USER MANUAL – EN
IN 26637 Treadmill inSPORTline ZenRun 50

CONTENTS

SevenSport s.r.o. reserves the right to make any changes and improvements to its product without prior notice. Visit our website www.insportline.eu where you will find the latest version of the manual.
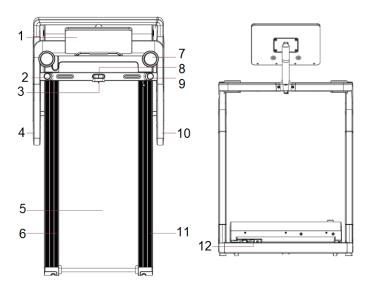
SAFETY INSTRUCTIONS

- 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 warmups 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:** 150 kg

- **Category:** HC 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!

PRODUCT DESCRIPTION

1. Display	7. Bottle holder
2. Incline adjustment	8. Switch
3. Safety key	9. Speed adjustment
4. Handles	10. Handles
5. Treadmill	11. Non-slip treads
6. Non-slip treads	12. Main switch

DRAWING

PARTS LIST

No.	Name	Qty.	No.	Name	Qty.
1	Base	1	37	Washer 30*30*20	1
2	Left post	1	38	Motor washer 42.7*15*10	2
3	Right post	1	39	Console washer 239*10*2	1
4	Incline frame	1	40	Oil tank	1
5	Incline frame bracket	1	41	Silicone cylinder Ø9*180	1
6	Main frame	1	42	Display top cover	1
7	Console holder	1	43	Console bottom cover	1
8	Left handle	1	44	Console top cover	1
9	Right handle	1	45	LED panel	1
10	Console bracket - internal	1	46	Bottom panel cover	1
11	Console bracket - outer	1	47	Control panel cover	1
12	Console mounting plate	1	48	Decorative console cover	1
13	Console plate	1	49	Start button	1
14	Packaging fixed tube	1	50	STOP button	1
15	Brushless motor	1	51	Incline button cover	1
16	Incline motor	1	52	Speed button cover	1
17	Running board	1	53	Inner ring of rotary knobs	2
18	Front cylinder	1	54	Outer ring of rotary knobs	2
19	Rear cylinder	1	55	Left outer base cover	1
20	Piston	1	56	Right outer base cover	1
21	Piston	1	57	Left inner base cover	1
22	Spring Ø13* Ø1.5*100	1	58	Right inner base cover	1
23	Safety sensor contacts	1	59	Small left cover	1
24	Roller	1	60	Small outer base cover	1
25	Adjustable knob Ø8*260	1	61	Inner front base cover	1
26	Left motor mount	1	62	Outer front base cover	1
27	Right motor mount	1	63	Motor cover	1
28	Motor cover	2	64	Motor bottom cover	1
29	Allen key 6 mm	1	65	Motor side cover	2
30	Allen key 5 mm	1	66	Left rear corner cover	1
31	Treadmill	1	67	Right rear corner cover	1
32	Belt	1	68	Left rear frame cover	1
33	Adjustable feet	4	69	Right rear frame cover	1
34	Damping washer Ø24*33*M8	4	70	Console decorative ring	1
35	Damping washer Ø24*33*M8	4	71	Adjustable hand knob	1
36	Washer 42*30*T3.0*Ø10	4	72	PVC post	2

73	Left side step	1	111	Speaker	2
74	Right side step	1	112	Communication motherboard	1
75	Nylon slider	1	113	Upper communication cable	1
76	Security key fastening cover	1	114	Intermediate communication cable	1
77	Tablet holder	1	115	Bottom communication cable	1
78	Transport wheels	2	116	Bottom control panel	1
79	Transport wheels	2	117	Flat washer Ø6.2*13*T1.2	4
80	Plastic tube	2	118	Washer Ø10.2*Ø20*ØT1.5	8
81	Washer Ø25* Ø4.2*4.5	14	119	Spring washer Ø6.2*Ø10*T2.0	2
82	Sleeve	1	120	Washer Ø4.2*Ø11*ØT0.5	1
83	Oil container cap	1	121	Spacing washer Ø8.4* Ø15* ØT0.5	3
84	Magnetic ring	1	122	Bolt M4x10	1
85	Power cable	1	123	Nut M8	11
86	Power plug	1	124	Nut M10	4
87	Overvoltage protection	1	125	M8 cap	1
88	Switch	1	126	M8 cap	6
89	Filter	1	127	Bolt M8*16	17
90	Inductor	1	128	Bolt M8*30	2
91	AC connection cable, red, cable length 350 mm	1	129	Bolt M8*40	4
92	Black power cable 350 mm	1	130	Bolt M8*45	2
93	AC connection cable, red, cable length 150 mm	2	131	Bolt M10*25	2
94	Black power cable 150 mm	1	132	Bolt M10*40	5
95	Earthing cable, yellow green	1	133	Bolt M10*60	1
96	LED display	1	134	Bolt M6*15	4
97	Quick incline selection buttons	1	135	Bolt M8*15	4
98	Quick speed selection buttons	1	136	Bolt M8*40	2
99	Incline adjustment knob base	1	137	Bolt M8*60	3
100	Speed adjustment knob base	1	138	Bolt M8*70	2
101	Power button	1	139	Bolt M6*15	4
102	Incline button cables	1	140	Bolt M8*25	4
103	Speed button connection	1	141	Bolt M8*30	4
104	Connecting the speed button to the control board	1	142	Bolt M4*10	1
105	Speed knob connection	1	143	Bolt M4*20	3
106	Switch connection - on	1	144	Cross screw ST3.0*8	31
107	Connecting the switch - off	1	145	Cross screw ST4.2*9.5	21
108	Heart rate control board	1	146	Cross screw ST4.2*16	65

109	Heart rate cable	1	147	Cross screw ST4.0*10	2
110	Speaker	2	148	Cross screw ST2.3*4	4
149	Phillips screw 2.5*6	2	152	Safety key	1
150	Cross screw ST 4.2*16	33	153	Oil	2
151	Cross screw ST4.2*25	3	154	Manual	1

SPECIFICATIONS

Weight	90 kg
Running surface	135*52 cm
Unfolded dimension	169,5*86*148,5 cm
Motor power	Brushless 4,5 hp
Speed	1,0 – 18,8 km/h
Maximal load capacity	150 kg
Incline	0 – 15

ASSEMBLY

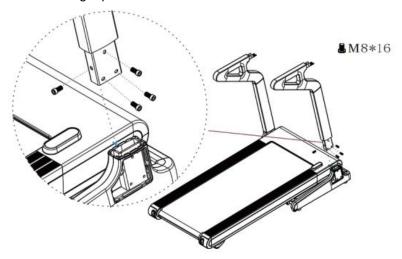| Main frame		1	Silicone oil		2
Left post		1	Power cable		1
Right post		1	Safety key		1
Display		1	Manual		1
Control panel		1	Fasteners		1

Two people are needed for assembly.

Assembly must be done on a flat, clean and firm surface.

Step 1

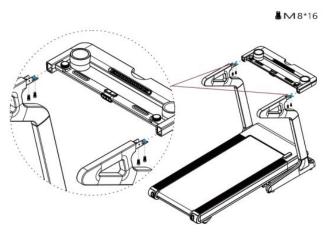Fix the left post with M8*16 bolts.

Step 2

Connect the communication cables leading from the main frame to the cables from the right pillar. Attach the right post with M8*16 bolts.

Step 3

Connect the communication cables from the right post to the control panel. Attach the control panel to the posts with M8*16 bolts.
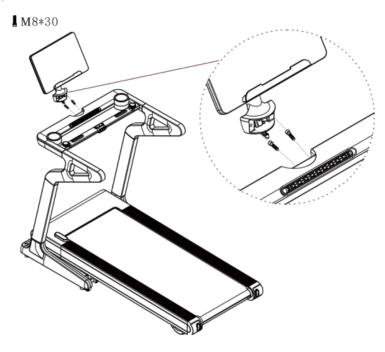
Step 4

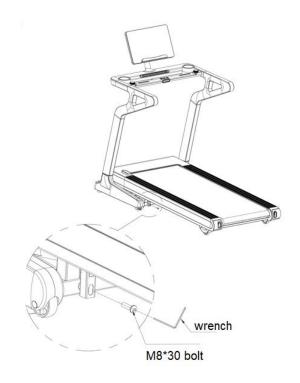Attach the side covers to the bottom of the posts.

Step 5

Connect the communication cables from the control panel to the display. Fix the display to the control panel with M8*30 bolts.
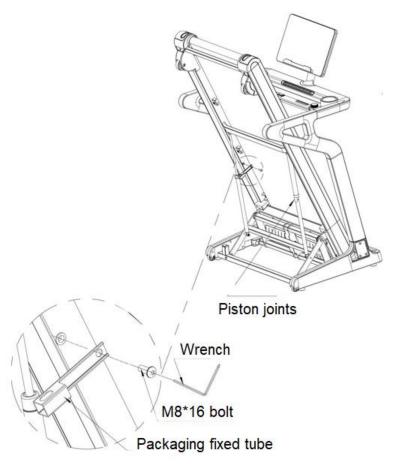
M8*30

Step 6

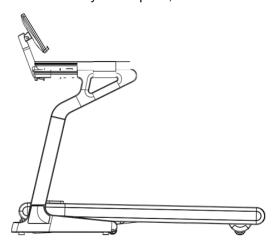Unscrew the bolt M8*30.

wrench

M8*30 bolt

Step 7

Lift the running surface and unscrew the bolt M8*16 and remove the packaging fixed tube. Then place back the running surface by carefully kicking the piston joints holding the running surface.

Piston joints

Wrench

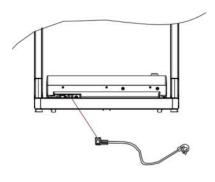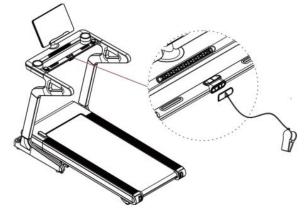M8*16 bolt

Packaging fixed tube

Step 8

After assembly is complete, make sure all connections are properly tightened.
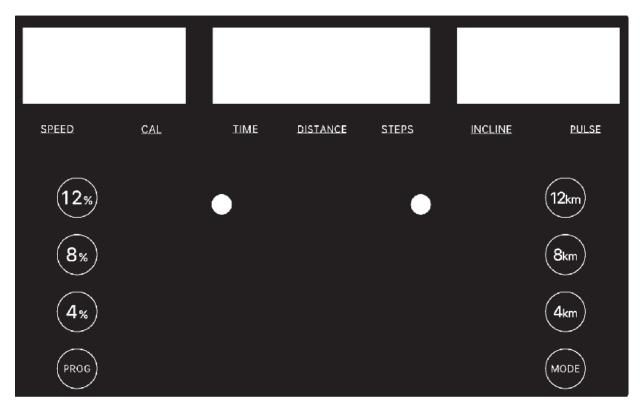
Step 9

Connect the power cord and plug into the power supply. Turn the main switch to the on position. Connect the safety key to the control panel and then to the clothes. Select a program and start exercising.

CONSOLE

DISPLAY

SPEED (speed)	Range: 0,0 – 18,8 km/h
CAL (calories)	Range: 0 - 999
TIME (time)	Range: 0:00 – 99:59
DISTANCE (distance)	Range: 0,00 – 9999
STEPS (steps)	Range: 0 – 9999
INCLINE (incline)	Range: 0 – 15
PULSE (pulse)	Range: 50 – 200

DISPLAY VALUES

Value	Starting	Default	Range	Display
Time	0:00	15:00	5:00 – 99:00	0:00 – 99:59
Speed	0.0	0.0	1.0 – 18.8	0.0 – 18.8
Incline	0	0	0 – 15	0 – 15
Distance	0.0	1.00	0.50 – 99.9	0.00 – 99.9
Calorie	0	50.0	10.0 – 999	0.0 – 999

BUTTONS

Start	If the treadmill is paused, it starts the program
Stop	If the treadmill is running, it pauses the program
Speed button	Turn clockwise to increase speed
	Turn counterclockwise to decrease speed
Incline button	Turn clockwise to increase the incline

		Turn counter-clockwise to decrease the incline		
Speed 4 / 8 / 12 km/h		Press to select the speed		
Incline 3 / 6 / 9		Press to select incline		

PROGRAMS

There are: manual program, 12 preset programs (P1 – P12), countdown programs (time, distance, calories), body fat test (FAT).

MANUAL PROGRAM

Turn on the treadmill, the console will enter standby mode. Press START, the regular program will start, which tracks the training time. The time is counted from zero, the initial speed is 0.8 km/h. You can adjust the speed and incline using the respective rotary knobs. You can also adjust speed and incline using the hotkeys. All values are added, press STOP to end the exercise.

COUNTDOWN PROGRAMS

You can choose between time, distance and calorie countdown. You can adjust the values using the rotary knobs to adjust the speed and incline. If the set value reaches zero, an audible signal will sound, and the treadmill will gradually slow down until it stops. After 5 seconds, it switches to standby mode.

Time countdown

In standby mode, press MODE to set the countdown timer.

Default value: 15:00, setting range 5:00 - 9:00.

During the setting, the value in the time display will flash.

Distance countdown

In the time countdown setting, press MODE to switch to the distance countdown.

Default value: 1.00 km, setting range 0.50 - 99.9, value setting by 0.1 km increments.

The value in the distance display will flash during the setting.

Calories countdown

In the distance countdown setting, press MODE to switch to the calories countdown.

Default value: 50 kcal, setting range 10.0 - 999 kcal.

During the setting, the value in the calorie display will flash.

PRESET PROGRAMS

Press the PROG button to select one of the preset programs. Before starting the program, you can set time only. Incline and speed values cannot be set but can be adjusted as needed during operation. You can adjust the training time using the rotary knobs. Start the program by pressing START. Each program is divided into 20 segments, the length of each segment is the set time/20. The transition between segments is announced by a 3x sound signal. When the set time reaches zero, an audible signal will sound, and the treadmill will begin to slow down until it stops.

Default value: 10 min, setting range 5:00 - 99:00.

		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P01	Speed	3	4	5	5	6	5	5	4	5	5	6	5	5	4	5	5	6	5	5	3
	Incline	2	2	3	2	3	2	3	2	3	3	2	2	3	3	2	2	3	3	2	2
P02	Speed	3	5	6	7	7	6	6	7	7	6	6	7	7	6	6	7	7	6	5	3
	Incline	3	4	5	5	4	4	3	3	4	4	5	5	4	4	3	3	4	4	2	2
P03	Speed	5	10	6	11	7	12	8	12	9	6	10	7	11	8	12	7	11	9	6	3

	Incline	3	4	5	6	5	4	5	6	5	4	5	6	5	4	5	6	5	4	3	2
P04	Speed	5	7	8	9	9	9	8	8	9	9	9	8	8	9	9	9	8	8	6	5
	Incline	2	2	3	3	4	4	3	3	4	4	3	3	4	4	3	3	4	4	3	2
P05	Speed	5	8	10	11	11	10	10	9	9	10	10	11	11	10	10	11	11	8	6	5
	Incline	3	3	4	4	5	5	4	4	5	5	4	4	5	5	4	4	5	5	3	2
P06	Speed	4	6	7	8	9	10	10	9	9	10	10	10	9	9	10	10	10	8	6	3
	Incline	0	0	1	1	1	2	2	2	1	1	1	0	0	1	1	2	2	1	1	0
P07	Speed	4	7	8	8	9	9	10	8	8	9	9	10	9	8	9	9	8	8	5	3
	Incline	2	5	1	4	2	6	4	6	3	0	1	5	2	6	3	0	2	5	3	1
P08	Speed	4	6	8	9	9	8	8	9	9	9	8	8	8	9	9	9	8	7	5	3
	Incline	6	8	12	6	11	8	10	6	8	10	12	10	8	12	7	10	10	8	6	2
P09	Speed	5	7	10	11	12	11	11	10	9	10	11	11	12	11	11	10	10	9	8	4
	Incline	2	3	4	5	6	6	5	5	4	4	5	5	6	6	5	5	4	4	3	2
P10	Speed	6	8	10	11	12	12	11	9	10	11	12	11	10	11	12	10	12	8	8	4
	Incline	4	5	6	7	6	5	6	7	6	5	6	7	6	5	6	7	6	7	5	2
P11	Speed	6	9	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	9	5
	Incline	-	-	1	2	2	2	1	1	0	1	2	2	1	2	2	1	1	0	-	-
P12	Speed	3	6	8	8	8	9	9	8	8	8	9	9	8	8	8	9	9	7	5	3
	Incline	2	2	3	3	3	2	2	3	3	3	2	2	3	3	3	2	2	3	3	2

BODY FAT TEST (FAT)

In standby mode, press the PROG button to select the FAT program. It is necessary to set the values F1 - F4 in the program. You adjust the values using the buttons to change the speed or incline, then confirm the value by pressing MODE and move to the setting of the next value. After setting all the values, hold the pulse plates for measuring the pulse for 5-6 seconds. The F5 measurement result will be displayed.

F1	Gender	01 male	02 female
F2	Age	10 – 99	
F3	Height	100 – 200	
F4	Weight	20 – 150	
F5	Result	≤ 19	Malnutrition
	Result	=20 – 24	Normal weight
	Result	= 25 – 29	Overweight
	Result	≥ 30	Obesity

The measured data are indicative only and do not serve for medical or therapeutic purposes.

ERROR MESSAGES

E01: Communication error

E03: Speed sensor error

E04: Incline error

E06: Overcurrent protection (circuit 1)

E07: Overcurrent protection (circuit 2)

OTHER

If you pull out the safety key during operation, the treadmill will stop, an audible signal will sound, and the display will show " --- ". After connecting the key, the treadmill can be used again.

After 10 minutes of inactivity, the treadmill switches to power saving mode. Press any button to start the treadmill again.

MAINTENANCE AND STORAGE

STORAGE

Store the treadmill in a dry and dark place. Protect from dust. Unplug from the wall outlet (if applicable) before storing.

The durability and safety of the device can only be guaranteed if the product is regularly checked for damage or wear.

Never remove protective covers.

The treadmill is for indoor use only, do not use in damp areas.

Check all bolts and nuts regularly for tightness.

MAINTENANCE

Always use a soft, cotton cloth and a non-aggressive detergent for cleaning.

Never use aggressive cleaning agents based on alcohol or petrol.

REGULAR INSPECTION

DAILY

- Before each use, make sure that no object in the area prevents the user from moving freely.
- Before each use, check that the belt edges are properly locked and check for wear.
- After each use, wipe away sweat and moisture.
- Clean the console display with a damp, soft cotton cloth. Avoid using too much water.

WEEKLY

- Clean the plastic cover properly.
- Clean handles and display
- Check that the edges are securely locked.
- Check all screws, nuts for wear and tightness.

MONTHLY

- Lubricate all metal ends with corrosion protection.
- Check the AA battery level in the console, replace if necessary.
- Clean the running surface.

We do not recommend performing any internal corrections / adjustments.

The use of any means other than cleanser and lubricant may reduce the product life.

SAFE EXERCISING

Please consult your doctor before starting any exercise program. They can recommend the frequency, intensity and duration of the exercise based on your age and health condition. If you feel any or similar symptoms during exercising – pain or tightness on the chest, irregular heart rate, shortness of breath, dizziness or other discomfort - please stop immediately! Consult your doctor before you continue

exercising. If you use the treadmill often, you can choose regular walking speed or jogging speed. If you have no experience or aren't sure what the best initial speed for you is, refer to the data below:

Speed 1 - 3.0 km/h   people with weak constitution

Speed 3.0 - 4.5 km/h   people who do not exercise often

Speed 4.5 - 6.0 km/h   normal walking speed

Speed 6.0 - 7.5 km/h   fast walking

Speed 7.5 - 9.0 km /h   jogging

Speed 9.0 - 12.0 km/h   intermediate speed runner

Speed 12.0 - 14.5 km/h   experienced runner

Speed over 14.5 km/h   excellent runner

ATTENTION:

- Users who want to exercise while walking should choose 6 km/h speed or lower.

- Users who want to exercise while running should choose 8 km/h speed or higher.

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.

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.

STORAGE

Keep the treadmill in a clean and dry environment. Make sure the power switch is turned off and the treadmill is not plugged into the power socket.
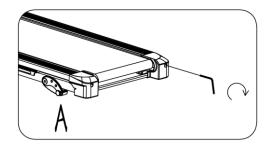
IMPORTANT NOTICE

• This treadmill comes with standard safety regulations and is suitable 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 for 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.
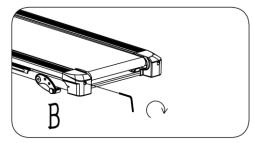
ADJUSTING THE RUNNING BELT

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.
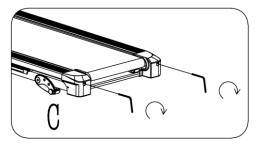
If the running belt (20) drifts to the right, turn the adjusting bolt on the right side ¼ turn clockwise, then turn the left adjustment bolt ¼ turn counter-clockwise. If the belt does not move, repeat this step until it centers. Refer to image A.
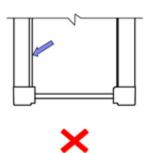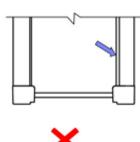

If the running belt (20) drifts to the left, turn the adjusting bolt on the left side ¼ of a turn clockwise, then turn the right adjustment bolt ¼ turn counter-clockwise. If the belt does not move, repeat this step until it centers. Refer to image B.
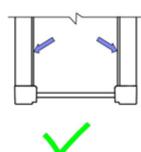

Over time, the running belt (20) will loosen. To tighten the belt, turn both the left & right-side adjustment bolts one full turn clockwise. Check the tension of the belt. Continue this process until belt is at the correct tension. Make sure to adjust both sides equally to ensure even belt alignment. Refer to image C.

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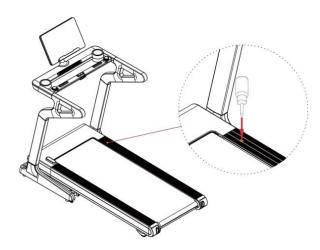
WARNING: Always unplug the treadmill from the electrical outlet before cleaning, lubricating, or repairing the unit.

We recommend following the lubrication chart below:

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:

Check the lubrication of the treadmill, if necessary, lubricate the treadmill by pouring silicone oil into the lubrication hole. Always let the treadmill run idle for the best possible oil distribution.

Before each lubrication of the treadmill, first test the oil film by touching the plate under the belt. There should be a light oil film on the board, which will also remain on your fingers. If this is not the case, lubricate the treadmill. It is generally recommended to use approximately 10 ml of oil into the appropriate area and then let the treadmill run at the lowest speed for a few minutes without load. After that check again whether a fine oil film has formed on the board under the belt. ATTENTION! Over lubrication of the treadmill is not desirable and usually requires specialist service. It is therefore better to pour less oil and add more as needed.

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.

Batteries

6-month battery warranty – we guarantee that battery's nominal capacity does not fall below 70% of its total capacity within 6 months of the product's sale.

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
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About shipping