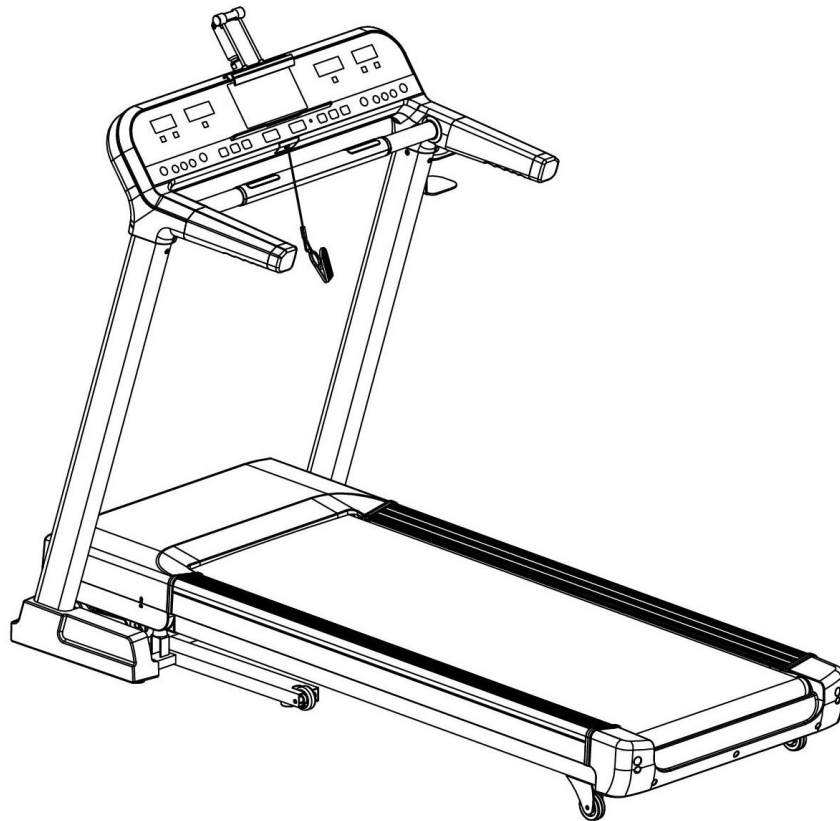




**USER MANUAL – EN**

**IN 16529 Treadmill inSPORTline inCondi T70i II**



# CONTENTS

- SAFETY PRECAUTIONS..... 3
- PACKAGE LIST..... 4
- ASSEMBLY TOOLS ..... 5
- ASSEMBLY STEPS ..... 5
- FOLDING STEPS..... 9
- TRANSPORT TIPS ..... 9
- OPERATION INTRODUCTION..... 10
- HOMEPAGE INTRODUCTION ..... 11
- ICON DESCRIPTION ..... 12
- FUNCTION DESCRIPTION ..... 13
- SIMPLE MALFUNCTION AND SOLUTION (SHOWN IN TFT SCREEN)..... 30
- STRETCHING TIPS ..... 31
- EXERCISE SAFETY ..... 32
- MAINTENANCE ..... 33
- EXPLODED DRAWING..... 34
- PARTS LIST ..... 36
- STORAGE ..... 39
- IMPORTANT NOTICE..... 39
- ENVIRONMENT PROTECTION ..... 40
- TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS..... 40

## SAFETY PRECAUTIONS

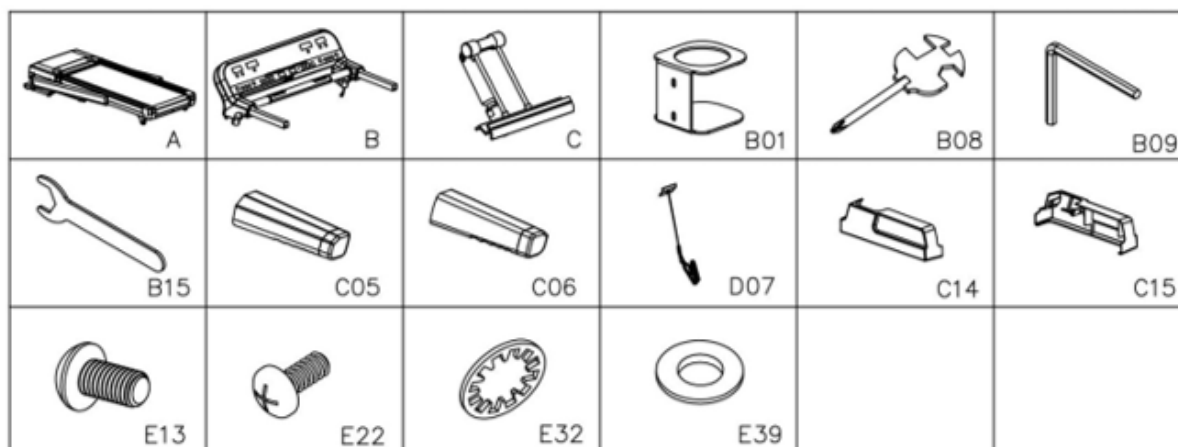
Thank you for purchasing this product that has been designed to provide you with many years of trouble-free using. Read this manual carefully before first using and retain it for future reference to increase your safety.

- Observe all warnings and precautions to reduce possible risk of an injury.
- Consult your physician before starting any workout to decrease an injury risk. It is especially important if you take some medication that can affect your heart function, blood pressure or cholesterol level.
- Respect signals of your body. Improper using can damage your health. If you fell faintly or have some health problems, stop immediately. Don't exercise if you have some of following symptoms: pain, tightness in chest, irregular heartbeat, extreme shortness of breath, filling light-headed, dizzy or nauseous. If you have some of these complications, consult your physician before starting any workout.
- Observe all electric precautions to reduce the risk of an electric shock.
- Check the power cable for damage or wearing prior to use. If you find some damage or wearing, don't use it.
- Never touch the power cable with wet hands.
- Never walk on the cable and never pinch it.
- Use only supplied power cable.
- Use it only for intended purpose and according to this manual.
- Be sure that the voltage of the electric supply is correct and same as indicated on the power cable.
- Inform all possible users about safety and possible risks.
- Two adult people are required to remove it from the package and to assemble it.
- Unplug it from the wall socket or from the power source before assembly.
- Put in on a solid, flat and clean surface. Use a protective cover to protect your floor and carpet. Keep a safety clearance of at least 0.6 m from other objects. Keep a free space of at least 2x1 m behind this device.
- Protect it from moisture and dust.
- Before each using check, that all screws and nuts are well tightened.
- Regularly check it for damage or wearing to increase your safety. Damaged or worn parts should be replaced immediately. Never use damaged or worn product.
- Braking is controlled by the belt rotation power supply.
- It is not intended for therapeutic purposes.
- This device is intended only for adults. Keep children and pets away from this device.
- Wear adequate sports clothes and shoes. Avoid too loose clothes that can be easily caught in the machine.
- No adjustable part should protrude and obstruct user movements.
- Don't do any improper modification.
- Keep your back straight and don't bend it while exercising.
- If you feel faintly, stop using and cool-down.
- This pulse sensor is not a medical device and its accuracy can be negatively influenced by many factors. Never use it for medical purpose.

- Pay attention while lifting or transporting it to avoid back injury. Use proper lifting techniques or ask some other adult person for assistance.
- A safety key is supplied for personal safety. Use it while operating this treadmill for safe stopping. In some emergency case, put both hands on the handlebars and your feet onto the non-slip surface of the main frame. After doing it, the safety key will be disengaged from the computer and the emergency function activated.
- Maintain all moving parts weekly. Check them regularly and retighten if necessary. Check if they are nor broken or loose.
- This device is not intended for children and people with reduced physical, sensory or mental capability or for people with lack of experiences. Such people should be under adult supervision all the exercising time.
- Never let children play with this device. It is not a toy.
- This machine should be properly earthed to avoid an electric shock.
- **Weight limit:** 125 kg
- **Category:** HC (according to EN957 norm) suitable for home using
- **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.

## PACKAGE LIST

**NOTE:** Check the package list carefully before the assembly.



No.	Description	Specification	Qty.
A	Main frame		1
B	Monitor		1
C	iPad holder	optional	1
B01	Bottle holder		1
B08	Cross solid wrench		1
B09	5# Allen wrench	5 mm	1
B15	Solid wrench	19 mm	1
C05	Left foam handlebar		1
C06	Right foam handlebar		1
D07	Safety key module		1

C14	Left bottom cover		1
C15	Right bottom cover		1
E13	Bolt	M8*15	10
E22	Bolt	M5*12	6
E32	Lock washer	8	10
E39	Big flat washer	Ø5* Ø13*1.0	4

## ASSEMBLY TOOLS

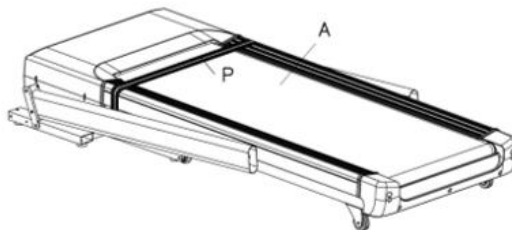
Description	Specification	Pc
5# inner hex wrench	5 mm	1
Cross solid wrench	S=13, 14, 15	1
Solid wrench	19 mm	1

**WARNING:** Don't switch on before finishing the assembly.

## ASSEMBLY STEPS

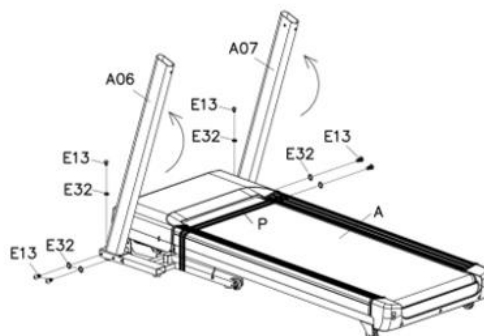
### STEP 1

- Open the package and put the mainframe A on the floor.
- **WARNING:** Don't open the packing belt (P) before setting up the treadmill.



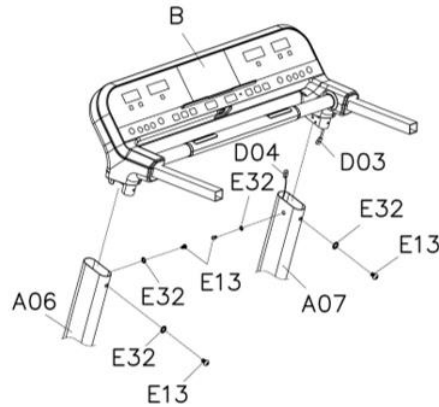
### STEP 2

- First lift columns A06 and A07.
- Fix column A06 to the main frame A with bolt E13 and lock washer E32 using 5# Allen wrench B09.
- Fix the column A07 to the mainframe according to the steps above.
- **WARNING:** Support the column with hand to avoid falling.



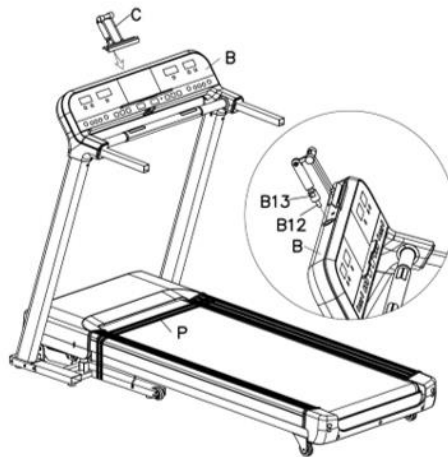
### STEP 3

- Connect the monitor cable D03 with cable D04.
- Attach monitor B to the left and right column A06/A07 using bolt E13 and lock washer E32 with 5# Allen wrench B09.
- **WARNING:** Make sure the cables are properly connected before fastening.



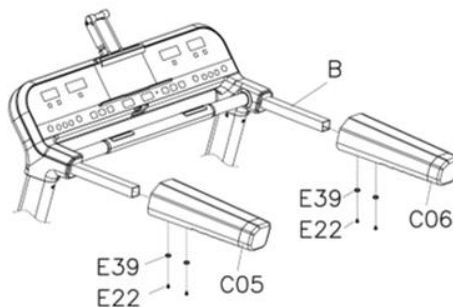
### STEP 4

- Screw the iPad holder C into the monitor B with solid wrench B15.
- **WARNING:** First screw the shaft B12 of the iPad holder into the monitor B by hand and then fasten the stop nut B13 using solid wrench B15. The iPad holder is an optional part. You will not assemble it, if you don't find it in the package.



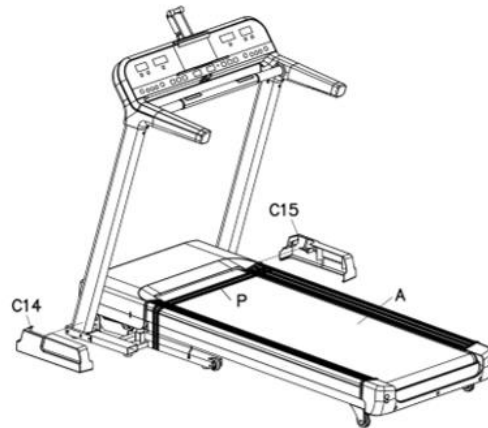
### STEP 5

- Fix the left and right foam handlebar C05/C06 to the monitor B with bolt E22 and big washer E39 using cross solid wrench B08.



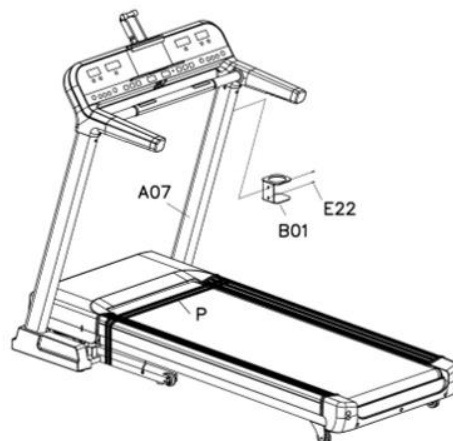
## STEP 6

- Fix the left and right bottom cover C14/C15 to the mainframe.
- **WARNING:** The structure of the left and right bottom cover is a buckle design. Please make sure, all the buckles are securely fastened.



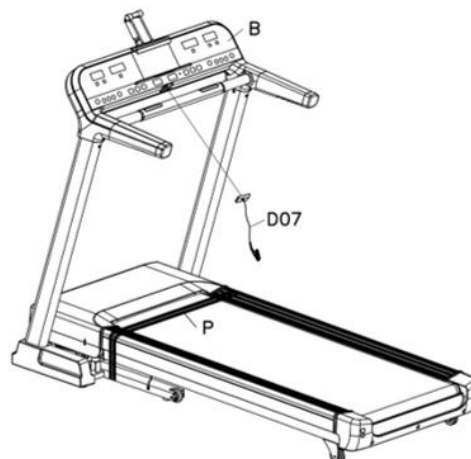
## STEP 7

- Fix the bottle holder B01 to the right column A07 using bolt E22 with cross solid wrench B08.



## STEP 8

- Cut off the P belt.
- Insert the safety key D07 into the monitor B.

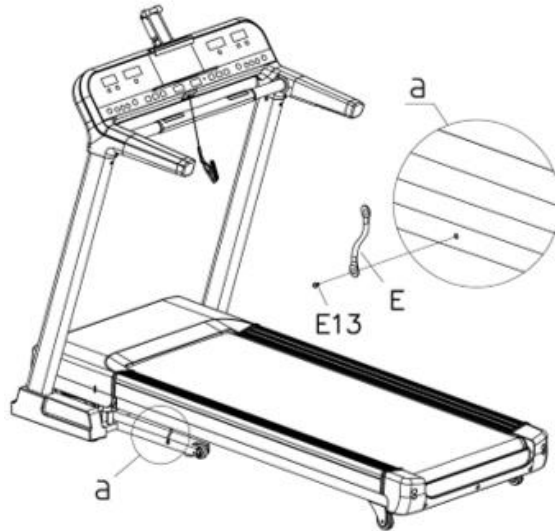


**SAFETY KEY USAGE:**

- Before running, attach the safety key clip D07 to your clothes.
- In some danger pull rope of the safety key and the machine will stop.

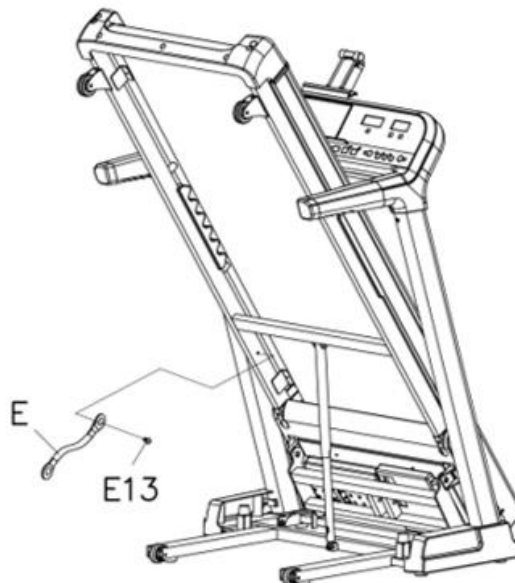
**STEP 9**

- Take apart the bolt M8\*15 (E13) in the bottom side of the steel cable (E) using 5# Allen wrench B09.



**STEP 10**

- Take apart the bolt M8\*15 (E13) in the top side of the steel cable (E) using 5# Allen wrench B09. Then take away the steel cable from the bottom frame.
- **NOTICE:** The steel cable will ensure your safety during assembly. You can keep it for future using.

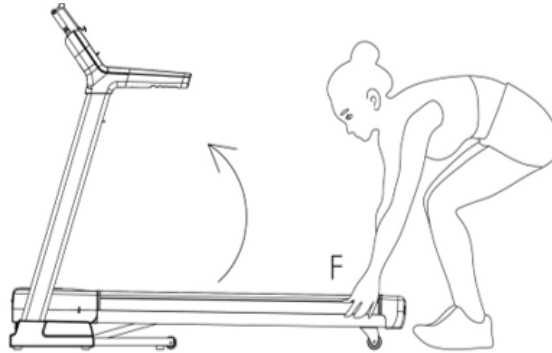




## FOLDING STEPS

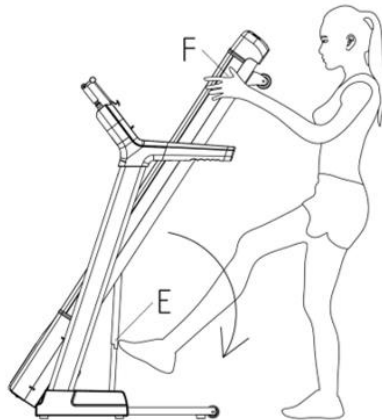
### FOLDING UP

- Hold the running deck which showed in the F position and then fold it up in the arrow direction until you hear a bang sound from the air cylinder.
- **WARNING:** It is forbidden to fold up it when the machine is in running or incline mode.



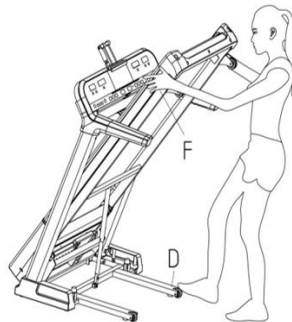
### FOLDING DOWN

- Support place F with hand, kick the place E of air pressure bar, then the base frame will fall automatically.

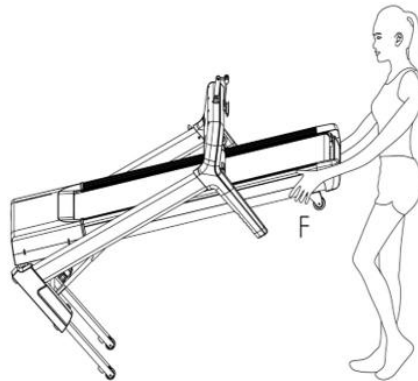


## TRANSPORT TIPS

- To tilt it, start by placing one hand at position F to support the top end of the treadmill. Next place one foot at position D to hold the bottom end of the treadmill steady. With your foot at D, slowly tilt the top of the treadmill downward and towards the ground. Once the main frame F reaches a low enough point, the wheels of the treadmill will become active.
















- To transport, hold the treadmill from F position and tilt until the wheels are able to move on the ground.



## OPERATION INTRODUCTION



No.	Icon	Function description
1		<p><b>Inclination/Calorie window</b></p> <p>Generally, it shows runners calories that worked out. It counts from 0 to 999. If it reaches 999, it counts again from 0. When counting down, it counts from the setting data to 0. Thereafter it stops smoothly and enters standby mode.</p> <p>When set inclination, it shows current inclination in range 0-15%. If there is not any operation, it enters calorie window after 30 seconds.</p>
2		Time window: displays running time
3		Distance window: displays running distance
4		Speed/Pulse window: it shows usually your current speed in range 0.8-20.0 km/h. If you hold the pulse sensor for several seconds it shows your current pulse in range 50-200 bpm. These data are only for reference and cannot be used for medical purpose.
5		Incline - button: each press decreases by 1 section. Press it over 0.5 second and incline will be decreased continually.
6		INCLINE: 6, 8, 10: Shortcut key for inclination.

7		Incline + button: each press increases by 1 section. Press it over 0.5 second and incline will be increased continually.
8		Play/pause key to stop or to restart the music or video.
9		VOL- button: Push it to turn down the volume in booth music and video mode.
10		VOL+ button: Push it to turn up the volume in both music and video mode.
11		When getting through the power and safety key attached, press this button at any time to start the machine.
12		Stop/Pause: During running, press stop to pause. When it is in pause, press stop to clear the workout and to back to the standby mode.
13		MP3 interface: You can connect external MP3 and mobile phone with a MP3 wire to play music.
14		Press it to go to the previous music or video.
15		Press it to go to the next music or video.
16		Press this button to go back to home page.
17		Speed – button: each press decreases the speed by 0.1 km/h. Press it over 0.5 second and the speed decreases continually.
18		Speed 6, 8, 10: Shortcut key for different speed selection.
19		Speed + button: each press increases the speed by 0.1 km/h. Press it over 0.5 second and the speed increases continually.







## HOMEPAGE INTRODUCTION

There are seven function modules: Local Media, Internet, Programs Running, Pace, Real View Sport, User, System Manage.

You can click to choose the icon you need by sliding around on the screen with your finger.




## ICON DESCRIPTION

	User image and user name: click to set or to modify the user image and user name.
	Back button: click to go back to the last page.
	Wifi button: click to search and to connect to available wifi.
	FitShow QR code: Scan to download FitShow APP with your mobile phone. It is an optional function according to the request.
	Local Media
	Programs
	Pace
	System manage
	Volume button: click to adjust the volume while playing music or video.
	Home button: click to go back to the home page.
09:26	Time: current time displaying.
	Start button: click to start running and you can drag the icon to set its position.
	Internet
	Real view sport
	User


## FUNCTION DESCRIPTION

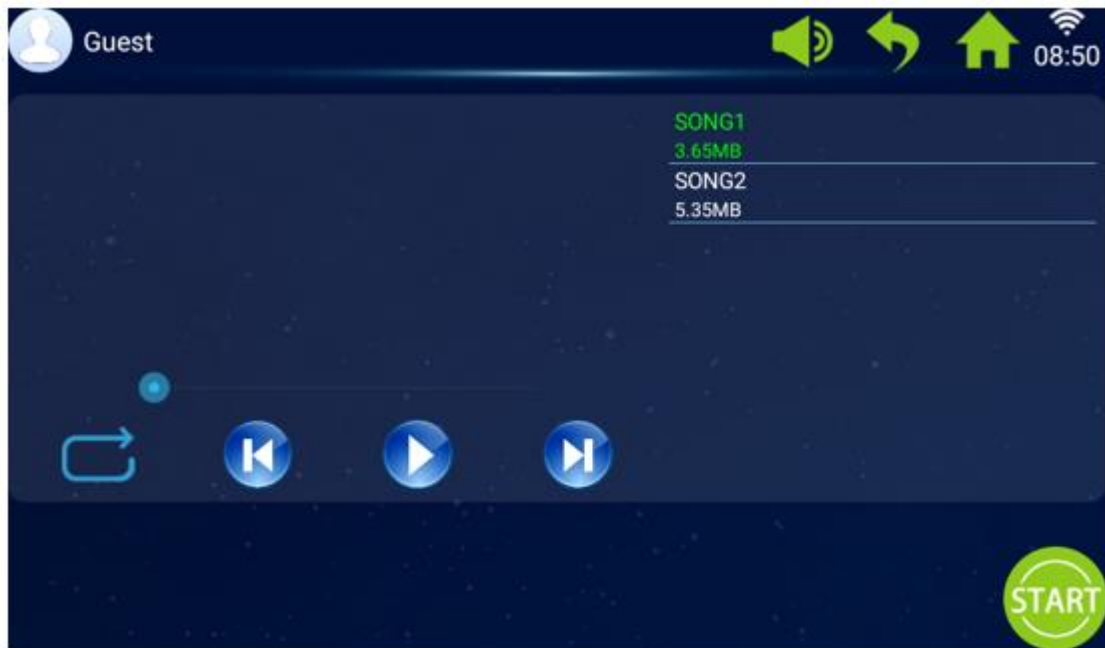
1. Local Media: Manage and display music or video from local or external USB card.

	<ul style="list-style-type: none"><li>• Support to display music and video format of MP3, APE, MP4, MOV.</li><li>• It is better to play music with bright rhythm during music. Music with fast or changeful rhythm will disrupt your running pace.</li><li>• It is dangerous to watch video while running because of mind distraction.</li></ul>
---	--

a. Click local media icon to enter local media page as below.












Click on music icon  to show the page as below.



Slide up and down with your finger and play the music by clicking on the song.





**ICON DESCRIPTION:**




SONG1 8.36 MB	The green words stand for the name of playing music and the file size. The white words stand for the rest of the music and the size of the file.		
	PLAY		Play in order
	PAUSE		Random play
	PREV		Single cycle
	NEXT		Progress bar

- b. Click on  to enter video page as below. Slide up and down and click to play the video that you want.




**ICON DESCRIPTION:**

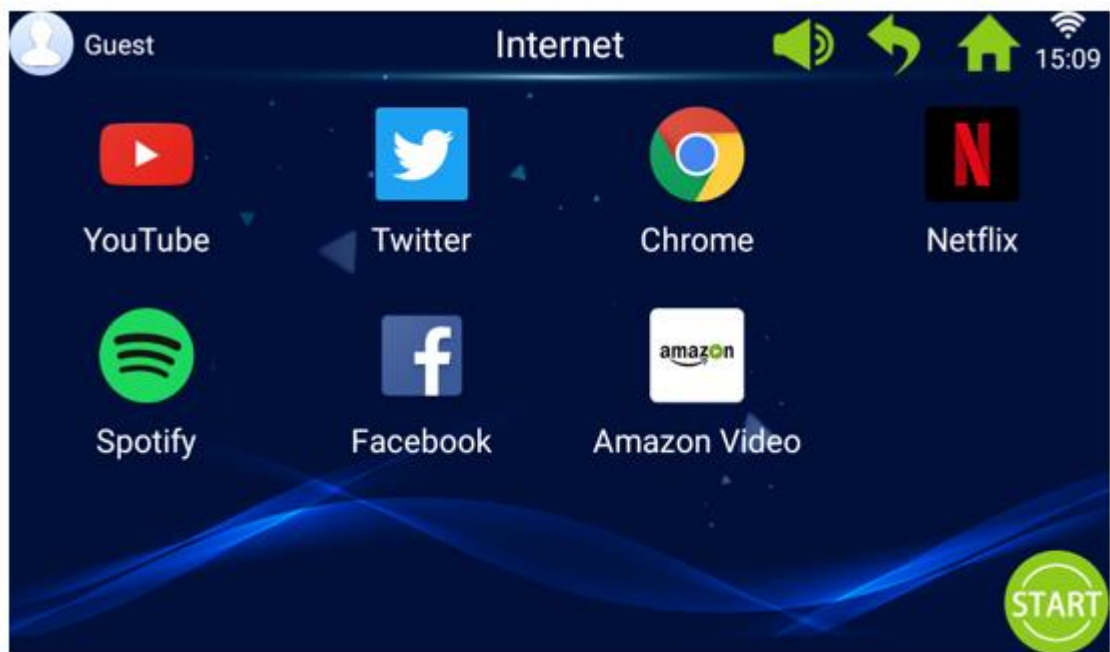
	PREV		Toggle between full screen and windowed by single tap of the playing video.
	NEXT		
	PLAY		

	PAUSE		The green words stand for the name of the video and size of the file.
	Progress bar		

## 2. Internet


	<ul style="list-style-type: none"> <li>• Internet is available after connecting to WIFI.</li> <li>• Support to display music and video format of MP3, APE, MP4, MOV.</li> <li>• It is dangerous to search the internet while running because of mental distraction.</li> </ul>
---	--


Click on the internet icon  to check the available APP.







### 3. Programs

	<ul style="list-style-type: none"> <li>• Make sure the safety key function works well before running.</li> <li>• It is better to exercise 30-60 mins. after having a meal.</li> </ul>
---	---

Click on the program icon  to enter the page as shown below. There are three countdown modes and five pre-set programs available.





Click to choose the icon that you need by sliding around on the screen with your finger. Adjust the value by clicking on the buttons  and .

#### ICON DESCRIPTION:

3 countdown modes		5 pre-set programs	
	Time countdown		Body sculpting
	Distance countdown		Fat burning
	Calories countdown		Mountain



			Road
			Heart rate control

a. Countdown mode – take time countdown mode for reference.


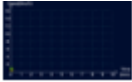






Click on the countdown mode and the page as below will show.



During the process of time countdown, click anywhere of the screen to enter incline and speed adjustment page as below. Press -Incline+ and -Speed+ button to adjust the speed and incline.



**ICON DESCRIPTION:**

	<p>Annular map: displays the percentage of current process to the target setting value.</p>
	<p>Coordinate graphs: horizontal display current running time, ordinate display current running speed.</p>
	<p>Incline: display incline section.</p>
	<p>Hold the pulse sensor for several seconds and it shows the current pulse in range from 50 to 200 bpm. Data only for reference without any medical value.</p>
	<p>Display running time.</p>
	<p>Display running distance.</p>
	<p>Display consumed calories.</p>
	<p>Display running speed.</p>

b. Pre-set programs – take program Road for reference

Click on the ROAD icon and adjust the target time and press START button to exercise. The speed will change according to each stage. You can change the speed and incline by pressing -SPEED+ and -INCLINE+ key during each stage. Also, you can adjust the speed and incline by touching the screen. Click anywhere on the screen and it will show speed and incline adjustment page. When entering next stage, the speed comes back to its original data. When stop, the screen will pop-up a running data automatically.

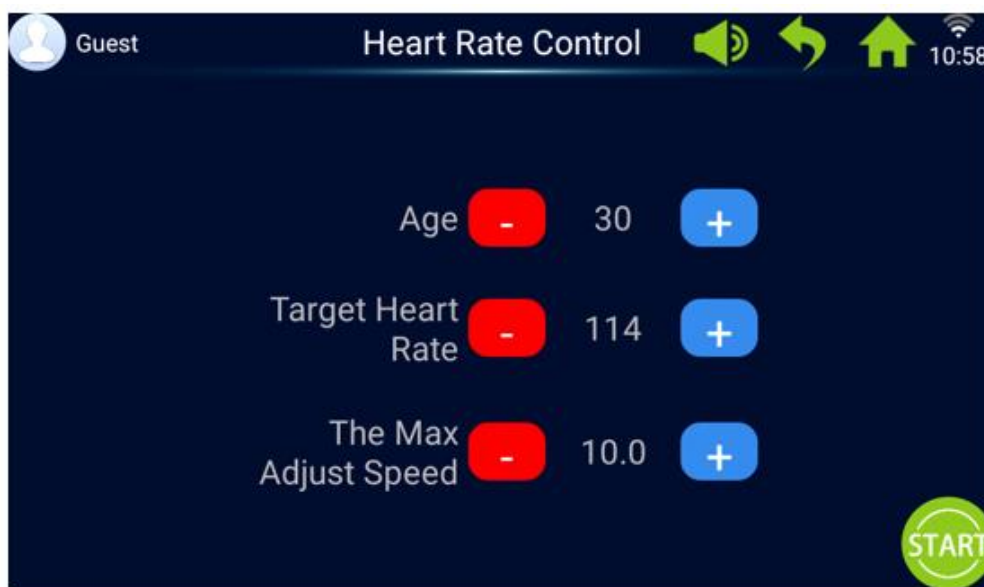


**ICON DESCRIPTION:**

	<p>Annular map: display the percentage of current running time to the target setting time.</p>
	<p>Speed and incline column diagram: horizontal display segments. Each pre-set program is divided into 16 sections. Ordinate displays running speed and incline of each section.</p> <p>Light green stands for speed.</p> <p>Dark green stands for incline.</p>

Stage/ Formula		Pre-set time/16=Each exercising time.															
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Body Sculpting	SPEED	3	6	7	8	9	10	9	8	8	9	10	9	8	7	6	3
	INCLINE	0	2	2	4	4	4	2	2	2	3	3	4	4	3	2	1
Fat burning	SPEED	5	7	9	9	11	8	8	10	10	8	10	8	6	5	4	3
	INCLINE	3	5	4	4	3	5	5	3	3	5	3	5	5	3	3	3
Mountain	SPEED	3	4	6	5	3	5	6	4	5	6	7	6	8	6	5	3
	INCLINE	6	8	10	12	14	12	10	14	12	10	8	10	6	4	3	2
Road	SPEED	3	6	7	7	8	9	9	10	10	10	9	9	8	6	4	3
	INCLINE	1	1	2	2	3	3	3	2	2	2	3	3	2	2	1	1

- c. Heart rate control program – it is an optional function. It is only available, if the treadmill comes with heart rate reviver and a chest belt.



Click on the heart rate control program icon to enter the setting page as above. Click on the START icon after setting the age, target heart rate and max. adjust speed.

The program starts with a warm stage which lasts 1 minute with incline 0 and lowest speed. You can adjust the speed and incline according to your need. Finish warm stage, the speed and incline with automatic changing according to your heart rate variation.

The treadmill will stop and pop up a running data automatically after the competition of target running time.



#### 4. Pace

	<ul style="list-style-type: none"> <li>• During the pace process, it is better to adjust the speed and incline by the quick buttons on the panel.</li> <li>• Choose a suitable pace program according to your physical condition.</li> <li>• Run in the centre of the running belt.</li> </ul>
--	--

Click on the PACE icon to enter the page as below.



There are six available paces. Slide around with your finger to choose the pace that you need and you can adjust target running time per 1 km by buttons  and .





Pace					
					
Marathon Pace	Half Marathon Pace	3 km pace	5 km pace	10 km pace	15 km pace

Take the marathon pace for reference. Click on the marathon pace icon and the page as below will appear.




**ICON DESCRIPTION:**

	Annular map: display the percentage of current running distance to the target distance.
	Circular diagram: Purple – target pace Yellow – current pace Blue – average pace

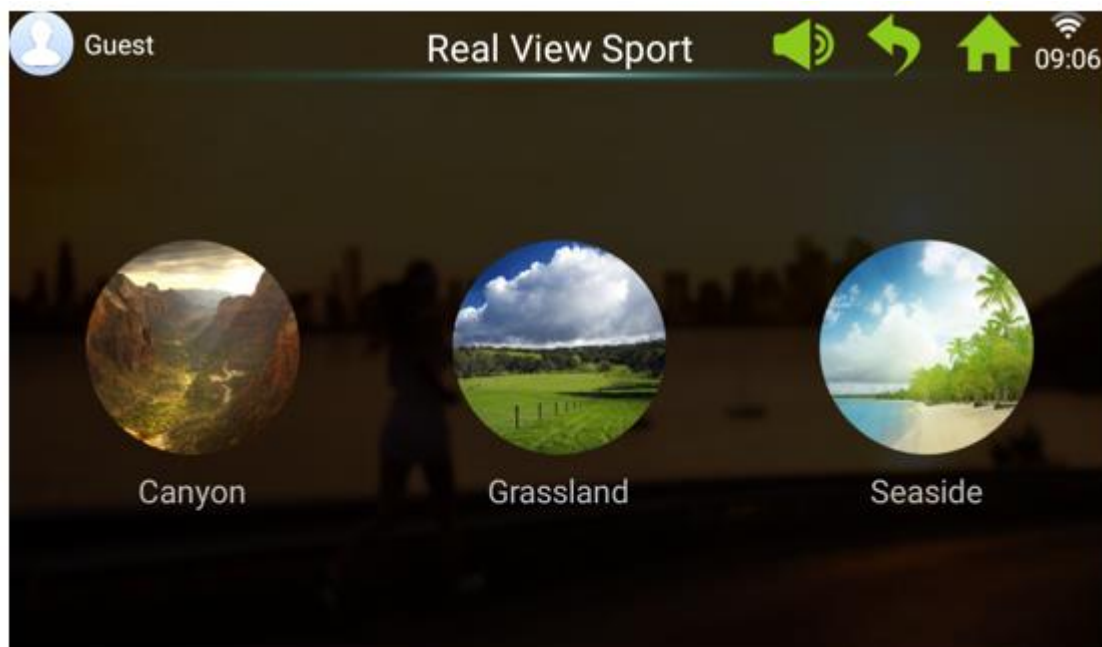
The screen will pop up a running data automatically when you stop running.





### 5. Real View Sport

	<ul style="list-style-type: none"> <li>• It will give the user feeling of outdoor running.</li> <li>• Don't exercise strenuously in fasting state.</li> <li>• Observe a water intake and don't run for more than 60 minutes continually.</li> </ul>
--	---

Click on the REAL VIEW SPORT icon. There are three real view for selection (canyon, grassland, seaside).



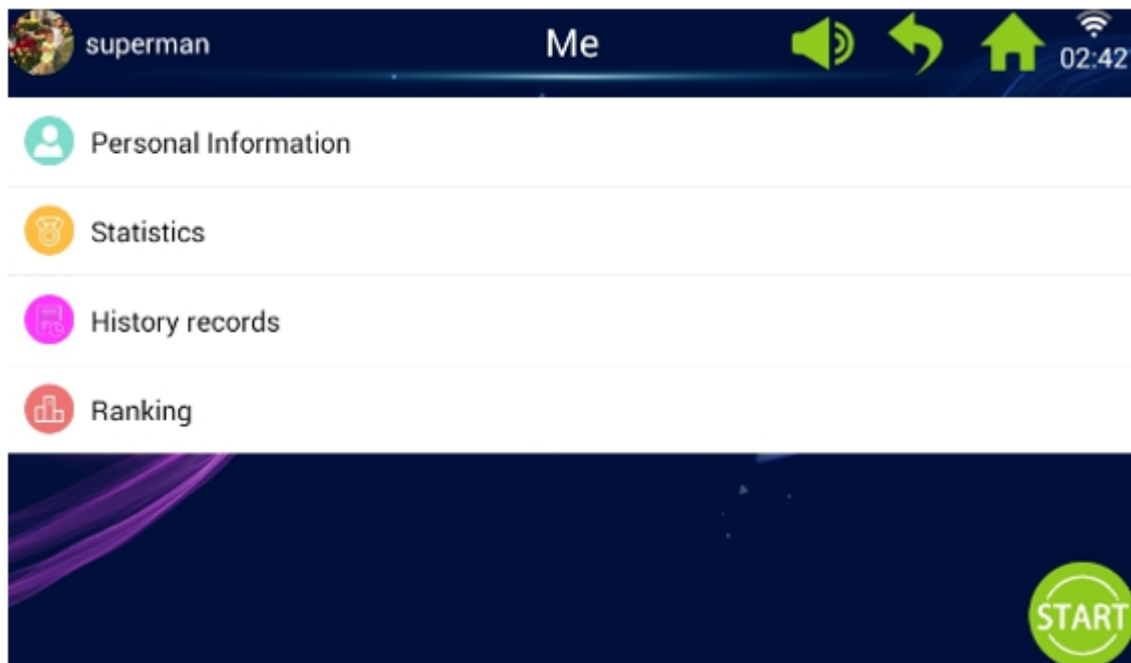
Click on the grassland icon and the page will show as below. The bottom of the page will show exercise data. Use this icon   to display or to hide the data.



## 6. User


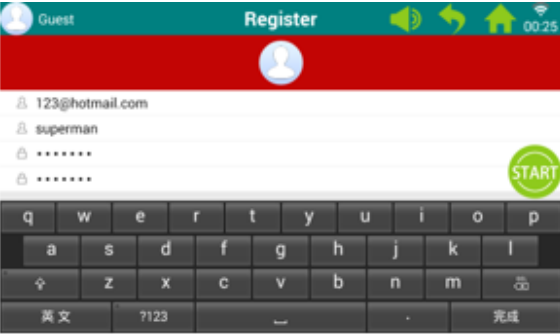
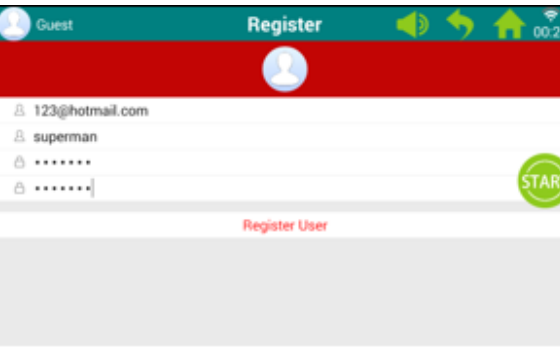
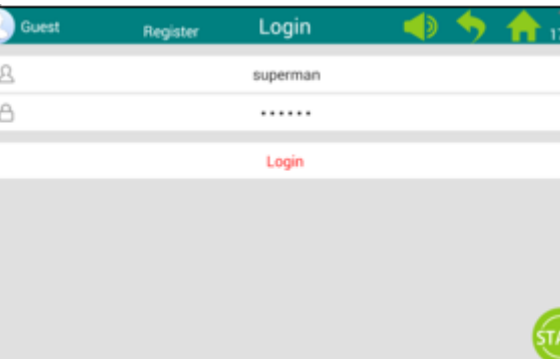
	<ul style="list-style-type: none"> <li>• Set personal information. Such as image, name, sex, height.</li> <li>• You can check your history records. The system keeps it automatically.</li> <li>• Connect to WIFI before running. The data will upload to the service management centre. You can check your ranking among all users. Data only for ranking. Your personal data will be kept in privacy.</li> </ul>
--	--

Click on the USER icon to set your personal data. The page will show as below.



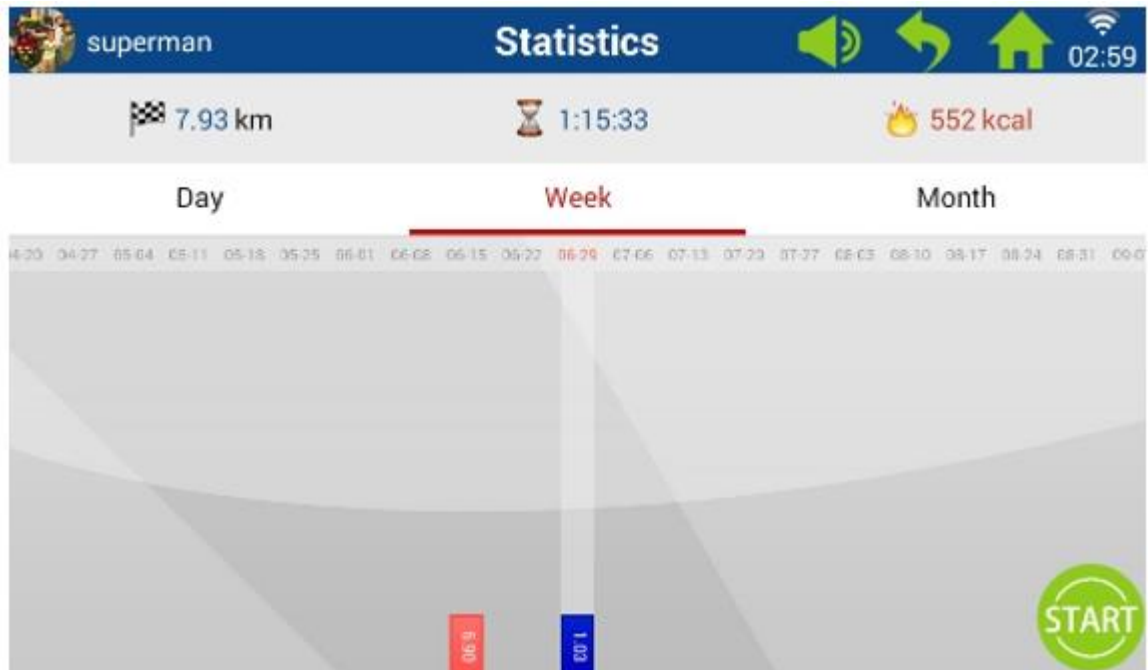







a. User register and logging in

	<ol style="list-style-type: none"><li>1. Click on the “guest” on the left top to fill in your account number and password.</li></ol>
	<ol style="list-style-type: none"><li>2. Click on register to fill in your account number, name and password. Press done after finishing.</li></ol>
	<ol style="list-style-type: none"><li>3. Accomplish by clicking on the register user.</li></ol>
	<ol style="list-style-type: none"><li>4. If you already got an account, just click on the guest on the left top and choose the Login. Then insert your account number and password to log in.</li></ol>

b. Statistics

Click on the statistic icon  to look over your running records.

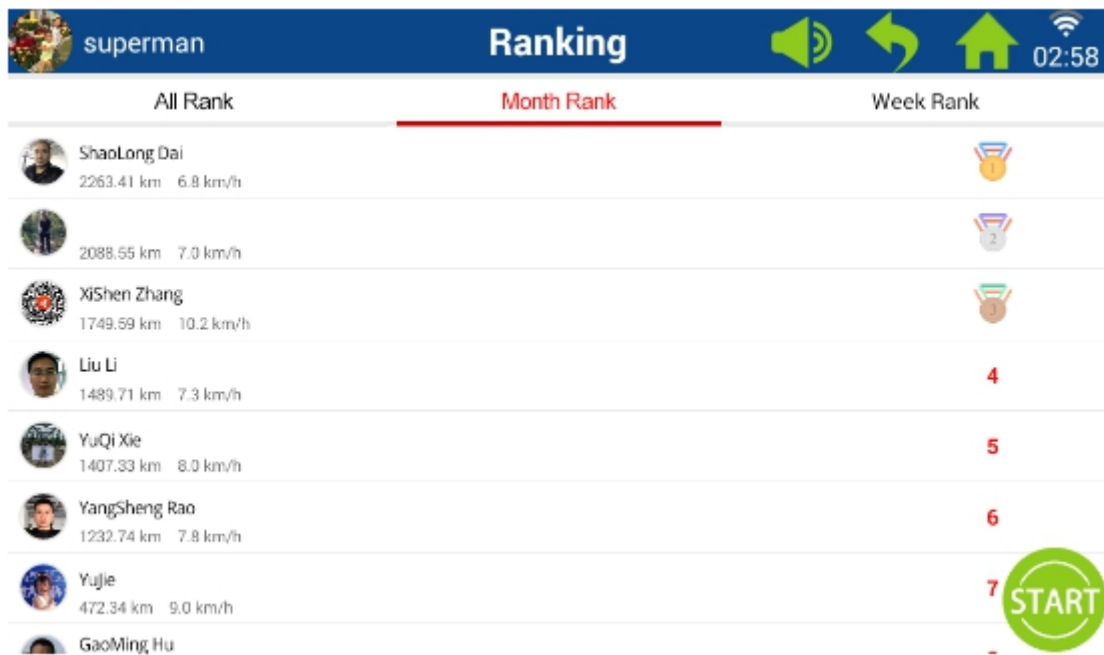


	Distance: accumulated running distance
	Time: accumulated running time
	Calories: accumulated consumed calories
	Click on the red column to check the history records
	Click on the blue column to check daily records


Click on the HISTORY RECORDS icon to check your history records.

2016-06	7.93km	1:15:33		
	Distance	Usetime	Calories	Step
06-30 09:48:49	1.030	04:43	72	0
06-18 09:03:51	0.397	03:04	27	0
06-18 09:00:40	0.292	02:18	20	0
06-17 15:32:07	0.846	04:35	59	0
06-17 15:22:44	0.867	06:38	61	0
06-17 15:09:36	1.882	12:41	132	0
06-17 15:06:17	0.000	00:00	00	0

Click on RANKING icon to check your position among all users.



## 7. System manage




- Don't download too much APP to avoid system breakdown.
- Uninstalling the pre-set APP is prohibited.
- Please remove the APP data and cache regularly.

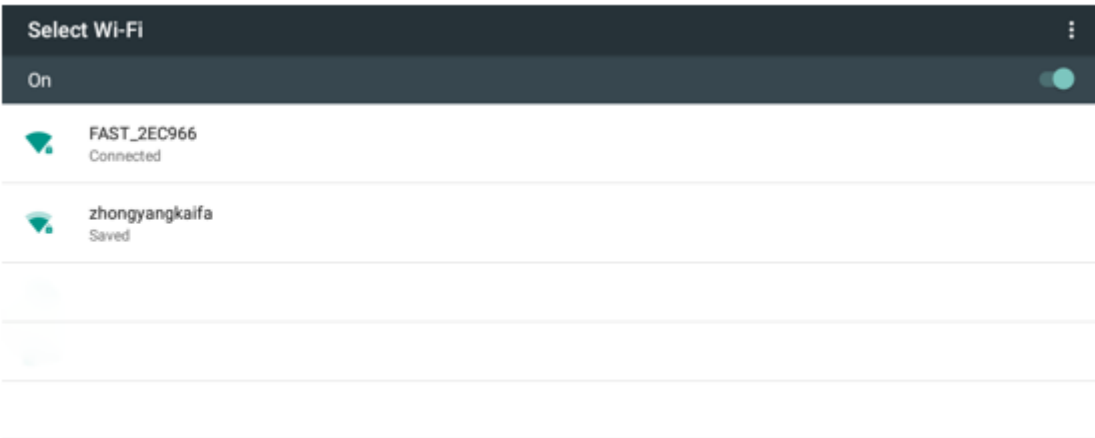
Click on the SYSTEM MANAGE icon to go to the setting page.




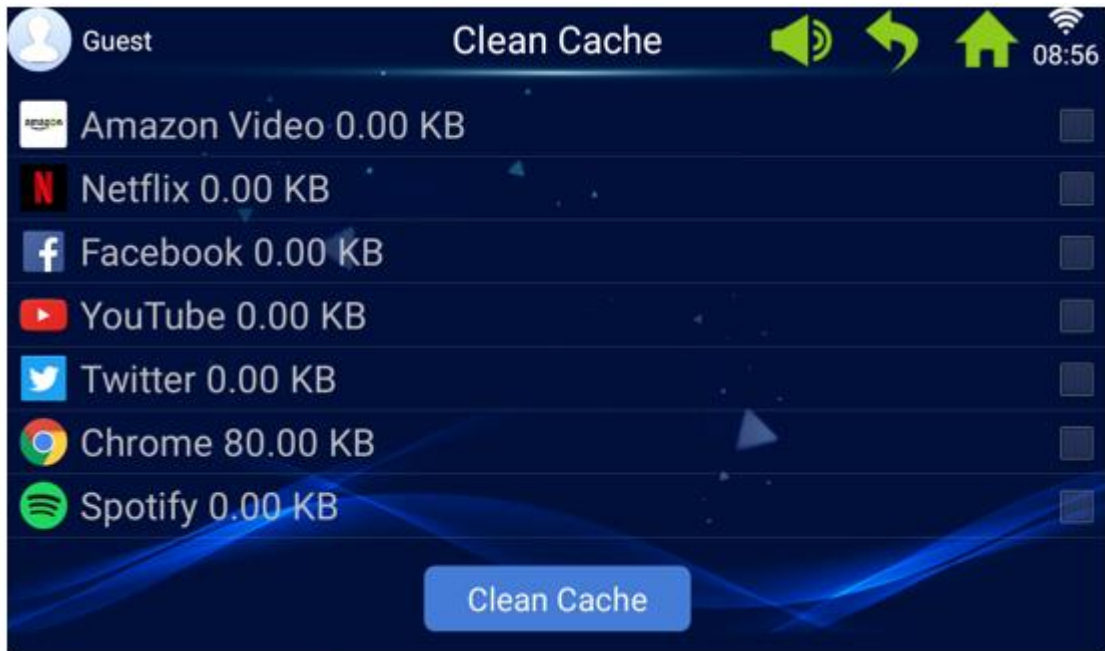
Click on BRIGHT ADJUST icon  to adjust the brightness.



Click on WIFI icon  to search and connect to WIFI.



Click on CLEAN CACHE ICON  and the page as below will appear. Tick the box on the right and then click on the clean cache. The cache will be wiped.






Click on the TREADMILL MANAGE icon  to check the total distance that the treadmill has to go and how many KM are to next lubrication.




**SIMPLE MALFUNCTION AND SOLUTION (SHOWN IN TFT SCREEN)**

<p><b>communication error</b></p> <p>fix method: ensure wire connection change wire change table change driver</p> 	<p><b>stall protection</b></p> <p>fix method: ensure motor wire change motor change driver</p> 
<p><b>no speed sign</b></p> <p>fix method: ensure speed wire connection change speed wire change driver</p> 	<p><b>incline learn fail</b></p> <p>fix method: ensure incline wire connection change incline motor change driver</p> 
<p><b>overflow protection</b></p> <p>fix method: decrease loading check running apart, add oil change motor change driver</p> 	<p><b>motor break</b></p> <p>fix method: ensure motor wire change motor</p> 
<p><b>storage wrong</b></p> <p>fix method: check 24C02 change driver</p> 	<p><b>location wrong</b></p> <p>fix method: treadmill stand up change driver</p> 




<p><b>moment current over</b></p> <p>fix method:          adjust potentiometer , lower          change motor          check running apart, add oil</p> 	<p><b>voltage over</b></p> <p>fix method:          Stop use, check external line</p> 
<p><b>voltage low</b></p> <p>fix method:          Stop use, check external line</p> 	

## STRETCHING TIPS

- Start with gradual mobility exercises of all the joints, simply rotate the wrists, bend the arm and roll your shoulders. This will allow the natural body lubrication and protects the bones surface.
- Always do warm-up exercises before starting your workout to protect your muscles from an injury.
- Start with your legs and work-up the body.
- Each stretching should be held for at least 10 seconds (working up to 20 or 30 seconds) and usually repeat for about 2 or 3 times.
- Don't stretch too much to avoid hurts. If you feel some pain, stop exercising immediately.
- Don't bounce. Stretching should be gradual and relaxed.
- Don't hold your breath during stretching.
- Stretch after exercising to prevent muscles tightening up. Stretch at least three times a week to maintain your flexibility.

	<p>Thigh stretching</p> <ul style="list-style-type: none"> <li>• Stand on your right leg and take hold of the left ankle with left hand while drawing the foot up close behind to your hips.</li> <li>• Keep back straight and knees together. Use a wall for balance if required.</li> <li>• Hold for about 10 seconds.</li> <li>• Repeat for the other leg.</li> </ul>
---	--



	<p>Hamstring stretching</p> <ul style="list-style-type: none"> <li>• Keep front leg straight, hands on bent leg (thigh). Push down and out until you begin to feel the stretch in back of the knee (or straight leg).</li> <li>• Keep knees unlocked and back straight.</li> <li>• Hold for about 10 seconds.</li> <li>• Repeat for other leg.</li> </ul>
	<p>Calf stretching</p> <ul style="list-style-type: none"> <li>• Stand with the back foot flat on the floor and shift your weight on your front foot.</li> <li>• Hold for about 10 seconds.</li> <li>• Repeat with other leg.</li> <li>• Keep your back and rear leg straight when exercising.</li> </ul>
	<p>Inner thigh stretching</p> <ul style="list-style-type: none"> <li>• Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible.</li> <li>• Hold for about 10 seconds.</li> </ul>

## EXERCISE SAFETY

Before starting exercising, consult your doctor. The doctor can recommend the correct frequency and intensity of exercise with respect to your age and health. If you experience nausea, shortness of breath, irregular heartbeat, chest tightness, or other abnormalities, immediately stop exercising. Please consult your doctor before any further exercise. If you use the device more often, you can choose between walking and running. If you are not sure of the best speed, please follow the following:

<b>Speed 1 – 3.0 km/h</b>	people with a weaker body structure
<b>Speed 3.0 – 4.5 km/h</b>	less movement-capable individuals
<b>Speed 4.5 – 6.0 km/h</b>	people getting used to classic walking
<b>Speed 6.0 – 7.5 km/h</b>	fast-walking people
<b>Speed 7.5 – 9.0 km/h</b>	recreational runners
<b>Speed 9.0 – 12.0 km/h</b>	moderate runners
<b>Speed 12.0 – 14.5 km/h</b>	experienced runners
<b>Speed over 14.5 km/h</b>	professional runners

### WARNING:

- For walking you should choose speed 6 km/h or lower.
- Runner should choose speed 8 km/h or higher.



## MAINTENANCE

**WARNING:** Before cleaning this machine, make sure the power has been switched off.

- Cleaning: Wipe away the dust on the belt, running board and side footboard as excess dust may increase the friction of the belt and cause machine breakage.
- It is recommended to clean the machine once a month.

### LUBRICATION

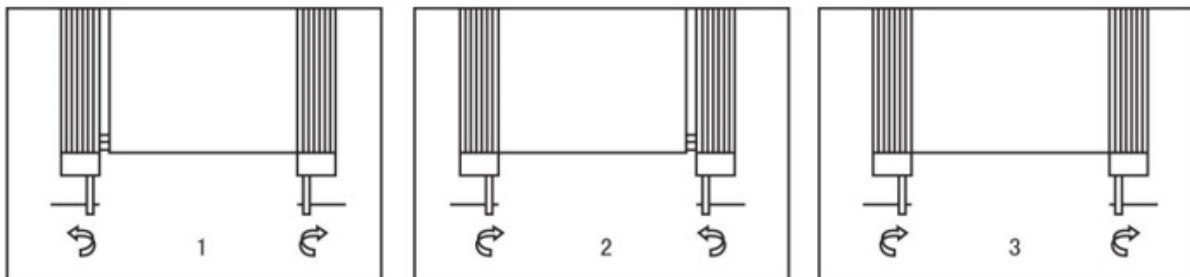
- Lubrication needed per 300 km. The machine will give a sound alarm and displays OIL to inform you. Add oil on the middle of the running belt.
- After lubrication press the STOP key for more than 3 seconds in the standby mode and then the machine will switch off alarm and lubrication information.

### Lubrication frequency:

- Low use (lower than 3 hours per week) – every 6 months
- 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.

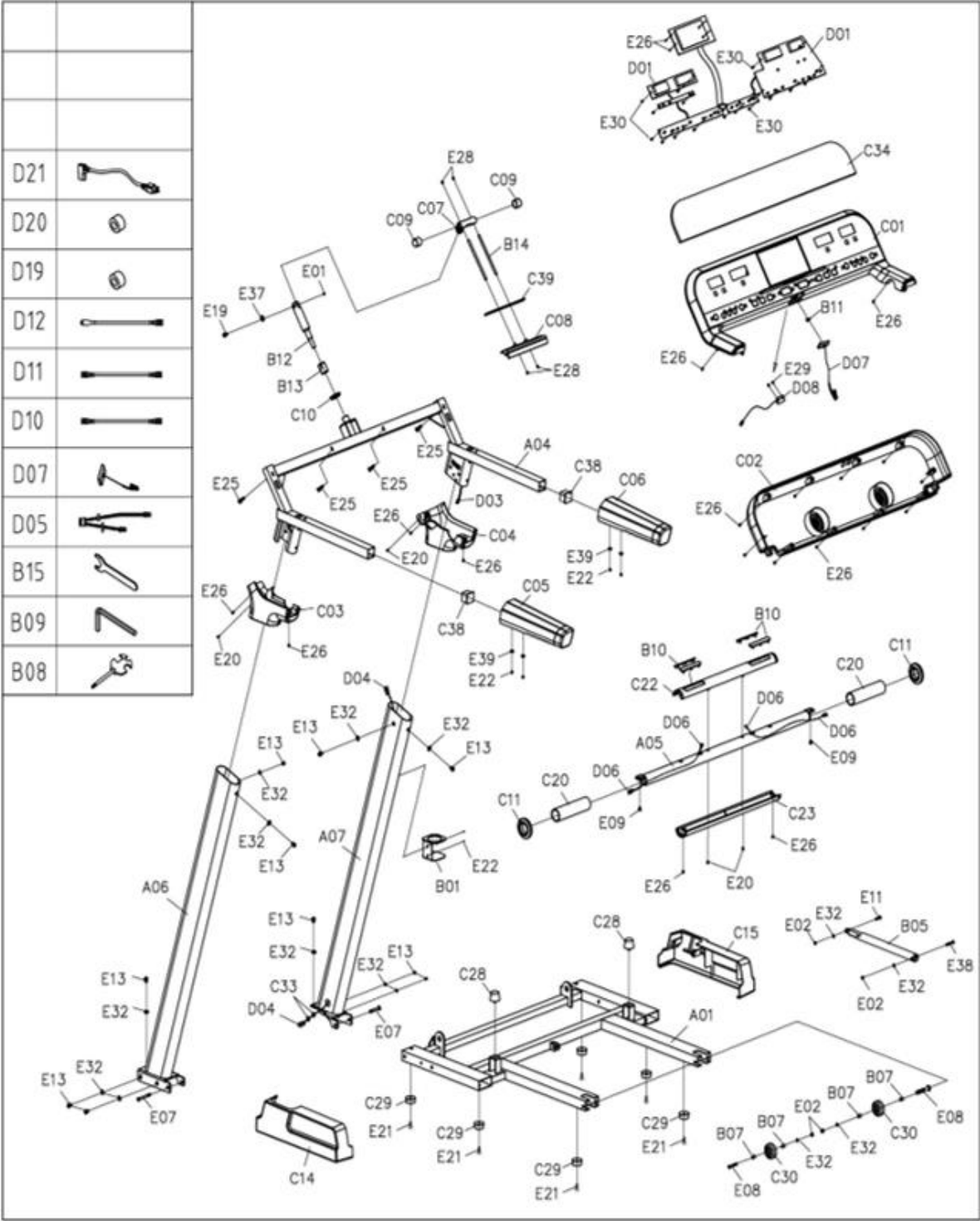
### Application:

- The running belt can get out of centre with time. First let the machine run automatically for automatic centralisation. If it is not successful, you can adjust the position by screwing the bolt shown in the images below. If the running belt has shifted to right, you need to tighten the screw on the right of the belt or loosen the screw on the left. If the belt has moved to the left, do it oppositely.
- Belt slipping: Adjust bolts according to the diagram below. When adjusting the two sides make sure each adjustment is the same on either side of the machine. We recommend adjusting by half a turn until the running belt does not slip or deviate. Don't tight it too much.



**WARNING:** To prolong product lifespan, we suggest switch off the treadmill for about 10 minutes after 2 hours of exercising. Too loose or too tight belt could damage this machine. Keep a suitable tightness. Grasp the running belt and pull it up to certain distance until you cannot pull it anymore. If the distance is between 50-75 mm, the tightness is proper.





## PARTS LIST

No.	Description	Qty.
A01	Bottom frame	1
A02	Main frame	1
A03	Incline frame	1
A04	Monitor frame	1
A05	Handlebar pulse frame	1
A06	Left column	1
A07	Right column	1
A08	Motor seat	1
B01	Bottle holder	1
B03	Front roller	1
B04	Rear roller	1
B05	Air cylinder	1
B06	Sleeve	4
B07	Sleeve of transport wheel	4
B08	Cross solid wrench	1
B09	Inner hex wrench	1
B10	Handle pulse sheet	4
B11	Safety key seat	1
B12	iPad shaft	1
B13	Stop nut	1
B14	iPad connect pole	2
B15	Solid wrench	1
C01	Monitor top cover	1
C02	Monitor bottom cover	1
C03	Monitor left bottom cover	1
C04	Monitor right bottom cover	1
C05	Left foam handlebar	1
C06	Right foam handlebar	1
C07	iPad rotation component	1
C08	iPad holder	1
C09	End cover	2
C10	iPad O-ring	1
C11	O-ring	2
C12	Motor top cover	1
C13	Motor bottom cover	1

C14	Left bottom cover	1
C15	Right bottom cover	1
C16	Rear protection cover	1
C17	Side rail	2
C18	Left side rail cap	2
C19	Right side rail cap	2
C20	Foam	2
C21	Running belt	1
C22	Top cover of the pulse	1
C23	Bottom cover of the pulse	1
C24	Motor belt	1
C25	Black cushion	2
C26	Blue cushion	2
C27	Black cushion	2
C28	Cone-shaped cushion	2
C29	Flat foot pad	6
C30	Transportation wheel	2
C31	Adjustable wheel	2
C32	Plastic washer	4
C33	O-ring	2
C34	Acrylic panel	1
C35	Cushion	2
C36	Left anterior side rail cap	1
C37	Right anterior side rail cap	1
C38	End cap	2
C39	EVA pad	1
D01	Monitor	1
D02	Lower control board	1
D03	Upper wire of the monitor	1
D04	Lower wire of the monitor	1
D05	Handel pulse upper wire	1
D06	Lower wire of the handle pulse	2
D07	Safety key module	1
D08	Safety key rope	1
D09	Magnetic sensor	1
D10	AC single wire (brown)	2
D11	AC single wire (blue)	3
D12	Earth wire	1

D13	DC motor	1
D14	Incline motor	1
D15	Running board	1
D16	Square switch	1
D17	Socket	1
D18	Overload protector	1
D19	Magnet ring	1
D20	Magnet core	1
D21	Power cable	1
E01	Non-locked nut M6	5
E02	Lock nut M8	6
E03	Lock nut M10	6
E04	Bolt M10*90	1
E05	Bolt M10*45	1
E06	Bolt M10*30	4
E07	Bolt M8*80	2
E08	Bolt M8*70	2
E09	Bolt M8*40	2
E10	Bolt M8*40	2
E11	Bolt M8*30	1
E12	Bolt M8*20	4
E13	Bolt M8*15	12
E14	Bolt M8*40	1
E15	Bolt M8*35	1
E16	Bolt M6*55	3
E17	Bolt M6*40	4
E18	Bolt M6*25	4
E19	Bolt M6*20	1
E20	Screw ST4.2*15	4
E21	Bolt M5*16	6
E22	Bolt M5*12	8
E23	Bolt M5*8	13
E24	Screw ST2.9*8	2
E25	Screw ST4.2*30	4
E26	Screw ST4.2*12	25
E27	Screw ST4.2*12	14
E28	Bolt M3*10	4
E29	Screw ST2.9*8	4

E30	Screw ST2.9*6.0	29
E31	Lock washer	3
E32	Lock washer	16
E33	Lock washer	2
E34	Spring washer	6
E35	Flat washer	7
E36	Big washer	8
E37	Wave washer	1
E38	Bolt M8*45	1
E39	Big flat washer	4
F01	Filter (optional)	1
F02	Inductance (optional)	1
F03	AC single wire L500 (optional)	1
F04	Grounding wire L350 (optional)	1
F05	Screw ST4.2*12 (optional)	4
G01	USB mould	1
G02	Screw ST2.9*8	2
G03	Speaker	2
G04	Screw	8
G05	MP3 connection wire	1
G06	USB connection wire	1
H01	Bluetooth mould (optional)	1
H02	Bluetooth connection wire (optional)	1
H03	Screw ST2.9*6.0 (optional)	4
J01	Polar emitter (optional)	1
J02	Heart rate receiver (optional)	1
J03	HRC connect wire (optional)	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 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.



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

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

---

**SK**

**INSPORTLINÉ s.r.o.**

Headquarters, Warranty & Service centre: Elektrická 6471, 911 01 Trenčín, Slovakia  
CRN: 36311723  
VAT ID: SK2020177082  
Phone: +421(0)326 526 701  
E-mail: objednavky@insportline.sk  
reklamacie@insportline.sk  
servis@insportline.sk  
Web: www.insportline.sk

Date of Sale:

Stamp and Signature of Seller: