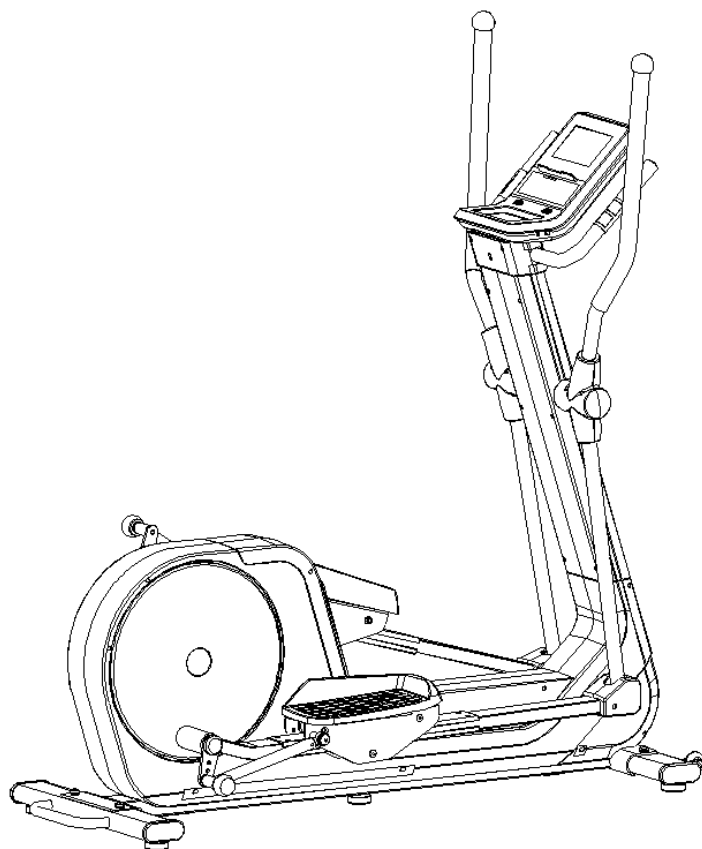




## USER MANUAL – EN

### IN 16146 Elliptical Trainer inSPORTline inCondi ET650i



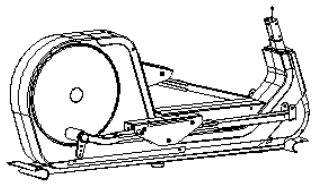
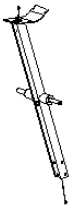
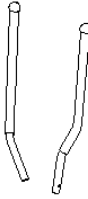
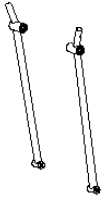


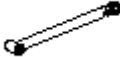

# CONTENTS



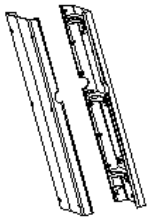




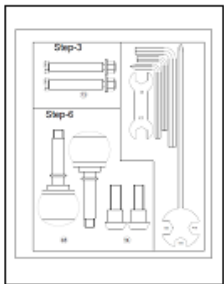
SAFETY INSTRUCTIONS .....	3
PACKAGE LIST.....	4
PARTS LIST .....	6
EXPLODED DRAWING .....	8
ASSEMBLY STEPS .....	9
DISPLAY OPERATION MANUAL .....	13
BUTTON FUNCTION .....	13
HARDWARE CONFIGURATION .....	14
ICON OPERATION AND FUNCTION .....	14
HOMEPAGE ICON FUNCTION INTRODUCTION .....	16
USAGE INSTRUCTIONS .....	31
CONDITIONING GUIDELINES .....	31
TARGET HEART RATE (THR) .....	31
WORKOUT TIPS .....	32
EXERCISE INTENSITY .....	32
STRETCHING GUIDE .....	32
TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS .....	33

## 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 loose 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 norm) 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		Handlebar post	1
6L/R		Handlebar	1 pair
4L/R		Reciprocating bar	1 pair
11		Front stabilizer	1
7		Handrail	1
10		Guide pole	2
12		Rear stabilizer	1

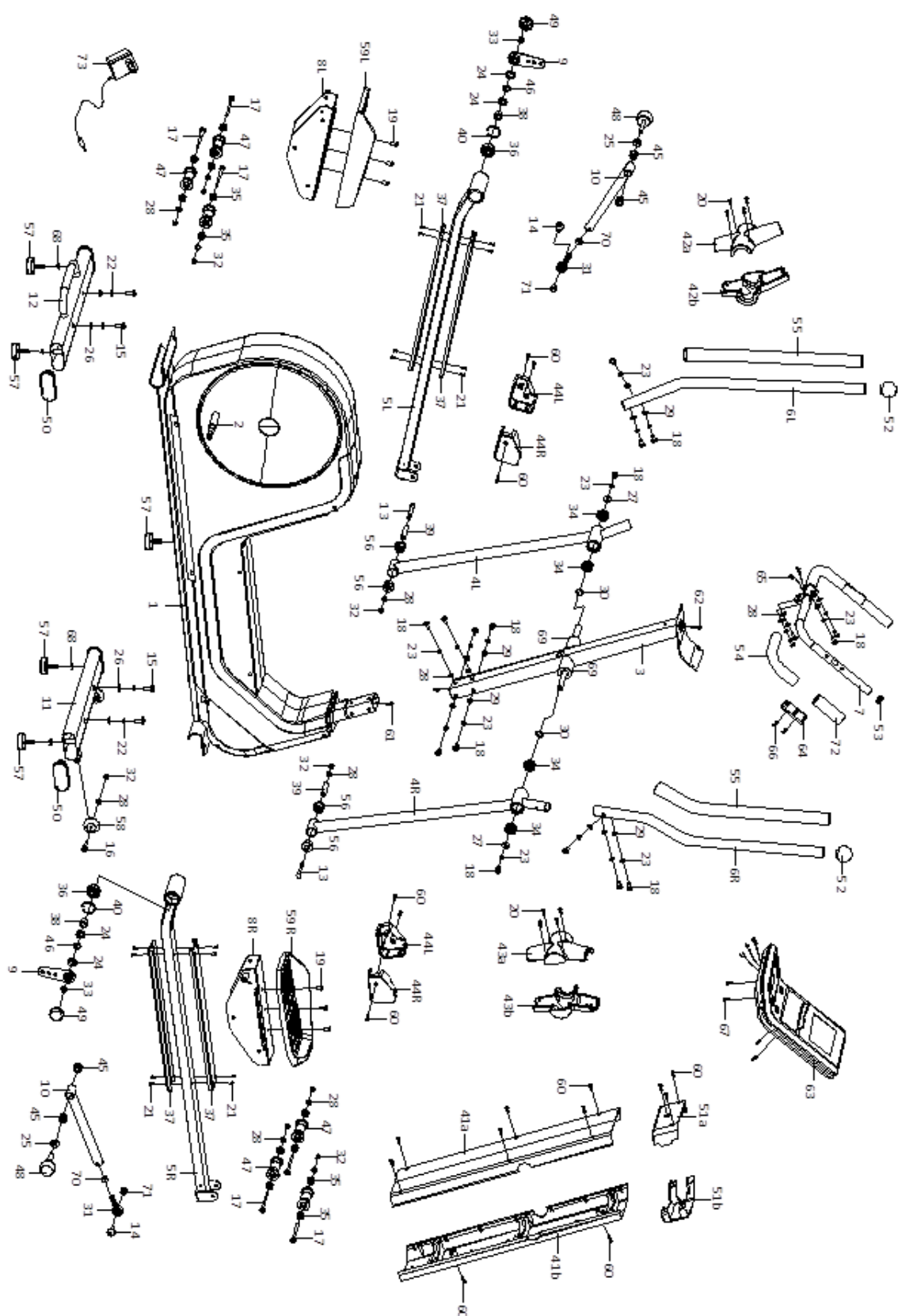
59L/R		Pedal	1 pair
63		Display	1
41a/b		Handlebar post cover	1 pair
51a/b		Handlebar cover	1 pair
42a/b		Left reciprocating bar cover	1 pair
44L/R		Pedal bar cover	2 pairs
43a/b		Right reciprocating bar cover	1 pair
-		Blister card	1

## PARTS LIST

No.	Description	Qty.
1	Main frame	1
2	Rotation frame	1
3	Handlebar post	1
4L/R	Reciprocating bar	1 pair
5L/R	Pedal bar	1 pair
6L/R	Handlebar	1 pair
7	Handrail	1
8L/R	Pedal frame	1 pair
9	Adjustable crank	2
10	Guide bar	2
11	Front stabilizer	1
12	Rear stabilizer	1
13	Hex nut M8x75	2
14	Inner hex pan-head bolt M12x45	2
15	Inner hex pan-head bolt M10x25	4
16	Inner hex pan-head bolt M8x38	2
17	Inner hex pan-head bolt M8x95	6
18	Inner hex pan-head bolt M8x16	18
19	Inner hex cylinder head bolt M8x15	6
20	Cross pan-head self-drilling screw ST3.5x13	8
21	Cross counter-sunk head screw M5x12	16
22	Spring washer D10	4
23	Spring washer D8	18
24	Washer D16.2xD28x1	4
25	Washer D12xD24x1.5	2
26	Washer D10x2	4
27	Washer D8xD22x2	2
28	Washer D8x1.5	16
29	Curve washer D8xD20x1.5	10
30	Corrugated gasket $\varnothing 17.5 \times \varnothing 24 \times 0.6$	2
31	Universal joint	2
32	Nylon nut M8	10
33	Flange nut M10x1.25	2
34	Bearing 6003Z	4
35	Bearing 608Z	12

36	Bearing 2203	2
37	Aluminium plate	4
38	Bush $\varnothing 16.2 \times \varnothing 23 \times 18.5$	2
39	Bush $\varnothing 14 \times \varnothing 8.5 \times 59.7$	2
40	Circlip D40	2
41a/b	Handlebar post cover	1 pair
42a/b	Left reciprocating cover	1 pair
43a/b	Right reciprocating cover	1 pair
44L/R	Pedal bar cover	2 pairs
45	Shaft sleeve	4
46	O-ring	2
47	Wheel 1	6
48	Knob	2
49	Cap	2
50	Elliptical end cap	4
51a/b	Handlebar cover	1 pair
52	Sphere head cap	2
53	Curve head cap	2
54	Foam $\varnothing 24 \times T3 \times 245$	2
55	Foam $\varnothing 31 \times T3 \times 420$	2
56	Shaft sleeve	4
57	Horizontal adjuster	5
58	Wheel 2	2
59L/R	Pedal	1 pair
60	Cross pan-head self-drilling screw ST4.2x18	17
61	Sensor wire	1
62	Trunk wire	1
63	Display	1
64	Handle pulse	2 pairs
65	Pulse wire	2
66	Cross pan-head self-drilling screw ST3x10	4
67	Cross pan-head screw M5x10	4
68	Hex nut M10	4
69	Sleeve	2
70	Hex nut M12	2
71	Sleeve $\varnothing 12 \times \varnothing 18 \times 14.5$	2
72	Foam $\varnothing 24 \times T3 \times 120$	2
73	Adaptor	1

# EXPLODED DRAWING

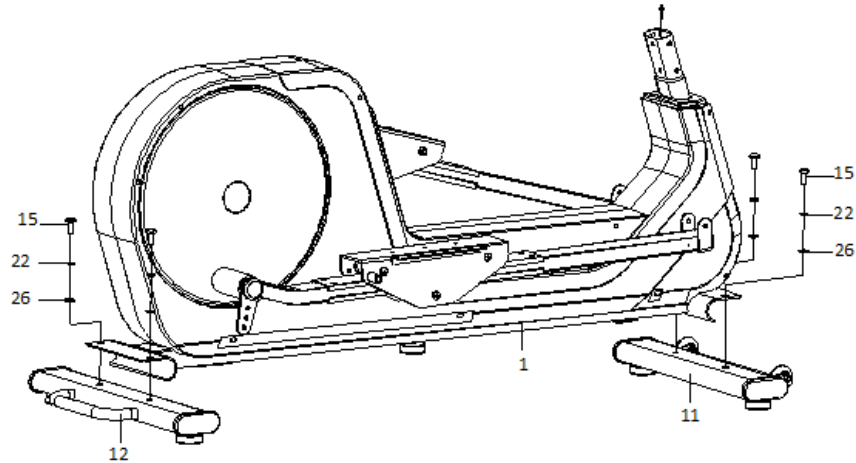




## ASSEMBLY STEPS

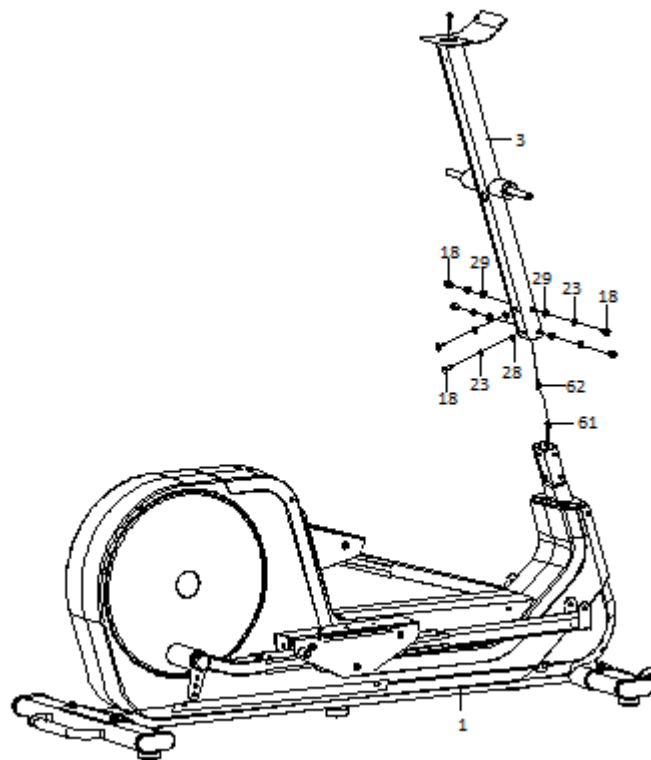
### STEP 1

- Fix front stabilizer (11) with inner hex pan-head bolt (15), spring washer (22), washer (26) to the main frame (1).
- Fix rear stabilizer (12) with inner hex pan-head bolt (15), spring washer (22), washer (26) to the main frame (1).



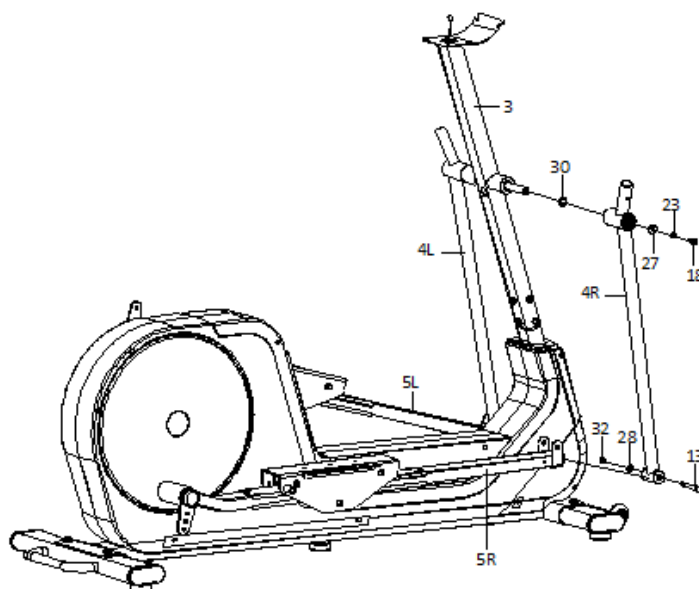
### STEP 2

- Connect sensor wire (61) and trunk wire (62).
- Fasten the handlebar post (3) to the main frame (1) using inner hex pan-head bolt (18), spring washer (23), curve washer (29) for the side holes. Fix the handlebar post (3) to the main frame (1) with inner hex pan-head bolt (18), spring washer (23) and washer (28) for the front holes.



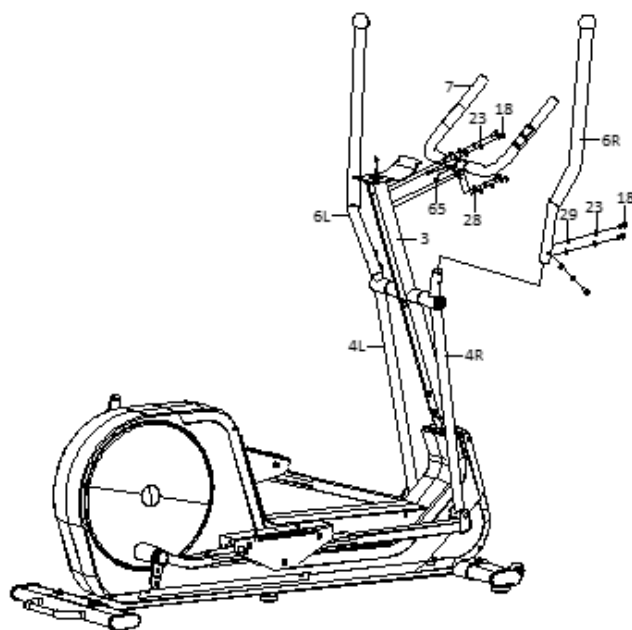
### STEP 3

- Install the reciprocating bar (4L/R) to the handlebar post (3) with inner hex pan-head bolt (18), spring washer (23) and washer (27). Don't tighten it too firmly now.
- Fix the reciprocating bar (4L/R) and pedal bar (5L/R) using hex bolt (13), washer (28) and nylon nut (32).
- Finally fasten the inner hex pan-head bolt (18).



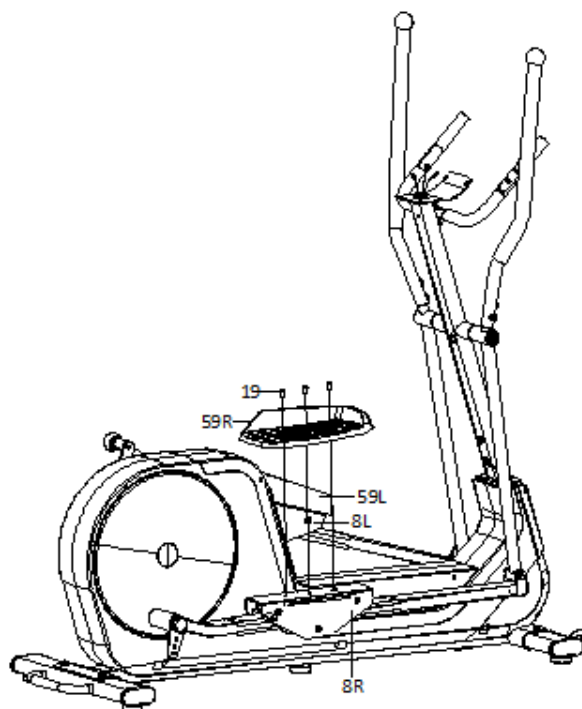
### STEP 4

- Fix the handlebar (6L/R) to the reciprocating bar (4L/R) with inner hex bolt (18), spring washer (23) and curve washer (29).
- Draw the pulse wire (65) through the hole in the back of the handlebar post (3). Pull it out from the top hole of the handlebar post (3).
- Fix the handrail (7) to the handlebar post (3) with inner hex pan-head bolt (18), spring washer (23) and washer (28).



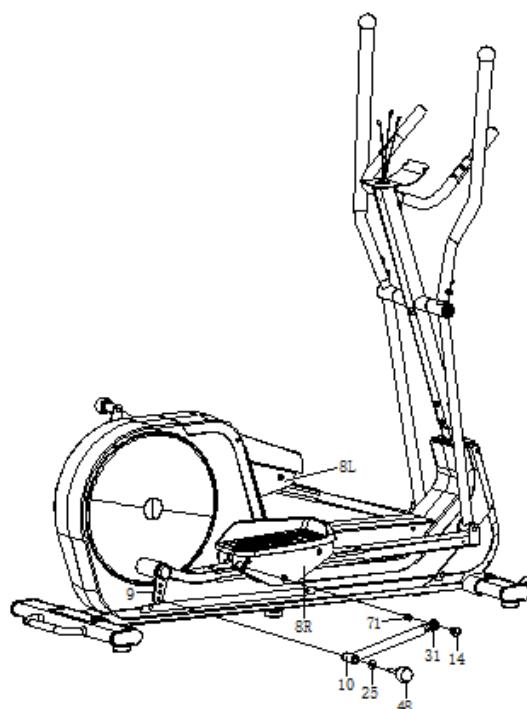
### STEP 5

- Fix the pedal (59L/R) to the pedal frame (8) with inner hex cylinder head bolt (19).



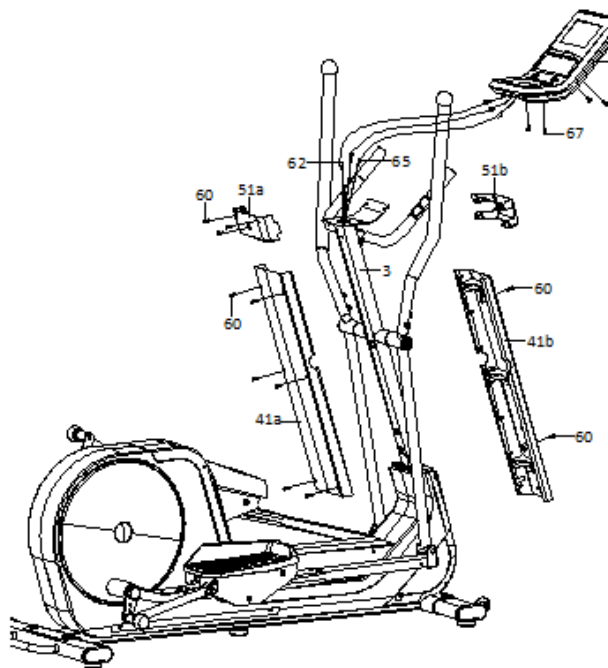
### STEP 6

- Fix the universal joint (31) to the pedal frame (8R) and then fix the guide pole (10) to the adjustable crank (9) with knob (48) and washer (25).
- Repeat the above step for the left side.



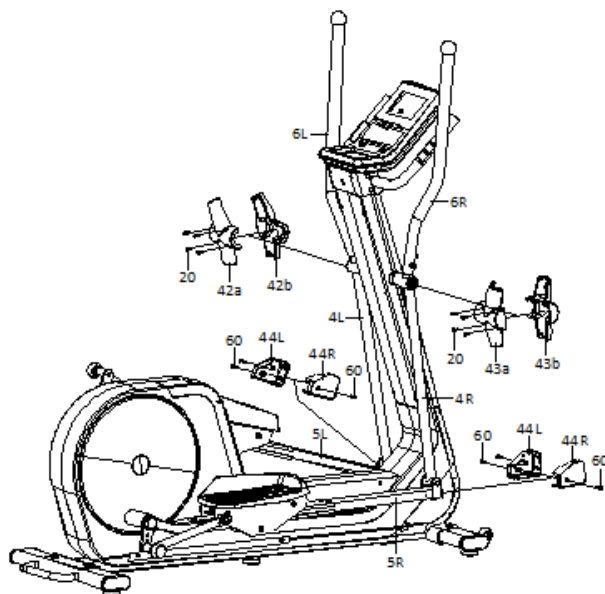
## STEP 7

- Connect trunk wire (62), pulse wire (65) to the display (63). Then attach the display (63) with cross pan-head screw (63).
- Fix the handlebar post cover (41a/b) to the handlebar post (3) with cross pan head self-drilling screw (60).
- Fix the handrail cover (51a/b) to the handlebar post (3) with cross pan-head self-drilling screw (60).



## STEP 8




- Fix the reciprocating bar cover (42a/b, 43a/b) to the bar with cross pan-head self-drilling screw (20).
- Fix the pedal bar cover (44L/R) to the bar with cross pan-head self-drilling screw (60).
- Complete the assembly and make sure that all bolts, nuts and parts are properly tightened.










## DISPLAY OPERATION MANUAL



## BUTTON FUNCTION

	Start key
	Stop key
	HOME key
	Back key
	Resistance up
	Resistance down
	Pause
	Up key
	Down key
	Left key


	Right key
	Enter key
	Volume up
	Volume down
	Play/pause
	The previous
	The next




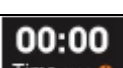
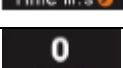

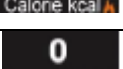




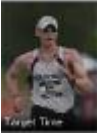






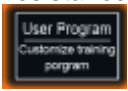

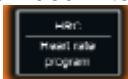
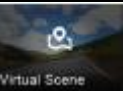
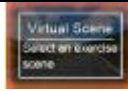

## HARDWARE CONFIGURATION










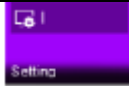




Display	7 inches 1024*600TFT
CPU	ITE9854
RAM	64M inside
USB	Music: Mp3 Video: available for max. 1280x768 resolution, Mp4, MKV files that decoded and packed by H.264
FLASH	8M NOR + 8G EMMC

## ICON OPERATION AND FUNCTION

### 1) Homepage introduction


I) Icon introduction 1

	Speed: displays the current speed (km/h)
	Rotation per minute
	Distance: displays running distance (km)
	Time: displays running time
	Pace: displays the time per kilometer
	Displays burned calories (Kcal)
	Heart rate: displays current heart rate
	Constant power
	Resistance level. In condition of constant power mode, it shows wat effort.
II) Icon introduction 2	
Use  to select icon, press  to confirm.	
	 Time countdown mode. Selected
	 Distance countdown mode. Selected
	 Calorie countdown mode. Selected
	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 
	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 
	Virtual scene mode: there are 6 in-built scenes. Selected 
	Racing mode: there are 12 preset modes in the system. The contest is between

	 user and system. Selected
	 Workout: there are 12 preset programs inside. Selected
	 Constant power: it is a training mode that the power you consumed will be a constant during your whole exercise. Selected
III) Multi-media icon introduction	
	 Music. Selected
	 Video. Selected
	 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. The Bluetooth function is optional.

## HOME PAGE ICON FUNCTION INTRODUCTION

### 1) QUICK START

- Press  key, system will enter the manual mode.



- Press resistance control key   to adjust resistance.



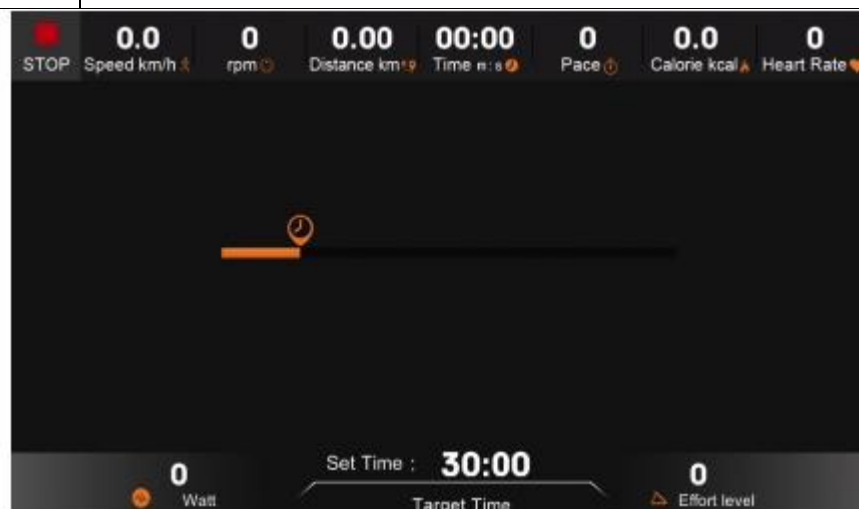
- Press **STOP** key to stop exercise. Exercise record will be displayed after you press **STOP** key immediately.

UserData		
Exercise Time:	11:01	
Exercise Distance:	2.83	km
Exercise calorie:	44.6	kcal
Average Speed:	15.4	km/h
Average Resistance:	16	w

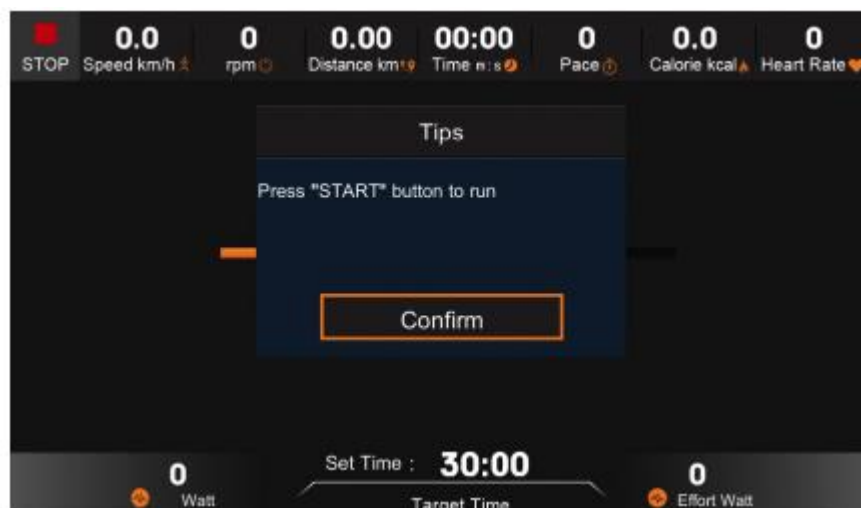
At the bottom of the screen, it says '0 Wait', 'Press "START" button to run', and '0 Effort level'.

## 2) COUNTDOWN MODE

	Select Target Time icon, press <b>ENTER</b> to confirm (just take time countdown mode for example):
--	---



- Press **< >** key to set target time.



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




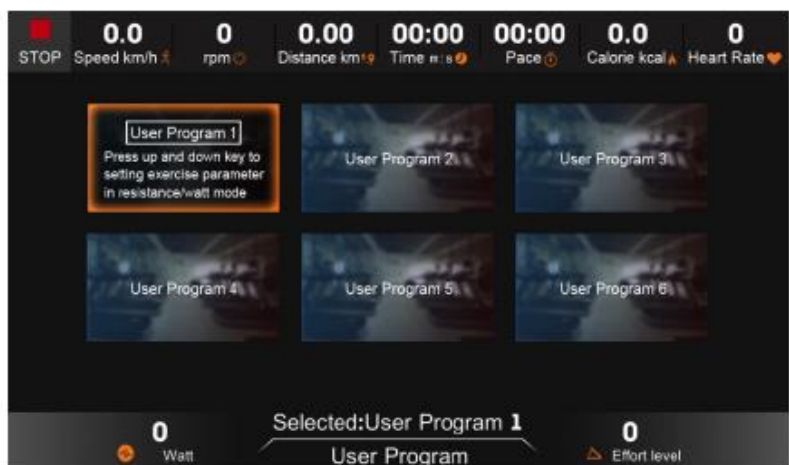
- Press **START** to begin exercise.



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

	Press <b>ENTER</b> 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 select icon. Press  to confirm.





- 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.





- Press  key to start exercising.



#### 4) VIRTUAL SCENE MODE

	Press  to enter the virtual scene mode:
---	--





- Press  key to select icon. Press  to start exercising.





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




## 5) RACING

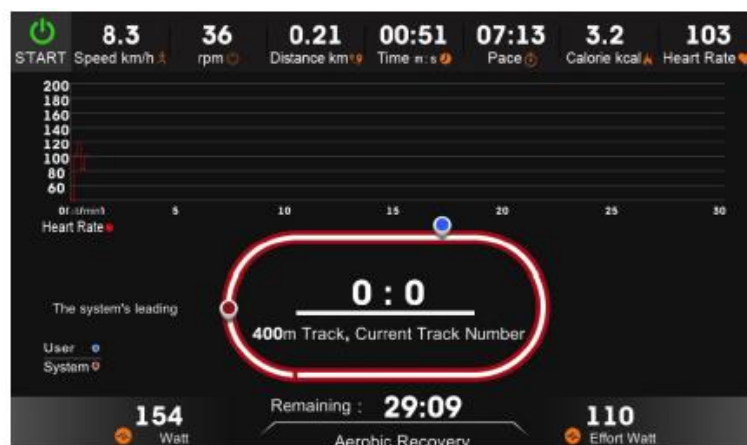
	Press  to enter the racing mode (there are 12 preset modes):
---	---




- Press  key to select icon. Press  to confirm.




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

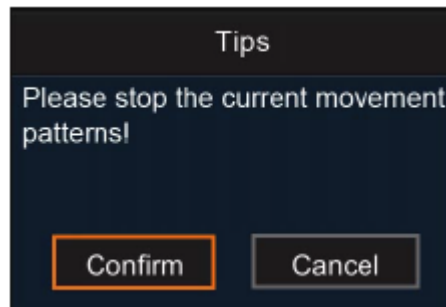



Operation logic:

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.





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

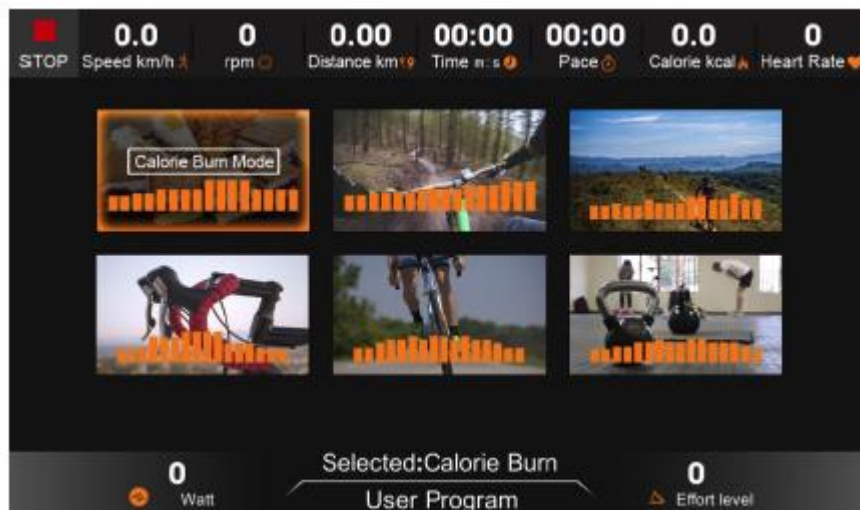




Speed of each section of 12 preset programs:

	Section	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	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
	Section	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	Speed	18	18	24	24	30	30	30	30	30	24	24	24	24	24	18	18
	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
	Speed	18	18	24	24	30	30	30	30	30	24	24	24	24	24	18	18
	Resistance	14	14	22	14	14	22	14	14	22	14	14	22	14	14	14	22
	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
	Resistance	10	10	12	12	12	12	10	10	10	10	12	12	12	12	10	10
	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
	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
	Speed	22	22	28	28	32	32	34	34	32	28	28	28	28	28	22	22
	Resistance	14	14	16	16	16	16	14	14	14	14	16	16	16	16	14	14
	Section	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	Speed	24	24	30	30	34	34	36	36	34	30	30	30	30	30	24	24
	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
	Speed	24	24	30	30	34	34	36	36	34	30	30	30	30	30	24	24
	Resistance	12	12	14	12	14	16	14	14	14	18	18	16	16	20	16	16
	Section	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	Speed	24	24	30	30	34	34	36	36	34	30	30	30	30	30	24	24
	Resistance	14	14	16	14	14	18	16	16	16	20	20	18	18	22	18	18
	Section	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	Speed	14	14	20	20	26	26	26	26	26	20	20	20	20	20	14	14
	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
	Speed	14	14	20	20	26	26	26	26	26	20	20	20	20	20	14	14
	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
	Speed	14	14	20	20	26	26	26	26	26	20	20	20	20	20	14	14
	Resistance	14	16	20	24	14	16	20	24	14	16	20	24	14	16	20	24




## 6) WORK-OUT

	Press  to enter the Work-Out (take fat burn for example):
---	--



- Press  key to select icon. Press  to confirm.






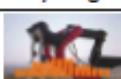
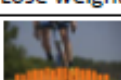
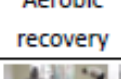
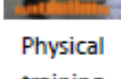





- Press  key to convert resistance mode and power mode.
- Press  key to set data.
- Press  key to start exercising.







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

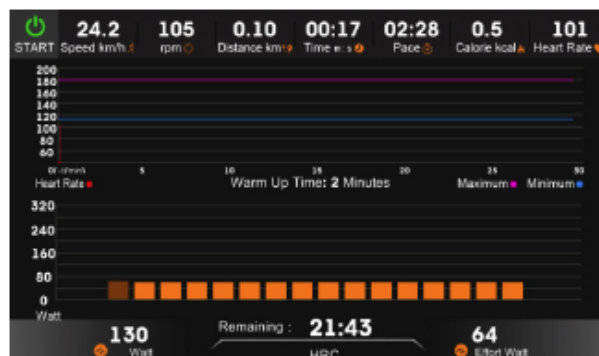
 Fat burn	Section	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	resistance	10	10	12	12	14	14	14	14	20	20	20	20	14	14	14	14
 Rapid challenge	Section	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	resistance	10	10	10	12	12	12	14	14	14	14	16	16	16	18	18	18
 Cycling	Section	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	resistance	10	10	12	10	10	14	12	12	12	16	16	14	14	18	14	14
 Lose weight	Section	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	resistance	10	10	12	18	18	18	22	22	22	22	14	14	14	12	10	10
 Aerobic recovery	Section	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	resistance	10	10	14	16	16	18	16	18	18	16	18	16	16	14	10	10
 Physical training	Section	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	resistance	10	10	12	12	14	14	16	14	14	18	18	14	14	14	12	10
 Track	Section	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	resistance	10	10	14	14	14	14	14	14	10	10	10	18	18	18	18	10
 Mountain	Section	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	resistance	10	10	12	12	12	14	14	20	20	20	20	12	12	12	10	10
 Relax	Section	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	resistance	10	10	12	12	12	12	10	10	10	10	12	12	12	12	10	10
 Ramp	Section	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	resistance	10	12	16	20	10	12	16	20	10	12	16	20	10	12	16	20
 Cross-country	Section	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	resistance	10	10	14	10	10	18	10	14	14	10	10	18	10	10	14	10
 Interval	Section	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	resistance	10	10	18	10	10	18	10	10	18	10	10	18	10	10	10	18

## 7) HRC

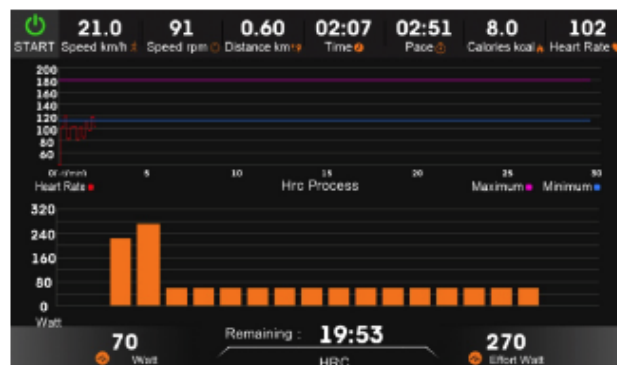
	Press  to enter HRC (once user set their age, system will give a target heart rate automatically. And also, the target heart rate can be adjusted manually. The range of the target time is 22-45 mins.)
---	---



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



- Warm up for 2 minutes.



- HRC process



- Cool down



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

	Press <b>ENTER</b> to enter constant power mode:
--	--



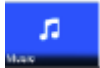

- Static constant power mode.





- Press **ENTER** to start exercising.

## MULTI MEDIA AND SETTING INTRODUCTION

### 1) MUSIC

	Press  to enter music menu:
---	--



- Press  to select music. Press  to playback.



play/pause



volume+



volume-





the previous









the next



### 2) VIDEO

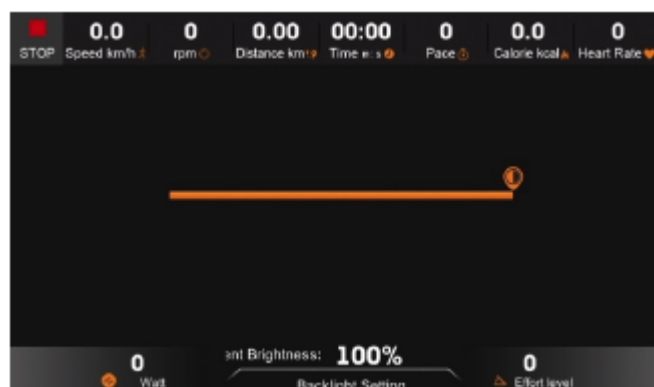
	Press  to enter video menu:
---	--






- Playlist will be hidden after 5 seconds without any operation. Press  to go to full screen. Press  again to go back to the previous page.
- After the playlist is hidden, press  and  to wake up the playlist.
- Press  to play/pause. Press  to adjust volume.

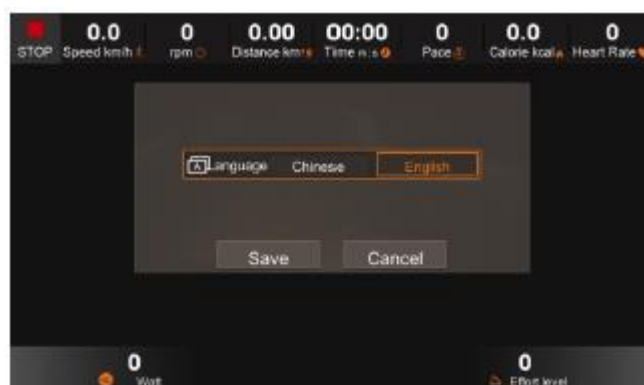
### 3) SETTING

	Press  to go to backlight setting menu:
---	--





- Press  to set the brightness.


	Press  to go to language switching menu:
---	---

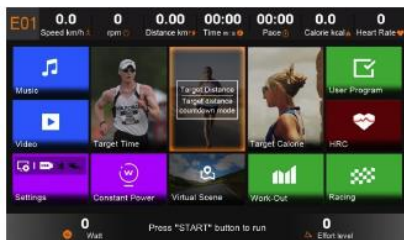


- Press  to set the language.

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

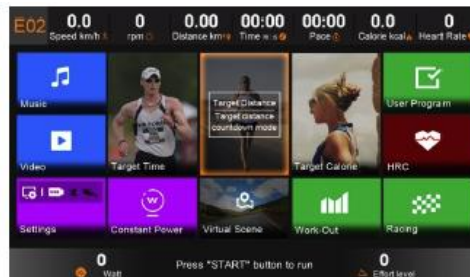
### ERROR CODE

	If E01 happens, it means signal error.
---	--



**E02**

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.



	<p>Thigh stretching</p> <ul style="list-style-type: none"> <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>
	<p>Calf stretches</p> <ul style="list-style-type: none"> <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> <p><b>NOTE:</b> Keep your back and rear leg straight when performing the exercise.</p>
	<p>Hamstring stretching</p> <ul style="list-style-type: none"> <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>
	<p>Inner thigh stretches</p> <ul style="list-style-type: none"> <li>• Sit with soles of your feet together and your knees outwards. Pull your feet toward your groin 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.



**SEVEN SPORT s.r.o.**

Registered Office:	Borivojova 35/878, 130 00 Praha 3, Czech Republic
Headquarters:	Delnicka 957, 749 01 Vitkov, Czech Republic
Warranty & Service Centre:	Cermenska 486, 749 01 Vitkov, Czech Republic
CRN:	26847264
VAT ID:	CZ26847264
Phone:	+420 556 300 970
E-mail:	eshop@insportline.cz reklamace@insportline.cz servis@insportline.cz
Web:	www.insportline.cz

---

**SK**

**INSPORTLIN s.r.o.**

Headquarters, Warranty & Service centre:	Elektricka 6471, 911 01 Trencin, Slovakia
CRN: 36311723	
VAT ID: SK2020177082	
Phone:	+421(0)326 526 701
E-mail:	objednavky@insportline.sk reklamacie@insportline.sk servis@insportline.sk
Web:	www.insportline.sk

Date of Sale:

Stamp and Signature of Seller: