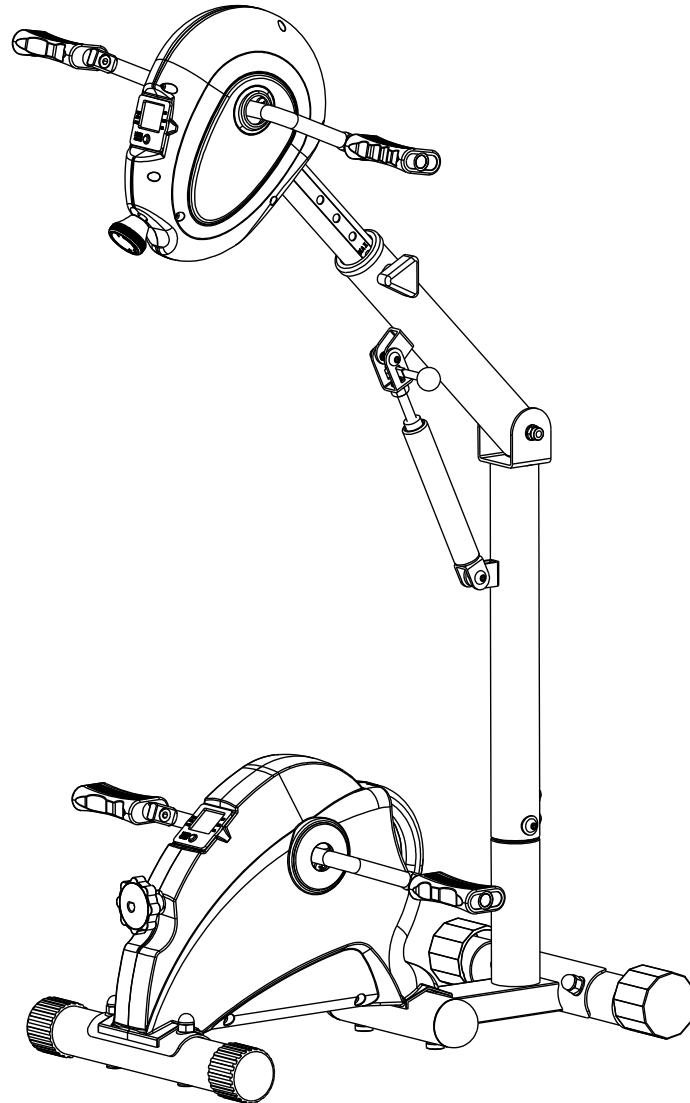




USER MANUAL – EN

IN 10890 Exercise Bike inSPORTline Helike 2in1



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IMPORTANT!

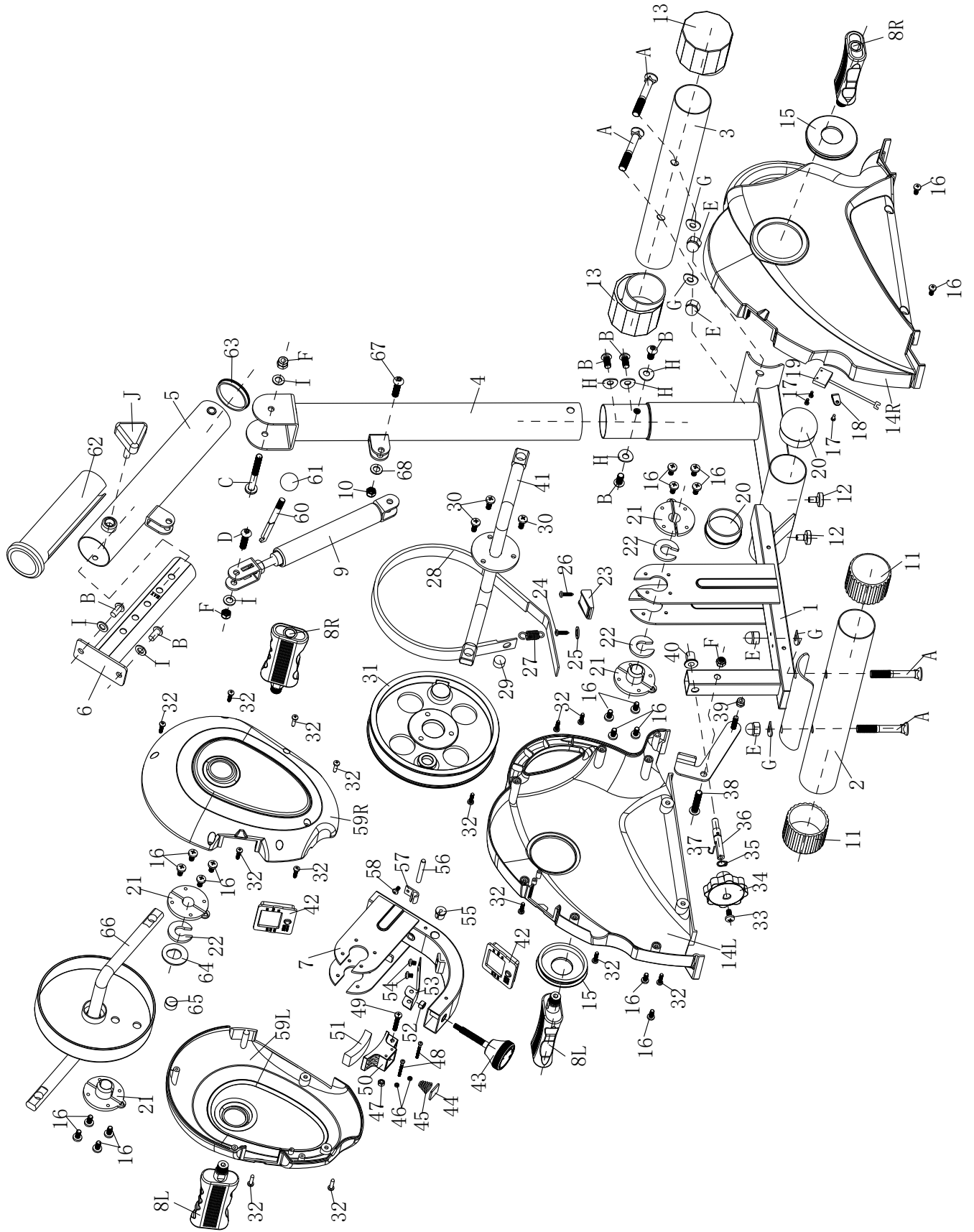
Please read all instructions carefully before using this product.

IMPORTANT SAFETY INFORMATION

Please keep this manual in a safe place for easy reference.

1. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
2. Before starting any exercise program you should consult your doctor to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your doctor's advice is essential especially if you are taking medicine that affects your heart rate, blood pressure or cholesterol level.
3. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, lightheadedness, dizziness or feelings of nausea. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
4. Keep children and pets away from the equipment. The equipment is designed for adult use only.
5. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 0.6 meters of free space all around it.
6. Before using the equipment, check that the nuts and bolts are securely tightened.
7. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
8. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during use, stop immediately. Do not use the equipment until the problem has been rectified.
9. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movement.
10. Any of the adjustment devices that could interfere with the user's movement should not be left projecting.
11. Parents and others in charge of children should be aware of their responsibility because the natural play instinct and the fondness of experimenting of children can lead to situations and behavior for which the training equipment is not intended.
12. If children are allowed to use the equipment, their mental and physical development and above all their temperament should be taken into account. They should be controlled and instructed to the correct use of the equipment. The equipment is under no circumstances suitable as a children's toy.
13. The training equipment is in compliance with EN957-1 Class H.C. Maximum weight of user: 100kg. Braking ability is dependent of speed.
14. Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or seek assistance if necessary.

EXPLODED VIEW



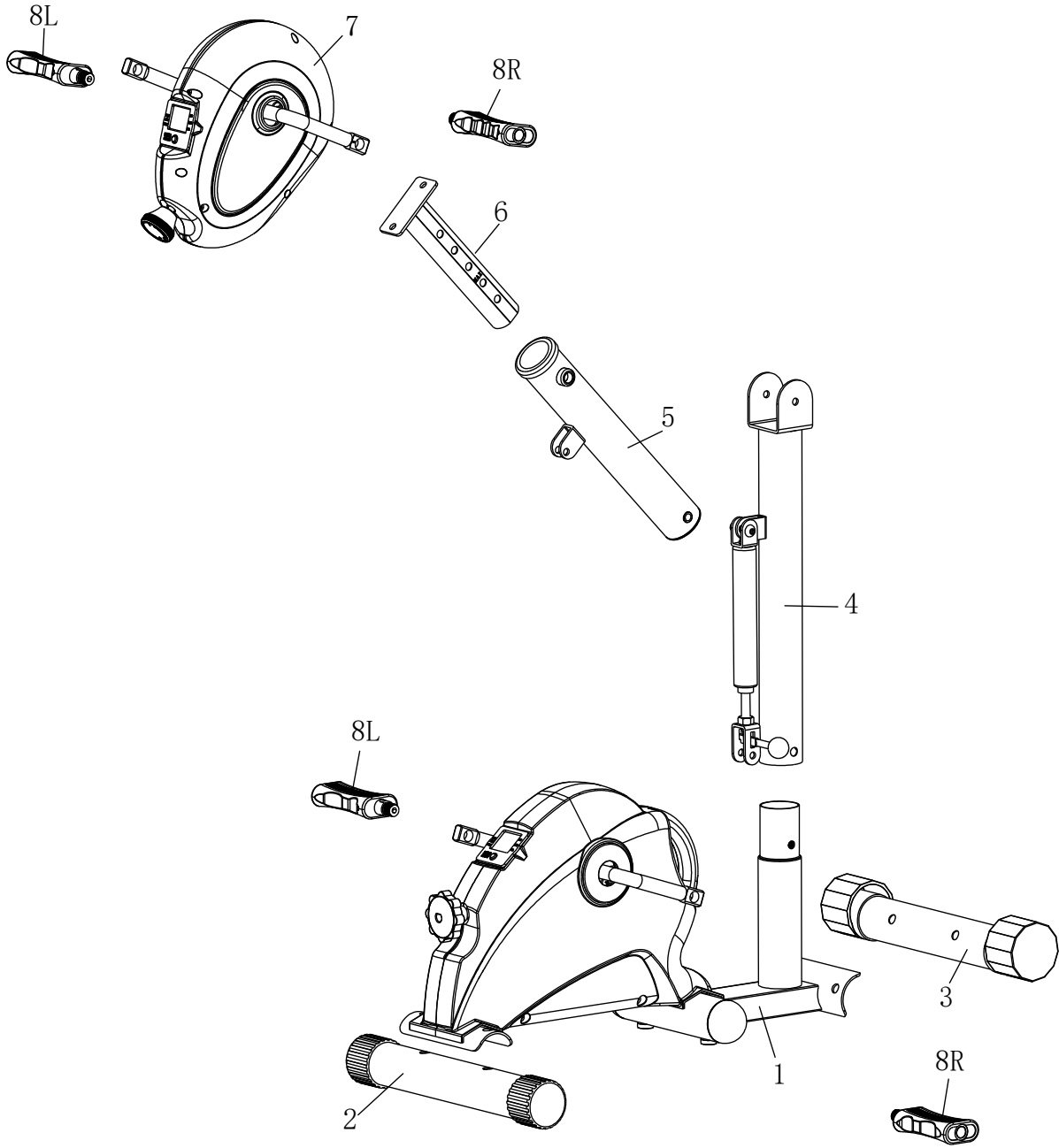
PARTS LIST

NO.	DESCRIPTION	Q'TY
1	Main frame	1
2	Front stabilizer	1
3	Rear stabilizer	1
4	Front post	1
5	Upper adjustable tube	1
6	Extension tube	1
7	Supporting frame of flywheel	1
8L	Left pedal	2
8R	Right pedal	2
9	Air cylinder	1
10	Nut M8	1
11	End cap	2
12	Cushion	2
13	End cap	2
14R&L	Right & left cover	1set
15	End cap	2
16	Screw M5*12	20
17	Screw ST3*10	3
18	Strain relief bushing	1
19	Sensor	1
20	End cap	2
21	Crank fixing set	4
22	Fixing ring	3
23	Belt buckle	1
24	Screw ST4.2*15	1
25	Washer OD22*ID6*2.0	1
26	Screw ST4.2*15	1

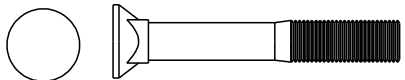
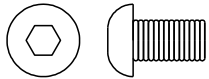
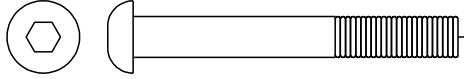
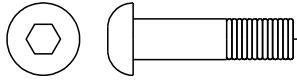

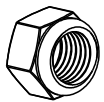
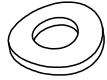


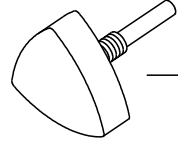
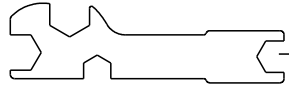
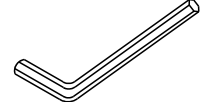
27	Spring	1
28	Belt	1
29	Magnet	1
30	Bolt M6*15	3
31	Flywheel	1
32	Screw ST4.2*18	14
33	Bolt M6*12	1
34	Knob	1
35	Clamp	1
36	Bolt	1
37	Pin	1
38	Bolt M8*40	1
39	Nut M6	1
40	Nut	1
41	Crank 4'	1
42	Computer	2
43	Knob	1
44	Spring retaining plate	1
45	Spring	1
46	Nut M3	2
47	Nut M5	1
48	Bolt M3*30	2
49	Bolt M5*30	1
50	Fixed base of wool felt	1
51	Wool felt	1
52	Nut M6	1
53	Spring fixing leaf	1
54	Screw M5*6	2
55	End cap	1

56	Sensor	1
57	Sensor bracket	1
58	Screw M4*8	1
59R&L	Right & left cover	1set
60	Pin	1
61	End cap	1
62	Bushing	1
63	End cap	1
64	Big washer	1
65	Magnet	1
66	Crank 5'	1
67	Bolt M8*30	1
68	Washer	1
A	Bolt M10*57	4
B	Bolt M8*15	6
C	Bolt M8*70	1
D	Bolt M8*35	1
E	Nut M10	4
F	Nut M8	2
G	Arc washer $\Phi 10 \times \Phi 25 \times R28 \times 1.5$	4
H	Arc washer $\Phi 8 \times \Phi 22$	4
I	Washer $\Phi 8 \times \Phi 16$	4
J	Knob	1
K	Wrench S5	1
L	Wrench S13-15-17-19	1

ASSEMBLY INSTRUCTIONS

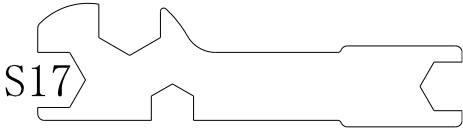
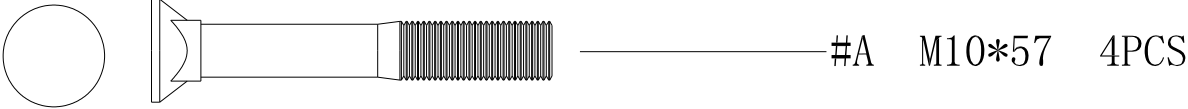


PARTS LIST OF ASSEMBLY

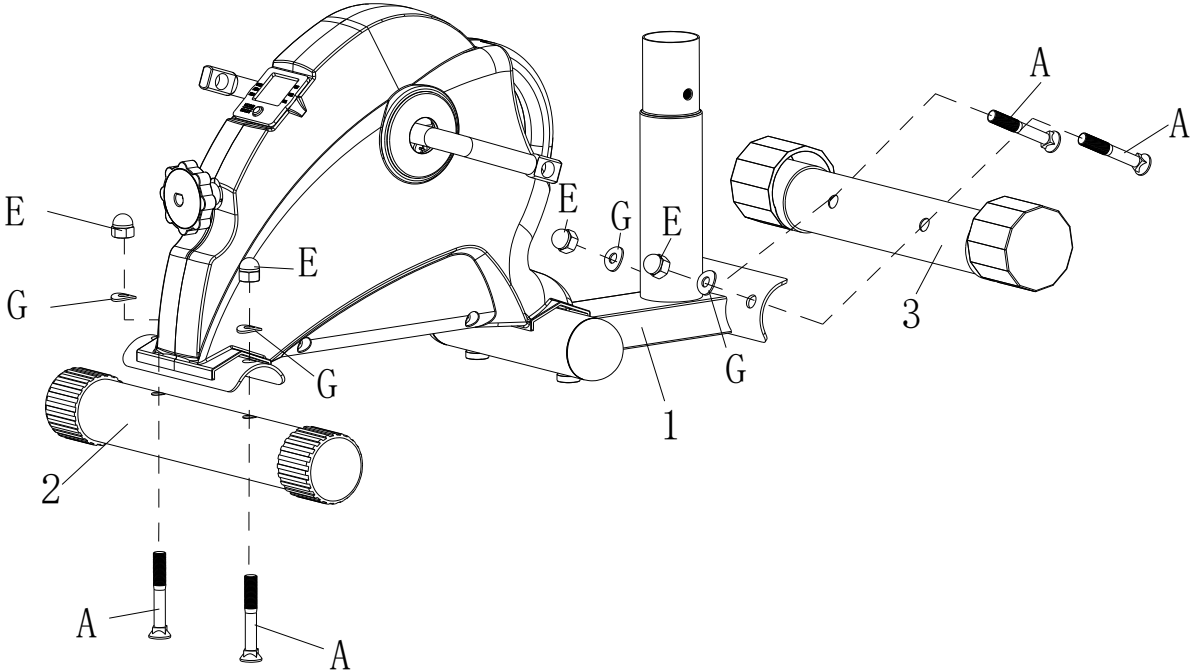
	—————	#A	M10*57	4PCS
	—————	#B	M8*15	6PCS
	—————	#C	M8*70	1PC
	—————	#D	M8*35	1PC
	—————	#E	M10	4PCS
	—————	#F	M8	2PCS
	—————	#G	ID10.2	4PCS
	—————	#H	ID8.2	4PCS
	—————	#I	ID8.2	4PCS
	—————	#J		1PC
	—————	#L	S13-15-17-19	1PC
	—————	#K	S5	1PC

ASSEMBLY STEPS

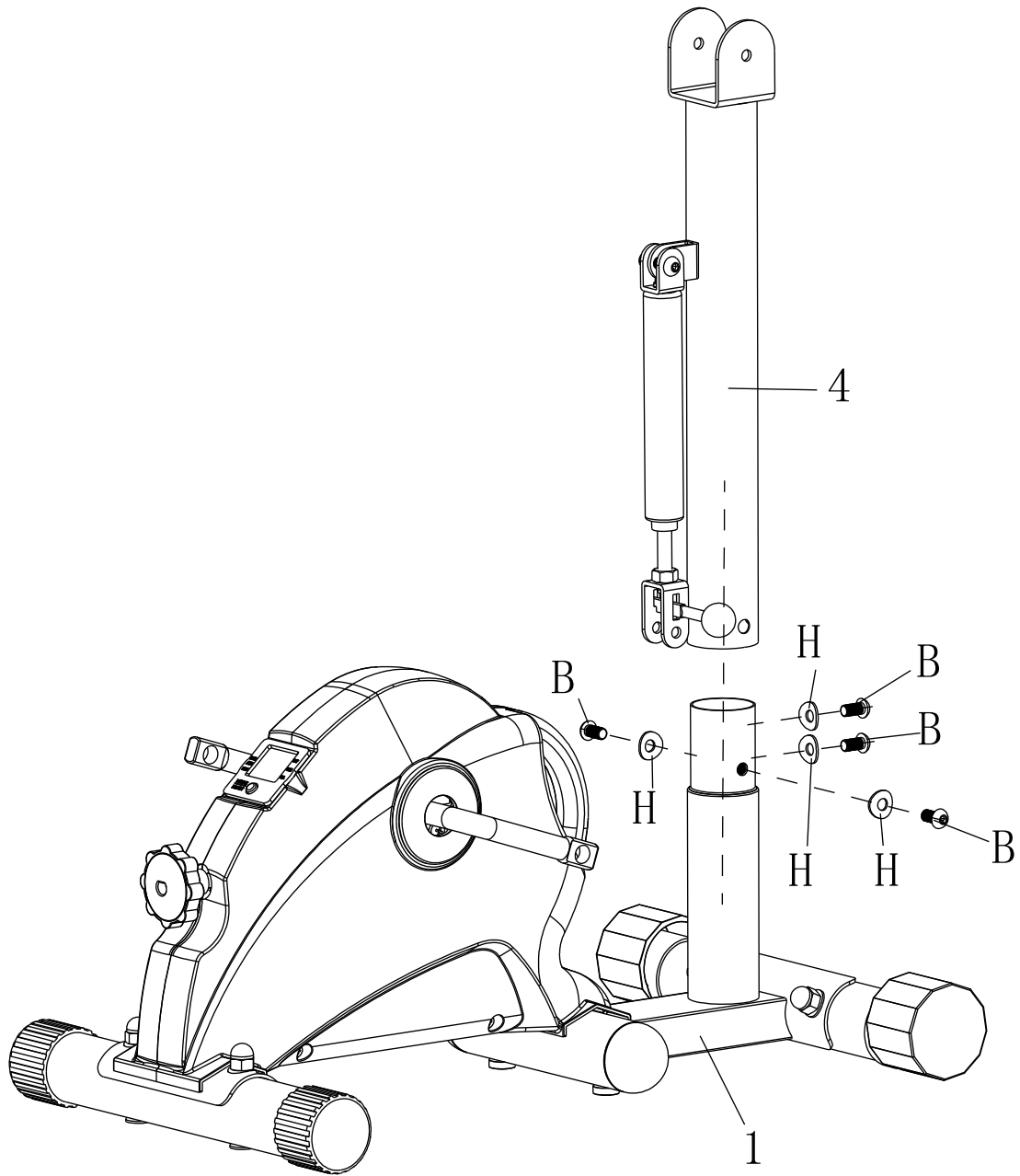
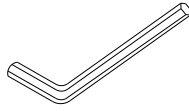
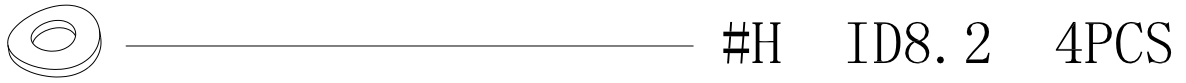
STEP 1:




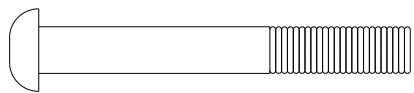
S13-15-17-19 1PC

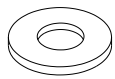


STEP 2:

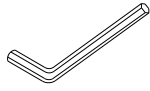


STEP 3:

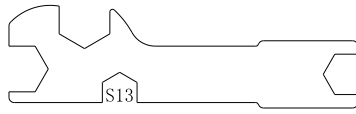
  ————— #C M8*70 1PC

 ————— #I ID8.2 1PC

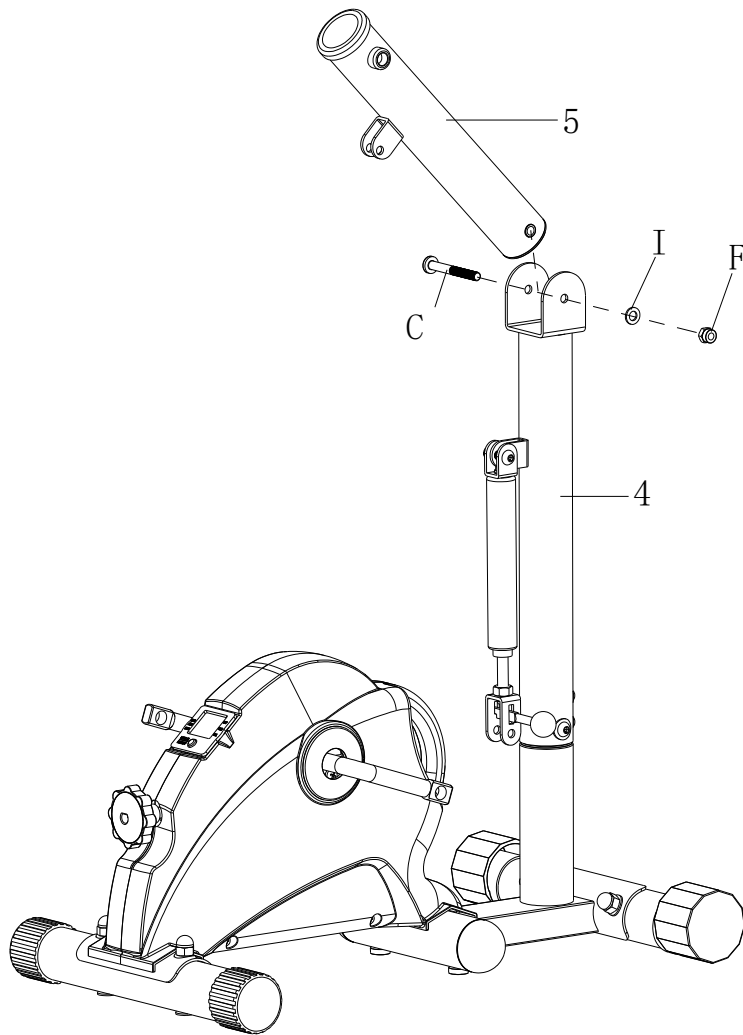
 ————— #F M8 1PC



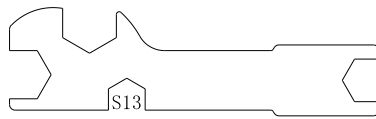
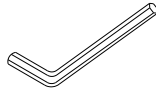
S5 1PC



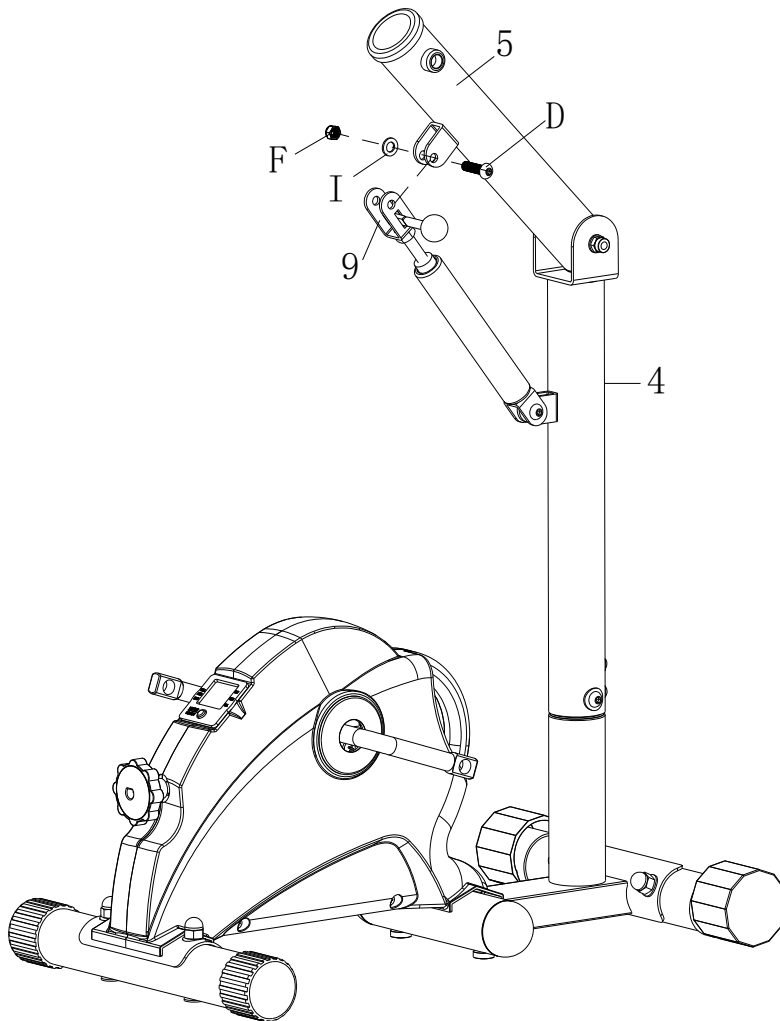
S13-15-17-19 1PC



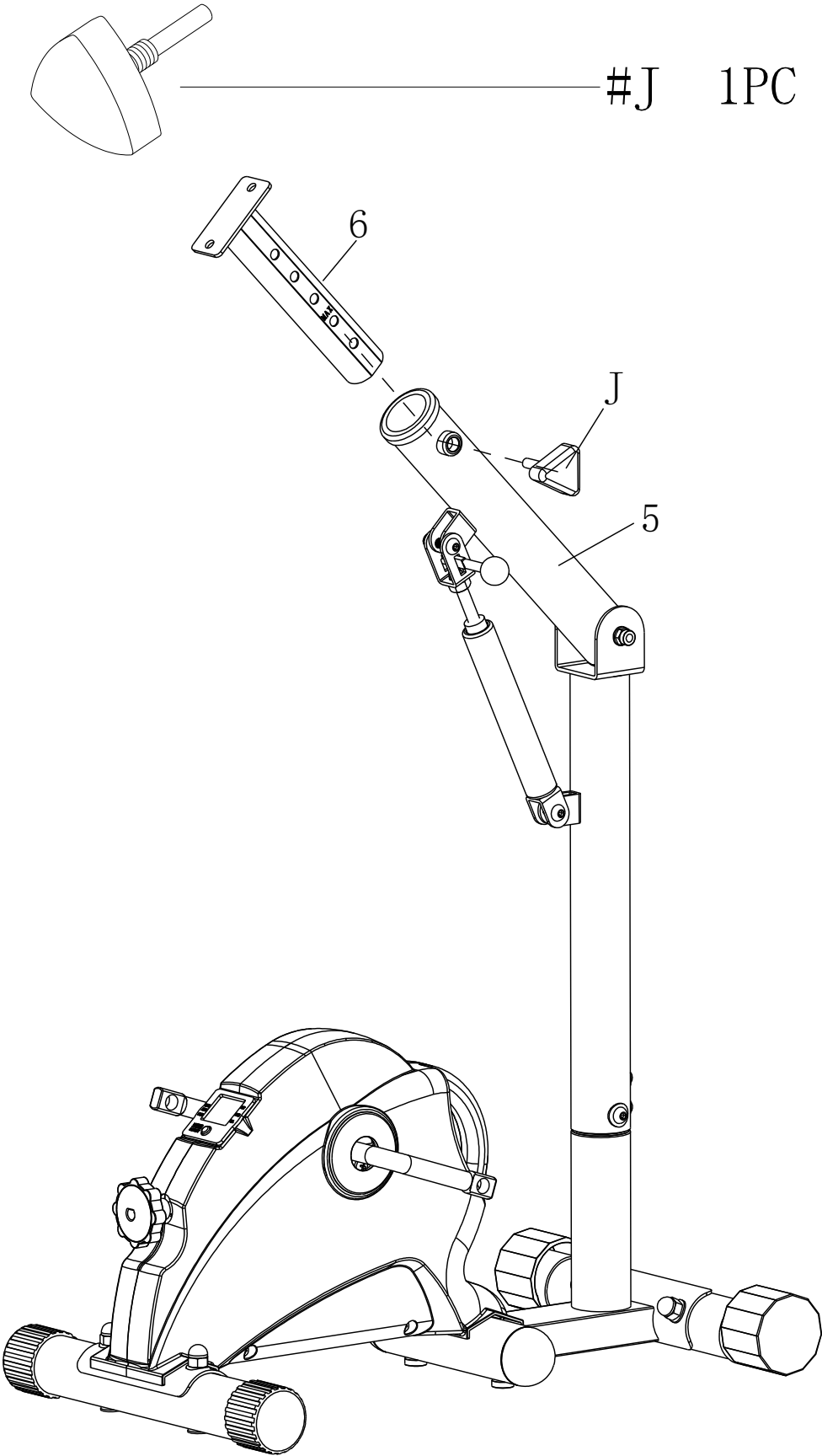
STEP 4:



S13-15-17-19 1PC

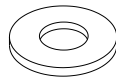


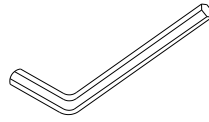
STEP 5:



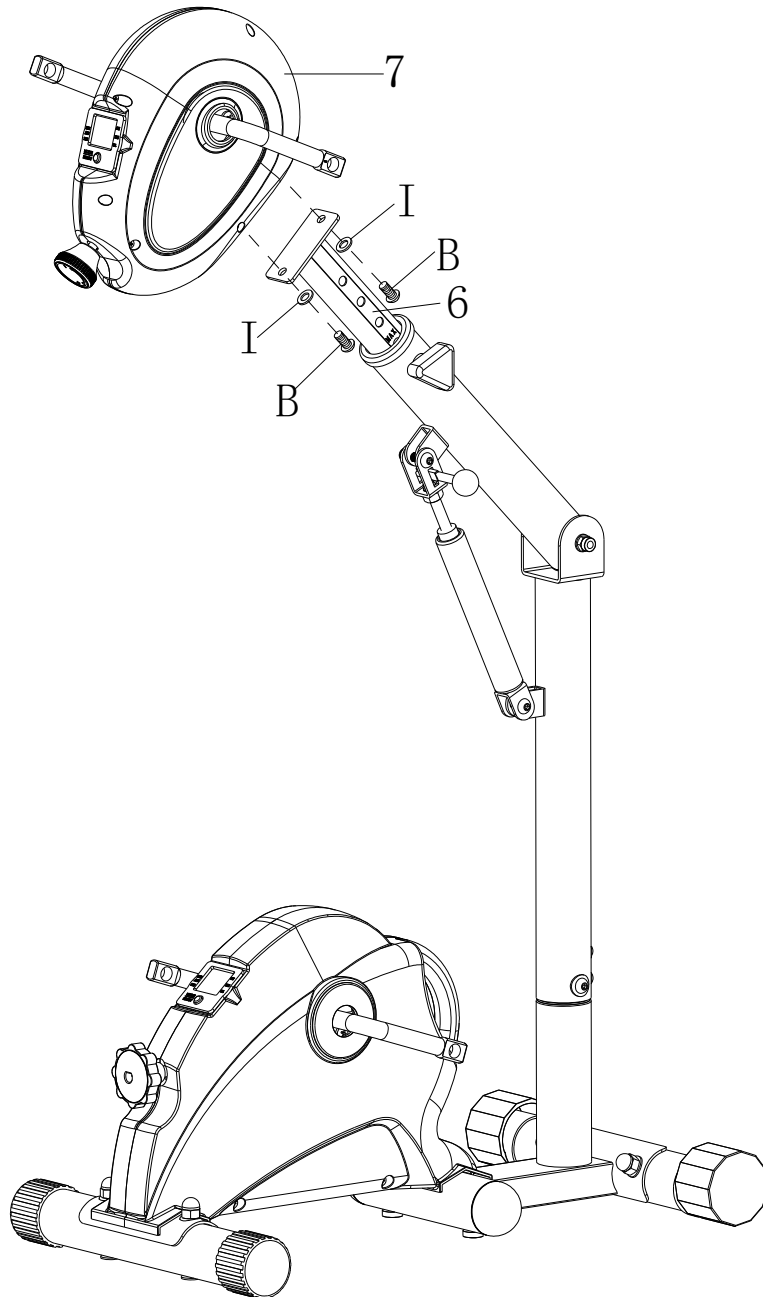
STEP 6:

 #B M8*15 2PCS

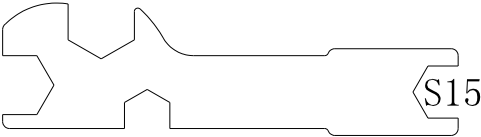
 #I ID8.2 2PCS



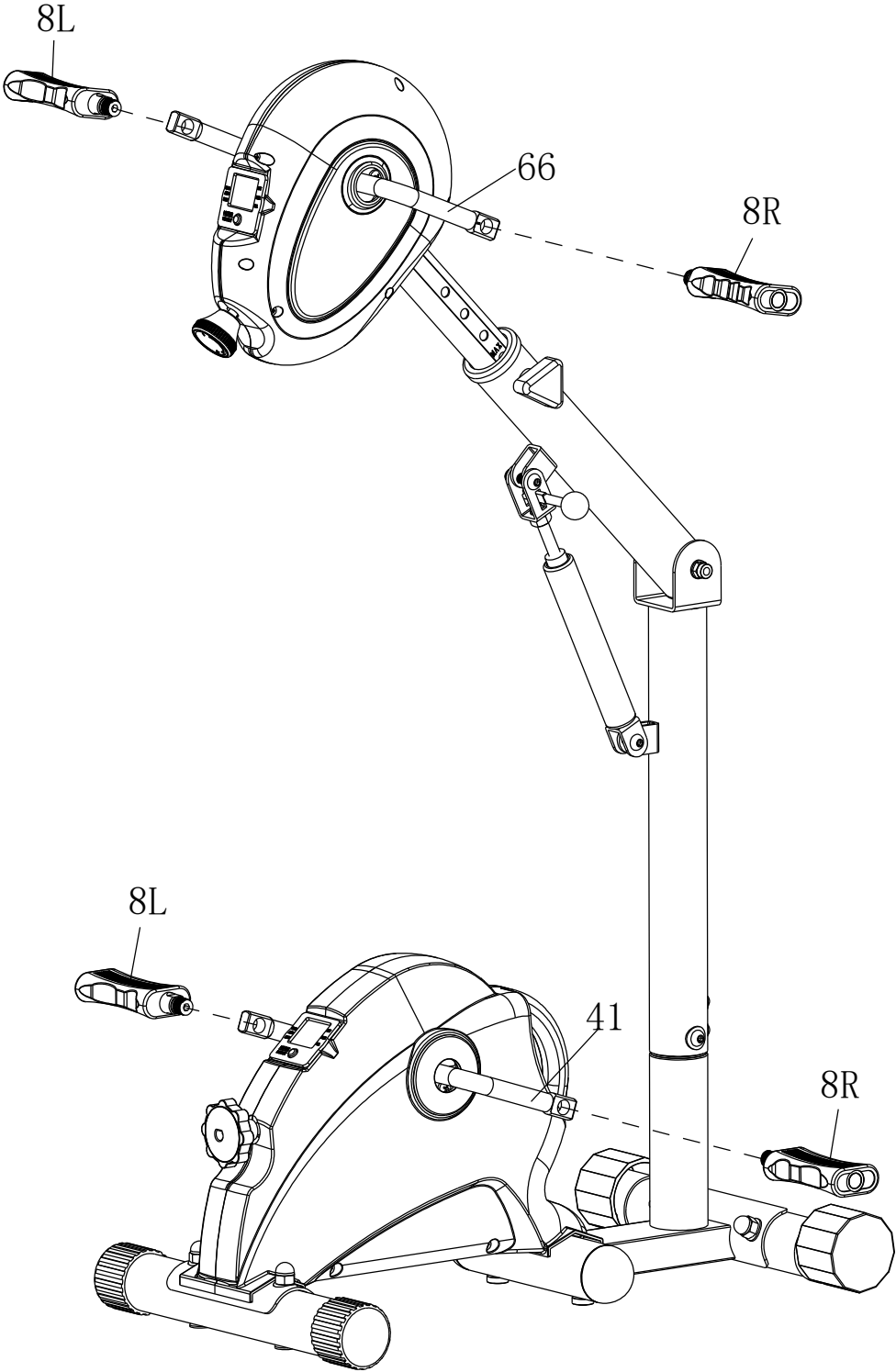
S5 1PC



STEP 7:

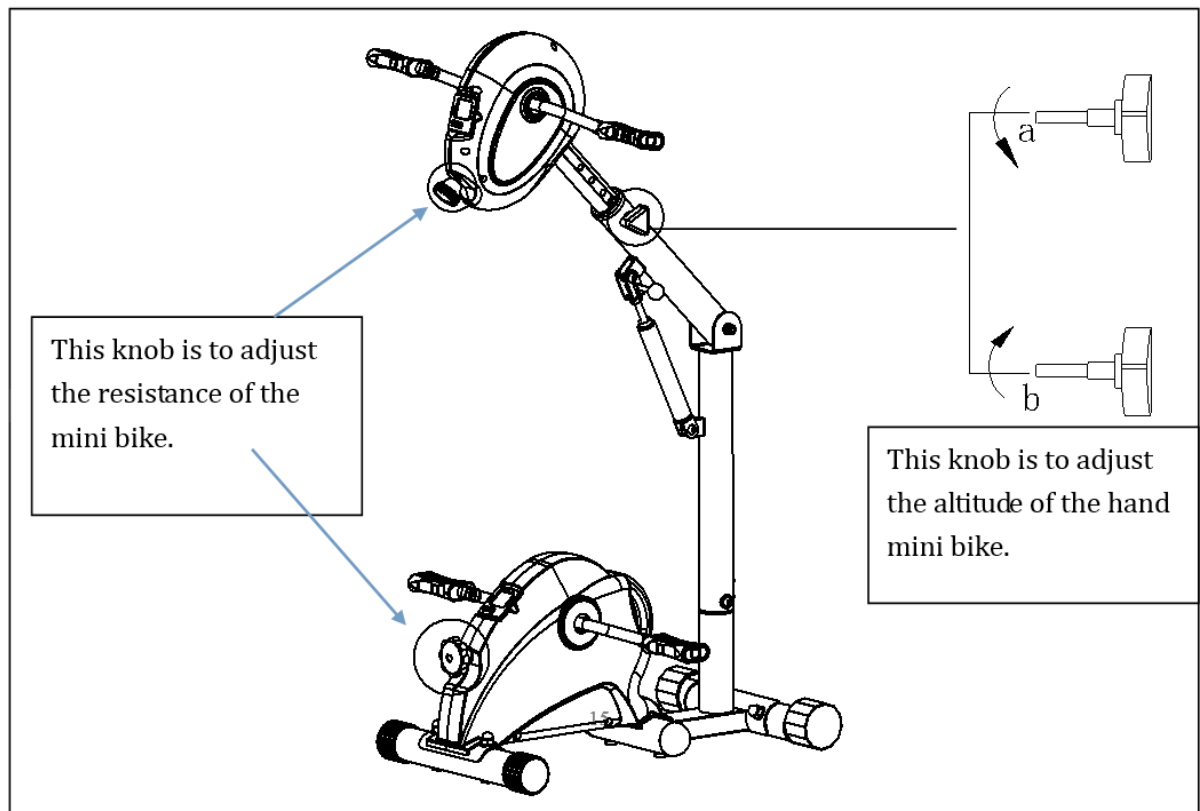
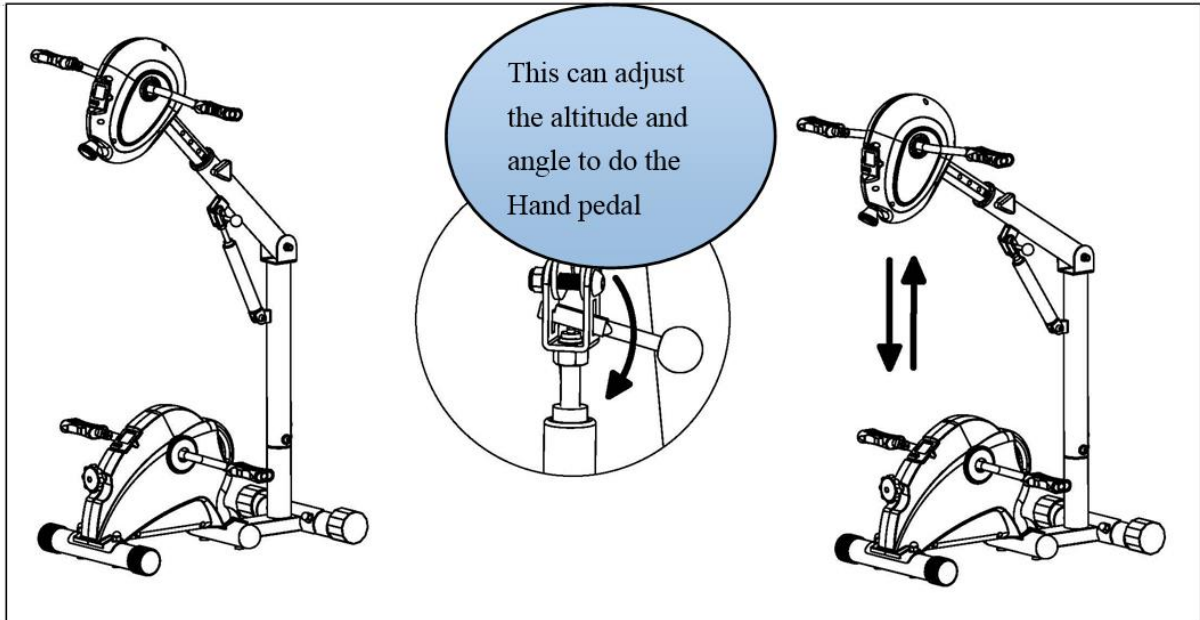


S13-15-17-19 1PC



How to adjust the Height of the Hand pedaling exercise? This is important. You must read carefully!

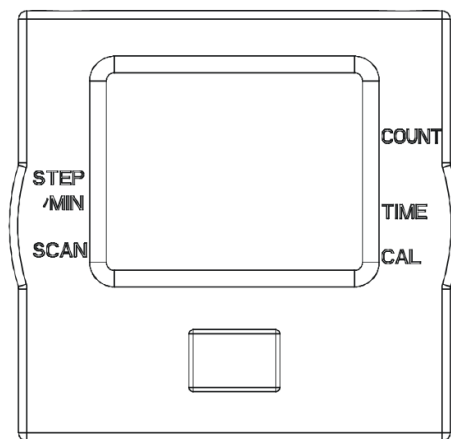
Press the round pin stick which is attached on the No. 9 air cylinder and hold it still then lifting it up or pushing it down to find the suitable altitude and angle for you to do the height and angle of the Hand Pedaling exercise.



ACTION DEMONSTRATION:



EXERCISE COMPUTER



FUNCTION BUTTON

SCAN: Press “MODE” key to select “scan”, then this function will automatically scans through all the functions displayed on the bottom line of the monitor.

TIME: Automatically accumulates workout time when starting exercise.

COUNT: Accumulates total pedal during working session.

STEP/MIN: Displays the exerciser pedals on the machine per minute.

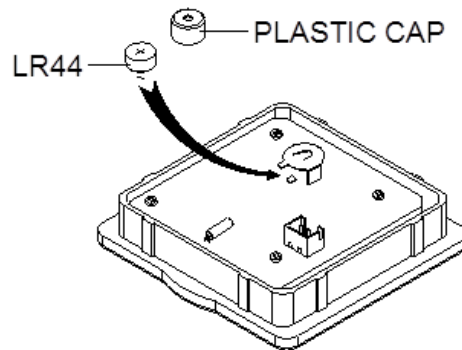
CAL: Automatically accumulates calories amount consumed when starting exercise.

MODE: To select functions or time, calories, rpm, scan, count. Hold the button for 2 seconds to have a total reset.

Note:

1. If there is a possibility to see an improper display on the monitor, please replace the batteries to have a good result.
2. Please use 1pcs of BUTTON CELL LR44 1.5V batteries as a power supply.
3. The monitor will be automatically shut off if there is no signal coming in for 4 to 5 minutes.
4. The monitor will be auto-powered when start exercise, push button w/signal in.
5. All functions will automatically stop calculating w/a “stop” sign on the upper left corner of the monitor when there is no signal coming in for a period of 4 seconds. The meter will automatically start calculating w/”stop” sign off when taking exercise.

6. The meter will automatically start calculating by simply starting exercising, and will automatically stop calculating when stop exercising for 4 seconds.



EXERCISE TIPS

WARM UP AND COOL DOWN / STRETCHING ROUTINE

Aerobic exercise is any sustained activity that sends oxygen to your muscles via your heart and lungs. It will improve fitness is promoted by any activity that uses your large muscle groups-arms legs or buttocks, for example. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the following warm-up and cool-down exercises:

Inner Thigh Stretch

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.



Hamstring Stretch

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.



Head Roll

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



Shoulder Lift

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



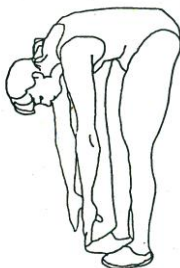
Calf-Achilles Stretch

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.



Toe Touch

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



Side Stretch

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.



TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS

General Conditions of Warranty and Definition of Terms

All Warranty Conditions stated hereunder determine Warranty Coverage and Warranty Claim Procedure. Conditions of Warranty and Warranty Claims are governed by Act No. 40/1964 Coll. Civil Code, Act No. 513/1991 Coll., Commercial Code, and Act No. 634/1992 Coll., Consumer Protection Act, 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 Borivojova Street 35/878, Prague 13000, 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 to the extent specified in the Commercial Code.

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:

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.

Registered Office:	Borivojova 35/878, 130 00 Praha 3, Czech Republic
Headquarters:	Delnicka 957, 749 01 Vitkov, Czech Republic
Warranty & Service Centre:	Cermenska 486, 749 01 Vitkov, Czech Republic
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

INSPORTLIN s.r.o.

Headquarters, Warranty & Service centre:	Elektricka 6471, 911 01 Trenčin, Slovakia
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

Date of Sale:

Stamp and Signature of Seller: