

USER MANUAL – EN IN 20166 Treadmill inSPORTline Galdigar



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SAFETY INSTRUCTIONS

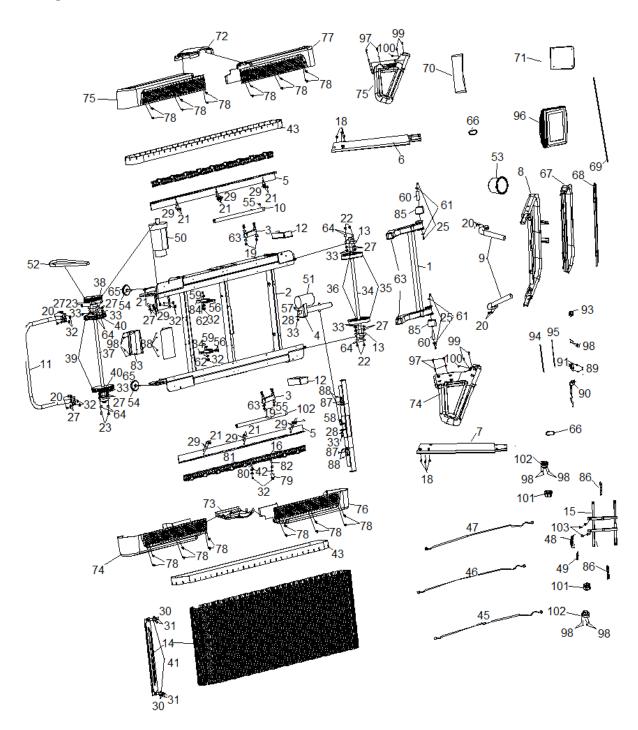
- Read the manual carefully and keep it for future reference.
- Always clip the safety key to your clothes or belt before starting exercising.
- Move naturally, forward. Do not look on your feet. Only for one person can use the product on the same time.
- Speed increase regularly, not immediately.
- 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.
- If the power cable is damaged do not use the device. Buy new one in authorized shop.
- · Protect the treadmill from humidity and water.
- Place the treadmill not to cover socket.
- 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 turn on the treadmill if you are standing on it. There is a delay when you turn on the treadmill. Before starting the treadmill stand on the side.
- 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.
- Connect the treadmill to socket after the treadmill is assembled. Use only grounded socket.
- If you are not using the device unplug it from socket and safety key removed.
- 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: 150 kg
- Category: SB (according to EN 957) suitable for professional and commercial use
- Dimensions: After assembly 1960x876x1640 mm running belt 1600x550 mm

SAFETY WARNING: Do not use heart rate sensors in the handle at speeds above 14 km / h.

WARNING! The heart rate monitoring system may not be accurate. Overextending during training can cause serious injury or death. If you feel nauseous, stop the exercise immediately!

