



**USER MANUAL – EN**  
**IN 6938 Treadmill inSPORTline Gilavar**



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Special tips:

Before installation and operation, please read this operation manual carefully and save this manual for future reference.

## TIPS FOR SAFETY

We have considered more for safety when we design and produce this item. However, in case of any unhappiness, please pay attention to these tips. We don't assume responsibility if any accident caused by follow tips.

- According to your health condition, please exercise properly. Overload or improper exercise will damage your health.
- While running, you should dress properly. Don't dress too loosely in case your clothes are entangled by the machine .And please wear sport shoes. Don't let your children or pet play near it to avoid unnecessary injury.
- This machine is not suitable for children. For patients or the disabled to use, they have to follow the guides by their guardians or doctors.
- Don't use this machine when in outdoor, high humidity condition or sun.
- Please pull the plug off from socket and keep the safe key, when the treadmill is unused.
- Class - HC (according to EN ISO 20957) for home use. not suitable for professional exercise or testing, and also not suitable for medical purpose.
- The heart rate on this machine is not suitable for medical.
- If any damage for power wire, please ask manufacturer or professional service to replace it in case of any danger.
- Please check all the parts before using. Make sure that all the nuts or screws are fastened.
- Place your treadmill on the clean, flat and solid floor. Make sure that there is not anything pointy, water or hot near to the machine.
- Please stop exercising immediately and consult your doctor if you're feel giddy, surfeit, thorax ache or other symptoms.
- Make sure that hands are not near to running parts. Don't put your hands or foots under the running belt.
- When running this machine, it is only for one person to use it!
- Please use the spare parts from us, it is not acceptable if you use spare parts from others.
- This machine is HC level, max weight shall be less than 150 kg.
- Please consult your doctor at first before running, if you have one of the following diseases.
  1. Cardiopathy, hypertension, sugar diabetes, respiratory disease, smoking, and other chronic diseases, complication disease.
  2. If you are over 35 years old and heavier than common weight.
  3. Women in pregnant or in breasting period.

### Special Tips for Safety

- Please use qualified socket. If the plug and the socket is not compatible, please ask electrician to handle it and don't do anything for the plug.
- The voltage for this machine is 220V-240V AC.




- Don't let power wire touch roller, and also don't put power wire on the running belt. Don't use damaged plug.
  - Before cleaning, moving and maintaining the machine, please pull off the plug for the socket.
- Warning: If don't pull off, it will cause injury or damage for the machine.

## PACKING DETAILS


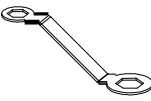


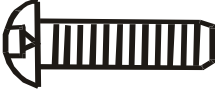





Warning: Carefully install the product, avoid to make any damage. Notice:

- 1) Carefully read the instructions before installation. Operate in accordance with procedures.
- 2) Check components in the package
- 3) Remove all paper boxes and foams used as fasteners.

Check all the following components. If there is missing or problematic parts, please contact the dealer

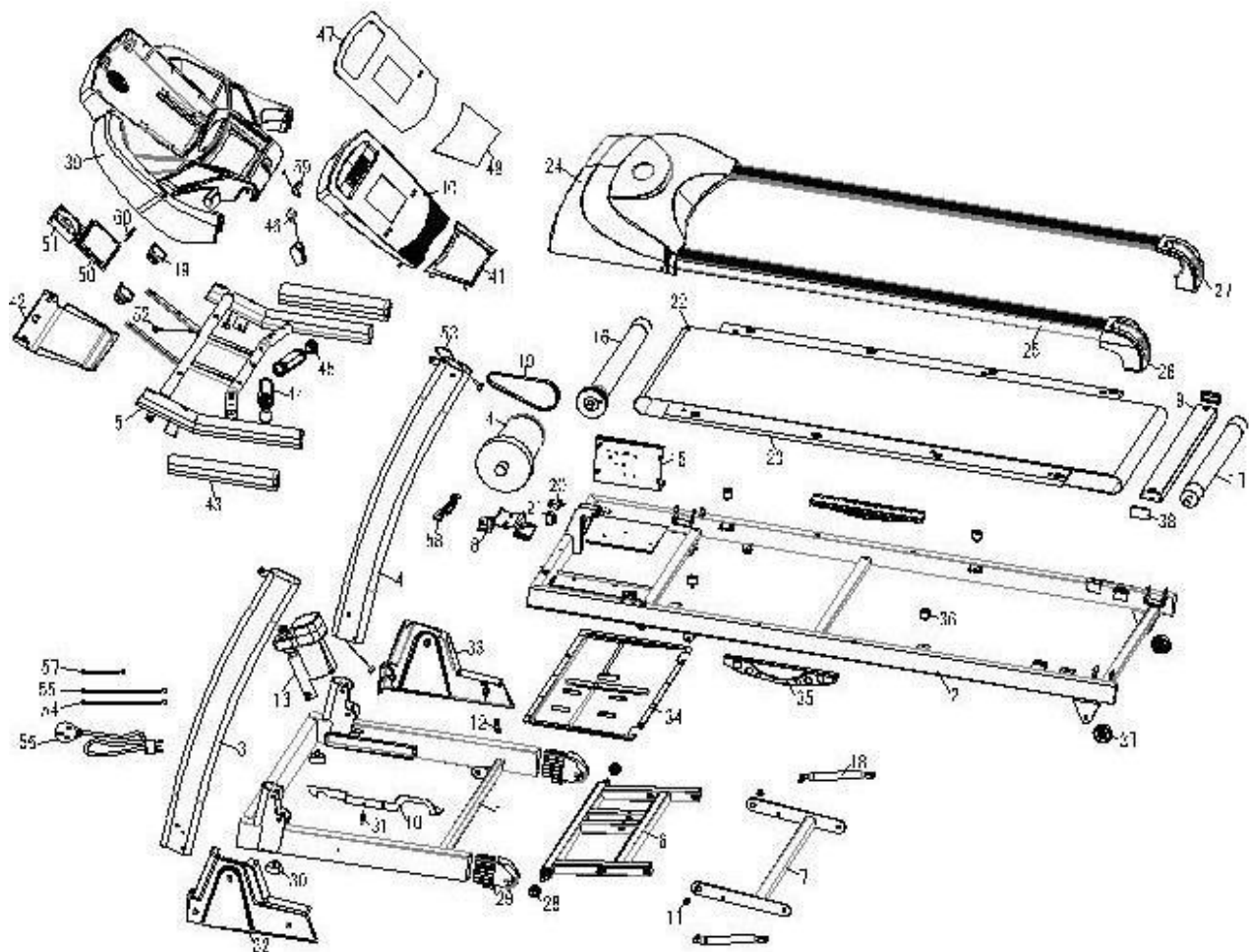
 <p>Frame</p>	 <p>Decorating cover at base</p>	 <p>Hardware tool bag</p>
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### Hardware tool bag

 <p>Multi-wrench 1 pcs</p>	 <p>Homemade wrench 1 pcs</p>	 <p>Nut 2pcs</p>
 <p>Umbrella-type allen screw M8*20 4pcs</p>	 <p>Umbrella-type allen screw M8*60*15 2pcs</p>	 <p>Umbrella-type cross tapping screw M4.2*15 6pcs</p>
 <p>Washer 6pcs</p>	 <p>Lubricant</p>	 <p>Safety key</p>
 <p>MP3 connector 1pcs</p>		

## EXPLODED VIEW

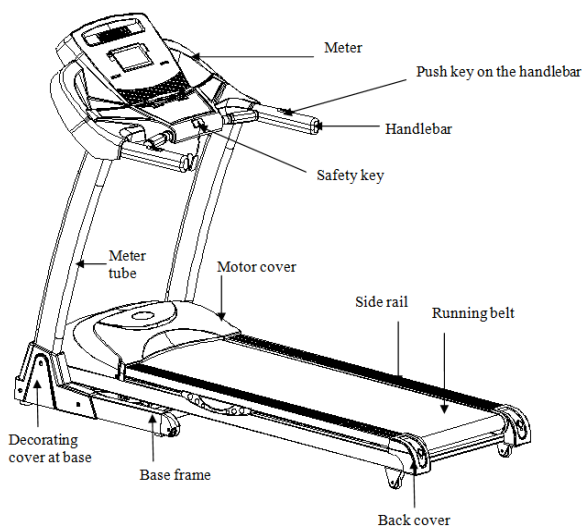
These are all the components used in installation. All components are listed in the following form.



## LIST OF COMPONENTS

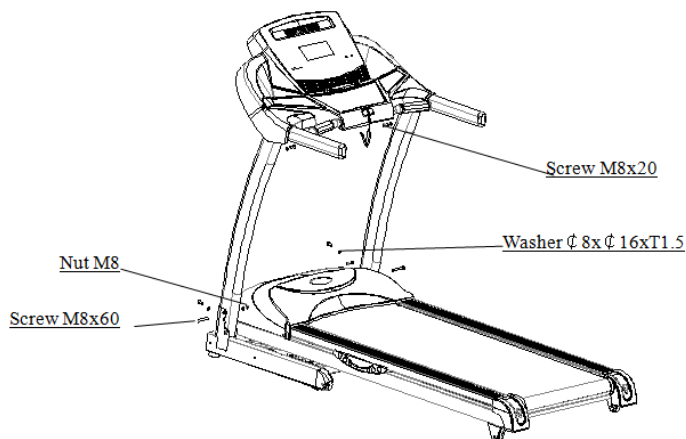
No.	Component	Quantity	No.	Component	Quantity
1	Base frame	1	36	Bumper	4
2	frame	1	37	Rubber wheel	2
3	Left pillar accessory	1	38	Square tube plug	2
4	Right pillar accessory	1	39	Upper cover of meter	1
5	Dashboard frame	1	40	Meter panel	1
6	Incline frame	1	41	Button board	1
7	Connecting frame	1	42	Lower cover of meter	1
8	Motor stator	1	43	Sponge sheath	2
9	Reinforcement tube for running board	1	44	Heart rate sensor	2
10	Pedal hook	1	45	Circular tube plug	2
11	Sleeve for shaft	2	46	Safety key	1
12	Safety brace for base frame and frame	1	47	Surface paster	1
13	Incline motor	1	48	Button paster	1
14	Motor	1	49	Speake r	2
15	PCB	1	50	PCB for console	1
16	Front roller	1	51	Fan	1
17	Back roller	1	52	Upper communication line	1
18	Pressure stick	2	53	Lower communication line	1
19	Multislot belt	1	54	Green connecting line	1
20	Power switch	1	55	Red connecting line	1
21	Overload protector	1	56	Power wire	1
22	Running belt	1	57	Red connecting line	1
23	Running board	1	58	Sensor wire	1
24	Motor cover	1	59	Reed pipe for safety key	1
25	Side rail	2	60	MP3 module	1
26	Left back cover	1	61	Locating pad for side rail	8
27	Right back cover	1			
28	Lifting transporting wheel	2			
29	Base handling wheel set	2			
30	Adjusting foot pad	2			
31	Tension spring	1			
32	Left decorative cover at base	1			
33	Right decorative cover at base	1			
34	Lower cover of motor	1			
35	Shock absorption	2			

## TREADMILL STRUCTURE



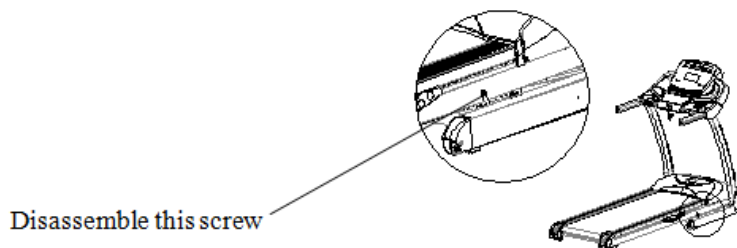
## INSTALLATION SKETCH

Step 1: Put meter on the meter tube.

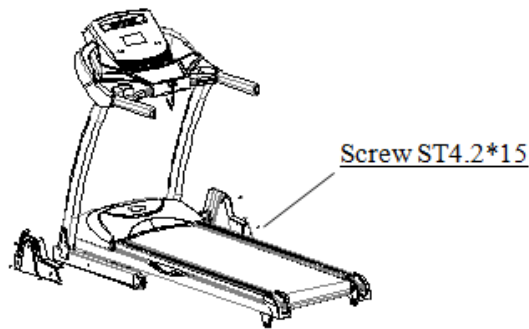


- Use 2 pcs of Screw M8\*20 with 2 pcs of washer to solid the meter tube. (Don't fasten screw at first).
- Use 2 pcs of Screw M8\*60 with 2 pcs of washer, 2 pcs of nut to solid the meter tube. (Don't fasten screw at first).
- Use 2 pcs of Screw M8\*20 with 2 pcs of washer to solid the meter. (Don't fasten screw at first).
- After the machine is power on, push "Start", if everything goes well, then fasten screws mentioned in front steps.

Step 2 : Disassemble connecting screw for base frame



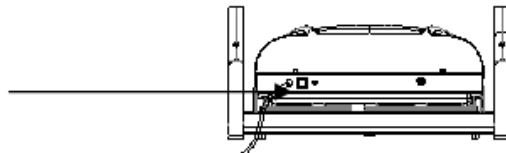
Step 3: Install decorating cover at base



Use 6 pcs of Screw ST4.2\*15 to solid left and right decorating cover at base.

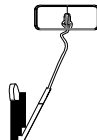
## USE

Insert the power plug into the socket and switch on the machine. The switch light will be on and you will hear a voice "Di". You will find the meter light will also be on.



## SAFETY KEY:

The machine can work only when you put safety key at the appointed position. Make sure the other end of the safety key has been nipped to your clothes. In this way, you can pull the safe key for the machine's sudden stop under the dangerous condition. Then you will not be injured. If you need to reuse the machine, you could put safety key back.



## FOLDING & UNFOLDING

Folding:

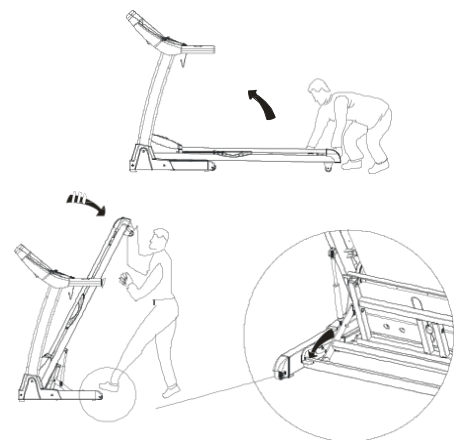
Folding will help to save space.

Before folding, please switch off and pull off the plug.

Use your hand to lift the running board until it has been locked.

Unfolding:

Step on the supporting tube and pull running board with your hands. The running board will fall to the ground slowly.





# INSTRUCTION FOR CONSOLE






## Tech info

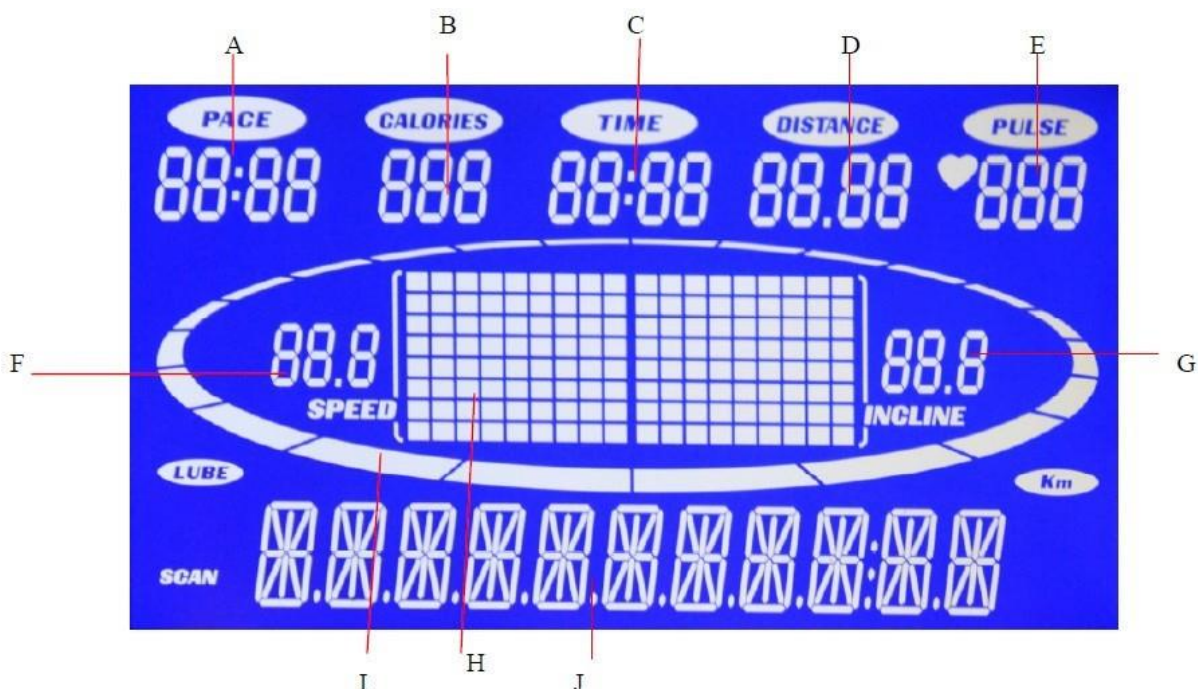
Time		00:00-99:59 Min
Speed		1.0-22.0 km/h
Incline		0-22%
Distance		0.00-99.9 km
Calorie		0-999 KCAL
Heart rate		40-250 / Min
Program	Preset program	P1-P99
	User-defined program	U1.U2.U3
	FAT	FAT
	HRC	HR1

## PRESS KEY

	<p><u>START Key:</u> Press "Start " Key, there START Key: will be 3 seconds countdown displayed on the window ! After countdown, the machine will run at the speed of 1.0km/h.</p>
	<p><u>STOP Key:</u> Under running condition, press "stop" key, it will slow down then stop. Reset Press " Stop " key for a long time, the machine will be reseted and start for new exercise record when you press "Start ".</p>
	<p><u>PROG. Key</u> Under ready condition, Press " PROG.", you could select program P1-P99,U1,U2 and FAT. P1-P99 is preset program , U1 and U2 is user-defined program,FAT is body fat test. When you finished selecting, you have to press " start "to start it !</p>
	<p><u>MODE Key</u> Under ready condition, Press " MODE.", you could select 30:00 , 1.0 or 50. 30:00 is time countdown, 1.0 is distance countdown, 50 is calorie countdown. When you have selected, you have to press "start "to start it !</p>
	<p><u>SPEED + - Key</u> Under ready condition, it is used for setting somedata. Under running condition, it is used for setting speed, speed difference is 0.1 km/h for each time. When we press it for above 0.5 seconds, it will progressive increase or reduce automatically.</p>
	<p><u>INCLINE <math>\Delta</math> <math>\nabla</math> Key</u> Under ready condition, it is used for setting some data. Under running condition, it is used for setting incline, incline difference is 1% for each press. When we press it for above 0.5 seconds, it will progressive increase or reduce automatically.</p>

	<p><u>SPEED</u> direct key</p> <p>Use these keys, you could set speed for 3 km/h, 6km/h, 9km/h, 12km/h, 14km/h directly.</p>
	<p><u>INCLINE</u> direct key</p> <p>Use these keys, you could set incline for 3%, 6%, 9%, 12%, 15% directly.</p>
	<p><u>FAN</u></p> <p>Use this key to turn on or turn off the fan.</p>

## DISPLAYED WINDOW



A	PACE:Display the time rate;
B	CALORIES:Display running calories
C	TIME : Display running time
D	DISTANCE:Display running distance
E	PULSE:Display running heart rates;Display P1-P99,U1-U3,HRC,F1-F3
F	SPEED : Display running speed
G	INCLINE : Display running incline
H	Display program picture
I	Display runway and number of turns DIST : Display running distance ;BMI :
J	SCAN:Display flowing warning words;Display BODYFAT;Display SEG,MAN,WOWAN,AGE,WIGHT,HEIGHT

WARNING! A system for monitoring heart rate may not be accurate. Overloading during training may cause serious injury or death. If you feel any discomfort, immediately stop the exercise!

## PROGRAM

### Quick start (for manual mode)

- Turn on power switch, Put safe key in the right position.
- Press "START" Key, there will be 3 seconds countdown displayed on the window! After countdown, the machine will run at the speed of 1.0km/h.
- According to your needs, you could use "SPEED+", "SPEED-" to change speed, use "INCLINEΔ", "INCLINE∇", to change incline.
- When you put your hands on the handlebar's heart pulse for 5-8 seconds, it will display heart rate on the screen.

### Manual mode

- Under ready condition, Press "Start " Key, the machine will run at the speed of 1.0km/h and incline

0%.The other window will forward count from 0. Press “INCLINE direct key、 “SPEED direct key”、 “INCLINE $\Delta$ ”、 “INCLINE $\nabla$ ”、 “SPEED+”、 “SPEED-”,you could change speed and incline.

- Under ready condition, press “MODE” to come into time countdown mode. Window “Time” displays “30: 00” and shining, you could press “INCLINE $\Delta$ ”、 “INCLINE $\nabla$ ”、 “SPEED+”、 “SPEED-” to set exercise time from 5: 00—99: 00.
- When on distance countdown mode, press “MODE” to enter. Window “ DIST” displays “1.0” and shining, you could press “INCLINE $\Delta$ ”、 “INCLINE $\nabla$ ”、 “SPEED+”、 “SPEED-” to set exercise distance from 0.5—99.9.
- When on calorie countdown mode, press “MODE” to enter. Window “ CAL” displays “50” and shining, you could press “INCLINE $\Delta$ ”、 “INCLINE $\nabla$ ”、 “SPEED+”、 “SPEED-” to set calorie from 10—999.
- After finish setting time, distance or calorie mode, you could press “ start “ to start the machine. there will be 3 seconds countdown displayed on the window ! After countdown, the machine will run at the speed of 1.0km/h. You could press “INCLINE $\Delta$ ”、 “INCLINE $\nabla$ ”、 “SPEED+”、 “SPEED-” to adjust speed and incline. Press “stop”, the machine will stop slowly.

### Preset program

There are 99 built-in programs P1-P99.Under ready condition, press “PROG.” Key continuously, Window “PROGRAM” will display “P1-P99”, FAT in turn. P1-P99 are built-in programs . After selecting specific program, press “MODE”, Window “Time” displays “30: 00” and shining, you could press “INCLINE $\Delta$ ”、 “INCLINE $\nabla$ ”、 “SPEED+”、 “SPEED-” to set exercise time from 5: 00—99: 00. After setting, press “ START” to start the machine. Built-in programs have 18 parts, the time for each part=setting time / 18. When machines come into next part, there will be a voice “Bi-Bi- Bi” to remind you, and speed and incline will be changed according to the built-in programs No matter whether you have pressed “INCLINE $\Delta$ ”、 “INCLINE $\nabla$ ”、 “SPEED+”、 “SPEED-” tochange speed and incline in front parts. After finishing one program, there will be voice “Bi-Bi- Bi”, the machine stop slowly and “End ” will be displayed on the window. 5 seconds later, the machine will come into ready condition.

### User-defined program

*Setting for user-defined program:*

Under ready condition, press “PROG.” Key continuously, Window “PROGRAM” will display “P1-P99”, U1-U3,FAT in turn.U1-U3 are user-defined program. After selecting U1,U2 or U3, press “MODE” to set, “SPEED+”、 “SPEED-” to set speed, “INCLINE $\Delta$ ”、 “INCLINE $\nabla$ ” to set incline. After setting, press “MODE” key to finish one part and come into next part. After finishing setting for 18 parts, press “start” to start the machine. User-defined program will be kept in the machine forever unless you reset them. These data can’t be lost even outage.

*Special explain:*

Every mode has 18 parts. You can only press “START” key to start the machine after finishing all parts’ setting and total exercise time setting.

*Data range:*

Parameter	Setting range	Displayed range
Time(minute:second)	5:00-99:00	0:00— 99:59
Incline (%)	0-22	0-22
Speed (KM/H)	1.0-22	1.0-22
Distance(KM)	0.5-99.9	0.00— 99.9

Heart rate(time/minute)	N/A	60-185
calorie(cal)	10-999	0—999

### Body fat test

Under ready condition, press “PROG.” Key continuously to come into FAT. Press “MODE” key, you could find “HEIGHT”、“WEIGHT”、“AGE”、“SEG”、“FAT” displayed on the window. Press “INCLINE $\Delta$ ”、“INCLINE $\nabla$ ”、“SPEED+”、“SPEED-” to set. After setting, press “MODE” to come into “FAT”. At this time, put your hand on the heart pulse for 5-8 seconds, there will be body fat date displayed on the window. You could find whether your weight and height matches. (This data only for reference, can't be used for medical data)

Seg	Boy	Girl
Age	10-----99	
Height	100----240	
Weight	20-----160	
FAT	≤19	Underweight
FAT	=(20---25)	Normalweight
FAT	=(25---29)	Overweight
FAT	≥30	Obesity

### HRC Program

1. When you want to use HRC program, please wear chest belt.
2. Under ready condition, press “PROG.” Key, window displays HRC. At this time, press “MODE” Key, there will be some displays as below: AGE:30. You could use “SPEED +” key to set the age (From 15-80). After setting press “MODE”, there will be THR: specific heart rate displayed on the window and shining, you could use “SPEED +” key to set the heart rate (From 90-120). Press “MODE” again, there will be Time:10 displayed on the window and shining, you could use “SPEED +” key to set the time (10-99).
3. After setting all of them, you could press “START” key to run the machine.
4. Now, you could use chest belt or heart rate sensor on the handlebar to test the heart rate. If you use both of them, our system will choose the chest belt.
5. Special Tips: From the safety side, we suggest the maximum speed to be 10 km/h when on HRC program.

### Power save mode

Our machine have power save function. When you turn on power switch for 10 minutes and don't press any key, the machine will come into power save mode and there is no light on the screen. You could press any key into ready condition.

## MAINTENANCE

Identification ways for the degree of tightness of running belt and poly V-belt.

When the running belt skips, please follow the steps as follows to make sure which belt needs to be adjusted, running belt or poly V-belt.

- a) Unplug all power supply, screw and remove the Base cover.

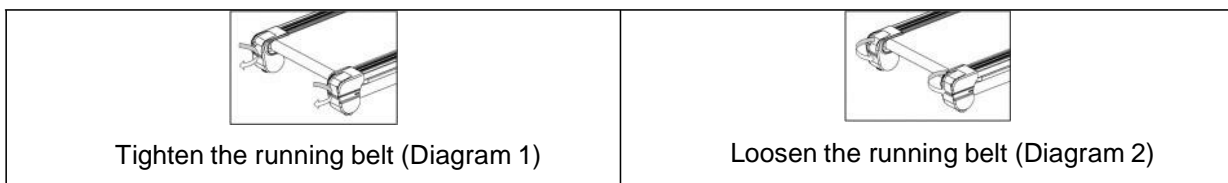
- b) Turn the speed to be around 3km/h, step on the running belt by pressure and try your best to make the running belt stop. If running belt stops, together with the front roll, but the motor still runs, under this condition, it means the poly V-belt needs to be adjusted.
- c) Turn the speed to be around 3km/h, step on the running belt by pressure and try your best to make the running belt stop. If running belt stops, but front roll still runs, under this condition, it means the running belt needs to be adjusted.

**The adjustment steps for poly V-belt**

- a) Unplug all power supply and take off the base cover.
- b) Loosen the four screws for the motor, adjust the V-belt tension bolts in clockwise direction, and then tighten back the four screws for the motor.

**Adjustment running belt**

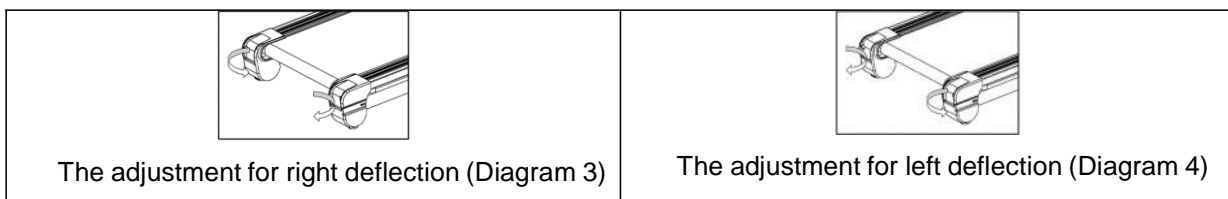
- a) Turn the speed to be 6km/h. for running
- b) Turn the both tension screws located at the end of the treadmill on the right and left sides, half a turn clockwise using the Allen key. (Diagram1 and Diagram 2)
- c) After adjustment, running belt still slips; please repeat the steps as above.



**The adjustment steps for running belt deflection**

The running belt will be deflected more or less under using. Then it needs to be adjusted. The steps are as follows:

- a) Place the treadmill on a horizontal floor, turn the speed to be 6 km/h for running.
- b) If the running belt is deflected to the right, adjust the bolt on the right by turning it for half a turn clockwise, then adjust the bolt on the left by turning it half an anti-clockwise.(see Diagram 3)
- c) If the running belt is deflected to the left, adjust the bolt on the left by turning it for half a turn clockwise, then adjust the bolt on the right by turning it half a turn anti-clockwise.(see Diagram 4)
- d) After the adjustment, the running belt still keeps deflecting, please repeat the steps above.

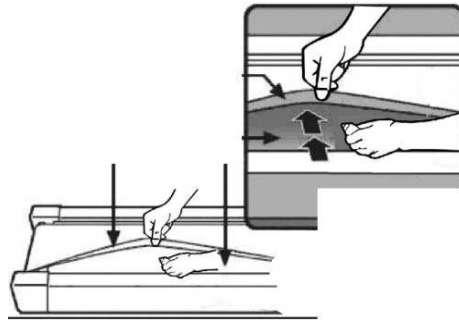


**Running board lubrication- Silicone oil has been provided (White Bottle)**

The treadmill is brand-new and has been pre-factory lubricated. Lubrication is not necessary directly after purchase. Lubrication needs constant maintenance termly after purchase. The friction between the running board and running belt has a great effect on the treadmills' life. So please lubricate your machine termly (every one month). **The steps are as follows:**

- Step 1. Please unplug power supply for the treadmill and loosen the belt (Belt tension screw located at the end of the treadmill).
- Step 2. After loosening the screw, lift up the running belt and clean in-between the running board. Squeeze the small white bottle of SILICONE oil which was supplied with your purchase and wipe it evenly across the board.

Step 3. After lubricating the board, screw the belt tension back to its correct tension. Tighten evenly on both sides. When it is almost tensioned, run the treadmill at 1km without any load. Adjust both tension screws to make the belt in the centre of the back roller. Run the treadmill at 5km for 3mins.  
 Step 4. Stop the treadmill and start to walk on it at 5km/h. Lastly fine tune both screws until it's running smoothly with your weight on.



## CLEANING

- a) Please power off and pull the plug out before cleaning.
- b) Wipe out the dust stuck on the surface and running board frequently.
- c) Please clean the surface of frame and running belt with a soft cloth dipped with suds, don't use things like eradicator and naphtha. (After cleaning, please dry it for use)
- d) Please take the protecting cover off every two month, use vacuum dust-collector to suck the dust remaining inside of the protecting cover. (The dust will make the components of circuitry board short circuit )

## CAUTIONS, DEPOSITING

### Cautions

Please make sure that the plug has been pulled out before cleaning or maintenance.

### Depositing

The treadmill should be deposited indoor in case of being damp. Water can't be spattered and nothing can be laid and inserted on the treadmill.

Please keep the air a little humid in winter. And please void the big static electricity, it may disturb the operation of meters or even damage them.

## GUIDES FOR MALFUNCTION

### Analyzing and eliminating malfunction

Item.	Malfunction	Reasons	Solution
1	Treadmill can't be started	The safe key isn't in the right position	Put the safe key in the right position
		The electrical switch is placed to "0"	Turn the electrical switch to "1"
2	Meter can't display	Check the machine whether it is in power	Check the power cord are connected well and switch on
		The upper communication is broken	Replace it !



		The meter and upper communication line are not connected well	Disassembly meter and check the upper communication line,make sure that meter and communication line are connected well.
3	Heart rate can't be displayed	The pole of heart rate sensor is not wet enough	Wet the pole with water or liquor for hard contact lenses
		Disturbed by electromagnetism	Stay away from electromagnetism
4	Incline doesn't work	The motor wire is not well connected	Open the motor cover and reconnect it
5	Running belt runs faster or slower than what has been displayed	Unadjusted	Readjust it
6	Running belt slips	Running belt is not tight enough	Please read point 6.3 Adjustment steps for tightening running belt for reference
7	Running belt is deflected	The running belt is unadjusted.	Please read point 6.4 The steps for adjusting the deflected running belt for reference
8	Displayed E01 on the screen	The sensor wire or motor are broken	Remove the motor cover and change the sensor wire,motor in return
9	Displayed E02 on the screen	over power voltage protection	Use normal voltage.
10	Displayed E03 on the screen	over current protection	Check whether it is overloading
			Check whether the drive motor can run normaly.If not,replace motor.
11	Displayed E04 on the screen	The motor is not in power	The motor wire are not connected well or the motor are broken
12	Displayed E06 on the screen	Connection error	Changing the upper or lower connection line
13	Displayed E09 on the screen	Incline error	The incline motor wire are not connected well or the incline motor are broken
14	Displayed E0P on the screen	Speed error	Setting parameter wrong or sensor wire broken
15	Displayed E0C on the screen	Short-circuit protection	PCB MOS broken or motor broken
16	Displayed E07 on the screen	Safety key off	Put safety key on the meter or change the safety key or reed pipe for safety key
17	Displayed E0E on the screen	Eeprom error	Upper or lower communication line broken or PCB broken

If you still can't solve the problems after taking the solutions above, we hope that you can contact our dealer or company as soon as possible.

**SEVEN SPORT s.r.o.**

Sídlo: Bořivojova 35/878, 130 00, Praha 3, ČR  
Centrála: Dělnická 957, 749 01 Vítkov  
Reklamace a servis: Čermenská 486, 749 01 Vítkov

IČO: 26847264  
DIČ: CZ26847264  
Telefon: +420 556 300 970  
Mail: eshop@insportline.cz  
reklamace@insportline.cz  
servis@insportline.cz  
Web: www.insportline.cz

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**SK****inSPORTline s.r.o.**

Centrála, reklamácie, servis: Električná 6471, 911 01 Trenčín, SK

IČO: 36311723  
DIČ: SK2020177082  
Telefón: +421(0)326 526 701  
Mail: objednavky@insportline.sk  
reklamacie@insportline.sk  
servis@insportline.sk  
Web: www.insportline.sk

