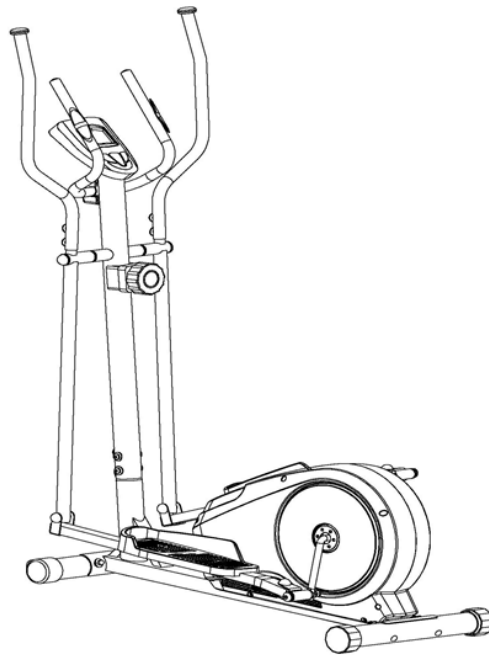




**USER MANUAL – EN**

**IN 16528 Elliptical Trainer inSPORTline Sarasota Light II**



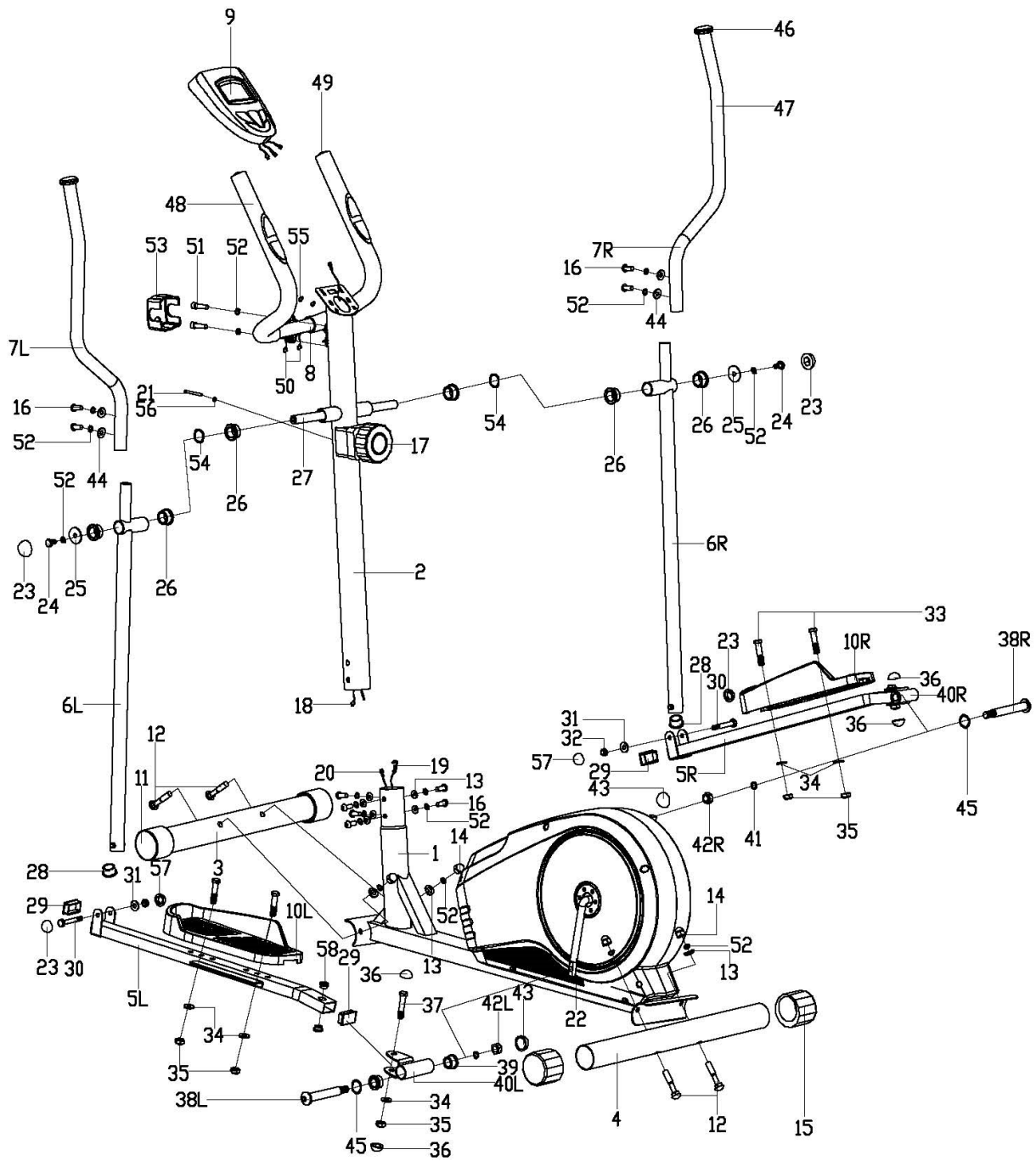
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## SAFETY PRECAUTIONS

- 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.
- At least two people are required for product assembly.
- Annual lubrication of moving parts recommended.
- 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. Never exercise barefoot.
- 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.
- Exercise reasonably and keep balance during using.
- Never put fingers or other objects between moving parts.
- 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
- Stride length: 330 mm
- **Weight limit:** 120 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.

# EXPLODED DRAWING



## PARTS LIST

No.	Description	Qty.
1	Main frame	1
2	Handlebar post	1
3	Front stabilizer	1
4	Rear stabilizer	1
5L/R	Pedal support	1
6L/R	Swing tube	1
7L/R	Handlebar	1
8	Fixed handlebar	1
9	Computer	1
10L/R	Pedal	1
11	Front end cap	2
12	Carriage bolt M8x76	4
13	Arc washer $\varnothing 20 \times \varnothing 8.5 \times R30$	10
14	Acorn nut M8	4
15	Rear end cap	2
16	Inner hex screw M8x16	10
17	Tension controller	1
18	Extension wire	1
19	Tension cable	1
20	Sensor wire	1
21	Cross pan-head screw M5x55	1
22	Crank	1
23	Cap S14	4
24	Hex bolt M8x15	2
25	Flat washer $\varnothing 8.2 \times \varnothing 32 \times 2$	2
26	Bushing $\varnothing 32 \times 2.5$	6
27	Shaft	1
28	Round cap $\varnothing 28 \times 1.5$	2
29	Square cap $40 \times 20 \times 1.5$	4
30	Hex bolt M8x55	2
31	Flat washer $d8 \times 1.5$	2
32	Nylon nut M8	2
33	Hex bolt M10x45	4
34	Flat washer $d10 \times 1.5$	6
35	Nylon nut M10	6

36	Cap S17	4
37	Hex bolt M10x50	2
38L/R	Hinge bolt	1
39	Bushing $\varnothing 24 \times 20 \times \varnothing 16.1$	4
40L/R	Connecting joint	1
41	Spring washer $\varnothing 13 \times B2$	2
42L/R	Nylon nut	1
43	Cap S19	2
44	Arc washer $\varnothing 20 \times d8.5 \times R12.5$	4
45	Wave washer D17x0.3	2
46	End cap	2
47	Handlebar grip	2
48	Foam grip	2
49	Round cap $\varnothing 25 \times 1.5$	2
50	Pulse wire	2
51	Inner hex screw M8x30	2
52	Spring washer D8	18
53	Clamp cover	1
54	Wave washer $\varnothing 20 \times \varnothing 28 \times 0.3$	2
55	Cross pan-head screw M4x12	2
56	Arc washer	1
57	Cap S13	2
58	Bushing $\varnothing 14 \times \varnothing 10 \times 10.1$	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.

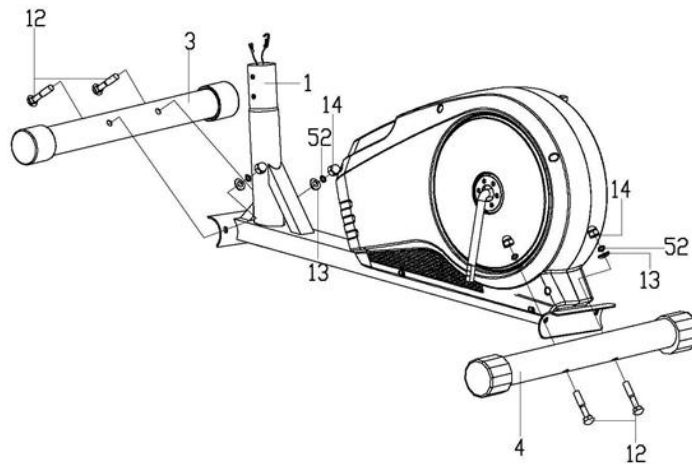
## ASSEMBLY STEPS

**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.

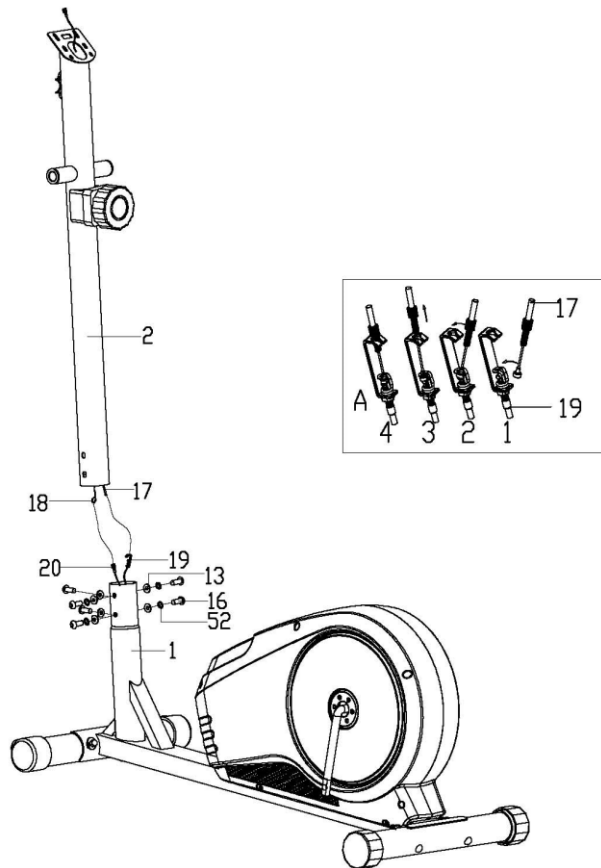
### STEP 1

- Attach the front and rear stabilizer (3 and 4) to the main frame (1) using carriage bolts (12), spring washers (52), arc washers (13) and acorn nuts (14).



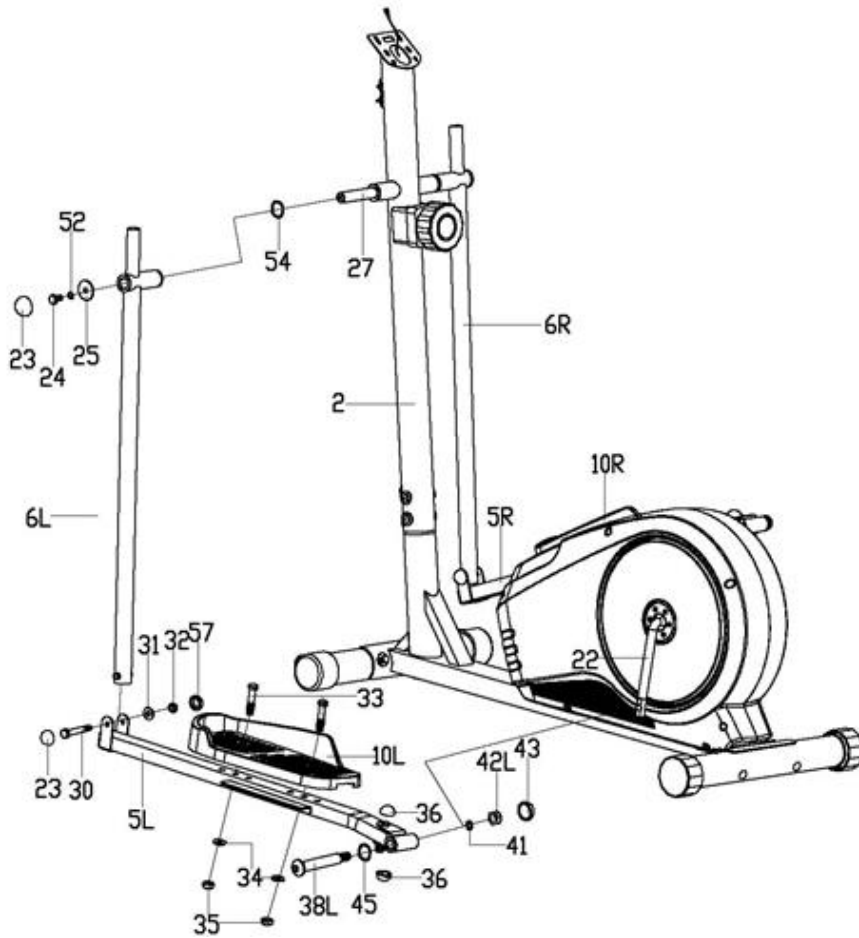
### STEP 2

- Connect extension wire (18) to sensor wire (20) and thereafter connect cable of the tension controller (17) to the hook of tension cable (19) as shown in picture A. Finally attach the handlebar post (2) to the main frame (1) with inner hex bolts (16), spring washers (52) and arc washers (13).



### STEP 3

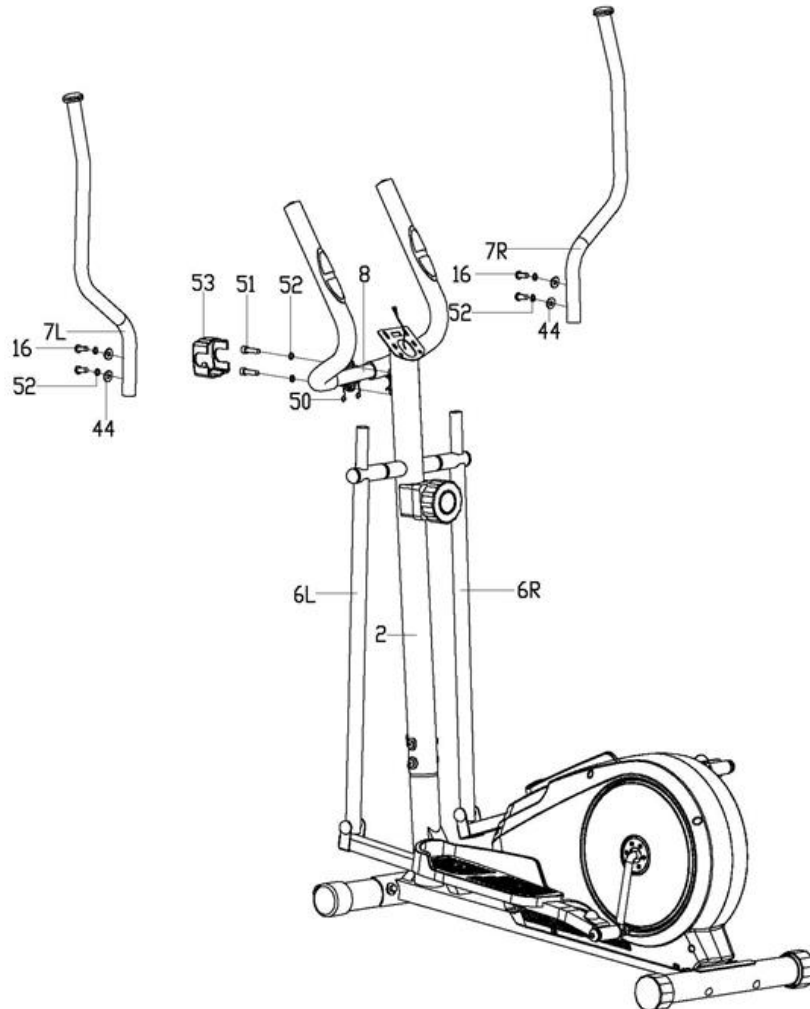
- Pass the shaft (27) through handlebar post (2) and put on a wave washer (54). Then put the left swing tube (6L) to the left side of the shaft (27). Secure it with a flat washer (25), spring washer (52) and hex bolt (24). Don't tighten them now.
- Attach the left pedal support (5L) to the left crank (22) with left hinge bolt (38L), wave washer (45), spring washer (41) and nylon nut (42L). Don't tighten them now.
- Attach the left swing tube (6L) to the left pedal support (5L) with hex bolt (30), flat washer (31) and nylon nut (32). Tighten the hex bolt (24), hex bolt (30) and nylon nut (42L). Cover the caps (23, 57, 43 and 36).
- Repeat above steps for the right side.
- Tighten properly pedals (10L/R) to the pedal supports (5L/R) with hex bolts (33), flat washers (34) and nylon nuts (35).





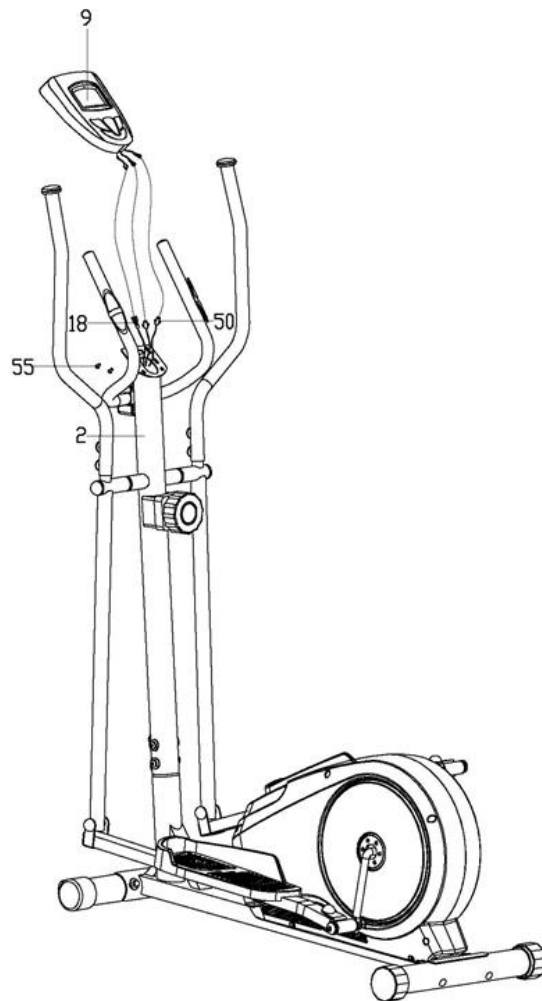
#### STEP 4

- Thread the pulse wire (50) through hole of handlebar post (2). Then pull it out from the hole of the computer bracket at the top of handlebar post (2). Tighten fixed handlebar (8) to the handlebar post (2) using inner hex bolts (51) and spring washers (52). Properly put on the clamp cover (53).
- Attach left and right handlebars (7L/R) to the swing tubes (6L/R) and fix them with inner hex bolts (16), spring washers (52) and arc washers (44).



## STEP 5

- Connect extension wire (18) and pulse wire (50) to the relevant wires of the computer (9). Fix the computer (9) to the computer bracket of handlebar post (2) using cross pan-head screws (55).



## MAINTENANCE AND STORAGE

- Store it only in a clean and dry place.
- Never catch moving parts for transport. Always grasp the frame to transport it. Moving components could crush your fingers.
- Remove batteries before long-time storing.
- Clean it with an absorbing cloth.
- Regularly check all nuts and bolts. They should be properly tightened.
- Maintain it regularly.
- Immediately replace all damaged or worn parts.

# WORKOUT PHASES

Each successful exercise program should consist of three phases: warm-up phase, aerobic phase and cool-down phase. It is recommended to do the entire workout program at least twice or three times a week with one-day rest between trainings. After several months, you can increase your trainings to four or five times a week.






**WARNING:** Consult your physician before starting any exercise. Do your workout reasonably and never overstretch yourself. If you fell faintly or have some health complications, stop immediately.

## 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.

	<p>Side stretches</p>
	<p>Toe touch</p>
	<p>Hamstring stretches</p>
	<p>Inner thigh stretches</p>
	<p>Calf/Achilles tendon stretches</p>

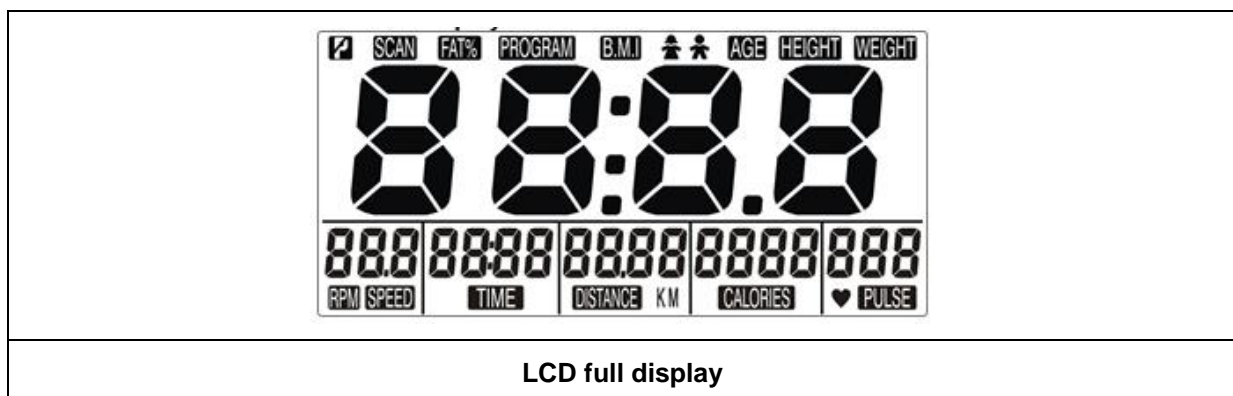
## COOL-DOWN PHASE

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.

## COMPUTER

### BUTTON FUNCTIONS

MODE	<ul style="list-style-type: none"> <li>• Push it to select hour, minute, year, month and date for setting.</li> <li>• Push it to select and pre-set TIME, DISTANCE, CALORIES and PULSE.</li> <li>• Push it to select function display on main LCD or to enter after setting.</li> <li>• Push it to confirm the set value (gender, age, height, weight).</li> <li>• Press and hold it for 2 seconds to reset all the values to zero and to go into adjustment of current data of calendar and clock. If the user replaces batteries, all the data values will be reset to zero automatically.</li> </ul>
SET	<ul style="list-style-type: none"> <li>• For setting up the hour, minute, year, month and date.</li> <li>• For setting up the target value of TIME, DISTANCE, CALORIES and PULSE. By holding this button, you can increase the value quickly (the computer has to be in stop state).</li> <li>• For setting up user personal data (gender, age, height, weight) for the body fat testing.</li> </ul>
RESET	<ul style="list-style-type: none"> <li>• Push it to reset the function value during setting.</li> <li>• Press and hold it for 2 seconds to reset all the values to zero and to go into adjustment of current data of calendar and clock. If the user replaces batteries, all the data values will be reset to zero automatically.</li> </ul>
BODY FAT	<ul style="list-style-type: none"> <li>• Push it to enter the body fat measuring function. Then press MODE to enter the setting mode of personal data such as gender, age, height and weight. After finishing the setting, push it again to start body fat ratio measuring (FAT%) and the BMI (Body Mass Index). The monitor should be in stop condition.</li> </ul>
RECOVERY	<ul style="list-style-type: none"> <li>• Push it to activate the heart rate recovery function if the pulse signal has been detected. Press any button to return to the main display.</li> </ul>



LCD full display

## FUNCTIONS

SCAN	Automatic scanning through each mode in sequence of every 6 seconds. The cycle on the main screen is: RPM – SPEED – TIME – DISTANCE – CALORIES - PULSE.
TIME	Accumulated total time from 00:00 to 99:59. The user can pre-set the target time by pushing SET and MODE button. Each push increases by 1 minute.
RPM	It displays the rotation per minute (RPM). The RPM and SPEED will switch to another display every 6 seconds after workout start.
SPEED	Current training speed up to 99.9 km/h (or mph).
DISTANCE	Accumulated total distance in range from 0.00 to 99.99 km (or miles). The user can pre-set the target distance using keys SET and MODE. Each push increases by 0.5 km (mile).
CALORIES	Accumulated burned calories during training in range from 0 to max. 999 cal. The user can pre-set the target calories before training by using keys SET and MODE. Each push increases by 10 cal.  <b>WARNING:</b> The data only for reference and for comparison between sessions without any medical value.
PULSE	The monitor will display the user heart rate value in bpm during training. The user can pre-set the target heart rate value by using keys SET and MODE.
CALENDAR	The monitor displays in the sleeping mode: date, month and year.
CLOCK	The monitor displays current time in sleeping mode.
TEMPERATURE	It displays the current room temperature from 10 °C to 60 °C, while the monitor is in sleeping mode.

## OPERATION ORDER

### POWER ON

- Insert two pieces of 1.5V UM-3 or AA batteries. The monitor starts segment test with a long sound signal.
- If batteries will be removed, all the function values will be reset to zero or to default value.

### SET CURRENT DATA

- Push SET and MODE keys to set up current time, year, month and date. The data will be updated automatically until next battery replacement.

### SELECT AND PRESET TARGET VALUE

- Enter the setting function of TIME, DISTANCE, CALORIES and TARGET PULSE, when you are in each setting mode. For example: TIME setting: If the time value glitters, push the SET key to adjust the value. Confirm with MODE key and skip to the next setting. Follow the same steps to set in DISTANCE and CALORIES.
- If the speed signal comes in, the functions of SPEED, RPM, TIME, DISTANCE, CALORIES, PULSE will skip to display every 6 seconds.
- The user can press the MODE key to select single function display on the main screen besides RPM and SPEED. The RPM and SPEED function will switch displaying in 6 seconds.
- If you have pre-set some function target value, the function starts counting down from the target value after workout start. If the target value is reached, the monitor beeps and the function will count up automatically, if the workout goes further.

## PULSE MEASUREMENT

If you grasp the handgrip sensors, the monitor displays in a few seconds your current heart rate in bpm. To increase its preciseness, hold the sensors with both hands, not only with one. You can pre-set the heart rate target value before starting any exercise. If the target value is reached, it will remind you with a sound signal.

## RECOVERY

When the pulse is on, you can push the RECOVERY key to start the recovery test. The monitor starts counting down for one minute and the heart symbol will flash all the time up to zero state. During this period, the heart rate sensor should be attached. Then the screen displays a symbol in range from F1 to F6, while F1 is the best result and F6 the worst result. You can keep exercising to improve your heart recovery status and check it by using the recovery function.

## BODY FAT

- Press the BODY FAT key to enter body fat measurement.
- Press MODE and SET keys to input your personal data. Each personal data available setting area is described as below:

AGE	10~99 years
HEIGHT	100~250 cm (3'03"~8'02")
WEIGHT	10~200 kg (22~440 lbs)

- After all the personal data have been set in, you can press the BODY FAT key and hold on grip conductors to start the body fat testing.
- It takes a few seconds while testing your body fat. If sensor will not be caught during the testing process, the LCD will show the error (sign Err) after 10 seconds.
- After testing end, you can see the fat percentage value and the BMI (Body Mass Index), displayed on the main LCD in sequence by scan mode.

BODY FAT %: Calculated from your personal data to show the value from 5%~50%.

BMI: Calculated from your personal data to show the value from 1.0~99.99.

- Press any key to return to the main display.

### NOTE:

- Stop training for four minutes and the screen will show up the room temperature, time and calendar automatically.
- If the computer displays incorrectly, try to re-install the battery and try again.
- Battery spec.: 1.5V UM-3 or AA (2 Pcs)
- The batteries should be removed from the compartment before expiration and disposed naturally friendly and according to local laws.

# TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS

## General Conditions of Warranty and Definition of Terms

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

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

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

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

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

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

## Warranty Conditions

### Warranty Period

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

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

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

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

## Warranty Claim Procedure

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

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

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

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

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

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



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

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Date of Sale:

Stamp and Signature of Seller: