USER MANUAL – EN

IN 13146 Motorized treadmill inSPORTline inCondiT50i

CONTENTS

Special tips:

1. Before installation and operation, please read this operation manual carefully.

2. Please save this manual for future reference.

3. Product may vary slightly from the item pictured due to model upgrades.

SAFETY INFORMATION

We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be assured if the equipment is assembled, maintained, and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

1. Before starting any exercise program, you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking any medication that may affect your heart rate, blood pressure, or cholesterol level.

2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health.
Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, light-headedness, dizziness, or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.

3. Keep children and pets away from the equipment. The equipment is designed for adult use only.

4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 0.6 feet of free space all around it.

5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.

6. It is recommended that you lubricate all moving parts on a monthly basis.

7. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, stop using the equipment immediately and don't use the equipment until the problem has been rectified.

8. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.

9. Do not place fingers or objects into the moving parts of the equipment.

10. Data measured by the computer cannot be used to assess the health condition of the user.

11. Move with caution when lifting and moving the equipment. Always use proper lifting technique and seek assistance if necessary.

12. Your product is intended for use in cool, dry conditions. You should avoid storage in extreme cold, hot, or damp areas as this may lead to corrosion and other related problems. Allowed temperature is in the range of 5 °C - 40 °C.

13. No adjustable part should be protruding for it could limit the user's range of movement.

14. This equipment is designed for indoor use only! It is not intended for commercial use!

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

16. **Weight limit:** 140 kg

17. **WARNING!** The heart rate frequency monitoring may not be completely accurate. Overexertion during training can lead to a serious injury or even death. If you start to feel faint, stop the exercise immediately.

IMPORTANT OPERATION INSTRUCTIONS

1. Insert the power plug into the socket directly.

2. The constant running time for this machine is less than 2 hours. Be sure to read the manual entirely before operating the equipment.

3. Changes in speed do not occur immediately. Set your desired speed using the adjustment key on the computer console. When finished, release the adjustment key. The computer will recognize the command and increase speed gradually.

4. While walking on the treadmill, please use caution when multi-tasking other activities such as watching TV, reading, etc. These may be distractions and may make you lose your balance or stray from walking in the centre of the belt which may result in a serious injury.

5. In order to prevent losing balance or an unexpected injury, do NOT mount or dismount the treadmill while the belt is in motion. This unit starts at a very low speed; standing on the belt while it slowly accelerates is the proper way to start after you've become comfortable with the machine.

6. Always hold the handrail when making changes with the controls.

7. A safety key is provided with this equipment and should be used in case of emergency. Operational functions can only be done while the safety key is inserted into the console. In case of emergency, remove the safety key to instantly stop the running belt and shut off the treadmill. The display console will reset once the safety key is reinserted.

8. The control keys on the console are precisely set to function and require little finger pressure to use. To avoid damage to the keys, do not use excessive force when operating the controls.

9. This equipment is designed for adult use only! Children should not be permitted to use or play near this treadmill. When present, children should be supervised at all times by an adult. This equipment is not intended for therapeutic use. Before beginning any exercise program, consult with your physician.

10. Women who are pregnant or nursing should consult with a physician before attempting to begin any exercise program.

11. Please be sure to stay hydrated during and after an exercise.

IMPORTANT NOTE:

The belt may need lubrication before the first use! Please see further instructions in the manual on how to properly apply lubricant.

EXPLODED DRAWING

PARTS LIST

No.	Description	Specification	QTY
A01	Base frame		1
A02	Main frame		1
A03	Incline bracket		1
A04	Console bracket		1
A05	Left upright tube		1
A06	Right upright tube		1
A07	Motor bracket		1
B01	Front roller		1
B02	Back roller		1
B03	Air pressure cylinder		1
B04	Hand pulse sheet iron 1		2
B05	Hand pulse sheet iron 2		2
B06	Transport wheel cover		4
B07	Spring sheet		2
B08	Left speaker net		1
B09	Right speaker net		1
B10	turning bush		4
B11	copper sheet		1
B12	Allen wrench	5 mm	1
B13	Spanner with screw driver	S=13,14,15	1
B14	Z shape board		2
C01	Console top cover		1
C02	Console middle top cover		1
C03	Console middle bottom cover		1
C04	Hand pulse top cover		1
C05	Hand pulse bottom cover		1
C06	Motor top cover		1
C07	Motor bottom cover		1
C08	Left upright tube cover		1
C09	Right upright tube cover		1
C10	Left back end cover		1
C11	Right back end cover		1
C12	Handle bar foam		2
C13	Rubber pad		1
C14	Plastic bracket		1
C15	Side rail		2
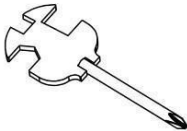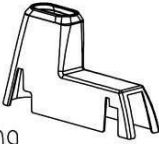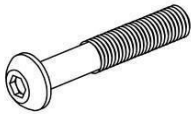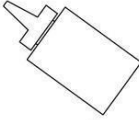
C16	Running belt		1
C17	Air cushion		2
C18	Side rail anti-slip pad		2
C19	Black cushion		4
C20	Blue cushion		2
C21	Blue cushion		2
C22	Transport wheel		2
C23	Oval inner plug		2
C24	Motor belt		1
C25	Cone-shape cushion		1
C26	Flat foot pad		4
C27	Adjustable wheel		2
C28	Wire protector		2
C29	Plastic pad		4
C30	Safety key bracket		1
C31	Safety key		1
C32	Transport wheel plug		2
C33	Motor top cover acrylic		1
C34	Handle bar decoration ring		2
C35	Handle bar left cover		1
C36	Handle bar right cover		1
D01	Computer board		1
D02	Control board		1
D03	Handle bar button board		1
D04	Top signal wire	900 mm	1
D05	Middle signal wire	1100 mm	1
D06	Bottom signal wire	800 mm	1
D07	Shortcut top wire	350 mm	1
D08	Shortcut bottom wire	750 mm	1
D09	Hand pulse top wire	150 mm	1
D10	Hand pulse middle wire	650 mm	2
D11	Hand pulse bottom wire	200 mm	2
D12	Speed sensor	1000 mm	1
D13	DC motor		1
D14	Incline motor		1
D15	Running board		1
D16	Overload protector		1
D17	Square switch		1

D18	Power socket		1
D19	Magnetic ring		1
D20	Magnetic core		1
D21	Power wire		1
D22	Safety key wire	45 0mm	1
D23	Grounding wire	350 mm	2
D24	AC single wire	350 mm	2
D25	AC single wire	350 mm	3
D26	Single wire	500 mm	1
D27	Single wire 1	350 mm	1
D28	Single wire 2	350 mm	1
D29	Filter		1
D30	Inductor		1
D31	Amplifier wire	150 mm	1
D32	USB board		1
D33	Amplifier		1
D34	Volume +/- connecting wire	350 mm	1
D35	MP3 connecting wire	φ3*φ12*410	1
D36	Speaker	6Ω5ω 250 mm	2
D37	Bluetooth board		1
D38	Bluetooth wire	300 mm	1
D39	Screw	ST2.9*6.0	4
D40	Nut	M6	2
D41	Nut	M8	6
D42	Nut	M10	6
D43	Bolt	M10*60	1
D44	Bolt	M10*45	1
D45	Bolt	M10*30	4
D46	Bolt	M8*50	6
D47	Bolt	M8*40	2
D48	Bolt	M8*30	1
D49	Bolt	M8*20	4
D50	Bolt	M8*15	8
D51	Bolt	M8*40	2
D52	Bolt	M8*42	1
D53	Bolt	M6*55	3
D54	Bolt	M6*40	2
D55	Bolt	M6*25	6

D56	Bolt	M5*16	11
D57	Bolt	M5*8	9
D58	Screw	ST4.2*30	4
D59	Screw	ST4.2*30	6
D60	Screw	ST4.2*12	17
D61	Screw	ST4.2*15	6
D62	Screw	ST4.2*12	17
D63	Washer	6	3
D64	Washer	8	16
D65	Washer	10	2
D66	Washer	8	6
D67	Flat washer C	8	7
D68	Flat washer C	φ10*φ26*2.0	8
D69	Screw	ST2.9*8	48
D70	Screw	ST3.5*10	20
D71	Bolt	M5*12	4
D72	Screw	ST2.9*4	4
D73	Button board		1
G	Lubricant Oil		1

ASSEMBLY

CARTON CONTENTS

HARDWARE PACKAGE

No.	Description	Specification	QTY
A02	Main Frame		1
E	Console base		1
B12	Allen wrench	5 mm	1
B13	Wrench with Screw Driver	S=13, 14, 15	1
C31	Safety key		1
C08	Left upright tube cover		1
C09	Right upright tube cover		1
D46	Bolt	M8*50	2
D50	Bolt	M8*15	6
D64	Lock washer	8	8
D21	Power wire		1
D35	MP3 connecting wire		1
G	Lubricant oil		1

ASSEMBLY TOOLS

(B12) Allen Wrench (5 mm) – 1pc

(B13) Spanner with screwdriver (S=13, 14, 15) – 1pc

ASSEMBLY INSTRUCTION

STEP 1:

Open the carton and remove all contents. Place the main frame (A02) on level ground and ensure that you have a clean and adequate work space.

NOTE: For safety reasons, do NOT cut the packing belt (F) until you've completed the assembly.
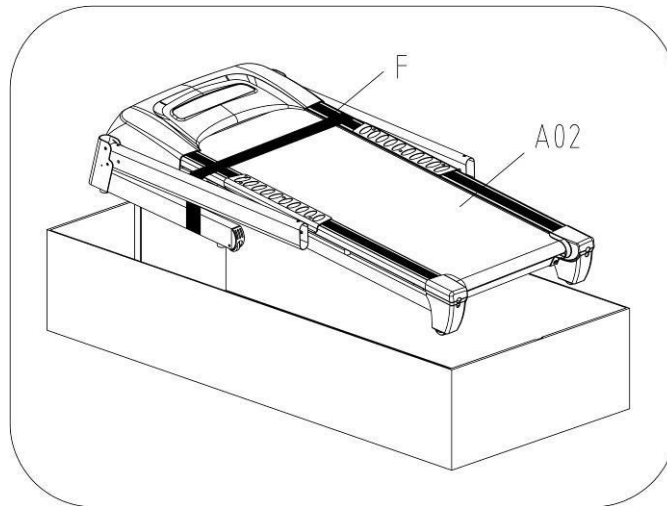
STEP 2:

Lift up the left upright tubes (A05) upwards. See Figure 1.

Fix the left upright tube (A05) to the base frame (A01). Use 1 bolt (D46) and 1 lock washer (D64) to attach the side, and 1 bolt (D50) and lock washer (D64) to attach the front. Secure using Allen Wrench (B12).

Repeat the step above to assemble the right upright tube (A06) to the base frame (A01). See Figure 2.

NOTE: During assembly, support the upright tubes (A05 and A06) with your hand to prevent them from falling down.

Fig. 1

Fig. 2
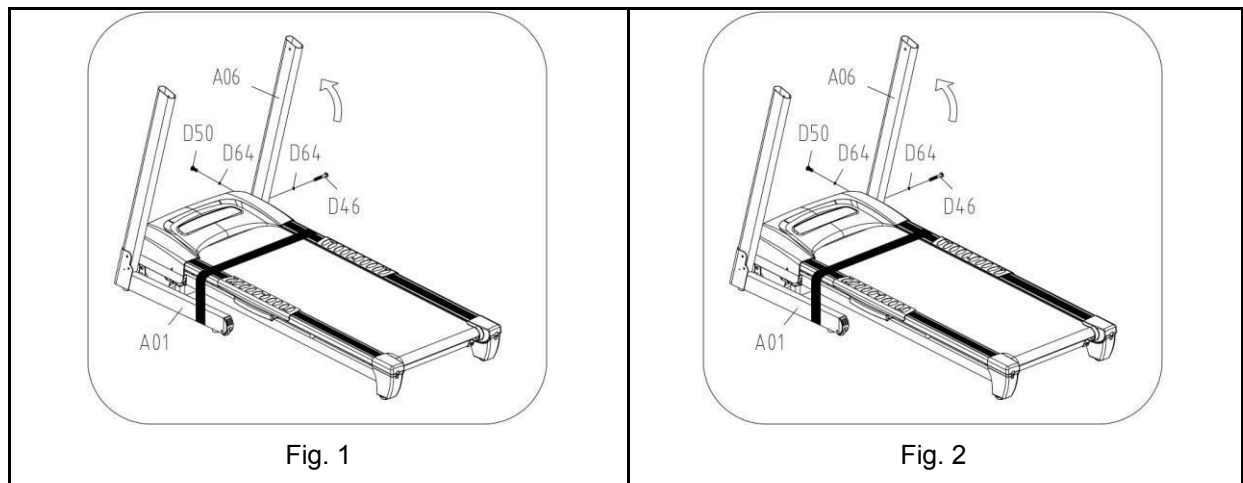
STEP 3:

Insert the left upright tube cover (C08) into the bottom of the left upright tube (A05). Push down to fasten the left upright tube cover (C08) to the base frame (A01).

Repeat the step above to attach the right upright tube cover (C09) to the base frame (A01).
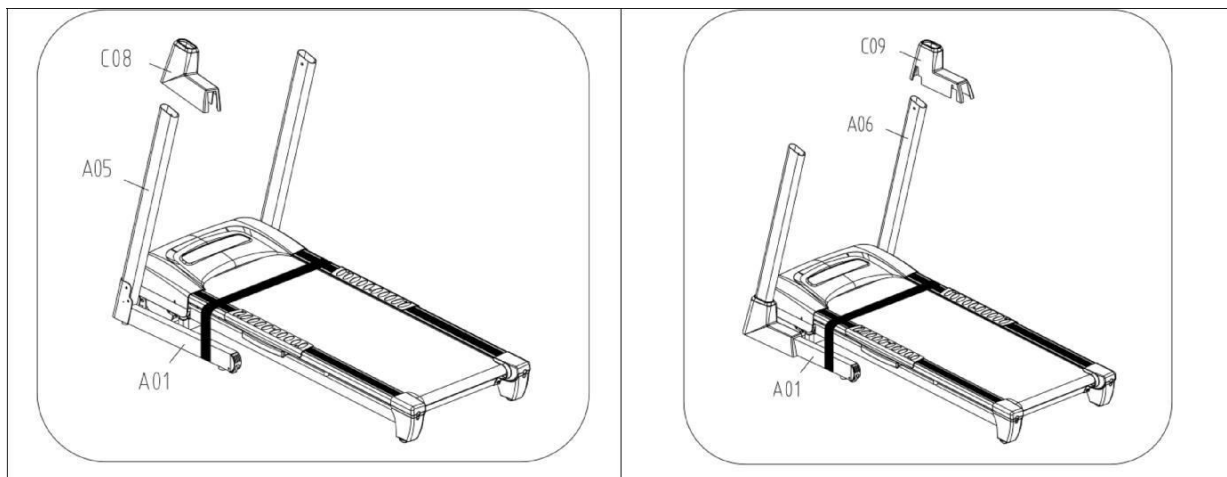
STEP 4 (*PLEASE SEEK ASSISTANCE FOR THIS STEP):

Connect the top signal wire (D04) to the middle signal wire (D05).

Fix the console base (E) to the left and right upright tubes (A05&A06) with 4 bolts (D50) and 4 lock washers (D64). Tighten using Allen Wrench (B12).
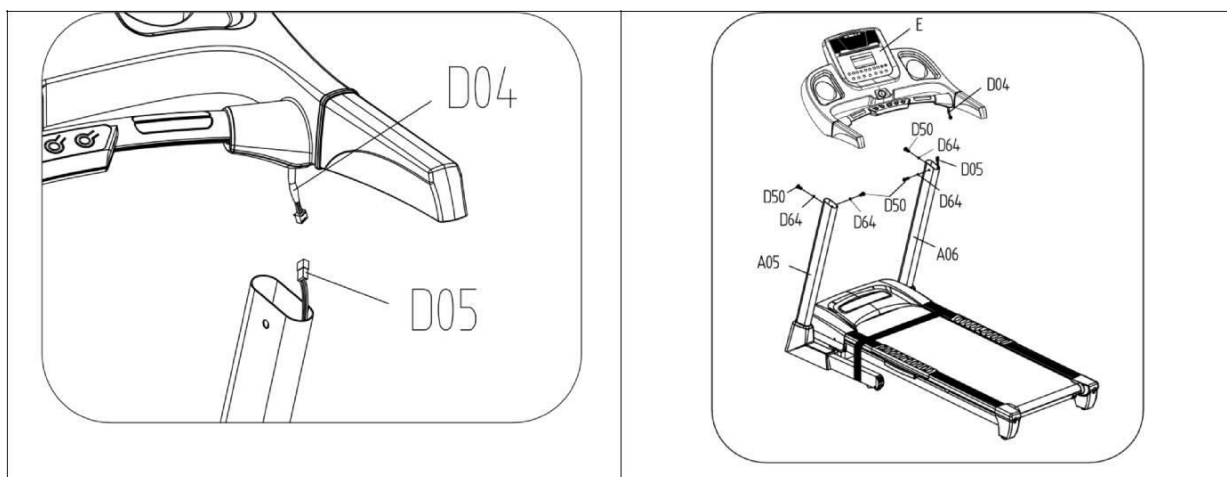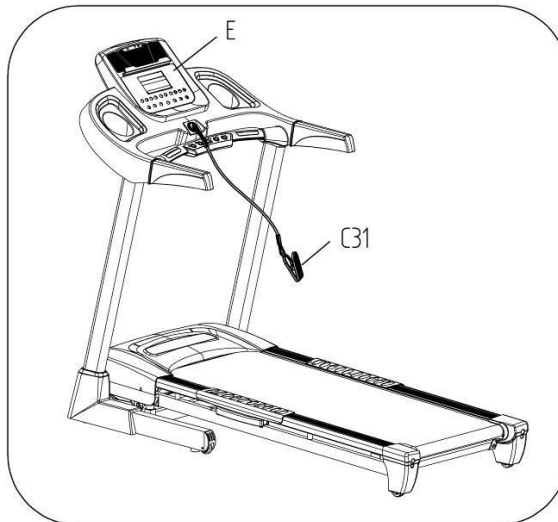
STEP 5:

Cut the packing belt (F).

STEP 6:
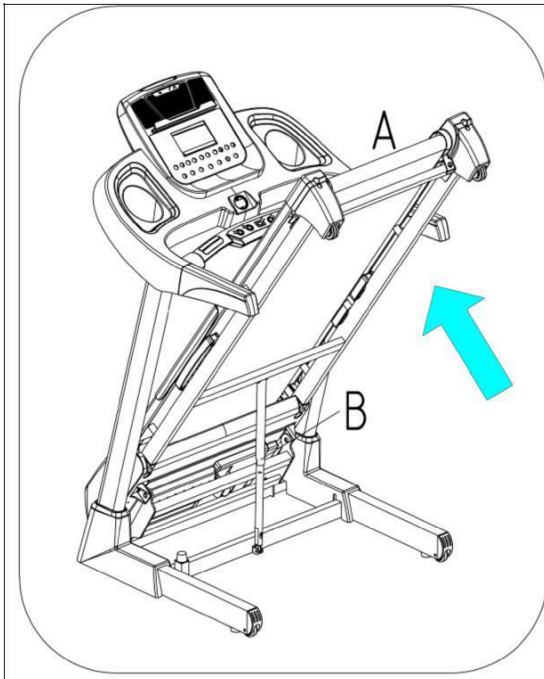
Insert the safety key (C31) into the magnet area of the console (E).

The assembly is now complete.

FOLDING INSTRUCTIONS
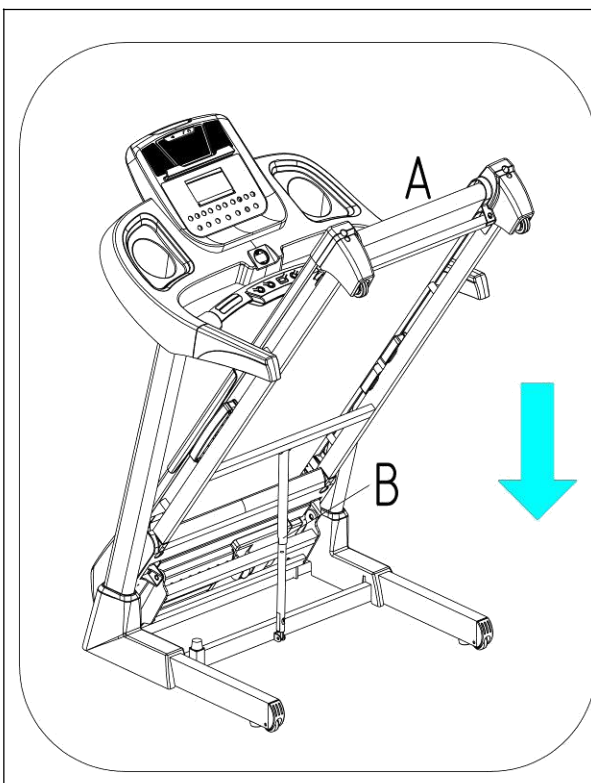
FOLDING THE TREADMILL

Place your hand at the end of the running deck (position A) and lift up the main frame (A02) until the air pressure cylinder (B03) locks (position B).

NOTE: You will hear a click when the air pressure cylinder (B03) is successfully locked in.

UNFOLDING THE TREADMILL

Grasp the main frame (A02) with one hand (position A) and use your foot to lightly kick the air pressure cylinder (B03) to unlock (position B). Give the main frame (A02) a downward push from position A and the running deck should automatically continue to steadily lower itself until the main frame (A02) reaches level ground.

NOTE: Before lowering the main frame, ensure that the space directly underneath it is clear of any objects.

HOW TO MOVE THE MACHINE
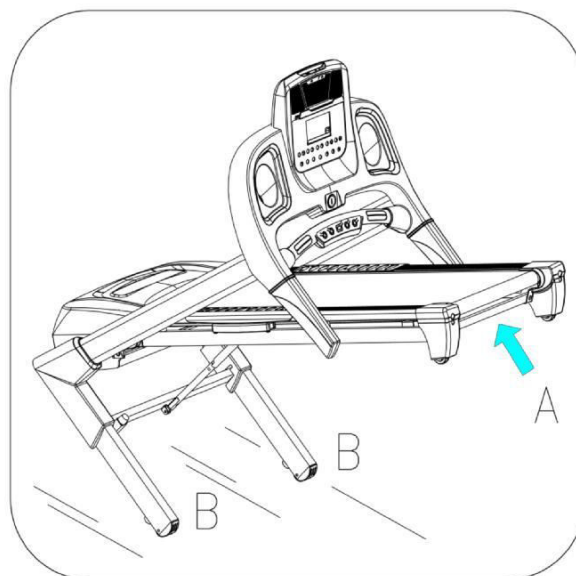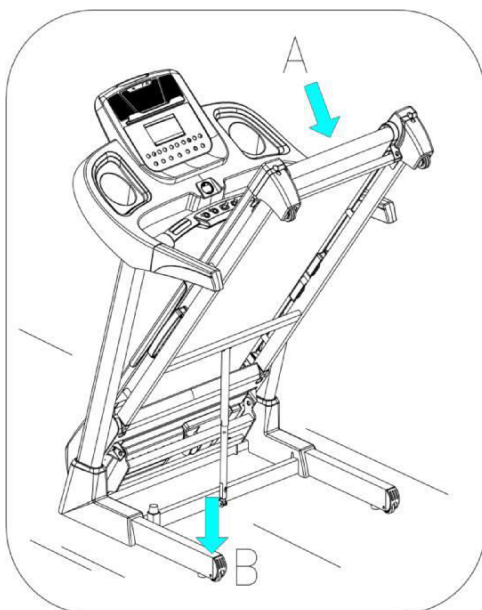
Before attempting to move the treadmill, please make sure the treadmill has been properly folded and the power cord has been removed from the outlet.

Start by placing one hand at position A to support the top end of the treadmill. Next, place one foot at position B to hold steady the bottom end of the treadmill.

With your foot at position B, slowly begin lowering the top of the treadmill towards the ground. Once the top of the treadmill (position A) reaches a low enough point, the wheels will hit the ground, making it easy to move your treadmill to the desired location.

IMPORTANT ELECTRIC INFORMATION

IMPORTANT NOTE: This treadmill requires a correct power source in order to operate. For your safety, as well as the safety of others, please verify that the power source is correct before powering the equipment. Any power supply source above or below this level could cause significant damage to the equipment and/or user.

GROUNDING METHODS

This product must be grounded. If the treadmill should malfunction or breakdown, grounding provides a path with the least resistance of electric current to reduce the risk of electric shock. This product is equipped with a plug that has an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.
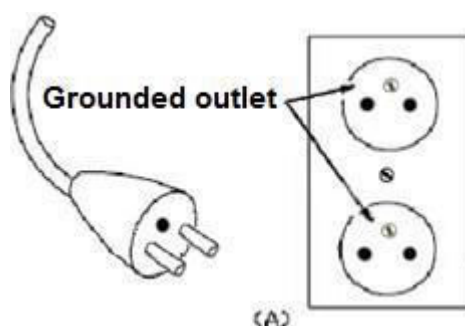
CAUTION

Improper connection of the equipment can result in risk of electric shock. Check with a qualified electrician or serviceman if you are unsure whether the product has been properly grounded. Do not modify the plug provided with this product. If it will not fit the outlet, have a proper outlet installed by a qualified electrician. Ensure that the product is connected to an outlet with the same configuration as the plug. Do not use an adaptor for this product.

WARNING

- DO NOT use a ground fault circuit interrupt (GFCI) outlet with this treadmill. Route the power cord away from all moving parts of the treadmill, including the air pressure cylinder and the transport wheels.

- DO NOT operate the treadmill using a generator or UPS power supply.

- DO NOT remove any cover on this treadmill without first disconnecting the power cord.

- DO NOT expose the treadmill to rain or moisture. This treadmill cannot be used outdoors or in any high humidity environment.

OPERATING THE CONSOLE

WINDOW DISPLAY

SPEED/PULSE: The speed range is 1.0 - 20.0 km/h. 1.0 is the default running speed.

When the runner holds both hands on the pulse sensors (located on the handles), the system will calculate the runner's heart beat and display it in this window. The pulse range is 50 - 200 bpm (This data is just for reference, and cannot be used as medical data).

The heart rate frequency monitoring system isn't always accurate. Overexertion of organism during training can lead to a serious injury or death. If you start to feel faint, stop the exercise immediately!

DISTANCE: Displays the distance from 0.0 - 99.99 km. When the count reaches 99.99, it will reset and begin counting again from 0.0. When in Countdown Mode, it will count down from the desired setting to 0.00. When it reaches 0.00, the machine will stop smoothly, display "End" and automatically reset to the initial settings after 5 seconds. When setting programs, this window will show programs P1 - P24, U1 - U3, and "FAT".

TIME: Displays the running time from 0:00 - 18 hours. When the count reaches the maximum of 18 hours, the machine will reset to 0:00 and continue to operate. When in Countdown Mode, it will count from the set time to 0:00. Once the count reaches 0:00, the machine will stop smoothly and display "End", then automatically reset to the initial setting after 5 seconds.

CALORIES/INCLINE: Displays the amount of calories burned from 0 to 999 kcal and the incline level from 0 - 15. When the count reaches 999, it will reset and start back from 0. When in Countdown Mode, it will count down from the desired setting to 0. Once it reaches 0, the machine will stop smoothly and display "End", then automatically reset to the initial settings after 5 seconds.

STEPS: Display steps that the user has walked. While displaying steps, it will count from 0 to 99999, when up to 99999, it will count again from 0.

MATRIX: The matrix window will display a 400 m running track. Once you finish running the lap, the machine will beep and show the number of laps you've completed.

FUNCTION KEYS

PROGRAM: Press this button to cycle through and choose a program. Programs range from P1 - P24, U1 - U3, and "FAT". P1 - P24 are preset programs.

MODE: When the treadmill is stopped, press this button to select a Countdown mode.

- 15:00 mins is the set Countdown for TIME
- Km is the set Countdown for DISTANCE
- 50 kcal is the set Countdown for CALORIES

When setting each Countdown Mode, you can press the speed **+/–** keys to increase or decrease from the set data. Press START to start the machine.

START: To start the machine, insert the magnet end of the safety key (C31) into the console and press the START button. (This machine requires a safety key in order to operate)

STOP: When the treadmill is in motion, press the STOP button at any time to stop the running belt. Stopping the treadmill will reset all data to its initial setting.

SPEED +/– BUTTONS: When the machine is running, press the **+/–** buttons to increase or decrease the speed in increments of 0.1 km/time; holding either of these keys for a duration of over ½ a second will increase or decrease the speed continually.

INCLINE +/- BUTTONS: Under setting mode, you can press this button to adjust value. When the machine is running, press the up & down buttons to increase or decrease the incline in increments of 1/time. Pressing and holding either of these buttons for duration of over ½ a second will increase or decrease the incline continually. The incline range is from 0 - 15.

QUICK SPEED BUTTONS 3, 6, 9, 12: These buttons are quick speed presets which allow you to select an automatic running speed of 3, 6, 9 or 12 km/h instantly with the push of a button.

QUICK INCLINE BUTTONS 3%, 6%, 9%, 12%: These buttons are quick incline presets which allow you to select an automatic running incline of 3%, 6%, 9%, or 12% instantly with a push of a button.

MP3 SLOT: You can connect your mobile phone with the MP3 wire to play music. All song selection functions should still be operated from your mobile device.

USB SLOT: You can also connect your mobile device via USB connection. USB connection also charges your battery while in use.

: A quick press of this button will return to the previous song (*Available only through USB connection). Press and hold this button to reduce the volume of music (*Available for both MP3 and USB connection).

: A quick press of this button will skip to the next song (*Available only through USB connection). Press and hold this button to increase the volume of music (*Available for both MP3 and USB connection).

HEADPHONE JACK: Connect your headphones or earphones into the headphone jack to listen to your streaming music on your headphones instead of the speakers.

PROGRAMS

QUICK START

1. Insert the magnet end of the safety key into the computer console.

2. Press the START button, a buzzer will sound and the system will automatically display a 3 second countdown. When the countdown reaches zero, the running belt will start. The initial speed will be 1.0 km/h (the default running speed).

3. After the start-up, you can use the speed **+/–** buttons or QUICK SPEED keys to adjust the speed of the treadmill. You can also use the incline **+/–** buttons or QUICK INCLINE buttons to adjust the incline of the treadmill.

CONTROL FUNCTIONS

1. Press SPEED – to reduce the running speed.

2. Press SPEED + to increase the running speed.

3. Press INCLINE – to reduce the incline.

4. Press INCLINE + to increase the incline.

5. Press the 3, 6, 9, 12 km/h quick speed keys to instantly bring the pace to the selected speed.

6. Press the 3%, 6%, 9%, 12% quick incline keys to instantly change incline to 3%, 6%, 9%, 12%.

7. Press STOP to stop the running belt.

8. Hold the pulse sensors (located on the handles) with both hands for 5 seconds to calculate and display the runner's heart beats per minute (BPM) on the computer display screen.

MANUAL MODE

1. Directly pressing the START button will automatically start the running belt at the default running speed of 1.0 km/h. The other windows will begin counting upward from the default. Pressing the SPEED **+/–** keys to increases or decreases speed. Pressing the INCLINE **+/–** keys to increases or decreases incline.

2. Press the MODE button to enter Time Countdown, the time window will display a flashing 15:00, press the **+/–** buttons to set the desired time. The time range is 5:00 – 99:00 mins.

3. Press the MODE button twice to enter into Distance Countdown, the distance window will display a flashing 1.0, press the **+/–** buttons to set the desired distance. The setting range is 0.5 – 99:90 mins.

4. Press the MODE button 3 times toenter into the Calories Countdown, the calories window will display a flashing 50, press the **+/–** buttons to set the desired calories. The setting range is 10-999 kcal.

5. After you've made your setting, press the START button to start the treadmill. The treadmill will begin running after 3 seconds. Press the INCLINE **+/–** or SPEED **+/–** keys to adjust the speed and incline. Press the STOP button to stop the treadmill.

6. Under the Calories Countdown mode, press the MODE button to enter Steps mode. The speed window will show 3.0 km/h; the time window will display 15:00 mins. Press the SPEED **+/–** buttons to set the exercise time from 5:00 to 99:00 mins. The speed cannot be adjusted under Steps mode.

LUBRICATION REMINDER

Your treadmill needs lubrication maintenance every 300 km. The system will release a beeping sound every 10 seconds and display an "OIL" icon on your LCD display to remind you when it's time. Please read the MAINTENANCE INSTRUCTIONS to learn the proper steps of lubricating your machine. Apply the lubricating oil to the middle of the running deck on both sides. After application, press and hold the STOP button for 3 seconds to clear the reminder.

BUILT-IN PROGRAMS

Press the PROGRAM button, and the distance window will display P1 - P24, which are preset programs. Select the desired program, and the time window should display the setting time at 10:00 mins. Press the **+/–** buttons to set the desired exercise time. Press the START button to start the program. When the system enters into the next interval, it will beep, and the speed will be changed according to the program setting. Press **+/–** keys to adjust the incline and speed. When the program enters the next interval, it will return to the current incline and speed. After completing a program, the system will beep and display 'END'. The machine will stop smoothly and automatically reset to the initial setting after 5 seconds.

		TIME INTERVAL= setting time/10									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	2	4	3	4	3	5	4	2	5	3
	INCLINE	1	2	3	3	1	2	2	3	2	2
P2	SPEED	2	5	4	6	4	6	4	2	4	2
	INCLINE	1	2	3	3	2	2	3	4	2	2
P3	SPEED	2	5	4	5	4	5	4	2	3	2
	INCLINE	1	2	2	3	1	2	2	2	2	1
P4	SPEED	3	6	7	5	8	5	9	6	4	3
	INCLINE	2	2	3	3	2	2	4	6	2	2
P5	SPEED	3	6	7	5	8	6	7	6	4	3
	INCLINE	1	2	4	3	2	2	4	5	2	1
P6	SPEED	2	8	6	4	5	9	7	5	4	3
	INCLINE	2	2	6	2	3	4	2	2	2	1
P7	SPEED	2	6	7	4	4	7	4	2	4	2
	INCLINE	4	5	6	6	9	9	10	12	6	3
P8	SPEED	2	4	6	8	7	8	6	2	3	2
	INCLINE	3	5	4	4	3	4	4	3	3	2
P9	SPEED	2	4	5	5	6	5	6	3	3	2
	INCLINE	3	5	3	4	2	3	4	2	3	2
P10	SPEED	2	3	5	3	3	5	3	6	3	3
	INCLINE	4	4	3	6	7	8	8	6	3	3
P11	SPEED	2	5	8	10	6	9	5	3	2	2
	INCLINE	1	3	5	8	10	7	6	3	2	3
P12	SPEED	2	5	5	4	4	6	4	2	3	4
	INCLINE	3	5	6	7	12	9	11	11	6	3
P13	SPEED	2	7	4	7	8	9	4	5	3	2
	INCLINE	5	6	6	4	6	5	8	9	4	2
P14	SPEED	2	6	5	4	8	6	5	2	3	3
	INCLINE	5	6	5	8	4	5	5	10	6	3
P15	SPEED	2	6	5	4	8	7	5	3	3	2
	INCLINE	3	4	5	6	3	5	5	6	4	3
P16	SPEED	2	5	7	5	8	6	5	2	4	2
	INCLINE	1	5	6	8	12	9	10	9	5	3
P17	SPEED	2	5	6	7	8	9	10	5	3	4

	INCLINE	3	5	6	8	6	5	8	7	5	3
P18	SPEED	2	3	5	6	8	6	9	6	5	2
	INCLINE	5	7	5	8	6	5	9	10	6	2
P19	SPEED	3	7	6	5	9	7	6	3	5	2
	INCLINE	3	5	6	8	5	6	5	12	8	3
P20	SPEED	3	7	9	10	11	12	10	8	5	2
	INCLINE	2	5	6	7	6	5	8	6	3	2
P21	SPEED	3	6	8	7	9	10	5	8	3	2
	INCLINE	3	6	8	9	9	6	8	10	6	3
P22	SPEED	3	5	8	6	9	10	8	12	6	3
	INCLINE	2	6	8	10	12	10	12	8	5	2
P23	SPEED	3	5	9	11	12	8	6	5	3	2
	INCLINE	2	6	8	10	9	7	8	10	6	3
P24	SPEED	3	8	10	11	12	10	10	8	5	3
	INCLINE	3	6	8	9	10	12	9	6	3	2

HEART RATE CONTROL PROGRAM (THIS FUNCTION IS OPTIONAL)

HRC PARAMETER FORM (ONLY FOR REFERENCE)

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

55	157	99	99	78	135	90	85
56	156	98	98	79	134	90	85
57	155	98	98	80	133	90	84

* *L-H: Min to Max heart rate available   adjustment range.*

1. Press the HRC button under standby mode. You can choose heart rate control from HP1 to HP2.

   HP1: The max speed will be 10.0 km/h and the default heart rate is 120 bpm.

   HP2: The max speed will be 12.0 km/h and the default heart rate is 130 bpm.

   If you press START under the HP1 or HP2 mode, the system will recommend a heart rate control parameter to a default user: 30 years old, target heart rate 114.

2. Press MODE button to enter the age setting. Time window will show default age of 30. Owner can press INCLINE +, INCLINE -, SPEED +, SPEED - button to choose actual age, and age range is from 15 to 80 years old.

3. After setting the age, press MODE button; the system will recommend a suitable target heart rate and show it on screen for reference. You can also press INCLINE+, INCLINE -, SPEED+, SPEED - button to choose the expected target heart rate according to your physical condition. The available option range is from 80 to180.

4. After you finish setting the age and target heart rate, press MODE to enter time setting. Time window will show preset time of 15:00; press INCLINE +, INCLINE -, SPEED +, SPEED - button to adjust the time - available range is from 5:00 to 99:00.

5. Press START button directly to start up.

6. Under HP1 - HP2 mode, if you do not set any value and press START, the system will adjust the speed and incline automatically as per the default target heart rate value.

7. Under the operation of HP1 or HP2 program, INCLINE +, INCLINE -, SPEED +, SPEED - buttons are available to adjust speed and incline, but the system can also adjust speed and incline automatically to achieve the target heart rate.

8. The first 1 min of your running is warm-up, the system will not adjust speed and incline automatically, only manual adjustment is available in the first min. After 1 min, the system will add speed under frequency of 0.5 km each time, when the value reaches the max speed, and still does not achieved target heart rate value, system will add incline with frequency of 1 section each time in order to reach owner's target heart rate value, when the setting time finish, the machine will stop automatically

9. Note: Heart rate control program can only be available while you're using a chest belt and the chest belt must be tightened closely around your chest and skin.

PROGRAMMED WROKOUTS (U1 – U3)

Each program will divide into 10 sections of exercise time. Each time section will adjust speed accordingly depending on the speed determined within the program.

USER SETTINGS

Press the PROGRAM button to cycle through the programs until you reach U1-U2-U3. User settings programs (U1 - U3) are programs that allow you to manually preset each of the 10 exercise sections in order to tailor your personal workout regime.

To begin, select U1 (first user setting profile); once you've select the setting, the time window will show a setting time of 10:00 mins. Use the SPEED +/-, INCLINE +/-, or QUICK SPEED/INCLINE buttons to set the desired value. Press the MODE key to move to next section or to skip through sections. Once you've set the first section, you can set the value for the next section. Repeat this process until you have completed all sections. The values you set will not change unless edited.

Once you have finished setting your workout regime, you may press the START button to begin exercising. The machine will operate at the preset speed and incline of your settings. The whole program will be divided into 10 sections. Each section will divide into 10 setting times for the exercise time, and each section will adjust to a speed and incline based on the speed and incline determined within the program. When the whole program has completed, the machine will stop.

	Initial	Default Value	Set Range	Display Range
TIME (MIN:SECOND)	0:00	15:00	5:00 - 99:00	0:00 - 99:59
INCLINE (SECTION)	0	0	0 - 15	0 - 15
SPEED (KM/H)	1.0	1.0	1.0 - 20.0	1.0 - 20.0
DISTANCE (KM)	0	1.0	0.5 - 99.9	0.00 - 99.99
PULSE (BPM)	P	N/A	N/A	50 - 200
CALORIE (KCAL)	0	50	10 - 999	0 - 999

BODY FAT CALCULATION

Press the PROGRAM button until the window displays FAT (body fat calculation). Press MODE to enter F-1, F-2, F-3, F-4, F-5 (F-1 SEX, F-2 AGE, F-3 HEIGHT, F-4 WEIGHT, F-5 Body Quality Index).

Press the SPEED +/- keys to set F1-F4 (refer to the chart below). Once you have finished setting F1 - F4, press MODE, this will take you to the setup for F-5 (BQI).

To set F-5, grasp the pulse sensors located on the handles with both hands and hold them for at least 3 seconds. The window will display your body quality index. The Body Quality Index is used to test the relation between your height and weight. It is only for reference not suitable for the medical use. The Body Quality Index is suitable for both men and women.

NOTE: Average BQI score is 20 - 25%

Underweight	below 19.0
Normal	20.0 – 25.0
Overweight	26.0 – 29.0
Obesity	30.0 and above

BQI CHART

F-1	Sex	01 Male	02 Female
F-2	Age	10 - 99	
F-3	Height	40 – 80 inches	

F-4	Weight	44 – 330 lbs.	
F-5	BQI	≤ 19	Underweight
	BQI	= (20 - 25)	Normal Weight
	BQI	= (26 - 29)	Overweight
	BQI	≥ 30	Obesity

EXERCISE INSTRUCTIONS

GETTING STARTED

Before starting any exercise program, you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising immediately if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, lightheadedness, dizziness or feelings of nausea.

Get to know your treadmill. Before attempting to use the treadmill take some time to stand alongside it and familiarize yourself with the controls. Once you feel comfortable, get on. You can stand with your feet on the foot rails and balance yourself by putting your hands on the handle rails.

Next, attach the clip end of the safety key (C31) to your clothing and insert the magnetic end of the key into the console. Press the START button to start the treadmill. The machine will start at the default speed of 1.0 km/h. Once you feel comfortable, you may slowly increase the speed. When you are finished with your exercise, press the STOP button or remove the magnetic end of safety key (C31) to stop the machine.

SAFETY LOCK

Remove the safety key (C31) from the console to stop the treadmill immediately. Once the treadmill reaches a full stop, the window display of the computer will show "---" and the buzzer will beep 3 times. To start the treadmill again, insert the magnet end of safety key (C31) into the console and press START.

POWER SAVE FUNCTION

Once the treadmill has been inactive for 10 minutes, it will adjust to Power Saving Mode. When the treadmill is in Power Saving Mode, the display window on the console will shut down. To reactivate, press any key.

POWER OFF

Power to the treadmill can be turned off at any time during or after an exercise without the risk of damaging the device.

CAUTION

1. We recommend that you maintain a slow speed at the beginning of a session and hold handrails until you become comfortable and familiar with the treadmill.

2. Insert the magnet end of the safety key into the console and attach the opposite end with the safety clip to your clothing before beginning your workout. To end your workout, press the STOP button or remove the safety key. The treadmill will stop immediately upon one of these actions.
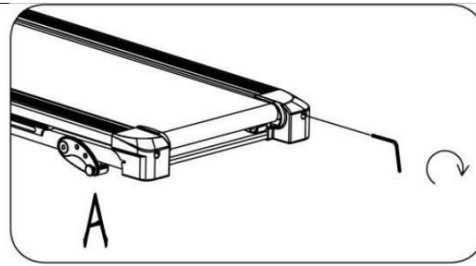
MAINTENANCE GUIDE

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.
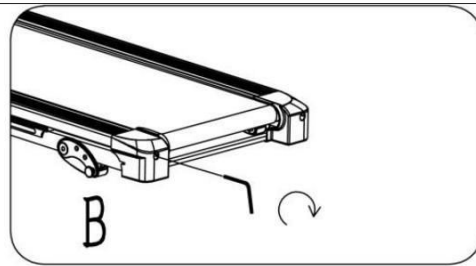
ADJUSTING THE RUNNING BELT

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.

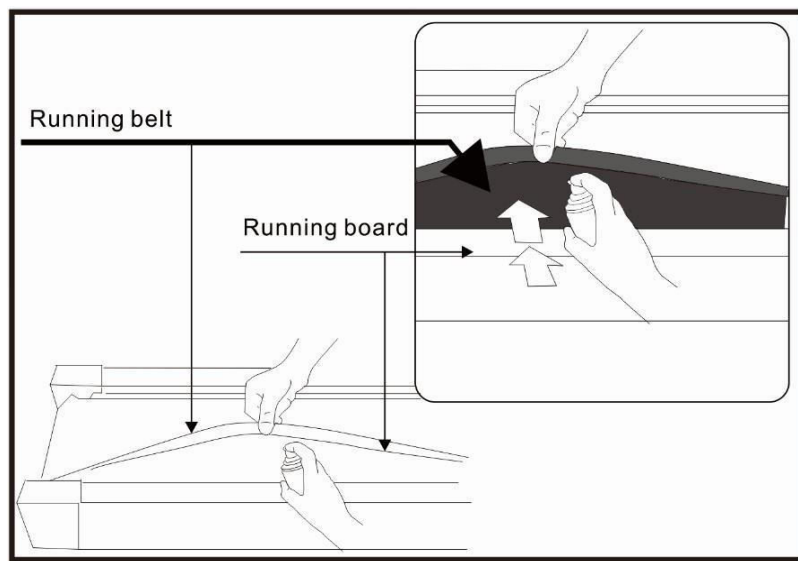|	
If the running belt (20) drifts to the right, turn the adjusting bolt on the right side ¼ turn clockwise, then turn the left adjustment bolt ¼ turn counter-clockwise. If the belt does not move, repeat this step until it centers. Refer to image A.	
If the running belt (20) drifts to the left, turn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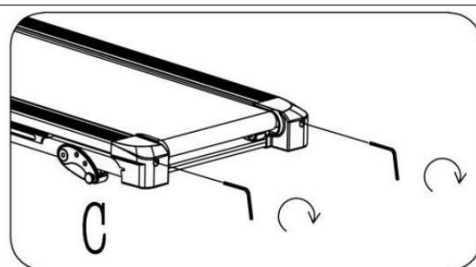
LUBRICATING THE TREADMILL

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

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

Lubrication frequency:

- Low use (lower than 3 hours per week) – every 6 months
- Moderate use (3-5 hours per week) – every 3 months
- Frequent use (more than 5 hours per week) – every 2 months
- Or every time the total distance is higher than 250–300 km.
- Always use silicon oil inSPORTline.

The following time table is recommended:

NOTE:

- To better maintain the treadmill and prolong its life, it is suggested that the machine be powered off for 10 minutes every 2 hours and fully powered off whenever not in use.

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

TROULESHOOTING

PROBLEM	CAUSE	SOLUTION
Treadmill will not start	Not plugged in.	Plug the cord into the outlet.
	Safety key not inserted.	Insert safety key.
Running speed inaccurate	Not calibrated correctly.	Recalibrate the speed setting.
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: No speed sensor signal	Speed sensor signal cannot be received by the control board.	Check that the sensor wire is properly connected and replace the wire if damaged. Check to see if the magnetic sensor is damaged and replace it if necessary.
E04: Incline failure	The incline motor is damaged OR the wire for the incline motor is not connected properly or has become damaged.	Reconnect or replace the wire for the incline motor. Replace the incline motor.
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.
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.

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 only suitable for home use. Any other use is prohibited and may be dangerous to users. We are not responsible for any injury caused by improper and forbidden use of the machine.

- Consult your doctor before starting training on the treadmill. Your doctor should evaluate whether you are physically fit to use the machine and how much effort you are able to undergo. Incorrect exercise or switching of the body can harm your health.

- Carefully read the following tips and exercises. If you experience pain, nausea, breathing, or other health problems during exercise, immediately stop the exercise. If the pain persists, contact your doctor immediately.

- This treadmill is not suitable as a professional or medical purpose. It can also not be used for healing purposes.

- The heart rate monitor is not a medical device. It provides only approximate information about your average heart rate, and any suggested pulse rate is not medically binding. Accumulated data may not always be accurate regarding uncontrollable human and environmental factors.

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 hereunder determine Warranty Coverage and Warranty Claim Procedure.

The seller is SAXO LTD with its registered office in Sakar Planina Street 1, Ruse, Bulgaria.
Company Registration Number: 117028813, registered in the Trade Register.

According to valid legal regulations it depends whether the Buyer is the End Customer or not.

"The Buyer who is the End Customer" or simply the **"End Customer"** is the legal entity that does not conclude and execute the Contract in order to run or promote his own trade or business activities.

"The Buyer who is not the End Customer" is a Businessman that buys Goods or uses services for the purpose of using the Goods or services for his own business activities. The Buyer conforms to the General Purchase Agreement and business conditions to the extent specified in the Commercial Code.

These Conditions of Warranty and Warranty Claims are an integral part of every Purchase Agreement made between the Seller and the Buyer. All Warranty Conditions are valid and binding, unless otherwise specified in the Purchase Agreement, in the Amendment to this Contract or in another written agreement.

Warranty Conditions

Warranty Period

The Seller provides the Buyer a 24 months Warranty for Goods Quality, unless otherwise specified in the Certificate of Warranty, Invoice, Bill of Delivery or other documents related to the Goods. The legal warranty period provided to the Consumer is not affected.

By the Warranty for Goods Quality, the Seller guarantees that the delivered Goods shall be, for a certain period of time, suitable for regular or contracted use, and that the Goods shall maintain its regular or contracted features.

The Warranty does not cover defects resulting from:

- User's fault, i.e. product damage caused by unqualified repair work, improper assembly, not properly assembled parts

- Mechanical damages

- Regular use (e.g. wearing out of rubber and plastic parts, joints etc.)

- Unavoidable event, natural disaster

- Improper maintenance

- 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.

Claims can be accepted from the head office of SAXO OOD, located in Ruse on „TEC IZTOK" 20 Street.

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.

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