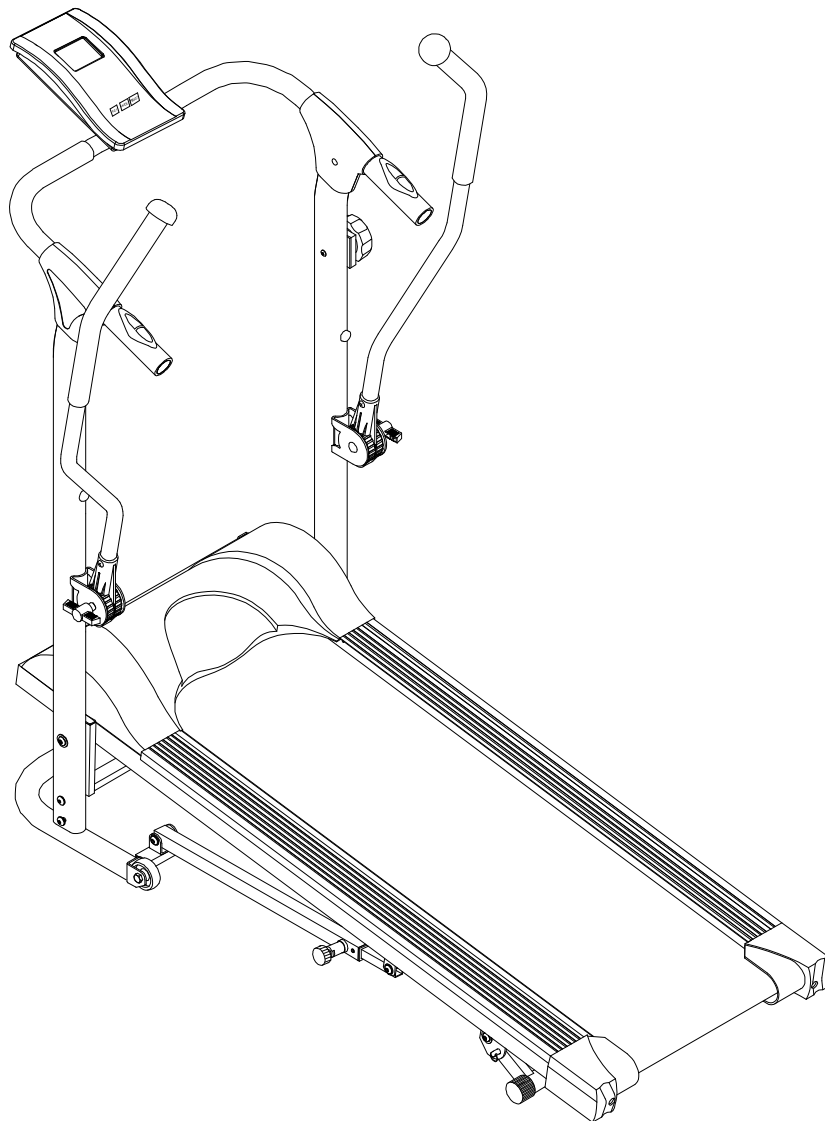




**USER MANUAL – EN**

**IN 2678 Magnetic Treadmill with Ski Function inSPORTline  
Excel Run**



E

# CONTENTS

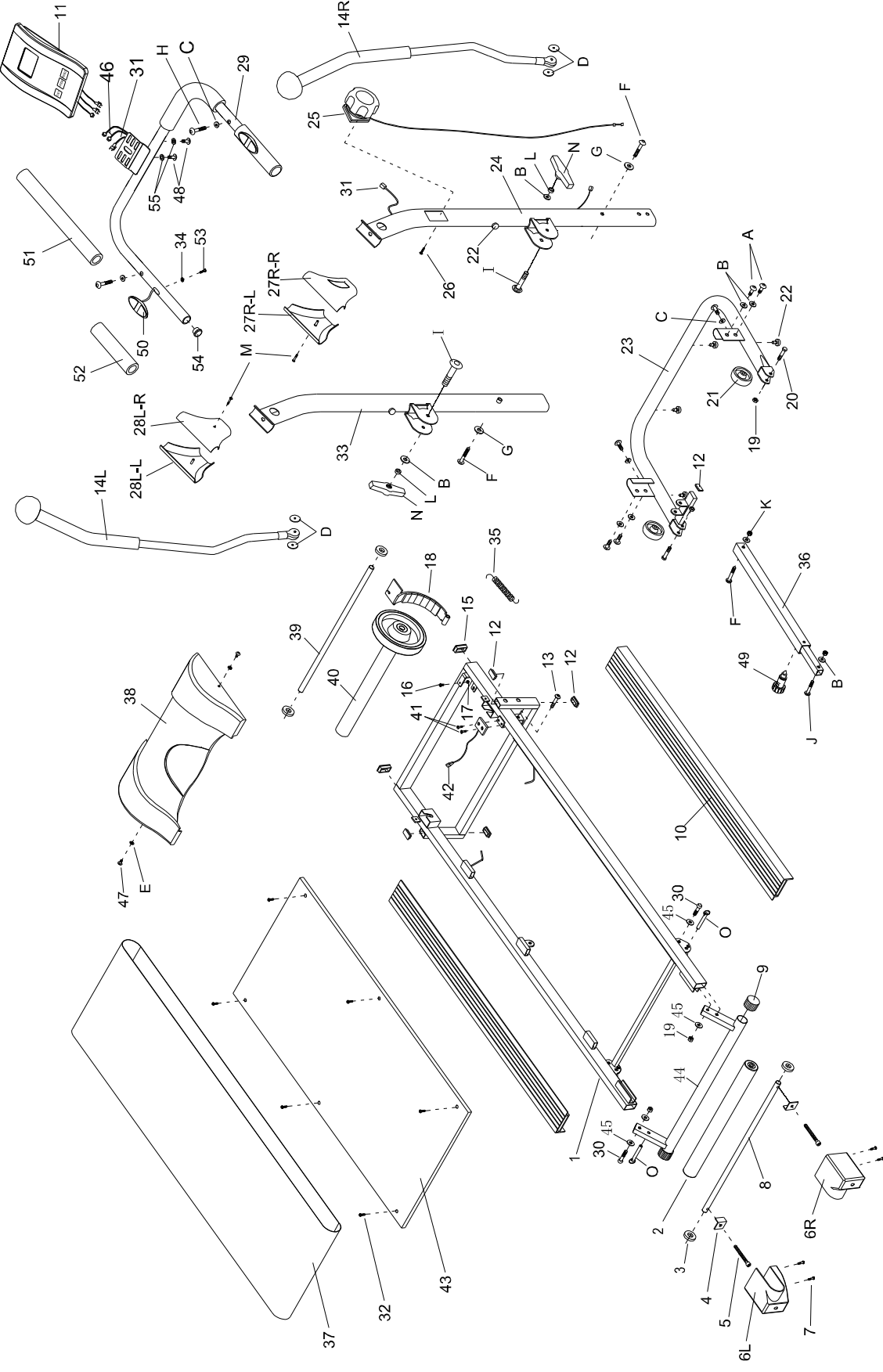
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## **IMPORTANT SAFETY INFORMATION**

**WARNING: TO REDUCE THE RISK OF SERIOUS INJURY, READ THE FOLLOWING IMPORTANT PRECAUTIONS BEFORE USING MAGNETIC TREADMILL WITH SKI.**

1. Before starting to exercise, read the manual carefully and also always keep this manual with you.
2. Before beginning any exercise program you should consult your doctor first to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent any damage. Your doctor's advice is essential if you are taking medicine that affects your heart rate, blood pressure or cholesterol level.
3. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. If you feel dizziness, nausea, chest pain, back pain or other health symptoms stop the workout at once and consult your doctor before continuing.
4. Do not operate any exercise equipment if it is not assembled well. Also you must inspect your machine periodically to ensure your machine in good condition. If there are any defective components, do not use MAGNETIC TREADMILL WITH SKI. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
5. Keep children and pets away from the equipment. The equipment is designed for adult use only. The equipment is not suitable for therapeutic use.
6. Before using the machine, please check the nuts and bolts are securely tightened.
7. Always use the equipment as mentioned. If any defective components while assembling or checking the equipment has been found or you hear any unusual noises from the equipment during use, stop immediately. Do not use the equipment until the problem has been rectified.
8. Wear appropriate workout clothing while exercising. Do not wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required while using the machine.
9. Use the equipment on a flat level, clear surface. Do not use the machine near the water or outdoors.
10. Keep hands away from all moving parts. While lifting or moving the equipment, always do it carefully.
11. The equipment has been tested and certified to EN957 under class H.C. for home use only. Maximum weight of user: 100kg/220lbs.
12. The minimum backward clearance required is 1200mm, the other three sides is 300mm.

