USER MANUAL – EN
# IN 12999 Treadmill inSPORTline SANGAR

CONTENTS

> **!** Read all instructions carefully before assembly and using this product.
> Retain this owner's manual for future reference.

IMPORTANT SAFETY PRECAUTIONS

1. Plug the power cord of the treadmill directly into a dedicated grounded circuit. This product must be grounded well. If it has breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock.

2. Position the treadmill on a clean and flat surface with at least 2m*1m area. Do not place the treadmill on thick carpet as it may interfere with proper ventilation. Also, do not place the treadmill near water or outdoors. Provide a minimum of 0,6 meter clearance between the treadmill and any fixed object.

3. Position the treadmill where the wall plug is visible and accessible.

4. **NEVER** start the treadmill while you are standing on the walking belt. After turning the power on and adjusting the speed control, there may be a pause before the walking belt begins to move, **ALWAYS** stand on the foot rails on the sides of the frame until the belt is moving.

5. Wear appropriate clothing when exercising on the treadmill. Do not wear long, loose fitting clothing that could become caught in the treadmill. Always wear running or aerobic shoes with rubber soles.

6. Always unplug the power cord before removing the treadmill motor cover.

7. Keep small children away from the treadmill during operation.

8. Always hold the handrails when initially walking or running on the treadmill, until you are comfortable with the use of the treadmill.

9. Always attach the safety pull pin rope to your clothing when using the treadmill. If the treadmill should suddenly increase in speed due to an electronics failure or the speed being inadvertently increased, the treadmill will come to a sudden stop when the pull pin is disengaged from the console.

10. When the treadmill is not being used, the power cord should be unplugged and the safety pull pin should be removed.

11. Before starting any exercise program, consult with your physician or health professional. He or she can help to establish the exercise frequency, intensity (target heart zone) and time appropriate to your particular age and physical condition. If you have any pain or tightness in your chest, an irregular heartbeat, shortness of breath, feel faint or have any discomfort while you exercise, **STOP IMMEDIATELY!** Consult your physician before continuing.

12. If you observe any damage or wear on the mains plug or on any section of the mains lead then please have these replaced immediately by a qualified electrician – do not attempt to change or repair these yourself.

13. If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.

14. Put your feet on the side rail before using the treadmill, and always attach the safety pull pin rope to your clothing. Hold the handle bar before the running belt moving well (feel the running speed by your single foot before using it). To avoid loss balance, please slow down the speed to the lowest or take off the safety. And hold the handle bar to jump to the side rail when emergency or the safety key is not attached.

15. No adjustable part has to stand out. It could obstruct movements.

16. **Weight limit:** max. 100 kg

17. **Category:** HC (EN957 standard) suitable for home use.

18. **WARNING!** The hart rate monitor may not be accurate. Overloading during training may cause serious injury or death. If you feel any discomfort, immediately stop the exercise!

ASSEMBLY INSTRUCTIONS

When you open the carton, you will find the below spare parts:
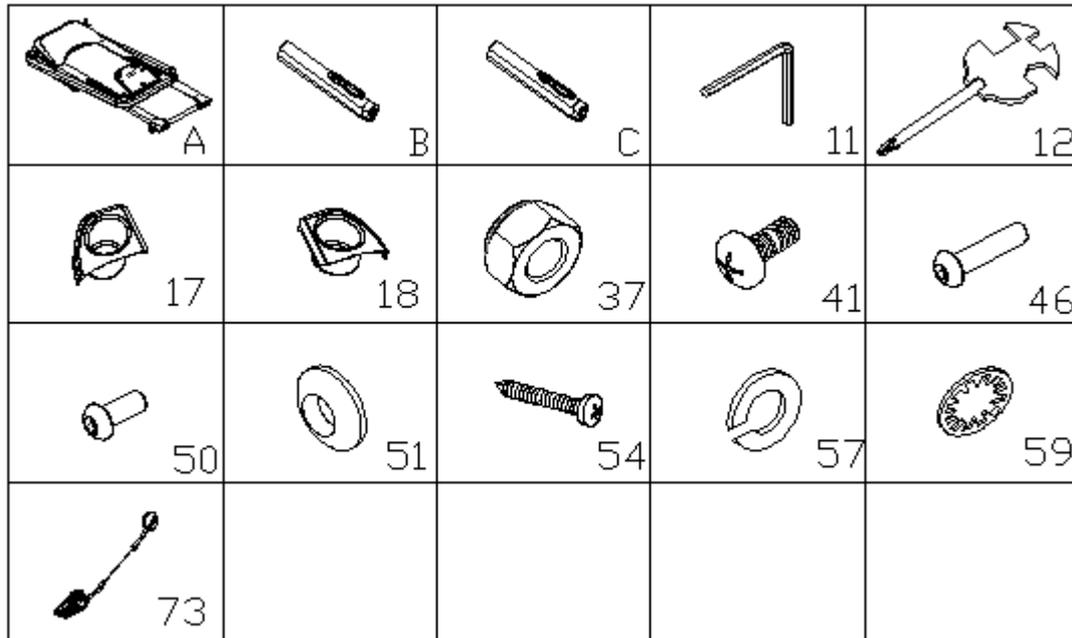
Spare parts list

NO.	DESCRIPTION	SPEC.	Q'TY	NO.	DESCRIPTION	SPEC.	Q'TY
A	Main Frame		1	41	Bolt	M6*12	5
B	Left Upright		1	46	Bolt	M8*40	2
C	Right Upright		1	50	Bolt	M8*20	2
11	5# Allen Wrench	5 mm	1	51	ARC Washer	8	4
12	Allen Wrench with screw driver	S=13, 14, 15	1	54	Screw	ST4.0*15	4
17	Left Water Bottle Rack		1	57	Spring Washer	8	2
18	Right Water Bottle rack		1	59	Lock Washer	8	2
37	Nut	M8	2	73	Safety Key		1

Assembly tools

NO.	DESCRIPTION	SPEC.	Q'TY
11	5# Allen Wrench	5mm	1
12	Allen Wrench With Screw Driver	S=13, 14, 15	1

Assembly steps

Notice: Do not turn power on before assembly is done.

Step 1:

Open the carton, take out the MAIN FRAME (A) and put on the ground.
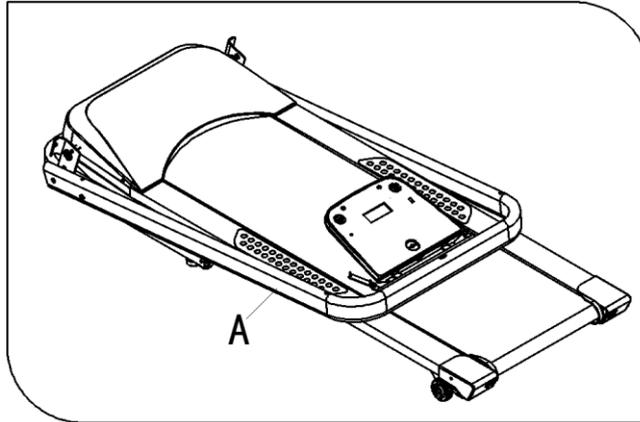
Step 2:

Use Allen Wrench (12), Bolt (41), lock the left Computer set (A-1) onto the main frame.
ATTENTION: Please keep all the computer wires to be inside of the computer A-1.
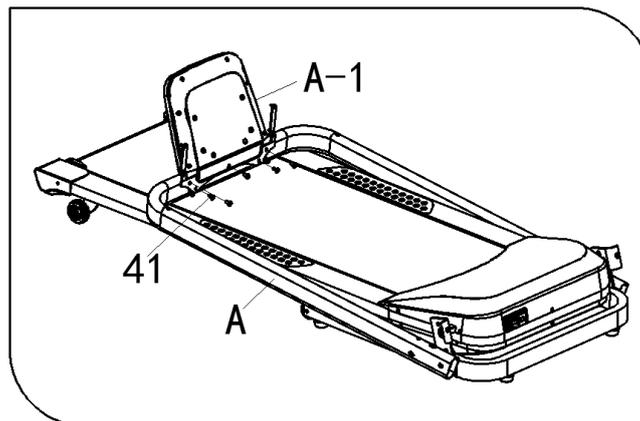

Step 3:

Hole up the Left & Right upright, and lock the Left Water Bottle Rack (17) & Right Water Bottle Rack (18) onto the Computer Frame (A-1) by Screw (54).
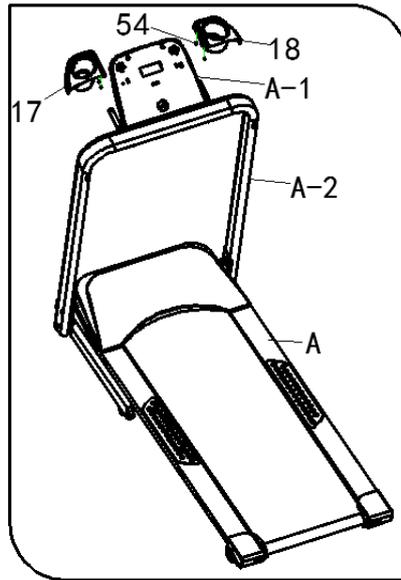
Step 4:

1. Use 5# wrench (11), Lock the Upright (A-2) onto the Main Frame (A-3) by Bolt M8*40 (#46) and Lock Washer (#59).

2. Use 5# wrench (11), Lock the Upright (A-2) onto the Main Frame (A-3) by Bolt M8*20 (#50) and ARC Washer (51).

ATTENTION: Please not damage the wires when you fold the upright.
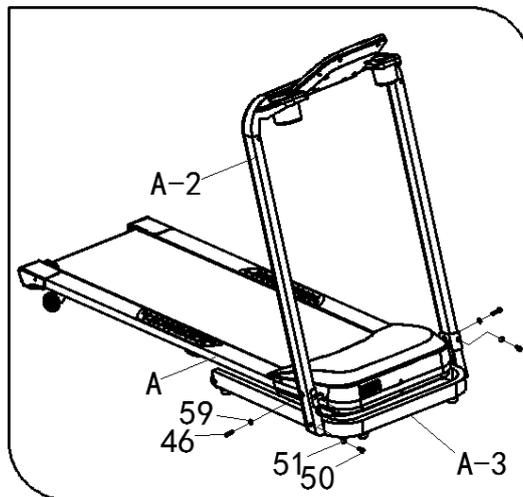
Step 5:

1. Connect the Sensor Wire (B-1, B-2) of the Handle Bar set (B) with the Computer Middle Wire (83) of the Main Frame A.

2. Use Allen Wrench with screwdriver (11), lock the Handle Bar (B) onto the Main Frame (A) by Nut M8 (37), Spring Washer (57) and ARC Washer (51).

3. Connect the Sensor Wire (C-1, C-2) of the Handle Bar set (C) with the Computer Middle Wire (85, 86) of the Main Frame A.

4. Use Allen Wrench with screwdriver (11), lock the Handle Bar (C) onto the Main Frame (A) by Nut M8 (37), Spring Washer (57) and ARC Washer (51).

ATTENTION: Please don't damage the wires while doing the assembly.
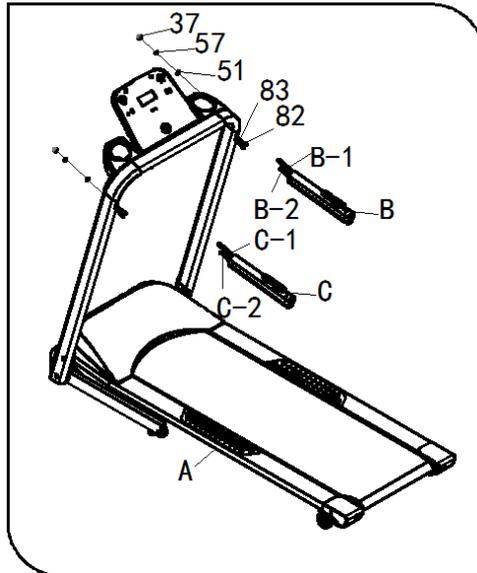
Attention: Please don't put the power on until you make sure that all the above steps are finished and all the bolts are tightened well. Please also read all the following instructions when you operate the treadmill.

Folding instuctions

Pulling up:

Hold the place F & F1, and pull up the main frame as the direction of the arrow till you hear the sound from the Cylinder (13).
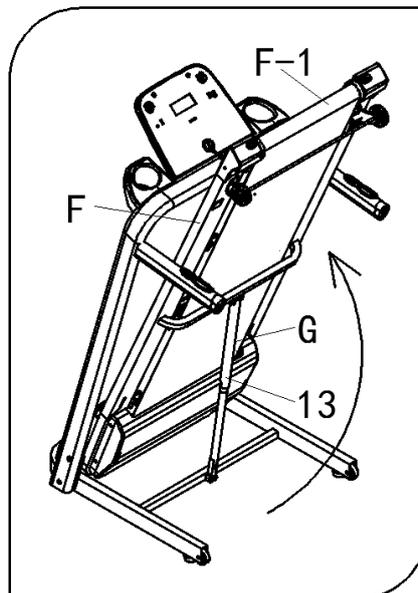
Pulling down:

Hold the place F1 & P, kick the Cylinder (13) on position G by your foot, and push the running deck down to the position F,then the main frame will decline automatically.
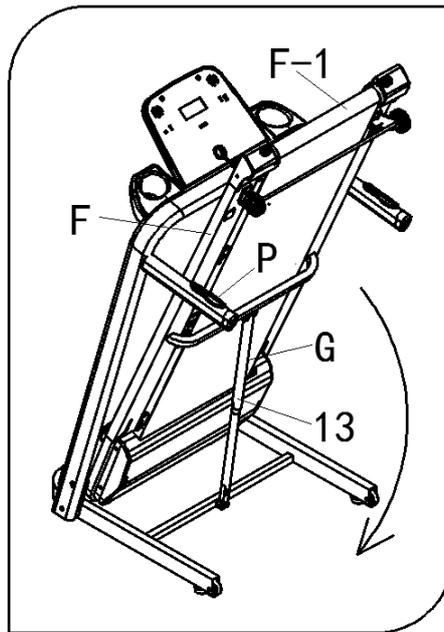
TECHNICAL PARAMETERS

BUILT UP SIZE (mm)	1630*680*1305 MM	POWER	AS ORDER REQUEST
FOLDABLE SIZE (mm)	750*680*1515 MM	MAX. OUTPUT POWER	AS ORDER REQUEST
RUNNING BOARD (mm)	1260*400 MM	IMPUT CURRENT	AS ORDER REQUEST
NET WEIGHT OF THE UNIT	49 KG	INCLINE LEVELS	Manual 2 sets
MAX. USER'S WEIGHT	100 KG	SPEED	1.0-12 KM/h
1 LCD DISPLAY WONDOW	SPEED, TIME, DISTANCE, CALORIES, PULSE, INCLINE		

GROUND GUIDE

This product must be grounded. If it malfunctions or breaks down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER – Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product – if it doesn't fit the outlet,have a proper outlet installed by a qualified electrician. This product is for use on a nominal 220-voltcircuit and has a grounding plug that looks like the plug illustrated in sketch A in following figure. Makesure that the product is connected to an outlet with the same configuration as the plug. No adaptershould be used with this product.

Grounded outlet

(A)
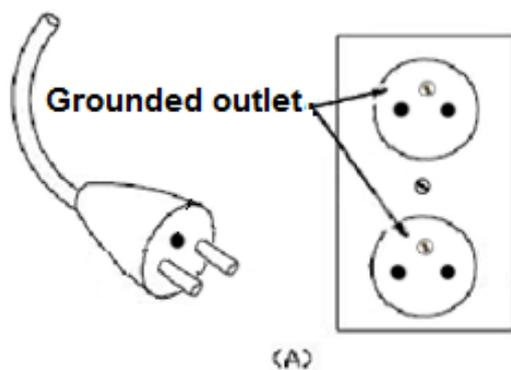
OPERATION GUIDE

WIndow display

1. "TIME" Window: Display the running exercise time. Counting from 0:00 to 99:59, when it reaches 99:59, the speed of the treadmill will be slowly decreased. After the treadmill stops completely, the unit will become STANDBY status after 5 seconds. Counting from the target data down to 0:00, when it reaches 0:00, the speed of the treadmill will also be slowly decreased. After the treadmill stops completely, the unit will become STANDBY state.

2. "DIS.": Display the exercise distance. Counting from 0.0 to 99.9, when it is over 99.9, the display will be reset to be 0.0 and the counting will start again from 0.0 to 99.9. Counting from the target distance down to 0.0, when it reaches 0.0, the speed of the treadmill will also be slowly decreased. After the treadmill stops completely, the unit will become STANDBY state.

3. "SPEED" window: Under setting and selecting state, it will display P1-P6-U1-U3-HRC -FAT. Under operation state, it will display the current speed, and the range is 1.0-12.0 KM/H.

4. "PULSE" Window: Display the runner's pulse data. When the runner grasps the hand pulse, it will test pulse after 5 seconds and show the data in window, the relevant light will show at the

same time, pulse range is 50 - 200 hypo/min. (the data is just for reference, can not be used as medical data).

5. "CAL." Window: Display the runner's calories. Counting from 0 to 999, when it is over 999, the display will be reset to be 0 and the counting will start again from 0 to 999. Counting from the target data down to 0, when it reaches 0, the speed of the treadmill will also be slowly decreased. After the treadmill stops completely, the unit will become STANDBY state.

Button Function

1. "PROGRAM" Button: When the treadmill is under standby state, press this button to choose the exercise time "0:00" or the following 12 operation modes of "P1-P2-P3-P4-P5-P6 -U1-U2-U3-HRC-FAT" (HRC is heart rate control program, FAT is the body fat testing function). Manual mode is the default mode with speed 1.0 KM/H. (0:00 is manual mode, P1-P6 is preset program and U1-U3 is the user's self-set program).

2. "MODE" Button : Press this button to choose the modes: "0:00", "15:00", "1.0", "50" ("0:00" is manual mode, "15:00" is the time count-down mode, "1.0" is the distance count-down mode , "50" is the calorie count-down mode). When you choose each mode, you can press the speed button or incline button to set the target count-down data, after that, press the START button to start the treadmill.

3. "START" button : When the power is on and the safety key is attached onto the console, pressing this button at any time can start the treadmill.

4. "STOP" button: When running the treadmill, press this button at any time to stop the treadmill and return all the data to 0.

5. "SPEED+", "SPEED-": After starting the treadmill, press "SPEED+", "SPEED-" button to adjust the speed and the adjustment range of speed is 0.1km each time. When pressing "SPEED+" or "SPEED-" button for more than 0.5 second, the speed will be continuously increased or decreased.

6. "SPEED : 3、6、9、12" : Quick access button. You can do quick setting of the speed by pressing these buttons.

7. **Total Distance Display: Under STANDBY State, press both SPEED+ and SPEED- for about 3 seconds, the total distance data will be shown in the TIME window, and the range is 0-9999 KM. When it is over 9999, the display will be reset to be 0 and the counting will start again from 0.0 to 9999. After that, press STOP or move away the safety-key to put back again to enter the STANDBY state.**

Quick start-up (manual)

1. Put the power switch on, and then attach the safety key to the computer.

2. Press START button, the system will enter into 3 seconds count-down, the buzzer will make the sound "Bi" and the SPEED window will start to count down, then the speed will run 1.0km/hour after 3 seconds.

3. After start-up, you can use speed up or down to adjust the speed up or down.

The operation during exercise process:

1. Pressing speed-down will decrease the running speed.
2. Pressing speed-up will increase the running speed.
3. Pressing STOP will reduce the speed until the treadmill stops.
4. When the user holds the hand pulse for about 5 seconds, it will display pulse data.

Manual mode

1. When the treadmill is under the standby state, press START button, the treadmill will start to run from the speed of 1.0km/h. The other windows will also start to count up from "0", press "SPEED+", "SPEED-" to change the speed.

2. Set the TIME, when the treadmill is under the standby state, press "MODE" button to enter into time count-down mode, the TIME window will display "15 : 00" and glitter. Press "SPEED+", "SPEED-" to set the time that you need. The setting range is 5:00-99:00.

3. In TIME count down mode, press "MODE" button to enter into distance count-down mode, the DISTANCE window will display "1.0" and glitter. Press "SPEED+", "SPEED-" to set up the distance that you need. The setting range is 0.5—99.9.

4. In DISTANCE count down mode, press "MODE" button to enter into calories count down mode, the CAL window will display "50" and glitter. Press "SPEED+", "SPEED-" to set up the calories that you need. The setting range is 10-999.

5. When setting is finished, press "START" button and the treadmill will run after 3 seconds. Press "SPEED+", "SPEED-" to adjust the speed; press the STOP button, the treadmill will stop.

Preset programs

This treadmill has 6 preset programs. Under the standby state, press "PROGRAM" button, the SPEED window will display P1-P6. After choosing the program that you need, the TIME window will flash and display the preset time 10:00, press "SPEED+", "SPEED-" to set up the exercise time that you need. Press "START" button to start the preset program. The preset program is divided into 10 sections. Each exercise time=the setting time/10. When the system enters into the next section, it will make 3 sounds "Bi—Bi—Bi", then the speed and the incline will change according to the setting speed and incline of the program, during this period, you can press "SPEED+", "SPEED-" to change the SPEED as you need. But when the program enters into the next section, the system will make 3 sounds "Bi—Bi—Bi", the speed will turn to be the speed of the preset program automatically. After the program is completed, the system will make 3 sounds "Bi—Bi—Bi", and the treadmill will decrease the speed slowly to END. After 5 seconds, the treadmill will enter into standby state.

Program exercise chart:

Each program is divided into 10 section for the exercise time and each time section has it's speed and incline accordingly.

MODE	TIME	Form 1: TIME INTERVAL (kilometer)									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	2	4	3	4	3	5	4	2	5	3
P2	SPEED	2	5	4	6	4	6	4	2	4	2
P3	SPEED	2	5	4	5	4	5	4	2	3	2
P4	SPEED	3	6	7	5	8	5	9	6	4	3
P5	SPEED	3	6	7	5	8	6	7	6	4	3
P6	SPEED	2	8	6	4	5	9	7	5	4	3

User's program

U1, U2, U3: Besides the 6 preset programs, you can also set up another 3 user's programs for user's programs as you need: U1, U2, U3.

1. User's programs setting: Under standby state, press the button "PROGRAM" until it shows the user's program（U1-U3）, then press the "MODE" to enter into the setting. For the first time section, press "SPEED+"、 "SPEED -" to set the speed. Press "MODE" to complete the setting of the first time section and go on to the setting of the next section until all the 10 sections are completed. The set data will be saved until next time you reset it. It won't be lost due to the power off

2. Start-up of the user's program: A. Under the standby state, press "PROGRAM" until it shows the user's program（U1-U3）, set the running time that you need and press the "START" button to start the treadmill.

   B. After the user's programs and running time is set, pressing the START button can start the treadmill immediately.

3. Explanation of User's program setting

   Each user's program divides running time to be ten same sections, and the treadmill can only be started after the setting of speed, incline and the running time is finished.

HRC program (option)

AGE	BPM			AGE	BPM			AGE	BPM		
	H	Default	L		H	Default	L		H	Default	L
15	195	123	123	37	174	110	110	59	153	97	97
16	194	122	122	38	173	109	109	60	152	96	96
17	193	122	122	39	172	109	109	61	151	95	95
18	192	121	121	40	171	108	108	62	150	95	95
19	191	121	121	41	170	107	107	63	149	94	94
20	190	120	120	42	169	107	107	64	148	94	94
21	189	119	119	43	168	106	106	65	147	93	93
22	188	119	119	44	167	106	106	66	146	92	92
23	187	118	118	45	166	105	105	67	145	92	92
24	186	118	118	46	165	104	104	68	144	91	91
25	185	117	117	47	164	103	103	69	143	91	91
26	184	116	116	48	163	103	103	70	143	90	90
27	183	116	116	49	162	103	103	71	142	90	89
28	182	115	115	50	162	102	102	72	141	90	89
29	181	115	115	51	161	101	101	73	140	90	88
30	181	114	114	52	160	101	101	74	139	90	88
31	180	113	113	53	159	100	100	75	138	90	87
32	179	113	113	54	158	100	100	76	137	90	86
33	178	112	112	55	157	99	99	77	136	90	86
34	177	112	112	56	156	98	98	78	135	90	85
35	176	111	111	57	155	98	98	79	134	90	85
36	175	110	110	58	154	97	97	80	133	90	84

L-H: The adjustable pulse range (from low to high)

1. When the treadmill is on, press "PROGRAM" button till the speed window display "HRC". The highest speed is 10.0km/h or 6mph (NOTE: Press "START" button when window shows HRC, the program will automatically provide the parameter: age 30, pulse: 114)

2. With pressing "MODE" button to set the age, TIME window will show the default age 30. Uses can choose the suitable age range; the adjustable range is 15-80 (HRC Chart will give the detail for reference)

3. Press ENTER button again to save the age, the computer will offer a suitable pulse on the window for reference. Users can choose the pulse through the "SPEED+"、 "SPEED −" button as well; the adjustable range is 84-195 (HRC Chart will give the detail for reference)

4. After choosing the age and pulse, press the MODE button again to enter the time setting system. The default time is 10:00. Users can press "SPEED+"、 "SPEED −" button to change the time; the adjustable range is 10:00-99:00

5. Press "MODE" button to enter the start system or press "START" button directly to start it.

6. Under the HRC program, users can press "SPEED+"、 "SPEED −" button to change the speed and incline level, but it will automatically change the speed and incline level to your goal.

7. The first 1 minute before exercise is the warm-up phase. The system won't change the speed and incline level, so change it yourself. 1 minute later, system will increase the speed range automatically 0.5km or 0.5mile every time according your pulse. If when it comes to 10km/h or 6mph, it still cannot reach your goal, the system will increase the incline level (one level each time) for the goal. When it comes to the users' goal, the speed and incline level won't change.

Attention: The HRC program must use chest belt to test your heart rate. Make sure that the chest belt must be attached closely to the chest and the skin.
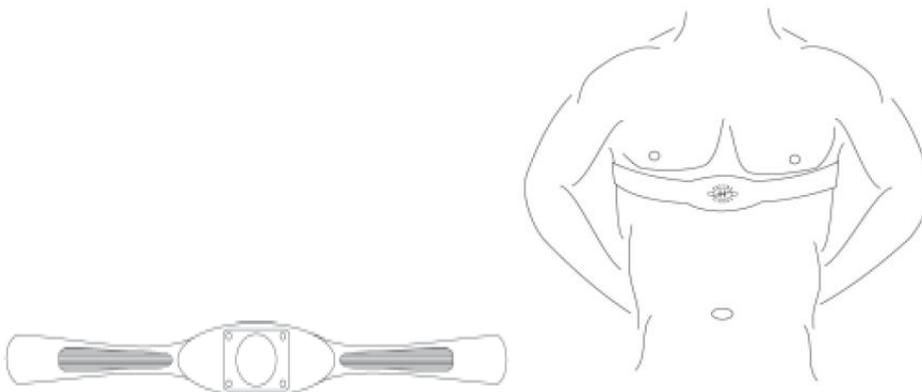
Range of program:

	PROGRAM	BEGIN	SET UP RANGE	DISPLAY RANGE
TIME (MIN:SECOND)	0:00	15:00	5:00-99:00	0:00 − 99:59
SPEED (K/h)	1.0	1.0	1.0-12.0	1.0-12.0
DISTANCE (K)	0	1.0	0.5-99.9	0.00 − 99.9
PULSE (hypo/min)	P	N/A	N/A	50-200
CALORIE (THERM)	0	50	10-999	0 − 999

Body tester

At the beginning state, press " PROGRAM" continually to enter into the body FAT tester, press "MODE" enter F-1, F-2, F-3, F-4, F-5 (F-1 SEX, F-2 AGE, F-3 HEIGHT, F-4 WEIGHT, F-5 FAT TESTER), Press "SPEED+", "SPEED -" to set F-1 ---- F-4 (refer to the following chart), after that, press " MODE" to set F-5, then grasp the hand pulse, the window will display your body quality index after 3 seconds. The body quality index is to test the relation between height and weight, not referring

to the body proportion. The body FAT suits for any male and female, offering reference information of adjusting people's weight. The ideal FAT should be 20-25, if under 19, it means too thin. If between 25 and 29, it means overweight, if over 30, it means obesity. (The data is just for reference, can not be used as medicinal data).

F-1	Sex	01 male	02 female
F-2	Age	10------99	
F-3	Height	100----200	
F-4	Weight	20-----150	
F-5	FAT	≤19	Underweight
	FAT	=(20---25)	Normal weight
	FAT	=(25---29)	Overweight
	FAT	≥30	Obesity

Safety-lock function

Pull out the safety pulling rope, then the treadmill will stop immediately. All the windows display"———", the buzzer will make 3 sound "Bi-Bi-Bi", and the treadmill become stopped. Attach the magnet end of the safety lock to the console, the treadmill will be at the beginning of running.

Save on power function

The system is with SAVE-ON power function. Under the standby state, without operating the treadmill for 10 minutes, the SAVE-ON power function will be available, and the display will be closed up. You can press any button to re-wake up the display.

MP3 (Option)

When Mp3 is connected, the console is able to play music. The volume is controlled on the Mp3. Please pay attention to adjust the volume properly for having better timbre and protecting the inner voice-frequency circuit.

Turn off

Turn off the power: You can turn off the power to stop the treadmill, which won't damage the treadmill at any time.

Caution

- We recommend that you maintain a slow speed in the beginning of exercise and hold on the handrails until you become comfortable and familiar with the treadmill.

- Attach the magnet end of the safety lock to the console and also attach the clip of the safety pulling rope to your clothing.

- To end your workout safely, press the STOP button or pull out the safety pulling rope, then thetreadmill will stop immediately.

EXERCISE INSTRUCTIONS

1. **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.**

2. **The Exercise Phase**

   This is the stage where you put the effort in. After regular use, the muscles in your legs will become Stronger. It is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.
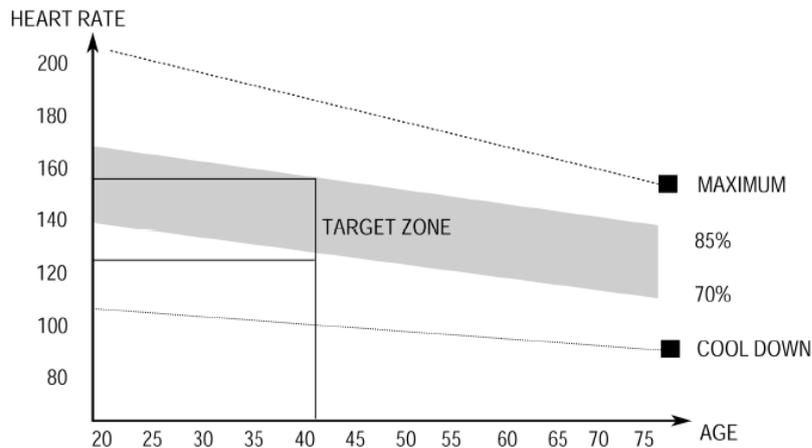
   This stage should last for a minimum of 12 minutes.

3. **The Cool Down Phase**

   This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch. As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week. To tone muscle while on your Treadmill you will need to have the resistance set quite high. This will put more strain on our leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should
   increase resistance, making your legs work harden than normal. You may have to reduce your speed to keep your heart rate in the target zone. The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

MAINTENANCE INSTRUCTIONS

Walking belt centering and tension adjustment

DO NOT OVERTIGHTEN the walking belt. This may cause reduced motor performance and excessive roller wear.

TO CENTER WALKING BELT:

- Place treadmill on a level surface

- Run treadmill at approximately 3.5 mph

- If the belt has drifted to the right, turn the right adjusting bolt 1/2 turn clockwise and the left adjusting bolt 1/2 turn counterclockwise

- If the belt has drifted to the left, turn the left adjusting bolt 1/2 turn clockwise and the right adjusting bolt 1/2 turn counterclockwise
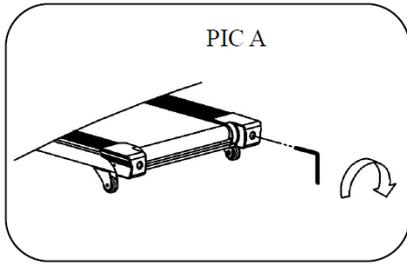
Picture A: If the belt has drifted to the RIGHT
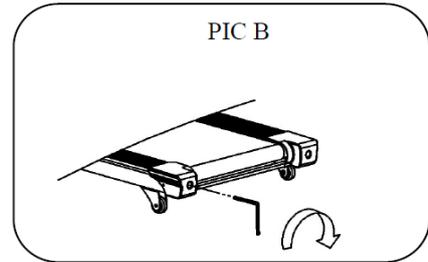
Picture B: If the belt has drifted to the LEFT

WARNING: ALWAYS UNPLUG THE TREADMILL FROM THE ELECTRICAL OUTLET BEFORE CLEANING OR SERVICING THE UNIT.

Cleaning

General cleaning or the unit will greatly prolong the treadmill. Keep treadmill clean by dusting regularly. Be sure to clean the exposed part of the deck on either side of the walking belt and also the side rails. This reduces the build up of foreign material underneath the walking belt. The top of the belt may be cleaned with a wet, soapy cloth. Be careful to keep liquid away from inside the motorized treadmill frame or from underneath the belt.

Warning: Always unplug the treadmill from the electrical outlet before removing the motor cover. At least once a year remove the motor cover and vacuum under the motor cover.

Walking belt and deck lubrication

This treadmill is equipped with a pre-lubricated, low maintenance deck system. The belt/ deck friction may play a major role in the function and life of your treadmill, thus requiring periodic lubrication. We recommend a periodic inspection of the deck.

We recommend lubrication of the deck according to the following timetable:

- Light user (less than 3 hours/ week)   annually
- Medium user (3-5 hours/ week)   every six months
- Heavy user (more than 5 hours/ week)   every three months
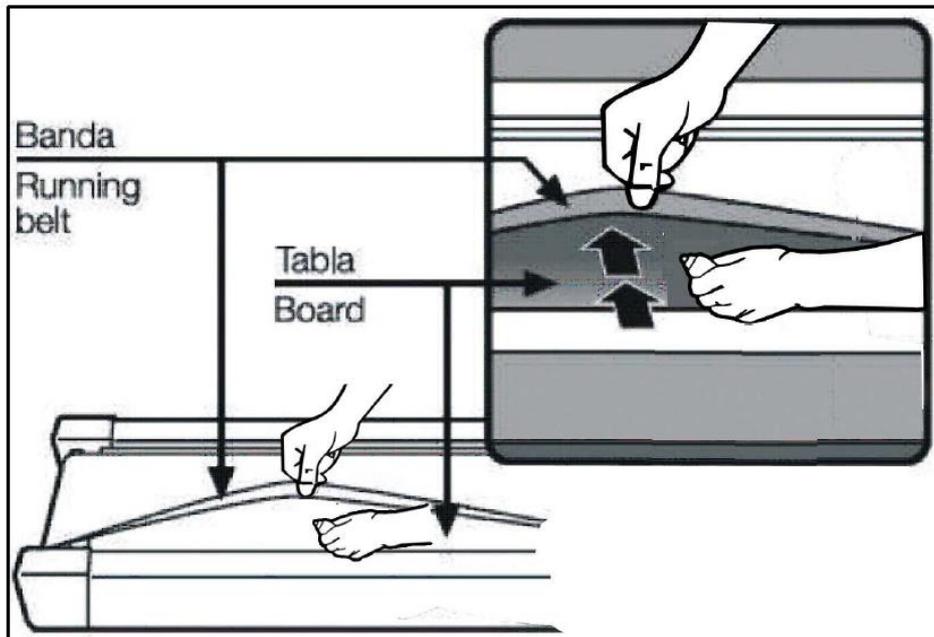
EXPLODED DRAWING
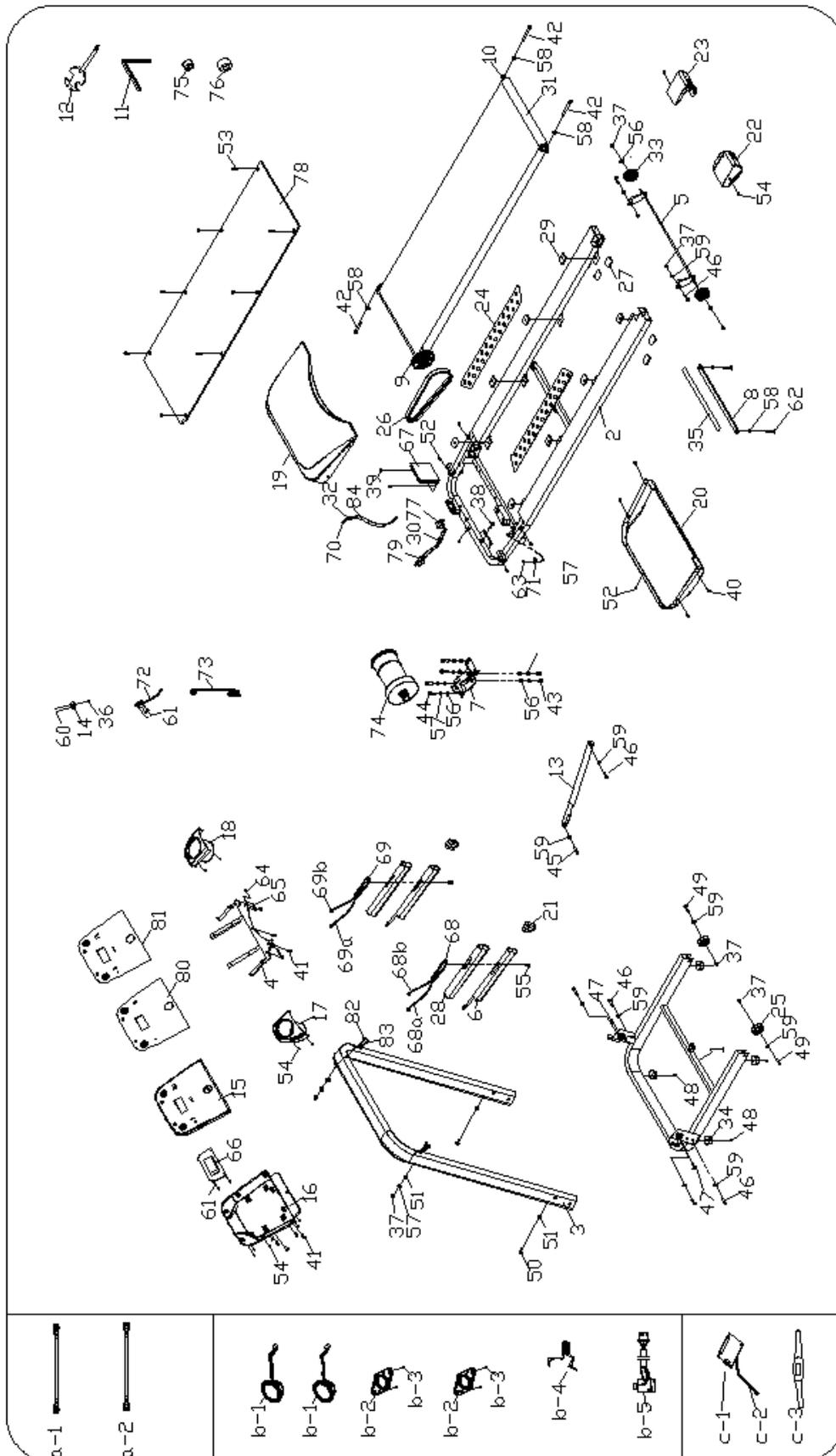
PARTS LIST

| NO	DESC.	SPEC.	Q´TY	NO	DESC.	SPEC.	Q´TY
1	Base Main Frame		1	51	ARC Washer	8	4
2	Main Frame		1	52	Bolt	M4*8	6
3	Upright Frame		1	53	Bolt	M6*22	8
4	Computer Frame		1	54	Screw	ST4.0*15	16
5	Wheel Base Frame		1	55	Screw	ST4.2*45	2
6	Handle Bar Tube Frame		2	56	Flat Washer	8	8
7	Motor Base		1	57	Spring Washer	8	8
8	Enhance Tube		1	58	Lock Washer	6	5
9	Front Roller		1	59	Lock Washer	8	8
10	Rear Roller		6	60	Screw	ST2.9*8	2
11	5# Wrench	5 mm	1	61	Screw	S2.9*6.5	8
12	Allen Wrench With Screw Driwer	S=13, 14, 15	1	62	Bolt	M6*16	2
13	Cylinder		1	63	Screw	ST4.2*9.5	1
14	Safety Key Steel Board		1	64	Bolt	M5*14	2
15	Computer Top Cover		1	65	Nut	M5	2
16	Computer Bottom Cover		1	66	Computer		1
17	Left Water Bottle Rack		1	67	Control Board		1
18	Right Water Bottle Rack		1	68	Pulse With Start Button		1
19	Motor Top Cover		1	69	Pulse With Speed Button		1
20	Motor Bottom Cover		1	70	Computer Bottom Wire		1
21	Handle Bar End Cap		2	71	Magnetic Sensor		1
22	Left End Cap		1	72	Safety Switch		1
23	Right End Cap		1	73	Safety Key		1
24	Anti-Slip Pad		2	74	DC Motor		1
25	Transportation Wheel		2	75	Magnetic Core		1
26	Driving Belt		1	76	Magnetic Ring		1
27	Rubber Pad		4	77	Square Switch		1
28	Foam Grip		2	78	Running Board		1
29	Running Deck Cushion Pad		8	79	Power Wire		1
30	Power Wire Clip		1	80	Film Sticker		1
31	Running Belt		1	81	Computer Sticker		1
32	Ring Wire Protector		2	82	Key-Press Up Wire		2

No.	Name	Spec	Qty	No.	Name	Option	Qty
33	Moving Wheel		2	83	Pulse Key-Press Up Wire		2
34	Flat Foot Pad		4	84	Bellows		1
35	EVA Pad		1	a-1	AC Single Wire		1
36	Safety Key Spring Ball		1	a-2	AC Single Wire		1
37	Nut	M8	8	b-1	Loudspeaker (100)		2
38	Bolt	M8*25	1	b-2	Loudspeaker Press Board		2
39	Bolt	M4*16	3	b-3	Screw		4
40	Bolt	M5*8	5	b-4	MP3 Connection Wire		1
41	Bolt	M6*12	9	b-5	Audio Plug Connection Wire		1
42	Bolt	M6*55	3	c-1	HRC Receiver	Chest Belt Option	1
43	Bolt	M8*12	2	c-2	HRC Connection Wire	Chest Belt Option	1
44	Bolt	M8*16	4	c-3	Chest Belt		1
45	Bolt	M8*25	1				
46	Bolt	M8*40	7				
47	Bolt	M10*30	2				
48	Bolt	M6*16	4				
49	Bolt	M8*35	2				
50	Bolt	M8*20	2				

TROUBLE SHOOTING GUIDE

1. **No display on the console after the power is started:**
The probable reason is that the wire from the console to the bottom control board is not connected well or the transformer is burnt out. Take off the upright frame tubes and check every single connection part of the wires from the console to the bottom control board and make sure that all the wires are connected well. If the problem is caused by the defective wires or the defective transformer, please do the replacement by the new wires or transformer.

2. **E01 — Communication failure:**
The probable reason is that the communication from the console to the bottom control board is stuck. Check every single connection part of the wires from the console to the bottom control board and make sure that all the wires are connected well. If the problem is caused by the defective wires, do the replacement by the new wires.

3. **E02 — Burst clash protection:**
Check if the voltage is lower than 50% of the normal voltage and do the testing again by the correct voltage. Check if the control board has strange smell, if it is, please use a new control board to do the replacement. Check if the motor wires are connected well, and re-connect the motor wires well.

4. **E03 — No sensor signal:**

The probable reason is that the speed sensor signal has not been received during 10 seconds, check if the sensor signal light of the bottom control board is flashing, if not, please use the new part to do the replacement. Check if the sensor plug is connected well or if the magnetic sensor is broken, re-connect the sensor plug or change the magnetic sensor with the new one. Check if it DC motor is work well or the motor wire is connected well. If not, connect it well or change a new motor.

5. **E05 — Current overload protection:**
The probable reason is that the user's weight is over limit loading and causes too much current, so the unit starts self-protection system. If a certain part of the treadmill is stuck, it may also cause the problems that the motor can not rotate, the loading is over the limit and the current is too much. Adjust the treadmill well and restart the unit power. In addition, check if the motor has the overloading current sound or the burning smell, if yes, change the motor by the new one. Check if the control board has the burning smell, if yes, change the control board by the new one. Check if the voltage is normal or too low, do re-testing by the correct voltage.

6. **E06 — Motor Wire and Control Board wire connection failure:**
The probable reason is that the Motor Wire and Control Board wire is not connected well or the DC motor is open circuit.

7. If the motor doesn't rotate after pressing the START button, check if the motor wires are broken, the fuses of the bottom control board are damaged or come off, the motor wires are connected well, and the IGBT of the bottom control board is burnt. Check if all the motor wires are connected well, the fuses of the control board are okay, if not, re-assemble it or change the part with the new one. Check if the motor is getting loose, and connect the motor wires well. Use the Multi-meter to test if the IGBT of the bottom control board is burnt out, change either the IGBT or the whole bottom control board.

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. 40/1964 Coll. Civil Code, Act No. 513/1991 Coll., Commercial Code, and Act No. 634/1992 Coll., Consumer Protection Act, 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 to the extent specified in the Commercial Code.

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, joints etc.)

- Unavoidable event, natural disaster

- Adjustments made by unqualified person

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

Warranty Claim Procedure

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

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

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

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

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

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

insportline

SEVEN SPORT s.r.o.

Registered Office:	Borivojova 35/878, 130 00 Praha 3, Czech Republic
Headquarters:	Delnicka 957, 749 01 Vitkov, Czech Republic
Warranty & Service Centre:	Cermenska 486, 749 01 Vitkov, Czech Republic
CRN:	26847264
VAT ID:	CZ26847264
Phone:	+420 556 300 970

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

SK

INSPORTLINE s.r.o.

Headquarters, Warranty & Service centre: Elektricna 6471, 911 01 Trencin, Slovakia

CRN: 36311723
VAT ID: SK2020177082

Phone:	+421(0)326 526 701
E-mail:	objednavky@insportline.sk
	reklamacie@insportline.sk
	servis@insportline.sk
Web:	www.insportline.sk

Date of Sale: Stamp and Signature of Seller: