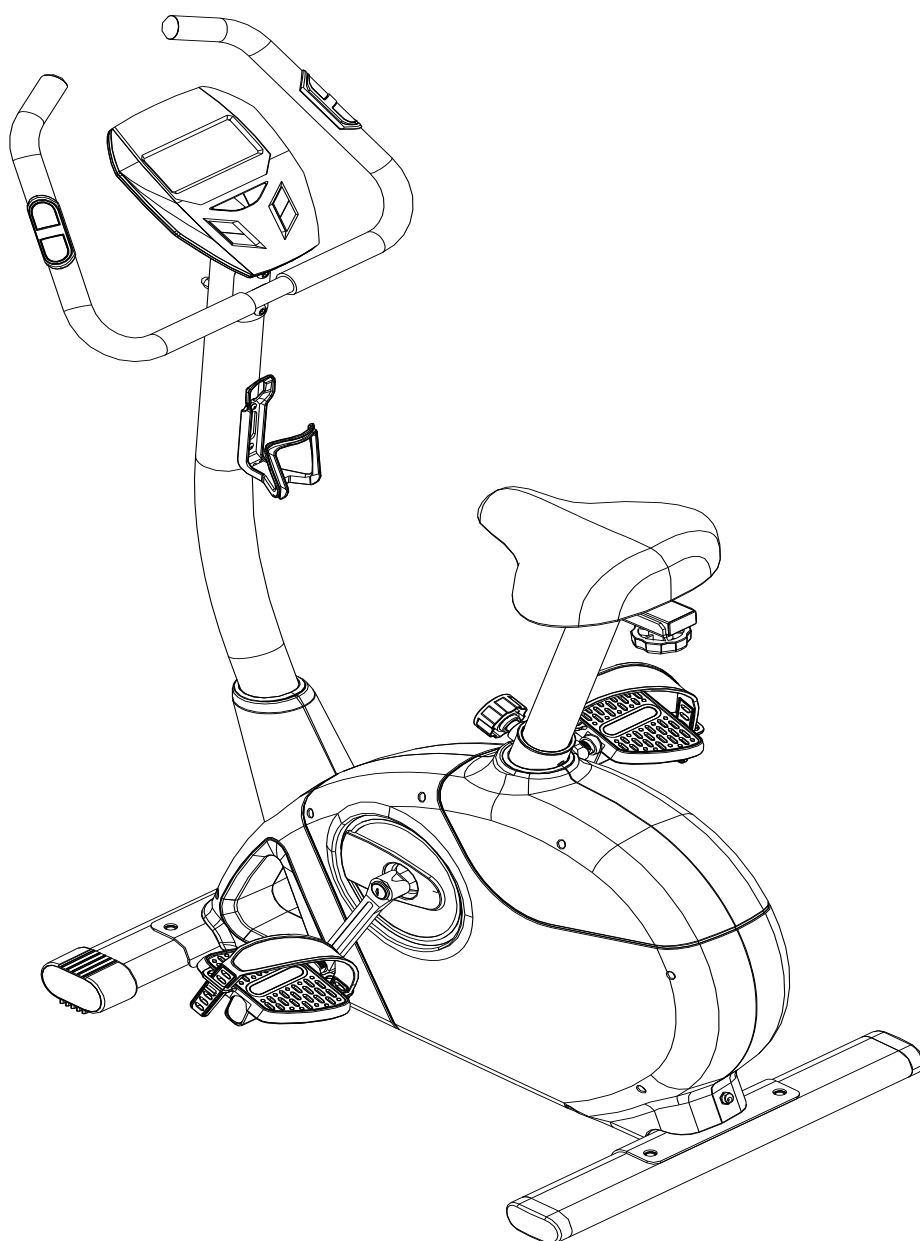




USER MANUAL – EN
IN 14168 Exercise Bike inSPORTline Salenas



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SAFETY INSTRUCTIONS

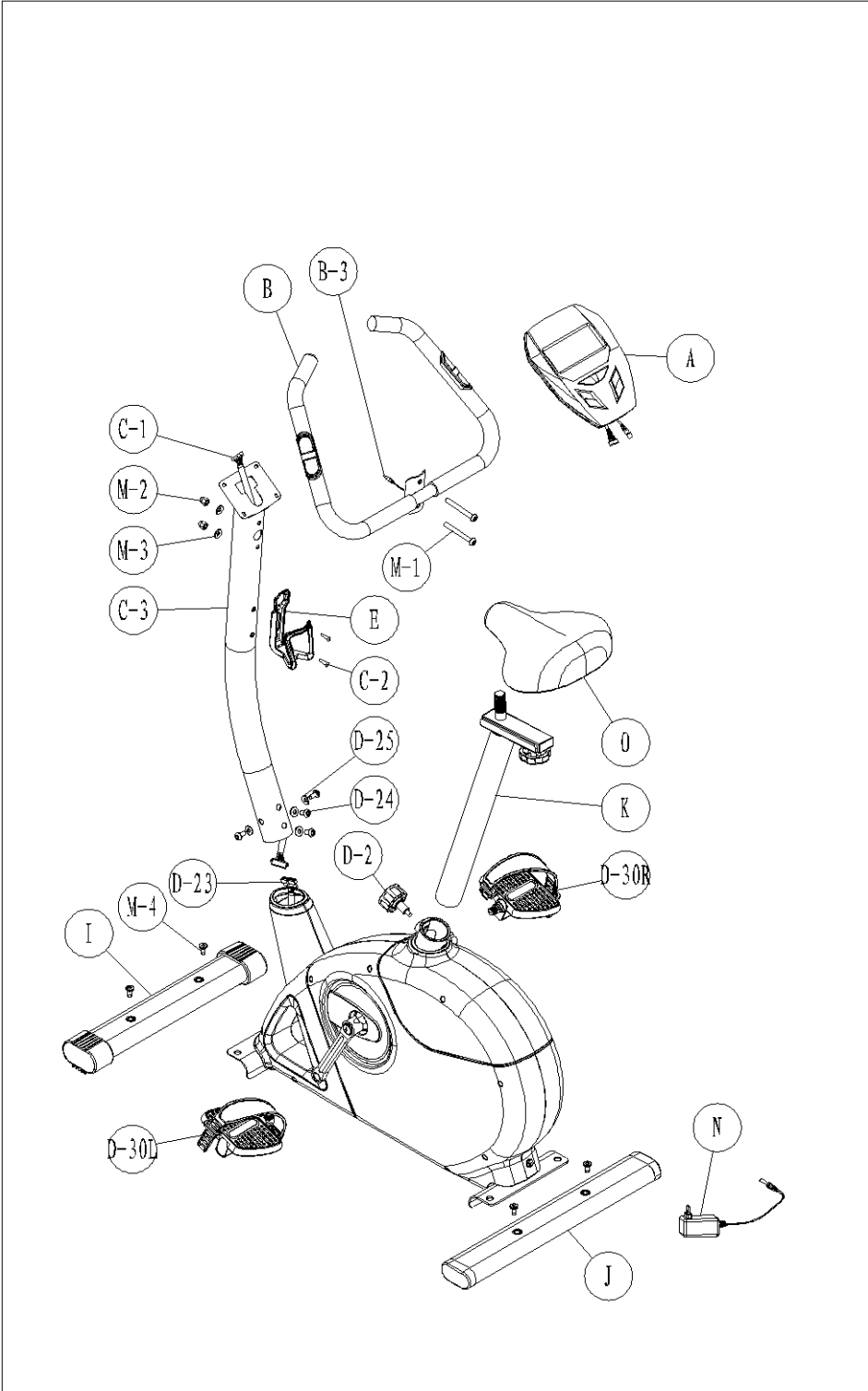
Read carefully the entire manual before using this product. Retain the manual for future reference.

- Exercise of a strenuous nature, as is customarily done on this equipment, should not be undertaken without first consulting a physician. No specific health claims can be made or implied as they relate to the equipment. Measurements made by the equipment are believed to be accurate, but only measurement taken by a medical professional should be relied upon.
- Make sure all the bolts, screws and nuts are tightened and that there are no damaged or worn parts. If some parts of the machine are worn or damaged, do not use it and replace the part immediately.
- Consult the tools and parts list before assembly and make sure nothing is missing.
- Only use original parts that are part of the machine's package.
- Make sure children don't have access to the machine. Children cannot use this product, nor should they be in its vicinity while the machine is turned on.
- Do not wear loose clothing while exercising. The loose parts could get stuck in parts of the machine.
- Always wear sports shoes with rubber soles.
- Place the machine on a flat and even surface. It is not recommended to use or store the machine in damp environment. Some parts of the machine can be corroded.
- Make sure there is at least 0.6 m of free space all around the device.
- No part of the machine should protrude and limit the movement of the user.
- Regularly checking the machine for damage helps to ensure the product's safety.
- This device is not designed for therapeutic use.
- Do not move from the saddle during exercising. Only pedal while sitting.
- The brake system is depended on the speed of exercise.
- The brake mechanism is the most likely to wear. Always make sure it is functional.
- **Weight limit:** 150 kg
- **Category:** HA (according to EN957 norm) suitable for home use
- **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.

PARAMETERS





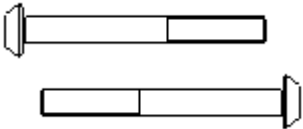

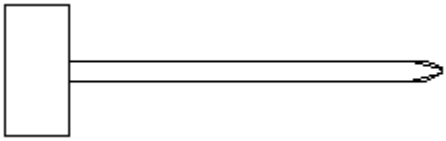
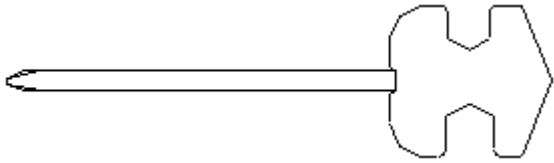
Dimensions after assembly	101 x 51 x 128 cm
Weight	25.8 kg
Flywheel weight	6 kg
Total training area	98 x 65 x 180 cm
Weight limit	150 kg

ASSEMBLY

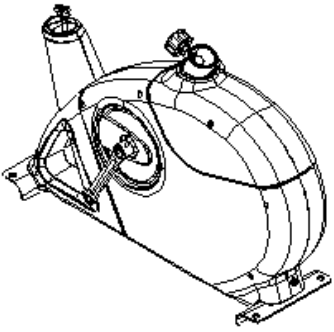
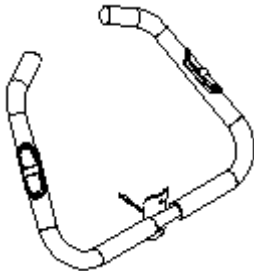
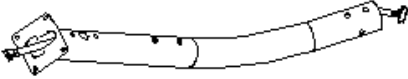

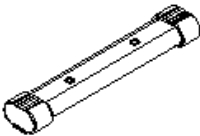



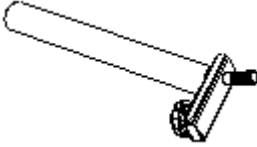



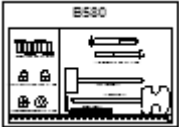
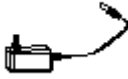
Package contents

Tools:

Allen bolt M8*16L (4) M-4	Acorn nut for M8 bolt (2) M-2	Curved washer $\Phi 8 * \Phi 19 * 2T$ (2) M-3	Washer $\Phi 12 * \Phi 19 * 1T$ (4) M-5
			
Carriage bolt M8*75L (2) M-1		Allen Key (1)	
			
Box spanner (1)		Screwdriver (1)	
			

Parts:

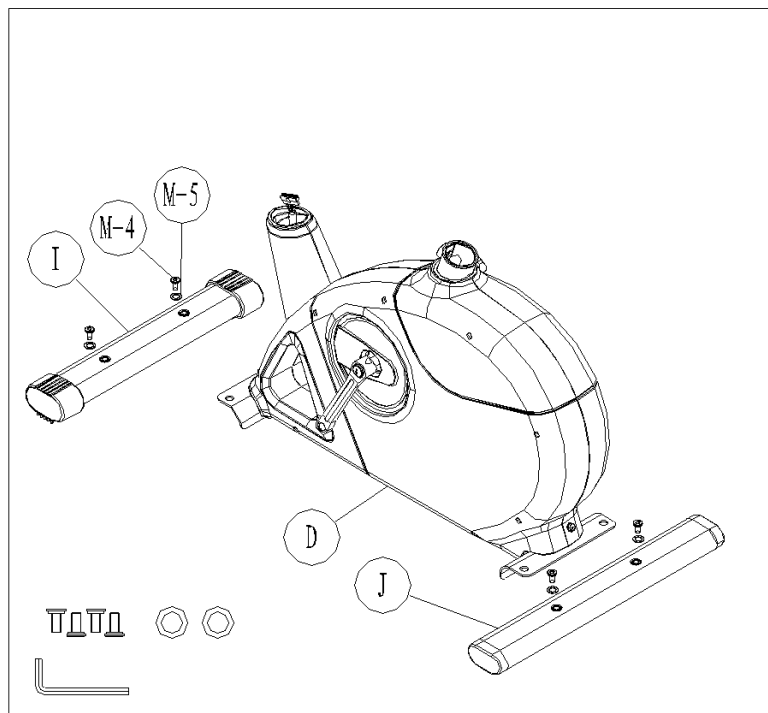
D	 Main frame	B	 Handlebars
C	 Handlebar post	O	 Saddle
I	 Front stabilizer	J	 Rear stabilizer

K	 <p>Seat post</p>	E	 <p>Bottle holder</p>
A	 <p>Control panel</p>	D-30	 <p>Pedals</p>
M	 <p>Tools</p>	N	 <p>Adapter</p>

Assembly steps

STEP 1

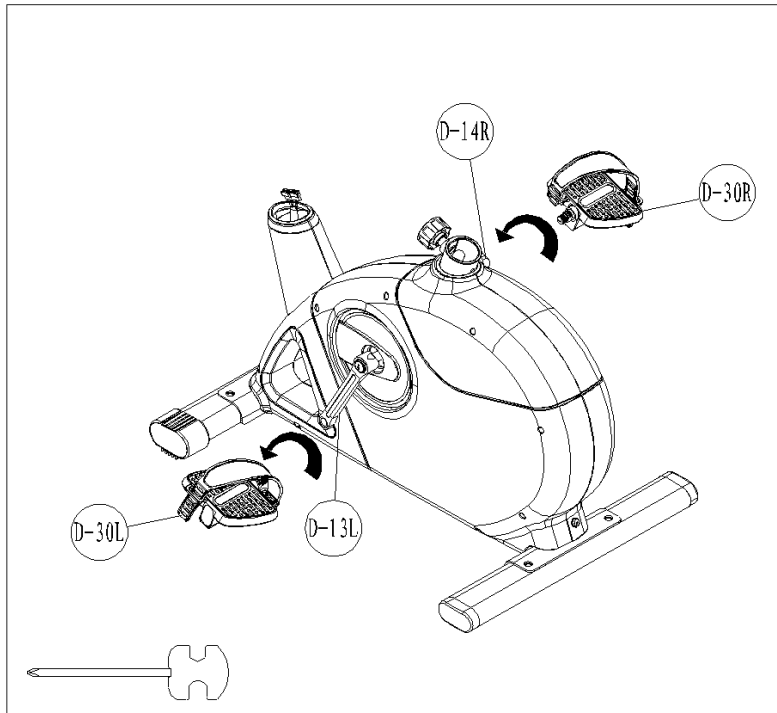
1. Attach the front stabilizer (I) to the main frame (D) using two screws & washers (M-4, M-5).
2. Attach the rear stabilizer (J) to the main frame (D) using two screws & washers (M-4, M-5).



STEP 2

Screw the two pedals (D-30L + D-30R) onto the cranks (D-13L, D-14R) with a screw driver.

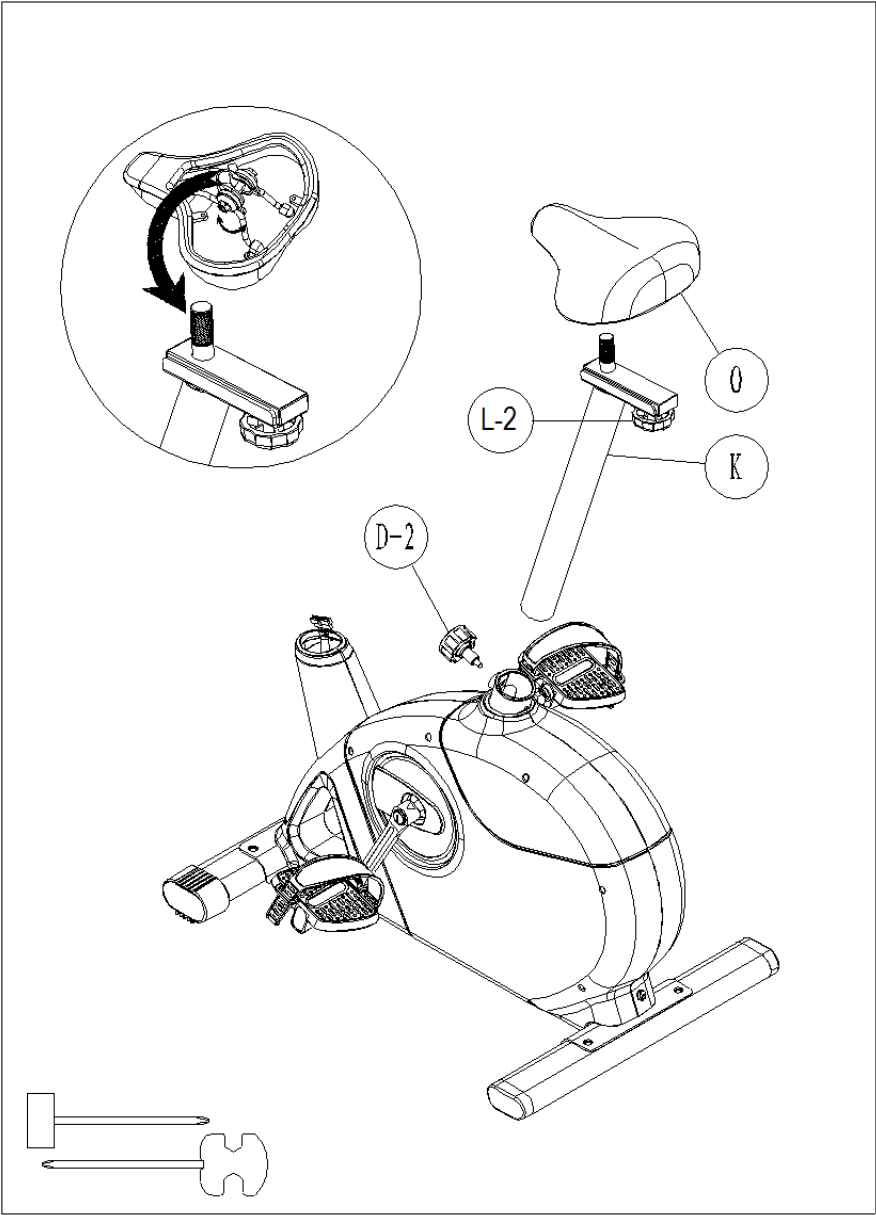
NOTE: Screw the left pedal's spindle counter-clockwise and the right pedal's spindle clockwise. Use a wrench (or a screwdriver) to screw the two spindles completely.



STEP 3

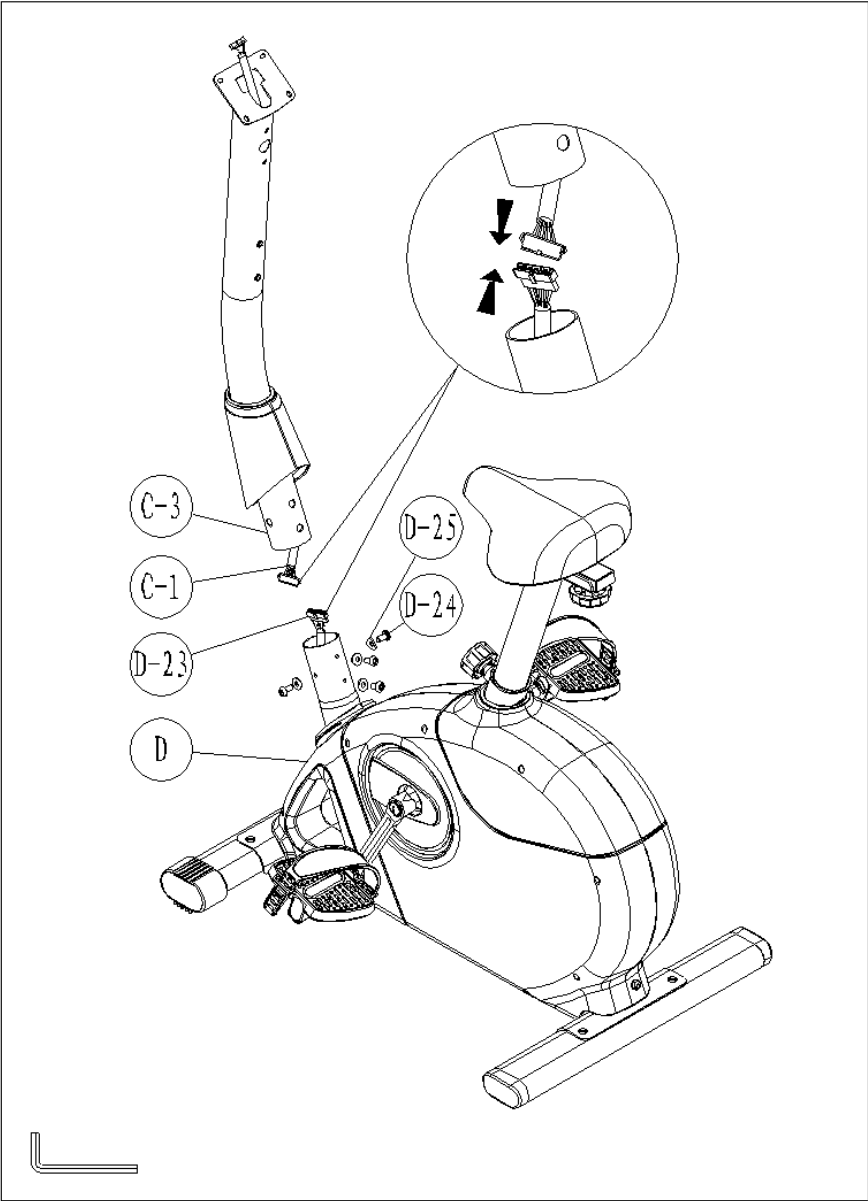
1. Affix the seat (O) onto the seat slider. The slider can be adjusted to different angles. Tighten the two nuts under the seat using a screwdriver. Additionally, the slider can be adjusted horizontally by loosening the knob (D-2).
2. Insert the seat post (K) into the main frame (D), choose the desired position and tighten the knob (D-2). Make sure the knob is always tightened.

NOTE: Adjust the height of the seat so that the holes on the knob and the seat post align. If you loosen the knob and move the seat post up and down, the knob should lock into a hole in the seat post. The maximum extension height is marked on the seat post. Do not extend the seat post beyond this mark.



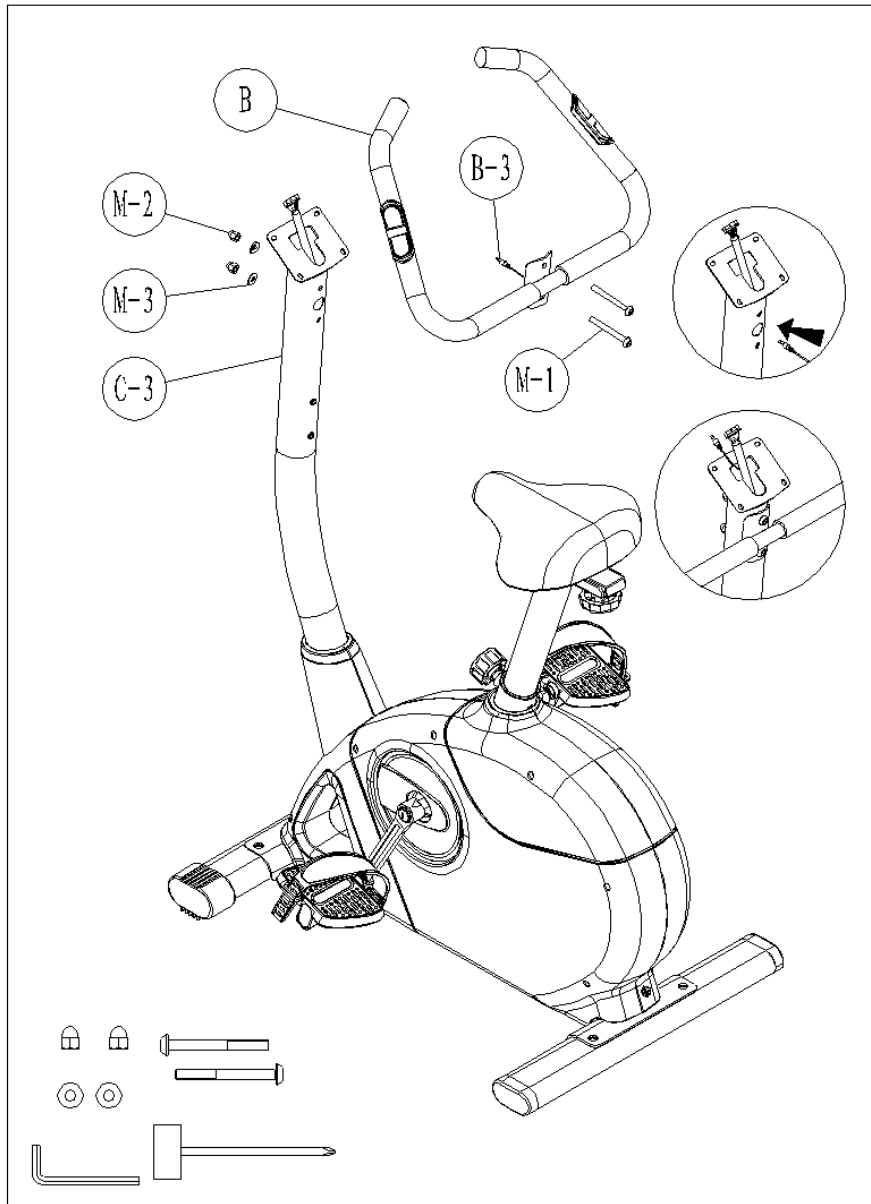
STEP 4

- 1. Connect the upper and lower sensor wire (C-1, D-23).
- 2. Insert the handlebar post (C-3) into the main frame with screws (D-24) and semi-circular washers (D-25) using an Allen wrench.



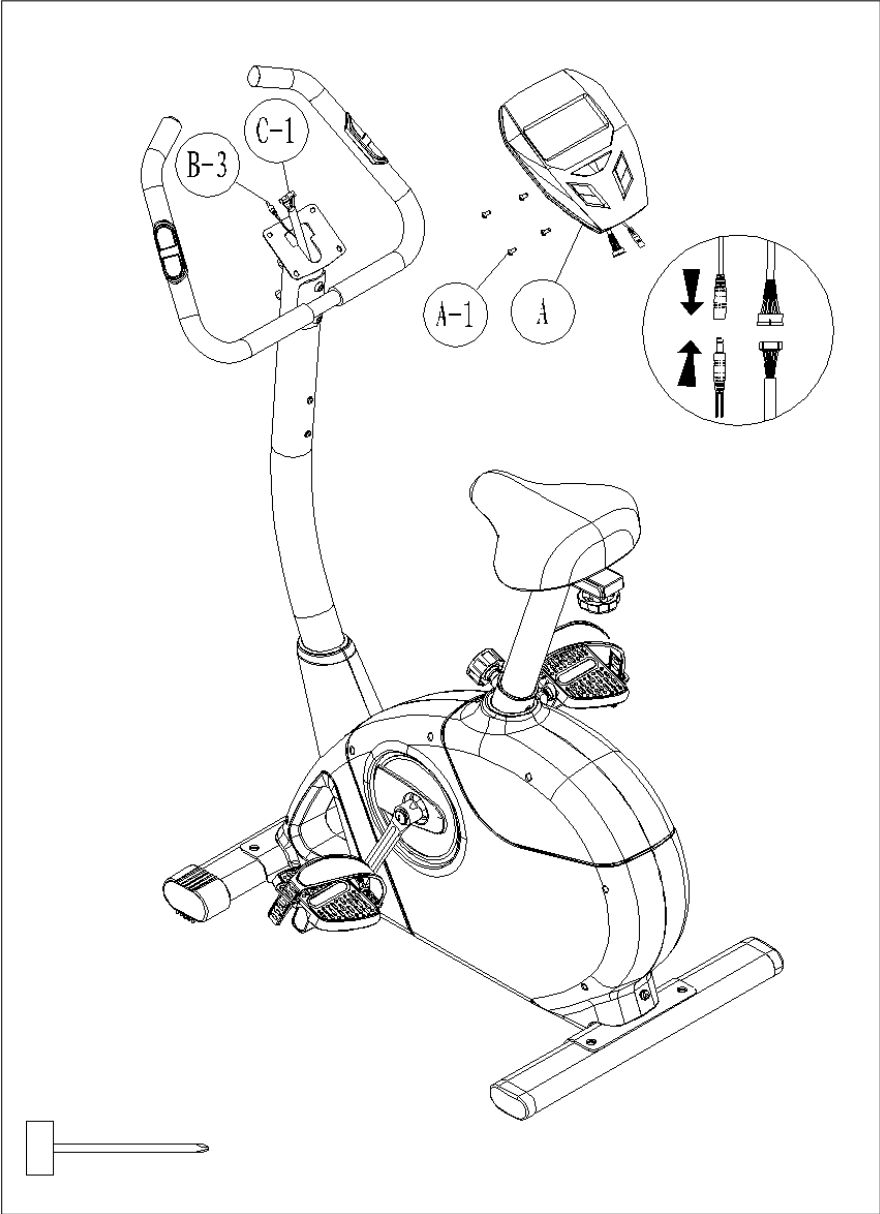
STEP 5

1. Pass the hand-pulse wire (B-3) through the hole.
2. Affix the handlebar (B) onto the handlebar post (C-3) using screws (M-1), nuts (M-2) and semi washers (M-3).



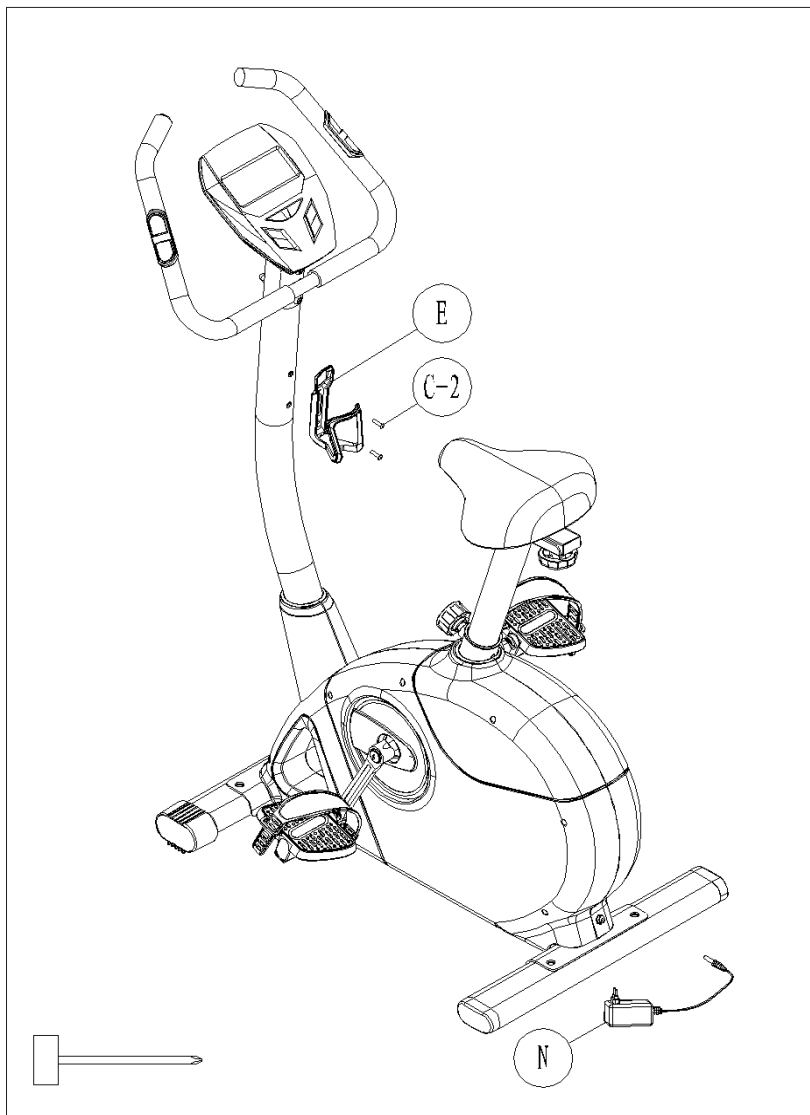
STEP 6

Plug the wire (B-3 & C-1) and attach the computer (A) with 4 screws (A-1) using a box wrench.



STEP 7

1. Attach the water bottle (E) cage using screws (C-2).
2. Plug the adapter (N) into a socket as pictured below.



CONTROL PANEL

DISPLAY

Function	Description
Time	Count up: There is no preset time countdown, the time is added by 1 minute from 00:00 to 99:59 Countdown: If a time countdown is set, the time will count down from the set value to 00:00. The value is added by 1 minute from 00:00 to 99:00
Speed	Displays the current speed. The maximum value is 99.9 km / h or mph.
RPM	Displays the current speed. Range: 0 ~ 15 ~ 999
Distance	Displays current distance traveled from 0.00 to 99.99 km or miles. The user can set the distance using the up and down

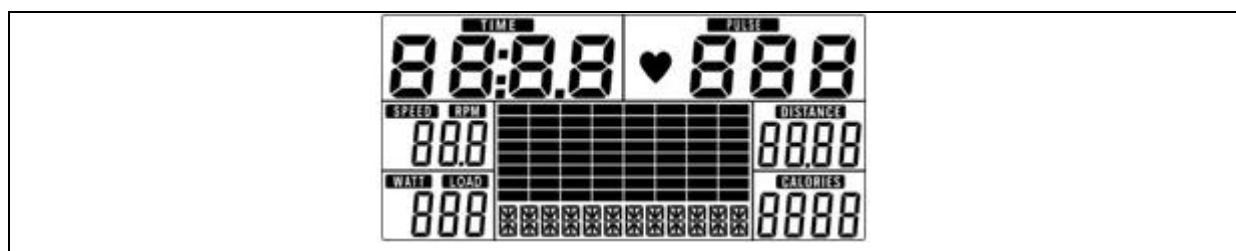
	<p>buttons.</p> <p>The distance is increased by 1 km or mile from 0.00 to 99.00.</p>
Calories	<p>Displays the number of calories burned from 0 to 9999 calories.</p> <p>The value is for guidance only and does not serve for medical purposes</p> <p>Calories increase by 0 calories between 0 - 9990</p>
Pulse	Displays the user's pulse from 0-30 to 230. The console notifies the user if the current value is higher than the pre-set value
Watts	Displays the current power from 0 ~ 999.
Manual	Manual mode
Beginner	4 programs for beginners
Advance	4 advanced programs
Sporty	4 programs for athletes
Cardio	Target HR program
Watt program	WATT program
User program	Creating a user program

BUTTONS

Button	Description
Up	Increase resistance, navigation button
Down	Decrease resistance, navigation button
Mode, Enter	Confirm selection or settings
Reset	<p>Hold for 2 seconds, the console will restart and start from user settings</p> <p>Press to return to the main menu during a running or stopped program</p>
Start, Stop	Starting, stopping the program
Recovery	Heart rate recovery test
Body fat	<p>If no program is running, press the button to measure the body fat ratio</p> <p>The data is for guidance only and is not for medical or therapeutic purposes.</p>

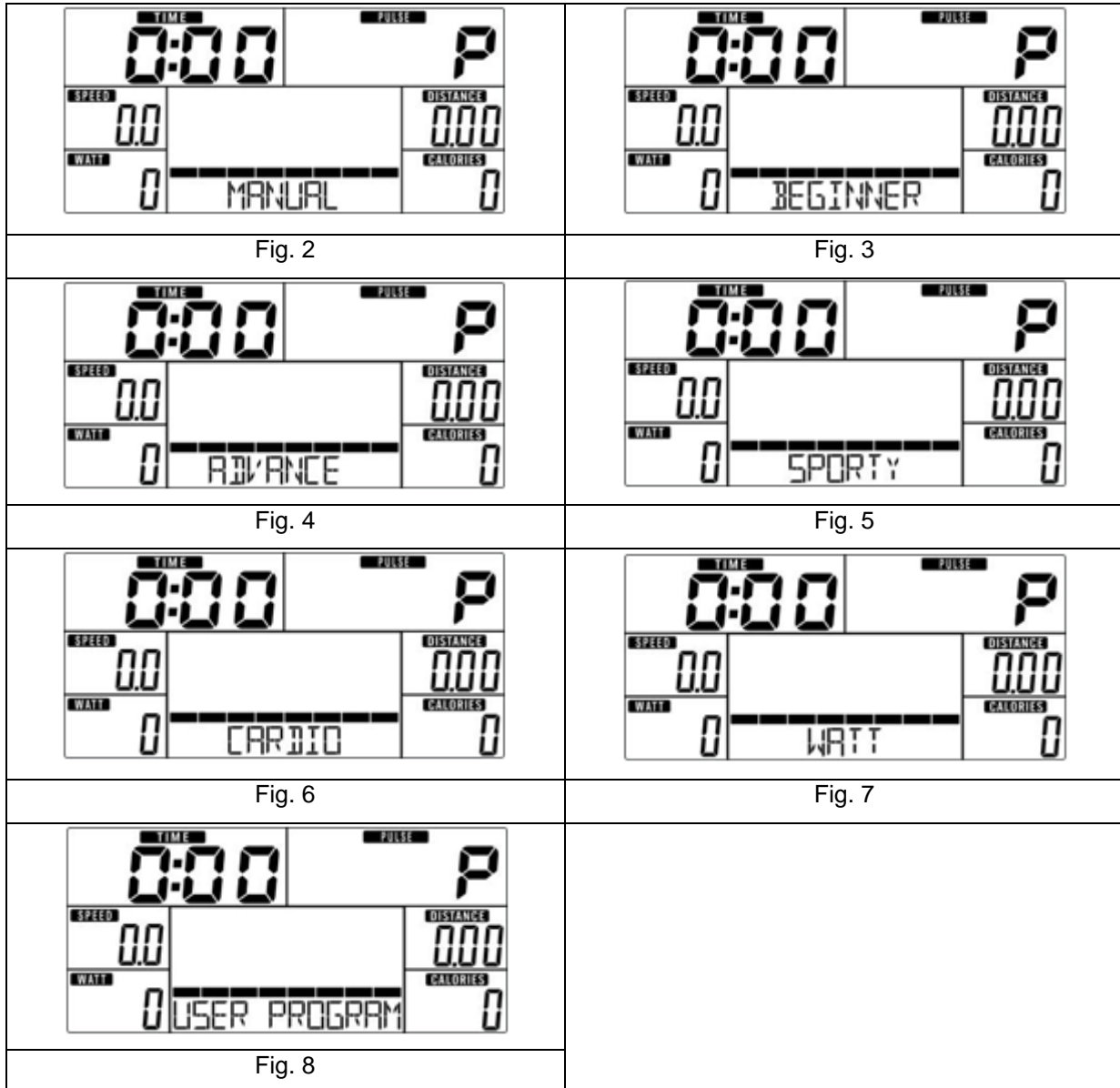
TURNING ON

Start the trainer, the display will light up for 2 seconds (Fig.1)



PROGRAM SELECTION

Use the up and down buttons to select one of the programs: Manual (Fig. 2), Beginner (Fig. 3), Advanced (Fig. 4), Sporty (Fig. 5), Cardio (Fig. 6), Watt (Fig. 7) or a user program (Fig. 8).



MANUAL MODE

Press START in the main menu to enter the program

Use the up and down buttons to select manual and press the MODE / ENTER button to confirm.

Use the up and down buttons to set the time (Fig. 9), distance (Fig. 10), Calories (Fig. 11), pulse (Fig. 12) and then confirm with MODE / ENTER.

Press START / STOP to start the program, use the up and down buttons to set the resistance of the trainer. The resistance is displayed in the WATT category, if the resistance is not adjusted for 3 seconds, it switches to the WATT display.

Use the START / STOP button to stop the program. Press RESET to return to the main menu.



Fig. 9



Fig. 10



Fig. 11



Fig. 12



Fig. 13

BEGINNER

Use the up and down buttons to select the Beginner program and confirm by pressing MODE / ENTER.

Use the up and down buttons to select program 1 - 4 (Fig. 14) and confirm by pressing MODE / ENTER.

Use the up and down buttons to set the time.

Press START / STOP to start the program, use the up and down buttons to set the resistance of the trainer.

Use the START / STOP button to stop the program. Press RESET to return to the main menu.

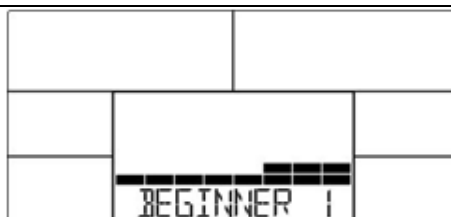


Fig. 14

ADVANCED

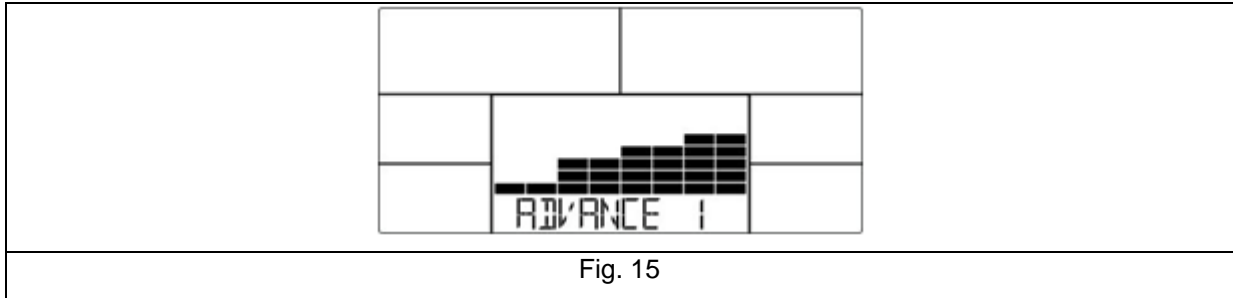
Use the up and down buttons to select the Advance program and confirm by pressing MODE / ENTER.

Use the up and down buttons to select program 1 - 4 (Fig. 15) and confirm by pressing MODE / ENTER.

Use the up and down buttons to set the time.

Press START / STOP to start the program, use the up and down buttons to set the resistance of the trainer.

Use the START / STOP button to stop the program. Press RESET to return to the main menu.



SPORTY

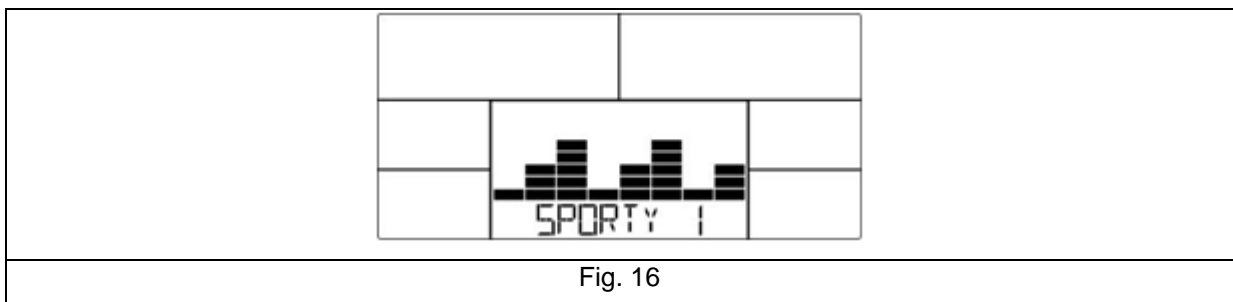
Use the up and down buttons to select the Sporty program and confirm by pressing MODE / ENTER.

Use the up and down buttons to select program 1 - 4 (Fig. 16) and confirm by pressing MODE / ENTER.

Use the up and down buttons to set the time.

Press START / STOP to start the program, use the up and down buttons to set the resistance of the trainer.

Use the START / STOP button to stop the program. Press RESET to return to the main menu.



CARDIO

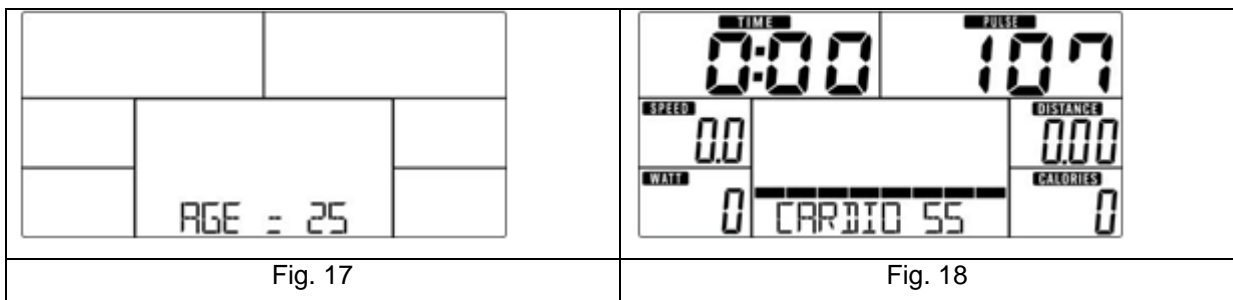
Use the up and down buttons to select the H.R.C program and confirm by pressing MODE / ENTER.

Use the up and down buttons to set the age (Fig. 17) and confirm by pressing MODE / ENTER.

Use the up and down buttons to select 55% (Fig. 18), 75%, 90% or the target heart rate (Target H.R, original value 100).

Use the up and down buttons to set the time.

Use the START / STOP button to stop the program. Press RESET to return to the main menu.



WATT

Use the up and down buttons to select the WATT program and confirm by pressing MODE / ENTER.
 Use the up and down buttons to set the power target (Fig. 19, original value 120).
 Use the up and down buttons to set the time.
 To start the program, press START / STOP, use the up and down buttons to set the WATT power.
 Use the START / STOP button to stop the program. Press RESET to return to the main menu.

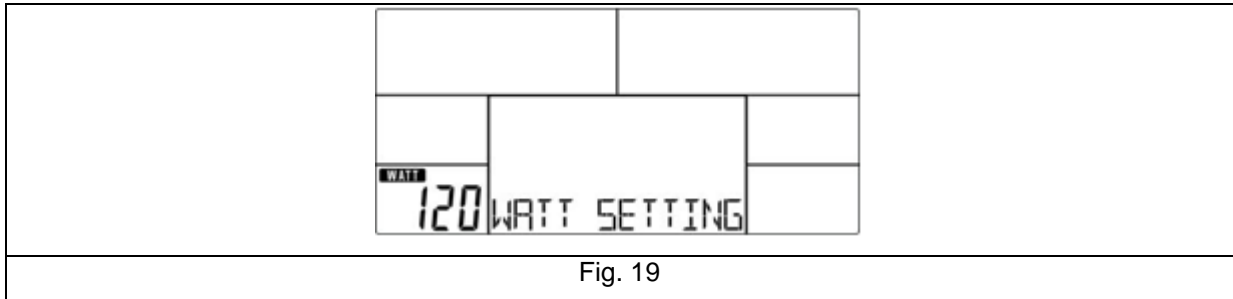


Fig. 19

USER PROGRAM

Use the up and down buttons to select the User program and press the MODE / ENTER button to confirm.
 Use the up and down buttons to select U1 - U4.
 Use the up and down buttons to create a user profile (Fig. 20). The user must set 20 parts of the device resistance. Hold down the MODE / ENTER button for 2 seconds to exit the setting.
 Use the up and down buttons to set the time.
 Press START / STOP to start the program, use the up and down buttons to set the resistance of the trainer.
 Use the START / STOP button to stop the program. Press RESET to return to the main menu.

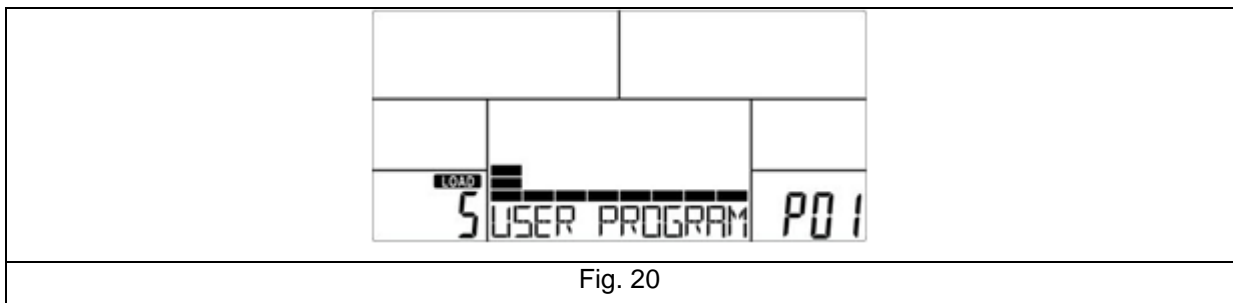


Fig. 20

RECOVERY PROGRAM

After exercising, grasp the handles or put on your chest strap and press the RECOVERY button. All functions stop except counting time. The countdown starts from 00:60 to 00:00 (Fig. 21). The display shows the result from F1 to F6 when F1 is the best and F6 the worst result (Fig. 22).
 Press the RECOVERY button repeatedly to return to the main menu.



Fig. 21



Fig. 22

BODY FAT

If no program is running, press the BODY FAT button to start the program.

Use the up and down buttons to select program U1 - U4.

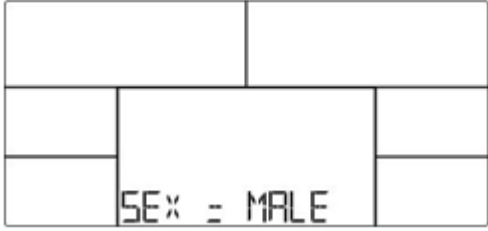
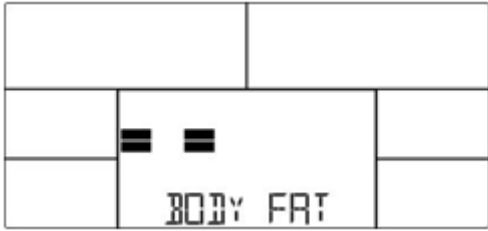
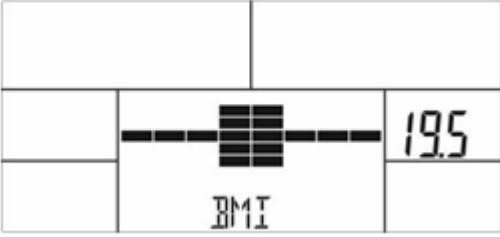
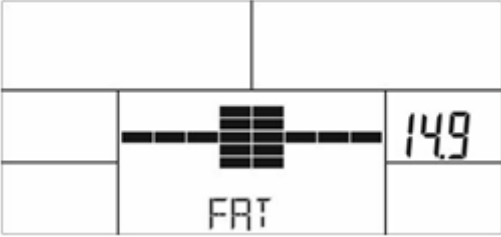

You must set the gender (Fig. 23), height, weight.

During the measurement, the user must grasp both handles, the LCD display will show “= =” “= =” (Fig. 24) for 8 seconds until the measurement is completed.

Then the result is displayed in FAT% (Fig. 25), BMI (Fig. 30) for 30 seconds.

Error messages: E-1: no pulse detected

E-4: Fat percentage% is below 5 or above 50, BMI is below 5 or exceeds 50 (Fig. 27).

	
<p>Fig. 23</p>	<p>Fig. 24</p>
	
<p>Fig. 25</p>	<p>Fig. 26</p>
	
<p>Fig. 27</p>	

NOTE:

1. When the user stops pedaling for 4 minutes, the control panel will enter a power saving mode. All settings and exercise data will be stored until the user starts exercising again.
2. If the control panel behaves abnormally, please plug out adaptor and then plug it in again.

CORRECT WORKOUT POSITION

When exercising, you can either keep your back upright or lean forward by resting your forearms on the handlebar. When pedaling, your knees should not be completely straightened in the lowest position, but slightly bent at the knee. Keep your head aligned with your spine to minimize neck and upper back strain. Always try to pedal smoothly and continuously.

PARTS LIST

No.	Description	Pcs	No.	Description	Pcs
A	Console	1	F-4	Pulley	1
A-1	Screw M5*P0.8*10L	4	F-5	Bearing 6900RS	1
B	Handlebar set	1	F-6	Bearing 6003RS	1
B-1	Foam grip	2	F-7	Bearing 6203	1
B-2	Hand pulse	2	F-8	Bearing 6300RS	1
B-3	Hand pulse wire	1	F-9	Flat washer	1
B-4	Screw M4*20L	2	F-10	Star washer	2
B-5	End cap	2	F-11	Bushing of flywheel	1
B-6	Handlebar	1	F-12	Bushing of flywheel	1
C	Handlebar post set	1	F-13	Flywheel	1
C-1	Sensor wire (Upper)	1	G	Idler set	1
C-2	Screw M5*P0.8*20L	2	G-1	Idler wheel	1
C-3	Handlebar post	1	G-2	Nut M8	1
D	Main frame set	1	G-3	Flat washer	1
D-1	Nylon M8*P1.0*20L	2	G-4	Hexagonal screw M8*P1.25*18L	1
D-2	Knob	1	G-5	Wave washer	2
D-3	Sensor wire	1	G-6	Flat washer	1
D-4	DC wire	1	G-7	Hexagonal screw M6*P1.0*12L	1
D-5	Screw M4*10L	1	G-8	Idler spring	1
D-6	Sensor fixed bracket	1	G-9	Idler	1
D-7	Flat washer	1	H	Magnet set	1
D-8	Wave washer	1	H-1	Flat washer	2
D-9	Flat washer	1	H-2	Hexagonal screw M6*P1.0*16L	2
D-10	C clip	1	H-3	Spring washer	2
D-11	Bearing 6203	2	H-4	Magnet	1
D-12	Sleeve for seat post	1	I	Front stabilizer set	1
D-13	Left crank	1	I-1	Front stabilizer pad	1
D-14	Right crank	1	I-2	Front stabilizer pad	1
D-15	Belt	1	I-3	Screw 3/16"	2
D-16	Left chain cover (upper)	1	I-4	Front stabilizer	1
D-17	Right chain cover (lower)	1	J	Rear stabilizer set	1
D-18	Crank cap	2	J-1	Adjust small pad	2
D-19	Screw M5*16	4	J-2	End cap of stabilizer	2
D-20	Screw M4*50L	6	J-3	Screw 3/16"	4
D-21	Washer of handlebar post	2	J-4	Rear stabilizer	1

D-22	Servo motor set	1	K	Seat post	1
D-23	Motor wire	1	L	Seat slider set	1
D-24	Screw M8*P1.25*20L	4	L-1	Fixing screw bracket	1
D-25	Semi washer	4	L-2	Knob of seat	1
D-26	Axle	1	L-3	Flat washer	1
D-27	Hexagonal screw M8*P1.25*12L	3	L-4	End cap	2
D-28	Pulley	1	L-5	Seat slider	1
D-29	Bushing	1	M	Hardware kit set	1
D-30	Pedal set	1	M-1	Screw M8*P1.25*75L	2
D-31	Cap of handlebar post	1	M-2	Nut M8	2
D-32	Main frame	1	M-3	Semi washer	2
E	Water bottle cage	1	M-4	Screw M8*16	4
F	Flywheel set	1	M-5	Flat washer	4
F-1	Nut 3/8"	5	N	Switching power adapter	1
F-2	Flywheel axle	1	O	Seat	1
F-3	Single wheel	1			

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 scrapyards.

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.

Don't put the batteries among house waste but hand them in to the recycling place.

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.

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