# EXPLODED VIEW



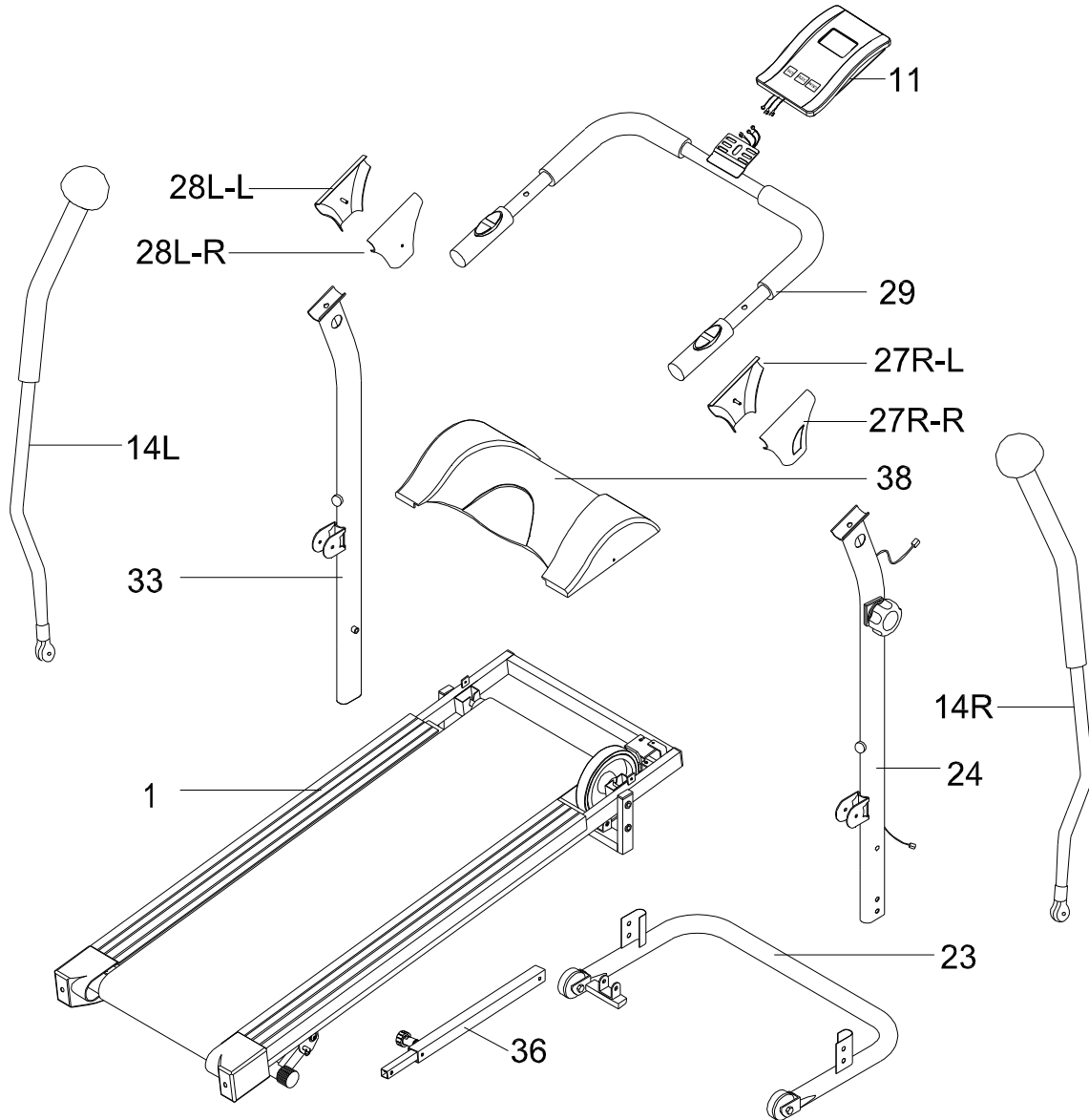
## PARTS LIST OF EXPLODED VIEW

NO.	DESCRIPTION	QTY
A	Bolt M8X15	6
B	Washer	8
C	Arc Washer	4
D	Plastic Washer	4
E	Washer ID6.2	2
F	Bolt M8X50	3
G	Big Washer	2
H	Bolt M8X45	2
I	Bolt M8*70	2
J	Bolt M8*40	1
K	Nut M8	2
L	Sleeve	2
M	Screw M4*15	2
N	Knob M8	2
O	Pin $\phi$ 8	2
P	Wrench S13	1
Q	Wrench S5	1
1	Main Frame	1
2	Rear Roller	1
3	Plastic Washer	4
4	Steel End	2
5	Bolt M6X75	2
6R	Rear End Cap(R)	1
6L	Rear End Cap(L)	1
7	Screw M4	4
8	Rear Axle	1
9	End Cap	2
10	Side Rail	2
11	Computer	1
12	Plastic End Cap	5
13	Bolt M8x45	1
14R	Handle Bar	1
14L	Handle Bar	1
15	End Cap	2
16	Bolt M6*20	1

17	Nut M6	1
18	Base of the Magnet	1
19	Nut M8	4
20	Bolt M8x40	2
21	Plastic Wheel	2
22	Base Frame Cushion	6
23	Bottom Frame	1
24	Right Side Handle Post	1
25	Tension	1
26	Bolt M5X20	1
27R-R&L	Cover Of Handle	2
28L- L&R	Cover Of Handle	2
29	Handle Bar	1
30	Bolt M8x35	2
31	Sensor Wire Connector	1
32	Screw M5*25L	6
33	Left Side Handle Post	1
34	Washer	2
35	Spring	1
36	Extension Tube	1
37	Running Belt	1
38	Plastic Cover	1
39	Front Axle	1
40	Front Roller	1
41	Screw M3	2
42	Sensor Control	1
43	Running Board	1
44	Rear adjustment frame	1
45	Washer	4
46	Sensor Wire of Hand Pulse	1SET
47	Bolt M6*10	2
48	Screw M4*12	2
49	Knob	1
50	Hand Pulse	2
51	Foam Grips	2
52	Foam Grips	2
53	Screw M4*20	2

54	End Cap	2
55	Washer M4	2

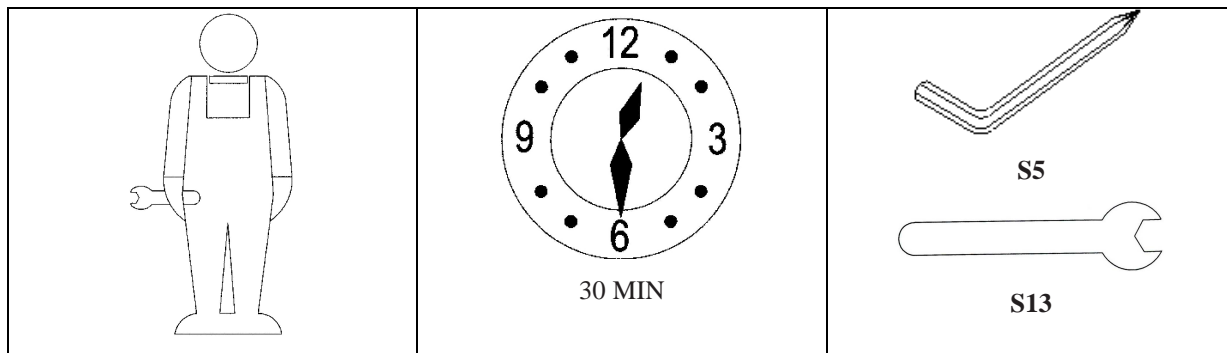
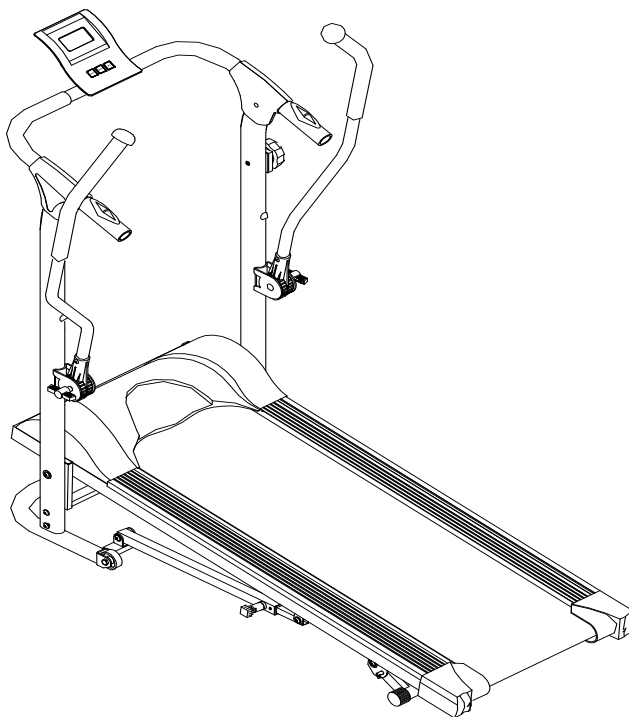
## ASSEMBLING INFORMATION



NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
1	Main Frame	1	29	Handle Bar	1
11	Computer	1	33	Left Side Handle Post	1
14L&14R	Handle bar	2	36	Extension tube	1
23	Bottom Frame	1	38	Plastic Cover	1
24	Right Side Handle Post	1			
27R-R&L	Cover of handle	2			

28L-L&R	Cover of handle	2			
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## ASSEMBLY



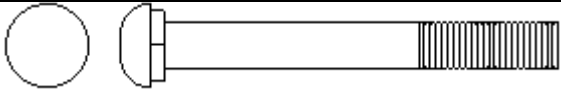
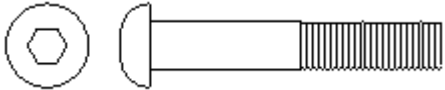
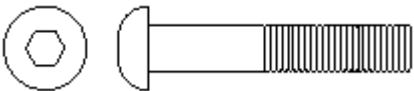
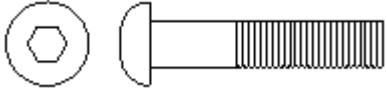

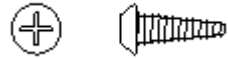







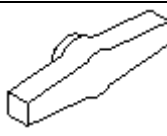
### NOTICE


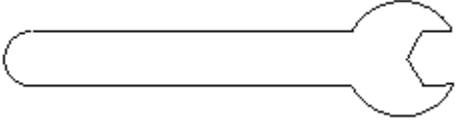

- Read this manual before assembly.
- Recognize the spare parts first.
- Check the hardware.
- Ensure that you have the right tool.
- Prepare an area to assemble.
- Follow the instruction accordingly.
- Never force the joints
- Periodically tighten the joints.







- Keep this manual with you.

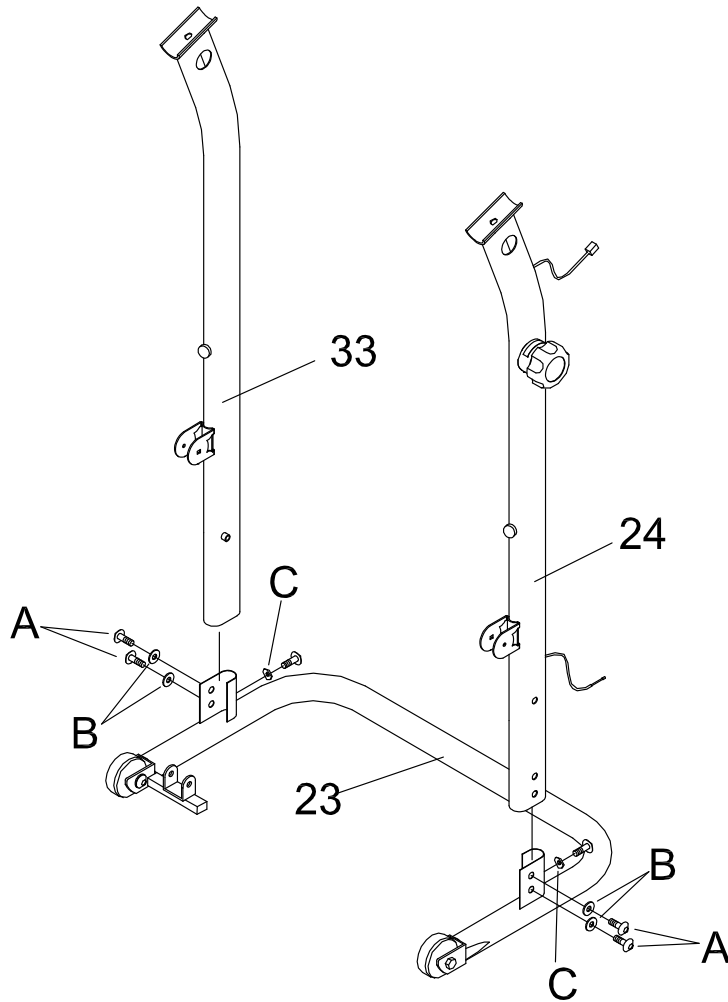
## HARDWARE

	NO.	SPECIFICATION	QTY
	I	M8*70	2
	F	M8*50	3
	H	M8*45	2
	J	M8*40	1
	A	M8*15	6
	M	M4*15	2
	B	OD16.8*ID8.2	8
	K	M8	2
	C	OD16.8*ID8.2	4
	G	OD22*ID8.2	2
	E	OD13*ID6.2	2
	D	OD59*ID38	4
	L	OD12.7*ID8.2*11L	2
	N	M8	2

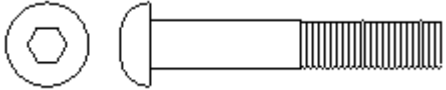



	O	ø8	2
	P	S13	1
	Q	S5	1

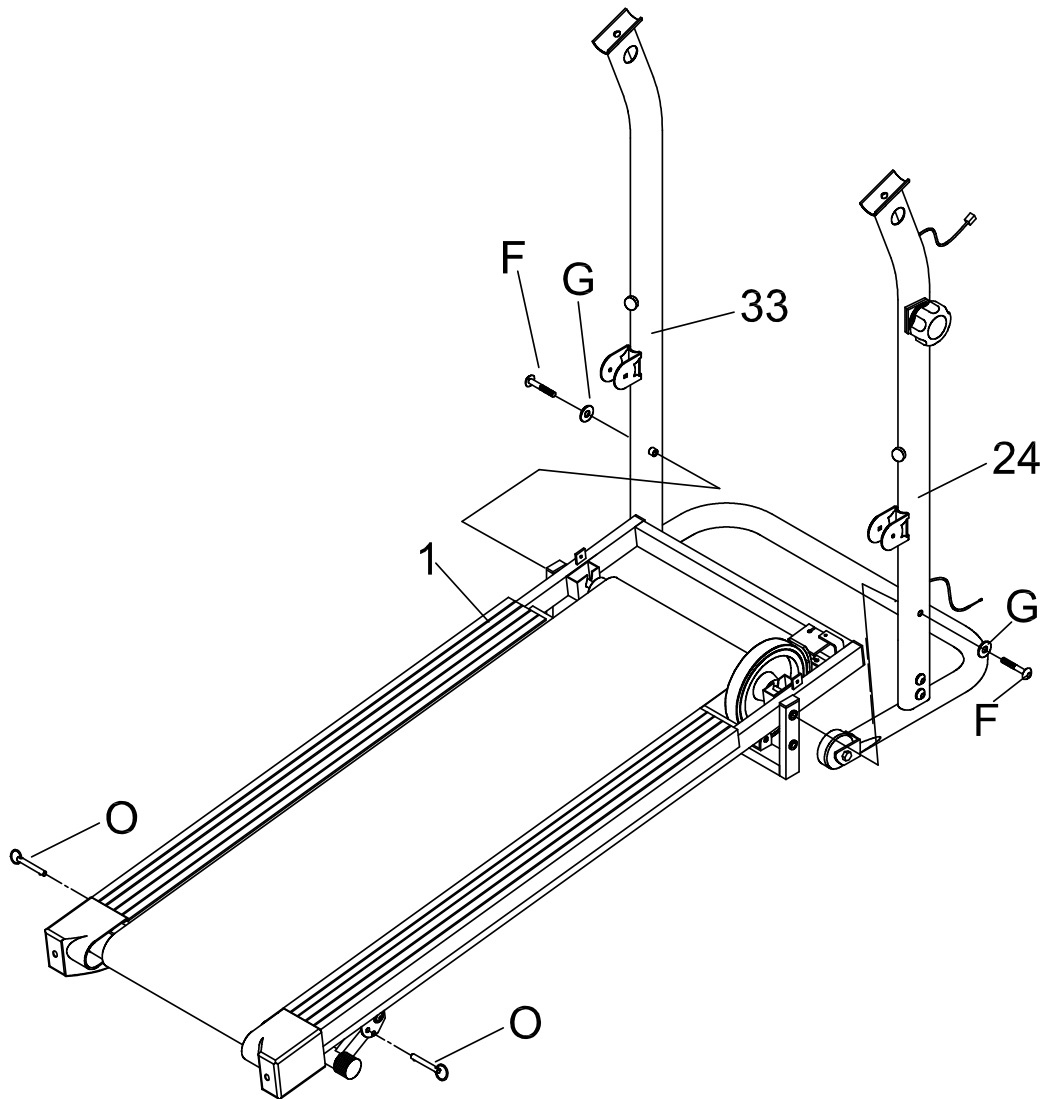
**STEP 1**

	A	M8*15	6
	C	OD16.8*ID8.2	2
	B	OD16.8*ID8.2	4
	Q	S5	1



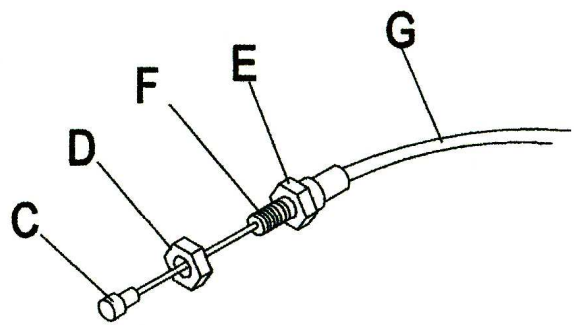
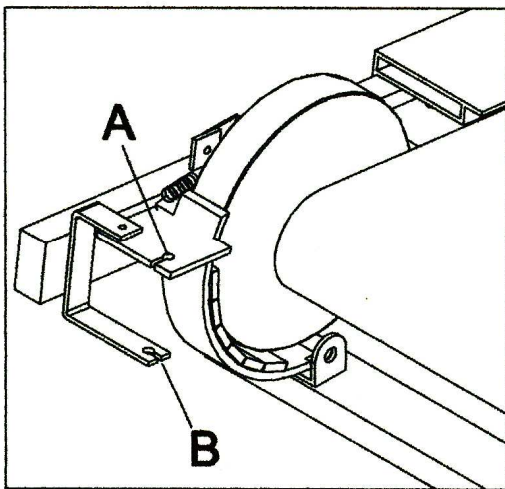
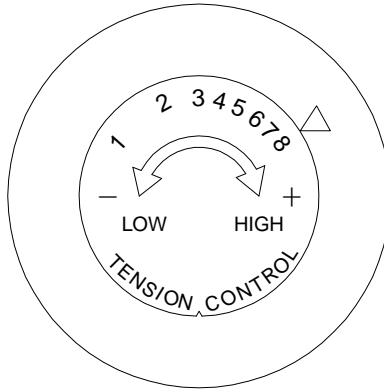
**STEP 2**

	F	M8*50	2
	G	OD22*ID8.2	2
	O	ø8	2
	Q	S5	1



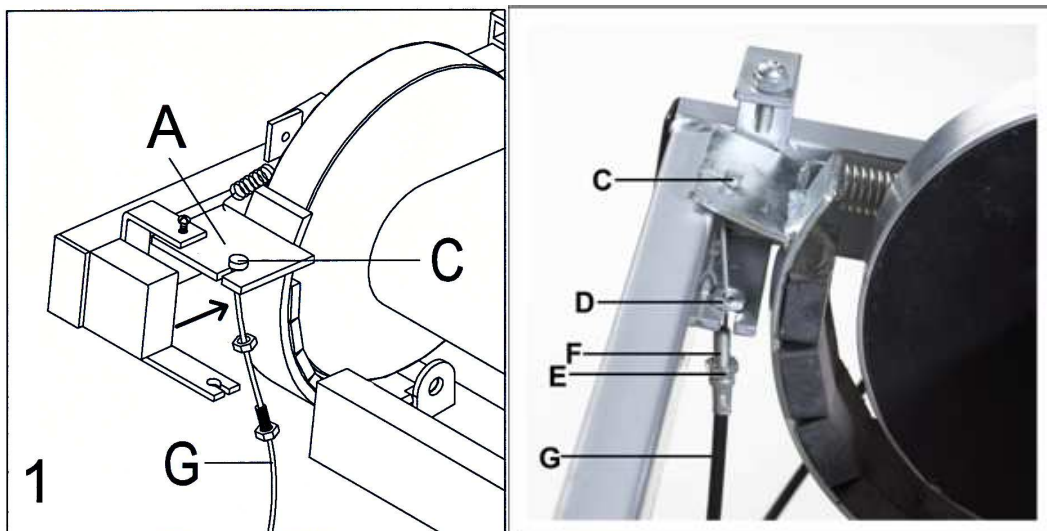
### STEP 3

Before you assemble the tension cable, please make sure that it is at the level 8.

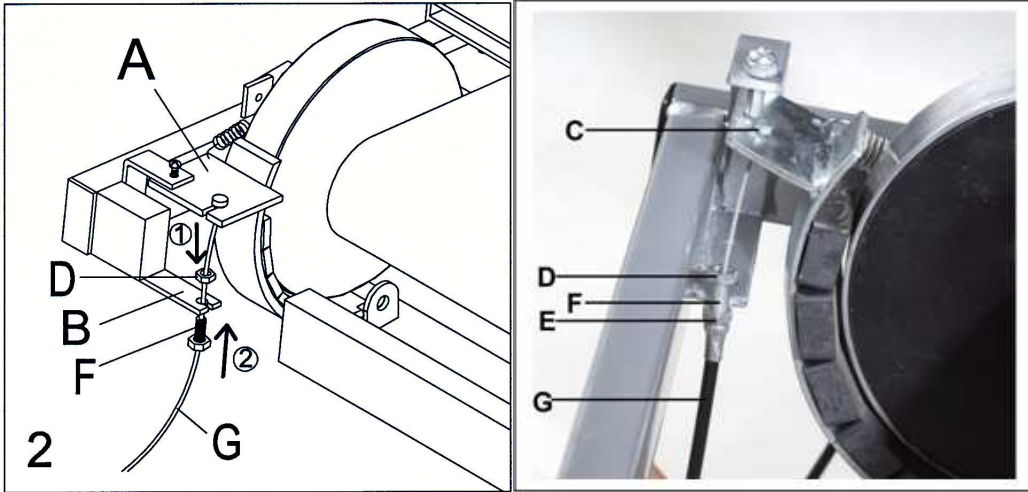


**THE ASSEMBLY OF MAGNETIC TENSION ADJUSTING SET IS AS THE FOLLOWING STEPS:**

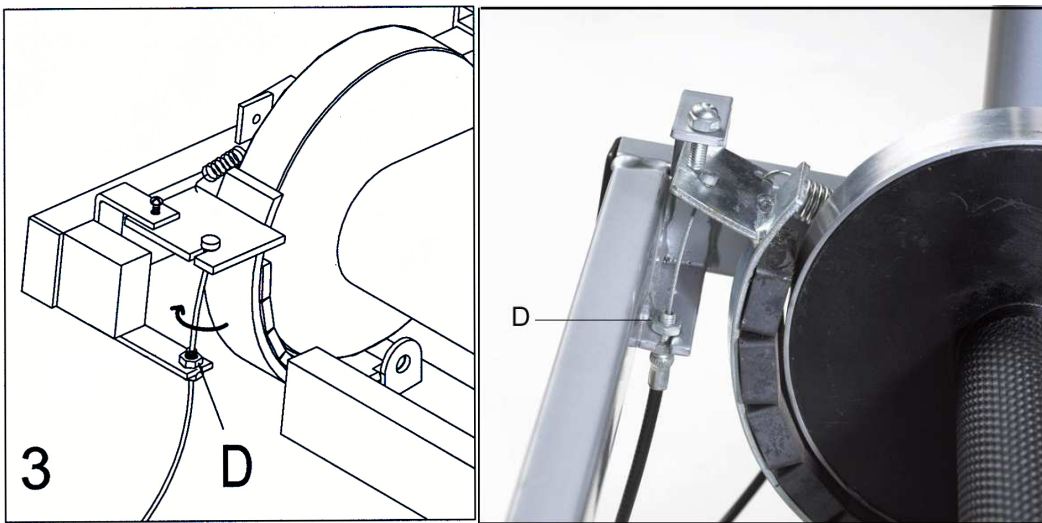
1. Insert C through A. (Note: G through under the Main Frame)






2. Pull G downward in order to make A be near B, insert F into B.

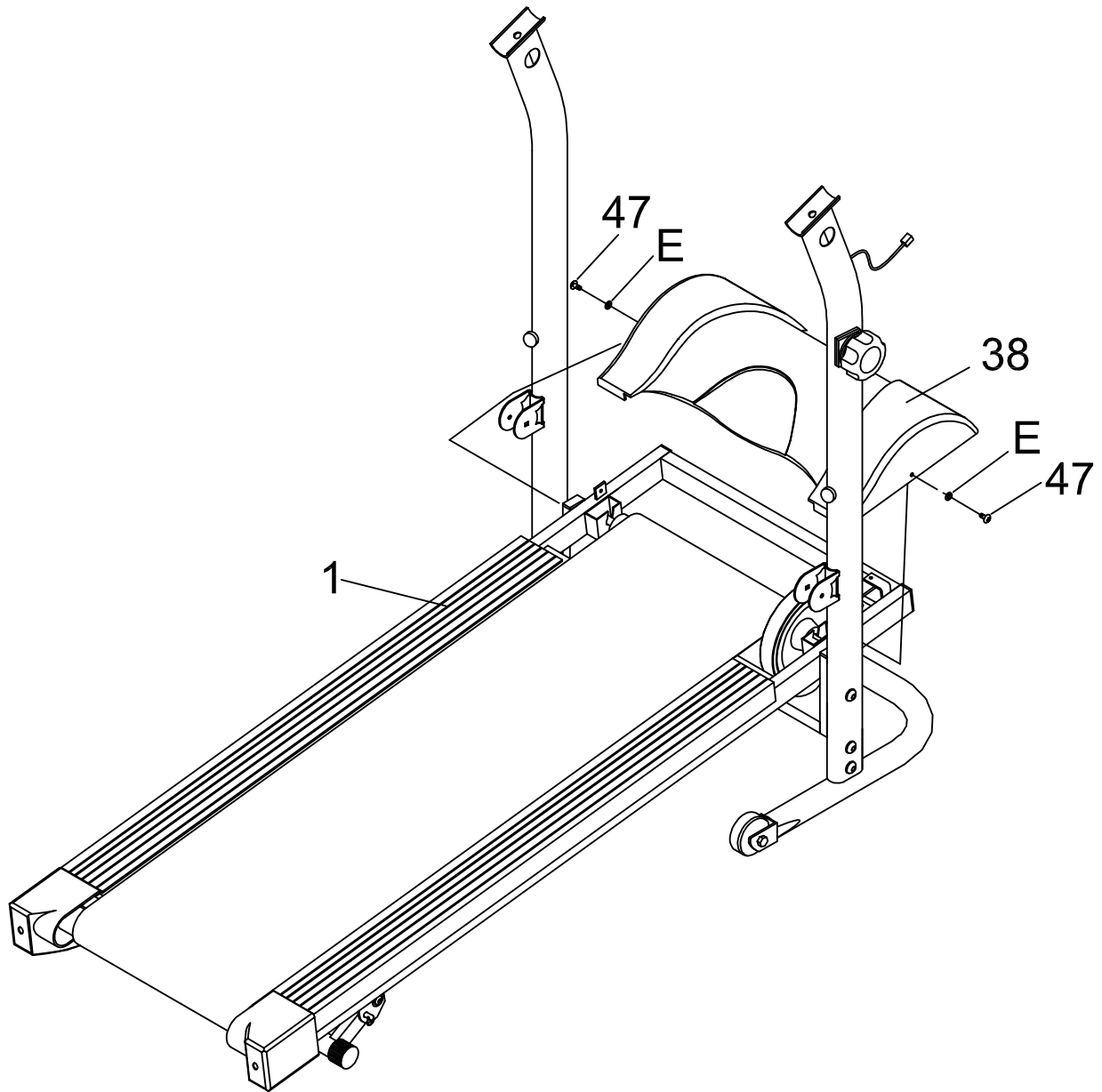


3. Revolve D as the drawing direction in order to tighten these two parts well.

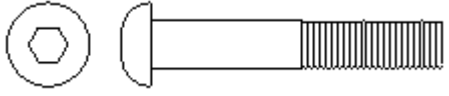
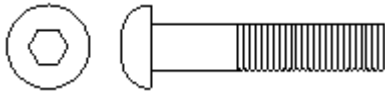


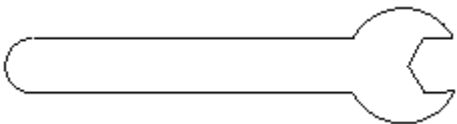



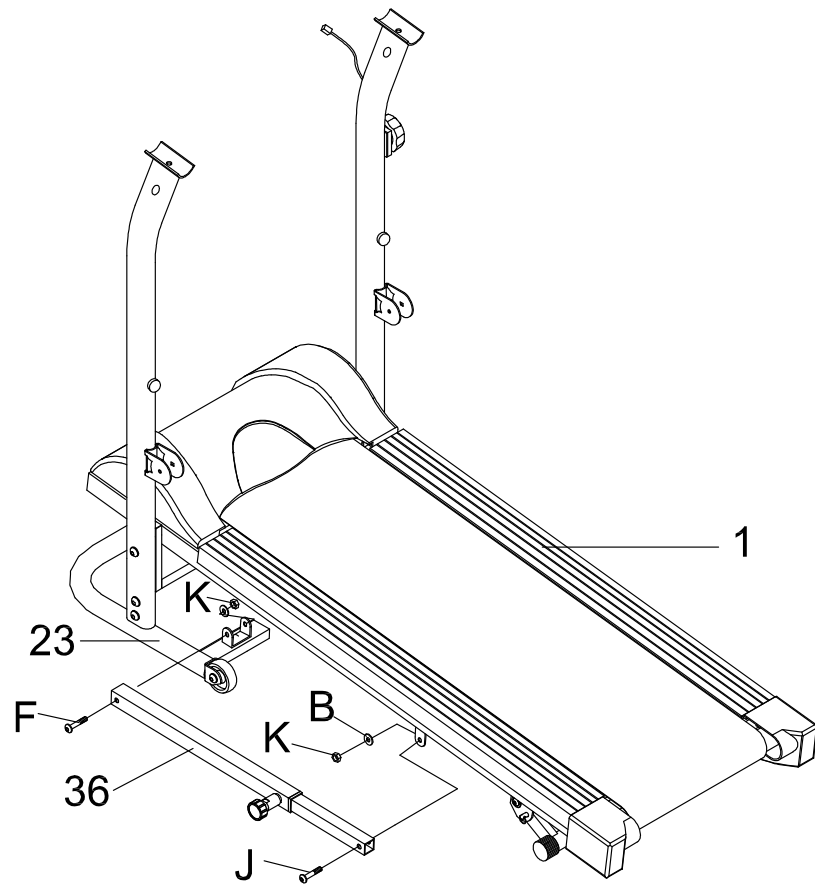
**STEP 4**

	47	M6*10	2
	E	OD13*ID6.2	2
	Q	S5	1



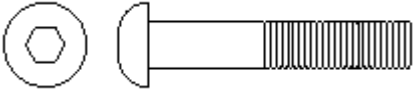


### STEP 5

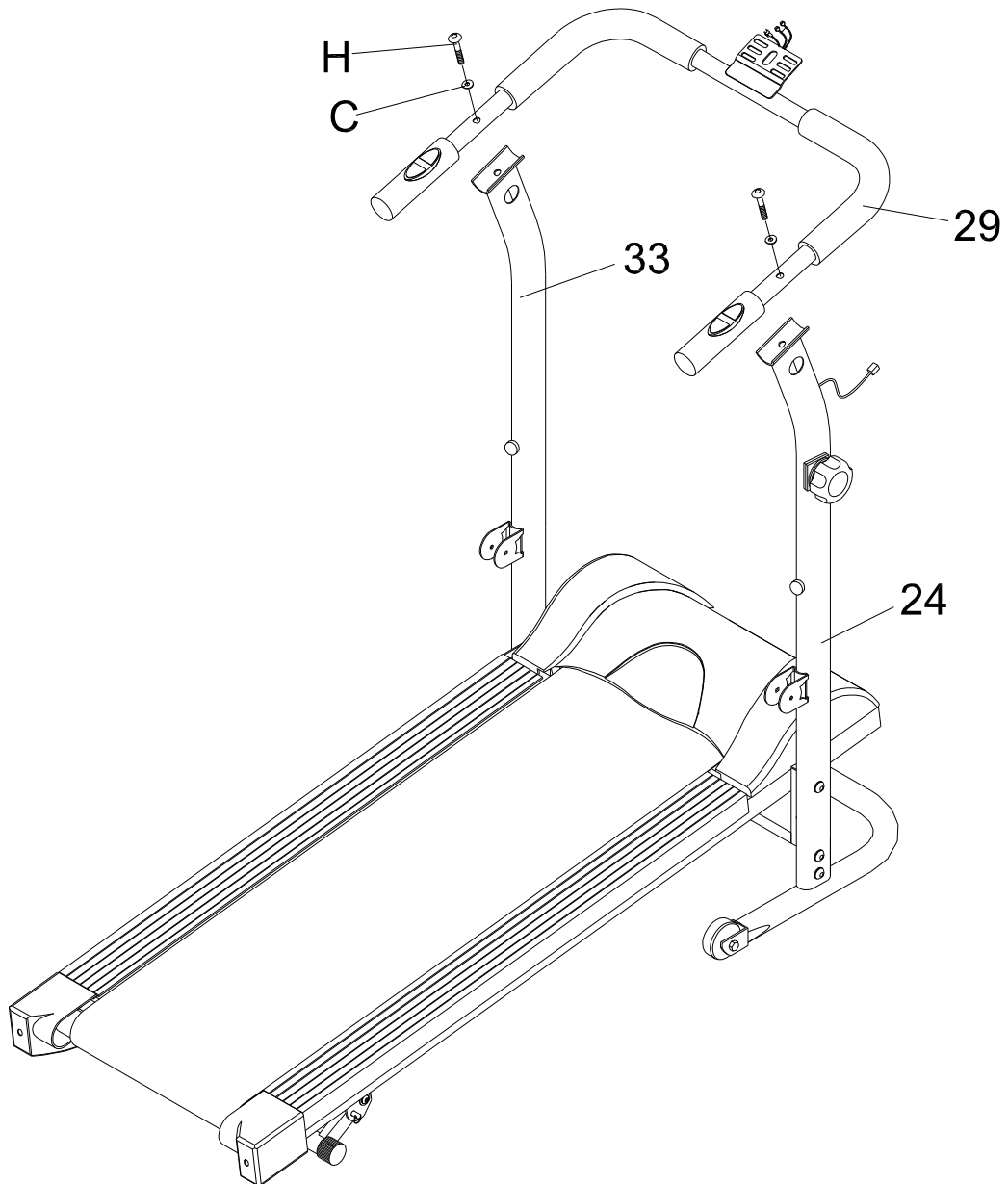
	F	M8*50	1
	J	M8*40	1
	B	OD16.8*ID8.2	2
	K	M8	2
	P	S13	1
	Q	S5	1



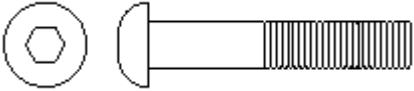




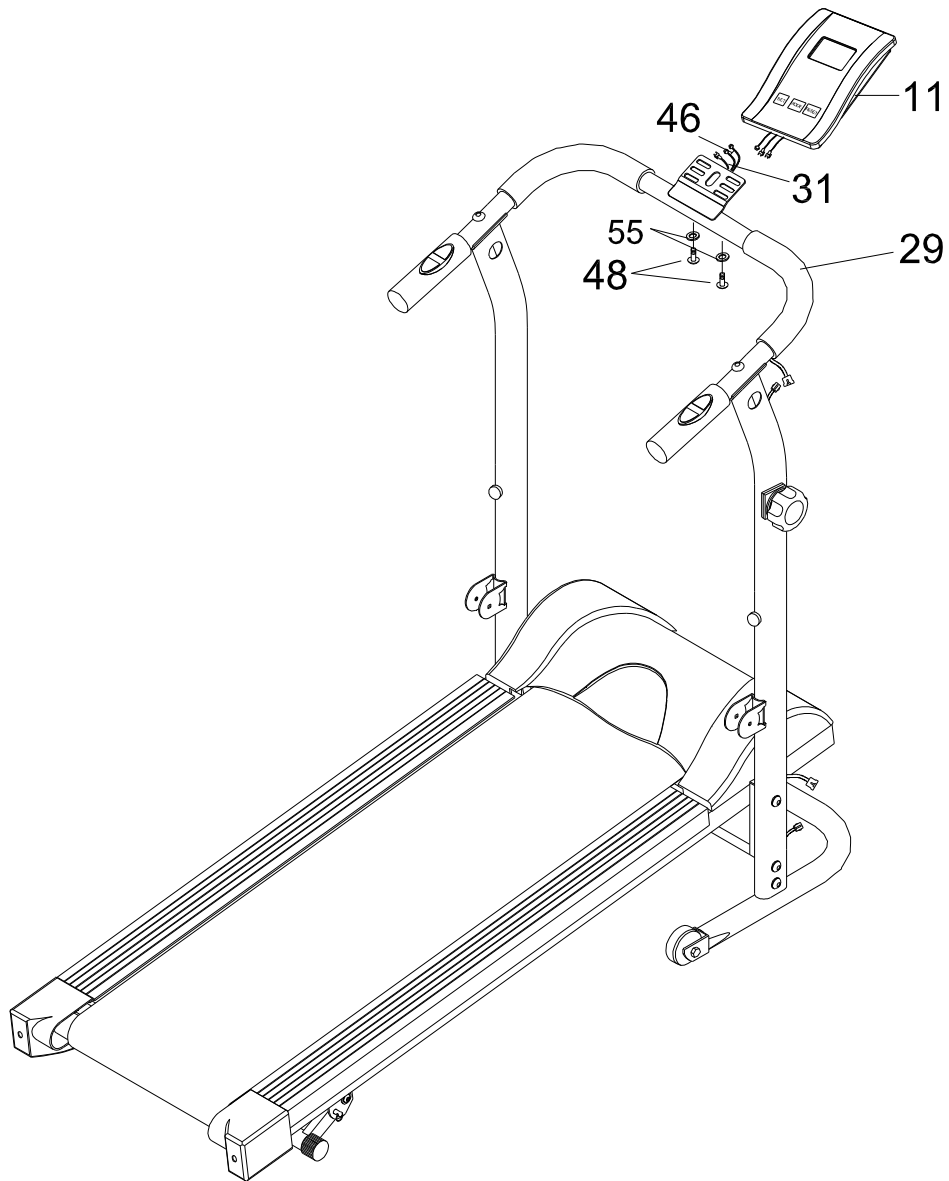
### STEP 6

	H	M8*45	2
	C	OD16.8*ID8.2	2
	Q	S5	1

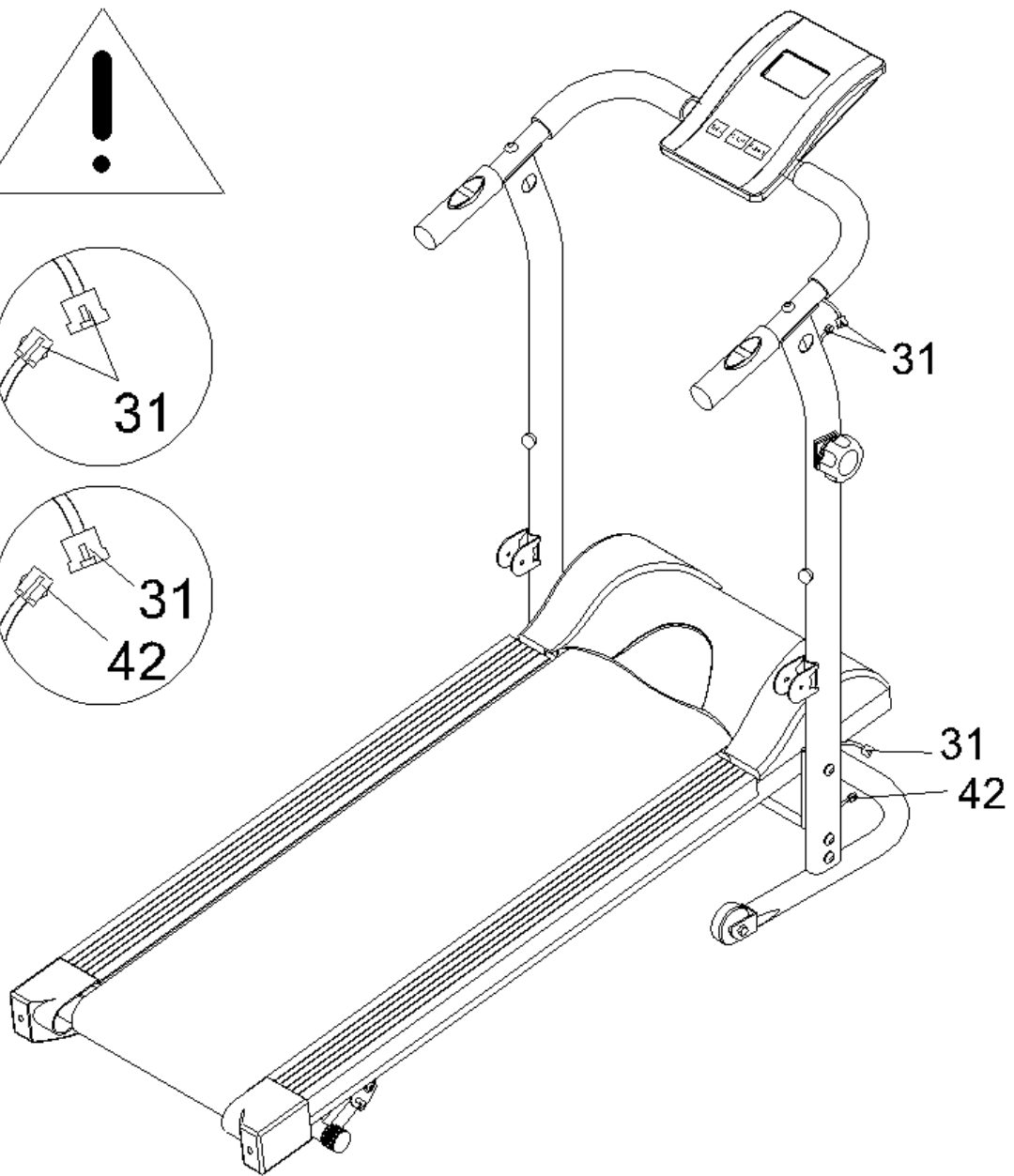
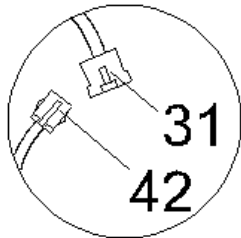
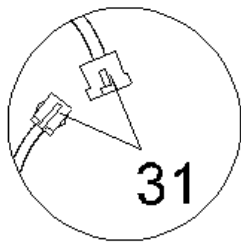


