



USER MANUAL – EN
IN 19902 Treadmill inSPORTline AeroHike



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SAFETY INSTRUCTIONS

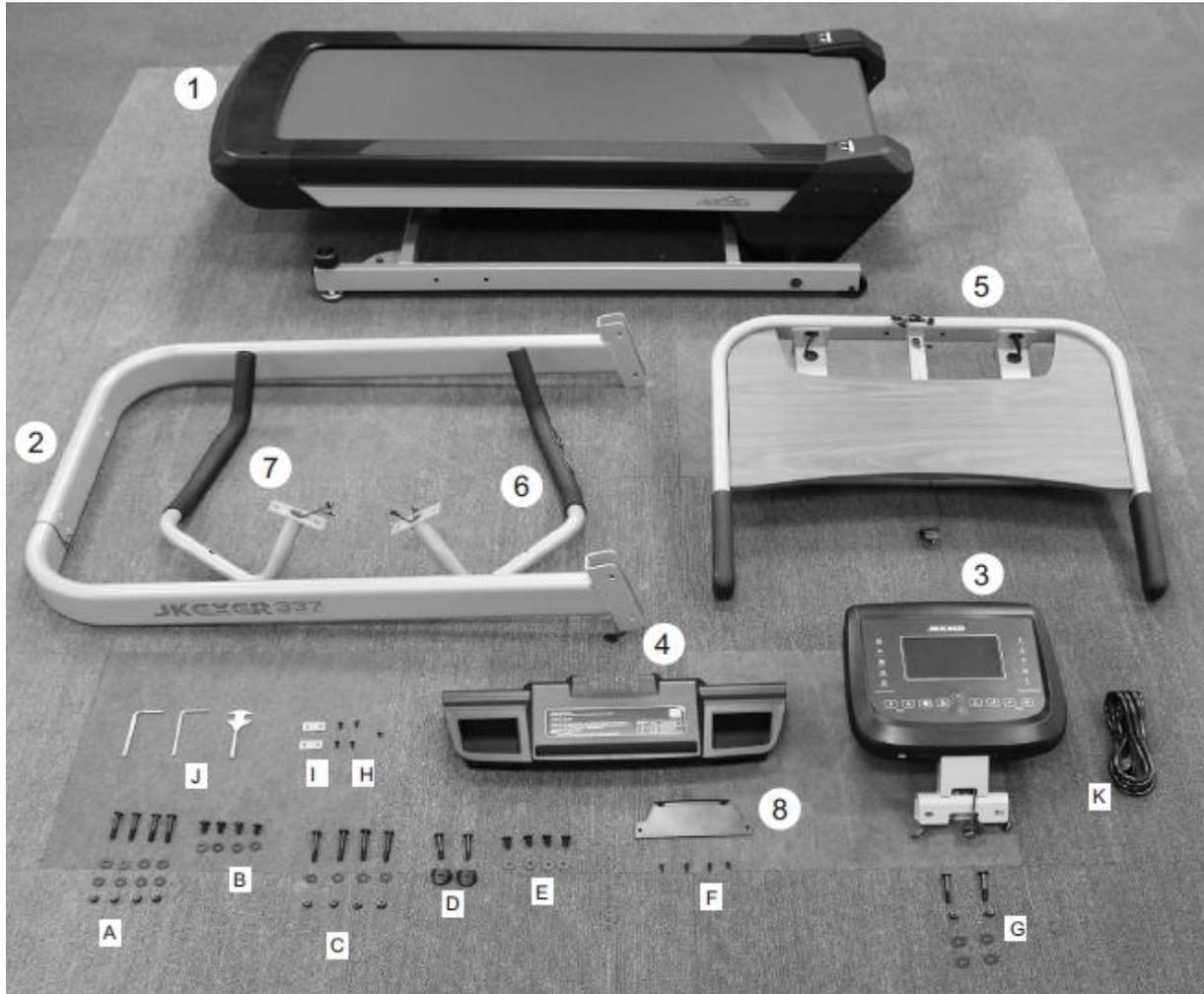
- Keep the manual for the future references.
- Always clip the safety key to your clothes or belt before starting exercising.
- Move naturally, forward. Do not look on your feet. Only for one person can use the product on the same time.
- Speed increase regularly, not immediately.
- In case of danger, 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 warm ups before exercise.
- Do not place foreign object to ventilation or sockets.
- 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. When HIGH HEART RATE is displayed, your heart rate is too high, and you need to reduce the pace.
- 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 please in areas with high humidity (pools, sauna etc.)

- **Max. user weight:** 140 kg
- **Category:** HC for home use
- **Meets standard:** CE, ISO20957-1, ISO20957-6
- **WARNING:** The heart rate monitoring system may not be accurate. Overloading during training can cause serious injury or death. If you experience nausea, stop the exercise immediately!

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

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

ASSEMBLY



1.	Main frame	1	C	Screw (M8 x 55L)	4+4+4
2	Front frame	1	D	Screw + spacer (M8 x 45L)	2+2
3	Console	1	E	Screw (M8 x 15L)	4+4
4	Console holder	1	F	Screw (M8 x 50L)	4
5	Table	1	G	Screw	2+2+4
6	Handlebar – R	1	H	Screw	5
7	Handlebar – L	1	I	Plate	2
8	Rear cover	1	J	Allen key	1+1+1
9	Safety key	1	K	Power cable	1
A	Screw (M8 x 50L)	4+8+4	L	Screw	4
B	Screw (M8 x 15L)	4+4			

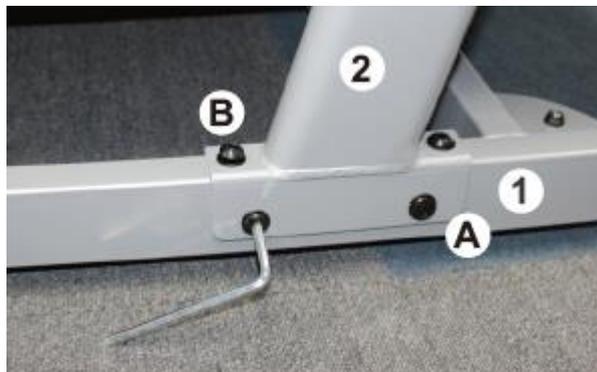
STEP 1

There are cables on the right side of the Front Frame (2) and on the right side of the Main Frame (1). Ask another person to hold the frame (2) and connect the cables from the Front Frame (2) to the Main Frame (1). Then connect the Front Frame (2) to the Main Frame (1).



STEP 2

Connect the frames with screws (A, B). Do not damage the cable and connector.



STEP 3

Pull the 3 cables out of the table (5) and then connect them to the cables from the console (3). Carefully insert excess wiring into the table frame (5). Do not damage the cables and connectors.



STEP 4

Grab the Console (3) with one hand and the Bracket Holder (4) with other one hand. Attach Console (3) and COnsole Holder (4) simultaneously to Table (5).



STEP 5

Fasten with Screws (G).



STEP 6

Secure the Rear Cover (8) on the Console Holder (4) with the Screws (F).



STEP 7

To secure the Console holder (4) to the Table (5), fasten the plate (I) with 4 screws (H).



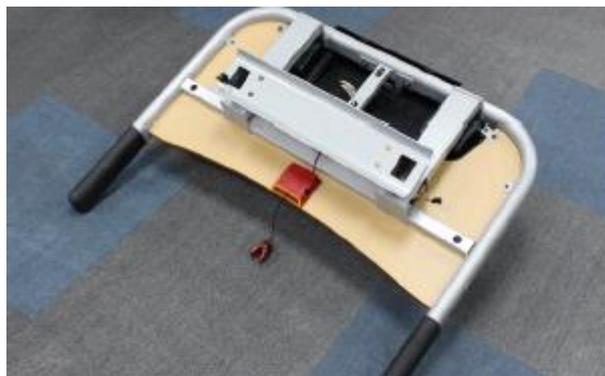
STEP 8

Using the Screws (H) - shorter, attach the Console holder (4) to the Table (5) as shown on the picture. Connect the cables from the Console (3) and Table (5).



STEP 9

Complete assembly of Console (3), Bracket Holder (4) and Table (5).



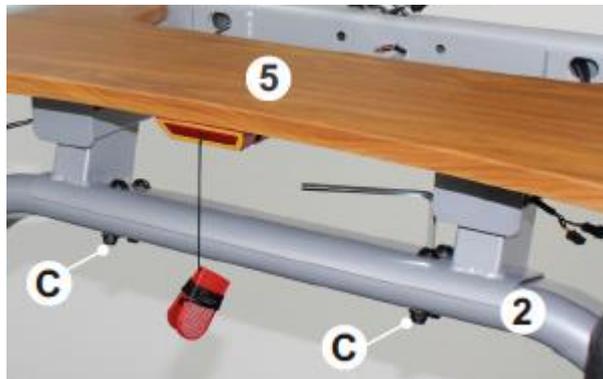
STEP 10

Ask another person to hold the Table (5) on the Front Frame (2). Connect the cable from the Table (5) to the Front Frame Cable (2). Hide the excess cable into the frame (2).



STEP 11

Using the Screws (C), attach the Table (5) to the Front Frame (2).
Do not damage the cable and connector.



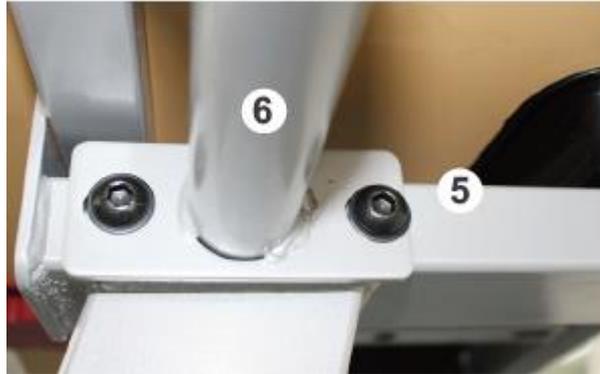
STEP 12

Ask another person to hold the Handle - R (6). Connect the cables from the Table (5) to the cables from the Handlebars (6). Insert the excess cable into the Handlebars (6).
Do not damage the cable and connector.



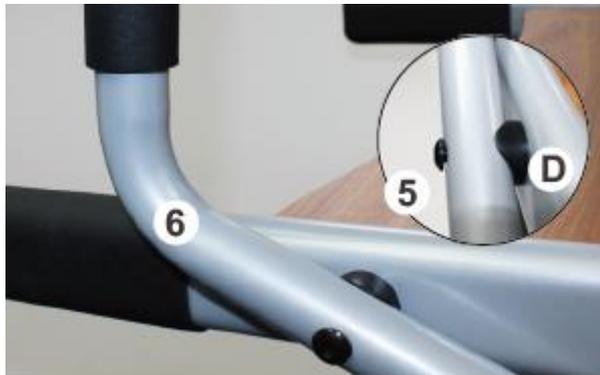
STEP 13

Fasten the Handlebar (6) to the Table (5) with the Screws (E).



STEP 14

Secure the Handlebar - R (6) to the Table (5) with the Screw and Spacer (D). Repeat on the left according to STEP 13.



STEP 15

Plug the power cord (K) into the main frame plug (1).



CONSOLE



Speed, incline – Running mode	0,8 – 12 km/h, Level 0-15
Speed, incline – Climbing mode	0,8 – 6 km/h, Level 15 - 40
Running mode	<ol style="list-style-type: none"> 12 preset programs with levels 1-3 3 targets: TIME, DISTANCE, CALORIES HRR program (HRR) (E, M, T, A, I) 0,8 – 10 km/h, Level 0 – 15 Fat
Climbing mode	<ol style="list-style-type: none"> 5 preset programs 3 targets: TIME, DISTANCE, CALORIES HRR program (HRR) (E, M, T, A, I) 0,8 – 4 km/h, Level 15 - 40 Fat
Default values	Gender / Male, Age / 30, Height / 170 cm, Weight / 70 kg, Time / 30 minutes, Resting Heart Rate / 72 bpm. Target distance / 1.0 KM, Target calories /10 Kcal, Target time/ 30 minutes.

FUNCTIONS

1	Pulse	A. Heartbeat 0 – 200 bpm (beats per minute) B. Body type 1-5 C. Resting heartbeat
2	Calories	A. Calories 10 – 999 Kcal B. Height 50 – 250 cm
3	Steps	A. Step count B. BMR
4	Distance	A. Distance 0 – 99,9 km B. FAT%
5	Program	A. Running mode 1-12 Climbing mode 1-5 B. BMI C. U0 – U3
6	Gender	male / female
7	Incline	A. Running mode – Level 1-15 Climbing mode – Level 15-40 B. Age – 10 -99, preset value 30 C. Difficulty 1-3
8	Time	00:00 – 99:59
9	Speed	A. Running mode 0,8 – 12 km/h Climbing mode 0,8 – 6 km/h B. Weight: 20 – 140 kg
10	Speed unit	KM - miles
11	Dot matrix	Dot matrix 16 x 29

BUTTONS

1	Climb mode	Quick incline selection
2	Incline 	A. Setting data B. Select preset program and level C. Adjusting incline D. Choose profile U0-U3. U0: does not save data. U1-U3 – saves data. Data can be deleted by holding ENTER for 3 seconds.
3	Cool down 	When pressed, it instantly reduces speed and incline. Pressing repeatedly returns the program to its original values.

4	Climbing mode 	For hill running training
5	START 	To turn on or wake from sleep mode
6	STOP 	Temporary stop, hold for 3 seconds to reset
7	Running mode 	For running
8	ENTER 	Confirm the entered data
9	Speed 	A. Data Setup B. Selecting a preset program and load C. Speed setting
10	E, M, T, A, I	For HRR program training (HRR) E - lowest, I - highest cardiac activity
11	Lap	Each point shows 10 meters, one circuit is 500 meters Adjustable value 0–99
12	USB connector	On the bottom left is a USB connector for charging your tablet and phone

USE

To start your workout, select Running mode or Climbing mode.

After selecting, you can turn on the program using the START button or select the U0-U3 profile using the incline adjustment buttons.

QUICK START

Press the START button. Adjust the incline (running 0-15, climbing 15-40) and speed (0.8 - 12 km / h). Lap 00 is displayed on the left and a point blinks on the right. One point represents 10 m. 1 lap is 500 m. Once the number turns from 00 to 01, it means that you have reach 500 meters.

PROGRAM OPERATION

1. Use the incline buttons to select U0 - U3.
2. Press ENTER and use the speed adjustment buttons to select gender, set height, weight, and RHR (resting heart rate).
3. Confirm with ENTER.
4. Press START to select a preset program, destination, or HRR program using the speed or incline buttons.

PRESET PROGRAMS

1. Use the incline or speed adjustment buttons to select P1-P12 (P1-P5 for climbing)
2. Confirm with ENTER, L1 flashes. Use the tilt or speed adjustment buttons to select L1 - L3. Difficulty cannot be set for uphill run.
3. Confirm with ENTER, the default value of 30 will start flashing.
4. Press START

Further information on the preset programs is provided in the manual.

TARGET PROGRAM

1. Use the incline or speed buttons to select distance, time, or calories.
2. Press ENTER and use the incline or speed adjustment buttons to set the desired values.
3. Press START to turn on the program.

HRR PROGRAM (HRR)

0.8 - 10 km / h, level 0-15 for running

0.8 - 4 km / h, level 15-40 for climbing

1. Choose E, M, T, A, I.
2. Confirm with ENTER and use the incline or speed adjustment buttons to set the training time.
3. Press START to turn on the program. The console will detect heart activity and adjust the incline and speed according to heart rate.

NOTES:

- For the HRR program, you must have a chest belt or place your palms on the handles pulse plate detectors.
- If the pulse is lower than the specified value, the speed is automatically increased by 0.2 km / h. If the speed is higher than 10 km / h but the pulse is still lower than the specified value, the incline is increased by 1 level. If the speed is 10 km / h and the incline is 40, but the heart rate does not reach the specified value, the speed and incline will continue at the highest level.
- If the pulse is higher than the specified value, the speed is automatically reduced by 0.2 km / h. If the speed is at the lowest level but the pulse is still higher than the entered value, the incline will decrease. If speed and incline are at the lowest level, the treadmill stops automatically.

- If the pulse is not detected for 20 seconds, the treadmill stops and displays NO PULSE.
- Pulse Calculation:

Intensity	HRR %
E	59-75 %
M	74-84 %
T	84-88 %
A	88-95 %
I	95-100 %

RHR - pulse during rest, MHR - maximum pulse, HRR difference between rest pulse and maximum pulse

Calculation: $(MHR - RHR) \times HRR \% + RHR$

MHR= For man $220 - \text{age}$

For women $226 - \text{age}$

For the most accurate rest pulse measurement, we recommend measuring the pulse in the morning for 3 minutes.

WARNING: The pulse measuring program is for reference only and does not serve medical purposes!

You can freely switch between running and climbing.

- Change E, M, T, A, I (E - Lowest, I - Highest Load)

Low to higher load - speed and incline remain the same. HR will increase

Higher to lower load - speed and incline will decrease by 50%, HR will decrease to lower level

- If operation is stopped for 20 minutes, the treadmill is turned off.
- If the program is on but the user is not detected for 3 minutes, the treadmill will stop. After a 20 min it turns off.
- If the machine is in standby mode and no action is taken for 5 minutes, the console goes into hibernation. Press the START button to turn it on again.

FAT PROGRAM

1. Use the incline or speed adjustment buttons to select the FAT program.
2. Press ENTER and then START. After 12 seconds, the console displays BMI, BMR, FAT%, and BODY TYPE.

WARNING: All data are for reference only and is not for medical purposes!

BMI

It is a general comparison of body weight.

Calculation: $\text{Weight (KG)} : \text{Height (M)}$

Malnutrition	$\text{BMI} < 18.5$
Ideal	$18,5 \leq \text{BMI} < 25$
Overweight	$25 \leq \text{BMI} < 30$
First degree obesity	$30 \leq \text{BMI} < 35$
Second degree obesity	$35 \leq \text{BMI} < 40$
Third degree obesity	$40 \leq \text{BMI}$

BMR (Basal Metabolic Rate)

It shows passive calorie burning by metabolism.

Calculation:

$$\text{Male} = 66 + (13.7 \times \text{weight kg}) + (5 \times \text{height cm}) - (6.8 \times \text{age})$$

$$\text{Female} = 655 + (9.6 \times \text{weight kg}) + (1.7 \times \text{height cm}) - (4.7 \times \text{age})$$

BODY TYPE

1	Malnutrition
2	Thin
3	Normal
4	Overweight
5	Obesity

% BODYFAT

Man	10-20 %	Normal
	20 – 25 %	Overweight
	more than 25 %	Obesity

Women	15 – 25 %	Normal
	25 – 35 %	Overweight
	more than 35 %	Obesity

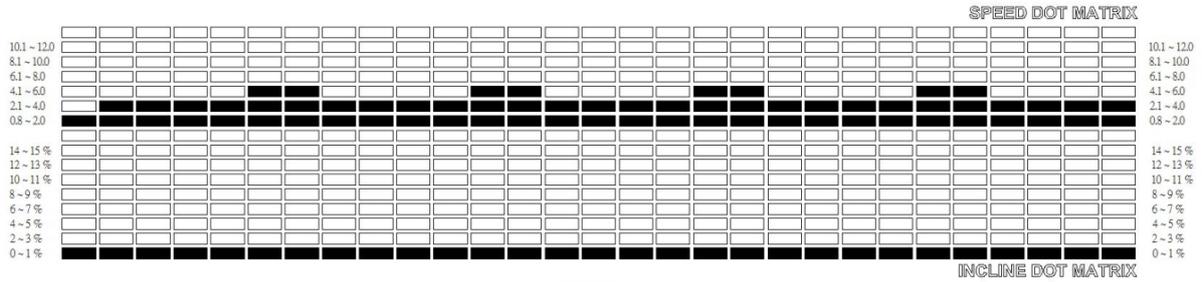
COLL DOWN MODE

1. After pressing the Cool down button  the incline is reduced to minimum and speed to 2 km/h.
2. Time, calories and distance will still count
3. Pressing again returns the program to its original speed and tilt values
- 4.

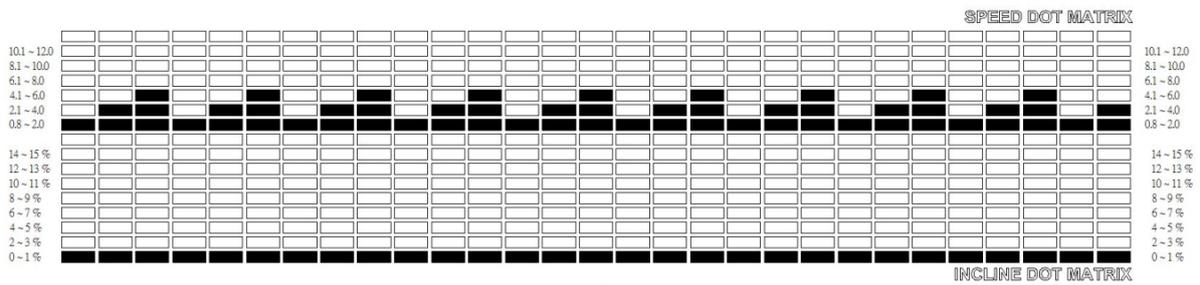
Note: The number of steps is only counted if you have running mode. The data are deleted after each mode change.

PRESET PROGRAMS

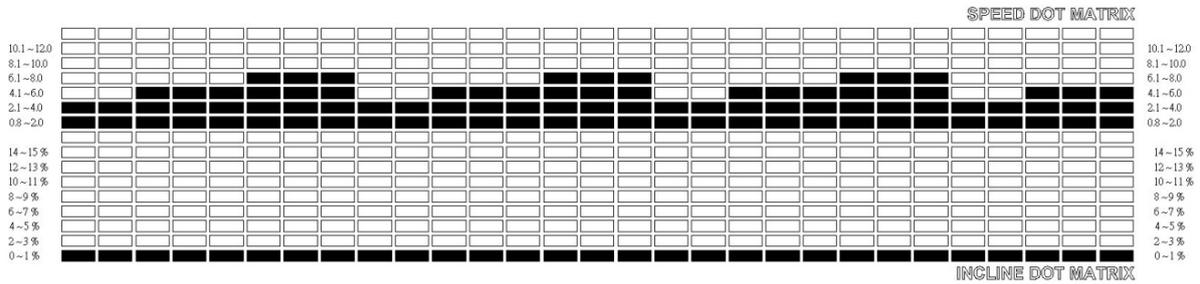
RUNING MODE



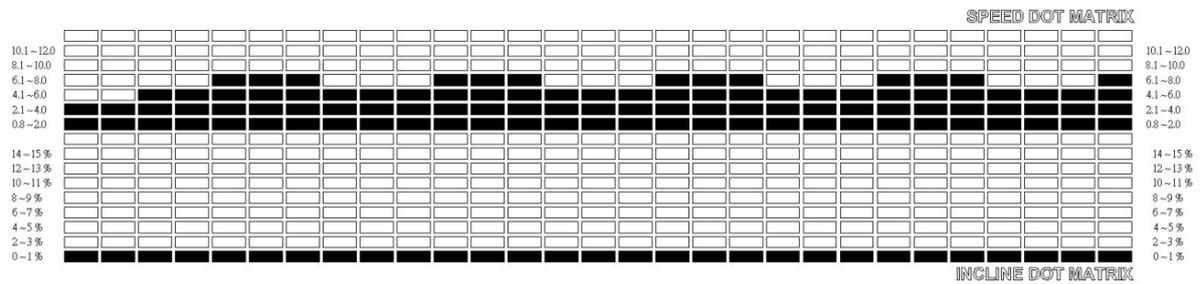
P1



P2



P3



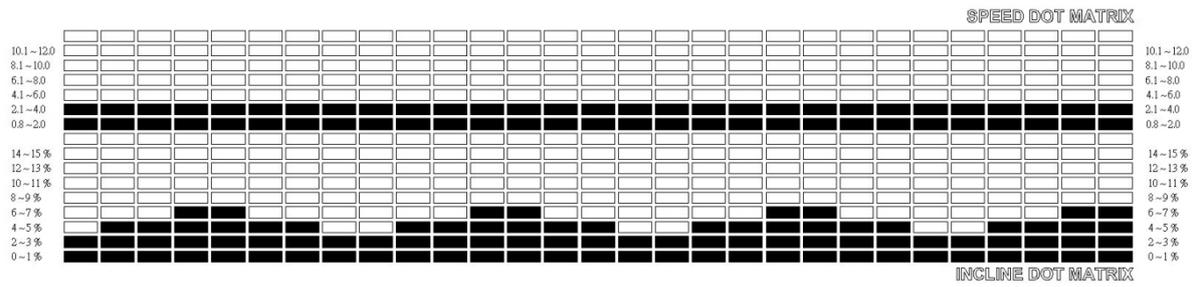
P4

Speed level 1	P1		P2		P3		P4	
	Speed km/h	Incline						
Interval 1	2,0	0	2,0	0	3,0	0	3,0	0
Interval 2	3,0	0	4,0	0	3,0	0	4,0	0
Interval 3	3,0	0	6,0	0	6,0	0	5,0	0
Interval 4	4,0	0	2,0	0	6,0	0	6,0	0
Interval 5	4,0	0	4,0	0	6,0	0	7,0	0
Interval 6	5,0	0	6,0	0	8,0	0	8,0	0
Interval 7	5,0	0	2,0	0	8,0	0	7,0	0
Interval 8	3,0	0	4,0	0	3,0	0	6,0	0
Interval 9	3,0	0	6,0	0	3,0	0	5,0	0
Interval 10	4,0	0	2,0	0	6,0	0	6,0	0
Interval 11	4,0	0	4,0	0	6,0	0	7,0	0
Interval 12	5,0	0	6,0	0	6,0	0	8,0	0
Interval 13	5,0	0	2,0	0	8,0	0	7,0	0
Interval 14	3,0	0	4,0	0	8,0	0	6,0	0
Interval 15	3,0	0	6,0	0	8,0	0	5,0	0
Interval 16	4,0	0	2,0	0	3,0	0	6,0	0
Interval 17	4,0	0	4,0	0	3,0	0	7,0	0
Interval 18	5,0	0	6,0	0	6,0	0	8,0	0
Interval 19	5,0	0	2,0	0	6,0	0	7,0	0
Interval 20	3,0	0	4,0	0	6,0	0	6,0	0
Interval 21	3,0	0	6,0	0	8,0	0	5,0	0
Interval 22	4,0	0	2,0	0	8,0	0	6,0	0
Interval 23	4,0	0	4,0	0	8,0	0	7,0	0
Interval 24	5,0	0	6,0	0	8,0	0	8,0	0
Interval 25	5,0	0	2,0	0	3,0	0	7,0	0
Interval 26	3,0	0	4,0	0	3,0	0	6,0	0
Interval 27	3,0	0	6,0	0	6,0	0	5,0	0
Interval 28	4,0	0	2,0	0	6,0	0	6,0	0
Interval 29	4,0	0	4,0	0	6,0	0	7,0	0

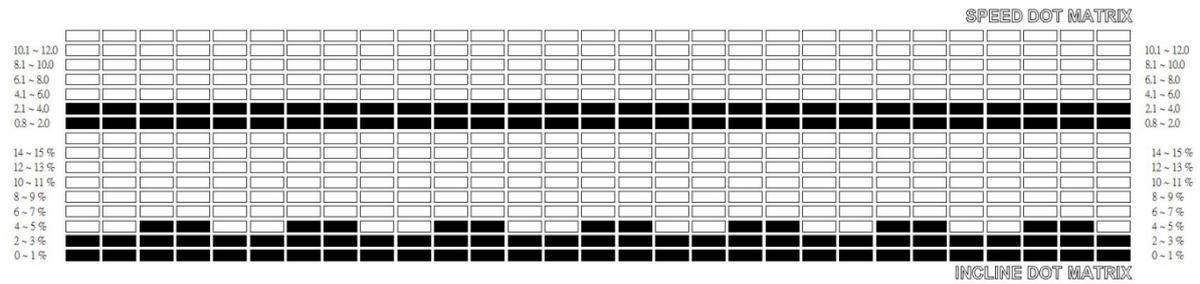
Level 2 depends on Level 1 the speed is increased by 2 km / h, no incline change.

Level 3 depends on Level 2 the speed is increased by 2 km / h, no incline change.

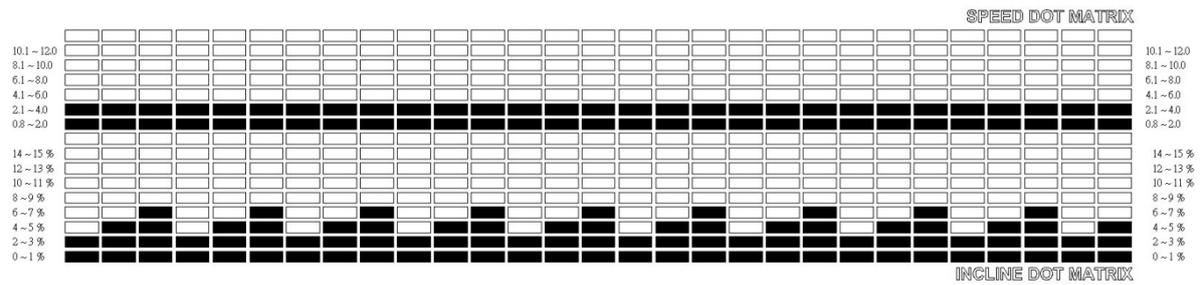
P5



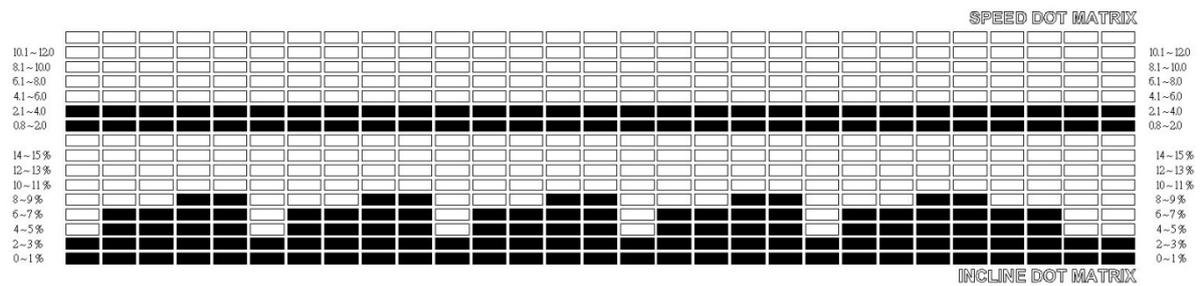
P5



P6



P7

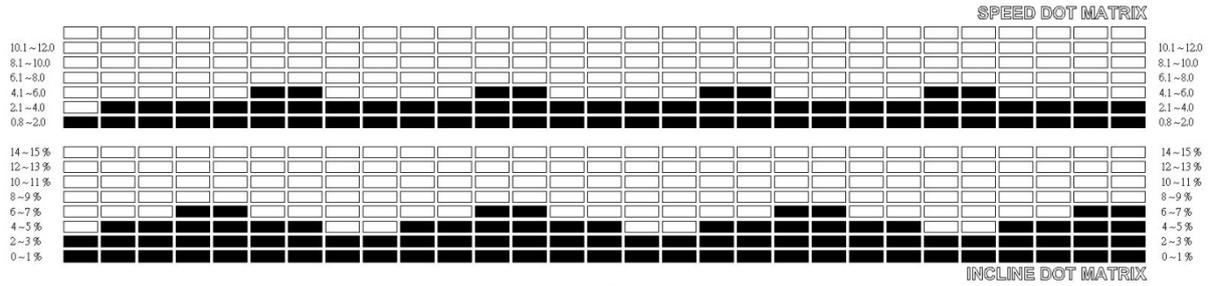


P8

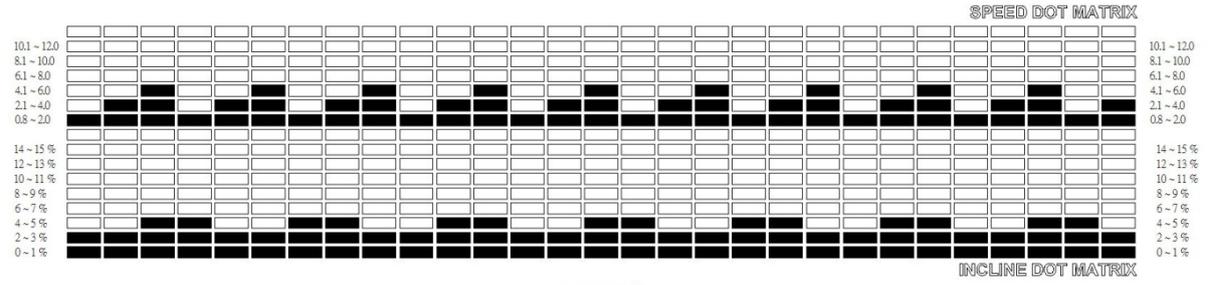
Incline level 1	P5		P6		P7		P8	
	Speed km/h	Level						
Interval 1	4,0	Level 2						
Interval 2	4,0	4	4,0	3	4,0	4	4,0	6
Interval 3	4,0	4	4,0	4	4,0	6	4,0	6
Interval 4	4,0	6	4,0	5	4,0	2	4,0	8
Interval 5	4,0	6	4,0	2	4,0	4	4,0	8
Interval 6	4,0	4	4,0	3	4,0	6	4,0	3
Interval 7	4,0	4	4,0	4	4,0	2	4,0	6
Interval 8	4,0	2	4,0	5	4,0	4	4,0	6
Interval 9	4,0	2	4,0	2	4,0	6	4,0	8
Interval 10	4,0	4	4,0	3	4,0	2	4,0	8
Interval 11	4,0	4	4,0	4	4,0	4	4,0	3
Interval 12	4,0	6	4,0	5	4,0	6	4,0	6
Interval 13	4,0	6	4,0	2	4,0	2	4,0	6
Interval 14	4,0	4	4,0	3	4,0	4	4,0	8
Interval 15	4,0	4	4,0	4	4,0	6	4,0	8
Interval 16	4,0	2	4,0	5	4,0	2	4,0	3
Interval 17	4,0	2	4,0	2	4,0	4	4,0	6
Interval 18	4,0	4	4,0	3	4,0	6	4,0	6
Interval 19	4,0	4	4,0	4	4,0	2	4,0	8
Interval 20	4,0	6	4,0	5	4,0	4	4,0	8
Interval 21	4,0	6	4,0	2	4,0	6	4,0	3
Interval 22	4,0	4	4,0	3	4,0	2	4,0	6
Interval 23	4,0	4	4,0	4	4,0	4	4,0	6
Interval 24	4,0	2	4,0	5	4,0	6	4,0	8
Interval 25	4,0	2	4,0	2	4,0	2	4,0	8
Interval 26	4,0	4	4,0	3	4,0	4	4,0	6
Interval 27	4,0	4	4,0	4	4,0	6	4,0	6
Interval 28	4,0	6	4,0	5	4,0	2	4,0	3
Interval 29	4,0	6	4,0	2	4,0	4	4,0	3

Level 2 depends on Level 1 the incline is increased by 1, no change in speed.

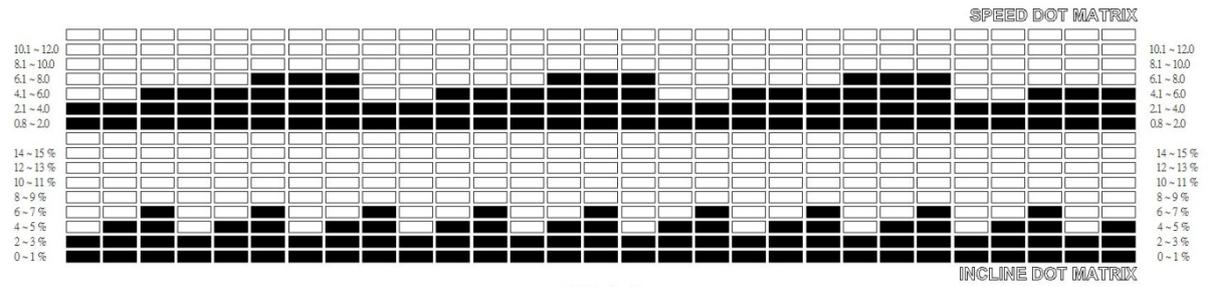
Level 3 depends on Level 2 the incline is increased by 1, no change in speed.



P9



P10



P11



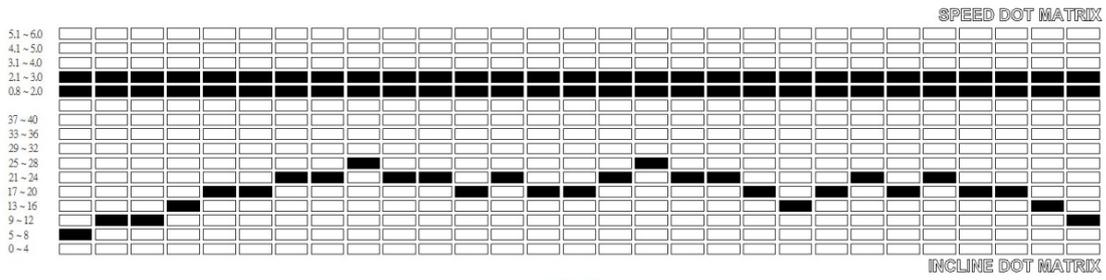
P12

Speed level 1	P9		P10		P11		P12	
	Speed km/h	Incline						
Interval 1	2,0	Level 2	2,0	Level 2	3,0	Level 2	3,0	Level 2
Interval 2	3,0	4	4,0	3	3,0	4	4,0	6
Interval 3	3,0	4	6,0	4	6,0	6	5,0	6
Interval 4	4,0	6	2,0	5	6,0	2	6,0	8
Interval 5	4,0	6	4,0	2	6,0	4	7,0	8
Interval 6	5,0	4	6,0	3	8,0	6	8,0	3
Interval 7	5,0	4	2,0	4	8,0	2	7,0	6
Interval 8	3,0	2	4,0	5	8,0	4	6,0	6
Interval 9	3,0	2	6,0	2	3,0	6	5,0	8
Interval 10	4,0	4	2,0	3	3,0	2	6,0	8
Interval 11	4,0	4	4,0	4	6,0	4	7,0	3
Interval 12	5,0	6	6,0	5	6,0	6	8,0	6
Interval 13	5,0	6	2,0	2	6,0	2	7,0	6
Interval 14	3,0	4	4,0	3	8,0	4	6,0	8
Interval 15	3,0	4	6,0	4	8,0	6	5,0	8
Interval 16	4,0	2	2,0	5	8,0	2	6,0	3
Interval 17	4,0	2	4,0	2	3,0	4	7,0	6
Interval 18	5,0	4	6,0	3	3,0	6	8,0	6
Interval 19	5,0	4	2,0	4	6,0	2	7,0	8
Interval 20	3,0	6	4,0	5	6,0	4	6,0	8
Interval 21	3,0	6	6,0	2	6,0	6	5,0	3
Interval 22	4,0	4	2,0	3	8,0	2	6,0	6
Interval 23	4,0	4	4,0	4	8,0	4	7,0	6
Interval 24	5,0	2	6,0	5	8,0	6	8,0	8
Interval 25	5,0	2	2,0	2	3,0	2	7,0	8
Interval 26	3,0	4	4,0	3	3,0	4	6,0	6
Interval 27	3,0	4	6,0	4	6,0	6	5,0	6
Interval 28	4,0	6	2,0	5	6,0	2	6,0	3
Interval 29	4,0	6	4,0	2	6,0	4	7,0	3

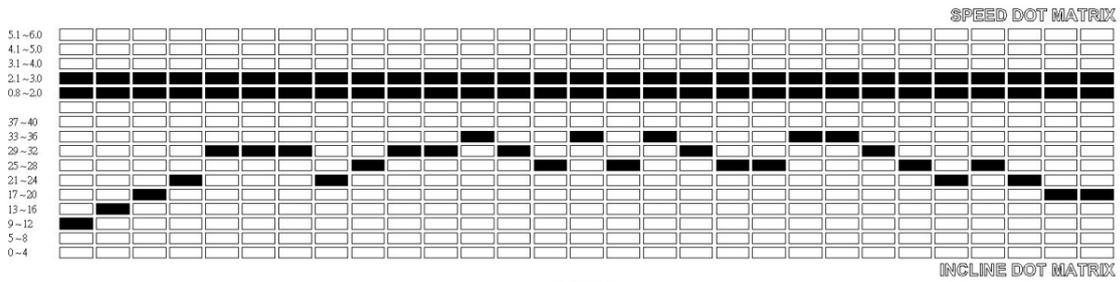
Level 2 depends on Level 1 the incline is increased by 1, and the speed by 2 km / h.

Level 3 depends on Level 2 the incline is increased by 1, and the speed by 2 km / h.

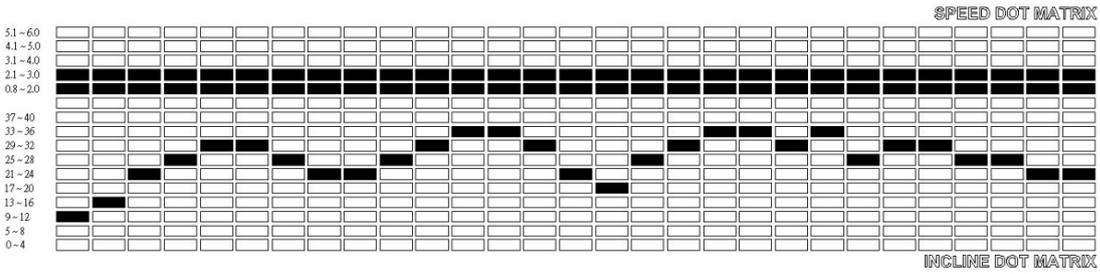
CLIMBING MODE



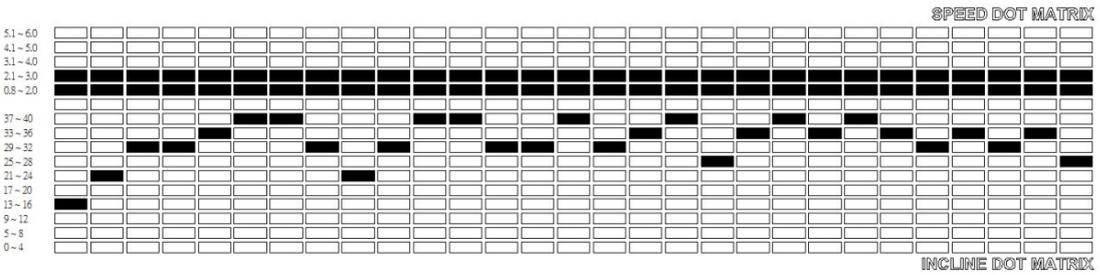
P1



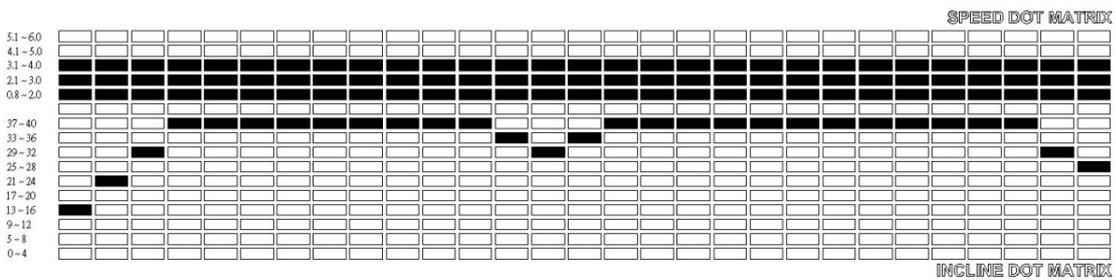
P2



P3



P4



P5

Speed level 1	P1		P2		P3		P4		P5	
	Speed km/h	Incline	Speed km/h	Incline	Speed km/h	Incline	Speed km/h	Incline	Speed km/h	Incline
Interval 1	3,0	Level 8	3,0	Level 10	3,0	Level 12	3,0	Level 15	4,0	Level 15
Interval 2	3,0	10	3,0	15	3,0	14	3,0	22	4,0	23
Interval 3	3,0	11	3,0	18	3,0	23	3,0	30	4,0	30
Interval 4	3,0	15	3,0	22	3,0	27	3,0	30	4,0	40
Interval 5	3,0	18	3,0	29	3,0	30	3,0	35	4,0	40
Interval 6	3,0	20	3,0	30	3,0	31	3,0	38	4,0	40
Interval 7	3,0	22	3,0	31	3,0	28	3,0	38	4,0	40
Interval 8	3,0	23	3,0	24	3,0	23	3,0	2	4,0	40
Interval 9	3,0	25	3,0	26	3,0	24	3,0	24	4,0	40
Interval 10	3,0	24	3,0	29	3,0	26	3,0	30	4,0	40
Interval 11	3,0	23	3,0	32	3,0	30	3,0	38	4,0	40
Interval 12	3,0	20	3,0	35	3,0	24	3,0	38	4,0	40
Interval 13	3,0	21	3,0	32	3,0	35	3,0	30	4,0	40
Interval 14	3,0	17	3,0	28	3,0	32	3,0	30	4,0	35
Interval 15	3,0	19	3,0	33	3,0	22	3,0	38	4,0	30
Interval 16	3,0	23	3,0	28	3,0	20	3,0	32	4,0	35
Interval 17	3,0	25	3,0	34	3,0	25	3,0	35	4,0	40
Interval 18	3,0	24	3,0	32	3,0	29	3,0	39	4,0	40
Interval 19	3,0	23	3,0	26	3,0	35	3,0	28	4,0	40
Interval 20	3,0	20	3,0	26	3,0	35	3,0	36	4,0	40
Interval 21	3,0	16	3,0	33	3,0	32	3,0	40	4,0	40
Interval 22	3,0	18	3,0	33	3,0	33	3,0	33	4,0	40
Interval 23	3,0	21	3,0	30	3,0	28	3,0	37	4,0	40
Interval 24	3,0	18	3,0	25	3,0	29	3,0	33	4,0	40
Interval 25	3,0	21	3,0	22	3,0	29	3,0	29	4,0	40
Interval 26	3,0	18	3,0	25	3,0	27	3,0	35	4,0	40
Interval 27	3,0	17	3,0	23	3,0	26	3,0	29	4,0	40
Interval 28	3,0	13	3,0	20	3,0	24	3,0	35	4,0	30
Interval 29	3,0	10	3,0	17	3,0	22	3,0	25	4,0	25

For your own safety, do not control other devices such as TV, telephone or tablet

ERRORS

E1 (ERROR 1)	There is no signal from the console for 7 seconds
E6 (ERROR 6)	There is no incline motor signal
E3 (ERROR 3)	Connecting console cables and control cabinets
Smell	If you smell odor, stop the operation and contact the supplier

MOVING AND LEVELING

There are 2 adjustable screws on the front of the Main Frame.

1. For moving: Turn the screws clockwise.
2. For leveling: Turn the screws counterclockwise.

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. Then stand on the plastic non-slip side rails and grip the handrail with both hands. Turn the treadmill on and set a low speed (1.6 – 3.2 km/h), stand straight, look forward and try to step onto the running belt a few times with one foot. Then step onto the running belt and start exercising. After you are adapted, you can slowly increase the speed to 3 – 5 km/h and maintain this speed for about 10 minutes. After that, stop the treadmill slowly.

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.

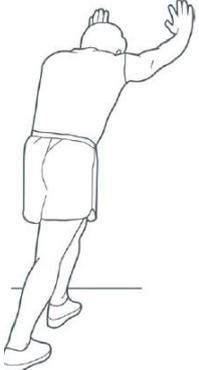
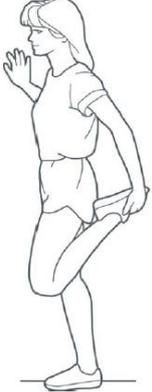
CLOTHING

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.

	<p>Touch toes</p> <p>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.</p>
	<p>Hamstring stretches</p> <p>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.</p>

	<p>Calves and Achilles tendon stretches</p> <p>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.</p>
	<p>Quadriceps stretches</p> <p>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.</p>
	<p>Inner thigh stretches</p> <p>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.</p>

MAINTENANCE INSTRUCTIONS

WARNING: Please make sure the treadmill's is pulled out of the power supply before cleaning or maintenance.

1. CLEANING (Fully cleaning will lengthen the usage of the treadmill.)

Keep the treadmill clean by dusting it regularly. Be sure to clean the exposed parts on both sides of the running belt, which can reduce the piling of dust under the it. Make sure your shoes are clean and avoid putting things onto the running belt. It could damage both the running belt and the running deck. The top of the belt needs to be cleaned with a wet, soapy cloth. Be careful to keep any liquid away from the electrical components and the underside of the running belt.

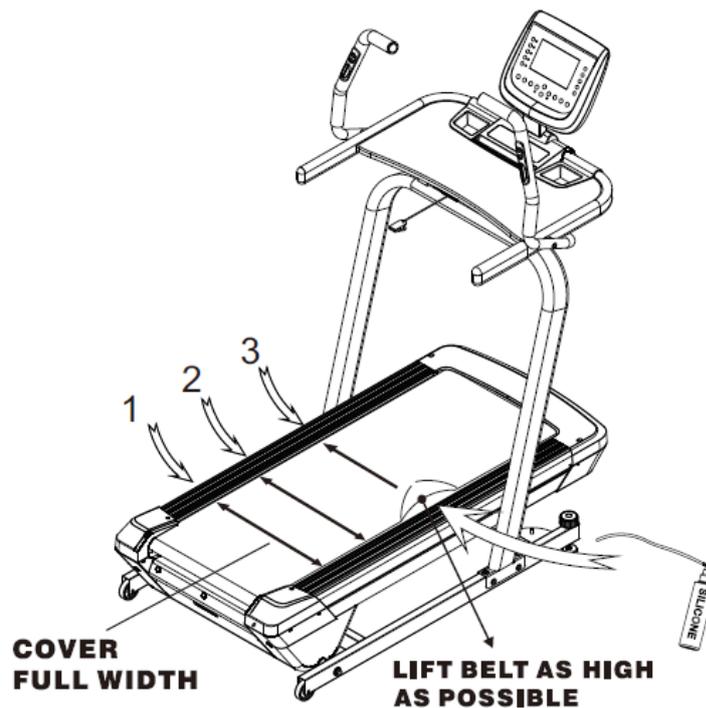
WARNING: Remember to unplug the treadmill from the electrical outlet before removing the motor cover. Remove the motor cover and vacuum under the motor cover at least once a year.

2. LUBRICATION (Running belt and the special lubricating oil of the motorized treadmill.)

This treadmill's running belt and deck are already pre-lubricated. The belt/deck friction may play a major role in the function and life of your treadmill, thus requiring regular lubrication. We recommend a inspecting the deck regularly. If the deck is worn, please contact our client service centre.

Recommended lubrication of the running deck and the running belt:

- Every 180 km or every 3 months



A warning is displayed after 180 km. When any button is pressed, the notification will disappear but will appear every time the device is turned on. Press the START and SPEED – buttons together to delete the message.

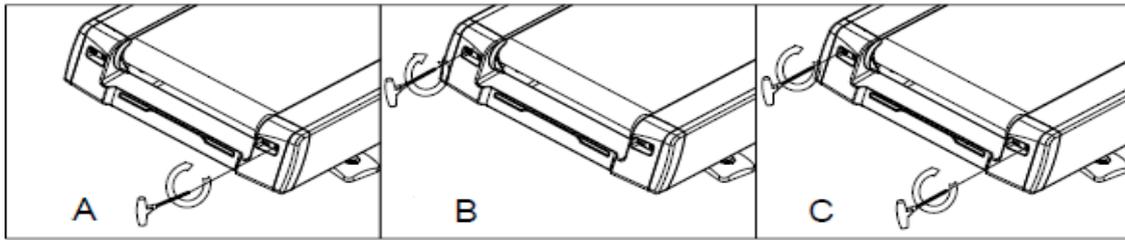
MAINTENANCE GUIDELINES

- In order to maintain and prolong the working life of your treadmill, we suggest that you power off for 10 minutes after every 2 hours of running.
- A loose running belt will slip when you are running; a too tight running belt will affect the performance of the motor and may also increase the wear of the rollers and the running belt. The ideal position is if you can lift the belt from the running deck to about 50 – 75 mm.

BELT MIDDLE PLACEMENT AND TIGHTNESS ADJUSTMENT

It is necessary to adjust the belt to the best condition for the better use of the treadmill. Put the treadmill running belt at the centre. Put the motorized treadmill on the level ground and let the treadmill run at the speed of 3 km/h. Observe the deviation of the running belt. If the running belt deviates to the right, pull off the safety key and unplug the power. Turn the right adjusting bolt clockwise by 1/4 turn, plug in the power cord and the safety key – belt starts to run. Watch the running belt deviations. Repeat the above steps until the running belt is in the middle.

- **Picture A** If the running belt drifts to the left, pull off the safety key and unplug the treadmill from power. Turn the left adjusting bolt clockwise by 1/4 turn, then plug in the power cord and the safety key. The belt starts running. Watch if the belt still drifts to the side. Repeat the above steps until the running belt is centred.
- **Picture B.** After the above adjustment or long time use, the running belt could become loose and you will need to adjust it. Pull off the safety key and the power cord and turn the left and right adjusting bolts clockwise by 1/4 turn. Plug the treadmill back into power and insert the safety key – the belt starts running. Then stand on the treadmill to confirm its tightness. Repeat the above steps, until the running belt is tightened correctly (**picture C**).



BELT ADJUSTMENT

The poly V-Belt will gradually loosen and change shape after a long time usage and you will need to adjust it for safe use. How to judge: when you are running as usual, and your feet stamp on the running belt and you feel the pause sometimes, it indicates the V-Belt or running belt is loose. You need to make a further confirmation to see which part is loose: Take down the four screws on the motor cover. Then let the treadmill work at the speed of 3 km/h. Stand on the running belt, hang on to the foam handrails and try to press the running belt harder with your feet. (We suggest that the user stamps with his own body weight).

- If the running belt doesn't stop when you press it, then the running belt and motor belt is not flabby or too tight. They are just right.
- If the running belt stops when you press it, but the front roller doesn't stop, then the running belt is a little loose. Then you need to adjust the running belt for the safe use (to adjust running belt see the maintenance guideline on the previous page).
- If the running belt and front roller stop when press the running belt, the motor still runs, the motor belt and running belt stops, then the V-belt is flabby, you need to adjust it for safe using.
- Turn the screws clockwise to tighten the belt. Do not overtighten the belt.

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 only 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 as a professional or 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.

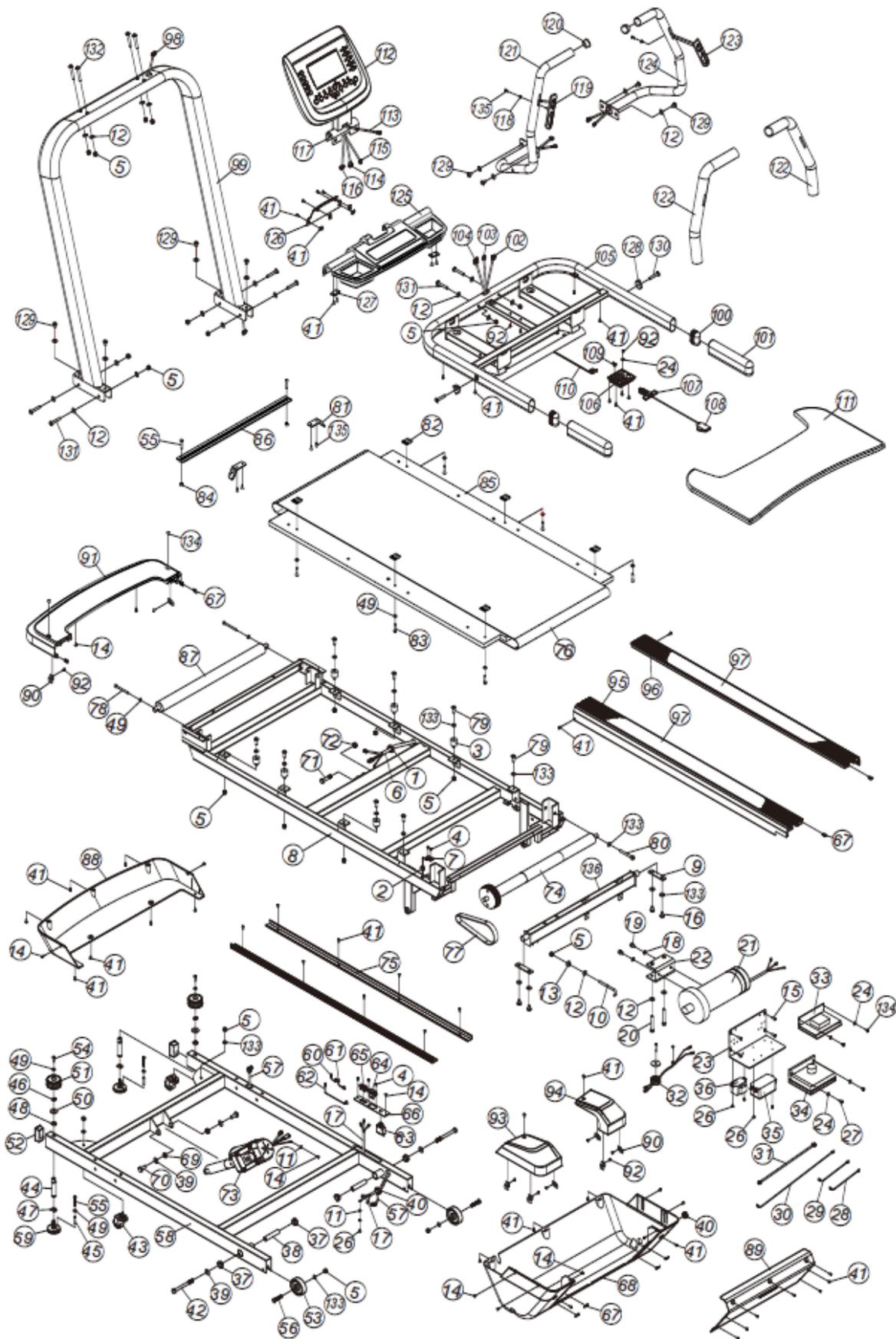
ENVIRONMENT PROTECTION

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.

EXPANDED DIAGRAM



PARTS LIST

1	Screw (OSBR-26)	38	Bush (Ø15,8 x 2,7 x 72,5 l)
2	End cap (Ø12 x Ø 3,5 PVC)	39	Washer (Ø110 x Ø121 x 2,0t)
3	Round cushion (60D)	40	Screw (OSBR-22)
4	Screw (M3 x 10L)	41	Screw (5/32 "x 12,7 l)
5	Nylon nut (M8)	42	Screw (M10 X 100L)
6	Cable (1200 l)	43	Wheel (Ø139,5)
7	Sensor	44	Shaft (Ø114 x 83L)
8	Main frame	45	Bush (Ø18,5 x Ø16 x 30L)
9	Shaft fixing plate	46	C-CLIP (Ø114)
10	L hook	47	E-CLIP (ETW-12)
11	Washer (M4)	48	Washer (WW-14)
12	Washer (Ø8 x Ø19 x 1,5t)	48	Washer (Ø6 x Ø13 x 1,0t)
13	Bush (Ø20 + 10 x Ø8 x 7 + 3L)	50	Washer (Ø15 x Ø28 x 2,5t)
14	Screw (M4 x 8L)	51	Adjustable knob
15	Screw (M6 x 10L)	52	End cap (30 x 60)
16	Screw (M8 x 15L CHM2F)	53	Wheel (Ø70)
17	Power cable (600L)	54	Screw (M6 x 15L)
18	Washer (5/16 ")	55	Screw (M6 x 35L)
19	Screw (M8 x 10L)	56	Screw (M8 X 40L)
20	Screw (M8 x 65L CHM2F)	57	Kabel (7P x 1250 mm)
21	Motor	58	Bottom frame
22	Motor bracket	59	Adjustable tip (337)
23	L fixing plate	60	Cable (60 mm / blue)
24	Washer (Ø5 x Ø13 x 1,0t)	61	Cable (60 mm / brown)
25	Fixing clip (UC-0.5 / Ø4.8)	62	Cable (170 mm / brown)
26	Screw (M4 x 6L)	63	Brakes (10A)
27	Screw (M5 x 12L)	64	Power socket
28	Cable (100 mm / white)	65	Power switch
29	Cable (100 mm / black)	66	Plate
30	Cable (350 mm / blue)	67	Spiral clip
31	Cable (250 mm # 2468)	68	Motor cover
32	Magnetic coil	69	T-bushing (Tf860)
33	Brake board	70	Screw (M10 X 25L)
34	Control board	71	Screw (M10 X 45L)
35	Filter (10A)	72	Nylon nut (M10 x P1,5)
36	Limitier (6 mH)	73	Incline motor
37	Bush (2149)	74	Rear roller

75	PVC trim	106	Safety key box
76	Running belt	107	Safety key
77	Belt (201-J6)	108	Safety key clip
78	Screw (M6 x 65L)	109	Screw (M2,3 x 10L)
79	Screw (M8 x 25L)	110	Switch
80	Screw (M8 X 65L)	112	Console
81	Central bar	113	Power cable (400L # 2464)
82	Tighten belt	114	Kabel (400 mm / incline)
83	Screw (M6 x 30L)	115	Kabel (400 mm / speed)
84	Nylon nut (M6)	116	Kabel (7P x 400 mm)
85	Running deck	117	Table fixing frame
86	Support plate	118	Washer (N2B)
87	Front roller	119	Handlebar pulse plate (incline)
88	Front cover (bottom)	120	Plug (Ø31.8)
89	Back cover	121	Handlebar (L)
90	"S" fixing plate	122	PU foam (500 mm)
91	Front cover	123	Handlebar pulse plate (speed)
92	Screw (5/32 "x 10 l)	124	Handlebar (R)
93	Rear cap (R)	125	Storage box
94	Rear cap (L)	126	Back cover
95	Side rail (L)	127	Fixing plate (36 x 20 x 2t)
96	Side rail (R)	128	Spacer (Wd32)
97	Sticker	129	Screw (M8 x 15L)
98	Cable (7P X 1300 mm)	130	Screw (M8 x 45L)
99	Side frame	131	Screw (M8 x 50L)
100	Plug (30 x 60)	132	Screw (M8 x 55L)
101	PU foam (220mm)	133	Washer (Ø8 x Ø16 x 1,0t)
102	Cable (600 mm / speed)	134	Screw (M5 x 8L)
103	Cable (600 mm / incline)	135	Screw (5/32 "x 16 L)
104	Cable (7P x 600mm)	136	
105	Armrest frame		

TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS

General Conditions of Warranty and Definition of Terms

All Warranty Conditions stated hereunder 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 Borivojova Street 35/878, Prague 13000, 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.

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 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.



SEVEN SPORT s.r.o.

Registered Office:	Borivojova 35/878, 130 00 Praha 3, Czech Republic
Headquarters:	Delnicka 957, 749 01 Vitkov, Czech Republic
Warranty & Service Centre:	Cermenska 486, 749 01 Vitkov, Czech Republic
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 centre:	Elektricka 6471, 911 01 Trencin, Slovakia
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

Date of Sale:

Stamp and Signature of Seller: