



USER MANUAL – EN

IN 13150 Motorized treadmill inSPORTline Lavister



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Special tips:

1. Before installation and operation, please read this operation manual carefully.
2. Please save this manual for future reference.
3. Product may vary slightly from the item pictured due to model upgrades.

IMPORTANT SAFETY INSTRUCTIONS

WARNING - Read all instructions before using this treadmill. It is important your treadmill receives regular maintenance to prolong its service life. Failing to regularly maintain your treadmill may void your warranty.

Danger – To reduce the risk of electric shock disconnect your treadmill from the electrical outlet prior to cleaning and/or service work.

DO NOT USE AN EXTENSION CORD. DO NOT ATTEMPT TO DISABLE THE GROUNDED PLUG BY USING IMPORPER ADAPTERS OR IN ANY WAY MODIFY THE CORD SET.

- 1) Install the treadmill on a flat level surface with access to the correct voltage and frequency, grounded outlet.
- 2) First put your feet on the side rails before starting this machine Thereafter step on the moving running belt when it goes at the lowest speed. You will so prevent motor from damage.
- 3) Do not operate treadmill on deeply padded, plush or shag carpet. You may damage both carpet and treadmill as a result.
- 4) Do not block the rear of the treadmill. Provide a minimum of 0.6-meter clearance between the rear of the treadmill and any fixed object.
- 5) Place your unit on a solid, level surface when in use.
- 6) Never allow children on or near the treadmill.
- 7) When running, make sure the plastic clip is fastened to your clothing. It is for your safety, should you fall or move too far back on the treadmill.
- 8) Keep hands away from any moving parts.
- 9) Never operate the treadmill if it has a damaged cord or plug.
- 10) Keep the cord away from heated surfaces.
- 11) Do not operate where aerosol spray products are being used or where oxygen is being administered. Sparks from the motor may ignite a highly flammable environment.
- 12) Never drop or insert objects into any openings.
- 13) The treadmill is intended for in-home use only and is not suitable for long time running.
- 14) To disconnect, turn all controls to the off position, remove the safety key, and then remove the plug from the outlet.
- 15) The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
- 16) No adjustable part should be protruding for it could limit the user's range of movement.
- 17) Use handrails provided; they are for your safety.
- 18) Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your treadmill. Quality athletic shoes are recommended to avoid leg fatigue.
- 19) Allowed temperature: 5°C to 40°C.
- 20) **Category:** HC (EN957 standard) suitable for home use
- 21) **Weight limit:** 120 kg

- 22) **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.

Remove the safety key after use to prevent unauthorized treadmill operation.

IMPORTANT ELECTRICAL INFORMATION

WARNING!

- 1) Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.
- 2) NEVER operate the treadmill on a generator or UPS power supply.
- 3) NEVER remove any cover without first disconnecting the AC power.
- 4) NEVER expose this treadmill to rain or moisture. This treadmill is not designed for use outdoors, near a pool, or in any other high humidity environment.

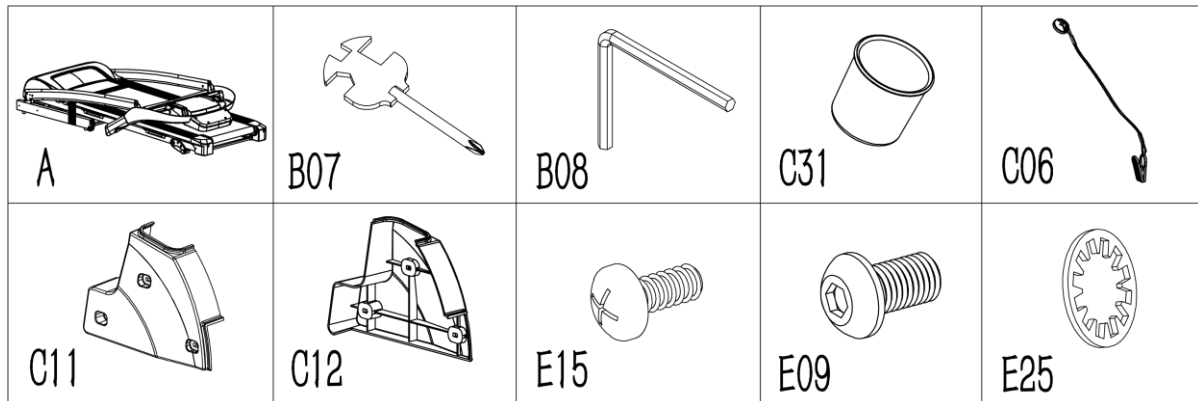
IMPORTANT OPERATION INSTRUCTIONS

- 1) Insert the power plug into the socket directly.
- 2) Incline can be adjusted manually by folding yellow legs on device rear part.
- 3) The constant running time is less than 2 hours. Be sure to read the entire manual before operating your machine.
- 4) Understand that changes in speed do not occur immediately. Set your desired speed on the computer console and release the adjustment key. The computer will obey the command gradually.
- 5) Use caution while participating in other activities while walking on your treadmill; such as watching television, reading, etc. These distractions may cause you to lose balance or stray from walking in the center of the belt; which may result in serious injury.
- 6) In order to prevent losing balance and suffering unexpected injury, NEVER mount or dismount the treadmill while the belt is moving. This unit starts with a very low speed. Simply standing on the belt during slow acceleration is proper after you have learned to operate this machine.
- 7) Always hold on to handrail while making control changes.
- 8) A safety key is provided with this machine. Remove the safety key will stop the walking belt immediately; the treadmill will shut off automatically. Insert the safety key will reset the display.
- 9) Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure.
- 10) This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety, Children should be supervised to ensure that they do not play with the appliance.
- 11) Please consult your doctor at first before running, if you have one of the following diseases:
 - a. Cardiomyopathy, hypertension, sugar diabetes, respiratory disease, smoking, and other chronic diseases.
 - b. If you are over 35 years old and heavier than common weight.
 - c. Women in pregnant or in breasting period.
- 12) Please stop exercising immediately and consult your doctor when you feel giddy, surfeit, thorax ache or other symptoms.
- 13) Please drink adequate water after taking exercises on our treadmill for more than 20 minutes.

Warning: Now here we suggest that you should consult with your physician or health professional before starting your workout, especially for the age up to 35 old or once-health problem people. We take no responsibility for any troubles or hurts if you don't follow our specifications. Treadmill will be carefully assembled and covered by the motor shield, then connect to the power.

ASSEMBLY INSTRUCTIONS

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



Spare parts list:

NO.	DES.	Specification	No.
A	MAIN FRAME		1
A07	SAFETY BLOCK		1
B07	WRENCH W/SCREW DRIVER	S=13,14,15	1
B08	5#ALLEN WRENCH	5 mm	1
C31	BOTTLE HOLDER		2
C06	SAFETY KEY		1
C11	LEFT UPRIGHT TUBE COVER		1
C12	RIGHT UPRIGHT TUBE COVER		1
E15	BOLT	M5*12	6
E09	BOLT	M8*15	10
E25	WASHER	8	10

FIXING TOOLS:

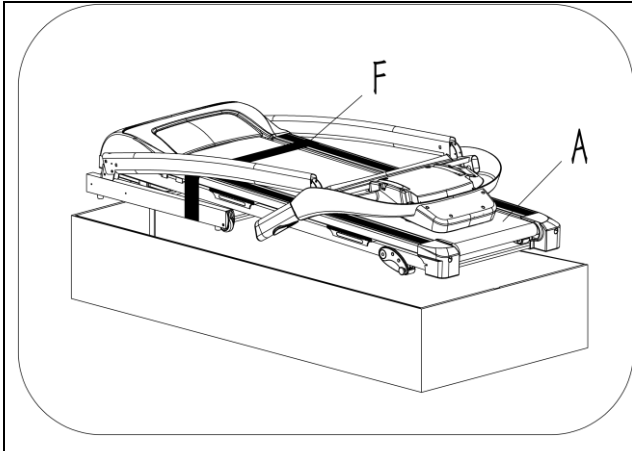
5#ALLEN WRENCH 5 mm - 1pcs,

WRENCH W/SCREW DRIVER S=13, 14,15 – 1 pcs

Notice: Do not power the machine before complete assembly.

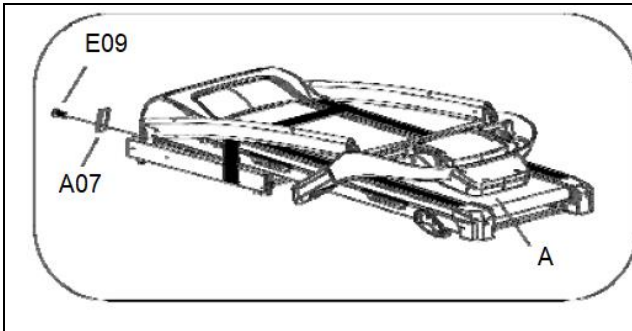
ASSEMBLY STEPS

ASSEMBLY STEP 1:



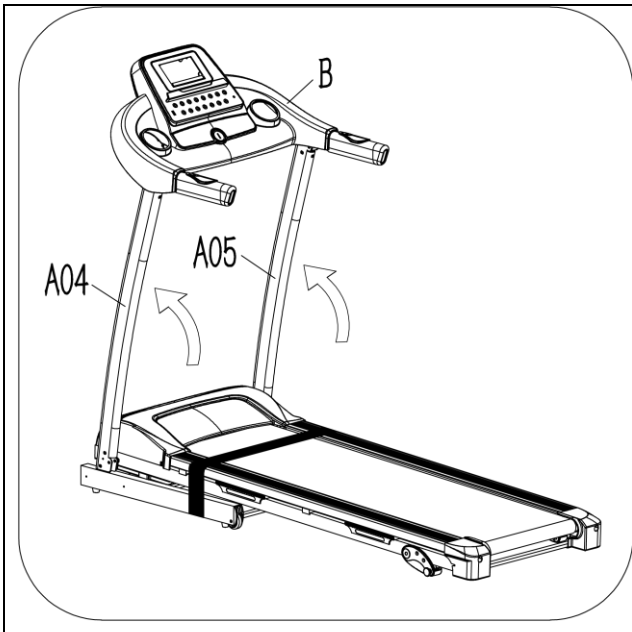
Open the carton and remove contents. Place the Main Frame (A) on level ground, ensure that you have a work area that is clean and has adequate space. Please do not cut packing belt (F) before you finish assembly.

ASSEMBLY STEP 2:



Remove the bolt M8x15 (E09) and Safety block (A07) with Allen wrench (B08)

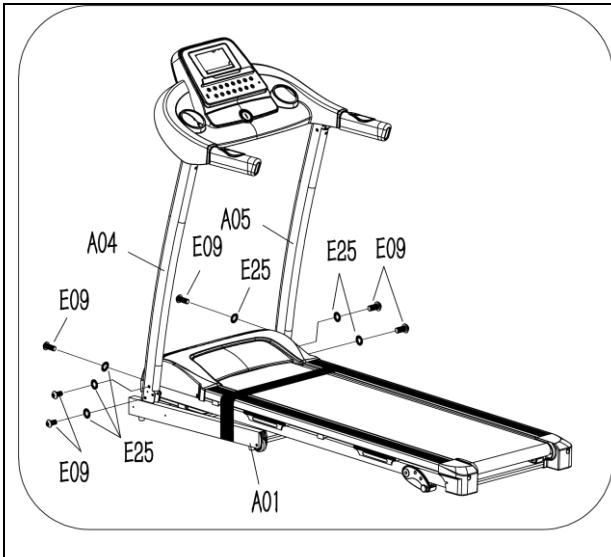
ASSEMBLY STEP 3:



Lift up the console (B) and left & right upright tube (A04, A05) towards the arrow direction.

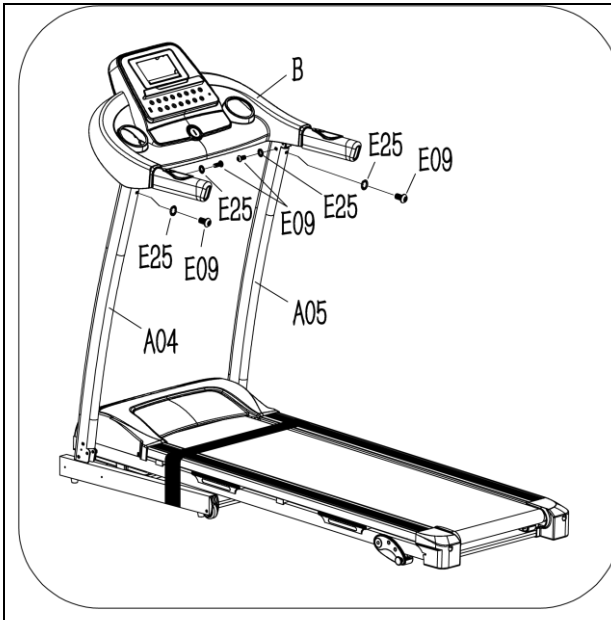
Notice: When you pull up them, make sure not to press the wires inside the upright tube; keep the upright tube and computer in place by hand to prevent them from falling down.

ASSEMBLY STEP 4:



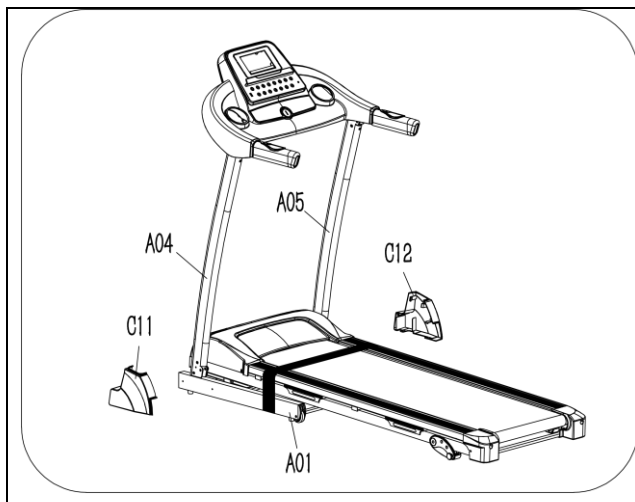
Use the 5# Allen wrench (B08) and M8*15 bolt (E09) and lock washer (E25), lock the left & right upright tube (A04, A05) onto main frame (A01).

ASSEMBLY STEP 5:



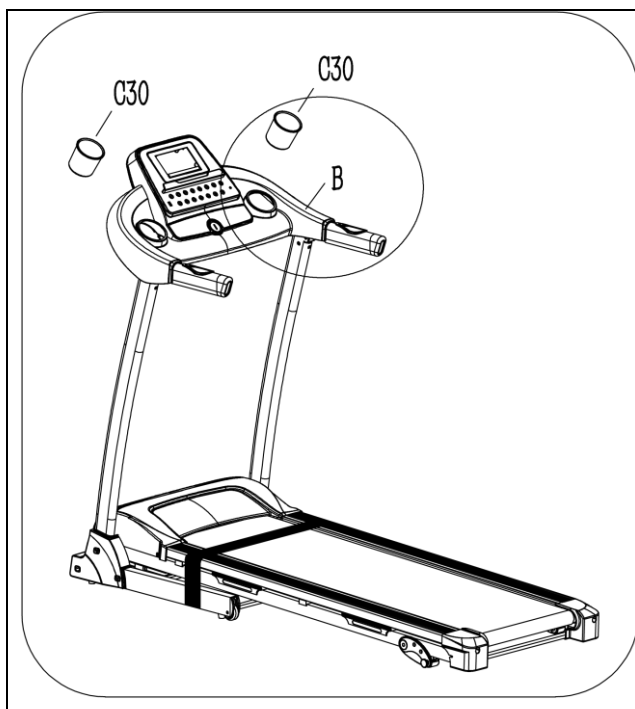
Use the 5# Allen wrench (B08) and M8*15 bolt (E09) and lock washer (E25), lock the console (B) onto the left and right upright tube (A04, A05).

ASSEMBLY STEP 6:



Push the Left & Right upright tube covers (C11, C12) onto the base frame (A01) and Left & Right upright tube (A04, A05).

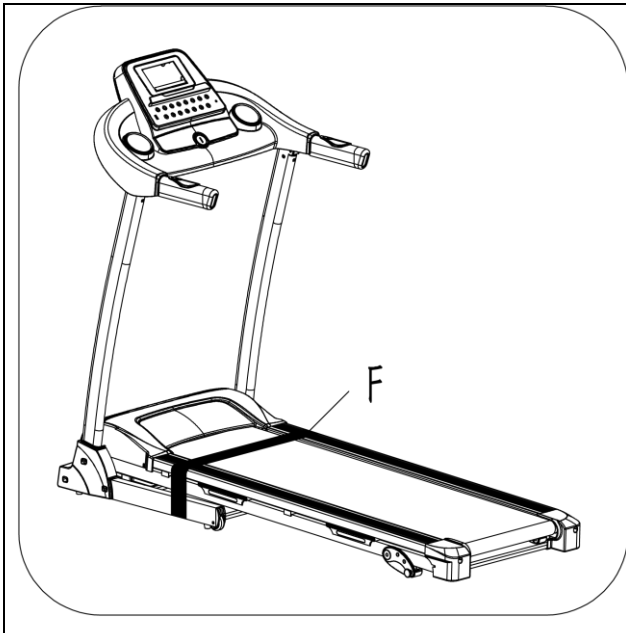
ASSEMBLY STEP 7:



Put the bottle holder (C30) into the console (B) kettle slot.

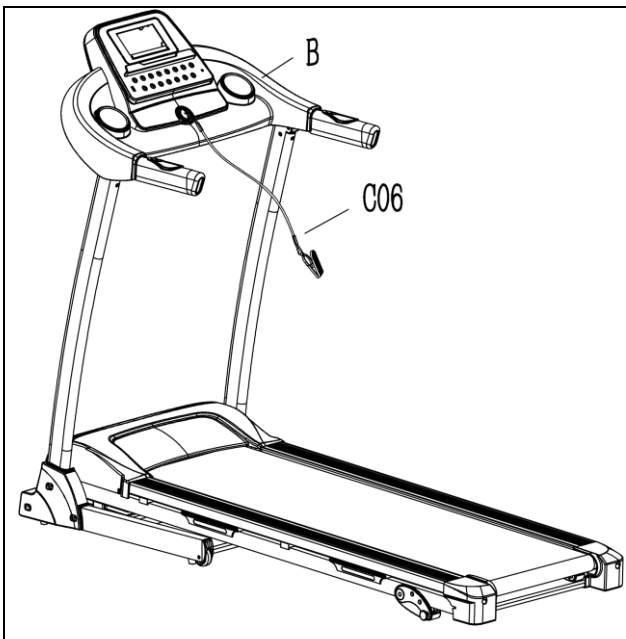
NOTE: Please insert the bottle holder of slot side along with the gap H.

ASSEMBLY STEP 8:



Cut Packing Belt (F) after finish the assembly of the treadmill.

ASSEMBLY STEP 9:

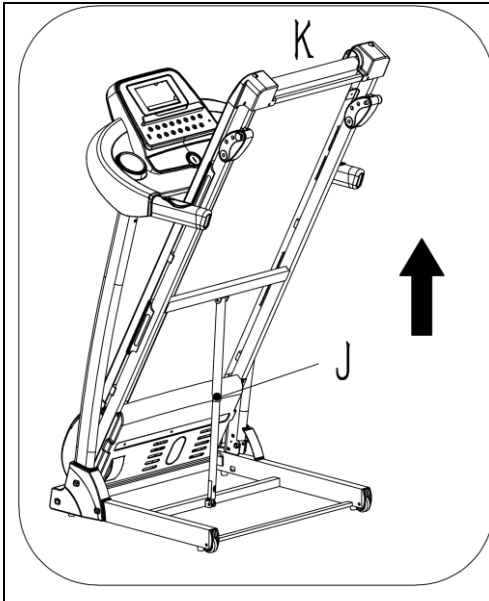


Before running, please insert the Safety Key (C06) into the magnetic area of the Console (B) and fasten the safety key clip (C06) with your clothes.

For any emergency, please pull the safety key rope, and the machine will stop.

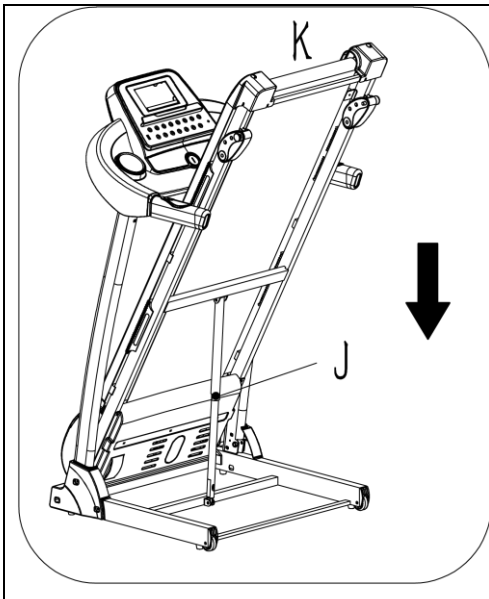
FOLDING INSTRUCTION

Pulling up:



Support place K with a hand, and then pull up in the direction of the arrow, until hearing that the CYLINDER (J) is locked into the round tube.

Pulling down:



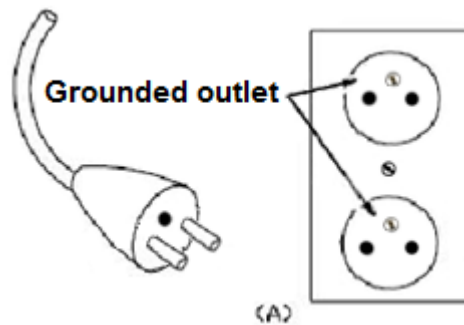
Support place K with a hand, press the frame slightly, then kick the place J, and the base frame will fall down automatically.

GROUNDING METHODS

This product must be grounded. If it should malfunction or breakdown, 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 will not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is for use on a nominal voltage 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 having the same configuration as the plug. No adapter should be used with this product.



COMPUTER INSTRUCTIONS



WINDOW DISPLAY

SPEED/ PULSE: Displays the speed. The speed range is 1.0 - 14.0 km/h.

Displays the runner's heartbeat. When the runner holds both hands over the pulse sensors located on the handles, the system can calculate the runner's heart beat and display it in this window. The range is 50 - 200 bmp (This data is just for reference, and cannot be used as the medical data).

DISTANCE: When setting programs, the window is shown as P1 - P12 - FAT. Displays the running distance from 0.0 - 99.9 km. When the clock reaches 99.9, it will reset to 0.00 and begin counting again from 0.0. When in Count Down Mode, it will count down from the setting data to 0.00. When it reaches 0.00, the machine will stop smoothly and display "End" and then automatically reset to the initial setting after 5 seconds.

TIME: Displays the running time from 0:00 - 18 hours. When it counts to the maximum time of 18 hours, the machine will display time from 0:00 again and continue to work; when in Count Down Mode,

it will count from the setting time to 0:00. When the clock reaches 0:00, the machine will stop smoothly and display “End” and then automatically reset to the initial setting after 5 seconds.

CALORIES: Displays the amount of calories the runner has burned. Calories will count from 0 to 999. When the count reaches 999, it will reset and start back from 0 again. When in Count Down Mode, it will count down from the setting data to 0. When it reaches 0, the machine will stop smoothly and display “End” and then automatically reset to the initial setting after 5 seconds.

STEPS: Displays steps that the user has walked. While displaying steps, it will count from 0 to 99999; when up to 99999, it will count again from 0.

MATRIX window: This matrix window will show 400 meters running track. Once you finish running a circle, the machine will remind you with a chime and show the number of circles you have run.

BUTTON FUNCTION

PROGRAM: Press this button to cycle through and choose programs. Programs range from P1 - P12 - FAT. P1 - P12 are pre-set programs. The system default running mode is 1.0 km/h.

MODE: Under “STOP” mode, press this button to select a mode. Mode settings include 0:00, 15:00, 1.0 and 50. 0:00 is the manual mode, 15:00 is the Count Down Mode for TIME, 1.0 is the Count Down Mode for DISTANCE and 50 is the Count Down Mode for CALORIES. When setting each mode, you can press speed +/- to set the data. Press START to start the machine. (1.0 km/h is the system default running mode).

START: To start the machine insert the magnet end of the safety key into the computer console and then press the START button. (This machine requires a safety key in order to operate).






STOP: This button has functions of PAUSE and STOP. Press this button under the running mode, the machine will pause and all data will be kept. The speed window will show “PAU”. If you press START under pause mode, the machine will continue running. If you press STOP button again, the machine will stop and all data will reset to initial settings.

SPEED +/- BUTTONS: When the machine is running, press the +/- Buttons to increase or decrease the speed in increments of 0.1kph, pressing and holding either of these buttons for a duration of over ½ a second will increase or decrease the speed continually.

QUICK SPEED BUTTONS 2, 4, 6, 8, 10, 12: These buttons are quick speed presets which allow you to select an automatic running speed of 2, 4, 6, 8, 10 or 12 km/h quickly with the push of a button.

MP3 function: You can connect your mobile phone with MP3 wire to play music, choose music and adjust the volume of music by your mobile phone buttons.

USB function: (if it is available by this model only)

- **USB slot** : You can insert USB to this slot and play the music, you can also charge your mobile phone or tablet device with USB connection to this slot.
- **VOLUME+, VOLUME-, PREVIOUS SONG, NEXT SONG buttons**  : Use to control the volume of USB music, and use to choose the songs of USB.
-  For long press of this button, you can reduce the volume of music. For short press of this button, you can return to previous song.
-  For long press of button, you can increase the volume of music. For short press of this button, you can turn to the next song.
- Notice: MP3 and USB music cannot display music at the same time. MP3 is not available until USB is pulled out.

START-UP QUICKLY (MANUAL)

1. Open the power switch and insert the magnet end of the safety pulling rope to the computer.

2. Press START/STOP button and the system will enter into 3 seconds count down, the buzzer will chime and the speed window will display a count down. The belt will run at 1.0 km/h after 3 seconds.
3. After start-up, you can use speed up or down to adjust the speed. **OPERATIONS DURING THE EXERCISE PROCESS:**
 1. Pressing speed-down will reduce the running speed.
 2. Pressing speed-up will increase the running speed.
 3. Pressing the stop button will stop the machine.
 4. Holding the handle pulse with two hands about 5 seconds will show the pulse data.

MANUAL MODE

1. Under standby mode, press START button directly and the treadmill will work from the speed 1.0 km/h. The other windows will start to count to positive direction from windows default. Press SPEED +/- to change the speed.
2. Under standby mode, press MODE button to enter time countdown. The TIME window will display 15:00 and start flickering. Press SPEED +/- to set up the time you need. The setting range is 5:00 - 99:00.
3. In the time setting model, press MODE button to enter into distance countdown. The DISTANCE window will display 1.0 and start flickering. Press SPEED +/- to set up the distance you need. The setting range is 0.5 - 99.9.
4. To set up the distance, press MODE button to enter into the calories countdown. The CAL window will display 50 and start flickering. Press SPEED +/- to set up the calories you need. The setting range is 10 - 999.
5. Under the calorie count down mode, press the MODE button to enter STEPS mode. The SPEED window will show 3.0 km/h, the TIME window will display 15:00 and flash. Press SPEED +/- buttons to set the exercise time from 5:00 to 99:00. (Speed cannot be adjusted under STEPS mode).
6. When setting is finished, press START button to start up. The treadmill will run after 3 seconds. Press SPEED +/- to adjust the speed; press STOP and the treadmill will stop.

INNER INSTALL PROGRAM

There are 12 kinds of inner install program from P1 - P12 for this machine.

In initial situation, Press PROGRAM button and the DISTANCE window will display P1 - P12.

Choose your favorite program and the TIME window will start flickering at 10:00. Press SPEED +/- to set up the exercise time you want. Press START button to start the program you have set. The inner install program can be divided into 10 sections. The time for each section = total time you have set/10. During the operation of each section, you can press the SPEED button to adjust speed, but the machine will recover to the preset parameter set when entering the next section.

When the machine finishes one program, the system will chime three times and then stop steadily.

PROGRAM EXERCISE CHART

		TIME INTERVAL = SETTING TIME/10									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	2	4	3	4	3	5	4	2	5	3
P2	SPEED	2	5	4	6	4	6	4	2	4	2
P3	SPEED	2	5	4	5	4	5	4	2	3	2
P4	SPEED	3	6	7	5	8	5	9	6	4	3
P5	SPEED	3	6	7	5	8	6	7	6	4	3
P6	SPEED	2	8	6	4	5	9	7	5	4	3
P7	SPEED	2	6	7	4	4	7	4	2	4	2
P8	SPEED	2	4	6	8	7	8	6	2	3	2
P9	SPEED	2	4	5	5	6	5	6	3	3	2
P10	SPEED	2	3	5	3	3	5	3	6	3	3
P11	SPEED	2	5	8	10	6	9	5	3	2	2
P12	SPEED	2	5	5	4	4	6	4	2	3	4

RANGE OF PROGRAM

	PROGRAM	ORIGINAL	SET UP RANGE	DISPLAY RANGE
TIME (MIN: SECOND)	0:00	10:00	5:00 - 99:00	0:00 - 99:59
SPEED (KM/H)	1.0	1.0	1.0 - 14.0	0 - 14.0
DISTANCE (KM)	0	1.00	0.5 - 99.9	0.00 - 99.9
PULSE (HYPO/MIN)	P	N/A	N/A	50 - 200
CALORIE (THERM)	0	50	10 - 999	0 - 999

BODY TESTER

At the initial state, press PROGRAM to enter the FAT function (BMI tester), press MODE and enter the data for F-1 - F-5 (F-1 SEX, F-2 AGE, F-3 HEIGHT, F-4 WEIGHT, F-5 BODY FAT).

Press SPEED +/- to set F-1 – F4 (refer to the following chart). After that, press MODE to set F-5 and grasp the hand pulse. The window will display your BMI after 3 seconds. The body mass index is to test the relation between height and weight. The FAT function is suitable for measuring the BMI of both men and women. The ideal BMI index should be in the range of 20 - 25, if it is under 19, it means you're too thin. If it is between 25 and 29, it means you're overweight and if it is over 30, it means obesity. (The data are just for a reference and cannot be used for medical purposes.)

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
	FAT	= (20 - 25)	Normal weight
	FAT	= (26 - 29)	Overweight
	FAT	≥30	Obesity

SAFETY KEY FUNCTION

If you pull out the safety pulling rope, the treadmill will stop immediately. All the windows will display “———” and the buzzer will chime three times that the treadmill must be stopped. Attach the magnet end of the safety pulling rope to the computer again and the treadmill will start running from the beginning.

SAVE ON POWER FUNCTION

The system is equipped with saving on power function. After 10 minutes of inaction the display will automatically shut down. You can press any button to wake it up again.

SWITCH OFF

Switch off the power: You can switch off the power to stop the treadmill, it won't damage it.

CAUTION

1. We recommend that you maintain a slow speed at the beginning of a session and hold on to the handrails until you become comfortable and familiar with the treadmill.
2. Attach the magnet end of the safety pulling rope to the computer and also attach the clip of the safety pulling rope to your clothing.
3. To end your workout safely, press the STOP button or pull out the safety pulling rope, then the treadmill will stop immediately.

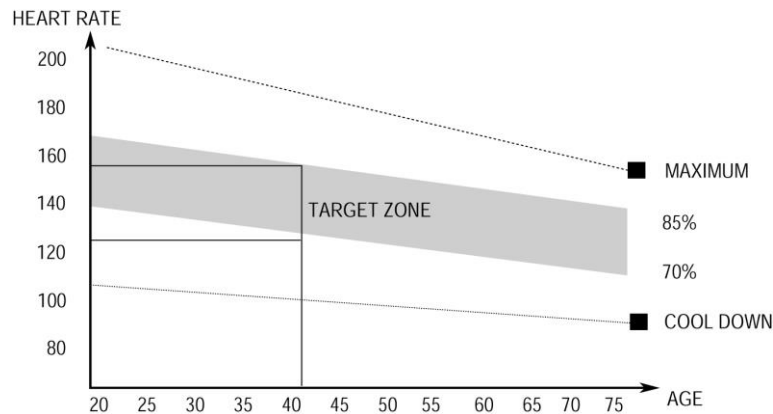
EXERCISE INSTRUCTIONS

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.

THE EXERCISE PHASE

This is the stage where you put the effort in. After regular use, the muscles in your legs will become stronger. Work according to your needs but 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 in the graph below.



This stage should last a minimum of 12 minutes though most people start at about 15 - 20 minutes.

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 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.

MUSCLE BUILDING

To tone your muscles 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 normally 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.

WEIGHT LOSS

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. The difference is the goal.

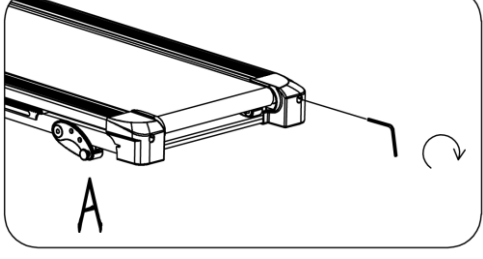
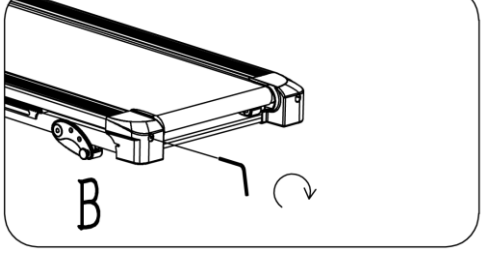
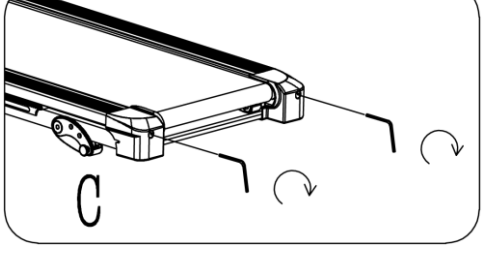
MAINTENANCE & CARE

General cleaning will help prolong the life and performance of your treadmill. Keep the unit clean and maintained by dusting the components on a regular basis. Clean both sides of the running belt to prevent dust from accumulating underneath the belt. Keep your running shoes clean so that dirt from your shoes doesn't wear out the running board and belt. Clean the surface of the running belt with a clean damp cloth. Any other servicing should be performed by an authorized service representative, because the appliance has no other user serviceable parts.

- To better maintain the treadmill and prolong its life it is suggested that the machine be powered off for 10 minutes every 2 hours and fully powered off whenever not in use.
- A loose running belt will result in the runner sliding off when running, while too tight of a running belt will result in declining of the motor's performance and creating more friction between the roller and the running belts. The most suitable tightness for the belts is pulled out at 50 – 75 mm from the running board.

CENTERING THE RUNNING BELT

Place the treadmill on level ground and set it at 3 - 5 km/h to check if the running belt drifts.

<p>If the running belt moves to the right, turn the adjusting bolt on the right side $\frac{1}{4}$ turn clockwise, then turn the left adjustment bolt $\frac{1}{4}$ turn counter-clockwise. If the belt does not move, repeat this step until it centers. Refer to Figure A.</p>	 <p>Diagram A shows a side view of the treadmill's running deck with the belt. An arrow points to the right-side adjusting bolt with a clockwise rotation arrow. Another arrow points to the left-side adjusting bolt with a counter-clockwise rotation arrow. The letter 'A' is at the bottom left.</p>
<p>If the running belt moves to the left, turn the adjusting bolts on the left side $\frac{1}{4}$ of a turn clockwise, then turn the right adjustment bolt $\frac{1}{4}$ turn counter-clockwise. If the belt does not move, repeat this step until it centers. Refer to Figure B.</p>	 <p>Diagram B shows a side view of the treadmill's running deck with the belt. An arrow points to the left-side adjusting bolt with a clockwise rotation arrow. Another arrow points to the right-side adjusting bolt with a counter-clockwise rotation arrow. The letter 'B' is at the bottom left.</p>
<p>Over time the running belt will loosen. To tighten the belt, turn the left & right side adjustment bolts one full turn clockwise and check the tension of the belt. Continue this process until the belt is at the correct tension. Make sure to adjust both sides equally to ensure correct belt alignment. Refer to diagram C.</p>	 <p>Diagram C shows a side view of the treadmill's running deck with the belt. Two arrows point to the left and right side adjusting bolts, both with clockwise rotation arrows. The letter 'C' is at the bottom left.</p>

CLEANING

General cleaning of the unit will greatly prolong the treadmill's service life. Keep the 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.

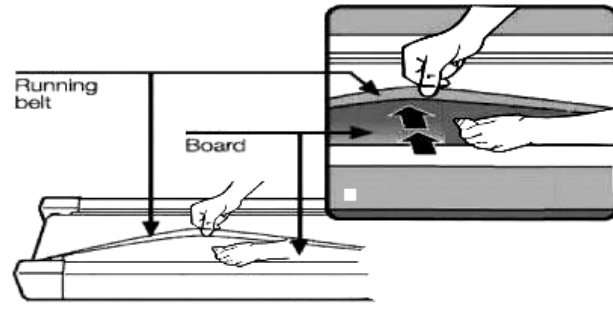
The top of the belt may be cleaned with a wet, soapy cloth. Be careful to keep liquid away from the inside of the motorized treadmill's frame or from underneath the belt.

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 it.

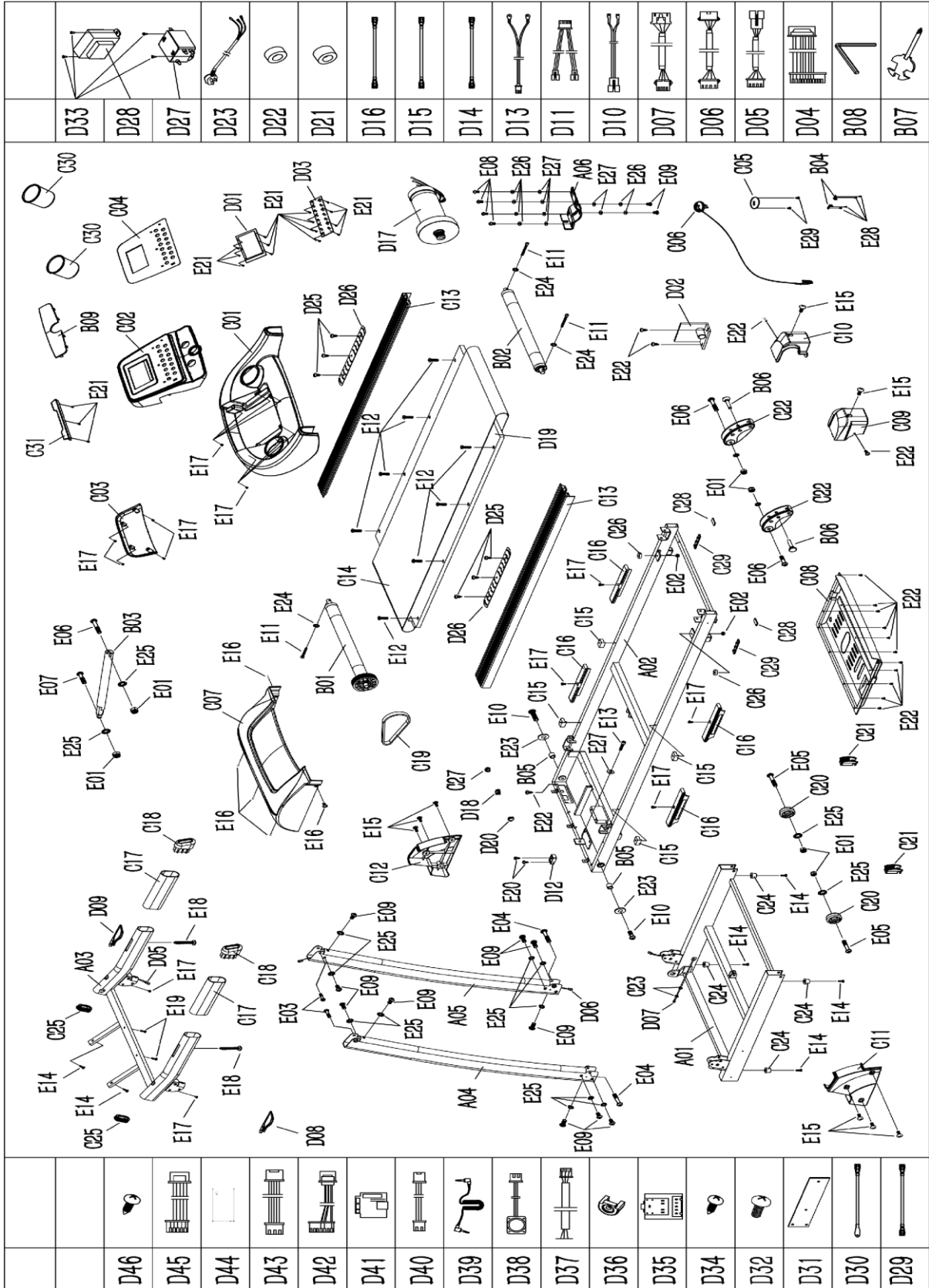
WALKING BELT AND DECK LUBRICATION

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.

- Lubrication is required every 300 km of use. The device will alarm the user with sound signal and will display OIL. Apply oil to the middle of the running belt.
- After you apply oil, press STOP for at least 3 seconds. Alarm is canceled and the message disappears.
- Always use silicon oil inSPORTline.



EXPLODED DRAWING



PARTS LIST

No.	Description	Specification	Q'ty
A01	BASE FRAME		1
A02	MAIN FRAME		1
A03	CONSOLE FRAME		1
A04	LEFT UPRIGHT TUBE		1
A05	RIGHT UPRIGHT TUBE		1
A06	DC MOTOR BRACKET		1
B01	FRONT ROLLER		1
B02	BACK ROLLER		1
B03	CYLINDER		1
B04	IRON SHEET		2
B05	TURNING BUSHING		2
B06	FIX PIN		2
B07	WRENCH W/SCREW DRIVER	S=13,14,15	1
B08	5# ALLEN WRENCH	5 mm	1
B09	SPEAKER NET		1
C01	CONSOLE TOP COVER		1
C02	CONSOLE PANEL		1
C03	CONSOLE BOTTOM COVER		1
C04	ARCLY COARD		1
C05	SAFETY BLOCK		1
C06	SAFETY KEY		1
C07	MOTOR TOP COVER		1
C08	MOTOR BOTTOM COVER		1
C09	LEFT BACK END COVER		1
C10	RIGHT BACK END COVER		1
C11	LEFT UPRIGHT TUBE COVER		1
C12	RIGHT UPRIGHT TUBE COVER		1
C13	SIDE RAIL		2
C14	RUNNING BELT		1
C15	SQUARE CUSHION		4
C16	RUBBER CUSHION		4
C17	FOAM		2
C18	CYLINDRICAL CUSHION		2
C19	MOTOR BELT		1
C20	TRANSPORT WHEEL		2

C21	WHEEL COVER		2
C22	ADJUSTABLE FOOT PAD		2
C23	RING PROTECTING WIRE PLUG		2
C24	FOOT PAD		4
C25	CYLINDRICAL PLUG		2
C26	BLUE CUSHION		2
C27	WIRE BUCKLE		1
C28	RUBBER PAD		2
C29	ADJUSTABLE RUBBER PAD		2
C30	BOTTLE HOLDER		2
C31	IPAD HOLDER		1
D01	COMPUTER BOARD		1
D02	CONTROL BOARD		1
D03	KEYBOARD		1
D04	KEYBOARD CONNECTING WIRE		1
D05	TOP SIGNAL WIRE		1
D06	MIDDLE SIGNAL WIRE		1
D07	BOTTOM SIGNAL WIRE		1
D08	PULSE WITH /START&STOP		1
D09	PULSE WITH SPEED		1
D10	PULSE LOWER WIRE		2
D11	PULSE UPPER WIRE		1
D12	SPEED SENSOR		1
D13	SAFETY KEY WIRE		1
D14	AC SIGLE WIRE		1
D15	AC SIGLE WIRE		1
D16	AC SINGLE WIRE		1
D17	DC MOTOR		1
D18	SQUARE SWITCH		1
D19	RUNNING BOARD		1
D20	OVER-LOAD PROTECTOR		1
D21	MAGNET RING		1
D22	MAGNET CORE		1
D23	POWER WIRE		1
D25	SCREW	ST4.2*15	6
D26	ANTI-SLIP PAD		2
D27	INDUCTANCE	if available	1
D28	FLITER	if available	1

D29	SIGNAL WIRE		1
D30	GROUNDING WIRE		1
D31	INDUCTANCE CONNECTING BOARD		1
D32	BOLT	M5*8	2
D33	SCREW	ST4.2*12	4
D34	SCREW	ST2.9*6.0	16
D35	AUDIO OUTPUT & INPUT CABLES		1
D36	AUDIO MODULE FIXED CAP		4
D37	AUDIO CONNECTING WIRE		1
D38	SPEAKER		2
D39	MP3 WIRE		1
D40	USB POWER WIRE	if available only	1
D41	USB MODULE	if available only	1
D42	AUDIO CONTROL WIRE		1
D43	USB OUTPUT CABLES	if available only	1
D44	BLUETOOTH MODULE		1
D45	BLUETOOTH CONNECTING WIRE		1
D46	SCREW	ST2.9*6.0	4
E01	NUT	M8	6
E02	NUT	M6	2
E03	BOLT	M8*38	2
E04	BOLT	M8*35	2
E05	BOLT	M8*40	2
E06	BOLT	M8*45	3
E07	BOLT	M8*30	1
E08	BOLT	M8*20	4
E09	BOLT	M8*15	12
E10	BOLT	M10*30	2
E11	BOLT	M6*55	3
E12	BOLT	M6*35	8
E13	BOLT	M8*35	1
E14	SCREW	ST4.2*20	6
E15	BOLT	M5*12	8
E16	SCREW	M5*8	5
E17	SCREW	ST4.2*12	12
E18	SCREW	ST4.2*55	2
E19	SCREW	ST4.2*25	2
E20	SCREW	ST2.9*8	2

E21	SCREW	ST2.9*6	17
E22	SCREW	ST4.2*12	16
E23	WASHER	φ26*φ10*2.0	2
E24	WASHER	6	3
E25	WASHER	8	14
E26	WASHER	8	6
E27	WASHER	8	7
E28	SCREW	ST2.9*4	4
E29	SCREW	ST3.5*10	2

TROUBLE SHOOTING GUIDE

1. There is no display on screen after the machine is connected to the power source

- a. Please check the overload button, if the overload protector button bounces, please press this button;
- b. Please make sure the power source, overload protector, the driver and the transformer are connected well;
- c. Please make sure the wires from the driver to the computer board are connected well.
- d. Check the transformer, if it is wrong, please replace it by a new one.

2. E01 on display: Failure of signal from computer board to the driver

- a. Please check the wire from the drive to the computer board, if the wire is broken, please replace it.
- b. Please check the electronic parts in computer board, if it is wrong, replace it;
- c. Replace the transformer.

3. E02 on display: Anti-explosion protect or motor problem

- a. Please check the wire from motor and connect the wire well. If there is no problem with the wire connection, please replace the motor.
- b. If there is a bad smell from the control board and the IGBT shorted out, please replace the driver;
- c. Please make sure the voltage is in normal condition.

4. E03 on display: No signal

- a. If the E03 is being displayed 5 to 8 seconds after the start, there is no signal. Please check the sensor connection. If it is not connected well, please connect again. If the sensor doesn't work, replace it;
- b. The signal of the control board is wrong, please replace the driver.

5. E04 or E06 on display: The failure of incline

- a. Please check that the signal wire of the incline motor is connected well;
- b. Please check that the AC line of the incline motor is connected to the right slot;
- c. Please check the wire of the incline motor and if necessary, replace it or the incline motor;
- d. Please replace the driver;
- e. If the wires are connected well, please reset the button on the driver and start again.

6. E05 on display: Overload current protection

- a. If the current is too strong, the system will protect itself by shutting down. Please restart the machine.
- b. It is possible a part of the machine is locked which caused a problem with the motor. Please add oil to the machine and restart.
- c. Please check if there is a bad smell coming from the motor. If there is, please replace the motor;
- d. Please check if there is a bad smell coming from the driver. If there is, please replace the driver.

7. E08 on display: Failure of the driver

Please replace the driver.

8. Cannot start the machine: The time is counting after pressing the start button, but the motor cannot work, and there is no error number displayed on screen.

- a. Please check that the wire in motor is connected well;
- b. Please check the safety pipe on the driver. If it is broken, replace it.
- c. Please check the IGBT on the driver. If it is broken, replace the IGBT or the driver.

STORAGE

Keep the treadmill in a clean and dry environment. Make sure the power switch is turned off and the treadmill is not plugged into the power socket.

IMPORTANT NOTICE

- This treadmill comes with standard safety regulations and is only suitable for home use. Any other use is prohibited and may be dangerous to users. We are not responsible for any injury caused by improper and forbidden use of the machine.
- Consult your doctor before starting training on the treadmill. Your doctor should evaluate whether you are physically fit to use the machine and how much effort you are able to undergo. Incorrect exercise or switching of the body can harm your health.
- Carefully read the following tips and exercises. If you experience pain, nausea, breathing, or other health problems during exercise, immediately stop the exercise. If the pain persists, contact your doctor immediately.
- This treadmill is not suitable as a professional or medical purpose. It can also not be used for healing purposes.
- The heart rate monitor is not a medical device. It provides only approximate information about your average heart rate, and any suggested pulse rate is not medically binding. Accumulated data may not always be accurate regarding uncontrollable human and environmental factors.

ENVIRONMENT PROTECTION

After the product lifespan expired or if the possible repairing is uneconomic, dispose it according to the local laws and environmentally friendly in the nearest scrapyard.

By proper disposal you will protect the environment and natural sources. Moreover, you can help protect human health. If you are not sure in correct disposing, ask local authorities to avoid law violation or sanctions.

Don't put the batteries among house waste but hand them in to the recycling place.

TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS

General Conditions of Warranty and Definition of Terms

All Warranty Conditions stated here under 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 Strakonická street 1151/2c, Prague 150 00, 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, wear of brake pads/blocks, chain, tires, cassette/multi wheel 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.

CZ
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