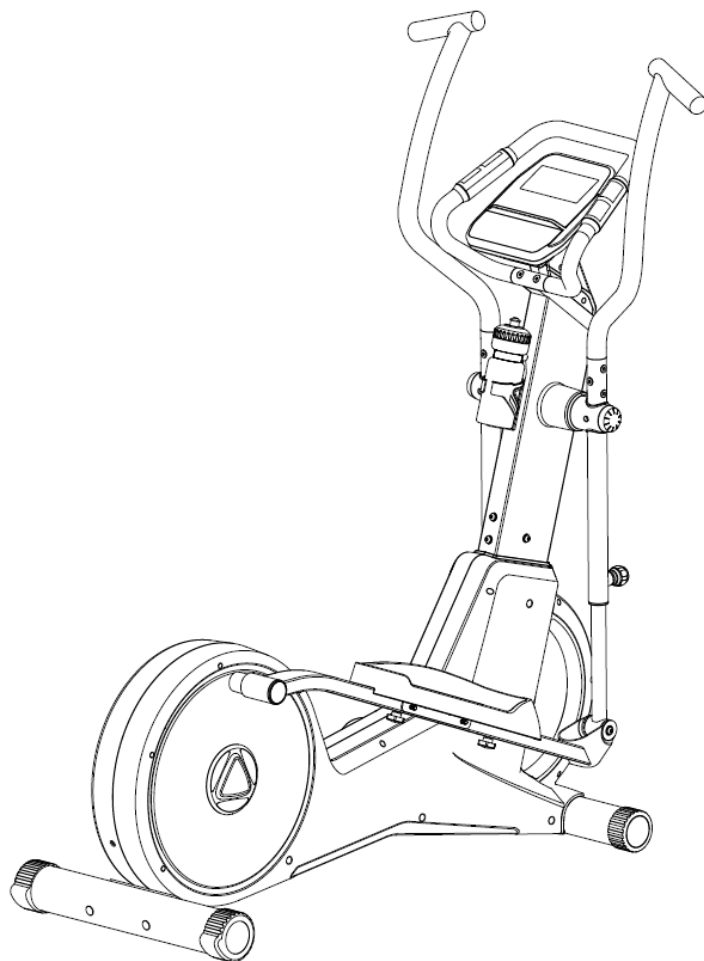




USER MANUAL – EN

IN 20156 Elliptical Trainer inSPORTline Kapekor



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SAFETY INSTRUCTIONS

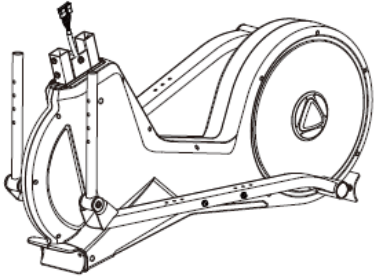
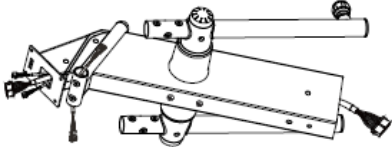
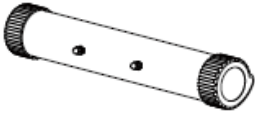
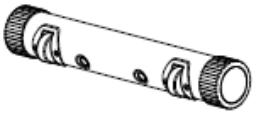

- To ensure the best safety of the exerciser, regularly check it on damages and worn parts.
- If you pass on this exerciser to another person or if you allow another person to use it, make sure that that person is familiar with the content and instructions in these instructions.
- Only one person should 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.
- 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:** 130 kg
- **WARNING!** The heart 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 for home use (EN957 standard)

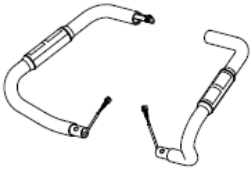
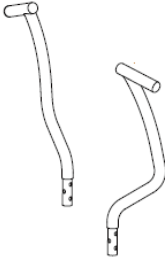











IMPORTANT NOTES


- 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

	A	Main frame
	B	Middle post
	C	Rear stabilizer
	D	Front stabilizer
	E	Console

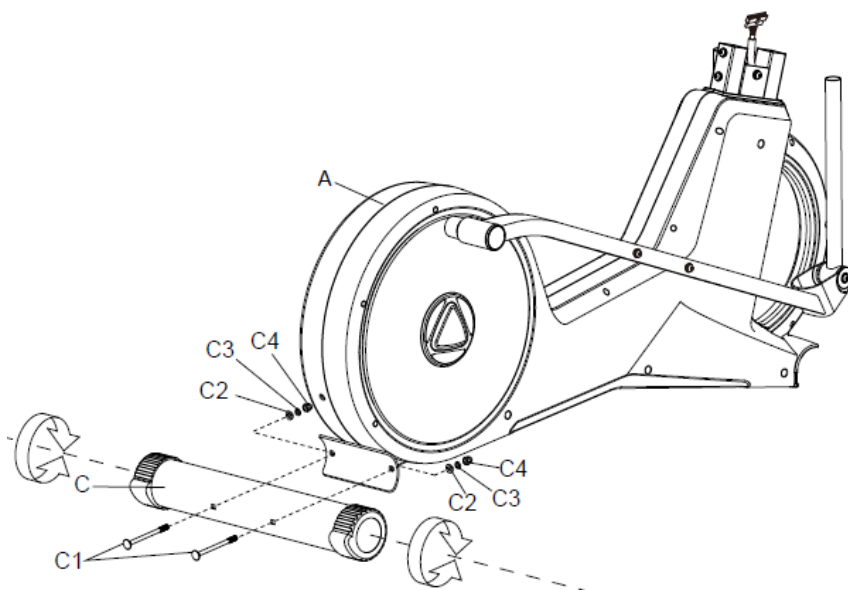
	F1/F2	Handles (left/right)
	G1/G2	Handles (left/right)
	H1/H2	Pedals (left/right)
	H3	Iron bracket
	H4	Knob
	H5	Adapter
	H6	Bottle
	H7	Bottle holder
	J1	Screw M9 x 90
	J9	Washer M6
	J11	Washer M6
	J13	Washer M10
	J14	Washer M10

		Tools
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ASSEMBLY

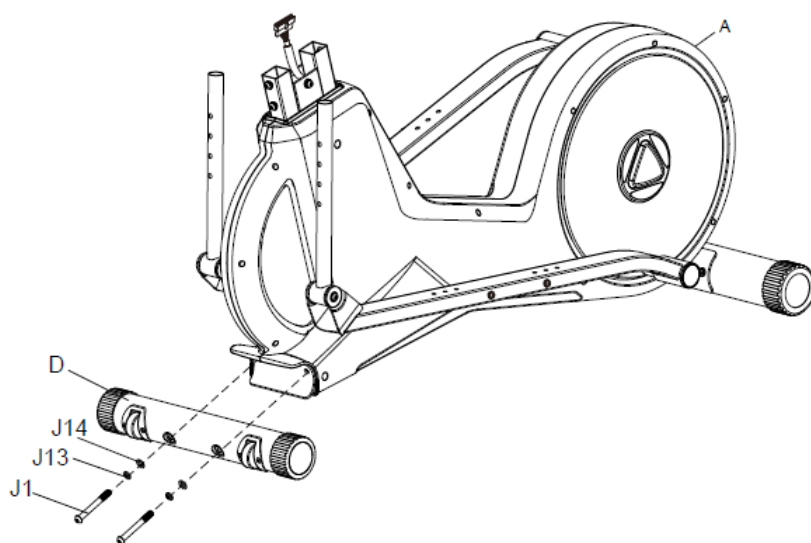
STEP 1

Remove the pre-installed washers (C2), spring washers (C3) and nuts (C4) from the rear stabilizer (C). Attach the rear stabilizer (C) with the 2 screws (C1), washer (C2), spring washer (C3) and nut (C4), to the main frame (A).



STEP 2

Attach the front stabilizer (D) to the main frame (A) with two screws (J1), spring washer (J13) and washer (J14).

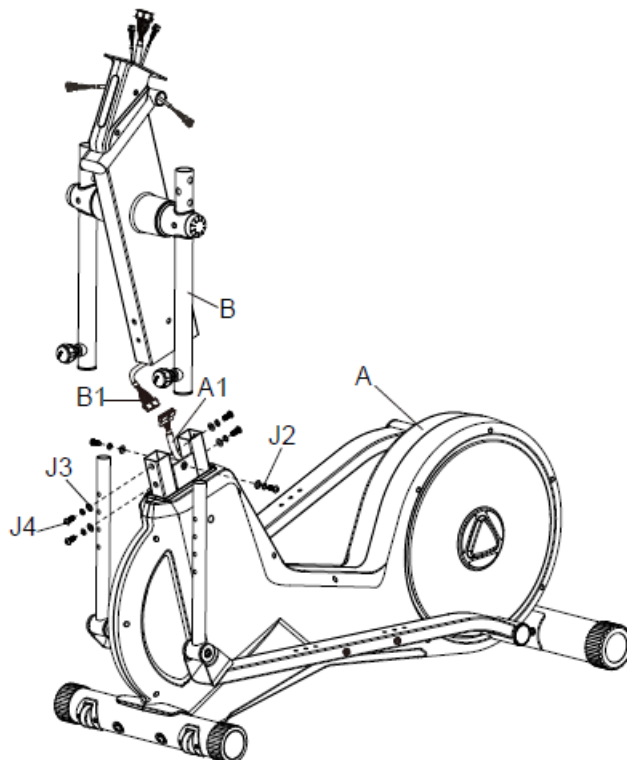


STEP 3

Remove the screws (J1), spring washers (J2) and washers (J3) from the main frame (A).

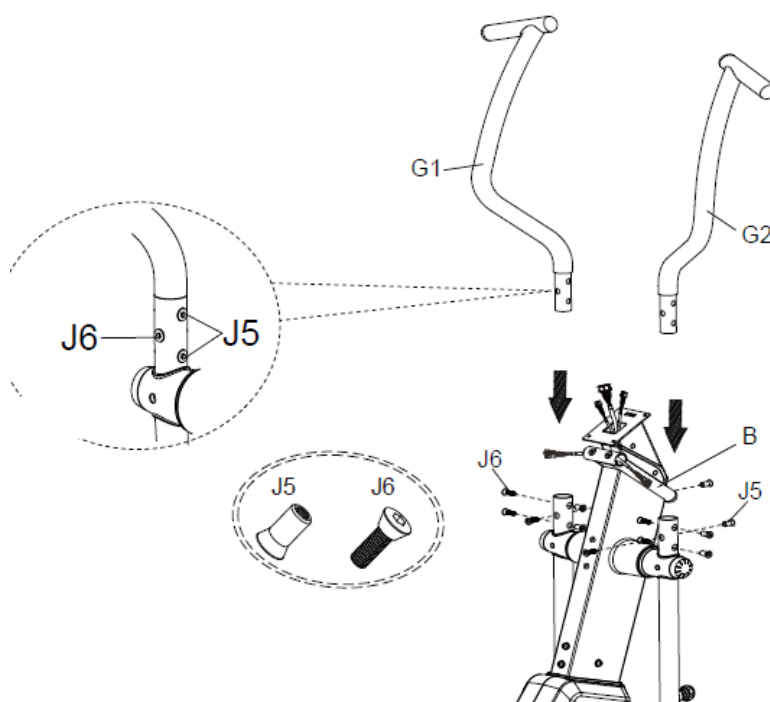
Connect the cables (A1) and (B1) and then attach the middle post (B) to the main frame (A) using the screws (J1), spring washer (J2) and washer (J3).

Pay attention to the cables, do not pinch them between the frame and the post.



STEP 4

Attach the handles (G1 and G2) to the middle post (B) with the screws (J5 and J6).



KROK 5

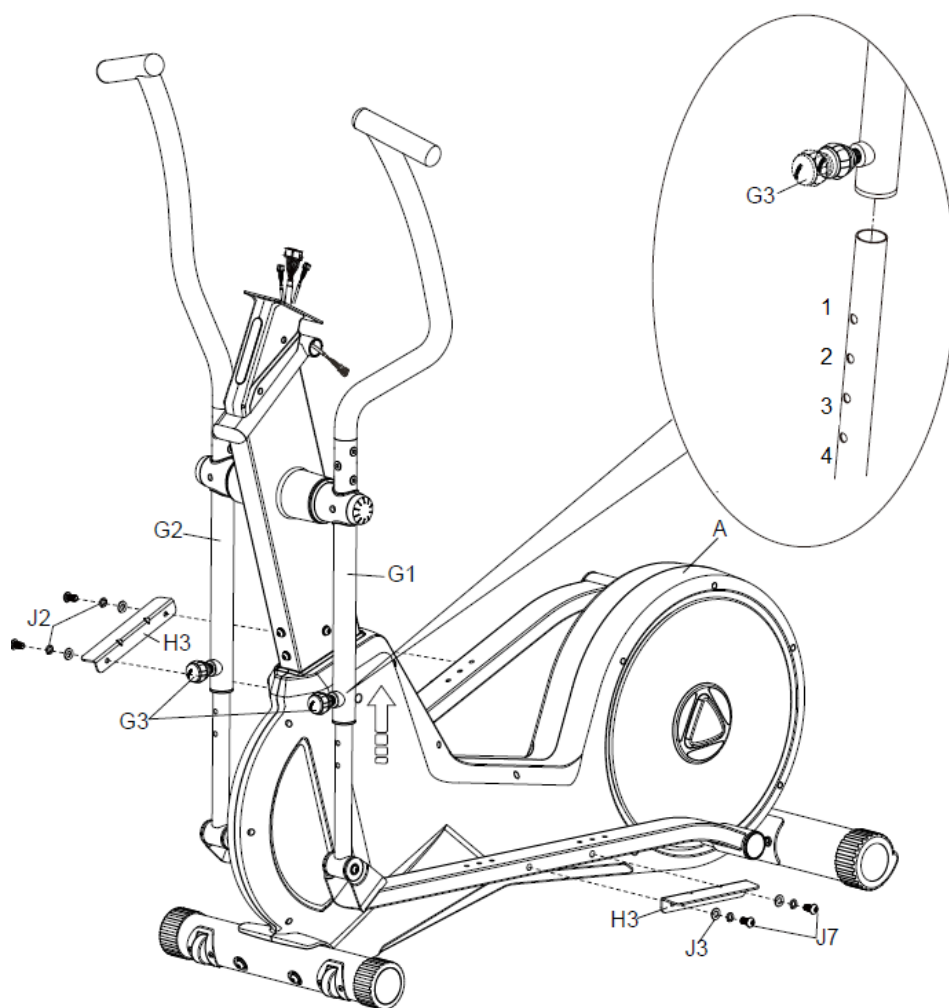
Remove the pre-installed screws (J7), spring washers (J2) and washers (J3).

Attach the iron bracket (H3) to the right pedal bracket using the screws (J7), spring washer (J2) and washer (J3).

Repeat on the left.

Attach left and right handle (G1 and G2) to pedal rods.

Adjust the height using adjustable holes and secure the knobs (G3) at the same height on both handles.

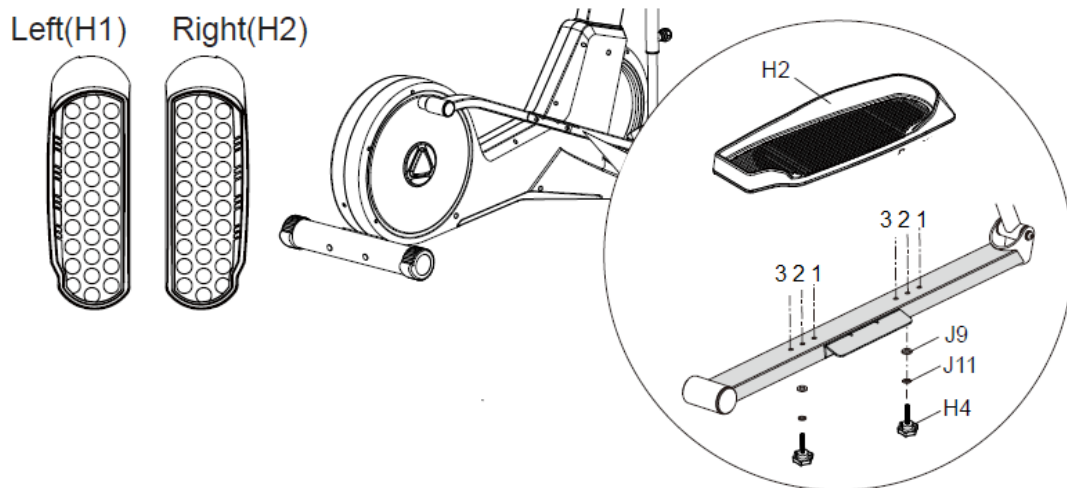


STEP 6

Attach the right pedal (H2) with washer (J9), spring washer (J11) and knob (H4). You can select 3 pedal positions.

Repeat on the left.

Make sure the pedals are in the same positions and the knobs (H4) are tightened properly.



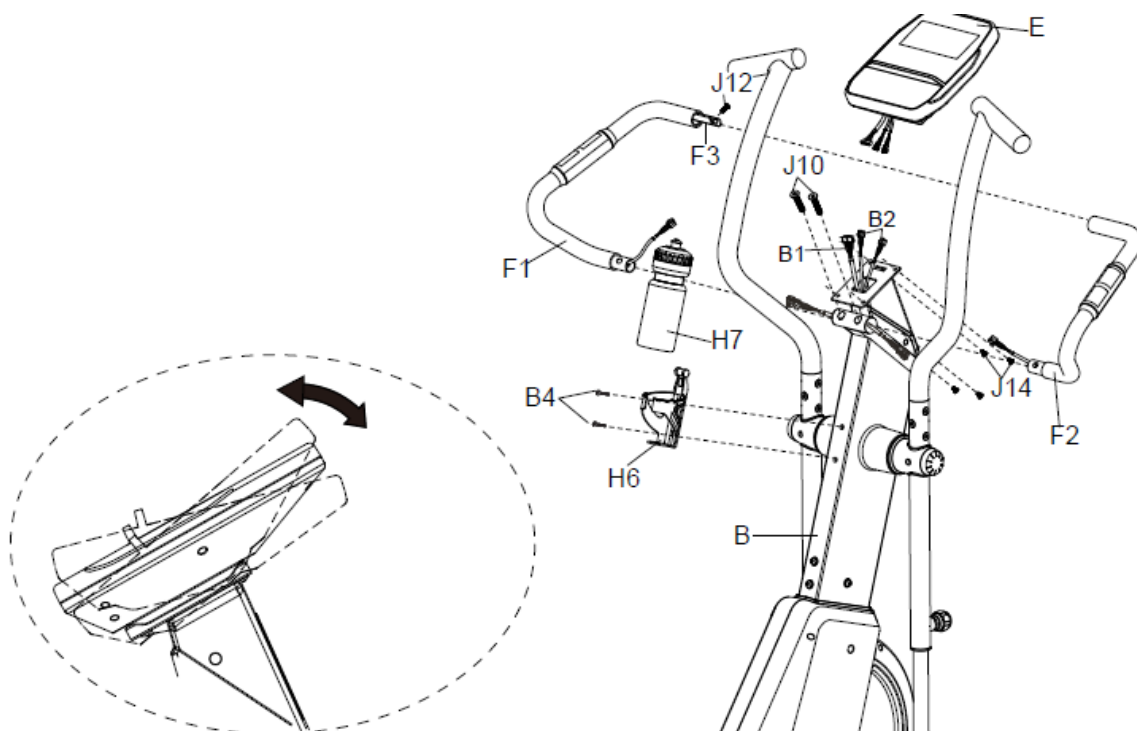
STEP 7

Connect the cables (B1 and B2) to the console (E) and attach the console.

Attach the handles (F1 and F2) to the middle post with the screw (J10), the iron holder (F3) and the screw (J12)

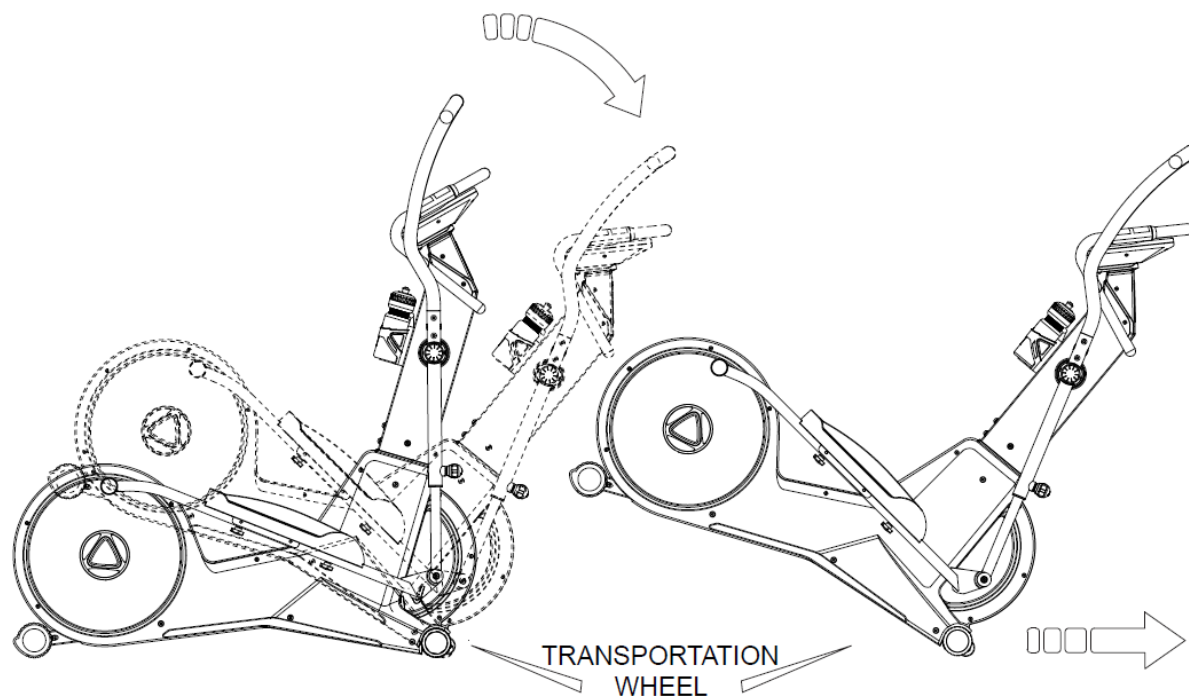
Unscrew the pre-installed screws (B4). Attach the bottle holder to the middle post (B) using the screws (B4).

Be careful not to pinch the cables.



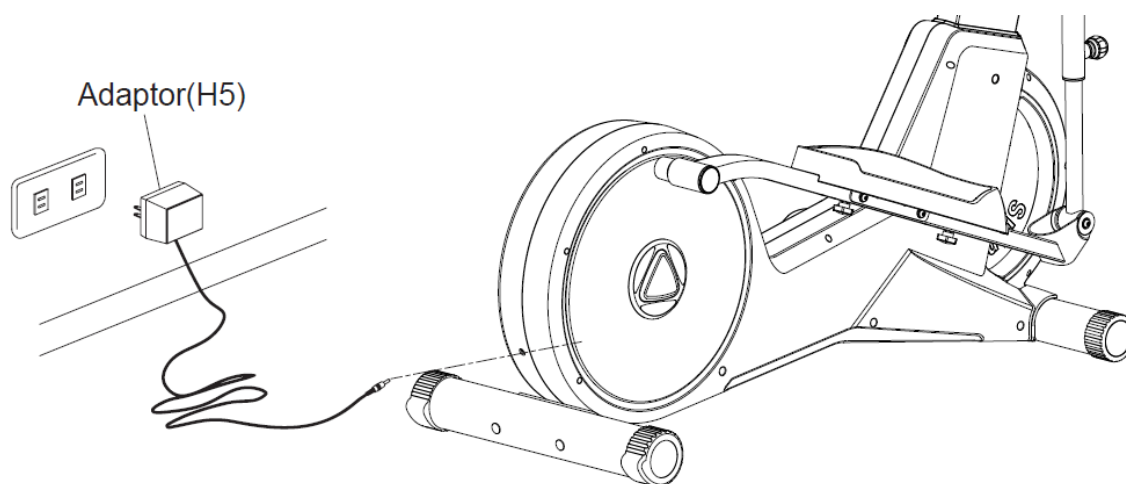
TRANSPORT

The front stabilizer has built-in transportation wheels. Tilt the machine to the front wheels and move slowly.



ADAPTER CONNECTION

The power outlet is located on the back of the frame.



CONSOLE



BUTTONS

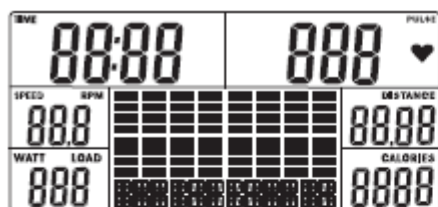
START/STOP	Starts or stops program
RECOVERY	Cardiac test
+	Button for navigation or increasing value
-	Button for navigation or decreasing value
RESET	If the program is stopped, it is used to return to the menu
QUICK KEY	Quick start of the program
MODE	Confirmation
USB	Only for tablet / mobile recharging

TURN ON

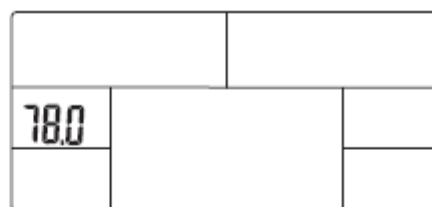
Power on or hold the RESET button for 3 seconds to turn on the LCD display. All data are displayed and you will hear a sound signal. 78 is displayed. (Fig. 1 and 2)

Use the +/- buttons to select user profile 0-4 and confirm with MODE. (Fig. 3 and 4)

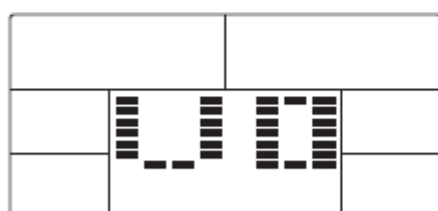
Then set up your gender, age, weight, and height information. Adjust the data using the +/- buttons (Fig. 5-8)



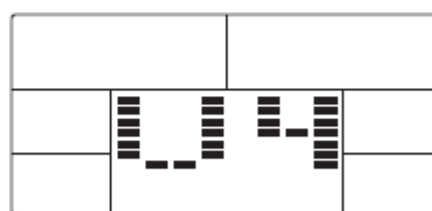
(FIGURE 1)



(FIGURE 2)



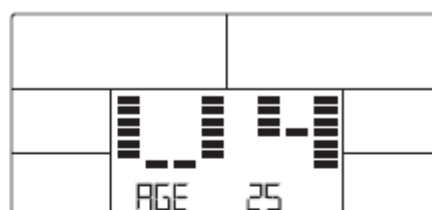
(FIGURE 3)



(FIGURE 4)



(FIGURE 5)



(FIGURE 6)



(FIGURE 7)



(FIGURE 8)

USER PROFILE

Gender	Man/woman
Age	10-99
Height	100-200
Weight	20-150

PROGRAM SELECTION

After setting the profile, press MODE and use +/- to select: MANUAL - PROGRAM - FITNESS - WATT
- USER PROGRAM – HRC

TIME	0:00 – 99:00
SPEED	0.0 – 99.9
DISTANCE	0.00 – 99.95
CALORIES	0 – 990
PULSE	60 – 220
RPM	15 – 999
WATT	10 – 350
LOAD	1-16

PROGRAMS

MANUAL PROGRAM

Press and hold RESET for 3 seconds, select a profile and set the data or just press RESET.

Select MANUAL with the +/- buttons and confirm with the MODE button (Fig. 8)

Set the load and confirm with MODE (Fig. 9)

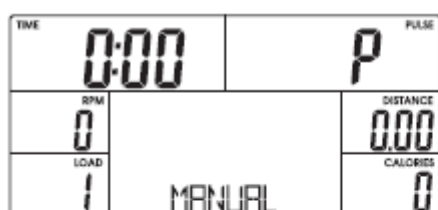
Set time, distance, calorie and target pulse values. (Fig. 10-13)

Start the program with the START / STOP button. Use the +/- buttons to adjust the load. (Fig. 14)

Press the START / STOP button again to pause the program.

Press RESET to return to the setting.

Holding RESET for 3 seconds will return you to the main menu (Fig. 15).



(FIGURE 8)



(FIGURE 9)



(FIGURE 10)



(FIGURE 11)



(FIGURE 12)



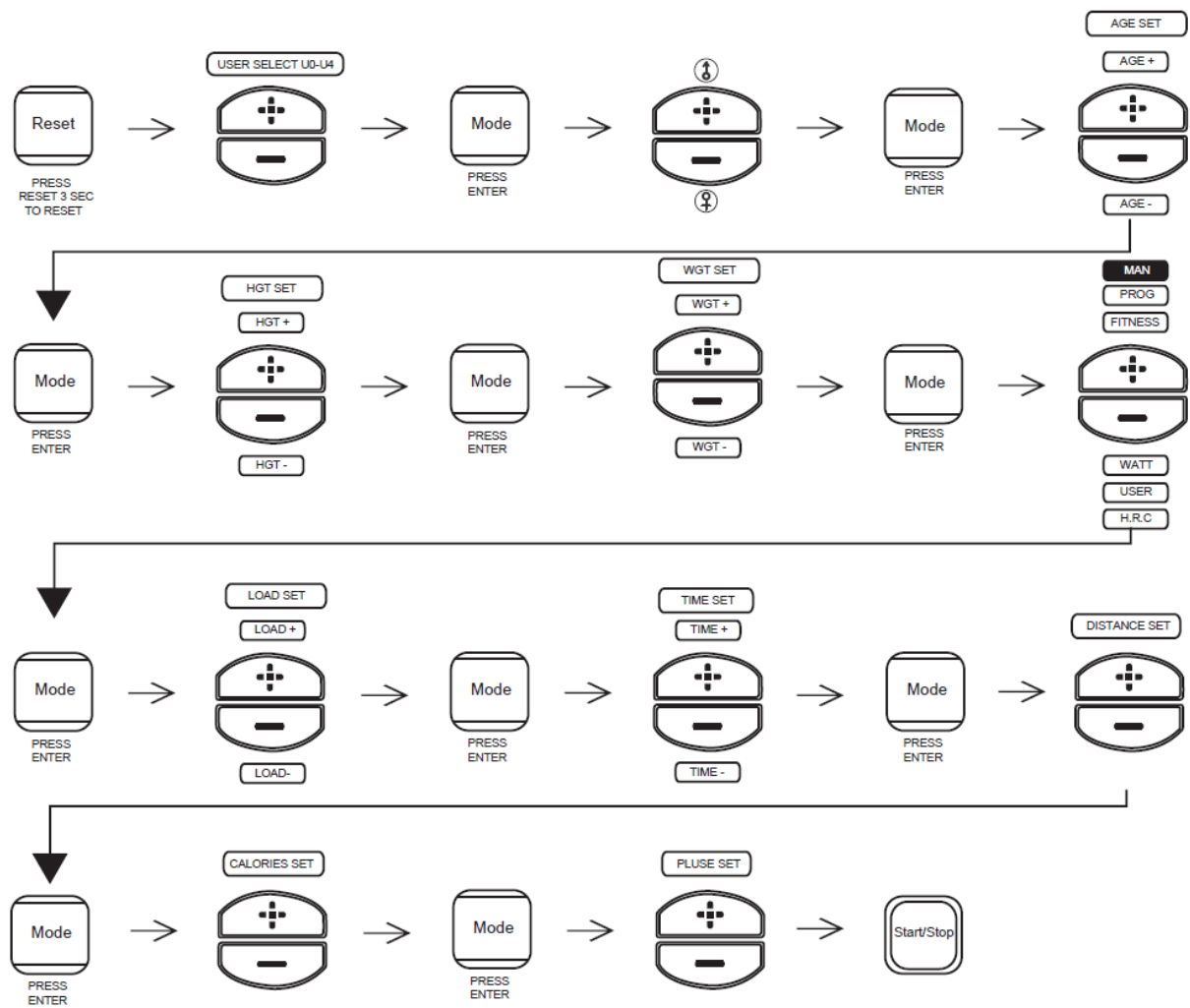
(FIGURE 13)



(FIGURE 14)



(FIGURE 15)



PROGRAM SELECTING

Press and hold RESET for 3 seconds, select a profile and set the data or just press RESET.

Select PROGRAM with +/- buttons and confirm with MODE (Fig. 16)

Select program 1–12 with the +/- buttons and confirm with the MODE button (Fig. 17) or select the program with the P1-P12 quick selection buttons (Fig. 18).

Set the load and confirm with MODE (Fig. 19)

Set time, distance, calorie and target pulse values. (Fig. 20-23)

Start the program with the START / STOP button. Use the +/- buttons to adjust the load.

Press the START / STOP button again to pause the program.

Press RESET to return to the setting.

Hold RESET for 3 seconds to enter standby mode.



(FIGURE 16)



(FIGURE 17)



(FIGURE 18)



(FIGURE 19)



(FIGURE 20)



(FIGURE 21)



(FIGURE 23)

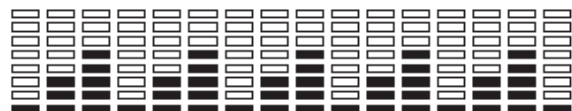


(FIGURE 23)

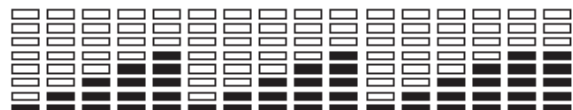
P1



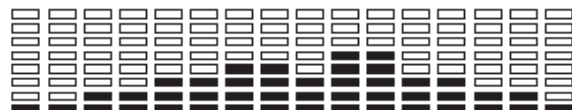
P2



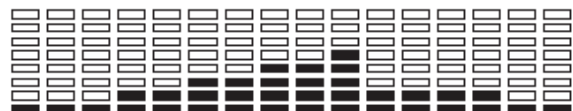
P3



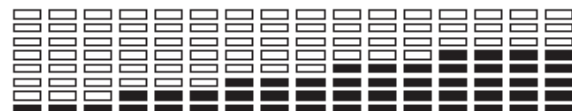
P4



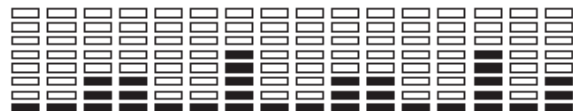
P5



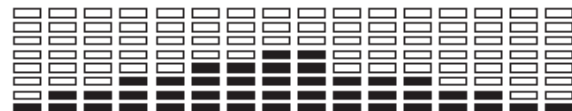
P6



P7



P8



P9



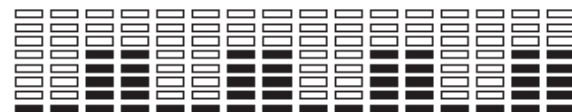
P10

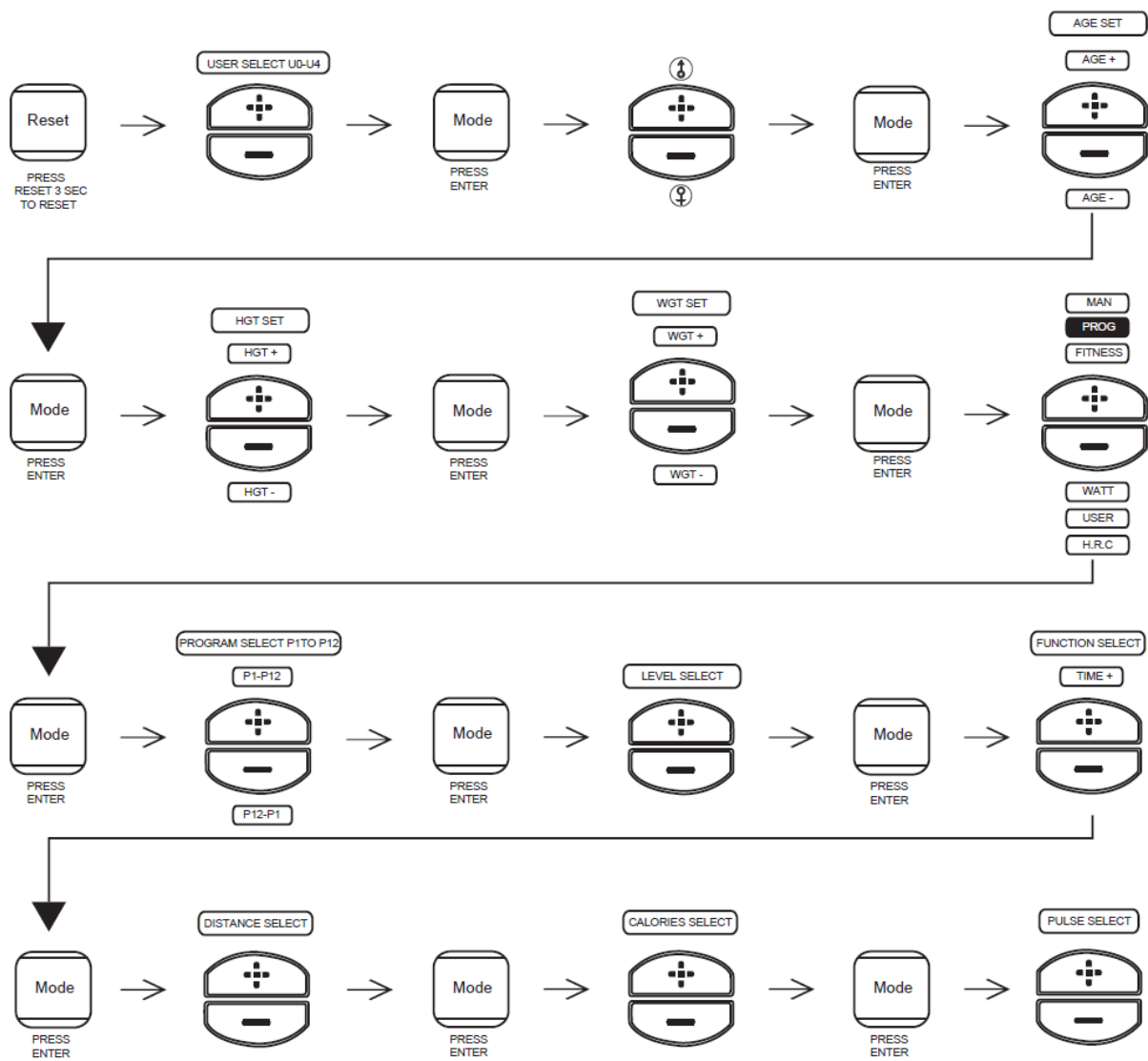


P11



P12





FITNESS MODE

Press and hold RESET for 3 seconds, select a profile and set the data or just press RESET.

Select PROGRAM with +/- buttons and confirm with MODE (Fig. 16)

Start the program with the START / STOP button. Use the +/- buttons to adjust the load.

After 12 minutes, the training results are displayed.

Press the START / STOP button again to pause the program.

Press RESET to return to the setting.

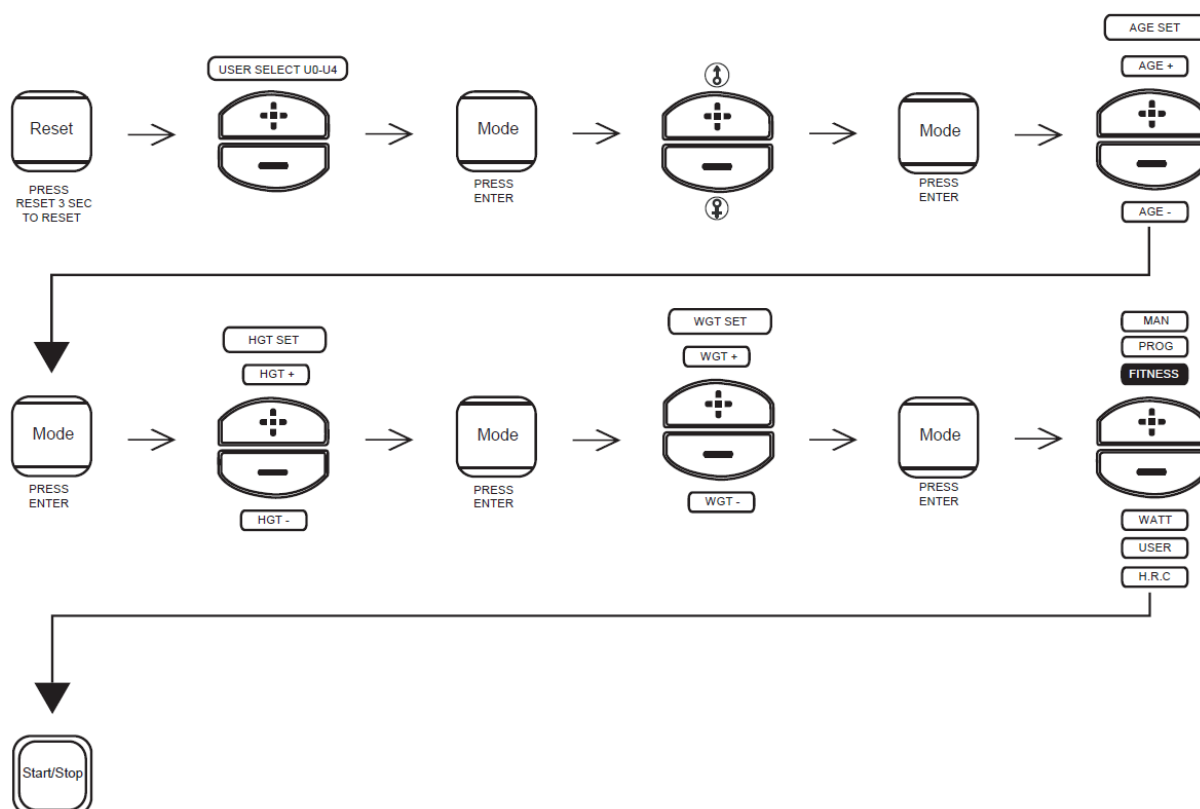
Hold RESET for 3 seconds to enter standby mode.



(FIGURE 24)



(FIGURE 25)



WATT MODE

Press and hold RESET for 3 seconds, select a profile and set the data or just press RESET.

Select WATT with the +/- buttons and confirm with the MODE button (Fig. 26)

Select the value with the +/- buttons and confirm with the MODE button (Fig. 27)

Set time, distance, calorie and target pulse values. (Fig. 28-31)

Start the program with the START / STOP button. Use the +/- buttons to adjust the load.

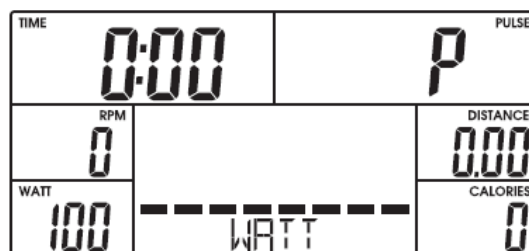
Press the START / STOP button again to pause the program.

Press RESET to return to the setting.

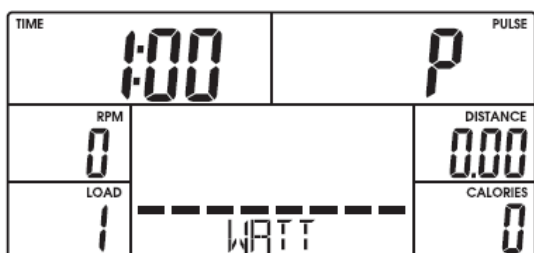
Hold RESET for 3 seconds to enter standby mode.



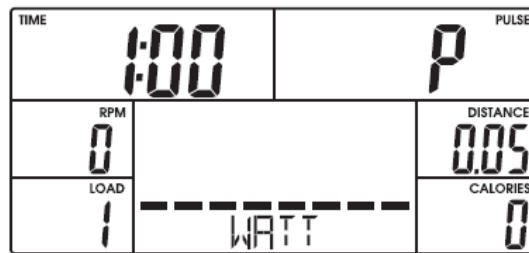
(FIGURE 26)



(FIGURE 27)



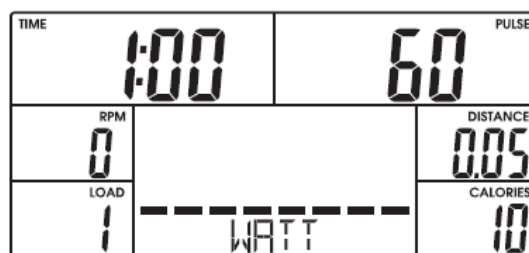
(FIGURE 28)



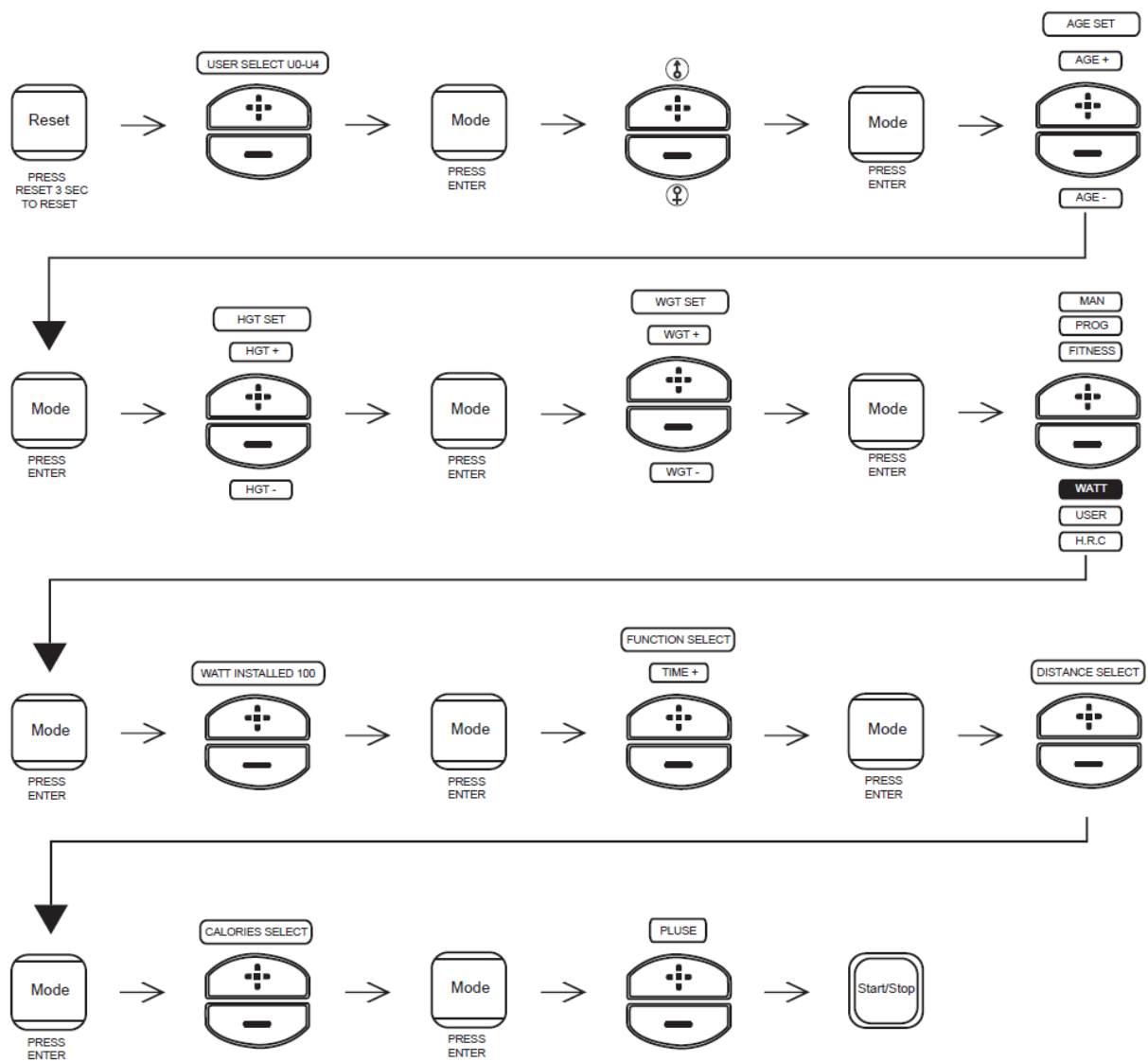
(FIGURE 29)



(FIGURE 30)



(FIGURE 31)



USER MODE

Press and hold RESET for 3 seconds, select a profile and set the data or just press RESET.

Select USER with the +/- buttons and confirm with the MODE button (Fig. 32)

Use the +/- buttons to select the load for each column, confirm with the MODE button and set the next column. Press the MODE button for 3 seconds to confirm the setting. (Fig. 33)

Set time, distance, calorie and target pulse values. (Fig. 34-37)

Start the program with the START / STOP button. Use the +/- buttons to adjust the load.

Press the START / STOP button again to pause the program.

Press RESET to return to the setting.

Hold RESET for 3 seconds to enter standby mode.



(FIGURE 32)



(FIGURE 33)



(FIGURE 34)



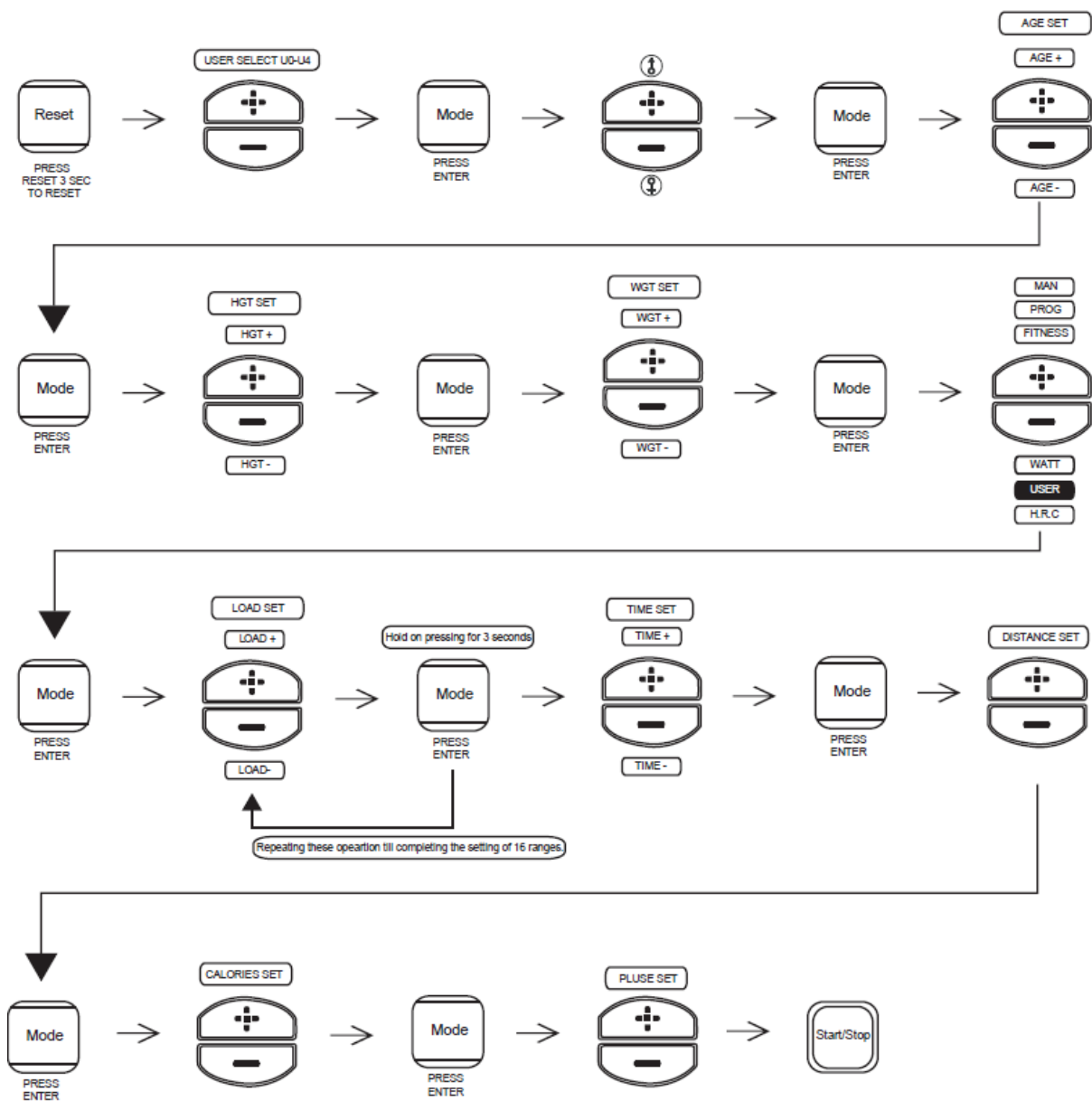
(FIGURE 35)



(FIGURE 36)



(FIGURE 37)



HRC PROGRAM

Press and hold RESET for 3 seconds, select a profile and set the data or just press RESET.

Select HRC with the +/- buttons and confirm with the MODE button (Fig. 38)

Select the target heart rate from 55%, 75%, 90%, or use the +/- buttons. (Fig. 39-42). The value varies depending on the age of the user.

If you choose Target, you can set your target value with the +/- buttons.

Set time, distance, calorie and target pulse values. (Fig. 43-45)

Start the program with the START / STOP button. Use the +/- buttons to adjust the load.

Press the START / STOP button again to pause the program.

Press RESET to return to the setting.

Hold RESET for 3 seconds to enter standby mode



(FIGURE 38)



(FIGURE 39)



(FIGURE 40)



(FIGURE 41)



(FIGURE 42)



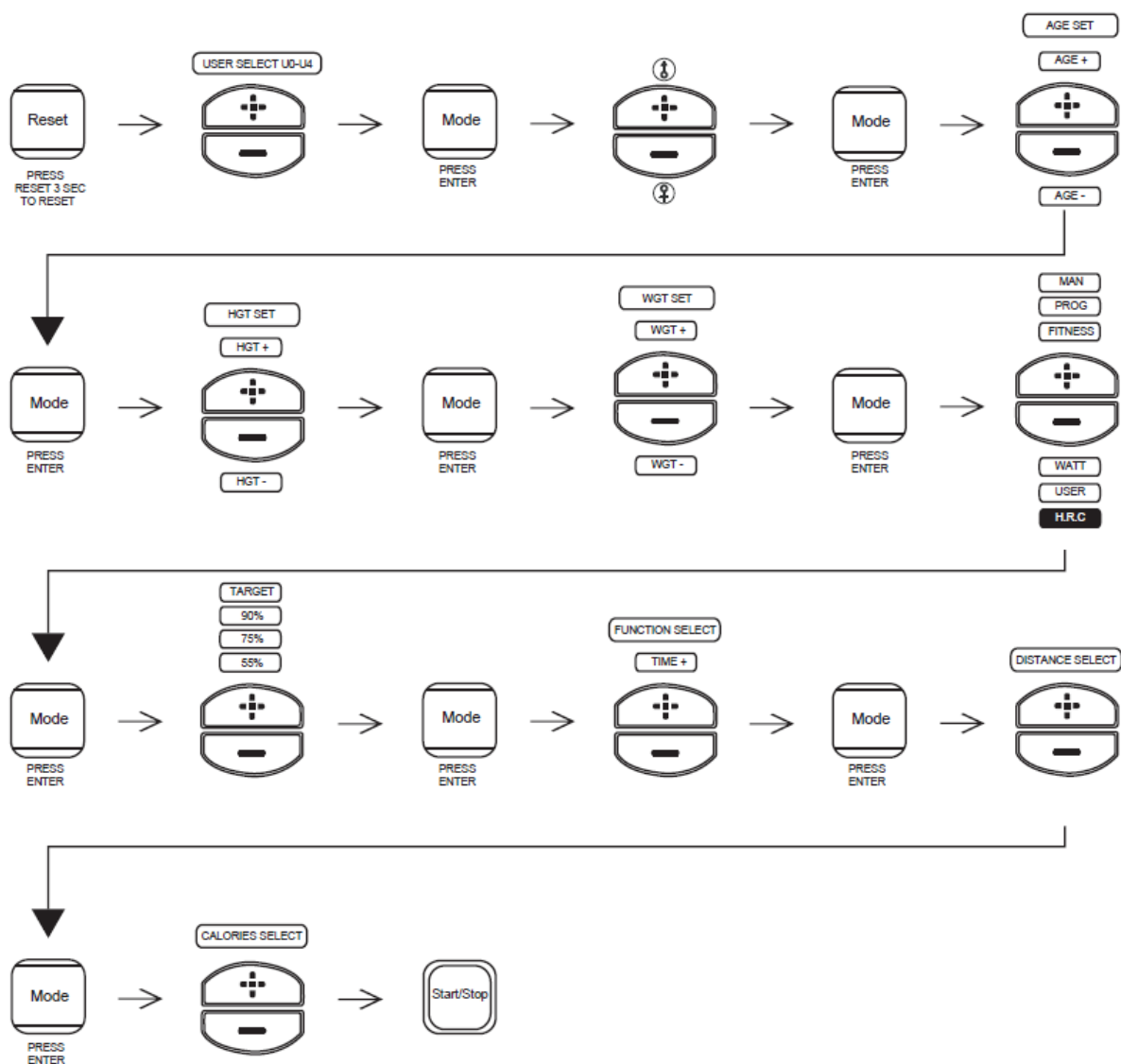
(FIGURE 43)



(FIGURE 44)

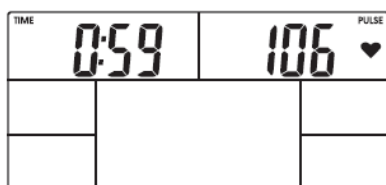


(FIGURE 45)

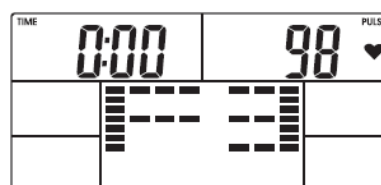


RECOVERY

After training, grab the handles and press RECOVERY. All display functions will stop and only the 00:60 countdown time will be displayed. (Fig. 46). The result is displayed after the countdown (Fig. 47)



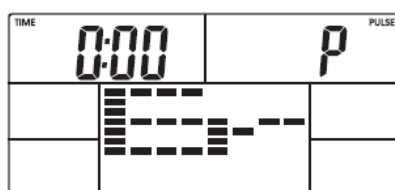
(FIGURE 46)



(FIGURE 47)

Press RECOVERY again to return to the main menu.

If no pulse is detected, Er (error) is displayed (fig. 48).



(FIGURE 48)

USE OF ELLIPTICAL 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. Handles 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.

**SEVEN SPORT s.r.o.**

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Warranty & Service Centre:

CRN:

VAT ID:

Phone:

E-mail:

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Date of Sale:

Stamp and Signature of Seller: