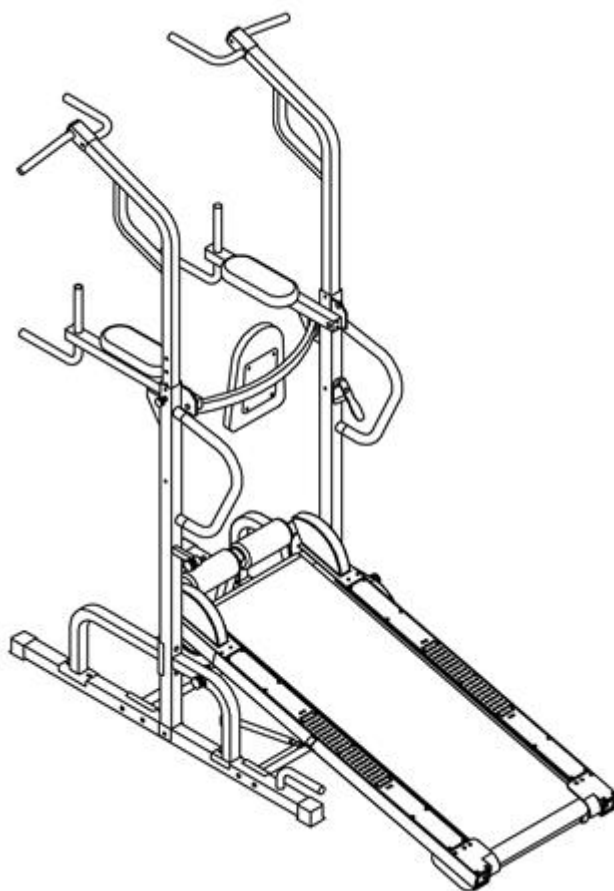




USER MANUAL – EN

IN 19985 Walking treadmill with pull-up bar inSPORTline Tongu



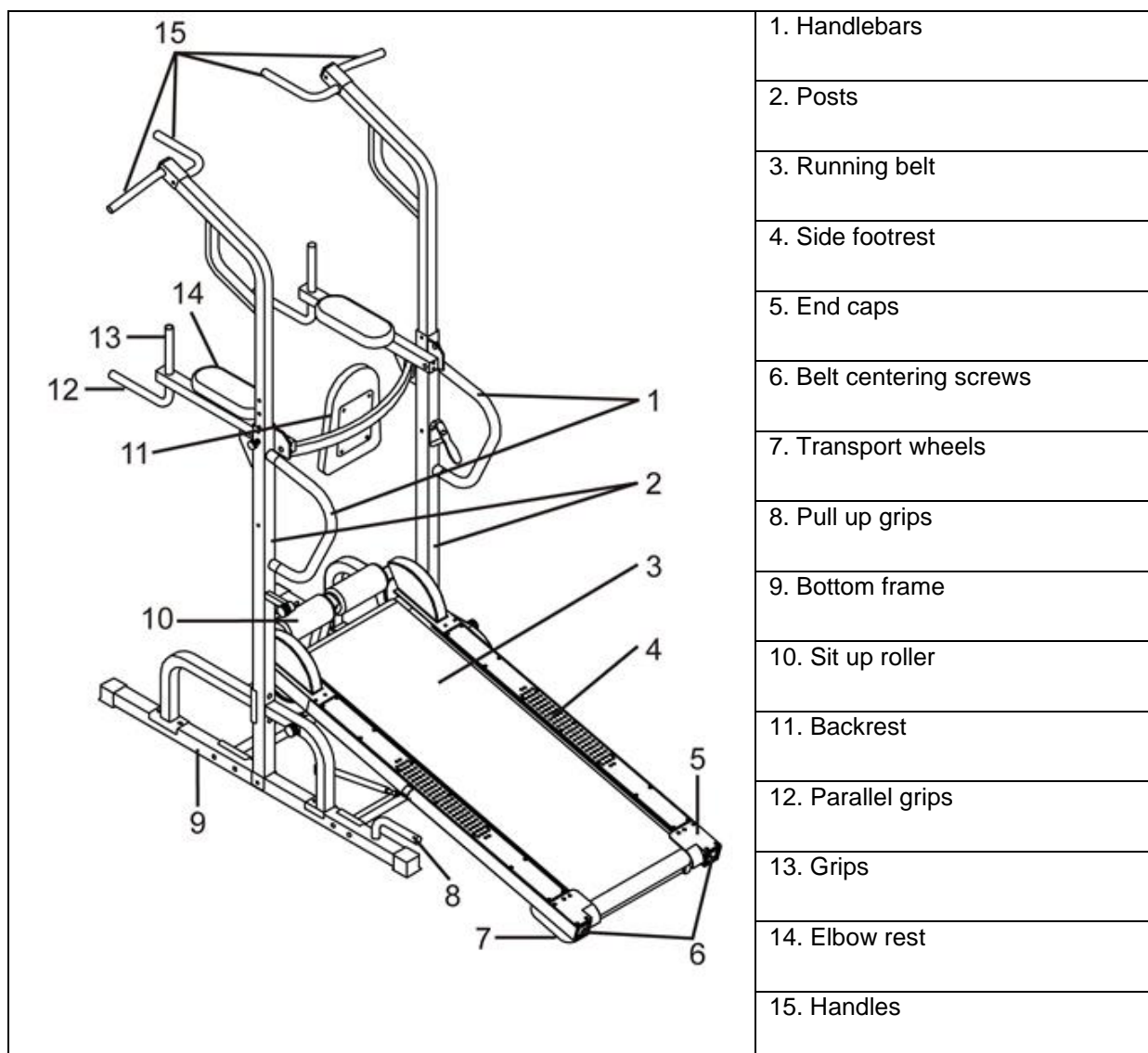
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SAFETY INSTRUCTIONS

- Keep the manual for the future references.
- Always clip the safety key to your clothes or belt before starting exercising.
- Move naturally, forward. Do not look on your feet. Only for one person can use the product on the same time.
- Speed increase regularly, not immediately.
- In case of danger, press the stop button or pull out the safety key.
- Leave the device after it stopes moving.
- Follow the assembly instructions. Assembly can be done by adult person.
- Keep away from kids and pets. Do not leave kids and pets unattended near the treadmill. Treadmill is for adults only.
- Before starting any exercise, program ask your physician. It is important if you have heath issues or ongoing treatment or have high blood pressure.
- Regularly check all bolts and nuts. They must be tightened properly. Regularly check the treadmill for damage or signs of wear. Do not use damaged or wear treadmill.
- Regularly check the treadmill for signs of wear or damage. If any sharp edge appears stop using the treadmill.
- Please the treadmill on flat, dry and cleat surface. Keep safety distance of at least 0.6 m around the treadmill. Do not use in humid areas. Do not place the treadmill on thick carpet.
- Protect the treadmill from humidity and water.
- Do not use aerosol sprays in the area around treadmill.
- If the treadmill is running, do not remove the protective cover. If you need to remove the protective cover during maintenance, unplug the treadmill from socket.
- Always wear sport clothes. Do not wear loose clothes that can get stuck. Always wear sport boots.
- Do not exercise 40 min after eating food.
- Always do warm ups before exercise.
- Do not place foreign object to ventilation or sockets.
- Do not modify the product.
- Exercise reasonably and do not overextend. If you exercise for the first time, hold your handles firmly until you get used to the device. When HIGH HEART RATE is displayed, your heart rate is too high, and you need to reduce the pace.
- Any part of the treadmill cannot prohibit the movement of the user.
- Do not use outdoors.
- Do not expose to direct sunlight.
- Do not please in areas with high humidity (pools, sauna etc.)
- **Max. user weight - treadmill:** 130 kg
- **Max. user weight – pull up bars:** 100 kg
- **Category:** HC for home use

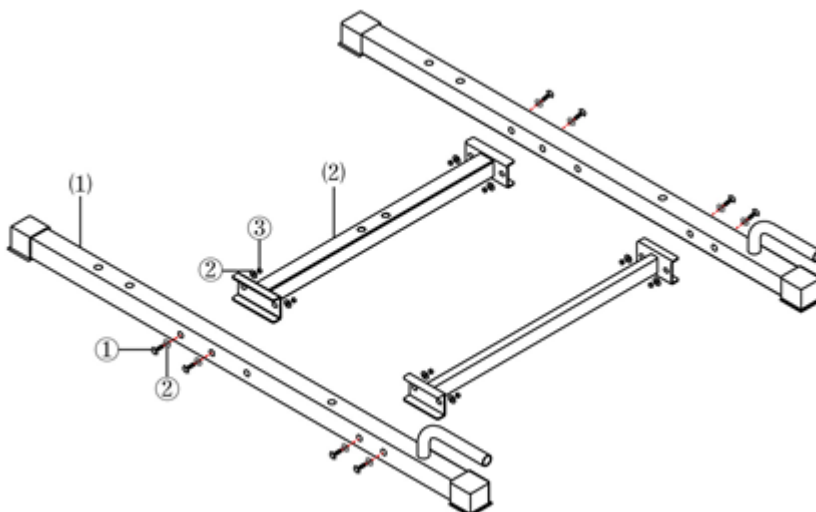
PRODUCT DESCRIPTION



ASSEMBLY

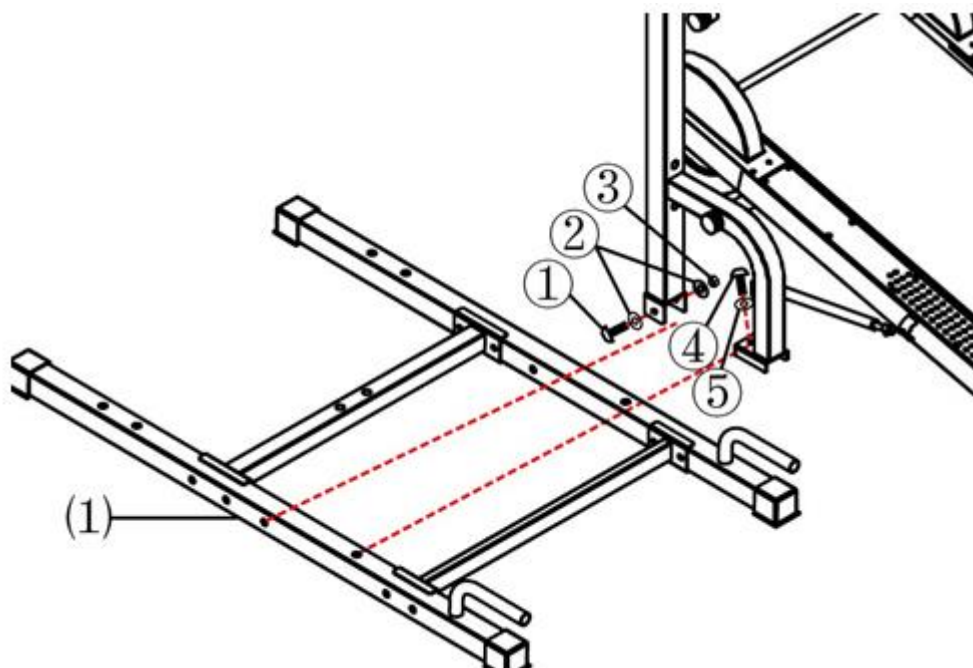
STEP 1

Connect the bottom frame (1) with support rods (2) and 8 screws M10×70 (1), 16 washers $\phi 10$ (2) and 8 nuts M10 (3).



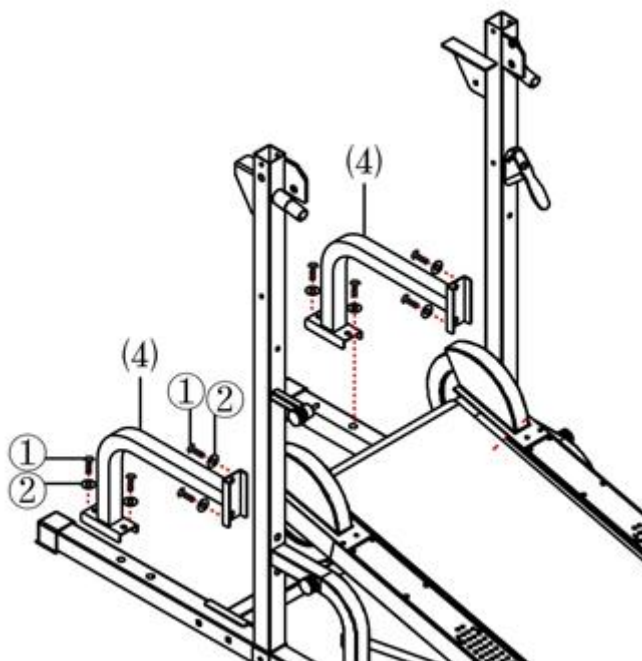
STEP 2

Attach the main frame (3) to the bottom frame (1) with 2 screws M10×70 (1), 4 washers $\phi 10$ (2), 2 nuts M10 (3). Then attach the main frame arm to the lower frame using 2 screws M10×20 (4) and 2 washers $\phi 10$ (5).



STEP 3

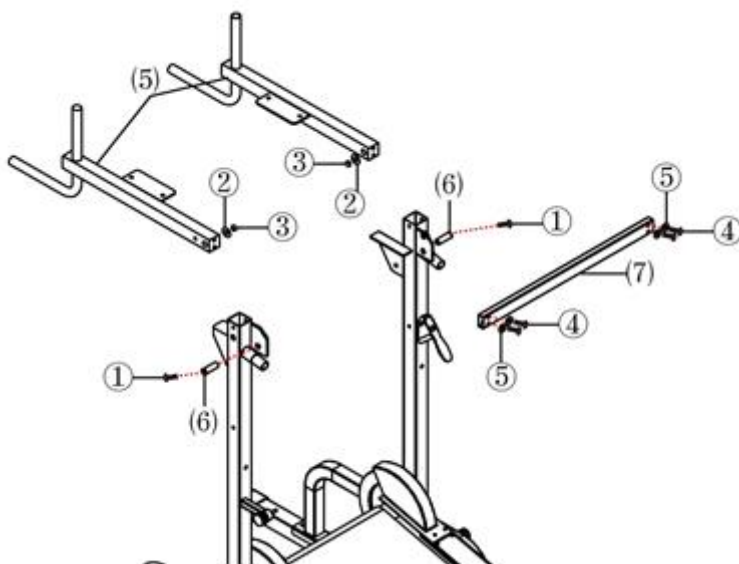
Attach the front supports (4) to the main and bottom frame with 8 screws M10×20 (1) and 8 washers $\phi 10$ (2).



STEP 4

Attach the metal rod (6) to the post and then attach the parallel bars (5) to the metal rods (6) and secure with 2 screws M8×65 (1), 2 washers $\phi 8$ (2) and 2 nuts M8 (3).

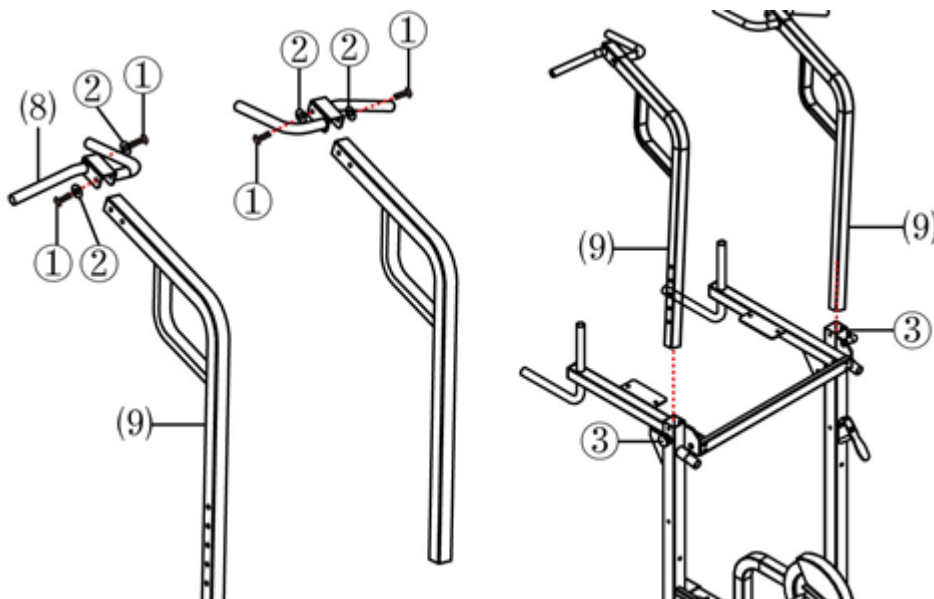
Attach the parallel support rod (7) with 4 screws M8×30 (4) and 4 washers $\phi 8$ (5).



STEP 5

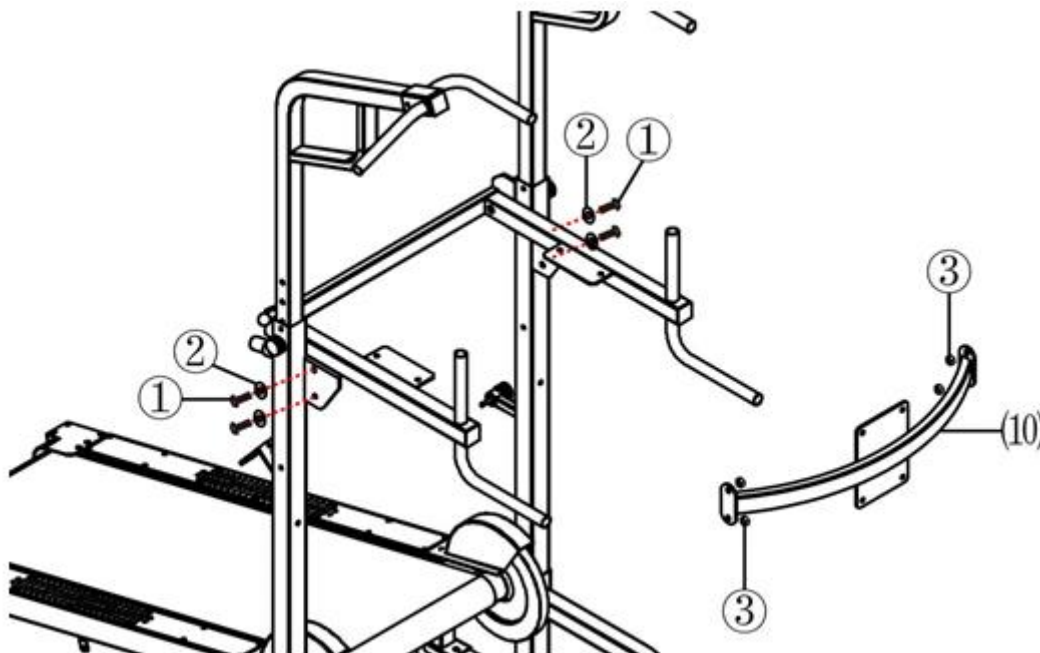
Attach the handles (8) to the support rods (9) with 4 screws M8×55 (1) and 4 washers $\phi 8$ (1).

Remove the hand screws (3) on both sides and attach the support bars (9) to the appropriate position. The height of both bars must be the same. Install the hand screws (3).



STEP 6

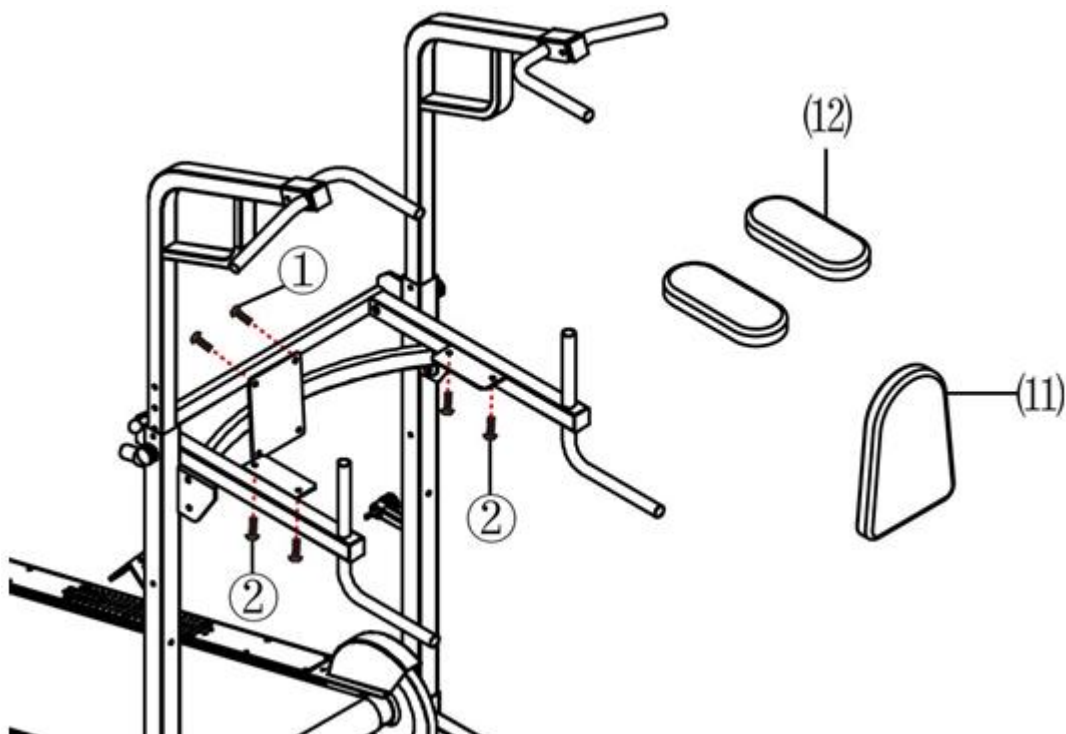
Fasten the fastening bar (10) with 4 screws M8×20 (1), 8 washers $\phi 8$ (2) and 4 nuts M8 (3).



STEP 7

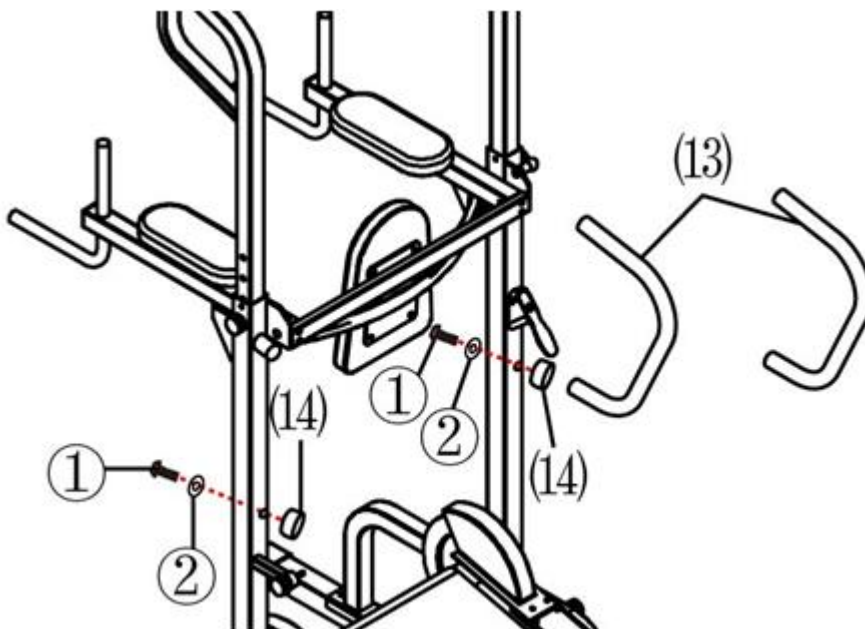
Attach the backrest (11) with 4 screws M8×16 (1)

Attach the elbow rest (12) with the screws M8×16 (2).



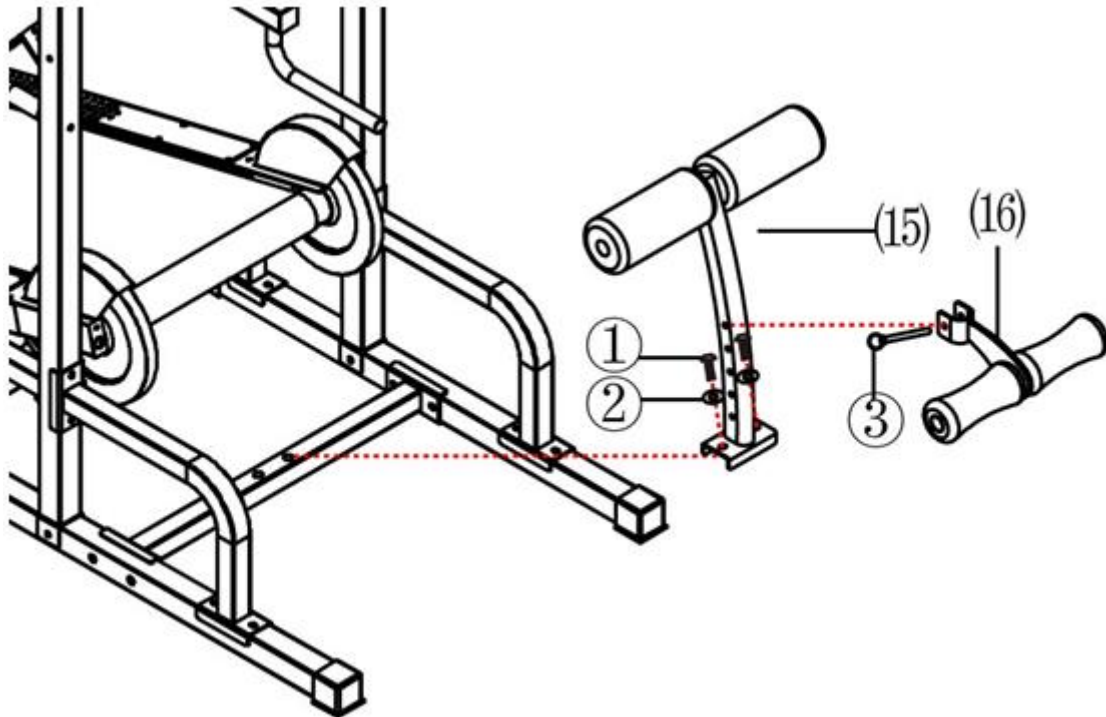
STEP 8

Attach the handles (13) with 2 screws M8×70 (1), 2 washers $\phi 8$ (2) and 2 end pieces $\phi 32$ (14).



STEP 9

Fasten the seat support A with 1 screws M10×20 (1), 2 washers φ10 (2). Then attach the armrest B with the hand screw (4).



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	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.

GETTING START

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 shoe's 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.

PULL UP EXERCISES

Pull ups on the bar and their various modifications are considered to be one of the best exercises to develop the upper half of the body.

The pull up bar hides a perfect home gym for exercising your body. Different variations of exercises on the bar can perfectly practice different parts of the body without having to go to the fitness centre.

When exercising on pull up bar you work with your own weight and has lower risk of injury. Of course, assuming you practice the right technique. These exercises increase the overall body strength.

Exercising involve a large amount of muscle in the upper half of the body.

Incorrect technique involves biceps and shoulders, thus keeping your back muscles unused.

During the exercise with the wrong technique, there is no development of back muscles due to insufficient load. As a result, exercise becomes ineffective.

Pull ups are the most important technique and require a slow movement. No "swing" or bending.

Pull-ups

- Narrow grip - mainly the central part of the back muscles
- Classical grip on shoulder width - mid and outside muscles are evenly used
- wide grip (recommended) - mainly the outside of the back muscles

Underhand grip



Pull up with underhand grip are designed to develop biceps. Biceps involvement can make the exercise looks easier and therefore, it is more preferred by beginners. If you want to work on the width of your back muscles, you will certainly not achieve this with "simpler" option.

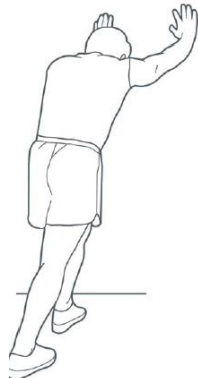


Pull up bar exercises – abdominal

The abdomen can be exercise on the bar. It is a rather challenging exercise, but it is more effective in developing the abdominal muscles.

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>Touch toes</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>Hamstring stretches</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>Calves and Achilles tendon stretches</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>Quadriceps stretches</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>Inner thigh stretches</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>

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.

MAINTENANCE

CLEANING

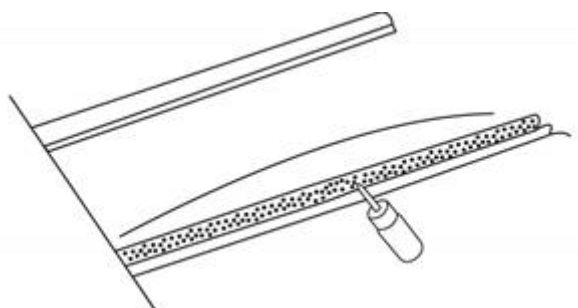
Regularly clean the belt and treadmill from dust and dirt with a damp cloth and a small amount of non-aggressive detergent.

Always clean the machine from sweat after use.

LUBRICATION

Check the belt regularly for lubrication. If necessary, lubricate the belt. It is recommended to monitor the lubricant level every month.

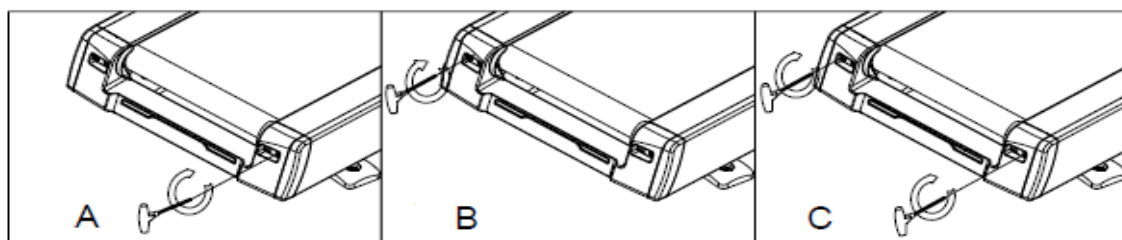
Lift the belt on one side and apply the lubricant evenly and as close to the center as possible. Repeat on the other side. Then walk on the belt for 5 min. Use only a silicone lubricant from your supplier.



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. 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**).

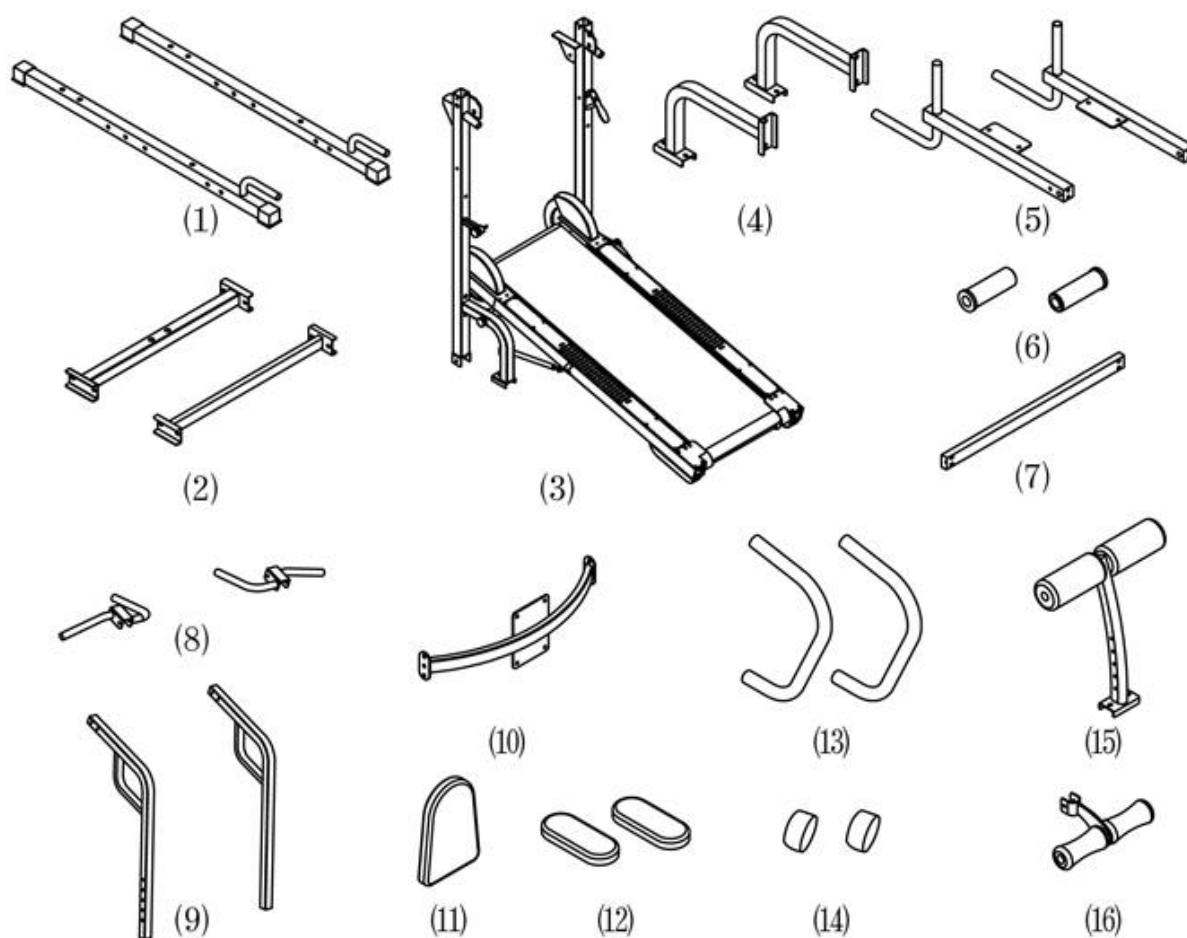










ENVIRONMENT PROTECTION









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.

PARTS LIST



			
M10*70 – 10 pcs	M10*20 – 12 pcs	M8*70 – 2 pcs	M8*65 – 2 pcs
			
M8*55 – 4 pcs	M8*30 – 4 pcs	M8*20 – 4 pcs	M8*16 – 8 pcs

			
M10 – 10 pcs	M8 – 6 pcs	Safety pin – 1 pcs	Ø10 – 32 pcs
			
Ø8 – 20 pcs	Lubrication oil – 1 pcs	Allen key – 4, 6 mm	Screwdriver – 1 pcs Wrench 17/19 – 1 pcs

No.	Name	Qty.	No.	Name	Qty.
1	Bottom frame	2	18	Screw M10x20	12
2	Support frame	2	19	Screw M8x70	2
3	Main frame	1	20	Screw M8x65	2
4	Front stabilizer	2	21	Screw M8x55	4
5	Parallel grips	2	22	Screw M8x30	4
6	Iron sleeve	2	23	Screw M8x20	4
7	Support frame	1	24	Screw M8x16	8
8	Grips	2	25	Screw M10	10
9	Grip support	2	26	Screw M8	6
10	Support frame	1	27	Safety pin	1
11	Backrest	1	28	Flat washer Ø10	32
12	Elbow rest	2	29	Flat washer Ø8	20
13	Handles	2	30	Lubrication oil	1
14	Flat cap	2	31	Allen key vel. 4 and 6	2
15	Sit up frame A	1	32	Screwdriver	1
16	Sit up frame B	1	33	Wrench 17/19	1
17	Screw M10x70	10	35	Manual	1

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, 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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