



USER MANUAL – EN

IN 9071 inSPORTline MultiTrainer universal booster



CONTENTS

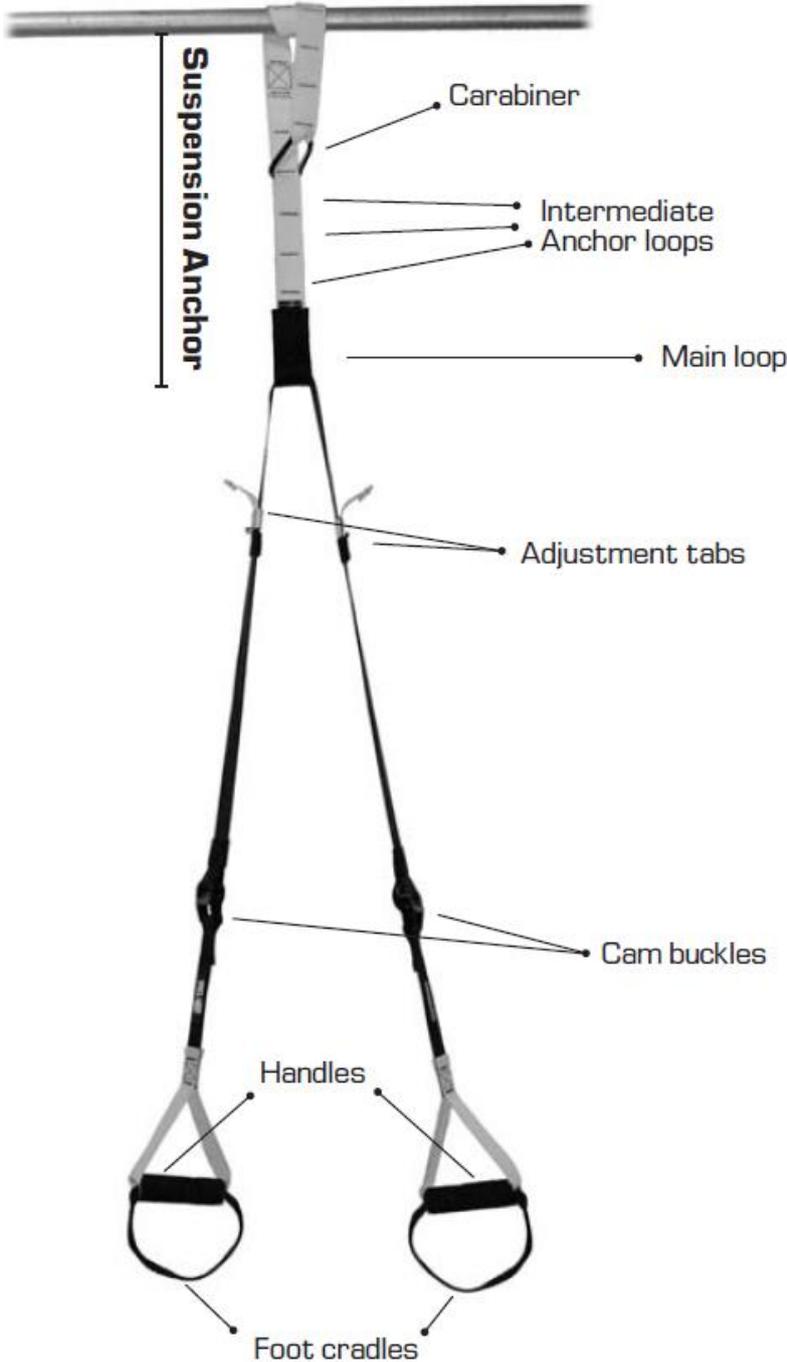
- COMPONENTS..... 4
- SET-UP AND ANCHORING..... 5
 - ANCHORING GUIDELINES 5
 - PROPER USE OF THE OPTIONAL DOOR ANCHOR 6
- ADJUSTMENTS 7
 - SINGLE HANDLE MODE 7
 - USING FOOT CRADLES 8
 - ADJUSTING RESISTANCE..... 10
 - ADJUSTING STABILITY 10
- EXERCISE GUIDELINES 11
- WORKOUT LOG 13
- TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS 13



Legal Disclaimer

Consult your physician before starting this or any other exercise program. This product should be used on a non-slip surface and only as directed. The user assumes the risk of injury and all liability resulting from using this product.

COMPONENTS



SET-UP AND ANCHORING

The Trainer can be used safely indoors or out on a non-slip surface. For optimal use, you will need a flat workout area measuring roughly 8 ft. (2.43 m) by 6 ft. (1.83 m) wide. All models come with a Suspension Anchor, allowing you to “anchor” it to a secure point that will support your bodyweight.

Suitable Attachment Points using Suspension Anchor:

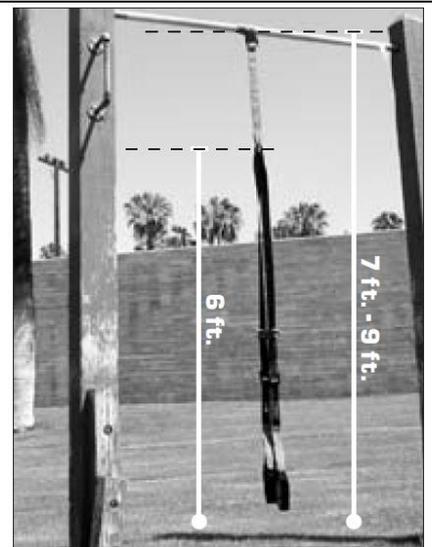
Try sturdy beams, weight racks, heavy bag mounts, railings, tree branches or fences.

TIP: Secure to doors and walls using the optional Door Anchor and optional mounting accessories.



ANCHORING GUIDELINES

1. Your attachment point should be 7 ft. (2.13 m) - 9 ft. (2.74 m) high and strong enough to support your full bodyweight.
2. Adjust the length of the Suspension Anchor so the main loop hangs 6 ft. (1.83 m) off the ground.
3. With the Trainer fully extended, the bottom of the foot cradles should hang 2 in. (.05 m) - 3 in. (.08 m) off the ground. When performing exercises lying down (either prone or supine) adjust the Trainer so foot cradles hang 8 in. (.2 m) - 12 in. (.3 m) above the ground.



In order to get the main loop of the Suspension Anchor at 6 ft. (1.83 m), you will need to adjust the length of the Suspension Anchor depending on the height of the attachment point.

TIP: When attaching to smooth bars or poles, wrap the Suspension Anchor several times to prevent slipping and clip carabiner at appropriate height.

ADJUSTING THE LENGTH OF THE SUSPENSION ANCHOR

For higher attachment points, extend the Suspension Anchor.

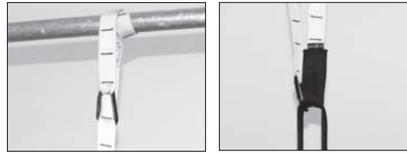
1. Wrap Suspension Anchor around the attachment point.
2. Clip the carabiner over Suspension Anchor strap and cinch to set.



For lower attachment points, shorten the Suspension Anchor.

You have two options:

1. Wrap strap several times and then clip into one of the intermediate loops.
2. Wrap over attachment point and clip carabiner over main strap of the Suspension Trainer.



! WARNING: NEVER clip the carabiner into the main loop of the Suspension Anchor.

PROPER USE OF THE OPTIONAL DOOR ANCHOR

The Door Anchor can only be used on solidly constructed doors that support the user's weight.

! WARNING: DO NOT use on sliding doors, glass doors or lightweight closet doors. Make sure the door cannot be pulled open without turning door handle.

Attaching the Door Anchor:

For standard-height doors, remove the Suspension Anchor prior to attaching the Door Anchor. For doors taller than 7 ft. (2.13 m), attach the Suspension Anchor to the Door Anchor to extend length appropriately.

To remove the Suspension Anchor:

1. Slide anchor down towards the handle.
2. Fold the foot cradle straps along the handle and push through main loop.
3. Reverse process to attach Door Anchor.



Placement for Door opening AWAY from you:

This is the most secure set-up since your bodyweight will pull the door closed.

1. Toss Door Anchor pillow over top center of door and close.
2. Make sure door is completely closed and weight test before using.



Placement for Door opening TOWARD you:

1. Place Door Anchor over top of door and then slide the anchor across and into the gap above the upper hinge. This will prevent the door from accidentally pulling open.
2. Make sure door is completely closed and weight-test before using.



TIP: Place Door placard on other side of door to prevent unexpected interruption and possible injury.

ADJUSTMENTS

Place Door placard on other side of door to prevent unexpected interruption and possible injury.

TIP: For many standing exercises (presses, flys, lateral rotation, etc), the Trainer needs to be extended to provide maximum range of motion.

! WARNING: Always make sure the Trainer Straps are not twisted before adjusting. This will avoid having a twisted strap pull through the buckle.

To shorten the Trainer Straps:

Hold one strap of the Trainer. Depress the cam buckle with your thumb and grasp the yellow adjustment tab with the other hand.

Simultaneously draw backward on the buckle and push the adjustment tab up along the strap – just as if using a bow and arrow.

Repeat on other side.



To lengthen the Trainer Straps:

Simultaneously depress BOTH cam buckles and pull downward, away from anchor point.

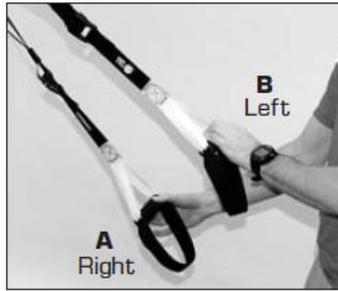


SINGLE HANDLE MODE

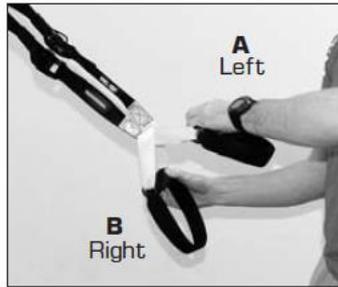
Configuring the Trainer into single handle mode allows you to increase the core stabilization challenge, perform single-sided exercises, and perform powerful rotational exercises.

To convert the Trainer to single-handle mode:

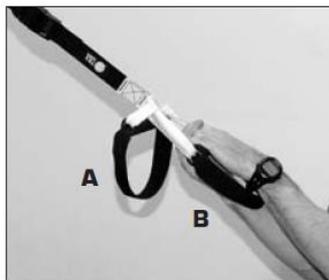
1. Hold one handle in each hand, one directly above the other. In this example, **A** is in your right hand and **B** is in your left hand.



2. Pass handle **A** upward through webbing (upper part of handle) of handle **B** and switch hands. You are now holding **A** in your left hand.



3. Repeat the process by using your right hand to pass handle **B** upward through handle **A** and use your left hand to grasp handle **B** to lock. Always tug on handle **B** to check for secure lock-off prior to exercise.



USING FOOT CRADLES

For face-up (supine) exercises:

Start Position

1. Sit facing the Trainer with the bottom of the foot cradles hanging 8 in. (.2 m) - 12 in. (.3 m) above the ground. Your knees should be about 1 ft. (.3 m) from foot cradles. Hold each foot cradle in place with your index and middle fingers.



2. Lie backward onto ground and place both heels into foot cradles simultaneously. Be sure your heels are fully supported by the foot cradles. (As an alternative technique, try performing the supine exercises with toes through foot cradles and weight resting on the arches of the feet).



3. Straighten legs and prepare for supine suspended leg exercises.



For face-down (prone) exercises:

Start Position

1. Sit facing the Trainer with the bottom of the foot cradles hanging 12 in. (.3 m) - 18 in. (.46 m) above the ground. Your knees should be about 1 ft. (.3 m) from foot cradles. Place right foot into left foot cradle as shown here.



2. Shift weight to right hip. With right foot in left foot cradle, cross left foot over right and place into right foot cradle.



3. Roll body over to the right into a plank position allowing the feet to rotate inside the foot cradles. Upper body is supported by forearms or on hands in pushup position. Rest by placing knees on ground and assuming position on all-fours.

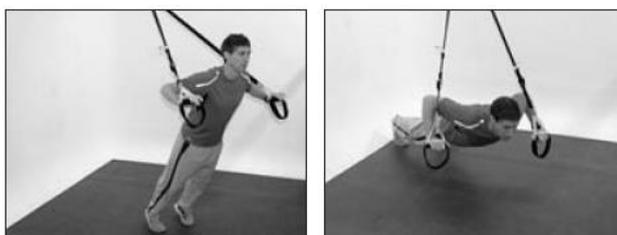


ADJUSTING RESISTANCE

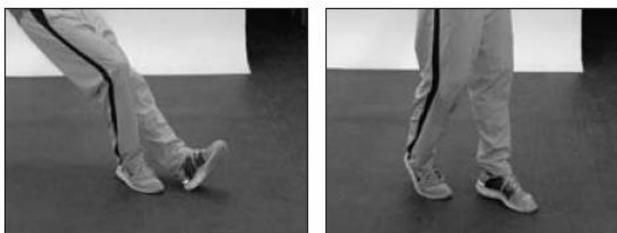
The Trainer allows you to instantly adjust the level of resistance for any exercise from 0 to 100% of your own body weight.

STANDING EXERCISES

Body Angle: Move your feet towards the attachment point to increase resistance.



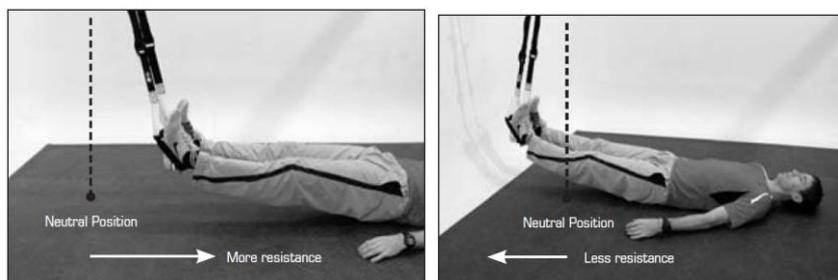
T-ing the feet: For standing exercises that face the anchor point, such as back flies and shoulder raises, T-ing the feet will make the movement easier, while ensuring proper tension on the straps. Shift your weight from your back foot to your front foot as you contract your muscles.



FLOOR EXERCISES

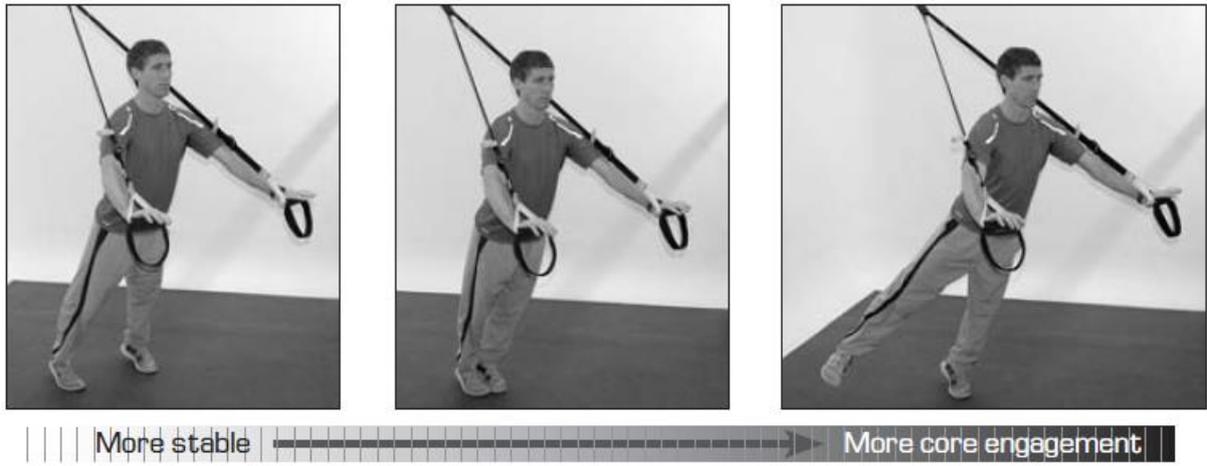
Your key vector is the angle of the Trainer in relation to the floor. To increase resistance, start with your body further away from the anchor. To decrease resistance, start with your body closer to the anchor.

Starting Position:



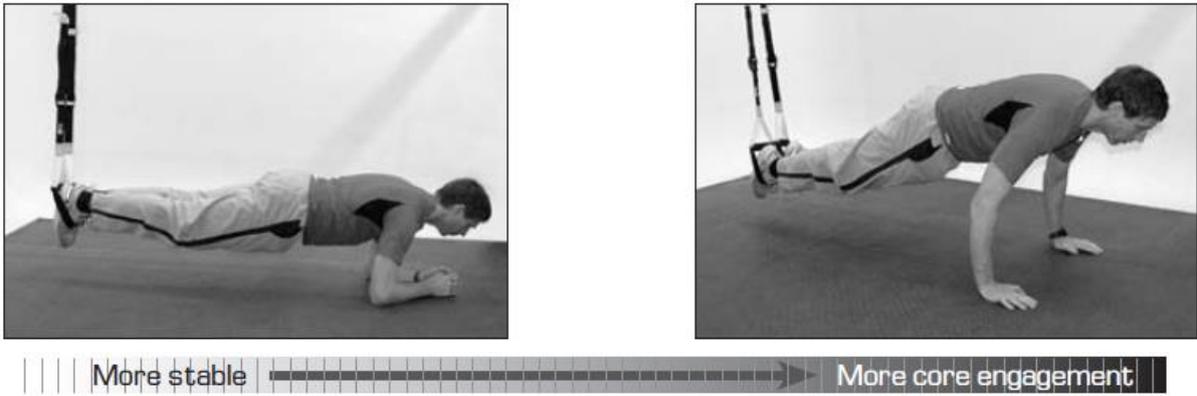
ADJUSTING STABILITY

Decreasing your base of support (for example, bringing feet together or just standing on one leg) will challenge your ability to stabilize and require more core engagement.



TIP: Try different positions of your free leg for additional stability challenges.

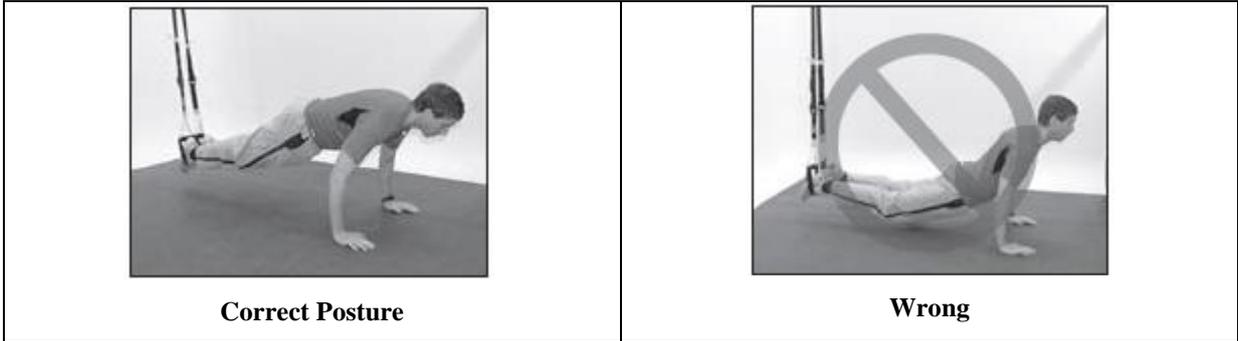
Performing plank position exercises from the elbow position is more stable and requires less upper body strength and less core strength.



EXERCISE GUIDELINES

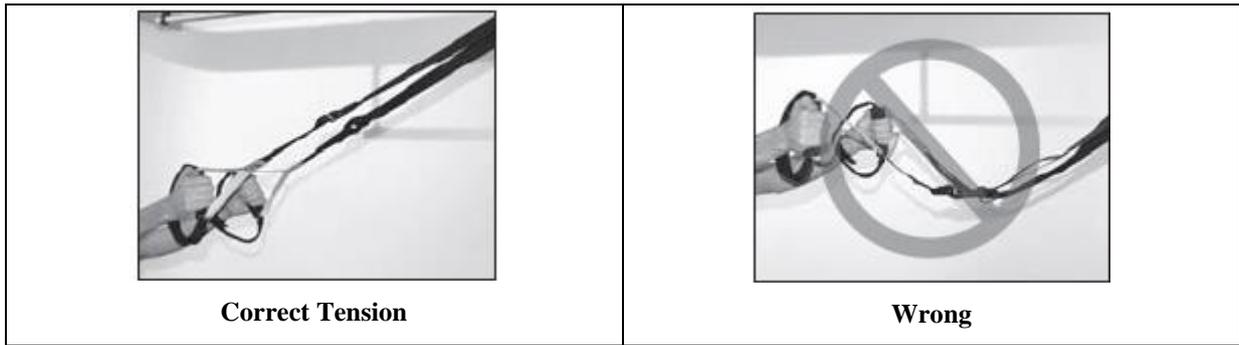
POSTURE

For all exercises, engage your core and maintain a neutral spine with your shoulders, hips and ears in alignment.



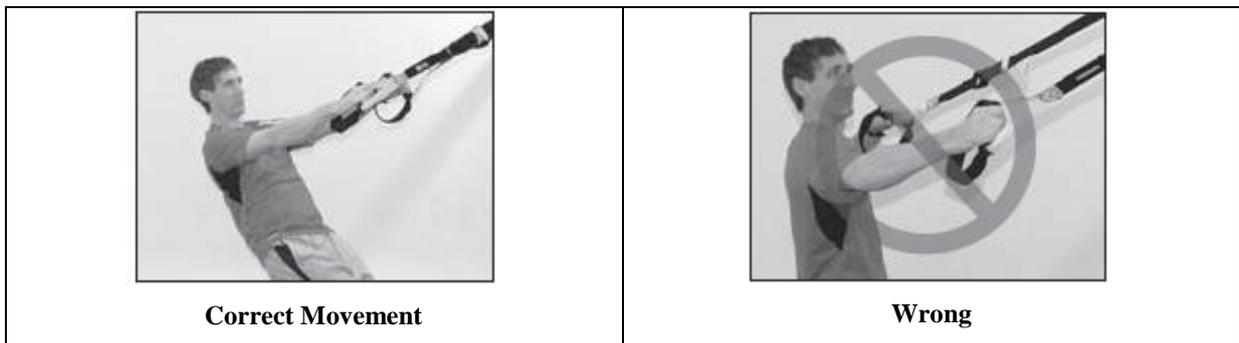
KEEP STRAPS TIGHT

The Trainer Straps should never hang loose at any time while you are performing an exercise. Remember to apply an even amount of pressure throughout the entire movement.



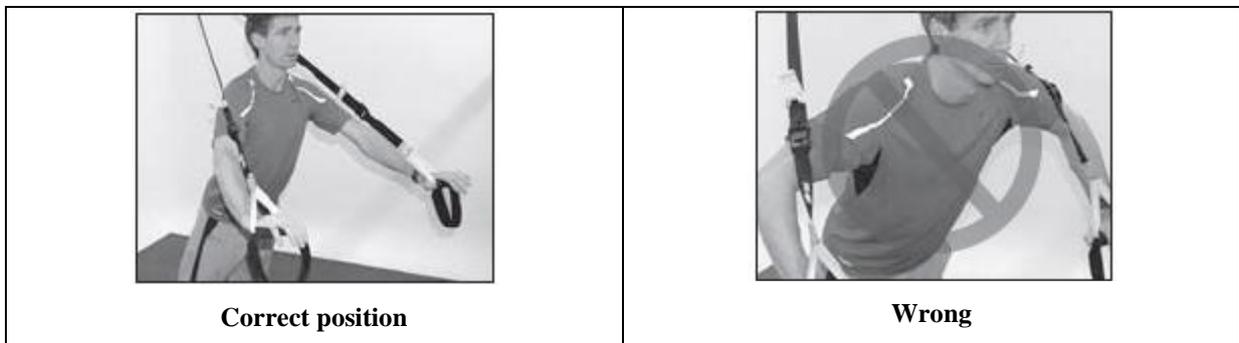
NO SAWING

The Trainer is NOT a pulley. Avoid sawing motions with the handles to prevent premature wear to the Suspension Anchor. Keep equal pressure on handles throughout all movements.



NO RUBBING

Never allow straps to rub against arms in order to stabilize. Move hands higher to prevent rubbing.



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:

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, 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.**

Sídlo: Bořivojova 35/878, 130 00, Praha 3, ČR
Centrála: Dělnická 957, 749 01 Vítkov
Reklamace a servis: Čermenská 486, 749 01 Vítkov

IČO: 26847264
DIČ: CZ26847264
Telefon: +420 556 300 970
Mail: eshop@insportline.cz
reklamace@insportline.cz
servis@insportline.cz
Web: www.insportline.cz

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

Centrála, reklamácie, servis: Električná 6471, 911 01 Trenčín, SK

IČO: 36311723
DIČ: SK2020177082
Telefón: +421(0)326 526 701
Mail: objednavky@insportline.sk
reklamacie@insportline.sk
servis@insportline.sk
Web: www.insportline.sk

Date of Sale:

Stamp and Signature of Seller:

