



USER MANUAL – EN

IN 1794 Twist Stepper inSPORTline Big



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IMPORTANT SAFETY NOTICE

This exercise machine has been built according to general safety conditions. However, certain precautions apply whenever you operate the exercise equipment. Be sure to read the entire manual before use. In particular, note the following notices:

1. Before beginning any exercise program, consult a physician.
2. Before you start exercising, inspect the machine. Make sure all parts are fully assembled and tightened to prevent accidents.
3. Keep children away from this machine.
4. The maximum weight load is 100 kg.
5. This machine can be used only by one person at a time.
6. Position the machine on a level surface. DO NOT use the machine outdoors, and keep the machine from getting wet. Keep a clearance of at least 0.6 m between the device and other fixed objects.
7. Keep your body and clothes away from moving parts.
8. Always wear appropriate workout clothing when exercising. DO NOT wear loose clothing that might get caught in the machine. Athletic shoes are recommended.
9. A supervisor is recommended during exercise.
10. Use the equipment only for its intended purpose as described in this manual. DO NOT use attachments not included in the package. DO NOT attempt to repair broken or worn parts by yourself.
11. If you feel uncomfortable during exercising, please stop immediately.
12. Injury may occur if the precautions above are not observed.
13. **Category:** HC (according to EN957 norm) suitable for home use.
14. **WARNING!** Overexertion during training can lead to a serious injury or even death. If you start to feel faint, stop the exercise immediately.

PRODUCT DESCRIPTION



TENSION ADJUSTMENT

- Turn RIGHT to make the increase the resistance (clockwise).
- Turn LEFT to make decrease the resistance (counter clockwise).

Notice: Please remember to loosen the knob after use to prevent the band tension from fatigue failure.

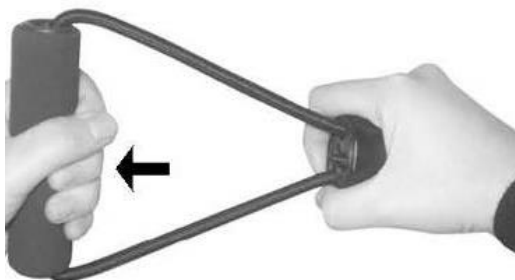


FLEXIBLE ROPES

1. Adjust the length of the rope according to your needs through the position device.

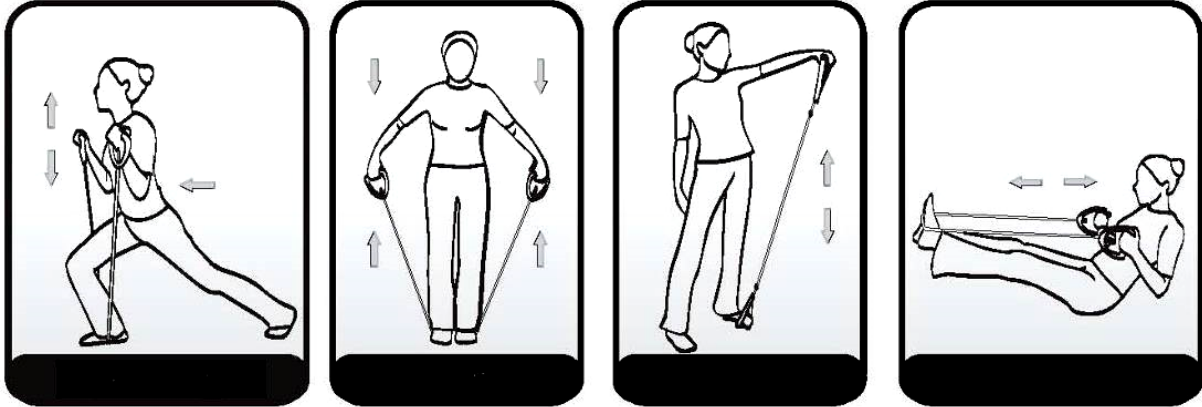


2. After the rope length is adjusted, please pull the handle outwards with force and the adjustment of rope length is complete.



VARIOUS EXERCISES WITH FLEXIBLE ROPES

Besides exercising with the flexible ropes on the stepper machine, you can also use them separately. The suggested exercises are demonstrated in the following images. Please exercise carefully to prevent any possible injuries.

