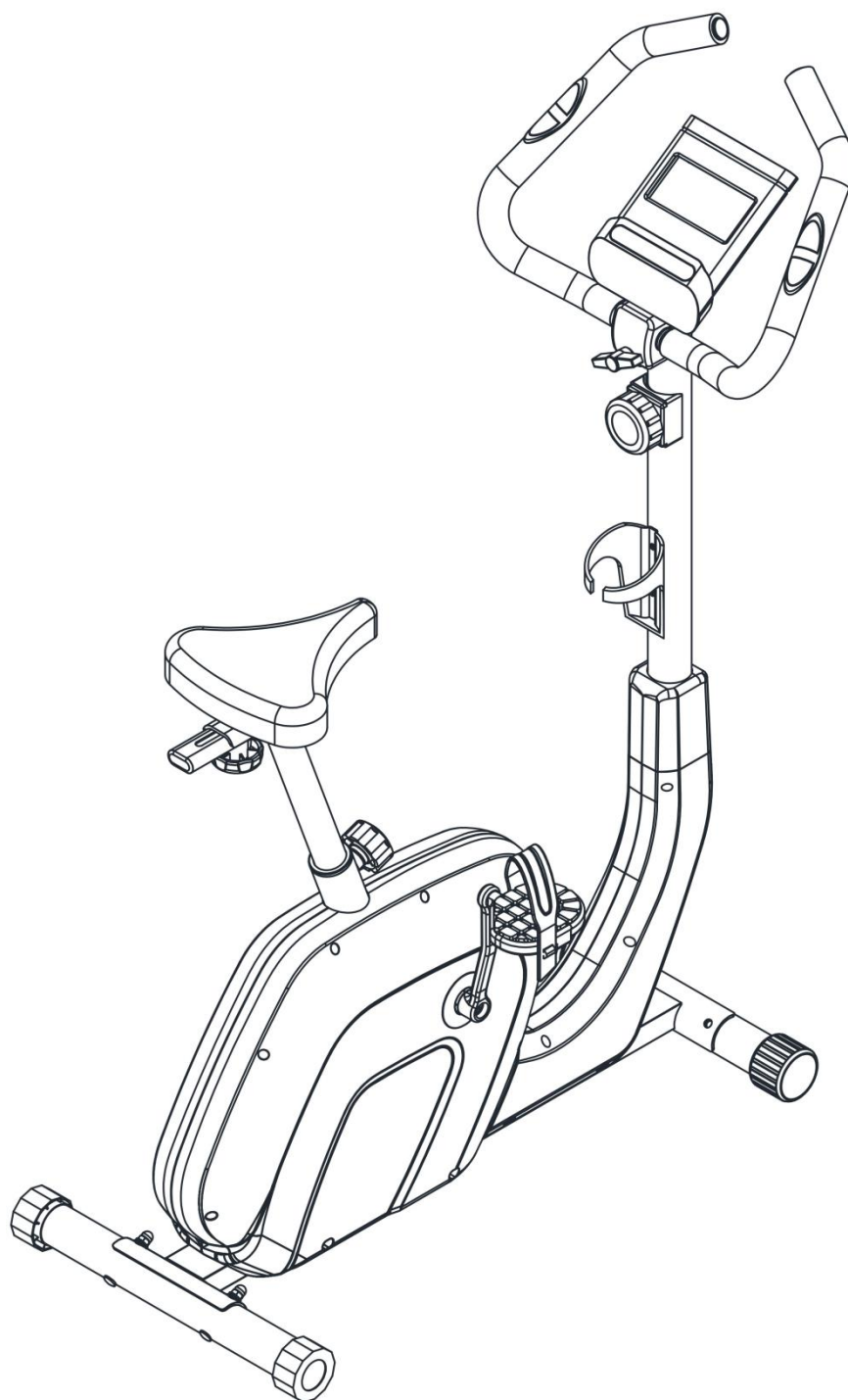




USER MANUAL – EN

IN 26079 Exercise bike inSPORTline Animaran



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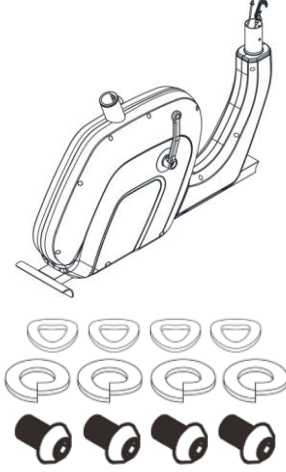
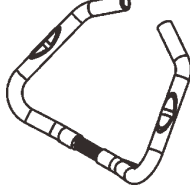
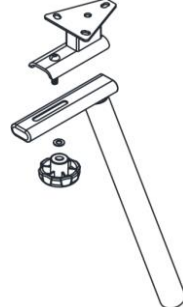
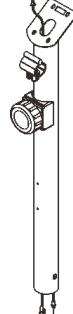

SevenSport s.r.o. reserves the right to make any changes and improvements to its product without prior notice. Visit our website www.insportline.eu where you will find the latest version of the manual.

