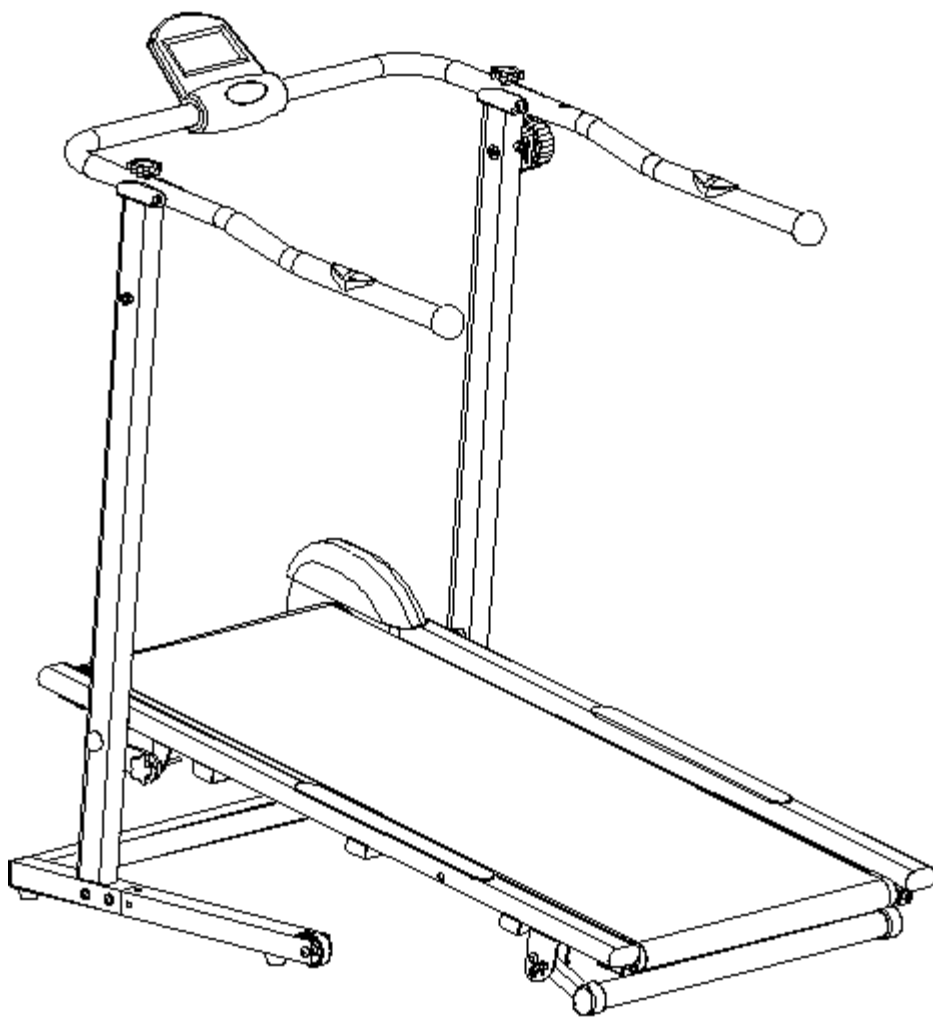




USER MANUAL - EN

IN 5563 Magnetic Treadmill inSPORTline Journey



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IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference.

The specifications of this product may vary from this photo, subject to change without notice.

IMPORTANT SAFETY INSTRUCTIONS

Basic precautions should always be followed, including the following safety instructions when using this magnetic treadmill: Read all instructions before using this magnetic treadmill.

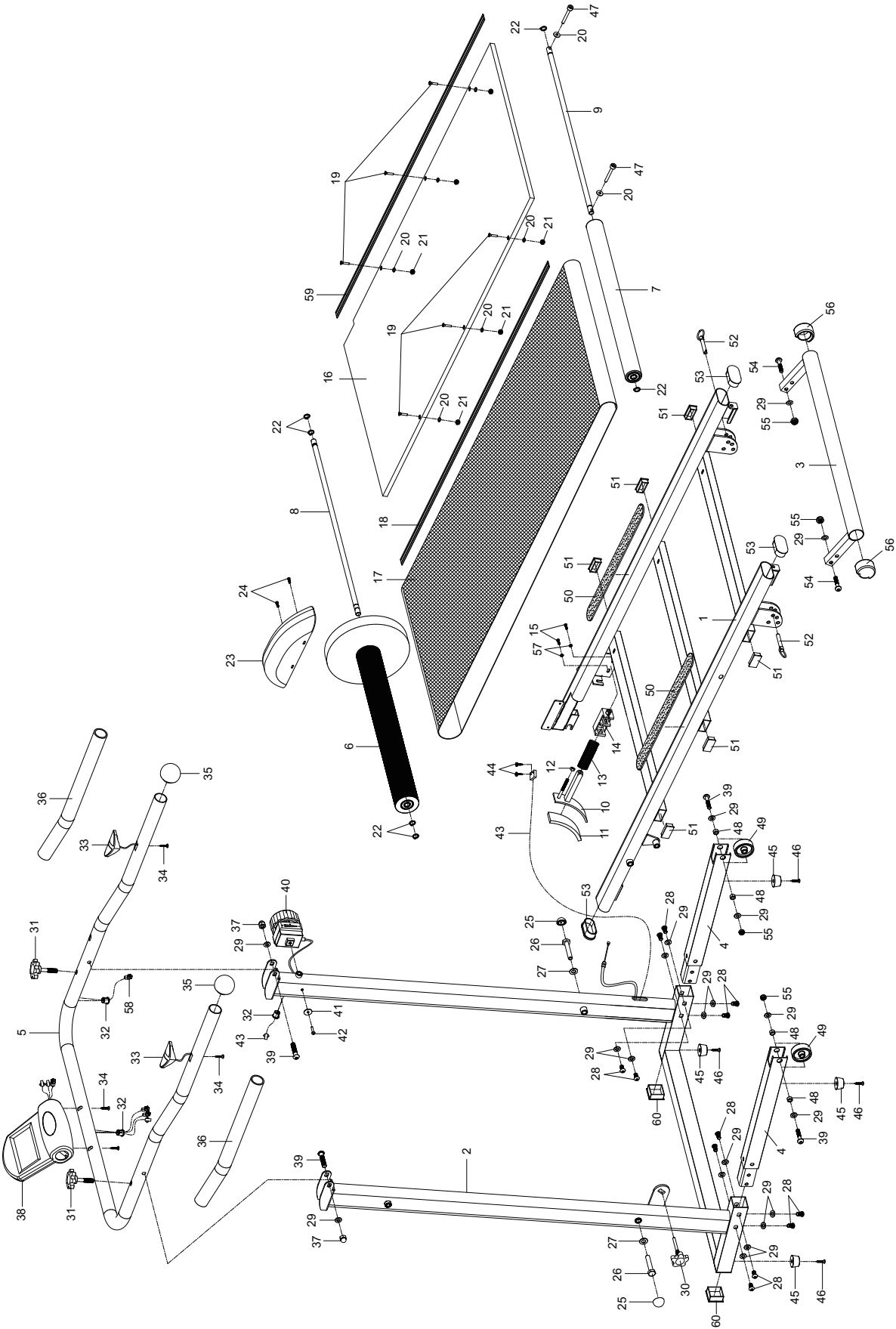
1. Check every part of the equipment before exercise. If there is any defective component, replace it immediately; keep the equipment out of use until repair.
2. Make sure all parts, bolts and nuts are well assembled and locked before exercise.
3. Never insert any object into any opening.
4. Never operate this magnetic treadmill if it is not working properly. If it has been dropped or damaged, or been exposed to water, return the appliance to a service center for examination and repair.
5. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult your local dealer.
6. Wear comfortable and suitable clothing when using the magnetic treadmill. Do not use the magnetic treadmill barefoot, in only socks or in sandals, always wear athletic shoes. Never wear loose clothing because it could run the risk of getting caught in the magnetic treadmill.
7. Keep children and pets away from the equipment while in use.
8. Do not use the magnetic treadmill outdoors. This magnetic treadmill is for household use only.
9. Only **one** person should be on the magnetic treadmill while in use.
10. Keep the magnetic treadmill on a solid, level surface with the minimum safety area clearance of 2000mm x 1000mm of the magnetic treadmill. Be sure the area around the magnetic treadmill remains clear during use and has adequate clearance.
11. Hold the handlebar with your hands when starting or stopping exercise and increasing or decreasing the speed.
12. If feeling chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
13. The maximum weight capacity for this product is 110kgs.

WARNING: Before beginning any exercise program consult your physician. This is especially important for the persons who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment.

CAUTION: Read all instructions carefully before operating this product.

Retain this Owner's Manual for future reference.

OVERVIEW DRAWING



PARTS LIST

No.	Description	Qty
001	Main Frame	1
002	Handlebar Support Frame	1
003	Incline Adjuster	1
004	Handlebar Support Frame Base Tube	2
005	Handlebar Ø28x1.5t	1
006	Front Roller	1
007	Rear Roller	1
008	Front Roller Axle Ø12x512	1
009	Rear Roller Axle Ø12x480	1
010	Magnet Bracket	1
011	Magnet 30x15x8	8
012	Nut M6	1
013	Spring Ø23xØ1.6x110	1
014	Tension Control Knob Bracket 74x25x31	1
015	Bolt M5x10	2
016	Running Deck 444x1065x12	1
017	Running Belt 2450x400x1.2	1
018	Left Side Rail 1065x20x1.5	1
019	Bolt M6x40	6
020	Washer Ø6xØ12x1.0	8
021	Nylon Nut M6	6
022	C Ring Ø12	6
023	Protective Cover	1
024	Screw ST4.2x10	2
025	Bolt Cap S16	2

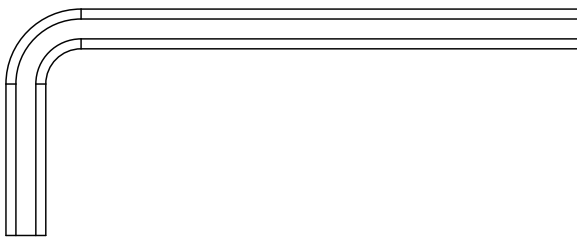
026	Hexagon Head Bolt M10x60	2
027	Big Washer Ø10xØ20	2
028	Bolt M8x15	12
029	Washer Ø8xØ16x1.5t	20
030	Locking Knob M8x65	1
031	Handlebar Knob M8x45	2
032	Wire Grommet Ø12.1	3
033	Hand Pulse Sensor with Wire 1200mm	2
034	Screw ST4.2x20	4
035	Handlebar End Cap Ø32	2
036	Handlebar Foam Grip Ø31xØ37x430	2
037	Cap Nut M8	2
038	Computer (HR1752)	1
039	Bolt M8x50	4
040	Tension Control Knob	1
041	Big Washer Ø5xØ20	1
042	Bolt M5x20	1
043	Sensor with Wire I (L=1400mm)	1
044	Screw ST2.9x12	2
045	Bumper Ø39xH17	4
046	Pan Head Phillips Self Drilling Screw ST4.8x20	4
047	Hexagon Socket Head Cap Bolt M6x50mm	2
048	Sleeve Ø8.2xØ12.5x6.5	4
049	Transport Wheel Ø51xØ9xH22	2
050	Anti-slip Pad	2

051	End Cap 40x20x1.5	6
052	Locking Pin Ø8x38	2
053	End Cap 60x30x1.5	3
054	Bolt M8x40	2
055	Nylon Nut M8	4
056	Incline Adjuster End Cap Ø38x1.5	2
057	Washer Ø5xØ12x1.0	2
058	Extension Sensor Wire (L=750mm)	1
059	Right Side Rail 990x20x1.5	1
060	Square End Cap (38x38x1.5)	2

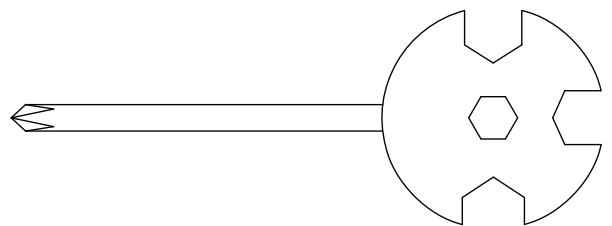
SILICONE OIL INCLUDED



TOOL

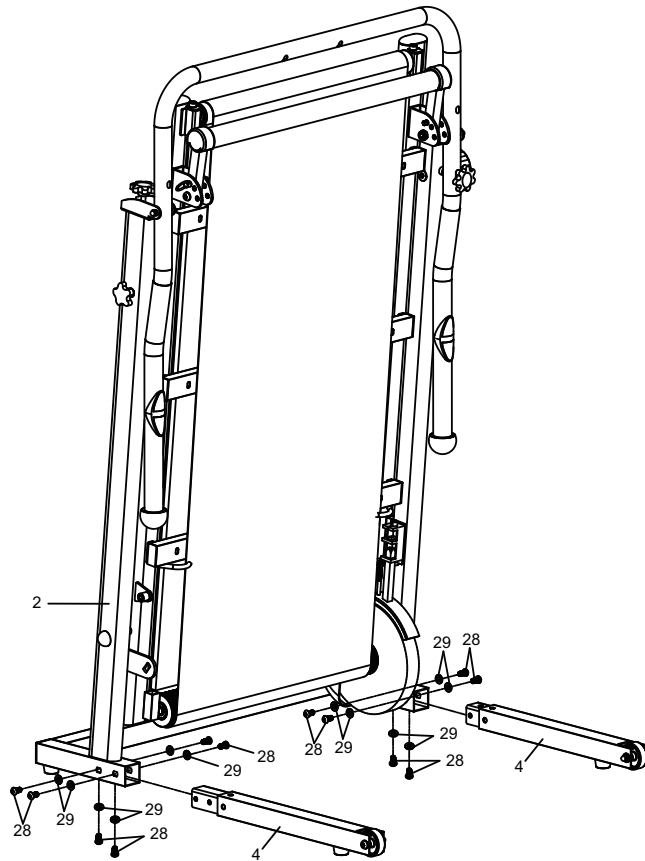


Allen Wrench 6mm
1PC



Multi Hex Tool with Phillips Screwdriver S10,
S13, S14, S15 1PC

ASSEMBLY INSTRUCTIONS



Tool:



Allen Wrench 6mm

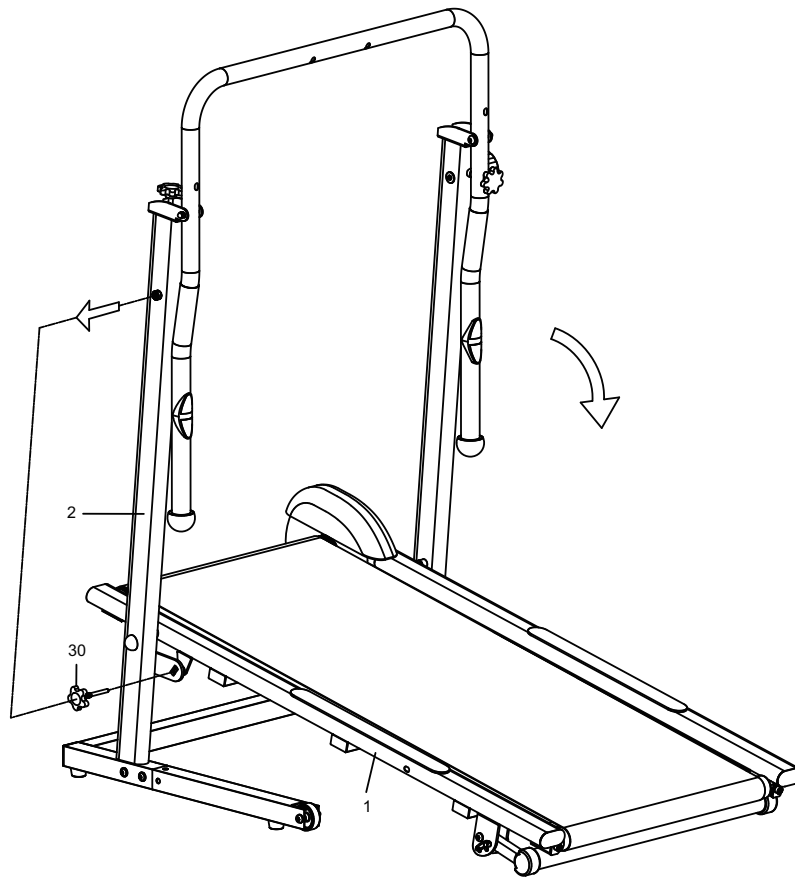
Step 1

Place the magnetic treadmill in the upright position.

Remove twelve M8x15 Bolts (28) and twelve Ø8xØ16x1.5t Washers (29) from both Handlebar Support Frame Base Tubes (4). Remove bolts with the 6mm Allen Wrench provided.

Install both Handlebar Support Frame Base Tubes (4) to the Handlebar Support Frame (2) by inserting both Handlebar Support Frame Base Tubes (4) into the Handlebar Support Frame (2), using twelve M8x15 Bolts (28) and twelve Ø8xØ16x1.5t Washers (29) that were removed. Tighten bolts with the 6mm Allen Wrench provided.

NOTE: It is recommended that you always use the aid of a second person when assembling the treadmill.

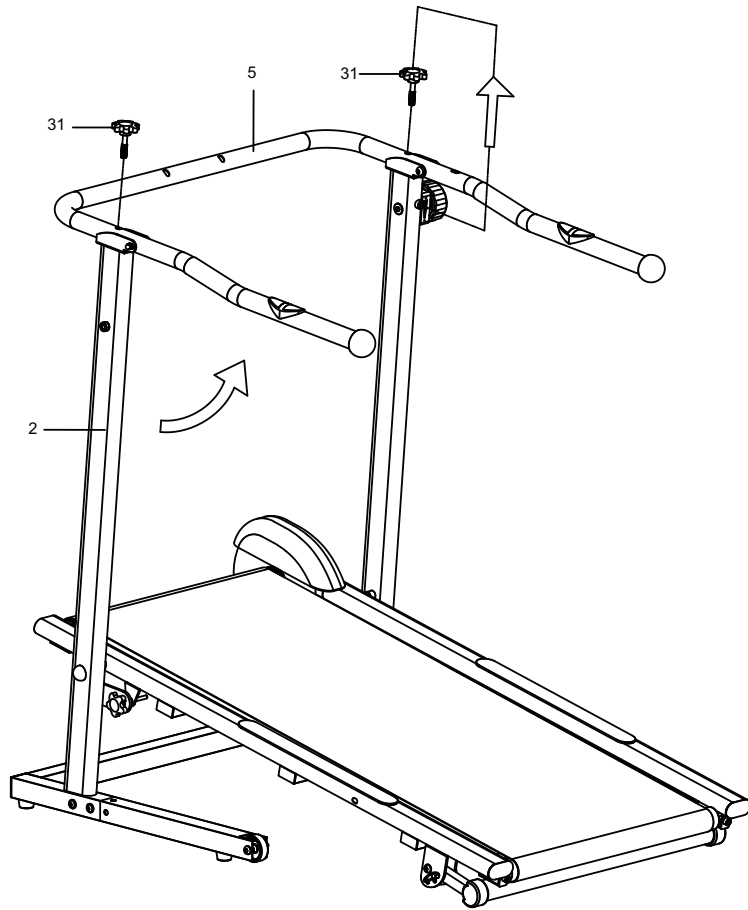


Step 2

Place one hand on the rear end of Main Frame (1) and use the other hand to remove the Locking Knob (30) by turning it in a counterclockwise direction from the Handlebar Support Frame (2). Then Lower the Main Frame (1) down onto the floor and align Locking Knob hole. Tighten the Locking Knob (30) by turning it in a clockwise direction into the holes on the left side of the Handlebar Support Frame (2) and Main Frame (1).

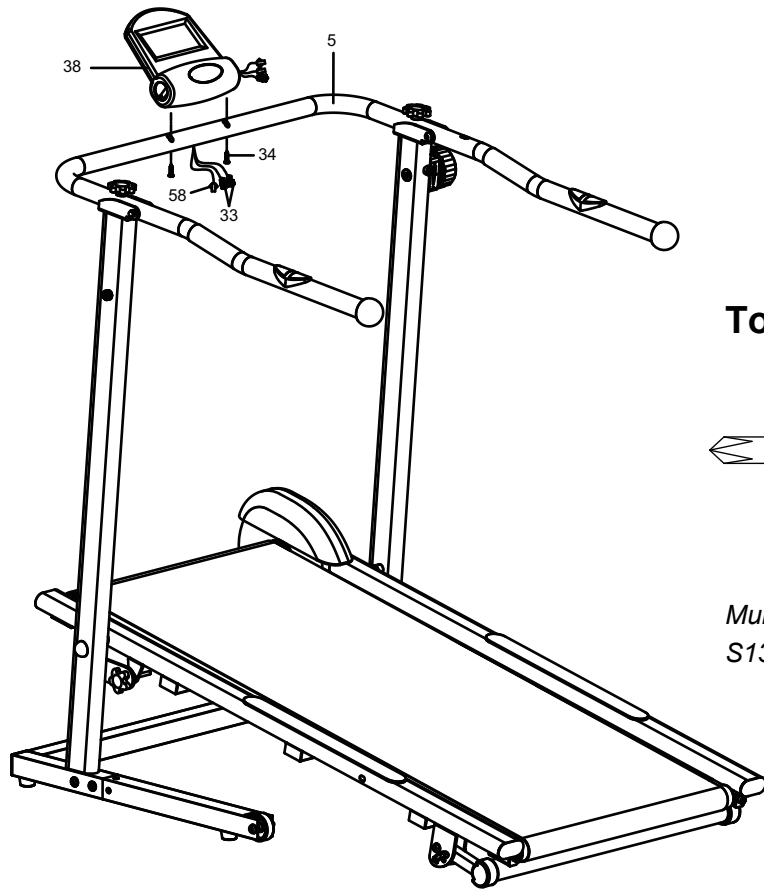
**TO PREVENT INJURY PLEASE MAKE SURE YOU HAVE A FIRM HOLD WHEN
SETTING DOWN THE DECK.**

**CAUTION: Failure to secure the Main Frame with the Locking Knob may
cause the treadmill unstable and cause bodily injury.**

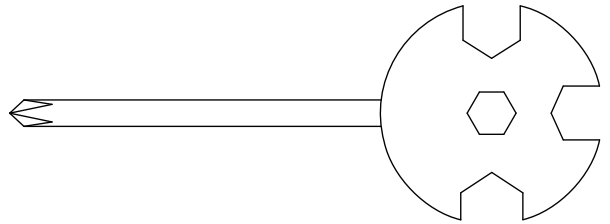


Step 3

Remove two Handlebar Knobs (31) from the Handlebar Support Frame (2) and Handlebar (5). Then pull the Handlebar (5) all the way up. Install two Handlebar Knobs (31) onto the Handlebar (5) by turning them in a clockwise direction into the holes on the Handlebar (5) to secure the Handlebar (5) in place.



Tool:



Multi Hex Tool with Phillips Screwdriver S10, S13, S14, S15

Step 4

Remove two ST4.2x20 Screws (34) from the back of the Computer (38). Remove screws with the Multi Hex Tool with Phillips Screwdriver provided.

Remove the battery cover that is located on the back of the Computer (38).

Connect the Hand Pulse Sensor Wires (33) and Extension Sensor Wire (58) to the wires that come from the Computer (38). Tuck wires into the Computer (38). Be careful not to pinch the wires.

Align the Computer (38) into the holes in the Handlebar (5) and replace the battery cover onto the back of the Computer (38). Finally, using two removed ST4.2x20 Screws (34) to secure the Computer (38) in place. Tighten screws with the Multi Hex Tool with Phillips Screwdriver provided.

OPERATING THE COMPUTER



SPECIFICATIONS:

TIME -----	0:00-99:59 MIN: SEC
SPEED -----	0.0-99.9 KM/H
DIST (DISTANCE) -----	0.00-99.99 KM
CAL (CALORIES) -----	0.0-999.9 KCAL
ODO (ODOMETER) -----	0.0-999.9 KM
PULSE -----	40-240 BEATS/MIN

USING YOUR COMPUTER

The computer can be activated by pressing the button or by receiving the signal from the speed sensor. If you leave the equipment for 4 minutes, the power will turn off automatically.

BUTTON FUNCTIONS:

Press the button to select one of the seven functions of the computer.

Press and hold the button for 3 seconds to reset all data values to zero except the ODOMETER data values.

COMPUTER FUNCTIONS:

SCAN: Automatically scans each function in sequence with change every 4 seconds.

NOTE: If you do not want to use the SCAN function, press the button to select one of the other functions.

TIME: Displays your elapsed workout time in minutes and seconds.

SPEED: Displays the current training speed.

DIST (DISTANCE): Displays the cumulative distance traveled during workout.

CAL (CALORIES): Displays approximate amount of calories burned during workout. (This data is a rough guide for comparison of different exercise sessions and should not be used in medical treatment).

ODO (ODOMETER): Displays the total accumulative distance traveled. The ODOMETER data values cannot be clear to zero by pressing and holding the button for 3 seconds. If you take out the batteries from the computer, the ODOMETER data values will clear to zero.

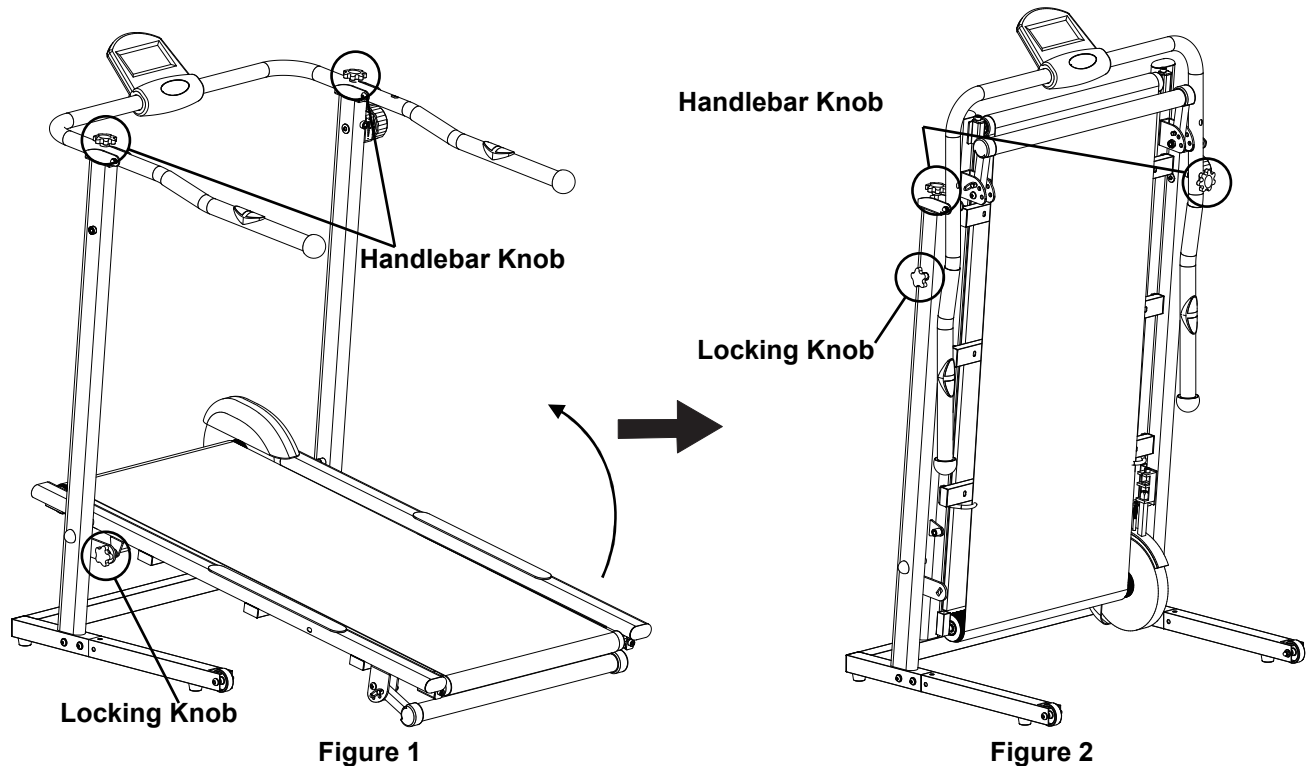
PULSE: Displays your current heart rate figures after you grip the handlebar pulse sensors with both your hands during exercise. To ensure the pulse readout is more precise, please always hold on to the handlebar pulse sensors with two hands instead of just with one hand only when you try to test your heart rate figures.

HOW TO INSTALL THE BATTERIES:

1. Remove the battery cover that is located on the back of the computer.
2. Place two "SIZE-AAA" batteries into the battery housing.
3. Insure batteries are correctly positioned and battery springs are proper contact with batteries.

4. Replace the battery cover.
5. If the display is illegible or only partial segment appear, remove batteries and wait 15 seconds before reinstalling.

STORAGE



Remove the Locking Knob from the Handlebar Support Frame and Main Frame, see Figure 1.

Lift the rear end of the Main Frame up in the vertical position and align Locking Knob hole.

Tighten the Locking Knob by turning it in a clockwise direction into the holes on the left side of the Handlebar Support Frame and Main Frame, see Figure 2.

CAUTION: Failure to secure the Main Frame with the Locking Knob may cause the treadmill accidental fall and cause bodily injury.

Remove two Handlebar Knobs from the Handlebar and Handlebar Support Frame. Then push the Handlebar all the way down, see Figure 1.

Install one Handlebar Knob onto the Handlebar Support Frame by turning it in a clockwise direction into the hole on the top end of the Handlebar Support Frame that was removed, see Figure 2.

Install the other removed Handlebar Knob onto the right side of the Handlebar by turning it in a clockwise direction into the holes on the Handlebar and Handlebar Support Frame to lock the Handlebar in place, see Figure 2.

The unit can be carefully tilted onto its transport wheels for easy moving and storage. Store the treadmill in a clean and dry environment away from children.

NOTE: Do not stand under the main frame when setting down the treadmill.

TO PREVENT INJURY PLEASE MAKE SURE YOU HAVE A FIRM HOLD WHEN LIFTING UP OR SETTING DOWN THE MAIN FRAME.

Warning: Keep the children and pets away from the folding machine.

ADJUSTMENTS

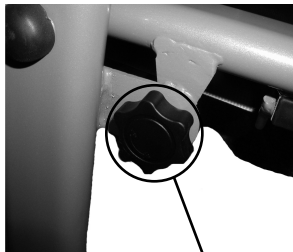


Tension Control Knob

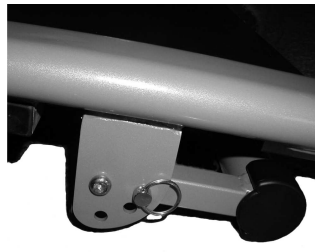
Adjusting the Tension Control Knob

To increase the load, turn the Tension Control Knob in a clockwise direction.

To decrease the load, turn the Tension Control Knob in a counterclockwise direction.



Locking Knob



Adjusting the Incline Adjuster

There are 3 incline angles that the incline adjuster can be set to. Loosen the Locking Knob by turning counterclockwise direction. Place one hand on the rear end of the Main Frame, then lift the rear end of the Main Frame up and use the other hand to remove the Locking Pins. Adjust the Incline Adjuster to the desired position and insert the Locking Pins into the holes on the Main Frame and Incline Adjuster to lock the Incline Adjuster in place. For added safety, tighten the Locking Knob in a clockwise direction.



Adjusting the Running Belt

The running belt is initially set and adjusted at the factory. However it may come loose during transportation and/or during use. It is recommended that the user run on the center of the running belt. After prolonged use, the belt will begin to stretch out. It is suggested that the user always to walk or run on the central area. This will prevent the belt shifting off the center.

If the running belt begins to shift to the left, the user can stand on the Main Frame and hold the handlebar with both hands. Then use your right foot to run on the right side of the running belt. You should see the running belt start to correct itself by moving back towards the center. However, if the running belt is still shifting to the left, use the Allen Wrench provided and turn the left Rear Roller Adjustment Bolt 1/2 turn in a clockwise direction. Then try running on the center of the running belt again. If the running belt is still shifting to the left, turn the left Rear Adjustment Bolt another 1/4 turn in the clockwise direction. Then try running on the center of the running belt again. You should see the belt start to correct itself by moving back towards the center. Repeat this procedure until the running belt is centered.

If the running belt begins to shift to the right, the user can stand on the Main Frame and hold the handlebar with both hands. Then use your left foot to run on the left side of the running belt. You should see the running belt start to correct itself by moving back towards the center. However, if the running belt is still shifting to the right, use the Allen Wrench provided and turn the right Rear Roller Adjustment Bolt 1/2 turn in a clockwise direction. Then try running on the center of the running belt again. If the running belt is still shifting to the right, turn the right Rear Adjustment Bolt another 1/4 turn in the clockwise direction.

Then try running on the center of the running belt again. You should see the belt start to correct itself by moving back towards the center. Repeat this procedure until the running belt is centered.

If the running belt is slipping during use, then use the Allen Wrench provided and turn both left and right Rear Roller Adjustment Bolts 1/4 turn in the clockwise direction. You should now run on the running belt to determine if the running belt is still slipping. Repeating the above procedure until the running belt is not slipping.

LUBRICATION



The treadmill has already been spread with "Silicone Oil" in advance before leaving the manufacturing plant. Silicone oil is without volatility and has gradually permeated through the running belt. There will be no need to re-spread the oil in normal circumstances. "Silicone Oil" may be re-spread once the resistance has been increased and the running belt starts rubbing against the running deck. To hold open the running belt from two sides, apply the silicone oil with an even motion on the center of the running deck. Allow the silicone oil to 'set' for one minute before using the magnetic treadmill.

Attention: Only use "Silicone Oil" lubricants for this equipment. **In addition, do not add any other oil ingredient; otherwise the magnetic treadmill will be damaged. Do not over-lubricate the running deck. Excess lubricant should be wiped off with a clean towel.**

MAINTENANCE

Cleaning

The magnetic treadmill can be cleaned with a soft clean damp cloth. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the magnetic treadmill after each use. Be careful not get excessive moisture on the computer display panel as this might cause an electrical hazard or electronics to fail.

Please keep the magnetic treadmill, specially, the computer console, out of direct sunlight to prevent screen damage.

Please inspect all assembly bolts, nuts, and screws on the machine for proper tightness every week.

Storage

Store the magnetic treadmill in a clean and dry environment away from children.

TROUBLESHOOTING

PROBLEM: Treadmill running belt slips or is not centered on rear roller.

SOLUTION: Refer to “Adjusting the Running Belt” section on page 14.

PROBLEM: Computer not working correctly.

SOLUTION: Check to make sure the computer wires are connected securely.

SOLUTION: Check the batteries are correctly positioned and battery springs are proper contact with batteries.

SOLUTION: Make sure the batteries are not dead.

PROBLEM: There is no heart rate reading or heart rate reading or is erratic / inconsistent.

SOLUTION: Make sure that the wire connections for the hand pulse sensors are secure.

SOLUTION: To ensure the pulse readout is more precise, please always hold on to the handlebar grip sensors with two hands instead of just with one hand only when you try to test your heart rate figures.

SOLUTION: Gripping the hand pulse sensors too tight. Try to maintain moderate pressure while holding onto the hand pulse sensors.

PROBLEM: The magnetic treadmill makes a squeaking noise when in use.

SOLUTION: The bolts may be loose on the treadmill, please inspect the bolts and tighten the loose ones.

WARM UP AND COOL DOWN ROUTINE

The **WARM-UP** is an important part of any workout. The purpose of warming up is to

prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before aerobic exercising. 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. The purpose of cooling down is to return the body to its resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.

HEAD ROLLS

Rotate your head to the right for one count,

feeling the stretch up the left side of your neck, then 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, then drop your head to your chest for one count.



SHOULDER LIFTS

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



SIDE STRETCHES

Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.



QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot.



INNER THIGH STRETCH

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



TOE TOUCHES

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



HAMSTRING STRETCHES

Extend your right leg. 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.



CALF/ACHILLES STRETCH

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

