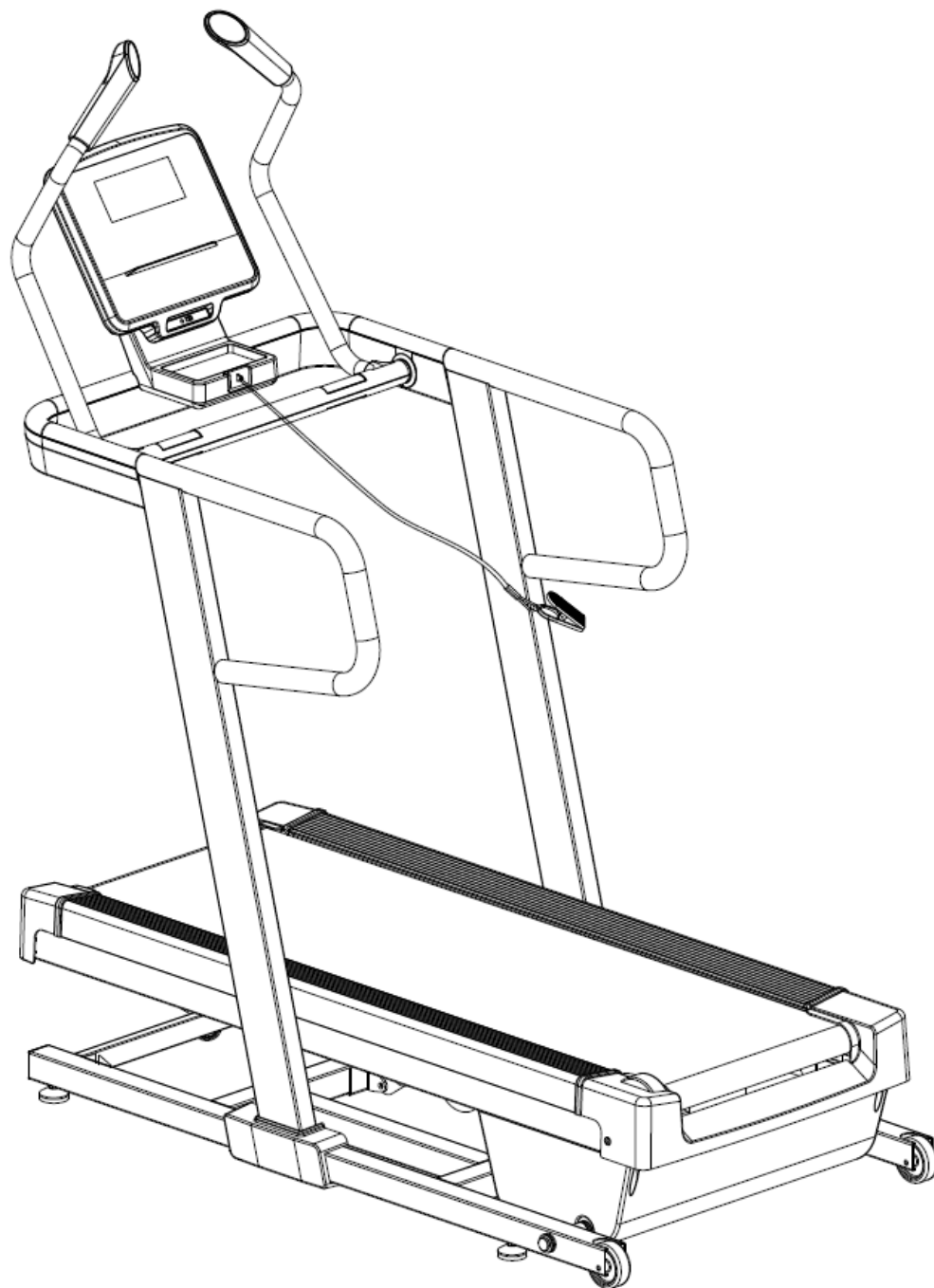




**USER MANUAL – EN**

**IN 24097 Treadmill inSPORTline Hill Lite**



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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 gradually, not instantly.
- 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.
- Maintenance should be done only according to the manual, to prolong the lifespan.
- 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.
- In case of error or damage stop the exercising immediately. If the treadmill suddenly increases its speed, remove the safety key.
- 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.

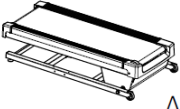
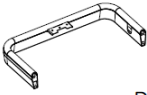









- Do not expose to direct sunlight.
- Do not place in areas with high humidity (pools, sauna etc.)
- Continuous use cannot be longer than 2 hours.
- If the treadmill is not in use, remove the safety key.
- **Max. user weight:** 120 kg
- **Category: HC** (according to EN 957) suitable for home use.


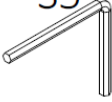
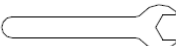
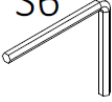







**SAFETY WARNING:** Do not use heart rate sensors in the handle at speeds above 14 km / h.

**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!**

## ASSEMBLY

Prior to assembly, make sure that all parts are present and undamaged.

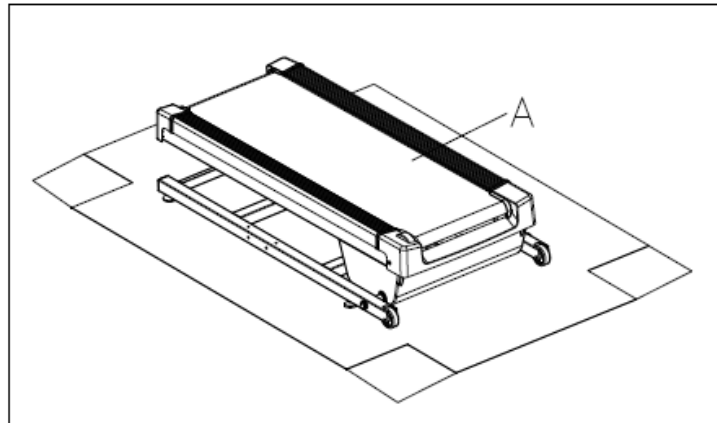
 A	 B	 C	 D	 E	 A05
 A06	 C06	 C07	 D23	 D31	

B10 S=13 14 15  (1X)	B11 S5  (1X)	B12 17#  (2X)	B13 S6  (1X)
E03 M10  (4X)	E09 M10*70  (4X)	E11 M8*25  (4X)	E12 M8*15  (6X)
E16 M6*10  (3X)	E29 D8  (6X)	E40 M8*15  (4X)	

No.	Name	Qty.	No.	Name	Qty.
<b>A</b>	Main frame	1	<b>A06</b>	Right pillar	1
<b>B</b>	Console holder	1	<b>C06</b>	Left bottom cover	1
<b>C</b>	Console	1	<b>C07</b>	Right bottom cover	1
<b>D</b>	Handlebars	1	<b>D23</b>	3mm audio cable	1
<b>E</b>	Safety key	1	<b>D31</b>	Power cable	1
<b>A05</b>	Left pillar	1	<b>J01</b>	Silicon oil	1

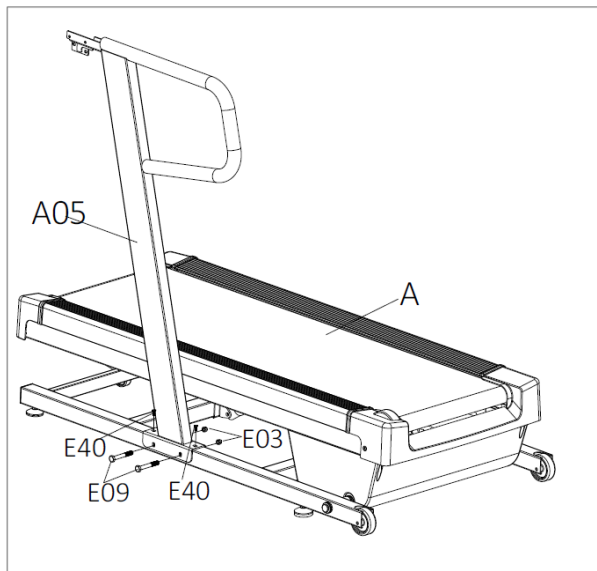
## STEP 1






Unpack the main frame (A) on a flat and clean surface.



## STEP 2

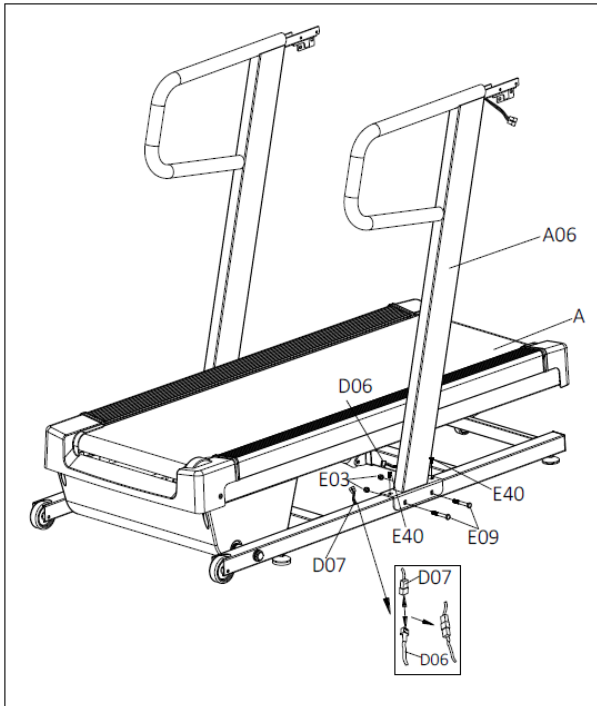
Attach the right pillar (A05) to the main frame (A) with 2x M10x70 bolts (E09), 2x M8x15 bolts (E40) and 2x M10 nuts (E03).



	E03 M10	E09 M10*70	E40 M8*15
	(2X)		(2X)
			(2X)
	B12 17#		B10 S=13 14
	(2X)	(1X)	B11 S5
			(1X)

### STEP 3

Attach the left pillar (A06) to the main frame (A) with 2x M10x70 bolts (E09), 2x M8x15 bolts (E40) and 2x M10 nuts (E03).

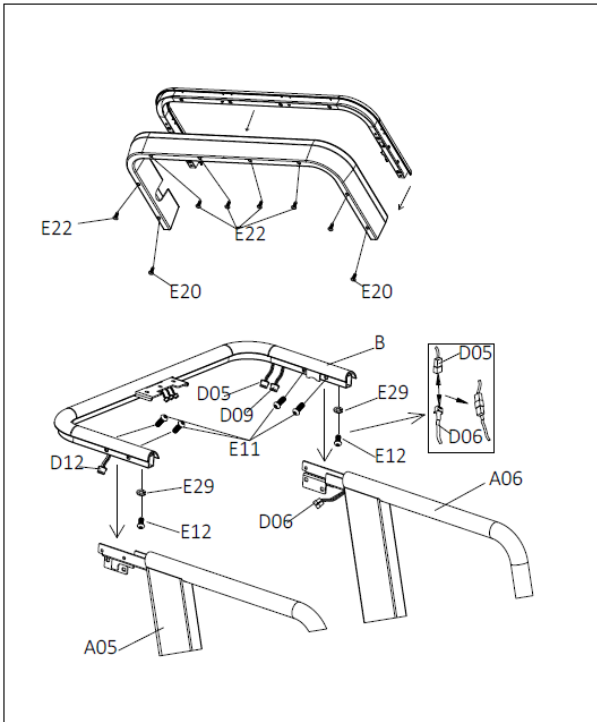


	E03 M10	E09 M10*70	E40 M8*15
	(2X)	(2X)	(2X)
	B12 17#	B10 S=13 14	15 B11 S5
	(2X)	(1X)	(1X)

### STEP 4

Remove the bottom console cover before assembly.

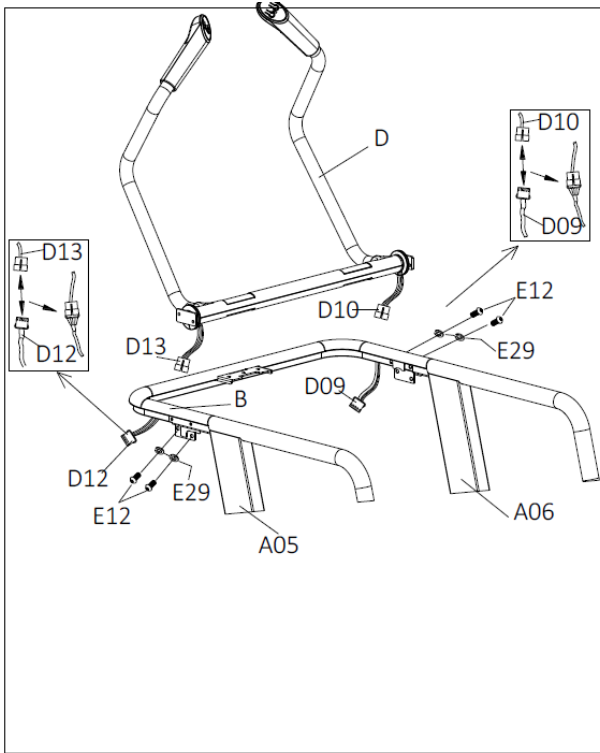
Attach the console holder (B) to the pillar (A05 and A06) with 4x M8x25 bolts (E11) and 2x M8x15 bolts (E12) and 2x M8 washers (E29). Connect the cables (D05 and D06) on the left pillar (A06).



	E11 M8*25	E12 M8*15	E29 ?8
	(4X)	(2X)	(2X)
	B11 S5		
	(1X)		

**STEP 5**

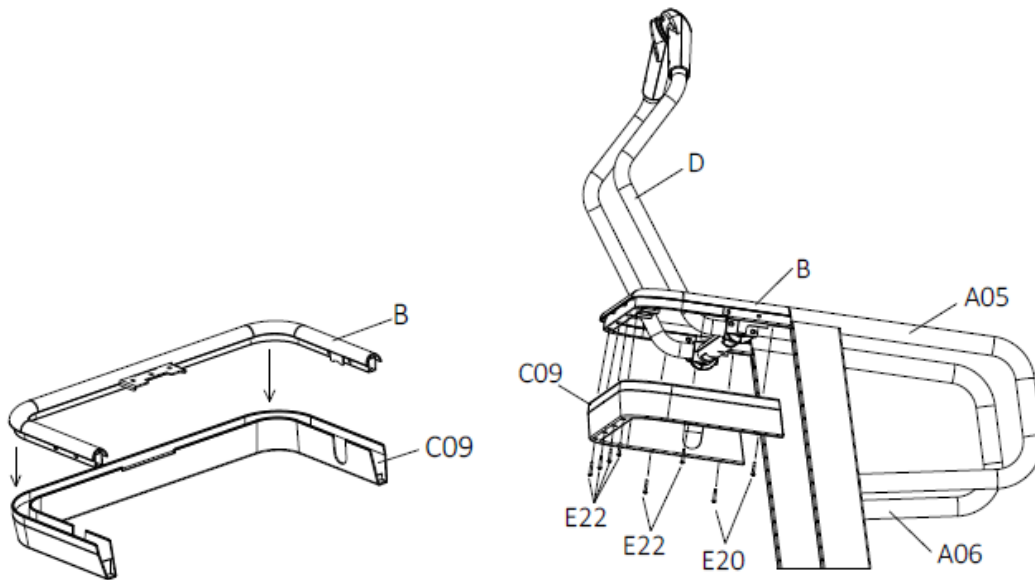
Attach the handles (D) to the console bracket (B) with 4x M8x15 bolts (E12) and 4x M8 washers (E29). Connect the cables on the right side (D13 and D12) and on the left side (D10 and D09).



