



**USER MANUAL – EN**

**IN 26826 Treadmill inSPORTline ZenRun 15**



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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:** 110 kg
- **Category:** HC for home use

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

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

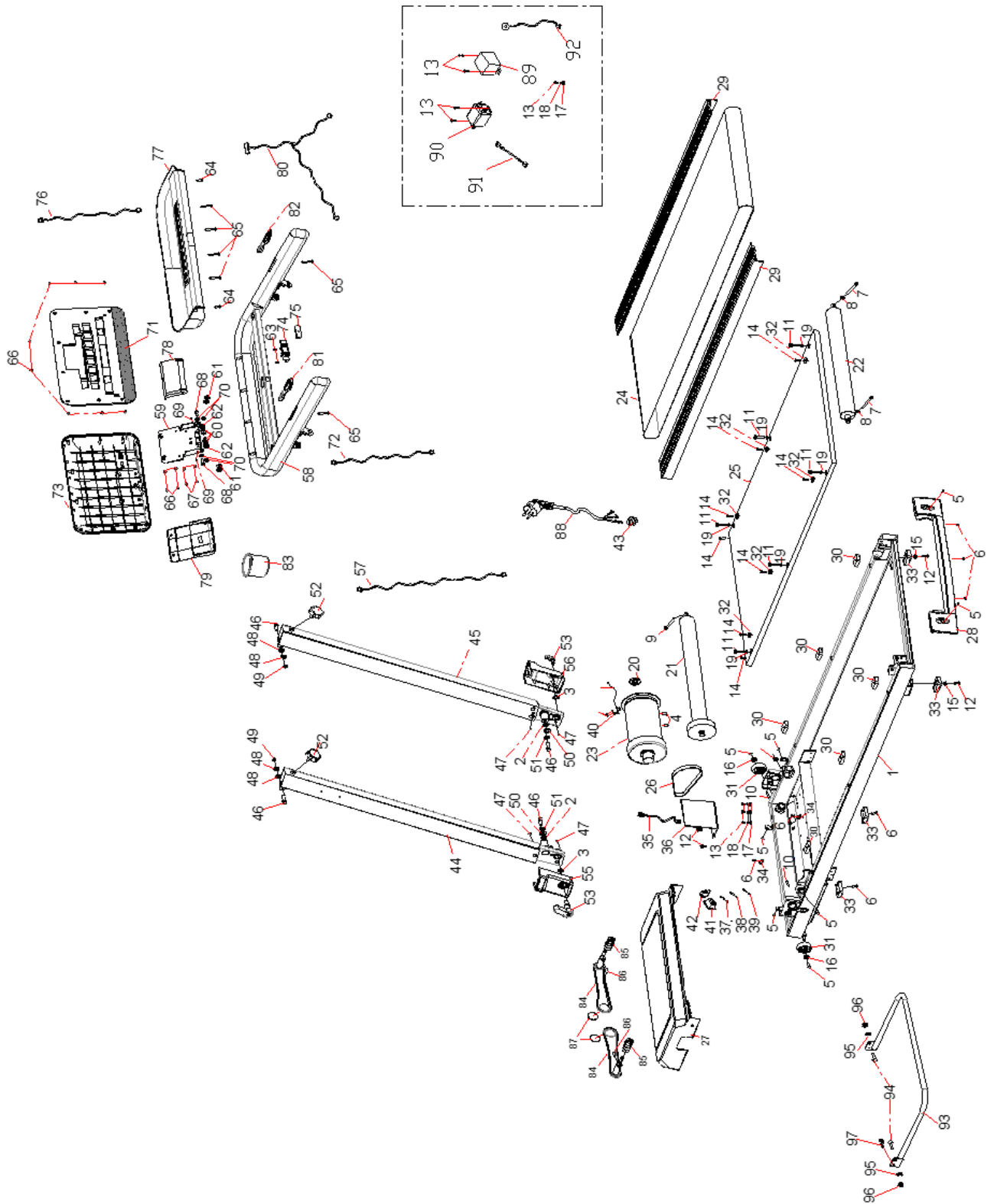
## PARTS LIST

No.	Name	Specifications	Qty.
1	Main frame		1
2	D spacer		2
3	Spring		2
4	Allen C.K.S. full thread bolt	M8*25	2
5	Philips C.K.S. full thread bolt	M5*10	8
6	Philips C.K.S. self-tapping bolt	ST4*16	7
7	Allen Cylinder full thread bolt	M8*75	2
8	Flat washer	Φ8	2
9	Allen Cylinder full thread blot	M6*45	1
10	Philips C.K.S. self-tapping bolt	ST4*10	2
11	Allen sunk full thread bolt	M6×55×Φ16	6
12	Philips C.K.S. full thread bolt	M4*16	4
13	Philips C.K.S. full thread bolt	M4*10	2
14	Philips sunk self-tapping bolt	ST4*15	8
15	Flat washer	Φ4.5	2
16	Flat washer	Φ5	2
17	Outer serrate lock washer	Φ5	2
18	Spring washer	Φ5	2
19	Plastic flat pad		6
20	Magnet ring	Φ29×Φ29×t7.5	1
21	Front roller		1
22	Rear roller		1
23	Motor		1
24	Running belt		1

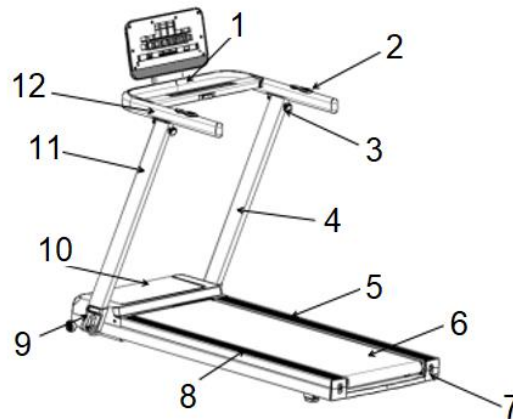
25	Running board		1
26	Motor belt		1
27	Motor cover		1
28	Rear cover		1
29	Side rail		2
30	Square cushion		6
31	wheels		2
32	Round edge guide block		6
33	Square feet pad		4
34	Cable clamp		2
35	Communication wire	L-300 mm	1
36	Controller		1
37	Power connection wire	L-300 mm	1
38	Power connection wire	L-300 mm	1
39	Power connection wire	L-100 mm	1
40	Speed sensor		1
41	Ship type switch		1
42	Self-reset switch		1
43	Power cable buckle		1
44	Stand post left		1
45	Stand post right		1
46	Allen Cylinder full thread bolt	M8*25	4
47	Philips C.K.S. self-tapping bolt	ST4*16	4
48	Flat washer	Φ8	4
49	Hexagon lock nut	M8	2
50	Flat washer	Φ32×Φ8.5×t2.0	2
51	Plastic pad	Φ24×Φ16×t2.0	2
52	Quincuncial knob	Φ35×M8×20	2
53	L-shape knob		2
55	Standpost cover left		1
56	Standpost cover right		1
57	Communication wire	L-1100 mm	1
58	Console frame		1
59	Console fixing plate		1
60	Papilionaceous Spring	-1	4
61	Papilionaceous Spring	-2	4
62	M6 step pad	Φ16×Φ8×4.7	2
63	Philips C.K.S. self-tapping bolt	ST4*10	2

64	Philips C.K.S. self-tapping bolt	ST4*20	2
65	Philips C.K.S. self-tapping bolt	ST4*40	6
66	Philips sunk self-tapping bolt	ST4*10	12
67	Philips sunk self-tapping bolt	ST4*15	4
68	Hexagon full thread bolt	M6*30	2
69	Philips C.K.S. full thread bolt	M4*16	2
70	Hexagon lock nut	M6	4
71	Console		1
72	Communication wire	L-800 mm	1
73	Console back cover		1
74	Safety key socket		1
75	Safety key		1
76	Touch button wire		1
77	Console sundry basket		1
78	Console front decoration cover		1
79	Console rear decoration cover		1
80	Handle pulse wire		2
81	Start/stop handle pulse set		1
82	Speed handle pulse set		1
83	Cup holder		1
84	Folding bracket frame		2
85	Ordinary cylindrical spiral compression spring		2
86	Philips Pan head full thread bolt	M5*15	2
87	EVA pad		2
88	Power cord		1
89	Inductance(optional)		1
90	Filter (optional)		1
91	Power connection cable		1
92	Ground electrode		1
93	Back support feet		1
94	Allen C.K.S. full thread bolt	M8*25	2
95	Flat washer	φ8	2
96	Hex lock nut	M8	2
97	Spring thread latch		1

# DRAWING



## PRODUCT DESCRIPTION



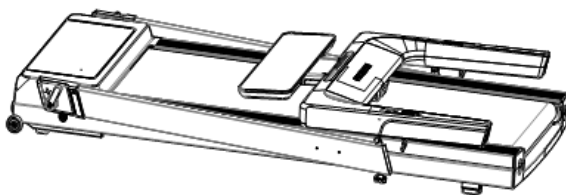
1. Console	7. Rear cover
2. Pulse detectors	8. Main frame
3. Hand knobs	9. Lever
4. Column	10. Engine cover
5. Sidestep	11. Column
6. Treadmill	12. Console frame

## SPECIFICATIONS

Dimensions	Folded: 1530*780*265 mm
	Unfolded: 1530*780*1310 mm
Running surface	1220*450 mm
Speed	1.0—16.0 km/h

## ASSEMBLY

### PARTS LIST



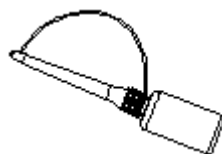
Treadmill



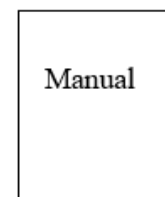
Bottle holder



Safety key



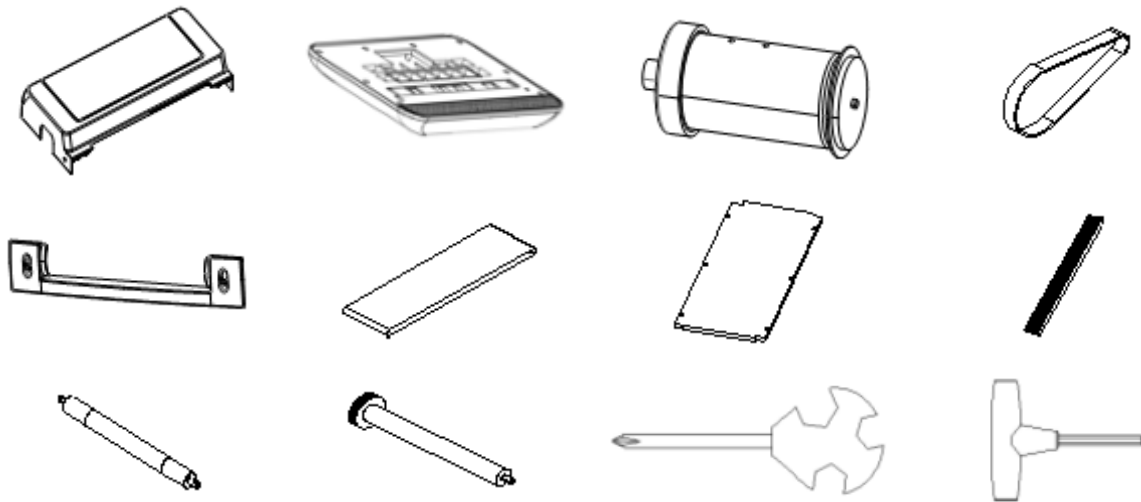
Silicon oil



Manual

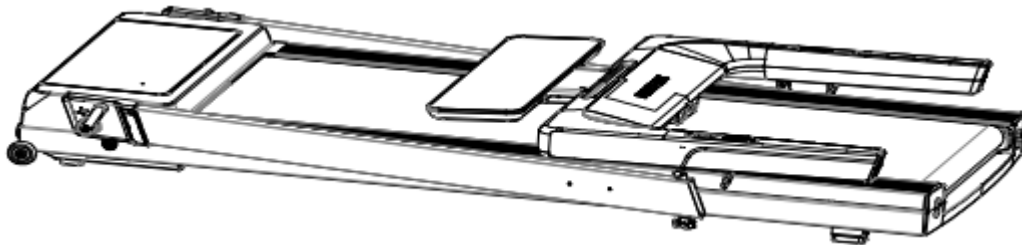
Manual





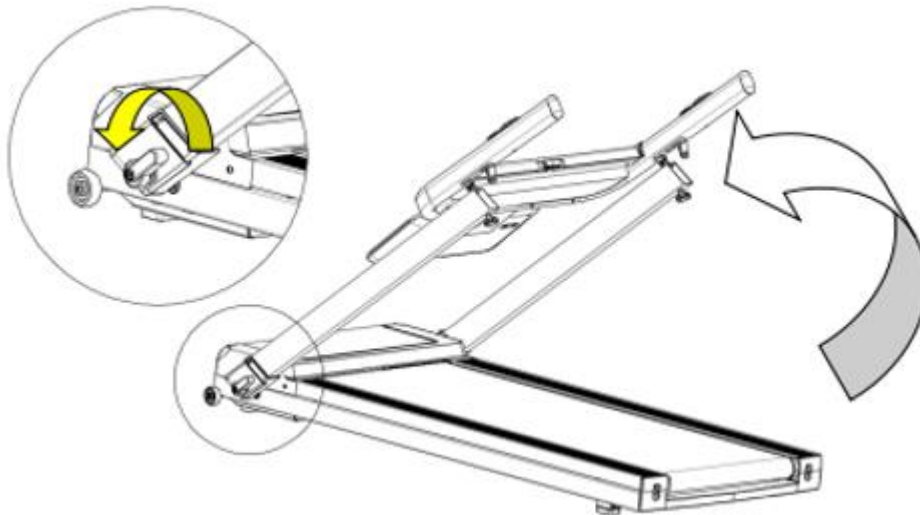
**Step 1**

Remove the treadmill from the packaging material and place it on a flat and firm surface.



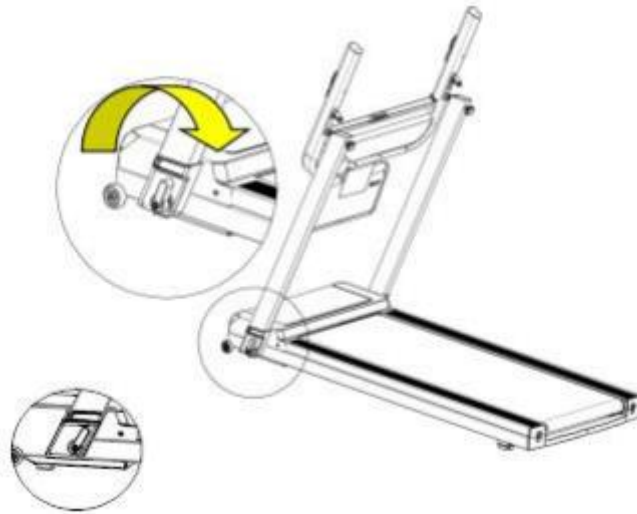
**Step 2**

Release the levers on the sides of the posts and raise the posts.



### Step 3

Once the posts are in the upper position, secure them with the levers.



### Step 4

Loosen the hand knobs and adjust the position of the handles. Then tighten the hand knobs.



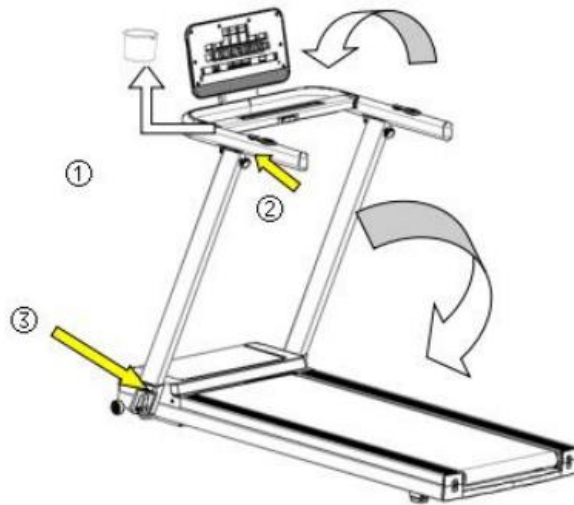
### Step 5

Place the bottle holder in the console holder. Make sure all moving parts are properly secured.



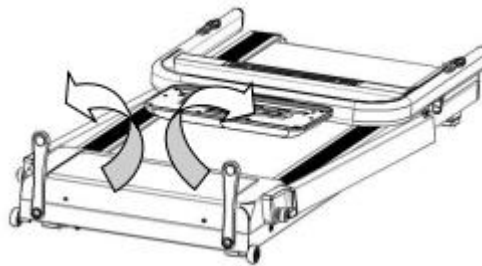
## Folding

### Step 1



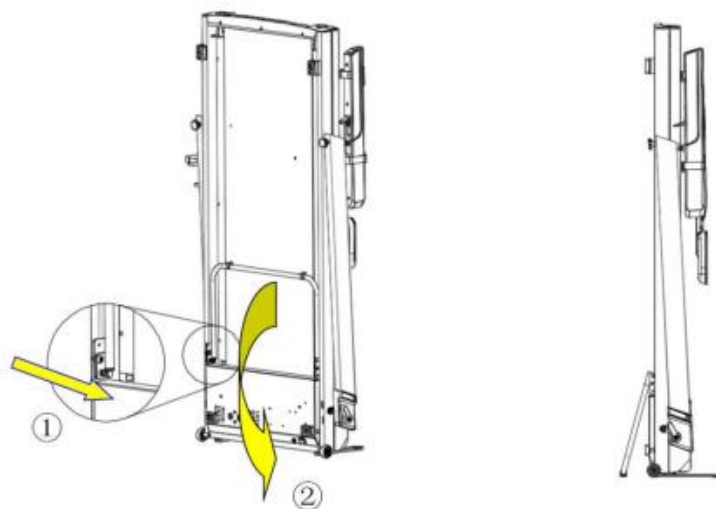
Pull out the bottle holder and loosen by hand the knob on the handles (2) and then the levers on the posts (3).

### Step 2



Rotate the brackets as shown.

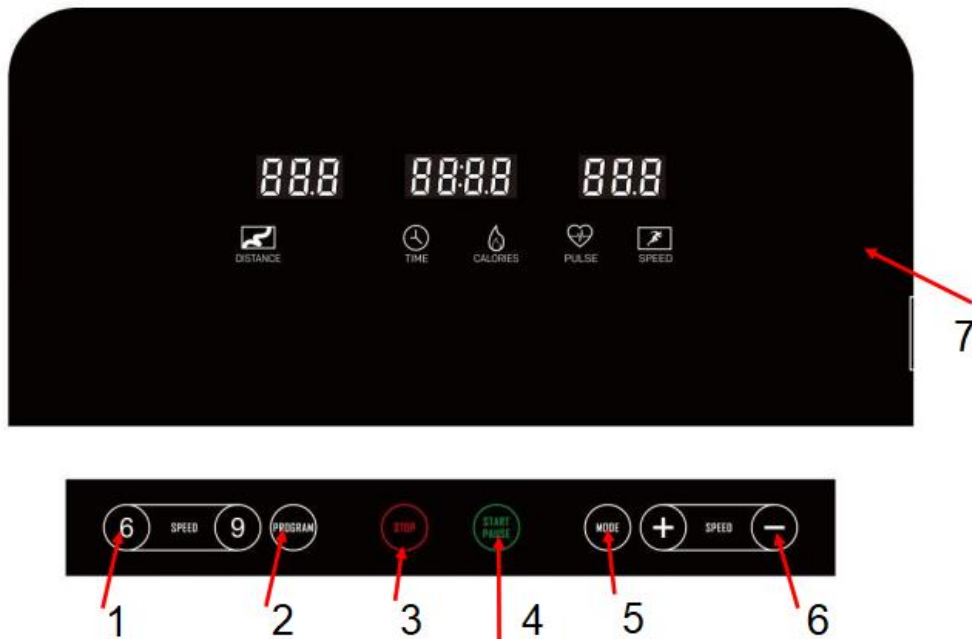
### Step 3



The frame must be placed along the wall and out of the reach of children and animals. Secure the frame with a stand.

Warning: Do not allow children to play around the folded machine. The machine is not a toy.

# CONSOLE



1. Quick speed selection.
2. Program selection.
3. Stop.
4. Start / pause
5. Mode
6. Speed setting

## FUNCTION DESCRIPTION

P0: basic exercise program, P1 – P36: preset program, USER: 3x user program, FAT: body fat test program.

LED display with 8 buttons

Treadmill speed: 1 – 16.0 km/h

## DISPLAY

„SPEED“ „PULSE“	Speed, pulse
„TIME“ „CALORIES“	Time, calories
„DISTANCE“	Distance

## CHANGING SPEED UNITS

Pull out the safety key and press the "PROGRAM" and "MODE" buttons at the same time. The display will show 0.6 (km).

Pull out the safety key and press the "PROGRAM" and "MODE" buttons at the same time. The display will show 1.0 (miles).

## BUTTONS

Program	36 preset programs P1 – P36, 3 user programs U1 – U3, FAT body fat test
Mode	In the basic P0 program, you can set a countdown of time, distance or calories by pressing the button. In programs P1 – P36, pressing the button resets the program timer to the original value (30 min).
Start / stop	Press the button to start / pause the program.
+	In standby mode or in settings, increase the value, during operation, increase the speed
-	In standby mode or in settings, decrease the value, during operation, decrease the speed
Quick speed 6 / 9	Quick speed selection 6 / 9 km/h

The magnetic safety key must be plugged in before use. If you pull out the key, the display will show "E0-7" and a beep will sound. After plugging in the key, the console switches back to operating mode.

Always keep the key clipped to your clothing and attached to the treadmill during use.

Press "PROGRAM" to select one of the programs: P0 - P36, U01, U02, U03, FAT

### Program P0

P0 is the basic program, using the MODE button you can select one of the countdown programs (time, distance, calories) or a program where values will be counted up. Default speed: 1 km/h

A. The time 0:00 will be displayed after the program is started. Time, distance and calories are counted up. You can adjust the speed. During operation, you can press STOP to stop the program. The belt will begin to slow down until it stops.

B. Time countdown: In standby mode, press the MODE button. You will enter the time countdown. The TIME value will flash, the default value is 30:00 min. Use the + and – buttons to adjust the value. The setting range is from 0:00 - 99:00. The setting is changed by 1 minute.

C. Distance countdown: In standby mode, press the MODE button. You enter the distance countdown settings. The DISTANCE value will flash, the default value is 1.0 km. Use the + and – buttons to adjust the value. The setting range is from 1.0 – 99.0 km. Change of setting is by 1.0 km.

D. Calorie countdown: In standby mode, press the MODE button. You enter the calorie countdown settings. The CALORIE value will flash, the default value is 50 cal. Use the + and – buttons to adjust the value. The setting range is from 20 – 9990 cal. Changing settings is by 50 cal.

### Preset programs P1 – P36

Press PROGRAM to select one of the preset programs P1 – P36.

Once the program is started, the speed changes depending on the selected program. You can adjust the speed manually using the + and - buttons. The program is divided into 10 segments, the manually adjusted speed always applies to the active segment of the program. The length of one segment is the total length of the program divided by 10.

Start or pause the program by pressing the START / STOP button.

If you turn off the safety key during operation, the treadmill will stop, and the display will show "E-07".

### Program FAT

Use the PROGRAM button to select FAT. Then press MODE to enter the value setting, adjust the value using the + and - buttons. Always confirm the set value by pressing MODE:

F1 – gender 01 male, 02 female

F2 – age, default value 25, range 1 – 99 years

F3 – height, default value 170 cm, range 100 – 220 cm

F4 – weight, default value 70 kg, range 20 – 150 kg

F5 – BMI result, the value is indicative only and does not serve health or medical purposes.

FAT ≤ 18	Malnutrition
18 < FAT ≤ 24	Normal weight
25 < FAT ≤ 28	Overweight
≥ 29	Obesity

### ENERGY SAVING MODE

If the treadmill is not in operation for 4:30 min, it switches to energy saving mode. Press any button to turn on the treadmill. In standby mode, you can turn off the power saving mode by holding the MODE button for 3 seconds (2222 will be displayed). To turn on the power saving mode again, hold the MODE button for a while, the display will show 1111.

### DISABLE SOUND NOTIFICATION

To switch off (bz off) or start (bz on) press the PROGRAM and STOP buttons at the same time.

### BLUETOOTH CONNECTION

Using Bluetooth, you can connect the treadmill to supported applications (kinomap, zwift, anyrun) or play music.

You can charge your phone using the USB port.

### MOVING THE TREADMILL

Switch off and disconnect the device from the power supply. Fold the handles and posts. Hold the device by the back and use the wheels on the front to move it. +



### PRESET PROGRAMS P1 – P36 (km)

		1	2	3	4	5	6	7	8	9	10
P1	speed	1.0	3.0	5.0	5.0	5.0	7.0	7.0	5.0	3.0	2.0
P2	speed	2.0	3.0	5.0	8.0	5.0	5.0	6.0	8.0	4.0	3.0
P3	speed	2.0	3.0	7.0	8.0	5.0	5.0	5.0	8.0	4.0	3.0
P4	speed	2.0	2.0	5.0	8.0	8.0	8.0	8.0	5.0	3.0	2.0
P5	speed	3.0	4.0	8.0	9.0	10.0	10.0	10.0	7.0	4.0	3.0
P6	speed	3.0	4.0	6.0	7.0	7.0	7.0	9.0	10.0	5.0	3.0
P7	speed	3.0	4.0	4.0	10.0	4.0	9.0	4.0	11.0	3.0	2.0
P8	speed	3.0	5.0	7.0	9.0	3.0	5.0	7.0	5.0	11.0	5.0
P9	speed	3.0	7.0	10.0	4.0	7.0	11.0	5.0	4.0	12.0	6.0

P10	speed	3.0	5.0	9.0	10.0	6.0	6.0	9.0	6.0	11.0	3.0
P11	speed	4.0	5.0	11.0	9.0	6.0	8.0	9.0	11.0	6.0	5.0
P12	speed	4.0	6.0	10.0	10.0	10.0	7.0	7.0	10.0	6.0	5.0
P13	speed	2.0	4.0	6.0	6.0	6.0	8.0	8.0	6.0	4.0	3.0
P14	speed	3.0	4.0	6.0	9.0	6.0	6.0	7.0	9.0	5.0	4.0
P15	speed	3.0	4.0	8.0	9.0	6.0	6.0	6.0	9.0	5.0	4.0
P16	speed	3.0	3.0	6.0	9.0	9.0	9.0	9.0	6.0	4.0	3.0
P17	speed	4.0	5.0	9.0	10.0	11.0	11.0	11.0	8.0	5.0	4.0
P18	speed	4.0	5.0	7.0	8.0	8.0	8.0	10.0	11.0	6.0	4.0
P19	speed	4.0	5.0	5.0	11.0	5.0	10.0	5.0	12.0	4.0	3.0
P20	speed	4.0	6.0	8.0	10.0	4.0	6.0	8.0	6.0	12.0	6.0
P21	speed	4.0	8.0	11.0	5.0	8.0	12.0	6.0	5.0	12.0	7.0
P22	speed	4.0	6.0	10.0	11.0	7.0	7.0	10.0	7.0	12.0	4.0
P23	speed	5.0	6.0	12.0	10.0	7.0	9.0	10.0	12.0	7.0	6.0
P24	speed	5.0	7.0	11.0	11.0	11.0	8.0	8.0	11.0	7.0	6.0
P25	speed	3.0	5.0	7.0	7.0	7.0	9.0	9.0	7.0	5.0	4.0
P26	speed	4.0	5.0	7.0	10.0	7.0	7.0	8.0	10.0	6.0	5.0
P27	speed	4.0	5.0	9.0	10.0	7.0	7.0	7.0	10.0	6.0	5.0
P28	speed	4.0	4.0	7.0	10.0	10.0	10.0	10.0	7.0	5.0	4.0
P29	speed	5.0	6.0	10.0	11.0	12.0	12.0	12.0	9.0	6.0	5.0
P30	speed	5.0	6.0	8.0	9.0	9.0	9.0	11.0	12.0	7.0	5.0
P31	speed	5.0	6.0	6.0	12.0	6.0	11.0	6.0	12.0	5.0	4.0
P32	speed	5.0	7.0	9.0	11.0	5.0	7.0	9.0	7.0	12.0	7.0
P33	speed	5.0	9.0	12.0	6.0	9.0	12.0	7.0	6.0	12.0	8.0
P34	speed	5.0	7.0	11.0	12.0	8.0	8.0	11.0	8.0	12.0	5.0
P35	speed	6.0	7.0	12.0	11.0	8.0	10.0	11.0	12.0	8.0	7.0
P36	speed	6.0	8.0	12.0	12.0	12.0	9.0	9.0	12.0	8.0	7.0

**PRESET PROGRAMS P1 – P36 (MILES)**

		1	2	3	4	5	6	7	8	9	10
P1	speed	0.6	1.8	3.1	3.1	3.1	4.3	4.3	3.1	1.8	1.2
P2	speed	1.2	1.8	3.1	5	3.1	3.1	3.7	5	2.5	1.8
P3	speed	1.2	1.8	4.3	5	3.1	3.1	3.1	5	2.5	1.8
P4	speed	1.2	1.2	3.1	5	5	5	5.0	3.1	1.8	1.2
P5	speed	1.8	2.5	5	5.6	6.2	6.2	6.2	4.3	2.5	1.8

P6	speed	1.8	2.5	3.7	4.3	4.3	4.3	5.6	6.2	3.1	1.8
P7	speed	1.8	2.5	2.5	6.2	2.5	5.6	2.5	6.8	1.8	1.2
P8	speed	1.8	3.1	4.3	5.6	1.8	3.1	4.3	3.1	6.8	3.1
P9	speed	1.8	4.3	6.2	2.5	4.3	6.8	3.1	2.5	7.5	3.7
P10	speed	1.8	3.1	5.6	6.2	3.7	3.7	5.6	3.7	6.8	1.8
P11	speed	2.5	3.1	6.8	5.6	3.7	5	5.6	6.8	3.7	3.1
P12	speed	2.5	3.7	6.2	6.2	6.2	4.3	4.3	6.2	3.7	3.1
P13	speed	1.2	2.5	3.7	3.7	3.7	5	5	3.7	2.5	1.8
P14	speed	1.8	2.5	3.7	5.6	3.7	3.7	4.3	5.6	3.1	2.5
P15	speed	1.8	2.5	5	5.6	3.7	3.7	3.7	5.6	3.1	2.5
P16	speed	1.8	1.8	3.7	5.6	5.6	5.6	5.6	3.7	2.5	1.8
P17	speed	2.5	3.1	5.6	6.2	6.8	6.8	6.8	5	3.1	2.5
P18	speed	2.5	3.1	4.3	5	5	5	6.2	6.8	3.7	2.5
P19	speed	2.5	3.1	3.1	6.8	3.1	6.2	3.1	7.5	2.5	1.8
P20	speed	2.5	3.7	5	6.2	2.5	3.7	5	3.7	7.5	3.7
P21	speed	2.5	5	6.8	3.1	5	7.5	3.7	3.1	7.5	4.3
P22	speed	2.5	3.7	6.2	6.8	4.3	4.3	6.2	4.3	7.5	2.5
P23	speed	3.1	3.7	7.5	6.2	4.3	5.6	6.2	7.5	4.3	3.7
P24	speed	3.1	4.3	6.8	6.8	6.8	5	5	6.8	4.3	3.7
P25	speed	1.8	3.1	4.3	4.3	4.3	5.6	5.6	4.3	3.1	2.5
P26	speed	2.5	3.1	4.3	6.2	4.3	4.3	5	6.2	3.7	3.1
P27	speed	2.5	3.1	5.6	6.2	4.3	4.3	4.3	6.2	3.7	3.1
P28	speed	2.5	2.5	4.3	6.2	6.2	6.2	6.2	4.3	3.1	2.5
P29	speed	3.1	3.7	6.2	6.8	7.5	7.5	7.5	5.6	3.7	3.1
P30	speed	3.1	3.7	5	5.6	5.6	5.6	6.8	7.5	4.3	3.1
P31	speed	3.1	3.7	3.7	7.5	3.7	6.8	3.7	7.5	3.1	2.5
P32	speed	3.1	4.3	5.6	6.8	3.1	4.3	5.6	4.3	7.5	4.3
P33	speed	3.1	5.6	7.5	3.7	5.6	7.5	4.3	3.7	7.5	5
P34	speed	3.1	4.3	6.8	7.5	5	5	6.8	5	7.5	3.1
P35	speed	3.7	4.3	7.5	6.8	5	6.2	6.8	7.5	5	4.3
P36	speed	3.7	5	7.5	7.5	7.5	5.6	5.6	7.5	5	4.3



## ERROR CODES

The system will not start	A. No current	Plug in and turn the switch to the on position
	B. The safety key is not in the correct position	Reinsert the safety key
	C. The transformer is not plugged in or is damaged	Check the connection or replace the transformer
	D. Damaged system	Check the communication cable connections
Sudden stop	The safety key has disconnected	Reinsert the safety key
	System damage	Request service
Damaged safety key	Damaged safety key	Replace cables and sensor
		Replace the motherboard
		Replace the console
E-01	A. Communication cable error	Check the connection and condition of the communication cable
	B. Damaged console	Replace the console
	C. Damaged transformer	Check or replace the transformer
	D. Damaged driver	Replace the driver
E-02	A. Damaged motor cable or motor	Replace the motor
	B. Poor connection between controller and motor	Check the connection or driver
E-03	A. Poor wiring of the photoelectric sensor	Check and reconnect if necessary
	B. Damaged photoelectric sensor	Replace the sensor
	C. Bad connection between the photoelectric sensor and the controller	Check and reconnect
	D. Damaged driver	Replace the controller
E-05	A. Damaged driver	Replace the controller
	B. Damaged engine	Replace the motor
	C. Mechanical damage	Check the belt for lubrication or if the belt is not blocked
E-07	The safety key is not connected	Plug in the safety key
The LCD display does not display the pulse	Bad sensor connection	Check the connection
	Sensors cable damaged	Replace the console
The console does not display data	Damaged LCD display	Replace the motherboard or display
	System damage	Replace the console

## **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

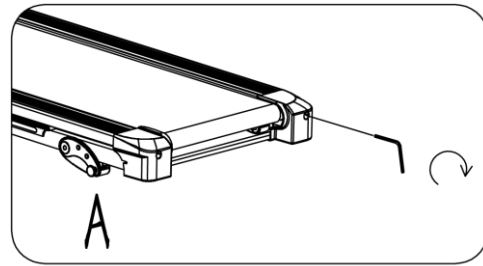
- This treadmill comes with standard safety regulations and is suitable for home use. Any other use is prohibited and may be dangerous to users. We are not responsible for any injury caused by improper and forbidden use of the machine.
- Consult your doctor before starting training on the treadmill. 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 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.

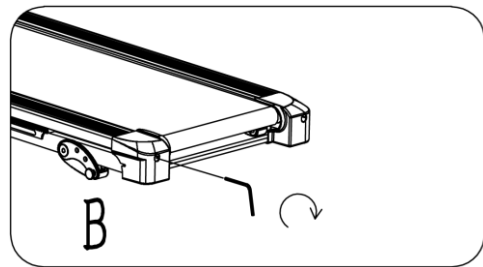
## ADJUSTING THE RUNNING BELT

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.

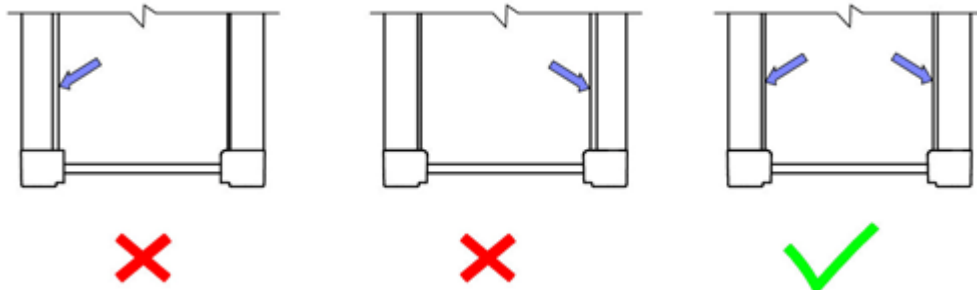
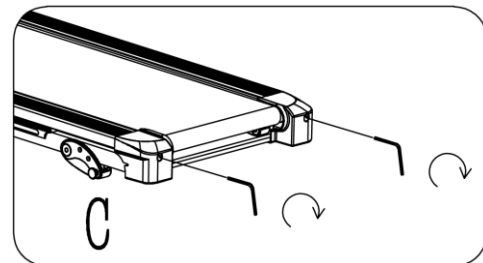
If the running belt (20) drifts to the right, turn the adjusting bolt on the right side  $\frac{1}{4}$  turn clockwise, then turn the left adjustment bolt  $\frac{1}{4}$  turn counter-clockwise. If the belt does not move, repeat this step until it centers. Refer to image A.



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



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



## LUBRICATING THE TREADMILL

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

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

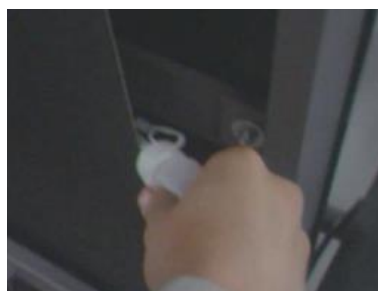
**We recommend following the lubrication chart below:**

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

**How to lubricate the treadmill:**

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

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



## **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**

