



USER MANUAL – EN
IN 26636 Folding treadmill inSPORTline ZenRun 40



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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

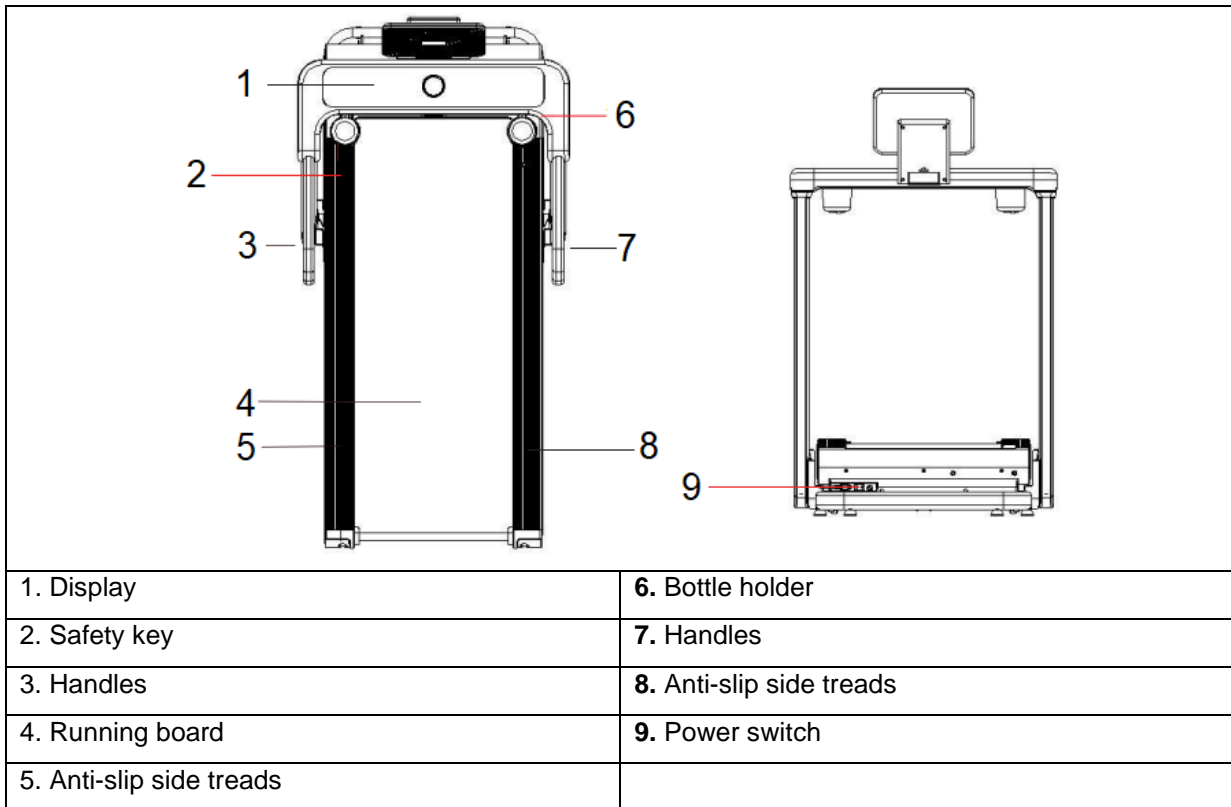
- Read the manual carefully and keep it for future reference.
- Always clip the safety key to your clothes or belt before starting exercising.
- Move naturally, forward. Do not look on your feet. Only for one person can use the product on the same time.
- Speed increase gradually, not instantly.
- In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

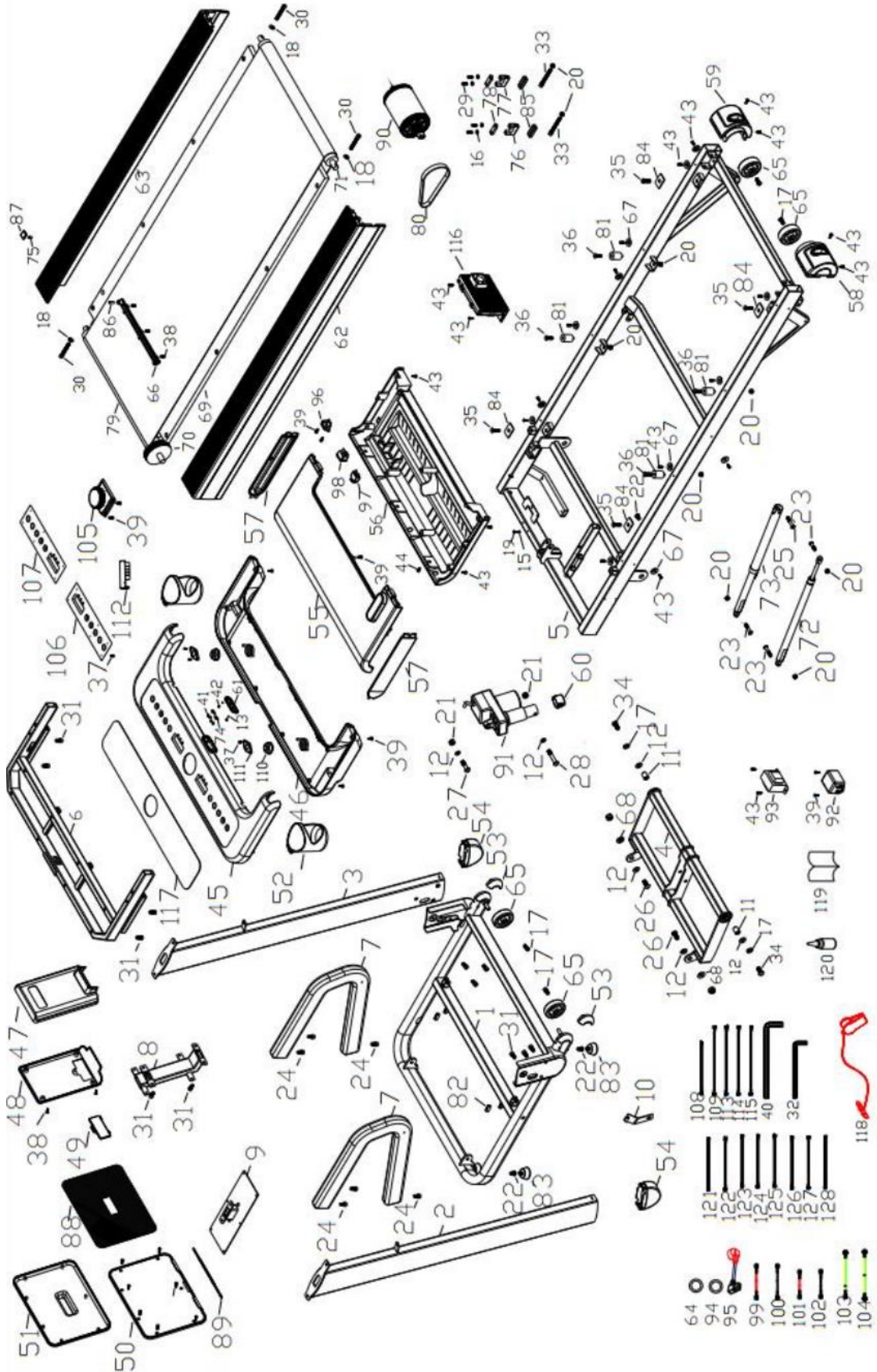
SAFETY WARNING: Do not use heart rate sensors in the handle at speeds above 14 km / h.

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!

PRODUCT DESCRIPTION



DIAGRAM

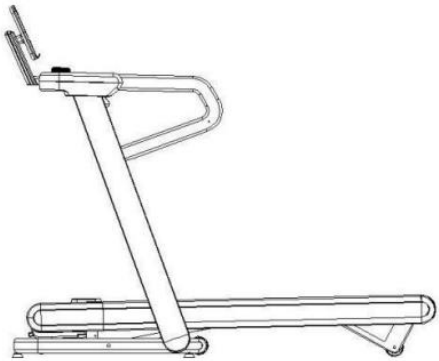


PARTS LIST













No.	Name	Qty.	No.	Name	Qty.
1	Front frame	1	37	Screw ST3.0x8	17
2	Left post	1	38	Screw ST4.2x9.5	19
3	Right post	1	39	Screw ST4.2x16	41
4	Incline frame	1	40	Allen bolt M6	1
5	Main frame	1	41	Screw ST2.3x4	4
6	Control panel frame	1	42	Screw ST2.5x6	2
7	Handles	2	43	Screw ST4.2x16	36
8	Console frame	1	44	Screw ST4.2x25	3
9	Console holder	1	45	Control panel top cover	1
10	Safety	1	46	Control panel bottom cover	1
11	Spacer	2	47	Console top cover	1
12	Spacer M10	6	48	Console bottom cover	1
13	Gasket M4	2	49	Console rear cover	1
14	Safety key	1	50	Console cover	1
15	Washer M4	1	51	Console plate	1
16	Spring washer M6	6	52	Bottle holder	1
17	Bolt M6x10	4	53	Wheel axle cap	2
18	Washer M8	3	54	Post bottom cover	2
19	Bolt M4x10	1	55	Motor cover	1
20	Nut M8	9	56	Motor base	1
21	Nut M10	2	57	Motor side covers	2
22	M8 hexagonal cap	12	58	Left rear cover	1
23	Bolt M8x30	3	59	Right rear cover	1
24	Bolt M8x16	6	60	Incline motor spacer	1
25	Bolt M8x45	1	61	Safety key cover	1
26	Bolt M10x25	2	62	Left step	1
27	Bolt M10x40	1	63	Right step	1
28	Bolt M10x65	1	64	Washer	1
29	Bolt M6x15	4	65	Transport wheels	4
30	Bolt M8x60	3	66	Oil cap	1
31	Bolt M8x16	16	67	Washer	14
32	Allen key M5	1	68	Plastic mat	2
33	Bolt M8x70	2	69	Running board	1
34	Bolt M10x30	2	70	Front roller	1
35	Bolt M8x25	4	71	Rear roller	1
36	Bolt M8x30	4	72	Piston without tap	1

73	Piston with pin	1	97	Surge protection	1
74	Copper pad	2	98	Switch	1
75	Spacer	1	99	Red power cable 350	1
76	Left motor mount	1	100	Black power cable 350	2
77	Right motor mount	1	101	Red power cable 150	2
78	Motor mount plate	2	102	Black power cable 150	1
79	Bar	1	103	Grounding cable 1 yellow-green	2
80	Belt	1	104	Grounding cable 2 yellow-green	1
81	Damping washer	4	105	LED display	1
82	Rubber cap	2	106	Incline button	1
83	Tapered washer	4	107	Speed button	1
84	Square rubber pad	4	108	Connecting cable 200	1
85	Square rubber pad	2	109	Connecting cable 250	1
86	Oil filler	1	110	Speaker connection cable	2
87	Silicone tank	1	111	Speaker cover	2
88	Silicone tablet holder cover	1	112	Bluetooth cable	1
89	Tablet holder bar	1	113	Main communication cable 650	1
90	Motor	1	114	Main communication cable #110	1
91	Incline motor	1	115	Main communication cable 900	1
92	Filter	1	116	Brushless motor	1
93	Induction	1	117	LED panel	1
94	Magnetic ring	1	118	Security key	1
95	Power cable	1	119	Manual	1
96	Socket	1	120	Silicone oil	1

SPECIFICATIONS

Color	Black	
Weight limit	86 kg	
Running surface	135x52 cm	
Unfolded dimension	173x89x142 cm	
Motor power	Brushless 4 hp	
Speed	1.0-18.8 km/h	
Shock absorption	Yes	
Max. weight limit	150 kg	
Incline	-6 – 15	

PACKAGE CONTENTS

Main frame		1	Fasteners		1
Left post		1	Oil		2
Right post		1	Power cable		1
Control panel		1	Safety key		1
Handles		2	Manual		1
Bottle holder		2	Console		1

CONTROL PANEL

DISPLAY

The display shows the speed in the range of 1.0 – 18.8 km/h

After setting the countdown, a countdown of 3, 2, 1 will be displayed before starting

After reaching 0:00, the treadmill will slowly stop and then display END.

INCL (incline), DIS (distance), CAL (kalories)

Data is displayed during preset programs P01-P12, programs HP1 - HP3 and FAT programs

The data changes in a cycle every 5 seconds

Incline display from -6 to 15

Distance display 0.00 - 99.90, if countdown is set, after reaching 0 the treadmill will slowly stop. The display will show END and then switch to standby mode.

Calories will display calories burned 0.0 - 999.0, if countdown is set, the treadmill will slowly stop when it reaches 0. The display will show END and then switch to standby mode.

TIME (time), STEP (number of steps), PUL (pulse)

The data is displayed in a cycle every 5 seconds.

Time shows the training time 0:00 - 99:59, if a countdown is set, the treadmill will slowly stop when it reaches 0. The display will show END and then switch to standby mode.

Steps displays the number of steps 0 - 9999, when 9999 steps are reached, the counter restarts.

Grab the handles with sensor to display pulse, display a heart rate of 50-200 beats/min. The data are only indicative and do not serve for medical purposes.

BUTTONS

PROG

Press the button to select the program P01 – P12, HP1 – HP3, FAT

P1 – P12 are preset programs.

HP1 – HP3 heart rate programs

FAT body fat test

MODE

Used to select the mode. 0:00 (manual program), 15:00 (time countdown), 1.0 (distance countdown), 50.0 (calorie countdown). Use the speed and incline buttons to adjust the value, use the START button to start the program.

KNOB BUTTON

Press the button to start, pause or stop the program. Press to start the program, hold for 3 seconds to stop or reset.

By turning you can adjust the speed if the program is running or set the value if you are adjusting the program value. Adjust the speed by 0.1 km and it is adjusted every 0.5 seconds.

INCLINE +, INCLINE –

It is used to set the incline if the program is running. The value is adjusted by 1°. Incline is always adjusted every 0.5 seconds.

SPEED 4, 8, 12

Quick speed selection buttons

INCLINE 4, 8, 12

Quick incline selection buttons

QUICK START (manual mode)

Turn on the treadmill and connect the safety key. Press the rotary knob, a 3-second countdown will start, a sound signal will sound, and then the treadmill will start at 1km/h.

After starting the program, you can adjust the speed with the speed adjustment buttons and the incline with the incline adjustment buttons.

CONTROL DURING EXERCISES

By turning the knob, you adjust the speed.

Press the INCLINE button to decrease the incline.

Press the INCLINE + button to increase the incline.

Press the knob to pause the program. Hold the button for 3 seconds to restart the program.

If you hold the sensors on the handles for 3 seconds, the heart rate data will be displayed.

MANUAL MODE (manual mode)

In standby mode, press the knob, the treadmill starts at 1.0km/h with an incline of 0. Turn the knob to change the speed (SPEED), use the INCLINE + / - buttons to change the incline.

Time countdown

In standby mode, press MODE, the value 30:00 (TIME) will flash, use the INCLINE + / - buttons or turn the knob to adjust the value in the range of 5:00 - 99:00.

Distance countdown

In standby mode, press MODE, the value 1.00 (DIS) will flash, use the INCLINE + / - buttons or turn the knob to adjust the value in the range of 0.50 – 99.9

Calories countdown

In standby mode, press MODE, the value 50.0 (CAL) will flash, use the INCLINE + / - buttons or turn the knob to adjust the value in the range of 10.0 - 999.0.

Once you have set the program, use the INCLINE + / - buttons to adjust the incline and use the knob to adjust the speed.

PRESET PROGRAMS

The console contains 12 preset programs. Programs can be selected by pressing the PROG button. After selecting the program, the TIME display starts flashing, the original value of 30:00 is displayed, press the INCLINE + / - button and the knob to adjust the value. The preset programs are divided into 20 segments, the length of each segment is the set time / 20. When entering the next segment, an acoustic signal is sound. You can change the incline and speed if needed. When the program ends, END is displayed, and the treadmill slowly stops. After 5 seconds, it switches to standby mode.

Time range Select range	Time set / 20 = running time for each segment																				
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	
P01	SPEED	3	4	5	5	6	5	5	4	5	5	6	5	5	4	5	5	6	5	5	3
	INCLINE	2	2	3	2	3	2	3	2	3	3	2	2	3	3	2	2	3	3	2	2
P02	SPEED	3	5	6	7	7	6	6	7	7	6	6	7	7	6	6	7	7	6	5	3
	INCLINE	3	4	5	5	4	4	3	3	4	4	5	5	4	4	3	3	4	4	2	2
P03	SPEED	5	10	6	11	7	12	8	12	9	6	10	7	11	8	12	7	11	9	6	3
	INCLINE	3	4	5	6	5	4	5	6	5	4	5	6	5	4	5	6	5	4	3	2
P04	SPEED	5	7	8	9	9	9	8	8	9	9	9	8	8	9	9	9	8	8	6	5
	INCLINE	2	2	3	3	4	4	3	3	4	4	3	3	4	4	3	3	4	4	3	2
P05	SPEED	5	8	10	11	11	10	10	9	9	10	10	11	11	10	10	11	11	8	6	5
	INCLINE	3	3	4	4	5	5	4	4	5	5	4	4	5	5	4	4	5	5	3	2
P06	SPEED	4	6	7	8	9	10	10	9	9	10	10	10	9	9	10	10	10	8	6	3
	INCLINE	0	0	1	1	1	2	2	2	1	1	1	0	0	1	1	2	2	1	1	0
P07	SPEED	4	7	8	8	9	9	10	8	8	9	9	10	9	8	9	9	8	8	5	3
	INCLINE	2	5	1	4	2	6	4	6	3	0	1	5	2	6	3	0	2	5	3	1
P08	SPEED	4	6	8	9	9	8	8	9	9	9	8	8	8	9	9	9	8	7	5	3
	INCLINE	6	8	12	6	11	8	10	6	8	10	12	10	8	12	7	10	10	8	6	2
P09	SPEED	5	7	10	11	12	11	11	10	9	10	11	11	12	11	11	10	10	9	8	4
	INCLINE	2	3	4	5	6	6	5	5	4	4	5	5	6	6	5	5	4	4	3	2
P10	SPEED	6	8	10	11	12	12	11	9	10	11	12	11	10	11	12	10	12	8	8	4
	INCLINE	4	5	6	7	6	5	6	7	6	5	6	7	6	5	6	7	6	7	5	2
P11	SPEED	6	9	11	12	12	12	11	11	10	11	12	12	11	12	12	11	11	10	9	5
	INCLINE	2	4	6	8	7	6	7	8	7	6	7	8	7	6	7	8	7	6	3	2
P12	SPEED	3	6	8	8	8	9	9	8	8	8	9	9	8	8	8	9	9	7	5	3
	INCLINE	2	2	3	3	3	2	2	3	3	3	2	2	3	3	3	2	2	3	3	2

HP1 – HP3

The heart rate chart is for reference only.

Age - age

BPM - beats per minute

H – highest, L – lowest

AGE	BPM			AGE				AGE			
	H	DEFAULT	L		H	DEFAULT	L		H	SEFAULT	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

Press the PROGRAM button to select HRC (heart rate program). The maximum speed is 12.0 km/h, when selecting the program, the preset program for 30 years is displayed, heart rate 114 beats per minute.

Press the MODE button to set the age (AGE), the value 30 is shown in the speed display. You can adjust the age using the speed and incline buttons. The range is 15 – 80 years.

After setting the age, press the MODE button. Use the incline and speed adjustment buttons to adjust your target heart rate in the range of 84 – 195.

After setting your target heart rate, press the MODE button. Use the incline and speed adjustment buttons to set the time. The TIME display will show the value 30:00. Use the incline and speed adjustment buttons to adjust the time in the range 10:00 - 99:00.

Press MODE to switch to standby mode, or press START to start the program.

You can adjust the speed and incline during the program, but the system will try to adjust these values to achieve the target heart rate.

The first minute of the program serves as a warm-up. The system will automatically adjust the speed and incline values. If the heart rate is lower than the set value, the speed increases by 0.5 km/h. After reaching a speed of 8 km/h - 12 km/h, the treadmill starts to increase the inclination by 1 degree.

If the heart rate is higher than the set value, the incline is reduced by 1 degree and then the speed by 0.5 km/h.

BODY FAT PROGRAM (FAT)

Press the PROG button to select FAT. Use the MODE button to set the values F1 – F4. You can adjust the values using the buttons for changing speed and incline.

F1 – Gender (01 male, 02 female)

F2 - Age (10 - 99)

F3 – Height (100 – 200 cm)

F4 - Weight (20 - 150 kg)

F5 displays the result.

After setting all the values, hold the sensors on the handles for 5-6 seconds. The result will be displayed. The values are indicative only and do not serve for medical purposes.

≤19	Malnutrition
=(20---24)	Normal weight
=(25---29)	Overweight
≥30	Obesity

RANGE OF DISPLAYED VALUES

Value	Start	Default	Setting range	Display range
Time, min:seconds	0:00	30:00	5:00 – 99:00	0:00 – 99:59
Incline	0	N/A	N/A	-6 – 15
Speed (speed), km/h	0.0	N/A	N/A	1.0 – 18.8 km/h
Distance, km	0.00	1.00	0.50 – 60.0	0.00 – 60.0
Heart rate (beats per minute)	P	N/A	N/A	50 – 200
Calories	0.0	50.0	10.0 – 999.0	0.0 – 999.0
Steps	0	N/A	N/A	0 – 9999

SAFETY KEY

If you remove the safety key, the speed display will show - - -. An acoustic signal sounds. After reconnecting, the treadmill can be started again.

POWER SAVING MODE

After 10 minutes of inactivity, the console switches to power saving mode.

MP3

After connecting an audio device, music can be played.

ERROR CODES

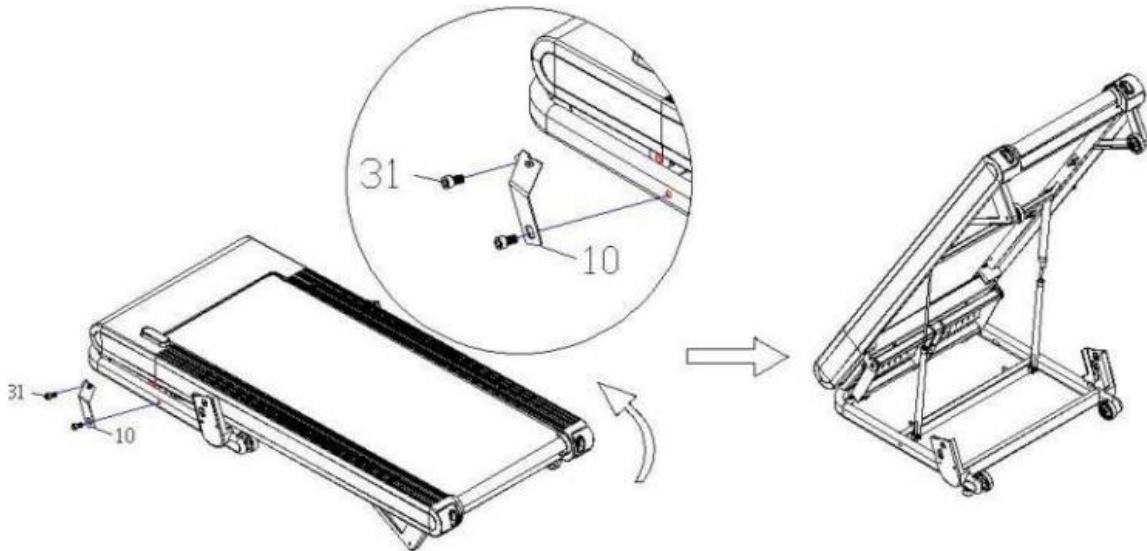
E01	The frequency converter did not receive a signal
E02	Wrong signal
E03	Hall sensor failure
E04/E09	Incline error
E05	Overpressure failure
E06/E07	Overwhelming signals
E08	Overheating
E10	Drive mechanism failure
E13	Output error
E15	Communication error
E18	Drive mechanism failure
E20	Pressure error
E32	Inverter error

ASSEMBLY

Assembly is recommended to be performed by two adults.

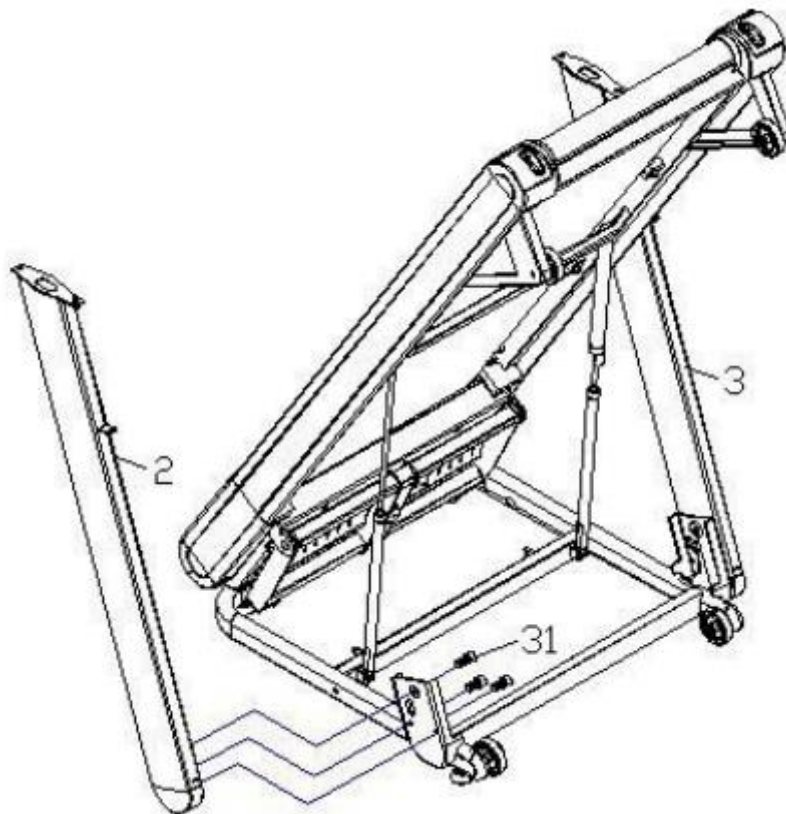
Step 1

Remove the treadmill from the package. Unscrew the safety (10) by loosening the screws (31). Then lift the frame as shown.



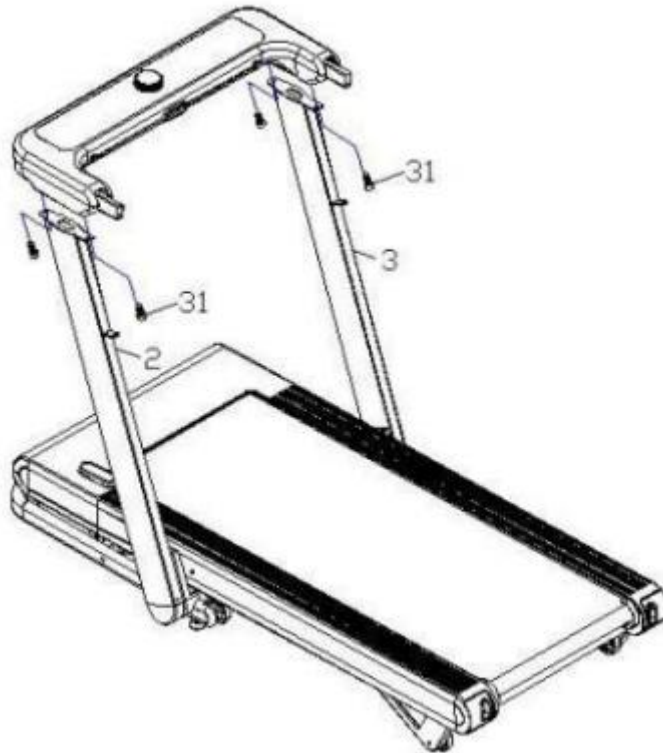
Step 2

Connect the cables from the right post and the base. Then attach the post (3) to the main frame with #31 M8x16 screws. Tighten the screws all at the same time.



Step 3

Connect the communication cables from the right post with the cable from the control panel. Then attach the control panel to the posts using #31 M8x16 screws.



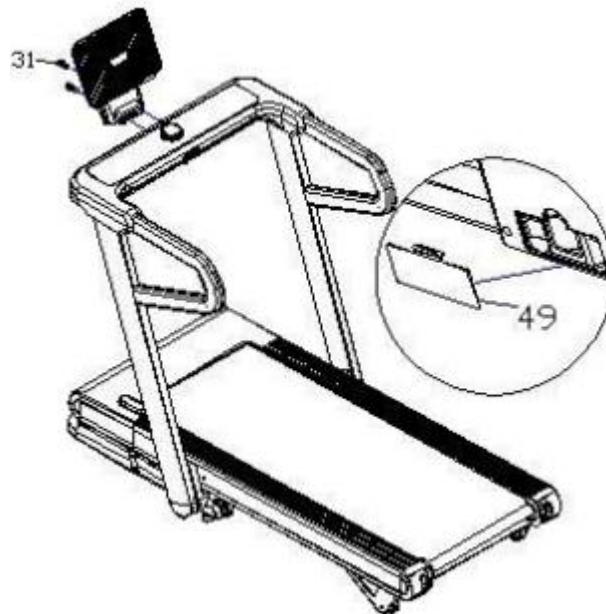
Step 4

Attach the handlebars to the posts and control panel with #24 M8x16 screws.



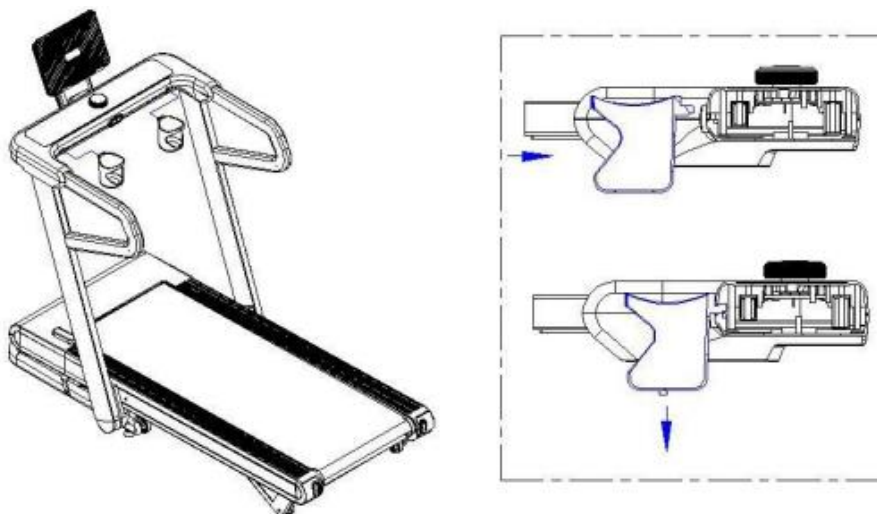
Step 5

Remove the cover from the control panel (49) and then connect the cables from the console to the control panel. Slide the console into the control panel and secure with #31 M8x16 screws.



Step 6

Attach the bottle holder to the control panel.

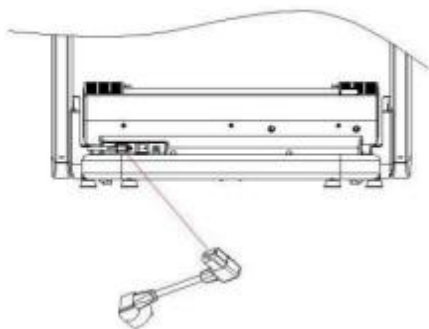


Step 7

Make sure all screws and connections are tight and secure before use.

USE

- Place the treadmill on a flat and clean surface with sufficient free space.
- Plug in and turn the switch to the on position.
- Check that all data is displayed correctly. Stand on the sides.
- Attach the security key to the control panel and to your clothing.
- Press START, countdown and manual program will start.



WARNING:

- Check that the running belt is not slipping.
- Always set the treadmill on the lowest speed.
- Never turn on the treadmill unless you have the safety key clipped to your clothing.
- Not suitable for people with reduced mobility.

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.

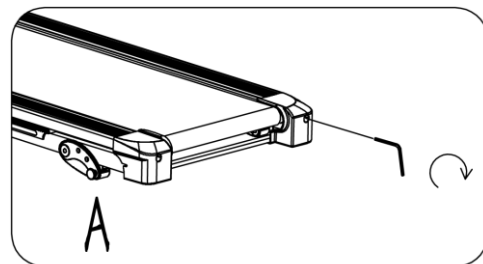
IMPORTANT NOTICE

- 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.

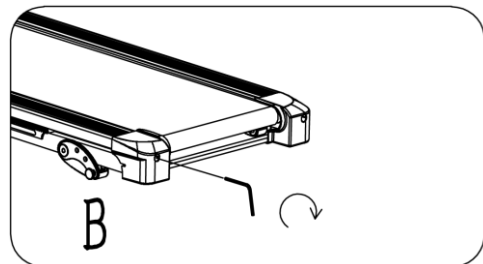
ADJUSTING THE RUNNING BELT

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.

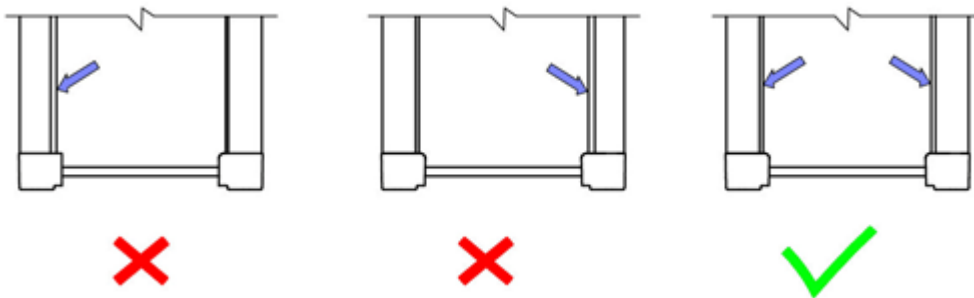
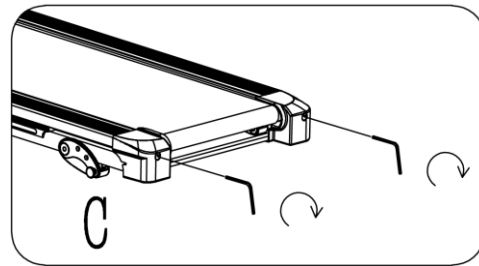
If the running belt (20) drifts to the right, turn the adjusting bolt on the right side $\frac{1}{4}$ turn clockwise, then turn the left adjustment bolt $\frac{1}{4}$ turn counter-clockwise. If the belt does not move, repeat this step until it centers. Refer to image A.



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:

Check the oil level. If necessary, top up the oil in the filler container, approximately after 50 km. Always let the treadmill run idle for best oil distribution.



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 **SEVEN SPORT s.r.o.**

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About shipping

