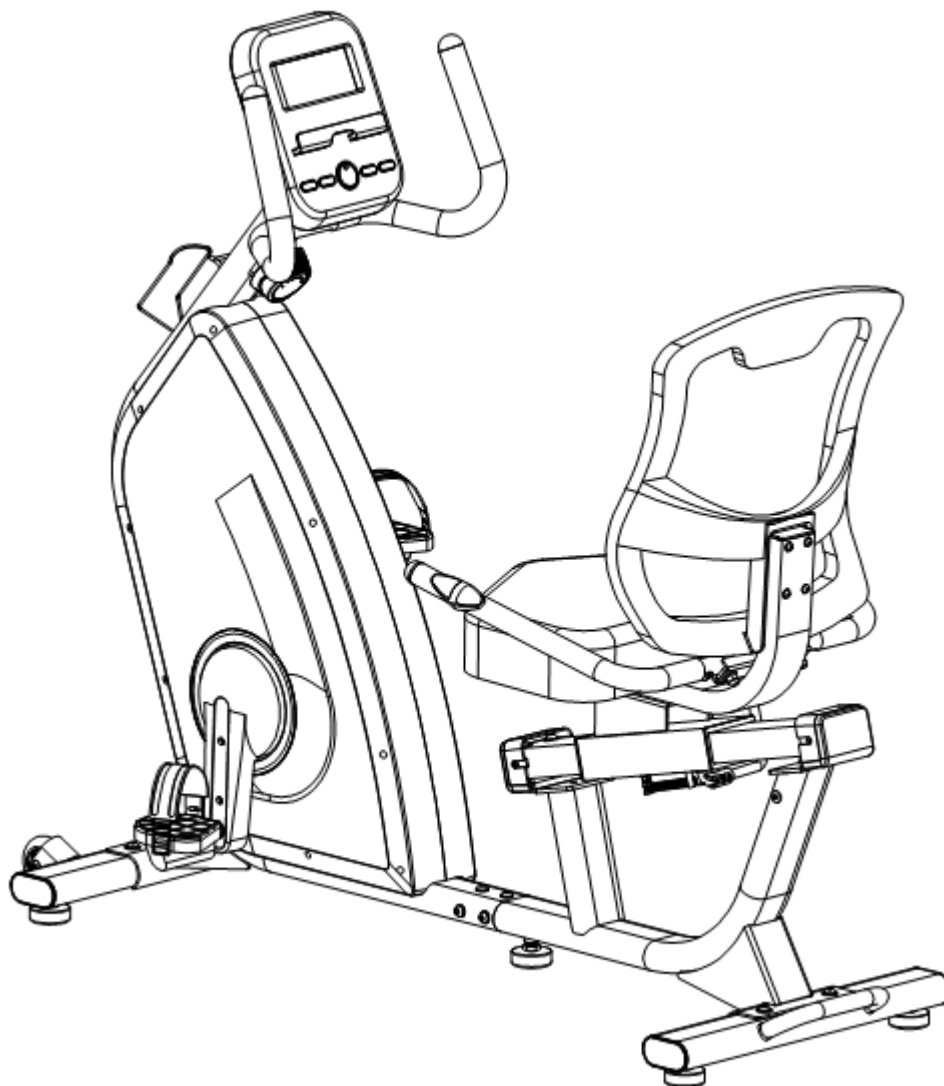




USER MANUAL – EN

IN 20074 Recumbent inSPORTline Delavan RMB



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SAFETY INSTRUCTIONS

- To ensure the best safety of the exerciser, regularly check it on damages and worn parts.
- If you pass on this exerciser to another person or if you allow another person to use it, make sure that that person is familiar with the content and instructions in these instructions.
- Only one person should use the exerciser at a time.
- Before the first use and regularly make sure that all screws, bolts and other joints are properly tightened and firmly seated.
- Before you start your work-out, remove all sharp-edged objects around the exerciser.
- Only use the exercise for your work-out if it works flawlessly.
- Any broken, worn or defective part must immediately be replaced and/or the exerciser must no longer be used until it has been properly maintained and repaired.
- Parents and other supervisory persons should be aware of their responsibility, due to situations which may arise for which the exerciser has not been designed and which may occur due to children's natural play instinct and interest in experimenting.
- If you do allow children to use this exerciser, be sure to take into consideration and assess their mental and physical condition and development, and above all their temperament. Children should use the exerciser only under adult supervision and be instructed on the correct and proper use of the exerciser. The exerciser is not a toy.
- Make sure there is sufficient free space around the exerciser when you set it up.
- To avoid possible accidents, do not allow children to approach the exerciser without supervision, since they may use it in a way for which it is not intended due to their natural play instinct and interest in experimenting.
- Please note that an improper and excessive work-out may be harmful to your health.
- Please note that levers and other adjustment mechanisms are not projecting into the area of movement during the work-out.
- When setting up the exerciser, please make sure that the exerciser is standing in a stable way and that any possible unevenness of the floor is evened out.
- No adjustable part may protrude and limit user movement.
- Always wear appropriate clothing and shoes which are suitable for your work-out on the exerciser. The clothes must be designed in a way so that they will not get caught in any part of the exerciser during the work-out due to their form (for example, length). Be sure to wear appropriate shoes which are suitable for the work-out, firmly support the feet and which are provided with a non-slip sole.
- Be sure to consult a physician before you start any exercise program. He may give you proper hints and advice with respect to the individual intensity of stress for you as well as to your work-out and sensible eating habits.
- Class – HC for home use
- Max. weight limit: 110 kg

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!

IMPORTANT NOTES







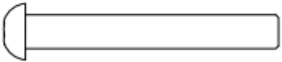



- Assemble the exerciser as per assembly instructions and be sure to only use the structural parts provided with the exerciser and designed for it. Prior to the assembly, make sure the contents of the delivery is complete by referring to the parts list of the assembly and operating instructions.
- Be sure to set up the exerciser in a dry and even place and always protect it from humidity. If you wish to protect the place particularly against pressure points, contamination, etc., it is recommended to put a suitable, non-slip mat under the exerciser.
- The general rule is that exercisers and training devices are no toys. Therefore, they must only be used by properly informed or instructed persons.
- Stop your work-out immediately in case of dizziness, nausea, chest pain or any other physical symptoms. In case of doubt, consult your physician immediately.
- Children, disabled and handicapped persons should use the exercise only under supervision and in presence of another person who may give support and useful instructions.
- Be sure that your body parts and those of other persons are never close to any moving parts of the exerciser during its use.
- When adjusting the adjustable parts, make sure they are adjusted properly and note the marked, maximum adjusting position, for example of the saddle support, respectively.
- Do not work out immediately after meals!

PARTS LIST

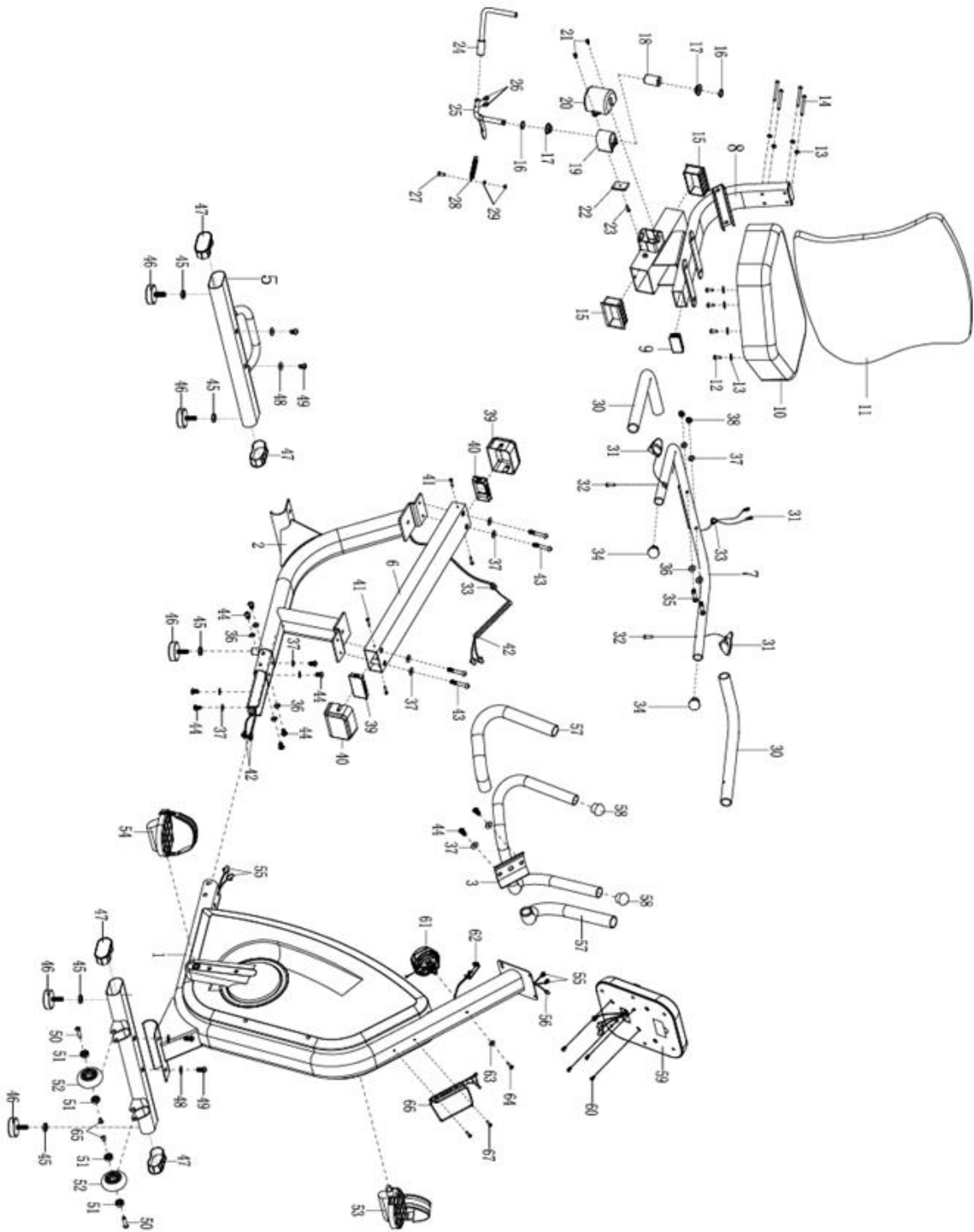
NO.	Description	Qty	NO.	Description	Qty
1	Main frame - front	1	30	Handlebar Foam Grip $\phi 24 \times \phi 30 \times 450$	2
2	Main frame - rear	1	31	Pulse sensor Wire (L=750 mm)	2
3	Front Handlebar Post	1	32	Screw ST4.2*20	2
4	Front Stabilizer	1	33	Plug $\phi 12.1$	2
5	Rear Stabilizer	1	34	Handlebar Round End Cap	2
6	Sliding tube	1	35	Screw M8*45	2
7	Rear Handlebar	1	36	Arc washer $\phi 8 \times \phi 20 \times 2.0$	6
8	Back/Seat Support	1	37	Washer $\phi 8 \times \phi 16 \times 1.5$	13
9	Square end cap 60x30x1.5	1	38	Nut M8	2
10	Seat	1	39	Sliding Cover	2
11	Backrest	1	40	Square End Cap 80x40x2.0	2
12	Screw M6*15	4	41	Screw ST4.2 * 12	4
13	Big washer $\phi 6 \times \phi 18 \times 1.5$	8	42	Kabel L=1200 mm	1
14	Screw M6*45	4	43	Screw M8*50	4
15	Bushing	2	44	Screw M8*15	10
16	Circlip $\phi 11 \times \phi 13 \times 1.0$	2	45	Nut M10*B5	5
17	Plastic bushing	2	46	Adjustment foot	5
18	Shaft $\phi 26 \times 41$	1	47	Rear/Front Stabilizer End Cap	4
19	Limited Block	1	48	Washer $\phi 8 \times \phi 20 \times 2.0$	4
20	Decoration cover	1	49	Screw M8*20	4
21	Screw M5*15	2	50	Screw $\phi 8 \times 31$; M6*15	2
22	Crash Pad	1	51	Bearing 608	4
23	Screw ST4.2*15	1	52	Transport wheels	2
24	Brake handle	1	53	Left Foot Pedal	1
25	Screw M6*15	1	54	Right Foot Pedal	1
26	Screw m6*25	2	55	Pulse Sensor With Wire (L=1800 mm)	1
27	Screw m6*25	1	56	Sensor Extension Wire L= 1400mm	1
28	Spring $\phi 10 \times 55 \times \phi 1.5$	1	57	Foam Grip $\phi 27 \times \phi 33 \times 410$	2
29	Screw M6	4	58	Round End Cap	2
59	Console	1	78	Bearing 6003-2Z	2
60	Screw M5*10	4	79	Belt Pulley with Crank	1
61	Tension Control Knob	1	80	Screw M6*15	4
62	Tension Cable L=1400	1	81	Washer $\phi 6$	6
63	Washer $\phi 5 \times \phi 15 \times 1.0$	1	82	Screw M6	4

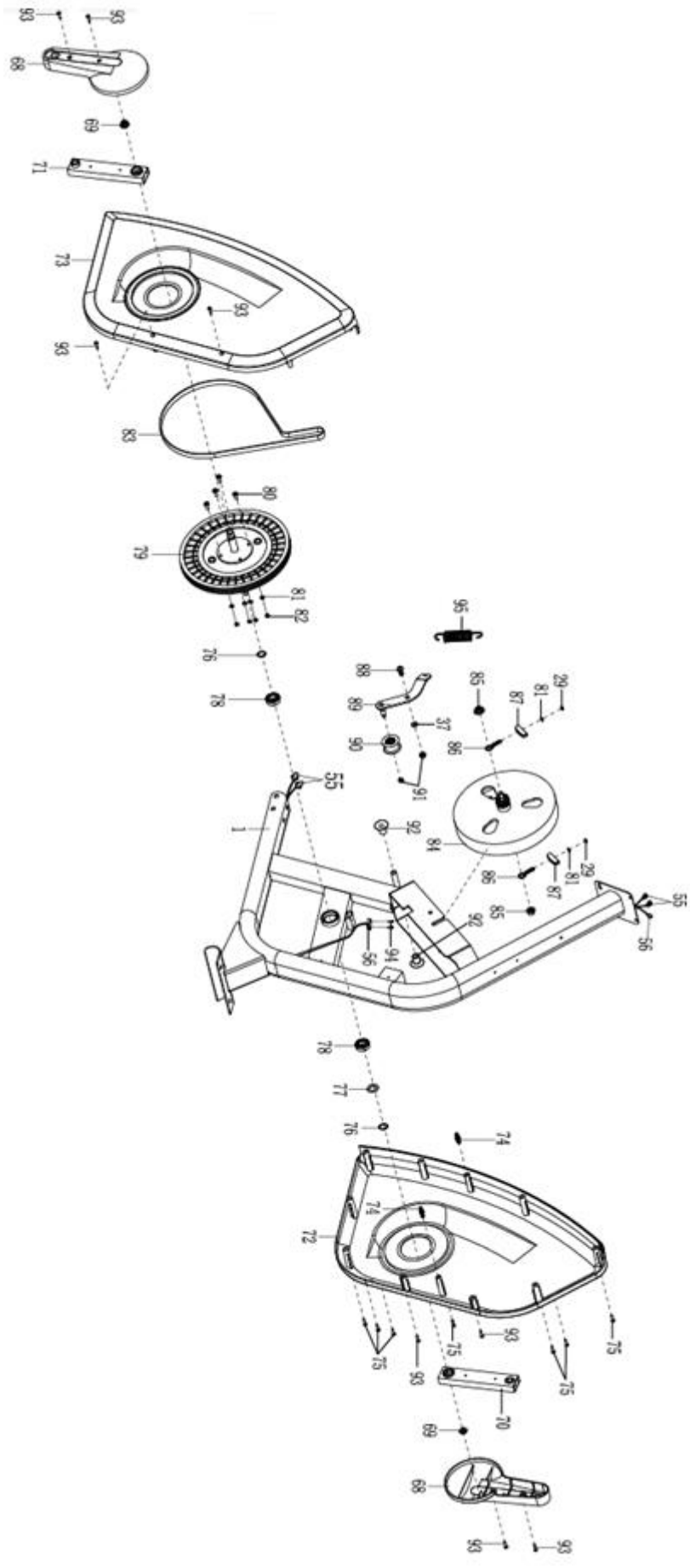
64	Screw M5*35	1	83	Belt PJ440	1
65	Screw M6*12	2	84	Flywheel	1
66	Bottle holder	1	85	Nut M10 * 1,0 * 6	2
67	Screw ST4.8*15	2	86	Screw wit eyelet M6x36	2
68	Crank Cover	2	87	U-Shaped Gasket	2
69	Nut M10*1.25*9	2	88	Screw M8 * 18	1
70	Left Crank	1	89	Idle Wheel Bracket	1
71	Right Crank	1	90	Idle Wheel	1
72	Left Rear Chain Cover	1	91	Nut M8	2
73	Right Rear Chain Cover	1	92	Blok	2
74	Screw $\Phi 8 \times 32$	2	93	Screw ST4.2*20	8
75	Screw ST4.2*25	7	94	Screw ST2.9*16	2
76	Axle Ring $\Phi 17 \times 1.0$	2	95	Spring	1
77	Washer $\Phi 17$	1			

CONNECTION MATERIAL

		
35. Screw M8x45 – 2 pcs	36. Washer $\Phi 8 \times \Phi 20 \times 2.0$ – 2 pcs	38. Nut M8 S13 – 2 pcs
		
43. Screw M8x50 – 4 pcs	37. Washer $\Phi 8 \times \Phi 16 \times 1.5$ - 6 pcs	13. Washer $\Phi 6$ – 4 pcs
		
14. Screw M6*45 – 4 pcs	Allen key S6 - 1 pcs	Multifunction screwdriver – 1 pcs
		
Allen key S5 - 1 pcs		

DIAGRAM





ASSEMBLY

STEP 1

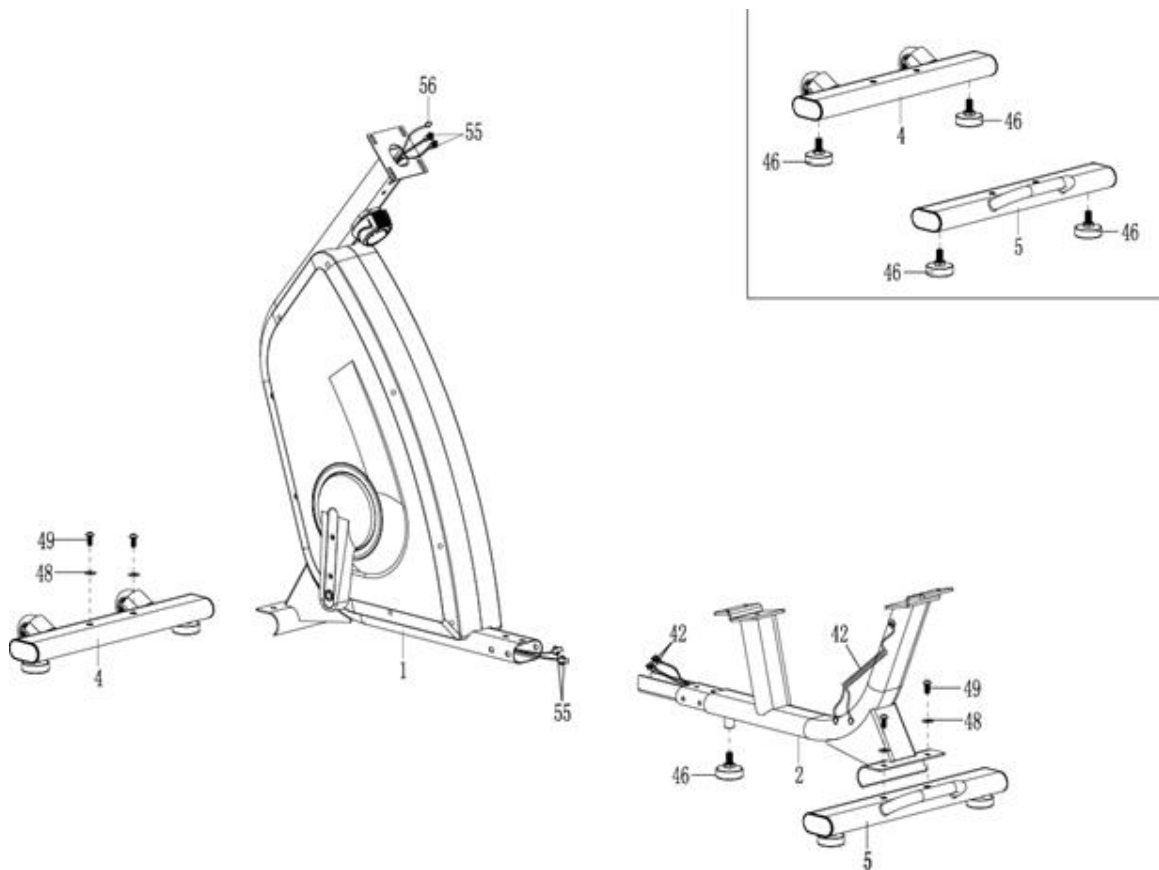
Attach the leveling feet (46) to the front and rear stabilizer (4 and 5)

Remove the 4 screws (49), 4 washers (48) from the front and rear stabilizer (4 and 5)

Secure the rear stabilizer (5) to the rear frame (2) with 2 screws (49), 2 washers (48). Tighten with Allen key S6.

Secure the front stabilizer (4) to the front frame (1) with 2 screws (49), 2 washers (48). Tighten with Allen key S6.

Attach the leveling foot (46) to the rear frame (2) clockwise.

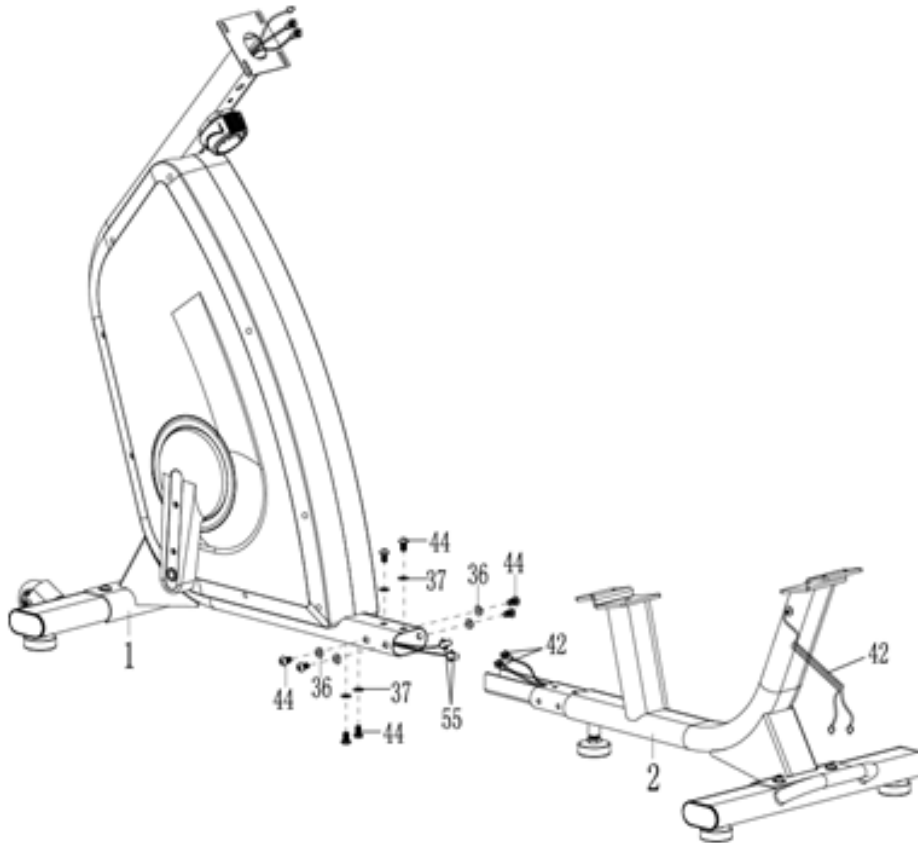


STEP 2

Remove the 8 screws (44), 4 washers (36), 4 washers (37) from the rear frame.

Connect the cables (55) from the front frame (1) to the cable (42) from the rear frame (2).

Connect the front frame (1) and rear frame (2) with the 8 screws (44), 4 washers (36), 4 washers (37) that you removed from the rear frame.



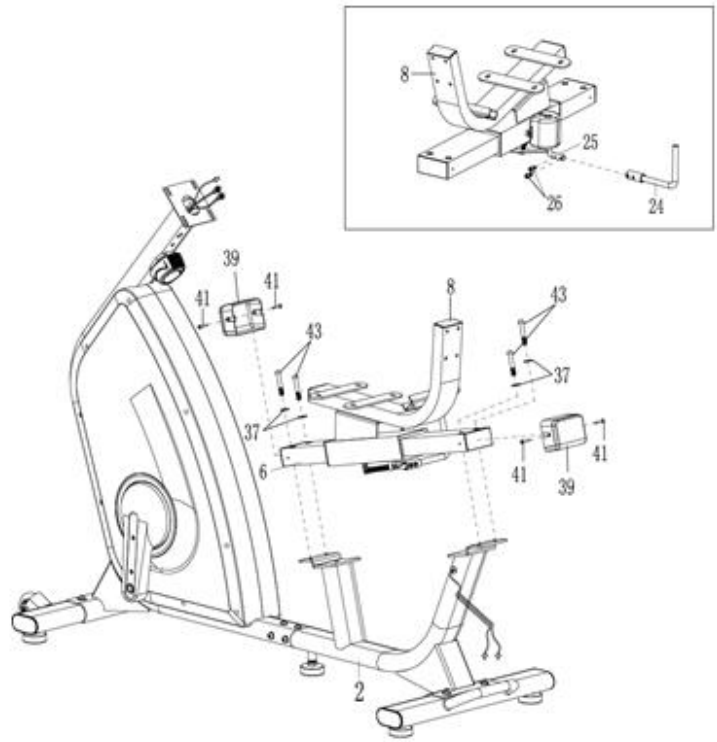
STEP 3

Remove the 2 bolts (26) from the brake holder (25), fasten the brake (24) and fasten with screws (26).

Attach the saddle and backrest support (8) to the rear frame (2) using the 4 washers (37), 4 screws (43) that you removed.

Remove the 4 screws (41) from the slide bar (6).

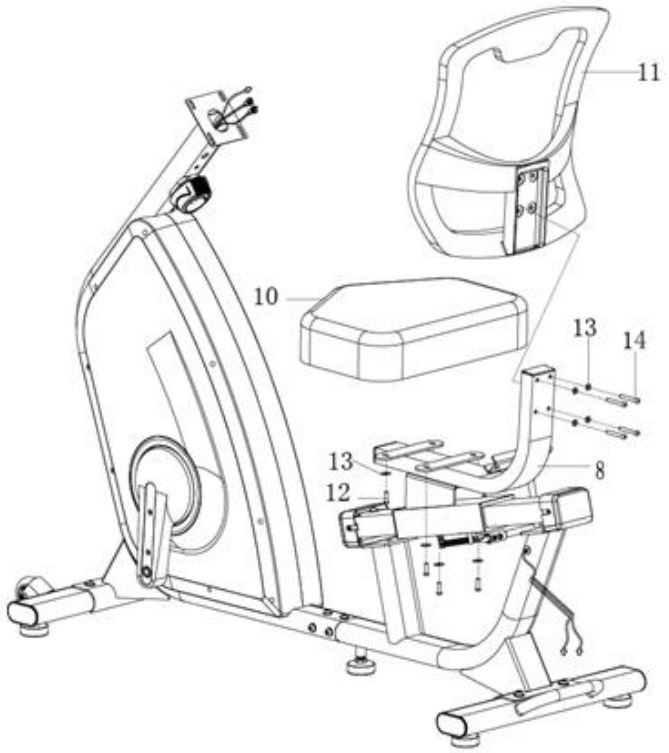
Attach the sliding bar cover (39) to the sliding bar (6) with 2 screws (41).



STEP 4

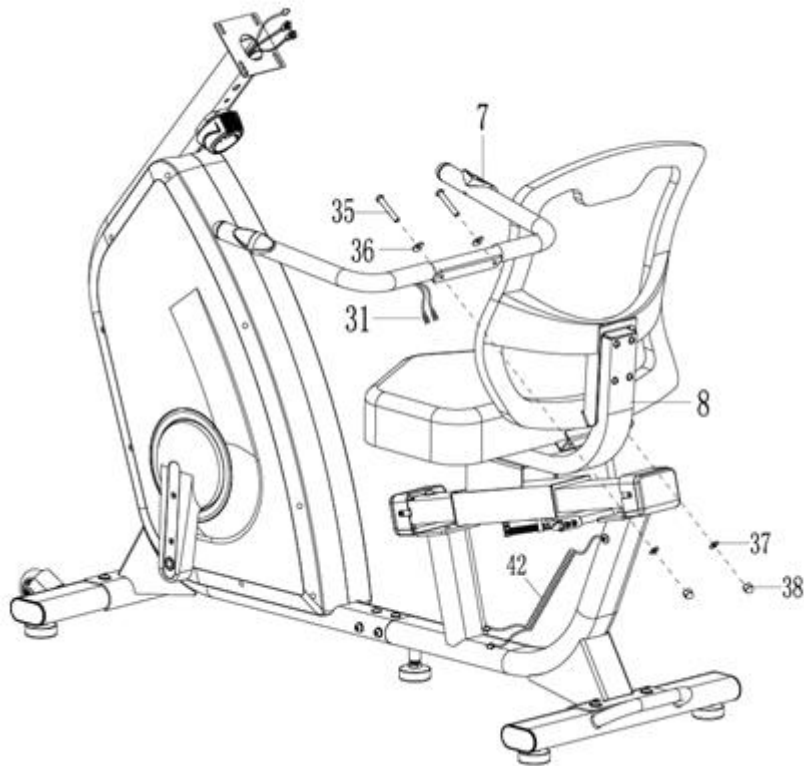
Attach the seat (10) to the seat and backrest support (8) with the 4 screws (12) and 4 washers (13) removed from the seat (10).

Attach the backrest (11) to the seat and backrest support (8) using the 4 screws (14) and 4 washers (13) that have been removed from the backrest (11).



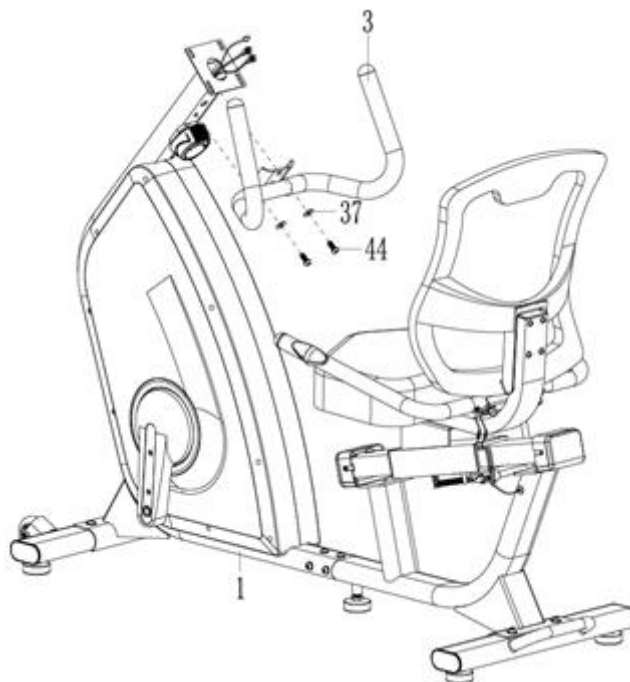
STEP 5

Attach the rear handlebar (7) to the seat and backrest support (8) using the 2 screws (35), 2 washers (37) and 2 nuts (38). Connect the cable (42) from the rear frame (2) to the pulse sensor cable (31) from the rear handlebar (7).



STEP 6

Remove the 2 screws (44) of the 2 washers (37) from the front frame (1). Attach the Front handlebar post (3) to the Front Frame (1) with 2 screws (44) and 2 Washers (37).



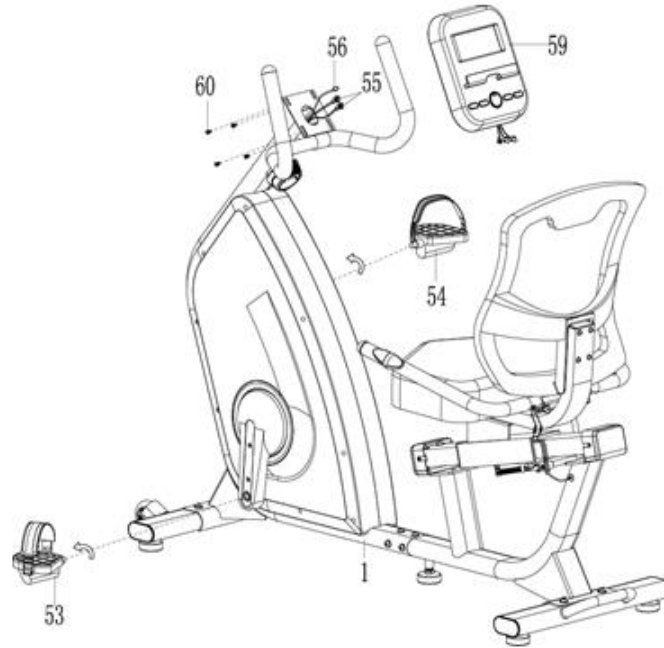
STEP 7

1. Console attachment

Remove the 4 screws from the console (59).

Attach the cable from the Tension Control Knob (61) to the load adjustment cable hook. Connect the sensor cables (56) and pulse (55) from the front frame (1) to the cables from the front frame (59). Insert excess cables into the frame (1).

Attach the bracket (59) to the front frame (1) with 4 screws (60).



2. Pedal attachment

Attach the left pedal (53) to the left crank (70). Screw the pedal counterclockwise.

Attach the right pedal (54) to the right crank (71). Screw the pedal clockwise.

STEP 8

Attach the bottle holder (66) with 2 screws (67).



CONSOLE



BUTTONS

MODE	Press to change the displayed information or confirm
RECOVERY	Outside the training the button is used to return or exit settings.
UP	Increases the value in the setting
DOWN	The setting will decrease the value
RESET	In display mode, it resets the values

FUNCTION

SPEED/BODY FAT RATIO	Display current speed 0.0–99.9 km/h or mile/h.
TIME/BMI	Display current training time 0–99:59 min: sec
DISTANCE/BMR	Display current distance 0.00 – 9.99 km or mil
CALORIES/TEMPERATURE	Display current burned calories 0.0 – 9.99 – 99.9 kcal
PULSE	Hold the pulse detectors display 40 - 240 beats per minute If the display shows P if the pulse signal is not detected for 60 seconds. Press UP / DOWN to start the test again.

PULSE RECOVERY:

Physical fitness test. Press RECOVERY / UP button. The display starts counting down from 1 min. Hold the pulse sensors. The results from F1 to F6 are displayed. F1 is the best result.

SCAN: Displays data every 4 seconds automatically.

BATTERY: If the display is difficult to read, replace the AAA battery.

EXERCISING INSTRUCTIONS

A successful workout begins with warm-up exercises and ends with cool-down (relaxing) exercises. The warm-up exercises should make your body ready for the main workout. The cool-down phase should protect your muscles from injuries and cramps. Do warm-up and cool-down exercises as shown in the chart below.



Touching your toes

Slowly bend your back from hips. Keep your back and arms relaxed while stretching downwards to your toes. Do it as far as you are able and hold the position for 15 seconds. Bend your knees slightly.



Upper thigh

Lean against a wall with one hand. Reach down and behind you. Lift up your right or left foot to your buttock as high as possible. Keep for 30 seconds and repeat twice for each leg.



Hamstring stretched

Sit and outstretch your right leg. Rest the sole of your left foot against the inside of your right thigh. Stretch out your right arm along your right leg as far as you can. Hold for 15 seconds and relax. Repeat all with your left leg and left arm.



Inside upper thigh

Sit on the floor and place your feet together. Knees are pointed outwards. Pull your feet as close as possible to your groin. Press your knees carefully downwards. Keep this position for 30-40 seconds if possible.



Calves and Achilles tendon

Lean against a wall with your left leg in front of the right one and your arms forward. Stretch out your right leg and keep your left foot on the floor. Bend your left leg and lean forwards by moving your right hip in the direction of the wall. Hold for 30-40 seconds. Keep your leg stretched and repeat exercising with other leg.

TROUBLESHOOTING

Error	Solution
Recumbent is not stable	Stabilize with stabilizing feet
The data is not displayed	1. Check the cable connection
	2. Check the battery status
	3. Replace the batteries
No pulse detected	1. Make sure the cables are properly connected
	2. Always hold the handles with both hands
	3. Press the plates too much
Recumbent creaks	Tighten the screws

ADVANTAGES OF RECUMBITION

Recumbents are an excellent choice when it comes to stabilizing the lumbar back of your back, as you sit back while training on exercise bike you bend forward. Recumbent therefore supports better body holding.

Recumbents are also more favorable to your joints. The bottom of the back is laid on a large, stable saddle, and your knees and ankles are protected from possible injury.

The fact that the saddle is larger is often the biggest difference compared to classical exercise bike. Just the comfort of sitting is the difference that everyone who experiences this type of exercise bike will feel.

Recumbent is also a good option for most people with neurological disorders. If your back or joints suffer from rheumatoid arthritis, recumbent may be the best solution for you because of the weight distribution of your body.

MAINTENANCE

- Clean with a soft cloth and a non-aggressive cleaner.
- Do not use aggressive cleaning agents.
- Only wipe the electrical parts with a cloth. Avoid contact with water.

STORAGE

Keep the recumbent in a clean and dry environment. Make sure the power switch is turned off and the exercise bike is not plugged into the power socket.

IMPORTANT NOTICE

- This exercise bike comes with standard safety regulations and is only suitable for home use. Any other use is prohibited and may be dangerous to users. We are not responsible for any injury caused by improper and forbidden use of the machine.
- Consult your doctor before starting training on the exercise bike. Your doctor should evaluate whether you are physically fit to use the machine and how much effort you are able to undergo. Incorrect exercise or switching of the body can harm your health.
- Carefully read the following tips and exercises. If you experience pain, nausea, breathing, or other health problems during exercise, immediately stop the exercise. If the pain persists, contact your doctor immediately.
- This exercise bike is not suitable as a professional or medical purpose. It can also not be used for healing purposes.
- The heart rate monitor is not a medical device. It provides only approximate information about your average heart rate, and any suggested pulse rate is not medically binding. Accumulated data may not always be accurate regarding uncontrollable human and environmental factors.

ENVIRONMENT PROTECTION

After the product lifespan expired or if the possible repairing is uneconomic, dispose it according to the local laws and environmentally friendly in the nearest scrapyard.

By proper disposal you will protect the environment and natural sources. Moreover, you can help protect human health. If you are not sure in correct disposing, ask local authorities to avoid law violation or sanctions.

Don't put the batteries among house waste but hand them in to the recycling place.

TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS

General Conditions of Warranty and Definition of Terms

All Warranty Conditions stated hereunder determine Warranty Coverage and Warranty Claim Procedure. Conditions of Warranty and Warranty Claims are governed by Act No. 89/2012 Coll. Civil Code, and Act No. 634/1992 Coll., Consumer Protection, as amended, also in cases that are not specified by these Warranty rules.

The seller is SEVEN SPORT s.r.o. with its registered office in Borivojova Street 35/878, Prague 13000, Company Registration Number: 26847264, registered in the Trade Register at Regional Court in Prague, Section C, Insert No. 116888.

According to valid legal regulations it depends whether the Buyer is the End Customer or not.

“The Buyer who is the End Customer” or simply the “End Customer” is the legal entity that does not conclude and execute the Contract in order to run or promote his own trade or business activities.

“The Buyer who is not the End Customer” is a Businessman that buys Goods or uses services for the purpose of using the Goods or services for his own business activities. The Buyer conforms to the General Purchase Agreement and business conditions.

These Conditions of Warranty and Warranty Claims are an integral part of every Purchase Agreement made between the Seller and the Buyer. All Warranty Conditions are valid and binding, unless otherwise specified in the Purchase Agreement, in the Amendment to this Contract or in another written agreement.

Warranty Conditions

Warranty Period

The Seller provides the Buyer a 24 months Warranty for Goods Quality, unless otherwise specified in the Certificate of Warranty, Invoice, Bill of Delivery or other documents related to the Goods. The legal warranty period provided to the Consumer is not affected.

By the Warranty for Goods Quality, the Seller guarantees that the delivered Goods shall be, for a certain period of time, suitable for regular or contracted use, and that the Goods shall maintain its regular or contracted features.

The Warranty does not cover defects resulting from (if applicable):

- User’s fault, i.e. product damage caused by unqualified repair work, improper assembly, insufficient insertion of seat post into frame, insufficient tightening of pedals and cranks
- Improper maintenance
- Mechanical damages
- Regular use (e.g. wearing out of rubber and plastic parts, moving mechanisms, joints etc.)
- Unavoidable event, natural disaster
- Adjustments made by unqualified person
- Improper maintenance, improper placement, damages caused by low or high temperature, water, inappropriate pressure, shocks, intentional changes in design or construction etc.

Warranty Claim Procedure

The Buyer is obliged to check the Goods delivered by the Seller immediately after taking the responsibility for the Goods and its damages, i.e. immediately after its delivery. The Buyer must check the Goods so that he discovers all the defects that can be discovered by such check.

When making a Warranty Claim the Buyer is obliged, on request of the Seller, to prove the purchase and validity of the claim by the Invoice or Bill of Delivery that includes the product’s serial number, or eventually by the documents without the serial number. If the Buyer does not prove the validity of the Warranty Claim by these documents, the Seller has the right to reject the Warranty Claim.

If the Buyer gives notice of a defect that is not covered by the Warranty (e.g. in the case that the Warranty Conditions were not fulfilled or in the case of reporting the defect by mistake etc.), the Seller is eligible to require a compensation for all the costs arising from the repair. The cost shall be calculated according to the valid price list of services and transport costs.

If the Seller finds out (by testing) that the product is not damaged, the Warranty Claim is not accepted. The Seller reserves the right to claim a compensation for costs arising from the false Warranty Claim.

In case the Buyer makes a claim about the Goods that is legally covered by the Warranty provided by the Seller, the Seller shall fix the reported defects by means of repair or by the exchange of the damaged part or product for a new one. Based on the agreement of the Buyer, the Seller has the right to exchange the defected Goods for a fully compatible Goods of the same or better technical characteristics. The Seller is entitled to choose the form of the Warranty Claim Procedures described in this paragraph.

The Seller shall settle the Warranty Claim within 30 days after the delivery of the defective Goods, unless a longer period has been agreed upon. The day when the repaired or exchanged Goods is

handed over to the Buyer is considered to be the day of the Warranty Claim settlement. When the Seller is not able to settle the Warranty Claim within the agreed period due to the specific nature of the Goods defect, he and the Buyer shall make an agreement about an alternative solution. In case such agreement is not made, the Seller is obliged to provide the Buyer with a financial compensation in the form of a refund.



SEVEN SPORT s.r.o.

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Date of Sale:

Stamp and Signature of Seller: