

# 1080 SPRINT 2 USER MANUAL

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Version: 1.0



1080motion™

# TABLE OF CONTENTS

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|                                         |    |
|-----------------------------------------|----|
| Welcome to 1080 SPRINT 2 (English)..... | 2  |
| Contact 1080Motion.....                 | 2  |
| IMPORTANT SAFETY INSTRUCTIONS.....      | 3  |
| User qualifications .....               | 4  |
| Before use .....                        | 5  |
| During use .....                        | 5  |
| Intended Use.....                       | 6  |
| Product Markings and Symbols .....      | 7  |
| 1080 Sprint 2 .....                     | 8  |
| Parts and functions .....               | 9  |
| Maintenance and inspections.....        | 10 |
| Start and stop.....                     | 11 |
| Technical data .....                    | 12 |
| Charging .....                          | 13 |

# WELCOME TO 1080 SPRINT 2 (ENGLISH)

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**Read this User Manual and follow all instructions and warnings to reduce the risk of serious injury or death.**

**For assistance contact [www.1080motion.com](http://www.1080motion.com)**

## **NOTE:**

**Manual illustrations are for demonstration purposes only.**

**Illustrations may not reflect exact appearance of product.**

**Product specifications subject to change without notice.**

**We reserve the right to introduce product changes to system software and hardware without notice. Such changes may not be covered in this manual.**

**To obtain the latest version of this manual and the User Manual visit [www.1080motion.com](http://www.1080motion.com)**

Congratulations on an excellent choice!

1080 Sprint 2 is a powerful training and testing system for horizontal cyclical movements such as running, skating or swimming. 1080 Sprint 2 is the premium choice for any sport specific training and testing.

This User Manual explains the set-up, use and maintenance of your 1080 Sprint 2.

## **Contact 1080Motion**

Please refer to our website for contact information

[www.1080motion.com](http://www.1080motion.com)

## IMPORTANT SAFETY INSTRUCTIONS



**Read all instructions and safety information in the Installation and Maintenance Manual and this User Manual before installing and using this product.**

**Failure to follow all instructions and warnings may cause severe injury or death.**

**For assistance contact [www.1080motion.com](http://www.1080motion.com)**

**SAVE THESE INSTRUCTIONS**

**This machine is a powerful training and testing device for musculoskeletal conditioning. The machine is intended for commercial use. Improper use, installation and maintenance of the product can cause severe injury or death.**

When using an electrical appliance, basic precautions should always be followed, including the following:

Read all instructions before using this machine.

**DANGER** – To reduce the risk of electric shock or injury to persons:

- 1) When travelling with the machine by flight, the battery must be removed. Before opening the machine and removing the battery, always power down and unplug the charging cord from the machine.
- 2) Before use, always make sure the machine is securely anchored to the ground. Do not detach the handle and use 1080 spikes and/or weight plate on the handle when using the machine.
- 3) Always use a 1080 Motion line stop at the end of the line. The 1080 Motion line stop is constructed to break if the machine comes to a sudden stop during a resisted sprint.

**WARNING** – To reduce the risk of burns, fire, electric shock, or injury to persons:

- 1) Risk of Electric Shock. Do not expose the machine to heavy rain. Store it indoors when not used.
- 2) Do not cover the machine. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- 3) Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
- 4) Use caution when adjusting the position of the built in screen. Risk of crushing injury.
- 5) Use this appliance only for its intended purpose as described in this manual. Do not use attachments not recommended by the manufacturer.

- 6) Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or submerged into water. Return the appliance to a service center for examination and repair.
- 7) Do not lift or carry this appliance by charging cord or use cord as a handle.
- 8) Ensure the charging cord is placed so that it will not be damaged. Keep the cord away from heated surfaces.
- 9) Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- 10) Never drop or insert any object into any opening.
- 11) To avoid overheating, protect the machine from direct sunlight when using outdoors.
- 12) Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- 13) To disconnect, power down the machine.

## User qualifications

Users of 1080 Sprint 2 must be physically fit to use the machine. Talk to your physician prior to starting a new exercise program.

This product shall only be used by people who have undergone the required training or are under the supervision of a trained instructor.

Users should not be under the influence of drugs, alcohol, or be very tired.

This product is not intended for use by those who lack basic knowledge of how the product is used safely.

Keep children away from the product. Children must be supervised when present and never be allowed to operate the equipment on their own.

## Before use

Do not use the machine if the plastic lid or the side covers are open or missing.

Do not attempt to fix a broken or jammed machine. Notify facility staff or 1080 Motion.

Inspect machine including charging cable, pull cord and attachments prior to use. DO NOT use if anything appears damaged or inoperable.

A broken fuse may be an indication of a serious malfunction. Do not replace the fuse until the machine has been inspected by authorized personnel.

## During use

**DANGER!** Do not operate with the top plastic lid or side covers open as this poses an entanglement or mechanical injury to hands and fingers. All maintenance inside the machine must be performed by certified service personnel.

Do not enter or exit apps (e.g. various quick start apps) while someone is actively using the machine. The loads will automatically change for the user and can cause injury.

Extreme caution must be used when increasing resistance and speed settings during exercise. Do not use resistance and speed settings beyond the physical capacity of the user.

Use the machine only for the intended use. Do not modify the machine.

Never use machine alone. Ensure Emergency Stop is within reach by user or spotter/assistant.

If the user unintentionally gets entangled or otherwise stuck in an unwanted position, press the Emergency Stop to deactivate the machine.

Do not release the handle from a distance when the machine is pulling.

Keep the line away from sharp edges. Do not place any sharp or heavy objects on top of the line.

Do not insert body parts or objects into the machine.

Power down machine before servicing.

Do not remove the warning labels from the product. If the labels are missing or unreadable, refrain from using the product until replacement labels have been ordered from 1080 Motion.

## Intended Use

The machine is a powerful training and testing device for musculoskeletal conditioning. Improper use, installation and maintenance of the product can cause severe injury or death.

This product is intended to be used for:

- Performing exercise sessions for horizontal cyclical movements with the purpose of improving muscular strength and speed.
- Evaluating resisted/assisted strength, speed, acceleration, and power output during different motions and at various levels of resistance.
- Detecting muscular imbalances when comparing left vs. right side use of the body.
- Monitor progress over time for a user following a training program.
- The product is NOT intended to provide medical diagnoses or therapy.

## Product Markings and Symbols

Warning label on sides of the adjustable screen:



General warning label on backside of the machine:

 **WARNING**

**Inappropriate use may lead to injury.**

Do not operate the machine before consulting the user manual.



Do NOT expose to heavy rain. Store in climate controlled environment.

The machine may ONLY be used under supervision by trained instructor.

Keep children away from the machine.

Check the line for damage or wear. Do NOT use and contact supervisor if line shows signs of damage or wear.

Keep the machine out of direct sunlight to prevent from overheating.

Risk of entanglement and burn injury from the line.

Use 1080 line stop between line and attachment to user.

Do not use with side covers or plastic lid removed.

Adjust screen with caution, risk for crush injury.

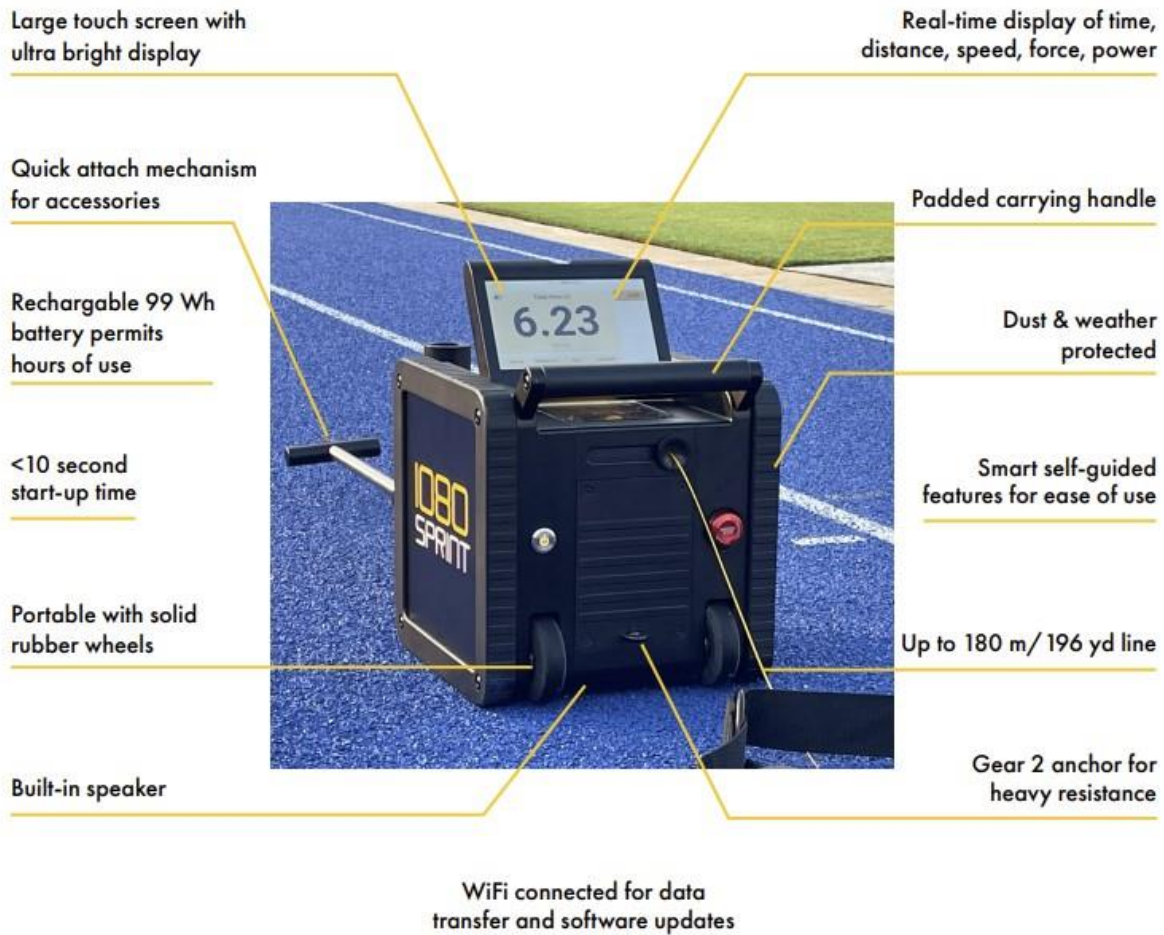
The machine must be securely anchored in place when in use.

## 1080 Sprint 2

1080 Sprint 2 is a versatile system for functional training and testing of horizontal movements, for example running, skating, and swimming. It is ideal for sports conditioning or sports rehabilitation offering easy and accurate evaluation of the muscular function.



## Parts and functions



The removable battery sits inside the machine. It is a type LFP (lithium iron phosphate) and has a longer life span than standard lithium-ion (NMC, NCA) and meets FAA requirements for air travel meeting the requirement of <100 Wh. For travel with the machine by air, this battery needs to be removed and carried in hand luggage. The machine comes with a complete document of battery specification to show airport personnel/security.



## Maintenance and inspections

Inspection and maintenance should be performed on a regular basis to ensure safe and trouble-free operation of the machine.

### REGULAR INSPECTION

- **Look for malfunctions of any kind.**  
The inspection must be made when the machine is being used. Signs of a malfunction could be a strange noise or a jerky feeling when using the machine. See the troubleshooting section if unsure of what the problem is.
- **Inspect the line.**  
The line is inspected by visually checking for excessive wear and tear along its full length.
- **Inspect charging cord.**  
The charging cord must not have any visible damage to prevent electric shock.
- **Ensure nuts and bolts are tight and no mechanical parts appear loose or out of position.**

#### **Inspect the emergency stop**

Check the Emergency Stop function. When the button is pressed, the motor will turn off immediately and an error message is displayed on the screen. Deactivate the Emergency Stop by lightly twisting the knob so it pops out into the outward position and then acknowledge the error on the screen.

### REGULAR MAINTENANCE

The following maintenance must be performed on a regular basis:

- **Cleaning**  
Clean the touch screen only using a soft cloth and cleaning agent designed for PC touch screens. Use of any other cleaning material may cause permanent damage to the screen. Suitable cleaning cloths and liquids are available in stores selling computers and office supplies. Clean all other surfaces with a soft cloth and detergents suitable for painted surfaces. Do not use any strong chemical detergents that may damage the paint or plastic components. Use only disinfectants suitable for cleaning gym equipment.

## Start and stop

This chapter describes how to start the machine and how to turn it off.

### BEFORE STARTING UP THE MACHINE

#### 1) Placement

Place the 1080 Sprint 2 on a firm surface. If outdoors, ensure that the machine is not subjected to standing water in case of sudden rain. In sunny and hot locations ensure the system is shaded from direct sunlight to prevent it from overheating. The machine has a built-in temperature sensor and will shut off automatically if it becomes too hot.

For some exercises such as sprint starts, it may be feasible to place the system on an elevated surface to reduce the line angle towards the attachment point on the user's waist.

#### 2) Anchoring

On the telescopic handle there is a designated holder for weights. Place enough weights there to ensure the machine does not move during use.

#### 3) Wear and Tear

Ensure there is no visible damage to the machine and that the line is not entangled.

### STARTING THE MACHINE

The below sequence must always be followed when starting the machine:

#### 1) Check the emergency stop.

The emergency should be in the disengaged position (outward position).

#### 2) Press the start button on the front side of the machine.

#### 3) Use the built in screen to start working with the quick start software or use a windows device to connect the Control App software to the machine.

### TURN OFF THE MACHINE

#### 1) Rewind the line.

Press "calibrate" on the touch screen to rewind the line into the machine.

#### 2) Press the start button to power down the machine

## Technical data

### GENERAL

|            |                                        |
|------------|----------------------------------------|
| Color      | Black                                  |
| Weight     | 25 kg/55 lbs                           |
| Dimensions | (LxWxH) : 274x304x304 mm (11x12x12 in) |

### PERFORMANCE DATA

|                                              |                                                                                                                                                            |
|----------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Continuous resistance range both directions  | 0-200N                                                                                                                                                     |
| Max resistance, assisted direction           | 300N (using eccentric overload)                                                                                                                            |
| Max resistance, resisted direction           | 350N (using resisted speed limit)                                                                                                                          |
| Gear 2                                       | Using a pulley max resistance can be doubled at half maximum speed                                                                                         |
| Maximum speed                                | 14 m/s (46 ft/s)                                                                                                                                           |
| Resistance types                             | Normal – simulates a normal physical weight<br>No Flying Weight – reduces line slack when accelerating or decelerating quickly<br>Isotonic – constant load |
| Length of line                               | 90-180 m (98-196 yds)                                                                                                                                      |
| Line type                                    | 200 kg/441 lbs., 1.3 mm/0.051" diameter                                                                                                                    |
| Motor                                        | 1.5kW                                                                                                                                                      |
| Recorded frequency of force, speed and power | Up to 1000 Hz                                                                                                                                              |
| User interface                               | Built in 7" adjustable touchscreen with 1300 Lumen Brightness                                                                                              |
| Wi-fi                                        | Wi-fi connected with unique IP Address                                                                                                                     |
| Port                                         | USB-C port interface                                                                                                                                       |
| Speaker                                      | Built-in 40 W speaker                                                                                                                                      |

## Charging

|          |                                                          |
|----------|----------------------------------------------------------|
| Charging | 41.4 V, 160 W Universal charger with 2m/6 ft cord length |
|----------|----------------------------------------------------------|