DIAGRAM

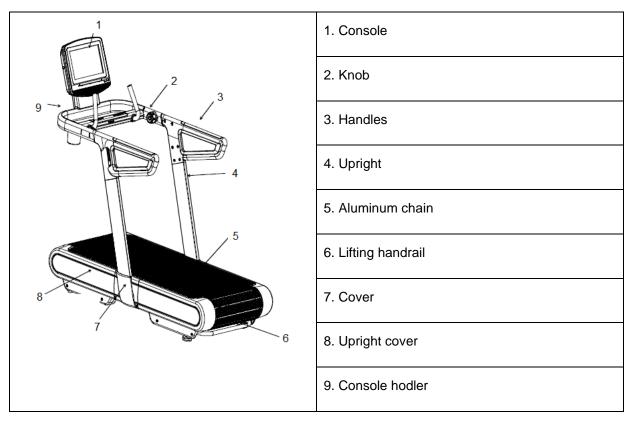


PARTS LIST

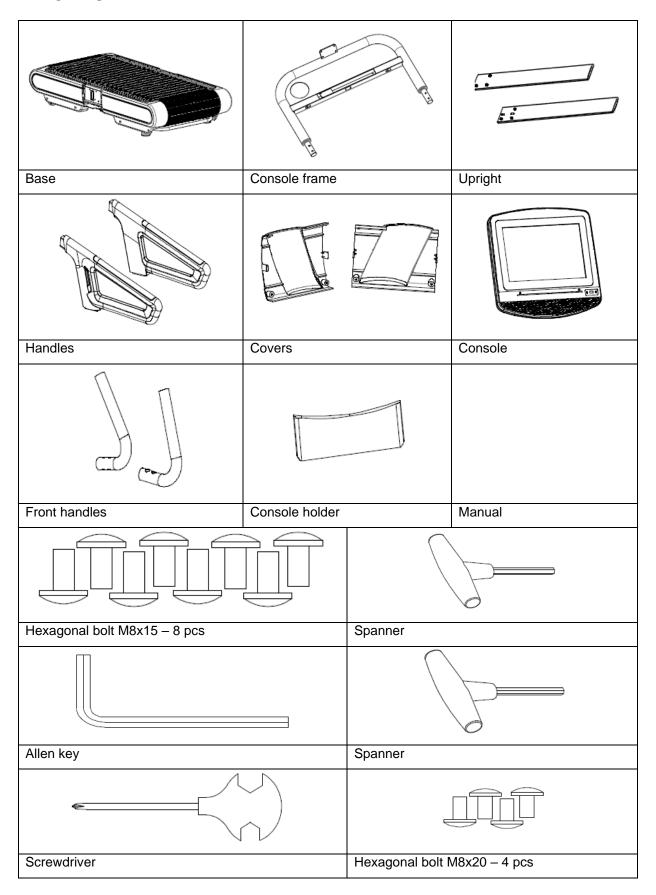
No.	Name	Qty	No.	Name	Qty
1	Incline frame	1	54	Feet pad	2
2	Base	1	55	Hexagonal bolt	2
4	Incline motor adjust part	1	56	Hexagonal bolt	4
5	Guide wheel set	2	57	Hexagonal bolt	1
6	Left upright	1	58	Hexagonal bolt	1
7	Right upright	1	59	Hexagonal bolt	4
8	Console holder	1	60	Wheel bearing (OMA-01-12-066)	2
9	Handlebar set	2	61	Outside cover (OMA-01-13-468) - 1	4
10	Incline side frame	2	62	Drive pipe (OMA-01-08-095)	4
11	Handlebar pipe	1	63	Drive pipe	8
12	Front roller reinforcing clamp ring	2	64	Drive pipe	8
13	Pinch roller clamp ring	2	65	Cylinder cushion	2
14	Aluminum chain	60	66	Handlebar adjust set	2
15	Console panel	1	67	Sundries box	1
16	Bolt M8x40x13	110	68	Decoration strip	1
17	Hexagonal bolt	8	69	Decoration strip	1
18	Hexagonal bolt	6	70	Console frame	1
19	Allen bolt	4	71	Rear console cover	1
20	Hexagonal bolt	12	72	Right cover	1
21	Hexagonal bolt	14	73	Left cover	1
22	Hexagonal bolt	4	74	Right handle	1
23	Hexagonal bolt	4	75	Left handle	1
24	Hexagonal bolt	2	76	Front right cover	2
25	Hexagonal bolt	4	77	Front left cover	2
26	Self-tapping screw	44	78	Bolt M5x20	24
27	Flat washer	20	79	Guide wheel (OMA-01-08-103)	18
28	Flat washer	10	80	Guide pulley (OMA-01-08-103)	56
29	Spring washer	14	80	Guide pulley (OMA-01-08-058) – 1	56
30	Washer	240	81	Guide pulley (OMA-01-08-085)	36
31	Nut	240	81	Guide pulley (OMA-01-08-089)	36
32	Nut	118	82	Guide pulley	18
33	Nut	10	82	Guide pulley	18
34	Front roller	1	83	Frequency converter	1
35	PU front roller	2	84	Deep groove ball bearing	2
36	Universal bearing	2	85	Wheel (OMA-05-09-019)	2

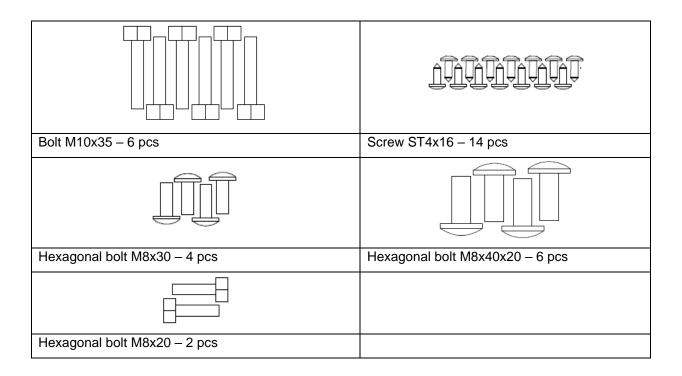
37	Rear roller	1	86	Button	2
38	Belt wheel	1	87	Round shaft sleeve	2
39	Synchronous wheel	2	88	Bolt M5x15	8
40	Universal bearing	2	89	Screw ST3x10	2
41	Washer	120	90	Power cord	1
42	Bearing	110	91	Power cord socket (Sanwei S-03-11)	1
43	Rubber coated aluminum chain	60	92	Fuse (with wire)	1
43	Belt to fix running belt	2	93	Switch	1
44	Console	1	94	Power cord	1
45	Communication wire	1	95	Power cord	1
46	Communication wire	1	96	Console	1
47	Communication wire	1	97	Hexagonal bolt M8x20	8
48	Safety key console plate	1	98	Hexagonal bolt M4x16	12
49	Safety key extractor	1	99	Hexagonal bolt M8x20	4
50	Servo motor	1	100	Hexagonal bolt M8x20	2
51	Incline motor	1	101	Knob	2
52	Motor belt	1	102	Knob frame	2
53	Water bottle holder	1	103	Hexagonal bolt M8x35x20	4

PRODUCT DESCRIPTION



PACKAGE





ASSEMBLY

Pull the base out of the package and place it on a flat and firm surface.



STEP 1

Connect the main frame and right post communication cables, then slide the right post into the clamping ring and secure with 3x M10x35 bolts. Attach the left pillar as well as the right one; no cables are required.



STEP 2

Attach the console frame to the right and left post using 4x M8x20 bolts and 2x M8x20 bolts from the bottom.



STEP 3

Attach the front handles to the bracket frame using 4x M8x30 bolts



STEP 4

Attach the console bracket with $4x\ M8x35x20$ bolts. Then attach the bottom of the console bracket with $4x\ ST4x16$ screws



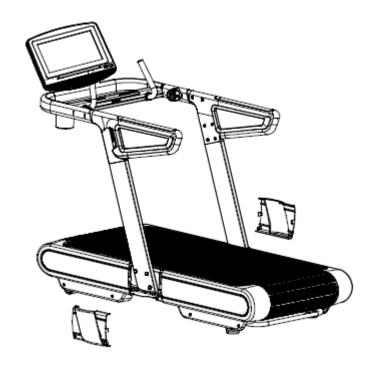
STEP 5

Attach the console to the bracket with 2 x M8x35x20 screws.



STEP 6

Attach the console back cover with 6x STx16 screws. Then fasten the side post covers with 4x ST4x16 screws.



CONSOLE





DISPLAY

Display displays 6 functions:

- distance
- calories
- time
- incline
- pulse
- speed By default it displays speed, in resistance mode it displays resistance value, in vibration mode it displays vibration value.

	Default value	Setting up default value	Limit to set value	Max. display value
Time (min:sec)	0:00			0:00 - 99:59
Speed (km/h)	0,0			1–20 km/h
Incline	0			0–15
Distance (km)	0,0			0,0 – 99,9
Calories (kcal)	0,0			0–999

BUTTONS

START / PAUSE – If the treadmill is paused, press the button to lower the belt and the speed is kept to a minimum. When the belt is in operation, press the button to pause the treadmill.

STOP – When the treadmill is in operation, pressing the button will stop the treadmill and reset all data. If you press the button while the treadmill is paused, press the button to reset the data.

SPEED +/- Press to adjust the speed. You can also use the buttons to adjust values and parameters in the settings. When the program is running, you can adjust the speed by 0.1 by pressing the button; a resistance of 0.1 or a vibration of 0.1 according to the selected program. Hold down to adjust values faster.

INCL +/- Press to change the incline of the treadmill. Hold down to adjust values faster.

RUNNING – If the treadmill is paused, press the button to turn on the treadmill.

MANUAL – If the treadmill is paused, press the button to turn off the treadmill.

RESISTANCE – If the treadmill is paused, press the button to start the resistance program.

VIBRATION – If the treadmill is paused, press the button to start the vibration program

SAFETY KEY

The safety key consists of a key, buckle and nylon thread. In the event of a breakdown or emergency, pulling the key immediately stops the treadmill. The console will not be operable, the display will show "---" and a beep will sound. If you insert the safety key back, the treadmill will start functioning normally.

HEART RATE TEST

Turn on the treadmill and grasp both handles with pulse detectors. Stand on the belt for the most accurate measurements. The measurement should be longer than 30 seconds. The value should be in the range of 50-200 bpm.

The data are for reference only and are not for medical or therapeutic purposes.

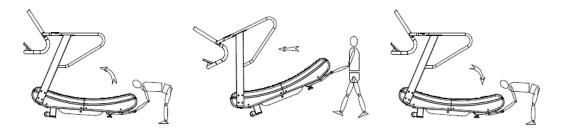
FAULTS AND ERROR CODES

	Possible cause	Possible solution	
The system is not working	Not plugged in or turned on	Plug in or start up	
	Safety key not correctly inserted	Reinsert the safety key	
	Short circuit	Check the inputs and outputs of the terminal and communication cables	
	Converter not plugged in or damaged	Check or replace the converter	
Sudden stop	Safety key not correctly inserted	Reinsert the safety key	
Gudden stop	System Error	Contact supplier	
The button does not	The button does not respond	Replace button and cables, 2. replace PCB, 3. replace console	
work	Damaged or incorrectly connected cable	Check cable condition, replace or reconnect	
E-01	Damaged console	Replace the console	
E-02 Wrong wiring or motor damage		Replace the motor cables or replace the motor	
E-03	Damaged driver	Replace the driver	
E-04	The belt adjusts the incline	The message disappears after the incline setting	
	Increased friction	Lubricate the belt	
E-05	Damaged driver	Replace the driver	
	Damaged engine	Replace the engine	
E-06	Damaged cables or engine	Check the wiring of the motor cables or replace the motor	
No pulse displayed	Check the cable connections	1. Check the connection. 2. Replace the cables	
	Short circuit of the console	Replace the console	

TRANSPORT

Before moving, lower the belt incline to the lowest position and unplug it.

Raise the back of the treadmill and slowly move the transport wheels. Ask another person for help.



GENERAL TRAINING RECOMMENDATIONS

Be careful when starting your exercise program, exercise should not take too long, and you should not exercise more than once every two days. Extend the duration of exercise each week. Do not set unreachable goals. In addition to running on the treadmill, do other sports activities, such as swimming, dancing or cycling.

Always warm up before training. Stretch or perform gymnastic exercises to warm up for at least 5 minutes to reduce muscle tension and prevent pain.

During the exercise, breathe regularly and calmly.

Drink regularly during exercise. Remember that the recommended daily dose of fluids is 2-3 liters and this increases with physical activity. The fluids you drink should have room temperature.

Always wear comfortable and lightweight clothing as well as sports shoes while exercising on the device. Do not use too loose clothes that could get caught in the moving parts of the device during exercise.

Regularly measure your heart rate. If your device is not equipped with a heart rate monitor, talk to your doctor about how you can measure the heart rate yourself. Determine the interval in which your heart rate will move, so training will be more effective. Consider your age and physical condition. The following table is used to determine the optimal heart rate interval:

Age	Heart rate frequency 50-75% (from maximum heart rate) – optimal pulse	Maximum heart rate 100%
20 age	100 – 150	200
25 age	98 – 146	195
30 age	95 – 142	190
35 age	93 – 138	185
40 age	90 – 135	180
45 age	88 – 131	175
50 age	85 – 127	170
55 age	83 – 123	165
60 age	80 – 120	160
65 age	78 – 116	155
70 age	75 – 113	150

GETTING STARTED

PREPARATION

If you are over 45 years of age or have a health problem and have never been trained on the treadmill, consult your doctor about using the device.

Before you put yourself on the track, try how the machine is controlled. First, learn how to control the machine how to start and stop. Pay attention how to control speed. Try it several times until you get used to the control. Then stand on the anti-slip rails of the belt and grasp both handles of the

handrails. Set the speed between 1-6 - 3.2 km / h, stand straight, look ahead and try to stand on the belt several times with one leg. Then put it on both feet to practice. Once you get used to the belt, you can slowly increase the speed to 3-5 km / h and keep it for 10 minutes. Then stop the device slowly.

EXERCISES

First, learn how to control the machine. Remember how to turn on, stop and adjust the speed and the incline. As soon as you get used to the control, try a 1 km walk at a steady pace and see how long it took you. It should take you 15-25 minutes. Then try 1 km at a speed of 4.8 km / h (approximately 12 minutes). Repeat exercises several times. Then you can increase the speed and angle of inclination and exercise for about 30 minutes. Do not hurry, a steady walk is beneficial to your health.

FREQUENCY

The optimal frequency is 3-5 times per week after 15-60 minutes. We recommend first making a schedule and sticking to it. It is not recommended to increase incline during the initial exercise phase. Increase the slope only when increasing the exercise load.

HOW TO EXERCISE

It is best to exercise for 15-20 minutes. The warm up phase should take about 2 minutes at 4.8 km / h, then increase the speed to 5.3 and 5.8 km / h, each phase should take about 2 minutes. Then add speed every 2 minutes at 0.3 km / h and accelerate until your breathing frequency increase. Beware, breathing should not be a problem. Continue with the exercise at this speed. If you have trouble breathing, reduce the speed again by 0.3 km / h. Finally, allow yourself 4 minutes to cool down. If you do not want to increase your difficulty with speed, you can increase the difficulty by setting the incline. A gradual increase in the angle of inclination can significantly affect the difficulty of the exercises.

CALOREIS BURNING - This exercise helps to burn calories faster. First practice for 5 minutes at 4 - 4.8 km / h, then accelerate every 2 minutes at a speed of 0.3 km / h. Try to exercise for 45 minutes. To increase the intensity, you can try to endure training for about an hour. You can watch TV during exercise. Once the ad starts, add 0.3 km / h and return to the original speed when it's over. As a result, there will be more calories in your ads. At the end of the exercise, slowdown 4 minutes.

CLOTHING

For exercise, select a pair of good shoes. Do not place anything on the treadmill or device gaps during exercise. This prevents possible wear and damage to the device. Dress up comfortably.

SAFE EXERCISE

Before exercising, consult your doctor. 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 anomalies, stop exercising immediately. Please consult your doctor before any further exercise. If you use the device more often, you can choose between walking and during. If you are not sure of the most suitable speed, follow the following information:

Speed 1-3.0 km/h	physically weaker individuals
Speed 3.0-4.5 km/h	less physically fit individuals
Speed 4.5–6.0 km/h	people used to classic walking
Speed 6.0-7.5 km/h	fast walking people
Speed 7.5–9.0 km/h	recreational runners
Speed 9.0-12.0 km/h	medium runners
Speed 12.0-14.5 km/h	experienced runners
Speed above 14.5 km/h	professional runners

WARNING:

For walking choose a speed of 6 km / h or less.

• Runners should choose a speed of 8 km / h or higher.

EXERCISE INSTRUCTIONS

THE WARM UP PHASE

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch. If it hurts, STOP.

A CHI	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.
(2)	Shoulder lifts
	Raise your right shoulder up towards your ear and hold for 2 seconds. Then repeat for your left shoulder while lowering the right.
O-	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.
S.A.	Calves and Achilles tendon
	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.
€ Company of the Com	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.

THE COOL DOWN PHASE

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated. Again, remember not to force or jerk your muscles into the stretch.

As you get fitter, you may need to train longer and harder. It is advisable to train at least three times a week, and if possible, space your workouts evenly throughout the week.

STORAGE

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

IMPORTANT NOTICE

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

ENVIRONMENT PROTECTION

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

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

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

TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS

General Conditions of Warranty and Definition of Terms

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

The seller is SEVEN SPORT s.r.o. with its registered office in Strakonická street 1151/2c, Prague 150 00, Company Registration Number: 26847264, registered in the Trade Register at Regional Court in Prague, Section C, Insert No. 116888.

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

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

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

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

Warranty Conditions

Warranty Period

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

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

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

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

Warranty Claim Procedure

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

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

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

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

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

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

CZ SEVEN SPORT s.r.o. Registered Office: Strakonická 1151/2c, Praha 5, 150 00, ČR

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