TM-5210   Motorized treadmill

Operating Instructions (EN)

LIFEFIT®

fitness equipment for your life

Content

Dear customers,

Thank you for purchasing our product. This treadmill will help you achieve your goal of being in good physical condition and developing your muscles properly at home.

Before putting the belt into operation, please read the assembly and operating instructions carefully, even if you purchased the machine assembled.
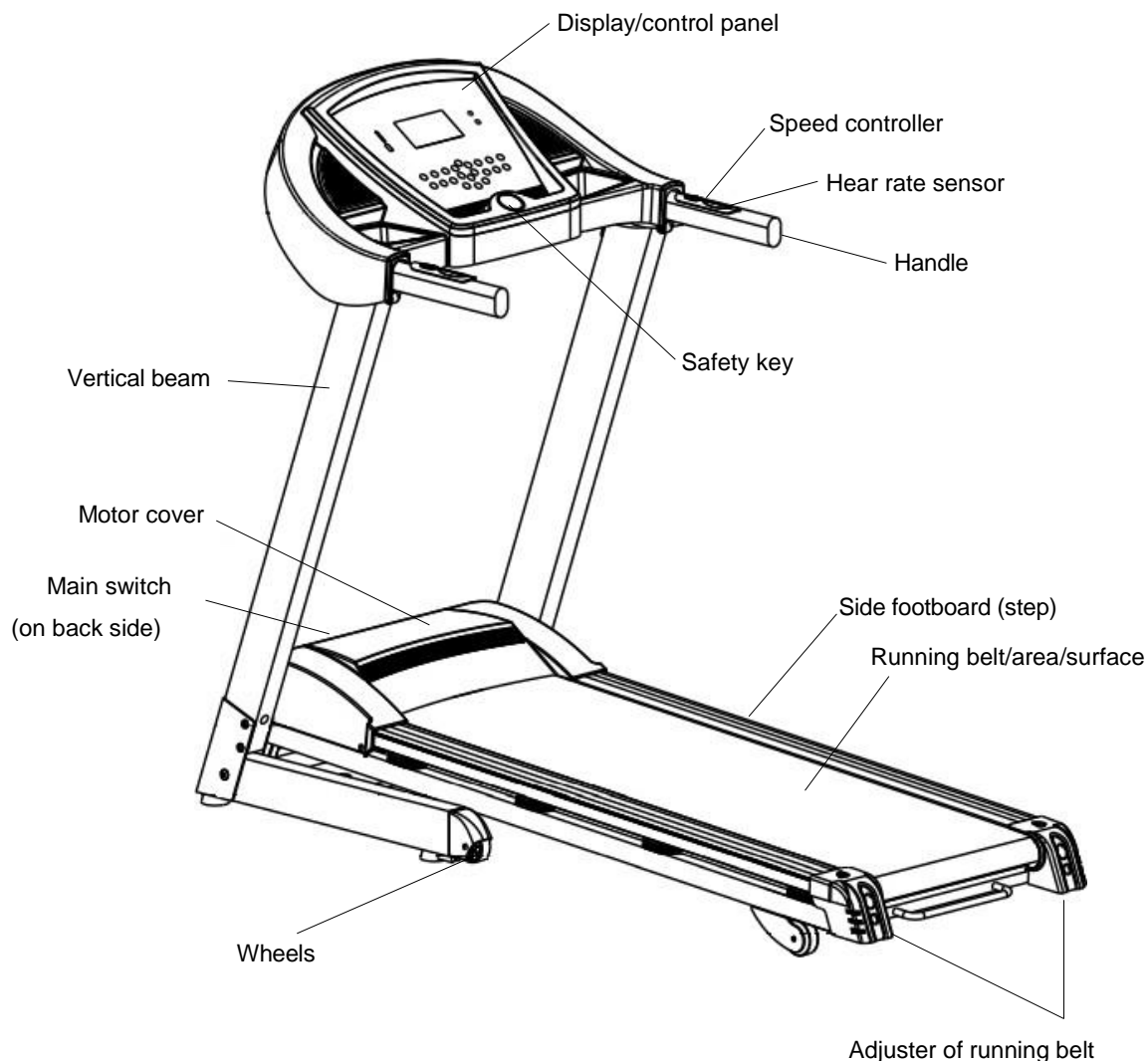
If you purchased the machine in the original cardboard packaging, means in a disassembled transport condition, pay attention to the assembly instructions. Before starting assembly, carefully remove the individual components from the box, check their completeness/damage and think through the assembly procedure according to the instructions.

We believe that you will be satisfied with the purchased product and that the machine will contribute to strengthening your health.

We wish you much success, perseverance and strength in achieving your sporting goals.

1. <u>Brief description – technical parameters</u>

TM-5210 motorized treadmill with a clear control panel and a display showing data about the progress of the exercise. Speed range 0.8-16 km/h, 15 levels of incline (electronic), pulse sensors and speed controller on the handles. Easy-to-operate folding mechanism to save space when storing the treadmill.

Display/control panel

Speed controller

Hear rate sensor

Handle

Safety key

Vertical beam

Motor cover

Main switch
(on back side)

Side footboard (step)

Running belt/area/surface

Wheels

Adjuster of running belt

Class H treadmill according to EN ISO 20957-1, means for home use only. The machine is not intended for commercial purposes and higher performance loads. The machine cannot be used as a therapeutic or rehabilitation device. Accuracy class C (low).

Functions displayed on the display: speed, time, distance, heart rate, calories, incline

Display type: LCD 5"

Input voltage: 220-240V

Frequency: 50/60Hz

Motor power: 1,5 HP

Operating temperature: 0-40 ℃

Speed range: 0.8-16.0 km/h

Incline: 15 – electronic setting

Time display range: 0:00-99:59 (minutes:seconds)

Distance display range: 0.0-99.9 km

Heart rate display range: 50-200 beats/min

Calorie display range: 0-999

Maximum load: 120 kg

Dimensions of treadmill (L*W*H):1560 x 700 x 1210 mm

Weight of treadmill: 54 kg

2. <u>Safety rules</u>

1. Insert the plug directly into the socket, do not use an extension cord or power strip.

2. The machine can be in continuous operation for a maximum of 2 hours.

3. Place the machine on a firm, level and clean surface and make sure it is stable. We recommend putting some kind of protective layer/underlay under the treadmill to prevent possible damage to the floor.

   Do not use the device:
   a) outdoors (the device is specially designed for indoor use),
   b) on uneven surfaces,
   c) in direct sunlight or near a heat source,
   d) in a humid or wet environment,
   e) in a closed space where air does not circulate (in unventilated rooms), or in a space with a flammable liquid or gas.

4. Keep a free area around the machine of at least 0.6 m in the direction of access to the device (preferably on all sides). The free space must also include space for emergency exit from the facility. If the device is placed near another device, this free space can be shared

5. The machine must not stand on a thick carpet (with high pile), otherwise the ventilation will not be able to function properly.

6. Errors may occur with unstable electricity supply. Please do not use the same electrical outlet as for computers, air conditioners, etc.

7. If the power cord is damaged, replace it with the power cord provided by the manufacturer/importer of the treadmill. Contact your local distributor for replacement.

8. Periodically check all bolts and nuts for proper tightening. Regularly check all parts, if they are damaged, do not use the machine and immediately replace the damaged parts or contact the supplier. Make sure that none of the adjusters are protruding as they could interfere with movement.

9. Make sure the main switch is off and the machine is unplugged before removing the treadmill guard or performing maintenance or changing parts.

10. When not in use, unplug the treadmill and keep the safety key in a safe place out of the reach of children.

11. Do not place any objects under the treadmill and do not allow children or pets to play near the folded machine (raised lower part).

12. Do not turn on the device when it is folded (raised lower part).

13. Risk of electric shock or death if water enters, especially the motor, power cord or plug

14. Keep this manual for later reference and possible ordering of spare parts.

15. The device is not intended for children under 14 years of age.

16. A maximum of one person can use the treadmill at the same time.

17. Beginners should hold onto the handles while walking and running on the treadmill until they have fully mastered the motion of the machine.

18. After turning on the main switch, stand on the side steps running along the belt (not directly on the running surface), set the safety key to the specified position. Press the "START" button, the belt will start at the lowest speed. At this point you can enter the treadmill itself and start walking/running. Increase speed slowly to avoid injury. Do not get off the treadmill if the belt is moving.

19. Before you start exercising on the machine, please make sure the safety key is in the correct position and the other end is attached to your clothing. This measure allows you to quickly pull the key in dangerous situations where you need to stop the belt unexpectedly/immediately to avoid injury.

20. Please be extra careful if you watch TV or engage in other entertainment while exercising on the machine. Other concurrent activities can distract you and cause you to lose your balance and injure yourself.

21. Improper use (e.g. excessive exercise, sudden movements without warm-up, poor setting) can harm your health. Before starting exercise, consult your doctor about your medical condition (cardiac system, blood pressure, orthopedic problems, etc.), especially if you suffer from any of the following diseases (high blood pressure, diabetes, respiratory disease, other chronic or complicated diseases), if you are overweight , you are a smoker or if the user is pregnant or breastfeeding. If you experience any of the symptoms below during exercise, stop exercising immediately and contact your doctor. Such symptoms are chest pain/pressure, irregular heartbeat, very short breathing, feeling faint, dizziness, nausea.

22. Children, the elderly and pregnant women should not use the machine without supervision, or without consulting a doctor.

23. The manufacturer is not responsible for any injury, damage or failure caused by the use of this product or improper assembly and maintenance of the treadmill.

24. Consult a fitness trainer about the right way to exercise.

25. When exercising, we recommend wearing comfortable sports clothes and sports shoes with soft soles. Your clothes should not be too loose to avoid the clothes getting caught in the machine.

26. Please put away jewelry (chains, rings, etc.).

27. Do not leave novice runners, children and pets unattended on or near the treadmill (especially when it is in use) to avoid possible injury. This machine is not a toy.

28. Please drink enough water if you exercise on the treadmill for more than 20 minutes.

3. Installation and list of accessories

Assembly of the treadmill

Carefully remove the treadmill from the shipping container. Make sure none of the parts are missing.

When assembling the treadmill, do not fully tighten the screws until the entire installation is complete.

A) Place the machine on a flat surface and erect the vertical beams with the control panel in the direction as shown in the figure below.
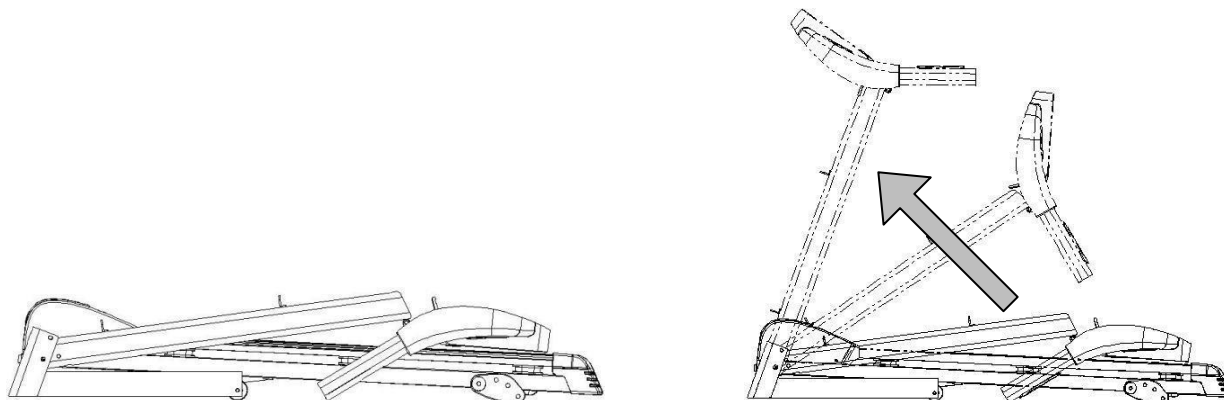
B) Use the #5 wrench and attach the beams to the belt base with M8*60 screws and M8 nuts. Secure the beams with M8*20 screws.
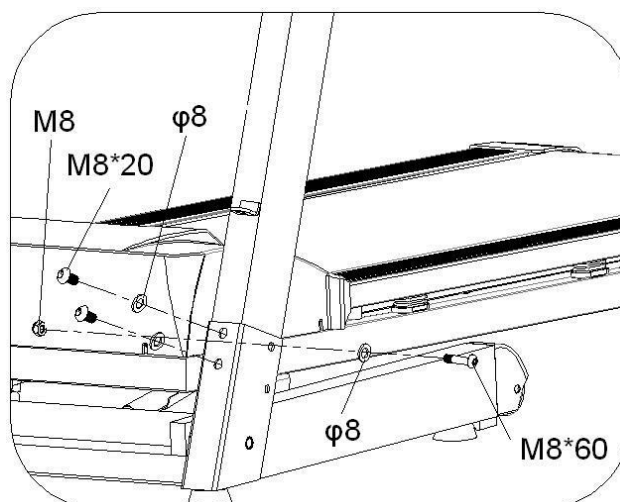
C) Use the #5 wrench and attach the control panel to the beams with M8*20 screws.
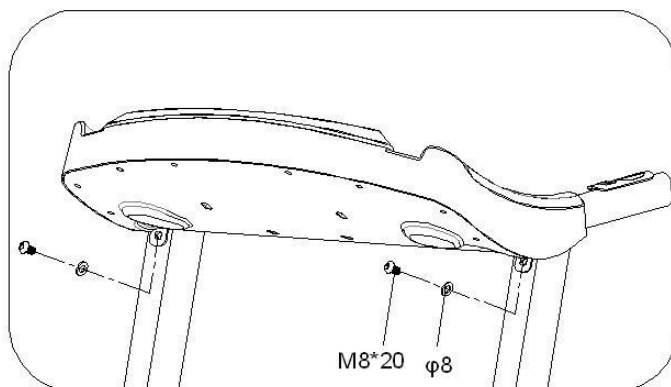
Safety Key - To start the machine, place the key in the correct position on the control panel.

List of accessories

No.	Name	Quantity	No.	Name	Quantity
1	Internal hex wrench 6 mm	1	7	Safety key	1
2	Internal hex wrench 5 mm	1	8	Silicone oil	1
3	Combination wrench	1	9	MP3 cabel	1
4	Screw M8*60	2			
5	Screw M8*20	6			
6	Nut M8	2			

4. Use and operation

4.1 Control panel and functions

USB input

AUX input

INCLINE +/-

SPDEED +/-

START / STOP

QUICK INCLINE
3/6/9

QUICK SPEED
3/6/9

MODE

PROG
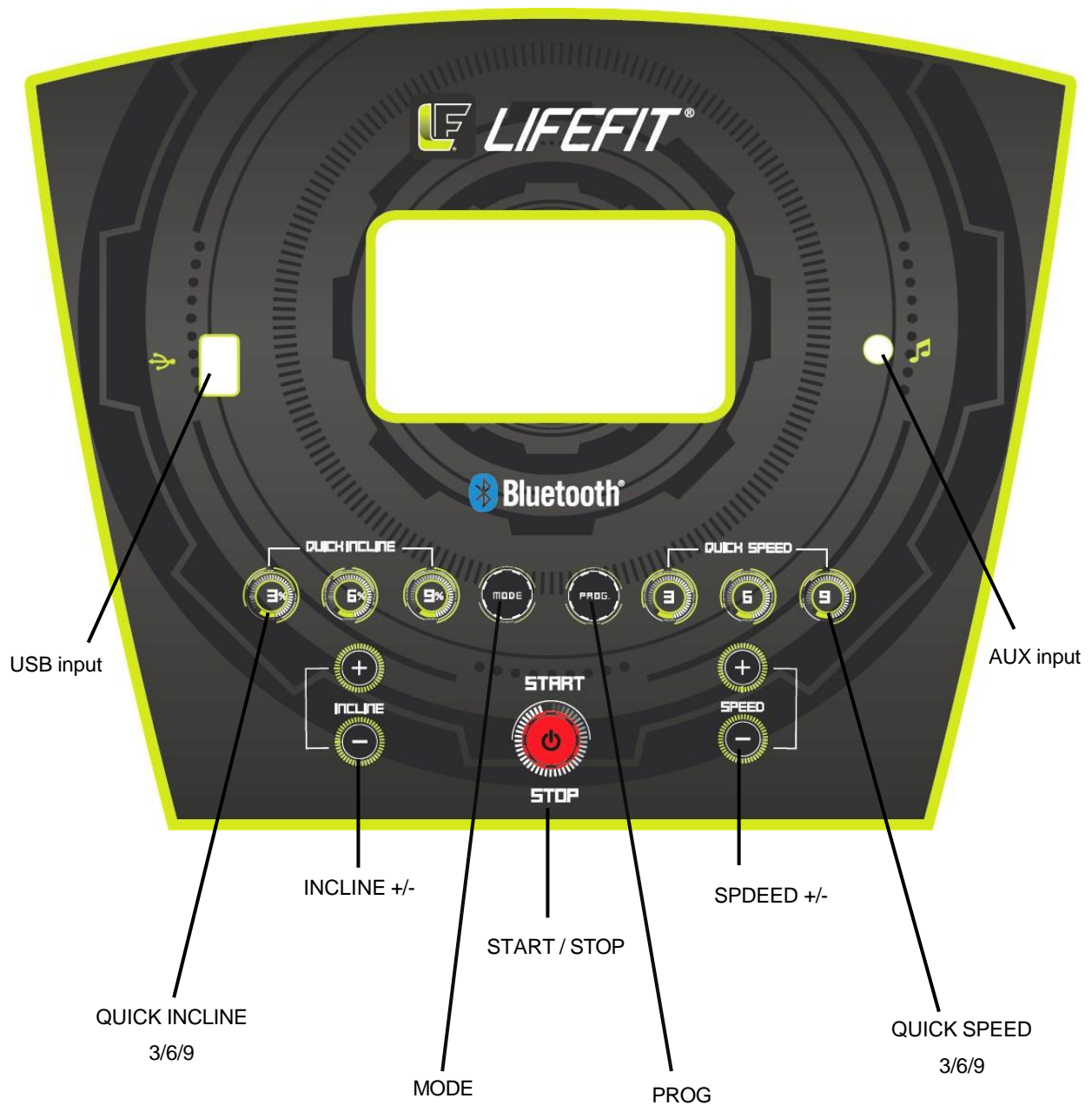
（1）"START/STOP"

When you are ready to start the belt, press the "START" button, the belt will start moving at a speed of 0.8 km/h. Press the "STOP" button to stop the belt movement. If the belt is running and moving at a speed higher than 3.5 km/h, pressing this button will start to slow down until it stops completely. Other buttons do not respond during this deceleration. If the belt is moving at a speed lower than 3km/h, pressing this button will stop it immediately. The belt starts after a short countdown.

（2）"SPDEED +/-"

When the belt is running, press the "+" or "-" button to increase or decrease the speed to the desired value. The buttons can also be used in the setting mode. You can also find the "SPEED" buttons on the handle.

（3）"QUICK SPDEED 3/6/9 " (km/hod)

If the belt is running, pressing one of these buttons will automatically set the speed to the desired level ("abbreviated speed selection").

（4）"INCLINE +/-"

When the belt is running, press the "+" or "-" button to increase or decrease the belt incline to the desired level.

（5）"QUICK   INCLINE 3/6/9 "

When the belt is running, pressing one of these buttons will automatically set the belt incline to the desired level ("abbreviated incline selection").

（6）"Safety key"

If the key is not in the correct position, the treadmill cannot start. If necessary, pull the key and the belt will stop immediately (at higher speeds it may take a few seconds for the belt to stop completely).

（7）"PROG" (you can press and hold until the desired program appears)

Press the "PROG" button to select manual mode or one of the 48 preset programs P1-P48 (see chapter 4.4).

By pressing the "FAT" button (or the last press of the Program button), the machine will help you determine the approximate value of your body fat (Body Mass Index). Use the "SPEED +/-" buttons to specify the parameters of the person being measured (F1 - gender: male = 1 / female = 2, F2 - age, F3 - height, F4 - weight), while confirming each value with the "MODE" button. Immediately after entering and confirming the last value, the inscription "F5 - - -" will appear, at this time, place both hands on the heart rate sensors. After a while, the value (percentage) of the measured person's body fat will appear on the display.

	≤19	Underweight
Test result	20～25	Normal weight
	25～29	Overweight
	≥30	Obesity

（8）"MODE"

Use the "MODE" button to select one of the countdown modes (time, distance or calories). You can adjust the individual countdown modes (initial values) using the SPEED+/- buttons.

After selecting one of the modes, press the "START" button to confirm your choice and the belt can be started. When the countdown goes from the initial value to zero, the belt will beep and slowly stop.

（9）"USB input"

Files (tracks) on a USB drive must be saved in a single (first) level, i.e. not in folders.

4.2 Starting the machine for the first time

1. Insert the plug into a grounded socket. Switch the main switch, which is located on the frame, to the "1" position.
2. Insert the safety key in the correct position, this will turn on the el. machine circuit. Press the "START" button and let the belt run freely (without load). Check the status of the running belt (from low to high speed), then press the "STOP" button.
3. If everything is fine, you can start using the machine.
4. Attach the other end of the safety key to your clothing and **stand straddled on the side steps**.
5. Press the "START" button, the belt will make a short countdown with a sound signal and start moving at the lowest speed (1.0 km/h).
6. Now you can start running.
7. To end your workout safely, first press the "STOP" button. Allow the belt to slowly come to a complete stop on its own and then step off. Turn off the main switch.

4.3 Heart rate measurement

This treadmill can measure your heart rate using sensors on the handles. The measured data are indicative only.

To determine your heart rate, place both hands on the sensors (hold the handle in the place of the sensors in your palms).

4.4 Preset programs

The original time setting of the programs is 10 minutes. Before starting the program, press the SPEED button to change the total length of the program (running time). The length setting range is 5-99 minutes (min-max). The programs are divided into 10 phases that last the same length of time. The shorter you choose the total length of the program, the shorter the individual phases will be, and vice versa. E.g. with a 10-minute program, each phase lasts 1 minute, with a 5-minute program only 30 seconds. While the program is running, a sound signal is heard when the program phase changes.

		Phase									
Program		**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**
P1	**Speed**	2	3	4	6	7	6	5	4	3	2
	Incline	0	0	0	0	0	0	0	0	0	0
P2	**Speed**	2	4	6	8	8	8	6	5	4	3
	Incline	0	0	0	0	0	0	0	0	0	0
P3	**Speed**	1	3	5	7	10	7	7	5	3	1
	Incline	0	0	0	0	0	0	0	0	0	0
P4	**Speed**	2	3	4	6	7	6	5	4	3	1
	Incline	0	0	0	0	0	0	0	0	0	0
P5	**Speed**	2	5	7	9	8	7	10	8	5	3
	Incline	0	0	0	0	0	0	0	0	0	0
P6	**Speed**	1	2	4	6	9	9	10	7	5	3
	Incline	0	0	0	0	0	0	0	0	0	0
P7	**Speed**	2	3	4	6	8	6	5	4	3	2
	Incline	0	0	0	0	0	0	0	0	0	0

P8	**Speed**	2	4	5	7	8	9	6	5	4	3
	Incline	0	0	0	0	0	0	0	0	0	0
P9	**Speed**	1	3	5	7	8	7	6	5	3	2
	Incline	0	0	0	0	0	0	0	0	0	0
P10	**Speed**	1	3	4	6	7	6	5	4	3	2
	Incline	0	0	0	0	0	0	0	0	0	0
P11	**Speed**	2	5	7	9	8	7	6	8	5	2
	Incline	0	0	0	0	0	0	0	0	0	0
P12	**Speed**	1	2	4	5	9	9	8	7	5	3
	Incline	0	0	0	0	0	0	0	0	0	0
P13	**Speed**	1	3	4	5	7	6	5	4	3	2
	Incline	0	0	0	0	0	0	0	0	0	0
P14	**Speed**	2	4	6	8	9	8	6	5	4	3
	Incline	0	0	0	0	0	0	0	0	0	0
P15	**Speed**	1	3	5	7	10	7	7	5	3	1
	Incline	0	0	0	0	0	0	0	0	0	0
P16	**Speed**	2	3	4	5	7	6	5	4	3	1
	Incline	0	0	0	0	0	0	0	0	0	0
P17	**Speed**	2	5	7	9	8	7	9	8	5	3
	Incline	0	0	0	0	0	0	0	0	0	0
P18	**Speed**	1	2	3	6	9	8	10	7	5	3
	Incline	0	0	0	0	0	0	0	0	0	0
P19	**Speed**	2	3	4	5	7	8	6	4	3	2
	Incline	0	0	0	0	0	0	0	0	0	0
P20	**Speed**	2	4	6	8	7	8	6	4	4	3
	Incline	0	0	0	0	0	0	0	0	0	0
P21	**Speed**	1	3	5	7	9	7	5	3	2	1
	Incline	0	0	0	0	0	0	0	0	0	0
P22	**Speed**	2	3	4	5	6	7	8	6	3	2
	Incline	0	0	0	0	0	0	0	0	0	0
P23	**Speed**	2	5	7	9	8	7	9	8	5	3
	Incline	0	0	0	0	0	0	0	0	0	0
P24	**Speed**	1	2	4	6	8	9	10	7	5	3
	Incline	0	0	0	0	0	0	0	0	0	0
P25	**Speed**	2	5	6	8	8	7	10	8	4	3
	Incline	0	0	0	0	0	0	0	0	0	0
P26	**Speed**	2	3	4	6	7	6	5	4	3	2
	Incline	0	3	6	4	3	1	4	5	2	1
P27	**Speed**	2	4	6	8	8	8	6	5	4	3
	Incline	1	0	2	5	3	4	6	4	3	1
P28	**Speed**	1	3	5	7	10	7	7	5	3	1
	Incline	3	3	2	2	0	4	0	3	3	1

P29	**Speed**	2	3	4	6	7	6	5	4	3	1
	Incline	2	0	3	2	3	5	2	4	3	2
P30	**Speed**	2	5	7	9	8	7	10	8	5	3
	Incline	0	2	1	3	2	4	5	2	3	1
P31	**Speed**	1	2	4	6	9	9	10	7	5	3
	Incline	2	3	4	3	4	5	5	3	3	2
P32	**Speed**	2	3	4	6	8	6	5	4	3	2
	Incline	0	3	6	4	3	1	4	5	2	1
P33	**Speed**	2	4	5	7	8	9	6	5	4	3
	Incline	1	0	2	5	3	4	6	4	3	1
P34	**Speed**	1	3	5	7	8	7	6	5	3	2
	Incline	3	3	2	2	0	4	0	3	3	1
P35	**Speed**	1	3	4	6	7	6	5	4	3	2
	Incline	2	0	3	2	3	5	2	4	3	2
P36	**Speed**	2	5	7	9	8	7	6	8	5	2
	Incline	0	2	1	3	2	4	5	2	3	1
P37	**Speed**	1	2	4	5	9	9	8	7	5	3
	Incline	2	3	4	3	4	5	5	3	3	2
P38	**Speed**	1	3	4	5	7	6	5	4	3	2
	Incline	0	3	6	4	3	1	4	5	2	1
P39	**Speed**	2	4	6	8	9	8	6	5	4	3
	Incline	1	0	2	5	3	4	6	4	3	1
P40	**Speed**	1	3	5	7	10	7	7	5	3	1
	Incline	3	3	2	2	0	4	0	3	3	1
P41	**Speed**	2	3	4	5	7	6	5	4	3	1
	Incline	2	0	3	2	3	5	2	4	3	2
P42	**Speed**	2	5	7	9	8	7	9	8	5	3
	Incline	0	2	1	3	2	4	5	2	3	1
P43	**Speed**	1	2	3	6	9	8	10	7	5	3
	Incline	2	3	4	3	4	5	5	3	3	2
P44	**Speed**	2	3	4	5	7	8	6	4	3	2
	Incline	0	3	6	4	3	1	4	5	2	1
P45	**Speed**	2	4	6	8	7	8	6	4	4	3
	Incline	1	0	2	5	3	4	6	4	3	1
P46	**Speed**	1	3	5	7	9	7	5	3	2	1
	Incline	3	3	2	2	0	4	0	3	3	1
P47	**Speed**	2	3	4	5	6	7	8	6	3	2
	Incline	2	0	3	2	3	5	2	4	3	2
P48	**Speed**	2	5	7	9	8	7	9	8	5	3
	Incline	0	2	1	3	2	4	5	2	3	1

5. Maintenance and storage

5.1 Checking the V-belt and running belt settings

If the treadmill seems to be slipping, the following steps will determine which part is loose and needs tightening, whether it is the treadmill (surface) or the V-belt at the motor.

a) Turn off the main switch and unplug the belt from the power supply (outlet). Loosen the side screws on the engine guard and pull the guard down.

b) Turn the belt on again and set a speed of approx. 3 km/h. Stand on the belt and try to stop it by lightly stepping against the movement of the belt.

c) If the treadmill (surface) stops along with the front roller, it means that the V-belt of the motor needs to be tightened.

d) If the treadmill (surface) pauses but the front roller continues to rotate, it means that the treadmill (surface) needs more tension.

e) After completing this check and adjustment, screw back the motor protection cover.
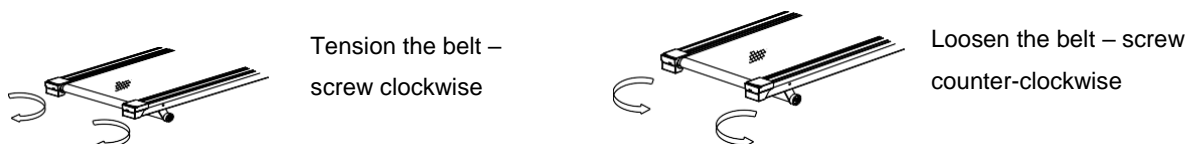
5.2 Adjusting the V-belt

Disconnect the belt from the power supply and remove the protective motor cover. Loosen the four screws on the motor and then turn the special adjustment screw to adjust. Screw clockwise. Then screw all four bolts back on the motor.

Connect the belt to the power supply and again follow the previous procedure to check whether the V-belt is sufficiently tensioned. If the belt still needs to be tightened, repeat the operation once more.

5.3 Adjusting of the running belt

Turn both screws at the ends of the belt in the same direction half a turn as shown in the pictures below. If the belt/surface still slips, repeat the previous step.

With this adjustment, you can let the belt run at a speed of approx. 5-6 km/h.

Tension the belt – screw clockwise

Loosen the belt – screw counter-clockwise

5.4 Adjusting the deviation of the treadmill

During the use of the belt, it may happen that the running surface begins to deviate to the sides. In this case, it is necessary to re-center it, according to the following steps:

a) Place the belt on a horizontal surface and set a speed of approx. 5-6 km/h.

b) If the treadmill is deflecting to the right, turn the right screw at the end of the belt half a turn clockwise and the left screw half a turn counter-clockwise.

c) If the treadmill is deflecting to the left, turn the left screw at the end of the belt half a turn clockwise and the right screw half a turn counter-clockwise.

If the belt still deflects to the side, repeat one of the previous steps.

A belt deflecting to the right.

A belt deflecting to the left.

5.5 Lubricating the treadmill

The underside of the treadmill/surface, or the running board under the belt requires regular maintenance in the form of lubrication with silicone oil. Maintaining the correct tension between the belt and the plate has a large effect on the life of the treadmill.

Proceed as follows:

a) Turn off the main belt switch and slightly lower the treadmill/surface.

b) Use a clean cloth to wipe off dust and dirt between the belt and the plate.

c) Apply a small amount of silicone oil evenly from above between the belt and the plate in the front of the belt.

d) Re-tension the treadmill and run it to spread the oil across the treadmill.

We recommend applying the enclosed lubricant approximately after the first 40 hours of operation. We also recommend lubricating the platform according to the following schedule:

- for moderate use (less than 3 hours a week), lubricate every 5 months
- lubricate every 2 months with moderate use (4-7 hours a week).
- for frequent use (more than 7 hours a week), lubricate every 14 days

Also, regularly lubricate the front and rear rollers to maintain their maximum performance.

Regular maintenance will extend the life of the machine and prevent injury.

5.6 Cleaning

Make sure the belt is unplugged before cleaning.

Periodically wipe dust and dirt from the surface of the entire treadmill with a soft, damp cloth. After cleaning, wipe the belt dry.

It is also necessary to continuously remove dust from the engine compartment and adjacent parts (about every 2 months). Unscrew the plastic cover above the motor and either vacuum the entire area with a vacuum cleaner (BE CAREFUL not to touch and damage the printed connections and all electrical components), or if you don't want to use a vacuum cleaner, use a fine brush to carefully clean everything from dust. Then put the cover back in its original place. REMEMBER THAT THE BELT MUST BE DISCONNECTED FROM THE POWER SOURCE DURING THIS CLEANING.

5.7 Storage

The machine is equipped with a hydraulic mechanism, thanks to which the treadmill/surface can be easily raised to a vertical position, saving considerable space when the machine is not in use.

Before raising the surface like this, the incline of the treadmill must be in the initial position (ie "0"). Turn off the machine and unplug the power cord. Simply lift the surface, in the correct position it will hold by itself. Before handling the machine, make sure that the plate is really secured. Do not put the assembled machine into operation.

To fold the surface back to a horizontal position, simply press the "knuckle" on the strut bar, which is located on the underside of the belt, with your foot (towards the belt). The surface will then begin to tilt down automatically and slowly.

Store the belt in indoor, dry and clean areas. Protect it from direct sunlight and high temperatures. Do not place any items on the belt. Avoid excessive static electricity with the belt, which can interfere with the proper functioning of the meters or even damage them. In winter, store and use the belt in rooms with adequate humidity.

6. <u>Causes and solutions of possible malfunctions</u>

NO.	Fault	Cause	Solution
1	The treadmill cannot be started.	There is no security key in the correct position.	Set the security key to the correct one position.
		The main switch is off (in "O" position).	Turn the main switch to position "1".
2	The control panel/display does not show any information.	The control panel and control unit are disconnected/disconnected.	Contact the service center. (Remove the motor cover and unit panel again connect.)
3	Heart rate is not displayed.	There are not enough sensors moist.	Lightly moisten the sensors with water.
		Scanning is interrupted by others electromagnetic field.	Move the belt to another location. Prevent contact with electromagnetic waves.
4	Incline adjustment does not work.	The motor cable is not correct involved.	Contact the service center. (Remove motor cover and connect the cable correctly.)
5	Treadmill/surface is slipping.	The treadmill is not enough tight.	Tighten the treadmill according to the chapter 5.2/5.3.
6	Treadmill/surface deflects to the sides.	The treadmill is not adjusted.	Adjust the deviation of the treadmill according to chapter 5.4.

If you do not manage to eliminate the fault even according to the above solutions, please contact our expert service as soon as possible.

7. <u>Display of own diagnostics - Error messages on the display</u>

If there are any problems in the operation of the treadmill, the type of fault will be shown on the display. In case such a defect appears, do not hesitate to contact our service center.

Fault code	Fault description (reason)	Solution
E-01	Fault in the communication between the control unit and the control panel/display.	Damaged connection cable - repair or replacement required. The end of the cable is pushed out of the connectors - insert it firmly back into the correct position. Damaged control unit - necessary repair or exchange.
E-02	Bad connection between motor and control unit (no signal from motor)	Contact the service center. Check the motor cable connection. Damaged connection cable - repair required or exchange.
E-05	Surge protection - voltage fluctuations in the network. The voltage exceeded the marked 220-240V.	Find out the actual voltage - after reaching the normal level of around 220-240V, switch the belt back on. Check the condition of the engine and the control unit (if odor, etc., replacement or repair is necessary).
E-06	Overload / damage to the motor or controller units.	Engine or control unit failure - repair required.
E-07	The security key is not engaged.	Place the security key on the marked magnetic one wheel under the display.

8. <u>Warranty</u>

The product is protected by the warranty period valid in the country where the sale took place. This warranty covers possible manufacturing defects. It is not provided for wear and tear of the product due to normal use, for defects and wear caused by improper handling, storage and use (e.g. for a purpose other than the product intended) and for any modifications to the product. A sales receipt serves as a warranty card.

Service center:

Rulyt s.r.o., Lounská 891, 438 01 Žatec / Tel: +420 777 736 214 / e-mail: reklamace@rulyt.cz

9. Exercising on a treadmill

Using a treadmill will help you improve your physical condition, strengthen your muscles and help you lose weight while controlling your calorie intake.

1. WARM-UP PHASE

Before each exercise, it is important to warm up and stretch with appropriate dynamic and static exercises to prepare the body for performance. Not only will you increase your later physical performance, but above all you will reduce the risk of injury during the exercise itself.

During the warm-up phase, you will increase your blood circulation, warm up and prepare your muscles to work properly.

This will reduce the risk of muscle spasms and injury.

We recommend doing some stretching exercises as shown below. In each stretch you should hold for about 20-30 seconds, do not stretch the muscles with a sudden movement and do not switch them.

BEND FORWARD

INNER THIGH STRETCH

BOWS

OUTER THIGH STRETCH

CALF STRETCH/ ACHILLES' TENDONS
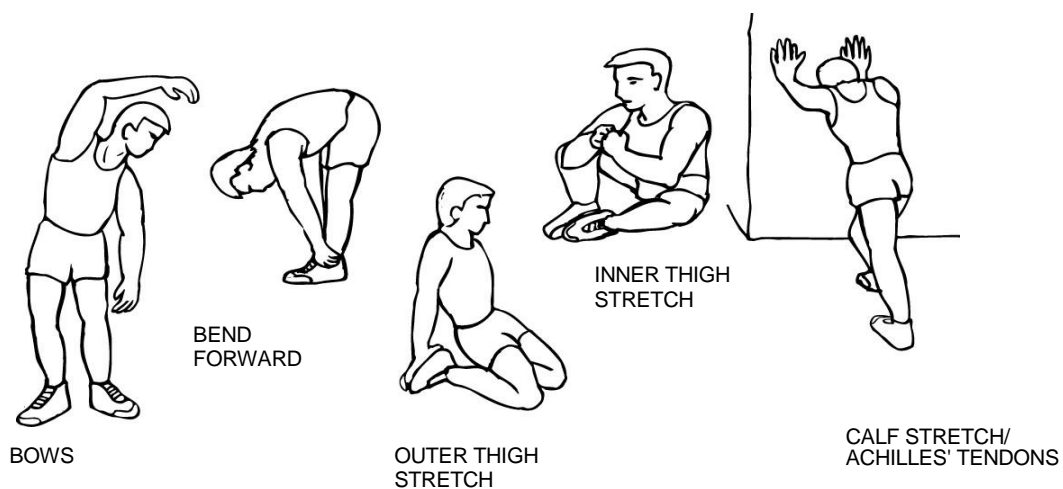
2. EXERCISE PHASE

This is the stage where you put the most effort. Regular exercise will make your leg muscles stronger and more flexible. Exercise at your own pace. It is optimal to practice for 15-20 minutes at the beginning, longer after several trainings. We recommend training at least three times a week, if possible with an even distribution of time.

3. CALMING PHASE

After the exercise, don't forget to stretch again and calm down your body/heart rate with appropriate static exercises, relax your muscles.

This phase is necessary for your cardiovascular system and your muscles to gradually relax. Repeat the stretching exercises, again being careful not to overstretch or tense the muscles.

4. WEIGHT REDUCTION

An important factor in weight loss is the amount of calories you take in and out. The longer and harder you exercise, the more you burn. However, it is also necessary to monitor their intake, especially to be careful about fatty, sweet foods and the size of portions.

The author reserves the right not to be responsible for the timeliness, correctness, completeness or quality of the information provided. Claims for liability against the author, which apply to damages of a tangible or intangible nature, caused by the use or non-use of the information provided or the use of incorrect and incomplete information are excluded, if the author does not act in this way intentionally or it is not a gross error.

If the purchased (real) product does not completely match the product depicted in the manual, the real product is considered the final and correct product.

The photos in this manual may differ slightly in terms of product details compared to the original.

Please scan the QR code to view any updated version of the manual.

Verze: 2023/08-1