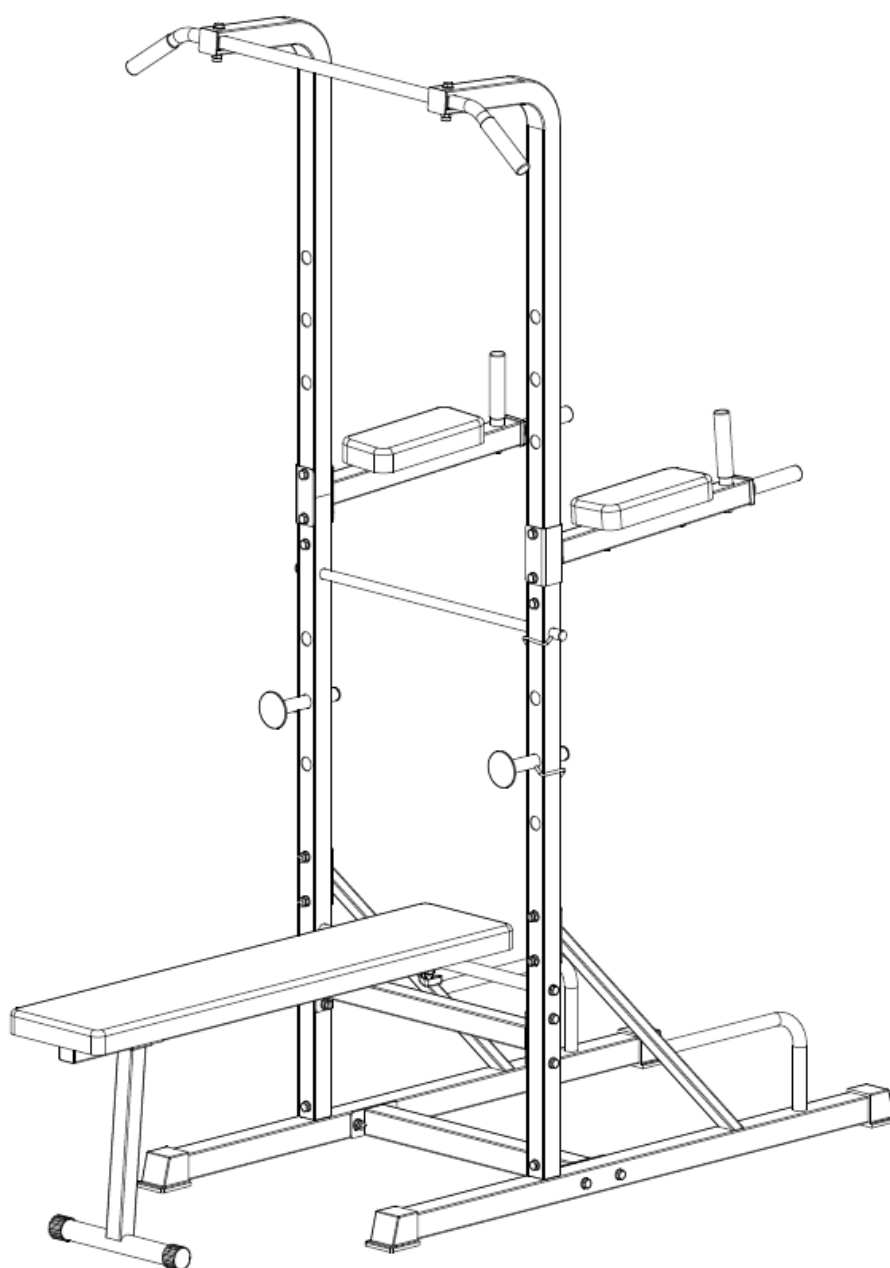




USER MANUAL – EN

IN 12433 Multi-Purpose Dip Station inSPORTline Power Tower X150



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SAFETY INSTRUCTIONS

- Thank you for purchasing this product. Please read the manual carefully before starting the **assembly** and before using the product. Keep this manual for future reference. In case of doubt, contact a specialist **service**.
- Before **finishing** the **assembly**, check all parts for completeness and integrity. Use only original spare parts and accessories. Do not make unauthorized product modifications.
- Assembly can be only done by an adult. Check that the product is properly assembled and firm before use. The device must function properly to avoid injury to the user. If the device is not working properly, it shows signs of damage or wear, stop using it immediately. Damaged or worn parts must be replaced immediately.
- Ask your doctor for help before starting an exercise program.
- Keep the away from children and pets.
- Always do warm up exercise before starting your exercise program.
- Read and follow all instructions and warnings.
- Place the device on a flat, clean, dry surface. Keep a safe distance from another object's min 0.6 m.
- Do not use outdoors.
- Do not modify the device.
- Check the if all bolts and nuts are tightened before each exercise. Do not use the product if it is damaged.
- Exercise reasonably and carefully, do not overextend your exercise. The movements must not be too steep to avoid injury to the user.
- Do not hold your breath during exercise.
- Exercise properly and adequately. High loads can lead to health complications.
- Keep clothing and body parts away from moving parts to prevent injury. Take appropriate sportswear including sports shoes.
- Take care of your health and initially choose a slower pace. The same is useful after a longer exercise break. Over time, you can work towards a more intense pace.
- Improper exercise or failure to observe safety precautions may result in serious injury or equipment damage. In case of doubt or uncertainty, contact a specialist service or dealer.
- Never exceed the stated weight limits.
- Pay attention to body signals. In case of negative physical reactions, immediately stop exercising and contact your doctor.
- **Category:** H for home use
- **User weight limit:** 120 kg
- **Bench press station weight limit:** 200 kg (user + weight)
- **Barbell holder weight limit:** 100 kg

STORAGE AND USE

Your product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems that are outside our control.

BEFORE YOU START

Tools required

- Spanner (14/17mm)



Prepare the Work Area

It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and will reduce the possibility of injury during assembly.

Work with a friend

You may find it quicker, safer and easier to assemble this product with the help of a friend as some of the components may be large, heavy or awkward to handle alone.

Open the Carton

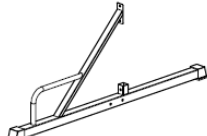
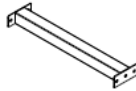
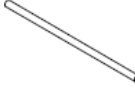
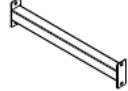
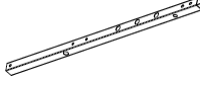
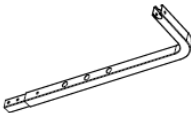
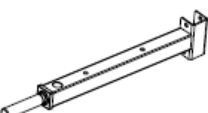
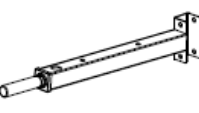
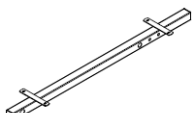
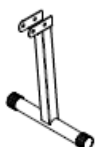

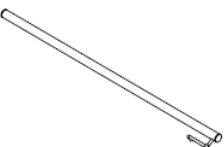
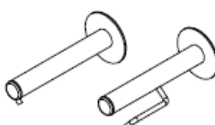
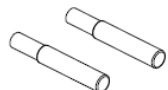

Carefully open the carton that contains your product, taking note of the warnings printed on the carton to ensure that the risk of injury is reduced. Be aware of sharp staples that may be used to fasten the flaps as these may cause injury. Be sure to open the carton the right way up, as this will be the easiest and safest way to remove all the components.

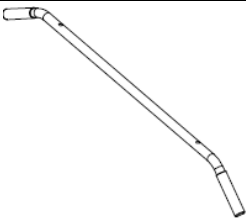

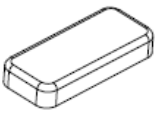
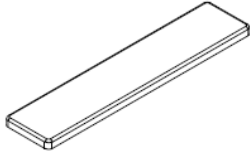
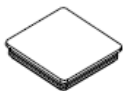
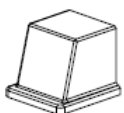
Unpack the Components

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 service team.

CONTENTS OF PACKAGE

PARTS

Item 1. Qty 2 Base 	Item 2. Qty 1 Cross bar A 	Item 3. Qty 1 Shaft 	Item 4. Qty 1 Cross bar B 	Item 5. Qty 2 Upright 
Item 6. Qty 2 Upper upright 	Item 7. Qty 1 Arm (right) 	Item 8. Qty 1 Arm (left) 	Item 9. Qty 1 Bench 	Item 10. Qty 1 Bench support 
Item 11. Qty 1 Chin up bar 	Item 12. Qty 1 Stabilizer bracket 	Item 13. Qty 2 Bar Catches 	Item 14. Qty 2 Handle 	Item 15. Qty 1 Knob (M10*20) 

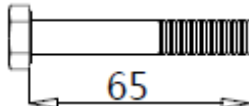
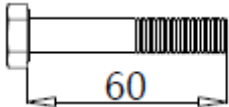
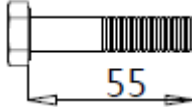


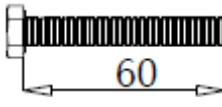
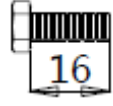
				
Item 16. Qty 1 Lockpin (10*60) 	Item 17. Qty 2 Arm cushion 	Item 18. Qty 1 Backrest 	Item 19. Qty 2 End cap (45*45) 	Item 20. Qty 4 End cover (50*50) 

HARDWARE



These are all the accessories you will need to complete the assembly of your product.

The following accessories are supplied in a pack and should be checked before attempting assembly.


BOLTS

Item	Description	Qty	Drawing
21	M10*65mm bolt	6	
22	M10*60mm bolt	9	
23	M10*55mm bolt	4	
24	M10*20mm bolt	4	
25	M10*16mm bolt	8	
26	M8*60mm bolt	4	
27	M8*16mm bolt	4	

WASHERS

28	M10 washer	50	
29	M8 washer	8	

NUTS

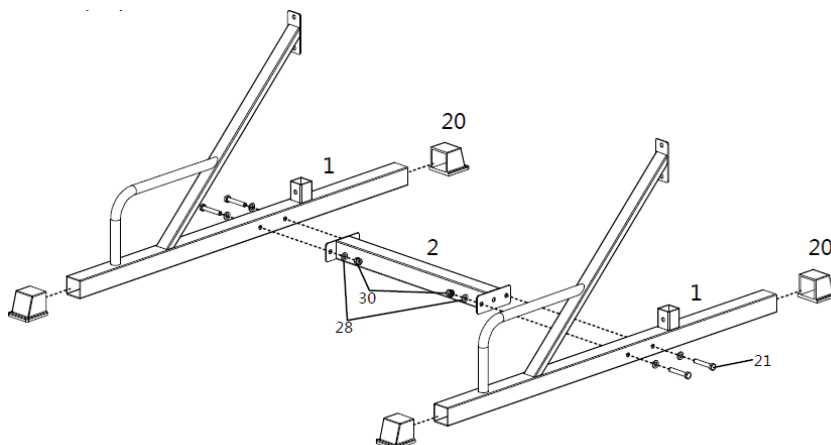
30	M10 nylon locknut	19	
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ASSEMBLY

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.

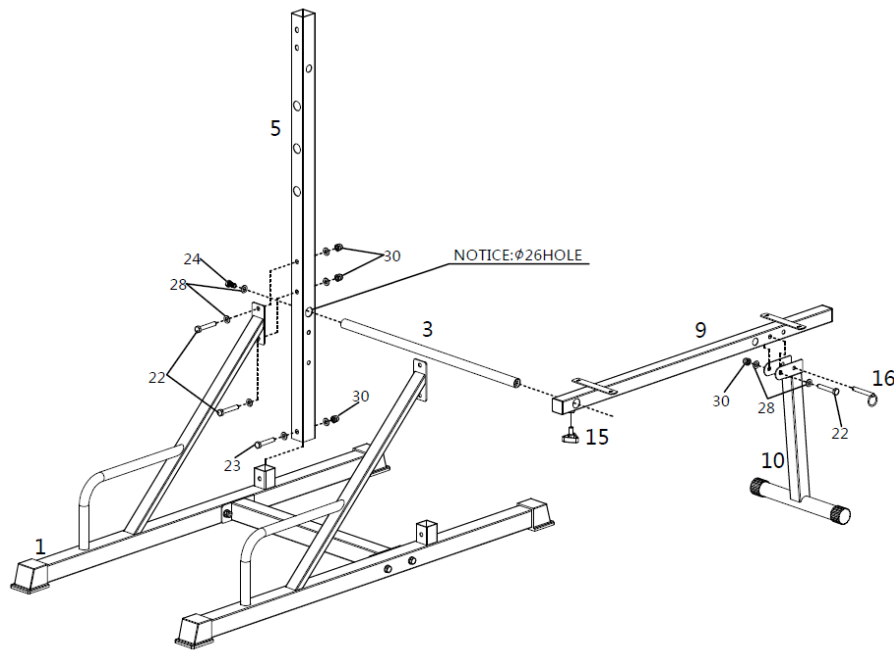
STEP 1

1. Push the end covers (20) onto ends of the bases (1).
2. Connect bases (1) to the cross bar A (2) using M10 x 65mm bolts (21), M10 washers (28) and M10 nylon locknuts (30).



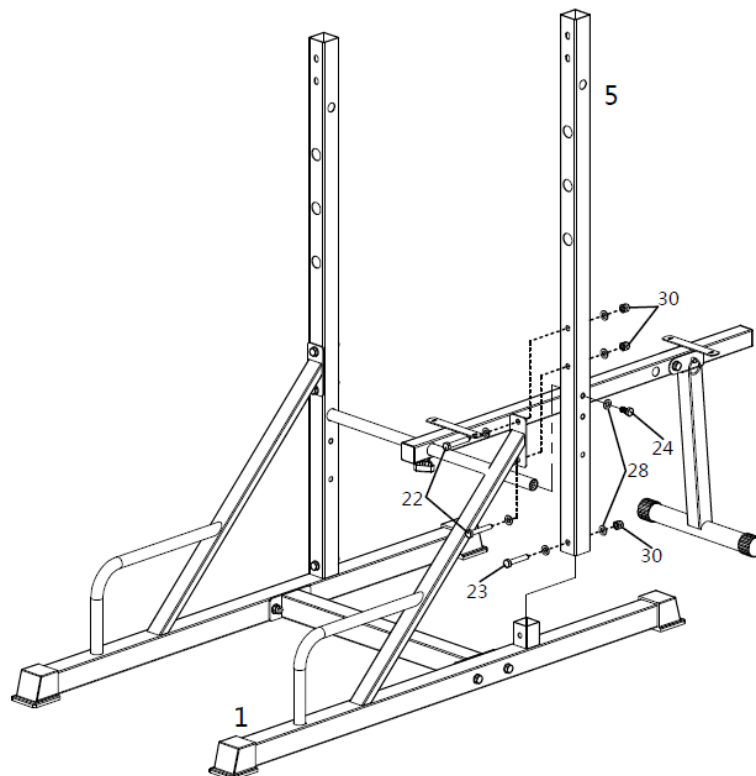
STEP 2

1. Attach one upright (5) to the base (1) using M10 x 55mm bolt (23), M10 x 60mm bolts (22), M10 washers (28) and M10 nylon locknuts (30).
2. Insert one end of the shaft (3) to the upright (5) using M10 x 20mm bolt (24) and M10 washer (28) and push the other end into hole (Ø26) of the backrest frame (9) using knob (15) to locked them.
3. Attach the bench support (10) to bench (9) using M10 x 60mm bolt (22), M10 washers (28), M10 nylon locknut (30) and insert lock pin (16) into the hole (Ø11) of the bench (9) to locked them.



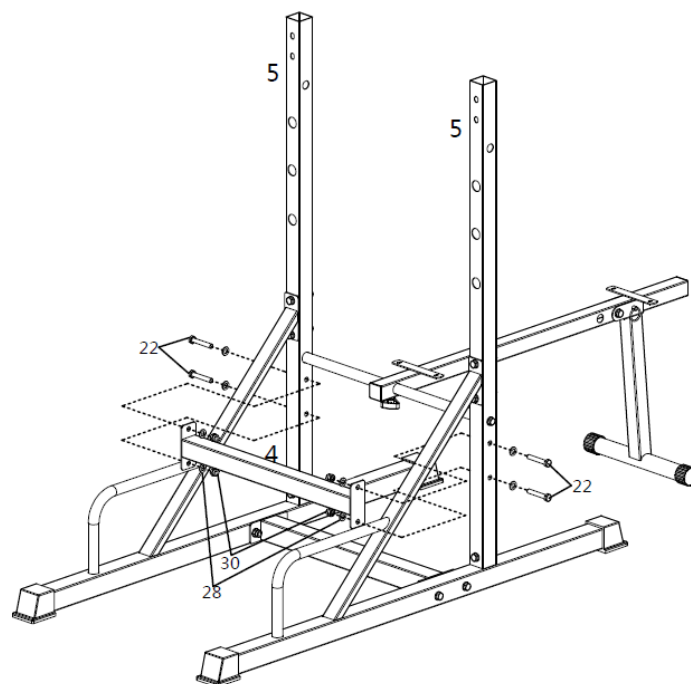
STEP 3

1. Attach the other upright (5) to the base (1) using M10 x 55mm bolt (23), M10 x 60mm bolts (22), M10 washers (28) and M10 nylon locknuts (30).
2. Insert the other end of the shaft (3) to the upright (5) using M10 x 20mm bolt (24) and M10 washer (28).



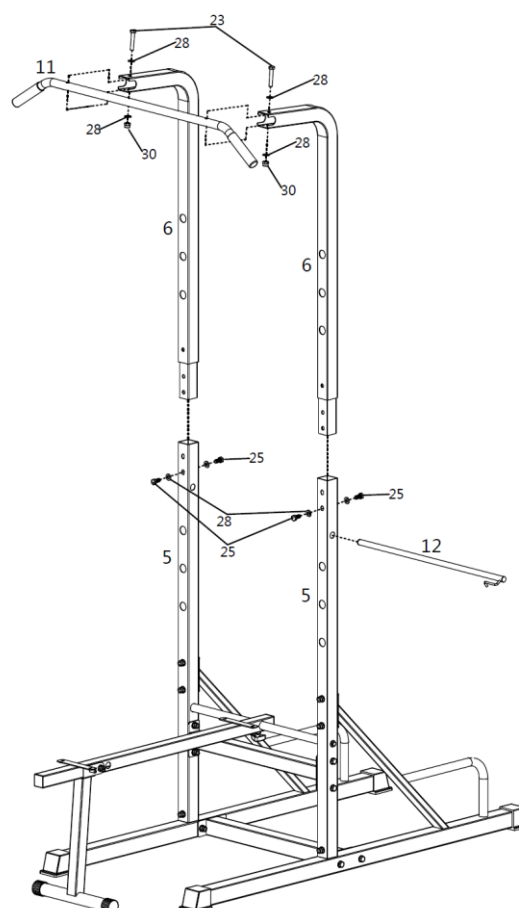
STEP 4

Attach the cross bar B (4) to the uprights (5) using M10 x 60mm bolts (22), M10 washers (28) and M10 nylon locknuts (30).



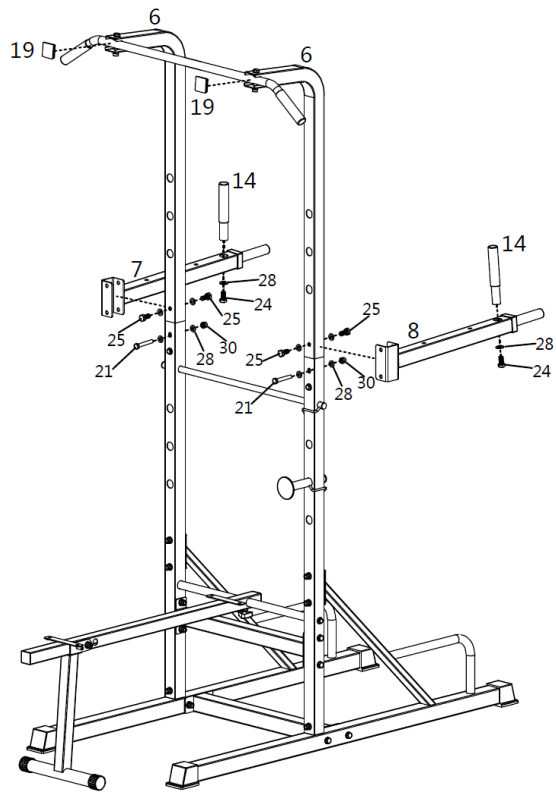
STEP 5

1. Insert the upper uprights (6) into uprights (5) using M10 x 16mm bolts (25) and M10 washers (28).
2. Attach the chin up bar (11) to the upper uprights (6) using M10 x 55mm bolts (23), M10 washers (28) and M10 nylon locknuts (30).
3. Insert the stabilizer bracket (12) into hole of the uprights (5).



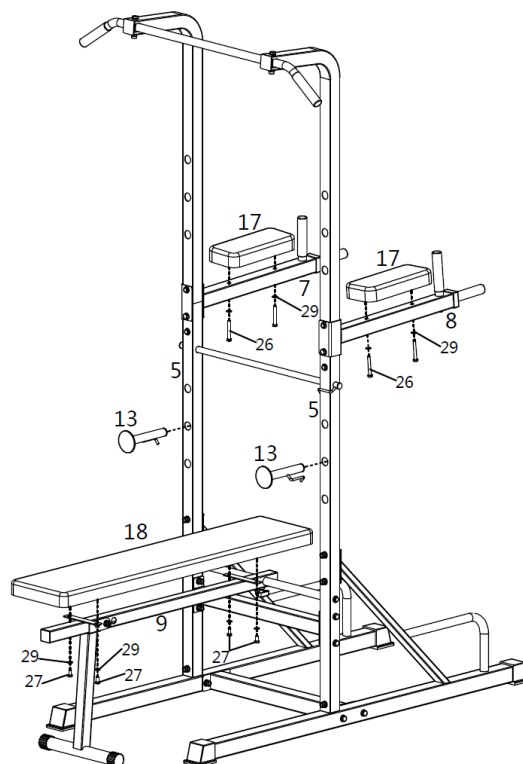
STEP 6

1. Attach the arms (7, 8) to the uprights (5, 6) using M10 x 65mm bolts (21), M10 x 16mm bolts (25), M10 washers (28) and M10 nylon locknuts (30).
2. Insert the handles (14) into arms (7, 8) using M10 x 20mm bolts (24) and M10 washers (28).
3. Put the end caps (19) onto upper uprights (6).



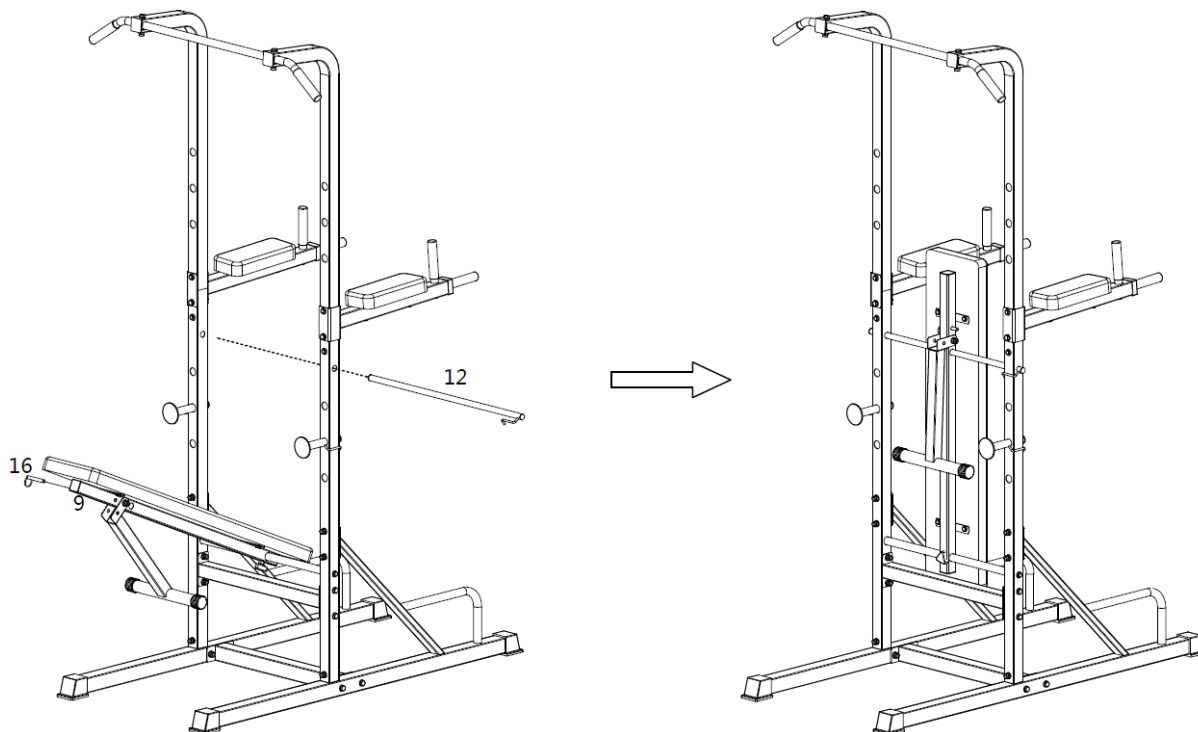
STEP 7

1. Attach the arm cushions (17) to the arms (7, 8) using M8 x 60mm bolts (26) and M8 washers (29).
2. Attach the backrest (18) to the bench (9) using M8 x 15mm bolts (27) and M8 washers (29).
3. Attach the bar catches (13) to the uprights (5).



STEP 8

Pull out the lock pin (16) from bench (9) and fold them using stabilizer bracket (12) to lock.



PARTS LIST

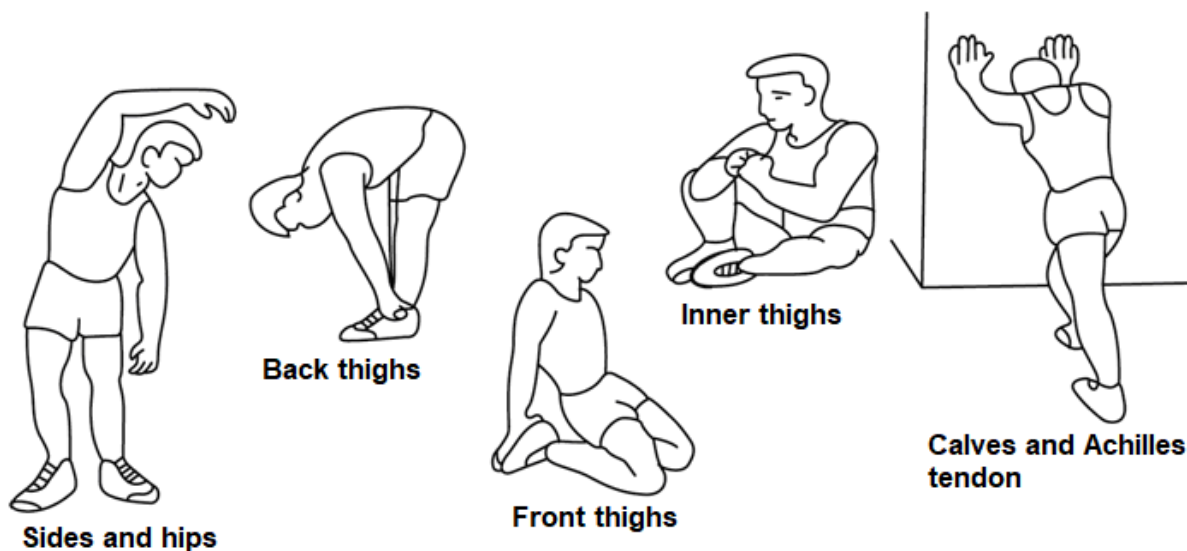
Part	Description	QTY	Part	Description	QTY
1	Base	2	16	Lock pin	1
2	Cross bar A	1	17	Arm cushion	2
3	Shaft	1	18	Backrest	1
4	Cross bar B	1	19	Endcap	2
5	Upright	2	20	End cover	4
6	Upper upright	2	21	M10 x 65mm bolt	6
7	Arm (right)	1	22	M10 x 60mm bolt	9
8	Arm (left)	1	23	M10 x 55mm bolt	4
9	Bench	1	24	M10 x 20mm bolt	4
10	Bench support	1	25	M10 x 16mm bolt	8
11	Chin up bar	1	26	M8 x 60mm bolt	4
12	Stabilizer bracket	1	27	M8 x 16mm bolt	4
13	Bar catches	2	28	M10 washer	50
14	Handle	2	29	M8 washer	8
15	Knob	1	30	M10 nylon locknut	19

EXERCISE INSTRUCTIONS

Exercise is beneficial to your health, improves physical condition, shapes muscles and, in combination with a calorie-balanced diet, leads to weight loss.

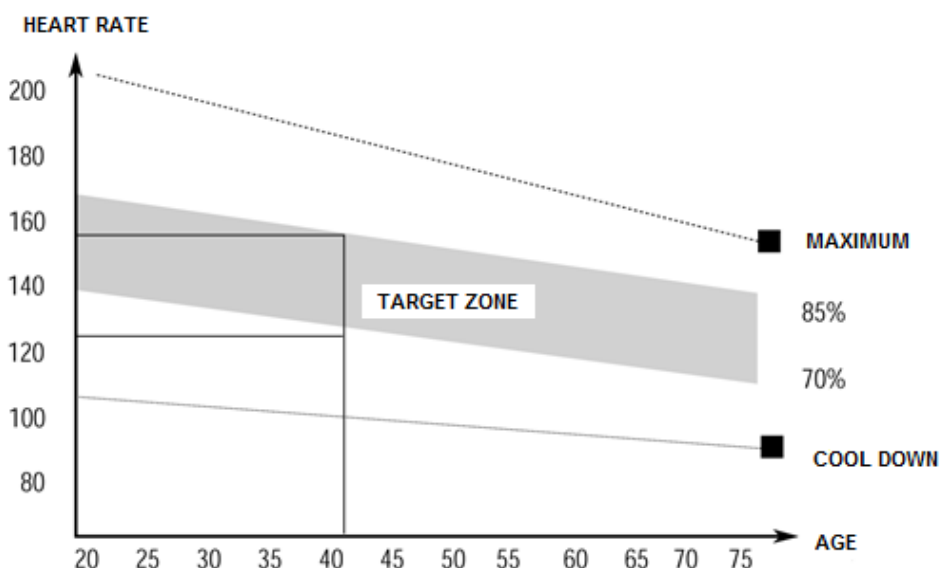
1. WARM UP

This phase serves to improve the blood circulation of the whole body and to warm up the muscles, to reduce the risk of convulsions and muscle injury. We recommend performing the stretching exercises below. When dragging, stay in the end position for approximately 30 seconds, do not make sudden movements and do not vibrate.



2. EXERCISING

This phase is the most physically demanding part. Regular exercise strengthens the muscles. You can determine the tempo yourself, but it is very important that it is the same throughout the exercise. Heart rate should be within the target zone (see figure below).



This phase should last at least 12 minutes. Most people exercise for 15-20 minutes.

3. COOLDOWN

This phase serves to soothe the cardiovascular system and relax the muscles. It should take approximately 5 minutes. You can repeat warming up exercises or continue exercising at slower pace. Stretching your muscles after exercise is extremely important - you need to avoid sudden movements and vibrations.

With improved fitness, you can lengthen and increase exercise intensity. Train regularly, at least three times a week.

SHAPING MUSCLES

For muscle shaping, it is important to set a high load. The muscles will be more stressed, which may cause that you will not be able to exercise as long as usual. If you are trying to improve your condition at the same time, you need to adjust your training. Exercise in the usual way during the warm-up and final stages of training but increase the resistance of the device at the end of the exercise. You may need to slow down the speed to keep the heart rate in the target area.

WEIGHT LOSS

The number of calories burned depends on the length and intensity of the exercise. The essence is the same as in fitness exercise, but the goal is different.

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.

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.

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Headquarters: Dělnická 957, Vítkov, 749 01
Warranty & Service: Čermenská 486, Vítkov 749 01

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SK

inSPORTline s.r.o.

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