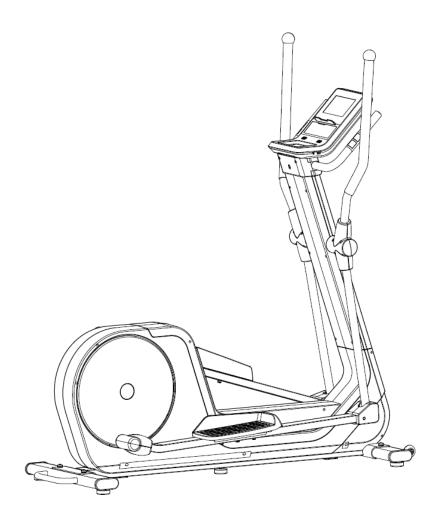


USER MANUAL – EN

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 de la	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	and the second s	Handrail	1

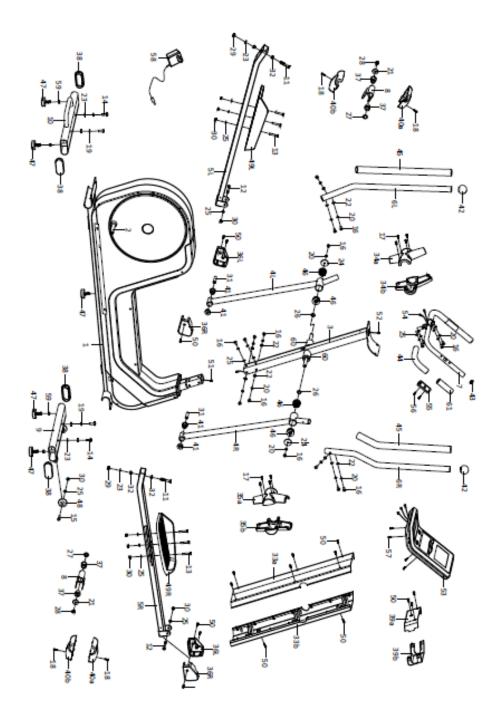
33a/b		Handlebar post cover	1 pair
53	J.	Display	1
39a/b		Handrail cover	1 pair
40a/b	Ø Ø	Pedal bar joint cover	2 pairs
34a/b	<i>€</i> ₿	Left reciprocating bar cover	1 pair
35a/b	€ €	Right reciprocating bar cover	1 pair
36L/R	8	Pedal bar cover	2 pairs
-	Step-4	Blister card	1

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	6
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		

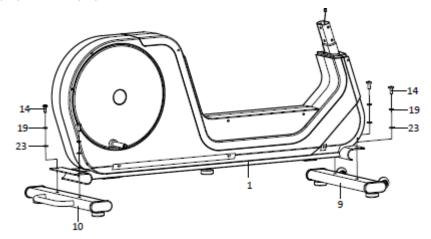
EXPLODED DRAWING



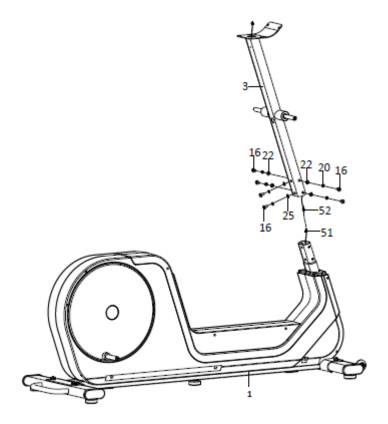
ASSEMBLY STEPS

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).

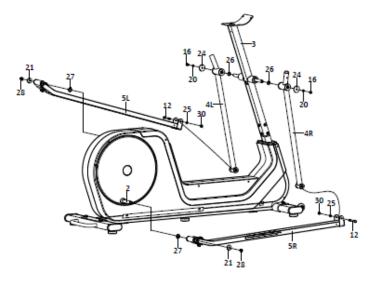


- Connect sensor wire (51) and trunk wire (52).
- Attach the handlebar post (3) to the main frame (1) using inner hex pan-head bolt (16), spring washer (20), curve washer (22) for the side holes. Fix the handlebar post (3) to the main frame (1) with inner hex pan-head bolt (16), spring washer (20) and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

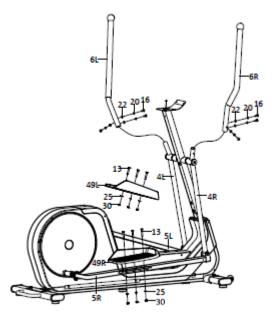


STEP 3

- 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).

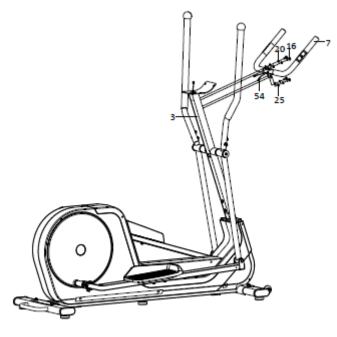


- Fix the handlebar (6L/R) to the reciprocating bar (4L/R) with inner hex bolt (16), spring washer (20) and curve washer (22).
- Fix the pedal (49L/R) to the pedal bar (5L/R) using hex nut (13), washer (25) and nylon nut (30).

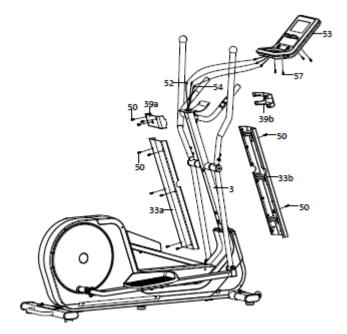


STEP 5

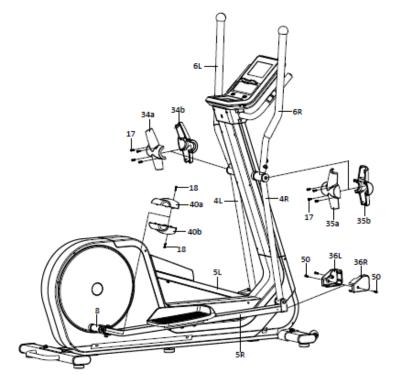
- Draw the pulse wire (54) from the back hole of the handlebar post (3) and then pull it out from the top hole of the handlebar post (3).
- Fix the handrail (7) to the handlebar post (3) using inner hex pan-head bolt (16), spring washer (20) and washer (25).



- 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
کے Home	HOME key
Back	Back key
¢υρ	Resistance up
↓ Down	Resistance down
II Pause	Pause
~	Up key
$\mathbf{>}$	Down key

<	Left key
$\mathbf{\rangle}$	Right key
ENTER	Enter key
• 4 》	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

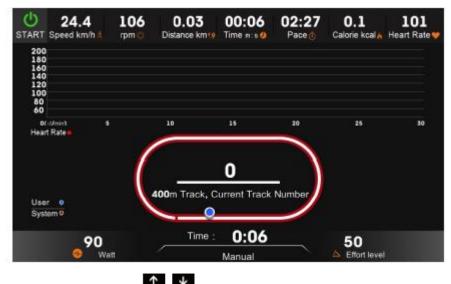


I) Icon introdu	uction 1
0.0 Speed km/h t	Speed: displays the current speed (km/h)
O rpm 🕲	Rotation per minute
0.00 Distance km19	Distance: displays running distance (km)
00:00 Time m:s 0	Time: displays running time
O Pace (3	Pace: displays the time per kilometer
0.0 Calorie kcal	Displays burned calories (Kcal)
0 Heart Rate 🎔	Heart rate: displays current heart rate
S Watt	Constant power
0 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.
Aper Dor	Time countdown mode. Selected
Targer Octanue	Distance countdown mode. Selected
arget carone	Calorie countdown mode. Selected
Uacr Pregram	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
ere	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. They are: warm-up, HRC process, cool-down. Selected
Vitual Scene	Virtual scene mode: there are 6 in-built scenes. Selected

SSS Raong	Racing mode: there are 12 preset modes in the system. The contest is between user and system. Selected
nnf 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
J Muse	Music. Selected
Video	Video. Selected
Setting	Setting. Selected
IV) Status icon	introduction
□ * ≪.	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 Speed km/h	O rpm C	0.00 Distance km	00:00 Time n 10	00:00 Pace ()	0.0 Calorie kcal	0 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	
	0 Wa					0 Effort level	

2) COUNTDOWN MODE



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

STOP	0.0 Speed km/h.t	0 rpm0	0.00 Distance km	00:00 Time n: s@r	0 Pace 👩	0.0 Calorie kcal	0 Heart Rate
		(୬				
	. 0	ia.	Set Time ;	30:00 arget Time		0 Effort leve	

• Press key to set target time.

STOP	0.0 Speed km/h 🛠	0 rpm ©	0.00 Distance km19	00:00 Time n:s@	0 Pace 👌	0.0 Calorie kcal	0 Heart Rate 💗
				Tips			
		Pre	ss "START" but	on to run			
		-					
			C	onfirm			
	o Wa	-		30:00 arget Time		0 S Effort Watt	

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

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

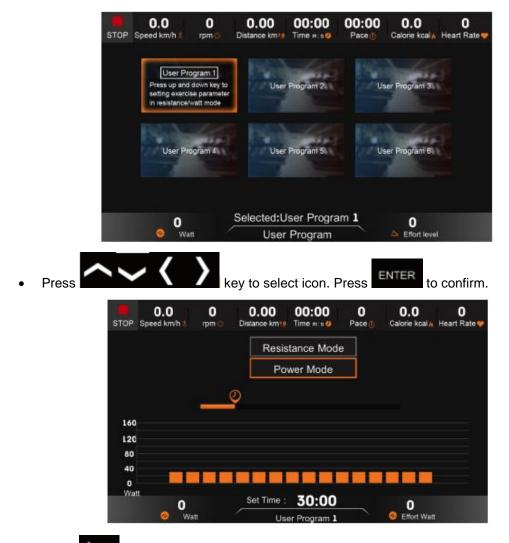
• Press START to begin exercise.

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. You can set the resistance manually and the system will keep the data automatically.)
--------------	---

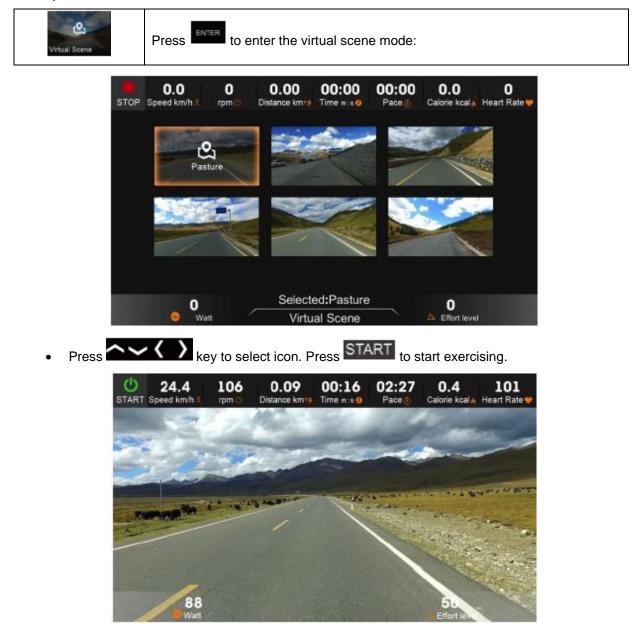


- Press key to convert resistance mode and power mode.
- Press key to set data.
- Press key to change the resistance. Press to confirm.
- The system keeps data automatically.

PAUSE	0.0 Speed ki		0 rpm ©	1.43 Distance km 😡	05:20 Time m: s 0	03:31 Pace ()		106 Heart Rate V
200 180 160 140 120 100 80 60								
	stimint t Rate =	5		10	15	20	25	30
320								
240								
160					_	_		
80						ТП		
0								
Res	istance ⊗	180 Watt		Remaining : Use	29:40 ar Program 1		36 ▲ Effort level	

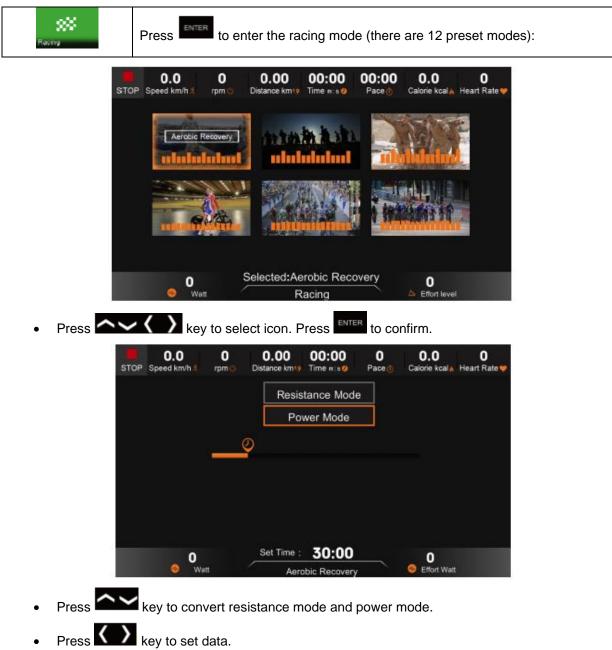
Press START key to start exercising.

4) VIRTUAL SCENE MODE

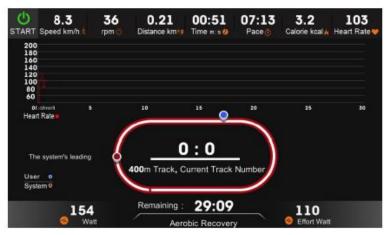


• Default resistance level is 10. Press to adjust resistance. The video plying speed will be in accordance with your exercise speed.

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											
ease stop the tterns!	cur	rrent	mover	nent							
Confirm	[Cancel									

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 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
SPA 11.	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 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

Mork-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 Speed km/h dit rpm (C) Distance km/ly Time m is (O) Pace (C) Calorie kcal) Heart Rate (P)	
	Calorie Burn Mode	
	0 Selected:Calorie Burn 0	
	🥹 Wett User Program 🔺 Effort level	
Press	key to select icon. Press to confirm.	
stor	0.0 0 0.00 00:00 0 0.0 0 P. Speed km/h ≴ rpm ☉ Distance km*9 Time #:s 9 Pace ♂ Calorie kcal A Heart Rate ♥	
	Resistance Mode	
	Power Mode	
	Set Time : 30:00 0 Watt Calorie Burn Setfort 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	Contine	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 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 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 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

STOP Speed km/h	C rpr			00:00 Time = 10	0 Pace (a)	0.0 Calorie kcal	0 Heart Rate
	٢	На Туре	(Power	Mode	>	
	٥	Age		2	0		
	*	Heart Rate		20	00		
	Q	Intensity 1		65	%		
	÷	Target Heart		13	50		
	0	Target Time		22:	00		
0	o Vut			Mode Setting		0 Ettort Wa	

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

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

• Warm up for 2 minutes.



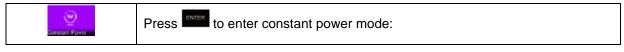
HRC process



Cool down



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



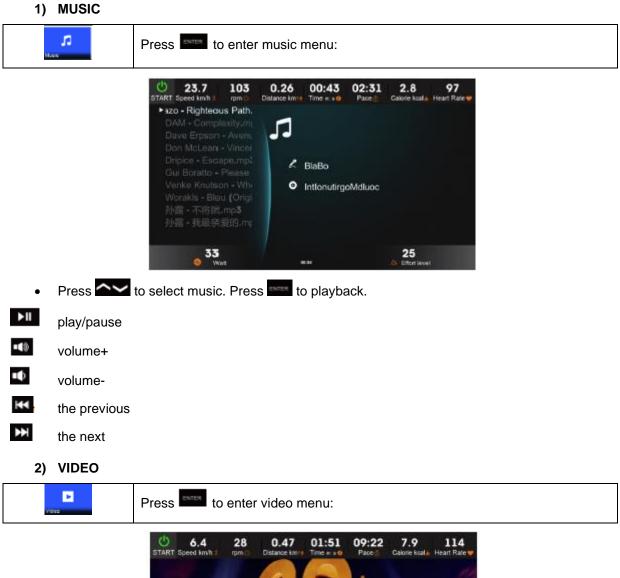


• Static constant power mode.



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.

Press to go to language switching menu:

0.0 STOP Speed kmith £	0 rpm 0	0.00 Distance kmm	00:00 Time is 40	0 Pace	0.0 Calorie koal	0 Heart Rate W
	Ø	anguage Che	10545	English		
		Save	Cano	cel		
o 0	latt.				0 By Effort level	

• Press to set the language.

Engineering Mode	System settings, configuration – ONLY for service purposes. You need a password to enter.
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ERROR CODE

Т

Г

E01	If E01 happens, it means signal error.
	E01 0.0 0.00 00:00 0.0 0 0 Music market faits Target faits Target faits Target faits Target faits Video Target faits Video Video Video Video Video Image faits Image faits Image faits Image faits Image faits Image faits Video Target faits Image faits Image faits Image faits Image faits Video Target faits Image faits Image faits Image faits Image faits Image faits Video Target faits Image faits Image faits Image faits Image faits Image faits Video Target faits Image faits Image faits Image faits Image faits Image faits Video Video Video Image faits Image faits



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.

 Thigh stretching Stand on right leg and hold the left ankle with your left hand while drawing the foot up closely behind your hips. Keep back straight and knees together. Use a wall for balance. Hold for about 10 seconds. Repeat for other leg.
 Calf stretches Stand with the rear foot flat on the floor and transfer weight to the front foot. Hold for about 10 seconds. Repeat with other leg. NOTE: Keep your back and rear leg straight when performing the exercise.
 Hamstring stretching 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). Keep knees unlocked and back straight. Hold for about 10 seconds. Repeat with other leg.
 Inner thigh stretches Sit with soles of your feet together and your knees outwards. Pull your feet toward your groin are as far as possible Hold for about 10 seconds.

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.

Registered Office: Headquarters: Warranty & Service Centre:

CRN: VAT ID: Phone: E-mail: Borivojova 35/878, 130 00 Praha 3, Czech Republic Delnicka 957, 749 01 Vitkov, Czech Republic Cermenska 486, 749 01 Vitkov, Czech Republic

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Web:

Date of Sale:

Stamp and Signature of Seller: