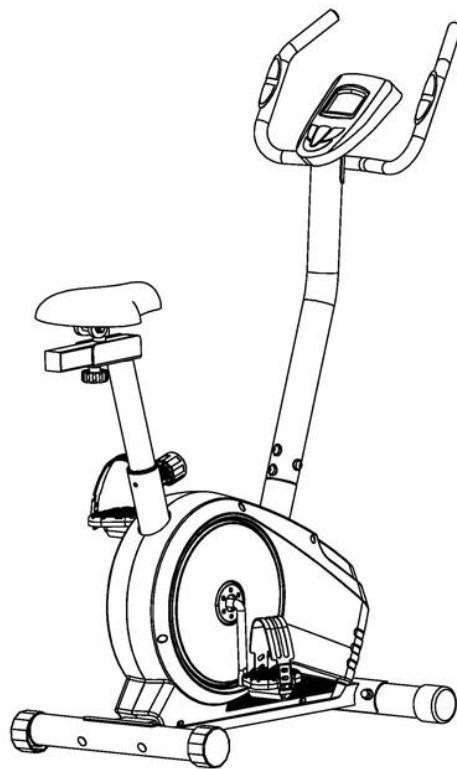




**USER MANUAL – EN**

**IN 16526 Exercise Bike inSPORTline Erinome II**



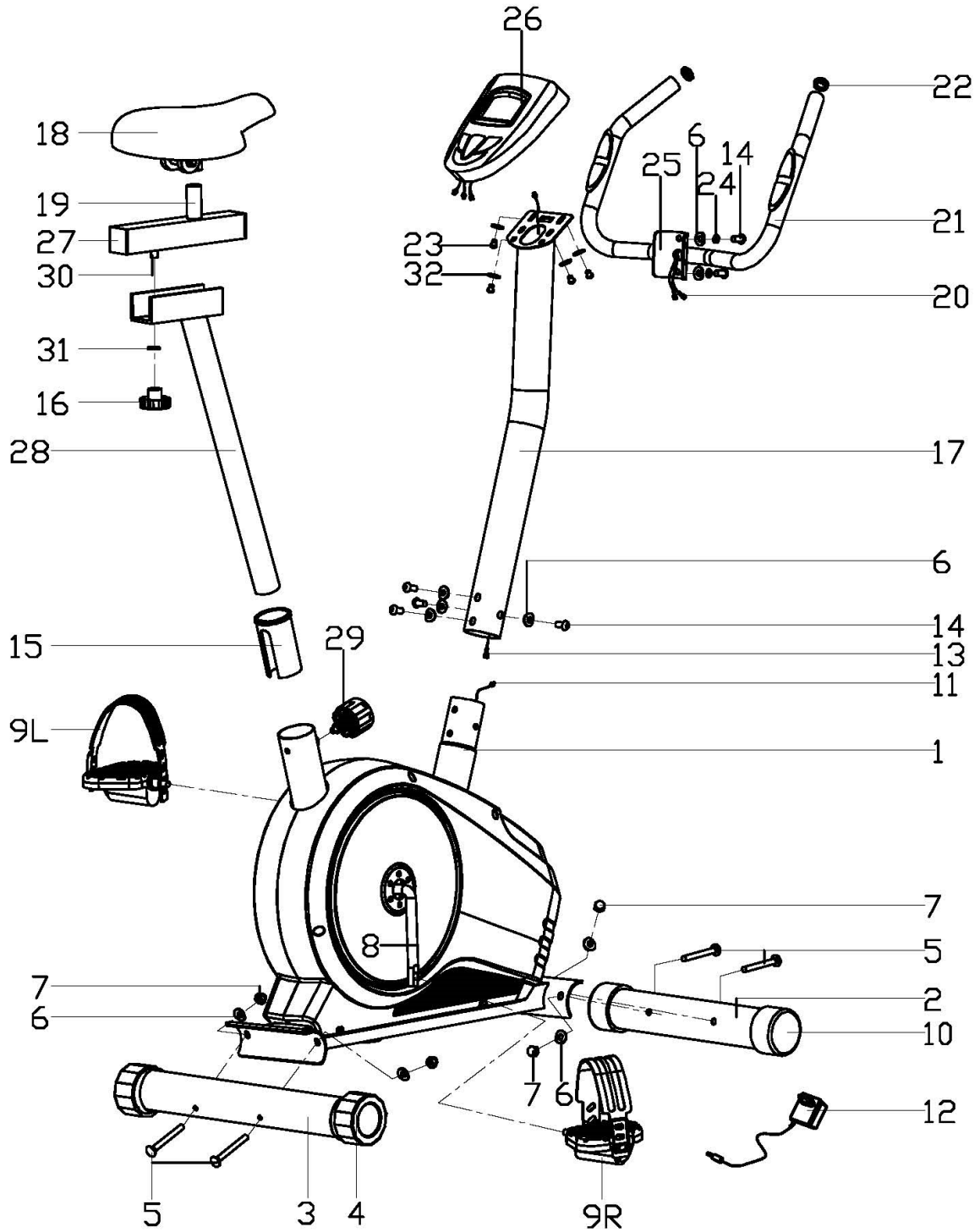
# CONTENTS

- SAFETY PRECAUTIONS..... 3
- EXPLODED DRAWING..... 4
- PARTS LIST ..... 5
- ASSEMBLY STEPS ..... 6
- USAGE INSTRUCTIONS..... 9
- OPERATION INSTRUCTIONS ..... 10
  - KEY FUNCTIONS ..... 10
  - WORKOUT SELECTION..... 11
  - SETTING WORKOUT PARAMETERS..... 11
- PROGRAM OPERATION..... 12
  - MANUAL ..... 12
  - PRE-PROGRAMS ..... 12
  - WATT CONTROL PROGRAM..... 12
  - BODY FAT PROGRAM ..... 12
  - TARGET HEART RATE PROGRAM..... 13
  - HEART RATE CONTROL PROGRAM..... 13
  - USER PROGRAM ..... 14
- TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS..... 14

## SAFETY PRECAUTIONS

- Read this manual carefully before first using and retain it for future reference. Specifications may slightly vary from the illustrations and can be changed without any previous notice.
- Observe all instructions and warnings for higher safety. Use it only for intended purpose.
- Warm up your muscles before each exercising to avoid an injury.
- Don't do any improper modification. For repairing contact an authorized service.
- Regularly check all screws and bolts if they are well tightened. Regularly check this device for damage or wearing. Never use damaged or worn product.
- Keep it away from children and pets. It is not a toy. Intended only for adults.
- Assembly should be done only by an adult person.
- Wear only appropriate sports clothes and shoes for exercising. Avoid too loose clothes that can be easily caught in.
- Put it only on a flat, clean and solid surface. Keep a clearance of at least 0.6 m around this device for higher safety.
- Don't use it outdoors.
- Only one person may use it at time. No adjustable part can protrude and obstruct user movements.
- Other people should keep sufficient distance while the device is used.
- Consult your health state with your physician before starting some workout program. It is especially necessary if you are older than 35 years or if you suffer from some problems. Observe reactions of your body. If you feel faintly or if you remark another complication, stop using. Don't overstretch yourself and exercise reasonably to avoid injury.
- Flywheel weight: 5 kg
- **Weight limit:** 120 kg
- **Category:** HC (according to EN957 standard) suitable for home use.
- **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.

# EXPLODED DRAWING



## PARTS LIST

No.	Description	Qty.
1	Main frame	1
2	Front stabilizer	1
3	Rear stabilizer	1
4	Rear end cap	2
5	Carriage bolt M8xL74	4
6	Arc Washer $\varnothing 8.5 \times 1.5 \times \varnothing 25 \times R33.5$	10
7	Acorn nut M8	4
8	Crank	1
9L/R	Pedal	1/1
10	Front end cap	2
11	Sensor wire	1
12	Adapter	1
13	Extension wire	1
14	Inner hex. bolt M8x16	6
15	Saddle bushing	1
16	Plum nut	1
17	Handlebar post	1
18	Saddle	1
19	Horizontal saddle post	1
20	Pulse wire	2
21	Foam grip	2
22	Round end cap	2
23	Cross pan-head screw	4
24	Spring washer D8x1.5	2
25	Handlebar	1
26	Computer	1
27	Square end cap	2
28	Saddle post	1
29	Knob	1
30	U-shaped slider	1
31	Flat washer D10	1
32	Flat washer	4

**NOTE:** Most of the listed assembly hardware has been packaged separately, but some hardware items have been pre-installed as assembly parts. Because of this, simply remove and reinstall the hardware as for assembly required. Keep the assembly steps for reference and make note about all pre-installed hardware parts.

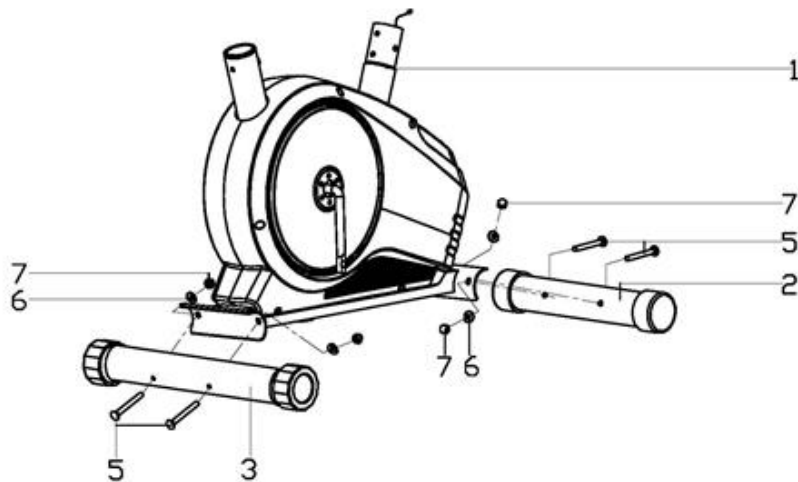
## ASSEMBLY STEPS

### NOTE:

- Have enough of free space for safe assembly and use proper tools. Before assembly check that no part is missing.
- To increase your safety, ask at least one adult person for help during mounting.
- Assembly should be done only by adult people.

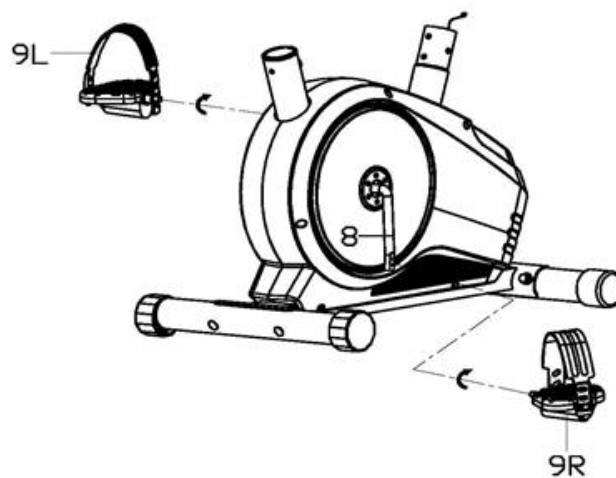
### STEP 1

- Attach front stabilizer (2) and rear stabilizer (3) to the mainframe (1) and secure with carriage bolts (5), arc washers (6) and acorn nuts (7) as shown below.



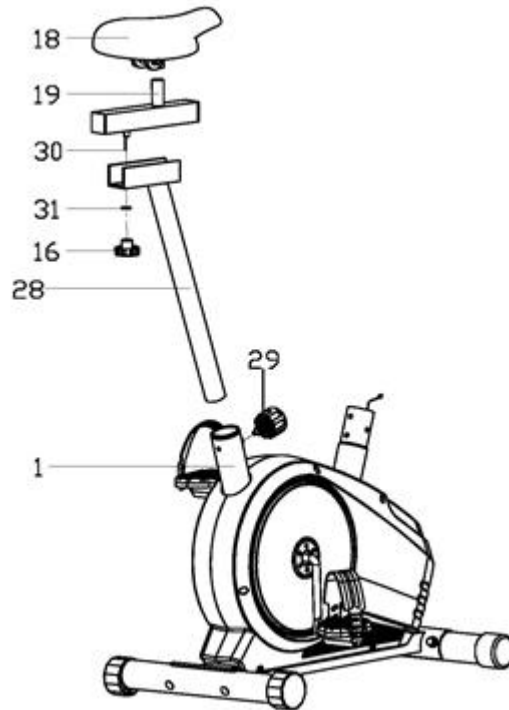
### STEP 2

- Attach the right and left pedals (9L/R) to the cranks respectively.
- Both pedals are labeled: L-left, R-right. To tighten them, you should turn the left pedal counterclockwise and the right pedal clockwise.
- Before each workout check if the pedals are properly tightened to avoid product damage or personal injury.



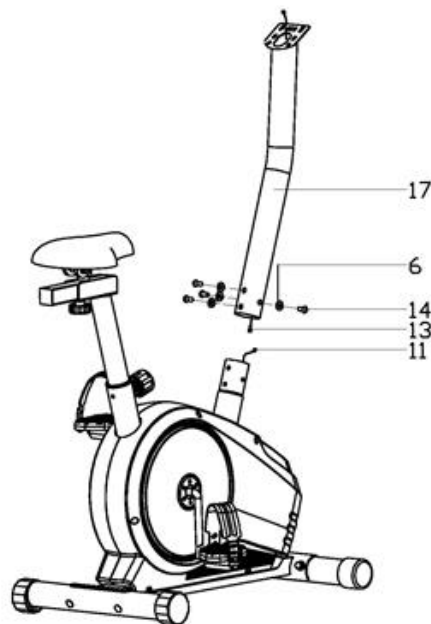
### STEP 3

- Insert the saddle post (28) into the main frame (1) and fix with the knob (29) in proper height.
- Attach horizontal saddle post (19) to the saddle post (28) and secure with flat washer (31) and plum nut (16). Then attach the saddle (18) to the horizontal saddle post (19).
- **WARNING:** Before each using, check that the saddle is tightly fastened on the horizontal saddle post to increase your safety.



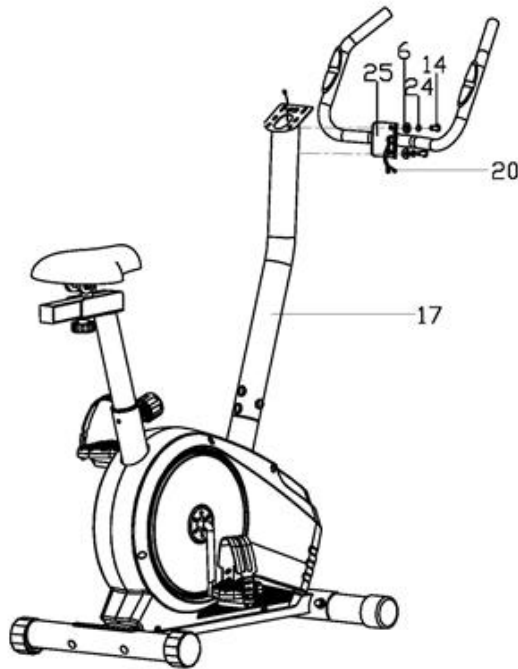
### STEP 4

- Connect the extension wire (13) to the sensor wire (11). Then fix the handlebar post (17) to the post of the main frame (1) using the inner hex bolts (14) and arc washers (6).



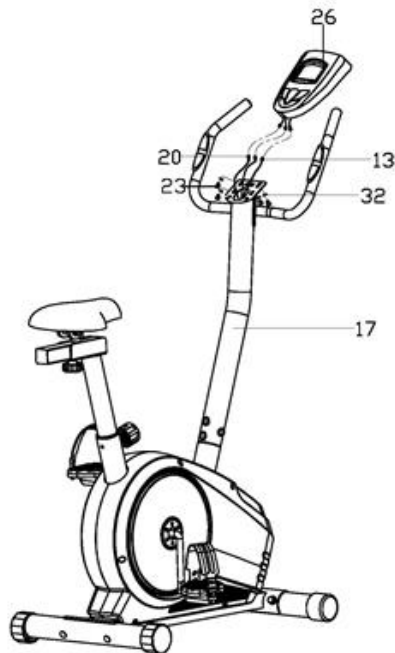
### STEP 5

- Insert the pulse wires (20) through the hole on the handlebar post (17) and pull them out from the top of the computer bracket.
- Attach the handlebar (25) to the handlebar post (17) with the inner hex bolt (14), spring washer (24) and arc washers (6).



### STEP 6

- Connect the pulse wires (20) and extension wire (13) with the wires that come from the computer (26) correctly. Then attach the computer (26) onto the bracket of handlebar post (17) and secure tightly with the cross pan-head screw (23) and flat washer (32) as shown below.





## USAGE INSTRUCTIONS


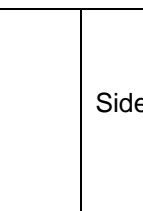
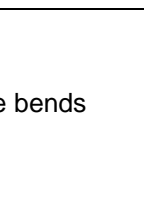


Using this bike can provide you with many benefits such as physical fitness improving, muscle toning or weight lost (in coordination with controlled diet).

### WARM-UP PHASE

This phase should prepare your body for exercising and prevent your muscles from injury. Warm up for two or five minutes before stretching or aerobic exercising. Performed activities should increase your heart rate and warm your muscles. You can do: brisk walking, jogging, jumping or running in place.

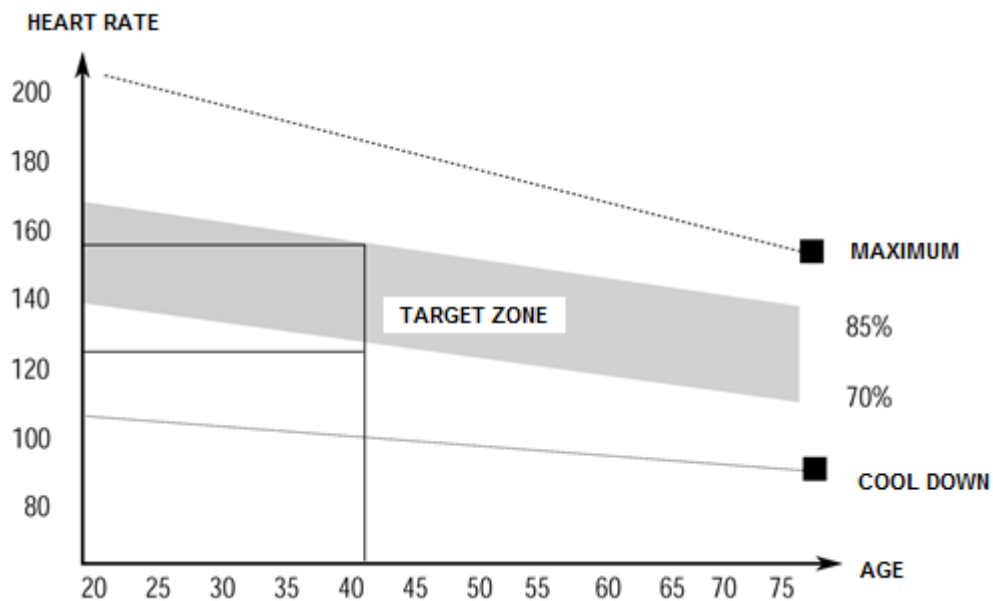
### STRETCHING

Stretching is very important if your muscle have been properly warmed. You should repeat it after aerobic training. Elevated muscle temperature allows you to stretch them easily with reduced injury risk. Stretch for 15-30 seconds and don't bounce. Consult your physician before starting any workout program.

	Side bends
	Forward bends
	Outer thigh stretches
	Inner thigh stretches
	Calf/Achilles tendon stretches

## EXERCISE PHASE

This is the stage, where there should be your effort put in. After regular use, your leg muscles should get more flexible. Work at your own pace and be sure to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone as shown below.



## COOL-DOWN PHASE

The goal of this phase is to return your body to a normal state. It is like a resting state at the end of each exercise session. A proper cool-down phase lowers your heart rate and allows your blood to circulate continually.

## OPERATION INSTRUCTIONS

### KEY FUNCTIONS

START/STOP	<ul style="list-style-type: none"> <li>Starts and pauses the workout.</li> <li>Starts body fat measurement and quits the body fat program.</li> <li>Operates only in the stop mode. Hold it for 3 seconds to reset all the function values to zero.</li> </ul>
DOWN	<ul style="list-style-type: none"> <li>Decreases the parameter value (time, distance etc.). During the workout, it can decrease the resistance load.</li> </ul>
UP	<ul style="list-style-type: none"> <li>Increases the parameter value. During the workout, it can increase the resistance load.</li> </ul>
ENTER	<ul style="list-style-type: none"> <li>To input required value or workout mode.</li> </ul>
TEST	<ul style="list-style-type: none"> <li>Push it to enter the recovery function if the computer detects the heart rate value. The recovery will be displayed in a fitness level from 1 to 6 after 1 minute. F1 is the best and F6 the worst.</li> </ul>
MODE	<ul style="list-style-type: none"> <li>Push to switch displaying from RPM to SPEED, ODO to DIST., WATT to CALORIES during workout.</li> </ul>

## WORKOUT SELECTION

After power-up use keys UP or DOWN to select it and push ENTER to go into the required mode.

## SETTING WORKOUT PARAMETERS

After selecting your desired program, you can pre-set several workout parameters for required results.

WORKOUT PARAMETERS: TIME/ DISTANCE/ CALORIES/ AGE

### NOTE:

- Some parameters are not adjustable in certain programs.
- Time and distance cannot be set up at the same time.

Once the program has been selected, press ENTER and the TIME parameter starts flashing.

Use UP or DOWN key to select the time value. Press ENTER to confirm it.

The flashing prompt will go to the next parameter. Continue by using UP or DOWN key. Then press START/STOP to start exercising.

### WORKOUT PARAMETERS:

FIELD	DISPLAY RANGE	DEFAULT VALUE	INCREMENT/ DECREMENT	DESCRIPTION
TIME	0:00~99:00	00:00	+/-1:00	<ul style="list-style-type: none"><li>• When the display is 0:00, time counts up.</li><li>• When time is 1:00 or 5:00~99:00, it counts down to 0.</li></ul>
DISTANCE	0.00~999.0	0.00	+/-1.0	<ul style="list-style-type: none"><li>• When the display is 0.0, distance counts up.</li><li>• When distance is 1.0~999.0, it counts down to 0.</li></ul>
CALORIES	0~9950	0	+/-5	<ul style="list-style-type: none"><li>• When the display is 0, calories count up.</li><li>• When calories are 5.0~9950, it counts down to 0.</li></ul>
WATT	10~350	100	+/-10	User can set the watt value only in WATT control program.
AGE	10~99	30	+/-1	Target HR will be based on the age. When the heart rate exceeds your target HR, the value of the HR will flash in programs (P1-P9).

## PROGRAM OPERATION

### MANUAL

Select MANUAL by using UP or DOWN keys and the push ENTER. First parameter (TIME) will flash and you can adjust the value using UP or DOWN keys. Press ENTER to save the value and to go to next parameter for adjusting.

If the user sets up the target time to workout, then it is impossible to adjust the next parameter of distance.

Continue through all desired parameters. Press START/STOP to start your workout.

**NOTE:** If some of the workout parameters counts down to zero, the system gives a sound signal and stops automatically. Push START/STOP to continue your exercise to reach the unfinished workout parameter.

### PRE-PROGRAMS

There are 8 program profiles for use. Each program profile has 16 levels of resistance.

#### Setting parameters for pre-programs:

Select one of the pre-programs using UP or DOWN keys. Then push ENTER. First parameter (TIME) will flash and the value can be adjusted by using UP or DOWN keys. Press ENTER to save the value and to go to next parameter for adjustment.

If the user sets up the target time to workout, then it is impossible to adjust the next parameter of distance.

Continue through all desired parameters. Press START/STOP to start your workout.

**NOTE:** If some of the workout parameters counts down to zero, the system gives a sound signal and stops automatically. Push START/STOP to continue your exercise to reach the unfinished workout parameter.

### WATT CONTROL PROGRAM

Select WATT CONTROL PROGRAM using UP or DOWN keys. Then push ENTER. First parameter (TIME) will flash and the value can be adjusted by using UP or DOWN keys. Press ENTER to save the value and to go to next parameter for adjustment.

If the user sets up the target time to workout, then it is impossible to adjust the next parameter of distance.

Continue through all desired parameters. Press START/STOP to start your workout.

**NOTE:** If some of the workout parameters counts down to zero, the system gives a sound signal and stops automatically. Push START/STOP to continue your exercise to reach the unfinished workout parameter.

Computer will adjust the resistance load automatically depending on the speed to keep the constant watt value. The user can use UP or DOWN keys to adjust the watt value during workout.

### BODY FAT PROGRAM

#### Setting data for body fat program:

Select BODY FAT program using UP or DOWN keys. The press ENTER.

“MALE” will flash and the gender can be adjusted using UP or DOWN keys. Press ENTER to save gender and to go to next data.

“175” starts flashing as height. You can adjust the height by pushing UP or DOWN keys. Press ENTER to save value and to go to next data.

"75" will flash as weight. You can adjust the weight by using UP or DOWN keys. Press ENTER to save the value and to go to next data.

"30" as age starts flashing. You can adjust the age using UP or DOWN keys. Push ENTER to save the value.

Press START/STOP to start measuring and grasp the hand-pulse grips.

After 15 seconds the display shows the body fat percentage, BMR (Basal Metabolism Ratio), BMI (Body Mass Index) and body type.

**BODY TYPES:** There are 9 body types distinguished according to the calculated fat percentage.

Type	Fat percentage (from-to)
1	5-9%
2	10-14%
3	15-19%
4	20-24%
5	25-29%
6	30-34%
7	35-39%
8	40-44%
9	45-50%

**NOTE:** Press START/STOP to return to the main display.

## TARGET HEART RATE PROGRAM

### Setting parameters for target HR:

Select TARGET H.R. using UP or DOWN keys. Then push ENTER. First parameter (TIME) will flash and the value can be adjusted by using UP or DOWN keys. Press ENTER to save the value and to go to next parameter for adjustment.

If the user sets up the target time to workout, then it is impossible to adjust the next parameter of distance.

Continue through all desired parameters. Press START/STOP to start your workout.

### NOTE:

- If the pulse is above or below (+/-5) the set target HR, the computer will adjust resistance load automatically. It will check every 20 seconds approx. and resistance will be increased or decreased. Each resistance load represents 2 levels of loading.
- If some of the workout parameters counts down to zero, the system gives a sound signal and stops automatically. Push START/STOP to continue your exercise to reach the unfinished workout parameter.

## HEART RATE CONTROL PROGRAM

There are 3 selections for the target pulse:

P10 – 60% Target HR=60% of (220-age)

P11 – 75% Target HR=75% of (220-age)

P12 – 85% Target HR=85% of (220-age)

### **Setting parameters for heart rate control:**

Select one of heart rate control programs using UP or DOWN keys. Then push ENTER. First parameter (TIME) will flash and the value can be adjusted by using UP or DOWN keys. Press ENTER to save the value and to go to next parameter for adjustment.

If the user sets up the target time to workout, then it is impossible to adjust the next parameter of distance.

Continue through all desired parameters. Press START/STOP to start your workout.

### **NOTE:**

- If the pulse is above or below (+/-5) the set target HR, the computer will adjust resistance load automatically. It will check every 20 seconds approx. and resistance will be increased or decreased. Each resistance load represents 2 levels of loading.
- If some of the workout parameters counts down to zero, the system gives a sound signal and stops automatically. Push START/STOP to continue your exercise to reach the unfinished workout parameter.

## **USER PROGRAM**

There are four user programs for choice (U1-U4).

The user program allows the user to set own program that can be used immediately.

### **Setting parameters for user program:**

Select USER by using UP or DOWN keys. Then push ENTER. First parameter (TIME) will flash and the value can be adjusted by using UP or DOWN keys. Press ENTER to save the value and to go to next parameter for adjustment.

If the user sets up the target time to workout, then it is impossible to adjust the next parameter of distance.

Continue through all desired parameters.

After desired parameters have been set up, the level 1 will flash. Use UP or DOWN keys for adjusting and then push ENTER until finishing (there are 10 times total). Press START/STOP to start your workout.

If some of the workout parameters counts down to zero, the system gives a sound signal and stops automatically. Push START/STOP to continue your exercise to reach the unfinished workout parameter.

## **TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS**

### **General Conditions of Warranty and Definition of Terms**

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

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

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

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

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

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

### **Warranty Conditions**

#### **Warranty Period**

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

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

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

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

### **Warranty Claim Procedure**

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

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

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

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

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

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

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

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

---

**SK****INSPORTLINÉ s.r.o.**

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

Date of Sale:

Stamp and Signature of Seller: