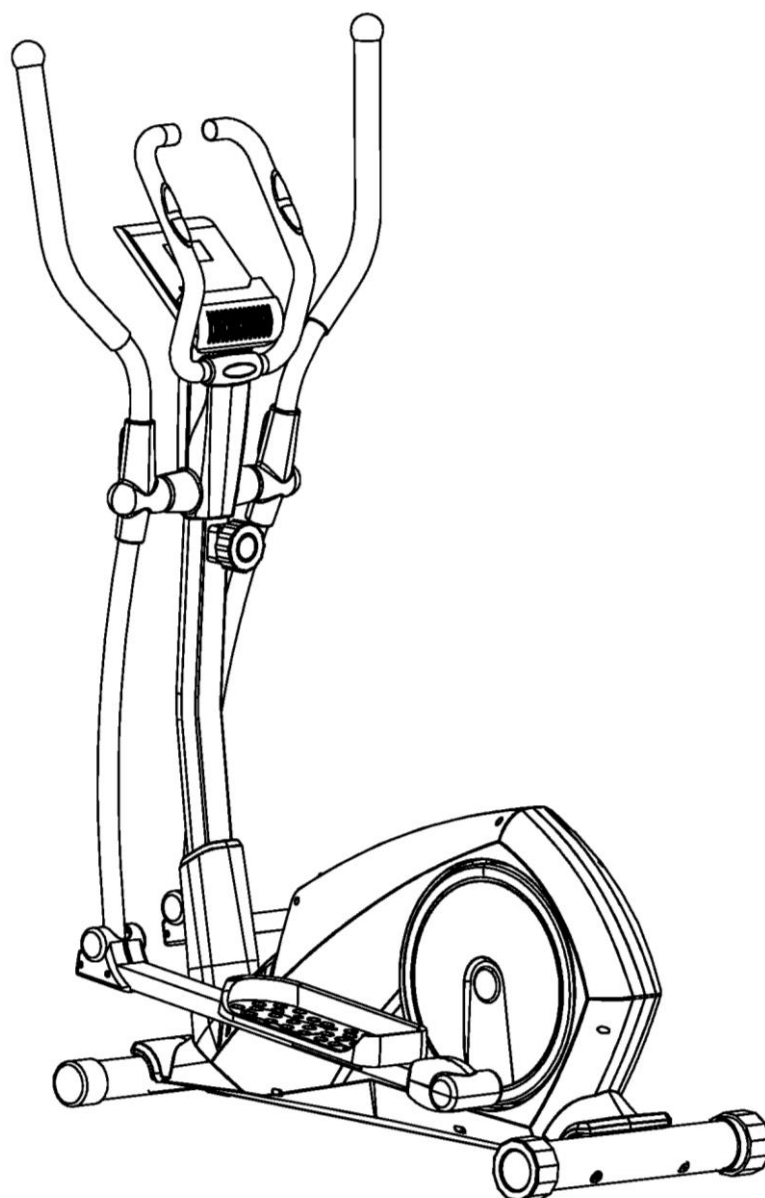




USER MANUAL – EN

IN 13904 Elliptical trainer inSPORTline Madesto



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INTRODUCTION

Thank you for purchasing this elliptical trainer. For your safety and benefit, read this manual carefully before using the machine.

Retain this manual for future reference.

The specifications of this product may vary slightly from the illustrations and are subject to change without notice.

Prior to assembly, remove components from the box and verify that all the listed parts were supplied. Assembly instructions are described in the following steps and illustrations.

IMPORTANT SAFETY PRECAUTIONS


BE SURE TO READ THE ENTIRE MANUAL BEFORE YOU ASSEMBLE OR OPERATE YOUR MACHINE. IN PARTICULAR, NOTE THE FOLLOWING SAFETY PRECAUTIONS:

1. Check all the screws, nuts and other connections before using the machine for the first time and ensure that the trainer is in a safe condition.
2. Set up the machine in a dry and level place and keep it away from moisture and water.
3. Place a suitable base (e.g. rubber mat, wooden board etc.) beneath the machine in the area of assembly to avoid dirt, damage, etc.
4. Before you begin to train, remove all objects within a 2-meter radius from the machine.
5. Do not use aggressive cleaning substances to clean the machine. Only use the supplied tools or suitable tools of your own to assemble the machine or repair any parts of the machine. Remove drops of sweat from the machine immediately after finishing training.
6. Your health can be affected by incorrect or excessive training. Consult a doctor before beginning a training program. He can define the maximum setting (pulse, watts, duration of training, etc.) to which you may train and can get precise information during training. This machine is not suitable for therapeutic purposes.
7. Only train on the machine when it is working properly. Use only original spare parts for any necessary repairs.
8. This machine can be used for only one person's training at a time.
9. Wear training clothes and shoes which are suitable for fitness training with the machine. Your training shoes should be appropriate for the trainer.
10. No adjustable part should be protruding for it could limit the user's range of movement.
11. If you experience dizziness or any other abnormal symptoms, please stop training and consult a doctor as soon as possible.
12. Children and handicapped people should only use the machine in the presence of another person who can give them aid and advice.
13. The power of the machine increases with higher speed, and decreases with lower speed. The machine is equipped with adjustable knob which can adjust the resistance. Reduce the resistance by turning the adjusting knob towards Stage 1. Increase the resistance by turning the adjusting knob towards Stage 8.
WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR DOCTOR. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PEOPLE WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL THE INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT.
14. **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.
15. **Category:** HC – for home use only (EN957), **weight limit:** 120 kg

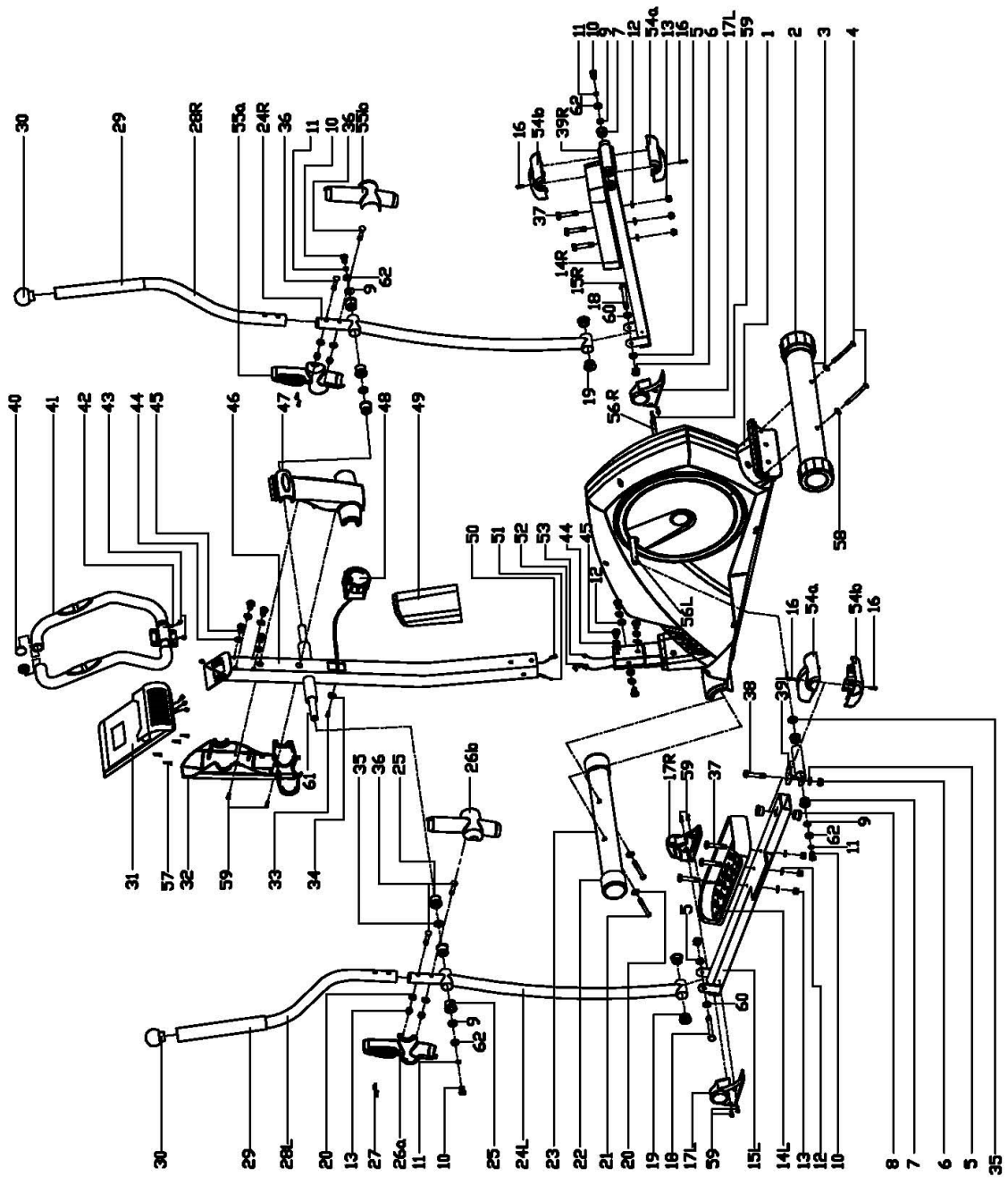
TECHNICAL DESCRIPTION

Parameters (length/width/height)	135 x 67 x 166 cm
Weight	51.5 kg
Distance between pedals	23.5 cm
Fly wheel weight	7 kg
Weight limit	120 kg
Maximum user height	190 – 195 cm
Tension regulation system	Magnetic, manual
Tension levels	8
Bearings	double
Transportation wheels	yes
Heart rate sensor	yes
Certification	EN ISO 20957, EN957-9

TOOLS LIST

	<ol style="list-style-type: none">1. Allen wrench – 2 pcs2. Solid wrench – 1 pc3. Solid wrench with screwdriver – 1 pc4. Hex bolt – 6 pcs5. Allen C.K.S. screw – 4 pcs6. Hex half thread bolt – 2 pcs
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EXPLODED DRAWING



PARTS LIST

No.	Description	QTY	No.	Description	QTY
1	Main frame	1	32	Protective guard	1
2	Rear end cap	2	33	Screw	1
3	Rear bottom tube	1	34	Arc washer	1
4	Allen bolt M8×90	2	35	Waved washer	4
5	Flat washer D10×Φ20×2	4	36	Carriage bolt M8×45	4
6	Nylon nut M10	4	37	Hexagon bolt M8×45	6
7	Plastic bushing Φ28×16×Φ16.1	4	38	Hexagon bolt M10×55	2
8	Alloy bushing Φ18×Φ10×11	4	39L/R	L/R pedal tube joint	1 each
9	D-shape washer	4	40	End cap	2
10	Allen bolt M10×20	4	41	Foam grip	2
11	Spring washer d10	4	42	Fixed handlebar	1
12	Flat washer D8×Φ16×1.5	10	43	Pulse wire	2
13	Nylon nut M8	10	44	Spring washer d8	8
14L/R	L/R pedal	1 each	45	Allen bolt M8×16	8
15L/R	L/R pedal support	1 each	46	Handlebar post	1
16	Screw M5×10	4	47	Protective guard	1
17L/R	Protective guard	2 each	48	Tension controller	1
18	Hex bolt Φ12×M10×80	2	49	Mast cover	1
19	Axle bushing3 Φ12×Φ32×15	4	50	Connection wire	1
20	Arc washer D8×Φ19×1.5×R30	6	51	Upper tension cable	1
21	Allen bolt M8×72	2	52	Lower tension cable	1
22	Front end cap	2	53	Sensor wire	1
23	Front bottom tube	1	54a/b	Protective guard	2 each
24L/R	L/R swing tube	1 each	55a/b	Protective guard	1 each
25	Axle bushing 4 Φ16×Φ31×23	6	56L/R	L/R crank	1 each
26a/b	Protective guard	1 each	57	Screw	4
27	Screw ST3.5×13	4	58	Arc washer D8×2×Φ25×R39	2
28L/R	L/R handlebar	1 each	59	Tapping screw ST4.2×18	10
29	Foam grip	2	60	Flat washer D12×Φ24×2	2
30	Mushroom end cap	2	61	Long axle	1
31	Computer	1	62	Flat washer D10×Φ20×2	4

ASSEMBLY

Note: Most of the listed assembly hardware has been packaged separately, but some hardware items have been preinstalled in the identified assembly parts. In these instances, simply remove and reinstall the hardware as assembly is required.

Please reference the individual assembly steps and make note of all preinstalled hardware.

Preparation

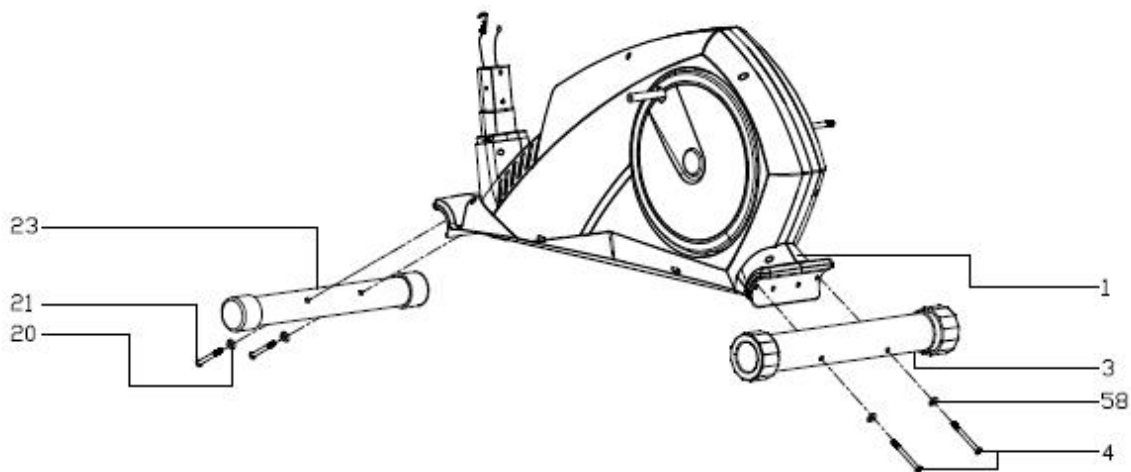
Before assembling, make sure that you will have enough space around the item; Use the present tools for assembly; before assembling please check whether all the necessary parts are available.

It is strongly recommended to assemble this machine in two or more people to avoid possible injury.

Assembly steps

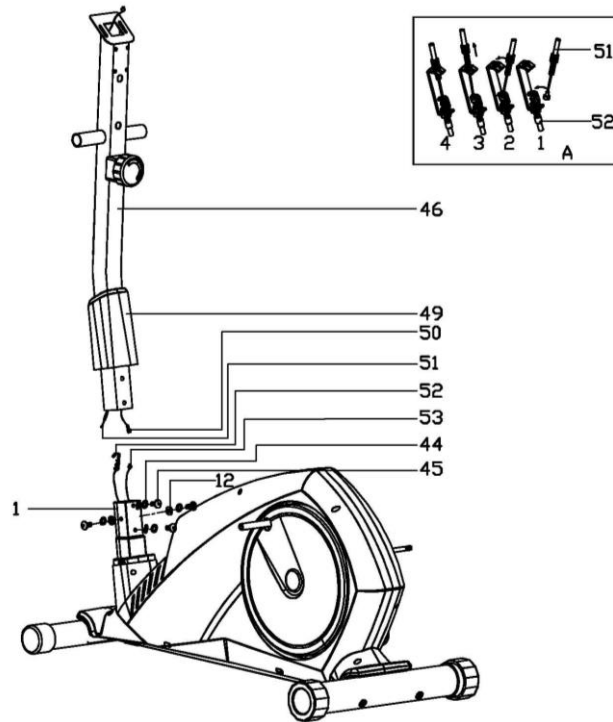
Step 1

Tighten the Front bottom tube (23) to the Main frame (1) with Allen bolts (21) and Arc washers (20); and then attach the Rear bottom tube (3) to the Main frame (1) with Allen bolts (4) and Arc washers (58) as shown.



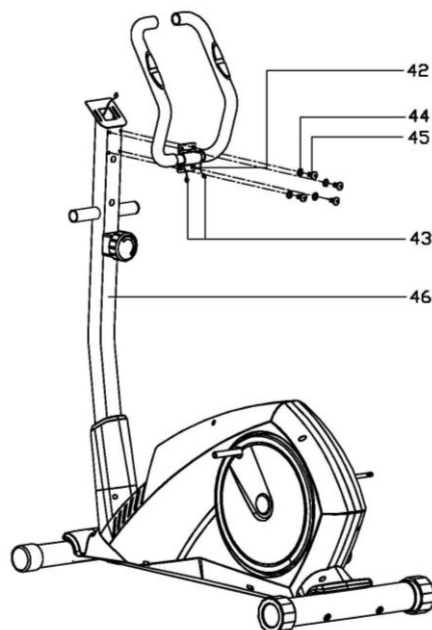
Step 2

1. Slide the Mast cover (49) onto the Handlebar post (46).
2. Connect the Connection wire (50) to the Sensor wire (53). Connect Upper tension cable (51) with the spring hook of Lower tension cable (52) as shown in picture A.
3. Tighten the Handlebar post (46) to the Main frame (1) with Allen bolts (45), Spring washers (44), and Flat washers (12).
4. Slide the Mast cover down (49) to its correct position.



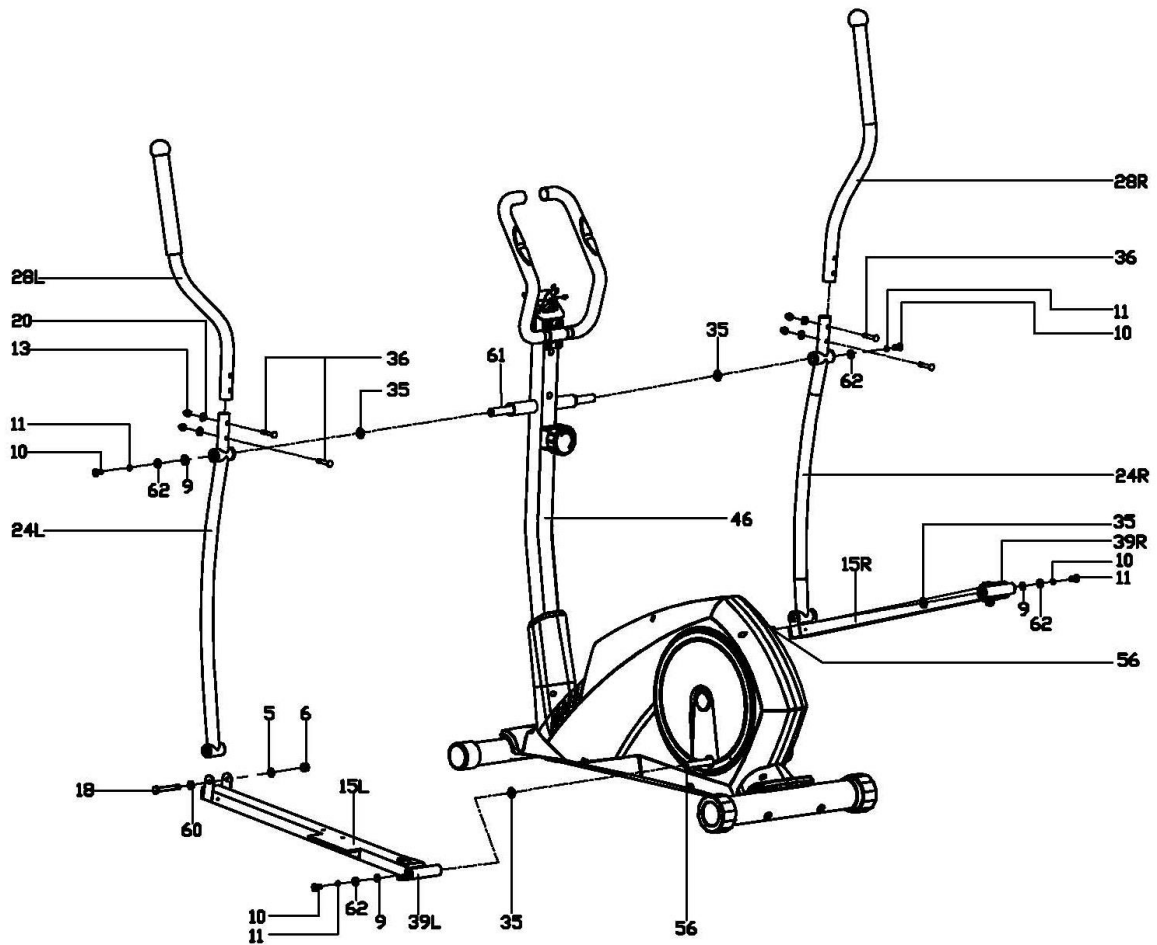
Step 3

1. Put the Pulse wire (43) through the Handlebar post and the top of computer bracket hole (46).
2. Lock the Fixed handlebar (42) to the Handlebar post (46) with Allen bolts (45) and Spring washers (44).



Step 4

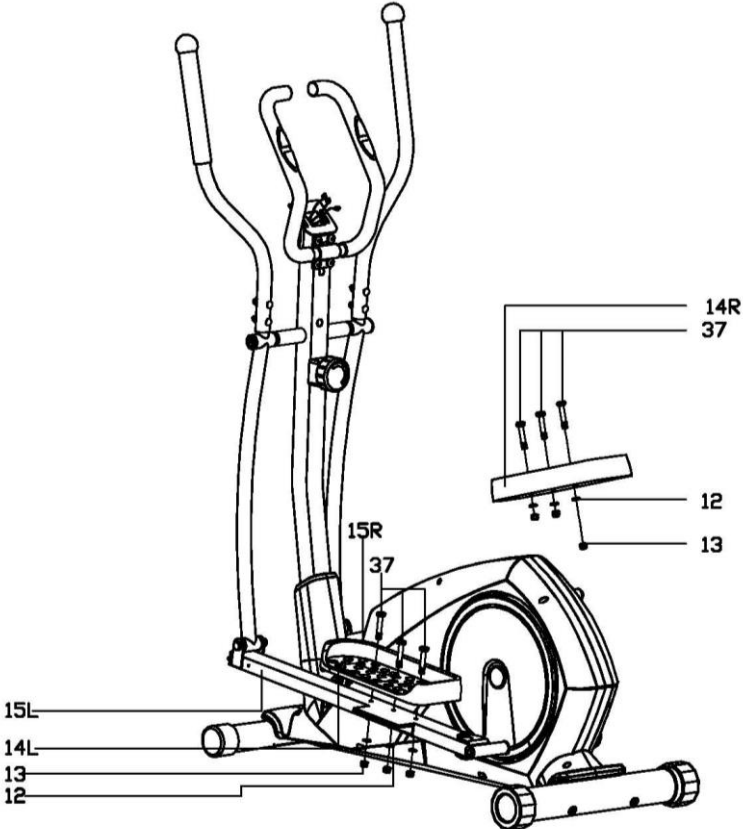
1. Assemble the left and right Swing tube (24 L/R) to the Long axle (61) on the Handlebar post (46) with Allen bolts (10), Spring washers (11), Flat washers (62), D-Shape washers (9), and Waved washers (35). Please don't tighten the above bolts until this assembly step is complete.
2. Attach both Pedal tube joints (39 L/R) to the Cranks (56 L/R) with Allen bolts (10), Spring washers (11), D-Shape washers (9), Flat washers (62) and Waved washers (35). Please don't tighten the above bolts until this assembly step is complete.
3. Connect the left and right Swing tube (24 L/R) & Pedal support (15 L/R) with Hex bolts (18), Flat washers (5 & 60) and Nylon nuts (6). Secure the above bolts (10), Hex bolts (18) and Nylon nuts (6) tightly.
4. Fit the left and right Handlebar (28 L/R) to the corresponding Swing tubes (24 L/R) with Carriage bolts (36), Arc washers (20) and Nylon nuts (13).



Step 5

Attach the left and right Pedal (14 L/R) to the corresponding Pedal supports (15 L/R) with Hexagon bolts (37), Flat washers (12) and Nylon nuts (13).

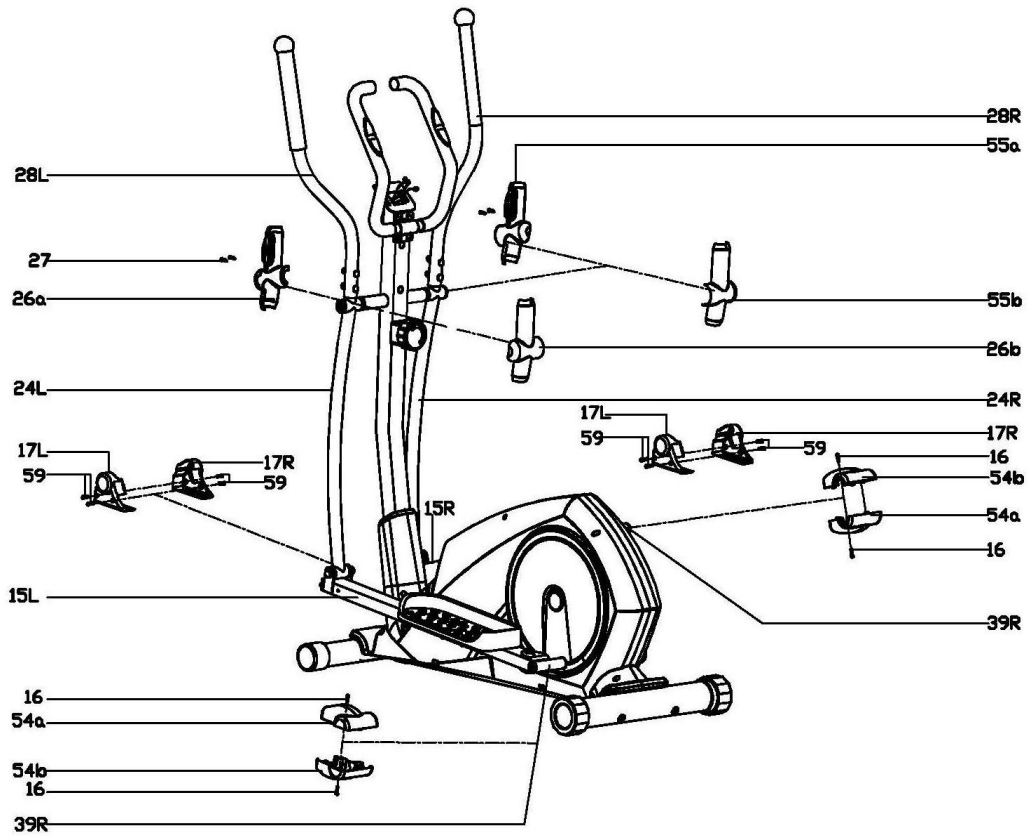
Note: The pedals have been labeled L for left and R for right.



Step 6

Cover the joint part of the Handlebars (28 L/R) and the Swing tubes (24 L/R) with Protective guards (26 a/b & 55 a/b), then fix them with Screws (27).

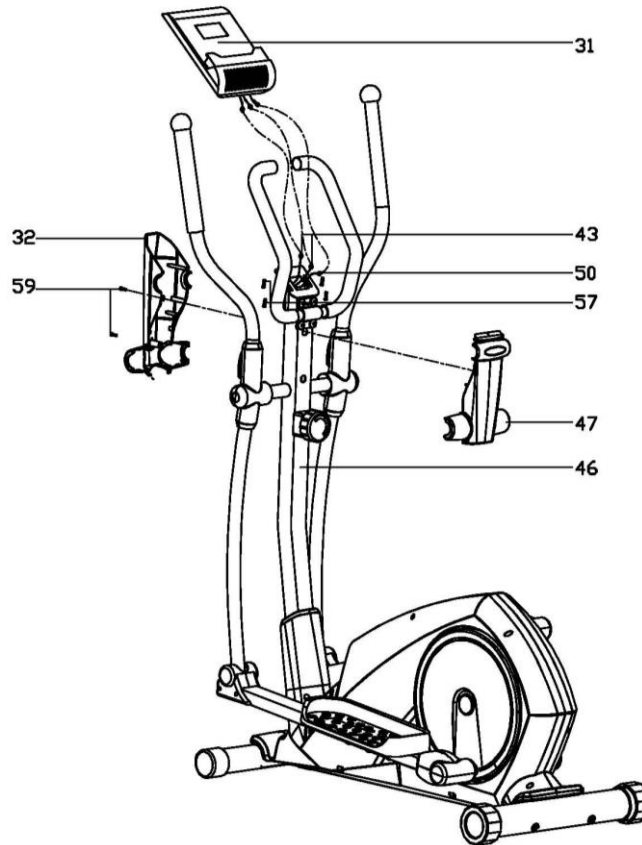
Fix the Protective guards (17 L/R) and (54 a/b) to the corresponding Pedal supports (15 L/R) and pedal tube joints (39 L/R) with Screws (59 & 16).



Step 7

Connect the Connection wire (50) and Pulse wires (43) to the Computer wires, then fix the Computer (31) onto the computer bracket on the Handlebar post (46) with Screws (57).

Fix the Protective guards (32/47) to the Handlebar post (46) with Screws (59).



MONITOR INSTRUCTIONS

A. User Data:

You should input your personal data before your workout. Press BODY FAT key to enter your personal data of sex, age, height and weight then the computer can save the data unless batteries will be taken off.

B. Clock Mode:

- a. The computer will enter the clock mode when there is no signal input or no keys be pressed within 4 minutes. You can press ENTER key to switch the clock and temperature at the clock mode or press other keys to quit the clock mode.
- b. In the clock mode you can set up the TIME or ALARM by holding ENTER key for over 2 seconds then you can set up TIME and ALARM by UP or DOWN keys.

Functions and features:

1. **CLOCK:** Display the current clock in hour and minute and second.
2. **ALARM:** You can set up your morning call or setting time by this computer and it will beep alarm 2 seconds when your setting time is reached.
3. **TEMPERATURE:** Display the current temperature.
4. **TIME:** Shows your elapsed workout time in minutes and seconds. Your computer will automatically count up from 0:00 to 99:59 in one second intervals. You can also program your

computer to count down from a set value by using the UP and DOWN keys from 0:00 to 99:00. If you continue exercising once the time has reached 0:00, the computer will begin beeping, and reset itself to the original time set, letting you know your workout is done.

5. **SPEED:** Displays your workout speed value in KM/MILE per hour.
6. **DISTANCE:** Displays the accumulative distance traveled during each workout up to a maximum of 99.9 KM/MILE.
7. **CALORIES:** Your computer will estimate the cumulative calories burned at any given time during your workout.
8. **AGE:** Your computer is age-programmable from 10 to 99 years. If you do not set an age, this function will always default to age 35.
9. **PULSE:** Your computer displays your pulse rate in beats per minute during your workout.
10. **RPM:** Your pedal cadence.
11. **SCAN:** At the exercise mode, press the MODE key until appears the SCAN on the LCD. Monitor will display one of the TIME, DISTANCE, CALORIE, RPM, PULSE, SPEED function and each function will keep 6 seconds on the main screen.
12. **PULSE RECOVERY:** During the START stage, leave the hands holding on grips or leave the chest transmitter attached and then press "PULSE RECOVERY" key, all function displays will stop except the "TIME". Time starts counting from 01:00 - 00:59 - - to 00:00. As soon as 00:00 is reached, the computer will show your heart rate recovery status with the grade F1.0 to F6.0.

1.0	Outstanding
$1.0 < F < 2.0$	Excellent
$2.0 \leq F \leq 2.9$	Good
$3.0 \leq F \leq 3.9$	Fair
$4.0 \leq F \leq 5.9$	Below average
6.0	Poor

Note: If no pulse signal input then the computer will show "P" on the PULSE window. If the computer shows "Err" on the message window, please re-press the PULSE RECOVERY key and please make sure your hands are keeping well on the grips or the chest transmitter is attached well.

Key function:

There are 6 button keys and the function description as follows:

1. UP key: During the setting mode, press the key to increase the value of Time, Distance, Calories, Age, Weight, Height etc. and to select sex. During the CLOCK mode, you can set up clock and alarm by this key.
2. DOWN key: During the setting mode, press the key to decrease the value of Time, Distance, Calories, Age, Weight, Height etc. and to select sex. During the CLOCK mode, you can set up clock and alarm by this key.
3. ENTER/RESET key:
 - a. Press the key to accept the current data entry.
 - b. During the no speed mode, by holding this key for over 3 seconds then the computer will re-power-on.
4. BODY FAT key: Press the key to enter your personal data before measure your body fat ratio.
5. MEASURE key: Press the key to get your body fat ratio and BMI and BMR.
 - a. FAT %: Indicate your body fat percentage after measurement.
 - b. BMI (Body Mass Index): BMI is a measure of body fat based on height and weight that applies to both adult men and women.
 - c. BMR (Basal Metabolic Rate): Your Basal Metabolic Rate (BMR) shows the number of

calories your body needs to operate. This doesn't account for any activity, it's simply the energy needed to sustain a heartbeat, breathing and normal body temperature. It measures the body at rest, not sleep, at room temperature.

6. PULSE RECOVERY key: Press the key to activate heart rate recovery function.

Battery: If the monitor does not display correctly, try to re-install the batteries.

HOW TO USE

- One after the other, step with your feet onto the pedals, firmly grab the handles and start exercising
- Set the tension with the regulation knob. You will increase the tension by turning the knob clockwise and decrease it by turning it anti-clockwise. The tension and the pedaling speed are independent of each other. The display will show the current data.
- Get off the machine by first stepping off with only one foot and then the other.

WARM-UP AND COOL-DOWN EXERCISES

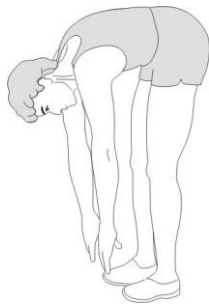
A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

Warm up

The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Warm-up activities may include brisk walking, jogging, jumping jacks, jumping rope, and running in place.

Stretching

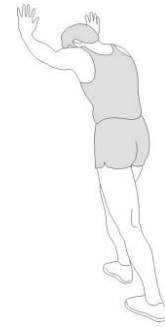
Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. Do not bounce.



Toe touch



Side stretch



Calf and Achilles tendon stretch



Inner thigh stretch



Hamstring stretch

Remember to always check with your doctor before starting any exercise program.

Cool-down

The purpose of cooling down is to return the body to its normal (or near normal) resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.

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.**

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Date of Sale:

Stamp and Signature of Seller: