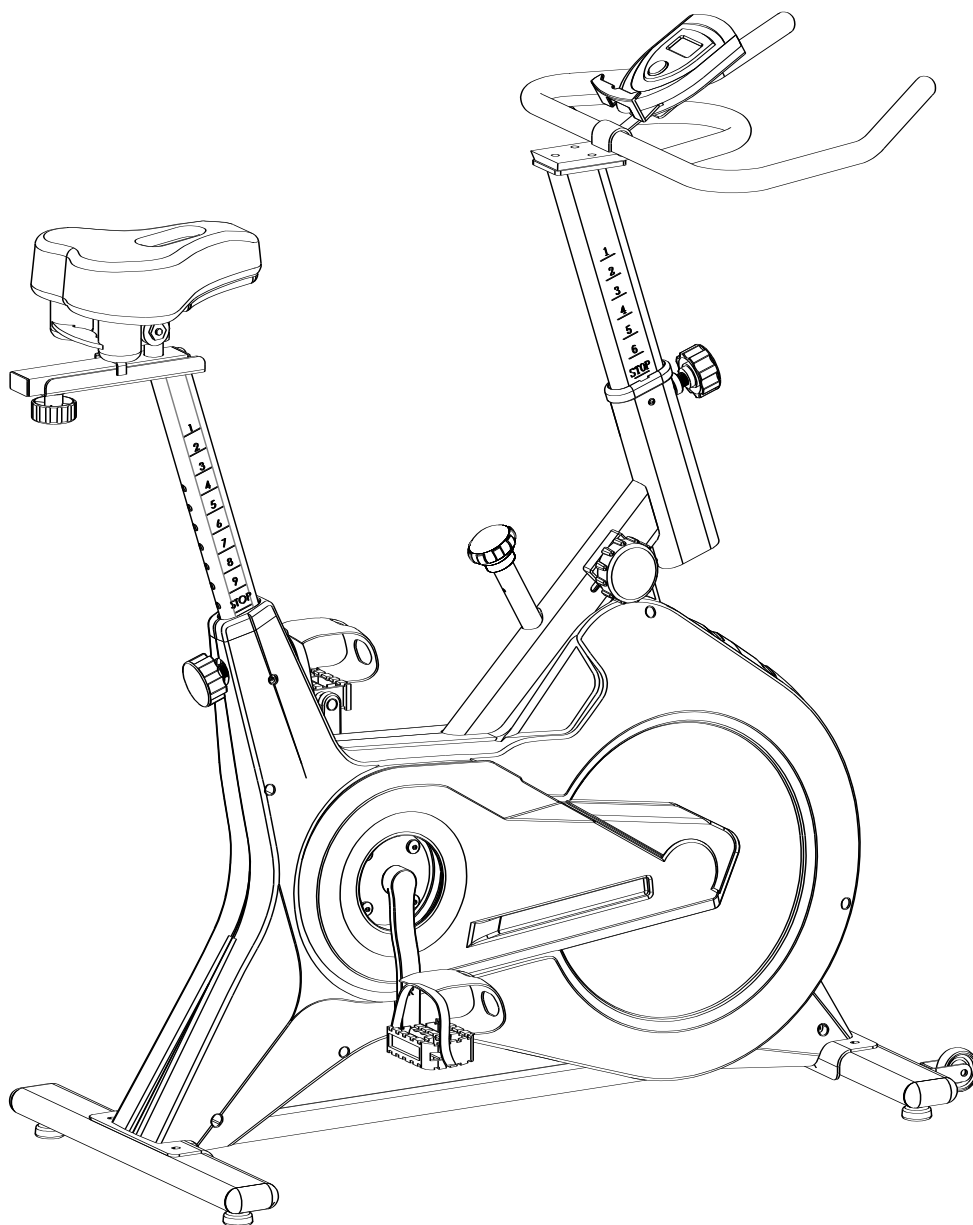




USER MANUAL – EN

IN 23260 Spin Bike inSPORTline inCondi S100i



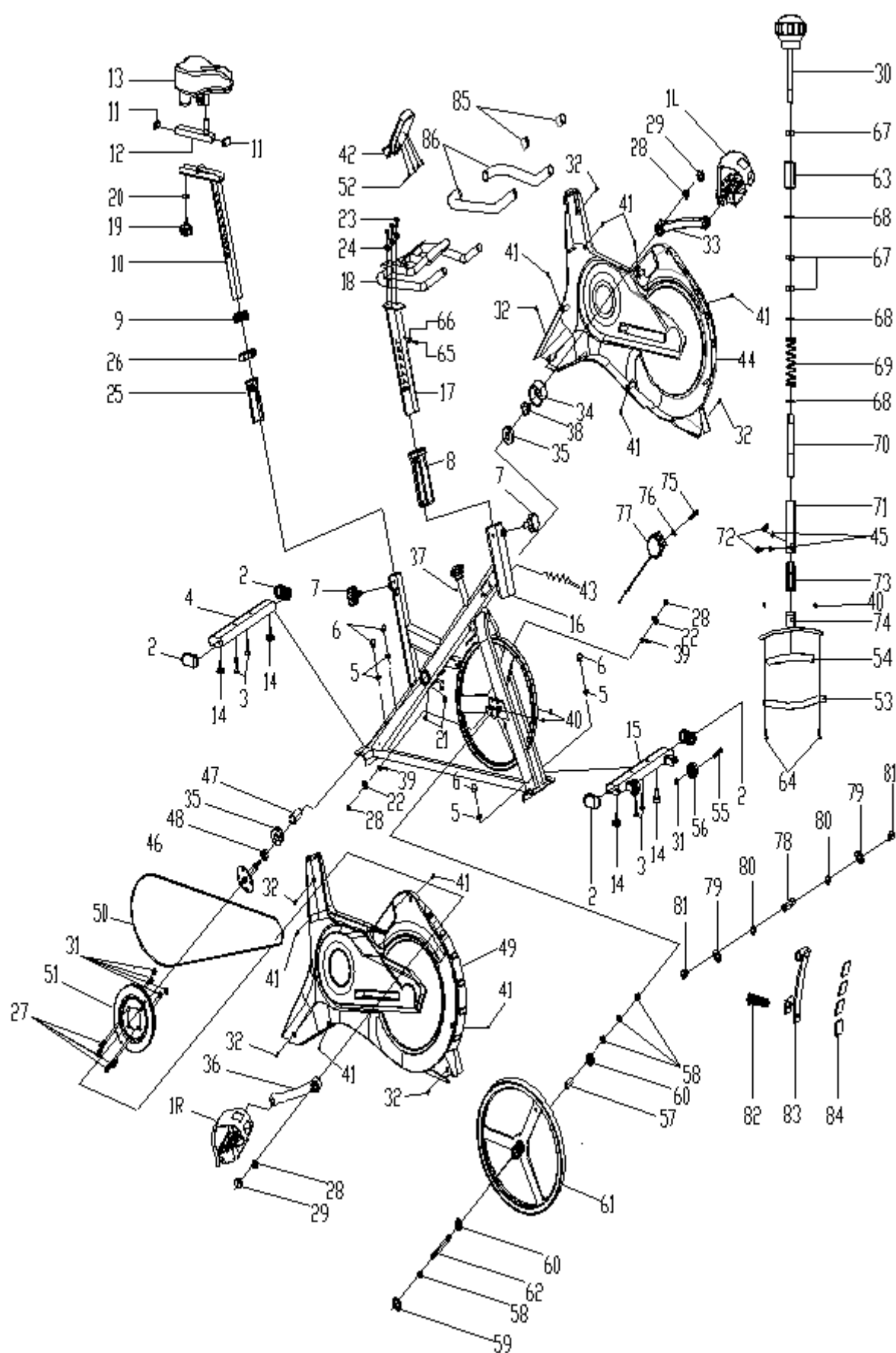
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SAFETY INSTRUCTIONS

- 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 at least 0.6 m.
- 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.
- 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.
- If you do not use the spinning bike, increase the resistance to the maximum to prevent the flywheel from moving.
- **Maximal weight limit:** 125 kg
- **Category:** HC for home use according to EN 957
- The console is powered by 2x 1.5V AAA batteries

DIAGRAM



PARTS LIST

No.	Name	Qty.	Specifications
1.	Pedal	1	JD-301 (9/16")
2.	End cap 1	4	70x30x1,5
3.	Carriage bolt	4	GB/T 12-1988 M8x42
4.	Rear stabilizer	1	Welded
5.	Flat washer	4	GB/T 95-2002 8
6.	Nut	4	GB/T802-1988 M8 (H=16 MM)
7.	Hand screw with spring	2	Ø57x62 (M16x1,5)
8.	Plastic sleeve	1	70x30x1,5 / 80x40x1,5
9.	End cap 3	1	50x25x1,5
10.	Seat post	1	Welded
11.	End cap 2	2	40x20x1,5
12.	Saddle holder	1	Welded
13.	Seat	1	DD-004
14.	Stopper	4	Ø38x47xM8
15.	Front stabilizer	1	Welded
16.	Main frame	1	Welded
17.	Handle frame	1	Welded
18.	Handles	1	Welded
19.	Hand screw	1	Ø52x47 (M8x15)
20.	Flat washer 1	1	Ø32x Ø8,2x2
21.	End cap 1	2	Ø14x14
22.	Flat washer 1	2	GB/T 95-2002 12
23.	Bolt	3	GB/T 70.2-2000 M8x20
24.	Spring washer 1	3	GB/T 859-1987 8
25.	Plastic sleeve 2	1	50x25x1,5 / 60x30x1,5
26.	Cover	1	77x58,5x20
27.	Bolt	4	GB/T 70.2-2000 M8x16
28.	Lock nut 1	4	GB/T 6177.2-2000 M10x1,25
29.	Crank end cap	2	Ø23x7,5
30.	Hand screw	1	Ø60x113
31.	Lock nut	6	GB/T 889.1-2000 M8
32.	Screw 2	6	GB/T 845-1985 ST4.2x13
33.	Left crank	1	152x15
34.	Crank cover	1	Ø51x25
35.	Bearings	2	6203ZZ
36.	Right crank	1	152x15

37.	Bolt 1	1	GB/T 77-2007 M6x6
38.	Lock nut	1	M17x1,0
39.	Locking bolt	2	M6x54
40.	Nut	4	GB/T 889.1-2000 M6
41.	Screw 1	10	GB/T 845-1985 ST4.2x19
42.	Console	1	TE2300
43.	Sensor	1	SR-202
44.	Outer chain cover	1	980x98x700
45.	Spring washer 2	2	GB/T 859-1987 6
46.	Axis	1	Ø17x165
47.	Long fixing tube	1	Ø22x Ø17,2x41,2
48.	Short fixing tube	1	Ø22x Ø17,2x10,5
49.	Inner chain cover	1	980x102x700
50.	Belt	1	4PK45,5
51.	Belt wheel	1	Ø210x21
52.	Bolt 3	4	GB/T 5780-2000 M5x10
53.	Woolen mat	1	113x25x8
54.	EVA pad	1	95x16x9
55.	Bolt	2	GB/T 5780-2000 M8x40
56.	Wheel	2	Ø50x23
57.	Reinforcing tube	1	Ø18x Ø10,2 Ø56,2
58.	Lock nut 2	4	M10x1,25 H=6
59.	Flat washer	2	GB/T 95-2002 10
60.	Bearings	2	6000ZZ
61.	Flywheel	1	Ø420x62 (6 kg)
62.	Flywheel shaft	1	Ø10x140
63.	Housing	1	Ø20x34
64.	Bolt 2	2	GB/845-85 M6x16
65.	Screw 6	1	GB/845-85 ST4.8x13
66.	Spring washer 1	1	GB/T 859-1987 5
67.	Nut	4	GB/T 41-2000 M10
68.	Washer 2	2	Ø20x Ø14x2,0
69.	Spring 1	1	Ø18x62
70.	Threaded rod	1	Ø13,5x80
71.	Brake connection assembly	1	18x18x1,2
72.	Bolt 1	2	GB/T 70.1-2000 M6x12
73.	Brake sleeve	1	18x18x1,2 / 25x25x1,5
74.	Brake pad holder	1	Welded

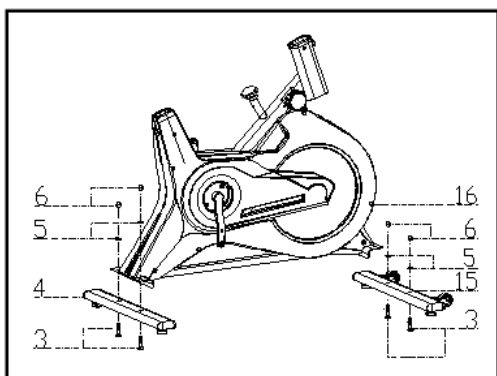
75.	Bolt 5	1	GB/T 70.1-2000 M5x20
76.	Flat washer 1	1	GB/T 95-2002 5
77.	Resistance regulator	1	L=630 mm
78.	Brake axis	1	Ø10xM6x42
79.	Flat washer 2	2	GB/T 95-2002 6
80.	Outer spring	2	GB/T 959.1-1986 10
81.	Bolt 2	2	GB/T 70.2-2000 M6x12
82.	Compression ring	1	Ø17,2x Ø11,2x50
83.	Magnet housing	1	Welded
84.	Magnet	5	28x20x3
85.	End cap	2	Ø25x1,5
86.	Foam grips	2	Ø23x Ø29x460

ASSEMBLY

Prior to assembly, make sure that you have enough free space.

Prior to assembly, make sure that you have all the parts.

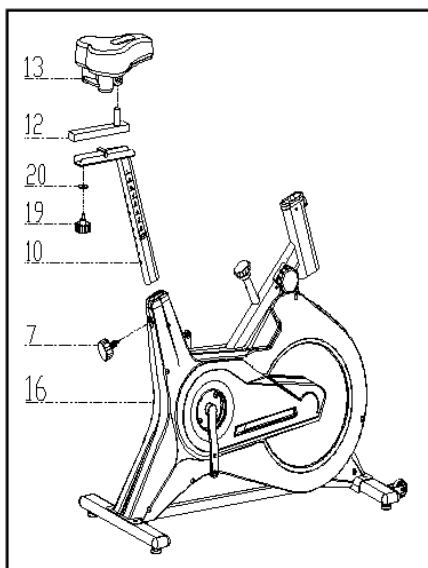
Step 1



Attach the front stabilizer (15) to the main frame (16) with 2x washers (5), nuts (6) and bolts (3).

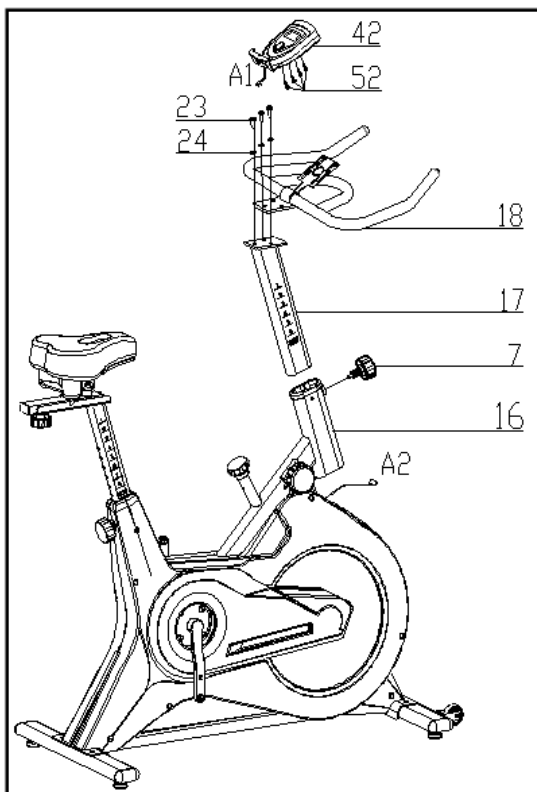
Attach the rear stabilizer (4) to the main frame (16) with 2x washers (5), nuts (6) and bolts (3).

Step 2



Loosen the hand screw (7) on the main frame (16) and attach the seat post (10). Attach the seat holder (12) to the seat post (10) using the hand screw (19) and washer (20). Attach the seat (13) to the seat holder (12). Secure the seat (13) with a wrench. Then adjust the seat post height (10) and secure with the hand screw (7).

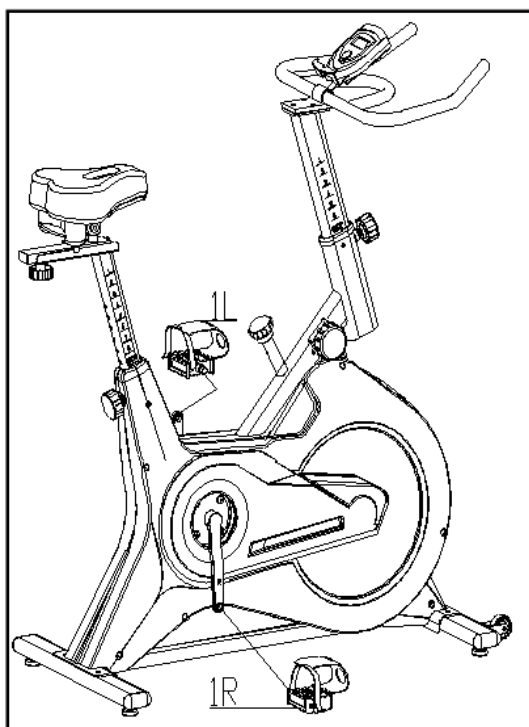
Step 3



Loosen the hand screw (7). Then attach the handle frame (17) and secure with the hand screw (7). Then fasten the handles (18) with 3x washers (24), 3x screws (23) and plastic sleeves (25). Attach the handle cover (26) to the handles (18).

Attach the console (81) to the handles (18) with 4x screws (80) and connect cables A1 and A2.

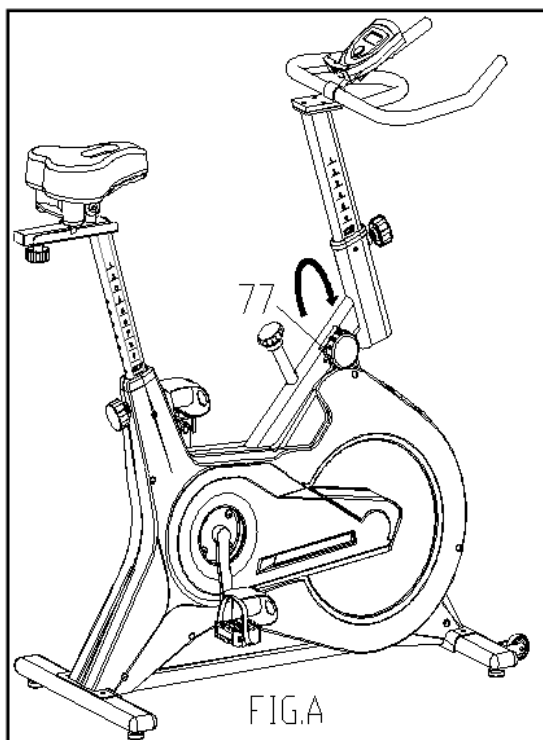
Step 4



The pedals are marked L (left), R (right).

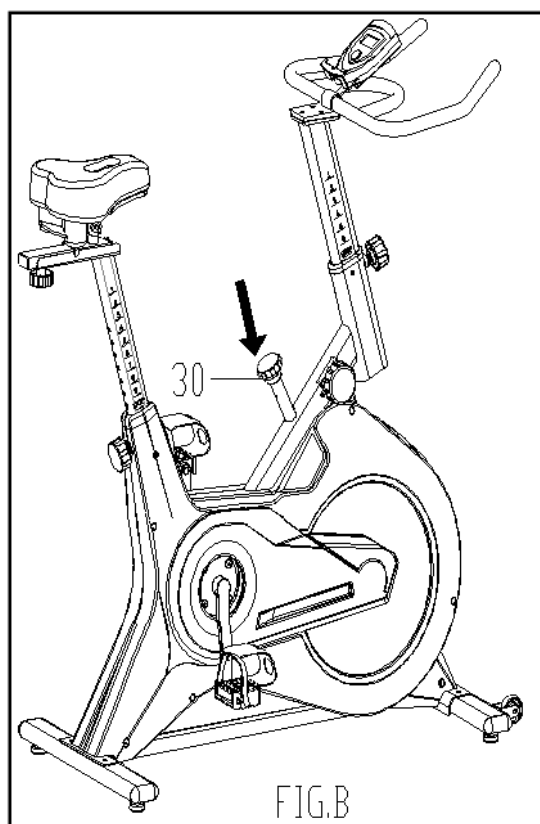
Attach the pedals to the correct cranks, screw in the right pedal clockwise, screw in the left pedal counterclockwise.

RESISTANCE ADJUSTMENT



To increase the resistance, turn the knob to the right, to decrease the resistance, turn the knob to the left.

EMERGENCY BREAK



Push the resistance adjustment knob for the emergency brake.

SADDLE AND HANDLE ADJUSTMENT

You can adjust the height and position of the seat using the hand screw. The screw must be aligned with the holes in the frames.

You can adjust the height of the handles with a hand screw. The screw must be aligned with the holes in the frames.

CONSOLE

BUTTON

MODO: Press the button to select the displayed function

Hold down the button for 2 seconds to reset all functions.

FUNCTION

SCAN: Automatically switches the displayed functions in the order: time - speed - distance - calories

Press the MODE button to select the next displayed function

The displayed function changes automatically every 6 seconds

SPEED: Displays the current speed, maximum 999.9 km / h (mph)

TIME: Displays the time from 0: 0 to 99:00.

DIST: Displays the distance from 0.0 to 999.9 km (miles)

CAL (calories): Displays calories burned from 0.0 to 999.9 calories

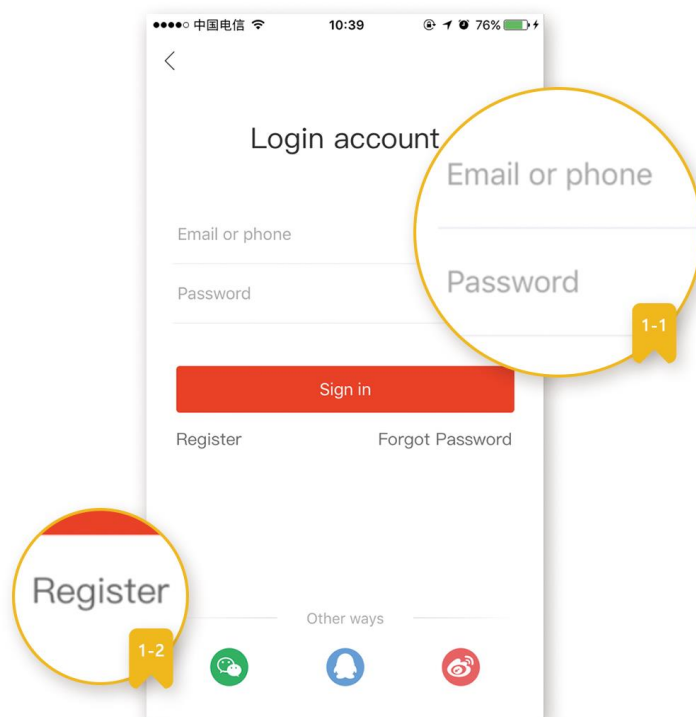
- The data are for guidance only, not for medical purposes.
- The console switches to standby mode after 4 minutes of inactivity
- The console is powered by 2x 1.5V AAA batteries
- If the display is not readable, replace the batteries

FITSHOW APP



Download the application using the QR code.

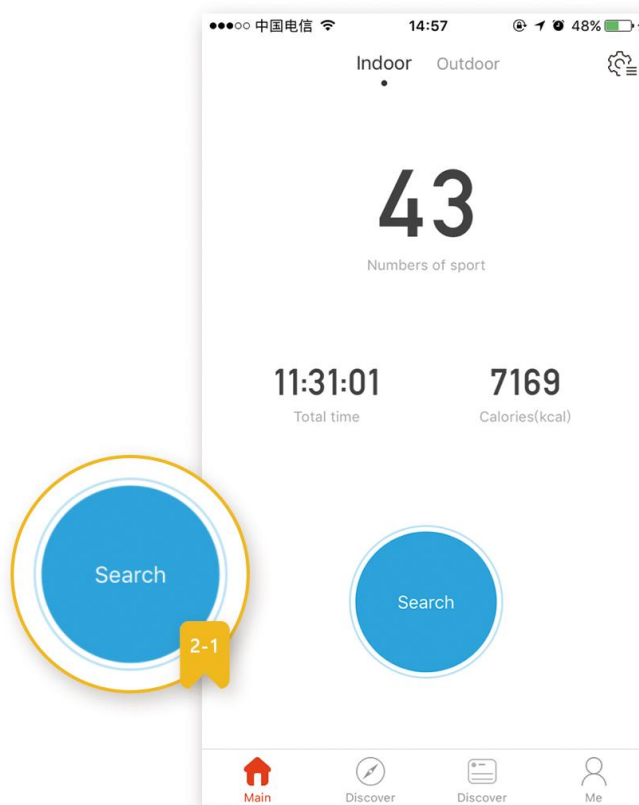
- 1 - 1. If you have a FitShow account, log in with your username and password.
- 1 - 2. If you do not have a FitShow account, register.



SYNCHRONIZATION

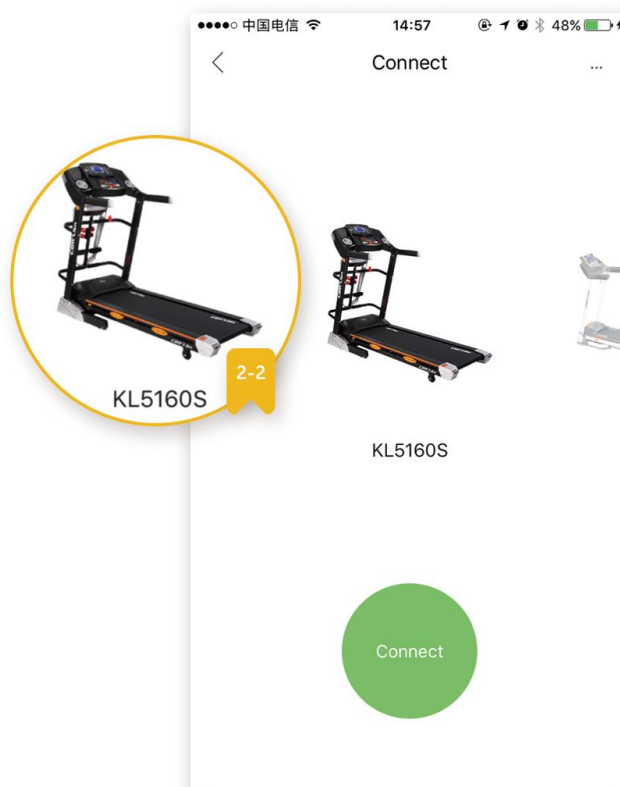
Search the device

- 2 - 1. Turn on Bluetooth. From the main page, press Search and search for devices.



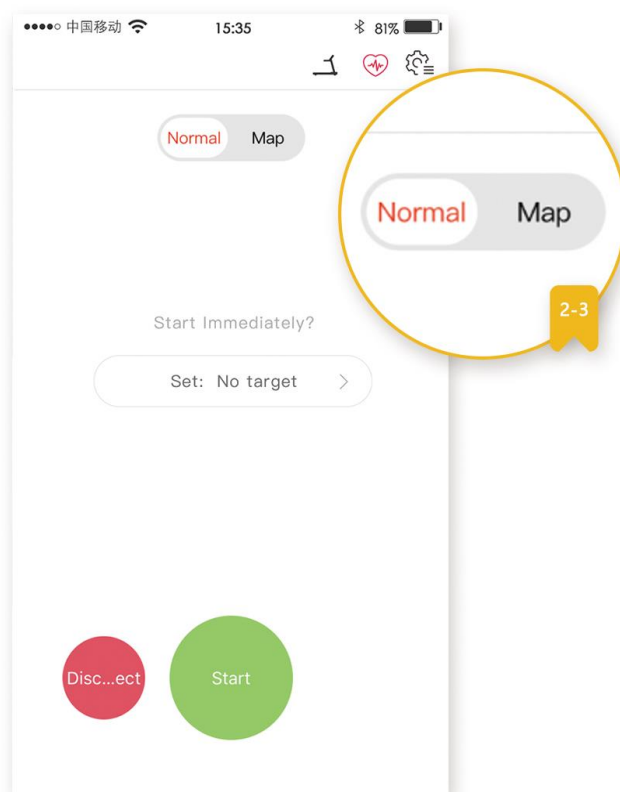
Connect the device

2 - 2. After searching for a device, select the device you want to pair.



Mode selection

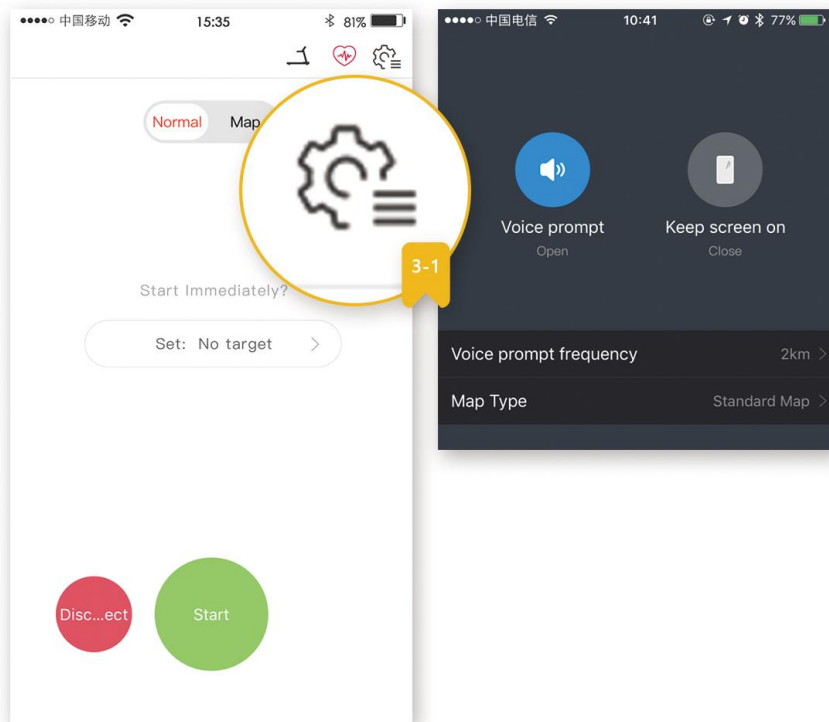
2 - 3. After successful connection, you can select the mode.



Settings

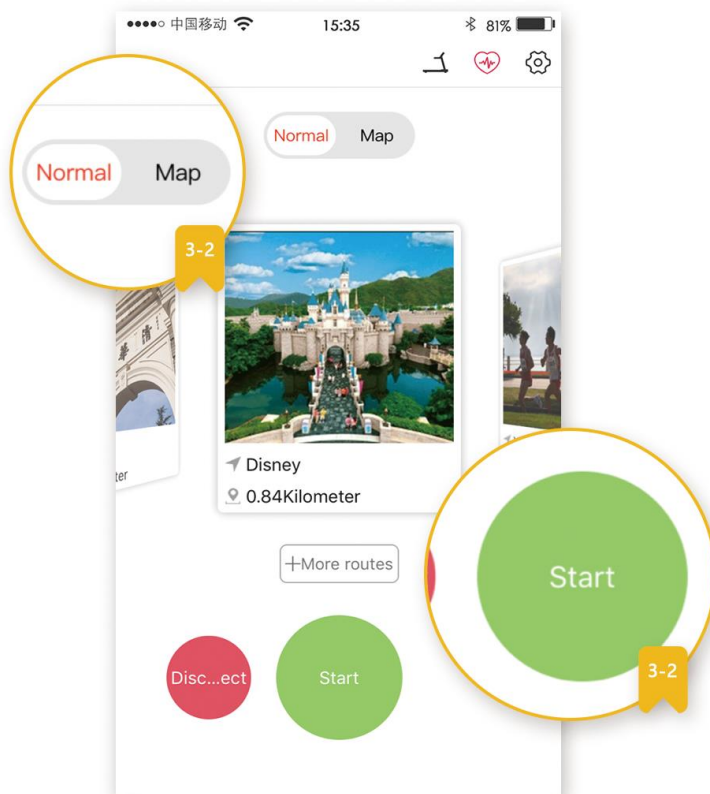
3 - 1. You can change the setting by pressing the gear.

In the settings, you can change: voice prompt, screen light, voice type, reminder frequency.



Launch

3 - 2. After connecting and selecting the mode, you can start the program by pressing Start.



During training time, distance, calories burned, heart rate and more are displayed.

By pressing the map 3 - 3. you can switch the map display.

To stop, press STOP.



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 are 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!

- **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!**

USE

Exercise on the spinning bike is based on very simple movements, but you will surely fall in love with them. Thanks to simplicity of the exercise on the spinning bike it can be done by elderly people. Prior to exercise, it is necessary to adjust the height of the saddle. It is important that you sit comfortably. The bicycle saddle must be set so that you can hold the ergonomically shaped handles when sitting. You should not have fully extended hands. You can damage your muscles.

To ensure a comfortable and comfortable exercise, put your feet on the pedal. Nowadays, all modern pedals are equipped with straps for fastening and stabilizing of the foot. It is important for your foot to be firmly and safely positioned during exercise.

The basis of exercising on a bicycle is that the legs are moving on a specific elliptical path. This movement is very similar to cycling. When doing exercise on a bicycle, you just sit on the saddle with the right height, keep your feet firmly in the pedals, hold the ergonomically shaped handles and exercise.

It is advisable at the beginning to choose a lower load. If you exercise at regular intervals on a spinning bike, you can gradually increase the load. You can increase the load gradually over a week or two weeks. Selecting a high load during the start of training can lead to rapid fatigue and muscle damage.

When exercising, it's important to choose the right load and the right tempo. Try to keep it throughout the exercise. It is not recommended to choose a high pace right from the start. Increase tempo after about a week of regular exercise. The high pace is not equal to the faster burning of calories. Correct calorie burning is reflected in an appropriate and regular exercise. At the beginning of the exercise, the number of burned calories may seem low, but regular and appropriate exercise is the key to achieving the best results.

Exercise on the spinning bike also leads to the formation of muscles. It is mainly used to strengthen the thigh and calf muscles. While exercising on a bicycle, you also move your buttocks.

If you want to exercise right, you should not forget to breathe properly. Proper and regular breathing is recommended in any exercise. It is important to keep regular deep inhales and exhales. Regular and proper breathing during exercises on the spinning bike involves intense exercise of the abdominal muscles. It is advisable to practice 30-35 after consuming food. Failure to do so may result in less calories burned, and in older age even lead to digestive problems.

For best results, you should also consider your diet. It is recommended to start a day of eating sweet food and pastries or muesli with milk. For lunch is recommended to eat a caloric richer meal. Do not forget about the soup. In the evening, light meals are recommended. If you want to improve your health, it's not just a regular exercise but a whole diet.

Bicycle exercise is an effective exercise for all busy people. Exercise on the spinning bike is effective in strengthening muscles, especially thighs, calves and buttocks. Regular exercise can lead to a slimmer figure. Exercise is recommended not only as a winter training for cyclists but also for people who want to burn excess calories. Regular breathing, regular exercise, reasonable tempo, and balanced diet can lead to your desired results.

CORRECT BODY POSTURE

When training, keep your body upright, or you can learn your hand on your forearms. During pedaling, you should not have your legs fully extended. Your knees should be slightly bent when fully pressing down the pedal. Keep your head straight with your spine to minimize the pain of the cervical muscles and upper back muscles. Always exercise fluently and rhythmically.

EXERCISE 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

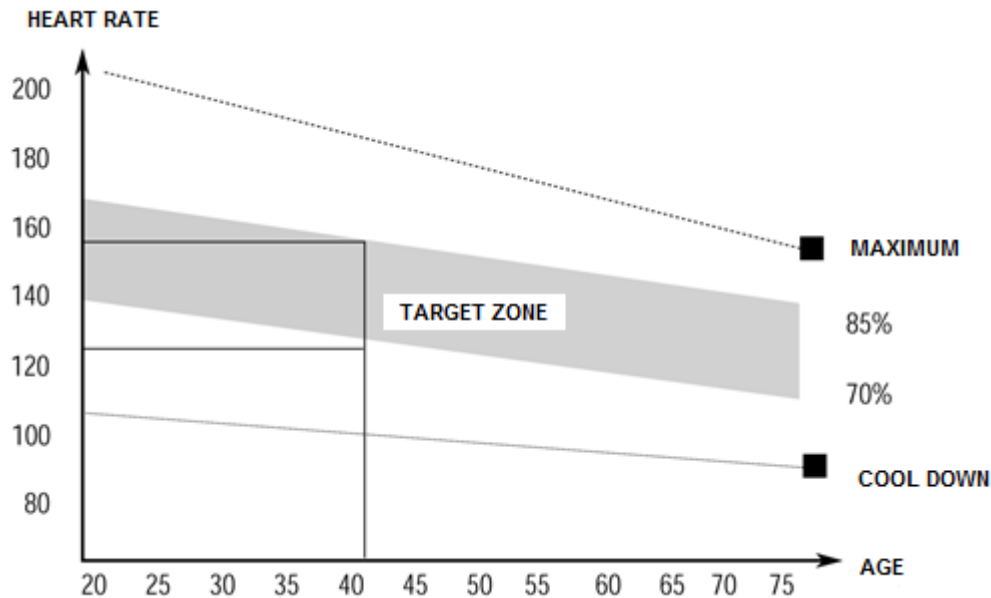
Sit on the floor and place your feet together. Knees are pointed outwards. Pull your feet as close as possible to your groin. Press your knees carefully downwards. Keep this position for 30-40 seconds if possible.



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 15 seconds. Keep your leg stretched and repeat exercising with other leg.

Exercise Stage. Regular exercise will make your muscles stronger. Keep the pace according to the chart during the training. Training should take at least 12 minutes.



Then let the muscles calm down by reducing the pace for approx. 5 min. Then do the warm-up exercises. Train regularly at least 3 times a week.

MAINTENANCE

- When assembling, tighten all screws and adjust the bike to the horizontal position.
- Check the screws after 10 hours of use.
- Wipe the sweat after the exercise. Clean the device with a cloth and gentle cleanser. Do not use solvents or aggressive cleaners on the plastic parts.
- When noise is increased, it is necessary to check that all joints are tightened properly.
- Place the product in a clean, ventilated and dry room.
- Do not expose the device to direct sunlight.

STORAGE

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

IMPORTANT NOTICE

- This spinning bike comes with standard safety regulations. 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 spinning 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 spinning bike is not suitable for 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 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.

Batteries

6-month battery warranty – we guarantee that battery's nominal capacity does not fall below 70% of its total capacity within 6 months of the product's sale.

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

SEVEN SPORT s.r.o.

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