



**USER MANUAL – EN**

**IN 20079 Treadmill inSPORTLine Air-Run T300**



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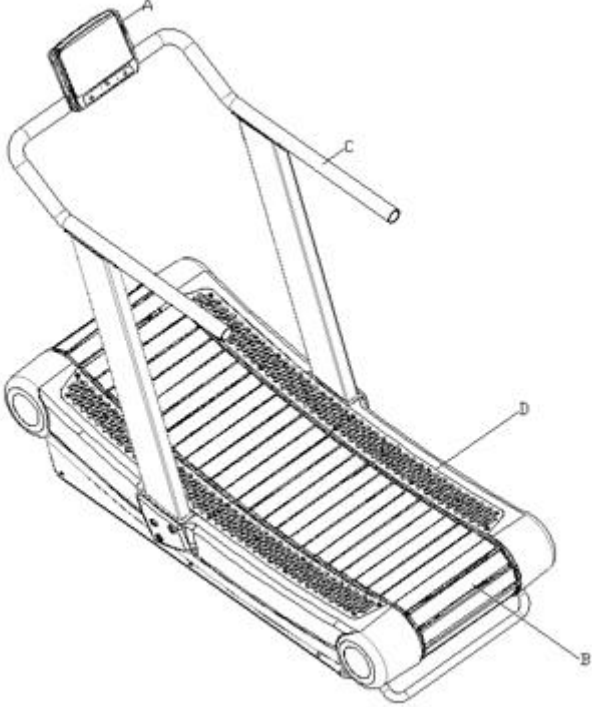
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## SAFETY INSTRUCTIONS

- Read the manual carefully and keep it for the future references.
- 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.
- 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.
- Protect the treadmill from humidity and water.
- 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.
- 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:** 200 kg
- **Category:** SC for commercial and professional use according to EN 957
- **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!

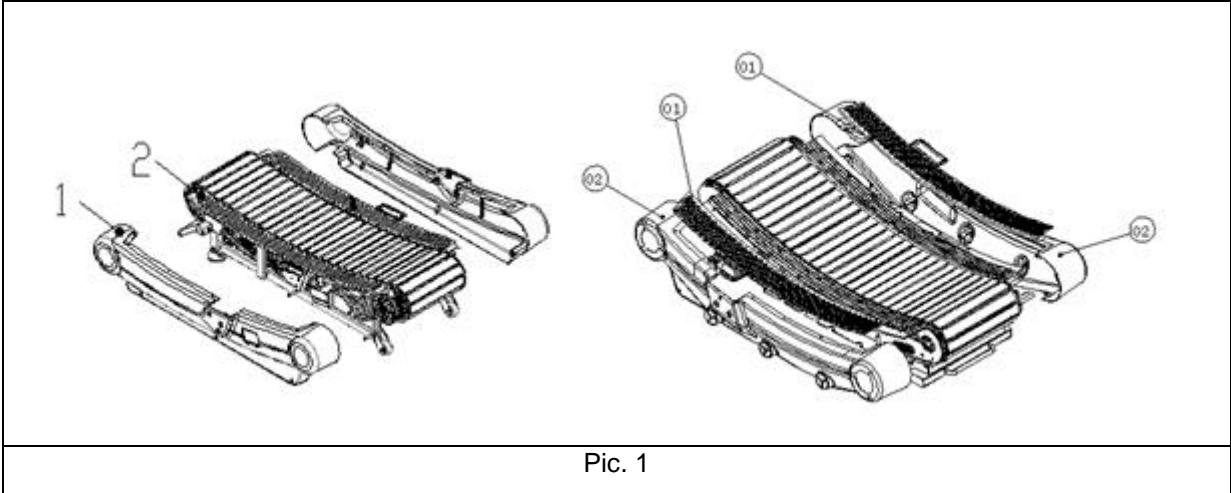
# PRODUCT DESCRIPTION

	A. Console
	B. Treadmill belt
	C. Handlebars
	D. Side step

# ASSEMBLY

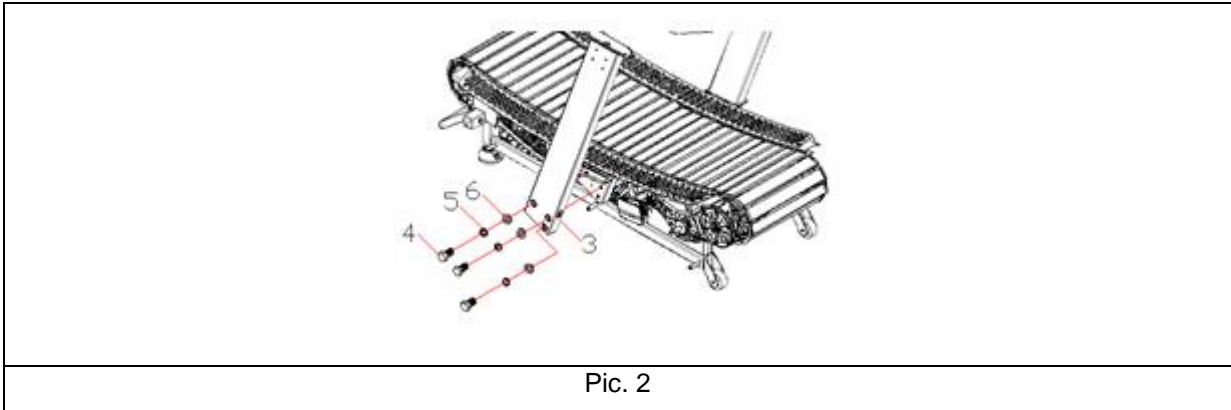
## STEP 1

Remove the side covers (1) and the treads (2) (Fig. 1)



## STEP 2

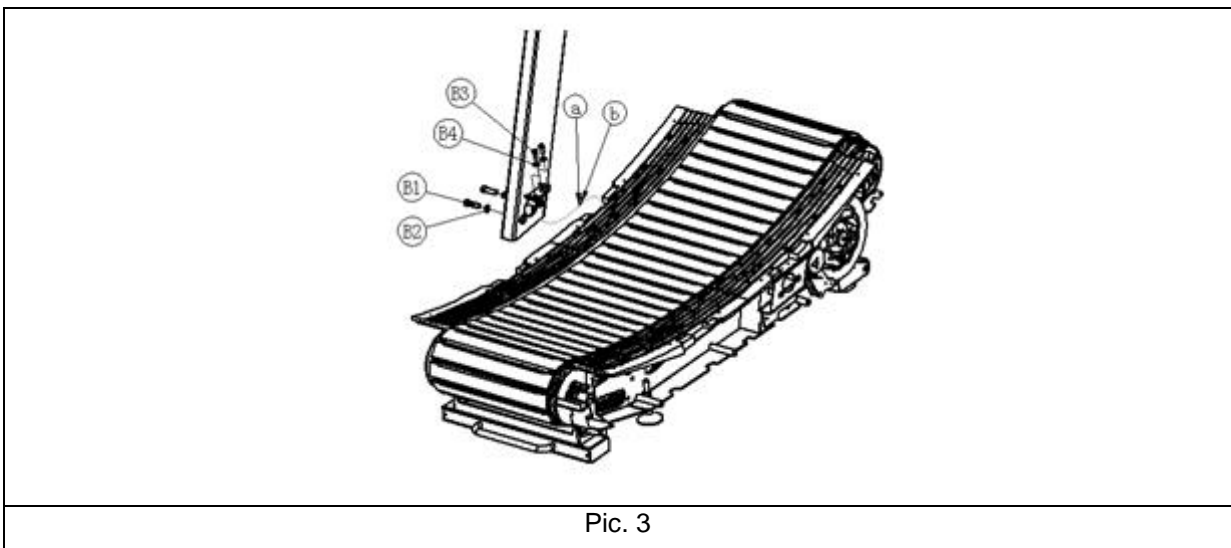
Attach the left post with 3 M12 x 45 screws (4), 3 Ø12 washers (6) and 3 Ø12 spring washers (5), and then connect the cables from the left post to the main frame (Pic. 2).



Pic. 2

## STEP 3

Fasten the right post with 3 M12 x 45 screws (4), 3 Ø12 washers (6) and 3 Ø12 washers (5), and then connect the cable C (03) to the shaft D (Pic. 2 - 3)



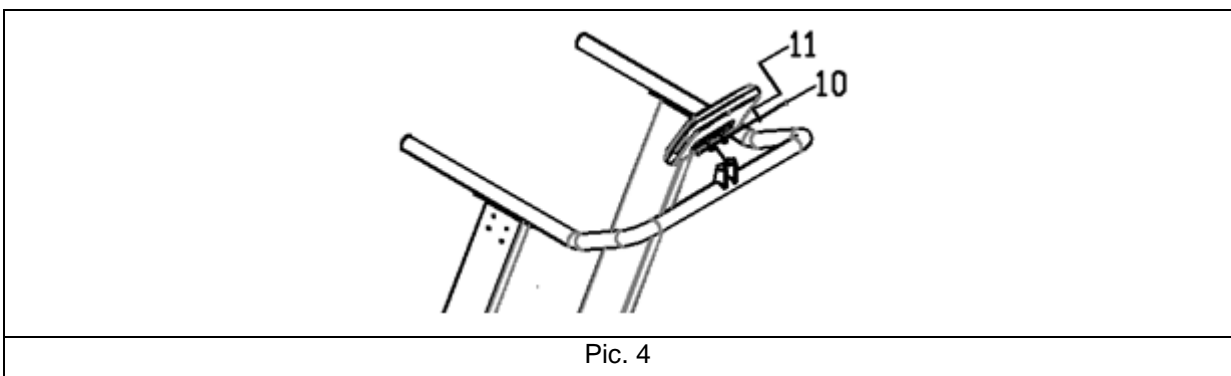
Pic. 3

## STEP 4

Attach the handles (4) to the posts using the M10 x 20 screws (9), Ø10 washers (7) and Ø10 spring washers (8) (Pic. 4)

## STEP 5

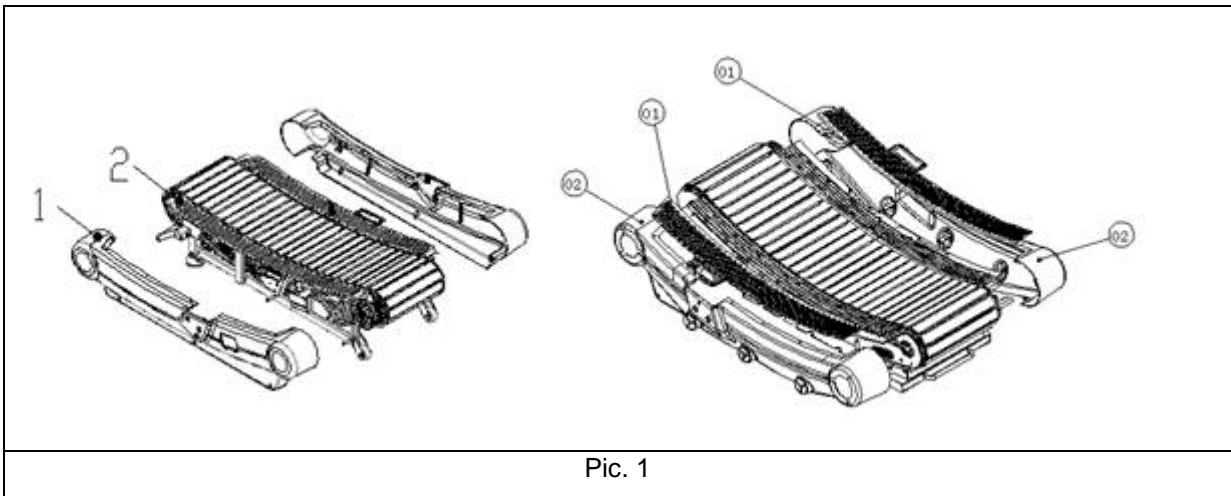
Secure the bracket with M10 x 20 screws (10) and Ø10 washer (11) (Pic. 5)



Pic. 4

## STEP 6

Attach the side treads (2) and side covers (1) (Pic. 1).



## USE

Grasp both handles and stand on the side steps. Stand firmly on the treadmill. First, hold the handles for extra safety. Then release the handles. Initially set the speed to 6-7 km / h and then increase the speed slowly. Maintain balance and stability. Because the belt is curved, the speed is higher closer to the front. If the user feels that the belt is not working properly, grasp both handles and stand on the side steps, then leave the belt. Apply the brake gradually. The belt is not driven by the engine, so you must grasp the handles when entering / exiting the treadmill.



# CONSOLE

## BUTTONS

MODE/RESET (selection, confirmation / reset)	<ol style="list-style-type: none"> <li>1. Switch between TIME, DISTANCE, CALORIES, PULSE</li> <li>2. Confirm setting, selection</li> <li>3. Hold for 2 seconds to reset the setting</li> </ol>
SET (settings)	<ol style="list-style-type: none"> <li>1. Press to increase the value by 1, and hold for fast increase</li> <li>2. Setting TIME, DISTANCE, CALORIES, PULSE</li> </ol>
RECOVERY (recovery)	<p>Heart rate recovery after exercise</p> <p>Use only when heart rate is recorded, but movement is stopped</p>

After switching on, a beep sounds and the entire display lights up for 2 seconds.



The console turns off after 4 minutes of inactivity.

Press MODE to select TIME, DISTANCE, CALORIES, PULSE, and press MODE to confirm.

After setting up TIME, DISTANCE, CALORIES, PULSE, the countdown starts.

**NOTE:** If the display is faded, replace the battery.

If the display shows no information, check the connection.

## TECHNICAL SPECIFICATIONS

Weight	195 kg
Load capacity	200 kg
Noise	pod 80 dB
Protection	IP 20
Operating temperature	+5 °C - + 40°C
Product dimensions	1680*960*1980 mm
Packaging dimensions	2000*1100*900 mm

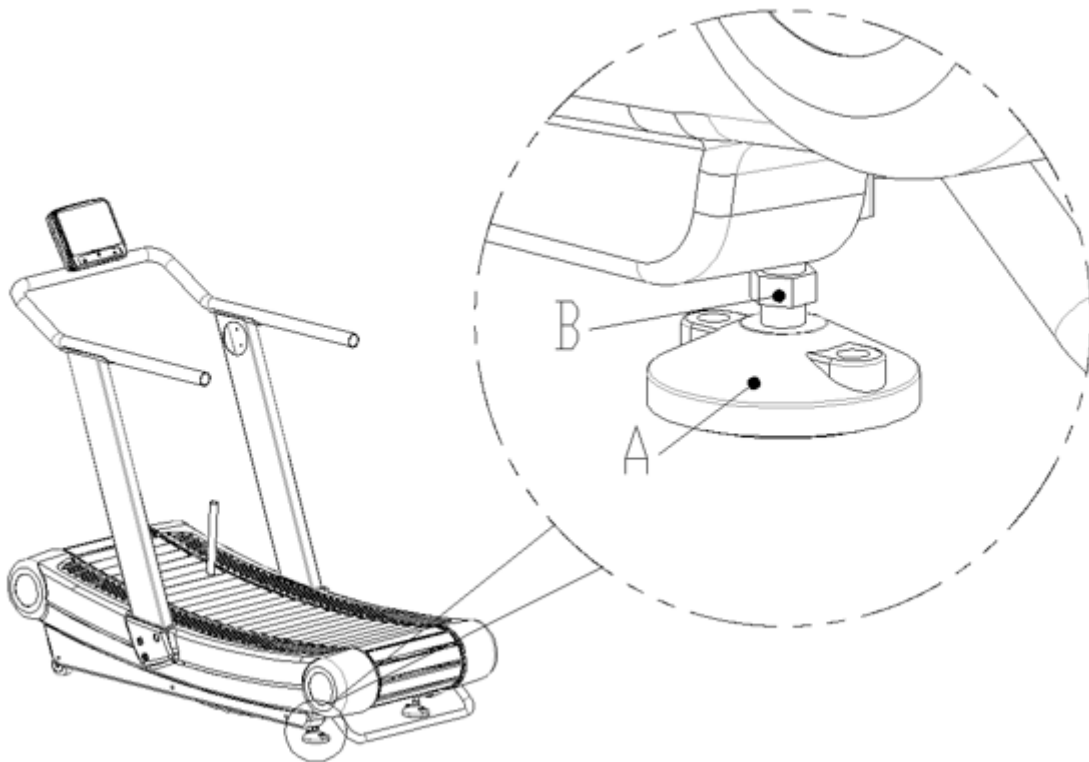
## MOVING AND SETTING UP THE MACHINE

There are two transport wheels on the front. To move the device, tilt the device slightly and move it. Due to the weight of the device, we recommend moving the device in more people. If movement by wheels is not possible, the unit must be raised completely.

### WARNING:

- You must level the device before use.
- Use the machine only on a flat surface.

### LEVELING:



## 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 belt is for indoor use only, do not use in damp areas.

Check all bolts and nuts regularly for tightness.

### MAINTENANCE

Always use a soft, cotton cloth and a non-aggressive detergent for cleaning.

Never use aggressive cleaning agents based on alcohol or petrol.

### REGULAR INSPECTION



## DAILY

- Before each use, make sure that no object in the area prevents the user from moving freely.
- Before each use, check that the belt edges are properly locked and check for wear.
- After each use, wipe away sweat and moisture.
- Clean the console display with a damp, soft cotton cloth. Avoid using too much water.

## WEEKLY

- Clean the plastic cover properly
- Clean handles and display
- Check that the edges are securely locked
- Check all screws, nuts for wear and tightness.

## MONTHLY

- Lubricate all metal ends with corrosion protection
- Check the AA battery level in the console, replace if necessary
- Clean the running surface

We do not recommend performing any internal corrections / adjustments.

The use of any means other than cleanser and lubricant may reduce the product life.

## SAFE EXERCISING

Please consult your doctor before starting any exercise program. They can recommend the frequency, intensity and duration of the exercise based on your age and health condition. If you feel any or similar symptoms during exercising – pain or tightness on the chest, irregular heart rate, shortness of breath, dizziness or other discomfort - please stop immediately! Consult your doctor before you continue exercising. If you use the treadmill often, you can choose regular walking speed or jogging speed. If you have no experience or aren't sure what the best initial speed for you is, refer to the data below:

Speed 1 - 3.0 km/h	people with weak constitution
Speed 3.0 - 4.5 km/h	people who do not exercise often
Speed 4.5 - 6.0 km/h	normal walking speed
Speed 6.0 - 7.5 km/h	fast walking
Speed 7.5 - 9.0 km /h	jogging
Speed 9.0 - 12.0 km/h	intermediate speed runner
Speed 12.0 - 14.5 km/h	experienced runner
Speed over 14.5 km/h	excellent runner

### ATTENTION:

- Users who want to exercise while walking should choose 6 km/h speed or lower.
- Users who want to exercise while running should choose 8 km/h speed or higher.

## GETTING START

### PREPARATION

If you are more than 45 years old or have health problems and this is your first time using a treadmill, please consult your doctor before exercising.

Before you use the motorized treadmill, please stand aside and learn how to use it, e.g. how to start, stop and adjust the speed. You can use it after you familiarize yourself with its functions.

## **EXERCISE**

Stand aside to learn how to operate the machine (adjusting the speed and inclination). Start exercising after you familiarize yourself with the functions. Walk 1 km in a constant tempo and record the time it takes, which may be about 15 - 25 minutes. Walk 1 km by 4.8 km/h (you need about 12 minutes). After successfully completing this exercise a few times you can adjust to a higher speed and inclination. Have a good 30-minute exercise. When you do walking exercises do not rush. The exercise improves your health.

## **FREQUENCY**

The optimal exercise frequency is 3 - 5 times per week for 15 – 60 min. It is better to make a schedule first and not exercise randomly. You can control the intensity of the movement through adjusting the speed and inclination. We suggest not to set the inclination when at the start of the exercise. When you want to increase the intensity of the exercise, change in inclination will be the most effective.

## **HOW TO EXERCISE**

It is best for each exercise to last 15 – 20 min. Warm up for 2 minutes by walking 4.8 km/h, then increase the speed to 5.3 km/h, and then 5.8 km/h. Each section should take about 2 minutes. Then add 0.3 km/h per 2 mins, until your breathing quickens (You should have no difficulty though). Keep exercising at this speed. If you feel it is hard to breathe, lower the speed by 0.3 km/h. Finally, leave 4 minutes to reduce the speed at last. If you find increasing the intensity by increasing speed too hard, you can slowly increase the inclination. Just a small adjustment can increase the intensity greatly.

## **BURNING CALORIES**

This way allows you to burn calories. Warm up for 5 minutes at 4 – 4.8 km/h speed, then add 0.3 km/h per every 2 minutes. Keep increasing the speed until you feel it is a challenge to do the exercise continually for 45 minutes. In order to increase intensity, you can try to exercise for 1 hour at this speed. You can exercise while watching TV. Add 0.3 km/h speed every time you see advertisements and return to the former speed by the end of the advertisement so that you increase the intensity only during advertisements. Slow down for at least 4 minutes.

## **CLOTHING**

All you need is a pair of shoes, which let you stretch your feet fully and at the same time don't stick to foreign matters under your shoe's soles, so that you do not carry dirt onto the running belt and running board. The dirt and other foreign matter could damage them both. You should wear comfortable clothes.

## **IMPORTANT NOTICE**

- This treadmill comes with standard safety regulations and is suitable professional 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.

## ISSUES AND SOLUTIONS

<b>Error</b>	<b>Cause</b>	<b>Solution</b>
The display does not start	Insufficient voltage	Try the socket
	Damaged cables	Contact supplier
	Poorly connected cables	Check connection
	Disconnected cables	Check connection
	Damaged power cord	Contact supplier
Excessive noise	The device is not leveled	Level the device
	Damaged bearings	Contact supplier
	The belt is not leveled	Contact supplier
The display shows incorrect data	The console is disturbed by other household devices	Move the device or source of interference
Incorrect data display when using the chest strap	Interference with another chest belt	Minimum distance between chest belts is 80 cm.
	Another source of signal interference	Find the source of interference and move it as far as possible.
	Worn chest belt	Replace the chest belt
	Poor contact of the chest belt with the skin	Wet the skin
	Damaged chest belt	Replace the chest belt

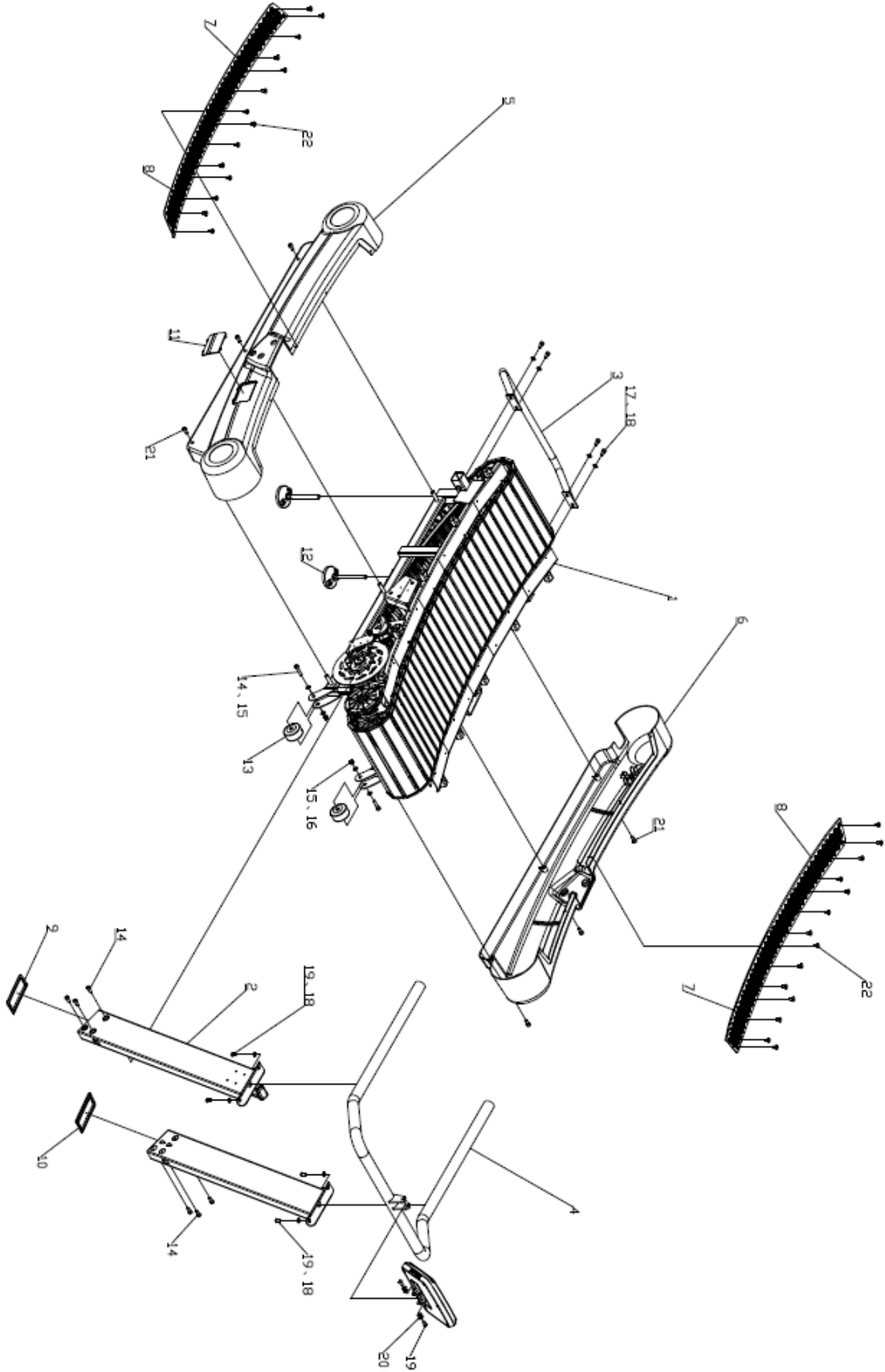
## ENVIRONMENT PROTECTION

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.

DIAGRAM



## PARTS LIST

No.	Name	Specification	Ks.
1	Main frame		1
2	Column L + R		2
3	Rear stabilizer		1
4	Handlebars		1
5	Side cover L		1
6	Side cover R		1
7	Side step L		2
8	Side step R		2
9	Column end cap L		1
10	Column end cap R		1
11	Cover		1
12	Leveling feet		2
13	Transport wheels		2
14	Screw	M12x65	2
15	Washer	Ø12	4
16	Nut	M12	2
17	Screw	M10x20	4
18	Washer	Ø 10	8
19	Screw	M10x20	6
20	Washer	Ø 10	4
21	Screw	M6x20	6
22	Screw	M5x20	28

## 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, 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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