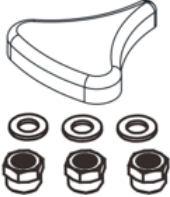

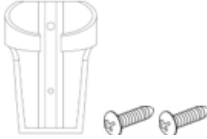

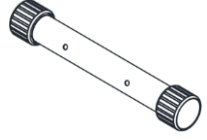
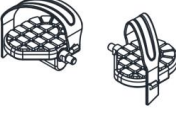

SAFETY INSTRUCTIONS

- Please read the manual carefully before first use and keep it for future reference.
- To ensure maximum safety, carry out regular checks for damage or wear of parts.
- If another person will also be using the device, it is important that they are familiar with all the instructions given in this manual.
- Only 1 person can exercise on the device.
- Before using the device, check that all screws and nuts are properly tightened and that all joints are in good condition.
- Before starting the exercise, remove all dangerous objects with sharp edges from around the device.
- Only use the device if it is in good condition and fully functional.
- A damaged, worn or defective part must be replaced with a new one as soon as possible. Stop using the device until it is fully functional again.
- Before allowing a child to exercise on the machine, consider their mental and physical condition. Children can only exercise under the supervision of an adult who will supervise the correct use of the device. The exercise bike is not a toy for children.
- It is necessary to ensure sufficient free space around the entire device, min. 0.6 m.
- Be aware that improperly conducted or excessive exercise can lead to health damage.
- Before using the product, it must be secured against unwanted movement using the adjustable feet.
- No adjustable part may protrude and limit the user's movement. Avoid contact with joints during exercise.
- Place the device on a flat surface and ensure its stability.
- Wear appropriate clothing and shoes for exercise. Do not exercise in clothing that could get caught in the device (e.g. clothing that is too long and loose). We recommend sturdy sports shoes with non-slip soles.
- Consult your doctor before starting any exercise program. Your doctor can suggest a suitable exercise program and recommend a suitable diet.
- Assemble the product according to the instructions in the manual and use only the original supplied parts. Before starting assembly, check that all the parts listed in the parts list have been supplied.
- Place the device on a dry and flat surface and protect it from moisture. Alternatively, place a non-slip mat under the device. This will prevent damage to the surface under the device.
- It should be noted that the exercise machines and their accessories are not intended for playing. Therefore, the device may only be used by persons who are familiar with its correct operation.
- Stop exercising immediately if you experience dizziness, nausea, chest pain, or any other discomfort. Consult your doctor about further exercise.
- All adjustable parts must be set with regard to their extreme positions.
- Do not exercise immediately after eating.
- **Console power supply:** 2x AAA or UM-4
- **Maximum load capacity:** 110 kg

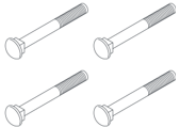


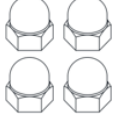

- **Category:** HC (EN 957-1/A1, EN 957-5) for domestic use
- **WARNING!** The heart rate monitoring system may not be accurate. Overexertion during training can cause serious injury or death. If you feel nauseous, stop exercising immediately!




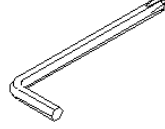
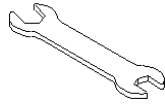
PACKAGE CONTENTS

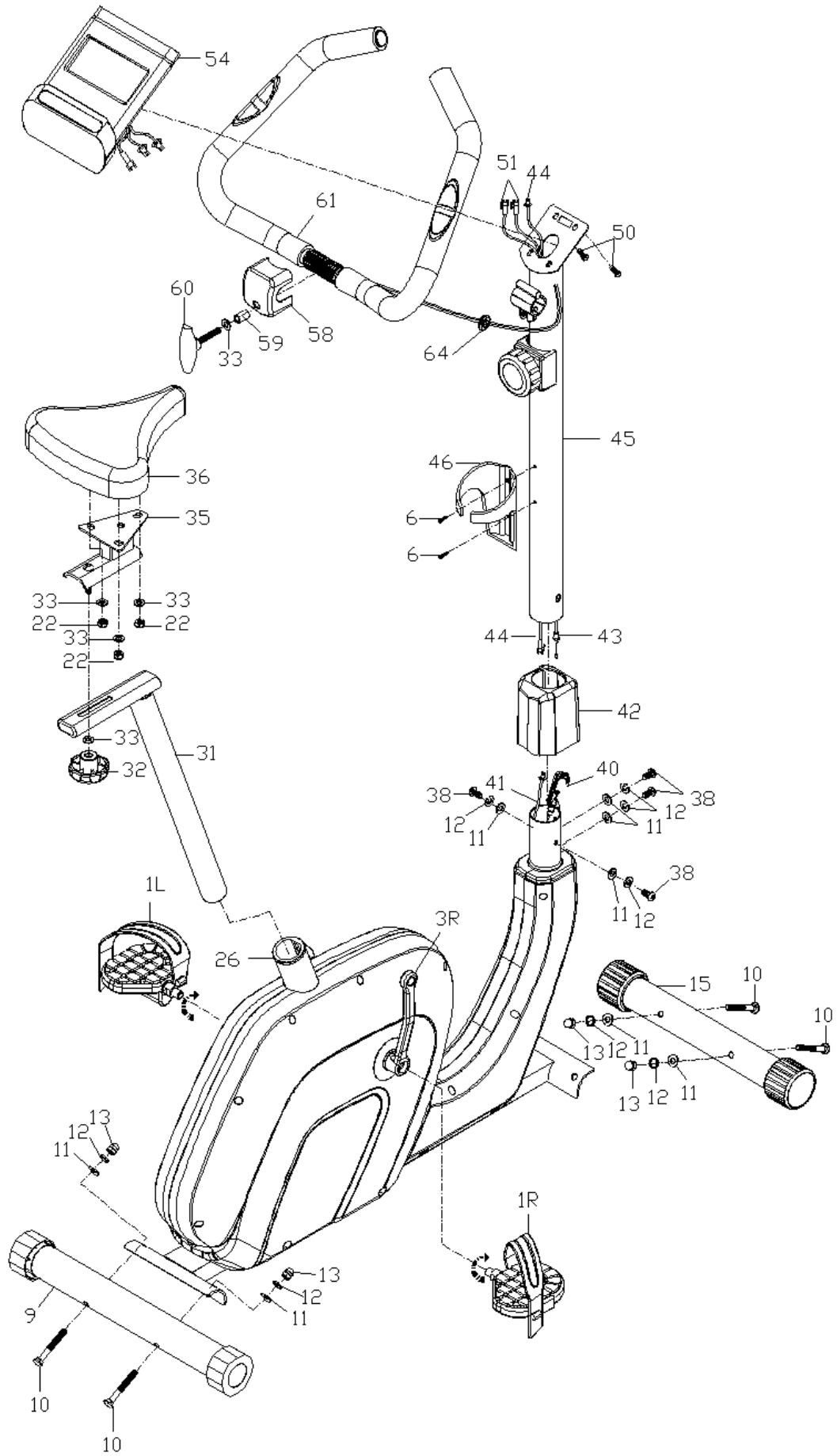
No	Name	Qty.	Figure
26/7/3/11/12/38	Main Frame, Chain Cover, Crank, Arc Washers, Spring Washers, Bolts	1 set	
61/55/56	Foam handles with pulse detectors	1 set	
31/35/32/33	Seat post with seat slider, M8 hand knob, flat washer	1 set	
45/44/43	Front post with cables and resistance control	1 set	
43/50	Console, screws M5x12	1 set	

36/33/22	Seat, flat washers, nylon nuts	1 set	
42	Front cover	1x	
46/6	Bottle holder, screws M4x20	1x	
9/8	Adjustable rear stabilizer	1 set	
15/14	Adjustable front stabilizer	1 set	
1	Pedals	1 set	
29	Hand knob	1x	

FASTENERS

No.	Name	Qty.	Figure
10	Carriage bolt M8x65	4	
11	Arc washer Ø8.5xØ18	4	
12	Spring washer Ø8.5xØ14	4	
13	Nut M8	4	
59	Sleeve	1	

33	Washer Ø8.5xØ16	1	
60	Hand knob	1	
58	Cover	1	
	Allen key	1	
	Wrench	1	

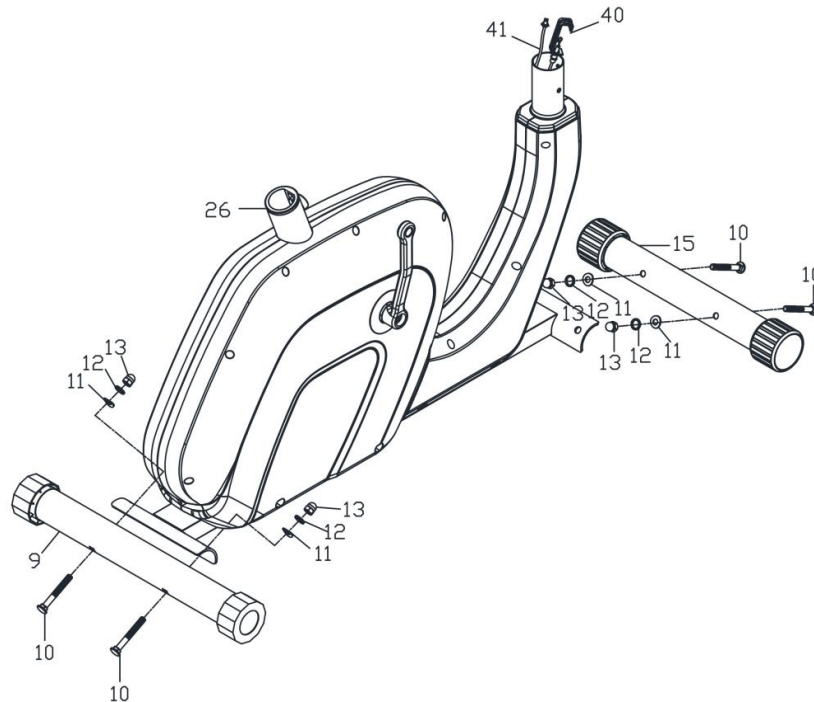


Before assembly, unpack all parts from the packaging material and lay them out on a clean surface.

Step 1

Attach the rear stabilizer (9) to the main frame (26) using 2x washers (11 and 12), 2x nuts (13) and 2x bolts (10).

Attach the front stabilizer (15) to the main frame (26) using 2x washers (11 and 12), 2x nuts (13) and 2x bolts (10).



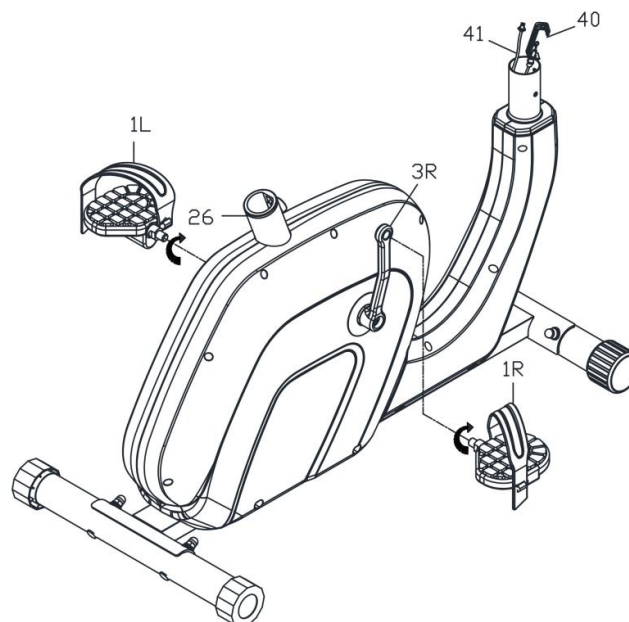
Step 2

Attach the pedals (1R right and 1L left) to the crank (3)

Screw the right pedal (R) onto the right side in a clockwise direction.

Screw the left pedal (L) to the left side counterclockwise.

Attach the pedal straps.



Step 3

Unscrew 3x nuts (22) and 3x washers (33) from the seat (36).

Attach the seat (36) to the sliding seat post (35) using 3x nuts (22) and 3x washers (33).

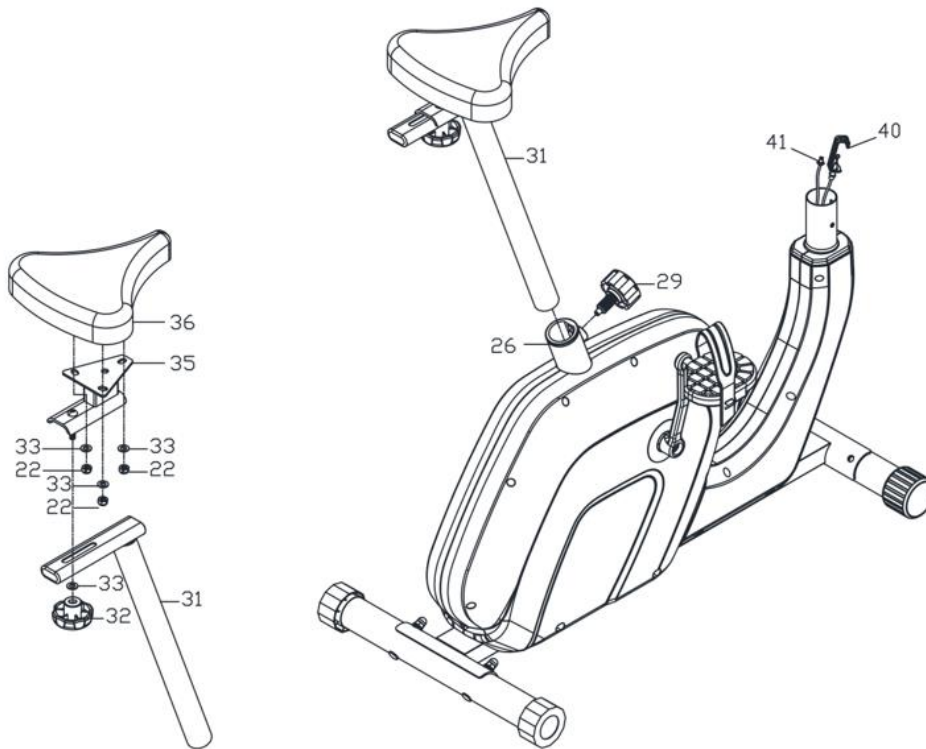
Unscrew the M8 hand knob (32) and 1x flat washer (33) from the sliding seat post (35).

Attach the seat post (35) to the seat post (31) by sliding it and secure with the M8 hand knob (32) and 1x washer (33).

Attach the seat post (31) to the main frame (26) with the hand knob (29).

Adjust the appropriate height of the seat post, but do not exceed the marked MAX limit.

Adjust the horizontal position of the saddle using the hand knob (32).



Step 4

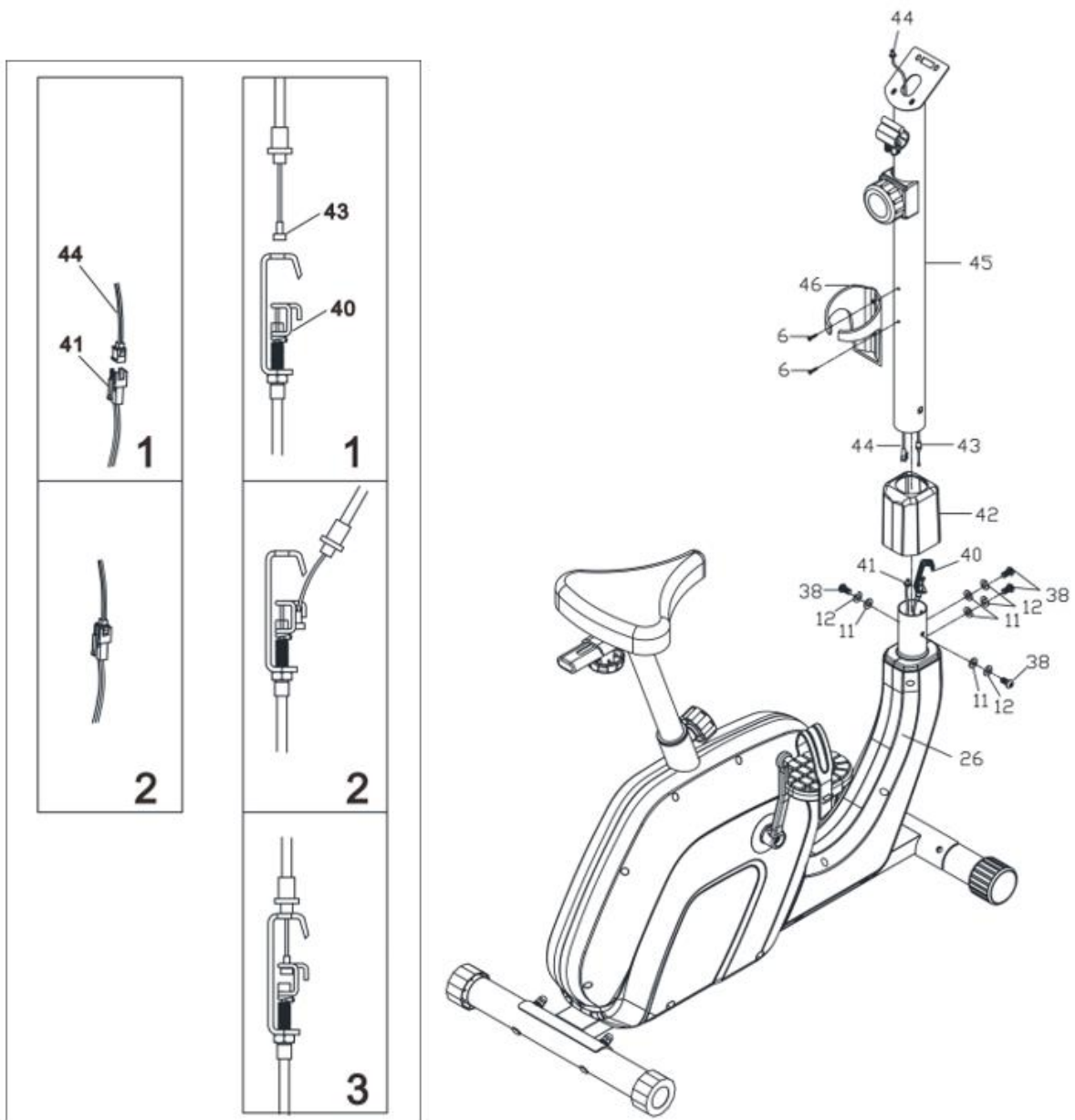
Unscrew 4x bolts (38), 4x washers (11 and 12) from the main frame (26).

Connect the sensor cable (44) from the front post (45) and the cable leading from the main frame (41).

Connect the resistance adjustment cable from the main frame (40) with the cable from the front post (43).

Slide the Front Post (45) and Front Cover (42) into the Main Frame (26) and attach with 4x bolts (38), 4x Washers (11) and 4x Washers (12). Carefully tighten the bolts gradually.

Attach the bottle holder (46) with 2x screws (6) to the front post (45).



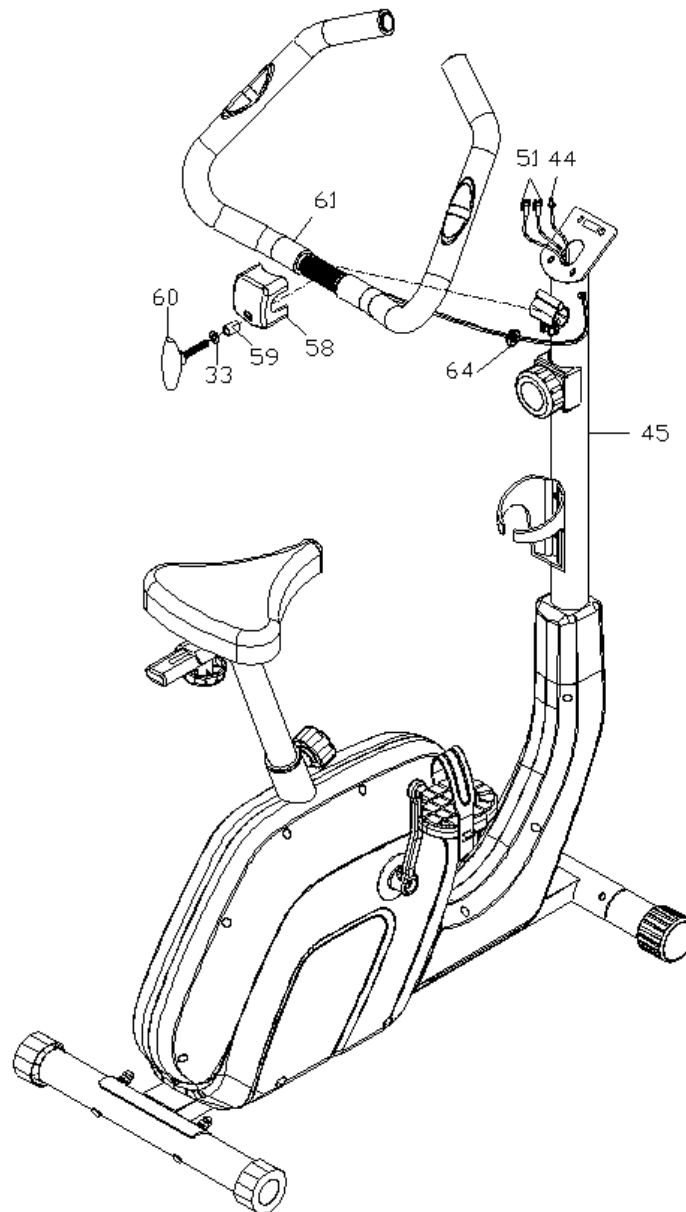
Step 5

Pull the connector (64) from the front post (45) and pass the cable (51) through the hole and connect to the connector (64).

Insert the connected cables (64 and 51) into the front post and pull it out through the top opening of the front post (45).

Plug the connector (64) back into the front post (45).

Attach the Handrails (61) to the top of the Front Post (45) using the Cap (58), Roller (59), Washer (33), and Hand knob (60).



Step 6

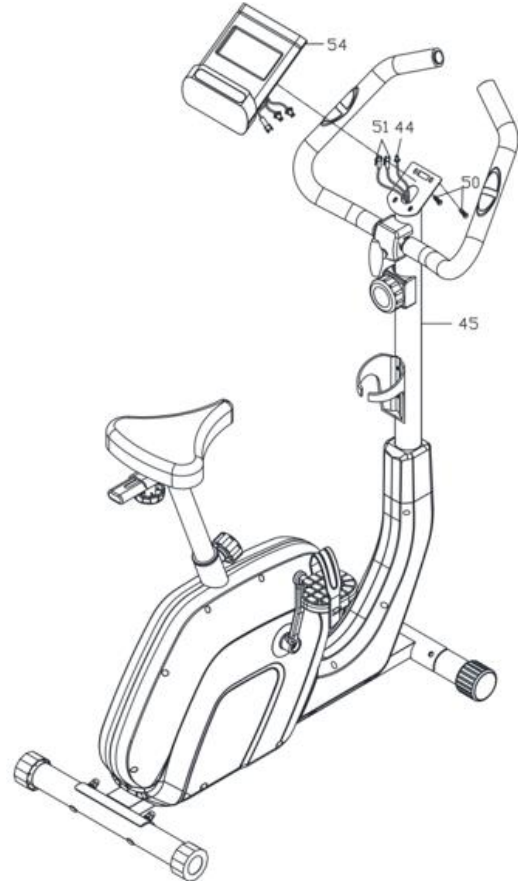
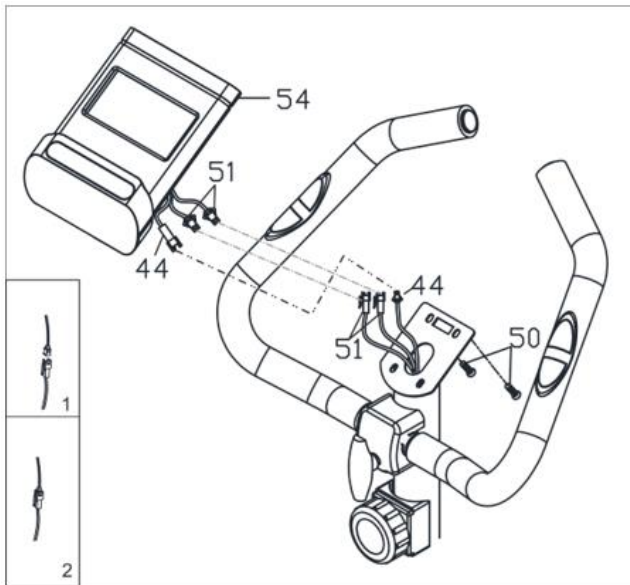
Unscrew the 2x screws (50) from the bracket (54).

Plug cable (44) into cable (54).

Plug cable (51) into cable (54).

Insert the cables (51 and 44) into the bracket (54).

Attach the bracket (54) to the front post (45) with 2x screws (50).



CONSOLE

Buttons

MODE	Function selection
SET	Setting the countdown of time, distance, calories or heart rate
RESET	Reset time, distance, calories and heart rate data

Functions

SCAN	Use MODE to select SCAN. The display will sequentially display in a cycle: time, speed, distance, total distance, calories and pulse, each data will be displayed for 6 seconds.
TIME	Shows the exercise time. Countdown: Press MODE until TIME is displayed, then press SET to set the exercise time. The time starts counting down from the set value.
SPEED	Displays the current speed

DISTANCE	Displays the current distance traveled. Countdown: Press MODE until DIST is displayed, then press SET to set the distance. The distance from the set value will be counted down.
ODOMETER	Displays the total distance traveled
CALORIES	Displays the current calories burned. Countdown: Press MODE until CAL is displayed, then press SET to set the number of calories burned. The calorie count starts from the set value.
PULSE	Displays the current heart rate. Press the MODE button until PULSE is displayed. Hold the sensors on the handles before measuring. After 6-7 seconds, the console will display the current heart rate. The first 2-3 seconds of the measurement, the values may be higher than the measured value. WARNING! The heart rate monitoring system may not be accurate. Overexertion during training can cause serious injury or death. If you feel nauseous, stop exercising immediately!

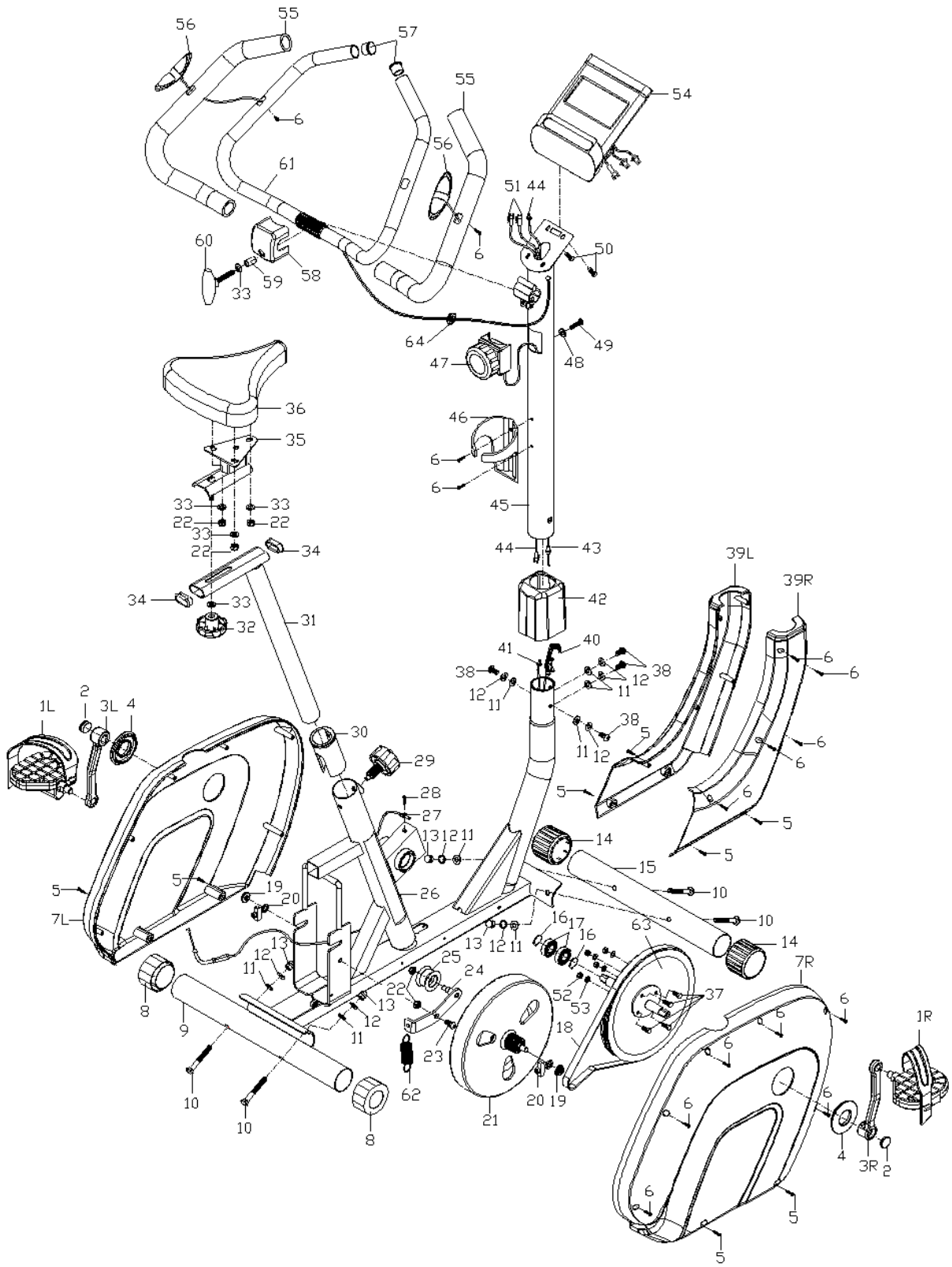
Note: If the display is difficult to read, replace the batteries.

The console will automatically turn off after 4 minutes of inactivity.

SPECIFICATIONS

Display function	Auto scan	Every 6 seconds
	Time	0:00~99:59
	Current speed	0.0~999.9 Km/h (mil)
	Current distance	0.00~99.99 Km (mil)
	Calorie	0.0~999.9 Cal
	Total distance	0.0 ~ 999.9 Km (mil)
	Pulse	40~240 BPM
Battery type	2x AAA or UM-4	
Operating temperature	0 °C ~ + 40 °C	
Storage temperature	-10 °C ~ + 60 °C	

DIAGRAM



PARTS LIST

No.	Name	Specifications	Qty
1	Pedal		2
2	Crank end cap		2
3	Crank (L&R)		2
4	Cover		2
5	Screw	M4x20	8
6	Screw	M4x20	15
7	Chain Cover (L &R)		2
8	Adjustable Cap		2
9	Rear Stabilizer		1
10	Carriage Bolt	M8x65	4
11	Curved Washer	∅8.5x∅18	8
12	Spring Washer	∅8.5x∅14	8
13	Head Nut	M8	4
14	Front transfer wheel		2
15	Front Stabilizer		1
16	C-ring		2
17	Bearing		2
18	Belt		1
19	Nut	M10	2
20	Adjustable Bolt		2
21	Flywheel		1
22	Nylon Nut	M8	5
23	Bolt	M8x20	1
24	Idle Wheel Bracket		1
25	Idle Wheel		1
26	Main Frame		1
27	Sensor bracket		1
28	Screw	M3X15	1
29	Hand knob	M16	1
30	Cap		1
31	Seat Tube		1
32	Hand knob	M8	1
33	Flat Washer	∅8.5x∅16	5
34	Cap		2
35	Slide Bracket		1
36	Seat		1

37	Allen Head Bolt	M6x15	4
38	Hexagon Bolt	M8x20	4
39	Front Cover		2
40	Lower cable wire		1
41	Lower section sensor wire		1
42	Post Tube Cover		1
43	Resistance control cable		1
44	Middle section sensor wire		1
45	Upright Post Tube		1
46	Bottle Holder		1
47	Tension Knob		1
48	Curved Washer	Ø6.5xØ12	1
49	Screw	M5x30	1
50	Screw	M5x12	2
51	Hand Pulse Wire		2
52	Nylon Nut	M6	4
53	Flat Washer	Ø6.5xØ12	4
54	Meter		1
55	Foam Grip		2
56	Hand Pulse		2
57	End Cap		2
58	Clamp Cover		1
59	Bushing	Ø8.5x12	1
60	T Knob		1
61	Handlebar		1
62	Spring		1
63	Pulley		1
64	Plug		1

USE

Exercise on the exercise bike is based on very simple movements, but you will surely fall in love with them. Thanks to simplicity of the exercise on the exercise bike in 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 an exercise 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 exercise 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 inhaled and exhaled. Regular and proper breathing during exercises on the exercise 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 exercise 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.

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.

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.

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 exercise bike 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 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.**

Registered Office: Strakonická 1151/2c, Praha 5, 150 00,
ČR

Headquarters: Dělnická 957, Vítkov, 749 01

Warranty & Service: Čermenská 486, Vítkov 749 01

CRN: 26847264

VAT ID: CZ26847264

Phone: +420 556 300 970

E-mail: eshop@insportline.cz
reklamace@insportline.cz
servis@insportline.cz

Web: www.inSPORTline.cz

SK **inSPORTline s.r.o.**

Headquarters, warranty & service center: Električná 6471,
Trenčín 911 01, SK

CRN: 36311723

VAT ID: SK2020177082

Phone: +421(0)326 526 701

E-mail: objednavky@insportline.sk
reklamacie@insportline.sk
servis@insportline.sk

Web: www.inSPORTline.sk

About shipping

