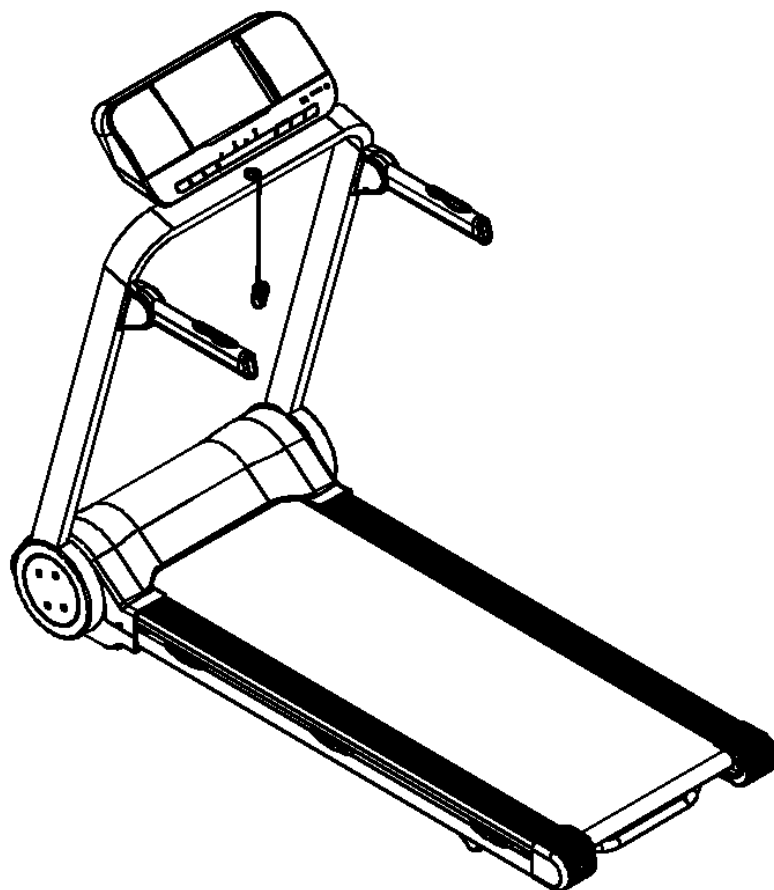




USER MANUAL – EN

IN 13000 Treadmill inSPORTline inCondi T40i



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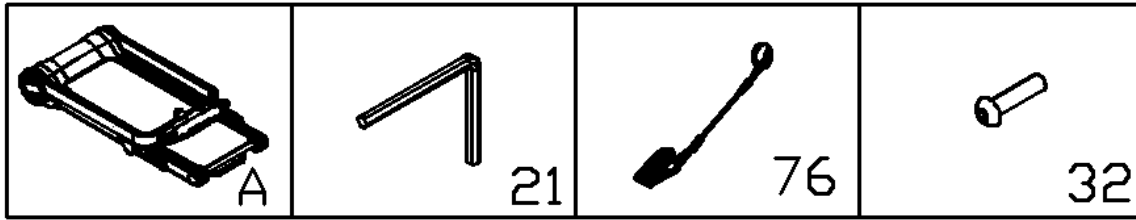
**Read all instructions carefully before assembly and using this product.
Retain this owner's manual for future reference.**

IMPORTANT SAFETY PRECAUTIONS

1. Plug the power cord of the treadmill directly into a dedicated grounded circuit. This product must be grounded well. If it breaks down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock.
2. Place the treadmill on a clean and flat surface with at least 2m*1m area. Do not place the treadmill on thick carpet as it may interfere with proper ventilation. Also, do not place the treadmill near water or outdoors. Keep the clearance between the treadmill and other fixed objects min. 0.6 m.
3. Place the treadmill where the wall plug is visible and accessible.
4. **NEVER** start the treadmill while you are standing on the walking belt. After turning the power on and adjusting the speed control, there may be a pause before the walking belt begins to move, **ALWAYS** stand on the foot rails on the sides of the frame until the belt is moving.
5. Wear appropriate clothing when exercising on the treadmill. Do not wear long, loose fitting clothing that could be caught in the treadmill. Always wear running or aerobic shoes with rubber soles.
6. Always unplug the power cord before removing the treadmill motor cover.
7. Treadmill should be kept away from the small children.
8. Always hold the handrails when initially walking or running on the treadmill, until you are comfortable with the use of this treadmill.
9. Always attach the safety pull pin rope to your clothing when using the treadmill. If the treadmill should suddenly increase in speed due to an electronics failure or the speed being inadvertently increased, the treadmill will come to a sudden stop when the pull pin is disengaged from the console.
10. When the treadmill is not being used, the power cord should be unplugged, and the safety pull pin should be removed.
11. Before starting any exercise program, consult with your physician or health professional. He or she can help to establish the exercise frequency, intensity (target heart zone) and time appropriate to your particular age and physical condition. If you have any pain or tightness in your chest, an irregular heartbeat, shortness of breath, feel faint or have any discomfort while you exercise, **STOP IMMEDIATELY!** Consult your physician before continuing.
12. If you observe any damage or wear on the main plug or on any section of the mains lead, then please these replaced immediately by a qualified electrician – do not attempt to change or repair these yourself.
13. If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
14. Put your feet on the side rail before using the treadmill, and always attach the safety pull pin rope to your clothing. Hold the handle bar before the running belt moving well (feel the running speed by your single foot before using it). To avoid loss balance, please slow down the speed to the lowest or take off the safety. And hold the handle bar to jump to the side rail when emergency or the safety key is not attached.
15. No adjustable part has to stand out. It could obstruct movements.
16. **Weight limit:** max. 120 kg
17. **Category:** HC (EN957 standard) suitable for home use.
18. **WARNING!** The hart rate monitor may not be accurate. Overloading during training may cause serious injury or death. If you feel any discomfort, immediately stop the exercise!

ASSEMBLY INSTRUCTIONS

When you open the carton, you will find the below spare parts:



Spare parts list:

NO.	DESCRIPTION	SPEC.	Q'TY	NO.	DESCRIPTION	SPEC.	Q'TY
A	Main Frame		1	21	5# Allen Wrench	5mm	1
76	Safety Key		1	32	Bolt	M8*42	2

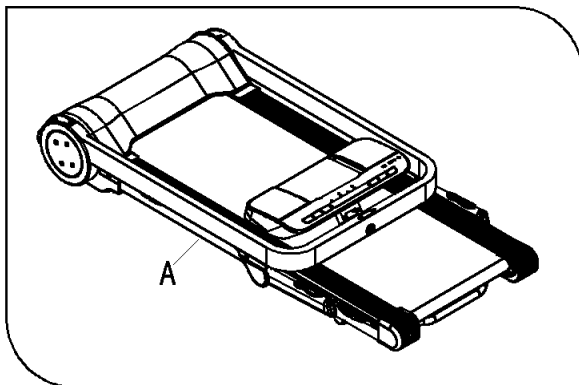
Assembly tools:

NO.	DESCRIPTION	SPEC.	Q'TY
21	5# Allen Wrench	5mm	1

ASSEMBLY STEPS

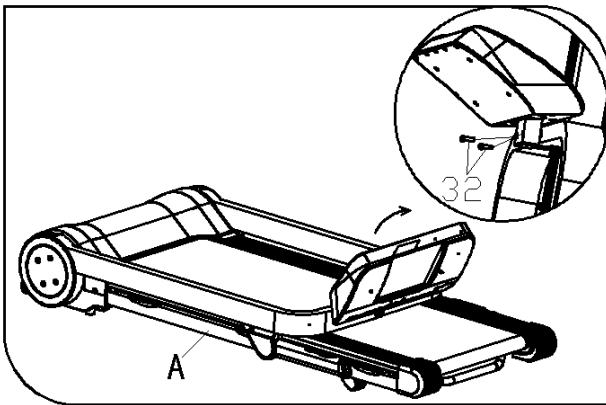
Notice: Do not turn power on before assembly is done

Step 1:



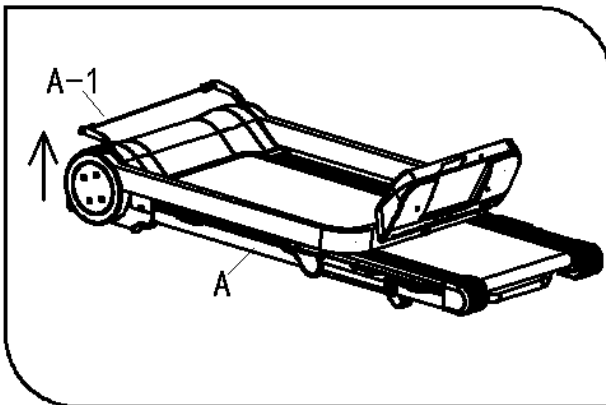
Open the carton, take out the MAIN FRAME (A) and put on the ground.

Step 2:



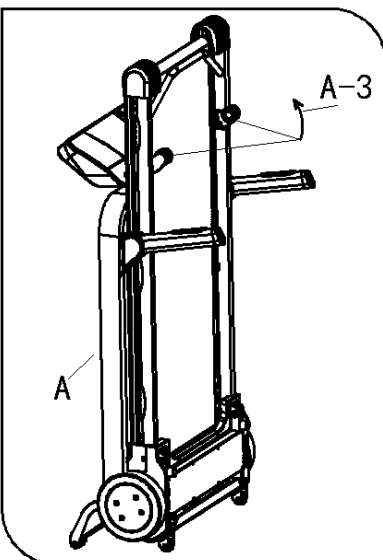
Pull up the console as the direction of the arrow. Please make sure the connect wires of console is not pressed. Lock the (#32) screw with #5 wrench.

Step 3:



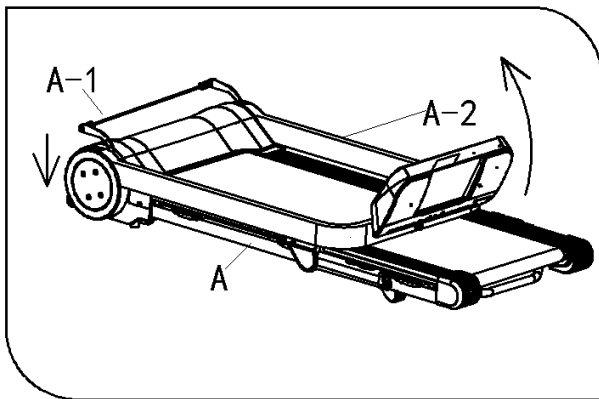
Pull up the part (A-1) as the direction of the arrow. And put the main frame (A) on vertical direction.

Step 4:



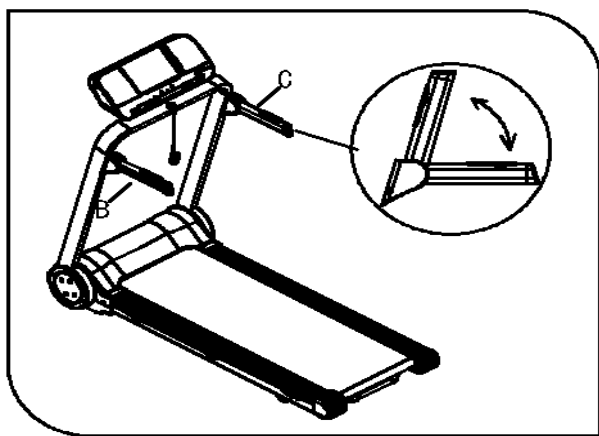
Turn the Part A-3 according to the direction of the arrow.

Step 5:



Press down the part (A-1) and then pull up the Left & Right part (A-2) as the direction of the arrow.

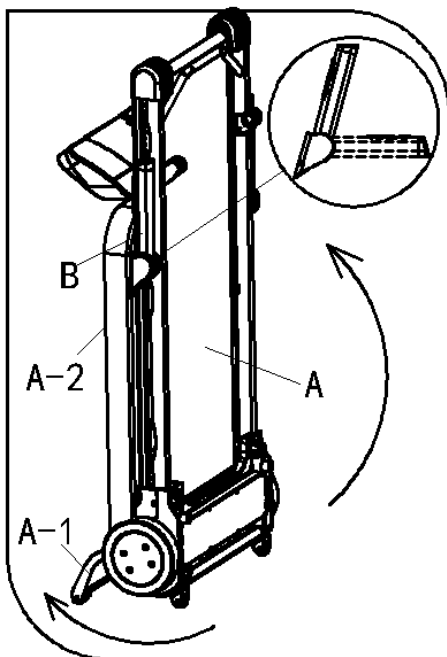
Step 6:



Turn the handle bars (B & C) down with clockwise rotation.

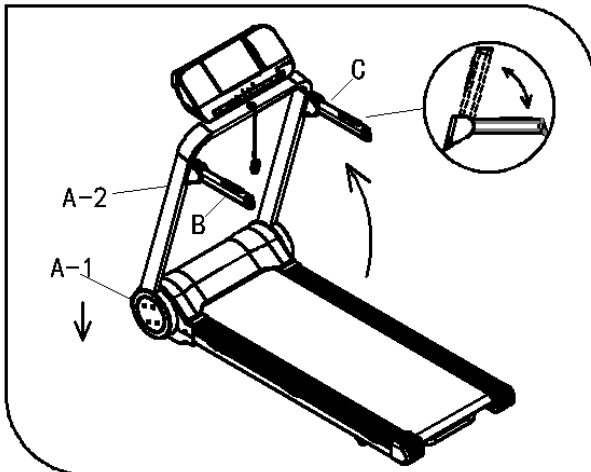
FOLDING INSTRUCTION

Pulling up:



Turn the handle bars up and put them on the position shown on the picture. Hold the A-1, turn the part A-2 down to the Main Frame till you hear the sound "KA". Then, fold the running deck as the direction of the arrow up to the position shown in the picture.

Pulling down:



Put the Main Frame A on the ground and press down the part A-1, then pull up the part A-2 till you hear the sound “KA”. At the end, turn the Handle Bars (B & C) down with clockwise rotation.

Attention: Please don't put the power on until you make sure that all the above steps are finished and all the bolts are tightened well. Please also read all the following instructions when you operate the treadmill.

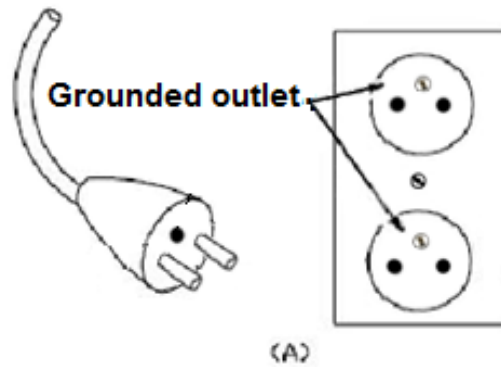
TECHNICAL PARAMETER

BUILT UP SIZE (mm)	1640*730*1275 MM	MAX. OUTPUT POWER	2.5 HP
FOLDABLE SIZE (mm)	370*730*1610 MM	POWER SUPPLY	220 V, 230 V
RUNNING BOARD (mm)	1300*460 MM	INCLINE LEVELS	0-12%
NET WEIGHT OF THE UNIT	55 KG	SPEED	1.0-16 KM/h
MAX. USER'S WEIGHT	120 KG		
3 LED DISPLAY WINDOWS	SPEED, TIME, DISTANCE, CALORIES, PULSE, INCLINE		

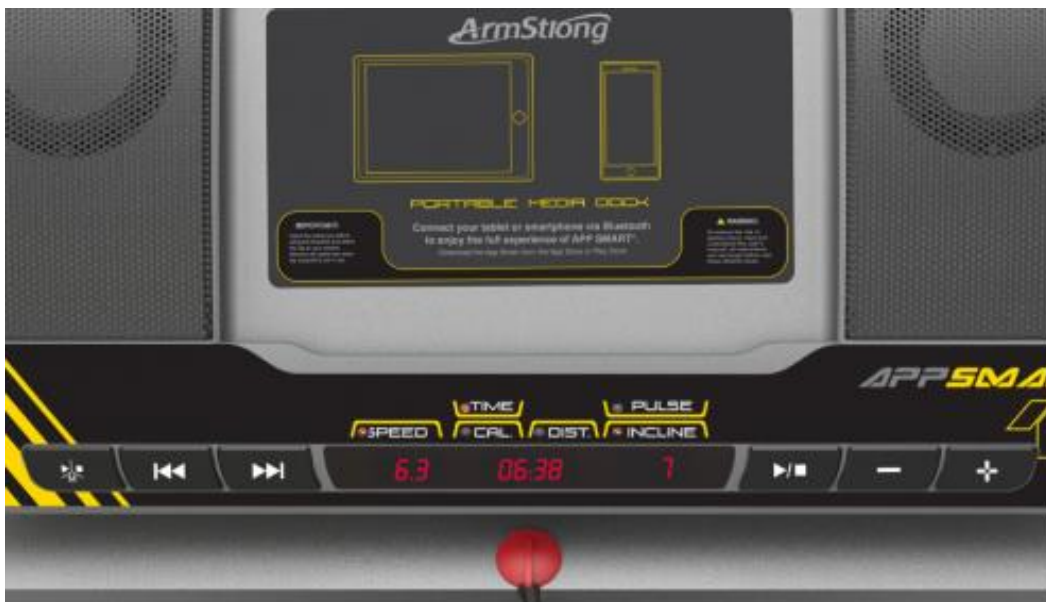
GROUND GUIDE

This product must be grounded. If it malfunctions or breaks down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER — Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product – if it doesn't fit the outlet, have a proper outlet installed by a qualified electrician. This product is for use on a nominal 220-volt circuit and has a grounding plug that looks like the plug illustrated in sketch A in following figure. Make sure that the product is connected to an outlet with the same configuration as the plug. No adapter should be used with this product.



OPERATION GUIDE



WINDOW DISPLAY

1. "SPEED" window: In standby or operation state, the LED backlight will be on and display the current speed. The range of speed is 1.0-16.0 km/h. When the treadmill starts, it displays "3", "2", "1".

2. "DIS., TIME, CAL." Window: When the "TIME" LED is on, it will display the exercise time the range is 00:00 - 99:59. After reaching 99:59, the treadmill will come to a stop gradually and then display "End". After 5 seconds, the treadmill will turn off. In countdown mode, the countdown will start to 0:00 after that the treadmill will come gradually to a stop and then display "End". After 5 seconds, the treadmill will turn off.

When the "CALORIES" LED is on, it will display the burned calories, and the range is 0 – 999.0. When the number reach its maximum, it will start from 0 again. In countdown mode, after reaching 0, the treadmill will come to a stop gradually, then display "End". After 5 seconds, the treadmill will turn off.

When the "DISTANCE" LED is on, it will display the exercise distance, and the range is 0.00 - 99.90km. When the number reach its maximum, it will start from 0 again. In countdown mode, after reaching 0, the treadmill will come to a stop gradually, then display "End". After 5 seconds, the treadmill will turn off.

3. "PULSE / INCLINE" Window: When the runner grabs the hand pulse, the "PULSE" LED will be on, and it will display the runner's heart rate. The range is between 50 and 200 beats/min. (the data is just

for reference and cannot be used as medical data). When the "INCLINE" LED is on, it will display the current incline level and the range is 0-12%.

BUTTON FUNCTION

1. "PROG" button: When the treadmill is in standby mode, pressing this button will cycle through "P01-P02-...-P12, U01-U02-U03, and HP1-HP2-FAT".

"P01-P12" are internal programs.

"U01-U03" are user-defined programs.

"HP1-HP2" are HRC-controlled programs.

"FAT" is body fat test program.

2. "MODE" button: Pressing the button will cycle through "0:00", "15:00", "1.0", "50.0" ("0:00" is manual mode, "15:00" is time countdown mode, "1.0" is distance countdown mode, "50.0" is calories countdown mode.). In all modes, when the runner can use "+" / "-" of speed and incline to set the countdown value accordingly, and press "START" to start the treadmill.

3. "START/STOP" button: When the power is on and the safety key is attached onto the console, pressing this button at any time will start the treadmill. When the treadmill is working, press this button at any time to stop the treadmill and return all the data to 0.

4. Speed "+" / "-" buttons: When the treadmill is in standby mode, use them to adjust the set value. When start the treadmill, press the "+", "-" buttons to adjust the speed by 0.1km each time. Pressing the buttons for more than 0.5 second, the speed will be increase or decrease continuously.

5. Incline "+" / "-" buttons: When the treadmill is in standby mode, use them to adjust the set value. When you start the treadmill, press the "+", "-" buttons to adjust the level of incline by 1 section each time. Pressing the buttons faster than 0.5 second, will increase or decrease the incline continuously.

QUICK START MODE

1. Turn on the treadmill and put the safety key onto the safety-key position.

2. When the treadmill is in standby mode, press START/STOP button, and the treadmill will start to run from the speed of 1.0km/h after a countdown of 3 seconds and the buzzer makes a sound.

3. After starting the treadmill, press "+" / "-" buttons to adjust the incline and the speed.

OPERATION DURING EXERCISE

1. Pressing speed - will decrease the running speed.

2. Pressing speed + will increase the running speed.

3. Pressing incline - will decrease the running speed.

4. Pressing incline + will increase the running speed.

5. Pressing START/STOP will reduce the speed until the treadmill stops.

6. When the user holds the hand pulse for about 3 seconds, it will display pulse data.

MANUAL MODE

1. When the treadmill is standby, press "START/STOP" button, the treadmill will start to operate from the speed of 1.0km/h and the inline of "0" level. The other windows will also start to count up from "0". Adjust the incline and the speed by pressing "+" / "-" buttons on the handlebars.

2. When the treadmill is in standby mode, press MODE button, it will enter time countdown mode, "TIME" window displays "15:00" and blinks. Set the exercise time by pressing "INCLINE+", "INCLINE -", "SPEED+", "SPEED -". The range of time is from 5:00 to 99:00.
3. When the treadmill is in standby mode, press MODE button, it will enter distance countdown mode, "DIS" window displays "1.00" and blinks. Set the exercise distance by pressing "INCLINE+", "INCLINE -", "SPEED+", "SPEED -". The range of distance is from 0.50 to 60.0.
4. When the treadmill is in standby mode, press MODE button, it will enter calories countdown mode, "CAL" window displays "50.0" and blinks. Set the calories by pressing "INCLINE+", "INCLINE -", "SPEED+", "SPEED -". The range of distance is from 10.0 to 999.0.
5. After setting one of the three modes, press the START button, then the treadmill will start after 3 seconds delay. Adjust the speed and incline by pressing "INCLINE+", "INCLINE -", "SPEED+", "SPEED -". Press the STOP button, it will stop.

INTERNAL PROGRAMS

There are 12 internal programs (P01-P12) in treadmill. When the treadmill is in standby mode, press "PROG" button, the window will display "P01-P12". After choosing the program runner, the "TIME" window will blink and display pre-set time 30:00. Set exercise time by pressing "INCLINE+", "INCLINE -", "SPEED+", "SPEED -", then press START button to start the internal program. There are 16 sections for internal program, and exercise time for each section is setting time/16. It will buzzer Bi-Bi-Bi sounds to enter next section, and the speed and incline will also be different when the programs are changed. The runner can still change the speed and incline by pressing "INCLINE+", "INCLINE -", "SPEED+", "SPEED -" during this period, but it will become the original speed and incline when it enters next section. It will buzzer Bi-Bi-Bi sounds when a program is over. The treadmill will stop smoothly and display "END". It will be in standby state after 5 seconds.

PROGRAM DESCRIPTION

The exercise time will be divided to 16 periods for each program, and there are speed and incline for each period accordingly.

DIAGRAM

Period Program		Setting time/16=Each section time															
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P1	SPEED	1	3	3	7	7	5	5	5	7	7	5	5	5	5	3	2
	INCLINE	2	2	6	6	8	8	6	6	4	4	4	6	6	2	2	2
P2	SPEED	2	3	3	5	4	4	7	4	4	7	7	7	7	4	4	3
	INCLINE	3	3	8	8	8	2	2	7	7	4	1	1	4	4	4	4
P3	SPEED	2	3	5	5	7	7	8	5	5	5	3	3	8	8	4	3
	INCLINE	1	2	3	4	5	5	7	7	4	4	4	4	6	3	2	2
P4	SPEED	2	2	3	5	5	5	7	7	7	7	5	5	5	3	3	2
	INCLINE	3	3	5	5	5	8	8	8	8	8	8	5	5	5	2	2
P5	SPEED	3	4	5	5	7	7	8	9	9	9	8	7	6	5	4	3
	INCLINE	2	2	4	4	7	7	5	5	5	5	7	6	5	4	1	1
P6	SPEED	2	3	4	4	5	5	6	6	6	7	8	8	9	9	4	2
	INCLINE	1	6	6	6	6	6	5	5	5	5	4	4	2	2	2	1

P7	SPEED	3	4	7	4	9	3	8	3	7	3	7	3	9	4	4	2
	INCLINE	1	1	3	3	3	5	5	5	6	6	6	8	8	8	5	2
P8	SPEED	3	4	6	3	4	6	7	2	4	6	8	3	4	5	9	4
	INCLINE	3	3	7	7	3	3	6	6	3	3	5	5	3	3	4	4
P9	SPEED	3	5	6	3	5	7	3	6	8	4	5	9	3	5	9	4
	INCLINE	2	4	4	2	5	5	2	6	6	2	7	7	2	2	5	5
P10	SPEED	3	4	5	5	5	7	8	5	5	7	8	5	5	5	9	3
	INCLINE	2	6	6	6	4	4	4	6	6	6	6	6	6	3	3	3
P11	SPEED	3	4	5	7	8	9	7	5	6	7	8	8	9	7	5	4
	INCLINE	1	5	5	5	3	3	3	6	6	3	3	3	3	5	5	5
P12	SPEED	4	5	9	9	6	9	9	9	6	6	9	9	9	9	5	4
	INCLINE	3	7	7	5	8	8	4	4	7	7	7	4	4	4	4	4

USER-DEFINED PROGRAMS

Except 12 internal programs, there are still 3 programs for user to define by themselves (U01, U02, and U03).

1. Setting of user-defined programs:

When the treadmill is in standby mode, press the "PROG" button continuously until it will enter user-defined programs (U01, U02, and U03). Press "MODE" button to set first section time. Use "SPEED+", "SPEED -" to set the speed, and "INCLINE+", "INCLINE -" to set incline, then press "MODE" button to finish the first section setting and enter the next one, finish all 20 sections of settings this way. The data will be saved until you reset it.

2. Start of user-defined programs:

A. When the treadmill is in standby mode, press the "PROG" button continuously until you enter user-defined programs (U01, U02, U03), and press START button after setting the exercise time.

B. Start the program after setting user-defined programs and exercise time.

3. Internal description of user-defined programs:

Exercise time is divided into 16 periods for each program. The runner should set the speed and incline data for all 16 periods before starting the treadmill.

HEART RATE CONTROL PROGRAM

L-H: Adjustable range of heart rate from minimum to maximum.

HP1 program				HP2 program				HP3 program			
Age		Target zone (L-H)		Age		Target zone (L-H)		Age		Target zone (L-H)	
	Lowest	Default	Highest		Lowest	Default	Highest		Lowest	Default	Highest
15	128	133	138	15	149	154	159	15	169	174	179
16	128	133	138	16	148	153	158	16	168	173	178
17	127	132	137	17	147	152	157	17	168	173	178
18	126	131	136	18	147	152	157	18	167	172	177
19	126	131	136	19	146	151	156	19	166	171	176
20	125	130	135	20	145	150	155	20	165	170	175

21	124	129	134	21	144	149	154	21	164	169	174
22	124	129	134	22	144	149	154	22	163	168	173
23	123	128	133	23	143	148	153	23	162	167	172
24	122	127	132	24	142	147	152	24	162	167	172
25	122	127	132	25	141	146	151	25	161	166	171
26	121	126	131	26	141	146	151	26	160	165	170
27	120	125	130	27	140	145	150	27	159	164	169
28	120	125	130	28	139	144	149	28	158	163	168
29	119	124	129	29	138	143	148	29	157	162	167
30	119	124	129	30	138	143	148	30	157	162	167
31	118	123	128	31	137	142	147	31	156	161	166
32	117	122	127	32	136	141	146	32	155	160	165
33	117	122	127	33	135	140	145	33	154	159	164
34	116	121	126	34	135	140	145	34	153	158	163
35	115	120	125	35	134	139	144	35	152	157	162
36	115	120	125	36	133	138	143	36	151	156	161
37	114	119	124	37	132	137	142	37	151	156	161
38	113	118	123	38	132	137	142	38	150	155	160
39	113	118	123	39	131	136	141	39	149	154	159
40	112	117	122	40	130	135	140	40	148	153	158
41	111	116	121	41	129	134	139	41	147	152	157
42	111	116	121	42	129	134	139	42	146	151	156
43	110	115	120	43	128	133	138	43	145	150	155
44	109	114	119	44	127	132	137	44	145	150	155
45	109	114	119	45	126	131	136	45	144	149	154
46	108	113	118	46	126	131	136	46	143	148	153
47	107	112	117	47	125	130	135	47	142	147	152
48	107	112	117	48	124	129	134	48	141	146	151
49	106	111	116	49	123	128	133	49	140	145	150
50	106	111	116	50	123	128	133	50	140	145	150
51	105	110	115	51	122	127	132	51	139	144	149
52	104	109	114	52	121	126	131	52	138	143	148
53	104	109	114	53	120	125	130	53	137	142	147
54	103	108	113	54	120	125	130	54	136	141	146
55	102	107	112	55	119	124	129	55	135	140	145
56	102	107	112	56	118	123	128	56	134	139	144
57	101	106	111	57	117	122	127	57	134	139	144
58	100	105	110	58	117	122	127	58	133	138	143
59	100	105	110	59	116	121	126	59	132	137	142
60	99	104	109	60	115	120	125	60	131	136	141
61	98	103	108	61	114	119	124	61	130	135	140

62	98	103	108	62	114	119	124	62	129	134	139
63	97	102	107	63	113	118	123	63	128	133	138
64	96	101	106	64	112	117	122	64	128	133	138
65	96	101	106	65	111	116	121	65	127	132	137
66	95	100	105	66	111	116	121	66	126	131	136
67	94	99	104	67	110	115	120	67	125	130	135
68	94	99	104	68	109	114	119	68	124	129	134
69	93	98	103	69	108	113	118	69	123	128	133
70	93	98	103	70	108	113	118	70	123	128	133
71	92	97	102	71	107	112	117	71	122	127	132
72	91	96	101	72	106	111	116	72	121	126	131
73	91	96	101	73	105	110	115	73	120	125	130
74	90	95	100	74	105	110	115	74	119	124	129
75	89	94	99	75	104	109	114	75	118	123	128
76	89	94	99	76	103	108	113	76	117	122	127
77	88	93	98	77	102	107	112	77	117	122	127
78	87	92	97	78	102	107	112	78	116	121	126
79	87	92	97	79	101	106	111	79	115	120	125
80	86	91	96	80	100	105	110	80	114	119	124

1. When the treadmill is in standby mode, press the "PROG" button continuously and the window will display HP1, HP2, or HP3.

Mark: Press the START button under the display of HP1 or HP2 or HP3, the system will recommend a heart rate data for user automatically (The data is shown as below).

"HRC1" program: The maximum running speed 8.0km/h, age 30\default target rate 124/Min ;

"HRC2" program: The maximum running speed 9.0km/h, age 30\default target rate 143/Min ;

"HRC3" program: The maximum running speed 10.0km/h, age 30\default target rate 162/Min ;

2. Press "ENTER" button to set the age. The default age for time window is 30. User can adjust the proper age by pressing "INCLINE+", "INCLINE -", "SPEED+", "SPEED -". The age range is from 15 to 80(For more details, please refer to HP1 or HP2 or HP3 heart rate control program diagram).

3. User presses "MODE" button after select the correct age, system will recommend a proper heart rate target zone displayed on window for reference as per the age user selects. User can also, as per body condition, select the heart rate target zone he or she wants by pressing "INCLINE+", "INCLINE -", "SPEED+", "SPEED -". The range is from 86 to 179 (For more details, please refer to HP1 or HP2 or HP3 heart rate control program diagram)

4. User presses "MODE" button and enters time setting interface after select the age and heart rate target zone. The pre-set time of "TIME" window display is 30:00. User can adjust exercise time by pressing "INCLINE+", "INCLINE -", "SPEED+", "SPEED -". The range is from 10:00to 99:00.

5. Press "START" to start the treadmill.

6. When HRC1, HRC2 or HRC3 is on, adjust the speed and incline by pressing "INCLINE+", "INCLINE -", "SPEED+", "SPEED -", but the system still can adjust the speed and incline automatically to make the user's heart rate get close to target zone.

7. When exercise starts, the first minute is warm up period, so the system will not adjust the speed and incline automatically, only manual adjustment works. After one minute, the system will first increase

the speed by 0.5 mile/time or 0.5 KM/time automatically as per user's heart rate. When the speed reaches the maximum speed of HP1, HP2 or HP3, and the heart rate is still not close to target zone, the system will increase the incline by 1 level/time automatically to increase the amount of exercise, which makes the heart rate get close to target zone. The speed and incline will stay original state when the heart rate reaches the target zone.

Mark: The chest belt must be attached tightly to chest and closed to the skin (It is recommended to use chest belt fist).

FAT TEST

When the treadmill is standby, press the "PROG" button continuously until enter fat test. Press "MODE" button to enter F-1, F-2, F-3, F-4, F-5 interface (F-1—gender, F-2—age, F-3—height, F-4—weight , F-5-fat test). Set the data of 01-04 by pressing "INCLINE+", "INCLINE -", "SPEED+", "SPEED -" (See below diagram for data). After setting, press "MODE" button to enter F-5 fat test interface. Holding the hand pulse for 5-6 seconds, it will display the fat data, and see if your weight is commensurate with your height. The FAT is a measure of a person's height and weight but not body proportions. FAT is appropriate for any male and female and provides the basis for weight adjustment together with other health indicators. The ideal FAT should be between 20 and 24. Less than 19 is underweight. Between 25 and 29 is overweight, and if more than 30 is obese. (The data is for reference only and cannot be used as medical data.)

F-1	Gender	01 Male	02 Female
F-2	Age	10-----99	
F-3	Height	100----200	
F-4	Weight	20-----150	
F-5	FAT	≤19	Thin
	FAT	= (20---24)	Normal weight
	FAT	= (25---29)	Overweight
	FAT	≥30	Obese

RANGE OF PROGRAM

	PROGRAM	BEGIN	SET UP RANGE	DISPLAY RANGE
TIME (MIN: SECOND)	0:00	15:00	5:00-99:00	0:00 - 99:00
INCLINE (%)	0	N/A	N/A	0-12
SPEED(KM/H)	0.0	N/A	N/A	1.0-16.0
DISTANCE(KM)	0.00	1.0	0.5-60.0	0.00 - 60.0
PULSE(BEAT/MIN)	P	N/A	N/A	50-200
CALORIE(KCAL)	0.0	50.0	10.0-999.0	0.0 - 999.0

SAFETY-LOCK FUNCTION:

Pull off the safety key rope, and then the treadmill will stop immediately in any state. All the windows display "———", the buzzer will make 3 consecutive sounds "Bi-Bi-Bi-Bi", and the treadmill will be

stopped. After attach the magnet end of the safety lock to the console, the treadmill will start operation again.

POWER SAVING FUNCTION:

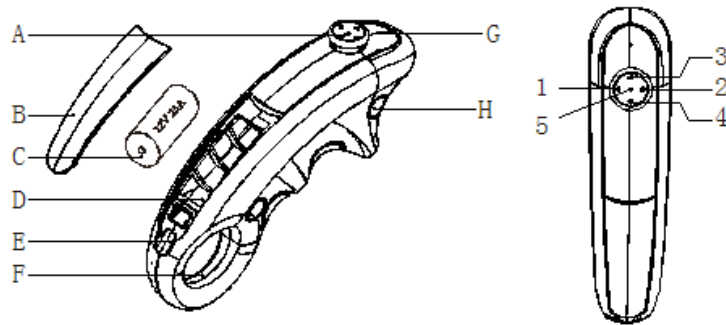
The system has a power saving function. Under the standby state, without operating the treadmill for 10 minutes, the power saving function will be active, and the display will be closed up. You can press any button to wake up the display again.

MP3 FUNCTION:

When connected to the MP3 or other audio devices, the console can play music. The volume control is on the audio device. Please pay attention to control the volume, high volume may reduce the quality of sound and built-in audio circuit.

Remote-Control Unit:

A	Joystick	F	Finger Ring	1	Incline Up Button
B	Battery Cover	G	Indicate Light	2	Incline Down Button
C	Battery	H	Bolt & Rubber	3	Speed Up Button
D	Battery Case			4	Speed Down Button
E	Battery Lock Clip			5	START / STOP



TURNING OFF:

Turn off the power to stop the treadmill at any time, which won't damage the treadmill.

CAUTION:

1. Check whether the power supply is plugged-in before exercise; check whether the safety key works.
2. When something is wrong, pull out the safety rope, then the treadmill will stop immediately. Attach the safety key to the console, then treadmill will start operation again.
3. If you have any problems, please contact the distributor. Please don't try to disassemble or repair the equipment to avoid damage to the equipment.

4. Please don't put the Remote-Control Unit or the Battery in water to avoid damage.
5. The Remote-Control Unit can be easily damaged. Please do not press it too hard.

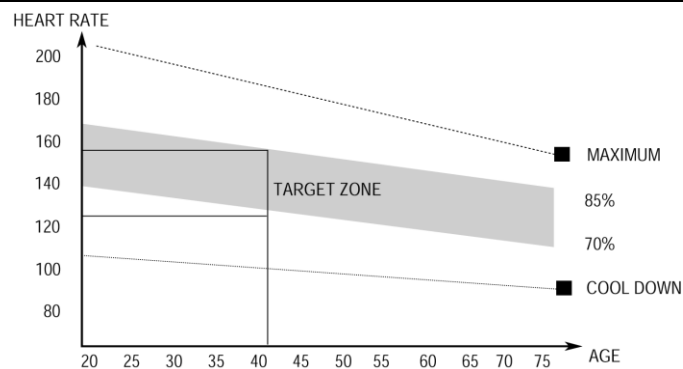
EXERCISE INSTRUCTIONS

1. The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, **STOP**.

2. The Exercise Phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become stronger. It is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes.

3. The Cool Down Phase

This stage is to let your cardio-vascular system and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remember that not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

To tone muscle while on your treadmill you will need to have the resistance set quite high. This will put more strain on our leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance, making your legs work harder than normal. You may have to reduce your speed to keep your heart rate in the target zone. The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness.

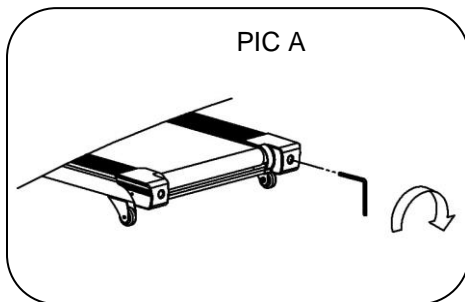
MAINTENANCE INSTRUCTIONS

WALKING BELT CENTERING AND TENSION ADJUSTMENT

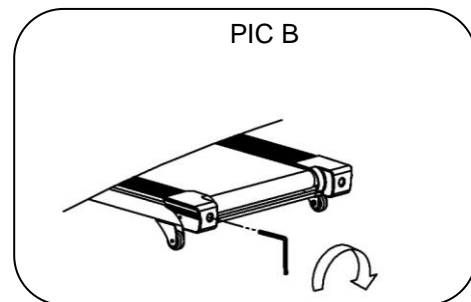
DO NOT OVERTIGHTEN the walking belt. This may cause reduced motor performance and excessive roller wear.

TO CENTER WALKING BELT:

- Place treadmill on a level surface
- Run treadmill at approximately 3.5 mph
- If the belt has drifted to the right, turn the right adjusting bolt 1/2 turn clockwise and the left adjusting bolt 1/2 turn counterclockwise
- If the belt has drifted to the left, turn the left adjusting bolt 1/2 turn clockwise and the right adjusting bolt 1/2 turn counterclockwise



Picture A: If the belt has drifted to the RIGHT



Picture B: If the belt has drifted to the LEFT

WARNING: ALWAYS UNPLUG THE TREADMILL FROM THE ELECTRICAL OUTLET BEFORE CLEANING OR SERVICING THE UNIT.

CLEANING

General cleaning of the unit will greatly prolong the treadmill. Keep treadmill clean by dusting regularly. Be sure to clean the exposed part of the deck on either side of the walking belt and also the side rails. This reduces the buildup of foreign material underneath the walking belt.

The top of the belt may be cleaned with a wet, soapy cloth. Be careful to keep liquid away from inside the motorized treadmill frame or from underneath the belt.

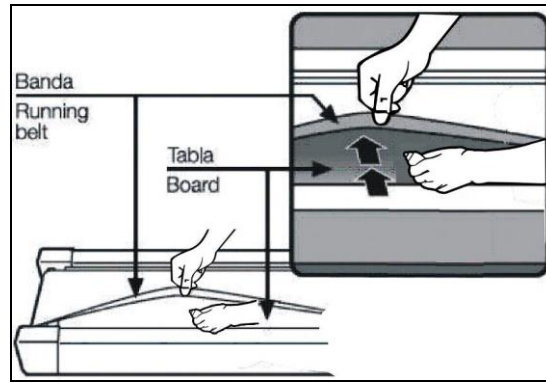
Warning: Always unplug the treadmill from the electrical outlet before removing the motor cover. At least once a year remove the motor cover and vacuum under the motor cover.

WALKING BELT AND DECK LUBRICATION

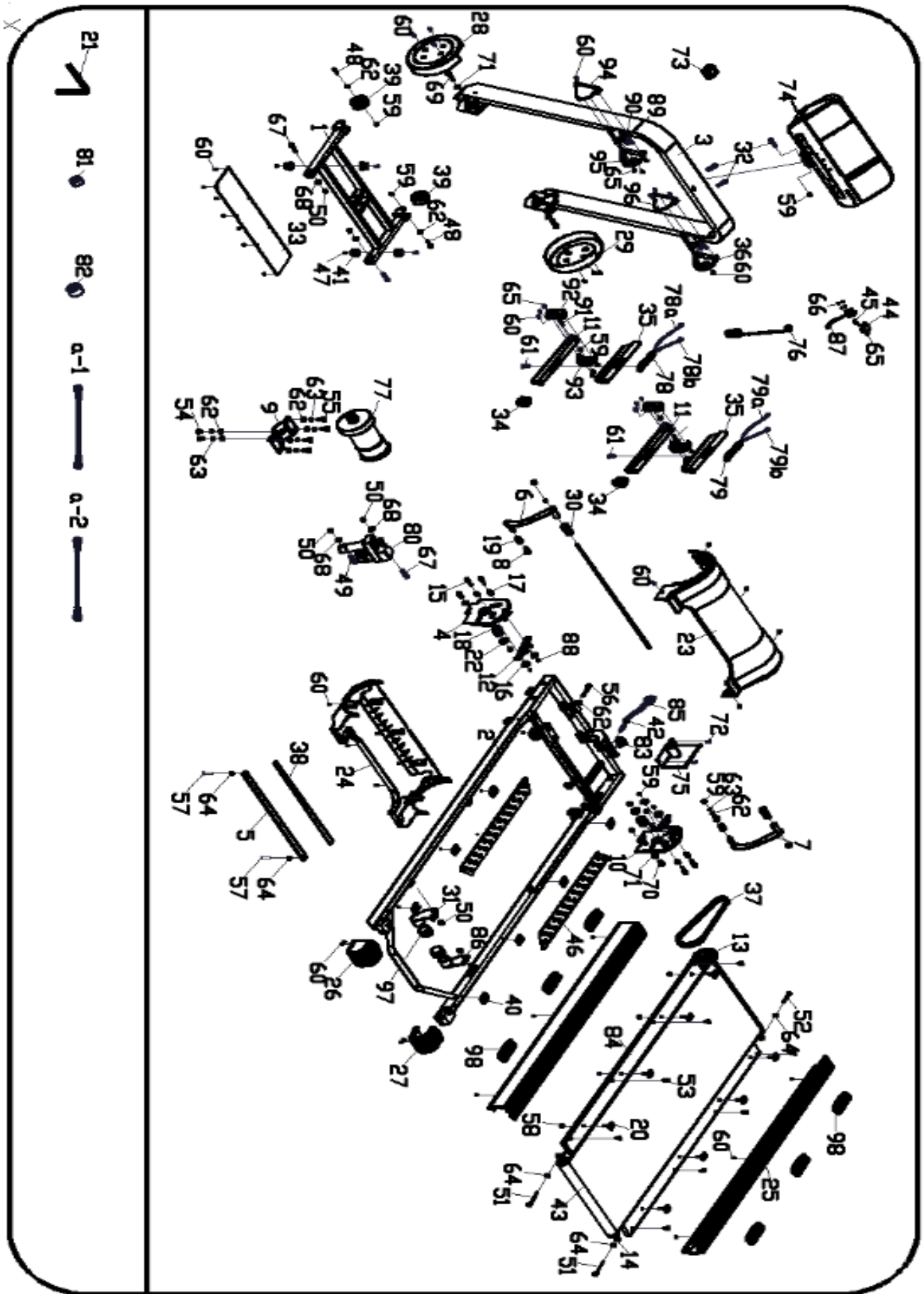
This treadmill is equipped with a pre-lubricated, low maintenance deck system. The belt deck friction may play a major role in the function and life of your treadmill, thus requiring periodic lubrication. We recommend a periodic inspection of the deck.

We recommend lubrication of the deck according to the following timetable:

- | | |
|--|--------------------|
| ➤ Light user (less than 3 hours/ week) | annually |
| ➤ Medium user (3-5 hours/ week) | every six months |
| ➤ Heavy user (more than 5 hours/ week) | every three months |



EXPLODED DRAWING



PARTS LIST

NO	DESC.	SPEC.	Q'TY	NO	DESC.	SPEC.	Q'TY
1	Incline Main Frame		1	51	Bolt	M6*55	2
2	Main Frame		1	52	Bolt	M6*35	1
3	Upright Post Frame		1	53	Bolt	M6*30	8
4	Turn Axis Left Fixing Board		1	54	Bolt	M8*12	2
5	Enhance Tube Frame		1	55	Bolt	M8*16	4
6	Left Handle Bar Frame		1	56	Bolt	M8*65	1
7	Right Handle Bar Frame		1	57	Bolt	M6**16	2
8	Plectrum Frame		2	58	Nut	M6	8
9	Motor Base Frame		1	59	Nut	M8	5
10	Turn Axis Right Fixing Board		1	60	Screw	ST4.0*15	49
11	Handle Bar Frame		2	61	Screw	ST4.2*45	2
12	Pin Adjust Board		2	62	Flat Washer	φ 8	10
13	Front Roller		1	63	Spring Washer	φ 8	8
14	Rear Roller		1	64	Lock Washer	φ 6	3
15	Pin		4	65	Screw	ST2.9*8	10
16	Position Post		4	66	Screw	ST2.9*6.5	8
17	Pin Press Spring		4	67	Bolt	M10*45	3
18	Press Spring		2	68	Flat Washer	φ 10	6
19	Handle Bar Press Spring		2	69	Bolt	M10*50	2
20	Side Rail Bolt		8	70	Bolt	M10*16	2
21	5# Wrench		1	71	Lock Washer	φ 10	4
22	Big Washer		2	72	Bolt	M4*16	3
23	Motor Top Cover		1	73	Inner End Cap		1
24	Motor Bottom Cover		1	74	Computer		1
25	Side Rail		2	75	Control Board		1
26	Left End Cap		1	76	Safety Key		1
27	Right End Cap		1	77	DC Motor		1
28	Left Upright Decoration Cover		1	78	Pulse with Incline Button		1
29	Right Upright Decoration Cover		1	79	Pulse with Speed Button		1
30	Support Handle		2	80	Incline Motor		1
31	Left Wheel Frame		1	81	Magnetic Core		1
32	Bolt	M8*42	3	82	Magnetic Ring		1
33	Bottom Board		1	83	Square Switch		1
34	Handle Bar End Cap		2	84	Running Board		1
35	Form Grip		2	85	Power Wire		1

36	Right Upright Decoration Cover-R		1	86	Right Wheel Frame		1
37	Driving Belt	J170-6	1	87	Safety Switch		1
38	EVA Pad		1	88	Nut	M5	4
39	Moving Wheel		2	89	Pulse Up Wire		2
40	Cushion Pad		8	90	Incline Key-Press Up Wire		2
41	Flat Foot Pad		4	91	Bolt	M8*35	2
42	Power Wire Clip		1	92	Left Handle Bar Decoration Cover		2
43	Running Belt		1	93	Right Handle Bar Decoration Cover		2
44	Safety Key Fixing Frame		1	94	Left Upright Decoration Cover-L		1
45	Safety Key Spring Ball		1	95	Right Upright Decoration Cover-L		1
46	Anti-Slip Pad		2	96	Left Decoration Cover-R		1
47	Bolt	M6*16	4	97	Outer Tube Sleeve		2
48	Bolt	M8*55	2	a-1	AC Single Wire		1
49	Bolt	M10*80	1	a-2	AC Single Wire		1
50	Nut	M10	12	98	Cushion Pad		6

TROUBLE SHOOTING GUIDE

Malfunction or phenomenon	Possible causes	Processing method
Display on the console doesn't work	A. No plug in, or no power.	Plug in power line or check AC outlet.
	B. The power switch is not turned on.	Put the power switch on.
	C. Drive is without power or damage.	Press the overload protector or replace the drive
	D. Signal line of console is broken.	Replace the signal line and reconnect.
	E. Console is broken.	Replace the console.
	F. (LCD) backlight does not light up.	Check the backlight lines or replace the backlight.
The display is not complete	A. Welding problem for display driver IC.	Check welds and re-weld well.
	B. (Liquid crystal) conductive strip is not fixed properly.	Reassemble liquid crystals.
	C. Bad display driver IC	Connect new display driver IC.
Treadmill is not working properly	A. There is resistance in the driving part	Add lubricating oil.
	B. The belt is too tight or too loose	Adjust belt tension.
	C. The drive torque is too small or too big.	Adjust torque potentiometer to proper position.

Display	---or---(or E00/E07)	A. The safety key is not attached well.	Re-put the safety key on the console.
		B.	
		C. Magnetron is not attracted.	The magnetron is mounted to the correct position.
	E01-communication failure (The drive does not receive the signal of console) E13- communication failure (The console does not receive the signal of drive.)	A. The signal of the console line is not good.	Reconnect the lines.
		B. The signal line of the console is broken or short circuited.	Replace the lines.
		C. The signal line of the console is bad.	Replace console.
		D. The signal line of the drive is bad.	Replace the driver.
	E02-Burst clash protection (Explosion protection or main motor abnormality)	A. The motor line is not plugged in, or the motor is broken inside	Reinsert the motor line or replace the motor.
		B. Drive IGBT is damaged.	Replace the drive.
		C. The external AC voltage is too low.	Stop using and ask the electrician to repair.
	E03-Without speed sensor (with speed sensor drive)	A. The speed signal line is not good, or the sensor is damaged.	Reinsert the speed signal line or replace the sensor.
		B. The sensor line is bad.	Replace the drive.
	E04-Incline leaning failure (with incline drive)	A. The incline motor wire or signal line is not connected well.	Check whether the connection is wrong, re insert the connection line.
		B. Incline motor is not good.	Replace the motor.
		C. The driver is not good.	Replace the drive.
	E05-Current overload protection	A. Overloading	System protection, restart treadmill.
		B. The drive is jammed or blocked.	Adjust the transmission parts or add lubricating oil.
		C. Motor internal short circuit	Replace motor.
		D. Drive is burnt out.	Replace drive.
	E06-DC motor open circuit	A. The motor line is not plugged in properly	Reconnect the motor line.
B. The motor is broken inside		Replace motor.	
C. Motor is idling.		The current is too small, please install on the machine and test.	
E08-Memory 24C02 error (with 24C02 drive)	A. Storage IC is not inserted properly (non-switching power supply)	Plug into the IC seat again and pay attention to the PIN1 position.	
	B. Bad storage of IC or bad associated lines	Replace storage IC or replace drive.	
E09-Inversion error (with inversion drive)	A. The treadmill is erected or cannot stand evenly.	Adjust the treadmill, place it horizontally.	
	C. The drive inversion is bad	Replace the drive.	

	E10-Usually for abnormal motor transient peak current, over-current protection	A. Drive torque is too big.	Adjust torque potentiometer to proper position.
		B. Motor internal is short circuited.	Replace motor.
		C. The driving part is jammed.	Adjust the transmission parts or add lubricating oil.
	E11-External AC voltage overvoltage (as per customer's requirement)	AC overvoltage: 220V system is higher than 270V; 110V system is higher than 150V.	Stop using and ask the electrician to repair.
	E14-External AC voltage under-voltage (as per customer requirements)	AC under-voltage: 220V system is less than 160V; 110V system is less than 70V.	Stop using and ask the electrician to repair.

TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS

General Conditions of Warranty and Definition of Terms

All Warranty Conditions stated hereunder determine Warranty Coverage and Warranty Claim Procedure. Conditions of Warranty and Warranty Claims are governed by Act No. 89/2012 Coll. Civil Code, and Act No. 634/1992 Coll., Consumer Protection, as amended, also in cases that are not specified by these Warranty rules.

The seller is SEVEN SPORT s.r.o. with its registered office in Borivojova Street 35/878, Prague 13000, Company Registration Number: 26847264, registered in the Trade Register at Regional Court in Prague, Section C, Insert No. 116888.

According to valid legal regulations it depends whether the Buyer is the End Customer or not.

"The Buyer who is the End Customer" or simply the "End Customer" is the legal entity that does not conclude and execute the Contract in order to run or promote his own trade or business activities.

"The Buyer who is not the End Customer" is a Businessman that buys Goods or uses services for the purpose of using the Goods or services for his own business activities. The Buyer conforms to the General Purchase Agreement and business conditions.

These Conditions of Warranty and Warranty Claims are an integral part of every Purchase Agreement made between the Seller and the Buyer. All Warranty Conditions are valid and binding, unless otherwise specified in the Purchase Agreement, in the Amendment to this Contract or in another written agreement.

Warranty Conditions

Warranty Period

The Seller provides the Buyer a 24 months Warranty for Goods Quality, unless otherwise specified in the Certificate of Warranty, Invoice, Bill of Delivery or other documents related to the Goods. The legal warranty period provided to the Consumer is not affected.

By the Warranty for Goods Quality, the Seller guarantees that the delivered Goods shall be, for a certain period of time, suitable for regular or contracted use, and that the Goods shall maintain its regular or contracted features.

The Warranty does not cover defects resulting from (if applicable):

- User's fault, i.e. product damage caused by unqualified repair work, improper assembly, insufficient insertion of seat post into frame, insufficient tightening of pedals and cranks
- Improper maintenance
- Mechanical damages

- Regular use (e.g. wearing out of rubber and plastic parts, moving mechanisms, joints etc.)
- Unavoidable event, natural disaster
- Adjustments made by unqualified person
- Improper maintenance, improper placement, damages caused by low or high temperature, water, inappropriate pressure, shocks, intentional changes in design or construction etc.

Warranty Claim Procedure

The Buyer is obliged to check the Goods delivered by the Seller immediately after taking the responsibility for the Goods and its damages, i.e. immediately after its delivery. The Buyer must check the Goods so that he discovers all the defects that can be discovered by such check.

When making a Warranty Claim the Buyer is obliged, on request of the Seller, to prove the purchase and validity of the claim by the Invoice or Bill of Delivery that includes the product's serial number, or eventually by the documents without the serial number. If the Buyer does not prove the validity of the Warranty Claim by these documents, the Seller has the right to reject the Warranty Claim.

If the Buyer gives notice of a defect that is not covered by the Warranty (e.g. in the case that the Warranty Conditions were not fulfilled or in the case of reporting the defect by mistake etc.), the Seller is eligible to require a compensation for all the costs arising from the repair. The cost shall be calculated according to the valid price list of services and transport costs.

If the Seller finds out (by testing) that the product is not damaged, the Warranty Claim is not accepted. The Seller reserves the right to claim a compensation for costs arising from the false Warranty Claim.

In case the Buyer makes a claim about the Goods that is legally covered by the Warranty provided by the Seller, the Seller shall fix the reported defects by means of repair or by the exchange of the damaged part or product for a new one. Based on the agreement of the Buyer, the Seller has the right to exchange the defected Goods for a fully compatible Goods of the same or better technical characteristics. The Seller is entitled to choose the form of the Warranty Claim Procedures described in this paragraph.

The Seller shall settle the Warranty Claim within 30 days after the delivery of the defective Goods, unless a longer period has been agreed upon. The day when the repaired or exchanged Goods is handed over to the Buyer is considered to be the day of the Warranty Claim settlement. When the Seller is not able to settle the Warranty Claim within the agreed period due to the specific nature of the Goods defect, he and the Buyer shall make an agreement about an alternative solution. In case such agreement is not made, the Seller is obliged to provide the Buyer with a financial compensation in the form of a refund.



SEVEN SPORT s.r.o.

Registered Office:	Borivojova 35/878, 130 00 Praha 3, Czech Republic
Headquarters:	Delnicka 957, 749 01 Vitkov, Czech Republic
Warranty & Service Centre:	Cermenska 486, 749 01 Vitkov, Czech Republic
CRN:	26847264
VAT ID:	CZ26847264
Phone:	+420 556 300 970
E-mail:	eshop@insportline.cz reklamace@insportline.cz servis@insportline.cz
Web:	www.insportline.cz

SK

INSPORTLINE s.r.o.

Headquarters, Warranty & Service centre: Elektricka 6471, 911 01 Trencin, Slovakia

CRN: 36311723

VAT ID: SK2020177082

Phone:

+421(0)326 526 701

E-mail:

objednavky@insportline.sk

reklamacie@insportline.sk

servis@insportline.sk

Web:

www.insportline.sk

Date of Sale:

Stamp and Signature of Seller: