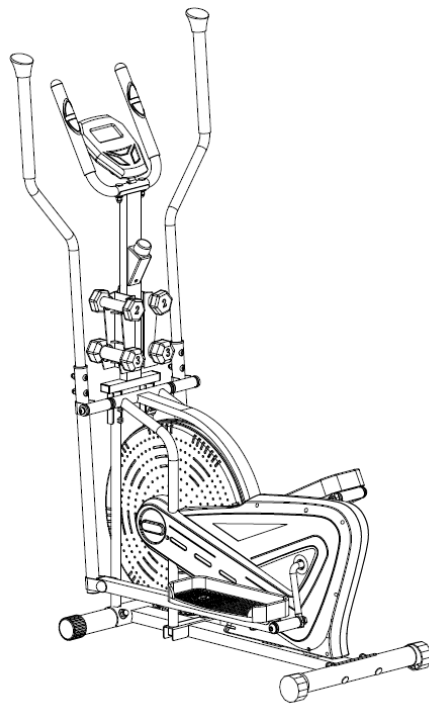




USER MANUAL – EN
IN 16147 Elliptical Trainer inSPORTline Airgym




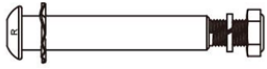
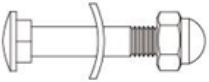
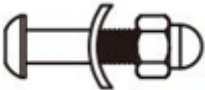



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SAFETY PRECAUTIONS

- Read this manual carefully before first using and retain it for future reference. Pictures may from product specification.
- Observe all instructions and warnings for higher safety. Use it only for intended purpose.
- Warm up your muscles before each exercising to avoid an injury.
- Don't do any improper modification. For repairing contact an authorized service.
- Regularly check all screws and bolts if they are well tightened. Regularly check this device for damage or wearing. Never use damaged or worn product.
- Keep it away from children and pets. It is not a toy. Intended only for adults.
- Assembly should be done only by an adult person.
- Wear only appropriate sports clothes and shoes for exercising. Avoid too loose clothes that can be easily caught in.
- Put it only on a flat, clean and solid surface. Keep a clearance of at least 0.6 m around this device for higher safety.
- Be careful when getting on or off this device. First hold the handlebars and pull pedals at your side to the lowest position. Step on the pedal and stride over the main frame. Thereafter step on the other pedal. During a workout, hold the handlebars by hands and let the pedals running smoothly while pushing or pulling handlebars. Let it run with cooperation of hands and feet. After finishing the workout, put one pedal to the lowest position and leave your foot on the higher pedal first after another.
- Don't use it outdoors.
- Only one person may use it at time. No adjustable part can protrude and obstruct user movements.
- Other people should keep sufficient distance while the device is used.
- Consult your health state with your physician before starting some workout program. It is especially necessary if you are older than 35 years or if you suffer from some problems. Observe reactions of your body. If you feel faintly or if you remark another complication, stop using. Don't overstretch yourself and exercise reasonably to avoid injury.
- Flywheel weight: 2.5 kg
- **Weight limit:** 110 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.

HARDWARE LIST

Picture	Description	Qty.
	#54 Bolt for left crank 16x89xL23	1
	#56 Spring washer $\varnothing 20^* \varnothing 13^* 2.0$	1
	#55 Wave washer $\varnothing 28^* \varnothing 17^* 0.3$	1
	#57 Nylon nut for left crank 1/2"	1
	#65 Bolt for right crank 16x89xL23	1
	#56 Spring washer $\varnothing 20^* \varnothing 13^* 2.0$	1
	#55 Wave washer $\varnothing 28^* \varnothing 17^* 0.3$	1
	#64 Nylon nut for right crank 1/2"	1
	#3 Bolt M10x57	4
	#4 Big curve washer $\varnothing 10^* \varnothing 25^* 2.0$	4
	#5 Cap nut M10 S17	4
	#74 Bolt M8x38	4
	#75 Big arc washer $\varnothing 8^* \varnothing 20^* 2.0$	4
	#76 Cap nut M8	4
	#59 Screw M10x45	4
	#31 Hex. Locknut M10	4
	#82 Screw M8*35	2
	#75 Big arc washer $\varnothing 8^* \varnothing 20^* 2.0$	2
	#76 Cap nut M8	2
	#61 Cap S16	4

TOOLS

Picture	Description	Qty.
	Allen wrench S8	1
	Allen wrench S6	1
	Allen wrench S6	1
	Multi hex tool S10-13-17-19	1

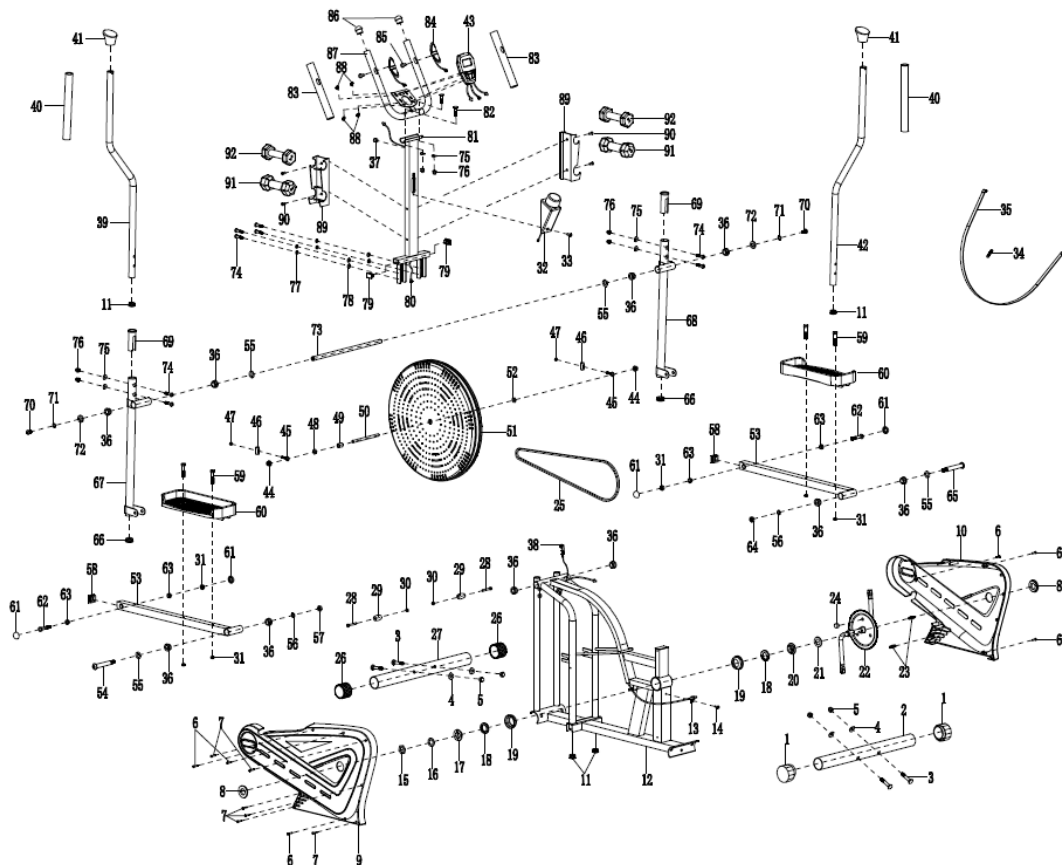
PARTS LIST

No.	Description	Qty.
1	Rear stabilizer end cap	2
2	Rear stabilizer	1
3	Bolt M10x57	4
4	Big curve washer $\varnothing 10 \times \varnothing 25 \times 2.0$	4
5	Cap nut M10 S17	4
6	Phillips sel-tapping screw ST4.2x20	6
7	Screw ST4.2x25	6
8	Cover cap $\varnothing 40 \times \varnothing 25 \times 10$	2
9	Left cover	1
10	Right cover	1
11	End cap $\varnothing 25 \times 1.5$	4
12	Main frame	1
13	Sensor L900 mm	1
14	Phillips self-tapping screw ST4.8x20	1
15	Crank nut 7/8"	1
16	Washer $\varnothing 34.5 \times \varnothing 23 \times 2.5$	1
17	Slotted bearing nut 7/8"	1
18	Bearing	2
19	Bearing cap	2
20	Notched bearing nut 15/16"	1
21	Washer $\varnothing 40 \times \varnothing 24 \times 3.0$	1
22	Chain pulley with crank	1
23	Plastic bolt $\varnothing 8 \times 32$	2
24	Magnet	1
25	Chain	1
26	Front stabilizer end cap	2
27	Front stabilizer	1
28	Bolt M6x45	2
29	Transport wheel $\varnothing 23 \times \varnothing 6 \times 32$	2
30	Hex. locknut M6	2
31	Hex locknut M10	6
32	Tension control knob	1
33	Screw M5x15	1
34	Pullback spring	1
35	Belt	1
36	Powder metal bushing $\varnothing 24.5 \times \varnothing 16 \times 14$	10

37	Plug ø12.1	1
38	Tension knob wire	1
39	Left handlebar	1
40	Foam grip ø24xø34x280	2
41	End cap ø25	2
42	Right handlebar	1
43	Computer	1
44	Nut M10x1.0 S15	2
45	Eyebolt M6x33	2
46	U Bracket	2
47	Nut M6	2
48	Nut M10x1*B5 S17	1
49	Bushing ø16xø10x20	1
50	Fan wheel axle	1
51	Fan wheel	1
52	Nut M10x1*B5 S17	1
53	Foot bar	2
54	Bolt for right crank ø16x89xL23	1
55	Wave washer ø28x ø17x0.3	4
56	Spring washer ø20x ø13x0.2	2
57	Nylon nut for right crank ½"	1
58	End cap 30*30*1.5	2
59	Bolt M10x45	4
60	Foot pedal	2
61	Cap S16	4
62	Bolt M10x55	2
63	Powder metal bushing ø14x ø10x10	4
64	Nylon nut for right crank ½"	1
65	Bolt for right crank ø16x89xL23	1
66	End cap ø32	2
67	Left handrail	1
68	Right handrail	1
69	Handrail arm plastic bushing ø28.5x ø25.4x84	2
70	Bolt M10x18	2
71	Spring washer ø10x ø18x3.0	2
72	D washer ø28xø16x5.0	2
73	Rotation rod ø16x396	1
74	Bolt M8x38	8

75	Big arc washer $\varnothing 8 \times \varnothing 20 \times 2.0$	6
76	Cap nut M8	6
77	Spring washer $\varnothing 8$	4
78	Washer $\varnothing 8$	4
79	End cap $30 \times 20 \times 2.0$	2
80	Extension wire L650 mm	1
81	Handlebar support frame	1
82	Screw M8*35	2
83	Form grip $\varnothing 24 \times \varnothing 30 \times 240$	2
84	Hand pulse	2
85	Phillips self-tapping screw ST4.2x20	2
86	End cap $\varnothing 25 \times 1.5$	2
87	Hand pulse handlebar	1
88	Screw M5x10	4
89	Dumbbell rack	2
90	Screw M6*15	4
91	Dumbbell (3 pounds)	2
92	Dumbbell (2 pounds)	2

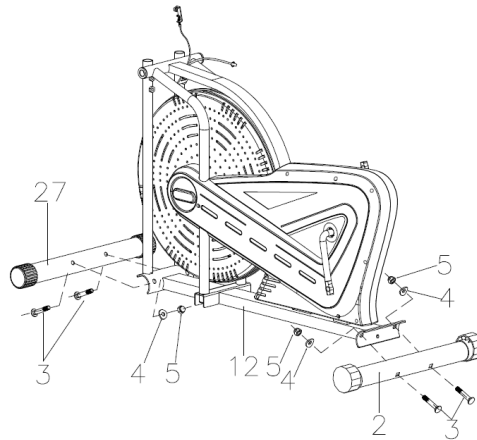
EXPLODED DRAWING



ASSEMBLY INSTRUCTIONS

1. FRONT AND REAR STABILIZER

- Place the front stabilizer (27) to the front part of the main frame (12). Bolt holes should align.
- Attach the front stabilizer (27) to the front curve of the main frame (12) using two cap nuts M10 (5), two curve washers $\varnothing 10 \times 2.0 \times \varnothing 25$ (4) and two bolts M10x57 (3).
- Tighten all nuts with included multi hex tool.
- Place the rear stabilizer (2) onto the rear part of the main frame (12). Bolt holes should align.
- Attach the rear stabilizer (2) onto the rear curve of the main frame (12) using two cap nuts M10 (5), two curve washers $\varnothing 10 \times 2.0 \times \varnothing 25$ (4) and two bolts M10x57 (3).
- Tighten all nuts with included multi hex tool.

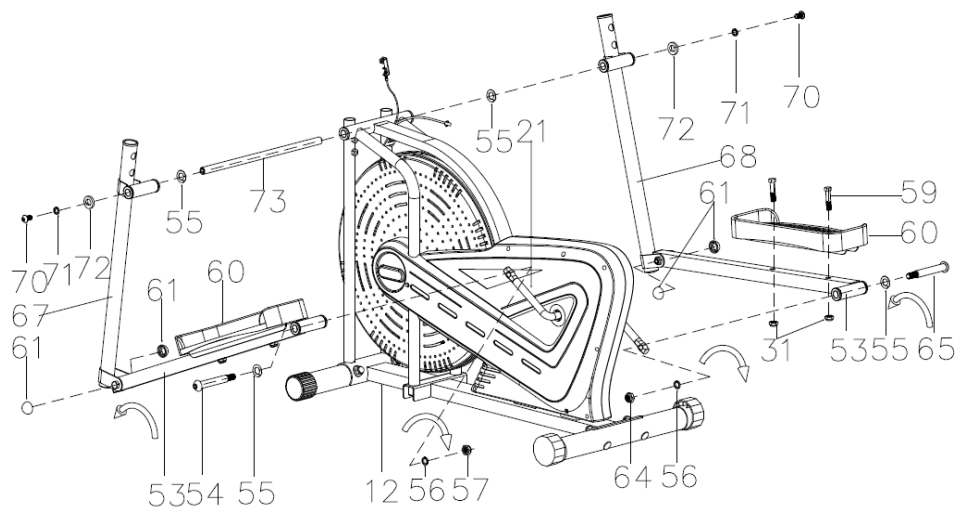


2. LEFT/RIGHT HANDRAIL AND FOOT BARS

- Place the rotation rod (73) into the hole of the main frame (12).
- Slide the left and right handrail (67,68) onto the rotation rod (73) and secure them with two bolts M10x18 (70), two spring washers $\varnothing 18 \times \varnothing 10 \times 3$ (71), two D washers $\varnothing 28 \times \varnothing 16$ (72), two wave washers $\varnothing 28 \times \varnothing 17 \times 0.3$ (55).
- Tighten all bolts with two Allen wrenches (6 mm) that included.
- Attach the left foot bar (53) onto the left crank (21) using one bolt $\varnothing 16 \times \varnothing 89 \times L23$ (54), one wave washer $\varnothing 28 \times \varnothing 17 \times 0.3$ (55), one spring washer $\varnothing 20 \times \varnothing 13 \times 2$ (56) and one nylon nut (57) for left crank.
- Tighten all bolts and nuts using one 8-mm Allen wrench and the multi hex tool, that provided. Turn anti-clockwise to secure it.
- Follow the same procedure to attach the right foot bar (53) to the right crank (21).
- The right foot bar (53) is attached by using bolt (65), wave washer $\varnothing 28 \times \varnothing 17 \times 0.3$ (55), one spring washer $\varnothing 20 \times \varnothing 13 \times 2$ (56) and one nylon nut (64). Turn clockwise to tighten it.

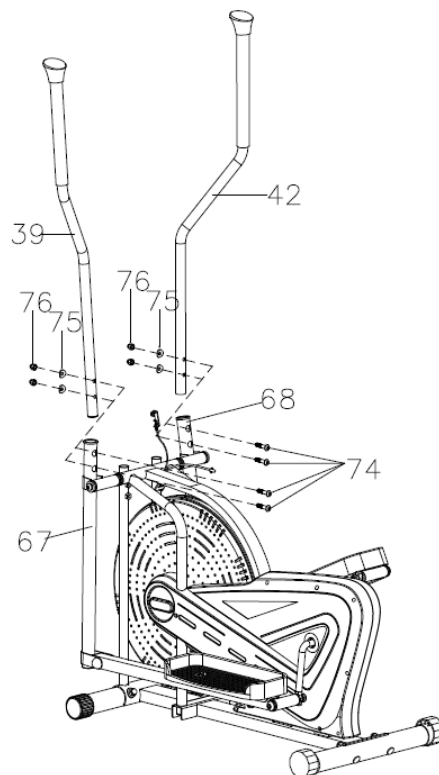
NOTE: Bolt (65) for the right crank is marked with "R" and bolt for left crank is marked with "L".

- Install four nut caps S16 (61) onto bolts M10x55 (62) and hex locknut M10 (31) on both foot bars (53).
- Attach the left foot pedal (60) to the left foot bar (53) with two bolts M10x45 (59) and nylon nuts M10 (31). Tighten all nuts with the included multi hex tool.
- Follow the same procedure to attach the right foot pedal (60) to the right foot bar (53).



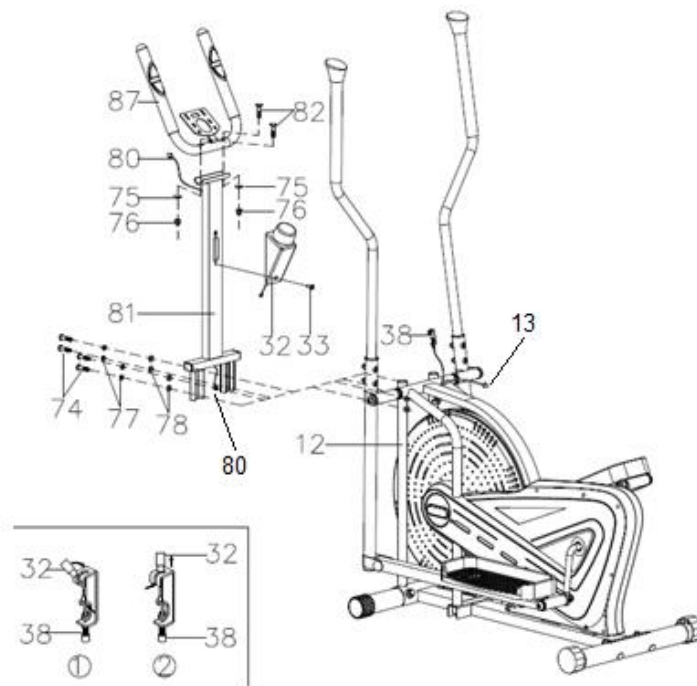
3. RIGHT/LEFT HANDLEBAR ARM

- Insert the left handlebar arm (39) into the handrail arm plastic bushing on the tube of the left handrail (67). Secure it with two bolts (74), two cap nuts (76) and two big curve washers (75).
- Follow the same steps to attach the right handlebar arm (42) to the handrail arm plastic bushing on the tube of the right handrail (68).



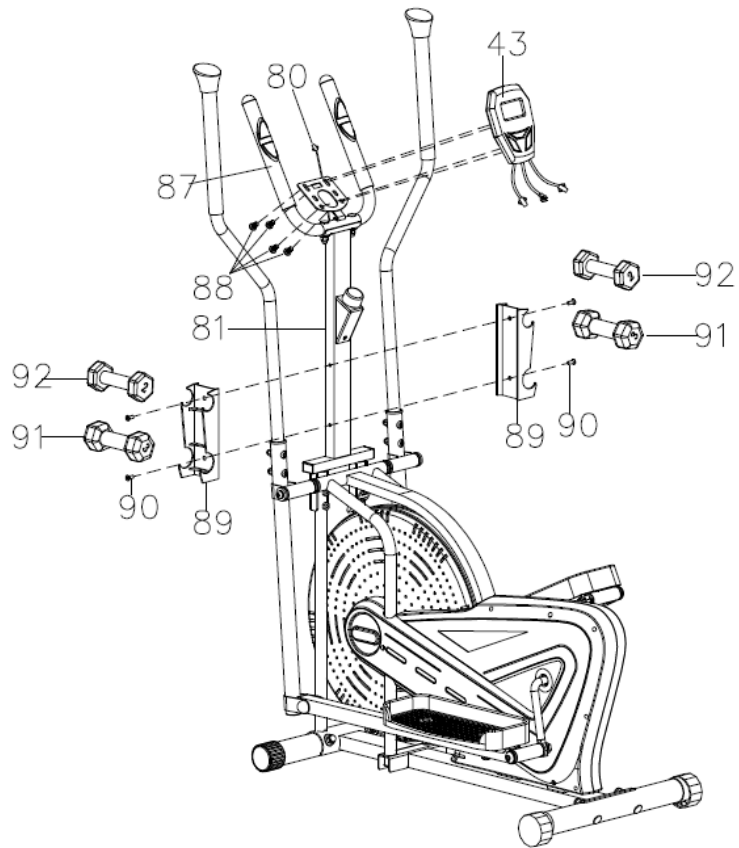
4. HANDLEBAR SUPPORT FRAME, HAND PULSE HANDLEBAR, COMPUTER

- Remove four bolts M8x38 (74), four spring washers $\varnothing 8$ (77) and four washers (78) from the main frame (12).
- Attach the middle handlebar support frame (81) onto the main frame (12) with four bolts M8x38 (74), four spring washers $\varnothing 8$ (77) and four washers $\varnothing 8$ (78). Use the S6 Allen wrench with the Phillips screwdriver and tighten the bolts properly.
- Connect the sensor wires (80) that come from the middle handlebar support frame to the sensor wire (13) that comes out from the main frame.
- Put the cable end of resistance cable of the tension control knob (32) into the spring hook tension cable (38) as shown in drawing 1. Pull the resistance cable of the tension control knob (32) up and force it into the gap of the metal bracket tension cable (38) as shown in drawing 2.
- Attach the tension control knob (32) onto the hand pulse handlebar support frame (81) with one screw M5x15 (33). Use the screwdriver and tighten both screws M5x15 (33) until they are firm.
- Attach the middle handlebar (87) onto the top end of the middle handlebar support frame (81) using two screws M8x35 (82), big arc washer $\varnothing 8 \times \varnothing 20 \times 2.0$ (75) and two cap nuts M8 (76). Use the flat wrench and tighten the cap nuts properly.



5. COMPUTER AND DUMBBELL RACK

- Connect the sensor wire (80) and hand pulse wire (84) to the wire that comes from the computer (43).
- Remove four screws (88) from the back of the computer (43) and then attach the computer (43) to the plate of the middle handlebar using four screws (88) that have been removed.
- Remove four M6*15 screws (90) from the middle handlebar support frame (81) and attach two dumbbell racks (89) onto the middle handlebar support frame (81) with four screws M6*15 (90). Use the screwdriver and tighten both screws M6x15 (90) properly. Finally place the dumbbells (2 and 3 pounds, 92/91) onto the dumbbell rack (89).




COMPUTER

BATTERY INSTALLATION

1. Remove the battery cover on the computer back.
2. Place two "Size – AA" or "UM-3" batteries into the battery compartment.
3. Make sure the batteries are properly placed and springs are in contact.
4. Attach the cover again.
5. If the display doesn't display properly, take out the batteries and re-install them after 15 seconds.
6. Removing the batteries, you will erase computer memory.



FUNCTIONS

AUTO ON/OFF	When you start exercising or when you push the MODE key, the computer turns on. If you leave this device for 4 minutes, it shuts down automatically.
SCAN	Push the MODE key until the arrow points to the SCAN. The computer will automatically scan the functions every 5 seconds.
TIME	Push the MODE key until the arrow points to TIME. The computer will display your covered workout time in minutes and seconds.
SPEED	Push the MODE key until the arrow points to SPEED. The computer will display the current training speed.
CAL (CALORIES)	Push the MODE key until the arrow points to CAL. The computer will display the total calories, that have been burnt during workout.
 PULSE	Push the MODE key until the arrow points to PULSE and thereafter grasp handlebar grip sensors with both hands. The computer will display your current heart rate figures and heart symbol. For higher preciseness catch the sensors with both hands, not only with one.
DIST (DISTANCE)	Push the MODE key until the arrow points to DIST. The computer will display the total distance covered during your workout.
ODO (ODOMETER)	Push the MODE key until the arrow points to ODO. The computer will display the total distance.
RESET	Push the MODE key for over 4 seconds and all functional values will be reset to zero, besides the ODO.

MAINTENANCE

- Use a soft cloth and mild detergent to clean it.
- Never use abrasives or solvents for plastic parts.
- Wipe sweats after each usage.
- Protect the computer from water and humidity.
- Protect the computer and console from direct sunlight.
- Once a week check all bolts and nuts. They must be well tightened.
- Store it in a clean and dry place away from children.

TROUBLESHOOTING









PROBLEM	SOLUTION
There is no display on the console.	<ol style="list-style-type: none"> 1. Remove the computer console and check if all wires are properly connected. 2. Check if the batteries are properly inserted and springs damage-free. 3. Check the battery power and replace if necessary.
Unusual noises.	Check all bolts and nuts and re-tighten, if necessary.

EXERCISE INSTRUCTIONS

Each workout should consist of following three phases: warm-up phase, aerobic phase, cool-down phase. Do your workout optimally two or three times a week and have one-day rest between trainings. After several months, you will be able to exercise four or five times a week.

WARM-UP PHASE

It is very important to do this phase to prepare your body for strenuous exercising. Your muscles should warm up and get more flexible. Also, your heart rate and breathing frequency should be increased and your blood circulation should be speeded up.

	<p>Head rolls</p> <p>Rotate your head to the right until you feel tension on left neck side. Then pull your head back while stretching your chin to ceiling with open mouth. Rotate your head to the left and drop your head to your chest.</p>
	<p>Shoulder lifts</p> <p>Left your right shoulder toward your ear. Thereafter lift your left shoulder while simultaneously pulling down the right shoulder.</p>
	<p>Side stretches</p> <p>Open your arms to the side and lift them until they are over your head. Stretch your right arm against ceiling as high as possible. Repeat all with your left hand.</p>
	<p>Quadriceps stretch</p> <p>Lean with one hand against a wall to keep balance. Put your hand backwards and catch and pull your right foot up. Bring your heel close to your buttock. Hold for 15 seconds and repeat with your left foot.</p>
	<p>Inner thigh stretching</p> <p>Sit with feet pointed together and knees oriented outwards. Pull your feet closely to your groin and push your knees slightly to floor. Hold for 15 seconds.</p>
	<p>Toe touches</p> <p>Slowly bend forward in hips and let your back and shoulders relaxing. Stretch hands toward your toes. Hold for 15 seconds.</p>
	<p>Hamstring stretches</p> <p>Extend your right leg. Rest the sole of your left foot against your inner thigh. Stretch toward your toe as far as possible. Hold for 15 seconds, relax and repeat with other leg.</p>
	<p>Calves and Achilles tendon</p> <p>Lean against a wall with your left leg in front of the right and have your arms stretched forwards. Keep your right leg straight and let your left foot staying on the floor. Bend your left leg and lean forward by moving your hips toward the wall. Hold, relax and repeat for each leg for approx. 15 seconds.</p>

AEROBIC PHASE

During this exercising, the oxygen amount in your muscles and in blood should be increased. It should improve your fitness, especially of heart and lungs. Your heart beats faster and your breathing is deeper while doing this workout. This phase is an indispensable part of your exercising routine.

COOL-DOWN PHASE

At the end of your workout, repeat the warm-up exercises to reduce soreness in stretched muscles.

TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS

General Conditions of Warranty and Definition of Terms

All Warranty Conditions stated hereunder determine Warranty Coverage and Warranty Claim Procedure. Conditions of Warranty and Warranty Claims are governed by Act No. 40/1964 Coll. Civil Code, Act No. 513/1991 Coll., Commercial Code, and Act No. 634/1992 Coll., Consumer Protection Act, as amended, also in cases that are not specified by these Warranty rules.

The seller is SEVEN SPORT s.r.o. with its registered office in Borivojova Street 35/878, Prague 13000, Company Registration Number: 26847264, registered in the Trade Register at Regional Court in Prague, Section C, Insert No. 116888.

According to valid legal regulations it depends whether the Buyer is the End Customer or not.

“The Buyer who is the End Customer” or simply the “End Customer” is the legal entity that does not conclude and execute the Contract in order to run or promote his own trade or business activities.

“The Buyer who is not the End Customer” is a Businessman that buys Goods or uses services for the purpose of using the Goods or services for his own business activities. The Buyer conforms to the General Purchase Agreement and business conditions to the extent specified in the Commercial Code.

These Conditions of Warranty and Warranty Claims are an integral part of every Purchase Agreement made between the Seller and the Buyer. All Warranty Conditions are valid and binding, unless otherwise specified in the Purchase Agreement, in the Amendment to this Contract or in another written agreement.

Warranty Conditions

Warranty Period

The Seller provides the Buyer a 24 months Warranty for Goods Quality, unless otherwise specified in the Certificate of Warranty, Invoice, Bill of Delivery or other documents related to the Goods. The legal warranty period provided to the Consumer is not affected.

By the Warranty for Goods Quality, the Seller guarantees that the delivered Goods shall be, for a certain period of time, suitable for regular or contracted use, and that the Goods shall maintain its regular or contracted features.

The Warranty does not cover defects resulting from (if applicable):

- User's fault, i.e. product damage caused by unqualified repair work, improper assembly, insufficient insertion of seat post into frame, insufficient tightening of pedals and cranks
- Improper maintenance
- Mechanical damages
- Regular use (e.g. wearing out of rubber and plastic parts, moving mechanisms, joints etc.)
- Unavoidable event, natural disaster
- Adjustments made by unqualified person
- Improper maintenance, improper placement, damages caused by low or high temperature, water, inappropriate pressure, shocks, intentional changes in design or construction etc.

Warranty Claim Procedure

The Buyer is obliged to check the Goods delivered by the Seller immediately after taking the responsibility for the Goods and its damages, i.e. immediately after its delivery. The Buyer must check the Goods so that he discovers all the defects that can be discovered by such check.

When making a Warranty Claim the Buyer is obliged, on request of the Seller, to prove the purchase and validity of the claim by the Invoice or Bill of Delivery that includes the product's serial number, or eventually by the documents without the serial number. If the Buyer does not prove the validity of the Warranty Claim by these documents, the Seller has the right to reject the Warranty Claim.

If the Buyer gives notice of a defect that is not covered by the Warranty (e.g. in the case that the Warranty Conditions were not fulfilled or in the case of reporting the defect by mistake etc.), the Seller is eligible to require a compensation for all the costs arising from the repair. The cost shall be calculated according to the valid price list of services and transport costs.

If the Seller finds out (by testing) that the product is not damaged, the Warranty Claim is not accepted. The Seller reserves the right to claim a compensation for costs arising from the false Warranty Claim.

In case the Buyer makes a claim about the Goods that is legally covered by the Warranty provided by the Seller, the Seller shall fix the reported defects by means of repair or by the exchange of the damaged part or product for a new one. Based on the agreement of the Buyer, the Seller has the right to exchange the defected Goods for a fully compatible Goods of the same or better technical characteristics. The Seller is entitled to choose the form of the Warranty Claim Procedures described in this paragraph.

The Seller shall settle the Warranty Claim within 30 days after the delivery of the defective Goods, unless a longer period has been agreed upon. The day when the repaired or exchanged Goods is handed over to the Buyer is considered to be the day of the Warranty Claim settlement. When the Seller is not able to settle the Warranty Claim within the agreed period due to the specific nature of the Goods defect, he and the Buyer shall make an agreement about an alternative solution. In case such agreement is not made, the Seller is obliged to provide the Buyer with a financial compensation in the form of a refund.



SEVEN SPORT s.r.o.

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Web: www.insportline.sk

Date of Sale:

Stamp and Signature of Seller: