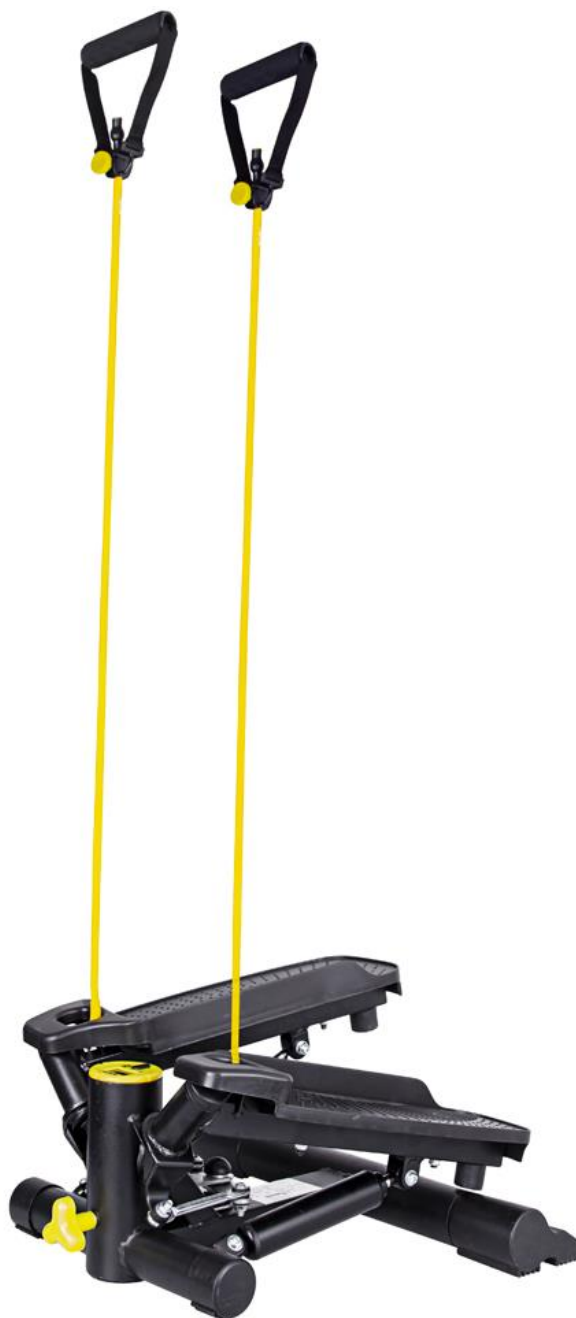




USER MANUAL – EN

IN 19990 Twist stepper inSPORTline Legro



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SAFETY INSTRUCTIONS

- Read the manual carefully and keep it for future reference.
- Use the steppers as it is described in the manual, another use is prohibited.
- Wrong use can lead to the injury or damage the stepper.
- The manufacturer / seller is not responsible for damage or injury due to improper use.
- Keep the product away from children and pets.
- Children, the elderly, or people with mental or physical limitations may only use the product under the supervision of an experienced and adult person.
- Maintenance and battery replacement may only be carried out by an adult.
- Do not leave the Stepper unattended when not in use.
- Dispose of packaging material environmentally friendly. Keep out of reach of children.
- Can use only one person at a time.
- Check all screws, joints and pedals before use.
- Consult you physician before use.
- Not suitable for pregnant women.
- There must be at least 0.6 m of free space around product.
- The product contains natural rubber. People allergic to this substance must not use rubber expanders.
- Use the expander only as a stepper accessory.
- Never let the expanders lie flat, there is a risk of injury.
- Never use the product if sharp edges appear.
- Never use a worn or damaged product.
- Place the stepper on a flat and firm surface.
- Loops for expanders are designed to withstand loads upwards.
- Remove all sharp and dangerous objects before exercise.
- Never open the battery.
- Keep the battery away from heat.
- Avoid contact with skin and eyes if substance leaks.
- If the stepper is not used for a long time, remove the battery.
- If the battery is damaged, replace it.
- Never recharge batteries that are not designed for this purpose.
- Weight limit: 100 kg
- Category HC for home use.
- Meet standards EN ISO 20957-8:2005

PRODUCT DESCRIPTION

	1. 2x Handles
	2. 2x Rubber expander
	3. 2x Pedals
	4. 2x Carabine clip
	6. 2x Plastic stand
	8. Screwdriver
	9. Mode button
	10. Display
	11. 2x Loop
	12. Adjustable knob
	13. Housing
	14. Console
	15. 2x Screws
	16. Expander end holder
	17. Cable
	18. Plug
	19. Eyelet on the handle of exercise band

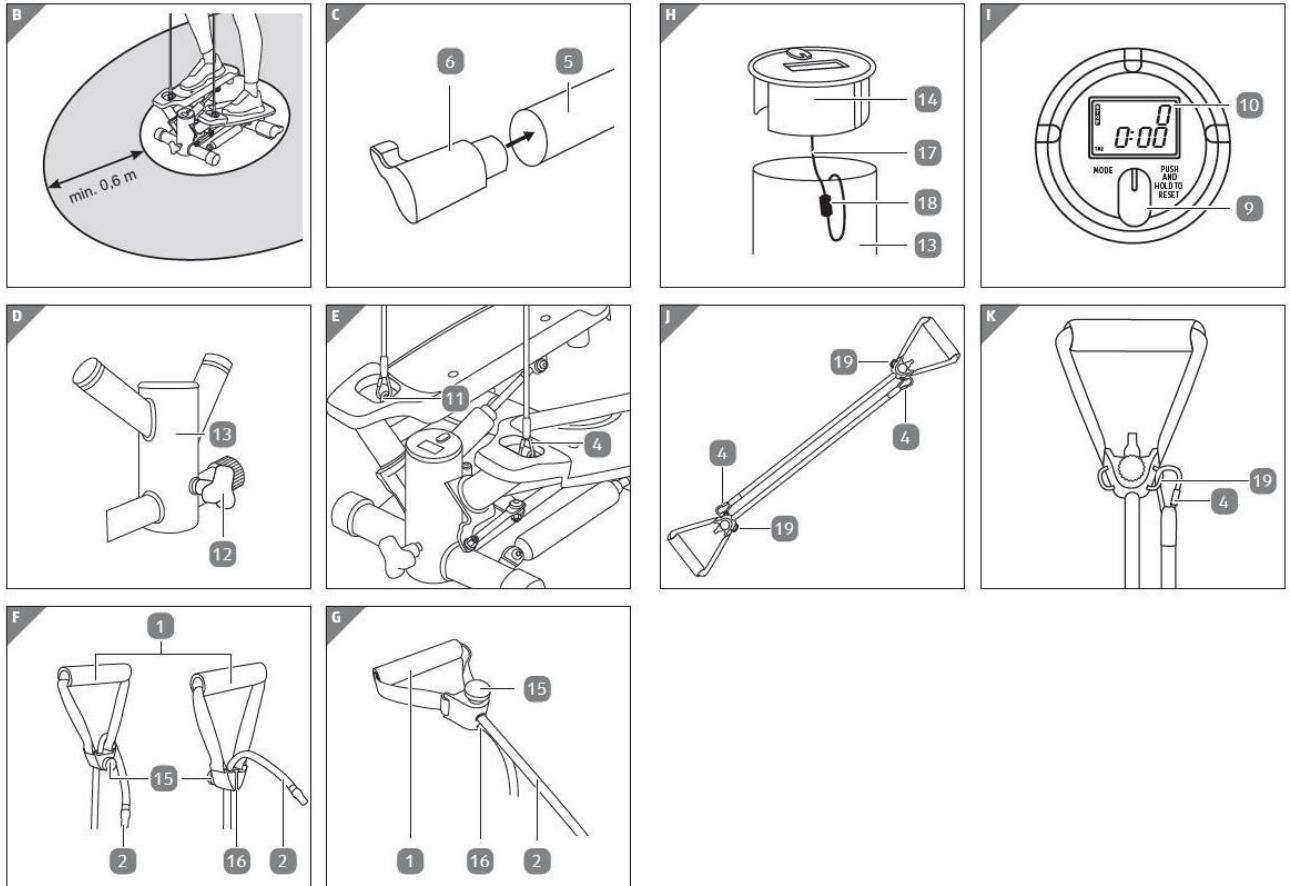
ASSEMBLY

Stepper is mostly pre-assembled. Check that none of the parts are missing.

For finish the assembly you need the screwdriver (8).

Insert the 2x Plastic Beam (6) onto the Frame (5) (Pic. C). The grooves must face down.

Screw the Adjustable knob (12) into the Housing (13) (**Pic. D**).



PREPARETION

Expander connection

You can exercise on Stepper with Rubber Expanders (2) or without expanders.

To attach expanders:

- Unscrew the lock from the clip (4) to release it.
- Attach the eyelet (4) to the brackets (11) and secure with the eyelet (E). (Pic. E)

Step height

For adjusting the step height:

Turn the Adjustable knob (12) clockwise to increase step height. (Pic. D)

Turn the Adjustable knob (12) counterclockwise to reduce step height.

Expander length adjustment

Length of Rubber expander (2) can be adjusted.

Loosen the screw (15) on handlebar (1) (Pic. F)

Pull the expander through the handle. Set the length between 60-90 cm (the markings are visible).

The length must not be shorter than 60 cm (red mark).

Tighten the screw on the handle.

Secure the redundant portion to the handle grip (16) (Pic. F, G)

Expanders as exercise bands

You can join the expanders (Pic. J, K)

Disconnect the expanders from the stepper. Unscrew the carbine (4) and unhook the expander from the loops on stepper (11).

Hook the carabines (4) to the handles (19).

Secure the carabines (4).

Make sure that both expanders are the same length.

CONSOLE

You can use the console (14) to display calories burned and the number of steps. The stepper works without turning on the console.

Inserting the battery

The console (14) is battery powered.

1. Pull out the console (14) from the housing (13) (Pic. H).
2. Insert the batteries.
3. Make sure the connector (18) is properly connected.
4. Return the bracket to the housing. Be careful not to pinch the cable (17) between the console and housing.

Turn console on / off

Press button (9) to manually turn on console (14) (Pic. I)

or

Step on the pedals (3) to turn on the console.

The console switches off automatically if it is not operated for approx. 4 min.

DISPLAY

Burned calories are for only oriental and does not serve medical purposes

The display shows information in two lines.

First line

Displays the number of steps per minute.

It stops when you stop exercising.

Second line

The second line shows following information:

TMR - training time from 0:00 to 99:59 minutes

REPS - Number of steps of the current training from 0 to 9999 steps

CAL - Calories burned from 0 to 9999 calories

TTR - Total steps from battery connection from 0 to 9999 steps

How to display information:

Press the button (9) to switch the displayed data.

To cycle through all the exercise data one at a time, press the (9) button until TMR flashes on the display (10).

The display will cycle through the training data every 5 seconds.

Set goals

You can set the Exercise Length (TMR), Steps (REPS), and Calories Burned (CAL)

1. Hold down the (9) button for about 4 seconds. 0:00 (TMR) is displayed on the second line of the display.
2. Press until the desired time is set.
3. Wait a few seconds for REPS to appear.
4. Then use the button to set the number of steps, the increase is by 10.
5. Then wait a few seconds for CAL to appear.
6. Then press to set the number of calories burned, increase is by 10.

Once you have set all the values, the countdown starts until reach 0. When you finish your goals, the console stops counting for about 10 seconds and resets.

How to restart console

The display (10) shows 0 before the first exercise. In some exercises, the console (14) will count from the end of the previous exercise.

Hold down the (9) button until TMR, REPS, CAL is displayed and reset.

Replacing the battery also resets the data.

HOW TO EXERCISE

- Improper or excessive exercise may cause serious injury or death.
- Ask your doctor for advice before exercising.
- Expanders must not be shorter than 60 cm. The optimum length is between 60-90 cm. The length is marked on the expander.
- Do not wrap the expander around your hands.
- Only do smooth movements, do not make sudden moves.
- A shorter expander length requires more power.
- Always make sure that the expanders are properly connected and do not show signs of wear and damage.
- The maximum expander length is 235 cm with a set length of 90 cm. The maximum length without stepper is 185 cm. Do not exceed these values.

The warm up phase

- This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch. If it hurts, STOP.



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.

Standing up to the stepper

Press the pedal down to the frame with your foot. Then place one foot on the pedal and carefully place the other foot on the raised pedal. Move smoothly, do no sudden movements.

Standing down from the stepper

Press one pedal down to the frame. Move the foot from the raised pedal to the ground. Then put down the other leg.

Use of rubber expanders

Hold the handles horizontally.



Don't bend your wrist.

EXERCISES

Without expanders

	<p>You train: buttocks, thighs, calves</p> <p>Movement: Move as you walk, move your arms</p>
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With expanders

	<p>You train: shoulders, arms</p> <p>Movement: Pull the right handle upward in front of your body until your arm is fully extended. At the same time, lower the left handle. Switch the hands</p>
	<p>You train: shoulders, arms</p> <p>Move: Hold the handles above your head with your arms slightly bent. Keep your elbows at your head and palm face up. Extend your arms and then lower them to their original positions with a slow and controlled movement.</p>



You train: buttocks, thighs, calves

Move: Keep your elbows at your body. Depress the pedal and pull the expander upside down. Switch the side.



You train: back, shoulders, legs, buttocks

Movement: When pedaling, spread out and in your arms, your palms facing are the ground.

Alternative: The palms can face upwards.



You train: upper body, legs

Movement: Grasp both handles, palms facing up. When pedaling, gradually loosen and flex your arms.

CLEANING AND MAINTENANCE

- Check the stepper regularly for signs of wear or damage.
- Regularly check all screws tighten if necessary.
- Do not use the stepper if any part is damaged or worn.
- Use a damp, soft cloth with a mild detergent to clean it.
- Do not use aggressive cleaning agents such as solvents, etc.
- Then dry the appliance with a dry cloth.
- Store in a dry and shady place, protect against dust and keep out of reach of children and pets.

TECHNICAL SPECIFICATIONS

Dimensions	52 x 23,5 x 50 cm
Category	HC for home use
Maximum weight limit	100 kg
Weight	8.7 kg
Battery	1,5 V AAA
Adjustable expander length	60-90 cm
Maximum expanded length	235 cm (expander length 90 cm)
Maximum extended expander length without stepper	185 cm (expander length 90 cm)

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.

CZ
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