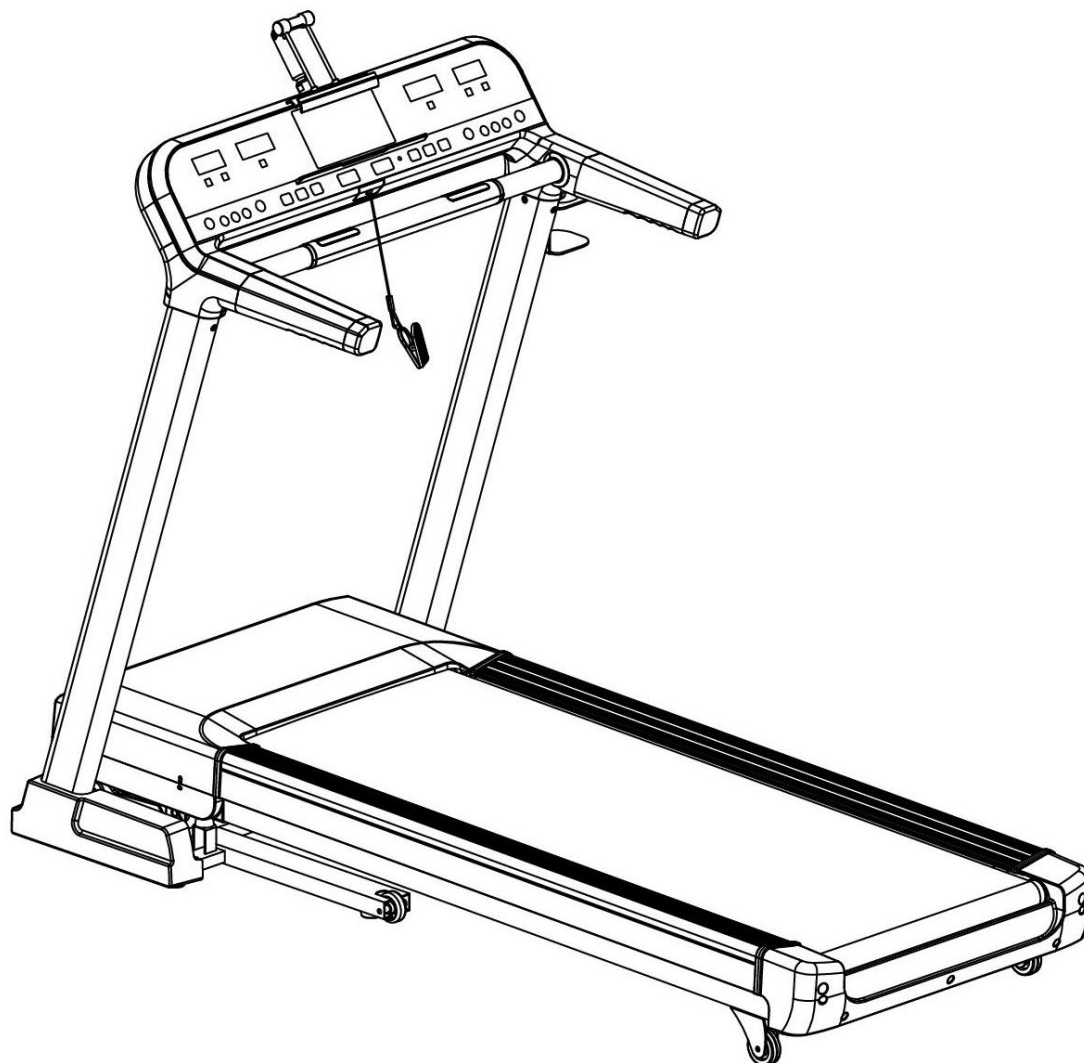




USER MANUAL – EN

IN 13147 Treadmill inSPORTline inCondi T70i



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SAFETY PRECAUTIONS

Thank you for purchasing this treadmill, it has been designed and manufactured to give you many years of trouble-free service. You may already be familiar with using a similar product but please take the time to read these instructions, which have been written to ensure that you get the very best from your purchase.

Warnings

1. To reduce the risk of serious injury, read the following important warnings before using the treadmill.
2. Before starting any exercise program, you should consult your doctor to determine if you have any physical or health conditions that could create a risk to your health and safety, or prevent you from using the treadmill properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
3. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: Pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, feeling light-headed, dizzy or nauseous. If you do experience any of these conditions, you should consult your doctor before continuing with your exercise program.

Electrical Safety Precautions

Failure to observe the following warnings may increase the risk of an electric shock and personal injury.

1. Always check the power cable for damage prior to use. If any damage is observed, do NOT use the power cable.
2. Never touch the power cable with wet hands.
3. Position the power cable so that it cannot be walked on or pinched.
4. Only the supplied power cable should be used with the treadmill.




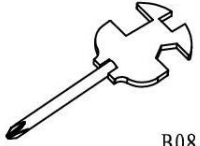
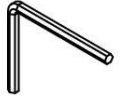
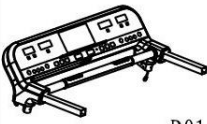
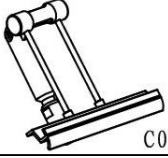







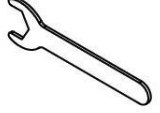

General Safety Precautions

1. Use the treadmill only in the way described in this manual.
2. Ensure that the voltage of the electrical supply is the same as that indicated on the power cable.
3. It is the responsibility of the owner to ensure that all users of the treadmill are adequately informed of all warnings and safety precautions.
4. The treadmill is heavy and should be removed from the packaging and assembled by two people.
5. Before assembling the treadmill, make sure that it is not plugged into any electrical source, such as a wall socket.
6. Use the treadmill on a solid, flat level surface with a protective cover for your floor or carpet. Position the treadmill with at least 0,6 meters of free space behind the treadmill.
7. Keep the treadmill away from excessive moisture and dust.
8. Before using the treadmill, check the nuts and bolts are securely tightened.
9. The safety level of the treadmill can be maintained only if it is examined regularly for damage and wear. Replace defective components immediately. Do not use the treadmill until they have been replaced.
10. Braking is controlled by the belt rotation power supply.
11. The treadmill is not suitable for therapeutic use.

12. Keep children and pets away from the treadmill. The treadmill is designed for adult use only.
13. Wear suitable clothing whilst using the treadmill. Avoid wearing loose clothing which may get caught in the treadmill or clothing that may restrict or prevent movement.
14. Do not arch your back when using the treadmill; always try to keep your back straight.
15. If you feel pain or dizziness while exercising, stop immediately and cool down.
16. The pulse sensor is not a medical device. Several things including user movement, may affect the accuracy of the sensor. The sensor is intended only as an exercise aid in determining general heart rate trends.
17. Care must be taken when lifting or moving the treadmill so as not to injure your back. Always use proper lifting techniques and/or use assistance.
18. A safe key is supplied for personal safety. Use the safe key when operating the treadmill for the emergency dismount function. In the event of an emergency, place both hands on the handlebars and put your feet onto the non-slip surface of the main frame. As you do this, the safe key will disengage from the computer and the emergency dismount function will be triggered.
19. All moveable accessories require weekly maintenance. Check them before use every time. If anything is broken or loose, please fix it immediately. You may continue using the treadmill after any damaged parts have been fixed.
20. The treadmill is not to be used by children or persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given adequate supervision or instruction.
21. Supervised children using the treadmill must not be allowed to play with the treadmill.
22. This machine must be well earthed. It can decrease the danger of electric shock.
23. Running area: 1400 x 510 mm
24. No adjustable part should be protruding for it could limit the user's range of movement.
25. The treadmill has been tested and certified to EN957 under **class H.C.** Suitable for domestic, home use only.
26. **Weight limit:** 125 kg
27. **WARNING!** The heart rate frequency monitoring may not be completely accurate. Overexertion during training can lead to a serious injury or even death. If you start to feel faint, stop the exercise immediately.

ASSEMBLY

Please check the package list carefully before assembly.

 A02	 E32	 E13	 B08	 B09
 D01	 C08	 C05	 C06	 E22
 C14	 C15	 B01	 D07	 B15
 E39				

Package list:

NO.	Description	Specification	QTY	NO.	Description	Specification	QTY
A02	Mainframe		1	C06	Right foam handlebar		1
E32	Serrated gasket	8	10	E22	Cross pan head screw	M5*12	6
E13	Inner hex pan head bolt	M8*15	10	C14	Left bottom cover		1
B08	Cross solid wrench		1	C15	Right bottom cover		1
B09	5# Allen wrench		1	B01	Bottle holder		1
D01	Monitor		1	D07	Safety key module		1
C08	iPad holder	(optional)	1	B15	Solid wrench	19 mm	1
C05	Left foam handlebar		1	E39	Big flat washer	Φ5*φ13*1.0	4

Assembly tools:

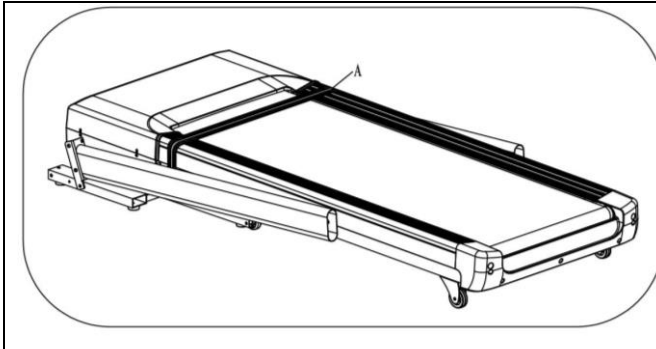
5# Inner hex wrench 5mm 1pc

Cross solid wrench S=13 14 15 1pc

Attention: Please don't switch on before finish assembling.

ASSEMBLY STEPS

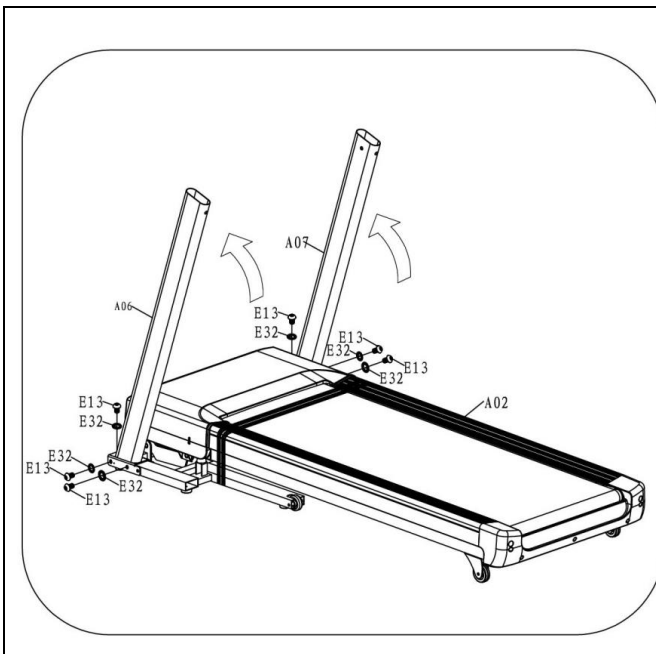
Step 1:



Open the package and put the mainframe on the floor.

Attention: Don't open the packing belt (A) before set up of the treadmill.

Step 2:



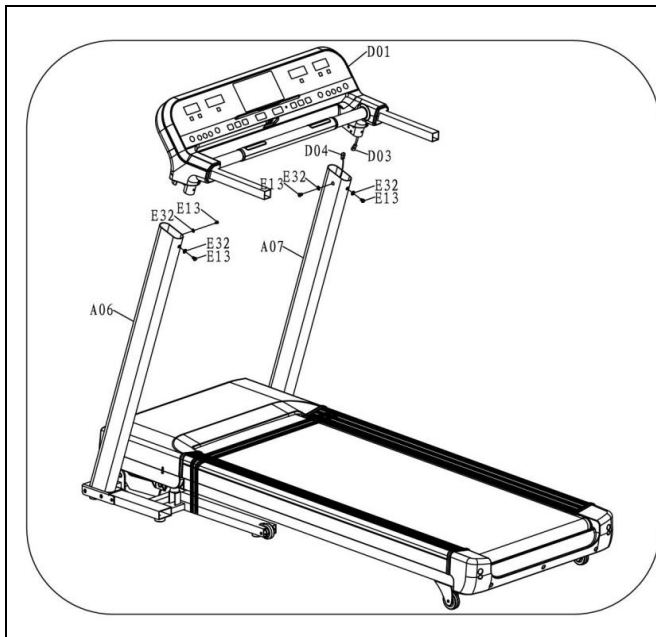
Lift up column A06 first;

Fix the column A06 to the mainframe A02 with inner hex pan head bolt E13 and serrated gasket E32 by 5# Allen wrench B09.

Fix the column A07 to the mainframe according to the steps above.

Attention: Support the column with hand to avoid falling down.

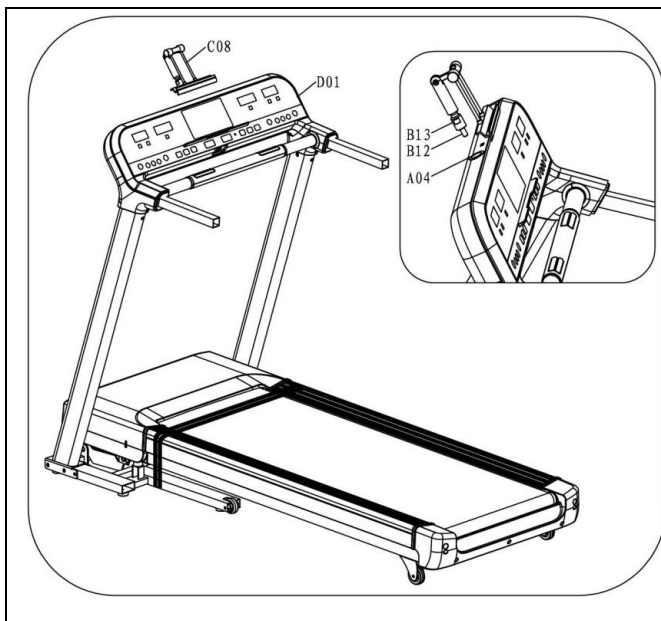
Step 3:



1. Connect the monitor cable D03 with D04.
2. Fix the monitor D01 to the left and right column A06\A07 with inner hex pan head bolt E13 and serrated gasket E32 by 5# Allen wrench B09.

Attention: Please make sure cables are connected well before fasten.

Step 4:

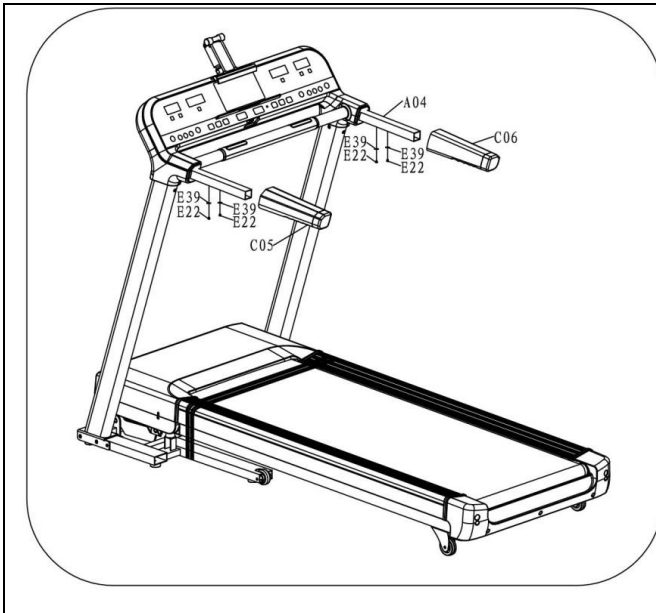


Please screw the iPad holder C08 into the monitor D01 by solid wrench B15.

Attention: First screw the shaft B12 of the iPad holder into the monitor A04 by hand and then fasten the stop nut B13 by solid wrench B15.

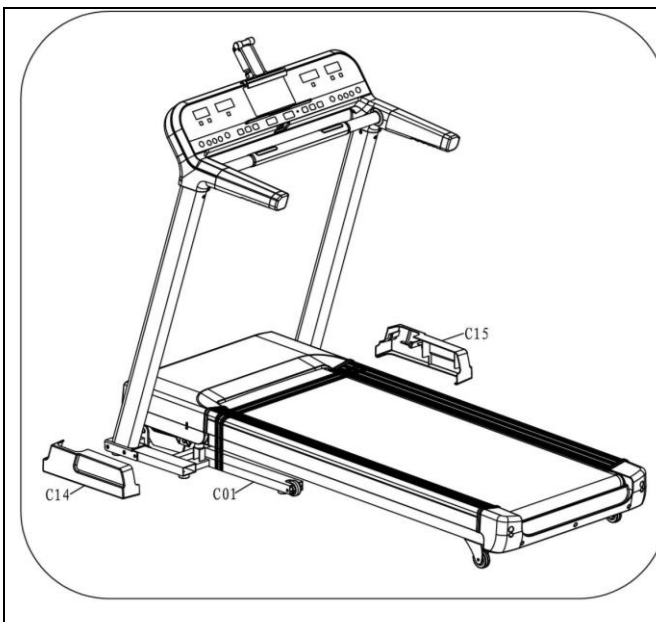
The iPad holder is an optional part, you don't need to assemble it if not find it in the package.

Step 5:



Fix the left and right foam handlebar C05\C06 to the monitor A04 with cross pan head bolt E22 and big washer E39 by cross solid wrench B08.

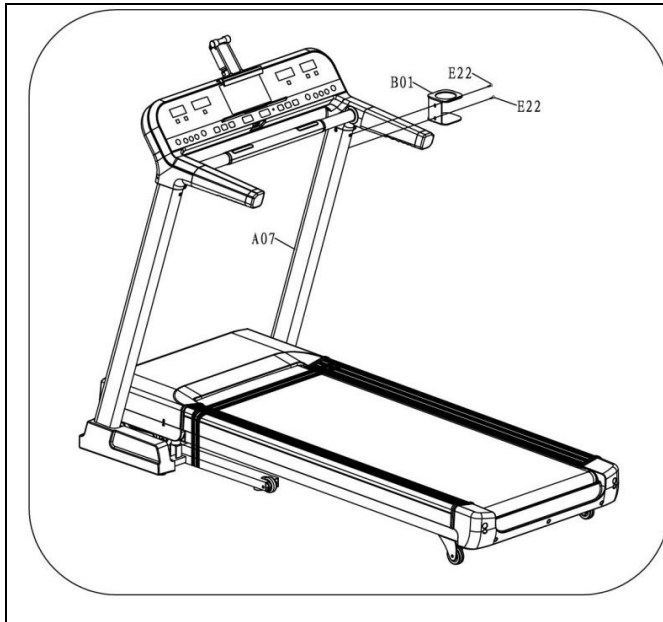
Step 6:



Fix the left and right bottom cover C14\C15 to the mainframe.

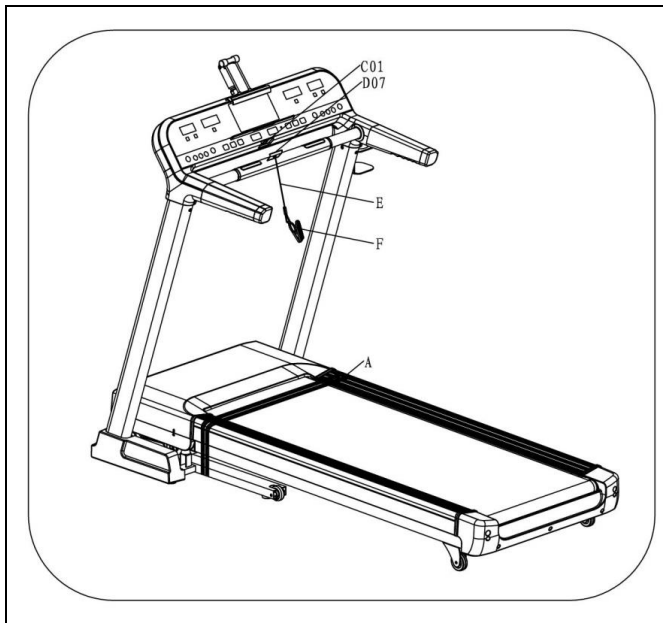
Attention: the structure of left and right bottom cover is buckle design. Please make sure all the buckles are securely fastened.

Step 7:



Fix the bottle holder B01 to the right column A07 with cross pan head bolt E22 by solid cross solid wrench B08.

Step 8:



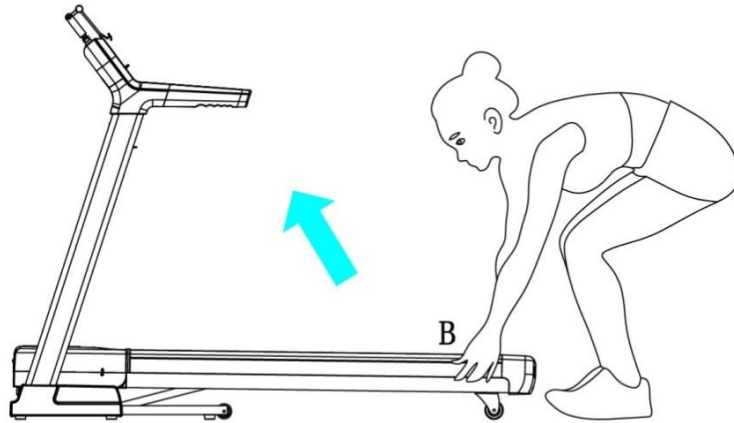
1. Cut off belt A;
2. Insert the safety key D07 into the monitor C01.

How to use safety key

1. Before running, please nip the safety key clip F with your cloth.
2. For any emergency, please pull the safety key rope E, and the machine will stop.

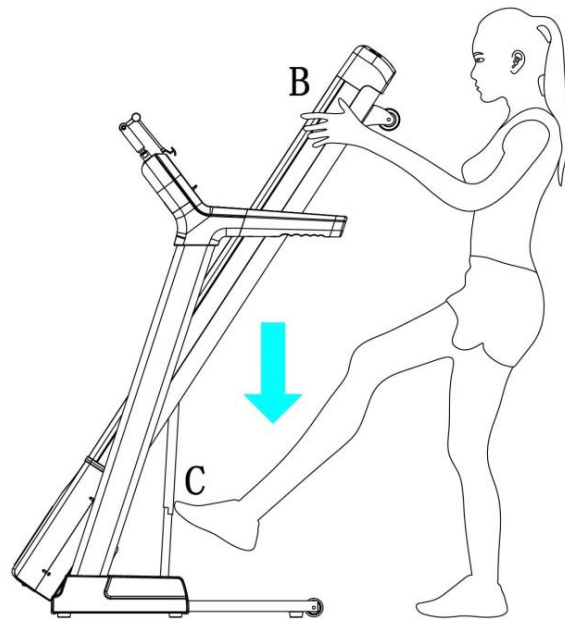
Folding steps

Folding up



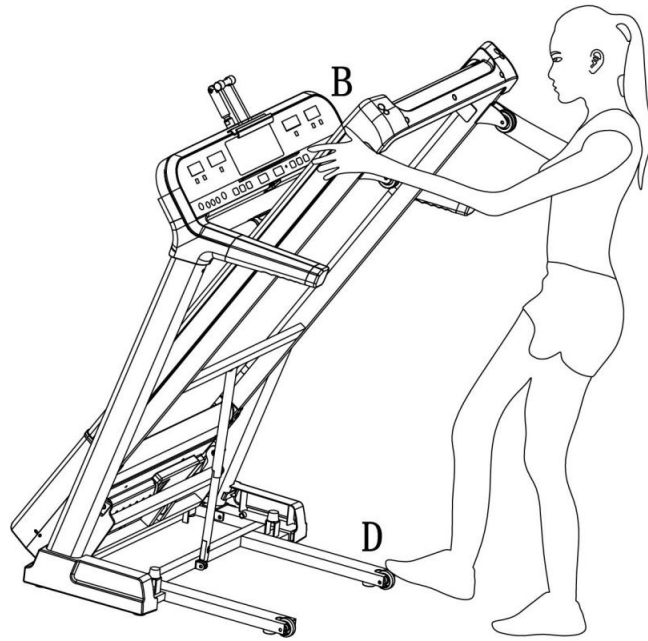
Hold the running deck which showed in “B” position and then fold it up with the arrow direction until you hear a “bang” voice from the air cylinder. **Attention: it is forbidden to fold up when the machine is in running or incline mode.**

Folding down

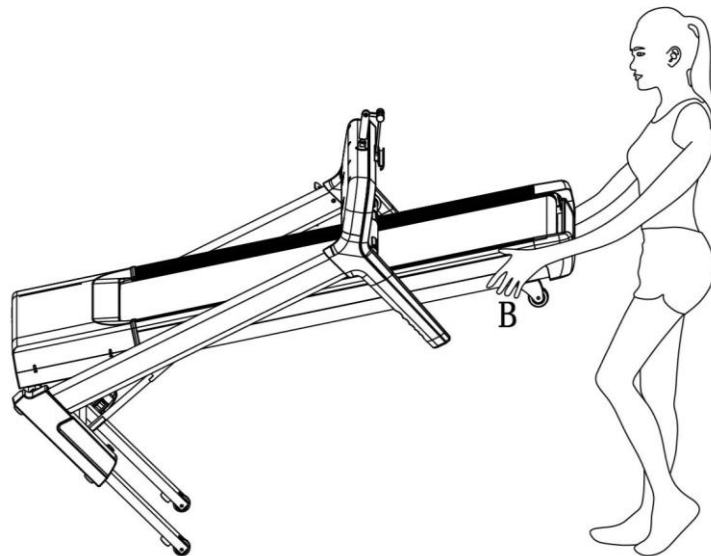


Support place B with your hand, kick place C of the air pressure bar, then the base frame will fall down automatically.

Transport tips














1. First hold the running board which showed in B position;
2. Step onto the transportation wheel D;
3. Pull the machine down;
4. And then move it freely.



OPERATION INTRODUCTION



NO.	Icon	Function description
1		iPad/mobile phone holder
2		TFT color screen
3		<p>Inclination/calorie window</p> <p>Generally, it shows runner's calories worked out. it will count from 0 to 999, when up to 999, it will count again from 0; when count down, it will count from the setting data to 0, when down to 0, the machine will stop smoothly and enter into the standby mode.</p> <p>When set inclination, it shows your current inclination from 0-15%, if there is not any operation, it will enter into calorie window after 30s.</p>
4		Time window: Display running time
5		Distance window: Display the running distance
6		Speed/Pulse window: usually it shows your current speed from 0.8-20.0km/h; if you hold the pulse sensor for several seconds it shows your current pulse from 50-200/min. (the data is just for reference, cannot be used as the medical purpose).
7		INCLINE 6, 8, 10: Shortcut key for inclination
8		Inclination adjustment key: Press this button to set the value under setting mode. Press this button to adjust the incline when the machine is working. 1 section at each press, when press the button over 0.5 seconds, the incline will be up or down continually.
9	MODE	Press the MODE key continuously to choose from these five modes: 15:00, 1.00, 50.0, contest mode and 0:00 (15:00 is time countdown mode, 1.00 is distance countdown mode, 50.0 is calorie countdown mode, 0:00 is manual mode).

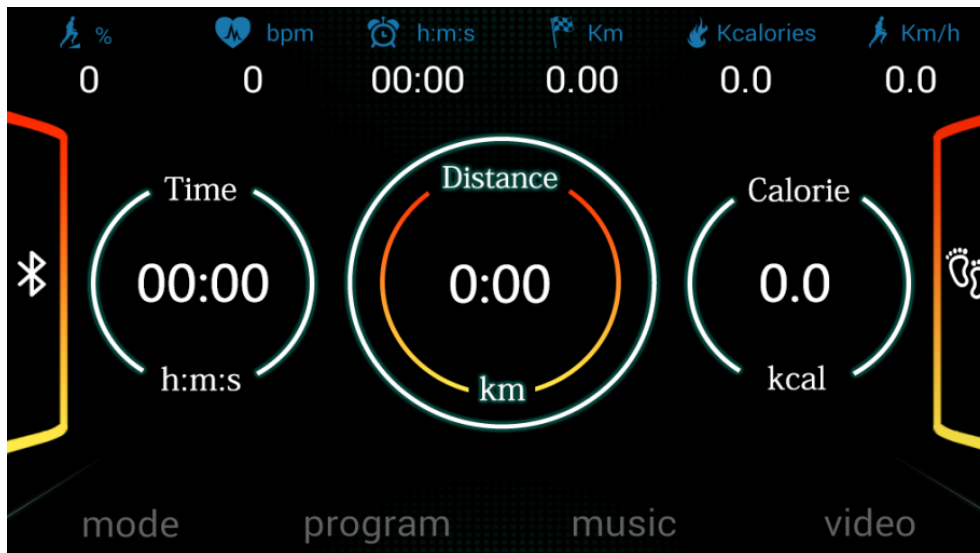
10		Play/pause key: to stop or restart the music or video.
11		You can press this button to cycle select 3 entertainment modes in sequence: standby mode, audio mode and video mode.
12		When getting through the power and safety key attached, press this button at any time to start the machine.
13		Safety key
14		STOP key
15		Mp3 interface: You can connect external MP3 and mobile phone with MP3 wire to play music.
16		Press it for several seconds to turn down the volume in both music and video mode. Press it shortly and it will enter into the previous music or video.
17		Press it for several seconds to turn up the volume in both music and video mode. Press it shortly and it will enter into the next music or video.
18		Press the PROG key and the machine will show P1 - P24, U1 - U3, HP1 - HP2 and FAT programs in sequence (P1 - P24 are preset programs; U1-U3 are user-defined programs; HP1 - HP2 is heart rate control program, it is an optional function according to order request; FAT is body fat test function)
19		SPEED 6,8,10: Shortcut key for direct speed choice
20		Speed adjustment key. Under initial situation, set the data with this button. When the machine is running, press the button to adjust the speed, 0.1 km at each press, when press the button over 0.5 seconds, the speed will be up or down continually.

Quick start

- 1) Switch on and put the safety key in correct position.
- 2) Press the START key and then the machine will work at a speed of 0.8 km/h after the beeper countdown from 3 to 1.
- 3) According to your need you can change the speed and incline by pressing SPEED +/- and INCLINE +/- separately.

Homepage introduction

There are four function modules in the homepage. They are mode, program, music and video. There are 3 kind of countdown modes, contest mode and manual mode under mode function. There are 24 pre-set programs, 3 manual programs, 2 HRC programs(optional) and 1 FAT test program under program function.






Icon description	
	Inclination
	Hold the pulse sensor for several seconds it shows your current pulse from 50 - 200 bpm. (the date is just for reference, cannot be used as the medical purpose).
	Time
	Distance
	Calorie
	Speed
	System will calculate the distance only if the user doing exercise on the machine or it won't
	Bluetooth
	Count/countdown timer
	Distance/distance countdown calculator
	Calorie/calorie countdown calculator

Function description

Press the MODE key and enter into countdown mode. Press the MODE key continuously to choose from the five modes: 15:00, 1.00, 50.0, contest mode and 0:00 (15:00 is time countdown mode, 1.00 is distance countdown mode, 50.0 is calorie countdown mode, 0:00 is manual mode). Once you choose a certain mode, you can then adjust the data by pressing SPEED +/- or INCLINE +/- keys. When you

finish setting the data, press START and then the machine will begin to move.

	<p>Displays your exercise time from 0:00 - 18:00 hour. When the countdown reaches 18 hours, it will count again from 0 and the machine will go on working. In the countdown mode it will show a default time from 15:00 to 0:00, when down to 0:00, the treadmill will stop working. The system will give you a score and then enter into standby mode.</p>
	<p>Displays the distance in the range of 0.00 - 99.9 km. When it reaches 99.9 km, it will count from 0.00 again. In countdown mode it will count from default distance in the range of 1.00 – 0. The system will give you a score and then enter into standby mode.</p>
	<p>Displays burnt calories in the range of 0 – 999. When it reaches 999, it will count from 0 again. In countdown mode it will count from default calories in the range of 50 - 0. System itself will give you a score and then enter into standby mode.</p>

1. Manual mode

Press the START key and then the machine will work at a speed of 0.8 km/h and all other windows will count from 0. Press the SPEED +/- key to change the speed and the INCLINE +/- key to change the incline.

2. Countdown mode

a. Time countdown mode

Press MODE key to enter into the time countdown mode and the default time 15:00 will begin flashing on the screen. Press the INCLINE +/- or SPEED +/- key to change the time from 5:00 to 99:00 minutes.

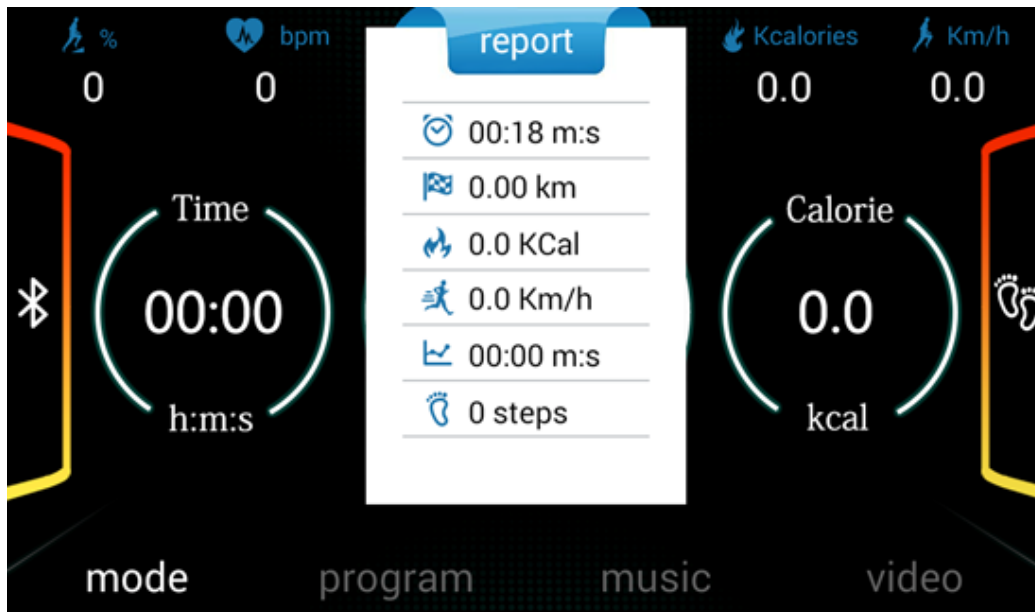
b. Distance countdown mode

Press MODE key to enter into distance countdown mode and the default distance 1.00 will begin flashing on the screen. Press the INCLINE +/- or SPEED +/- key to change the distance from 0.5 to 99.9 km.

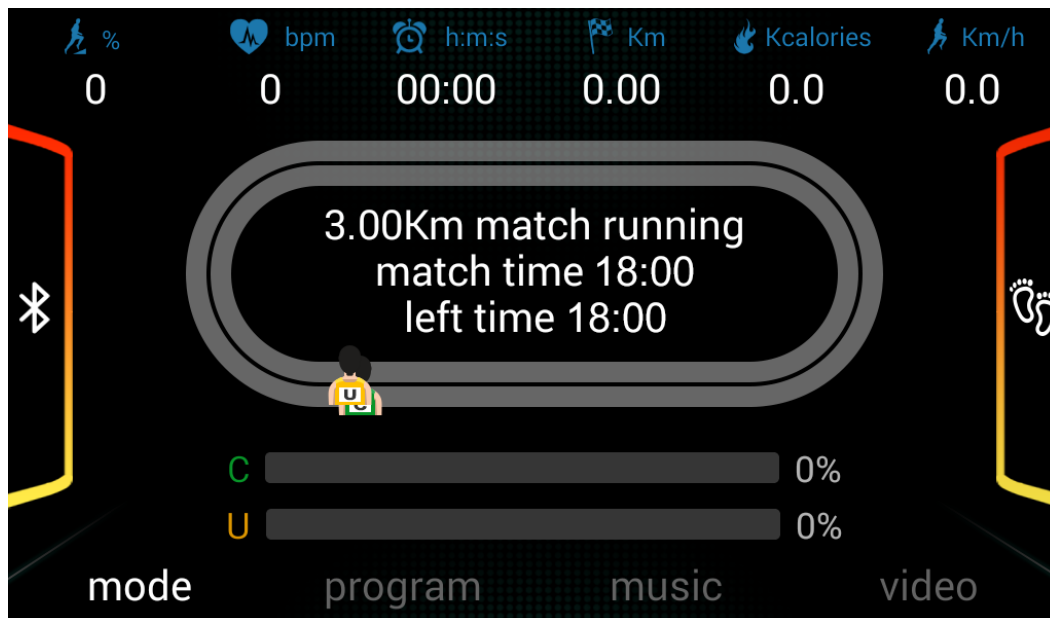
c. Calorie countdown mode

Press MODE key to enter into calorie countdown mode and the default distance 50.0 will be flashed displaying on the screen. Press the INCLINE +/- or SPEED +/- key to change the distance from 10.0 to 999.0.





After you finish exercising, the system will display your running data automatically.



3. Contest mode



Press MODE key continuously and enter into contest mode. There are 6 distance modes. They are 3.0km, 5.0km, 10.0km, 5.0km, 21.1km and 42.19km.

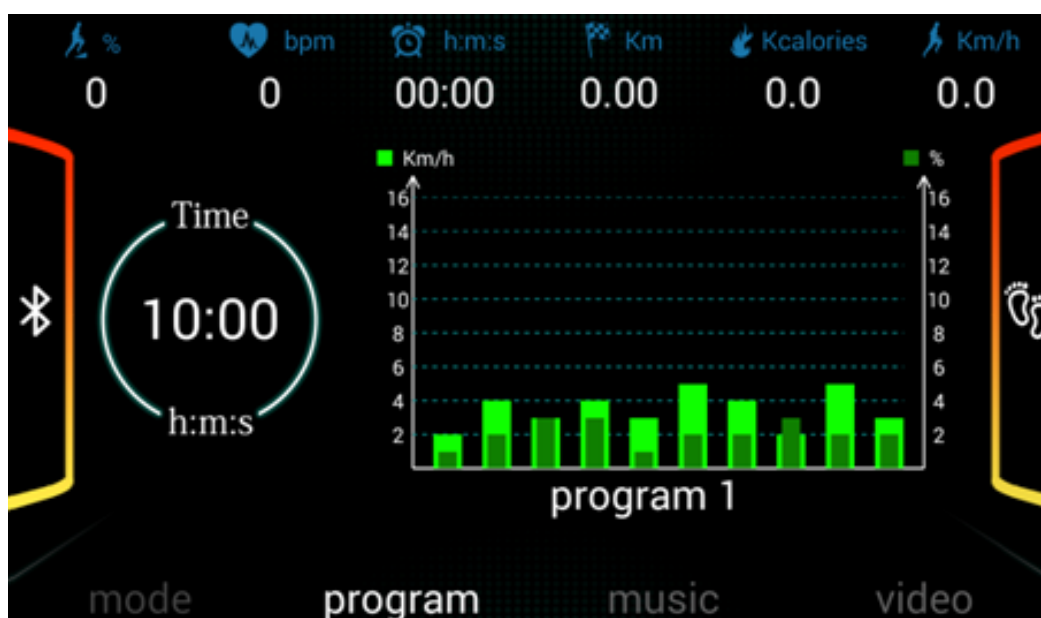
Icon description			
	C is short for computer		Display the distance percentage of the computer The default speed of the computer is 9 km/h. you can adjust the computer speed by changing contest time.
	U is short for user		Display the distance percentage of the user

Press MODE key, select your favorite contest distance and then press the INCLINE +/- or SPEED +/- key to change the contest time. At last press START key to begin exercise.

Contest distance	Default time
3 km	18:00
5 km	30:00
10 km	01:00:00
15 km	01:30:00
21.10 km	02:06:35
42.19 km	04:13:10

After you finish exercising the system will judge your running performance automatically.

4. Reset program



Press PROG to enter into program mode. Press PROG key to select P1 – 24, U1 - U3, HP1 - HP2 and FAT in sequence. There are 30 different kinds of preset program. FAT is fat test program.

Icon description	
	Program movement time: default time is 10 minutes. Press the INCLINE0+/- or SPEED +/- keys to change the time from 5 to 99.
	Program column: Each program is divided into 10 stages.

- Press PROG key, the screen shows program 1 - 24 column graph.
- Select your favourite program. Meanwhile the default exercise time is 10:00. Press the INCLINE +/- or SPEED +/- key to change the time.

- c. Press the START key to begin exercise. Press the INCLINE +/- or SPEED +/- key to change the inclination or speed during exercise at each stage.
- d. When you finish the previous stage, the system will go on to the next stage and the speed and inclination will be changed according to the system.
- e. After finishing each program, the system will give you a score.
- f. Program introduction

Each program is divided into 10 stages and each stage has its own speed and incline.

Time stage program		Set time / 10 = time of each stage									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	2	4	3	4	3	5	4	2	5	3
	INCLINE	1	2	3	3	1	2	2	3	2	2
P2	SPEED	2	5	4	6	4	6	4	2	4	2
	INCLINE	1	2	3	3	2	2	3	4	2	2
P3	SPEED	2	5	4	5	4	5	4	2	3	2
	INCLINE	1	2	2	3	1	2	2	2	2	1
P4	SPEED	3	6	7	5	8	5	9	6	4	3
	INCLINE	2	2	3	3	2	2	4	6	2	2
P5	SPEED	3	6	7	5	8	6	7	6	4	3
	INCLINE	1	2	4	3	2	2	4	5	2	1
P6	SPEED	2	8	6	4	5	9	7	5	4	3
	INCLINE	2	2	6	2	3	4	2	2	2	1
P7	SPEED	2	6	7	4	4	7	4	2	4	2
	INCLINE	4	5	6	6	9	9	10	12	6	3
P8	SPEED	2	4	6	8	7	8	6	2	3	2
	INCLINE	3	5	4	4	3	4	4	3	3	2
P9	SPEED	2	4	5	5	6	5	6	3	3	2
	INCLINE	3	5	3	4	2	3	4	2	3	2
P10	SPEED	2	3	5	3	3	5	3	6	3	3
	INCLINE	4	4	3	6	7	8	8	6	3	3
P11	SPEED	2	5	8	10	6	9	5	3	2	2
	INCLINE	1	3	5	8	10	7	6	3	2	3

P12	SPEED	2	5	5	4	4	6	4	2	3	4
	INCLINE	3	5	6	7	12	9	11	11	6	3
P13	SPEED	2	7	4	7	8	9	4	5	3	2
	INCLINE	5	6	6	4	6	5	8	9	4	2
P14	SPEED	2	6	5	4	8	6	5	2	3	3
	INCLINE	5	6	5	8	4	5	5	10	6	3
P15	SPEED	2	6	5	4	8	7	5	3	3	2
	INCLINE	3	4	5	6	3	5	5	6	4	3
P16	SPEED	2	5	7	5	8	6	5	2	4	2
	INCLINE	1	5	6	8	12	9	10	9	5	3
P17	SPEED	2	5	6	7	8	9	10	5	3	4
	INCLINE	3	5	6	8	6	5	8	7	5	3
P18	SPEED	2	3	5	6	8	6	9	6	5	2
	INCLINE	5	7	5	8	6	5	9	10	6	2
P19	SPEED	3	7	6	5	9	7	6	3	5	2
	INCLINE	3	5	6	8	5	6	5	12	8	3
P20	SPEED	3	7	9	10	11	12	10	8	5	2
	INCLINE	2	5	6	7	6	5	8	6	3	2
P21	SPEED	3	6	8	7	9	10	5	8	3	2
	INCLINE	3	6	8	9	9	6	8	10	6	3
P22	SPEED	3	5	8	6	9	10	8	12	6	3
	INCLINE	2	6	8	10	12	10	12	8	5	2
P23	SPEED	3	5	9	11	12	8	6	5	3	2
	INCLINE	2	6	8	10	9	7	8	10	6	3
P24	SPEED	3	8	10	11	12	10	10	8	5	3
	INCLINE	3	6	8	9	10	12	9	6	3	2

5. Manual mode

There are 3 user programs. They are user1, user 2 and user3.



- Press PROG continuously until user1 appears.
- Press incline or speed adjustment key to change the exercise time.
- Press MODE key to set exercise data. Press the incline or speed adjustment keys to set the exercise time, speed, and incline for the first stage. Press MODE key to set data for the next stage. Repeat the above steps to set the data for the rest 8 stages. When finish setting, all data will be kept for you only if you reset again.
- After set data, please press START key to begin exercise.

6. Display range of each data

Item	Initial	Original data	Range	Display range
Time (min: sec)	0:00	30:00	5:00 - 99:00	0:00 - 99:59
Incline (step)	0	0	0 - 15	0 - 15
Speed (km/h)	0.0	0.8	0.8 - 20	0.8 - 20
Distance (km)	0	1.0	0.50 - 99.9	0.00 - 99.9
Heart rate (time/min)	P	N/A	N/A	50 - 200
Calorie (K)	0	50	10.0 - 999	0.0 - 999

7. HRC program (optional function, as per order request)

Press MODE key continuously until Heart program1 or Heart program2 appears.

heart program 1	
sport time	10:00
age	30
target pulse	114
max adjust speed	10.0

a. HRC program introduction

- Each HRC program is divided into 10 stages.
- In standby mode press PROG key continuously until Heart program1 or Heart program2 appeared.
- Press MODE key to change the age by INCLINE +/- or SPEED +/- key. After you finish that, the system will suggest you a target heart rate. Of course you can change it according to your need.
- After you finish setting the age and target heart rate, please confirm the exercise time.
- At last press START to begin the exercise.
- Whenever you press the INCLINE +/- or SPEED +/- key to adjust the incline or speed under HRC program, the system itself will adjust its own speed and incline in order to reach the target heart rate.

Remark: Under HP1 or HP2 mode, please press START key directly. The machine will work with default system data.

- The first minute of the HRC program is for warming up, you can adjust the speed and incline by manual. The system will accelerate 0.5km per time automatically after the first minute according to your current heart rate. When the current speed is more than 10km/h in HP1 or 12 km/h in HP2 and your current heart rate is still less than target heart rate, the system will increase the incline step by step automatically until your heart rate is approaching the target heart rate. If there is no heart rate for more than 30 seconds, the system will reduce the speed by 0.5 km and incline 1 section every 10 seconds until reducing to the lowest data.
- **Note: you need to wear heart rate belt to use the HRC function.**

b. Five common heart rate zones

- Before high intensive training please consult doctor`s advice.
- The health heart rate zone: 50% - 60% of maximum heart rate. It is suitable for most beginners. It is good for losing weight and lowering blood pressure and cholesterol.
- The temperate zone: 60% - 70% of maximum heart rate. It is good for losing weight and burning more calories.

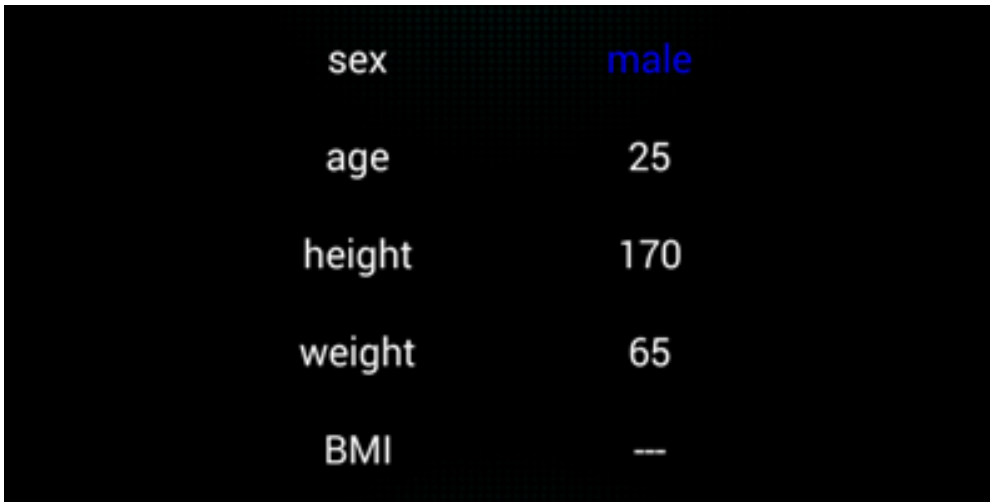
- The Aerobic Zone: 70% - 80% of maximum heart rate. It is good for your heart and lungs.
- The Anaerobic Threshold Zone: 80% - 90% of maximum heart rate. It is a very high intensive training and suitable for advanced user.
- The Redline Zone: 90% - 100% of maximum heart rate. It is a limited training zone for users. Please do not use it too long. Because it may do yourself harm.

We suggest you use different heart rate zone during exercise to get better training.

HRC parameter table (just for reference)

AGE	BPM			AGE	H	DEFAULT	L	AGE	H	SEFAULT	L
	H	DEFAULT	L								
15	195	123	123	35	176	111	111	58	154	97	97
16	194	122	122	36	175	110	110	59	153	97	97
17	193	122	122	37	174	110	110	60	152	96	96
18	192	121	121	38	173	109	109	61	151	95	95
19	191	121	121	39	172	109	109	62	150	95	95
20	190	120	120	40	171	108	108	63	149	94	94
21	189	119	119	41	170	107	107	64	148	94	94
22	188	119	119	42	169	107	107	65	147	93	93
23	187	118	118	43	168	106	106	66	146	92	92
24	186	118	118	44	167	106	106	67	145	92	92
25	185	117	117	45	166	105	105	68	144	91	91
26	184	116	116	46	165	104	104	69	143	91	91
27	183	116	116	47	164	103	103	70	143	90	90
28	182	115	115	48	163	103	103	71	142	90	89
29	181	115	115	49	162	103	103	72	141	90	89
30	181	114	114	50	162	102	102	73	140	90	88
31	180	113	113	51	161	101	101	74	139	90	88
32	179	113	113	52	160	101	101	75	138	90	87
33	178	112	112	53	159	100	100	76	137	90	86
34	177	112	112	54	158	100	100	77	136	90	86
				55	157	99	99	78	135	90	85
				56	156	98	98	79	134	90	85
				57	155	98	98	80	133	90	84

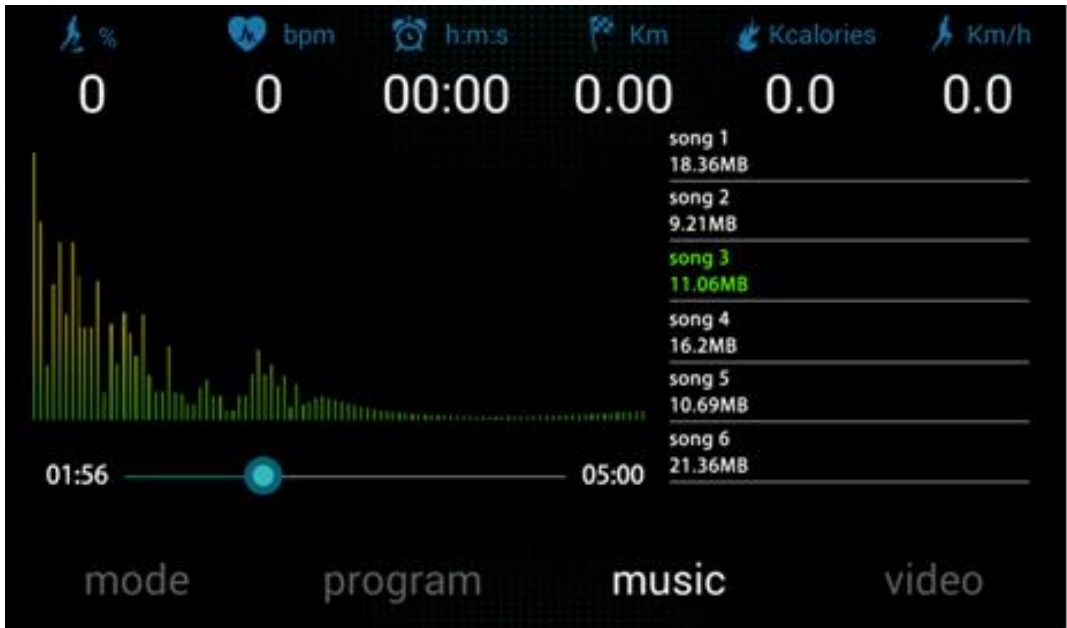
8. Body fat test





- a. Press PROG continuously to enter into FAT mode. Please set your sex, age, height, and weight first. After that please hold the handle pulse for more than 8 seconds. At last the result will be showed on the right column of BMI.
- b. The best body fat index is between 20 and 25. If the index less than 19 it means that you are a little thin; if the index between 26 and 29 it means that you are a little weight. If more than 30 it means that you are too fat (the following data is only for reference and cannot be used as medical purpose).

F-1	sex	01-male	02-female
F-2	age	10 - 99	
F-3	height	100 - 200	
F-4	weight	20 - 150	
F-5	FAT	≤19	Underweight
		= (20 - 25)	Normal
		= (26 - 29)	Overweight
		≥30	Obesity


9. Local music

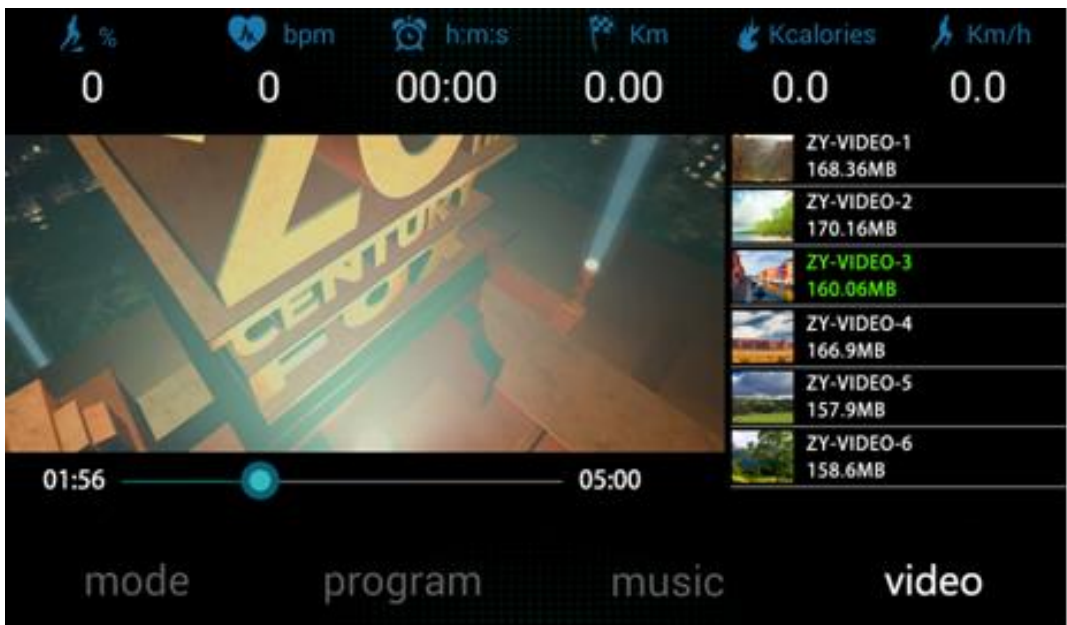



Press the key  to change the mode of music and video.

Icon description	
Song1 8.36MB	The green words stand for the name of playing music and the size of the file. The white words stand for the rest of the music and the size of the file.
01:56 05:00	The data Stands for the progress of the playing music The data stands for the total time of the music
	The icon stands for the progress of the playing music.

10. Local videos

Press the key  to change the mode of music and video.



Icon Description	
ZY-VIDEO-3 160.06MB.	The green words stand for the name of playing video and the size of the file. The white words stand for the rest of the videos and the size of the file.
01:56 05:00	The data Stands for the progress of the playing video. The data stands for the total time of the video.
	The icon stands for the progress of the playing video.

Safety key function

Pull off the safety key in any case and the machine will stop working immediately. Meanwhile all windows will show --- and the beeper chimes three times. Before you put the safety key on you cannot operate the machine any more except switch off the machine.

Energy saving mode

If there is not any operation in 10 minutes, the machine will enter into energy saving mode and the display will shut down. You can wake the system by pressing any key.

Power off

You can switch off at any time if you want to stop training and it won't do any damage to the machine.

Caution

1. Please check the power and if the safety key is well put or not before training.
2. If any accident happens during exercise, please pull off the safety key immediately.
3. If there is something wrong with the machine, please contact the retailer as soon as possible. It's not allowed to repair the equipment by a layperson.

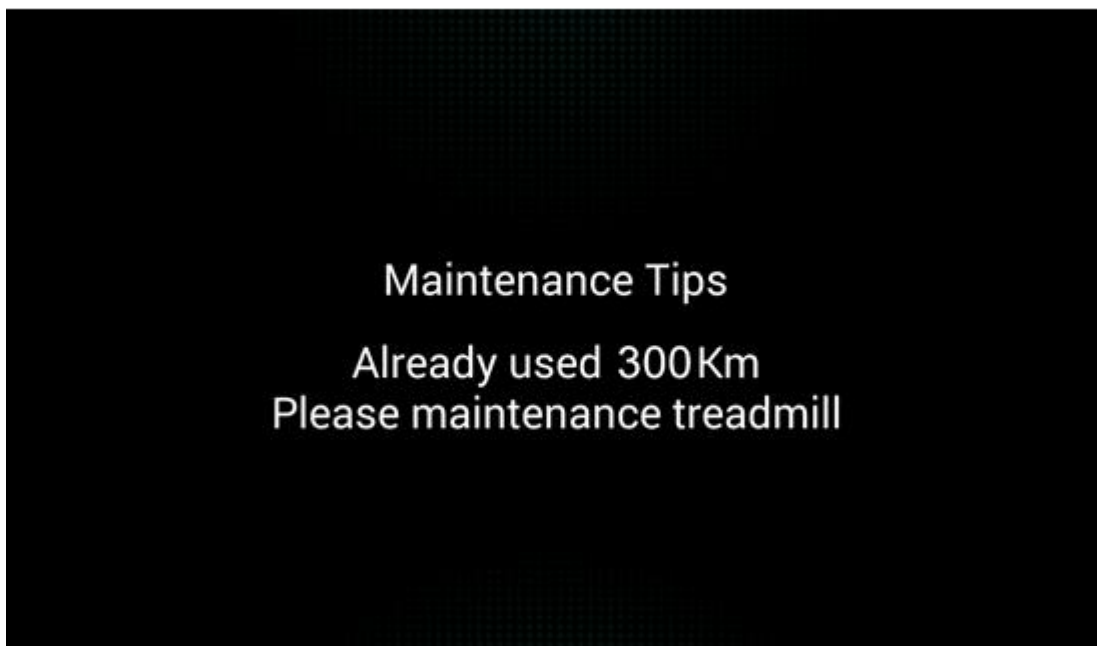
Simple Malfunction and Solution

1. There is no signal when power is on.
 - A. First check whether the over load protector is open or not, if opened, please close it.
 - B. Make sure the wire of the switch, over load protector and driver are connected well.
 - C. Make sure the wire between the monitor and driver is connected well.
2. The display shows E01 after switch on.
 - A. There something wrong with the signal cable. Please check if each cable between display and the driver is well connected or not.
 - B. There is something wrong with the display component part, please replace the display.
 - C. Replace the transformer.
3. The display shows E02 after switch on.
 - A. Check if the motor cable is well connected or not, if not please reconnect the motor cable. If it does not work, please replace the motor.
 - B. Check the controller whether there is any special smell. If so, please replace the controller.
 - C. Check whether the input voltage is correct or not. Please use the right input voltage.

4. The display shows E03 after switch on - no sensor signal.
 - A. If the motor starts working for about 5 - 8 seconds and then the monitor displays E03. It stands for no speed signal. Please check whether the speed sensor is connected well or not. In addition, please check whether the sensor is broken or not.
 - B. The sensor wire on the PCB board is broken, please replace the PCB board.
5. The display shows E04 after switch on.
 - A. Please check whether the signal wire of the incline motor is ok or not, please pull of the connector and insert it again.
 - B. Please check the connection of the AC wire of the incline motor is correct or not. Please check according to drawing.
 - C. Please check whether the wire of the incline motor is broken or not, if it is broken please replace the wire or the incline motor.
 - D. Replace the PCB board
 - E. After checking all of the PCB, please press the LEARNING key to learn it again.
6. The display shows E05 after switch on - overload protection.
 - A. The load is too big, please reset.
 - B. Maybe some part is jammed which makes the motor too heavy, so the machine cannot work. Please adjust the running belt or lubricate some oil.
 - C. Check the motor whether there is any special smell or overload currency sound. If so, please replace the motor.
 - D. Check whether the PCB board is burnt or not, please replace the PCB board.
 - E. The IGBT on the PCB board is short circuited, please check the IGBT by multi-meter. Please replace the PCB board.


LUBRICATION REMIND FUNCTION

1. This machine has lubrication remind function. After every total running distance of 300 km, system will remind you to oil the treadmill.



2. Please use treadmill oil only.

3. After you finish the lubrication, please press the START key for 3 seconds and the tip will be swept off automatically. Then the system will display a treadmill work report.



Treadmill used report	
Maintenance Period	300Km
This Maintenance distance	300Km
Total distance	2300Km

4. Press the START key shortly and then the treadmill will enter into standby mode.

TIPS FOR STRETCHING

- Begin with gradual mobility exercises of all the joints, i.e. simply rotate the wrists, bend the arm and roll your shoulders. This will allow the body's natural lubrication (synovial fluid) to protect the surface of the bones at these joints.
- Always warm up the body before stretching, as this increases blood flow around the body, which in turn makes the muscles suppler.
- Start with your legs, and work up the body.
- Each stretch should be held for at least 10 seconds (working up to 20 to 30 seconds) and usually repeated about 2 or 3 times.
- Do not stretch until it hurts. If there's any pain, ease off.
- Don't bounce. Stretching should be gradual and relaxed.
- Don't hold your breath during a stretch.
- Stretch after exercising to prevent muscles tightening up. Stretch at least three times a week to maintain flexibility.

Thigh Stretch

- Stand on right leg and take hold of the left ankle with the left hand, drawing the foot up close behind to the hips.
- Keep back straight and knees together. Use a wall for balance if required.
- Hold for about 10 seconds.
- Repeat for the other leg.



Hamstring Stretch

- Keep front leg straight, hands on bent leg (thigh). Push down and out until you begin to feel the stretch in back of knee (or straight leg).
- Keep knees unlocked and back straight.
- Hold for about 10 seconds.
- Repeat for other leg.



Calf Stretch

- Stand with the back foot flat on the floor and transfer weight to the front foot.
- Hold for about 10 seconds.
- Repeat for other leg.
- Note: Keep your back and rear leg straight when performing this exercise.



Inner Thigh Stretch

- Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible.
- Hold for about 10 seconds.



MAINTENANCE

Warning: Before cleaning the machine, please make sure the power has been switched off.

1. **Cleaning:** Wipe away the dust on the belt, running board and side footboard as excess dust may increase the friction on the belt and cause damage to the machine. It is recommended to clean the machine once a month.
2. **Lubrication:**
 - a. Lubrication is needed per 300 km. The machine will make three chimes and display OIL to inform you. Please lubricate the oil on the middle of the running belt.
 - b. After lubrication press the STOP key for more than 3 seconds in standby mode and then the machine will wipe off the alarm and lubrication information.

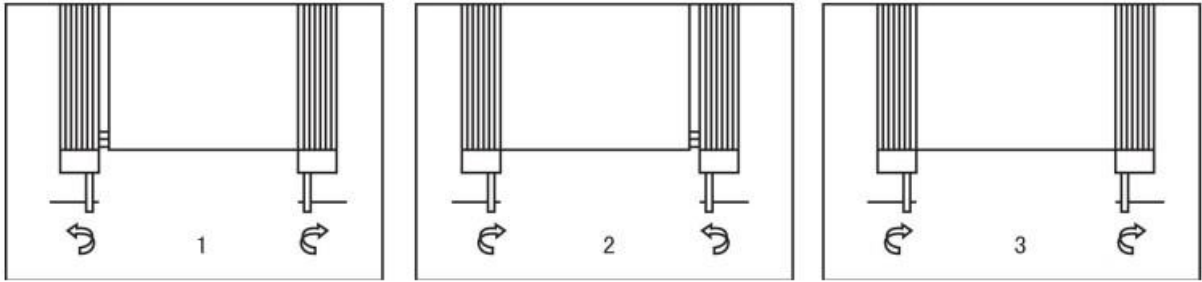
We suggest you lubricate the machine as the following method:

People who use the treadmill less than 3 hours per week, please lubricate the machine per 6 months.

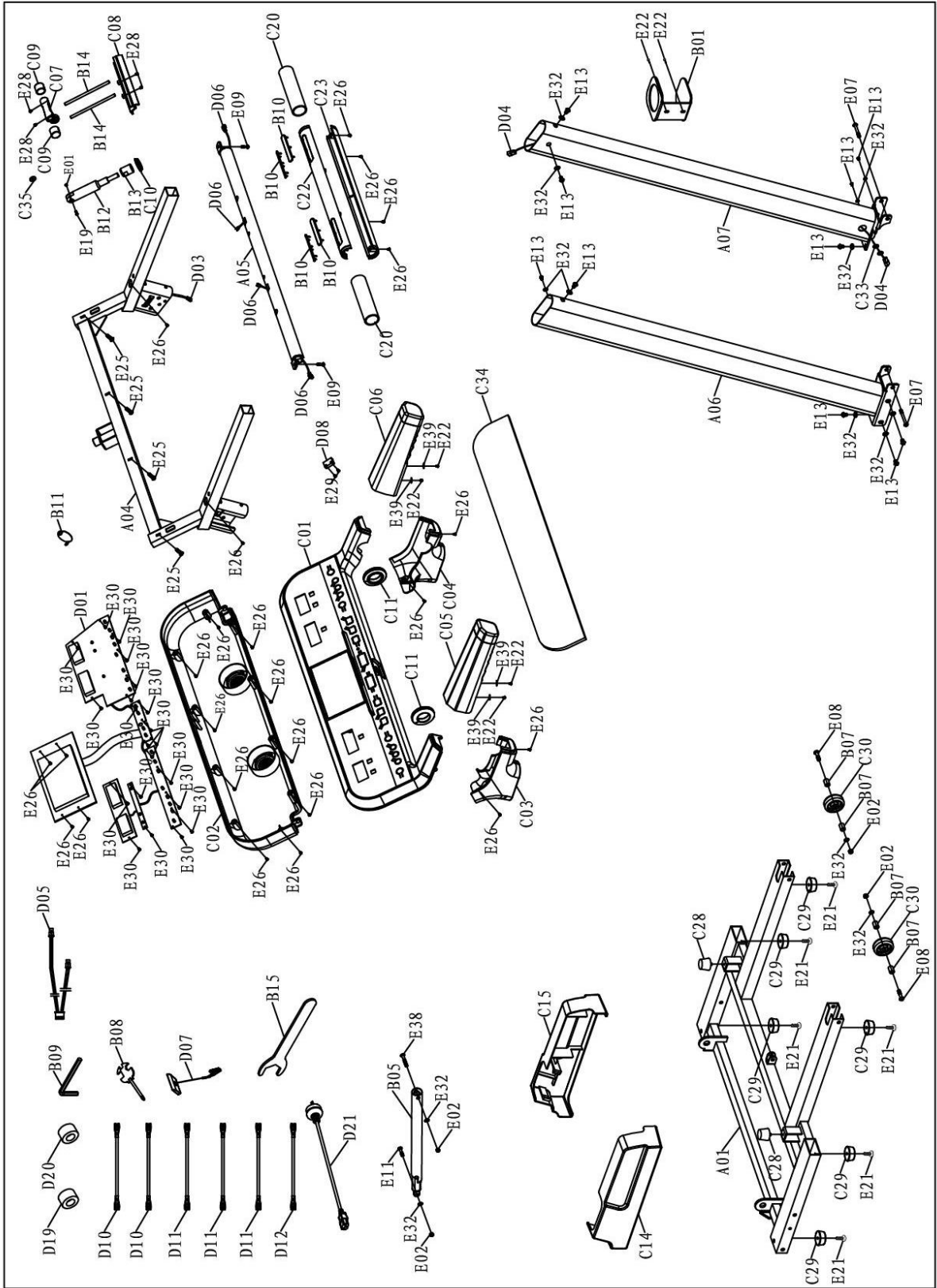
People who use the treadmill less than 3 - 5 hours per week, please lubricate the machine per 3 months.

People who use the treadmill more than 5 hours per week, please lubricate the machine per 2 months.

3. **Running belt is off-centre:** The running belt may become off-centre after using for a period of time. First allow the machine to run by it-self and the belt may centralize automatically. If it does not centralize automatically, you can adjust the position of the belt by screwing the bolt shown in the images below. If the running belt has shifted to the right, you need to tighten the screw on the right of the belt or loosen the screw on the left. If the belt has moved to the left, do the opposite.
4. **Belt Slipping:** Please adjust bolts according to the diagram below. When adjusting the two sides make sure each adjustment is the same, on either side of the treadmill. We recommend adjusting by half a turn until the running belt does not slip or deviate. Avoid making the belt too tight as this may damage it.



CAUTION: In order to prolong the lifespan of the treadmill, we suggest switching off the treadmill for about 10 minutes after 2 hours exercising. If the running belt is too loose or tight, it will damage the treadmill. So keeping a suitable tightness is very important. We suggest you grasp the running belt and pull it up to a certain distance until you cannot pull it up anymore. If the distance is between 50 - 75 mm, the tightness of the running belt is suitable.



PART LIST

NO.	Description	Specification	QTY	NO.	Description	Specification	QTY
A01	Bottom frame		1	C11	O ring		2
A02	Mainframe		1	C12	Top cover of the motor		1
A03	Incline frame		1	C13	Bottom cover of the motor		1
A04	Monitor frame		1	C14	Left bottom cover		1
A05	Handlebar pulse frame		1	C15	Right bottom cover		1
A06	Left column		1	C16	Rear protection cover		1
A07	Right column		1	C17	Side rail		2
A08	Motor seat		1	C18	Left side rail cap		2
B01	Bottle holder		1	C19	Right side rail cap		2
B02	Z-shaped board		2	C20	Foam		2
B03	Front roller		1	C21	Running belt		1
B04	Rear roller		1	C22	Top cover of the pulse		1
B05	Air cylinder		1	C23	Bottom cover of the pulse		1
B06	Sleeve	φ15*φ10.2*13	4	C24	Ribbed belt		1
B07	Sleeve of transportation wheel	φ12*φ8.5*17	4	C25	Black cushion		4
B08	Cross solid wrench		1	C26	Blue cushion		2
B09	Inner hex wrench		1	C27	Blue cushion		2
B10	Handle pulse		4	C28	cone-shaped cushion		2
B11	safety key seat		1	C29	Flat foot pad		6
B12	IPAD shaft	M10*149	1	C30	Transportation wheel		2
B13	Stop nut	φ23*30	1	C31	Adjustable wheel		2
B14	IPAD connect pole	φ6*120	2	C32	Plastic washer		4
B15	Solid wrench	#19mm	1	C33	O ring		2
C01	Top cover of the monitor		1	C34	Acrylic panel		1
C02	Bottom cover of the monitor		1	C35	O ring		1
C03	Left-bottom cover of the monitor		1	D01	Monitor		1
C04	Right-bottom cover of the monitor		1	D02	PCB board		1
C05	Left foam handlebar		1	D03	Upper wire of the monitor		1
C06	Right foam handlebar		1	D04	Lower wire of the monitor		1
C07	IPAD rotation component		1	D05	Upper wire of the handle pulse		1
C08	IPAD holder		1	D06	Lower wire of the handle pulse		2
C09	IPAD rotation assembly		2	D07	Safety key module		1
C10	IPAD O ring		1	D08	Safety key rope		1

NO.	Description	Specification	QTY	NO.	Description	Specification	QTY
D09	Magnetic sensor		1	E11	Hexagon socket button head screw	M8*30	1
D10	AC single branch wire	brown 350mm	2	E12	Inner hex pan head bolt	M8*20	4
D11	AC single branch wire	blue 350mm	3	E13	Inner hex pan head bolt	M8*15	12
D12	Earth wire		1	E14	Inner hex pan head bolt	M8*40	1
D13	DC motor		1	E15	Inner hex pan head bolt	M8*35	1
D14	Cline motor		1	E16	Inner hex pan head bolt	M6*55	3
D15	Running board		1	E17	Inner hex countersunk bolt	M6*40	2
D16	Switch		1	E18	Inner hex countersunk bolt	M6*25	6
D17	Socket		1	E19	Cross pan head screw	M6*20	1
D18	Over load protector		1	E20	Cross pan head screw	M5*12	2
D19	Magnet ring		1	E21	Cross pan head screw	M5*16	6
D20	Magnet core		1	E22	Cross pan head screw	M5*12	6
D21	Power cable		1	E23	Cross pan head screw	M5*8	17
D22	Speaker		2	E24	Cross recessed countersunk head tapping screw	ST4.2*20	4
D23	MP3 wire		1	E25	Cross recessed countersunk head tapping screw	ST4.2*25	4
D24	Filter	Option	1	E26	Cross recessed countersunk head tapping screw	ST4.2*12	27
D25	Inductor	Option	1	E27	Cross recessed countersunk head tapping screw	ST4.2*12	14
D26	AC single branch wire	Option	1	E28	Cross pan head screw	M3*10	4
D27	Earth		1	E29	Cross recessed countersunk head tapping screw	ST2.9*8	4
D28	Amplifier		1	E30	Cross recessed countersunk head tapping screw	ST2.9*6.0	31
E01	Non-locked nut	M6	3	E31	Serrated washer	6	3
E02	Lock nut	M8	6	E32	Serrated washer	8	16
E03	Lock nut	M10	6	E33	Serrated washer	10	2
E04	Inner hex	M10*90	1	E34	Spring washer	8	6
E05	Hexagon socket button head screw	M10*45	1	E35	Washer	8	7
E06	Hexagon socket button head screw	M10*30	4	E36	Big washer	φ10*φ26*2.0	8
E07	Hexagon socket button head screw	M8*80	2	E37	Cross recessed countersunk head tapping screw	ST3.5*10	2

E08	Hexagon socket button head screw	M8*70	2	E38	Hexagon socket button head screw	M8*45	1
E09	Cross recessed countersunk head tapping screw	M8*40	2	E39	Big flat washer	Φ5*φ13*1.0	4
E10	Hexagon socket button head screw	M8*40	2				

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. 40/1964 Coll. Civil Code, Act No. 513/1991 Coll., Commercial Code, and Act No. 634/1992 Coll., Consumer Protection Act, 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 to the extent specified in the Commercial Code.

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, 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.

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Date of Sale:

Stamp and Signature of Seller: