



USER MANUAL – EN

IN 5547 Magnetic treadmill inSPORTline Sprynki



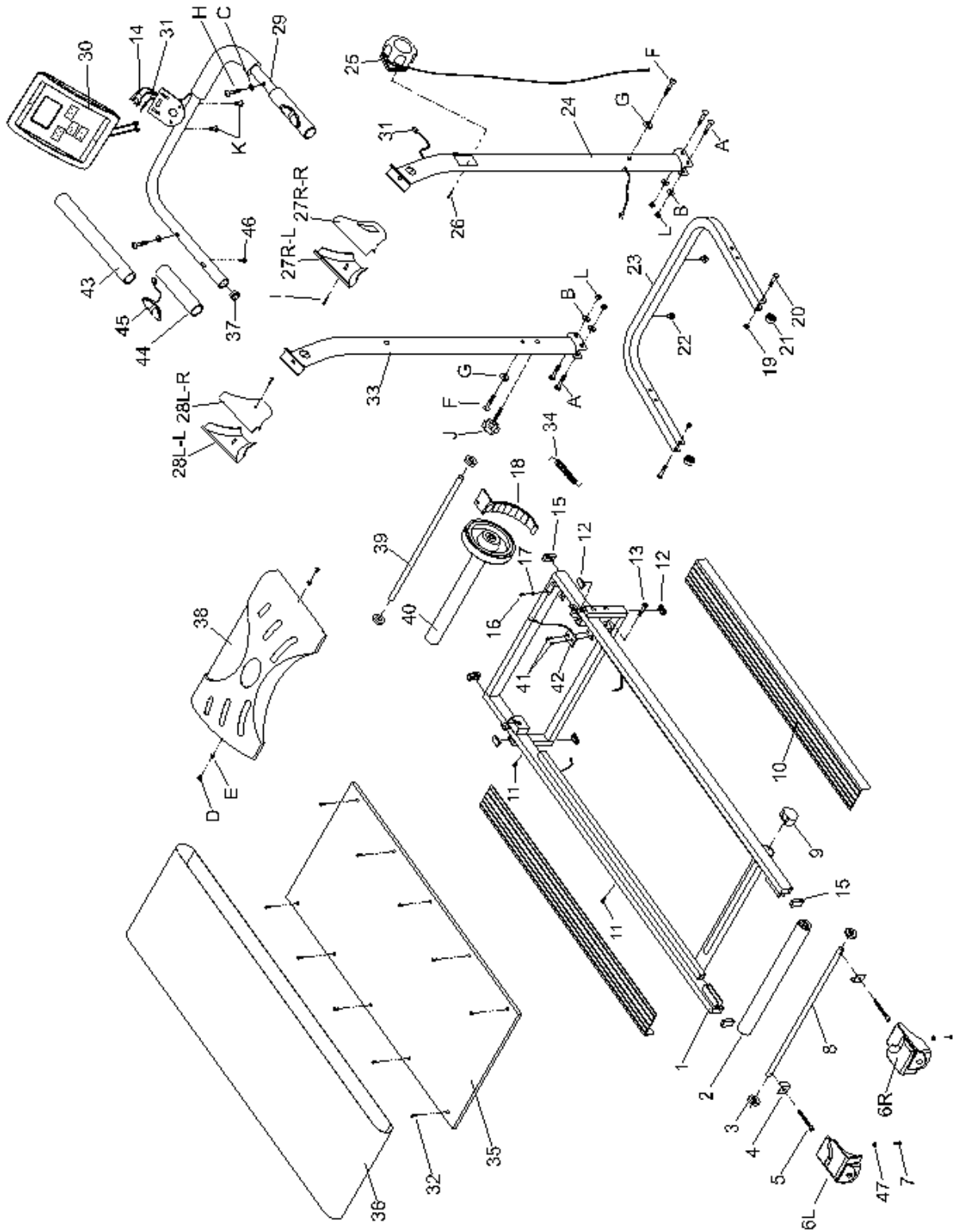
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SAFETY INSTRUCTIONS

- 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

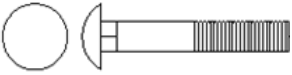




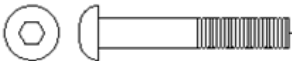

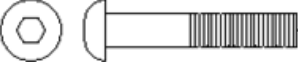
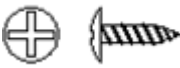
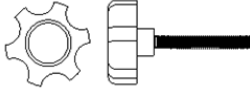



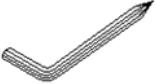



PARTS LIST

NO.	NAME AND SPECIFICATION	QTY
A	Bolt M8X50	4
B	Washer ID8.2*OD16.2	4
C	Arc Washer ID8.2*ID22.2	2
D	Screw M6X10	2
E	Washer ϕ 6.2	2
F	Bolt M8X50	2
G	Big Washer ID8.2*ID22.2	2
H	Bolt M8X45	2
I	Screw M4*15	2
J	Knob M8*60	1
K	Screw M5*10	2
L	Nut M8	4
M	Wrench S13	1
N	Wrench S6	1
O	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*15	2
8	Rear Axle	1
9	Rear suspension	2
10	Side Rail	2
11	Nut M8	2
12	Plastic End Cap	4
13	Bolt M8x45	1
14	Handle pulse wire	1set
15	Plastic End Cap	4
16	Screw M6*25	1
17	Nut M6	1
18	Base of The Magnet	1

19	Nut M8	2
20	Bolt M8x40	2
21	Plastic Wheel	2
22	Base frame cushion	2
23	Bottom Frame	1
24	Right Handlebar Post	1
25	Tension	1
26	Screw M5X15	1
27R-R&L	Handle cover	2
28L- L&R	Handle cover	2
29	Handle Bar	1
30	Console	1
31	Sensor Wire Connector	1set
32	Screw M5*25	10
33	Left Handlebar Post	1
34	Spring	1
35	Wooden Deck	1
36	Running Belt	1
37	End Cap	2
38	Plastic Cover	1
39	Front Axle	1
40	Front Roller	1
41	Screw M3	2
42	Sensor Control	1
43	Handle Bar Grip	2
44	Handle Bar Grip	2
45	Hand pulse connector	2
46	Screw M4*20	2
47	Washer ϕ 5.2	2

ASSEMBLY MATERIAL

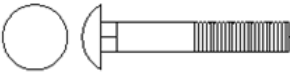



PIC	NO.	SPECIFICATION	QTY
	A	M8*50	4
	B	ID8,2*OD16,2	4
	C	ID8,2*OD22,2	2
	D	M6*10	2
	E	Ø6,2	2
	F	M8*50	2
	G	ID8,2*OD16,2	2
	H	M8*45	2
	I	M4*15	2
	J	M8*60	1
	K	M5*10	2
	L	M8	4
	M	S13	1
	N	S6	1
	O	S5	1

ASSEMBLY

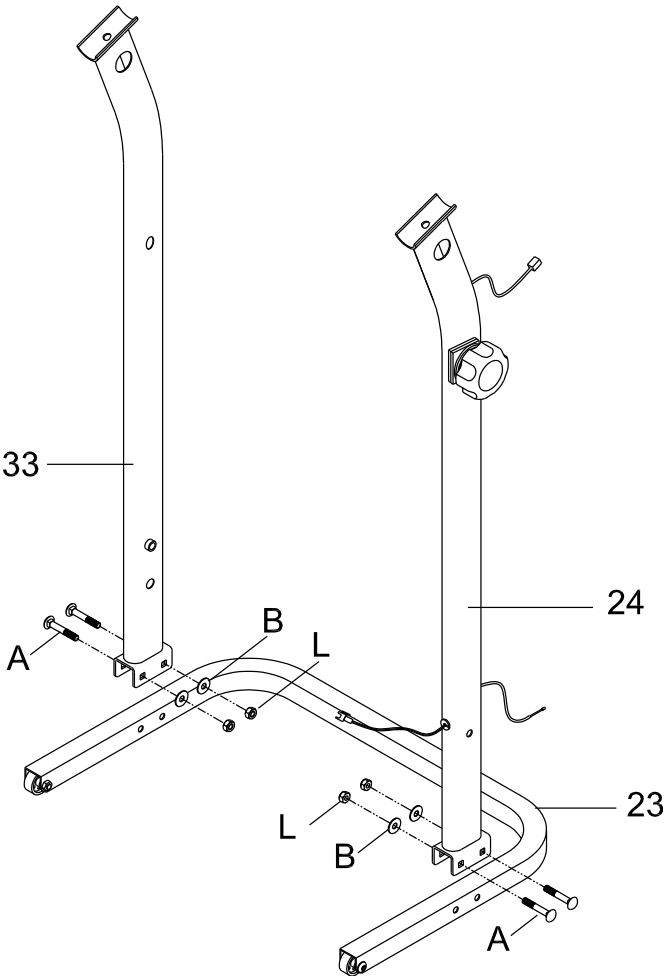
- Read this manual before assembly.
- Check the hardware.
- Ensure that you have the right tools.
- Prepare an area to assemble.
- Follow the instruction accordingly.
- Do not use force for assembly.
- Periodically tighten the treadmill.
- Save the manual.

Step 1

Assembly material



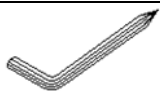
Pic.	NO.	Name	Qty
	A	M8*50	4
	B	ID8,2*OD16,2	4
	L	M8	4
	M	S13	1

Connect right handlebar post (24) and left handlebar post (33) to bottom frame (23) with bolt (A), washer (B) and nut (L).

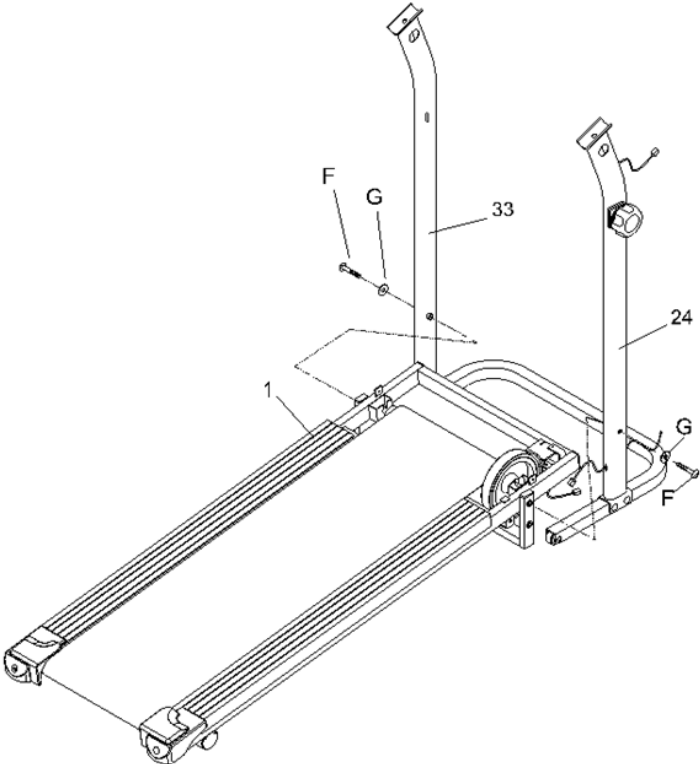


Step 2

Assembly material

Pic.	NO.	Name	Qty
	F	M8*50	2
	G	ID8,2*OD16,2	2
	N	S6	1

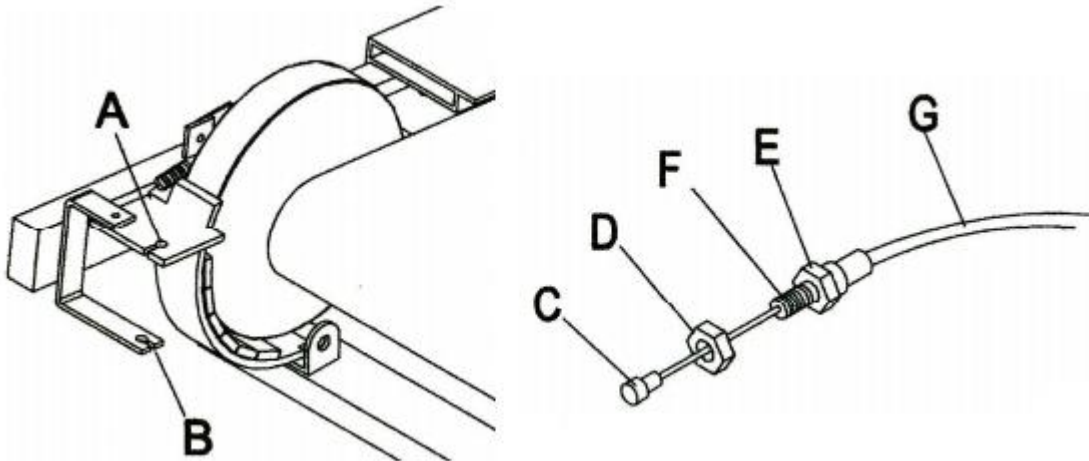
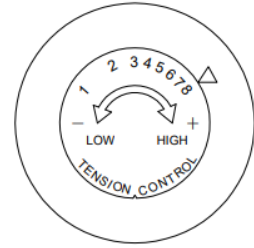
Connect right handlebar post (24) and left handlebar post (33) to main frame (1) with bolt (F) a big washer (G).



Step 3

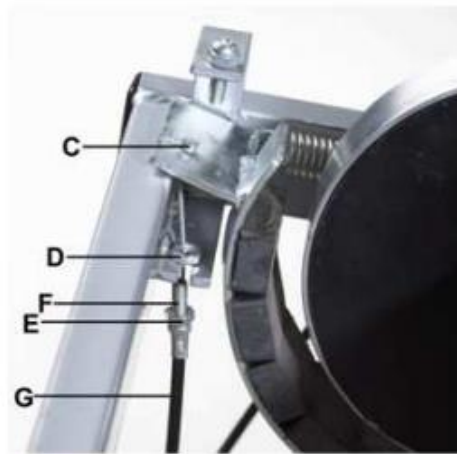
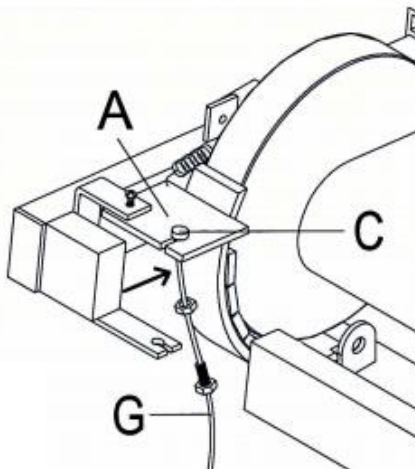
Attach load regulator and tension cable.

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

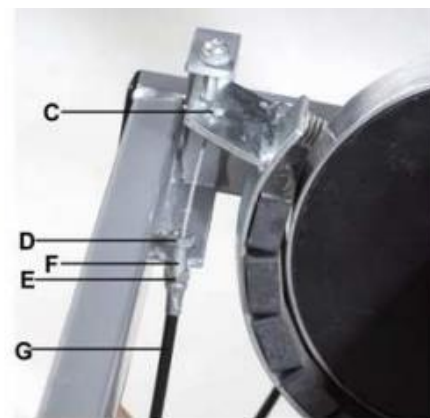
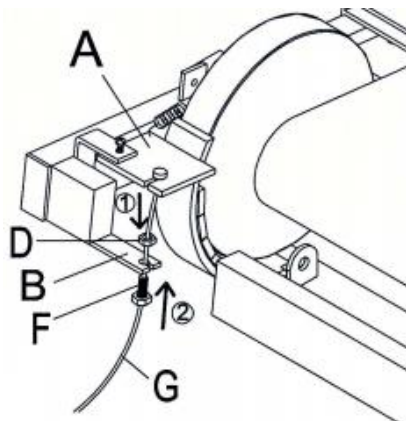


Secure the tension cable

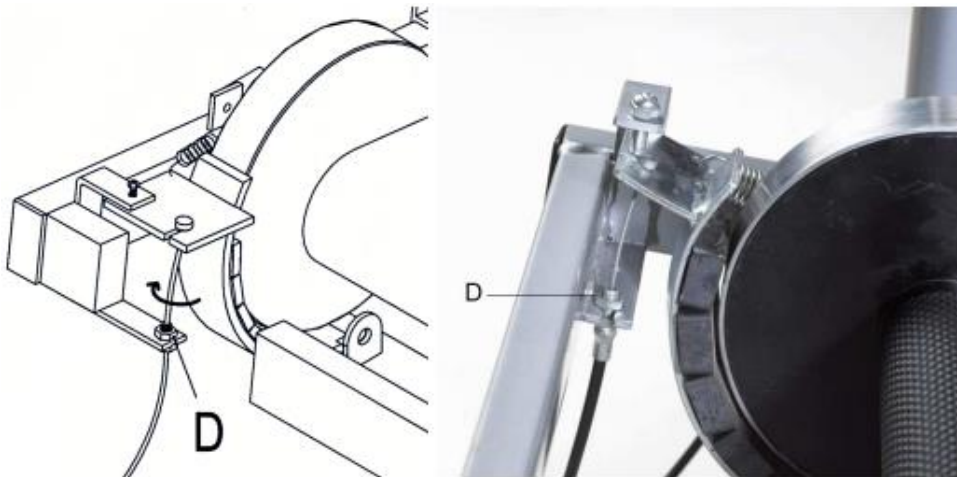
1. Push the cable C through A. Lead G under the frame.



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



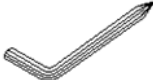


3. For securing A and B tighten the D.

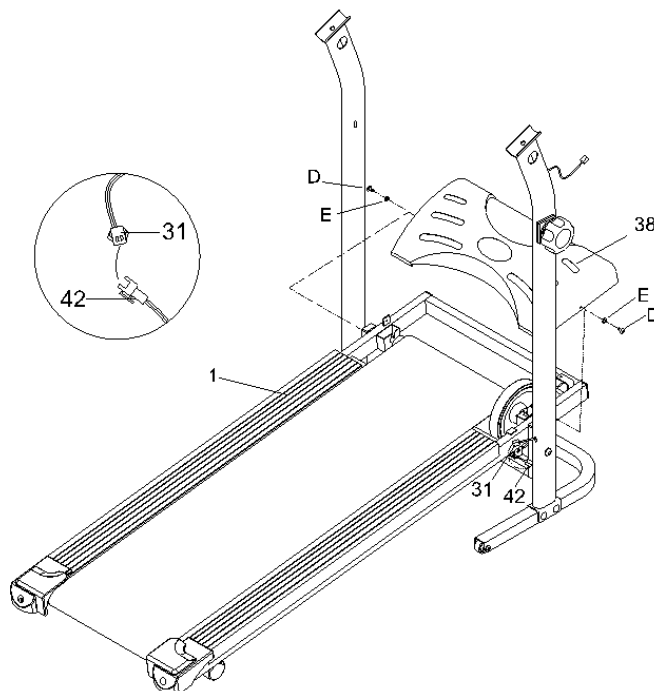


Step 4

Assembly material


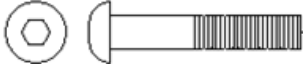
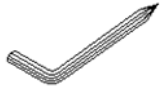
Pic.	NO.	Name	Qty
	D	M6*10	2
	E	Ø6,2	2
	N	S6	1

Connect sensor wire control (31) and sensor control (42). After that connect plastic cover (38) to main frame (1) with washer (E) and screw (D).

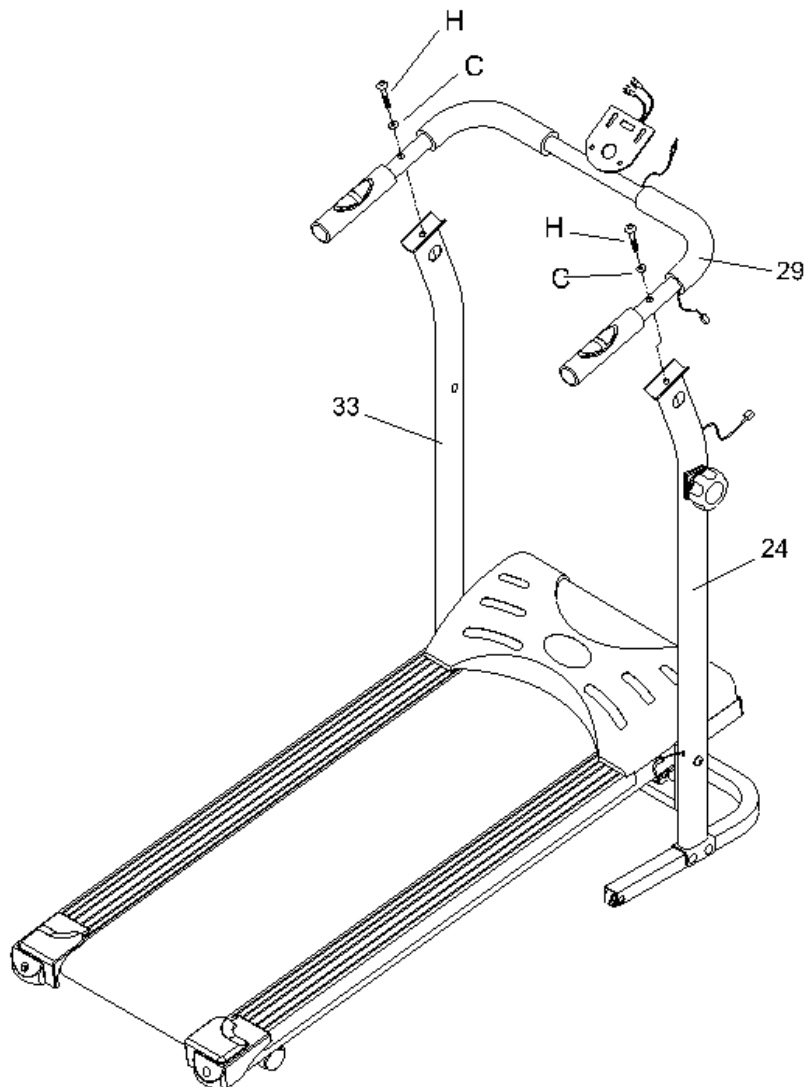


Step 5

Assembly material


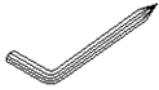
Pic.	NO.	Name	Qty
	C	ID8,2*OD22,2	2
	H	M8*45	2
	N	S6	1

Connect handle bar (29) to right handlebar post (24) a left handle bar post (33) with arc washer (C) and bolt (H).

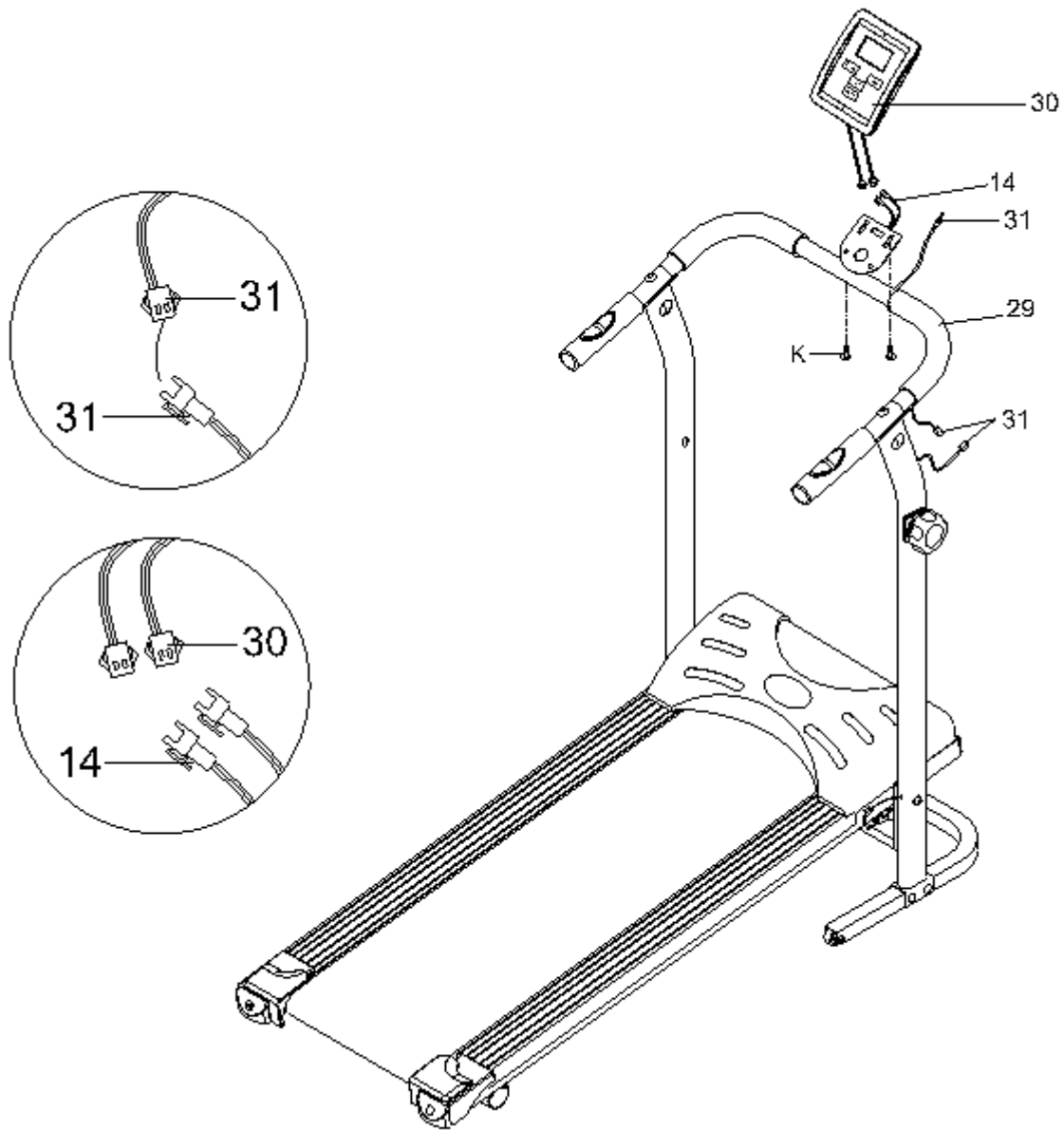


Step 6

Assembly material

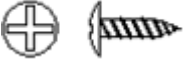
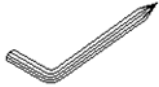
Pic.	NO.	Name	Qty
	K	M5*10	2
	N	S6	1

Connect sensor wire connector (31) to (31) and then sensor wire connector (31) to handle pulse wire (14). Then connect console (30) to handlebar (29) and secure with screws (K).

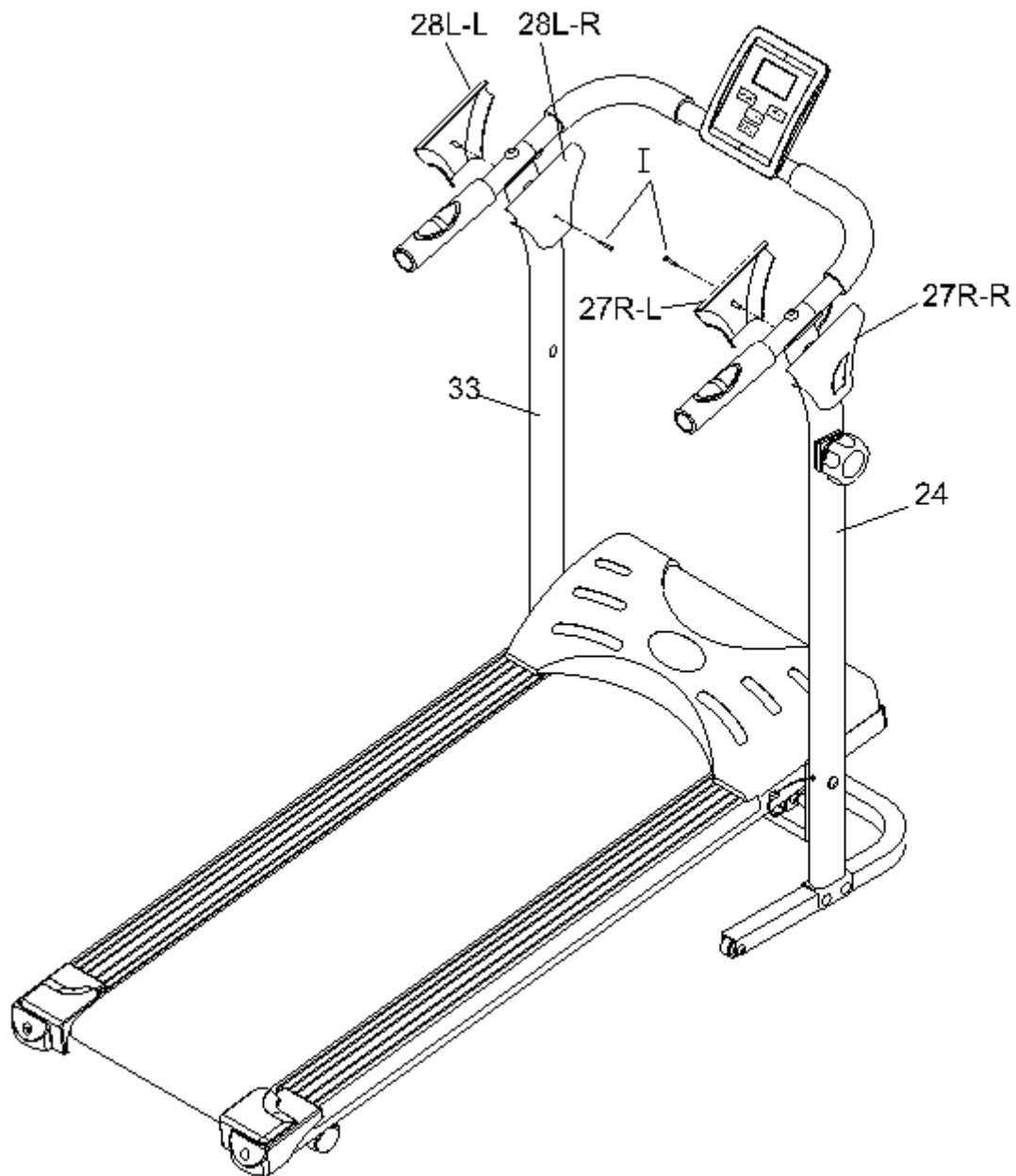


Step 7

Assembly material

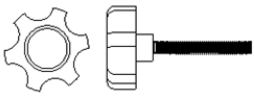
Pic.	NO.	Name	Qty
	I	M4*15	2
	N	S6	1

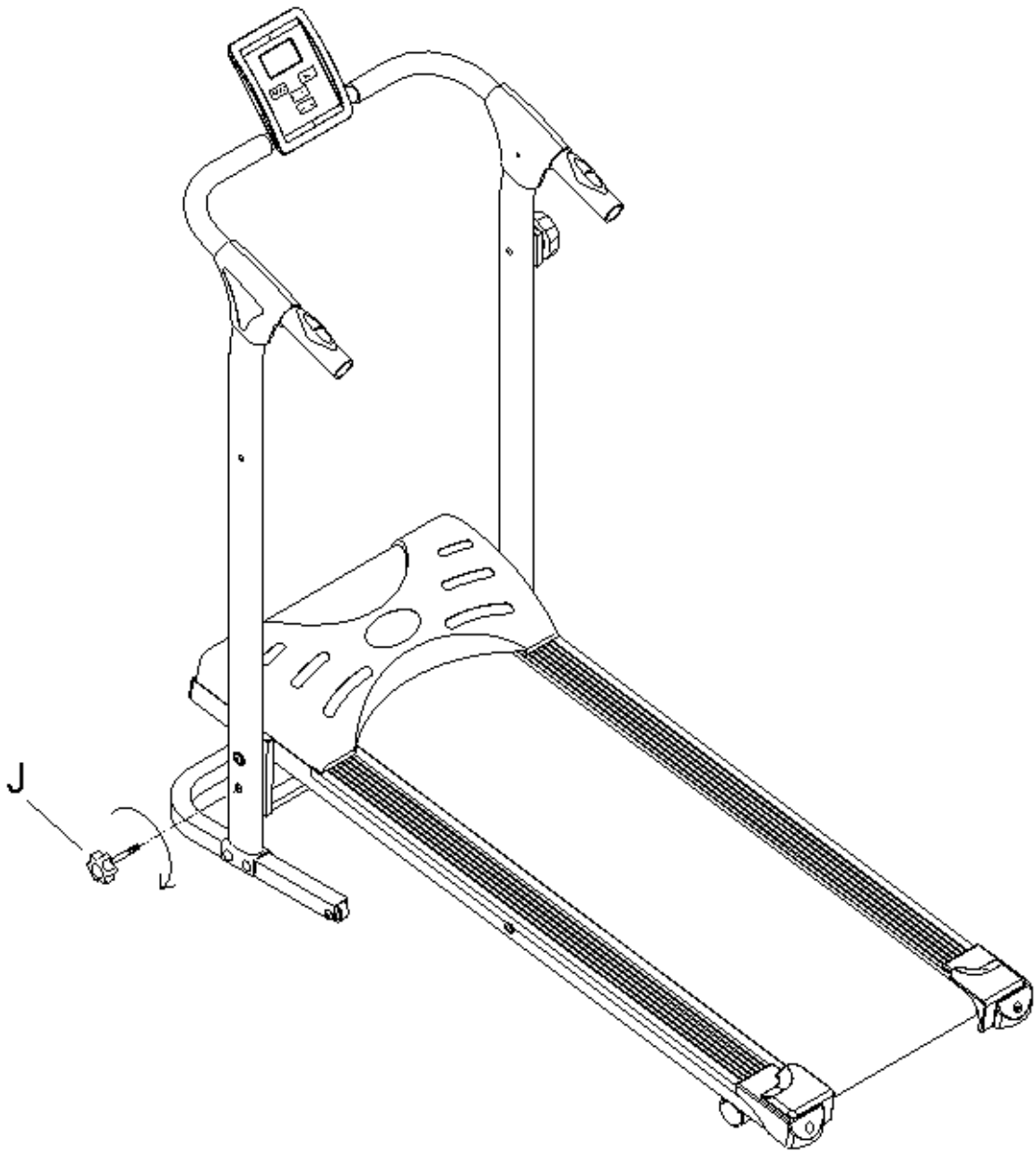
Connect left handle cover (28L-L, 28L-R) to left handle post (33) and right handle cover (27R-L, 27R-R) to right handlebar post (24) with screws (I).



Step 8

Assembly material

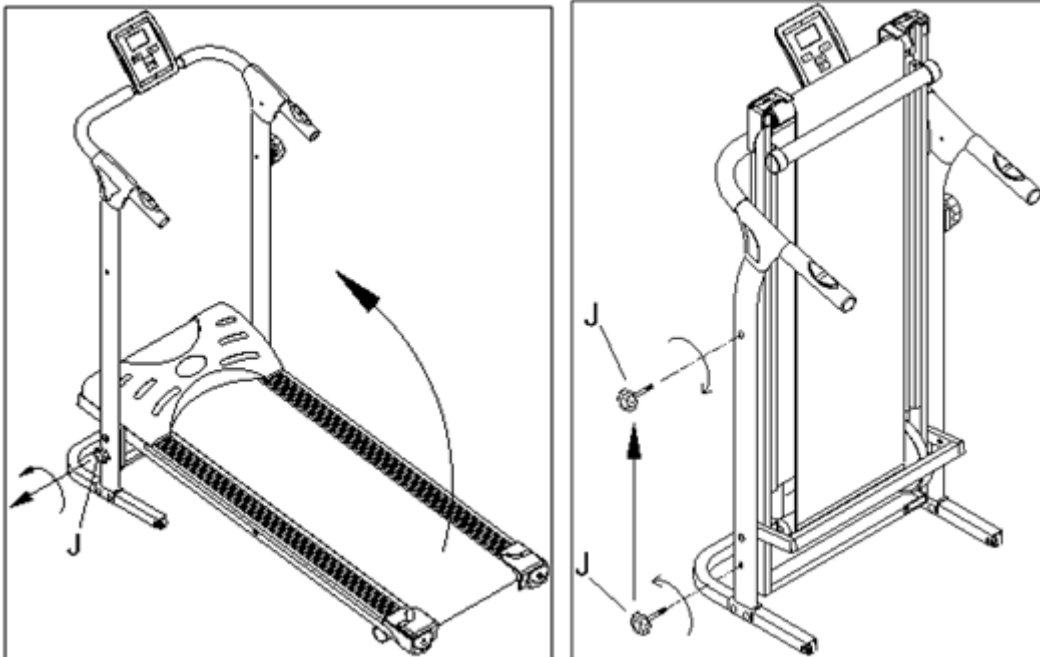
Pic.	NO.	Name	Qty
	J	M8*60	1



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

STORAGE

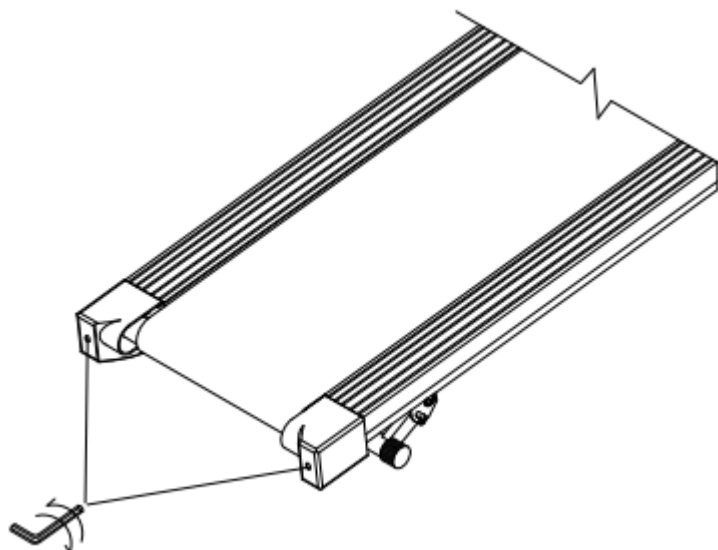
Remove the pin J and lift frame. Secure the frame in horizontal position with pin J.



BELT ADJUSTMENT

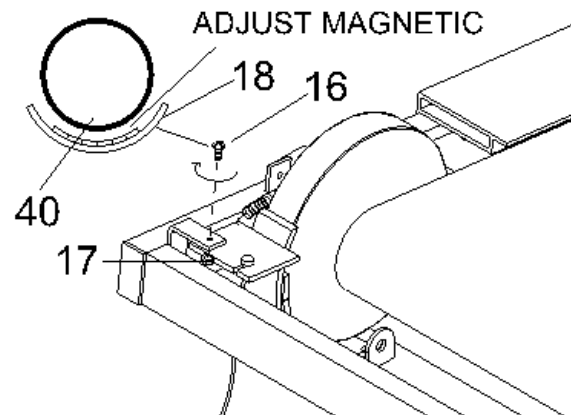
Wrong adjusted belt reduces the lifespan of the treadmill. Wrong adjusted belt is noisy. The belt may be poorly centered, loose or tighten. Use Allen key.

- 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.



MAGNETIC BRAKING SYSTEM

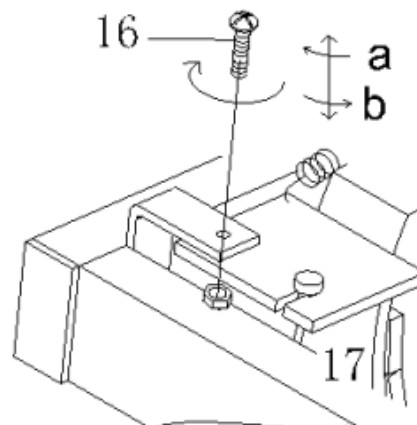
Resistance level has effect on burned calories and exercise effectivity. Resistance can be modified with magnetic braking system.



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

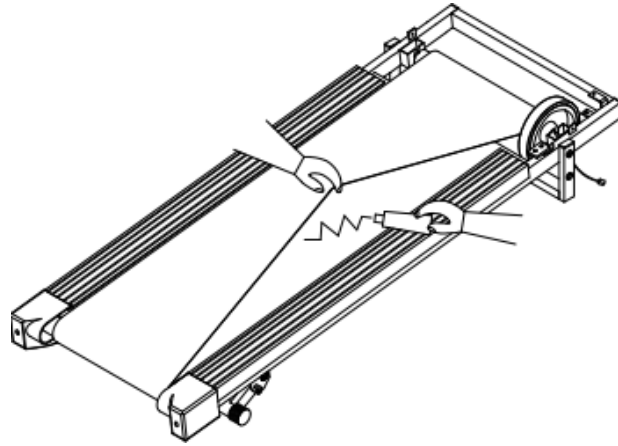
Lubrication

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

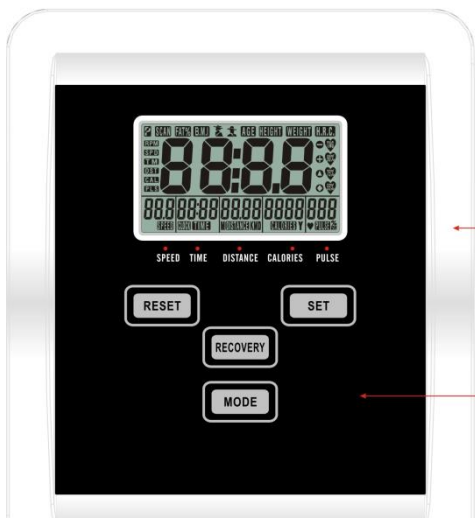
Lift the belt on one side and reach its inner side. If the inside of the belt is damp, lubricant is not required. Otherwise, oil must be applied. During the first 3-4 minutes of applying the lubricant, set the belt speed to a low speed to spread the lubricant evenly.

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



BUTTONS

MODE	Press "Mode" button to preset TIME, DISTANCE, CALORIES and PULSE. Press "Mode" button for selection or enter after setting up.
SET	To set up the value of TIME, DISTANCE, CALORIES and PULSE. You can hold the button to increase the value faster. (The monitor has to be in stop condition.)
RESET	The user may press "RESET" button to reset each function: Time, Distance, Calorie, Pulse or hold on for 2 seconds for total reset. (When the user replaces batteries, all the values will reset to ZERO automatically.)
RECOVERY	To act the heart rate recovery function after training.

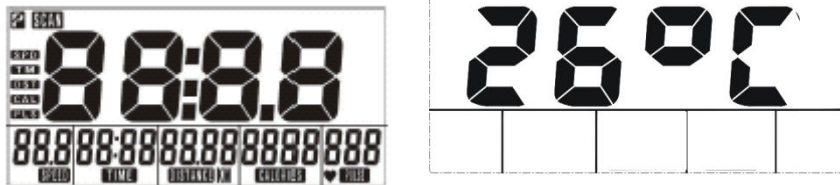
FUNCTIONS

SCAN	Display all function from SPEED - DISTANCE - CALORIES - PULSE.
TIME	Accumulates workout time from 00:00 up to 99:59. The user may preset target time pressing SET button. Each increasement is 1 minute.
SPEED	Displays current training speed. Maximum speed is 99.9 KM/H or MILE/H.
DISTANCE	Accumulates total distance from 0.00 up to 99.99 KM or MILE. The user may preset target distance by pressing SET button. Each increasement is 0.1KM or MILE.

CALORIE	Accumulates calories consumption during training from 0 to maximum 9999 calories. (This data is a rough guide for comparison of different exercise sessions which cannot be used in medical treatment.)
PULSE	After you hold two hands to the handgrip sensors, the monitor will display your current heart rate figures. You may set target figure before training. Once your heart rate is exceeding to the target, the monitor will alarm to remind you.
TEMPERATURE	Displays current room temperature from 0°C to 60°C.

OPERATION

Installs 2 pieces of 1.5V #3 batteries, then the screen will display as following "Drawing A" and have "Bi" sound at the same time.

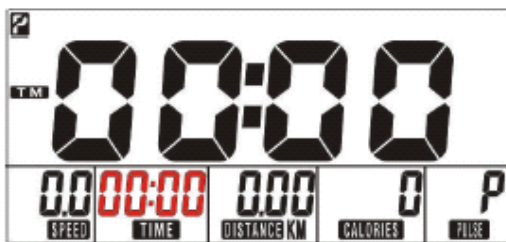


Get access to the set-up mode of TIME/DISTANCE/CALORIES. When you are in each set-up mode. For instance, the time set-up, when the time value is blinking, you can press "SET" button to adjust the number. Press "Mode" button for confirmation and skip to next set-up. The set-up of DISTANCE & CALORIES is the same as TIME set-up.

When you are in PULSE mode, you may press SET button to set target. After setting, press "MODE" button to confirm and skip to TIME screen. Continuously press "MODE" button will act this circle. If you do not enter the RPM and PULSE signal or manual set-up time over 4 minutes in this mode, it will be skip to SLEEP mode shown as "Drawing B".

After the exercise starts and setting up the TIME, DISTANCE, CALORIES. In SCAN mode shown as "Drawing C". SPEED/TM/DIST/CAL/PULSE will skip to display every 6 seconds. The order is as below "Drawing C"

You can also press "Mode" button to select single function display.

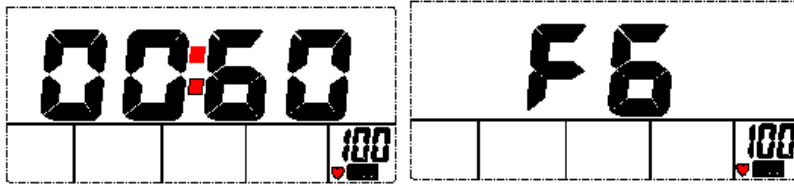


When there is any function has been preset the target (TIME or DISTANCE or CALORIES), the function will be counting down from the preset to zero while the training starts. Once the target is achieved to zero, the monitor start to beep for 8 seconds, and the function will be counting up from zero directly if the training is going.

RECOVERY

(1) When press "RECOVERY" button, the RECOVERY function will work. At this time only, PULSE and TIME is working, other function will not be displayed, and the Sensor Input is not available. TIME start to count down from "00:60". Pulse signal will be blinking according to user's pulse. When countdown to "0", it will show F1~F6.

(2) LCD display as follows: (RECOVERY start condition & end condition)



(3) If the countdown action to 00:00 is not completed and there is no pulse signal.

The countdown action must be done and shown F6.

(4) If you press the RECOVERY button prior to count down to 00:00, it will be ending the function and there will be no display at all.

NOTE

Stop training for 4 minutes, the main screen will be off and display the room temperature automatically.

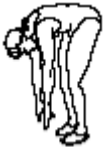



If the computer displays abnormally, please re-install batteries and try again.



Battery Spec: 1.5V UM-3 or AA (2PCS).

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 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 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.



SEVEN SPORT s.r.o.

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Date of Sale:

Stamp and Signature of Seller: