



USER MANUAL – EN

**IN 2678 Magnetic Treadmill inSPORTline Excel
Run**



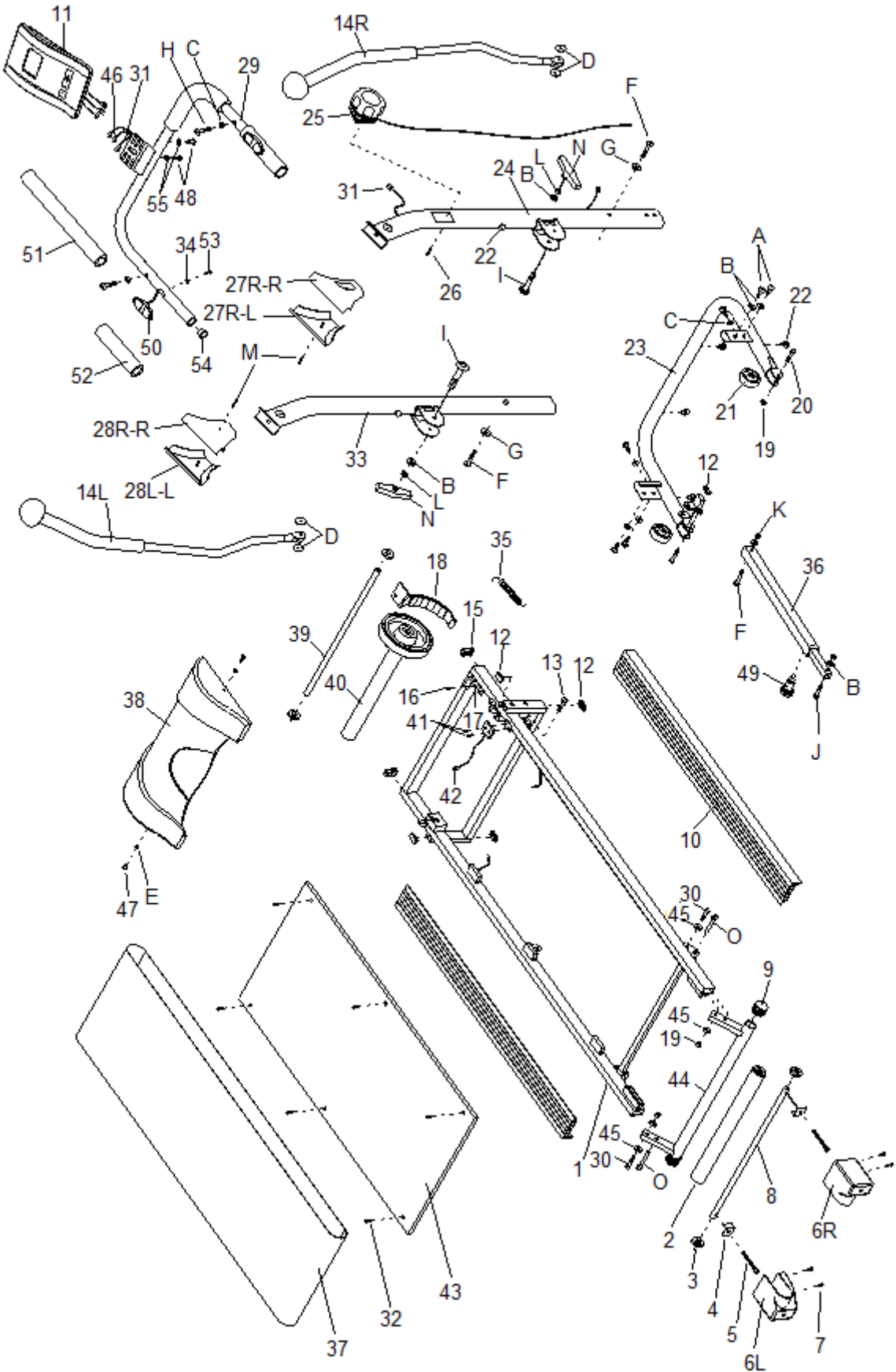
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SAFETY INSTRUCTIONS

- Move naturally during exercise. Do not look at your feet. Only one person can use the product at the same time.
- Assembly the product according to the manual. For adults only.
- Keep away from kids and pets. Do not leave kids and pets near the device unattended. Only for adult use.
- Before starting an exercise program, ask your physician for help. It is recommended if you have health problems or are undergoing treatment or have high blood pressure.
- Regularly check all bolts and nuts. Regularly check for damaged or worn parts. Worn or damaged parts must be immediately replaced.
- Regularly check the treadmill for signs of damage or wear. If any sharp edges appear, stop using the treadmill.
- Place the treadmill on flat, solid and clean surface. Keep safety distance of at least 0.6 m around the treadmill. Do not use in humid areas. Do not place on dense carpet, it can block the ventilation.
- Protect from water and humidity.
- Do not block the power outlet with treadmill.
- Do not use aerosol sprays.
- Do not remove protective cover when the treadmill is running. If you need to remove the cover during maintenance turn off the treadmill first and remove from socket.
- Always wear sports clothes and boots. Do not wear loose clothes, it can get stuck in the treadmill. Always wear sport boots with rubber sole.
- Do not exercise 40 min after eating food.
- Always warm up before exercise.
- Do not place foreign object to the socket.
- Do maintenance according to the manual to increase lifespan of the treadmill.
- Do not modify the product.
- Exercise reasonably and do not overextend yourself. If you are exercising for the first time hold firmly to the handles.
- Stop the exercise immediately if the treadmill malfunctions.
- Adjustable parts can not prohibit the movement of the user.
- Only for indoor use.
- Do not expose to direct sunlight.
- Do not place in humid areas such as pools, saunas etc.
- **Max. weight limit:** 100 kg
- **Category:** HC for home use according to the EN 957

EXPLODED DIAGRAM

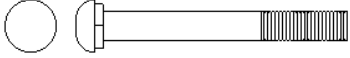
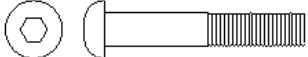
















PARTS LIST

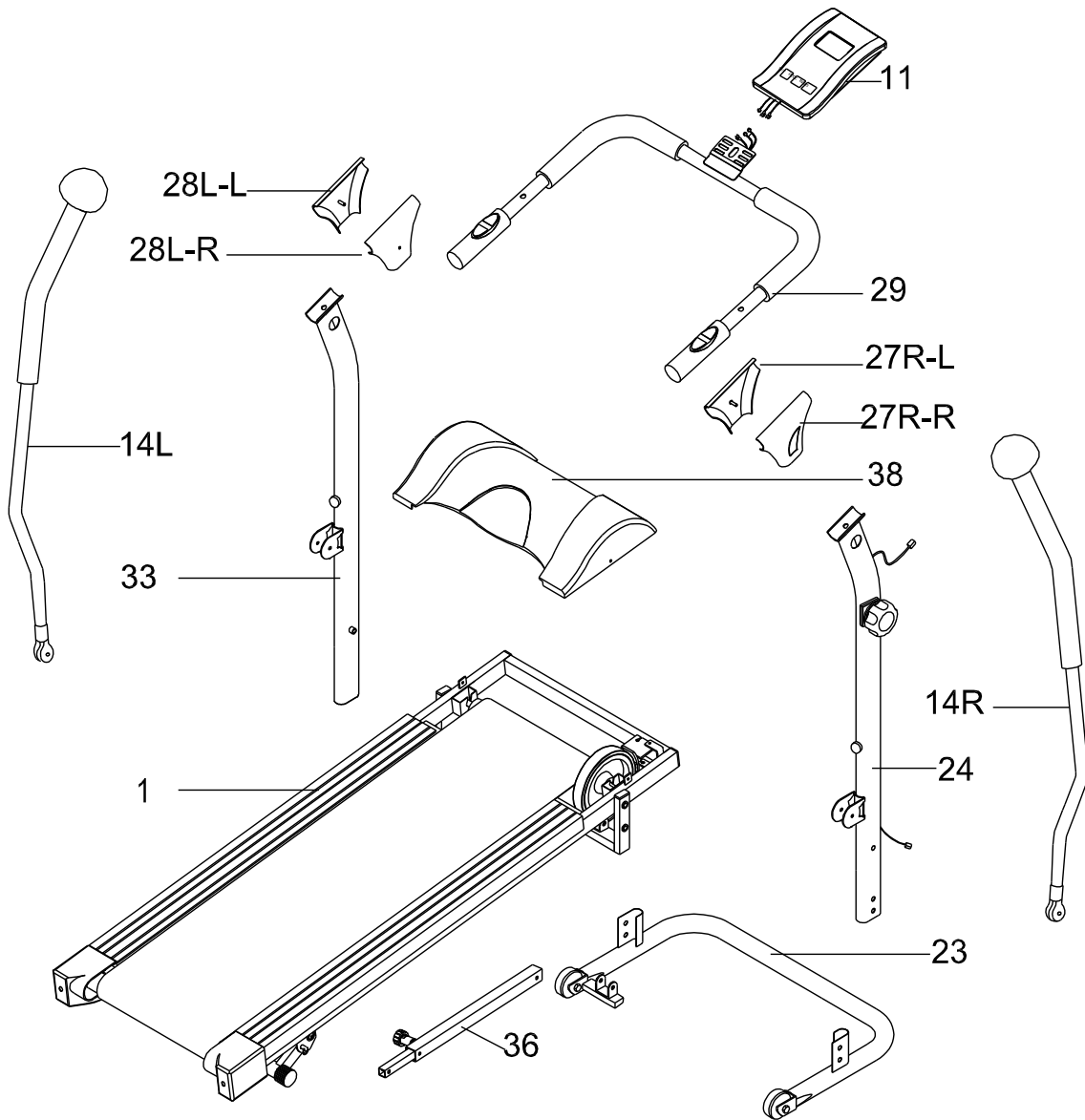
NO.	NAME AND SPECIFICATION	QTY
A	Bolt M8X15	6
B	Washer	8
C	Arc Washer	4
D	Plastic Washer	4
E	Washer ID6.2	2
F	Bolt M8X50	3
G	Big Washer	2
H	Bolt M8X45	2
I	Bolt M8*70	2
J	Bolt M8*40	1
K	Nut M8	2
L	Sleeve	2
M	Screw M4*15	2
N	Knob M8	2
O	Pin ϕ 8	2
P	Wrench S13	1
Q	Allen key S5	1
1	Main Frame	1
2	Rear Roller	1
3	Plastic Washer	4
4	End cap - steel	2
5	Bolt M6*75	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	End cap - plastic	5
13	Bolt M8*45	1
14R	Handle Bar	1
14L	Handle Bar	1
15	End Cap	2
16	Bolt M6*20	1
17	Nut M6	1

18	Magnetic braking system	1
19	Nut M8	4
20	Bolt M8*40	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 M5*20	1
27R– R, L	Handle cover	2
28L – R, L	Handle cover	2
29	Handle Bar	1
30	Bolt M8*35	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	1 set
47	Bolt M6*10	2
48	Screw M4*12	2
49	Knob	1
50	Hand Pulse	2
51	Foam Grips – long	2
52	Foam Grips – short	2
53	Screw M4*20	2
54	End Cap	2
55	Washer M4	2

ASSEMBLY MATERIAL

PIC	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	1
	P	13 mm	1

OVERVIEW OF PARTS







NO	NAME	QTY	NO	NAME	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

ASSEMBLY

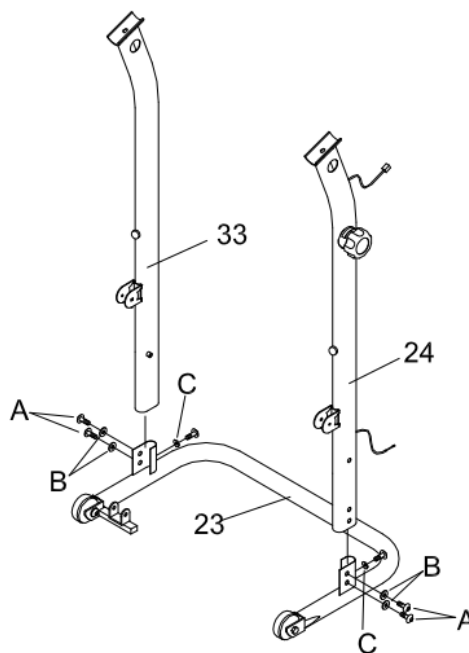
- Read this manual before assembly.
- Check the hardware.
- Ensure that you have the right tools.
- Prepare an area to assemble.
- Follow the instruction accordingly.
- Do not use force for assembly.
- Periodically tighten the treadmill.
- Save the manual.

Step 1

Fasteners

	A	M8x15	6
	C	OD16,8xID8,2	2
	B	OD16,6xID8,2	4
	Q	5 mm	1

Connect bottom frame (23) to left handle post (33) and right handle post (24) and secure it with bolt (A), washer (B) and arc washer (C) on each side.

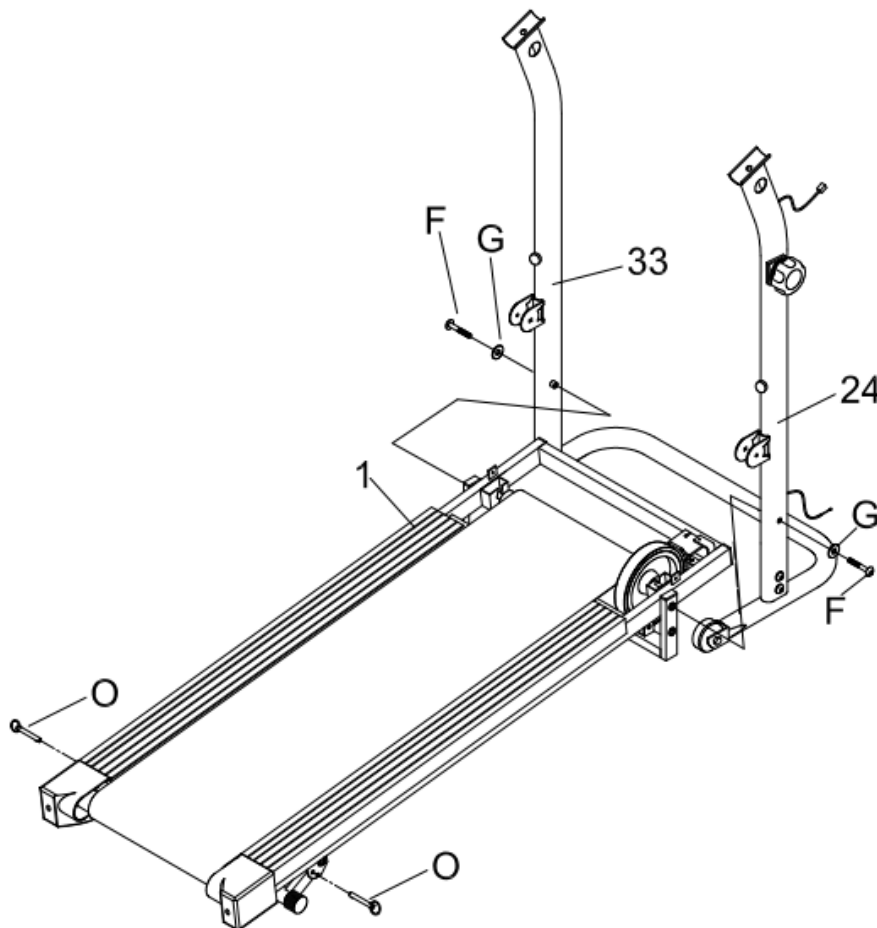


Step 2

Fasteners

	F	M8x50	2
	G	OD22xID8,2	2
	O	Ø8	4
	Q	5 mm	1

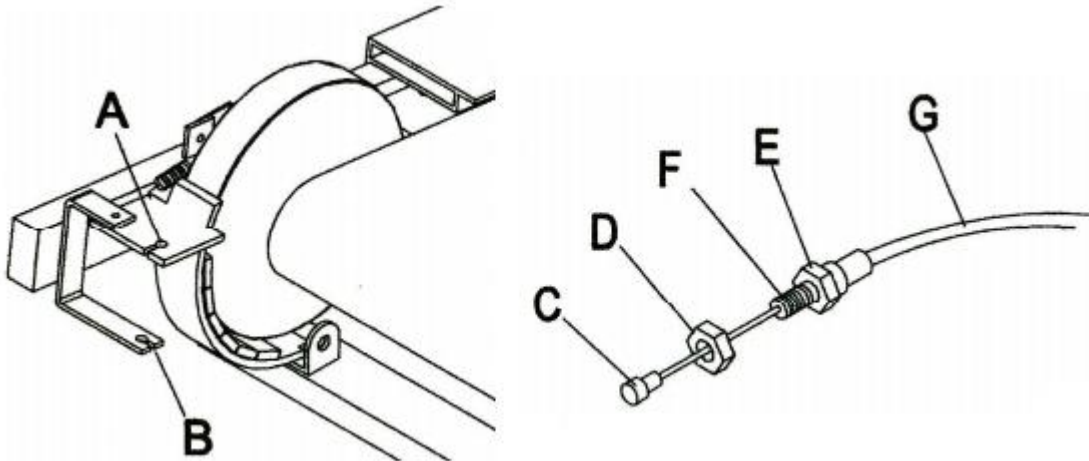
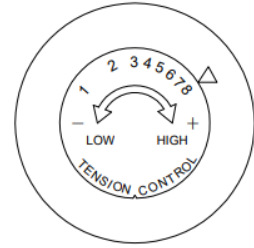
Connect left handle post (33) and right handle post (24) to main frame (1). Secure with bolt (F) and big washer (G). Connect pin (O).



Step 3

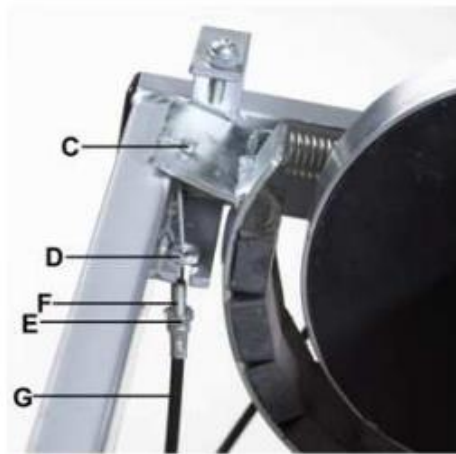
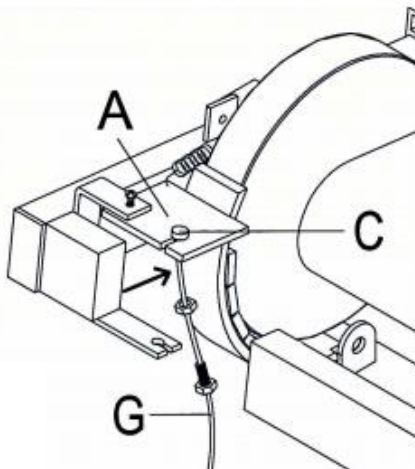
Attach load regulator and tension cable.

Before setting the tensioning cable, set the load regulator to resistance 8.

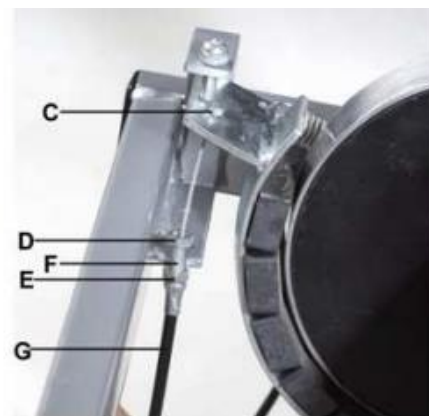
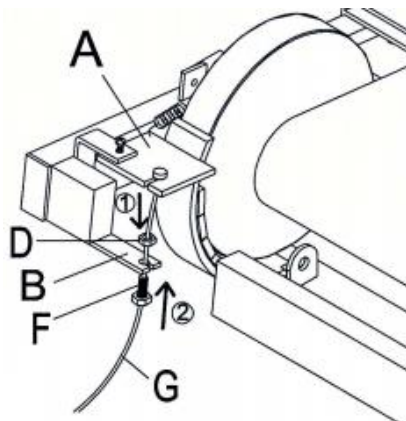


Secure the tension cable

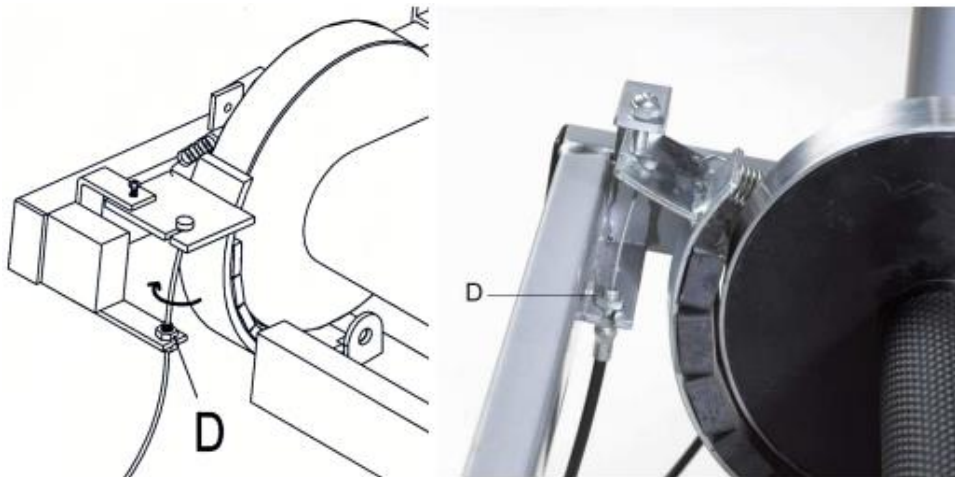
1. Push the cable C through A. Lead G under the frame.



2. Pull G down, that A is closer to B. Push F into B.






3. For securing A and B tighten the D.

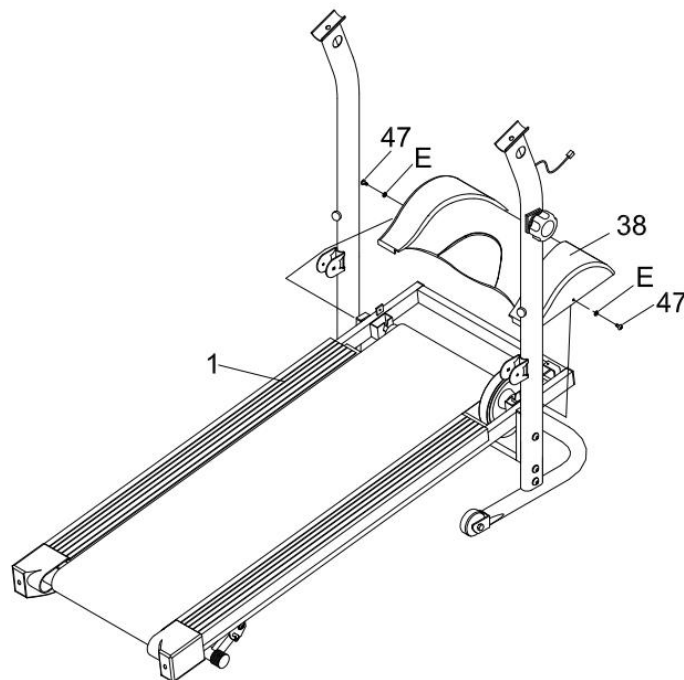


Step 4

Fasteners

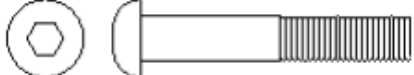



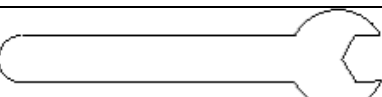
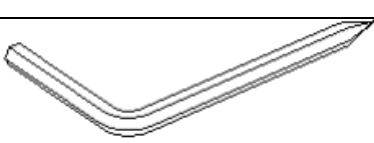
	47	OD16,8xID8,2	2
	E	OD16,6xID8,2	4
	Q	5 mm	1

Connect plastic cover (38) to main frame (1) with washer (E) and bolt (47).

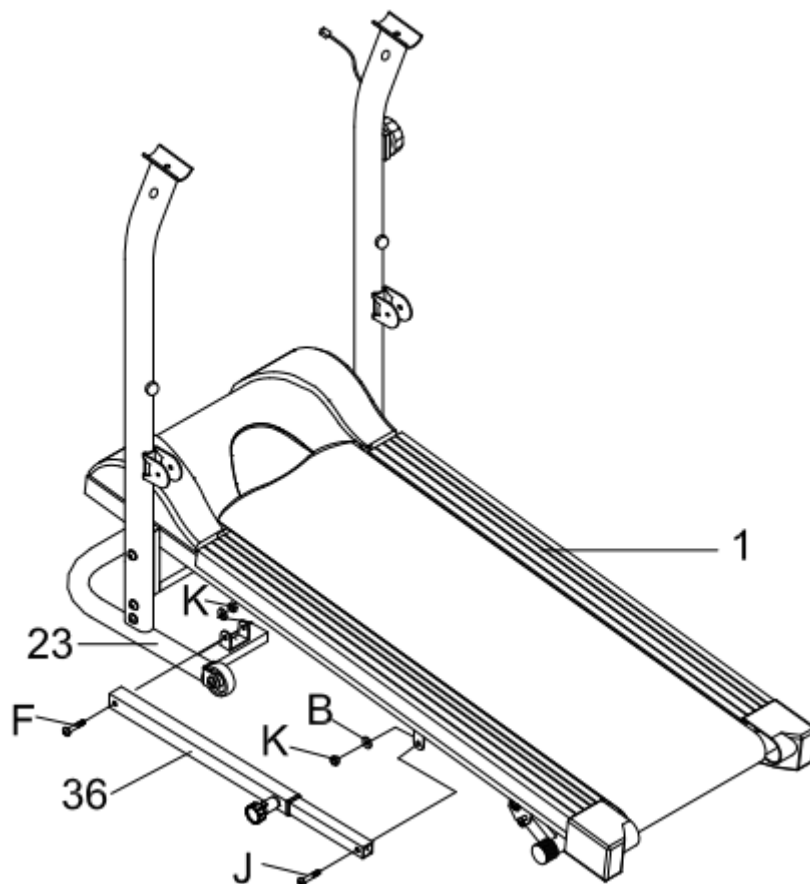


Step 5




Fasteners

	F	M8x50	1
	J	M8x40	1
	B	OD16,8xID8,2	2
	K	M8	2
	P	13 mm	1
	Q	5 mm	1

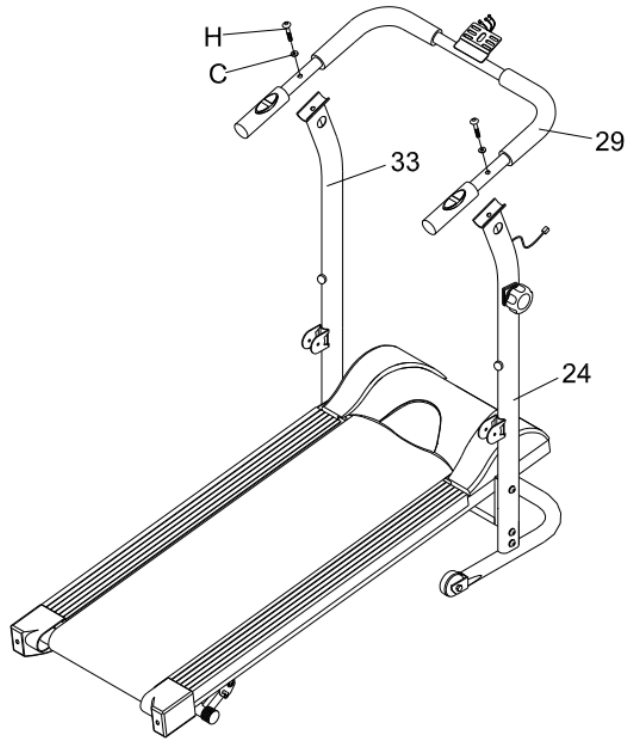
Connect extension tube (36) to bottom frame (23) with nut (K) and bolt (F). Then connect extension tube (36) to main frame (1) with nut (K), washer (B) and bolt (J). Follow the picture.






Step 6

	H	M8x45	2
	C	OD16,6xID8,2	2
	Q	5 mm	1

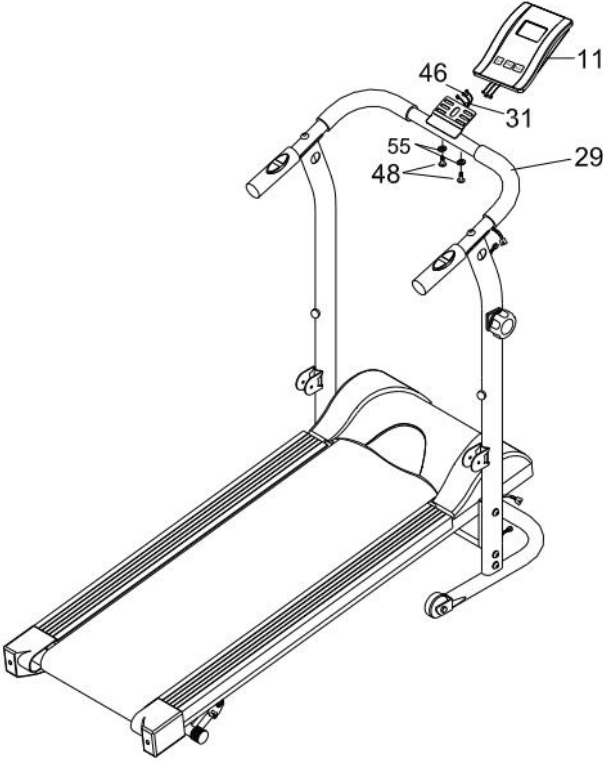
On right handle post (24) and left handle post (33) connect handle bar (29) with bolt (H) and arc washer (C).



Step 7

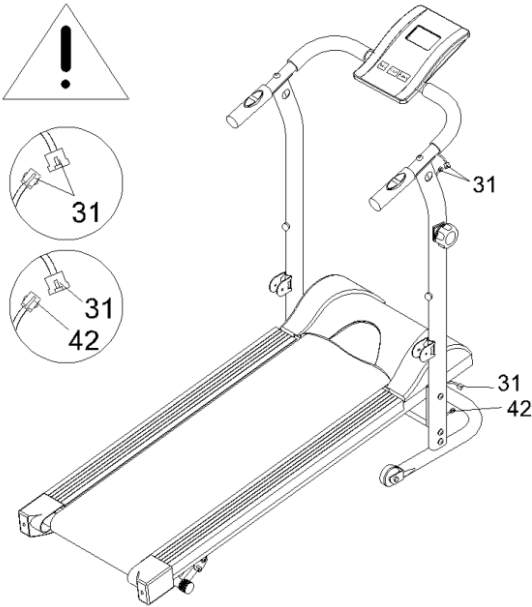
	48	M4x45	2
	55	OD12xID4	2
	Q	5 mm	1

Connect cables (46) and (31) to console (11). Fasten the console (11) with washer (55) and screw (48).


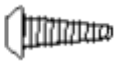



Step 8

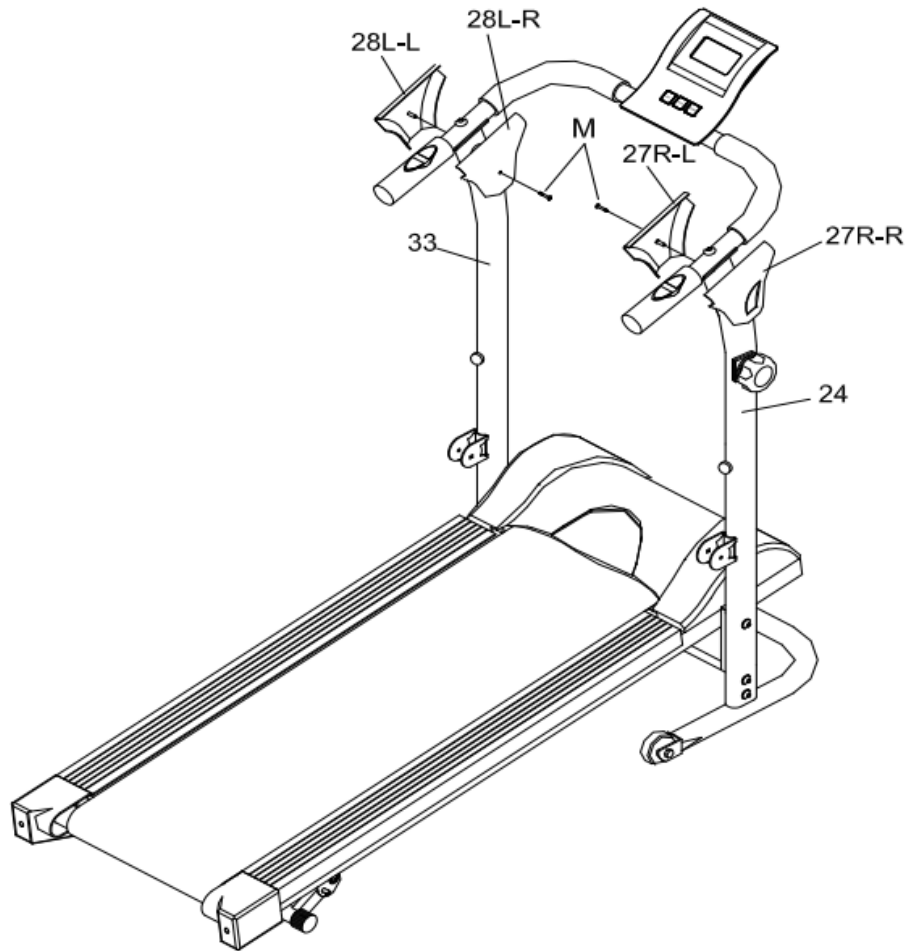
Connect sensor wire connector (31) together and then connect sensor wire (31) with sensor control wire (42).







Step 9

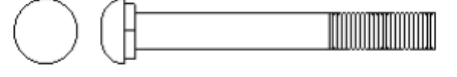
 	M	M4x15	2
	Q	5 mm	1

Connect left handle cover (28 L-L, 28 L-R) to left handle post (33) and right handle cover (27 R-L, 27 R-R) to right handle post (24) with screw (M).

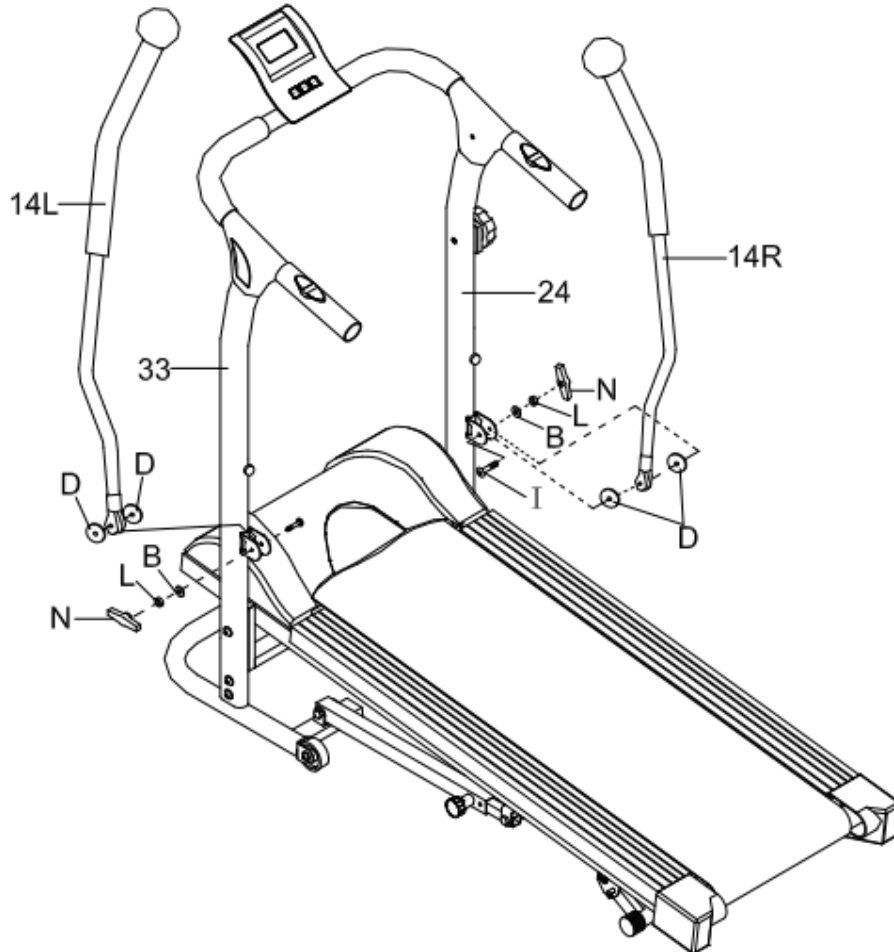


Step 10

	N	M8	2
	L	OD12,7xID8,2x11L	2
	B	OD16,8xID8,2	2
	D	OD59xID38	4

	I	M8x70	2
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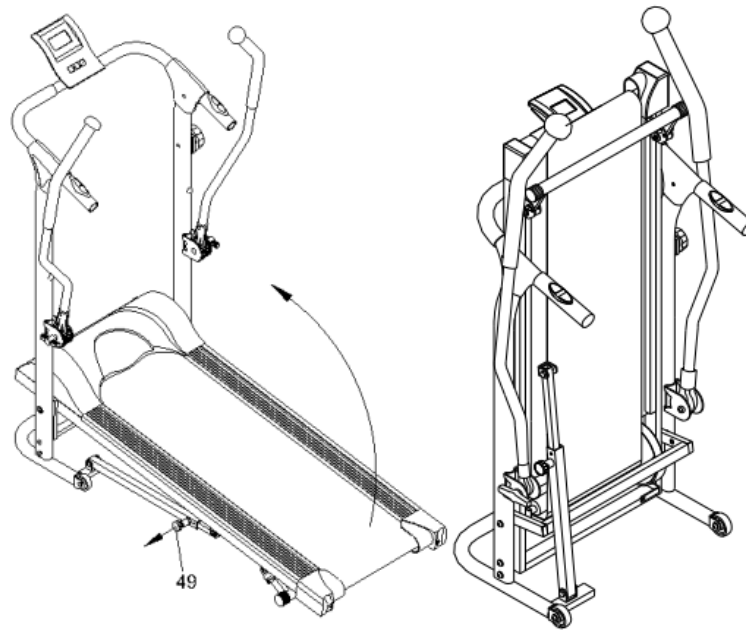
Connect left handle bar (14L) to left handle post (33) with plastic washer (D), knob (N), sleeve (L), washer (B) and bolt (I). Then connect right handle bar (14R) to right handle post (24) plastic washer (D), knob (N), sleeve (L), washer (B) and bolt (I).



WARNING: Before use, make sure that the treadmill is properly assembled and tightly fasten.

STORAGE

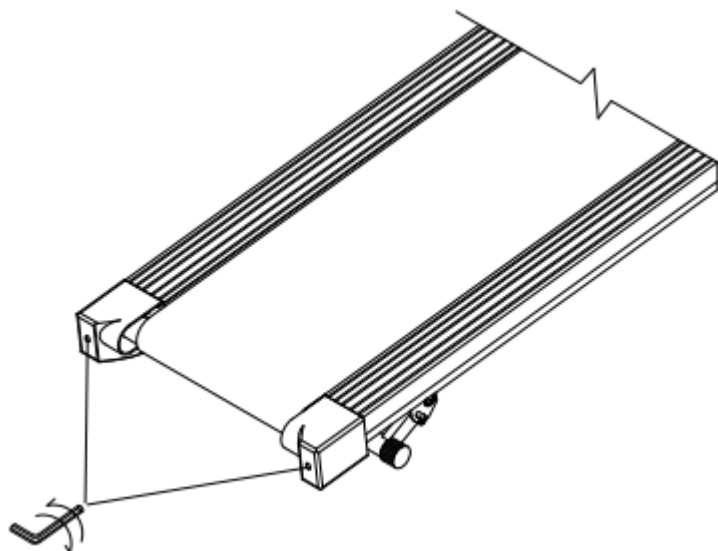
Remove the pin (49) and lift frame (1). Secure the frame in horizontal position with pin (49).



BELT ADJUSTMENT

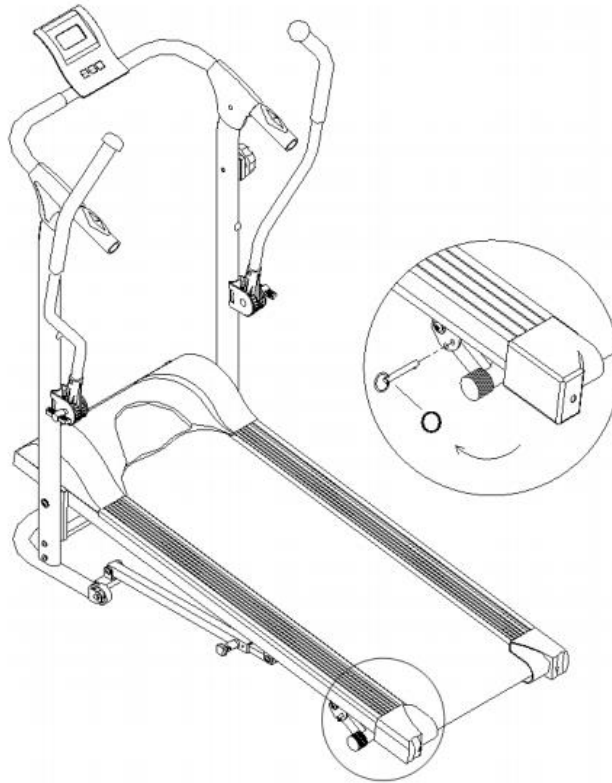
Wrong adjusted belt reduces the lifespan of the treadmill. Wrong adjusted belt is noisy. The belt may be poorly centered, loose or tighten. Use Allen key.

- If the belt is leaning to the right, turn the right screw with Allen key clockwise 1 to 2 turns. Then slightly loose the screw.
- If the belt is leaning to the left, turn the left screw with Allen key clockwise 1 to 2 turns. Then slightly loose the screw.
- If the belt is too tight, screw both screws with Allen key counter clockwise wise. Then slightly tighten both screws.
- If the belt is too loose, screw both screws with Allen key clockwise wise. Then slightly tighten both screws.



INCLINE

Lift the running belt and remove secure pins O and with back support set up the incline of the running belt. Then secure the belt with secure pin O.

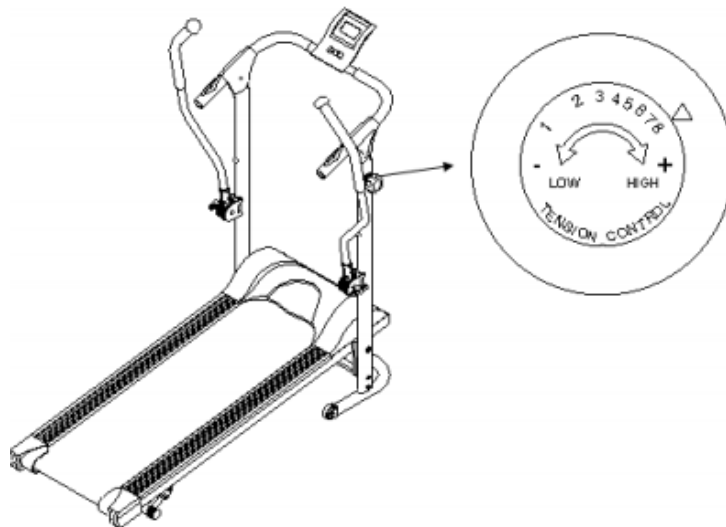


CROSS COUNTRY SKIING

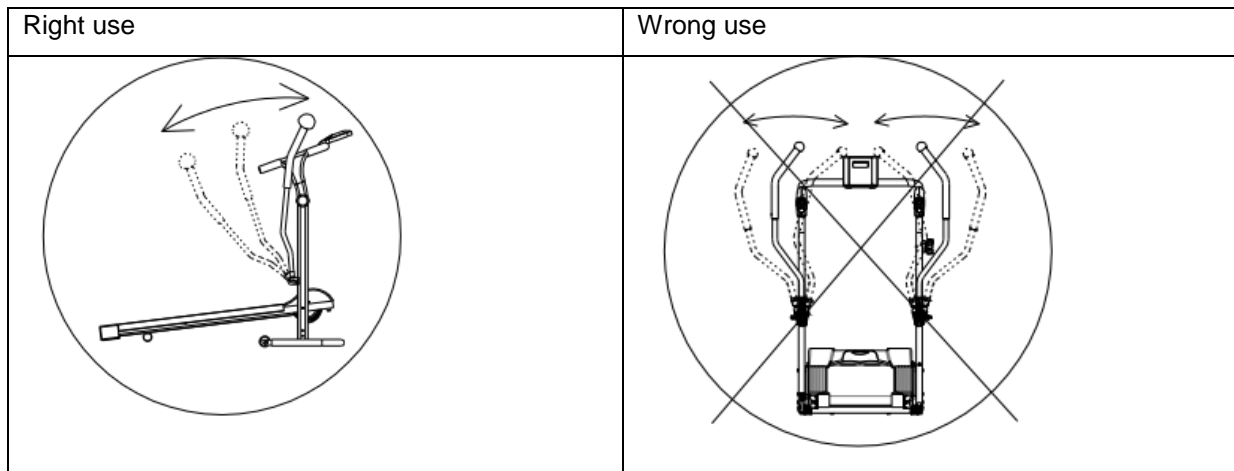
First put your feet on each side rail and put your hand on the Ski handle then do the Ski exercise.

If you want to do the Ski training, first adjust the resistance on the treadmill to the level you want and adjust the handle bar tension knob to the level you want. Then start the exercise.

Resistance can be from 1 (lowest) to 8 (highest).

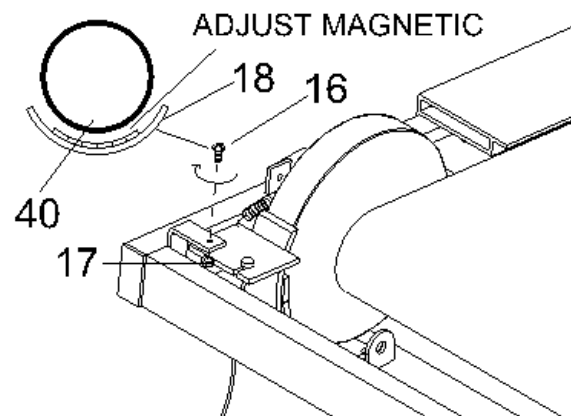


WARNING: The Ski bar is only allowed to use from front to rear. Incorrect use can lead to damage or injury.



MAGNETIC BRAKING SYSTEM

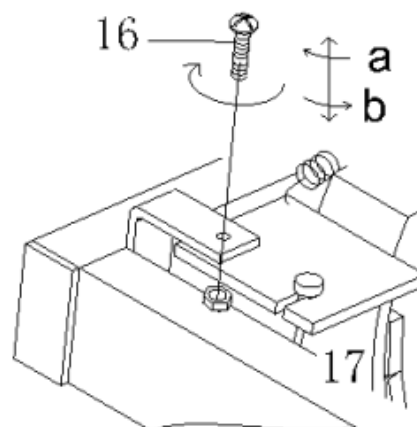
Resistance level has effect on burned calories and exercise effectivity. Resistance can be modified with magnetic braking system.



Turn the screw 16 in direction a, the resistance will be lower.

Turn the screw 16 in direction b, the resistance will be higher.

After adjusting the braking system, it is necessary to check the cable tension. If needed, change according to Step 3.



MAINTENANCE

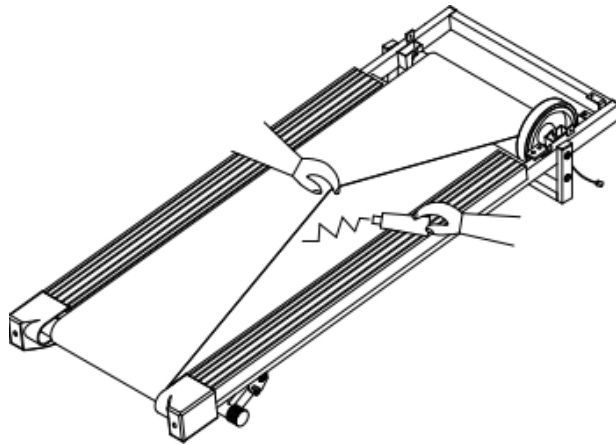
Lubrication

Apply oil directly on wooden board and inner part of running belt, it reduces the friction and prolong the lifespan.

Lift the belt on one side and reach its inner side. If the inside of the belt is damp, lubricant is not required. Otherwise, oil must be applied. During the first 3-4 minutes of applying the lubricant, set the belt speed to a low speed to spread the lubricant evenly.

WARNING: Do not apply oil outside of the board. Remove the excess lubricant immediately.

- During everyday use lubricate 1x per month. During cold weather check the oil more often, oil can dry faster.
- Always use silicon oil inSPORTline.



CONTROL PANEL

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)



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.

	<p>Touching your toes</p> <p>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.</p>
	<p>Shoulder lifts</p> <p>Raise your right shoulder up towards your ear and hold for 2 seconds. Then repeat for your left shoulder while lowering the right.</p>
	<p>Hamstring stretched</p> <p>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.</p>
	<p>Side stretches</p> <p>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.</p>
	<p>Calves and Achilles tendon</p> <p>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.</p>
	<p>Head rolls</p> <p>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.</p>

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.

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 scrapyards.

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

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

TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS

General Conditions of Warranty and Definition of Terms

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

The seller is SEVEN SPORT s.r.o. with its registered office in Borivojova Street 35/878, Prague 13000, Company Registration Number: 26847264, registered in the Trade Register at Regional Court in Prague, Section C, Insert No. 116888.

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

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

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

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

Warranty Conditions

Warranty Period

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

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

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

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

Warranty Claim Procedure

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

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

If the Buyer gives notice of a defect that is not covered by the Warranty (e.g. in the case that the Warranty Conditions were not fulfilled or in the case of reporting the defect by mistake etc.), the Seller

is eligible to require a compensation for all the costs arising from the repair. The cost shall be calculated according to the valid price list of services and transport costs.

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

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

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



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Date of Sale:

Stamp and Signature of Seller: