until the repair is made. Only manufacturer-supplied or approved components should be used to maintain and repair the BOOST.
- Handicapped users (e.g. fragile, mentally handicapped, etc.) should never mount the BOOST without the help of the therapist. The therapist and attending physician must weigh the risks and benefits of using the BOOST.
- To ensure safety and maximize benefits, WOODWAY recommends all users maintain proper running form and not shuffle their feet.

**SAVE THESE INSTRUCTIONS**

## 2.2 Description of Warning Notices

Warning notices indicate potential hazards or safety risks. They are indicated in this manual by a color-coded signal word panel (symbol with the appropriate signal word).

All warning notices have the same design and the same standardized content design.

### 2.2.1 Sample of a Warning Notice

 SIGNAL WORD
<p><b>Warning Text, Type, and Source of Danger</b></p> <p>Description of the consequences of ignoring the danger</p> <ul style="list-style-type: none"> <li>▶ Measures, instructions, and forbidden actions to avoid the hazard</li> <li>▶ Further measures...</li> </ul>

### 2.2.2 Classification

<b>NOTE</b>	NOTE or ATTENTION (no danger symbol), No risk of injury, pertinent information and warning against material damage
 <b>CAUTION</b>	CAUTION (with danger symbol)/Slight possibility of injury
 <b>WARNING</b>	WARNING (with danger symbol), In a dangerous situation, serious accident possible with the possibility of injury or death
 <b>DANGER</b>	DANGER (with danger symbol), In the event of an accident, immediate danger or death or serious injury

## 2.3 Health Risks

### **WARNING**

#### **Health Hazards for Certain Groups of People!**

The use of the BOOST can pose health risks for certain people.

- ▶ Before using the device, check the list below for limitations for certain persons which apply to you. If so, the specified measures must be adhered to.

### 2.3.1 Persons with Medical Conditions

Before beginning an exercise program, consult your physician, especially if any of the following apply to you:

- History of heart disease
- High blood pressure
- Diabetes
- Chronic respiratory illness
- Elevated cholesterol levels
- Smoker
- Other chronic illnesses or physical impairments

### 2.3.2 Pregnancy

Pregnant women must consult a physician before starting a training program.

### 2.3.3 Symptoms During Training

Should you experience dizziness, chest pain, nausea, or any other abnormal symptoms while training on with the BOOST, stop training immediately. Consult a physician prior to continuing training.

## 2.3.4 Personnel Qualifications and Responsibilities

### **WARNING**

#### **Danger due to Improper Use!**

Improper handling of the device can lead to serious personal injury and property damage.

- ▶ The device may only be operated by persons who have received instructions from qualified service personnel.
- ▶ WOODWAY recommends the use of a training record.

#### **2.3.4.1 Representative**

The representative is the person or company that is responsible for setting up, using, and maintaining the device.

The representative of the BOOST is responsible for the regular maintenance and testing as required by law. They are also obligated to provide adequate training/instruction to the operating personnel. WOODWAY recommends the training be carried out by a trained and authorized WOODWAY dealer or service partner.

#### **2.3.4.2 Operator**

Operators of BOOST are persons who use the device and have the "power of control" over the device. This can be a therapist, sports physician, or any other supervisor. The operator is any person who - regardless of qualifications - independently uses the product in the commercial sector.

The operator is personally responsible for the safety of the user (e.g. patient, test subject, athlete). Due to the high degree of responsibility these persons have a special obligation to provide information on all aspects of safety of the device and its intended use.

## 2.4 Intended Use

### **WARNING**

#### **Danger from Improper Use!**

Any improper use and/or other use of the device can lead to dangerous situations with significant personal injury and/or property damage.

- ▶ Only use the BOOST for its intended use.
- ▶ Avoid excessive training, as this can lead to injury.
- ▶ Read and strictly adhere to all information in the operating instructions.

The BOOST assists users in athletic running training, to increase stamina and physical fitness, and can be used for running or walking.

The operating instructions are an integral part of the BOOST and are to be available to all users at all times. The exact observance of the instructions is a prerequisite for the intended use of the WOODWAY BOOST.

### **WARNING**

#### **Risk of Injury Through Risk of Falling!**

The BOOST presents the danger of falling.

- ▶ Familiarize yourself with BOOST operation and operating principles before the first training.
- ▶ Always use the safety handrail when mounting and dismounting and when starting training.

### **ATTENTION**

Claims to the manufacturer of any kind due to damage from improper use are excluded.

The representative alone is liable for all damages resulting from improper use.

## 2.5 Unauthorized Modes of Operation

### **WARNING**

#### **Unauthorized Use Can Cause Injury!**

Using the BOOST in a manner not authorized by WOODWAY can be potentially hazardous.

- ▶ Only use the device for its intended use as described in the manual.
- ▶ Do not use unauthorized replacement parts or accessories that could interfere with the functionality or safety of the device.
- ▶ Always use the safety handrail when mounting and dismounting and when starting training.
- ▶ If the device is damaged or not functioning properly, do not use until it has been inspected and/or repaired by qualified and authorized personnel.

The BOOST may only be used for the aforementioned intended use. Any additional uses may result in serious personal injury and/or property damage.

The following restrictions and prohibitions must be strictly adhered to:

- BOOST may not be used without prior instruction by qualified personnel.
- Children may not use the device or be left near the device unattended.
- Animals and children may not use the device or be left near the device unattended.
- The use of the BOOST under the influence of alcohol, drugs and/or narcotics is prohibited.
- The BOOST is not intended to be used by persons weighing more than 400 lbs. (180 kg).
- It is forbidden to use the BOOST without its side rails or with walking poles.
- The operation of the WOODWAY BOOST outside of the named ambient conditions in the section "Setup & Installation" (temperature, humidity, air pressure) as well as outdoors (e.g. outside of closed rooms) is not allowed.
- For people with health limitations or contraindications, the use of a BOOST without prior consultation by a health care professional is prohibited.

- When stepping onto the BOOST, during walking exercises, and when stepping off of the BOOST, the safety instructions in this manual must be observed. Here, the following restrictions apply:
  - Never jump onto the moving belt
  - Never jump off while the device is moving
  - Never jump off of the front
  - Never stop walking when the belt is moving
  - Never turn around when the belt is moving
  - Never walk sideways or backwards
  - Never set the stress level (speed) too high

## 3 Technical Data

### 3.1 Technical Specifications

Parameters	Description
Overall Dimensions	44" W x 75" L x 64" H (112 x 191 x 163 cm)
Running/Walking Surface	22" W x 68" L (55 x 173 cm)
Weight	445 lbs. (201 kg)
Technology Hardness / Lateral Play	60 slats (replaceable), rubber on aluminum T-sections 40 Shore A / 4 mm lateral tolerance
Drive System	114 ball bearings, 12 roller guides
Max. User Weight	Running/Walking: 400 lbs. (180 kg)
Conditions for Use (operation)	Temperature: 50°F to 95°F (+10°C to +35°C) Relative humidity: 20 -95% (not condensed) Air pressure: 700 - 1060hPa Enclosure Rating: IP2x
Power Connection	Grounded plug Rated voltage: 115/120 VAC or 208/220 VAC Rated current: 8 A or 4A respectively, 50/60 Hz Cord length: 6.5 ft. (2 m)
Classification**	Safety class I device, type B applied part Enclosure rating: IP2X Rated for continuous operation.
Applied Parts (Type B)	Boost Display Boost Shorts Height Adjustment Kart Height Adjustment Latch

\* For performance tests, intense intervals, or sprint training, runner's additional safety measures must be provided. In this case WOODWAY strongly recommends the use of the all protection option with chest strap and emergency stop function to minimize the risk of injury.

\*\* Classification according to EN 60601-1

### 3.2 Conditions for Use

Description	Parameters
Ambient Temperature	50°F to 104°F (10°C to 40°C)
Relative Humidity	20-95% (not condensed)
Air Pressure	700-1060 hPa
Enclosure Rating	IP2x

### 3.3 Electrical Connection

**IMPORTANT:** The power cord must be properly protected at all times, both when in use and storage.

Below are the standard electrical requirements by region. There are different options depending on which model you own. If you have a different electrical configuration, please contact your sales representative.

**DO NOT BEND OR REMOVE PRONGS.** The plugs are polarized, meaning the prongs are different sizes and the plug can only fit in the outlet one way; if the plug does not fit, reverse the plug. If other power cord plugs are required, please contact WOODWAY.

Before connecting the treadmill to the power supply, the information on main voltage and frequency (found on the name plate) is to be compared with the on-site connection values. Only connect the device if the values match. Power surges or voltage drops can cause malfunctions or defects in the device.

No other treadmills or devices may be operated on the same supply line. Each treadmill must be operated with its own circuit breaker. The treadmill must be grounded.

#### **DANGER**

##### **Danger of Death by Electric Shock!**

Improper handling of electrical equipment by unqualified persons can cause fatal electrical shock.

- ▶ If necessary, allow only qualified personnel to perform electrical installation.
- ▶ The power cord must not come into contact with hot surfaces or sharp edges.
- ▶ Electrical parts (e.g. motor, power cord, and power switch) must not come in contact with water.

 **WARNING**

**Danger of Injury by Falling When Switching the Device Off!**

A complete shutdown of the unit caused by power surges or voltage dips can cause abrupt deceleration of the running surface belt.

- ▶ In order to avoid malfunctions, all data on the name plate must correspond with the actual terminal values.

 **WARNING**

**Danger of Injury by Tripping Over Wires!**

- ▶ Improperly installed wires present a tripping hazard and danger of injury. Safely lay power cords, interface cable, etc. outside of walking areas.

## 4 Transportation and Storage

### 4.1 Safety Notices for Transportation

Check the BOOST for damage upon arrival. Also check and compare supplied accessories with the corresponding delivery note.

The manufacturer is not liable for damages and missing parts if this information was not recorded in writing on the delivery note upon delivery of the unit. Damage or defects must be reported to the carrier and to the responsible WOODWAY dealer immediately.

#### **WARNING**

##### **Risk of Injury by Machine Falling or Falling Over!**

Improper transportation of the device may lead to it falling over and causing injury or equipment damage.

- ▶ Only transport in compliance with the safety regulations.
- ▶ Only use the supplied carrying tubes for transport.
- ▶ Never lift the device using the railing or protective coverings.
- ▶ Ensure stable center of gravity and steadiness during transportation.

#### **CAUTION**

##### **Risk of Injury From Lifting Heavy Device**

The device is heavy. It is recommended to use four people when lifting and maneuvering the BOOST.

#### 4.1.1 WOODWAY Service

If necessary, transport or relocation can be organized and carried out by authorized WOODWAY service partners.

For further information please contact WOODWAY Customer Service (See Page 8 Section 1.5).

### 4.2 Storage

The device may only be stored in closed, dry rooms. It is absolutely necessary to prevent contact with moisture (rain, fog, etc.)

The following environmental conditions are prescribed for transportation and storage:

- Temperature: 0°F to 95°F (-18°C to +35°C)
- Relative humidity: 20-95% (not condensed)
- Air pressure: 700-1060 hPa

See the *WOODWAY BOOST Service Manual* for additional information.

## 5 Product Description

### **WARNING**

#### **Risk of Injury Through Falling!**

During training, especially during the initial use of the device there is a danger of injury from falling.

- ▶ Familiarize yourself with BOOST operation before training.
- ▶ Hold on to the safety railing during the first training program until you can move safely on the BOOST.

### 5.1 BOOST Bag

The fabric enclosure, or bag, surrounds the BOOST and holds air pressure. It is made of an extremely tough and strong urethane fabric with vinyl windows. The bag is designed to be stepped on when entering or exiting the Boost. The bag can be cleaned with a normal surface cleaner that you would use to items such as training tables, glass, etc. It should be cleaned regularly and inspected for leaks.

**Note:** *If you find a leak, please discontinue use and contact Woodway Service immediately.*

### 5.2 BOOST Shorts

The Boost shorts are designed to create a seal between your body and the enclosure. They are made of a special proprietary material that is safe to be worn against the skin, is air-tight, and durable. Short size should be chosen so that the shorts are tight, but comfortable. Anything can be worn under them, but for comfort it is suggested to wear a pair of tights or small shorts. Shorts should be washed after each use using a mild detergent and warm (not hot) water. They should be hung to dry. Never put them in a dryer. With regular use, shorts have an approximate lifespan of one year.

**Note:** *Shorts come with a 90-day warranty.*

### 5.3 Air-Pressure System

The air-pressure system is designed to create specific lift amounts on each individual user. The system measures both the inside and outside air pressure many times per second and is constantly adjusting to allow for comfortable and consistent use. The Air-Pressure system was designed to operate very quietly once the initial pressure is reached.

**Note:** *If you notice the air pressure system not operating correctly, please contact Woodway support immediately.*

## 6 Setup & Installation

### 6.1 General

Ensure that the conditions applicable to basic safety and health requirements are met.

Read these operating instructions completely before installation.

Before installing the device, operational and functional safety are to be tested, including correct installation, electrical connection, and operator instruction.

In most cases, your WOODWAY BOOST will be delivered completely assembled. Check immediately upon delivery for any signs of transportation damage and immediately report any damages to the transport company and WOODWAY.

Position the BOOST to ensure that the power cord can easily be accessed and disconnected when needed. Make sure it is not bent or angled such that it could disconnect.

#### ATTENTION

##### Installing after Storage or Transport

The formation of condensation on the cooled electronic parts may cause the BOOST to malfunction and damage the electronics.

- ▶ Before installing after storage or transport, the BOOST must stand at room temperature for approx. 3 hours to become acclimatized.

#### ⚠ WARNING

##### Do not modify the Device

Do not modify this equipment without authorization of the manufacturer.

### 6.2 Installation

It is recommended that transport, installation, and assembly of the BOOST are carried out by WOODWAY or by an authorized dealer or service provider. Otherwise, shipping damage or improper installation and assembly of the BOOST could cause a hazard when using the device.

#### ATTENTION

##### Prepare a Stable Surface

Before the device is installed, the surface must be prepared. The total weight of the device (with all the accessories and options) is to be considered.

- ▶ Prepare a stable and sturdy surface.
- ▶ Only install the device on a level, stable, and sufficiently sturdy surface.

If necessary, install an additional base plate/floorboard.

### 6.2.1 Completion of Installation

Prior to starting operation, installation is to be completed with a trial run. During the trial run, all device functions are to be carried out and checked.

#### ATTENTION

##### Check Device

After the trial run has been carried out, all bolted connections, couplings, and other connections are to be checked for tightness.

### 6.2.2 Checklist for Before Starting Operation

- Check sturdiness of the device
- Ensure that safety equipment is intact and functional
- Check emergency stop switch and all control functions
- Perform a malfunction-free trial run
- Ensure all operators have received complete and proper instruction

### 6.3 Replacing Parts

For detailed descriptions of and instructions on replacing BOOST parts, please contact the Woodway Service Department (See 1.5.1 Page 9).

#### NOTE

The use of NON-original replacement parts may change the characteristics of the device and interfere with the safe use. WOODWAY does not accept liability for damages resulting from this.

#### DANGER

##### Danger of Death by Electric Shock!

Fatal electrical shock may occur if the unit is not disconnected from the power supply before assembly or disassembly.

- ▶ The device must be stopped, switched off, and unplugged before being worked on.
- ▶ Ensure the device cannot be switched back on.
- ▶ After the power is disconnected wait 10 minutes to ensure that live electrical components (e.g. capacitors) have discharged.

## 7 Operation

### **WARNING**

#### **Danger Through Uncontrolled Running Surface Movement!**

By stepping on the rear-most part of the running surface where it is rounded, the force of gravity can set the running surface in motion. There is a danger of falling.

- ▶ Ensure that the user does not step on the rounded part of the running surface when mounting and dismounting.

### 7.1 For Your Safety

For safe operation and successful training please read the following points for your own safety before starting to use the BOOST:

- Keep hanging clothing and towels away from the running surface. Ensure that shoelaces do not extend beyond the bottom of the shoe sole.
- Children and animals may not mount the BOOST! Never leave children or animals near the BOOST unattended.
- Check the BOOST for defective or loose components before use and replace or repair if necessary.
- Mount and dismount the BOOST carefully. Never mount or dismount the BOOST if the running surface is moving.
- For safety reasons and in the case of an emergency dismount, hold on to the railing and straddle the running surface with your feet on the left and right side panels.
- Do not dismount the BOOST until the running surface stops moving.
- Wear suitable running shoes with a high degree of grip.
- Do not use shoes with heels or leather soles or running shoes with spikes.
- To protect your device, ensure that there are no stones in your shoe soles.
- Take a few minutes to get your heart rate in the desired training range. Walk slowly for some time after a training session to give your body enough time to cool down. During this time your heart rate will go back to the normal range.

## ATTENTION

The user/owner or representative of the equipment is responsible for ensuring that regular maintenance and inspection of the BOOST is carried out.

Defective components must be replaced immediately. The BOOST should not be used until it is repaired by a professional.

## 7.2 Before Each Use

Before the unit is put into operation, the following checks are to be performed:

- Running surface belt (dirt and damage to slats)
- Mechanical function of the bar railing (clamping screw must be hand-tight)
- Emergency stop magnet with pull-cord and clip attachment (damage and position)
- Fall protection equipment e.g. ropes, carabiners, waist belt, etc. (wear and functionality)
- Bag & shorts integrity (leaks, cuts, or any other damage)

## WARNING

### **Danger of Being Pulled into Moving Parts!**

In the event of a fall, long hair, loose clothing, shoe laces, or jewelry can be pulled into running surface entry points.

- ▶ Remove jewelry and tie up long hair before using the device.
- ▶ Ensure shoe laces do not extend beyond soles of running shoes.

## 7.3 Practical Training

## NOTE

### **CONSULT A DOCTOR!**

If you are over 40 years old, have a heart condition, are overweight, or have not been involved in an exercise program for several years, a visit to the doctor is recommended before beginning an intensive training program.

### **7.3.1 Professional Consultation**

For all BOOST training beginners, it is recommended to seek the advice of a professional fitness instructor or personal trainer, to obtain an overall fitness assessment before starting an exercise program and develop an optimal training program.

For optimal use and safety during BOOST training, WOODWAY recommends walking/running in an upright and natural running position and to avoid dragging foot movement.

### **7.3.2 Warm-Up and Cool-Down**

A warm-up before each workout and a cool-down after each workout is recommended. If possible, you should always do some basic stretching exercises for the legs before and after training. The stretching exercises make you more flexible which prevents muscle soreness and injury during routine activities.

### **7.3.3 Proper Body Form**

When running or walking, it is important to maintain proper form to maximize efficiency and results and minimize the possibility of personal injury.

Keep your posture upright; avoid leaning forwards or backwards from the waist, as this can cause unnecessary back strain and decrease your efficiency. Keep your head, shoulders, and hips in line with each other and aim to have your foot strike the running surface in line with your center of gravity (i.e. you should strike the running surface with the midfoot or forefoot). If you land on your heels, you are over-striding and should shorten your stride in order to increase momentum and overall efficiency.

Keep your arms at your sides, either relaxed and naturally pendulum-like (walking) or with a loose 90-degree angle, bending at the elbows (running). Do not allow your hands to cross the center of your body or your shoulders to move from side to side.

### **7.3.4 Training Frequency**

At the beginning of training allow yourself enough time to get into shape. After a break from training, you should also allow sufficient time to rebuild physical condition.

#### **7.3.4.1 Endurance Training**

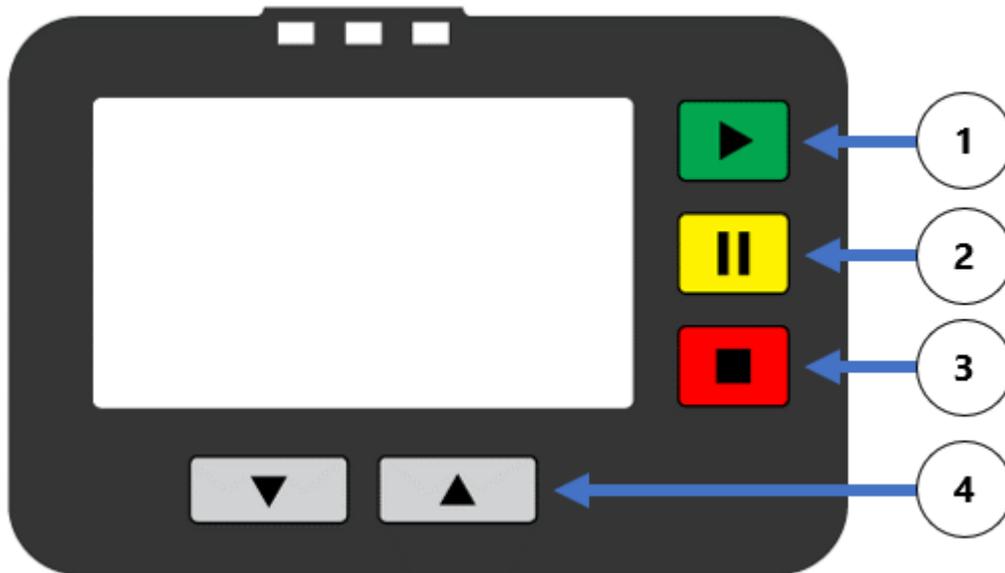
The priority is regularity and persistence of training - not intensity. Fitness experts recommend in the beginning training 3 - 4 times per week within your target heart rate for at least 20 minutes per workout. Your primary objective should be, step-by-step, to reach a level of fitness with which you can easily keep your heart rate in the target range for 50 to 60 minutes, 4 - 5 times per week.

#### **7.3.4.2 Running Shoes**

In order to prevent sore feet and sore muscles caused by incorrect footwear, the use of high quality running or jogging shoes is recommended. Ensure there is adequate heel and arch support.

## 7.4 Instructions for Use

### 7.4.1 Display



- |                  |              |
|------------------|--------------|
| 1. START / ENTER | 3. STOP      |
| 2. PAUSE         | 4. UP / DOWN |

### 7.4.2 BOOST Entry

1. Choose a comfortable pair of shorts. The shorts should fit snugly around your legs and should not slide up and down easily if you pull on them. It is recommended that you wear something thin and tight under the shorts.
2. Step up onto the BOOST. Use the upright handrails to steady yourself while stepping up.  
**Note:** *It is ok to step on the bag.*
3. Step into the hole in the bag.  
**Note:** *Take special care not to trip on the bag or height adjustment bar.*
4. Lift up height adjustment bar and place it in the notches to the front and back of you. You should choose a height which allows the bar around your hips to sit at your hip bone (roughly 6 in. below your iliac crest).
5. Make sure that the front and rear of the height adjustment bar are set at the same level.
6. Bring the latches down and make sure that they lock.
7. Zip the shorts fully onto the bag.

### 7.4.3 Setting the Height

1. Find the top of the hip bone (also known as the iliac crest).
2. Set the height adjustment bar approximately 4-6 inches below the top of the hip bone.

The height adjustment bar should be set approximately 4-6 inches below the top of the hip bone, also known as the iliac crest.

The bag is then able to fill up above the iliac crest to support the hips and allow for free arm swing. If the bar is set too high, it will impede arm swing.

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## 7.4.4 Getting Started

### 7.4.4.1 Quick Start

1. Press the **Play** button. The Bag will begin to inflate around you.
2. Once it is fully inflated, you can turn on the treadmill by pressing the **on** button.
3. On the Air Pressure control, choose a setting between 0 and 20. Zero represents the least amount of weight unloading, and 20 is the maximum.

**Note:** *If using above pressure setting 15, take extra care not to jump or give big upward movements.*

4. Choose a weight setting that is comfortable and allows you to use the BOOST without pain.
5. Increase/decrease the speed and elevation on the treadmill by using the treadmill interface in front of you.

### 7.4.4.2 Advanced Settings

1. Press the **Play** button.
2. Enter your shorts size.

**Note:** *The shorts size is located on the rear inside of the short on a white label.*

3. Enter your height adjustment setting.

**Note:** *The number is marked on the front latches.*

4. Press **play** to begin workout.
5. Choose your desired weight setting.

**Note:** *With advanced settings, the number is an estimated measurement of the percentage of your body weight that is on the running surface. So, if you weigh 100lbs, a setting that reads 73, means you are carrying roughly 73lbs on the running surface.*

6. After BOOST is inflated, press the **on** button on the treadmill in front of you.
7. Increase/decrease the speed and elevation on the treadmill by using the treadmill interface in front of you.

## 7.4.5 Complete Workout

1. Slow the treadmill to a stop and lower the incline to zero.
2. Press the pause or stop button on the weight control unit.
3. Unzip your shorts from the bag but leave them on.
4. Unlatch the front latches and raise them so they are vertical.
5. Remove the height adjustment bar from the notches and carefully lower it to the running surface.
6. Push the height adjustment bar down so that you have a lower height to step over.
7. Turn your body position until you are able hold the handrails.
8. Step off the BOOST.

**Note:** *Make special care not to trip over the bag or as you step down to the ground.*

9. Once on the ground, remove your shorts.

## 8 Cleaning and Maintenance

### **WARNING**

#### **Danger of Injury due to Lack of Qualifications!**

If maintenance or repairs are not carried out by professionally qualified personnel, serious injury and material damage may occur.

- ▶ Maintenance and repair work may only be performed by qualified personnel.
- ▶ It is the sole responsibility of the representative to assign qualified personnel for maintenance and repair work.
- ▶ Clean and examine the machine regularly for damage and/or wear, paying special attention to areas susceptible to wear.
- ▶ In case of doubt or questions, always contact WOODWAY Customer Service or your dealer.
- ▶ The manufacturer is not liable for personal injury and material damage caused by a lack of qualifications!

### **DANGER**

#### **Danger of Death by Electric Shock!**

Unplug BOOST and treadmill, and wait 5 minutes before beginning any service or maintenance.

- ▶ Large capacitors on drive board have the ability to hold a charge.

## 8.1 Cleaning

Periodic cleaning and inspection of your WOODWAY BOOST will help lengthen its life while keeping it looking like new. With this preventative maintenance it will be easier to identify possible issues that might otherwise be overlooked.

Below is a guideline of recommended cleaning and maintenance intervals.

### **DANGER**

#### **Danger of Death by Electric Shock!**

The use of water and liquid detergents as part of cleaning can cause serious or fatal electrical shock.

- ▶ No liquids may come in contact with electrical parts such as motor, power cord, power switch, and control monitors.
- ▶ Do not spray the device with a water jet.
- ▶ Pull power plug before cleaning; equipment must not be connected to power! Ensure the device cannot be switched back on.

The running surface should be thoroughly cleaned at regular intervals, depending on the intensity of use.

Remove light dirt and dust with a soft cloth. Dirt can be removed with damp cloth. After cleaning dry with a dry cloth!

### 8.1.1 Cleaning Notes

- Do not use abrasive brushes or abrasive cleaners, as the paint and plastic surfaces can be scratched.
- Do not use sharp tools (e.g. knife, metal scraper) or aggressive cleaning solvents for cleaning.
- Clean all surfaces with a mild, non-abrasive detergent (e.g. *409* or *Fantastic*, diluted with water to 50/50).
- Do not use any alcohol or ammonia-based cleaners.
- To avoid damage to component surfaces, observe the instructions for detergent use.

## 8.2 Maintenance Intervals

### **DANGER**

#### **Danger of Death by Electric Shock!**

Maintenance and inspection work on the unit may cause serious or fatal electrical shock.

- ▶ Pull the power plug prior to any maintenance and inspection work on the equipment. The device must not be connected to the power.
- ▶ Ensure the device cannot be switched back on.

### **CAUTION**

Worn or damaged components must be replaced immediately. If the observed deficiency can cause danger to the user or operator of the BOOST, it needs to be taken out of service until repaired.

### **ATTENTION**

Not carrying out the annual maintenance will void the warranty.

### **NOTE**

It is recommended to enter maintenance and repairs in the Maintenance Report (see Section 11 Page 41).

### 8.2.1 Functional Test

A complete function test of the BOOST must be carried out depending on the duration and intensity of use.

The function test includes the following:

<b>1.</b>	Put on a pair of BOOST shorts and zip yourself into the device. Operate the display to provide air pressure. (See Section 7.4) Straddle the running surface for the remaining steps below. (Feet on side covers; not running.)
<b>2.</b>	Turn up treadmill to max. speed for a short time. Does the treadmill reach the specified max. speed? Do unusual noises occur?
<b>3.</b>	Does the display correctly show the distance traveled at top speed?
<b>4.</b>	Stop the treadmill and move it to max. incline. Does the treadmill reach the desired incline?
<b>5.</b>	Do unusual noises occur while the treadmill is running at max. incline?
<b>6.</b>	Check the emergency stop magnetic switch function. Is an emergency stop initiated?
<b>7.</b>	Check the function of the emergency stop mushroom and/or button, if applicable.
<b>8.</b>	Turn off treadmill display. Though slight movement is normal, the running surface must be very difficult to move. Is the running surface stopped correctly?

### ATTENTION

If there are defects or deviations in the control function, notify WOODWAY Customer Service immediately.

The device must be taken out of service and disabled until repaired. Repairs may only be carried out by trained and authorized personnel.

For further information on maintenance procedures, refer to the separate service manual.

### **8.2.2 Immediate Service**

A repair must take place in the following situations:

- Liquid has gotten into the device.
- Damaged power cord (cable, plug).
- Defective drive system toothed belt.
- Suspected bearing damage.
- Suspected/established device defect.
- Bucking, sudden stopping, or accelerating of the running surface.
- Button(s) fail to function.
- Burning smell, smoke, or unusual noises.
- Malfunction (failure) of the emergency stop button.
- Malfunction (failure) of the emergency stop magnet.
- Damage to the running surface belt.
- All other defects which may affect the safety of the device.

### 8.3 Disabling the BOOST

Disabling is required if the safety of the BOOST is not guaranteed or if it is suggested that this could be the case.

Disable the BOOST immediately if there are any safety concerns and contact WOODWAY Customer Service by telephone.

A device must be disabled if the following symptoms occur:

- Unusual noises
- Appearance of smoke
- Uncontrolled stopping or accelerating of the treadmill
- Rocking of the running surface belt
- Damage to slats or other mechanical damage
- Spilling of liquid on the BOOST
- Other symptoms/situations which could cause danger to the user/operator

Disabling can also be requested of WOODWAY Customer Service by telephone. In this case, the device representative is obliged to carry out the disabling and to confirm with WOODWAY Customer Service in writing.

Exceeding the maintenance intervals by several months (see Section 8.2 Page 33) also makes temporary disabling of the BOOST necessary.

#### **ATTENTION**

The representative is responsible for property damage or personal damages caused by incorrectly disabling or not disabling the BOOST.

The disabling of the BOOST must be such that an unintentional and/or unauthorized restart can be ruled out and that the name of person who is authorized to put the BOOST back into operation can be seen.

The representative is to disable the BOOST in the following situations:

- There is reasonable suspicion of danger to the health and safety of patients, employees, or third parties
- Defects exist that could endanger patients, employees, or third parties

The removal of the power plug from the outlet alone is not sufficient for the disabling of the BOOST, since third persons who have not been informed about the disabling could plug the BOOST back into the power supply and use it.

The following measures must therefore be taken to disable a WOODWAY BOOST:

1. The unit must be turned off and the power plug must be unplugged from the wall socket (disconnected).
2. The BOOST must be marked "disabled" in a clear manner such as: "CAUTION DANGER OF INJURY" and the notice must be clearly displayed. In addition, the date of disabling, reason for disabling, and name of the person/organization that disabled must be specified.
3. It must be determined which authorized person - possibly after maintenance and repairs - may start up the BOOST again.
4. The fuses must be removed from the power supply box and kept in a safe place. Attach one of the following safety labels to the BOOST power supply fuse box.
5. Apply the second safety label to the plug of the power cord.

### 8.3.1 Labels for Disabling a BOOST

✂

○

 **CAUTION  
DANGER OF INJURY!**

This device has been disabled due to safety defects.  
**THE USE OF THIS DEVICE IS STRICTLY FORBIDDEN!**

Device was disabled on (date) : \_\_\_\_\_

By (name): \_\_\_\_\_

Only the following person may put this device back  
into operation: \_\_\_\_\_

✂

○

 **CAUTION  
DANGER OF INJURY!**

This device has been disabled due to safety defects.  
**THE USE OF THIS DEVICE IS STRICTLY FORBIDDEN!**

Device was disabled on (date) : \_\_\_\_\_

By (name): \_\_\_\_\_

Only the following person may put this device back  
into operation: \_\_\_\_\_

## 9 Troubleshooting

### 9.1.1 Contact Woodway Customer Service

#### ATTENTION

With the exception of the maintenance work described in this chapter, the BOOST can only be checked and repaired by qualified personnel.

If necessary, contact an authorized WOODWAY dealer or WOODWAY Service Center.

If you have problems with your WOODWAY BOOST, please consider the answers to the following questions before calling WOODWAY Customer Service:

- What are the make, model, and serial number?
- What happened before the problem occurred?
- Did the problem occur suddenly or slowly over time?
- Was the BOOST in use when the problem occurred?
- Was the running surface ENGAGED or was it in DYNAMIC MODE?
- Explain all the other information that you consider relevant.

## 10 Warranty Information

	Frame	Drive, Belt, Motor	Remaining Parts	Labor
Fitness Performance	10 years	5 years (Excluding Blade Skating Surface)	3 years	1 year
Home Use	15 years	5 years	5 years	3 years
Medical Use	10 years	5 years	3 years	1 year
Commercial Use	10 years	5 years	3 years	1 year

WOODWAY warrants that all products and accessories will be free from manufacturing defects according to the applications/terms listed above. The warranty period commences on the original date of purchase (with the exception of the running belt component, which is warranted for a period of four (4) years from the original date of purchase). This warranty is given only to the original purchaser. This warranty does not cover damage or equipment failure resulting from misuse, abuse, or failure to comply with electrical codes. Further, this warranty shall not apply if there is any modification to the products or accessories or if there is a failure to provide maintenance as outlined in the Owner's Manual.

**WOODWAY GIVES NO OTHER WARRANTIES, EITHER EXPRESSED OR IMPLIED. THE WARRANTY OF FITNESS FOR A PARTICULAR USE IS HEREBY DISCLAIMED.**

The buyer's remedy for breach of the expressed warranties contained herein shall be limited to the return of the product and accessories and repayment of the original purchase price. However, provided at WOODWAY selection, it may repair and replace the non-conforming goods or parts. WOODWAY shall not be liable for any incidental or consequential damages.

### Our Guarantee

WOODWAY guarantees the repurchase of WOODWAY treadmill products for a period of up to five (5) years after original installation. A direct payment, or credit toward the purchase of a new WOODWAY, of 20% of the purchase price of the treadmill will be made to the original owner of a WOODWAY treadmill. This guarantee is limited to the original owner. Contact WOODWAY for further details.



## 12 Disposal

Electrical and electronic devices must be disposed of separately from normal household waste.



An appropriate waste disposal company should be contacted. Properly dispose of the device at the end of its service life (e.g. the local collection point for waste separation):

- The device packaging is disposed of through resource recycling.
- The metal parts of the machine go to scrap metal disposal.
- Plastic parts are given to plastic recycling.
- Rubber parts are disposed of as hazardous waste.



The disposal of the equipment must be in accordance with the respective national regulations.

Wear parts are considered hazardous waste. After being replaced, wear parts must be disposed of according to country-specific waste laws.



Batteries may not be disposed of in household trash. Dispose of them at a battery collection point.

