insportline

USER MANUAL – EN IN 15036 Treadmill inSPORTline Gallop II



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SAFETY PRECAUTIONS

- 1. Read this manual carefully before first using and keep it for future reference.
- 2. Product may vary from used pictures.
- 3. Do proper maintenance to prolong the lifetime of your treadmill.
- 4. To reduce the risk of electric shock, disconnect your treadmill from the electrical outlet prior to cleaning and/or service work.
- 5. Don't use an extension cord. Don't attempt to disable the grounded plug by using improper adapters or in any way modify the cord set.
- 6. Install it only on a flat level surface with access to correct voltage and frequency grounded outlet.
- 7. Do not operate the treadmill on deeply padded, plush or shag carpet. Damage to both carpet and treadmill may result.
- 8. Do not block the rear of the treadmill. Keep a safety clearance of min. 0.6 m between this device and other objects. Don't do any improper modification.
- 9. Place it only on a flat, clean and solid surface. Use it only indoors.
- 10. Keep it away from children and pets. Never let children being near this device. Assembly must be done by an adult.
- 11. Fasten the clip of the safety key to your clothing while running. It is for your higher safety in the case of a fall.
- 12. Keep hands away from moving parts. No adjustable part should protrude and limit user movements.
- 13. Don't use it, if the cord or this device is damaged. Check it regularly for damage and wearing. Damaged parts must be replaced immediately.
- 14. Keep the cord away from heated surface or heat sources.
- 15. Do not operate it in places, where there is aerosol and spray products in the air or where oxygen is being administered. Possible sparks should set it in fire.
- 16. Never put other objects into openings and compartments.
- 17. It is suitable only for home using. Don't use it for a long time continually.
- 18. To disconnect it, turn all controls to the off position, remove the safety key and then remove the plug from the outlet.
- 19. 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.
- 20. Use provided handrails for your safety.
- 21. Wear proper clothes. Avoid too loose clothes that should be easily caught in the machine. Always wear sports shoes. Don't use sandals or high heels and don't exercise barefoot. We recommend to use quality athletic shoes.
- 22. Allowed temperature: 5 40°C.
- 23. Remove the safety key to prevent it from unauthorized using.
- 24. Weight limit: 150 kg
- 25. Category: HC (according to EN957 norm) suitable for home using.
- 26. **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.

IMPORTANT ELECTRICAL INFORMATION

- Use a safe and properly grounded outlet. Never use an outlet with grounding problems. Put the cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.
- Never operate the treadmill on generator or UPS power supply.
- Never remove any cover without first disconnecting AC power.
- Never expose this treadmill to rain or moisture. This treadmill is not designed for outdoor using, near a pool or in humid environment.

IMPORTANT OPERATION INSTRUCTIONS

- 1. Insert the power plug into the socket directly.
- 2. The constant running time is less than 2 hours. Be sure to read the entire manual before operating your machine.
- 3. Understand that changes in speed and incline do not occur immediately. Set your desired speed on the computer console and release the adjustment key. The computer will obey the command gradually.
- 4. 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 stay from walking in centre of the belt, which may result in serious injury.
- 5. To prevent losing balance and suffering an 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 possible after you have learnt to operate this machine properly.
- 6. Always hold onto handrail while making control changes.
- 7. A safety key is provided with this machine. Remove the safety key to stop the running belt immediately. The treadmill will shut down automatically. Insert the safety key to reset the display.
- 8. Don't push buttons too excessively. Use just a little finger pressure.
- 9. This device is not suitable for children and people with reduced sensitivity or mental capability or with some other impairment. These people and people with lack of experiences may use it only under supervision of some other responsible person. Never let children unsupervised near this device.
- 10. Ask your physician for advice before starting any exercising especially if you have following problems:
 - Cardiopathy, hypertension, sugar diabetes, respiratory disease, smoking and other chronic diseases, complication disease.
 - If you are over 35 years of age or if you have heavier than common weight.
 - Pregnant women or women in breasting period.
- 11. Stop exercising, if you feel faintly or if you see some health complication. Consult your physician before re-starting.
- 12. If you exercise for more than 20 minutes, maintain a regular water intake.
- 13. Consult your physician before starting using especially if you are over 35 years or if you have some health complications. The producer has no responsibility for injuries occurred through improper using or not observing all warnings and precautions.
- 14. Assemble it properly and cover the motor shield. Thereafter connect to the power.

ASSEMBLY INSTRUCTIONS

The package contains following parts:



SPARE PARTS

No.	Description	Specification	Qty
1	Main frame		1
97	Lock washer	8	10
77	Bolt	M8*15	10
90	Bolt	M5*12	8
118	Left handpulse bar		1
117	Right handpulse bar		1
32	5# Allen wrench	5 mm	1
33	Wrench W/SCREW Driver	S=13, 14, 15	1
23	Left upright tube cover		1
24	Right upright tube cover		1
119	Bolt cover		2
81	Bolt	M8*50	4

REQUIRED TOOLS

5# Allen wrench 5 mm1 PcWrench W/SCREW Driver S=13, 14, 151 PcNOTE: Do not connect it to power before the proper assembly has been finished.

ASSEMBLY STEPS

STEP 1

- Open the carton and put out the above-mentioned parts.
- Put the main frame on the ground.



STEP 2

- Lift up the console (A) and upright tube (B) towards the arrow direction.
- When you pull up them, make sure do not press the wires inside the upright tube. Keep touch the upright and computer by hand to prevent falling.



STEP 3

- Use the 5# Allen wrench (32) and M8*15 bolts (77) and lock washers (97).
- Lock the upright tube (B) onto main frame.



STEP 4

 Use the 5# Allen wrench (32) and M8*15 bolts (77) and lock washers (97) to lock the console (A) onto the left and right upright tube (B).



STEP 5

• Fix the left and right upright tube cover (23 and 24) to the base frame by using wrench w/screw driver (33) and M5*12 bolts (90).



STEP 6

- Fix the left and right bars (118 and 117) to the console by using 5# Allen wrench (32) and M8*50 bolts (81).
- Fix the bolt covers (119) to the console by using wrench w/screw driver (33) and M5*12 bolts (90).



FOLDING INSTRUCTIONS

PULLING UP

Support place A with hand, then pull up in the arrow direction until you hear the sound that means the cylinder (B) has been locked into the round tube.



PULLING DOWN

Support the place A with hand and press the frame slightly. Then kick the place B and the base frame will fall down automatically.



GROUNDING METHODS

This product must be grounded. If there is any fault, grounding can reduce the risk of possible electric shock. The plug of machine is equipped with grounding conductor to ensure your safety. Please, insert the plug into correct electrical outlet.

WARNING: Follow all warnings of this manual. Wrong operation may lead to leakage of electricity. If you cannot make sure the machine is grounded in right way, ask a professional electrician for advice. If you find the electrical outlet is not compatible with the plug, consult an electrician. Don't change it yourself. It could be dangerous.



DISPLAY



WINDOWS

TIME WINDOW

It displays running time. It counts in a positive direction from 0:00 to 99:59. After the count 99:59 has been reached, this device will stop smoothly and show "END". Thereafter it goes into initial state after 5 seconds. When counting down, it counts from the set value to 0:00. Thereafter it shows "END" and enters the initial state.

DIS&PUL WINDOW

It displays the running distance. It displays in the positive direction from 0.00 to 99.9. When the value 99.9 has been reached, it starts counting again from 0. When counting down, it counts from pre-set value back to 0. Thereafter it shows "END" and stops smoothly. It will enter the initial state after 5 seconds. It displays the runners heart rate. When he/she holds the handle pulse with both hands, the system can calculate the users heart rate (beat) and show it on the screen. The range is: 50-200 beats/min. Required data are just for reference and may not be considered as medical data.

CAL&INCL WINDOW

It displays burned calories during the workout. The range is from 0 to 999. After this upper limit, it will count again from 0. When counting down, it goes from pre-set value to 0. Thereafter it stops smoothly and shows "END". It enters the initial state after 5 seconds of no operation. Inclination is displayed in the range: 0 - 20 sections. Once you have finished the running circle of 400 m, the machine will remind you with a Beep sound and shows the number of circles that you have run within 2 seconds.

SPEED WINDOW

It displays the speed under operation mode in the range: 1.0 - 22 km/h. The window will show P1-P24-U1-U2-U3-HP1-HP2-FAT under setting mode.

MATRIX WINDOW

Under the stand-by mode, it will show 400 m running away. After finishing this 400-m running, the system will remind with the Beep sound and show the number or circles you have run.

BUTTON FUNCTION

PROGRAM

Under STOP mode push this button to choose modes circularly "0:00", "15:00", "1.0", "50" ("0:00" is manual mode, "15:00" is the time count down, "1.0" is distance count down and "50" calorie count down). When you choose each mode, you can press the speed button and incline button to set the value. Thereafter press the START button to start this treadmill. Under the stand-by mode, push this button to choose program from: P1-P24...U1-U2-U3-HP1-HP2-FAT.

START

When the power is on and the safety key inserted, push this button to start the device.

STOP

It has the PAUSE and STOP function. Under running mode, press this button to pause the machine. All the data will be kept and the matrix window shows "PAU". Push the START button in the pause mode to set it again to work. If you press STOP again, the machine will stop and all the data will be recovered to initial setting.

SPEED+/SPEED-

Push this button to set the value under the setting mode. Press this button to adjust the speed when the machine runs.

