



USER MANUAL – EN
IN 22977 Treadmill inSPORTline Tyrion



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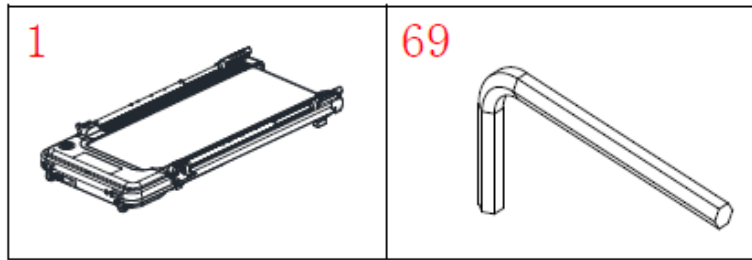
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SAFETY INSTRUCTIONS

- Read the manual before assembly and first use and keep it for future reference.
- Never insert any foreign objects into the openings.
- Place the treadmill on a flat and clean surface. Do not place the treadmill on carpets or surfaces that could affect ventilation. Do not place the treadmill near water or outdoors.
- Never stand on the treadmill during start-up, always stand on the sides. After turning on the treadmill and setting the speed, there may be a small delay before the treadmill is set in motion.
- Always wear appropriate sports clothing and footwear. Do not wear loose clothing that could get caught in the treadmill.
- Keep out of reach of children and pets.
- There must be at least 0.6 m of free space around the treadmill.
- Do not exercise 40 minutes after a meal.
- For adults only, teenagers may only use the treadmill under the supervision of an adult.
- When starting 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.
- Do not use extension cords, do not place heavy objects on the power cord, do not place near a heat source, etc.
- Unplug the treadmill 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) for home use.
- **Weight limit:** 100 kg

ASSEMBLY

Remove all parts from the box.

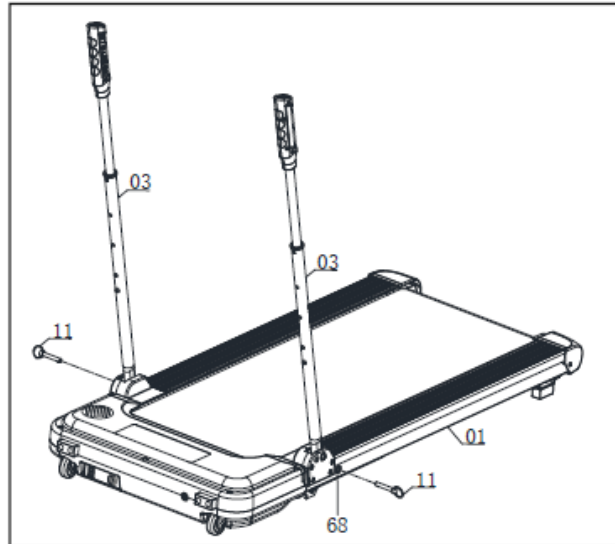
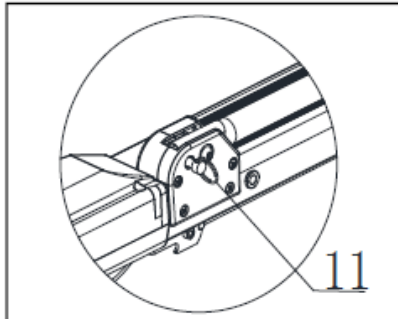


WARNING: Do not plug in the treadmill until it is assembled.

STEP 1

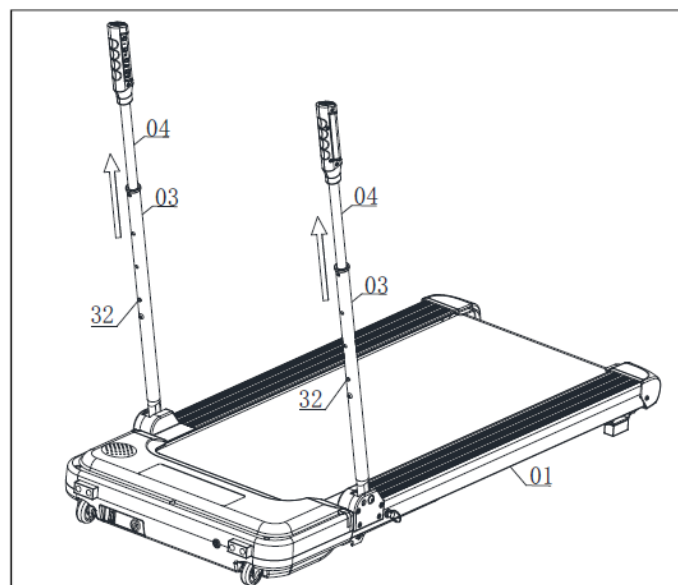
Pull the pins (11) out of the main frame (1). Then place the pins (11) in the plastic frame (68).

Lift the handles (3).



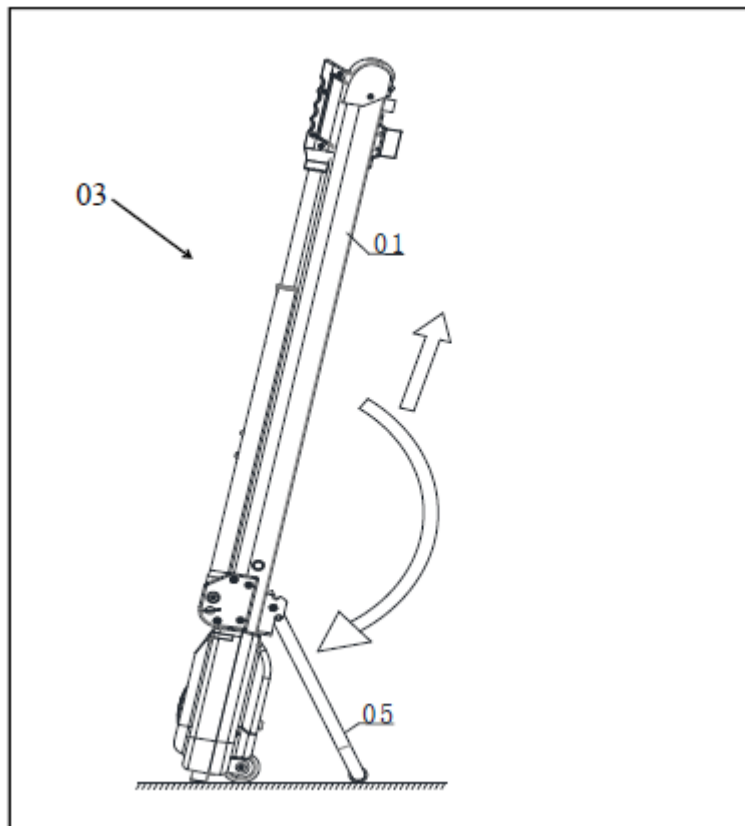
STEP 2

Press the pins (32) on the bars (3) and pull the handles (4) to the required height.



STORAGE

Fold the handles (3) to the main frame (1). Lift the running board and secure with the rear stabilizer (5).



CONSOLE

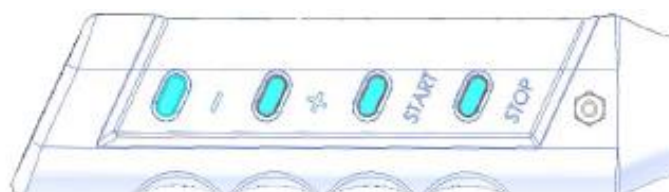


PARAMETERS AND DISPLAYS

The console displays SPEED from 1 km/h to 8 km/h, **DISTANCE** (DIS), TIME and **CALORIES** (CAL).