	E12 M8*15  (4X)	E29 ?8  (4X)	B11 S5  (1X)
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**STEP 6**

Attach the bottom cover of the console (C09) with 2x ST4.2x25 bolts (E20) and 6x bolts ST4.2x12 (E22).

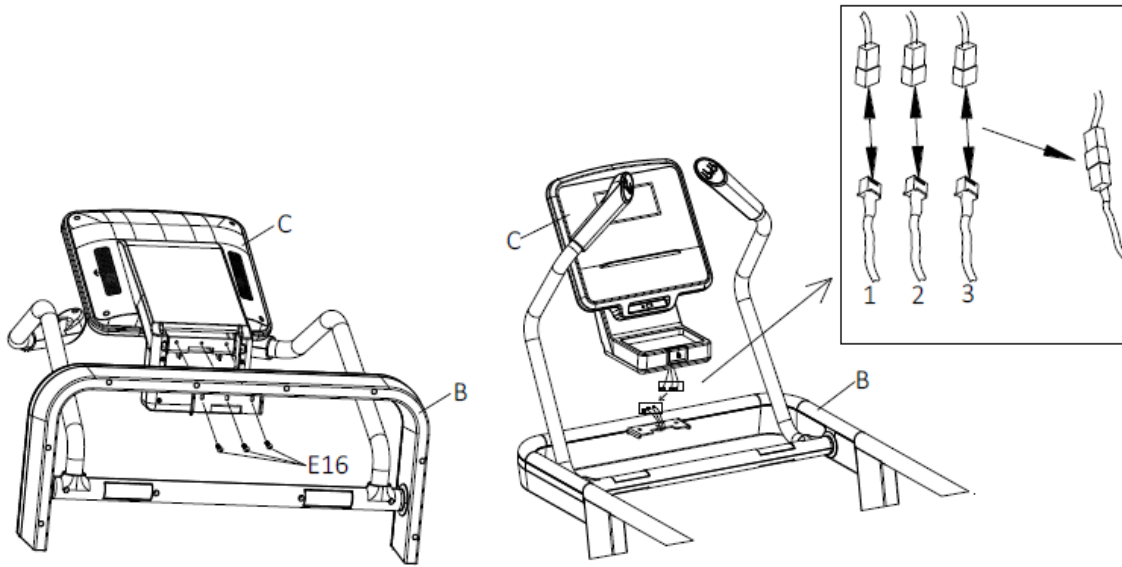


	E20 ST4.2*25  (2X)	E22 ST4.2*12  (6X)	B10 S13 14 15  (1X)
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**STEP 7**

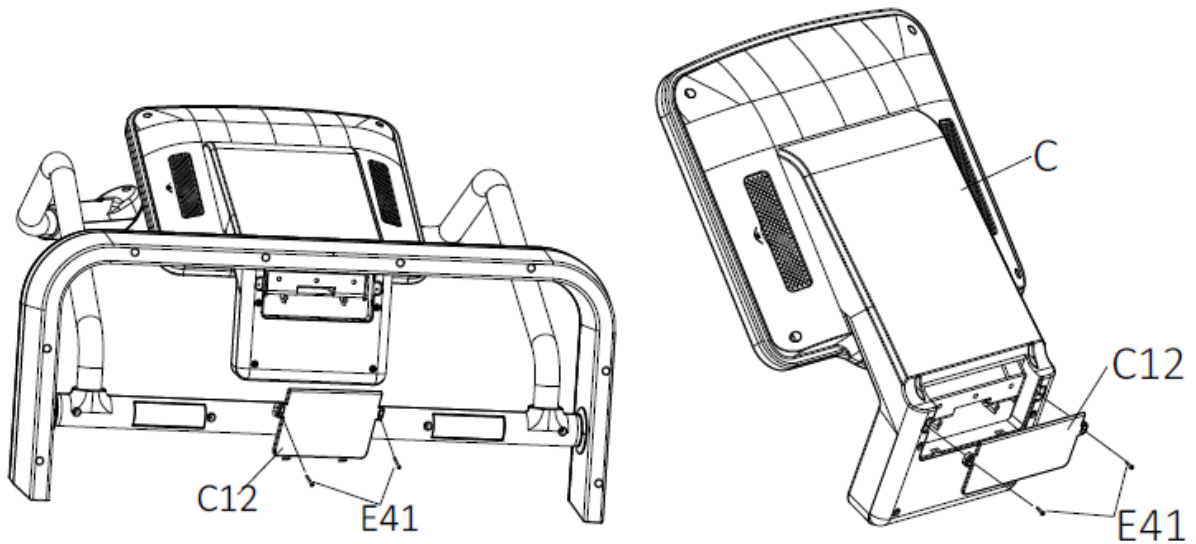
Connect the console cables (C) to the console holder cables (B). Then fasten the bracket with 3x M6x10 bolts (E16).



	E16 M6*10	B11 S5
	(3X)	(1X)

**STEP 8**

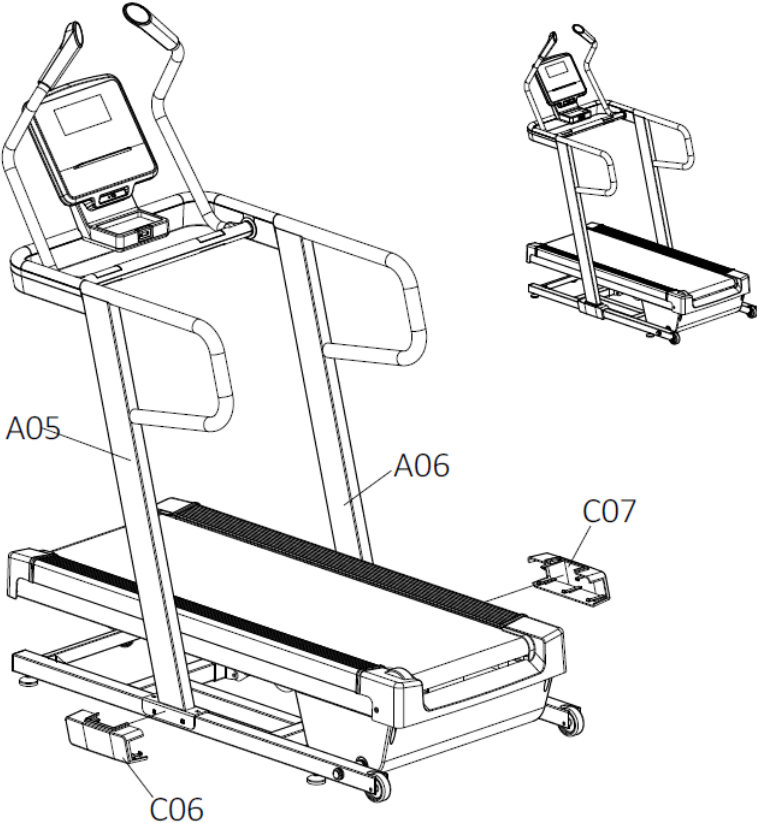
Attach the bottom cover of the console (C12) with 2x ST2.9x16 bolts (E41).



	E41 ST2.9*16	B10 S=13 14 15
	(2X)	(1X)

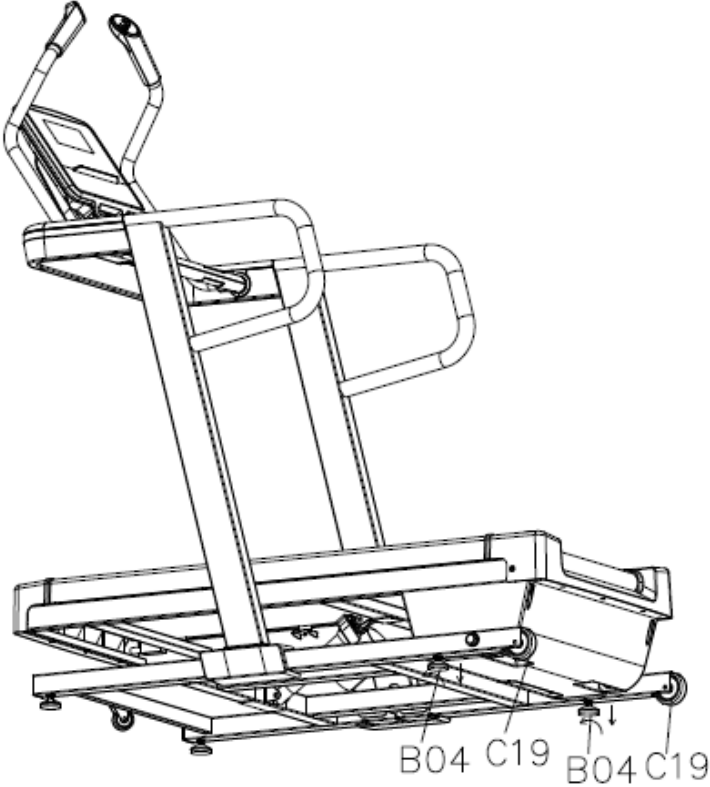
**STEP 9**

Attach the bottom covers (C06 and C07) to the posts (A05 and A06).



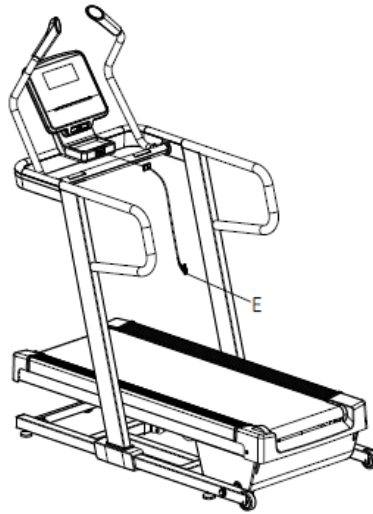
**STEP 10**

Attach the leveling feet (B04) counterclockwise until the wheels (C19) are on the ground.

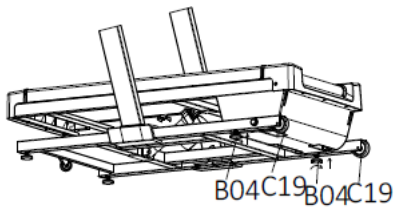


## STEP 11

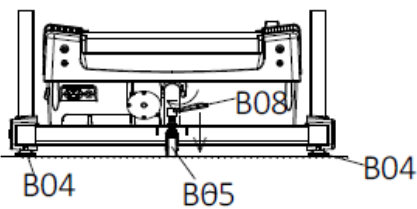
Attach the safety key (E) and attach the key to the clothes before each use. In the event of a malfunction or abnormal machine behavior, remove the key immediately.



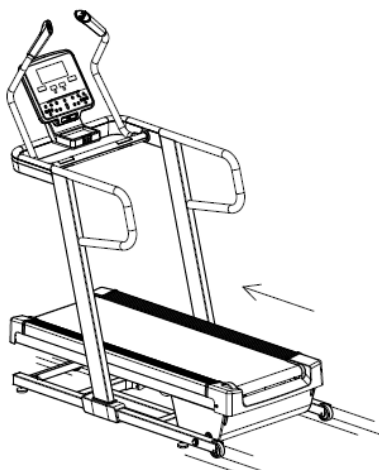
## TRANSPORT



Turn the leveling feet (B04) clockwise to the highest position.

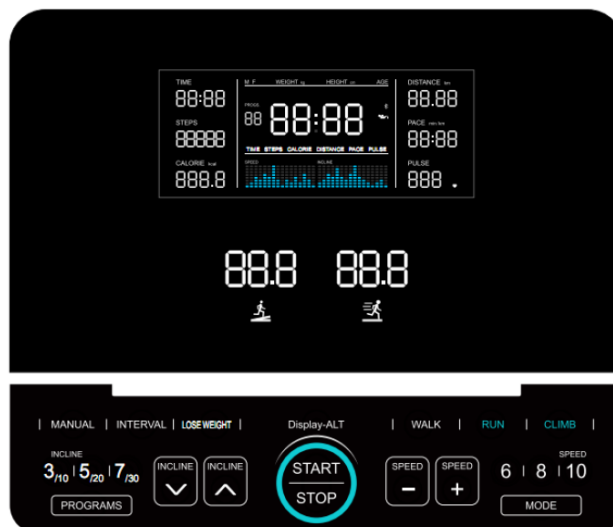


Turn the handle (B08) clockwise to the lowest position.



Move the belt.

## CONSOLE



### Display

TIME	<p>Range: 0:00 - 18:00, after reaching the maximum value the program will not stop, the time will start counting from 0:00.</p> <p>Countdown mode, range: 99 min - 0.00, after reaching 0.00 TIME the display shows END, after 5 seconds the console switches to standby mode. The time and tempo display changes every 5 seconds.</p>
DISTANCE	<p>Range: 0.00 - 99.99, after reaching the maximum value the program will not stop, the distance will start counting from 0:00.</p> <p>In countdown mode, the distance will be subtracted from the set value down to 0.00. after reaching 0.00 the display shows END, after 5 seconds the console switches to standby mode.</p> <p>In FAT test mode, the display shows the measured value.</p>
PACE	Shows how long it takes to run 1 km. Units: min / km
CALORIES	<p>Displays calories burned. Calories are displayed in the range 0.0 - 999. After reaching the maximum value, the program will not stop, the value will start counting from 0.</p> <p>In countdown mode, the value will be subtracted from the set value down to 0.0. The display then shows END, after 5 seconds it switches to standby mode.</p>
PULSE	Displays the current pulse. Hold both sensors for 5 seconds to measure your heart rate; range: 5 0-200 beats per minute. The data is for guidance only.
INCLINE	Displays the current incline level. Range 1 - 15. In climb mode, the range is from 1 - 40.
SPEED	Displays the current speed. Range 0.8 - 18 km / h. In climb mode, the range is 0.8 - 6 km / h.
STEPS	Displays the number of steps 0 - 99999. The value is not displayed in climb mode.
LCD display	<p>The display shows the values of time, distance, speed, calories, and heart rate when you press the DISPLAY-ALT button.</p> <p>The display shows the measured fat values in FAT mode.</p>

## BUTTONS

START	If the device is plugged in and the safety key is inserted, press the button to turn on the treadmill
STOP	During operation, pressing the button stops all operations and the data returns to the default values.
MODE	In standby mode, select a program: time countdown 30:00, distance countdown mode 1.0, calorie countdown mode 50.0, step countdown mode 5000.  The function will flash during selection.  Use the SPEED +/-, INCLINE +/- buttons to adjust the values, press START to start the program.
PROGRAM	Press the button to select the preset program P1 - P12, FAT. (P1 - manual program, P2 - interval program, P3 weight loss program, P4 - walking).  In climb mode, you can select programs P1 - P6.
QUICK PROGRAM BUTTONS	You can select: P1 - manual program, P2 - interval program, P3 weight loss program, P4 - walk, P5 - run, P6 - climb.
RUN	In standby mode, press the button to enter run mode, it does not work in climb mode.
CLIMB	In standby mode, press the button to enter the climb mode, it does not work in run mode.
-SPEED+	In settings you can adjust the values, during operation you change the speed by 0.1 km / h. By holding down the button, the value will change gradually.
-INCLINE+	In settings you can adjust the values, during operation you change incline by 0.5. By holding down the button, the value will change gradually.
SPEED 6,8,10	Quick speed selection button 6, 8, 10.
NÁKLON 3/10, 5/20, 7/30	In run mode, change the incline to 3 /5 /7.  In climb mode, change the tilt to 10/20/30.

## PROGRAMS

### QUICK START

Turn on and insert the safety key. Press START and the treadmill starts at 0.8 km / h after a 3-second countdown. You can change the speed and incline as needed.

### MANUAL MODE

In standby mode, press START, the treadmill will start at 0.8 km / h, all values will be added from 0. You can use the SPEED and INCLINE buttons to adjust the speed and incline values.

In standby mode, press MODE to enter the countdown setting. The value on the TIME display will flash. Use the SPEED and INCLINE buttons to set the value from 5:00 to 99:00.

Press MODE 2x to set the distance countdown. The display shows 1.00. Use the SPEED and INCLINE buttons to set the value from 0.50 to 99.90.

Press MODE 3x to set the calorie countdown. The display shows 50.0. Use the SPEED and INCLINE buttons to set the value from 10.0 - 999.

Press START to start the program after setting the values. During exercise, you can adjust the speed and incline using the SPEED and INCLINE buttons. Press STOP to stop the treadmill.

### PRESET PROGRAMS

You can select programs using the quick selection buttons or by selecting in the menu after pressing PROGRAM. The TIME display will show the set original value 30:00 which will flash. You can change the program run time using the SPEED and INCLINE buttons. Press START to confirm the setting and

the program will start after a 3 second countdown. Each program is divided into 16 segments. As soon as the program enters the next segment, the system alerts the user with an audible signal. The speed and incline change according to the preset values of the program. Use the SPEED and INCLINE buttons to adjust the speed and incline. When the program is completed, an acoustic signal sounds and END appears on the display. The device gradually decelerates within 5 seconds and switches to standby mode.

### RUNNING MODE

Each exercise segment is calculated according to the set time / 16.

PROGRAM \ SECTION	Time interval for each section= setting time/16																
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	
P1 (MANUAL)	SPEED	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	
	INCLINE	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	
P2 (INTERVAL)	SPEED	5	10	10	5	5	10	10	5	5	10	10	5	5	10	10	5
	INCLINE	2	2	4	4	6	6	6	6	4	4	4	4	2	2	2	2
P3 (LOSE WEIGHT)	SPEED	5	5	8	8	5	5	5	8	8	5	5	5	8	8	5	5
	INCLINE	2	2	4	4	4	4	4	4	4	4	4	4	2	2	2	2
P4 (WALK)	SPEED	5	7	7	8	8	7	7	10	10	7	5	5	7	7	10	5
	INCLINE	2	2	4	4	4	4	4	4	4	4	4	4	2	2	2	2
P5	SPEED	5	9	9	11	11	12	5	5	9	9	11	11	12	9	9	5
	INCLINE	2	2	4	4	4	4	4	4	4	4	4	4	2	2	2	2
P6	SPEED	5	7	8	10	12	10	8	5	5	8	10	12	10	8	7	5
	INCLINE	2	2	4	4	6	6	6	6	4	4	4	4	2	2	2	2
P7	SPEED	5	6	6	6	7	8	10	10	8	9	10	10	8	6	5	5
	INCLINE	0	5	5	5	4	4	4	3	3	3	3	4	4	4	0	0
P8	SPEED	5	5	5	5	6	7	5	6	7	5	6	7	5	5	5	5
	INCLINE	0	4	4	4	3	3	6	6	6	7	7	8	8	9	0	0
P9	SPEED	5	5	5	8	9	9	6	8	9	6	8	9	6	6	5	5
	INCLINE	0	5	5	5	6	6	6	7	8	9	9	9	10	10	0	0
P10	SPEED	5	6	6	9	9	6	9	10	6	10	11	11	6	6	5	5
	INCLINE	0	5	5	6	6	6	4	4	6	6	5	5	8	8	0	0
P11	SPEED	5	6	7	8	9	7	6	8	10	10	8	8	7	6	5	5
	INCLINE	0	6	6	6	7	5	8	8	4	4	4	5	5	8	0	0
P12	SPEED	5	7	10	12	9	9	12	12	9	9	12	12	7	7	5	5
	INCLINE	0	5	3	2	6	6	2	2	2	2	2	4	5	6	0	0

## CLIMBING MODE

Each exercise segment is calculated according to the set time / 16

PROGRAM \ SECTION		Time interval for each section= setting time/16															
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P1 (MANUAL)	SPEED	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	
	INCLINE	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	
P2 (INTERVAL)	SPEED	2	5	5	2	2	5	5	2	2	5	5	2	2	5	5	2
	INCLINE	10	10	20	20	30	30	30	30	20	20	20	20	10	10	10	10
P3 (LOSE WEIGHT)	SPEED	2	2	4	4	2	2	2	4	4	2	2	2	4	4	2	2
	INCLINE	10	10	20	20	20	20	20	20	20	20	20	20	10	10	10	10
P4 (WALK)	SPEED	2	3	3	4	4	3	3	5	5	3	2	2	3	3	5	2
	INCLINE	2	2	4	4	4	4	4	4	4	4	4	4	2	2	2	2
P5	SPEED	2	5	5	6	6	6	2	2	5	5	6	6	6	5	5	2
	INCLINE	10	10	20	20	20	20	20	20	20	20	20	20	10	10	10	10
P6	SPEED	2	3	4	5	6	5	4	2	2	4	5	6	5	4	3	2
	INCLINE	10	10	20	20	30	30	30	30	20	20	20	20	10	10	10	10

## MANUAL PROGRAM

The manual is a user program.

To start the program, press MANUAL or PROGRAM in standby mode. The PROG display shows U1 and the TIME window shows the preset time 30:00. You can adjust the time using the SPEED and INCLINE buttons. After setting the time, press MODE to adjust the speed and incline of each segment. Time of each interval / segment = set time / 16. Use the SPEED button to set the speed, use the INCLINE button to set the incline. Press MODE to confirm the setting and move to the next segment until all 16 segments are set.

After setting the program, press MANUAL and then press the PROGRAM button repeatedly until the set manual program U1 appears on the display. Then press START to start.

Each program is divided into 16 parts. The speed and incline settings are made before starting the program.

## BODY FAT TEST

Press the PROGRAM button repeatedly until FAT appears in the SPEED display.

Press MODE and use the SPEED buttons to set the gender to F-1 (01 - male, 02 - female).

Press MODE to confirm and enter age F-2 using the SPEED buttons (10 - 99).

Press MODE to confirm and enter height F-3 using the SPEED buttons (100 - 200).

Press MODE to confirm and enter weight of the F-4 using the SPEED buttons (20 - 150).

Press MODE to confirm and F-5 is displayed. Grasp the heart rate sensors and after approx. The result is displayed for 8 seconds.

The measurement results are only indicative and do not serve as a substitute for medical care.

F-1	Gender	01 – male	02 – female
F-2	Age	10 – 99	

F-3	Height	100 – 200	
F-4	Weight	20 – 150	
F-5	Result	≤19	Malnutrition
		=20-25	Normal
		=26-29	Overweight
		≥30	Obesity

### SAFETY KEY

Pulling out the safety key immediately stops the treadmill and alert sounds. To start the treadmill, it is necessary to reconnect the key and press START.

### USB PORT

You can use the USB port to connect your smart device and play music.

### WARNING!

Before exercising, check the power supply and connection of the security key.

If any fault or malfunction occurs, remove the safety key immediately.

Do not repair the device yourself, always contact authorized service.

You can unplug the device at any time.

## TROUBLESHOOTING AND POSSIBLE SOLUTIONS

If you need to intervene in the device, contact a professional service.

### The display does not show any information when the treadmill is attached.

- Check the fuse, replace the fuse if necessary.
- Make sure the fuses, grounding, and power supply are properly connected.
- Make sure that the console and system board are connected properly.

### After start-up, the display shows E01 - error of signal transmission from the console to the motherboard

- Check the connection from the system board to the console.
- Check the status of the console.
- Check the condition of the system board.

### The display shows E02 - motor fault.

- Make sure the motor is connected properly and check the condition of the motor.
- Short circuit of the motherboard.
- Check input current.

### The display shows E03 - sensor fault.

- If the display shows the code E03 5 - 8 seconds after start-up, check the connection and the status of the sensor.
- The sensor connection cable on the system board is damaged, replace the motherboard.

### The display shows E04 - incline fault

- Reconnect or replace the incline motor connection cables.
- Check the incline motor power cable to make sure it is properly connected to the system board.
- Replace connection cables or incline motor.



- Replace the system board.
- Check the connection of the tilt buttons.

**The display shows E05 - after start-up the overvoltage protection closes**

- Motor is overloaded, restart.
- Stuck motor or other moving parts, heavy motor load. Check the lubrication of the treadmill.
- Check that the engine does not smell.
- Check the motherboard.

**The display shows E06 - the motor circuits are interrupted after start-up**

- Check motor connection
- Replace the engine.

**The display shows E08 - integrated memory circulation error 24C02**

- The memory circuit is incorrectly connected or damaged.

**The display shows E10 - shorts the motor immediately after start-up.**

- The speed entered from the motherboard is too high, adjust the potentiometer to a lower speed.
- Motor short circuit.
- The moving parts are poorly lubricated.

**The display shows E13 - communication error from the motherboard to the console.**

- Check the cables from the motherboard to the console.
- Check the status of the console.
- Replace the motherboard.

## 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.



### 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.



### Upper thigh

Lean against a wall with one hand. Reach down and behind you. Lift up your right or left foot to your buttock as high as possible. Keep for 30 seconds and repeat twice for each leg.



### Hamstring stretched

Sit and outstretch your right leg. Rest the sole of your left foot against the inside of your right thigh. 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.



### Inside upper thigh

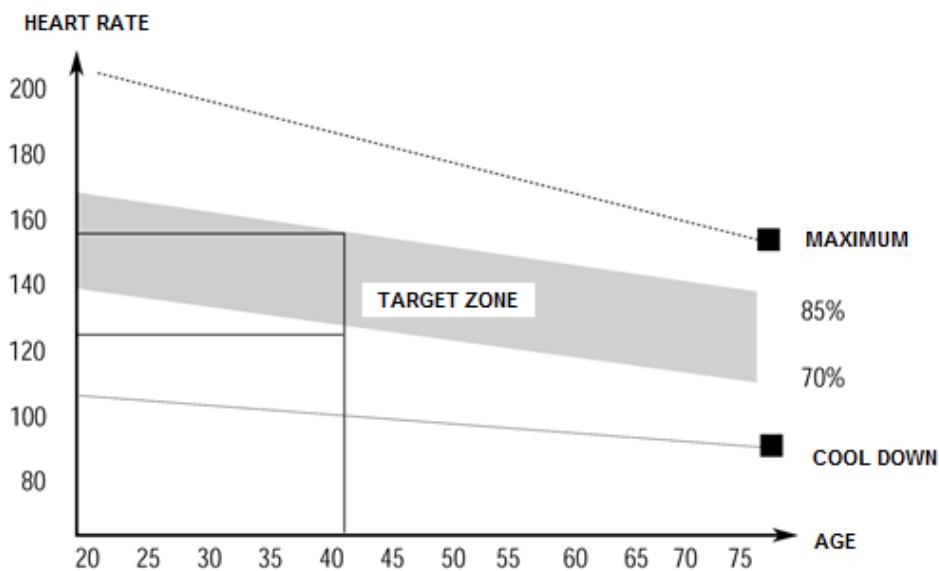
Sit on the floor and place your feet together. Knees are pointed outwards. Pull your feet as close as possible to your groin. Press your knees carefully downwards. Keep this position for 30-40 seconds if possible.



### 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 30-40 seconds. Keep your leg stretched and repeat exercising with other leg.

Exercise phase: With regular exercise, your muscles will become stronger. Keep a steady pace according to the chart during training. The training should last at least 12 minutes.



Then let the muscles cool down by slowing down for approx. 5 min. Then perform warm-up exercises. Exercise regularly at least 3 times a week.

## MAINTENANCE GUIDE

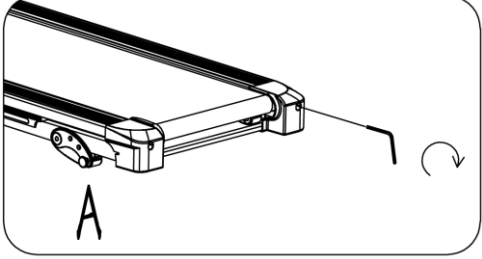
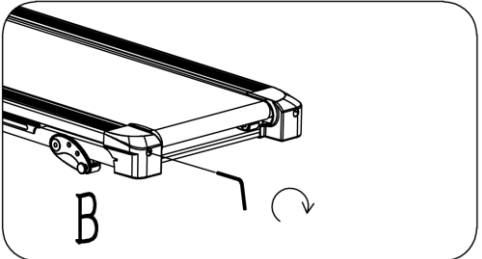
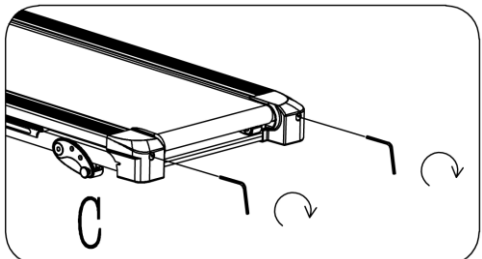
General cleaning will help to prolong the life and improve performance on your treadmill. Keep the unit clean and maintained by dusting the components on a regular basis, cleaning the two exposed sides of the running belt to prevent dust from accumulating underneath the belt. Keep your running shoes clean so that dirt from the shoes does not wear the running belt. Clean the surface of the running belt using a clean damp cloth. Keep liquids away from electrical parts and running belt.

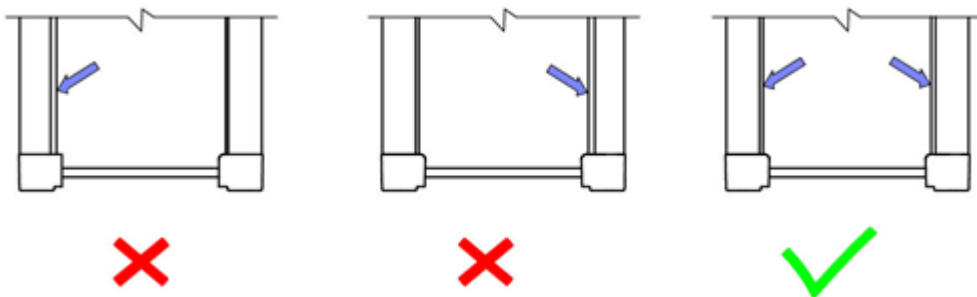
To prolong the lifespan of the treadmill it is recommended to turn it off every 2 hours of continuous use for at least 10 minutes.

A loose running belt will result in the runner sliding off when running, while too tight running belt will result in decrease of the motors performance and will also create more friction between the roller and running belt. The most suitable tightness for the belt is distance of 50-75mm from the running board.

## ADJUSTING THE RUNNING BELT

Place the treadmill on level ground and set it at 3.5 – 5 km/h to check and see if the running belt (20) drifts from the center.

<p>If the running belt (20) drifts to the right, turn the adjusting bolt on the right side ¼ turn clockwise, then turn the left adjustment bolt ¼ turn counter-clockwise. If the belt does not move, repeat this step until it centers. Refer to image A.</p>	
<p>If the running belt (20) drifts to the left, turn the adjusting bolt on the left side ¼ of a turn clockwise, then turn the right adjustment bolt ¼ turn counter-clockwise. If the belt does not move, repeat this step until it centers. Refer to image B.</p>	
<p>Over time, the running belt (20) will loosen. To tighten the belt, turn both the left &amp; right-side adjustment bolts one full turn clockwise. Check the tension of the belt. Continue this process until belt is at the correct tension. Make sure to adjust both sides equally to ensure even belt alignment. Refer to image C.</p>	



## LUBRICATING THE TREADMILL

Lubricating the running belt & the running board is essential as the friction affects the life span and operations of the treadmill. Therefore, we suggest you to inspect the running belt regularly.

**WARNING:** Always unplug the treadmill from the electrical outlet before cleaning, lubricating, or repairing the unit.

**The following time table is recommended:**

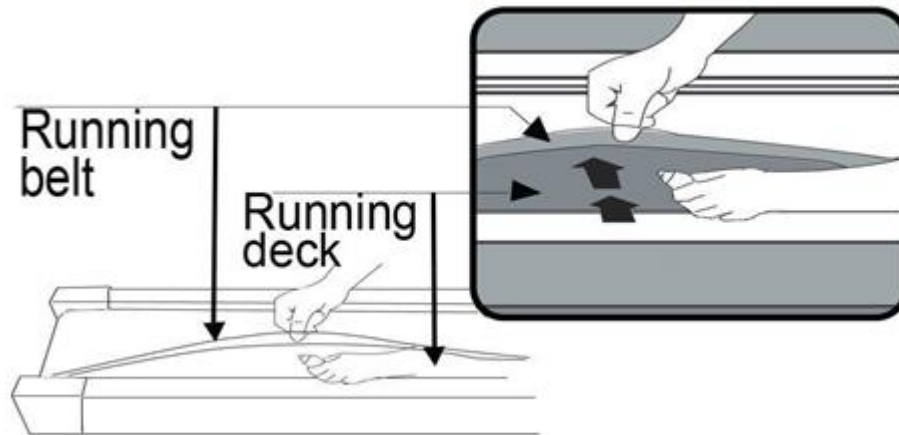
Light user (less than 3 hours/week)	Every 6 months
Medium user (3 - 5 hours/week)	Every 3 months
Heavy user (more than 5 hours/week)	Every 2 months

### How to lubricate the treadmill:

Lift up the belt on one side and apply a lubricant, then apply lubricate to entire surface with a cloth. repeat on the other side.

All moving parts must move freely and quietly. Abnormal movement may impair product safety. Check and tighten all screws regularly.

Proper and regular maintenance extends the lifespan of the treadmill.



## 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

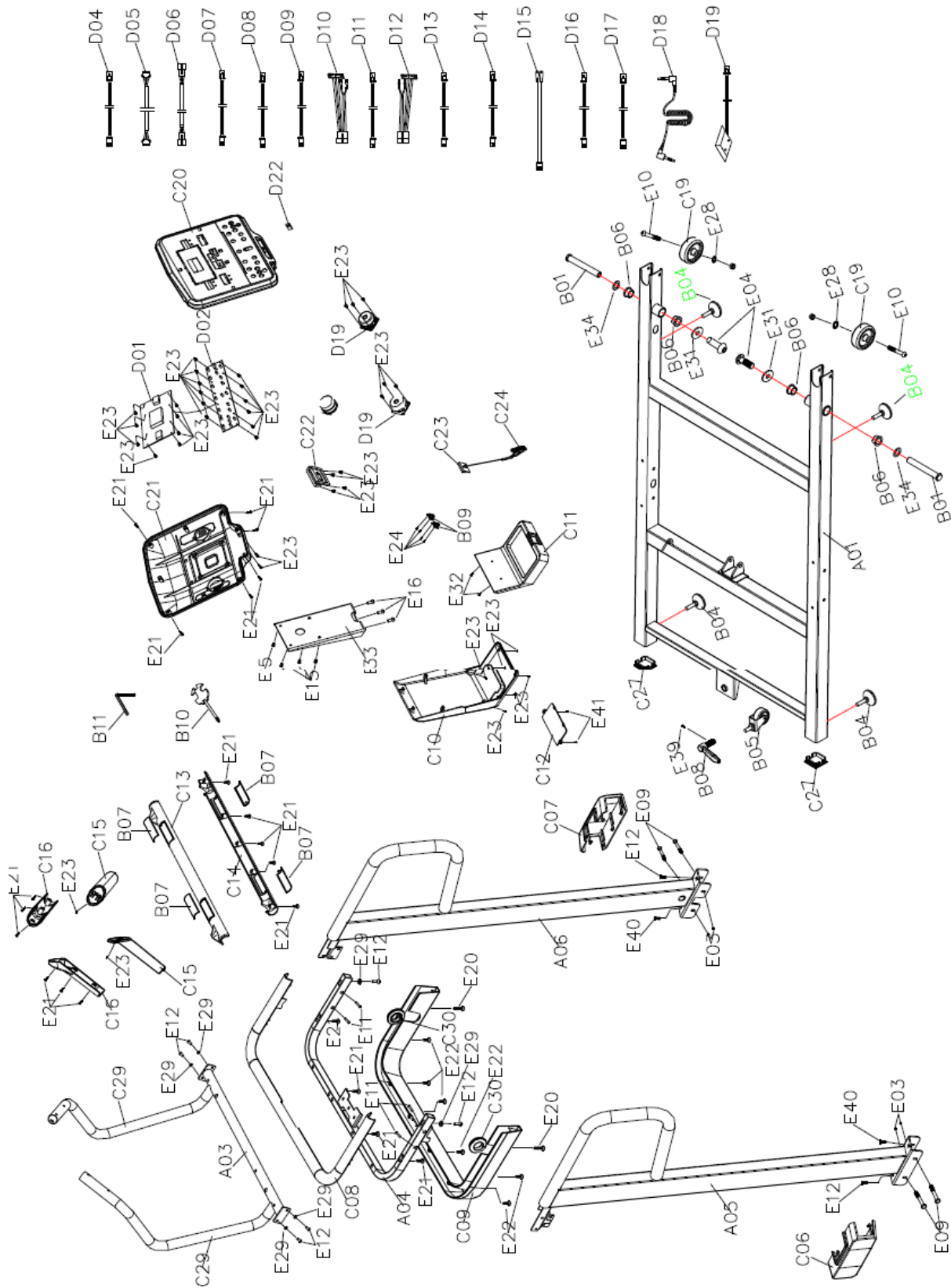
Before exercising, consult your doctor. Doctor can recommend the correct frequency and intensity of exercise with respect to your age and health. If you experience nausea, shortness of breath, irregular heartbeat, chest tightness or other anomalies, stop exercising immediately. Please consult your doctor 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:

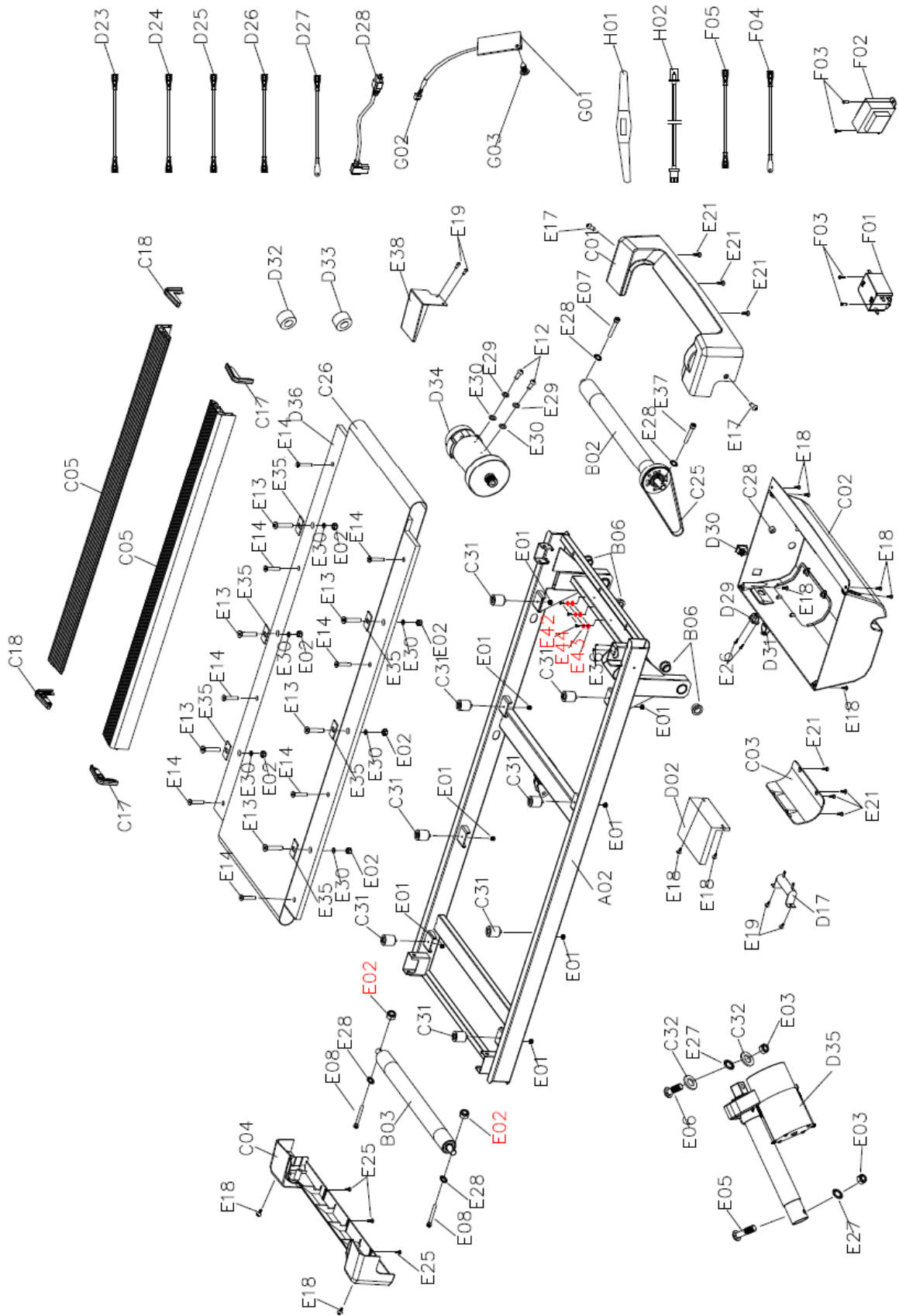
Speed 1–3.0 km/h	physically weaker individuals
Speed 3.0–4.5 km/h	less physically fit individuals
Speed 4.5–6.0 km/h	people used to classic walking
Speed 6.0–7.5 km/h	fast walking people
Speed 7.5–9.0 km/h	recreational runners
Speed 9.0–12.0 km/h	medium runners
Speed 12.0–14.5 km/h	experienced runners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

# DIAGRAM





## PARTS LIST

No.	Name	Specifications	Qty.
A01	Bottom frame		1
A02	Main frame		1
A03	Middle handles		1
A04	Console holder		1
A05	Left pillar		1
A06	Right pillar		1
B01	Axis		2
B02	Front roller		1
B03	Rear roller		1
B04	Adjustable feet		2
B05	Transport wheels		1
B06	Sleeve		8
B07	Pulse sensors		4
B08	Handrail		1
B09	Safety key sensors		2
B10	Screwdriver with wrench		1
B11	5 # Hex key		1
B12	Key		1
B13	Hex key		1
C01	Top engine cover		1
C02	Bottom engine cover		1
C03	Decorative cover		1
C04	Rear cover		1
C05	Siderails		2
C06	Left bottom cover		1
C07	Right bottom cover		1
C08	Console holder top cover		1
C09	Rear bottom console bracket cover		1
C10	Console rear cover		1
C11	Front display cover		1
C12	Console bottom cover		1
C13	Middle upper handle cover		1
C14	Middle bottom handle cover		1
C15	Top handle cover		2
C16	Bottom handle cover		2



C17	Left decorative ring		2
C18	Right decorative ring		2
C19	Transport wheels		2
C20	Control panel top cover		2
C21	Control panel bottom cover		1
C23	Safety key		1
C24	Safety key clip		1
C25	Belt		1
C26	Running belt		1
C27	Square cover		2
C28	Case cover		1
C29	Foam handles		2
C30	Round cap		2
C31	Delimiter		8
C32	Plastic pad		2
D01	Display		1
D02	Control panel		1
D03	Buttons		1
D04	Display cable		1
D05	Top display cable		1
D06	Display extension cable		1
D07	Bottom display cable		1
D08	Top speed control cable		1
D09	Speed control extension cable		1
D10	Bottom speed control cable		1
D11	Incline motor upper cable		1
D12	Incline motor extension cable		1
D13	Incline motor lower cable		1
D14	Resistance		1
D15	Upper security key cable		1
D16	Lower cable of security key		1
D17	Audio cable		1
D18	USB cable		1
D19	Speakers		2
D20	Mp3 cable		1
D21	Sensor		1
D22	USB module		1
D23	AC cable		1

D24	AC cable		1
D25	AC cable		1
D26	AC cable		1
D27	Grounding cable		1
D28	Power cable		1
D29	Power socket		1
D30	Square switch		1
D31	Overload protector		1
D32	Magnetic ring		1
D33	Magnet		1
D34	DC motor		1
D35	Incline motor		1
D36	Running deck		1
E01	Nut	M6	8
E02	Nut	M8	10
E03	Nut	M10	6
E04	Bolt	M12*25	2
E05	Bolt	M10*62	1
E06	Bolt	M10*42	1
E07	Bolt	M8*65	2
E08	Bolt	M8*60	1
E09	Bolt	M8*70	4
E10	Bolt	M8*60	2
E11	Bolt	M8*25	4
E12	Bolt	M8*15	12
E13	Bolt	M8*35	6
E14	Bolt	M6*25	8
E15	Bolt	M6*15	4
E16	Bolt	M6*10	3
E17	Bolt	M6*15	2
E18	Bolt	M5*15	10
E19	Bolt	M5*10	4
E20	Bolt	ST4.2*25	2
E21	Bolt	ST4.2*12	30
E23	Bolt	ST2.9*8	42
E24	Bolt	ST2.5*6	4
E25	Bolt	ST4.2*12	6
E26	Bolt	ST2.9*8	2

E27	Lock washer	10	2
E28	Lock washer	8	6
E29	Spring washer	8	8
E30	Flat washer	8	2
E31	Flat washer	12	2
E32	Bolt	ST4.2*8	2
E33	Mother board holder	ø3.0	1
E34	Washer	ø2.0	2
E35	Side rails washers	ø3.0	6
E36	Bolt	M3	2
E37	Bolt	M8*70	1
E38	Motor protective cover	ø2.0	1
E39	Hexagon bolt		1
E40	Hexagon bolt	M8*15	4
E41	Bolt	ST2.9*16	2
F01	Inductance		1
F02	Filter		1
F03	Bolt	ST4.2*12	4
F04	Grounding cable		1
F05	Signal cable 2		1
G01	Bluetooth module		1
G02	Bluetooth connection cable		1
G03	Bolt	ST2.9*6	1
H01	HRC connection cable		1
H02	Wireless heart rate receiver		1

## 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.

#### **Batteries**

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

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

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

### **Warranty Claim Procedure**

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

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

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

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

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

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

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

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