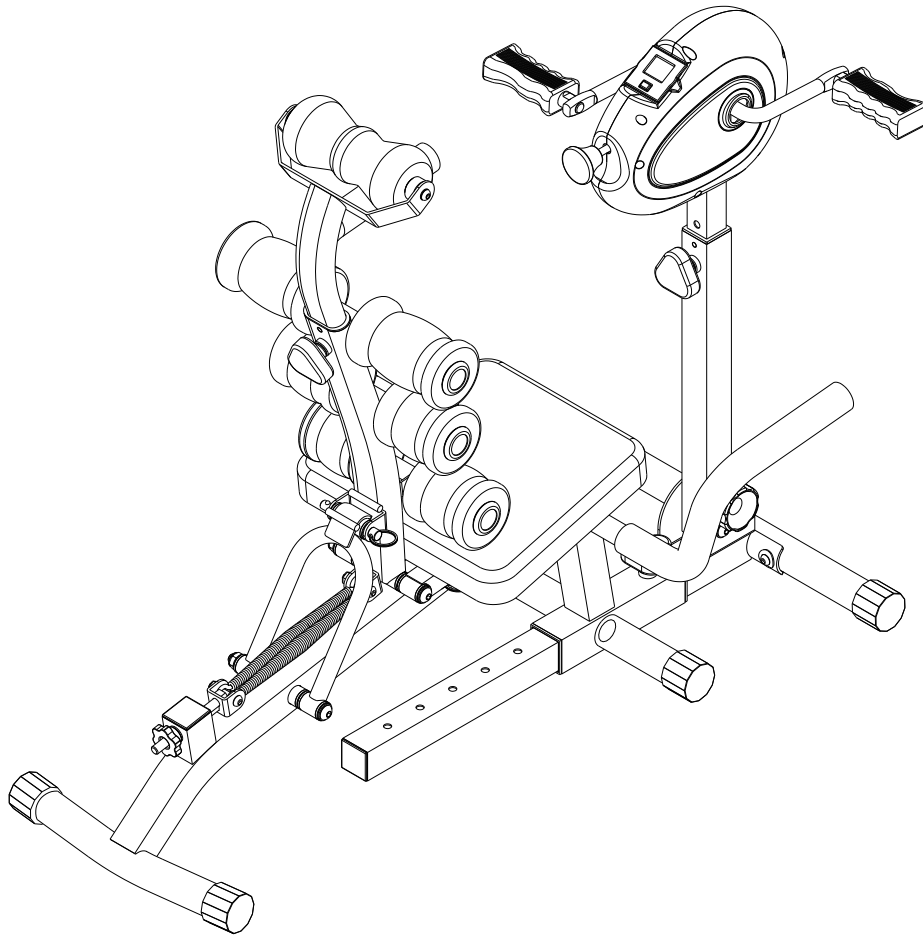




USER MANUAL – EN

IN 10892 Recumbent inSPORTline Gemra



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IMPORTANT!

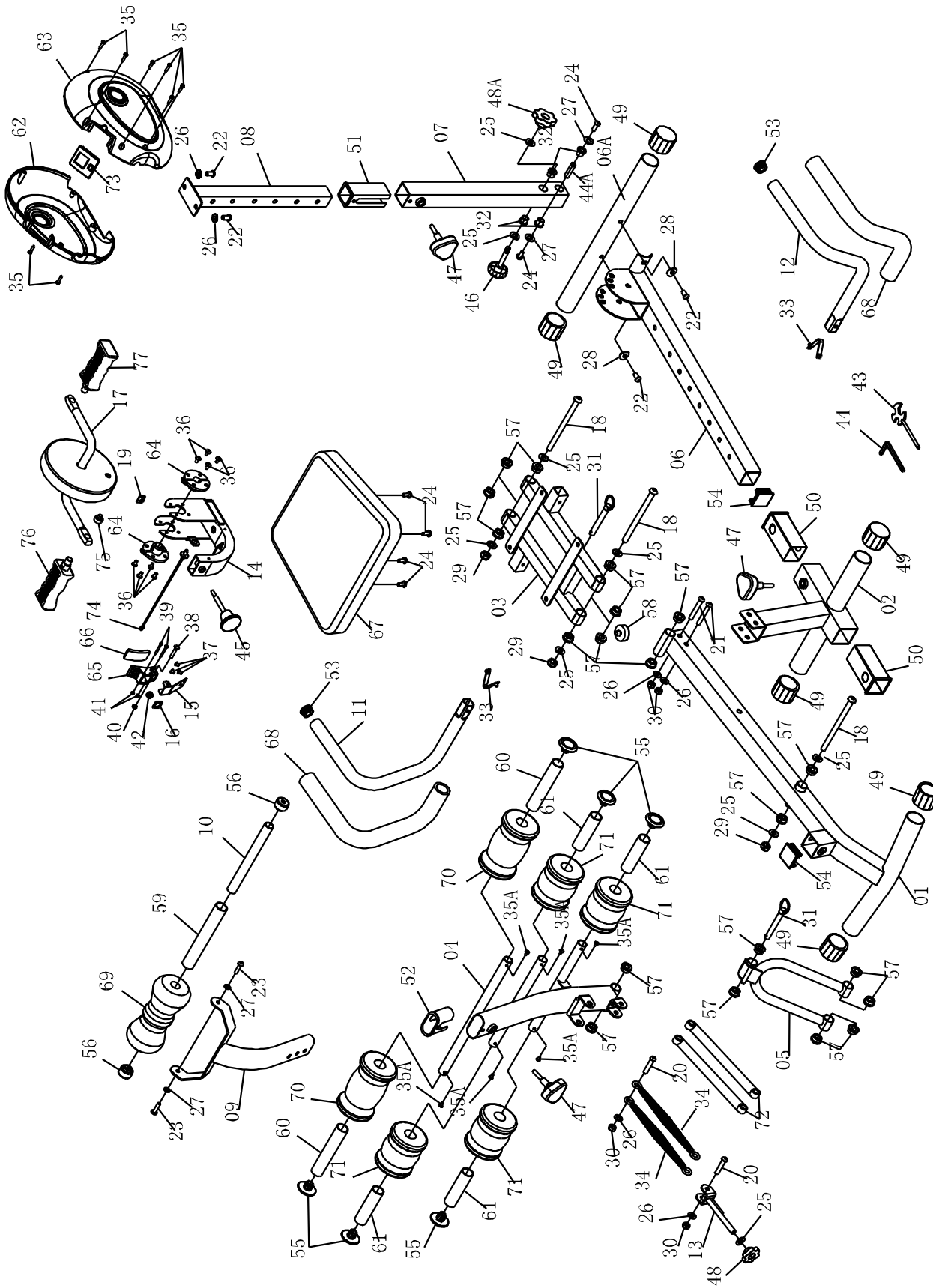
Please read all instructions carefully before using this product. Retain this manual for future reference.

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 (home use). 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



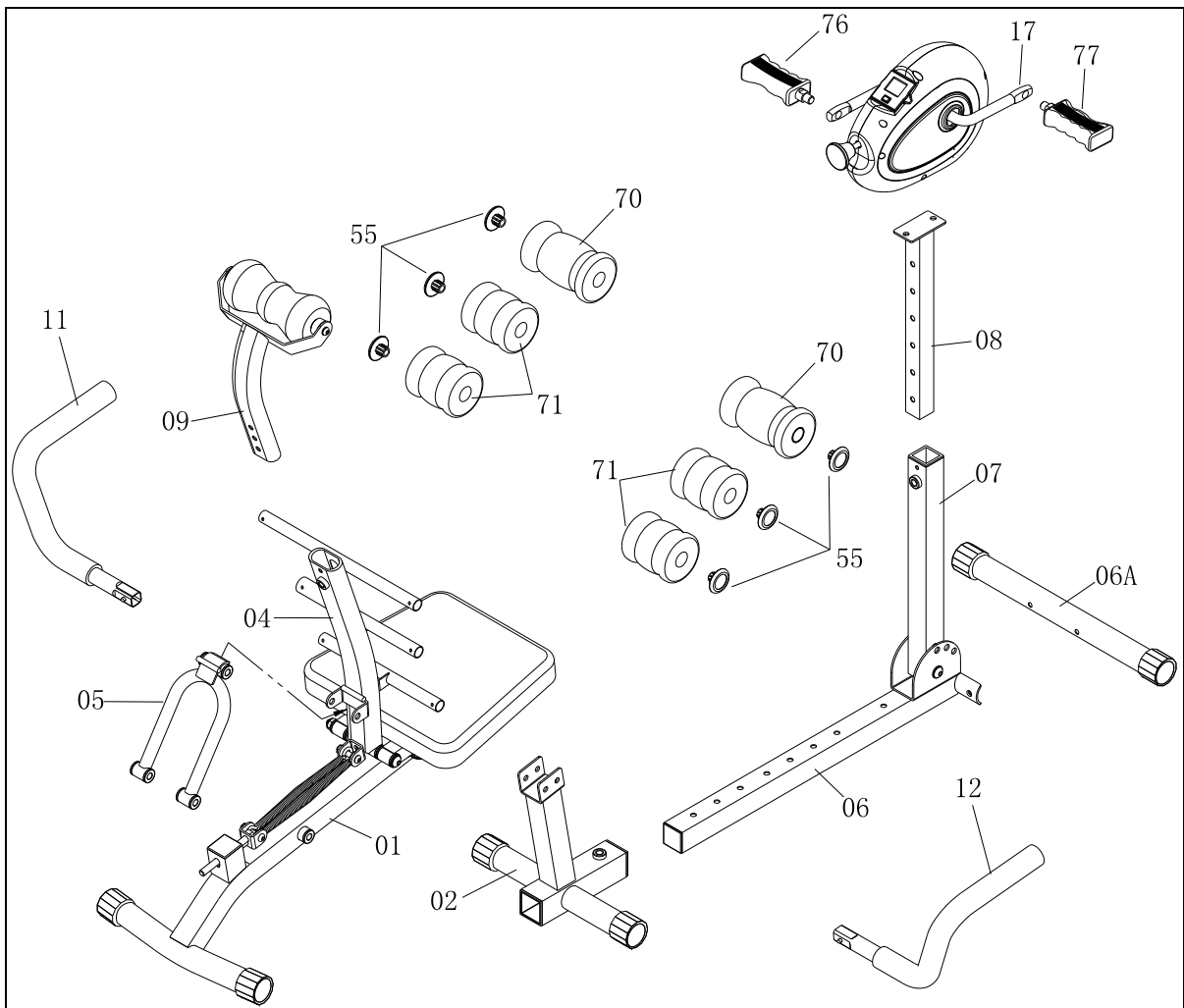
PARTS LIST

NO.	DESCRIPTION	Q'TY
01	Main frame	1
02	Front supporting tube	1
03	Seat post	1
04	Backrest Supporting Tube	1
05	U-shaped tube	1
06	Front adjustable tube	1
06A	Front Stabilizer	1
07	Front post	1
08	Extension tube	1
09	Head adjustable tube	1
10	Head cushion foam pipe	1
11	Left handle bar	1
12	Right handle bar	1
13	U-shaped stamping	1
14	Supporting tube set of control wheel	1
15	Leaf spring	1
16	Spring retaining plate	1
17	Crank	1
18	Bolt M10*140L	3
19	Plug	1
20	Bolt M8*40L	2
21	Bolt M8*55L	2
22	Bolt M8*15L	4
23	Bolt M6*25L	2
24	Bolt M6*15L	6
25	Washer OD20*ID10.3	9
26	Washer OD17*ID8.3	6
27	Washer OD13*ID6.1	4
28	Arc washer OD22*ID8.3	2
29	Nut M10	3
30	Nut M8	4
31	Pin	2
32	Bushing	4
33	V-shaped spring buckle	2
34	Spring	2

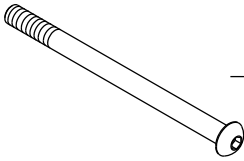
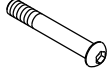






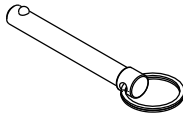

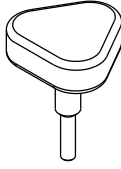

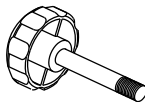
35	Screw M4*20L	8
35A	Screw M3*10L	6
36	Screw M5*10L	8
37	Screw M4*6L	3
38	Screw M5*30L	1
39	Screw M3*30L	2
40	Nut M5	1
41	Nut M3	2
42	Spring	1
43	Wrench S13-15-17	1
44	Wrench S6	1
44A	Sleeve	1
45	Knob M8*67L	1
46	Knob M10*65	1
47	Knob	3
48	Cap of knob	1
48A	Knob M10	1
49	Adjustable pad	6
50	End cap	2
51	End cap	1
52	End cap	1
53	End cap	2
54	Square end cap	2
55	End cap	6
56	End cap	2
57	Bushing	20
58	Cushion	1
59	Axle sleeve	1
60	Axle sleeve	2
61	Axle sleeve	4
62	Left cover	1
63	Right cover	1
64	Plastic flange	2
65	Fixed base of wool felt	1
66	Wool felt	1
67	Seat	1
68	Hand foam grip	2
69	Head sponge	1

70	Back sponge	2
71	Back sponge	4
72	Spring nylon cloth	2
73	Meter	1
74	Sensor	1
75	Magnet	1
76	Left pedal	1
77	Right pedal	1

ASSEMBLY INSTRUCTIONS



PARTS LIST OF ASSEMBLY

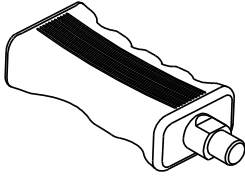
	_____	#18 M10*140L	1PC
	_____	#21 M8*55L	2PCS
	_____	#22 M8*15L	4PCS
	_____	#25 OD20*ID10.3*1.5T	5PCS
	_____	#26 OD17*ID8.3*1.5T	4PCS
	_____	#28 OD22*ID8.3*1.5T	2PCS
	_____	#29 M10	1PC
	_____	#30 M8	2PCS
	_____	#31 ϕ 10	2PCS
	_____	#35A M3*10L	6PCS
	_____	#47 M12	3PCS
	_____	#48A ϕ 65*M10	1PCS
	_____	#46 ϕ 10*65L	1PCS



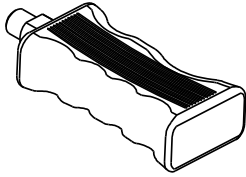
#48 M10 1PC



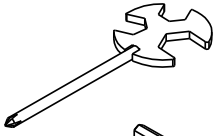
#55 \varnothing 40 6PCS



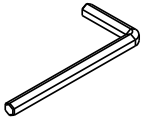
#76 1/2" L 1PC



#77 1/2" R 1PC



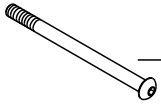



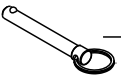
#43 13. 15. 17 1PC

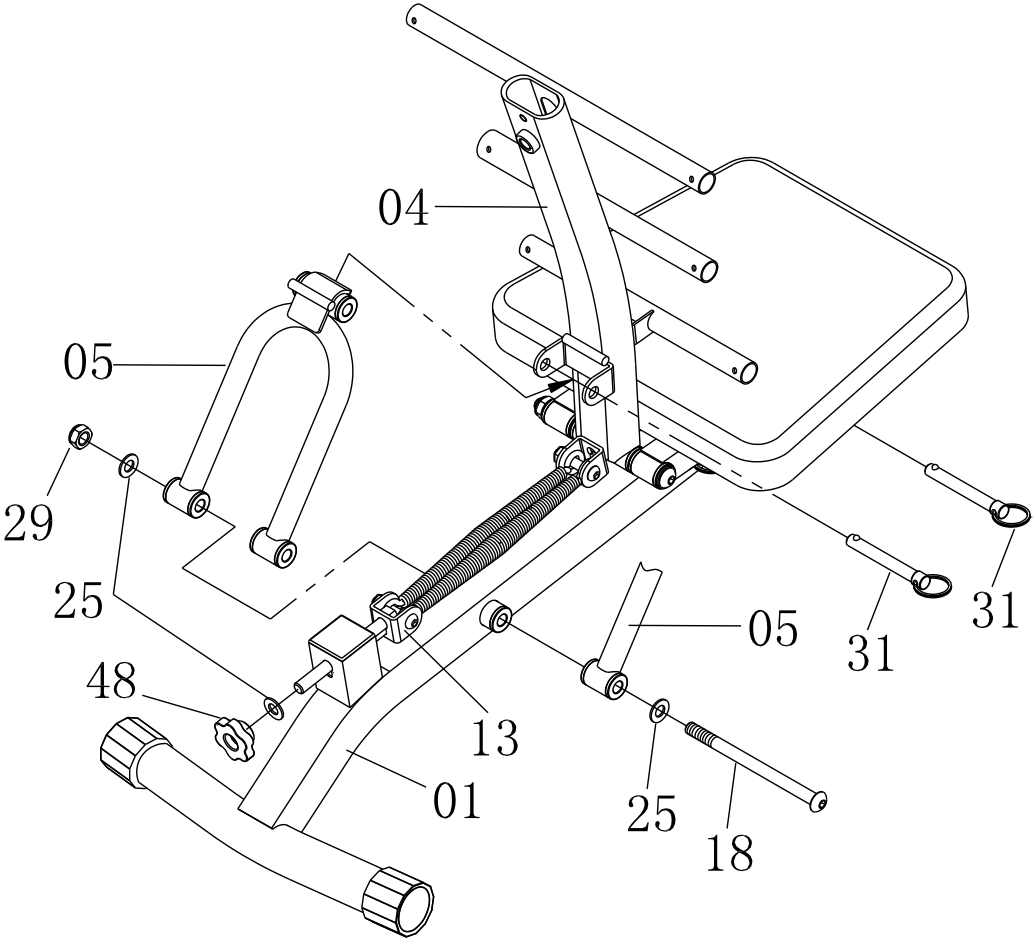
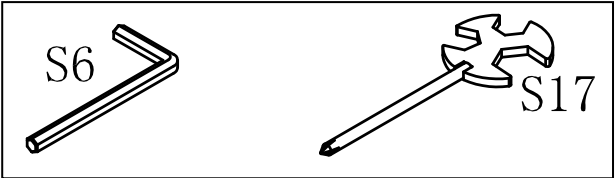


#44 S6 1PC




ASSEMBLY STEPS

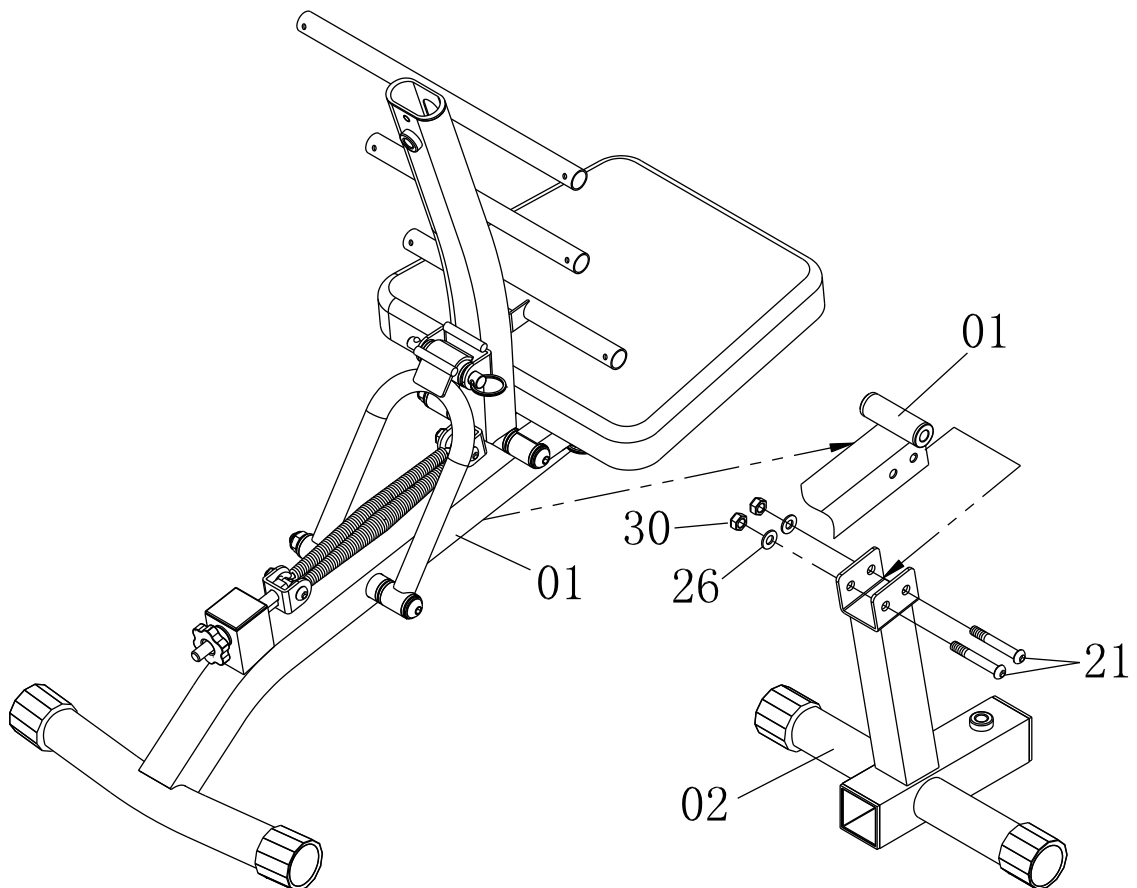
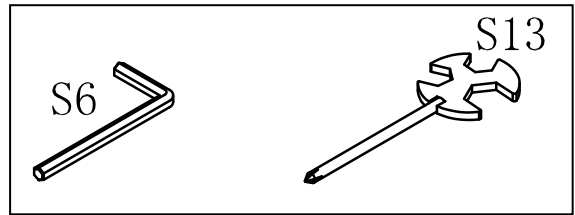
STEP 1:

	#18 M10*140L	1PC
	#25 OD20*ID10.3*1.5T	3PCS
	#29 M10	1PC
	#48 M10	1PC
	#31 ϕ 10	2PCS









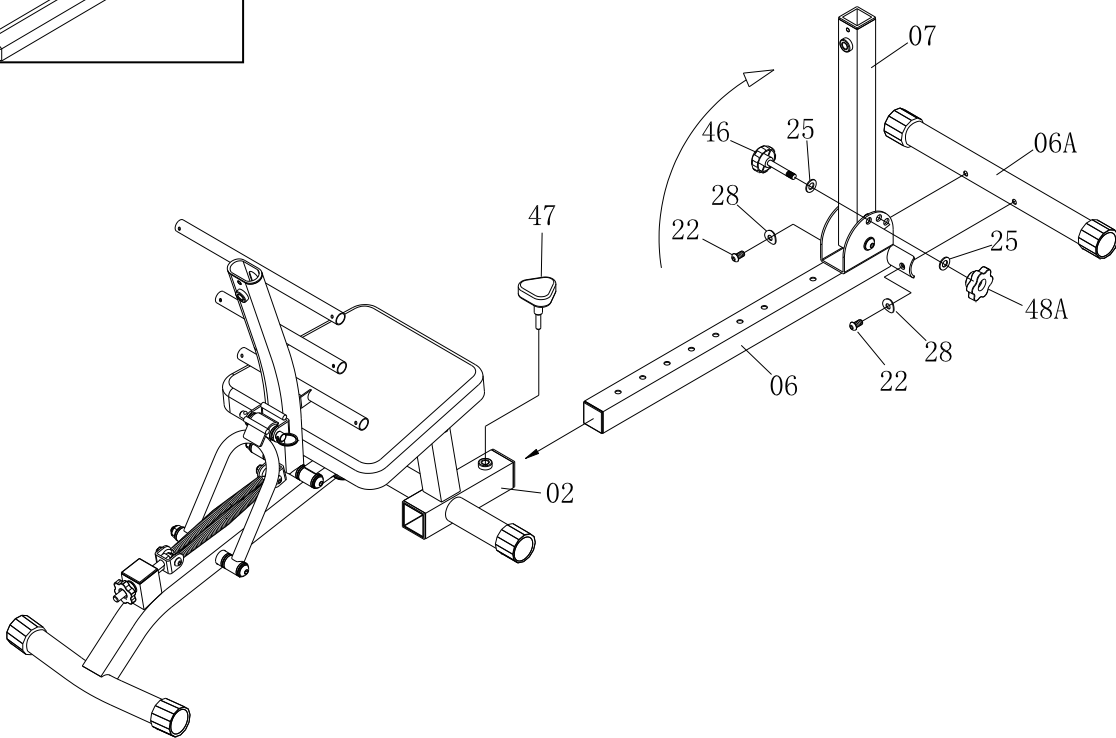
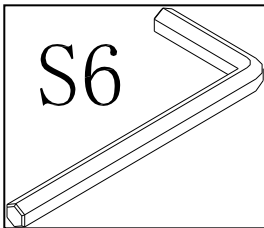
STEP 2:

	_____	#21 M8*55L	2PCS
	_____	#26 OD17*ID8.3*1.5T	2PCS
	_____	#30 M8	2PCS

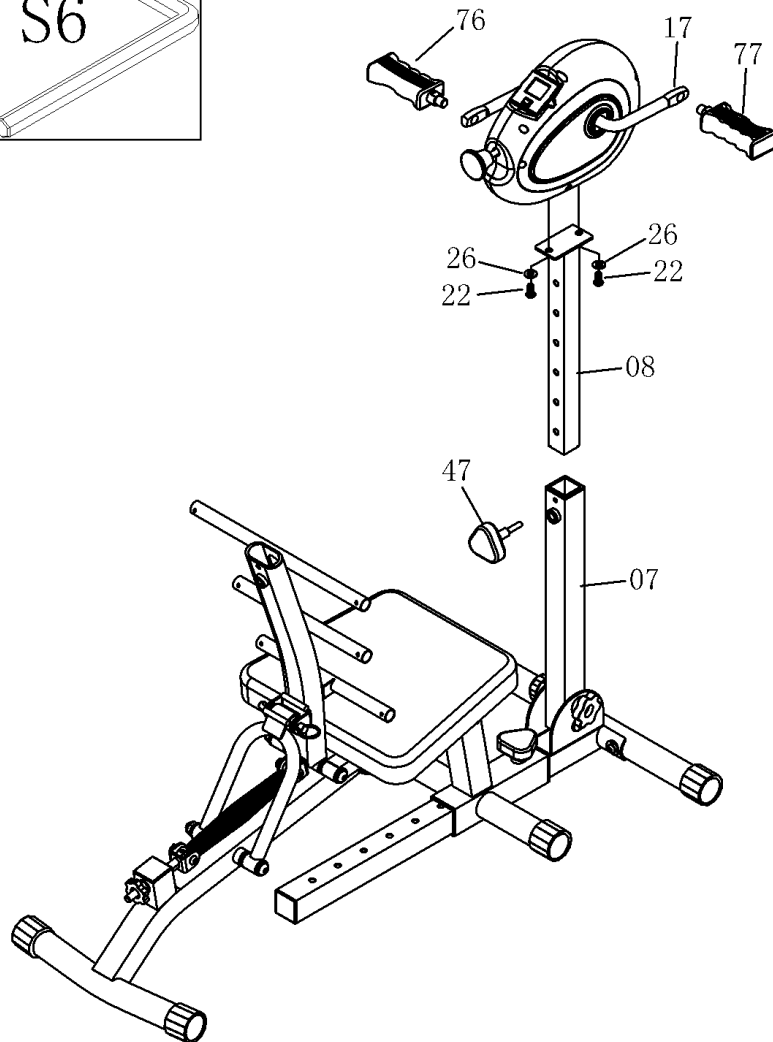
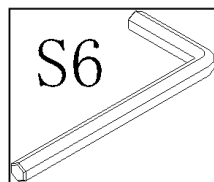
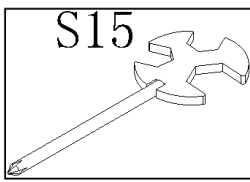
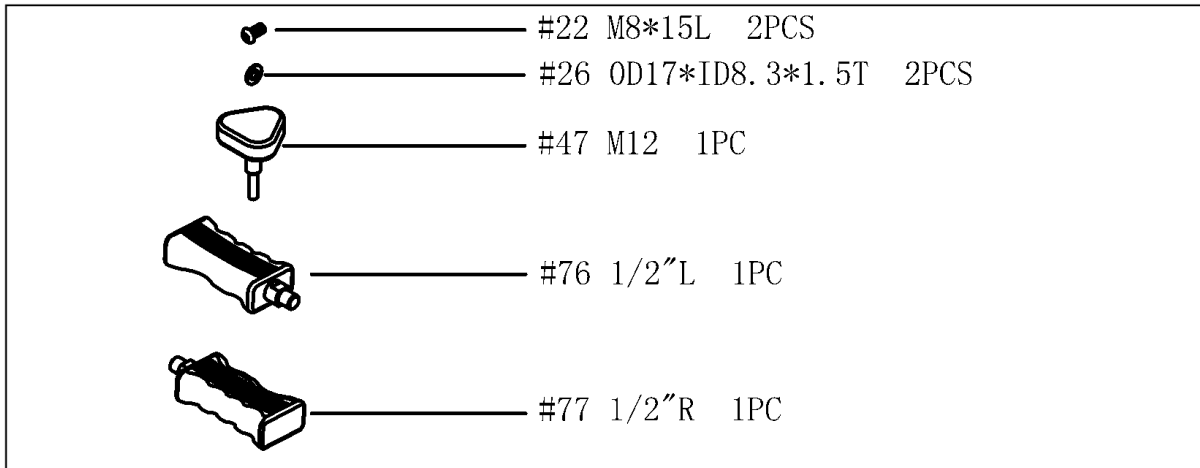


STEP 3:



	_____	#22 M8*15L	2PCS
	_____	#25 M8*15L	2PCS
	_____	#28 OD22*ID8.3*1.5T	2PCS
	_____	#48A ϕ 65*M10	1PCS
	_____	#46 ϕ 10*65L	1PCS
	_____	#47 M12	1PC

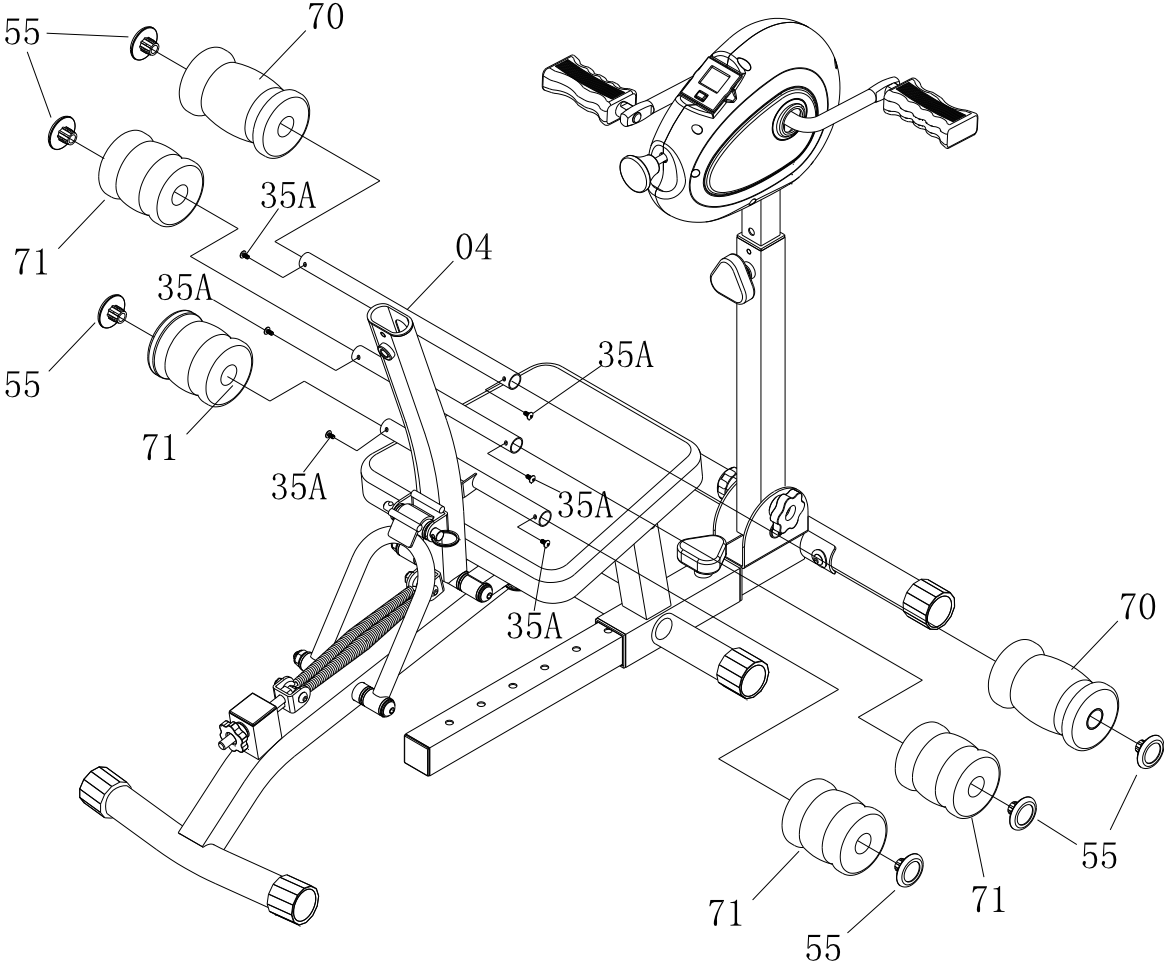


STEP 4:

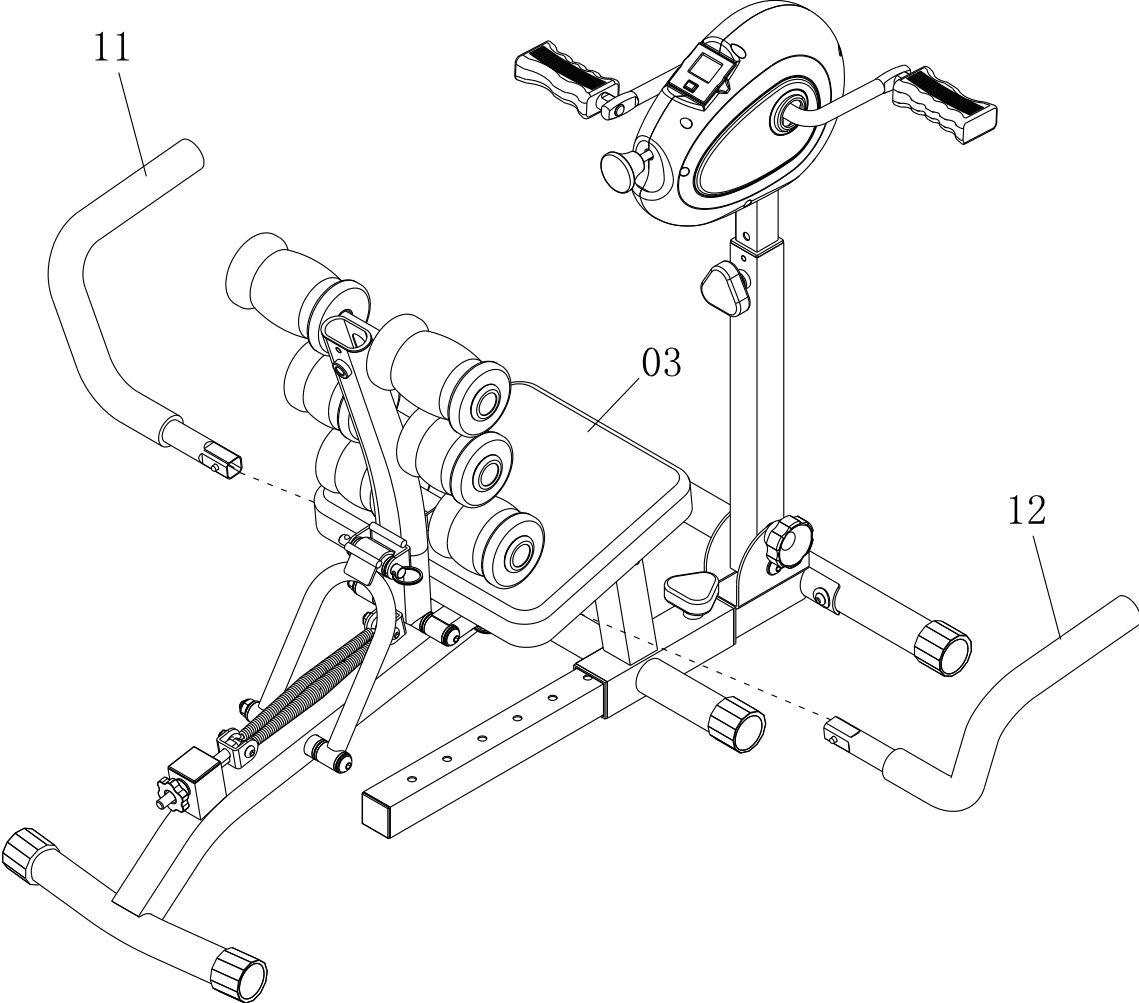


STEP 5:

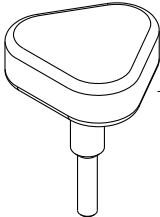
	_____	#55	Ø40	6PCS
	_____	#35A	M3*10L	6PCS

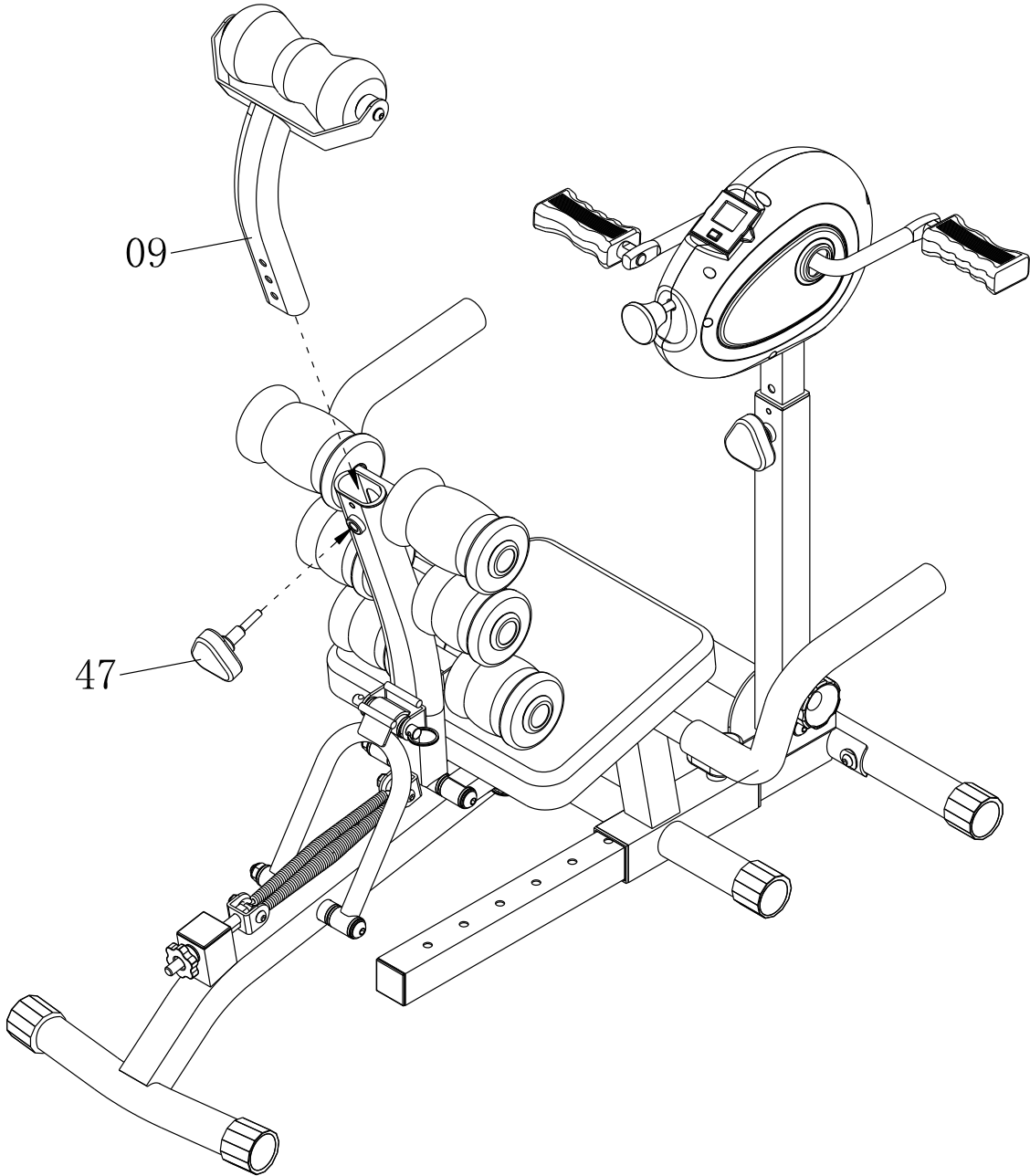


STEP 6:



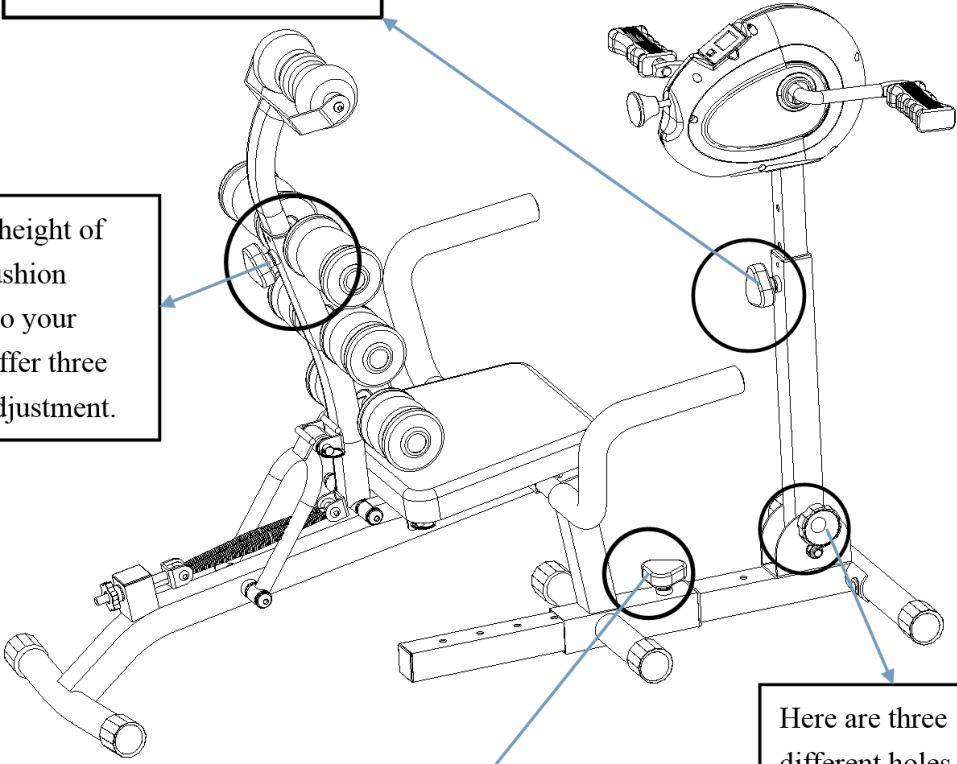
STEP 7:

	#47 M12 1PC
---	-------------



Adjust the highness of the MINI BIKE by using this knob. You can choose the most comfortable way for exercising from these six holes.

Adjust the height of the head cushion according to your need. We offer three holes for adjustment.



Here are seven holes for you to adjust the distance between the seat and the MINI BIKE according to your need.

Here are three different holes for the adjustment of the angel of the MINI BIKE.

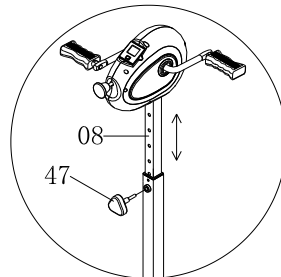
EXERCISE INSTRUCTIONS

As shown in this picture, you can sit on seat to work on the muscle of your hands and legs.

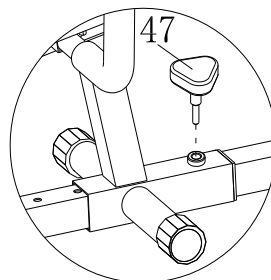
Before going into the exercises below, please remember to use PIN (#31) to hold the seat. As shown in this picture.



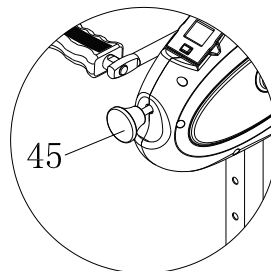
You can adjust the highness of the MINI BIKE according to your height with Knob (#47). As shown in the below picture.



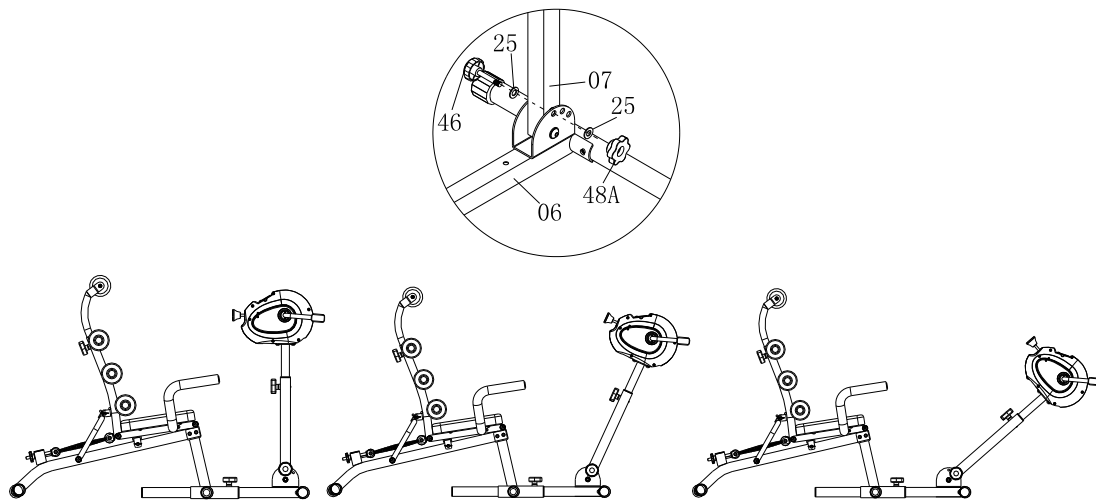
Adjust the distance between your body and the MINI BIKE by using Knob (#47). As shown in the below picture.



Adjust Knob (#45) to change the resistance of the MINI BIKE.



When doing the leg exercise, here are three different holes to adjust the angel of the MINI BIKE. As shown in the below picture.

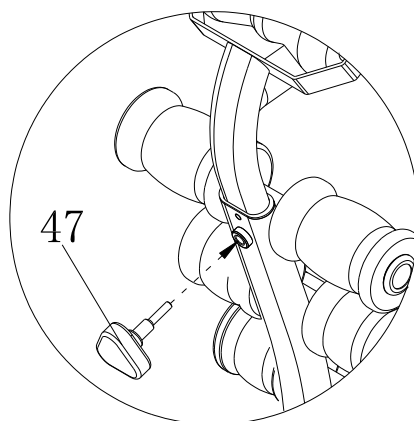


You can work on the muscle of the waist and abdomen. As shown in this picture.

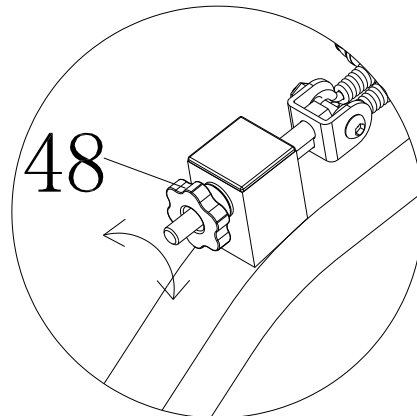
Before going into the exercise below, please remember to remove PIN (#31).



Adjust the highness of the head cushion according to your height by using Knob (#47). As shown in this picture.



By adjusting Knob (#48), you can change the tension of the spring. Turn in clockwise enhances the resistance needed during the exercise. Turn in counterclockwise reduces the resistance needed during the exercise.



EXERCISE MONITOR INSTRUCTIONS



SPECIFICATIONS

TIME	00:00-99:59MIN
CALORIES	0.0-999.9 (0~9999) KCAL
COUNT (CNT)	0~9999
REPS/MINUTE (STEP/MIN)	0~9999

KEY FUNCTIONS

MODE: This key lets you to select and lock on to a particular function you want.

RESET (CLEAR): The key to reset the value to zero by pressing the key.

OPERATION PROCEDURES

1. AUTO ON/OFF

The system turns on when any key is pressed or when it sensor an input from the speed sensor.

The system turns off automatically when the speed has no signal input or no key are pressed for approximately 4 minutes.

2. RESET

The unit can be reset by either changing battery or pressing the MODE key for 3 seconds.

3. MODE

To choose the SCAN or LOCK if you do not want the scan mode, press the MODE key when the pointer on the function you want which begins blinking.

FUNCTIONS

- **TIME:** Press the MODE key until pointer lock on to TIME. The total working time will be shown when starting exercise.
- **COUNT:** Press the MODE key until pointer lock on to COUNT. Automatically accumulates workout count when starting exercise.
- **CALORIE:** Press the MODE key until pointer lock on to CAL. The calorie burned will be displayed when starting exercise.
- **STEP/MIN (IF HAVE):** Press the MODE key until pointer lock on STEP/MIN. Display current speed during working time.
- **SCAN.** Automatically display changes every 4 seconds.

BATTERY: If improper display on monitor, please replace the battery--- 1pcs LR44.

WARM UP EXERCISES

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:

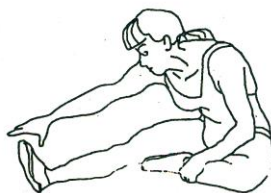
Inner Thigh Stretch

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.



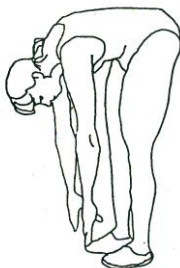
Calf-Achilles Stretch

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

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