



USER MANUAL – EN

IN 21511 Whole Body Trainer inSPORTline AB Rider



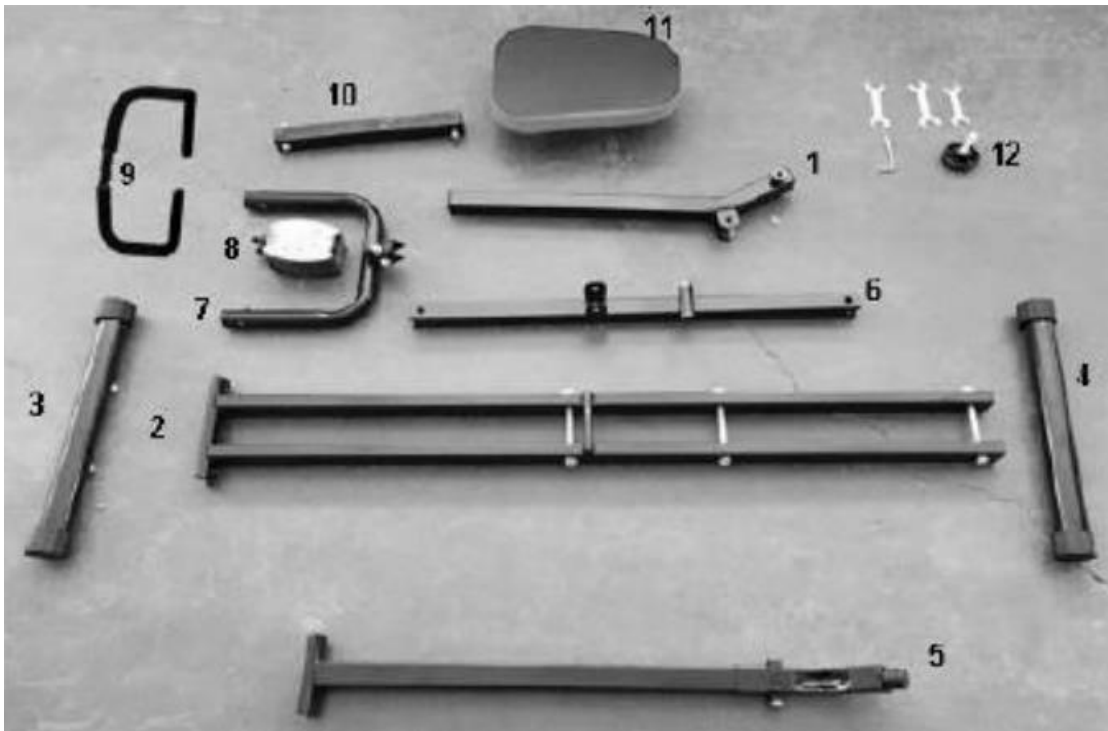
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IMPORTANT SAFETY INFORMATION

- Read this manual carefully before using and keep it for future reference.
- Read this manual before first using. Assemble and use it only according to this manual. Inform other users of all warnings and precautions.
- Before starting any exercise ask your physician for advice. Consult him about your health state to avoid an injury. Your physician's advice is essential if you take any medication that affects your heart rate, blood pressure or cholesterol level.
- Be aware of body signals. Incorrect or excessive exercising can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in chest, irregular heartbeat, extreme shortness of breath, feeling light headed, dizzy or nauseous. If you feel any of these symptoms, stop exercising and consult your medicine doctor before starting again.
- Keep children and pets away from this device. This device is for adult use only.
- Place this device on a solid, flat level surface and keep clearance around it (min. 0.6 m). To protect the floor or carpet use a protective cover.
- Before each exercising check, that all nuts and bolts are well tightened.
- Regularly check this device for damage or wearing. Damaged or worn parts must be replaced immediately.
- Use this device only according to this manual. Don't do any improper adjustment, modification or maintenance. If you find any defective components, don't use it. Stop exercising, if you can hear any unusual noises coming from this equipment. Also don't use it, if you find some sharp edges on this device.
- Wear suitable clothes. Avoid too loose clothes, which may get caught in this device. Always wear shoes.
- Do not put your hands on moving parts to prevent an injury.
- No adjustable part should intrude to obstruct movements of the user.
- Only one person can use this device at the time.
- For domestic use only. Use it only indoors.
- This device is not suitable for therapeutic use.
- **Maximum weight limit:** 100 kg (220 lbs).
- **Category:** HC (according to EN957 norm) suitable for home using.
- **WARNING!** The heart rate frequency monitoring (if available) may not be completely accurate. Overexertion during training can lead to a serious injury or even death. If you start to feel faint, stop the exercise immediately.

PACKAGE



PARTS LIST

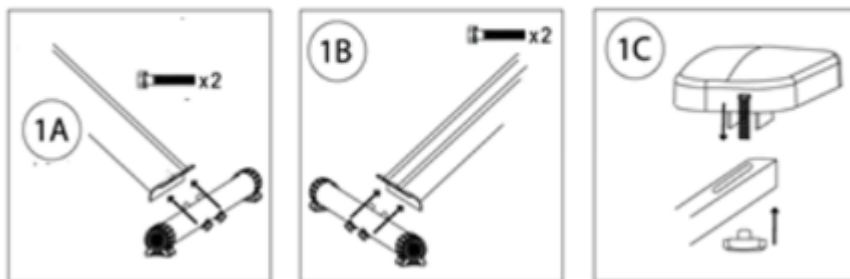
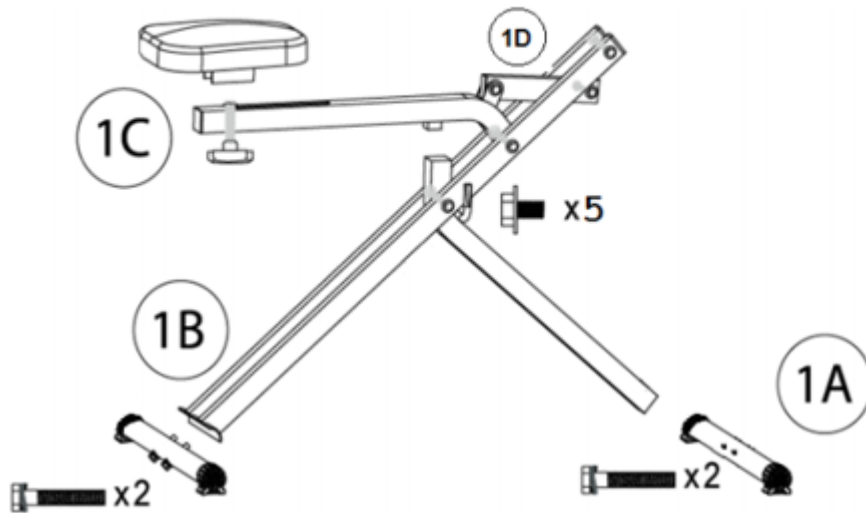
NO	NAME	QTY
1	Seat post	1
2	Main frame	1
3	Rear stabilizer	1
4	Front stabilizer	1
5	Front stabilizer post	1
6	Vertical rod	1
7	Pedal holder	1
8	Pedals	2
9	Handlebars	1
10	Bar	1
11	Seat	1
12	Hand knob	1

ASSEMBLY

Some parts can be pre-assembled

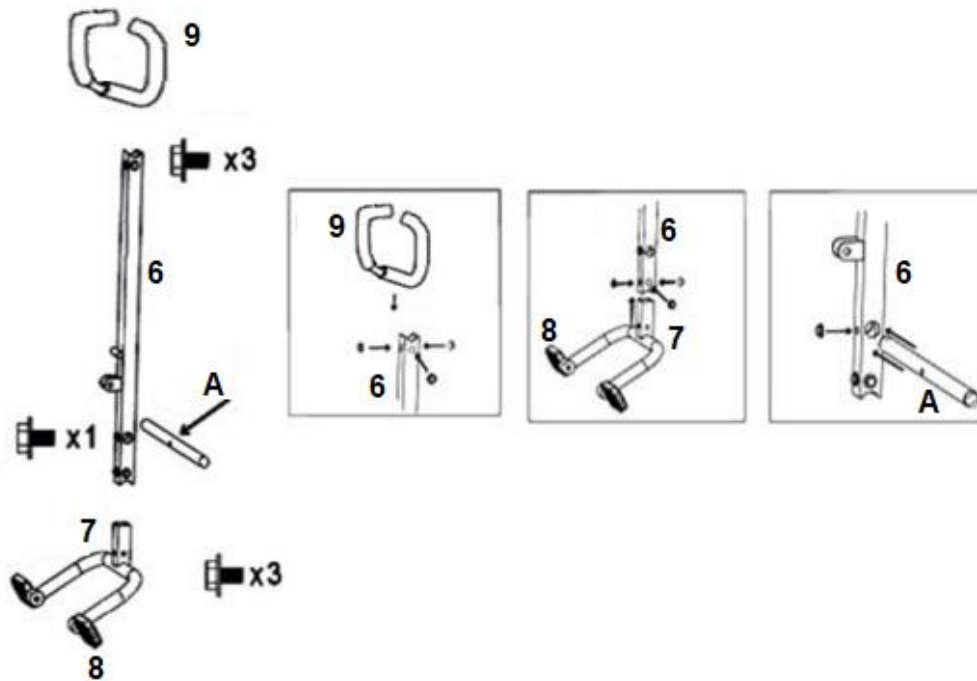
Step 1

- Attach rear and front stabilizers (3 / 4) to the main frame (2) and front stabilizer post (5) with 2x bolts on each.
- Attach seat post (1) to the main frame (2) with rod (10). On seat post (1) attach seat (11) with hand knob (12).



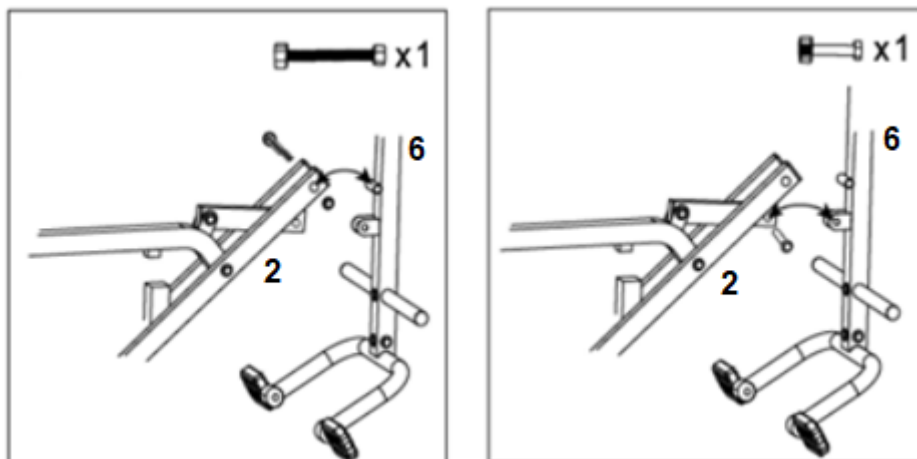
Step 2

- On vertical rod (6) attach handlebars (9) with 3x bolts. Attach rod (A) to the vertical rod (6) and secure with 1x bolt. Follow the picture.
- Attach pedal holders (7) to the vertical rod (6) with 3x bolts.



Step 3

- Connect main frame (2) with vertical rod (6) with 1x long bolt and 1x short bolt.



Step 4

Slide down the computer to the computer holder on the handlebars.



COMPUTER



The computer can display following data:

DISPLAY	RANGE
TIME	00:00 ~99:59 MIN
NUMBERS/MINUTE	40 ~220 bpm
COUNT	0 ~9999
CALORIES	0 ~9999 KCAL

KEY FUNCTIONS

MODE – using this key you can select and lock on to a particular function, which you want.

The monitor will be reset by battery changing. You also can press the “MODE” key for 3 – 4 seconds to do it.

RESET – Reset counter to 0.

FUNCTIONS

1. TIME – Press the “MODE” key until the pointer shows “TIME”. The total time of the workout will be shown when you will start your exercising.
2. NUMBERS/MINUTE (TEMPO CVIČENÍ ZA MINUTU) - Press the “MODE” key until the pointer shows “ STRIDES/MIN ”. Display average stride per minute.
3. COUNT – Automatically accumulates workout count when starting exercises.
4. CALORIES – Press the “MODE” key until the pointer shows “CALORIES”. It will show the count of burnt calories when starting exercises.

AUTO SCAN – Display switches to the next diagram every 4 seconds. It displays following functions automatically and in this order: NUMBERS/MIN - TIME - CAL

NOTES:

- THE LCD display will shut off automatically, when there is no signal within 4 – 5 mins.

- The monitor turns on automatically after a signal input.
- If you see the screen doesn't display correctly, replace the battery.
- To get the computer to work, put one 1.5V AA battery into the battery compartment.

PRINCIPLE OF EXERCISING

Using this device, you can exercise the complete body with help of your own weight. Just sit on the saddle, put your feet on the pedals and grip the handlebars. Now draw the upright to yourself and back in a regular frequency. Due to the knob you can easily adjust your seat position.

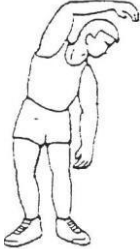
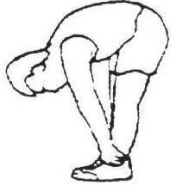


Pay attention and don't overstretch yourself. Incorrect exercising can cause serious injury, even lethal. Keep right frequency and use this device only in accordance with this manual.

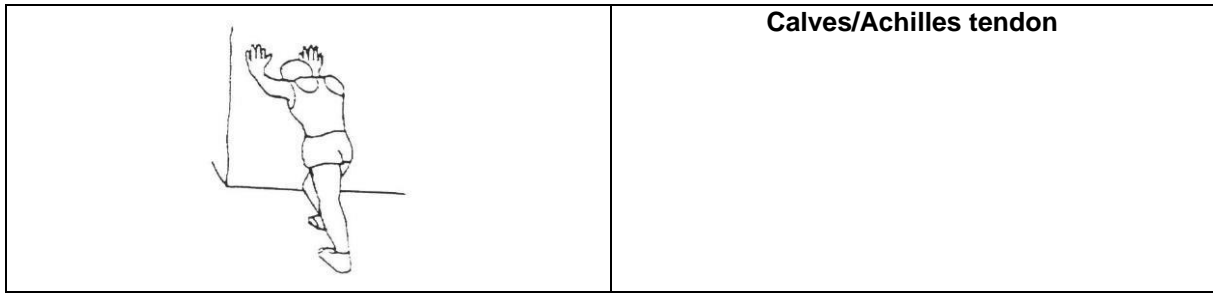
EXERCISE INSTRUCTIONS

Using this device can have a beneficial effect on your physical fitness. It can help in muscle toning and, in a combination with simultaneous calorie controlled diet, in weight losing.

WARM UP PHASE

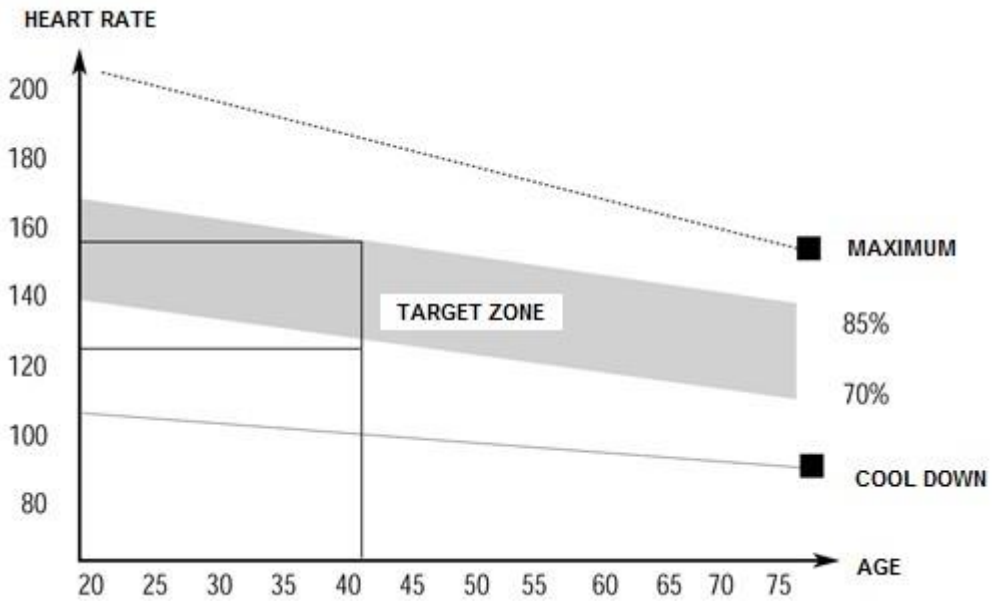
This phase should optimize your blood circulation and warm your muscles to prevent risk of a cramp or muscle injury. It is recommended to take a few stretching exercises as shown below. Hold each stretching for approx. 30 seconds. Don't force or jerk your muscles into a stretch. If you fell pain, stop immediately.

	<p>Side bends</p>
	<p>Forward bends</p>
	<p>Outer thigh</p>
	<p>Inner thigh</p>



EXERCISE PHASE

At this phase you put the effort in. After regular use, the muscles in your body should get more flexible. Exercise properly and keep steady tempo. The rate of work should be sufficient to raise your heartbeat into the target zone (as on the graph below).



This stage should last for a minimum of 12 minutes though most people start at about 15 – 20 mins.

COOL DOWN PHASE

This phase has to calm your muscles and cardiovascular system. It is repeating of the warm-up exercising, but with reduced tempo. Take it for approx. 5 minutes. You can repeat the stretching exercises, but don't jerk or overstretch your muscles. As you get fitter, you may train longer and harder. It is advisable to train at least three times a week. If possible, space your workouts evenly throughout the week.

MUSCLE TONING

To tone your muscles, you will need to have the resistance set quite high. This will put more strain on your leg muscles and may mean you cannot train for as long as you would like. If you also try to improve your fitness, you need to change your training program. You should train as normal during the warm-up and cool-down phases, but towards the end of the exercise phase you should increase the resistance to make your legs working harder. You have to reduce your speed and keep your heart in the target zone.

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 here under 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 Strakonická street 1151/2c, Prague 150 00, 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, wear of brake pads/blocks, chain, tires, cassette/multi wheel 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.

CZ

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