

USER'S MANUAL



Equipment group: Treadmills

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I. SAFETY INFORMATION

- a) Before starting the assembly, please read the user manual which has been compiled with the utmost care. Following the recommendations contained in these instructions will allow you to reduce the risk of injury.
- b) You are responsible for your own safety.
- c) The following information does not describe all possible hazards that may arise during the operation of the device.
- d) Always assemble and use the device on a level and even surface.
- e) Always use the device on a flat surface and check its stability before exercising.
- f) For safety reasons, keep a distance of 1 x 2 meters behind the device.
- g) The product is equipped with a safety key. The treadmill will not run without the safety key.
- h) The safety key is used to turn off the device in the event of a fault.
- i) The key should be attached to your clothes with a clip. If you accidentally remove the safety key, the treadmill will begin to slow down.
- j) In case of failure, grab the handle and put your feet on the side platforms. Once you are balanced, remove the safety key. The treadmill will begin to slow down until it stops.
- k) In order to ensure maximum operational safety, the device should be regularly checked for wear.
- l) If there is any doubt, replace suspect-looking parts.
- m) Always use the correct adjusting / locking elements.
- n) Before use and / or after making adjustments, check that all locking elements are tight and secure.
- o) To avoid the risk of injury, do not leave the adjusting elements with any part protruding.
- p) Before starting any exercises, you must visit a specialist doctor in order to obtain permission to perform them.
- q) Exercise in an appropriate, sports outfit.
- r) Take off your jewelry before exercising. To prevent injury, warm up before exercising.
- s) To prevent injury, do not exercise for 1-2 hours after a meal.
- t) Do not overload the device, the maximum user weight is 150 kg.
- u) Do not use the device for purposes other than those specified in this manual and / or in the information signs provided.
- v) Improperly conducted training and the training loads that are too heavy may lead to serious injuries.
- w) Parents and caregivers should be aware of children's innate desire to play and experiment, which can lead to inappropriate use of the device.
- x) If children use the device, their mental and physical predispositions as well as personality traits should be taken into account. They should be trained to use the device properly.
- y) This device cannot be considered a toy. Children must not stay near the device, especially when no one is exercising on it.

II. DEVICE CONNECTION

Read the treadmill instruction manual before connecting the device.

A. POWER REQUIREMENTS

This treadmill requires a separate power line that meets the following specifications:

Supply voltage (V)	Frequency (Hz)	Current (A)
100	50 / 60	12
120	50 / 60	12
200	50 / 60	6
220	50 / 60	6
230	50 / 60	6
240+	50 / 60	6

B. NOTE

Do not modify the plug supplied with the device. If the plug is not compatible with the socket, use another certified cable.

C. ELECTRICAL PROTECTION REQUIREMENTS

Prior to commissioning, the device must be properly connected and grounded. Proper grounding will prevent electric shock to the treadmill user. Each device is equipped with an appropriate cable with a grounding element. The device must be connected to a properly installed socket, in accordance with national standards and guidelines.

D. NOTE

There may be a risk of electric shock if the cable is incorrectly connected to the power supply. If in doubt about the correctness of the cable connection, contact an electrician. If the plug does not fit the socket, use the correct cable. Any modification to the cable will void the warranty.

E. POSITIONING AND STABILITY

After positioning the device in the place where it will be used, check its stability. If the equipment moves during use, it must be leveled using the adjustable feet. Adjustment is done by screwing the feet in or out. The adjustment is complete when all feet rest on the ground.

F. NOTE

Improper leveling of the device may damage the treadmill and injure the user.

G. POWER SWITCH

The switch is located on the housing of the device. The switch can work in two positions: „I” – power on and „0” – power off.

H. BELT ADJUSTMENT

After installing the device, check that the belt is centered on the treadmill board. In order to check whether the belt is working properly, connect the power cable to the socket and then set the power switch to the “I” position. Stand on the frame of the device with the belt between your legs. Start the training program with the Quick start button and increase the speed to 6.4 km / h using the acceleration arrow. If the belt is slack, tighten it using the adjustment screws (A) on the rear roller. If the belt slips to the left, turn the left bolt $\frac{1}{4}$ of the full turn, clockwise. This will position the belt on the correct path. If the belt slips to the right, turn the right bolt $\frac{1}{4}$ of the full turn, clockwise.

After completing the adjustment, observe the belt for a few minutes to ensure correct positioning. If you cannot adjust the belt to the correct position, please contact our customer service.

III. SAFETY KEY

SAFETY KEY

The treadmill will run only when the safety key is placed in it. When the safety key is removed, the running treadmill will stop immediately. Before each training session, check the location of the safety key in the console and the fastening of the clothes clip. When the treadmill is stopped, keep the safety key in a safe place, out of the reach of children.

IV. MAINTENANCE

- a) The device should be protected against moisture.
- b) Use a soft, damp cloth to clean the product.
- c) Protect the device from getting wet (especially the electrical parts), disconnect the device from the power supply before starting any maintenance works.
- d) In order to ensure maximum operational safety, the device should be regularly checked for wear. This applies to such elements as: belts, rollers, nuts, bolts, moving parts, bushings, chains, wheels, bearings, connecting elements, etc.
- e) It is recommended to check the device regularly: at least once a week.
- f) Before starting training, check the tightness of all screws.
- g) In the event of damage / wear of elements, the device should be withdrawn from use until repair, and the above-mentioned elements should be replaced with new original parts.
- h) Take care of the environment and do not throw this product away. The equipment must be recycled.
- i) Information on disposal and utilization companies is available at your local authorities.

V. STORAGE

Store the device in a dry place with a constant temperature. Protect against dust and disconnect from power supply when not in use (if applicable).

VI. CLEANING

Use a damp cloth to clean the surface of the treadmill. A mild detergent can be used if necessary.

Do not clean the space between the mat and the edge of the treadmill. There is a silicone lubricant in this place, which ensures smooth operation of the mat.

VII. LUBRICATION

Insufficient board lubrication causes faster wear of the belt, board and motor.

The frequency of lubrication depends on the operating conditions. Recommendations:

Light use: every 2 weeks

Moderate use: every week

Very intensive use: every other day

Proper lubrication can be checked as follows:

- a) Disconnect the treadmill from power source.
- b) Put your hand under the mat and run it along the platform, as close to the center of the platform as possible:
 - If the hand is covered with a light layer of lubricant, it means that no lubrication is required,
 - If the surface feels dry and your hand is clean, apply more lubricant.

The lubricant recommended for the treadmill is a NPG spray lubricant.

VIII. TRAINING

NOTE

Before starting new exercises, you must visit a specialist doctor in order to obtain permission to perform them.

If you experience nausea, dizziness or any other abnormal symptoms while exercising, stop immediately and consult your physician.

STARTING THE TRAINING

- a) Begin each workout with a warm-up and finish with some relaxing exercises – a few minutes of stretching will help prevent muscle strain, tearing and cramping.
- b) Step onto the treadmill by grasping the handle and positioning your feet on the side rails (located on both sides of the mat).
- c) Start the treadmill (follow the instructions in the Operating Instructions section).
- d) The treadmill will always start at the slowest speed. Step on the mat and start training at the same pace.
- e) Continue your training.

FINISHING THE TRAINING

- a) Set the lowest speed of the treadmill and the lowest angle of incline.
- b) Grasp the handle and position your feet on the side rails (located on both sides of the mat).
- c) Stop the treadmill.
- d) Use the main switch to turn off the treadmill and remove the plug from the socket.
- e) Remove the safety key.
- f) If necessary, clean the treadmill with a damp cloth.
- g) Finish each workout with some relaxing exercises – a few minutes of stretching will help prevent muscle strain, tearing and cramping.

CORRECT POSTURE

- a) Practice in the center of the mat.
- b) Keep your head up and look straight ahead.
- c) Shoulders should be straight and level. Try not to bend them or tilt them back and forth.
- d) Push your chest forward so that the diaphragm can work properly.
- e) Do not lean forward or backward, and do not slouch. This posture puts a lot of pressure on the lower back and can cause injuries.
- f) Your feet should point forward and be positioned directly below your hips on the treadmill.

TRAINING DURATION

- a) Depends on your physical condition. If you are starting a new exercise program, implement it gradually. Avoid reaching your goal at all costs. 30 minutes training, 3 times a week is most appropriate.
- b) Avoid overexertion – you shouldn't feel physically exhausted both during and after exercising.

IX. IDENTYFIKACJA I USUWANIE USTEREK

W przypadku wystąpienia usterek związanych z działaniem urządzenia w pierwszej kolejności należy sprawdzić poprawne podłączenie przewodów. Poluzowane przewody są najczęstszą przyczyną usterek.

Poniższa tabela zawiera wykaz najczęstszych zdarzeń i sposobów ich usuwania. W razie dalszego występowania problemów prosimy kontaktować się ze sprzedawcą.

Zdarzenie	Przyczyna	Rozwiązanie
Bieżnia nie uruchamia się	<ul style="list-style-type: none"> ➤ Nie jest podłączona do zasilania sieciowego. ➤ Niepoprawnie podłączony klucz bezpieczeństwa. ➤ Zadziałał wyłącznik automatyczny. ➤ Bieżnia wyłączona. ➤ Poluzowane przewody. 	<ul style="list-style-type: none"> ➤ Włącz do gniazdka sieciowego. ➤ Włóż klucz bezpieczeństwa ➤ Zrestartuj wyłącznik automatyczny. ➤ Włącz przełącznik. ➤ Odłącz i podłącz ponownie kabel zasilania.
Ślizgający się pas biegowy	<ul style="list-style-type: none"> ➤ Poluzowanie się pasa biegowego. 	<ul style="list-style-type: none"> ➤ Napręż pas biegowy
Bieżnia pracuje głośno.	<ul style="list-style-type: none"> ➤ Poluzowany mechanizm. ➤ Silnik nie pracuje równo. ➤ Trzaski – stukanie wałka. 	<ul style="list-style-type: none"> ➤ Dokręć wszystkie widoczne śruby, nakrętki i sworznie. ➤ Sprawdź napięcie pasa biegowego ➤ Ustaw tylny wałek
Niepoprawne odczyty tętna	<ul style="list-style-type: none"> ➤ Zbyt duży ruch rąk. ➤ Zbyt wilgotne dłonie. ➤ Zbyt mocny chwyt rękoma. 	<ul style="list-style-type: none"> ➤ Stań na relingach bocznych celem uzyskania precyzyjnego odczytu pulsu. ➤ Osusz dłonie. ➤ Poluzuj chwyt. ➤ Usuń biżuterie

X. BIEŻĄCA KONSERWACJA

Zakres kontroli	Tygodniowo	Miesięcznie	Kwartalnie	Półrocznie	Rocznie
Konsola					
Obudowa	Czyszczenie		Kontrola		
Naklejka	Czyszczenie		Kontrola		
Uchwyty na bidony	Czyszczenie				Kontrola
Przełącznik stop	Czyszczenie		Kontrola		
Przełącznik awaryjnego stopu	Czyszczenie		Kontrola		
Uchwyt / pałak do trzymania					
Pałak środkowy	Czyszczenie				Kontrola
Uchwyty boczne	Czyszczenie				Kontrola

Sensory odczytu pulsu	Czyszczenie / Kontrola				
Obudowy	Czyszczenie / Kontrola				
Rama bieżni					
Ośłona silnika	Czyszczenie / Kontrola				
Komora silnika		Odkurzenie		Kontrola	
Pasek napędowy				Kontrola	
Napinacz paska napędowego				Kontrola	
Przewód uziemiaczy		Kontrola			
Podpórki tylne		Kontrola / Regulacja			
Rolka prowadząca pas, przednia				Kontrola	
Rolka prowadząca pas, tylna				Kontrola	



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