**STEP 7**


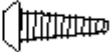

	48	M4*12	2
	55	OD12*ID4	2
	Q	S5	1

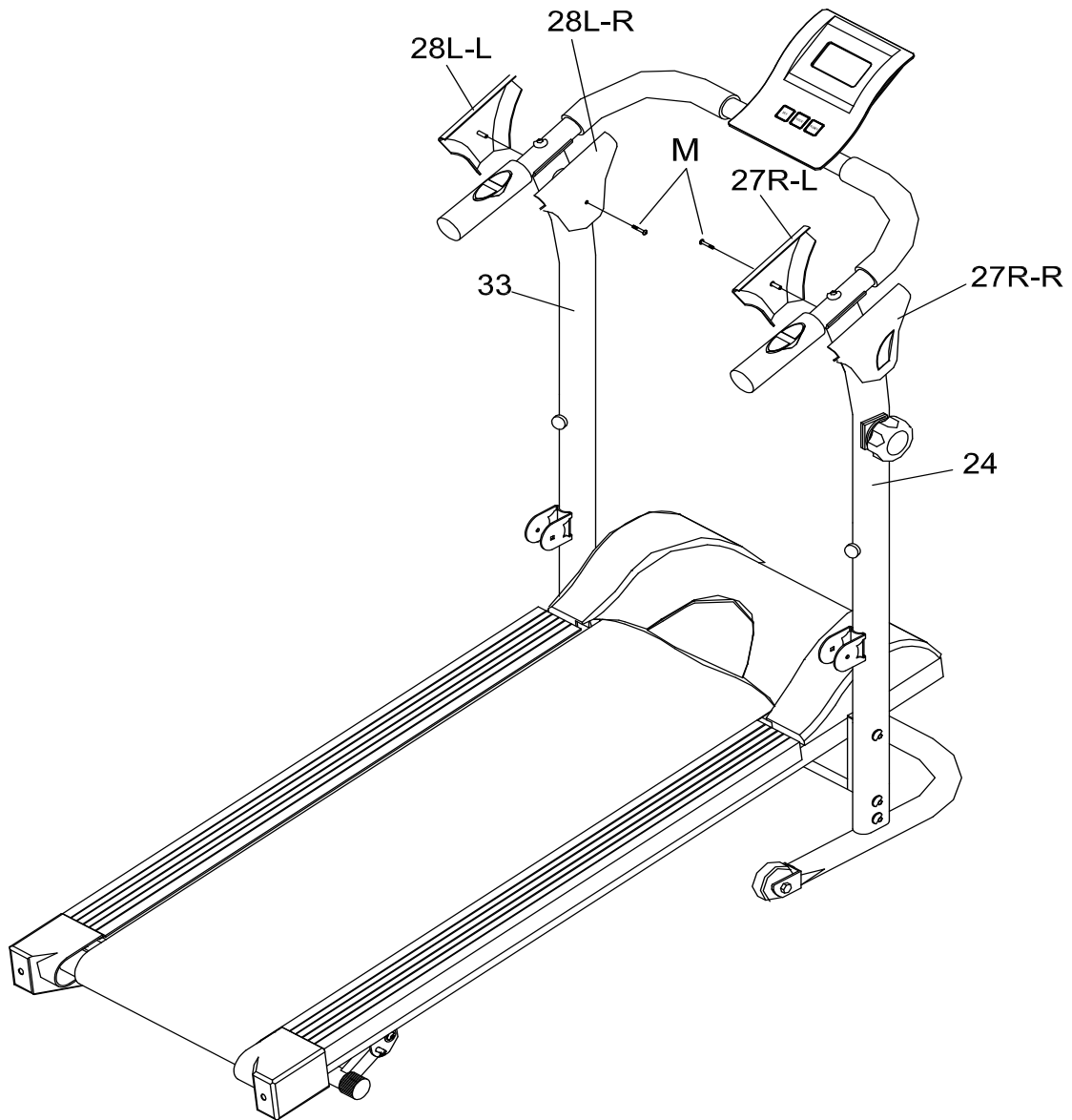


**STEP 8**





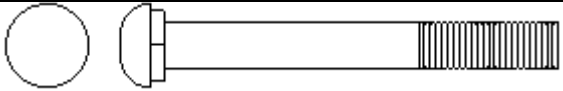


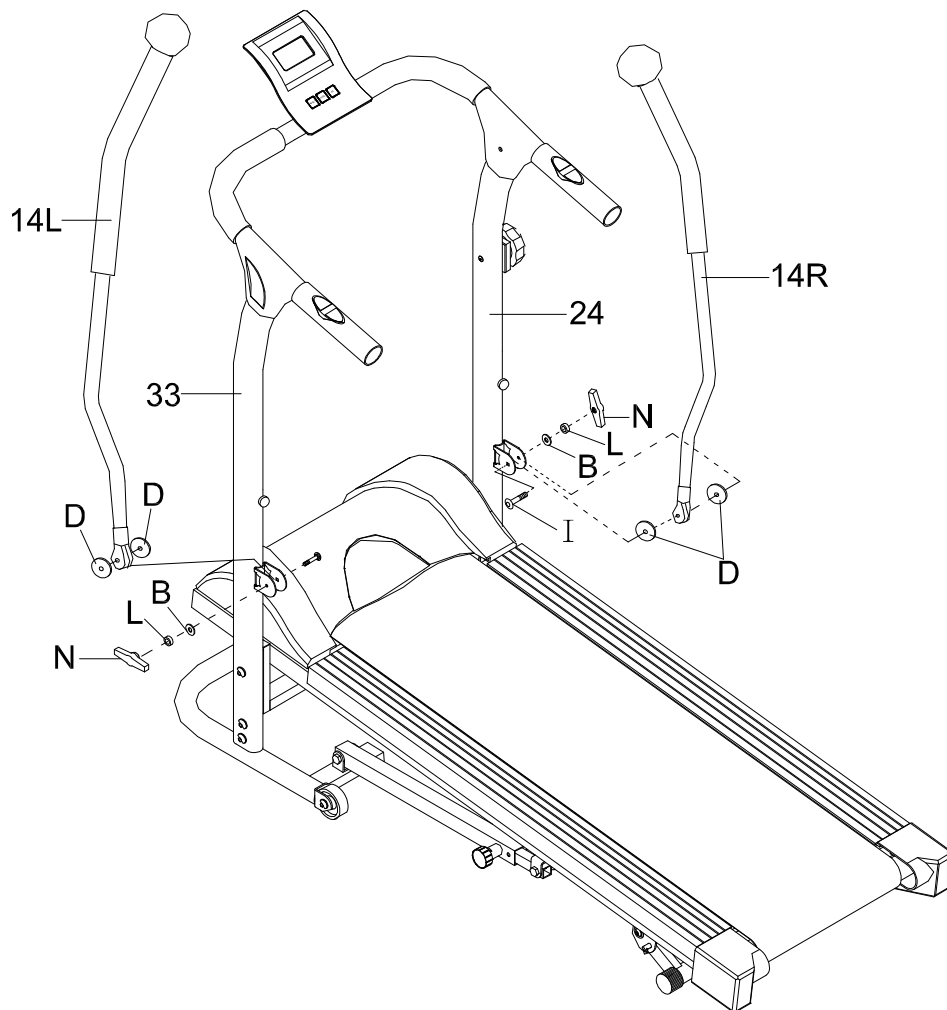
# STEP 9

 	M	M4*15	2
	Q	S5	1



### STEP 10

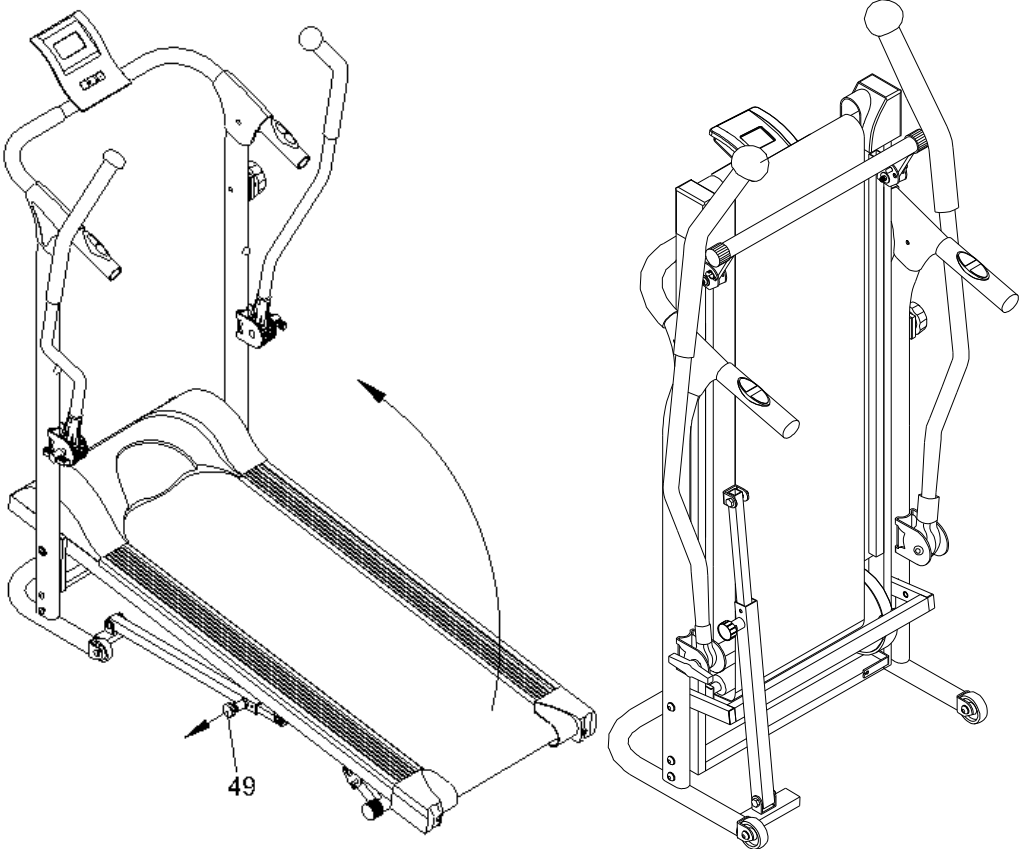
	N	M8	2
	L	OD12.7*ID8.2*11L	2
	B	OD16.8*ID8.2	2
	D	OD59*ID38	4
	I	M8*70	2



**You'd better check if all the parts are well fastened or not before using.**

# STORAGE

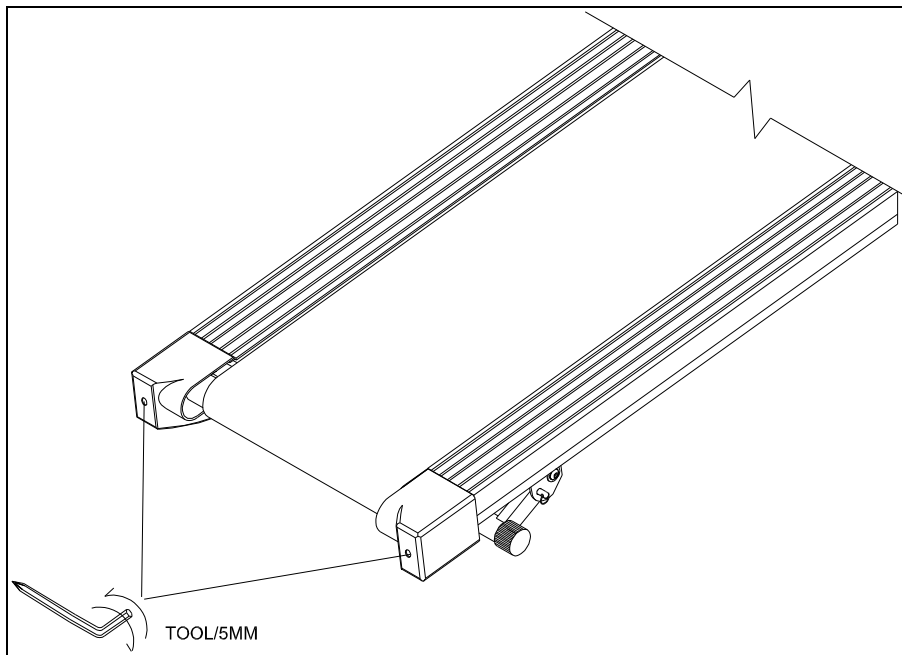
Please loosen knob (49) completely before folding the treadmill. Then lift the NO.1 Main frame to the upright position and use knob (49) to fasten it tightly to prevent any accident in advance.



## BELT ADJUSTMENT

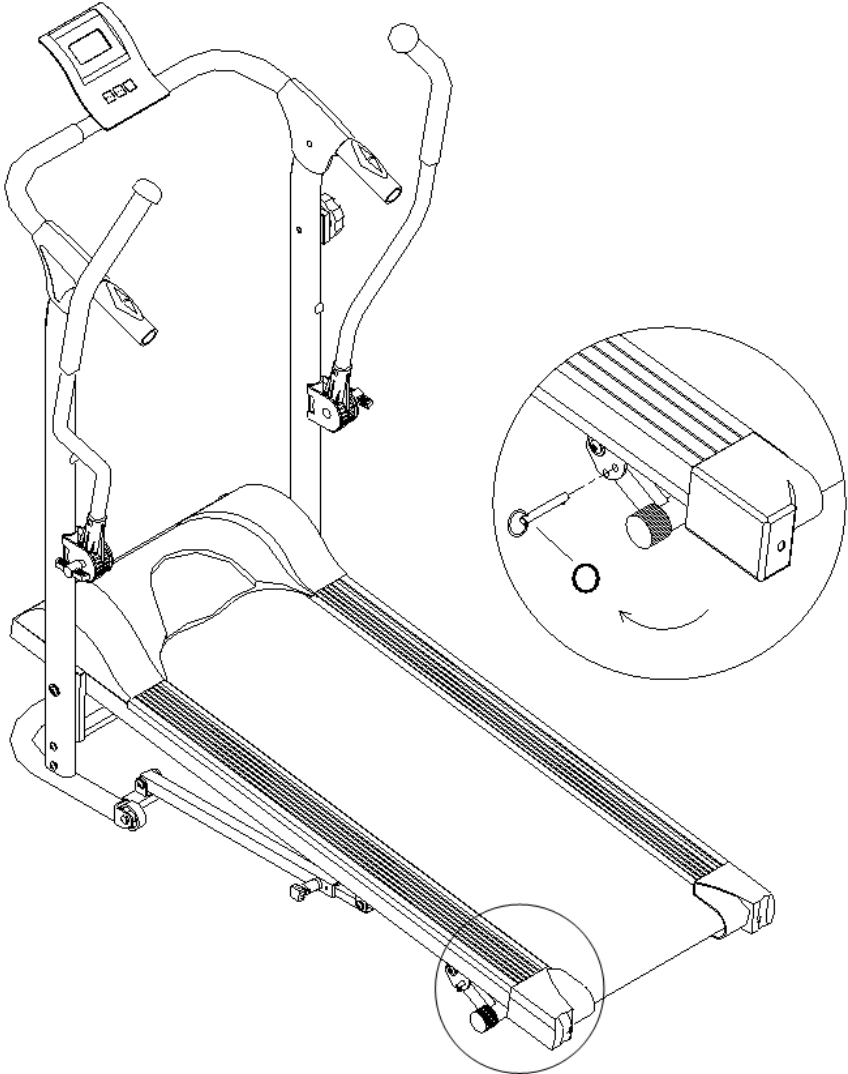
If the following situation is happened on the tread belt, it will make some noise on the machine. So if the tread belt is not in the center position, too tight or too loose, please use the tool to adjust it.

1. When the tread belt moves to the right side, please revolve the right side hexagon socket screw clockwise 1 or 2 circles, revolve back a little bit.
2. When the tread belt moves to the left side, please revolve the left side hexagon socket screw clockwise 1 or 2 circles, revolve back a little bit.
3. When the tread belt is too tight, please revolve the left and the right side hexagon socket screw anticlockwise, then revolve back a little bit.
4. When the tread belt is too loose, please revolve the left and the right side hexagon socket screw clockwise, then revolve back a little bit.



# GRADIENT ADJUSTMENT

TO HIGH UP ITS ANGEL: Use your left hand to lift off the machine, and then use your right hand to adjust up-down plinth in the clockwise direction to collimate down its angle, then insert the pin (NO. O). If you want to downward, just do it in the anticlockwise.

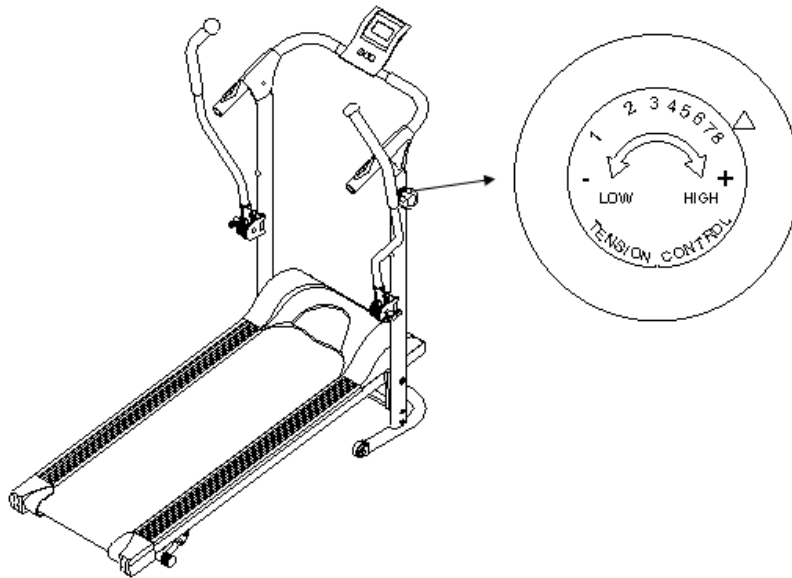




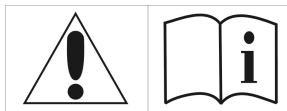
## HOW TO USE THE SKI FUNCTION

1. To use the SKI FUNCTION ONLY: First put your feet on each side rail and put your hand on the Ski handle then do the Ski exercise.
2. If you want to do the Ski while running, first please adjust the tension on the treadmill to the level you want and also adjust the handle bar tension knob to the level you want. Then start the exercise.

!!! We strongly recommend you that at the beginning of exercising on the machine. Please run slowly till you are familiar with your body rhythm, it is the same when you want to use the ski handlebars while running.



Level 1 means the lowest level and you can adjust the tension goes up from 1 to 8. The 8<sup>th</sup> level is the highest one.

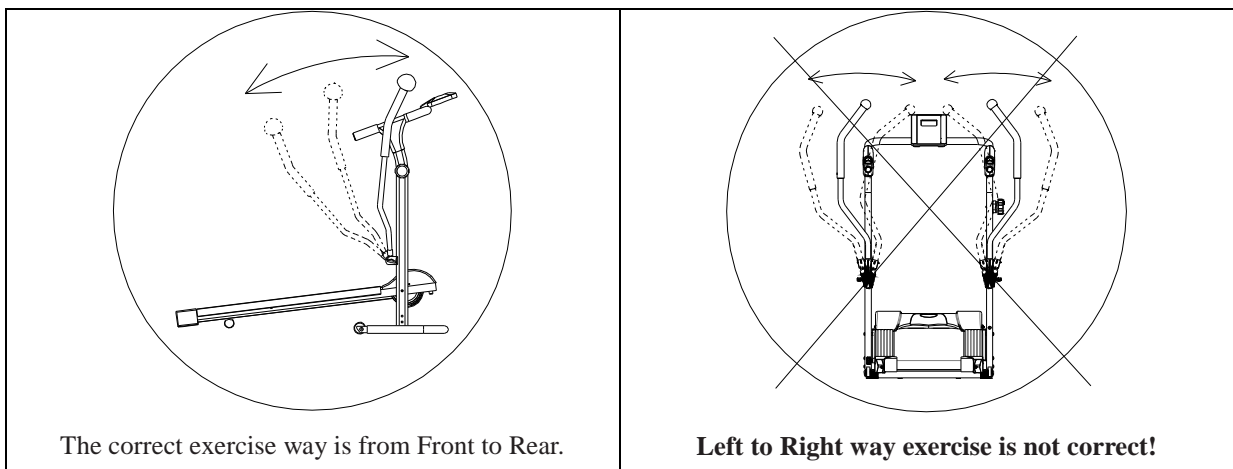


**ATTENTION:** The correct way of using the ski bar is from Front / Rear not from Left / Right.

The Ski bar is only allowed to use from Front to Rear, NOT FROM LEFT TO RIGHT.

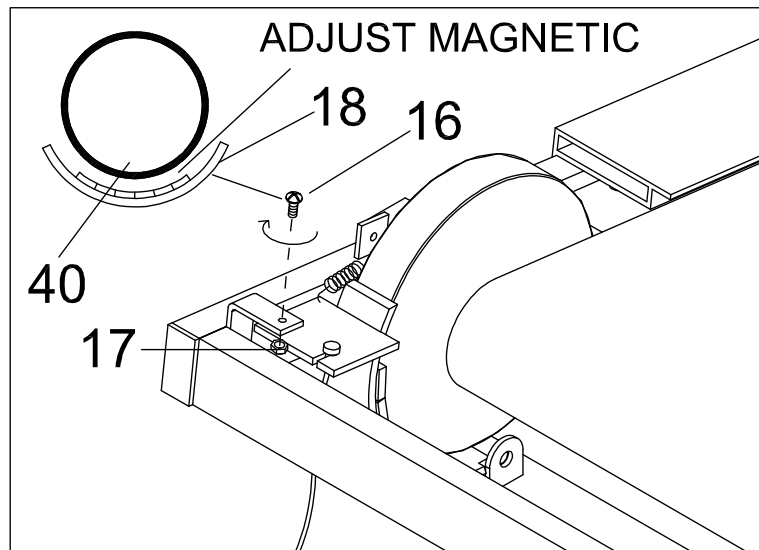
The miss behavior will cause the human body hurt or the ski bar damage.

Please pay attention to the following illustration!!!



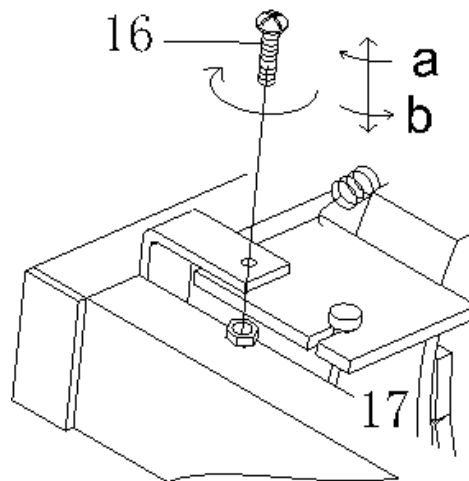
## TENSION ADJUSTMENT

The tension power has a great influence on the effect of the exercise, such as the consumption of the calories. The exerciser can set the desired tension power according to the photo as below:

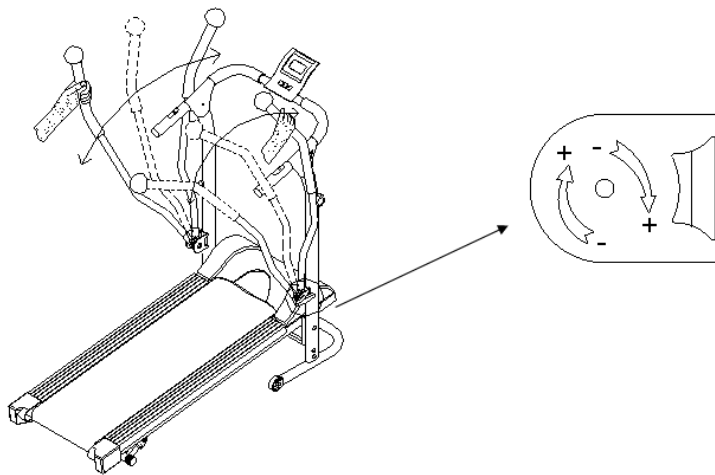


- (1) When revolving the bolt No.16 in the a-direction, the tension power will be less.
- (2) When revolving the bolt No.16 in the b-direction, the tension power will be more.

Once after adjusting the No. 16 bolt, you also have to check if the tension wire is too loose, if necessary you just adjust the bolt No. D, E (see "ASSEMBLY: STEP 3").



## HANDLEBAR TENSION ADJUSTMENT



The tension of the ski function can be adjusted by the knob. Turn the knob clockwise to increase the tension.

After all the above, you can do the Ski exercise or Ski with walk exercise. You also can exercise with the Tempo function in the meter.

## MAINTENANCE

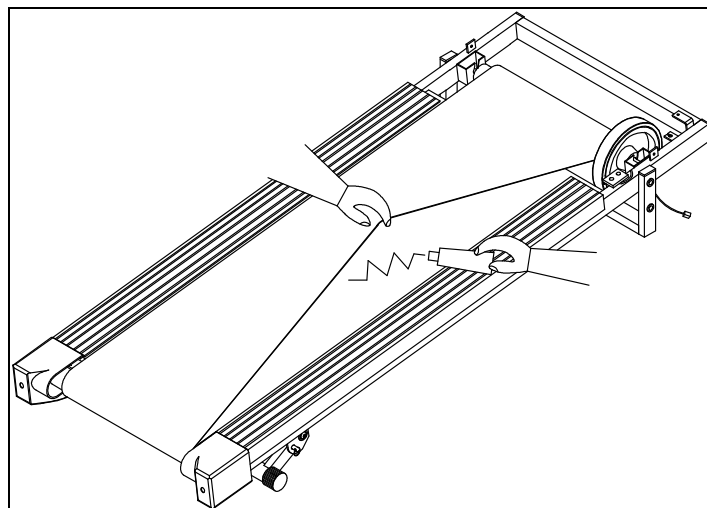
### TREADMILL LUBRICATION

To reduce the friction of the walking belt and minimize wear, lubricant may be applied directly onto the wooden board and underside of the Tread belt.

Lift one side of the belt and touch the top surface of the Tread board. If the surface is wet no lubrication is required. If the surface is dry, lift one side of the belt edge first and at the same time spray or apply lubricant to the board. Make sure to walk on your Treadmill at a slow speed for the first 3-4 minutes of use after applying lubricant. This helps to distribute the lubricant equally.

NOTE: Do not apply the lubricant over the board. Any excess lubricant should be wiped off.

Lubricant may be applied whenever friction occurs, but it is usually required every 50 hours of use. Please remember that this is only a guideline based on average Treadmill use, your schedule may vary.



# EXERCISE COMPUTER WITH PULSE INSTRUCTION MANUAL

## FUNCTIONAL BUTTONS

MODE – Press to select functions.

SET – To set the values of time, distance and calories when not in scan mode.

RESET – Press to reset time, distance and calories.

## FUNCTIONS AND OPERATION

1. SCAN: Press “Mode” button until “SCAN” appears, monitor will rotate through all the 5 functions: Time, Speed, Distance, Calorie and Total Distance. Each display will be hold 4 seconds.
2. TIME:
  - A. Count the total time from exercise start to end.
  - B. Press “MODE” button until “TIME” appears, press “SET” button to set exercise distance. When the “set” is zero, the computer will alarm 15 seconds.
3. SPEED: Display current speed.
4. DISTANCE (DIST):
  - A. Count the distance from exercise start to end.
  - B. Press “MODE” button until “DIST” appears. Press “SET” button to set exercise distance. When the “set” is zero, the computer will alarm 15 seconds.
5. CALORIES (CAL):
  - A. Count the total calories from exercise start to end.
  - B. Press “MODE” button until “CAL” appears. Press “SET” button to set exercise calories. When the “set” is zero, the computer will alarm 15 seconds.
6. TOTAL DISTANCE (ODO): Count the total distance after installing the batteries.
7. PULSE RATE (♥):

Press MODE button until “♥” appears. Before measuring your pulse rate, please place both your palms on the contact pads and the monitor will show your current heart beat rate in beats per minute (BPM) on the LCD after 3-4 seconds.

Remark: During the process of pulse measurement, because of the contact jamming, the measurement value may be higher than the virtual pulse rate during the first 2-3 seconds, then will return to normal level. To ensure testing veracity, it is suggested to test pulse during stop/pause exercise to avoid the influence caused by palms actions. The measurement value cannot be regarded as the basis of medical treatment.
8. ALARM: The computer will “Beep” when press “MODE”, “SET” and “RESET” buttons.
9. AUTO ON/OFF & AUTO START/STOP

Without any signal for 8 minutes, the power will turn off automatically. As long as the wheel is in motion or press any button, the monitor is in action.

## SPECIFICATION

FUNCTION	Auto Scan	Every 4 seconds
	Time	00:00 – 99M59S
	Current Speed	The maximum pickup signal is 99.9KM/H/99.9Mile/H (or 1500RPM)
	Distance	0.00-99.99 Km Or Miles
	Calories	0.0-999.9-9999 Kcal
	Total Distance	0-9999 Km or Miles
	Pulse Rate	40-240 BPM
Battery Type		2 pcs of size-AA or UM3
Operating Temperature		0°C-+40°C (32°F-104°F)
Storage Temperature		-10°C-+60°C (14°F-140°F)



## WARM UP AND COOL DOWN

A successful exercise program consists of a warm-up, aerobic exercise. And a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts, after several months, you can increase your workouts to four or five times per week.

Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your workout, repeat these exercises to reduce sore muscle problems.

We suggest the following warm-up and cool-down exercise.

### STRETCHING ROUTINE:

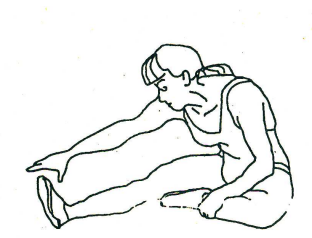
#### Inner Thigh Stretch

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.



#### Hamstring Stretch

Sit with your right leg extend. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extend.



#### Head Roll

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



#### Shoulder lift

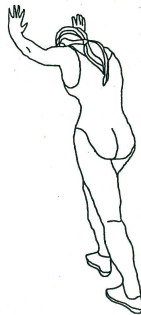
Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



### **Calf-Achilles Stretch**

Lean against a wall with your left leg in front of the right and your arms forward,

Keep your right leg straight and the left foot on the floor, then bend the left leg and lean forward by moving your hips toward the wall, Hold, then repeat on the other side for 15 counts.



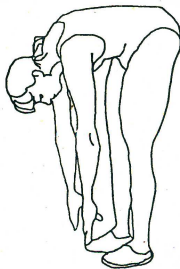
### **Side Stretch**

Open your arms to the side and continue lifting them until they are over your head, Reach your right arm as far upward toward the ceiling as you can for one count, Feel the stretch up your right side, Repeat this action with your left arm.



### **Toe Touch**

Slow bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes, Reach down as far as you can and hold for 15 counts.



# 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. 40/1964 Coll. Civil Code, Act No. 513/1991 Coll., Commercial Code, and Act No. 634/1992 Coll., Consumer Protection Act, 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 to the extent specified in the Commercial Code.

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:

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, joints etc.)

Unavoidable event, natural disaster

Adjustments made by unqualified person

Improper maintenance, improper placement, damages caused by low or high temperature, water, inappropriate pressure, shocks, intentional changes in design or construction etc.

## Warranty Claim Procedure

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

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



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

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

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

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



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

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Date of Sale:

Stamp and Signature of Seller: