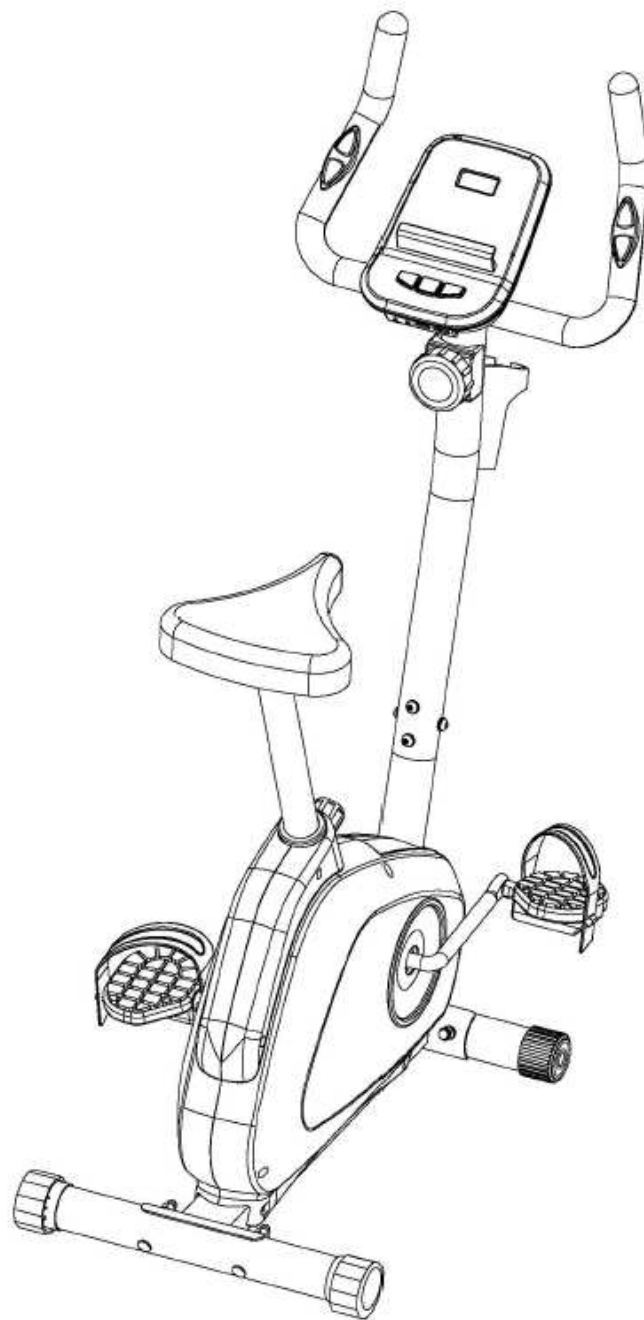




USER MANUAL – EN

IN 10893 Exercise Bike inSPORTline inCondi UB30m



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PREFACE

Let's start a fearless adventure in knowing what to do when no one's there telling you what to do.

BUT Before that please read the following.

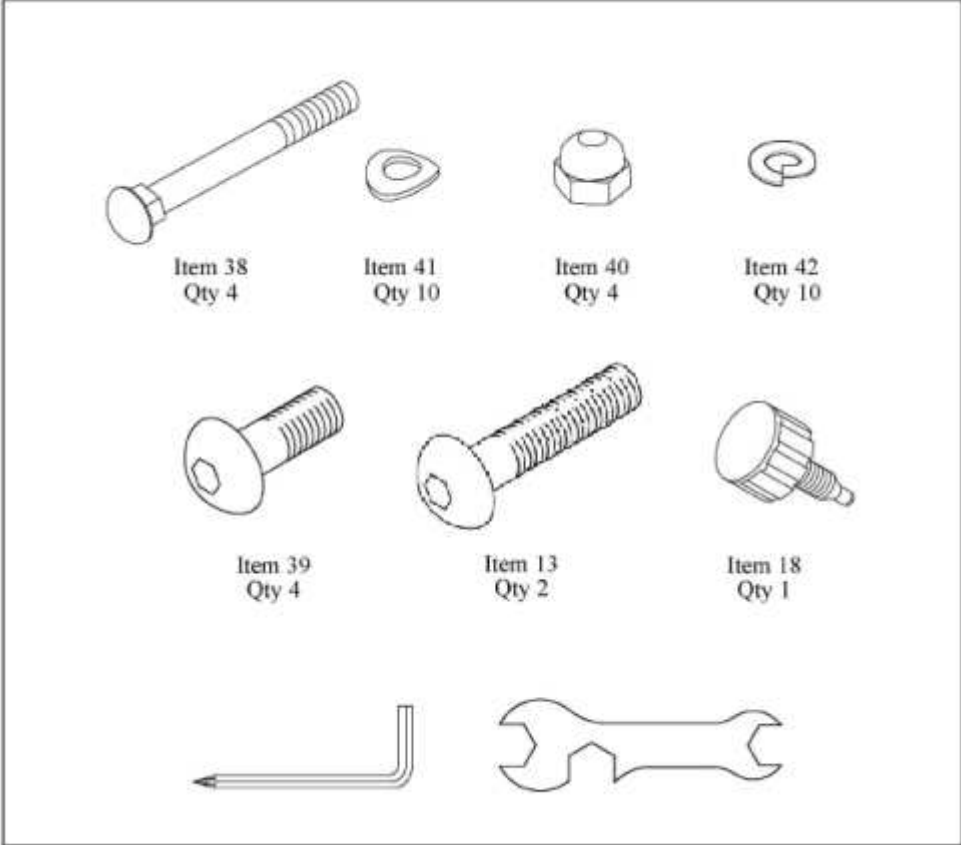
SAFETY FUNCTION

This exerciser is made for home use only, and tested up to a max body weight of 120kg.

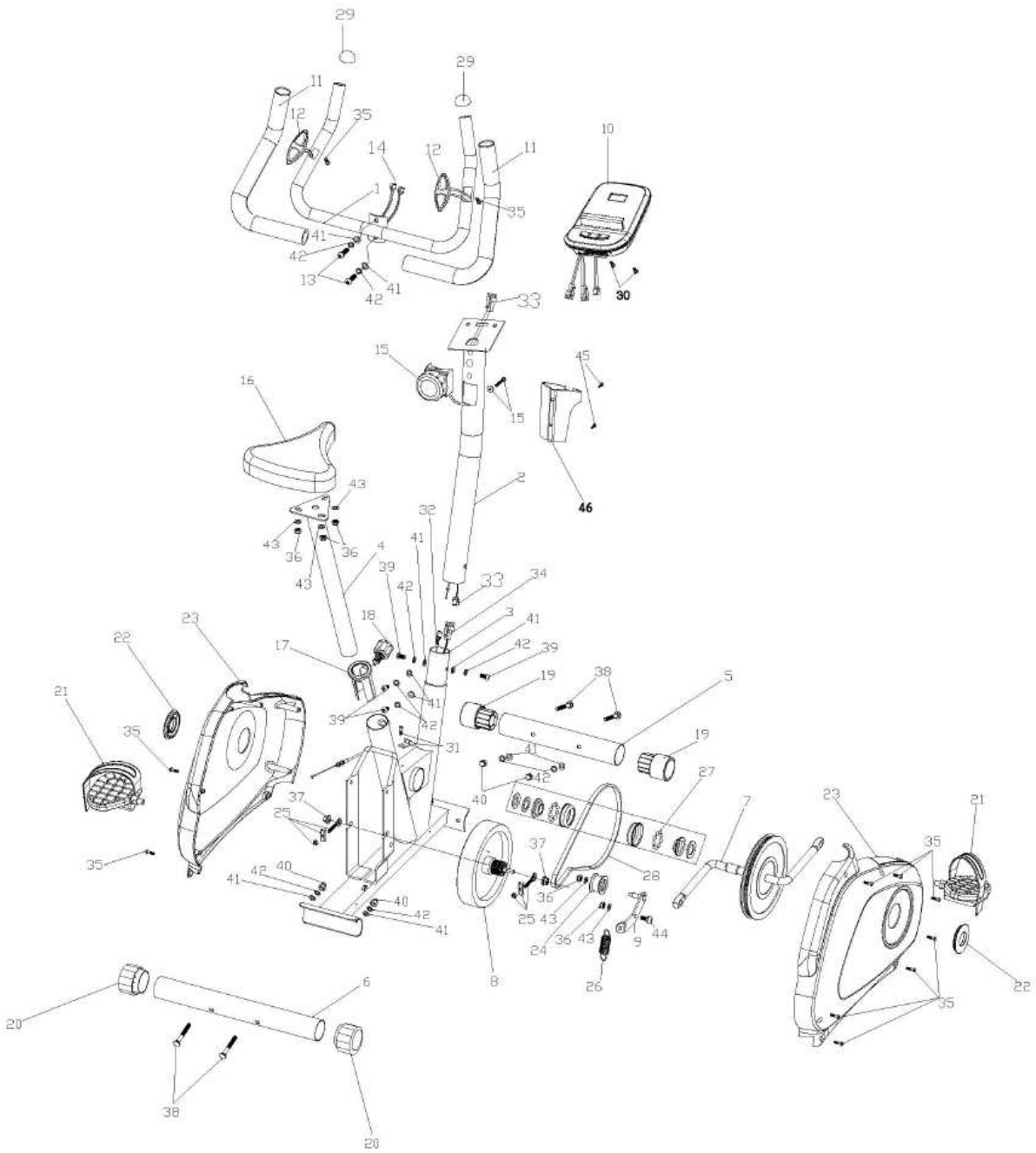
1. Follow the steps of the assembly instructions carefully.
2. Use only original parts as delivered.
3. Place this exerciser on an even, non-slippery surface. Because of possible corrosion, the usage of any exerciser in moist areas is not recommended.
4. Before assembly, check if delivery is complete by using the included parts-list.
5. For assembly use only suitable tools and ask for assistance with assembly if necessary.
6. Check before the first training and every 1-2 month that all connecting elements are tight fitting and are in the correct condition.
7. Replace defective components immediately and/or keep it out of use until repair.
8. For repairs, use only original spare parts.
9. In case of repair please ask your dealer for advice.
10. Ensure that training starts only after correct assembly and inspection.
11. For all adjustable parts be aware of the maximum positions to which they can be adjusted/ tightened to.
12. This exerciser is designed for adults. Please ensure that children use the exerciser only under the supervision of an adult.
13. Ensure that those present are aware of possible hazards, e. g. movable parts during training.
14. Warning: incorrect/excessive training can cause health injuries.
15. Please follow the advice for correct training as detailed in training instructions.
16. Consult your physician before starting with any exercise program. They can advise on the kind of training and which impact is suitable.
17. This user manual is only for customers' reference.
18. The supplier cannot guarantee for mistakes occurring due to translation or change in technical specification of the product.
19. All data displayed are approximate guidance and cannot be used in any medical application.
20. For your own safety, always ensure that there is at least 0.6 meter of free space in all directions around your product while you are exercising.
21. **WARNING!** A heart rate monitor may not be accurate. Overloading during training may cause serious injury or death. If you feel any discomfort, immediately stop the exercise!
22. **Certification:** This training equipment is in compliance with EN ISO 20957-1:2013 / EN957-5:2009, Class HC (for home use)
23. **Max user weight:** 120kg

TOOL KIT

These are all the accessories you will need to complete the assembly of your product. The following accessories are loosely assembled to the frame or master component and will need to be removed prior to assembly.



EXPLODED VIEW



PARTS LIST

Part No.	Description	Q'ty
1	Handlebar	1
2	Handlebar Upright	1
3	Main Frame	1
4	Saddle Stem	1
5	Front Stabilizer	1
6	Rear Stabilizer	1
7	Pedal Crank and Drive Wheel	1
8	Flywheel	1
9	Pulley Bracket	1
10	Console	1
11	Handlebar Grip Foam	2
12	Pulse Sensor Pad	2
13	M8 x 25 mm Allen Bolt	2
14	Pulse Sensor Wire	2
15	Tension Controller	1
16	Saddle	1
17	Saddle Stem Insert	1
18	Saddle Adjustment Knob	1
19	Transportation Wheel	2
20	Hex End Cap	2
21	Pedal (Right & Left)	1
22	Chain Guard Trim	2
23	Chain Cover (Right & Left)	1
24	Pulley	1
25	Flywheel Tightening Nut	2
26	Spring	1
27	BB set	1
28	Drive Belt	1
29	Handlebar End Cap	2
30	M5x10mm Screw	2
31	Sensor	1
32	Lower Tension Cable	1
33	Upper Link Wire	1
34	Lower Sensor Wire	1
35	Self-tapping Screw	11

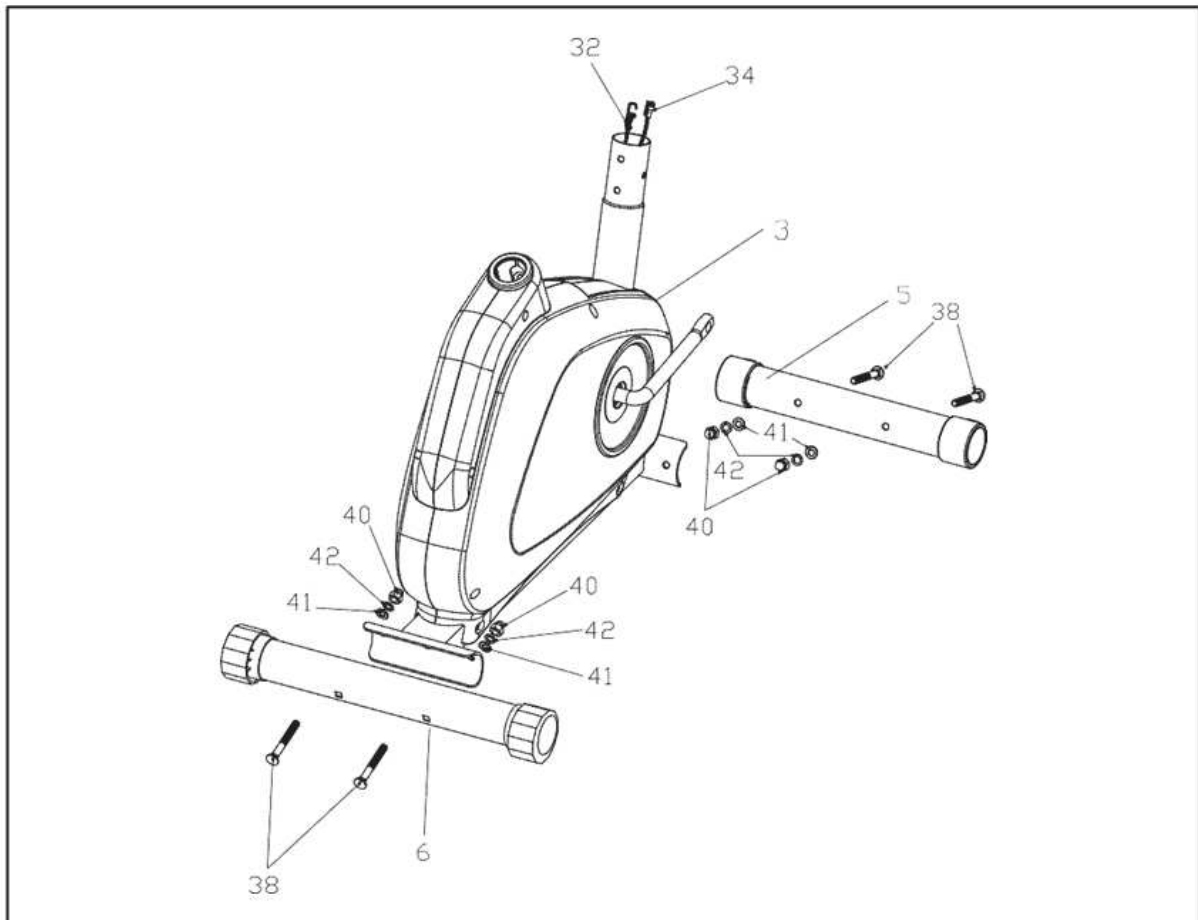
36	M8 Nylon Lock Nut	5
37	M8 Lock Nut	2
38	M8 x 75 mm Carriage Bolt	4
39	M8 x 20 mm Allen Bolt	4
40	M8 Dome Nut	4
41	M8 Curved Washer	10
42	M8 Spring Washer	10
43	M8 Flat Washer	5
44	Allen Bolt	1
45	4.2 x 20mm Self-tapping Screw	2
46	Bottle Cage	1

ASSEMBLY

Carefully unpack each component, checking against the parts list that you have all the necessary parts to complete the assembly of your product.

PLEASE NOTE that some of the parts may be pre-fitted to major components, so please check carefully before contacting our CUSTOMER SUPPORT team.

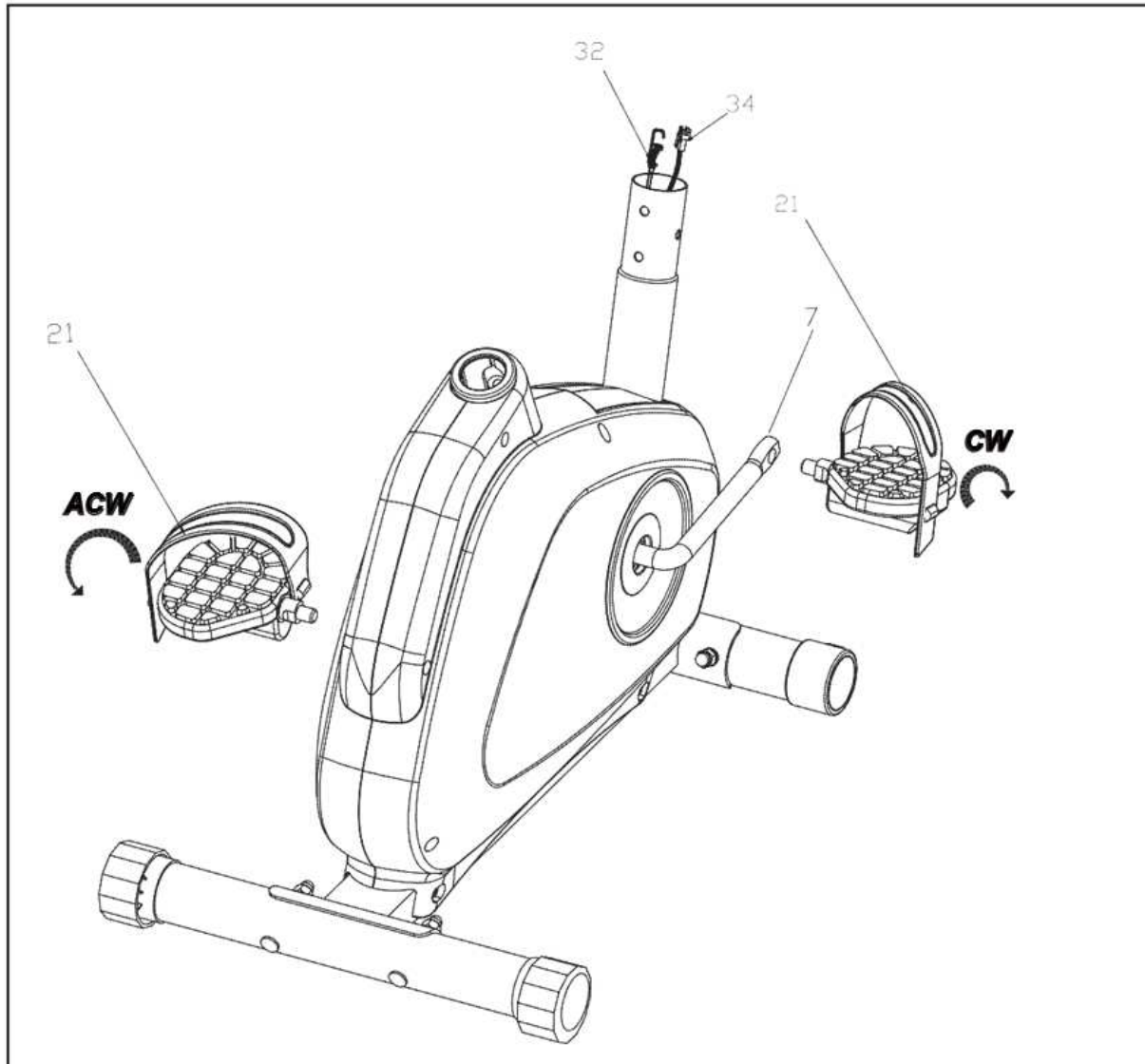
STEP 1:



Attach the Front and Rear Stabilizer (5 & 6) to the Main Frame (3) with 4 x M8 x 75mm Carriage Bolts (38), 4 x M8 Curved Washers (41), 4 x M8 Spring Washers (42) and 4 x M8 Dome Nuts (40).

Note: Do NOT FULLY TIGHTEN any Bolts, Nuts or Fittings at this stage unless specifically instructed to do so.

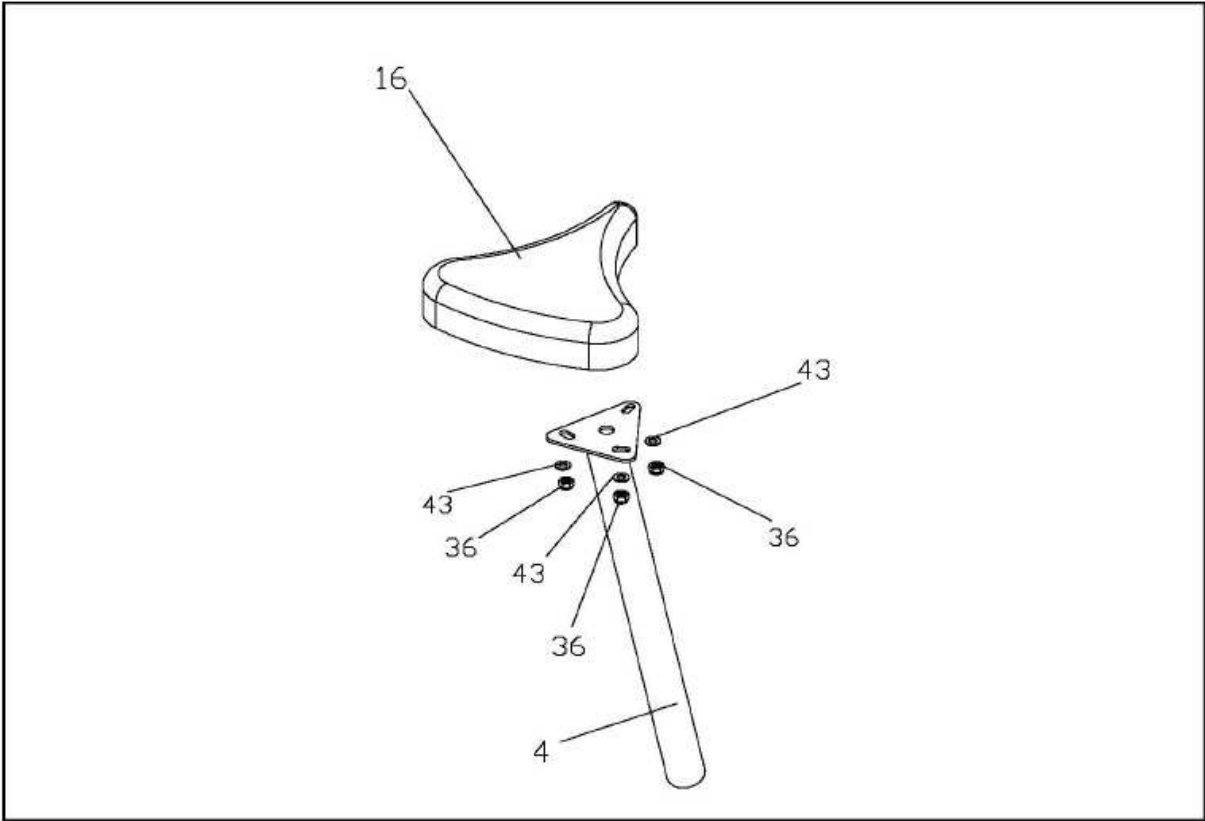
STEP 2:



Assemble the Pedals (Left and Right) (21L & 21R) to the Pedal Crank (7) (see note). Both Pedals MUST be tightened securely otherwise damage may occur to the Crank. Fit the Pedal Straps (Marked L and R) ensuring a snug, but not tight fit with your normal footwear.

Note: One Pedal is supplied with a RIGHT HAND THREAD for the RIGHT HAND SIDE of the cycle and must be fitted by turning CLOCKWISE. The other Pedal is supplied with a LEFT HAND THREAD for the LEFT HAND SIDE and must be fitted by turning ANTI-CLOCKWISE.

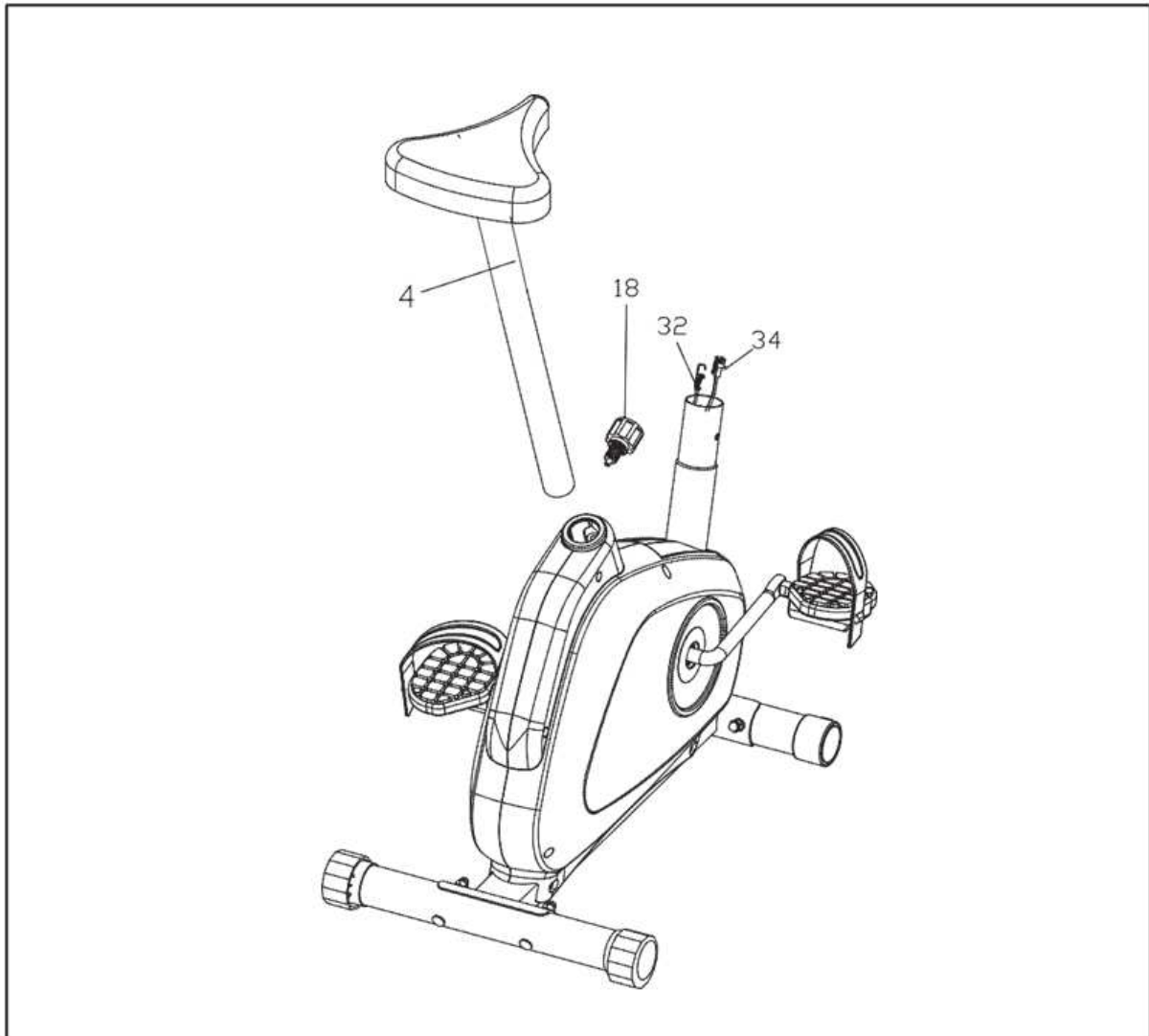
STEP 3.



Remove the 3 x M8 Nylon Locknuts (36) and 3 x M8 Flat Washers (43) from the underside of the Saddle (16).

Attach the Saddle (16) to the Saddle Stem (4) then loosely refit the 3 x M8 Flat Washers (43) and 3 x M8 Nylon Locknuts (36).

STEP 4:



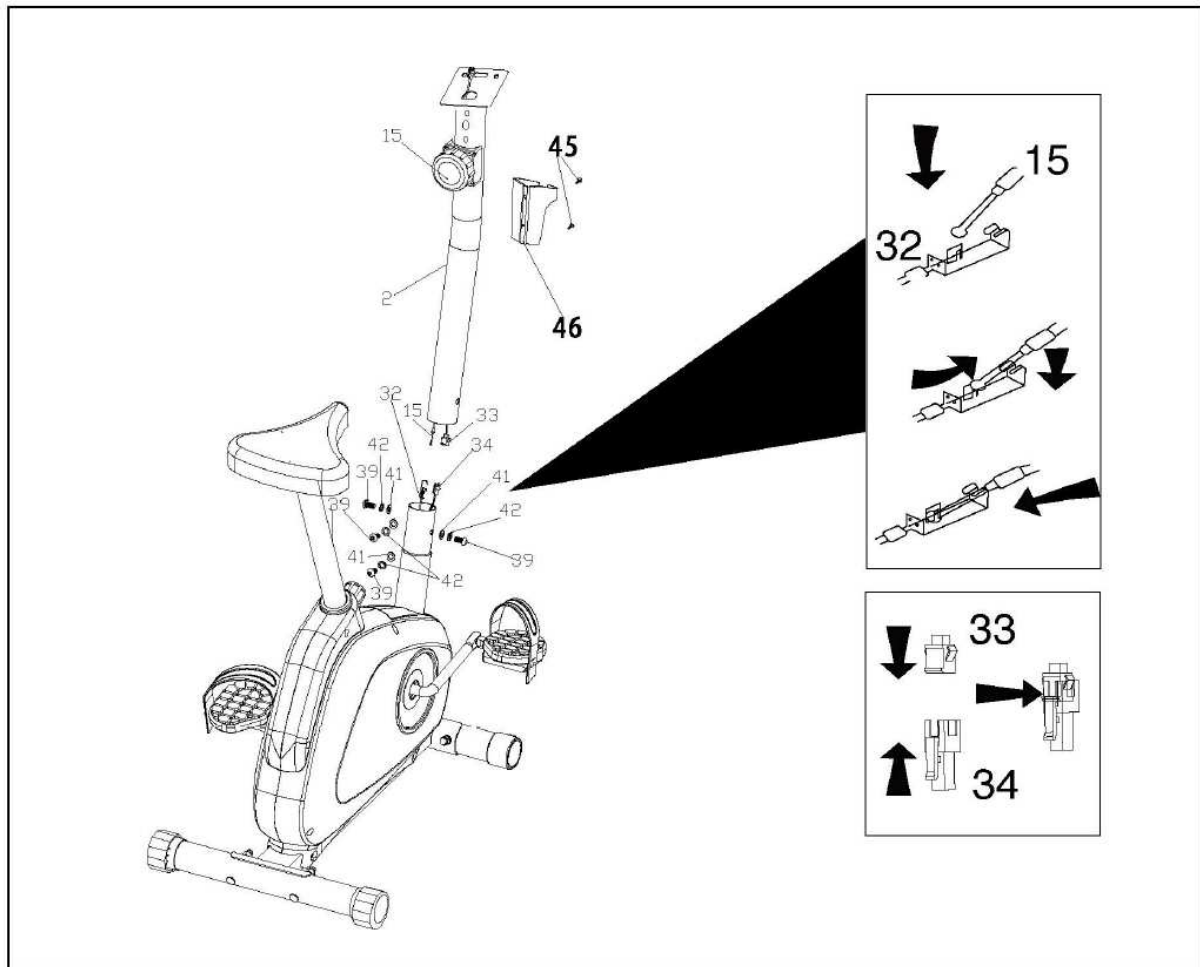
Slide the assembled Saddle Stem (4) into the Main Frame (3), select the desired height to allow for a knee bend at the bottom of the pedaling action and secure in place with the Saddle Adjustment Knob (18).

Align the Saddle and tighten the 3 x M8 Nylon Locknuts (36) securely.

Unlock the Saddle Adjustment Knob (18) and change the saddle height if necessary. Select desired saddle height and tighten Saddle Adjustment Knob (18).

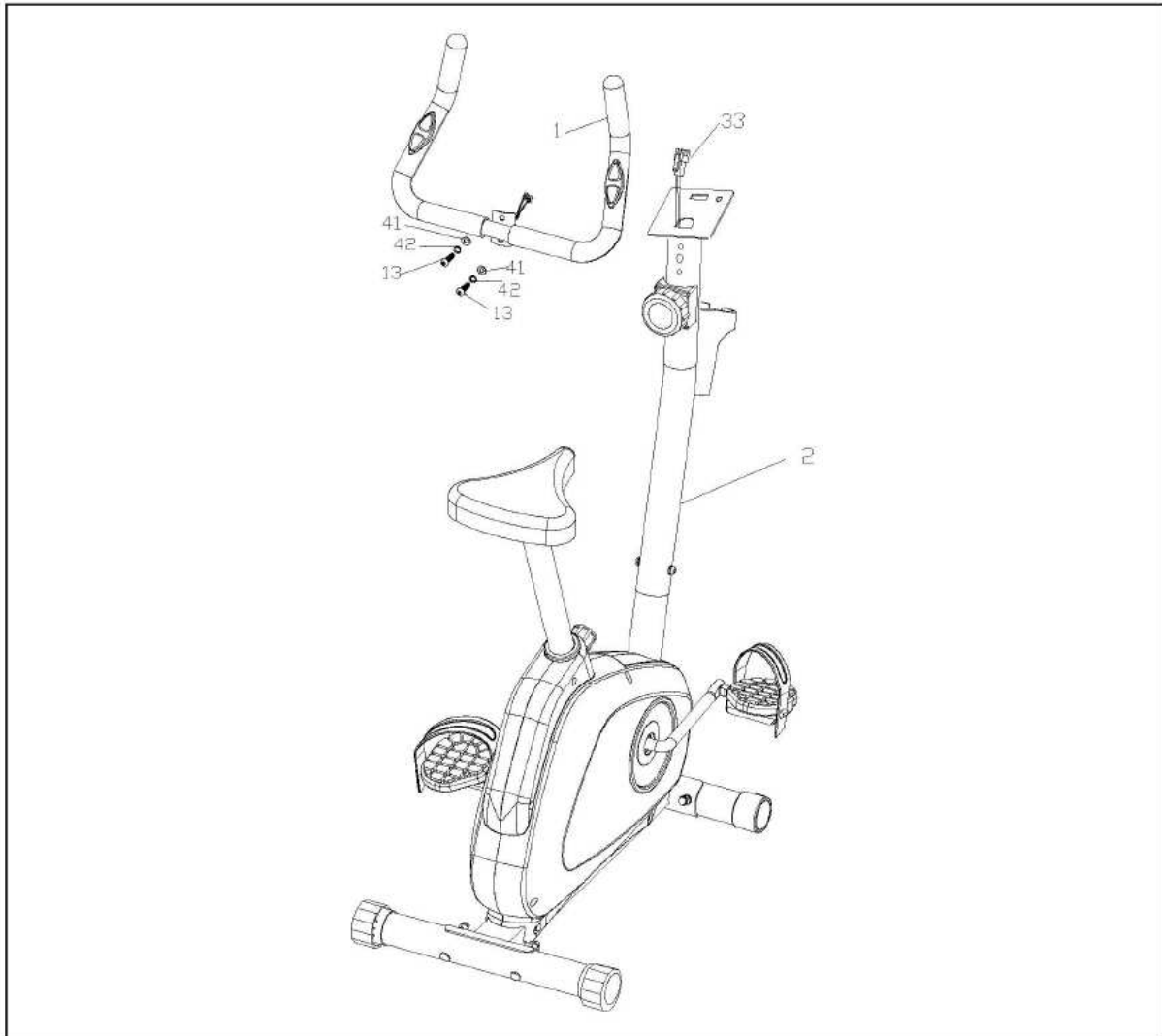
Do not exceed the "MAX" marking on tube.

STEP 5:



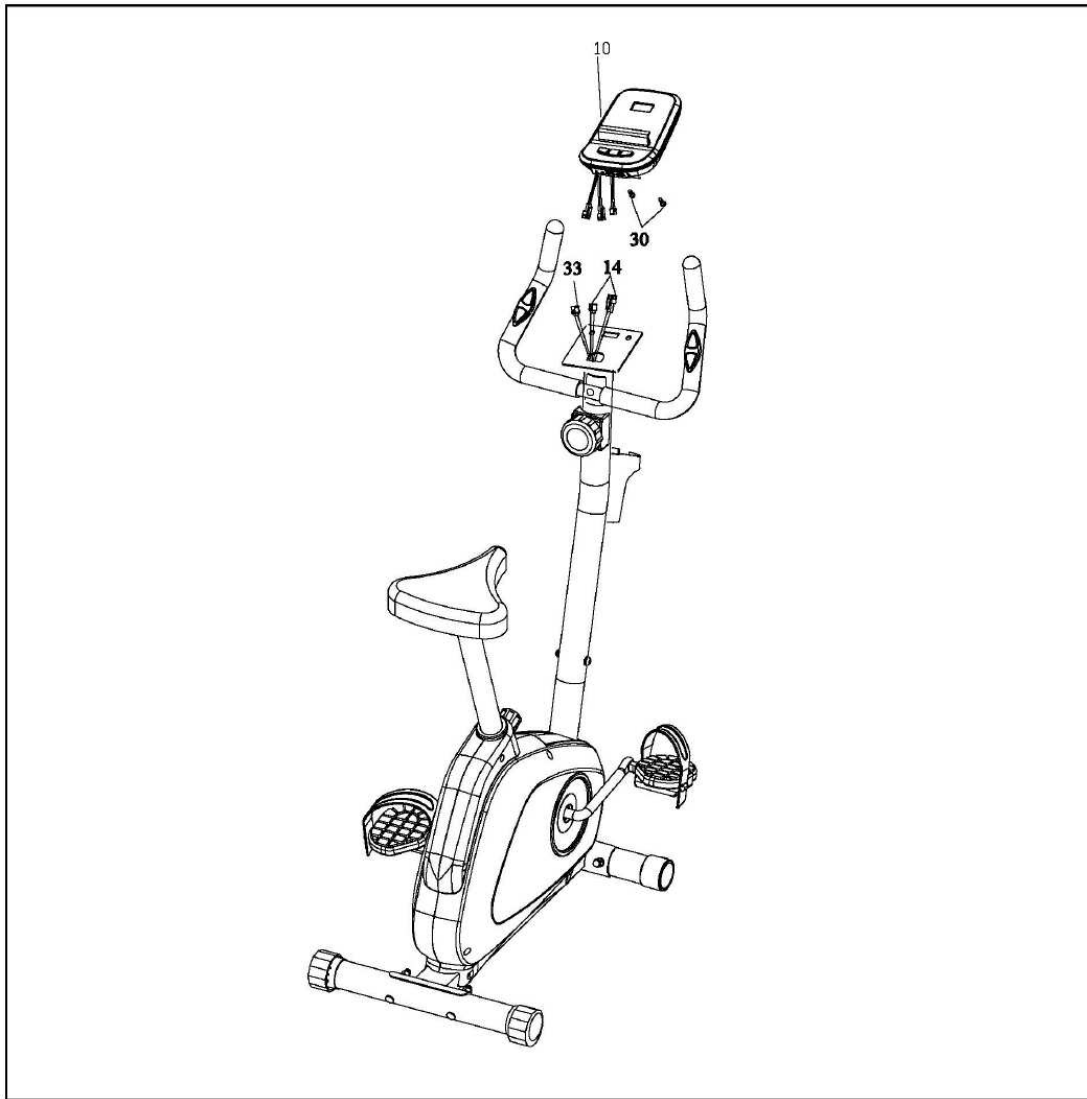
- a) Place the end of the 8-stage Tension Control Cable (15) into the spring hook of the Lower Tension Cable (32).
- b) Pull the 8-stage Tension Control Cable upwards against the spring pressure and push it into the gap on the metal bracket of the Lower Tension Cable as shown.
- c) Complete the fitting as shown and if necessary, close the open section of the metal bracket slightly with a pair of pliers as this will help to retain the cables.
- d) Connect the lower part of the Upper Link Wire (33) to the Lower Sensor Wire (34) ensuring a tight connection. Feed the Upper Link Wire (33) out through the top of the Handlebar Upright (2).
- e) Carefully lower the Handlebar Upright (2) onto the Main Frame (3), loosely fit 4 x M8 x 20mm Allen Bolts (39), 4 x M8 Spring Washers (42) and 4 x M8 Curved Washers (41).
- f) Fit the Bottle Cage (46) with 2 x Self-tapping Screws 4.2 x 20mm (45).

STEP 6:



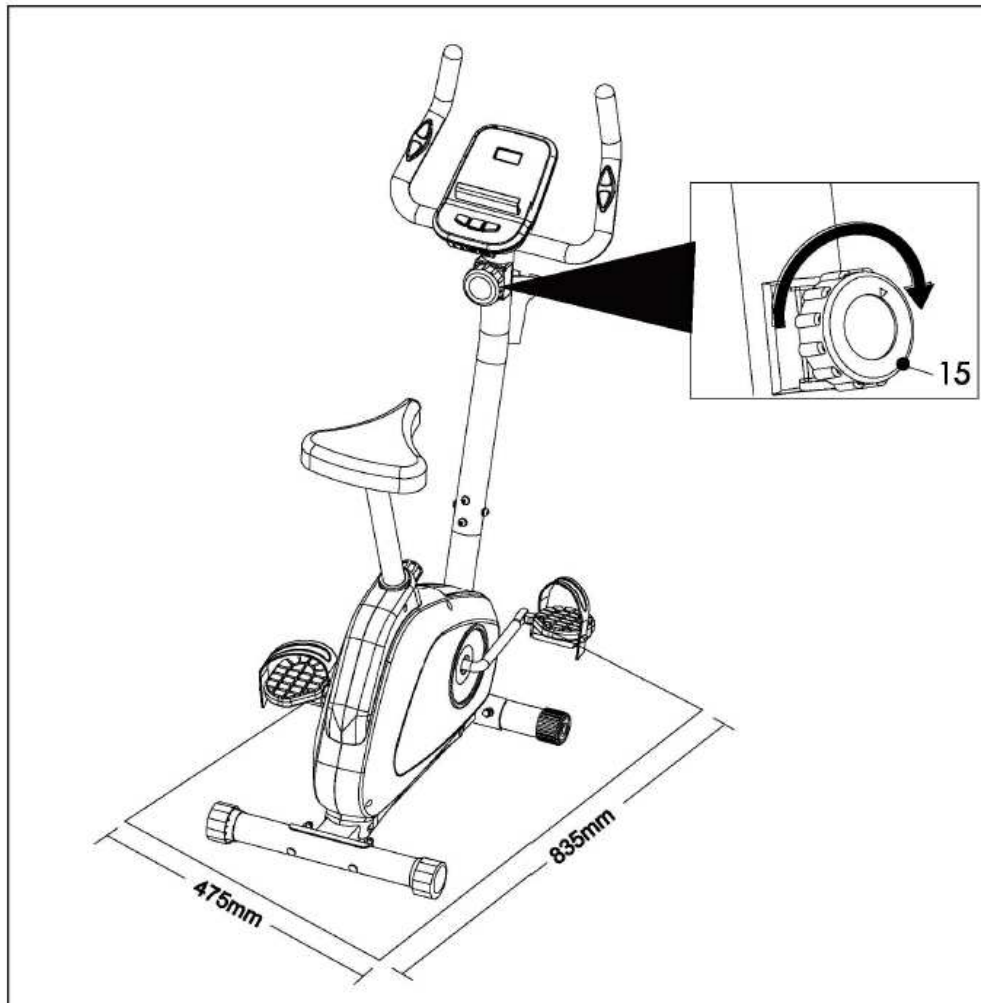
Fit the Handlebar (1) onto the Handlebar Upright (2) with 2 x M8 x 25mm Allen Bolts (13), 2 x M8 Curved Washers (41), 2 x M8 Spring Washers (42).

STEP 7:



Attach the Console (10) to the Handlebar Upright (2) using 2 x M5 x 10mm Screws (30).
Connect the Upper Link Wire (33) and Pulse Sensor Wire (14) into the back of Console (10).

RESISTNCE ADJUSTMENT



To adjust the pedaling resistance during use, start by turning the Tension Controller Knob (15) fully COUNTER-CLOCKWISE at the start of your workout. Gradually increase the pedaling resistance by turning the Tension Controller Knob CLOCKWISE as required.

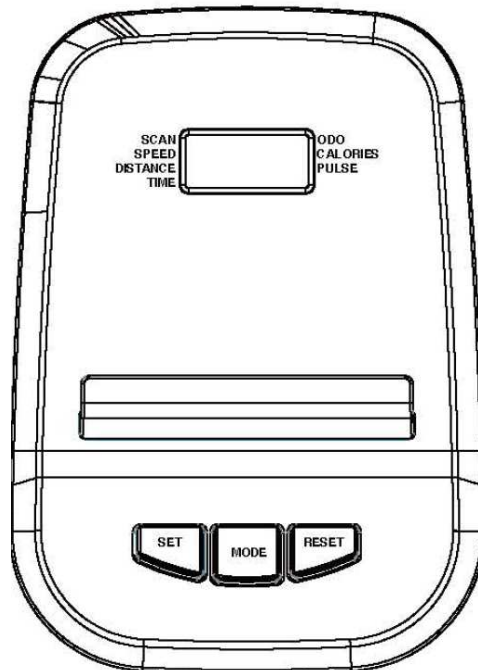
When you have finished your routine, turn the Tension Controller Knob (15) fully COUNTER-CLOCKWISE again to ensure that the Tension Controller Cable is not under tension when your Magnetic Bike is not in use.

Note: There may be a small amount of built in resistance present at first due to the general tight fit of the new bearings, bushes and the drive belt.

The foot print for this product is 835mm x 475mm.

The assembled weight is 20.34 kg

CONSOLE INSTRUCTIONS



DISPLAY FUNCTION

SCAN

The sequence of display: TMR→SPD→ DST→CAL→ODO→PULSE

- In SCAN mode, press MODE key to choose other functions.
- Automatically scan through each mode in sequence every 6 seconds.

SPEED (SPD)

- W/O any signal been transmitted into the monitor for 4 seconds, SPEED will display "0.0"
- Display current training speed.

TIME (TMR)

- W/O setting the target value, time will count up.
- With setting the target value, time will count down from your target time to 0, and as 0 is achieved time alarm.
- W/O any signal been transmitted into the monitor for 4 seconds, time will STOP
- Range 0:00 ~ 99:59

DISTANCE (DST)

- W/O setting the target value, distance will count up.
- With setting the target value, distance will count down from your target distance to 0, and as 0 is achieved distance alarm.
- Range 0.0~999.9 KM

CALORIES (CAL)

- W/O setting the target value, calorie will count up.

- With setting the target value, calories will count down from your target calorie to 0, and as 0 is achieved calorie alarm.
- Range 0.0~9999 Cals
- Calorie count on the display only serves as a general guideline. For detail calorie consumption for each individual please consult a physician or a nutritionist.

ODO

- Accumulates total workout distance. This data can be reset to zero when batteries are replaced.

PULSE

With pulse signal into for 6 seconds, the current pulse will display.

- W/O pulse signal into for 6 seconds, it displays "P"
- Pulse alarm when over preset target pulse.
- Range 0-40~230 BPM

BUTTON FUNCTION

RESET

- In setting condition, press RESET key once to reset the current function figures.
- Press RESET key and hold for 2 seconds to reset all function figures, and have Bi sound for prompt at the same time.

SET

- Each adding by pressing once, press and hold the button to increase the value faster
- TMR setting range: 0:00~99:00 (Each increment is 1:00)
- CAL setting range: 0~9990 (Each increment is 10)
- DST setting range: 0.0~999.0 (Each increment is 1.0) KM

MODE

- Choose each function by pressing MODE key. In SCAN mode, press MODE key can lock the current function.
- Press MODE key and hold for 2 seconds to reset all function figures.

POWER ON/OFF

Power on: LCD will display all segments with Bi sound as Drawing A.

Power off: Without any signal been transmitted into the monitor for 4 minutes, and the monitor enter to SLEEP.

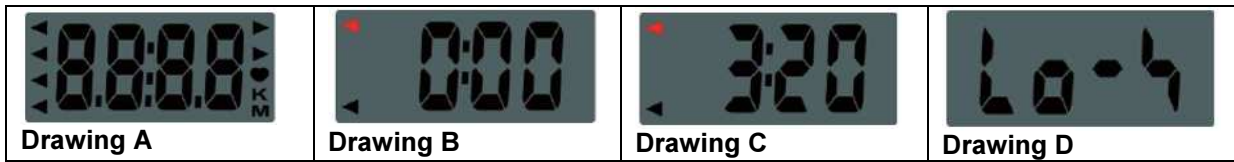
OPERATION

1. When monitor power on (or press MODE, RESET key and hold for 3 seconds), LCD will display all segments with Bi sound for one second and enter to SCAN mode as Drawing B.
2. With any signal been transmitted into the monitor, the value of TMR, DST, and CAL will start to count up as Drawing C.
3. Without any signal been transmitted into the monitor for 4 minutes, the monitor will enter to SLEEP mode.

TROUBLE SHOOTING

- When the display shows Drawing D, it means the batteries need to be changed.



- If there is no signal when you pedal, please check if the cable is well connected.








	<p>Note:</p> <ol style="list-style-type: none"> 1. Compatible with iOS and Android system. 2. Console and mobile device connection via Tunelinc, once connecting, the display will be off. 3. Stop training for 4 minutes, the main screen will be off. 4. If the computer displays abnormally, please re-install the battery and try again. 5. Battery Spec: 1.5V UM-3 or AA (4PCS).
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iBIKING+ INSTRUCTIONS

To operate iBiking+, first you need to connect your 3c device and computer through 3.5mm cable. Then download iBiking+ from Google play or App store.

	<p>Note:</p> <p>Download iBiking+ in Google play, system requirements: 480*800, 720*1280, 1280*800 Android 2.2 or above.</p> <p>Support Android devices: Samsung Galaxy Note 1~4, Samsung Galaxy S2~5, HTC NEW ONE, HTC D316d, HTC M8, SONY Z ULTRA.</p>  <p>Download iBiking+ in APP STORE, system requirements: iOS 5.1.1 or above.</p> <p>Support iOS devices: iPhone4s, iPhone5, iPhone5s, iPhone6, iPhone6+.</p> 
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STARTING iBIKING+


Step 1	Step 2	Step 3
 <ul style="list-style-type: none"> • Entering the App • Press "Tunelinc" icon • Connection not success yet: 	 <ul style="list-style-type: none"> • Press "Tunelinc" icon again to confirm 	 <ul style="list-style-type: none"> • Successful connection: 

MAIN FUNCTION OF iBIKING+

The main functions of iBiking+ are: 1. training 2. gym center 3. setting 4. information


TRAINING

The main function of training are: 1. target 2. quick start 3. heart rate

1.  You can setting 3 traget values, which are: 1. time 2. distance 3. calories

 <p>*1 „X“ to clear</p> <p>*2 „Done“ to confirm</p>		
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- After setting the target Values, it will start countdown during your workout.

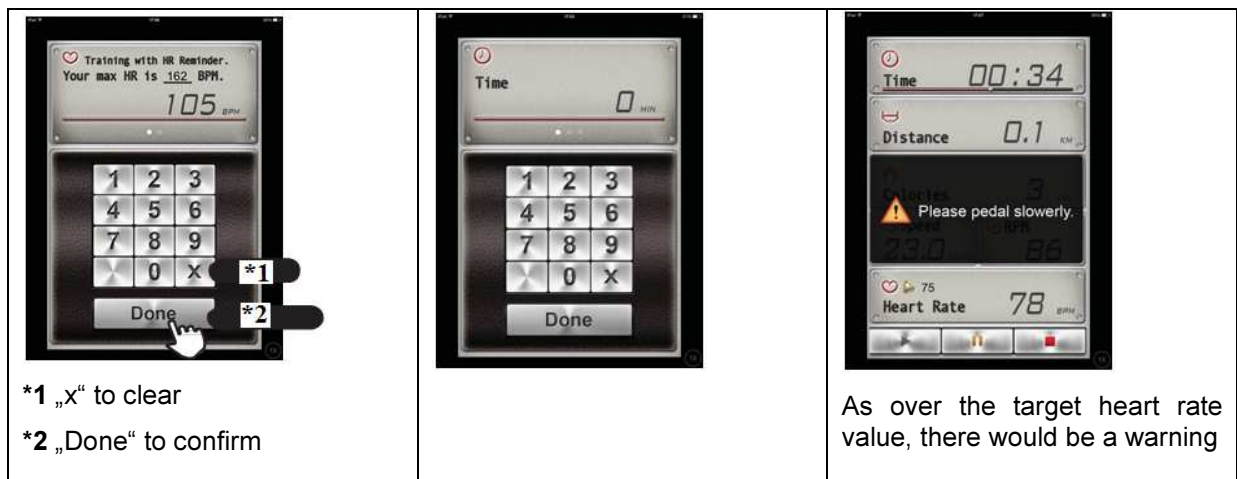
2.  Quick start can present the values of time, distance, calories, speed, rpm, heart rate during exercise.



- After starting exercise user can press pause from console control to stop any time.
- When finish, the workout summary can post on Facebook, Twitter, Weibo.

3. You can setting 2 values: 1. heart rate 2.time

Main layout:



GYM CENTER

Combine with google map, setting and show the route when exercise.

1. Plan my own route

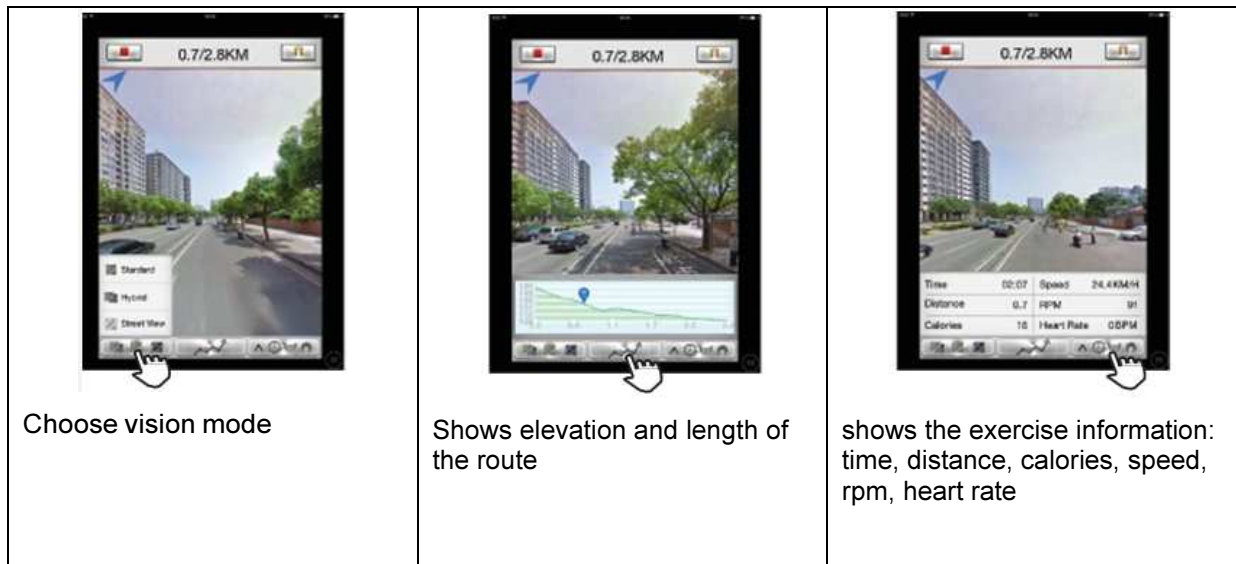


2. My favorite



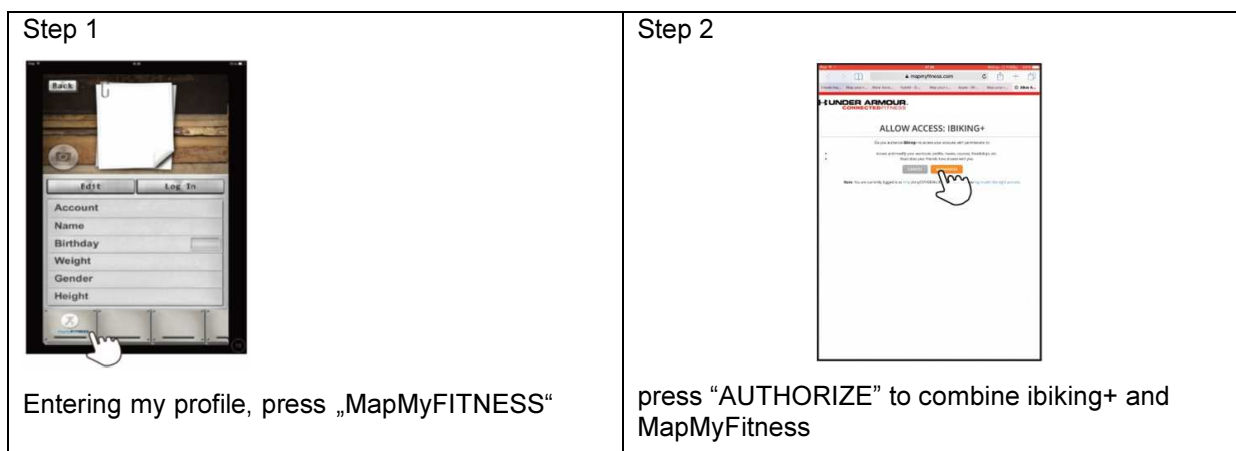
There are five default routes in my favorites. User selected route can save in my favorites.

Main layout:



3. MapMyFitness

Combine with map my fitness.



Step 3



Press „MapMyFitness“

Step 4



Use the route database from MapMyFitness

SETTING

Log in by user's Google/ Facebook account or create a new account.



INFORMATION

All the workout histories show up.





Note:

1. Without receiving any reply comment of communications protocol, the APP would continue sending signal and wait for acknowledging. And over 15 seconds the Tunelinc would off line, and user needs to reset (such as: phone, message, or any sound disturbance comes in. In 15 seconds the connection would continue but if over 15 seconds, user needs to reset.)
2. Tunelinc's audio cable connector is 4 pin, and the length limit is 50cm.
3. Tunelinc's audio cable be sure to use the factory supplied to achieve high quality transmission. If using non-original audio cable, not only affect the transmit performance but also may happened unexpected result and we cannot provide assistance by then.
4. After insert the Tunelinc into audio jack do not rotate. The audio cable cannot be curl to prevent effect inductive action and avoid lead to poor contact of transmission.
5. As using Tunelinc do not put any device on charge in order to reduce the interference of the transmission.
6. Do not put the Tunelinc audio cable connector in humid environment.
7. Due to operate iBiking+ APP needs to increase the volume, therefore, if the device display the volume warning message, the user needs to press confirmation for beneficial APP subsequent operations.

FAT BURNING



The body starts to burn fat at approx. 65% of the maximum pulse rate.

To reach an optimum at burning rate, it is advisable to keep the pulse rate between 70%-80% of the maximum pulse rate.

The optimum training amount consists of three workouts per week 30 minutes each.

Example:

One 52 years of age to start exercising.

Max rate = $220 - 52(\text{age}) = 168$ pulse/min.

Min rate = $168 * 0.7 = 117$ pulse/min.

Highest rate = $168 * 0.85 = 143$ pulse/min.

During the first weeks it is recommend to start with a pulse rate of 117, afterwards increase it to 143.

With increasing improvement of fitness the training Intensity should be increased to 70%-85% of your maximum pulse rate.

This can be done by increasing the pedaling resistance, by suing a higher paddling frequency or with longer training periods.

Pulse rate chart:

AGE	MAX	60%	65%	70%	75%	80%	85%
20	200	120	130	140	150	160	170
25	195	117	127	137	146	156	166
30	190	114	124	133	143	152	162
35	185	111	120	130	139	148	157
40	180	108	117	126	135	144	153
45	175	105	114	123	131	140	149
50	170	102	111	119	128	136	145
55	165	99	107	116	124	132	140
60	160	96	104	112	120	128	136
65	155	93	101	109	116	124	132
70	150	90	98	105	113	110	128

SUCCESS

Even after a short period of regular exercises you will realize that you constantly have to increase the pedaling resistance to reach your optimum pulse rate.

The units will be continuously easier and you will feel a lot fitter during your normal day.

For this achievement you should motivate yourself to exercise regularly.

Choose fixed hours for your work out and do not start training too aggressively.

And old saying amongst sportsmen says:

“The most difficult thing about training is to start it.”

Wishing you lots of fun and success with your exerciser.



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
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SK

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reklamacie@insportline.sk
servis@insportline.sk
Web: www.insportline.sk

Date of Sale:

Stamp and Signature of Seller: