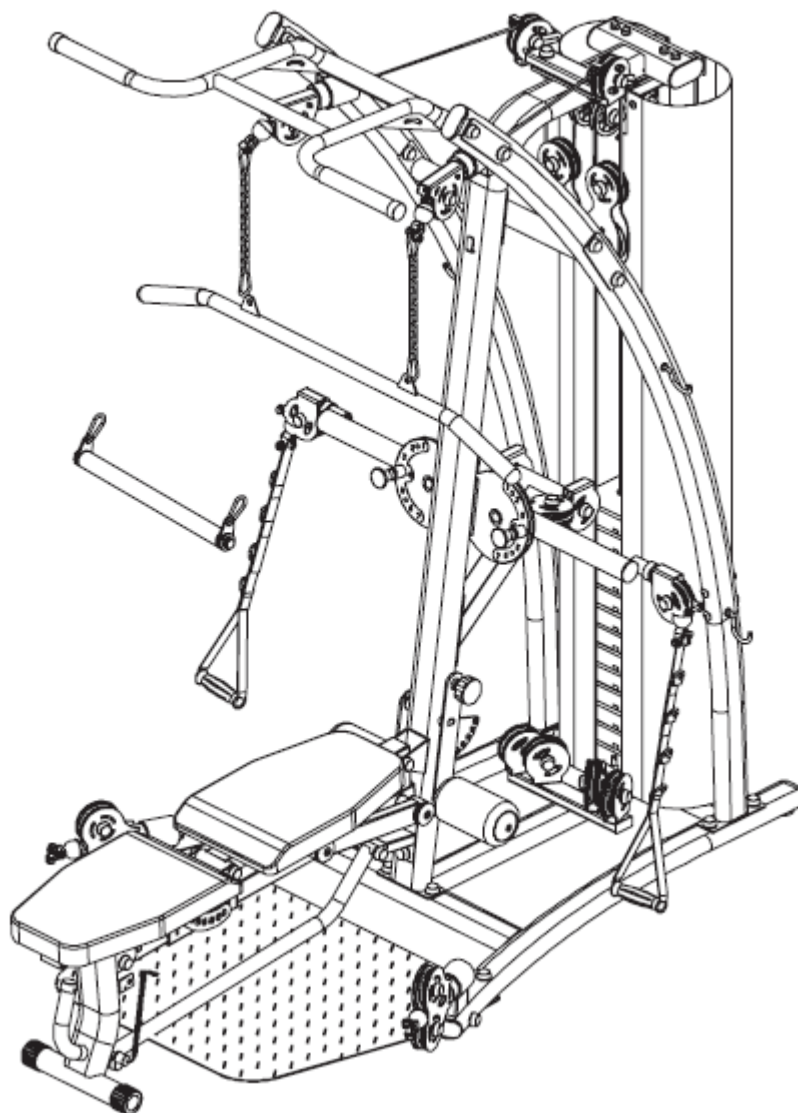




USER MANUAL – EN

IN 20787 Multi-Gym inSPORTline Profigym C200



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SAFETY INSTRUCTIONS

- Thank you for purchasing this product. Please read the manual carefully before starting the **assembly** and before using the product. Keep this manual for future reference. In case of doubt, contact a specialist **service**.
- Before **finishing** the **assembly**, check all parts for completeness and integrity. Use only original spare parts and accessories. Do not make unauthorized product modifications.
- Assembly can be only done by an adult. Check that the product is properly assembled and firm before use. The device must function properly to avoid injury to the user. If the device is not working properly, it shows signs of damage or wear, stop using it immediately. Damaged or worn parts must be replaced immediately.
- Ask your doctor for help before starting an exercise program.
- Keep the away from children and pets.
- Always do warm up exercise before starting your exercise program.
- Read and follow all instructions and warnings.
- Place the device on a flat, clean, dry surface. Keep a safe distance from another object's min 0.6 m.
- Do not use outdoors.
- Do not modify the device.
- Check the if all bolts and nuts are tightened before each exercise. Do not use the product if it is damaged.
- Exercise reasonably and carefully, do not overextend your exercise. The movements must not be too steep to avoid injury to the user.
- Do not hold your breath during exercise.
- Exercise properly and adequately. High loads can lead to health complications.
- Keep clothing and body parts away from moving parts to prevent injury. Take appropriate sportswear including sports shoes.
- Take care of your health and initially choose a slower pace. The same is useful after a longer exercise break. Over time, you can work towards a more intense pace.
- Improper exercise or failure to observe safety precautions may result in serious injury or equipment damage. In case of doubt or uncertainty, contact a specialist service or dealer.
- Never exceed the stated weight limits.
- Pay attention to body signals. In case of negative physical reactions, immediately stop exercising and contact your doctor.
- **Category:** H for home use
- **User weight limit:** 150 kg

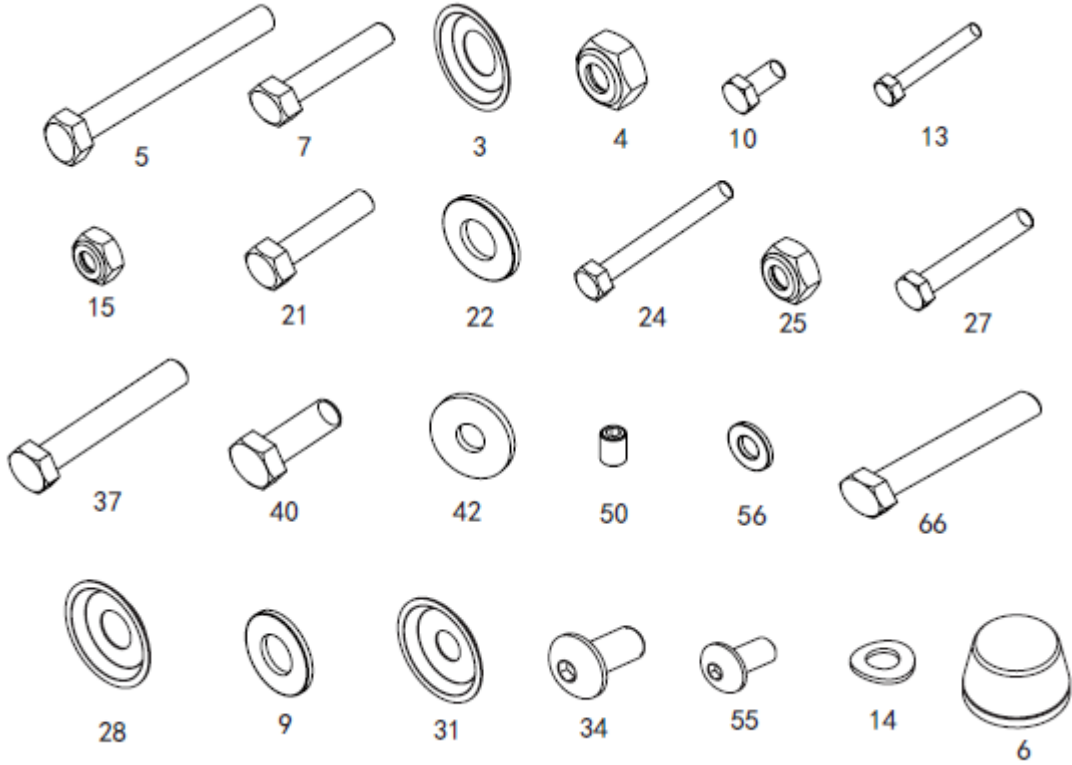
PASTS LIST

No.	Name	Specifications	Qty.
1	Base		1
2	Footplate		1
3	Washer	Φ12	44
4	Nut	M12	18
5	Hexagon bolt	M12x100	2
6	End cap		64
7	Hexagon bolt	M12x55	8
8	Guiding rod		2
9	Flat washer	Φ10	8
10	Hexagon bolt	M10x20	4
11	Weight		19
12	Pulley frame		1
13	Hexagon bolt	M8x40	2
14	Arc washer	Φ8	4
15	Nut	M8	6
16	Rubber cushion	Φ60xΦ26x42	2
17	Weight stack pin		1
18	Selector rod		1
19	Magnetic pin	Φ10x100	1
20	Upper frame		1
21	Front support frame		1
22	Flat washer	Φ12	6
23	Cover holder		1
24	Hexagon bolt	M10x70	5
25	Nut	M10	11
26	Top pulley frame		1
27	Hexagon bolt	M10x45	2
28	Washer	Φ10	24
29	Bend frame – left		1
30	Bend frame – right		1
31	Washer	Φ8	4
32	Hooks		4
33	Connection frame		2
34	Bolt	M10x20	15
35	Connection plate		1

36	Chin up bar		1
37	Hexagon bolt	M12x65	8
38	Reinforcing plate	t4.0x50x160	4
39	Connection frame		1
40	Hexagon bolt	M12x30	8
41	Butterfly arm – left		1
42	Big washer	Φ10	3
43	Butterfly arm – right		1
44	Pulley holder		1
45	Butterfly arm plate		1
46	Pulley frame		2
47	Leg press frame		1
48	Leg press frame		1
49	Stop collar		2
50	Screw	M8x10	4
51	Cable		1
52	Pulley holder		2
53	Cable		2
54	Right cover		1
55	Screw	M8x16	16
56	Washer	Φ8	16
57	Left cover		1
58	Seat		1
59	Seat bracket frame		1
60	Seat bracket		1
61	Axis	Φ12x128	2
62	Backrest		1
63	Backrest support tube		2
64	End cap	50	4
65	Connection frame		1
66	Hexagon bolt	M12x75	2
67	Shaft	Φ15.9x76.5	1
68	Seat cushion		2
69	Chain		2
70	Long bar		4
71	Ship bar short		1
72	Belt		1
73	Ship bar long		2

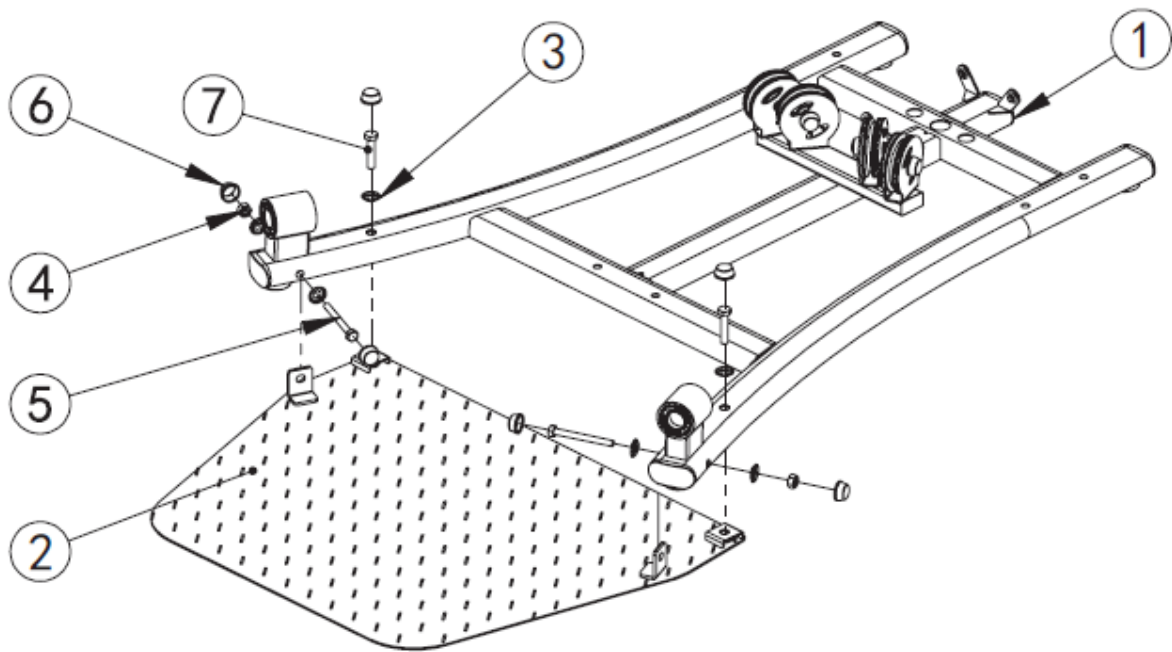
74	Triceps rope		1
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ASSEMBLY MATERIAL



ASSEMBLY

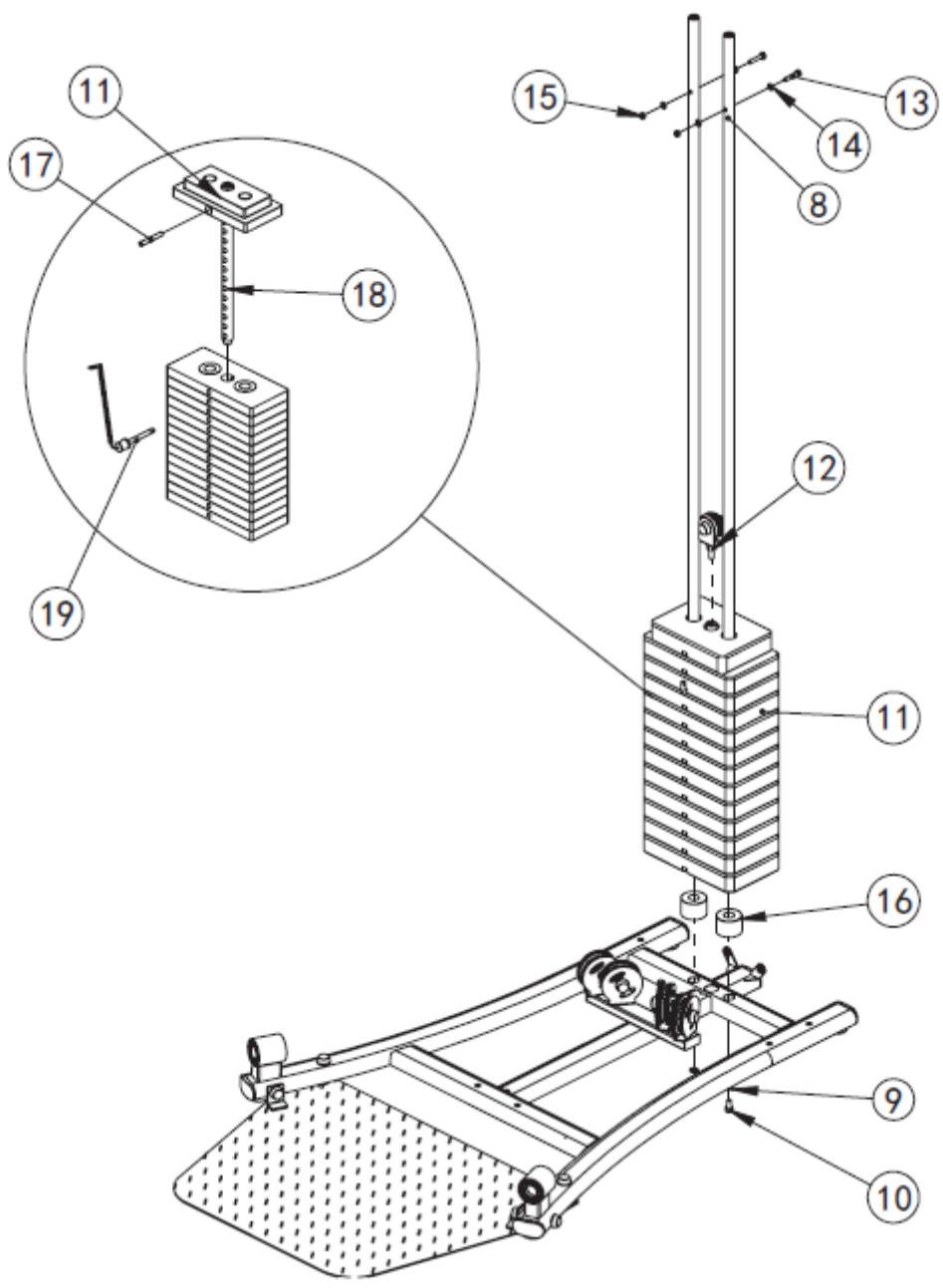
STEP 1

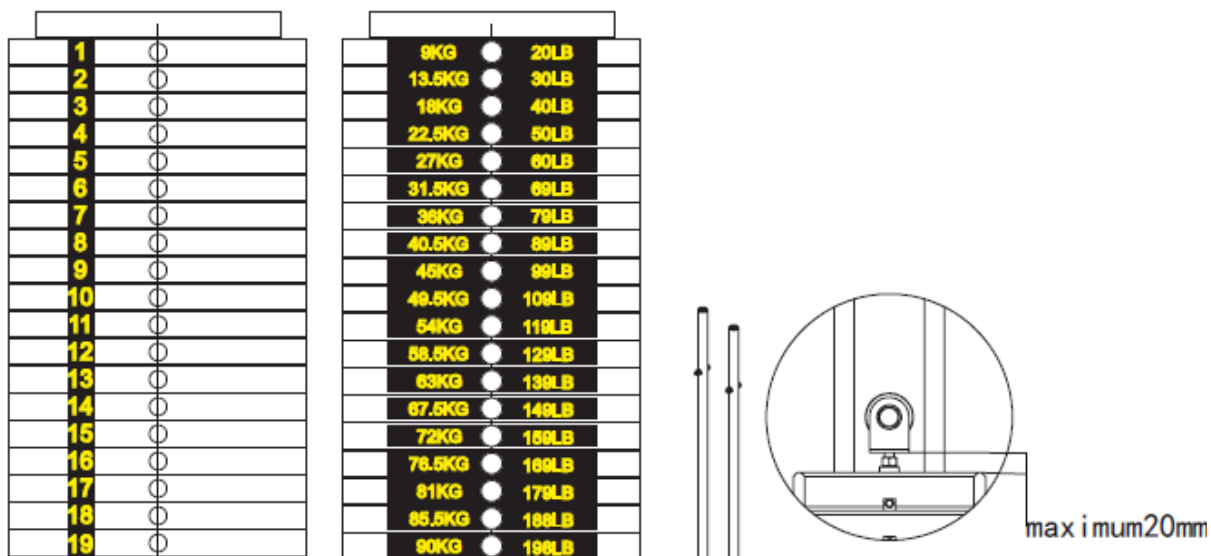


No.	Name	Specifications	Qty.
1	Base		1
2	Footplate		1
3	Washer	Φ12	6
4	Nut	M12	2
5	Hexagon bolt	M12x100	2
6	End cap		6
7	Hexagon bolt	M12x55	2

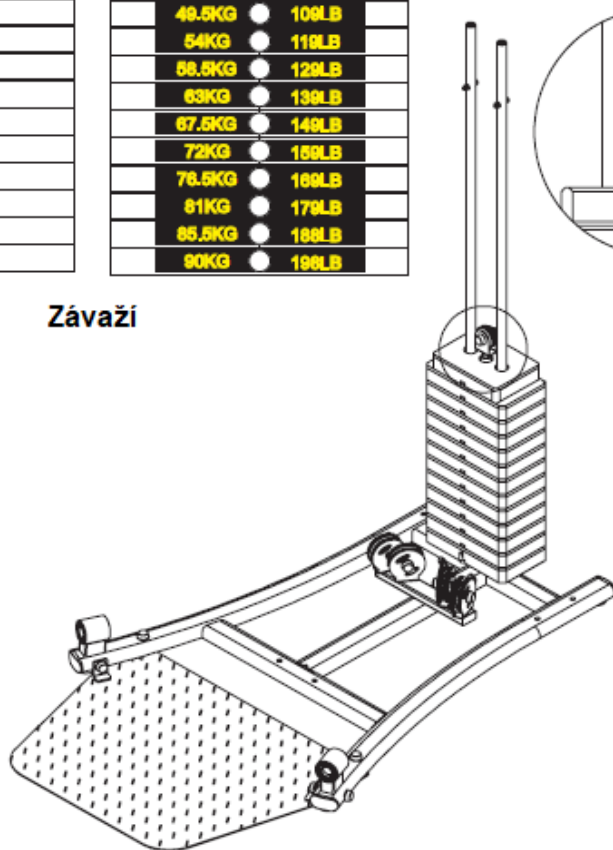
Attach the footrest (2) to the base (1) with 2x bolts (7), 2x washers (3), 2x plastic caps (6), and with 2x bolts (5), 4x washers (3), 2x nuts (4) and 4x plastic the caps (6).

STEP 2





Závaží



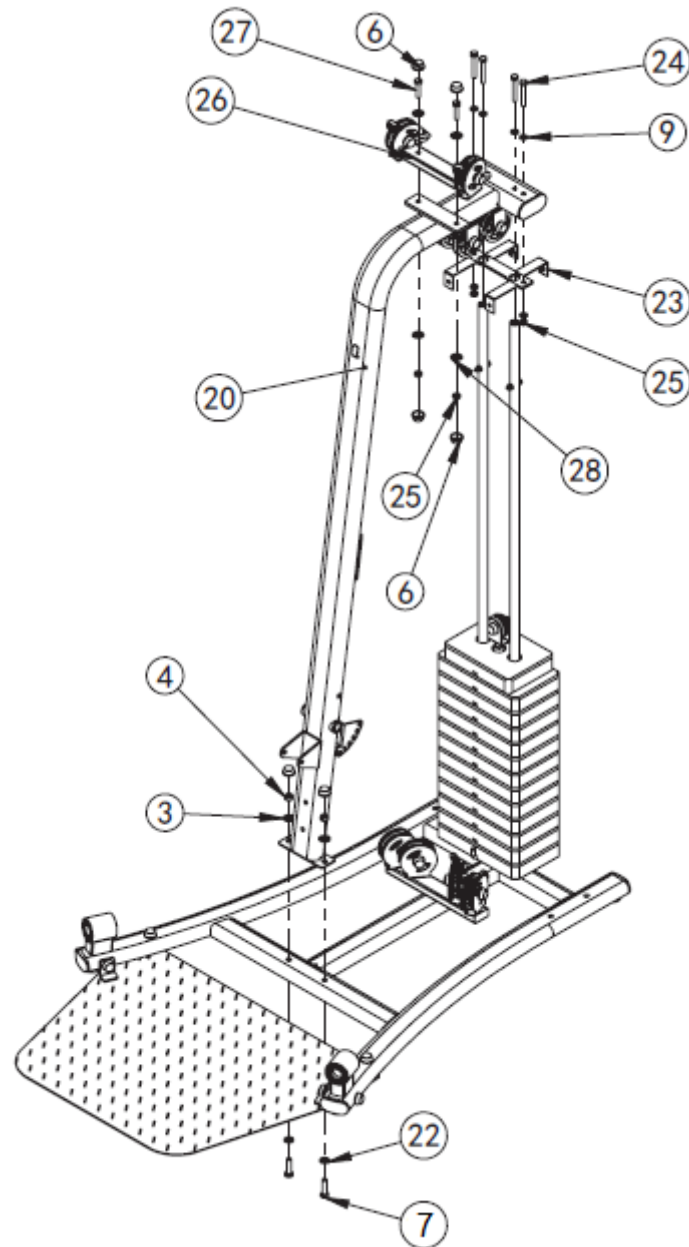
No.	Name	Specifications	Qty.
8	Guide rods		2
9	Flat washer	Φ10	2
10	Hexagon bolt	M10x20	2
11	Weight		19
12	Pulley frame		1
13	Hexagon bolt	M8x40	2
14	Arc washer	Φ8	4
15	Nut	M8	2
16	Rubber cushion	Φ60xΦ26x42	2
17	Weight stack pin		1
18	Selector rod		1
19	Magnetic pin	Φ10x100	1

Attach the guide rods (8) and the rubber cushions (16) to the lower frame with 2x bolts (10) and 2x washers (9).

Slide the weights (11) through guides rods (8). Insert the weight selection rods (18) into the weights and insert the pin (17) to the top weight and magnetic pin (19) to required resistance.

Attach the pulley frame (12) to the selection rods (18) with 2x bolts (13), 4x washers (14) and 2x nuts (15) according to picture.

STEP 3



No.	Name	Specifications	Qty.
3	Washer	Φ12	2
4	Nut	M12	2

6	End cap		6
9	Flat washer	Φ10	6
20	Upper frame		1
7	Hexagon bolt	M12x55	2
22	Flat washer	Φ12	2
23	Cover holder		1
24	Hexagon bolt	M10x70	4
25	Nut	M10	4
26	Top pulley frame		1
27	Hexagon bolt	M10x45	2
28	Washer	Φ10	4

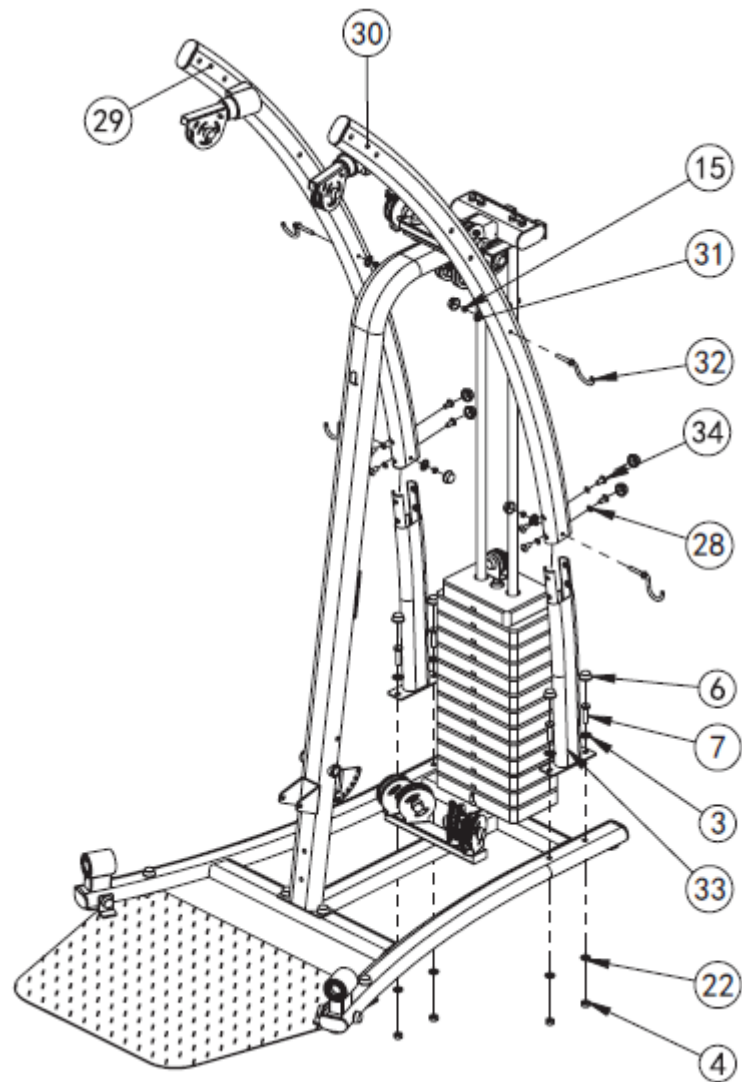
Attach the pulley frame (26) to the upper frame (20) with 2x bolts (27), 4x washers (28), 2x nuts (25) and 4x plastic caps (6).

Attach the cover holder (23) to the upper frame (20) with the 2x bolts (24), 4x washer (9) and 2x nuts (25).

Attach the guide rod to the upper frame (20) with the 2x bolts (24) and 2x washer (9).

Attach the upper frame (20) to the base with the 2x bolts (7), 2x washers (22 and 3) and 2x nuts (4) and 2x plastic end caps (6).

STEP 4



No.	Name	Specifications	Qty.
3	Washer	Φ12	4
4	Nut	M12	4
6	End cap		16
15	Nut	M8	4
7	Hexagon bolt	M12x55	4
22	Flat washer	Φ12	4
28	Washer	Φ10	8
29	Bend frame – left		1
30	Bend frame – right		1
31	Washer	Φ8	4
32	Hooks		4
33	Connection frame		2
34	Bolt	M10x20	8

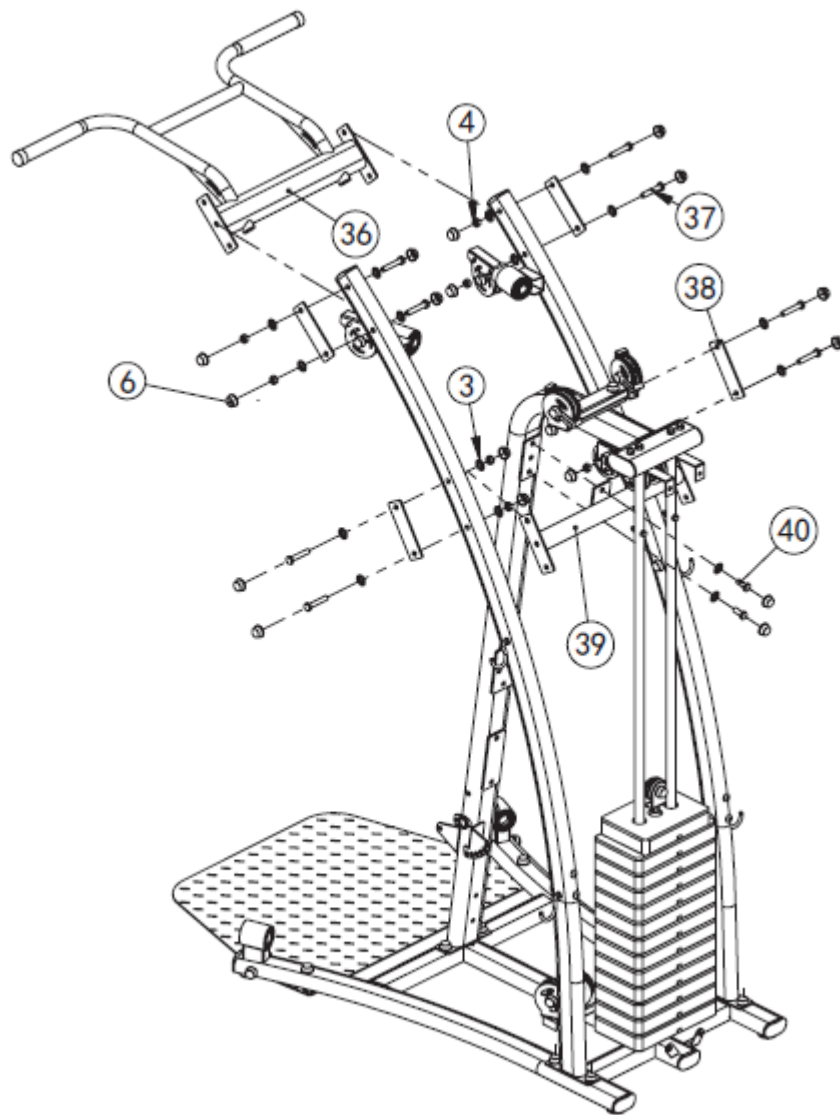
Attach the right bent frame (30) to the connection frame (33) with 4x bolts (34), 4x washers (28) and 4x end caps (6).

Attach the hooks (32) to the frame (30) with the 2x nuts (15) 2x washers (31) and 2x end caps (6).

Attach the frame (30) to the main frame with 2x bolts (7), 2x washer (22 and 3), 2x nuts (4) and 2x end caps (6).

Repeat for the left side.

STEP 5



No.	Name	Specifications	Qty.
3	Washer	Φ12	18
4	Nut	M12	8

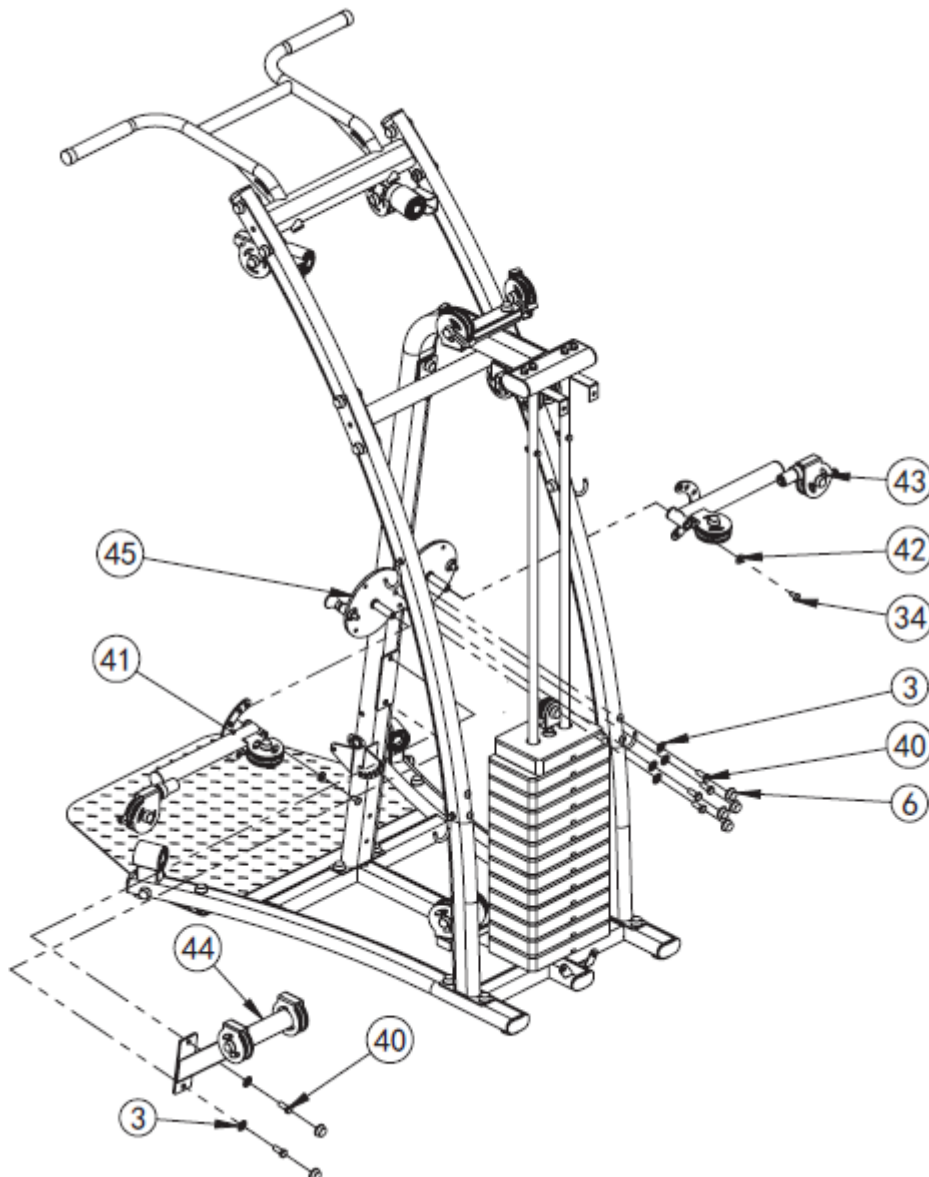
6	End cap		18
36	Chin up bar		1
37	Hexagon bolt	M12x65	8
38	Reinforcing plate	t4.0x50x160	4
39	Connection frame		1
40	Hexagon bolt	M12x30	2

Attach the connection frame (39) to the main frame with 2x bolts (40), 2x washer (3) and 2x end caps (6).

Connect the connection frame (39) to the bent frame with 4x bolts (37), 8x washer (3), 2x reinforcement plates (38), 4x nuts (4) and 8x end caps (6).

Secure the frame for the chin up bar (36) to the bent frames (29 and 30) with 4x bolts (37), 8x washers (3), 2x reinforcement plates (38), 4x nuts (4) and 8x end caps (6).

STEP 6



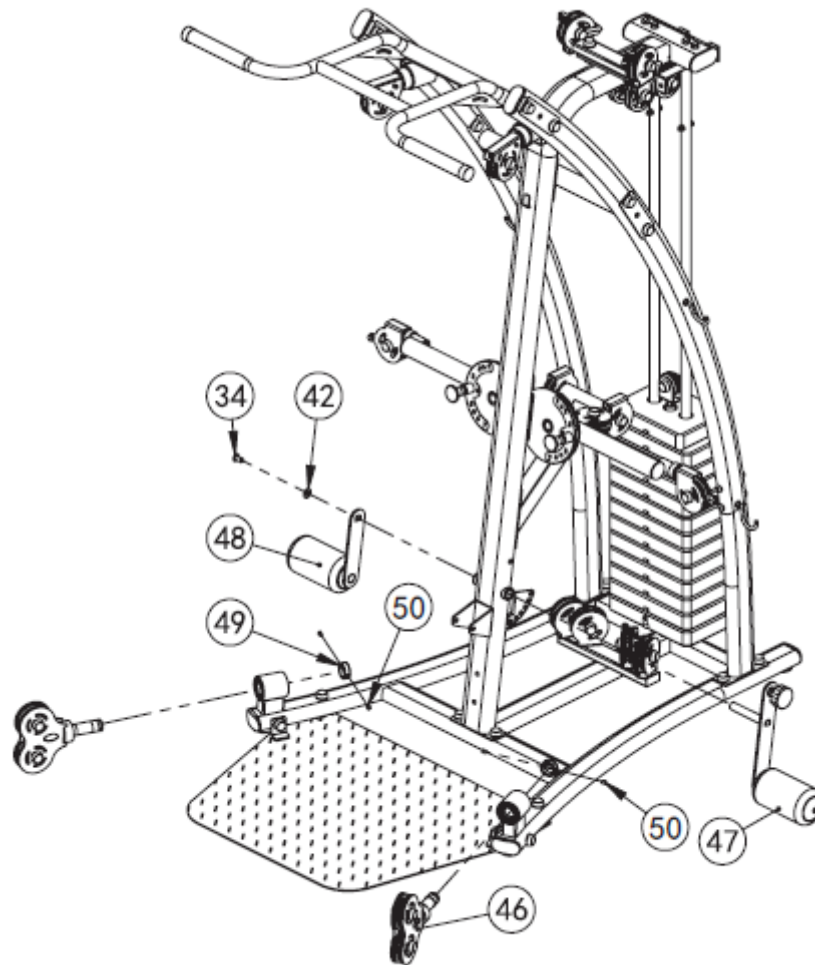
No.	Name	Specifications	Qty.
3	Washer	Φ12	6
6	End cap		6
34	Bolt	M10x20	2
40	Hexagon bolt	M12x30	6
41	Butterfly arm – left		1
42	Big washer	Φ10	2
43	Butterfly arm – right		1
44	Pulley holder		1
45	Butterfly arm plate		1

Attach the arm support plate (45) to the main frame with 4x bolts (40), 4x washers (3) and 4x end caps (6).

Attach the pulley holder (44) to the main frame with 2x bolts (40), 2x washers (3) and 2x plastic end caps (6).

Attach the arm supports (41 and 43) with 2x bolts (34) and 2x washers (42).

STEP 7

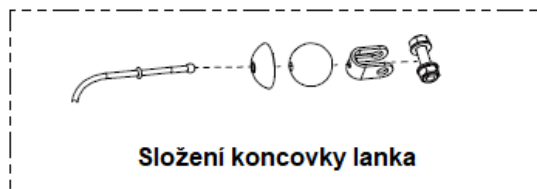
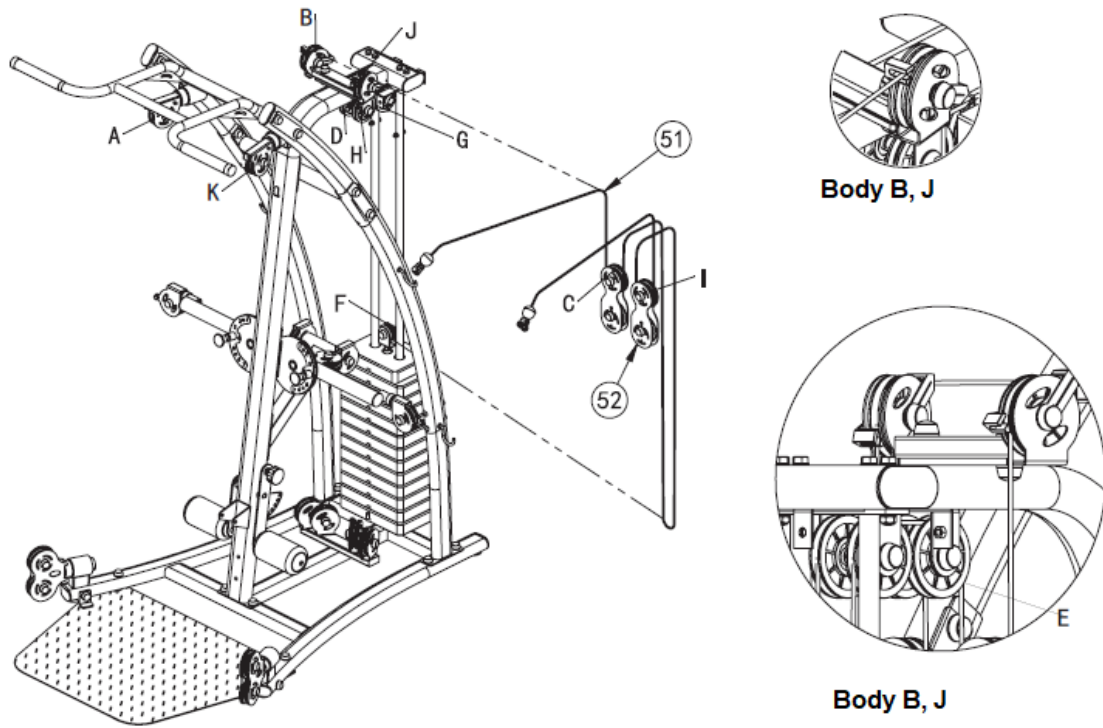


No.	Name	Specifications	Qty.
34	Bolt	M10x20	1
42	Big washer	Φ10	1
46	Pulley frame		2
47	Leg press frame		1
48	Leg press frame		1
49	Stop collar		2
50	Screw	M8x10	4

Attach the pulley bracket (46) to the main frame with the 2x collars (46) and 4x bolts (50).

Attach the leg press frames (47 and 48) to the main frame with screw (50) and washer (42).

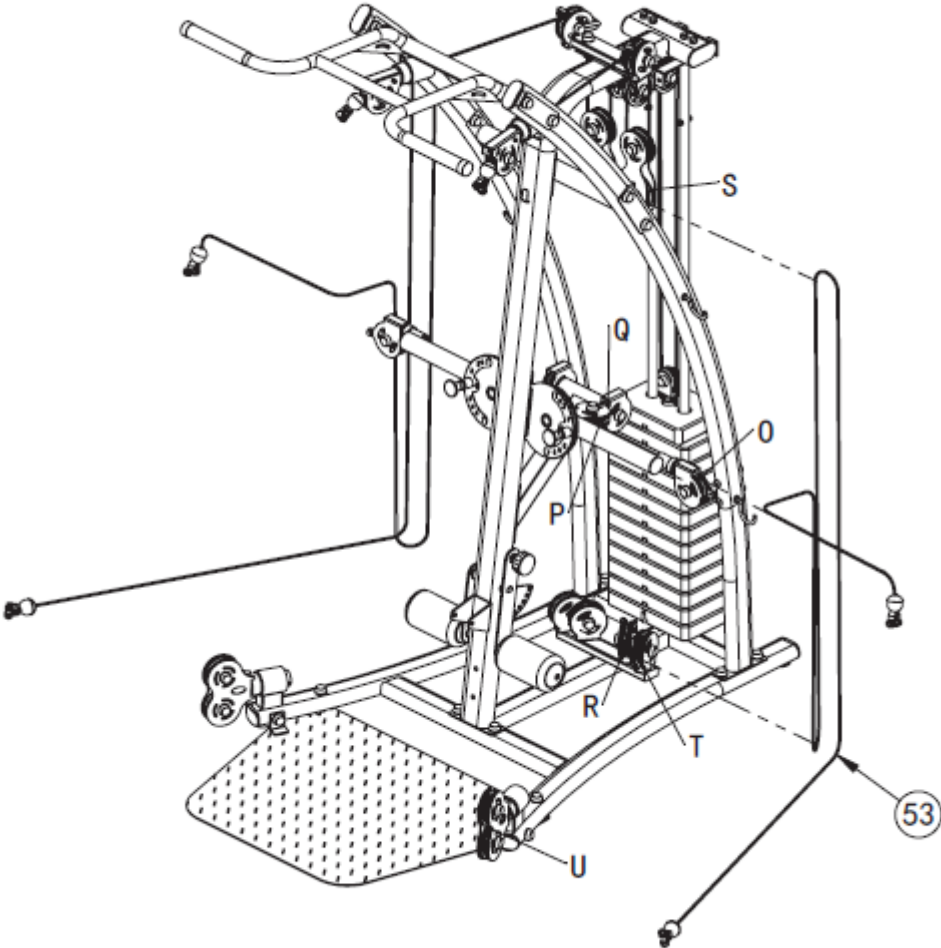
STEP 8



No.	Name	Specifications	Qty.
51	Cable		1
52	Pulley holder		2

Disassemble the cable end (51) and route the cable from point A through points: B, C, D, E, F, G, H, I, J, K and through the double pulley bracket (52). Then attach the cable end.

