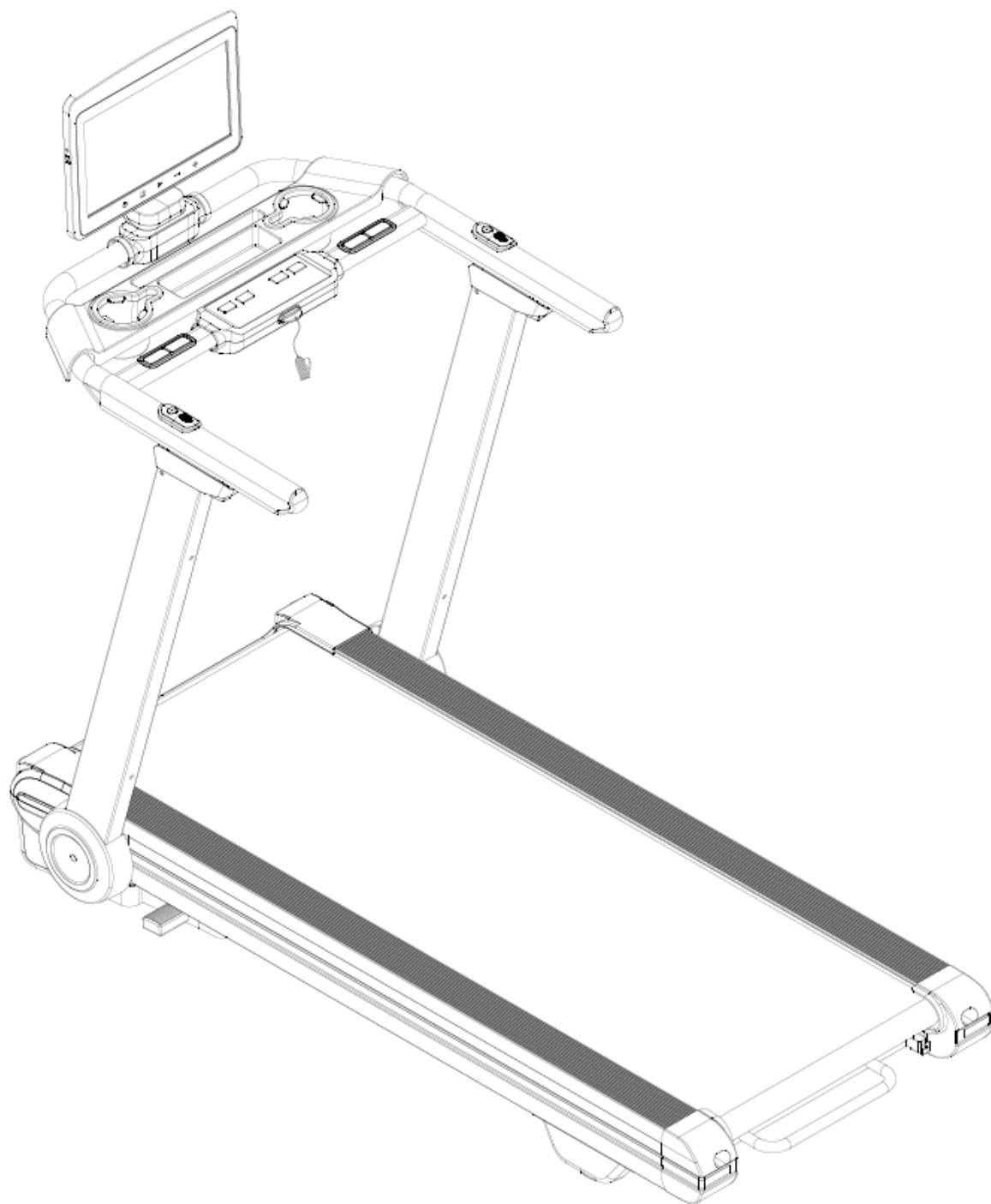




**USER MANUAL – EN**  
**IN 28767 Treadmill inSPORTline ZenRun 120**



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SevenSport s.r.o. reserves the right to make any changes and improvements to its product without prior notice. Visit our website [www.insportline.eu](http://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 stops 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 health 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.
- Place the treadmill on flat, dry and clean surface. Keep safety distance of at least 0.6 m around the treadmill. Do not use in humid areas. Do not place the treadmill on thick carpet.
- If the power cable is damaged do not use the device. Buy new one in authorized shop.
- Protect the treadmill from humidity and water.
- Place the treadmill not to cover socket.
- Do not use aerosol sprays in the area around treadmill.
- If the treadmill is running, do not remove the protective cover. If you need to remove the protective cover during maintenance, unplug the treadmill from socket.
- Always wear sport clothes. Do not wear loose clothes that can get stuck. Always wear sport boots.
- Do not turn on the treadmill if you are standing on it. There is a delay when you turn on the treadmill. Before starting the treadmill stand on the side.
- Do not exercise 40 min after eating food.
- Always do warmups before exercise.
- Do not place foreign object to ventilation or sockets.
- Maintenance should be done only according to the manual, to prolong the lifespan.
- Do not modify the product.
- Exercise reasonably and do not overextend. If you exercise for the first time, hold your handles firmly until you get used to the device.
- In case of error or damage stop the exercising immediately. If the treadmill suddenly increases its speed, remove the safety key.
- Connect the treadmill to socket after the treadmill is assembled. Use only grounded socket.
- If you are not using the device unplug it from socket and safety key removed.

- Any part of the treadmill cannot prohibit the movement of the user.
- Do not use outdoors.
- Do not expose to direct sunlight.
- Do not place in areas with high humidity (pools, sauna etc.)
- Continuous use cannot be longer than 2 hours.
- If the treadmill is not in use, remove the safety key.
- **Operation temperature:** 5 – 40 °C
- **Max. user weight:** 150 kg
- **Category:** SC for commercial use

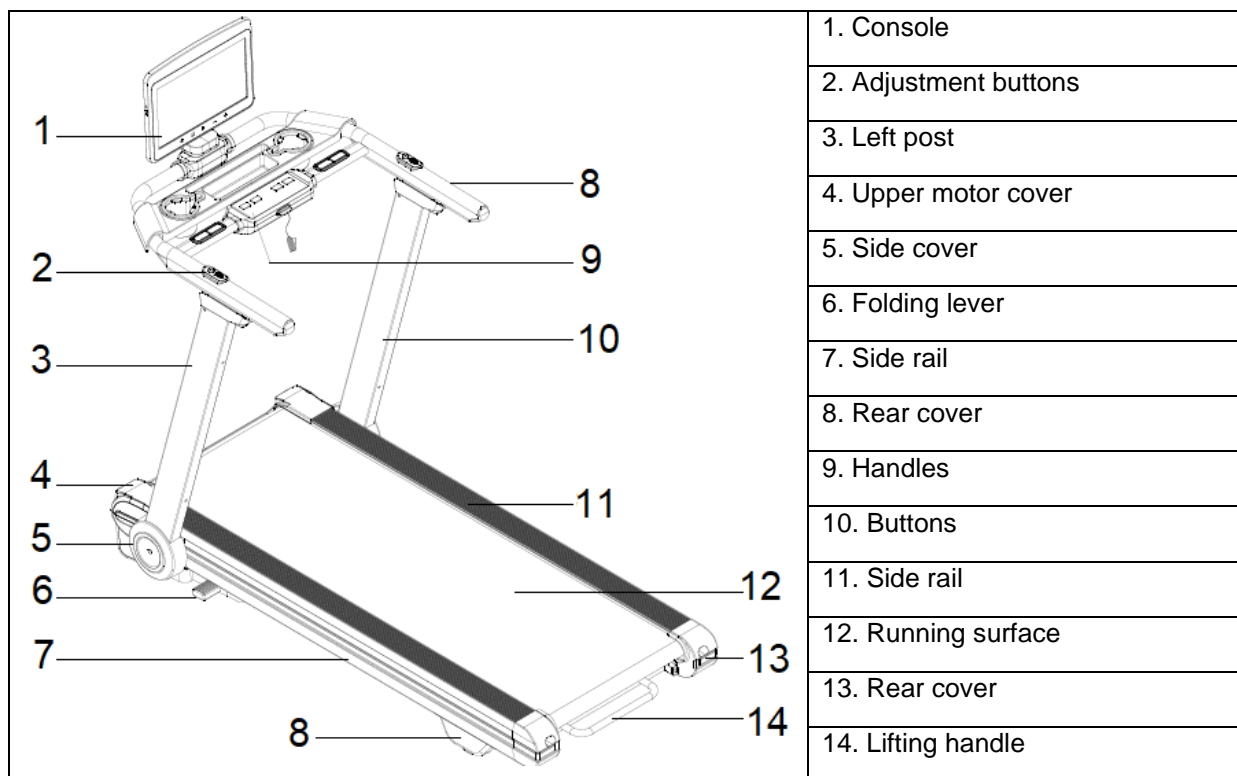
**SAFETY WARNING:** Do not use heart rate sensors in the handle at speeds above 14 km / h.

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!

## SPECIFICATIONS

Power supply: 220V~AC	Operating temperature: 0-40°C
Speed: 0.8-22 km/h	Incline: 12 levels
Maximum user weight: 150 kg	Distance display: 0.00-99.9 km
Calorie display: 0-9999 kcal	Time display: 00:00-99:59 (min)
Heart rate display: 50-200 beats/min	Running area: 520*1500 mm
Unfolded size: 1750*830*1530 mm	Folded size: 1800*910*380 mm

## PRODUCT DESCRIPTION



## PARTS LIST

Metal parts					
No.	Name	Qty.	No.	Name	Qty.
A1	Main frame	1	A42	Left connecting frame	2
A3L	Left post	1	A45	Right connecting frame	2
A4R	Right post	1	A47	Clamp	2
A4L	Left handle	1	A48	Spacer	2
A4R	Right handle	1	A56	Side rail cover holder	2
A5	Incline frame	1	A57	Folding console frame	1
A13	Spacer	2	A58	Console holder	1
A16L/R	Folding handle joints	2	A60	Reinforcing plate	2
A34	Safety key	2	A61	Handle connector	1
A38	Folding pedal holder	1	A62	Incline axis screw	2
A39L	Left hook	1	A64	Safety washer	4
A39R	Right hook	1	A65	Washer	1
A40L	Left connecting bracket	1	A69	Folding lever	2
A40R	Right connecting bracket	1	A70	Handle post holder	1
A41	Clamp	2	A83	Motor cover holder	1

Plastic parts					
No.	Name	Qty.	No.	Name	Qty.
B1	Console	1	B120	Long cushion	2
B11 L/R	Left/Right side cover	1	B121	Console support	1
B13	Upper motor cover	1	B123	Console holder upper support	1
B14	Lower motor cover	1	B124	Console holder lower support	1
B15	Side rail	2	B125	Adjustable wheel cover	2
B16L	Left end cap	1	B127	Bushing	2
B16R	Right end cap	1	B128	Nylon washer	1
B17	Adjustable wheel	4	B129	Console mechanism case	1
B18	Silicone oil	1	B130	Console holder front cover	1
B20	Round plug	1	B131	Console holder rear cover	1
B52	Fixed side rail	2	B132	Control panel upper cover	1
B87	Safety key pin	1	B132-1	Panel button cover	1
B89	Incline bearing	4	B133	Control panel lower cover	1
B98 L/R	Left/Right handle cover	1	B135L/R	Side panel attachment	1
B100	Folding button	2	B138	Buttons (prog+start)	1
B104	PU cylinder	2	B139	Buttons (stop+mode)	1
B105	Reinforcement plate	2	B146	Pulse detector sensor	2
B107	Side panel dicing	4	B147	Folding pedal	1
B117	Bottle holder	1	B149	Motor bottom cover attachment	1
B118	Rubber cushion	4	B169	Fixing strap	1
B119	Short cushion	2	B170	Dowel	2
Electronic and moving parts					
No.	Name	Qty.	No.	Name	Qty.
C2	Running belt	1	C21	Inductor	1
C3	Rear roller	1	C22	Filter	1
C4	Front roller	1	C23	Overload protection	1
C5	Running board	1	C27	Cable (blue) 300	2
C7	Multi grove belt	1	C31	Cable 300 (brown) 150	3
C8	Power button	1	C32	Cable (blue) 150	2
C9	Control unit	1	C33	Ground cable	1
C12	Incline motor	1	C34	Socket	1
C13	Safety key	1	C41	Piston	2
C14	Cable (brown) 300	1	C42	Brushless motor	1
C15	Power cable	1	C43	Left quick selection button	1
C16	Upper console cable	1	C44	Right quick selection button	1
C17	Bottom cable	1	C50	Magnetic ring	1

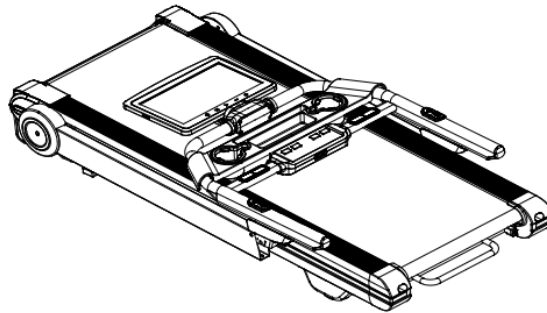
C18	Middle cable	1	C53	Hydraulic piston	1
C20	Magnetic ring	5			
<b>Assembly material</b>					
<b>No.</b>	<b>Name</b>	<b>Qty.</b>	<b>No.</b>	<b>Name</b>	<b>Qty.</b>
D2	Allen key T6	1	D96	Bolt M6x12 mm	4
D7	Bolt M10x60	1	D98	Expansion spring	1
D10	Bolt M10x45	1	D99	Compressed spring	2
D16	Bolt M8x15	4	D117	Bolt ST4.2x16 mm	4
D18	Nut M10	4	D123	C ring ø5	2
D19	Nut M6	2	D125	Bolt M8x10 mm	3
D20	Nut M8	4	D127	Matice M8	2
D21	Flat washer M10	2	D128	Bolt M6x12 mm	2
D22	Flat washer M6	2	D131	Bolt M8x22 mm	2
D23	Flat washer M8	17	D134	Bolt ST3.0x8 mm	6
D25	Spring washer M8	5	D135	Bolt M6x10 mm	2
D26	Washer	4	D138	Bolt M8x15 mm	2
D34	Bolt M8x60mm	3	D139	Bolt ST4.2x25 mm	4
D44	Bolt M5x12mm	2	D145	Bolt M5x16 mm	13
D45	Bolt M5x15mm	4	D146	Bolt M10x60 mm	2
D48	Bolt ST4.2x19mm	2	D160	Bolt M8x30 mm	4
D50	Bolt ST4.2x25mm	2	D162	Spring ø25	1
D52	Bolt ST4.2x16mm	26	D164	Bolt M4x12 mm	3
D53	Bolt ST4.2x25mm	4	D165	Bolt M6x35 mm	4
D58	Bolt ST3.5x16mm	2	D169	Bolt ST4.2x16 mm	10
D64	Bolt M8x20mm	4	D117	Large flat washer M8	1
D71	Bolt M8x15mm	4	D181	Bolt M4x16mm	4
D72	Bolt M8x25mm	1	D183	Bolt M6x8 mm	9
D80	Bolt M5x8mm	2	D189	Bolt M5x10 mm	3
D89	M8 washer	2	D190	Bolt M6x12 mm	2
D216	M4 spring washer	4	D196	Bolt ST4.0x60 mm	4
D218	Bolt ST5.5x40mm	2	D213	Bolt M5x16mm	8
D220	Bolt M8x15mm	2	D215	Bolt M4x6 mm	4
D221	Bolt M8x25mm	2			

This diagram is a detailed exploded view of a mechanical assembly, likely a piece of industrial machinery. It shows the main frame and various sub-assemblies, including a motor unit, a control panel, and a base. The parts are labeled with alphanumeric codes, such as B1, B132, B133, B138, B139, B170, B171, B172, B173, B174, B175, B176, B177, B178, B179, B180, B181, B182, B183, B184, B185, B186, B187, B188, B189, B190, B191, B192, B193, B194, B195, B196, B197, B198, B199, B200, B201, B202, B203, B204, B205, B206, B207, B208, B209, B210, B211, B212, B213, B214, B215, B216, B217, B218, B219, B220, B221, B222, B223, B224, B225, B226, B227, B228, B229, B230, B231, B232, B233, B234, B235, B236, B237, B238, B239, B240, B241, B242, B243, B244, B245, B246, B247, B248, B249, B250, B251, B252, B253, B254, B255, B256, B257, B258, B259, B260, B261, B262, B263, B264, B265, B266, B267, B268, B269, B270, B271, B272, B273, B274, B275, B276, B277, B278, B279, B280, B281, B282, B283, B284, B285, B286, B287, B288, B289, B290, B291, B292, B293, B294, B295, B296, B297, B298, B299, B300, B301, B302, B303, B304, B305, B306, B307, B308, B309, B310, B311, B312, B313, B314, B315, B316, B317, B318, B319, B320, B321, B322, B323, B324, B325, B326, B327, B328, B329, B330, B331, B332, B333, B334, B335, B336, B337, B338, B339, B340, B341, B342, B343, B344, B345, B346, B347, B348, B349, B350, B351, B352, B353, B354, B355, B356, B357, B358, B359, B360, B361, B362, B363, B364, B365, B366, B367, B368, B369, B370, B371, B372, B373, B374, B375, B376, B377, B378, B379, B380, B381, B382, B383, B384, B385, B386, B387, B388, B389, B390, B391, B392, B393, B394, B395, B396, B397, B398, B399, B400, B401, B402, B403, B404, B405, B406, B407, B408, B409, B410, B411, B412, B413, B414, B415, B416, B417, B418, B419, B420, B421, B422, B423, B424, B425, B426, B427, B428, B429, B430, B431, B432, B433, B434, B435, B436, B437, B438, B439, B440, B441, B442, B443, B444, B445, B446, B447, B448, B449, B450, B451, B452, B453, B454, B455, B456, B457, B458, B459, B460, B461, B462, B463, B464, B465, B466, B467, B468, B469, B470, B471, B472, B473, B474, B475, B476, B477, B478, B479, B480, B481, B482, B483, B484, B485, B486, B487, B488, B489, B490, B491, B492, B493, B494, B495, B496, B497, B498, B499, B500, B501, B502, B503, B504, B505, B506, B507, B508, B509, B510, B511, B512, B513, B514, B515, B516, B517, B518, B519, B520, B521, B522, B523, B524, B525, B526, B527, B528, B529, B530, B531, B532, B533, B534, B535, B536, B537, B538, B539, B540, B541, B542, B543, B544, B545, B546, B547, B548, B549, B550, B551, B552, B553, B554, B555, B556, B557, B558, B559, B560, B561, B562, B563, B564, B565, B566, B567, B568, B569, B570, B571, B572, B573, B574, B575, B576, B577, B578, B579, B580, B581, B582, B583, B584, B585, B586, B587, B588, B589, B590, B591, B592, B593, B594, B595, B596, B597, B598, B599, B600, B601, B602, B603, B604, B605, B606, B607, B608, B609, B610, B611, B612, B613, B614, B615, B616, B617, B618, B619, B620, B621, B622, B623, B624, B625, B626, B627, B628, B629, B630, B631, B632, B633, B634, B635, B636, B637, B638, B639, B640, B641, B642, B643, B644, B645, B646, B647, B648, B649, B650, B651, B652, B653, B654, B655, B656, B657, B658, B659, B660, B661, B662, B663, B664, B665, B666, B667, B668, B669, B670, B671, B672, B673, B674, B675, B676, B677, B678, B679, B680, B681, B682, B683, B684, B685, B686, B687, B688, B689, B690, B691, B692, B693, B694, B695, B696, B697, B698, B699, B700, B701, B702, B703, B704, B705, B706, B707, B708, B709, B710, B711, B712, B713, B714, B715, B716, B717, B718, B719, B720, B721, B722, B723, B724, B725, B726, B727, B728, B729, B730, B731, B732, B733, B734, B735, B736, B737, B738, B739, B740, B741, B742, B743, B744, B745, B746, B747, B748, B749, B750, B751, B752, B753, B754, B755, B756, B757, B758, B759, B760, B761, B762, B763, B764, B765, B766, B767, B768, B769, B770, B771, B772, B773, B774, B775, B776, B777, B778, B779, B780, B781, B782, B783, B784, B785, B786, B787, B788, B789, B790, B791, B792, B793, B794, B795, B796, B797, B798, B799, B800, B801, B802, B803, B804, B805, B806, B807, B808, B809, B810, B811, B812, B813, B814, B815, B816, B817, B818, B819, B820, B821, B822, B823, B824, B825, B826, B827, B828, B829, B830, B831, B832, B833, B834, B835, B836, B837, B838, B839, B840, B841, B842, B843, B844, B845, B846, B847, B848, B849, B850, B851, B852, B853, B854, B855, B856, B857, B858, B859, B860, B861, B862, B863, B864, B865, B866, B867, B868, B869, B870, B871, B872, B873, B874, B875, B876, B877, B878, B879, B880, B881, B882, B883, B884, B885, B886, B887, B888, B889, B890, B891, B892, B893, B894, B895, B896, B897, B898, B899, B900, B901, B902, B903, B904, B905, B906, B907, B908, B909, B910, B911, B912, B913, B914, B915, B916, B917, B918, B919, B920, B921, B922, B923, B924, B925, B926, B927, B928, B929, B930, B931, B932, B933, B934, B935, B936, B937, B938, B939, B940, B941, B942, B943, B944, B945, B946, B947, B948, B949, B950, B951, B952, B953, B954, B955, B956, B957, B958, B959, B960, B961, B962, B963, B964, B965, B966, B967, B968, B969, B

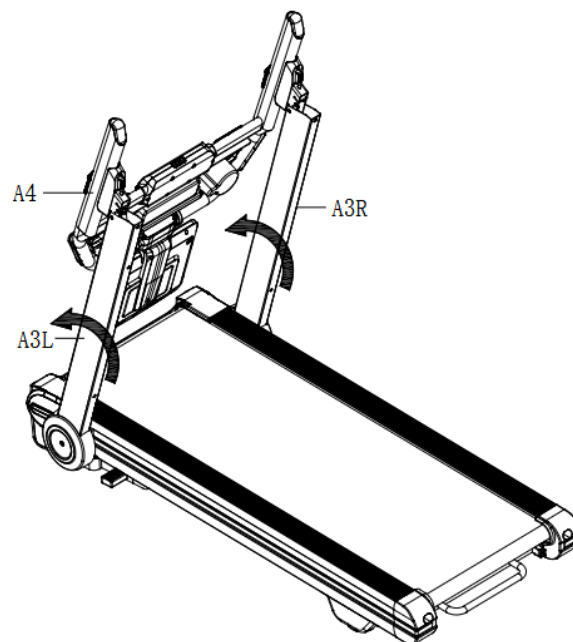


## ASSEMBLY

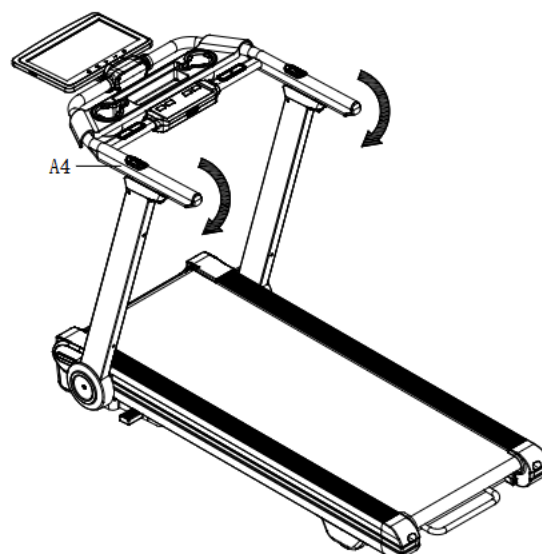
Remove the treadmill from the shipping box and place it on a flat, firm, clean surface.



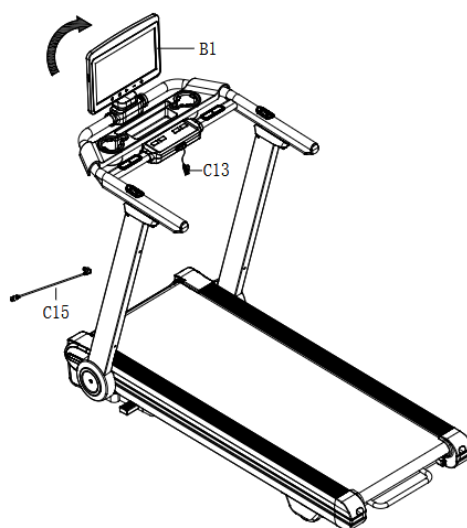
Grasp the handles (A4) and lift the posts (A3L/A3R) until you hear a click.



Grasp the handles (A4) and push them down until you hear a click. Rotate the console to the correct angle.

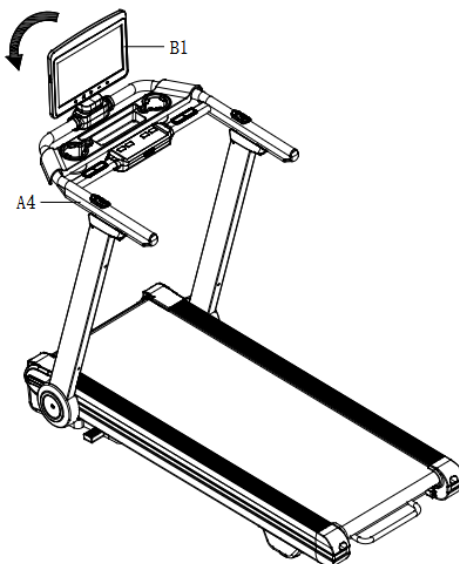


Connect the power cable (C15) and insert the safety key (C13).

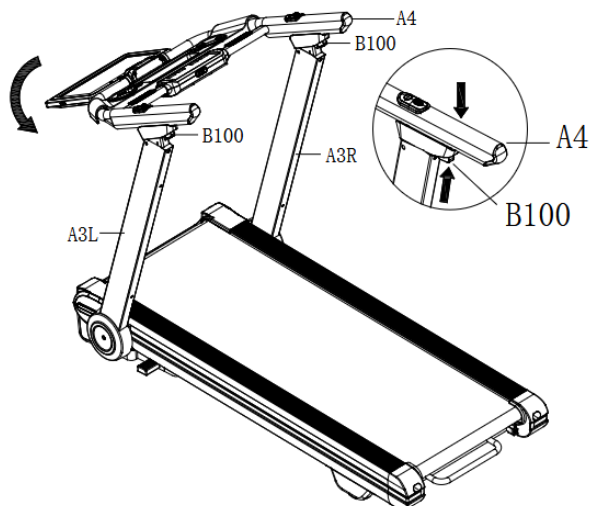


## FOLDING

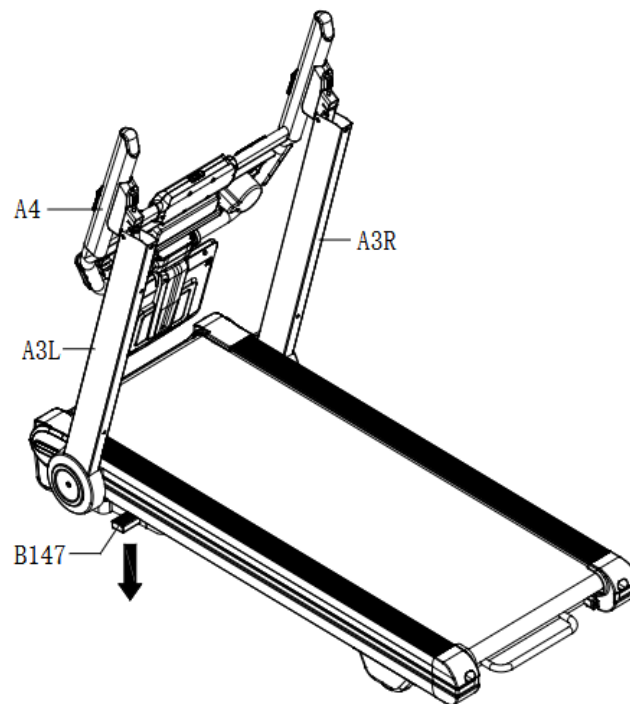
Fold the console display (B1) so that it is horizontal with the handles (A4).



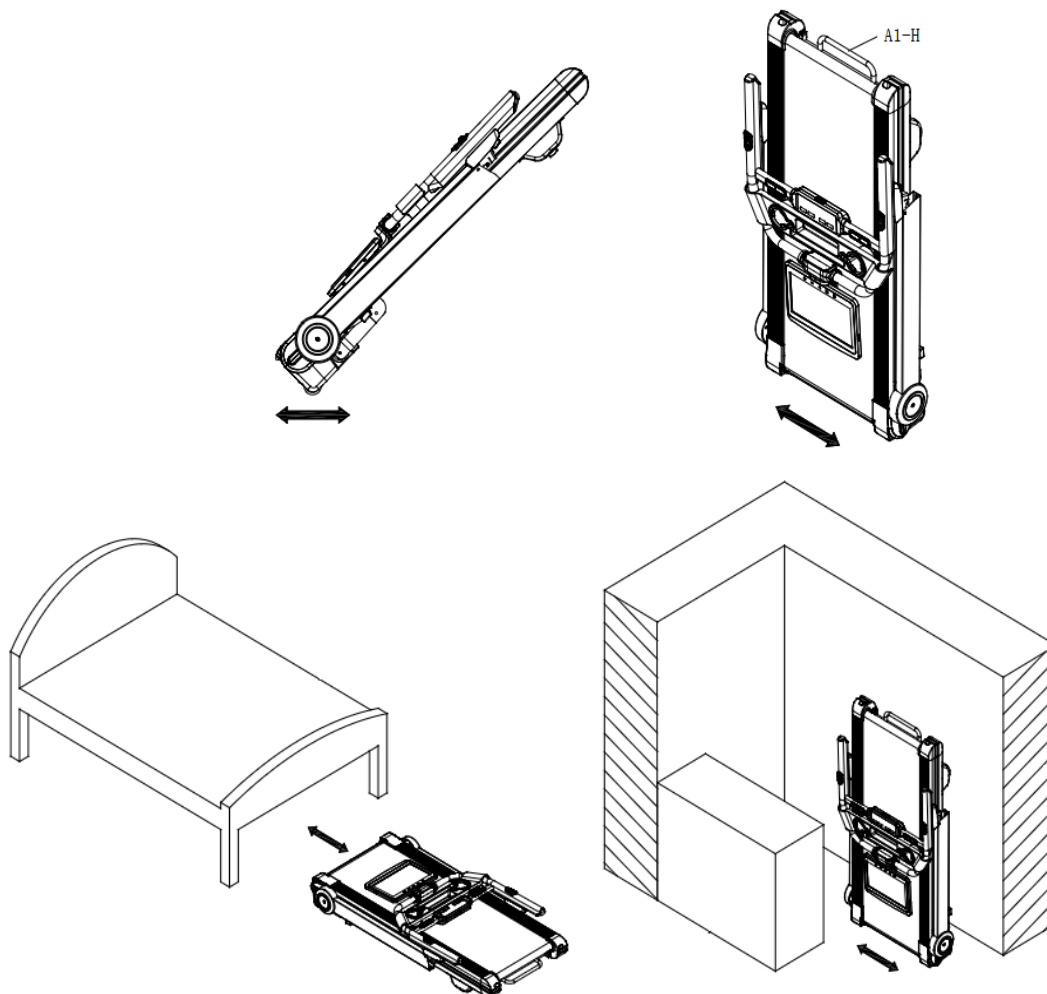
At the same time, press the button under the handles (B100) and push the handles (A4) down. Once the handles are released from the lock, push them down vertically towards the posts (A3L/A3R).



Press the pedal (B147), the posts (A3L/A3R) will fold horizontal to the running surface.



You can manipulate the treadmill using the handle (A1-H).



To secure the treadmill while standing, use straps that you attach to the wall at a height of approximately 140 cm and 86 cm apart.



## CONSOLE



## BUTTONS

### Start

Press the button to start the program.

If you press the button during the warm-up, you will skip the warm-up and enter the workout directly.

If you press the start button during the paused program, you will start the paused program.

### Stop

Press the button when the program is running, the program will pause, the speed will decrease to 0, the incline will remain at the set position.

Press the button twice to turn off the program. Both the speed and incline will switch to 0.

## Program

Press the button in standby mode to enter the program selection interface: GOAL (countdown), HILL (custom program), RANDOM INCLINE (random incline).

### Mode (MODE)

Only active in program settings.

You can switch between incline and speed profiles by pressing the MODE button.

### Quick speed adjustment (QUICK SPEED)

When the program is running, you can use the buttons to set the speed to 5 km/h, 10 km/h, 15 km/h.

### Quick incline adjustment (QUICK INCLINE)

When the program is running, you can use the buttons to adjust the incline to level 5, level 10, level 15.

## Safety Key

If the safety key is not inserted, the console will display "PLEASE PLACE SAFETY KEY".

### Incline/Volume adjustment knob

When the button is red, you are changing the incline setting (turn forward to increase the level by 1, turn backward to decrease the level by 1).

When the button is green, you are changing the volume setting. (turn forward to increase the volume, turn backward to decrease the volume).

### Speed adjustment knob

When the button is red, you are changing the speed (turn forward to increase the speed by 0.1 km/h, turn backward to decrease the speed by 0.1 km/h).

When the button is green, you are changing the speed (turning forward increases the speed by 1 km/h, turning backward decreases the speed by 1 km/h).

## CONSOLE BUTTONS

### Power button



Press the button in standby mode to turn off the console. If the console is off, press the button to turn on the console.

### Stop



If a program is running, press the button to pause the program. The speed will decrease to 0, the incline will remain.

If a program is paused, press the button 2x to stop the program. The speed and incline will return to 0.

### Start



Pressing the button will start the program.

If you press the button during the warm-up, you will skip the warm-up.

If you press start during a paused program, you will start the paused program.

### Speed




Press to increase/decrease speed by 0.1 km/h.

## DISPLAY TOUCH BUTTONS

### Incline adjustment

Press the button to increase/decrease the incline by 1 level.

Press the  button to quickly adjust the incline to level: 1, 3, 6, 9, 12, 15.

## Speed adjustment

Press the button  to increase/decrease the speed by 0.1 km/h.

Press the quick selection button to set speed to: 1 km/h, 3 km/h, 5 km/h, 7 km/h, 9 km/h, 11 km/h, 13 km/h, 15 km/h.

## MEDIA

By pressing the button in standby mode, you have two options to choose from: application and connection to the device (mirror)

### Apps



YouTube, Netflix, Disney +, Amazon Prime Video, Facebook, Twitter, Instagram, Spotify, Kinomap

### Mirror



#### iOS

The treadmill and smart device must be connected to the same WiFi network. Select Screen Mirroring and select Device-XXX.

#### Android

The treadmill and smart device must be connected to the same WiFi network. Scan the QR code or search for ANPLUS Screen Mirroring app. Download the app, open the app and search for Device-XXX. Then select Start Mirroring.



### HDMI



Press  and then  to activate the function.

Once the device is connected, the display will switch to standby mode.

### Bluetooth connection



By default, Bluetooth is off. No program can be turned on, turn on Bluetooth search on your device.

Start Bluetooth on the treadmill and connect the device.

If the pairing was successful the ikon  is displayed, if the pairing was not successful the ikon  is displayed.

### Profile



Press the profile buttons or incline and speed buttons change the speed/incline.

Set 30 segments.

If you set the program length, the length of one segment will be the set time/30. If you do not set the program length, the length of one segment will be 1 min.

## PROGRAMS

### Power saving mode

After 30 minutes of inactivity, the console automatically switches to power saving mode. You can wake up the console by pressing any button.

## Warm-up

The warm-up starts before starting the exercise program, the duration of the warm-up is 3 minutes. You can skip the warm-up.

The warm-up starts with the following programs: HILL, RANDOM INCLINE, SPEED, INTERVAL, GERKIN, HRC.

## Training

Information about the incline, speed is displayed or changes dynamically during the training.

## Paused program

Press STOP to pause the program. While the program is paused, you cannot adjust the speed or incline.

If the FITNESS TEST program is running, press STOP to display the workout summary.

If the VISION RUN program is running, press STOP to pause the video.

## Cooldown phase

The cooldown phase follows after the end of the programs: HILL, RANDOM INCLINE, SPEED, HIIT, CUSTOM, GERKIN.

The duration is 3 min, press SKIP to skip the phase and the exercise summary is displayed.

Speed:

03:00 – 02:00: 40% of the set program speed

02:00 – 01:00: 30% of the set program speed

01:00 – 00:00: 20% of the set program speed

## Exercise summary

After completing the exercise, the exercise summary is displayed. The summary is also displayed if the program is paused for more than 3 minutes.

For the ARMY program, only success or failure is displayed.

For the MARATHON program, the result is displayed depending on the set criteria.

## Sharing to the app



By pressing the SHARE button you can share the results to your selected app.

## DISPLAY

Distance	Unit: Metric KM, Imperial IM Range: 0.0 ~ 999.9 Countdown program: the value will be subtracted from the set value Other programs: the value will be added
Time	Unit: min:seconds Range: 00:00 ~ 99:59 Data display: elapsed time, countdown time, remaining time Countdown program: the value will be subtracted from the set value Other programs: the value will be added, the max. value is 99:59, after reaching maximum value, the time will be counted from 00:00.

Calories	Unit: kcal Range: 0 ~ 9999 Data display: MET - no unit, calories, calories burned/hour, elevation - unit meters/feet Deduction program: the value will be subtracted from the set value Other programs: the value will be added
Heart rate	Unit: beats per minute Range: 40 ~ 220 Settings: 40 ~ 200 Data display: current, average, maximum heart rate
Pace	Unit: min/km Range: 2:30 ~ 120:00
Incline	Unit: level Range: 0 – 15
Speed	Unit: km/h, mph Range: 0.8 ~ 24.0 km/h Initial: 0.6 mph, 1.0 km/h Current speed display

## **SETTINGS**

### **Connection**

#### **WiFi**

Turn on WiFi and search for your network.

#### **Ethernet**

Connect to the internet using a ethernet cable.

#### **Bluetooth**

Turn on Bluetooth and search for devices.

### **Console Settings**

#### **Language**

Default language: English

#### **Unit**

Default unit: Metric

#### **Date & time**

You can choose 24-hour or 12-hour format.

#### **Display brightness**

You can adjust the brightness of the display using the slider.

#### **Volume**

You can adjust the volume using the slider.

#### **Child lock**

The child lock is enabled by default.



The lock will be activated after 10 minutes of inactivity. To deactivate the lock, press and hold the HOME button.

### **Button sounds**

You can enable/disable button sounds.

### **Updates**

You can check for updates.

### **Operation information**

Total operation time in hours, 0000~9999

Total distance in km/miles, 0000~9999

## **PROGRAM DESCRIPTION**

### **Quick Start**

Press the QUICK START button to start the program.

### **Classics**

Contains three programs: GOAL (countdown), HILL, RANDOM INCLINE.

#### **GOAL (countdown)**

You can set the countdown of time, distance and calories.

The default value of the program is 20 min if the countdown is not set.

When you reach the goal, the program will turn off and display the exercise summary.

#### **HILL**

You can set the time, maximum speed and maximum incline

The default value of the program is 20 min if the workout duration is not set.

Default value table:

Time	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Incline	0	1	2	2	3	3	4	5	5	2	1	4	6	8	6
Time	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Incline	5	4	3	2	2	3	5	7	9	11	12	10	8	6	3

#### **RANDOM INCLINE**

You can set the time and maximum incline.

The program will randomly generate the incline value by pressing the refresh button.

The default time value is 20 min, the default incline value is level 10.

When you reach the set training time, the program will turn off and the cool down phase will start.

### **INTERVAL**

It contains three programs: SPEED, HIIT, CUSTOM

#### **SPEED**

You can set the time and maximum speed.

The default time value is 20 min, the maximum default speed value is 2.0 mph.

When you reach the set training time, the program will turn off and the cool down phase will start.

#### **HIIT**

You can set the interval ratio, training phase speed, rest phase speed, and number of repetitions.

Default values:

- Interval ratio: 10:30 (work:rest)
- Exercise speed: 6 mph
- Rest speed: 2 mph
- Reps: 4x

When you reach the set training time, the program will turn off and the cool-down phase will begin.

### **CUSTOM**

You can set the training time, training phase speed, rest phase speed and number of repetitions.

Default values:

- Workout Interval Time: 1 min
- Workout Interval Speed: 6 mph
- Rest Interval Time: 30 seconds
- Rest Interval Speed: 2 mph
- Reps: 4x

When you reach the set training time, the program will turn off and the cool-down phase will begin.

### **MARATHON**

Contains programs: 5k, 10k, 21.5k and 42k

You can set the time and speed.

The default value of the time is 20 min, the default speed is 0.5 mph.

When you reach the set training time, the program will turn off and the exercise summary will be displayed.

### **USER PROGRAM**

There are two programs to choose from: USER and GUEST.

After logging in, select CUSTOM and set each section: speed, incline. Then set the time and maximum speed.

The default value of the time is 20 min, the default value of the incline is 10 level.

### **VISION RUN**

There are many videos to choose from, each video is 10 min long.

Select the video, training length, distance and calories burned.

Default values:

Time: 20 min

Distance: 5 miles

Calories: 200 Kcal

You cannot run multimedia during use.

When you reach the set training time, the program will turn off and the workout summary will be displayed.

### **HRC**

There are three programs to choose from: 60%, 70% and 80%.

Default settings:

Calculating the target heart rate:

- For 60%,  $(220 - \text{age}) * 60\%$

- For 70%,  $(220 - \text{age}) * 70\%$
- For 80%,  $(220 - \text{age}) * 80\%$

You can set the workout duration and target heart rate.

Default values:

- Time: 20 min
- Target heart rate: 140 beats per minute

When you reach the set training time, the program will turn off and the cool down phase will start.

Information windows may appear during the exercise:

- If the heart rate is  $>$  target value  $+5$ , the speed will automatically decrease by 0.5 km/h every 10 seconds.
- If the heart rate is  $>$  target value  $+25$ , even if the speed is at the lowest value for 15 seconds, a warning message will be displayed.
- If the heart rate is  $>$  target value  $+25$ , even if the speed is at the lowest value for 30 seconds, the program will be turned off and the exercise summary will be displayed.
- If the heart rate is  $<$  target value  $-5$ , the speed will automatically increase by 0.5 km/h every 10 seconds.
- If the heart rate is not detected for 30 seconds, you will be asked to connect a heart rate measuring device or end the program.
- If the heart rate is not detected for 60 seconds, the program will be turned off and the exercise summary will be displayed.

## **FITNESS TEST**

There are 8 programs to choose from: AIR FORCE, ARMY, COAST GUARD, PEB, MARICE CORPS, NAVY, GERKIN.

Only the GERKIN program includes warm-up and cool-down phases.

If you press PAUSE or STOP during the FITNESS TEST, the test will fail and the workout summary will be displayed.

If no action is taken in the workout summary for 3 minutes, the console will return to standby mode.

Test results are not saved.

## **USER SETTINGS**

Default user data values:

- Height: 160 cm
- Gender: male
- Age: 30 years old
- Weight: 70 kg

## **AIR FORCE**

Total distance is 2.4 km.

## **ARMY**

Total distance is 3.2 km.

## **COAST GUARD**

Total distance is 2.4 km.

## **PEB**

Total distance is 2.4 km.

## MARINE CORPS

Total distance is 4.8 km.

## NAVY

Total distance is 2.4 km.

## GERKIN

Only the GERKIN program includes warm-up and cool-down phases.

Total distance 4.8 km.

### Warm-up

Default duration: 3 min,

Speed: 4.8 km/h

Incline: 0

If no heart rate is detected for 1 min, the warm-up will end and the workout summary will be displayed.

### Workout

Target heart rate:  $(220 - \text{age}) \times 85\%$

If no heart rate is detected for 1 min, the warm-up will end and the workout summary will be displayed.

When the STOP or PAUSE button is pressed, the program will end and the workout summary will be displayed.

Speed and incline are automatically adjusted according to the user's heart rate. These values cannot be adjusted manually.

If the heart rate reaches the maximum value for 15 seconds or the workout duration is longer than 11 minutes, the test will be finished. The program will then be turned off and a cooldown phase will be started if available.

### Cooldown phase

Default duration: 3 minutes

Default speed: 4.8 km/h, incline: 0

If no heart rate is detected for 1 minute, the warm-up will end and the workout summary will be displayed.

After the cooldown phase, the program will be turned off.

## ERROR CODES

Code	Error	Solution
E00	--	Unplug and plug in the power cord
E01	Overload protection	Restart the treadmill, check the lubrication of the running surface and the board Check the condition of the motor Check the condition of the lower printed circuit boards.
E02	Hall sensor	Check motor connection Replace motor Replace control unit

E03	Overcurrent protection	Restart the treadmill Check the power cable connection Replace the control unit
E04	Phase loss protection	Check the correct motor connection Replace the motor Replace the control unit
E05	Undervoltage	Check the input voltage. Check if the power cord is connected correctly.
E06	Overvoltage	Check the input voltage.
E08	Hardware error	Check if the power cable is connected properly. Replace the control unit Turn off the treadmill for 2 minutes and restart. If the console is not active, replace the control unit.
E21	Data storage error	Turn off the treadmill for 2 minutes and restart. If the console is not active, replace the control unit.
E31	Overheating	Wait until the treadmill cools down.
E32	Motor reverse	Check the UVW cable connection.
E33	Motor parameter error	Contact supplier
E22	Connection timeout	Check if the console and controller cable are connected properly. Check the controller. Check the console. Turn off the treadmill for 2 minutes and restart.
E50	Other errors	Replace the control unit

## USE

Insert the safety key into the control panel.

Before plugging in the power supply, make sure that the outlet is grounded, and the treadmill is free to move.

Plug in the power supply, the display will light up.

Press START, the treadmill will start at a speed of 0.8 km/h.

You can adjust the speed using the corresponding buttons. Press STOP to stop the program.

For immediate shutdown during high speed or malfunction, pull out the safety key.

To turn off the program, first gradually reduce the speed, and then press the off button.

## **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 treadmill 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 home and commercial 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.

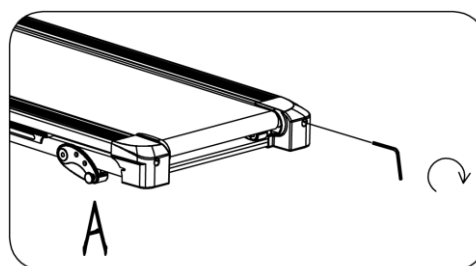


- Carefully read the following tips and exercises. If you experience pain, nausea, breathing, or other health problems during exercise, immediately stop the exercise. If the pain persists, contact your doctor immediately.
- This treadmill is not suitable for medical purpose. It can also not be used for 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.

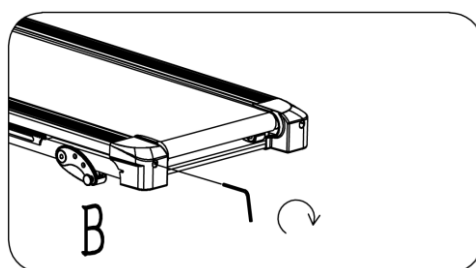
## ADJUSTING THE RUNNING BELT

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.

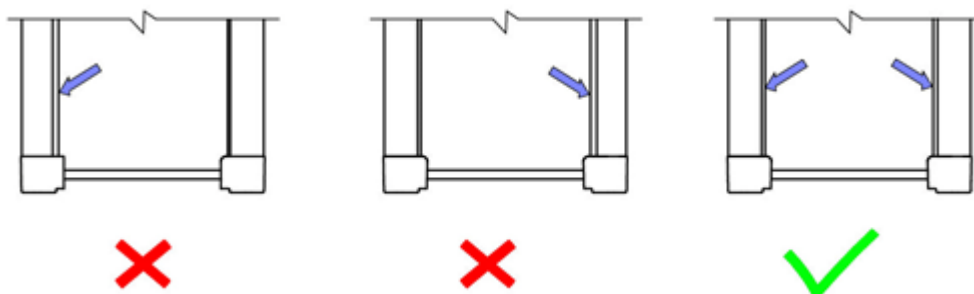
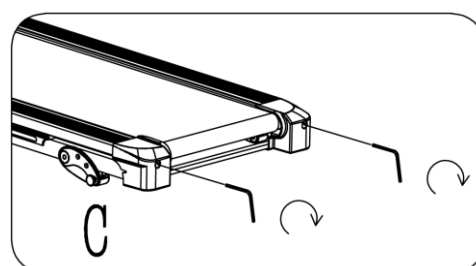
If the running belt (20) drifts to the right, turn the adjusting bolt on the right side  $\frac{1}{4}$  turn clockwise, then turn the left adjustment bolt  $\frac{1}{4}$  turn counter-clockwise. If the belt does not move, repeat this step until it centers. Refer to image A.



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:**

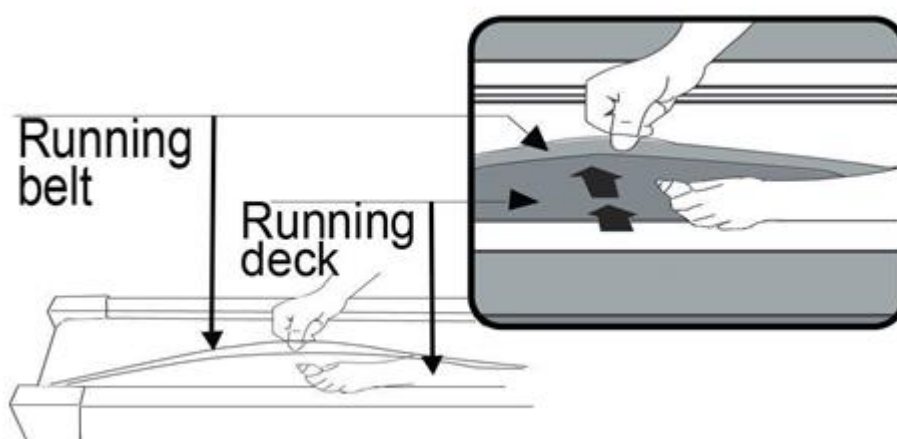
Light user (less than 3 hours/week)	Every 6 months
Medium user (3 - 5 hours/week)	Every 3 months
Heavy user (more than 5 hours/week)	Every 2 months

**How to lubricate the treadmill:**

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.



Before each lubrication of the treadmill, first test the oil film by touching the plate under the belt. There should be a light oil film on the board, which will also remain on your fingers. If this is not the case, lubricate the treadmill. It is generally recommended to use approximately 10 ml of oil into the appropriate area and then let the treadmill run at the lowest speed for a few minutes without load. After that check again whether a fine oil film has formed on the board under the belt. **ATTENTION!** Over lubrication of the treadmill is not desirable and usually requires specialist service. It is therefore better to pour less oil and add more as needed.

## 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**

