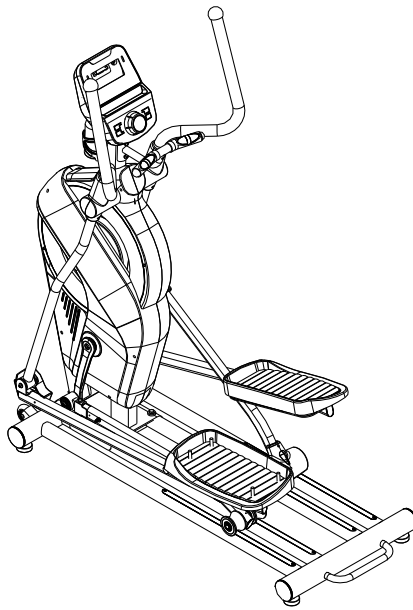




USER MANUAL – EN

IN 16148 Elliptical Cross Trainer inSPORTline Oregon










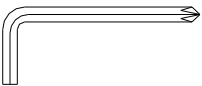

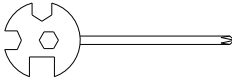
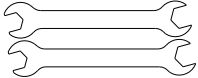
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SAFETY PRECAUTIONS

- Read this manual carefully before first using and retain it for future reference. Observe all warnings and precautions and use it only for intended purpose.
- Read all instructions carefully. Use this device only according to this manual. Don't do any improper modification of this product.
- Do warm-up exercises before each workout to prepare your muscles. Do cool-down exercises to make your muscles and cardiovascular system quiet again.
- Regularly check all screws and bolts. All should be well tightened. Regularly check it for damage or wearing. Never use damaged or worn product.
- Put it only on a flat, clean and solid surface. For higher safety keep a clearance of at least 0.6 m around it. To protect carpet and floor, use protective mat.
- Wear appropriate sports dress and shoes. Avoid too loose clothes that could be easily caught in the machine.
- Only one person may use it at time. Assembly should be done only by an adult person.
- Use and maintain it only according to this manual. If some problems occur, contact an authorized service.
- Keep it away from children and pets. Never let children or pets unattended near this device.
- No adjustable part should protrude and limit user movements.
- 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.
- 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: 8.5 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

No.	Picture	Description	Qty.
33		Bolt M6*15	8
34		Washer ø6*ø12*1.0	8
17		Self-tapping drilling screw ST4.2*20	10
25		Self-tapping screw ST4.2*20	4
18		Self-tapping screw ST2.9*16	4
16		Hexagon bolt M8-40	4
15		Hexagon lock nut M8	4
44		Bolt M8*55	2
27		Washer ø8*ø20*2.0	2
15		Hexagon lock nut M8	2
-		Allen wrench S6	1
-		Allen wrench S5	1
-		Multi-hex tool with Phillips screwdriver S10-13-14-15	1
-		Dull-head wrench	2

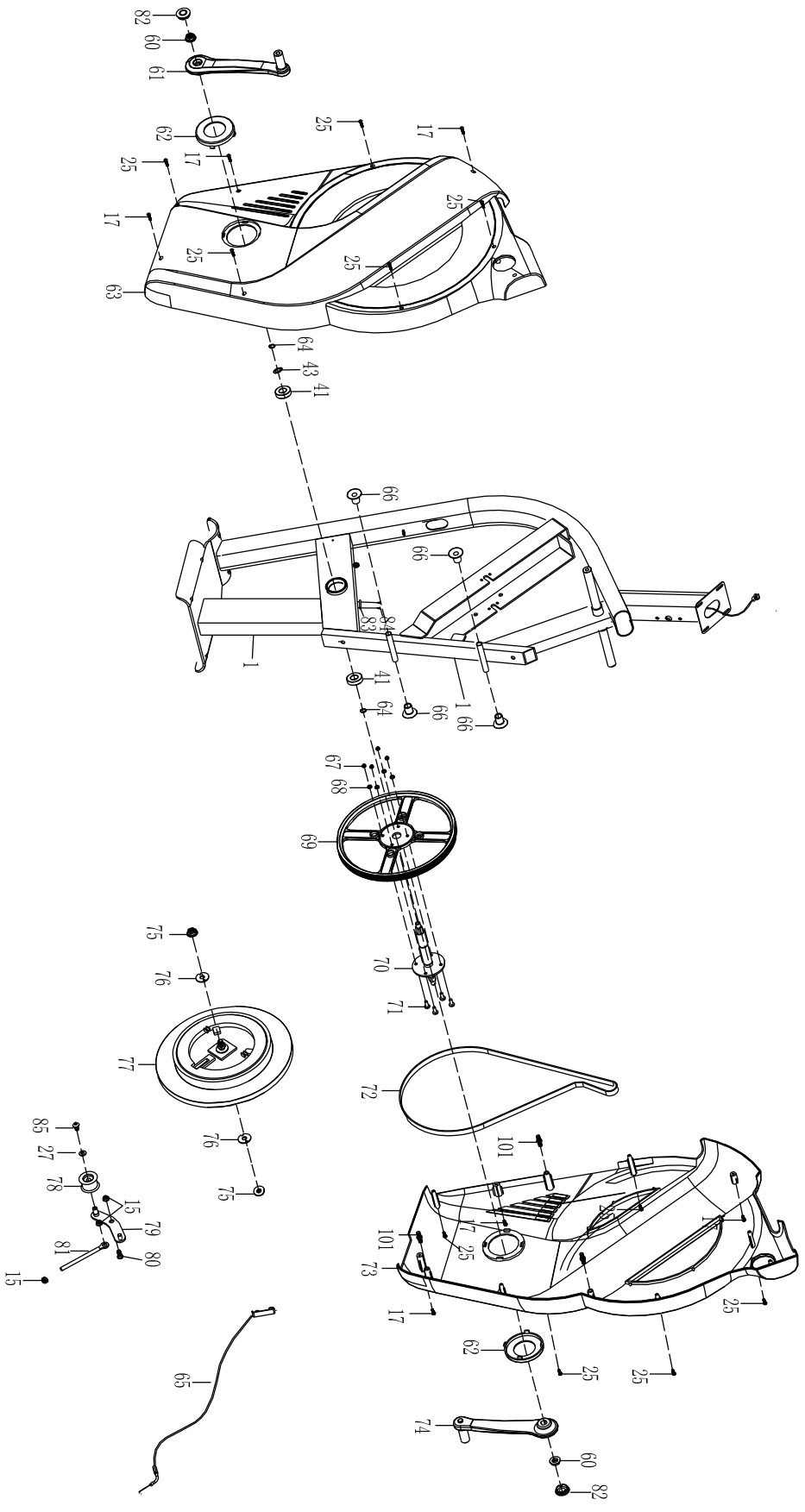
PARTS LIST

No.	Description	Qty.
1	Main frame	1
2	Rear main frame	1
3	Left handrail arm	1
4	Right handrail frame	1
5	Handrail	2
6	Left foot tube	1
7	Right foot tube	1
8	Sliding tube	2
9	Handlebar post	1
10	Bolt M8*20	12
11	Spring washer ø8	5

12	Big washer $\varnothing 8 \times \varnothing 25 \times 2.0$	4
13	Bushing $\varnothing 33 \times \varnothing 19 \times 31$	4
14	Bushing $\varnothing 50 \times \varnothing 26 \times 31$	4
15	Hexagon lock nut M8	9
16	Hexagon bolt M8-40	4
17	Self-tapping drilling screw ST4.2*20	16
18	Self-tapping screw ST2.9*16	4
19	Left handrail arm cover A	1
20	Left handrail arm cover B	1
21	Right handrail arm cover A	1
22	Right handrail arm cover B	1
23	Handlebar foam grip $\varnothing 32$	2
24	End cap for handlebar	2
25	Self-tapping screw ST4.2*20	16
26	Left foot tube cover A	1
27	Washer $\varnothing 8 \times \varnothing 20 \times 2.0$	11
28	Bushing $\varnothing 15 \times \varnothing 20 \times 15.5$	2
29	Joint bearing	2
30	Joint axis	2
31	Left foot tube cover B	1
32	Left foot pedal	1
33	Bolt M6*15	8
34	Washer $\varnothing 6 \times \varnothing 12 \times 1.0$	8
35	Cover for roller wheel	2
36	Power metal bushing	4
37	Circlip	4
38	Bearing 6202	8
39	Roller wheel	4
40	Wave spring washer $\varnothing 15$	4
41	Bearing 6004	6
42	Rotating tube	2
43	Wave spring washer $\varnothing 20$	3
44	Bolt M8*55	2
45	Bolt M8*20	3
46	Silicone washer $\varnothing 10 \times \varnothing 30 \times 1$	7
47	Bolt M10*20	4
48	Spring washer $\varnothing 10$	4
49	Washer $\varnothing 10$	4

50	End cap for handlebar	2
51	Handlebar foam grip ø28	2
52	Hand pulse sensor with wire	2
53	Meter	1
54	Right foot tube cover A	1
55	Right foot tube cover B	1
56	Nut M10	4
57	Foot pad	4
58	Screw M5*10	4
59	Curve washer ø8	2
60	Flange nut M10*1.25	2
61	Left crank	1
62	Cover for crank	2
63	Left chain cover	1
64	Circlip	2
65	Tension cable (L 1600 mm)	1
66	Limited plate	4
67	Hexagon lock nut M6	4
68	Spring washer ø6	4
69	Belt pulley	1
70	Straight spindle	1
71	Bolt M6*15	4
72	Belt	1
73	Right chain cover	1
74	Right crank	1
75	Flange nut M10*1.0	2
76	Washer ø30*10.5*2	2
77	Flywheel	1
78	Idle wheel	1
79	Idle wheel plate	2
80	Bolt M8*18	1
81	Bolt M8*110	1
82	Crank cover	2
83	Sensor wire	1
84	Self-tapping screw ST2.9*12	2
85	Screw M6x12	1
86	Bolt S6	2
87	Bearing 608	4

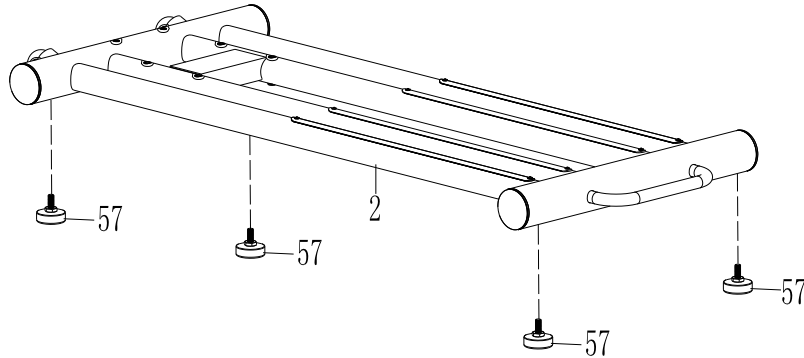
88	Transport wheel	2
89	Bolt M6x12	2
90	Left foot pad	1
91	Screw ST2.9x10	12
92	Right foot pad	1
93	Tension control knob	1
94	Screw M5x12	1
95	Washer ø5	1
96	End cap for ellipse tube	4
97	Right foot pedal	1
98	Sliding tube cover	2
099	Taper Washer Ø11.8x Ø 8x5	2
100	Fixed tube	1
101	Plastic stub	3
102	End cap	4
103	Aluminum sheet	4
104	Screw	8
105	Bottle Holder	1
106	Screw ST4.8*15	2
107	Bottle	1



ASSEMBLY INSTRUCTIONS

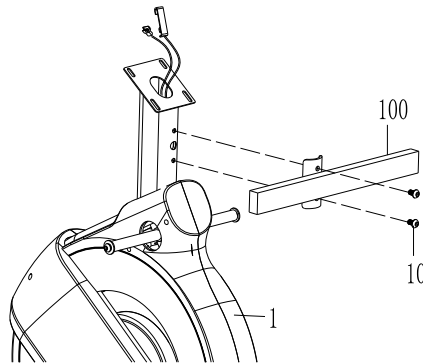
1. FOOT PAD INSTALLATION

- Attach four-foot pads (57) onto rear main frame (2).

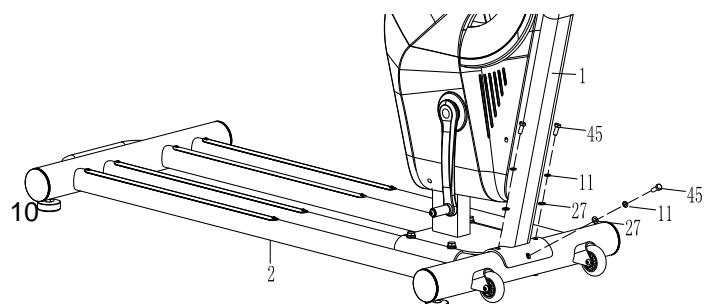
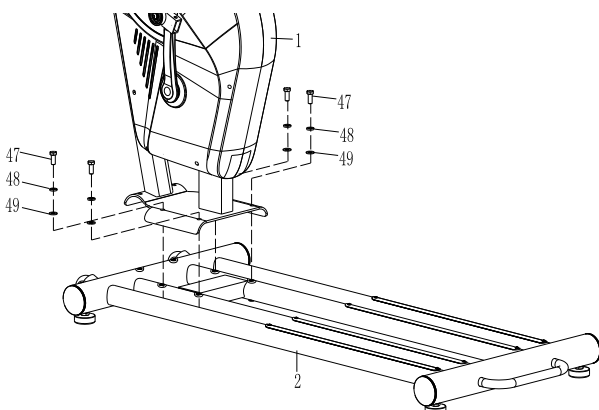


2. MAIN FRAME INSTALLATION

- Remove two Bolt M8*20 (10) from the Fixed tube (100). Remove the Fixed tube (100) from the Main Frame (1).
- Please note Fixed tube (100) is used for fixation of the frame to prevent breaking.
- The fixed tube (100) can be discarded before installation of the front stabilized and rear stabilizer and the main frame.

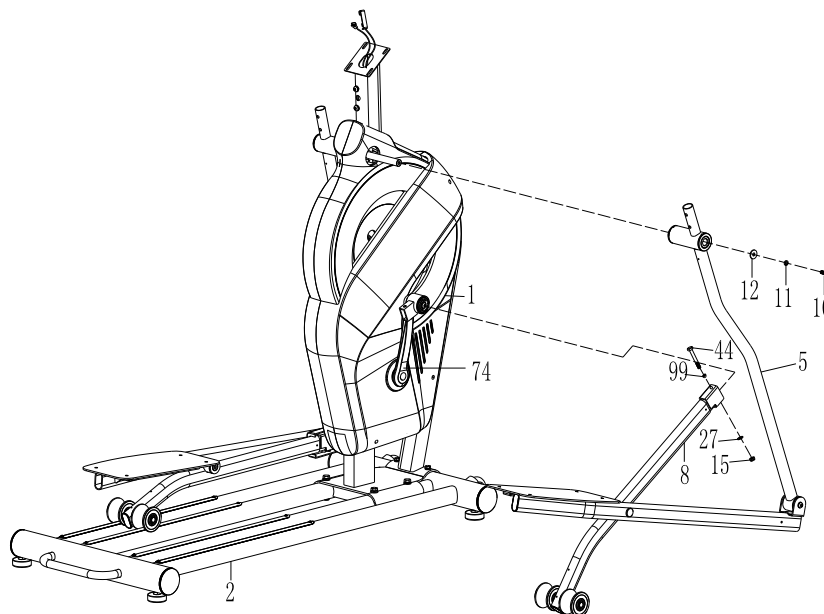
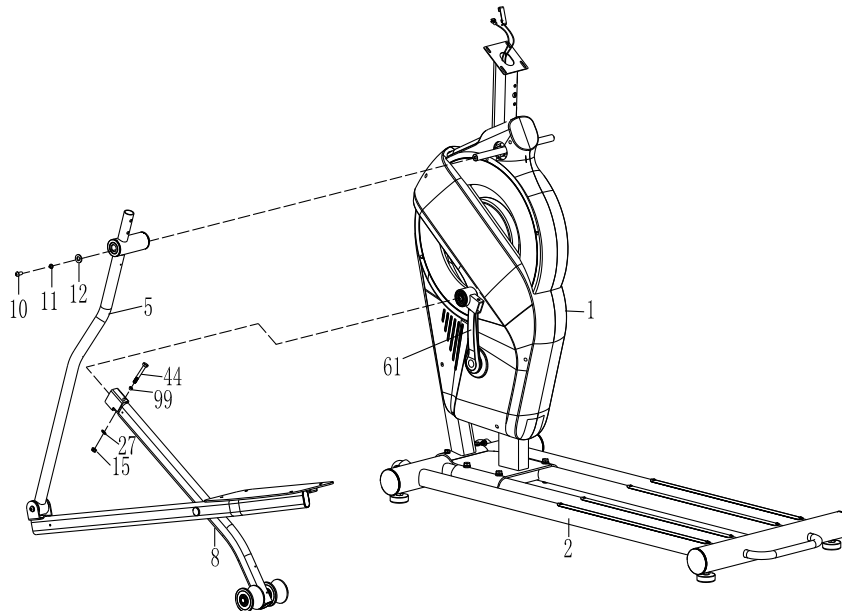


- Remove four bolts M10*20 (47), four spring washers $\varnothing 10$ (48), four washers $\varnothing 10$ (49) from the rear main frame (2).
- Attach main frame (1) onto rear main frame (2) using four bolts M10*20 (47), four spring washers $\varnothing 10$ (48), four washers $\varnothing 10$ (49) that have been removed.
- Remove three bolts M8*20 (45), three spring washers $\varnothing 8$ (11), three washers $\varnothing 8$ (27) from the rear main frame (2).
- Attach main frame (1) onto rear main frame (2) using three bolts M8*20 (45), three spring washers $\varnothing 8$ (11), three washers $\varnothing 8$ (27) that have been removed.



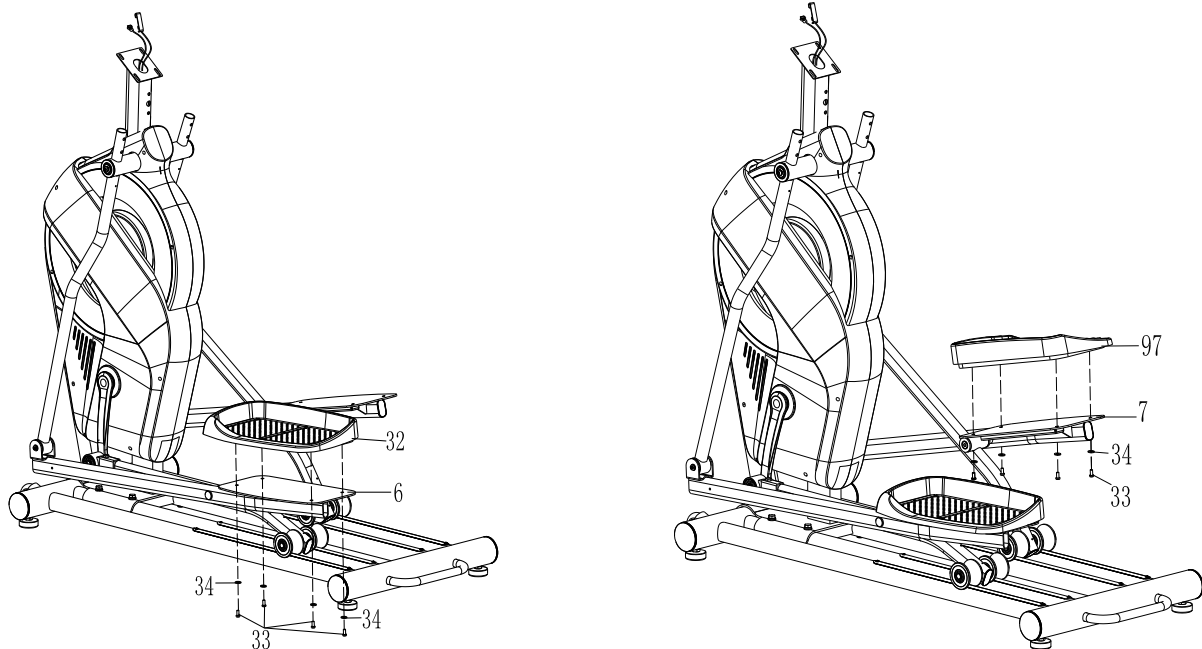
3. HANDRAIL AND SLIDING TUBE INSTALLATION

- Remove one bolt M8x20 (10), one spring washer $\varnothing 8$ (11), one flat washer $\varnothing 8 \times \varnothing 25 \times 2.0$ (12) from the left horizontal axes of the main frame (1).
- Attach left handrail (5) onto left horizontal axis of the main frame (1) with one bolt M8x20 (10), one spring washer $\varnothing 8$ (11), one flat washer $\varnothing 8 \times \varnothing 25 \times 2.0$ (12) that have been removed.
- Attach sliding tube (8) onto left crank (61) using one bolt M8x55 (44), one Taper Washer $\varnothing 11.8 \times \varnothing 8 \times 5$ (99), one washer $\varnothing 8 \times \varnothing 16 \times 2.0$ (27), one hexagon lock nut M8 (15).
- Remove one bolt M8x20 (10), one spring washer $\varnothing 8$ (11), one flat washer $\varnothing 8 \times \varnothing 25 \times 2.0$ (12) from the right horizontal axes of the main frame (1).
- Attach right handrail (5) onto right horizontal axis of the main frame (1) with one bolt M8x20 (10), one spring washer $\varnothing 8$ (11), one flat washer $\varnothing 8 \times \varnothing 25 \times 2.0$ (12) that have been removed.
- Attach sliding tube (8) onto right crank (74) using one bolt M8x55 (44), one Taper Washer $\varnothing 11.8 \times \varnothing 8 \times 5$ (99), one washer $\varnothing 8 \times \varnothing 16 \times 2.0$ (27), one hexagon lock nut M8 (15).



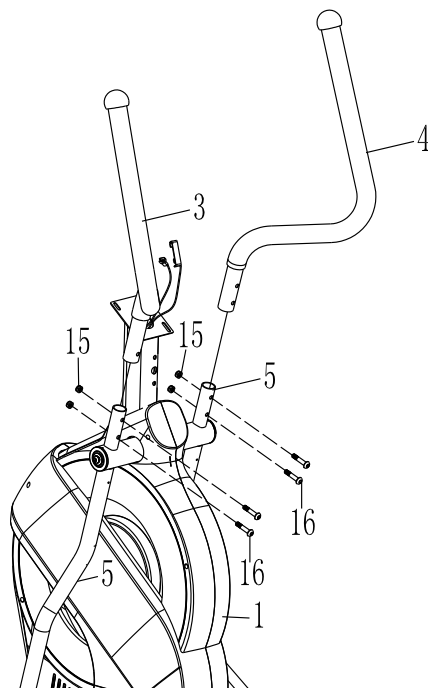
4. LEFT/RIGHT FOOT PEDAL INSTALLATION

- Attach left foot pedal (32) onto left foot pedal tube (6) using four bolts M6*15 (33), four washers $\varnothing 6 \times \varnothing 12 \times 1.0$ (34).
- Attach right foot pedal (97) onto right foot pedal tube (7) using four bolts M6*15 (33), four washers $\varnothing 6 \times \varnothing 12 \times 1.0$ (34).



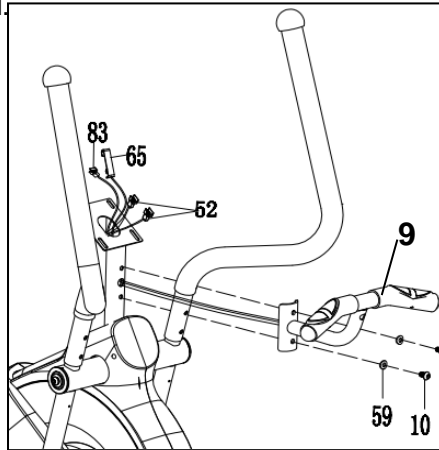
5. LEFT/RIGHT HANDRAIL INSTALLATION

- Attach left handrail arm (3) onto the Left Handrail (5) using two bolts M8*40 (16), two hexagon lock nuts M8 (15).
- Attach right handrail arm (4) onto the right handrail (5) using two bolts M8*40 (16), two hexagon lock nuts M8 (15).



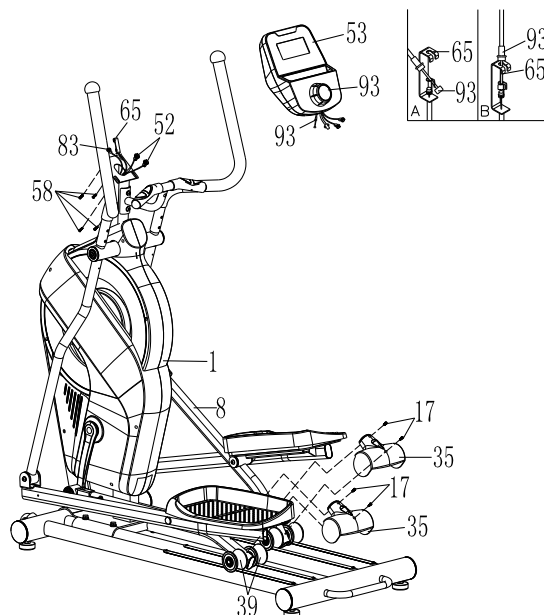
6. HANDLEBAR INSTALLATION

- Remove one bolt M8x20 (10) and one curve washer $\varnothing 8$ (59) from handlebar (9).
- Insert hand pulse sensor wires (52) from the handlebar (9) into the hole on the front post of the main frame (1) and pull them out from the top end of the main-frame front post (1).
- Attach handlebar (9) onto main frame (1) using one bolt M8x20 (10) and one curve washer $\varnothing 8$ (59) that have been removed.



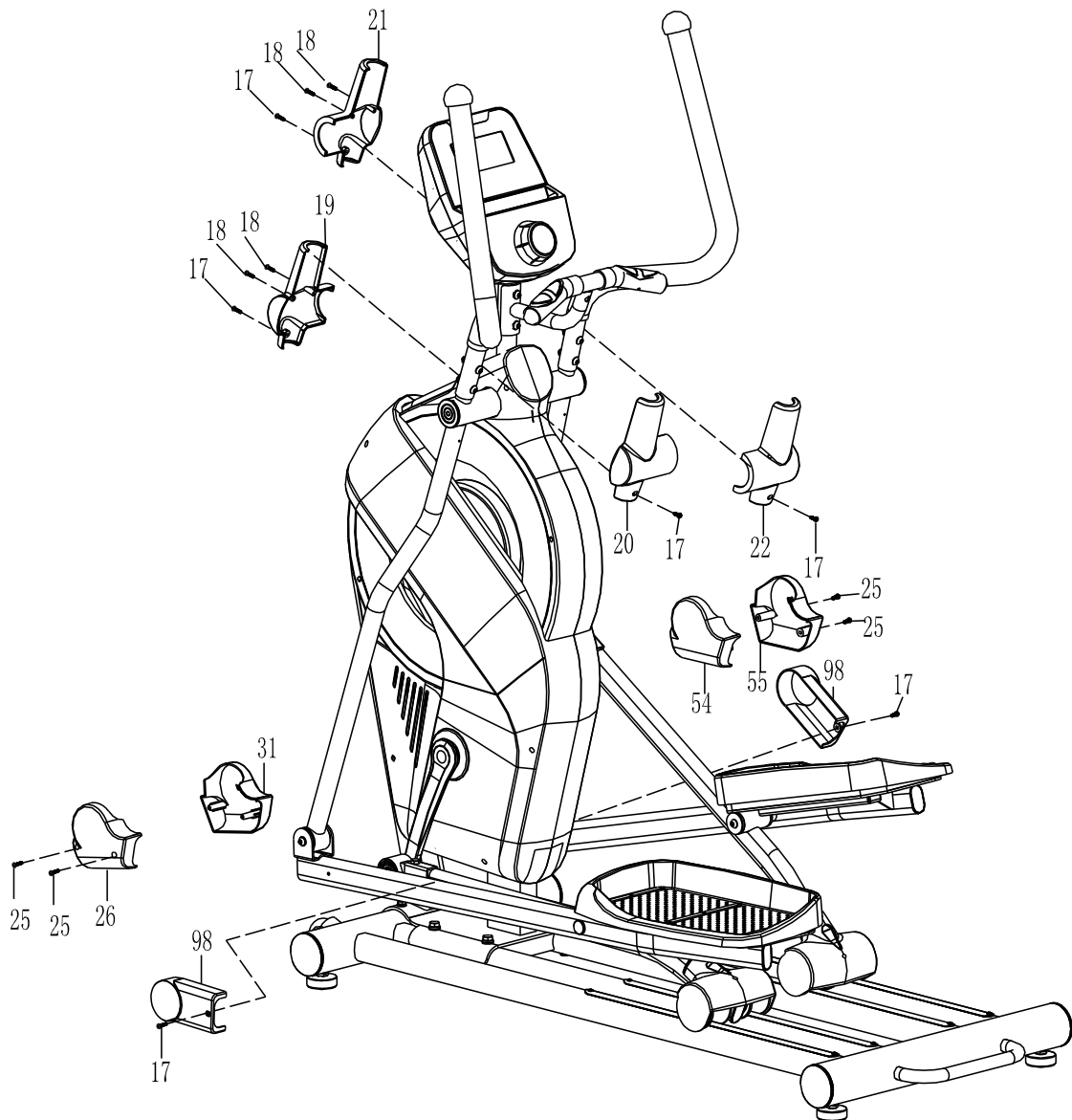
7. COMPUTER/ROLLER WHEEL COVER/TENSION CONTROL KNOB

- Remove four bolts M5x10 (58) from computer back (53).
- Connect sensor wire (83) and hand pulse sensor wires (52) to the wires which come out from the computer (53).
- Put the end of resistance cable of tension control knob (93) into spring hook of the tension cable (65) as shown in picture A.
- Pull the resistance cable of the tension control knob (93) up and force it into a metal-bracket gap of the tension cable (65) as shown in picture B.
- Thereafter attach computer (53) onto top end of the front post of the main frame (1) using four bolts M5x10 (58) that have been removed.
- Attach roller wheel cover (35) onto roller wheel (39). Use four self-tapping drilling screws ST4.2*20 (17) to attach it.



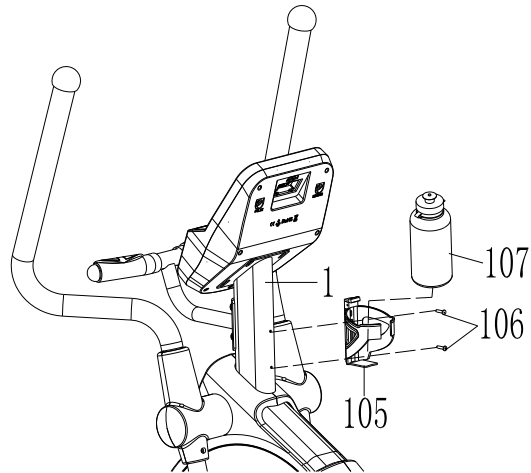
8. HANDRAIL ARM COVER/FOOT TUBE COVER/SLIDING TUBE COVER

- Attach left handrail arm cover A/B (19/20) onto left handrail arm (3) with two self-tapping screws ST2.9*16 (18) and two self-tapping drilling screws ST4.2*20 (17).
- Attach right handrail arm cover A/B (21/22) onto right handrail arm (4) with two self-tapping screws ST2.9*16 (18) and two self-tapping drilling screws ST4.2*20 (17).
- Attach left foot tube cover A/B (26/31) onto left foot tube (6) using two self-tapping screws ST4.2*20 (25).
- Attach right foot tube cover A/B (54/55) onto right foot tube (7) with two self-tapping screw ST4.2*20 (25).
- Attach two sliding tube covers (98) to sliding tube (8) using two self-tapping drilling screws ST4.2*20 (17).

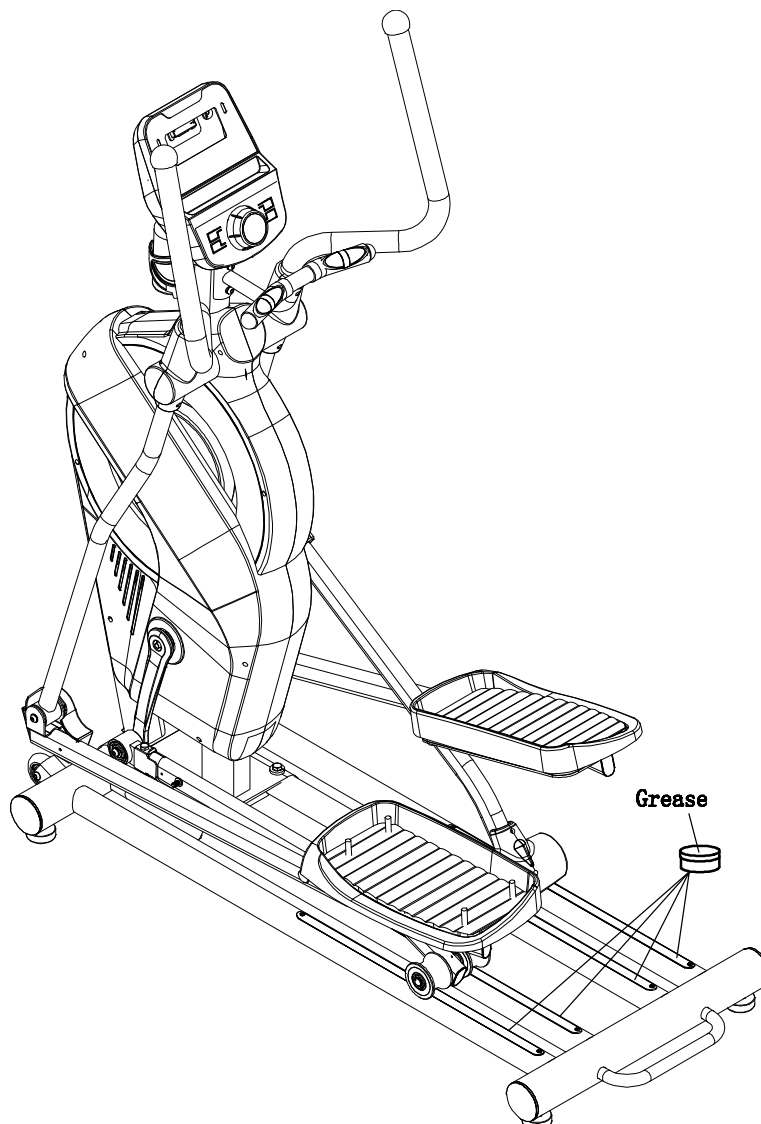


9. BOTTLE HOLDER INSTALATION

Attach the Bottle Holder (105) onto the main fame with two Screw ST4.8*15(106).
Attach the Bottle (107) onto the Bottle Holder (105).



NOTE: Grease the aluminum rods.



COMPUTER INSTRUCTION MANUAL



FUNCTION	RANGE
TIME	00:00 – 99:59
SPEED (SPD)	0.0 – 99.9 km/h (mph)
DISTANCE	0.00 – 9999 km (ml)
BURNED CALORIES	0.0 – 9999 kcal
ODOMETER (ODO)	0.0 – 9999 km (ml)
RPM	0 - 9999
PULSE (PUL)	0, 40~240 bpm

KEY FUNCTIONS

MODE	For selecting and locking on particular function as you need.
SET	Proceeding data for TIME, DISTANCE, CALORIES, PULSE.
CLEAR (RESET)	To reset value back to zero.
ON/OFF (START/STOP)	To pause signal input.

OPERATIONS

AUTO ON/OFF	The system turns on if some key is pushed or if it receives input from the speed sensor. This system turns off automatically, if there is no speed input or no key activity for approx. 4 mins.
RESET	To reset this unit, you can either change battery or push and hold MODE key for 3 seconds.
MODE	For choosing SCAN or LOCK. If you don't want the SCAN mode, press the

	MODE key until pointer starts blinking on required function.
--	--

FUNCTIONS

TIME	Push MODE key until pointer locks on the TIME. After starting a workout, total working time will be displayed.
SPEED	Push MODE key until pointer advances to SPEED to show current speed.
DISTANCE	Push MODE key until pointer advances to DISTANCE to display distance of each workout.
CALORIES	Push MODE key until pointer locks on CALORIES to display burned calories when starting your exercises.
ODOMETER	Push MODE key until pointer advances to ODOMETER to display total distance.
RPM	Revolutions per min. (average).
PULSE	Push MODE key until pointer advances to PULSE to display total current heart rate in bpm. Put your hand palms on both contact pads (or attach an ear clip), wait for 30 seconds for accurate detection.
SCAN	It displays changes automatically every 4 seconds.

NOTE: If the monitor displays incorrect, try to reinstall batteries (2xAAA battery).

MAINTENANCE AND STORING

- Use only a soft cloth and mild detergent to clean it.
- Never clean plastic parts with abrasives and solvents.
- Wipe sweat after each usage.
- Protect computer and electric components from humidity and extreme temperatures.
- Protect this device, especially computer and console, from direct sunlight.
- Regularly check if all bolts and nuts are well tightened.
- Store it only in a dry and clean place away from children.

TROUBLESHOOTING

PROBLEM	SOLUTION
Wobbling during using.	Turn the rear stabilizer end cap on the rear stabilizer as needed to level it.
There is no display on the console.	<ul style="list-style-type: none"> • Remove the console and check that the wires are properly connected. • Check, if batteries are properly inserted and if springs are not deformed. • Check if batteries are not empty. Replace if necessary.
Fault of heart rate reading or its incorrect displaying.	<ul style="list-style-type: none"> • Check if the hand pulse wires are correctly connected and secured. • Always catch the sensors with both hands, not only with one.








	<ul style="list-style-type: none"> • Never catch and hold sensors too firmly. Only moderate pressure is required.
Squeaking and unusual noises.	Check all bolts if they are not loose. Retighten 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 stretch</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>



Calves and Achilles tendon

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.

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.



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Stamp and Signature of Seller: