



**USER MANUAL – EN**  
**IN 29084 Spin Bike inSPORTline ZenRoute 1200**



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## SAFETY INSTRUCTIONS

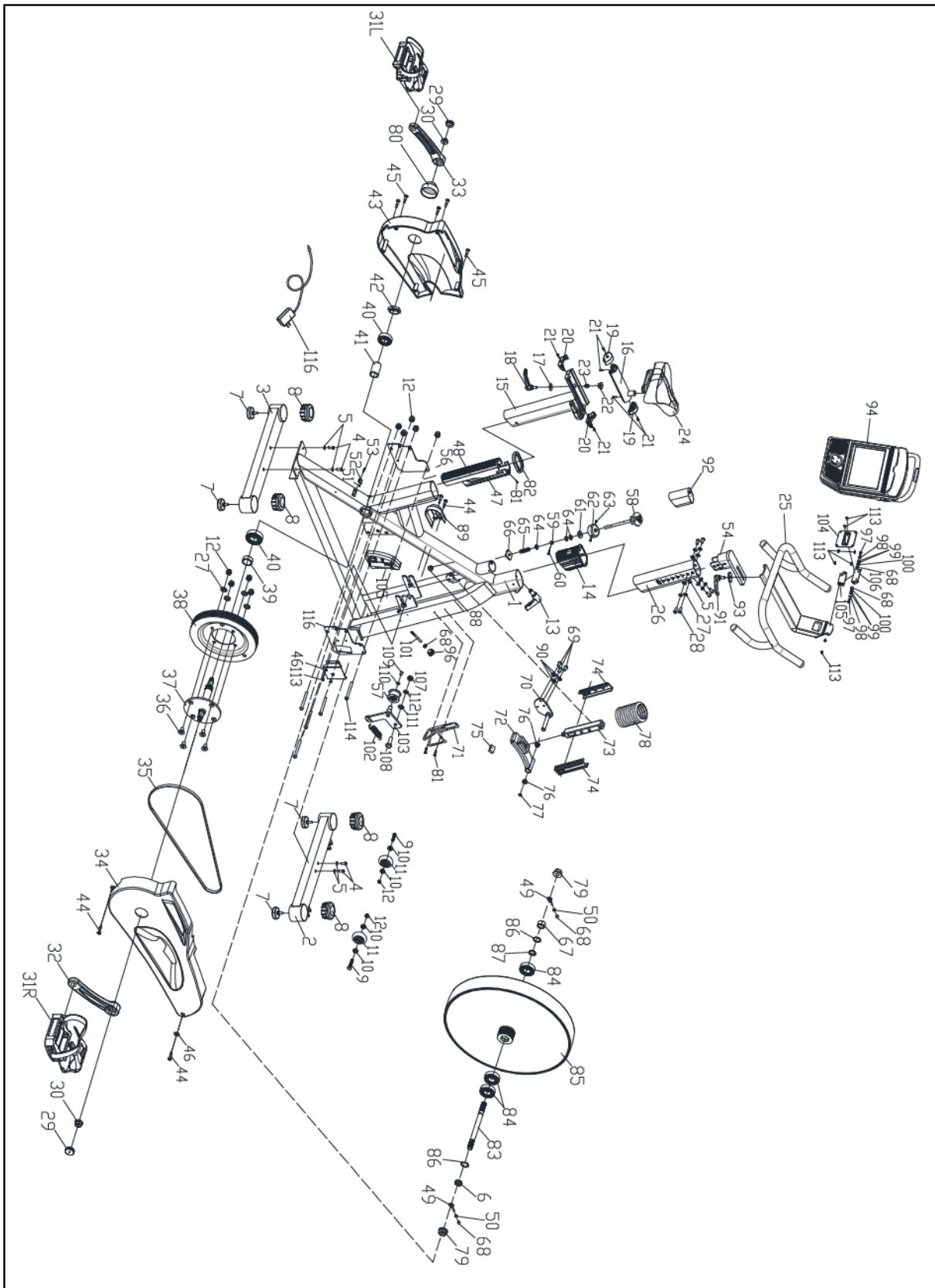
- Read the manual carefully before use and assembly and keep it for future reference.
- To ensure the best safety of the exerciser, regularly check it on damages and worn parts.
- If you pass on this exerciser to another person or if you allow another person to use it, make sure that that person is familiar 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 at least 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.
- 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.
- If you do not use the spinning bike, increase the resistance to the maximum to prevent the flywheel from moving.
- **Maximal weight limit:** 150 kg
- **Category:** HA for home use

## PARTS LIST

Well.	Name	Qty.	Well.	Name	Qty.
1	Main frame	1	36	Bolt M8*18	4
2	Front stabilizer	1	37	Axis $\Phi 25*182$	1
3	Rear stabilizer	1	38	Pulley $\Phi 240*24$	1
4	Bolt M8*20	4	39	Socket $\varphi 30*\varphi 25.05*9$	1
5	Flat washer 8	10	40	Bearing 6005ZZ	2
6	Axis housing $\varphi 22*\varphi 17.1*6$	1	41	Sleeve $\varphi 30*\varphi 25.05*56.1$	1
7	Adjustable Foot $\varphi 52*43$	4	42	Nut M25*1	1
8	Cap $\varphi 76*1.5$	4	43	Left cover 501*359*65.5	1
9	Bolt M8*40	2	44	Screw ST4.2X16	4
10	Bearing 1 608ZZ	4	45	Screw ST4.2*19	5
11	Wheel $\varphi 69X26$	2	46	Flat washer 5	1
12	M8 Nut	12	47	Front housing 257*48*46	1
13	Adjustable bolt M16*25	1	48	Rear housing 332*65*46	1
14	Plastic sleeve 80*40	1	49	Bolt M6*50, $\varphi 12$	2
15	Vertical saddle adjustment	1	50	Bolt M6	2
16	Seat post	1	51	Sensor L=150mm	1
17	Flat washer 10	1	52	Sensor holder LTF8163	1
18	Adjustable bolt 2 M10*20	1	53	Screw ST4.2*16	1
19	Cover 59*24*36.7	2	54	Connecting frame of the handles	1
20	Cover 19*59.5*23	2	55	Engine mounting plate	1
21	Nut M4*8	6	56	Engine connecting plate	1
22	Nut $\Phi 25*10.5$ (M10)	1	57	Belt wheel $\Phi 43*\Phi 34*24$	1
23	Spring $\varphi 1X11.5$	1	58	Brake $\Phi 10*150$	1
24	Saddle AQ-6010	1	59	Sleeve $\Phi 14*\Phi 10*8$	1
25	Handles	1	60	Screw ST2.9*9.5	1
26	Handles column	1	61	EVA pad $\Phi 30*\Phi 12*t3$	1
27	Washer 8	10	62	Brake cover $\delta 3/\Phi 57*\Phi 16*22.5$	1
28	Bolt M8*15	6	63	Bolt M5*10	2
29	Crank cover $\varphi 28*6.5$	2	64	Washer $\varphi 20*\varphi 10.1*3$	3
30	Nut M12X1.25	2	65	Spring $\Phi 1.5*50$	1
31	Pedal JD-304V M20*1.5	1	66	Plastic plate 32*32*6	1
32	Right crank 170*42.5	1	67	Sleeve $\varphi 22*\varphi 17.1*14$	1
33	Left crank 170*42.5	1	68	Nut M6	5
34	Right cover 848*359*110.5	1	69	Bolt M6*10	3
35	Belt 5PK1562mm	1	70	Connecting plate	1

71	Bottle holder $\varphi 6$	1	95	Inner magnet	1
72	Magnet holder	1	96	Cap $\varphi 22*12$	1
73	Brake adjustment frame	1	97	Bolt $\Phi 10*19*M6$	2
74	Sleeve $111*26.5*12.5$	2	98	Washer $\Phi 12*\Phi 6*1.2$	2
75	Cotton plate $30*17*12$	1	99	Washer $\Phi 12*\Phi 6*1.2$	4
76	Small case $\varphi 18*\varphi 10*10$	2	100	Washer $\Phi 12*1.2$	2
77	Ring GB894.1 $\Phi 10$	1	101	Bolt $M6*57$	1
78	Telescopic frame $\Phi 45*85$	1	102	Spring $\Phi 2.5*78$	1
79	Nut M12x1.25	2	103	Belt assembly	1
80	Cover $\varphi 59*35$	1	104	Bracket $\delta 2.5$	1
81	Screw ST4.2X16	2	105	Fixing plate $\delta 2$	1
82	Top cover $115*56*12.5$	1	106	Adjustable plate $\delta 2$	1
83	Weight wheel axis $\Phi 17*155$	1	107	Nut M10	1
84	Bearing 6203RS	3	108	Bolt $M10*30$	1
85	Flywheel 22KG	1	109	Bolt $M6*12$	1
86	Ring $\Phi 17$	2	110	Flat washer 6	1
87	Washer $d1=17 D=23 s=0.3$	1	111	Flat washer 10	1
88	End cap $\varphi 14*14$	1	112	Flat washer 10	1
89	Cover $118*78*40$	1	113	Washer M5*10	8
90	Flat washer 6	4	114	Bolt $M8*55$	6
91	Protection tube $M10*25$	1	115	Motor connection plate 2	1
92	Protection tube	1	116	Adapter	1
93	Washer $\varphi 45*\varphi 10.5*5$	1	117	Washer $\varphi 22*12$	1
94	Console	1			

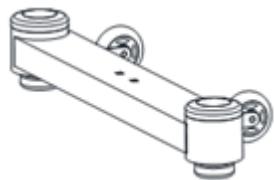
## DRAWING



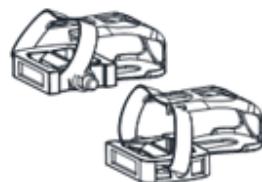
## ASSEMBLY



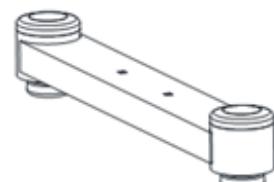
Main frame, 1x



Front stabilizer, 1x



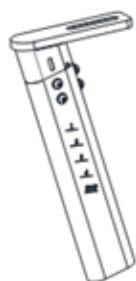
Pedals, 2x



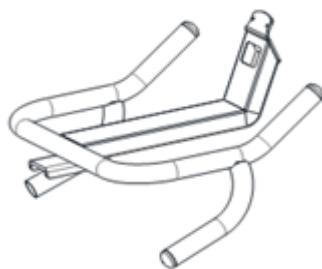
Rear stabilizer, 1x



Console holder, 1x



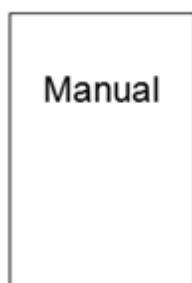
Seat post, 1x



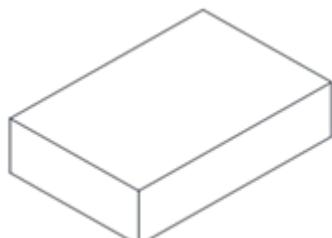
Handles, 1x



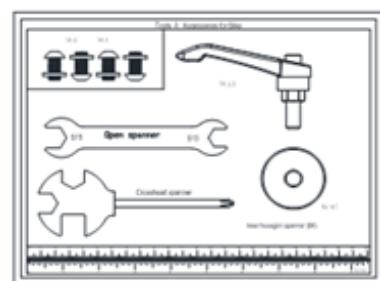
Bottle holder, 1x



Manual, 1x

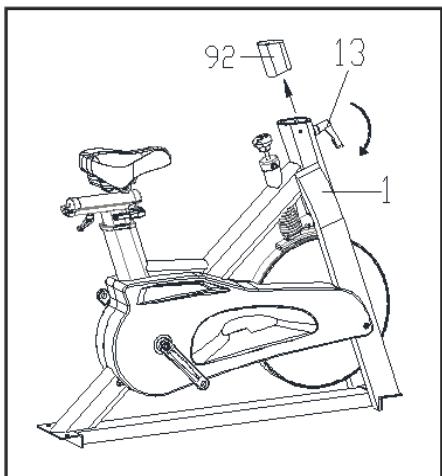


Console, 1x



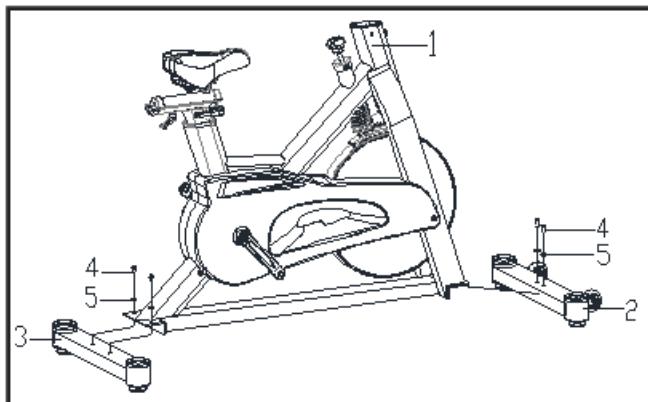
Fasteners, 1x

### Step 1



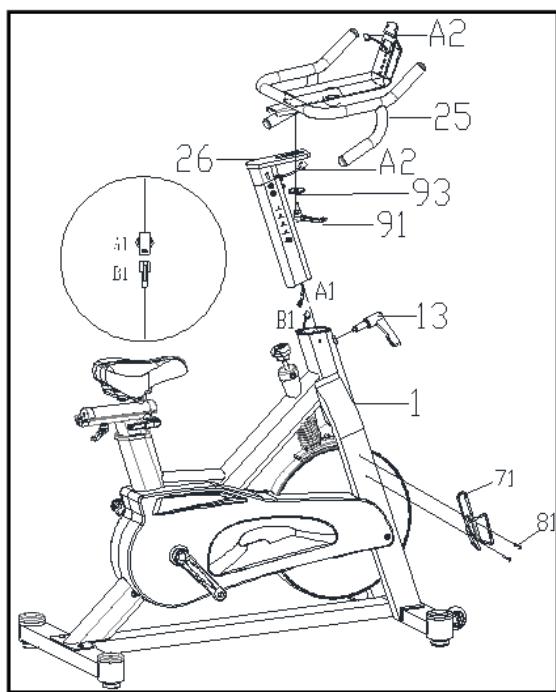
Loosen the hand knob (13) and pull out the transport post frame (92). This frame is not used for assembly and can be discarded or stored if the machine is disassembled.

## Step 2



Attach the front (2) and rear stabilizer (3) to the main frame (1) using 4x bolts (4) and 4x washers (5).

## Step 3



Connect the sensor wires (B1 and A1) as shown.

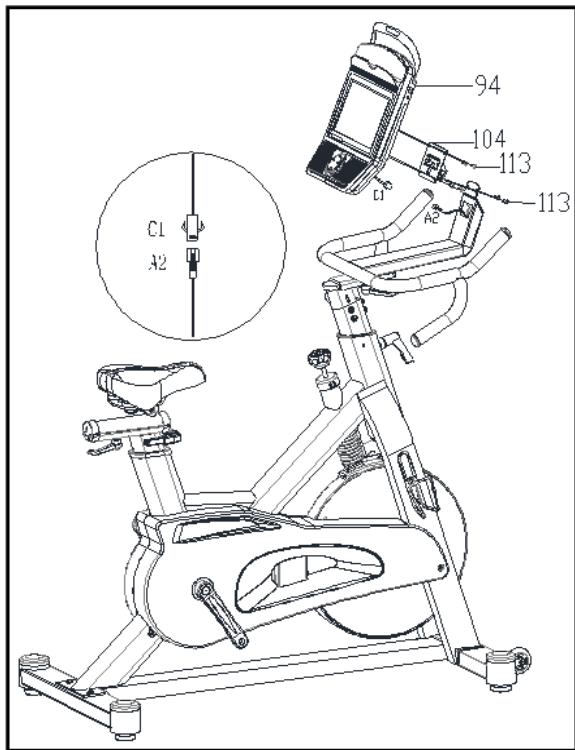
Slide the handles post (26) into the main frame (1), secure the post with the hand knob (13).

Attach the handles (25) to the post (26) using a hand knob (115) and a washer (117).

Pull out sensor wire (A2) and pass it through the bottom of handlebar post and pull out.

Unscrew the 2x bolts (81) from the main frame (1) and attach the bottle holder (71) using the bolts (81).

#### Step 4



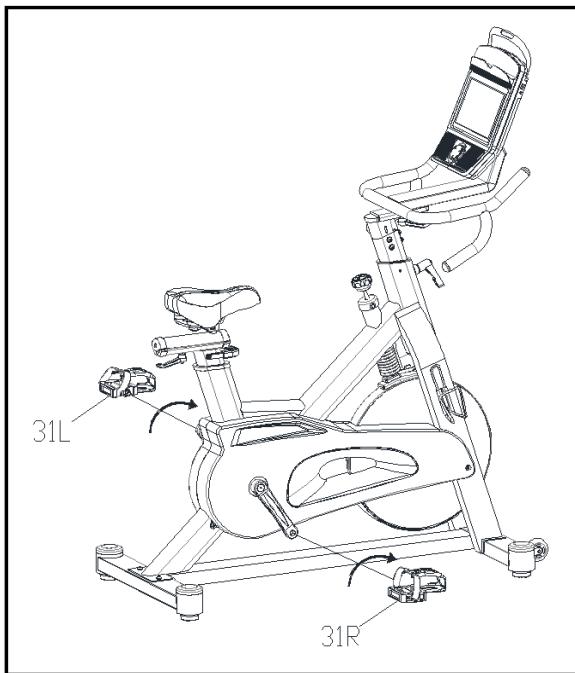
Remove the 2x bolts (113) from the console holder (104) and attach the console holder to the handles (25) using the bolts (113).

Connect the cables (A1 and B1) and cables (A2 and B2).

Remove the 4x bolts (113) from the bracket (116) and attach the console (116) to the bracket (104) using the 4x bolts (113).

Connect the console wire (C1) and sensor wire (A2) as shown.

#### Step 5

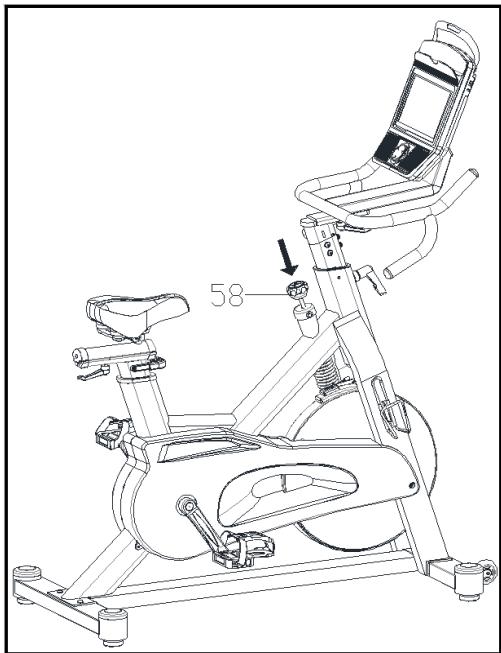


The pedals (31L and 31R) are marked L – left, R – right.

Screw the left pedal (31L) onto the left crank (33) counterclockwise.

Screw the right pedal (31R) onto the right crank (32) clockwise.

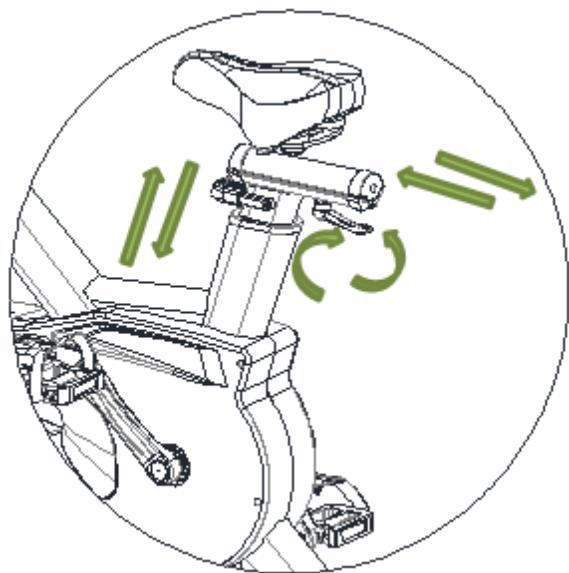
## EMERGENCY BRAKE



If necessary, the emergency brake (58) can be pressed. Press to stop the flywheel.

## ADJUSTABLE PARTS

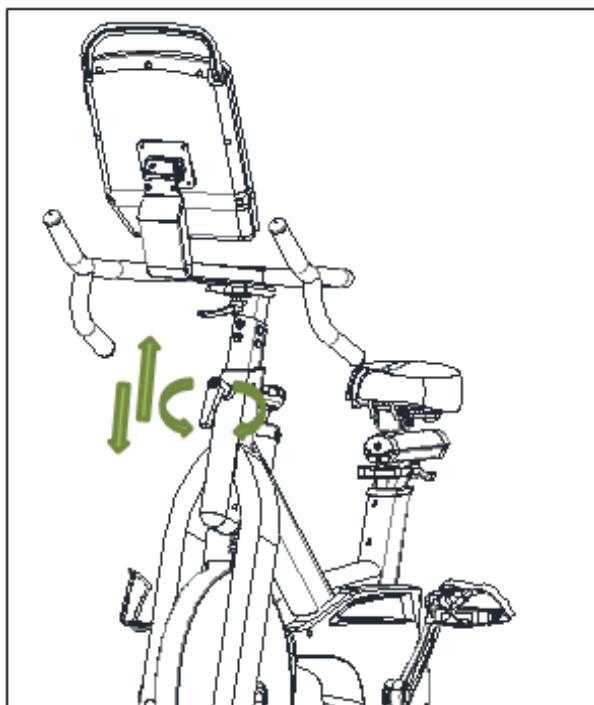
### Seat



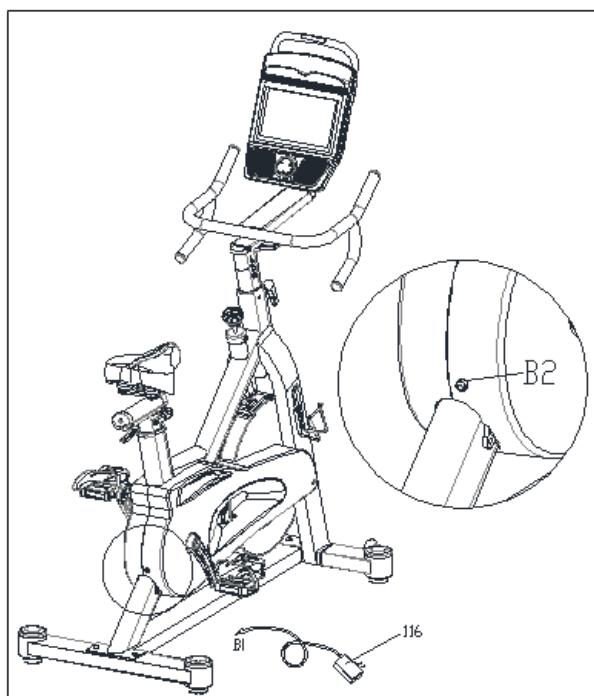
You can adjust the height and position of the seat using hand knob. Adjust the seat only when it is not in use.

After adjustment, tighten the loosened knob again.

## Handles



You can adjust the position of the handles using the screw. Make sure the bolt is aligned in the holes of the main handrail post frame before tightening.



Connect the power adapter to the socket located at the rear end.

## CONSOLE

### Login

After connecting to power, the area will be scanned to see if there is an internet network nearby. The first launch will take place without a network connection.

### Without internet access

(You can log in to a previously logged in account)

If this is the first launch and you have not logged in, no action can be taken after entering your email address.



### With Internet access

Before entering the email address and password, the SIGN IN button is grayed out.

**SIGN IN**

After entering the email address and password, the SIGN IN button is active and when pressed, the console goes into standby mode.

During entering the email address, the correct address format is detected.

The email address entered must be accessible by the registered person.



### REGISTERED USER LOGIN

#### No Internet Access

The login button is grayed out and inactive. The registration button is grayed out and is only active if an Internet connection is available.

**SIGN UP**

If an Internet connection is not available, the registered account cannot synchronize data.

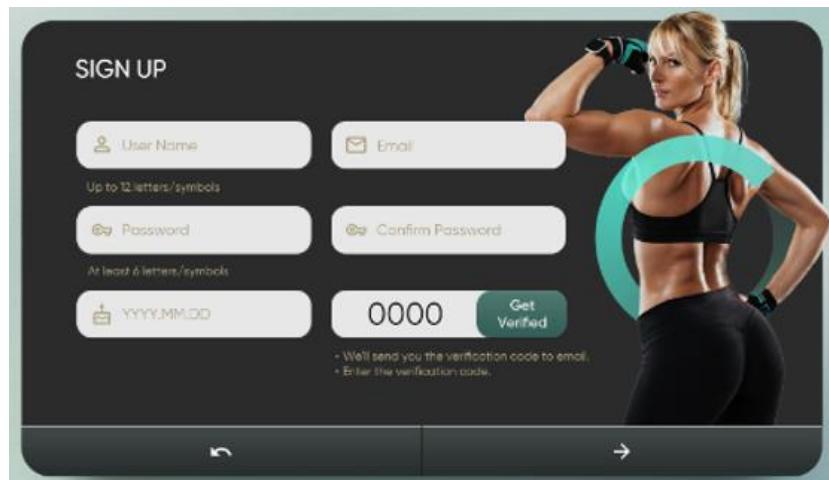


#### With Internet Access

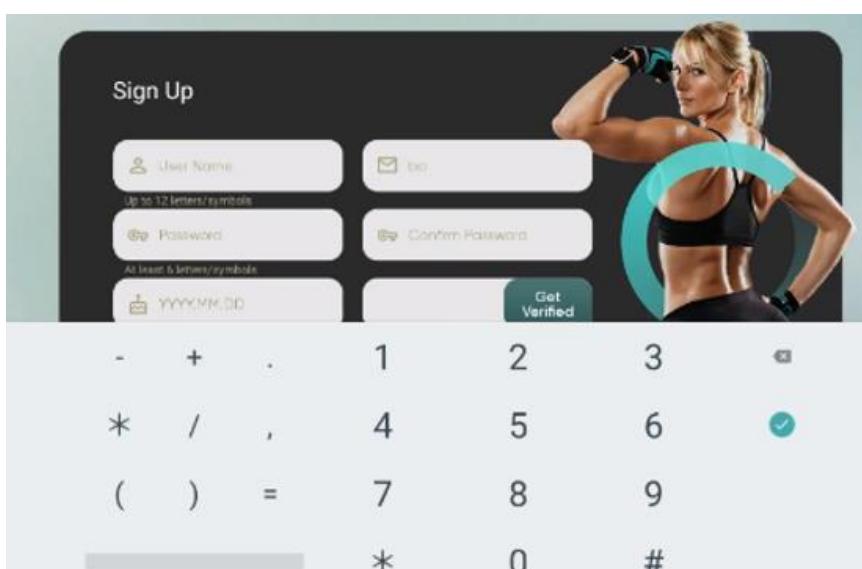
You must have Internet access to log in. After logging in, the console will go into standby mode.



### FILLING THE USER PROFILE



Use the keyboard to enter the required information.



Press GET VERIFIED  to send a verification code to the email address you entered. Enter the code sent to you in the window.

Press NEXT  to verify your email address and verification code.

#### Username Verification

If the name you entered is missing or the format you entered is incorrect

Prompt	User name error
	Format error, please re-enter

#### Email address verification

If the email address was not entered or the entered format is incorrect

Prompt	E-mail error
	Mailbox error

If the email address entered is one that has already been registered

Prompt	This E-mail is already registered
	This email address is already registered.

#### Password verification

If no password was entered or the password and password verification do not match

Prompt	Password error
	The password is incorrect.

#### Date of birth verification

If the date of birth was not entered or the entered format is incorrect

Prompt	Data error
	Data error

#### Verification code verification

##### Verification code not entered

Prompt	Please get the verification code and enter
	Please get the verification code and enter

The verification code is incorrect.

Prompt	Incorrect verification code
	Incorrect verification code

Verification code has expired.

Prompt	The verification code has expired, please resend
	The verification code has expired, please resend

A verification code has been sent to the email address you entered

Prompt	Verification code has been sent
	Verification code has been sent

After entering all the data, press the Next  button, to set the personal data: gender, height, weight.

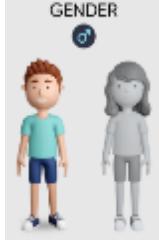
#### GENDER, HEIGHT, WEIGHT

Default units of measurement: metric

You can select metric or imperial units



Settings

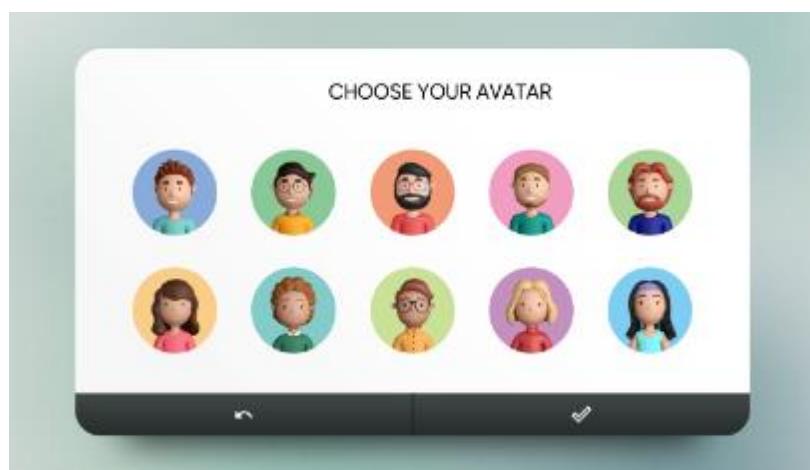
Setting	Default value	Setting range
Height	Metric: 160 cm Imperial: 63 in	Metric: 80~200cm Imperial: 39~86 in
Weight	Metric: 70 kg Imperial: 155 lb	Metric: 20~200kg Imperial: 44~440 lb
Gender		 

You can change the data using the buttons



After setting the value, press Next . You will go to the avatar selection.

## AVATAR SELECTION



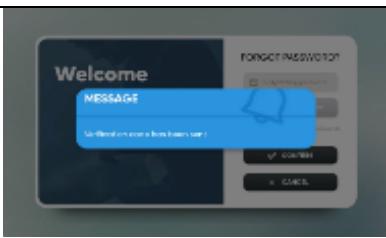
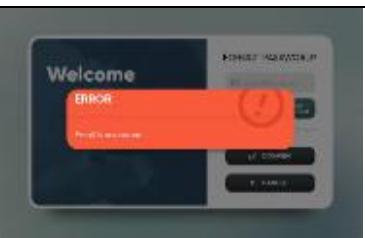
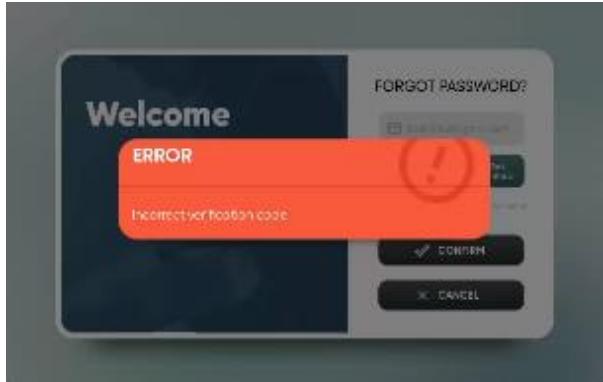
The selected avatar will be highlighted.



Press back  to go to the previous setting, press confirm  to confirm all settings and enter standby mode.

## LOST PASSWORD

When you start up, the console checks to see if an Internet connection is available.

No internet connection	Without an internet connection, you can't sync your data.
With internet connection	
Press the forgot password. <b>FORGOT PASSWORD?</b>	
Enter your email address.	
Request a verification code  that will be sent to the email address you entered.	
The code has been sent to the set email	The entered email is not registered
	
Press CANCEL  to return to the login screen.	
Confirm the verification code	
If the code is incorrect:	
If the code is incorrect, you'll see:	
Prompt	The verification code is incorrect, please re-enter
	
If the code has expired:	

Prompt	Verification code has expired, please resend
	

If the code is correct:

Re-enter your new password

The password must contain 6-12 symbols (regardless of the size of the characters)

		
--	---	--

If the two passwords you entered do not match, an error message is displayed, and you can click on any blank space to continue.

Prompt	Password does not match
	

### GUEST LOG-IN

Selecting a guest will bring up the main menu of the program.

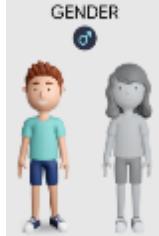
Log in as a guest and press the pencil in the top left corner to edit the guest's profile.

### AVATAR

Select the pencil in the upper left corner and select an avatar from the menu, there are 10 avatars to choose from:

Save and return to edit your personal information.

## PERSONAL DATA

Settings	Original value	Setting range
Height	Metric: 160 cm Imperial: 63 in	Metric: 80~200cm Imperial: 39~86 in
Weight	Metric: 70 kg Imperial: 155 lb	Metric: 20~200kg Imperial: 44~440 lb
Gender		 

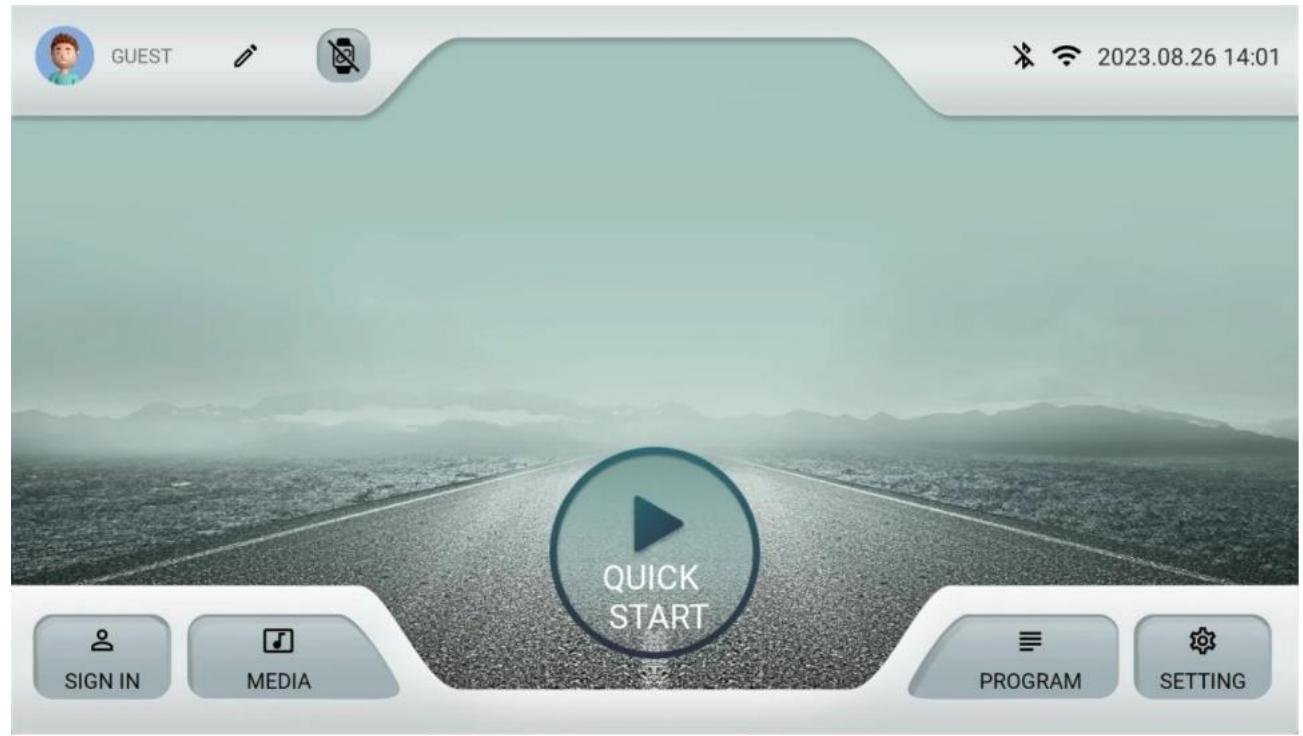
To confirm the values, press 

Press  to cancel the value setting.

Press  to save the set values and return to the home screen.

When you turn off your console, the guest information settings are deleted. Only the data from the set user program is saved.

## MEDIA



On the Home screen, select .

You can choose:

Application



Screen sharing



The application cannot be launched when selecting and setting a program.

## APPLICATIONS

Press apps to display the app menu



Up to 8 apps will be displayed on one page. Select an empty area to return to the home screen.

All applications except VR mode can be launched during exercise.



The system has the following applications pre-installed: YouTube, Netflix, Disney+, Amazon Prime Video, Facebook, Twitter, Instagram, and Spotify.

Select any application to enter that application.





Press  to view the application in full-screen mode, press to view  it in windowed mode.



By pressing the button in the upper right corner, you can adjust the resistance of the exercise.



## SCREEN SHARING

Select the operating system of the shared device, the original iOS system.

You can choose from iOS and Andriod.

	
iOS	Android

Note: To share your screen, both your console and screen sharing device must be on the same network.

### iOS

Make sure that both the console and the screen sharing device are on the same WiFi network.



If the icon is active, pairing is possible and devices are searched.



If the console displays the screen of your smart device, the pairing was successful.



## Andriod



Make sure that both the console and the screen sharing device are on the same WiFi network.





If the console displays the screen of your smart device, the pairing was successful.



## STANDBY



After any form of login, the main screen will be displayed.

If there is no action for 3 minutes, the console will switch to standby mode.

If the console does not wake up after switching to standby mode, the console will go into sleep mode.

## Sleep mode

The sleep mode is different from the setting.

If a child lock is set, you must unlock the device before you can use the console.

## WARM-UP



The warm-up lasts 3 minutes.

You can skip the warm-up by pressing

3 seconds before the end of the warm-up, an audible signal will sound.

The intensity of the warm-up cannot be changed:

1 min – 1 level

2 min – 2 level

3 min – 3 level

## EXERCISE

Press  or  to enter the exercise program.

Original screen:



Display: exercise duration, power, heart rate.

If VR is running, the VR scene will be displayed after starting, more in the VR chapter.

During exercise, you can pause the program by pressing . The pause screen appears.

When you reach your goal, you'll see a summary of your exercise.

The rest of the program is turned off, the countdown values are reset to 00:00.

## PAUSE



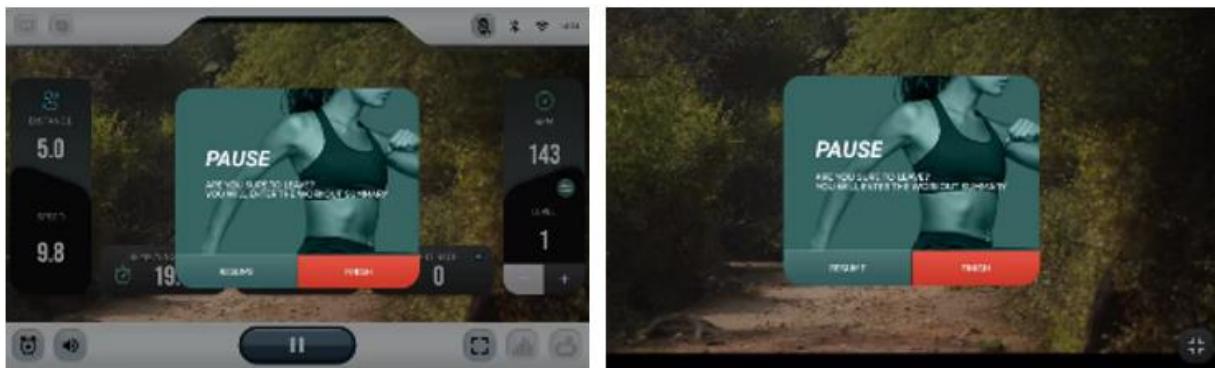
If you pause a program by pressing STOP or , the program pauses, a pause window appears, and the counting of data stops.

The program will only start if it is manually started.

If no motion is detected for 30 seconds, the program automatically pauses and starts again if motion is detected.

At the moment of stopping, the motor stops and starts in the same position.

Pause pauses the currently running media.



If the program is paused for more than 3 minutes, the exercise summary is displayed.

Press RESUME to continue the program.

Press FINISH to turn off the program and view the exercise summary.

### COOLDOWN



Apart from the quick start program, the cool-down part is not available.

When the program reaches the target, it automatically switches to the 3-minute cool-down part.

A 3-minute countdown starts.

You can skip the part of the cool-down by pressing **SKIP** and go to the exercise process.

In the last 3 seconds, a sound signal will sound announcing the end of the program.

The resistance changes every 10 seconds, it decreases by one level.

### WORKOUT SUMMARY

Workout summary will appear:

- Press FINISH to end the program and view the exercise summary.
- By completing the program goal you set.
- After completing cooldown phase of program.
- After 3 minutes of inactivity in standby mode.



## APP SHARING



You can share the result on social networks:



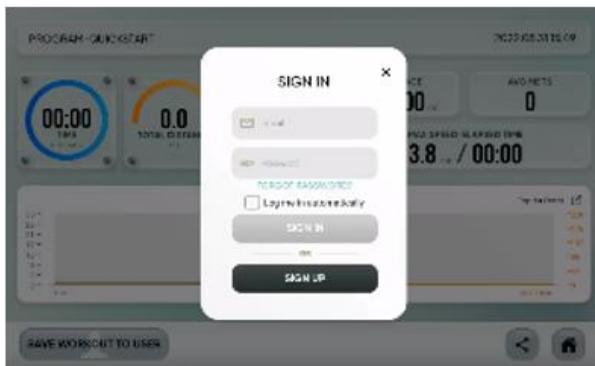
## SAVING THE EXERCISE RESULT

Saving the result is different for guests and for logged-in users.

### GUEST

The guest saves the 10 most recent exercises to the user program.

If you want to save a program to a specific profile, you must log in.



## LOGGED-IN USER

Motion data is not automatically recorded in the user program.

Select [SAVE WORKOUT TO USER] to save the program.



Fitness test and HRC do not have storage.

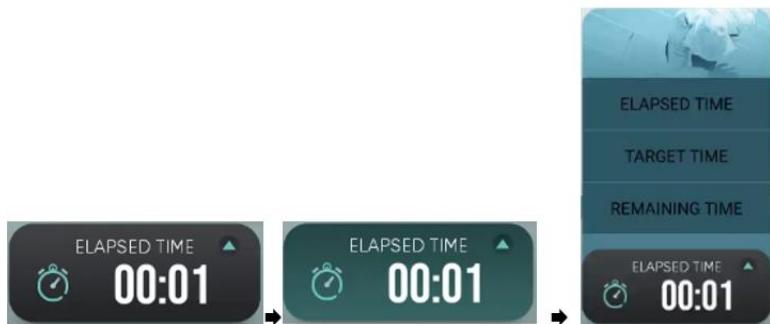
## DATA DISPLAY

### TIME



View the elapsed time of the training session.

Press to display the menu for 3 seconds: elapsed time, countdown time, remaining time.



### Elapsed time

Units: MIN: SEC

Display range: 00:00 (min:sec) ~ 59:59 (min:sec) ~ 999:59 (hr:min)

If no countdown is set, the elapsed exercise time will be displayed. After reaching the maximum value, the value will be counted again from 0.

### Time remaining

Units: MIN: SEC

Display range: 00:00 (min:sec) ~ 59:59 (min:sec) ~ 999:59 (hr:min)

Displays the remaining training time.

If a countdown is set, the remaining countdown is displayed.

### Countdown time

The value is displayed only if a countdown is set.

## POWER



Unit: WATT

Press to display the menu for 3 seconds: WATT, CALORIES, CALORIES/HR, METS



## METS

Unit: none

Display: function of metabolism

Display Range: X ~XXX

AVG METS: displays the average value per exercise joint

## CALORIES

Unit: Kcal

Display: number of calories burned

Display Range: X ~XXXX

If you choose a calorie countdown, it will show how many calories remain to be burned until the end of the workout

## CALORIES / HR

Unit: Kcal

Display: number of calories burned per hour

Display Range: X ~XXXX

## WATT

Unit :W

Display: performance

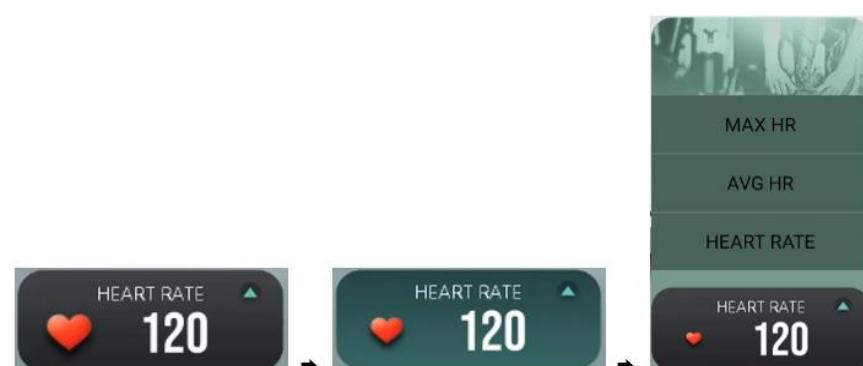
Display Range: X ~XXX

## HEART RATE



Display: heart rate

Press the value for 3 seconds to display the menu: HEART RATE, AVG HR, MAX HR



## CURRENT HR

Unit: beats per minute

Display: current heart rate

Display Range: XX~XXX

## AVG HR

Unit: beats per minute

Display: Heart rate from the start of the training to the current segment

Display Range: XX~XXX

## MAX HR

Unit: beats per minute

Display: maximum heart rate from the start of the training to the current segment

Display Range: XX~XXX

If the rate is detected, the icon will "pulse".

## DISTANCE



Units: Imperial – miles, metric – km

Display Range: X.XX ~ XXX.X

Current distance traveled

If a distance countdown is set, the remaining distance to complete the program will be displayed.

## RPM



Display: number of revolutions per minute

Display range: unlimited

After 30 seconds of inactivity, the program pauses.

## RESISTANCE



Display: current resistance/load setting

Adjustment Range: 1 ~80

If any media is running, the current resistance value will be displayed for 3 seconds.



## SPEED



Unit: km/h, mile/h

Display Range: X ~XXX

View your current exercise speed

#### TIME FORMAT DISPLAY



Display the current time in the upper right corner.

Shows the current hr:min time (12 or 24 hour format).

AM and PM change automatically during training

#### BEEP

Confirmation: 1x short beep

Error: 2x short beeps

Operation execution: 1x long Beep

#### CONSOLE BUTTONS

Press the + and – buttons to adjust the resistance by 1 level.

Adjustment range: 1 – 80



Cannot be reduced	Cannot be increased

## QUICK SELECTION BUTTONS



Press to display menu 1, 16, 32, 48, 64, 80



## MEDIA

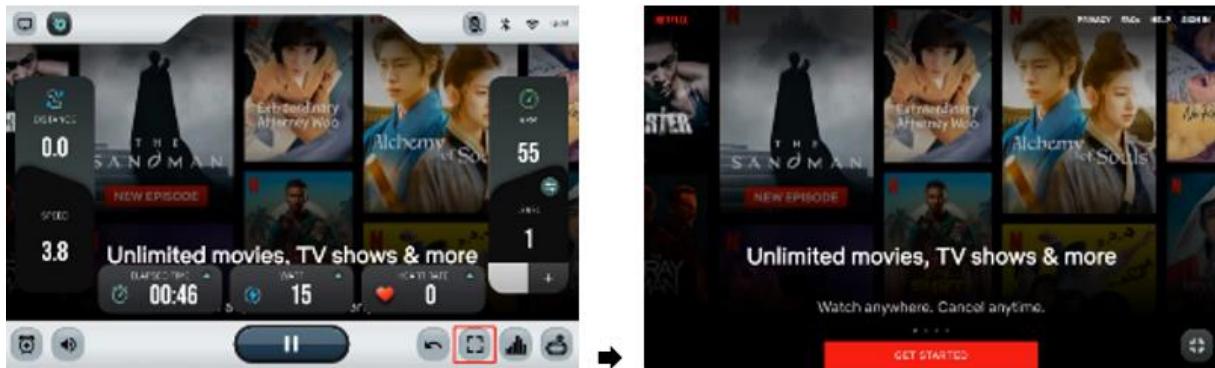
You can play media during exercise.



Return



Full screen , zoom out



## BLUETOOTH



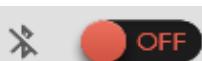
The icon is displayed only when the program is paused.



Default value: off



On



off

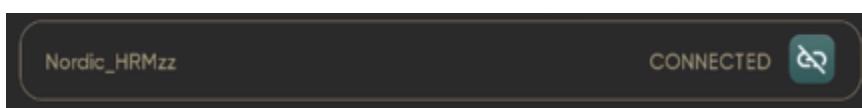
Search for devices / paired / off / delete devices .



Connected



/ disconnected





### WIFI



The icon is active when the program is paused



### WiFi



Connected



Disconnected

### Bluetooth



Connected

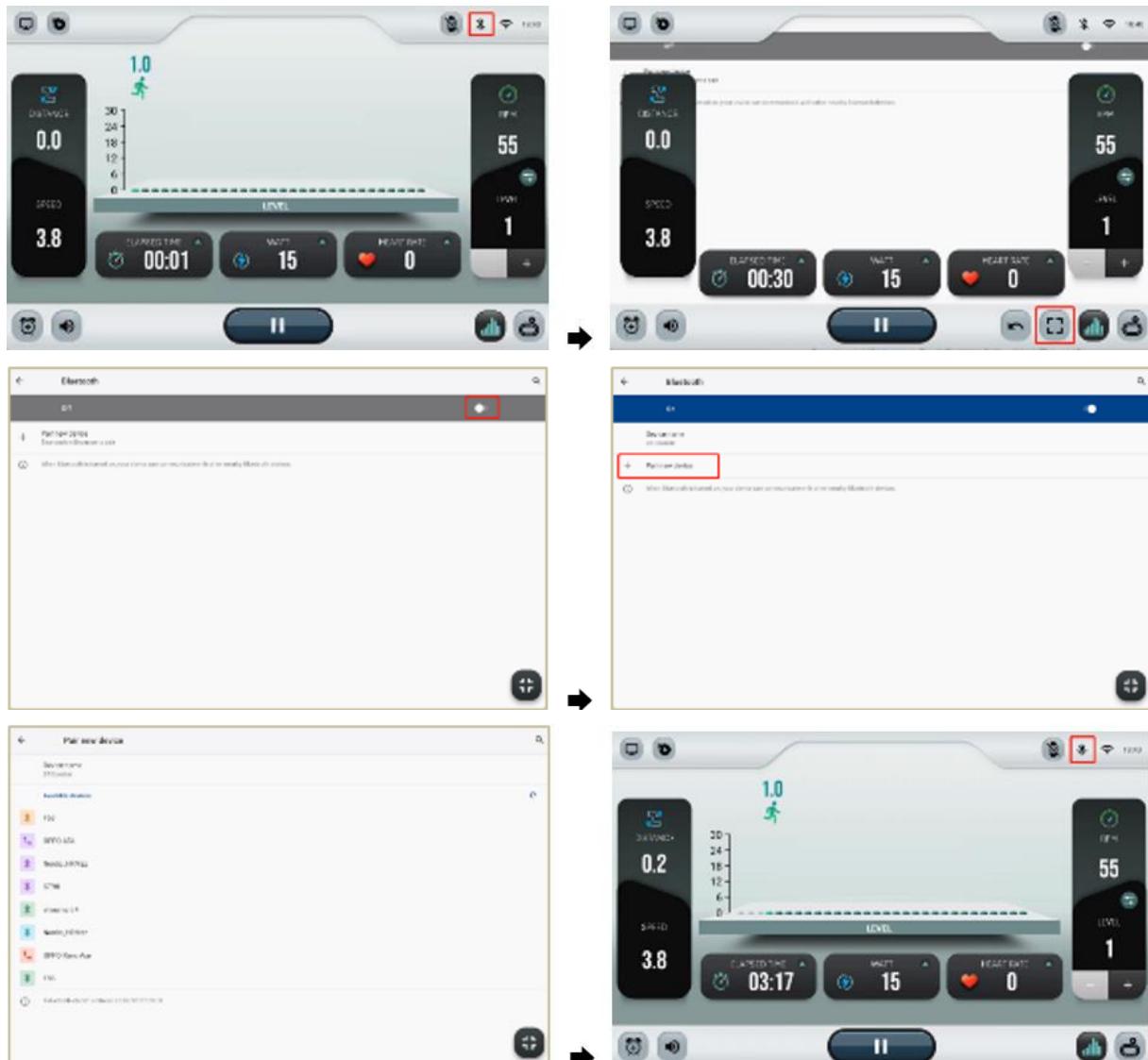


Disconnected



Return to the previous screen

## BLUETOOTH BUTTON



## ALARM CLOCK



Press  to enter settings.

Default value: Off 



Press the slider to set the alarm .

You can use the slider to set the alarm, pay attention to the alarm format (AM / PM).

Press the cross to  close the window.



The alarm icon makes a difference, and if the alarm is active



If the alarm is active and triggers, the current program will pause and the alarm window will appear.



The alarm window is active until it is manually closed.

If the alarm goes off while the program is paused, there will be a 3-minute program pause countdown, then the exercise summary will be displayed.

If the alarm goes off at the end of the exercise, it is necessary to turn off the alarm and then the exercise summary will be displayed.

In fitness mode, after turning off the alarm trigger, the program goes into standby mode.

#### **VOLUME CONTROL BUTTONS**



Select the speaker icon in the upper-left corner



If you press the volume is set to 0, mute the sounds and display the icon

You can adjust the volume from 0 to 15

## PROGRAM PROFILE



In the lower right corner, press the icon selected to change the profile

Segment colour:

Completed segment

Current segment

Next segment

The segments of the selected program profile are shown on the display.

Length of one segment:

1. Each segment section is set for 1 min. After exceeding 30 minutes, the program returns to 1 segment. Example: quickstart program: the program will continue from 1 segment in 31 min, 2 segment in 32 min, etc.



2. Total training length / 30. Example: if the total program length is set to 1 hour, each segment will be calculated 60/30, one program segment will be 2 minutes long.

## TRACK



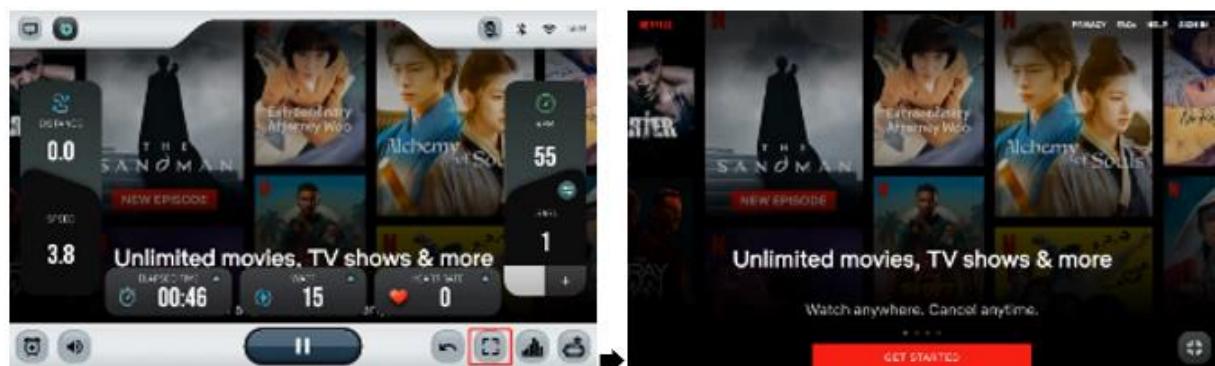
In the lower right corner, press the icon selected for profile change .

Start position icon . The movement is counterclockwise.

The distance of one bike is 0.4 km / 0.25 miles.

LAPS: number of laps.

## ZOOM BUTTON



During training and media playback, you can press to play in full screen or in a window . In VR mode, the button serves the same way.



### RETURN BUTTON



Return from the menu.

### CONFIRM BUTTON



Confirmation of function/selection.

### HOME BUTTON



The physical button  is used to return to the main screen.

If the display is "console locked", you need to hold the button for 3 seconds.

### START BUTTON



### PAUSE BUTTON



When pressed, the following is displayed: continue or end the programme.

### USER SETTINGS

#### Age

Default value: 30, adjustment range: 10 ~99

Can only be adjusted during the FITNESS TEST, it is used to calculate the value.

If the user is logged in, this setting does not modify the profile value set.

#### Weight

Imperial – Default value: 155 lb; Adjustment Range: 44 ~ 440 lb

Metric – Default value: 70kg; Adjustment Range 20~200kg

#### Height

Imperial– Default value: 5 feet 3 inches; Adjustment Range: 3 feet 3.4 inches ~ 8 feet 2.4 inches

Metric – Default value: 160 cm; Adjustment range: 100~250cm

#### Gender

Default value: male, setting: male/female

If the user is logged in, this setting does not modify the profile value set.



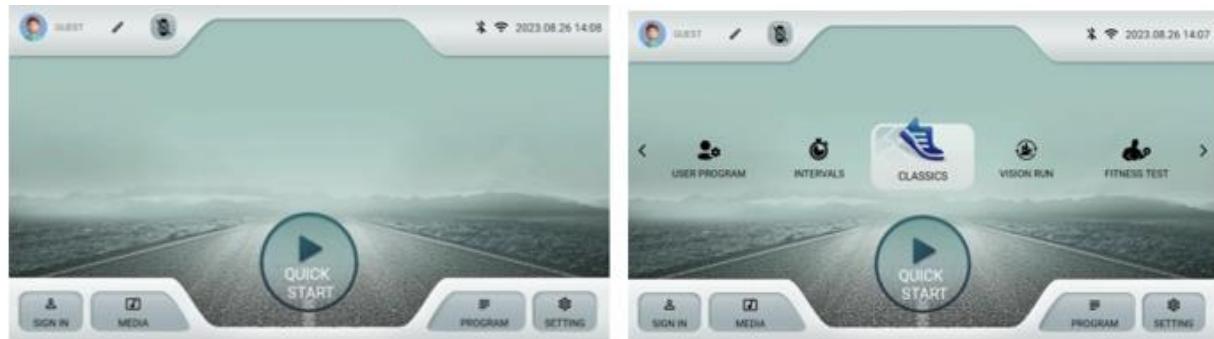
## PROGRAM DESCRIPTION

There are 7 main programs to choose from:

- Quick Start:
- Classic: hill, countdown (target), random resistance, plateau, constant power
- Interval: classic, HIIT, custom
- User:
- Vision run:
- H.R.C:
- Fitness test:

### QUICK START

The quick start can be launched from the home screen or by using the program selection button.



The program does not include a warm-up or a cool-down phase after exercise.



Press **QUICK START**, the start animation starts and a sound signal sounds, this animation cannot be paused/turned off.

## EXERCISE



The program does not turn off automatically, it must be turned off by pressing the button .

If you want to turn off the program, then press  FINISH, the exercise summary will be displayed.

## CLASSIC PROGRAMS

In standby mode, press the PROGRAM button and then select CLASSICS.



The program contains 5 variants: hill, countdown (target), random resistance, plateau, constant power

## DEDUCTION PROGRAM (OBJECTIVES)



Return to the previous screen



Confirmation button

## Enter the program



### Countdown setup:

**Logged-in user:** Automatically displays the user's personal data, can be edited by pressing .

**Guest:** The program selects the data set by the system, the values can be adjusted by pressing the button , but the data is not saved in the next program.



Values that can be set: countdown: time / distance / calories

Countdown	Default value	Setting range
Time	20 min	00:01 ~ 99:59 min
Distance	5 km	1~9999 km
Calorie	200 kcal	10 ~ 9999 kcal

The user can select up to 3 values for the countdown. If you press the button immediately after selecting the program , the system will select the default values for countdown program.



Return to program selection



Return to Home Screen

The program does not include a warm-up or a cool-down phase after exercise.

Press START, the animation will start and a sound signal will sound, this animation cannot be paused / turned off.

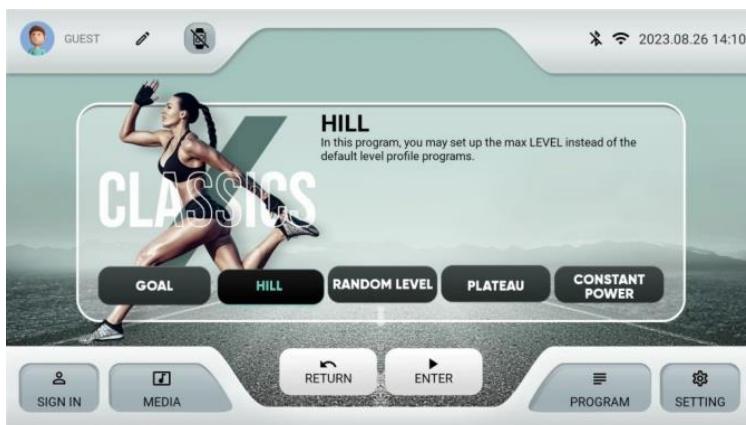
## COURSE OF THE PROGRAM



If the program is running, press  to pause the program.

If any set value reaches 0, the program is switched off and a summary of the exercise is displayed.

## PROGRAM HILL



Logged-in user: Automatically displays the user's personal data, can be edited by pressing .

Guest: The program selects the data set by the system, the values can be adjusted by pressing the button , but the data is not saved in the next program.



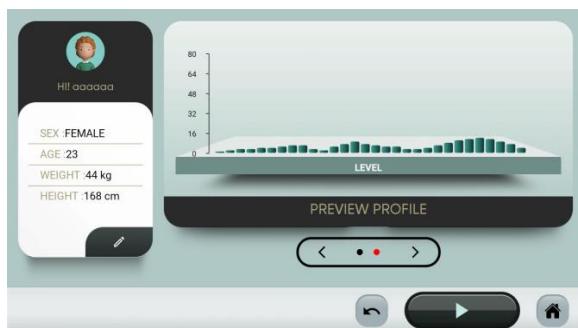
Setting parameters:

Setting	Default value	Setting range
Time	20 min	00:01 ~ 99:59 (min:sec)
Max. resistance	16	1~80

If the maximum resistance value is adjusted, all other segments of the program are adjusted to match the resistance.

Use the arrows  to switch pages.

Program Preview:



1	2	3	4	5	6	7	8	9	10
0	6	12	18	24	30	36	43	49	55
11	12	13	14	15	16	17	18	19	20
61	67	73	79	85	91	97	103	109	115
21	22	23	24	25	26	27	28	29	30
122	128	134	140	146	152	158	164	170	176
31	32	33	34	35	36	37	38	39	40
182	188	194	201	207	213	219	225	231	237
41	42	43	44	45	46	47	48	49	50
243	249	255	261	267	273	279	286	292	298

51	52	53	54	55	56	57	58	59	60
304	310	316	322	328	334	340	346	352	358
61	62	63	64	65	66	67	68	69	70
365	371	377	383	389	395	401	407	413	419
71	72	73	74	75	76	77	78	79	80
425	431	437	444	450	456	462	468	474	480

The program profile changes according to the maximum selected resistance.



The program will start with the default values



Return to program selection.



Return to the home screen

The program includes a warm-up and a cool-down phase.

Press START, the animation will start and a sound signal will sound, this animation cannot be paused / turned off.

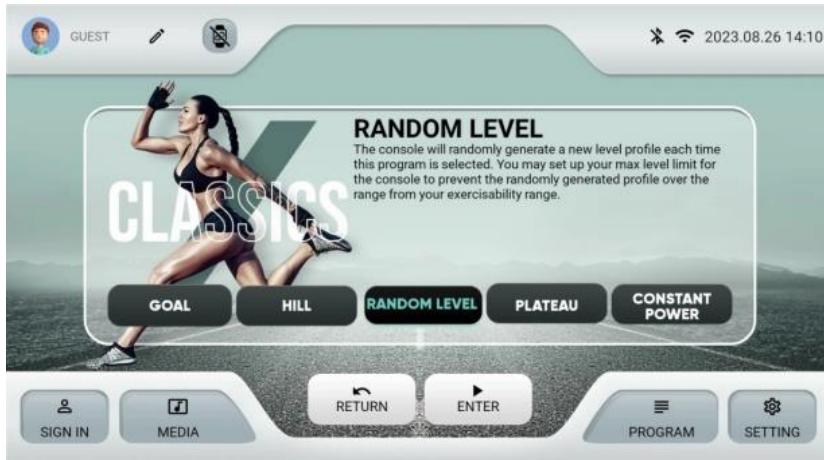
## TRAINING



If the program is running, press  to pause the program.

If the time reaches 0, the program is turned off, the cool-down phase starts, and then the exercise summary is displayed.

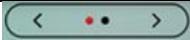
## RANDOM RESISTANCE PROGRAM



Logged-in user: Automatically displays the user's personal data, can be edited by pressing .

Guest: The program selects the data set by the system, the values can be adjusted by pressing the button , but the data is not saved in the next program.

Setting value	Default value	Setting range
Time	20 min	00:01 ~ 99:59 (min:sec)
Max. resistance	20	1~80

Use the arrows    to switch pages.

### Profile preview:



The maximum load value cannot exceed the set value.

Every 30 segments will be randomly generated with respect to the maximum value.

Press  to generate a new random profile.



The program will start with the default values



Return to program selection.



Return to the home screen

The program includes a warm-up and a cool-down phase.

Press START, the animation will start and a sound signal will sound, this animation cannot be paused / turned off.

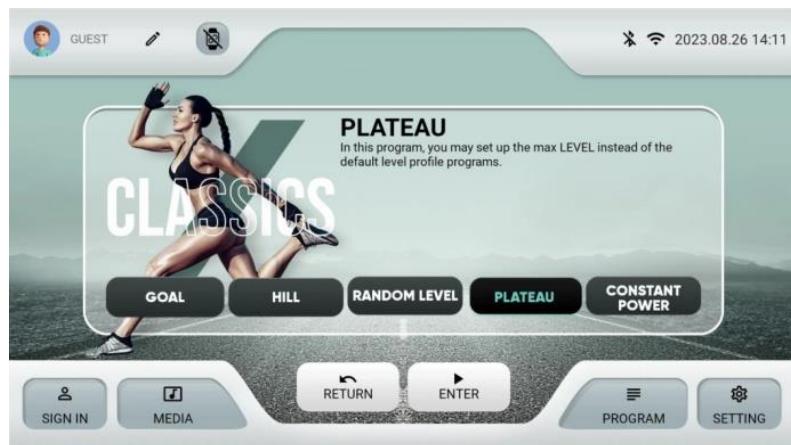
## TRAINING



If the program is running, press to pause the program.

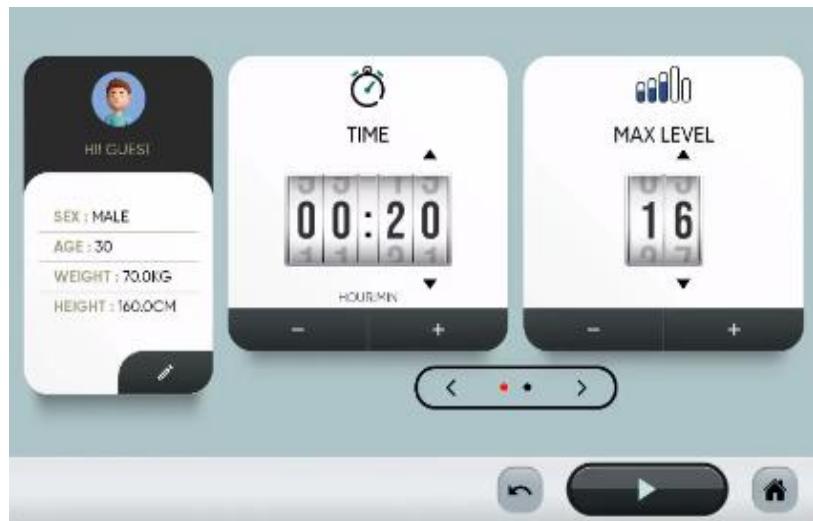
If the time reaches 0, the program is turned off, the cool-down phase starts, and then the exercise summary is displayed.

## PLATEAU PROGRAM



Logged-in user: Automatically displays the user's personal data, can be edited by pressing .

Guest: The program selects the data set by the system, the values can be adjusted by pressing the button , but the data is not saved in the next program.

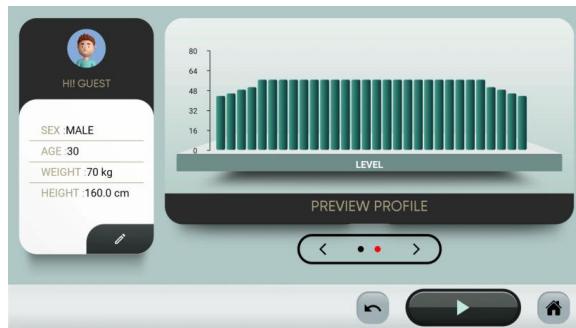


Setting value	Default value	Setting range
Time	20 min	00:01 ~ 99:59 (min:sec)
Max. resistance	20	1~80

If the maximum resistance value is adjusted, all other segments of the program are adjusted to match the resistance.

Use the arrows  to switch pages.

Program Preview:



1	2	3	4	5	6	7	8	9	10
0	6	12	18	24	30	36	43	49	55
11	12	13	14	15	16	17	18	19	20
61	67	73	79	85	91	97	103	109	115
21	22	23	24	25	26	27	28	29	30
122	128	134	140	146	152	158	164	170	176
31	32	33	34	35	36	37	38	39	40
182	188	194	201	207	213	219	225	231	237
41	42	43	44	45	46	47	48	49	50
243	249	255	261	267	273	279	286	292	298
51	52	53	54	55	56	57	58	59	60
304	310	316	322	328	334	340	346	352	358
61	62	63	64	65	66	67	68	69	70
365	371	377	383	389	395	401	407	413	419
71	72	73	74	75	76	77	78	79	80
425	431	437	444	450	456	462	468	474	480

The program profile changes according to the maximum selected resistance.



The program will start with the original values



Return to program selection.



Return to the home screen

The program includes a warm-up and a cool-down phase.

Press START, the animation will start and a sound signal will sound, this animation cannot be paused / turned off.

## TRAINING



If the program is running, press to pause the program.

If the time reaches 0, the program is turned off, the cool-down phase starts, and then the exercise summary is displayed.

## CONSTANT POWER PROGRAM



Logged-in user: Automatically displays the user's personal data, can be edited by pressing .

Guest: The program selects the data set by the system, the values can be adjusted by pressing the button , but the data is not saved in the next program.



Setting value	Default value	Setting range
Time	20 min	00:01 ~ 99:59 (min:sec)
Target power	200 watts	50 Watts ~700 Watts



The program will start with the default values



Return to program selection.



Return to the home screen

The program includes a warm-up and a cool-down phase.

Press START, the animation will start and a sound signal will sound, this animation cannot be paused / turned off.

## TRAINING



The program includes a warm-up and a cool-down phase.

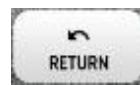
Press START, the animation will start and a sound signal will sound, this animation cannot be paused / turned off.

## INTERVAL PROGRAM



The program contains 3 subcategories: classic, HIIT, custom

Default selection: classic



Return to the previous screen



Program selection button is not active if the program is not selected.

### CLASSIC INTERVAL



Logged-in user: Automatically displays the user's personal data, can be edited by pressing

Guest: The program selects the data set by the system, the values can be adjusted by pressing the button , but the data is not saved in the next program.

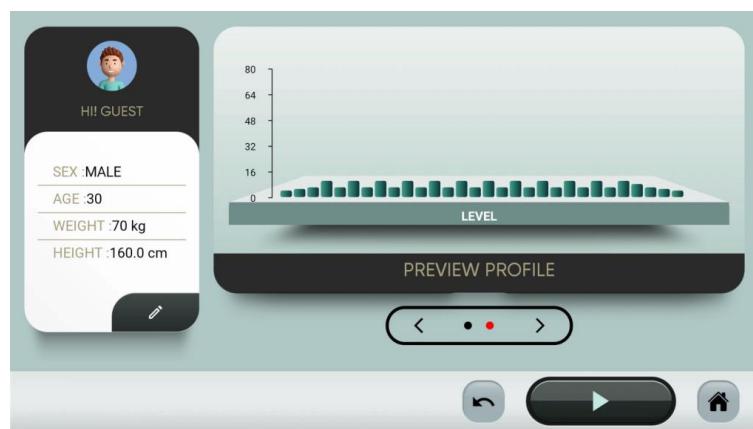


Setting value	Default value	Setting range
Time	20 min	00:01 ~ 99:59 (min:sec)
Max. resistance	10	1~80

If the maximum resistance value is adjusted, all other segments of the program are adjusted to match the resistance.

Use the arrows to switch pages.

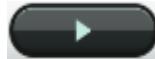
Program Preview:



1	2	3	4	5	6	7	8	9	10
0	6	12	18	24	30	36	43	49	55
11	12	13	14	15	16	17	18	19	20
61	67	73	79	85	91	97	103	109	115
21	22	23	24	25	26	27	28	29	30
122	128	134	140	146	152	158	164	170	176
31	32	33	34	35	36	37	38	39	40
182	188	194	201	207	213	219	225	231	237
41	42	43	44	45	46	47	48	49	50
243	249	255	261	267	273	279	286	292	298

51	52	53	54	55	56	57	58	59	60
304	310	316	322	328	334	340	346	352	358
61	62	63	64	65	66	67	68	69	70
365	371	377	383	389	395	401	407	413	419
71	72	73	74	75	76	77	78	79	80
425	431	437	444	450	456	462	468	474	480

The program profile changes according to the maximum selected resistance.



The program will start with the default values



Return to program selection.



Return to the home screen

The program includes a warm-up and a cool-down phase.

Press START, the animation will start and a sound signal will sound, this animation cannot be paused / turned off.

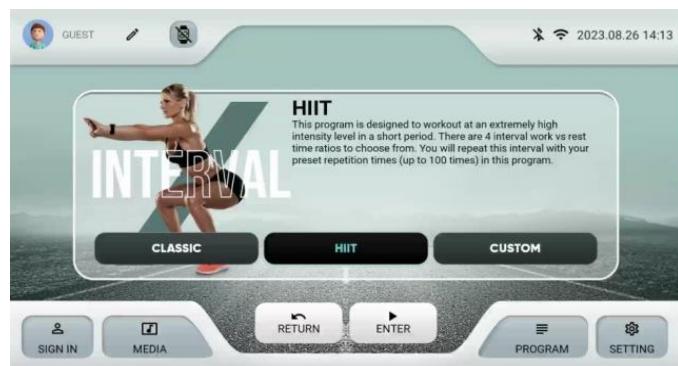
## TRAINING



If the program is running, press to pause the program.

If the time reaches 0, the program is turned off, the cool-down phase starts, and then the exercise summary is displayed.

## PROGRAM HIIT



Logged-in user: Automatically displays the user's personal data, can be edited by pressing .

Guest: The program selects the data set by the system, the values can be adjusted by pressing the button , but the data is not saved in the next program.

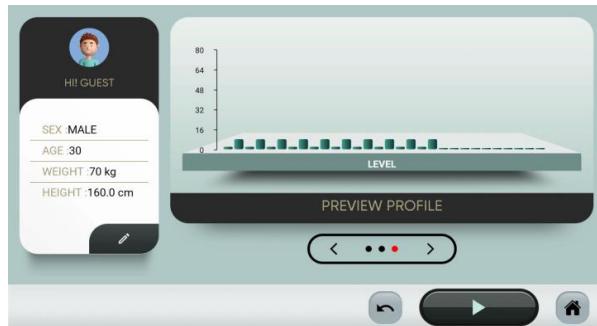


Setting parameters:

Parameter	Default value	Setting range	
Interval ratio	10:30	10:30	20:10
		20:20	20:30
Training resistance	8	5~80	
Resistance to rest	2	1~80	
Number of repetitions	10	4 – 100	

Use the arrows  to switch pages.

Program Preview:



The program generates a profile according to the set values for the training phase, rest phase and the number of repetitions.



The program will start with the original values



Return to program selection.

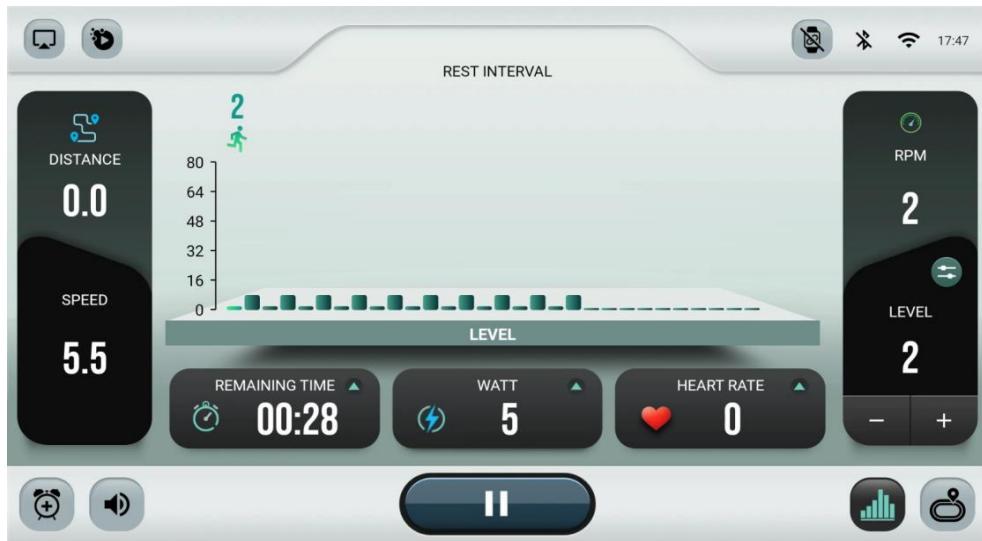


Return to the home screen

The program includes a warm-up and a cool-down phase.

Press START, the animation will start and a sound signal will sound, this animation cannot be paused / turned off.

## TRAINING



If the program is running, press **II** to pause the program.

If the time reaches 0, the program is turned off, the cool-down phase starts, and then the exercise summary is displayed.

**The program includes two phases: training and rest**

### Rest phase

When the program starts, the rest phase is active.

If you adjust the resistance during the rest phase, that resistance will be applied to the other rest phases.



### Training phases

During the training phase, the current resistance is shown on the display.

If you adjust the resistance during a training phase, that resistance will be applied to the next phases of the training.

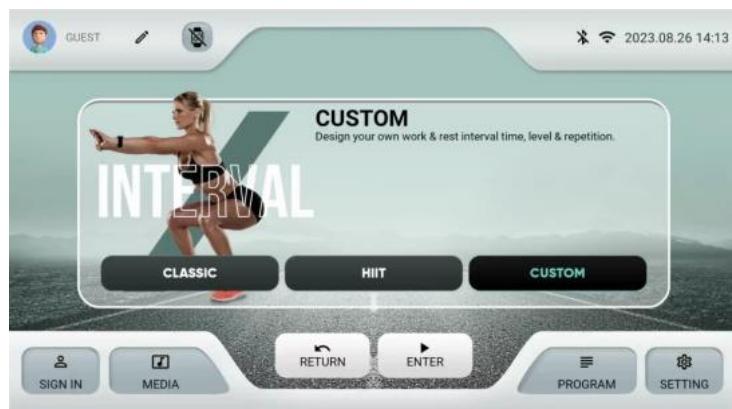


The rest and training phases alternate, they are always announced on the display.

Resistance changes in a given phase are always applied to the will phase.



### USER INTERVAL PROGRAM



Logged-in user: Automatically displays the user's personal data, can be edited by pressing .

Guest: The program selects the data set by the system, the values can be adjusted by pressing the , but the data is not saved in the next program.

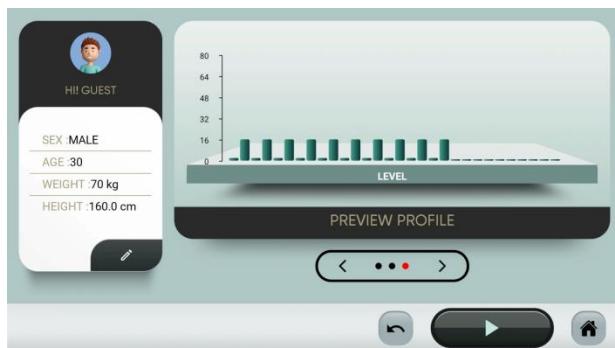


Setting parameters:

	Default value	Setting range
Training phase – time	01:00 (MIN:SEC)	01:00~ 99:59 (MIN:SEC)
Training phase – load	16	1~80
Rest phase – time	00:30 (MIN:SEC)	00:30 ~ 99:59 (MIN:SEC)
Rest phase – load	2	1~80 (can not be higher than the training phase)
Number of repetitions	10x	4 – 100x

Use the arrows  to switch pages.

Program Preview:



The program generates a profile according to the set values for the training phase, rest phase and the number of repetitions.



The program will start with the original values



Return to program selection.

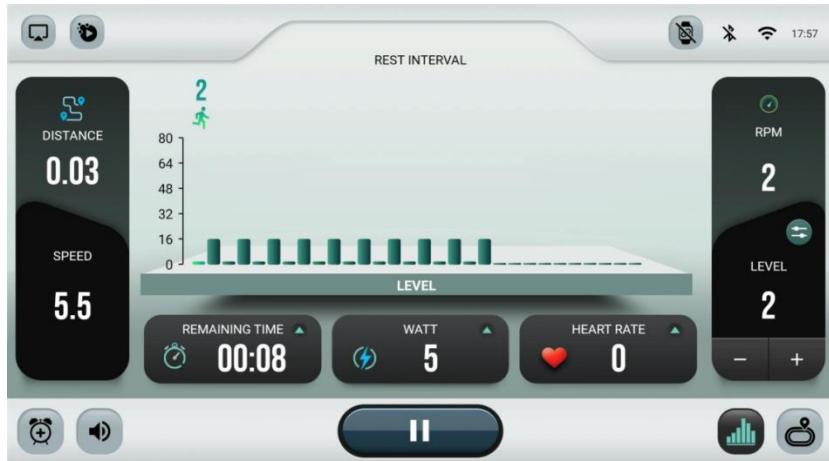


Return to the home screen

The program includes a warm-up and a cool-down phase.

Press START, the animation will start and a sound signal will sound, this animation cannot be paused / turned off.

## TRAINING



If the program is running, press  to pause the program.

If the time reaches 0, the program is turned off, the cool-down phase starts, and then the exercise summary is displayed.

**The program includes two phases: training and rest**

### Rest phase

When the program starts, the rest phase is active.

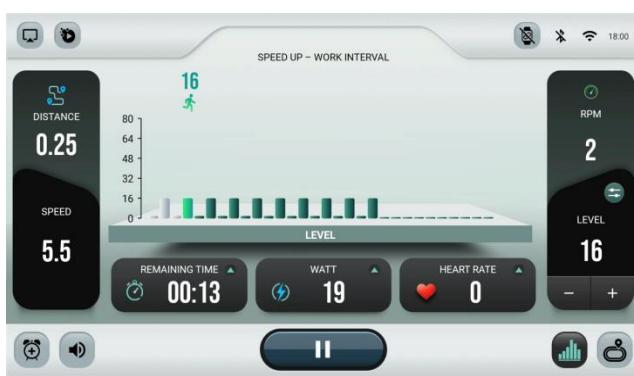
If you adjust the resistance during the rest phase, that resistance will be applied to the other rest phases.



## Training phases

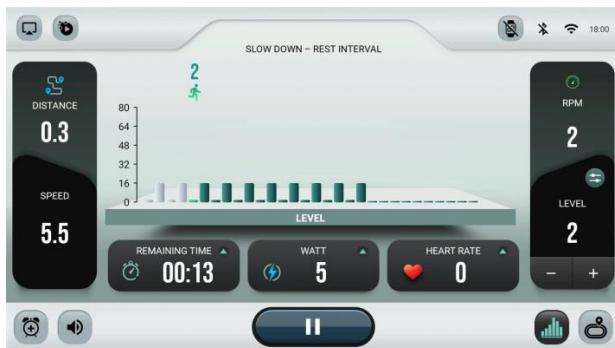
During the training phase, the current resistance is shown on the display.

If you adjust the resistance during a training phase, that resistance will be applied to the next phases of the training.

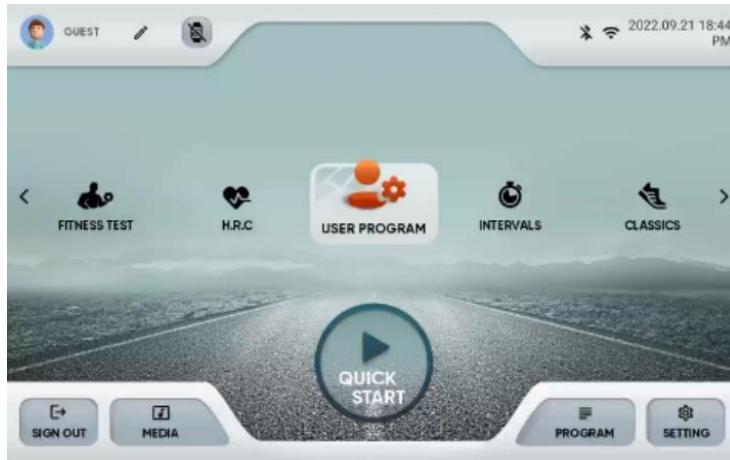


The rest and training phases alternate, they are always announced on the display.

Resistance changes in a given phase are always applied to the will phase.



## USER PROGRAM



The program is divided into guests, the logged-in user and the program itself.

### GUEST



Guest – without a set program



Guest – without a set program



If the program is not set, the program cannot be started.

Guest – with a set program



Guest – with a set program



## Guest – stored data



Return to program selection.



Return to the home screen

You can edit the profile by pressing



## Logged-in user



## Logged-in user – set program



Return to program selection.



Return to the home screen

You can edit the profile by pressing

The last 10 exercises of the guests are saved.

A maximum of 5 avatars are displayed.

Use the arrow keys to switch between avatars.

Press START to start the program.

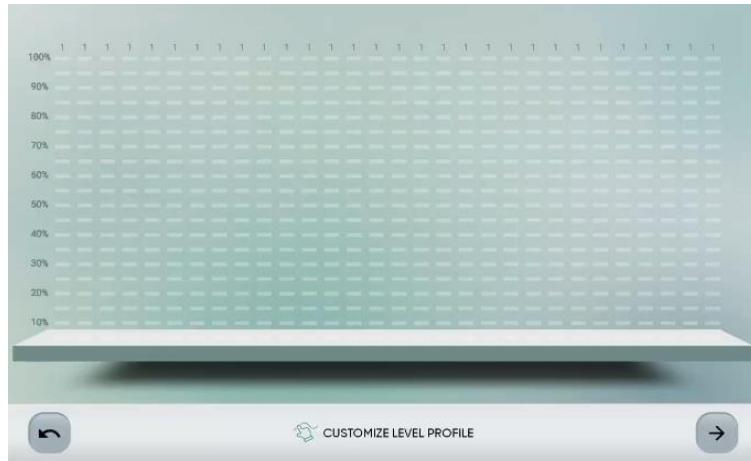
If the program is not set, the program cannot be started.

The last 10 exercises are saved.

Press START to start the program.

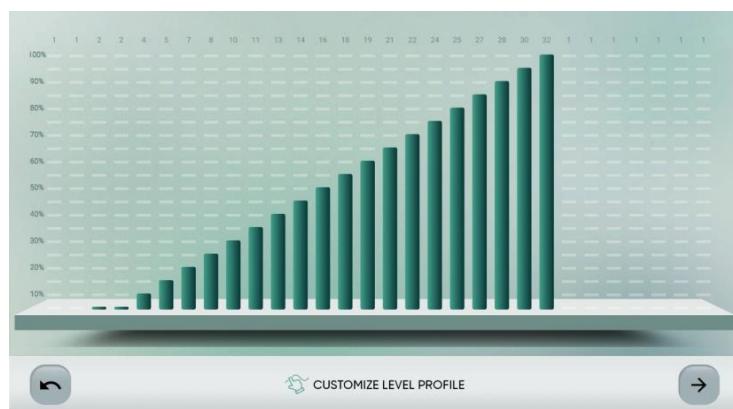
## PROGRAM SETTINGS

Press  to enter the program settings



## RESISTANCE ADJUSTMENT

You can adjust the resistance using the touch screen.

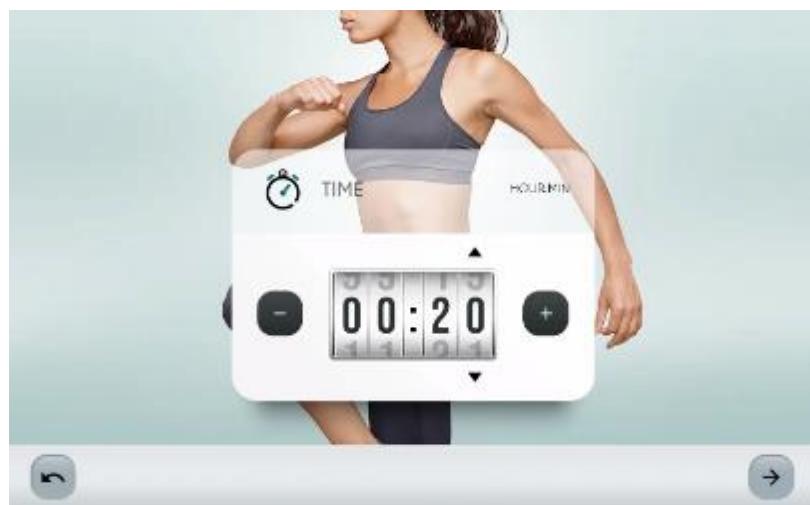


Return to program selection.



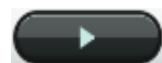
Go to the time setting.

## TIME SETTING



Value	Default value	Setting range
Time	20 min	00:01 ~ 99:59 (min:sec)

#### Profile Preview



The program will start with the original values



Return to time settings



Return to the home screen

The program does not include a warm-up and a cool-down phase.

Press START, the animation will start and a sound signal will sound, this animation cannot be paused / turned off.

#### TRAINING



If the program is running, press to pause the program.

If the time reaches 0, the program is turned off, the cool-down phase starts, and then the exercise summary is displayed.

#### VISION RUN



There are 4 programs to choose from.

The selected program has blue font.



Logged-in user: Automatically displays the user's personal data, can be edited by pressing .

Guest: The program selects the data set by the system, the values can be adjusted by pressing the button , but the data is not saved in the next program.



Setting parameters

Parameter	Default value	Setting range
Time	20 min	00:01 ~ 99:59 (min:sec)
Distance	5 m	1~9999 m
Calorie	200 kcal	10 ~ 99999 kcal

The program does not include a warm-up and a cool-down phase.

Press START, the animation will start and a sound signal will sound, this animation cannot be paused / turned off.

## TRAINING



The scenery starts from the beginning when finished.

The video will start playing after motion is detected and will stop if the program pauses.

The playback speed of videos depends on the speed of revolutions per minute.

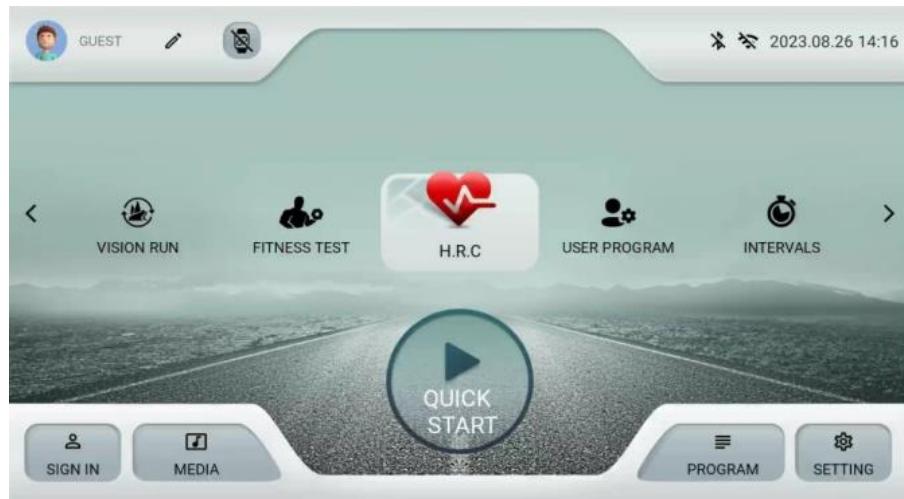
The buttons to view the training profile and track are not active.

If an alarm is set, the video stops when the alarm goes off.

If the program is running, press  to pause the program.

If the time reaches 0, the program is turned off, the cool-down phase starts, and then the exercise summary is displayed.

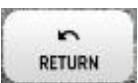
## PROGRAM H.R.C



Includes three programs: 60% / 70% / 80%

Default program: 60%



 Return to program selection

 Press to confirm the selected program.

The H.R.C program works on the basis of heart rate. For the most accurate running of the program, we recommend using a chest strap.



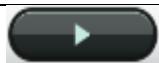
Logged-in user: Automatically displays the user's personal data, can be edited by pressing .

Guest: The program selects the data set by the system, the values can be adjusted by pressing the button , but the data is not saved in the next program.



Setting parameters:

Parameter	Default value	Setting range
Time	20	00:01 ~ 99:59 (min:sec)
Target heart rate	60% - 114 bpm 70% - 133 bpm 80% - 152 bpm	0 - 220



The program will start with the original values



Return to time settings



Return to the home screen

The program does not include a warm-up and a cool-down phase.

Press START, the animation will start and a sound signal will sound, this animation cannot be paused / turned off.

## TRAINING



Heart rate detection is active from the start of the program.

The resistance does not change until the heart rate is detected.

If the program is running, press to pause the program.

If the time reaches 0, the program is turned off, the cool-down phase starts, and then the exercise summary is displayed.

## PROGRAMME CALLS

### Low heart rate

Heart rate is low compared to set heart rate



Target heart rate - current heart rate $\geq 25$	Increase the load by 3 levels every 10 seconds until the maximum value is reached
Target heart rate - current heart rate $\geq 15$	Increase the load by 2 levels every 10 seconds until the maximum value is reached
Target heart rate - current heart rate $\geq 5$	The load does not change
Target heart rate - current heart rate $\pm 4$	The load does not change

## High heart rate



Target heart rate - current heart rate $\leq$ -25	Resistance reduction by 3 levels every 10 seconds until minimum value is reached
Target heart rate - current heart rate $\leq$ -15	Resistance reduction by 2 levels every 10 seconds until minimum value is reached
Target heart rate - current heart rate $\leq$ -5	Resistance reduction by 1 level every 10 seconds until minimum value is reached
Target heart rate - current heart rate $\pm$ 4	The load does not change

If your heart rate exceeds the maximum limit, a notification appears and the program turns off. If the target heart rate is -5 for 10 seconds, the current heart rate  $\leq$  is reduced by 1 level. If the heart rate is still high, a notification appears and the program turns off. A summary of the exercise is displayed.



If the current heart rate is  $\leq$  -5 and the resistance is 30, the warning window will be displayed below for 30 seconds, the program will turn off and the exercise summary will be displayed.



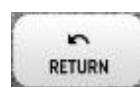
If the heart rate is not detected, a warning window will be displayed below.



## FITNESS TEST



The test duration is 6~15 min depending on the heart rate, the test is terminated once the heart rate reaches 85% of the maximum value. "



Return to program selection.



Confirm the selected program.

Logged-in user: Automatically displays the user's personal data, can be edited by pressing

Guest: The program selects the data set by the system, the values can be adjusted by pressing a button, but the data is not saved in the next program.



Setting parameters:

Value	Default value	Setting range
Height	160	Metric: 100~250cm Imperial: 3 feet 3.4 inches ~ 8 feet 2.4 inches.
Sex	Man	Man / Woman
Age	30	10~99
Weight	70	Metric: 20~200KG Imperial: 44 ~ 440 LB



Return to the previous screen



Return to the home screen

## COURSE OF THE PROGRAM

The program includes a warm-up and a cool-down phase.

Press START, the animation will start and a sound signal will sound, this animation cannot be paused / turned off.

The warm-up cannot be skipped, duration 3 min.

The resistance cannot be changed during the warm-up and the heart rate detection is not active.  
Warm-up load: 1 min – 1 level, 2 min – 2 level, 3 min – 3 level

## COURSE OF THE PROGRAM



The program cannot be paused, if you press the button during operation, the program will turn off and switch to the start screen.

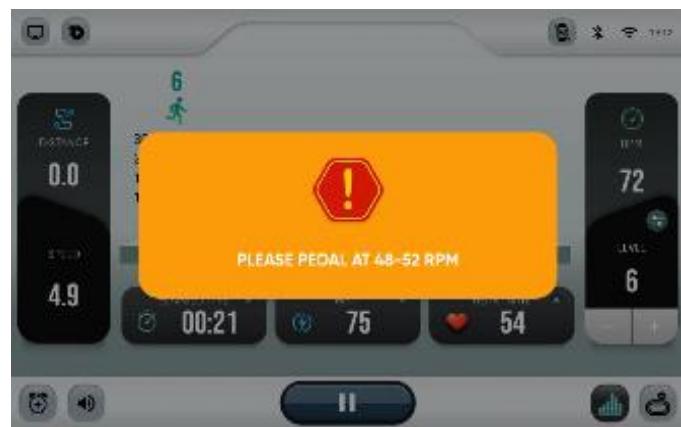
If an alarm goes off during a program, it turns off the program progress and switches to standby mode.

By pressing START, the program will start and count the time from 0:00.

Original load: for women – level 3

for men – level 6

Keep the speed between 48 – 52 rpm. If you are out of range, you will hear an audible signal. If you are out of range for more than 30 seconds, the program will turn off and the console will switch to standby mode.



## EXERCISE SUMMARY

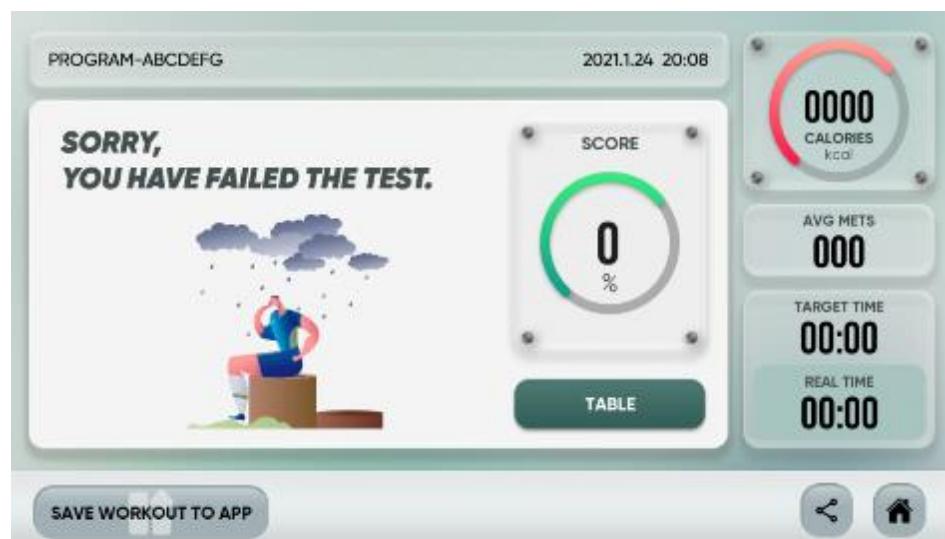
After 3 minutes of viewing the exercise summary, the console switches to the main screen. You can share the result on social networks, it cannot be saved to the console.

## THE TEST WAS SUCCESSFUL



Once the distance reaches 0.0, a table with the result is displayed.

## TEST FAILED



The test fails if the following happens:

Press the pause button .

The distance reaches 0.0, but the result is insufficient.

Press  to view a table of results for passing the test.

VO2 MAX Chart for males and very fit females							
AGE	VeryPoor	Poor	Below Average	Average	Above Average	Good	Excellent
18-25	< 30	30-36	37-41	42-46	47-51	52-60	> 60
26-35	< 30	30-34	35-39	40-42	43-48	49-56	> 56
36-45	< 26	26-30	31-34	35-38	39-42	43-51	> 51
46-55	< 25	25-28	29-31	32-35	35-38	39-45	> 45
56-65	< 22	22-25	26-29	30-31	32-35	34-41	> 41
65+	< 20	20-21	22-25	26-28	29-32	33-37	> 37

## SETTINGS



### 1. Connection settings



### 2. Machine settings



### 3. Update the app



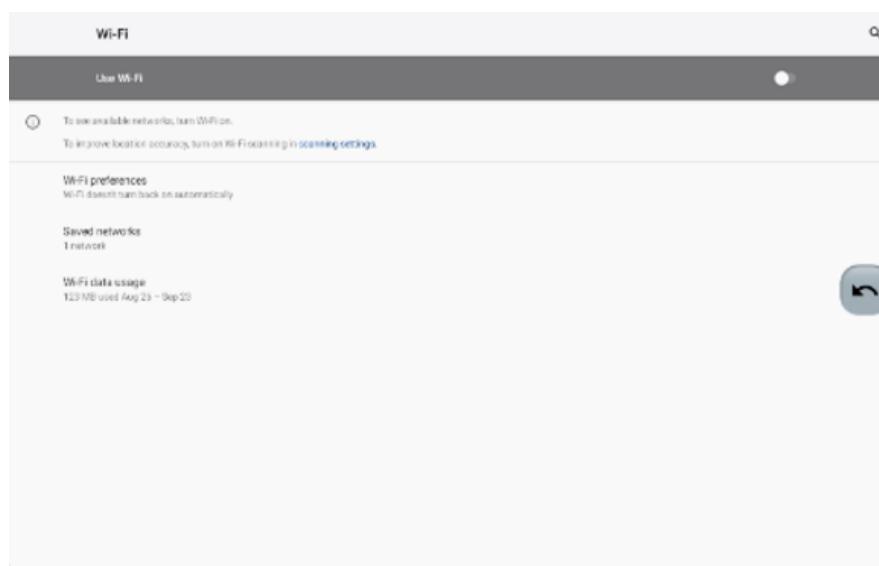
### CONNECTION SETTINGS



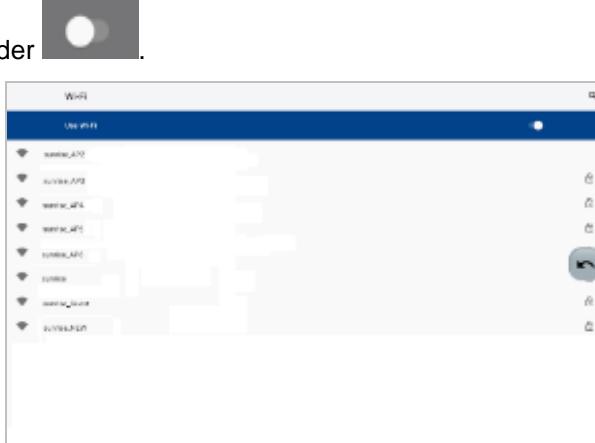
### 4. Device information



### WiFi

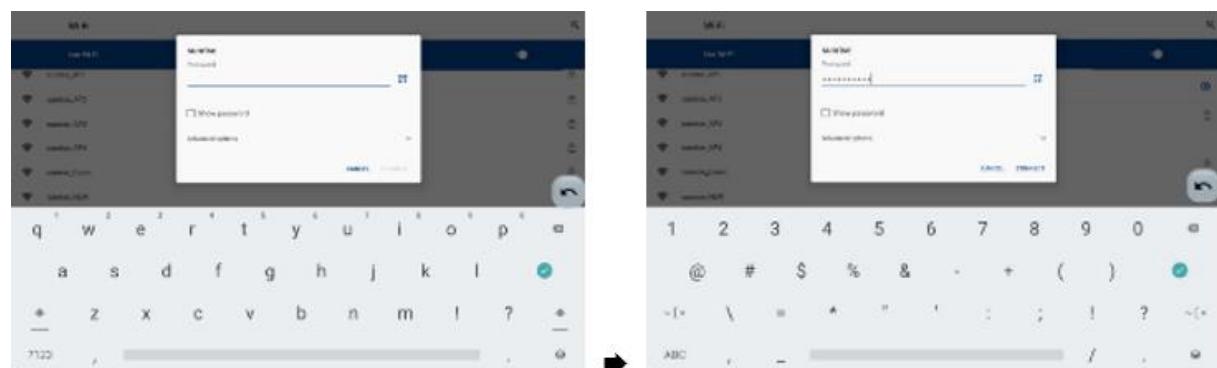


Launch WiFi using the slider



The console scans for nearby duplicating networks.

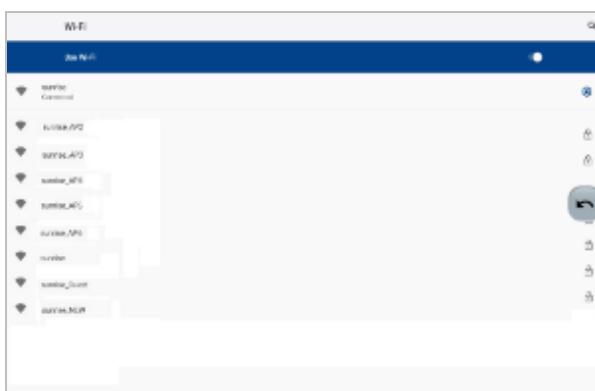
Select the network you want to connect to.



Description of buttons

Show password	Displays the password
Cancel	Logs out the device
Connect	Pairs devices
	Return to the home screen

Pair the console with your WiFi network.



WiFi connection status:



Connected

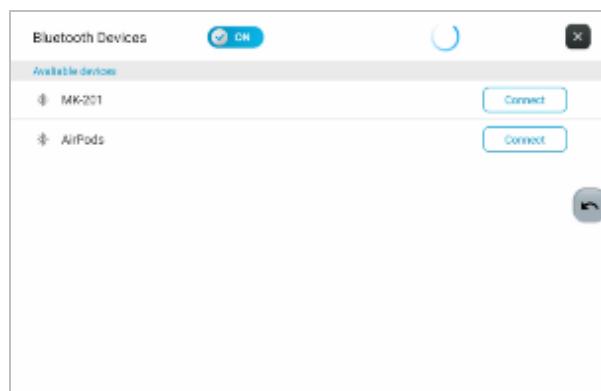


Not connected

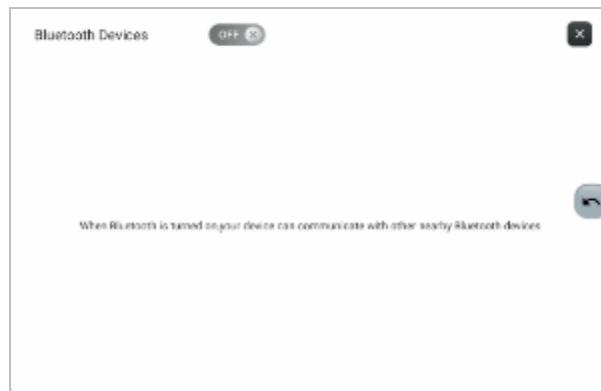
## Bluetooth



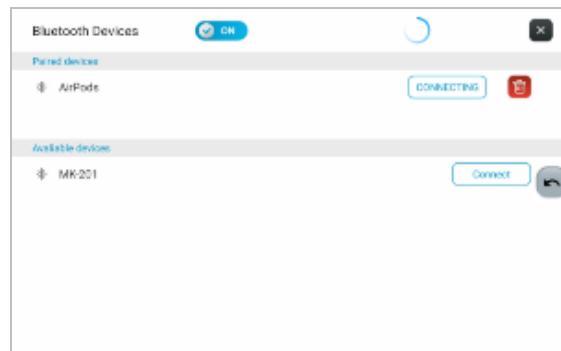
When Bluetooth is launched, it automatically starts searching for active nearby devices. Select your device to pair.



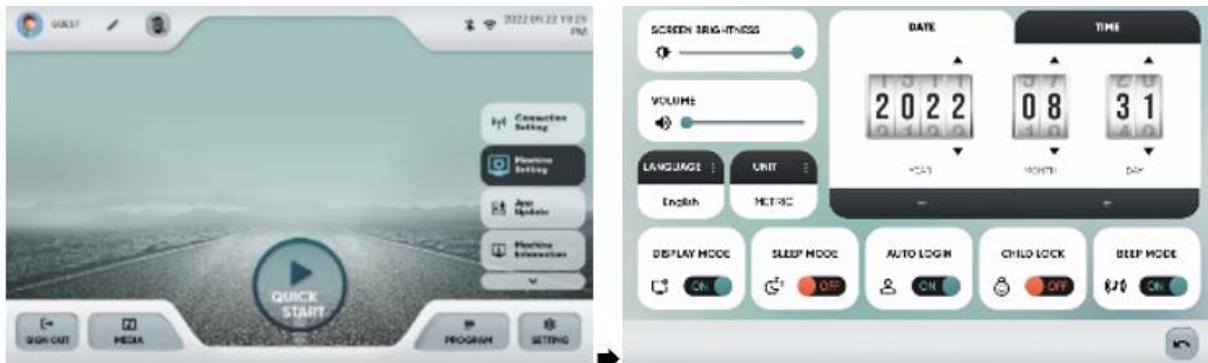
## Bluetooth Off



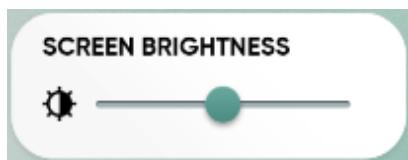
## Pairing



## DEVICE SETTINGS



### Display brightness



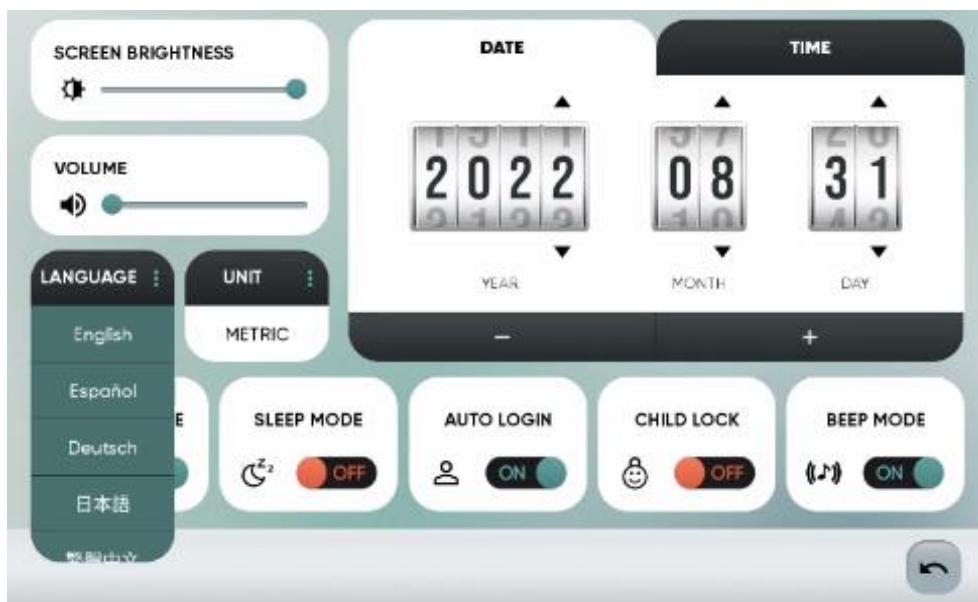
Use the slider  to adjust the brightness of the display.

### Volume



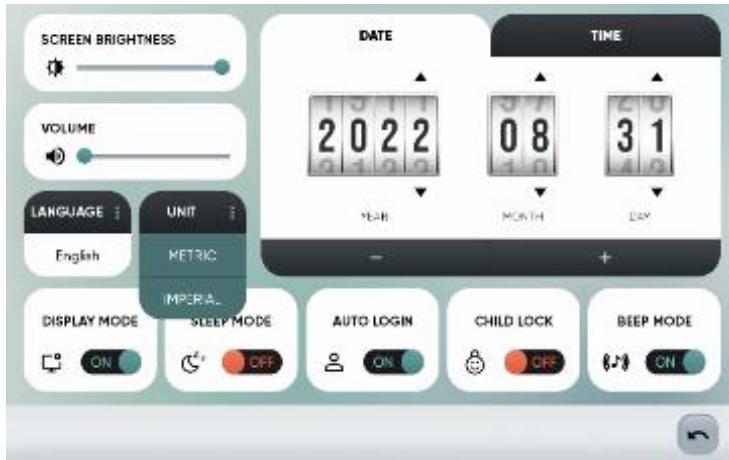
Use the positive hand  to adjust the volume.

### Language



Press  to display the language menu.

## Units

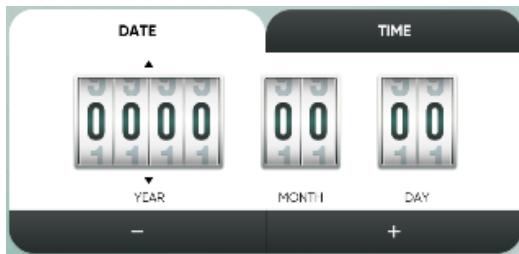


Press **UNIT** to display the drive menu.

Default Value: Metric

Metric	Miles	Kg	Cm
Imperial	mile	pounds	Feet, inches

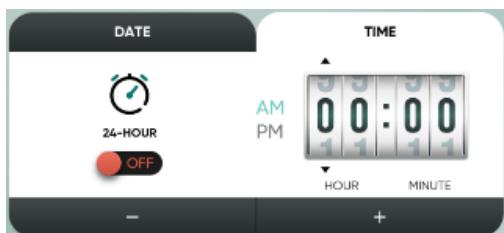
### Date settings



Date format: year / month / day

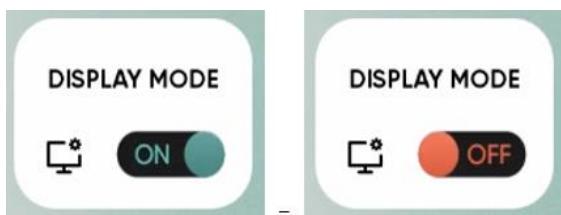
The date is automatically set when you connect to the Internet.

### Setting the time



Time format: 12-hour, 24-hour

### Display settings

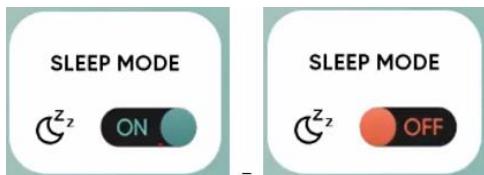


Default Value: OFF

The setting has a different effect depending on the sleep mode.

	Sleep mode running	Sleep mode off
Display on	After 30 minutes of inactivity, the console will go to sleep (the console will turn off)	The console does not go into power saving mode
Display off	After 30 minutes of inactivity, the console will go to sleep (the console will turn off)	After 30 minutes of inactivity, the console will go to sleep (the console can be started by touching)

### Sleep mode



Default Value: OFF

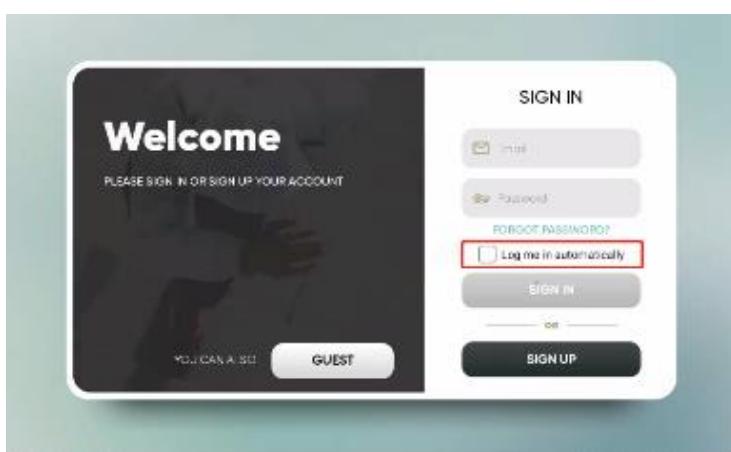
The setting has a different effect depending on the display settings.

	Sleep mode running	Sleep mode off
Display on	After 30 minutes of inactivity, the console will go to sleep (the console will turn off)	The console does not go into power saving mode
Display off	After 30 minutes of inactivity, the console will go to sleep (the console will turn off)	After 30 minutes of inactivity, the console will go to sleep (the console can be started by touching)

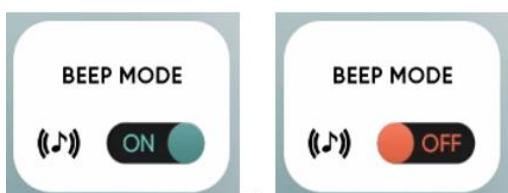
### Automatic login



You can set up automatic login of the selected profile.

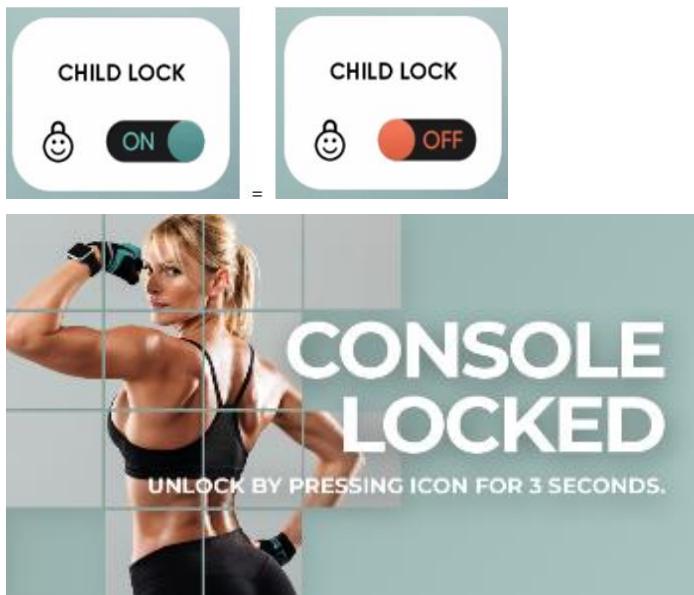


### Beep



You can start/disable sound system notifications.

### Child lock



Original value: Started

After 10 minutes of inactivity, the lock will be triggered.

To turn off the lock, you need to hold the button to return to the main screen for 3 seconds.

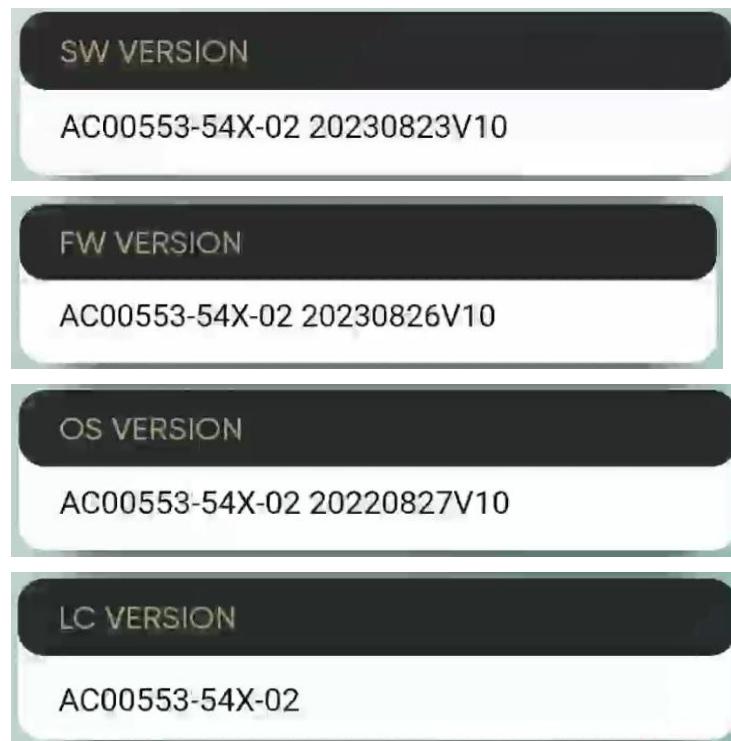
### Updating applications



System and app updates.

## Device information

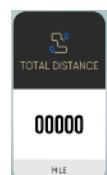
Software version for the component



Total exercise time: when you reach the max. value (9999 hours), the time will be counted from 0.

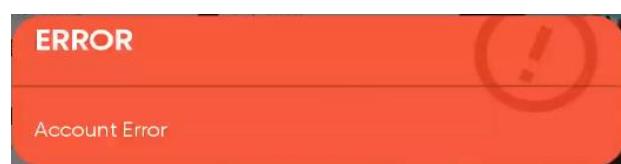


Total distance travelled: when the maximum value (9999 km) is reached, the distance will be calculated from 0.

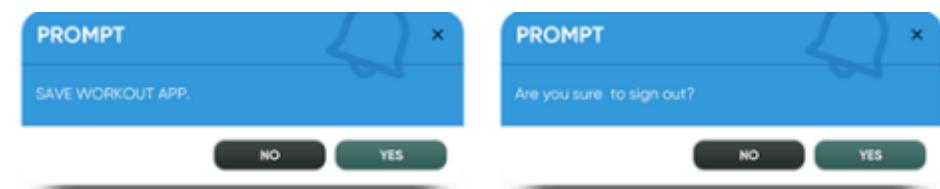


## WARNING MESSAGES

### Error



### Informational



## H.R.C

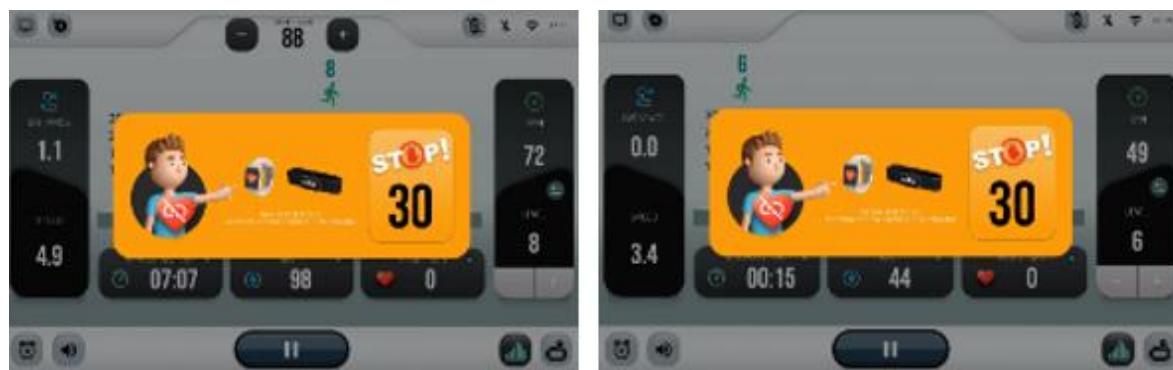


## Fitness

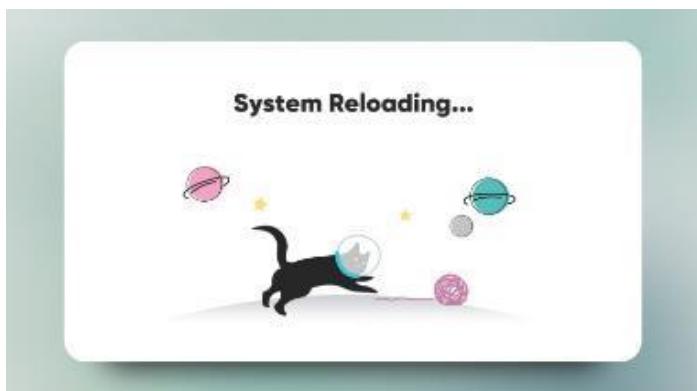


## H.R.C fitness test

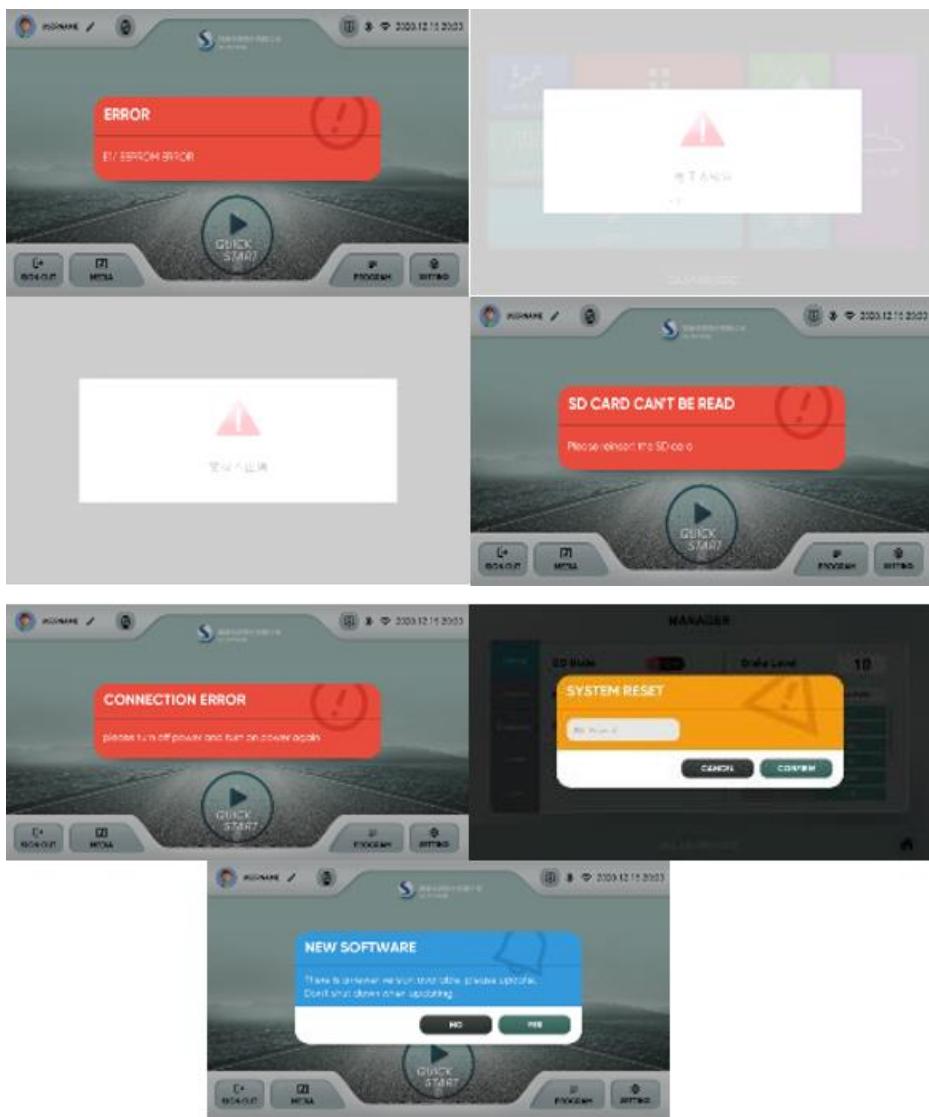
If the heart rate is not detected for 30 seconds, it will turn off.



## Reboot the system



## Error codes



Connection error	Connection error	<ol style="list-style-type: none"><li>1. Make sure the console cable isn't loose</li><li>2. Make sure that the contact between the top and bottom ends of the console cable is connected</li></ol> <p>Check your console for damage.</p>
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E2	Overcurrent error	Turn it off and on. Replace the lower control unit.
E4	Solenoid open circuit	Check your connection
E12	Warning: Interrupting the adapter plate and bottom regulator signal.	Replace and reboot

## 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 are 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 the 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!
- **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!**

## USE

Exercise on the spinning bike is based on very simple movements, but you will surely fall in love with them. Thanks to simplicity of the exercise on the spinning 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 spinning 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 spinning 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 spinning 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 spinning 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.

## CORRECT BODY POSTURE

When training, keep your body upright, or you can lean 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.

## EXERCISE 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

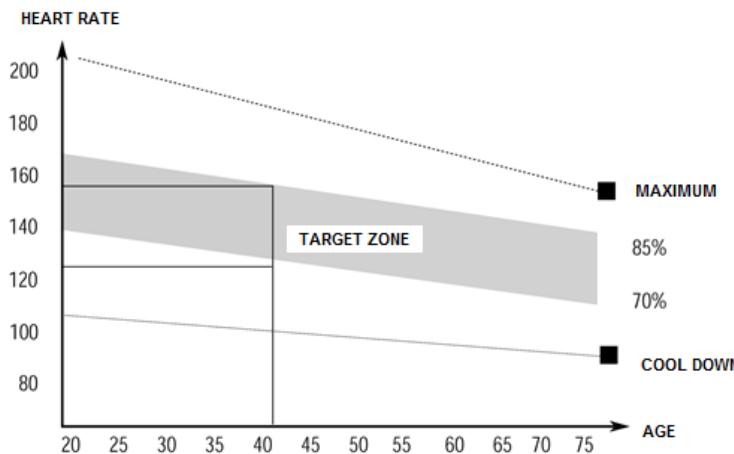
Sit on the floor and place your feet together. Knees are pointed outwards. Pull your feet as close as possible to your groin. Press your knees carefully downwards. Keep this position for 30-40 seconds if possible.



### 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 15 seconds. Keep your leg stretched and repeat exercising with other leg.

**Exercise Stage.** Regular exercise will make your muscles stronger. Keep the pace according to the chart during the training. Training should take at least 12 minutes.



Then let the muscles calm down by reducing the pace for approx. 5 min. Then do the warm-up exercises. Train regularly at least 3 times a week.

## 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 spinning bike in a clean and dry environment. Make sure the power switch is turned off and the spinning bike is not plugged into the power socket.

## IMPORTANT NOTICE

- This spinning bike comes with standard safety regulations. 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 spinning 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 spinning bike is not suitable for 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 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 Kutnohorská 531, Štěrboholy Retail Park, 109 00, Praha 10, ČR, 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 SEVEN SPORT s.r.o.**

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### **About shipping**

