



USER MANUAL – EN

IN 21320 Treadmill inSPORTline inCondi T45i



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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 regularly, not immediately.
- 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.




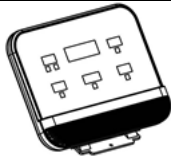


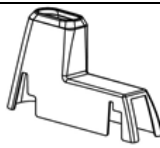
- Do not expose to direct sunlight.
- Do not please in areas with high humidity (pools, sauna etc.)
- Continuous use cannot be longer than 2 hours.
- If the treadmill is not in use, remove the safety key.
- **Operation temperature:** 5 – 40 °C
- **Max. user weight:** 120 kg
- **Category:** HC (according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





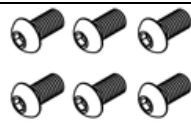
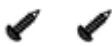

SAFETY WARNING: Do not use heart rate sensors in the handle at speeds above 14 km / h.

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!

ASSEMBLY

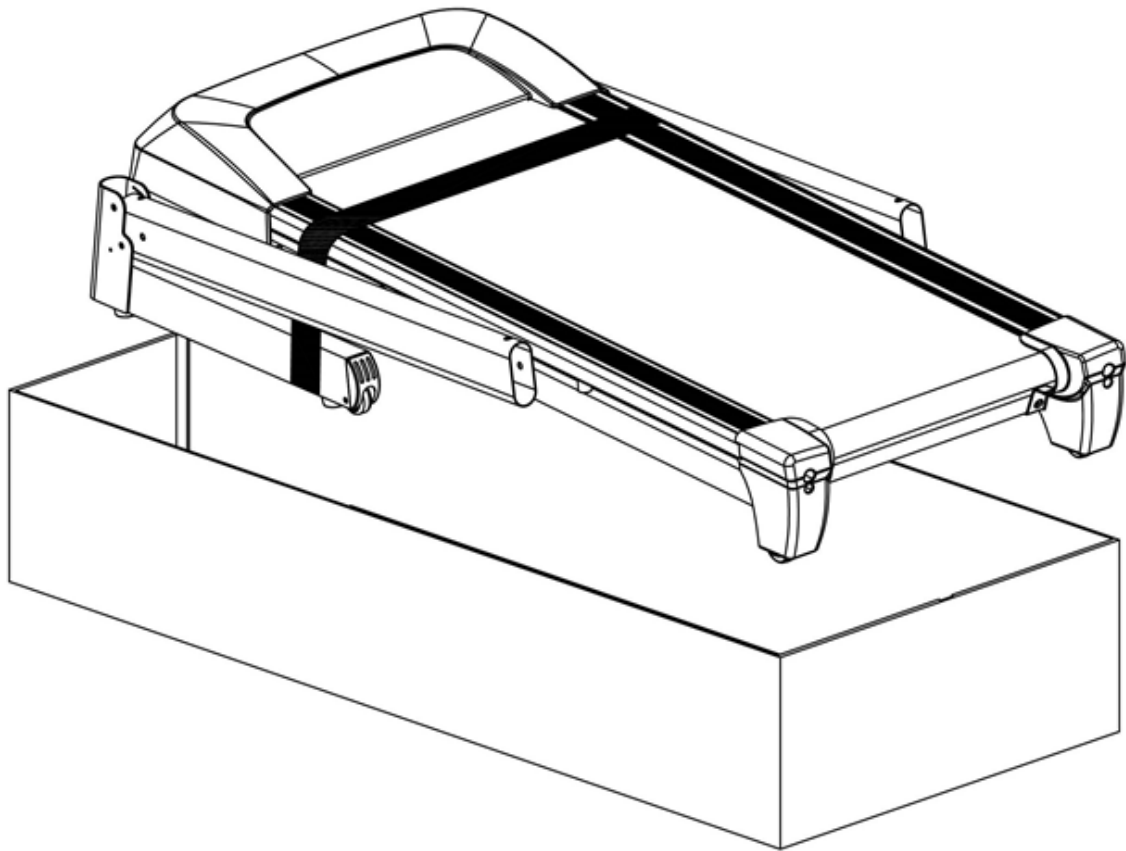
The package includes:

No.	Name	Specifications	Picture	Qty.
A02	Main frame			1
B03	Screwdriver /w wrench			1
B04	Allen key			1
C	Console			1
C07	Keyboard cover			1
C27	Left post cover			1
C28	Right post cover			1

D11	Safety key			1
E	Console holder with handlebars			1
E07	Allen bolt	M8 x 50		2
E12	Allen bolt	M8 x 25		3
E14	Allen bolt	M8 x 15		6
E23	Screw	ST4,8 x 8		2
E28	Washer	Ø8		8

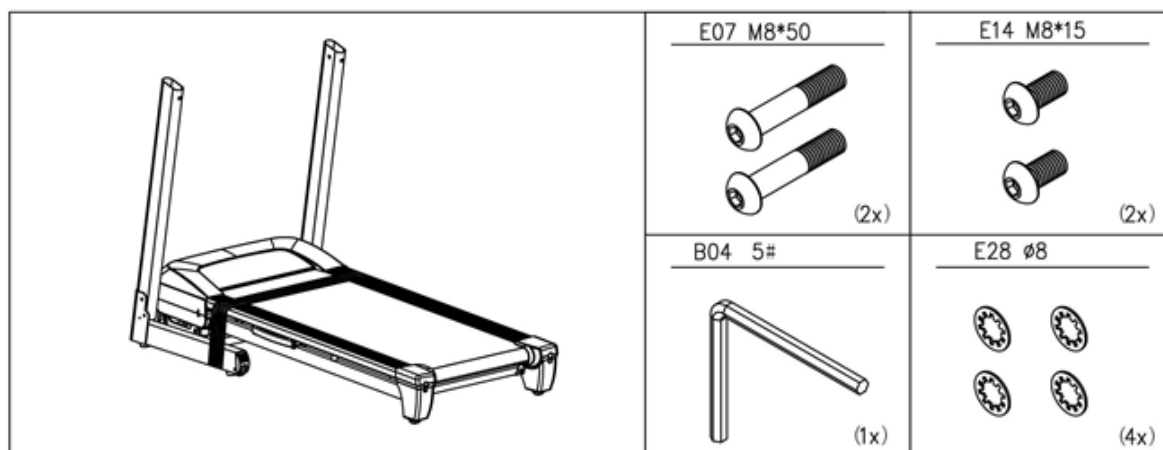
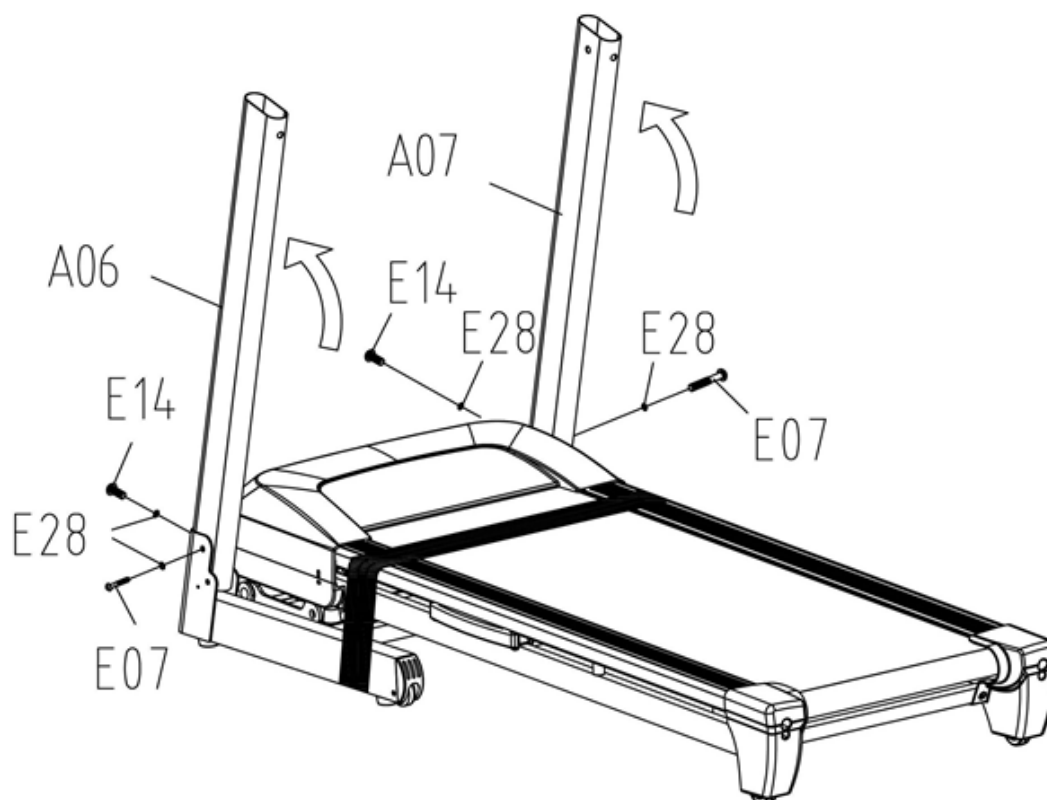
STEP 1

Carefully pull out and check all contents from the box.



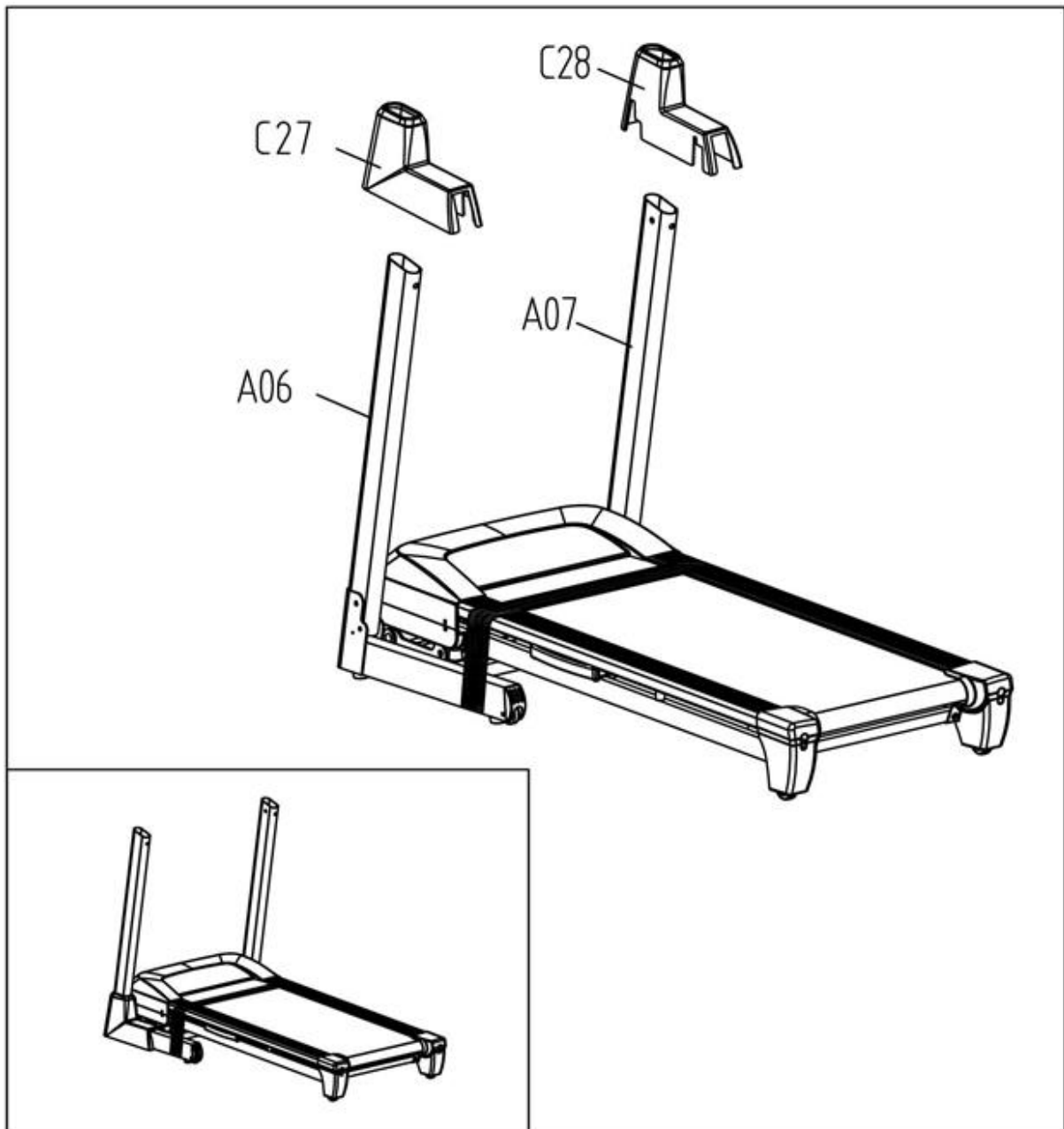
STEP 2

Lift the posts (A06 and A07) and secure the posts with 2x bolts (E07), 4x washers (E28) and 2x bolts (E14).



STEP 3

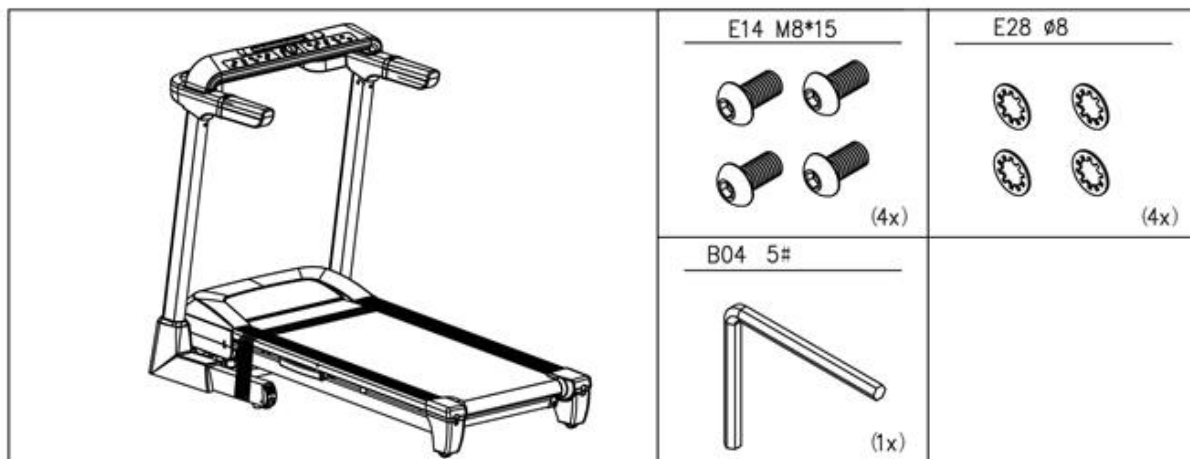
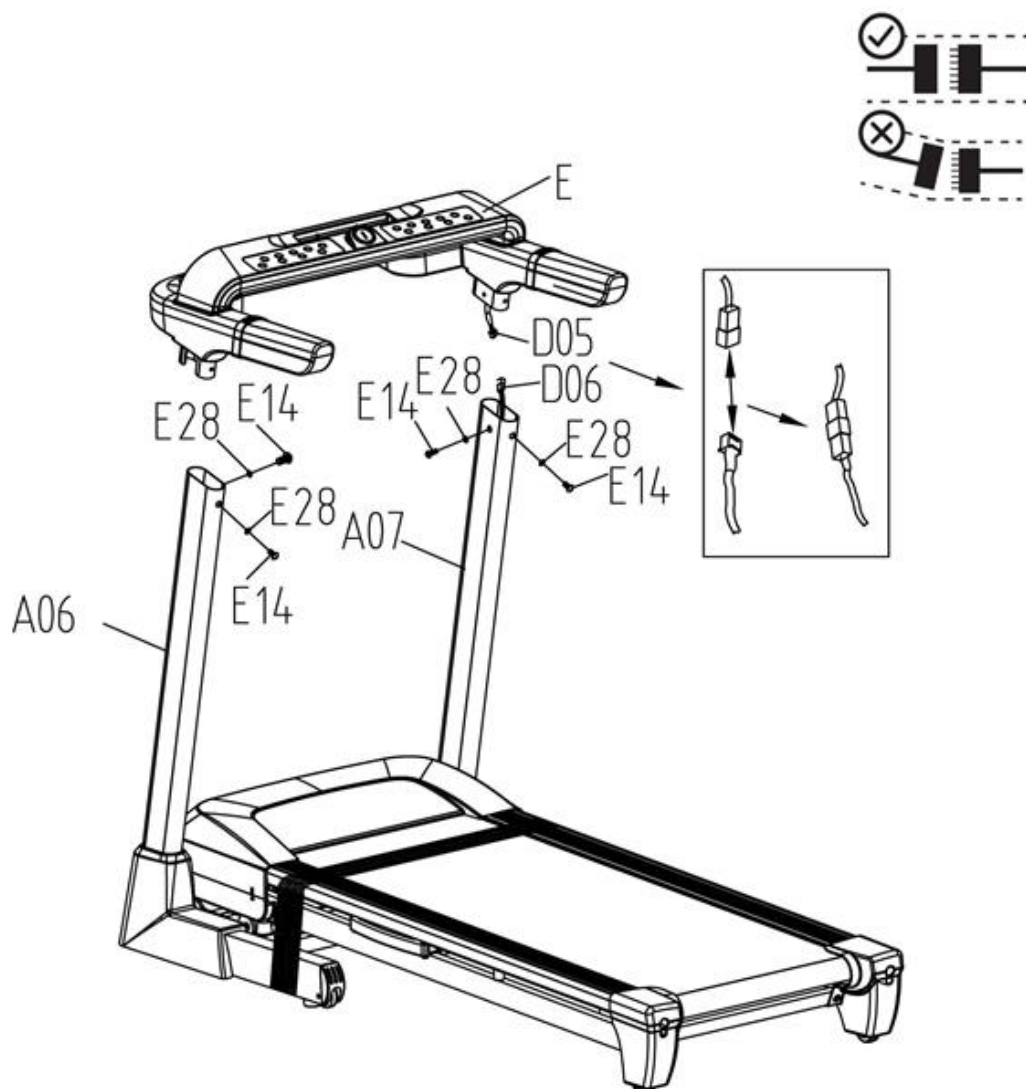
Slide the pillar covers (C27 and C28) onto the pillars (A06 and A07).



STEP 4

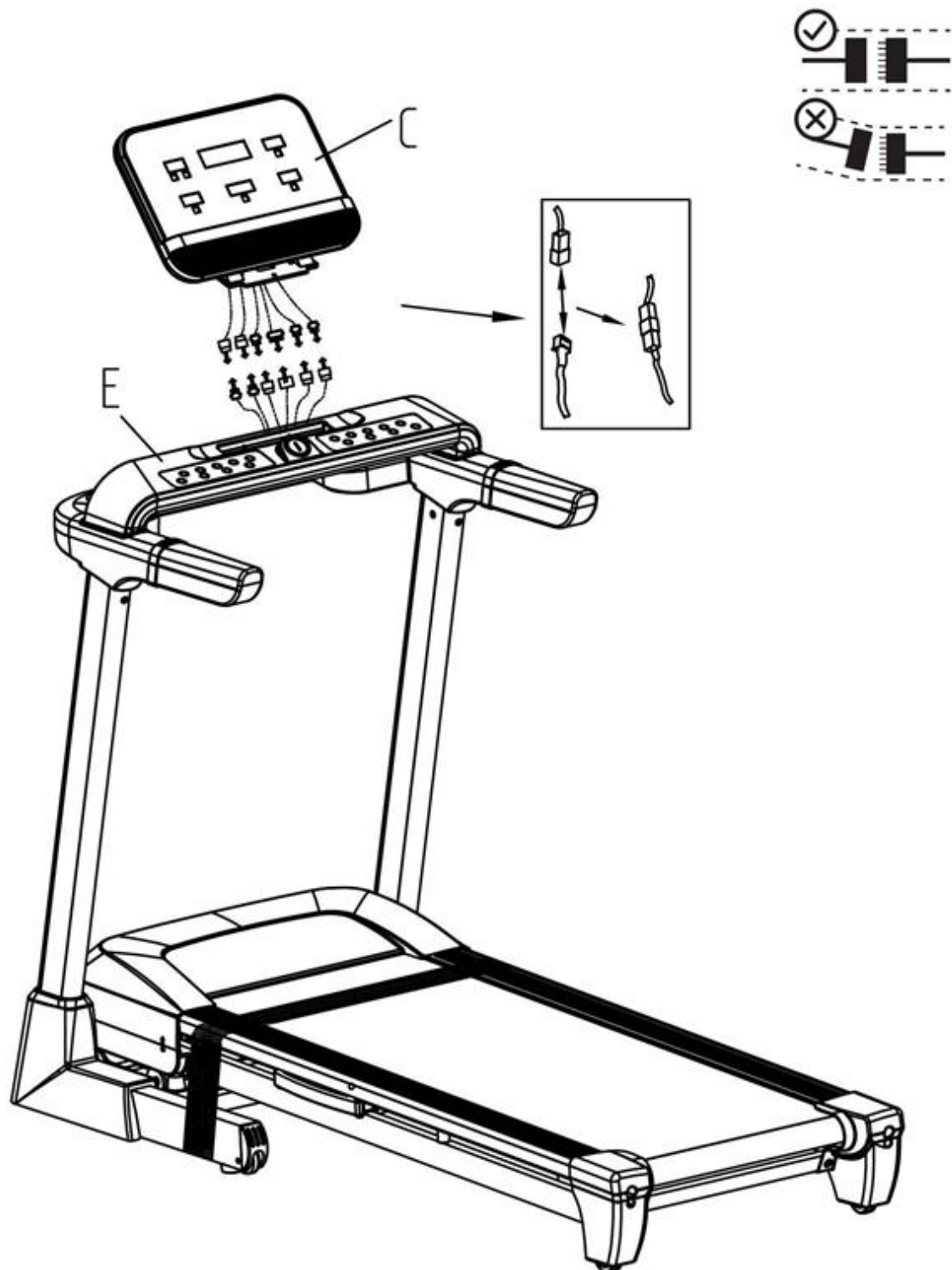
Connect the cable (D06) from the post (A07) to the cable (D05) from the console bracket (D05). Attach the console bracket (E) to the posts (A06 and A07) with 4x bolts (E14) and 4x washers (E28).

When connecting the cable, be careful not to pinch the cable between the console bracket and the post.



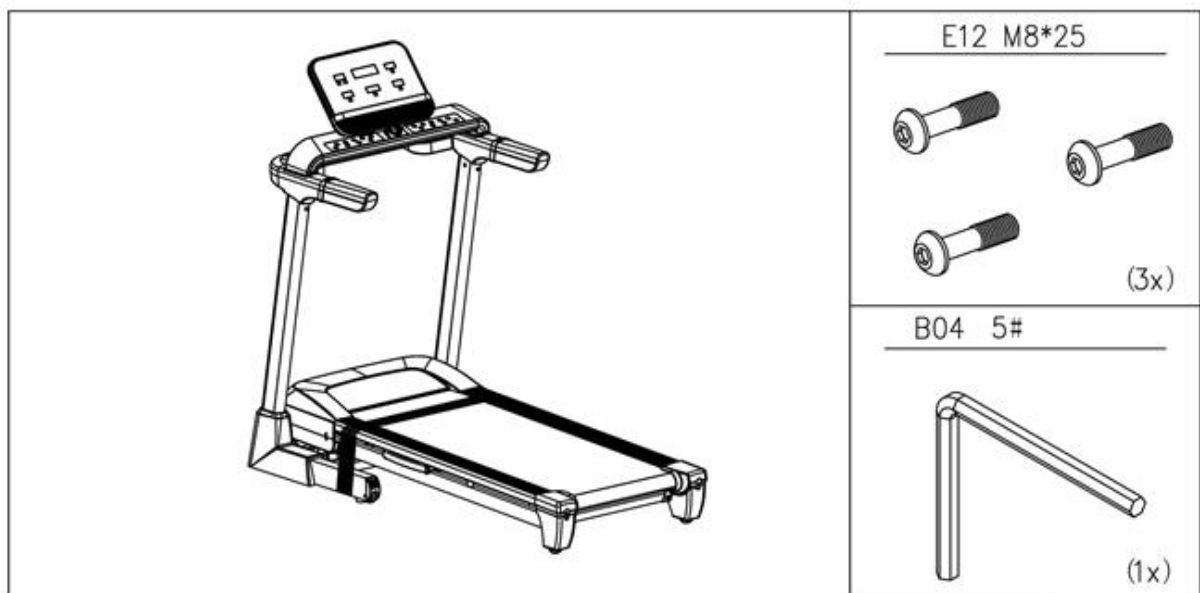
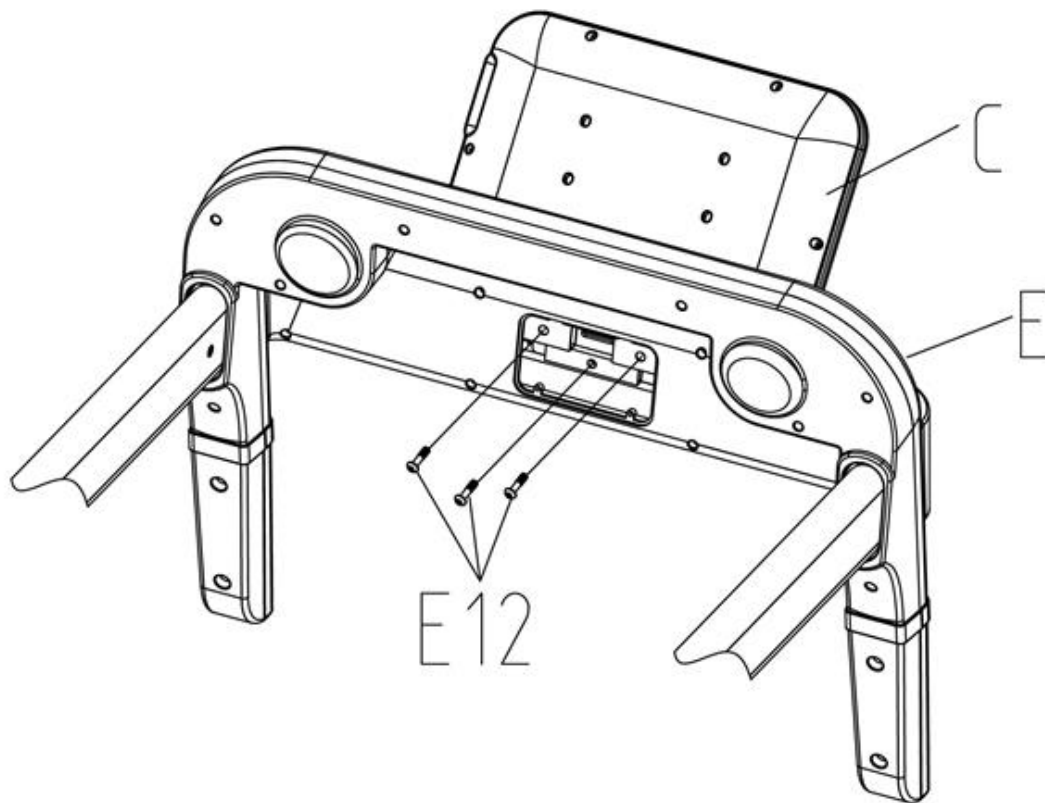
STEP 5

Connect the cables from the console (C) to the console bracket (E). Be careful not to pinch the cables.



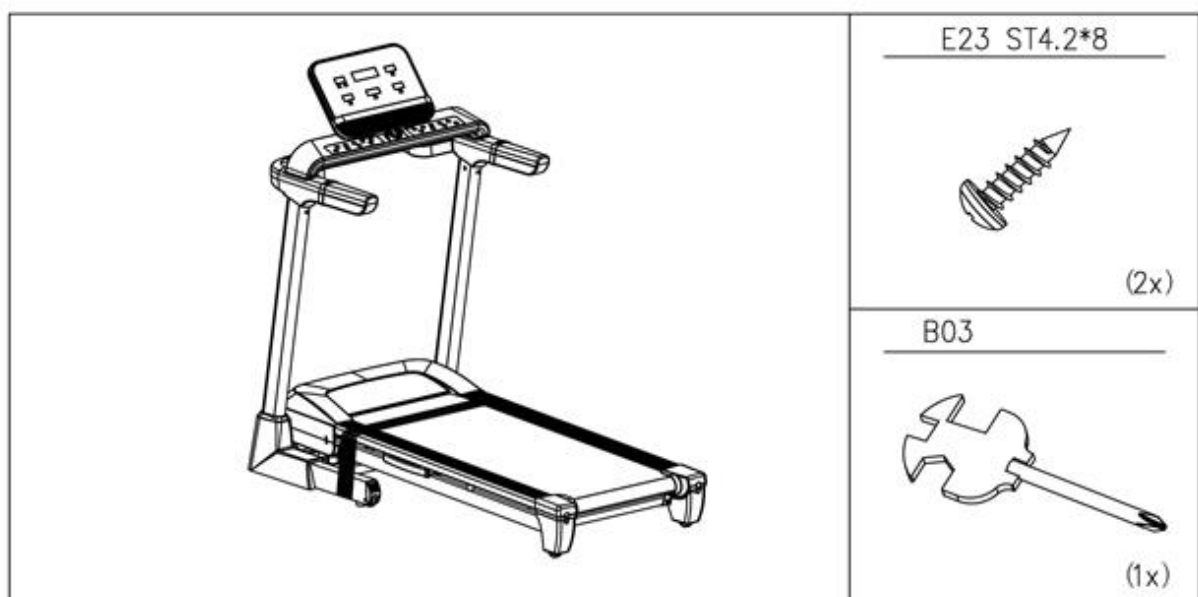
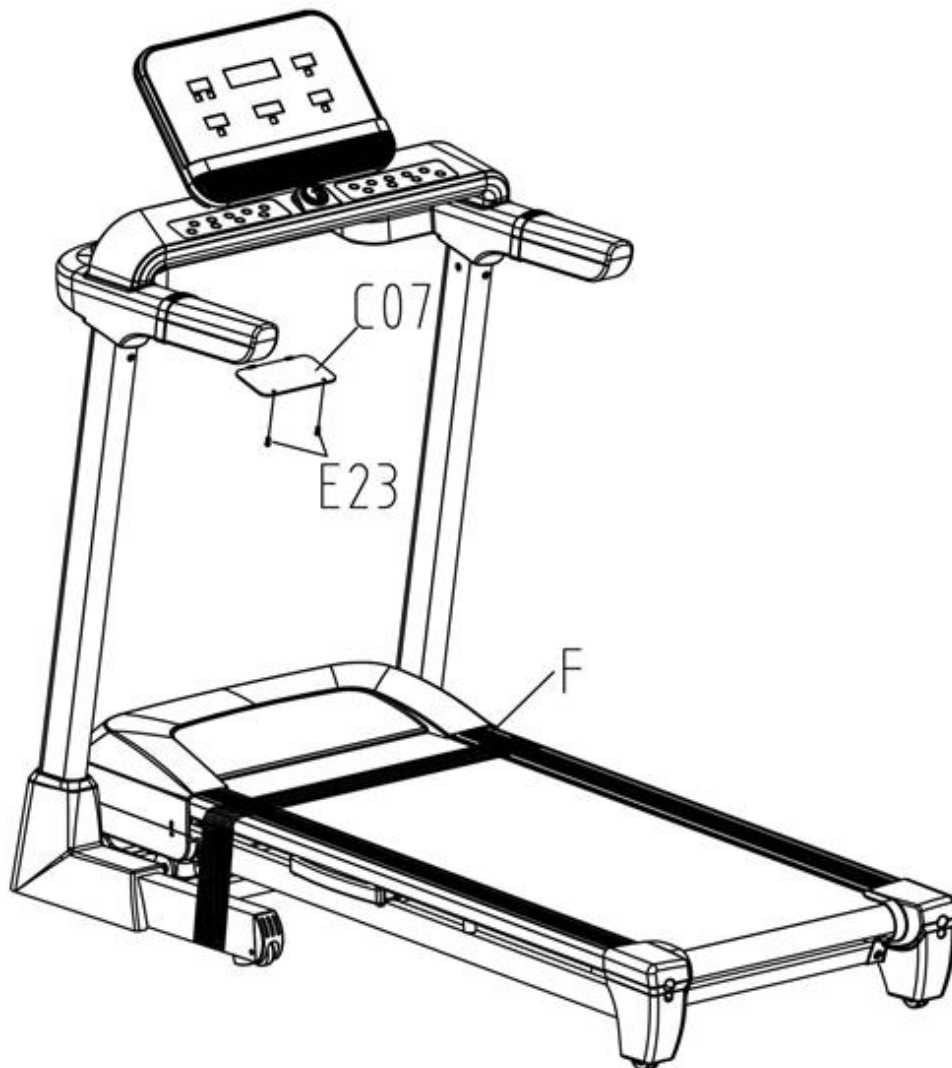
STEP 6

Secure the console (C) to the console bracket (E) with 3x bolts (E12).



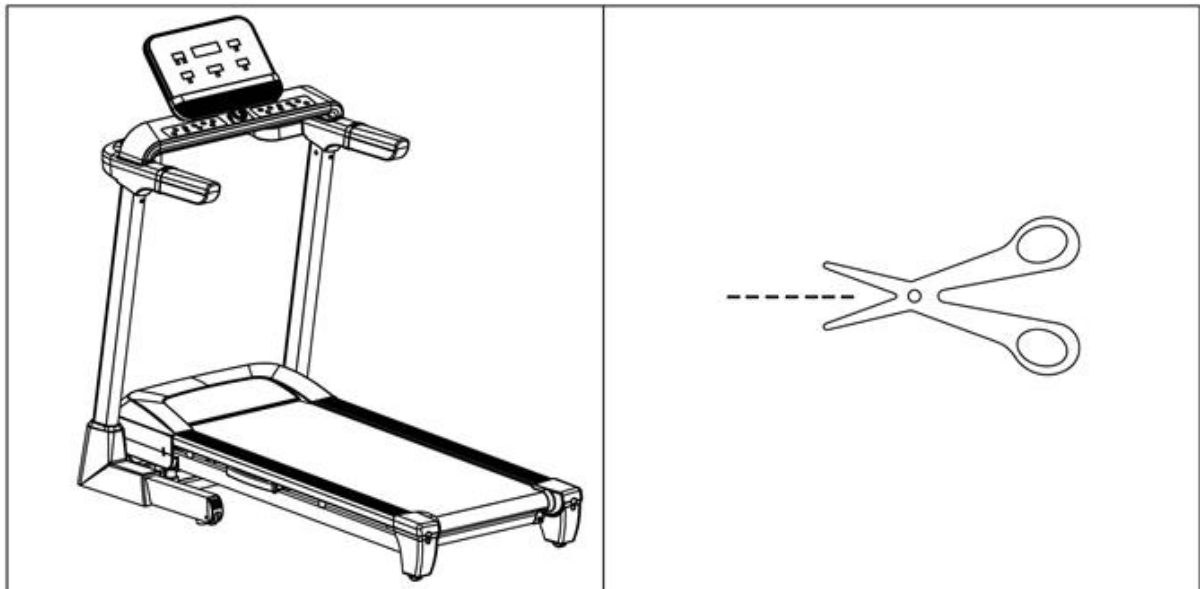
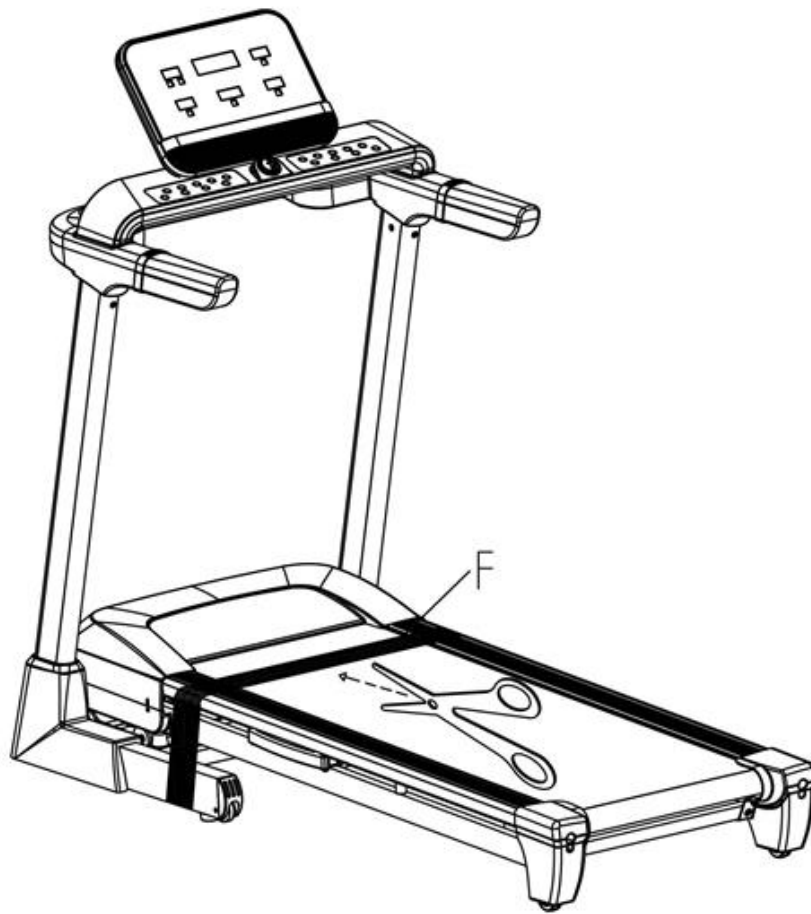
STEP 7

Attach the cover (C07) with 2x screws (E23).



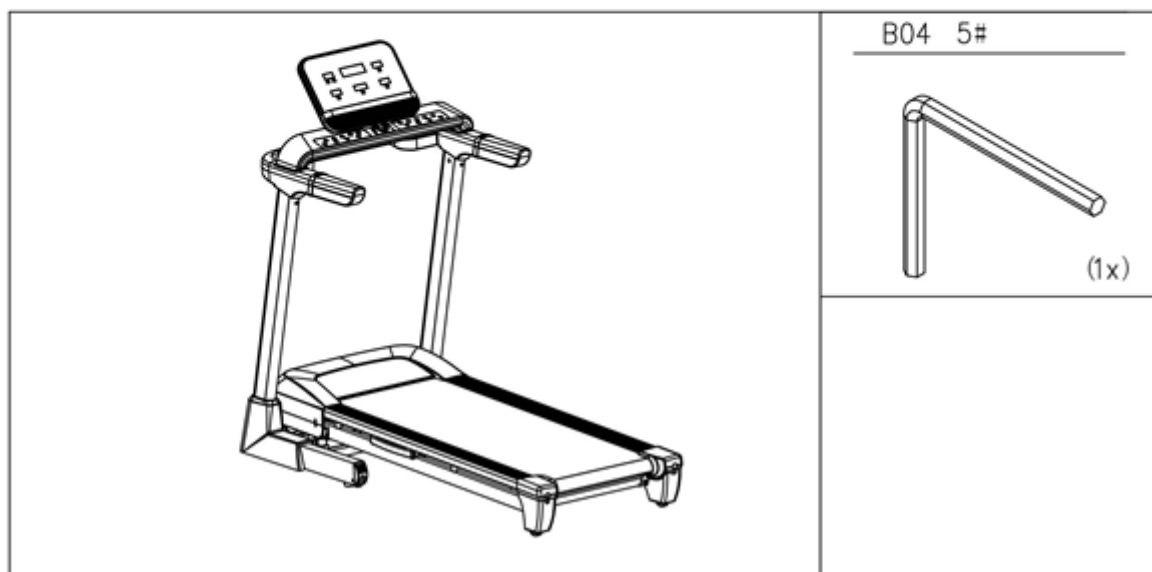
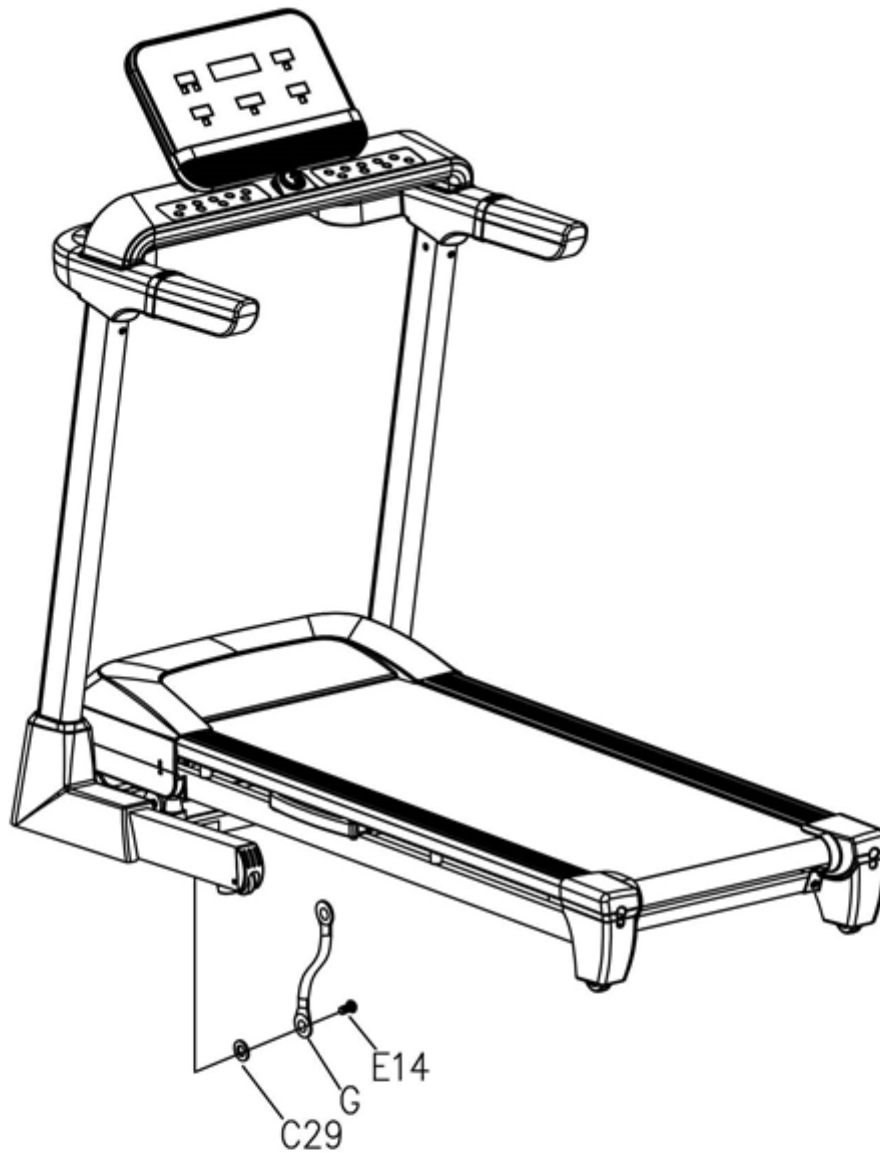
STEP 8

Cut the tape.



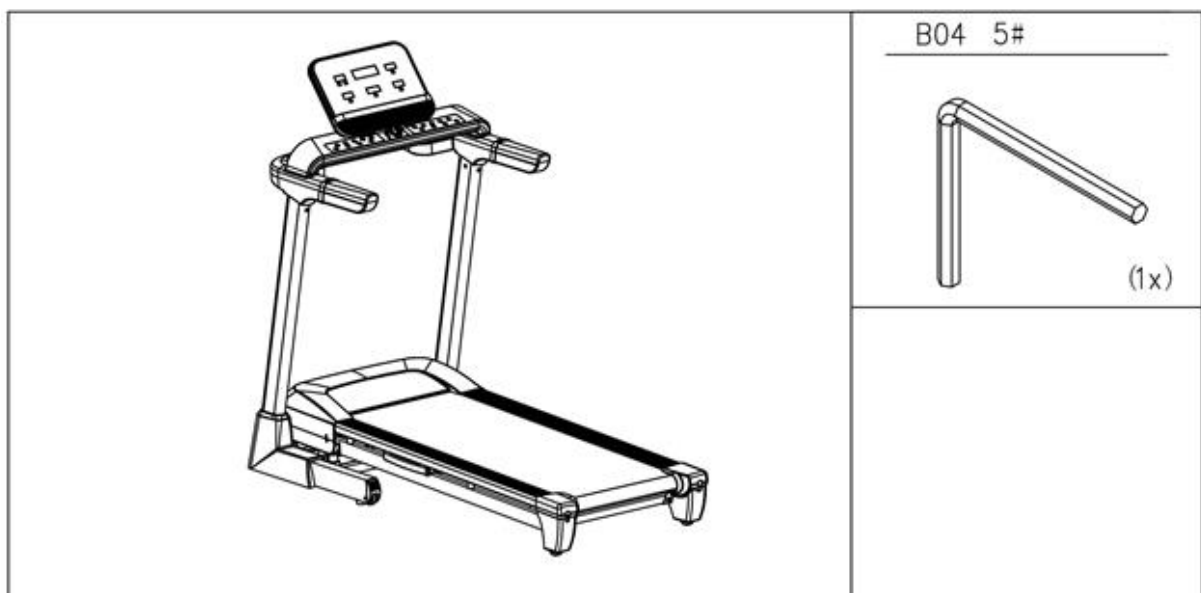
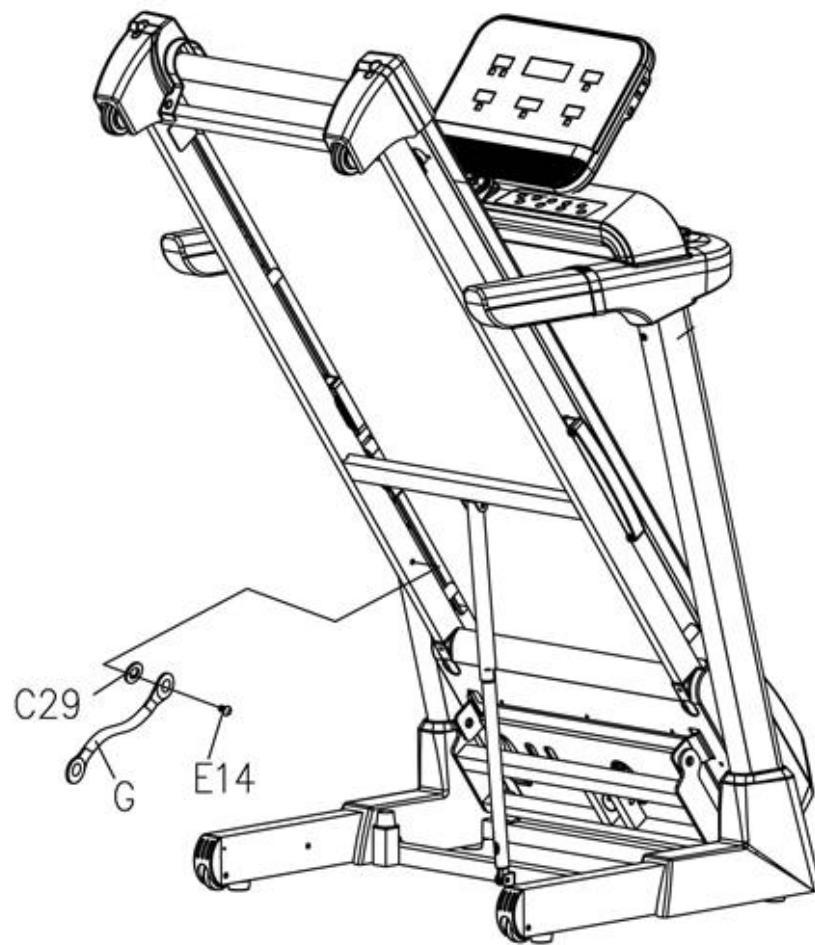
STEP 9

Attach the support bar (G) to the support with the washer (C29) and the bolt (E14).



STEP 10

Attach the support bar (G) to the frame with the washer (C29) and the bolt (E14).



STEP 11

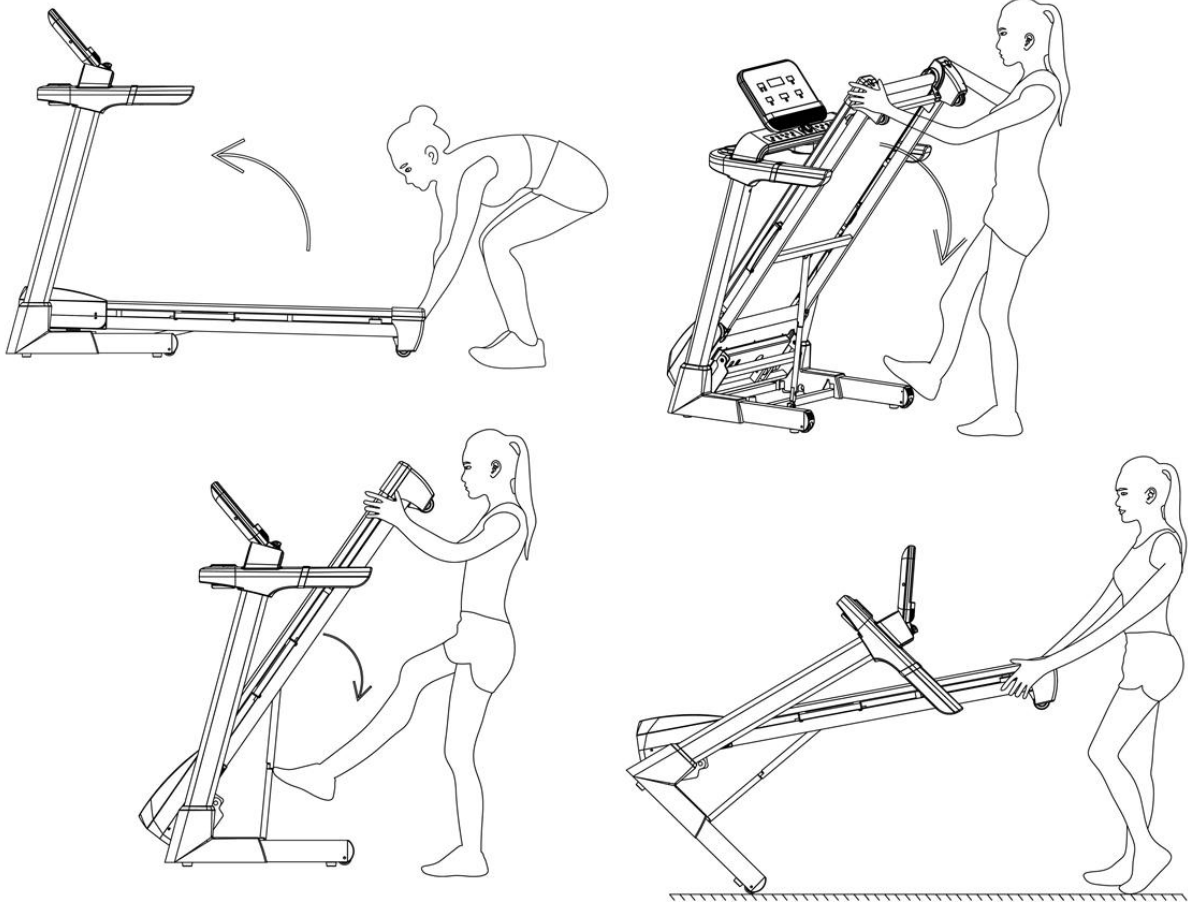
Attach the safety key to turn on and use the treadmill.



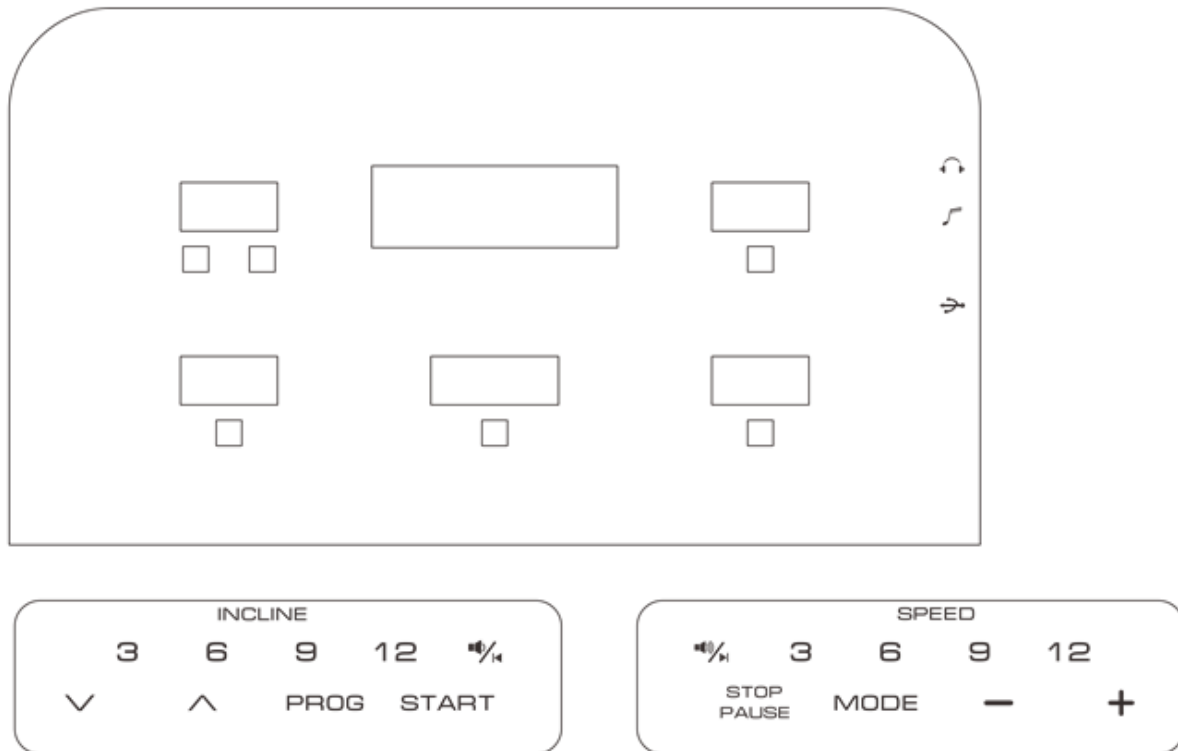
TRANSPORTATION

Lift the treadmill by the rear part and secure with the bracket. Then tip and move the treadmill using the transport wheels.

If the belt is heavy, ask another person for help.



CONSOLE



Button function:

1. **INSTANT INCLINE:** Press 3, 6, 9, 12 to quickly change incline..
2. **VOLUME - / PREVIOUS:** Press to play previous song or hold to decrease volume.
3. **VOLUME + / NEXT:** Press to play next song or hold to increases volume.
4. **INSTANT SPEED:** Press 3, 6, 9, 12 to quickly change speed.
5. **INCLINE - / +:** Press to change incline.
6. **PROGRAM:** By pressing the button you can select one of the 15 preset programs, 3 user programs or body fat test.
7. **START:** Press to turn on the treadmill.
8. **STOP/PAUSE:** Press to pause / stop the treadmill.
9. **MODE:** Press to display TIME, distance DISTANCE, BURN WORKOUT CALORIES.
10. **SPEED - / +:** Press to change treadmill speed.

Media:

1. **HEADPHONE PORT:** Headphone connection port.
2. **MP3:** With audio jack you can connect audio device.
3. **USB:** With USB port you can connect your audio device. .

Console function:

1. Speed: Displays the current speed. Use the speed adjustment buttons to adjust the speed.
2. Incline: Displays the incline. Use the incline adjustment buttons to adjust the incline.
3. 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 guidance only and are not for medical or healing purposes.
4. Calories: Displays burned calories
5. Time: Displays exercise time
6. Distance: Displays distance. .
7. Mode: Use the MODE button to display time, distance ,calories, 15 programs, 3 user programs or body fat (BODY FAT)
8. PROGRAM: Press the P button to select from 15 preset programs, 3 user programs or body fat test.

8.1. 15 preset programs: Press P, in STANDBY MODE.

Press SPEED +/- or INCLINE +/- to set the training duration.

Each program is divided into 10 parts, after setting up each part the console will sound alarm 3x .

Press SPEED +/- or INCLINE +/- to adjust the speed or incline of each segment.

When the program is finished, a sound signal will sound 3 times.

8.2. 3 users programs: Repeatedly press P, in STANDBY MODE.

Press SPEED +/- or INCLINE +/- to set the training duration.

Each program is divided into 10 parts, after setting up each part the console will sound alarm 3x .

Press SPEED +/- or INCLINE +/- to adjust the speed or incline of each segment.

When the program is finished, a sound signal will sound 3 times.

8.3. To start the body fat test: Press P button repeatedly, in STANDBY MODE, FAT is displayed.

Press MODE to enter.

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 – 150 kg	
F-5	RESULT	≤ 19	Underweight
	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 (I) and (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

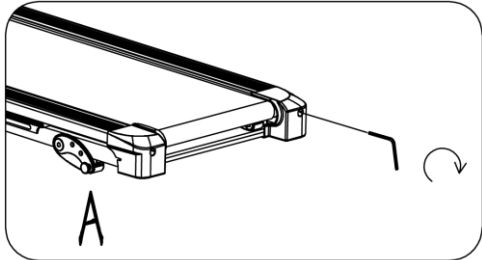
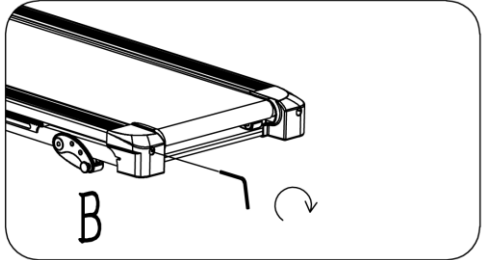
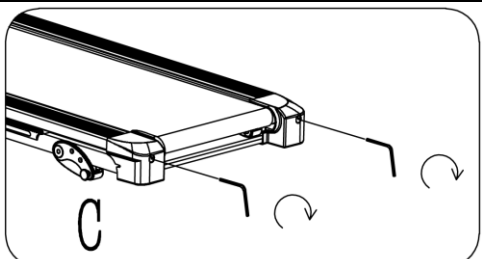
General cleaning will help to prolong the life and improve performance on your treadmill. Keep the unit clean and maintained by dusting the components on a regular basis, cleaning the two exposed sides of the running belt to prevent dust from accumulating underneath the belt. Keep your running shoes 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.

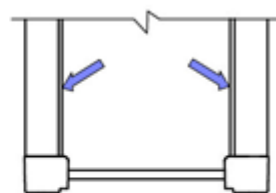
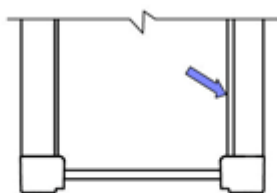
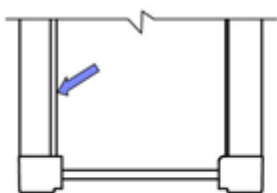
To prolong the lifespan of the treadmill it is recommended to turn it off every 2 hours of continuous use for at least 10 minutes.

A loose running belt will result in the runner sliding off when running, while too tight running belt will result in decrease of the motor's 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.

<p>If the running belt (20) drifts to the right, turn the adjusting bolt on the right side $\frac{1}{4}$ turn clockwise, then turn the left adjustment bolt $\frac{1}{4}$ turn counter-clockwise. If the belt does not move, repeat this step until it centers. Refer to image A.</p>	
<p>If the running belt (20) drifts to the left, turn the adjusting bolt on the left side $\frac{1}{4}$ of a turn clockwise, then turn the right adjustment bolt $\frac{1}{4}$ turn counter-clockwise. If the belt does not move, repeat this step until it centers. Refer to image B.</p>	
<p>Over time, the running belt (20) will loosen. To tighten the belt, turn both the left & right-side adjustment bolts one full turn clockwise. Check the tension of the belt. Continue this process until the belt is at the correct tension. Make sure to adjust both sides equally to ensure even belt alignment. Refer to image C.</p>	



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:

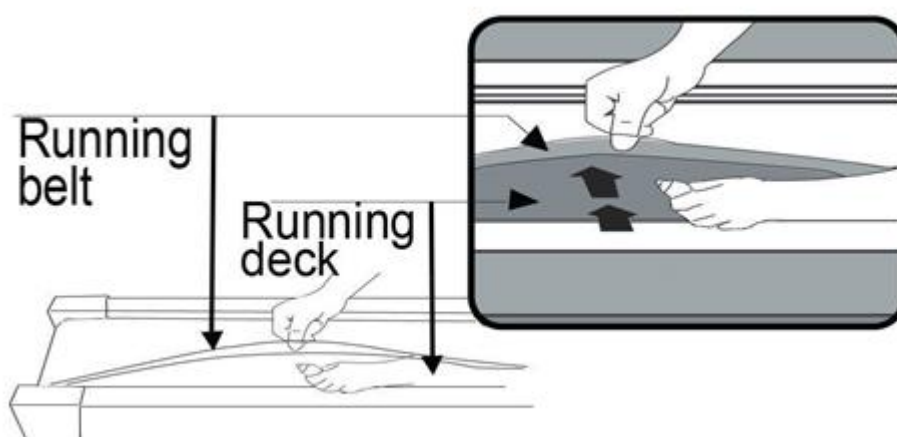
Light user (less than 3 hours/week)	Every 6 months
Medium user (3 - 5 hours/week)	Every 3 months
Heavy user (more than 5 hours/week)	Every 2 months

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.

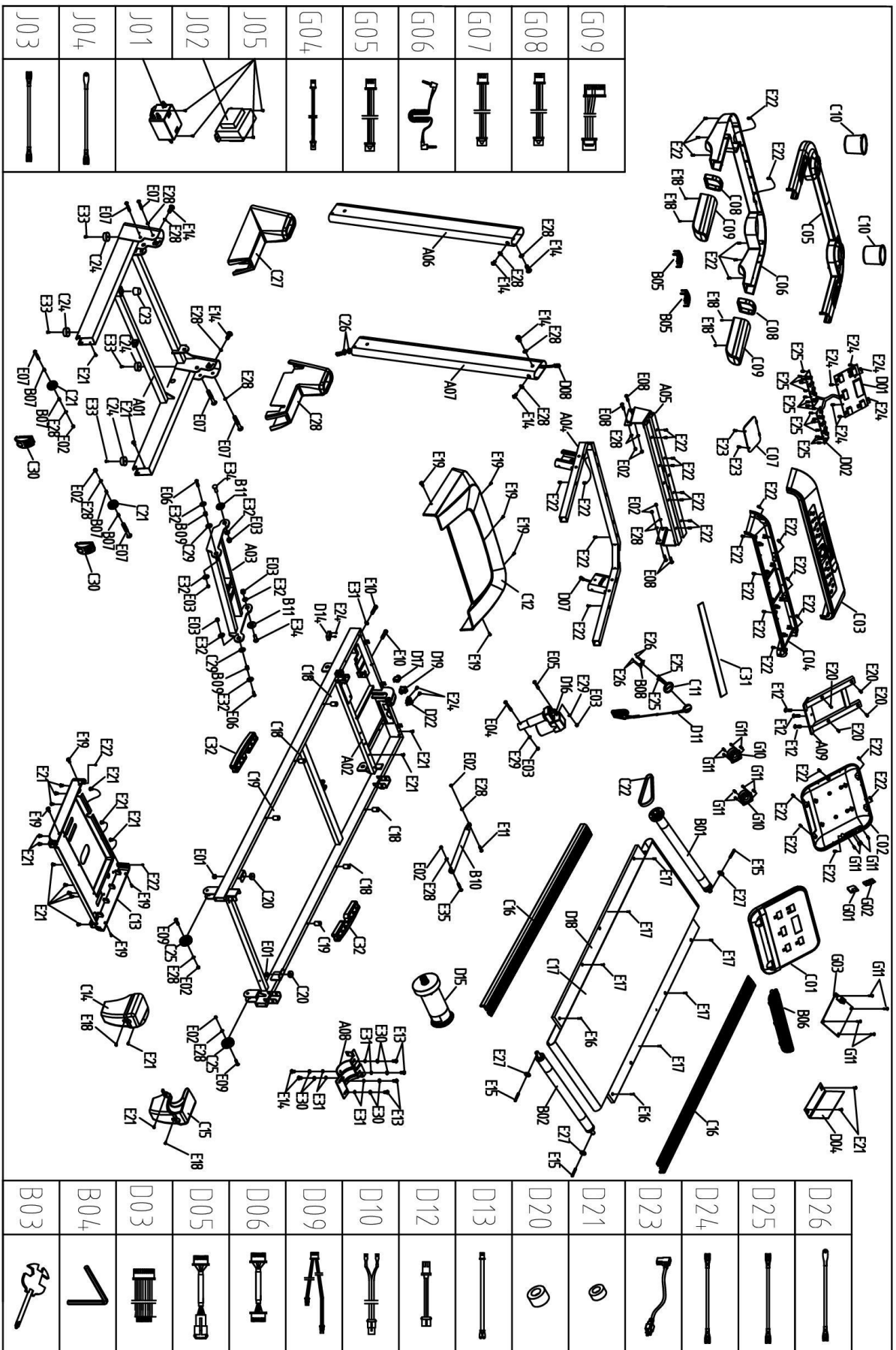


TROUBLESHOOTING

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.
E05: Current overload protection (Self Protecting System))	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.
	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	The motor is damaged or a moving part of the treadmill is stuck and therefore the motor is unable to rotate properly.	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.

DIAGRAM



PARTS LIST

No.	Name	Spec.	Qty.	No.	Name	Spec.	Qty.
A01	Base frame		1	C08	Pulse base		2
A02	Main frame		1	C09	Handle bar		2
A03	Incline bracket		1	C10	Water bottle cage		2
A04	Console base bracket		1	C11	Safety key base		1
A05	Console fixed bracket		1	C12	Motor top cover		1
A06	Left upright tube		1	C13	Motor bottom cover		1
A07	Right upright tube		1	C14	Left back end cover		1
A08	Motor base bracket		1	C15	Right back end cover		1
A09	Console bracket		1	C16	Side rail		2
B01	Front roller		1	C17	Running belt		1
B02	Back roller		1	C18	Black cushion		4
B03	Wrench w/screw driver	S=13, 14, 15	1	C19	Blue cushion		2
B04	5# Allen wrench	5 mm	1	C20	Blue cushion		2
B05	Pulse steel plate		4	C21	Transport wheel		2
B06	Speaker net		1	C22	Motor belt		1
B07	Transport wheel plug casing		4	C23	Cone-shape cushion		1
B08	Shrapnel		2	C24	Flat foot pad		4
B09	Bushing		2	C25	Adjustable wheel		2
B10	Cylinder		1	C26	Ring-shape wire plug		2
B11	Step axle sleeve		2	C27	Left upright tube cover		1
C01	Console top cover		1	C28	Right upright tube cover		1
C02	Console bottom cover		1	C29	plastic gasket		2
C03	Keyboard top cover		1	C30	Transport wheel plug		2
C04	Keyboard bottom cover		1	C31	EVA cushion		1
C05	Top kettle fixed holder		1	C32	Air cushion		2
C06	Bottom kettle fixed holder		1	D01	Console PCB board		1
C07	Keyboard cover		1	D02	Console board and button board connecting wire		1

D03	Button board connecting wire		1	E12	Bolt	M8*25	3
D04	Control board		1	E13	Bolt	M8*20	4
D05	Communicate top signal wire		1	E14	Bolt	M8*15	8
D06	Top signal wire		1	E15	Bolt	M6*55	3
D07	Middle signal wire		1	E16	Bolt	M6*35	2
D08	Bottom signal wire		1	E17	Bolt	M6*25	6
D09	Hand pulse top signal wire		1	E18	Bolt	M5*12	6
D10	Hand pulse bottom signal wire		2	E19	Bolt	M5*8	9
D11	Safety key		1	E20	Screw	ST4.2*20	4
D12	Safety key sensor top signal wire		1	E21	Screw	ST4.2*20	21
D13	Safety key sensor bottom signal wire		1	E22	Screw	ST4.2*12	32
D14	Speed sensor		1	E23	Screw	ST4.2*8	2
D16	DC motor		1	E24	Screw	ST2.9*8	10
D17	Incline motor		1	E25	Screw	ST2.9*6	18
D18	Overload protector		1	E26	Screw	ST2.9*4	4
D20	Running board		1	E27	Lock washer	6	3
D21	On-off button		1	E28	Lock washer	8	18
D22	Magnet ring		1	E29	Lock washer	10	2
D23	Magnet core		1	E30	Spring washer	8	6
D24	Power socket	blue	2	E31	Flat washer	8	7
D25	Power wire	brown	3	E32	Big washer	10	6
D26	AC single wire	yellow & green	1	E33	Bolt	M5*16	4
E01	Nut	M6	2	E34	Bolt	M10*30	2
E02	Nut	M8	10	E35	Bolt	M8*45	1
E03	Nut	M10	6	J01	Filter		1
E04	Bolt	M10*90	1	J02	Inductance		1
E05	Bolt	M10*45	1	J03	AC single wire		1
E06	Bolt	M10*30	2	J04	Grounding wire		1
E07	Bolt	M8*50	6	J05	Screw	ST4.2*12	4
E08	Bolt	M8*45	4	G01	USB board		1
E09	Bolt	M8*40	2	G02	Audio input and output board		1
E10	Bolt	M8*40	2	G03	Power amplifier board		1
E11	Bolt	M8*30	1	G04	USB power wire		1

G05	Audio input and output wire		2	G09	Volume adjust connecting wire		1
G06	Mp3 wire		1	G10	Speaker connecting wire		2
G07	Power amplifier connecting wire 1		1	G11	Screw	ST2.9*8	16
G08	Power amplifier connecting wire 2		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.

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