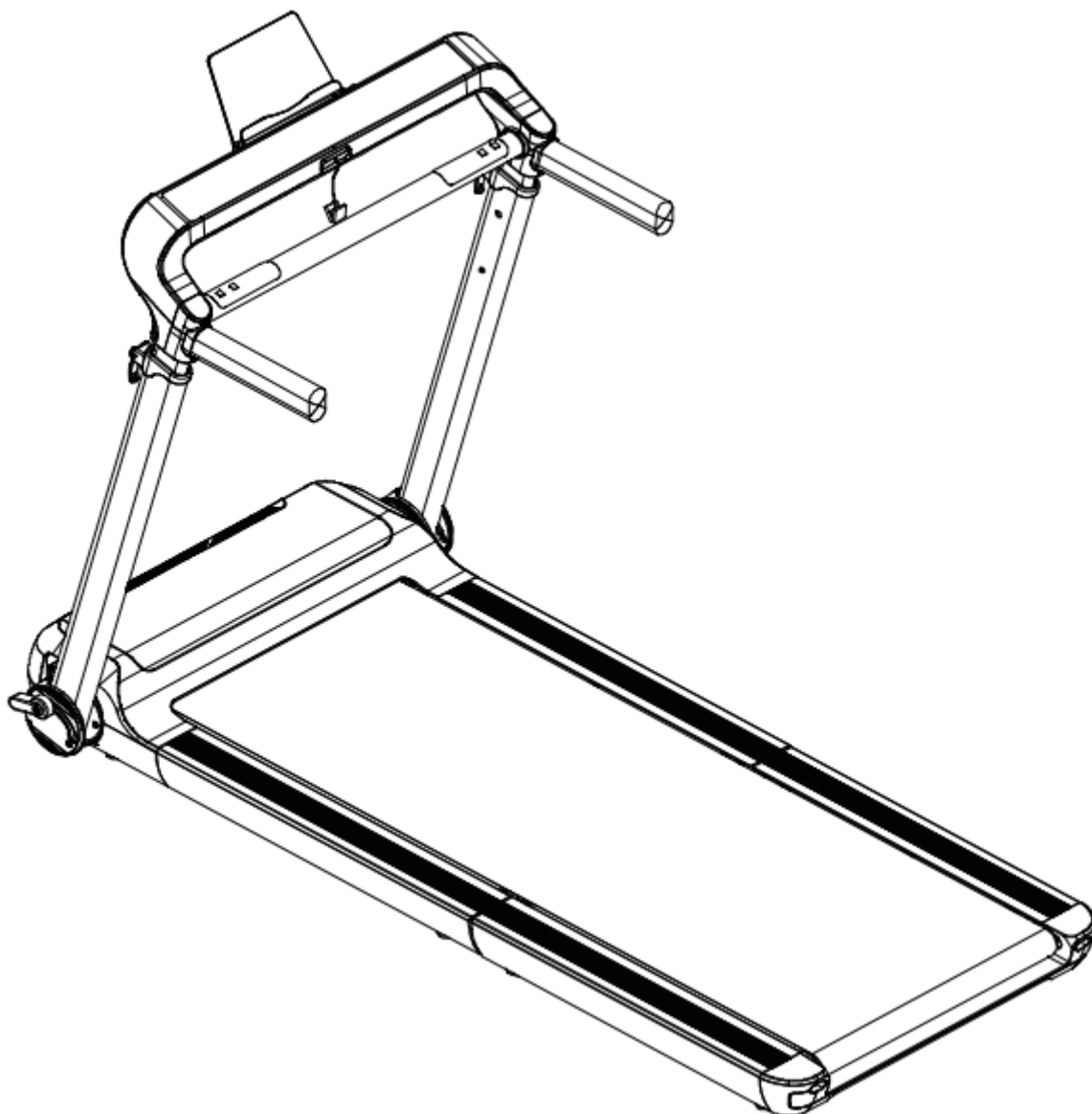




USER MANUAL – EN

IN 26633 Folding treadmill inSPORTline ZenRun Fold 20



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

SAFETY INSTRUCTIONS

- Read the manual carefully and keep it for future reference.
- Always clip the safety key to your clothes or belt before starting exercising.
- Move naturally, forward. Do not look on your feet. Only for one person can use the product on the same time.
- Speed increase gradually, not instantly.
- In case of danger, press the stop button or pull out the safety key.
- Leave the device after it 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 warmups before exercise.
- Do not place foreign object to ventilation or sockets.
- Maintenance should be done only according to the manual, to prolong the lifespan.
- Do not modify the product.
- Exercise reasonably and do not overextend. If you exercise for the first time, hold your handles firmly until you get used to the device.
- In case of error or damage stop the exercising immediately. If the treadmill suddenly increases its speed, remove the safety key.
- Connect the treadmill to socket after the treadmill is assembled. Use only grounded socket.
- If you are not using the device unplug it from socket and safety key removed.

- Any part of the treadmill cannot prohibit the movement of the user.
- Do not use outdoors.
- Do not expose to direct sunlight.
- Do not place in areas with high humidity (pools, sauna etc.)
- Continuous use cannot be longer than 2 hours.
- If the treadmill is not in use, remove the safety key.
- **Operation temperature:** 5 – 40 °C
- **Max. user weight:** 110 kg
- **Category:** HC for home use

SAFETY WARNING: Do not use heart rate sensors in the handle at speeds above 14 km / h.

WARNING! The heart rate monitoring system may not be accurate. Overextending during training can cause serious injury or death. If you feel nauseous, stop the exercise immediately!

SPECIFICATIONS

Dimensions	Unfolded: 1075*765*230 mm Folded: 1518*765*1240 mm
Running surface	1300*440 mm
Speed	1.0 – 12.0 km/h

PACKAGE CONTENTS

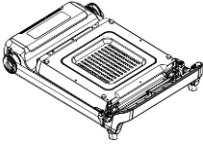
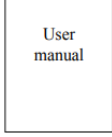
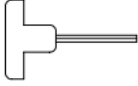

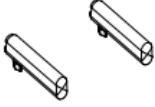
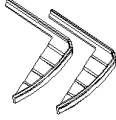
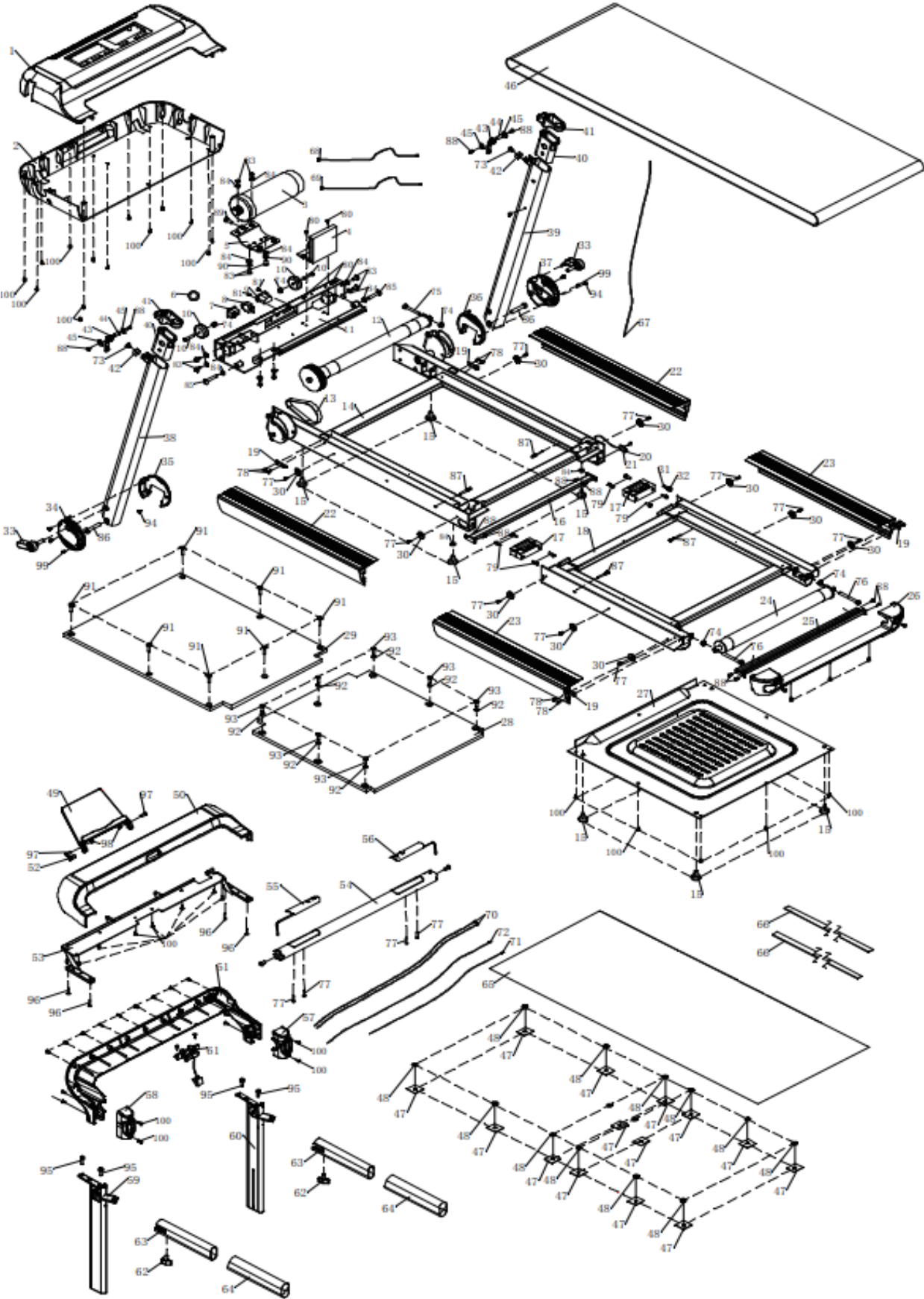
 Treadmill	 Manual
 Screwdriver	 Silicon oil
 Handles	 Security clips

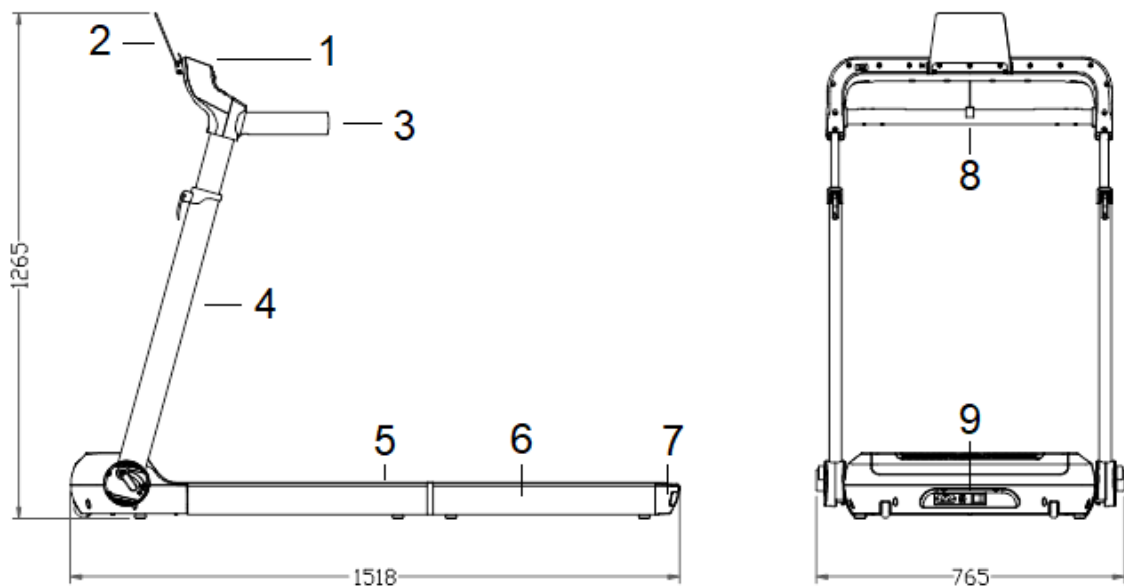
DIAGRAM AND PARTS LIST



No.	Name	Qty.	No.	Name	Qty.
1	Motor top cover	1	38	Left post	1
2	Motor bottom cover	1	39	Right post	1
3	Motor	1	40	Column housing	2
4	Controller	1	41	Column cover	2
5	Motor fixer	1	42	Sealing pad	2
6	Magnetic ring	1	43	Quick-release hand screw	2
7	Switch	1	44	Spacer sleeve	2
8	Self-reset switch	1	45	Salary pad	4
9	Socket	1	46	Treadmill	1
10	Wheels	2	47	Sticker	14
11	Motor mounting plate	1	48	PVC mat	14
12	Front roller	1	49	Tablet holder	1
13	Motor belt	1	50	Console top cover	1
14	Front frame	1	51	Console rear cover	1
15	Foot pad	8	52	Spring bolt	1
16	Connecting frame	1	53	Console frame	1
17	Hinge	2	54	Handrail	1
18	Rear frame	1	55	Set of pulse sensors	1
19	Side frame plate	4	56	A set of sensors on the handles	1
20	Sensor	1	57	Console Bracket (Right)	1
21	Sensor bracket	1	58	Console Bracket (Left)	1
22	Front side rail	2	59	Column (left)	1
23	Rear side rail	2	60	Column (right)	1
24	Rear roller	1	61	Security key	1
25	Reinforcement frame	1	62	Straight handle bar	2
26	Back cover	1	63	Handrail	2
27	Rear sealing plate	1	64	Foam roller	2
28	Rear running board	1	65	Running surface sticker	1
29	Front running board	1	66	Sticker	2
30	Cylinder side rail	10	67	Communication cable	1
31	Magnet	1	68	Communication cable	1
32	Fixing the magnet	1	69	Communication cable	1
33	L-shaped handle	2	70	Sensor cable	2
34	Left pillar cover (left)	1	71	Communication cable 2	1
35	Left pillar cover (right)	1	72	Communication cable 3	1
36	Right pillar cover (left)	1	73	M8x12 screw	2
37	Right pillar cover (right)	1	74	Nut M8	5

75	M8x55 bolt	1	88	M5x10 bolt	13
76	M8x75 bolt	2	89	M8x20 bolt	1
77	ST4x15 bolt	4	90	Flat washer $\Phi 8$	2
78	M5x10 bolt	8	91	bolt	7
79	M6x15 bolt	8	92	Washer	7
80	M4x10 bolt	4	93	bolt	7
81	ST3x10 screw	2	94	ST4x10 screw	2
82	M8x35x20 bolt	2	95	M6x20 bolt	4
83	M8x15 screw	12	96	ST4x20 screw	4
84	Flat washer $\Phi 8$	14	97	M5x20 bolt	2
85	M8x45x20 bolt	2	98	M5 nut	2
86	M10x55x25 bolt	2	99	ST4x10 screw	2
87	ST4x45 screw	4	100	SR4x12 screw	77

PRODUCT DESCRIPTION

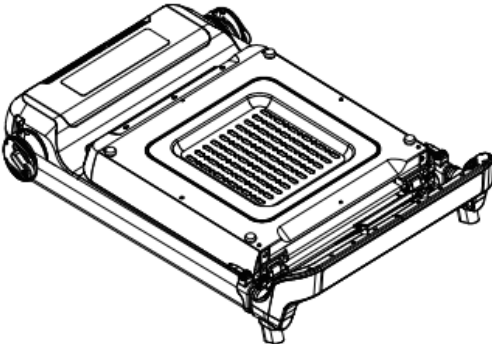


1. Control panel	6. Side rails
2. Tablet holder	7. Rear cover
3. Handles	8. Safety key
4. Posts	9. Engine cover
5. Running board	

ASSEMBLY

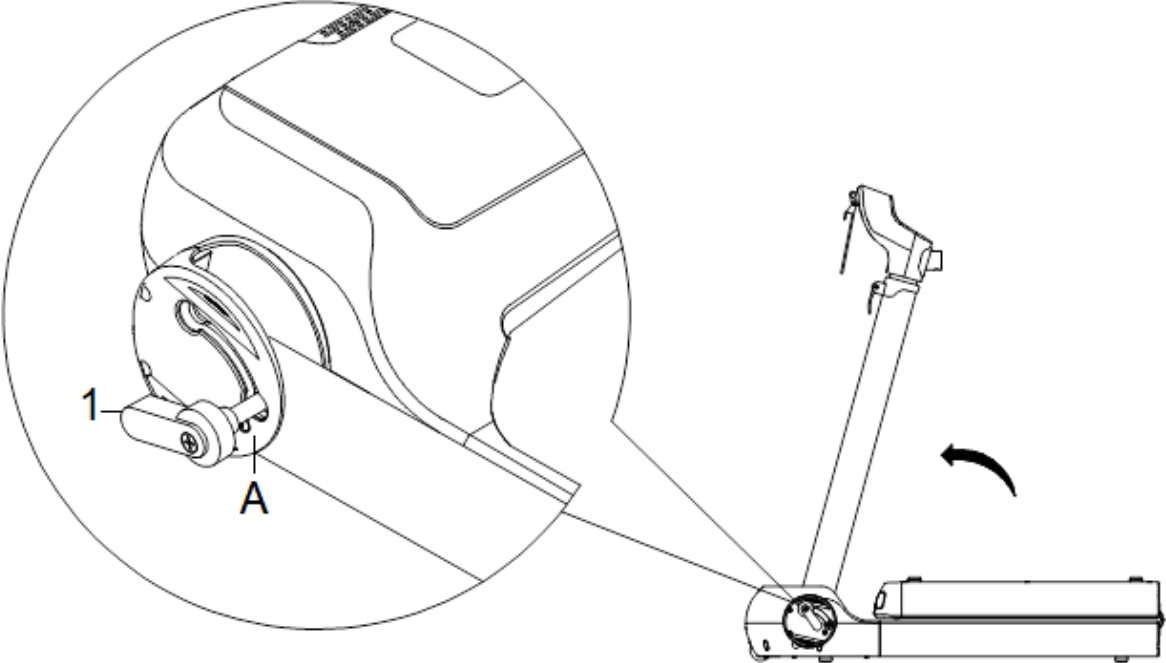
Step 1

Remove the treadmill from the packaging material.



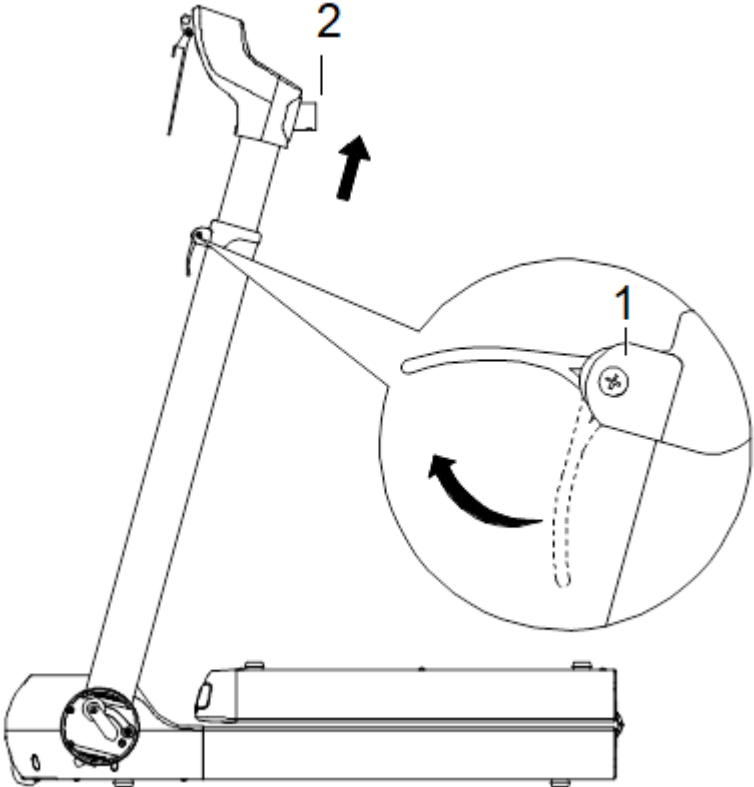
Step 2

Using the handles (1), lift the posts from their initial position (A) to an upright position. Lock in the up position.



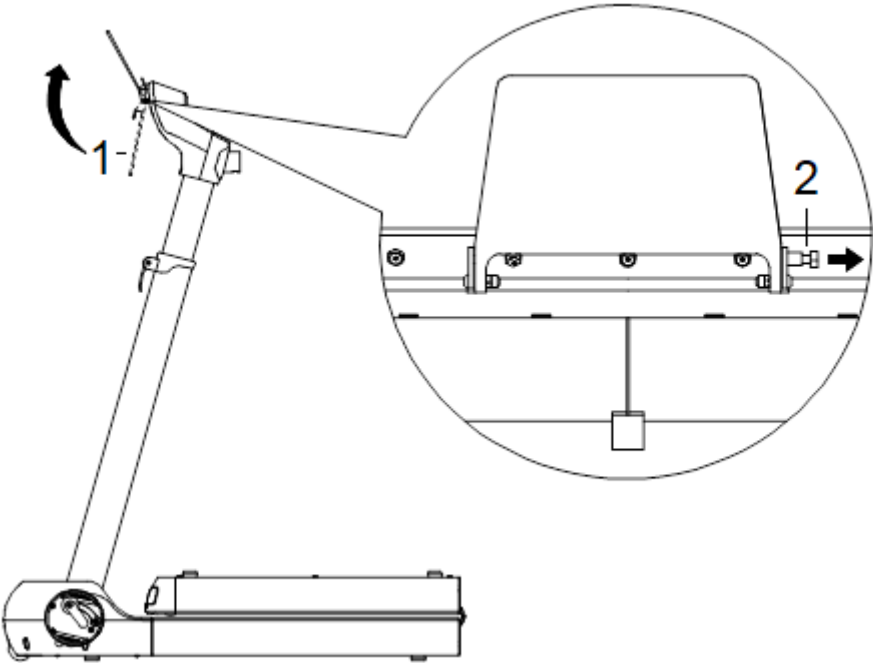
Step 3

Release the levers (1) and adjust the height of the control panel (2). Then secure the levers.



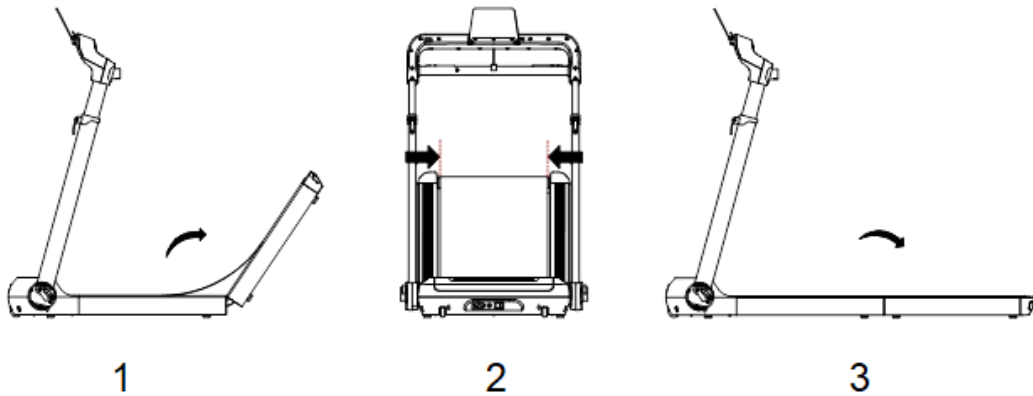
Step 4

Lift the tablet holder (1) and secure by pulling out the pin (2).



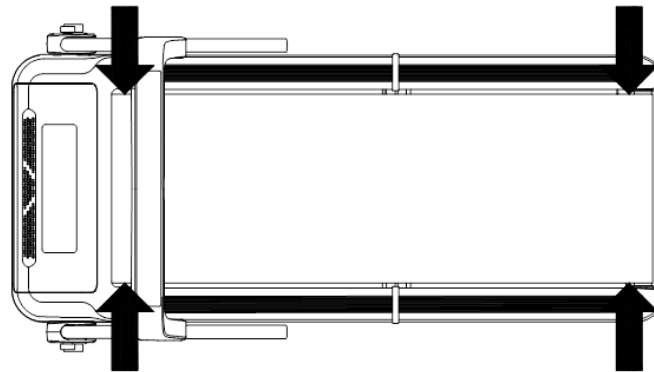
Step 5

Unfold the running board as shown. Make sure the running board is on a flat surface.



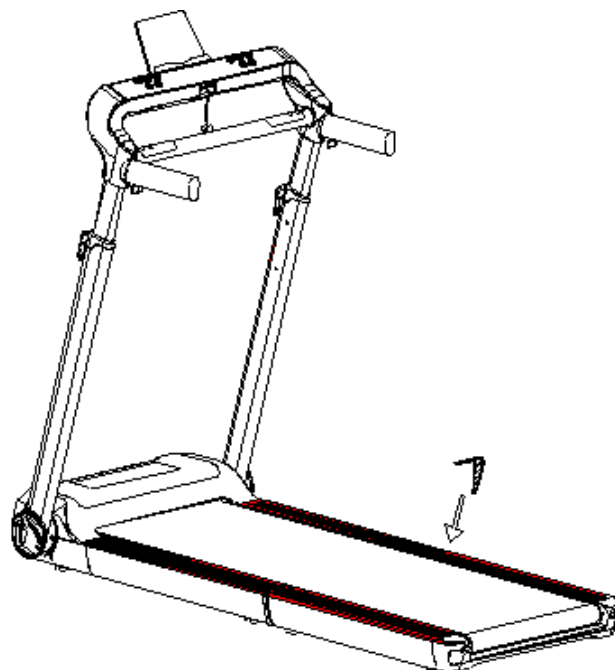
Step 6

Check that the treadmill is level.



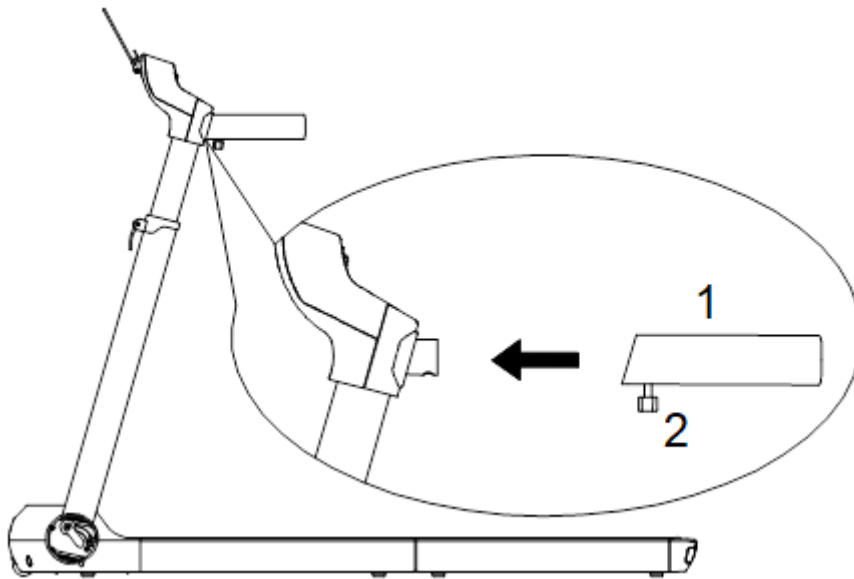
Step 7

Once the running surface is unfolded, it needs to be secured with security clips. Remove the clips when you need to fold the treadmill.



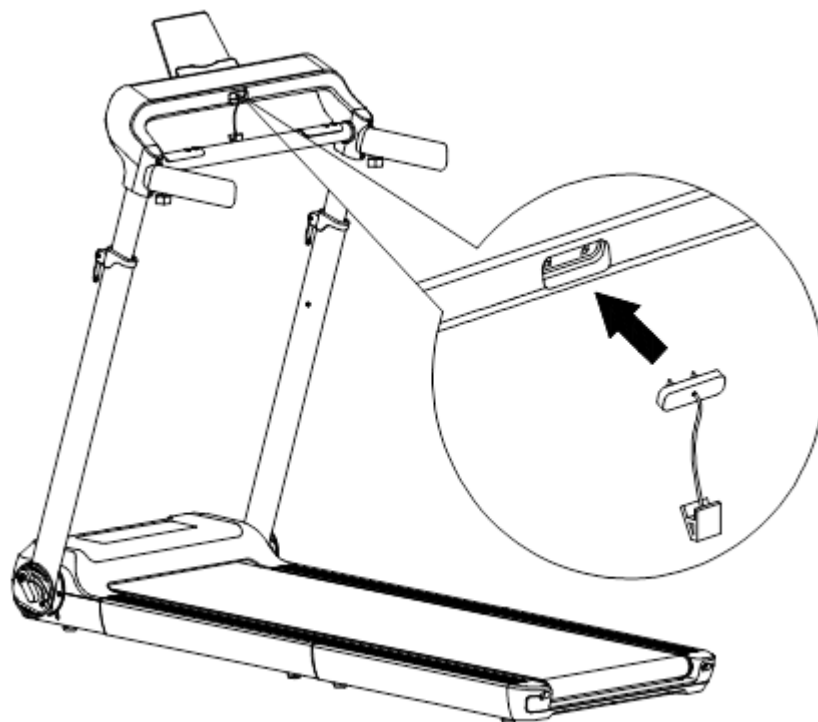
Step 8

Attach the handles (1) with hand knobs (2).



Step 9

Connect the safety key.

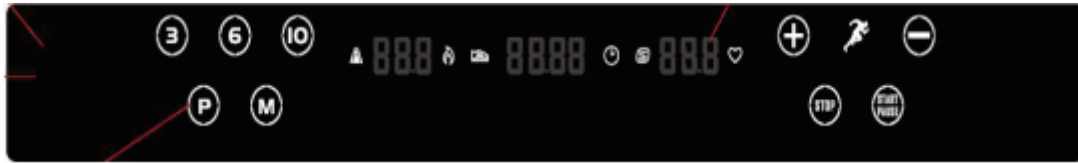


CONTROL PANEL

Plug into the power supply. The control panel will light up.

Connect the safety key and attach it to your clothing.

The system monitors for any abnormalities, if any problem occurs the treadmill will stop, and an audible signal will sound.



FUNCTION

DIS	Distance
CAL	Calories
TIME	Time
PULSE	Pulse
SPEED	Speed
STEP	Number of steps

BUTTONS

P	By pressing a button, you can choose from preset programs P01 - P36, user programs U1 - U3 and a body fat measurement program
M	By pressing the button, you can set programs for counting time - distance - calories - regular program. You adjust the values using the +/- buttons and start by pressing START
START/PAUSE	Press the button to stop a running program or start a paused program
STOP	Press the button to stop the treadmill and reset the values to zero
+/-	Navigation buttons and speed change buttons
Quick selection buttons 3, 6, 10	Quick speed selection

PROGRAMS

Description of programs

1. manual program P0: normal operation, countdown of time, distance or calories
2. preset programs P01 – P36
3. user programs U1 – U3
4. FAT program for measuring body fat

Startup

Plug the safety key into the control panel, all the data will light up for 2 seconds and then switch to the manual program.

By pressing the START button, a countdown of 5 seconds will be displayed accompanied by a sound signal, the treadmill will start at a speed of 1 km/h.

Press the stop button to stop the treadmill and reset the data.

MANUAL PROGRAM

Connect the treadmill to the electricity, it will automatically switch to the manual program.

If the treadmill is paused, press the "P" button to select manual mode.

In the manual program, 3 types of countdowns can be set: time, distance, calories.

After entering the manual program, press the "M" button to select the countdown. Adjust the value using the +/- buttons and then press START to start. The initial speed will be 1 km/h.

Only one type of countdown can be set at a time. The set value will always be subtracted, other values will be added.

If you run a manual program without a countdown, all values will be added, press STOP to stop, the treadmill will begin to slow down until it stops and then all values will reset to their original settings.

Time countdown

In the manual program, press "M" until the time display flashes (original value 30:00 min). Use the +/- buttons to set the desired value in the range 5:00 - 99:00. The value is adjusted by 1 minute.

Distance countdown

In the manual program, press "M" until the distance display flashes (default 1 km). Use the +/- buttons to set the desired value in the range 1.0 – 99.0. The value is adjusted by 1 km.

Calories countdown

In the manual program, press "M" until the calorie display flashes (initial value 50 kcal). Use the +/- buttons to set the desired value in the range of 20-990 kcal. The value is adjusted by 10 kcal.

After selecting and setting the manual program, press START, a 5-second countdown will start and the treadmill will start at a speed of 1 km/h.

You can adjust the speed of the running program using the +/- buttons or using the quick speed adjustment buttons.

If the countdown of time, distance, calories is set, then after reaching 0, the treadmill will slowly stop and switch to standby mode.

PRESET PROGRAMS

Programs P1 – P36 are preset programs and only support time setting. After selecting the program, the time display starts flashing, you can adjust the value using the +/- buttons. The default value is 30:00 min, the setting range is 5:00 – 99:00.

Program P1-P36 can be selected using the "P" button.

After setting the time, press START, you can use the +/- buttons or the quick speed selection buttons to adjust the values.

The program is divided into 10 segments, the length of each segment is the set time/10. The transition to the next segment is accompanied by a sound signal. If you want to pause the program, press the STAR/PAUSE button, the treadmill will gradually stop and the values will remain, press the button to start the program again.

Once the time reaches 0, the treadmill will begin to slow down until it stops and an audible signal sounds. In the event of a sudden error or problem, pull out the safety key from the control panel, all displays will show "---" and an audible signal will sound.

USER PROGRAM

Use the button to select program U1 - U3 to set your own program.

After selecting the user program, press the "M" button to select the exercise segment and then use the +/- buttons to set the speed of the given segment. Confirm the speed by pressing "M" and switch to the next segment. All 10 segments must be set. User program values are saved for that profile. Start the program by pressing the START button.

BODY FAT PROGRAM

Press the "P" button to select the FAT program.

After selecting the program, press the "M" button to set the required values, change the parameters of the values using the +/- button.

F1 – gender (1 – male, 2 – female), original value: 1

F2 – age, range 10-99, original value: 25

F3 – weight, range 20 – 150 kg, original value: 70 kg

F4 – height, range 100 – 200 cm, original value: 170 kg

F5 - all values are set, grab the sensors on the handles and after 8 seconds all BMI will be displayed.

The measured values are indicative and do not serve for medical purposes.

SAFETY KEY

Before any use of the treadmill, clip the safety key to your clothing. If necessary, remove the key from the control panel, the treadmill will stop, the display will show "---". After reconnecting the key to the control panel, the treadmill can be used.

DISPLAY RANGE

	Starting value	Default value	Setting range	Display range
Time	0:00	30:00	5:00 – 99:00	5:00 – 99:00
Speed	0.0	1.0	1.0 - 12.0	1.0 - 12.0
Distance	0.00	1.00	1.00 – 99.9	1.00 – 99.9
Calorie	0.0	50.0	20.0 - 990	20.0 - 990

PRESET PROGRAM CHART

PRO \ SEG		SEG									
		1	2	3	4	5	6	7	8	9	10
P1	Speed	1	2	2	3	3	3	3	2	2	1
P2	Speed	1	2	2	3	4	4	3	2	2	1
P3	Speed	1	2	2	3	4	4	3	2	2	1
P4	Speed	1	2	2	3	3	3	3	2	2	1
P5	Speed	1	2	2	3	4	4	3	2	2	1
P6	Speed	1	2	2	4	4	6	4	2	2	1
P7	Speed	2	3	4	6	6	9	6	4	4	2
P8	Speed	1	2	2	4	4	9	9	9	8	4
P9	Speed	2	3	3	6	6	9	6	3	3	2
P10	Speed	1	2	2	4	4	4	4	6	4	3
P11	Speed	2	4	4	6	6	6	6	9	4	1
P12	Speed	1	3	3	6	9	6	9	9	6	4
P13	Speed	4	9	4	9	4	9	4	9	4	9
P14	Speed	2	3	3	6	9	6	9	9	6	3
P15	Speed	4	6	9	9	9	9	9	6	4	2
P16	Speed	2	4	4	9	4	9	4	9	4	9
P17	Speed	2	2	2	4	6	9	6	2	2	2
P18	Speed	3	6	3	6	6	6	6	2	2	2
P19	Speed	4	9	4	9	4	9	4	9	4	9
P20	Speed	4	9	4	9	4	9	4	9	4	9
P21	Speed	2	6	2	6	9	6	9	2	6	2
P22	Speed	4	6	9	6	2	6	2	2	4	2
P23	Speed	4	6	9	6	6	6	6	2	2	2
P24	Speed	4	6	9	6	4	6	4	2	4	2
P25	Speed	2	4	3	4	3	3	7	3	9	3

P26	Speed	2	5	4	6	4	7	5	3	5	2
P27	Speed	2	5	4	5	4	6	5	3	4	2
P28	Speed	2	6	7	4	4	8	5	3	5	2
P29	Speed	2	4	6	8	7	9	7	3	4	2
P30	Speed	2	4	5	5	6	6	7	4	4	2
P31	Speed	3	6	7	5	8	6	9	7	4	3
P32	Speed	3	6	7	5	8	7	8	7	5	3
P33	Speed	2	8	6	4	5	9	8	6	5	3
P34	Speed	2	3	5	3	3	6	4	7	4	3
P35	Speed	2	5	8	9	6	9	6	4	3	2
P36	Speed	2	5	5	4	4	7	5	3	4	4

FAULTS AND POSSIBLE SOLUTIONS

A sudden stop	The safety key is not secured properly	Plug in the safety key
	Console error	Ask service for repair
Buttons are not responding		Replace the buttons and communication cable
		Replace the motherboard for the buttons
		Replace the console
E1 communication error	The cable is loose or damaged	Check the cable between the console and the controller
	Damaged console	Replace the console
	Driver error	Replace the controller
E2 motor damage	Check motor connections or motor damage	Replace the motor connection cable or the motor
E5 Overload protection E6 surge protection	Running belt friction is high	Lubricate the running surface
	Driver error	Replace the controller
	Engine failure	Replace the motor
	Driver error	Replace the controller
No pulse is displayed	Badly connected or disconnected signal cable	Check the connection
	Motherboard damage	Replace the console
E9 folding protection	The treadmill is folded	Turn off the treadmill, unfold, and turn on
	Driver error	Replace the controller
	Defective magnet or sensor	Replace the magnet or sensor
The display does not show the data properly	Console screws allowed	Tighten the bracket screws
	Console fault	Replace the console
Treadmill cannot be turned on	No power supply	Plug in
	The safety key is not in the	Check the position and

	correct position	connection of the key
	Intermittent current fault	Check cable connections
	Switch in wrong position	Turn the switch to the correct position
The treadmill rubs	Slightly lubricated surface	Lubricate
	The running belt is too tight	Adjust the running belt tension
The treadmill is slipping	The running belt is too loose	Tighten the running belt
	The motor belt is loose	Adjust belt tension

MAINTENANCE AND STORAGE

STORAGE

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

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

Never remove protective covers.

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

Check all bolts and nuts regularly for tightness.

MAINTENANCE

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

Never use aggressive cleaning agents based on alcohol or petrol.

REGULAR INSPECTION

DAILY

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

WEEKLY

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

MONTHLY

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

We do not recommend performing any internal corrections / adjustments.

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

SAFE EXERCISING

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

Speed 1 - 3.0 km/h	people with weak constitution
Speed 3.0 - 4.5 km/h	people who do not exercise often
Speed 4.5 - 6.0 km/h	normal walking speed
Speed 6.0 - 7.5 km/h	fast walking
Speed 7.5 - 9.0 km /h	jogging
Speed 9.0 - 12.0 km/h	intermediate speed runner
Speed 12.0 - 14.5 km/h	experienced runner
Speed over 14.5 km/h	excellent runner

ATTENTION:

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

GETTING START

PREPARATION

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

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

EXERCISE

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

FREQUENCY

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

HOW TO EXERCISE

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

BURNING CALORIES - This way allows you to burn calories. Warm up for 5 minutes at 4 – 4.8 km/h speed, then add 0.3 km/h per every 2 minutes. Keep increasing the speed until you feel it is a challenge to do the exercise continually for 45 minutes. In order to increase intensity, you can try to

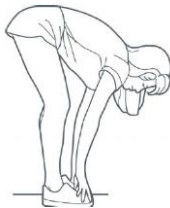
exercise for 1 hour at this speed. You can exercise while watching TV. Add 0.3 km/h speed every time you see advertisements and return to the former speed by the end of the advertisement so that you increase the intensity only during advertisements. Slow down for at least 4 minutes.

CLOTHING

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

WARM – UP EXERCISE

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



Touch toes

Bend your knees slightly and slowly stretch your body downwards.

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



Hamstring stretches

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



Calves and Achilles tendon stretches

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



Quadriceps stretches

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



Inner thigh stretches

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

STORAGE

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

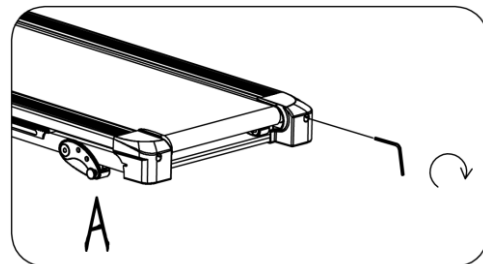
IMPORTANT NOTICE

- This treadmill comes with standard safety regulations and is suitable for home use. Any other use is prohibited and may be dangerous to users. We are not responsible for any injury caused by improper and forbidden use of the machine.
- Consult your doctor before starting training on the treadmill. Your doctor should evaluate whether you are physically fit to use the machine and how much effort you are able to undergo. Incorrect exercise or switching of the body can harm your health.
- Carefully read the following tips and exercises. If you experience pain, nausea, breathing, or other health problems during exercise, immediately stop the exercise. If the pain persists, contact your doctor immediately.
- This treadmill is not suitable for medical purposes. It can also not be used for healing purposes.
- The heart rate monitor is not a medical device. It provides only approximate information about your average heart rate, and any suggested pulse rate is not medically binding. Accumulated data may not always be accurate regarding uncontrollable human and environmental factors.

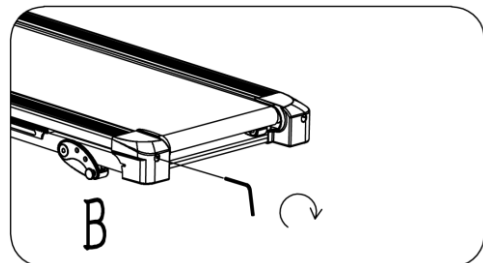
ADJUSTING THE RUNNING BELT

Place the treadmill on level ground and set it at 3.5 – 5 km/h to check and see if the running belt (20) drifts from the center.

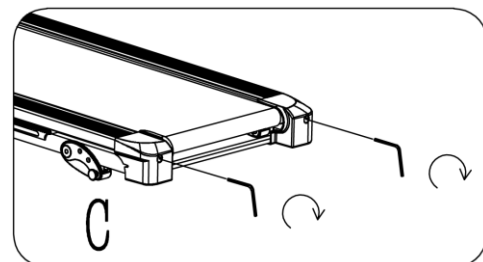
If the running belt (20) drifts to the right, turn the adjusting bolt on the right side $\frac{1}{4}$ turn clockwise, then turn the left adjustment bolt $\frac{1}{4}$ turn counter-clockwise. If the belt does not move, repeat this step until it centers. Refer to image A.

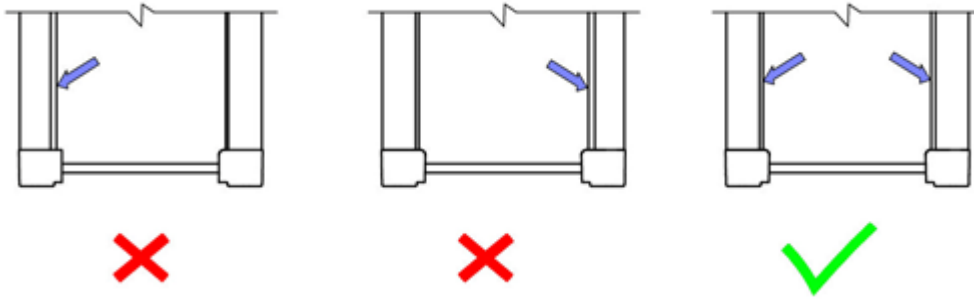


If the running belt (20) drifts to the left, turn the adjusting bolt on the left side $\frac{1}{4}$ of a turn clockwise, then turn the right adjustment bolt $\frac{1}{4}$ turn counter-clockwise. If the belt does not move, repeat this step until it centers. Refer to image B.



Over time, the running belt (20) will loosen. To tighten the belt, turn both the left & right-side adjustment bolts one full turn clockwise. Check the tension of the belt. Continue this process until belt is at the correct tension. Make sure to adjust both sides equally to ensure even belt alignment. Refer to image C.





LUBRICATING THE TREADMILL

Lubricating the running belt & the running board is essential as the friction affects the life span and operations of the treadmill. Therefore, we suggest you to inspect the running belt regularly.

WARNING: Always unplug the treadmill from the electrical outlet before cleaning, lubricating, or repairing the unit.

We recommend following the lubrication chart below:

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

How to lubricate the treadmill:

Stop the treadmill, turn off the power and fold. Raise the treadmill so you can apply oil to the center of the belt.

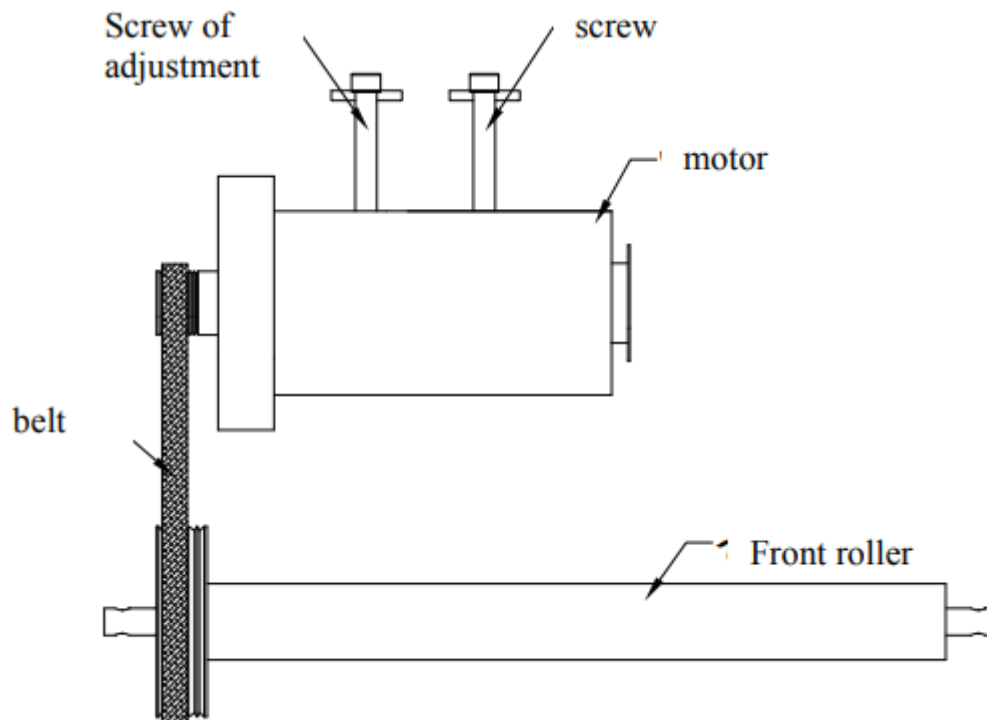
Apply a little oil to the sides of the belt and then unfold the belt. Turn on the treadmill at a speed of 1 km/h and slowly walk from left to right so that the oil is distributed evenly.



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

Adjusting the motor belt tension

Adjust the adjustment screws so that the belt is sufficiently stretched and does not slip



ENVIRONMENT PROTECTION

After the product lifespan expired or if the possible repairing is uneconomic, dispose it according to the local laws and environmentally friendly in the nearest scrapyards.

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

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

TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS

General Conditions of Warranty and Definition of Terms

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

The seller is SEVEN SPORT s.r.o. with its registered office in Strakonická street 1151/2c, Prague 150 00, Company Registration Number: 26847264, registered in the Trade Register at Regional Court in Prague, Section C, Insert No. 116888.

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

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

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

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

Warranty Conditions

Warranty Period

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

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

Batteries

6-month battery warranty – we guarantee that battery's nominal capacity does not fall below 70% of its total capacity within 6 months of the product's sale.

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

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

Warranty Claim Procedure

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

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

If the Buyer gives notice of a defect that is not covered by the Warranty (e.g. in the case that the Warranty Conditions were not fulfilled or in the case of reporting the defect by mistake etc.), the Seller is eligible to require a compensation for all the costs arising from the repair. The cost shall be calculated according to the valid price list of services and transport costs.

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

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

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

CZ
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About shipping

