



USER MANUAL – EN

**IN 7564 Motorized Treadmill inSPORTline Trodos
(QST8436)**



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Special tips:

Before installation and operation, please read this operation manual carefully and save this manual for future reference.

WARRANTY

We make sure that this item is made of high-quality materials.

In normal use, we will take charge of maintenance if any problem occurs.

If the item you purchased meets problems as follows, the manufacturer's warranty is not effective:

- Damage caused by external reasons
- Don't use original manufacturer's spare parts
- Improper handling by yourself
- Operate against user manual

For easy-wear parts, such as belt, we don't provide maintenance and replacement for normal use.

This warranty is only valid for home use, but is not suitable for gym or other professional exercise.

If you want to purchase spare parts, please contact our services and provide this manual.

TIPS FOR SAFETY

We take much concern on safety when we are designing and producing this item. However, in case of emergency, please pay attention to following tips. We don't assume responsibility if any accident caused by improper operation.

- According to your body condition, please exercise properly. Overload or improper exercise will damage your health.
- While running, you should dress properly. Don't dress too loosely in case your clothes will be entangled by the machine. And please wear sport shoes. In order to avoid unnecessary injury, please don't let your children or pets play near the machine.
- This item is not suitable for children. For patients or the disabled, please use the machine under the guides of their doctors or guardians.
- Don't use this machine outdoor, high-humidity condition or in the sun.
- Please power off and pull the plug when the machine is not in use.
- This machine is for home use, but not suitable for professional exercise or testing and medical purposes.
- The displayed heart rate is for reference, not for medical use.
- If power wire is broken, please ask the manufacturer or professional services to replace it in case of danger.
- Please check all the parts before use. Make sure that all the screws and nuts are fastened.
- Please place the item on the clean, flat and solid floor. Make sure there is nothing sharp, no source of water or hot around the machine. If necessary, place a protective mat (not included in scope of delivery) to protect your floor underneath the device and keep a free space of at least 0.6 m around the device for safety reasons.
- Please stop exercising immediately and consult your doctor or fitness coach if you're feel giddy, surfeit, thorax ache or other symptoms.
- Hands shall avoid all running parts. Don't put your hands or feet under the running belt.
- This item is only for one person to use!
- Please use original manufacturer's spare parts and don't replace them yourself.
- **Weight limit:** 120kg

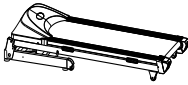


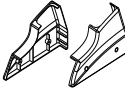

- **Category:** HA (EN957 standard) suitable for home use
- **WARNING!** The hart rate monitor may not be accurate. Overloading during training may cause serious injury or death. If you feel any discomfort, immediately stop the exercise!

PACKING DETAILS


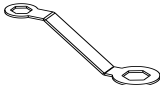


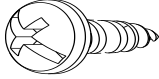


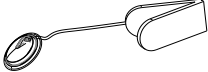


Warning: Carefully install the product, avoid making any damage.

Notice:

- 1) Carefully read instructions before installation, operate in accordance with procedures.
- 2) Remove all paper boxes and foams
- 3) Check all the following components. If there are missing or problematic parts, please contact our services

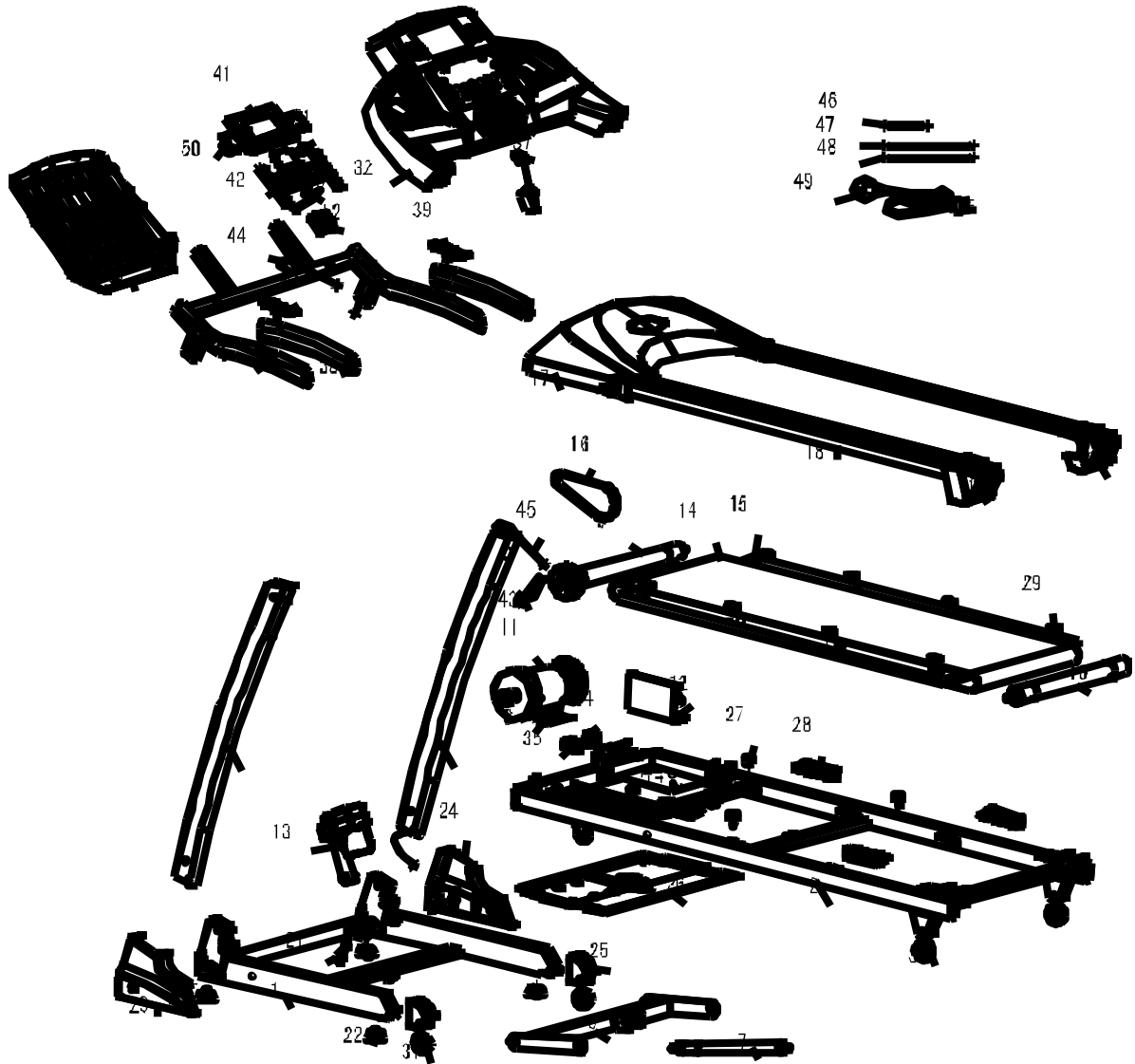
 <p>Frame</p>	 <p>Meter</p>	 <p>Meter pillar</p>	 <p>Decorative cover</p>	 <p>Hardware bag</p>
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HARDWARE TOOL BAG

 <p>Multi-wrench, 1 pcs</p>	 <p>Homemade wrench, 1 pcs</p>	 <p>Umbrella-type allen screw M8*50, 4pcs</p>
 <p>Umbrella-type allen screw M8*15, 8pcs</p>	 <p>Umbrella-type cross tapping screw M4.2*15, 4pcs</p>	 <p>Nut, 4pcs</p>
 <p>Washer, 12pcs</p>	 <p>Safety key, 1pcs</p>	 <p>MP3 connector, 1pcs</p>
 <p>Lubricant, 1pcs</p>		

EXPLODED VIEW

These are all the components used in installation. All components are listed in the following form.



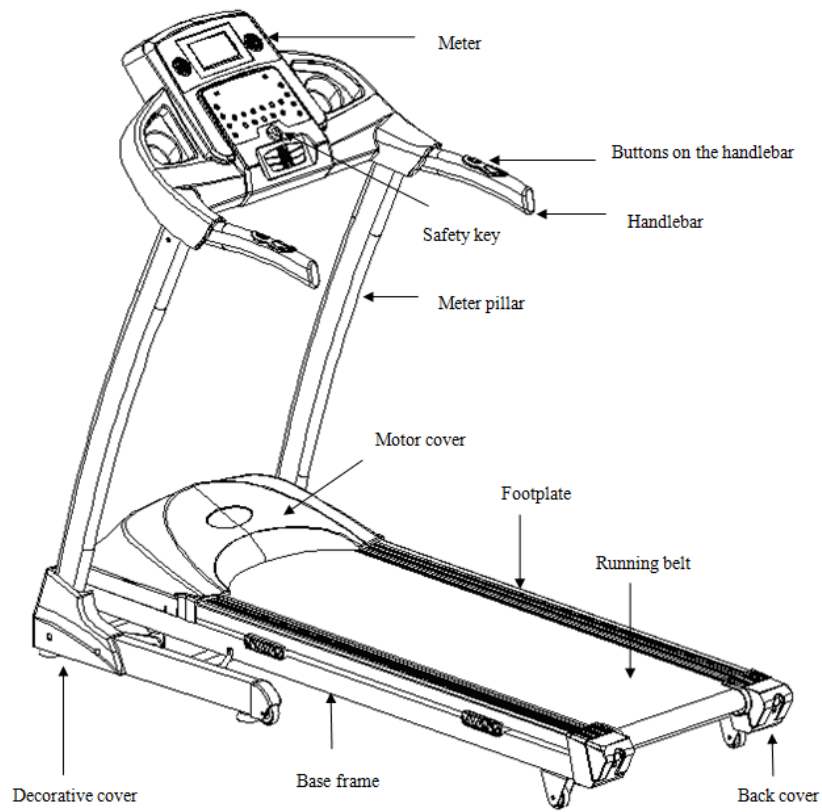
PARTS LIST

No.	Component	Quantity
1	Base frame	1
2	Main frame	1
3	Left meter pillar	1
4	Right meter pillar	1
5	Meter frame	1
6	Incline frame	1
7	Pressure stick	1
8	Motor stator	1

9	Front roller	1
10	Back roller	1
11	Motor	1
12	PCB	1
13	Incline motor	1
14	Running belt	1
15	Running board	1
16	Multislot belt	1
17	Motor cover	1
18	Footplate	2
19	Left back cover	1
20	Right back cover	1
21	Connecting part of base frame	1
22	Adjustable foot pad	5
23	Left decorative cover	1
24	Right decorative cover	1
25	Cover of transporting wheel	2
26	Cover under motor	1
27	Shock gasket	4
28	Shock absorber	4
29	Locating pad of footplate	8
30	Rubber transporting wheel	2
31	Transporting wheel	2
32	Upper cover of the meter	1
33	Under cover of the meter	1
34	Power switch	1
35	Overload protector	1
36	Reed pipe for safety key	1
37	Safety key	1
38	Sponge sheath on handlebars	2
39	Hand heart rate and speed buttons	1
40	Hand heart rate and incline buttons	1
41	Upper control panel	1
42	Key board	1
43	Speed sensor wire	1
44	Upper communication line	1
45	Under communication line	1
46	Red connecting line	1

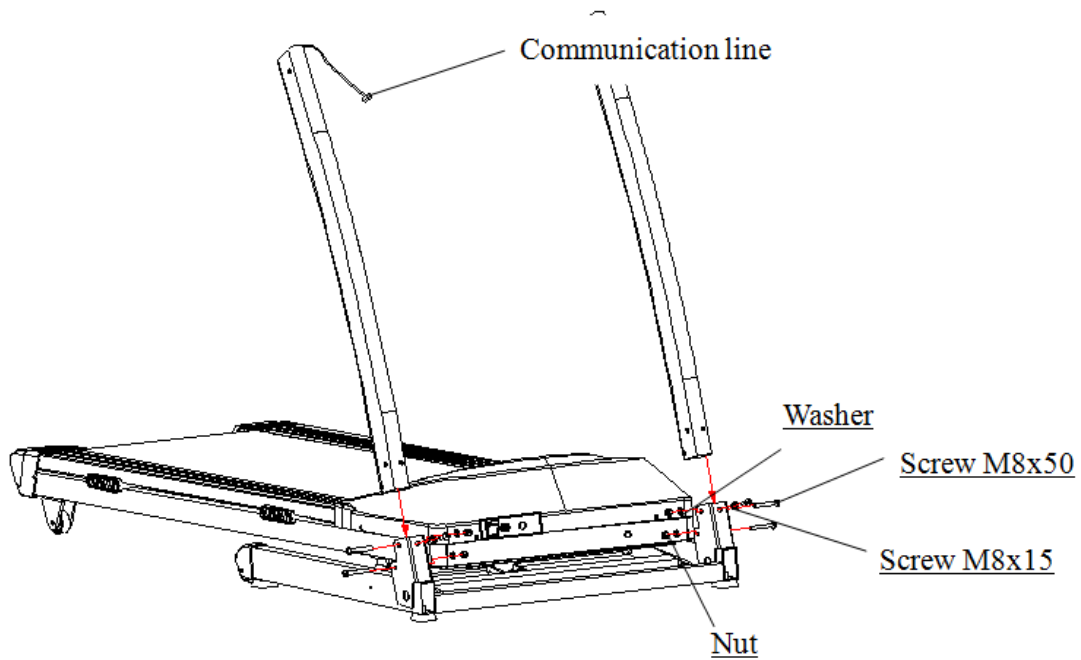
47	Red connecting line	1
48	Green connecting line	1
49	Power wire	1
50	Speaker	2
51	MP3 module	1
52	Fan	1

TREADMILL STRUCTURE



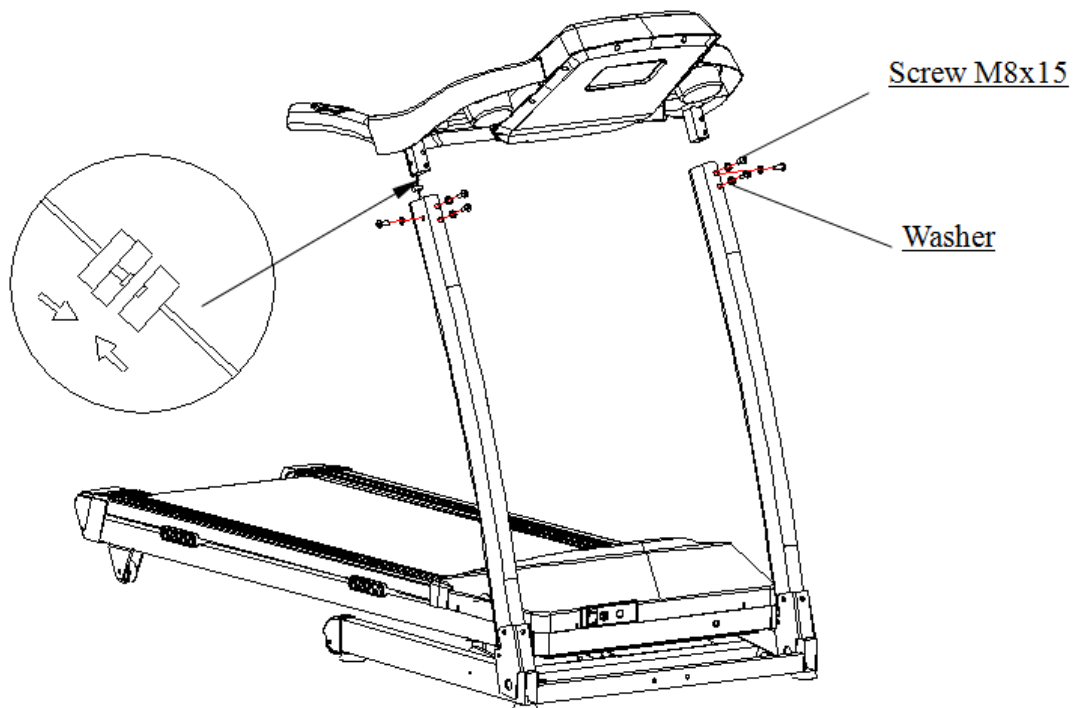
ASSEMBLY

STEP 1: Install meter pillars



- Let the communication line pass through the right meter pillar.
- Put meter pillars on the base frame. First, use 2 Screw M8*15 and 2 washers; second, use 4 Screw M8*50, 4 washers and 4 nuts to fasten meter pillars. (Don't tighten screws at first)

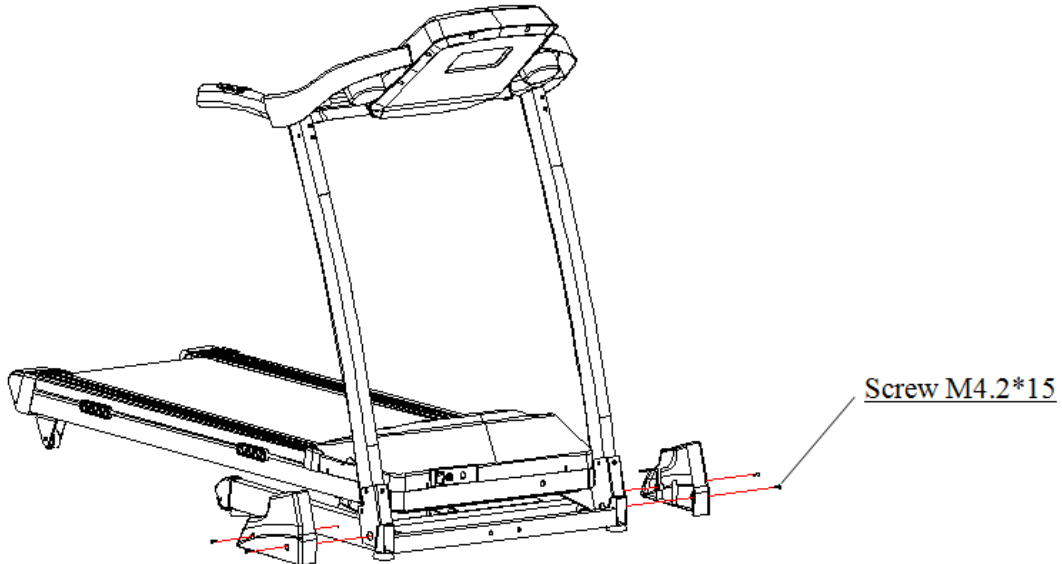
STEP 2: Install the meter



- Make sure that communication lines are connected correctly.

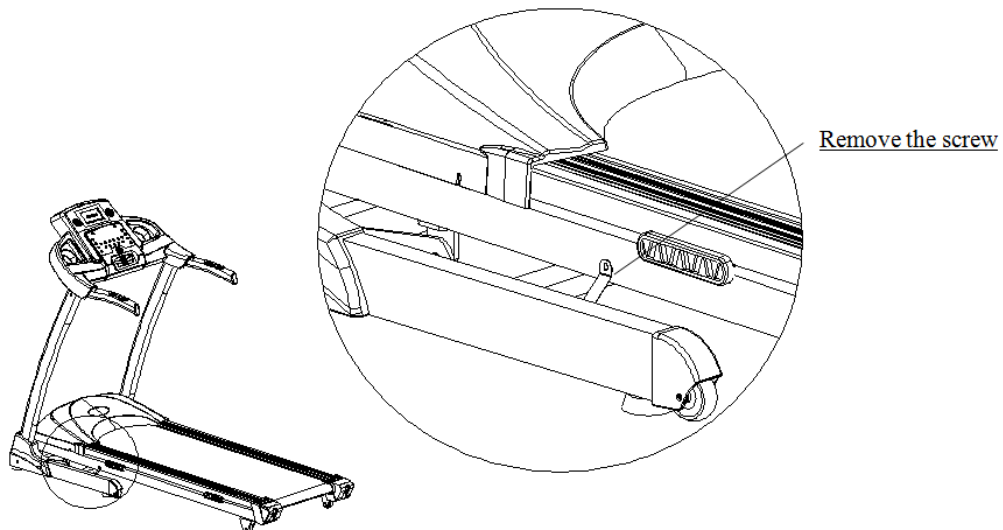
- b) Put the meter on the meter pillars. Use 6 Screw M8*15 and 6 washers to fasten the meter. (Don't tighten screws at first)
- c) Turn power on and start the machine. If all functions work well, tighten all screws in **Step 1** and **2**.

STEP 3: Install decorative covers



Use 4 Screw M4.2*15 to fasten left and right decorative covers.

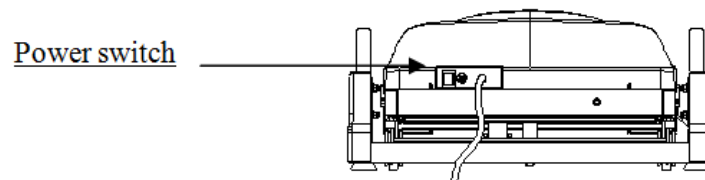
STEP 4: Remove the screw in base frame



USE INSTRUCTIONS

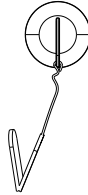
POWER KEY

Insert the power plug and switch on the machine. The switch light will be on and you will hear a sound like "Di". Then you will find the meter is on.



SAFETY KEY

The machine can work only when safety key is put at the appointed position. Nip the other end of safety key to clothes. In this way, you can pull up safe key to stop the machine immediately in case of accidents. If you want to use the machine again, put safety key back.



FOLDING / UNFOLDING

Folding:

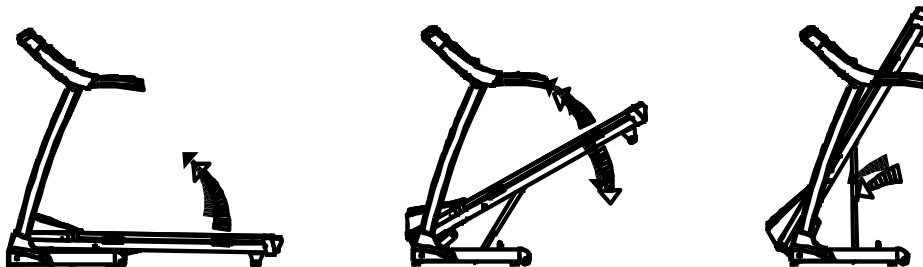
Folding the machine will save space.

Before folding, please switch off and pull up the plug.

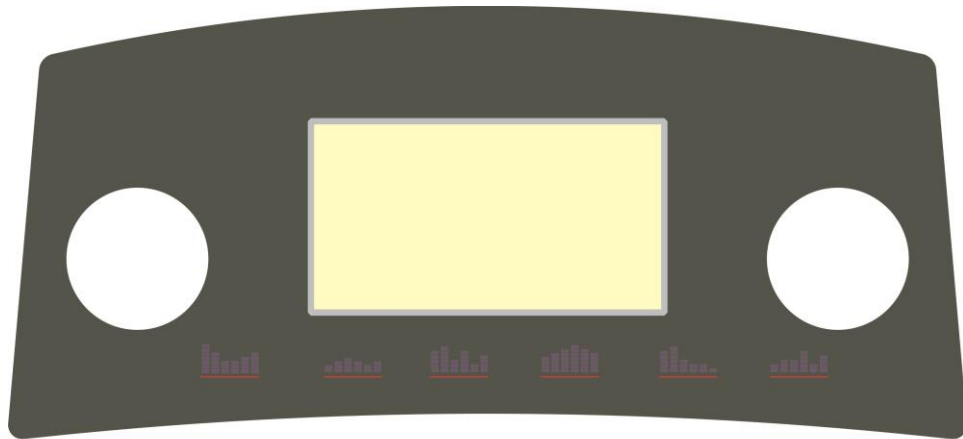
Use hands to lift the running board until it is locked.

Unfolding:

First, lift up the running board a little and step on the pressure sticker. Second pull down the running board for a while, then the running board will go down to the ground automatically.







INSTRUCTION FOR CONSOLE



Tech info:

Time	00:00-99:59 min	
Speed	1.0-16.0 km/h	
Incline	0-15%	
Distance	0.00-99.9 km	
Calories	0-999 kcal	
Heart rate	50-200 / min	
Program	Built-in program	P1-P99
	Count-down mode	Time/Distance/Calories
	User-defined program	U1—U3
	Body fat measurement	Fat
Gender	1/0 (Man/Woman)	

PANEL BUTTONS AND FUNCTIONS

 <p>The image shows the treadmill control panel with a red circle highlighting the green 'START' button. The panel includes a 'CAUTION' warning, safety instructions, and various control buttons like 'INCLINE', 'PROG', 'MODE', and 'SPEED'.</p>	<p>START button:</p> <p>Press “Start” button, the system will count down in 3 seconds, which displays on the screen! The machine will run at the speed of 1.0km/h.</p>
 <p>The image shows the treadmill control panel with a red circle highlighting the red 'STOP' button.</p>	<p>STOP button:</p> <p>Press this button to stop the running machine.</p> <p>Reset:</p> <p>Press “Stop” button twice continuously to reset the machine.</p>
 <p>The image shows the treadmill control panel with a red circle highlighting the 'PROG' button.</p>	<p>PROG. Button:</p> <p>In ready condition, press “PROG” button to select programs from P1-P99.</p> <p>P1-P99 are built-in programs.</p> <p>After finish selection, press “Start” button to start the machine!</p>
 <p>The image shows the treadmill control panel with a red circle highlighting the 'MODE' button.</p>	<p>MODE button:</p> <p>In ready condition, press “MODE” button to select from Time, Distance and Calories count-down modes.</p> <p>After finish selection, press “Start” button to start the machine!</p>



SPEED Δ ∇ button:

In ready condition, buttons are used to adjust preset-data.

In running condition, buttons are used to adjust speed, and the adjusting range is 0.1km/h each time. Keep pressing buttons for over 0.5 second, the speed will continuously increase or decrease.



INCLINE Δ ∇ button:

In ready condition, buttons are used to adjust preset-data.

In running condition, buttons are used to adjust incline, and the adjusting range is 1% each time. Keep pressing buttons for over 0.5 second, the incline will continuously increase or decrease.



SPEED direct button:

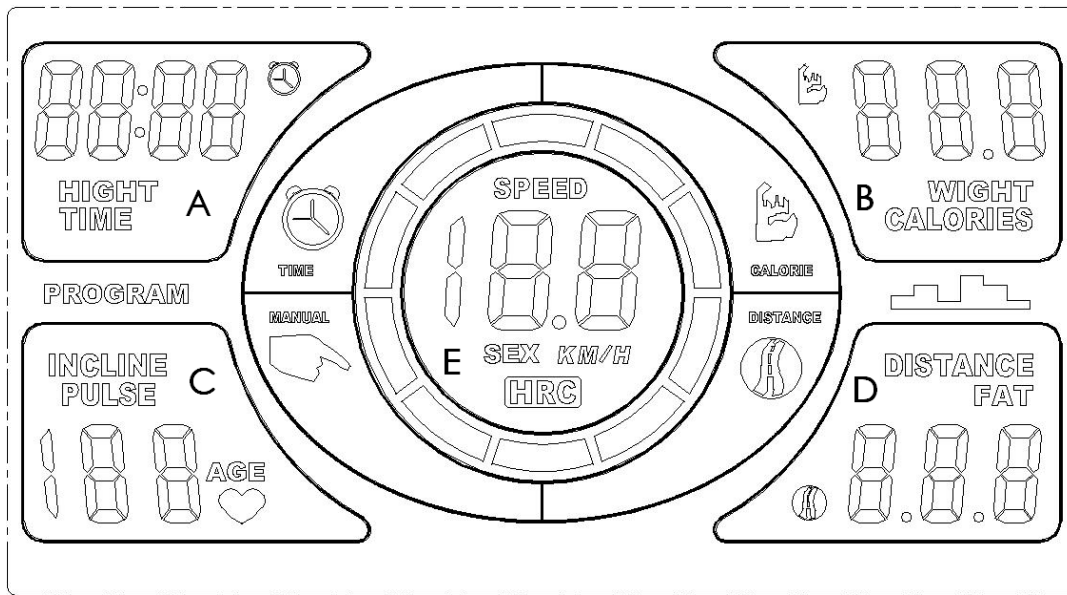
In running condition, press these buttons to set the speed to be 4km/h, 8km/h and 12km/h directly.



INCLINE direct button:

In running condition, press these buttons to set the incline to be 3%, 9% and 15% directly.

DISPLAYED WINDOW



A	Display height and time
B	Display weight and calories
C	Display incline and pulse
D	Display distance and fat
E	Display speed and gender

PROGRAMS

QUICK START (FOR MANUAL MODE)

1. Switch power on and put the safety key at the appointed position.
2. Press “Start” button, the system will count down in 3 seconds, which displays on the screen! The machine will run at the speed of 1.0km/h.
3. According to your needs, press “SPEED Δ or ∇ ” to change speed and press “INCLINE Δ or ∇ ” to change incline.
4. When hands are on hand heart rate sensors for 5-8 seconds, heart rate will be displayed on the screen.

COUNTDOWN MODE

In ready condition, press “MODE” button to select countdown modes. After finish selection and reset “Time/Distance/Calories”, press “Start” button to start the machine!

1. In “Time Mode”, the screen displays flashing “15:00”. Then press “SPEED Δ or ∇ ” or “INCLINE Δ or ∇ ” to reset time from 05:00—99:00.
2. In “Distance Mode”, the screen displays flashing “1.0”. Then press “SPEED Δ or ∇ ” or “INCLINE Δ or ∇ ” to reset distance from 0.5—99.9.
3. In “Calories Mode”, the screen displays flashing “50”. Then press “SPEED Δ or ∇ ” or “INCLINE Δ or ∇ ” to reset calories from 10—999.

BUILT-IN PROGRAM

There are 99 built-in programs, from P1 to P99. In ready condition, press “PROG.” button to select one program from P1-P99. After that, press “MODE” button to set time from 5:00—99:00. Then press “START” button to start the machine.

Every built-in program is divided into 10 periods, each period lasts 1/10 of set time. During every period, press “SPEED Δ or ∇ ” to change speed and press “INCLINE Δ or ∇ ” to change incline if necessary. From one period to another, there will be a sound like “Bi” for 3 times, then speed and incline will be changed according to built-in programs. After finishing one program, there will be a sound like “Bi” for 3 times, then the machine will stop slowly and the screen will display “End”. The machine will be in ready condition in 5 seconds.

USER-DEFINED PROGRAM

Besides 99 built-in programs, there are 3 user-defined programs for you to set your own exercise programs

Set:

In ready condition, press “PROG.” button continuously to U1-U3, they are user-defined programs. After selecting U1, U2 or U3, press “MODE” to set. Press “SPEED Δ or ∇ ” to change speed and press “INCLINE Δ or ∇ ” to change incline for the first period. Then press “MODE” key to confirm the first period and set next period. After setting all 10 periods, press “START” button to start the machine.

User-defined programs will be kept in the machine forever unless you reset them. These data will not disappear if power off.

BODY FAT MEASUREMENT

In ready condition, press “PROG.” button continuously to “FAT”. Press “MODE” button to select “HEIGHT”, “WEIGHT”, “AGE”, “SEX” and “FAT”. Press “SPEED Δ or ∇ ” or “INCLINE Δ or ∇ ” to set above data. Then press “MODE” to “FAT” screen. At this time, put your hands on the hand heart rate sensor for 5-8 seconds. Then you will see body fat displayed on the screen.

Please find out whether your weight and height fits according to the following form. (These data is only for reference, not for medical use)

SEX	1-MAN	0-WOMAN
AGE	10-99	
HEIGHT	100-220	
WEIGHT	20-150	

F-1	FAT	≤ 19	Thin
F-2	FAT	= (20---25)	Fit
F-3	FAT	= (25---29)	Overweight
F-4	FAT	≥ 30	Obesity

POWER SAVING

When the power is on, if the machine doesn't work for 10 minutes, it will sleep and the screen will be off. Press any key to wake up the machine.

MAINTENANCE

Proper maintenance can always keep the machine in good condition.

1. Do not use sand paper or solvent to clean the machine.
2. Controlling parts cannot be exposed in the sun or humid environment.

3. Check and tighten all parts regularly. Replace broken parts immediately.

ADJUST THE RUNNING BELT

The running belt is well adjusted before being packed. After a period of use, the running belt may loosen or deflect, which is normal. Then it is necessary to adjust the running belt, otherwise there will be friction damage to the running belt.

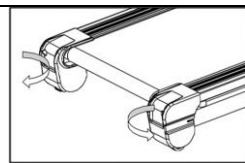
Tension:

- a) Keep the machine at the speed of 3km/h.
- b) Put the multi-wrench into the left adjusting screw and turn clockwise by 1/4 circle.
- c) Put the multi-wrench into the right adjusting screw and turn clockwise by 1/4 circle.
- d) If necessary, repeat Step b and c as above until the running belt runs smoothly.

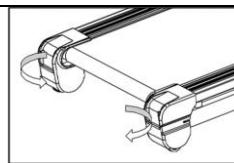
Note: These four steps are available to tighten the running belt, if you need to loosen it, please turn anti-clockwise.

Deflection:

- a) Keep the machine at the speed of 6km/h.
- b) If the running belt deflect to the left, put the multi-wrench into the left adjusting screw and turn clockwise by 1/4 circle or put the multi-wrench into the right adjusting screw and turn anti-clockwise by 1/4 circle. (Diagram 1)
- c) If the running belt deflect to the right, put the multi-wrench into the right adjusting screw and turn clockwise by 1/4 circle or put the multi-wrench into the left adjusting screw and turn anti-clockwise by 1/4 circle. (Diagram 2)
- d) If necessary, repeat Step b and c as above until the running belt runs in the middle.



Deflect to the left (Diagram 1)



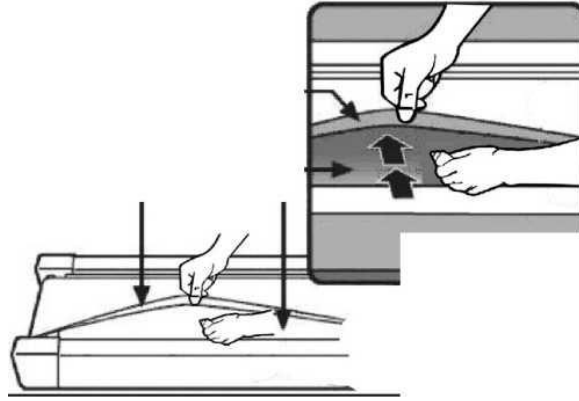
Deflect to the right (Diagram 2)

LUBRICANT (WHITE BOTTLE)

All treadmills were added lubricant before packed. However, it is still necessary to add lubricant after using the machine for 30 hours or 30 days.

How to add lubricant:

- a) Cut a small hole at the head of the lubricant bottle. Make sure that the lubricant can be shot out from the hole.
- b) Lift up the running belt and shoot the lubricant to the middle of the running board.
- c) Put down the running belt and put some pressure on the place where you add lubricant.
- d) Start the machine at the speed of 1 km/h for 1 minute.



CLEANING

Clean the machine regularly to extend service life. Here are some tips for cleaning:

- Please power off and pull the plug before cleaning.
- Do not use corrosive or liquid material to clean the machine, which shall cause damage to electronic parts.
- Frequently wipe out the sweat and dust on the surface, running board or somewhere else by clean or wet cloth.
- Please clean the floor around the machine every week.

GUIDES FOR MALFUNCTION

Analyzing and eliminating malfunction

Item.	Malfunction	Reason	Solution
1	The machine doesn't work	The safety key is missing	Put the safety key at the right position
		The power switch is in "0" position	Turn power switch to "1"
2	The meter doesn't work	The meter and upper communication line are not correctly connected	Disassemble the meter and make sure that the meter and communication line are well connected.
		The upper communication line is broken	Replace the upper communication line!
3	E0 on the screen	No safety key	If safety key is at the right position, then check the connecting part and make sure the safety key is connected well.
4	E01 on the screen	No signal	Check sensor wire to see whether it is well connected or whether it is broken.
5	E02 on the screen	Error of PCB	Open circuit of IGBT-CE, replace PCB.

6	E03 on the screen	Big speed fluctuation	If this problem happened when speed is higher than 8km/h, the machine is overload, running belt is broken or lack of lubricant.
			If the motor has been used for a long time, replace the motor or replace the PCB.
7	E04 on the screen	Error of the communication line	Check connections of the meter and under control and make sure they are all well connected. Otherwise, replace some lines.
8	E05 on the screen	Current overload protection	Check the motor. If it's OK, restart the machine.
9	E06 on the screen	Error of the motor	Check whether the motor are well connected, Otherwise, replace the motor or PCB
10	E07 on the screen	Error of communication	Check connections of the meter and under control and make sure they are all well connected.
11	E08 on the screen	Overload protection	Make sure the weight of the user is not overweight. If so, add lubricant to the running board.
12	E09 on the screen	Overheat protection	Stop the machine and let it cool down. If this error happens when in normal temperature, then replace PCB.
13	E10 on the screen	Overvoltage protection	Check input voltage.
14	E11 on the screen	Under voltage protection	Check input voltage.
15	E12 on the screen	Error of incline	Check whether the VR wire of incline motor is well connected. Then check other connections of incline motor. If there are lines broken, replace them.

Note: If the machine still doesn't work after taking these solutions, please contact our services as soon as possible.

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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