



USER MANUAL – EN

IN 26635 Folding treadmill inSPORTline ZenRun 20



CONTENTS

- SAFETY INSTRUCTIONS..... 3
- PRODUCT DESCRIPTION 4
- PACKAGE CONTENTS 5
- SPECIFICATIONS..... 5
- DIAGRAM..... 6
- PARTS LIST 7
- ASSEMBLY 9
- FOLDING..... 9
- USE 9
- CONTROL PANEL 10
 - STANDBY MODE 10
 - BUTTONS 11
 - PROGRAMS 11
- ERROR CODES..... 15
- MAINTENANCE AND STORAGE 16
 - REGULAR INSPECTION..... 17
- SAFE EXERCISING 17
- GETTING START 18
 - WARM – UP EXERCISE 18
- STORAGE 19
- IMPORTANT NOTICE 19
 - ADJUSTING THE RUNNING BELT..... 20
 - LUBRICATING THE TREADMILL 20
- ENVIRONMENT PROTECTION 21
- TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS..... 21

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

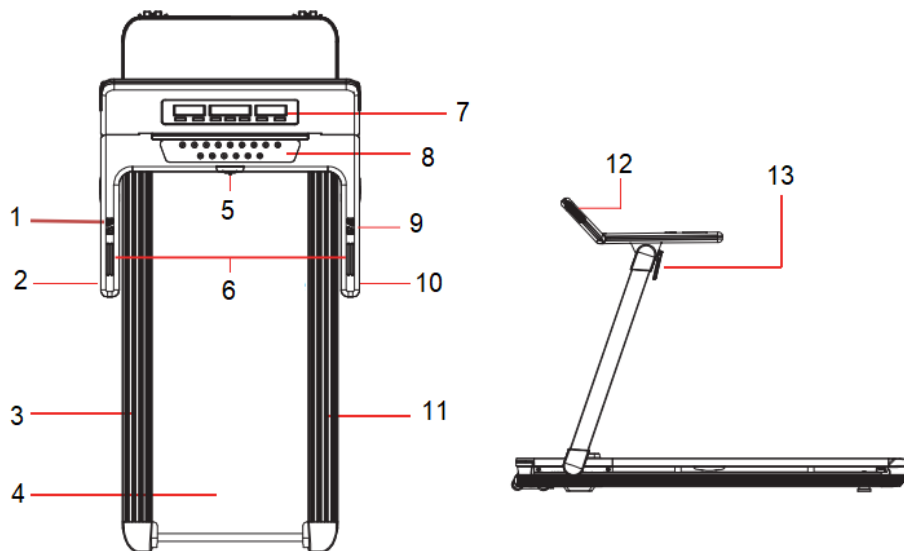
- Read the manual carefully and keep it for future reference.
- Always clip the safety key to your clothes or belt before starting exercising.
- Move naturally, forward. Do not look on your feet. Only for one person can use the product on the same time.
- Speed increase gradually, not instantly.
- In 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:** 120 kg
- **Category:** HC for home use

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







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

PRODUCT DESCRIPTION



1. Incline buttons	8. Control buttons
2. Handles	9. Speed buttons
3. Side steps	10. handles
4. Treadmill	11. Side steps
5. Safety key	12. Loudspeakers
6. Pulse sensors	13. Folding handles
7. Display	

PACKAGE CONTENTS

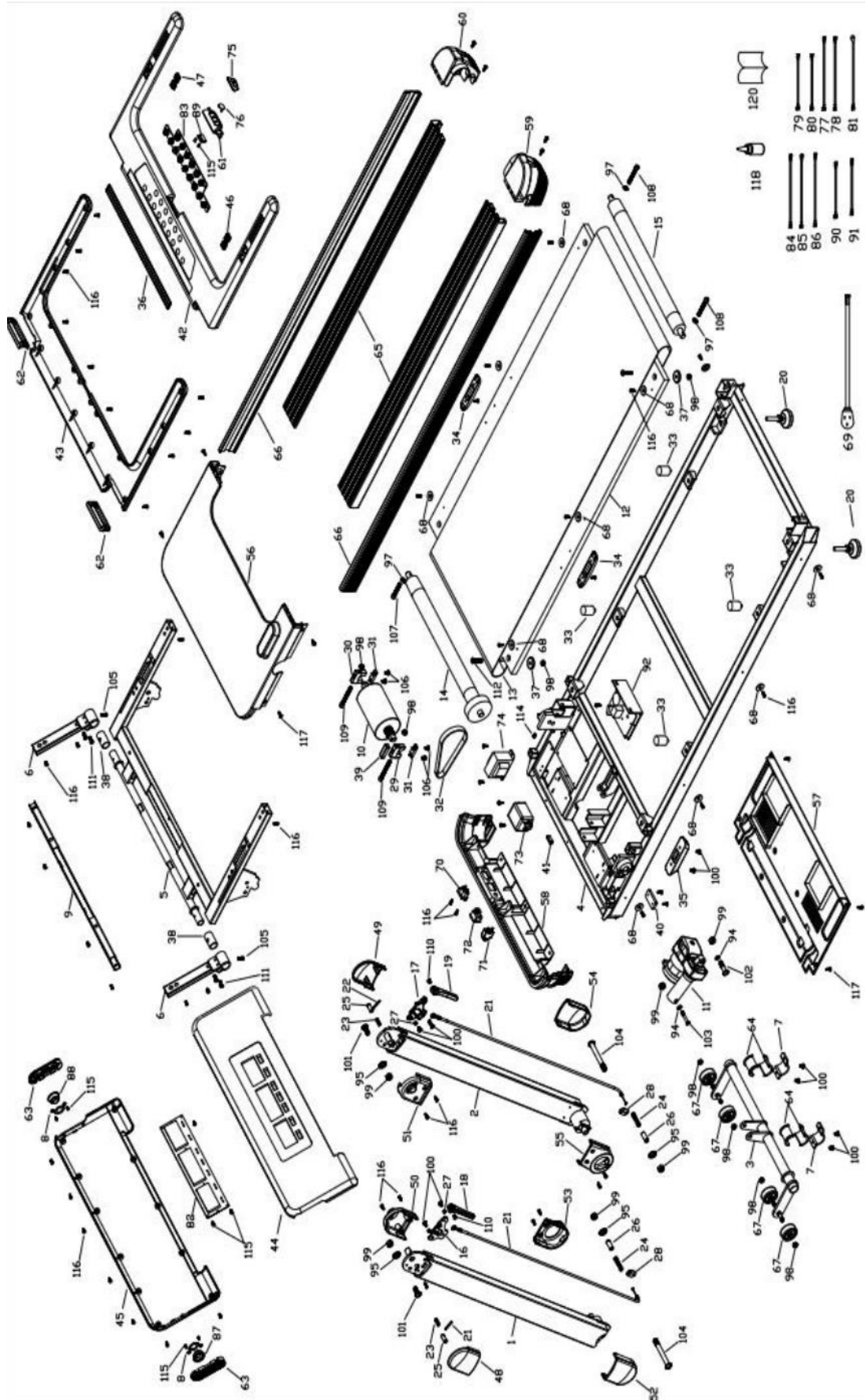
Treadmill 1x	
Assembly material 1x	
Silicone oil 2x	
Power cable 1x	
Safety key 1x	
Manual 1x	

SPECIFICATIONS

Weight:	58 kg
Running board:	46x123 cm
Folded dimension:	160x77x18 cm
Unfolded dimension:	160x77x117 cm
Engine power:	2,5 hp
Speed:	1 – 14,8 km/h
Incline:	0 – 18
Max. load capacity:	120 kg



DIAGRAM



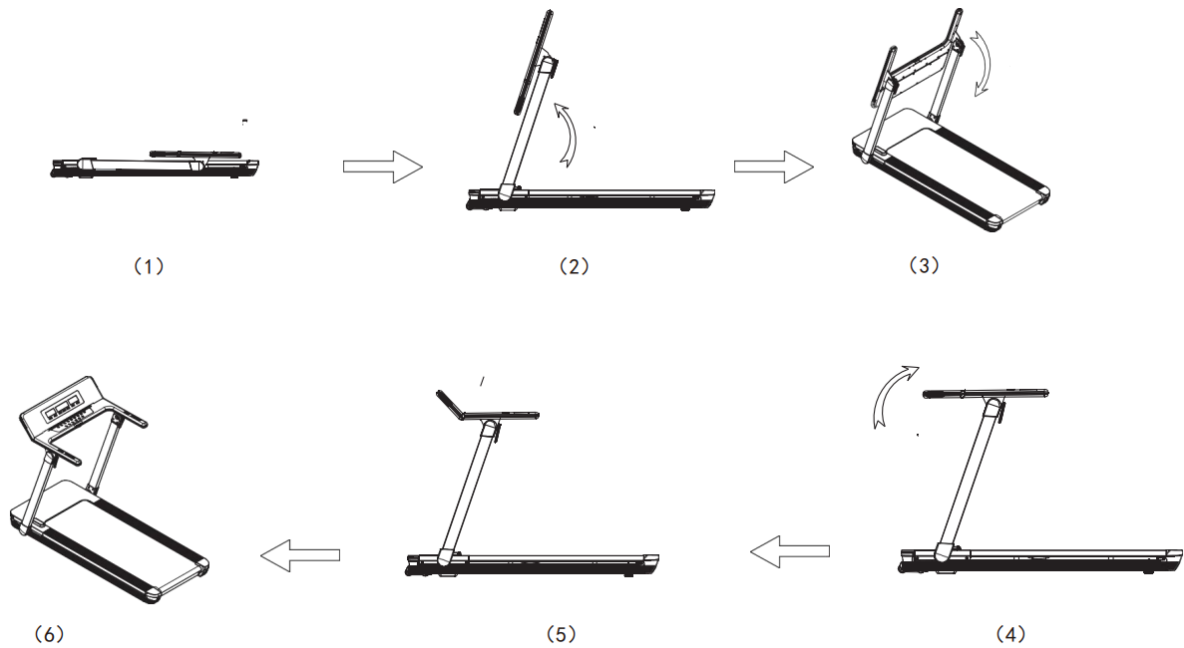
PARTS LIST

No.	Name	Qty.	No.	Name	Qty.
1	Left post	1	37	Round washer Ø30*Ø8.5*8.5	4
2	Right post	1	38	Rubber cap	2
3	Incline frame	1	39	Rubber pad	1
4	Main frame	1	40	Cover	1
5	Control panel frame	1	41	Cover	1
6	Control panel side frames	2	42	Panel cover	1
7	Incline frame sleeve	2	43	Bottom panel cover	1
8	Speaker cable	2	44	Panel cover	1
9	Control panel upper frame	1	45	Bottom panel cover	1
10	Motor	1	46	Right buttons	1
11	Incline motor	1	47	Left buttons	1
12	Running board	1	48	Post top cover	1
13	Treadmill	1	49	Post top cover	1
14	Front roller	1	50	Post top cover	1
15	Rear roller	1	51	Post top cover	1
16	Left handle connecting plate	1	52	Bottom outer left post cover	1
17	Right handle connecting plate	1	53	Bottom outer right post cover	1
18	Left folding handle	1	54	Left post bottom cover	1
19	Right folding handle	1	55	Right post bottom cover	1
20	Leveling feet	2	56	Motor cover	1
21	Steel cable	2	57	Motor bottom cover	1
22	Pin M4x30	2	58	Front engine cover	1
23	Compression spring Ø9xØ1.0x20	2	59	Left rear cover	1
24	Compression spring	2	60	Right rear cover	1
25	Axle Ø10x26	2	61	Safety key cover	1
26	Axis Ø12x30	2	62	Control panel cover	2
27	Axis Ø8xØ6x5.2	4	63	Speaker cover	2
28	Cable plate	2	64	Slider	4
29	Left motor mounting plate	1	65	Side steps	2
30	Right motor mounting plate	1	66	Side cover	2
31	Motor cover	2	67	Wheels	4
32	Belt	1	68	Buckle	14
33	Damping pads Ø24*H33*M8*10	4	69	Power cable	1
34	Damping pads 120*24*15	2	70	Socket	1
35	Square cover 126*34*20	2	71	Anti-surge protection	1
36	Silicone cover 459.5*23.5*3	1	72	Power switch	1

73	Filter	1	97	Washer Ø8.4x Ø15xT0.8	3
74	Induction	1	98	Nut M8	10
75	Safety key	1	99	Nut M10	4
76	Safety key plate	1	100	M6x10 bolt	12
77	Red cable 350 mm	1	101	M10x25 bolt	2
78	Black cable 350 mm	1	102	M6x10 bolt	12
79	Red cable 150 mm	2	103	M10x60 bolt	1
80	Black cable 150 mm	1	104	M10x100 bolt	2
81	Yellow-green cable 300 mm	1	105	M5x16 bolt	2
82	Motherboard	1	106	M6x20 bolt	4
83	Control panel buttons	1	107	M8x45 bolt	1
84	Incline cable 3 pin, 700 mm	1	108	M8x60 bolt	2
85	Speed cable 3 pin, 700 mm	1	109	M8x70 bolt	2
86	Tilt cable 3 pin, 700 mm	2	110	M6x16 bolt	2
87	Speaker cable 4W3Ü	1	111	M6x25 bolt	4
88	Audio signal cable 4W3Ü	1	112	M8x35 bolt	1
89	Safety key cable 150 mm	1	113	Phillips screw M4x10	1
90	5 pin communication cable 650 mm	1	114	M5x12 bolt	2
91	5 pin communication cable 1,500 mm	1	115	Phillips screw ST3.0x8	35
92	Controller	1	116	Phillips screw ST4.2x16	77
93	Washer Ø8.2xØ16xT1.0	2	117	Self-tapping screw ST4.2x16	26
94	Washer Ø10.2xØ20xT1.5	2	118	Silicone oil	2
95	Washer Ø10.7xØ16.6xT2.5	4	119	Assembly material	1
96	Washer Ø4.2xØ8xT0.5	1	120	Manual	1

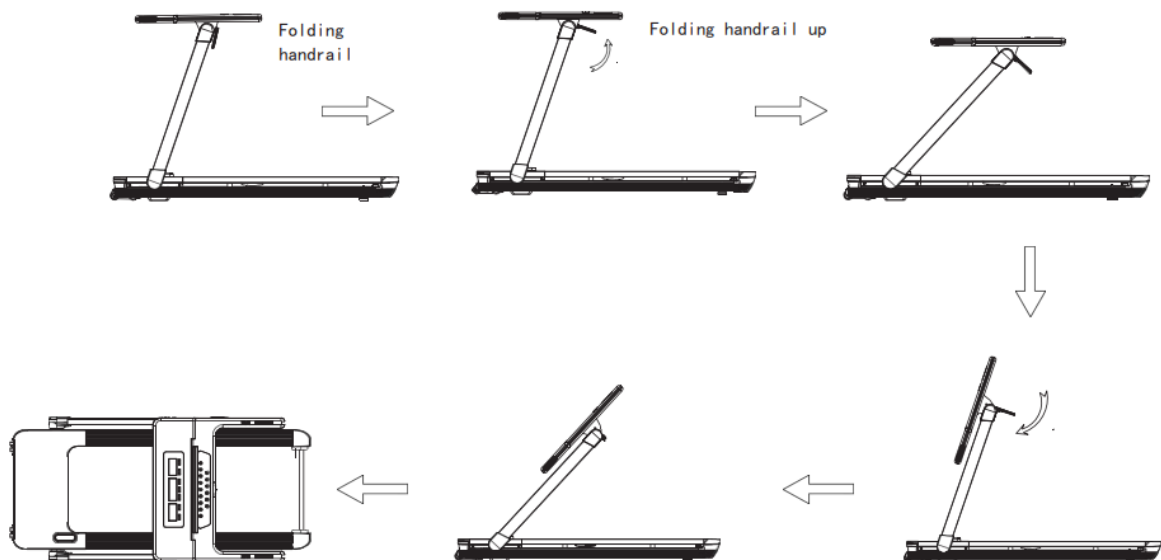
ASSEMBLY

Unfold the treadmill as shown. Raise the posts to an upright position. Unfold the control panel with the handles so that it is parallel to the running surface of the treadmill.



FOLDING

Fold the handles up, then fold the posts down.

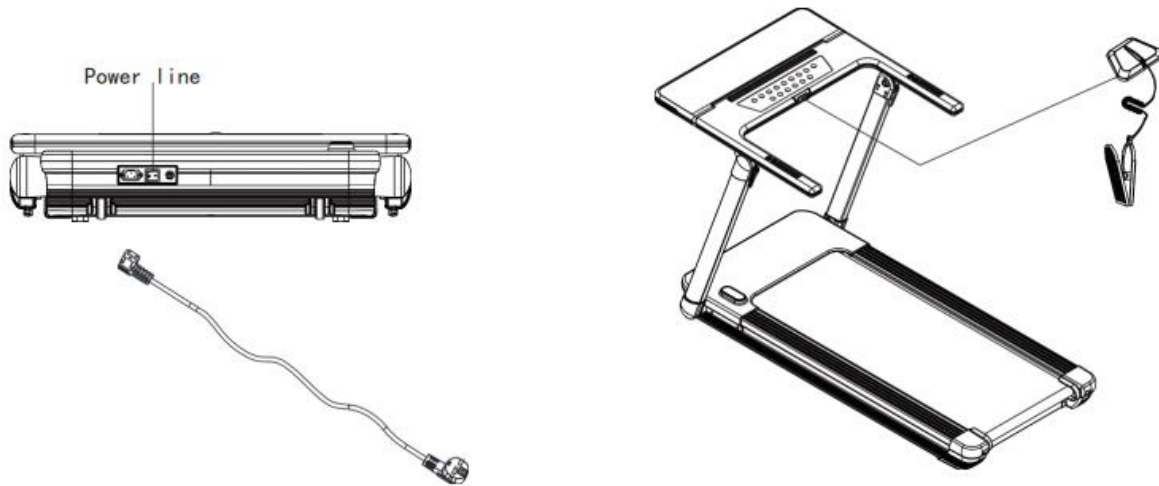


USE

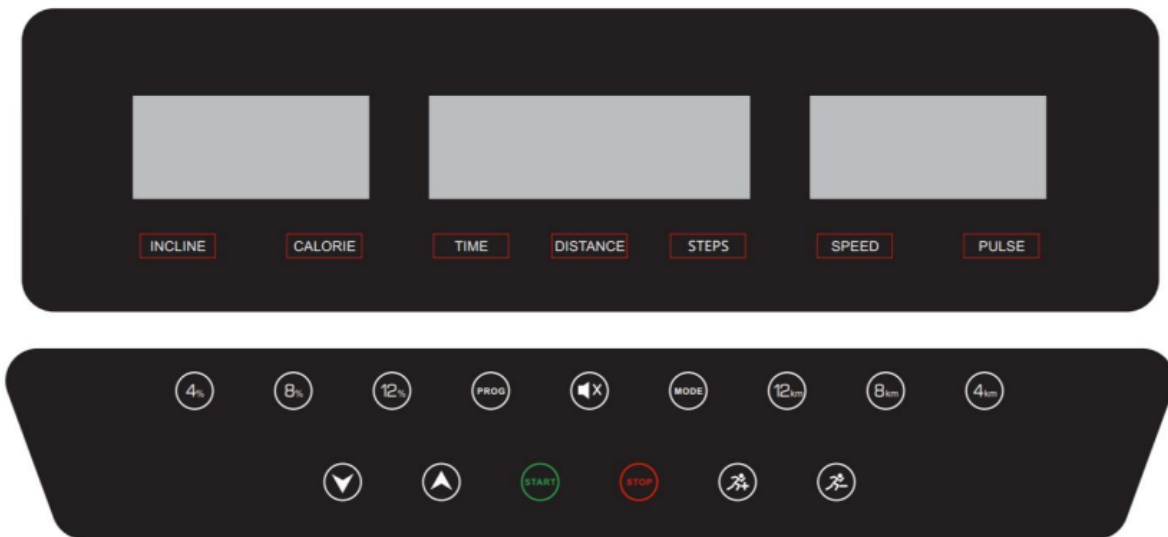
Plug the power cable into the power supply.

Turn on the switch, a beep will sound. All data will be displayed. Stand on the side panels, plug in the safety key and attach the key to your clothing. Press the START button, a 3-second countdown will

begin. The speed can be adjusted using the +/- buttons on the left handle, the incline can be adjusted using the +/- buttons on the right handle.



CONTROL PANEL



When started, the treadmill goes into standby mode. Press START to start the quick exercise mode.

STANDBY MODE

- When the control panel is in standby mode, all displays are lit, and their values are:
- Speed (speed) / pulse (pulse): 0.0
- Incline / calories: 0
- Time / distance / number of steps: 0:00
- If the countdown program is running and the countdown reaches 0, the console will then go into standby mode after 5 seconds.
- If the program is paused, pressing STOP will put the console into standby mode.
- If the program is paused, it switches to standby mode after 5 minutes of inactivity.

Sleep mode

If the treadmill is not in use for 10 minutes, it switches to sleep mode. If you press any button, the console will wake up.

Bluetooth music playback

After pairing your smart device with the treadmill, you can play music through the treadmill speaker. You can only control the music through your smart device.

Heart rate detection

Grab the sensors on the handles. A range of 50-200 beats per minute will be displayed.

BUTTONS

PROGRAM

In standby mode, press the button to select program "P" / "U" / "F" (preset program / user program / body fat test). The program type is shown in the incline / calorie display. Press STOP to put the console into standby mode.

MODE

In standby mode, press the button to select the countdown: time / distance / calories.

By pressing the button, you also lock the displayed data of the given display. Press it again to start displaying the data again in a cycle of 5 seconds.

START / STOP

Pressing the START button starts a 3-second countdown. Then all data will be added.

If no program is running, press START to confirm and start the selected program.

If the program is running, press the STOP button to pause the program. All data is displayed except speed and incline. If the program is paused, pressing repeatedly will reset all values and the console will go into standby mode.

If the program is paused, press START to start the paused program. If the program is paused for 5 minutes, it will switch to standby mode.

INCLINE 4% / 8% / 12%

Quick incline selection buttons.

SPEED 4 km/h / 8 km/h / 12 km/h

Quick speed selection buttons.

SAFETY KEY

If an emergency stop of the treadmill is required, remove the safety key from the control panel. A beep will sound, and the time/distance/steps display will show "SAF".

If the safety key is not plugged, the treadmill cannot be started.

The safety key must be plugged to start a program.

PROGRAMS

QUICK START

In standby mode, press START, a 3-second countdown will start. All data will be added. The treadmill starts at the lowest speed of 1 km/h.

During operation, you can change the speed and incline using the corresponding buttons.

The data is shown in the given displays in a cycle every 5 seconds.

Range of displayed data:

Incline: 0 – 15

Calories: 0 – 999

Time: 0:00 - 99:59

Distance: 0.00 – 99.99

Number of steps: 0 – 9999

Speed: 1.0 – 14.8 km/h

Heart rate: 50-200 beats per minute

Press STOP to pause the program; the data will be displayed in a cycle every 5 seconds. The display of speed and incline will be 0.

Pressing STOP during a paused program resets all data and puts the console into standby mode.

Press START to start the paused program; the data will continue to be calculated.

If the program is paused for more than 5 min, the console switches to standby mode.

COUNTDOWN PROGRAM

You can choose one of the three countdown programs.

Time countdown

Use the MODE button to select the time countdown, the time display will flash "15:00". Use the incline +/-, speed +/- buttons to set the countdown in the range of 5:00 - 99:00. The value is adjusted by 1 minute. Press START to start the time countdown; the other values will be added.

Distance countdown

Use the MODE button to select the distance countdown, the distance display will flash "1.00". Use the incline +/-, speed +/- buttons to set the countdown in the range 0.50 – 99.90. The value is adjusted by 0.1 km. Press START to start the distance countdown; the other values will be added.

Calories countdown

Use the MODE button to select the calorie countdown, the calorie display will flash "50". Use the buttons incline +/-, speed +/- to set the countdown in the range 1 - 999. The value is adjusted by 1. Press START to start the calorie countdown; the other values will be added.

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

Only one countdown program can be set at the same time. After setting the countdown, start the program by pressing START. A 3-second countdown will start, and an audible signal will sound.

Press STOP to pause the program; the data will be displayed in a cycle every 5 seconds. The values of speed and incline will be 0.

Pressing STOP during a paused program resets all data and puts the console into standby mode.

Press START to start the paused program; the data will continue to be calculated.

If the program is paused for more than 5 min, the console switches to standby mode.

If the set value reaches 0, an audible signal will sound, and the console will switch to standby mode after 5 seconds.

PRESET PROGRAMS

There are 15 preset programs to choose from. Use the "PROG" button to select a program. The selected program will be displayed on the incline/calorie display "P". Press "MODE" to confirm. "P1" will appear on the incline/calorie display. You can select programs P1 - P15 using the buttons for changing the incline +/-, speed +/- . Select the program and confirm by pressing "MODE".

The time display "15:00" starts to flash, the value can be adjusted using the +/- speed change buttons in the range 5:00 - 99:00. Confirm by pressing START or return to the previous setting by pressing STOP.

Once set, a 3-second countdown will begin.

Preset programs are divided into 10 segments, the time of each segment is the set time/10. The transition to the next segment is accompanied by a sound notification.

You can change speed and incline during training.

Range of displayed data:

Incline: 0 – 15

Calories: 0 – 999

Time: 0:00 - 99:59

Distance: 0.00 – 99.99

Number of steps: 0 – 9999

Speed: 1.0 – 14.8 km/h

Heart rate: 50-200 beats per minute

Press STOP to pause the program; the data will be displayed in a cycle every 5 seconds. The display of speed and incline will be 0.

Pressing STOP during a paused program resets all data and puts the console into standby mode.

Press START to start the paused program; the data will continue to be calculated.

If the program is paused for more than 5 min, the console switches to standby mode.

		Set time / 10									
		1	2	3	4	5	6	7	8	9	10
P1	speed	2.8	2.8	4.9	4.9	6.8	6.8	4.9	4.9	2.8	2.8
	incline	1	1	2	2	2	3	3	2	1	1
P2	speed	9.9	2.8	4.9	6.8	2.8	6.8	4.9	6.8	4.9	2.8
	incline	1	2	2	2	2	3	3	2	3	3
P3	speed	2.8	2.8	4.9	6.8	6.8	8.9	6.8	4.9	4.9	0.9
	incline	2	3	3	2	2	3	3	3	4	4
P4	speed	2.8	4.9	2.8	6.8	0.9	4.9	6.8	4.9	2.8	0.9
	incline	2	3	3	2	2	3	3	3	4	0
P5	speed	4.9	5.9	6.9	6.8	8.9	10.8	8.9	6.8	6.8	4.9
	incline	3	3	3	4	4	5	5	5	5	2
P6	speed	2.8	4.9	8.9	10.8	6.8	12.0	8.9	10.8	4.9	2.8
	incline	3	5	5	5	4	4	4	3	4	2

P7	speed	2.8	6.8	8.9	10.8	8.9	8.9	8.9	6.8	4.9	4.9
	incline	4	4	4	4	3	3	6	6	8	3
P8	speed	4.9	4.9	8.9	8.9	10.8	4.9	10.8	10.8	4.9	2.8
	incline	4	5	5	5	6	6	6	7	10	3
P9	speed	1.9	4.9	4.9	8.0	8.0	4.0	5.9	2.8	2.8	1.9
	incline	5	5	5	6	6	6	4	4	8	2
P10	speed	1.9	2.8	4.0	5.9	6.8	4.9	4.9	5.9	6.8	2.8
	incline	5	6	6	6	7	5	8	8	5	3
P11	speed	2.8	4.0	4.9	8.9	4.9	8.9	4.9	4.9	5.9	2.8
	incline	3	6	5	3	5	3	5	5	4	2
P12	speed	0.9	1.9	2.8	9.9	6.8	6.8	9.9	4.9	4.0	2.8
	incline	2	5	5	3	5	5	3	3	6	2
P13	speed	0.9	0.9	2.8	4.9	4.9	4.9	8.9	2.8	0.9	0.9
	incline	5	5	8	8	8	3	3	7	8	0
P14	speed	2.8	4.0	6.8	2.8	4.0	5.9	2.8	4.0	4.9	2.8
	incline	2	4	4	4	4	2	3	3	1	0
P15	speed	1.9	2.8	4.9	4.9	6.8	6.8	6.8	5.9	4.0	2.8
	incline	3	3	5	5	5	5	2	2	1	0

USER PROGRAM

There are 3 user programs U1, U2, U3 to choose from. Use the "PROG" button to select the user program "U", the selected program will be displayed on the incline/calorie display. Press MODE, select program U1 – U3 shown on incline/calorie display. Confirm the selected program by pressing MODE.

Set the exercise time in the range of 5:00 - 99:00, the setting is always by 1 minute. After setting the time, press MODE to adjust the speed and incline, or STOP to return to the previous setting.

Set the speed of the first segment. The time/distance/steps display will show "1". The speed will be displayed on the speed/pulse display. Adjust the speed using the +/- speed buttons and then press "MODE" to confirm. This is how you set the speed for all 10 segments.

After setting the speeds of all segments, you will go to the incline settings. The time/distance/steps display will show "1". The incline will be shown on the incline/calorie display. Adjust the incline using the incline +/- buttons and then confirm by pressing "MODE". This is how you set the incline for all 10 segments.

After setting all segments, press START. The program is saved under the selected profile.

Once set, a 3-second countdown will begin.

Preset programs are divided into 10 segments, the time of each segment is the set time/10. The transition to the next segment is accompanied by a sound notification.

You can change speed and incline during training.

Range of displayed data:

Incline: 0 – 15

Calories: 0 – 999

Time: 0:00 - 99:59

Distance: 0.00 – 99.99

Number of steps: 0 – 9999

Speed: 1.0 – 14.8 km/h

Heart rate: 50-200 beats per minute

Press STOP to pause the program; the data will be displayed in a cycle every 5 seconds. The display of speed and incline will be 0.

Pressing STOP during a paused program resets all data and puts the console into standby mode.

Press START to start the paused program; the data will continue to be calculated.

If the program is paused for more than 5 min, the console switches to standby mode.

BODY FAT TEST

In standby mode, use the "MODE" button to select the "F" program, which will be displayed on the incline/calorie display.

The following values will need to be set, the values are set using the incline +/-, speed +/- buttons and confirmed by pressing "MODE":

F1 – gender (01 male, 02 female), original value 01

F2 – age (10 – 99 years), original value 25

F3 – height (100 – 220 cm), original value 170

F4 – weight (20 – 150 kg), original value 70

The incline/calories display always shows F1-F4 values, the time/distance/steps display then shows the data value, it always flashes.

After setting all values, press MODE, to return to the previous step, press STOP.

A 25-second countdown will start, during which you must grab the sensors on the handles. You will hear a beep followed by the result.

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

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

ERROR CODES

E00	Without mistake	
E01	Overload	1. High current 2. Motor overload, some part of the drive may be stuck. Lubricate the engine. 3. Check the engine condition. 4. Replace the controller

E02	Hall sensor	<ol style="list-style-type: none"> 1. Check the motor connections 2. Replace the motor 3. Replace the controller
E03	Current error	<ol style="list-style-type: none"> 1. High current 2. Check the power cord connection 3. Replace the controller
E04	Bad phase	<ol style="list-style-type: none"> 1. Check the motor connections 2. Replace the motor 3. Replace the controller
E05	Low voltage	<ol style="list-style-type: none"> 1. Check the connection current 2. Check the correct connection of the power cable
E06	Overvoltage	<ol style="list-style-type: none"> 1. Check the voltage
E08	Current error	<ol style="list-style-type: none"> 1. Check the correct connection of the power cable 2. Replace the controller
E3	incline error	<ol style="list-style-type: none"> 1. Check the tilt motor connections 2. Restart after engaging the tilt motor
E21	Data error	<ol style="list-style-type: none"> 1. Replace the controller
E22	Communication error	<ol style="list-style-type: none"> 1. Check the connection between the control panel and the controller 2. Check the driver status 3. Check the status of the control panel 4. Turn off and on
E30	Wrong engine calibration	<ol style="list-style-type: none"> 1. Replace the controller
E31	Overheating	<ol style="list-style-type: none"> 1. Allow to cool
E32	Reverse engine operation	<ol style="list-style-type: none"> 1. Check the belt connection
E33	Engine parameter error	<ol style="list-style-type: none"> 1. Set the engine parameters correctly
SAF	The safety key is not plugged in	<ol style="list-style-type: none"> 1. Check the security key connection 2. Check the dongle connection status 3. Check the key and sensor for damage 4. Check the status of the control panel
E50	Other errors	<ol style="list-style-type: none"> 1. Replace the controller

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.

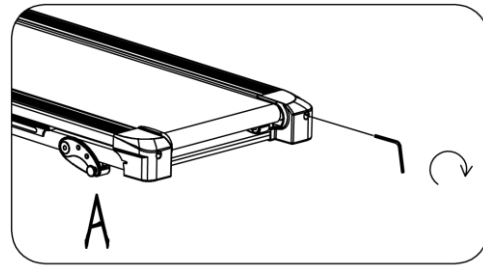
IMPORTANT NOTICE

- 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.

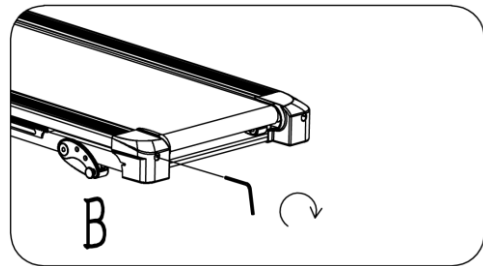
ADJUSTING THE RUNNING BELT

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.

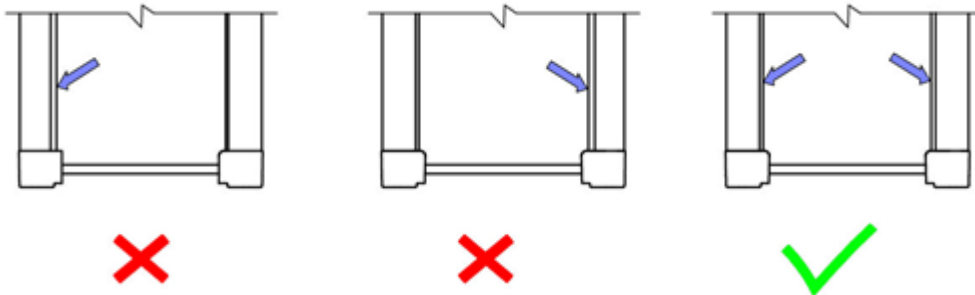
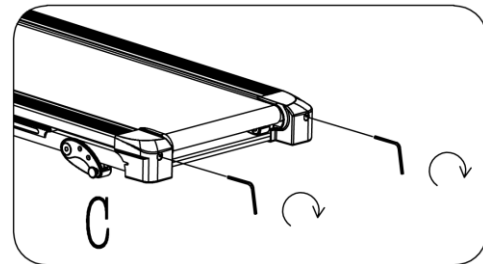
If the running belt (20) drifts to the right, turn the adjusting bolt on the right side $\frac{1}{4}$ turn clockwise, then turn the left adjustment bolt $\frac{1}{4}$ turn counter-clockwise. If the belt does not move, repeat this step until it centers. Refer to image A.



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:

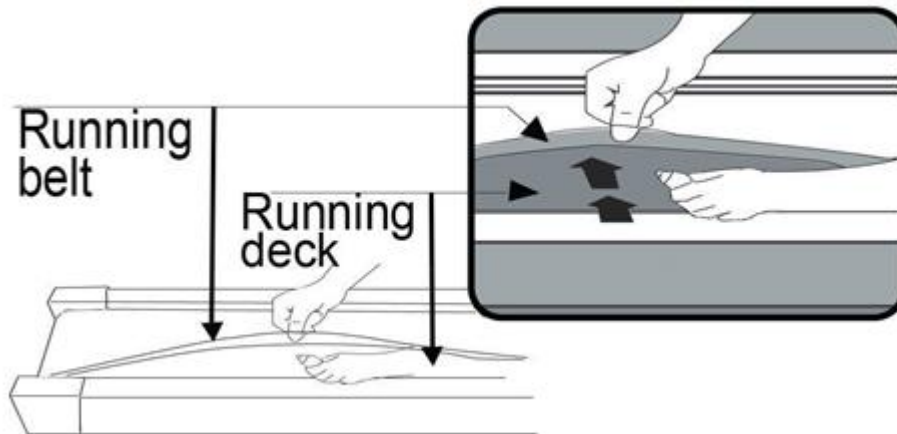
Light user (less than 3 hours/week)	Every 6 months
Medium user (3 - 5 hours/week)	Every 3 months
Heavy user (more than 5 hours/week)	Every 2 months

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

VAT ID: CZ26847264

Phone: +420 556 300 970

E-mail: eshop@insportline.cz
reklamace@insportline.cz
servis@insportline.cz

Web: www.inSPORTline.cz

SK
inSPORTline s.r.o.

Headquarters, warranty & service center: Električná 6471,
Trenčín 911 01, SK

CRN: 36311723

VAT ID: SK2020177082

Phone: +421(0)326 526 701

E-mail: objednavky@insportline.sk
reklamacie@insportline.sk
servis@insportline.sk

Web: www.inSPORTline.sk

About shipping

