USER MANUAL - EN
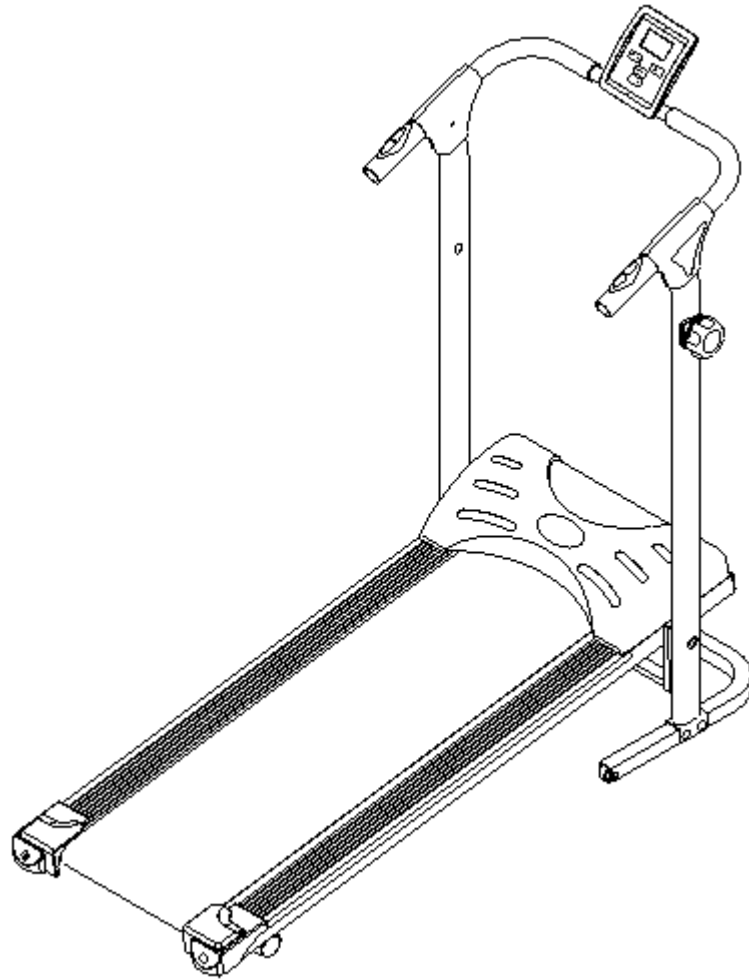
IN 5547 Magnetic Treadmill inSPORTline Sprynkl

IMPORTANT !

**Please read all instructions carefully before using this product.**

Retain this manual for future reference.

IMPORTANT SAFETY INFORMATION

WARNING: TO REDUCE THE RISK OF SERIOUS INJURY, READ THE FOLLOWING IMPORTANT PRECAUTIONS BEFORE USING THE TREADMILL.

1. Before starting to exercise, read the manual carefully and also always keep this manual with you.
2. Before beginning any exercise program you should consult your doctor first to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent any damage. Your doctor's advice is essential if you are taking medicine that affects your heart rate, blood pressure or cholesterol level.
3. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. If you feel dizziness, nausea, chest pain, back pain or other health symptoms stop the workout at once and consult your doctor before continuing.
4. Do not operate any exercise equipment if it is not assembled well. Also you must inspect your machine periodically to ensure your machine in good condition. If there are any defective components, do not use the treadmill. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
5. Keep children and pets away from the equipment. The equipment is designed for adult use only. The equipment is not suitable for therapeutic use.
6. Before using the machine, please check the nuts and bolts are securely tightened.
7. Always use the equipment as mentioned. If any defective components while assembling or checking the equipment has been found, or you hear any unusual noises from the equipment during use, stop immediately. Do not use the equipment until the problem has been rectified.
8. Wear appropriate workout clothing while exercising. Do not wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required while using the machine.
9. Use the equipment on a flat level, clear surface. Do not use the machine near the water or outdoors.
10. Keep hands away from all moving parts. While lifting or moving the equipment, always do it carefully.
11. The equipment has been tested and certified to En957 under class HC. for home use only. Maximum weight of user: 100kg/220Lbs.
12. The minimum backward clearance required is 1200mm, the other three sides is 300mm.

EXPLODE-VIEW
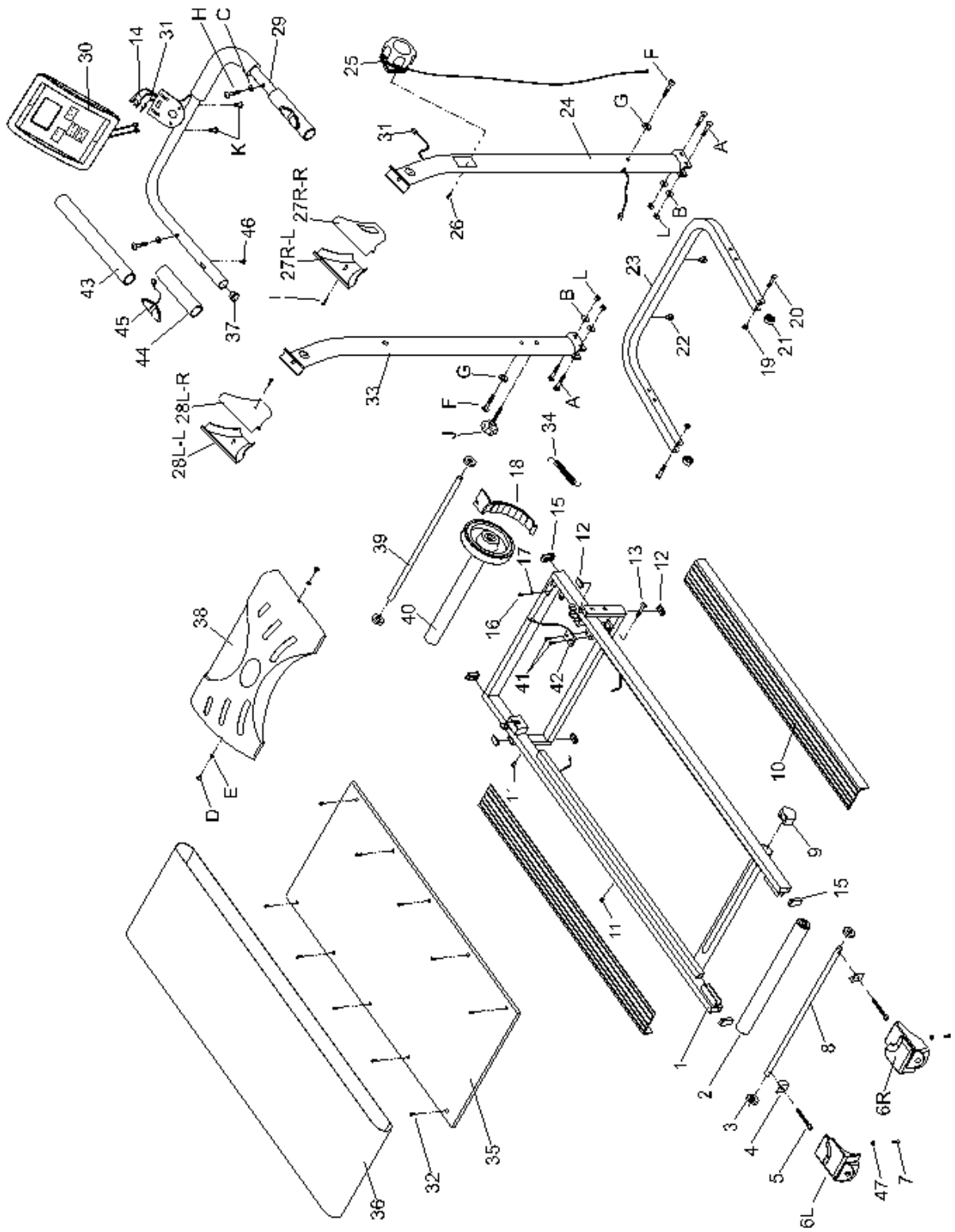
PART LIST OF EXPLODE-VIEW

NO.	PART	Q'TY
A	Bolt M8X50	4
B	Washer ID8.2*OD16.2	4
C	Arc Washer ID8.2*ID22.2	2
D	Screw M6X10	2
E	Washer φ 6.2	2
F	Bolt M8X50	2
G	Big Washer ID8.2*ID22.2	2
H	Bolt M8X45	2
I	Screw M4*15	2
J	Knob M8*60	1
K	Screw M5*10	2
L	Nut M8	4
M	Wrench S13	1
N	Wrench S6	1
O	Wrench S5	1
1	Main Frame	1
2	Rear Roller	1
3	Plastic Washer	4
4	Steel end	2
5	Bolt M6X75	2
6R	Rear End Cap(R)	1
6L	Rear End Cap(L)	1
7	Screw M4*15	2
8	Rear Axle	1
9	Rear suspension	2

10	Side Rail	2
11	Nut M8	2
12	Plastic End Cap	4
13	Bolt M8x45	1
14	Handle pulse wire	1set
15	Plastic End Cap	4
16	Screw M6*25	1
17	Nut M6	1
18	Base of The Magnet	1
19	Nut M8	2
20	Bolt M8x40	2
21	Plastic Wheel	2
22	Base frame cushion	2
23	Bottom Frame	1
24	Right Side Handle Post	1
25	Tension	1
26	Screw M5X15	1
27R-R&L	Cover Of Handle	2
28L- L&R	Cover Of Handle	2
29	Handle Bar	1
30	Computer	1
31	Sensor Wire Connector	1set
32	Screw M5*25	10
33	Left Side Handle Post	1
34	Spring	1
35	Wooden Deck	1
36	Running Belt	1
37	End Cap	2
38	Plastic Cover	1

39	Front Axle	1
40	Front Roller	1
41	Screw M3	2
42	Sensor Control	1
43	Handle Bar Grip	2
44	Handle Bar Grip	2
45	Hand pulse connector	2
46	Screw M4*20	2
47	Washer φ 5.2	2

ASSEMBLY INFORMATION
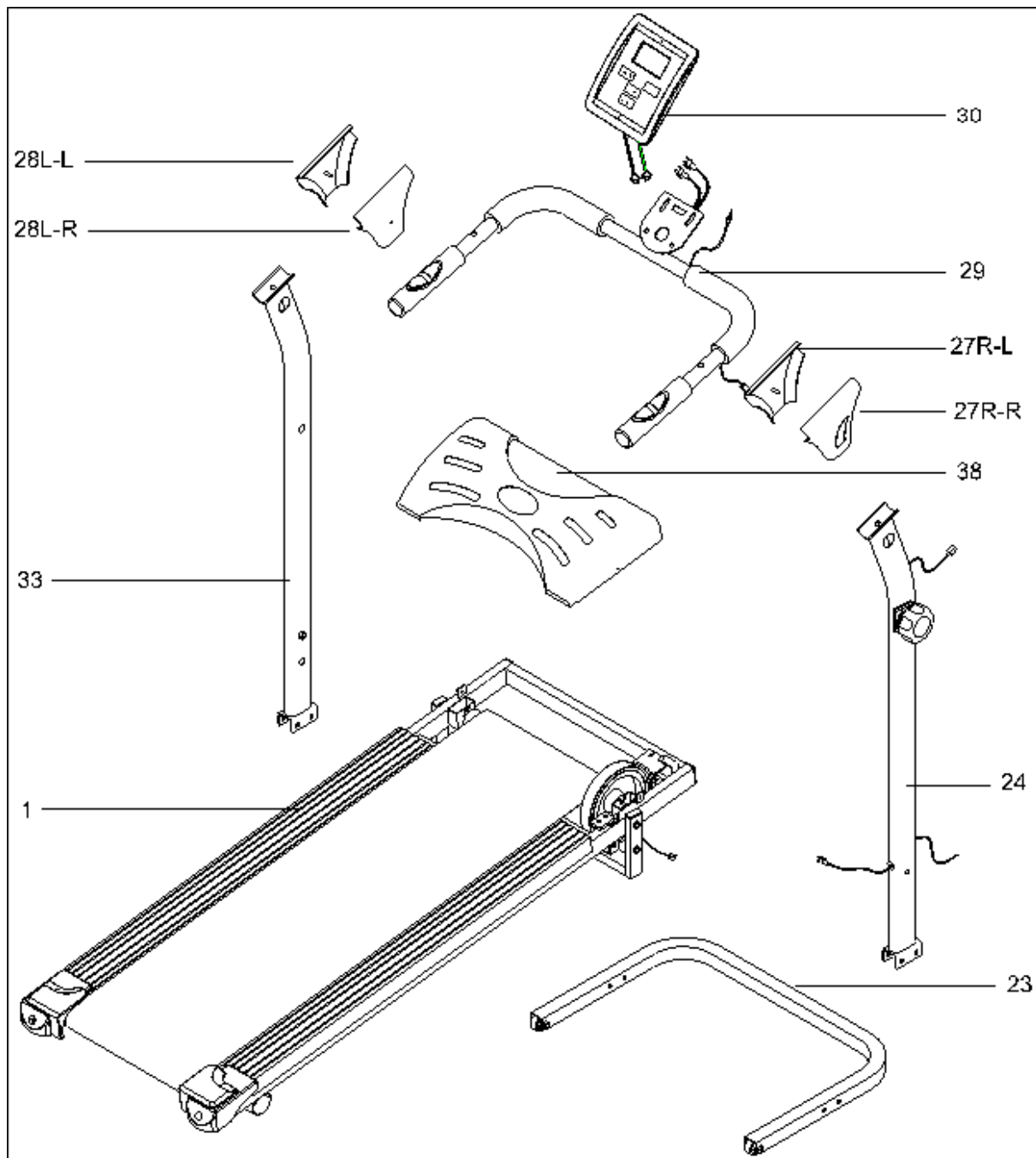
NO.	PART	Q'TY	NO.	PART	Q'TY
1	Main frame	1	29	Handle Bar	1
23	Bottom frame	1	30	Computer	1
24	Right side handle post	1	33	Left side handle post	1
27R-R&L	Cover of handle	2	38	Plastic Cover	1
28L-L&R	Cover of handle	2			

ASSEMBLY
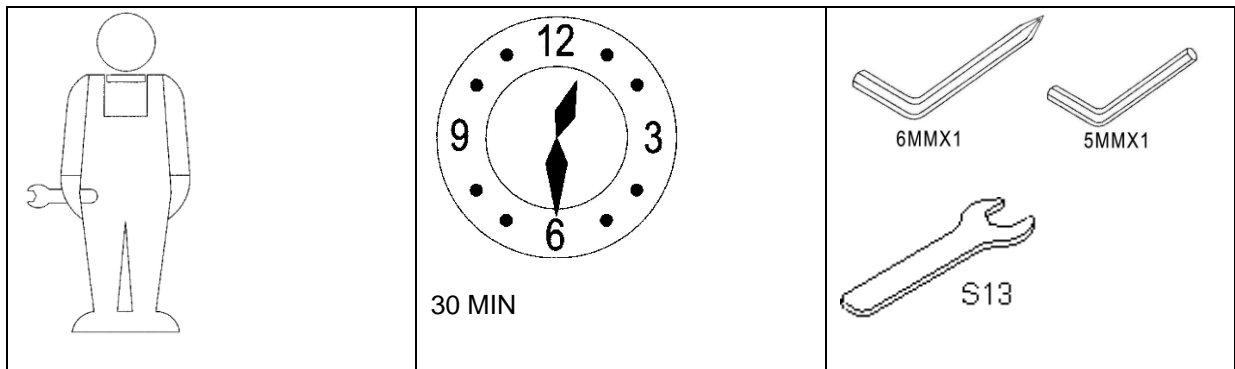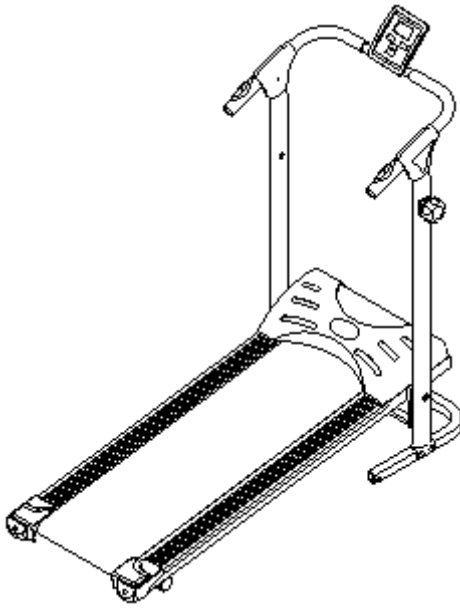
NOTICE ⚠

- Read this manual before assembly.
- Recognize the spare parts first.
- Check the hardware.
- Ensure that you have the right tool.
- Prepare an area to assemble.
- Follow the instruction accordingly.
- Never force the joints
- Periodically tighten the joints.

PART LIST OF ASSEMBLY

#F M8*50 2PCS
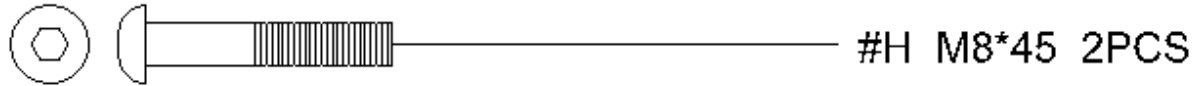
#H M8*45 2PCS
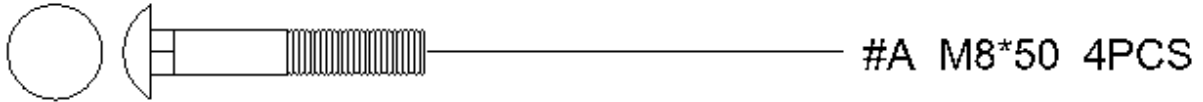
#A M8*50 4PCS

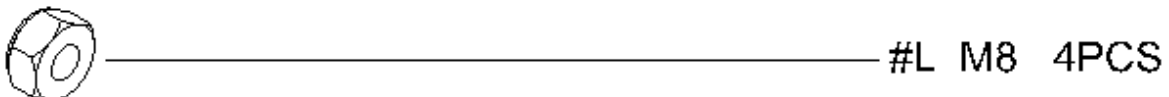#D M6*10 2PCS
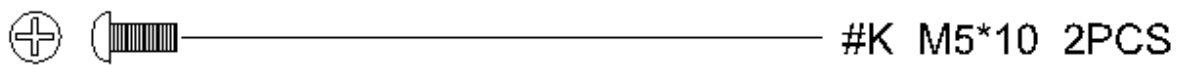
#K M5*10 2PCS
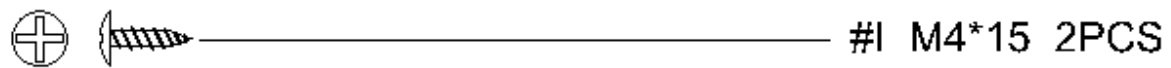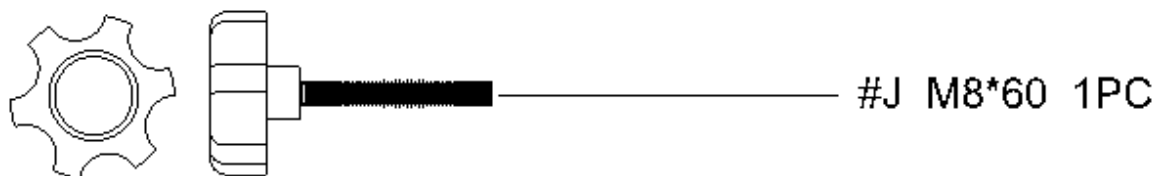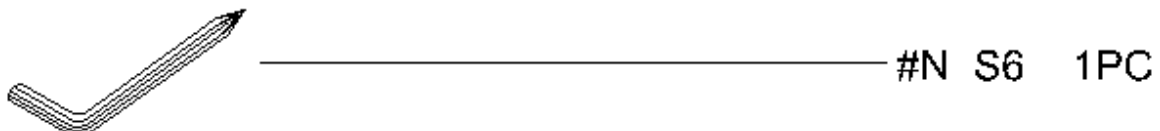
#I M4*15 2PCS
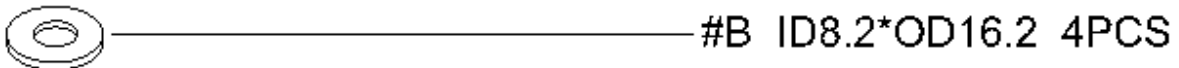
#B ID8.2*OD16.2 4PCS
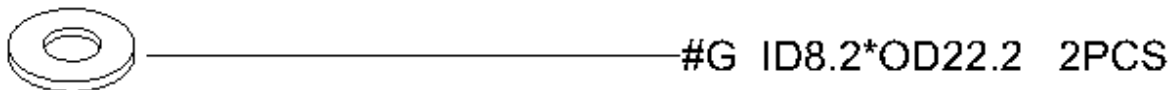
#G ID8.2*OD22.2 2PCS
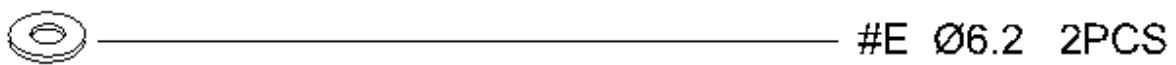
#E Ø6.2 2PCS

#C ID8.2*OD22.2 2PCS

#L M8 4PCS

#J M8*60 1PC

#N S6 1PC

#O S5 1PC

#M S13 1PC

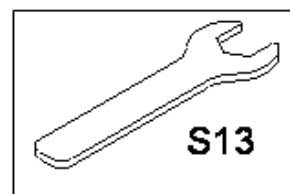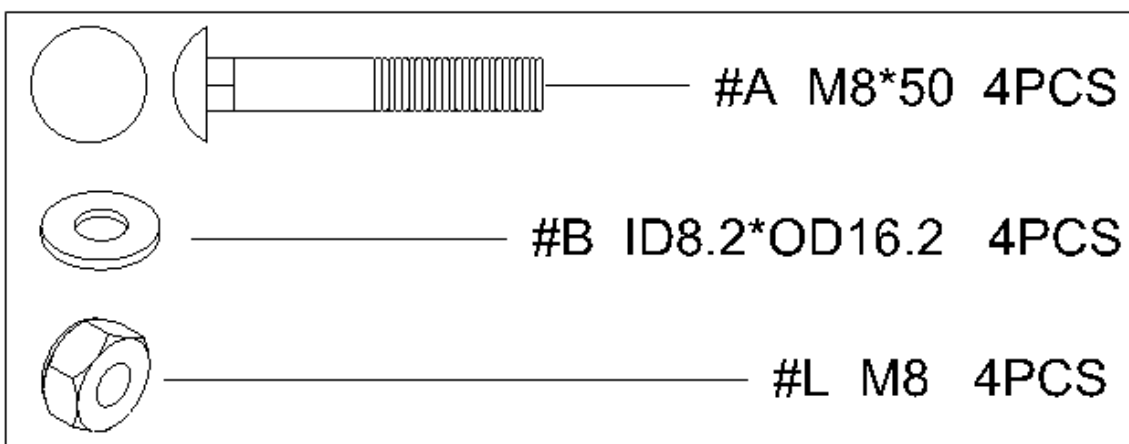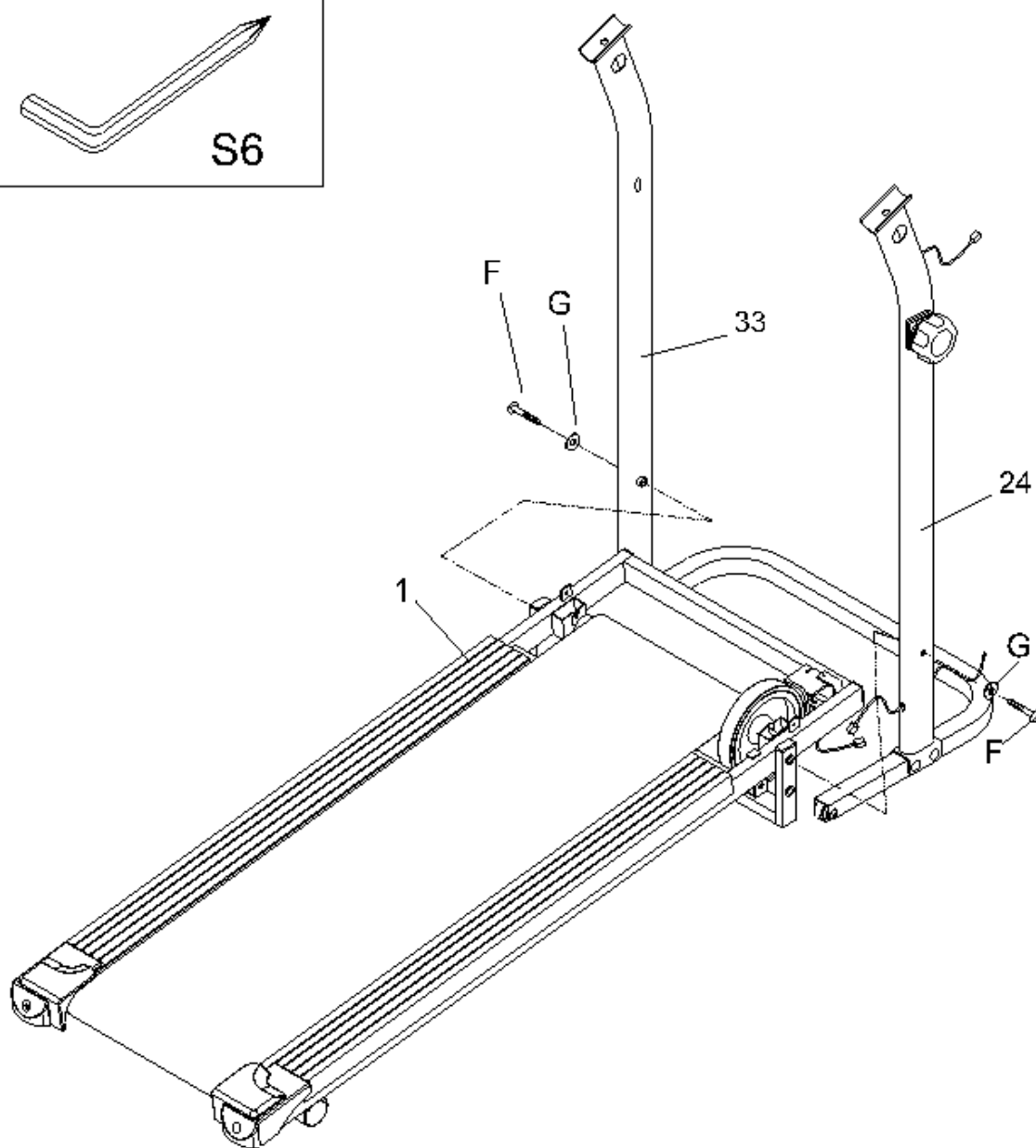**ASSEMBLY**

1. STEP:

#A M8*50 4PCS

#B ID8.2*OD16.2 4PCS

#L M8 4PCS

S13

33

24

23

A

B

L

L

B

A

2. STEP:

#F   M8*50   2PCS
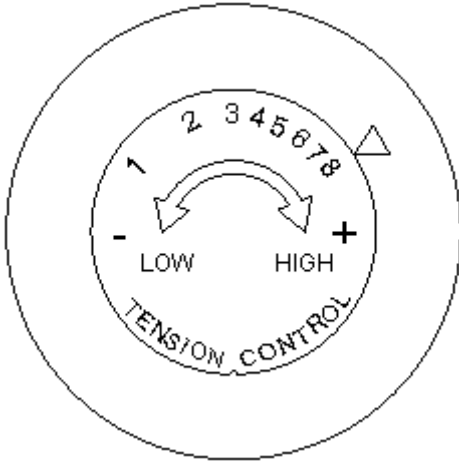
#G   ID8.2*OD22.2   2PCS

S6

F

G

33

24

G
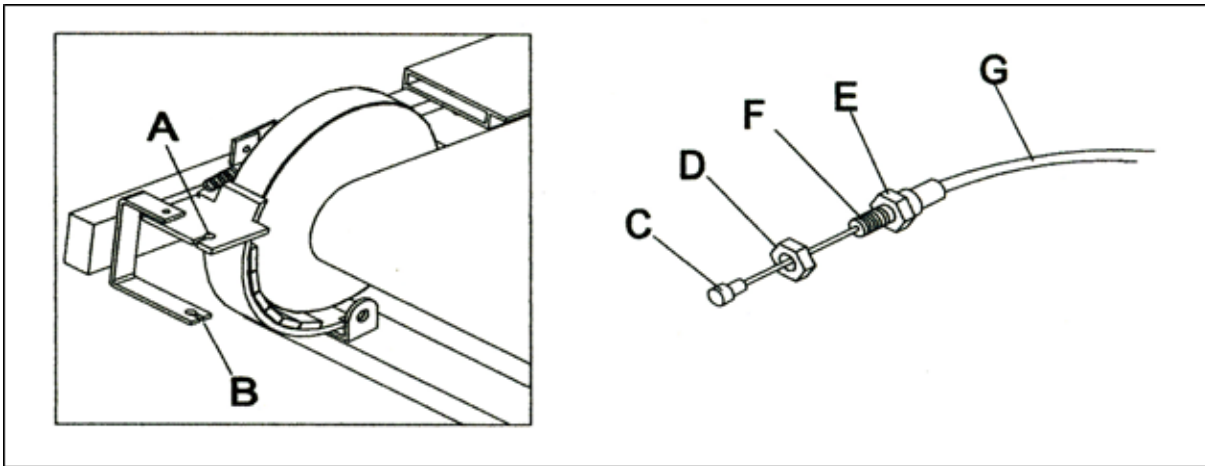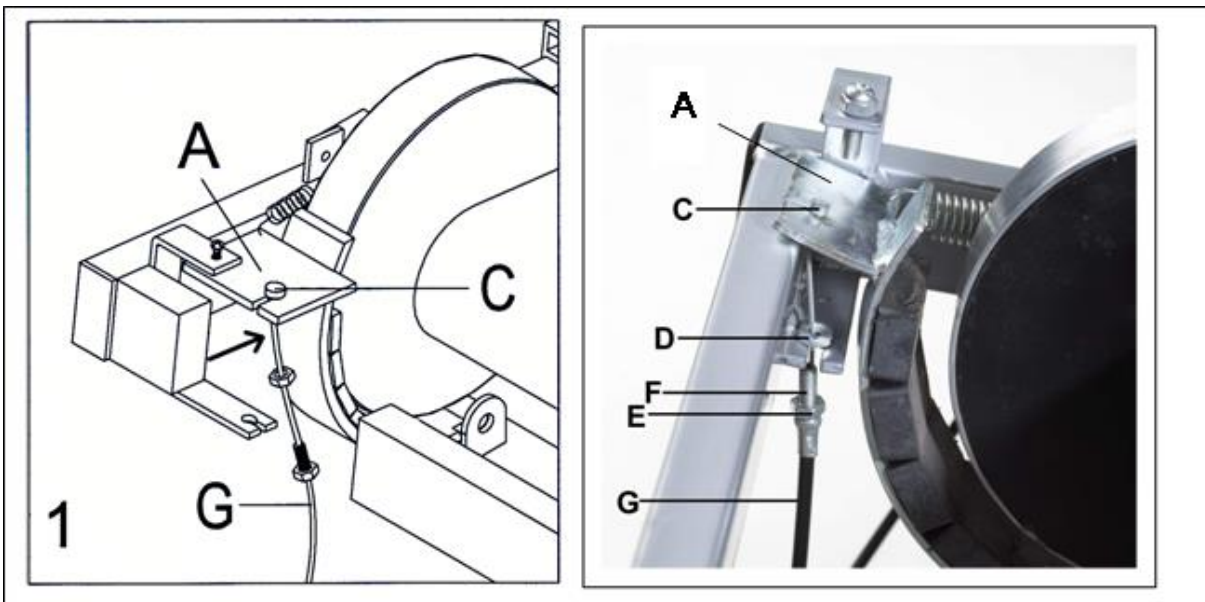
F

1
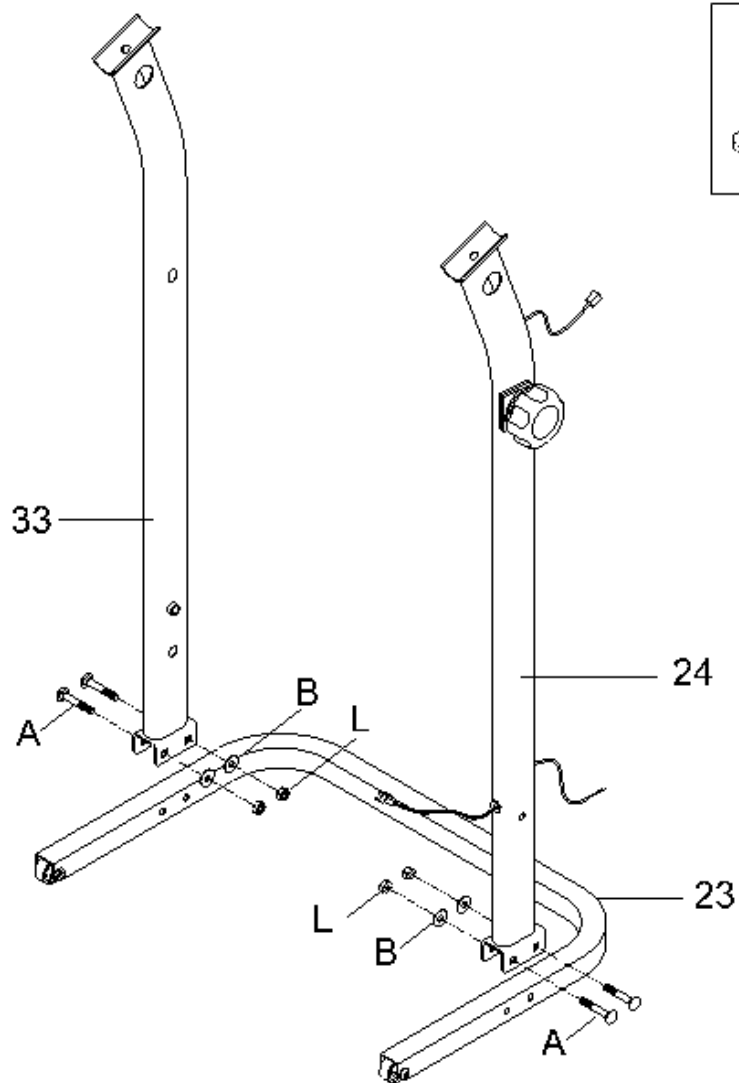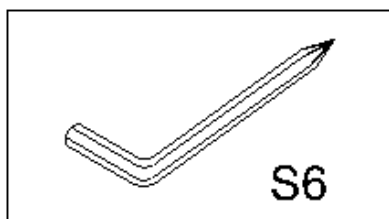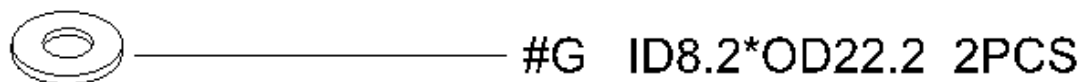
3. STEP:

Before you assemble the tension cable, please make sure that it is at the level 8.
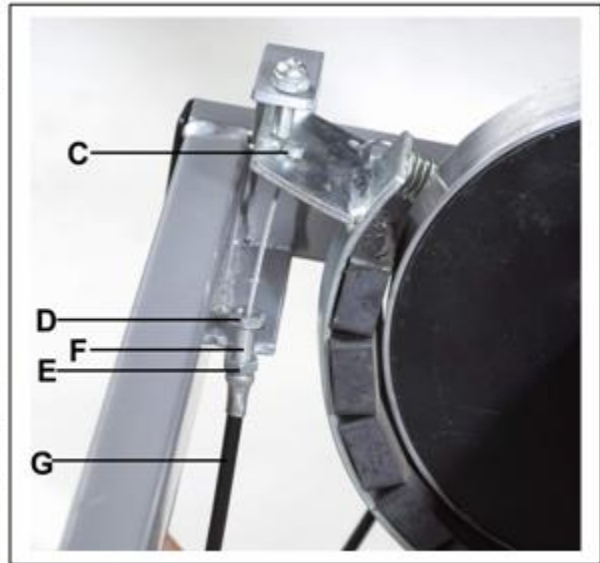

THE ASSEMBLY OF MAGNETIC TENSION ADJUSTING SET IS AS THE FOLLOWING STEPS:

A. Insert C through A. (Note: G through under the Main Frame)

B. Pull G downward in order to make A be near B,
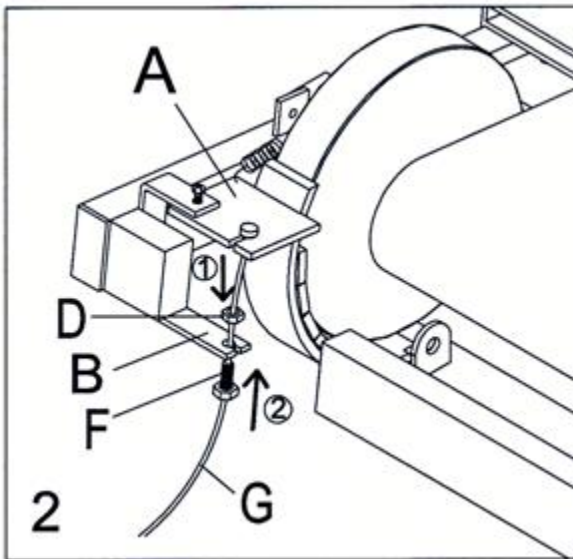
C. Revolve D as the drawing direction in order to tighten these two parts well.

4. STEP:

#D M6*10L 2PCS

#E ID6.2 2PCS

S6

31

42

D

E

38

E

D

1

31 42

5.   STEP:

#H M8*45   2PCS

#C ID8.2*OD22.2 2PCS

S6

H

C

29

H

C

33

24

6. STEP:

#K   M5*10 2PCS

S6

31

31

30

14

30

14

31

31

29

K

7. STEP:

#I M4*15 2PCS

S6

28L-L 28L-R

I

27R-L

27R-R

33

24

8. STEP:

#J M8*60 1PC

J
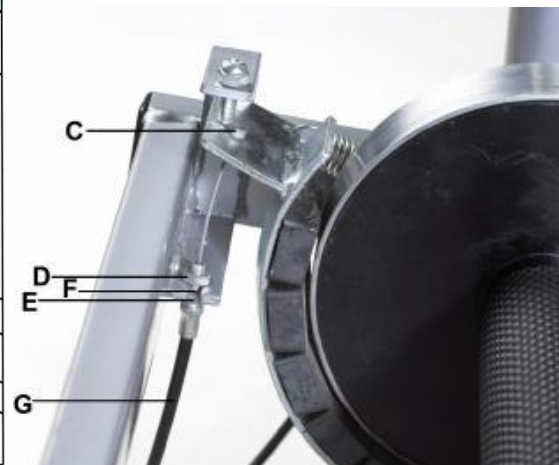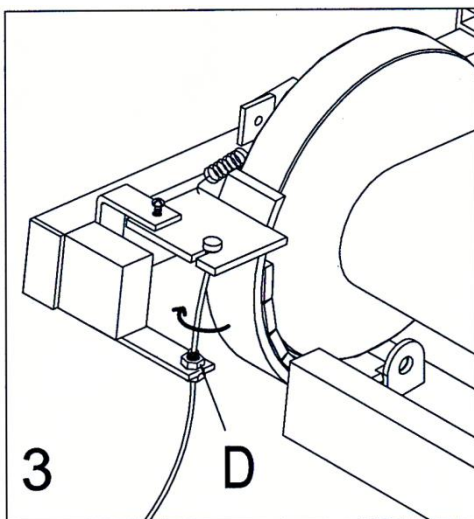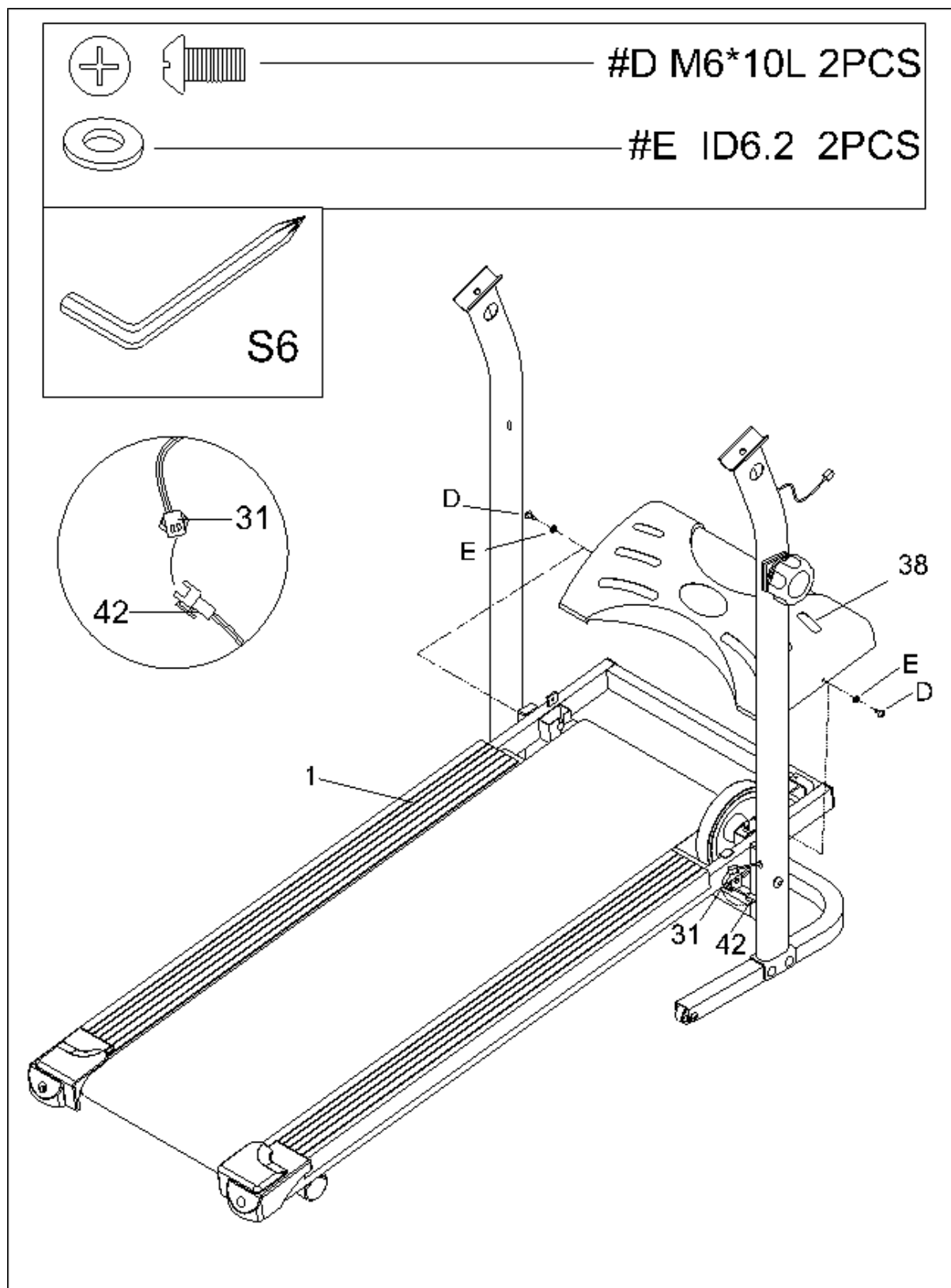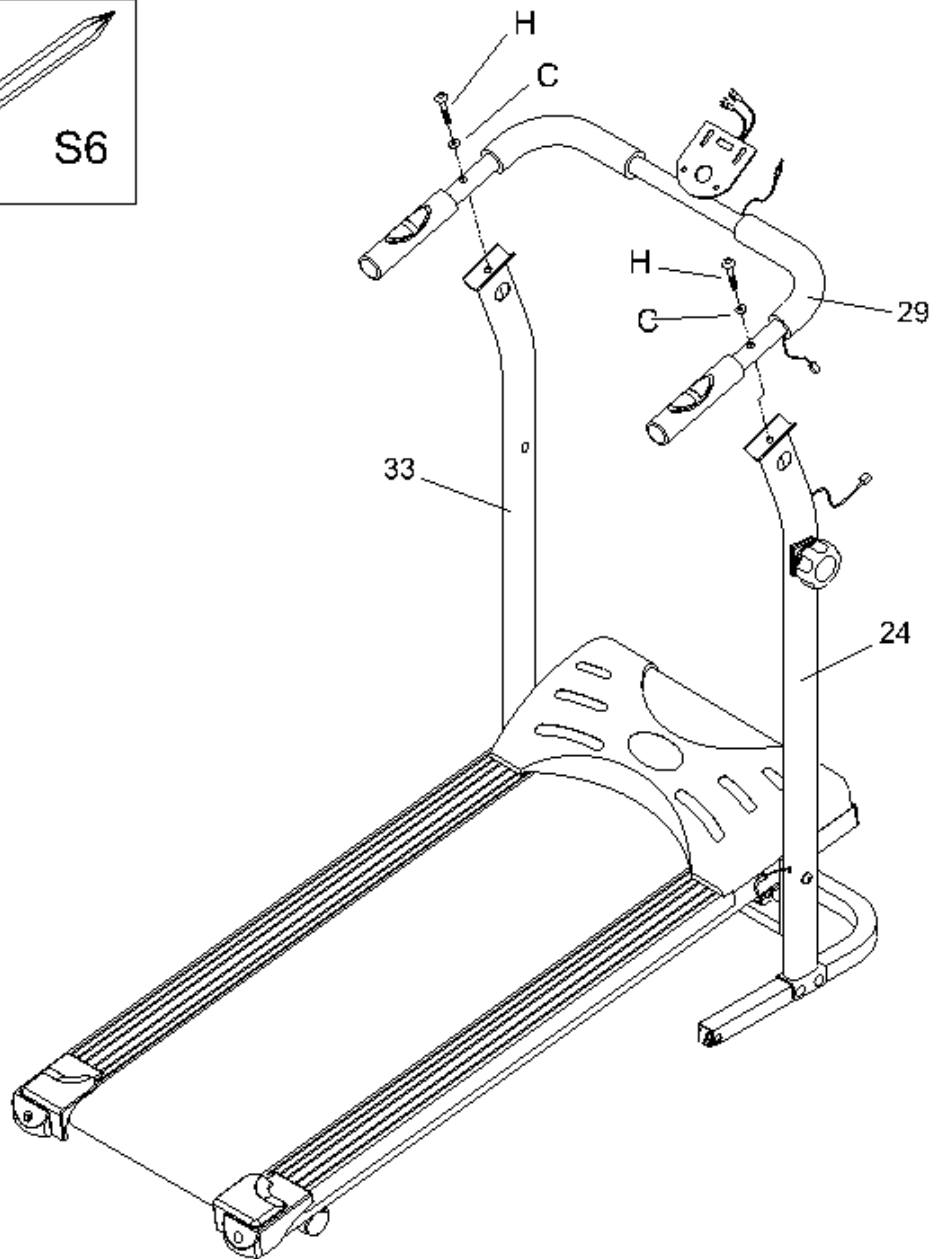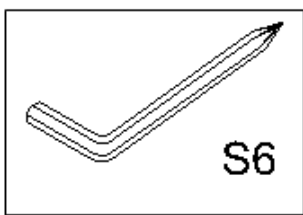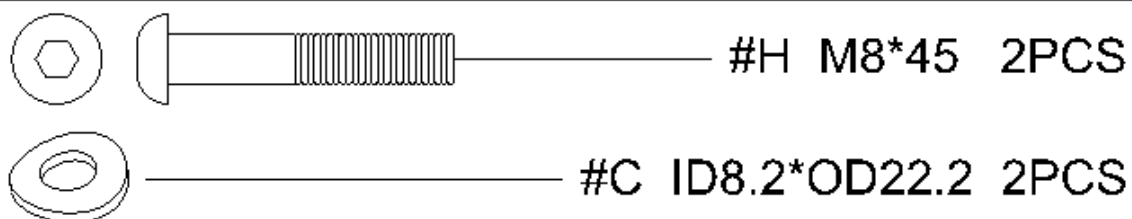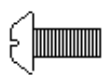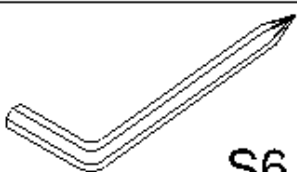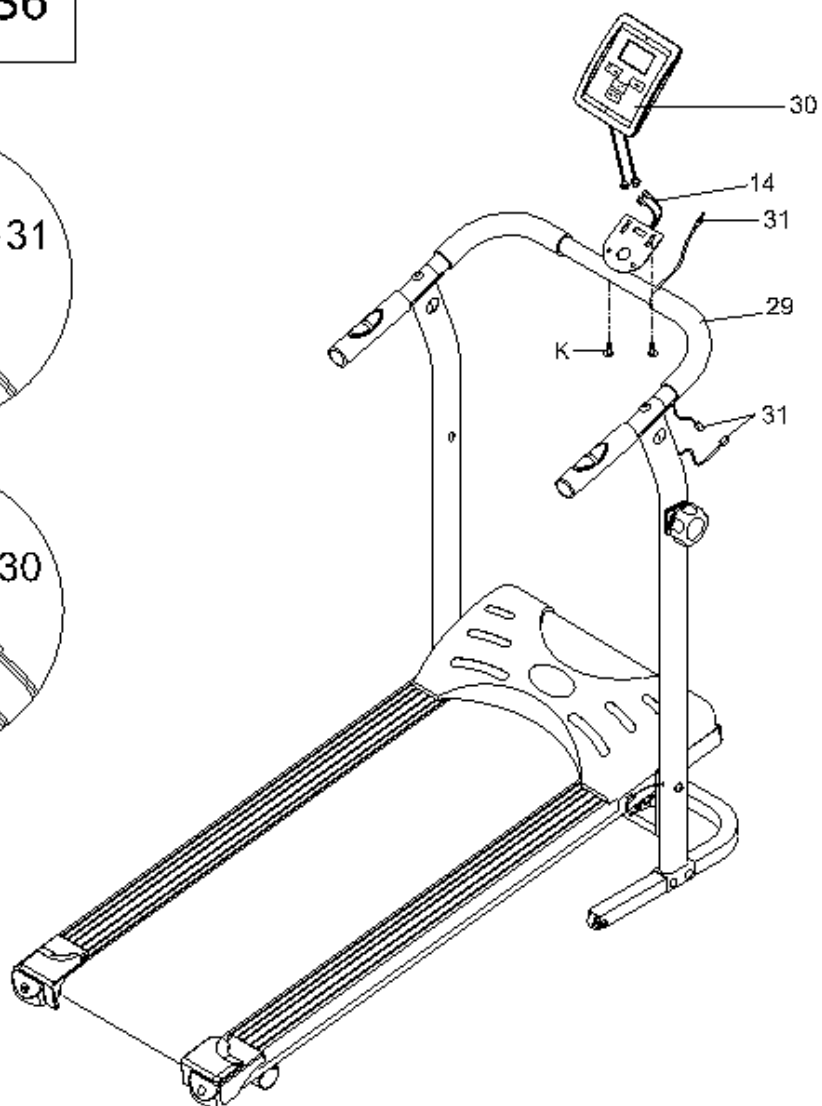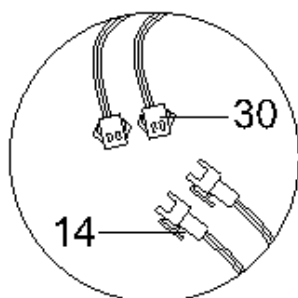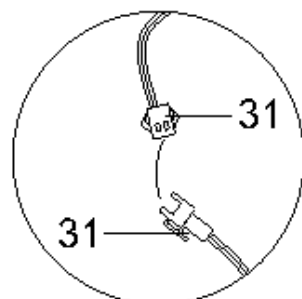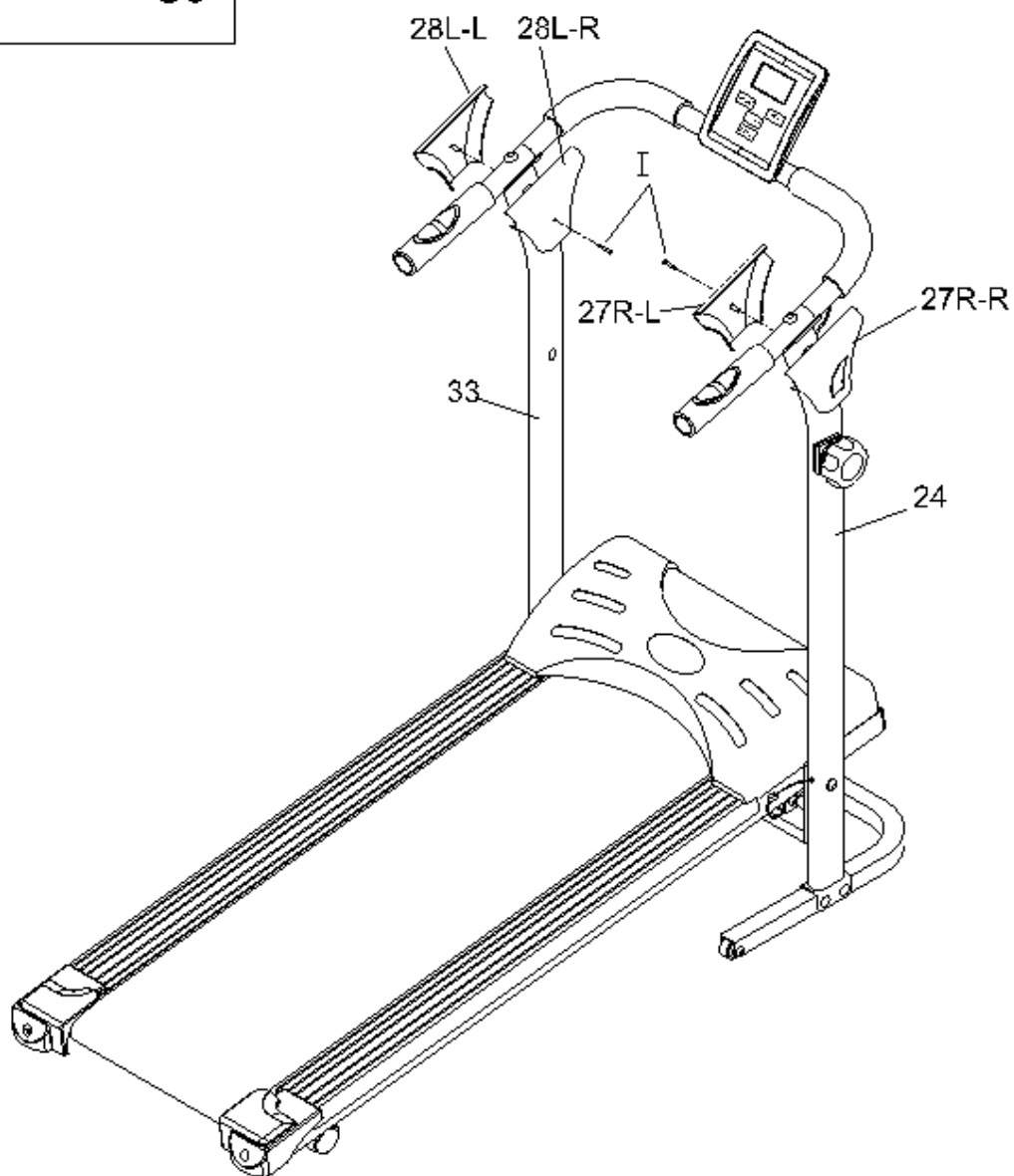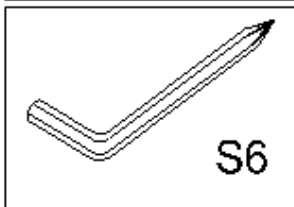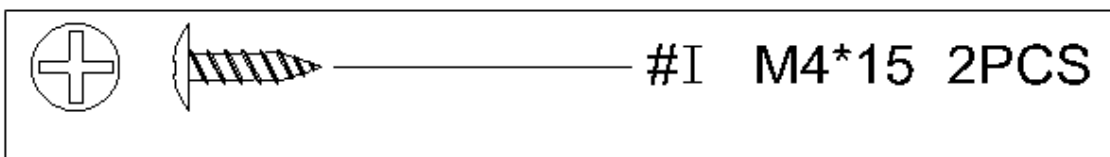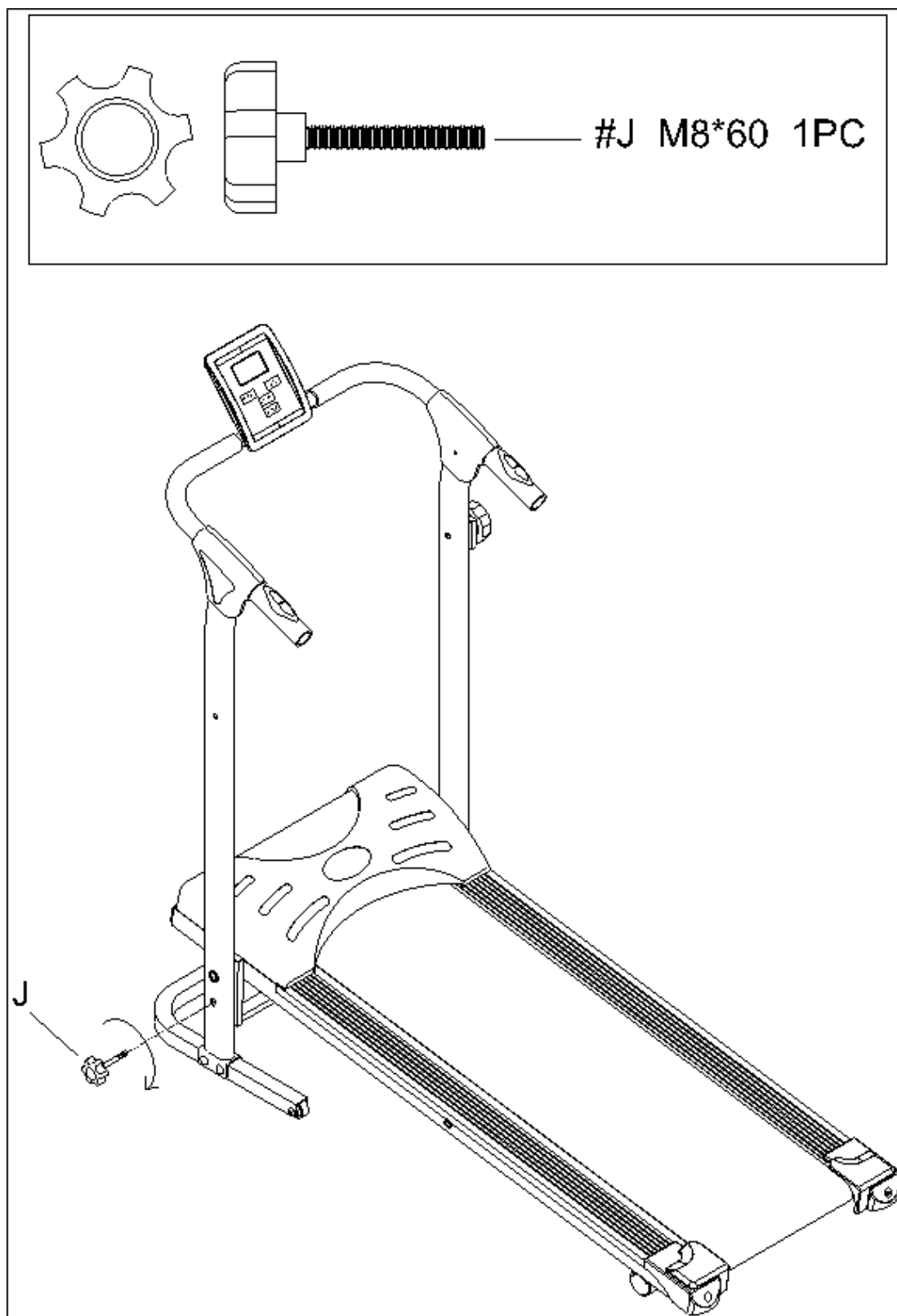
You'd better check if all the parts are well fastened or not before using.

STORAGE

Please loosen knob (NO. J) completely before folding the treadmill. Then lift the Main frame （NO.1）to the upright position and use knob (J) to fasten it tightly to prevent any accident in advance.
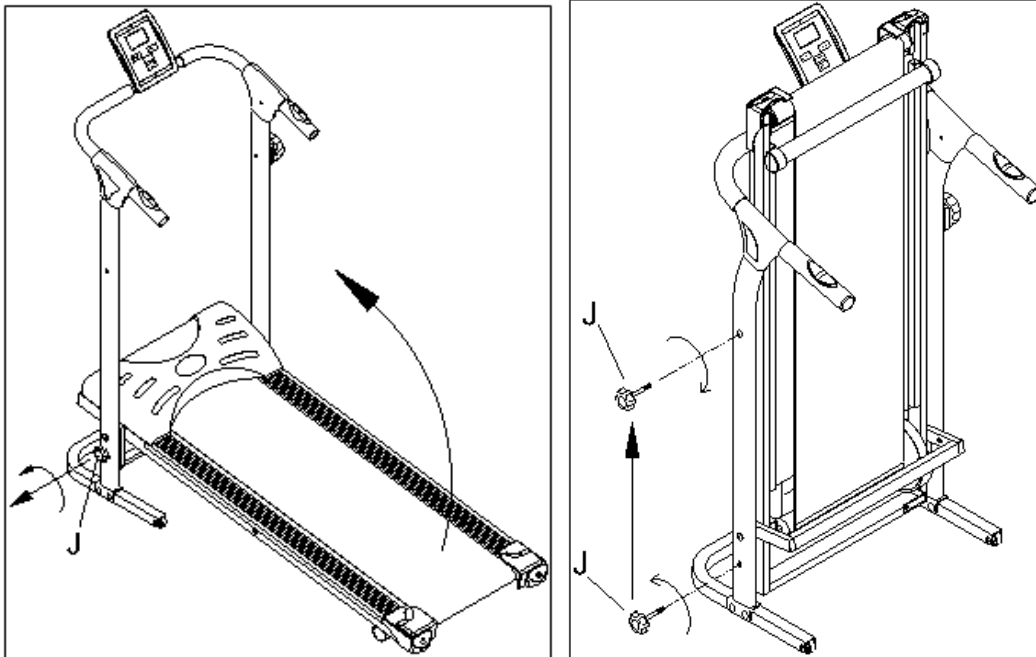
TREADBELT ADJUSTING

If the following situation is happened on the tread belt, it will make some noise on the machine. So if the tread belt is not in the center position, too tight or too loose, please use the tool to adjust it .

1. When the tread belt moves to the right side, please revolve the right side hexagon socket screw clockwise 1 or 2 circles, revolve back a little bit.

2. When the tread belt moves to the left side, please revolve the left side hexagon socket screw clockwise 1 or 2 circles, revolve back a little bit.

3. When the tread belt is too tight, please revolve the left and the right side hexagon socket screw anticlockwise, then revolve back a little bit.

4. When the tread belt is too loose, please revolve the left and the right side hexagon socket screw clockwise, then revolve back a little bit.
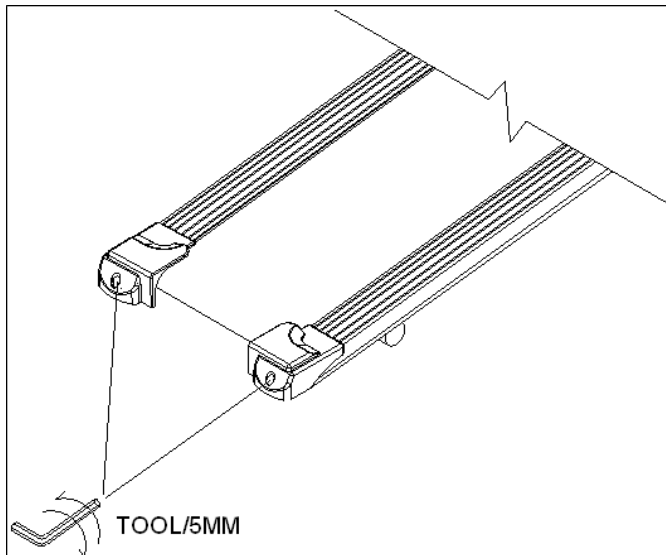
TENSION ADJUSTING

The tension power has a great influence on the effect of the exercise, such as the consumption of the calories. The exerciser can set the desired tension power according to the photo as below:
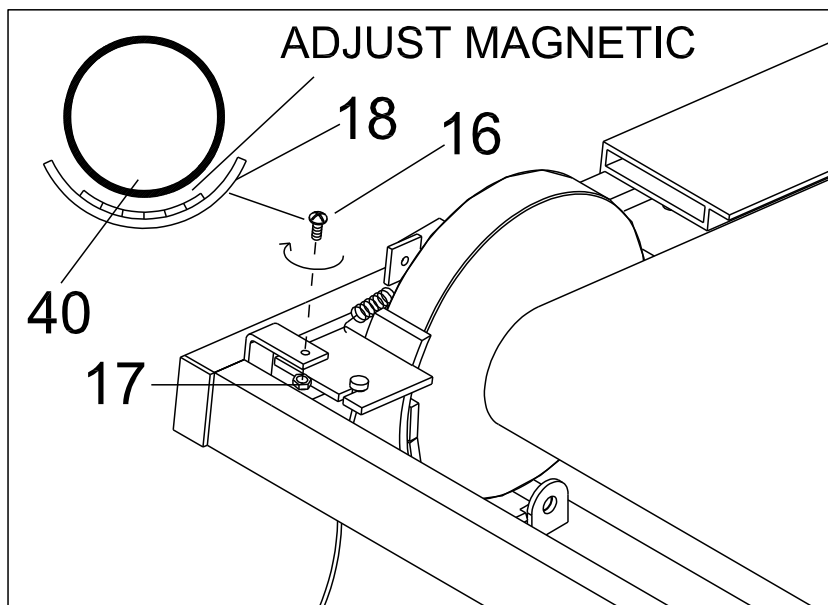
(1) When revolving the bolt No.16 in the a-direction , the tension power will be less.

(2) When revolving the bolt No.16 in the b-direction , the tension power will be more.

Once after adjusting the No. 16 bolt, you also have to check if the tension wire is too loose, if necessary you just adjust the bolt No. D, E

a direction---------loosen

b direction---------tighten
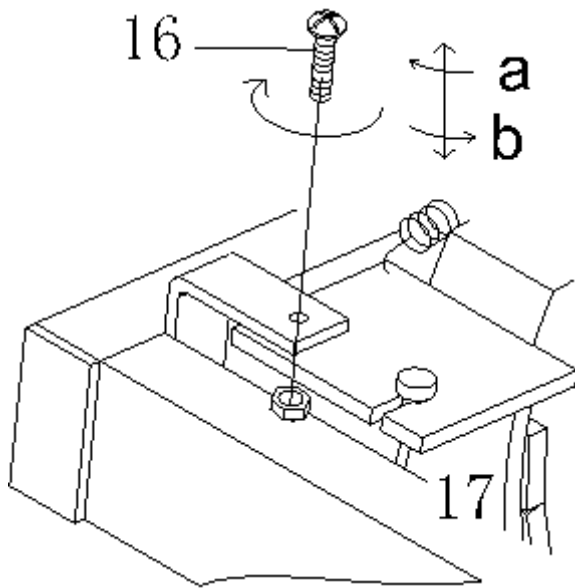
MAINTENANCE

TREADMILL LUBRICATION

To reduce the friction of the walking belt and minimize wear, lubricant may be applied directly onto the wooden board and underside of the Tread belt.

Lift one side of the belt and touch the top surface of the Tread board. If the surface is wet no lubrication is required .If the surface is dry, lift one side of the belt edge first and at the same time spray or apply lubricant to the board. Make sure to walk on your Treadmill at a slow speed for the first 3-4 minutes of use after applying lubricant. This helps to distribute the lubricant equally.

NOTE: Do not apply the lubricate over the board. Any excess lubricant should be wiped off.

Lubricant may be applied whenever friction occurs, but it is usually required every 50 hours of use. Please remember that this is only a guideline based on average Treadmill use, your schedule may vary.
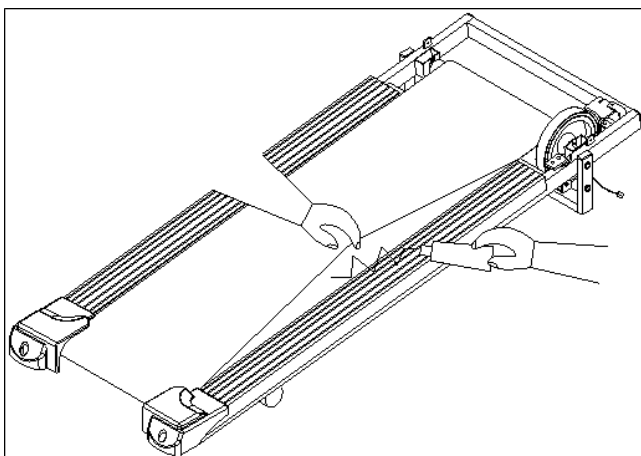
EXERCISE COMPUTER
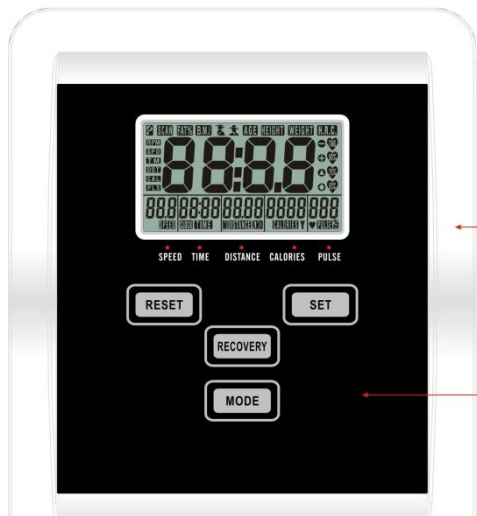
BUTTONS

MODE	Press "Mode" button to preset TIME, DISTANCE, CALORIES and PULSE. Press "Mode" button for selection, or enter after setting up.
SET	To set up the value of TIME, DISTANCE, CALORIES and PULSE. You can hold the button to increase the value faster. (The monitor has to be in stop condition.)
RESET	The user may press "RESET" button to reset each function: Time, Distance, Calorie, Pulse or hold on for 2 seconds for total reset. (When the user replace batteries, all the values will reset to ZERO automatically.)
RECOVERY	To act the heart rate recovery function after training.

FUNCTIONS

| SCAN	Display all function from SPEED - DISTANCE - CALORIES - PULSE.
TIME	Accumulates workout time from 00:00 up to 99:59. The user may preset target time pressing SET button. Each increasement is 1 minute.
SPEED	Displays current training speed. Maximum speed is 99.9 KM/H or MILE/H.
DISTANCE	Accumulates total distance from 0.00 up to 99.99 KM or MILE. The user may preset target distance by pressing SET button. Each increasement is 0.1KM or MILE.
CALORIE	Accumulates calories consumption during training from 0 to maximum 9999 calories. (This data is a rough guide for comparison of different exercise sessions which cannot be used in medical treatment.)

PULSE	After you hold two hands to the handgrip sensors, the monitor will display your current heart rate figures. You may set target figure before training. Once your heart rate is exceed to the target, the monitor will alarm to remind you.
TEMPERATURE	Displays current room temperature from 0℃ to 60℃.

O**PERATION**

1. Installs 2 pieces of 1.5V #3 batteries, then the screen will display as following "Drawing A" and have "Bi" sound at the same time.
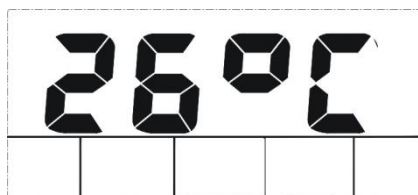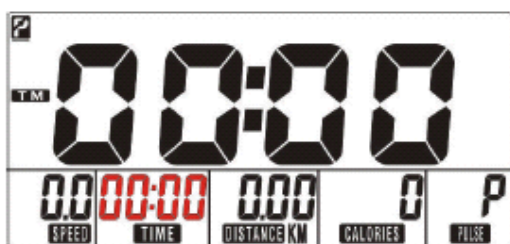

Drawing 1   Drawing 2

2. Get access to the set-up mode of TIME/DISTANCE/CALORIES. When you are in each set-up mode. For instance the time set-up, when the time value is blinking, you can press "SET" button to adjust the number. Press "Mode" button for confirmation and skip to next set-up. The set-up of DISTANCE & CALORIES is the same as TIME set-up.
3. When you are in PULSE mode, you may press SET button to set target. After setting, press "MODE" button to confirm and skip to TIME screen. Continuously press "MODE" button will act this circle. If you do not enter the RPM and PULSE signal or manual set-up time over 4 minutes in this mode, it will be skip to SLEEP mode shown as "Drawing B".
4. After the exercise starts and setting up the TIME, DISTANCE, CALORIES. In SCAN mode shown as "Drawing C". SPEED/TM/DIST/CAL/PULSE will skip to display every 6 seconds. The order is as below "Drawing C"
5. You can also press "Mode" button to select single function display.

Drawing 3

6. When there is any function has been preset the target (TIME or DISTANCE or CALORIES), the function will be counting down from the preset to zero while the training starts. Once the target is achieved to zero, the monitor start to beep for 8 seconds, and the function will be counting up from zero directly if the training is going.
7. **RECOVERY**
   (1) When press "RECOVERY" button, the RECOVERY function will work. At this time only PULSE and TIME is working, other function will not be displayed, and the Sensor Input is not

available. TIME start to count down from "00:60". Pulse signal will be blinking according to user's pulse. When count down to "0", it will show F1~F6.

(2) LCD display as follows: (RECOVERY start condition & end condition)
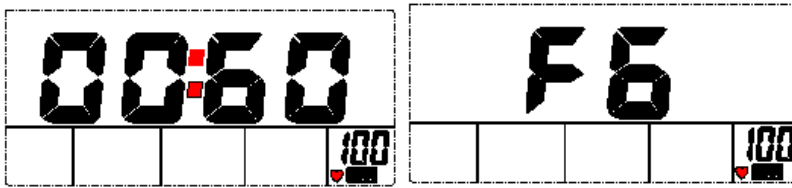
(3) If the count down action to 00:00 is not completed and there is no pulse signal.
The count down action have to be done and shown F6.

4) If you press the RECOVERY button prior to count down to 00:00, it will be end the function and there will be no display at all.

NOTE

1. Stop training for 4 minutes, the main screen will be off and display the room temperature automatically.
2. If the computer displays abnormally, please re-install batteries and try again.
3. Battery Spec: 1.5V UM-3 or AA (2PCS).

EXERCISE TIPS

WARM UP AND COOL DOWN – STRETCHING ROUTINE

A good exercise program consists of a warm-up, aerobic exercise, and a cool down. Do the entire program at least two to three times a week, resting for a day between workouts. After several months you can increase your workouts to four or five times per week.

AEROBIC EXERCISE is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart. Aerobic fitness is promoted by any activity that uses your large muscles e.g.: legs, arms and buttocks. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

The **WARM-UP** is an important part of any workout. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

COOL DOWN at the end of your workout, repeat these exercises to reduce soreness in tired muscles.

1. **Inner Thigh Stretch**

   Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.

2. **Hamstring Stretch**

Sit with your right leg extend. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extend.
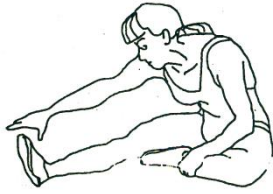
3. **Head Roll**

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.


4. **Shoulder lift**

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

5. **Calf-Achilles Stretch**

Lean against a wall with your right leg in front of the left and your arms forward. Keep your left leg straight and the left foot on the floor, then bend the right leg and lean forward by moving your hips toward the wall, Hold, then repeat on the other side for 15 counts.
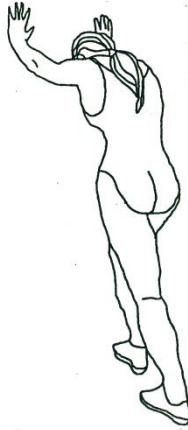
6. Side Stretch

Open your arms to the side and continue lifting them until they are over your head, Reach your right arm as far upward toward the ceiling as you can for one count, Feel the stretch up your right side, Repeat this action with your left arm.

7. Toe Touch

Slow bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes, Reach down as far as you can and hold for 15 counts.