



USER MANUAL – EN
IN 18712 VibroGym inSPORTline Lotos



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SAFETY INSTRUCTIONS

Follow the instructions and warnings below. This will prevent damage to the device, injury or property damage that may result from improper use of the device. Read the manual carefully before using the product for the first time and keep it for future reference.

- Regularly check all screws, nuts and other parts. If it is necessary, tighten all screws and nuts. Regularly check for sign of wears and damage. Never use damage or wear product. Damaged or worn parts replace immediately. Do not modify the product.
- Properly connect the power cord. Power cord should not be compressed or deformed by the device.

Not following the instruction may cause damage to socket or power cord which can result in electric shock or fire.

- Do not connect additional devices to the socket.

Connecting multiple devices to one socket may lead to fire. Doing so may damage the fuse or cause the device to malfunction.

- Clean the power cord and plug with dry cloth.

Dirt on the plug may lead to incorrect connection, which may cause a fire.

- Keep the distance between device and the wall at least 20 cm.

It is necessary to provide enough space for ventilation and for save use. For safety reasons, keep a free area around the device min. 0.6 m.

- Place the device on solid, flat and clean surface.

Placing on uneven ground can lead to excessive noise and instability of the device. Stabilize the device with the adjusting feet.

- After finishing the exercise press the STOP button. Do not leave the device until it stops completely.

Leaving running device can lead to injury.

- If you don't use the product unplug the socket.

This will prevent unnecessary power consumption and prevent fire.

- Do not run or jump on the vibrating plate.

This can lead to damaging of product.

Seniors and children should only use the device under the supervision of a person familiar with proper operation of the device.

Unproper use can lead to injury.

- Only for one person at the same time.

Maximum weight limit: **120 kg**.

- Before you start to clean the device, wipe all water and moisture with a dry cloth. Do not allow water to enter the device.

Water inside the machine can cause electrical discharge and fire.

- For cleaning use suitable cleaning detergent. Do not use detergent on oil or alcohol base.

It is recommended that you first clean the dirt with a dry cloth and then use damp cloth to clean it.

- Clean and dry the device before storing.

Wipe away water and moisture from device to avoid corrosion.

- Do not touch the plug or socket with wet hands.

There is a risk of electric shock.

- Do not bend the power cord too much and do not place heavy objects on the power cord.

Damaged power cord can lead to fire.

- Do not use the device if the power cord, plug or socket are damaged.

There is a risk of electric shock or fire.

- Do not use the device near water and in moist rooms.

There is a risk of electric shock or corrosion.

- Do not place other objects on vibration board.

Doing so may damage the board, cause an electrical shock, and fire or break the electrical circuit.

- Do not use water sprayers, benzine, benzene, thinners or chlorine-based cleaners for cleaning.

There is a risk of electric shock and fire or electrical circuit breakdown.

- Unplug the power cord before cleaning.

Avoid electric shock.

- If smoke or burning smells emanate from the device, immediately turn it off and unplug the power cord.

There is a risk of fire or electric shock.

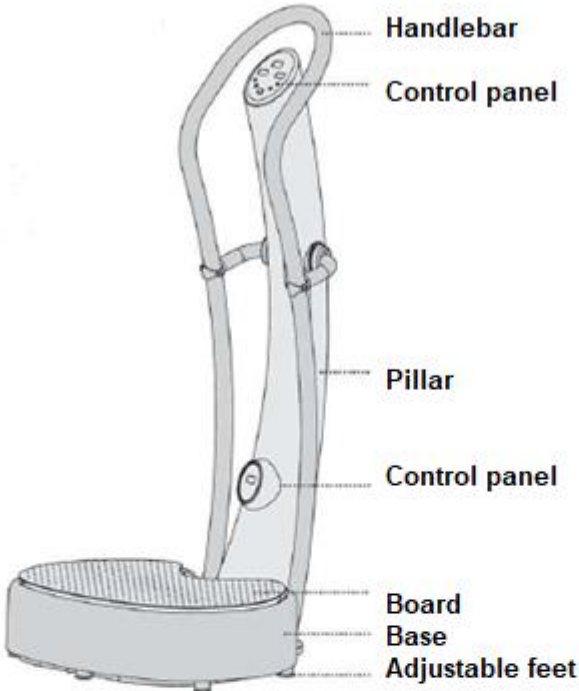
- Disassembly, repair and modification of the device may only be carried out by a qualified technician.









Improper use of the device may result in equipment damage, fire, and property damage.

Before starting the exercise program, consult your doctor, especially if you are taking medicines and if:

- Epilepsy
- Diabetes
- Cardiovascular disease
- Problems with the spine (popping the intervertebral disc or post-operative condition)
- Knee and hip implants
- Pacemakers
- Contraceptive devices, metal implants
- Tumours
- Recent infectious disease
- Recent operation intervention
- Pregnancy
- Chronic migraine

PRODUCT DESCRIPTION



- | | | | |
|---|------------------|---|-----------------------|
|  | ● 1 M5 Allen key |  | ● 2 M10 Spring washer |
|  | ● 1 M8 Allen key |  | ● 6 M8x25 Bolt |
|  | ● 2 M10X30 Bolt |  | ● 4 M6x20 Bolt |
|  | ● 4 M6X10 Bolt |  | ● 4 M6 Spring washer |

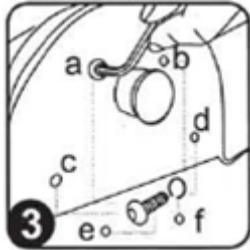
ASSEMBLY



Connect the signal cable with the base.



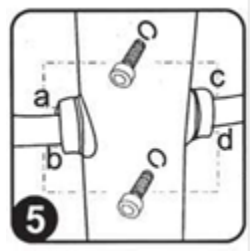
Insert the pillar.



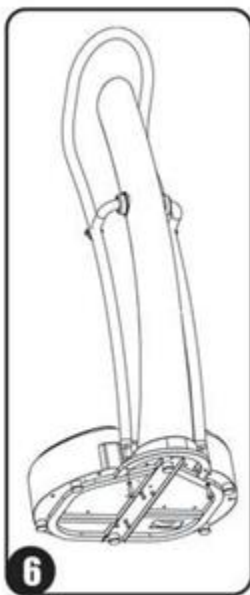
Fix it with 6 bolts M8x25 and spring washers at the bottom of the base.



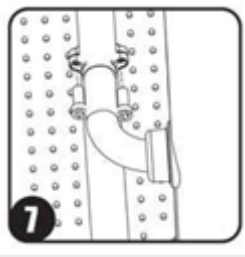
Place handlebars into the pillar.



Secure the handlebars with 4 bolts M6x20 and spring washers.

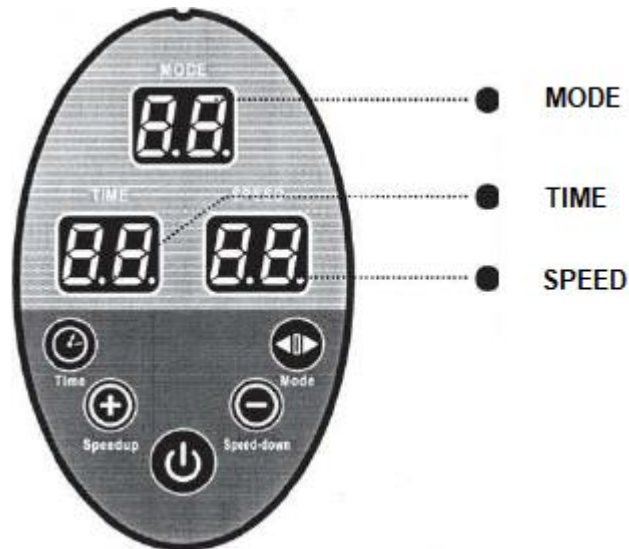





Fix the handlebars to the base with 2 bolts M10x30 and spring washers.



Tighten 4 bolts M6x10.

CONTROL PANEL







	Turn on / off device
	MODE: 4 modes that can be used 88, P1, P2, P3. 88 is manual mode, where you can setup time and speed manually. P1, P2, P3 are automatic modes. When you choose these modes, the speed and time are pre-set. Time and speed buttons don't work in automatic mode.
	TIME: Press this button to set the time. Each press adds one minute, after ten minutes the cycle returns to one minute.
Button +	Increase speed
Button -	Decrease speed

DISPLAYED VALUES

- SPEED: Counting 2, 4, 6,....30, 32 (starting value is 2).
- TIME: From 1 to 10 minutes (starting value is 10 minutes).
- MODE: 88, P1, P2, P3 (starting value is 88).

MODES

	Manual mode You can adjust speed 2, 4, 6,.....34, 36
	P1 automatic mode The speed changes periodically to 2, 4, 6,34, 36, 34,....6, 4 in 0,5 second intervals between each speed.
	P2 automatic mode The speed changes periodically to 4, 8, 12,....32, 36, 32,.....12, 8 in 5 second intervals between each speed.
	P3 automatic mode The speed changes periodically to 2 a 36 in 5 second intervals between each speed.

USE

Connect the machine to the socket and turn on the main power switch located behind the bottom cover to put the machine in "standby" mode. Press the button and the machine will start, press the button again and the machine will return to the "standby" mode.

Please refer to the control panel chapter for description and function of each button.

If you start exercising in an upright position, please stand on the vibrating pad before turning on the machine.

If you start exercising in a different position, it is better if you ask another person to operate the buttons, or rather it is recommended that you start the exercise position upright then change the position.

For your health and safety, please do not use the machine for more than 20 minutes to avoid your body being overloaded with exercise.

MAINTENANCE

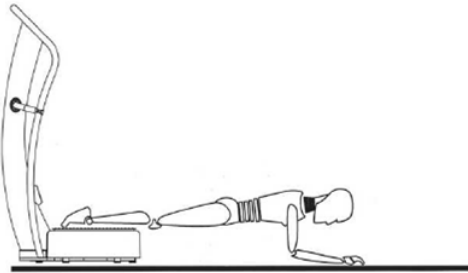
- Please turn off the main power switch on the machine and plug off the power cord from the socket before you start daily maintenance.
- Do not use formaldehyde or other organic impregnating agents to clean the machine.
- Please use a soft and dry cloth instead of damp to clean the main power switch and control panel.
- It is dangerous if fluid gets on the machine.
- If the power cord is damaged, it must be replaced by a special cable or a replacement from the manufacturer, replacement must be done by the manufacturer or a trained service technician of the manufacturer or a similarly trained person to avoid possible electric shock.
- Regular maintenance should be done every 20 hours of operation.

Maintenance consist of:

- checking all moving parts of the machine (axes, joints moving the movement, etc.), if they are lubricated sufficiently if not lubricate them immediately. We recommend common bicycling oil and sewing machines or silicone oils.
- Regular inspection of all components – regularly tighten all nuts, bolts and screws
- For cleaning, use only soap and wet cloth and not abrasive cleaners.

- Protect the console from damage and contact with liquids
- The computer, adapter, plug and the machine must not come into contact with water.
- Do not expose your computer to sunlight and check that the batteries are working properly to prevent battery leakage and damage to your computer.
- Always store the machine in a dry and warm place

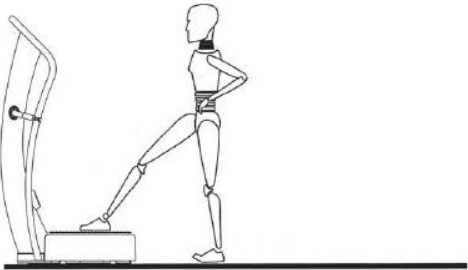
EXERCISES



Massage / vibrations lying down

Put your toes on the massage / vibration plate and support the body with your hands on the floor as shown in the picture, stay in that position.

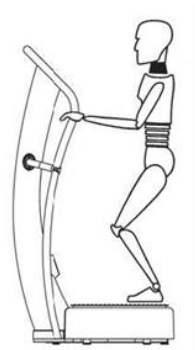
Exercise is focused on exercising arms, chest and upper body.



One-leg massage / vibration

Put one foot on the vibrating plate and the other leg on the floor as shown in the picture, put your hands on your side.

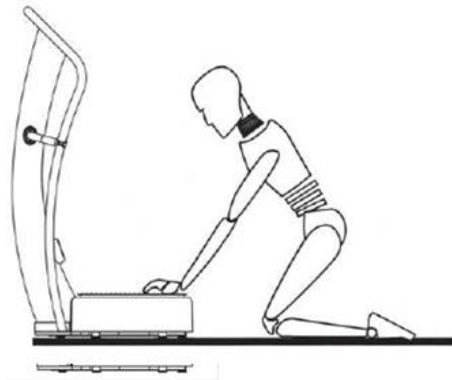
Exercise is focused on exercising the waist, abdomen and thighs



Massage / vibration in squat

Stand on the vibrating plate and grab the handle with your hands, stand in a slight undercut.

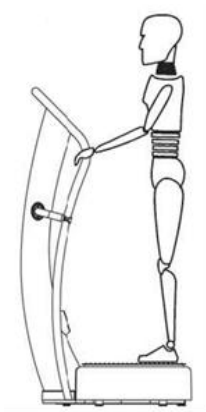
Exercise is focused on exercising back, buttocks and calf exercises.



Massage / vibration in the knee

Get on your knees, put both hands on the massage / vibration plate and stay in the kneeling position.

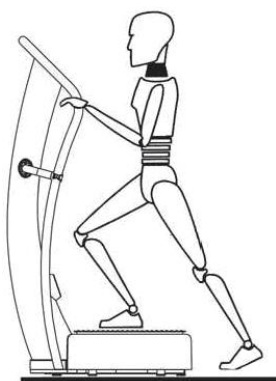
The exercise is mainly focused on exercising the legs, shoulders, diaphragm and upper parts of the body.



Standing Massage / Vibration

Stand on the massage / vibration plate and grab the handle with your hands, stand upright.

Exercise is focused on exercising the whole body.



One-leg massage / vibration

Put one foot on the vibrating pad and bend it easily in your knee. Put the other foot straight on the ground, as shown in the picture. Hold the handle with both hands.

Exercise is mainly focused on exercising belt, abdomen and thigh exercises.

EXERCISE PROGRAM

Type	Frequency	Time	Speed
Normal exercise	1 – 3 every day	5 – 20 min	Regular
Weight loose	4 – 8 every day	10 – 20 min	Slow

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 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: