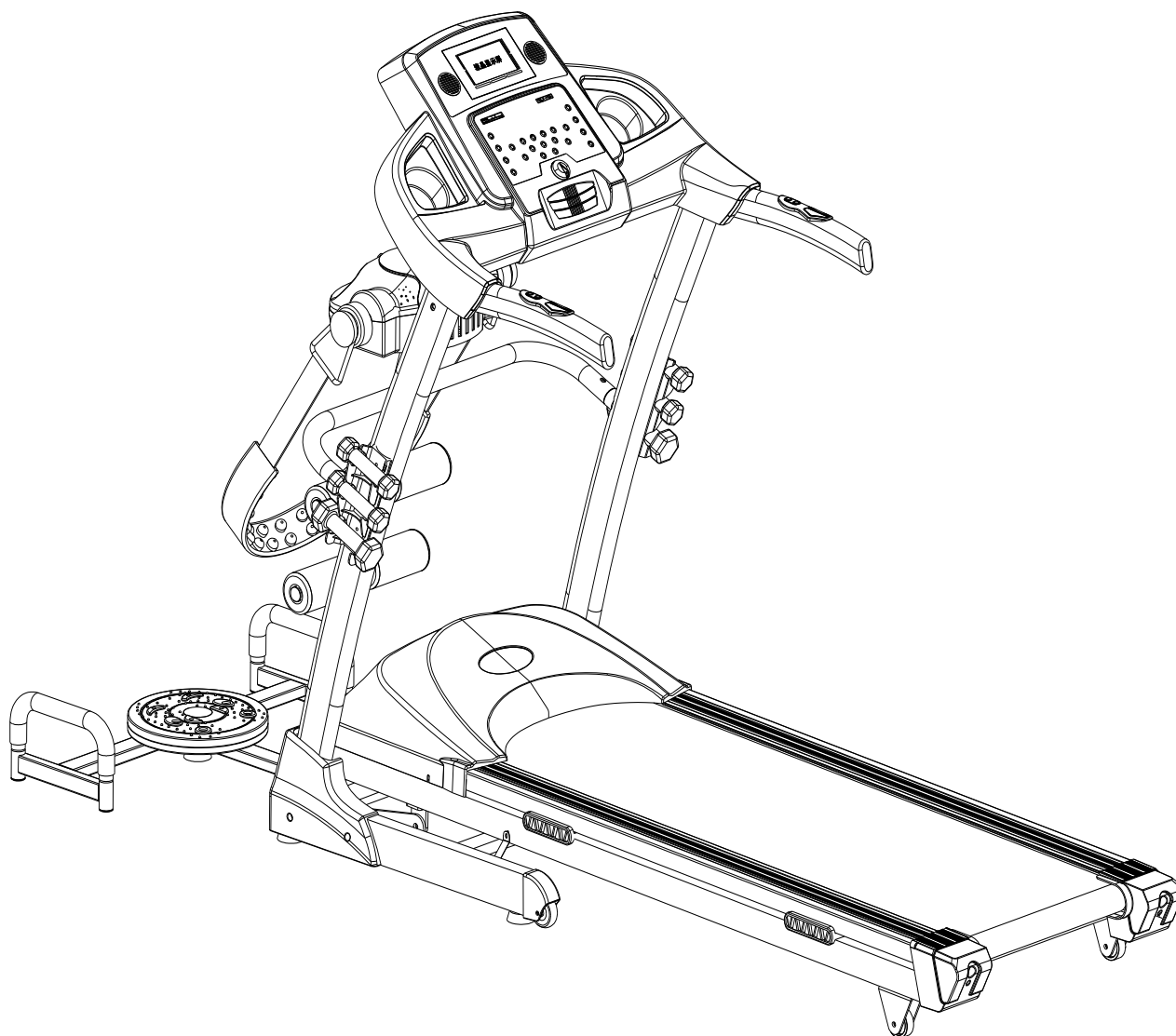




USER MANUAL – EN

IN 7565 Treadmill inSPORTline Mendoz 4v1



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SAFETY INSTRUCTIONS

- 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 regularly, not immediately.
- In case of danger, press the stop button or pull out the safety key.
- Leave the device after it stopes 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 heath 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.
- Please the treadmill on flat, dry and cleat 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 warm ups before exercise.
- Do not place foreign object to ventilation or sockets.
- 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. When HIGH HEART RATE is displayed, your heart rate is too high and you need to reduce the pace.
- 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 can not prohibit the movement of the user.
- Do not use outdoors.
- Do not expose to direct sunlight.

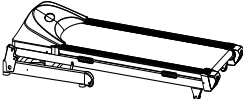
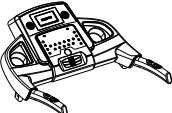

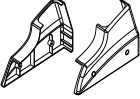
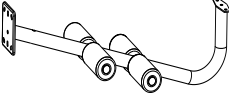
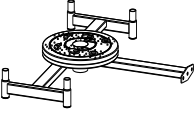
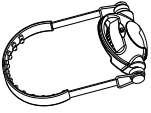

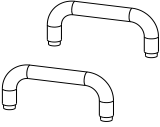
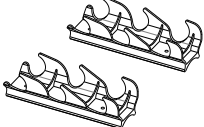
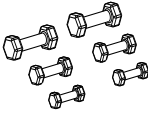

- Do not please in areas with high humidity (pools, sauna etc.)
- Max user weight: 150 kg
- **Category:** HA according to EN 957
- **WARNING:** The heart rate monitoring system may not be accurate. Overloading during training can cause serious injury or death. If you experience nausea, stop the exercise immediately!

PACKING DETAILS

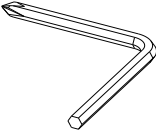
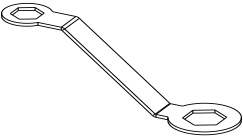
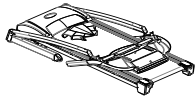
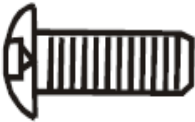

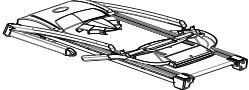
Warning: Carefully install the product, avoid making any damage.


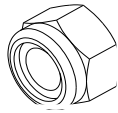
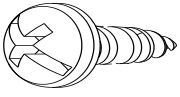

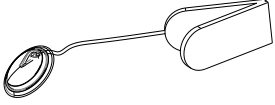
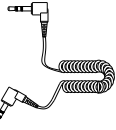
Notice:

- 1) Carefully read the instructions before installation. Operate in accordance with procedures.
- 2) Check components in the package
- 3) Remove all paper boxes and foams used as fasteners.
- 4) Check all the following components. If there is missing or problematic parts, please contact the dealer

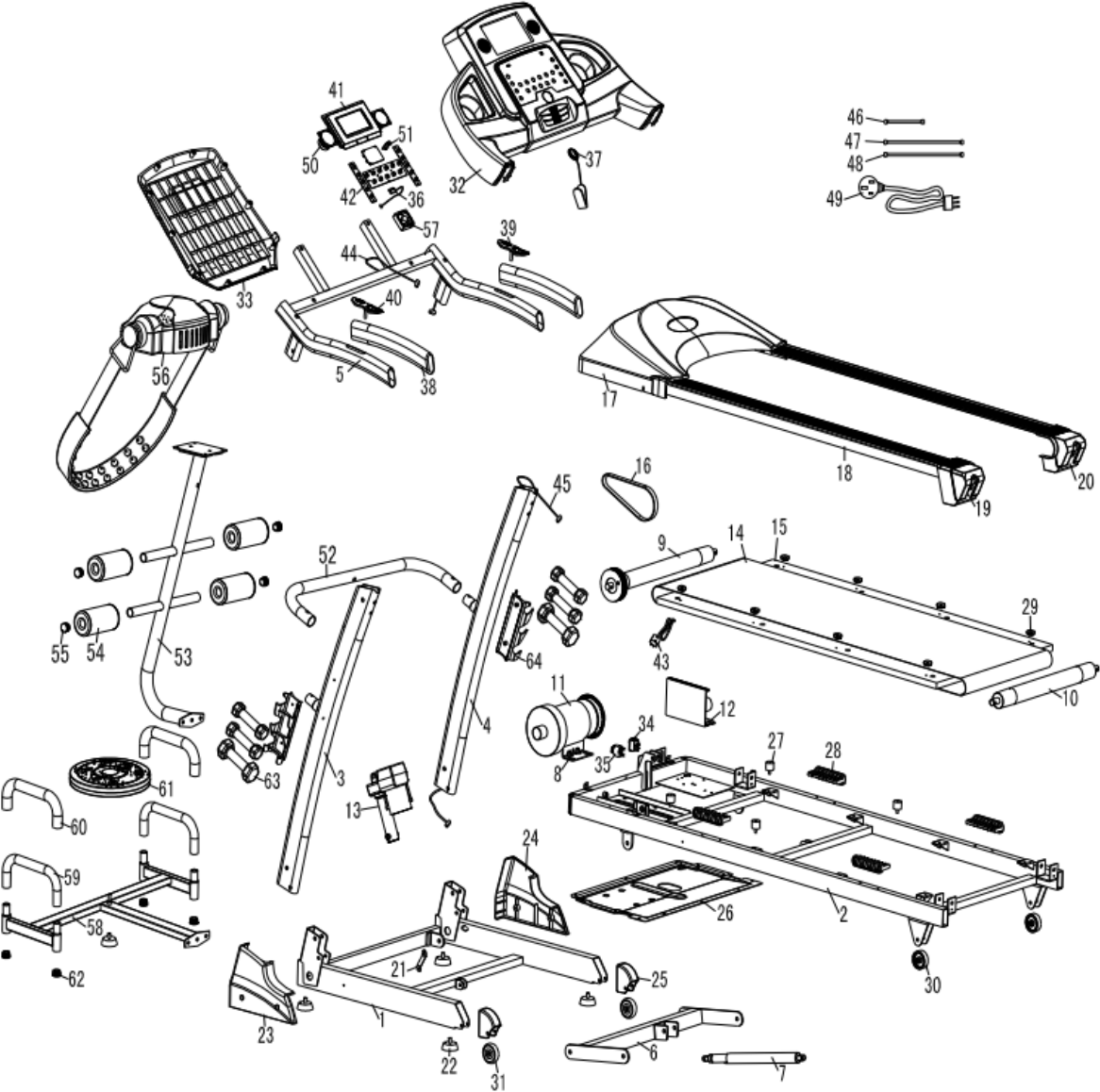
 Frame	 Meter	 Meter tube	 Decorating cover at base
 Multifunction frame	 Twister frame	 Massage head	 Solid tube for multifunction frame
 Push-up handlebar	 Dumbbell shelf	 Dumbbell	 Hardware tool bag

HARDWARE TOOL BAG

 Multi-wrench 1 pcs	 Homemade wrench 1 pcs	 Umbrella-type allen screw M8*50*15 4pcs
 Umbrella-type allen screw M8*15 12pcs	 Umbrella-type allen screw M8*35*15 4pcs	 Umbrella-type allen screw M8*80*20 1pcs

 <p>Washer 21PCS</p>	 <p>Nut 9pcs</p>	 <p>Umbrella-type cross tapping screw M4.2*15 8pcs</p>
 <p>Lubricant</p>	 <p>Safety key</p>	 <p>MP3 connector 1pcs</p>

EXPLODED DIAGRAM

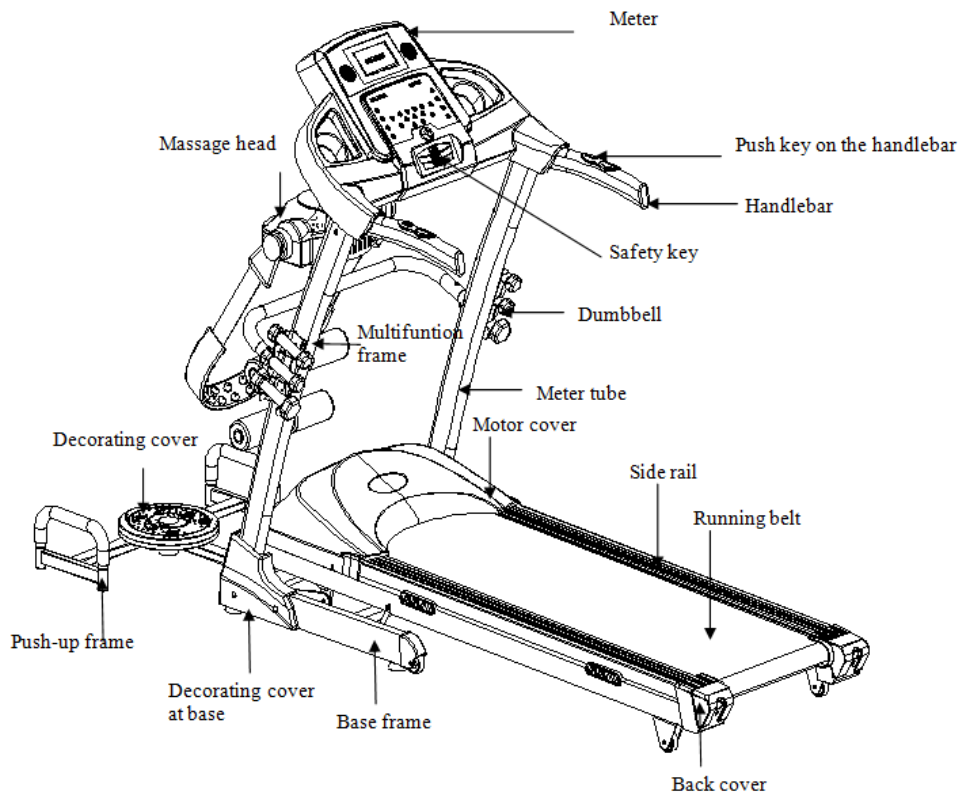


PARTS LIST

No.	Component	Quantity
1	Base frame	1
2	Frame	1
3	Left pillar accessory	1
4	Right pillar accessory	1
5	Dashboard 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	Side rail	2
19	Left back cover	1
20	Right back cover	1
21	Connector part for base frame	1
22	Adjusting foot pad	5
23	Left decorating cover at base	1
24	Right decorating cover at base	1
25	Base handling wheel set	2
26	Lower cover of motor	1
27	Shock absorption	6
28	Long shock absorption	4
29	Locating pad for side rail	8
30	Rubber transporting wheel	2
31	Transporting wheel at base	2
32	Upper cover of meter	1
33	Lower cover of meter	1
34	Power switch	1
35	Overload protector	1

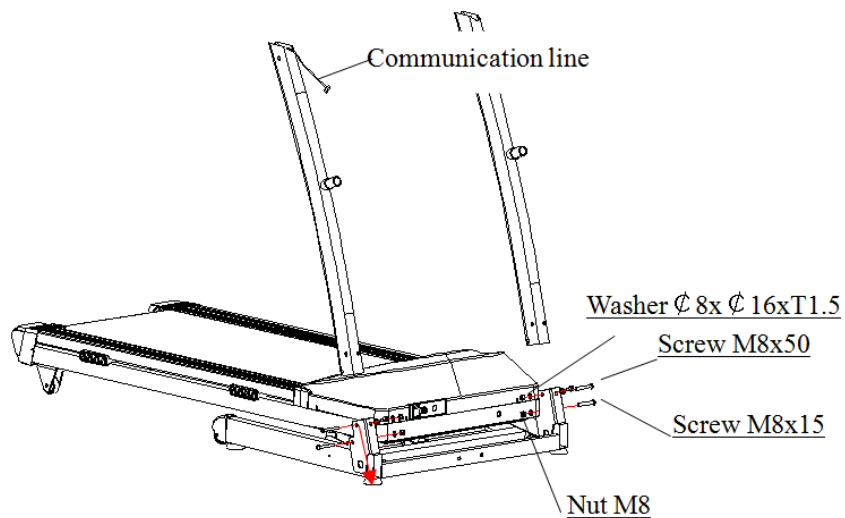
36	Reed pipe for safety key	1
37	Safety key	1
38	Sponge sheath	2
39	Heart rate and speed +- key	1
40	Heart rate and incline +- key	1
41	PCB for console	1
42	Push-key board	3
43	Sensor wire	1
44	Upper communication line	1
45	Lower communication line	1
46	Red connecting line	1
47	Red connecting line	1
48	Green connecting line	1
49	Power wire	1
50	Speaker	2
51	MP3 module	1
52	Solid tube for multifunction frame	1
53	Multifunction frame	1
54	Sponge protecting bush	4
55	Tube plug	4
56	Massage head	1
57	Fan	1
58	Solid tube for twister	1
59	Push-up handlebar	2
60	Push-up handlebar sponge	2
61	Twister	1
62	Tube plug washer	4
63	Dumbbell set	2
64	Dumbbell shelf	6

TREADMILL STRUCTURE



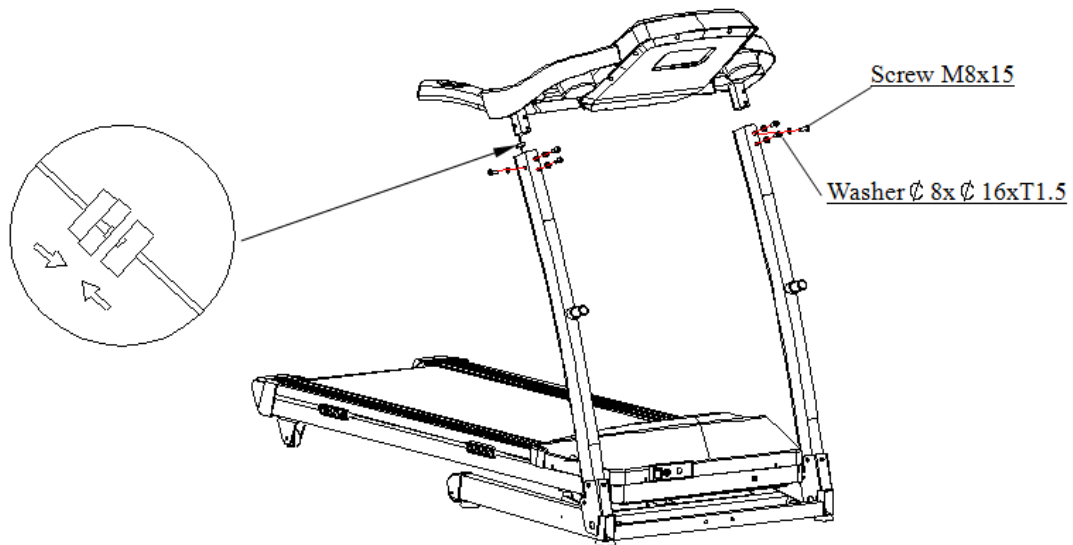
ASSEMBLY

Step 1



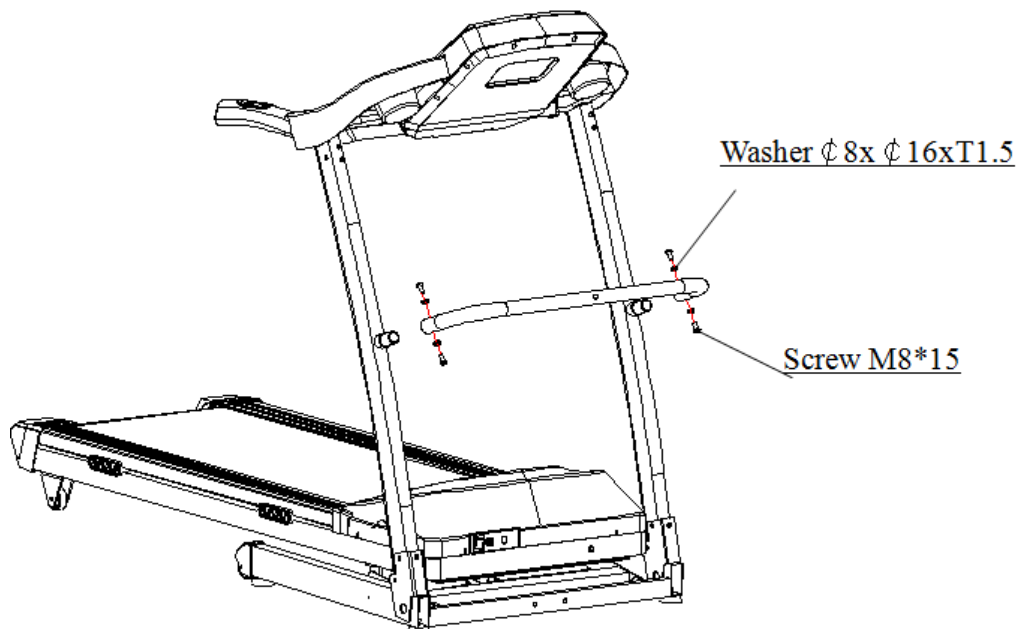
- Make the communication line through the right meter tube.
- Set meter tube on the base frame. Use 2 pcs of Screw M8*15 with 2 pcs of washer and 4pcs of Screw M8*50 with 4 pcs of washer, 4 pcs of nut to solid the meter tube. (Don't fasten screw at first)

Step 2



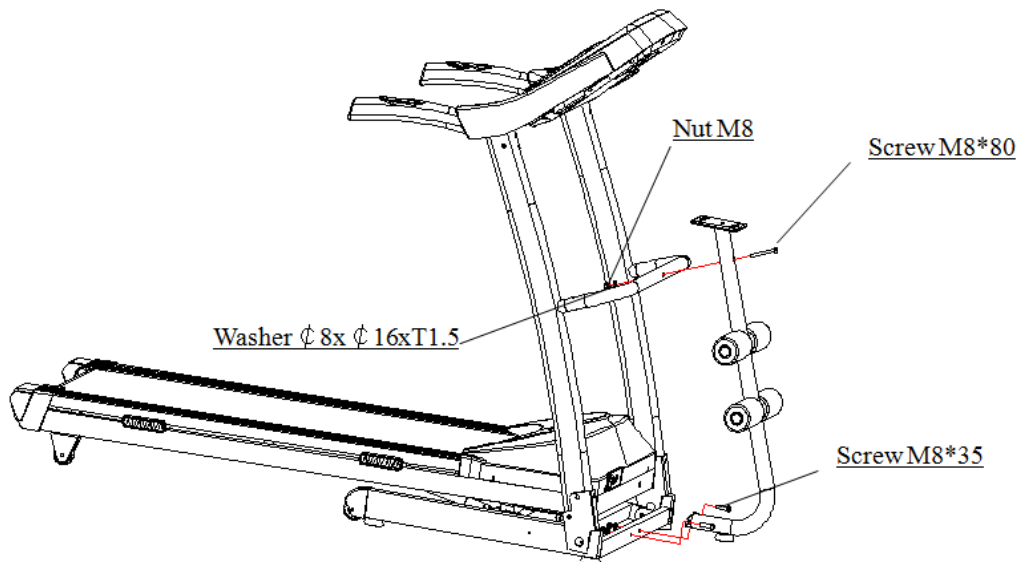
- Make sure that communication lines are connected correctly, in case they are connected in reverse.
- Put meter on the meter tube. Use 6 pcs of Screw M8*15 with 6 pcs of washer to solid the meter. (Don't fasten screw at first)
- After the machine is power on, push "Start", if everything goes well, then fasten screws mentioned in front steps.

Step 3



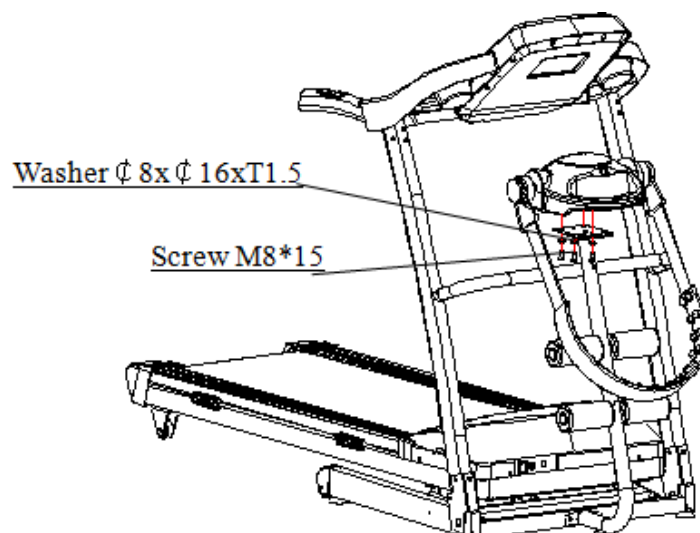
- Use 4 pcs of Screw M8*15 with 4 pcs of washer to solid it. (Don't fasten screw at first).

Step 4



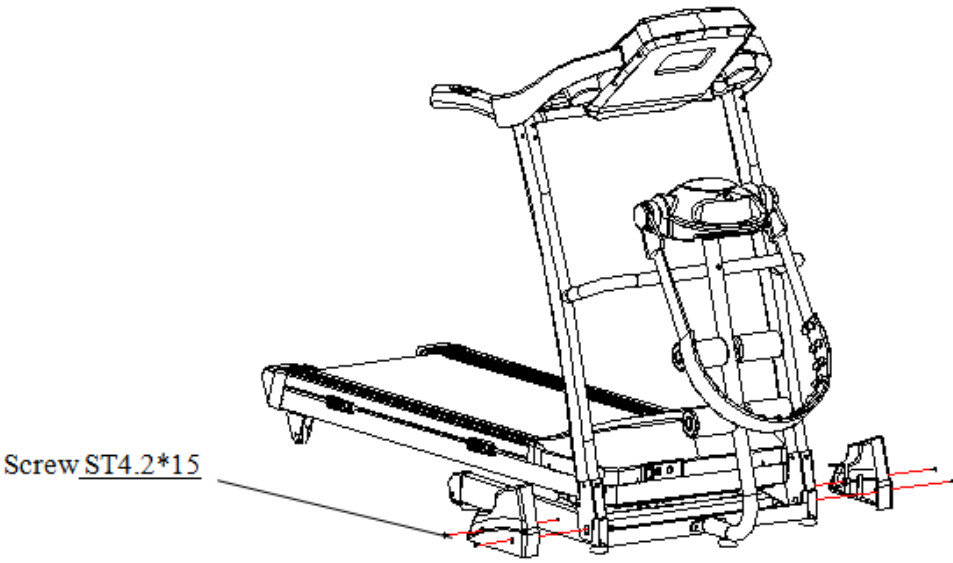
- Use 2 pcs of Screw M8*35 with 2 pcs of washer, 2 pcs of nut to solid multifunction frame on base frame. (Don't fasten screw at first)
- Use Screw M8*80 with washer, nut to solid multifunction frame on solid tube, then fasten screws mentioned in front steps.
- Install 4 pcs sponge protecting bush on multifunction frame.

Step 5



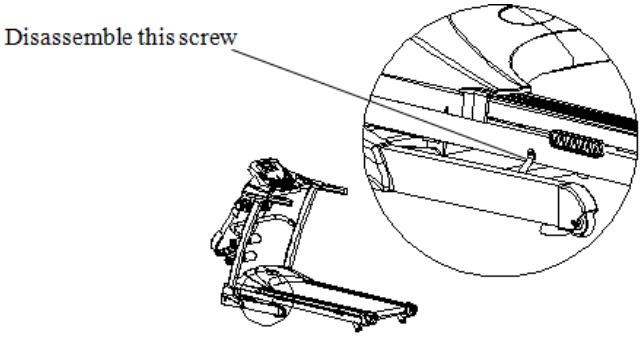
- Use 3 pcs of Screw M8*15 with 3 pcs of washer to solid massage head.

Step 6

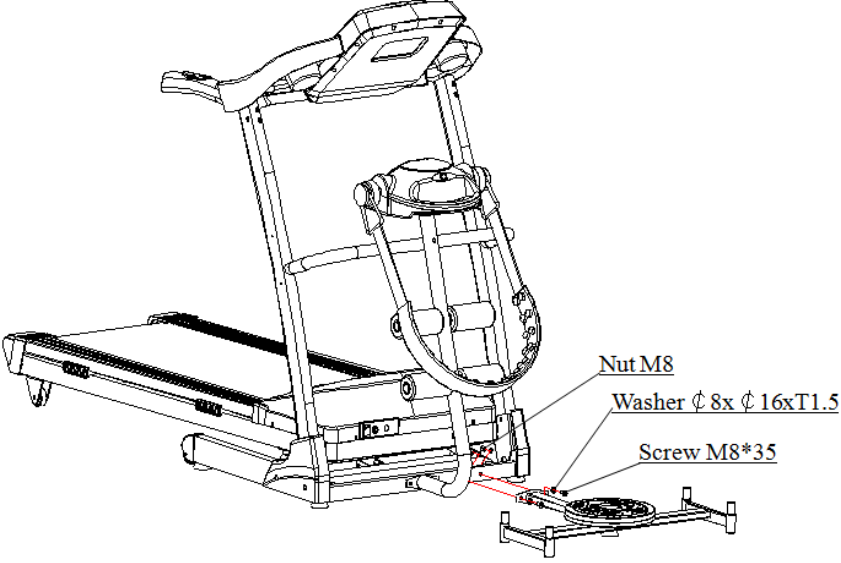


- Secure the covers with screws ST4.2x15

Step 7

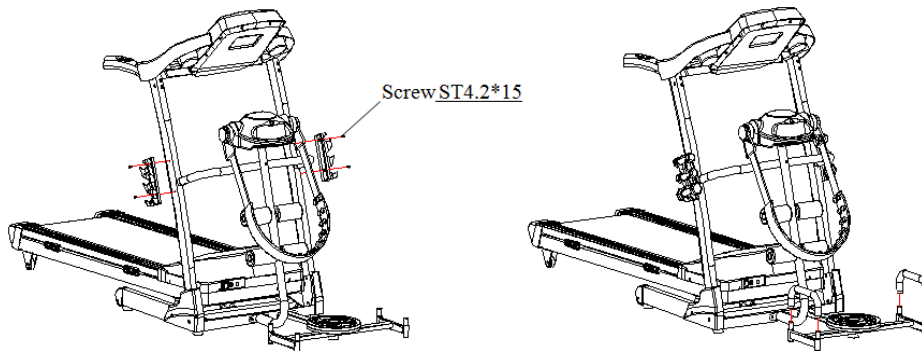


Step 8



- Use 2 pcs of M8*35 screw, 2 pcs of washer and 2 pcs of nut to solid twister frame on base frame.

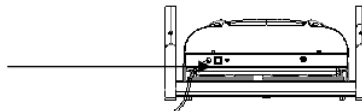
Step 9



- Use 4 pcs of Screw ST4.2*15 to solid the dumbbell frame.
- Put the dumbbell on the dumbbell frame and put the push-up handlebar on twister frame.

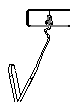
USE

Insert the power plug into the socket and switch on the machine. The switch light will be on and you will hear a voice "Di". You will find the meter light will also be on.



SAFETY KEY

The machine can work only when you put safety key at the appointed position. Make sure the other end of the safety key has been nipped to your clothes. In this way, you can pull the safe key for the machine's sudden stop under the dangerous condition. Then you will not be injured. If you need to reuse the machine, you could put safety key back.



FOLDING / UNFOLDING

Folding:

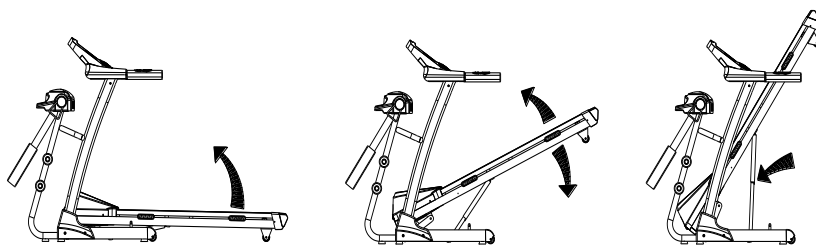
Folding will help to save space.

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

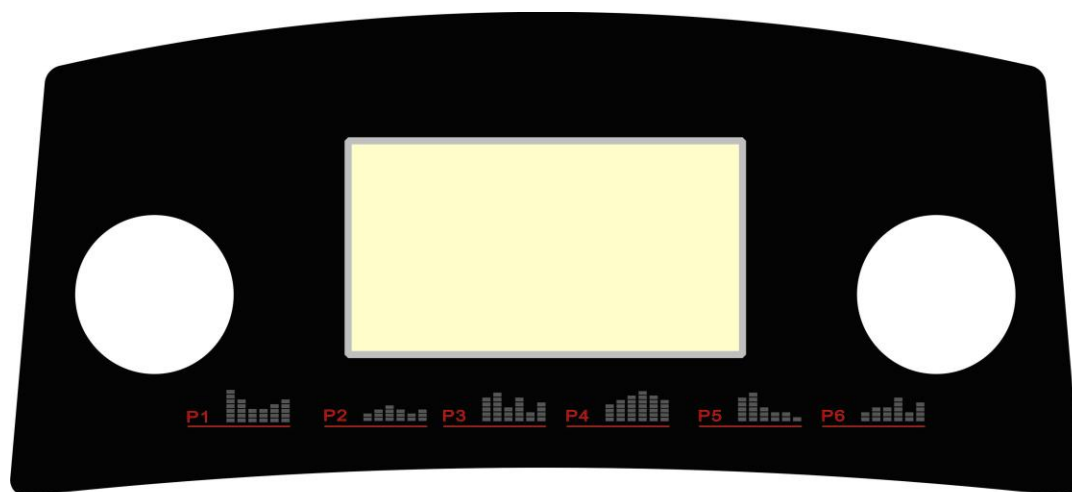
Use your hand to lift the running board until it has been locked.

Unfolding:

Step on the supporting tube and pull running board with your hands. The running board will fall to the ground slowly.



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
Calorie	0-999 KCAL
Heart rate	50-200 / Min

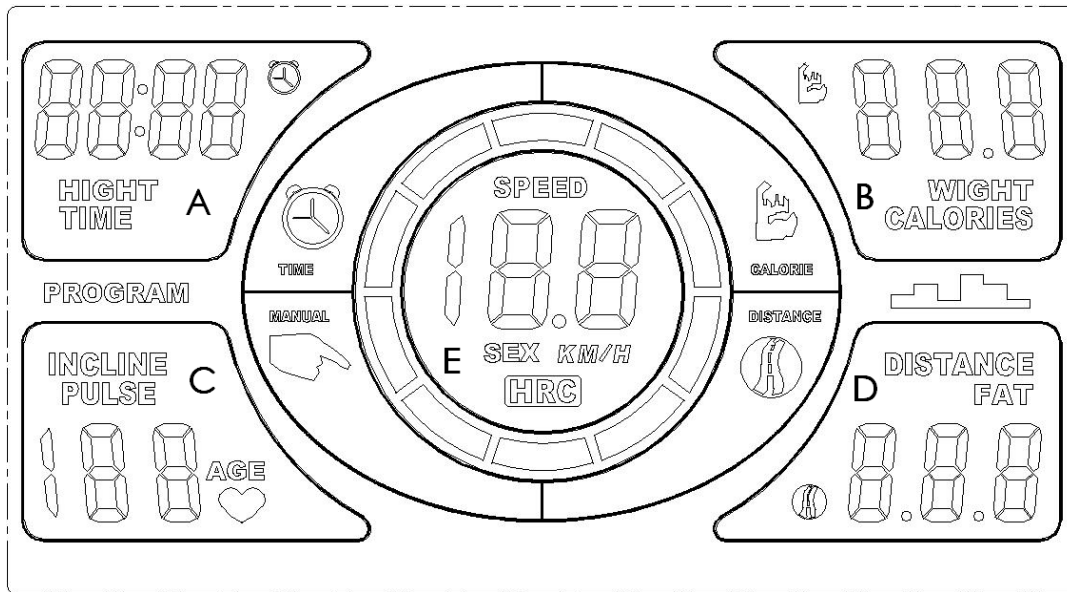
Program	Preset program	P1-P99
	User-defined program	U1-U2
	FAT	FAT
Sexuality	01/02 (men/women)	

PANEL KEYS AND FUNCTIONS

	<p>Fan Key</p> <p>Use this key, you could turn on/off the fan.</p>
	<p>START/STOP Key:</p> <p>Press "start" /"stop keys for starting/stopping the running belt.</p> <p>Reset:</p> <p>Press "Stop" Key twice continuously, the machine will be reset and start for new exercise record when you press "Start ".</p>
	<p>PROG. Key</p> <p>Under ready condition, Press "PROG.", you could select program P1-P99 and FAT.</p> <p>P1-P99 is built-in program, FAT is body fat test.</p> <p>When you finished selecting, you have to press "start" to start it!</p>

	<p>MODE Key</p> <p>Under ready condition, Press "MODE.", you could select 30:00, 1.0 or 50.</p> <p>30:00 is time countdown, 1.0 is distance countdown, 50 is calorie countdown.</p> <p>When you have selected, you have to press "start" to start it!</p>
	<p>SPEED $\Delta \nabla$ Key</p> <p>Under ready condition, it is used for setting some data. Under running condition, it is used for setting speed, speed difference is 0.1 km/h for each time. When we press it for above 0.5 seconds, it will progressive increase or reduce automatically.</p>
	<p>INCLINE $\Delta \nabla$ Key</p> <p>Under ready condition, it is used for setting some data. Under running condition, it is used for setting incline, incline difference is 1% for each press. When we press it for above 0.5 seconds, it will progressive increase or reduce automatically.</p>
	<p>SPEED direct key</p> <p>Use these keys, you could set speed for 4 km/h, 8km/h, 12km/h directly.</p>
	<p>INCLINE direct key</p> <p>Use these keys, you could set incline for 3%, 9%, 15% directly.</p>

DISPLAYED WINDOW



A	TIME: Display the data of time or heart rate
	HIGHT: Display the data of height
B	CALORIES: Display the data of calorie
	WIGHT: Display the data of weight
C	INCLINE: Display the data of incline
	PULSE: Display the data of pulse
D	DISTANCE: Display the data of distance
	FAT: Display the data of body fat
E	SPEED: Display the data of speed
	SEX: Display the data of sexuality

PROGRAMS

QUICK START (FOR MANUAL MODE)

- Turn on power switch, Put safe key in the right position.
- Press "START" Key, there will be 3 seconds countdown displayed on the window! After countdown, the machine will run at the speed of 1.0km/h.
- According to your needs, you could use "SPEED+", "SPEED-" to change speed, use "INCLINE Δ ", "INCLINE ∇ " to change incline.
- When you put your hands on the handlebar's heart pulse for 5-8 seconds, it will display heart rate on the screen.

MANUAL MODE

- Under ready condition, Press "Start" Key, the machine will run at the speed of 1.0km/h and incline 0%.The other window will forward count from 0. Press "INCLINE direct key", "SPEED direct key", "INCLINE Δ ", "INCLINE ∇ ", "SPEED+", "SPEED-", you could change speed and incline.

- Under ready condition, press “MODE” to come into time countdown mode. Window “Time” displays “30:00” and shining, you could press “SPEED+”, “SPEED-” to set exercise time from 5:00—99:00.
- When on distance countdown mode, press “MODE” to enter. Window “DIST” displays “1.0” and shining, you could press “INCLINE△”, “INCLINE▽”, “SPEED+”, “SPEED-” to set exercise distance from 0.5—99.5
- When on calorie countdown mode, press “MODE” to enter. Window “CAL” displays “50” and shining, you could press “INCLINE△”, “INCLINE▽”, “SPEED+”, “SPEED-” to set calorie from 10—999.
- After finish setting time, distance or calorie mode, you could press “start” to start the machine. There will be 3 seconds countdown displayed on the window! After countdown, the machine will run at the speed of 1.0km/h. You could press “INCLINE△”, “INCLINE▽”, “SPEED+”, “SPEED-” to adjust speed and incline. Press “stop”, the machine will stop slowly.

PRESET PROGRAM

There are 99 built-in programs P1-P99, Under ready condition, press “PROG.” Key continuously, Window “PROGRAM” will display “P1-P99”, FAT in turn. P1-P99 are built-in programs. After selecting specific program, press “MODE”, Window “Time” displays “30:00” and shining, you could press “INCLINE△”, “INCLINE▽”, “SPEED+”, “SPEED-” to set exercise time from 5:00—99:00. After setting, press “START” to start the machine. Built-in programs have 10 parts, the time for each part=setting time / 10. When machines come into next part, there will be a voice “Bi-Bi- Bi” for 3 times to remind you, and speed and incline will be changed according to the built-in programs. No matter whether you have pressed “INCLINE△”, “INCLINE▽”, “SPEED+”, “SPEED-” to change speed and incline in front parts. After finishing one program, there will be voice “Bi- Bi-Bi” for 3 times, the machine stop slowly and “End” will be displayed on the window. 5 seconds later, the machine will come into ready condition.

USER-DEFINED PROGRAM

Setting for user-defined program:

Under ready condition, press “PROG.” Key continuously, Window “PROGRAM” will display “P1-P99”, U1-U2, FAT in turn. U1-U2 are user-defined program. After selecting U1 or U2, press “MODE” to set, “SPEED+”, “SPEED-” to set speed, “INCLINE△”, “INCLINE▽” to set incline. After setting, press “MODE” key to finish one part and come into next part. After finishing setting for 10 parts, press “start” to start the machine. User-defined program will be kept in the machine forever unless you reset them. These data can’t be lost even outage.

Special explain:

Every mode has 10 parts. You can only press “START” key to start the machine after finishing all parts’ setting and total exercise time setting.

Data range:

Parameter	Setting range	Displayed range
Time (minute:second)	5:00-99:00	0:00—99:59
Incline (%)	0-15	0-15
Speed (KM/H)	1.0-16	1.0-16
Distance (KM)	0.5-99.9	0.00—99.9
Heart rate (time/minute)	N/A	60-185
Calorie (cal)	10-999	0—999

BODY FAT TEST

Under ready condition, press “PROG.” Key continuously to come into FAT. Press “MODE” key, you could find “HEIGHT”, “WEIGHT”, “AGE”, “SEX”, “FAT” displayed on the window. Press “INCLINE△”, “INCLINE▽” “SPEED+”, “SPEED-” to set. After setting, press “MODE” to come into “FAT”. At this time, put your hand on the heart pulse for 5-8 seconds, there will be body fat date displayed on the window. You could find whether your weight and height matches. (This data only for reference, can't be used for medical data)

F-1	SEX	MAN	WOMAN
F-2	AGE	10-----99	
F-3	HEIGHT	100---220	
F-4	WEIGHT	20-----150	
P	BODYFAT	≤19	Underweight
	BODYFAT	=(20---25)	Normal weight
	BODYFAT	=(25---29)	Overweight
	BODYFAT	≥30	Obesity

POWER SAVE MODE

Our machine has power save function. When you turn on power switch for 10 minutes and don't press any key, the machine will come into power save mode and there is no light on the screen. You could press any key into ready condition.

GETTING STARTED

PREPARATION

If you are over 45 years of age or have a health problem and have never been trained on the treadmill, consult your doctor about using the device.

Before you put yourself on the track, try how the machine is controlled. First, learn how to control the machine how to start and stop. Pay attention how to control speed. Try it several times until you get used to the control. Then stand on the anti-slip rails of the belt and grasp both handles of the handrails. Set the speed between 1-6 - 3.2 km / h, stand straight, look ahead and try to stand on the belt several times with one leg. Then put it on both feet to practice. Once you get used to the belt, you can slowly increase the speed to 3-5 km / h and keep it for 10 minutes. Then stop the device slowly.

EXERCISES

First, learn how to control the machine. Remember how to turn on, stop and adjust the speed and the incline. As soon as you get used to the control, try a 1 km walk at a steady pace and see how long it took you. It should take you 15-25 minutes. Then try 1 km at a speed of 4.8 km / h (approximately 12 minutes). Repeat exercises several times. Then you can increase the speed and angle of inclination and exercise for about 30 minutes. Do not hurry, a steady walk is beneficial to your health.

FREQUENCY

The optimal frequency is 3-5 times per week after 15-60 minutes. We recommend first making a schedule and sticking to it. It is not recommended to increase incline during the initial exercise phase. Increase the slope only when increasing the exercise load.

HOW TO EXERCISE

It is best to exercise for 15-20 minutes. The warm up phase should take about 2 minutes at 4.8 km / h, then increase the speed to 5.3 and 5.8 km / h, each phase should take about 2 minutes. Then add speed every 2 minutes at 0.3 km / h and accelerate until your breathing frequency increase. Beware, breathing should not be a problem. Continue with the exercise at this speed. If you have trouble

breathing, reduce the speed again by 0.3 km / h. Finally, allow yourself 4 minutes to cool down. If you do not want to increase your difficulty with speed, you can increase the difficulty by setting the incline. A gradual increase in the angle of inclination can significantly affect the difficulty of the exercises.

CALOREIS BURNING - This exercise helps to burn calories faster. First practice for 5 minutes at 4 - 4.8 km / h, then accelerate every 2 minutes at a speed of 0.3 km / h. Try to exercise for 45 minutes. To increase the intensity, you can try to endure training for about an hour. You can watch TV during exercise. Once the ad starts, add 0.3 km / h and return to the original speed when it's over. As a result, there will be more calories in your ads. At the end of the exercise, slowdown 4 minutes.

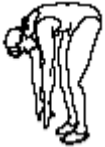




CLOTHING

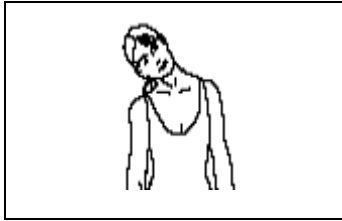
For exercise, select a pair of good shoes. Do not place anything on the treadmill or device gaps during exercise. This prevents possible wear and damage to the device. Dress up comfortably.

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>



Head rolls

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.

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.

SAFE EXERCISE

Before exercising, consult your doctor. Doctor can recommend the correct frequency and intensity of exercise with respect to your age and health. If you experience nausea, shortness of breath, irregular heartbeat, chest tightness or other anomalies, stop exercising immediately. Please consult your doctor before any further exercise. If you use the device more often, you can choose between walking and during. If you are not sure of the most suitable speed, follow the following information:

Speed 1–3.0 km/h	physically weaker individuals
Speed 3.0–4.5 km/h	less physically fit individuals
Speed 4.5–6.0 km/h	people used to classic walking
Speed 6.0–7.5 km/h	fast walking people
Speed 7.5–9.0 km/h	recreational runners
Speed 9.0–12.0 km/h	medium runners
Speed 12.0–14.5 km/h	experienced runners
Speed above 14.5 km/h	professional runners

WARNING:

- For walking choose a speed of 6 km / h or less.
- Runners should choose a speed of 8 km / h or higher.

MAINTENANCE

Identification ways for the degree of tightness of running belt and poly V-belt:

When the running belt skips, please follow the steps as follows to make sure which belt needs to be adjusted, running belt or poly V-belt.

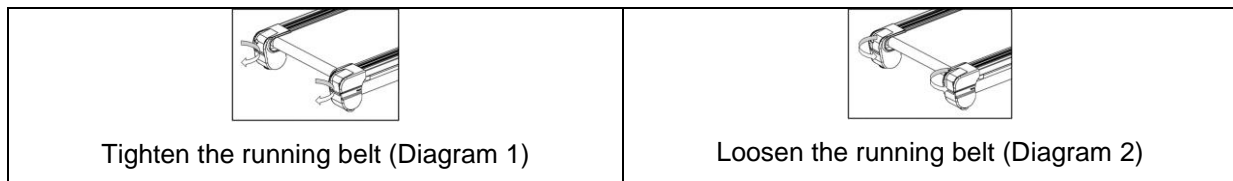
- Unplug all power supply, screw and remove the Base cover.
- Turn the speed to be around 3km/h, step on the running belt by pressure and try your best to make the running belt stop. If running belt stops, together with the front roll, but the motor still runs, under this condition, it means the poly V-belt needs to be adjusted.
- Turn the speed to be around 3km/h, step on the running belt by pressure and try your best to make the running belt stop. If running belt stops, but front roll still runs, under this condition, it means the running belt needs to be adjusted.

The adjustment steps for poly V-belt:

- a) Unplug all power supply and take off the base cover.
- b) Loosen the four screws for the motor, adjust the V-belt tension bolts in clockwise direction, and then tighten back the four screws for the motor.

Adjustment running belt:

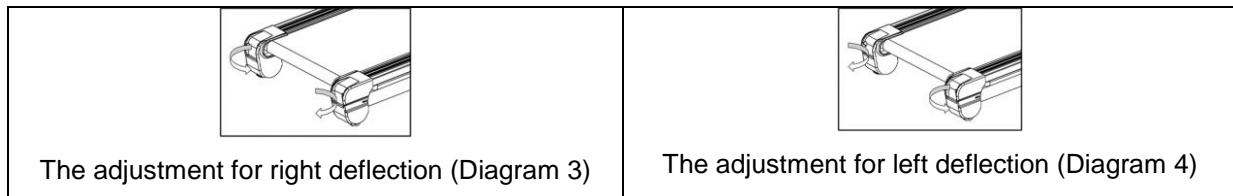
- a) Turn the speed to be 6km/h. for running
- b) Turn the both tension screws located at the end of the treadmill on the right and left sides, half a turn clockwise using the Allen key. (Diagram 1 and Diagram 2)
- c) After adjustment, running belt still slips; please repeat the steps as above.



The adjustment steps for running belt deflection:

The running belt will be deflected more or less under using. Then it needs to be adjusted. The steps are as follows:

- a) Place the treadmill on a horizontal floor, turn the speed to be 6 km/h for running.
- b) If the running belt is deflected to the right, adjust the bolt on the right by turning it for half a turn clockwise, then adjust the bolt on the left by turning it half an anti-clockwise. (see Diagram 3)
- c) If the running belt is deflected to the left, adjust the bolt on the left by turning it for half a turn clockwise, then adjust the bolt on the right by turning it half a turn anti-clockwise. (see Diagram 4)
- d) After the adjustment, the running belt still keeps deflecting, please repeat the steps above.



Running board lubrication- Silicone oil has been provided (White Bottle)

The treadmill is brand-new and has been pre-factory lubricated, but it is important to check the level of oil before first use. Lubrication is not necessary directly after purchase.

Lubrication frequency:

- Low use (lower than 3 hours per week) – every 6 months
- Moderate use (3-5 hours per week) – every 3 months
- Frequent use (more than 5 hours per week) – every 2 months
- Always use silicon oil inSPORTline.

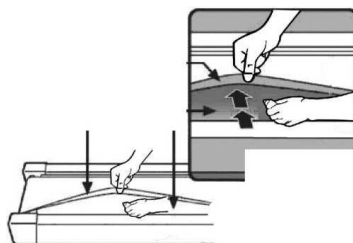
The steps are as follows:

Step 1. Please unplug power supply for the treadmill and loosen the belt (Belt tension screw located at the end of the treadmill).

Step 2. After loosening the screw, lift up the running belt and clean in-between the running board. Squeeze the small white bottle of SILICONE oil which was supplied with your purchase and wipe it evenly across the board.

Step 3. After lubricating the board, screw the belt tension back to its correct tension. Tighten evenly on both sides. When it is almost tensioned, run the treadmill at 1km without any load. Adjust both tension screws to make the belt in the center of the back roller. Run the treadmill at 5km for 3mins.

Step 4. Stop the treadmill and start to walk on it at 5km/h. Lastly fine tension both screws until it's running smoothly with your weight on.



CLEANING

- a) Please power off and pull the plug out before cleaning.
- b) Wipe out the dust stuck on the surface and running board frequently.
- c) Please clean the surface of frame and running belt with a soft cloth dipped with suds, don't use things like eradicator and naphtha. (After cleaning, please dry it for use)
- d) Please take the protecting cover off every two months, use vacuum dust-collector to suck the dust remaining inside of the protecting cover. (The dust will make the components of circuitry board short circuit)

CAUTIONS, DEPOSITING

Cautions

Please make sure that the plug has been pulled out before cleaning or maintenance.

Depositing

The treadmill should be deposited indoor in case of being damp. Water can't be spattered, and nothing can be laid and inserted on the treadmill.

Please keep the air a little humid in winter. And please void the big static electricity, it may disturb the operation of meters or even damage them.

GUIDES FOR MALFUNCTION

Analyzing and eliminating malfunction

Item.	Malfunction	Reasons	Solution
1	Treadmill can't be started	The safe key isn't in the right position	Put the safe key in the right position
		The electrical switch is placed to "0"	Turn the electrical switch to "1"
2	Meter can't display	The meter and upper communication line are not connected well	Disassembly meter and check the upper communication line, make sure that meter and communication line are connected well.
		The upper communication is broken	Replace it!

3	Heart rate can't be displayed	The pole of heart rate sensor is not wet enough	Wet the pole with water or liquor for hard contact lenses
		Disturbed by electromagnetism	Stay away from electromagnetism
4	Incline doesn't work	The motor wire is not well connected	Open the motor cover and reconnect it
5	Running belt runs faster or slower than what has been displayed	Unadjusted	Readjust it
6	Running belt slips	Running belt is not tight enough	Please read "Maintenance: The adjustment steps for poly V-belt / Adjustment running belt "
7	Running belt is deflected	The running belt is unadjusted.	Please read "Maintenance: The adjustment steps for running belt deflection"
8	Displayed E0 on the screen	No safety key signal	If safety key on machine, then check the connecting part and make sure safety key are connected well. Otherwise, replace it!
9	Displayed E01 on the screen	No sensor signal	Check sensor wire, whether it is been connected well or whether it is broken.
10	Displayed E02 on the screen	The trouble of PCB	IGBT-CE open circuit, replace PCB.
11	Displayed E03 on the screen	Big fluctuated speed	If this problem happened when speed is bigger than 8km/h, then the reason is overload and running belt is broken or lack of oil.
			If the motor has been used for a long time, then replace the motor. Otherwise, replace the PCB.
12	Displayed E04 on the screen	The PCB and meter cannot communicate with each other	Check the lower communication line, make sure that PCB and lower communication line are connected well, Check the upper communication line, make sure that meter and upper communication line are connected well.
13	Displayed E05 on the screen	Over current protection	Check whether it is overloading
14	Displayed E06 on the screen	The problem of motor	Check the motor are connected well, otherwise, replace motor and PCB in turn to check them.
15	Displayed E08 on the screen	Overload protector	If it is not overload, then add oil for running board, change the running belt or running board, change the PCB in turn to check!
16	Displayed E09 on the screen	Overheat protector	Stop the machine and make it to be cold. If it happens when in normal temperature, then replace PCB.
17	Displayed E10 on the screen	Overvoltage protector	Check the voltage, whether it is normal!

18	Displayed E12 on the screen	Incline alarm	Check the VR wire, AC wire, connecting wire of incline motor, incline motor and PCB, whether they are connected well or broken. After checking, restart the PCB.
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If you still can't solve the problems after taking the solutions above, we hope that you can contact our dealer or company as soon as possible.

IMPORTANT NOTICE

- This treadmill comes with standard safety regulations and is only 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 as a professional or 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.

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: