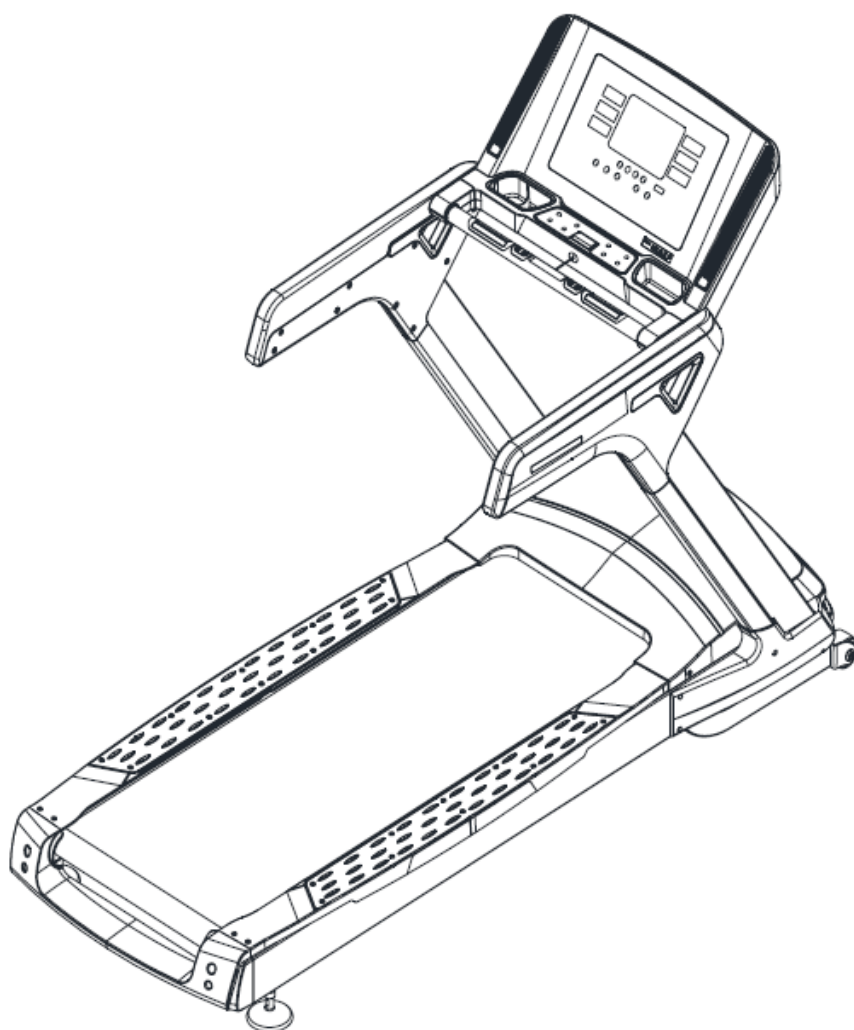




## **USER MANUAL – EN**

### **IN 13970 Motorized Treadmill inSPORTline Gardian G8**



# CONTENTS

SAFETY PRECAUTIONS.....	3
ATTENTION .....	3
SAFE USAGE.....	3
ASSEMBLY INSTRUCTIONS .....	4
TECHNICAL PARAMETERS .....	9
GETTING STARTED .....	9
WARM – UP EXERCISE .....	10
OPERATION INSTRUCTIONS .....	12
DISPLAY .....	12
BUTTONS FUNCTIONS.....	13
OPERATION INSTRUCTIONS .....	13
MANUAL MODE .....	13
COUNTDOWN MODE .....	13
PRESET PROGRAMS.....	14
USER PROGRAM .....	15
HEART RATE PROGRAM (MATCH FUNCTION).....	15
TROUBLESHOOTING (DISPLAY ERRORS) .....	17
SAFE EXERCISING .....	18
MAINTENANCE INSTRUCTIONS .....	19
MAINTENANCE GUIDELINES.....	19
BELT MIDDLE PLACEMENT AND TIGHTNESS ADJUSTMENT .....	19
BELT ADJUSTMENT .....	20
ADJUSTING METHOD .....	20
EXPLODED DRAWING.....	21
PART LIST.....	22
STORAGE .....	25
IMPORTANT NOTICE.....	25
ENVIRONMENT PROTECTION .....	25
TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS .....	25

## SAFETY PRECAUTIONS

**WARNING:** In order to avoid an accident, you have to pay attention to the following instructions:

1. When using the treadmill, attach the safety key clip to your clothes or belt.
2. When you are exercising, swing your arms naturally and look straight ahead. Don't look downwards.
3. Please accelerate the running speed gradually. Adapt to the current speed before increasing the speed level.
4. In emergency case press the emergency stop button or pull away the safety key.
5. Leave this device only if it is completely stopped.

**Notice:** Follow the assembly instructions closely to install this product!

## ATTENTION

Please read the following instructions carefully before you use the treadmill.

1. Consult your physician before starting any exercise program.
2. Please make sure all the bolts are tightened.
3. Do not put the treadmill in a damp place, it may cause damage. (We take no responsibility for any damage or injury caused by the above reasons).
4. Please wear sports clothing and sports shoes while you're exercising.
5. Do not exercise at least 40 minutes after a meal.
6. Do warm-up exercises to avoid injury.
7. People who suffer from hypertension should consult their doctor before exercising.
8. Keep children away from this device to avoid injury.
9. This fitness equipment is only for adults.
10. Do not insert anything into any parts or holes of this fitness equipment. It may cause damage.

## SAFE USAGE

Only connect the power line after complete installation. The motor protection cover must be in place. Plug the power line into the power socket with 16A safety grounding. We suggest you use an overcurrent protection to ensure your safety.


















1. Place the treadmill on a clear, level ground. Do not place the treadmill on thick carpet so you do not disturb the ventilation under the treadmill. Keep at least 0.6 m of free space around the entire treadmill. Do not place the treadmill by water or outdoors and avoid moisture environment. The treadmill's power line is specific and if it gets damaged, please purchase a new one from the dealer, or contact the company directly.
2. While placing the treadmill, do not let it cover the socket on the wall, where you plug the power line.
3. Never start the treadmill while you are standing on the running belt. After powering it up, there may be a pause before the running belt begins to move. You should always stand on the non-slip side rails until the belt starts moving.
4. Do not wear long, loose fitting clothing when you exercise, so it doesn't get caught in the treadmill. You should wear running shoes or sports shoes with rubber soles.
5. No adjustable part should protrude and limit the user's movement.

6. Never remove the protective cover casually. If you need to it open for maintenance, make sure to unplug the power line firstly.
7. Keep children away from the treadmill while it is running.
8. When you use the treadmill for the first time, hold the handrails until you adjust to the movement.
9. The treadmill is made for a certain purpose. Please, do not remodel or refit it for other use. If the treadmill suddenly increases in speed or speeds up continually due to an electronic system problem, please pull out the safety key and the treadmill will immediately stop.
10. **Weight limit:** 180 kg
11. **Category:** **SB** (EN957) - suitable for professional and/or commercial use.
12. **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 INSTRUCTIONS

The following table describes parts of the device. When you open the carton, you will find the below spare parts.

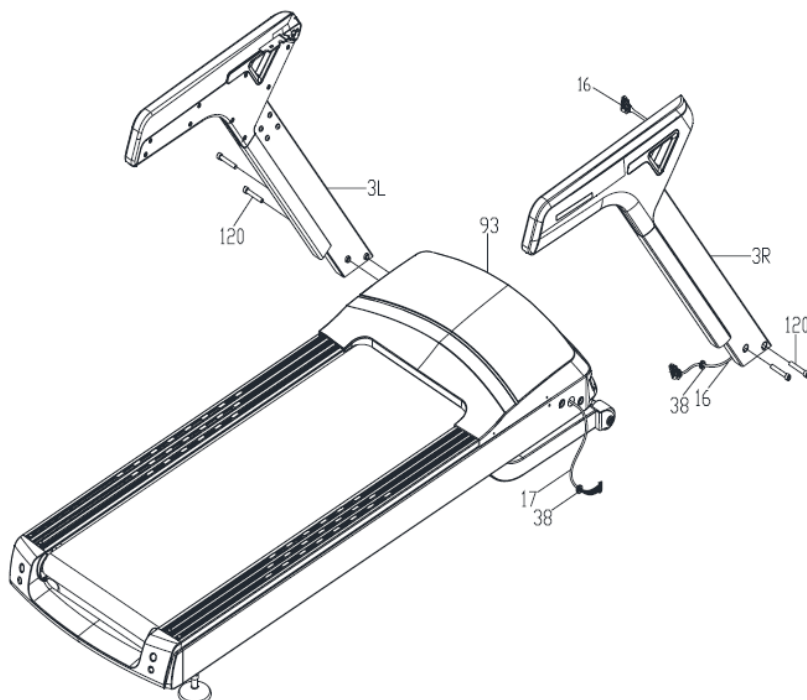
### Assembly tools:

			
3L/R. Upright	35L/R. Upright cover	66. Silicone oil	67. wrench 19-22
			
68. wrench 17-19	69. Wrench	70. 10#wrench	71. 6#wrench
			
72. 5#wrench	73. 4#wrench	120. screw M12*70	90. spring line
			
93. Frame assembly	112. meter assembly	141. screw M5*15	124. screw M8*15
			
152. washer $\phi$ 9* $\phi$ 16*t1.6			

## ASSEMBLY:

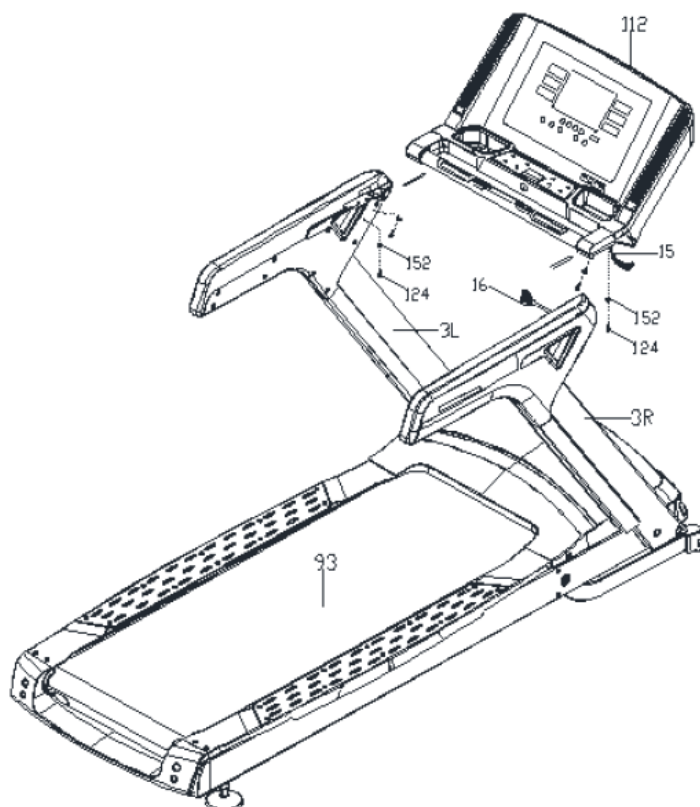
### Step 1

Connect the bottom wire of the control panel (17) with the middle wire (16). Then put the L/R upright on the frame assembly (93), lock them with screw M12\*70 (120). Do not lock them tightly.



### Step 2

Put the control panel (112) on the upright (3L/R). Connect the middle wire of the panel (16) to the upper wire of the computer (15). Use the screw M8\*15 (124) and the washer (152) to tighten it.



### V8 wire connecting method

1. Use a wrench to uninstall the panel wire-cover board (right, Fig. 1 and 2). Then take the upper wire out of the control panel (Fig. 3).



Fig. 1



Fig. 2

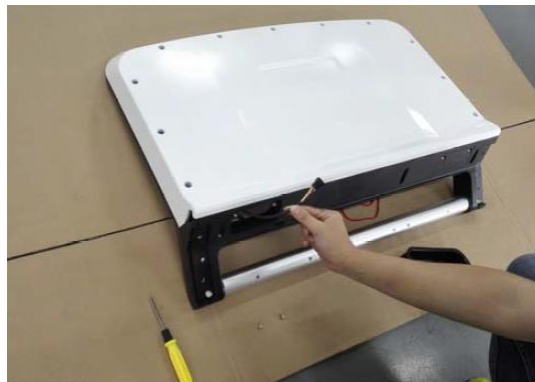


Fig. 3



Fig. 4

2. Put the middle wire into the right side hole of the panel (Fig. 4 and 5). Then connect them (Fig. 6).



Fig. 5



Fig. 6



3. Affix the panel onto the frame. Use the screws in the bag of tools and the M6 wrench. Lock tight each of the four bolts M8\*15 and flat washers  $\phi 9 \times \phi 16 \times t1.6$  (Fig. 7 and 8).



Fig. 7

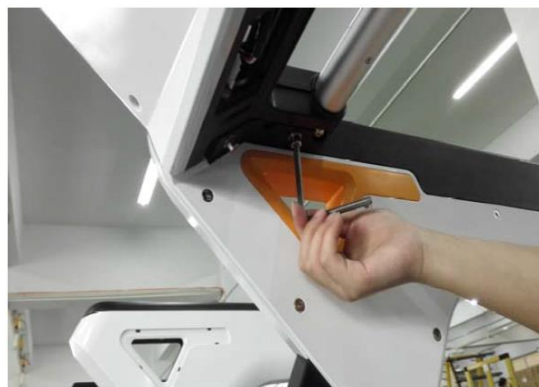


Fig. 8

4. Then put the tidy wire into the panel. Use the wrench to assemble the uninstalled panel wire-cover board (right – Fig. 9). At last affix the storage box (in the accessory box) to the panel (Fig. 10).

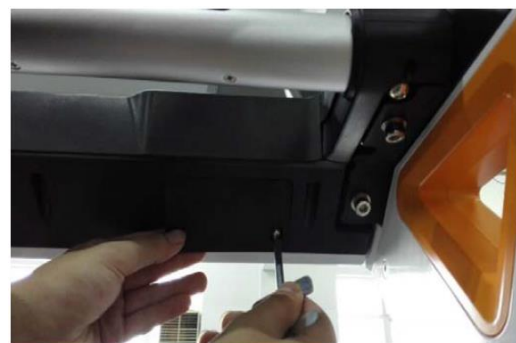


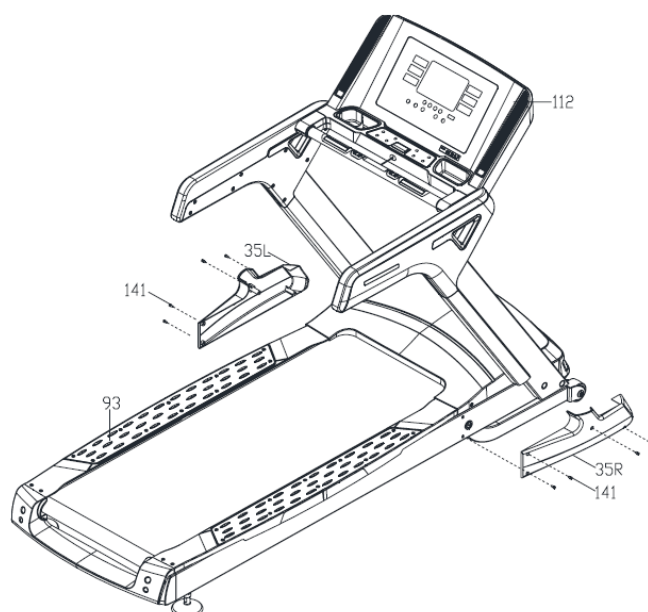
Fig. 9



Fig. 10

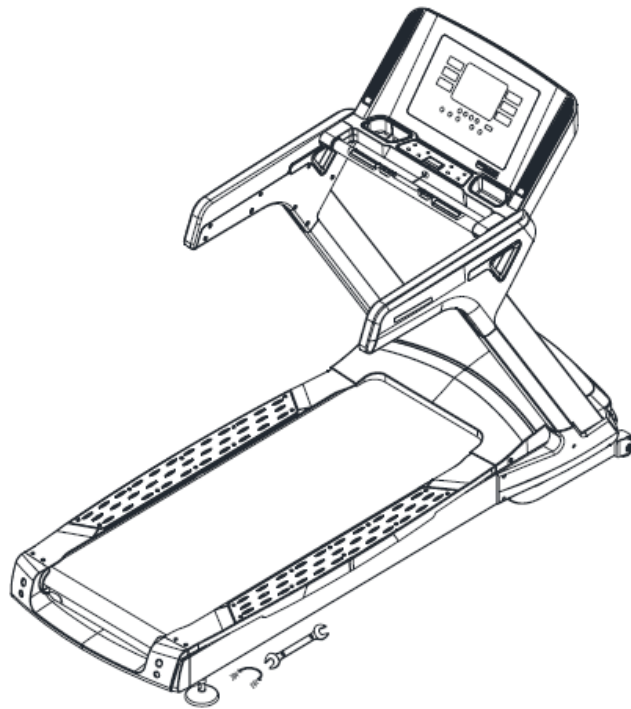
### Step 3

Lock the screw M12\*70 (120) tightly. Lock the upright cover (35L/R) onto the frame assembly (93) with the screw M5\*10 (141).



#### Step 4

If the treadmill is uneven in height, you can use the toolkit 17-19 and 19-22 wrench to fine-tune it - anti-clockwise to raise height, clockwise to lower the height.





## TECHNICAL PARAMETERS

Assembly size (mm)	2160*890*1480 mm	Speed range	1 — 20 Km/h
Incline range	0 - 18%	Motor spec. (HP)	6.0 HP (PEAK)
Running area (mm)	1550*550 mm	Input Volt (V)	220 – 240 V
N.W.	166 Kg	Max. output power	2200 W
Max. user weight	180 Kg	Operating temperature	0 – 28 °C
IPS screen play	Speed, Time, Distance, Calories, Pulse		
Safety Protection and Product Advantage	<p>A. Red safety switches on the panel (function based on magnetic plate).</p> <p>B. Overcurrent and overload function set in the microcomputer.</p> <p>C. LED screen and control panel display clearly; the angle of the view has no effect.</p> <p>D. 1.0—20 km/h speed range.</p> <p>E. Frequency control method, speed adjusting is very smooth and convenient.</p> <p>F. The buffer system makes the exercise natural and smooth at the same time and cushions the impact to the user's foot, ankle joint and other parts of their body.</p> <p>G. The over current protector can only continue to function when reset manually, which can prevent motor damage.</p> <p>H. Intelligent explosion-proof circuit reacts in 0,3 seconds, providing maximum protection.</p>		

## GETTING STARTED

### PREPARATION

If you are more than 45 years old or have health problems and this is your first time using a treadmill, please consult your doctor before exercising.

Before you use the motorized treadmill, please stand aside and learn how to use it, e.g. how to start, stop and adjust the speed. You can use it after you familiarize yourself with its functions. Then stand on the plastic non-slip side rails and grip the handrail with both hands. Turn the treadmill on and set a low speed (1.6 – 3.2 km/h), stand straight, look forward and try to step onto the running belt a few times with one foot. Then step onto the running belt and start exercising. After you are adapted, you can slowly increase the speed to 3 – 5 km/h and maintain this speed for about 10 minutes. After that, stop the treadmill slowly.

### EXERCISE

Stand aside to learn how to operate the machine (adjusting the speed and inclination). Start exercising after you familiarize yourself with the functions. Walk 1 km in a constant tempo and record the time it takes, which may be about 15 - 25 minutes. Walk 1 km by 4.8 km/h (you need about 12 minutes). After successfully completing this exercise a few times you can adjust to a higher speed and inclination. Have a good 30-minute exercise. When you do walking exercises do not rush. The exercise improves your health.

### FREQUENCY

The optimal exercise frequency is 3 - 5 times per week for 15 – 60 min. It is better to make a schedule first and not exercise randomly. You can control the intensity of the movement through adjusting the

speed and inclination. We suggest not to set the inclination when at the start of the exercise. When you want to increase the intensity of the exercise, change in inclination will be the most effective.

## HOW TO EXERCISE

It is best for each exercise to last 15 – 20 min. Warm up for 2 minutes by walking 4.8 km/h, then increase the speed to 5.3 km/h, and then 5.8 km/h. Each section should take about 2 minutes. Then add 0.3 km/h per 2 mins, until your breathing quickens (You should have no difficulty though). Keep exercising at this speed. if you feel it is hard to breathe, lower the speed by 0.3 km/h. Finally, leave 4 minutes to reduce the speed at last. If you find increasing the intensity by increasing speed too hard, you can slowly increase the inclination. Just a small adjustment can increase the intensity greatly.



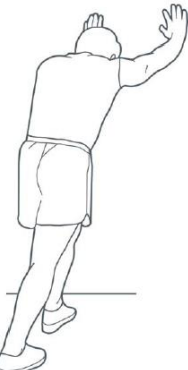
**BURNING CALORIES** - This way allows you to burn calories. Warm up for 5 minutes at 4 – 4.8 km/h speed, then add 0.3 km/h per every 2 minutes. Keep increasing the speed until you feel it is a challenge to do the exercise continually for 45 minutes. In order to increase intensity, you can try to exercise for 1 hour at this speed. You can exercise while watching TV. Add 0.3 km/h speed every time you see advertisements, and return to the former speed by the end of the advertisement so that you increase the intensity only during advertisements. Slow down for at least 4 minutes.



## CLOTHING

All you need is a pair of shoes, which let you stretch your feet fully and at the same time don't stick to foreign matters under your shoes soles, so that you do not carry dirt onto the running belt and running board. The dirt and other foreign matter could damage them both. You should wear comfortable clothes.

## WARM – UP EXERCISE

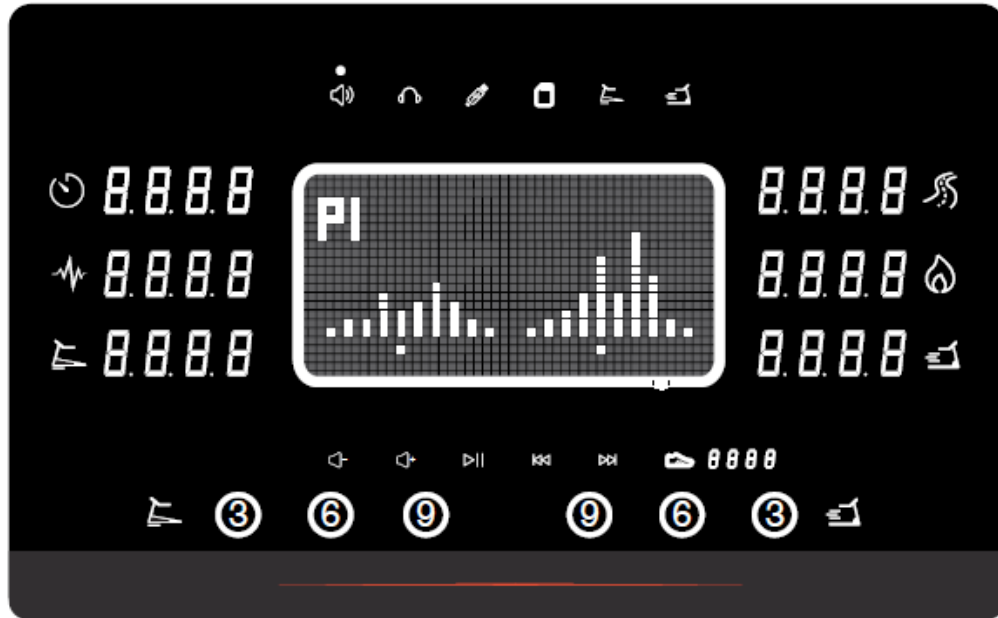
It is better to do some warm-up exercises before running. Warmed muscles are easy to stretch, so take the time to do 5 – 10-minute warm-up. Repeat each exercise shown in the pictures below.

	<p><b>Touch toes</b></p> <p>Bend your knees slightly and slowly stretch your body downwards. Relax your back and shoulders. Try to touch the toes. Keep the position for 10 - 15 seconds. Repeat approx. 3 times.</p>
	<p><b>Hamstring stretches</b></p> <p>Sitting on a cushion, stretch one leg straight and fold the other inward. Pull it as close to your body as you can. Try your best to touch the toes and keep the stretch for 10 – 15 seconds. Repeat 3 times for each leg.</p>
	<p><b>Calves and Achilles tendon stretches</b></p> <p>Support yourself with two hands on a wall or a tree with one leg stretched behind you. Keep the leg straight and the heel on the ground. Keep the position for 10 - 15 seconds. Repeat 3 times for each leg.</p>

	<p><b>Quadriceps stretches</b></p> <p>Support yourself with your right hand on the wall or a table and stretch your left hand backwards to hold your ankle. Pull it towards your buttocks until you feel tension in your thigh. Keep the position for 10 - 15 seconds. Repeat 3 times for each leg.</p>
	<p><b>Inner thigh stretches</b></p> <p>Sit down with your soles touching and knees outward. Pull your feet towards your groin. Keep the position for 10 - 15 seconds. Repeat 3 times.</p>

## OPERATION INSTRUCTIONS

### DISPLAY



1. **Time window:** Displays the running time, counting from 0:00 - 99:59 min. When the limit is reached, it starts counting from 0:00 again. Countdown mode – counts from the set time to zero. When it counts down to 0:00, the treadmill slows down steadily and then stops moving. When the treadmill stops completely it will enter the standby mode.
2. **Distance window:** Displays running distance, counting from 0.00 - 99.90 km. When the limit is reached, it starts counting from 0:00 again. Countdown mode – counts down the distance from the set value to zero. When it counts down to 0.00, the treadmill slows down steadily and then stops moving. When the treadmill stops completely it will enter the standby mode.
3. **Pulse window:** Displays the user's current pulse. If the user puts their hands onto the handrails, the system will detect their current heart rate and display it on screen. The range of heart rate frequency is 22 - 250 bpm. This data is only for reference and cannot be used for medicinal purposes.
4. **Calories window:** Displays the amount of burned calories, counting from 0 – 9999 cal. When the limit is reached, it starts counting from 0 again. Countdown mode – counts down the burned calories from the set value to zero. When it counts down to 0:00, the treadmill slows down steadily and then stops moving. When the treadmill stops completely it will enter the standby mode.

5. **Speed window:** Displays the current speed. The range of the speed display is 1.0 – 20 km/h.
6. **Incline window:** Displays the current inclination. The range of the inclination display is 0 - 18°.
7. **Matrix window:** Displays a race track in the manual mode. The inclination and speed values are displayed in the middle of the screen. At the preset programs, it displays speed and incline changing image.

## BUTTONS FUNCTIONS

1. "Start" - Press this button once to start the treadmill.
2. "Stop" – Press the button to stop the treadmill while it's running.
3. "Mode" – Selects a mode. Press the button and select time countdown, distance countdown or calories countdown.
4. "Programs" – Select one of the 24 pre-set programs and 2 user programs by repeatedly pressing this button.
5. "Speed +" – Press this button while running and the speed will increase by 0.1 km/h. You can also increase the value when setting time, distance or calories.
6. "Speed -" - Press this button while running and the speed will decrease by 0.1 km/h. You can also decrease the value when setting time, distance or calories.
7. "Incline +" - Press this button while running and the incline will increase.
8. "Incline -" - Press this button while running and the incline will decrease.
9. "Volume start and stop" - Press this button to start to play or pause playing.
10. "Sound +" - Press this button to increase the volume.
11. "Sound -" - Press this button to decrease the volume.
12. "Former music" - Press this button play previous song.
13. "Next music" - Press this button to play the next song.

## OPERATION INSTRUCTIONS

### MANUAL MODE

When you turn the machine on, the control panel will beep and after 2 seconds the treadmill will enter the standby mode. Plug in the safety key and press "START" to start the treadmill. The running belt will start to move very slowly and the time, distance and calorie windows will begin to count the corresponding values. You can change the speed and inclination by pressing "SPEED +", "SPEED -", "INCLINE +" and "INCLINE -".

### COUNTDOWN MODE

#### TIME COUNTDOWN MODE

1. While in the standby mode, press the "MODE" button once so that the time window starts blinking. The default time is pre-set to 30 minutes. Press "SPEED +" and "SPEED -" to set the time you want. By each press the value increases/decreases by 1 minute. The adjustable time range is 5:00 - 99:00 min.
2. Press "START" and start exercising. When the countdown is complete, the treadmill will stop automatically. You can adjust speed and incline while running.

#### DISTANCE COUNTDOWN MODE

1. While in the standby mode, press the "MODE" button twice so that the distance window starts blinking. The default distance is pre-set to 5 km. Press "SPEED +" and "SPEED -" to set the distance you want. By each press the value increases/decreases by 0.1 km. The adjustable range is 0.50 - 99.00 km.

2. Press "START" and start exercising. When the countdown is complete, the treadmill will stop automatically. You can adjust speed and incline while running.

### CALORIES COUNTDOWN MODE

1. While in the standby mode, press the "MODE" button twice so that the calories window starts blinking. The default distance is pre-set to 100 cal. Press "SPEED +" and "SPEED -" to set the calories amount you want. By each press the value increases/decreases by 10 cal. The adjustable range is 20 - 990 calories.
2. Press "START" and start exercising. When the countdown is complete, the treadmill will stop automatically. You can adjust speed and incline while running.

### PRESET PROGRAMS

While in the standby mode, press the "PROGRAM" button. You can choose from 24 preset programs. The default time of a program is 30 minutes. Press "SPEED +" and "SPEED -" to choose a time you want, press "START" and begin exercising. When the time counts down to zero, the treadmill stop running. See the program chart below:

Program/Time		Fixed time 30 minutes/10 = each phase									
		1	2	3	4	5	6	7	8	9	10
P1	Speed	1	1	4	3	4	3	5	4	2	5
	Incline	1	1	2	3	3	1	2	2	3	2
P2	Speed	2	5	4	6	4	6	4	2	5	2
	Incline	1	2	3	3	2	2	3	5	2	2
P3	Speed	2	5	4	5	4	5	4	4	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	6	2
	Incline	4	5	6	6	9	9	10	10	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	5	6	7	7	5	3	3
P11	Speed	3	5	8	8	9	5	7	6	3	2
	Incline	4	5	6	6	9	9	10	10	6	3
P12	Speed	3	5	5	4	4	6	4	2	3	4
	Incline	3	5	6	7	10	10	10	10	6	3
P13	Speed	3	5	7	8	9	10	8	5	4	4

	Incline	1	2	3	4	5	5	4	3	2	1
P14	Speed	2	4	6	8	10	10	8	6	4	2
	Incline	4	5	6	7	8	8	7	6	5	4
P15	Speed	3	4	7	8	10	9	8	6	5	4
	Incline	3	4	5	6	7	8	8	5	3	2
P16	Speed	2	3	5	4	5	5	7	5	4	2
	Incline	0	2	2	4	4	6	6	1	1	0
P17	Speed	2	6	8	3	9	4	10	4	3	2
	Incline	6	6	10	10	3	3	3	7	1	0
P18	Speed	1	5	4	5	9	5	4	5	3	2
	Incline	5	5	8	8	10	10	10	7	1	0
P19	Speed	3	4	8	4	3	8	6	4	4	1
	Incline	2	4	4	4	4	2	3	3	1	0
P20	Speed	3	2	3	6	6	6	6	5	2	2
	Incline	3	3	5	5	5	5	2	2	1	0
P21	Speed	2	6	5	6	8	6	7	4	3	2
	Incline	2	3	3	3	4	4	1	1	2	0
P22	Speed	2	4	6	8	10	8	6	4	6	6
	Incline	2	3	6	6	3	5	9	3	5	3
P23	Speed	2	4	6	8	4	2	7	8	10	1
	Incline	3	6	5	3	5	3	5	5	4	2
P24	Speed	2	4	6	4	6	8	10	8	6	4
	Incline	2	5	5	3	5	5	3	3	4	2

## USER PROGRAM

While in the standby mode, press the “PROGRAM” button and choose one of the two user programs (U1, U2). The default time of a program is 30:00 min. Press “SPEED +” and “SPEED -” to choose the time you want. Press the “MODE” button to confirm the setting and set the speed and inclination for each phase of the program. Press “SPEED +” and “SPEED -” to choose speed and “INCLINE +” and “INCLINE -” to choose inclination. Press the “MODE” button to confirm your settings and enter the next program setting. After setting everything, press “START” and begin exercising. When the time counts down to zero, the treadmill will stop automatically.

## HEART RATE PROGRAM (MATCH FUNCTION)

- While in the standby mode, press “PROGRAM” and choose one of the heart rate-measuring programs – HRC1, HRC2 or HRC3. The default program time is 30:00 min. Change the time by pressing “SPEED +” and “SPEED -”. Press “MODE” button to confirm and enter your age. After pressing “MODE” to confirm, press “START” and begin exercising. When the time counts down to zero, the treadmill will stop automatically.
- The device checks your heart rate every 15 seconds. When the detected heart rate is lower than target heart rate, the speed will increase. If the heart rate doesn't reach the target zone in 15 seconds, the inclination will increase. Speed and incline increase alternately. On the other hand, when the detected heart rate is higher than the target heart rate, speed and incline will decrease alternately. Speed changed by 0.2 km, the inclination by 1°.



- Target heart rate setting

Heart rate program HRC1: target heart rate =  $(220 - \text{age}) * 0.65$

Heart rate program HRC2: target heart rate =  $(220 - \text{age}) * 0.75$

Heart rate program HRC3: target heart rate =  $(220 - \text{age}) * 0.85$



You can use a chest belt to measure the current heart rate frequency. Detecting the heart rate frequency in real time is the most dependable way to detect it while exercising. The entire belt is waterproof. The chest belt measures the heart frequency very precisely. Studies show that if you stop exercising, the detected pulse will drop by 10 - 20 bpm. The belt is designed to be comfortable while you exercise. It is so light, you'll barely feel it and it is not influenced by wind, rain and humidity. The chest belt's longevity belt is approximately 2500 hours. If you exercise 10 hours per week, it can last 5 years.

### HEART RATE DETECTION TEST

1. Gently hold the heart rate sensor. After 5 seconds, your current heart rate will appear. The data is only for reference and can't be used for medicinal purposes.
2. Place the chest band emitter on the chest. After 5 seconds, your current heart rate will appear. The data is only for reference, can't be used for medicinal purposes. (This function is optional).

### POWER SAVING MODE

This device has a power saving function. It will automatically enter power saving mode after 4 minutes without any activity. The display will shut down. To turn it on again, press any key.

### MP3

While the machine is turned on, connect a MP3 device or another audio device. You can play music on the control panel.

1. When you plug a SD card or a USB, the volume and song selection is done through the control panel.
2. When you connect the machine to an external MP3 device, the volume and song selection is done on the device itself.

### METRIC-INCH SYSTEM CHANGE AND INCLINE ADJUSTMENT

- A. Press the "START" button and pull out the safety key. Then connect the safety key again and you can set the metric/inch system with the "SPEED +" or "SPEED -" buttons. Select either "SI" (metric system) or "Eng" (inch system) in the speed window. Then press "START" to confirm and the machine will enter the standby mode.
- B. While in the standby mode, press "SPEED +", "SPEED -", "INCLINE +", "INCLINE -" button at the same time for 3 seconds and enter the automatic incline adjustment. After you finish, the device will enter the standby mode.

### PARAMETER SETTING

#### Control panel parameter setting

- Press "SPEED +" and "SPEED -" at the same time. Then connect the power or pull out the safety key and then plug it back in. Wait until the calories window and speed window show "0" Release the SPEED buttons and enter the control panel parameter settings mode.

- While in the parameter settings mode, the calories window shows parameters no. 0~9 and the speed window shows parameter value. Use the "SPEED +/-" buttons to change the parameter settings. Press "START" to confirm the setting and enter the next parameter setting. When you disconnect power or pull out the safety key, the device will chime. Then plug the safety key back in (there will be another chime) or press "SPEED +" and "SPEED -" at the same time. You will leave the parameter settings.

No.	Parameter	Unit	Programming range
Control panel configuration			
1	Lowest speed	km/h	0.3~3.0
2	Highest speed	km/h	8.0~25.0
3	Biggest incline value	degree	12.0~20.0
4	Speed up time/miles	s (second)	0.2~20.0
5	Speed down time/miles	S (second)	0.2~20.0
6	Lowest speed ratio mileage/rotation	mm (millimetre)	10.0~200.0
7	Medium speed ratio mileage/rotation	mm (millimetre)	10.0~200.0
8	Highest speed ratio mileage/rotation	mm (millimetre)	10.0~200.0
9	Self-checking transmission ratio	mm (millimetre)	0.0~

## TROUBLESHOOTING (DISPLAY ERRORS)

### Er-1: Power on, no computer reaction

- Check the computer power line.
- Check the connections between the computer and the controller.

### Er-2: Incline system failure

- Check the signal line of the incline motor.
- Check if the incline motor is damaged.
- Check if the controller is damaged.

### Er-3: Over-voltage protection.

- Make sure the power voltage is in the optimal range: AC220-240V.

### Er-4: Over-current protection

- Check if the moving parts of the treadmill aren't stuck.
- Check the state of oil. Insufficient lubrication can increase the friction between the running belt and the running board.
- Check whether the running belt or running board is worn.
- Check the controller or motor for damage.

### Er-5: Over-load protection

- Check if the moving parts are stuck.
- Check the state of lubrication. If there is insufficient lubrication, it can increase the friction between the running belt and the running board.
- Check the running belt or the running board for wear.
- Check the controller or the motor for damage.

**Er-6: Motor doesn't work**

- Check the connection of the motor. Check the wires and the plug and make sure the connection is well.
- Check the controller or the motor for damage.

**Er-7: The controller failed to detect signal**

- Check the computer power line.
- Check the connection line between the computer and the controller.

**SAFE: Safety key doesn't work**

- Check whether the safety key is in the right place.
- Check whether the magnetic reed switches are well connected.

**Nothing displayed on the computer**

- Check the power outlet.
- Check whether the power switch is on.
- Check the power socket and the fuses. Replace the fuses if necessary.

**A. Safety lock function**

If you pull out the safety key, the screen will display "SAFE" and there will be an alarm sound. If the treadmill is running, it will immediately stop. If the safety key is not inserted into the control panel, the buttons won't work.

**B. Power saving mode**

This system has a power saving function. If there is no command input within 10 minutes, the system will enter the power saving mode and automatically turn off the display. Press any button to restart the system.

**C. MP3 function (customized)**

Connect the MP3 device or other audio equipment after you turn on the machine. The computer will play the music and you can adjust the volume with the button on the audio equipment.

**D. USB function (customized)**

The USB interface can be used to connect to an external device, such as USB disc or a smartphone. With USB disc connected, the treadmill can play MP3 songs. Connect the phone via its charging cable.

**E. Shutdown**

You can turn off the treadmill at any time. That this will not damage the treadmill.

**F. Attention**

1. Check the power and safety key before you start exercising.
2. During any emergency, pull the safety key out to immediately stop the treadmill. After inserting the safety key again, the system enters the standby mode.
3. If you have any problems, contact the distributor. Don't attempt to disassemble or to repair the treadmill by yourself. Improper maintenance can cause damage or injury.

**SAFE EXERCISING**

Please consult your doctor before starting any exercise program. They can recommend the frequency, intensity and duration of the exercise based on your age and health condition. If you feel any or similar symptoms during exercising – pain or tightness on the chest, irregular heart rate, shortness of breath, dizziness or other discomfort - please stop immediately! Consult your doctor before you continue exercising. If you use the treadmill often, you can choose regular walking speed or jogging speed. If you have no experience or aren't sure what the best initial speed for you is, refer to the data below:

Speed 1 - 3.0 km/h	people with weak constitution
Speed 3.0 - 4.5 km/h	people who do not exercise often
Speed 4.5 - 6.0 km/h	normal walking speed
Speed 6.0 - 7.5 km/h	fast walking
Speed 7.5 - 9.0 km /h	jogging
Speed 9.0 - 12.0 km/h	intermediate speed runner
Speed 12.0 - 14.5 km/h	experienced runner
Speed over 14.5 km/h e	excellent runner

#### **ATTENTION:**

- Users who want to exercise while walking should choose 6 km/h speed or lower.
- Users who want to exercise while running should choose 8 km/h speed or higher.

## **MAINTENANCE INSTRUCTIONS**

**WARNING:** Please make sure the treadmill's is pulled out of the power supply before cleaning or maintenance.

### **1. CLEANING (Fully cleaning will lengthen the usage of the treadmill.)**

Keep the treadmill clean by dusting it regularly. Be sure to clean the exposed parts on both sides of the running belt, which can reduce the piling of dust under the it. Make sure your shoes are clean and avoid putting things onto the running belt. It could damage both the running belt and the running deck. The top of the belt needs to be cleaned with a wet, soapy cloth. Be careful to keep any liquid away from the electrical components and the underside of the running belt.

**WARNING:** Remember to unplug the treadmill from the electrical outlet before removing the motor cover. Remove the motor cover and vacuum under the motor cover at least once a year.

### **2. LUBRICATION (Running belt and the special lubricating oil of the motorized treadmill.)**

This treadmill's running belt and deck are already pre-lubricated. The belt/deck friction may play a major role in the function and life of your treadmill, thus requiring regular lubrication. We recommend a inspecting the deck regularly. If the deck is worn, please contact our client service centre.

#### **Recommended lubrication of the running deck and the running belt:**

- Low use (lower than 3 hours per week) – once per year
- Moderate use (3-5 hours per week) – every 6 months
- Frequent use (more than 5 hours per week) – every 3 months
- Always use silicon oil inSPORTline.

## **MAINTENANCE GUIDELINES**

- In order to maintain and prolong the working life of your treadmill, we suggest that you power off for 10 minutes after every 2 hours of running.
- A loose running belt will slip when you are running; a too tight running belt will affect the performance of the motor and may also increase the wear of the rollers and the running belt. The ideal position is if you can lift the belt from the running deck to about 50 – 75 mm.

## **BELT MIDDLE PLACEMENT AND TIGHTNESS ADJUSTMENT**

It is necessary to adjust the belt to the best condition for the better use of the treadmill. Put the treadmill running belt at the centre. Put the motorized treadmill on the level ground and let the treadmill run at the speed of 6 - 8 miles per hour. Observe the deviation of the running belt. If the running belt deviates to the right, pull off the safety key and unplug the power. Turn the right adjusting bolt

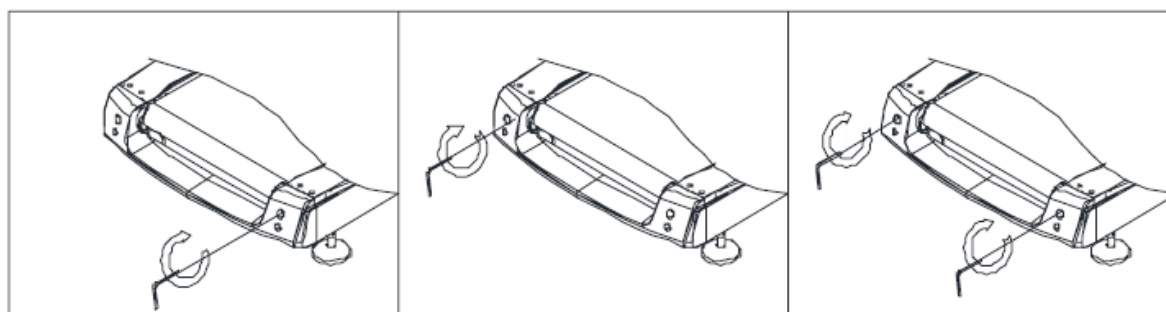
clockwise by 1/4 turn, plug in the power cord and the safety key – belt starts to run. Watch the running belt deviations. Repeat the above steps until the running belt is in the middle.

- **Picture A** If the running belt drifts to the left, pull off the safety key and unplug the treadmill from power. Turn the left adjusting bolt clockwise by 1/4 turn, then plug in the power cord and the safety key. The belt starts running. Watch if the belt still drifts to the side. Repeat the above steps until the running belt is centred.
- **Picture B.** After the above adjustment or long time use, the running belt could become loose and you will need to adjust it. Pull off the safety key and the power cord and turn the left and right adjusting bolts clockwise by 1/4 turn. Plug the treadmill back into power and insert the safety key – the belt starts running. Then stand on the treadmill to confirm its tightness. Repeat the above steps, until the running belt is tightened correctly (**picture C**).

**PICTURE A**

**PICTURE B**

**PICTURE C**



## BELT ADJUSTMENT

The poly V-Belt will gradually loosen and change shape after a long-time use and you'll need to adjust it. How to inspect the V-belt: Start the belt as usual and stamp your feet onto the running belt. If you feel it skip sometimes, it indicates that the V-Belt or running belt is loose. You need to make a further confirmation to see which part is loose: Take down the four screws on the motor cover. Then let the treadmill work at the speed of 1 km/h. Stand on the running belt, grip the foam handrails and try to press the running belt harder with your feet. (We suggest that the user stamps with their own body weight).

- If the running belt doesn't stop when you press it, then the running belt and motor belt don't need further adjusting.
- If the running belt stops when you press on it, but the front roller doesn't stop, then the running belt is loose. Then you need to adjust the running belt for safe use (to adjust the running belt see the maintenance guidelines above).
- If the running belt and front roller stop when you press on the running belt, the motor still runs, the motor belt and running belt stops, then the V-belt is loose and you'll need to adjust it for safe use.

## ADJUSTING METHOD

**Step 1:** Unscrew the 4 bolts of the front motor protection cover and take it off.

**Step 2:** Unscrew the four bolts of the motor base (do not remove it) and adjust the adjusting bolt on the motor base with a winch. You can use your hand to reverse the motor belt between the motor axis and the front roller. If it is too loose you can reverse the poly V-Belt by 100%. If it is too tight, the degree you can turn the V-belt is very limited. If you can reverse the motor belt after adjustment by about 80%, then the motor belt is tightened. Please adjust the V-belt tightness so that it can turn by 80%.

**Step 3:** Lock the motor base frame and assemble the motor cover.

This diagram is a detailed exploded view of a mechanical assembly, possibly a vehicle interior component like a dashboard or door panel. It features numerous numbered parts, including structural frames, panels, and fasteners. Key components include a large rectangular frame (103), a control panel (104), and various mounting brackets (e.g., 128, 129, 130). The diagram uses dashed lines to indicate the assembly sequence and alignment of the parts. A small inset in the bottom right corner shows a wiring harness (76) with connectors (77, 78, 79) and a control unit (81).

## PART LIST

NO.	ITEM	DESCRIPTION	Q'TY		NO.	ITEM	DESCRIPTION	Q'TY
1	Main frame		1		2	Incline Bracket		1
3L/R	L/R Upright		2		4	Meter bracket		1
5	Handrail elbow		1		6	Transporting wheel axis		2
7	Controller baffle		1		8	Transporting wheel screw cover		4
9	Joint bearing nut		2		10	Incline connecting shaft	6#	2
11	PC board bracket base		1		12	Adjust foot pad		2
13	Universal joint		2		14	Needle roller bearing		2
15	Up wire of meter		1		16	Middle wire of meter	1	1
17	Lower wire of meter		1		18L/R	Handrail connecting tube left/right		2
19	Running board		1		20	Running belt		1
21	Multi-groove belt		1		22	Meter upper cover		1
23	Meter lower cover		1		24	Keyboard		1
25L/R	Loudspeaker Fixed Parts		2		26	Safety switch		1
27	Safety Key		1		28	Stainless steel footplate		2
29	Rear endcap		1		30	Upright decorative stripe		2
31	Upper Motor Cover		1		32	Side rail front		2
33	Back side rail		2		34	Moving wheel		2
35L/R	L/R Uppright Cover		2		36	Front cover		1
37	Running board shock pad		2		38	Ring wire plug		4
39	Cushion		6		40	Wire cover board		2
41	Salix leaf type anti slip mat		66		42	Supporting cushion		2
43	O shape circle		2		44	O shape circle		2
45	O shape circle		2		46	Joint pad screw set		2
47	Electrostatic prevention screw cover		1		48	Stopple G		12
49	Binding wire with a fixed seat		5		50	Loudspeaker fixed seat		4
51L/R	Storage box		2		52	Loudspeaker fixed seat		4
53	Left handrail side cover L		1		54	Left handrail side cover R		1
55	Right handrail side cover L		1		56	Right handrail side cover R		1



57L/R	Left triangle decorative sheet		2		58L/R	Right triangle decorative sheet		2
59	Safety switch board		1		60L/R	Pulse tube small cover L/R		2
61	Pulse tube under cover		1		62	Front roller		1
63	Back roller		1		64	Compression spring		2
65	Safety switch base		1		66	Silicon		1
67	Wrench	17 - 19	1		68	Wrench	19 - 22	1
69	Wrench		1		70	Wrench	M10*50*225L	1
71	Wrench	M6*80*80L	2		72	Single wire	M5*33*155L	1
73	Wrench	M4*25*145L	1		74	Single wire	16A, L150 mm, W/6 mm wire plug, w/2 pcs PC250 insulating bush	3
75	Hex nuts	16A, L300 mm, W/6m, wire plug, w/2 pcs PC250 insulating bush	2		76	Single earthen wire	16A, L200 mm, W/6 mm wire plug, w/1 pcs PC250	2
77	Single earthen wire	16A, L300 mm, W/6mm wire plug, w/2 pcs PC250 insulating bush	1		78	Power switch		1
79	End socket		1		80	Overload protector		1
81	Motor		1		82	Incline motor		1
83	Hand pulse components		2		84	Incline shortcut key lower wire		1
85	Filter		1		86	Controller		1
87	Keyboard PC board		1		88	Micro switch		1
89	Emergency button PC board		1		90	MP3 line		1
91	Incline shortcut key		1		92	Speed up shortcut key		1
93	Frame assembly		1		94	Wireless PC board		1
95	USB sticker		1		96	USB - PC board		1
97	Ground wire base		1		98	Moving wheel interval steel sleeve		2
99	Space sleeve		4		100	Washer		6
101	Pulse connect wire		2		102	Button sticker		1
103	Panel Sticker		1		104	Side rail sticker		2
105	Power cord		1		106	Loudspeaker sticker		2
107	Warning sticker		2		108	Speed shortcut key lower wire		2
109	Hand pulse wire		2		110	Incline shortcut key upper wire		1

111	Speed shortcut wire		1		112	Meter assembly		1
113	Binding band		7		114	Inner jump ring	φ35hole outer diameter 37.8 thickness1.6	2
115	Bolt	M10*45	1		116	Nut	M6	10
117	Bolt	M10*60	1		118	Bolt	M8*70	1
119	Bolt	M8*70	1		120	Screw	M12*70	4
121	Screw	M8*80	2		122	Screw	M12*15	6
123	Screw	M8*40	2		124	Screw	M8*15	12
125	Screw	ST3.0*10	39		126	Screw	M6*15	21
127	Screw	M4*8	12		128	Screw	ST4.0*15	46
129	Screw	ST4.0*15 full threaded nickle 10.9 grade	6		130	Nut	M4 nickle	2
131	Nut	M8 nickle	3		132	Nut	M10 nickle	2
133	Washer	φ11*φ20*t2.0 nickle	8		134	Washer	φ9*φ24*t1.6 nickle	3
135	Washer	φ10.2*φ18.8*t3 nickle	4		136	Screw	M6*18L	10
137	Screw	M6*30L	18		138	Screw	M6*30 full threaded nickle 10.9 grade	1
139	Screw	M4*15 full threaded nickle 10.9 grade	6		140	Screw	M6*10 full threaded nickle 10.9 grade 14 mm in the head	14
141	Screw	M15*15 full threaded nickle 10.9 grade	8		142	Screw	M6*12 full threaded nickle 10.9 grade	8
143	Screw	M12*35 10.9 grade full threaded nickle	6		144	Washer	M4 nickle	4
145	Washer	φ6.6*φ16*t1.6 nickle	20		146	Screw	M6*10	4
147L/R	Left/Right foam handrail frame		2		148	Screw	ST2.2*6.5L	18
149	Screw	M8*15 full threaded nickle 10.9 grade 16 mm in the head	2		150	Screw	M8*20	2
151	Screw	M6*35 10.9 grade full threaded nickle			152	Washer	φ9*φ16*t1.2 nickle	7
153	Screw	M4*12	4		154	Meter controller		1

## 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 suitable for professional 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 Kutnohorská 531, Štěrboholy Retail Park, 109 00, Praha 10, ČR, 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.

#### **Batteries**

6-month battery warranty – we guarantee that battery's nominal capacity does not fall below 70% of its total capacity within 6 months of the product's sale.

#### **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**  
**SEVEN SPORT s.r.o.**

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**About shipping**

