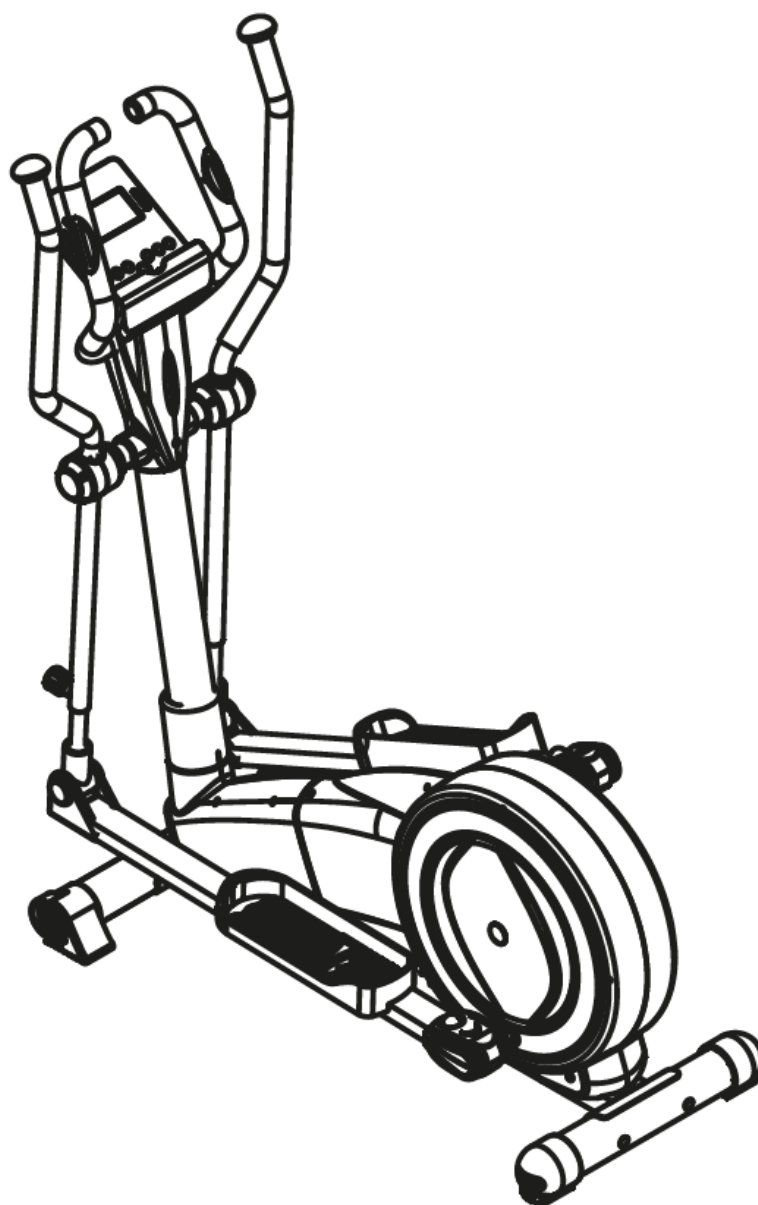




USER MANUAL – EN

IN 163-2 Elliptical Trainer inSPORTline Atlanta



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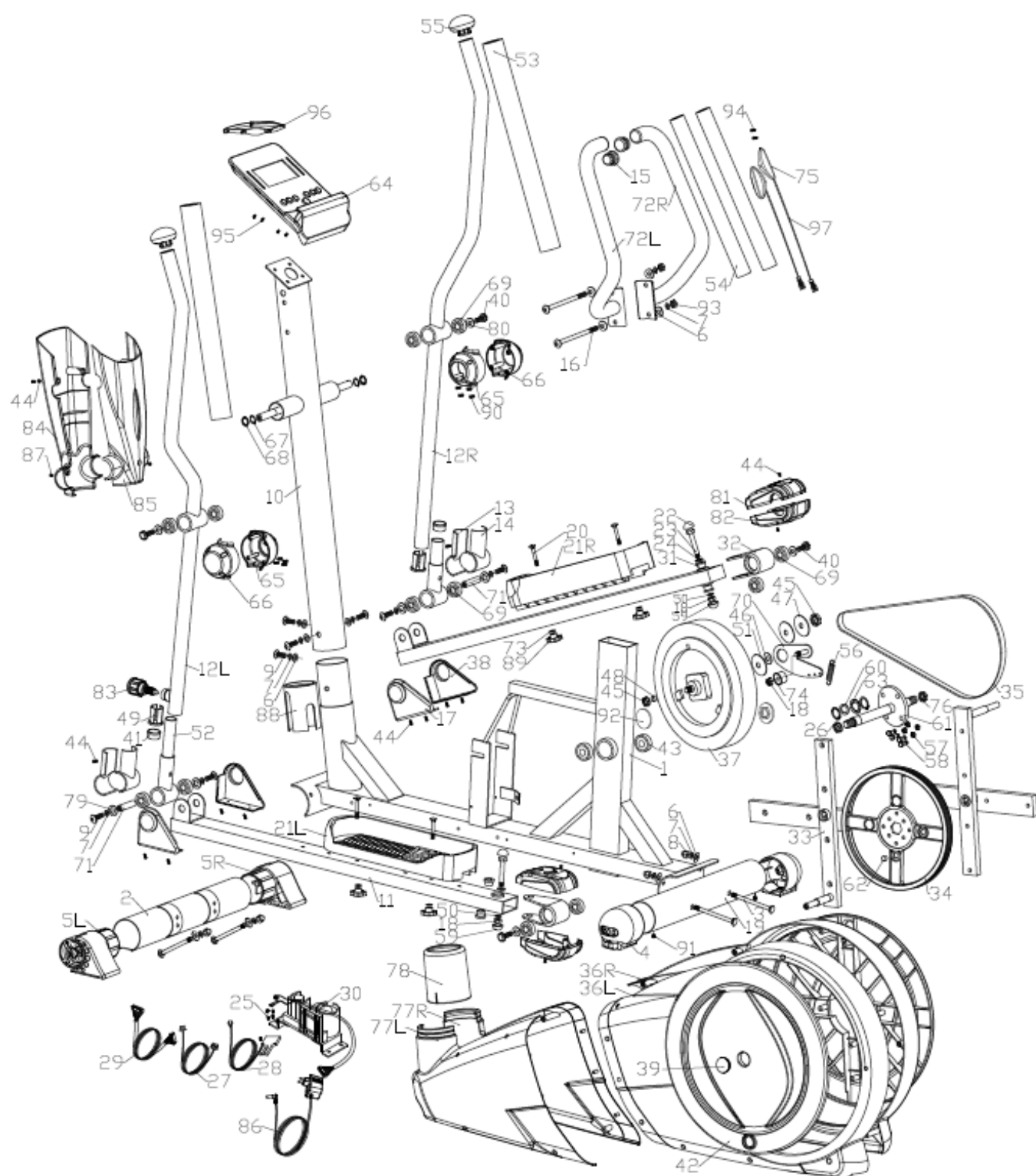
SevenSport s.r.o. reserves the right to make any changes and improvements to its product without prior notice. Visit our website www.insportline.eu where you will find the latest version of the manual.

SAFETY INSTRUCTIONS

- Please read the manual before use and keep it for future reference.
- For safety reasons, perform regular checks to ensure that the device and its parts are not damaged or worn.
- If another person will be using the device, it is important that they are familiar with all the instructions given in this manual.
- Only 1 person can exercise on the device at the same time.
- Before using the device, check that all screws and nuts are properly tightened and that all joints are in good condition.
- Before exercising, remove all dangerous objects with sharp edges from around the device.
- Do not use the device if it is not completely in order and fully functional.
- A damaged, worn or defective part must be replaced with a new one as soon as possible. Do not use the device until it has been properly repaired.
- Parents and guardians are responsible for the safety of children. Children's curiosity and love of play can lead to dangerous situations.
- An elliptical trainer is not a toy.
- Sufficient free space must be ensured around the entire device.
- Improperly conducted or excessive exercise can endanger your health.
- After completing the assembly, check that the adjusting feet and other adjustable parts of the device are correctly adjusted.
- Place the device on a flat surface and ensure its stability.
- Wear appropriate clothing and shoes for exercise. Clothing that could get caught in the device during exercise (e.g. clothing that is too long and loose) is not suitable. We recommend sturdy sports shoes with non-slip soles.
- Consult your doctor before starting any exercise program. Your doctor can suggest a suitable exercise program and recommend a suitable diet.
- Assemble the trainer according to the instructions in the manual and use only the original supplied parts. Before starting assembly, check that all the parts listed in the parts list have been supplied.
- Place the device on a dry and flat surface and protect it from moisture. If necessary, place a suitable anti-slip mat under the device to prevent damage to the surface under the device.
- Exercise equipment and aids are not toys and should always be used correctly. Therefore, this device may only be used by persons who are familiar with its correct operation.
- Stop exercising immediately if you experience dizziness, nausea, chest pain, or any other physical discomfort. Consult your doctor about further exercise.
- Children and disabled people can only exercise on the device under the supervision of a qualified person who will ensure the correct exercise procedure.
- Be careful when exercising and be careful not to injure yourself or the people around you by the moving parts of the device.
- All adjustable parts of the device must be set correctly with regard to their extreme positions.
- Do not exercise immediately after eating.
- Category - HC (according to the ČSN EN ISO 20957 standard) intended for home use.

- Load capacity: 150 kg

DRAWING



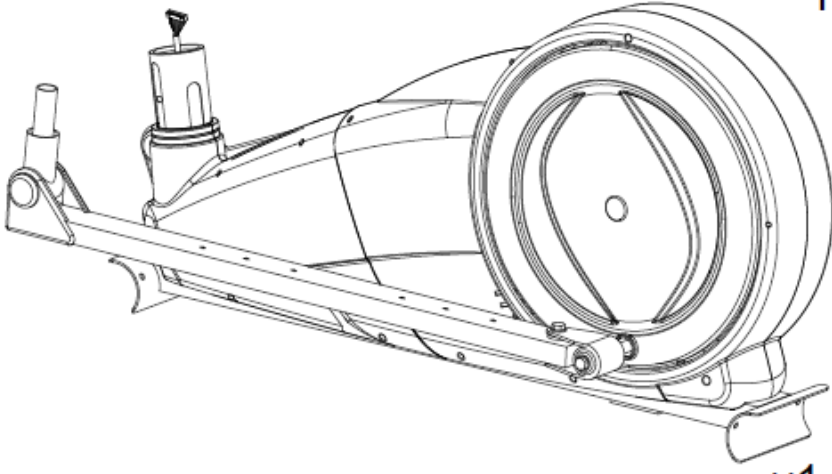
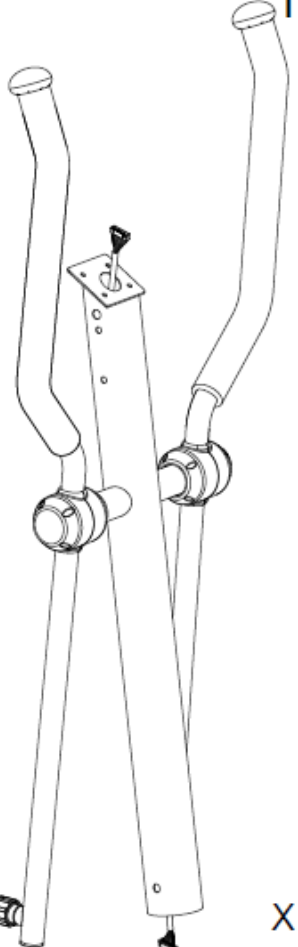
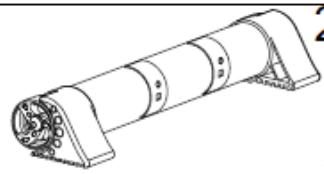
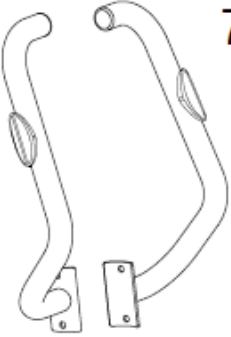
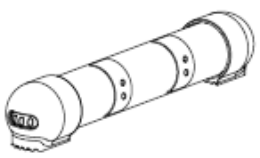
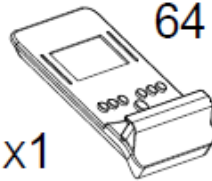




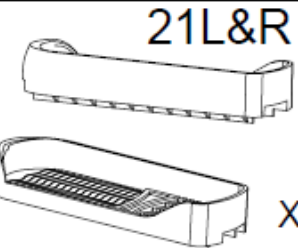





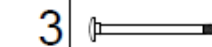





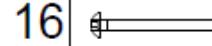




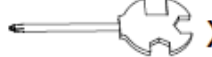

PARTS LIST

NO.	Name	Specifications	Qty
1	Main frame		1
2	Stabilizer	D76x1.5Tx480L	1
3	Carriage bolt	M8x1.25x90L	4
4	Adjustable foot cap	D76*86	2
5L	Left transfer foot cap	D76*120L	1
5R	Right transfer foot cap	D76*120L	1
6	Curve washer	D22xD8.5x1.5T	4
7	Spring washer	D15.4*D8.2*2.0T	4
8	Domed nut	M8x1.25x15L	4
9	Allen bolt	M8x1.25x20L	8
10	Handlebar post		1
11	Pedal welding set		2
12L	Left swing support		1
12R	Right swing support		1
13	Front foot cover(out)	100x54x27	2
14	Front foot cover(inner)	100x54x24	2
15	Round end cap	D1"*17.5L	2
16	Allen bolt	M8x1.25x100L	2
17	Left upper foot cover	80*55*87	2
18	Nylon nut	M10*1.5*10T	3
19	Stabilizer	D76x1.5Tx480L	1
20	carriage bolt	M6*1*45L	4
21L\R	Pedal	345x150x45	1
22	Cap for bolt	D30*17(M12)	2
23	Ladder bolt	M10*1.5*66L	2
24	Flat washer	D24*D13.5*2.5T	2
25	Round cross screw	ST4.2x1.4x20L	4
26	C ring	S-16(1T)	2
27	Electric cable	700L	1
28	Sensor cable	700L	1
29	Upper computer cable	1000L	1
30	Motor		1
31	Bushing	D29*D11.9*9T	4
32	Pedal bearing welding set		2
33	Crank welding set		2
34	Pulley	D310x19	1

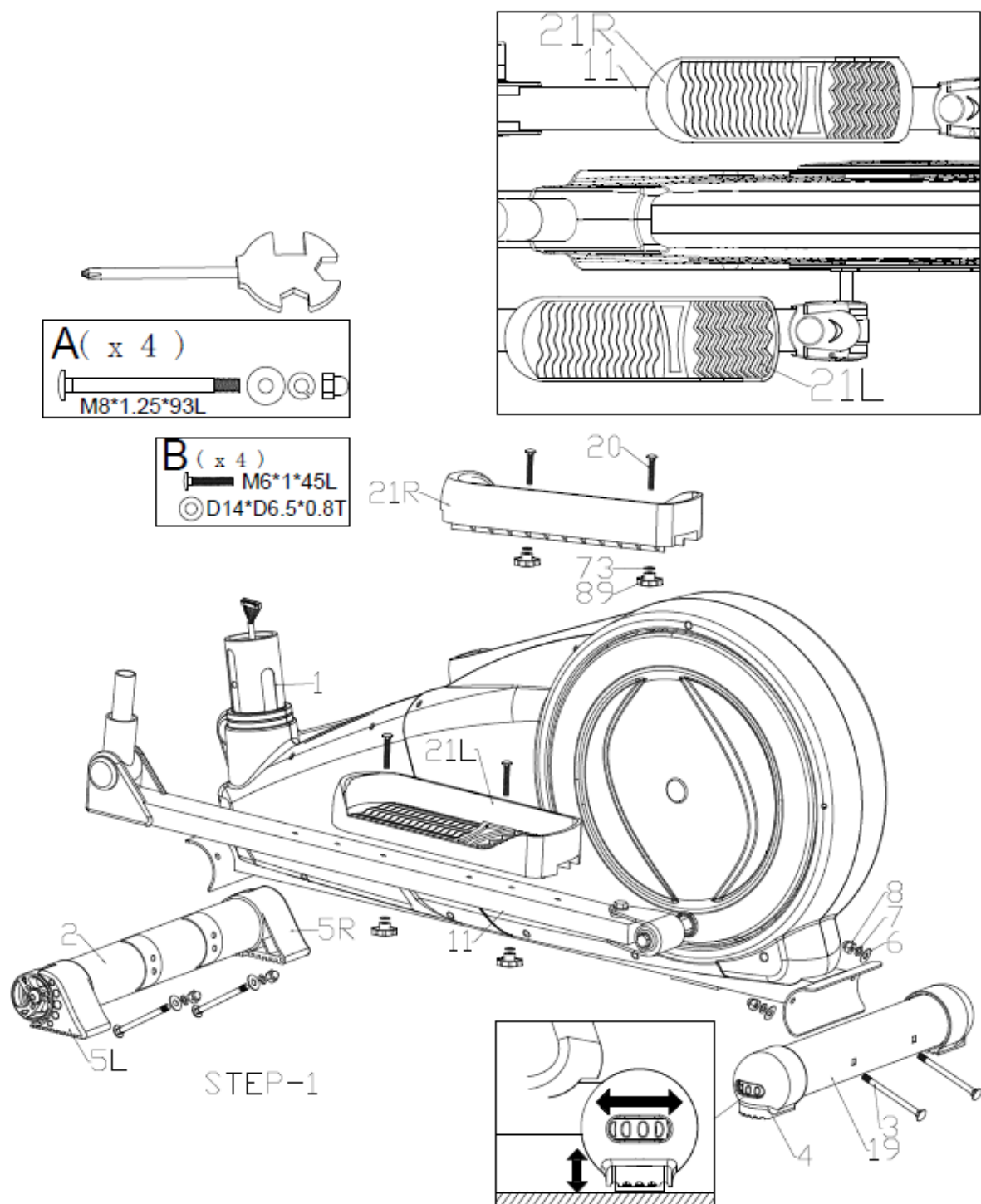
35	Poly belt	1321 PJ6	1
36L	Left chain cover		1
36R	Right chain cover		1
37	Magnetic system	D274*138L	1
38	Right upper foot cover	80*50*87	2
39	Side cap	D36*14	2
40	Bolt	M8x1.25x20	4
41	Fixed ring	D38*D26.5*7	2
42	Round discs		2
43	Bearing	#6004ZZ	2
44	Round cross screw	ST4x1.41x15L	24
45	Anti-loose nut	3/8"-26UNFx6.5T	2
46	FE flat washer	D30*D10*4.1T	1
47	Flat washer	D50*D10*2T	1
48	Small spacer	D10*D14*3T	1
49	Insert plug	D31.8xD28.5x82L	2
50	Flat washer	D20*D11*2T	2
51	Plastic flat washer	D50*D10*1.0T	2
52	Swing support welding set		2
53	Foam	D30x7Tx550L	2
54	Foam	D23x7Tx530L	2
55	Mushroom cap	D1 1/4"*45 L	2
56	Spring	D4.0xD20x82L	1
57	Anti-loosen nut	M6x1.0x6T	4
58	Bolt	M6x1.0x15L	4
59	Cap for bolt	D28*17(M10)	2
60	Flat washer	D26*D21*1.5T	1
61	Crank welding set		1
62	Round magnet	M02	1
63	Waved washer	D27*D21*0.3T	1
64	Computer	SM-63002A	1
65	Right foot cover	115x95x43	2
66	Left foot cover	115x95x43	2
67	C ring	S-16(1T)	2
68	Waved washer	D21xD16x0.3T	2
69	Bearing	#99502ZZ	12
70	Idle fixed plate		1
71	Front pedal axle	D15.85x63.2L	2

72L	Left handlebar		1
72R	Right handlebar		1
73	Flat washer	D14xD6.5x0.8T	4
74	Idle	D23.8*D38*24	1
75	Hand pulse	PE18	2
76	Anti-loose nut	M10*1.25*10T	2
77L	Left front chain cover		1
77R	Right front chain cover		1
78	Upper protective cover		1
79	Flat washer	D23*D17*1.2T	4
80	Flat washer	D21*D8.5*1.5T	2
81	Upper universal cover	125*90*39	2
82	Lower universal cover	125*90*39	2
83	Smaller adjustable knob	D38xM16x1.5xD8x23	2
84	Front computer base	380*150*50	1
85	Rear computer base	340*150*50	1
86	Adaptor		1
87	Round cross screw	ST4x1.41x15L	2
88	Insert plug	D71.5*108L	1
89	knob	D40xM6x12L	4
90	Round cross screw	ST4*1.41*20L	8
91	Round cross screw	ST4x1.41x10.L	2
92	Cap for bolt	D35*8	2
93	Anti-loosen nut	M8*1.25*8T	2
94	Round head cross screw	ST4x1.41x20L	2
95	Cross bolt	M5*0.8*10L	4
96	Chest strap		1
97	Hand pulse cable	600L	2

PACKAGE

 <p>1</p> <p>x1</p>			 <p>10</p> <p>x1</p>		
 <p>2</p> <p>x1</p>		 <p>72L&R</p> <p>x1</p>			
 <p>19</p> <p>x1</p>					
 <p>64</p> <p>x1</p>	 <p>22</p> <p>x2</p>	 <p>78</p> <p>x1</p>	 <p>84&85</p> <p>x1</p>	 <p>86</p> <p>x1</p>	 <p>21L&R</p> <p>x1</p>
 <p>81&82</p> <p>x2</p>	 <p>59</p> <p>x2</p>	 <p>89</p> <p>x4</p>	 <p>84&85</p> <p>x1</p>	 <p>96</p> <p>x1</p>	
 <p>3</p> <p>M8*1.25*93L</p> <p>x4</p>	 <p>6</p> <p>⊙D22*D8.5*1.5T</p> <p>x12</p>	 <p>7</p> <p>⊙D15.4*D8.2*2T</p> <p>x10</p>	 <p>9</p> <p>M8*1.25*20L</p> <p>x4</p>	 <p>8</p> <p>⊙M8*1.25*15L</p> <p>x4</p>	 <p>20</p> <p>M6*1*45L</p> <p>x4</p>
 <p>16</p> <p>M8*1.25*100L</p> <p>x2</p>	 <p>73</p> <p>⊙D14*D6.5*0.8T</p> <p>x4</p>	 <p>44</p> <p>ST4*15L</p> <p>x6</p>	 <p>87</p> <p>M5*0.8*10L</p> <p>x2</p>	 <p>93</p> <p>M8*1.25*8T</p> <p>x2</p>	
 <p>x1</p>	 <p>x1</p>				

Step 1

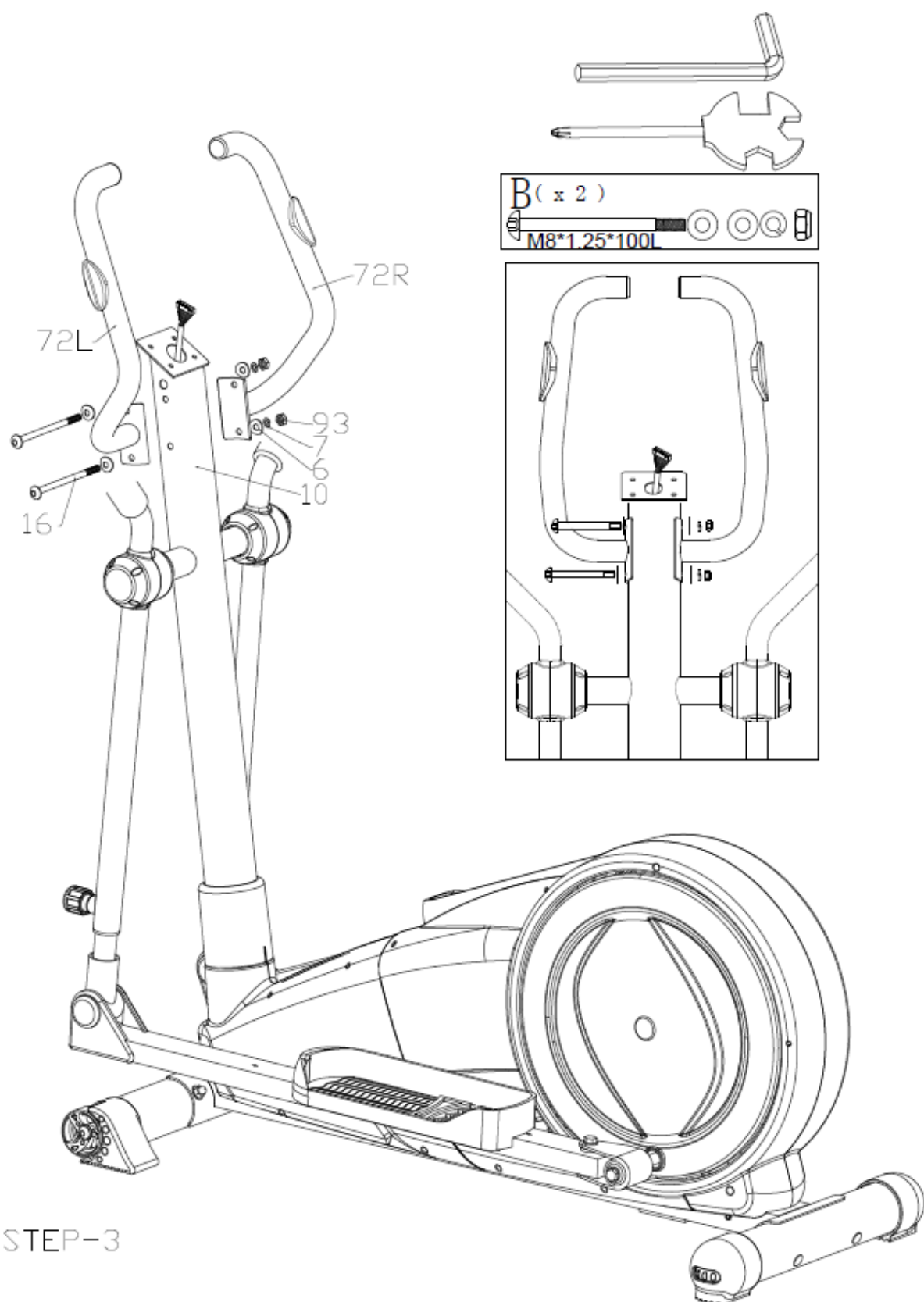


1. Assemble the front stabilizer (2) and rear stabilizer (19) onto the main frame (1) by using the carriage bolt (3), the curved washer (6), the spring washer (7) and domed nut (8).
2. Adjust the proper height by turning the wheel of rear foot cap (4).
3. Assemble the left and right pedal (21L&21R) on the pedal supporting tube (11) by using the carriage bolt (20), flat washer (73) and knob (89)
4. 3 optional positions for the pedals

Step 3

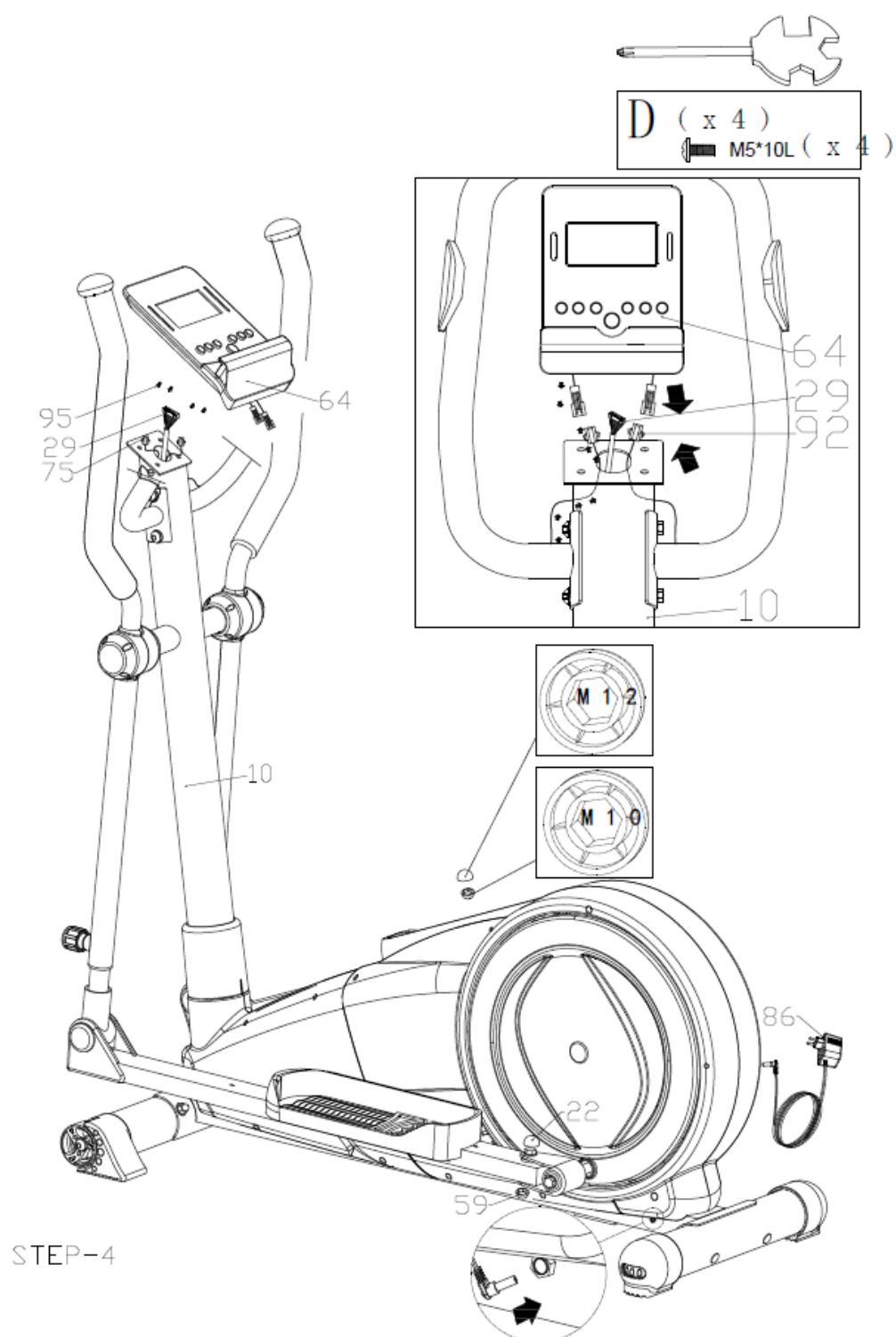


- ### Step 3



Assemble the left and right fixed handlebar (72L & 72R) on the handlebar post (10) by using the Allen bolt (16) , the curved washer (6), the spring washer (7) and the domed nut (93).

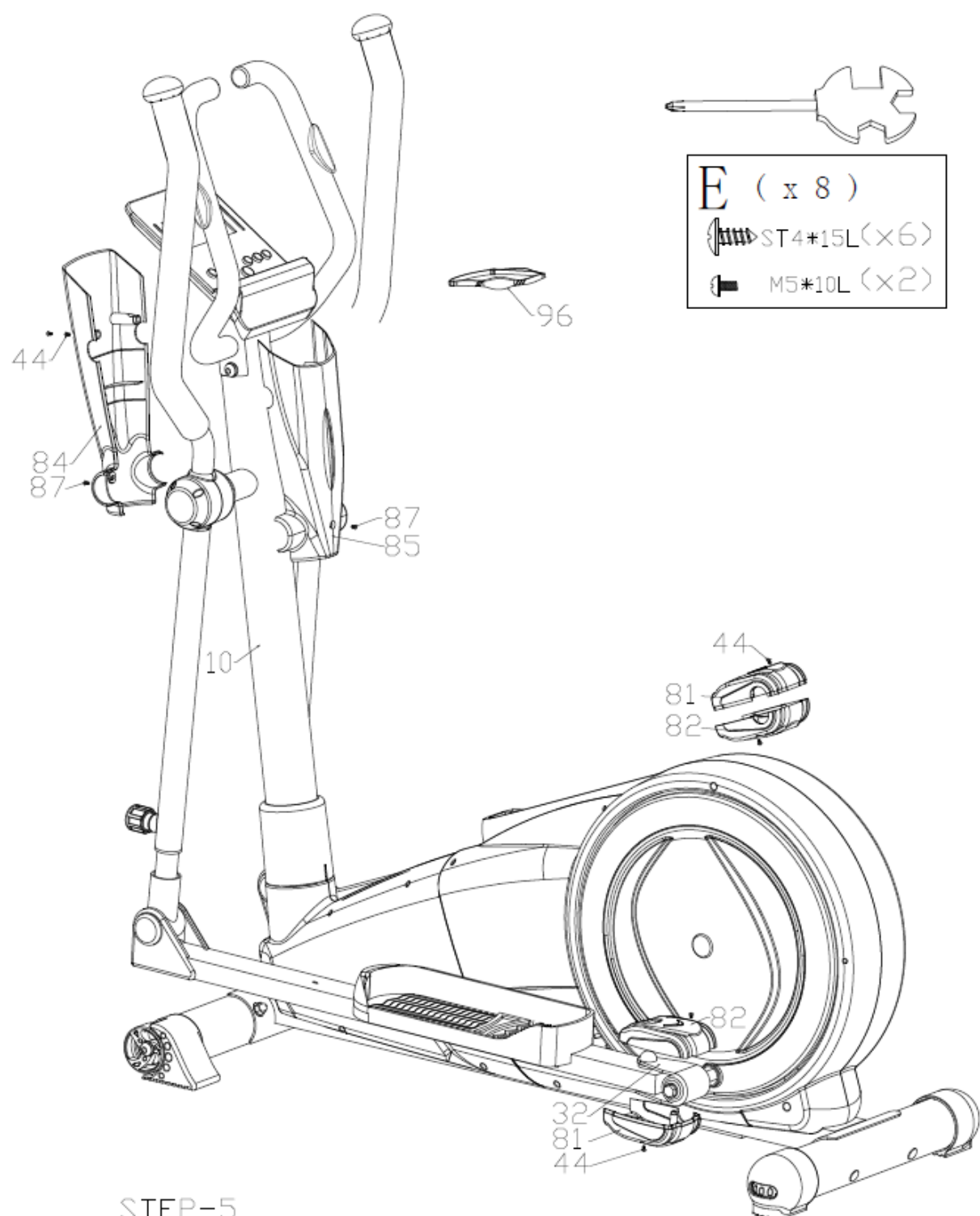
Step 4



STEP-4

1. Connect the computer cable (29) and cable of hand pulse sensor (75) with the computer (64), then fix the computer (64) on the handlebar post (10) by using the screws.
2. Put the bolt cap (22) and bolt cap (59) on the bolt.

Step 5



STEP-5

1. Fix the upper and lower cover for universal joint (81&82) on the universal joint (32) by using the screw (44).
2. Fix the front and rear cover for handlebar post (84&85) on the handlebar post (10) by using the screw (44&87).
3. Insert the plug of adaptor into the socket on the frame to begin exercise.

CONSOLE SM63002A-71

Buttons

UP	Increase value
DOWN	Decrease value
MODE	Confirm settings
RESET	Reset the values and return to the menu
START/STOP	Start / stop exercise
RECOVERY	Post-Exercise Heart Rate Recovery Test
BODY FAT	If no other program is running, you will start the body fat test

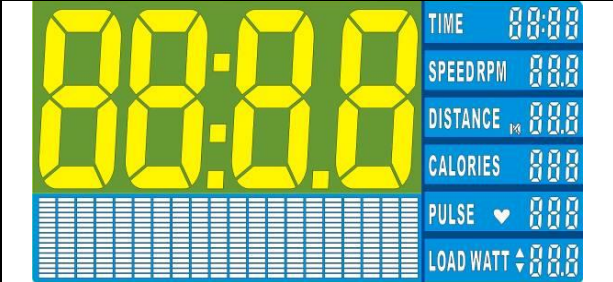
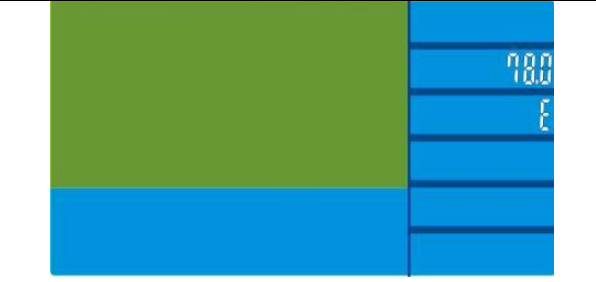
Display

TIME	In normal mode, the values are added from 00:00, increments of 1 second. In the countdown mode, the values are subtracted from the set value until 00:00, after reaching 00:00 you will hear a sound signal. Display range: 0:00 - 99:00
SPEED	Speed display during exercise from 0.0 to 99.9 km/mile
RPM	RPM display
DISTANCE	In normal mode, values are added from 0.00, increments of 0.1 km. In the subtraction mode, the values are subtracted from the set value to 0.00, when 0.00 is reached, you will hear a sound signal. Display range: 0.00 - 99.9
CALORIES	In normal mode, values are added from 0 to 990, increments of 10 cal. In the subtraction mode, the values are subtracted from the set value to 0, after reaching 0, you will hear a sound signal. Display range: 0 – 990
PULSE	It displays the current pulse, which is measured in the sensors on the handles. Display range: 0-230, setting range: 0-30~230
WATT	Displays the current output
RECOVERY	After completing the exercise, press the "RECOVERY" button. The console will start a countdown from 00:60 to 00:00 after a pulse is detected. After reaching 00:00, the console will display the result F1 – F6. To return to the main menu, press the "RECOVERY" button again.

CONTROLS

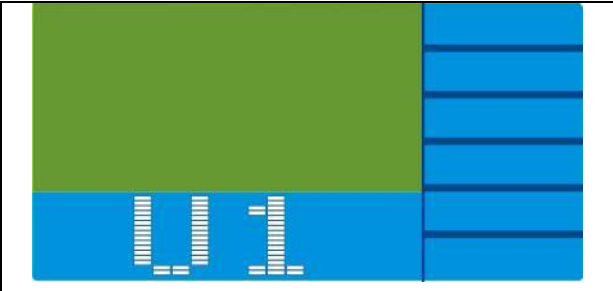
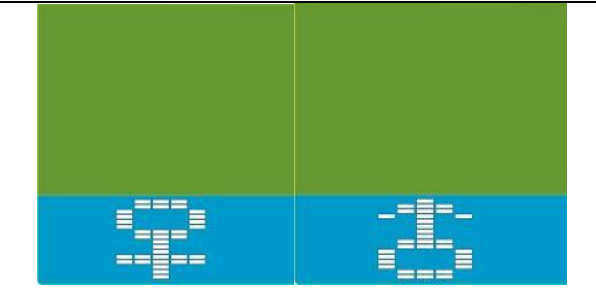
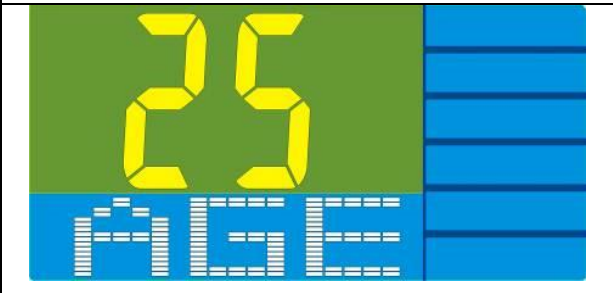
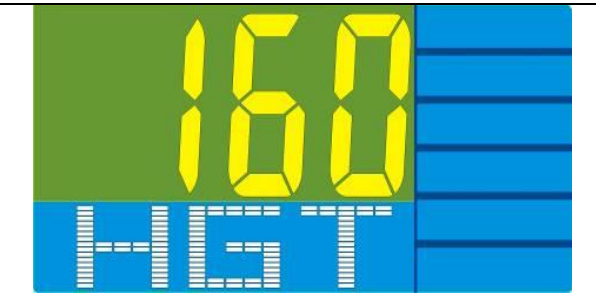
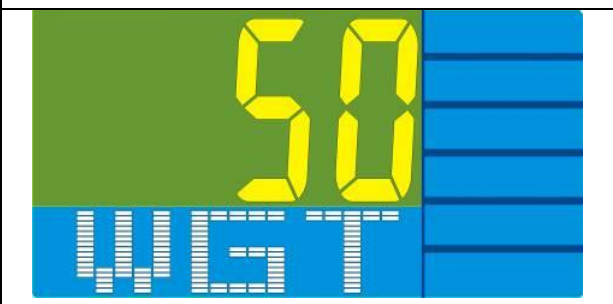
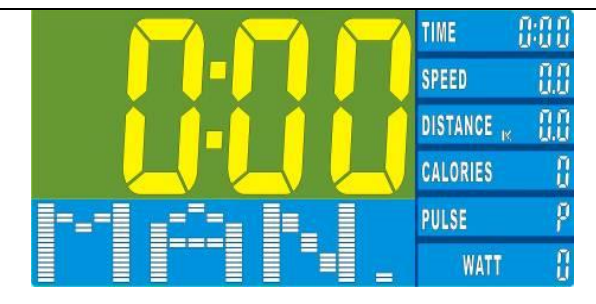
1. Turn on

The display will light up, all segments will be displayed, and an audible signal will sound (Fig. 1), then the display will show the diameter of the wheel (Fig. 2).

	
Fig. 1	Fig. 2

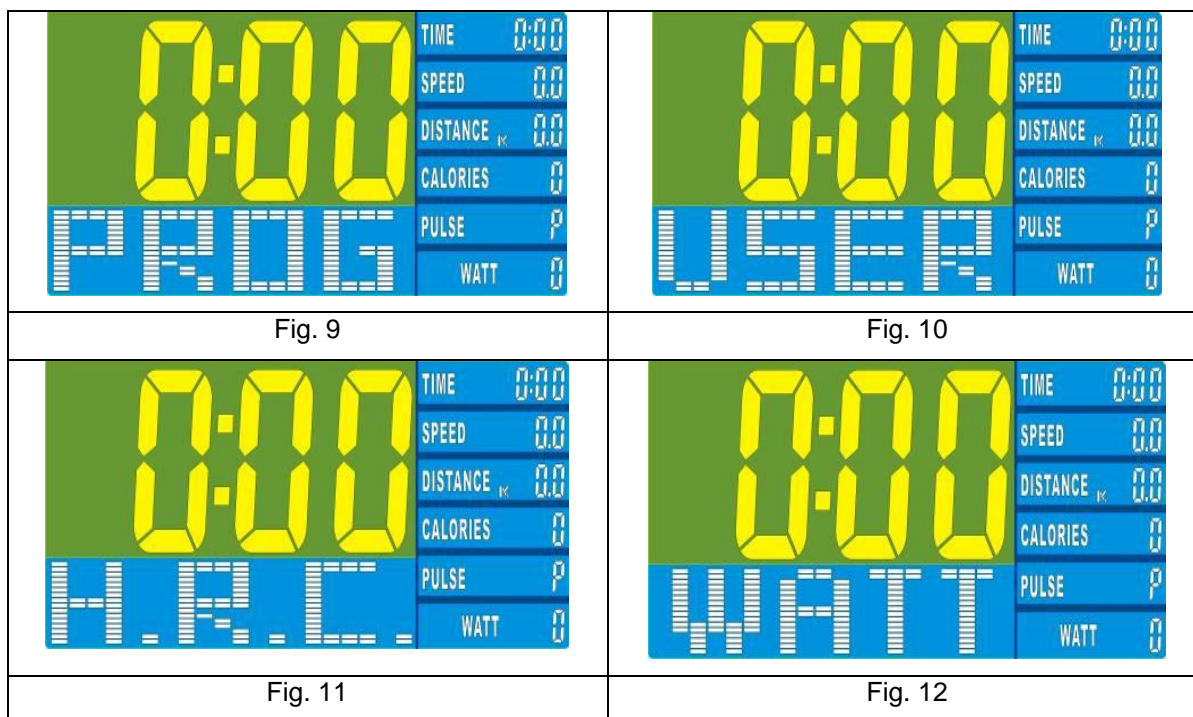
2. User profile setting

To select a profile and confirm the entered data, press MODE. Select user U1 – U4 (Fig. 3), gender (Fig. 4), age (Fig. 5), height (Fig. 6) and weight (Fig. 7). All data will be saved in the selected profile. After setting the data, the console switches to the main menu (Fig. 8).

	
Fig. 3	Fig. 4
	
Fig. 5	Fig. 6
	
Fig. 7	Fig. 8

3. Program selection

In the main menu (Fig. 8) use the up / down buttons to select a program: manual (Fig. 8) - preset program selection (Fig. 9) - user program (Fig. 10) - H.R.C (Fig. 11) - WATT (Fig. 12). Press MODE to confirm the selection.



4. Manual program

After turning on the console, you can press START/STOP to start the manual program without any settings.

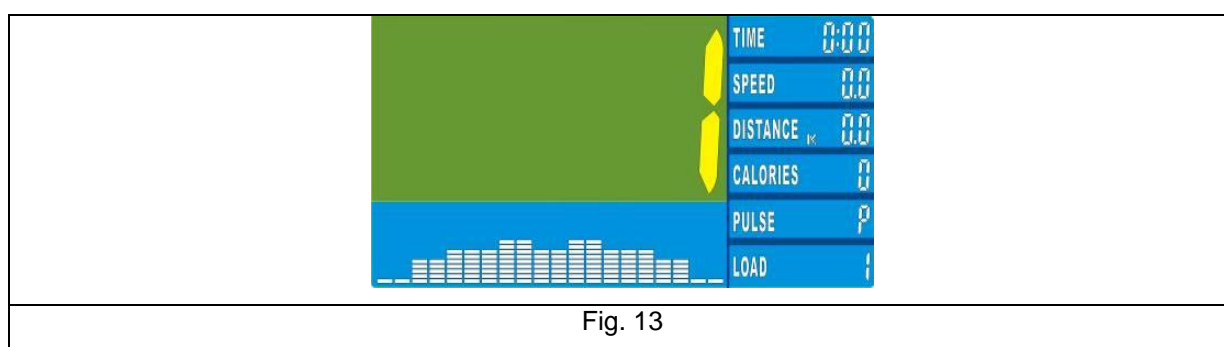
The user can also set target values for time, distance, calories, heart rate and load. Press MODE to confirm the setting. After setting the values, start the program by pressing START/STOP.

The load can be set from 1 to 32 during the exercise, using the up / down buttons.

5. Selecting a preset program

Select program 1 – program 12 using the arrows and confirm with the MODE button. After selecting the program, LOAD will be displayed, the original value is 1 (Fig. 13), set the load using the up and down buttons (max. 16, min. 1).

You can set a countdown for time, distance, calories, heart rate and load. Press MODE to confirm the selection. After setting, start the program by pressing STAR/STOP.



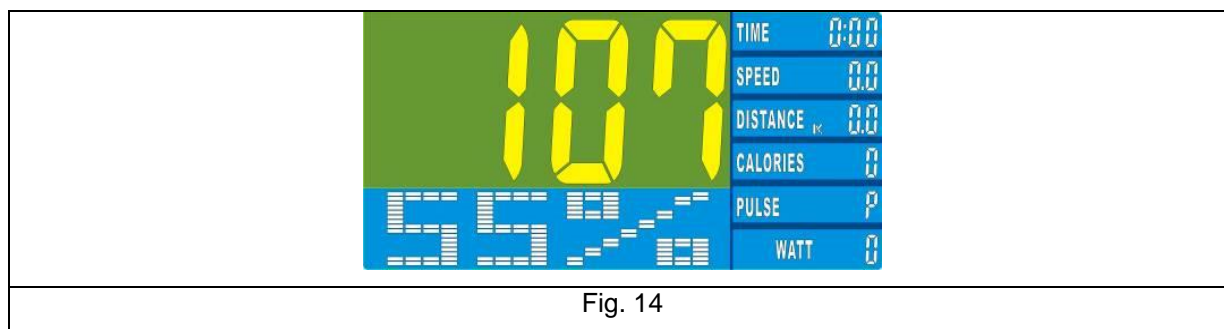
6. User program

Using the up/down buttons, you can set your own program, which is divided into 20 parts. Save the settings of each section using the MODE button.

During program setting or after program setting, you can hold the MODE button for 2 seconds to set time, distance, calories, pulse.

7. H.R.C mode

Use the up/down buttons to select one of 4 programs: 55%, 75%, 90% and TAG (target) (Fig. 14). Confirm the selection by pressing MODE. Press START/STOP to start the program.



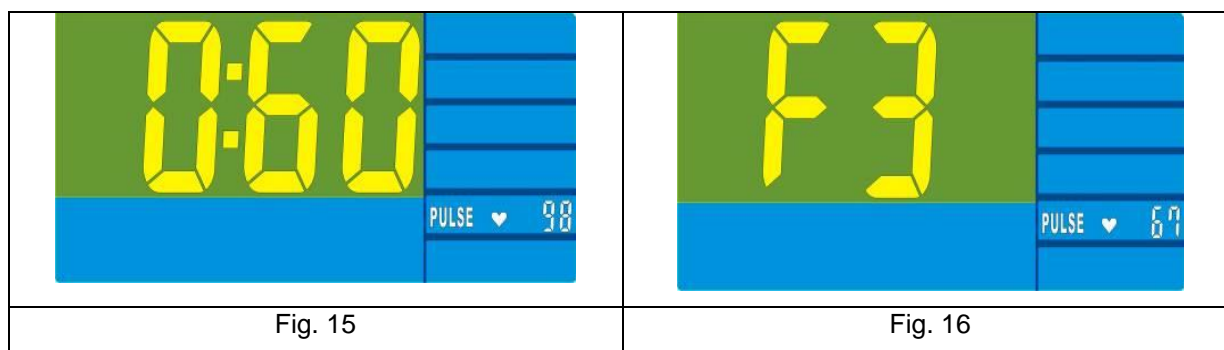
8. WATT program

Use the up/down buttons to adjust the power from 10 to 350 (original value: 120). After setting the time, distance, calories, pulse, press START/STOP to start the program. During the exercise, the load will be adjusted automatically according to the performance.

9. Recovery program

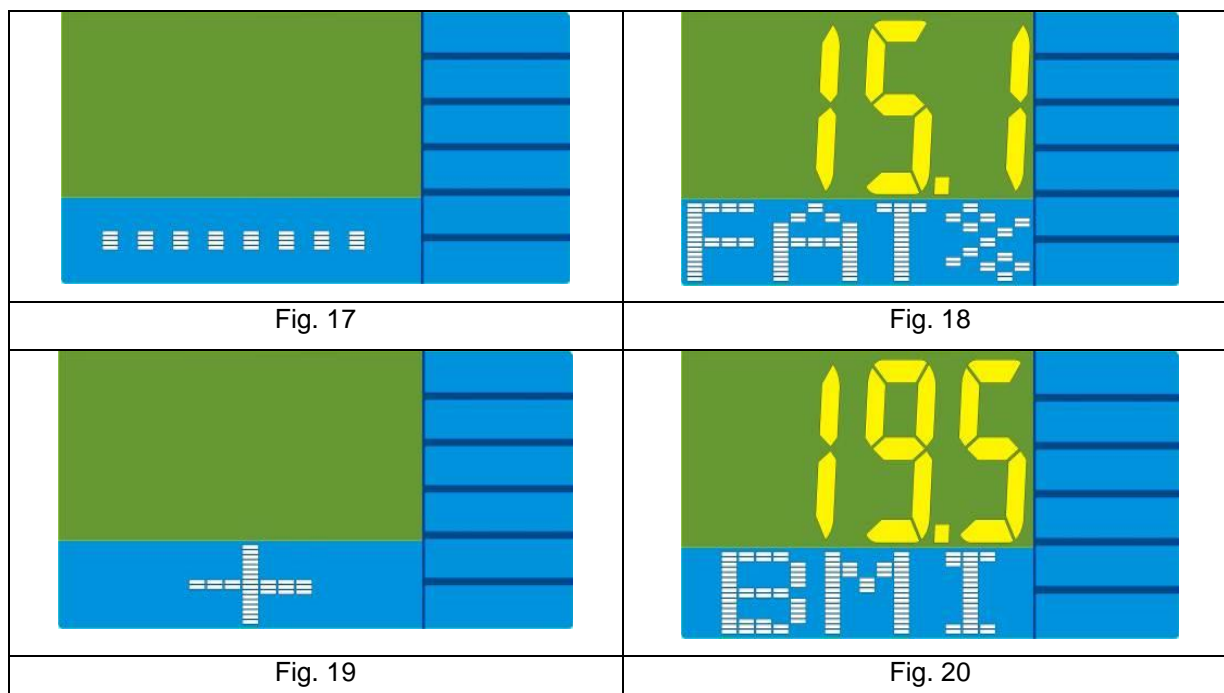
After the exercise, press RECOVERY and grab the sensors on the handles. A countdown starts from 00:60 to 00:00 (Fig. 15). After the calculation is complete, the result F1 – F6 will be displayed (Fig. 16). D1 is the best result, F6 the worst result.

The data are indicative only. Not for medical purposes.



10. Body fat program

Press BODY FAT button. Grab the sensors on the handles. The LCD display will show "-----" (fig. 17) for 8 seconds. Then the display will show % body fat (Fig. 18), weight tip (Fig. 19), BMI (Fig. 20).

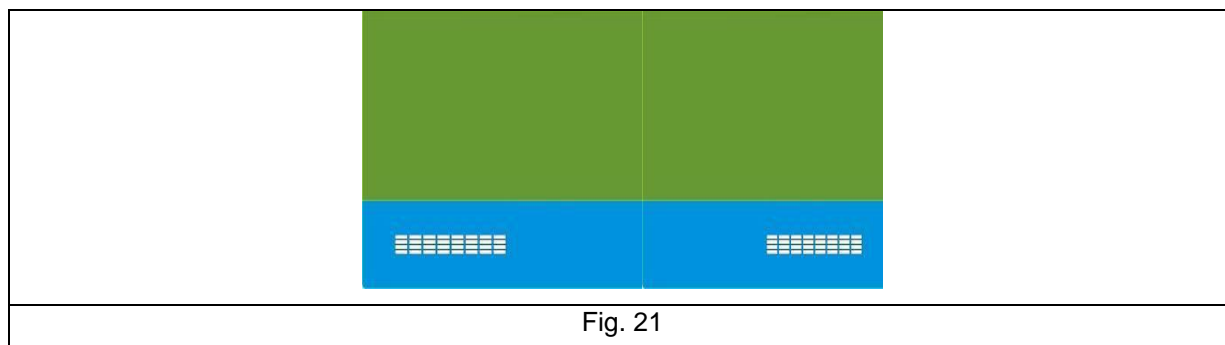


Error messages

If the display shows "---- " " ----" (fig. 21), the sensors on the handles are not correctly gripped

E-1 – pulse not detected

E-4 - %fat is below 5 or above 50, BMI is below 5 or above 50.



USE OF ELEPTICAL TRAINER

The elliptical trainer is a popular fitness machine, one of the newest and most effective home training machines.

When you are exercising on an elliptical treadmill, your feet move along the elliptical curve.

The elliptical treadmill is a frequent replacement for exercise bikes and treadmills because it is gentler for your joints. With the handles, you are also exercising the upper half of your body.

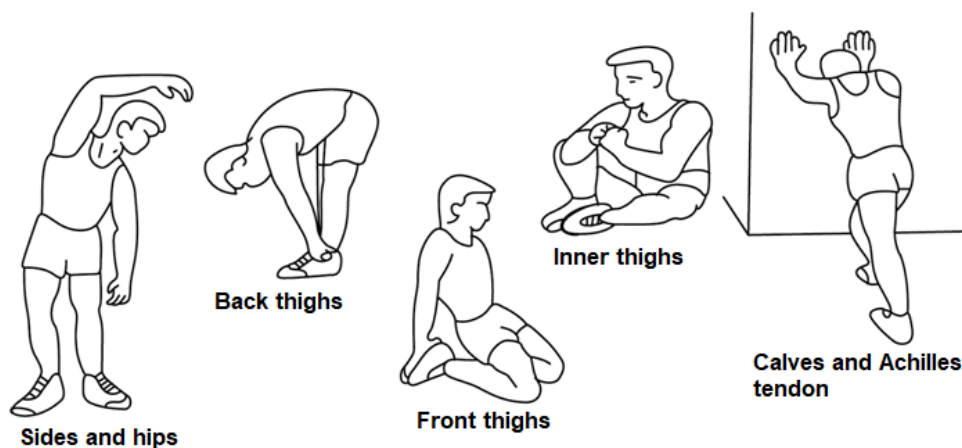
During exercise, you transfer the weight from one foot to the other. Try to maintain an upright and natural position. Handlers will help you. Find the perfect place to hold the grip and try to move as naturally as possible.

EXERCISE INSTRUCTIONS

Exercise is beneficial to your health, improves physical condition, shapes muscles and, in combination with a calorie-balanced diet, leads to weight loss.

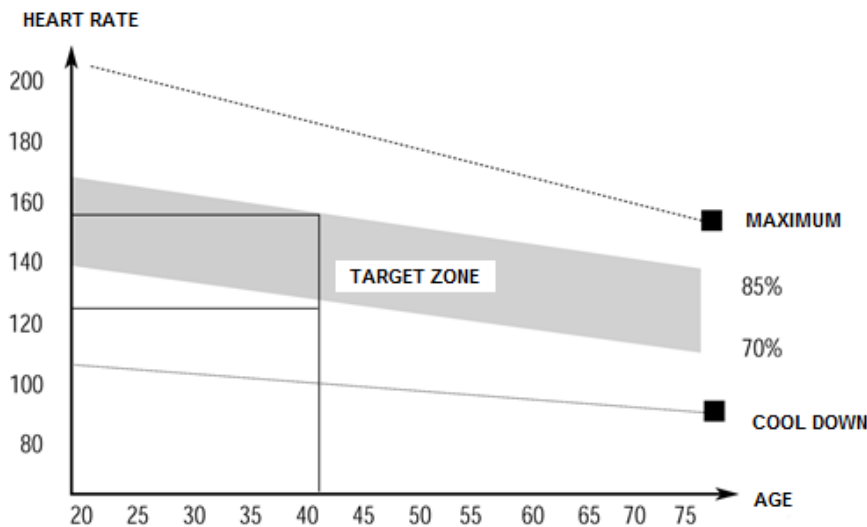
1. WARM UP

This phase serves to improve the blood circulation of the whole body and to warm up the muscles, to reduce the risk of convulsions and muscle injury. We recommend performing the stretching exercises below. When dragging, stay in the end position for approximately 30 seconds, do not make sudden movements and do not vibrate.



2. EXERCISING

This phase is the most physically demanding part. Regular exercise strengthens the muscles. You can determine the tempo yourself, but it is very important that it is the same throughout the exercise. Heart rate should be within the target zone (see figure below).



This phase should last at least 12 minutes. Most people exercise for 15-20 minutes.

3. COOLDOWN

This phase serves to soothe the cardiovascular system and relax the muscles. It should take approximately 5 minutes. You can repeat warming up exercises or continue exercising at slower pace. Stretching your muscles after exercise is extremely important - you need to avoid sudden movements and vibrations.

With improved fitness, you can lengthen and increase exercise intensity. Train regularly, at least three times a week.

SHAPING MUSCLES

For muscle shaping, it is important to set a high load. The muscles will be more stressed, which may cause that you will not be able to exercise as long as usual. If you are trying to improve your condition at the same time, you need to adjust your training. Exercise in the usual way during the warm-up and final stages of training but increase the resistance of the device at the end of the exercise. You may need to slow down the speed to keep the heart rate in the target area.

WEIGHT LOSS

The number of calories burned depends on the length and intensity of the exercise. The essence is the same as in fitness exercise, but the goal is different.

MAINTENANCE

- Use only a soft cloth and a mild detergent.
- Do not clean the plastic parts with abrasives or solvents.
- Wipe the sweat after each use.
- Protect the device from moisture and extreme temperatures.
- Protect your device, computer and console from direct sunlight.
- Check the tightening of all bolts and nuts regularly.
- Store in a dry and clean place away from children.

ENVIRONMENT PROTECTION

After the product lifespan expired or if the possible repairing is uneconomic, dispose it according to the local laws and environmentally friendly in the nearest scrapyard.

By proper disposal you will protect the environment and natural sources. Moreover, you can help protect human health. If you are not sure in correct disposing, ask local authorities to avoid law violation or sanctions.

Don't put the batteries among house waste but hand them in to the recycling place.

TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS

General Conditions of Warranty and Definition of Terms

All Warranty Conditions stated here under determine Warranty Coverage and Warranty Claim Procedure. Conditions of Warranty and Warranty Claims are governed by Act No. 89/2012 Coll. Civil Code, and Act No. 634/1992 Coll., Consumer Protection, 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 Strakonická street 1151/2c, Prague 150 00, 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.

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.

Batteries

6-month battery warranty – we guarantee that battery's nominal capacity does not fall below 70% of its total capacity within 6 months of the product's sale.

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, wear of brake pads/blocks, chain, tires, cassette/multi wheel 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.

CZ
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About shipping

