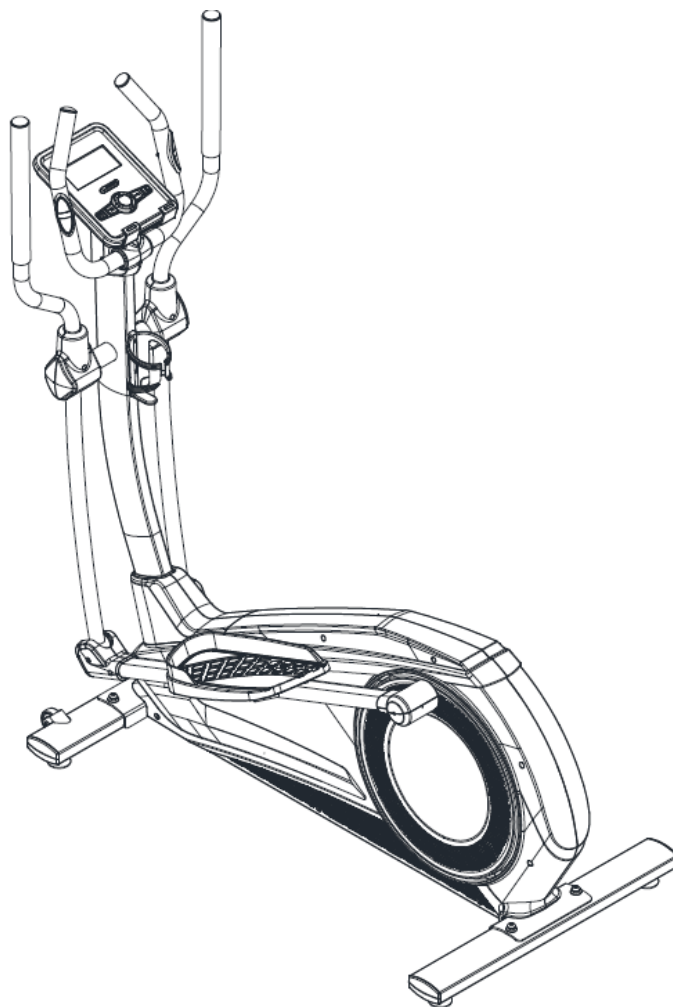




USER MANUAL – EN

IN 13903 Elliptical inSPORTline inCondi ET50i



CONTENTS

- SAFETY INSTRUCTIONS..... 3
- SAFETY NOTICE 3
- PRE-ASSEMBLY NOTES 4
 - HARDWARE 4
- PRODUCT DESCRIPTION 6
- TECHNICAL INFORMATION 7
- ASSEMBLY INSTRUCTIONS 7
- WORKOUT TIPS..... 11
- HALF-EXPLODED DRAWING 12
- DRAWING FOR ASSEMBLY 14
- PART LIST..... 16
- DISPLAY FUNCTIONS 18
 - KEY FUNCTION 18
- OPERATION..... 19
 - POWER ON 19
 - WORKOUT SELECTION..... 19
- MANUAL MODE 20
- BEGINNER MODE 20
- ADVANCE MODE 21
- SPORTY MODE 21
- CARDIO MODE 22
- WATT MODE..... 22
- RECOVERY..... 22
- BODY FAT 23
- APP 24
- GENERAL FITNESS TIPS 24
 - WARM-UP/STRETCHING EXERCISES 24
- TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS..... 26

SAFETY INSTRUCTIONS

WARNING: This device has been designed and constructed to provide the maximal safety. But no certification or test can eliminate the risk of possible injury or damage totally. To avoid an injury, pay attention to following warnings and precautions. Read this manual carefully before first using and retain it for future reference.

1. It is the owner's responsibility to inform all other users about the safety precautions. Use this device only as described in this manual.
2. Keep children and pets away from this device. Don't let them unsupervised near this device.
3. Check all parts for damage or wearing. Replace worn parts immediately. Do not use damaged trainer.
4. Place this trainer on a level, clean surface and keep clearance around it (min. 0.6 m). To protect the floor or carpet use a mat.
5. Keep this trainer indoors and away from moisture and dust. Maintain the using place ventilation. Don't use it in an airless place.
6. Don't put any sharp objects on or around this device.
7. No adjustable part should intrude to obstruct movements of the user.
8. Wear appropriate clothes while before exercising. Do not wear too loose clothes which could be easily caught. Always wear athletic shoes to protect your feet.
9. Do not put your hands on moving parts to prevent an injury.
10. Always control your pedalling speed.
11. If you see this device doesn't work normally, don't use it.
12. Only one person should operate this device at the same time.
13. Consult your health state with a physician before starting any exercising. Don't use this trainer if you feel faintly or if you have some other problems. If you feel pain or dizziness while exercising, stop immediately. Ask your physician for advice.
14. Stride length: 420x200 mm. Flywheel: double way, \varnothing 280/9 kg.
15. **Weight limit: 150 kg.** If you are over this weight, don't use it.
16. **Category: HA** (according to EN957 norm) suitable for home using.
17. **WARNING!** The heart rate frequency monitoring may not be completely accurate. Overexertion during training can lead to a serious injury or even death. If you start to feel faint, stop the exercise immediately.

SAFETY NOTICE

If you take any medical care or if you have below symptoms, don't use this device. If you are not sure, ask a medicine doctor for advice.

- Problems with waist or legs (pain, wound, paralysis).
- Anamorphosis, arthritis, rheumatism and gout.
- Osteoporosis and other abnormality.
- Perfunctory system obstacles (heart disease, blood obstacle, hypertension).
- Breath obstacle.
- Sarcoma or other oncological disease.
- Thrombus or other symptoms.
- Diabetes or obstacle caused by diabetes.

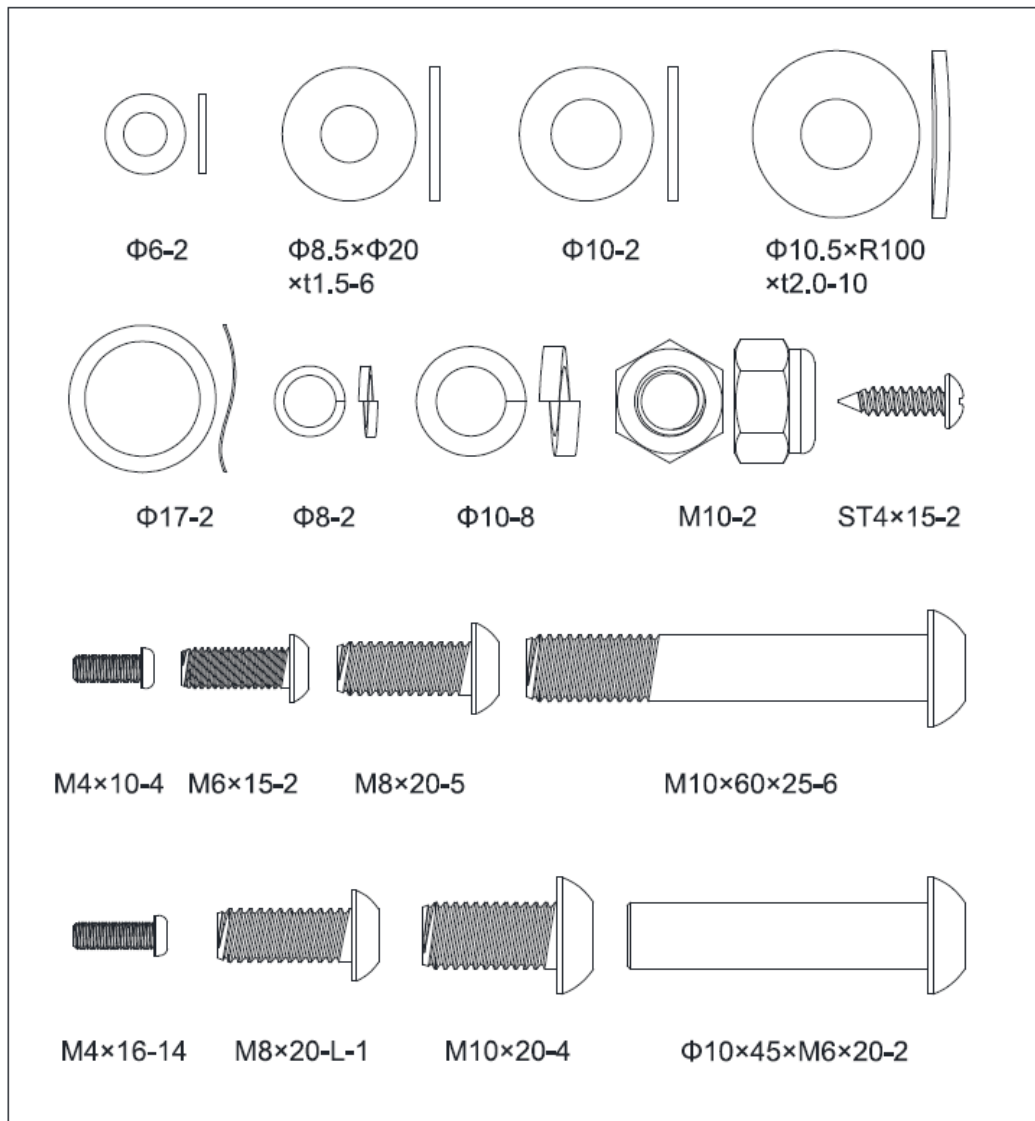
- Skin disease.
- Hyperpyrexia caused by sick (38 °C or over 38 °C).
- Abnormal back bone or back bone bending.
- Pregnant women or women during period.
- Physical abnormality.
- Worsened body condition.

WARNING: Before beginning any exercise program, consult your physician. This is especially important for persons older than 35 years or persons with pre-existing health problems. To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your elliptical trainer before using your elliptical trainer.

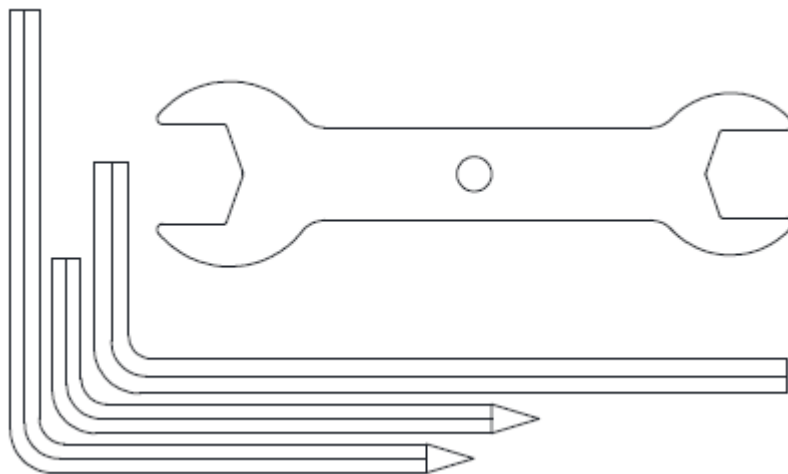
PRE-ASSEMBLY NOTES

HARDWARE

Check if this package contains all described parts and components before assembling. If any parts are missing, contact the service.



No.	Name	Specification	Quantity
26	Allen C.K.S. half thread screw	M10x60x25	6
27	Spring washer	Ø10	8
28	Curved washer	Ø10.5xR100xt2.0	10
29	Allen C.K.S. half thread screw	M8x20	5
30	Spring washer	Ø8	2
31	Flat washer	Ø8.5xØ20xt1.5	6
32	Hex self-locking nut	M10	2
33	Flat washer	Ø10	2
36	Philips pan head full thread screw	M4x16	14
37	Philips pan head full thread screw	M4x10	4
38	Allen C.K.S. hollow screw	Ø10x45xM6x20	2
39	Flat washer	Ø6	2
40	Allen C.K.S. full thread screw	M6x15	2
41	Philips C.K.S. self-tapping screw	ST4x16	2
102	Waved spring washer	Ø17	2
104	Allen full thread screw	M10x20	4
105	Allen full thread screw (L)	M8x20-L	1

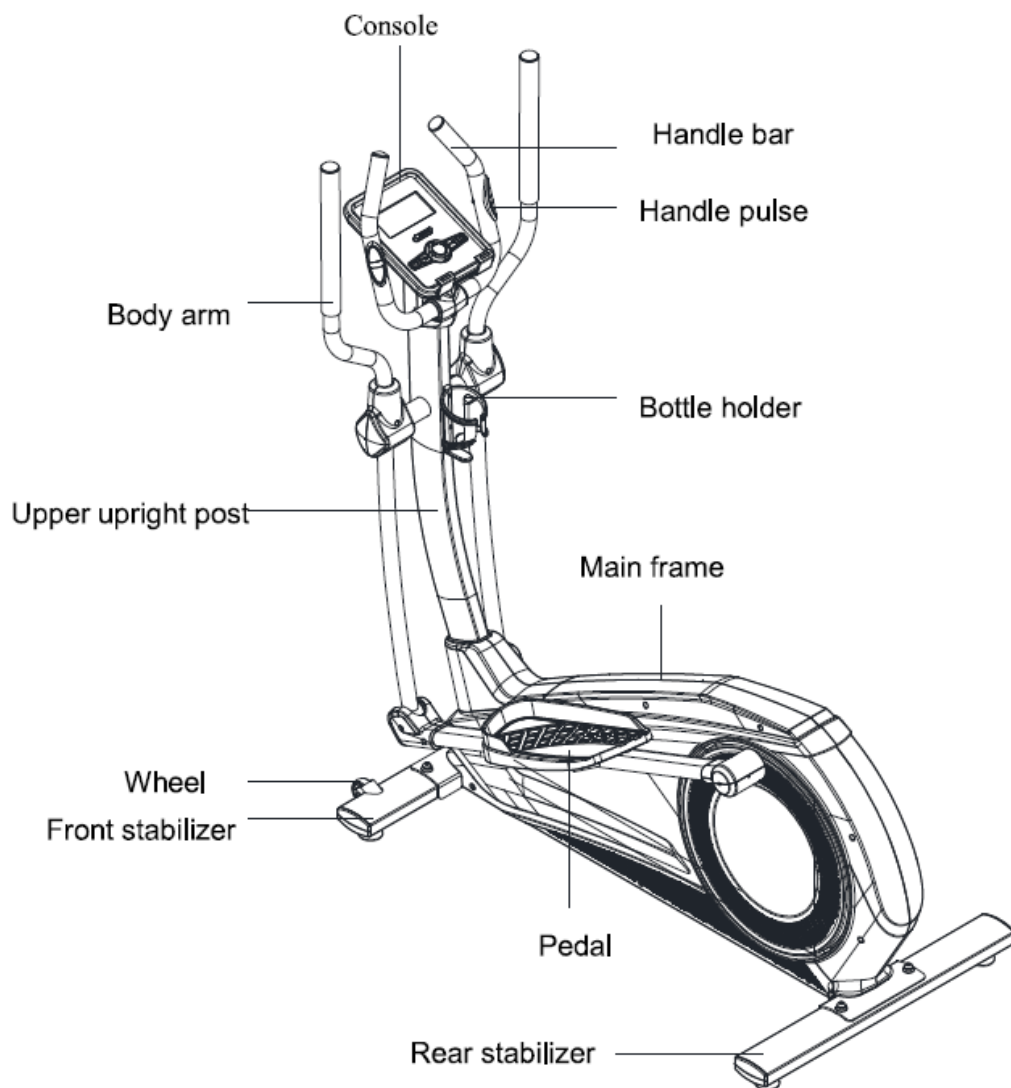


Name	Specification	Quantity
L-shaped wrench	5x80x80S (with a cross)	1
L-shaped wrench	5x35x85S (with a cross)	1
L-shaped wrench	6x40x120	1
Open end wrench	15# a 17#	1

NOTICE:

- Gather the necessary tools and have them at hand.
- Make sure that you have enough of free space to assemble it.
- Pay attention to avoid an injury.
- The finished device put on a clear surface with enough of space for safe and comfortable using.
- Check that all bolts and nuts are well tightened.
- Follow assembly steps to assemble it correctly.

PRODUCT DESCRIPTION



TECHNICAL INFORMATION

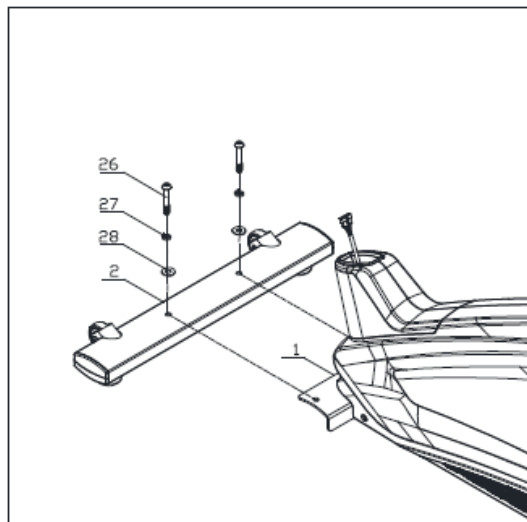
Dimensions	Unfolded: 1660x720x1580 mm
Speed ratio	9
Flywheel	Double way, ø280/9 kg
Resistance level	1 – 32
Stride length	420x200 mm

NOTICE: We reserve the right to amend the product without prior notice.

ASSEMBLY INSTRUCTIONS

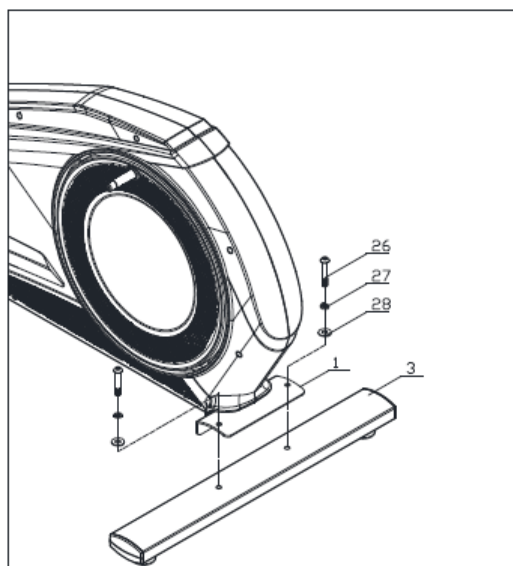
Step 1

Attach the front stabilizer (2) to the main frame (1) with curved washer (28), spring washer (27) and Allen C.K.S. half thread screw (26).



Step 2

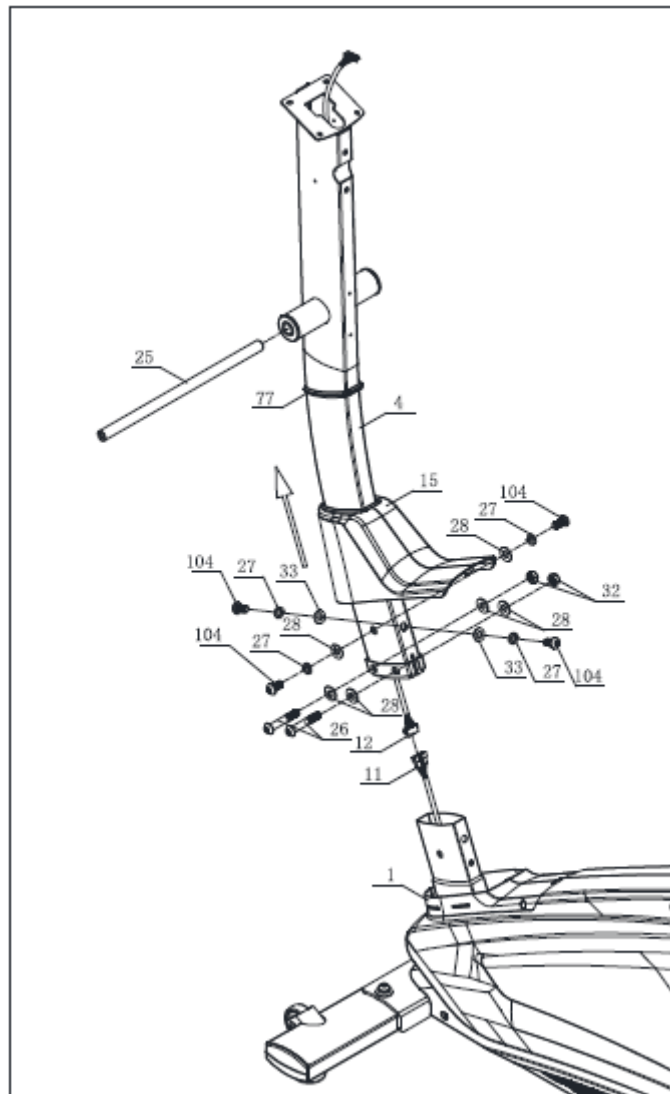
Attach the rear stabilizer (3) to the main frame (1) with curved washer (28), spring washer (27) and Allen C.K.S. half thread screw (26).



Step 3

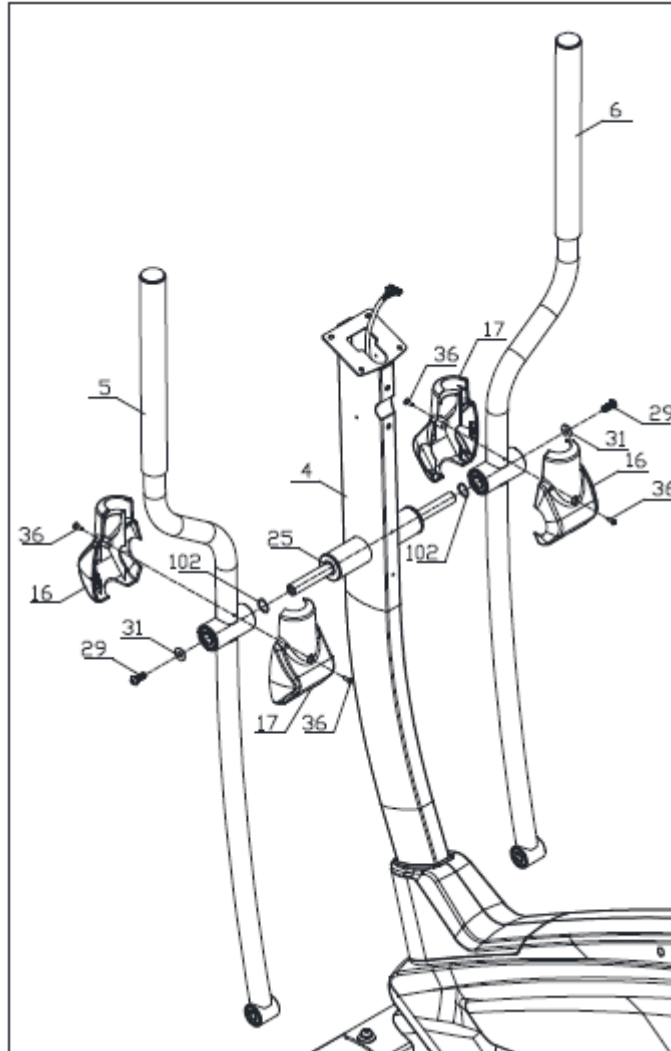
1. Attach the upright decoration strip (77) to the upper upright post (4). Take the upright post cover (15) from the main frame (1). Then attach to the upper upright post (4).
2. Connect motor communication wire (11) and console communication wire (12).
3. Attach the upper upright post (4) to the main frame (1) with flat washer (33), spring washer (27), Allen C.K.S. full thread screw (104) and flat washer (28), spring washer (27), Allen C.K.S. half thread screw (104) and Allen C.K.S. half thread screw (26), curved washer (28), Hex self-locking nut (32).
4. Attach the upright post cover (15) and the upright post decoration strip (77) to the main frame (1). Then install the axle (25).

NOTICE: Do not fully tighten the bolts at this phase. Make sure that all screws are in the hexagonal hole.



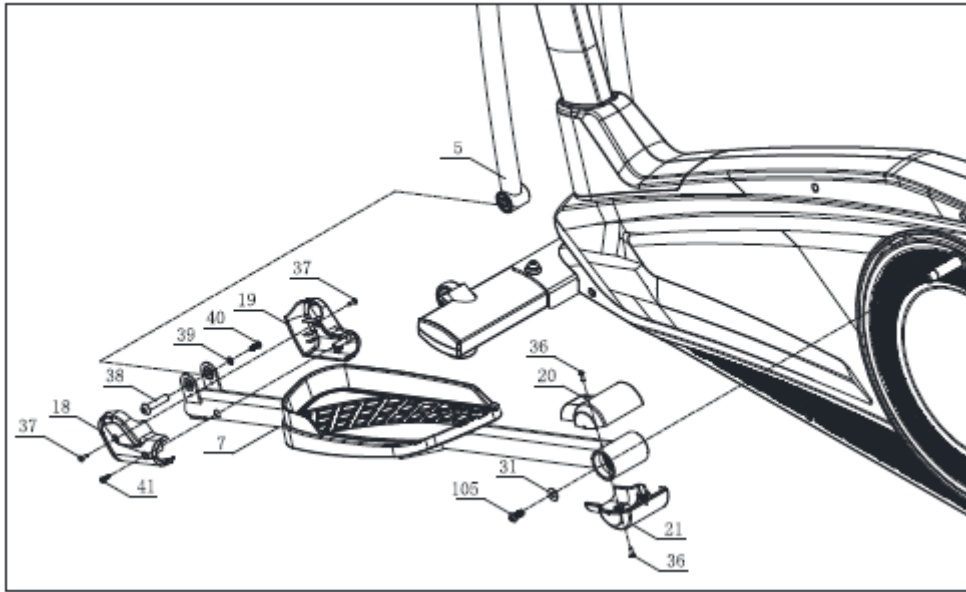
Step 4

1. Assemble the waved spring washers (102) to the left and right axle (25). Then attach left body arm (5) and right body (6) to the left axle (25) and to the right axle (25). Use flat washer (31) and Allen C.K.S. full thread screw (29).
2. Attach arm cover (16/17) to the left body arm (5) with Philips pan head full thread screw (36).
3. Repeat the last step to attach the cover (16/17) to the right body arm (6).



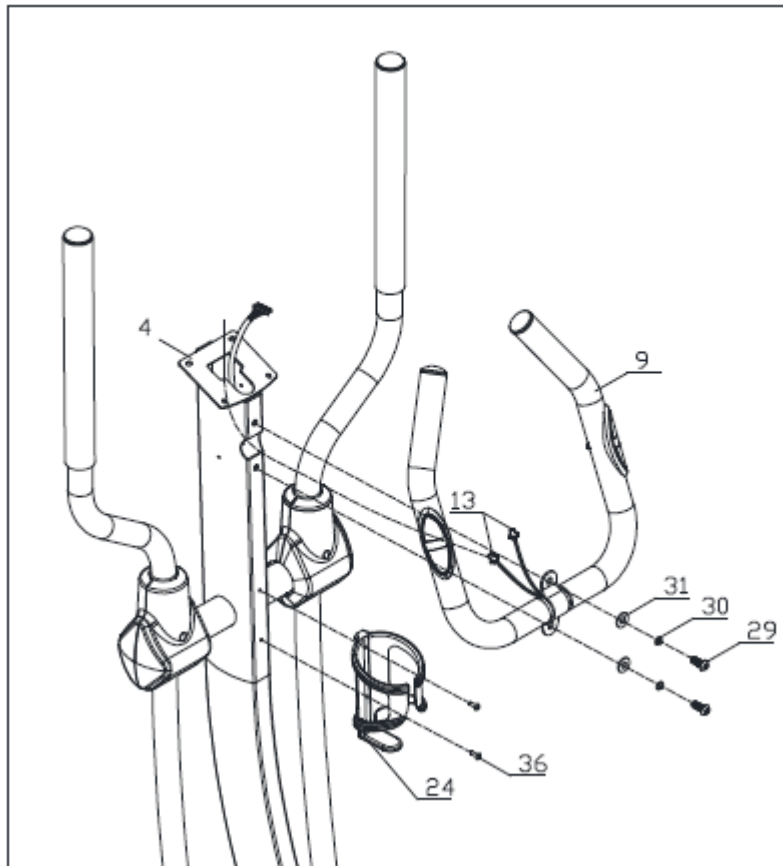
Step 5

1. Attach the axle sleeve of left rear pedal supporter (7) to the axle of main frame (1). Use flat washer (31) and Allen C.K.S. full thread screw (105).
2. Attach the axle sleeve of left front pedal supporter (7) to the left body arm (5) with Allen C.K.S. hollow screw (38), flat washer (39) and Allen C.K.S. full thread screw (40).
3. Attach the rear cover of pedal supporter (20/21) to left pedal supporter (7) with Philips pan head full thread screw (36). Attach the front cover of pedal supporter (18/19) to left pedal supporter (7) with screws (37) and Philips C.K.S. self-tapping screw (41).
4. Use the same way to fix the pedal supporter (R) (8). Put the back side of the pedal supporter (R) (8) on the axle of the main frame (1). Use the flat washer (31) and Allen full thread screw (29) to fix it.



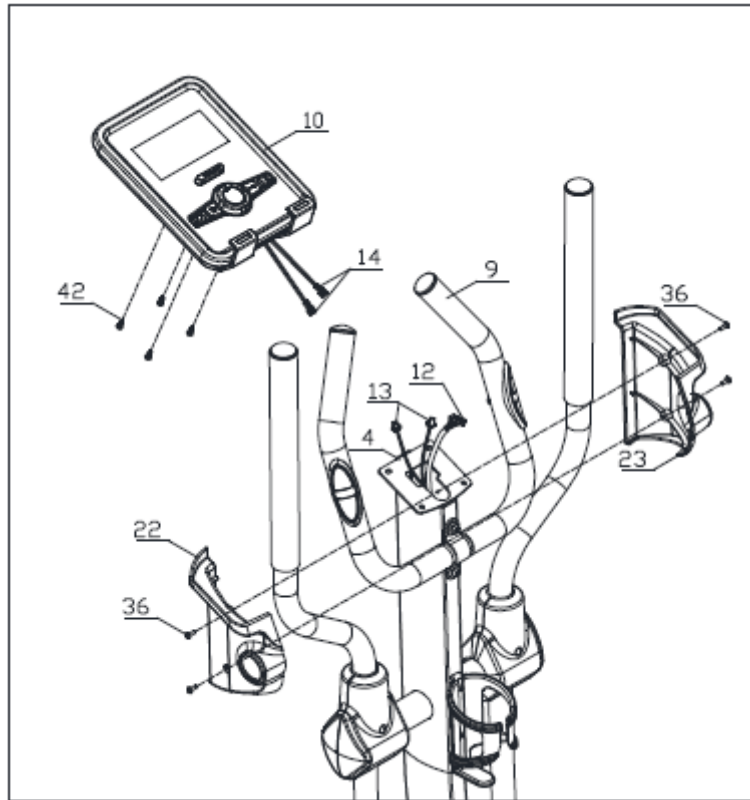
Step 6

1. Pass the handle pulse connection wire (13) through the upper upright post (4). Attach handlebars (9) to the upright post (4) with flat washer (31), spring washer (30) and half thread screw (29).
2. Attach bottle holder (24) to the upper upright post (4) with Philips pan head full thread screw (36).



Step 7

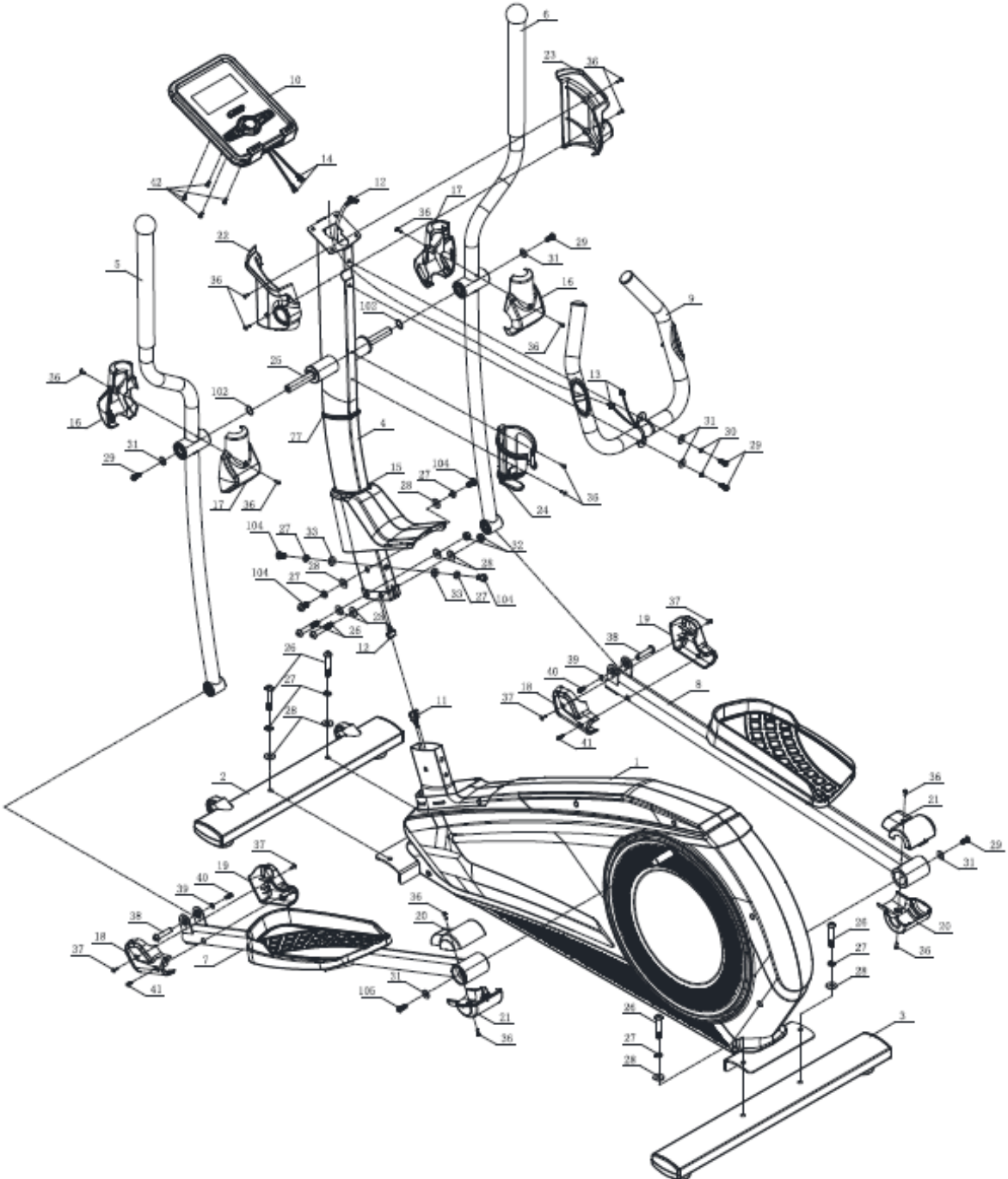
1. Connect console communication wire (12) with the interface of back console. Connect handle pulse communication wire (13) with console outset (14).
2. Attach the console (10) to the upper upright post (4) with screws (42).
3. Slide the left handlebar cover (22) and the right handlebar cover (23) out of the handlebar (9). Attach them to the upper upright post (4) with Philips pan head full thread screw (36).



WORKOUT TIPS

- User has to put feet completely inside the pedal. He has to adjust the resistance of the magnet control as he wants.
- Due to the double flywheel has this machine a significant moment of inertia. The user should minimize the resistance and lower his speed to avoid a leg injury.
- This machine has to be put in a flat and clear place with enough of space for the workout.

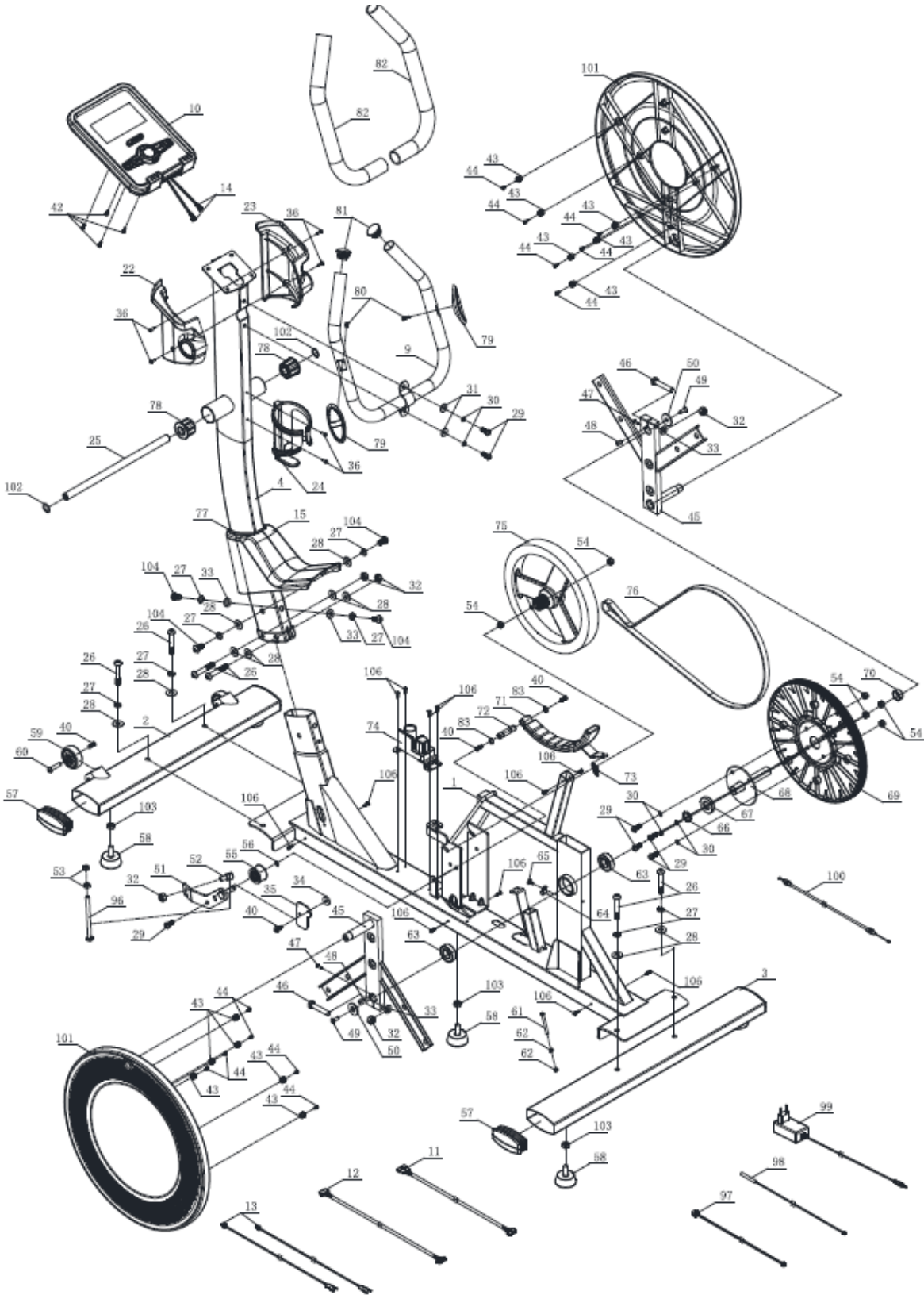
HALF-EXPLODED DRAWING

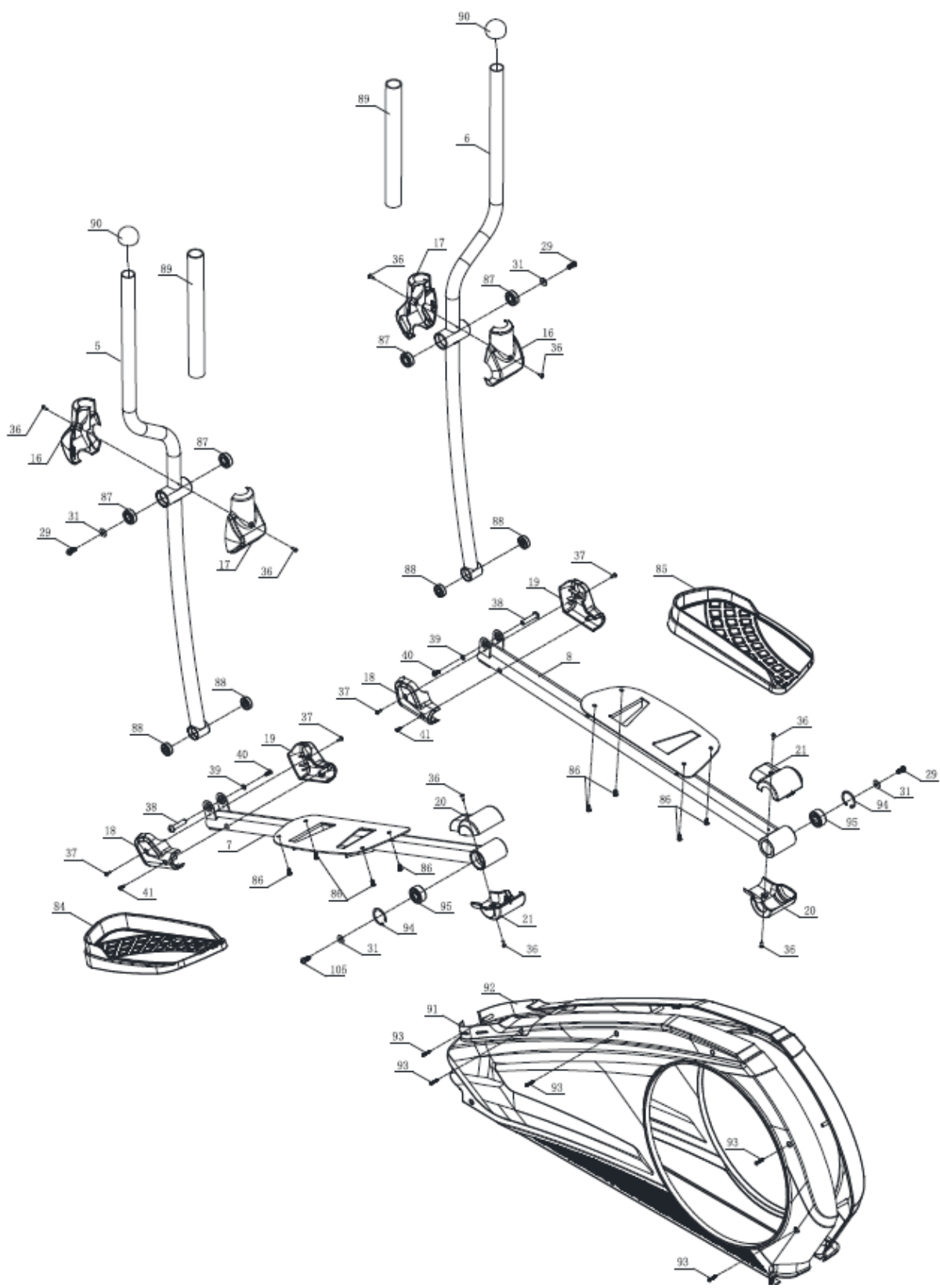


No.	Name	Description	Qty
1	Main frame		1
2	Front stabilizer		1
3	Rear stabilizer		1
4	Upper upright post		1
5	Body arm L		1
6	Body arm R		1
7	Pedal supporter L		1

8	Pedal supporter R		1
9	Handlebars		1
10	Console		1
11	Motor communication wire		1
12	Console communication wire		1
13	Handle pulse connection wire		2
14	Console outset		2
15	Upright post cover		1
16	Body arm cover		2
17	Body arm cover		2
18	Front pedal supporter cover		2
19	Front pedal supporter cover		2
20	Rear pedal supporter cover		2
21	Rear pedal supporter cover		2
22	Handlebar cover L		1
23	Handlebar cover R		1
24	Bottle holder	ø93x150	1
25	Axle	ø17x339.5	1
26	Allen C.K.S. half thread screw	M10x60x25	6
27	Spring washer	ø10	8
28	Curved washer	ø10.5xR100xt2.0	10
29	Allen C.K.S. full thread screw	M8x20	5
30	Spring washer	ø8	2
31	Flat washer	ø8.5xø20xt1.5	6
32	Hex self-locking nut	M10	2
33	Flat washer	ø10	2
36	Philips pan head full thread screw	M4x16	14
37	Philips pan head full thread screw	M4x10	4
38	Allen C.K.S. hollow screw	ø10x45xM6x20	2
39	Flat washer	ø6	2
40	Allen C.K.S. full thread screw	M6x15	2
41	Philips C.K.S. self-tapping screw	ST4x15	2
42	Philips C.K.S. full head screw	M5x10	4
102	Waved spring washer	ø17	2
104	Allen full thread screw	M10x20	4
105	Allen full thread screw L	M8x20-L	1
77	Upright post decoration strip		1

DRAWING FOR ASSEMBLY





PART LIST

No.	Name	Description	Qty
1	Main frame		1
2	Front stabilizer		1
3	Rear stabilizer		1
4	Upper upright post		1
5	Body arm (left)		1
6	Body arm (right)		1
7	Pedal supporter (left)		1
8	Pedal supporter (right)		1
9	Handlebars		1
10	Console		1
11	Motor communication wire		1
12	Console communication wire		1
13	Handle pulse connection wire		2
14	Console outset		2
15	Upright post cover		1
16	Body arm cover 2		2
17	Body arm cover 1		2
18	Front pedal supporter cover 1		2
19	Front pedal supporter cover 2		2
20	Rear pedal supporter cover 1		2
21	Rear pedal supporter cover 2		2
22	Handlebar cover (left)		1
23	Handlebar cover (right)		1
24	Bottle holder	ø93x150	1
25	Axle	ø17x339.5	1
26	Allen C.K.S. half thread screw	M10x60x25	6
27	Spring washer	ø10	8
28	Curved washer	ø10.5xR100xt2.0	10
29	Allen C.K.S. full thread screw	M8x20	10
30	Spring washer	ø8	6
31	Flat washer	ø8.5xø20xt1.5	6
32	Hex self-locking nut	M10	5
33	Flat washer	ø10	4
34	Limited space plate 1		1
35	Limited space plate 2		1
36	Philips pan head full thread screw	M4x16	14
37	Philips pan head full thread screw	M4x10	4
38	Allen C.K.S. hollow screw	ø10x45xM6x20	2
39	Flat washer	ø6	2
40	Allen C.K.S. full thread screw	M6x15	7
41	Philips C.K.S. self-tapping screw	ST4x15	2
42	Philips C.K.S. full head screw	M5x10	4
43	Disc plastic buckle	ø12.4,13	12
44	Philips C.K.S. end-cutting self-tapping screw	ST4x10	12
45	Crank iron		2
46	Hex half thread screw	M10x55x20	2
47	Hex half thread screw	M4x12	2
48	Flat key	5x5x15	2
49	Allen full thread screw	M6x15	2

50	Flat washer	ø8xø30xt3.0	2
51	Fixed idler		1
52	Idler connecting shaft	ø15x30	1
53	Hex nut	M8	2
54	Hex locking nut	M8	6
55	Tension pulley	ø38x22	1
56	Circlip shaft	ø10	1
57	End cap	45x90xt1.5	4
58	Feet pad		5
59	Wheels		2
60	Allen C.K.S. hollow screw	ø8x33xM6x15	2
61	Hex full thread screw	M5x60	1
62	Hex nut	M5	2
63	Deep groove ball bearing	6004-2RS	2
64	Fixed magnetic induction		1
65	Philips washer head end-cutting self-tapping screw	ST4x12	1
66	Crank axle sleeve 1		1
67	Crank axle sleeve 3		1
68	Crank axle	ø20x115	1
69	Belt pulley	ø308x22	1
70	Crank axle sleeve 2		1
71	Fixed magnet set		1
72	Magnetic control fixed axle	ø12x50	1
73	Brake tension spring		1
74	Magnet motor		1
75	Double flywheel	ø280/9kg	1
76	Motor belt	540PJ6	1
77	Upright post decoration strip		1
78	Plastic cover	ø42.5x30	2
79	Handle pulse		2
80	Philips C.K.S. self-tapping screw	ST4x20	2
81	Pipe plug	ø28xt1.5	2
82	Foam grip	ø32xt3.0x480	2
83	Circlip for shaft	ø12	2
84	Pedal (left)	406x187x74	1
85	Pedal (right)	406x187x74	1
86	Allen C.K.S. full thread screw	M6x12	8
87	Deep groove ball bearing	6003-2RS	4
88	Deep groove ball bearing	6200-2RS	4
89	Foam grip	ø36xt3.0x720	2
90	Pipe plug	ø32xt1.5	2
91	Motor cover (left)		1
92	Motor cover (right)		1
93	Philips C.K.S. self-tapping screw	ST4x25	5
94	Circlip for holes	ø40	2
95	Self-aligning ball bearing	2203-2RS	2
96	Hex full thread screw	M8x120	1
97	Power communication wire		1
98	Magnetic sensor		1
99	Power adapter		1
100	Brake line		1
101	Disc		2

102	Waved spring washer	ø17	2
103	Hex nut	M10	5
104	Allen full thread screw	M10x20	4
105	Allen full thread screw (L)	M8x20-L	1
106	Philips C.K.S. full head screw	ST4x16	12

DISPLAY FUNCTIONS

Item	Description
TIME	<p>It counts when the target has not been pre-set. The range is: 00:00 – 99:59. Each increment is 1 minute.</p> <p>Counting down – if the target time has been pre-set. It counts down from the target value back to 00:00.</p> <p>Each pre-set increment or decrement is 1 minute between in the range: 00:00 – 99:00.</p>
SPEED	Displays current training speed. Maximum speed is 99.9 km/h or ml/h.
RPM	Displays the rotation per minute in the range: 0–15–999.
DISTANCE	<p>Displays the total distance from 0.00 to 99.99 km or ml. The user can pre-set target value using UP/DOWN button.</p> <p>Each pre-set increment or decrement is 0.1 km or ml in the range 0.00 – 99.90.</p>
CALORIES	Displays burned calories during training from 0 to 9999 cal. Displayed value is only as a comparison of different sessions and may not be considered as medical data.
PULSE	The user can set in target value in range: 0---30 to 230. The buzzer will warn you if the actual heart rate is over the pre-set target value.
WATTS	Displays current workout in watts. The range is: 0–999.
MANUAL	Manual mode workout.
BEGINNER	4 PROGRAM selection.
ADVANCE	4 PROGRAM selection.
SPORTY	4 PROGRAM selection.
CARDIO	Target HR training mode.
WATT PROGRAM	WATT constant training mode.

KEY FUNCTION

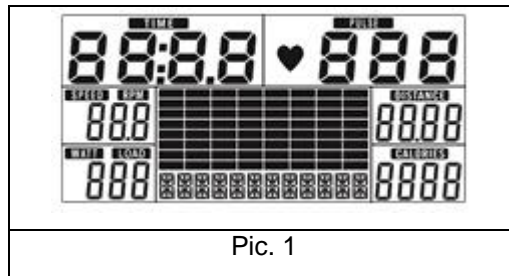
Item	Description
UP (Encoder)	Increasing resistance level. Setting selection.
DOWN (Encoder)	Decrease resistance level. Setting selection.

Mode/Enter	Confirm setting or selection.
Reset	Press and hold for 2 seconds. Computer will reboot and start from user setting. Reverse to the main menu during pre-set workout value or stop mode.
Start/Stop	Start or stop the workout.
Recovery	Test the heart rate recovery status.
Body Fat	In STOP mode, press it for body fat measuring.

OPERATION

POWER ON

Plug in the power supply, computer will power on and display all segments on the LCD for 2 seconds (Pic. 1).



Pic. 1

WORKOUT SELECTION

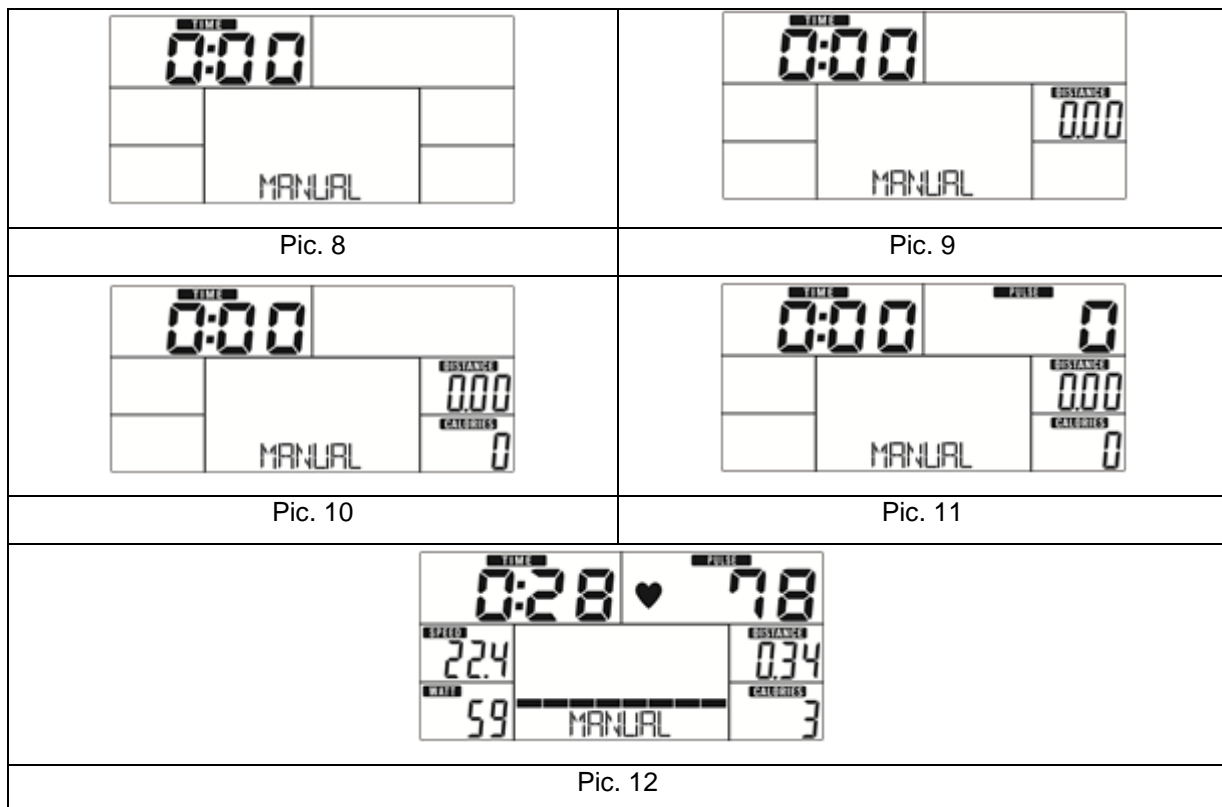
Use UP or DOWN (Encoder) to select workout Manual (Pic. 2) – Beginner (Pic. 3) – Advance (Pic. 4) – Sporty (Pic. 5) – Cardio (Pic. 6) – WATT (Pic. 7).

<p>The LCD display shows '0:00' at the top left, 'P' at the top right, 'SPEED 00', 'DISTANCE 000', 'WATT 0', and 'CALORIES 0'. The word 'MANUAL' is displayed in the center of the screen.</p>	<p>The LCD display shows '0:00' at the top left, 'P' at the top right, 'SPEED 00', 'DISTANCE 000', 'WATT 0', and 'CALORIES 0'. The word 'BEGINNER' is displayed in the center of the screen.</p>
Pic. 2	Pic. 3
<p>The LCD display shows '0:00' at the top left, 'P' at the top right, 'SPEED 00', 'DISTANCE 000', 'WATT 0', and 'CALORIES 0'. The word 'ADVANCE' is displayed in the center of the screen.</p>	<p>The LCD display shows '0:00' at the top left, 'P' at the top right, 'SPEED 00', 'DISTANCE 000', 'WATT 0', and 'CALORIES 0'. The word 'SPORTY' is displayed in the center of the screen.</p>
Pic. 4	Pic. 5
<p>The LCD display shows '0:00' at the top left, 'P' at the top right, 'SPEED 00', 'DISTANCE 000', 'WATT 0', and 'CALORIES 0'. The word 'CARDIO' is displayed in the center of the screen.</p>	<p>The LCD display shows '0:00' at the top left, 'P' at the top right, 'SPEED 00', 'DISTANCE 000', 'WATT 0', and 'CALORIES 0'. The word 'WATT' is displayed in the center of the screen.</p>
Pic. 6	Pic. 7

MANUAL MODE

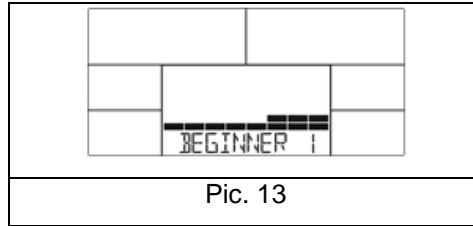
Press START in the main menu to start the workout in manual mode.

1. Use UP or DOWN (Encoder) to select workout program, choose MANUAL and push MODE/ENTER to get into.
2. Use UP or DOWN (Encoder) to set TIME (Pic. 8), DISTANCE (Pic. 9), CALORIES (Pic. 10), PULSE (Pic. 11) and push MODE/ENTER to confirm it.
3. Press START/STOP key to start the workout. Use UP or DOWN (Encoder) to adjust load level. If the load level will not be adjusted in 3 seconds, this device will automatically switch to the WATT displaying (Pic. 12).
4. Press START/STOP to pause the workout. Push RESET to reverse to the main menu.



BEGINNER MODE

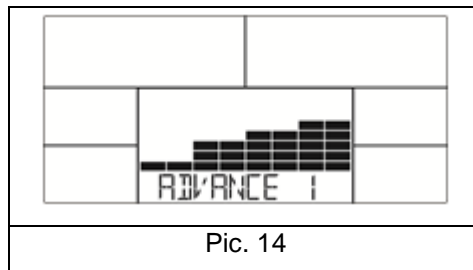
1. Use UP or DOWN (Encoder) to select workout program. Choose BEGINNER mode and press MODE/ENTER to get into.
2. Use UP or DOWN (Encoder) to select Beginner program 1~4 (Pic. 13) and press MODE/ENTER to get into.
3. Use UP or DOWN (Encoder) to set TIME.
4. Press START/STOP key to start workout. Use UP or DOWN (Encoder) to adjust load level.
5. Press START/STOP key to pause workout. Use RESET to reverse to main menu.



Pic. 13

ADVANCE MODE

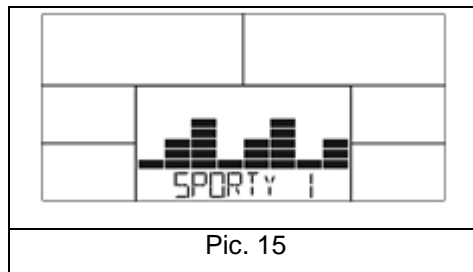
1. Use UP or DOWN (Encoder) top select workout program. Choose ADVANCE mode and press MODE/ENTER to get into.
2. Use UP or DOWN (Encoder) to select Advance program 1~4 (Pic. 14) and press MODE/ENTER to get into.
3. Use UP or DOWN (Encoder) to set TIME.
4. Press START/STOP key to start workout. Use UP or DOWN (Encoder) to adjust load level.
5. Press START/STOP key to pause workout. Use RESET to reverse to main menu.



Pic. 14

SPORTY MODE

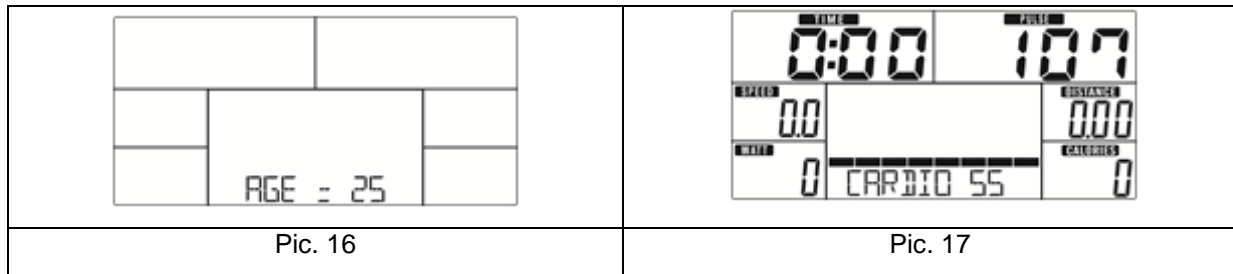
1. Use UP or DOWN (Encoder) to select workout program. Choose SPORTY mode and press MODE/ENTER to get into.
2. Use UP or DOWN (Encoder) to select Sporty program 1~4 (Pic. 15) and press MODE/ENTER to get into.
3. Use UP or DOWN (Encoder) to set TIME.
4. Press START/STOP key to start workout. Use UP or DOWN (Encoder) to adjust load level.
5. Press START/STOP key to pause workout. Use RESET to reverse to main menu.



Pic. 15

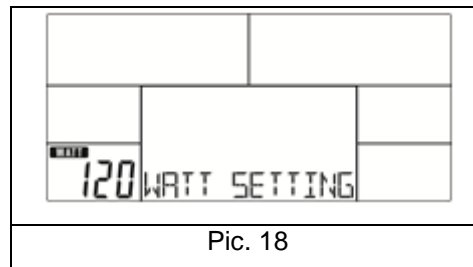
CARDIO MODE

1. Use UP or DOWN (Encoder) to select workout program. Choose H.R.C. and press MODE/ENTER to get into.
2. Use UP or DOWN (Encoder) to set AGE (Pic. 16).
3. Use UP or DOWN (Encoder) to select 55% (Pic. 17), 75%, 90% or TAG (target H.R.). Default: 100.
4. Use UP or DOWN (Encoder) to set workout TIME.
5. Press START/STOP key to start or stop workout. Use RESET to reverse to main menu.





WATT MODE

1. Use UP or DOWN (Encoder) to select workout program. Choose WATT and press MODE/ENTER to get into.
2. Use UP or DOWN (Encoder) to set WATT target (Default: 120, Pic. 18).
3. Use UP or DOWN (Encoder) to set TIME.
4. Press START/STOP key to start workout. Use UP or DOWN (Encoder) to adjust WATT level.
5. Press START/STOP key to pause workout. Use RESET to reverse to main menu.



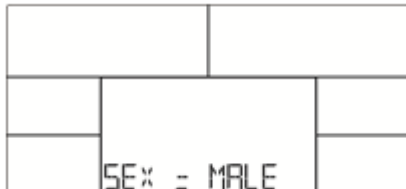
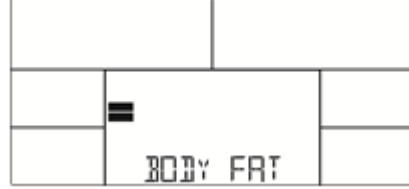
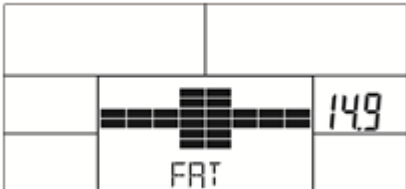
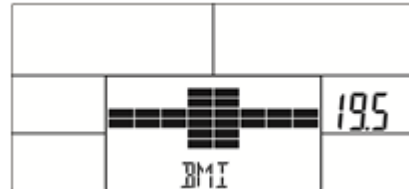
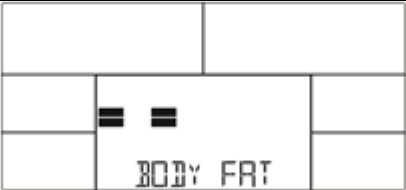

RECOVERY

After exercising for a period, keep holding on hand grips or wearing chest strap and press RECOVERY key. All display functions will stop except the TIME. It starts counting down from 00:60 to 00:00 (Pic. 19). Screen will display your heart rate recovery status with the F1, F2 ... to F6. F1 is the best, F6 is the worst (Pic. 20). User may keep exercising to improve the heart rate recovery status. (Press the RECOVERY button again to return the main display.)

	
Pic. 19	Pic. 20

BODY FAT

1. In the STOP mode, press the BODY FAT key to start body fat measurement.
2. Console will remind to input user GENDER (Pic. 21), AGE, HEIGHT, WEIGHT. Then it starts measuring.
3. During measuring, the user must grasp the grips with both hands. The LCD display will show “=” “=” (Pic. 22) for 8 seconds until computer finishes measuring.
4. Thereafter the LCD displays BODY FAT advice symbol, BODY FAT percentage (Pic. 23), BMI (Pic. 24) for 30 seconds.
5. Error message:
 - The LCD displays “== “ “ ==” (Pic. 25) – means that hands are not on grips or chest strap is not worn correctly.
 - E-1 – There is no heart rate signal input detected.
 - E-4 – Occurs when FAT% is below 5 or exceeds 50 and BMI result is below 5 or exceeds 50 (Pic. 26).

	
Pic. 21	Pic. 22
	
Pic. 23	Pic. 24
	
Pic. 25	Pic. 26

NOTED:

1. After 4 minutes without pedalling or pulse input, the console will enter power saving mode. Press any key to wake it up.
2. When the computer does not work properly, plug out the adaptor and plug it in again.

APP



1. This console can connect APP on the smart device by Bluetooth.
2. Once the console has been connected to a smart device via Bluetooth, the console will power off.
3. For more information, you can see operation video.

GENERAL FITNESS TIPS

Start your exercise program slowly, i.e. one exercise unit every 2 days. Increase your exercise session week by week. Begin with short periods per exercise and then increase these continually. Start slowly with the exercise sessions and don't set yourself impossible targets. In addition to these exercises, do other forms of exercise such as jogging, swimming, dancing and/or cycling.

Always warm up thoroughly before exercising. To do so, carry out at least five minutes of stretching or gymnastic exercises to avoid muscle strains and injuries.






Check your pulse regularly. If you do not have a pulse measuring instrument, ask your GP how you can measure your heart rate effectively. Determine your personal exercise frequency range to achieve optimal training success. Take into account both your age and your level of fitness. This manual also can help you as a guide.




Make sure you breathe regularly and calmly when exercising. Take care to drink enough while exercising. This ensures that the liquid requirement of your body is satisfied. Consider that the recommended drinking amount of 2 – 3 litres per day is strongly increased through physical strain. The fluid you drink should be at room temperature.

When exercising on the device always wear light and comfortable clothing as well as sport shoes. Do not wear any loose clothing that could tear or become caught in the device whilst exercising. Exercise for your personal work-out.

WARM-UP/STRETCHING EXERCISES

A successful exercise session begins with warming up exercises and ends with exercises for cooling down and relaxing. These warming up exercises prepare your body for the subsequent demands made upon it. The cooling down/relaxation period after the exercising ensures that you do not experience any muscular problems. In the following you will find stretching exercise instructions for warming up and cooling down. Please pay attention to the following points.

	<p>Neck exercises</p> <p>Tilt your head to the right and feel the tension in your neck. Slowly drop your head down to your chest in a semi-circle and then turn your head to the left. You will feel a comfortable tension in your neck again. You can repeat this exercise alternately several times.</p>
	<p>Exercises for the shoulder area</p> <p>Lift the left and right shoulders alternately or lift both shoulders simultaneously.</p>
	<p>Arm stretching exercises</p> <p>Stretch the left and right arms alternately towards the ceiling. Feel the tension in your left and right side. Repeat this exercise several times.</p>
	<p>Exercises for the upper thigh</p> <p>Support yourself by placing your hand on the wall, then reach down behind you and lift up your right or left foot as close to your buttocks as possible. Feel a comfortable tension in your front upper thigh. Maintain this position for 30 seconds if possible and repeat this exercise 2 times for each leg.</p>
	<p>Inside upper thigh</p> <p>Sit on the floor and place your feet in such a way that your knees are facing outwards. Pull your feet as close as possible to your groin. Now press your knees carefully downwards. Maintain this position for 30 – 40 seconds if possible.</p>

	<p>Touch toes</p> <p>Bend your trunk slowly forwards and try to touch your feet with your hands. Reach down as far as possible to your toes. Maintain this position for 20 – 30 seconds if possible.</p>
	<p>Exercise for the knees</p> <p>Sit on the floor and stretch out your right leg. Bend your left leg and place your foot on your right upper thigh. Now try to reach your right foot with your right arm. Maintain this position for 30 – 40 seconds if possible.</p>
	<p>Exercises for the calves/Achilles tendon</p> <p>Place both hands on the wall and support your full body weight. Then move your left leg backwards and alternate it with your right leg. This stretches the back of the leg. Maintain this position for 30 – 40 seconds.</p>

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, 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 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

INSPORTLINE s.r.o.

Headquarters, Warranty & Service centre: Elektricka 6471, 911 01 Trencin, 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: