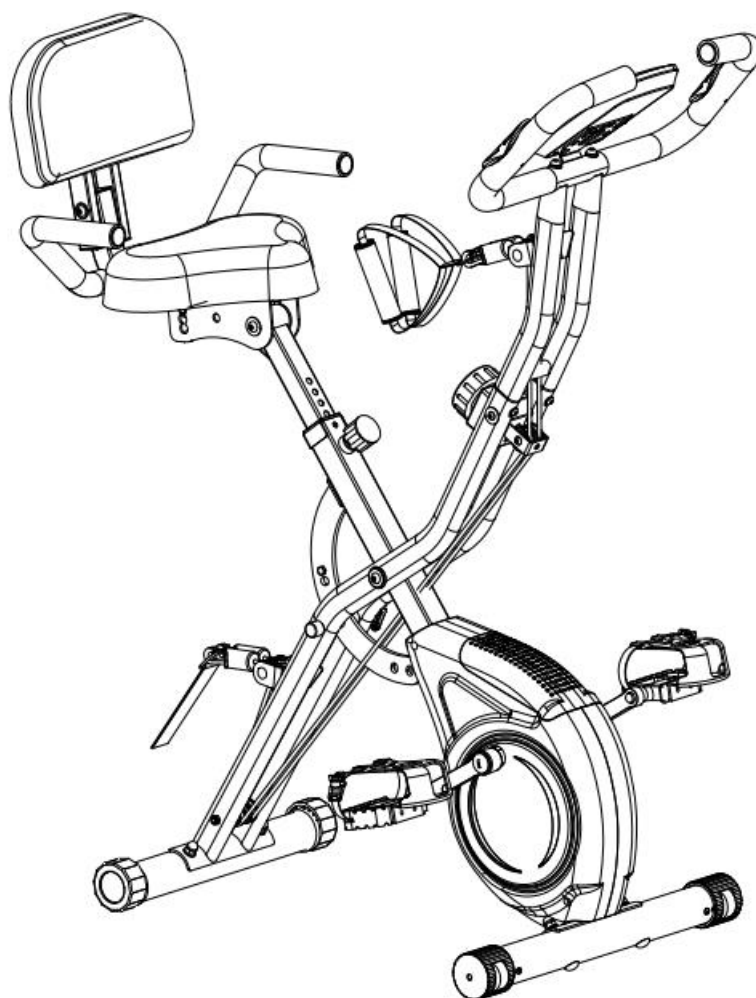




## USER MANUAL – EN

### IN 25824 Folding exercise bike inSPORTline Xbike Max



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SevenSport s.r.o. reserves the right to make any changes and improvements to its product without prior notice. Visit our website [www.insportline.eu](http://www.insportline.eu) where you will find the latest version of the manual.

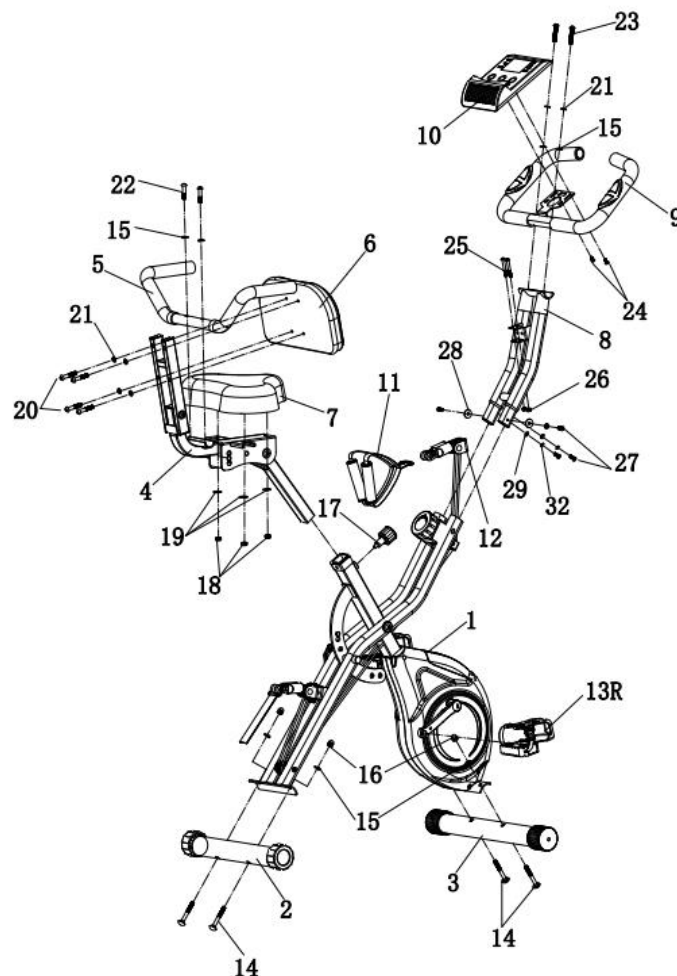
## **SAFETY INSTRUCTIONS**

- Read the manual carefully before first use and keep it for future references.
- 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 around the exerciser when you set it up min 0.6 m.
- 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.
- No adjustable part may protrude and limit user movement.
- 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.
- Control panel is powered by 2x AAA batteries.
- Maximal weight: 125 kg
- Category: HC (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!

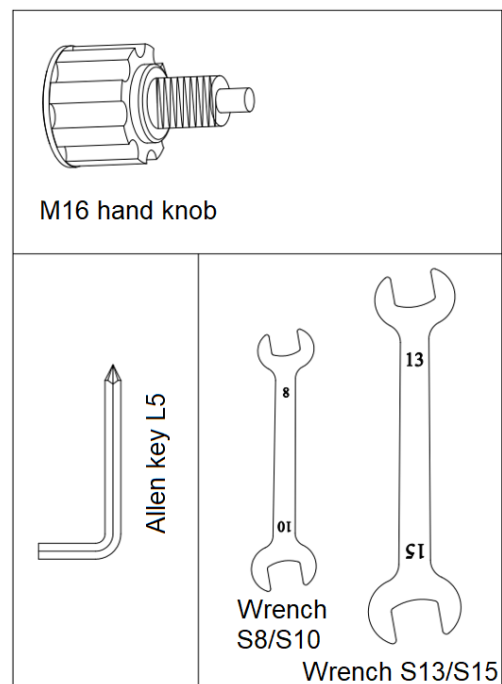
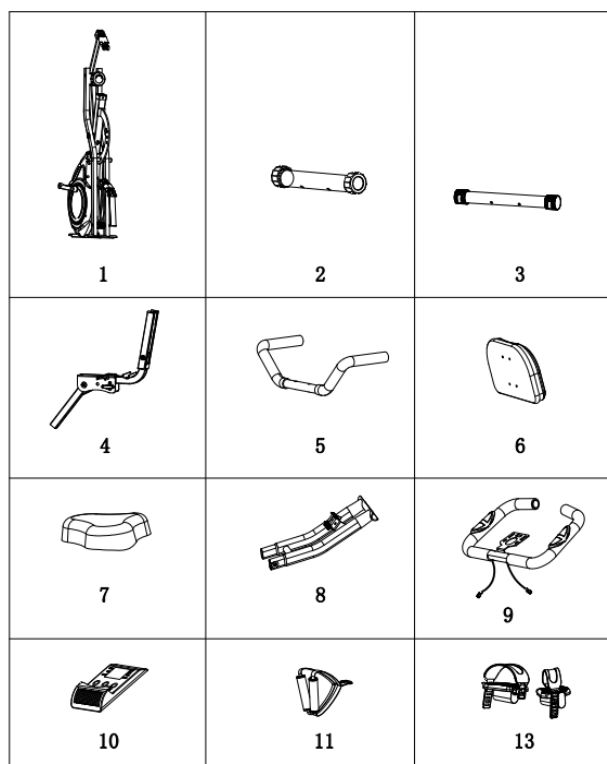
## DIAGRAM AND PARTS LIST



| No. | Name                          | Qty. | No. | Name                    | Qty. |
|-----|-------------------------------|------|-----|-------------------------|------|
| 1.  | Main frame                    | 1    | 17. | Hand knob               | 1    |
| 2.  | Rear stabilizer               | 1    | 18. | Nut (M8)                | 3    |
| 3.  | Front stabilizer              | 1    | 19. | Flat washer (M8)        | 3    |
| 4.  | Seat post and backrest holder | 1    | 20. | Allen bolt              | 4    |
| 5.  | Arm rest                      | 1    | 21. | Flexible washer (M8)    | 6    |
| 6.  | Back rest                     | 1    | 22. | Bolt (M8)               | 2    |
| 7.  | Seat                          | 1    | 23. | Allen bolt (M8)         | 2    |
| 8.  | Handle holder                 | 1    | 24. | Bolt (M5)               | 2    |
| 9.  | Handles                       | 1    | 25. | Bolt (M6)               | 2    |
| 10. | Control panel                 | 1    | 26. | Nut (M6)                | 2    |
| 11. | Foam handles                  | 2    | 27. | Bolt (M6)               | 4    |
| 12. | Resistance rubbers            | 2    | 28. | Flat washer             | 2    |
| 13. | L/R pedals                    | 1    | 29. | Flexible mat            | 2    |
| 14. | Carriage bolt                 | 4    | 30. | Pulse measurement cable | 1    |
| 15. | Curved washer (M8)            | 8    | 31. | Sensor cable            | 1    |
| 16. | Nut cover (M8)                | 4    | 32. | Flexible washer (M6)    | 4    |

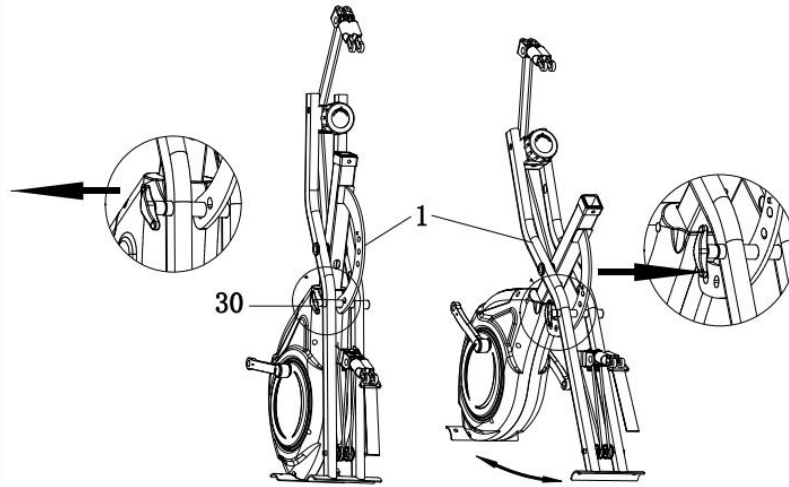
## ASSEMBLY

Before assembly, check that you have all the parts available, see. below.



Step 1

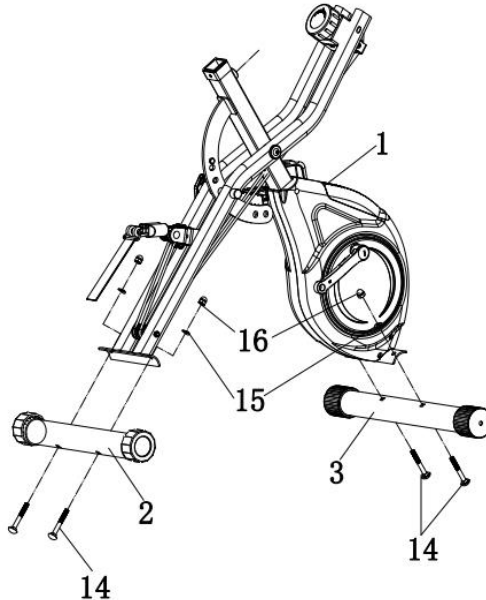
Stand the exercise bike, pull out the angle adjustment pin (30) and spread the front and back of the machine. Then secure with a pin.



### Step 2

Loosen the nuts (16). Attach the front stabilizer (3) to the main frame (1) using 2x carriage bolts (14), 2x washers (15) and 2x nut covers (16).

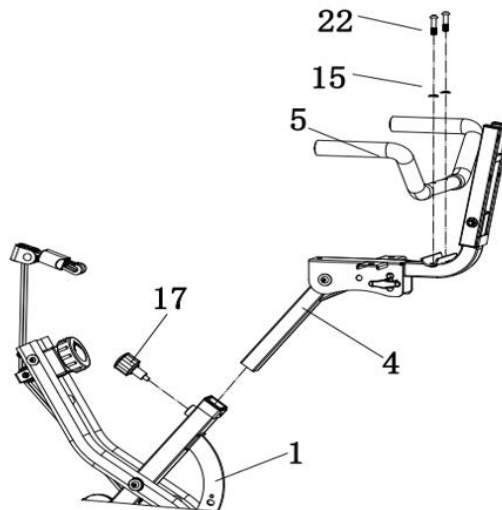
Attach the rear stabilizer (2) to the main frame (1) using 2x carriage bolts (14), 2x washers (15) and 2x nut covers (16). Tighten.



### Step 3

Attach the seat post and back rest (4) to the main frame (1) with the hand knob (17). Tighten the hand knob (17) clockwise.

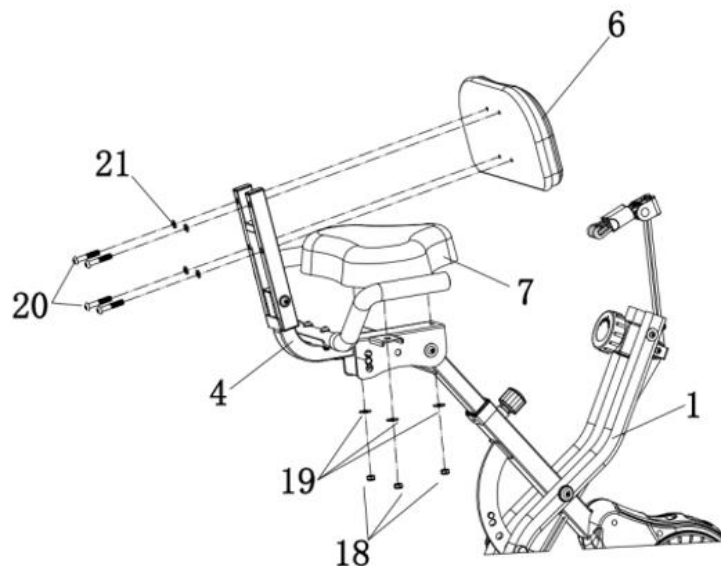
Loosen the bolts (22) on the armrests (5). Attach the armrest (5) using 2x washers (15) and 2x bolts (22). Tighten.



#### Step 4

Attach the saddle (7) to the seat post (4) using 3x bolts (18). Tighten.

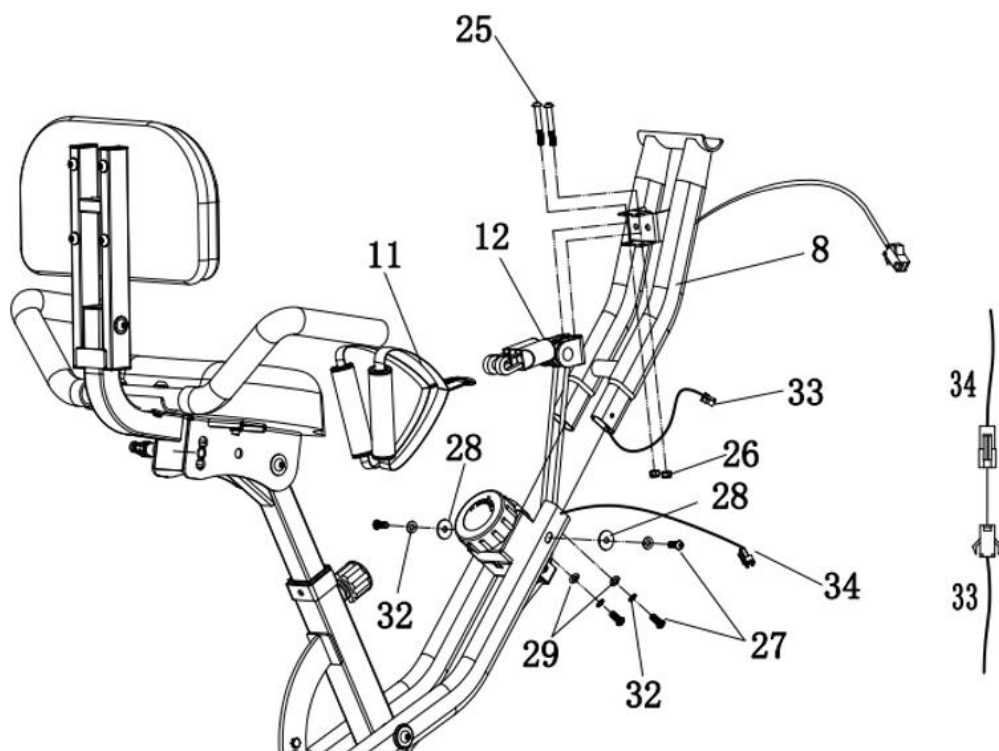
Remove the 4x M8 bolts (20) from the backrest (4), then use the removed bolts (22) to attach the backrest (4) to the backrest holder (4).



#### Step 5

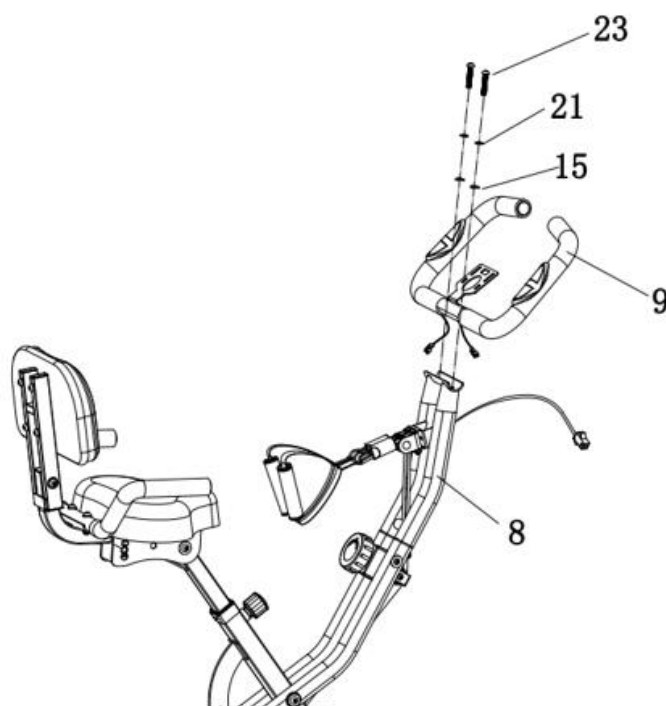
Attach the handle holder (8) to the main frame (1) with M6 bolt (27), curved washer (29), and spring washer (32) on both sides. On the front side, fix the handles (8) with 2x bolts (27), 2x curved washers (29) and 2x flexible washers (32).

To fix the resistance rubbers, unscrew 2x bolts (25) and 2x nuts (26). Pass the resistance rubbers (12) through the middle part of the handle holder (8) and then fix the resistance rubbers with 2x bolts (25) and 2x nuts (26). Attach the foam handles (11) to the resistance rubbers (12). Tighten.



#### Step 6

Attach the handles (9) to the handle holder (8) using 2x M8 Allen bolts (23), 2x spring washers (21) and 2x bent washers (15). Tighten.

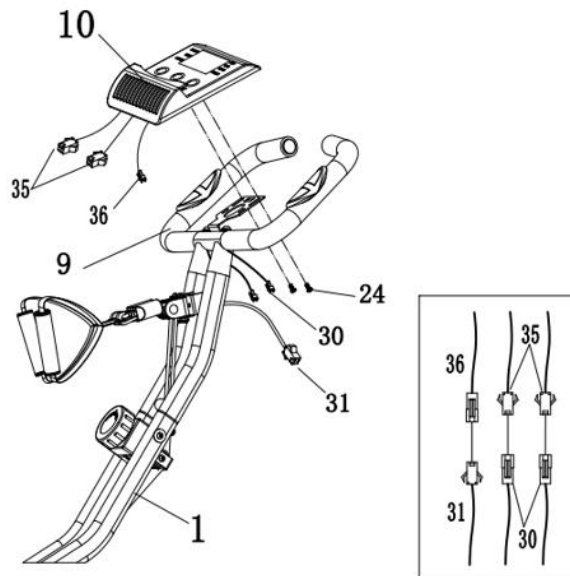


#### Step 7

Unscrew the bolts (24) from the control panel (10) and pass the cables through the circular hole on the control panel bracket. Attach the control panel (10) with bolts (24).

Connect the data cables see picture below. Red sensor cable (36) to red sensor cable (31) and black pulse cable (35) to black pulse cable (30).



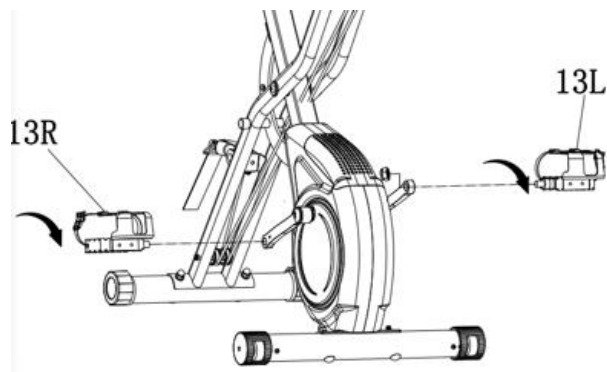


### Step 8

The pedals are labeled L (left) and R (right).

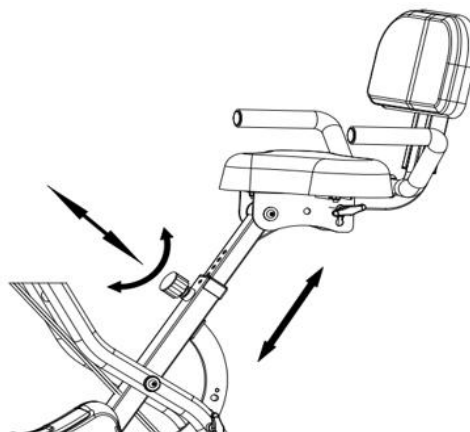
Attach the left pedal (13L) to the left crank and hand-tighten counter-clockwise. Then tighten with a wrench.

Attach the right pedal (13R) to the right crank and tighten clockwise by hand. Then tighten with the screw.



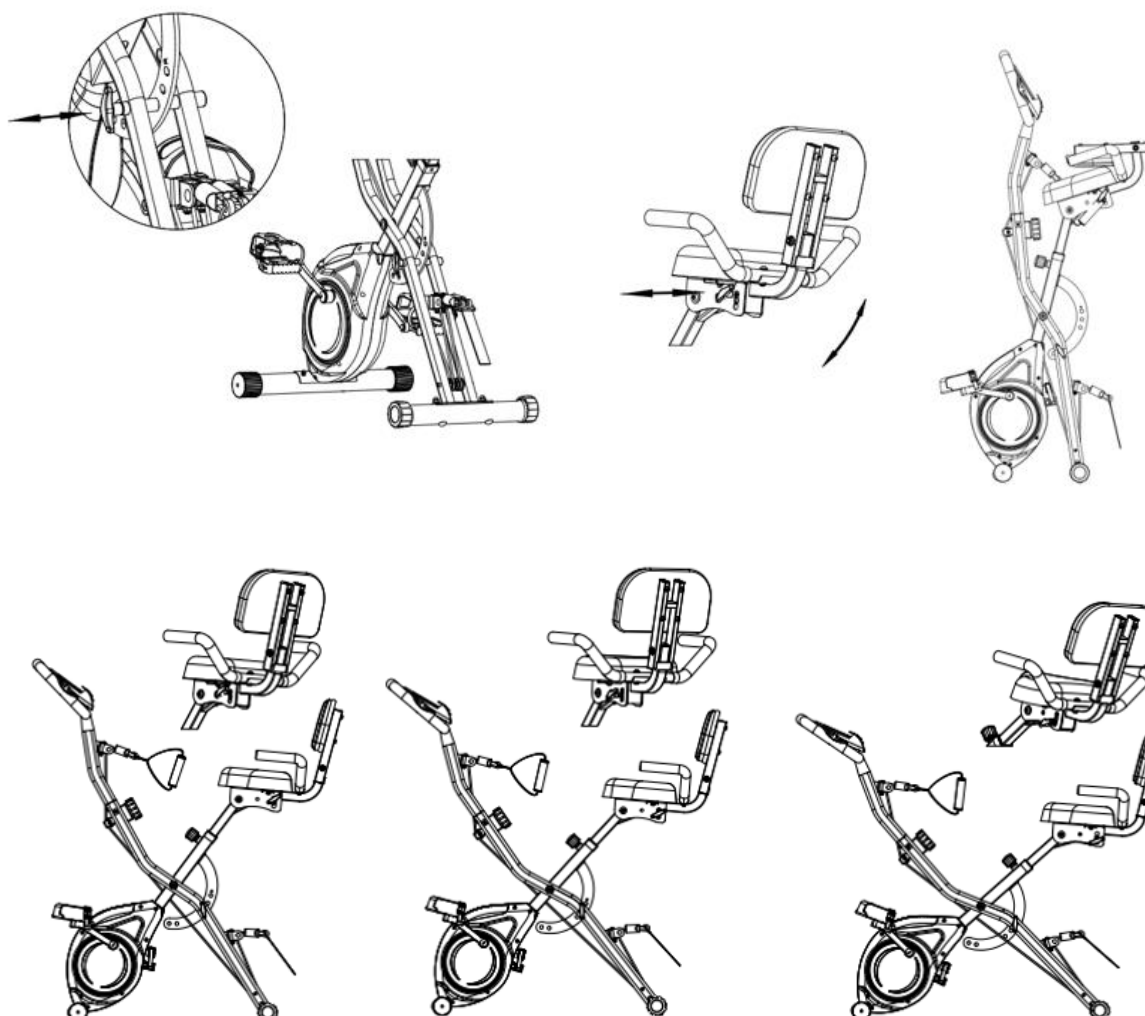
## ADJUSTABLE FRAME HEIGHTS AND ANGLES

Loosen the hand knob (17) and adjust the seat height to the desired position. Then secure the seat with a hand knob.



Pull out the frame angle adjustment pin and adjust the frame to the desired position. Then secure with a pin. There are 3 frame positions to choose from.

Pull out the seat angle adjustment pin and adjust the seat to the desired position. Then secure with a pin. There are 3 seat positions to choose from.



## CONTROL PANEL

### Display

|                      |                            |
|----------------------|----------------------------|
| Time (TMR)           | 00:00-99:59 MIN            |
| Speed (SPD)          | 0.0-99.9KM/H               |
| Distance (DST)       | 0.00-999.9KM               |
| ODO (total distance) | 0.0-999.9KM                |
| Calories (CAL)       | 0.0-9999KCAL               |
| Pulse (PUL)          | 40-240BPM (model depended) |

### Buttons

|      |                 |
|------|-----------------|
| MODE | Select function |
|------|-----------------|

|       |   |
|-------|---|
| RESET | Hold for 3 seconds to reset all functions except total distance   |
| SET   | Countdown settings for all functions except speed and total distance. Set the desired value and countdown will begin. Once the set value reaches 0, an audible signal will sound for 5 seconds. |

## Function

### Automatic on/off

The control panel will turn on as soon as you press any button, or the speed sensor detects movement.

The control panel will turn off if you do not press any button or the speed sensor does not detect movement for 4 min.

Reset - The control panel values are reset (except for the total distance) if you hold the RESET button for 3 seconds.

Scan - If the SCAN function is selected, the following data will be displayed automatically: time - total distance - calories - pulse - speed - distance.

Time - Displays the exercise time in minutes and seconds. The time is displayed from 0:00 to 99:59.

Speed – The current speed is displayed.

Distance - Displays the current distance traveled.

Total distance – Total distance is not reset if you hold down the RESET button. The total distance is reset to zero if you remove the batteries.

Pulse – Displays pulse rate per minute. During the exercise, you must grasp both handles with sensors.

Calories – The number of calories burned during exercise is only indicative.

The control panel is powered by 2x AAA batteries.

## USE

Exercise on the exercise bike is based on very simple movements, but you will surely fall in love with them. Thanks to simplicity of the exercise on the exercise bike in can be done by elderly people. Prior to exercise, it is necessary to adjust the height of the saddle. It is important that you sit comfortably. The bicycle saddle must be set so that you can hold the ergonomically shaped handles when sitting. You should not have fully extended hands. You can damage your muscles.

To ensure a comfortable and comfortable exercise, put your feet on the pedal. Nowadays, all modern pedals are equipped with straps for fastening and stabilizing of the foot. It is important for your foot to be firmly and safely positioned during exercise.

The basis of exercising on a bicycle is that the legs are moving on a specific elliptical path. This movement is very similar to cycling. When doing exercise on a bicycle, you just sit on the saddle with the right height, keep your feet firmly in the pedals, hold the ergonomically shaped handles and exercise.

It is advisable at the beginning to choose a lower load. If you exercise at regular intervals on an exercise bike, you can gradually increase the load. You can increase the load gradually over a week or two weeks. Selecting a high load during the start of training can lead to rapid fatigue and muscle damage.

When exercising, it's important to choose the right load and the right tempo. Try to keep it throughout the exercise. It is not recommended to choose a high pace right from the start. Increase tempo after about a week of regular exercise. The high pace is not equal to the faster burning of calories. Correct calorie burning is reflected in an appropriate and regular exercise. At the beginning of the exercise, the number of burned calories may seem low, but regular and appropriate exercise is the key to achieving the best results.

Exercise on the exercise bike also leads to the formation of muscles. It is mainly used to strengthen the thigh and calf muscles. While exercising on a bicycle, you also move your buttocks.

If you want to exercise right, you should not forget to breathe properly. Proper and regular breathing is recommended in any exercise. It is important to keep regular deep inhales and exhales. Regular and proper breathing during exercises on the exercise bike involves intense exercise of the abdominal muscles. It is advisable to practice 30-35 after consuming food. Failure to do so may result in less calories burned, and in older age even lead to digestive problems.

For best results, you should also consider your diet. It is recommended to start a day of eating sweet food and pastries or muesli with milk. For lunch is recommended to eat a caloric richer meal. Do not forget about the soup. In the evening, light meals are recommended. If you want to improve your health, it's not just a regular exercise but a whole diet.

Bicycle exercise is an effective exercise for all busy people. Exercise on the exercise bike is effective in strengthening muscles, especially thighs, calves and buttocks. Regular exercise can lead to a slimmer figure. Exercise is recommended not only as a winter training for cyclists but also for people who want to burn excess calories. Regular breathing, regular exercise, reasonable tempo, and balanced diet can lead to your desired results.

## EXERCISING INSTRUCTIONS

A successful workout begins with warm-up exercises and ends with cool-down (relaxing) exercises. The warm-up exercises should make your body ready for the main workout. The cool-down phase should protect your muscles from injuries and cramps. Do warm-up and cool-down exercises as shown in the chart below.



### 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.

## **CORRECT BODY POSTURE**

When training, keep your body upright, or you can learn your hand on your forearms. During pedaling, you should not have your legs fully extended. Your knees should be slightly bent when fully pressing down the pedal. Keep your head straight with your spine to minimize the pain of the cervical muscles and upper back muscles. Always exercise fluently and rhythmically.

## **MAINTENANCE**

- When assembling, tighten all screws and adjust the bike to the horizontal position.
- Check the screws after 10 hours of use.
- Wipe the sweat after the exercise. Clean the device with a cloth and gentle cleanser. Do not use solvents or aggressive cleaners on the plastic parts.
- When noise is increased, it is necessary to check that all joints are tightened properly.
- Place the product in a clean, ventilated and dry room.
- Do not expose the device to direct sunlight.

## **STORAGE**

Keep the exercise bike 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 scrapyards.

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.

### Batteries

6-month battery warranty – we guarantee that battery's nominal capacity does not fall below 70% of its total capacity within 6 months of the product's sale.

### 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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**About shipping**

