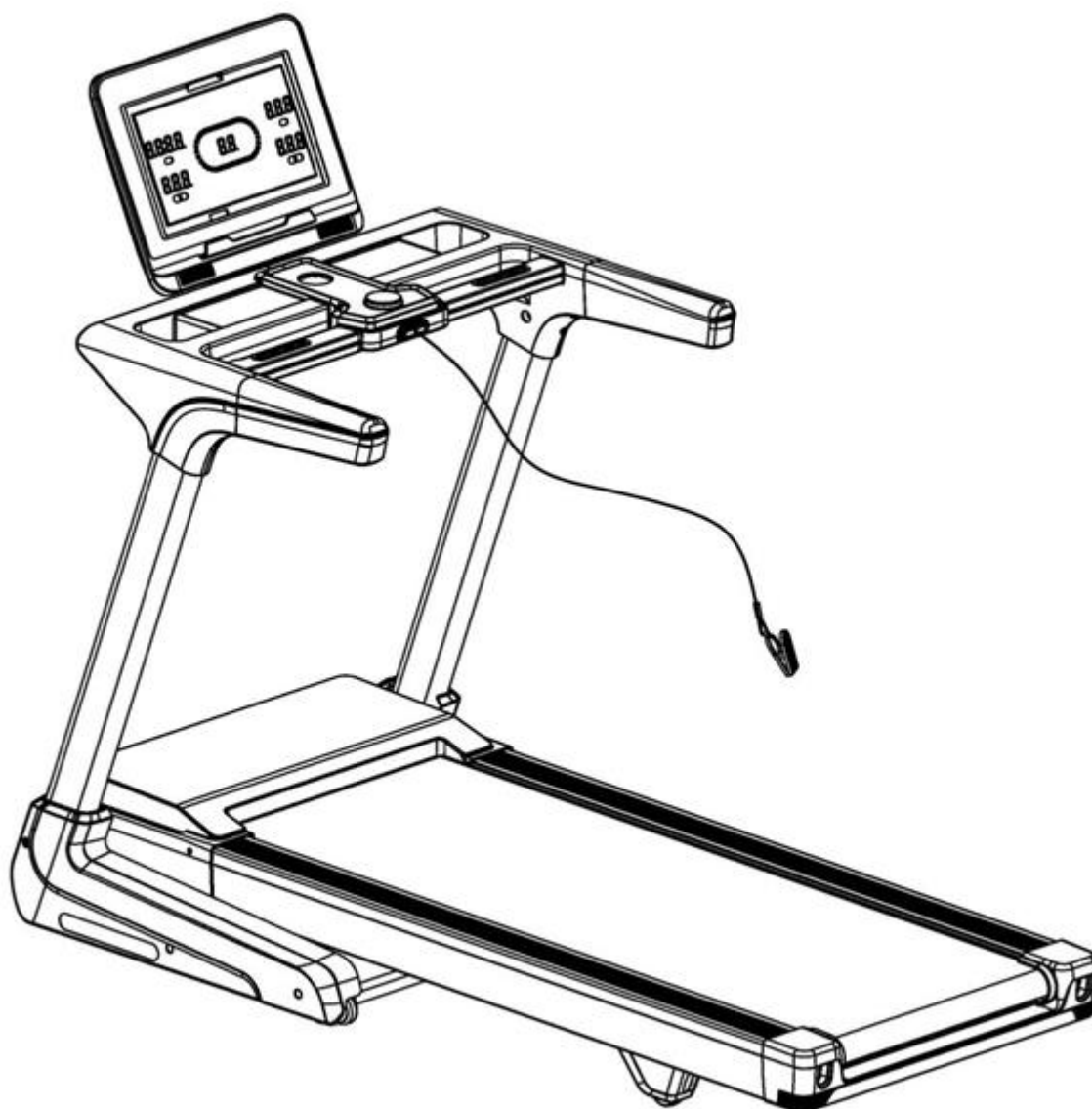




## USER MANUAL – EN

### IN 27567 Treadmill inSPORTline ZenRun 45



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SevenSport s.r.o. reserves the right to make any changes and improvements to its product without prior notice. Visit our website [www.insportline.eu](http://www.insportline.eu) where you will find the latest version of the manual.

## **SAFETY INSTRUCTIONS**




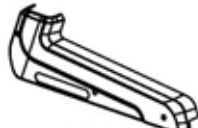



- Read the manual carefully and keep it for future reference.
- Always clip the safety key to your clothes or belt before starting exercising.
- Move naturally, forward. Do not look on your feet. Only for one person can use the product on the same time.
- Speed increase gradually, not instantly.
- In case of danger, press the stop button or pull out the safety key.
- Leave the device after it stops 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 health 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.
- Place the treadmill on flat, dry and clean 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 warmups 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.
- **Operation temperature:** 5 – 40 °C
- **Max. user weight:** 150 kg
- **Category:** HC 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!

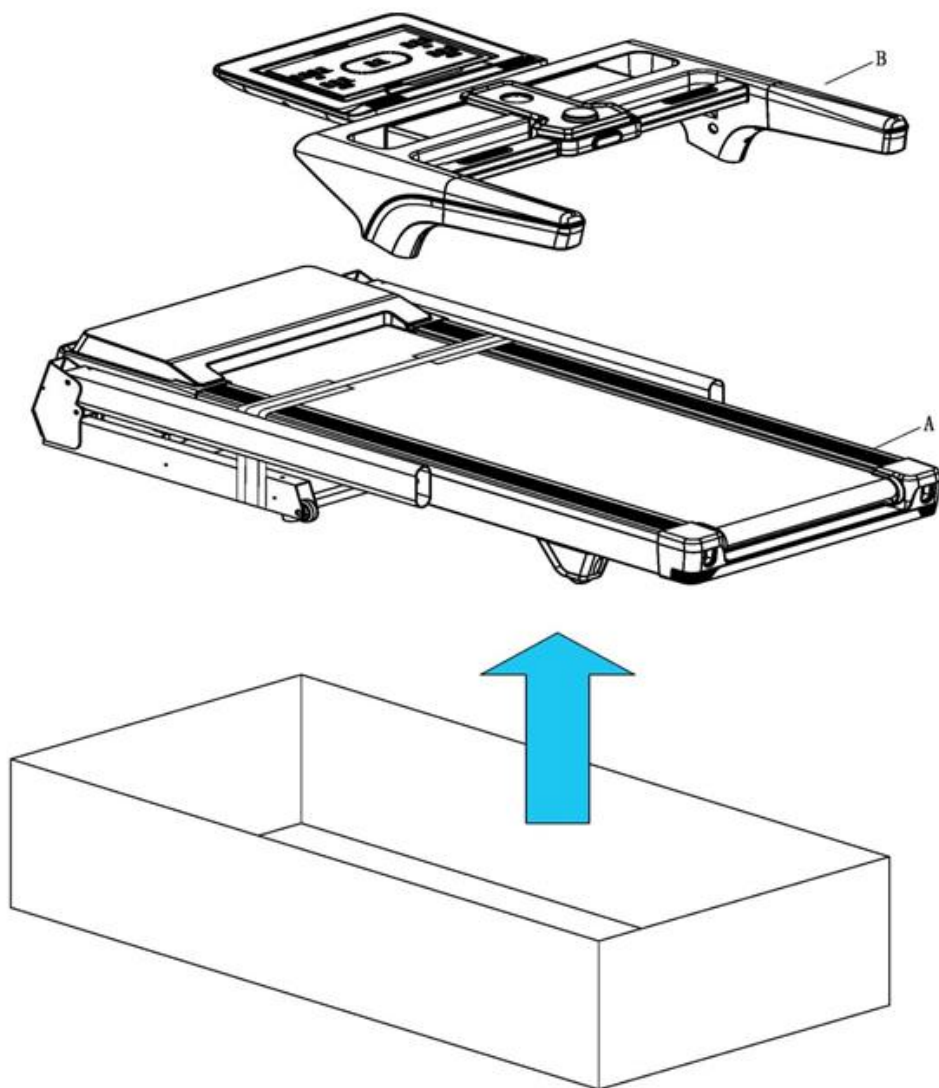
## ASSEMBLY

				
A	B	C	C07	C08
				
C19	E08			

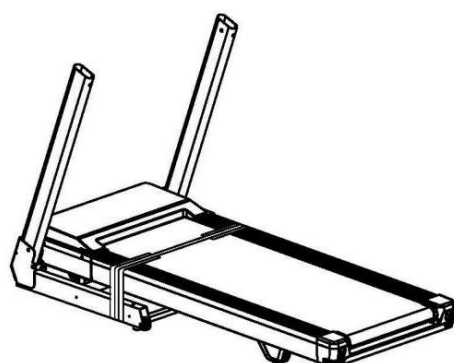
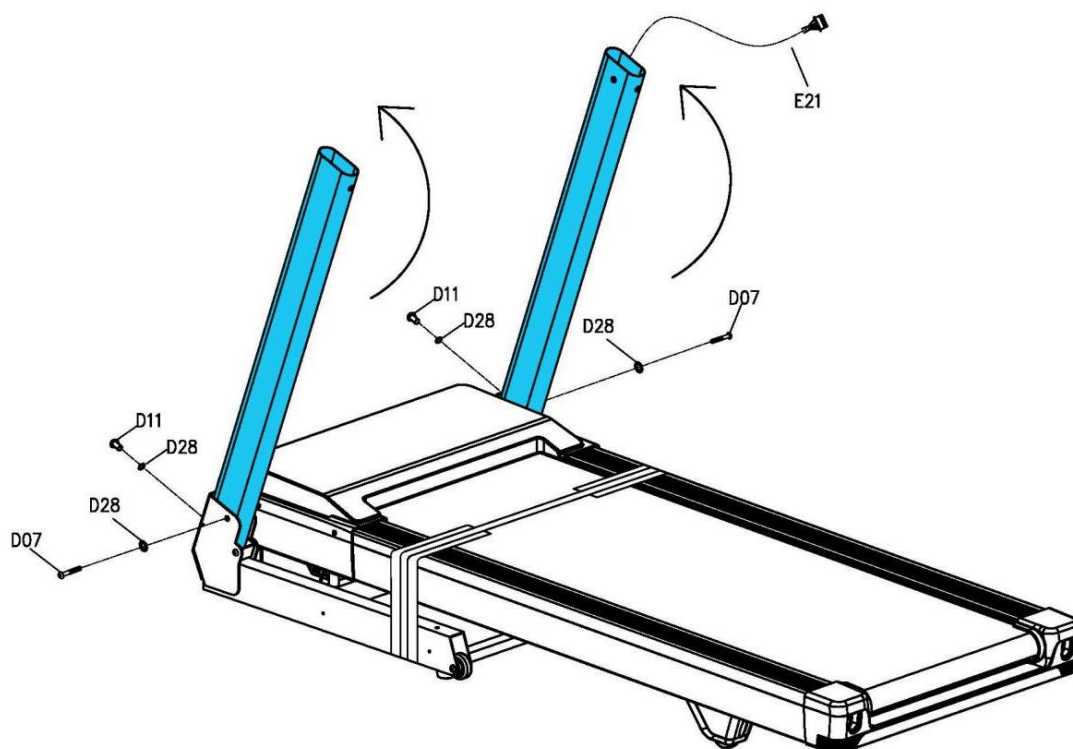
B04 S=13, 14, 15(1X)	B05 S5(1X)	B06 S6(1X)	D11 M8*15(2X)	D12 M8*15(4X)
				
D40 M5*10(6X)	D07 M8*50(2X)	D28 ø8(4X)	D29 ø8(4X)	D32 ø8(4X)
				

No.	Name	Qty.
A	Main frame	1
B	Console frame	1
C	Silicone oil	1
C07	Left post cover	1
C08	Right post cover	1
C19	Safety key	1
E08	Power cable	1

B-1

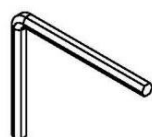


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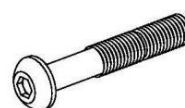
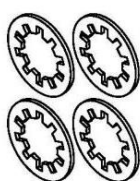
B05 5#(1x)

D11 M8\*15(2x)

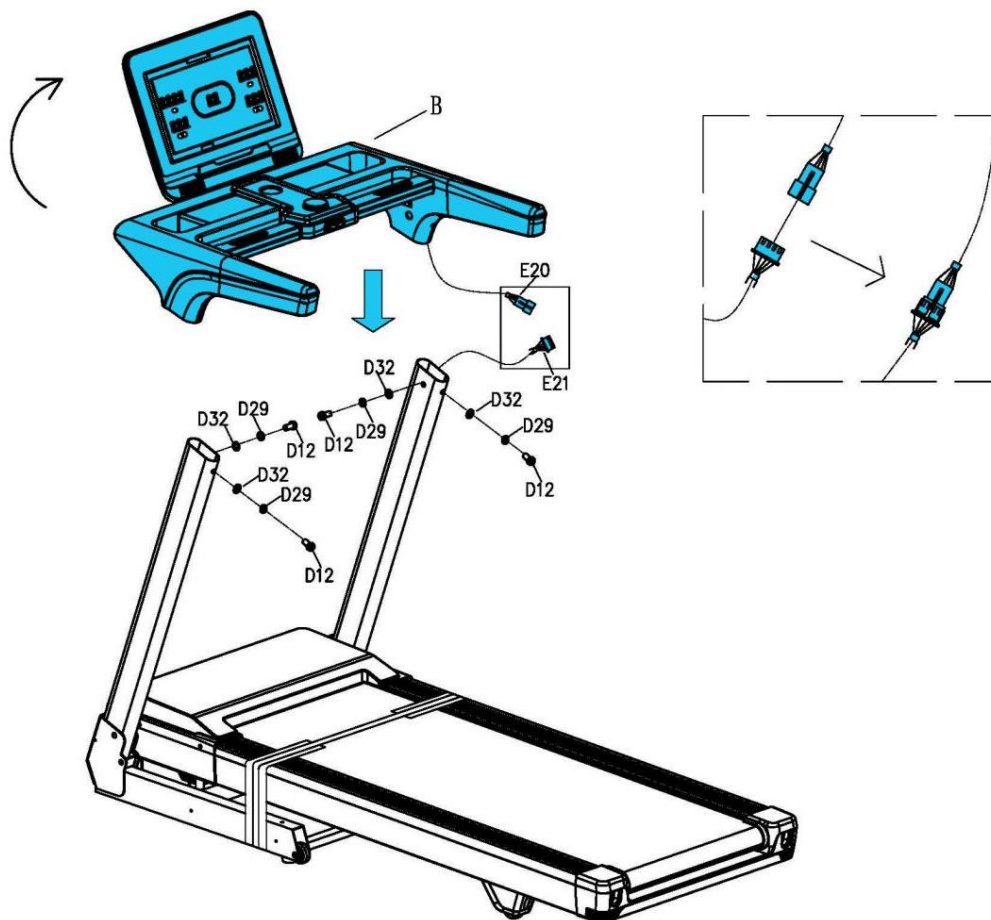


D28  $\phi 8$ (4x)

D07 M8\*50(2x)

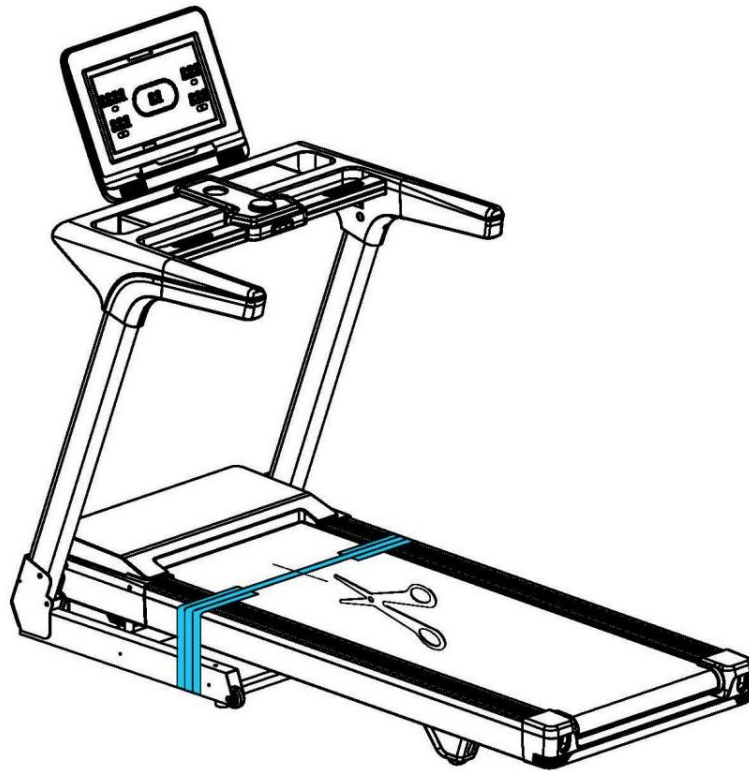


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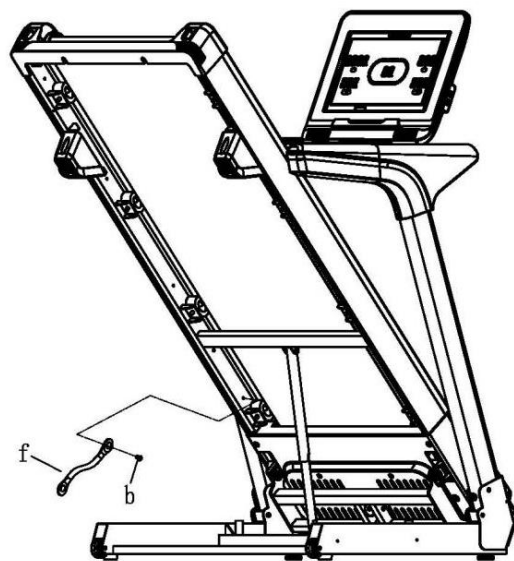
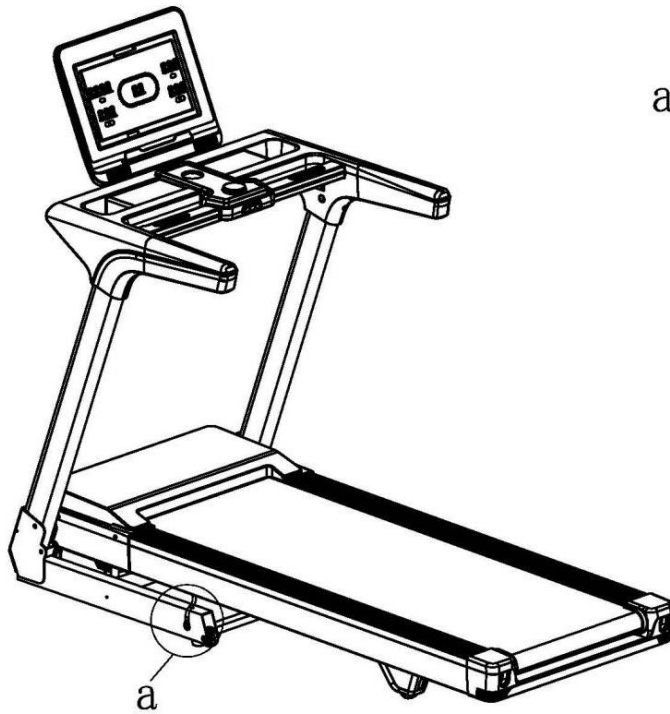
B06 6#(1x)	D12 M8*15(4X)
D29 ø8(4X)	D32 ø8(4X)

B-4

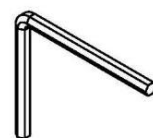




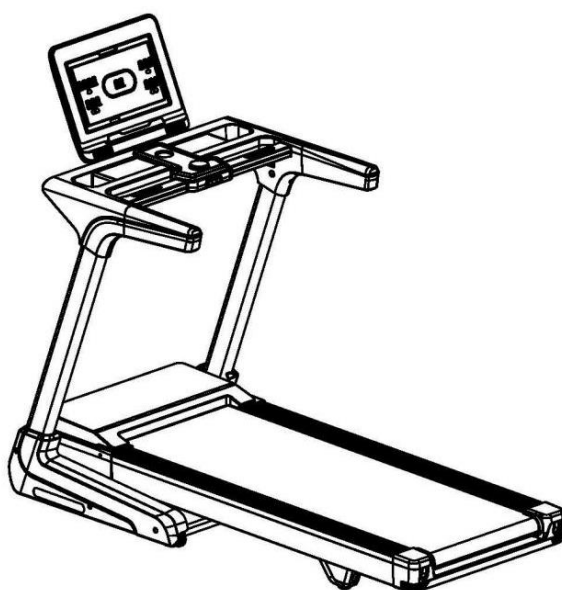
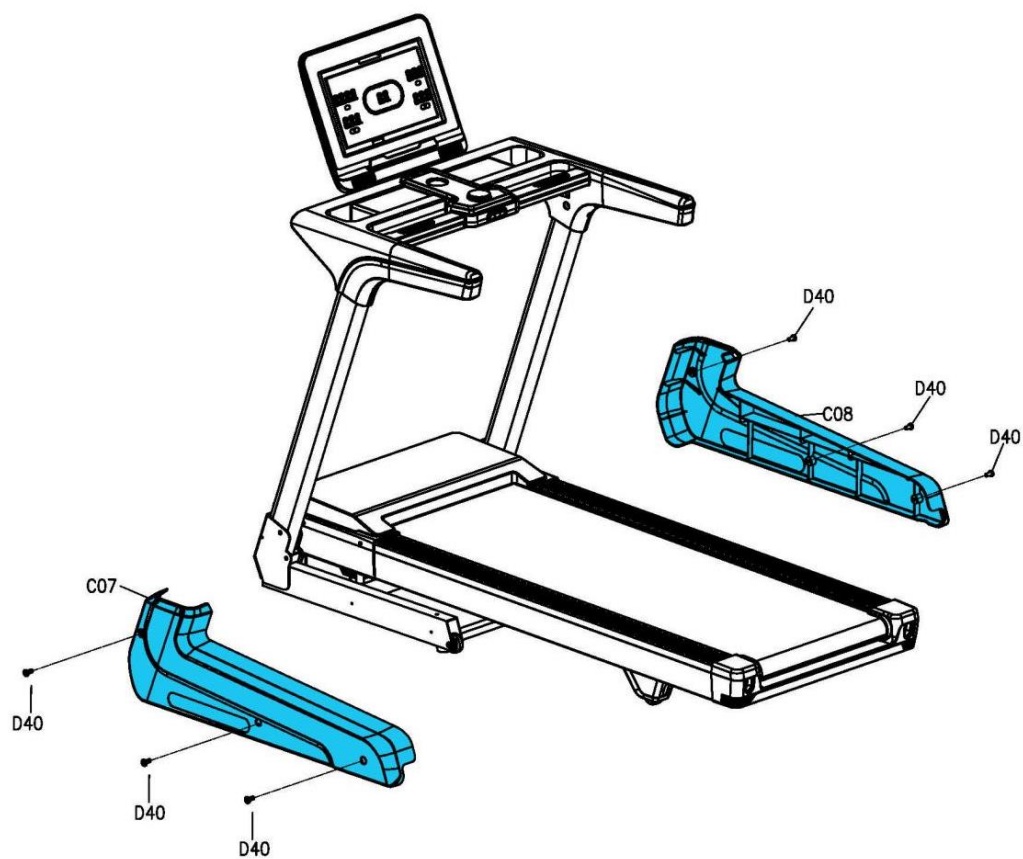
B-5



B05 5#(1x)



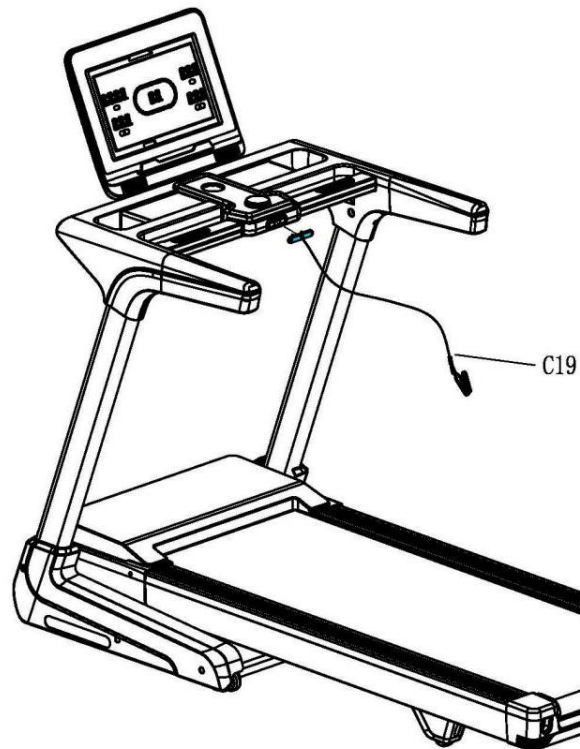
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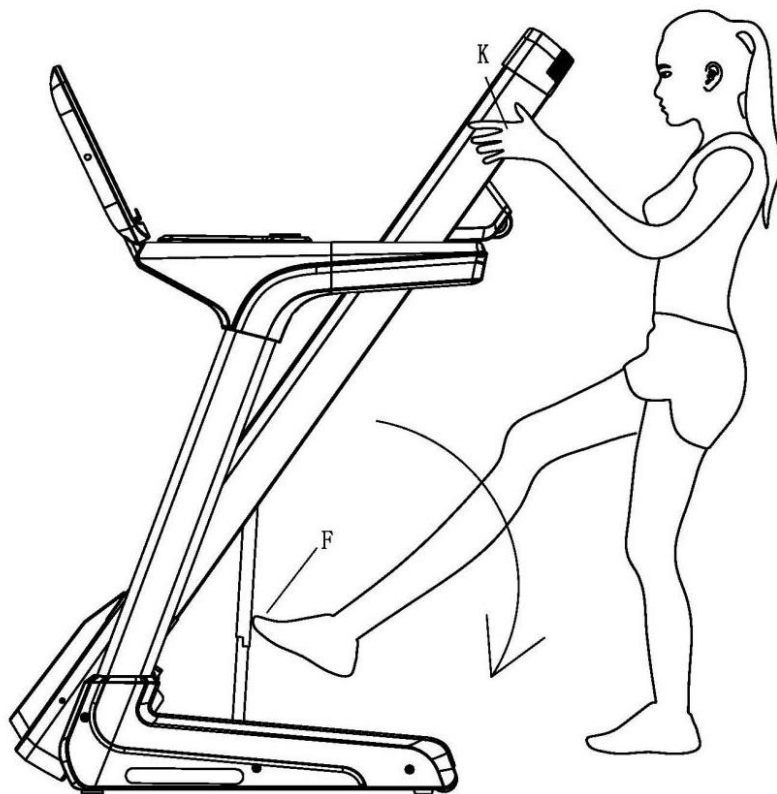
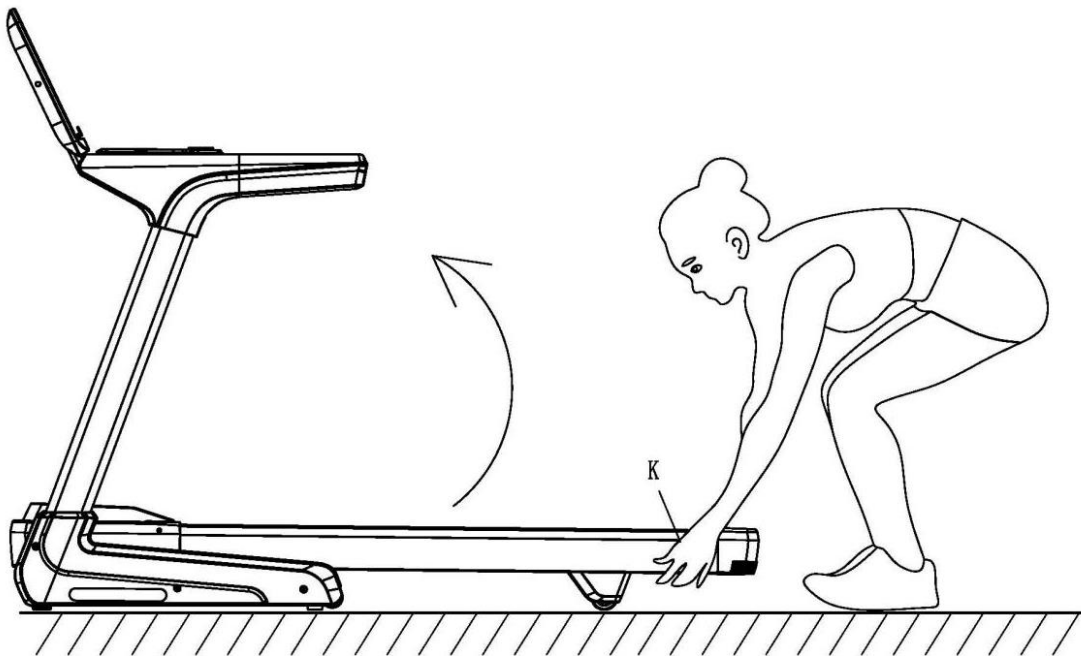
B04 S=13, 14, 15 (1X)



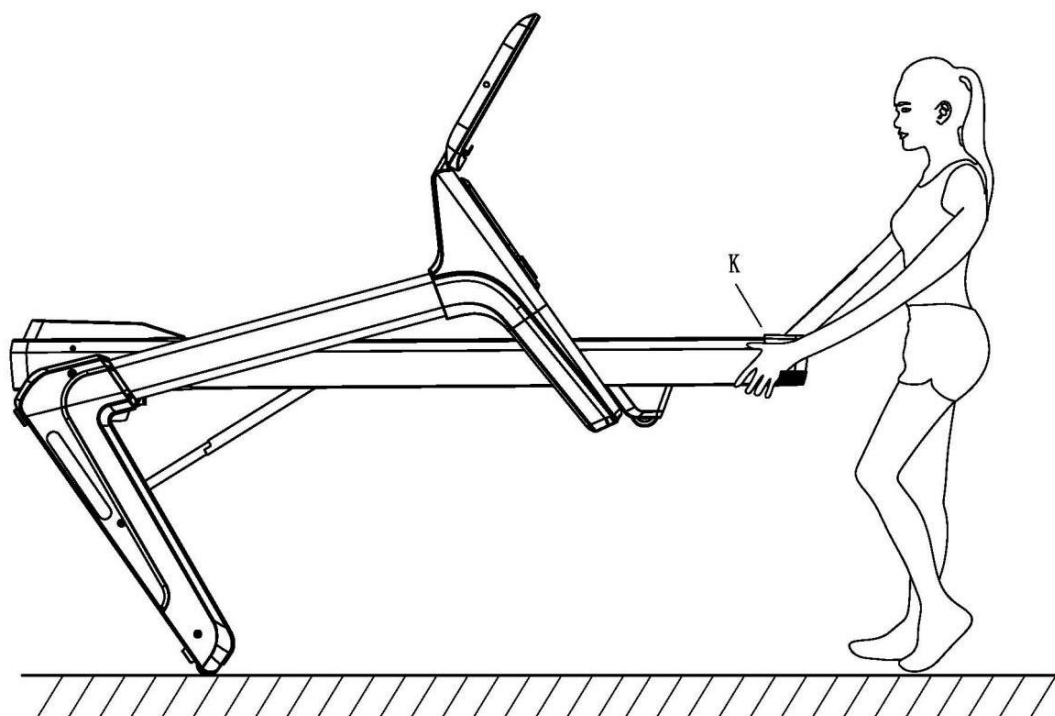
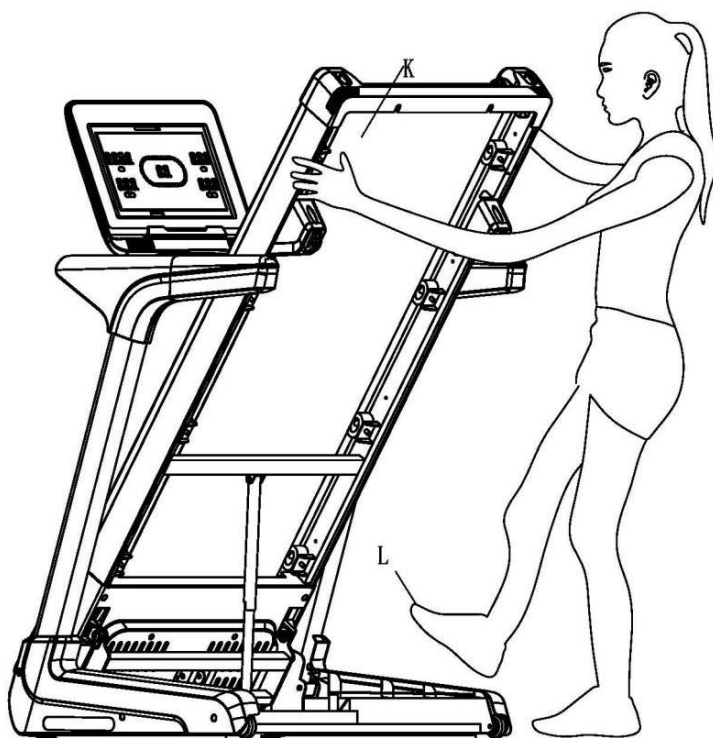
B-7



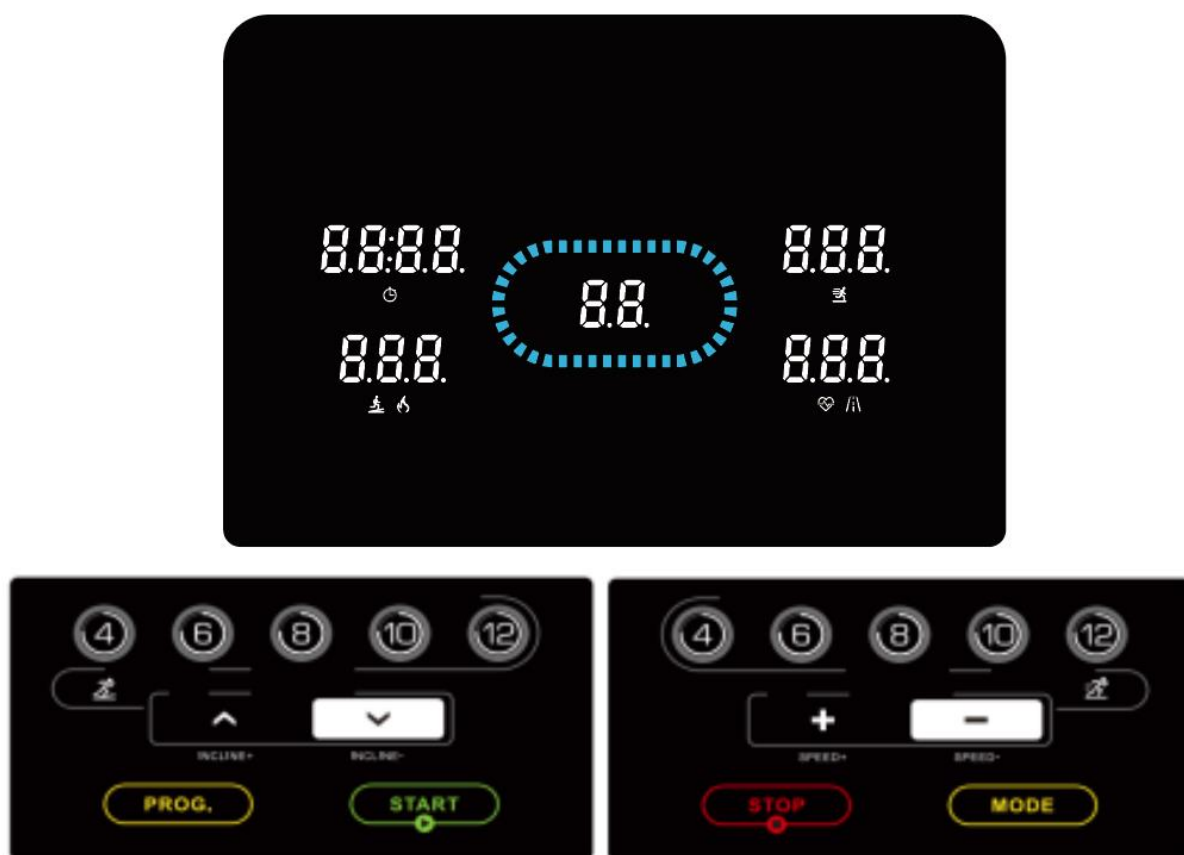
C-1



C-2



## CONSOLE



### Buttons

1. Instant incline	Quick incline selection 4, 6, 8, 10, 12
2. Incline +	Incline increase
3. Incline –	Incline reduction
4. Prog.	12 preset programs, 3 user programs, body fat test
5. Start	Start
6. Instant speed	Quick speed selection 4, 8, 8, 10, 12
7. Speed +	Speed increase
8. Speed –	Speed decrease
9. Stop / pause	Pause / turn off the program
10. Mode	Setting the countdown of time, distance, calories

### MEDIA

USB – device charging

## FUNCTIONS AND DISPLAYS

Incline	Displays the current incline
Speed	Displays the current speed
Calories	Displays calories burned
Time	Displays the duration of the workout
Distance	Displays the distance traveled
Pulse	Heart rate display. <i>The data is indicative only, not for health or medical purposes.</i>
Mode	<p>In standby mode, you can select time, distance or calorie countdown by pressing the button.</p> <p>Use the SPEED and INCLINE +/- buttons to adjust the value</p> <p>Start the program by pressing START</p> <p>Adjust the incline with the INCLINE buttons</p> <p>Adjust the speed with the SPEED buttons</p>
Prog	<p>Press to select one of 12 preset programs, 3 user programs and a body fat measurement program.</p> <p>The preset programs are divided into 16 segments, the transition to the next segment is announced by a sound signal.</p> <p>The user program is divided into 10 parts.</p> <p>Use the SPEED and INCLINE buttons to change the speed and incline.</p>

## PRESET PROGRAMS

TIME PROG		Set time/16															
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P01	speed	2	3	3	4	4	5	5	3	4	5	4	4	3	3	5	3
	incline	1	1	2	2	3	3	2	2	1	2	2	1	3	2	2	2
P02	speed	2	4	4	5	6	6	6	4	5	6	4	4	2	5	4	2
	incline	1	2	2	2	3	2	2	2	2	2	3	3	4	3	2	2
P03	speed	2	4	4	6	7	7	7	4	7	7	4	4	4	5	3	2
	incline	2	3	3	2	3	3	2	2	2	2	4	4	6	3	2	2
P04	speed	3	5	5	6	5	7	7	8	8	5	9	5	6	4	4	3
	incline	2	3	3	2	3	3	2	2	2	2	4	4	6	3	2	2
P05	speed	2	4	4	5	7	5	6	7	8	8	5	4	6	5	4	2
	incline	3	3	3	4	5	5	4	4	4	4	5	5	3	2	2	2
P06	speed	2	4	4	4	8	8	6	7	8	8	6	4	5	4	3	2
	incline	3	5	5	5	4	3	3	3	3	4	4	4	3	4	3	2
P07	speed	2	3	3	3	3	4	5	3	4	5	3	3	6	5	3	3
	incline	4	4	4	4	6	6	6	7	7	8	8	9	6	5	4	4
P08	speed	2	3	3	6	4	6	7	4	6	7	4	4	3	4	4	2
	incline	4	5	5	5	6	7	8	9	9	9	10	10	12	8	6	3
P09	speed	2	4	4	7	7	8	4	8	9	9	4	4	6	3	3	2
	incline	5	5	5	6	4	4	6	6	5	5	8	8	9	7	4	2

P10	speed	2	4	5	6	4	6	8	8	6	6	5	4	4	4	3	3
	incline	5	6	6	6	8	8	4	4	4	5	5	8	10	8	6	3
P11	speed	2	5	8	10	10	10	7	7	10	10	5	5	5	5	4	3
	incline	4	5	3	2	2	2	2	2	2	4	5	6	5	5	2	0
P12	speed	3	4	9	9	5	8	5	9	7	5	5	7	5	7	6	3
	incline	1	2	3	2	5	0	0	2	3	5	7	3	6	5	3	3

### USER PROGRAM

In standby mode, press the MODE button, the console will display 3 user programs.

Use the SPEED and INCLINE buttons to set the desired training goal.

Each program can be divided into 10 segments.

Once the program is running, you can use the SPEED and INCLINE buttons to adjust the speed and incline.

### BODY FAT TEST

Use the MODE button to select the FAT program.

Then use the SPEED button to set the desired values F1 – F4. F5 is the test result.

F1	Sex	01 man	02 women
F2	Age	10 – 99	
F3	Height	100 – 200 cm	
F4	Weight	20 – 150 kg	
F5	Result	≤ 19	Malnutrition
	Result	= 20 – 25	Normal
	Result	= 26 – 29	Overweight
	Result	≥ 30	Obesity

The values are indicative only and do not serve for health or medical purposes.

### HRC PROGRAM

Press PROG to select the heart rate program HP1, HP2, HP3. Use the SPEED and INCLINE buttons to adjust the setting values, press START to start the program.

Preset maximum speed: HP1 (8 km/h), HP2 (9 km/h), HP3 (10 km/h).

Press MODE to enter the program settings. Adjust the values by pressing SPEED and INCLINE, confirm by pressing MODE. AG: 30 (age, default value 30 years), the program will automatically recommend a suitable heart rate for the given age. You can adjust the value yourself according to your needs.

After starting, the program starts a 1-minute warm-up.

If the heart rate is lower than set, it will increase the speed by 0.5 km/h. If it reaches maximum speed, it will start adjusting the incline by 1 point.

If the heart rate is higher than set, it will incline by 1 point and then reduce the speed by 0.5 km/h.

The program can only be started if you have a chest belt.

### OTHER

#### Lubrication warning

After 300 km, the belt will remind you to lubricate. The display will show OIL and an audible signal will sound. To turn off the notification, hold down the STOP button for 3 seconds.



### Safety key

If you turn off the safety key during operation, the belt will stop and the display will show "---". After connecting the key, the belt can be used again.

### Power saving mode

After 10 minutes of inactivity, the treadmill switches to energy-saving mode, pressing any button will start the treadmill again.

### Main switch

If necessary, you can turn off the treadmill's main switch

### WARNING:

- Initially, we recommend starting at a lower speed until you become familiar with the controls.
- Before use, it is necessary to connect the safety key and pin it to the clothing.
- To safely turn off and exit the treadmill, press STOP. If necessary, you can pull out the safety key, the treadmill will turn off immediately.

## ERROR CODES

The treadmill will not start	Not plugged in	Plug in the electricity current
	The safety key is not plugged	Insert the safety key
The running surface is not centered	Poorly centered surface	Center with screws
The console does not work	Badly connected cables	Check the console and control board connections
	The transformer is damaged	Contact service
E01	The cables from the console and the control board are not connected correctly	Check the connections and condition of the cables. If the cables are OK, replace the control board.
E02	The voltage is lower than 50% of the required voltage	Check the incoming voltage. Check the condition of the control board and motor.
E03	The speed sensor is not working	Check the sensor wiring, cables and overall condition of the sensor and control board.
E05	Voltage is high / low. The control board is damaged.	Restart the treadmill.
	Moving parts of the treadmill are stuck, motor overvoltage.	Check that all moving parts are functional and lubricated. Check the odor treadmill.
E07/E08	The control board is not connected	Check the connection and condition of the cables, replace the control board if necessary.

If there is a need to disassemble the treadmill contact service department.

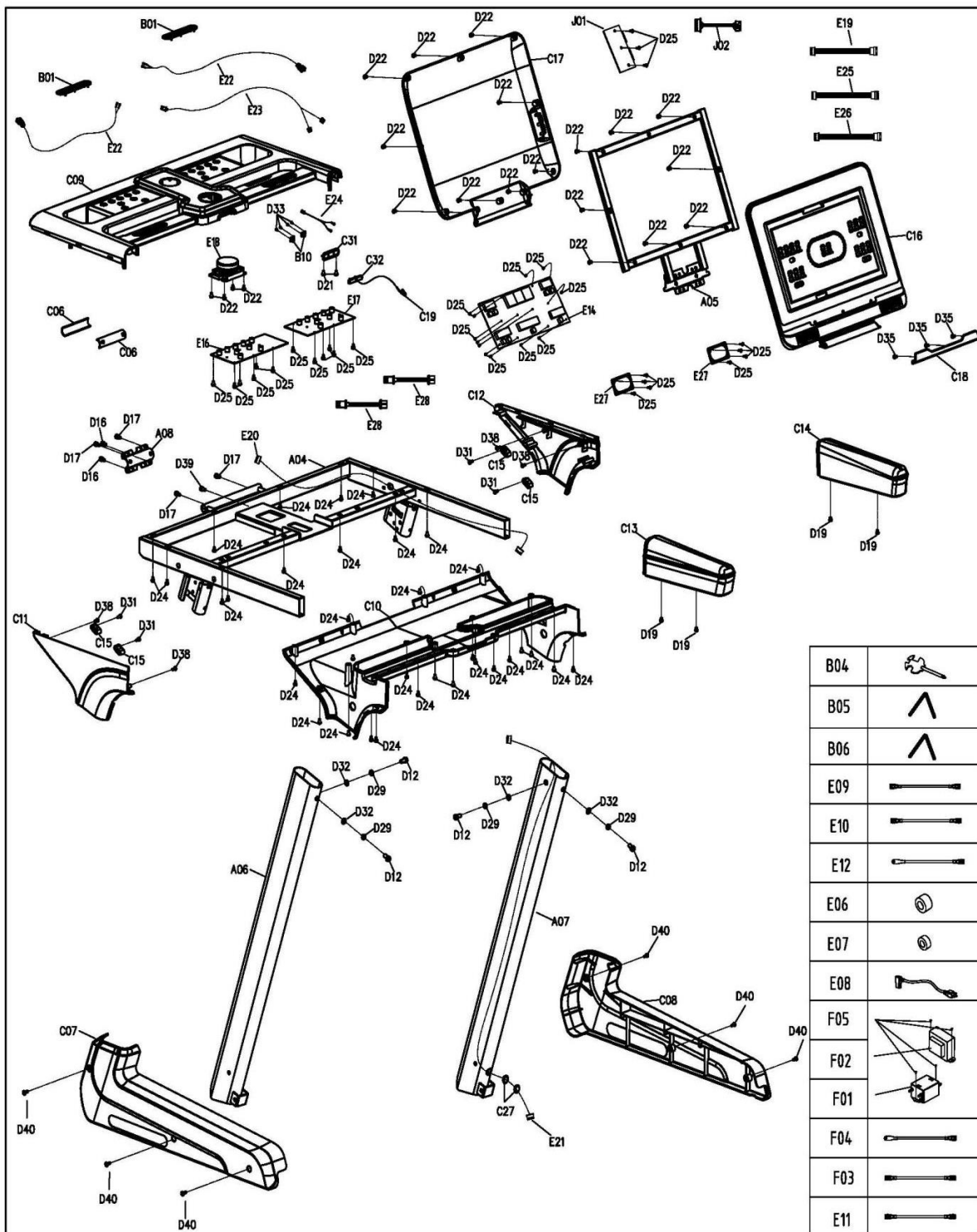
## PARTS LIST

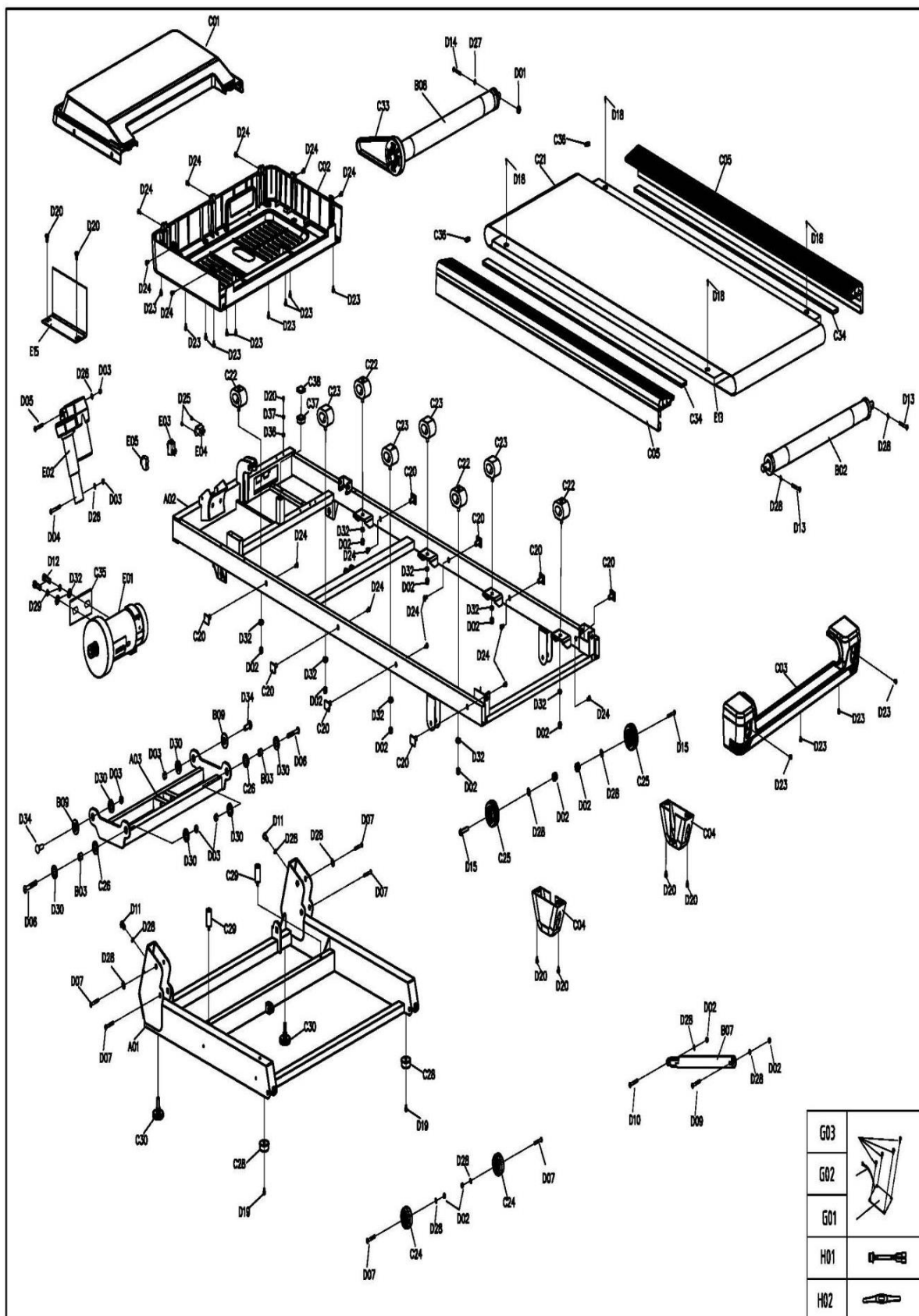
No	Name	Spec.	Qty	No	Name	Spec.	No
A01	Base frame		1	C26	Plastic gasket		2

A02	Main frame		1	C27	Round cap		2
A03	Incline frame		1	C28	Foot		2
A04	Console holder		1	C29	Damping pad		2
A05	Panel connection plate		1	C30	Adjustable foot		2
A06	Left post		1	C31	Safety key holder		1
A07	Right post		1	C32	Safety key		1
A08	Display holder		1	C33	Belt		1
B01	Pulse detection plate		4	C34	EVA pad		2
B02	Rear roller		1	C35	EVA pad		1
B03	Frame		2	C36	Rubber washer		2
B04	Wrench with screwdriver	S=13,14,15	1	C37	Square cap		1
B05	5# allen wrench	5mm	1	C38	EVA pad		1
B06	6# allen wrench	6mm	1	D01	Nut	M6	1
B07	Cylinder		1	D02	Nut	M8	14
B08	Front roller		1	D03	Nut	M10	6
B09	Sleeve		2	D04	Bolt	M10*90	1
B10	Damping washer		2	D05	Bolt	M10*45	1
C01	Engine top cover		1	D06	Bolt	M10*305	2
C02	Engine bottom cover		1	D07	Bolt	M8*55	6
C03	Back cover		1	D08	Bolt	M8*50	2
C04	Adjustable wheel cover		2	D09	Bolt	M8*45	1
C05	Side rail		2	D10	Bolt	M8*30	1
C06	Sleeve for rotation		2	D11	Bolt	M8*15	4
C07	Left post cover		1	D12	Bolt	M8*15	6
C08	Right post cover		1	D13	Bolt	M8*65	2
C09	Console top cover		1	D14	Bolt	M6*60	1
C10	Console bottom cover		1	D15	Bolt	M8*40	2
C11	Left side console cover		1	D16	Bolt	M6*15	2
C12	Right side console cover		1	D17	Bolt	M6*15	4
C13	Left handle		1	D18	Bolt	M8*25	4
C14	Right handle		1	D19	Bolt	M5*16	6
C15	Console bracket cover		1	D20	Bolt	M5*12	7
C16	Panel top cover		1	D21	Screw	ST2.9*8	2
C17	Bottom panel cover		1	D22	Screw	ST4.2*10	18
C18	Holder		1	D23	Screw	ST4.2*12	14
C19	Safety key clip		1	D24	Screw	ST4.2*12	51
C20	Side rail holder		8	D25	Screw	ST2.9*8	39

C21	Running belt		1	D26	Lock washer	10	2
C22	Damping pad		4	D27	Lock washer	6	1
C23	Damping pad		4	D28	Lock washer	8	12
C24	Wheel		2	D29	Spring washer	8	6
C25	Adjustable wheel		2	D30	Large washer	φ10*φ26*2.0	6
D31	Screw	ST4.2*20	4	E10	AC signal cable	350 brown	2
D32	Washer	8	14	E11	AC signal cable	350 brown	1
D33	Screw	ST2.0*6	4	E12	Grounding cable		1
D34	Screw	M10*3	2	E13	Running board		1
D35	Screw	ST2.9*16	3	E14	Control panel		1
D36	Lock washer	5	1	E15	Control panel		1
D37	Spring washer	5	1	E16	Board with left touch button		1
D38	Screw	ST4.2*30	4	E17	Board with right touch button		1
D39	Bolt	M6*10	1	E18	Switch knob		1
D40	Bolt	M5*10	6	E19	Upper console signal cable		1
E01	DC motor		1	E20	Middle console signal wire		1
E02	Incline motor		1	E21	Lower console signal cable		1
E03	Switch		1	E22	Upper pulse detector cable		2
E04	Socket		1	E23	Pulse detector bottom cable		2
E05	Overload protection		1	E24	Safety switch induction wire		1
E06	Magnetic ring		1	E25	Upper switch signal wire		1
E07	Magnetic core		1	E26	Lower switch signal wire		1
E08	Power cable		1	E27	Speaker		2
E09	AC signal wire	200 brown	2	E28	Touch button for connecting the signal wire		1

# DRAWING





## **MAINTENANCE AND STORAGE**

### **STORAGE**

Store the treadmill in a dry and dark place. Protect from dust. Unplug from the wall outlet (if applicable) before storing.

The durability and safety of the device can only be guaranteed if the product is regularly checked for damage or wear.

Never remove protective covers.

The treadmill is for indoor use only, do not use in damp areas.

Check all bolts and nuts regularly for tightness.

### **MAINTENANCE**

Always use a soft, cotton cloth and a non-aggressive detergent for cleaning.

Never use aggressive cleaning agents based on alcohol or petrol.

## **REGULAR INSPECTION**

### **DAILY**

- Before each use, make sure that no object in the area prevents the user from moving freely.
- Before each use, check that the belt edges are properly locked and check for wear.
- After each use, wipe away sweat and moisture.
- Clean the console display with a damp, soft cotton cloth. Avoid using too much water.

### **WEEKLY**

- Clean the plastic cover properly.
- Clean handles and display
- Check that the edges are securely locked.
- Check all screws, nuts for wear and tightness.

### **MONTHLY**

- Lubricate all metal ends with corrosion protection.
- Check the AA battery level in the console, replace if necessary.
- Clean the running surface.

We do not recommend performing any internal corrections / adjustments.

The use of any means other than cleanser and lubricant may reduce the product life.

## **SAFE EXERCISING**

Please consult your doctor before starting any exercise program. They can recommend the frequency, intensity and duration of the exercise based on your age and health condition. If you feel any or similar symptoms during exercising – pain or tightness on the chest, irregular heart rate, shortness of breath, dizziness or other discomfort - please stop immediately! Consult your doctor before you continue exercising. If you use the treadmill often, you can choose regular walking speed or jogging speed. If you have no experience or aren't sure what the best initial speed for you is, refer to the data below:

Speed 1 - 3.0 km/h	people with weak constitution
Speed 3.0 - 4.5 km/h	people who do not exercise often
Speed 4.5 - 6.0 km/h	normal walking speed

Speed 6.0 - 7.5 km/h	fast walking
Speed 7.5 - 9.0 km /h	jogging
Speed 9.0 - 12.0 km/h	intermediate speed runner
Speed 12.0 - 14.5 km/h	experienced runner
Speed over 14.5 km/h	excellent runner

#### **ATTENTION:**

- Users who want to exercise while walking should choose 6 km/h speed or lower.
- Users who want to exercise while running should choose 8 km/h speed or higher.

## **GETTING START**

### **PREPARATION**

If you are more than 45 years old or have health problems and this is your first time using a treadmill, please consult your doctor before exercising.

Before you use the motorized treadmill, please stand aside and learn how to use it, e.g. how to start, stop and adjust the speed. You can use it after you familiarize yourself with its functions.

### **EXERCISE**

Stand aside to learn how to operate the machine (adjusting the speed and inclination). Start exercising after you familiarize yourself with the functions. Walk 1 km in a constant tempo and record the time it takes, which may be about 15 - 25 minutes. Walk 1 km by 4.8 km/h (you need about 12 minutes). After successfully completing this exercise a few times you can adjust to a higher speed and inclination. Have a good 30-minute exercise. When you do walking exercises do not rush. The exercise improves your health.

### **FREQUENCY**

The optimal exercise frequency is 3 - 5 times per week for 15 – 60 min. It is better to make a schedule first and not exercise randomly. You can control the intensity of the movement through adjusting the speed and inclination. We suggest not to set the inclination when at the start of the exercise. When you want to increase the intensity of the exercise, change in inclination will be the most effective.

### **HOW TO EXERCISE**

It is best for each exercise to last 15 – 20 min. Warm up for 2 minutes by walking 4.8 km/h, then increase the speed to 5.3 km/h, and then 5.8 km/h. Each section should take about 2 minutes. Then add 0.3 km/h per 2 mins, until your breathing quickens (You should have no difficulty though). Keep exercising at this speed. if you feel it is hard to breathe, lower the speed by 0.3 km/h. Finally, leave 4 minutes to reduce the speed at last. If you find increasing the intensity by increasing speed too hard, you can slowly increase the inclination. Just a small adjustment can increase the intensity greatly.

**BURNING CALORIES** - This way allows you to burn calories. Warm up for 5 minutes at 4 – 4.8 km/h speed, then add 0.3 km/h per every 2 minutes. Keep increasing the speed until you feel it is a challenge to do the exercise continually for 45 minutes. In order to increase intensity, you can try to exercise for 1 hour at this speed. You can exercise while watching TV. Add 0.3 km/h speed every time you see advertisements and return to the former speed by the end of the advertisement so that you increase the intensity only during advertisements. Slow down for at least 4 minutes.

### **CLOTHING**

All you need is a pair of shoes, which let you stretch your feet fully and at the same time don't stick to foreign matters under your shoe's soles, so that you do not carry dirt onto the running belt and running board. The dirt and other foreign matter could damage them both. You should wear comfortable clothes.

## WARM – UP EXERCISE

It is better to do some warm-up exercises before running. Warmed muscles are easy to stretch, so take the time to do 5 – 10-minute warm-up. Repeat each exercise shown in the pictures below.



### **Touch toes**

Bend your knees slightly and slowly stretch your body downwards.

Relax your back and shoulders. Try to touch the toes. Keep the position for 10 - 15 seconds. Repeat approx. 3 times.



### **Hamstring stretches**

Sitting on a cushion, stretch one leg straight and fold the other inward. Pull it as close to your body as you can. Try your best to touch the toes and keep the stretch for 10 – 15 seconds. Repeat 3 times for each leg.



### **Calves and Achilles tendon stretches**

Support yourself with two hands on a wall or a tree with one leg stretched behind you. Keep the leg straight and the heel on the ground. Keep the position for 10 - 15 seconds. Repeat 3 times for each leg.



### **Quadriceps stretches**

Support yourself with your right hand on the wall or a table and stretch your left hand backwards to hold your ankle. Pull it towards your buttocks until you feel tension in your thigh. Keep the position for 10 - 15 seconds. Repeat 3 times for each leg.



### **Inner thigh stretches**

Sit down with your soles touching and knees outward. Pull your feet towards your groin. Keep the position for 10 - 15 seconds. Repeat 3 times.

## STORAGE

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

## IMPORTANT NOTICE

- This treadmill comes with standard safety regulations and is suitable for home use. Any other use is prohibited and may be dangerous to users. We are not responsible for any injury caused by improper and forbidden use of the machine.
- Consult your doctor before starting training on the treadmill. Your doctor should evaluate whether you are physically fit to use the machine and how much effort you are able to undergo. Incorrect exercise or switching of the body can harm your health.

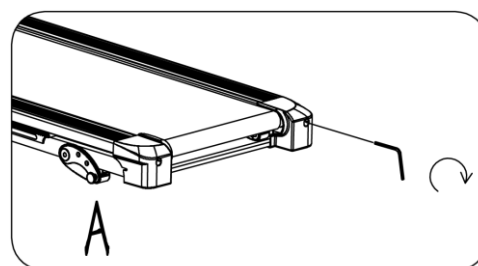


- Carefully read the following tips and exercises. If you experience pain, nausea, breathing, or other health problems during exercise, immediately stop the exercise. If the pain persists, contact your doctor immediately.
- This treadmill is not suitable for medical purpose. It can also not be used for healing purposes.
- The heart rate monitor is not a medical device. It provides only approximate information about your average heart rate, and any suggested pulse rate is not medically binding. Accumulated data may not always be accurate regarding uncontrollable human and environmental factors.

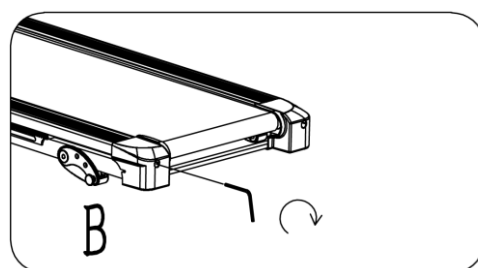
## ADJUSTING THE RUNNING BELT

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.

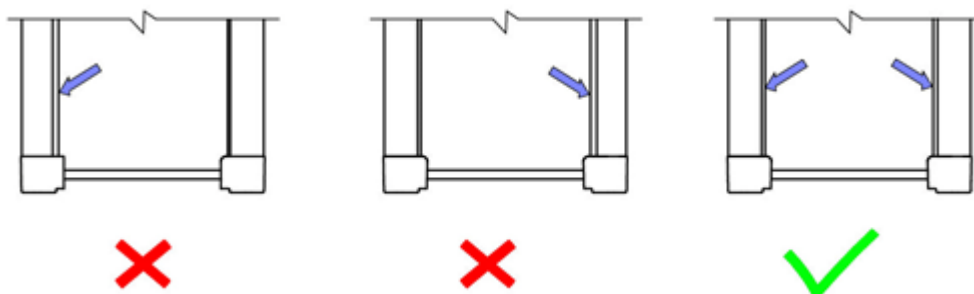
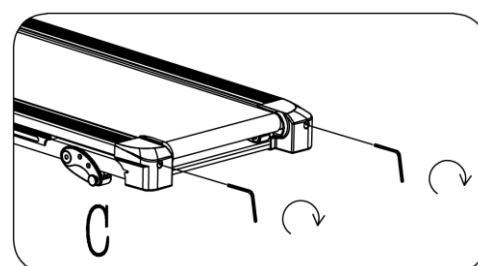
If the running belt (20) drifts to the right, turn the adjusting bolt on the right side  $\frac{1}{4}$  turn clockwise, then turn the left adjustment bolt  $\frac{1}{4}$  turn counter-clockwise. If the belt does not move, repeat this step until it centers. Refer to image A.



If the running belt (20) drifts to the left, turn the adjusting bolt on the left side  $\frac{1}{4}$  of a turn clockwise, then turn the right adjustment bolt  $\frac{1}{4}$  turn counter-clockwise. If the belt does not move, repeat this step until it centers. Refer to image B.



Over time, the running belt (20) will loosen. To tighten the belt, turn both the left & 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.



## 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.

**We recommend following the lubrication chart below:**

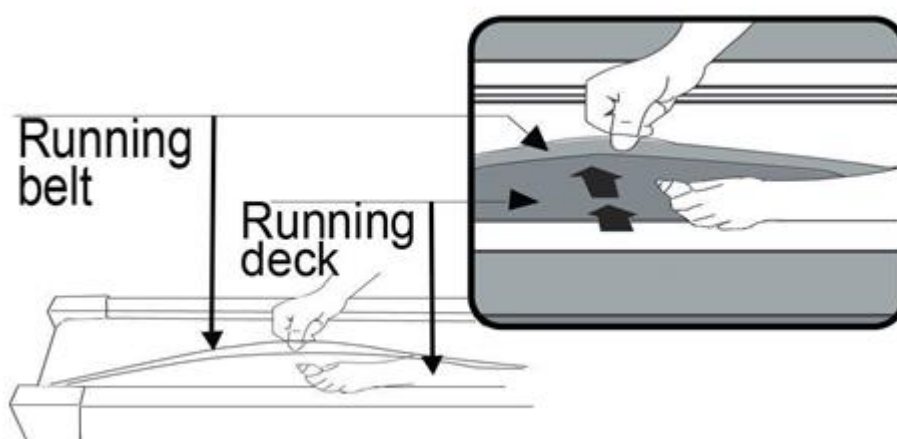
Light user (less than 3 hours/week)	Every 6 months
Medium user (3 - 5 hours/week)	Every 3 months
Heavy user (more than 5 hours/week)	Every 2 months

**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.



Before each lubrication of the treadmill, first test the oil film by touching the plate under the belt. There should be a light oil film on the board, which will also remain on your fingers. If this is not the case, lubricate the treadmill. It is generally recommended to use approximately 10 ml of oil into the appropriate area and then let the treadmill run at the lowest speed for a few minutes without load. After that check again whether a fine oil film has formed on the board under the belt. **ATTENTION!** Over lubrication of the treadmill is not desirable and usually requires specialist service. It is therefore better to pour less oil and add more as needed.

## 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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**About shipping**

