



## USER MANUAL – EN

### IN 3376 Twister inSPORTline Twist Digital with Resistance Bands



## CONTENTS

SAFETY INSTRUCTIONS.....	3
MAIN FUNCTIONS.....	3
GENERAL WORKOUT INSTRUCTIONS .....	3
USE INSTRUCTIONS .....	4
ACUPUNCTURE POINTS.....	4
COMPUTER INSTRUCTIONS.....	4
DISPLAY.....	5
WORKOUT PLAN SETTING.....	5
INITIAL VALUE SETTING .....	6
HELPFUL ADVICE .....	6
BATTERY REPLACEMENT .....	6
ENVIRONMENT PROTECTION .....	6
TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS.....	7

## SAFETY INSTRUCTIONS

- Don't exercise within 30 mins after having a meal.
- Don't put it on wet, slippery or uneven surface.
- People under medical care and people recovering from surgery, bone illness, inflammatory or injury should not use this product.
- People with heart problems and beginners should use it only under adult supervision or the should use a rest.
- At initial use phase, the athlete should be supervised by an adult and experienced person.
- This product is not intended for pregnant women.
- Be especially carefull if you have some health problems or are overweight.

## MAIN FUNCTIONS

- Technological design can offer an effective massage of your feet.
- In-built magnets can correspond with important points on your feet. While using this product, the magnetic power penetrates your body and causes circular-quadratic vibrations in cells. This vibrations help burning joules. This fact can improve your fitness and help healing inflammatory problems.
- Toxins can be removed through kidneys. You can massage 10 reflective zones in all.
- Rotation on this product can tone your waist, chest and legs as well.

## GENERAL WORKOUT INSTRUCTIONS

- You can exercise at your office, while watching TV or while reading a book. The massage can reduce your fatigue and can support your comfort.
- Raise your arms and rotate for 5-10 mins every day to reduce your body fat.
- Lift one arm and the second one point to the ground and rotate. Doing it, you can reduce fat on your waist and abdomen.
- Bend forward and rotate to improve your vital capacity.

Diagram



- Exercise to strengthen external oblique muscles.
- Tone your leg muscles.

- This product is compact and easy to store.


## USE INSTRUCTIONS

This product has been developed on the base of unlimited possibilities to offer the best performance.

There are two great benefits:

- This product has been made of special materials. The magnetic energy can stimulate points on your feet using your own body weight.
- While moving right and left and with magnet-energy help, the magnetic vibrations round your body are stimulated. It is optimal for your neural cells. Moreover, this fact can help removing toxins from your body.
- This product has been designed to offer safe workout. It is stylish and suitable for home use. You can exercise even in public places such as hotels and gyms.
- It is recommended drinking a cup of warm water before starting the workout to stimulate blood circulation.
- Step on the rotana move your hips right and left and keep balance using your arms.
- Ma be, your breathing gets faster and your body temperature will be increased. It is normal.
- To have the best result, exercise reasonably and with adequate resistance.

## ACUPUNCTURE POINTS

1. Stomach	
2. Intestine	
3. Kidneys	
4. Heart	
5. Sexual organs	
6. Eyes, ears, nose	
7. Pancreas	
8. Blood pressure	
9. Glands	
10. Waist	
11. Large intestine	
12. Eyes	
13. Lungs	
14. Glands with internal secretion	
15. Heart (left), liver (right)	
16. Spine	
17. Colon	

## COMPUTER INSTRUCTIONS

Basic functions:

The digital ROTANA features 5 modes (MODE). Each of them has its own icon. Push the MODE key for unlimited mode selection.

CLOCK MODE: Time displaying

TIMER MODE: Time counting. Time plan building.

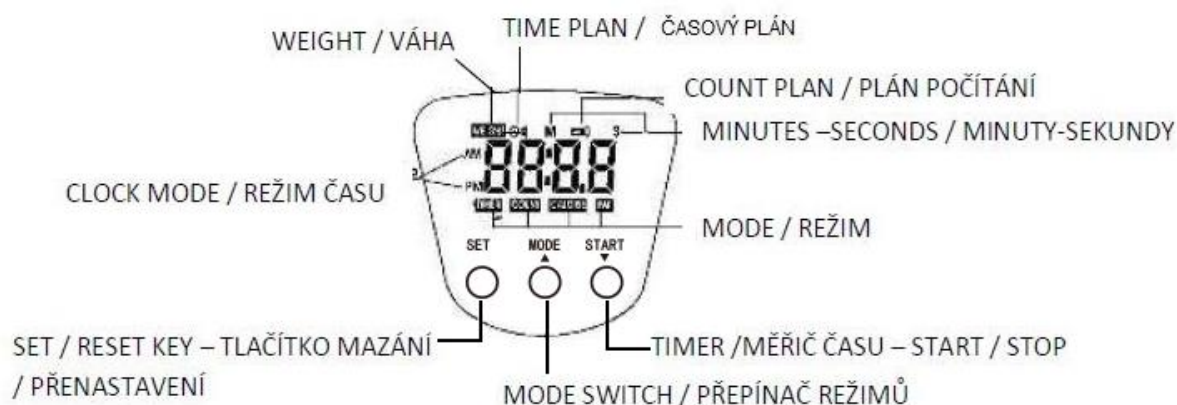
COUNT MODE: Number of rotations.

CALORIE MODE: Number of burned calories (0.1 kcal).

FAT MODE: Burned fat (0.1 g).

**NOTE:** Push and hold the SET key for 5 seconds to reset COUNT, FAT and CALORIE values too zero. To have the best counting results, the rotation angle shouldn't be over 100°.

## DISPLAY



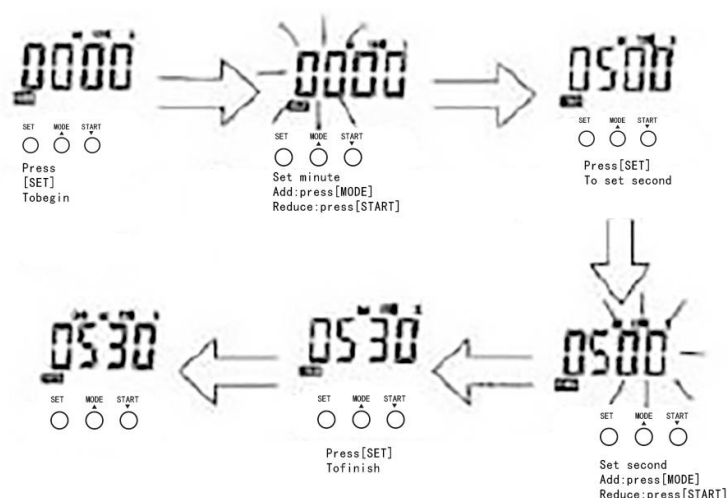
## WORKOUT PLAN SETTING

You can set in both time or counting plan as you want. After finishing your workout plan, the Rotana gives a sound signal after you have achieved pre-set number of rotations. Push any key to stop the warning sound.

After setting in the time value, following icon will appear:

After setting in counting plan, following icon will appear:

**TIME TARGET VALUE:** Push the MODE key to enter TIMER MODE. Then push SET to start setting. Use the START key to start or to stop it. Follow steps below:



**COUNT SETTING:** Select the COUNT MODE. Push MODE key to enter the COUNT MODE. The plan starts after setting finish without having to push the START key.

## INITIAL VALUE SETTING

- **CLOCK SET:** Time value setting. Push the MODE key to switch into the CLOCK MODE. Push SET to start setting.
- **WEIGHT SET:** Weight value setting. Choose CALORIE MODE or FAT MODE. The body weight is an important parameter to calculate calorie and fat value. It is possible to set in your body weight in the calorie or fat mode. The weight value range is from 15 kg to 150 kg.

## HELPFUL ADVICE

- It is possible to renew simultaneously calorie and fat counting in one of these modes (count, calorie, fat) just by pushing and holding the SET key for 5 minutes.
- While setting in time, count and weight value push and hold the MODE key for 3 seconds to increase the value by 4 Hz.
- While setting in the workout plan, push both keys MODE and START simultaneously to keep the pre-set value at 0 m and 0 s or at 100.
- The count plan can be repeated. If you set the rotation value to the number 100, the sound signal will be given every time while achieving this limit. You can use this plan once again but push the START key.
- It is recommended to drink a glass of warm water for better workout effect.

## BATTERY REPLACEMENT

Replace the battery with a new one, if the display is blurred. Powered by 1x battery LR44.

1. Unscrew bolts of the rear cover.
2. Remove the cover.
3. Remove carefully the front part and take out the battery.
4. Put out the front part and point the display window to the slider.
5. Put the cover back and tighten all bolts.



## 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**

