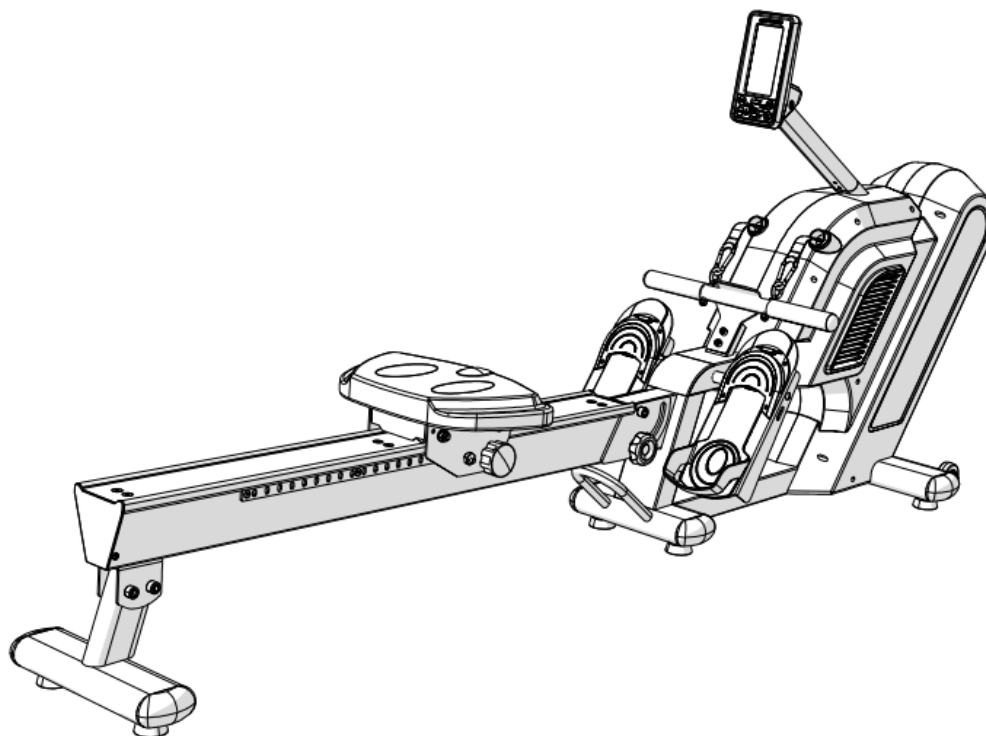




USER MANUAL – EN

IN 16443 Rowing Machine inSPORTline Yakapa




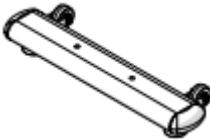
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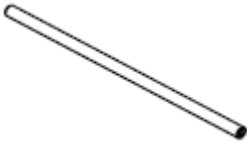
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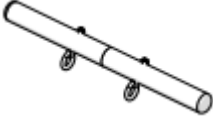
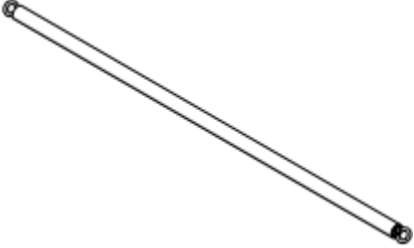



SAFETY INSTRUCTIONS

- Follow basic safety instructions and read this manual carefully before first using. Retain it for future reference.
- Do warm-up exercises before each workout to avoid muscle injury and exercise reasonably. Never overstretch yourself.
- Regularly check all bolts, nuts and components. They should be well tightened. Regularly check it for damage or wearing. Never use damaged or worn product.
- Place it only on a flat and clean surface. Use a mat to protect the floor.
- Keep a safety clearance at least of 0.6 m round this device.
- Wear proper clothes and shoes. Avoid too loose dress that could be easily caught in the machine.
- Use and maintain it only according to this manual. Don't do any improper modification.
- If some problems arise, don't repair it yourself. Contact an authorized service.
- Don't use it outdoors.
- Only one person can exercise in the time.
- Keep children and pets away from this device. Never let them unattended near this machine. This device is intended only for adult people.
- If you feel faintly or have some health problem, stop using immediately. Consult your physician before starting again. Consult your physician before starting any exercise. It is especially important if you are older than 35 years or if you have some health problems.
- Two people are required for folding this machine to prevent fall or injury.
- Keep your back up straight while exercising on this machine.
- Keep holding the handlebar securely when the tension of the rowing strap is tight.
- **Weight limit:** 180 kg
- **Category:** S (according to EN957 norm) intended for commercial 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.






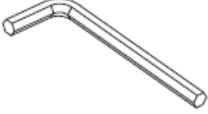



PARTS DESCRIPTION

No.	Picture	Description	Quantity
A01		Main frame	1 set
A02		Front stabilizer	1 set

A03		Rear stabilizer	1 set
A04/C07		Upholstered seat	1 set
A05		Guide rail	1 set
A06/A19/D02		Upright post computer	1 set
A07/A08/C15/C16		Left/right pedal	2 set
B22		Plum knob 62 mm	1 Pc
B23		Plum knob 75 mm	1 Pc
A13		Foot pedal shaft	1 Pc

A09		Single scull exercise handle	1 set
A10		Rowing handle	1 set
A11		Kayaking exercise handle	1 set
C10		PVC pads	2 Pcs
A15		Aluminum end cap	1 set
D03		AC adapter	1 Pc

HARDWARE AND TOOLS

No.	Picture	Description	Quantity
B25		Screw M6x16 mm	1 Pcs
B14		Screw M4x8 mm	2 Pcs
B27		Screw M8*16 mm	4 Pcs
B13		Washer 5/16**23*2.0T	4 Pcs
-		Hex tool 19 mm	1 Pc
-		Allen key M10	1 Pc
-		Allen key M5	1 Pc
-		Tool	1 Pc
-		Allen key M4	1 Ks

PARTS LIST

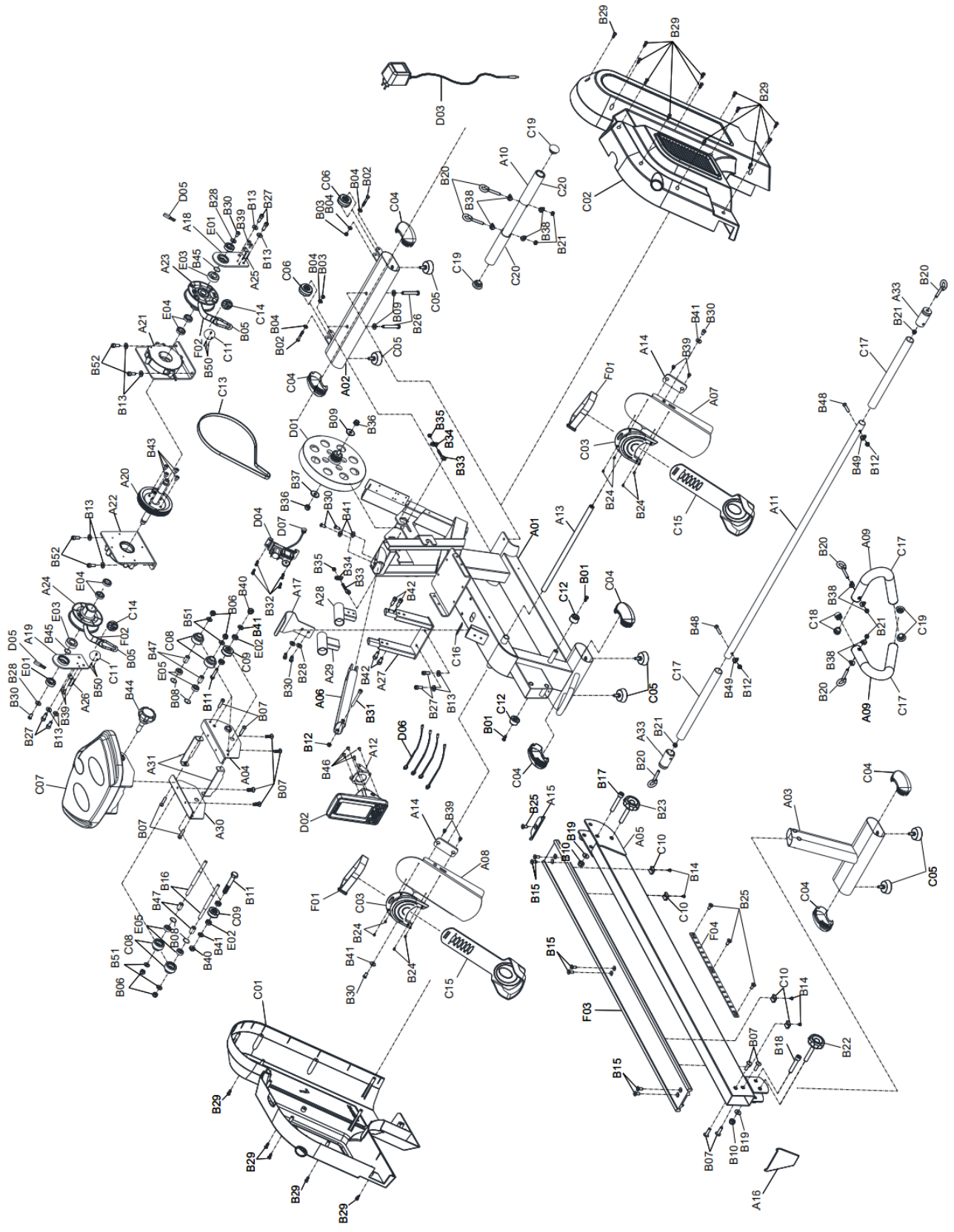
No.	Description	Qty.
A01	Main frame	1
A02	Front stabilizer	1
A03	Rear stabilizer	1
A04	Upholstered seat	1
A05	Track	1
A06	Upright post	1
A07	Foot pedal strap position adjustment assembly-R	1
A08	Foot pedal strap position adjustment assembly-L	1
A09	Single scull exercise handle	1
A10	Rowing handle	1
A11	Kayaking exercise handle	1
A12	Pivot arm of console	1
A13	Foot pedal shaft	1
A14	Foot pedal bracket	2
A15	Aluminium end cap-front	1
A16	Aluminium end cap-back	1
A17	Handle holder	1
A18	Returning spring assembly mount bracket-R	1
A19	Returning spring assembly mount bracket-L	1
A20	Drive pulley assembly	1
A21	Returning spring assembly-R	1
A22	Returning spring assembly-L	1
A23	Rowing tension strap assembly-R	1
A24	Rowing tension strap assembly-L	1
A25	Sensor holder A	1
A26	Sensor holder B	1
A27	Strap guide tube assembly	1
A28	Strap guide R	1
A29	Strap guide L	1
A30	Holder /L	1
A31	Holder	2
B01	Screw M6	2
B02	Bolt ¼"	2
B03	Nylon nut ¼"	2
B04	Washer ¼"	2

B05	Clip hook	2
B06	Nylon nut M10	4
B07	Bolt M6	12
B08	C-ring	4
B09	Washer 3/8"	3
B10	Nylon nut M12	2
B11	Bolt M8	2
B12	Nylon nut M8	3
B13	Washer M8	10
B14	Screw M4	4
B15	Screw M8	6
B16	Shaft \varnothing 12	2
B17	Bolt M12	1
B18	Bolt M12	1
B19	Washer M13	2
B20	Clip hook	6
B21	Nylon nut 5/16"	6
B22	Plum knob	1
B23	Plum knob	1
B24	Screw M4	8
B25	Screw M6	4
B26	Screw 3/8"	2
B27	Bolt M6	6
B28	Washer 5/16"	4
B29	Screw M5	18
B30	Screw M8	8
B31	Bolt M8	1
B32	Screw M4	4
B33	Screw M6	2
B34	Screw adjustment bracket	2
B35	Nylon nut M6	2
B36	Nut 3/8"	2
B37	Washer 3/8"	1
B38	M8 curve washer	8
B39	Bolt M6	8
B40	Pulley spacer	2
B41	Washer 5/16"	6
B42	Bolt M6	4

B43	Bolt M8	4
B44	Plum knob	1
B45	C-ring 40	2
B46	Screw M5	4
B47	Spacer	4
B48	Bolt M8	2
B49	Arc washer M8	2
B50	Bolt M3	6
B51	Washer 3/8"	4
B52	Bolt M8	4
C01	Main cover/L	1
C02	Main cover/R	1
C03	Foot pad	2
C04	Oval end cap 50x100	4
C05	Adjustable foot pad	6
C06	Transport wheel	2
C07	Upholstered saddle	1
C08	Seat roller	4
C09	Plastic pulley	2
C10	PVC pads	4
C11	Round end cap - left	2
C12	Rubber pads	2
C13	Belt	1
C14	Round end cap – right	2
C15	Foot pedal	2
C16	End cap	1
C17	Foam grip	2
C18	Dome end cap	2
C19	Round end cap \varnothing 1"	4
C20	Foam grip	2
C21	Foot pedal	2
D01	Self-powered flywheel	1
D02	Computer	1
D03	AC adapter	1
D04	Motor with cable	1
D05	Sensor with cable	1
D06	Cable	1 set
D07	AC plug cable	1

D08	Quick key with gyro sensor	1 set
D09	Generator cable	1
D10	Control board cable	1
D11	Control board (CB.)	1
D12	Battery	1
E01	Bearing	2
E02	Bearing	4
E03	Bearing	2
E04	Bearing	4
E05	Bearing	4
F01	Ribbon	2 sets
F02	Drive strap	2
F03	Aluminium guide rail	1
F04	Kayaking exercise seat locking bracket	1

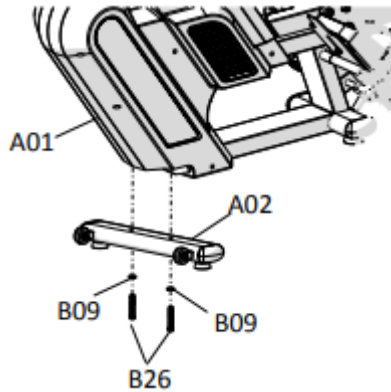
EXPLODED DRAWING



ASSEMBLY STEPS

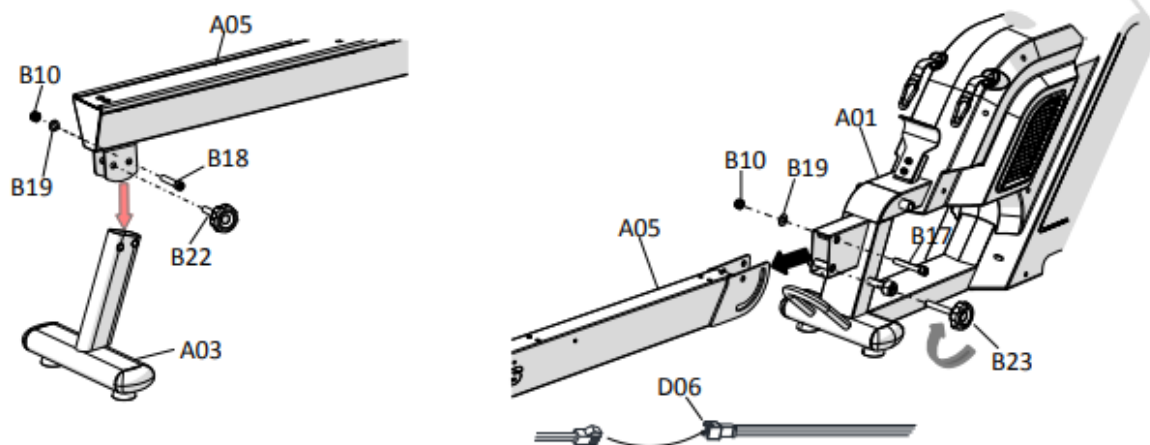
Front stabilizer installation

- Attach the front stabilizer (A02) to the main frame (A01) with 2x bolts (B26) and 2x washers (B09).



Rear stabilizer and guide rail installation

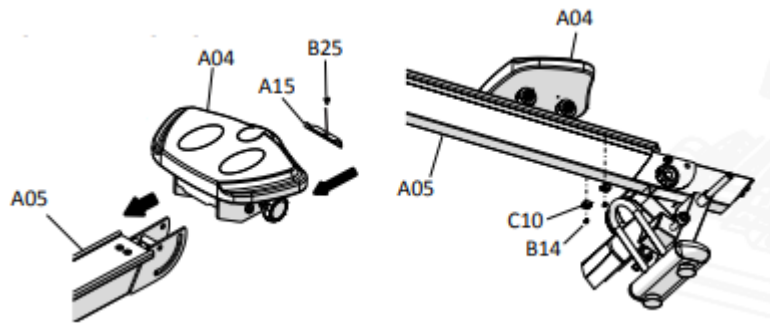
- Two people are required for this step.
- Undo one bolt M12 (B18) and one washer (B19) and one nylon nut M12 (B10) from the rear guide rail (A05).
- Assemble the rear stabilizer (A03) to rear U-shaped plate of the guide rail (A05) with one bolt M12 (B18) and one washer (B19) and one nylon nut M12 (B10), which are undid from previous step. Secure the guide rail using lock knob (B22). Lock it by turning the knob clockwise.
- Undo one bolt M12 (B17) and one washer (B19) and one nylon nut M12 (B10) from rear of the main frame (A01).
- Assemble the guide rail (A05) to the rear tube of the main frame (A01) with one bolt M12 (B17) and one washer (B19) and one nylon nut M12 (B10) that are undid from previous step. Secure the guide rail with the lock knob (B23). Lock it by turning it clockwise.
- Use provided the M10 Allen key and 19-mm hex tool to tighten them.
- WARNING: Cables cannot be folded.



Upholstered seat installation

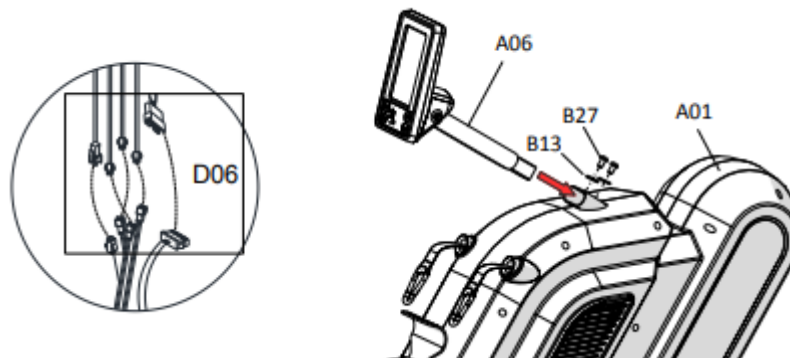
- Assemble the upholstered seat (A04) to the guide rail (A05) using two PVC pads (C10) and two screws M4 (B14).

- Attach the Aluminum End cap (A15) to Guide rail (A05) with one screw M6 (B25).
- Tighten nuts with the hex tool with Phillips screwdriver that provided.



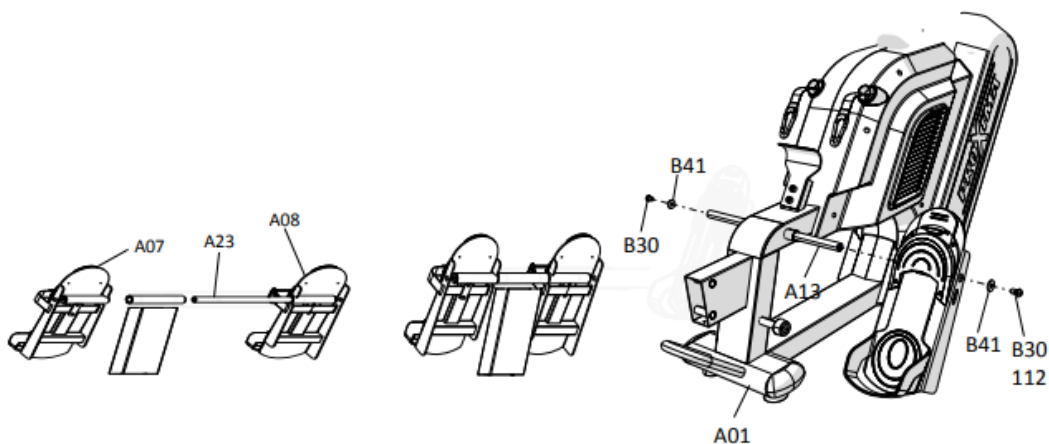
Upright post installation

- Lift the upright post (A06) and connect matching connectors then extra slide extra length cables into the opening of the main frame (A01). Make sure that all cables are not pressed by the upright post while during assembling. Lock the knob by turning it clockwise. Then slide extra length cables into the opening of the main frame (A01).
- Assemble the upright post (A06) with two bolts M8 (B27), two washers (B13).
- Tighten the screws with the M5 Allen key that provided.
- WARNING: Cables cannot be folded.



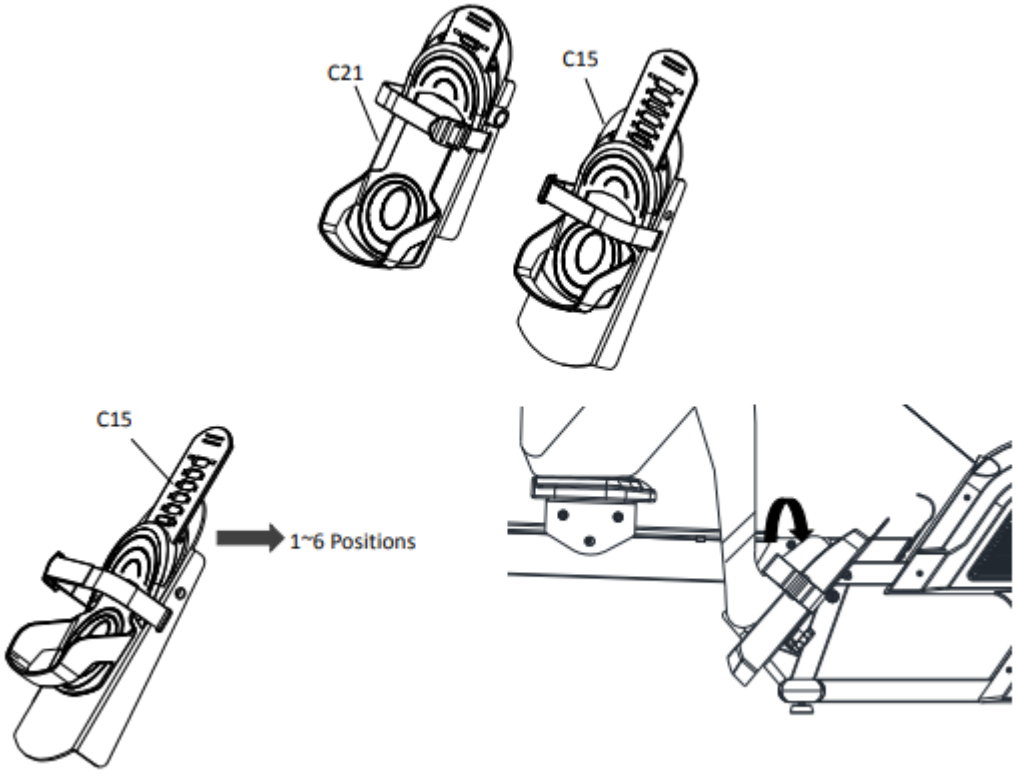
Foot pedal installation

- Slide the foot pedal pivot shaft (A23) into the welded tubing of the main frame (A01). Assemble the foot pedal (A07/A08) to the shaft with two bolts M8 (B30) and two washers (B41).
- Tighten screws with the M5 Allen key that provided.



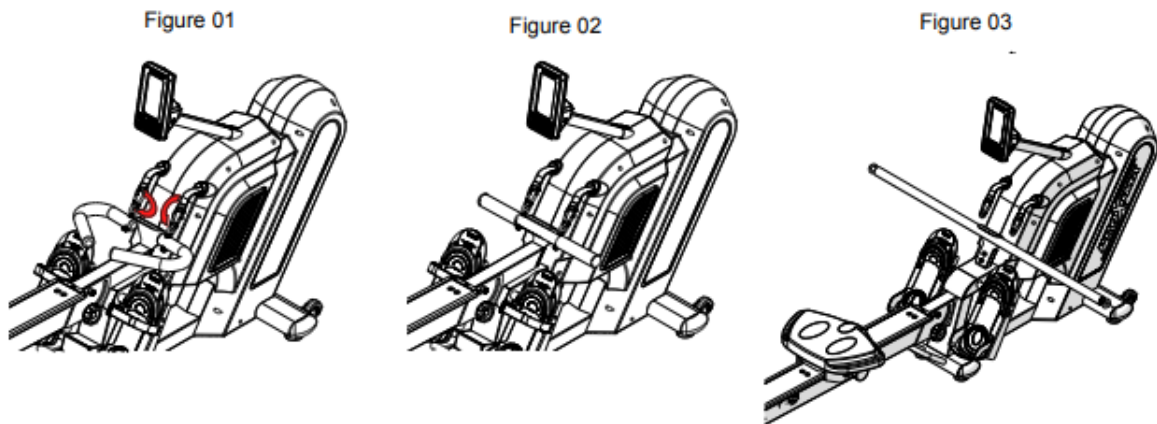
Foot pedal strap position adjustment

- Find the lock pin (C15) of the foot strap position adjustment assembly (C21) on the pedal. Pull the lock pin and slide the foot strap to the required position. Secure the foot strap position with the spring-loaded pin clipped into the required hole. There are four punched holes designed for different positions.
- Adjust the foot position with the quick-release buckle. Secure the buckle while position has been adjusted.



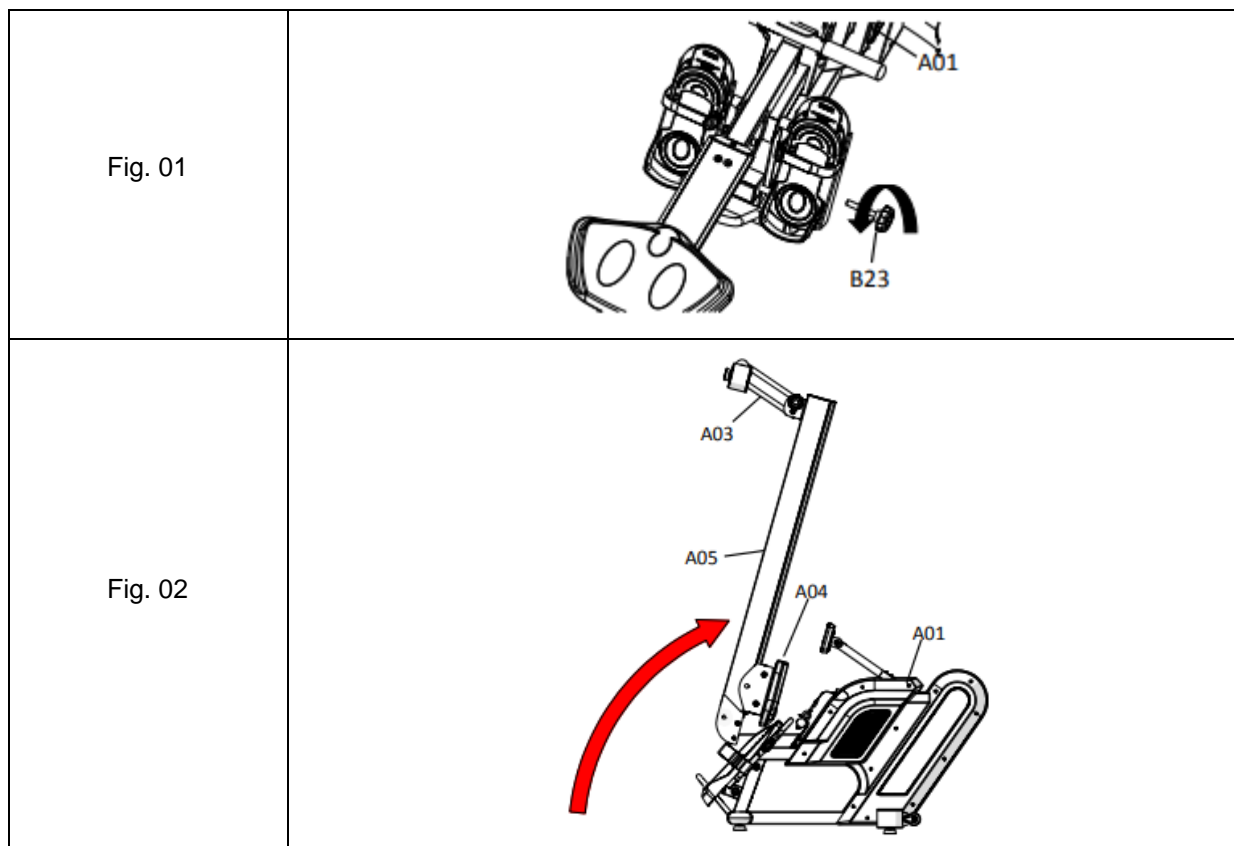
Different exercise models handle installation

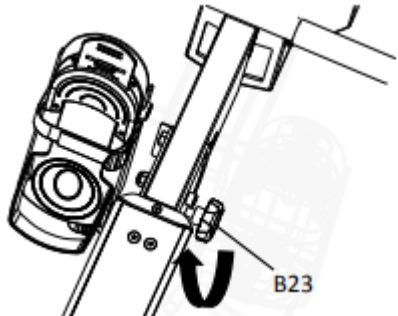
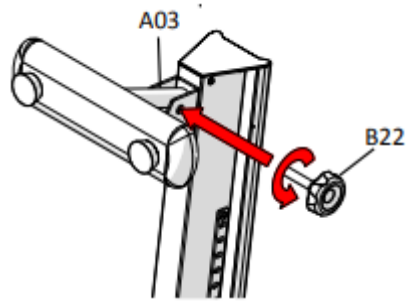
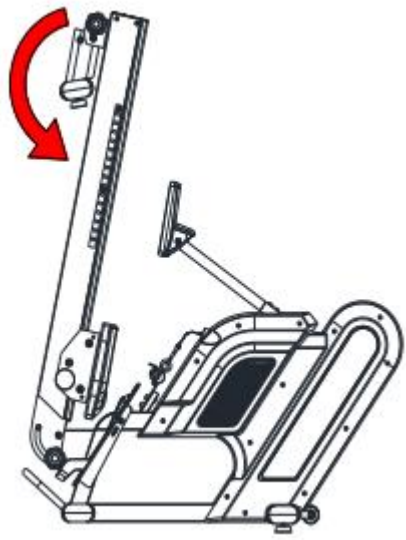
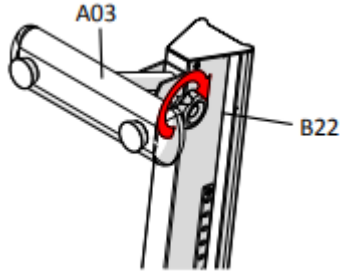
- Please secure the hook of the handlebar of different rowing exercise models to the clip hook of the rowing tension strap (Fig. 01-03).



FOLDING

- Two people are required for folding.
- Remove B23 from the front of A01 (Fig. 01).
- Slide the seat assembly to the front. Then fold over the guide rail (A05). Secure the guide rail with folded position with locking the knob while turning it clockwise. Secure the guide rail with tightening the lock knob.
- Remove the lock knob (B22) of securing the rear foot stabilizer (A03). Rotate the rear stabilizer to the folded position. Secure the rear stabilizer with tightening the lock knob.





<p>Fig. 03</p>	
<p>Fig. 04</p>	
<p>Fig. 05</p>	
<p>Fig. 06</p>	

CORRECT ROWING GUIDE


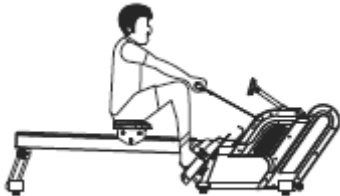
FAULT: OVER REACHING: The body stretches too far forward. The shins may be past vertically. The head and shoulders tend to drop towards the feet. The body is in a weak position for the stroke.

SOLUTION: The shins are vertical. The body is pressed up to the legs. The arms are fully extended and relaxed. Body is tilted slightly forward. This position should feel comfortably.

	
<p>Fault</p>	<p>Solution</p>

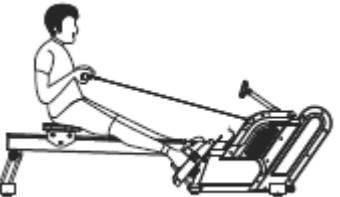
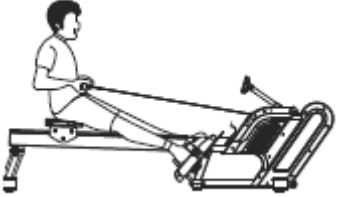
FAULT: ROWING WITH BENT ARMS: The user starts the stroke by pulling with the arms rather than pushing with the legs.

SOLUTION: The user starts the stroke by pushing the legs and bracing the back with the arms fully extended and relaxed.

	
<p>Fault</p>	<p>Solution</p>

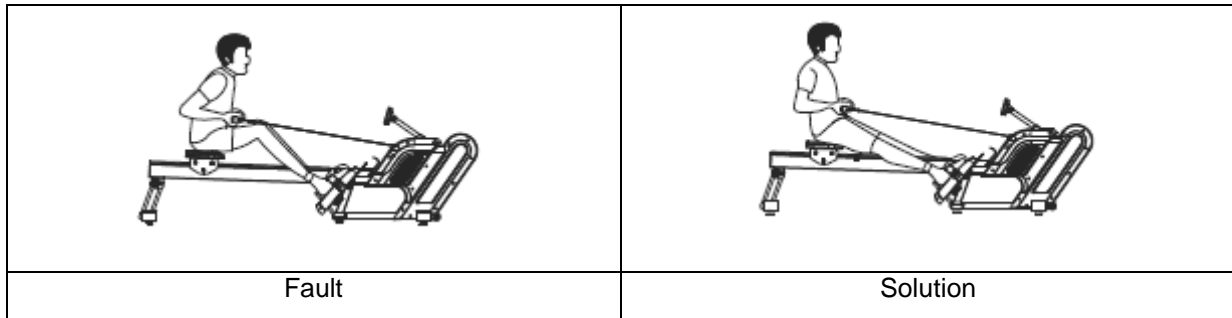
FAULT: BENT WRISTS: The user bends his wrists at any time through the stroke.

SOLUTION: Always row with flat wrists through the entire stroke.

	
<p>Fault</p>	<p>Solution</p>

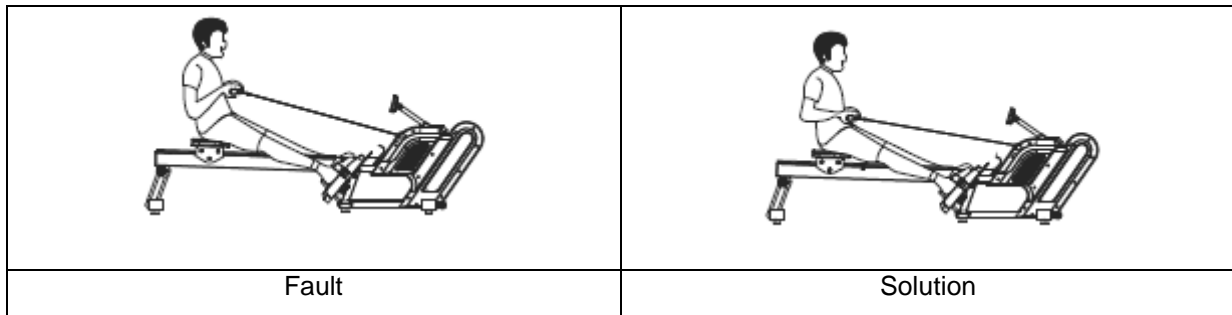
FAULT: PULLING THE BODY TO THE HANDLE: At the finish, the user, instead of pulling the handle to the body, pulls themselves forward to the handle for the stroke.

SOLUTION: At the finish, the user leans back slightly, holds the legs down and draws the handle to the body using the upper body as a firm platform.



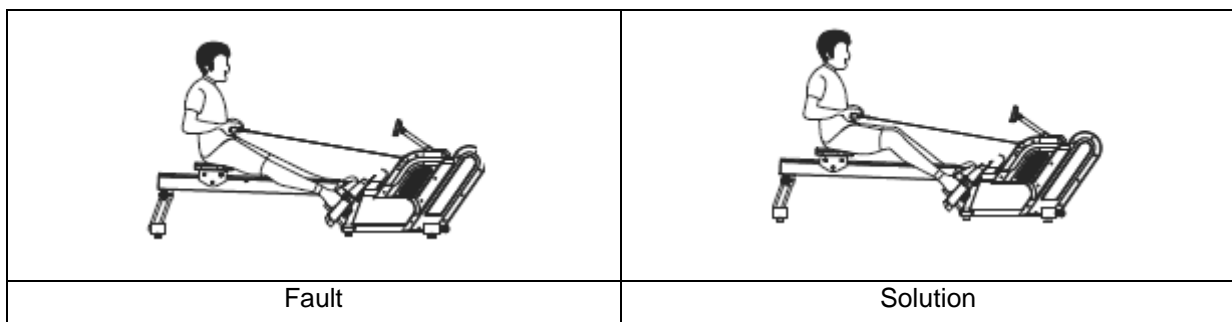
FAULT: FLYING ELBOWS: The user elbows are sticking out from the body at the finish and the handle is at chest level.

SOLUTION: Draw the handle to the body. The wrists are flat and the elbows pass close to the body. Elbows extend behind the body as the handle is drawn to the waist.



FAULT: LOCKING THE KNEES: At the end of the stroke the user locks the knees making the legs straight.

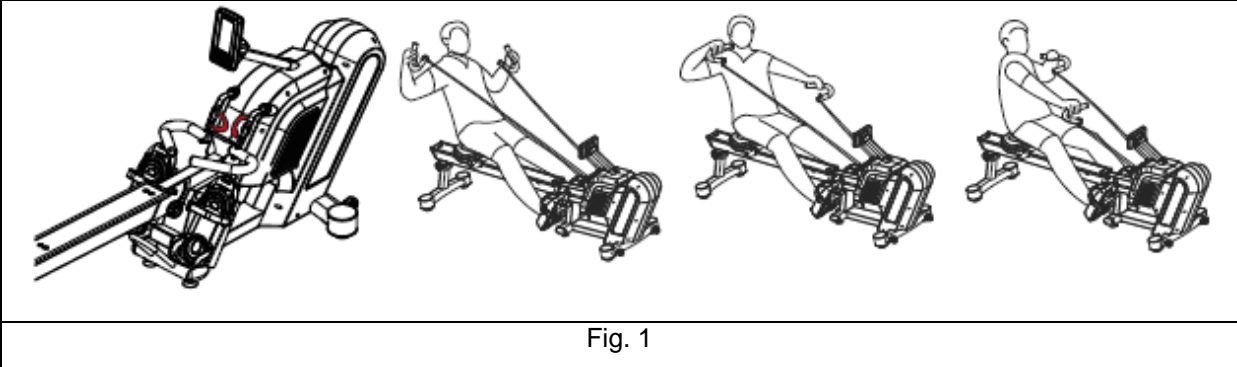
SOLUTION: Always keep the legs slightly bent in the fully extended position. Don't lock the knees.



NOTE: Secure the hook of the handlebar of different rowing exercise models to the clip hook of the rowing tension strap.

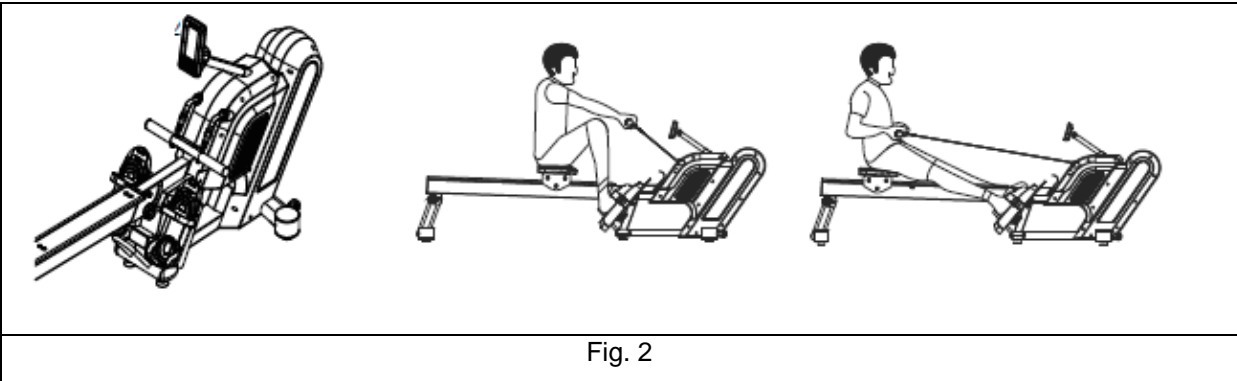
1. SINGLE SCULL EXERCISE

This new rowing machine can simulate the exercise of the single scull rowing exercise.



2. ROWING EXERCISE

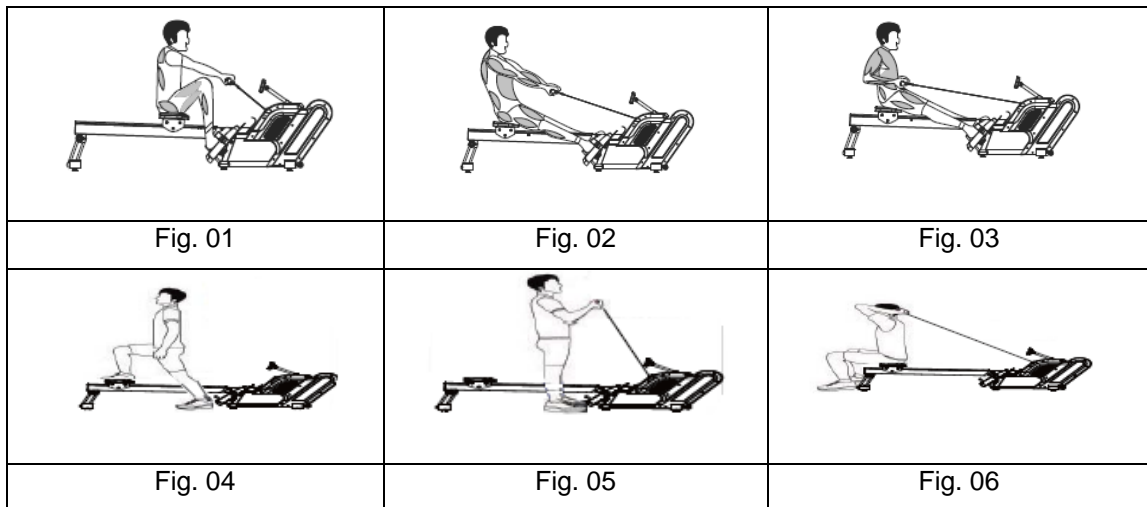
The regular rowing exercise is also available at this rowing machine.



CORRECT ROWING EXERCISE GUIDE

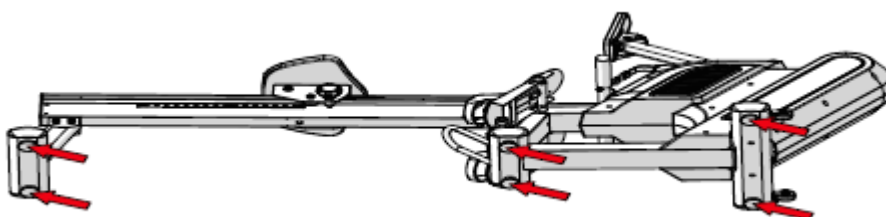
Three phases of correct rowing exercise for muscle group training:

1. Drive (lower body muscle group training): Bend your knee and stretch your arms. Hold the handle of the rowing machine with back straight up (Fig. 01).
2. Slide (Core muscle group training): Push back your body with your two legs and keep the arms stretched (Fig. 02).
3. Finish (Upper body muscle group training): Lean your back with two legs stretched. Pull the handle with flat wrists (Fig. 03).
4. Quadriceps femoris muscle training (Fig. 04).
5. Biceps brachii muscle training (Fig. 05).
6. Back and abdominal muscle group training (Fig. 06).



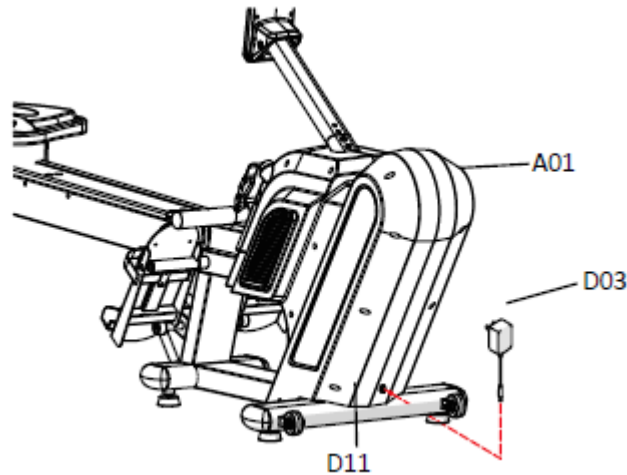
ADJUSTMENT

- Adjusting the adjustable foot pad.
- Adjust the adjustable foot pads on the front stabilizer and rear stabilizer as needed to level the rower machine.
- The rower machine should be leveled as prevention against wobbling or shaking during your workout.



AC ADAPTER INSTALLATION

- Connect the AC adapter (D03) to the AC plug cable (D11) on the rear of the main frame (A01).
- Make sure the specifications of power supply on the adapter is correct before plugging it in.
- Plug the other end of the AC adapter (D03) into the electrical wall outlet.
- G version for charging battery only.



TROUBLE SHOOTING

PROBLEM	SOLUTION
Computer doesn't work properly.	<ul style="list-style-type: none"> • Check if the computer is connected securely. • Check if the adapter is installed correctly.
The machine wobbles during using.	<ul style="list-style-type: none"> • Turn the adjustable lever on the main frame. Front stabilizer and rear stabilizer as needed to level this machine.
Squeaking noise during workout.	<ul style="list-style-type: none"> • Check if the bolts and nuts are not loose. Retighten if necessary.
Inconsistent or failure heart rate reading.	<ul style="list-style-type: none"> • Always hold on the handlebar grip sensors with two hands, not only with one. • Try to maintain moderate pressure while holding onto the hand pulse sensors. • Make sure the wire connections of the hand pulse sensors are properly connected.

MAINTENANCE

- Cleaning: use a soft cloth and a mild detergent to clean it.
- Never use abrasives or solvents for plastic parts.
- Wipe your perspiration off the rowing machine after each use.
- Protect the computer display from moisture to avoid an electrical hazard.

- Prevent this machine and especially the computer console from direct sunlight.
- Inspect all assembly bolts and pedals of the machine every week. Retighten them, if necessary.
- Store it in a clean and dry place away from children.

COMPUTER OPERATION MANUAL

DISPLEJ

Values	Range	Description / settings
TIME	00:00~99:59	No preset target, time will count from 00:00 to maximum. If the target time is set, it will count down from preset time to 0
TIME/500M	00:00~99:00 min	User exercise time Display time to finish 500m according to speed
DISTANCE	0~99999m	Display distance Count from 0 to 99999. Reset after reaching maximum.
CALORIES	0~9999 cal.	Burned calories. Count from 0 to 9999. Reset after reaching maximum.
SPM	0~999	Strokes per minute.
WATTS	0~9999	Workout power consumption.
STROKES	0~99999	Number of completed full rowing movements.
TOTAL STROKES	0~99999	Continuous count of full rowing movements.
PULSE	P~30~240	Display heart beats per minute during rowing.

BUTTONS

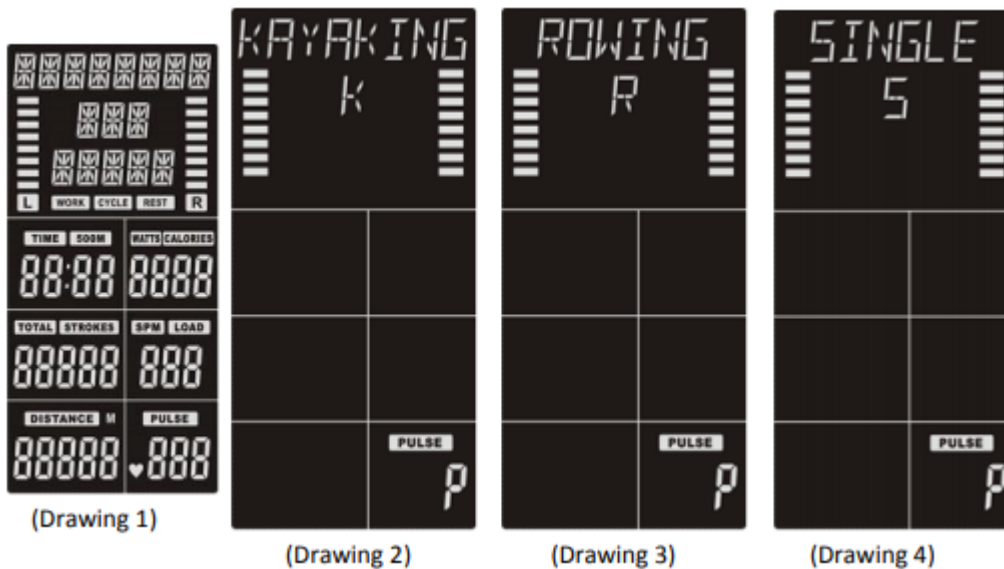
Button	Function
UP	Increase resistance. Function selection.
DOWN	Decrease resistance. Function selection.
ENTER	Confirm settings or selection.
Reset	During setting, press once to go back. In exercise mode, press once to end an exercise. In STOP mode press once to go back to previous mode. Press and hold reset button for 3 seconds to reset all values except TOTAL STROKES.

OPERATION

POWER ON

When the console is connected to the power supply, a beep sounds and all values are displayed for 2 seconds. (Drawing. 1).

Once started, the console switches to training mode. The KAYAKING / ROWING / SINGLE modes will be displayed in order (Drawing. 2~4).



KAYAKING

By pressing the ENTER button in KAYAKING mode, select mode K-1 ~ K-9, using the UP / DOWN buttons.

1. K-1 – Manual mode

- A. Press ENTER to select K-1 manual mode, use UP / DOWN buttons to set the load. (Drawing. 5).
- B. Press ENTER to start the program. Press RESET to stop without SPM (Drawing. 6~7).

2. K-2 – Target time

- A. Press ENTER to select K-2 target time mode. Use the UP / DOWN buttons to set the time (Drawing. 8).
- B. Press ENTER and adjust the load with UP / DOWN buttons.
- C. Press ENTER to start the program. Press RESET to stop without SPM.

3. K-3 – Target distance

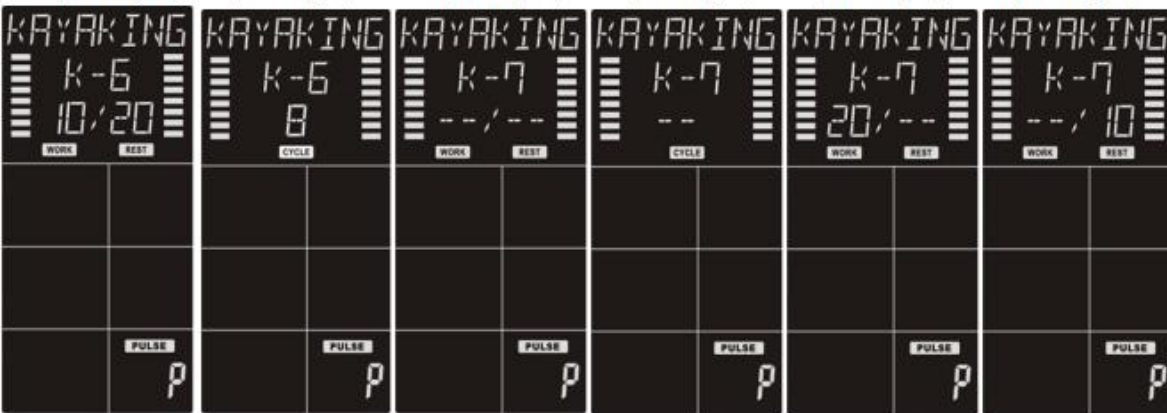
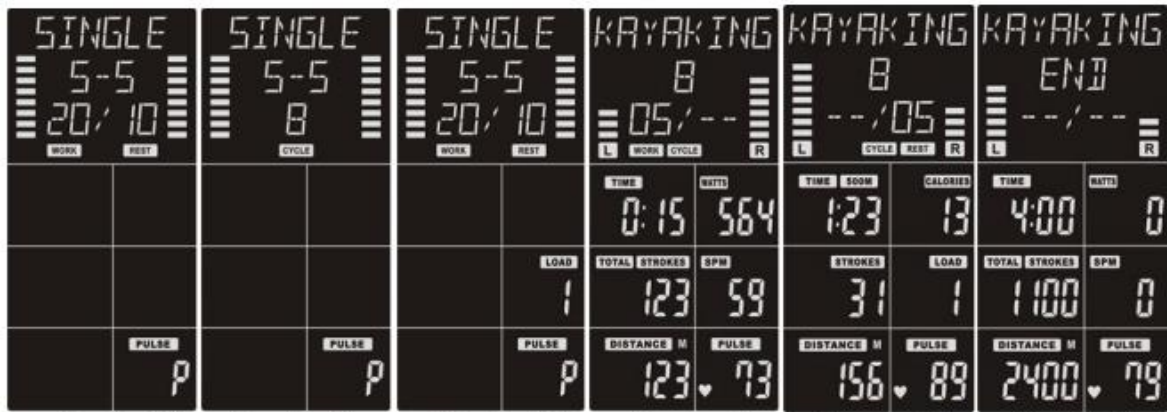
- A. Use ENTER to select K-3 target distance mode. Use the UP / DOWN buttons to adjust the distance. (Drawing. 9)
- B. Press ENTER and adjust the load with UP / DOWN buttons.
- C. Press ENTER to start the program. Press RESET to stop without SPM.

4. K-4 – Target calories

- A. Use ENTER to select K-4 target calories mode. Use the UP / DOWN buttons to set the number of calories. (Drawing. 10).
- B. Press ENTER and adjust the load with UP / DOWN buttons.
- C. Press ENTER to start the program. Press RESET to stop without SPM.

5. K-5 – INTERVAL 20/10

- A. Use ENTER to select K-5 20/10 interval mode. WORK / REST and CYCLE are displayed for 2 seconds. (Drawing. 11~12).
 - B. Use the UP / DOWN buttons to set the load (Drawing. 13).
 - C. Press ENTER to start the program. Press RESET to stop without SPM.
 - D. During the workout, a countdown of 20 seconds of training is displayed. (Drawing. 14).
 - E. During the exercise, a countdown of 10 seconds of rest is displayed. (Drawing. 15)
 - F. Steps D and E repeats 8x (Drawing. 16).
- 6. K-6 – INTERVAL 10/20**
- A. Use ENTER to select K-6 10/20 interval mode. WORK / REST and CYCLE are displayed for 2 seconds. (Drawing. 17~18).
 - B. Use the UP / DOWN buttons to set the load.
 - C. Press ENTER to start the program. Press RESET to stop without SPM.
 - D. During the workout, a countdown of 10 seconds of training is displayed.
 - E. During the exercise, a countdown of 20 seconds of rest is displayed.
 - F. Steps D and E repeats 8x.
- 7. K-7 USER INTERVAL (INTERVAL CUSTOMER)**
- A. Use ENTER to select K-7 user interval mode. WORK / REST and CYCLE are displayed for 2 seconds. (Drawing. 19~20).
 - B. SET ROUND is displayed. Use ENTER to set the time WORK / REST / CYCLE. Use UP / DOWN to adjust the time. (Drawing. 21~23).
 - C. Use the UP / DOWN buttons to set the load.
 - D. Press ENTER to start the program. Press RESET to stop without SPM.
 - E. During exercise, the set training countdown is displayed.
 - F. During exercise, the set rest time is displayed.
 - G. Steps E and F repeats according to settings.
- 8. K-8 – TIME 30:00**
- A. Use ENTER to select K-8 TIME 30:00 (Drawing. 24).
 - B. Use the UP / DOWN buttons to set the time from 30:00.
 - C. Press ENTER to start the program. Press RESET to stop without SPM.
- 9. K-9 – DISTANCE 5 KM**
- A. Use ENTER to select K-9 DISTANCE 5 KM (Drawing. 25).
 - B. Use the UP / DOWN buttons to set the exercise time to complete 5000 m.
 - C. Press ENTER to start the program. Press RESET to stop without SPM.



ROWING

Press ENTER button in ROWING mode, select mode R-1~R-9, with UP / DOWN.

1. R-1 – Manual mode

- A. Press ENTER to select R-1 manual mode, use UP / DOWN buttons to set the load. (Drawing. 26).
- B. Press ENTER to start the program. Press RESET to stop without SPM.

2. R-2 – Target time

- A. Press ENTER to select R-2 target time mode. Use the UP / DOWN buttons to set the time (Drawing. 27).
- B. Press ENTER and adjust the load with UP / DOWN buttons.
- C. Press ENTER to start the program. Press RESET to stop without SPM.

3. R-3 – Target distance

- A. Use ENTER to select R-3 target distance mode. Use the UP / DOWN buttons to adjust the distance (Drawing. 28)
- B. Press ENTER and adjust the load with UP / DOWN buttons.
- C. Press ENTER to start the program. Press RESET to stop without SPM.

4. R-4 – Target calories

- A. Use ENTER to select R-4 target calories mode. Use the UP / DOWN buttons to set the number of calories. (Drawing. 29).
- B. Press ENTER and adjust the load with UP / DOWN buttons.
- C. Press ENTER to start the program. Press RESET to stop without SPM.

5. R-5 – INTERVAL 20/10

- A. Use ENTER to select R-5 20/10 interval mode. WORK / REST and CYCLE are displayed for 2 seconds (Drawing. 30~31).
- B. Use the UP / DOWN buttons to set the load.
- C. Press ENTER to start the program. Press RESET to stop without SPM.
- D. During the workout, a countdown of 20 seconds of training is displayed. (Drawing. 33).
- E. During the exercise, a countdown of 10 seconds of rest is displayed. (Drawing. 34)
- F. Steps D and E repeats 8x (Drawing. 35).

6. R-6 – INTERVAL 10/20

- A. Use ENTER to select R-6 10/20 interval mode. WORK / REST and CYCLE are displayed for 2 seconds. (Drawing. 36~37).
- B. Use the UP / DOWN buttons to set the load.
- C. Press ENTER to start the program. Press RESET to stop without SPM.
- D. During the workout, a countdown of 10 seconds of training is displayed.
- E. During the exercise, a countdown of 20 seconds of rest is displayed.
- F. Steps D and E repeats 8x.

10. R-7 USER INTERVAL (INTERVAL CUSTOMER)

- A. Use ENTER to select R-7 user interval mode. WORK / REST and CYCLE are displayed for 2 seconds. (Drawing. 38~39).
- B. SET ROUND is displayed. Use ENTER to set the time WORK / REST / CYCLE. Use UP / DOWN to adjust the time. (Drawing. 40~42).
- C. Use the UP / DOWN buttons to set the load.

- D. Press ENTER to start the program. Press RESET to stop without SPM.
 - E. During exercise, the set training countdown is displayed. (Drawing. 43)
 - F. During exercise, the set rest time is displayed. (Drawing. 44)
 - G. Steps E and F repeats according to settings.
- 7. R-8 – TIME 30:00**
- A. Use ENTER to select R-8 TIME 30:00 (Drawing. 45).
 - B. Use the UP / DOWN buttons to set the time from 30:00.
 - C. Press ENTER to start the program. Press RESET to stop without SPM.
- 8. R-9 – DISTANCE 5 KM**
- A. Use ENTER to select R-9 DISTANCE 5 KM (Drawing. 46).
 - B. Use the UP / DOWN buttons to set the exercise time to complete 5000 m.
 - C. Press ENTER to start the program. Press RESET to stop without SPM.

SINGLE REŽIM

Press ENTER button in SINGLE mode, choose modes S-1~S-9, with UP / DOWN buttons.

1. S-1 – Manual mode

- A. Press ENTER to select S-1 manual mode, use UP / DOWN buttons to set the load. (Drawing. 47).
- B. Press ENTER to start the program. Press RESET to stop without SPM.

2. S-2 – Target time

- A. Use ENTER to select S-2 to select the countdown mode. Use the UP / DOWN buttons to set the time (Drawing. 48).
- B. Press ENTER and adjust the load with UP / DOWN buttons.
- C. Press ENTER to start the program. Press RESET to stop without SPM.

3. S-3 – Target strokes

- A. Use ENTER to select S-3 to select target strokes mode. Use the UP / DOWN buttons to set the number strokes. (Drawing. 49)
- B. Use the UP / DOWN buttons to set the load.
- C. Press ENTER to start the program. Press RESET to stop without SPM.

4. S-4 – Target calories

- A. Use ENTER to select S-4 target calories mode. Use the UP / DOWN buttons to set the number of calories. (Drawing. 50).
- B. Press ENTER and adjust the load with UP / DOWN buttons.
- C. Press ENTER to start the program. Press RESET to stop without SPM.

5. S-5 – INTERVAL 20/10

- A. Use ENTER to select S-5 20/10 interval mode. WORK / REST and CYCLE are displayed for 2 seconds (Drawing. 51~52).
- B. Use the UP / DOWN buttons to set the load. (Drawing. 53)
- C. Press ENTER to start the program. Press RESET to stop without SPM.
- D. During the workout, a countdown of 20 seconds of training is displayed.
- E. During the exercise, a countdown of 10 seconds of rest is displayed.
- F. Steps D and E repeats 8x

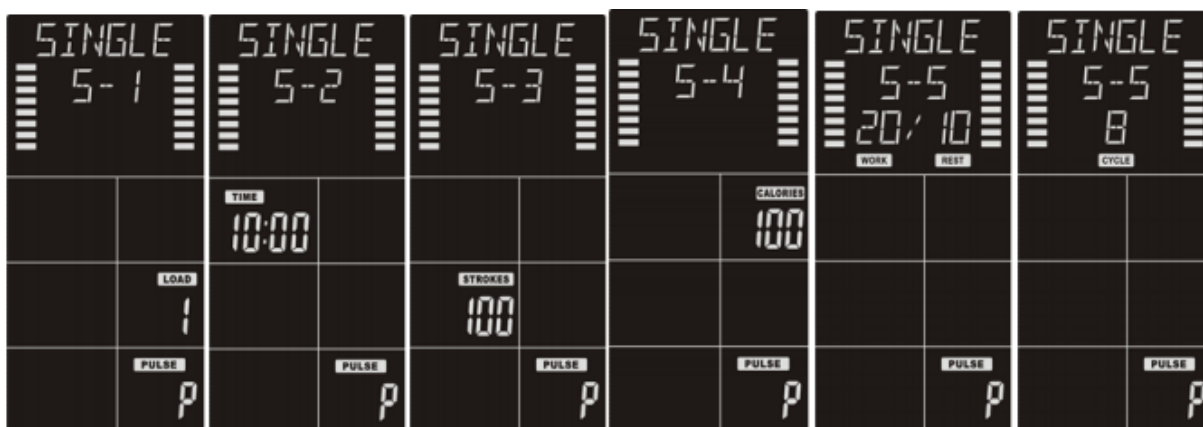
6. S-6 – INTERVAL 10/20

- A. Use ENTER to select S-6 10/20 interval mode. WORK / REST and CYCLE are displayed for 2 seconds. (Drawing. 54~55).
- B. Use the UP / DOWN buttons to set the load.
- C. Press ENTER to start the program. Press RESET to stop without SPM.
- D. During the workout, a countdown of 10 seconds of training is displayed.
- E. During the exercise, a countdown of 20 seconds of rest is displayed.
- F. Steps D and E repeats 8x.

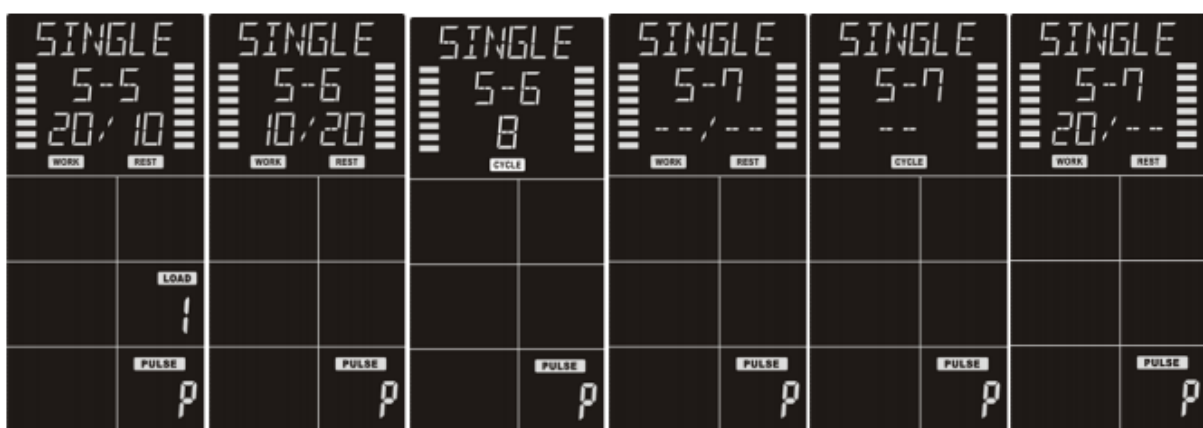
7. S-7 USER INTERVAL (INTERVAL CUSTOMER)

- A. Use ENTER to select S-7 user interval mode. WORK / REST and CYCLE are displayed for 2 seconds. (Drawing. 56~57).
- B. SET ROUND is displayed. Use ENTER to set the time WORK / REST / CYCLE. Use UP / DOWN to adjust the time. (Drawing. 58~60).
- C. Use the UP / DOWN buttons to set the load.

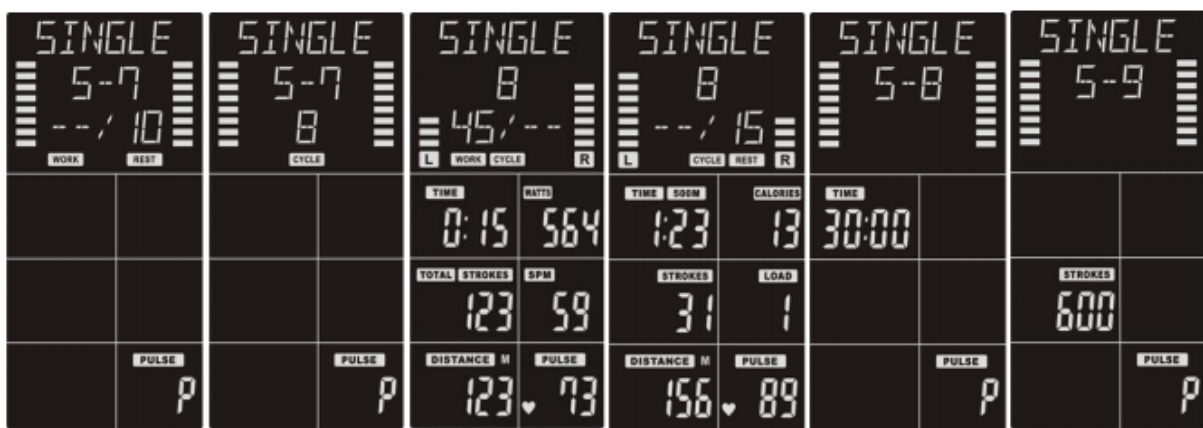
- D. Press ENTER to start the program. Press RESET to stop without SPM.
 - E. During exercise, the set training countdown is displayed. (Drawing. 61)
 - F. During exercise, the set rest time is displayed. (Drawing. 62)
 - G. Steps E and F repeats according to settings.
- 8. S-8 – TIME 30:00**
- A. Use ENTER to select S-8 TIME 30:00 (Drawing. 63).
 - B. Use the UP / DOWN buttons to set the time from 30:00.
 - C. Press ENTER to start the program. Press RESET to stop without SPM.
- 9. S-9 – STROKES**
- A. Use ENTER to select S-9 STROKES (Drawing. 64).
 - B. Use the UP / DOWN buttons to set the exercise time from 600.
 - C. Press ENTER to start the program. Press RESET to stop without SPM.



(Drawing 47) (Drawing 48) (Drawing 49) (Drawing 50) (Drawing 51) (Drawing 52)



(Drawing 53) (Drawing 54) (Drawing 55) (Drawing 56) (Drawing 57) (Drawing 58)



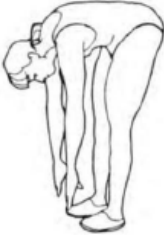



(Drawing 59) (Drawing 60) (Drawing 61) (Drawing 62) (Drawing 63) (Drawing 64)

POZNÁMKA:

- Během cvičení se TIME/500, CALOREIS, STROKE / TIME, WATTS a TOTAL STROKE zobrazují v cyklu každých 5 vteřin.
- Konzole se přepne do úsporného režimu po 4 minutách neaktivity.
- Pokud konzole nefunguje správně, zkuste vypojit a zapojit adaptér.

WARM-UP EXERCISE

	<p>Quadriceps Stretch</p> <p>With one hand against a wall for balance. Reach behind you and pull your right foot up. Bring your heel as close to your buttock as possible. Hold for 15 seconds and repeat with your left foot.</p>
	<p>Inner Thigh Stretch</p> <p>Sit with the soles of your feet together with your knees pointing outwards. Pull your feet as close to your groin as possible. Gently push your knees towards the floor. Hold for 10 seconds.</p>
	<p>Toe Touches</p> <p>Slowly bend forward from your waist, letting your back and shoulders relaxing as you stretch toward your toes. Reach down as far as you can and hold for 15 seconds.</p>
	<p>Hamstring Stretches</p> <p>Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 seconds, relax and repeat with your left leg.</p>

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.

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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