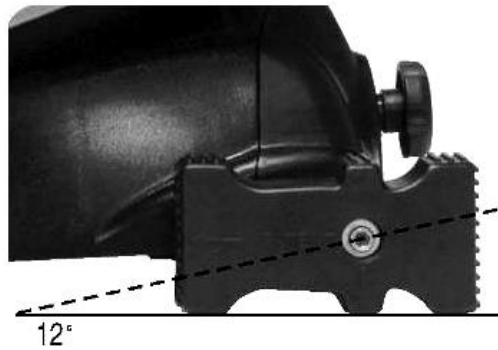


ADJUSTABLE PEDALS

The front base pad of this machine can be adjusted to provide various exercise effects for users.

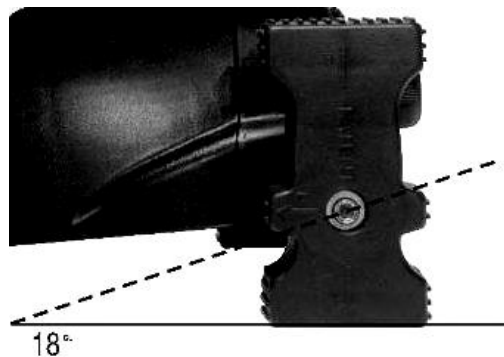
1. Primary level

It provides basic exercise motion that feels like stepping on flat ground.



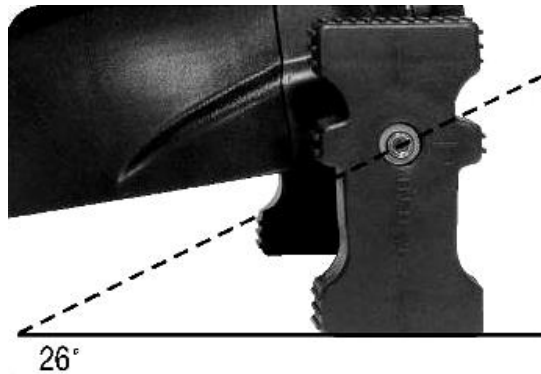
2. Middle level

It provides more effective exercise that feels like hiking on a mild slope.

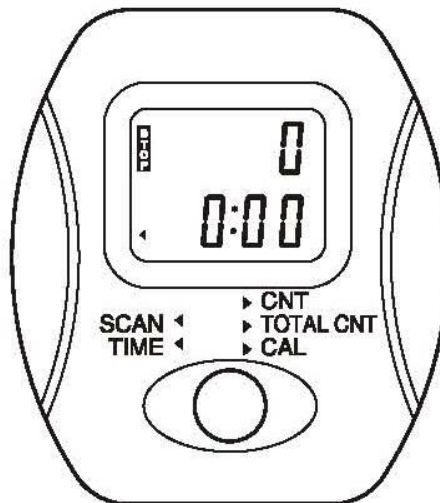


3. High level

When the pad is set on the highest level, it simulates the experience of climbing a mountain.



COMPUTER



The computer can display the workout conditions, including time, steps, and calories.

SCAN: Automatic mode

TIME: Exercise time

CNT: Step counting

TOTAL CNT: Total step count

CAL: Calories

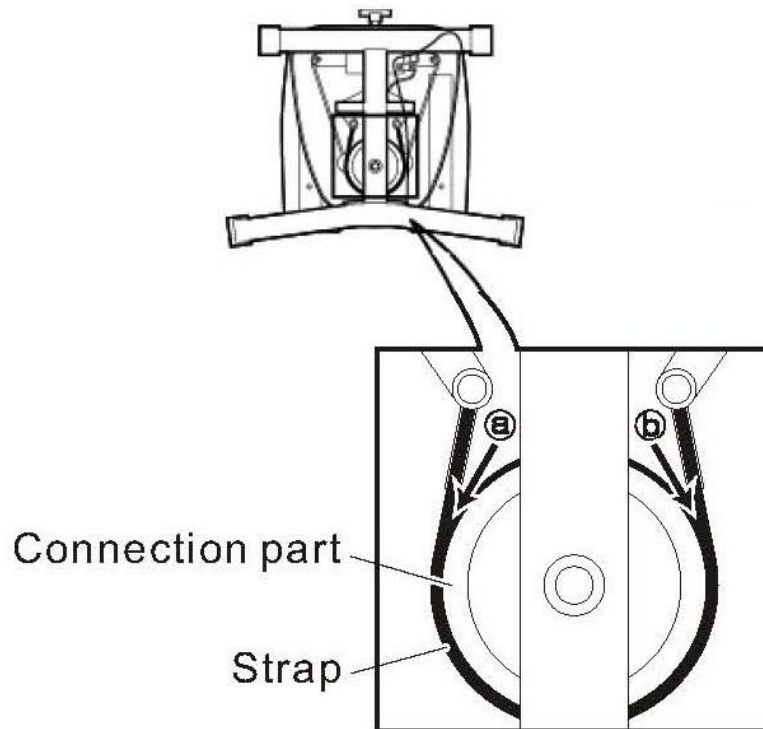
MAINTENANCE

The machine will get hot after being used for an extended period of time. That is normal, as the machine is designed with strap tension, and the friction of the strap can heat it up during exercise.

To maintain durability of the machine and for your safety, please use this machine for less than 15 minutes at the time. We suggest to restart the machine after 15 minutes of rest.

LUBRICATION

The strap will get dry after extended usage, and may start to make noises. Please lubricate the A and B part to smooth the exercise motion and to prevent noises.



MALFUNCTION AND SOLUTION

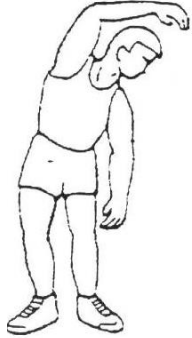



Malfunction	Solution
Motion problem (too heavy Or too light load)	Adjust the tension knob for more appropriate resistance.
Loud Noise	Add some lubricant on the strap for smoother motion with less friction.
Computer counting doesn't work	The footplates might have not been stepped on fully and the sensor cannot work. Please try it again and complete the step.
Powder generation	The powder may be generated by the friction of the strap with the lubricant. It doesn't signify a part failure.
Computer display errors	The batteries may be depleted soon. Reposition or replace the batteries.

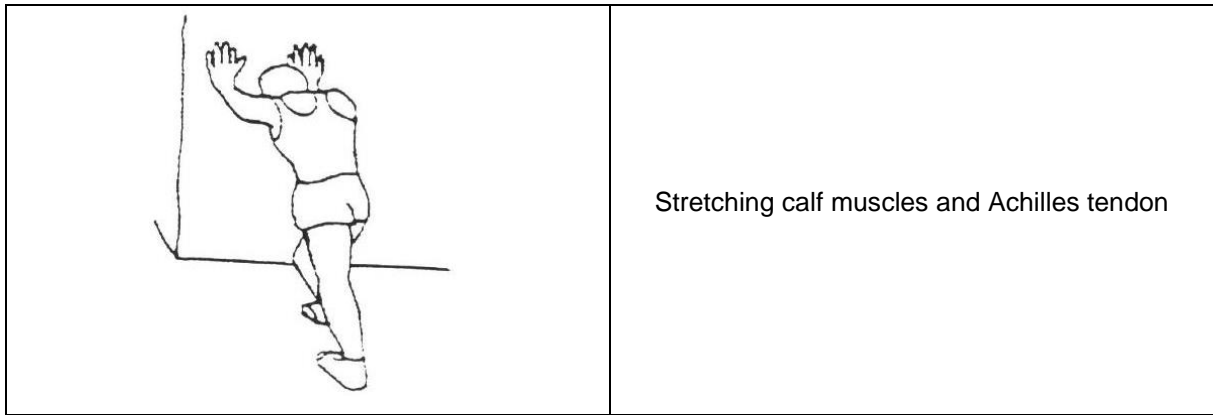
EXERCISING

Using this device will improve your condition and tone your muscles. If you are on a diet, it will help you lose weight.

1. The warm up phase

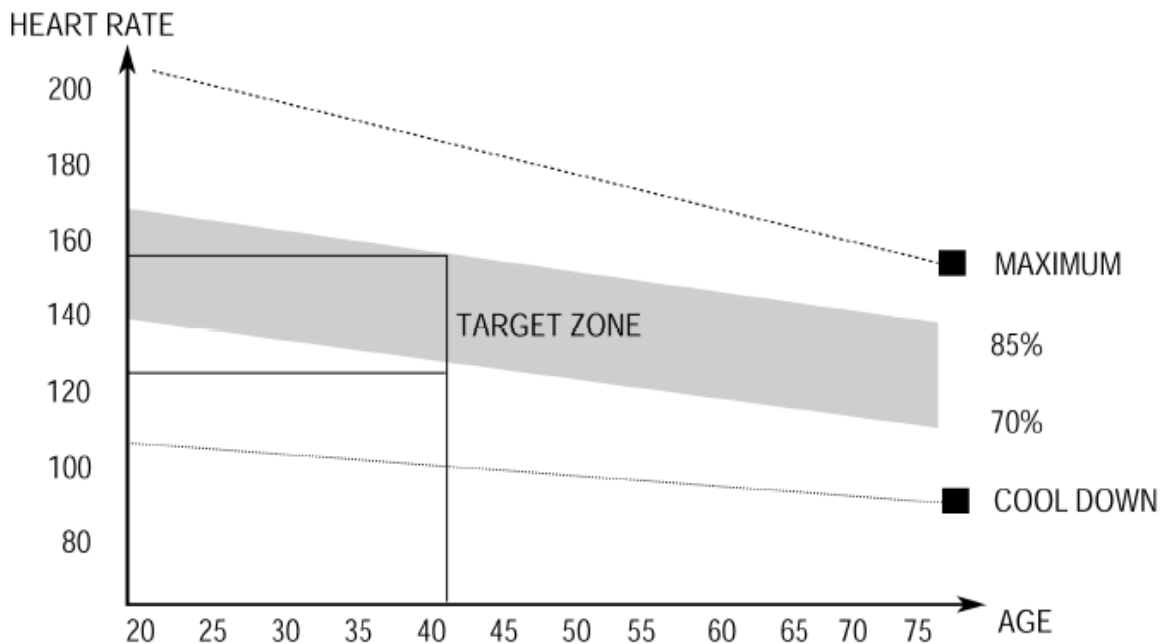
This phase improves your blood circulation and reduces cramps and muscle pain. Every stretching exercise should take 30 seconds. Don't jerk your muscles too much. If you feel any pain, stop immediately.

	Stretching lateral abdominal muscles
	Stretching back parts of a thigh
	Stretching front parts of a thigh
	Stretching inner thighs



2. The exercise phase

In this phase you have to put more effort in. Regular exercising makes your legs more flexible. It is very important to observe your heart frequency. Increasing your heart rate into the target zone will make the exercise more effective.



This phase should take min. 12 mins. Generally it takes 15 – 20 mins.

3. The cool down phase

This exercising has to calm your cardio vascular system. It is repeating of exercises like in the warm up phase – it means decreasing of intensity and frequency for 5 mins. You can repeat stretching exercises. Don't jerk your muscles too much to avoid pain.

Later you can increase intensity. We recommend to exercise 3 times a week.

MUSCLE TONING

To tone your muscles, you need higher resistance. The warm up phase and cool down phase remain the same as in previous chapter, but at the end of the exercise you should put more strain on your legs and step faster. Keep your heart rate in the target zone.

WEIGHT LOSS

The most important factor here is the effort. The higher intensity of exercising, the higher number of burned calories. It is the same as if you exercise to improve your fitness, but the goal is different.

WARNING

- Make sure, that all screws are well tightened before exercising.
- Discuss your health condition with your physician before using this device.
- Wear suitable clothes while using this machine.
- Don't let children use this device without supervision.
- Don't exercise 1 – 2 hours after having a meal.
- Stop your exercising immediately if you have nausea, a stomach ache, higher breathing frequency, pain on your chest or head ache. Consult the problems with your doctor.

CAUTION:

Stepper must be placed on a flat and solid ground. You can adjust the angle by turning the plastic covers slightly on their stems. Check screw adherence before every use. This device is for home use only.

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.

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.

Batteries

6-month battery warranty – we guarantee that battery's nominal capacity does not fall below 70% of its total capacity within 6 months of the product's sale.

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 SEVEN SPORT s.r.o.

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