STEP 9

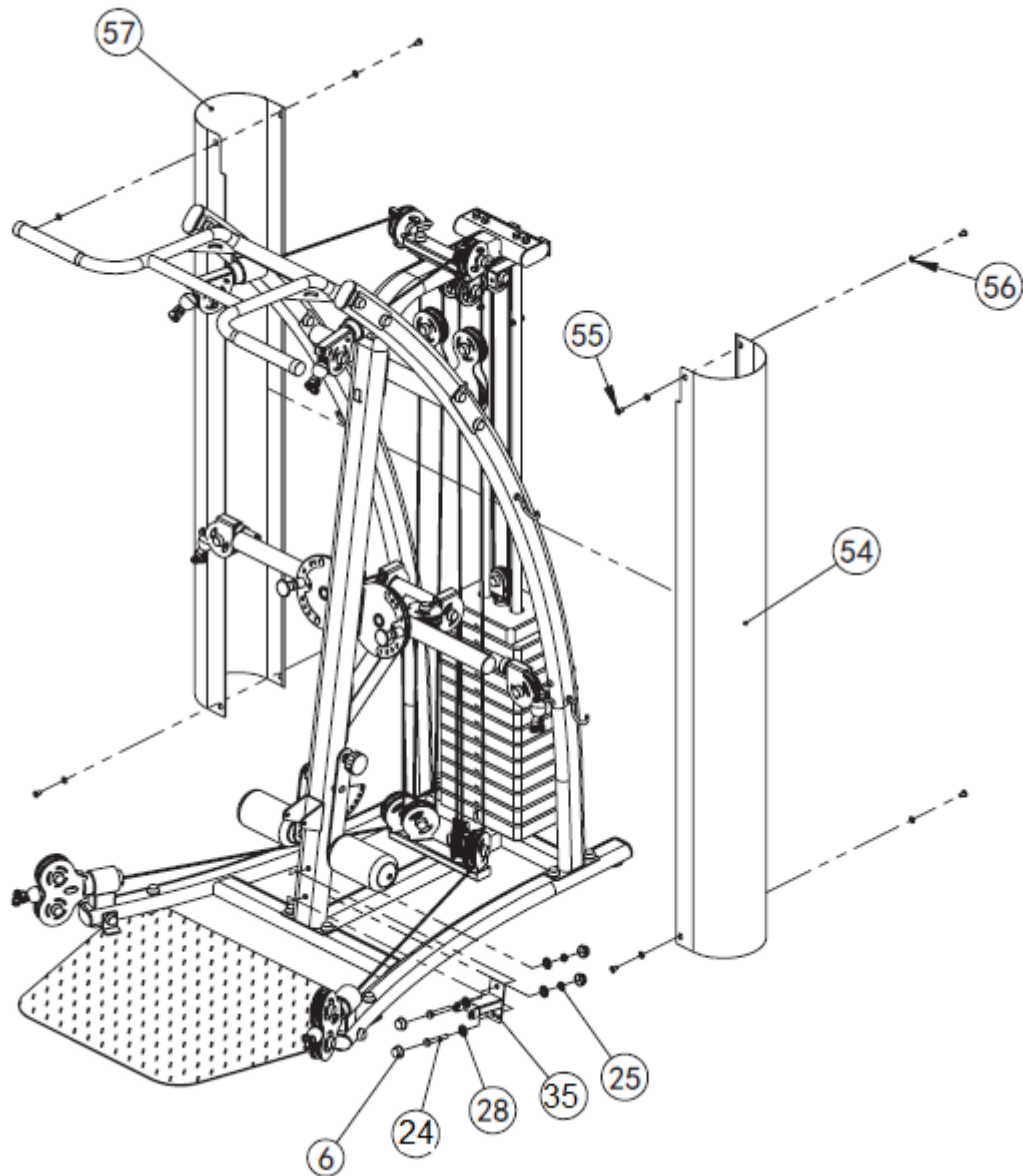


No.	Name	Specifications	Qty.
53	Cable		2

Disassemble the cable end (53) and pull the cable from point O through the points: P, Q, R, S, T, U and then reattach the cable end.

Repeat for other side.

STEP 10

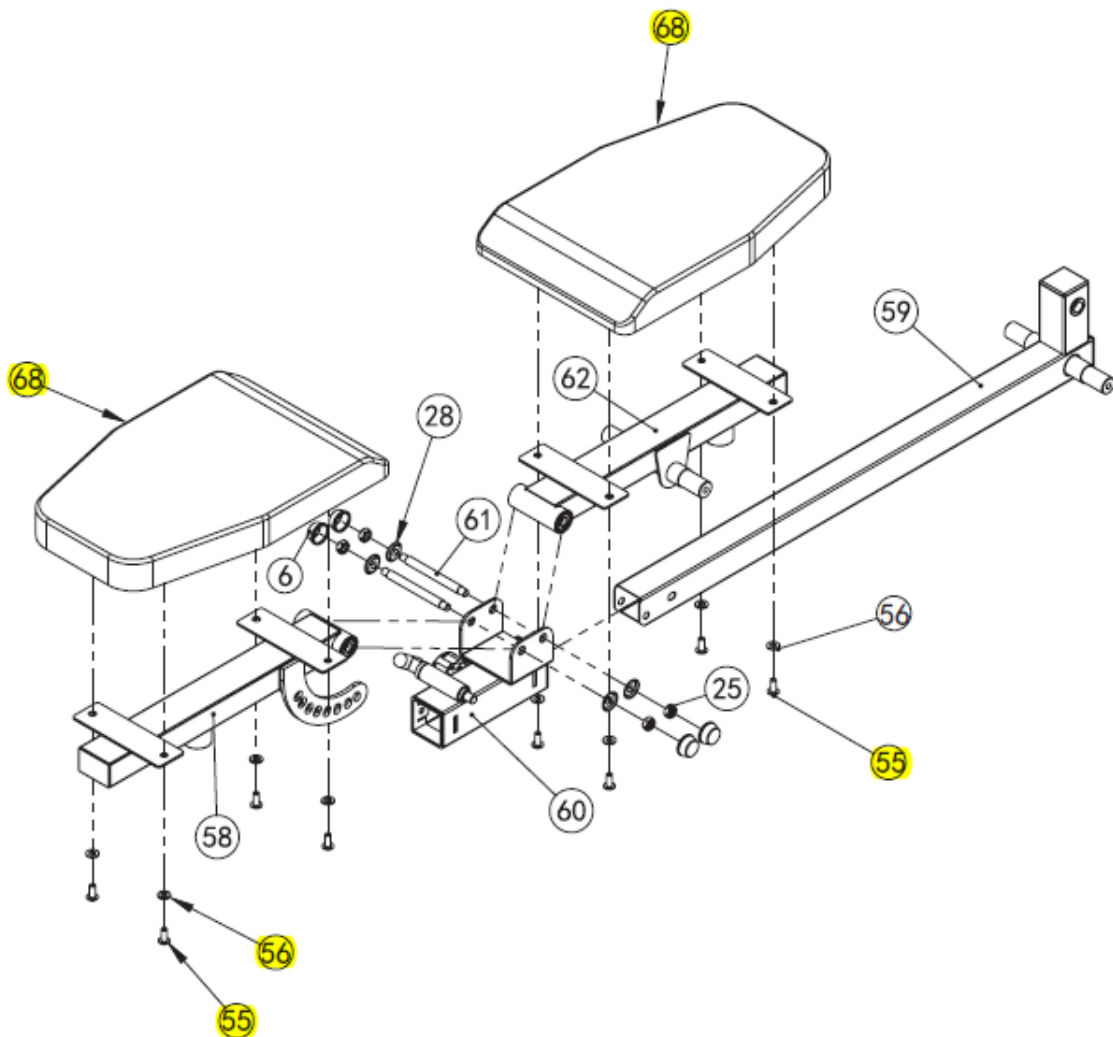


No.	Name	Specifications	Qty.
6	End cap		4
24	Hexagon bolt	M10x70	2
28	Washer	Φ10	4
35	Connection part		1
54	Right cover		1
55	Screw	M8x16	8
56	Washer	Φ8	8
57	Left cover		1

Attach the connecting plate (35) with 2x bolts (24), 4x washers (28), 2x nut (25) and 4x end caps (6).

Attach the covers (54 and 57) with 8x bolts (55) and 8x washer (56).

STEP 11



No.	Name	Specifications	Qty.
6	End cap		4
25	Nut	M10	4
28	Washer	Φ10	4
55	Bolt	M8x16	8
56	Washer	Φ8	8
58	Seat bracket		1
59	Seat bracket frame		1
60	Seat adjustment tube		1
61	Axis	Φ12x128	2
62	Backrest bracket		1
68	Seat and Backrest		2

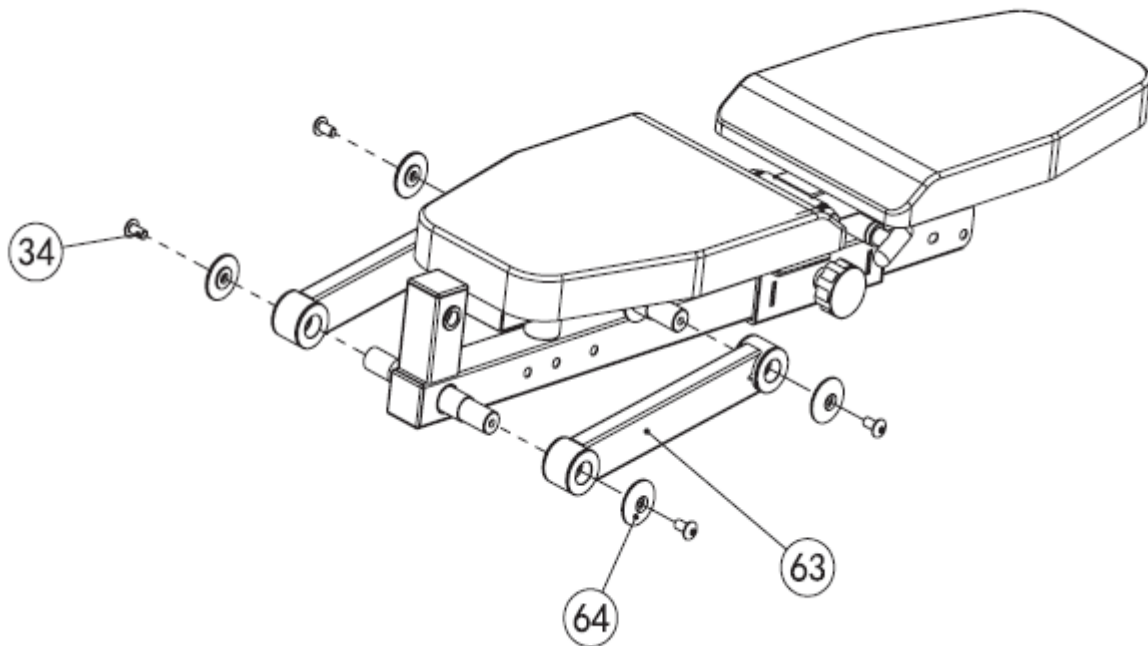
Connect the seat adjustment tube (60) and the seat bracket frame (59).

Connect seat bracket (58) and backrest bracket (62) on seat adjustment tube (60) with axis (61), washer (28), nut (25) and end cap (6)

Attach seat (68) on seat bracket (58) and backrest on backrest bracket (62) with bolts 55) and washer (56).

ATTENTION: pay attention to the direction of the bolts.

STEP 12

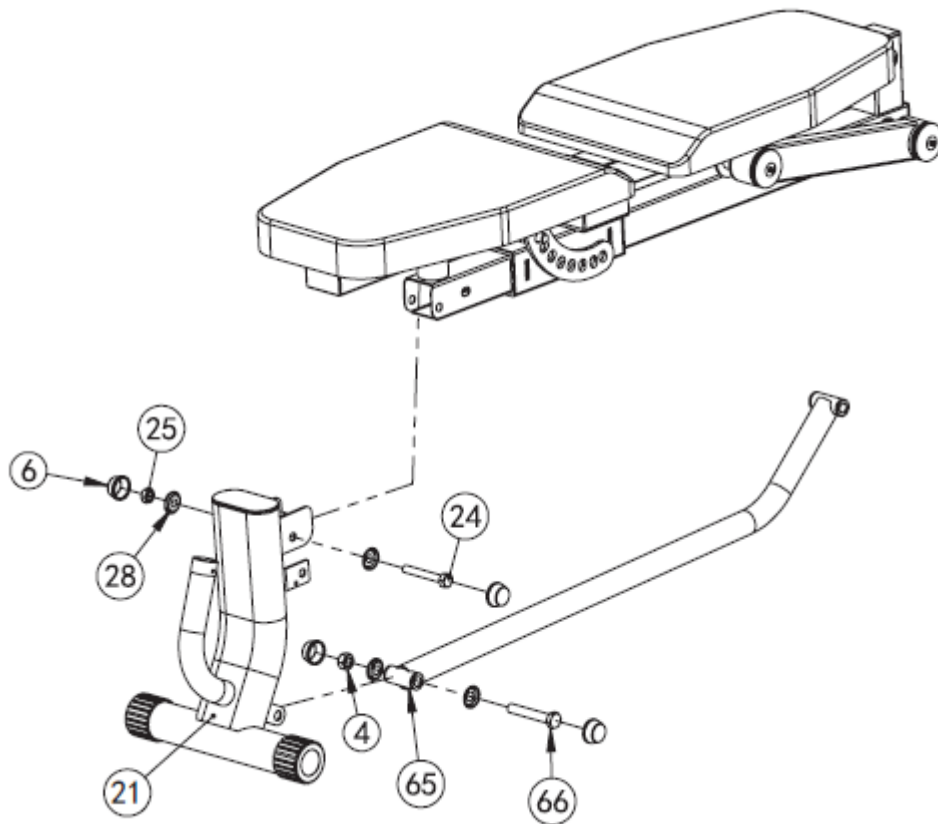


No.	Name	Specifications	Qty.
34	Bolt	M10x20	4
63	Backrest support		2
64	End cap		4

Attach the headrest supports (63) using the 4x end caps (64) and 4x bolts (34).

Make sure all parts are properly attached and lubricated.

STEP 13

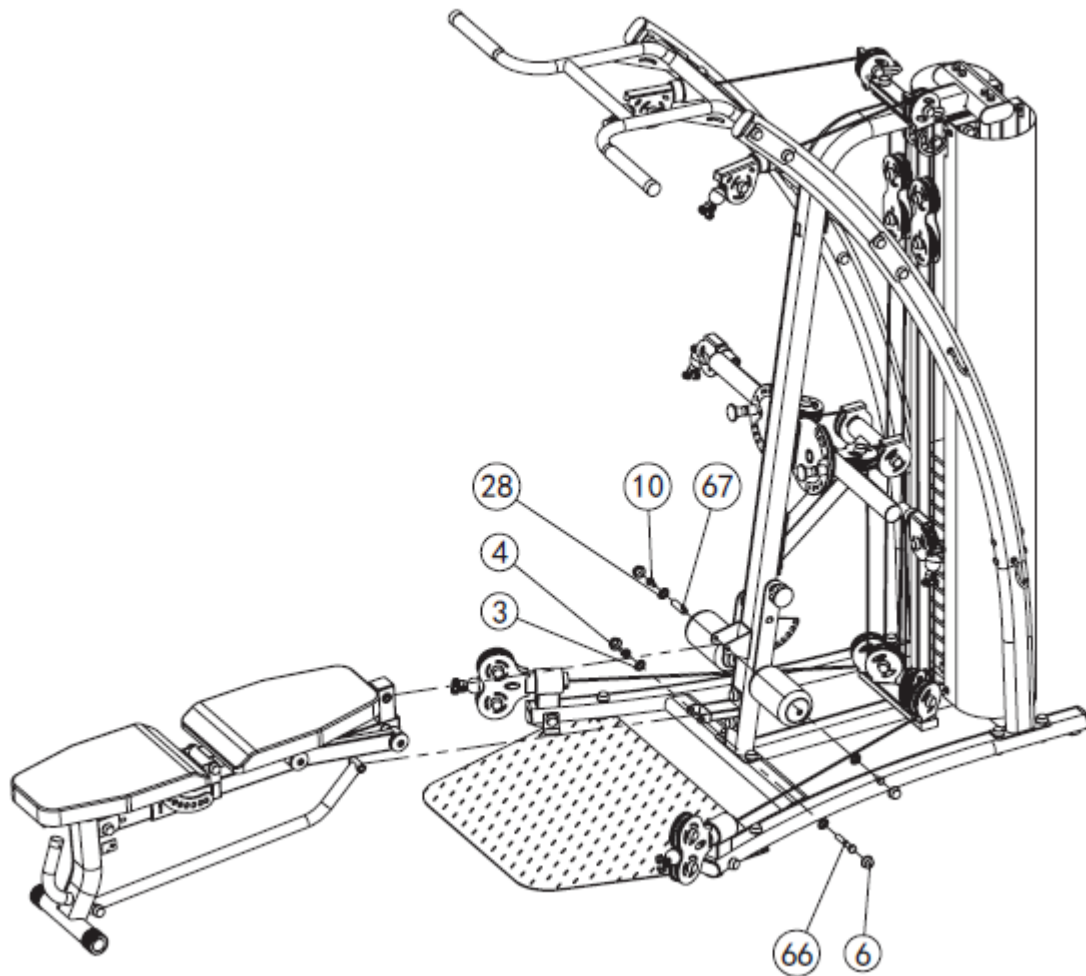


No.	Name	Specifications	Qty.
3	Washer	Φ12	2
4	Nut	M12	1
6	End cap		4
24	Hexagon bolt	M10x70	1
25	Nut	M10	1
28	Washer	Φ10	2
65	Connection frame		1
66	Hexagon bolt	M12x75	1
21	Front beam		1

Attach the front support (21) to the seat frame (60) with the bolt (24), washer (28), nut (25) and 2x plastic end caps (6).

Attach the front support (68) to the support rod with bolts (66), 2x washers (3), nut (4) and 2x plastic caps (6)

STEP 14



No.	Name	Specifications	Qty.
3	Washer	Φ12	2
4	Nut	M12	1
6	End cap		4
10	Hexagon bolt	M10x20	2
28	Washer	Φ10	2
66	Hexagon bolt	M12x75	1
67	Shaft	Φ15.9x76.5	1

Attach the saddle frame to the top frame (20) with 2x bolts (10), shaft (67), 2x washers (3) and 2x end cap cover (6).

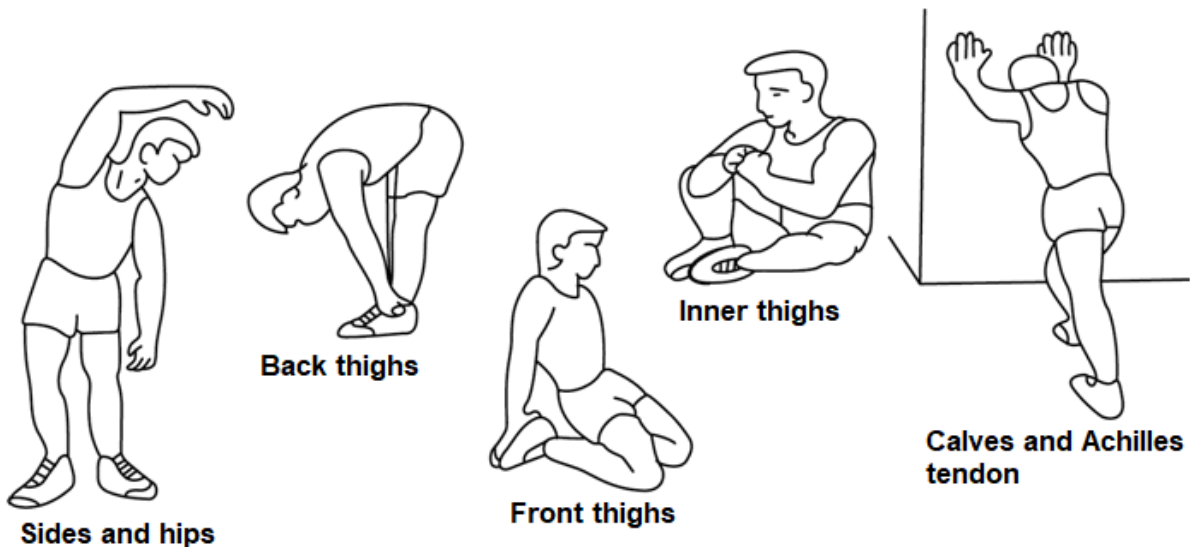
Connect connection frame (65) to the bottom part of top frame (20) with bolt (20), 2x washers (3), nut (4) and 2x end caps (6).

EXERCISE INSTRUCTIONS

Exercise is beneficial to your health, improves physical condition, shapes muscles and, in combination with a calorie-balanced diet, leads to weight loss.

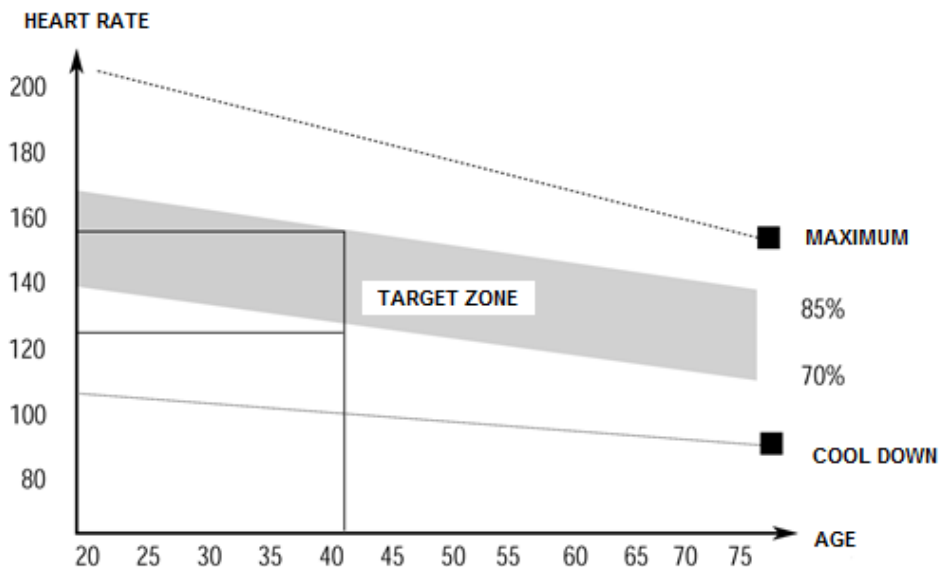
1. WARM UP

This phase serves to improve the blood circulation of the whole body and to warm up the muscles, to reduce the risk of convulsions and muscle injury. We recommend performing the stretching exercises below. When dragging, stay in the end position for approximately 30 seconds, do not make sudden movements and do not vibrate.



2. EXERCISING

This phase is the most physically demanding part. Regular exercise strengthens the muscles. You can determine the tempo yourself, but it is very important that it is the same throughout the exercise. Heart rate should be within the target zone (see figure below).



This phase should last at least 12 minutes. Most people exercise for 15-20 minutes.

3. COOLDOWN

This phase serves to soothe the cardiovascular system and relax the muscles. It should take approximately 5 minutes. You can repeat warming up exercises or continue exercising at slower pace.

Stretching your muscles after exercise is extremely important - you need to avoid sudden movements and vibrations.

With improved fitness, you can lengthen and increase exercise intensity. Train regularly, at least three times a week.

SHAPING MUSCLES

For muscle shaping, it is important to set a high load. The muscles will be more stressed, which may cause that you will not be able to exercise as long as usual. If you are trying to improve your condition at the same time, you need to adjust your training. Exercise in the usual way during the warm-up and final stages of training but increase the resistance of the device at the end of the exercise. You may need to slow down the speed to keep the heart rate in the target area.

WEIGHT LOSS

The number of calories burned depends on the length and intensity of the exercise. The essence is the same as in fitness exercise, but the goal is different.

MAINTENANCE

1. After exercising, wipe off any sweat to avoid corrosion. Clean the device with a soft cloth and mild detergents. Do not use abrasive cleaners or solvents on plastic parts.
2. In case of increased machine noise, all bolts and joints must be checked and tightened properly.
3. The product must be placed in clean, ventilated and dry areas.
4. Do not expose the device to direct sunlight.

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 here under 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 Strakonická street 1151/2c, Prague 150 00, Company Registration Number: 26847264, registered in the Trade Register at Regional Court in Prague, Section C, Insert No. 116888.

According to valid legal regulations it depends whether the Buyer is the End Customer or not.

“The Buyer who is the End Customer” or simply the “End Customer” is the legal entity that does not conclude and execute the Contract in order to run or promote his own trade or business activities.

“The Buyer who is not the End Customer” is a Businessman that buys Goods or uses services for the purpose of using the Goods or services for his own business activities. The Buyer conforms to the General Purchase Agreement and business conditions.

These Conditions of Warranty and Warranty Claims are an integral part of every Purchase Agreement made between the Seller and the Buyer. All Warranty Conditions are valid and binding, unless

otherwise specified in the Purchase Agreement, in the Amendment to this Contract or in another written agreement.

Warranty Conditions

Warranty Period

The Seller provides the Buyer a 24 months Warranty for Goods Quality, unless otherwise specified in the Certificate of Warranty, Invoice, Bill of Delivery or other documents related to the Goods. The legal warranty period provided to the Consumer is not affected.

By the Warranty for Goods Quality, the Seller guarantees that the delivered Goods shall be, for a certain period of time, suitable for regular or contracted use, and that the Goods shall maintain its regular or contracted features.

The Warranty does not cover defects resulting from (if applicable):

- User's fault, i.e. product damage caused by unqualified repair work, improper assembly, insufficient insertion of seat post into frame, insufficient tightening of pedals and cranks
- Improper maintenance
- Mechanical damages
- Regular use (e.g. wearing out of rubber and plastic parts, moving mechanisms, joints, wear of brake pads/blocks, chain, tires, cassette/multi wheel etc.)
- Unavoidable event, natural disaster
- Adjustments made by unqualified person
- Improper maintenance, improper placement, damages caused by low or high temperature, water, inappropriate pressure, shocks, intentional changes in design or construction etc.

Warranty Claim Procedure

The Buyer is obliged to check the Goods delivered by the Seller immediately after taking the responsibility for the Goods and its damages, i.e. immediately after its delivery. The Buyer must check the Goods so that he discovers all the defects that can be discovered by such check.

When making a Warranty Claim the Buyer is obliged, on request of the Seller, to prove the purchase and validity of the claim by the Invoice or Bill of Delivery that includes the product's serial number, or eventually by the documents without the serial number. If the Buyer does not prove the validity of the Warranty Claim by these documents, the Seller has the right to reject the Warranty Claim.

If the Buyer gives notice of a defect that is not covered by the Warranty (e.g. in the case that the Warranty Conditions were not fulfilled or in the case of reporting the defect by mistake etc.), the Seller is eligible to require a compensation for all the costs arising from the repair. The cost shall be calculated according to the valid price list of services and transport costs.

If the Seller finds out (by testing) that the product is not damaged, the Warranty Claim is not accepted. The Seller reserves the right to claim a compensation for costs arising from the false Warranty Claim.

In case the Buyer makes a claim about the Goods that is legally covered by the Warranty provided by the Seller, the Seller shall fix the reported defects by means of repair or by the exchange of the damaged part or product for a new one. Based on the agreement of the Buyer, the Seller has the right to exchange the defected Goods for a fully compatible Goods of the same or better technical characteristics. The Seller is entitled to choose the form of the Warranty Claim Procedures described in this paragraph.

The Seller shall settle the Warranty Claim within 30 days after the delivery of the defective Goods, unless a longer period has been agreed upon. The day when the repaired or exchanged Goods is handed over to the Buyer is considered to be the day of the Warranty Claim settlement. When the Seller is not able to settle the Warranty Claim within the agreed period due to the specific nature of the Goods defect, he and the Buyer shall make an agreement about an alternative solution. In case such agreement is not made, the Seller is obliged to provide the Buyer with a financial compensation in the form of a refund.

CZ
SEVEN SPORT s.r.o.

Registered Office: Strakonická 1151/2c, Praha 5, 150 00, ČR
Headquarters: Dělnická 957, Vítkov, 749 01
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Headquarters, warranty & service center: Električná 6471, Trenčín 911 01, SK

CRN: 36311723
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