INCLINE+/INCLINE-

Push this button to set the value under the setting mode. Press this button to adjust the incline when the machine runs.

INCLINE: low (3), medium (6), high (9) – incline shortcut button: quick incline setting.

SPEED: fast (9), medium (6), slow (3) – speed shortcut button: quick speed setting.

ENTERTAINMENT FUNCTIONS

IPHONE/IPAD

You can use the IPHONE/IPAD default entertainment function after this device has been powered. Connect your IPHONE/IPAD to the connector and listen to music or watch a video in this mode.

$\blacktriangleright \flat$	You can push this button and hold it for about 4 seconds to increase the volume level.
	You can push this button and hold it for about 4 seconds to decrease the volume level.
	Push it to stop or restart the music or video.

RADIO FUNCTION

	Push this button for a few seconds to search the channel of FM radio.
$\blacktriangleright \flat$	Push this button to search the next FM channel.
	Push this button to search the previous FM channel.

USB CARD SLOT

You can insert the USB card to the USB card slot and the machine will display the music automatically.

$\blacktriangleright \flat$	You can push this button and hold it for about 4 seconds to increase the volume level.
	You can push this button and hold it for about 4 seconds to decrease the volume level.
►II	Push it to stop or restart the music.

SD CARD SLOT

You can insert SD card to the SD card slot and the machine will display the music automatically.

\blacksquare	You can push this button and hold it for about 4 seconds to increase the volume level.
	You can push this button and hold it for about 4 seconds to decrease the volume level.
	Push it to stop or restart the music.

VOICE INPUT/VOICE OUTLET

	If you insert your headphone to the headphone jack, the voice from USB, SD or radio will be transferred to the headphone.
5	You can connect an external MP3 equipment to the MP3 jack and choose your favourite music or program.

ENTERTAINMENT FUNCTION TRANSFER

You can press this button to choose around 4 entertainments: IPHONE/IPAD O display, USB display, SD display and radio display. When USB and SD cards are not inserted, you can choose between IPHONE/IPAD display and radio display.

NOTICE: The priority for the functions of IPHONE/IPAD display, USB display, SD display in this order. The later function will replace the previous function.

FAN

Push FAN key to start cooling fan.

LUBRICATION REMIND FUNCTION

This machine has lubrication remind function. After every 300 km of running, it must be lubricated with oil. The system will remind you with BI-BI-BI sound for every 10 seconds and the TIME window shows "OIL". You should lubricate it with oil. Read the manual and add the oil onto the middle part of the running board. After you have finished the lubrication, push and hold the STOP key for 3 seconds. The warning sound will disappear.

START-UP QUICKLY (MANUAL)

- 1. Open the power switch and attach the magnet end of the safety key to the computer.
- 2. Push START/STOP button and the system will count down for 3 seconds. The buzzer makes a sound and the matrix window displays counting down. After 3 seconds the machine will run at the speed of 1.0 km/h.
- 3. After the start, you can use SPEED UP or DOWN to adjust the speed. Or use INCLINE UP or DOWN do adjust the incline.

OPERATION OF EXERCISE PROCESS

SPEED-DOWN	Will decrease the running speed.
SPEED-UP	Will increase the running speed.
INCLINE-DOWN	Will decrease the incline.
INCLINE-UP	Will increase the incline.
SPEED SHORTCUT BUTTON	Will adjust the running speed.
INCLINE SHORTCUT BUTTON	Will adjust the inclination.
STOP	Will stop the device.
GRIPPING THE HANDLE PULSE	With both hands for more than 5 seconds to show the pulse data.

MANUAL MODE

- Under the stand-by mode, push START key directly and the treadmill will work at the speed 1.0 km/h and incline of 0. The other windows will start counting from positive direction (windows default). You can push SPEED+/SPEED- to change the speed or INCLINE+/INCLINE- to change the incline.
- Under the stand-by mode, push PROGRAM key to enter counting down. The TIME window will display 15:00 and start glittering. Push SPEED+, SPEED-, INCLINE+, INCLINE- to set up the required time. The possible range is: 5:00 99:00.
- In the time setting model push PROGRAM key to enter the distance counting down. DISTANCE window will display "1.0" and starts glittering. Press SPEED+, SPEED-, INCLINE+, INCLINE- to set up the distance that you need. The range is: 0.5 – 99.9.
- To set up the distance, push PROGRAM key to enter calories counting down. The CAL window will display "50" and starts glittering. Press SPEED+, SPEED-, INCLINE+, INCLINE-to set up required calorie amount. The range is: 10 999.
- After you have finished all the setting, push START key to start it. The treadmill will run after 3 seconds. Push SPEED+, SPEED-, INCLINE+, INCLINE- to adjust the speed and the incline. Press STOP to stop the treadmill.

INNER INSTALL PROGRAM

- You can choose from 24 inner install programs in order: P1 P24.
- At the initial situation push PROGRAM key and the SPEED window displays: P1 P24.
- Choose required program and the TIME window starts glittering at the same time.
- It displays the advance setting time 10:00. Press SPEED+, SPEED-, INCLINE+, INCLINE- to set up the exercise time that you want. Push START to start the set program.
- The inner install program can be divided into 10 sections. Each section time = total time (you have set)/10.
- During operation of each section you can push SPEED and INCLINE keys to adjust these parameters.
- This device will recover these parameters, that you have set, while entering next section.
- When this device will finish one program, it makes sound B-B-B three times and stops smoothly.

PROGRAM EXERCISE CHART

		TIME INTERVAL=SETTING TIME/10									
			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
Γ4	INCLINE	2	2	3	3	2	2	4	6	2	2
P5	SPEED	3	6	7	5	8	6	7	6	4	3
FJ	INCLINE	1	2	4	3	2	2	4	5	2	1
P6	SPEED	2	8	6	4	5	9	7	5	4	3
FU	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
15	INCLINE	3	5	3	4	2	3	4	2	3	2
P10	SPEED	2	3	5	3	3	5	3	6	3	3
110	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
1 12	INCLINE	3	5	6	7	12	9	11	11	6	3
P13	SPEED	2	7	4	7	8	9	4	5	3	2
1 10	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
1 10	INCLINE	5	7	5	8	6	5	9	10	6	2
P19	SPEED	3	7	6	5	9	7	6	3	5	2
115	INCLINE	3	5	6	8	5	6	5	12	8	3
P20	SPEED	3	7	9	10	11	12	10	8	5	2
120	INCLINE	2	5	6	7	6	5	8	6	3	2
P21	SPEED	3	6	8	7	9	10	5	8	3	2
121	INCLINE	3	6	8	9	9	6	8	10	6	3
P22	SPEED	3	5	8	6	9	10	8	12	6	3
1 22	INCLINE	2	6	8	10	12	10	12	8	5	2
P23	SPEED	3	5	9	11	12	8	6	5	3	2
F 23	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

SELF-DEFINE PROGRAM

There are 3 users self-define programs (U1, U2, U3) besides the 24 inner installed programs.

1. User self-define program setting

In the initial situation press PROGRAM continually until U1, U2, U3 appears. Hold one for 3 seconds to enter the self-define program setting. To set the first interval time, press SPEED+, SPEED-or push speed shortcut button to set the speed. Press INCLINE+, INCLINE- or incline shortcut button to set the incline. Then push PROGRAM key to finish the first interval time and enter the second interval time. Finish all the 10 intervals. Data will be kept until next setting not being deleted by POWER OFF.

2. User self-define program starting

If this device is waiting for operation, press the PROGRAM key continuously until U1, U2 and U3 appear. Set the running time and press START to start the device.

3. User self-define program instruction

Each program will be divided into 10 time sections. Set the speed and incline in each interval time and set the time for which you want to run. Push START to start running.

HEART RATE CONTROL

				Н	RC PA	RAMETER						
		BPM										
AGE	Н	DEFAULT	L	AGE	Н	DEFAULT	L	AG	θE	Н	DEFAULT	L
15	195	123	123	35	176	111	111	5	8	154	97	97
16	194	122	122	36	175	110	110	5	9	153	97	97
17	193	122	122	37	174	110	110	6	0	152	96	96
18	192	121	121	38	173	109	109	6	1	151	95	95
19	191	121	121	39	172	109	109	6	2	150	95	95
20	190	120	120	40	171	108	108	6	3	149	94	94
21	189	119	119	41	170	107	107	6	4	148	94	94
22	188	119	119	42	169	107	107	6	5	147	93	93
23	187	118	118	43	168	106	106	6	6	146	92	92
24	186	118	118	44	167	106	106	6	7	145	92	92
25	185	117	117	45	166	105	105	6	8	144	91	91
26	184	116	116	46	165	104	104	6	9	143	91	91
27	183	116	116	47	164	103	103	7	0	143	90	90
28	182	115	115	48	163	103	103	7	1	142	90	89
29	181	115	115	49	162	103	103	72	2	141	90	89
30	181	114	114	50	162	102	102	73	3	140	90	88
31	180	113	113	51	161	101	101	74	4	139	90	88
32	179	113	113	52	160	101	101	7	5	138	90	87
33	178	112	112	53	159	100	100	7	6	137	90	86
34	177	112	112	54	158	100	100	7	7	136	90	86
				55	157	99	99	73	8	135	90	85
				56	156	98	98	7	9	134	90	85
				57	155	98	98	8	0	133	90	84

- 1. Press PROGRAM continuously under the stand-by mode. You can find heart rate control from HP1 to HP2. The maximum speed for HP1 is 10.0 km/h and the maximum speed for HP2 is 12.0 km/h. Then push START key directly and the system will recommend the age of 30 years and heart rate target of 114.
- If you find HP and keep it for 3 seconds, the TIME window will display and show the default age of 30 years. The user can push INCLINE+, INCLINE-, SPEED+, SPEED- to adjust the age. The age range is from 15 to 80 years. Take the HRC PARAMETER above for reference.
- After selecting the age, press PROGRAM key again and the system will recommend suitable heart rate value according to your age. Press INCLINE+, INCLINE-, SPEED+, SPEED- to adjust the target heart value. The value is from 84 to 195. Take the HRC PARAMETER above for reference.
- 4. After you choose the age and heart rate value, press PROGRAM and enter time setting. The default time is 10:00 mins. You can press INCLINE+, INCLINE-, SPEED+, SPEED- to adjust the time in the range: 10:00 99:00.

- 5. Press PROGRAM or START key to start it.
- 6. Under the HRC program, the keys INCLINE+, INCLINE-, SPEED+, SPEED- are available to adjust the speed and incline. The system can adjust them automatically to achieve the users target heart rate value.
- 7. The first 1 min. of your running is the warm-up phase. The system will not adjust the speed and incline automatically, just manual adjustment is possible within first minute. After this period the system will add speed with the frequency of 0.5 km each time. If the HP1 or HP2 value reaches the maximum speed and the heart rate target value hasn't been achieved, the system will add incline with frequency of 1 section each time in order to reach users target heart rate value. This device stops automatically, when the set time has been finished.

NOTE: Heart rate control program can only be available, when the chest belt is used. The chest belt must closely fit the chest and skin.

	PROGRAM	DEFAULT	SET UP RANGE	DISPLAY RANGE
TIME (MIN:SECOND)	0:00	15:00	5:00-99:00	0:00-99:59
INCLINE (SELECTION)	0	0	0-20	0-20
SPEED (KM/H)	0	1.0	1.0-22	1.0-22
DISTANCE	0.0	1.00	0.5-99.9	0.00-99.9
CALORIES (THERM)	0	50	10-999	0-999

RANGE OF PROGRAM

BODY TESTER

At the beginning state, push PROGRAM to enter BODY FAT tester. Push PROGRAM and hold for 3 seconds to enter: F-1, F-2, F-3, F-4, F-5 (F-1 Sex, F-2 Age, F-3 Height, F-4 Weight, F-5 Body fat). Push SPEED+/SPEED- to set F-1 – F-4 referring to the following chart. Then press MODE to set F-5. Grasp the hand pulse and the window displays your body quality index after 3 seconds. The body quality index is to test the relation between height and weight. The body fat suits for any male or female. The ideal FAT should be 20-25. If it is under 19 – too thin. If it is between 26-29 – overweight. If it is over 30 – obesity. Mentioned data are just for reference and don't have medical approval.

F-1	Sex	01 Male	02 Female
F-2	Age	1099	
F-3	Height	100200	
F-4	Weight	20150	
	Fat	≤19	Underweight
F-5	Fat	= (2025)	Normal weight
	Fat	= (2629)	Overweight
	Fat	≥30	Obesity

SAFETY LOCK FUNCTION

Under any mode, when you pull out the safety key, the machine will stop. The window shows "---", with reminding sound of Bi-Bi-Bi. This device cannot work until the safety key will be inserted back.

POWER SAVE FUNCTION

The machine is equipped with energy saving function. Under the stand-by mode, at the state of waiting for operation, it switches automatically into power save mode if there is no operation within 10 minutes. The display will be closed. Push any button to re-wake it.

TURN OFF

Switch off the power. You can switch off the power to stop the treadmill not risking damage.

WARNING:

- We recommend to keep a slow speed at the beginning of your workout and grasp handrails until you become familiar with this device.
- Insert the safety key into the lock and attach the clip on the other side of the rope to your dress.
- Push STOP or pull out the safety key to stop the treadmill immediately.

EXERCISE INSTRUCTIONS

WARM-UP PHASE

This stage should improve your blood circulation and prepare muscles for proper working to reduce the risk of possible cramp or injury. We recommend to do a few stretching exercises as shown below. Each stretching should be kept for approx. 30 seconds. Don't overstretch yourself and don jerk muscles too intensively. If you feel pain, stop immediately.

(A)	Touching your toes				
	Slowly bend your back from hips. Keep your back and arms relaxed while stretching downwards to your toes. Do it as far as you are able and hold the position for 15 seconds. Bend your knees slightly.				
Ð.	Shoulder lifts				
TA.	Raise your right shoulder up towards your ear and hold for 2 seconds. Then repeat for your left shoulder while lowering the right.				
	Hamstring stretched				
	Sit and outstretch your right leg. Rest the sole of your left foot against the inside of your right tight. Stretch out your right arm along your right leg as far as you can. Hold for 15 seconds and relax. Repeat all with your left leg and left arm.				
e \	Side stretches				
	Raise your arms above your head. Stretch your right arm towards the ceiling as far as possible. Stretch your upper body towards the right side. Then repeat the exercise for the left side.				
8.4.	Calves and Achilles tendon				
and the second sec	Lean against a wall with your left leg in front of the right one and your arms forward. Stretch out your right leg and keep your left foot on the floor. Bend your left leg and lean forwards by moving your right hip in the direction of the wall. Hold for 15 seconds. Keep your leg stretched and repeat exercising with other leg.				

M

Head rolls

Slowly tilt your head to the right, stretching out the left side of your neck. Hold for 20 seconds. Then tilt it back again to the left and continue until the right side of your neck is stretched out. Hold for 20 seconds. Slowly tilt your head forwards and stick out your neck. Don't rotate your head all the way round. Repeat it several times.

EXERCISING PHASE

You have to put in the effort in this phase. After proper exercising, the muscles of your legs should get stronger. It is very important to maintain steady tempo. The rate of working should be sufficient to raise your heart rate into the target zone. This stage should last for a min. 12 mins, although most people start at about 15-20 mins.



COOL-DOWN PHASE

Let your cardio-vascular system and muscles get calm in this stage. Repeat the warm-up exercises, but reduce your tempo and continue for approx. 5 minutes. The stretching exercises should now be repeated. Don't jerk or force your muscles too much. If you get fitter, you can train longer and more strenuous. It is advisable to exercise at least three times a week and space it evenly throughout the week.

You will have to set the resistance quite high to tone your muscles. It means more strain for your muscles and may mean you cannot train as long as you would like. If you want to improve your fitness, you need to change your training program. You can train as normal during the warm-up and cool-down phase, but towards the end of the exercising phase you should increase the resistance to make your legs working harder than normally. You should reduce your speed to keep the heart rate in the target zone. The important factor here is the effort, that you have to put in. The longer and harder training, the higher number of burnt calories. The effect is the same like by fitness training, just the goal varies.

MAINTENANCE

Reasonable cleaning and lubrication should prolong the lifespan of your device. For the maximum effect, keep the belt and deck as clean as possible.

WARNING:

- The friction between the belt and deck may play a major role in the function and life of your device. We recommend to lubricate the friction points constantly to prolong its lifespan. Not to do it could void the warranty.
- Unplug the power cord before cleaning or maintenance.
- Stop the treadmill before folding.

AFTER EACH USAGE

Clean and inspect it after each using according to these instructions:

- 1. Turn off the treadmill with the ON/OFF switch and unplug it from the wall outlet.
- 2. Wipe down the running belt, deck, motor cover and console casing with a damp cloth. Never use solvents to avoid damage.
- 3. Check the power cord.
- 4. Make sure the power cord is not underneath the treadmill or in any other area, where it could be pinched or cut.
- 5. Check the tension and alignment of the running belt. Make sure that the running belt is not damaged and that all components and parts fit well.

GENERAL CLEANING

- 1. Use a soft and damp cloth to wipe the edge of the belt and the area between the belt edge and the frame. Use mild soap-water solution and nylon scrub brush to clean the top of the textured belt. Do it once monthly and let it get dry before using.
- 2. Once monthly clean the dust under your treadmill.
- 3. Once a year remove the rear motor cover and vacuum accumulated dirt.

GENERAL CARE

- 1. Check all the parts for wearing or damage before each using.
- 2. Check all bolts and nuts. They must be well tightened.
- 3. Damaged or worn parts must be replaced immediately. Don't use damaged device.
- 4. If you are not sure, contact the service.

NOTE: This product contains of moving parts which have been lubricated (greased). Protect the floor and carpet from leakage and pollution.

PROPER LUBRICATION CHECKING

- Disconnect the main power supply.
- Fold the treadmill up into the storage position.
- Touch the back surface of the running belt.
- It is slick to touching, no lubrication is needed.
- If the surface is dry, apply silicone lubricant.

NOTE: We recommend to use a silicone-based spray to lubricate it. You can buy it by a local sports seller.

RUNNING BOARD LUBRICATION

This device is equipped with lubricated running board that needs constant maintenance. The friction between the running belt and running board has a great impact to its life.

Lubrication frequency:

- Moderate use (3-5 hours per week) every 3 months
- Frequent use (more than 5 hours per week) every 2 months
- Or every time the total distance is higher than 250–300 km.
- Always use silicon oil inSPORTline.

How to lubricate:

- Switch off the power.
- There is an Allen-head bolt at the back of the running deck (opposite the computer end) on both side rails.
- Turn both bolts anti-clockwise by full five turns to release the belt tension.
- Lift the edge of the running belt by approx. 30 40 cm from the roller.
- Apply 10 ml of oil to the underside of the belt from front to back.
- Lower the running belt and tighten all the Allen-head bolts.
- Let the belt working at the speed of 10 km/h (6 mph) for 5 10 mins.
- Wipe off excessing oil.
- Repeat, if necessary.



IDENTIFICATION WAYS FOR RUNNING AND MOTOR BELT TIGHTNESS

BELT AND MOTOR BELT

When the running belt skips, follow these steps to identify which belt must be adjusted (running belt or motor belt).

- Switch off the power and screw off the bolt on protection cover. Put the cover off the treadmill.
- Let it run at the speed of approx. 3 km/h. Step on the running belt and try to stop it with pressure. If the running belt stops together with the front roller, but the motor still runs, it means, the motor belt should be adjusted.
- Let it run at the speed of approx. 3 km/h. Step on the running belt and try to stop it with pressure. If the running belt stops, but front roll still runs, it means, the running belt should be adjusted.

RUNNING BELT CENTRING

WARNING: Don't overtighten the belt to avoid reduced motor performance and excessive roller wearing.

HOW TO CENTRE IT:

- Place the treadmill on a level surface.
- Run it at speed of 6 km/h (3.5 mph).
- If the belt moves to the right, turn the right adjusting bolt quarter circle clockwise. If the belt will not be in central position, do it again (Pic. A).
- If the belt moves to the left, turn the left adjusting bolt quarter circle clockwise. If the belt will not be in central position, do it again (Pic. B).



WARNING: Always unplug the treadmill from the electrical outlet before cleaning or maintaining this device.

EXPLODED DRAWING



PARTS LIST

NO.	DESCRIPTION	SPECIFICATION	Q'TY	NO.	DESCRIPTION	SPECIFICATION	Q'TY
1	BASE FRAME		1	63	CONSOLE ACRYLIC		1
2	MAIN FRAME		1	64	SAFETY KEY TRAY		1
3	INCLINE FRAME		1				
4	CONSOLE FRAME		1	66	SPEAKER		2
5	MOTOR BRACKET		1				
6	LEFT UPRIGHT TUBE		1	68	RUBBER MAT		1
7	RIGHT UPRIGHT TUBE		1	69	BOLT	ST3.5*10	8
8	FAN		1	70	BOLT	M6*15	2
9	FAN GUIDE TUBE		1	71	HEX	M8	6
10	FRONT ROLLER		1	72	HEX	M10	6
11	BACK ROLLER		1	73	HEX	M8	8
12	CYLINDER		1	74	ALLEN	M10*30	4
13	BUSHING		4	75	ALLEN	M10*45 L20	1
14	PLASTIC PAD		4	76	ALLEN	M10*60 L20	1
15	TRANSPORT WHEEL PLUG		4	77	ALLEN	M8*15	12
16	TRANSPORT WHEEL		2	78	ALLEN	M8*20	4
17	RUNNING BOARD		1	79	ALLEN	M8*30 L15	1
18	PCB BOARD		1	80	ALLEN	M8*40 L 20	2
19	MAGNET RING		1	81	ALLEN	M8*50 L 20	6
20	MAGNET CORE		1	82	ALLEN	M8*70 L 20	2
21	COMPUTER BOTTOM COVER UP		1	83	ALLEN	M8*80 L 20	2
22	COMPUTER BOTTOM COVER DOWN		1	84	ALLEN	M8*30	1
23	LEFT UPRIGHT TUBE COVER		1	85	ALLEN	M8*40	1
24	RIGHT UPRIGHT TUBE COVER		1	86	ALLEN	M6*55	3
25	LEFT BACK END COVER		1	87	ALLEN	M6*25	6
26	RIGHT BACK END COVER		1	88	ALLEN	M6*40	2
27	MOTOR TOP COVER		1	89	BOLT	M5*16	6
28	MOTOR BOTTON COVER		1	90	BOLT	M5*12	8
29	CUSHION		2	91	SCREW	ST4.2*12	12
30	SIDE RAIL		2	92	SCREW	ST4.2*12	35
31	NONE-SLIP MAT		2	93	SCREW	ST2.9*8	2
32	5# ALLEN WRENCH		1	94	SCREW	ST2.9*6.5	12
33	WRENCH W/SCREW		1	95	SCREW	ST4.2*15	6

	DRIVER					
34	PIPE PLUG	2	96	LOCK WASHER	6	3
35	AC SINGLE WIRE	2	97	LOCK WASHER	8	16
36	AC SINGLE WIRE	2	98	LOCK WASHER	10	2
37	SAFETY KEY	1	99	SPRING WAHSER	8	6
38	GROUNDING WIRE	1	100	FLAT WASHER C	8	7
39	POWER WIRE	1	101	SCREW WITH WASHER	M5*8	13
40	POWER OUTLET	1	102	MOTOR TOP COVER ARCYLIC		1
41	SQUARE SWITCH	1	103	BIG WASHER C	10*Ф26*2.0	8
42	OVERLOAD PROTECTOR	1	104	ALLEN	M8*42 L20	1
43	INCLINE MOTOR	1	105	SCREW	ST4.2*20	6
44	MCB BOARD	1	106			
45	RUNNING BELT	1	107	TOP SIGNAL WIRE		1
46	MOTOR BELT	1	108	BOTTOM SIGNAL WIRE		1
47	FOAM COVER	2	109	FLITER	OPTIONAL	1
48	SPEED SENSOR	1	110	INDUCTANCE	OPTIONAL	1
49			111	WIRE COVER		1
50	BLACK RUBBER CUSHION	4	112	PULSE SUPPORTING TUBE		2
51	BLUE RUBBR CUSHION	2	113	SPEED PULSE TOP COVER		1
52	BLUE RUBBR CUSHION	2	114	SPEED PULSE BOTTOM COVER		1
53	ADJUSTABLE WHEEL	2	115	INCLINE PULSE TOP COVER		1
54	CONE-SHAPE CUSHION	2	116	INCLINE PULSE BOTTOM COVER		1
55	FLAT FOOT PAD	6	117	SPEED PULSE END CAP		1
56	WIRE PROTECTOR	2	118	INCLINE PULSE END CAP		1
57	THREAD AXLE	2	119	BOLT COVER		2
58	Z-SHAPED BOARD	 2	120	PULSE IRON SHEET		4
59	DC MOTOR	1	121	SAFETY KEY COPPER SHEET		1
60	CONSOLE BOTTOM COVER	1	122	SAFETY KEY SPRING SHEET		2
61	CONSOLE TOP COVER	1	123	SCREW	ST4.2*40	2
62	CONSOLE PANEL	1				

TROUBLE SHOOTING

- 1. There is no display on screen after the machine has been connected to the power source:
 - Check the overload button. If the overload protector button bounce, press this button.
 - Make sure, the power source, overload protector, control board are connected well.
 - Make sure, the wires from the control board to the computer board are well connected.
- 2. E01 display Failure of signal from computer board to the control board:
 - Check the wire from the control board to the computer board, if it is not broken. Replace, if necessary.
 - Failure of signal transfer to computer board, electronic parts of computer board may be damaged. Change the computer board for a new one.
- 3. E02 display Anti-explosion protect or motor problem:
 - Make sure the wires from motor are well connected. If there is no problem with wire connection, change the motor.
 - Check if there is a bad smell from the motor control board. If the IGBT of control board is damaged, replace it.
 - Check if the voltage is right.
- 4. E03 display No signal:
 - If the E03 appears after running of 5 to 8 seconds, this is the failure of signal. Check the connection of a sensor. If it is not well connected, connect again. If the sensor still does not work properly, replace it.
 - The signal failure of control board. Replace it.
- 5. E04 display: The failure of incline:
 - Check that the signal wire of incline motor is well connected.
 - Check that the AC wire of incline motor is connected to the right slot.
 - Check that the wire of incline motor works properly. Replace if necessary.
 - Change the control board for a new one.
 - If all the wires are well connected, reset the button on the control board and start it again.
- 6. E05 display: Overload current protection:
 - May be the current is too strong and the system protects itself. Try to restart the machine.
 - May be a part of the machine is locked and results in the motor stop. Add the oil to the machine and restart it.
 - Check if there is a bad smell coming from motor. If it is so, replace the motor.
 - Check if there is a bad smell coming from the control board. If it is so, replace it.
- 7. You cannot start the machine. After you have pushed the start key, the time is counting, but the motor cannot work and you can see no error code on the screen.
 - Check that the wires of motor are well connected.
 - Check that the safety pipe on the control board is not damaged. Replace if necessary.
 - Check that the IGBT on the control board is not damaged. Replace it if necessary.

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

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

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

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

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

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

Warranty Conditions

Warranty Period

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

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

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

- User's fault, i.e. product damage caused by unqualified repair work, improper assembly, insufficient insertion of seat post into frame, insufficient tightening of pedals and cranks
- Improper maintenance
- Mechanical damages
- Regular use (e.g. wearing out of rubber and plastic parts, moving mechanisms, joints etc.)
- Unavoidable event, natural disaster
- Adjustments made by unqualified person
- Improper maintenance, improper placement, damages caused by low or high temperature, water, inappropriate pressure, shocks, intentional changes in design or construction etc.

Warranty Claim Procedure

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

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

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

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

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

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

S in**sport**line

SEVEN SPORT s.r.o.

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Date of Sale:

Stamp and Signature of Seller: