USER MANUAL – EN
IN 23234 Treadmill inSPORTline inCondi T5000+

CONTENTS

SAFETY INSTRUCTIONS

- Read the manual before assembly and first use and keep it for future reference.

- Make sure you have a safety key attached to your clothes.

- Never insert any foreign objects into the openings.

- Place the belt on a flat and clean surface. Do not place the belt on carpets or surfaces that could affect ventilation. Do not place the treadmill near water or outdoors.

- Never stand on the belt during start-up, always stand on the sides. After lowering the belt and setting the speed, there may be a small delay before the belt is set in motion.

- Always wear appropriate sports clothing and footwear. Do not wear loose clothing that could get caught in the belt.

- Keep out of reach of children and pets.

- There must be at least 0.6 m of free space around the belt.

- Do not exercise 40 minutes after a meal.

- For adults only, teenagers may only use the treadmill under the supervision of an adult.

- When turning on for the first time, grasp the handles until you are sure of the speed.

- For indoor use only. Use the treadmill only in a clean and well-ventilated room.

- If the speed suddenly changes or the treadmill does not work properly, pull out the safety key immediately.

- Do not use extension cords, do not place heavy objects on the power cord, do not place near a heat source, etc.

- Unplug the belt when not in use.

- If the power cord is damaged, replace it. Contact a service center or professional for a replacement.

- **Category**: HC (according to EN 957) suitable for home use
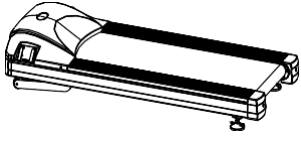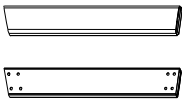
- **Load capacity**: 180 kg
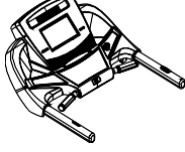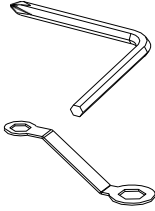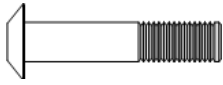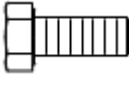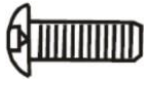
PACKAGE CONTENTS

Read the manual before assembly.

Pull all parts out to a clean surface.

Dispose of packaging material in accordance with laws and regulations.

Make sure that no part of the treadmill is missing.

Main frame	Left/right post	Console	Assembly material
Handlebars	Sleeves for handlebar connection	Handlebar bottom cover	Connection sleeves for handlebars
Wrench	Bolt M8x20, 16pcs	Bolt M10x20, 16 pcs	Bolt M8x20, 16 pcs
Washer Ø10,5/8,5, 16 pcs for each type	Spring washer Ø8,5, 16 pcs	Safety key	Oil

DIAGRAM
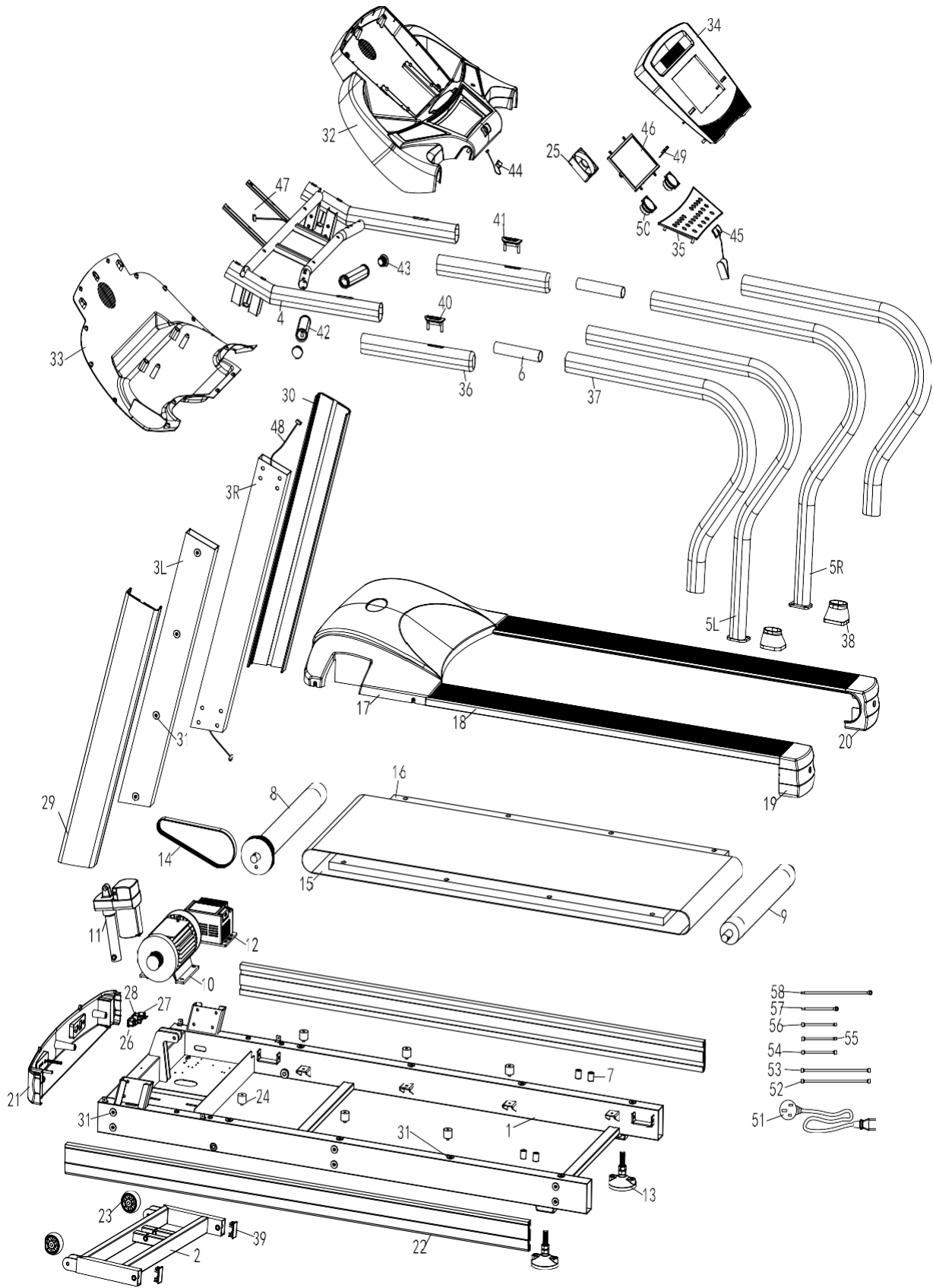
PARTS LIST

No.	Name	Qty	No.	Name	Qty
1	Main frame	1	30	Right post cover	1
2	Incline frame	1	31	Holes for side covers	28
3L	Left post	1	32	Top console cover	1
3R	Right post	1	33	Bottom console cover	1
4	Console and handlebars holder	1	34	Console	1
5L	Left handlebar	1	35	Buttons	1
5R	Right handlebar	1	36	Foam handles	2
6	Connection sleeves for handlebars	2	37	Foam handles	2
7	Bottom connection handlebar sleeve	4	38	Bottom handlebar cover	2
8	Front roller	1	39	Square end cap	2
9	Rear roller	1	40	Incline buttons	1
10	AC motor	1	41	Speed buttons	1
11	Incline motor	1	42	Heart rate sensors	2
12	Inverter	1	43	Round end cap	2
13	Adjustable feet	2	44	Safety key placement	1
14	Belt	1	45	Safety key	1
15	Running belt	1	46	Display and motherboard	1
16	Running deck	1	47	Top communication cable	1
17	Motor cover	1	48	Bottom communication cable	1
18	Side panel	2	49	Bluetooth module	1
19	Left rear cover	1	50	Speaker	2
20	Right rear cover	1	51	Power cable	1
21	Front motor cover	1	52		1
22	Side cover	2	53		1
23	Transport wheels	2	54		1
24	Cushion pad	6	55	Cables	1
25	Fat	1	56		1
26	Outlet	1	57		1
27	Overload protection	1	58		1
28	Power switch	1			
29L	Left post cover	1			

PRODUCT DESCRIPTION
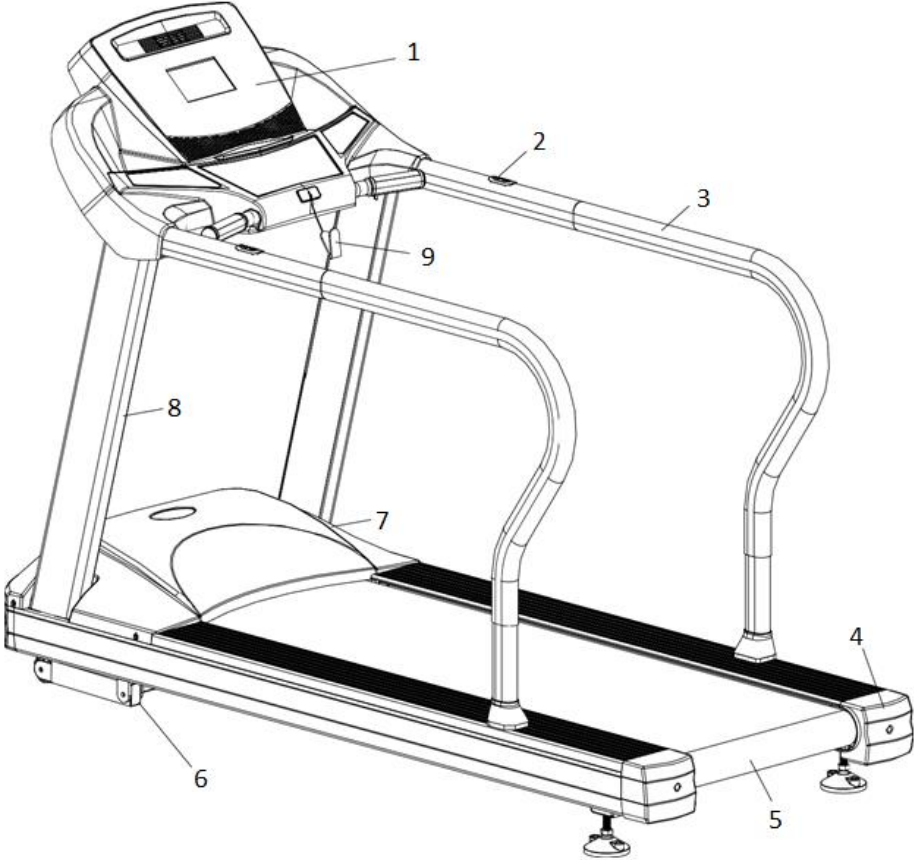
1.	Console	**6.**	Incline frame
2.	Control buttons	**7.**	Motor cover
3.	Side handles	**8.**	Posts
4.	Rear cover	**9.**	Safety key
5.	Running belt		

ASSEMBLY

STEP 1

Remove the motor cover by removing marked bolts.
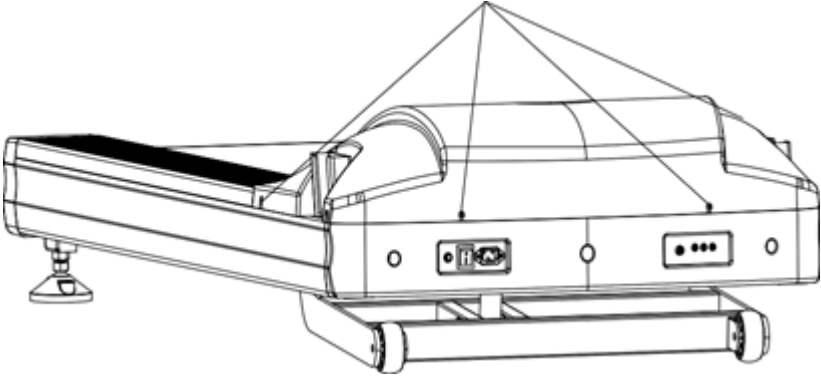
STEP 2

Attach the posts. The communication cable must pass through the right post, be careful not to pinch the cable between the post and the frame. Attach the posts to the frame with 8x bolts M10x20, 8x washers, 4x bolts M8x20 and 4x washers.

Communication cable

Washer Ø8,5

Bolt M8x20

Bolt M10x20
Washer Ø10,5
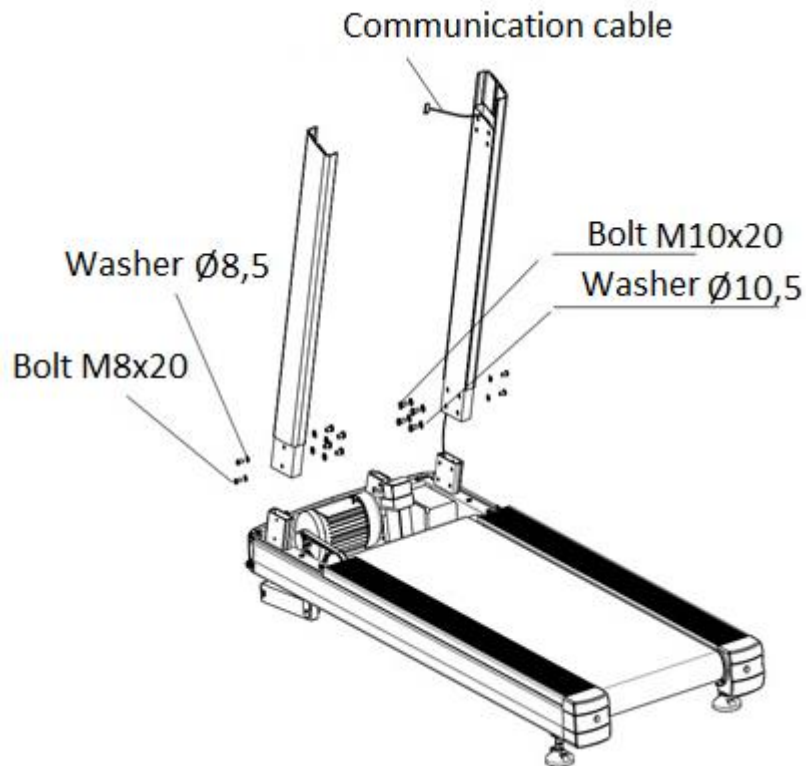
STEP 3

Connect the communication cables, being careful not to pinch the cables between the post and the frame. Attach the console holder to the posts with 8x bolts M10x20 screws and 8x washers.

Bolt M10x20

Washer Ø10,5
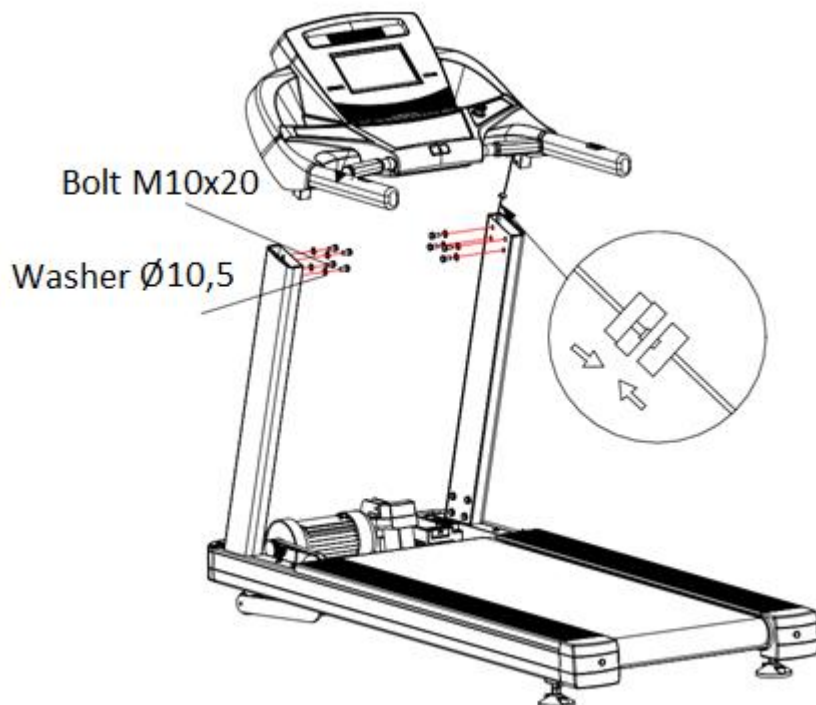
STEP 4

Attach the engine cover with the bolts you removed in the first step.

Insert the covers on the underside of the handles. Then fasten the handles to the console and handles holder with 8x bolts M10x20 and 8x washers.

Then fasten the handles to the main frame with 4x bolts M8x50, 4x washers and 4x sleeves. Cover the bolts with covres.
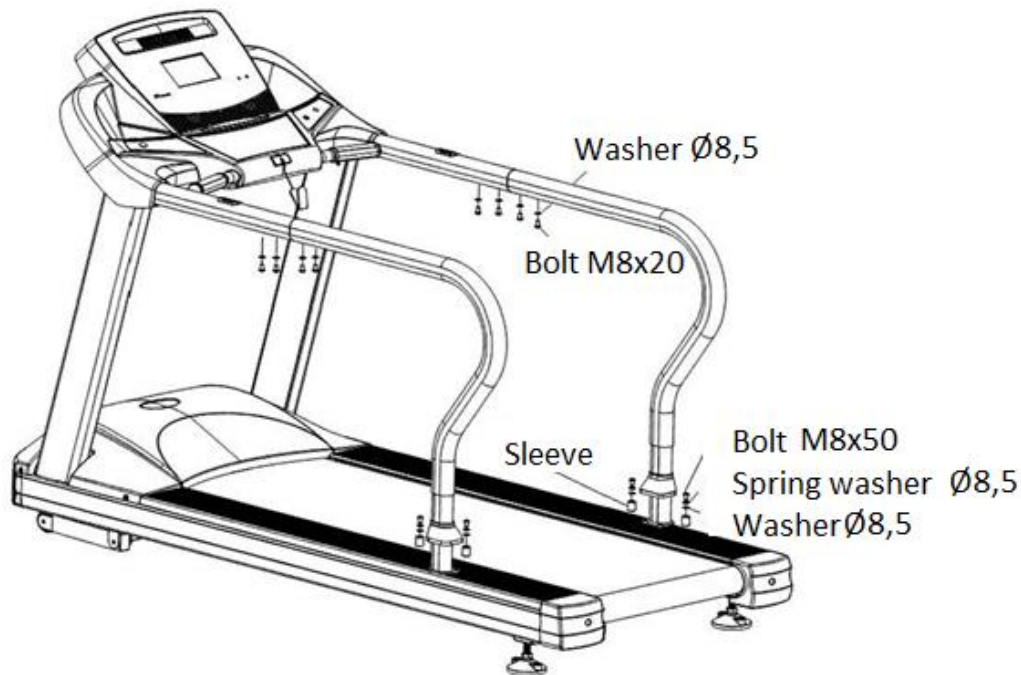
USE

Connect the treadmill to the power supply and turn it on with the power switch. The power switch will light up and you will hear a sound signal. The display backlight lights up.

SAFETY KEY

The device can only be used only if you insert safety key. Make sure the other end of the safety key is pinned to your clothing. If you find yourself in a dangerous situation, removing the safety key from treadmill will turn off the treadmill immediately. If you remove the safety key, it must be inserted before using the treadmill again.
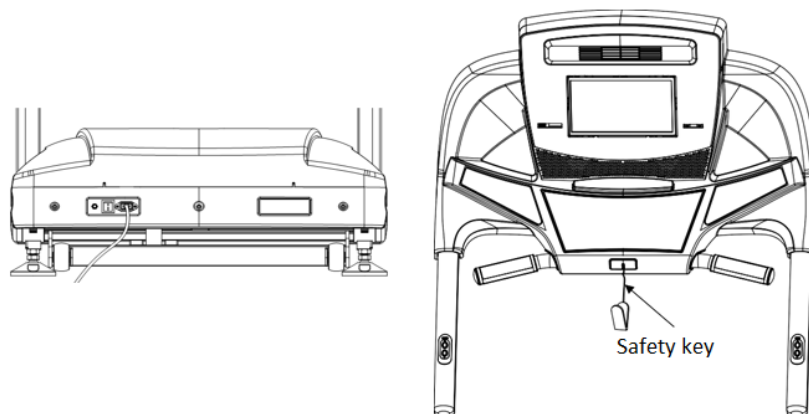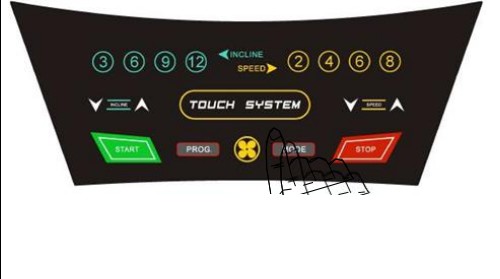
CONSOLE

Display

Time	00:00-99:59 min
Speed	0.5 – 8.0 km/h
Incline	0-22%
Distance	0.00-99.9 km
Calorie	0-999 KCAL
Heart rate	40-250 / Min
Program	Preset program	P1-P12
	User programs	U1, U2, U3
	FAT	FAT
	HRC	HRC

Panel Keys and Function:

	START button: Press "Start" key, there will be 3 seconds countdown displayed on the window. After countdown, the machine will run at the speed of 0.5 km/h.
	STOP button: Under running condition, press "Stop" button, it will slow down then stop. **RESET:** Press "Stop" key for a long time, the machine will be restarted and ready for new exercise when you press "Start".
	PROG. button In standby mode, Press "PROG.", to select program P1-P12, U1, U2 and FAT. P1-P12 are preset programs, U1 and U2 is user- programs, FAT is body fat test. When you want to start a selected program, press START.
	MODE button In standby mode, Press "MODE", to select 30:00, 1.0 or 50. 30:00 is time countdown. 1.0 is distance countdown. 50 is calorie countdown. When you want to start a selected program, press START.
	SPEED + - buttons In standby mode, it is used for setting up the data. During use, it is used to adjust speed, speed is adjusted by 0.1 km/h each time you press the button. When pressed for 0.5 seconds, the speed will progressively increase or decrease.
	INCLINE△▽ buttons In standby mode, it is used for setting up the data. During use, it is used to adjust incline, incline is adjusted by 1% each time you press the button. W When pressed for 0.5 seconds, the incline will progressively increase or decrease.
	Direct SPEED buttons Press the button to set speed to 2 km/h, 4 km/h, 6 km/h, 8 km/h.
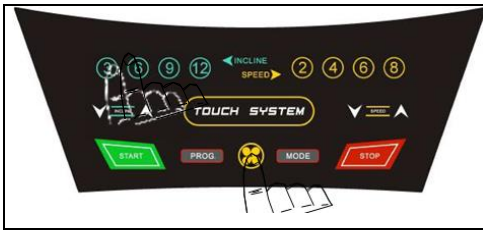
	Direct INCLINE buttons
	Press the button to set incline to 3%, 6%, 9%, 12%.
	FAN
	Use this button to turn on or turn off the fan.

SCREEN
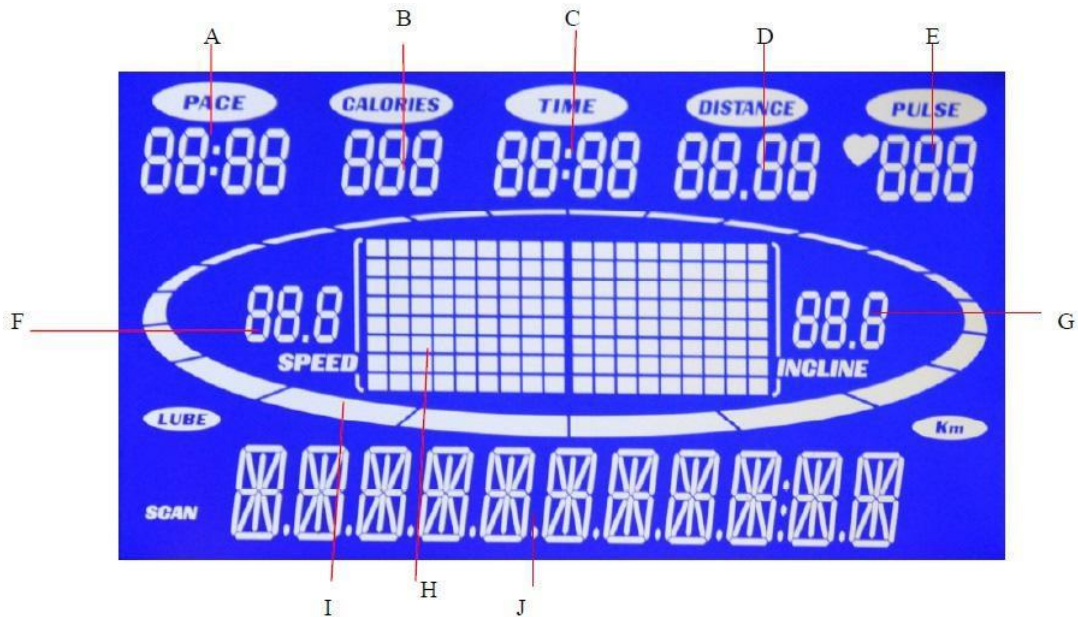
A	PACE: Display the pace
B	CALORIES: Display burned calories
C	TIME: Display time
D	DISTANCE: Display distance
E	PULSE: Display heart rate; Display P1-P12, U1-U3, HRC, F1-F3
F	SPEED: Display current speed
G	INCLINE: Display incline
H	Display program chart
I	Exercise progress bar and number of laps / distance covered and BMI index
J	Message / personal data display window (body fat, gender: male / female, age, weight, height)

BLUETOOTH CONNECTION

Turn on Bluetooth and search on your phone or tablet "Fs-xxxx-A" (x are unique numbers). Pair the device. After you pair the device, you can play and control your favorite music from your device.

PROGRAMS

Quick start (for manual mode)

- Turn on power switch, Put safe key in the right position.

- Press "START" key, there will be 3 seconds countdown displayed on the window. After countdown, the treadmill will run at the speed of 1.0km/h.

- According to your needs, you could use "SPEED+", "SPEED-" to change speed, use "INCLINE△", "INCLINE▽" to change incline.

- When you put your hands on the handlebar's heart rate plates for 5-8 seconds, it will display heart rate on the screen.

Manual mode

- In standby mode, Press "Start" button, the treadmill will run at the speed of 1.0km/h and incline 0%. The other window will count from 0. Press "INCLINE direct key, "SPEED direct key", "INCLINE△", "INCLINE▽", "SPEED+", "SPEED-" if you want to change speed and incline.

- In standby mode, press "MODE" to select time countdown mode. Window "Time" displays "30:00", by pressing "INCLINE△", "INCLINE▽", "SPEED+", "SPEED-" you can set exercise time from 8:00-99:00.

- Press "MODE" to enter distance countdown mode. Window "DIST" displays "1.0", by pressing "INCLINE△", "INCLINE▽", "SPEED+", "SPEED-" you can set exercise distance from 1-99.9.

- Press "MODE" to enter calorie countdown mode. Window "CAL" displays "50", by pressing "INCLINE△", "INCLINE▽", "SPEED+", "SPEED-" you can set calorie from 20-999.

- After finish setting up time, distance, or calorie mode, press "Start" to start the treadmill. There will be 3 seconds countdown displayed on the window. After countdown, the machine will run at the speed of 1.0km/h. Pressing "INCLINE△", "INCLINE▽", "SPEED+", "SPEED-" will adjust speed and incline. Press "Stop", the machine will stop slowly.

Preset Program

There are 12 built-in programs P1-P12, in standby mode, press "PROG." key continuously and window "PROGRAM" will display "P1-P12", FAT in sequence. P1- P12 are pre-set programs. After selecting specific program, press "MODE", Window "Time" displays "30:00" and by pressing "INCLINE△", "INCLINE▽", "SPEED+", "SPEED-" you can set exercise time from 8:00-99:00. After setting, press "START" to start the treadmill. Built-in programs have 9 segments, the time for each segment = set time/9. When the treadmill is about to enter next segment, there will be a sound signal to remind you the change of speed and incline according to the pre-set program. The speed and incline are set, you cannot change them during pre-set programs. After the program ends, there will be sound signal signaling the end. The treadmill will stop slowly, and "End" will be displayed on the window. After 5 seconds, the treadmill will enter standby mode.

User programs

Setting up of user programs:

In standby mode, press "PROG." button continuously, the window "PROGRAM" will display "P1-P12", U1-U3, FAT in sequence. U1-U3 are user programs. After selecting U1, U2 or U3, press "MODE" to set speed by "SPEED+", "SPEED-" buttons and incline by pressing "INCLINE△", "INCLINE▽" buttons. After setting up the speed and incline, press "MODE" button to finish the first segment and set

up the next segment. After finishing setting up all 9 segments, press "Start" to start the treadmill. User programs will be saved in the treadmill unless you reset them. These data can't be lost even during an outage.

Explanation:

Every program has 9 segments. You can only press "START" key to start the treadmill after finishing all segments setting and total exercise time.

Data range:

Parameter	Setting range	Displayed range
Time(minute:second)	8:00-99:00	0:00-99:59
Incline (%)	0-22	0-22
Speed (KM/H)	0.5-8.0	0.5-8.0
Distance (KM)	1.0-99.9	0.00-99.9
Heart rate (time/minute)	N/A	60-185
Calorie (cal)	20-999	0-999

Body fat test

In standby mode, press "PROG." button continuously to enter FAT program. Press "MODE" button, to set "HEIGHT", "WEIGHT", "AGE", "SEX", "FAT" that are displayed on the window. Press "INCLINE△", "INCLINE▽", "SPEED+", "SPEED-" to adjust the value. After setting up the values, press "MODE" to enter "FAT" program. Put your hand on the heart pulse plate immediately for 5-8 seconds, there will be body fat displayed on the window. You could find whether your weight and height matches. (This data is for reference only, it cannot be used for medical use)

Sex	Boy	Girl
Age	10------99	
Height	100----240	
Weight	20-----160	
FAT	≤19	Underweight
FAT	=(20---25)	Normal weight
FAT	=(25---29)	Overweight
FAT	≥30	Obesity

HRC Program

1. When you want to use HRC program, please wear chest belt.

2. In standby mode, press "PROG." button the window will display HRC. At this time, press "MODE" button, age will be displayed: AGE: 30. Adjust the age value by "SPEED +-" button to set the age (15-80). After setting up the age press" MODE", and set THR: target heart rate, use "SPEED +-" buttons to set the heart rate (90-120). Press" MODE", Time:10 will be displayed, use "SPEED +-" buttons to set time (10-99).

3. After setting up all values, you press "START" button to start the treadmill.

4. Use chest belt or heart rate sensor on the handlebar to test the heart rate. If you use both, our system will choose the chest belt.

5. Special Tips: From the safety side, we suggest the maximum speed to be 8 km/h when on HRC program.

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!

Power save mode

The treadmill has power save function. When you turn on power switch for 10 minutes and do not press any key, the treadmill will enter power save mode and the backlight of the display will turn off. Press any key to wake up the console.

PRESET PROGRAMS

PROGRAME		TIME								
		1	2	3	4	5	6	7	8	9
P01	SPEED	2	3	3	4	5	3	4	5	5
	INCLINE	0	7	7	6	6	5	5	4	4
P02	SPEED	2	4	4	5	6	4	6	6	6
	INCLINE	0	3	3	5	5	7	7	9	9
P03	SPEED	2	4	4	6	6	4	7	7	7
	INCLINE	0	5	5	5	12	12	5	5	5
P04	SPEED	3	5	5	6	7	7	5	7	7
	INCLINE	0	2	3	4	5	6	7	7	6
P05	SPEED	2	4	4	5	6	7	7	5	6
	INCLINE	0	2	3	4	5	6	7	7	6
P06	SPEED	2	4	3	4	5	4	8	7	6
	INCLINE	0	2	3	4	5	6	7	7	6
P07	SPEED	2	3	3	3	4	5	3	4	5
	INCLINE	2	3	4	5	6	7	8	9	9
P08	SPEED	2	3	3	6	7	7	4	6	7
	INCLINE	0	3	3	5	5	7	7	9	9
P09	SPEED	2	4	4	7	7	4	7	8	4
	INCLINE	0	2	2	2	2	2	2	2	2
P10	SPEED	2	4	5	6	7	5	4	6	8
	INCLINE	9	8	7	6	5	4	3	3	4
P11	SPEED	3	4	5	8	5	8	5	5	5
	INCLINE	9	8	7	6	5	4	3	3	4
P12	SPEED	2	5	8	8	7	7	8	8	7
	INCLINE	2	2	2	2	2	2	2	2	3

WORKOUT CHART

P01

P02

P03

P04

P05

P06

P07

P08

P09

P10

P11

P12
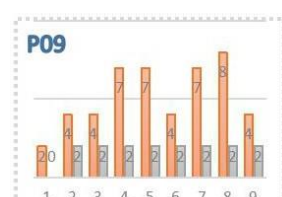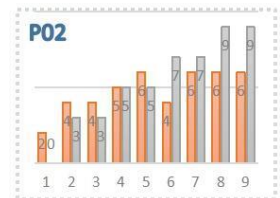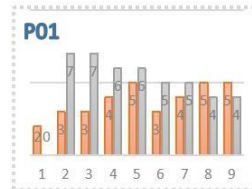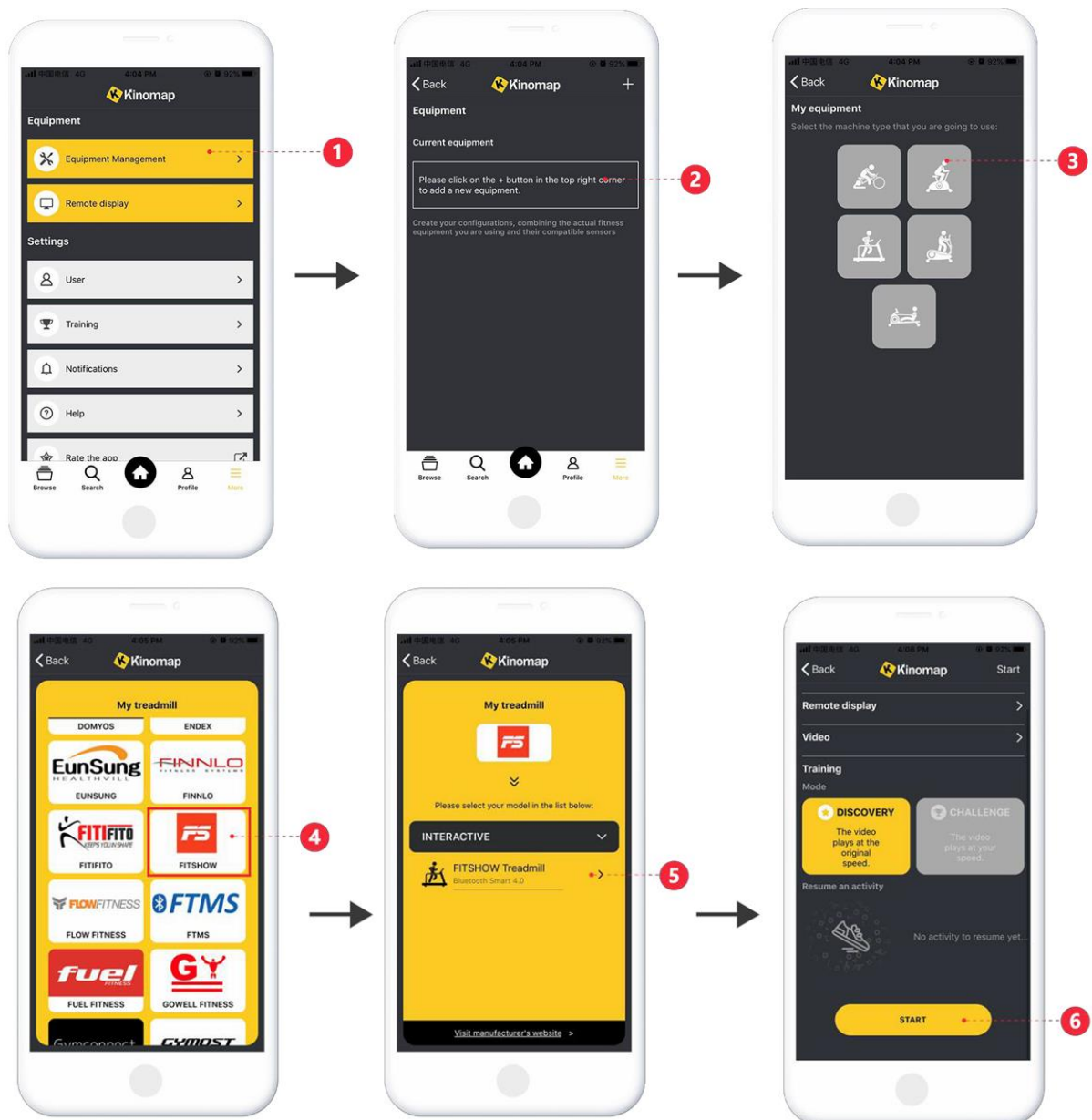
KINOMAP APP

- Download KINOMAP app from Google store or Apple store.

- Open the app and choose MORE on bottom left corner.

- Choose Equipment management.

- Choose Treadmill icon.

- Choose FitShow brand.

- Pair the treadmill: „Fs-xxxx" (x is random treadmill number) and pair with your smart device.

- Choose the video or your favorite mode.

The app has a 14 - day trial period, followed by a required subscription (monthly or annually) or lifetime license.

You can search the application by popularity, keywords, country, difficulty, or incline.

There are more than 300,000 km of cycling, running or rowing trails.

Display of strength, speed, distance, time, and heart rate.

Save exercises and history.

Optimized for external displays such as Apple TV or HDMI.

View or create music playlists.

Warm-up or interval training.

Ability to share results on Facebook and other social networks.

*Android devices currently do not support interval training for treadmills.

ZWIFT APP
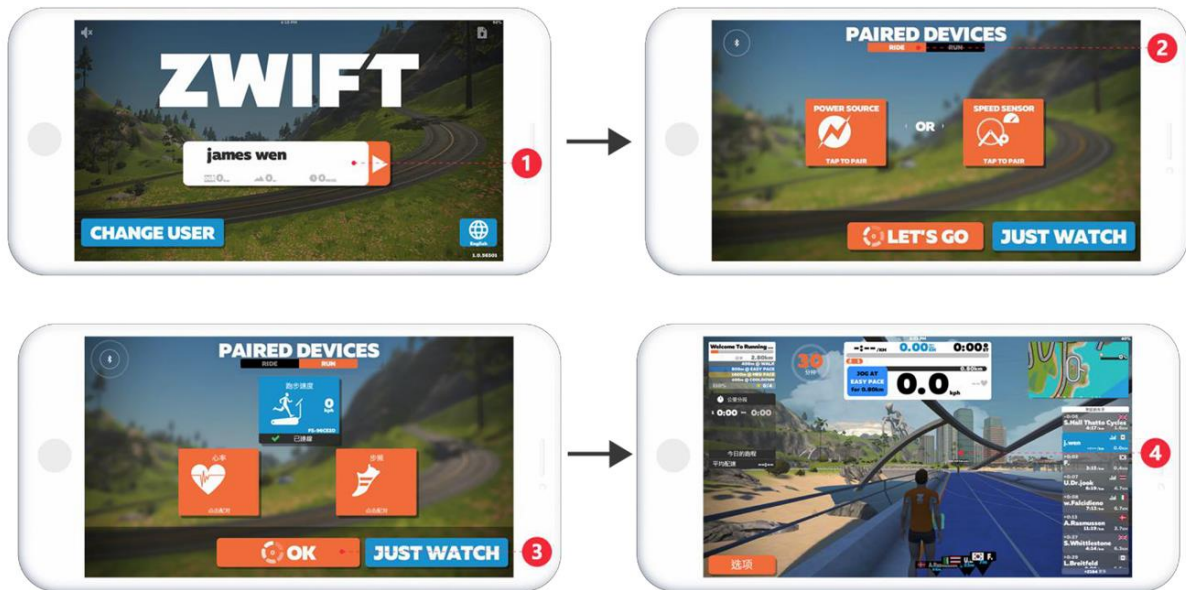
- Download the ZWIFT app from the Google store or Apple store.
- Open the app and register.
- Then log in and pair with the treadmill "Fs-xxxx (where x is a random treadmill number)".
- After successful pairing, select OK.
- Press start and select a favorite mode.

The app is free.

GENERAL TRAINING RECOMMENDATIONS

Be careful when starting your exercise program, exercise should not take too long, and you should not exercise more than once every two days. Extend the duration of exercise each week. Do not set unreachable goals. In addition to running on the treadmill, do other sports activities, such as swimming, dancing or cycling.

Always warm up before training. Stretch or perform gymnastic exercises to warm up for at least 5 minutes to reduce muscle tension and prevent pain.

During the exercise, breathe regularly and calmly.

Drink regularly during exercise. Remember that the recommended daily dose of fluids is 2-3 liters and this increases with physical activity. The fluids you drink should have room temperature.

Always wear comfortable and lightweight clothing as well as sports shoes while exercising on the device. Do not use too loose clothes that could get caught in the moving parts of the device during exercise.

Regularly measure your heart rate. If your device is not equipped with a heart rate monitor, talk to your doctor about how you can measure the heart rate yourself. Determine the interval in which your heart rate will move, so training will be more effective. Consider your age and physical condition. The following table is used to determine the optimal heart rate interval:

Age	Heart rate frequency 50-75% (from maximum heart rate) – optimal pulse	Maximum heart rate 100%
20 age	100 – 150	200
25 age	98 – 146	195
30 age	95 – 142	190
35 age	93 – 138	185
40 age	90 – 135	180
45 age	88 – 131	175
50 age	85 – 127	170
55 age	83 – 123	165
60 age	80 – 120	160
65 age	78 – 116	155
70 age	75 – 113	150

GETTING STARTED

PREPARATION

If you are over 45 years of age or have a health problem and have never been trained on the treadmill, consult your doctor about using the device.

Before you put yourself on the track, try how the machine is controlled. First, learn how to control the machine how to start and stop. Pay attention how to control speed. Try it several times until you get used to the control. Then stand on the anti-slip rails of the belt and grasp both handles of the handrails. Set the speed between 1-6 - 3.2 km / h, stand straight, look ahead and try to stand on the belt several times with one leg. Then put it on both feet to practice. Once you get used to the belt, you can slowly increase the speed to 3-5 km / h and keep it for 10 minutes. Then stop the device slowly.

EXERCISES

First, learn how to control the machine. Remember how to turn on, stop and adjust the speed and the incline. As soon as you get used to the control, try a 1 km walk at a steady pace and see how long it took you. It should take you 15-25 minutes. Then try 1 km at a speed of 4.8 km / h (approximately 12 minutes). Repeat exercises several times. Then you can increase the speed and angle of inclination and exercise for about 30 minutes. Do not hurry, a steady walk is beneficial to your health.

FREQUENCY

The optimal frequency is 3-5 times per week after 15-60 minutes. We recommend first making a schedule and sticking to it. It is not recommended to increase incline during the initial exercise phase. Increase the slope only when increasing the exercise load.

HOW TO EXERCISE

It is best to exercise for 15-20 minutes. The warm up phase should take about 2 minutes at 4.8 km / h, then increase the speed to 5.3 and 5.8 km / h, each phase should take about 2 minutes. Then add speed every 2 minutes at 0.3 km / h and accelerate until your breathing frequency increase. Beware, breathing should not be a problem. Continue with the exercise at this speed. If you have trouble breathing, reduce the speed again by 0.3 km / h. Finally, allow yourself 4 minutes to cool down. If you do not want to increase your difficulty with speed, you can increase the difficulty by setting the incline. A gradual increase in the angle of inclination can significantly affect the difficulty of the exercises.

CALOREIS BURNING - This exercise helps to burn calories faster. First practice for 5 minutes at 4 - 4.8 km / h, then accelerate every 2 minutes at a speed of 0.3 km / h. Try to exercise for 45 minutes. To increase the intensity, you can try to endure training for about an hour. You can watch TV during exercise. Once the ad starts, add 0.3 km / h and return to the original speed when it's over. As a result, there will be more calories in your ads. At the end of the exercise, slowdown 4 minutes.

CLOTHING

For exercise, select a pair of good shoes. Do not place anything on the treadmill or device gaps during exercise. This prevents possible wear and damage to the device. Dress up comfortably.

SAFE EXERCISE

Before exercising, consult your doctor. Doctor can recommend the correct frequency and intensity of exercise with respect to your age and health. If you experience nausea, shortness of breath, irregular heartbeat, chest tightness or other anomalies, stop exercising immediately. Please consult your doctor before any further exercise. If you use the device more often, you can choose between walking and during. If you are not sure of the most suitable speed, follow the following information:

Speed 1–3.0 km/h	physically weaker individuals
Speed 3.0–4.5 km/h	less physically fit individuals
Speed 4.5–6.0 km/h	people used to classic walking
Speed 6.0–7.5 km/h	fast walking people
Speed 7.5–9.0 km/h	recreational runners
Speed 9.0–12.0 km/h	medium runners
Speed 12.0–14.5 km/h	experienced runners
Speed above 14.5 km/h	professional runners

WARNING:

- For walking choose a speed of 6 km / h or less.
- Runners should choose a speed of 8 km / h or higher.

EXERCISE INSTRUCTIONS

THE WARM UP PHASE

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch. If it hurts, STOP.

	Touching your toes Slowly bend your back from hips. Keep your back and arms relaxed while stretching downwards to your toes. Do it as far as you are able and hold the position for 15 seconds. Bend your knees slightly.
	Shoulder lifts Raise your right shoulder up towards your ear and hold for 2 seconds. Then repeat for your left shoulder while lowering the right.
	Hamstring stretched Sit and outstretch your right leg. Rest the sole of your left foot against the inside of your right tight. Stretch out your right arm along your right leg as far as you can. Hold for 15 seconds and relax. Repeat all with your left leg and left arm.
	Side stretches Raise your arms above your head. Stretch your right arm towards the ceiling as far as possible. Stretch your upper body towards the right side. Then repeat the exercise for the left side.
	Calves and Achilles tendon Lean against a wall with your left leg in front of the right one and your arms forward. Stretch out your right leg and keep your left foot on the floor. Bend your left leg and lean forwards by moving your right hip in the direction of the wall. Hold for 15 seconds. Keep your leg stretched and repeat exercising with other leg.
	Head rolls Slowly tilt your head to the right, stretching out the left side of your neck. Hold for 20 seconds. Then tilt it back again to the left and continue until the right side of your neck is stretched out. Hold for 20 seconds. Slowly tilt your head forwards and stick out your neck. Don't rotate your head all the way round. Repeat it several times.

GETTING STARTED

PREPARATION

If you are over 45 years of age or have a health problem and have never been trained on the treadmill, consult your doctor about using the device.

Before you put yourself on the track, try how the machine is controlled. First, learn how to control the machine how to start and stop. Pay attention how to control speed. Try it several times until you get used to the control. Then stand on the anti-slip rails of the belt and grasp both handles of the handrails. Set the speed between 1-6 - 3.2 km / h, stand straight, look ahead and try to stand on the belt several times with one leg. Then put it on both feet to practice. Once you get used to the belt, you can slowly increase the speed to 3-5 km / h and keep it for 10 minutes. Then stop the device slowly.

EXERCISES

First, learn how to control the machine. Remember how to turn on, stop and adjust the speed and the incline. As soon as you get used to the control, try a 1 km walk at a steady pace and see how long it took you. It should take you 15-25 minutes. Then try 1 km at a speed of 4.8 km / h (approximately 12 minutes). Repeat exercises several times. Then you can increase the speed and angle of inclination and exercise for about 30 minutes. Do not hurry, a steady walk is beneficial to your health.

FREQUENCY

The optimal frequency is 3-5 times per week after 15-60 minutes. We recommend first making a schedule and sticking to it. It is not recommended to increase incline during the initial exercise phase. Increase the slope only when increasing the exercise load.

HOW TO EXPERIENCE

It is best to exercise for 15-20 minutes. The warm up phase should take about 2 minutes at 4.8 km / h, then increase the speed to 5.3 and 5.8 km / h, each phase should take about 2 minutes. Then add speed every 2 minutes at 0.3 km / h and accelerate until your breathing frequency increase. Beware, breathing should not be a problem. Continue with the exercise at this speed. If you have trouble breathing, reduce the speed again by 0.3 km / h. Finally, allow yourself 4 minutes to cool down. If you do not want to increase your difficulty with speed, you can increase the difficulty by setting the incline. A gradual increase in the angle of inclination can significantly affect the difficulty of the exercises.

CALOREIS BURNING - This exercise helps to burn calories faster. First practice for 5 minutes at 4 - 4.8 km / h, then accelerate every 2 minutes at a speed of 0.3 km / h. Try to exercise for 45 minutes. To increase the intensity, you can try to endure training for about an hour. You can watch TV during exercise. Once the ad starts, add 0.3 km / h and return to the original speed when it's over. As a result, there will be more calories in your ads. At the end of the exercise, slowdown 4 minutes.

CLOTHING

For exercise, select a pair of good shoes. Do not place anything on the treadmill or device gaps during exercise. This prevents possible wear and damage to the device. Dress up comfortably.

SAFE EXERCISE

Before exercising, consult your doctor. Doctor can recommend the correct frequency and intensity of exercise with respect to your age and health. If you experience nausea, shortness of breath, irregular heartbeat, chest tightness or other anomalies, stop exercising immediately. Please consult your doctor before any further exercise. If you use the device more often, you can choose between walking and during. If you are not sure of the most suitable speed, follow the following information:

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WARNING:

- For walking choose a speed of 6 km / h or less.
- Runners should choose a speed of 8 km / h or higher.

MAINTENANCE

Identification ways for the degree of tightness of running belt and poly V-belt.

When the running belt skips, please follow the steps as follows to make sure which belt needs to be adjusted, running belt or poly V-belt.

a) Unplug all power supply, screw and remove the Base cover.

b) Turn the speed to be around 3km/h, step on the running belt by pressure and try your best to make the running belt stop. If running belt stops, together with the front roll, but the motor still runs, under this condition, it means the poly V-belt needs to be adjusted.

c) Turn the speed to be around 3km/h, step on the running belt by pressure and try your best to make the running belt stop. If running belt stops, but front roll still runs, under this condition, it means the running belt needs to be adjusted.

THE ADJUSTMENT STEPS FOR POLY V-BELT

a) Unplug all power supply and take off the base cover.

b) Loosen the four screws for the motor, adjust the V-belt tension bolts in clockwise direction, and then tighten back the four screws for the motor.

ADJUSTMENT RUNNING BELT

a) Turn the speed to be 6km/h. for running

b) Turn the both tension screws located at the end of the treadmill on the right and left sides, half a turn clockwise using the Allen key. (Diagram1 and Diagram 2)

c) After adjustment, running belt still slips; please repeat the steps as above.

Tighten the running belt (Diagram 1)	Loosen the running belt (Diagram 2)
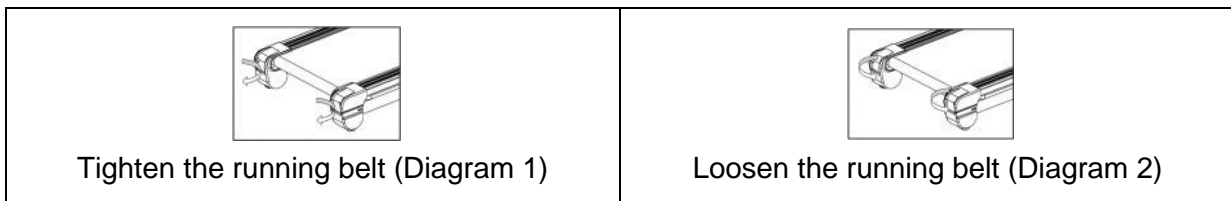
THE ADJUSTMENT STEPS FOR RUNNING BELT DEFLECTION

The running belt will be deflected under using. Then it needs to be adjusted. The steps are as follows:

a) Place the treadmill on a horizontal floor, turn the speed to be 6 km/h for running.

b) If the running belt is deflected to the right, adjust the bolt on the right by turning it for half a turn clockwise, then adjust the bolt on the left by turning it half an anti-clockwise.(see Diagram 3)

c) If the running belt is deflected to the left, adjust the bolt on the left by turning it for half a turn clockwise, then adjust the bolt on the right by turning it half a turn anti-clockwise.(see Diagram 4)

d) After the adjustment, the running belt still keeps deflecting, please repeat the steps above.

The adjustment for right deflection (Diagram 3)	The adjustment for left deflection (Diagram 4)
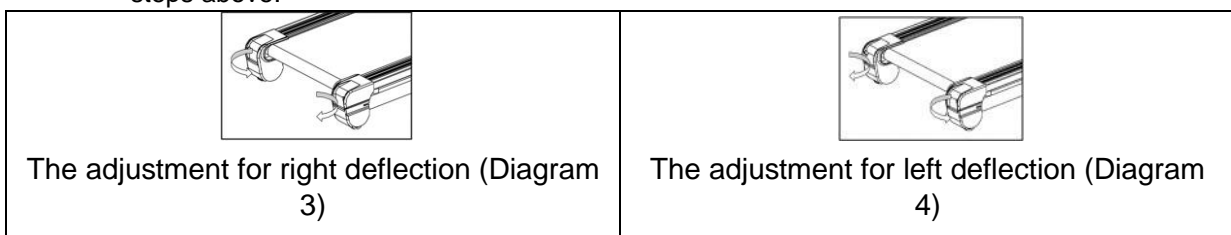
LIBRICATION

The degree of friction between the board and the belt affects the performance and lifetime of the product, it is recommended to regularly lubricate these parts. Damage to the product due to improper maintenance is not subject to warranty conditions.
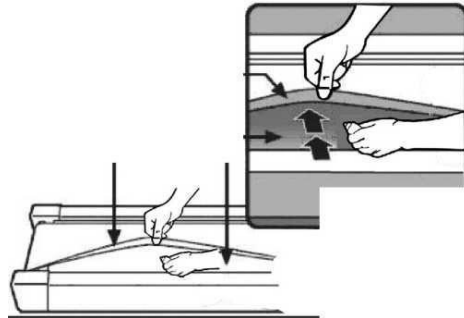**Frequency:**
- Frequent use (more than 5 hours per week) – every 2 months
- Always use silicon oil inSPORTline.

How to lubricate:
- Please unplug power supply for the treadmill and loosen the belt (Belt tension screw located at the end of the treadmill).
- After loosening the screw, lift up the running belt and clean in-between the running board. Squeeze the small white bottle of SILICONE oil which was supplied with your purchase and wipe it evenly across the board.
- After lubricating the board, screw the belt tension back to its correct tension. Tighten evenly on both sides.
  When it is almost tensioned, run the treadmill at 1km without any load. Adjust both tension screws to make the belt in the center of the back roller. Run the treadmill at 5km for 3mins.
- Stop the treadmill and start to walk on it at 5km/h. Lastly fine tension both screws until it's running smoothly with your weight on.

CLEANING

- Please power off and pull the plug out before cleaning.
- Wipe out the dust stuck on the surface and running board frequently.
- Please clean the surface of frame and running belt with a soft cloth dipped with suds, don't use things like eradicator and naphtha. (After cleaning, please dry it for use)
- Please take the protecting cover off every two months, use vacuum dust-collector to suck the dust remaining inside of the protecting cover. (The dust will make the components of circuitry board short circuit)

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.

GUIDES FOR MALFUNCTION

Analyzing and eliminating malfunction

No	Problem	Reasons	Solution
1	Treadmill cannot be started	The safe key is not in the right position	Put the safe key in the right position
		The electrical switch is placed to "0"	Turn the electrical switch to "1"
2	Console display is not working	Check the treadmill whether it is in power	Check if the power cords are connected well and switch on
		The upper communication cable is broken	Replace it.
		The console and upper communication cable are not properly connected	Disassembly the console and check the upper communication cable, make sure that console and communication cable are properly connected.
3	Heart rate is not displayed	The sensor of heart rate sensor is not wet enough	Wet the sensor with water or liquor for hard contact lenses
		Disturbed by electromagnetism	Keep away from electromagnetism
4	Incline does not work	The motor wire is not properly connected	Open the motor cover and reconnect it
5	Running belt runs faster or slower than what has been displayed	Unadjusted	Readjust it
6	Running belt slips	Running belt is not tight enough	Please read point Adjustment steps for tightening running belt
7	Running belt is deflected	The running belt is unadjusted.	Please read point the steps for adjusting the deflected running belt
8	Displayed E01 on the screen	The sensor wire or motor are broken	Remove the motor cover and change the sensor wire, reattach the motor
9	Displayed E02 on the screen	Overpower voltage protection	Use normal voltage.
10	Displayed E03 on the screen	Over current protection	Check whether the treadmill is overloaded
			Check whether the drive motor is working properly. If not replace motor.
11	Displayed E04 on the screen	The motor is not in powered up	The motor wires are not connected properly, or the motor is broken
12	Displayed E06 on	Connection error	Changing the upper or lower

	the screen		connection cable
13	Displayed E09 on the screen	Incline error	The incline motor wires are not connected properly, or the incline motor is broken
14	Displayed E0P on the screen	Speed error	Wrong set parameter or broken sensor wire
15	Displayed E0C on the screen	Short-circuit protection	PCB MOS or motor are broken
16	Displayed E07 on the screen	Safety key off	Put safety key in the console or change the safety key or for safety key detector
17	Displayed E0E on the screen	Eeprom error	Upper or lower communication cables are broken, or PCB is broken

We recommend contacting service in case of any problems.

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.

The Warranty does not cover defects resulting from (if applicable):

- User's fault, i.e. product damage caused by unqualified repair work, improper assembly, insufficient insertion of seat post into frame, insufficient tightening of pedals and cranks

- Improper maintenance

- Mechanical damages

- Regular use (e.g. wearing out of rubber and plastic parts, moving mechanisms, joints, wear of brake pads/blocks, chain, tires, cassette/multi wheel etc.)

- Unavoidable event, natural disaster

- Adjustments made by unqualified person

- Improper maintenance, improper placement, damages caused by low or high temperature, water, inappropriate pressure, shocks, intentional changes in design or construction etc.

Warranty Claim Procedure

The Buyer is obliged to check the Goods delivered by the Seller immediately after taking the responsibility for the Goods and its damages, i.e. immediately after its delivery. The Buyer must check the Goods so that he discovers all the defects that can be discovered by such check.

When making a Warranty Claim the Buyer is obliged, on request of the Seller, to prove the purchase and validity of the claim by the Invoice or Bill of Delivery that includes the product's serial number, or eventually by the documents without the serial number. If the Buyer does not prove the validity of the Warranty Claim by these documents, the Seller has the right to reject the Warranty Claim.

If the Buyer gives notice of a defect that is not covered by the Warranty (e.g. in the case that the Warranty Conditions were not fulfilled or in the case of reporting the defect by mistake etc.), the Seller is eligible to require a compensation for all the costs arising from the repair. The cost shall be calculated according to the valid price list of services and transport costs.

If the Seller finds out (by testing) that the product is not damaged, the Warranty Claim is not accepted. The Seller reserves the right to claim a compensation for costs arising from the false Warranty Claim.

In case the Buyer makes a claim about the Goods that is legally covered by the Warranty provided by the Seller, the Seller shall fix the reported defects by means of repair or by the exchange of the damaged part or product for a new one. Based on the agreement of the Buyer, the Seller has the right to exchange the defected Goods for a fully compatible Goods of the same or better technical characteristics. The Seller is entitled to choose the form of the Warranty Claim Procedures described in this paragraph.

The Seller shall settle the Warranty Claim within 30 days after the delivery of the defective Goods, unless a longer period has been agreed upon. The day when the repaired or exchanged Goods is handed over to the Buyer is considered to be the day of the Warranty Claim settlement. When the Seller is not able to settle the Warranty Claim within the agreed period due to the specific nature of the Goods defect, he and the Buyer shall make an agreement about an alternative solution. In case such agreement is not made, the Seller is obliged to provide the Buyer with a financial compensation in the form of a refund.

CZ
SEVEN SPORT s.r.o.

Registered Office: Strakonická 1151/2c, Praha 5, 150 00, ČR
Headquaters: Dělnická 957, Vítkov, 749 01
Warranty & Service: Čermenská 486, Vítkov 749 01