USER MANUAL – EN
IN 19900 Elliptical Trainer inSPORTline inCondi ET800i
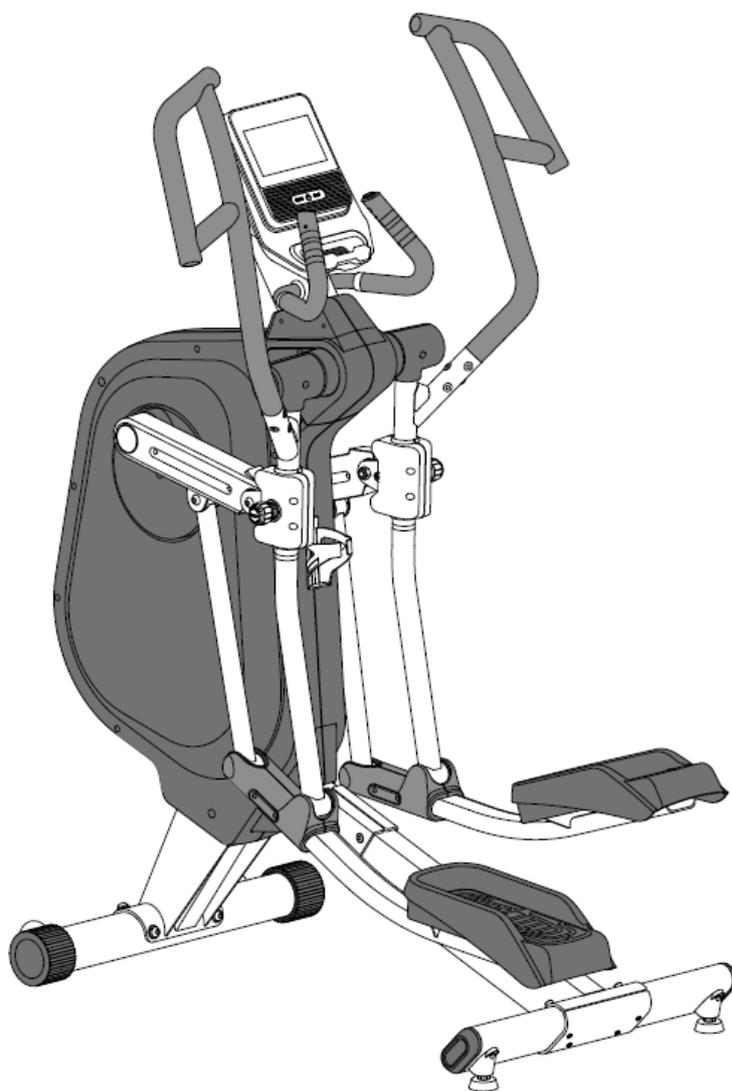
CONTENTS

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.

- For your own safety, always ensure that there is at least 0.6 meter of free space in all directions around your product while you are exercising.

- 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.

- **Weight limit:** 150 kg

- **WARNING!** The hart rate monitor may not be accurate. Overloading during training may cause serious injury or death. If you feel any discomfort, immediately stop the exercise!

- **Category: HC** (EN957 standard) suitable 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 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.

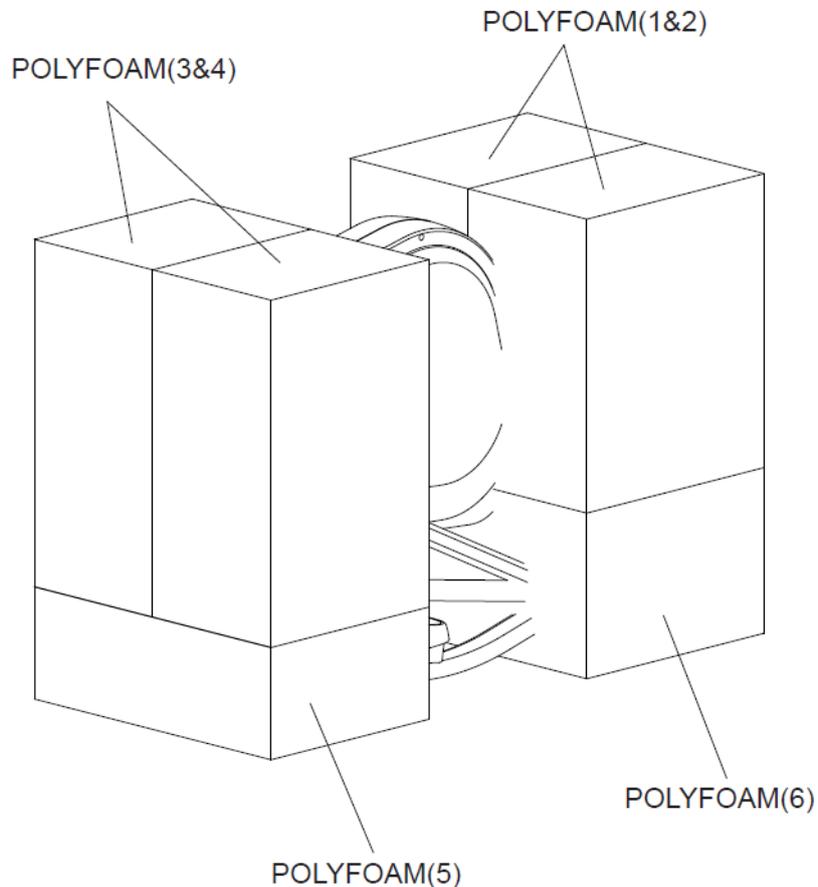- Do not work out immediately after meals!

DIAGRAM
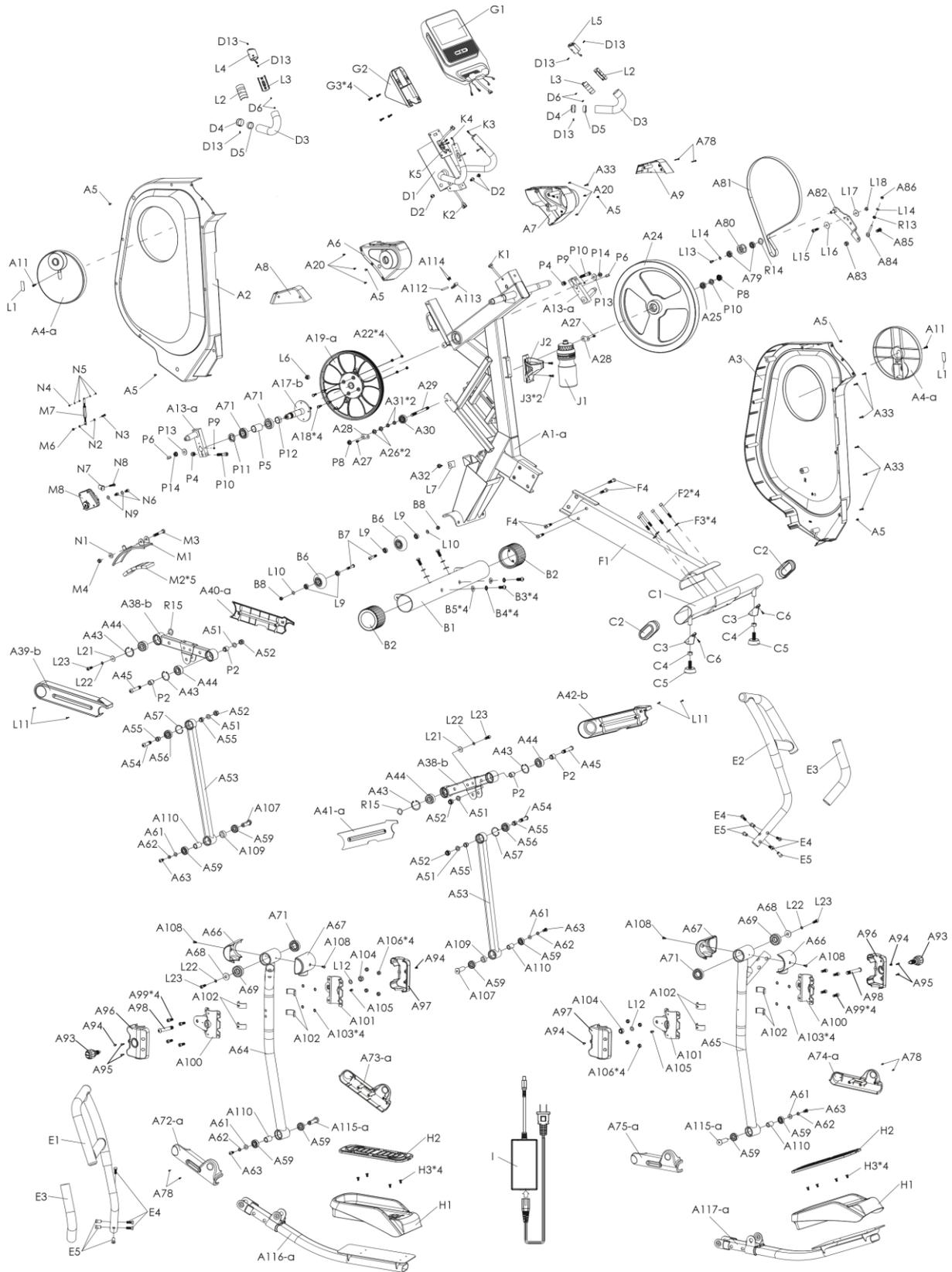
PARTS LIST

No.	Name	Qty	No.	Name	Qty
A1-a	Main frame	1	A54	Screw M12X53mm	2
A2	Left chain cover	1	A55	Housing	4
A3	Right chain cover	1	A56	Bearing BR-6202	2
A4-a	Decorative cover	2	A57	C-clip Φ35mm	2
A5	Screw	6	A59	Bearing BR-6002zz TPX	8
A6	Small chain cover - left	1	A61	Washer M8	4
A7	Small chain cover - right	1	A62	Spring washer M8	4
A8	Console bracket cover - left	1	A63	Screw M8x20mm	4
A9	Console bracket cover - right	1	A64	Front pedal holder - left	1
A11	Screw M5X16mm	2	A65	Front pedal holder - right	1
A13-a	Handle	2	A66	Front Pedal Bracket Cover - A	2
A17-b	Axis Φ25	1	A67	Front Pedal Bracket Cover - B	2
A18	Screw M6x16mm	4	A68	Washer Φ12xΦ30x2T	2
A19-a	Sheave	1	A69	Bearing BR-6204zz	2
A20	Screw	6	A71	Bearing BR-6005zz	4
A22	M6 nuts	4	A72-a	Outer pedal cover - left	1
A24	Load wheel	1	A73-a	Inner pedal cover - left	1
A25	Bearing 6000 2RS	1	A74-a	Outer pedal cover - right	1
A26	Nuts 3/8 "-26 * 3.8T	3	A75-a	Inner pedal cover - right	1
A27	Screw M6X10mm	2	A78	Screw ST2.9x20mm	6
A28	Washer	2	A79	Bearing 6000ZZ	2
A29	Axis	1	A80	Idle wheel	1
A30	Bearing 6300 2RS	1	A81	Belt 480J6	1
A31	Cover 66 Φ10xΦ15.8x9mm	2	A82	Idle wheel holder	1
A32	DC jack 1000 mm	1	A83	M10 nuts	1
A33	Screw	7	A84	Adjustable screw	1
A38-b	Crankshaft connecting shaft	2	A85	Screw M10x20mm	1
A39-b	Connection shaft outer cover - left	1	A86	M6 nuts	1
A40-a	Connection shaft outer cover - right	1	A93	Hand screw	2
A41-a	Inner PTO Shaft Cover - Left	1	A94	Screw M5x12mm	2
A42-b	Inner PTO Shaft Cover - Right	1	A95	Screw ST3.9x16mm	4
A43	C - clip Φ40mm	4	A96	Outer decorative cover	2
A44	Bearing BR-2203	4	A97	Interior decorative cover	2
A45	Screw M12x73mm	2	A98	Screw M12x72mm	2
A51	Washer Φ12xΦ25x2T	4	A99	Screw M8x20mm	8
A52	M12 nuts	4	A100	Adjustable base (external)	2
A53	Front connecting shaft	2	A101	Adjustable base (indoor)	2

A102	Sleeve	8	E3	Foam handle	2
A103	Washer Φ8xΦ16x1T	8	E4	M8 screw	6
A104	M12 nuts	2	E5	M8 nuts	6
A105	Screw M5x16mm	2	F1	Middle column	1
A106	M8 nuts	8	F2	Screw M8X65MM	4
A107	Screw Φ15x50.5 mm	2	F3	Washer Φ8xΦ16x2T	4
A108	Screw M5x12mm	4	F4	Screw M8X45mm	4
A109	Rubber case	2	G1	Console	1
A110	Case Φ15.2xΦ20x27mm	4	G2	Rear console holder	1
A112	200MM sensor cable	1	G3	Screw M5X16MM	4
A113	Sensor cable housing	1	I	Adapter	1
A114	Screw	2	H1	Pedal	2
A115-a	Screw Φ15x56.5 mm	2	H2	Pedal step	2
A116-a	Pedal holder - left	1	H3	Pedal bolts	8
A117-a	Pedal holder - right	1	J1	Water bottle	1
B1	Front stabilizer	1	J2	Water bottle holder	1
B2	Cover	2	J3	Screw M5X16MM	2
B3	Screw M8x20mm	4	K1	600MM sensor cable	1
B4	Spring washer M8	4	K2	350MM sensor cable	1
B5	Washer Φ8xΦ19x2T	4	K3	600MM sensor cable	1
B6	Transport wheels	2	K4	600MM sensor cable	1
B7	Screw M8X40mm	2	K5	600MM sensor cable	2
B8	M8 nuts	2	L1	Sticker	2
C1	Rear stabilizer	1	L2	Upper pulse sensor holder	2
C2	End cap	2	L3	Lower pulse sensor holder	2
C3	Foot cover	2	L4	Load reduction -	1
C4	Adjustable nut M10	2	L5	Load increase +	1
C5	Adjustable foot Φ 50	2	L6	Magnet	1
C6	Screw ST3.9x16mm	2	L7	Engine cover	1
D1	Console holder	1	L9	Bearing 608ZZ	4
D2	Screw M8X16mm	3	L10	Washer Φ8xΦ14x2T	2
D3	Foam handle	2	L11	Screw ST2.9x20mm	4
D4	Pulse measurement rings	2	L12	Washer Φ12xΦ25x2T	2
D5	Plastic ring	2	L13	Screw M6X10mm	1
D6	Screw ST2.9x12mm	4	L14	Washer Φ6.5x Φ13x2T	2
D13	Screw M3X10mm	6	L15	Screw M8X25mm	1
E1	Left handle	1	L16	Washer Φ8x Φ30x1T	1
E2	Right handle	1	L17	Washer Φ8x Φ28x2T	1
L21	Washer Φ8x Φ25 xΦ2T	2	L18	M8 nuts	1
L22	Spring washer M8	4	N8	Screw M5X25mm	1

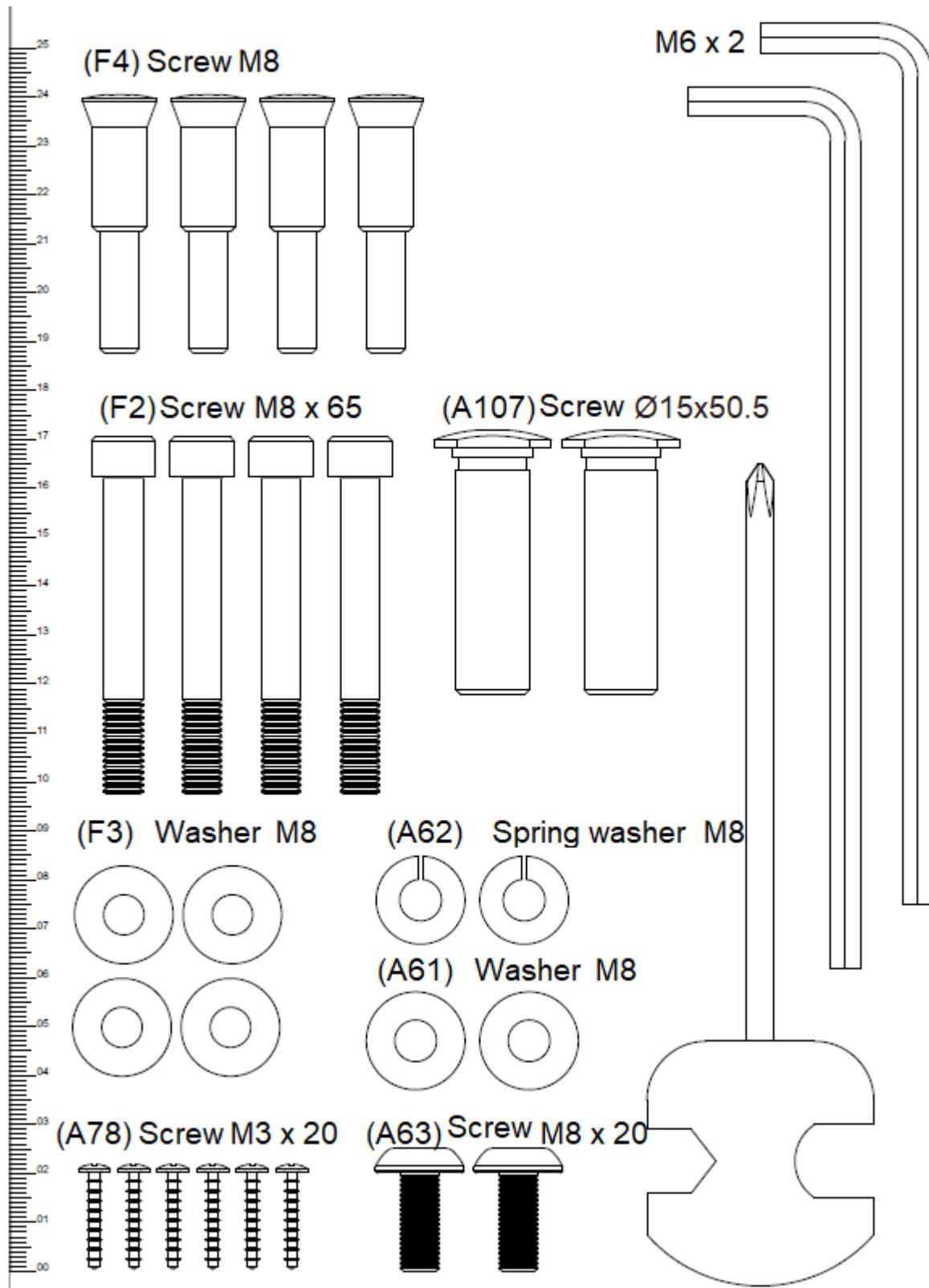|						
L23	Screw M8X20mm	4	P2	Sleeve	4
M1	Magnet holder	1	P4	M10 nuts	2
M2	Magnet	5	P5	Spacer Ø25.2x Ø30x Ø43.5L	1
M3	Screw M8x55mm	1	P6	Spacer 7X7X20mn	2
M4	M8 nuts	1	P8	M10 nuts	2
M6	M4 nuts	1	P9	Screw M6X1.0X5L	2
M7	Screw	1	P10	Screw M10X50LXP1.5	2
M8	Engine	1	P11	Nut M25XP1.5X7T	1
N1	Washer Φ8x Φ19x Φ2T	1	P12	Spacer Ø25.2x Ø30x ØL	1
N2	Washer Φ5xΦ10x1T	2	P13	Washer Φ5xΦ10x1T	2
N3	Screw M4X16mm	1	P14	M10 nuts	4
N4	M3 nuts	1	R7	Bearing BR-6005	2
N5	Washer Φ3x Φ6x0.5T	4	R13	Nut	1
N6	Screw M6X10mm	2	R14	Wave washer Φ10.2xΦ13x0.3T	1
N7	Plate	1	R15	Wave washer Φ17.5xΦ22x0.3T	2
N9	Washer	2			

ASSEMBLY

Lay the box down flat so the lid can be lifted. Unpack the handlebars, front stabilizer, rear stabilizer, central support tube, console, hardware bag and manual. Remove top polyfoam 1,2 and 3,4 leaving the Main frame (A) and bottom polyfoam 5,6 inside the box, until you are instructed to remove them.


POLYFOAM(3&4)

POLYFOAM(1&2)

POLYFOAM(6)

POLYFOAM(5)

PARTS LIST

A Main frame

B Front stabilizer

D Console holder

Console holder covers L, R

L (A8)   P (A9)

C Rear stabilizer

Front stabilizer cover

A66

A67

G Console (G1)

Console cover (G2)

I Adapter

E2 Handlebar (R)

E2 Handlebar (L)

F Central support tube

Pedal covers (L1, L2), (R1, R2)

L1 (A72)   L2 (A73)

R1 (A75)

R2 (A74)

(F4) Screw M8

M6 x 2

(F2) Screw M8 x 65

(A107) Screw Ø15x50.5

(F3)   Washer M8

(A62)   Spring washer M8

(A61)   Washer M8

(A78) Screw M3 x 20

(A63) Screw M8 x 20

STEP 1

1. Remove pre-assembled screws (B3), spring washer (B4) and washer (B5) from Front stabilizer (B).

2. Connect the Front stabilizer (B) to the Main frame (A) with Screws (B3), Spring washer (B4) and Washer (B5)
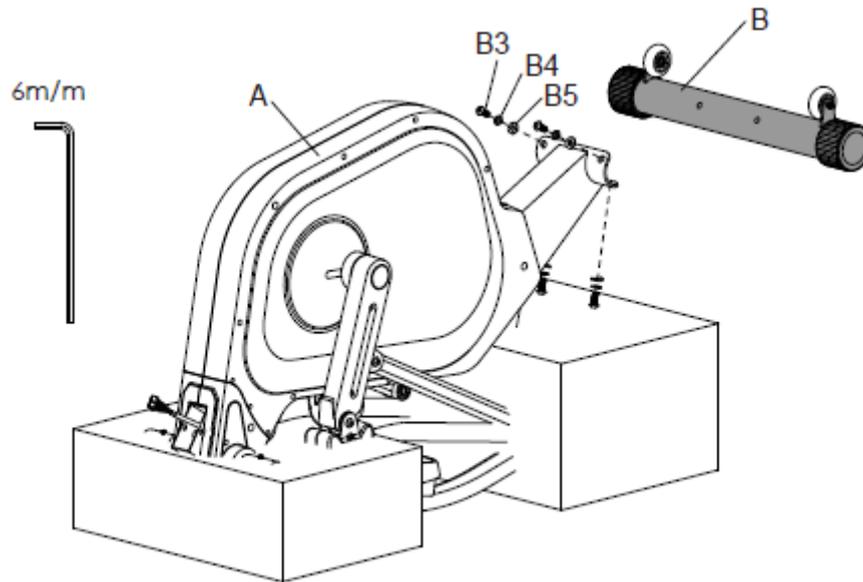
STEP 2

1. Remove the three pre-assembled Screws (D2) from the console holder (D). Connect cables (K1, K2).

2. Connect the Console holder (D) to the Main frame (A) with Screw (D2-left) a Screw (D2-right). **Do not use Screw (D2-middle).**

3. Use two hands to hold small handle bar to lift the Main frame (A) then use the Screw (D2-middle).
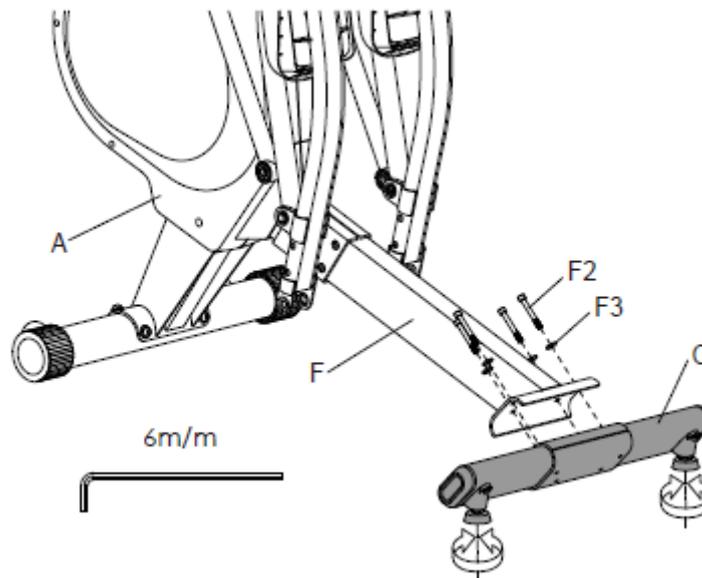
4. Remove Polyfoam 5, 6.
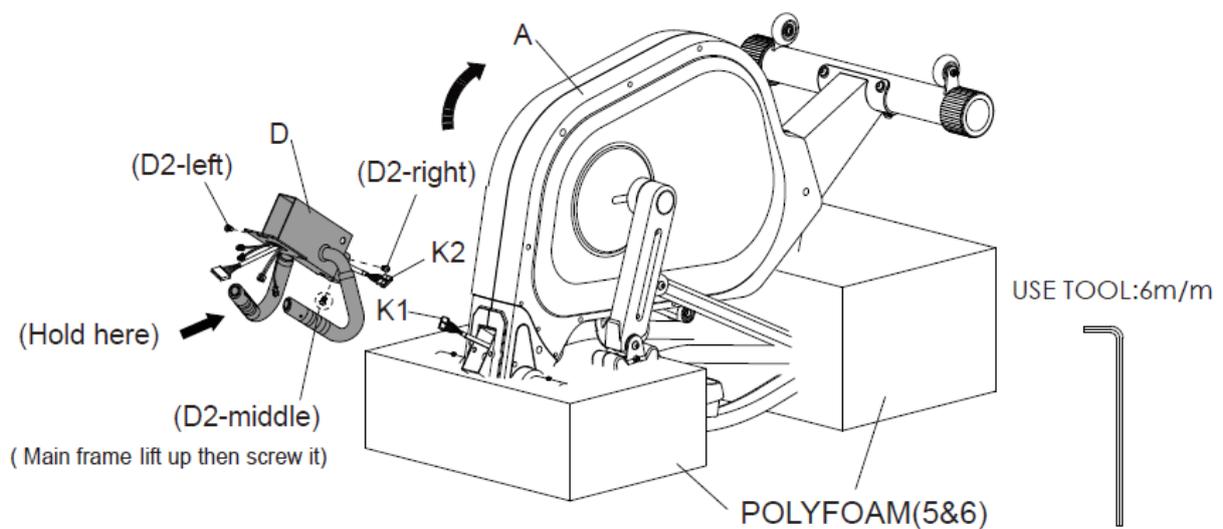
STEP 3

1. Connect the Central support tube (F) to the Main frame (A) with 4 screws (F4).

A

F4

A

F4

F

Screws (F4) use after connecting the
Central support tube

F4

F

F4

F

6m/m
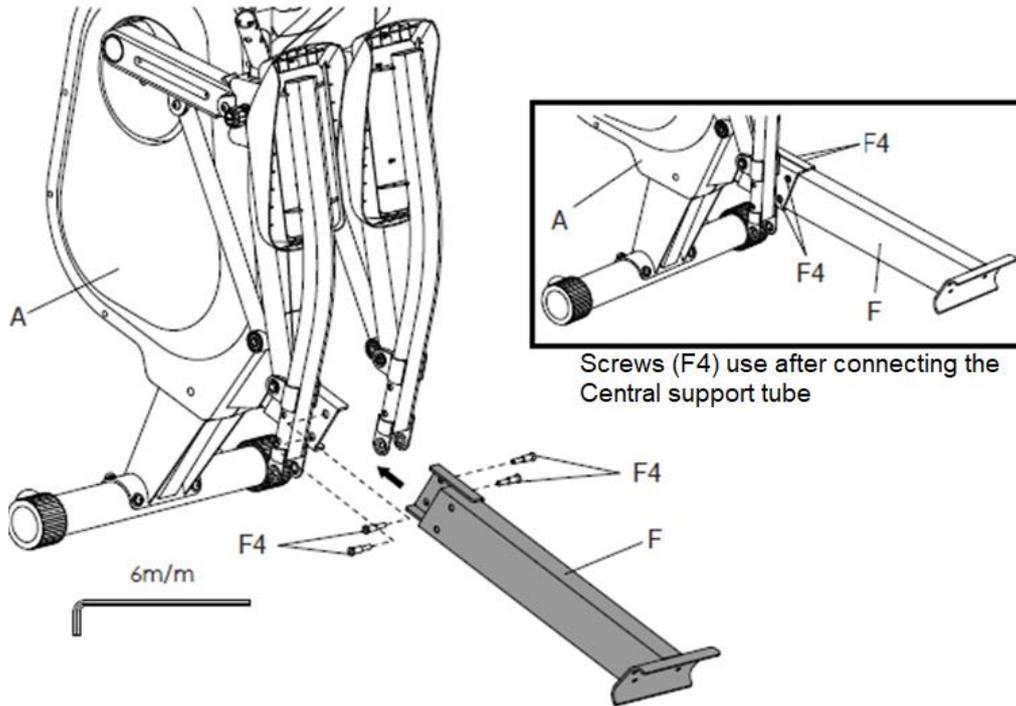
STEP 4

1. Connect the Rear stabilizer (C) to the Central support tube (F) with four screws (F2) and Washer (F3).
2. Balance the device with foot pads.
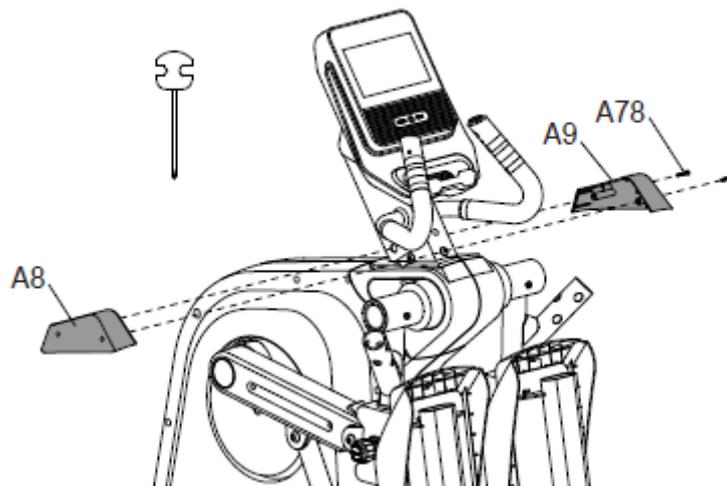
A

F2

F3

F

C

6m/m

STEP 5

1. Remove 4 Screws (G3) from Console (G).
2. Connect all cables
3. Connect the Console (G) to the Console holder (D).
4. Connect the Console holder cover (G2) to the Console holder (D),
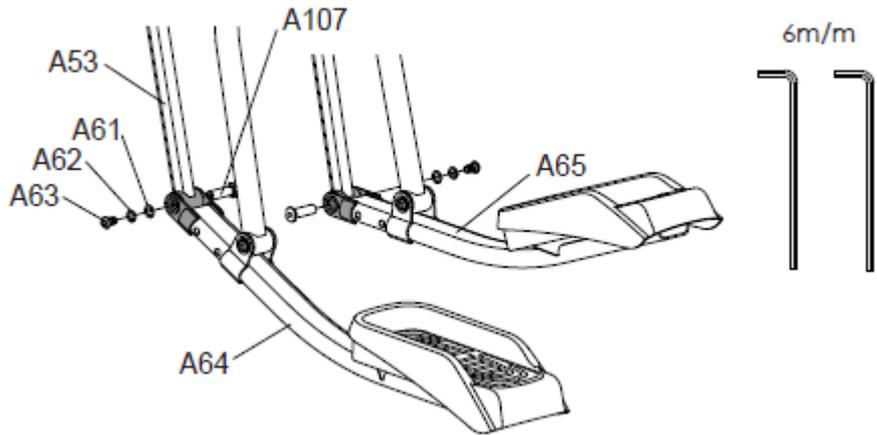5. Tighten all screws (G3).
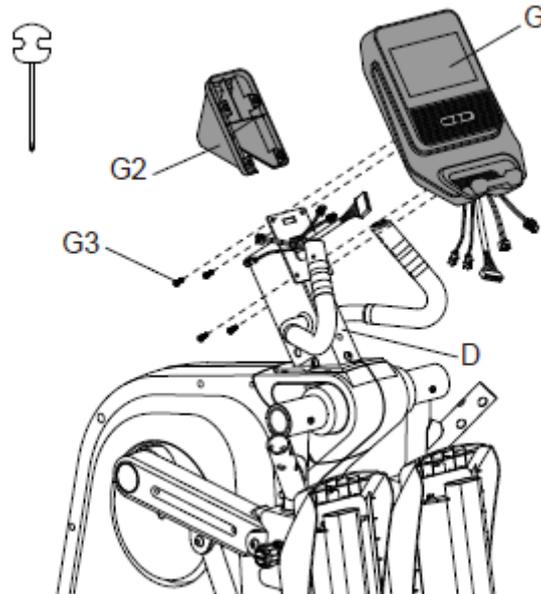
STEP 6

1. Connect the Console holder cover (A8), (A9) with Screws (A78).

STEP 7

1. Connect the Front connecting shaft (A53) and Front pedal supporting tube - L (A64) with Screws (A107), Screws (A63), Spring washer (A62) and Washer (A61)
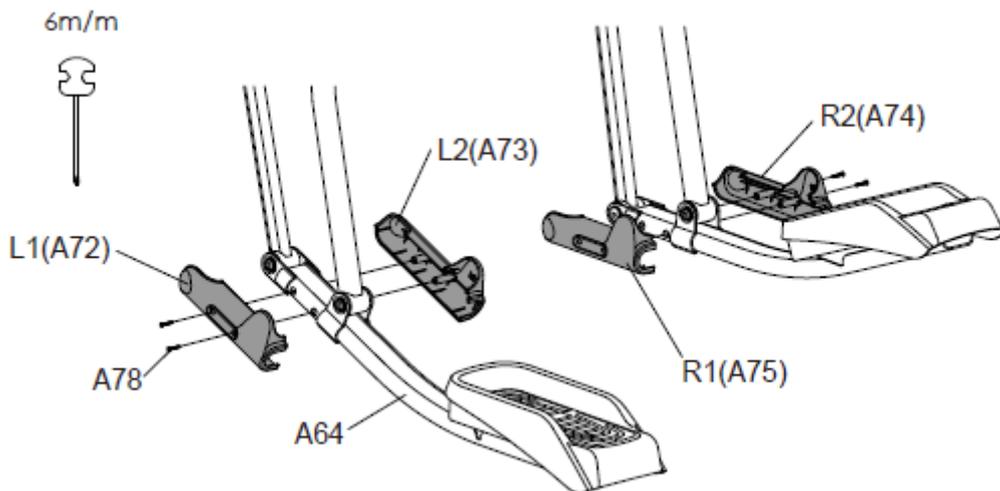
Repeat on the other side.

STEP 8

1. Connect covers (A72 a (A73) to the Front pedal supporting tube - L (A64) with Screws (A78).

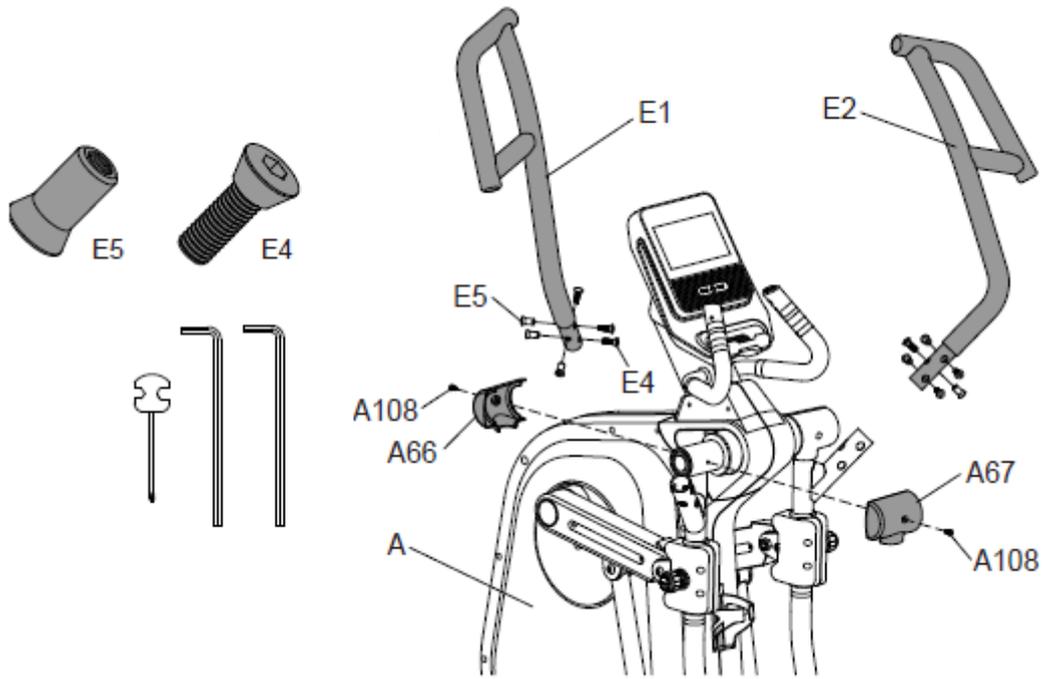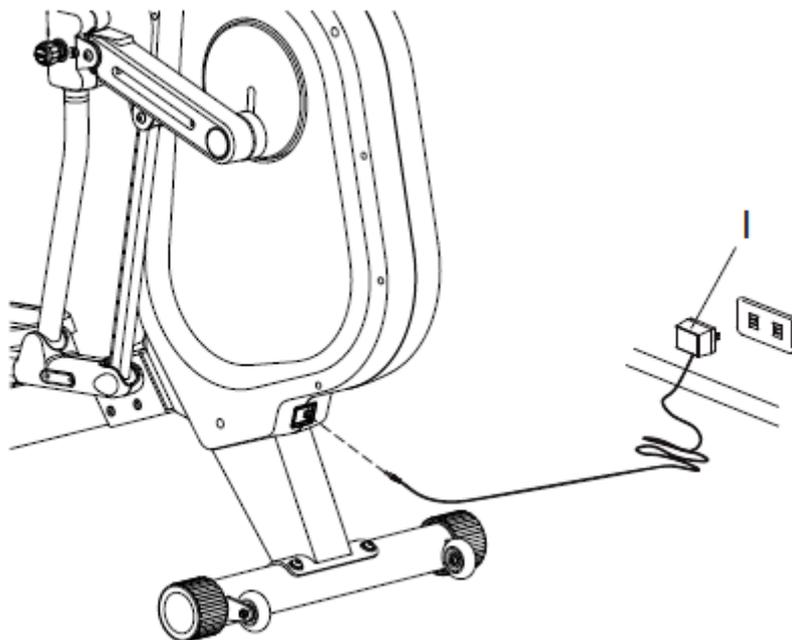**Repeat on the other side.**

STEP 9

1. Remove six pre-assembled Screws (E4, E5) from Handlebars (E1).
2. Remove two pre-assembled Screws (A108) from Main frame (A).
3. Connect handlebars (E1) to the Main frame (A) with Screws (E4, E5).
4. Connect Covers (A66, A67) to the Main frame (A) with two Screws (A108).

Repeat on the other side.

STEP 10

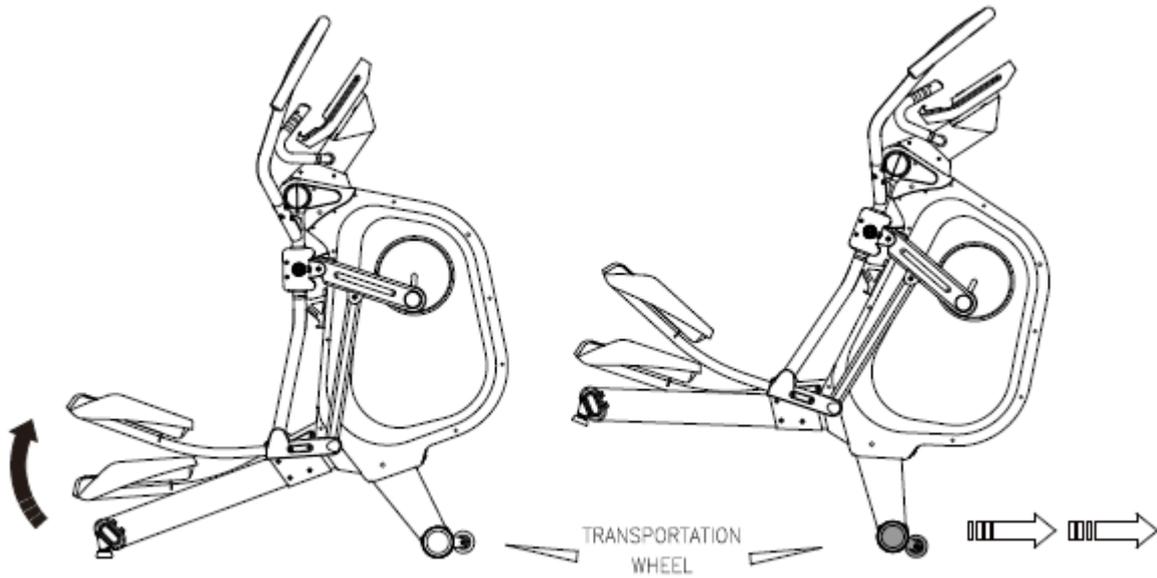Connect the Adapter to the Main frame.

STEP 11 - MOVING

Never move an elliptical alone. Seek assistance from another person. Raise the rear to the front wheels and move slowly.

TRANSPORTATION
WHEEL

STEP 12 – LOAD / RESISTANCE

Once the console is turned on, you can use the buttons on the small handles to adjust the resistance. Press + LOAD to increase load, press –LOAD to reduce load.

LOAD

LOAD
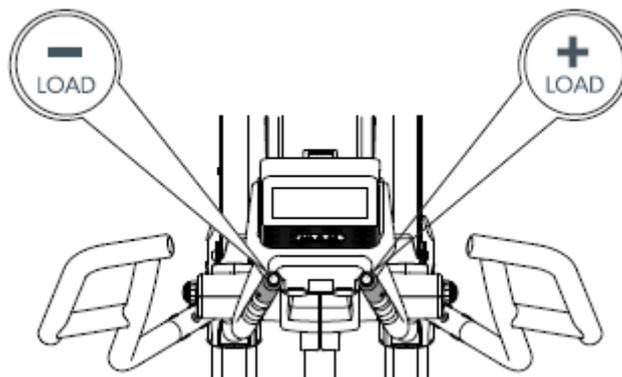
STEP 13 – STRIDE LENGTH

1. You can choose between 17 "and 22" pedals. (17 "has orange sticker on pedal bars, 22" has white sticker)

2. Loosen the knob and adjust the step length.

3. Then tighten the knob again.

NEVER EDIT STEP LENGTH IF YOU USE THE DEVICE! ALWAYS ADJUST BOTH SIDES.

Knob

**Please loosen the knob firstly then pull it out and hold the pedal at same time by moving pedal up/down to adjust the desired stride length easier.

17"   Orange sticker

22"   White sticker
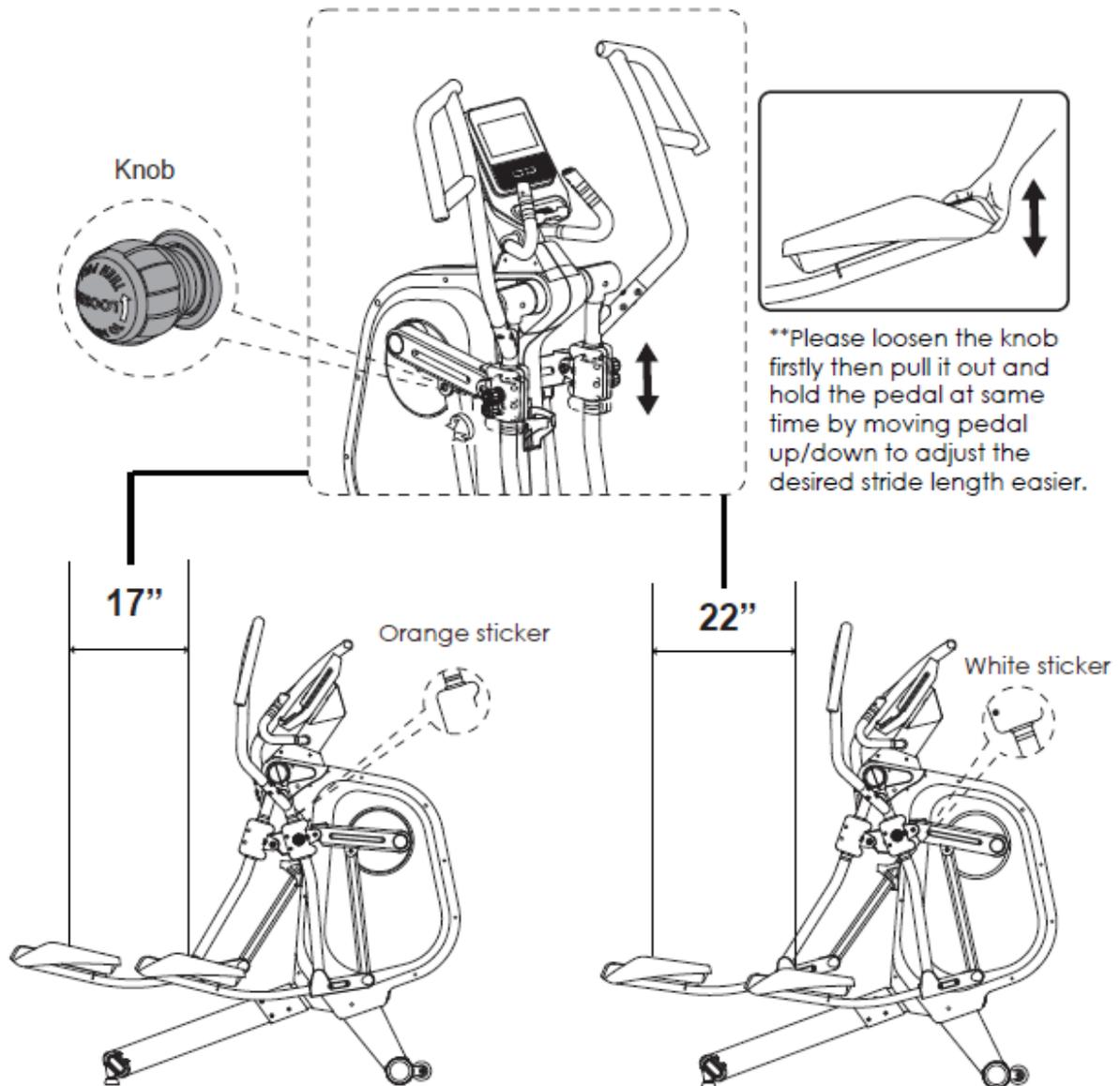
CONSOLE

FUNCTIONS

- Manual: Setup own program

- Program: Choose program

- WATT program: the machine increases or decreases the resistance so that the user performs the set performance (for example, increases the resistance when reducing the pedalling)

- HRC program: resistance adjustment to keep the heart rate in optimal zone. User can choose 55%, 75%, 90%.

- RECOVERY: Heart rate test (F1-F6)

- USER DATA: User settings (U0-U4), U0 – do not save data, U1-U4 – Saving data (Name, age, height, weight, gender)

- COMMUNITY: Multimedia

- Settings:
    - WIFI, volume, brightness, units, about
    - About: press 3x and enter password
        - WATT& ADC Group display (According to the control board to set the EEPROM group)
        - WHEEL settings – wheel diameter (default value 78")
        - R2R settings – Motor resistance
        - RETURN – return to menu

- Cable connection detection

BUTTONS

QUICK START BUTTON:

- When the console is in SLEEP mode, the quick start button can wake it up.

- When the console is in STAND BY mode, the button can quick start the console.

TFT display:

- All operations are performed on touch display

DISPLAY FUNCTION DESCRIPTION

TIME

Display shows values from 0:00 to 99:59

You can setup value from 0 to 99 (minutes), enter value on numerical keyboard

Display is divided into 10 segments:

- Max = 60 min, all segments

- Default value without program is 1 segment = 6 min

- If you choose program, the segment can have different value

When there's no setting value, the default setting is counting upward (after 99:59 it returns to 0:00)

When there's setting value, the default setting is counting downward, to 0:00 the console pause, all the operational values are saved.

SPEED

Display shows values from 0.0 to 99.9 km / mil

Display is divided into 10 segments:

- Max = 60 km, all segments

- Each segment is 6 km

After signal input for 3-4 seconds display will show value.

If there is no signal input for 4-6 seconds the value will return to 0.

RPM

Display shows values from 0 to 999

Display is divided into 10 segments:

- Max = 120 RPM, all segments

- Each segment is 12 RPM

After signal input for 3-4 seconds display will show value.

If there is no signal input for 4-6 seconds the value will return to 0.

DISTANCE

Display shows values from 0.0 to 60.

You can setup value from 0 to 99, enter value on numerical keyboard

Display is divided into 10 segments:

- Max = 10 km, all segments
- Default value without program is 1 segment = 1 km
- If you choose program, the segment can have different value

When there's no setting value, the default setting is counting upward (after 99:99 it returns to 0:00)

When there's setting value, the default setting is counting downward, to 0:00 the console pause, all the operational values are saved.

CALORIE (calories)

Display shows values from 0 to 999.

You can setup value from 0 to 990, enter value on numerical keyboard

Display is divided into 10 segments:

- Max = 150 Cal, all segments
- Default value without program is 1 segment = 1 Cal
- If you choose program, the segment can have different value

When there's no setting value, the default setting is counting upward (after 999 it returns to 0:00)

When there's setting value, the default setting is counting downward, to 0:00 the console pause, all the operational values are saved.

PULSE

Display shows values from 0 do 230

You can setup value from 0 to 230, enter value on numerical keyboard

Display is divided into 10 segments:

- Max = 120, all segments
- Default value without program is 1 segment = 12

Field display detection value when no value is set

When there is a set value, the field displays the detected value. When the heartbeat value exceeds the set value, the console will beep. The sound is 1 second 2 short beeps.

WATT

Display shows values from 0 to 999.

You cannot choose value

Display is divided into 10 segments:

- Max = 350, all segments
- Default value without program is 1 segment = 35

Values is according to RPM and LOAD

LOAD (RESISTANCE)

Display shows values from 1 to 16.

You can choose values from 1 to 16.

Displayed in 16 fragments (Max.)

USER

User profiles U0 – U4.

U0 – data are not saved after exercise

U1 – U4 – saves data to profile

You can choose AGE, HEIGHT, WEIGHT, USER NAME, GENDER

- AGE: 1–99 (default value 25)
- HEIGHT: 100-250 cm (default value 160 cm)

    40–99 inches (default value 60 inches)
- WEIGHT: 20–150 kg (default value 50 kg)

    40–350 liber (default value 100 liber)
- USER NAME
- GENDER: MALE / FEMALE

INTRODUCTION

TURNING ON

1. The home screen will load after 30 seconds and will stay in standby mode (Pic. 1). You will see a panel of functions.

Pic. 1

1	Settings
2	Time and calendar
3	Quick start
4	Community centre
5	Manual program
6	Program
7	Watt program
8	HRC program

2. In home screen you can setup time and date.

After entering the setting screen, please turn on Automatic time and date (Pic. 2) and choose your time zone
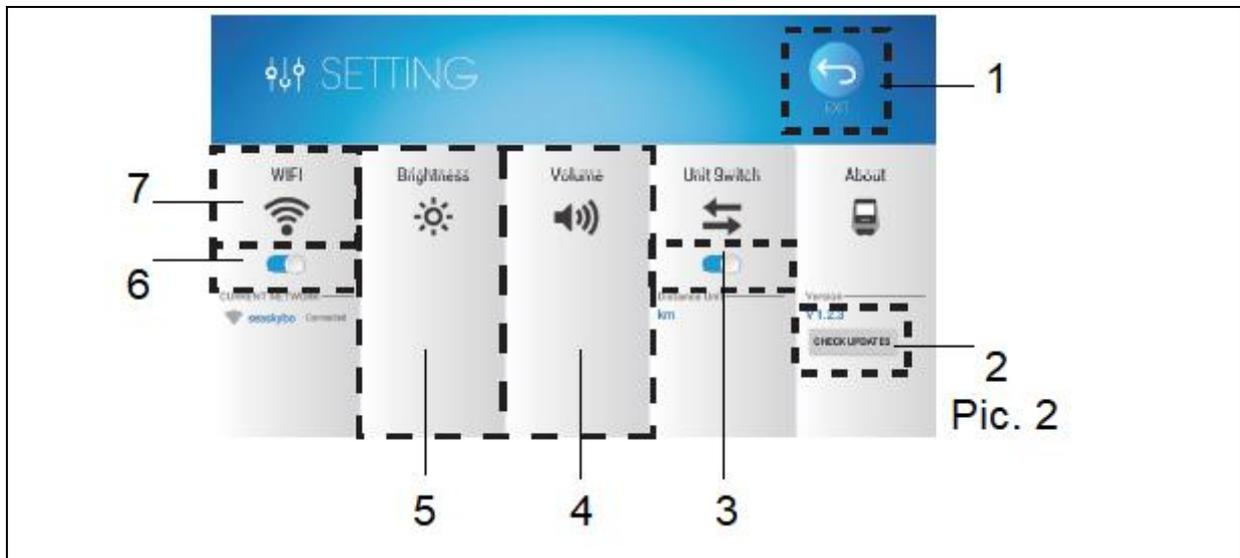

Pic. 2   Pic. 3

3. In standby mode, press QUICK START to turn on the quick start function.

4. In standby mode, press the arrow in the upper left corner to enter the settings.

1	Exit settings
2	Updates
3	Change units
4	Volume
5	Brightness
6	Turn on / off WIFI
7	WIFI settings

The console version is displayed by pressing ABOUT. After pressing Check updates, the console will automatically search for the latest update.

If the console finds a newer update, the user can download it. After downloading, press install (Pic. 5 and Pic. 6)
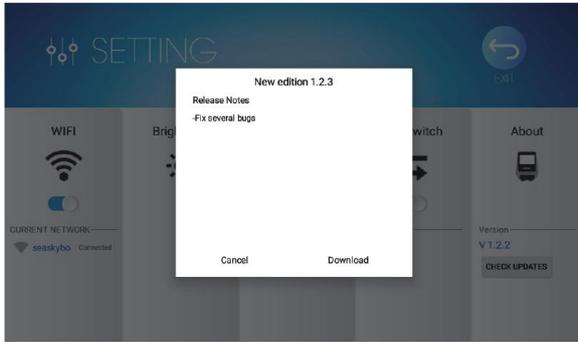
Pic. 5

Pic. 6

5. Select COMMUNITY CENTER, MANUAL, PROGRAM, WATT CONSTANT, TARGET H. RATE to enter the function.

QUICK START FUNCTION

Press QUICK START. You will enter settings (Pic. 7).

Pic. 7

1. If the RPM is higher than 15, SPEED, DISTANCE, RPM, CALORIES will be reset to zero after the value is exceeded and the countdown will start again.

2. Use the UP and DOWN buttons to set the load. The square graph changes every 0.1 km / mil

3. Press the PAUSE button to pause the program, PAUSE is displayed (Pic. 8). SPEED and RPM will return to 0. Other values are saved. Press CONTINUE to turn on the program.

Pic. 8

4. During the exercise, press RECOVERY to enter RECOVERY program. The countdown finish at 0. You will be shown the values and returned to the menu when you press any area on the display.

5. Press HOME to return to the home page.

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COMMUNITY CENTER

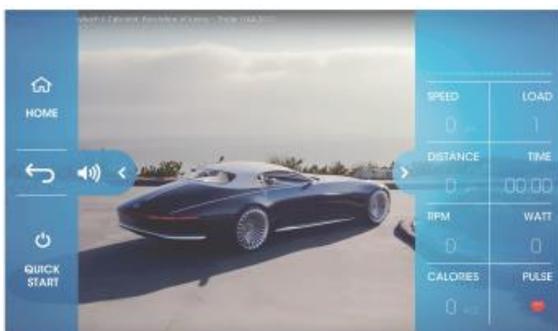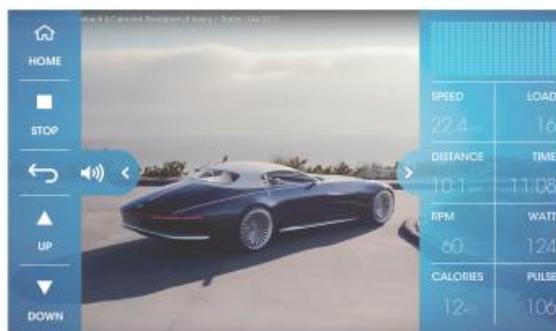1. Press COMMUNITY CENTER to enter the multimedia functions. (Pic. 9)

Pic. 9

Pic. 10

2. Use additional options (Pic. 10)

3. After selecting, use the arrow keys to open the options HOME – QUICK START – VOLUME – BACK (Pic. 11)

4. If no action is taken for 3 seconds the brightness is it decreases by 50%, you can press < arrow to hide the menu.

Pic. 11

Pic. 12

5. By pressing the right arrow, you will display SPEED, LOAD, DISTANCE, TIME, RPM, WATT, CALORIES, PULSE.

6. Pressing < hide the function panel

7. Press QUICK START, each value will start counting. Use UP and DOWN to set resistance, PAUSE to pause the program. SPEED, RPM and WATT are reset, the other values are saved (Pic. 12).

8. Press HOME to return to the home page.

MANUAL PROGRAM

1. On home screen press MANUAL to enter settings

2. You can choose user U0 – U4. You will be displayed user information. (U0 is for guest, the data will not be saved).

3. You can setup AGE, HEIGHT, WEIGHT, GENDER and USER NAME.

4. Set up TIME, DISTANCE, CALORIES (Pic. 13)

5. Press EXIT to return to home screen.

6. Press START to turn on the program (Pic. 14).

Pic. 13

Pic. 14

7. After setting and pressing START, the set values will start a countdown. When one value reaches 0, the program stops and returns to the home screen.

8. Use the UP and DOWN buttons to change the load during training. The square graph changes every 0.1 km / mile. If the time is set, the square graph will change every 20 seconds.

9. Press the PAUSE button to pause the program, PAUSE appears on the display. SPEED and RPM return to 0. Other values are saved. Press CONTINUE to turn on the program. (Pic. 15)

Pic. 15

10. During the exercise, press RECOVERY to enter RECOVERY program. The countdown finish at 0. You will be shown the values and returned to the menu when you press any area on the display.

11. Press HOME to return to the home page.

PROGRAMS

1. On home screen press PROGRAM to enter settings. (Pic. 16).

Pic. 16

Pic. 17

2. You can choose one of 12 programs.

3. Choose user U0-U4. The corresponding data is displayed.

4. You can setup TIME and choose AGE, HEIGHT, WEIGHT, GENDER and USER NAME.

5. During setup, you can select EXIT to return to the home screen. Press START to turn on the program. The values start counting and the square graph will vary depending on the program and the selected values LOAD, PULSE, WATT, SPEED, DISTANCE, RPM, CALORIES, as shown in Pic. 17.

6. If the time is set, the START will start counting down. When it reaches 0, the program turns off and returns to the home screen.

Pic. 18

7. Use the UP and DOWN buttons to change the load during training. The square graph changes every 0.1 km / mile. If the time is set, the square graph will change every 20 seconds.

8. Press the PAUSE button to pause the program, PAUSE appears on the display. All values are saved. Press CONTINUE to turn on the program. (Pic. 18)

9. During the exercise, press RECOVERY to enter RECOVERY program. The countdown finish at 0. You will be shown the values and returned to the menu when you press any area on the display.

10. Press HOME to return to the home page.

WATT PROGRAM

1. On the Home screen, select WATT CONSTANT to enter the settings (Pic. 19).

Pic. 19

Pic. 20

2. Press WATT to set the value (default value 125 W).

3. You can choose user U0 – U4. You will be displayed user information. (U0 is for guest, the data will not be saved).

4. You can setup TIME and choose AGE, HEIGHT, WEIGHT, GENDER and USER NAME.

5. During setup, you can select EXIT to return to the home screen.

6. Press START to start the exercise. SPEED, RPM, TIME, DISTANCE, CALORIES, WATT (Pic. 20) are displayed.

7. If the time is set, the START will start counting down. When it reaches 0, the program turns off and returns to the home screen.

8. TARGET WATT CONSTANT DATA: Displays the value according to the WATT setting.

REAL WATT CONSTANT DATA: Display WATT values according to current exercise.

LOAD CONTROL DATA: Displays data combined with watt program and load.

11. Press the PAUSE button to pause the program, PAUSE appears on the display. All values are saved. Press CONTINUE to turn on the program. (Pic. 21)

Pic. 21

9. During the exercise, press RECOVERY to enter RECOVERY program. The countdown finish at 0. You will be shown the values and returned to the menu when you press any area on the display.

10. Press HOME to return to the home page.

11. WATT will display current messages:

- Too slow: Increase your speed. Current value <set value (1-25%)

- Moderate: Keep your speed. Set value (1+25%) > Current watt value> Set value (1-25%)

- Too fast: Too fast. Current value> set value (1+25%)

HRC PROGRAM

1. From the Home screen, select TARGER H. RATE to turn on the feature (Pic. 22).

2. You can choose between TAG (user settings) 90%, 75%, 55% (Pic. 23).

Pic. 22

Pic. 23

3. You can choose user U0 – U4. You will be displayed user information. (U0 is for guest, the data will not be saved).

4. You can setup TIME and choose AGE, HEIGHT, WEIGHT, GENDER and USER NAME.

5. Press EXIT to return to home screen.

6. Press START to start the program. Values SPEED, RPM, TIME, DISTANCE, CALORIES, WATT will be displayed (Pic. 24).

Pic. 24

7. If the time is set, the START will start counting down. When it reaches 0, the program turns off and returns to the home screen

8. TAERGET HEART RATE DATA: BPM are displayed according to age.

   REAL HEARTH RATE DATA: BPM display current value.

   LOAD COTROL DATA: Display current load.

9. If the heart rate does not exceed the specified value, the load will increase every 30 seconds until it reaches the desired heart rate. If the heart rate exceeds a specified value, the load is reduced by 1 level every 15 seconds up to 1 load level. Then the program stops. If no pulse is detected, the load is immediately reduced to 1 level. If no additional 30 seconds are detected, the program stops immediately.

10. If heart rate is not detected, you will be notified.

11. The console returns to the home screen if the heart rate is not detected for 30 seconds.

12. During the workout, press PAUSE, to stop the exercise, all data will be stored, and the motor will return to 1 load.

13. During the exercise, press RECOVERY to enter RECOVERY program. The countdown finish at 0. You will be shown the values and returned to the menu when you press any area on the display.

14. Press HOME to return to the home page.

RECOVERY FUNKCE

1. During exercise, press RECOVERY to directly enter the function, the motor returns to load 1. (Pic. 25)

2. The console starts to perform the 60 second countdown, and the result value is displayed after 60 seconds. (Pic. 26)

3. During the program, touch the display to return to the home screen.

4. After reaching 0, you will be shown F1 – F6. Press the display to return to home screen.

Pic. 25

Pic. 26

F1	Outstanding
F2	Excellent
F3	Good
F4	Fair
F5	Below average
F6	Poor

NOTES

- The console switches to SLEEP MODE if it does not receive a 5-minute signal.

- You can wake the console by pressing the QUICK START button when the console enters Sleep mode

- If you use MULTIMEDIA, the console will not enter standby mode. If you are not using the console, exit MULTIMEDIA and return to the home screen.

- Never update programs in MULTIMEDIA

- Before updating you need to turn on the WIFI.

USE OF ELEPTICAL TRAINER

The elliptical trainer is a popular fitness machine, one of the newest and most effective home training machines.

When you are exercising on an elliptical treadmill, your feet move along the elliptical curve.

The elliptical treadmill is a frequent replacement for exercise bikes and treadmills because it is gentler for your joints. With the handles, you are also exercising the upper half of your body.

During exercise, you transfer the weight from one foot to the other. Try to maintain an upright and natural position. Handlers will help you. Find the perfect place to hold the grip and try to move as naturally as possible.

MAINTENANCE

- Use only a soft cloth and a mild detergent.

- Do not clean the plastic parts with abrasives or solvents.

- Wipe the sweat after each use.

- Protect the device from moisture and extreme temperatures.

- Protect your device, computer and console from direct sunlight.

- Check the tightening of all bolts and nuts regularly.

- Store in a dry and clean place away from children.

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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