USER MANUAL – EN
IN 26634 Treadmill inSPORTline ZenRun 30

CONTENTS

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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:** 120 kg
- **Category:** HC for home use
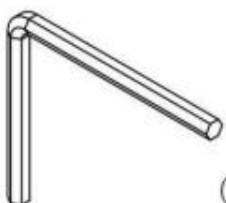
SAFETY WARNING: Do not use heart rate sensors in the handle at speeds above 14 km / h.

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

ASSEMBLY
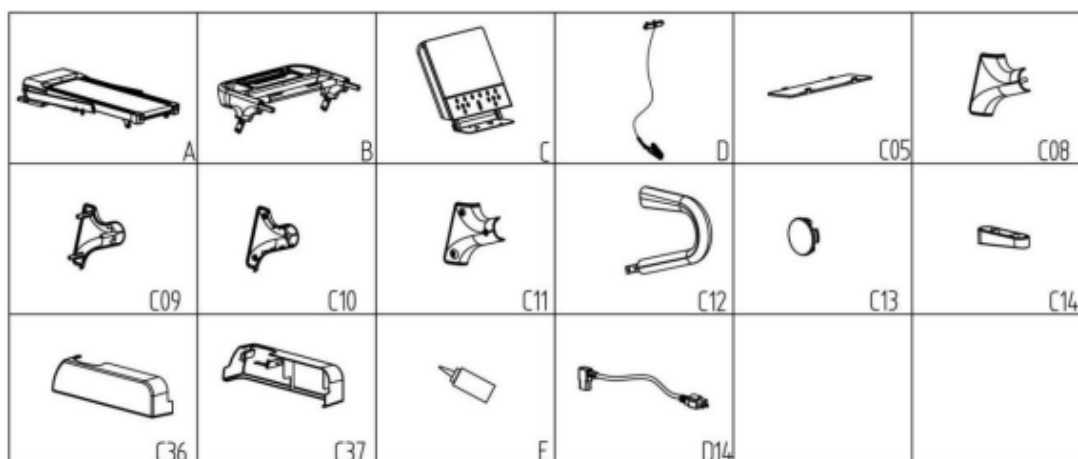
A	Main frame	1	C11	Right post inner cover	1
B	Control panel	1	C12	Foam handle	2
C	Console	1	C13	Screw caps	4
D	Safety key	1	C14	Handle end cover	2
C05	Control panel cover	1	C36	Left bottom cover	1
C08	Left post outer cover	1	C37	Right bottom cover	1
C09	Right post outer cover	1	E	Silicone oil	1
C10	Left post inner cover	1	D14	Power cable	1

E15 M8*15	E24 ST4.2*15	E32 ø8
(22X)	(6X)	(10X)
B07 S5	B08 S=13 14 15	B11 S6
(1X)	(1X)	(1X)

Do not plug in the belt until assembly is complete.

Step 1

Remove the main frame from the packaging material.
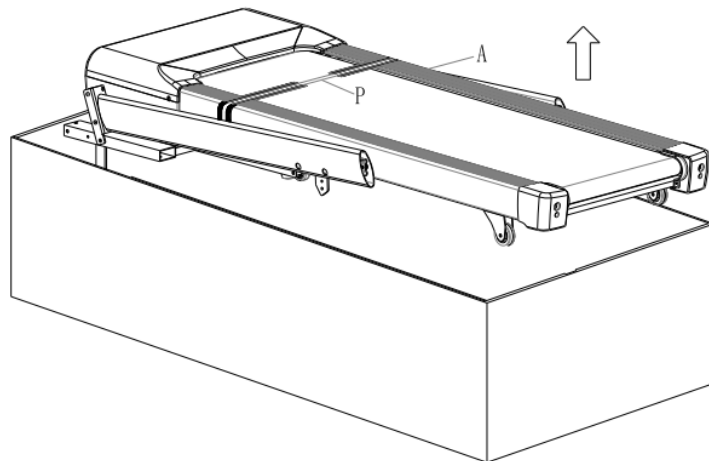
Step 2

Raise and attach the posts.
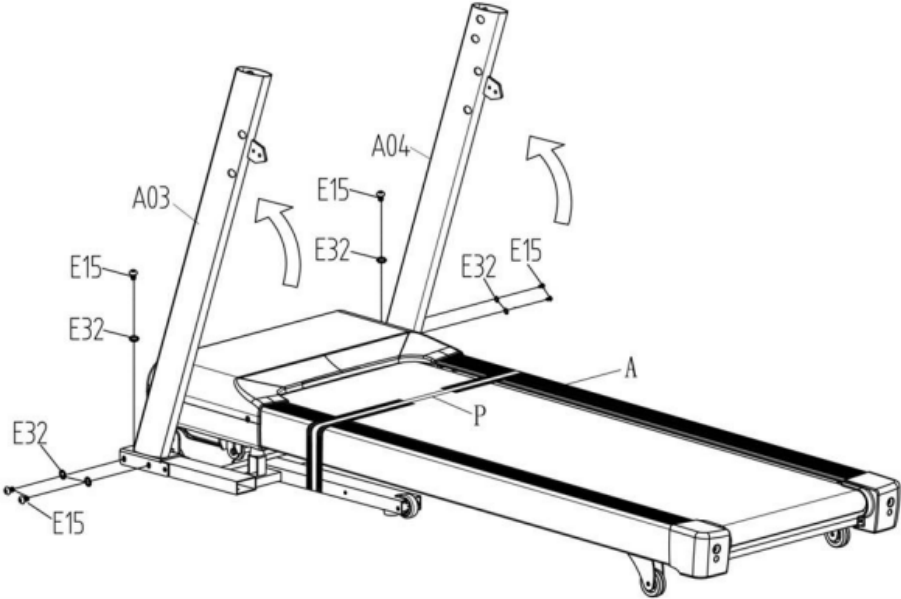
Step 3

Attach the control panel to the attached posts. On the right side, connect the cables.
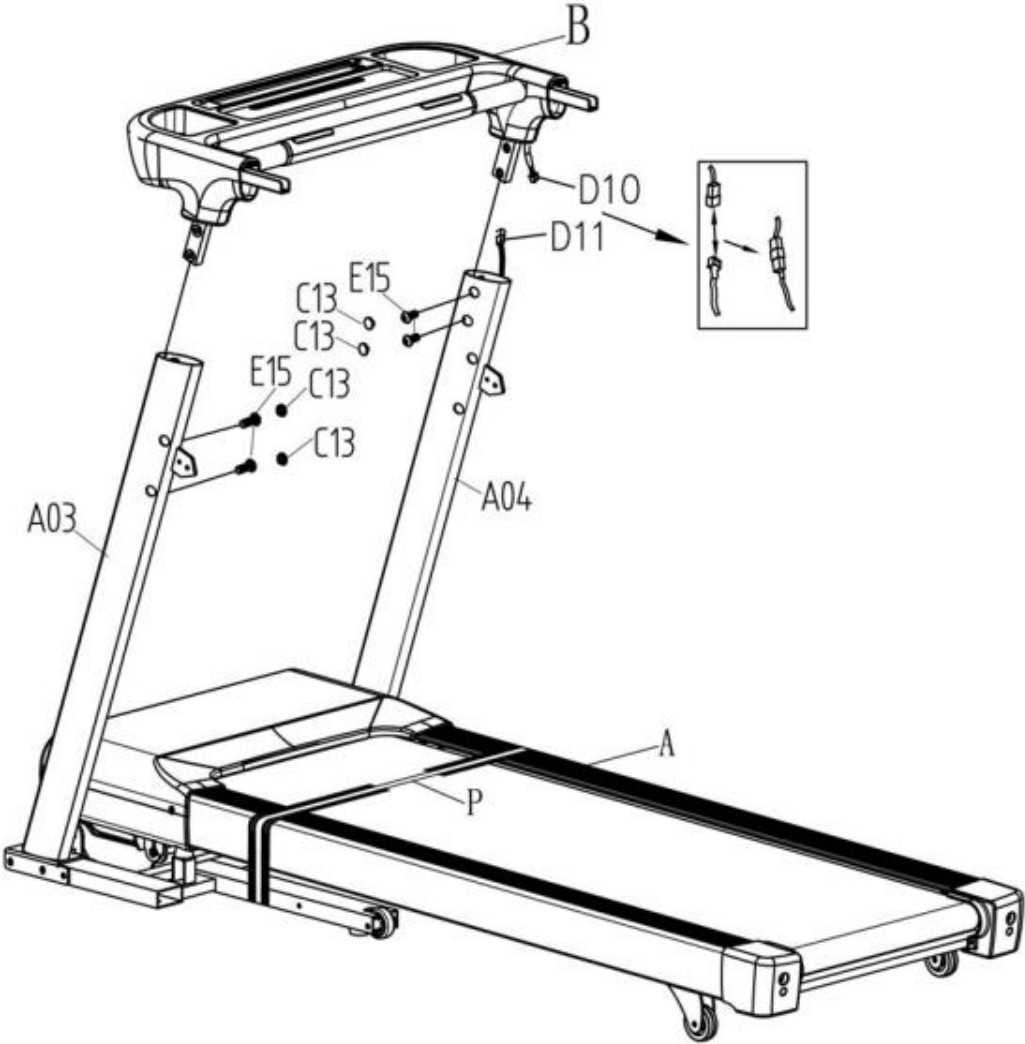
Step 4

Connect the control panel and display cables. Attach the display to the control panel.
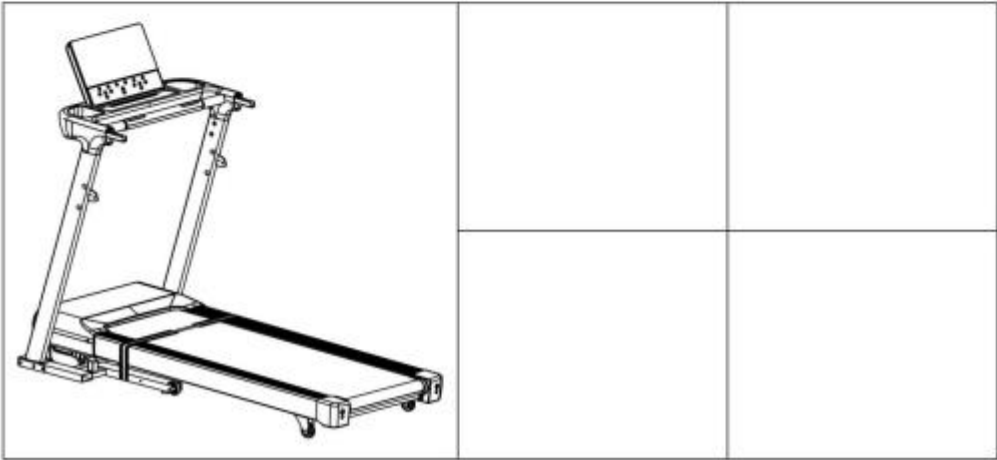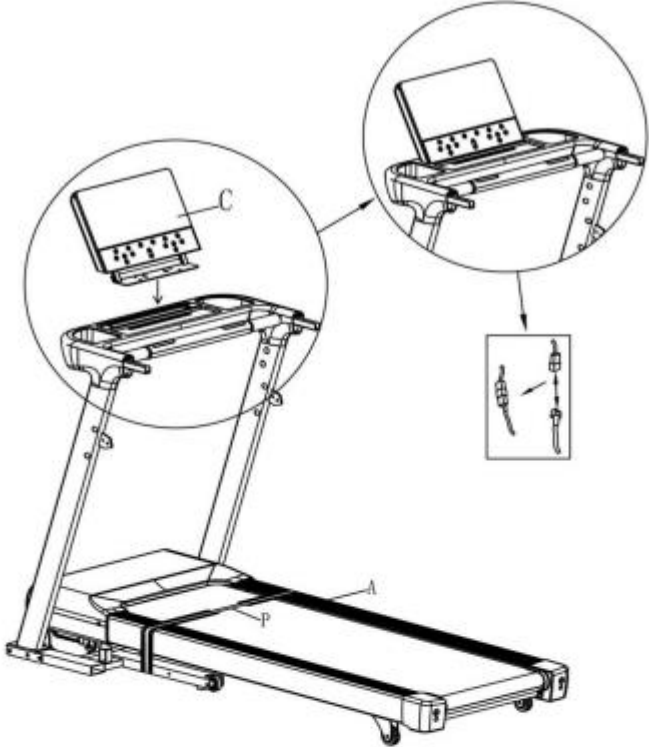
Step 5

Attach the bottom cover of the control panel.
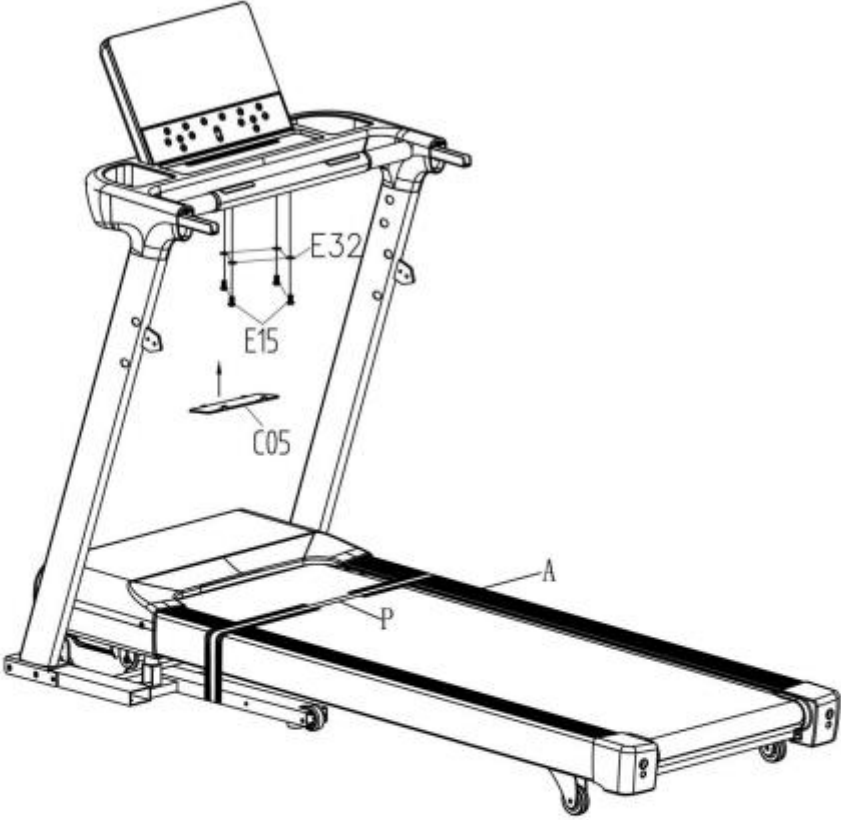
E15 M8*15	E32 ø8
(4x)	(4x)
B07 5#	C05
(1x)	(1x)

Step 6

Attach the handles to the posts and control panel.
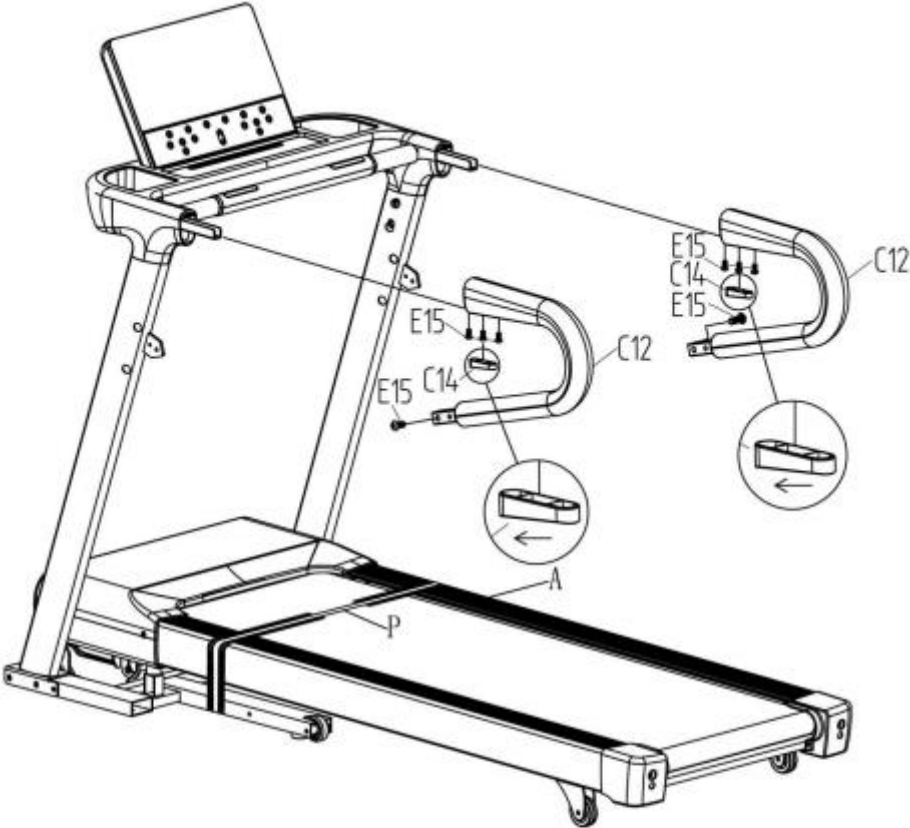
E15 M8*15		C14
(8x)		(2x)
B07 5#		
(1x)		

Step 7

Attach the handle covers.

E24
E24
E24 E24 C11
C09
E24
C08 C10
A
P
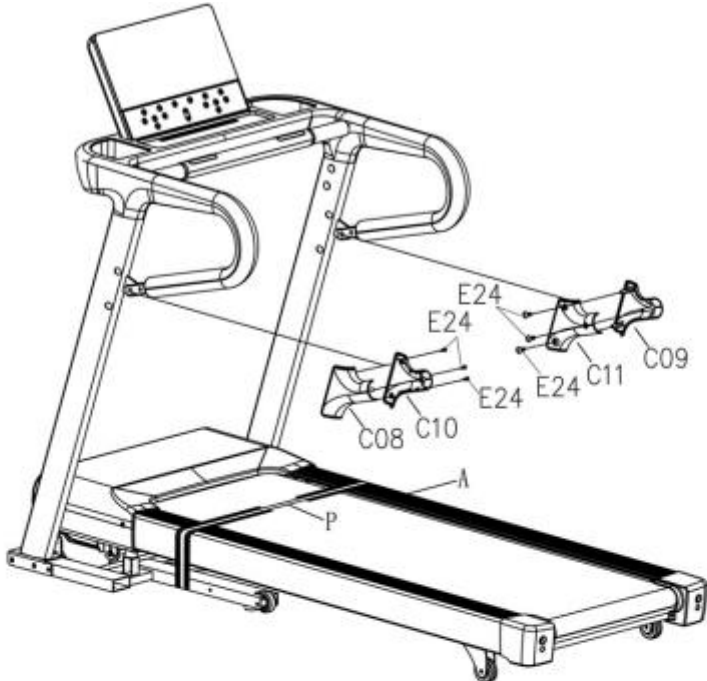
E24 ST4.2*15	
(6x)	
B08 S=13 14 15	
(1x)	

Step 8

Attach the side bottom covers.
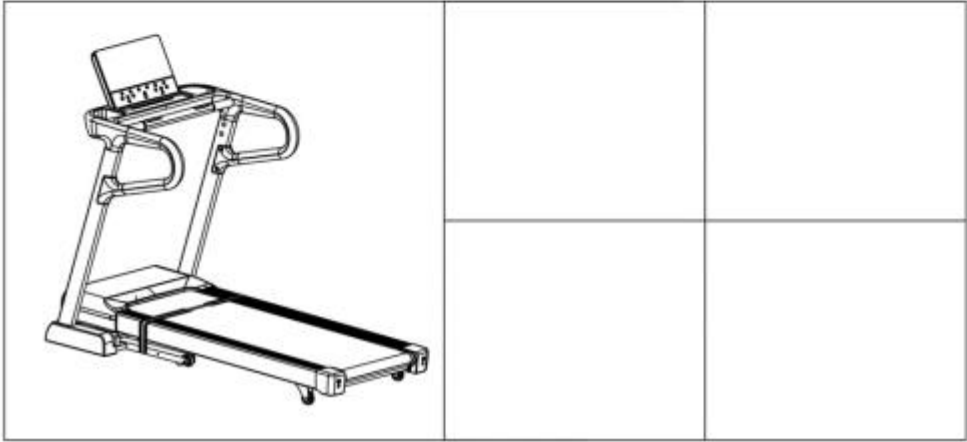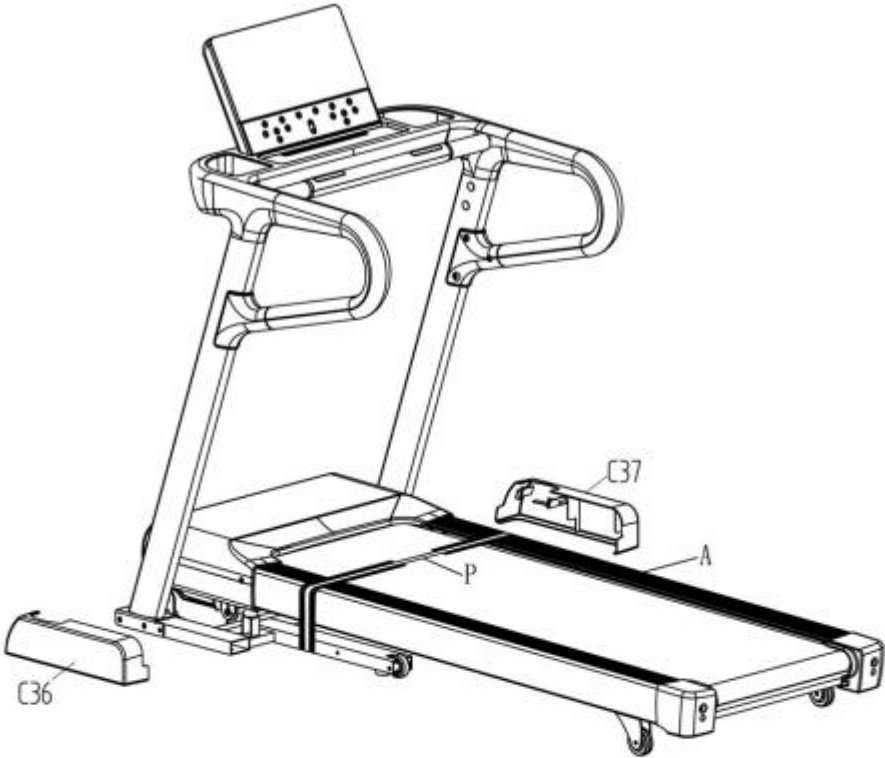
Step 9

Cut the transport tape.
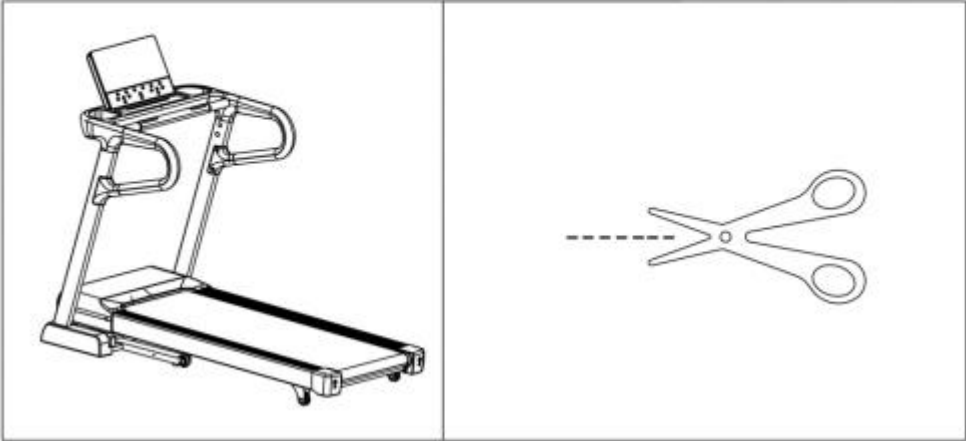
Step 10

Remove the transport lock on the underside of the treadmill.

C33

E15

G

C33

E15

G

	B07 5#	
	(1x)	
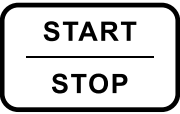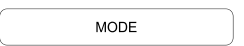
CONSOLE
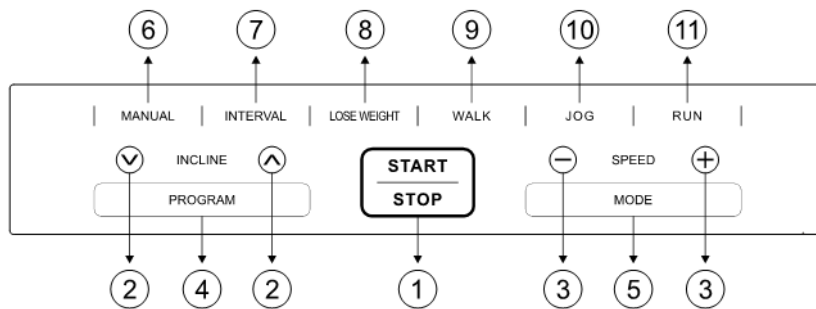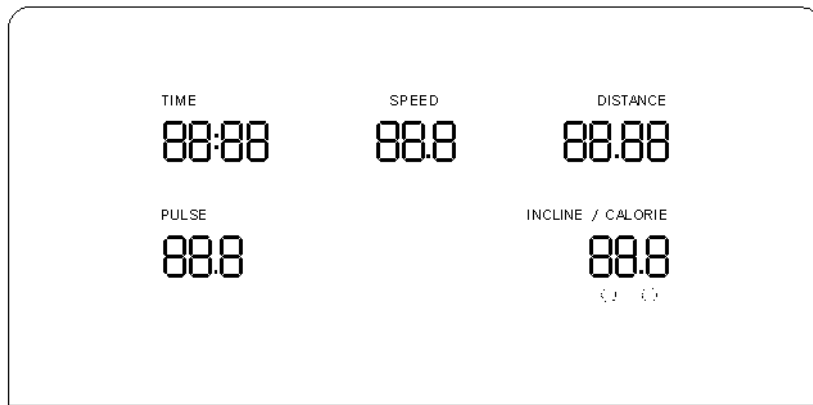
DISPLAY

TIME 88:88	Time Training duration display range: 0 – 18 hours Time countdown setting range: max. 99:00 (min:sec)
SPEED 88.8	Speed Display range: 0.8 – 18.0 km/h
DISTANCE 88.88	Distance Display range: 0.00 - 99.99 Distance setting range: max. 99.99 HRC – heart rate program display FAT – display of body fat measurement result
PULSE 88.8	Pulse Display range: 50 - 200 beats/min The data are only indicative, they do not serve for health and medical purposes.
INCLINE / CALORIE 88.8	Incline / calories The data is displayed in a cycle every 5 seconds Calorie display range: 0.0 - 999 cal Range of calorie count settings: max. 999 cal Incline display range: 0 – 15

BUTTONS

1	**START** / **STOP**	Treadmill start/stop The safety key must be inserted to start. If you start the treadmill in the manual program, the speed and inclination will be at the lowest values.
2	(∨) INCLINE (∧)	Incline setting in the range of 0 - 15 Settings after 1 level Holding down the button for 0.5 seconds will continuously adjust the value until you release the button
3	(−) SPEED (+)	Speed setting in the range of 0.8 - 18 km/h Adjustment in increments of 0.1 km/h Holding down the button for 0.5 seconds will continuously adjust the value until you release the button.
4	PROGRAM	Program selection P1 – P12, HRC, FAT
5	MODE	Setting the program for countdown: time (30:00), distance (1.00), calories (50.0). You can adjust the value using the incline or speed buttons. After setting the value, run the program
6	MANUAL	Manual program P1 The time display will show "30:00". Use the SPEED buttons to adjust the length of the workout. Confirm by pressing START.
7	INTERVAL	P2 Interval Program. The time display will show "30:00". Use the SPEED buttons to adjust the length of the workout. Confirm by pressing START.
8	LOSE WEIGHT	Weight loss program P3. The time display will show "30:00". Use the SPEED buttons to adjust the length of the workout. Confirm by pressing START.
9	WALK	Walking program P4. The time display will show "30:00". Use the SPEED buttons to adjust the length of the workout. Confirm by pressing START.
10	JOG	Jog program P5. The time display will show "30:00". Use the SPEED buttons to adjust the length of the workout. Confirm by pressing START.
11	RUN	Running program P6. The time display will show "30:00". Use the SPEED buttons to adjust the length of the workout. Confirm by pressing START.

PROGRAMS

QUICK START

Turn on the treadmill and connect the safety key.

Press START to start a 3-second countdown, an audible signal will sound, and the treadmill will then start at a speed of 0.8 km/h.

You can adjust the speed and incline by pressing the corresponding buttons (SPEED/INCLINE).

MANUAL PROGRAM

Press START. The treadmill starts at a speed of 0.8 km/h.

All values will be added from 0. You can adjust the speed and incline by pressing the corresponding buttons (SPEED/INCLINE).

COUNTDOWN PROGRAM

By pressing MODE you can switch the countdown programs. Adjust the setting value using the SPEED and INCLINE buttons. Once the countdown program is started, use the SPEED and INCLINE buttons to adjust the speed and incline.

Time countdown

The TIME display will show "30:00". Setting range 5:00 - 99:00. Adjust the setting value using the SPEED and INCLINE buttons. Once the countdown program is started, use the SPEED and INCLINE buttons to adjust the speed and incline.

Distance countdown

The DISTANCE display will show "1.00". Setting range 0.50 - 99.90. Adjust the setting value using the SPEED and INCLINE buttons. Once the countdown program is started, use the SPEED and INCLINE buttons to adjust the speed and incline.

Calories countdown

The calorie display (CALORIES) will show "50.0". Setting range 10.0 – 999. Adjust the setting value using the SPEED and INCLINE buttons. Once the countdown program is started, use the SPEED and INCLINE buttons to adjust the speed and incline.

After setting the countdown program, press START. Press START to start a 3-second countdown, an audible signal will sound, and the belt will then start at a speed of 0.8 km/h.

You can adjust the speed and incline by pressing the corresponding buttons (SPEED/INCLINE).

PRESET PROGRAMS

By pressing PROGRAMS, you can select preset programs, which are listed in the table below. The time display will show "30:00". Adjust the setting value using the SPEED and INCLINE buttons. Press START to start the program. The program is divided into 16 segments (the length of one segment is the set time/16. When the program moves to the next segment, an audio signal will sound. During the program, you can adjust the speed and inclination at any time using the corresponding buttons. You can press STOP at any time to stop the program.

PROGRAM	SEGMENT	SET TIME / 16															
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P1	SPEED	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
	INCLINE	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
P2	SPEED	5	10	10	5	5	10	10	5	5	10	10	5	5	10	10	5
	INCLINE	2	2	4	4	6	6	6	6	4	4	4	4	2	2	2	2

P3	**SPEED**	5	5	8	8	5	5	5	8	8	5	5	5	8	8	5	5
	INCLINE	2	2	4	4	4	4	4	4	4	4	4	4	2	2	2	2
P4	**SPEED**	5	7	7	8	8	7	7	10	10	7	5	5	7	7	10	5
	INCLINE	2	2	4	4	4	4	4	4	4	4	4	4	2	2	2	2
P5	**SPEED**	5	9	9	11	11	12	5	5	9	9	11	11	12	9	9	5
	INCLINE	2	2	4	4	4	4	4	4	4	4	4	4	2	2	2	2
P6	**SPEED**	5	7	8	10	12	10	8	5	5	8	10	12	10	8	7	5
	INCLINE	2	2	4	4	6	6	6	6	4	4	4	4	2	2	2	2
P7	**SPEED**	5	6	6	6	7	8	10	10	8	9	10	10	8	6	5	5
	INCLINE	0	5	5	5	4	4	4	3	3	3	3	4	4	4	0	0
P8	**SPEED**	5	5	5	5	6	7	5	6	7	5	6	7	5	5	5	5
	INCLINE	0	4	4	4	3	3	6	6	6	7	7	8	8	9	0	0
P9	**SPEED**	5	5	5	8	9	9	6	8	9	6	8	9	6	6	5	5
	INCLINE	0	5	5	5	6	6	6	7	8	9	9	9	10	10	0	0
P10	**SPEED**	5	6	6	9	9	6	9	10	6	10	11	11	6	6	5	5
	INCLINE	0	5	5	6	6	6	4	4	6	6	5	5	8	8	0	0
P11	**SPEED**	5	6	7	8	9	7	6	8	10	10	8	8	7	6	5	5
	INCLINE	0	6	6	6	7	5	8	8	4	4	4	5	5	8	0	0
P12	**SPEED**	5	7	10	12	9	9	12	12	9	9	12	12	7	7	5	5
	INCLINE	0	5	3	2	6	6	2	2	2	2	2	4	5	6	0	0

HEART RATE RECOVERY TEST

Use the PROGRAMS button to select the FAT program that will be shown in the DISTANCE display.
Use the SPEED button to adjust the values. Use MODE to confirm the value.

You need to set the data below:

F1 gender (01 male, 02 female)

F2 age (25 original value, setting range 10 - 99)

F3 height (170 original value, adjustment range 100-200 cm)

F4 weight (70 original value, setting range 20 - 150 kg)

F5 result

≤19	Malnutrition
= (20-25)	Normal
= (26-29)	Overweight
≥30	Obesity

HRC PROGRAM

The program determines the training intensity by detecting the current heart rate so that the user is within the set target value.

Age	Pulse per minute			Age	Pulse per minute			Age	Pulse per minute		
	H	Default	L		H	Default	L		H	Default	L
15	195	123	123	35	176	111	111	58	154	97	97
16	194	122	122	36	175	110	110	59	153	97	97
17	193	122	122	37	174	110	110	60	152	96	96
18	192	121	121	38	173	109	109	61	151	95	95
19	191	121	121	39	172	109	109	62	150	95	95
20	190	120	120	40	171	108	108	63	149	94	94
21	189	119	119	41	170	107	107	64	148	94	94
22	188	119	119	42	169	107	107	65	147	93	93
23	187	118	118	43	168	106	106	66	146	92	92
24	186	118	118	44	167	106	106	67	145	92	92
25	185	117	117	45	166	105	105	68	144	91	91
26	184	116	116	46	165	104	104	69	143	91	91
27	183	116	116	47	164	103	103	70	143	90	90
28	182	115	115	48	163	103	103	71	142	90	89
29	181	115	115	49	162	103	103	72	141	90	89
30	181	114	114	50	162	102	102	73	140	90	88
31	180	113	113	51	161	101	101	74	139	90	88
32	179	113	113	52	160	101	101	75	138	90	87
33	178	112	112	53	159	100	100	76	137	90	86
34	177	112	112	54	158	100	100	77	136	90	86
				55	157	99	99	78	135	90	85
				56	156	98	98	79	134	90	85
				57	155	98	98	80	133	90	84

H – the highest value

L – lowest value

Press the PROG button to select HRC, HRC will be shown in the DISTANCE display. You can adjust the setting values using the SPEED and INCLINE buttons. Press MODE, set the age, the original age

value of 30 will be displayed. The program will then recommend a suitable heart rate according to the table in the range of 84-195.

Then set the maximum speed, the original value is 10km/h, the setting range is 3.0-18.0km/h.

Then set the training duration, the original value is 10:00, the setting range is 10:00 - 99:00.

After setting all values, press START to start the program.

You can adjust the speed and incline according to the respective buttons.

The program will adjust the speed according to the heart rate, once it reaches the maximum set value, it will start adjusting the incline.

If the heart rate is not detected for 20 seconds, the program stops.

SAFETY KEY

In case of danger, it is possible to pull out the safety key to immediately stop the operation of the belt. When the key is removed, "---" will appear on the display and a beep will sound. The safety key must be engaged to restart the belt.

USB PORT

The USB port can be used to charge the phone.

MP3

Connect an MP3 device to play music. You control the music using a connected device

WARNING

Check the correct connection of the safety key.

If any anomaly or malfunction occurs, stop belt operation immediately.

Contact the service department to repair or service the device.

FOLDING
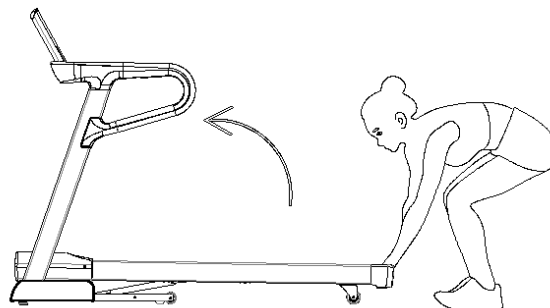
UNFOLDING

Grasp the running board and use your foot to release the piston.

BELT MOVEMENT

Fold the belt. Grab the running board and place the treadmill on the transport wheels.

TREADMILL LEVELING

Level the treadmill using the feet.

SAFETY KEY

The safety key must be inserted before use.

ERROR CODES

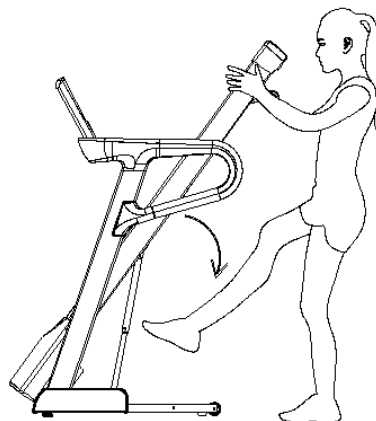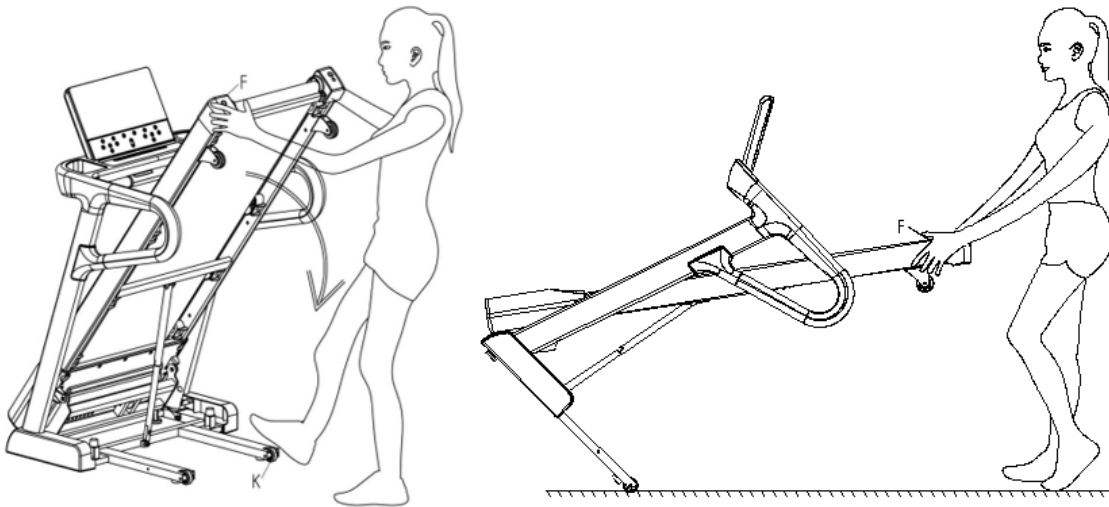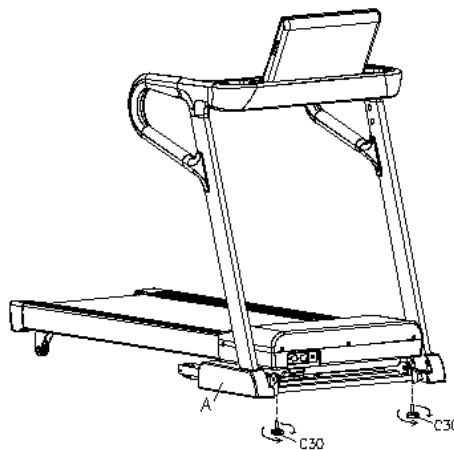|	E01/E13
Error	Error
Description of a error:	Description of a fault:
The display does not show anything after switching on	After connecting the power, the electronic display will show "E01"------communication error (the controller did not receive the display signal);
Repair methods:	the display shows "E13"------communication error (the display does not receive the controller signal)
1. First, check if the fuse is triggered, if it is, press it.	Repair methods:
2. Check the power cable on the main switch, overload protection and controller to ensure a good connection.	1. Communication between the display and the controller is blocked. Check each part of the connection between the display and controller cables to make sure the cables are properly connected. If the cables are connected incorrectly, plug them in, if they are damaged, replace them.
3. Check that the power cable from the display to the controller is connected. Remove the post and check each part of the wiring from the display to the controller to make sure the cables are connected. If the cables are connected incorrectly, plug them in, if they are damaged, replace them.	2. Replace the damaged display.
	3. Controller signal line failure, replace the controller.

E02	E03
Error	Error
Description of a fault:	Description of a fault:
Overvoltage protection or motor abnormality will appear on the display after starting	After starting up, the display will show "E03"------no sensing signal
Repair methods:	Repair methods:
1. Check if the motor lead is connected correctly, reconnect the motor lead, if it doesn't work, replace the motor.	1. If "E03" is displayed for 5-8 seconds after starting the engine, the speed sensor signal is not detected. Check if the sensor plug is plugged in or if the magnetic sensor is broken or damaged, plug it in or replace the magnetic sensor.
2. Check if the controller is damaged or shorted, if so, replace the controller.	2. The sensor signal line on the bottom controller is damaged, replace the controller.
3. Check if the supply voltage is less than 50% of the normal voltage, please use the correct voltage specification to retest.	

E04	**E05**
Error	Error
Description of a fault:	Description of a fault:
Display shows "E04" - lift detection or auto test failed after startup (no lift function, no error)	After starting, the display will show "E05" - overcurrent protection
Repair methods:	Repair methods:
1. Check if the lift motor signal cable is connected correctly, then disconnect and reconnect the wire connector.	1. Possible reason is too much current due to exceeding rated load.
2. Check that the tilt motor AC cable is connected correctly.	2. A certain part of the treadmill is stuck, resulting in the motor cannot rotate, the load is too high, the current is too large.
3. Check if the motor cable is damaged or broken, replace the cable or lift motor.	3. Check for abnormal noises or burning odors when the engine is running. Replace the motor.
4. Replace the controller.	4. Check if there is a burning smell coming from the controller, if so, replace the controller.
5. Check the control unit.	

E06	**E08**
Error	Error
Description of a fault:	Description of a fault:
If the display shows "E06" after starting, it usually means an open motor circuit.	Display shows "E08" after startup - 24C02 memory error (with 24C02 driver)
Repair methods:	Repair methods:
1. The motor lead is not connected and connected correctly, reconnect the motor lead.	1. The memory IC is not inserted into place (non-power-off), plug it back into the IC bed and pay attention to the position of PIN1.
2. Internal motor open circuit, replace motor.	2. The memory IC is damaged, or the relevant circuit is defective, replace the memory IC or replace the controller.
3. The motor is running at idle, the current is too small, reconnect	

E10	
Error	
Description of a fault:	
If the display shows "E10" after starting, it usually means an immediate motor short	
Repair methods:	
1. Motor torque is too high, adjust the torque potentiometer to the appropriate position.	
2. Internal motor short, replace the motor.	
3. The transmission part is stuck, adjust the transmission part or add lubricating oil.	

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 home use. Any other use is prohibited and may be dangerous to users. We are not responsible for any injury caused by improper and forbidden use of the machine.

- Consult your doctor before starting training on the treadmill. Your doctor should evaluate whether you are physically fit to use the machine and how much effort you are able to undergo. Incorrect exercise or switching of the body can harm your health.

- Carefully read the following tips and exercises. If you experience pain, nausea, breathing, or other health problems during exercise, immediately stop the exercise. If the pain persists, contact your doctor immediately.

- This treadmill is not suitable for medical purpose. It can also not be used for healing purposes.

- The heart rate monitor is not a medical device. It provides only approximate information about your average heart rate, and any suggested pulse rate is not medically binding. Accumulated data may not always be accurate regarding uncontrollable human and environmental factors.

ADJUSTING THE RUNNING BELT

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

If the running belt (20) drifts to the right, turn the adjusting bolt on the right side ¼ turn clockwise, then turn the left adjustment bolt ¼ turn counter-clockwise. If the belt does not move, repeat this step until it centers. Refer to image A.
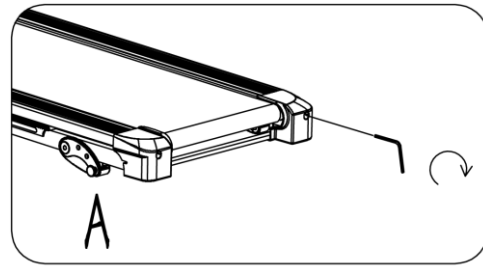
If the running belt (20) drifts to the left, turn the adjusting bolt on the left side ¼ of a turn clockwise, then turn the right adjustment bolt ¼ turn counter-clockwise. If the belt does not move, repeat this step until it centers. Refer to image B.
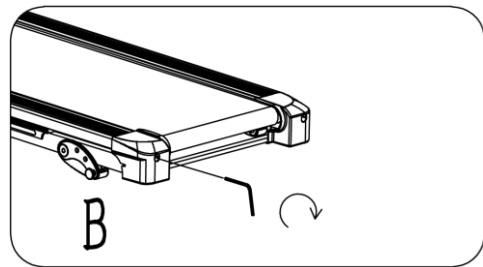
Over time, the running belt (20) will loosen. To tighten the belt, turn both the left & right-side adjustment bolts one full turn clockwise. Check the tension of the belt. Continue this process until belt is at the correct tension. Make sure to adjust both sides equally to ensure even belt alignment. Refer to image C.
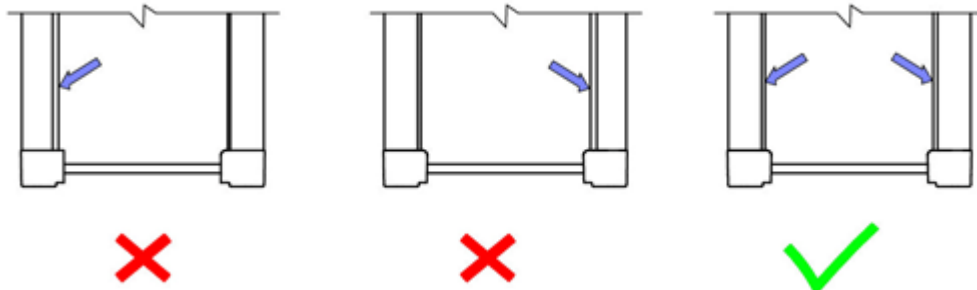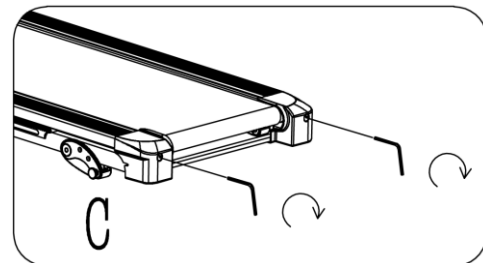
LUBRICATING THE TREADMILL

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

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

We recommend following the lubrication chart below:

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

How to lubricate the treadmill:

Lift up the belt on one side and apply a lubricant, then apply lubricate to entire surface with a cloth. repeat on the other side.

All moving parts must move freely and quietly. Abnormal movement may impair product safety. Check and tighten all screws regularly.

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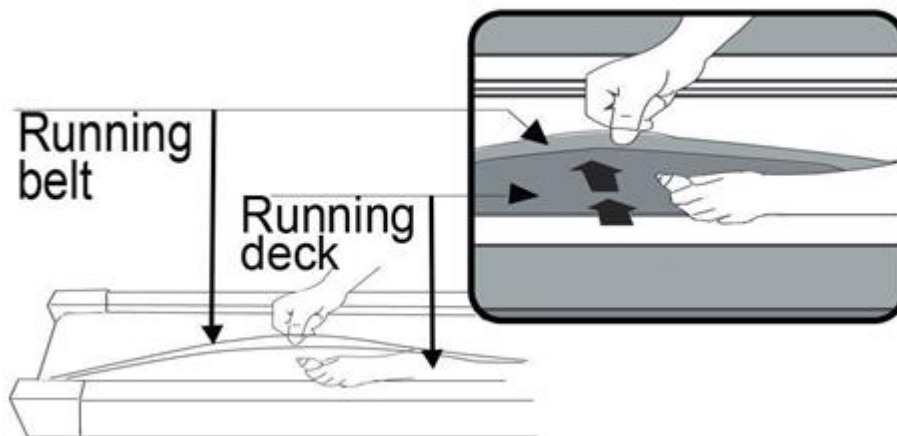
Before each lubrication of the treadmill, first test the oil film by touching the plate under the belt. There should be a light oil film on the board, which will also remain on your fingers. If this is not the case, lubricate the treadmill. It is generally recommended to use approximately 10 ml of oil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

PARTS LIST

No	Name	Specifications	Qty	No	Name	Specifications	Qty
A01	Base frame		1	B11	#6 key		
A02	Main frame		1	C01	Top cover of the LED display		1
A03	Left post		1	C02	Bottom panel cover		1
A04	Right post		1	C03	Panel top cover		1
A05	Console frame		1	C04	Bottom panel cover		1
A06	Control panel frame		1	C05	Middle and lower panel cover		1

A07	Handles frame		1	C06	Left display cover		1
A08	Incline frame assembly		1	C07	Right display cover		1
B01	Front roller	Φ50*t3.0*562	1	C08	Left outer post cover		1
B02	Rear roller	Φ46*t3.0*560	1	C09	Right outer post cover		1
B03	Piston		1	C10	Left inner post cover		1
B04	Pulse plate		4	C11	Right inner post cover		1
B05	Safety lock spring		2	C12	Foam handle		2
B06	Sleeve		2	C13	Screw cap		4
B07	Key 5#		1	C14	Handle cover		2
B08	Phillips screwdriver		1	C15	Engine top cover		1
B09	Sleeve		2	C16	Engine bottom cover		1
B10	Spring 1		4	C17	Left rear cover		1
C18	Right rear cover		1	C40	Main board buttons		1
C19	Damping pad		4	D01	Display		1
C20	Damping pad		4	D02	Motherboard		1
C21	Damping pad		2	D03	Main board buttons		1
C22	Leg		2	D04	Upper pulse detector cable		1
C23	Transport wheels		2	D05	Pulse detector bottom cable		2
C24	Adjustable cylinder		2	D06	Safety switch upper cable		1
C25	Foam handles		2	D07	Safety switch bottom cable		1
C26	Safety buckle		1	D08	Upper display cable		1
C27	Safety lock		1	D09	Middle display cable 1		1
C28	Upper cover of pulse plates		1	D10	Lower display cable		1
C29	Bottom cover of pulse plates		1	D11	Magnet sensor		1
C30	Adjustable feet		2	D12	Magnetic ring		1
C31	Belt buckle		1	D13	Core		1

C32	Circular cable plug		2	D14	Power cable		1
C33	Plastic seals		2	D15	Switch		1
C34	EVA pad	1190*20*2.0	2	D16	Socket		1
C35	EVA mat	80*64*3.0	1	D17	Overload protection		1
C36	Left bottom cover		1	D18	AC separate cable	Length 200, blue	1
C37	Right side cover		1	D19	AC separate cable	Length 200, brown	2
C38	Sidewalls		2	D20	AC separate cable	Length 350, brown	1
C39	Treadmill		1	E13	Allen screw	M8*30	3
D21	AC separate cable	Length 350, blue	1	E14	Allen bolt	M8*25	4
D22	Earthing cable	Yellow green	1	E15	Allen bolt	M8*15,	24
D23	DC motor		1	E16	Phillips screw	M5*16	2
D24	Running board		1	E17	Phillips screw	M5*12	7
D25	Incline motor		1	E18	Phillips screw	M5*8	1
E01	Nut	M8	20	E19	Phillips screw	ST4.2*30	2
E02	Nut	M10	6	E20	Phillips screw	ST4.2*25	3
E03	Allen bolt	M10*90,	1	E21	Phillips screw	ST4.2*20	2
E04	Allen bolt	M10*45	1	E22	Phillips screw	ST4.2*12	20
E05	Allen bolt	M10*30	2	E23	Phillips screw	ST4.2*12	17
E06	Allen bolt	M10*30	2	E24	Phillips screw	ST4.2*15	6
E07	Allen bolt	M8*80	2	E25	Phillips screw	ST2.9*8	4
E08	Allen bolt	M8*70	2	E26	Phillips screw	ST2.9*6.0	21
E09	Allen bolt	M8*65	2	E27	Phillips screw	ST2.5*6	4
E10	Allen bolt	M8*55	1	E28	Large washer	φ10*φ26*2.0	6
E11	Allen bolt	M8*40	2	E29	Flat washer	8	8
E12	Bolt	M8*35	6	E33	Allen bolt	M8*45	1
E30	Spring washer	8	2	E34	Phillips screw	ST4.2*15	6
E31	Washer with teeth	10	2				
E32	Washer with teeth	8	27				

B07	B08	D18	D19	D20	D21	D22	J01	J02	J05	J03	J04	B11

D04	D06	D07	D08	D09	D12	D13	D14	G02	G03	H02	H03
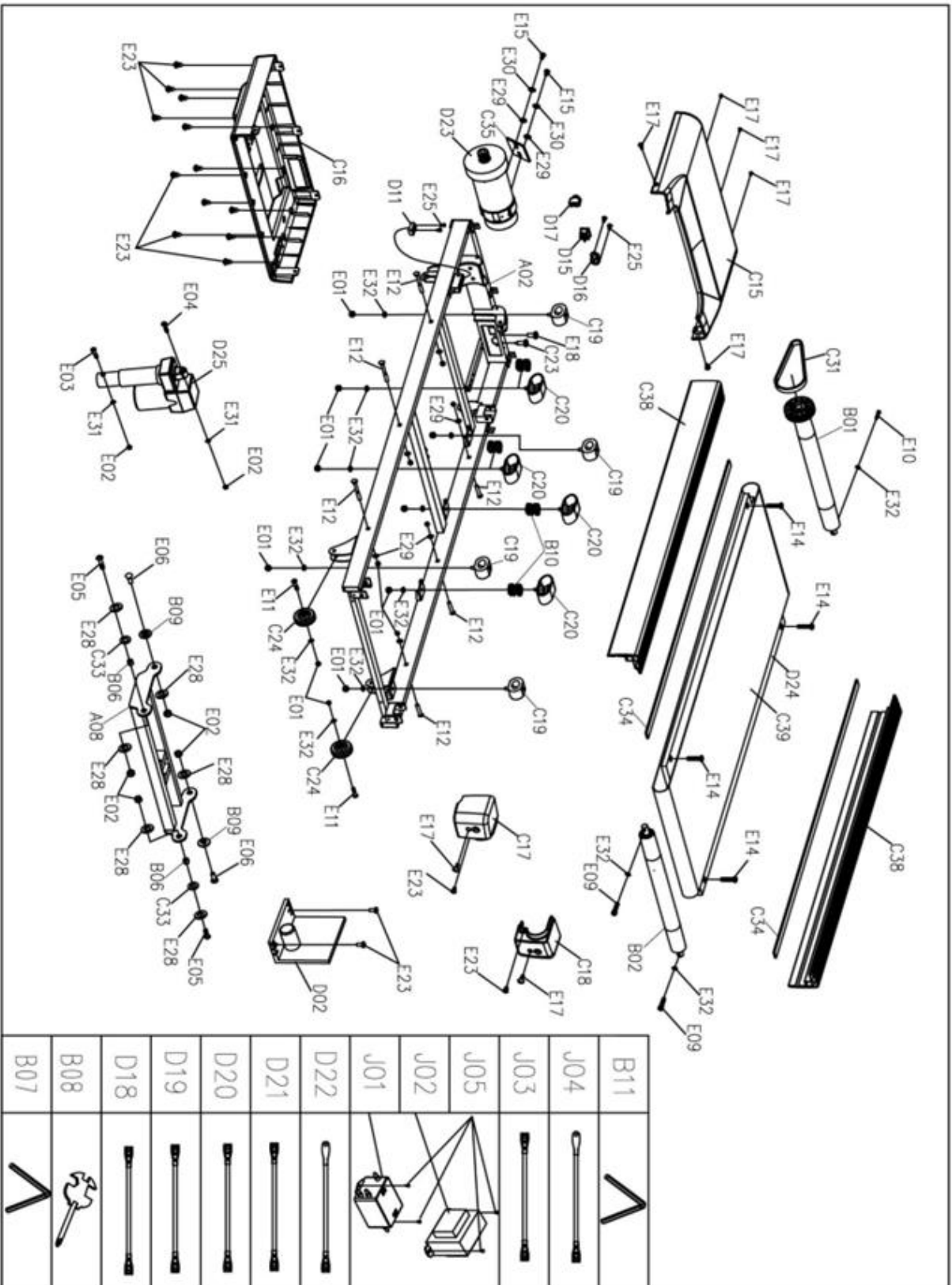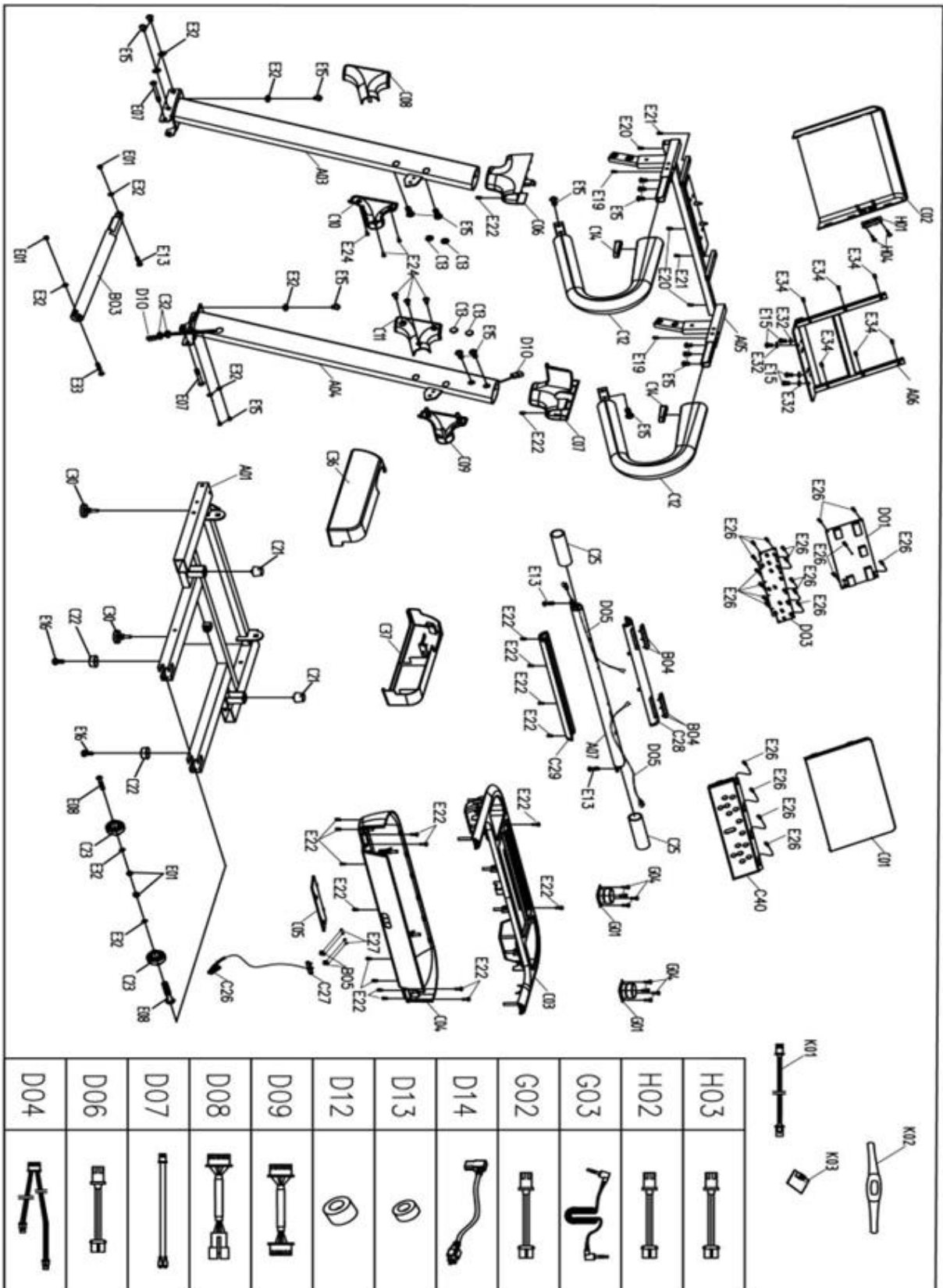
ENVIRONMENT PROTECTION

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

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

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

TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS

General Conditions of Warranty and Definition of Terms

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

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

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

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

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

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

Warranty Conditions

Warranty Period

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

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

Batteries

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

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

- User's fault, i.e. product damage caused by unqualified repair work, improper assembly, insufficient insertion of seat post into frame, insufficient tightening of pedals and cranks

- Improper maintenance

- Mechanical damages

- Regular use (e.g. wearing out of rubber and plastic parts, moving mechanisms, joints, wear of brake pads/blocks, chain, tires, cassette/multi wheel etc.)

- Unavoidable event, natural disaster

- Adjustments made by unqualified person

- Improper maintenance, improper placement, damages caused by low or high temperature, water, inappropriate pressure, shocks, intentional changes in design or construction etc.

Warranty Claim Procedure

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

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

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

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

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

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

CZ
SEVEN SPORT s.r.o.

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About shipping