

# USER MANUAL – EN IN 21319 Treadmill inSPORTline inCondiT35i



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### SAFETY INSTRUCTIONS

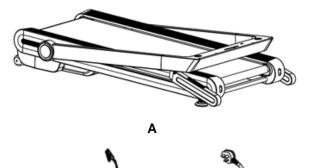
- Read the manual carefully and keep it for future reference.
- Always clip the safety key to your clothes or belt before starting exercising.
- Move naturally, forward. Do not look on your feet. Only for one person can use the product on the same time.
- Speed increase gradually, not instantly.
- In case of danger, press the stop button or pull out the safety key.
- · Leave the device after it stopes moving.
- Follow the assembly instructions. Assembly can be done by adult person.
- Keep away from kids and pets. Do not leave kids and pets unattended near the treadmill. Treadmill is for adults only.
- Before starting any exercise, program ask your physician. It is important if you have heath issues or ongoing treatment or have high blood pressure.
- Regularly check all bolts and nuts. They must be tightened properly. Regularly check the treadmill for damage or signs of wear. Do not use damaged or wear treadmill.
- Regularly check the treadmill for signs of wear or damage. If any sharp edge appears stop using the treadmill.
- Please the treadmill on flat, dry and cleat surface. Keep safety distance of at least 0.6 m around the treadmill. Do not use in humid areas. Do not place the treadmill on thick carpet.
- If the power cable is damaged do not use the device. Buy new one in authorized shop.
- Protect the treadmill from humidity and water.
- Place the treadmill not to cover socket.
- Do not use aerosol sprays in the area around treadmill.
- If the treadmill is running, do not remove the protective cover. If you need to remove the protective cover during maintenance, unplug the treadmill from socket.
- Always wear sport clothes. Do not wear loose clothes that can get stuck. Always wear sport boots.
- Do not turn on the treadmill if you are standing on it. There is a delay when you turn on the treadmill. Before starting the treadmill stand on the side.
- Do not exercise 40 min after eating food.
- Always do warm ups before exercise.
- Do not place foreign object to ventilation or sockets.
- Maintenance should be done only according to the manual, to prolong the lifespan.
- Do not modify the product.
- Exercise reasonably and do not overextend. If you exercise for the first time, hold your handles firmly until you get used to the device.
- In case of error or damage stop the exercising immediately. If the treadmill suddenly increases its speed, remove the safety key.
- Connect the treadmill to socket after the treadmill is assembled. Use only grounded socket.
- If you are not using the device unplug it from socket and safety key removed.
- Any part of the treadmill cannot prohibit the movement of the user.
- Do not use outdoors.

- Do not expose to direct sunlight.
- Do not place in areas with high humidity (pools, sauna etc.)
- Continuous use cannot be longer than 2 hours.
- If the treadmill is not in use, remove the safety key.
- Operation temperature: 5 40 °C
- Max. user weight: 120 kg
- Category: HC (according to EN 957) suitable for home use.

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

WARNING! The heart rate monitoring system may not be accurate. Overextending during training can cause serious injury or death. If you feel nauseous, stop the exercise immediately!

### PACKAGE







В



B11 C41 D09

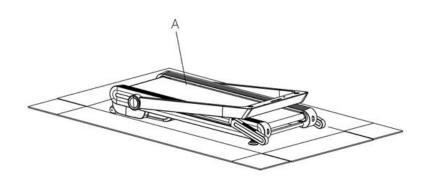
F09

No.	Name	Spec.	Qty	No.	Name	Spec.	Qty
Α	Treadmill		1	C41	Safety key		1
В	Holder		1	D09	Power wire		1
B11	Allen key	6 mm	1	F09	Lubrication oil		1

## ASSEMBLY

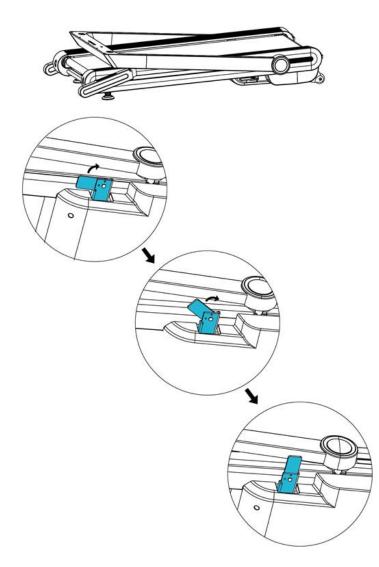
### Step 1

Pull the treadmill out of the box, ask another person for help.



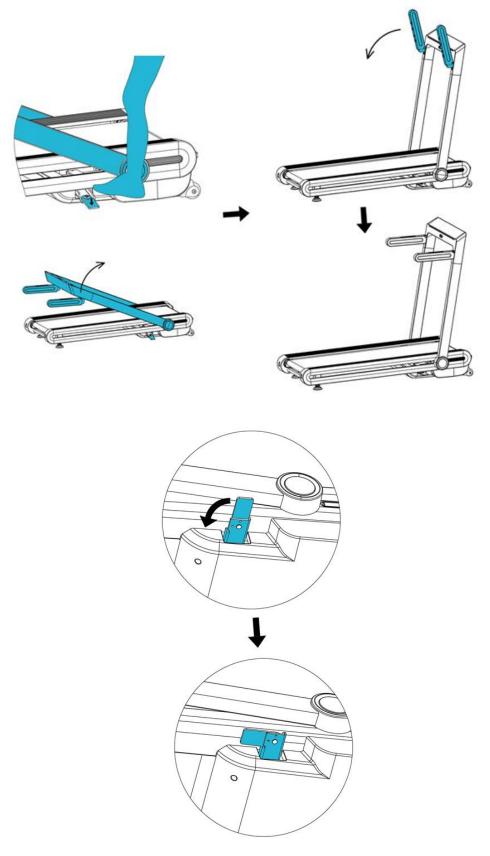
### Step 2

On the front of the treadmill, next to the handle holder, there is a safety lock for releasing the handles. Pull out the safety lock and press it. Once you press the lock, you can lift the handle holder to the vertical position.



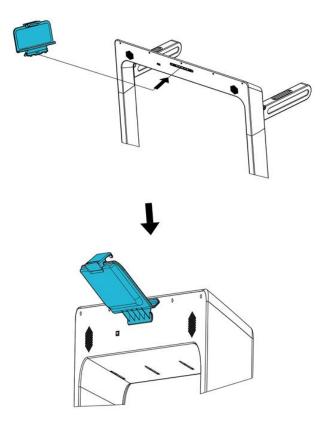
### Step 3

Grasp the handles and position them so that they are perpendicular to the handle holder. Then fold in and secure the safety lock.



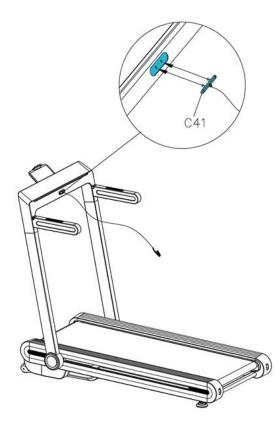
### Step 4

Attach the mobile holder to the handle holder.



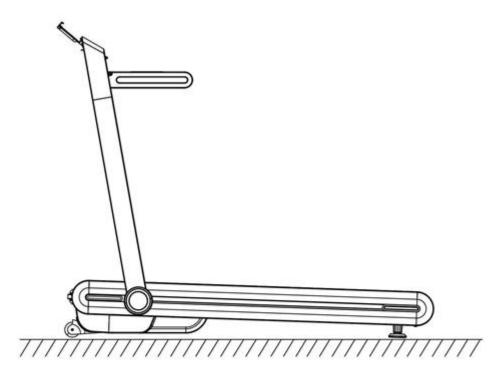
### Step 5

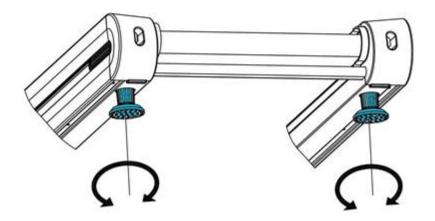
Attach the safety key.

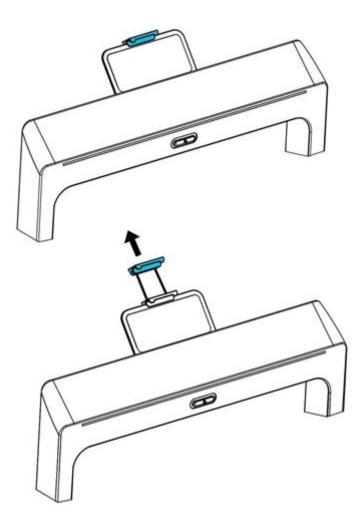


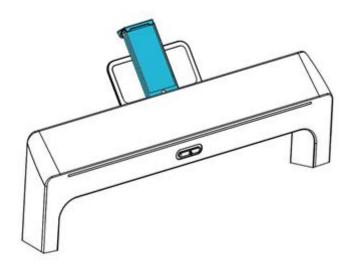
### Step 6

Align the belt with the leveling feet. The holder also includes a handle for mobile phones.



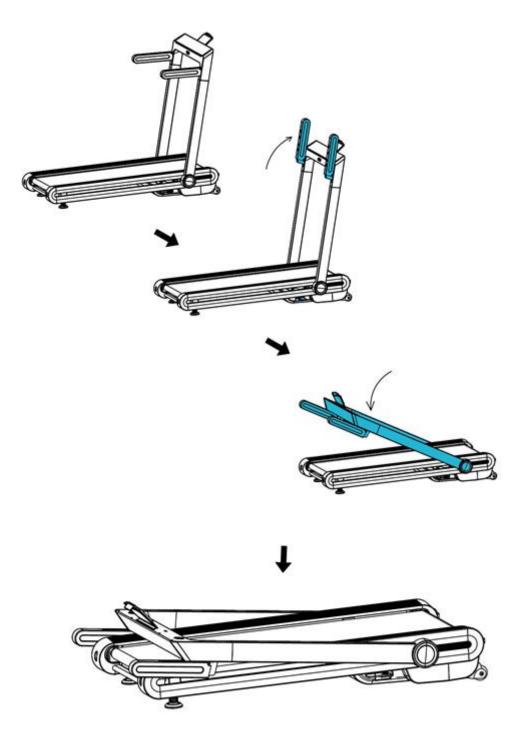




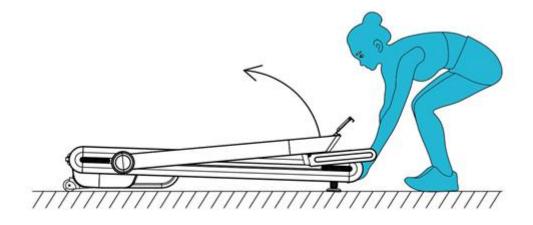


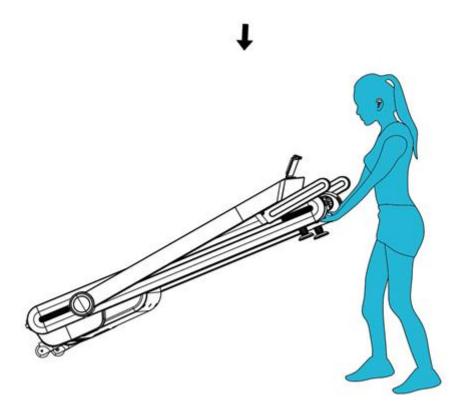
## DISASSEMBLY, MOVING AND STORAGE

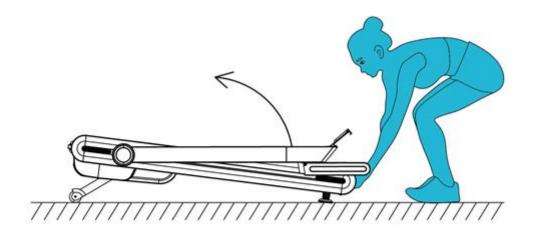
To unfold, raise the handles so that they are in a vertical position. Then pull out and press the safety lock for the handle holder and fold the handles down.

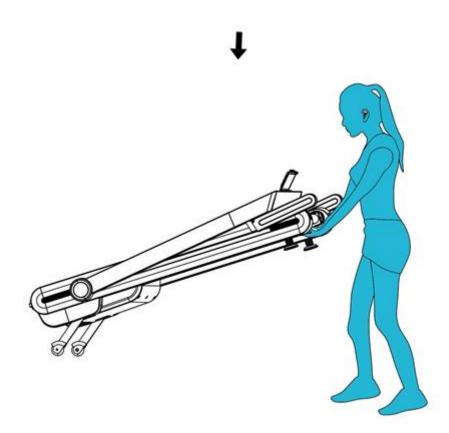


For moving, grasp the treadmill by the back and move it on the transport wheels.

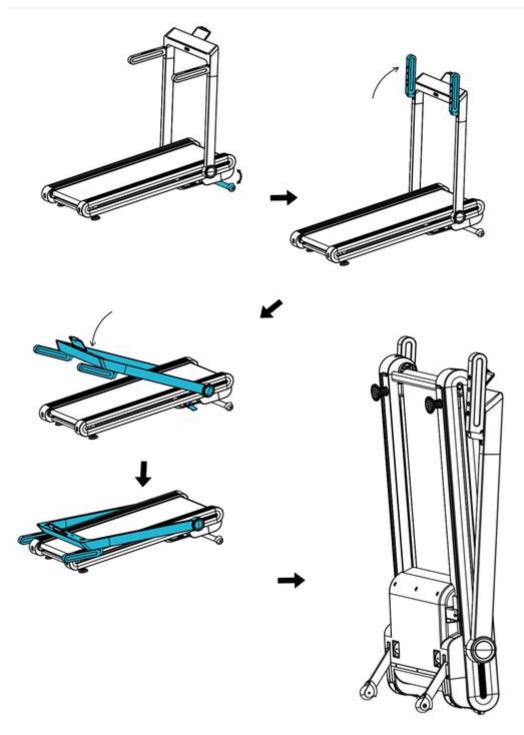








You can also store the belt in a vertical position. Just move the transport wheels as shown. Then fold the handles and the handle holder. You can then place the belt on the front and transport wheels.



### CONSOLE



### **Button function:**

- 1. INCLINE +: Press to increase incilne.
- 2. **INCLINE -:** Press to decrease incline.
- 3. **INSTANT INCLINE:** Press 4, 8, 12 to quickly change incline.
- 4. PROGRAM: Press the button to choose from 12 programs and body fat test
- 5. START: Press to turn on the treadmill.
- 6. STOP/PAUSE: Press to stop / pause the treadmill.
- **7. MODE:** Press the button to displey TIME, DISTANCE, CALORIES WORKOUT TARGETS, 15 programs, 3 user programs and BODY FAT.
- 8. INSTANT SPEED: Press 3, 6, 9 to quickly change speed.
- 9. **SPEED +:** Press to increase speed.
- **10. SPEED -:** Press to reduce speed.

### Media (optional):

- 1. MP3: Use 3 mm cable to connect.
- 2. USB: You can use USB port to charge your device.

### **Console function:**

- 1. Calories: Display burned calories.
- 2. Incline: Display incline.
- 3. Time: Display time use.
- 4. Steps: Display steps.
- 5. Distance: Display distance.
- 6. Pulse: Displays the current heart rate. Grasp the sensors on the handles. The sensors start detecting the pulse after 5 seconds. Displayed values are for reference only and are not for medical or healing purposes.
- 7. Speed: Displays current speed. You can adjust the speed by the buttons.
- 8. Mode: Press the MODE button to change the value of TIME, DISTANCE, CALORIES.
- **9.** Set time, distance and calories: Press the MODE button in the STANDBY MODE, values of time, distance and calorie values lights up.
  - 9.1. Press SPEED +/- or INCLINE +/- buttons to set the speed and incline values.

Press the START button to start the treadmill in 3 seconds.

Press SPEED +/- to adjust the speed.

Press INCLINE +/- to adjust the incline.

**10.** Programs: User can choose from 12 programs and body fat test.

To choose program press the PROG button in STADBY MODE. Console will display 12 programs.

Use the SPEED +/- and INCLINE +/- buttons to set the training value.

Each program is divided into 10 parts, the console will sound a sound signal for 3 seconds when entering a new segment.

Use the SPEED +/- and INCILNE +/- buttons to adjust the speed and incline of each segment.

The console sounds 3 sounds signals when the program setup is completed.

11. To start the body fat test: Press PROG repeatedly, in STANDBY MODE, FAT is displayed.

Press MODE to enter values.

Use the SPEED +/- buttons to set the values. F-1 to F-4 values (F-1 - GENDER, F-2 - AGE, F-3 HEIGHT, F-4 WEIGHT)

Then use the MODE button to enter F-5 (BODY FAT TEST), grasp the sensors on the handles and the console will display the values after 3 seconds.

Values are for guidance only and are not for medical or healing purposes.

F-1	GENDER	01 MALE	02 FEMALE			
F-2	AGE	10 – 99				
F-3	HEIGHT	100 – 200 cm				
F-4	WEIGHT	20 – 1	50 kg			
	RESULT	≤ 19	Underweight			
F-5	RESULT	20-25	Normal weight			
	RESULT	26-29	Overweight			
	RESULT	≥30	Obesity			

#### LUBRICATION NOTIFICATION

The treadmill automatically alerts the user. A warning is displayed after 300 km. The console will sound a beep every 10 seconds and the OIL will be displayed. Read the user manual before lubricating and then apply the lubricant to the center of the treadmill. After lubrication, press the STOP button for 3 seconds to turn off the alarm and notification.

#### SAFETY KEY

If the safety key is removed during exercising, the treadmill will stop. The display shows --- together with the beep. The treadmill will not work until the key is inserted again.

#### SAVING MODE

The belt is equipped with a power saving mode that starts after 10 minutes when the treadmill is not in use. Console shuts down, press any button to wake up console,

#### TURNIN ON / OFF THE TREADMILL

Press the button to turn on / off the treadmill  $(\mathbf{I})$  and  $(\mathbf{O})$ .

#### WARNING

- We recommend that you start exercising at a slower speed. Hold on to the handrails until you are confident to start exercising on higher speeds.
- Connect the safety key to the console and then to your clothes. In case of malfunction or problems, pull out the key.
- To stop safely, press the STOP button or remove the safety key.

## **MAINTENANCE GUIDE**

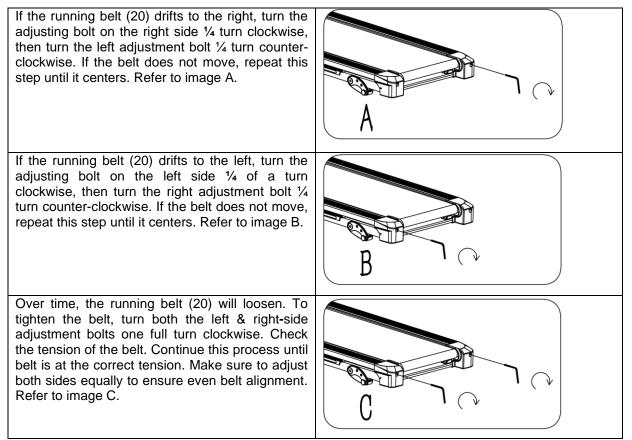
General cleaning will help to prolong the life and improve performance on your treadmill. Keep the unit clean and maintained by dusting the components on a regular basis, cleaning the two exposed sides of the running belt to prevent dust from accumulating underneath the belt. Keep your running shoes clean so that dirt from the shoes does not wear the running belt. Clean the surface of the running belt using a clean damp cloth. Keep liquids away from electrical parts and running belt.

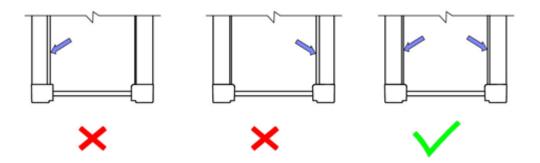
To prolong the lifespan of the treadmill it is recommended to turn it off every 2 hours of continues use for at least 10 minutes.

A loose running belt will result in the runner sliding off when running, while too tight running belt will result in decrease of the motors performance and will also create more friction between the roller and running belt. The most suitable tightness for the belt is distance of 50-75mm from the running board.

### ADJUSTING THE RUNNING BELT

Place the treadmill on level ground and set it at 3.5 - 5 km/h to check and see if the running belt (20) drifts from the center.





### LUBRICATING THE TREADMILL

Lubricating the running belt & the running board is essential as the friction affects the life span and operations of the treadmill. Therefore, we suggest you to inspect the running belt regularly.

**WARNING:** Always unplug the treadmill from the electrical outlet before cleaning, lubricating, or repairing the unit.

#### The following time table is recommended:

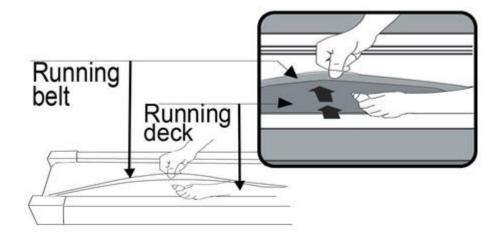
Light user (less than 3 hours/week)	Every 6 months
Medium user (3 - 5 hours/week)	Every 3 months
Heavy user (more than 5 hours/week)	Every 2 months

#### How to lubricate the treadmill:

Lift up the belt on one side and apply a lubricant, then apply lubricate to entire surface with a cloth. repeat on the other side.

All moving parts must move freely and quietly. Abnormal movement may impair product safety. Check and tighten all screws regularly.

Proper and regular maintenance extends the lifespan of the treadmill.



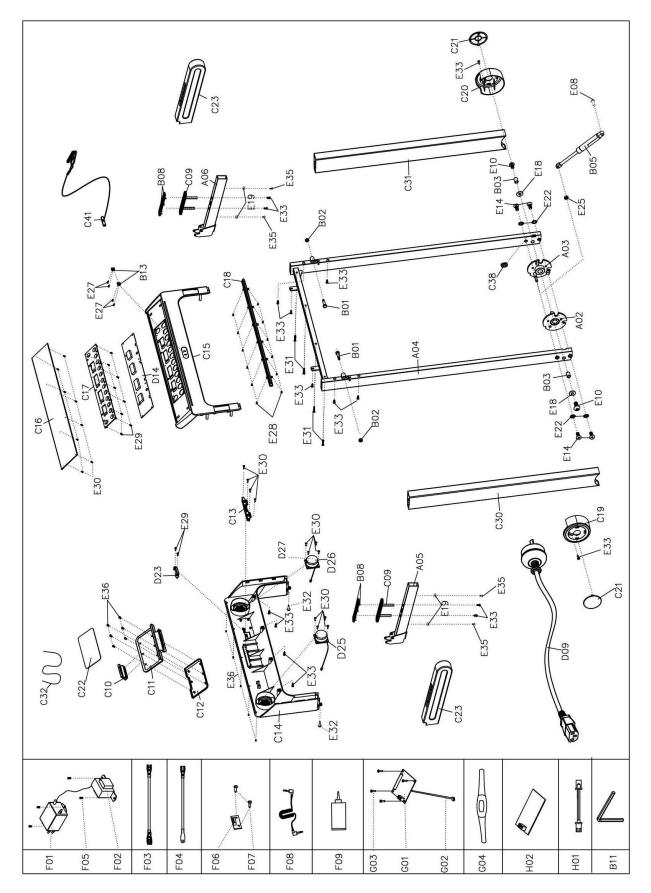
## TROUBLESHOOTING

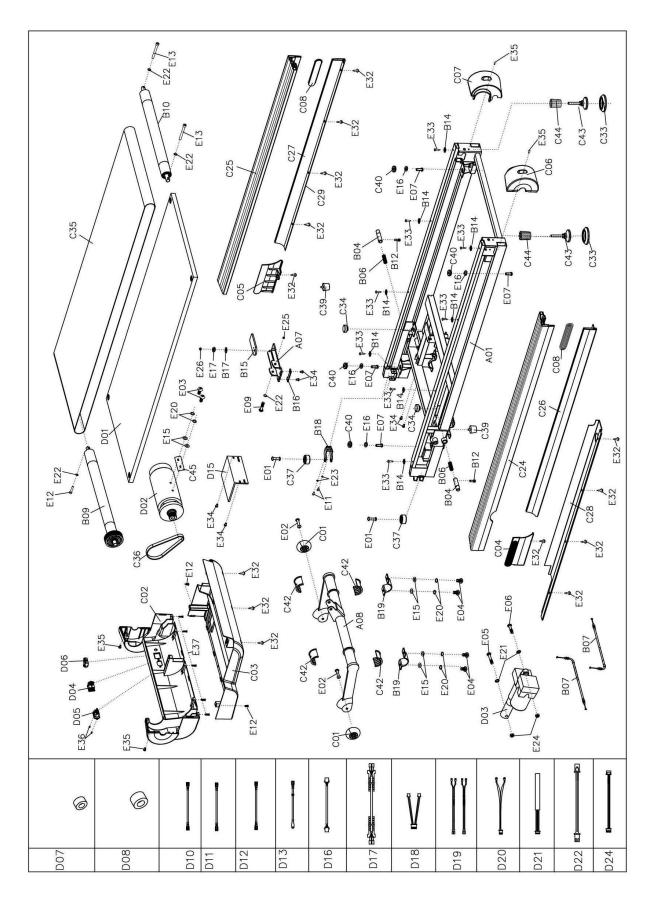
PROBLEM	CAUSE	SOLUTION
Treadmill will not start	Not plugged in.	Plug the cord into the outlet.
	Safety key not inserted.	Insert safety key.
Running belt not centered	Running belt tension not proper on the left or right side of the running board.	Tighten the adjustment bolts on the left and right side of the rear roller.
Computer not working	Wires from the computer and bottom control board not properly connected.	Check wire connections from the computer to the control board.

	Transformer is damaged.	If the transformer has become damaged, contact customer service.
E01 & E13: Communication failure	No communication from console to control board.	Check wire connections from the computer to the control board and replace wires and/or control board if necessary.
E02: Burst clash protection	Incoming voltage is lower than 50% of the required voltage.	Check the incoming voltage against the required voltage. Check wire connections to the motor. Check the control board, replace if necessary.
E03: Speed sensor error	Speed sensor cannot receive signal from control board	Check connection of speed sensor with control board. Check the wire. If the wire is connected and not damaged, check the control board.
E04: Incline motor error	Damaged incline motor or not connected	Check the connection of incline motor or replace damaged motor
E05: Current overload	The incoming voltage is too low or too high. The control board is damaged.	Restart the treadmill. Check if the incoming voltage is correct. Check the control board, replace if damaged.
protection (Self Protecting System))	A moving part of the treadmill is stuck and therefore the motor is unable to rotate properly.	Inspect the moving parts of the treadmill to ensure that they are operating correctly. Check the motor, listen for strange noises and check for a burning smell. Replace the motor if necessary.
E06: Motor error	The motor wire is not connected or the motor is damaged.	Check motor wires to see if the motor is connected. If the wire has been punctured or damaged, you will need to replace it. If the problem is not solved, you may need to replace the motor
E08: Control Board Abnormality	The control board is not connected.	Check the upper and middle wires to see if the control board is connected. If the wire has been punctured or damaged, you will need to replace it. If the problem is not rectified, you may need to replace the control board.

E10: Motor abnormality	moving part of the treadmill is	The torque is too big, please adjust the torque. Check moving parts of the treadmill to ensure that they are operating correctly. Replace the motor if necessary. Lubricate the treadmill.
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## DIAGRAM





## PARTS LIST

No.	Name	Spec.	Qty	No.	Name	Spec.	Qty
A01	Main frame		1	C10	Holder base		1
A02	Left upright turning bracket		1	C11	Holder top cover		1
A03	Right upright turning bracket		1	C12	Holder bottom cover		1
A04	Console base bracket		1	C13	Holder socket		1
A05	Left handrail bracket		1	C14	Console bottom cover		1
A06	Right handrail bracket		1	C15	Console top cover		1
A07	Anti-slip bracket		1	C16	Transparent panel		1
A08	Incline bracket		1	C17	Panel		1
B01	Handrail turning		2	C18	Lamp cover		1
B02	Handrail turning nut		2	C19	Left upright side cover		1
B03	Bushing		2	C20	Right upright side cover		1
B04	Locking pin		2	C21	Small cover		2
B05	Cylinder		1	C22	Holder pad		1
B06	Locking pin spring		2	C23	Foam bar		2
B07	Turning wire		2	C24	Left top rail		1
B08	Pulse steel plate		4	C25	Right top rail		1
B09	Front roller		1	C26	Left bottom side rail		1
B10	Back roller		1	C27	Right bottom side rail		1
B11	6# Allen wrench	3 mm	1	C28	Left bottom rail		1
B12	Bottom wire locking pin		2	C29	Right bottom rail		1
B13	Safety key insert board		1	C30	Left upright cover		1
B14	Side rail washer		8	C31	Right upright cover		1
B15	Closed and folding pedals		1	C32	Elastic string		2
B16	Preventing take-off board		1	C33	Foot pad mat		2
B17	Prevented turning washer		1	C34	Cushion		2
B18	Top roller frame		1	C35	Running belt		1
B19	Turning locking board		2	C36	Motor belt		1
C01	wheel		2	C37	Transport wheel		2
C02	Motor front cover		1	C38	Ring-shape wire plug		1
C03	Motor bottom cover		1	C39	Tapered cushion		2
C04	Left front decorative cover		1	C40	Running board pad		4
C05	Right front decorative cover		1	C41	Safety key		1
C06	Left back end cover		1	C42	Turning nylon bushing		4
C07	Right back end cover		1	C43	Universal pad		2
C08	Bottom decorative cover		2	C44	Foot pad sleeve 1		2
C09	Pulse base cover		2	C45	DC motor rubber mat		1

D01	Running board		1	E07	Bolt	M8*24	4
D02	DC motor		1	E08	Bolt	M8*20	1
D03	Incline motor		1	E09	Bolt	M8*60	1
D04	On-off switch		1	E10	Bolt	M10*15	2
D05	Power socket		1	E11	Bolt	M6*15	2
D06	Overload protector		1	E12	Bolt	M8*50	1
D07	Magnetic ring		1	E13	Bolt	M8*65	2
D08	Magnetic core		1	E14	Bolt	M8*30	4
D09	Power wire		1	E15	Flat washer	8	2
D10	AC signal wire	Brown 200	1	E16	Big washer	ø 8*ø 22*2.0	4
D11	AC signal wire	Brown 350	2	E17	Big washer	6	1
D12	AC signal wire	Blue 350	2	E18	Big washer	ø 10*ø 26*2.0	2
D13	Ground wire		1	E19	Big flat washer	ø 5*ø 13*2.0	4
D14	Console		1	E20	Spring washer	8	2
D15	Control board		1	E21	Lock washer	10	2
D16	Middle signal wire		1	E22	Lock washer	8	8
D17	Bottom signal wire		1	E23	Lock washer	6	2
D18	Hand pulse top signal wire		1	E24	Nut	M10	2
D19	Hand pulse bottom signal wire		2	E25	Nut	M8	2
D20	Safety key sensor wire		1	E26	Nut	M6	1
D21	Light strip		1	E27	Screw	ST2.5*6	4
D22	Bluetooth power wire		1	E28	Screw	ST2.5*8	12
D23	USB module		1	E29	Screw	ST2.9*8	10
D24	Bluetooth output connecting wire		1	E30	Screw	ST2.9*6	8
D25	Speaker wire	500	1	E31	Screw	ST4.2*35	4
D26	Speaker wire	150	1	E32	Screw	ST4.2*12	15
E01	Upper roller bolt assembly	ø 8*29	2	E33	Screw	ST4.2*12	26
E02	bottom roller bolt assembly	ø 8*36.5	2	E34	Bolt	M5*8	6
E03	Bolt	M8*15	2	E35	Bolt	M5*12	8
E04	Bolt	M8*20	4	E36	Screw	ST2.9*8	13
E05	Bolt	M10*55	1	E37	Screw	ST4.2*12	5
E06	Bolt	M10*40	1	F09	Lubrication oil		1

## SPARE PARTS (NOT INCLUDED)

No.	Name	Spec.	Qty	No.	Name	Spec.	Qty
F01	Filter		1	F08	MP3 wire		1
F02	Inductance		1	G01	POLAR wireless receiver		1

F03	AC single wire		1	G02	HRC connecting wire		1
F04	Grounding wire		1	G03	Screw	ST2.9*6	4
F05	Screw	ST4.2*12	4	G04	POLAR emitter		1
F06	MP3 module		1	H01	Bluetooth module		1
F07	Screw	ST2.9*8	2	H02	Bluetooth connecting wire		1

### **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: Headquaters: Warranty & Service:	Strakonická 1151/2c, Praha 5, 150 00, ČR Dělnická 957, Vítkov, 749 01 Čermenská 486, Vítkov 749 01
CRN: VAT ID:	26847264 CZ26847264
Phone: E-mail:	+420 556 300 970 eshop@insportline.cz reklamace@insportline.cz servis@insportline.cz
Web:	www.inSPORTline.cz
SK	

#### inSPORTline s.r.o.

Headquaters, 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