BUTTONS

Right handle contain buttons: START, STOP, + and –

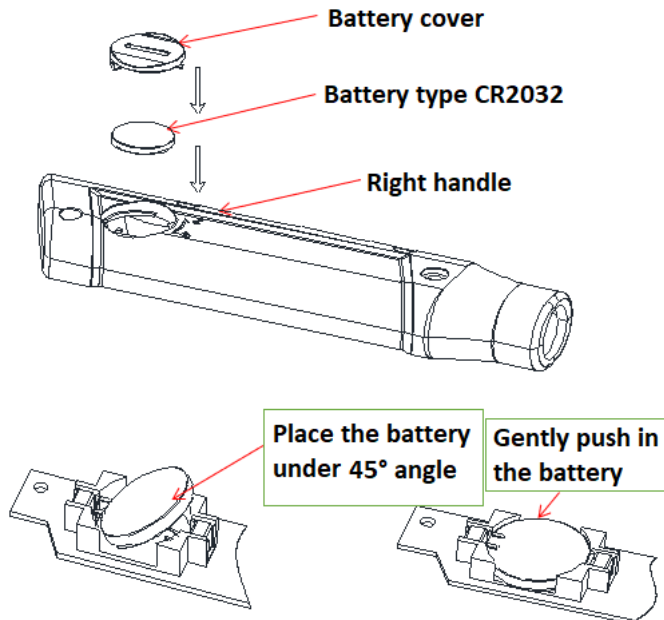


START: starts the treadmill, if the console is in standby mode, it starts the treadmill

STOP: stops the treadmill, press the button at any time to stop the treadmill

+ and - buttons: Press to increase or decrease speed, press to increase speed by 0.1 km/h.

The handle is powered by a CR2032 battery. To replace the battery, the round battery compartment cover must be removed.



MANUAL PROGRAM

After connecting and starting the treadmill, the treadmill will enter the standby mode, press the START button to start the manual mode.

The initial speed is 1 km/h, other data are calculated from 0. You can change the speed using the + and - buttons.

When the time exceeds 100 minutes, the system automatically shuts down.

POWER SAVING MODE

If the treadmill is not in operation for more than 10 minutes, it switches to power save mode. The LED display turns off, pressing the power button restarts the display and switches to standby mode.

BLUETOOTH

Pair your smart device with treadmill Bluetooth.

Find "SMYK" device and pair with smart device.

Play music on the treadmill using your smart device.

GETTING START

PREPARATION

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

Before you use the motorized treadmill, please stand aside and learn how to use it, e.g. how to start, stop and adjust the speed. You can use it after you familiarize yourself with its functions. Then stand on the plastic non-slip side rails and grip the handrail with both hands. Turn the treadmill on and set a

low speed (1.6 – 3.2 km/h), stand straight, look forward and try to step onto the running belt a few times with one foot. Then step onto the running belt and start exercising. After you are adapted, you can slowly increase the speed to 3 – 5 km/h and maintain this speed for about 10 minutes. After that, stop the treadmill slowly.

EXERCISE

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

FREQUENCY

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

HOW TO EXERCISE

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

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

CLOTHING

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

WARM – UP EXERCISE

It is better to do some warm-up exercises before running. Warmed muscles are easy to stretch, so take the time to do 5 – 10-minute warm-up. Repeat each exercise shown in the pictures below.



Touch toes

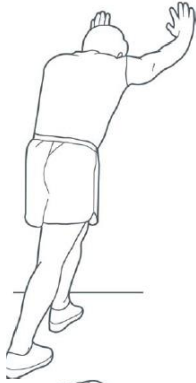
Bend your knees slightly and slowly stretch your body downwards.

Relax your back and shoulders. Try to touch the toes. Keep the position for 10 - 15 seconds. Repeat approx. 3 times.



Hamstring stretches

Sitting on a cushion, stretch one leg straight and fold the other inward. Pull it as close to your body as you can. Try your best to touch the toes and keep the stretch for 10 – 15 seconds. Repeat 3 times for each leg.



Calves and Achilles tendon stretches

Support yourself with two hands on a wall or a tree with one leg stretched behind you. Keep the leg straight and the heel on the ground. Keep the position for 10 - 15 seconds. Repeat 3 times for each leg.



Quadriceps stretches

Support yourself with your right hand on the wall or a table and stretch your left hand backwards to hold your ankle. Pull it towards your buttocks until you feel tension in your thigh. Keep the position for 10 - 15 seconds. Repeat 3 times for each leg.



Inner thigh stretches

Sit down with your soles touching and knees outward. Pull your feet towards your groin. Keep the position for 10 - 15 seconds. Repeat 3 times.

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.

MAINTENANCE

CLEANING

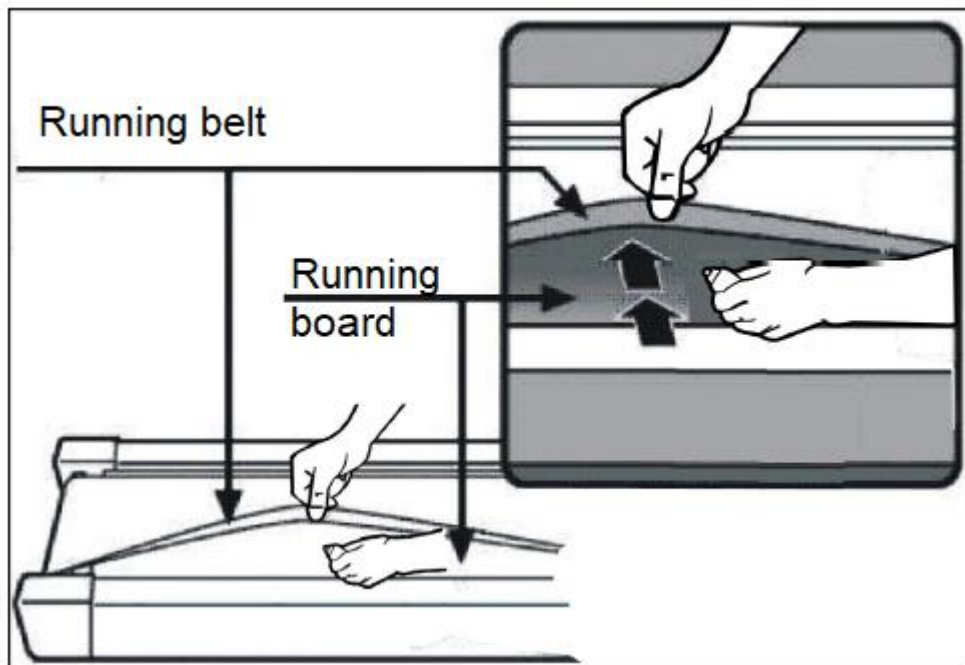
Regularly clean the belt and treadmill from dust and dirt with a damp cloth and a small amount of non-aggressive detergent.

Always clean the machine from sweat after use.

LUBRICATION

Check the belt regularly for lubrication. If necessary, lubricate the belt. It is recommended to monitor the lubricant level every month.

Lift the belt on one side and apply the lubricant evenly and as close to the center as possible. Repeat on the other side. Then walk on the belt for 5 min. Use only a silicone lubricant from your supplier.



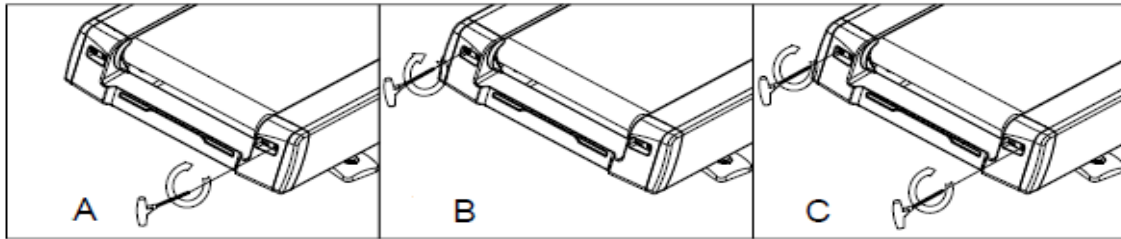
Less than 3 hours a week	Once a year
3 - 5 hours per week	Every 6 months
More than 5 hours a week	Every 3 months

BELT MIDDLE PLACEMENT AND TIGHTNESS ADJUSTMENT

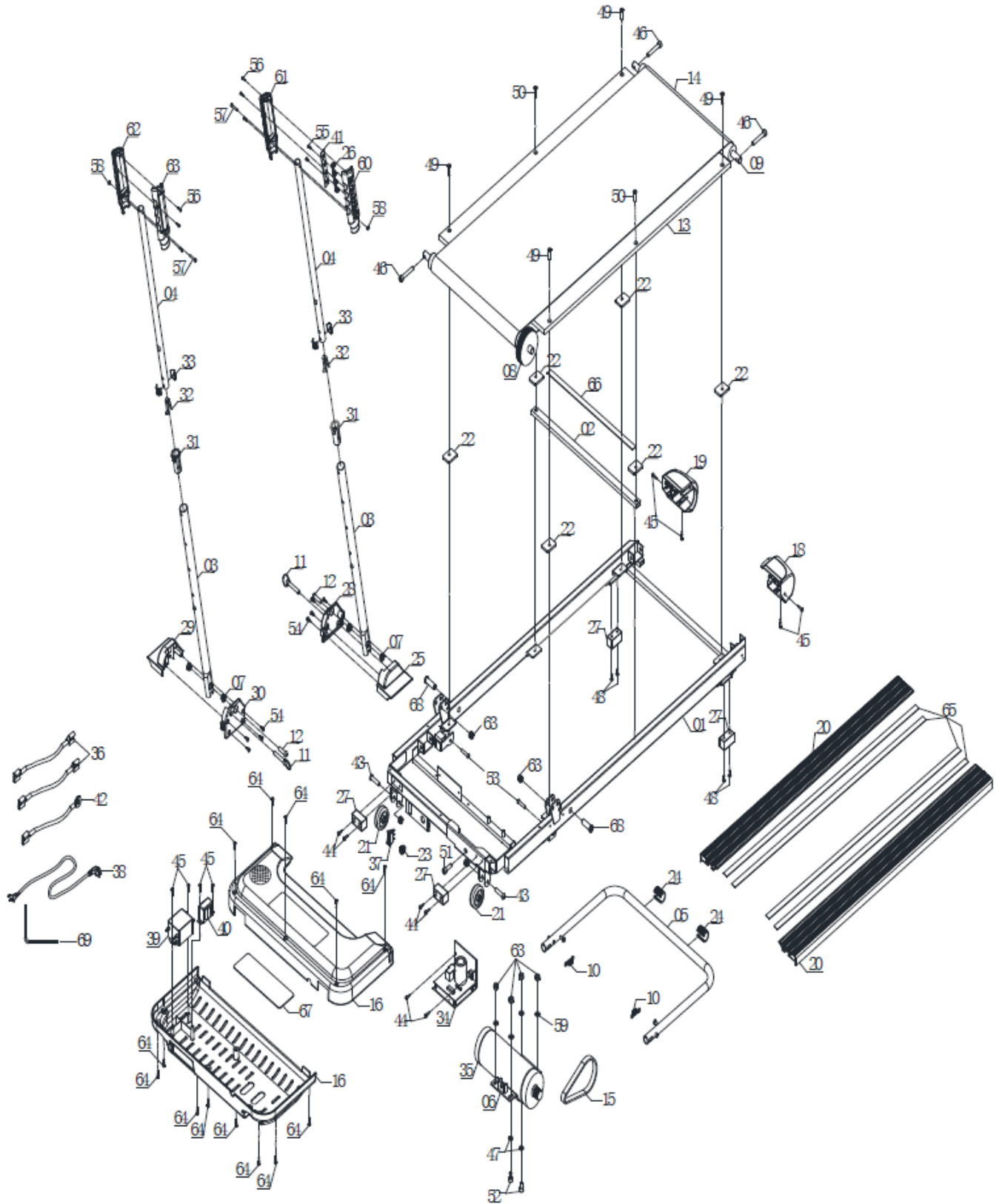
It is necessary to adjust the belt to the best condition for the better use of the treadmill. Put the treadmill running belt at the centre. Put the motorized treadmill on the level ground. Observe the deviation of the running belt. If the running belt deviates to the right, unplug the power. Turn the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

- **Picture A** If the running belt drifts to the left, unplug the treadmill from power. Turn the left adjusting bolt clockwise by 1/4 turn, then plug in the power cord. The belt starts running. Watch if the belt still drifts to the side. Repeat the above steps until the running belt is centred.

- **Picture B.** After the above adjustment or long time use, the running belt could become loose and you will need to adjust it. Pull off the power cord and turn the left and right adjusting bolts clockwise by 1/4 turn. Plug the treadmill back into power– the belt starts running. Then stand on the treadmill to confirm its tightness. Repeat the above steps, until the running belt is tightened correctly (**picture C**).



DIAGRAM



PARTS LIST

No.	Name	Specifications	Qty.
1	Main frame		1
2	Reinforcing frame		1
3	Bottom post		1
4	Top post		1
5	Rear stabilizer		1
6	Motor bracket		1
7	Fasteners		4
8	Front roller	φ38*430*φ80*φ15*500	1
9	Rear roller	φ38*420*φ15*493	1
10	Spring	D2 Φ10/DΦ8/d Φ1.2/42 mm	2
11	Bolt	φ8* 40 mm	2
12	Inner hexagon bolt	M8*40	2
13	Running board	t12*488*860	1
14	Running belt	t1.4*390*2060	1
15	Belt		1
16	Top motor cover	846.308×556.21×67.618 450 g	1
17	Bottom motor cover	550.003×245.005×64.346	1
18	Rear left cover	131.645×80.286×70.506 70 g	1
19	Rear right cover	131.645×80.286×70.506 70 g	1
20	End cap	25*79*910 1070 g	2
21	Castors	φ54*φ8.5*22	2
22	Washer	30*40*5	6
23	Clip		1
24	Sleeves		2
25	Post base		2
26	Control buttons		1
27	Front sleeves	46*22*22	4
28	Outer right post cover		1
29	Inner left post cover		1
30	Outer left post cover		1
31	Reduction		2
32	Bolt	φ6	2
33	Sleeve		4
34	Motherboard	220 V	1
35	Motor	0.8hp,3800 r, φ22, φ83	1

36	Power cable		2
37	Switch	250 V/15 A	1
38	Power cable	3*0.75mm ² 10/15 A 250 V	1
39	Filter	5 A	1
40	Sensor	4 A	1
41	Printed circuit board		1
42	Grounding cable		1
43	Bolt	M8*40	2
44	Bolt with washer	ST4.2*16	6
45	Bolt with washer	ST4.2*12	8
46	Bolt	M8*50	3
47	Spring washer		4
48	Bolt	M5*12	4
49	Bolt	M6*25	4
50	Bolt	M6*35	2
51	Bolt	M8*25	1
52	Bolt	M8*12	2
53	Bolt	M6*35	2
54	Bolt	ST4.2*12	8
55	Bolt	ST3.0*8	2
56	Bolt	ST3.0*12	6
57	Bolt	M4*25	2
58	Nut	M4 S7	2
59	Washer	φ9*φ16*t1.5	8
60	Right inner handle cover		1
61	Right outer handle cover		1
62	Left inner handle cover		1
63	Left outer handle cover		1
64	Bolt	ST4.2*16 φ9	13
65	Adhesive straps 1	20*2*910	4
66	Adhesive straps 2	20*2*460	2
67	Sticker	300*70	1
68	Plastic sleeve	∅16*40	1

ERRORS

Fault		Cause	Solution
E1	Communication error	The console is not connected properly	Check the connection
		The console connection is damaged	Replace the cables
		The console is damaged	Replace the console
		The driver is damaged	Replace the driver
E2	The sensor does not detect motor voltage	Damage to communication cables	Check the condition and connection of the cables
E3	The speed sensor does not detect speed.	The speed sensor is incorrectly connected	Check the connection
		The speed sensor is damaged	Replace
		Damage to the driver	Replace
E4	Overload	Engine damage	Replace
		The voltage is too low	Replace the driver
		High current	Overload
E5	Current fluctuations	The voltage is low	Check the connection
		Damaged driver	Replace
E6	Treadmill doesn't work.	No current	Plug in
		Short circuit	Check sensors and cables
		The switch is in the wrong position	Turn on
	Operation is not smooth.	The belt is not properly lubricated	Lubricate
		The belt is not tightened correctly	Tighten
	The belt slips	The belt is too loose	Tighten
		The engine belt is loose	Replace

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
Headquarters: Dělnická 957, Vítkov, 749 01
Warranty & Service: Čermenská 486, Vítkov 749 01

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 center: Električná 6471, Trenčín 911 01, SK

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