



USER MANUAL – EN

IN 18401 Home Gym inSPORTline ProfiGym C100



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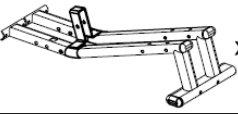
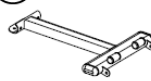
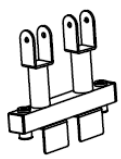

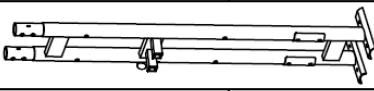


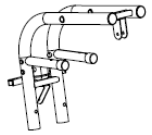
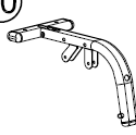



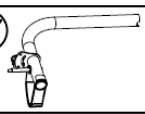

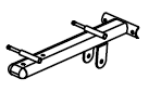

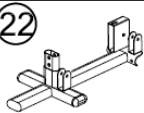
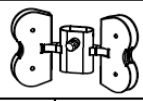




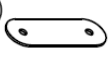





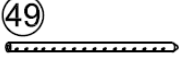
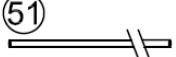









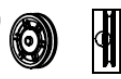










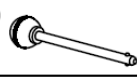
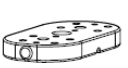


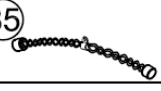







SAFETY INSTRUCTIONS

- This manual serves for teaching efficient use of the product. Please read this manual carefully before first use and keep it for future reference.
- Be especially careful during assembly. Use the assistance of another adult for better safety.
- To ensure the best safety of the exerciser, regularly check it for damages and wearing.
- If you pass on this exerciser to another person or if you allow another person to use it, make sure, that this person is familiar with the content and instructions of this manual.
- Only one person should use the exerciser at a time.
- Before the first use and regularly make sure, that all screws, bolts and other joints are properly tightened and firmly seated.
- Before you start your workout, remove all sharp- edged objects around the exerciser.
- Only use the exercise for your workout if it works flawlessly.
- Any broken, worn or defective part must be replaced immediately. Don't use this device until broken or worn parts are repaired or replaced.
- Parents and other supervisory people should be aware of their responsibility, due to situations which may arise for which the exerciser has not been designed and which may occur due to kid's natural play instinct and interest in experimenting.
- If you do allow children to use this exerciser, be sure to take into consideration and assess their mental and physical condition and development and above all their temperament. Children should use the exerciser only under adult supervision and be instructed on the correct and proper use of the exerciser. The exerciser is not a toy.
- It is necessary to ensure enough free space around the entire device, min. 0.6 m. None of the adjustable parts must be left protruding to impede the user's movement.
- Make sure there is sufficient free space around the exerciser when you set it up.
- To avoid possible accidents, do not allow children to approach the exerciser without supervision, since they may use in a way for which is not intended due to their natural play instinct and interest in experimenting.
- Please note that an improper and excessive workout may be harmful to your health.
- Please, note that levers and other adjustment mechanisms are not projecting into the area of movement during the workout.
- When setting up the exercise, please make sure that the exerciser is standing in a stable way and that any possible unevenness of the floor is evened out.
- Always wear appropriate clothing and shoes which are suitable for your workout on the exerciser. The clothes must be designed in a way so that they will not get caught in any part of the exerciser during the workout due to their form (for example length). Be sure to wear appropriate shoes, which are suitable for the workout, firmly support the feet and which are provided with a non-slip sole.
- Be sure to consult a physician before you start any exercise program. He may give you proper hints and advice with respect to the individual intensity of stress for you as well as to your workout and sensible eating habits.
- Weight limit: 150 kg
- Category H for home use

IMPORTANT NOTES

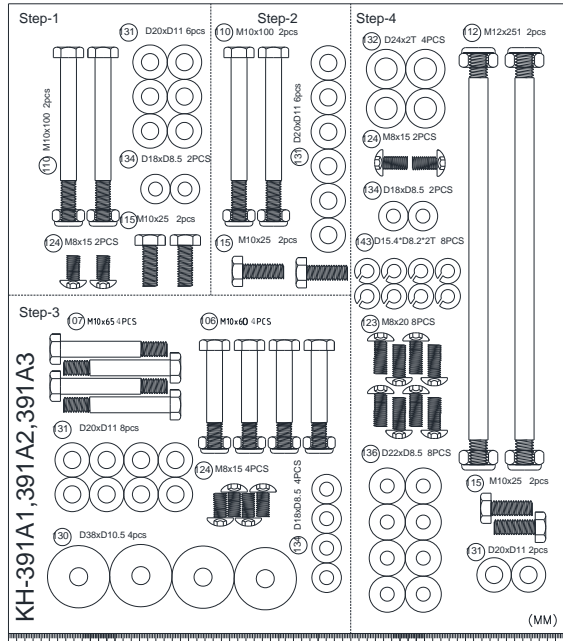
- Assemble the exerciser as per assembly instructions and be sure to only use the structural parts provided with the exerciser and designed for it. Prior to the assembly, make sure the contents of the delivery are complete by referring to the parts list of the assembly and operating instructions.
- Be sure to set up the exerciser in a dry and even place and always protect it from humidity. If you wish to protect the place particularly against pressure points, contamination, etc. It is recommended to put a suitable non-slip mat under the exerciser.
- The general rule is that exerciser and training devices are not toys. Therefore, they must only be used by properly informed or instructed persons.
- Stop your workout immediately in case of dizziness, nausea, chest pain or any other physical symptoms. In case of doubt, consult your physician immediately.
- Children, disabled and handicapped people should use the exerciser only under supervision and presence of another person who may give support and useful instructions.
- Be sure that your body parts and those of other people are never close to any moving parts of the exerciser during its use.
- When adjusting the adjustable parts, make sure they are adjusted properly and note the marked, maximum adjusting position, for example of the saddle support, respectively.
- Do not workout immediately after meals.
- Cables are subject of wear. It is your responsibility to prevent unexpected damage. Cables should be checked daily. Check all cables, the nylon coating on all cables and the area near the end of each cable. Replace a damaged or worn cable immediately. Do not allow the machine to be used until damaged or worn cables have been replaced. Using or allowing the machine to be used with a damaged cable can result in serious injury.

CHECKLIST (CONTENTS OF PACKAGE)

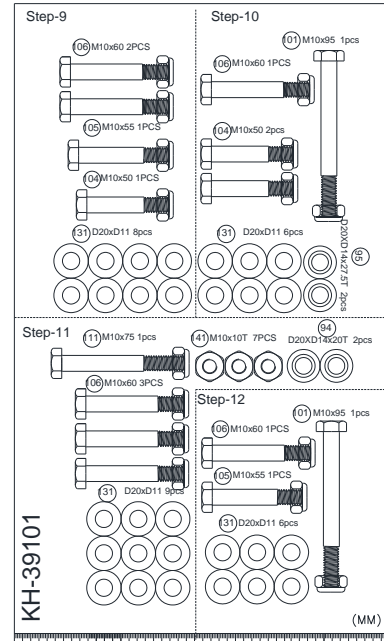
①  x1	②  x1	③  x1	⑦  x1	⑤  x1
⑥  x1	④  x1			⑧  x1
⑨  x1	⑩  x1	⑪  x1	⑫  x1	⑬  x1
⑭  x1			⑰  x1	⑱  x1
⑲  x2	⑳  x1	㉑  x1		㉒  x1
	㉔&㉕  x1	㉓  x1	㉔  x1	
㉗  x2	㉘  x2	㉙  x2		㉚  x1
	㉛  x1	㉜  x2	㉝  x2	㉞  x2
㉟  x2	㊱  x2	㊲  x1	㊳  x2	㊴  x2
㊵  x2	㊶  x1	㊷  x1	㊸  x1	㊹  x1
㊺  x1	㊻  x1		㊼  x1	㊽  x2
㊾  x36	㊿  x36	㋀  x30	㋁  x2	㋂  x5
㋃  x1	㋄  x1	㋅  x1		㋆  x4
㋇  x2	㋈  x2	㋉  x1	㋊  x1	㋋  x1
	㋌  x4	㋍  x1	㋎  x1	㋏  x1
㋐  x15	㋑  x1	㋒  x1	㋓  x1	㋔  x2
㋕  x1	㋖  x6	㋗  x14	㋘  x131	㋙  x4
			㋚  x2	㋛  x1
				㋜  x2

SCREW SET

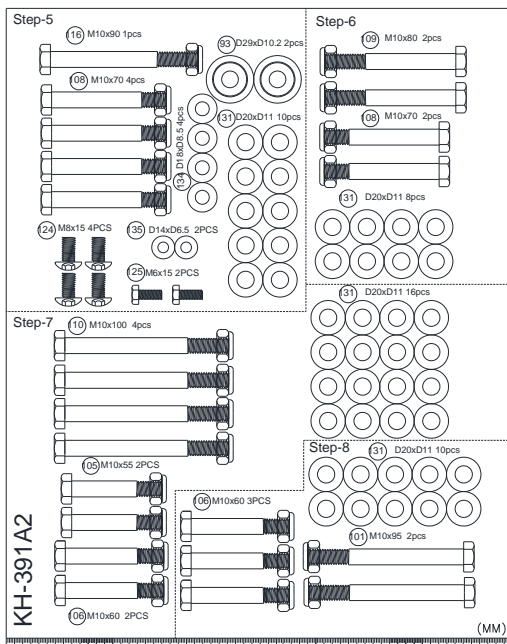
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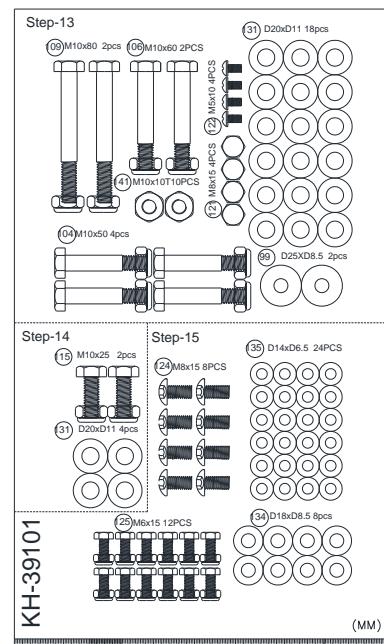
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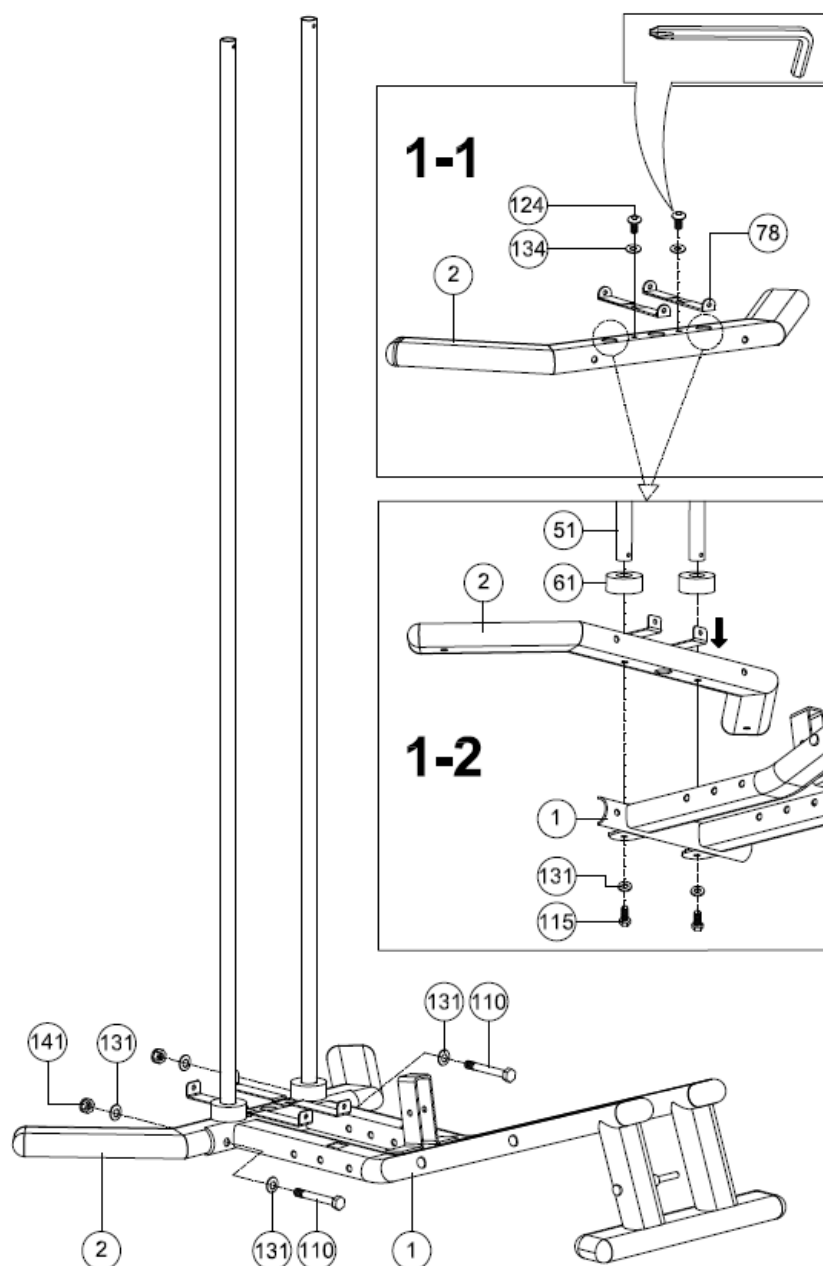








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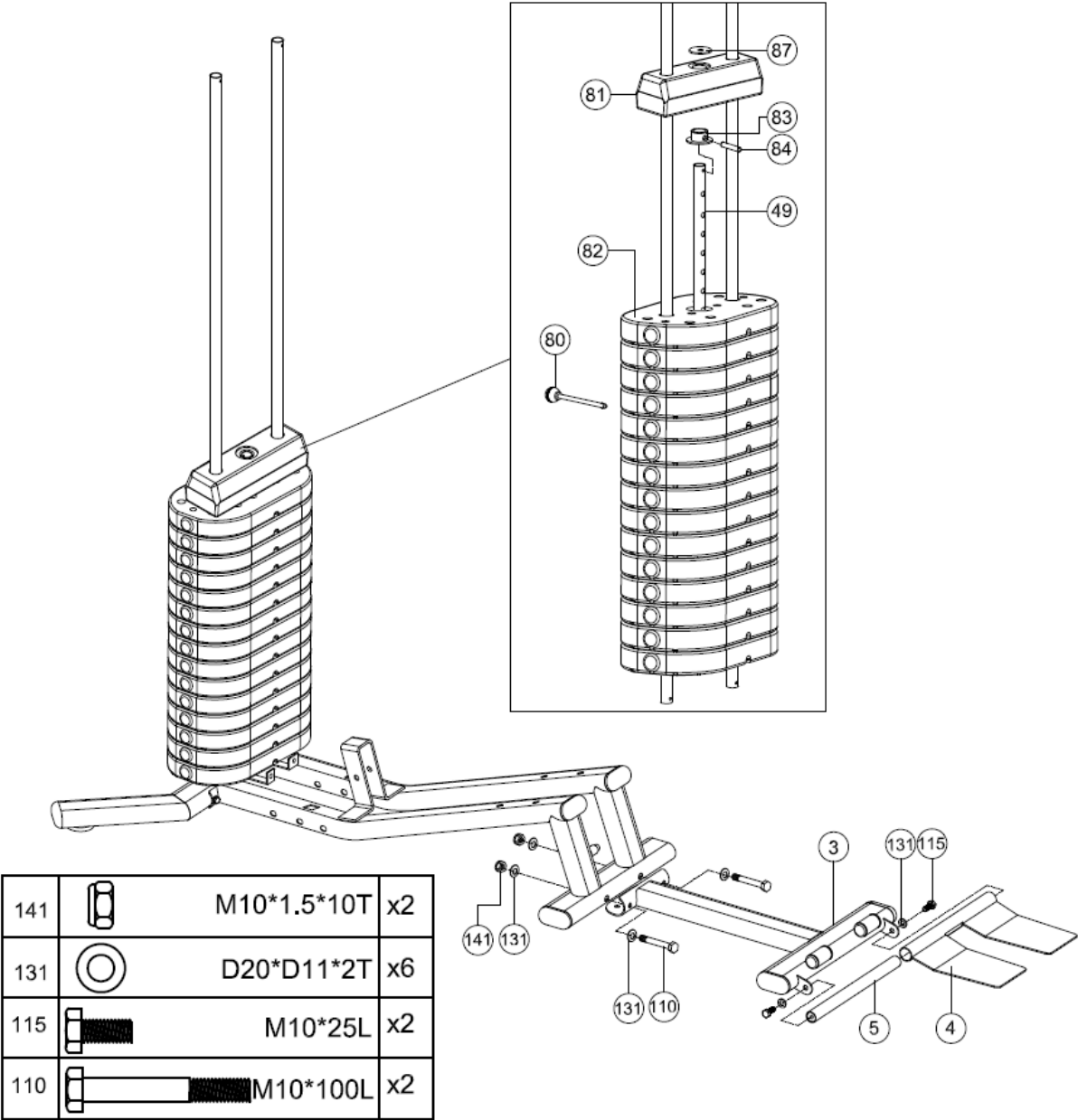
ASSEMBLY INSTRUCTIONS

STEP 1

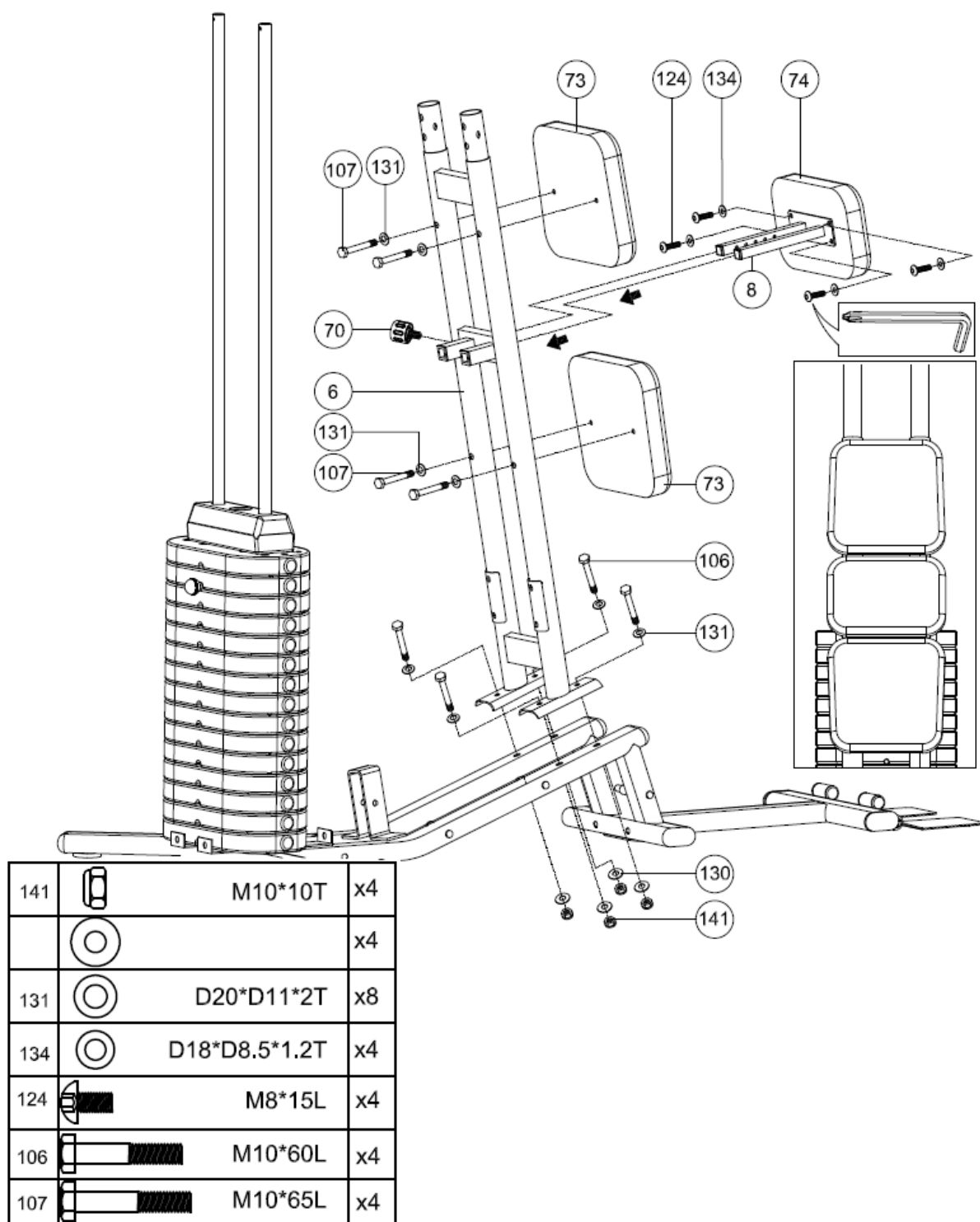


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131		D20*D11*2T	x6
134		D18*D8.5*1.2T	x2
115		M10*25L	x2
110		M10*100L	x2
124		M8*15L	x2

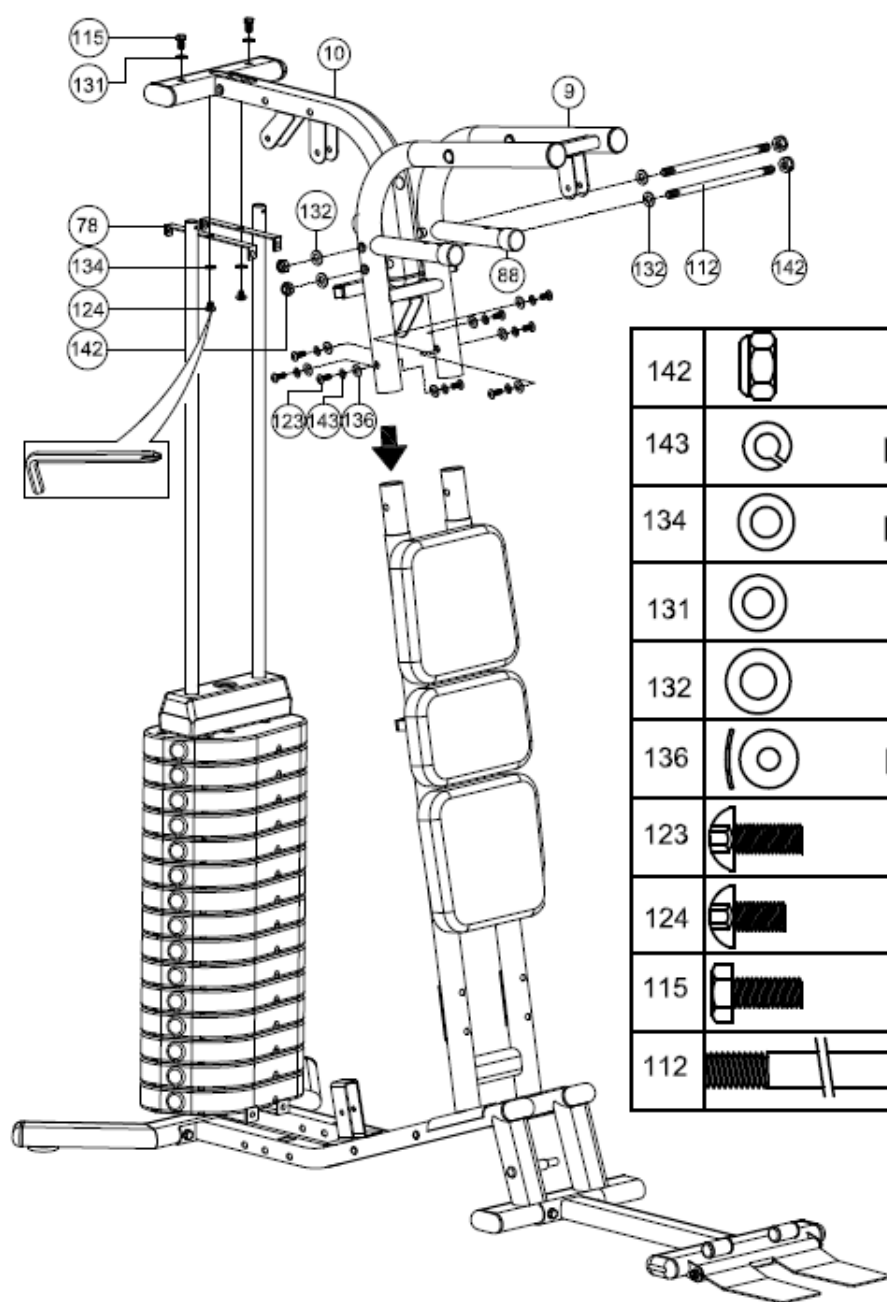
STEP 2













STEP 3












STEP 4







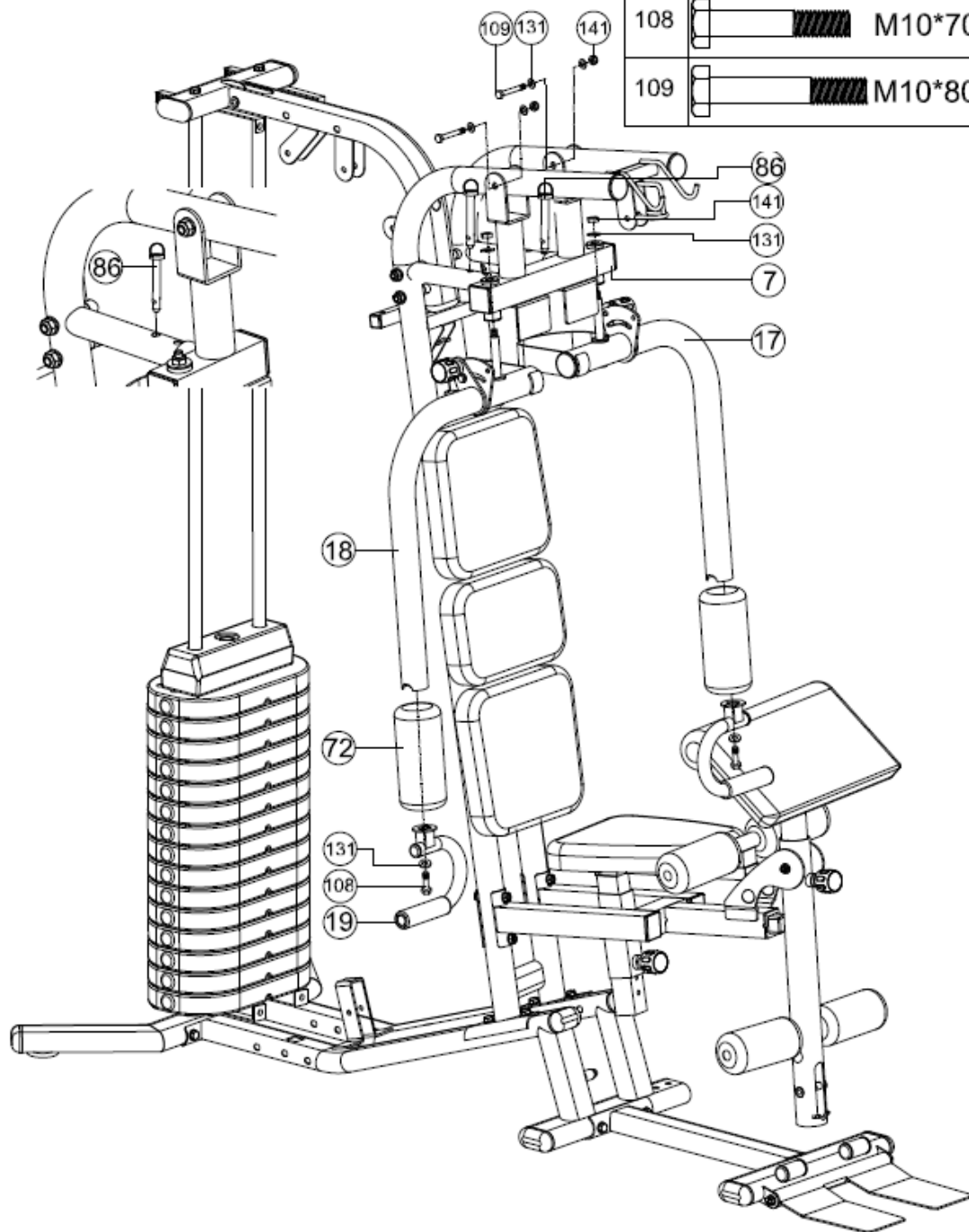
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143		D15.4*D8.2*2T	x8
134		D18*D8.5*1.2T	x2
131		D20*D11*2T	x2
132		D24*2T	x4
136		D22*D8.5*1.5T	x8
123		M8*20L	x8
124		M8*15L	x2
115		M10*25L	x2
112		M12*251L	x2

125	M6*15L
116	M10*90L
124	M8*15L
108	M10*70L
93	D29*D10.2*9T


141		M10*10T	x5
131		D20*D11*2T	x10
134		D18*D8.5*1.2T	x4
135		D14*D6.5*0.8T	x2
125		M6*15L	x2
116		M10*90L	x1
124		M8*15L	x4
108		M10*70L	x4
93		D29*D10.2*9T	x2

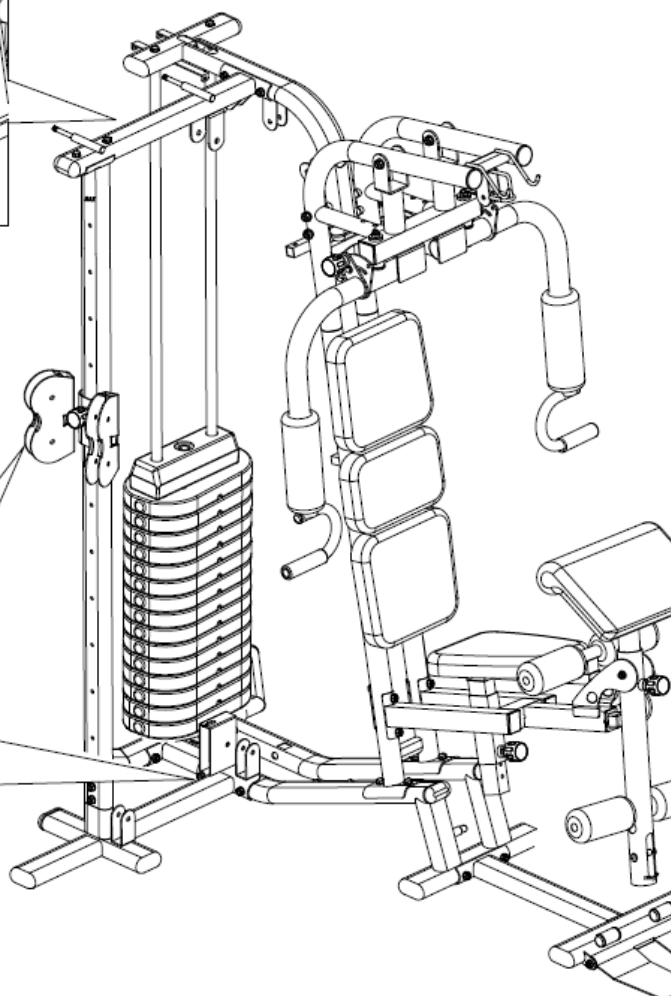
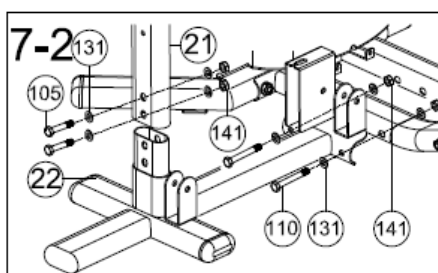
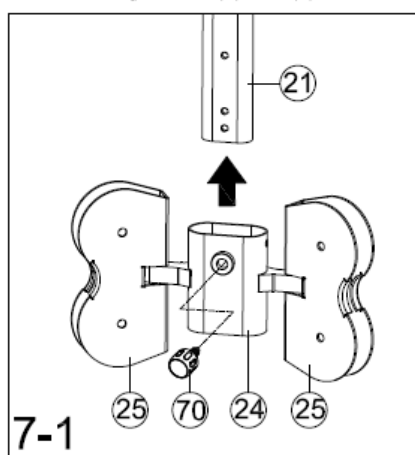
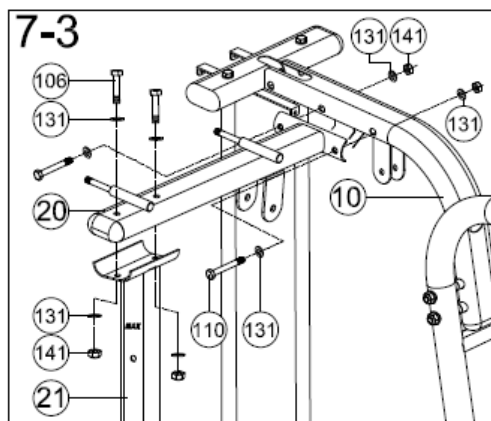
STEP 6

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108		M10*70L	x2
109		M10*80L	x2

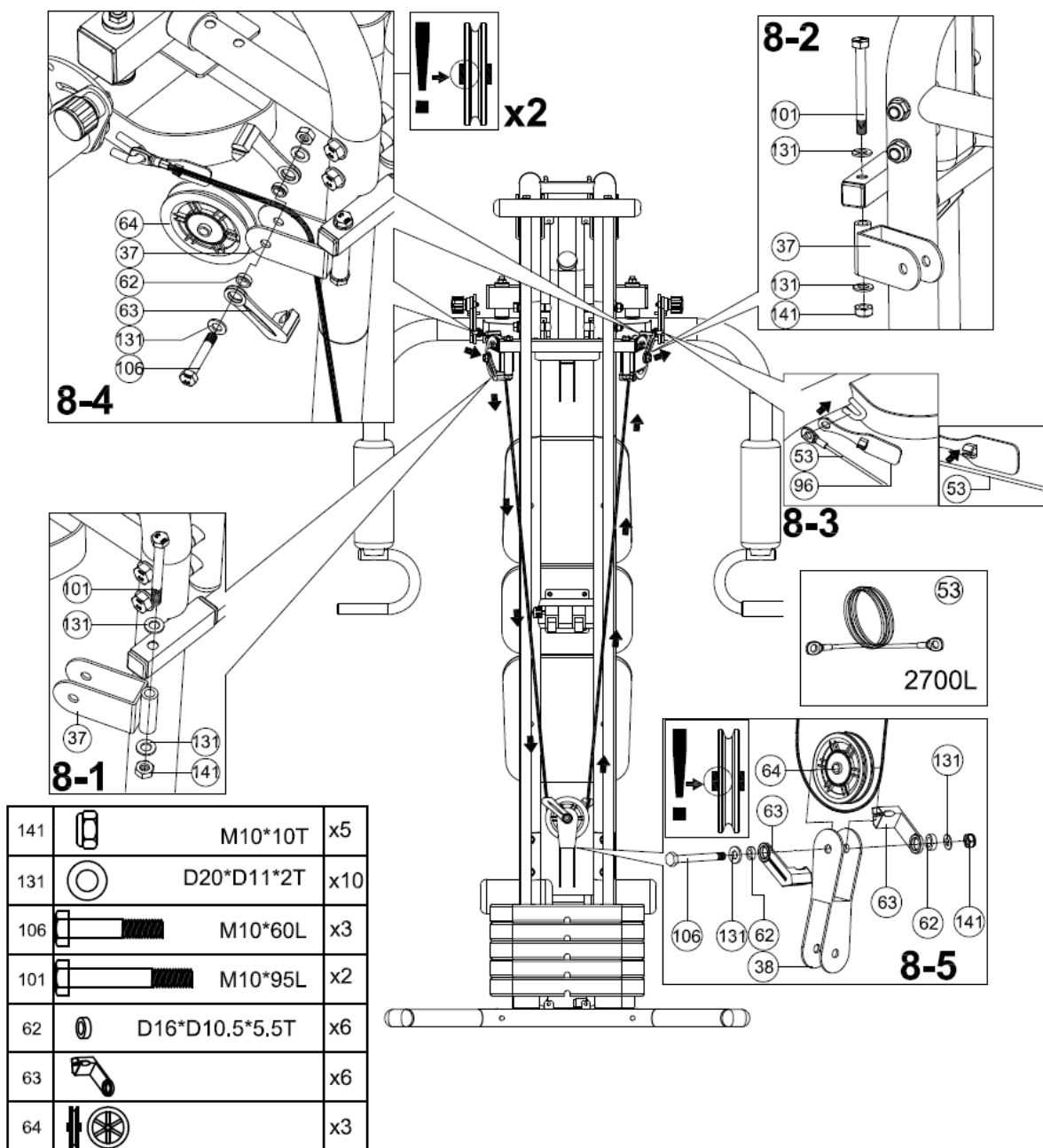


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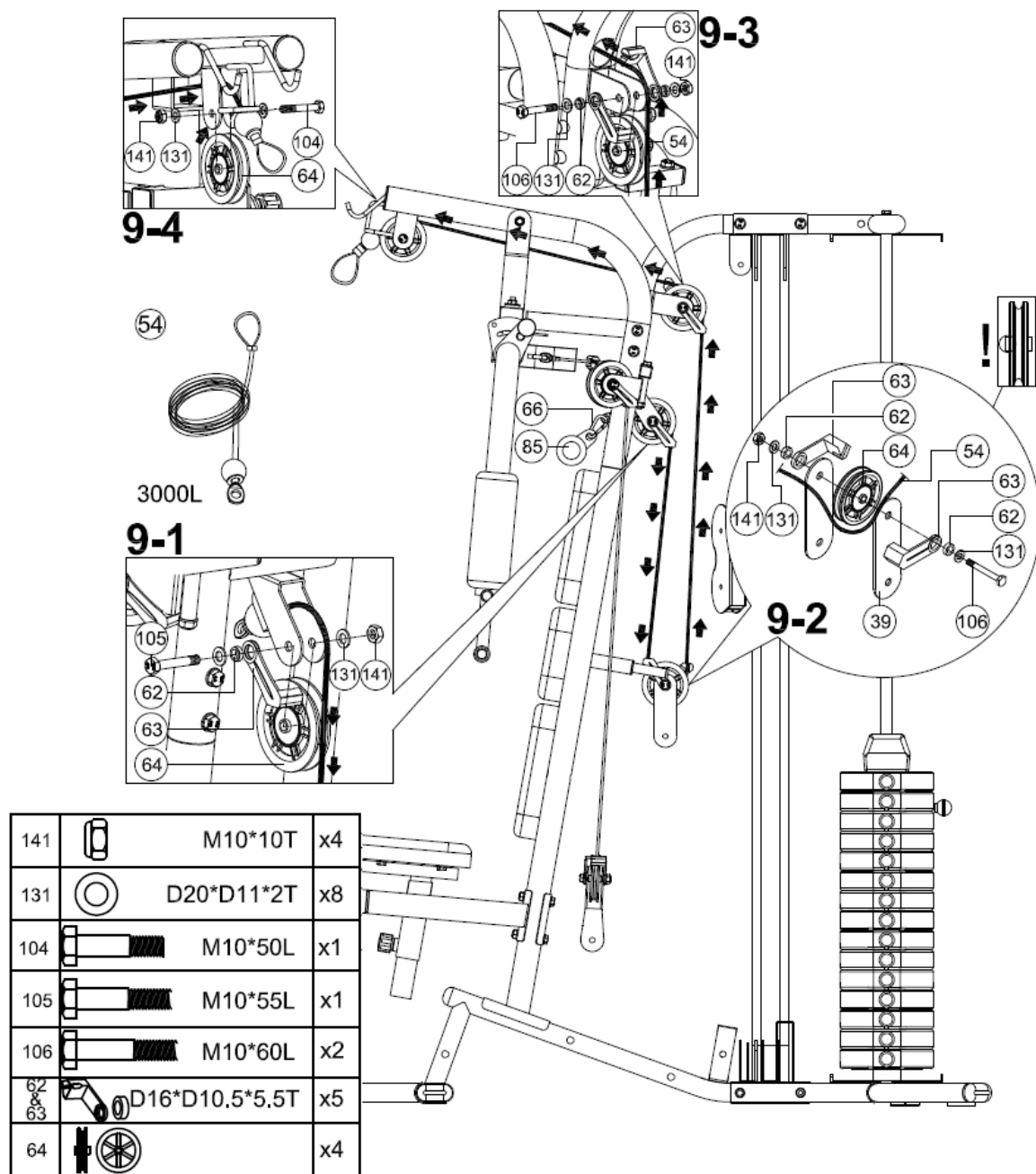
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105		M10*55L	x2
106		M10*60L	x2
110		M10*100L	x4



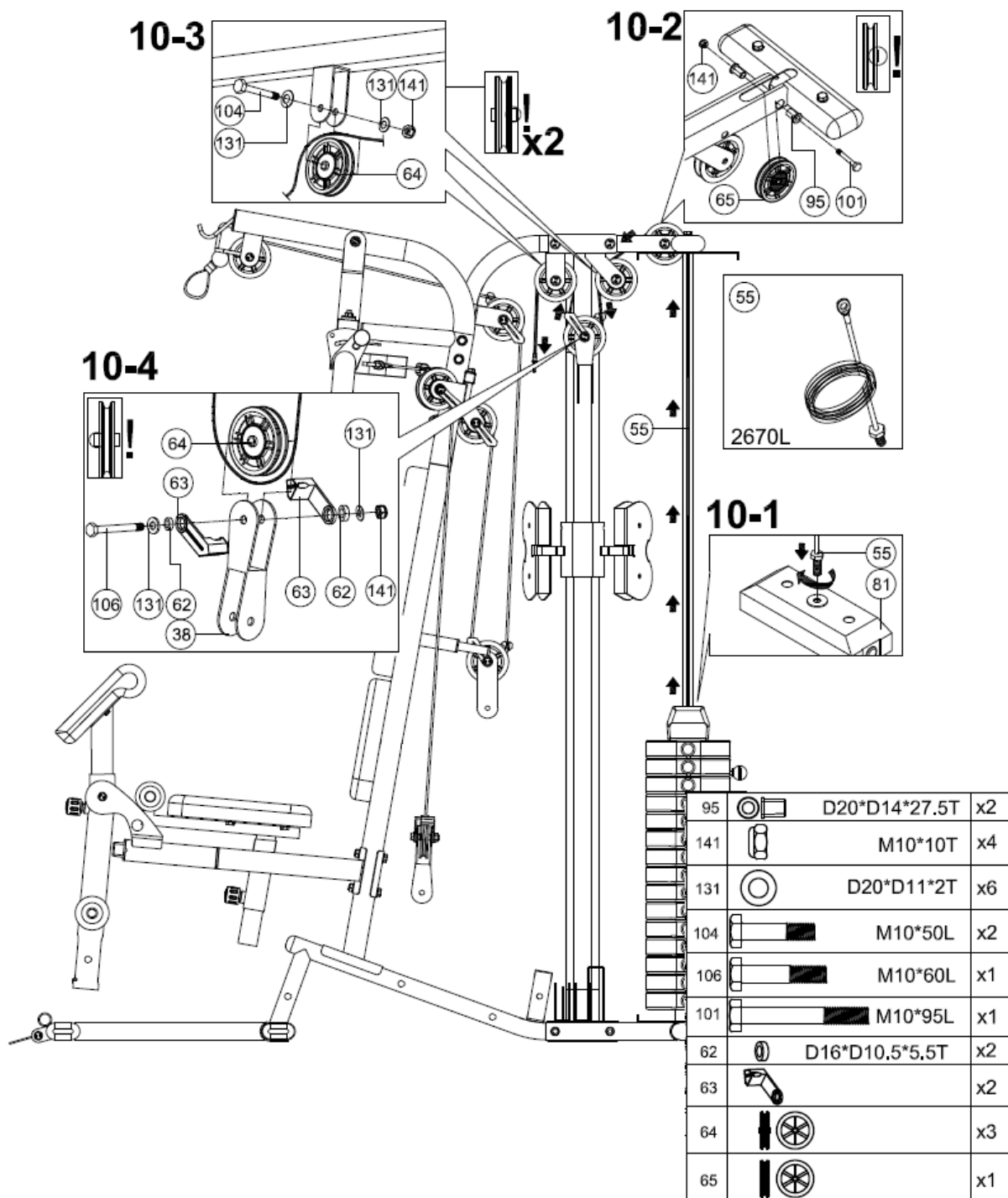
STEP 8












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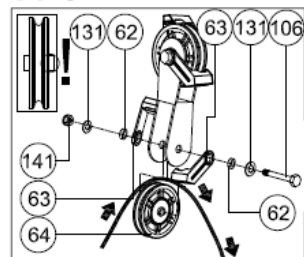
STEP 10



STEP 11

141		M10*10T	x7
131		D20*D11*2T	x9
94		D20*D14*20T	x2
106		M10*60L	x3
111		M10*75L	x1
62		D16*D10.5*5.5T	x12
63			x12
64			x6
65			x1

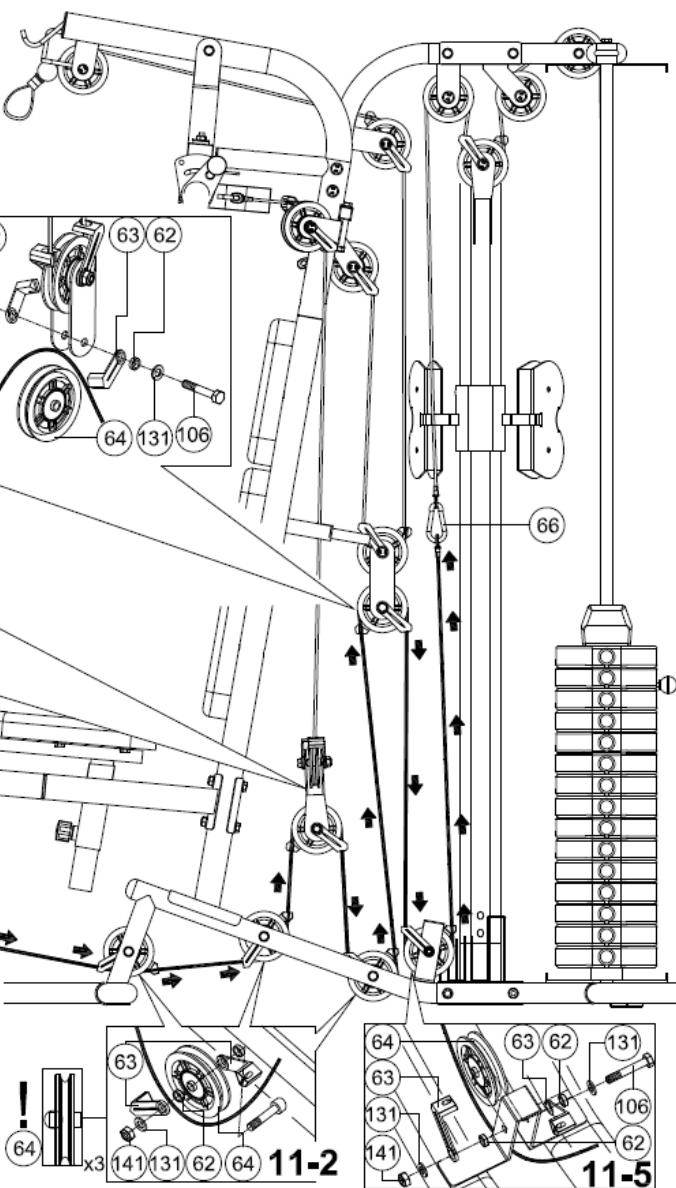
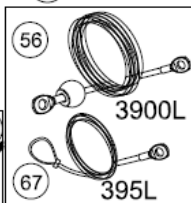
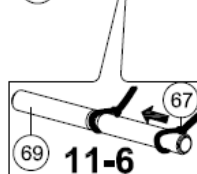
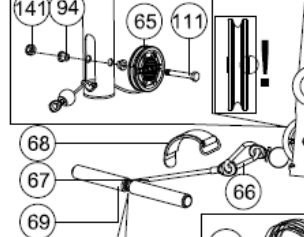
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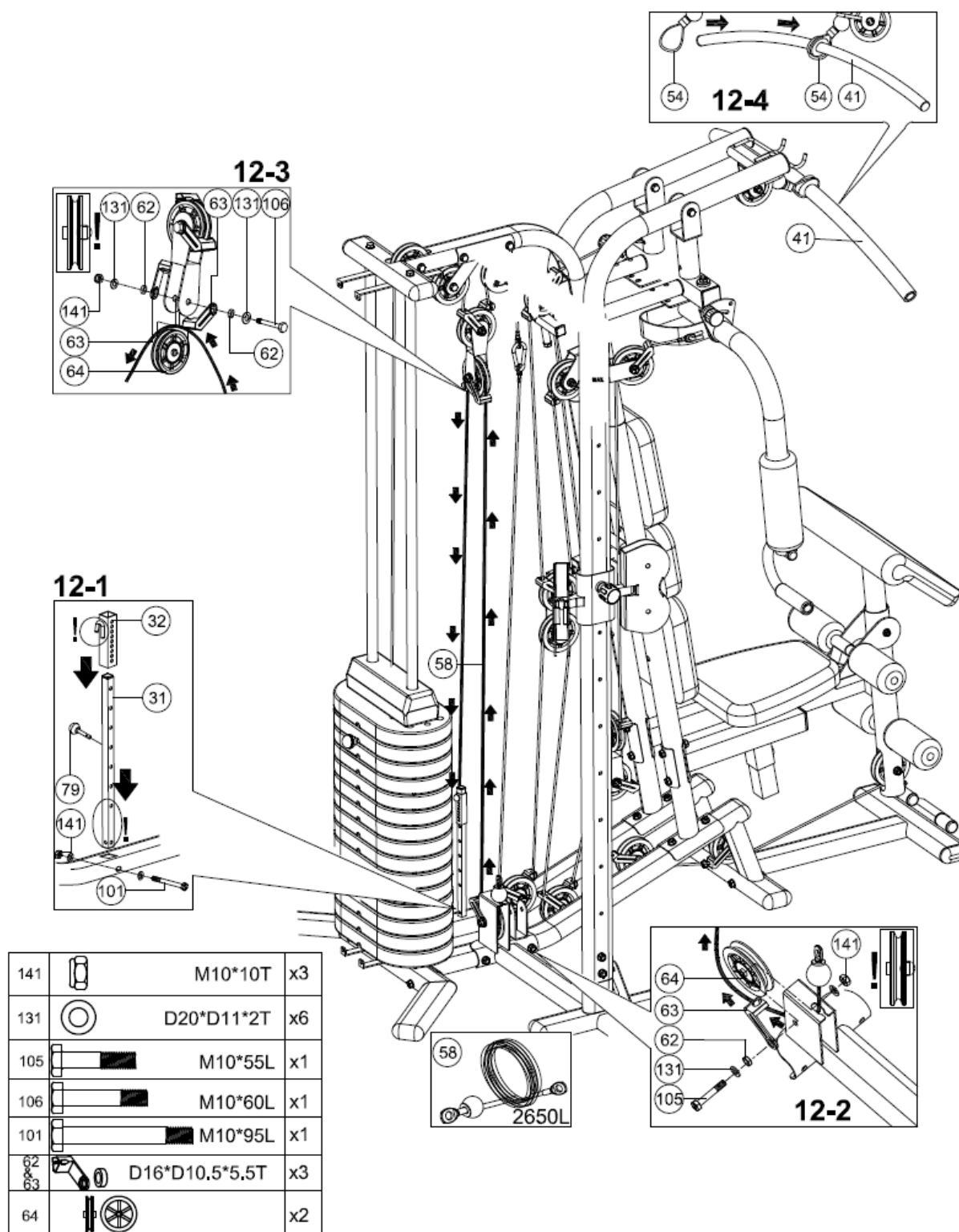
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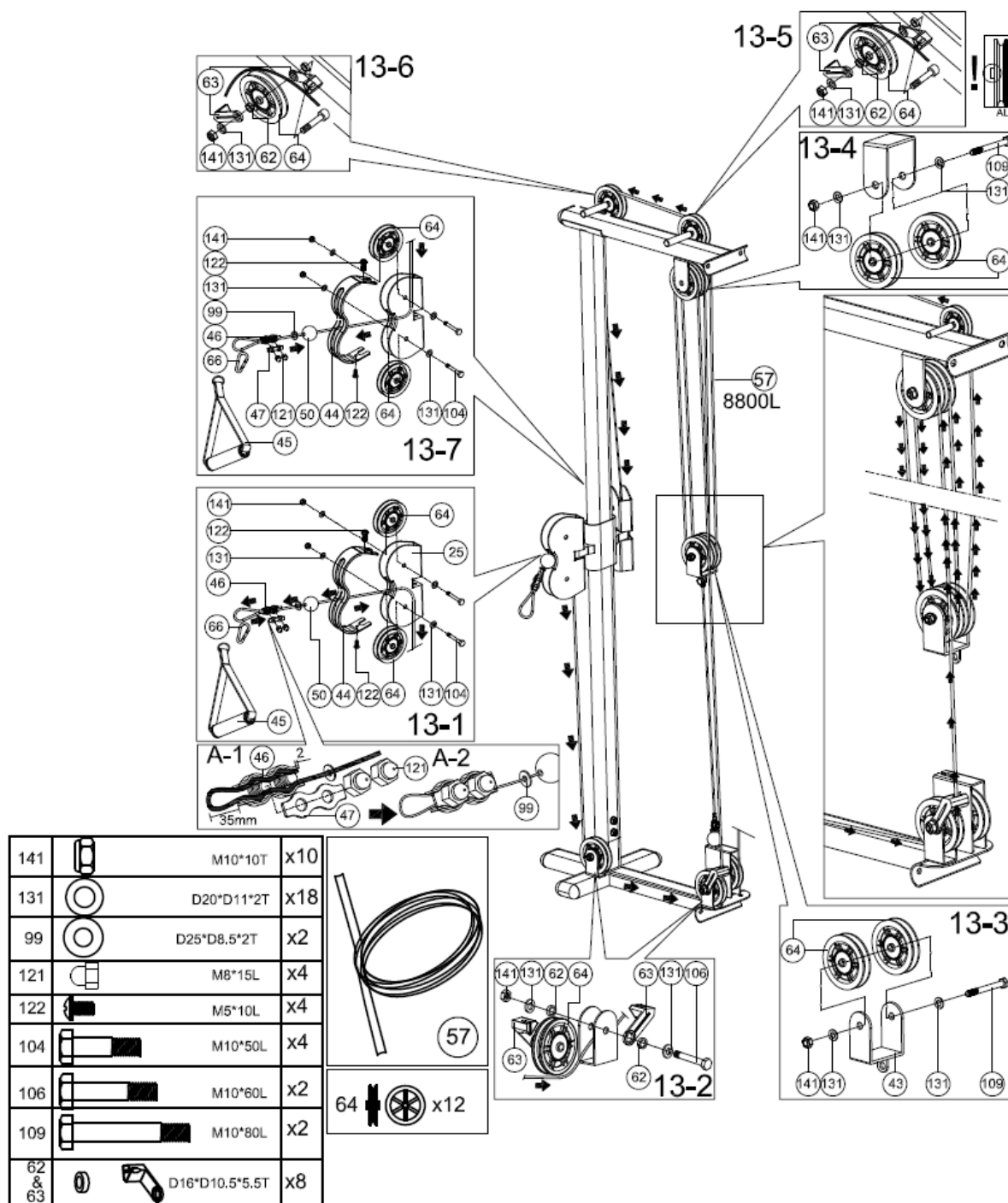
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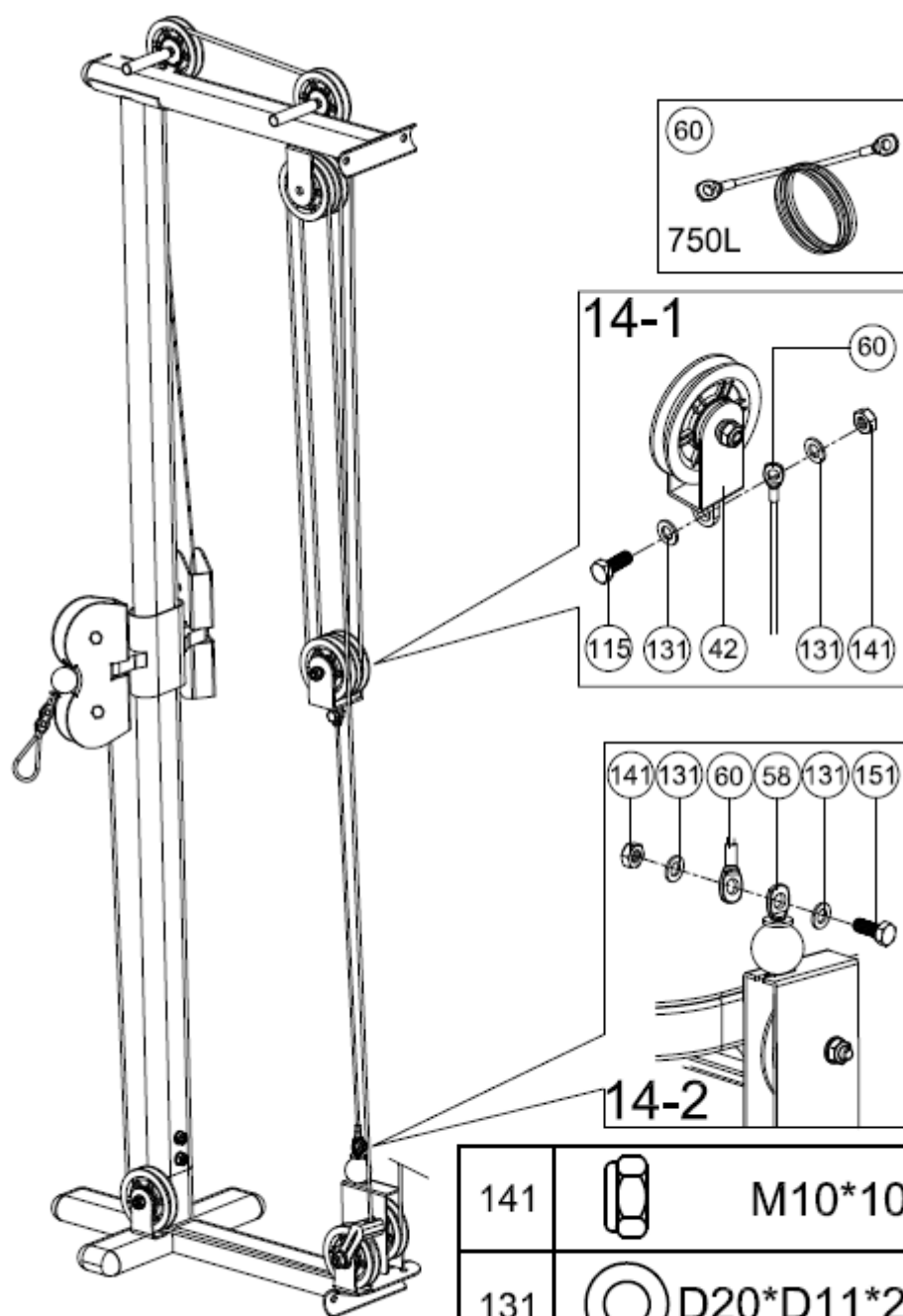
STEP 12






STEP 13

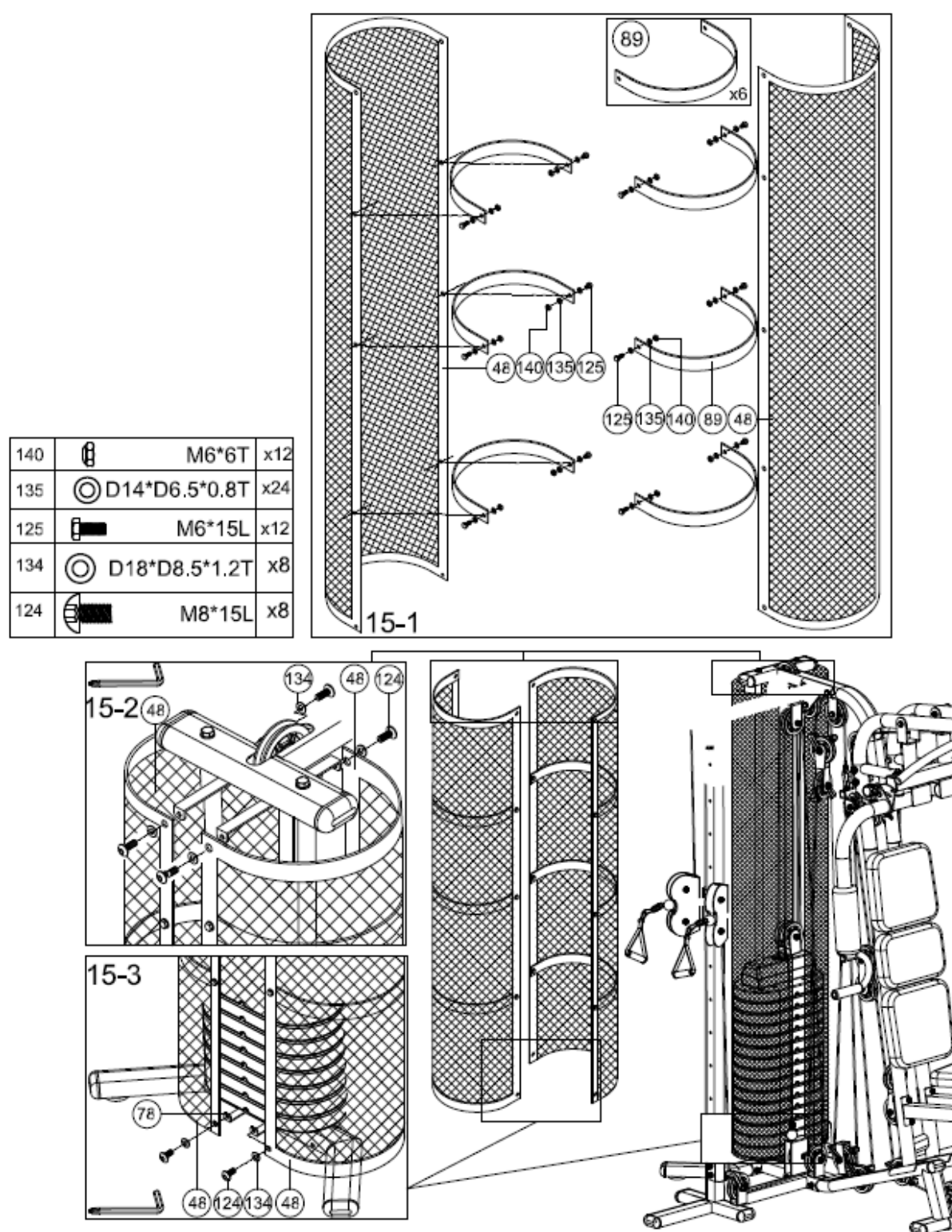


STEP 14

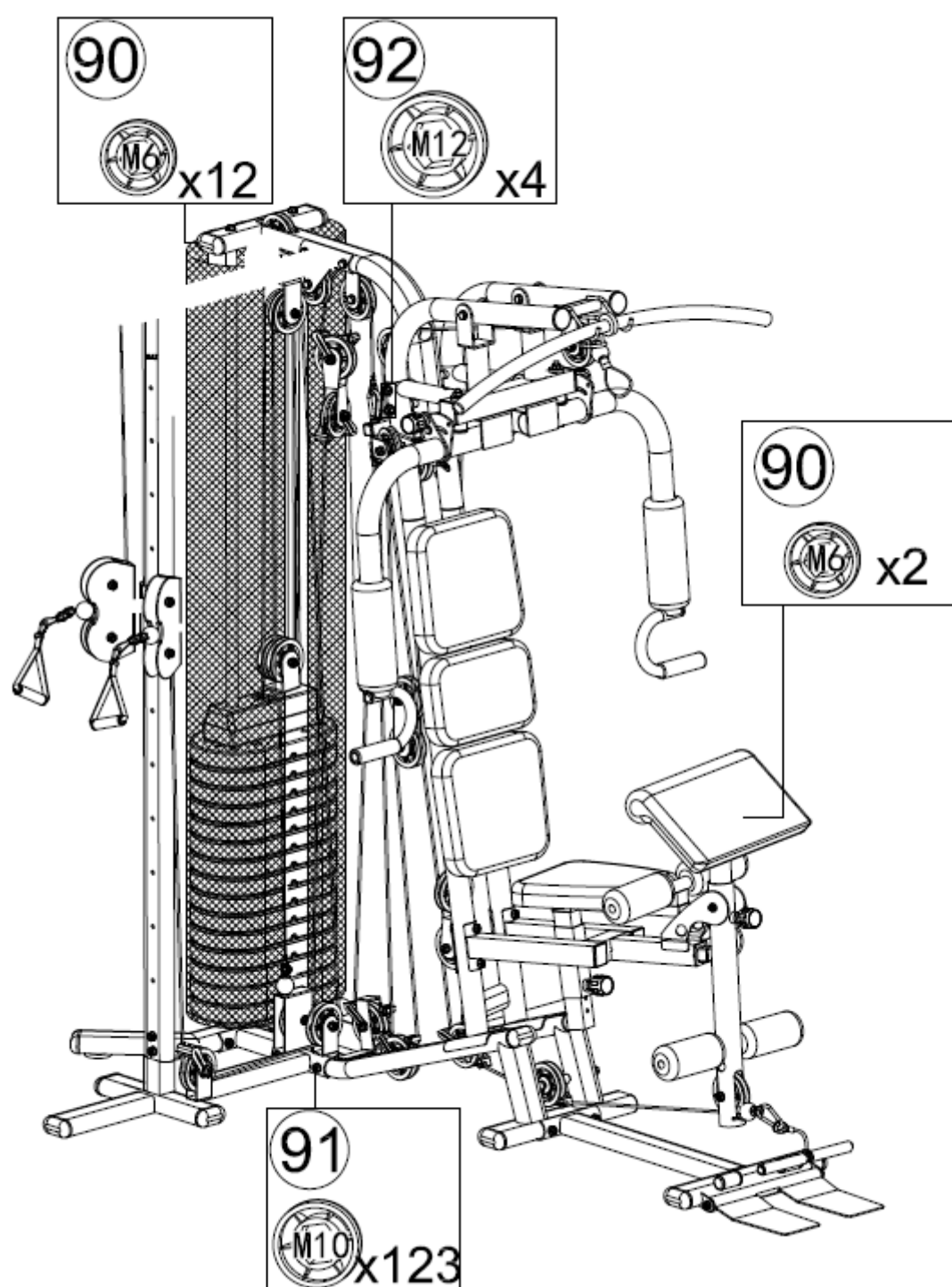


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131		D20*D11*2T	x4
115		M10*25L	x2

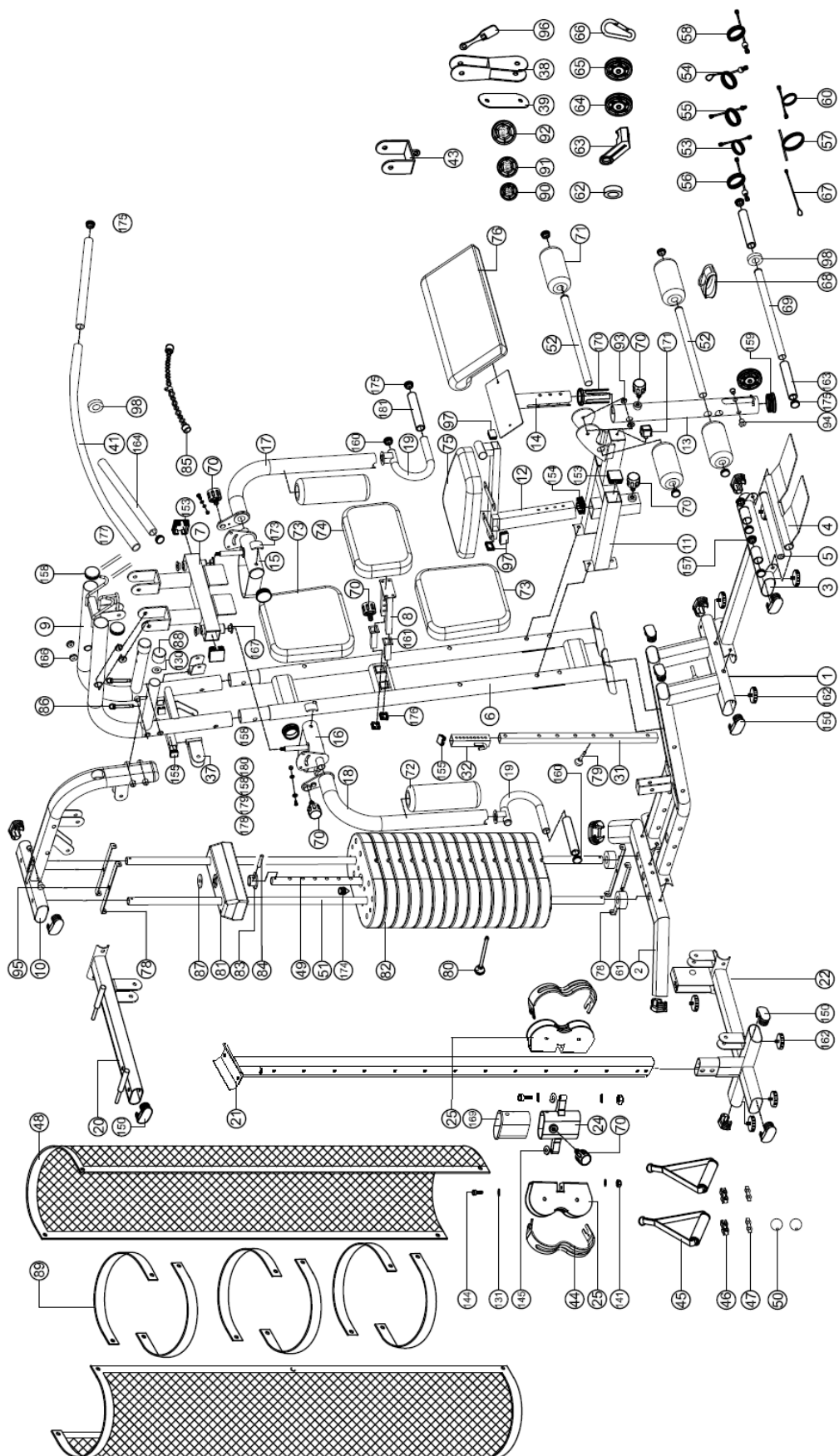
STEP 15



STEP 16



EXPLODED DRAWING



PARTS LIST

Part no	Description	Specification	Qty
1	Main frame		1
2	Rear stabilizer		1
3	Front stabilizer		1
4	Pedal plate		1
5	Rotating axle		1
6	Front upright tube		1
7	Press unit		1
8	Backrest adjustment		1
9	Top frame		1
10	Top horizontal frame		1
11	Seat supporting tube		1
12	Seat post		1
13	Leg curler		1
14	Post for preacher pad		1
15	Butterfly support (L)		1
16	Butterfly support (R)		1
17	Butterfly arm (L)		1
18	Butterfly arm (R)		1
19	Hand grip		2
20	Top pulley tube		1
21	Sliding tube		1
22	Horizontal main frame		1
24	Sliding bracket		1
25	Pulley bracket		2
31	Sliding tube of adjustable cable set	25*25*1.5T*565L	1
32	Sliding bracket		1
37	Sliding bracket		2
38	Sliding bracket	143.5*30*3T	2
39	Pulley fixing plate	151*50*3T	2
41	Lat bar	D25.4*2.0T*1200	1
43	Pulley bracket		1
44	Protecting cover	244.8*120.8*3T	2
45	Pulling strap	240*130	2
46	Cable adjustment		2
47	Upper fixing plate for rope	50*2T	2
48	Weight protector	1810*502*3T	2
49	Weight selecting bar		1
50	Nylon ball	D40	2
51	Chrome weight guidance rod		2
52	Foam roller	D25.4*400*2.0t	2
53	Cable (1)	2700L	1
54	Cable (2)	3000L	1

55	Cable (3)	2670L	1
56	Cable (4)	3900L	1
57	Rope	D6.0*8800L	1
58	Cable (5)	2650L	1
60	Cable (6)	750L	1
61	Buffer	D60xD26x52T	2
62	Pulley inner sleeve	D16*D10.5*5.5T	36
63	Pulley protector	D16.5*72.5*32	36
64	Raised pulley	D100*D10*28	30
65	Flat pulley	D100*D10*24	2
66	Hook		5
67	Cable (4)	D5.5*395L	1
68	Ankle strap	295*95	1
69	Lower pulling bar		1
70	Knob	D50xM16x1.5*22	5
71	Foam	D23xD80x165L	4
72	Foam	D47*D90*250L	2
73	Backrest	300*290*50	2
74	Backrest (middle)	300*200*50	1
75	Seat	300x340x50T	1
76	Preacher pad	500x250x50	1
78	Plate for fixing the weight protector	30*266*2T	4
79	Pin for adjustable cable set		1
80	Weight selector pin		1
81	Upper weight plate	280x100x80	1
82	Lower weight plate	370*200*42	15
83	Upper weight plastic socket	D56*D27*23.2	1
84	Pin	D10.5*56.5	1
85	Pulling rope	860L	1
86	Pin	D9.5*61L	2
87	Flat washer	D47.5*D13*3t	1
88	Foot cap	D38x32	2
89	Enforcing plate	R133*30*2T	6
90	Screw cover	D28*17 (M6)	14
91	Screw cover	D28*17 (M10)	131
92	Screw cover	D30*17(M12)	4
93	Bushing	D29*D10.2*D21.5*9T	2
94	Bushing	D20*D14*D10.2*20	2
95	Bushing	D20*D14*D10.2*27.5	2
96	Protecting plate	110*37*3T	2
97	Square cap	25*50*14	3
98	Rubber ring	D43.5*D31.5*16	2
99	Flat washer	D25*D8.5*2T	2
101	Hex bolt	M10*1.5*95	4
104	Hex bolt	M10*1.5*50L	7

105	Hex bolt	M10*1.5*55L	4
106	Hex bolt	M10*1.5*60L	18
107	Hex bolt	M10*1.5*65L	4
108	Hex bolt	M10*1.5*70L	6
109	Hex bolt	M10*1.5*80	4
110	Hex bolt	M10*1.5*100L	8
111	Hex bolt	M10*1.5*75	1
112	Bolt	M12*1.75*251L	2
115	Hex bolt	M10*1.5*25	9
116	Hex bolt	M10*1.5*90	1
121	Domed nut	M8*1.25*15L	4
122	Bolt	M5*0.8*10L	4
123	Allen bolt	M8x1.25x20L	8
124	Allen bolt	M8x1.25x15L	20
125	Hex bolt	M6*1*15L	14
130	Flat washer	D38xD10.5x3t	6
131	Flat washer	D20*D11*2T	128
132	Flat washer	D24*D13.5*2.5T	4
134	Flat washer	D18*D8.5*1.2T	20
135	Flat washer	D14xD6.5x0.8t	26
136	Curved washer	D22xD8.5x1.5T	8
140	Nylon nut	M6*1*6T	12
141	Nylon nut	M10*1.5*10T	67
142	Nylon nut	M12*1.75*12T	4
143	Spring washer	D15.4xD8.2x2T	8
144	Allen screw	M10*1.5*45L	2
145	Plastic washer	D10*D24*0.4T	2
150	Oval cap	40*80*33	15
153	Square cap	50*50*20	4
154	Square cap	45*45*16.5	1
155	Square cap	25*25*13L	5
156	Round cap	D1"*17	4
157	Round cap	D31.8*19L	4
158	Round cap	D50.8*15	4
159	Round cap	D60*14	1
160	Round cap	D1"x17.5	2
161	Hollow cap	30*30*130L	2
162	Adjusting wheel	D59*M10*40L	11
163	Foam	D23x4Tx195L	2
164	Foam	D23*4T*595L	2
166	Bushing	D29*D21.5*D10.2*7.5	4
167	Bushing	D32*D16.2*12T	4
169	Inner tube	50*100*125L	1
170	Inner tube	D66*D52*100L	1
171	Buffer	35*35*25	1

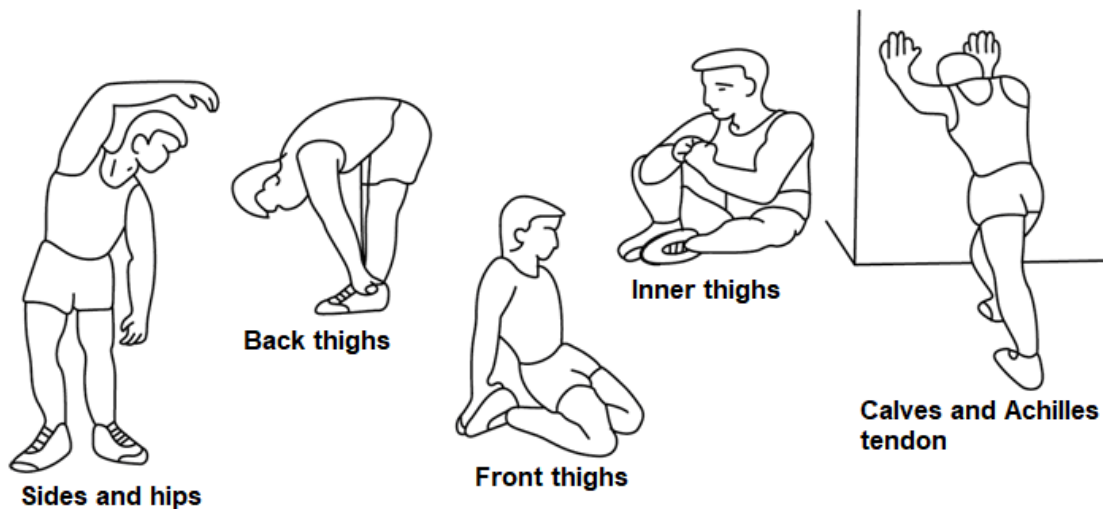
173	Buffer	R23*35*35	2
174	Cone cap	D25.4*35L	1
175	Hemispherical cap	D25.4*28L	6
176	Square cap	20x20x13	2
177	Foam	D10*3T*70L,HDR	2
178	Step bolt	D8*M6*12	1
179	Flat washer	D18*D8.5*1.0T	1
180	Cup nut	M6*1*10T	1
181	Foam	D23*4T*127L	2
	Spanner		2
	Inner spanner		1

EXERCISE INSTRUCTIONS

Exercise is beneficial to your health, improves physical condition, shapes muscles and, in combination with a calorie-balanced diet, leads to weight loss.

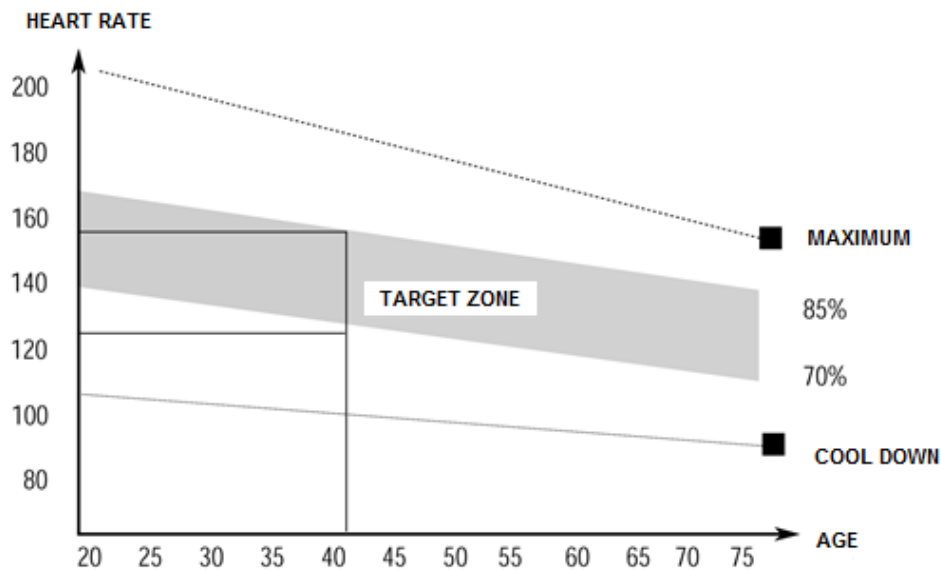
1. WARM UP

This phase serves to improve the blood circulation of the whole body and to warm up the muscles, to reduce the risk of convulsions and muscle injury. We recommend performing the stretching exercises below. When dragging, stay in the end position for approximately 30 seconds, do not make sudden movements and do not vibrate.



2. EXERCISING

This phase is the most physically demanding part. Regular exercise strengthens the muscles. You can determine the tempo yourself, but it is very important that it is the same throughout the exercise. Heart rate should be within the target zone (see figure below).



This phase should last at least 12 minutes. Most people exercise for 15-20 minutes.

3. COOLDOWN

This phase serves to soothe the cardiovascular system and relax the muscles. It should take approximately 5 minutes. You can repeat warming up exercises or continue exercising at slower pace. Stretching your muscles after exercise is extremely important - you need to avoid sudden movements and vibrations.

With improved fitness, you can lengthen and increase exercise intensity. Train regularly, at least three times a week.

SHAPING MUSCLES

For muscle shaping, it is important to set a high load. The muscles will be more stressed, which may cause that you will not be able to exercise as long as usual. If you are trying to improve your condition at the same time, you need to adjust your training. Exercise in the usual way during the warm-up and final stages of training but increase the resistance of the device at the end of the exercise. You may need to slow down the speed to keep the heart rate in the target area.

WEIGHT LOSS

The number of calories burned depends on the length and intensity of the exercise. The essence is the same as in fitness exercise, but the goal is different.

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
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About shipping

