



**USER MANUAL – EN**

**IN 12532 AB Trainer inSPORTline AB Perfect Twist**



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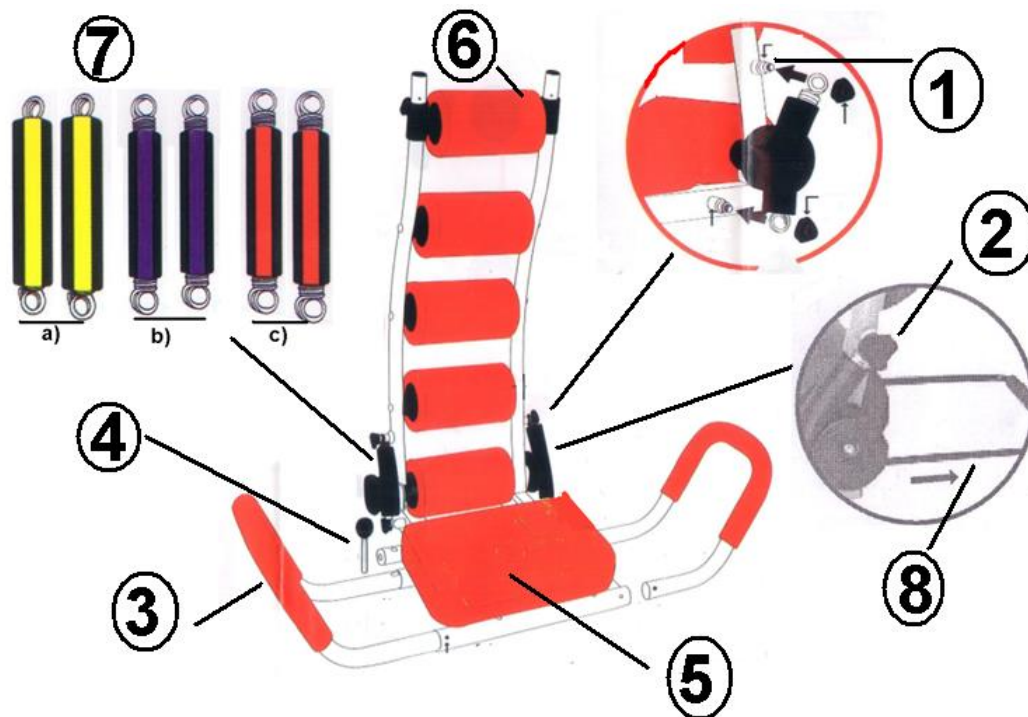
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## IMPORTANT NOTES

When using the product, basic precaution must always be followed:

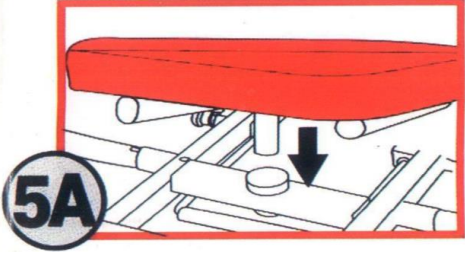
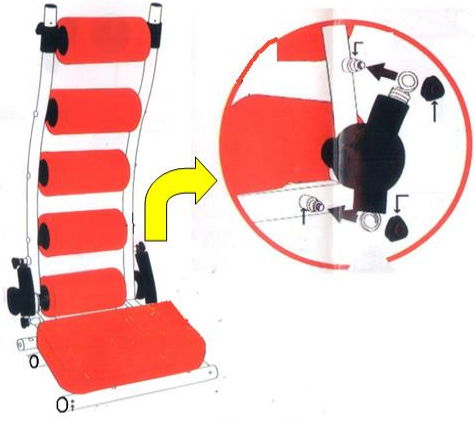

1. Read all instructions carefully.
2. This Product is for normal household use only.
3. **The Maximum weight capacity of this product is 100kg.**
4. Keep this product away from children.
5. If the product is found to be faulty or damaged in any manner, stop using please.
6. Those with pre-existing health problems are advised to consult a doctor before using product.

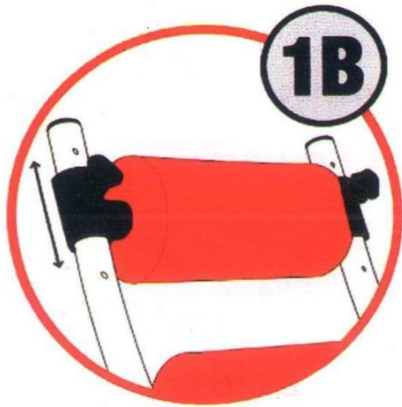
## PARTS IDENTIFICATION



1. Metal Bolt
2. Screw Top (4pcs)
3. Grip Handle (2pcs)
4. Pin
5. Seat
6. Padded Rollers
7. Resistance Springs:
  - a) Low Resistance Spring (Blue) for easy workout.
  - b) Middle Resistance Spring (Red) for medium workout.
  - c) High Resistance Spring (Black) for hard workout.
8. Support Bracket

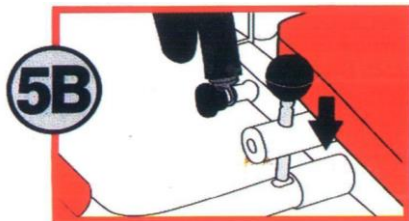
## HOW TO USE

	<p><b>Step 1: See Illustration 5A</b></p> <p>Insert Padded Seat into the base of unit.</p>
	<p><b>Step 2:</b></p> <p>Choose a set of Resistance Springs depending on your desire workout intensity and then assemble.</p> <ol style="list-style-type: none"><li>Insert low part of the Resistance Spring over the Metal Bolt.</li><li>To insert the upper part of the Resistance Spring, slightly push the spring to the right with your thumb and move the padded back support backward and forward for easier insertion over the Metal Bolt.</li><li>Screw both ends with the Screw Tops. Make sure the Screw Tops are tightened all the way.</li></ol>
	<p><b>Step 3:</b></p> <p>Press in the Spring Pin and push the Grip Handle in. Repeat for the other Grip Handle. If you want to remove the handle, just press and hold the Spring Pin as you are pulling the Grip Handle.</p>



**Neck Support adjustment: See Illustration 1B**

You can adjust the head support to your comfort, just loosen both Adjustment Knobs by rotating them counterclockwise. Move the Neck Support up or down and align with openings. Tighten the Adjustment Knobs by rotating them clockwise.

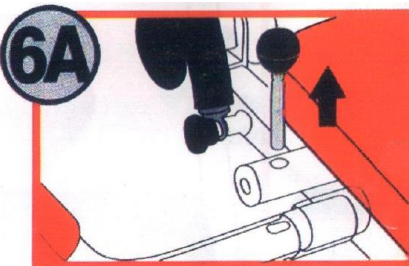


**See Illustration 5B:**

Insert the Pin through the opening in the Seat and oval opening of Right Grip Handle. Push the Pin in all the way, this will secure the Seat in place.

**See Illustration 6A:**

If the exercise requires the Seat to swivel, simply pull up the Pin and remove it.



## CARE AND MAINTENANCE

1. For easy storage, remove the Resistance Spring and fold it.
2. Do not use benzene, thinner or any other abrasive solvents to clean this product.
3. Wipe the product with a damp cloth.

## 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 (if applicable):**

User's fault, i.e. product damage caused by unqualified repair work or improper assembly

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.**

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Date of Sale: Stamp and Signature of Seller: