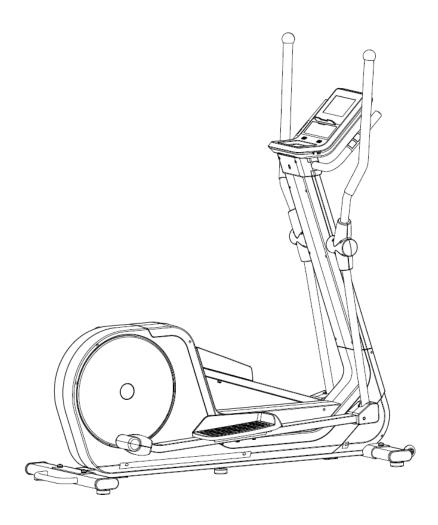


# USER MANUAL – EN

IN 16145 Elliptical Trainer inSPORTline inCondi ET550i



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# SAFETY INSTRUCTIONS

- Read this manual before first using and keep it for future reference. Product specifications may slightly vary from used illustrations and can be changed without previous warning.
- To reduce risk of some injury, observe all warnings and precautions and use it only for intended purpose and only according to this manual. Don't do any improper modification.
- Before starting any exercise, consult physician. It is especially important if you have some health problems or if you take some medical care that could influence heart rate, blood pressure or cholesterol level.
- Respect your body signals. Improper or excessive workout can damage your health. If you have following or similar symptoms, stop exercising immediately: pain, chest tightness, irregular heartbeat extreme shortness of breath, feeling light-headed, dizzy or nauseous. Consult your physician before starting again.
- Regularly check all bolts and nuts. They should be well tightened. Retighten if necessary. Regularly check it for damage or wearing. Never use damaged or worn product.
- Put it on a flat, clean and solid surface and use a mat to protect the floor. Keep a safety clearance of at least 0.6 m around this device.
- Do warm-up exercises to reduce muscle injury.
- Never use this device if it doesn't work properly. Use only original spare parts.
- Protect it from moisture and dust. Don't use it outdoors.
- Only one person can use it at time.
- Wear suitable sports clothes and shoes. Avoid too lose dress that can be easily caught in machine or restrict your motions.
- No adjustable part should protrude and restrict user movements.
- It is not intended for therapeutic use.
- Keep children and pets away from this device. Intended only for adults.
- Maintain all moving parts weekly. Check all components before each using. Replace immediately all damaged or worn parts.
- Flywheel weight: 8 kg
- Weight limit: 120 kg
- Category: HC (according to EN957 standard) suitable for home using.
- **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.

# PACKAGE LIST

| No.   | Picture  | Description       | Qty.   |
|-------|--|-------------------|--------|
| 1     |  | Main frame        | 1      |
| 3     | A Contraction of the second seco | Handlebar post    | 1      |
| 4L/R  |  | Reciprocating bar | 1 pair |
| 6L/R  |  | Handlebar         | 1 pair |
| 5L/R  |  | Pedal bar         | 1 pair |
| 9     |  | Front stabilizer  | 1      |
| 10    |  | Rear stabilizer   | 1      |
| 49L/R |  | Pedal             | 1 pair |
| 7     | Handrail   |                   | 1      |

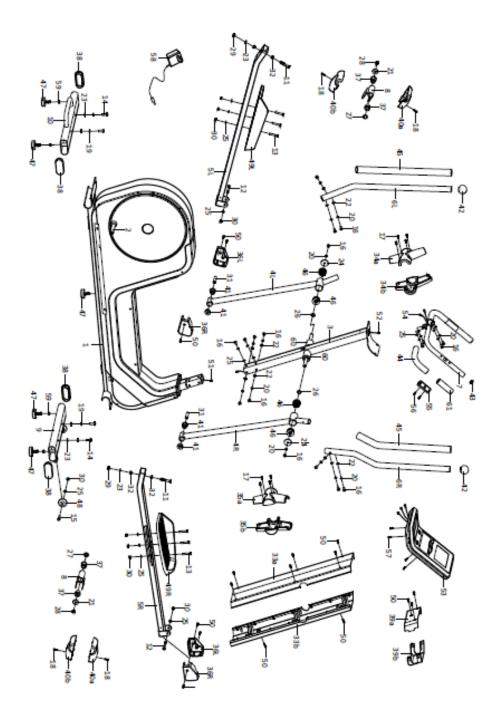
| 33a/b |            | Handlebar post cover          | 1 pair  |
|-------|------------|-------------------------------|---------|
| 53    | J.         | Display                       | 1       |
| 39a/b |            | Handrail cover                | 1 pair  |
| 40a/b | Ø Ø        | Pedal bar joint cover         | 2 pairs |
| 34a/b | <i>€</i> ₿ | Left reciprocating bar cover  | 1 pair  |
| 35a/b | € <b>€</b> | Right reciprocating bar cover | 1 pair  |
| 36L/R | <b>8</b>   | Pedal bar cover               | 2 pairs |
| -     | Step-4     | Blister card                  | 1       |

# PARTS LIST

| No.   | Description                                 | Qty.   |  |
|-------|---|--------|--|
| 1     | 1 Main frame                                |        |  |
| 2     | Rotation frame                              | 1      |  |
| 3     | Handlebar post                              | 1      |  |
| 4L/R  | Reciprocating bar                           | 1 pair |  |
| 5L/R  | Pedal bar                                   | 1 pair |  |
| 6 L/R | Handlebar                                   | 1 pair |  |
| 7     | Handrail                                    | 1      |  |
| 8     | Pedal joint                                 | 2      |  |
| 9     | Front stabilizer                            | 1      |  |
| 10    | Rear stabilizer                             | 1      |  |
| 11    | Hex nut M10x55                              | 2      |  |
| 12    | Hex bolt M8x75                              | 2      |  |
| 13    | Hex bolt M8x45                              | 6      |  |
| 14    | Inner hex pan-head bolt M10x25              | 4      |  |
| 15    | Inner hex pan-head bolt M8x38               | 2      |  |
| 16    | Inner hex pan head bolt M8x16               | 18     |  |
| 17    | Cross pan-head self-drilling screw ST3.5x13 | 8      |  |
| 18    | Cross pan-head screw M5x10                  | 4      |  |
| 19    | Spring washer D10                           | 4      |  |
| 20    | Spring washer D8                            | 18     |  |
| 21    | Washer D10.5xD32x2                          | 2      |  |
| 22    | Curve washer D8xD20x1.5                     | 10     |  |
| 23    | Washer D10x2                                |        |  |
| 24    | Washer D8xD42x2                             | 2      |  |
| 25    | Washer D8x1.5                               | 16     |  |
| 26    | Corrugated washer                           | 2      |  |
| 27    | Corrugated washer                           | 2      |  |
| 28    | Nylon nut M10x1.25                          | 2      |  |
| 29    | Nylon nut M10                               | 2      |  |
| 30    | Nylon nut M8                                | 10     |  |
| 31    | Sleeve ø14xø8.5x59.7                        | 2      |  |
| 32    | Powder alloyed bush                         | 4      |  |
| 33a/b | Handlebar post cover                        | 1 pair |  |
| 34a/b | Left reciprocating cover                    | 1 pair |  |
| 35a/b | Right reciprocating cover                   | 1 pair |  |

| 36L/R | Pedal bar joint cover                       |         |  |
|-------|---|---------|--|
| 37    | Bearing sleeve ø17.1xø42x23                 | 4       |  |
| 38    | Elliptical end cap                          | 1       |  |
| 39a/b | Handrail cover                              | 1 pair  |  |
| 40a/b | Pedal joint cover                           | 2 pairs |  |
| 41    | Bearing sleeve 1                            | 4       |  |
| 42    | Sphere head cap                             | 2       |  |
| 43    | Curve head cap                              | 2       |  |
| 44    | Foam ø24xT3x245                             | 2       |  |
| 45    | Foam ø31xT3x420                             | 2       |  |
| 46    | Bearing sleeve 2                            | 4       |  |
| 47    | Horizontal adjuster                         | 5       |  |
| 48    | Wheel                                       | 2       |  |
| 49L/R | Pedal                                       | 1 pair  |  |
| 50    | Cross pan-head self-drilling screw ST4.2x18 | 17      |  |
| 51    | Sensor wire                                 | 1       |  |
| 52    | Trunk wire                                  | 1       |  |
| 53    | Display                                     | 1       |  |
| 54    | Pulse wire                                  | 2       |  |
| 55    | Handle pulse                                | 2 pairs |  |
| 56    | Cross pan-head self-drilling screw ST3x10   | 4       |  |
| 57    | Cross pan-head screw M5x10                  | 4       |  |
| 58    | Adaptor                                     | 1       |  |
| 59L/R | Hex nut M10                                 | 4       |  |
| 60    | Sleeve                                      | 2       |  |
| 61    | Foam ø24xT3x120                             | 2       |  |

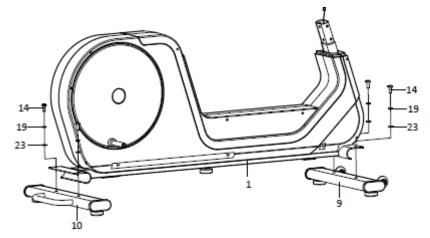
# EXPLODED DRAWING



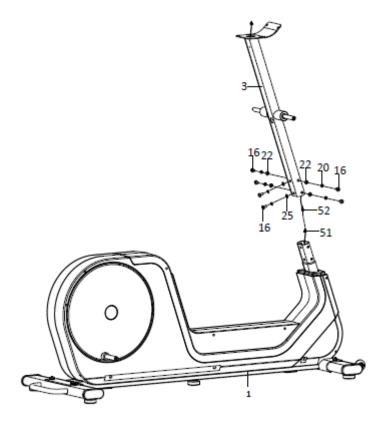
# **ASSEMBLY STEPS**

#### STEP 1

- Attach front stabilizer (9) to the main frame (1) with inner hex pan-head bolt (14), spring washer (19), washer (23).
- Attach rear stabilizer (10) to the main frame (1) with inner hex pan-head bolt (14), spring washer (19), washer (23).

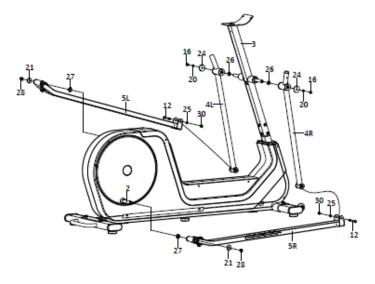


- Connect sensor wire (51) and trunk wire (52).
- Attach the handlebar post (3) to the main frame (1) using inner hex pan-head bolt (16), spring washer (20), curve washer (22) for the side holes. Fix the handlebar post (3) to the main frame (1) with inner hex pan-head bolt (16), spring washer (20) and washer (25) for the front holes.

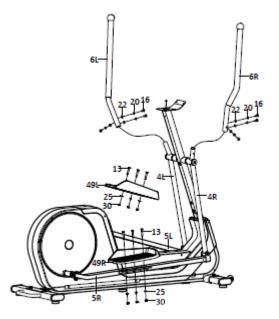


## **STEP 3**

- Install the reciprocating bar (4L/R) to the handlebar post (3) using inner hex pan-head bolt (16), spring washer (20), washer (24) and corrugated washer (26). Don't tighten it too firmly now.
- Fix the pedal bar (5L/R) to the rotation frame (2) with nylon nut (28), washer (21), corrugated washer (27). Don't tighten it too firmly now.
- Fix the reciprocating bar (4L/R) and pedal bar (5L/R) with hex bolt (12), washer (25) and nylon nut (30).
- Finally tighten the inner hex pan-head bolt (16) and nylon nut (28).

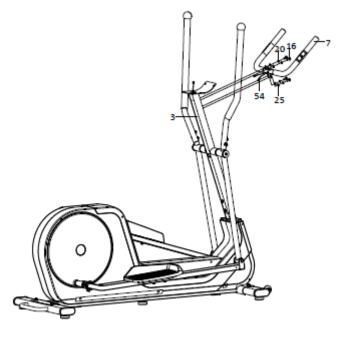


- Fix the handlebar (6L/R) to the reciprocating bar (4L/R) with inner hex bolt (16), spring washer (20) and curve washer (22).
- Fix the pedal (49L/R) to the pedal bar (5L/R) using hex nut (13), washer (25) and nylon nut (30).

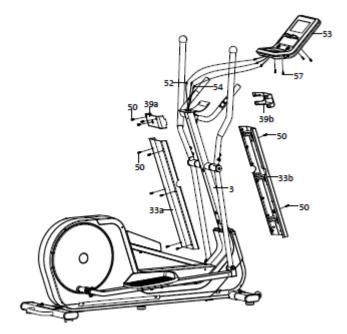


#### **STEP 5**

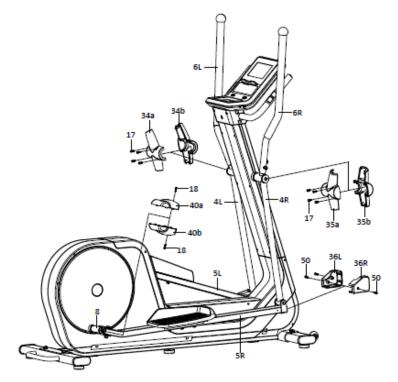
- Draw the pulse wire (54) from the back hole of the handlebar post (3) and then pull it out from the top hole of the handlebar post (3).
- Fix the handrail (7) to the handlebar post (3) using inner hex pan-head bolt (16), spring washer (20) and washer (25).



- Connect trunk wire (52), pulse wire (54) with the display (53). Fix it using cross pan-head screw (57) to the handlebar post (3).
- Attach the handlebar post cover (33a/b) to the handlebar post (3) with cross pan-head selfdrilling screw (50).
- Fix the handrail cover (39a/b) to the handlebar post (3) using cross pan-head self-drilling screw (50).



- Fix the left reciprocating bar cover (34a/b) and right reciprocating bar cover (35a/b) to the handlebar (6L/R) using cross pan-head self-drilling screw (17).
- Fix the pedal bar cover (36L/R) to the pedal bar (5L/R) with cross pan-head self drilling screw (50).
- Fix the pedal bar joint cover (40a/b) to the pedal joint (8) with cross pan-head screw (18).
- Complete installation and check that all bolts, nuts and parts are properly fastened and secured.



# **DISPLAY OPERATION MANUAL**



# **BUTTON FUNCTION**

| START              | Start key       |
|--------------------|-----------------|
| STOP               | Stop key        |
| Home               | HOME key        |
| Back               | Back key        |
|                    | Resistance up   |
| <b>↓</b><br>Down   | Resistance down |
| <b>II</b><br>Pause | Pause           |
| ~                  | Up key          |
| $\sim$             | Down key        |

| <            | Left key     |
|--------------|--------------|
| >            | Right key    |
| ENTER        | Enter key    |
| • <b>4</b> 》 | Volume up    |
| ••           | Volume down  |
| ►II          | Play/pause   |
| H4           | The previous |
|              | The next     |

# HARDWARE CONFIGURATION

| Display | 7 inches 1024*600TFT   |
|---------|--|
| CPU     | ITE9854  |
| RAM     | 64M inside   |
| USB     | Music: Mp3   |
|         | Video: available for max. 1280x768 resolution, Mp4, MKV files that decoded and packed by H.264 |
| FLASH   | 8M NOR + 8G EMMC   |

# **ICON OPERATION AND FUNCTION**

1) Homepage introduction

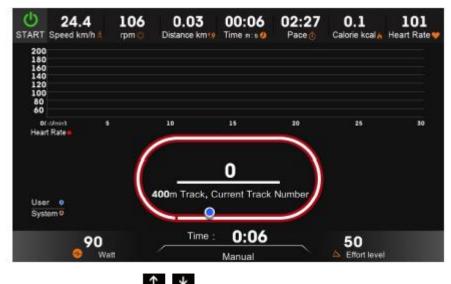


| I) Icon introdu                   | uction 1  |
|-----------------------------------|---|
| 0.0<br>Speed km/h #               | Speed: displays the current speed (km/h)  |
| O<br>rpm 🕲                        | Rotation per minute   |
| 0.00<br>Distance km 19            | Distance: displays running distance (km)  |
| <b>00:00</b><br>Time m:s <b>0</b> | Time: displays running time   |
| O<br>Pace (5                      | Pace: displays the time per kilometer   |
| 0.0<br>Calorie kcal               | Displays burned calories (Kcal)   |
| 0<br>Heart Rate 🎔                 | Heart rate: displays current heart rate   |
| S Watt                            | Constant power  |
| 0<br>Effort level                 | Resistance level. In condition of constant power mode, it shows wat effort.   |
| II) Icon introdu                  | uction 2  |
| Use ~~ ( ) to                     | select icon, press to confirm.  |
| April Tarr                        | Time countdown mode. Selected   |
| Targer Octainer                   | Distance countdown mode. Selected   |
| arget calore                      | Calorie countdown mode. Selected  |
| User Program                      | User program: is available for customization exercise plan, and then 6 use setting in-built items. In addition, the user can set resistance level at his own. At last the system will keep all the set data. Selected |
| ee<br>HRC                         | HRC: it is a training program that systems resistance will be changed according to the user target heart rate. Each HRC program is divided into three stages.<br>They are: warm-up, HRC process, cool-down. Selected  |
| <b>U</b> itual Scene              | Virtual scene mode: there are 6 in-built scenes. Selected   |

| est<br>Raong     | Racing mode: there are 12 preset modes in the system. The contest is between user and system. Selected   |
|------------------|--|
| nnf<br>Work Out  | Workout: there are 12 preset programs inside. Selected   |
| Constant Power   | Constant power: it is a training mode that the power you consumed will be a constant during your whole exercise. Selected  |
| III) Multi-media | a icon introduction  |
| <b>J</b><br>Muse | Music. Selected  |
| Video            | Video. Selected  |
| Setting          | Setting. Selected  |
| IV) Status icon  | introduction   |
| <b>□</b> * ≪.    | USB icon will be kept lightening on all the time after U-disk inserted. Or it will be kept lightening out. If the Bluetooth icon is paired successfully, it will be kept lightening on. Or it will be kept lightening out. |

# HOMEPAGE ICON FUNCTION INTRODUCTION

- 1) QUICK START
- Press START key, system will enter the manual mode.



• Press resistance control key to adjust resistance.

• Press STOP key to stop exercise. Exercise record will be displayed after you press STOP key immediately.

| STOP | 0.0<br>Speed km/h | O<br>rpm C | 0.00<br>Distance km | 00:00<br>Time n 10 | 00:00<br>Pace () | 0.0<br>Calorie kcal | 0<br>Heart Rate |
|------|-------------------|------------|---------------------|--------------------|------------------|---------------------|-----------------|
|      |                   |            |                     | UserDa             | ta               |                     |                 |
|      | Exe               | rcise Tin  | ne:                 | 11:01              |                  |                     |                 |
|      | Exercise          | e Distan   | ce:                 | 2.83               | k                | m                   |                 |
|      | Exerc             | ise calo   | rie:                | 44.6               | k                | cal                 |                 |
|      | Avera             | ge Spe     | ed:                 | 15.4               | k                | (m/h                |                 |
|      | Average R         | Resistan   | ce:                 | 16                 | v                | v                   |                 |
|      |                   |            |                     |                    |                  |                     |                 |
|      |                   |            |                     |                    |                  |                     |                 |
|      |                   |            |                     |                    |                  |                     |                 |
|      | <b>0</b><br>Wa    |            |                     |                    |                  | 0<br>Effort level   |                 |

2) COUNTDOWN MODE



Select Target Time icon, press to confirm (just take time countdown mode for example):

| STOP | 0.0<br>Speed km/hig | 0<br>rpmq | 0.00<br>Distance km | 00:00<br>Time n:s@ | 0<br>Pace () | 0.0<br>Calorie kcal | 0<br>Heart Rate 💗 |
|------|---------------------|-----------|---------------------|--------------------|--------------|---------------------|-------------------|
|      |                     |           |                     |                    |              |                     |                   |
|      |                     |           | ກ                   |                    |              |                     |                   |
|      |                     |           | ¥                   |                    |              |                     |                   |
|      |                     |           |                     |                    |              |                     |                   |
|      | 0                   |           | Set Time :          | 30:00              |              | 0                   |                   |
|      | 🧕 🐻                 | in:       | /                   | arget Time         |              | Effort level        |                   |

• Press key to set target time.

| STOP | 0.0<br>Speed km/h 🛠 | 0<br>rpm © | 0.00<br>Distance km*/9 | 00:00<br>Time n:s@ | 0<br>Pace 👌 | 0.0<br>Calorie kcal | 0<br>Heart Rate 👽 |
|------|---------------------|------------|------------------------|--------------------|-------------|---------------------|-------------------|
|      |                     |            |                        | Tips               |             |                     |                   |
|      |                     | Pre        | ss "START" but         | ton to run         |             |                     |                   |
|      |                     | -          |                        |                    |             |                     |                   |
|      |                     |            | C                      | onfirm             |             |                     |                   |
|      |                     |            |                        |                    |             |                     |                   |
|      | o<br>wa             | n.         |                        | 30:00              | ~           | 0<br>Seffort Wat    |                   |

• Press to confirm and then a new dialogue will be displayed.

| START  | 4.8<br>Speed km/h # | <b>21</b> | 2.81<br>Distance km 19 | 10:56<br>Time n:s@  | 12:30<br>Pace@ | 44.3<br>Calorie kcal | 83<br>Heart Rate 💗 |
|--|---------------------|-----------|------------------------|---------------------|----------------|----------------------|--------------------|
| 200<br>180<br>160<br>140<br>120<br>100<br>80<br>60 | h (prin             |           |                        |                     |                |                      |                    |
| 01   | strain 5<br>t Rate  | (         | 10                     | "<br>7              | 20             | 25                   | 30                 |
| Use<br>Sys   | tern O              |           | 400m Track, C          |                     |                |                      |                    |
|  | <mark>⊚</mark> 100  |           | Remaining :            | 19:04<br>arget Time |                | 10<br>A Effort level |                    |

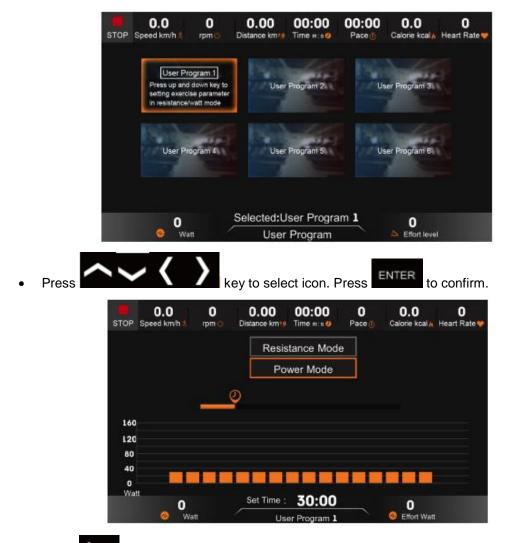
• Press START to begin exercise.

Countdown mode: selected a certain countdown mode, set movement data and start exercising. For at last 10 seconds the system will keep alarming for 5 times per 2 seconds.

| Time countdown     | Range: 0:10:00-10 hour, default 0:30:00 |
|--------------------|---|
| Distance countdown | Range: 1.0-200 km, default 5 km         |
| Calorie countdown  | Range: 10-2000 kcal, default 50 kcal    |

## 3) USER PROGRAM

| User Program | Press to enter the user program. There are 6 user setting items inside.<br>You can set the resistance manually and the system will keep the data<br>automatically.) |
|--------------|---|
|--------------|---|

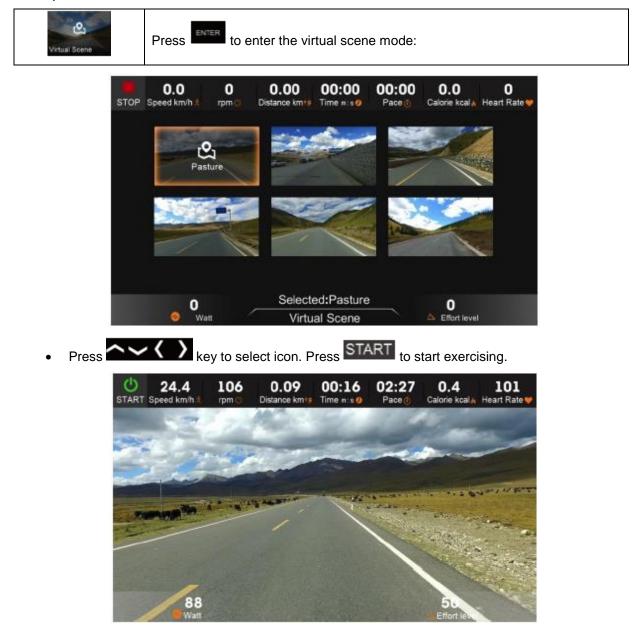


- Press key to convert resistance mode and power mode.
- Press key to set data.
- Press key to change the resistance. Press to confirm.
- The system keeps data automatically.

| PAUSE  | <b>0.0</b><br>Speed km/f | n 🖈 rpn    |          |                                  | 03:31 |                             | <b>106</b><br>Heart Rate♥ |
|--|--------------------------|------------|----------|----------------------------------|-------|-----------------------------|---------------------------|
| 200<br>180<br>160<br>140<br>120<br>100<br>80<br>60 |                          |            |          |                                  |       |                             |                           |
|  | st/minh<br>t Rate        | 5          | 10       | 15                               | 20    | 25                          | 30                        |
| 320  |                          |            |          |                                  |       |                             |                           |
| 240  |                          |            |          |                                  |       |                             |                           |
| 160  |                          |            |          | _                                | _     | 01000                       |                           |
| 80   |                          |            |          |                                  | ПΓ    |                             |                           |
| 0  |                          |            |          |                                  |       |                             |                           |
| Res  | istance<br>o             | 80<br>Watt | Remainir | ng : <b>29:4</b><br>User Program |       | <b>36</b><br>▲ Effort level |                           |

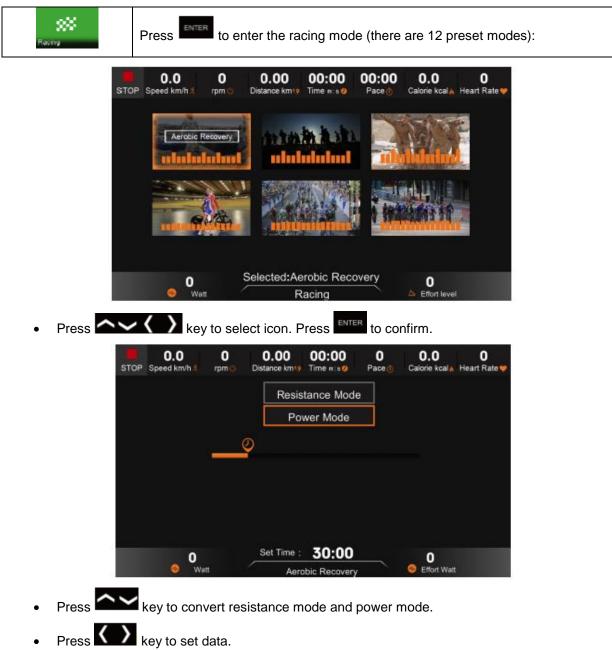
• Press START key to start exercising.

#### 4) VIRTUAL SCENE MODE

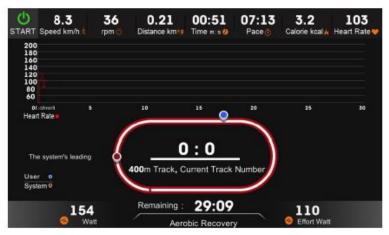


• Default resistance level is 10. Press to adjust resistance. The video plying speed will be in accordance with your exercise speed.

## 5) RACING



- Press START key to start exercising.



Operation logic:

Press key to go back to the previous page.

Press key to go to the home page.

Press "Racing" icon in the home page to go to the exercise page. If you press other icon (for example virtual scene, user program etc.) a new dialogue will display soon.

|   | Tips    |  |   |      |    |  |  |  |  |  |  |  |
|---|---------|--|---|------|----|--|--|--|--|--|--|--|
| Please stop the current movement<br>patterns! |         |  |   |      |    |  |  |  |  |  |  |  |
|   | Confirm |  | С | ance | el |  |  |  |  |  |  |  |

Press to stop, after that you can begin other exercises. Press "Cancel" to go on this exercise.

# Speed of each section of 12 preset programs:

| -                     |            |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|-----------------------|------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
|                       | Section    | 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| addition of the state | Speed      | 18 | 18 | 24 | 24 | 30 | 30 | 30 | 30 | 30 | 24 | 24 | 24 | 24 | 24 | 18 | 18 |
| Aerobic<br>recovery   | Resistance | 10 | 10 | 18 | 10 | 10 | 18 | 10 | 10 | 18 | 10 | 10 | 18 | 10 | 10 | 10 | 18 |
| atan kala.            | Section    | 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| ababababad            | Speed      | 18 | 18 | 24 | 24 | 30 | 30 | 30 | 30 | 30 | 24 | 24 | 24 | 24 | 24 | 18 | 18 |
| Lose weight           | Resistance | 12 | 12 | 20 | 12 | 12 | 20 | 12 | 12 | 20 | 12 | 12 | 20 | 12 | 12 | 12 | 20 |
|                       | Section    | 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| Physical              | Speed      | 18 | 18 | 24 | 24 | 30 | 30 | 30 | 30 | 30 | 24 | 24 | 24 | 24 | 24 | 18 | 18 |
| training              | Resistance | 14 | 14 | 22 | 14 | 14 | 22 | 14 | 14 | 22 | 14 | 14 | 22 | 14 | 14 | 14 | 22 |
| 100 C                 | Section    | 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
|                       | Speed      | 22 | 22 | 28 | 28 | 32 | 32 | 34 | 34 | 32 | 28 | 28 | 28 | 28 | 28 | 22 | 22 |
| Cycling               | Resistance | 10 | 10 | 12 | 12 | 12 | 12 | 10 | 10 | 10 | 10 | 12 | 12 | 12 | 12 | 10 | 10 |
| Star and the          | Section    | 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| additional lines      | Speed      | 22 | 22 | 28 | 28 | 32 | 32 | 34 | 34 | 32 | 28 | 28 | 28 | 28 | 28 | 22 | 22 |
| Track                 | Resistance | 12 | 12 | 14 | 14 | 14 | 14 | 12 | 12 | 12 | 12 | 14 | 14 | 14 | 14 | 12 | 12 |
|                       | Section    | 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| Statistics of the     | Speed      | 22 | 22 | 28 | 28 | 32 | 32 | 34 | 34 | 32 | 28 | 28 | 28 | 28 | 28 | 22 | 22 |
| Mountain              | Resistance | 14 | 14 | 16 | 16 | 16 | 16 | 14 | 14 | 14 | 14 | 16 | 16 | 16 | 16 | 14 | 14 |
| (1990 AL              | Section    | 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| Rapid                 | Speed      | 24 | 24 | 30 | 30 | 34 | 34 | 36 | 36 | 34 | 30 | 30 | 30 | 30 | 30 | 24 | 24 |
| challenge             | Resistance | 10 | 10 | 12 | 10 | 10 | 14 | 12 | 12 | 12 | 16 | 16 | 14 | 14 | 18 | 14 | 14 |
|                       | Section    | 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| undraftatu-           | Speed      | 24 | 24 | 30 | 30 | 34 | 34 | 36 | 36 | 34 | 30 | 30 | 30 | 30 | 30 | 24 | 24 |
| Cross-country         | Resistance | 12 | 12 | 14 | 12 | 14 | 16 | 14 | 14 | 14 | 18 | 18 | 16 | 16 | 20 | 16 | 16 |
| 1444                  | Section    | 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 20 10 20              | Speed      | 24 | 24 | 30 | 30 | 34 | 34 | 36 | 36 | 34 | 30 | 30 | 30 | 30 | 30 | 24 | 24 |
| Ramp                  | Resistance | 14 | 14 | 16 | 14 | 14 | 18 | 16 | 16 | 16 | 20 | 20 | 18 | 18 | 22 | 18 | 18 |
| Contraction of        | Section    | 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| administer of         | Speed      | 14 | 14 | 20 | 20 | 26 | 26 | 26 | 26 | 26 | 20 | 20 | 20 | 20 | 20 | 14 | 14 |
| Outdoor<br>cycling    | Resistance | 10 | 12 | 16 | 20 | 10 | 12 | 16 | 20 | 10 | 12 | 16 | 20 | 10 | 12 | 16 | 20 |
|                       | Section    | 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| allallabat            | Speed      | 14 | 14 | 20 | 20 | 26 | 26 | 26 | 26 | 26 | 20 | 20 | 20 | 20 | 20 | 14 | 14 |
| Interval              | Resistance | 12 | 14 | 18 | 22 | 12 | 14 | 18 | 22 | 12 | 14 | 18 | 22 | 12 | 14 | 18 | 22 |
|                       | Section    | 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| aligiatal             | Speed      | 14 | 14 | 20 | 20 | 26 | 26 | 26 | 26 | 26 | 20 | 20 | 20 | 20 | 20 | 14 | 14 |
| Fat burn              | Resistance | 14 | 16 | 20 | 24 | 14 | 16 | 20 | 24 | 14 | 16 | 20 | 24 | 14 | 16 | 20 | 24 |

## 6) WORK-OUT

| Mark-Out | Press to enter the Work-Out (take fat burn for example):   |
|----------|--|
| STOP     | 0.0 0 0.00 00:00 00:00 0.0 0<br>Speed km/h # rpm  Distance km t9 Time n : s  Pace  Calorie kcal A Heart Rate                                   |
|          |  |
|          |  |
|          | ● Selected:Calorie Burn 0<br>watt User Program ▲ Effort level  |
| Press    | key to select icon. Press to confirm.  |
| STOP     | 0.0 0 0.00 00:00 0 0.0 0<br>Speed km/h 3 rpm O Distance km 19 Time m s 9 Pace () Calorie kcal A Heart Rate ()<br>Resistance Mode<br>Power Mode |
|          |  |
|          |  |
|          |  |
|          | Set Time : 30:00 0<br>Watt Calorie Burn O Effort Watt  |

- Press key to convert resistance mode and power mode.
- Press key to set data.
- Press START key to start exercising.



Work-Out: First choose a certain program and then finish setting movement data. There are 16 sections inside for each program. And each section time = setting time/16. The resistance for each section is as described below.

# 12 preset program data

|                       | Section    | 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
|-----------------------|------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| -                     | resistance | 10 | 10 | 12 | 12 | 14 | 14 | 14 | 14 | 20 | 20 | 20 | 20 | 14 | 14 | 14 | 14 |
| Fat burn              | Contion    | 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 10 |
|                       | Section    |    | 2  | 5  |    | 2  | •  |    | δ  | -  |    | 11 |    |    | 14 |    | 16 |
| Rapid<br>challenge    | resistance | 10 | 10 | 10 | 12 | 12 | 12 | 14 | 14 | 14 | 14 | 16 | 16 | 16 | 18 | 18 | 18 |
|                       | Section    | 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| Cycling               | resistance | 10 | 10 | 12 | 10 | 10 | 14 | 12 | 12 | 12 | 16 | 16 | 14 | 14 | 18 | 14 | 14 |
| 80.7                  | Section    | 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| Lose weight           | resistance | 10 | 10 | 12 | 18 | 18 | 18 | 22 | 22 | 22 | 22 | 14 | 14 | 14 | 12 | 10 | 10 |
| S 111                 | Section    | 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| Aerobic<br>recovery   | resistance | 10 | 10 | 14 | 16 | 16 | 18 | 16 | 18 | 18 | 16 | 18 | 16 | 16 | 14 | 10 | 10 |
| the Y                 | Section    | 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| Physical<br>training  | resistance | 10 | 10 | 12 | 12 | 14 | 14 | 16 | 14 | 14 | 18 | 18 | 14 | 14 | 14 | 12 | 10 |
| And.                  | Section    | 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| Track                 | resistance | 10 | 10 | 14 | 14 | 14 | 14 | 14 | 14 | 10 | 10 | 10 | 18 | 18 | 18 | 18 | 10 |
|                       | Section    | 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| Mountain              | resistance | 10 | 10 | 12 | 12 | 12 | 14 | 14 | 20 | 20 | 20 | 20 | 12 | 12 | 12 | 10 | 10 |
| -                     | Section    | 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| Relax                 | resistance | 10 | 10 | 12 | 12 | 12 | 12 | 10 | 10 | 10 | 10 | 12 | 12 | 12 | 12 | 10 | 10 |
| 」的國家                  | Section    | 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| Ramp                  | resistance | 10 | 12 | 16 | 20 | 10 | 12 | 16 | 20 | 10 | 12 | 16 | 20 | 10 | 12 | 16 | 20 |
| and the second second | Section    | 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| Cross-country         | resistance | 10 | 10 | 14 | 10 | 10 | 18 | 10 | 14 | 14 | 10 | 10 | 18 | 10 | 10 | 14 | 10 |
| 10-0-                 | Section    | 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| Interval              | resistance | 10 | 10 | 18 | 10 | 10 | 18 | 10 | 10 | 18 | 10 | 10 | 18 | 10 | 10 | 10 | 18 |

# 7) HRC

| get<br>ed |
|-----------|
|           |

| STOP Speed km/h 1 | C<br>rpr |              |              | 00:00<br>Time : 0 | 0<br>Pace (4)   | 0.0<br>Calorie koal a | 0<br>Heart Rate |
|-------------------|----------|--------------|--------------|-------------------|-----------------|-----------------------|-----------------|
|                   | ٥        | На Туре      | (            | Power             | Mode            | >                     |                 |
|                   | 0        | Age          |              | 2                 | 0               |                       |                 |
|                   | ÷        | Heart Rate   |              | 20                | 00              |                       |                 |
|                   | Q        | Intensity 1  |              | 65                | %               |                       |                 |
|                   | ÷        | Target Heart |              | 13                | 50              |                       |                 |
|                   | ٩        | Target Time  |              | 22:               | 00              |                       |                 |
| o 0               |          | HRC          | Mode Setting |                   | 0<br>Ettert Wat |                       |                 |

• Press to set data. Press to select different items.

| U<br>START                                  | 24.2<br>Speed km/h : | 105               | 0.10<br>Distance km19 | 00:17<br>Time mas @ | 02:28<br>Pace @ | 0.5<br>Calorie koal | 101<br>Heart Rate 💗 |
|---|----------------------|-------------------|-----------------------|---------------------|-----------------|---------------------|---------------------|
| 200<br>180<br>140<br>120<br>100<br>80<br>60 |                      |                   |                       |                     |                 |                     |                     |
|   | aren<br>1 Rate -     | •                 | Warm Up 1             | ime: 2 Minut        |                 | 28<br>Maximum •     | so<br>Minimum =     |
| Wat   | 13                   | 5 <b>0</b><br>Wat | Remaining :           | 21:43               |                 | 64<br>🗢 Effort Wa   |                     |

• Warm up for 2 minutes.



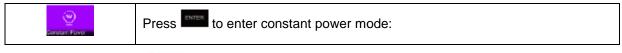
HRC process



Cool down



NOTE: If there is no signal detected, see picture above.



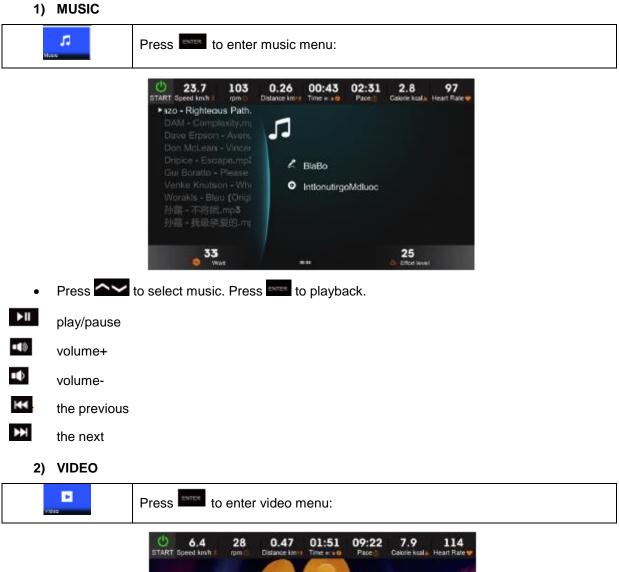


• Static constant power mode.



Press
 to start exercising.

#### **MULTI MEDIA AND SETTING INTRODUCTION**





- a) Playlist will he hidden after 5 seconds without any operation. Press to go to full screen.
   Press again to go back to the previous page.
- b) After the playlist is hidden, press and **whe** to wake up the playlist.
- c) Press 🖿 to play/pause. Press 💷 💶 to adjust volume.

# 3) SETTING





• Press () to set the brightness.

| STOP | 0.0<br>Speed kmih IL | 0<br>rpm 0 | 0.00<br>Distance kenne | 00:00<br>Time is 40 | 0<br>Pace | 0.0<br>Calorie koalo | 0<br>Heart Rate 🕊 |
|------|----------------------|------------|------------------------|---------------------|-----------|----------------------|-------------------|
|      |                      | Ø          | anguage Chu            | resse               | English   |                      |                   |
|      |                      |            | Save                   | Cano                | cel       |                      |                   |
|      | o 0.                 |            |                        |                     |           | O<br>Effort level    |                   |

• Press to set the language.

Press to go to engineering mode. It is designed for system maintenance. You need pass code to enter it.

## ERROR CODE

101

| E01 | If E01 happens, it means signal error.   |  |  |
|-----|--|--|--|
|     | Image: State in the state |  |  |



If E02 happens, it is most probably that there is something wrong with the resistance motor.



# **USAGE INSTRUCTIONS**

# **CONDITIONING GUIDELINES**

These guidelines help you plan your exercise program. Remember that correct nutrition and adequate rest are essential for successful results. If you begin an exercise program, you should check with your physician if:

- You have some problems with heart, blood pressure etc.
- You have not exercised over a year.
- You are older than 35 years.
- You are pregnant.
- You have diabetes.
- You have chest pain, dizziness or feel faintly.
- You are recovering from an injury or illness.

# **TARGET HEART RATE (THR)**

|     | TRAINING ZONE |
|-----|---------------|
| AGE | MIN-MAX (BPM) |
| 20  | 133-167       |
| 25  | 132-166       |
| 30  | 130-164       |
| 35  | 129-162       |
| 40  | 127-161       |
| 45  | 125-159       |
| 50  | 124-156       |
| 55  | 122-155       |
| 60  | 121-153       |
| 65  | 119-151       |
| 70  | 118-150       |
| 75  | 117-147       |

| 80 | 115-146 |
|----|---------|
| 85 | 114-144 |

**NOTE:** This is a guide only and performance will depend on the fitness and condition (health) of the person using of the machine.

# WORKOUT TIPS

- Always perform stretching exercises before and after your workout.
- Start slowly to avoid an injury.
- If you are tired, recover for a few days.
- Start with two or three 15-minute sessions per week with arrest day between workouts.
- Warm-up for 5 or 10 minutes with gentle movements like walking or swinging your arms in a circle and then stretch the muscles that you will use during workout. The machine will mainly exercise the thigh and calf muscles.
- Increase the pace and resistance slightly and comfortably. You can be able to exercise for a few minutes at a time, but that will change quickly if you will exercise regularly.
- End each workout with a 5-minute cool-down with the resistance at low level. You should stretch the muscles you have just worked to prevent injury and cramps.
- Increase your workout time by a few minutes each week until you can work continuously for 30 minutes per session.
- Don't worry about distance or pace. For the first few weeks, focus on endurance and conditioning.

# **EXERCISE INTENSITY**

- During exercising, you should try to stay within your target heart rate zone (THR).
- The THR table will tell you the THR for your age. This is only a guide and will depend on the fitness and condition (health) of the person using the machine.
- Always be aware of your feeling. If you feel dizzy or light-headed, stop immediately and rest. If you are not breaking into sweat, speed it up.

# STRETCHING GUIDE

Tips for stretching:

- Start with gradual mobility exercises for all joints, simply rotate wrists, bend arm and roll your shoulders. This will make the body natural lubrication to protect the bone surface.
- Always warm up your body before stretching to increase blood flow and to make your muscles supple.
- Start with your legs and work up the body.
- Each stretch should be held for at least 10 seconds (working up to 20 to 30 seconds) and usually repeated about 2 or 3 times.
- Don't stretch until it hurts. If there is any pain, relax.
- Don't bounce. Do it gradually and relax.
- Don't hold your breath.
- Stretch after exercising to prevent muscles tightening up. Stretch at least three times a week to maintain flexibility.

| <ul> <li>Thigh stretching</li> <li>Stand on right leg and hold the left ankle with your left hand while drawing the foot up closely behind your hips.</li> <li>Keep back straight and knees together. Use a wall for balance.</li> <li>Hold for about 10 seconds.</li> <li>Repeat for other leg.</li> </ul>        |
|--|
| <ul> <li>Calf stretches</li> <li>Stand with the rear foot flat on the floor and transfer weight to the front foot.</li> <li>Hold for about 10 seconds.</li> <li>Repeat with other leg.</li> </ul> NOTE: Keep your back and rear leg straight when performing the exercise.   |
| <ul> <li>Hamstring stretching</li> <li>Keep front leg straight, hands on bent leg (thigh). Push down and out until you begin to feel the stretch in back of knee (or straight leg).</li> <li>Keep knees unlocked and back straight.</li> <li>Hold for about 10 seconds.</li> <li>Repeat with other leg.</li> </ul> |
| <ul> <li>Inner thigh stretches</li> <li>Sit with soles of your feet together and your knees outwards. Pull your feet toward your groin are as far as possible</li> <li>Hold for about 10 seconds.</li> </ul>   |

# **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.

# **S** in**sport**line

## SEVEN SPORT s.r.o.

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Date of Sale:

Stamp and Signature of Seller: