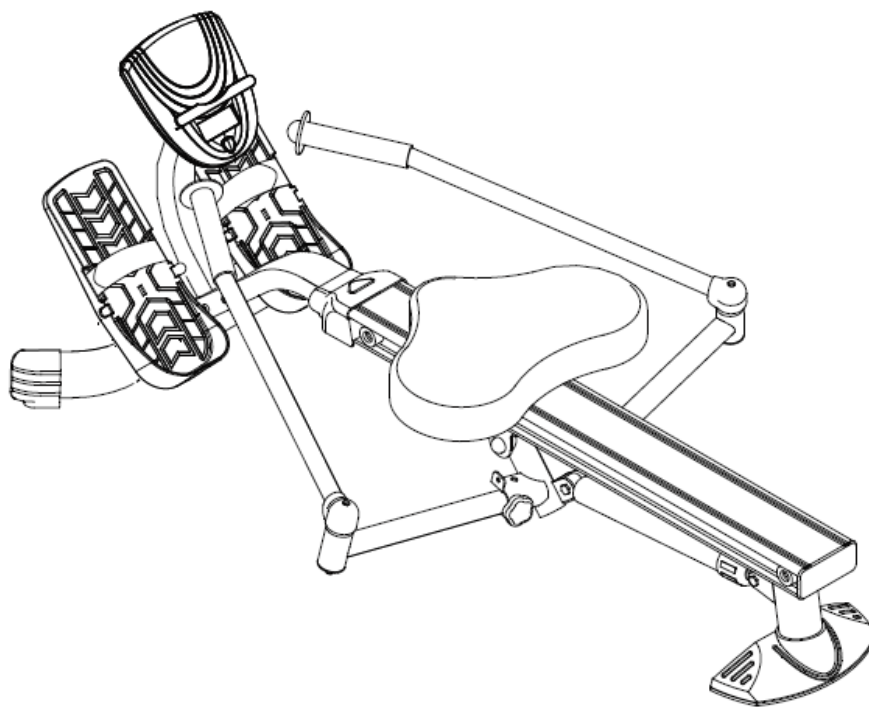




**USER MANUAL – EN**

**IN 16636 Rowing Machine inSPORTline Power Master X**



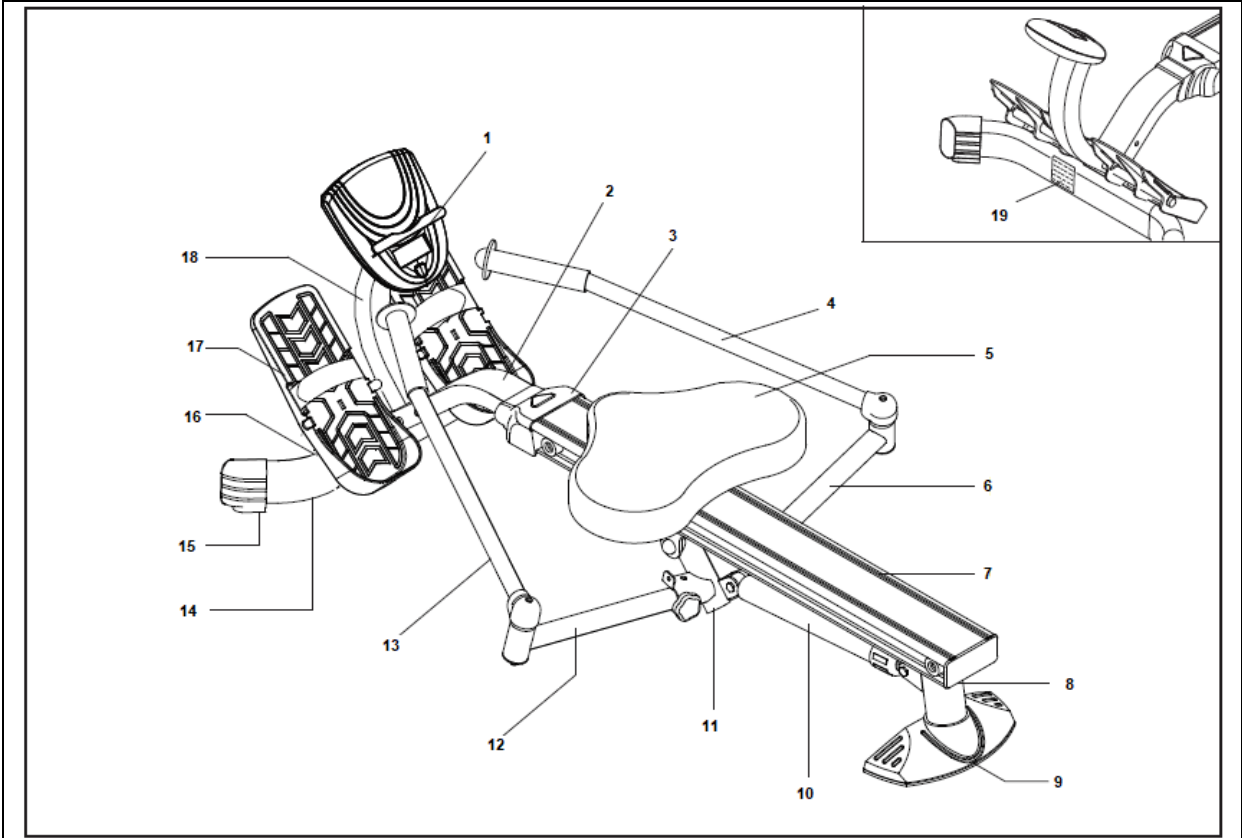
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## SAFETY PRECAUTIONS




- Read this manual carefully before first using and retain it for future reference. Be familiar with all warnings on labels. Product may slightly vary from them pictures.
- Observe all warnings and precautions including assembly steps. Use it only for intended purpose.
- Assemble and use it only according to this manual to assure your safety. Inform all other users about safe usage.
- Keep it away from children and pets. Don't let children unattended near this device. Only an adult person may assemble and use it.
- Ask your physician for advice before starting any exercise program. It is especially necessary if you suffer from some health problems or if you take some medication that could affect your heart rate, blood pressure or cholesterol level.
- Observe body signals. If you feel some problems (pain, tightness in chest, irregular heartbeat, breathing shortness, dizziness or nausea), stop immediately. Improper exercising can result in serious health problems or in an injury.
- Put it only on a flat, dry and clean surface and keep a safety clearance of at least 0.6 m from other objects for higher safety. Use a protective cover to protect carpet or floor.
- Wear adequate sports clothes and sports shoes. Avoid too loose clothes.
- Don't use it outdoors.
- Check this device for damage or wearing before each using. Regularly check all bolts and nuts. They should be well tightened. Re-tighten, if necessary. Never use damaged or worn device to assure your safety.
- If some sharp edges occur, stop using.
- If you hear some unusual noises coming from this device, stop using.
- No adjustable part should protrude and obstruct user movements. Only one person may use it at time.
- Pay attention while lifting or transporting it to avoid back injury. Use only proper lifting techniques or ask some other person for help.
- Don't do any improper modification of this product. If necessary, contact authorized service.
- **Weight limit:** 110 kg
- **Category:** HC (according to EN957 norm) suitable for home use.
- **WARNING!** The heart rate frequency monitoring may not be completely accurate (only when available). Overexertion during training can lead to a serious injury or even death. If you start to feel faint, stop the exercise immediately.

# PRODUCT DESCRIPTION



1) Meter
2) Front support
3) Front cover
4) Right handlebar
5) Seat
6) Extension arm
7) Center beam
8) Rear support
9) Stabilizer cap
10) Shock
11) Pivot connector
12) Extension arm
13) Left handlebar
14) Front stabilizer
15) Left stand cap
16) Pedal strap
17) Pedal
18) Meter post
19) Warning label

**Assembly tools:**

	Allen wrench (5 mm)
	Allen wrench (5 mm)
	Wrench (13 mm)

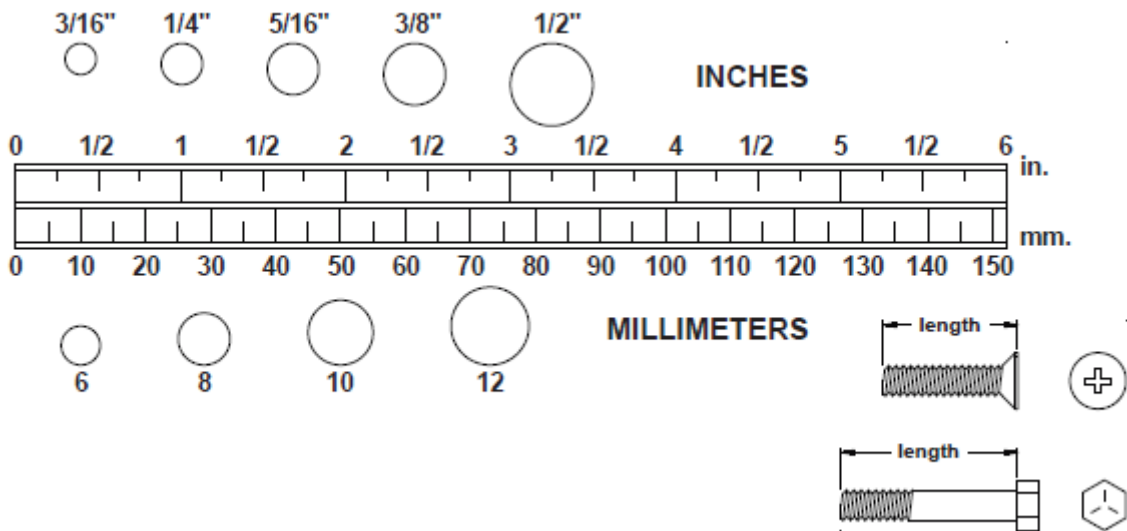
**WARNING:** Before using this device be familiar with all warnings and precautions. Read carefully all instructions on the machine labels.









**HARDWARE IDENTIFICATION CHART**

Use this chart to identify the fasteners during assembly process. Place the washers or the ends of the bolts or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.

**NOTE:** The length of all bolts and screws, except those with flat heads, is measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt or screw.



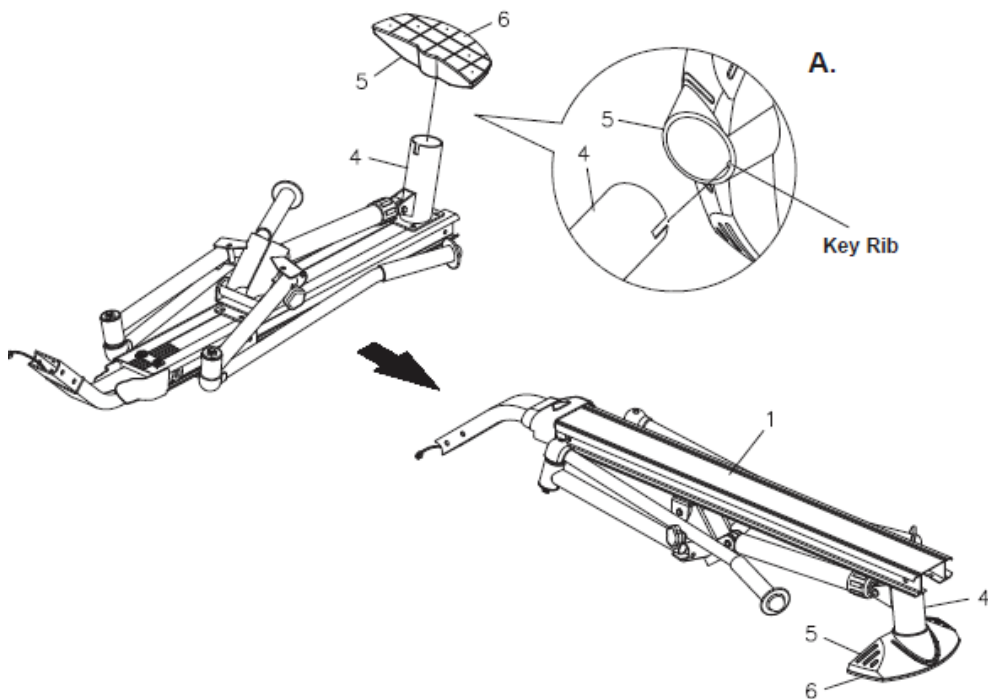
**NOTE:** After unpacking it check that all parts are complete and faultless. Make sure that you have the required tools.

Part No.	Picture	Description	Qty.
49		Round-head screw (M5x0.8x12 mm)	2
51		Button-head bolt (M8x1.25x15 mm)	8
53		Button-head bolt (M8x1.25x25 mm)	2
36		Large washer (M8)	2
59		Washer (M8)	8
62		Nylon nut (M8x1.25)	2

## ASSEMBLY STEPS

### STEP 1

Put the main frame assembly onto the floor as shown in picture. Refer to the A drawing. Make sure the key rib in the stabilizer cap (5) aligns with the slot in the rear support (4). Then press the stabilizer cap (5) onto the rear support (4). Turn the main frame assembly to the normal upright position and make sure the stabilizer pad (6) is secured to the stabilizer cap (5).



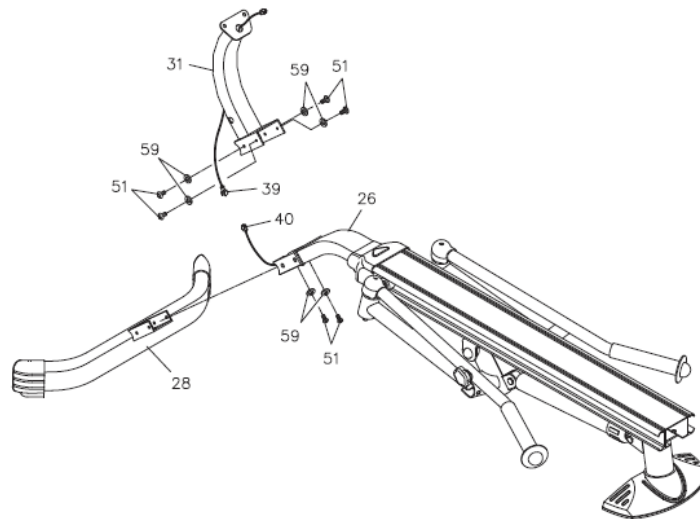
## STEP 2

Insert the bracket on the front stabilizer (28) into the front support (26). Attach the meter post (31) to the front support (28), then bolt the meter post (31), front support (26) and front stabilizer (28) together with button-head bolts M8x1.25x15 mm (51) and washers M8 (59). Don't tighten any of these bolts until all the six bolts are attached.

**NOTE:** Be careful not to damage the extension wire (39) when assembling the meter post (32).

## STEP 3

Connect the extension wire (39) to the sensor wire (40).

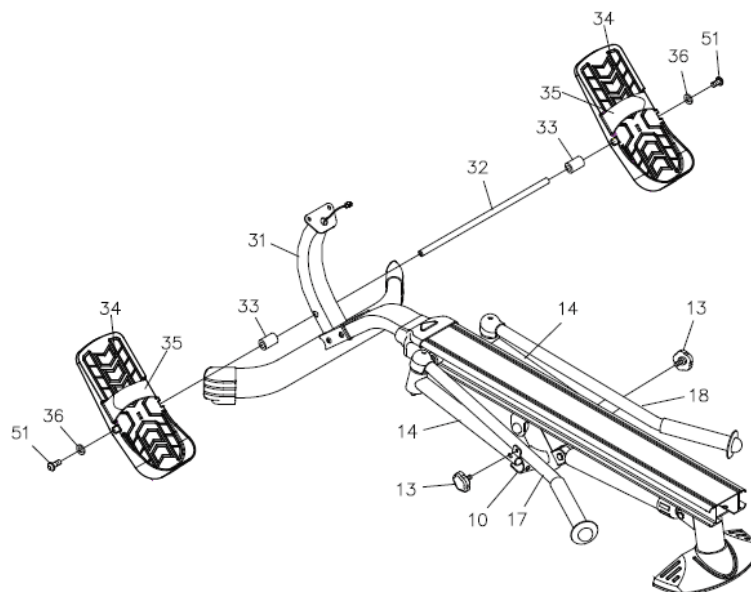


## STEP 4

Insert the pedal shaft (32) through holes located on the meter post (31). Place a pedal spacer (33) and a pedal (34) onto each end of the pedal shaft (32) and slide them toward the meter post (31). Then secure the pedals (34) with button-head bolts M8x1.25x15 mm (51) and large washers M8 (36) at both ends of the pedal shaft (32). You need to use two Allen wrenches to tighten the button-head bolts M8x1.25x15 mm (51) at both ends of the pedal shaft (32) at the same time.

## STEP 5

Remove the locking knobs (13) from the pivot connector (10).

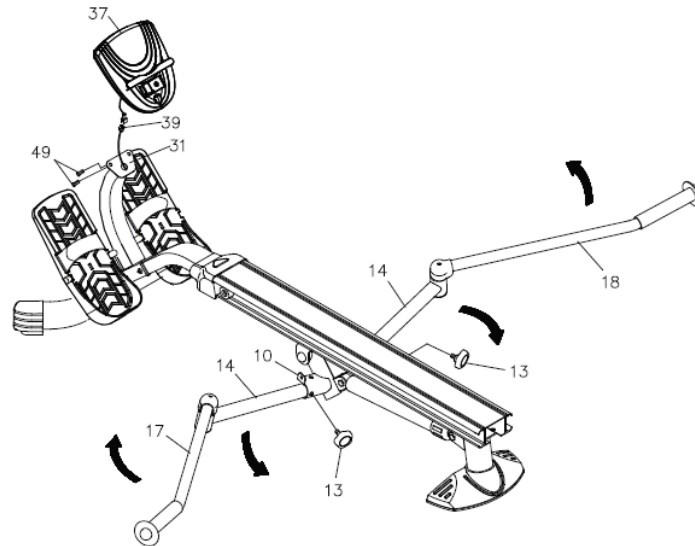


**STEP 6**

Unfold the handlebars (17, 18) and the extension arms (14) as shown in picture. Attach the extension arms (14) to the pivot connector (10) using locking knobs (13).

**STEP 7**

Install one AA battery into the meter (37). See page 12 for detailed battery installation instructions. Connect the extension wire (39) to the meter (37). Attach the meter (37) to the plate on the meter post (31) using round-head screws M5x0.8x12 mm (49).

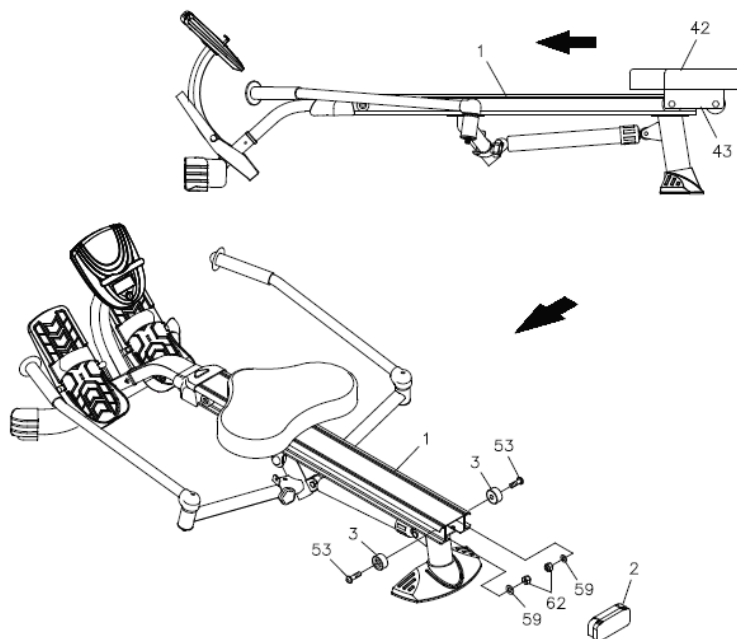


**STEP 8**

Slide the seat assembly (42, 43) onto the center beam (1). Attach the seat stoppers (3) to the back end of the center beam (1) using button-head bolts M8x1.25x25 mm (53). Also, please verify that the other seat stoppers (3) at the front end of the center beam (1) are assembled at the factory.

**STEP 9**

Press the center beam cap (2) into the back end of the center beam (1).





# OPERATIONAL INSTRUCTIONS

## USING THE FITNESS METER

**POWER ON:** The meter will start after seat movement or pressing the button.

**POWER OFF:** The meter automatically shuts down after four minutes of inactivity.

**MODE:** Press to select display functions: **SCAN, TIME, TOTAL COUNT, COUNT, CALORIES**. Press and hold the button for two seconds to reset all functions to zero except **TOTAL COUNT**.

## FUNCTIONS:

**SCAN:** Automatically scans each function of **TIME, TOTAL COUNT, COUNT** and **CALORIES** in sequence every 6 seconds.

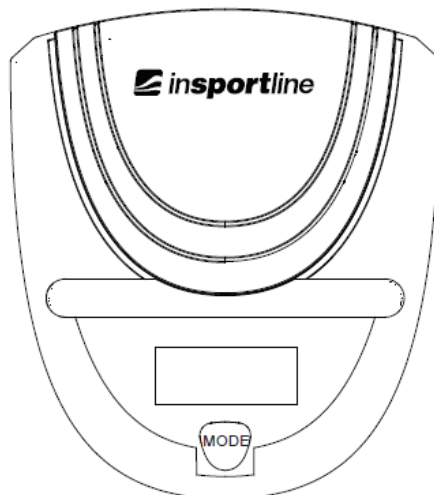
**TIME:** Display elapsed time from 00:01 to 99:59 (minutes: seconds)

**TOTAL COUNT:** Displays the total accumulated number of rows from 0 to 9999 rows. Total number is saved when the meter is turned off.

**COUNT:** Display total number of rows from 0 to 9999 rows.

**CALORIES:** Display burned calories from 0 to 9999 Kcal. The calories readout is an estimate for the average user. It should be only taken as comparison between workouts on this unit.

**NOTE:** **TOTAL COUNT** will reset after you remove the batteries.



## HOW TO INSTALL AND REPLACE BATTERIES:

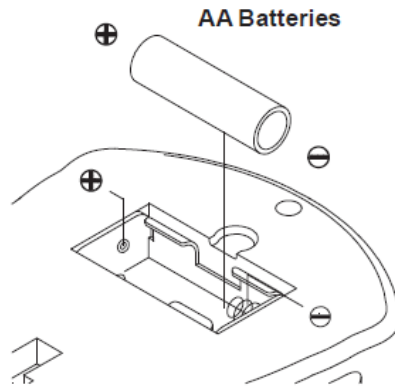
1. Open the **Battery cover** at the back of the meter.
2. The Meter operates with one AA battery, the battery is included. Refer to the illustration to install or replace the batteries.

**NOTE:** Use the same type of battery. Do not mix alkaline battery with other types.

Rechargeable batteries are not recommended.

Do not dispose batteries in the fire.

After its lifespan has passed, dispose the battery environmentally friendly and according to local laws.

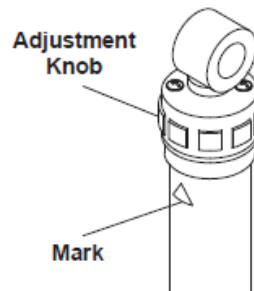


## OPERATIONAL INSTRUCTIONS

### LOAD ADJUSTMENT

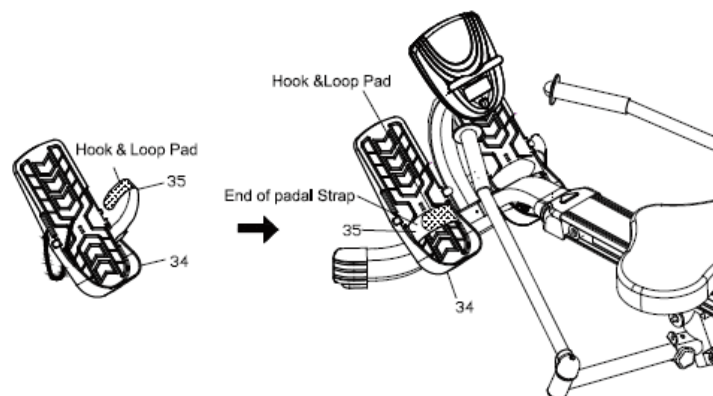
The resistance of the shock can be adjusted by turning the adjustment knob at the top of the shock. There are settings from 1 to 12. 1 is lowest resistance 12 is highest resistance.

**WARNING:** The shock gets **HOT** after few minutes of use.



### PEDAL STRAP ADJUSTMENT

You can change the position of pedal strap (35) to the upper position in the pedal (34) as shown in the picture. Get the pedal strap (35) through the opening from the bottom of the pedal (34) and then put the pedal strap (35) through steel ring. Slide the steel ring down against the pedal (34). Get the pedal strap (35) through the opening in the pedal (34) on the other side from the top as shown in the picture, then make the end of the pedal strap (35) to go up and attach the end of the pedal strap (35) with hook and loop strap to adjust length.



## MAINTENANCE

1. The safety and integrity designed into the Rowing Machine can be maintained only when you regularly check for damaged or worn parts. You should pay extra attention to these parts:
2. Pull on the handlebars (17,18) and verify that the shock (22) provides tension.
3. Clean the roller tracks in the central beam (1) with absorbent cloth.
4. Verify that all nuts and bolts are present and properly tight. Replace missing nuts and bolts. Tighten loose nuts and bolts.
5. It is user responsibility to preform basic maintenance.
6. Worn or damaged components must be immediately replaced and do not use the Rowing Machine until it is repaired.
7. Use only original components for repair or replacement.
8. Keep the Rowing Machine cleat by wiping off after each use.

## STORAGE

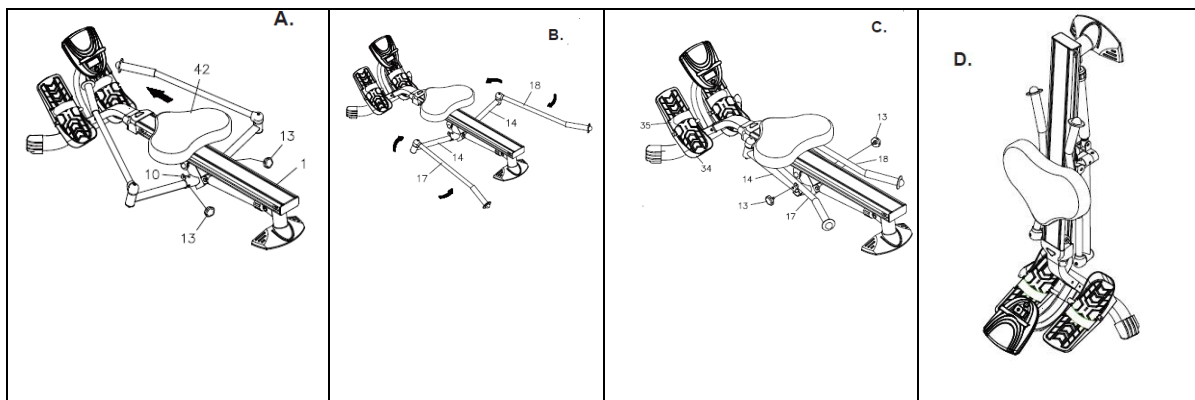
1. Store the Rowing Machine in dry and clean place.
2. Move the machine only by lifting the rear and front stabilizer. Do not use the seat to move the machine. The seat can move and the seat carriage may pinch your hand or fingers.
3. To avoid damage of the electronics, remove batteries before storing the Rowing Machine for longer than one year.

## FOLDING THE ROWING MACHINE

Follow the following process to fold the Rowing Machine as illustrated for easy storage.

- A. Slide the seat (42) to the front end of the center beam (1). Remove the locking knobs (13) from the pivot connector (10).
- B. Swing the left and right handlebars (17,18) backwards. Then fold the extension arms (14) to the front.
- C. Lock the handlebars in folded position by screwing the locking knobs (13) onto the pivot connector (10). Now you can store the Rowing Machine in the place you want.
- D. Refer to illustration D. You can stand the Rowing Machine.

NOTE: Keep fingers clear of all pinch points when folding and unfolding the Rowing Machine.



## WARM-UP AND COOL-DOWN


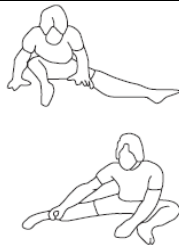
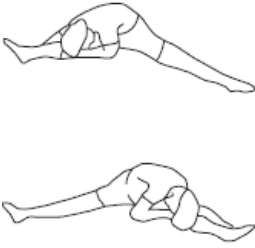

### WARM-UP PHASE

The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength training or aerobic exercising. Perform activities that increase your heart rate and warm up working muscles. Activities may include: brisk walking, jogging etc.

### STRETCHING

Stretch your muscles once you finished your warm up, and after you finish working up. Muscles stretch more easily because of higher temperature which greatly reduces risk of injuries. Stretches should be held for 15 – 30 seconds.

**NOTE: DO NOT BOUNCE**

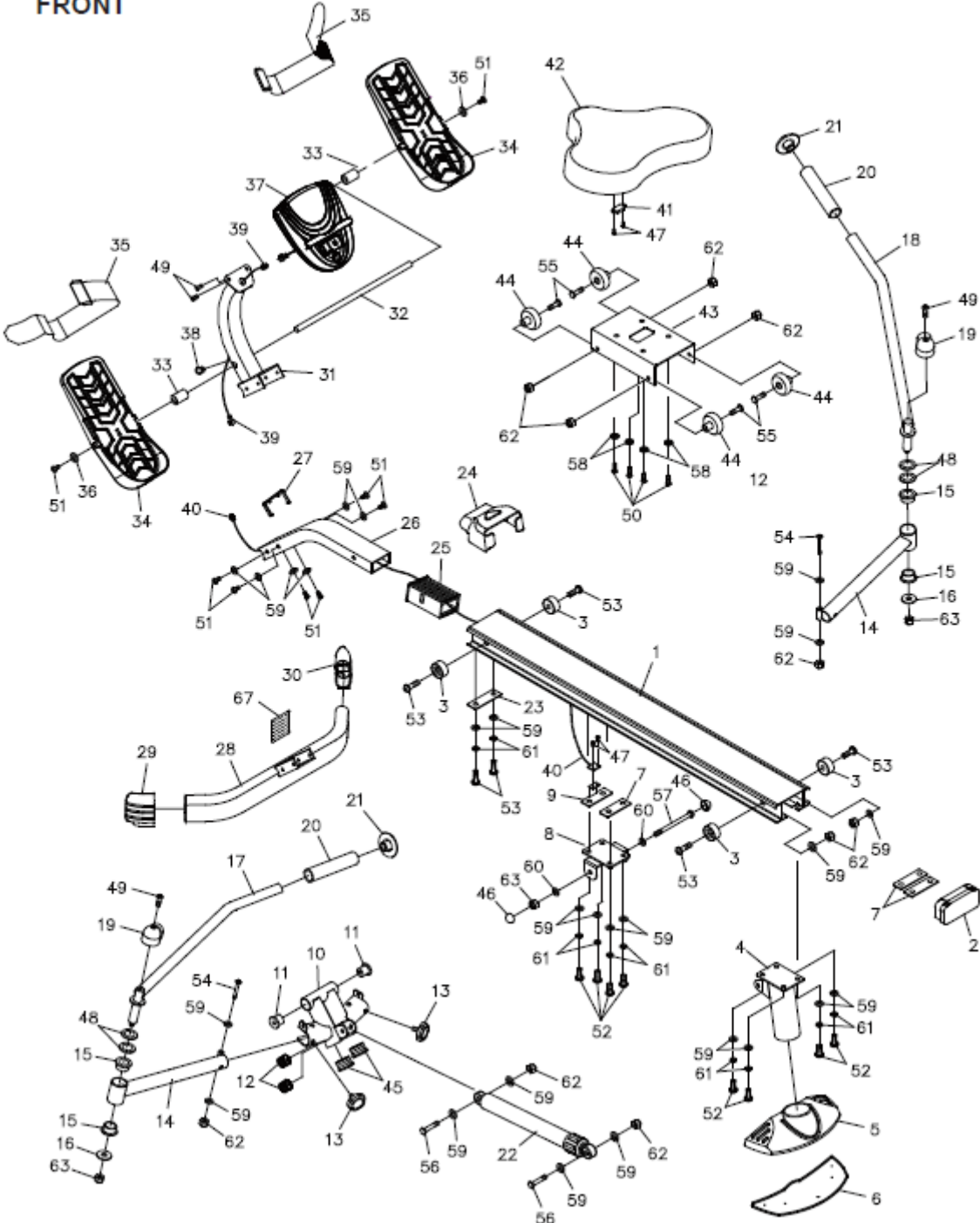
	Lower body stretch
	Bend torso pulls
	Floor Stretch
	Bent over leg stretch

### COOL-DOWN PHASE

The purpose of cooling down is to return the body to its normal state. The proper cool-down slowly lowers your heart rate and temperature.

# PRODUCT DRAWING

FRONT



BACK

## PARTS LIST

No	Part name	QTY	No	Part name	QTY
1	Central Beam	1	35	Pedal Strap	2
2	Central Beam Cap	1	36	Large Washer (M8)	2
3	Seat Stopper	4	37	Meter	1
4	Rear Support	1	38	Grommet	1
5	Stabilizer Cap	1	39	Extension Wire	1
6	Stabilizer Pad	1	40	Sensor Wire	1
7	Threaded Support Plate	3	41	Magnet	1
8	Handlebar Support	1	42	Seat	1
9	Sensor Support Plate	1	43	Seat Carriage	1
10	Pivot Connector	1	44	Roller	4
11	Pivot Bushing	2	45	Round Plug (25mm)	2
12	Bumper Knob	2	46	Nut Cap (M10)	2
13	Locking Knob	2	47	Screw, Round Head (M2.9x10mm)	4
14	Extension Arm	2	48	Wave Washer (ø20 x ø23.5 x 0.5 mm thick)	4
15	Extension Arm Bushing	4	49	Screw, Round Head (M5 x 0.8 x 12 mm)	4
16	Large Washer (M12)	2	50	Bolt, Round Head (M6 x 1 x 15 mm)	4
17	Left Handlebar	1	51	Bolt, Round Head (M8 x 1.25 x 15 mm)	8
18	Right Handlebar	1	52	Bolt, Round Head (M8 x 1.25 x 20 mm)	8
19	Securing Cap	2	53	Bolt, Round Head (M8 x 1.25 x 25 mm)	6
20	Foam Grip	2	54	Bolt, Round Head (M8 x 1.25 x 50 mm)	2
21	Handlebar Cap	2	55	Bolt, Round Head (M8 x 1.25 x 30 mm)	4
22	Shock	1	56	Bolt, Round Head (M8 x 1.25 x 41 mm)	2
23	Support Plate	1	57	Bolt, Round Head (M10 x 1.5 x 120 mm)	1
24	Front Cover	1	58	Washer (M6)	4
25	Sleeve	1	59	Washer (M8)	26
26	Front Support	1	60	Washer (M10)	2
27	Support Ring	1	61	Spring Washer (M8)	10
28	Front Stabilizer	1	62	Nylon Nut (M8 x 1.25)	10
29	Left Stand Cap	1	63	Nylon Nut (M10 x 1.5)	3
30	Right Stand Cap	1	64	Allen Wrench (5mm)	2
31	Meter Post	1	65	Wrench (13mm)	1
32	Pedal Shaft	1	66	Owner's Manual	1
33	Pedal Spacer	2	67	Warning Label	1
34	Pedal	2	68	Screw, Round Head (M3.5 x 15mm)	5

# 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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