



USER MANUAL – EN
IN 19895 Recumbent inSPORTline Greod



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SAFETY INSTRUCTIONS

- To ensure the best safety of the exerciser, regularly check it on damages and worn parts.
- If you pass on this exerciser to another person or if you allow another person to use it, make sure that that person is familiar with the content and instructions in these instructions.
- 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 work-out, remove all sharp-edged objects around the exerciser.
- Only use the exercise for your work-out if it works flawlessly.
- Any broken, worn or defective part must immediately be replaced and/or the exerciser must no longer be used until it has been properly maintained and repaired.
- Parents and other supervisory persons 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 children'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.
- 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 it in a way for which it is not intended due to their natural play instinct and interest in experimenting.
- Please note that an improper and excessive work-out may be harmful to your health.
- Please note that levers and other adjustment mechanisms are not projecting into the area of movement during the work-out.
- When setting up the exerciser, 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 work-out 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 work-out due to their form (for example, length). Be sure to wear appropriate shoes which are suitable for the work-out, 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 work-out and sensible eating habits.
- Class – HC for home use
- Max. weight limit: 110 kg

WARNING! A system for monitoring heart rate may not be accurate. Overloading during training may cause serious injury or death. If you feel any discomfort, immediately stop the exercise!

IMPORTANT NOTES

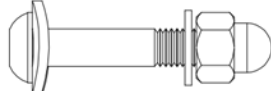


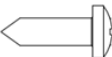




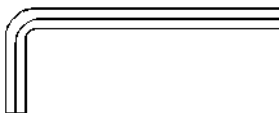
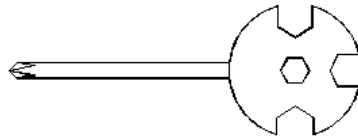

- Assemble the exerciser as per assembly instructions and be sure to only use the structural parts provided with the exerciser and designed for it. Prior to the assembly, make sure the contents of the delivery is complete by referring to the parts list of the assembly and operating instructions.
- Be 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 exercisers and training devices are no toys. Therefore, they must only be used by properly informed or instructed persons.
- Stop your work-out 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 persons should use the exercise only under supervision and in presence of another person who may give support and useful instructions.
- Be sure that your body parts and those of other persons 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 work out immediately after meals!

PARTS LIST

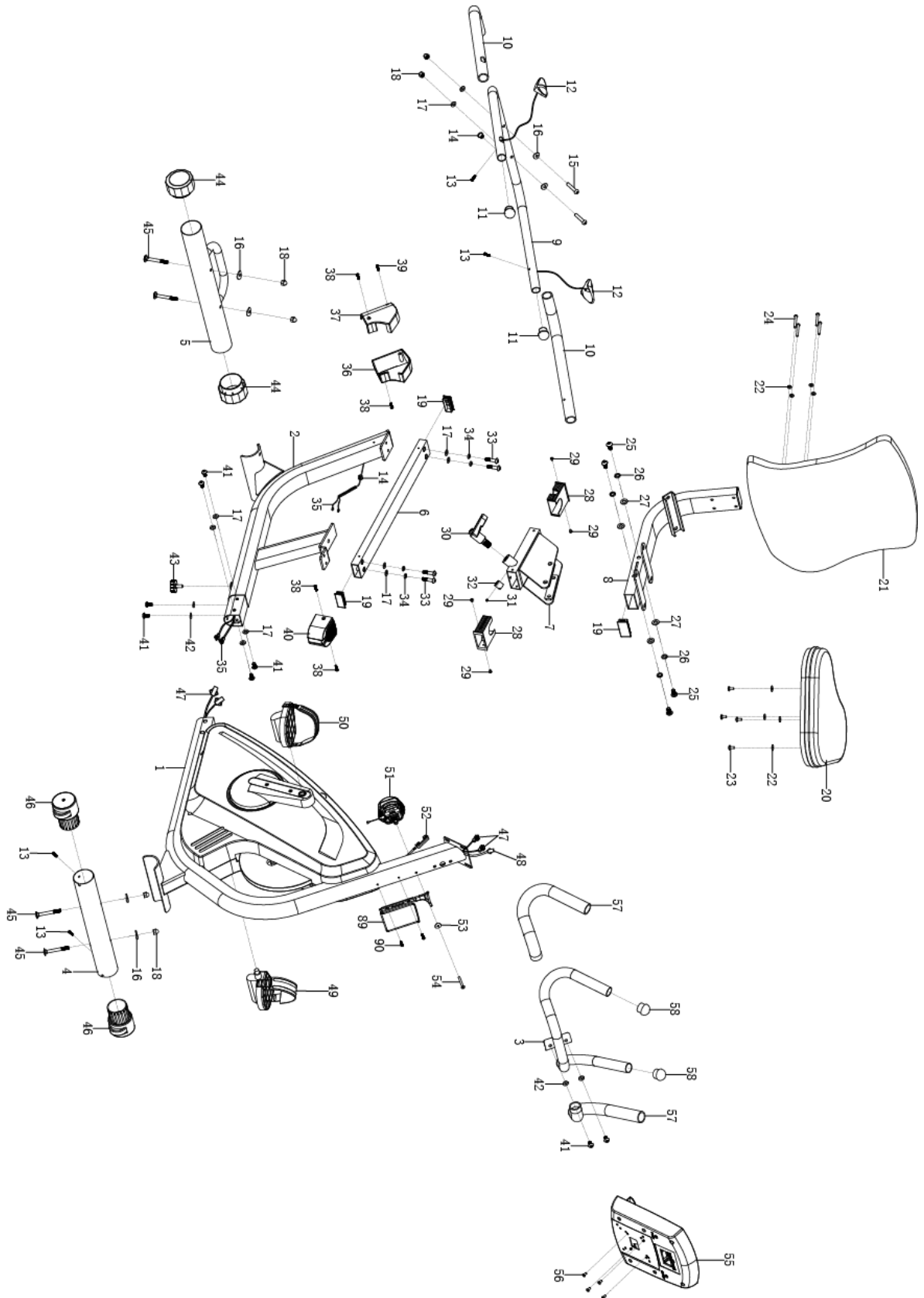
NO.	Name	Qty	NO.	Name	Qty
1	Main frame - front	1	30	Bolt with eye M6x1.5*20	1
2	Main frame - rear	1	31	Screw M6*8	1
3	Handlebars	1	32	Stopper	1
4	Front stabilizer	1	33	Screw M8x35	4
5	Rear stabilizer	1	34	Spring washer Ø8	4
6	Sliding tube	1	35	Pulse sensor cable (1400 mm) B	1
7	Sleeve	1	36	Rear sliding tube cover L	1
8	Backrest / seat holder	1	37	Rear sliding tube cover P	1
9	Rear handlebar	1	38	Screw ST4.2*20	4
10	Foam grip Ø25x1.5x1090	2	39	Screw ST4.2x15	1
11	End cap	2	40	Front sliding tube cover	1
12	Pulse sensor (750 mm)	2	41	Screw M8x15	8
13	Screw ST4.2 x 20	4	42	Arc washer Ø8xØ16x1.5	4
14	End cap Ø12.1	2	43	Leveling feet M8x20	1
15	Screw M8x45	2	44	End cap	2
16	Washer Ø8xØ20x2.0	6	45	Screw M8 x 70	4
17	Washer Ø8xØ16x1.5	11	46	Cover of front main frame	2
18	Nut M8	6	47	Pulse sensor cable (1800 mm) A	1
19	Square end cap 60x30x2.0	3	48	Sensor cable (1700 mm)	1
20	Seat	1	49	Left pedal	1
21	Back rest	1	50	Right pedal	1
22	Washer Ø6xØ16x1.2	8	51	Load adjustment knob	1
23	Screw M6x15	8	52	Load adjustment cable (1600 mm)	1
24	Screw M6x45 S5	4	53	Arc washer Ø5xØ15x1.0	1
25	Screw M10x20	4	54	Screw M5*50	1
26	Washer Ø10	4	55	Console	1
27	Washer Ø10xØ20x1.5	4	56	Screw M5 x 50	4
28	Bushing	2	57	Foam grip Ø25xØ1.5x420	2
29	Screw ST4.2*6	4	58	End cap Ø25x1.5	2
59	Flywheel	1	75	Straight spindle	1
60	Nut M10	3	76	Spring washer Ø6	4
61	Bolt with eye M6x36	2	77	Nut M6	4
62	Clamp U shaped	2	78	Belt	1
63	Washer Ø6	2	79	Limit block	2

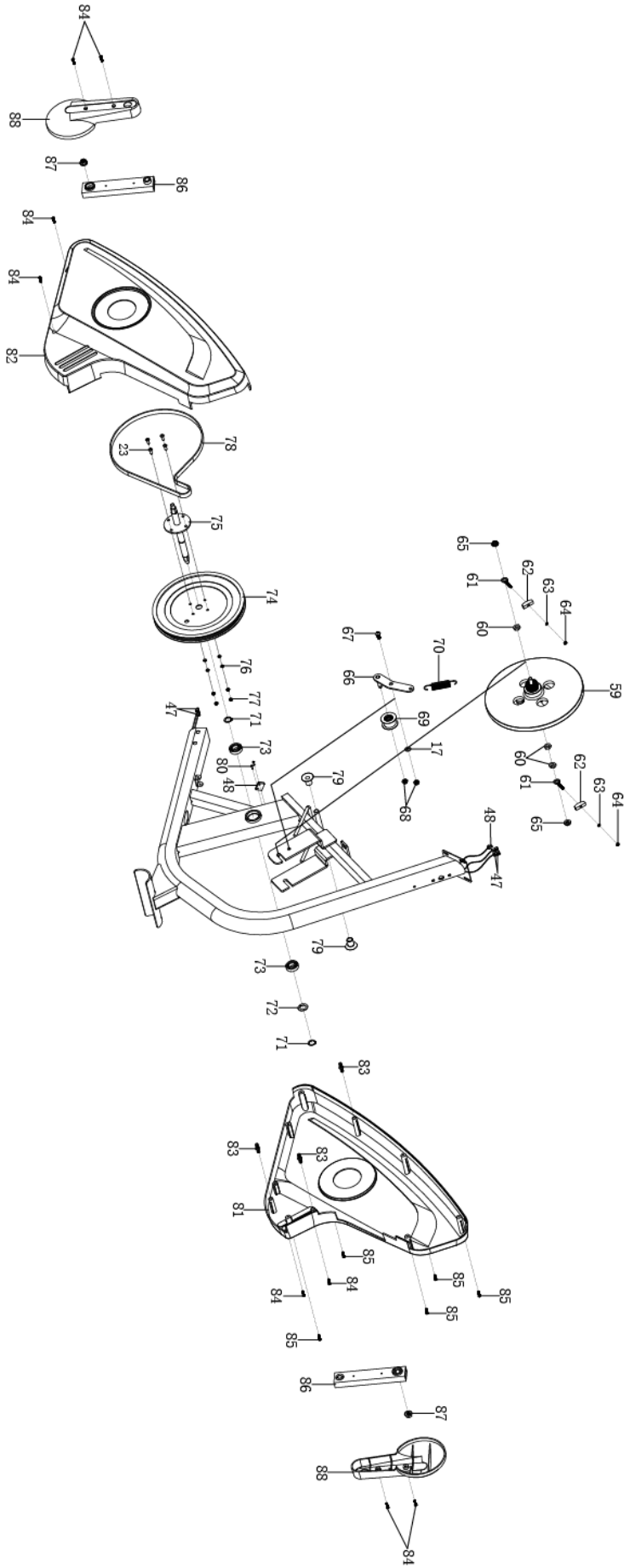
64	Nut M6 S10	2	80	Screw ST2.9x16	2
65	Nut M10x1.0x6	2	81	Left belt cover	1
66	Freewheel grip	1	82	Right belt cover	1
67	Screw M8 x 20	1	83	Plastic stud	3
68	Nut M8	2	84	Screw ST4.2x20	8
69	Free wheel	1	85	Screw ST4.2x25	5
70	Tensioning spring	1	86	Crank	2
71	Round clamp	2	87	Nut M10x1.25 S14	2
72	Spring washers	1	88	Cover	2
73	Bearing 6003ZZ	2	89	Bottle holder	1
74	Pulley belt	1	90	Screw M4 * 10	2

ASSEMBLY MATERIAL

			
15. Screw M8 x 45 – 2 pcs		16. Big Washer Ø8xØ20x2.0 – 4 pcs	
17. Washer Ø8xØ16x1.5 – 2 pcs		18. Nut M8 – 4 pcs	
16. Big Washer Ø8xØ20x2.0 – 2 pcs		45. Screw M8 x 70 – 4 pcs	
18. nut M8 – 2 pcs			
			
38. Screw ST4.2x20 – 4 pcs	39. Screw ST4.2x15 – 4 pcs	24. Screw M6x45 S5 – 4 pcs	
		22. Washer Ø6 – 4 pcs	
			
33. Screw M8x35 – 4 pcs	17. Washer Ø8xØ16x1.5 – 4 pcs	34. Washer Ø8 – 4 pcs	
			
Allen key S6 – 1 pcs	Hex wrench with Phillips screwdriver – 1 pcs	Allen key S5 – 1 pcs	

DIAGRAM





ASSEMBLY

STEP 1

1. Remove the six M8x15 screws (41), the four washers $\text{Ø}8 \times \text{Ø}16 \times 1.5$ (17) and the two washers $\text{Ø}8 \times 16 \times 16.5$ (42) from the rear main frame (2). Unscrew the screws with the S6 Allen key.

Connect the Pulse sensor cable A (47) from the front main frame (1) to the Pulse sensor cable B (35) from the rear main frame (2).

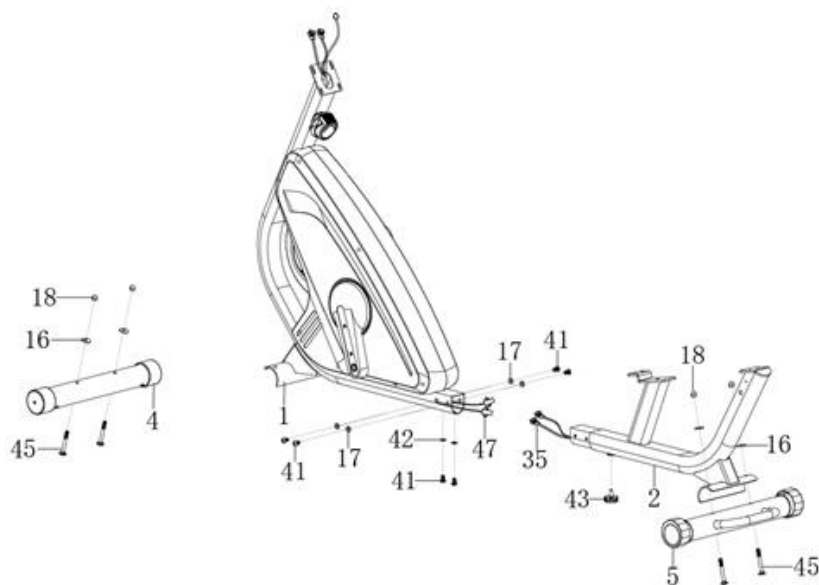
Connect the front main frame (1) to the rear main frame (2) with six M8x15 screws (41), four washers $\text{Ø}8 \times \text{Ø}16 \times 1.5$ (17) and two washers $\text{Ø}8 \times \text{Ø}16 \times 16.5$ (42) from the front main frame (1) that were removed. Tighten the screws using the S6 Allen key.

2. Place the front stabilizer (4) in front of the front main frame (1) and align the screw holes.

Connect the front stabilizer (4) to the front main frame (1) with two M8x70 bolts (45), two large washers $\text{Ø}8 \times \text{Ø}20 \times 2.0$ (16) and two M8 nuts (18). Tighten the nuts with the supplied Hex wrench with Phillips screwdriver.

Place the rear stabilizer (5) behind the rear main frame (2) and align the screw holes.

Connect the rear stabilizer (5) to the rear main frame (2) using two M8x70 bolts (45), two large washers $\text{Ø}8 \times \text{Ø}20 \times 2.0$ (16) and two M8 nut (18). Tighten the nuts with the supplied Hex wrench with Phillips screwdriver.

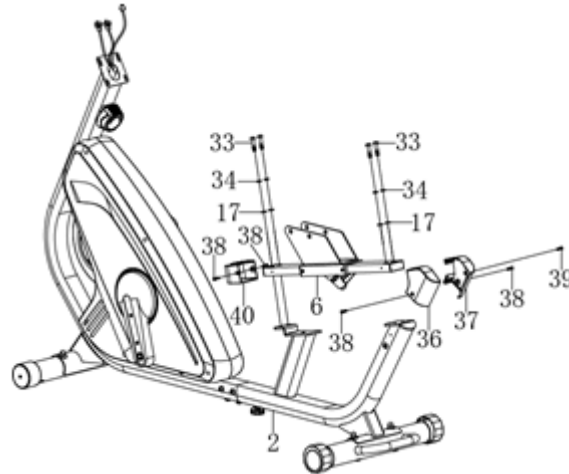


STEP 2

Attach the sliding tube (6) to the rear main frame (2) with four washers $\text{\O}8 \times \text{\O}16 \times 1.5$ (17), four spring washers $\text{\O}8$ (34) and four M8x35 screws (33).

Attach the front sliding tube cover (40) with two ST4.2x20 screws (38).

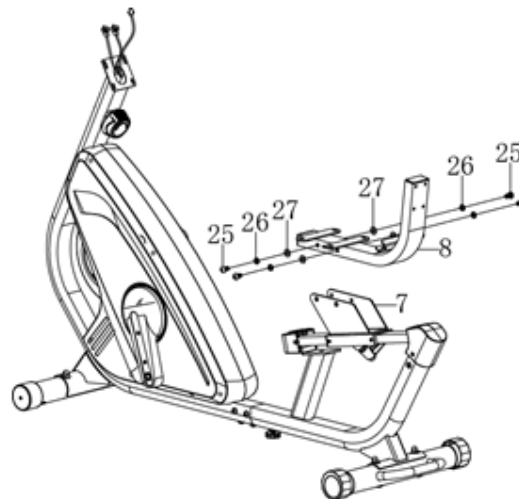
Then attach the left and right rear sliding tube cover (36 and 37) to the rear main frame (2) with two ST4.2x20 screws (38) and one ST4.2x15 screw (39).



STEP 3

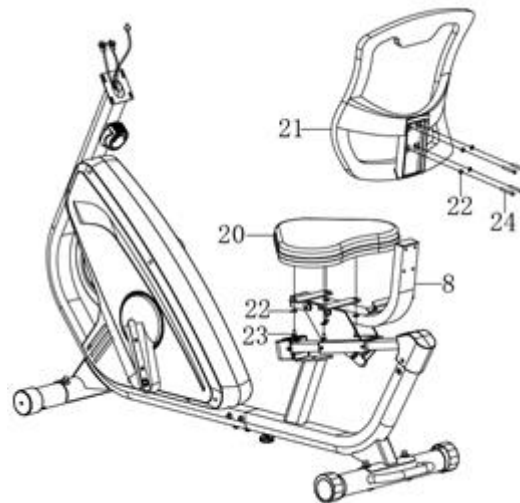
Remove the four M10x20 bolts (25), four spacer $\text{\O}10$ (26) and four washers $\text{\O}10 \times \text{\O}20 \times 1.5$ (27) from the seat and backrest bracket (8).

Attach the saddle and backrest support (8) to the collar (7) with four M10x20 screws (25), four spacers $\text{\O}10$ (26) and four washers $\text{\O}10 \times \text{\O}20 \times 1.5$, which have been removed.



STEP 4

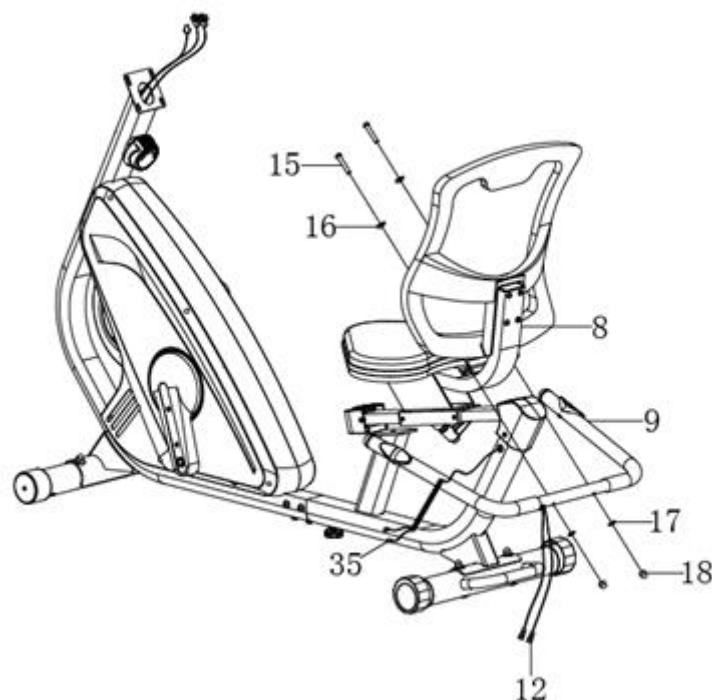
Unscrew the four M6x15 screws (23) and the four washers $\text{\O}16 \times \text{\O}6 \times 1.2$ (22) from the rear of the seat (20). Unscrew the screws with a hex wrench with a Phillips screwdriver. Attach the seat (20) to the seat holder and backrest (8) with washer $\text{\O}6 \times \text{\O}16 \times 1.2$ (22) and M6x15 screw (23). Then fasten the backrest (21) to the seat support and backrest (8) with washer $\text{\O}6 \times \text{\O}16 \times 1.2$ (22) and M6x45 screw S5 (24).



STEP 5

Attach the rear handle (9) on the seat holder and backrest (8) with two screws M8x45 (15), two large washers $\text{\O}20 \times \text{\O}8 \times 2.0$ (16), two washers $\text{\O}16 \times \text{\O}8 \times 1.5$ (17) and two M8 nuts (18). Tighten the nuts and bolts with a hex wrench with a Phillips screwdriver and the supplied S6 Allen key.

Connect the pulse sensor cable (35) from the rear main frame (2) to the pulse sensor (12) from the rear handles (9).



STEP 6

Remove the two screws M8x15 (41) and the two washers $\text{\O}16 \times 8 \times 8.5$ (16) from the front main frame (1).

Place the handles (3) on the front main frame (1) with two screws M8x15 (41) and two washers $\text{\O}16 \times \text{\O}8 \times 1.5$ (16) that have been unscrewed. Tighten the screws with a hex wrench with a Phillips screwdriver.



STEP 7

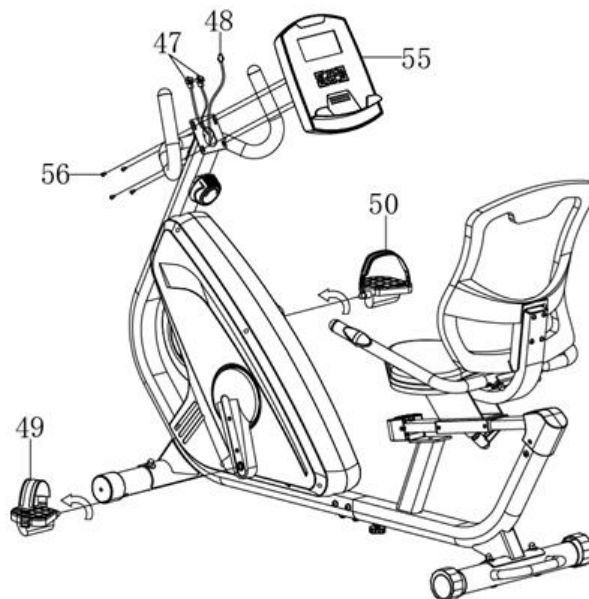
1. Remove the four screws M5x10 (56) from the console (55).

Connect Pulse sensor cable A (47) and sensor cable (48) from the front main frame (1) to the console (55). Insert extra cables into the front main frame (1).

Attach the bracket (55) on the main frame (1) with four M5x10 screws (56). Tighten the screws with a hex wrench with a Phillips screwdriver.

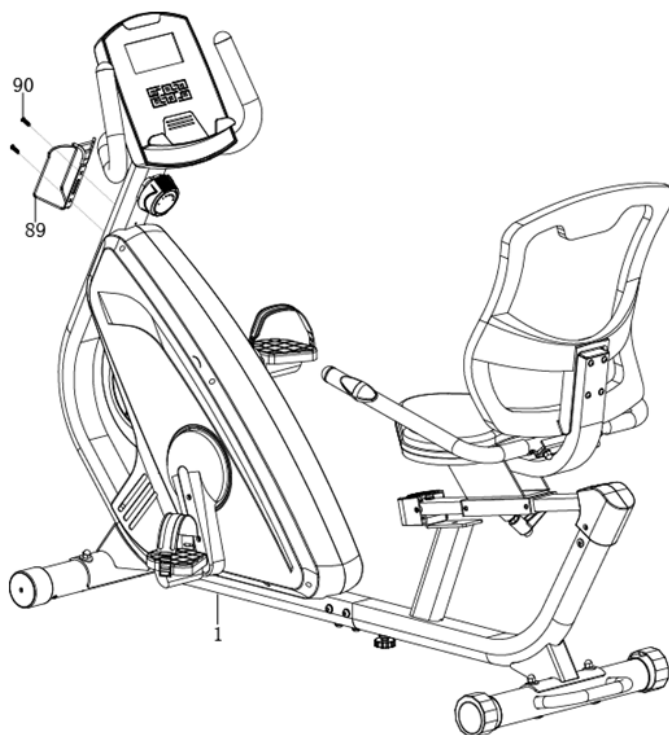
2. Attach the left pedal (49) counterclockwise to the left crank (86).

Attach the right pedal (49) clockwise to the right crank (86).



STEP 8

Attach the bottle holder (89) using M4 x 10 screws (90).



CONSOLE

DISPLAYS

TIME	00:00-99:00
SPEED (SPD)	0-99.9 KM/H (ML/H)
DISTANCE	0.00-9999 KM (ML)
CALORIES	0.0-9999 KCAL
ODOMETEER (ODO) OD	0.0-9999 KM (ML)
PULSE (PUL)	0, 40~240BPM

BUTTONS

MODE	Confirm selection
SET	Set time, distance, calories, pulse
CLEAR (RESET)	Resetting the value
ON / OFF (START / STOP)	Turn on, pause the program

FUNCTIONS

Auto on / off	The unit turns on automatically when the button or the pedal is depressed The unit will turn off automatically if there is no action for 4 minutes
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RESET	The console can be reset by replacing the batteries or holding the MODE button for 3 seconds
MODE	You can choose between automatic data display or lock to display one data

TIME	Use MODE to select TIME. Displays training time
SPEED	Use MODE to select SPEED. Displays the current speed.
DISTANCE	Use MODE to select DISTANCE. The current distance is displayed.
CALORE	Use MODE to select CALORIE. Calories burned are displayed.
ODOMETR	Select MODE to select ODOMETR. The total distance is displayed.
PULSE	Use MODE to select the pulse. The current user's heart rate is displayed. Hold the pulse detectors for 30 seconds.

SCAN: Displays data every 4 seconds automatically.

BATTERY: Replace the battery if the display is difficult to read.

EXERCISING INSTRUCTIONS

A successful workout begins with warm-up exercises and ends with cool-down (relaxing) exercises. The warm-up exercises should make your body ready for the main workout. The cool-down phase should protect your muscles from injuries and cramps. Do warm-up and cool-down exercises as shown in the chart below.



Touching your toes

Slowly bend your back from hips. Keep your back and arms relaxed while stretching downwards to your toes. Do it as far as you are able and hold the position for 15 seconds. Bend your knees slightly.



Upper thigh

Lean against a wall with one hand. Reach down and behind you. Lift up your right or left foot to your buttock as high as possible. Keep for 30 seconds and repeat twice for each leg.



Hamstring stretched

Sit and outstretch your right leg. Rest the sole of your left foot against the inside of your right thigh. Stretch out your right arm along your right leg as far as you can. Hold for 15 seconds and relax. Repeat all with your left leg and left arm.



Inside upper thigh

Sit on the floor and place your feet together. Knees are pointed outwards. Pull your feet as close as possible to your groin. Press your knees carefully downwards. Keep this position for 30-40 seconds if possible.



Calves and Achilles tendon

Lean against a wall with your left leg in front of the right one and your arms forward. Stretch out your right leg and keep your left foot on the floor. Bend your left leg and lean forwards by moving your right hip in the direction of the wall. Hold for 30-40 seconds. Keep your leg stretched and repeat exercising with other leg.

TROUBLESHOOTING

Error	Solution
Recumbent is not stable	Stabilize with stabilizing feet
The data is not displayed	1. Check the cable connection
	2. Check the battery status
	3. Replace the batteries
No pulse detected	1. Make sure the cables are properly connected
	2. Always hold the handles with both hands
	3. Press the plates too much
Recumbent creaks	Tighten the screws

ADVANTAGES OF RECUMBTION

Recumbents are an excellent choice when it comes to stabilizing the lumbar back of your back, as you sit back while training on exercise bike you bend forward. Recumbent therefore supports better body holding.

Recumbents are also more favorable to your joints. The bottom of the back is laid on a large, stable saddle, and your knees and ankles are protected from possible injury.

The fact that the saddle is larger is often the biggest difference compared to classical exercise bike. Just the comfort of sitting is the difference that everyone who experiences this type of exercise bike will feel.

Recumbent is also a good option for most people with neurological disorders. If your back or joints suffer from rheumatoid arthritis, recumbent may be the best solution for you because of the weight distribution of your body.

MAINTENANCE

- Clean with a soft cloth and a non-aggressive cleaner.
- Do not use aggressive cleaning agents.
- Only wipe the electrical parts with a cloth. Avoid contact with water.

STORAGE

Keep the recumbent in a clean and dry environment. Make sure the power switch is turned off and the exercise bike is not plugged into the power socket.

IMPORTANT NOTICE

- This exercise bike comes with standard safety regulations and is only suitable for home use. Any other use is prohibited and may be dangerous to users. We are not responsible for any injury caused by improper and forbidden use of the machine.
- Consult your doctor before starting training on the exercise bike. Your doctor should evaluate whether you are physically fit to use the machine and how much effort you are able to undergo. Incorrect exercise or switching of the body can harm your health.
- Carefully read the following tips and exercises. If you experience pain, nausea, breathing, or other health problems during exercise, immediately stop the exercise. If the pain persists, contact your doctor immediately.
- This exercise bike is not suitable as a professional or medical purpose. It can also not be used for healing purposes.
- The heart rate monitor is not a medical device. It provides only approximate information about your average heart rate, and any suggested pulse rate is not medically binding. Accumulated data may not always be accurate regarding uncontrollable human and environmental factors.

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
SEVEN SPORT s.r.o.

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