



USER MANUAL – EN

IN 1793 AB Trainer inSPORTline AB Perfect



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IMPORTANT NOTES

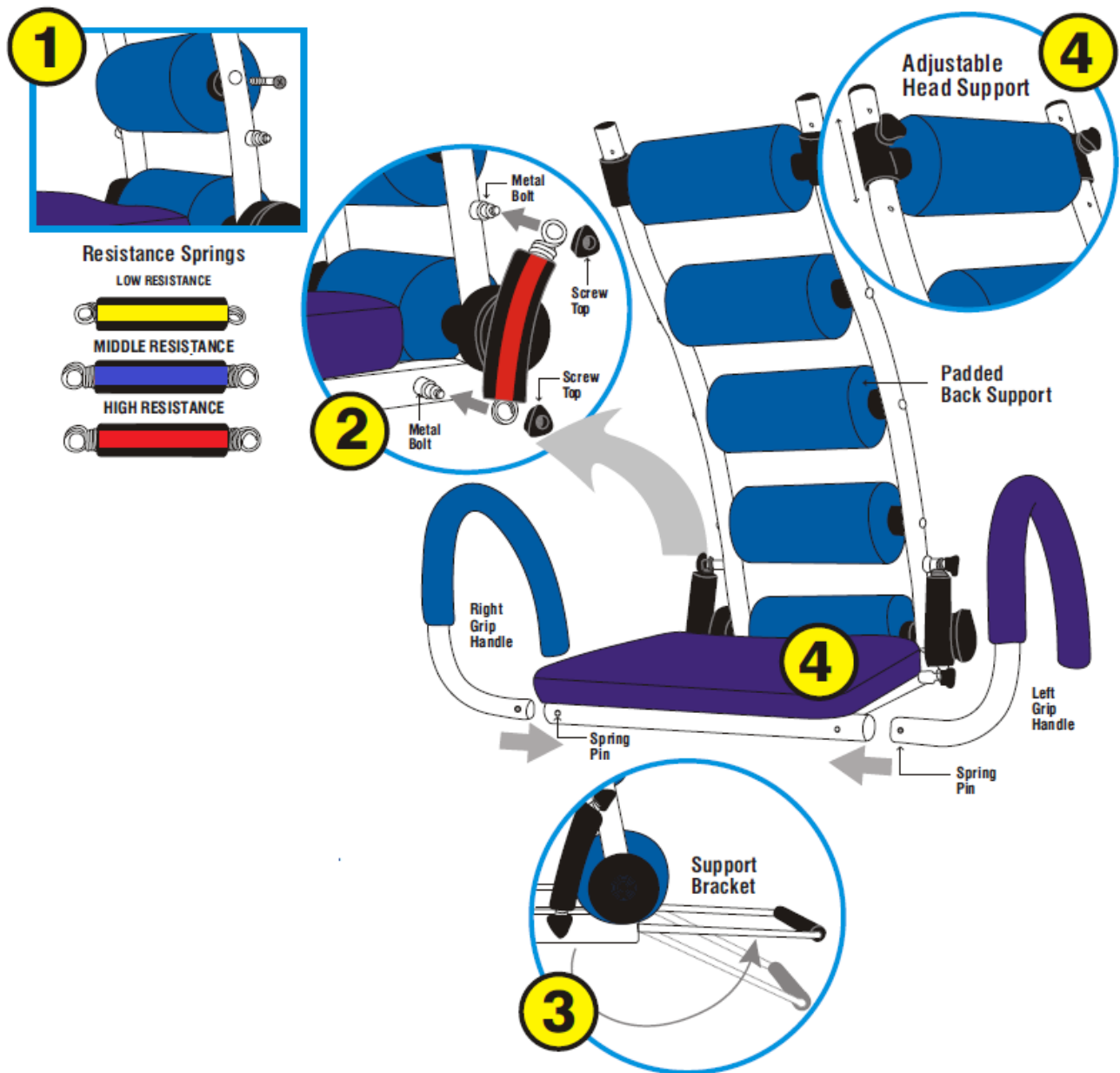
When using the product, basic precaution must always be followed:

1. Read all instructions carefully.
2. This product is for normal household use only.
- 3. The maximum weight capacity of this product is 100kg.**
4. Keep this product away from children.
5. If the product is found to be faulty or damaged in any manner, stop using please.
6. Those with pre-existing health problems are advised to consult a doctor before using product.

CARE AND MAINTENANCE

1. For easy storage, remove the Resistance Springs and fold it.
2. Do not use benzene, thinner or any other abrasive solvents to clean this product.
3. Wipe the product with a damp cloth.

ASSEMBLY



1. Assemble the device before use.

Connect the backrest (Pic.1).

2. Use spring according to required resistance:

- Yellow – low resistance
- Blue – middle resistance
- Red – high resistance

Attach the spring at both ends to the screws (Pic. 2). Turn the screws clockwise to secure the screws. First attach the upper part of the spring and then the lower one.

Repeat the previous step to replace the spring.

3. Pull out the support (Pic. 3). for greater machine stability.

Attach the right and left handrails to the base (Pic. 4).

Press the safety pin and push the handles. To remove the handles, you must press the safety pin and pull out the handles.

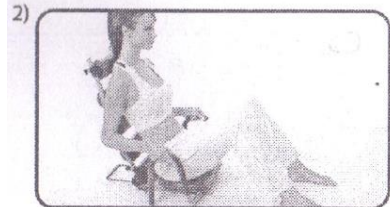
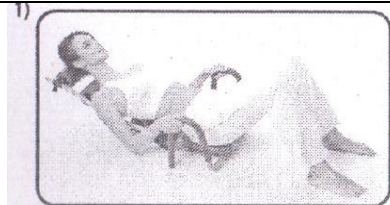
Attach the head support (Pic. 4).

Always rest your head on the support when in use. Adjust the head support to the position so that the product is comfortable to use.

WORKOUT STEPS

Beginner's Workout

1. Sit comfortably on the cushion with hands on the handles. Spread your legs to a comfortable position with your knees slightly bent. Inhale and roll back towards the floor.
2. Exhale and tighten your abdomen while pulling your body up. Repeat 8-12 times.



Intermediate Workout

1a. Sit comfortably on the cushion with your arms crossed and palms on your shoulders. Inhale and roll back towards the floor.

1b. Exhale and tighten your abdomen while pulling your body up. Repeat 8-12 times.

2a. Sit comfortably on the cushion with your palms facing each other as if you are holding a small ball.

2b. Inhale and maintain your arm position as you roll back towards the floor.

2c. Exhale, tighten your abdomen and move your hands to the right as you pull yourself up. Repeat on the other side. Repeat alternately 8-12 times.

1a)



1b)



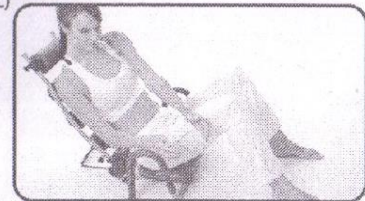
2a)



2b)



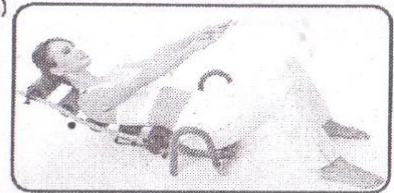
2c)



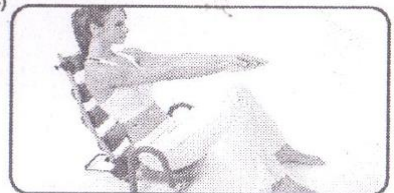
3a. Sit comfortably on the cushion and stretch your arms forward with one palm on top of another. Inhale and roll back towards the floor.

3b. Exhale and tighten your abdomen while pulling your body up. Repeat 8-12 times.

3a)



3b)



Advanced Workout

1a. Sit comfortably on the cushion and stretch your arms forward with clasped hands.

1b. Keeping your hands clasped, inhale and slowly roll back towards the floor.

1c. Exhale and tighten your abdomen. Move your arm sideways to the left towards the floor and lift your right knee at the same time. Keep your arms stretched out and hands clasped throughout the whole exercise. Repeat on the other side. Repeat alternately 8-12 times.

2a. Sit comfortably on the cushion and hold the handles.

2b. Inhale as you lean back towards the floor while stretching your knees out.

2c. Exhale as you roll yourself up and lift both your knees perpendicular to the floor and pull your knees towards your chest. Repeat 8-12 times.



ENVIRONMENT PROTECTION

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

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

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

TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS

General Conditions of Warranty and Definition of Terms

All Warranty Conditions stated hereunder 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 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.

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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