



**USER MANUAL – EN**

**IN 26729 Treadmill inSPORTline ZenRun 80**



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## **SAFETY INSTRUCTIONS**

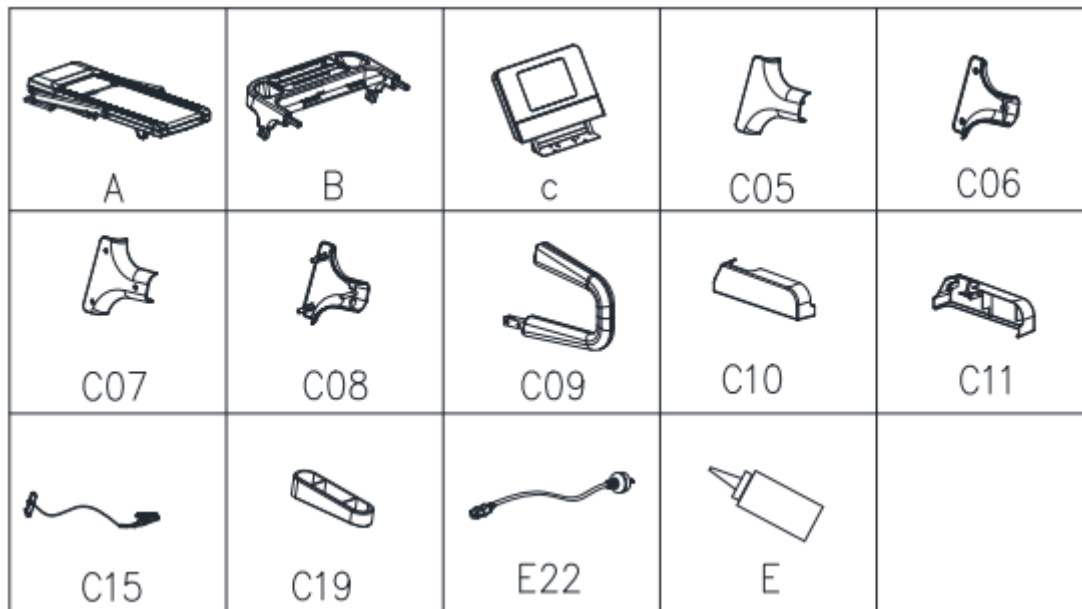
- Read the manual carefully and keep it for future reference.
- Always clip the safety key to your clothes or belt before starting exercising.
- Move naturally, forward. Do not look on your feet. Only for one person can use the product on the same time.
- Speed increase gradually, not instantly.
- In 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:** 150 kg
- **Category:** HC for home use

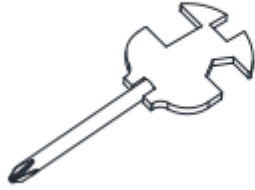
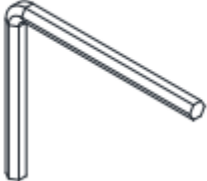



**SAFETY WARNING:** Do not use heart rate sensors in the handle at speeds above 14 km / h.

**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!

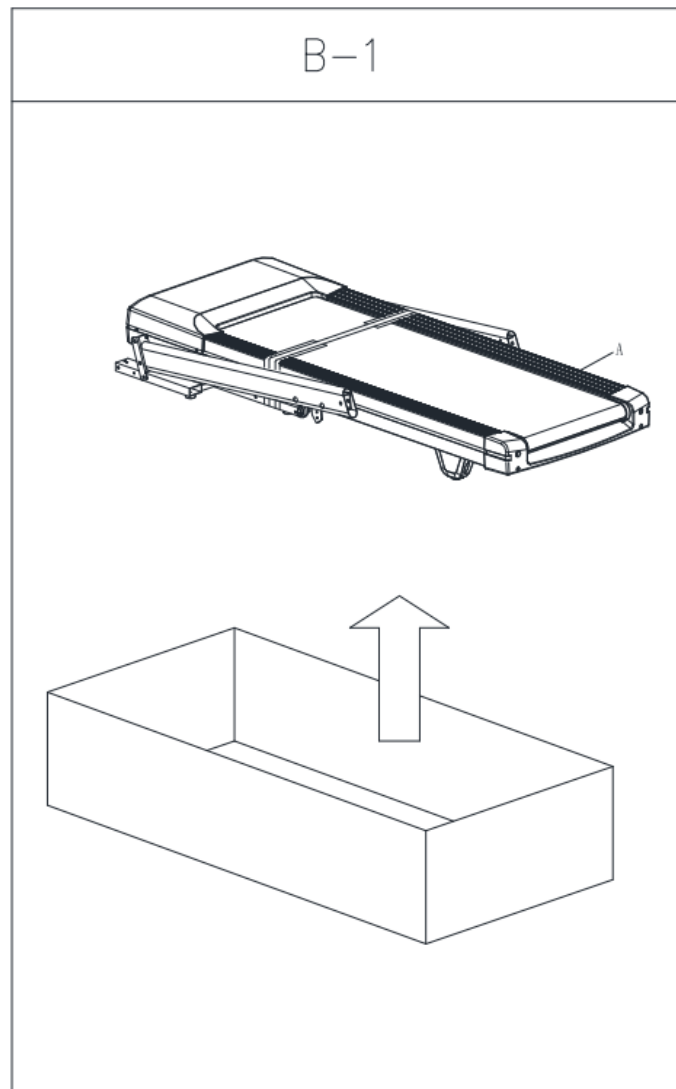
## ASSEMBLY



A	Main frame	1	C09	Handles	2
B	Control panel	2	C10	Left bottom cover	1
C	Display	1	C11	Right bottom cover	1
C05	Left post cover – L	1	C15	Safety key	1
C06	Left post cover – R	1	C19	Handle cover	2
C07	Right post cover – L	1	E22	Power cable	1
C08	Right post cover – R	1	E	Silicone oil	1

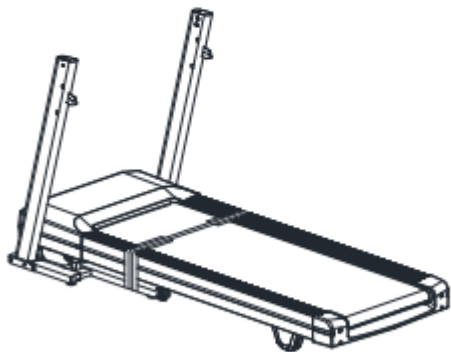
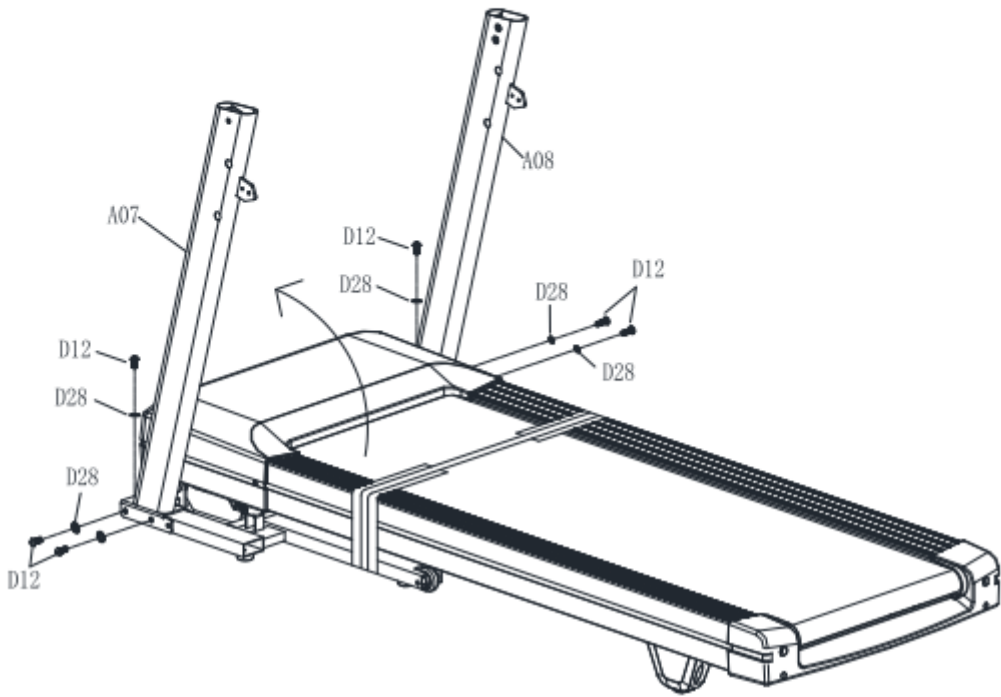
B06 S=13、14、15(1X)	B07 S5(1X)	D12 M8*15(24X)
		
D21 ST4.2*12(6X)	D28 Ø8(12X)	
		

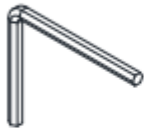


Pull the main frame out of the box.



Fix the posts (A07, A08) with 6x screws M8x15 (D12), 6x washers Ø8 (D28).

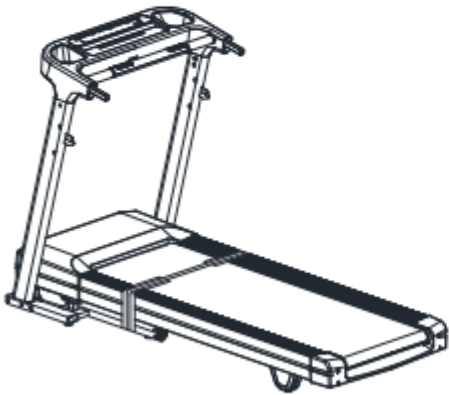
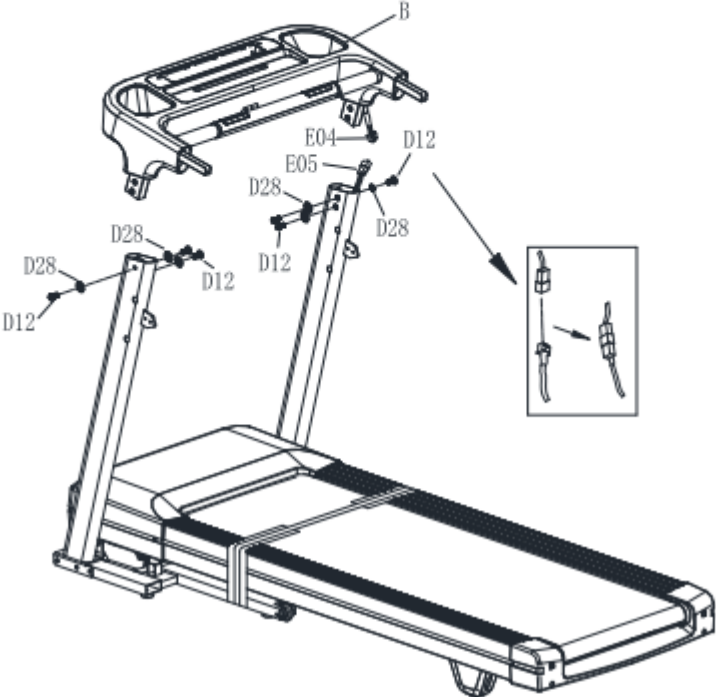
# B-2






B07 5#(1x)	D12 M8*15(6x)
	
D28 Ø8(6x)	
	

Connect the cable leading from the post to the cable from the control panel. Fix the control panel (B) to the posts (A07, A08) using 6x M8x15 screws (D12), 6x Ø8 washers (D28).

# B-3



B07 5#(1x)	D12 M8*15(6)
	
D28 ø8(6x)	
	

Connect the cables from the control panel (B) to the display (C) as shown. Then fix the display (C) to the control panel (B) using 4x M8x15 screws (D12). Cover the screws with the cover (C12).

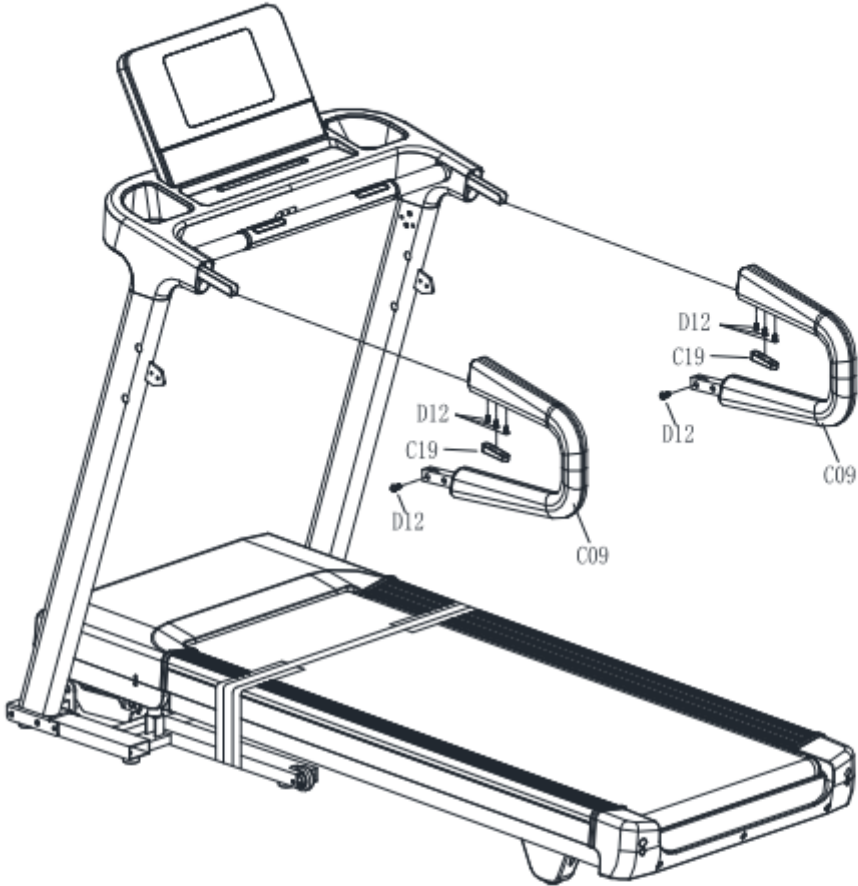
# B-4



	B07 5#(1x)	D12 M8*15(4x)



Attach the handles (C09) to the control panel (B) using 8x M8x15 screws (D12). Attach the handle cover (C19).

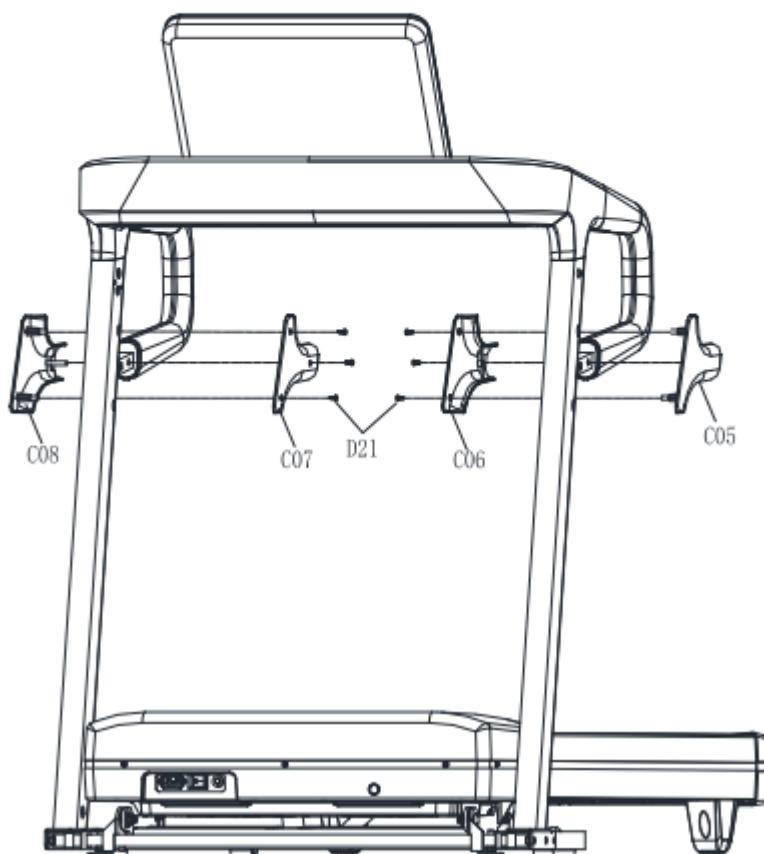
# B-5






B07 5#(1x)	D12 M8*15(8x)
	

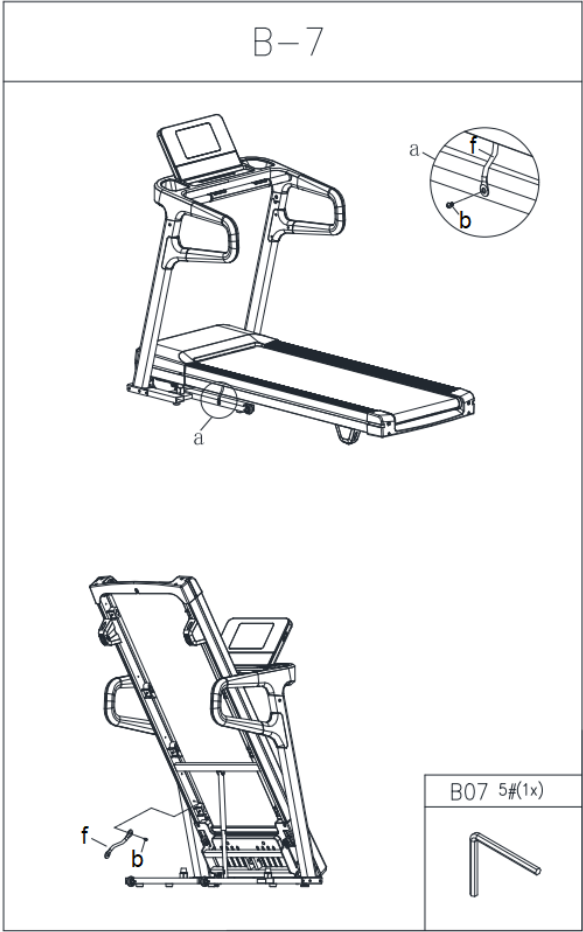
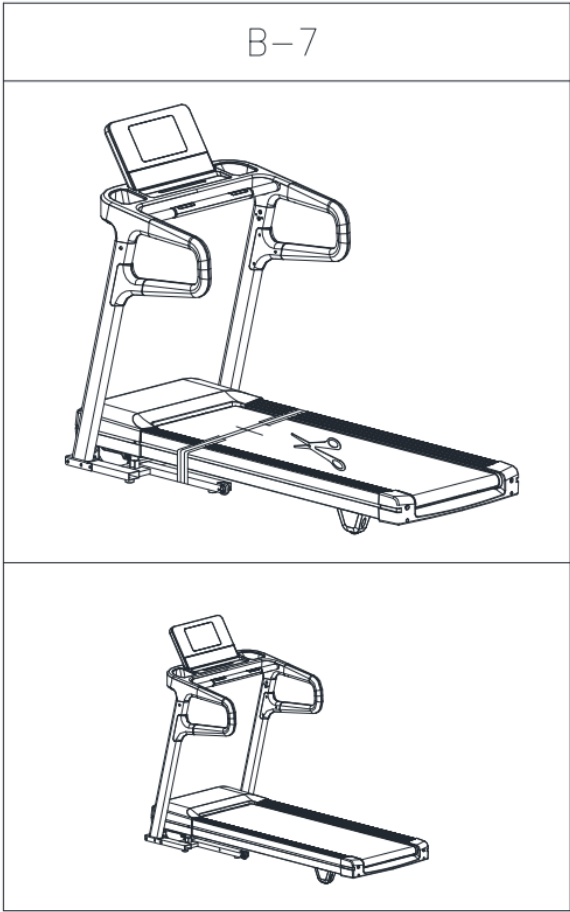
Attach the covers (C08, C07) and (C06, C05) to the top of the posts (C09) using 6x ST4.2x12 screws (D21).

# B-6

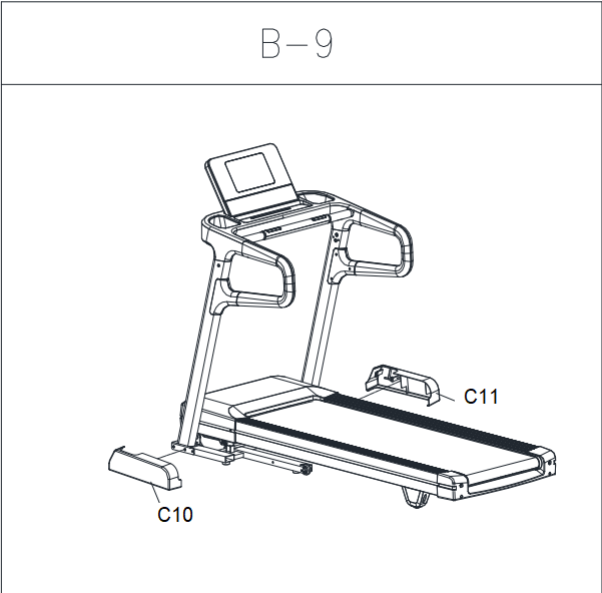


	B06 S=13 14 15	D21 ST4.2*12(6x)
		

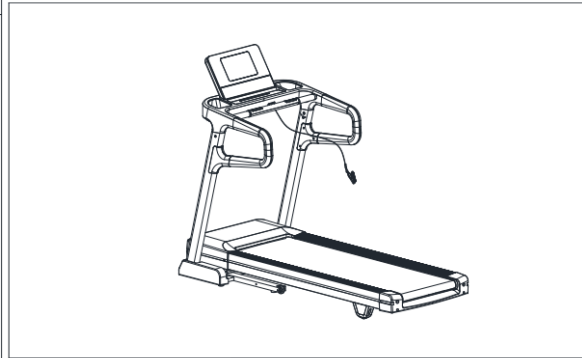
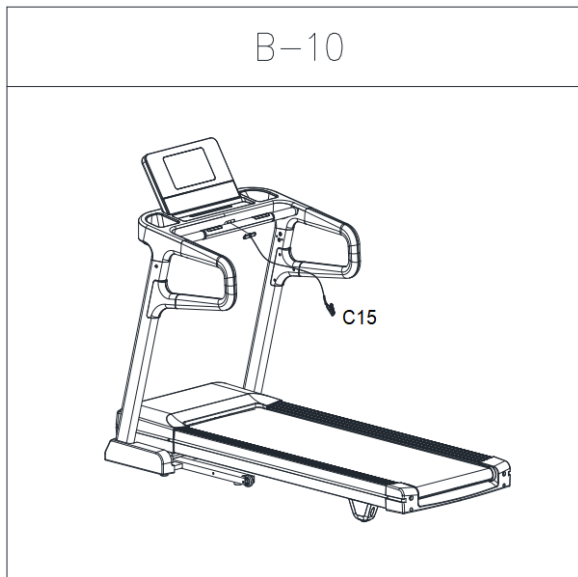
Cut the tape. Remove the transport safety.



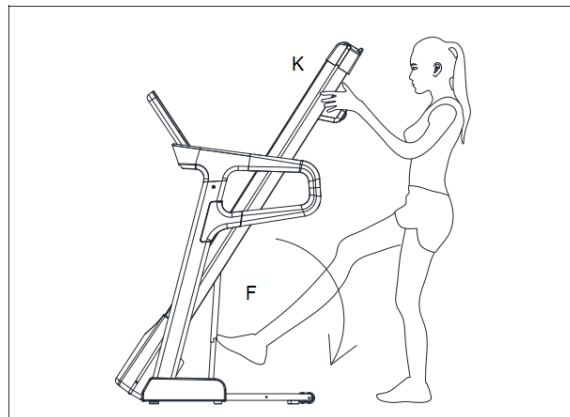
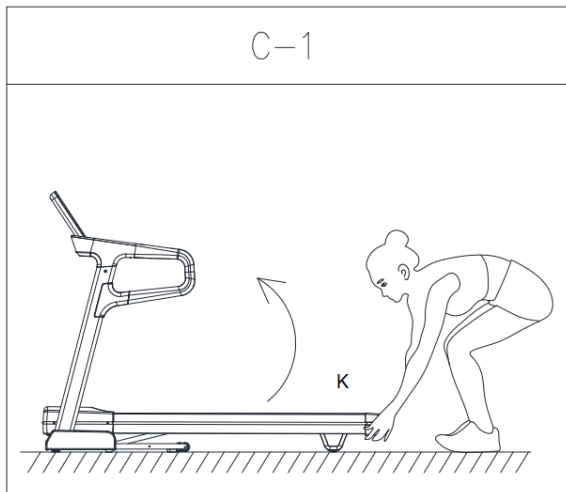
Attach the covers (C10, C11) to the bottom side of the posts.



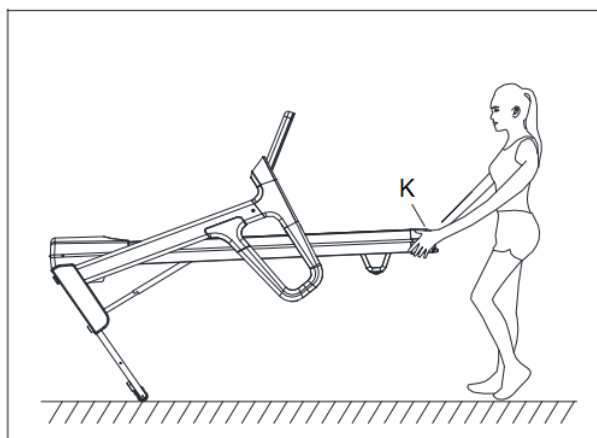
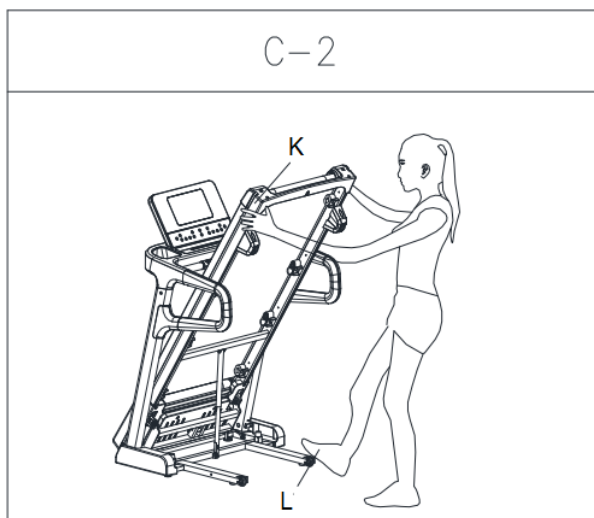
Connect the safety key.



### FOLDING AND UNFOLDING



### TRANSPORT


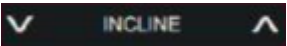







Regularly check the tightness of all connections.

Before use, make sure the safety key is connected and attach the key to your clothing.

# CONTROL PANEL



1		Home: Return to the main interface (except when you are in the main interface)
2		Incline +/-: Change the incline in 15 levels. Press to change the tilt by 1 level. If you hold the button, the tilt will be continuously adjusted.
3		Start / Stop: Press to start / stop the program. If you start the belt in manual mode, the belt will start at the lowest speed and the lowest incline.
4		Speed +/-: Adjust the speed in the range of 0.8 - 20 km/h, the speed adjustment is by 0.1 km/h. If you hold the button, the speed will be adjusted continuously.
5		Back: return to the previous interface
6		Incline 3, 5, 7, 9: quick selection of incline
7		Speed 4, 6, 8, 10: quick speed selection

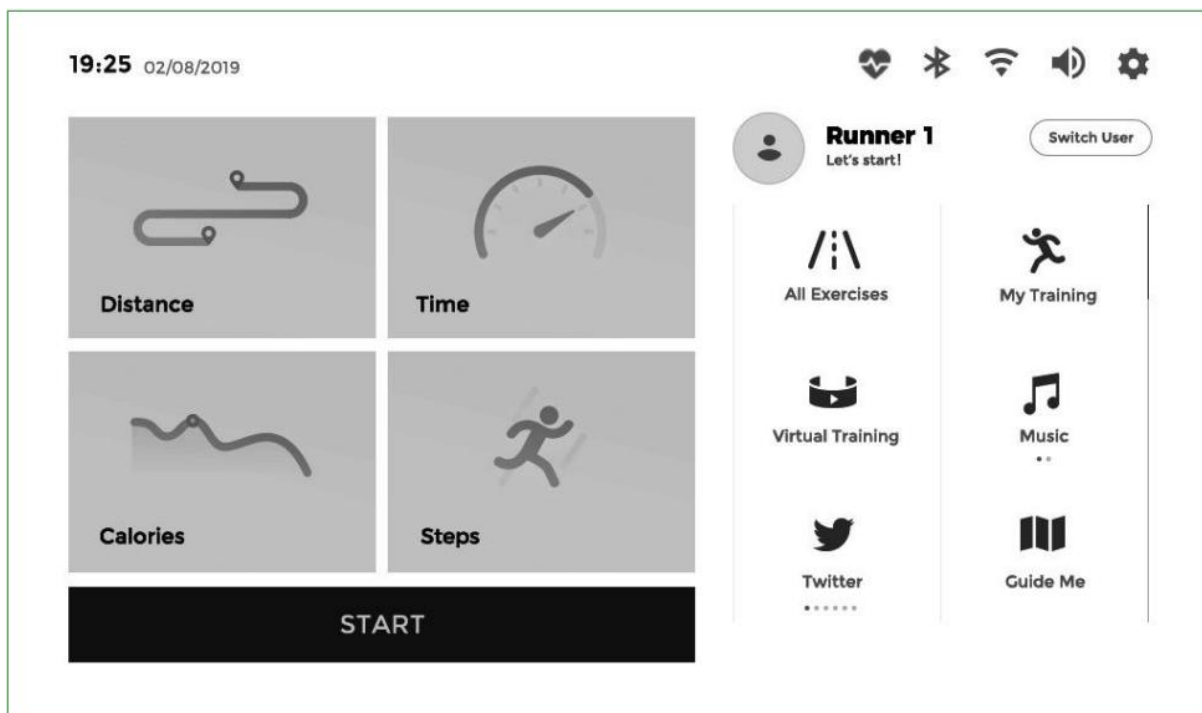
**WARNING:**

1. Do not download additional software to the console.
2. Clear the cache regularly.
3. The console may not connect to Wi-Fi that requires web authorization.
4. Before first use, we recommend registering a PRM (professional running manager) account.

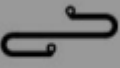











**TURN ON**

1. Make sure the security key is properly engaged.
2. After booting, the console system will load.

**HLAVNÍ ROZHRANÍ**



19:25 02/08/2019	When connected to the Internet, the time and date are automatically updated
	If the heart rate is detected, the heart symbol is displayed (priority is the heart rate detected through the chest belt)
	The icon lights up when Bluetooth is active.
	The icon lights up when Wi-Fi is active.
	Adjust the volume
	Settings
<b>Runner 1</b> Let's start!	Current user
	Switch user

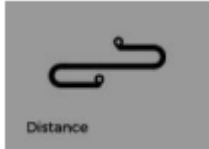
 Distance	Distance countdown
 Time	Time countdown
 Calories	Calories countdown
 Steps	Step countdown
START	Start
 All Exercises	HRC, Runway, Preset programs
 My Training	User Information, My Results, User Program, My Test
 Virtual Training	Program with scenery
 Music ..	Music
 Twitter .....	3 <sup>rd</sup> party programs
 Guide Me	Instructions
	Back
	Return to main interface

## QUICK START

After pressing START, the program starts at the lowest speed and incline.

You can adjust the speed using the SPEED + / - buttons, the incline using the INCLINE ^ / v buttons.

## DISTANCE COUNTDOWN



1. After selecting the program, you can select one of the subcategories (5 km, 10 km, 15 km, half marathon, marathon and user settings / custom)
2. Select the type of countdown and press START, adjust the speed and incline accordingly with the corresponding buttons.
3. Press PAUSE to pause the program, press STOP to stop the program and display the results.

## TIME COUNTDOWN



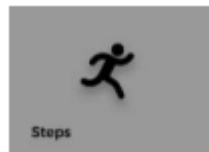
1. After selecting the program, you can select one of the subcategories (10 min, 20 min, 30 min, 40 min, 60 min and user set / custom)
2. Select the type of countdown and press START, adjust the speed and incline accordingly with the corresponding buttons.
3. Press PAUSE to pause the program, press STOP to stop the program and display the results.

## ODPOČET KALORIÍ



1. After selecting the program, you can select one of the subcategories (150 kcal, 300 kcal, 500 kcal, 800 kcal, 1000 kcal and user set / custom)
2. Select the type of countdown and press START, adjust the speed and incline accordingly with the corresponding buttons.
3. Press PAUSE to pause the program, press STOP to stop the program and display the results.

## ODPOČET KROKŮ



1. After selecting the program, you can select one of the subcategories (1000 steps, 2000 steps, 5000 steps, 8000 steps, 10,000 steps and user set / custom)
2. Select the type of countdown and press START, adjust the speed and incline accordingly with the corresponding buttons.
3. Press PAUSE to pause the program, press STOP to stop the program and display the results.

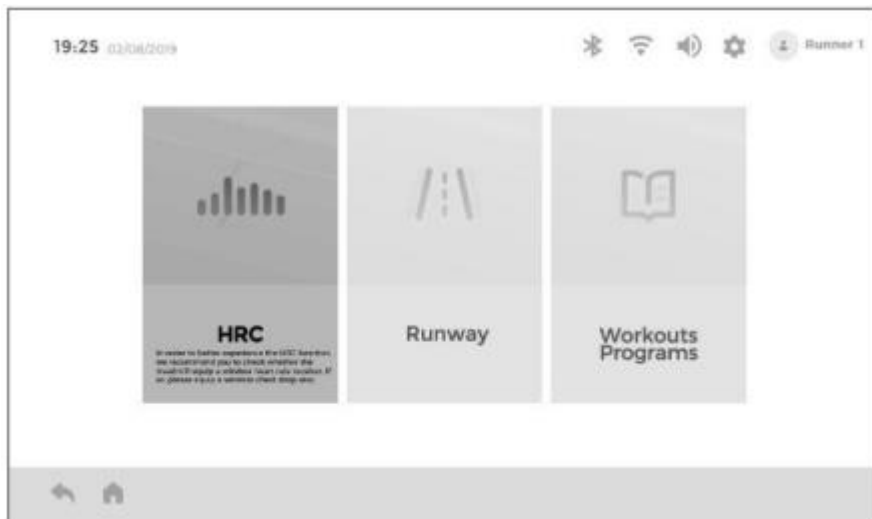


## ALL EXERCISES category

### HRC

For best accuracy, we recommend wearing a chest strap.

Select HRC.



Then set all categories: target heart rate (target heart rate), the max adjust speed (maximum speed), running time (training time), intensity (intensity)

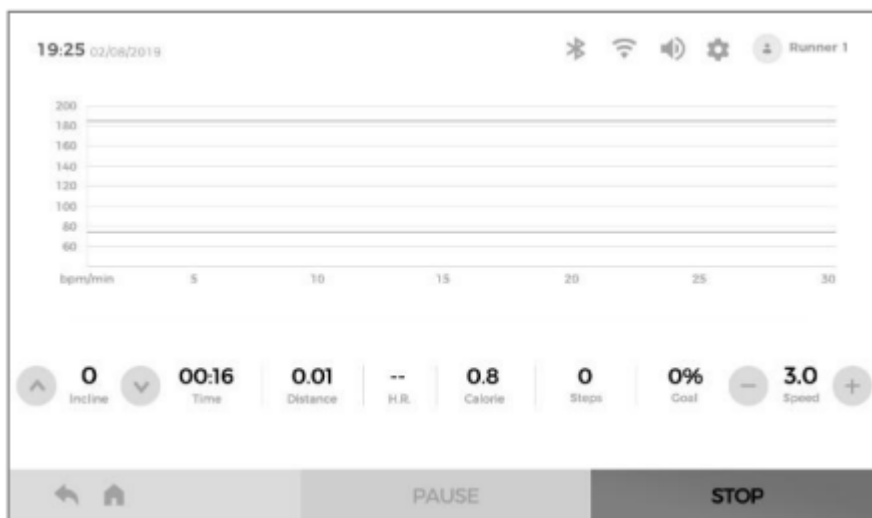
Note: the age is set automatically according to the user's profile.

You can adjust the speed and tilt using the respective buttons.

Note: pink represents maximum heart rate

blue represents target heart rate

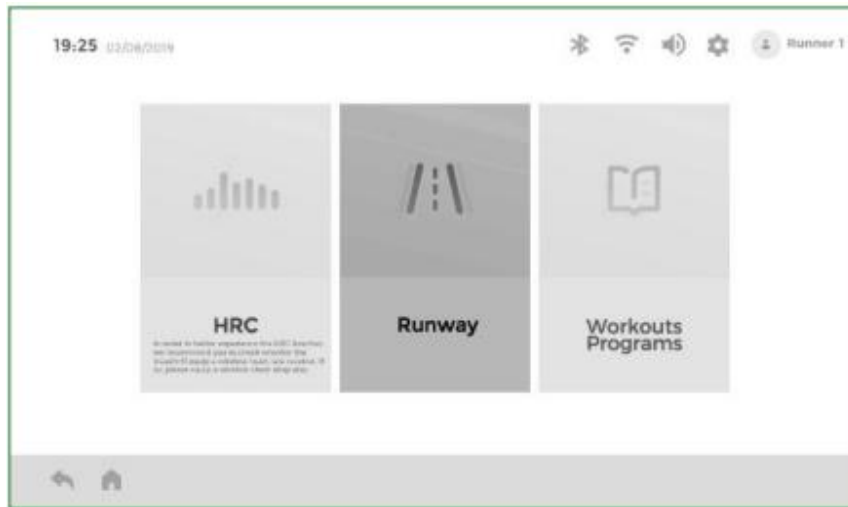
red represents the current heart rate



Press PAUSE to pause the program, press STOP to stop the program and display the results of the exercise.

## RUNWAY

Select Runway.



Set the number of repetitions (400m/circuit), then press START.



Only complete laps are counted. The number is displayed in the middle.

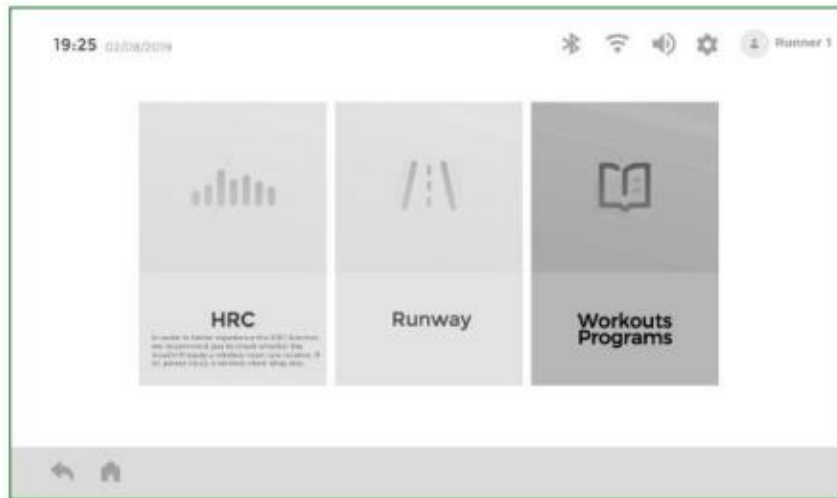
You can adjust the speed and incline using the respective buttons.

Press PAUSE to pause the program, press STOP to stop the program and display the results of the exercise.



## WORKOUT PROGRAMS (preset programs)

Select Workouts programs.



Select program P1 – P36. The selected program is highlighted. A graph of speed and incline is displayed.

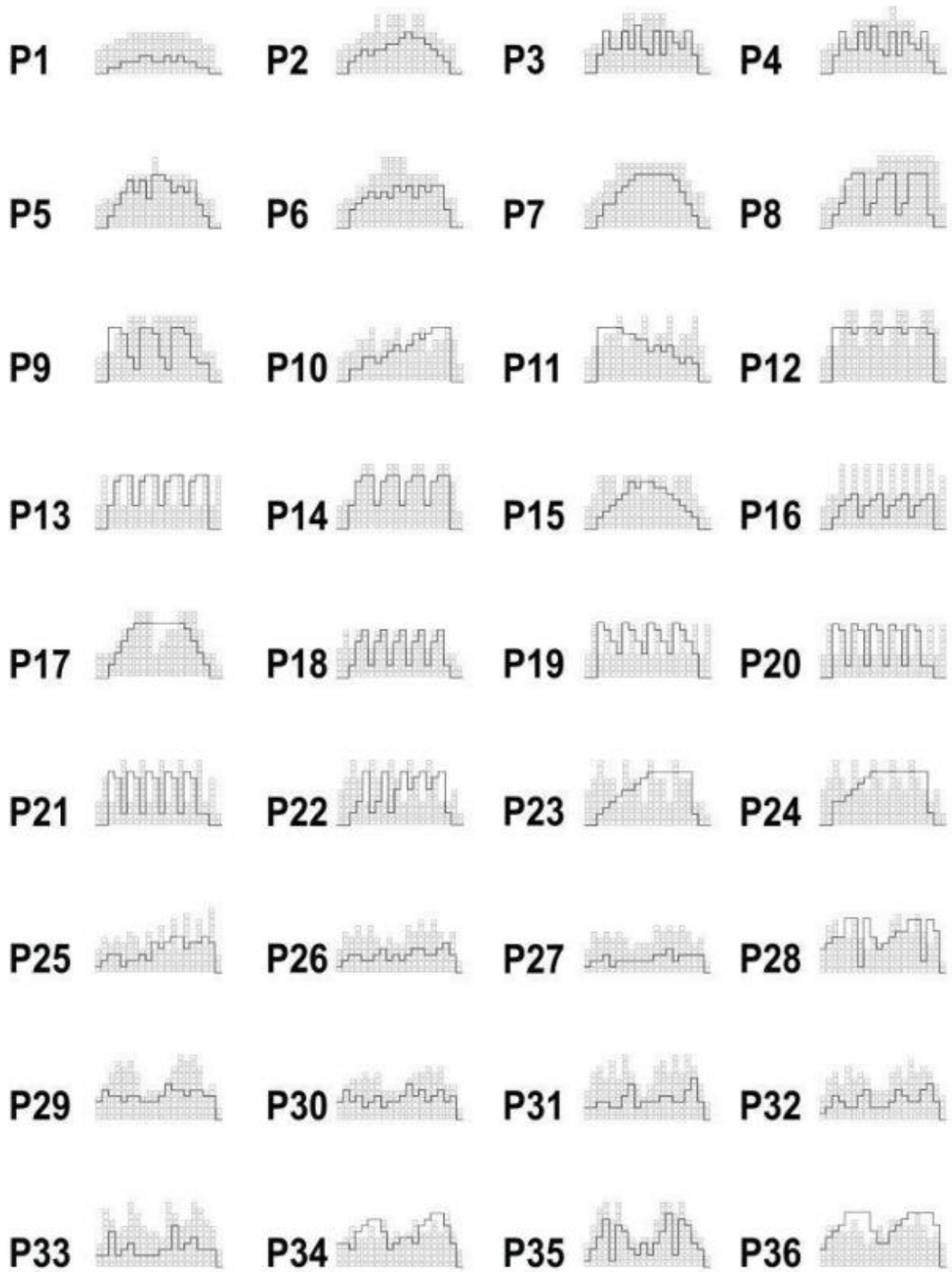
Set the workout length and then press START.



You can adjust the speed and incline using the respective buttons.

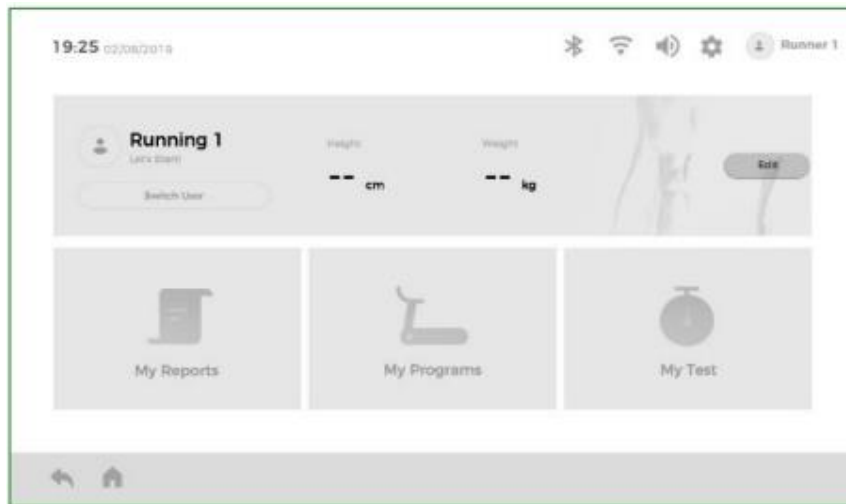
Press PAUSE to pause the program, press STOP to stop the program and display the results of the exercise.





## MY TRAINING category

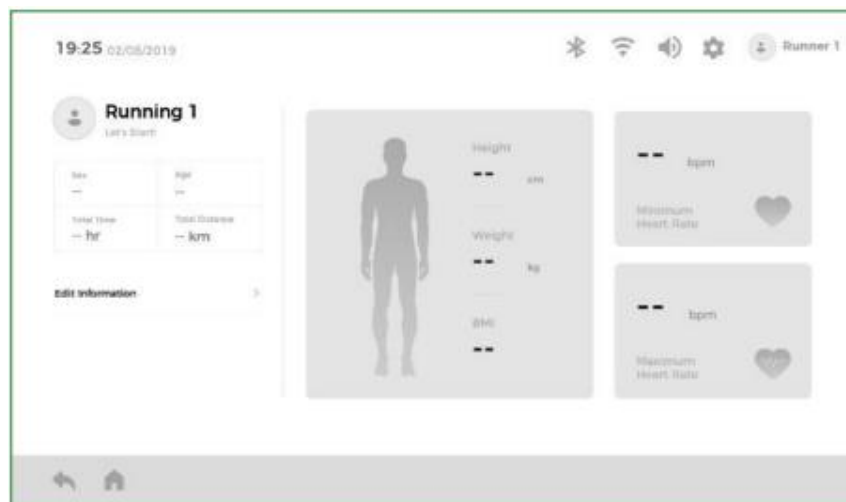
Register and set up a user profile.



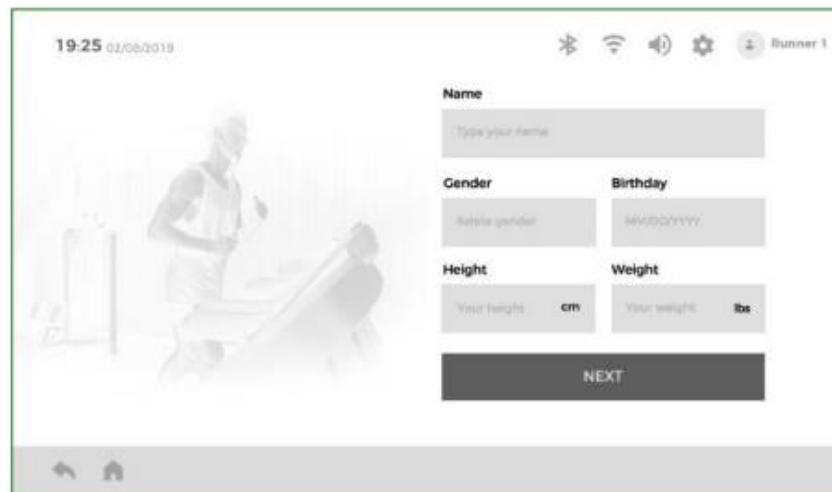
Register a new user and select EDIT.

If you are registered, you can only select users with SWITCH USER.

Set user information.

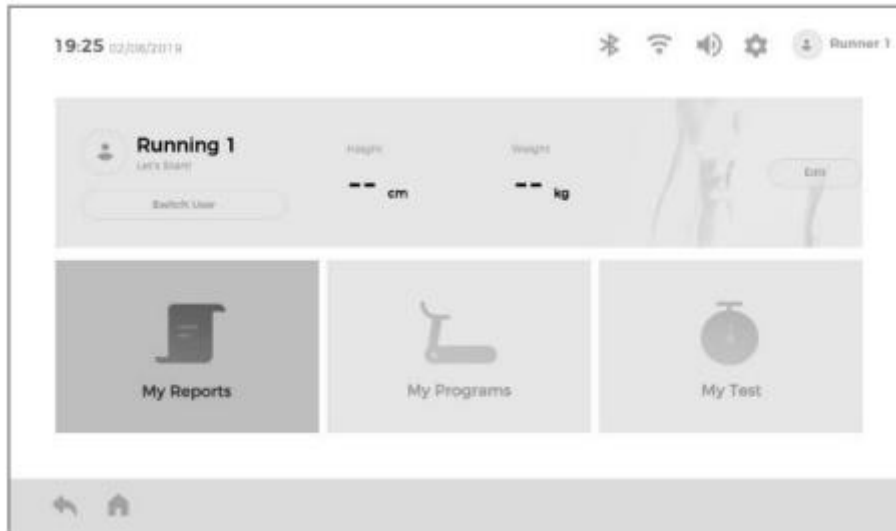


Fill in the data: name, gender, birthday, height, weight, press NEXT after filling in the data.

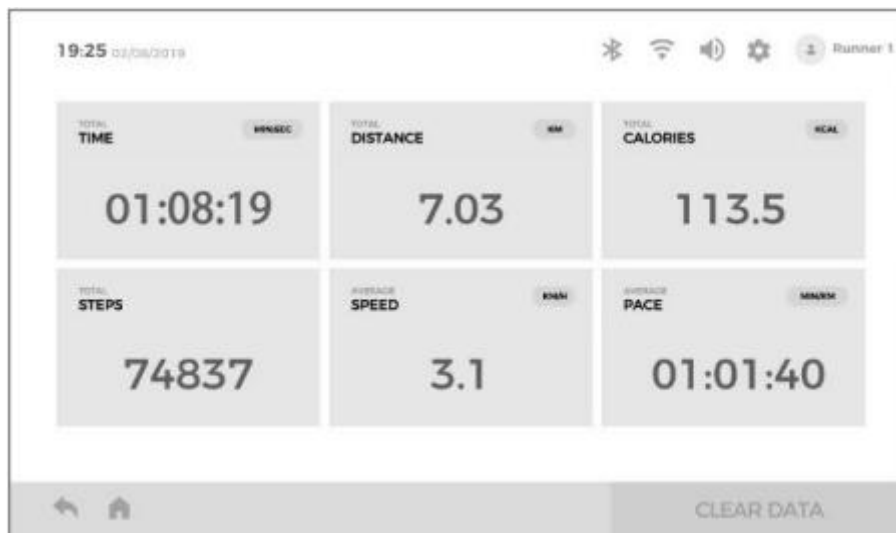


## MY REPORTS

Select My reports to view your results.

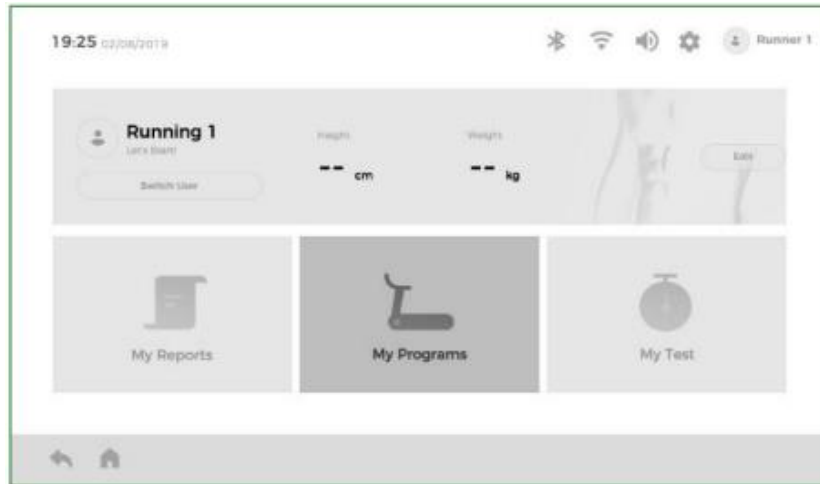


Data will be displayed: time, distance, calories, steps, speed, pace. Press CLEAR DATA to clear all data.



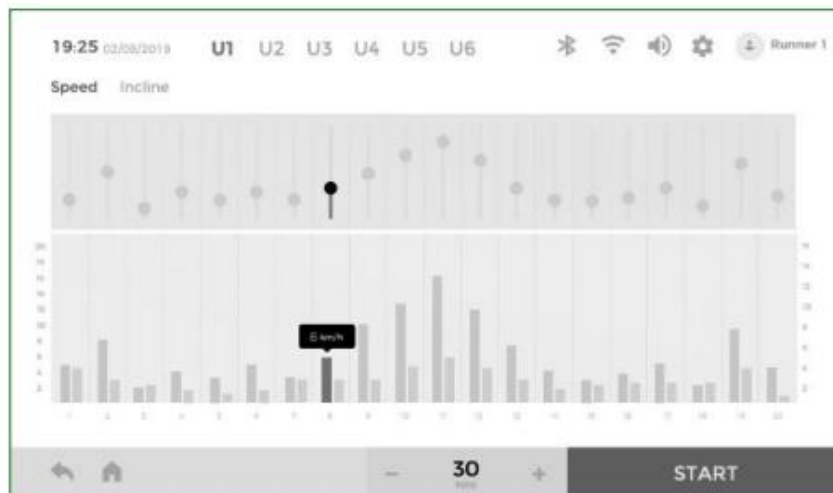
## MY PROGRAMS

Select My programs.



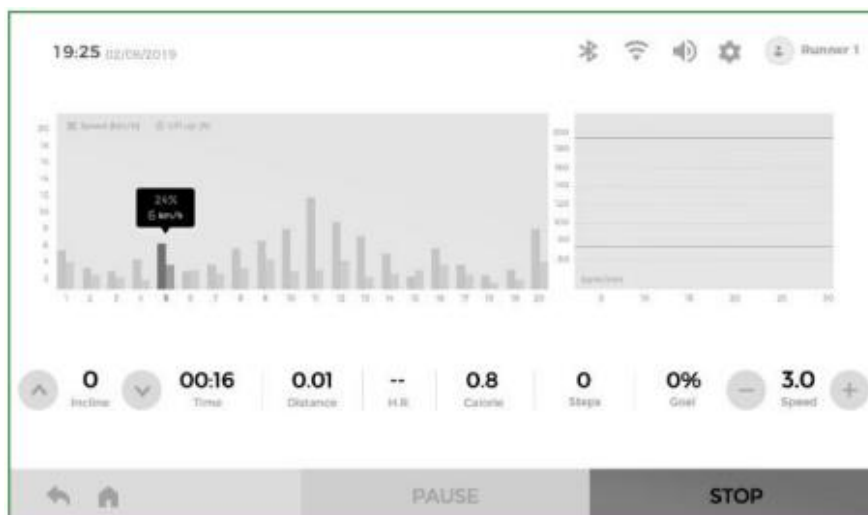
Select SPEED to set the speed, INCLINE to set the incline.

Set the training time. Then press START. Each user can set up to 6 programs.

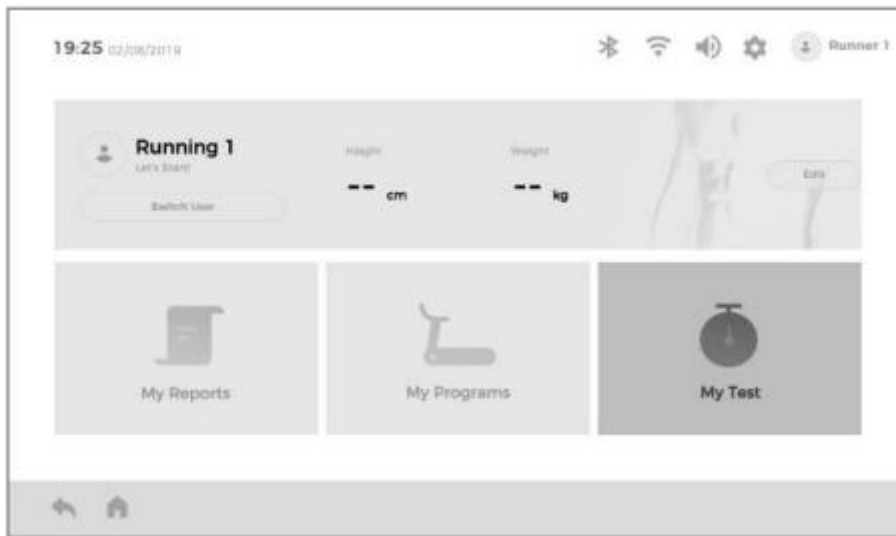


You can adjust the speed and incline using the respective buttons.

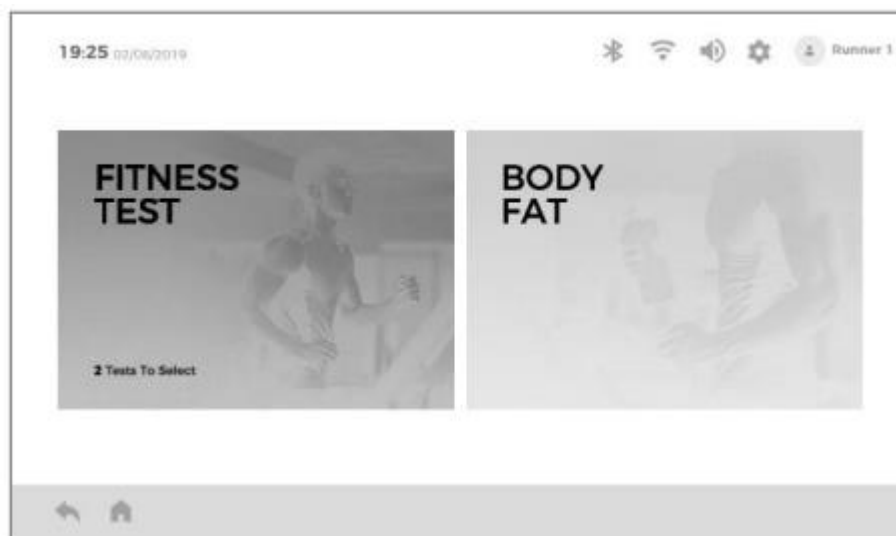
Press PAUSE to pause the program, press STOP to stop the program and display the results of the exercise.



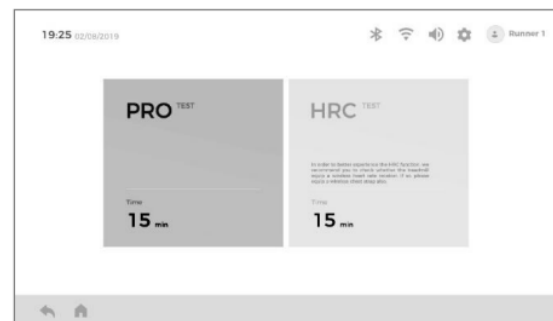
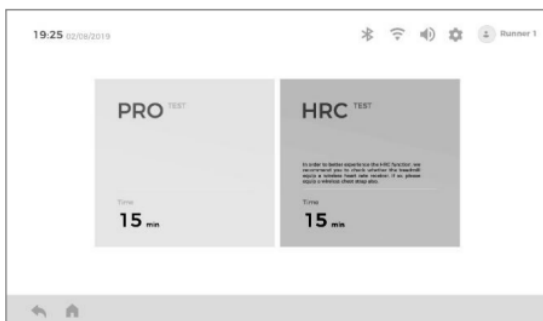
**MY TEST**  
**FITNESS TEST**  
 Select My test



Select Fitness test



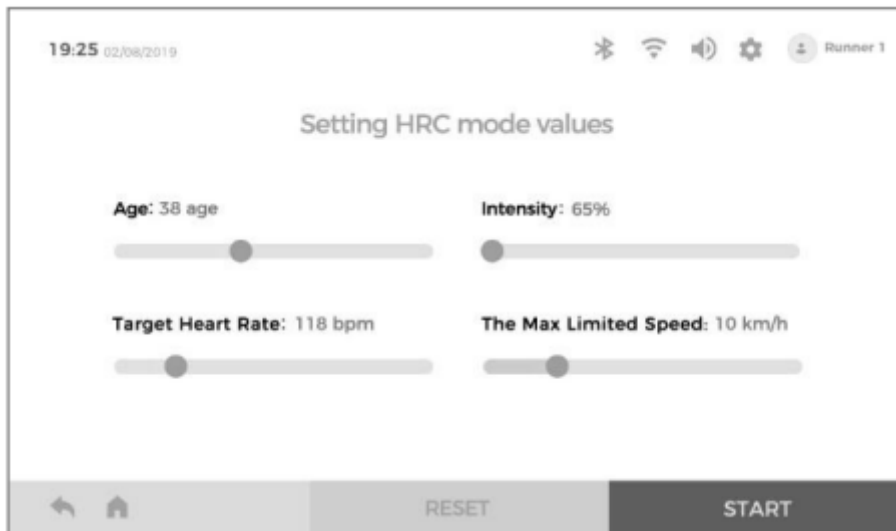
Select HRC (for the most accurate result, it is advisable to wear a chest belt) or PRO.



**HRC**

Set all data, the age is automatically set according to the selected profile. Confirm by pressing START.

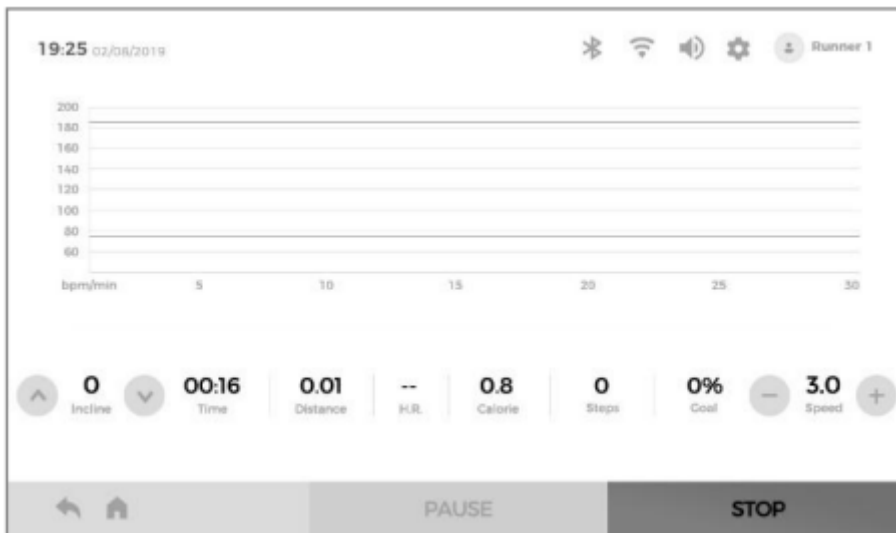




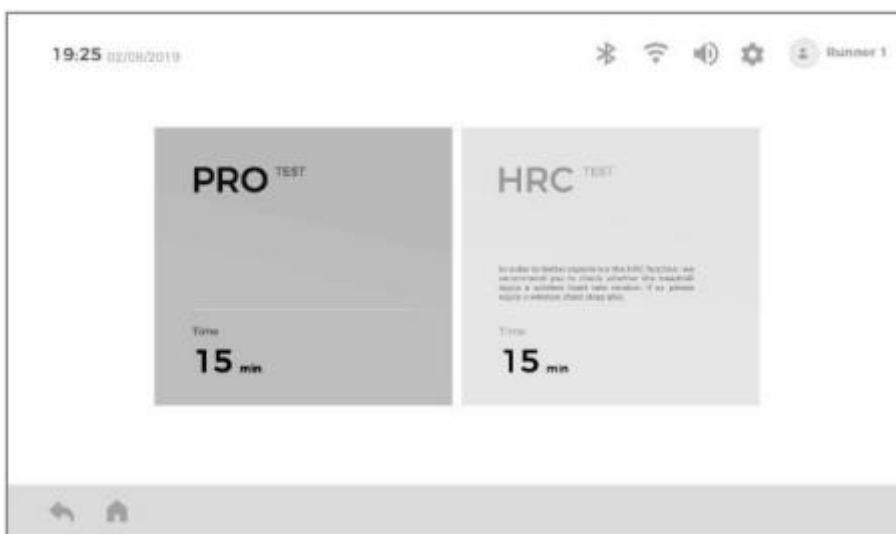
You can adjust the speed and incline using the respective buttons.

The result will be displayed after 15 min.

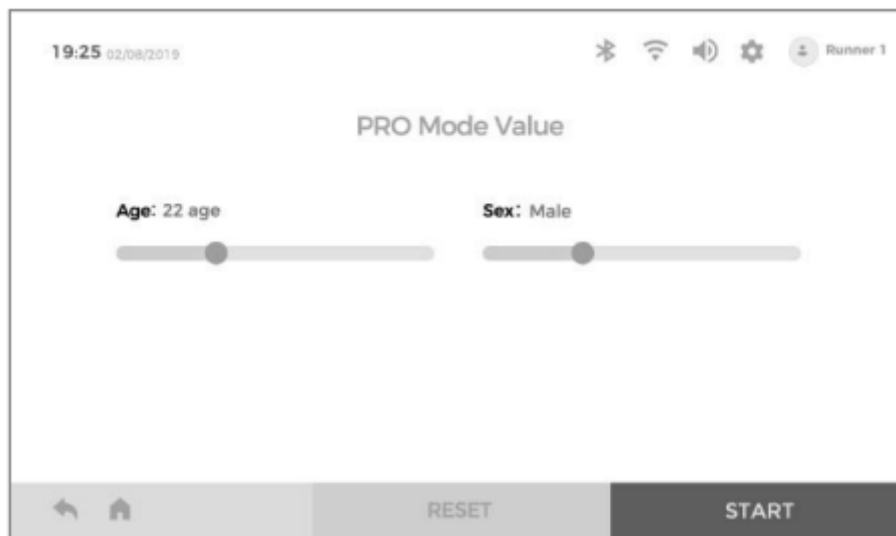
If you end the test manually before the 15 min countdown is complete, no result will be displayed.



**PRO**



Set age and gender information. After setting the data, press START.



You can adjust the speed and incline using the respective buttons.

The result will be displayed after 15 min.

If you end the test manually before the 15 min countdown is complete, no result will be displayed.

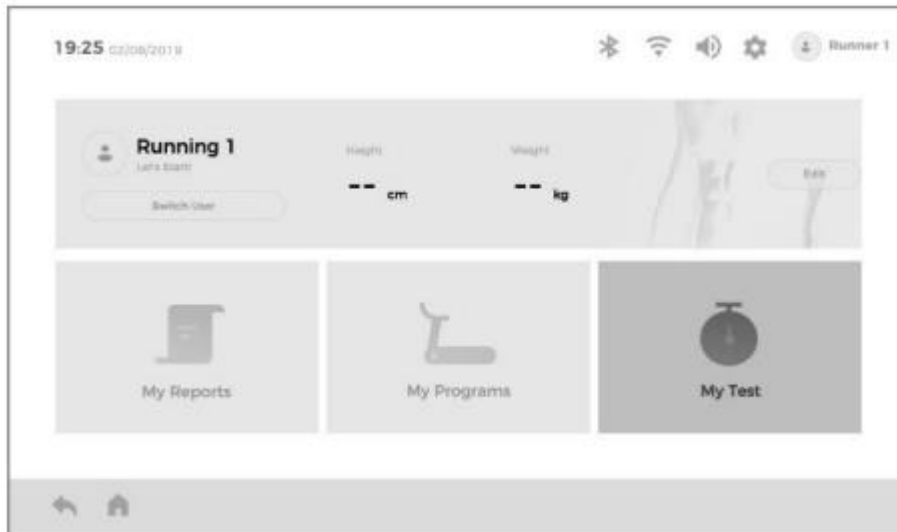


Equation for calculating physical fitness:  $V_{O2} = (D_{12} - 504.9) / 44.73$ ,  $V_{O2}$  is the result,  $D_{12}$  is the distance covered in 12 min.

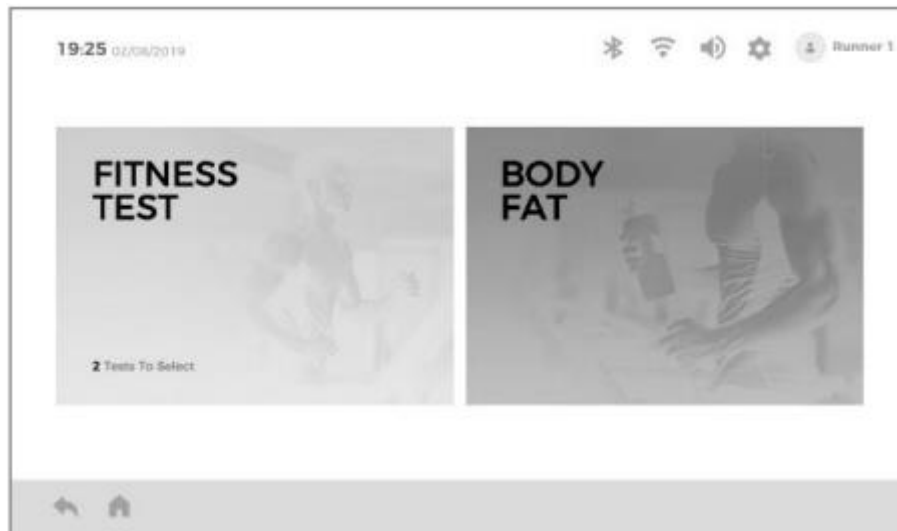
	Age	Result				
Male	20-29	$V < 38$	$38 \leq V < 42$	$42 \leq V < 46$	$46 \leq V < 46$	$V \geq 51$
	30-39	$V < 37$	$37 \leq V < 41$	$41 \leq V < 44$	$44 \leq V < 44$	$V \geq 48$
	40-49	$V < 35$	$35 \leq V < 38$	$38 \leq V < 32$	$42 \leq V < 32$	$V \geq 46$
	50-59	$V < 32$	$32 \leq V < 36$	$32 \leq V < 39$	$39 \leq V < 39$	$V \geq 43$
	60-69	$V < 29$	$29 \leq V < 32$	$32 \leq V < 36$	$36 \leq V < 36$	$V \geq 40$
	70-79	$V < 26$	$26 \leq V < 29$	$29 \leq V < 32$	$32 \leq V < 32$	$V \geq 37$
Female	20-29	$V < 32$	$32 \leq V < 36$	$36 \leq V < 40$	$40 \leq V < 40$	$V \geq 44$
	30-39	$V < 31$	$31 \leq V < 34$	$34 \leq V < 38$	$38 \leq V < 38$	$V \geq 42$
	40-49	$V < 29$	$29 \leq V < 33$	$33 \leq V < 36$	$36 \leq V < 36$	$V \geq 40$
	50-59	$V < 27$	$27 \leq V < 30$	$30 \leq V < 33$	$33 \leq V < 33$	$V \geq 37$
	60-69	$V < 25$	$25 \leq V < 27$	$27 \leq V < 30$	$30 \leq V < 30$	$V \geq 33$
	70-79	$V < 24$	$24 \leq V < 26$	$26 \leq V < 28$	$28 \leq V < 28$	$V \geq 31$
Result		Bad E	Average D	Good C	Great B	Excellent A

## BODY FAT

Select My test.



Select Body fat.



Set the data. Press NEXT.

A screenshot of the 'Body Fat Test' data entry screen. The top status bar shows the time 19:25 and date 02/06/2019. The title 'Body Fat Test' is centered at the top. Below the title are four input fields arranged in a 2x2 grid. The top-left field is labeled 'Sex' and contains the text 'Male'. The top-right field is labeled 'Birthday' and contains the date '02/03/1981'. The bottom-left field is labeled 'Height' and contains the value '170' followed by a unit 'cm'. The bottom-right field is labeled 'Weight' and contains the value '72' followed by a unit 'kg'. At the bottom, there is a navigation bar with a back arrow, a home icon, and a prominent 'NEXT' button.

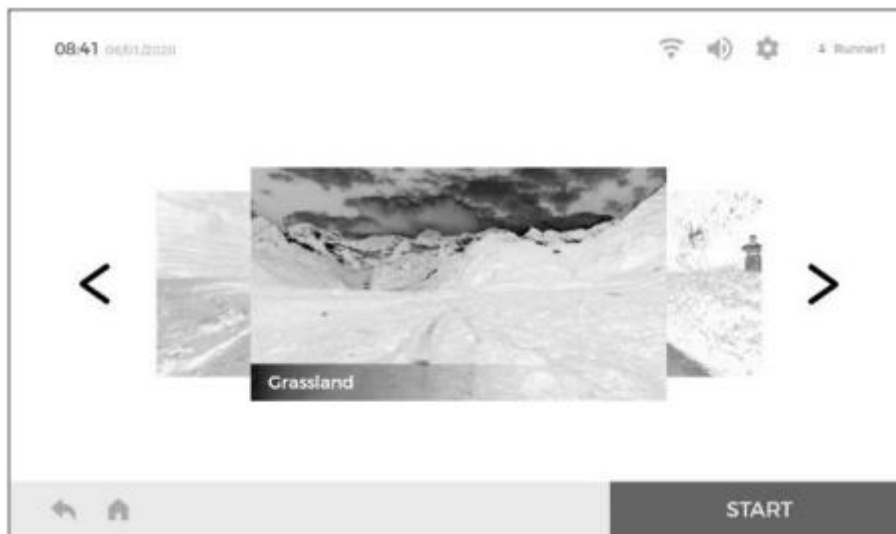
Hold the sensors on the handles for 8 seconds.



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

### VIRTUAL TRAINING

Select the scenery, start the program by pressing START.



You can adjust the speed and incline using the respective buttons.

Press the "v" button to switch to full screen mode, press "Λ" to switch to the original display.

Press PAUSE to pause the program, press STOP to stop the program and display the results of the exercise.

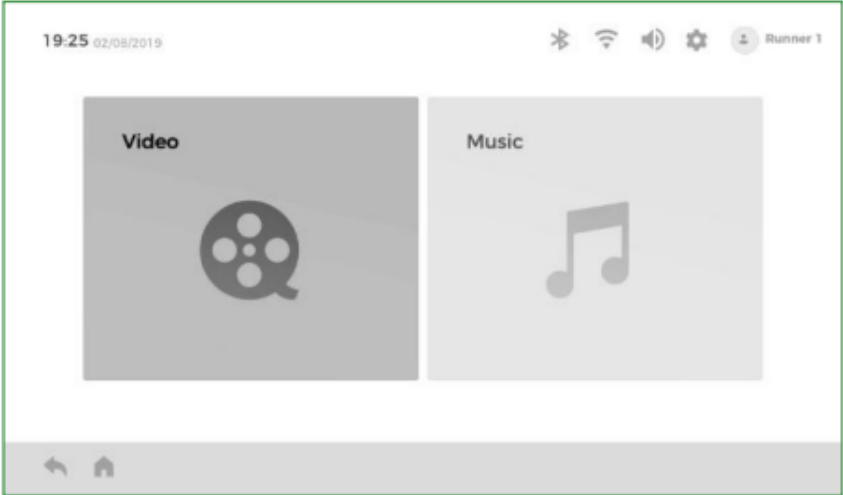


**VIDEO AND MUSIC**

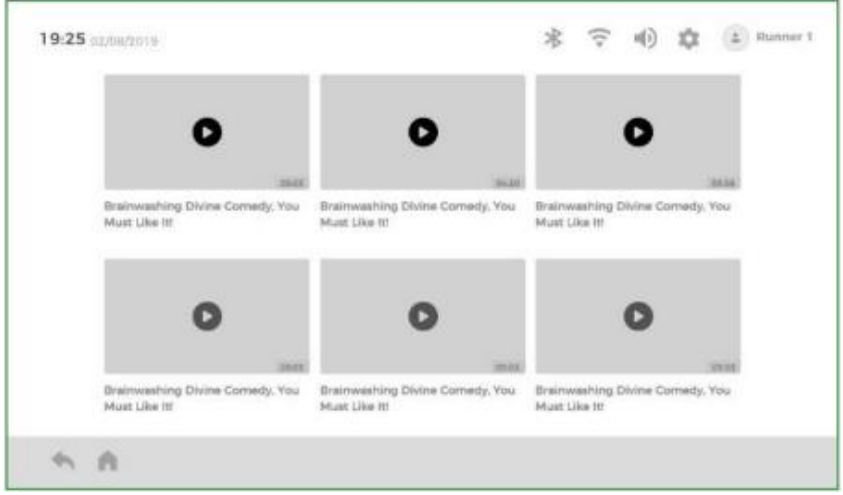
You can manage files by connecting a USB drive. Supported formats are MP3, APE, MP4, MOV and other common audio and video formats.



**VIDEO**

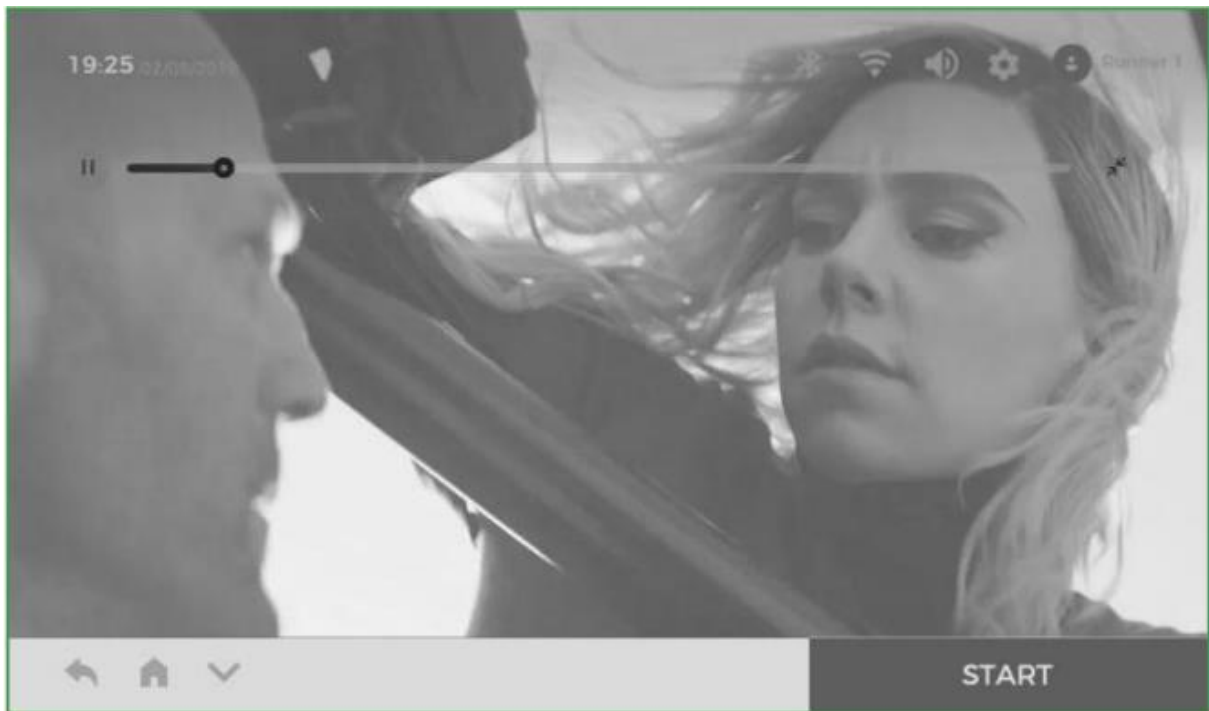
Select a video.



Select a file.



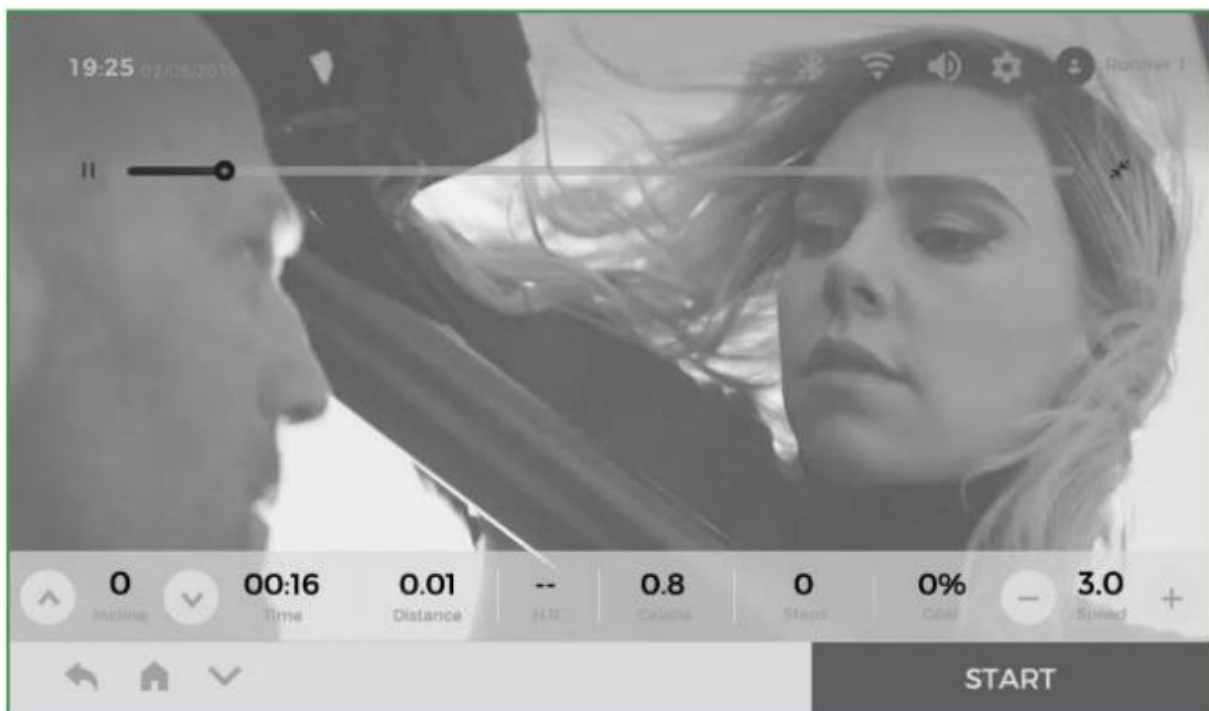
If a video is playing, use  to minimize the playback window. If you want to change values or control other belt functions, press the pause  button.



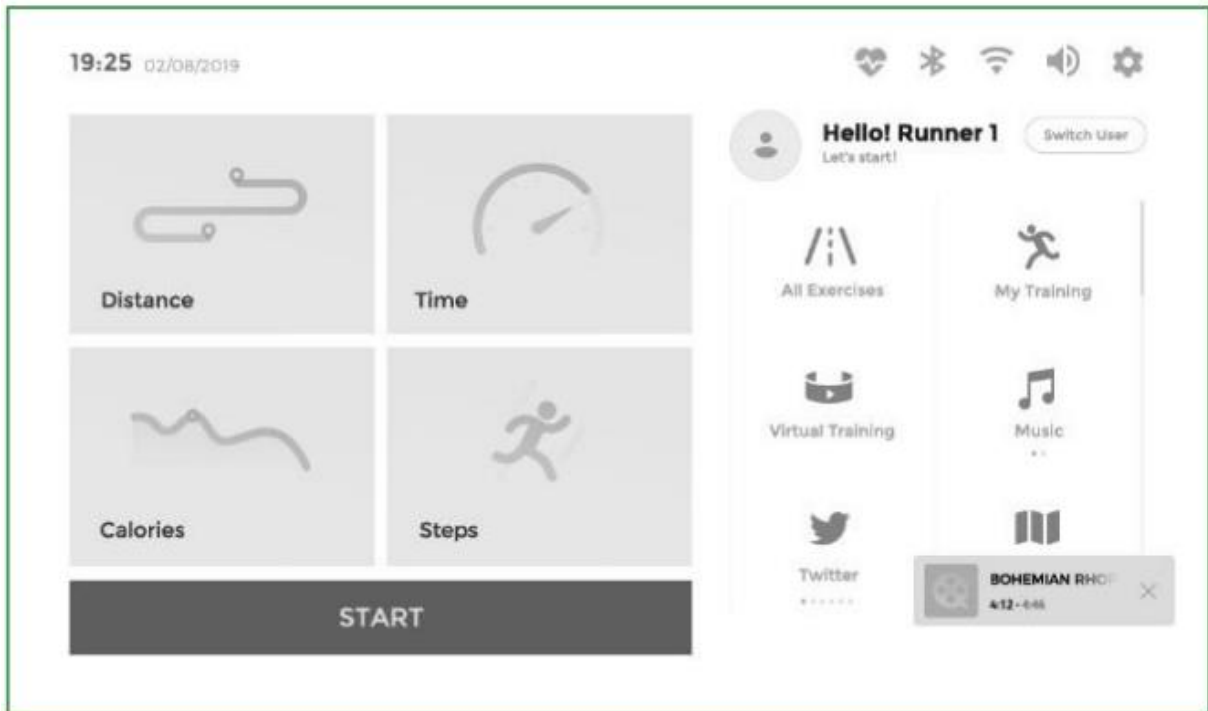
You can adjust the speed and incline using the respective buttons.

Press the "v" button to switch to full screen mode, press "∧" to switch to the original display.

Press PAUSE to pause the program, press STOP to stop the program and display the results of the exercise.

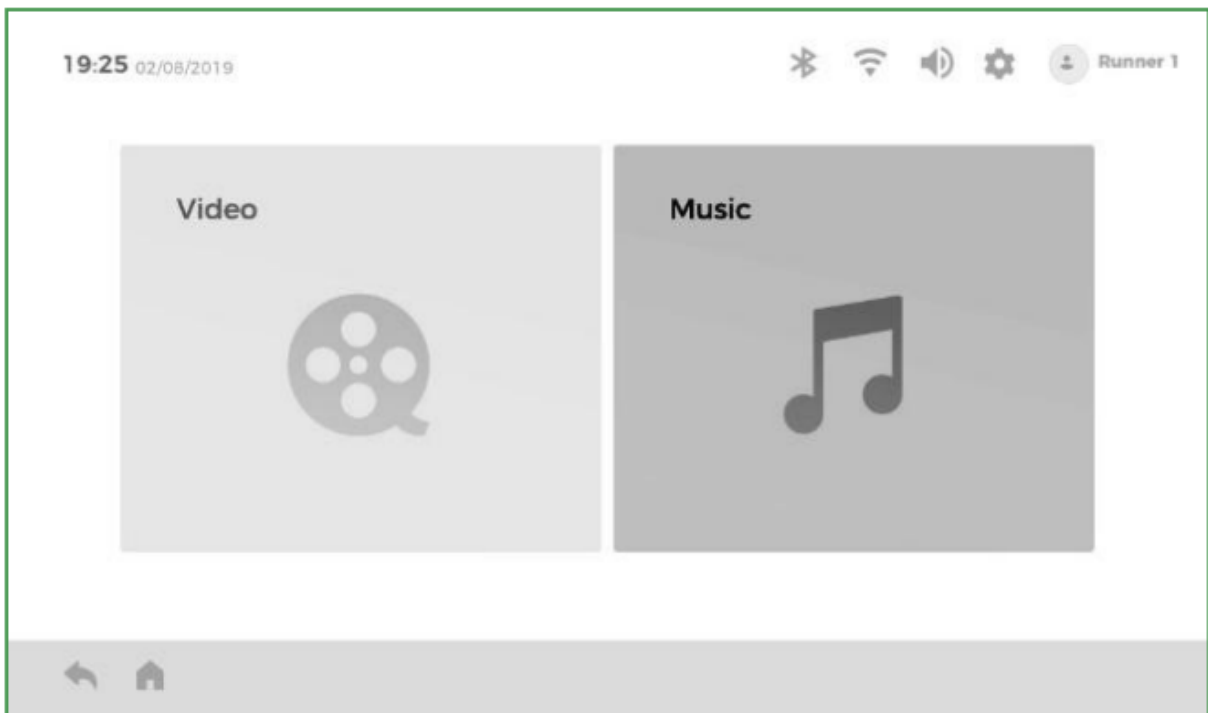


After setting the program values, you can press the minimized player to display the player.



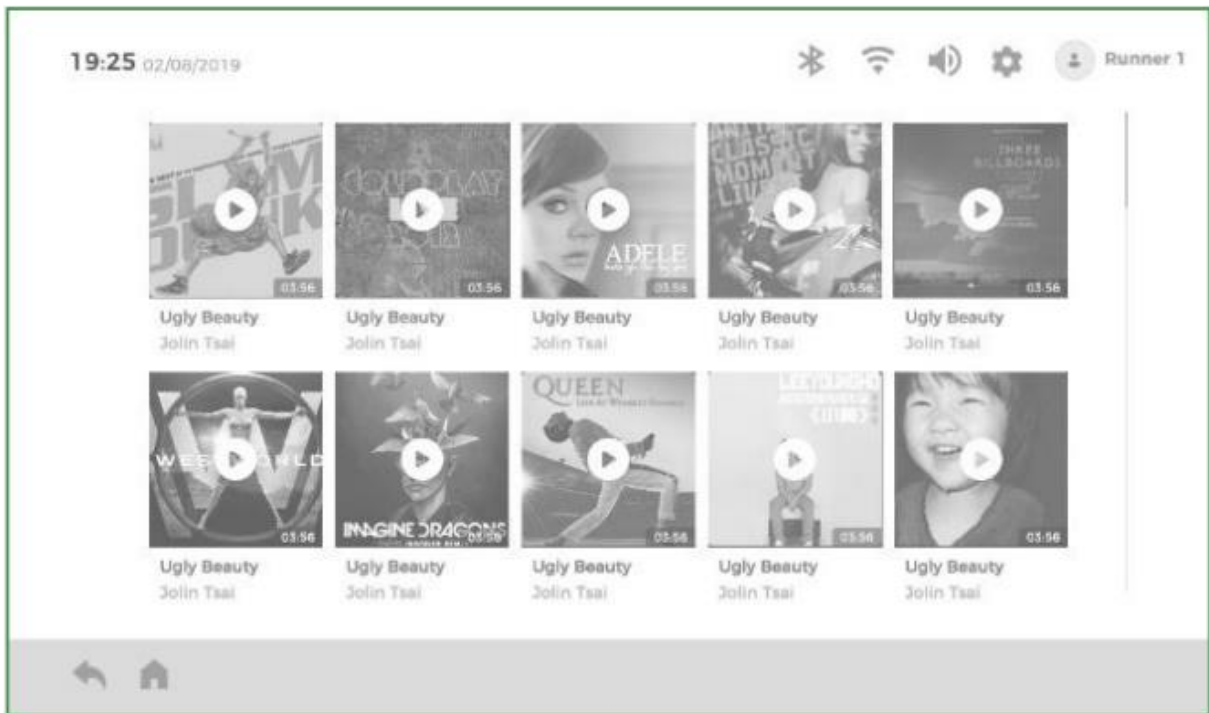
## MUSIC





Select Music.

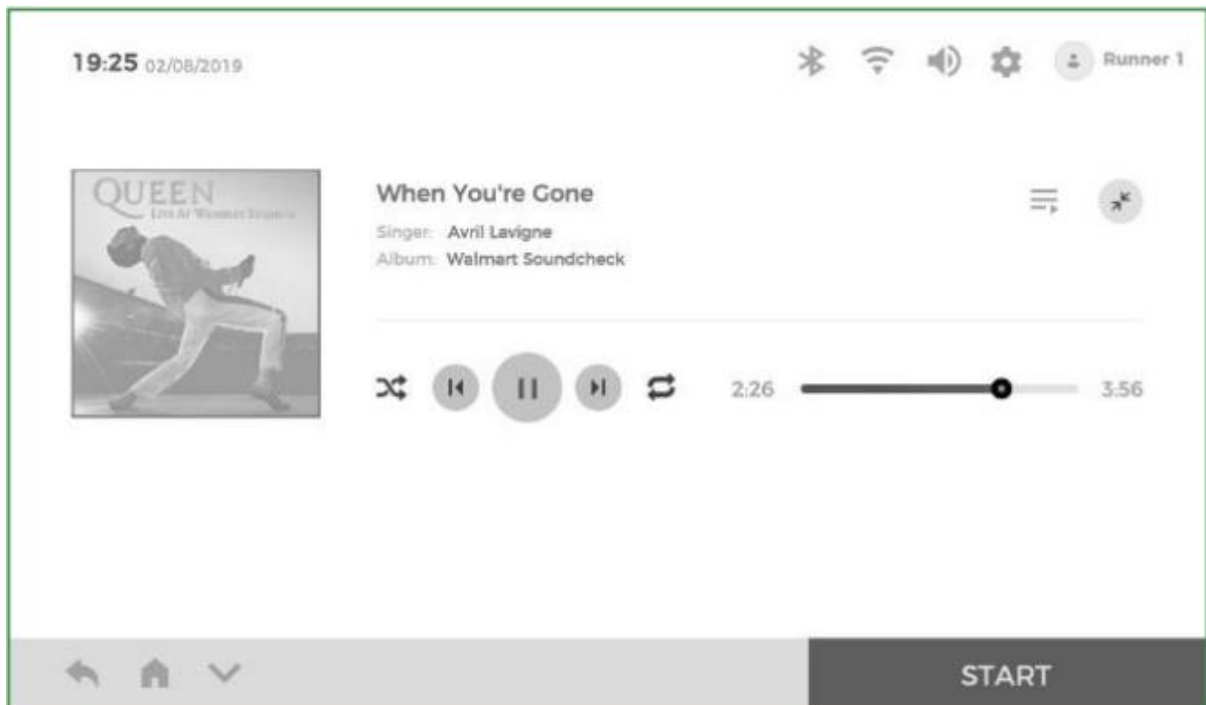


Select the file you want to play.





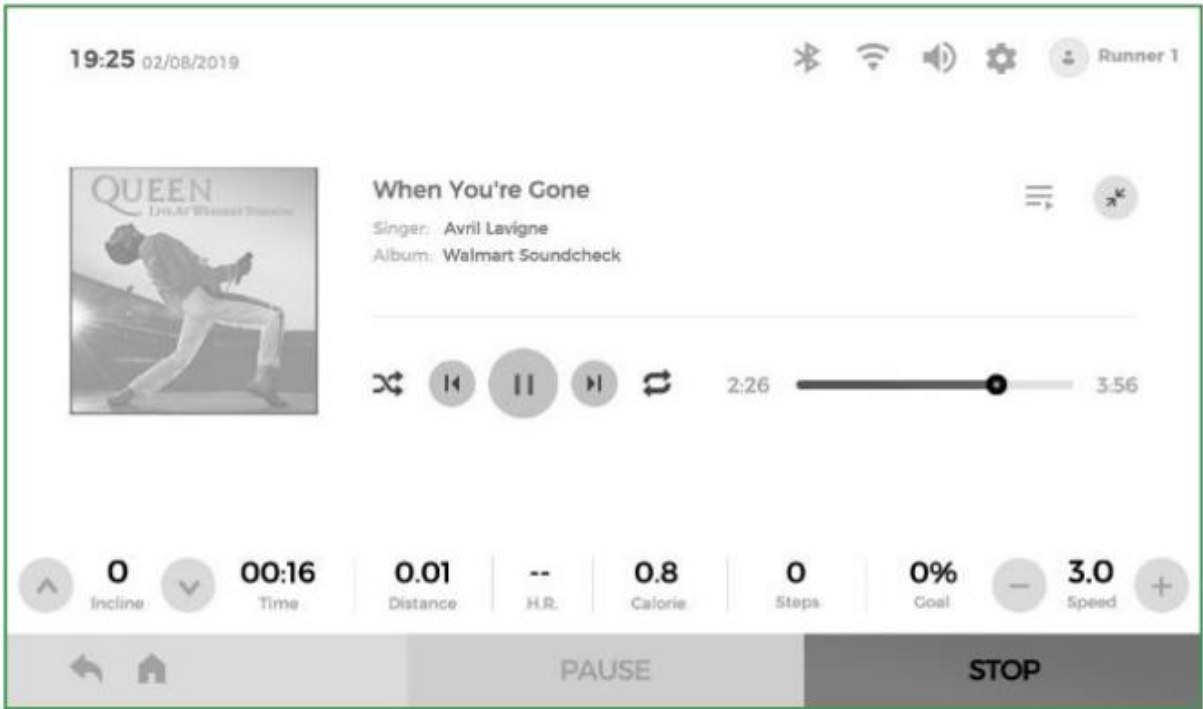
Press the button  to display the playlist. Use the  (random) and  (repeat) buttons to select the playback style. Use the button to  minimize the playback window and control the treadmill functions. Press START to start the program.



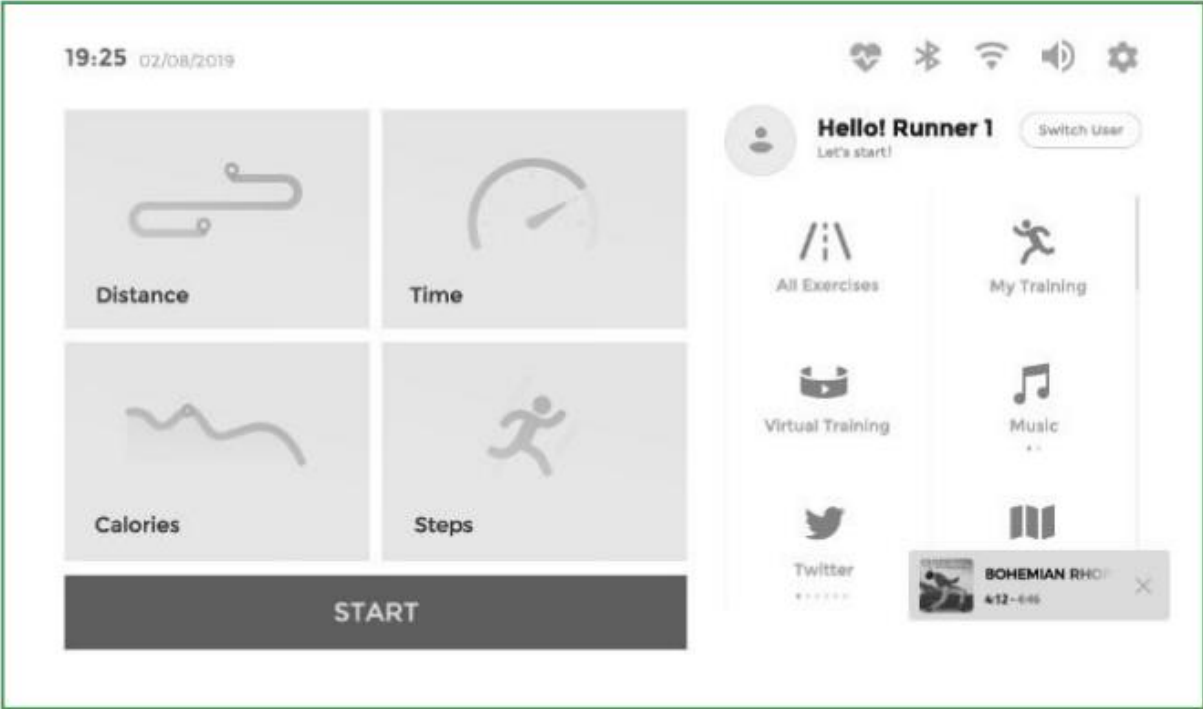
You can adjust the speed and incline using the respective buttons.

Press the "v" button to switch to full screen mode, press "∧" to switch to the original display.

Press PAUSE to pause the program, press STOP to stop the program and display the results of the exercise.

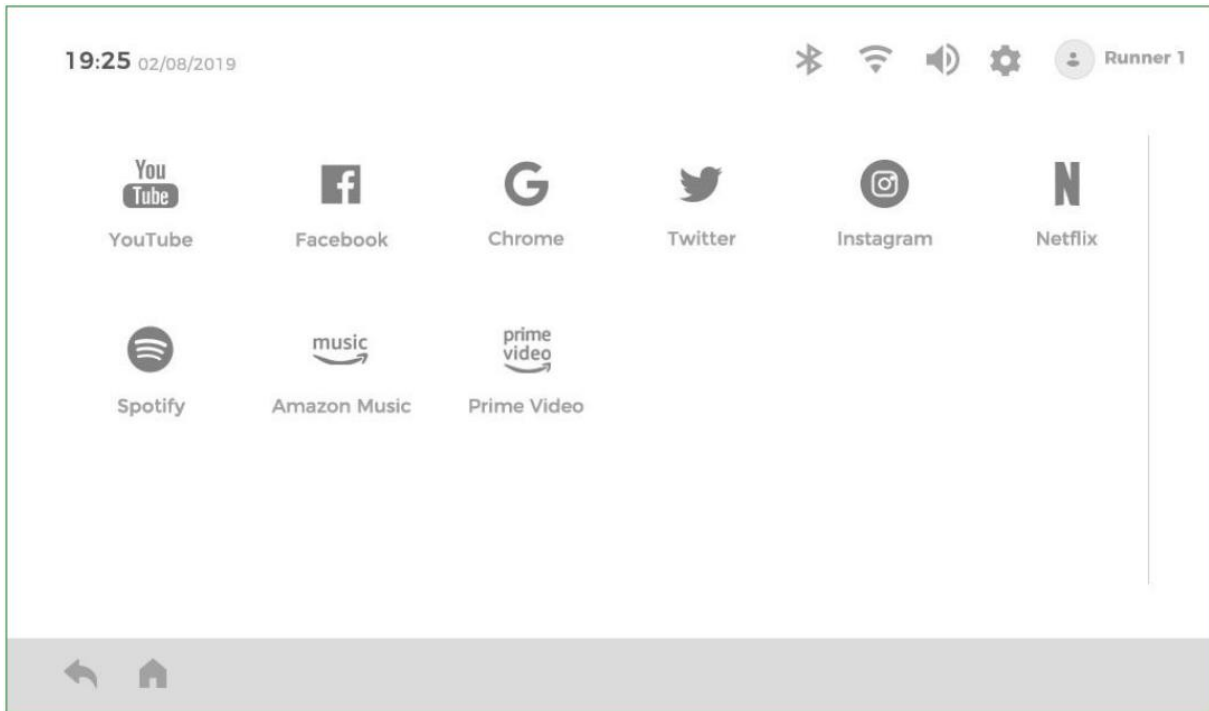


After setting the program values, you can press the minimized player to display the player.



### THIRD PARTY APPLICATIONS

Built-in third-party applications may be regionally restricted. You must be connected to the Internet to use these applications. During exercise, we do not recommend using applications that could distract you and cause injury.



### SETTING

Wi-Fi

Display & Brightness - set the brightness of the display

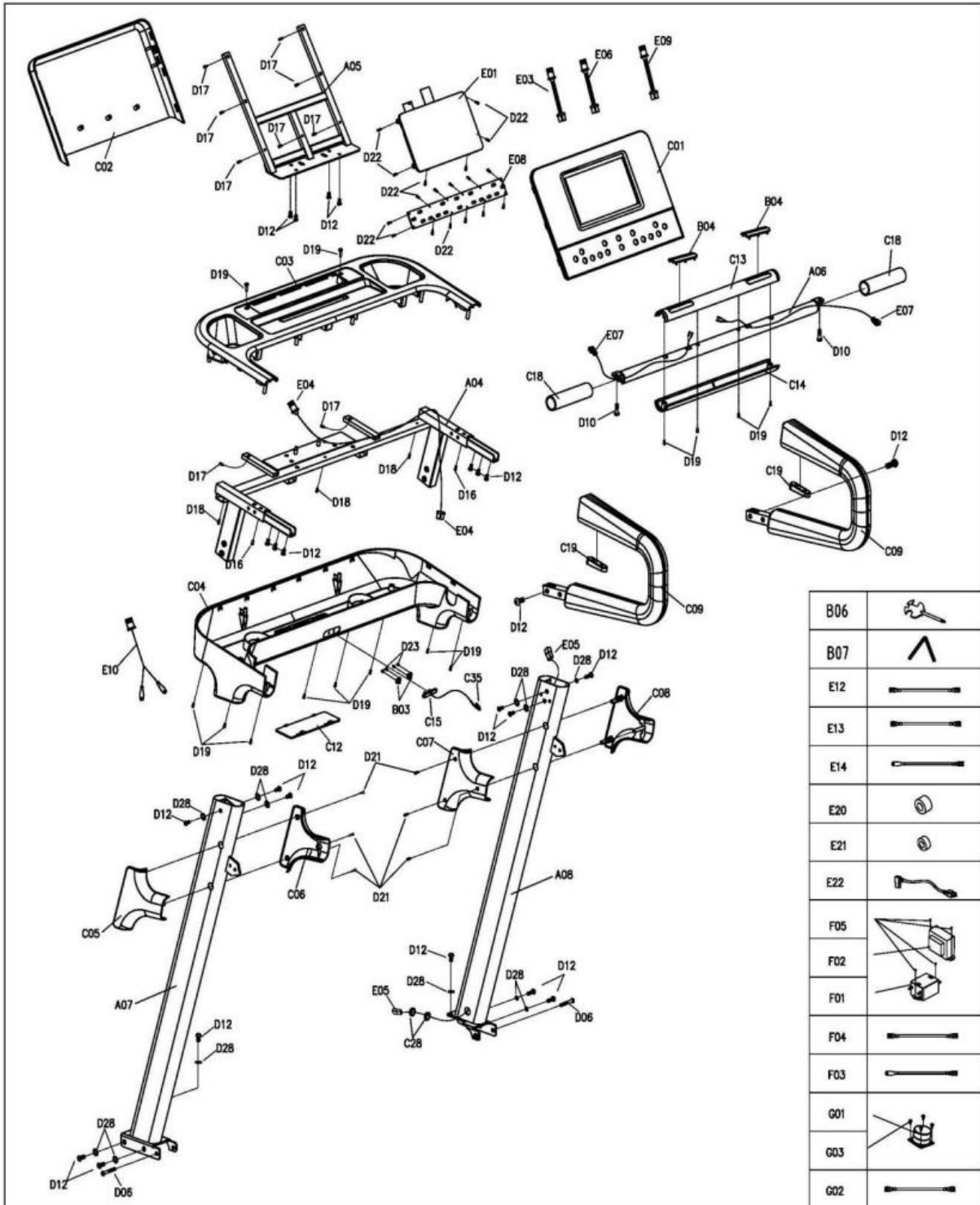
Language – select from the list of languages

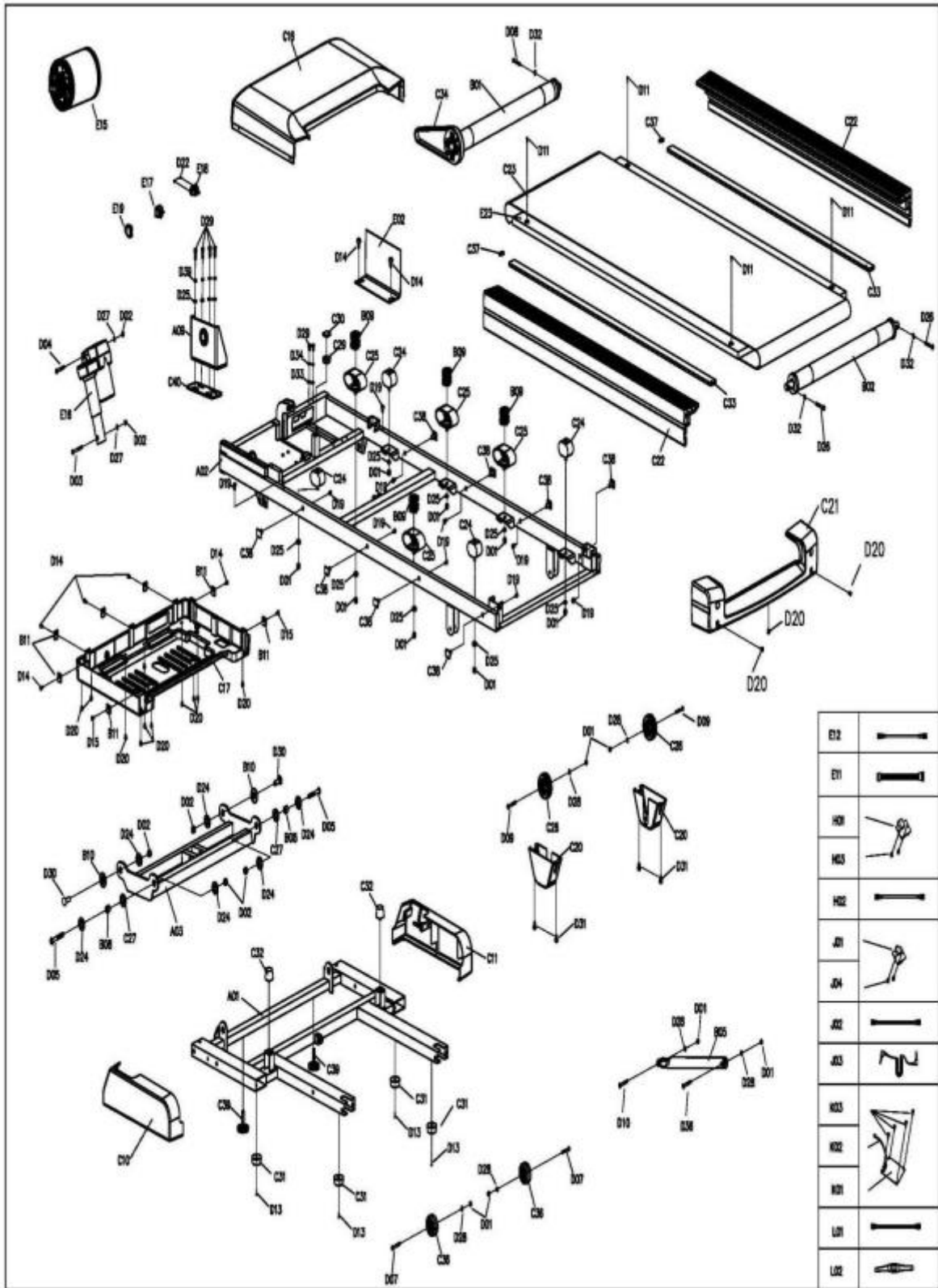
Unit change - choose between metric and imperial systems

Time setting – select the time zone

Clear Cache - we recommend clearing the cache regularly

# DIAGRAM





## PARTS LIST

No.	Name	Qty.	No	Name	Qty.
A01	Base frame	1	C14	Bottom cover of the pulse plate	1
A02	Main frame	1	C15	Safety key	1
A03	Incline frame	1	C16	Engine top cover	1
A04	Display holder	1	C17	Engine bottom cover	1
A05	Display frame	1	C18	Foam roller handles	2
A06	Middle frame handrails	1	C19	Handle cover	2
A07	Left post	1	C20	Wheel cover	2
A08	Right post	1	C21	Back cover	1
A09	Motor right fixing seat assembly	1	C22	Insoles	2
B01	Front roller	1	C23	Running belt	1
B02	Rear roller	1	C24	Damping pad	4
B03	Safety key spring	2	C25	Damping pad	4
B04	Pulse plates	4	C26	Adjustable wheels	2
B05	Air cylinder	1	C27	Plastic mat	2
B06	Cross key	1	C28	Cable holder	2
B07	Allen wrench #5	1	C29	Square terminal	1
B08	Sleeve	2	C30	EVA pad	1
B10	Bushing	2	C31	Flat pad	4
B11	Engine cover plate	7	C32	Conical damping pad	2
B12	Engine plate	2	C33	EVA pad	2
B13	Left engine mount	1	C34	Belt	1
B14	Right motor mount	1	C35	Safety key clip	1
C01	10.1 inch display	1	C36	Transport wheels	1
C02	Lower display cover	1	C37	Rubber pad	2
C03	Upper cover housing the display	1	C38	Side rail tension seat	8
C04	Bottom cover of the display seat	1	C39	Adjustable feet	2
C05	Upper left post cover - L	1	C40	EVA pad	1
C06	Upper left post cover – P	1	D01	Nut M8	14
C07	Upper right post cover - L	1	D02	Nut M10	6
C08	Upper right post cover – P	1	D03	Screw M10*90	1
C09	Handle	2	D04	Screw M10*45	1
C10	Left bottom cover	1	D05	M10*30 screw	2
C11	Right bottom cover	1	D06	M8*80 screw	2
C12	Middle display cover	1	D07	M8*70 screw	2
C13	Pulse plate top cover	1	D08	M8*55 screw	3

D09	M8*40 screw	2	D36	M8*40 screw	2
D10	M8*30 screw	4	D37	Washer $\phi 6$	4
D11	M8*25 screw	4	D38	Flexible pad $\phi 6$	4
D12	M8*15 screw	26	D39	Flexible pad $\phi 8$	4
D13	M5*16 screw	4	E01	Display	1
D14	M5*12 screw	7	E02	Motherboard	1
D15	Screw	2	E03	Upper display cable	1
D16	Screw ST4.2*30	2	E04	Display extension cable	1
D17	Screw ST4.2*15	9	E05	Lower display cable	1
D18	Screw ST4.2*20	3	E06	Upper pulse cable	1
D19	Screw ST4.2*12	24	E07	Lower pulse cable	2
D20	Screw ST4.2*12	13	E08	Control board	1
D21	Screw ST4.2*12	6	E09	Security key top cable	1
D22	Screw ST2.9*8	22	E10	Safety key lower cable	1
D23	Screw ST2.5*6	4	E11	Connection cable	1
D24	Large pad $\phi 10$	6	E12	Motor cable 350 mm brown	2
D25	Washer $\phi 8$	12	E13	Motor cable 350 mm brown	3
D26	Flexible pad $\phi 8$	2	E14	Earthing cable	1
D27	Seeger pad $\phi 10$	2	E15	Brushless motor	1
D28	Seeger pad $\phi 8$	18	E16	Tilt motor	1
D29	M8*20 screw	4	E17	Switch	1
D30	M10*30 screw	2	E18	Power socket	1
D31	Screw ST4.2*20	4	E19	Overvoltage protection	1
D32	Washer $\phi 6$	3	E20	Magnetic circle	1
D33	Washer $\phi 5$	2	E21	Magnetic core	1
D34	Flexible pad $\phi 5$	2	E22	Power cable	1
D35	M6*20 screw	8	E23	Running board	1

## 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.

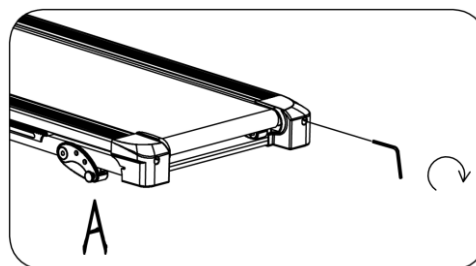
## **IMPORTANT NOTICE**

- 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.

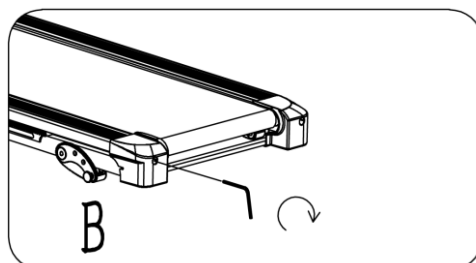
## **ADJUSTING THE RUNNING BELT**

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.

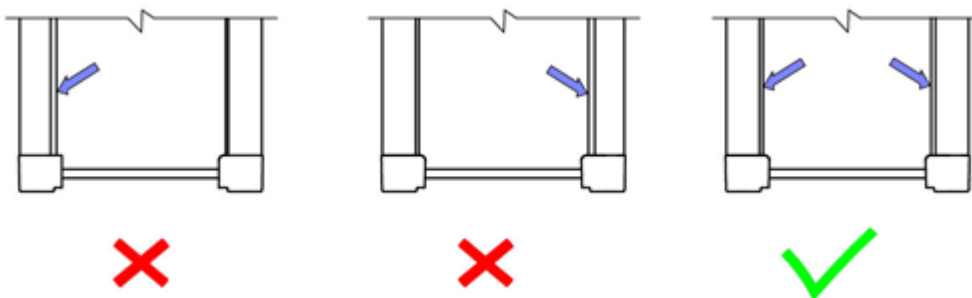
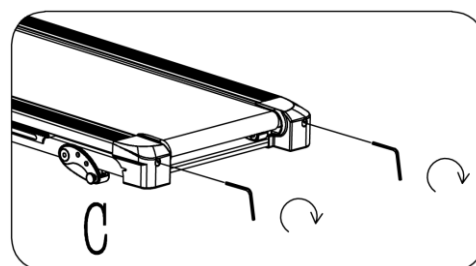
If the running belt (20) drifts to the right, turn the adjusting bolt on the right side  $\frac{1}{4}$  turn clockwise, then turn the left adjustment bolt  $\frac{1}{4}$  turn counter-clockwise. If the belt does not move, repeat this step until it centers. Refer to image A.



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:**

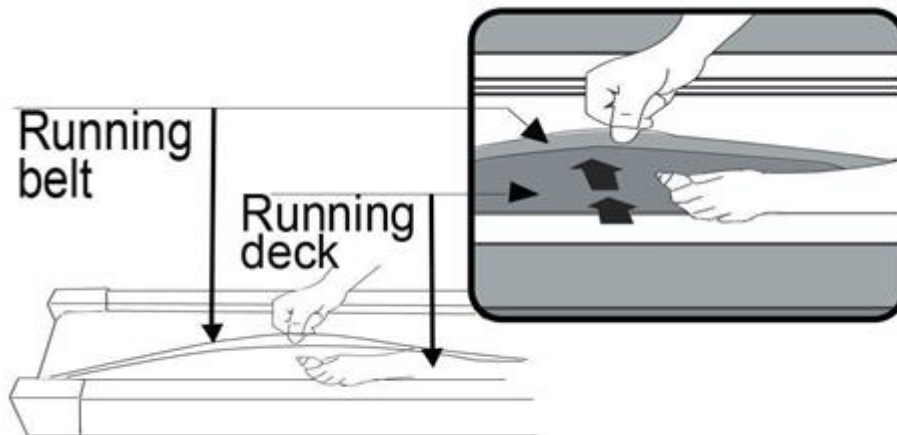
Light user (less than 3 hours/week)	Every 6 months
Medium user (3 - 5 hours/week)	Every 3 months
Heavy user (more than 5 hours/week)	Every 2 months

### How to lubricate the treadmill:

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.



## 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.**

Registered Office: Strakonická 1151/2c, Praha 5, 150 00,  
ČR

Headquarters: Dělnická 957, Vítkov, 749 01

Warranty & Service: Čermenská 486, Vítkov 749 01

CRN: 26847264

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Phone: +420 556 300 970

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reklamace@insportline.cz  
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Trenčín 911 01, SK

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**About shipping**

