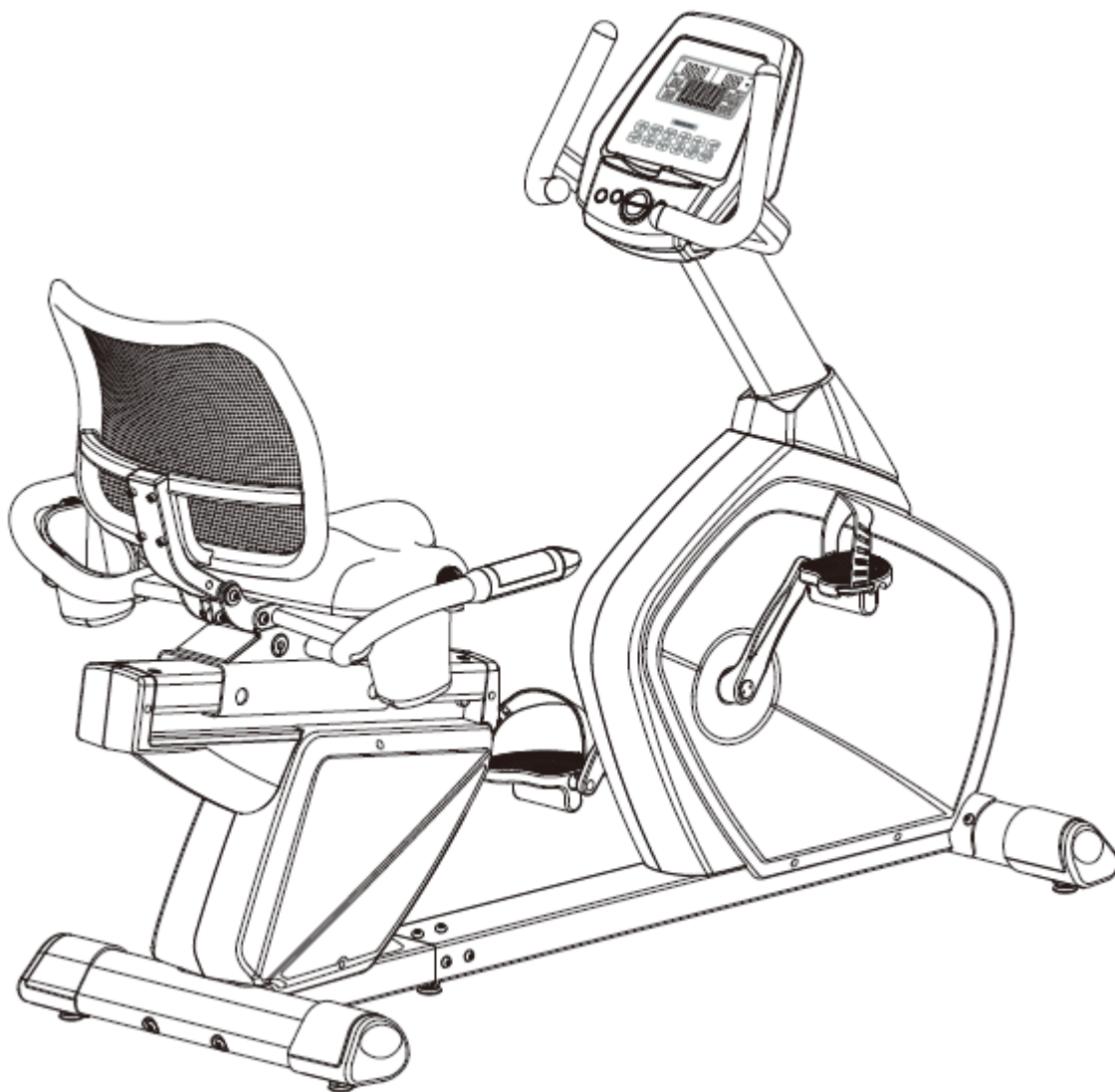




**USER MANUAL – EN**  
**IN 20144 Recumbent inSPORTline Halimed**



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## SAFETY INSTRUCTIONS

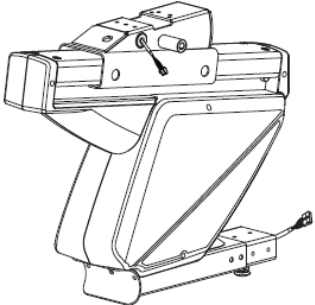
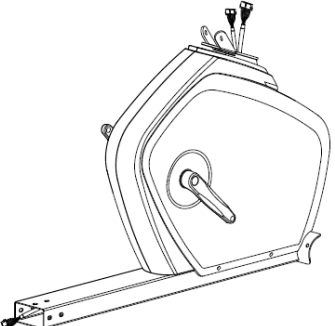

- To ensure the best safety of the exerciser, regularly check it on damages and worn parts.
- If you pass on this exerciser to another person or if you allow another person to use it, make sure that that person is familiar with the content and instructions in these instructions.
- Only one person should 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 0.6 m 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: 130 kg

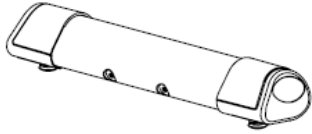
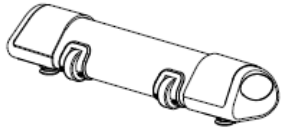
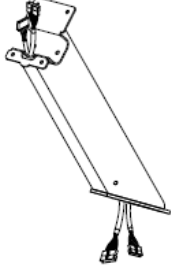
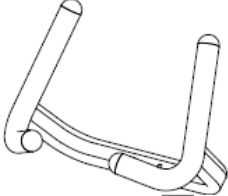


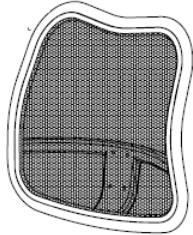

**WARNING! A system for monitoring heart rate may not be accurate. Overloading during training may cause serious injury or death. If you feel any discomfort, immediately stop the exercise!**

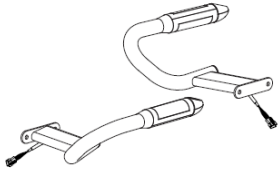






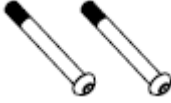




## IMPORTANT NOTES






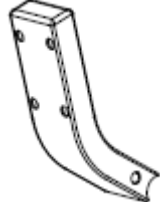
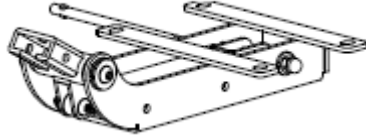
- Assemble the exerciser as per assembly instructions and be sure to only use the structural parts provided with the exerciser and designed for it. Prior to the assembly, make sure the contents of the delivery is complete by referring to the parts list of the assembly and operating instructions.
- Be 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

	A2	Main frame
	A1	Main frame
	A11	Seat adjustment

	B	Rear stabilizer
	C	Front stabilizer
	D	Middle post
	E	Handlebar
	F	Console
	G	Seat
	H	Back rest
	I	Decoration cover

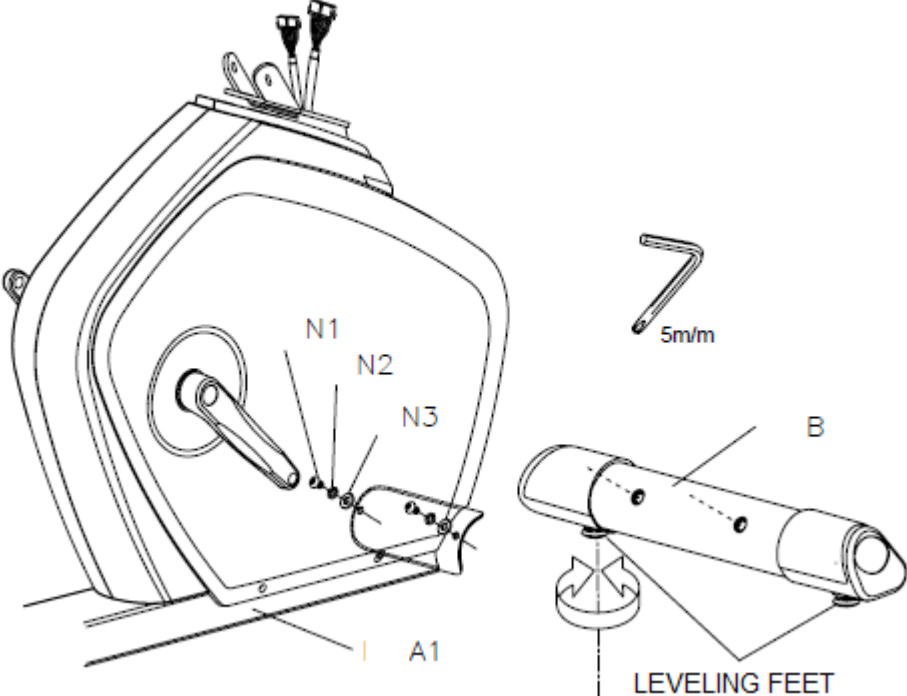
	J1/J2	Left / right handlebar
	K	Bottle
	L	Pedals left/right
	M1/M2	Accessory basket left/right
	N1	Screw M8x20
	N2	Spring washer M8
	N3	Washer M8x16
	N4	Screw M8x105
	N5	Screw M8x15
	N6	Screw M8x12
	N7	Screw M6x8
	N8	Screw M8x15

	N9	Screw M4x15
	N10	Washer
	N11	Screw M8x35
	S	Adapter
	S4/S5	Strip right/ left
	P	Back rest support
	P1	Seat support

# ASSEMBLY

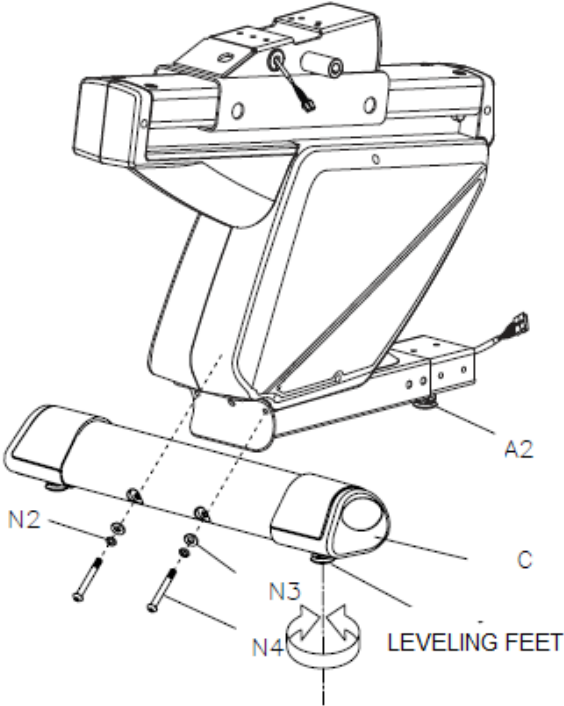
## STEP 1

Secure the middle post (B) to the main frame (A1) using the two screws (N1) spring washer (N2) and washer (N3).



## STEP 2

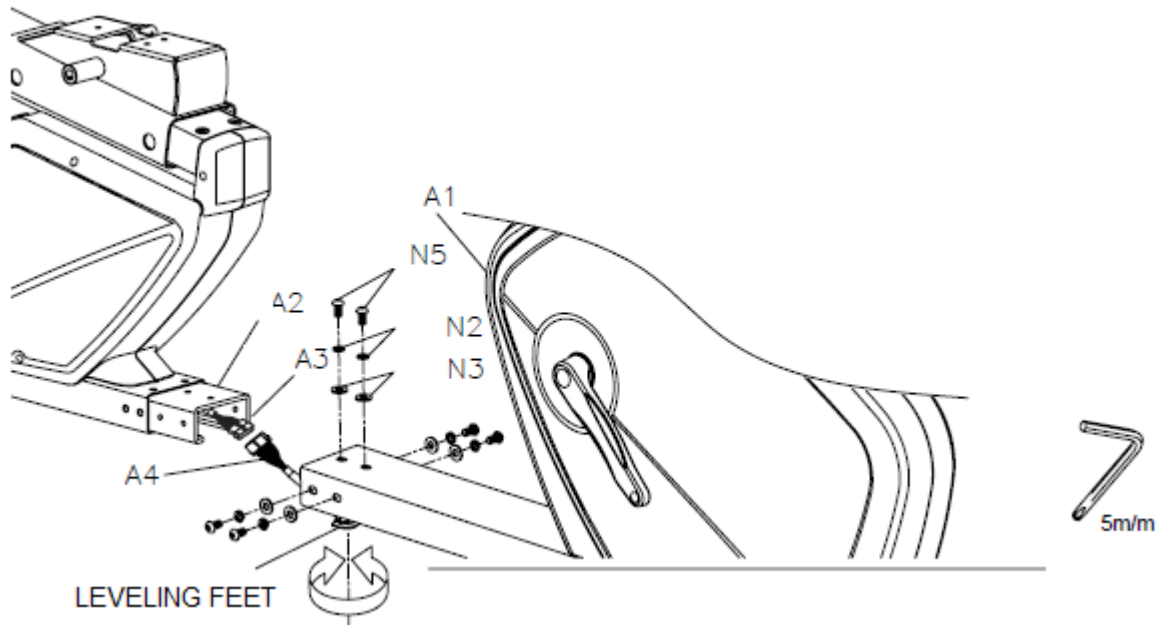
Attach the rear stabilizer (C) to the main frame (A2) using two screws (N4), spring washer (N2) and washer (N3).





### STEP 3

Connect sensor cables (A3 and A4). Connect both frames (A1 and A2) with 6 screws (N5), spring washer (N2) and washer (N3). Make sure the wires are properly connected. Be careful not to pinch the cables.



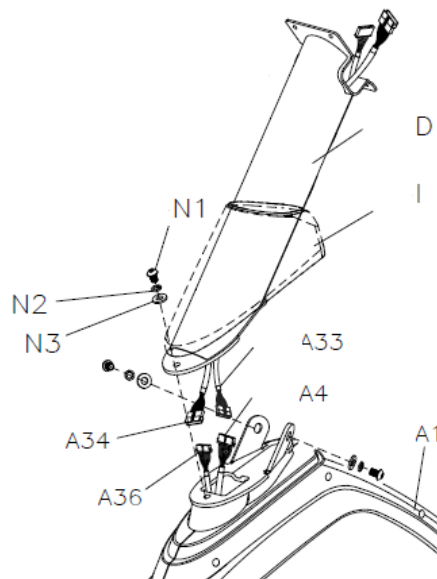
### STEP 4

Slide the middle post (D) through the decorative cover (I).

Connect the cables (A33 and A34) to the cables (A4 and A36).

Attach the middle post (D) to the main frame (A1) with 3 screws (N1), spring washer (N2) and washer (N3).

Make sure that the cables are properly connected and are not pinched between the main frame and the post.



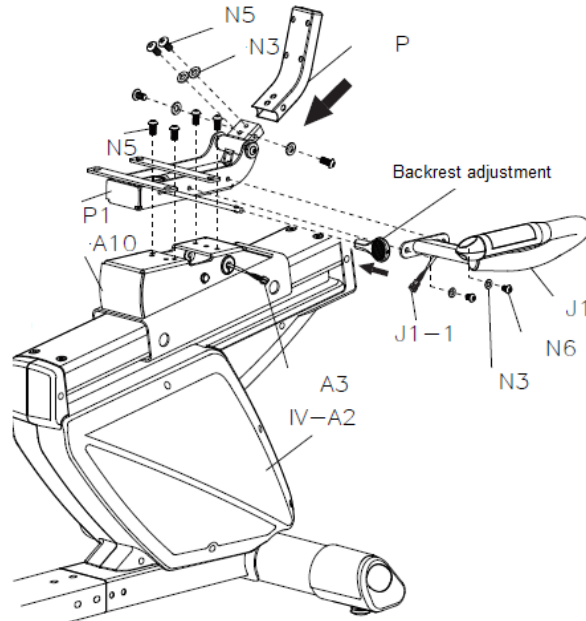
### STEP 5

Connect the backrest support (P) to the seat post (P1) and secure with the screws (N5) and attach the backrest handle adjustment to the axle (N3).

Attach the post (P1) to the slider (A10) with 4 screws (N5).

Connect the cable (J1-1) to the cable (A3). Insert the excess cables into the handle (J1).

Attach the left handle (J1) to the seat post (P1) with 2 screws (N6) and washer (N3).

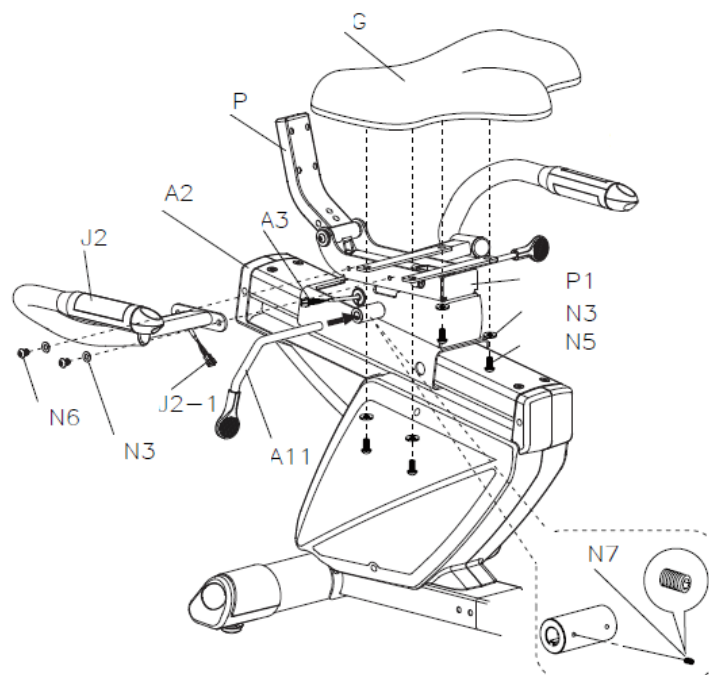


### STEP 6

Attach the right handle (J2) as well as the left handle (J1) in STEP 5.

Attach seat adjustment handle (A11) with bolt (N7)

Secure the seat (G) to the seat post (P1) with 4 screws (N5) and washer (N3).

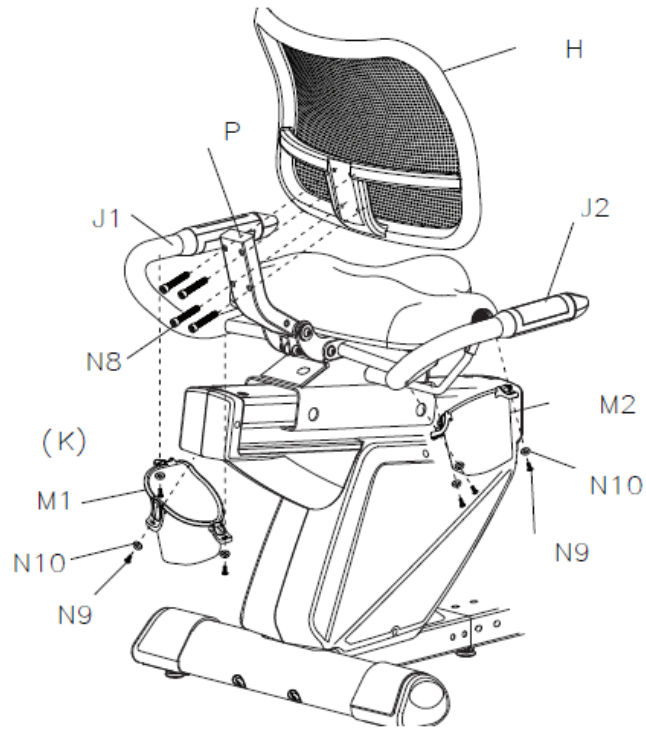


### STEP 7

Attach the backrest (H) to support the backrest (P) and secure with the screws (N8).

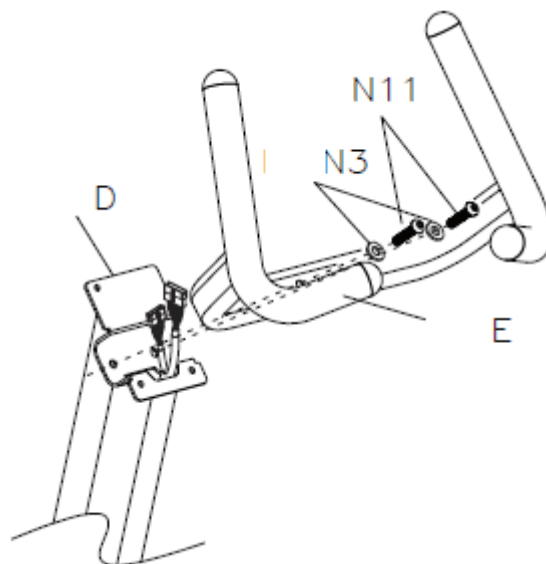
Attach the accessory basket (M1 and M2) to the handle sides (J1 and J2) and secure with screws (N9) and washer (N10).

You can place the bottle in the basket (M1 and M2)



### STEP 8.1

Attach the handles (E) to the middle post (D) with 2 screws (N11) and washer (N3). Be careful not to pinch the wires.



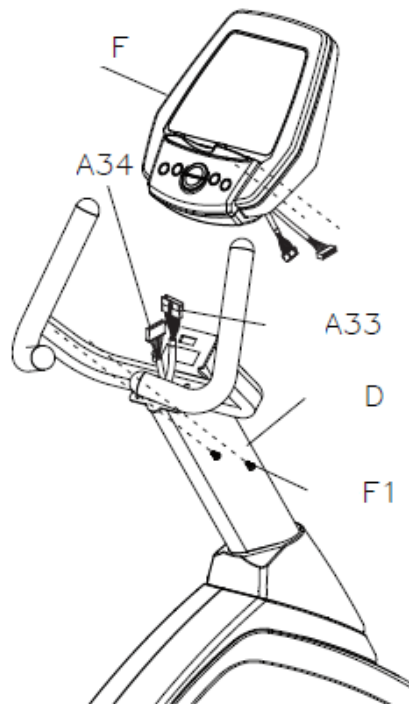
### STEP 8.2

Attach the cables (A33 and A34) to the console (F).

Unscrew the pre-installed screws from the back of the console.

Slide all excess cables into the bracket and slide the bracket into the bracket.

Secure the bracket with two screwed bolts (F1).

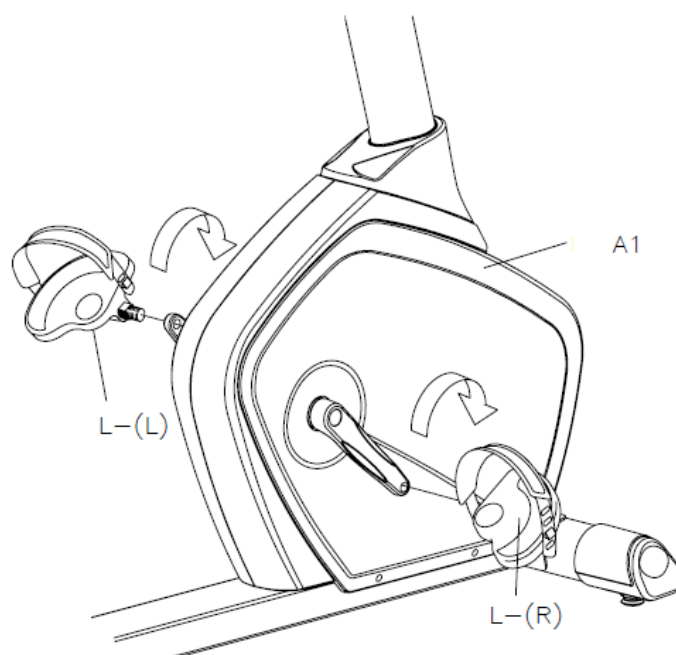


### STEP 9

Screw the right pedal into the right crank clockwise.

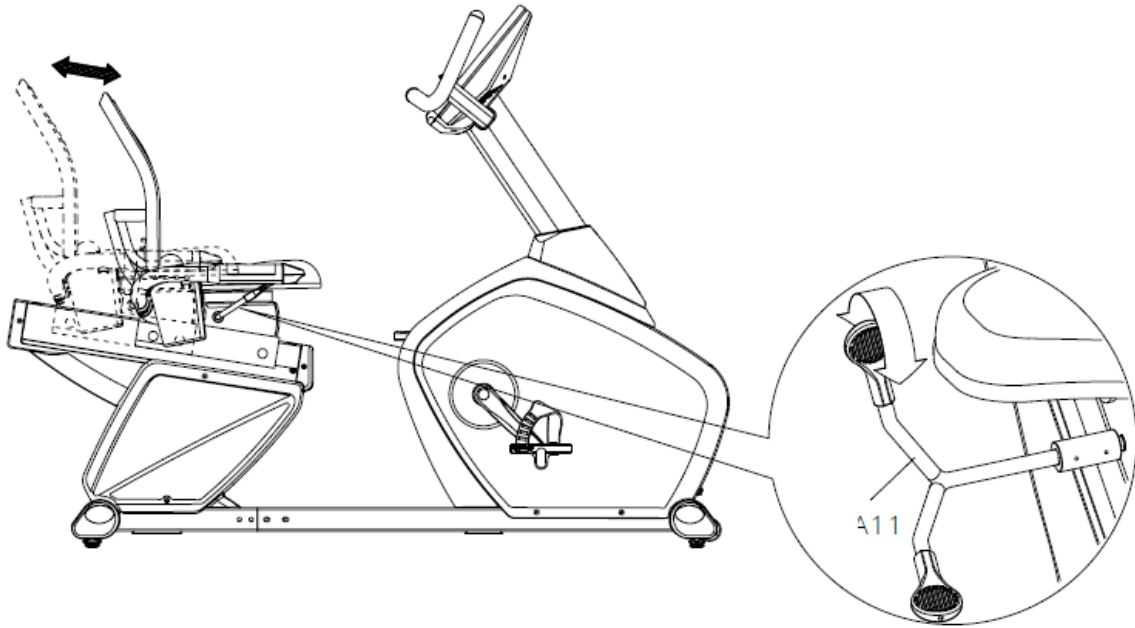
Screw the left pedal counterclockwise into the left crank handle.

The left pedal is marked L, right R.



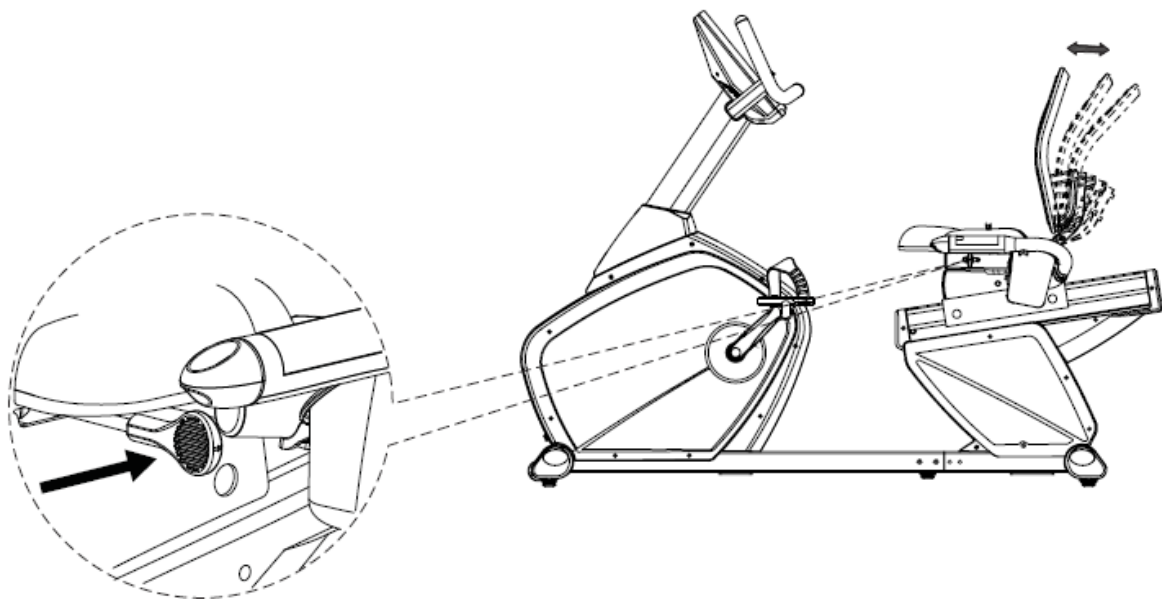
## SEAT ADJUSTMENT

Push the seat adjustment handle forward (A11) forward to adjust the seat position. Then return the handle to its original position.



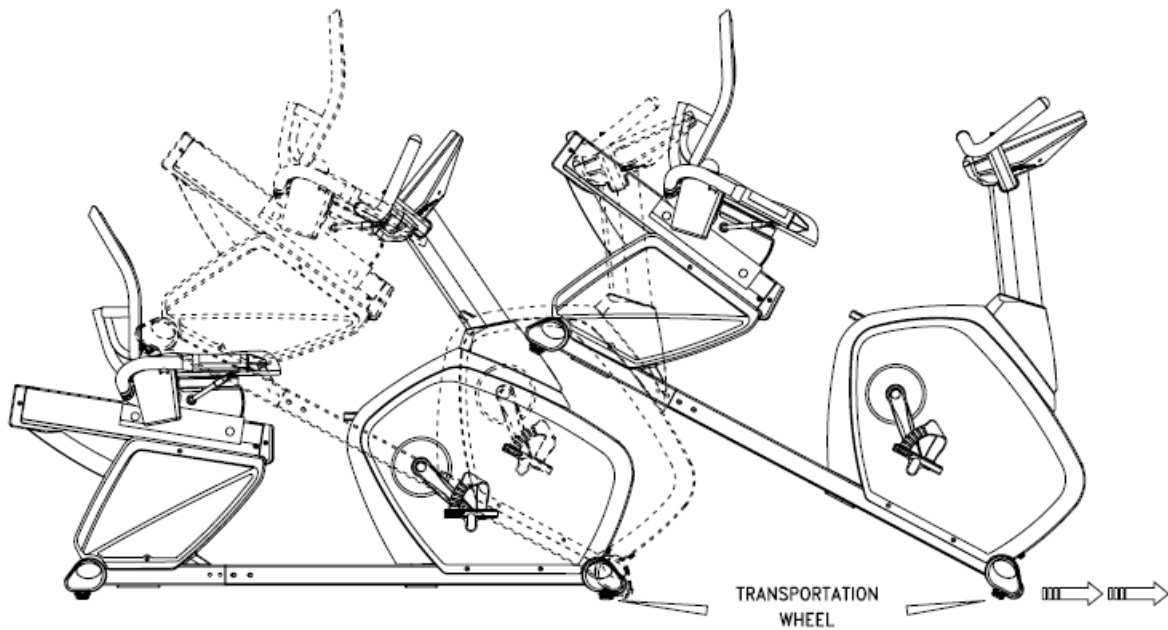
## BACKREST ADJUSTMENT

You can adjust the position of the backrest using the handle under the seat.



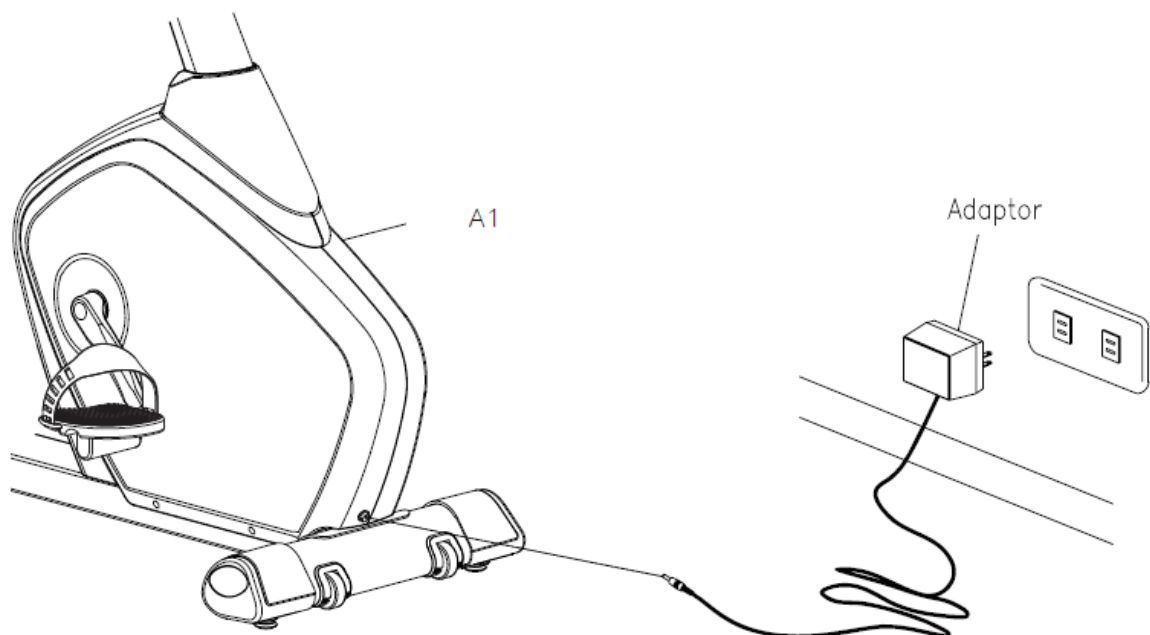
## TRANSPORT

Ask another adult to move. Lift the machine by the rear stabilizer and place the unit on the front transport wheels. Slowly move the device. Stabilize with stabilizing feet after transport.



## ADAPTER CONNECTION

Connect the adapter to the device and then to the wall outlet.



# CONSOLE



# BUTTONS

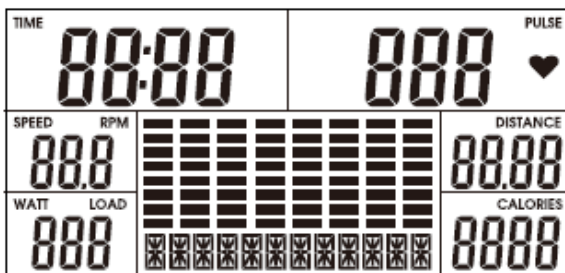
MODE	Confirm selection
RESET	Reset values
START/STOP	Turn the program on or off If the countdown reaches 0:00, the console will beep for 8 seconds. If the user stops training, all values remain.
UP	Scroll up
DOWN	Scroll down
RECOVERY	Recovery status
P1 – P12	Choose program P1 – P12.

## DISPLAYED DATA

TIME	Display: 0:00 – 99:99, Settings: 0:00 – 99:00
DISTANCE	Display: 0:00 – 99:99, Settings: 0:00 – 99:00 km
CALORIES	Display: 0:00 – 9999, Settings: 0:00 – 9990
PULSE	Display: P30 - 240, Settings: 0-30 – 240
SPEED	0–99.9 km
RPM	0–999

## CONTROLS

1. Plug in, the console will turn on and all data (Pic. A) will be displayed for 2 seconds.
2. Console displays main menu (Pic. B)



Pic. A



Pic. B

3. In the main menu, use the navigation buttons to select the manual program - programs P1-P12 - user - HRC – WATT



4. Quick start and manual program

Before training in a manual program, the user can set time, distance, calories and pulse. With the START / STOP button you can switch on the program immediately without setting.

The load can be adjusted with the UP and DOWN buttons.

5. Programs

The user can select programs P1 - P12.

Before training, the user can set the target time.

With UP and DOWN, the user can select a program and confirm with ENTER / MODE.

The load can be adjusted with the UP and DOWN buttons.

6. HRC

The user can set 55%, 75%, 90% target pulse.

The console automatically calculates the value using the user's age.

The user can set the training duration and stop at any time using the START / STOP button.



#### 7. User profile

The user can set the profile by pressing UP, DOWN and then MODE. Press and hold the MODE button for 2 seconds to exit the profile setting.

#### 8. WATT

The original power value is 120 W. The user can change the values using UP and DOWN.

The console automatically adjusts the resistance according to the entered values.

#### 9. RECOVERY

After training, grab the handles and press RECOVERY. The countdown starts from 00:60.

D1 - F6 is displayed after deduction. F1 is the best result, F6 is the worst.

## ADVANTAGES OF RECUMBITION

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.
- Wipe the electrical parts only 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 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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reklamacie@insportline.sk  
servis@insportline.sk  
Web: www.insportline.sk

Date of Sale:

Stamp and Signature of Seller: