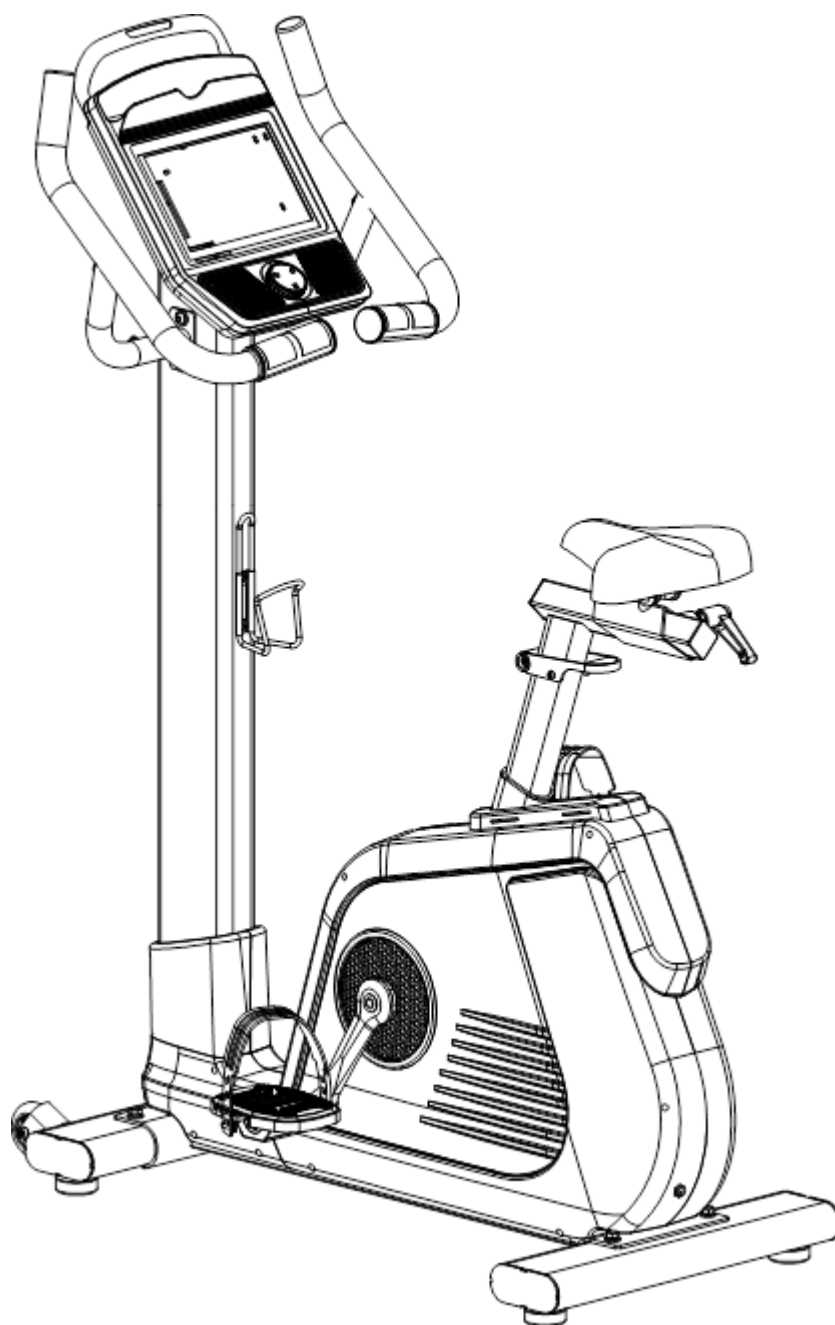# USER MANUAL – EN

IN 29085 Exercise bike inSPORTline ZenBike 600

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 where you will find the latest version of the manual.
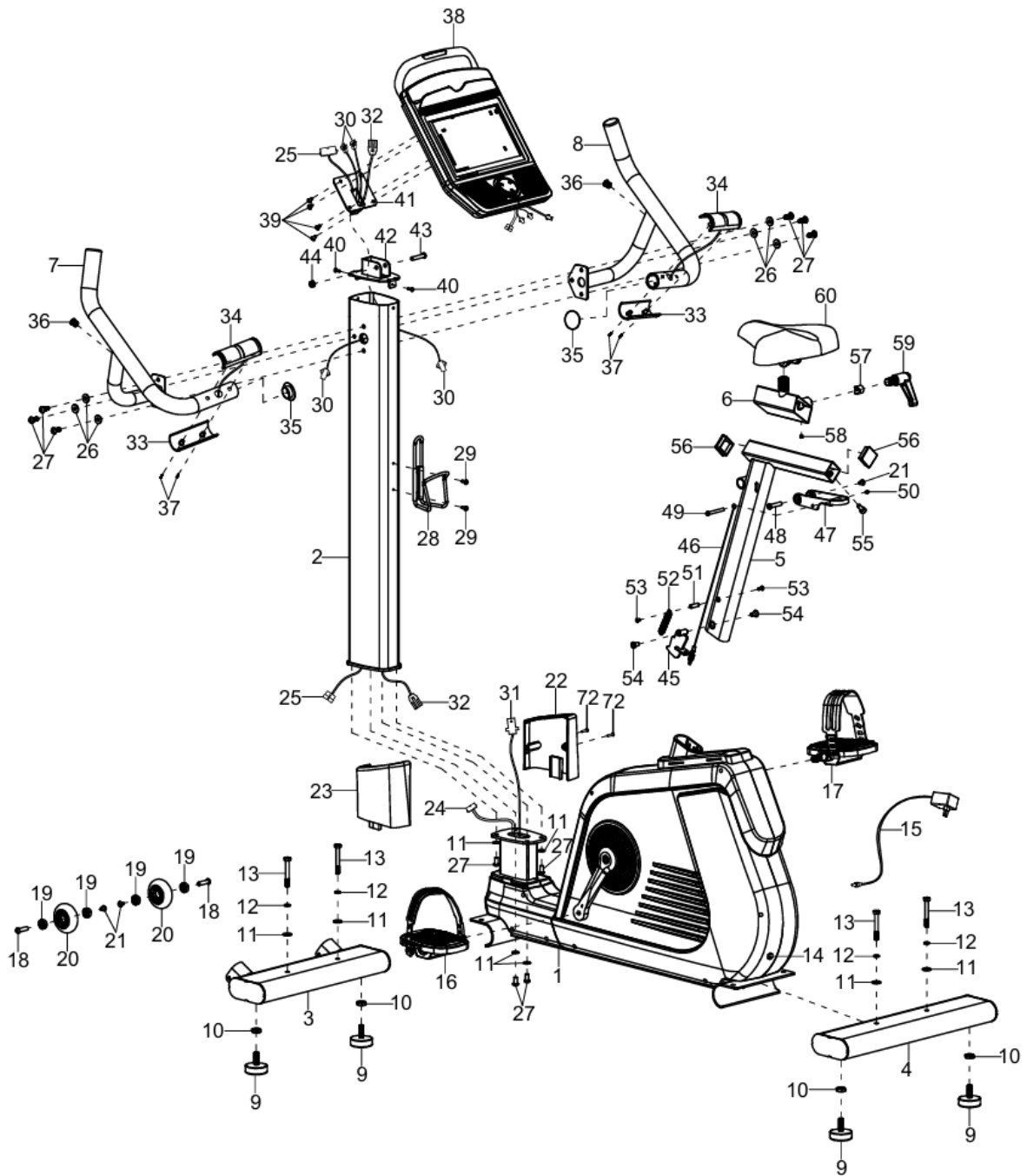
CONTENTS

SAFETY INSTRUCTIONS

- Read all instruction in this manual before using this equipment and keep it for future references.

- Use the machine only for its intended use as described in this manual.

- Inspect and tighten all the loose parts before this equipment is used.

- Keeps hands away from moving parts.

- Keep children and pets away from the machine at all time. DO NOT leave children unattended in the same room with the machine.

- Before using the machine to exercise, always do stretching exercise to properly warm up.

- Inspect the machine before each use; make sure all of the connections are tightly secured.

- Only one person at a time should use the machine.

- If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.

- Position the machine on a clear, levelled surface. DO NOT use the machine near water or outdoor.

- Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Sporting shoes are recommended when using the machine.

- Do not place any sharp object around the machine.

- Disabled persons should not use the machine without a qualified person or physician in attendance.

- Never operate the machine if the machine is not functioning properly.

- Only carry out training work on the equipment when it is in perfect working order. Only use original spare parts in the event of a repair.

- Do not use strong solvents for cleaning, and only use the tools supplied, or suitable ones of your own, for any repairs that may be required.

- Please dispose of the packaging and any parts that have to be replaced subsequently (all parts for the unit) at suitable collecting points or containers with a view to saving the environment.

- DO NOT pull out the seat tube over the warning line" max" which showing on the tube, when you adjust the height of the seat.

- Not for therapeutic use.

- For safety keep at least 0.6 m free space around the device.

- Do not put sharp items on the device. Adjustable parts should not interfere with user's movement.

- **Category**: HA for home use

- **Weight limit**: 150 kg

- **WARNING**! The heart rate monitoring system may not be accurate. Overexertion during training can cause serious injury or death. If you feel nauseous, stop exercising immediately!

- **WARNING:** Before beginning any exercise program, consult your physician. This is especially important for persons with pre-existing health problems. The seller assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

PARTS LIST

No.	Name	Qty	No.	Name	Qty
001	Main frame	1	037	Screw ST4.2*25	4
002	Front post	1	038	Bracket	1
003	Front stabilizer	1	039	Bolt M5*10	4
004	Rear stabilizer	1	040	Screw ST4.2*15	2
005	Seat post	1	041	Bracket holder	1
006	Saddle slider	1	042	Adjustable bracket holder	1
007	Left handle	1	043	Bolt M8*40	1
008	Right handle	1	044	Nut M8	2
009	Adjustable feet	4	045	Hook	1
010	Nut M10	4	046	Cable	1
011	Large washer Φ8*Φ20*2.0	8	047	Adjustable knob	1
012	Spring washer Φ8	4	048	Bolt Φ 8*38	1
013	Bolt M8*65	4	049	Bolt Φ 6*52	1
014	Power cord	1	050	Bolt M4*10	1
015	Adapter	1	051	Pin	1
016	Left pedal	1	052	Tension spring	1
017	Right pedal	1	053	Bolt M5*10	2
018	Bolt M6*15	2	054	Bolt M8*10	2
019	Bearing	4	055	Bolt M8*16	1
020	Transport wheel	2	056	Square cap	2
021	Bolt M6*12	3	057	Stopper	1
022	Left post cover	1	058	Bolt M6*8	1
023	Right post cover	1	059	Hand knob	1
024	Console cable I	1	060	Seat	1
025	Console cable II	1	061	Seat sleeve	1
026	Washer Φ8*Φ16*1.5	7	062	Bearing 6004-2Z	2
027	Bolt M8*20	10	063	Sensor cable	1
028	Bottle holder	1	064	Pulley shaft	1
029	Screw ST4.8*20	2	065	Belt pulley	1
030	Extension pulse cable	2	066	Bolt M6*15	4
031	Grounding cable I	1	067	Spring washer Φ6	4
032	Grounding cable II	1	068	Nut M6	4
033	Pulse measurement plate A	2	069	Wave washer Φ20*Φ24*0.3	1
034	Pulse measurement plate B	2	070	C-clip Φ20*1.0	2
035	End cap	2	071	Engine	1
036	End cap Φ 12.1	2	072	Screw ST4.2x20	16

073	Pressure wheel holder	1	090	Motor tension cable	1
074	Pressure wheel	1	091	Nut M12	1
075	Washer Φ6*Φ12x1.0	3	092	Bolt M6x35	1
076	Bolt M6*12	3	093	Nut M6	1
077	Bolt M8*18	1	094	Spring hook	1
078	Washer Φ47*Φ10.5x0.4	1	095	Screw ST4.2*25	11
079	Spring hook	1	096	Left connector cover	1
080	Flywheel	1	097	Right connector cover	1
081	Belt	1	098	Chain cover	2
082	Washer Φ30x2	2	099	Left crank	1
083	Nut M10x1.0x6	2	100	Right crank	1
084	Magnetic holder	1	101	Nut M10*1.25	2
085	Magnetic seat	1	102	Crank cover	2
086	Screw ST2.9*9	10	103	Left chain cover	1
087	Magnetic axis plate	1	104	Right chain cover	1
088	C-clip Φ12*1.0	2	105	Transport stabilizer	2
089	Magnet	6			
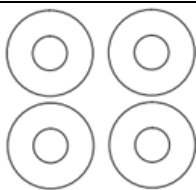
DRAWING

ASSEMBLY

Fasteners

|		
013. Bolt M8*65, 4x	012. Spring washer Φ8, 4x	011. Washer Φ8*Φ20*2.0, 4x
Allen key S6	Wrench S13-15	Screwdriver with wrench

Step 1

Remove 4x bolts (27) and 4x large washers (11) from the front and rear main frame stabilizers brackets (1).

Remove 2x transport stabilizers (105) from the main frame (1).

Please note that the 2x transport stabilizers (105) are for transport purposes.

The 2x transport stabilizers (105), 4x screws (27) and 4x large washers (11) can be discarded.
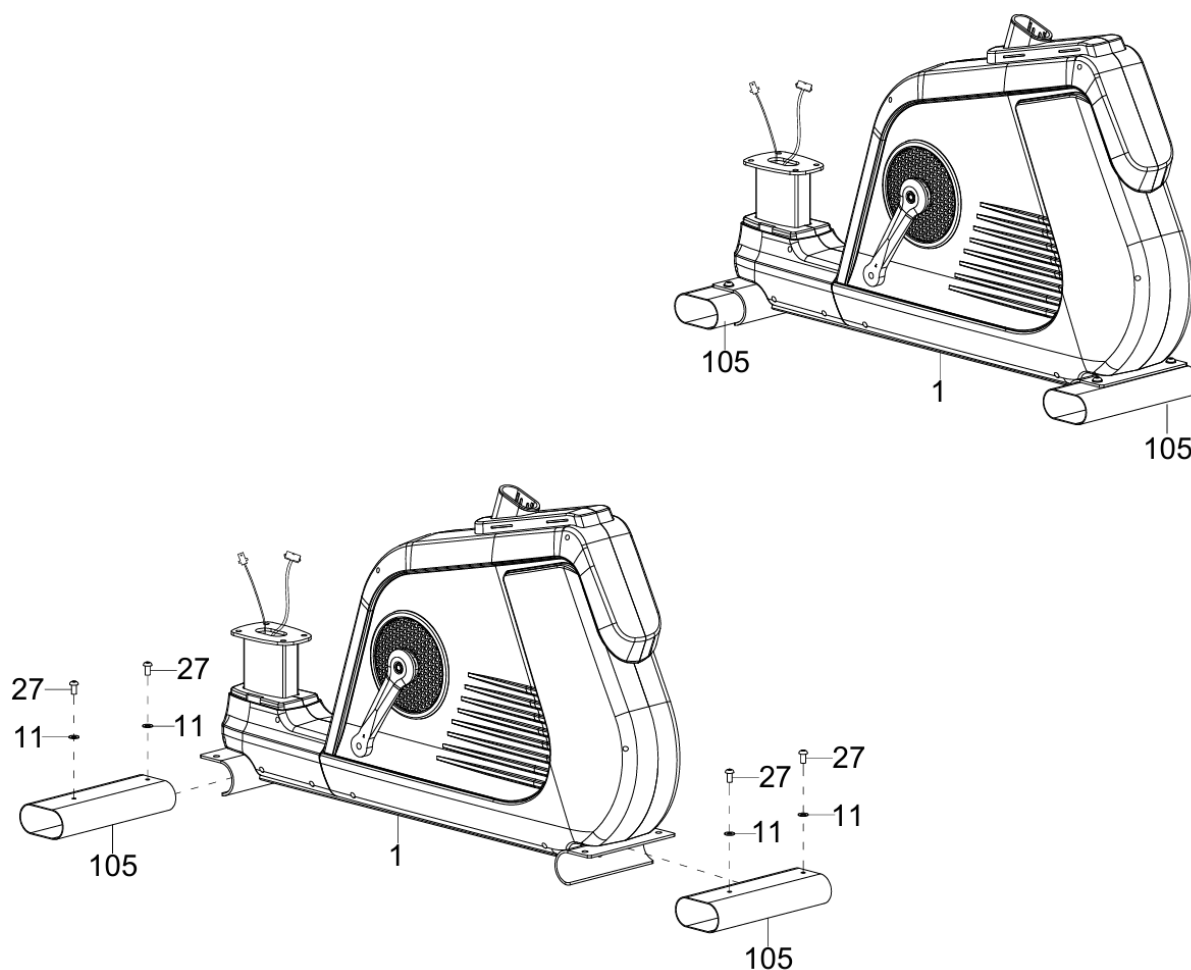
Step 2

Place 4x adjustable feet (9) on front/rear stabilizers (3/4)

Remove 4x bolts (13), 4x spring washers (12) and 4x large washers (11) from front stabilizer (3) and rear stabilizer (4).

Attach front stabilizer (3) to main frame (1) using 2x bolts (13), 2x spring washers (12) and 2x large washers (11) that were removed.

Place rear stabilizer (4) behind main frame (1) and align bolt holes. Attach rear stabilizer (4) to main frame (1) using 2x bolts (13), 2x spring washers (12) and 2x large washers (11) that were removed.
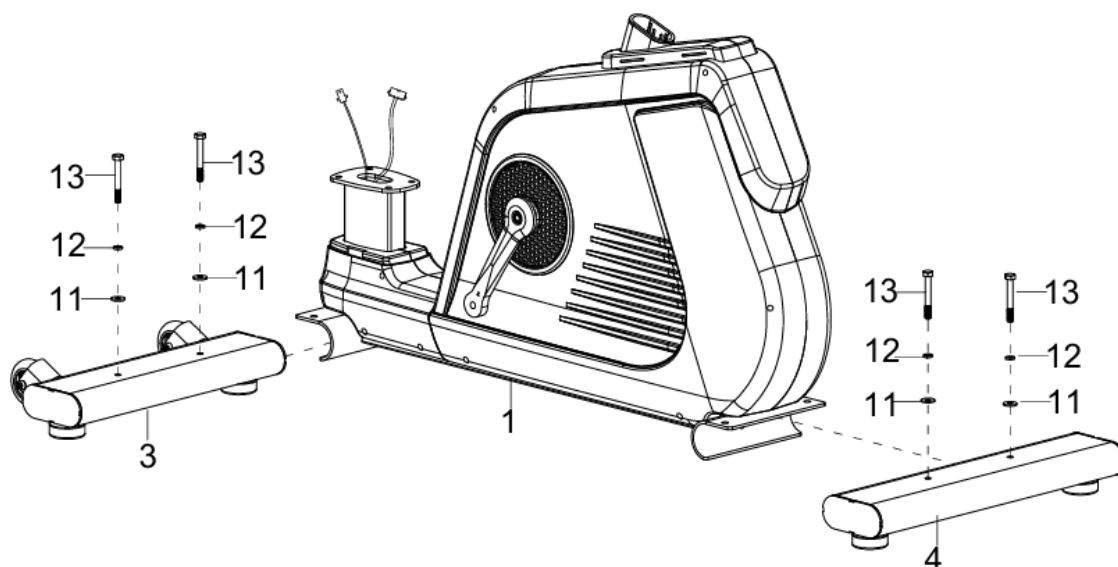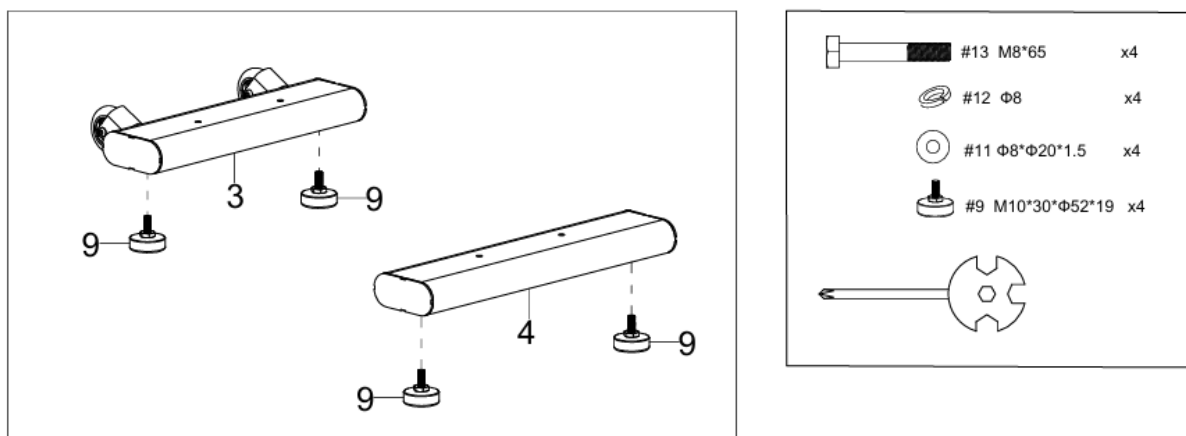
Step 3

Insert the left pedal shaft (16) into the left-hand thread in the crank (99). Attach the pedal clockwise, then tighten with a wrench.

Insert the right pedal shaft (17) into the right-hand thread in the crank (100). Attach the pedal counterclockwise, then tighten with a wrench.

NOTE: Cranks, pedal shafts, and pedal straps are marked "R" for right and "L" for left.
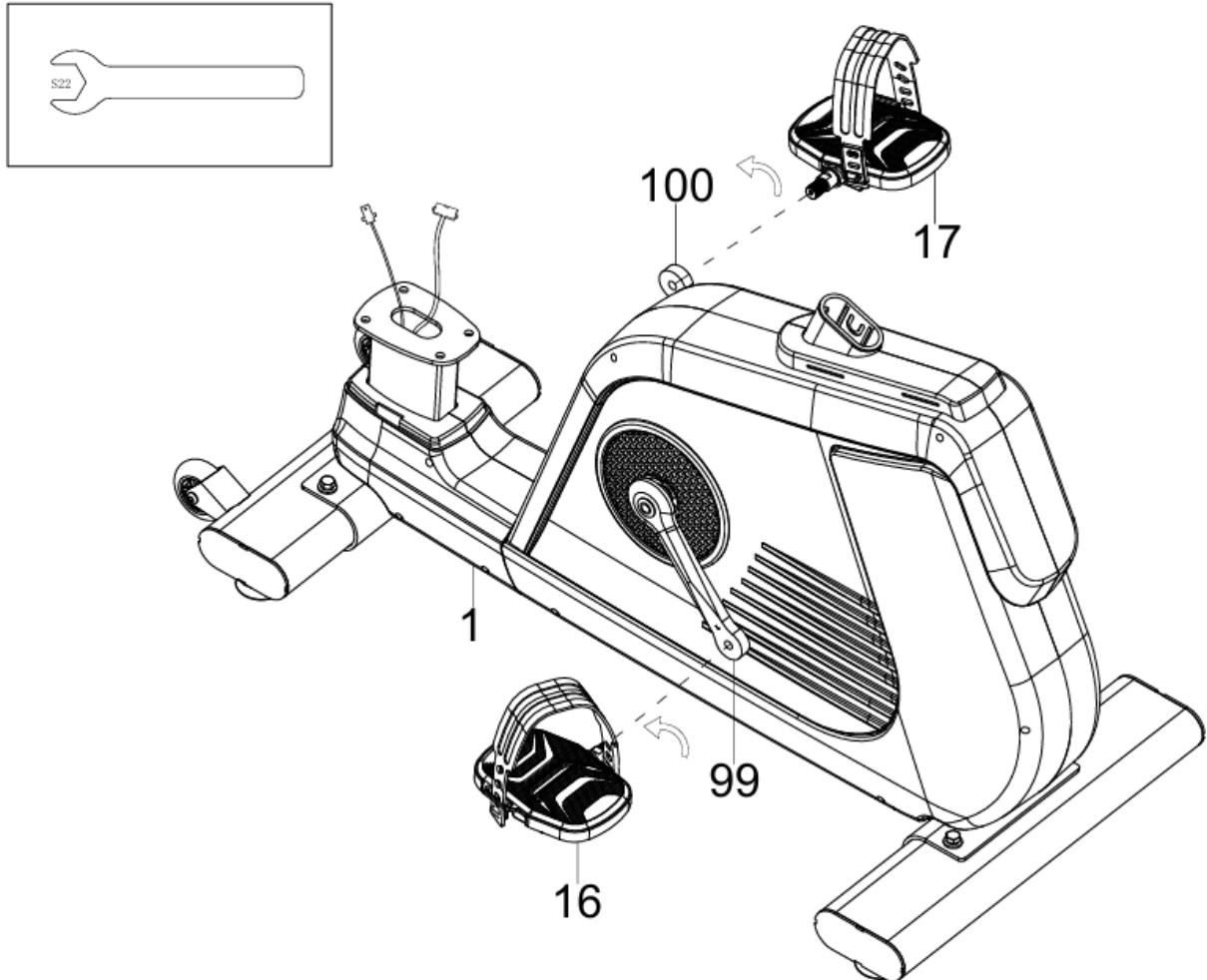
Step 4

Remove 4x bolts (27) and 4x large washers (11) from the post (2).

Connect the sensor cable (24) from the main frame (1) to the console extension cable (25) from the post (2).

Connect the ground cable I (31) from the main frame (1) to the ground cable II (32) from the post (2).

Insert the post (2) into the main frame (1) and secure them with the 4x bolts (27) and 4x large washers (11) that were removed.

Attach the left front post cover (23) and the right front post cover (22) to the handlebar post (2) as shown in the picture and secure them with the 2x bolts (72).

Remove the 2x bolts (29) from the front post (2).

Attach the bottle holder (28) to the front post (2) and secure it with the 2x bolts (29) that you removed.
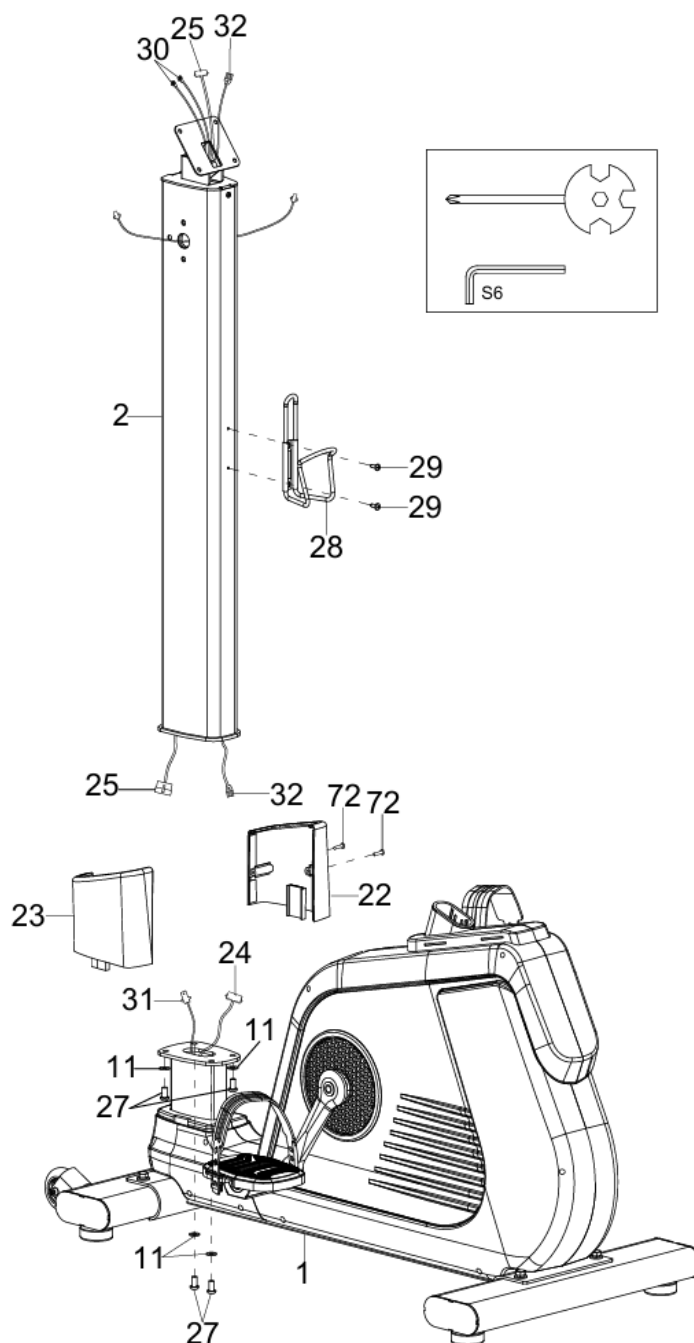
Step 5

Attach the saddle (60) to the seat slide frame bolt (6).

Attach the hand knob (59) to the seat slide frame (6).

Insert the seat post (5) into the main frame tube (1) and lock the seat post (5) in the appropriate position.

Adjusting the seat slide tube:

Turn the hand knob (28) counterclockwise until it can be pulled out. Pull out the hand knob (28) and lock the seat slide tube (6) in place by loosening the hand knob (28) and sliding the seat slide tube (6) to the appropriate position. For safety reasons, tighten the hand knob (28) clockwise.

Note: When adjusting the seat height, pay attention to the STOP line.
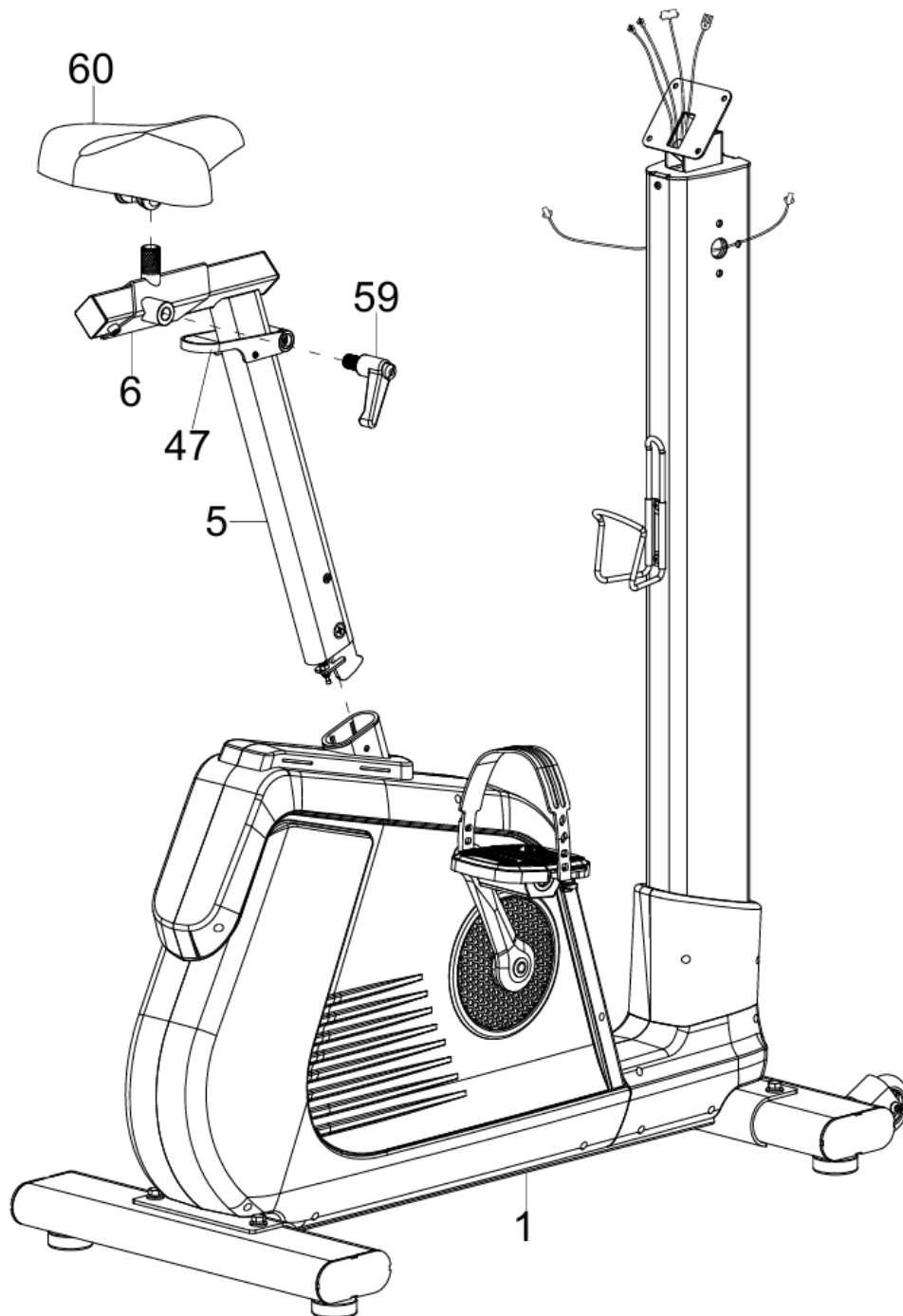
Step 6

Remove the 6x bolts (27) and 6x large washers (26) from the front post (2).

Hold the left handle (7), connect the heart rate cable (34) from the left handle (7) to the heart rate extension cable (30) from the front post (2), and secure the left handle (7) to the front post (2) using the 3x bolts (26) and 3x large washers (26) that you removed.

Hold the right handle (8), connect the heart rate cable (34) from the right handle (7) to the heart rate extension cable (30) from the front post (2), and secure the right handle (8) to the front post (2) using the 3x bolts (26) and 3x large washers (26) that you removed.
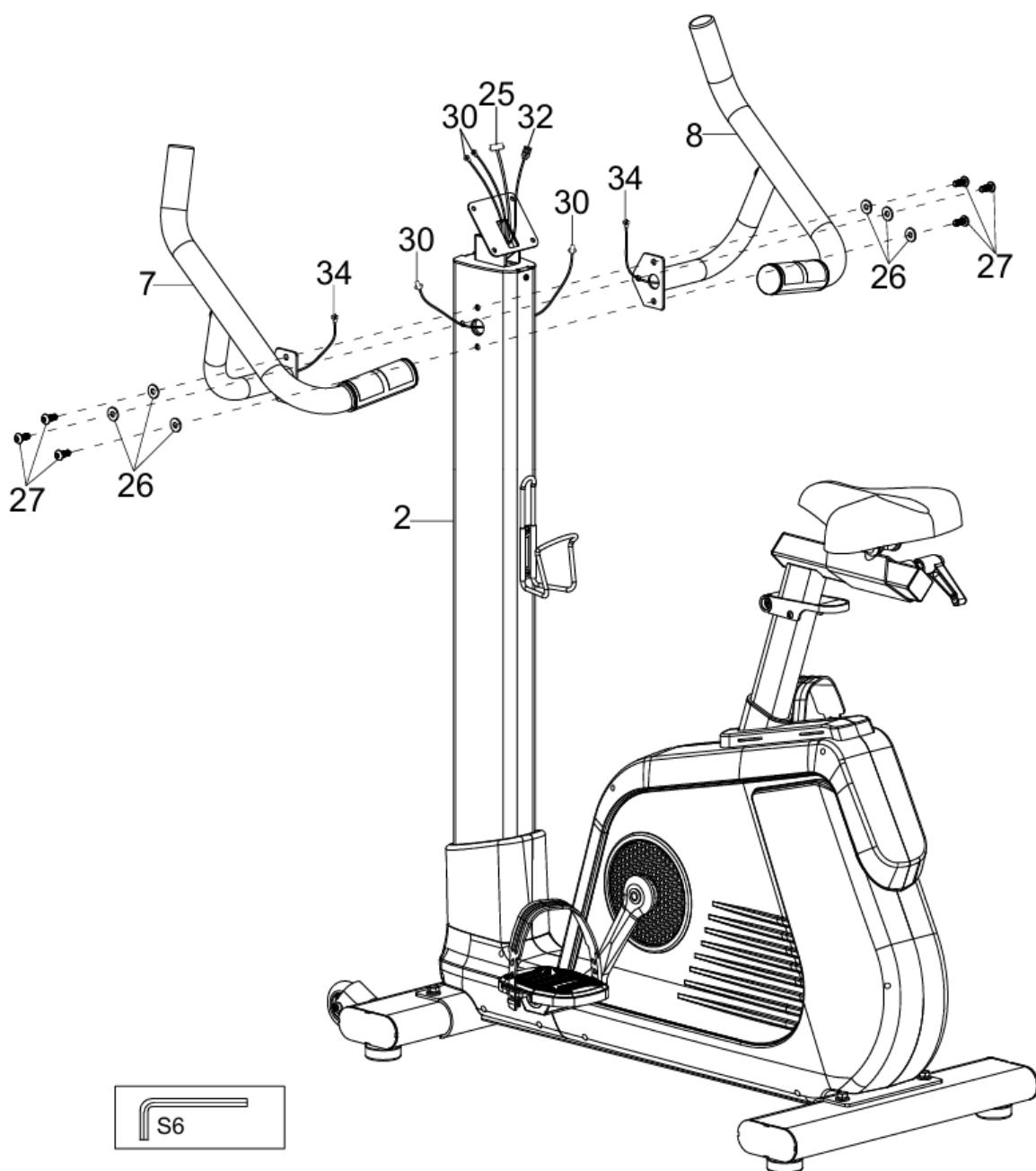
Step 7

Remove the 4x bolts (39) from the back of the console (38). Connect the heart rate extension cable (30), console extension cable (25), and ground cable ii (32) to the cables coming out of the console (38). Attach the console (38) to the console bracket (41) on the top of the front post (2) and secure it with the 4x bolts (39) that you removed.
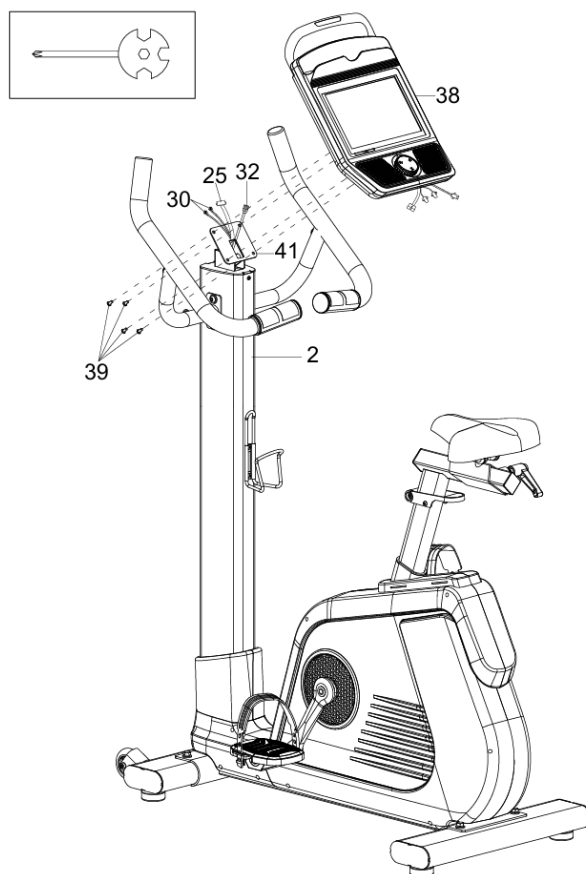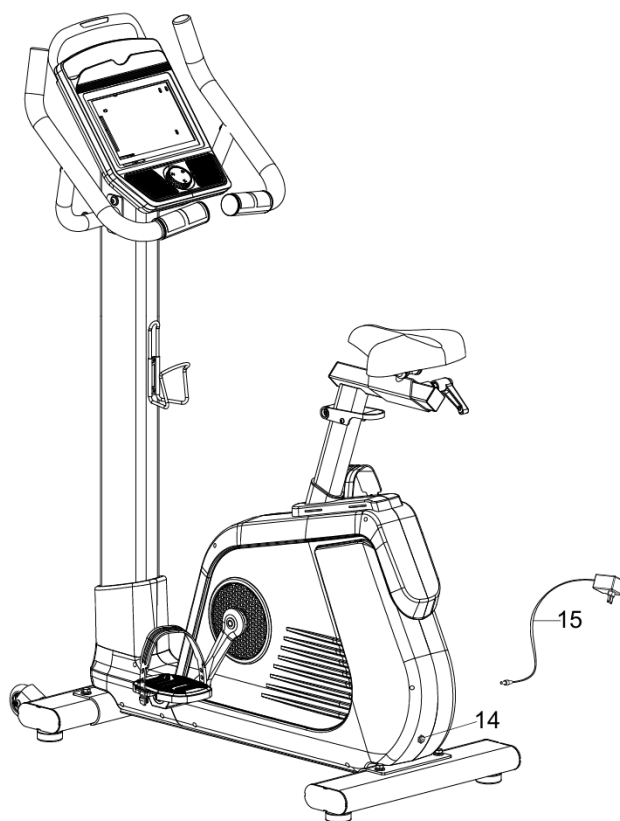
Step 8

Plug the AC adapter (15) into the power connector (14) on the back of the chain guard.

Carefully check the adapter specifications before plugging in.

Plug the other end of the AC adapter (15) into an electrical outlet.

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 .

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.

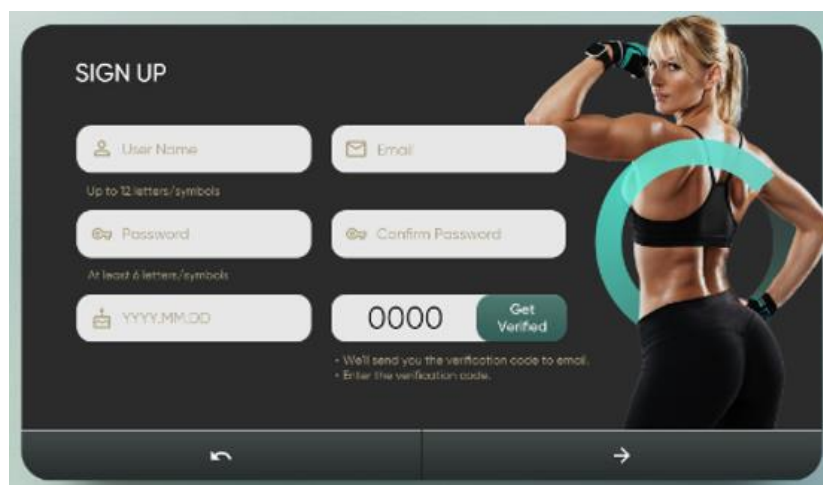If an Internet connection is not available, the registered account cannot synchronize data.
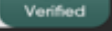
With Internet Access

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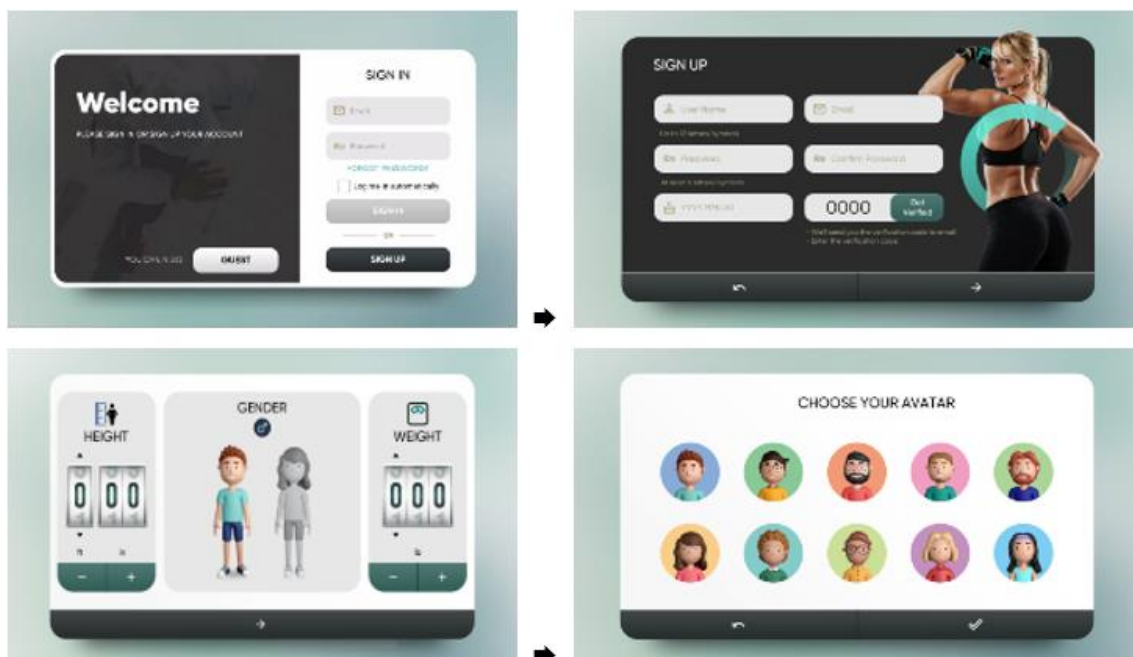
FILLING THE USER PROFILE

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.
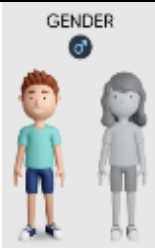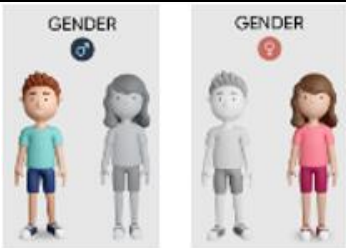
GENDER, HEIGHT, WEIGHT

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.
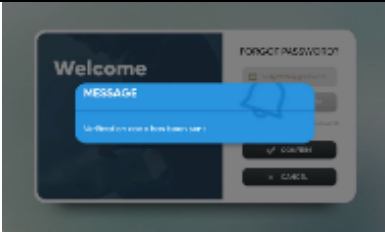
AVATAR SELECTION
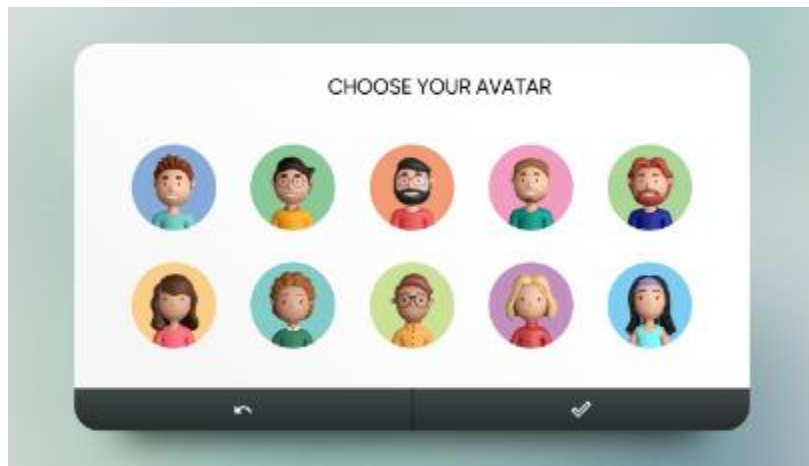
The selected avatar will be highlighted.

Press back [icon] to go to the previous setting, press confirm [icon] 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. FORGOT PASSWORD? 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

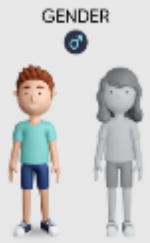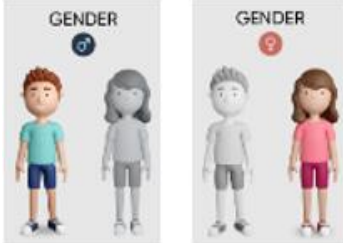Selecting a guest will bring up the main menu of the program.

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.
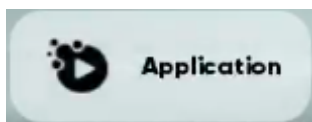
MEDIA

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.

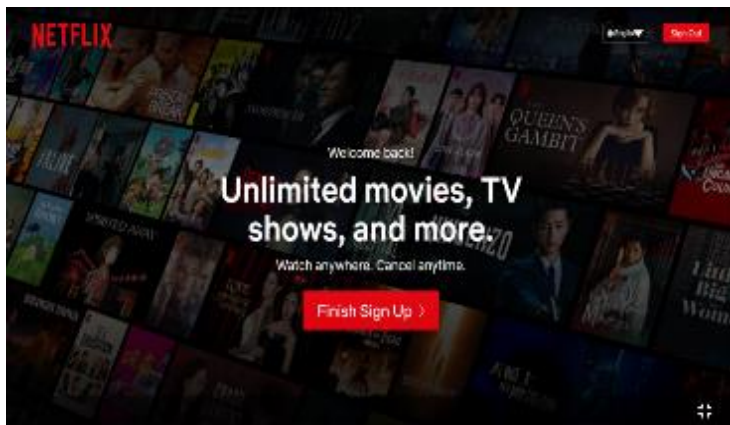All applications except VR mode can be launched during exercise.

The system has the following applications pre-installed: Youtube, Netflix, Disney+, Amazon Prime Video, Facebook Twitter, Instagram, 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.
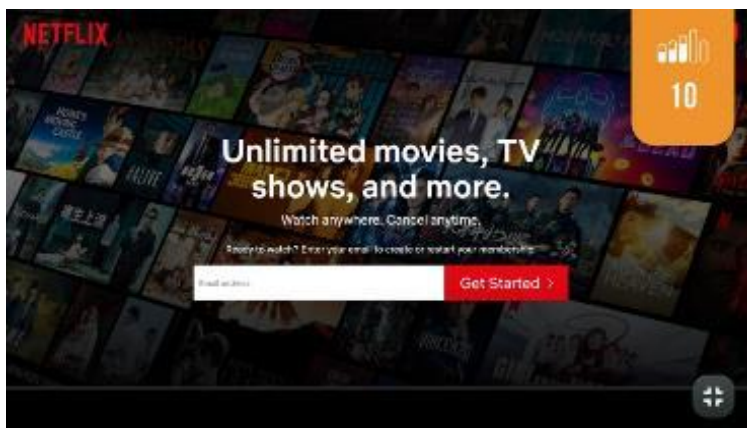
SCREEN SHARING

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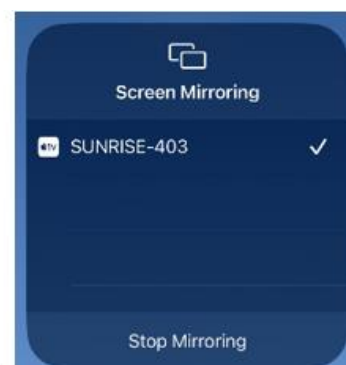
If the console displays the screen of your smart device, the pairing was successful.

Andriod

Download the app

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

1. Start a search	2. Select a device	3. Identify the device

4. Select the green button	5. Run	6. Enable

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 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: .
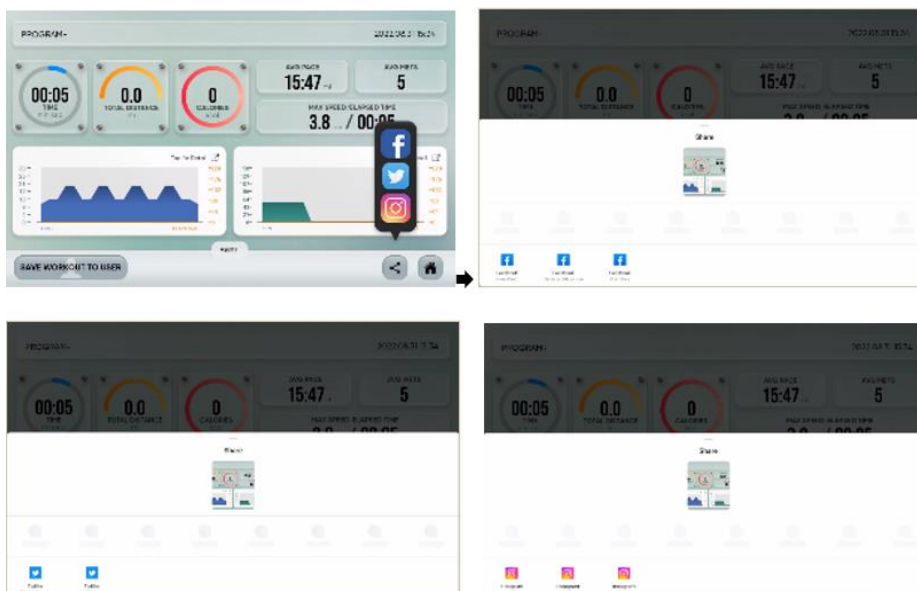
SAVING THE EXERCISE RESULT

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.
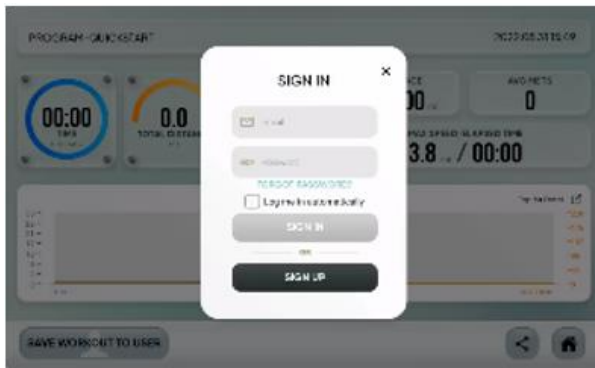
LOGGED-IN USER

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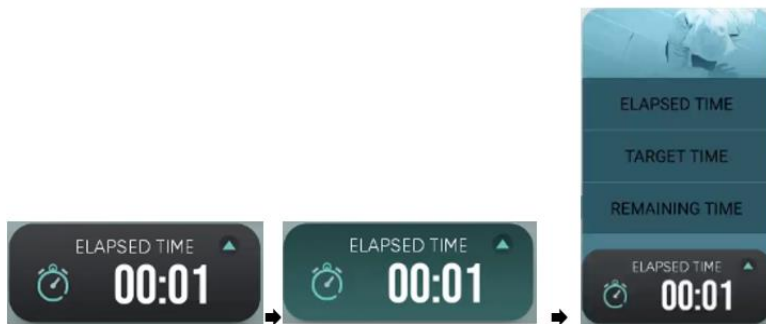
If no countdown is set, the elapsed exercise time will be displayed. After reaching the maximum value, the value will be counted again from 0.

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

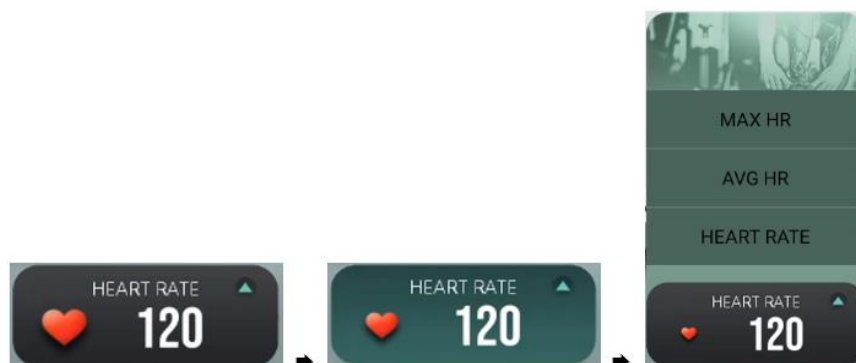Display Range: X ~XXXX

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

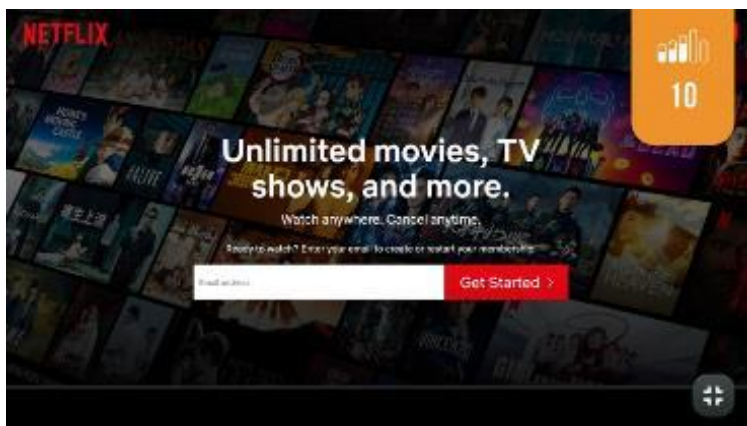After 30 seconds of inactivity, the program pauses.

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
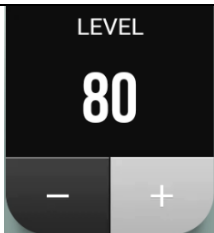
Operation execution: 1x long Beep

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 [icon] to display menu 1, 16, 32, 48, 64, 80
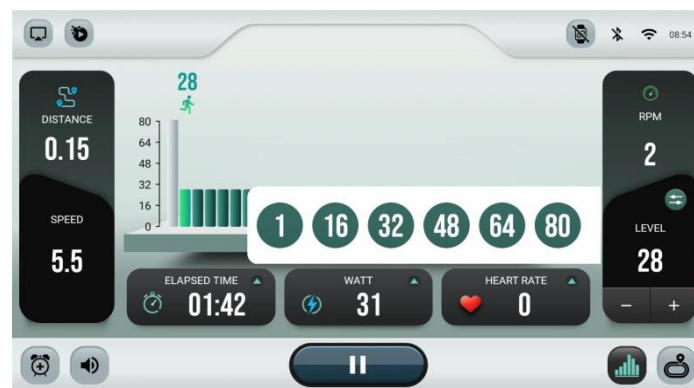
MEDIA

You can play media during exercise.

Return [icon]
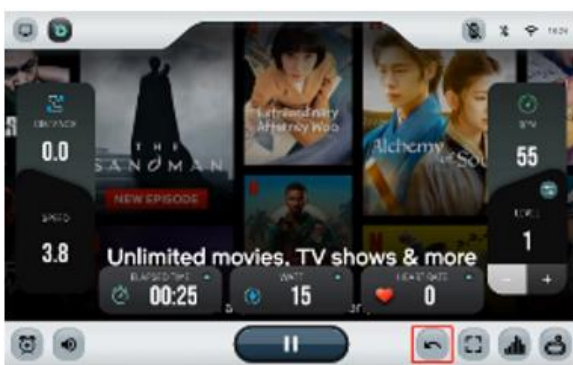
Full screen [icon], zoom out [icon]
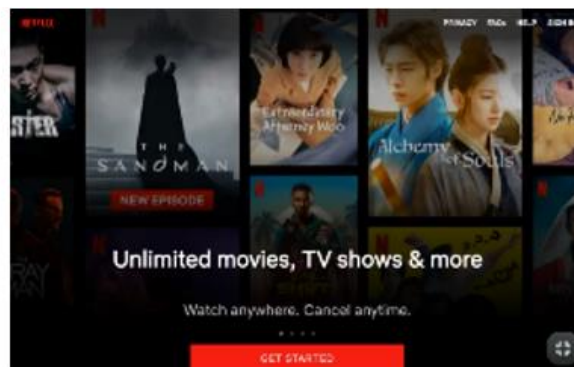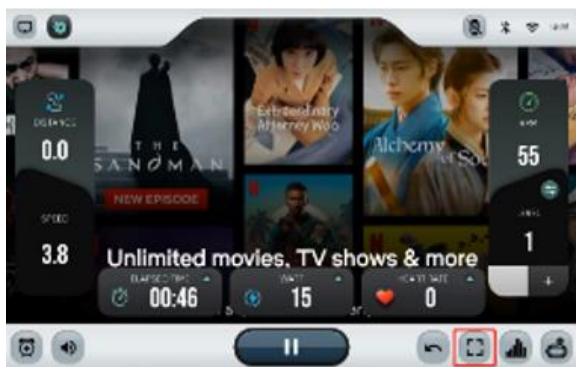
BLUETOOTH

The icon ⌚ is displayed only when the program is paused.

Default value: off

 On

 off

Search for devices / paired / off / delete devices .

Connected / disconnected

Device pairing
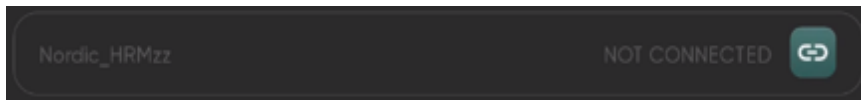
Devices nearby

WIFI

The icon is active when the program is paused .

WiFi

Connected

Disconnected

Bluetooth

Connected

Disconnected

Return to the previous screen .
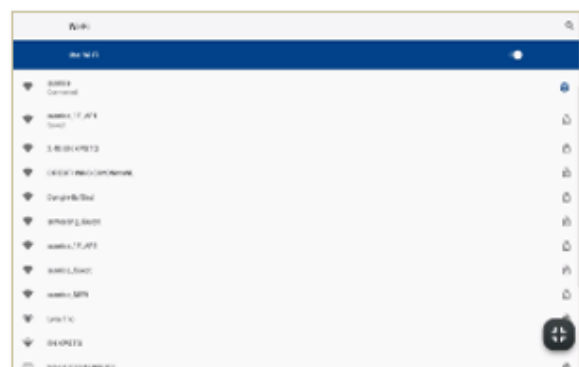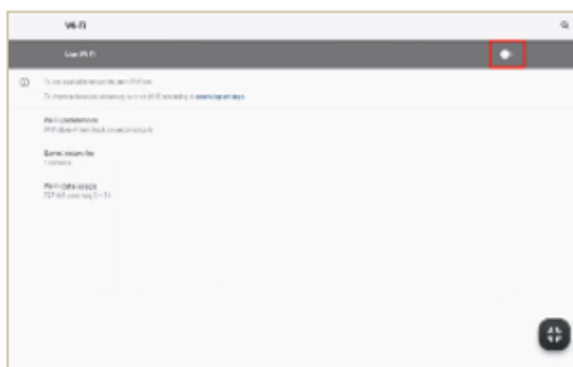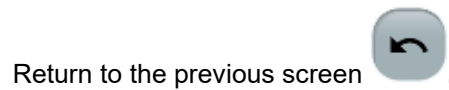
BLUETOOTH BUTTON
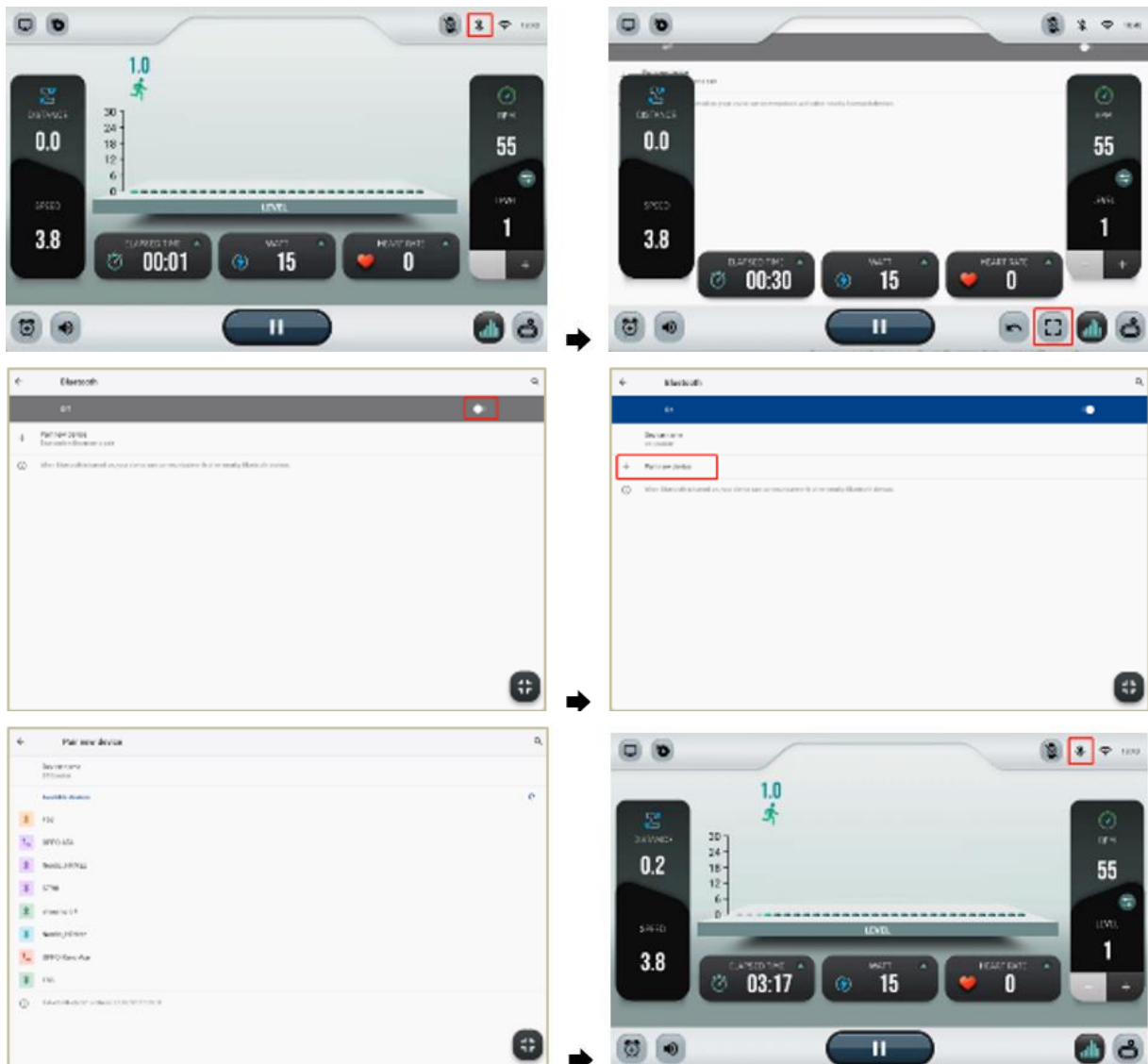
ALARM CLOCK

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 or off .

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
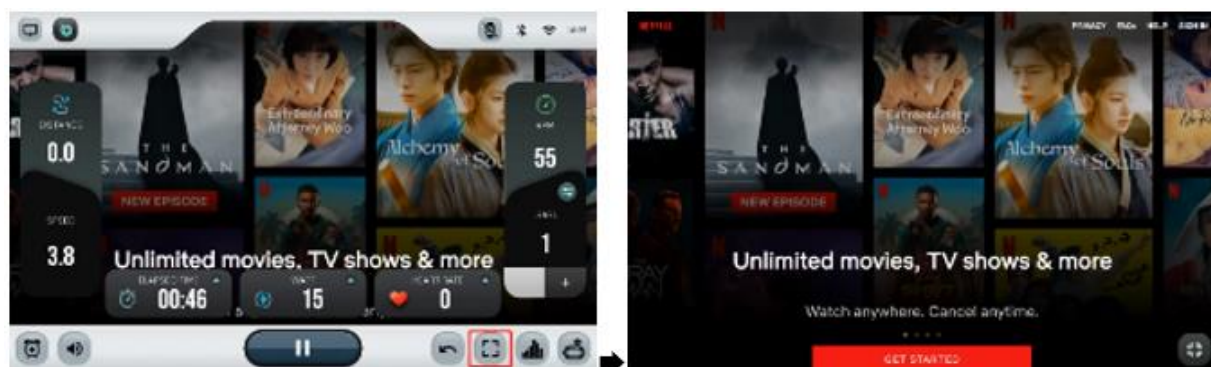
During training and media playback, you can press to play in full screen or in a window .

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 , 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)
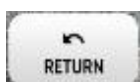
 Return to the previous screen

 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
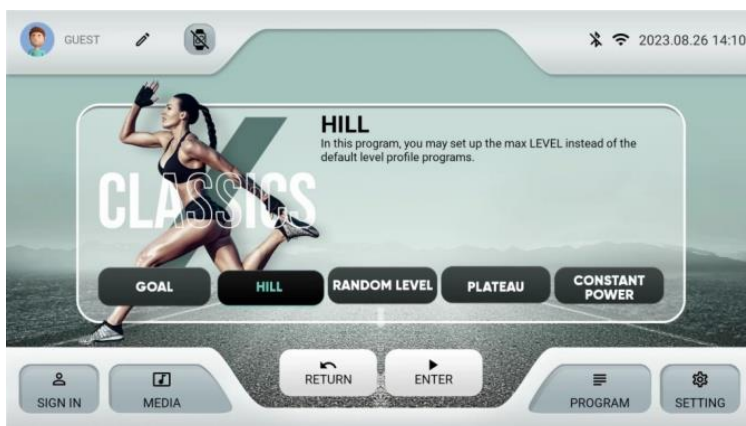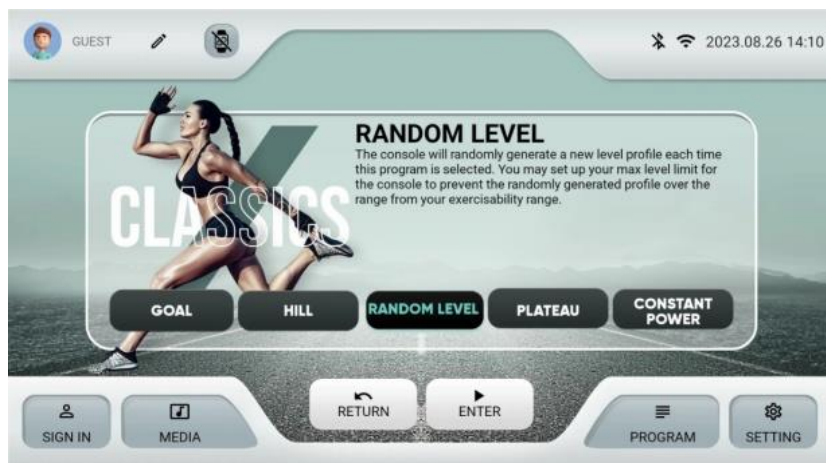

Logged-in user: Automatically displays the user's personal data, can be edited by pressing [pencil icon].

Guest: The program selects the data set by the system, the values can be adjusted by pressing the button [pencil icon], 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 [refresh icon] to generate a new random profile.

[play icon] The program will start with the default values

[return icon] Return to program selection.

[home icon] 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.
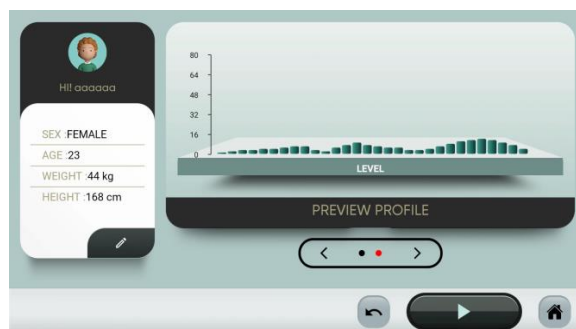
TRAINING

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.

PLATEAU PROGRAM
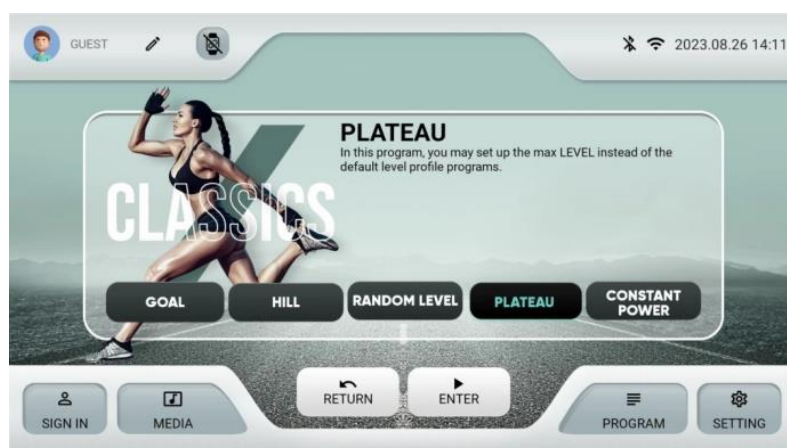
Logged-in user: Automatically displays the user's personal data, can be edited by pressing [✎].

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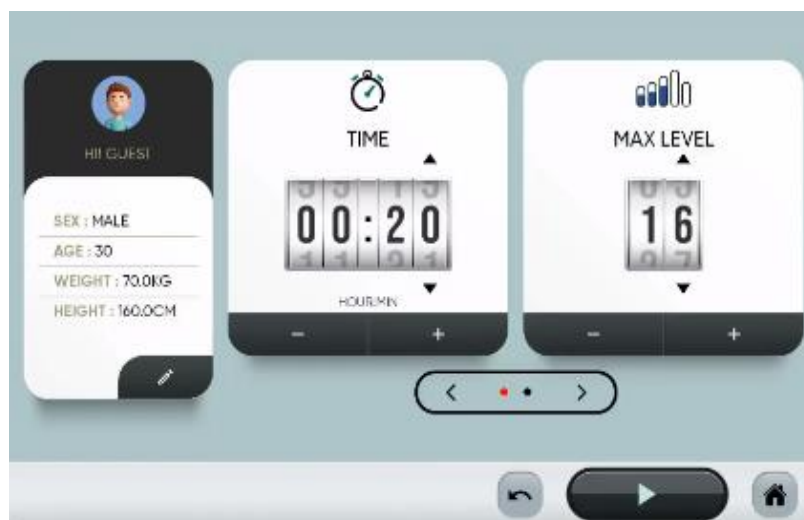
Setting value	Default value	Setting range
Time	20 min	00:01 ~ 99:59 (min:sec)
Max. resistance	20	1~80

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:

The program profile changes according to the maximum selected resistance.

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.
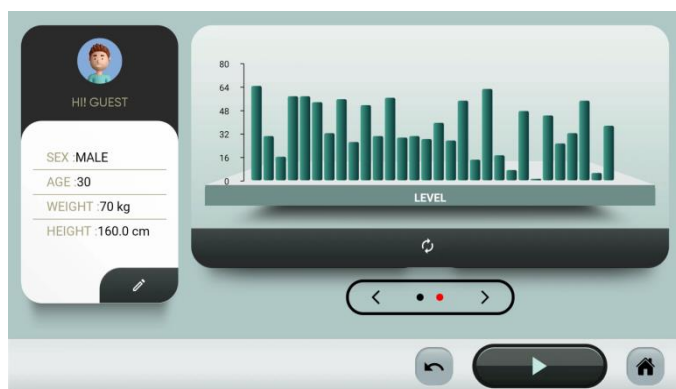
TRAINING


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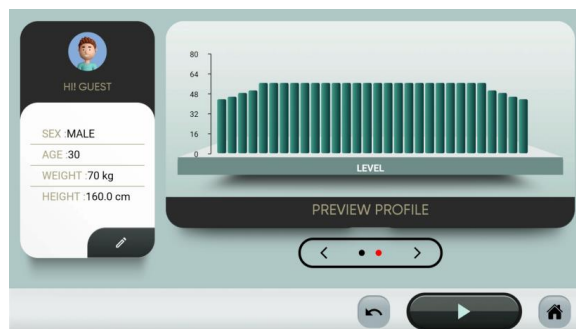
Setting value	Default value	Setting range
Time	20 min	00:01 ~ 99:59 (min:sec)
Target power	200 watts	50 Watts ~700 Watts

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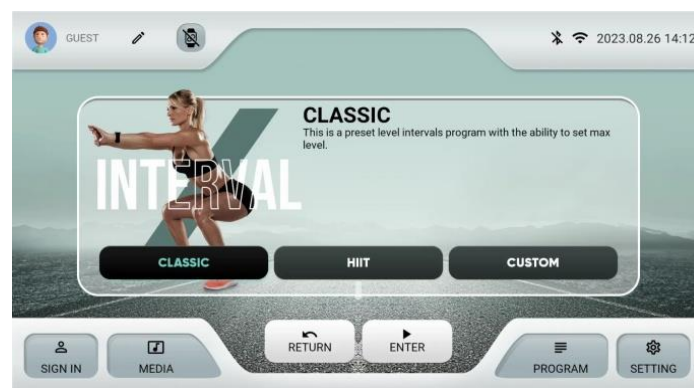
Logged-in user: Automatically displays the user's personal data, can be edited by pressing .

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 ![edit] .

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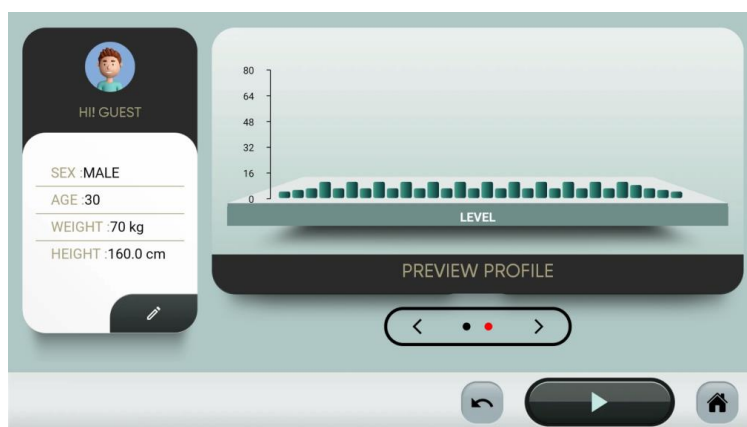

Setting parameters:

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 ![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.

![start button]   The program will start with the original values

![return button]   Return to program selection.

![home button]   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.
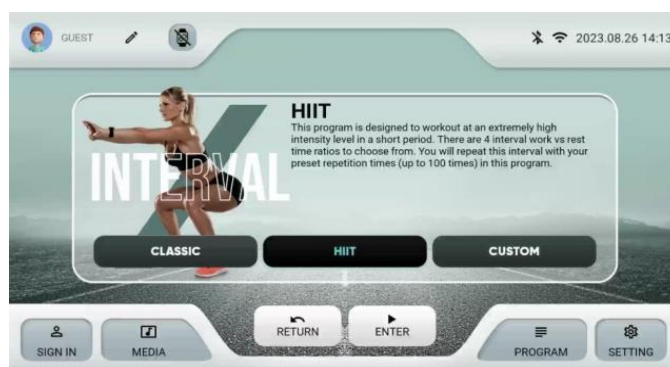
TRAINING

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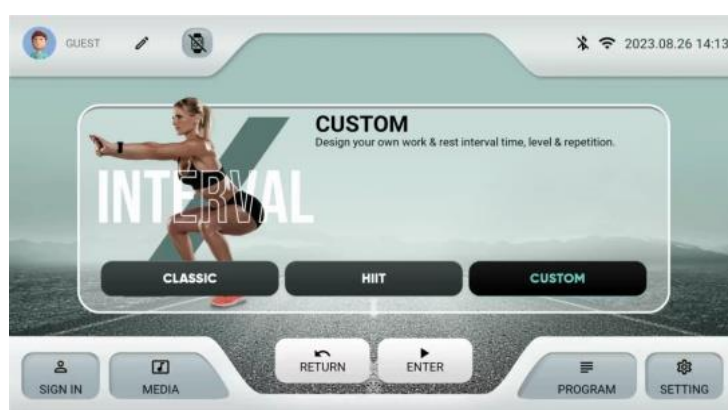
Logged-in user: Automatically displays the user's personal data, can be edited by pressing .

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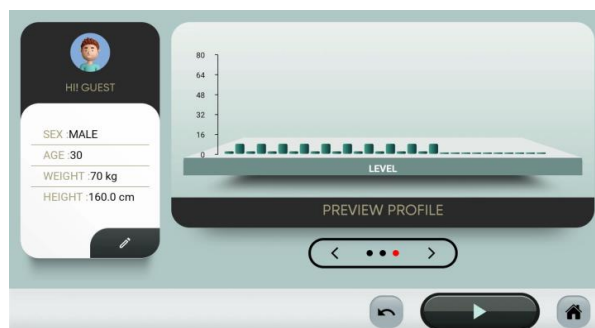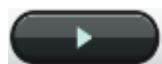

Setting parameters:

	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.
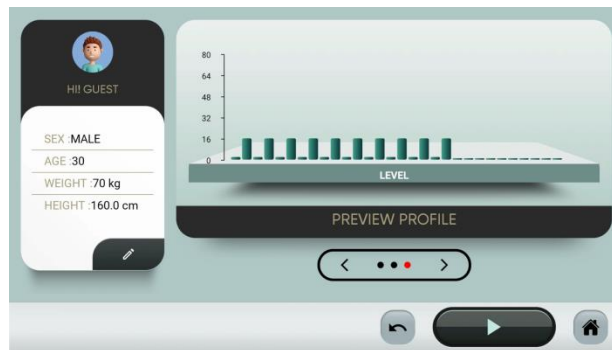
Program Preview:

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

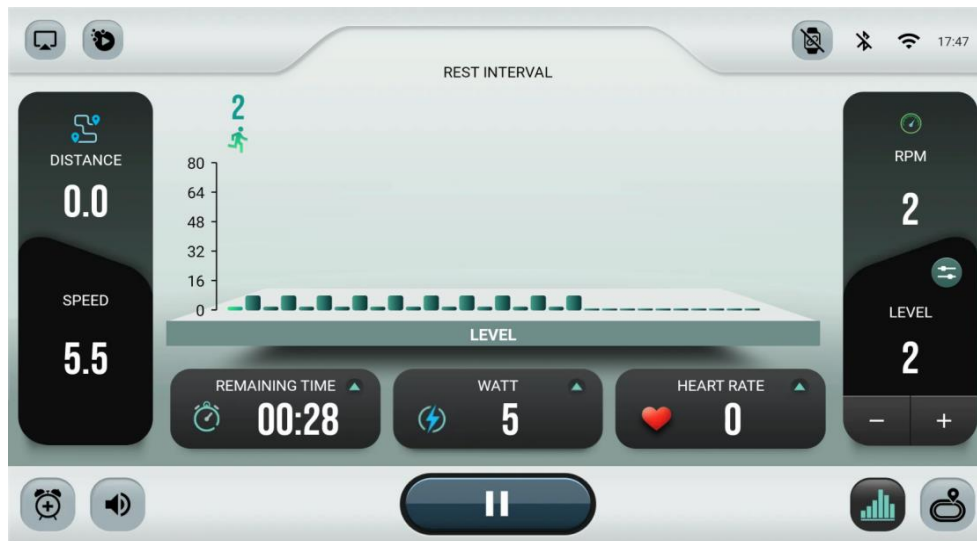 Return to program selection.

 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

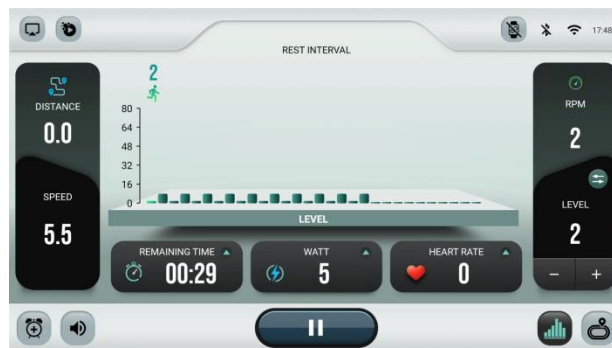If the program is running, press to pause the program.

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

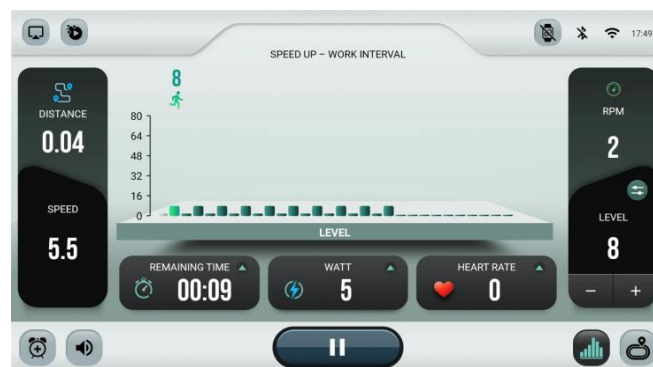When the program starts, the rest phase is active.

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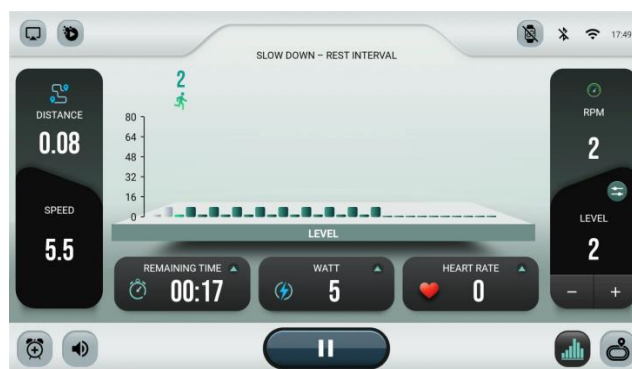
Training phases

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

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

Guest – without a set program

Guest – with a set program

Guest – without a set program
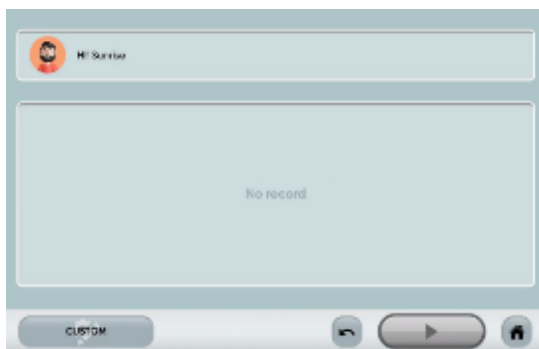
Guest – with a set program

Guest – stored data

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.

 Return to program selection.

 Return to the home screen

You can edit the profile by pressing [CUSTOM].
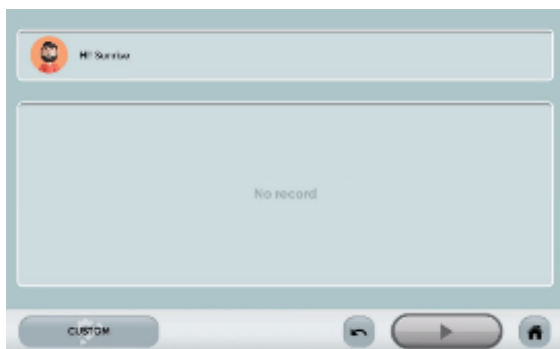
Logged-in user

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

Logged-in user – set program

The last 10 exercises are saved.

Press [▶] START to start the program.

 Return to program selection.

 Return to the home screen

You can edit the profile by pressing [CUSTOM].
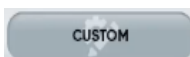
PROGRAM SETTINGS

Press [CUSTOM] to enter the program settings
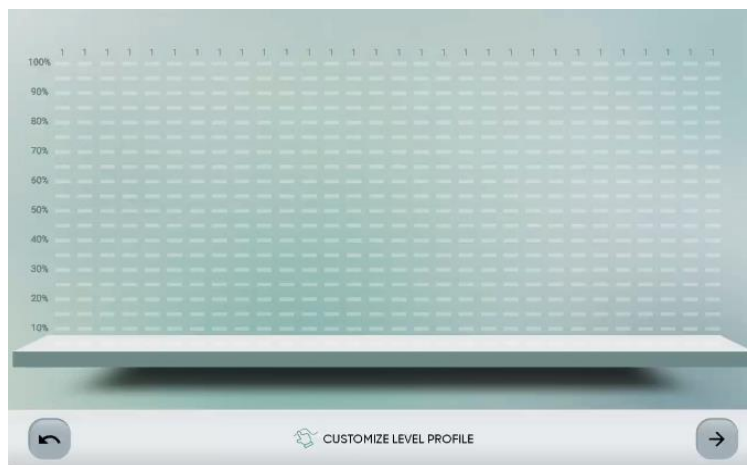
RESISTANCE ADJUSTMENT

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
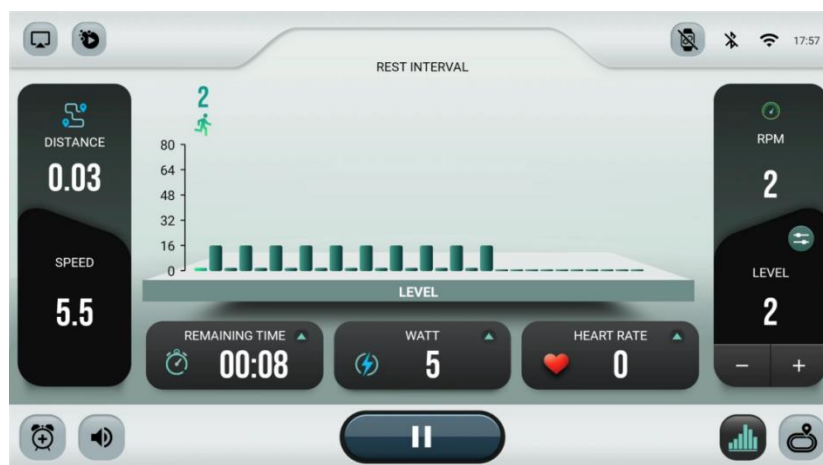
 Return to time settings

 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 [pencil icon].

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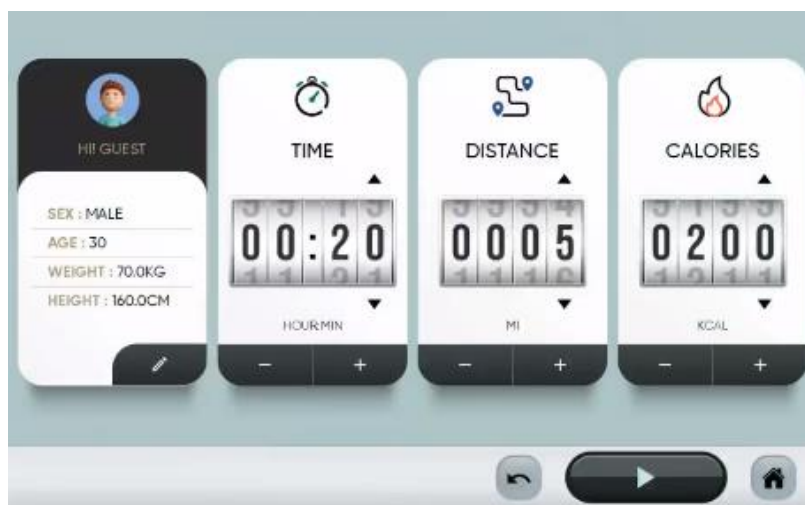
Setting parameters

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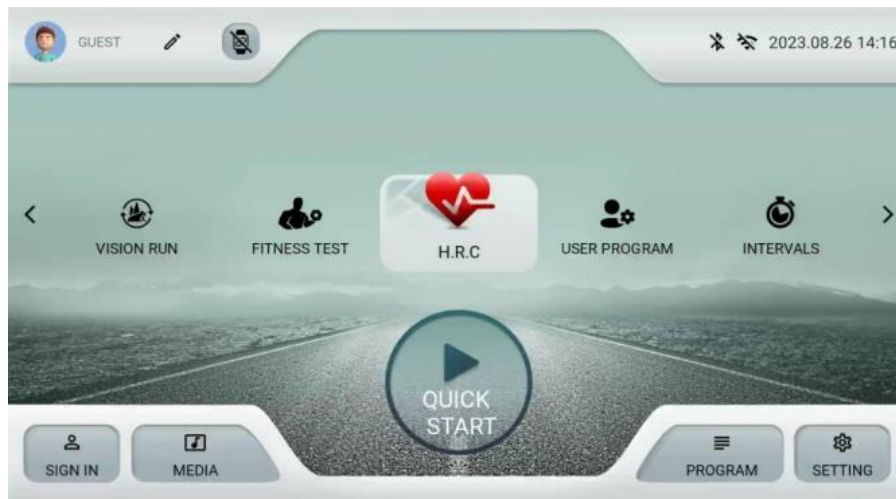
Includes three programs: 60% / 70% / 80%

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

High heart rate

Target heart rate - current heart rate ≤ -25	Resistance reduction by 3 levels every 10 seconds until minimum value is reached
Target heart rate - current heart rate ≤ -15	Resistance reduction by 2 levels every 10 seconds until minimum value is reached
Target heart rate - current heart rate ≤ -5	Resistance reduction by 1 level every 10 seconds until minimum value is reached
Target heart rate - current heart rate ± 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 ≤ 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 ≤ -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. ¨
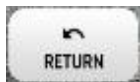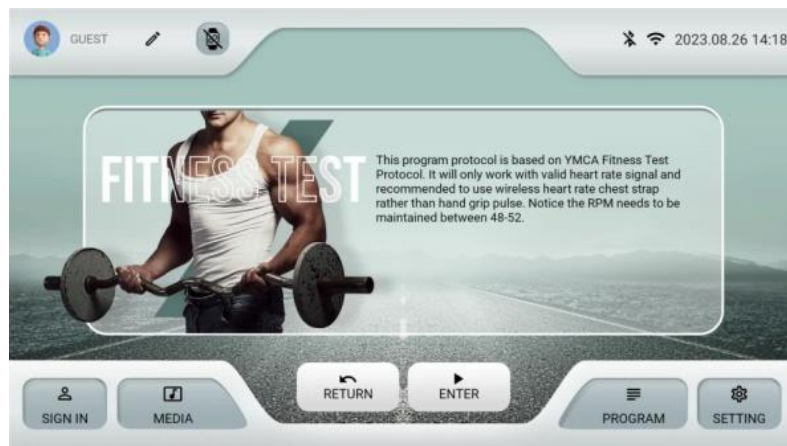
Return to program selection.

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
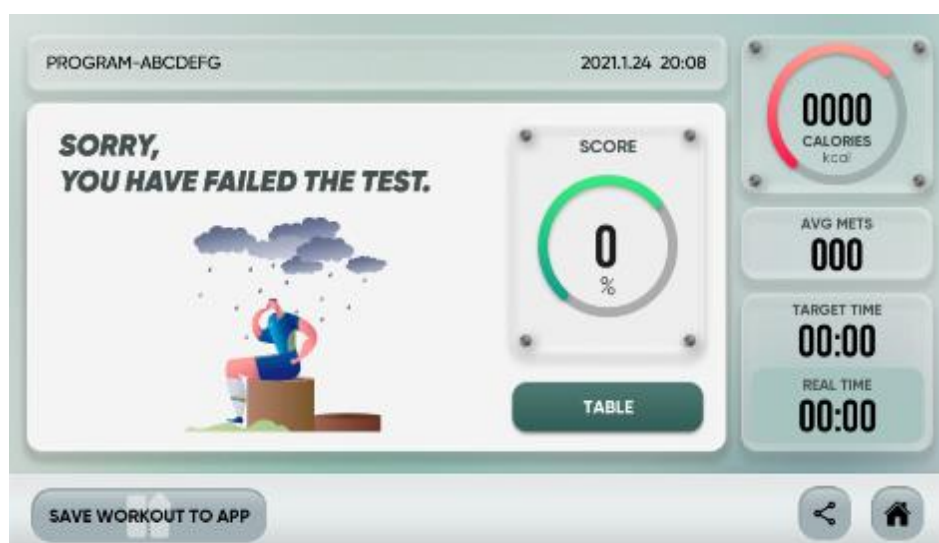
The test fails if the following happens:

Press the pause button ⬤ ‖ .

The distance reaches 0.0, but the result is insufficient.

Press [TABLE] 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

4. Device information

CONNECTION SETTINGS

WiFi
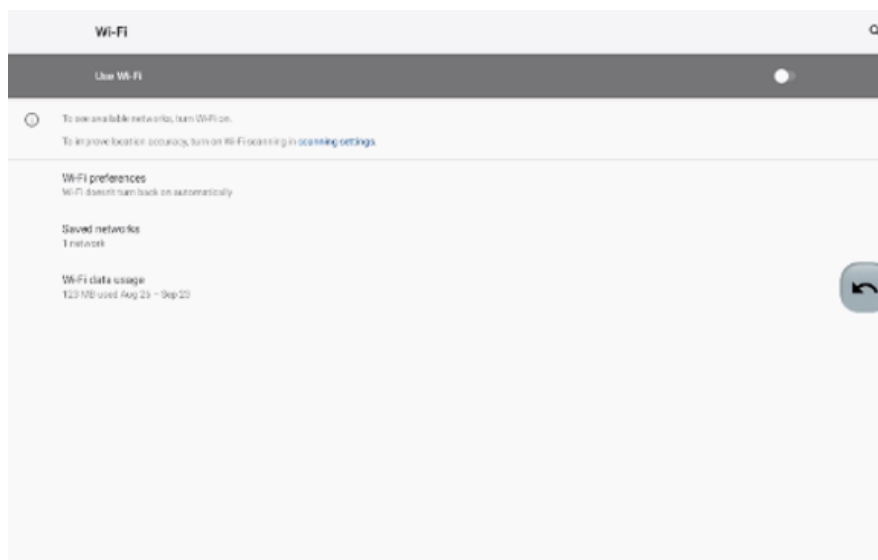
Launch WiFi using the slider .
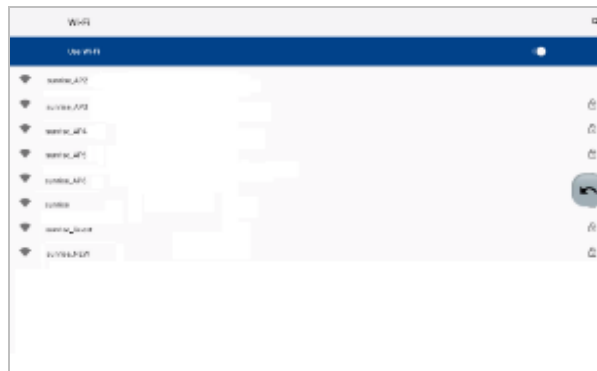
The console scans for nearby duplicating networks.

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.
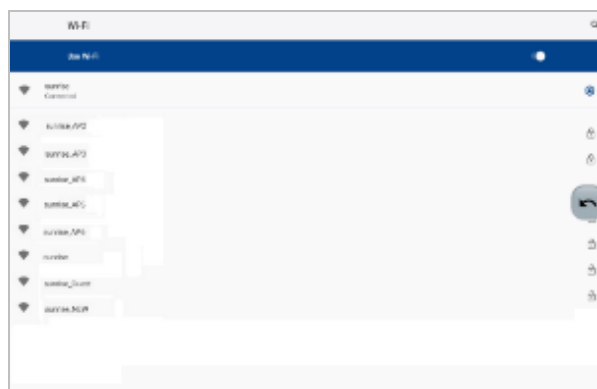
WiFi connection status:

Connected

 Not connected

Bluetooth

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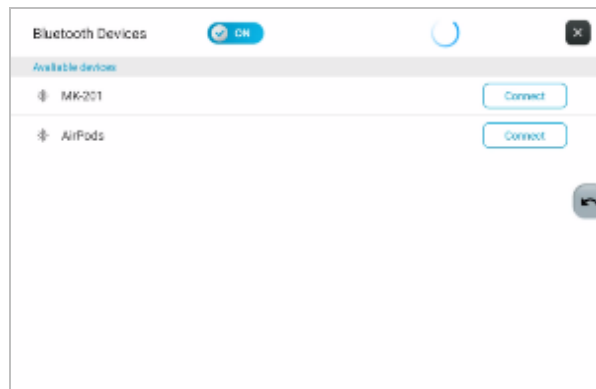
Bluetooth Off
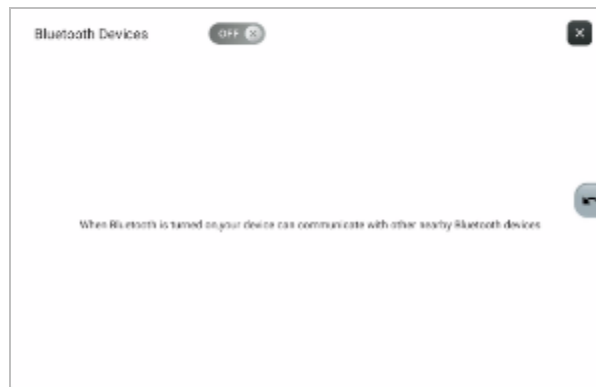
Pairing
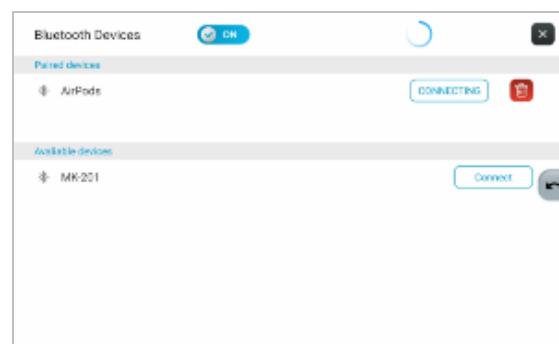
DEVICE SETTINGS

Display brightness
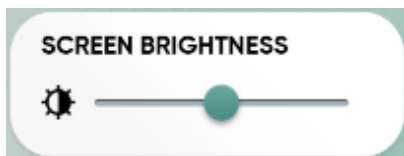
Use the slider to adjust the brightness of the display.

Volume

Use the positive hand to adjust the volume.

Language
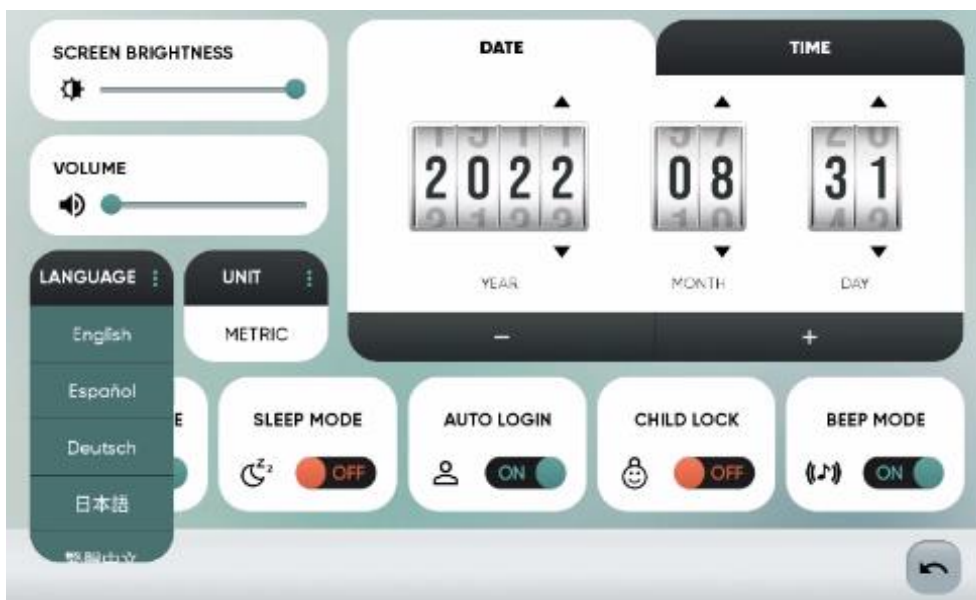
Press to display the language menu.

Units

Press to display the drive menu.

Default Value: Metric

Metric	Miles	Kg	Cm
Imperial	mile	pounds	Feet, inches

Date settings
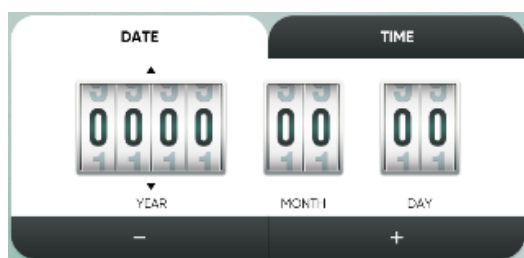
Date format: year / month / day

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

Setting the time
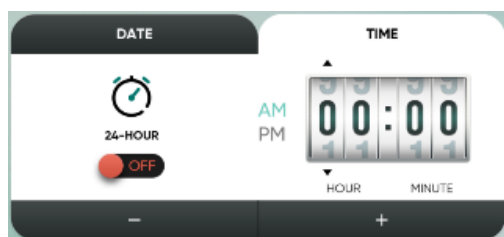
Time format: 12-hour, 24-hour

Display settings

Default Value: OFF

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

82

	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.
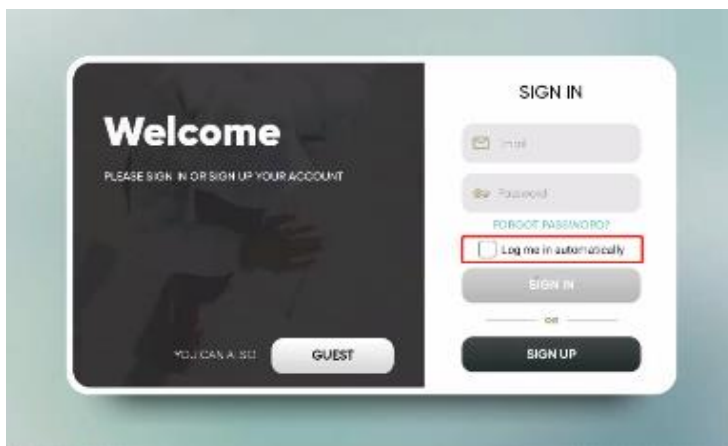
Beep
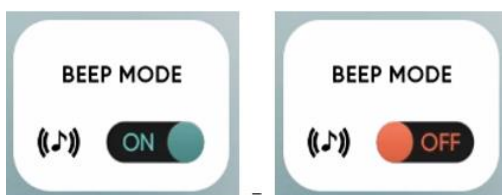
You can start/disable sound system notifications.

Child lock
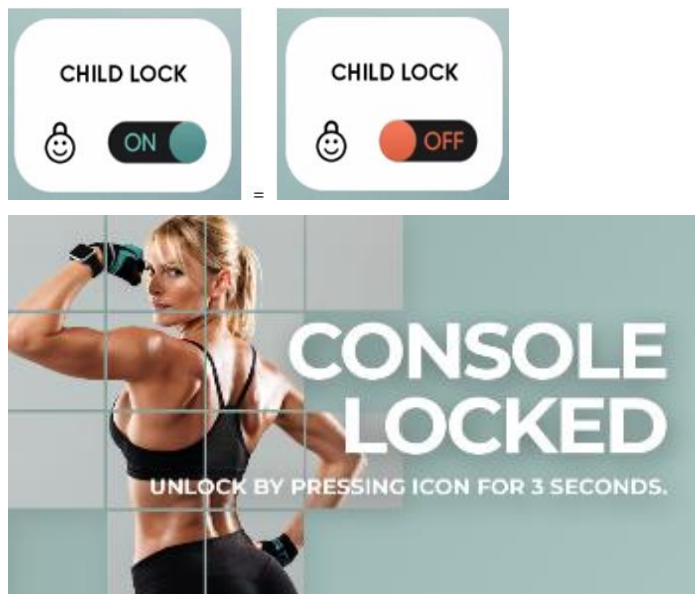
Original value: Started

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
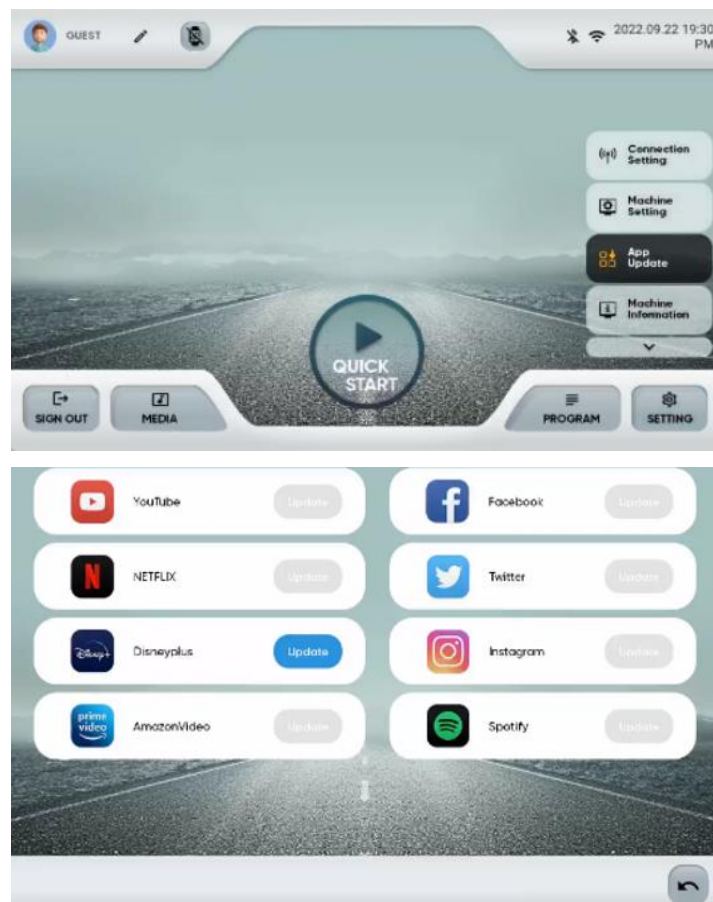
System and app updates.

Device information

Software version for the component

SW VERSION
AC00553-54X-02 20230823V10

FW VERSION
AC00553-54X-02 20230826V10

OS VERSION
AC00553-54X-02 20220827V10

LC VERSION
AC00553-54X-02

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

TOTAL TIME
0000
HOUR
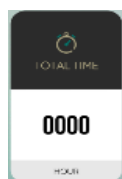
Total distance travelled: when the maximum value (9999 km) is reached, the distance will be calculated from 0.

TOTAL DISTANCE
00000
MILE
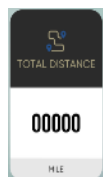
WARNING MESSAGES

Error

ERROR
Account Error

Informational

PROMPT
SAVE WORKOUT APP.
NO   YES

PROMPT
Are you sure to sign out?
NO   YES
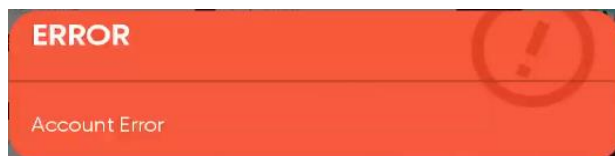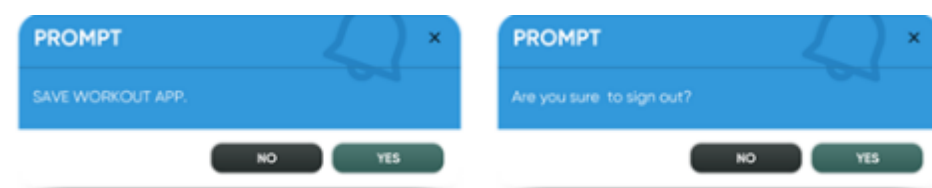
H.R.C

Fitness

H.R.C fitness test

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

Reboot the system

System Reloading...
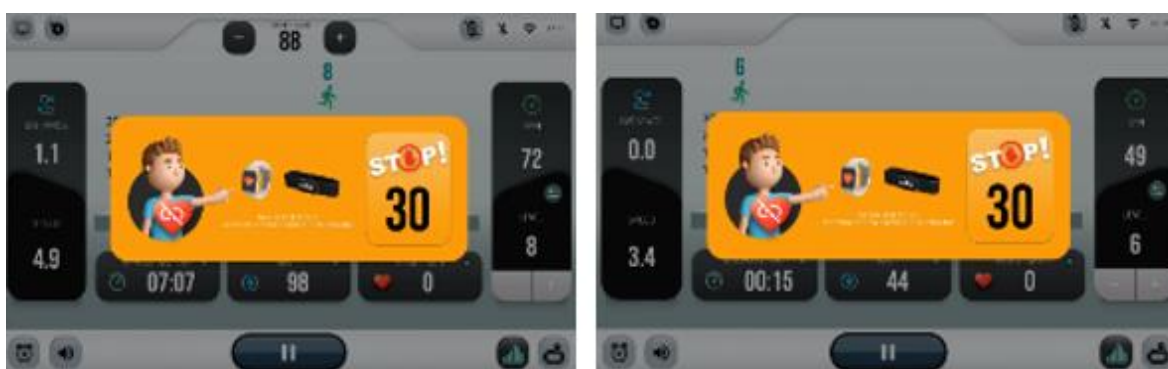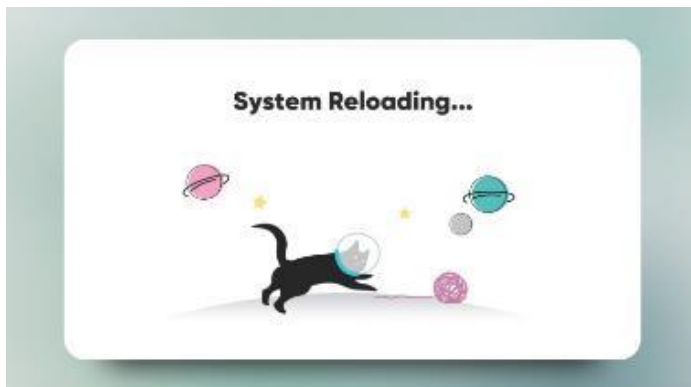
Error codes
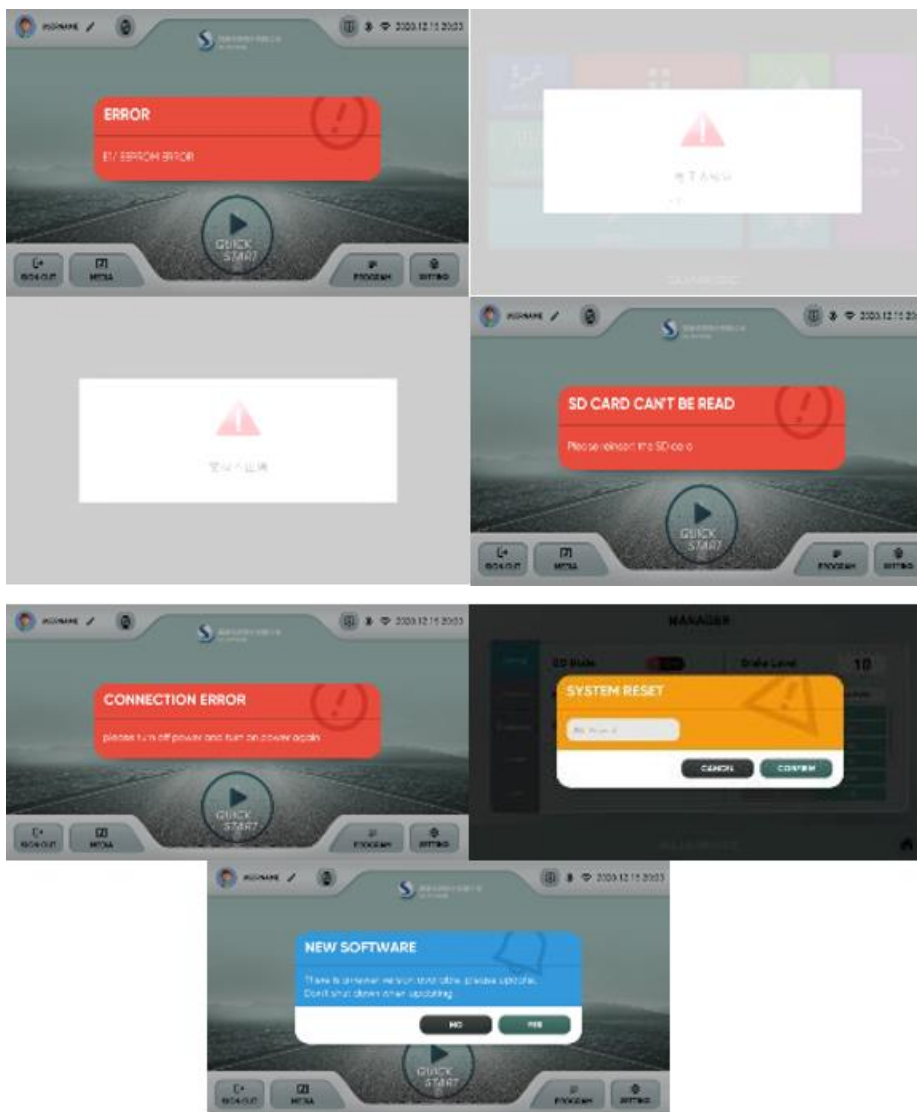
Connection error	Connection error		1. Make sure the console cable isn't loose
			2. Make sure that the contact between the top and bottom ends of the console cable is connected
			Check your console for damage.

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

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.

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 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.

Registered Office:	Kutnohorská 531, Štěrboholy Retail Park, 109 00, Praha 10, ČR
Headquaters:	Dělnická 957, Vítkov, 749 01
Warranty & Service:	Čermenská 486, Vítkov 749 01
CRN:	26847264
VAT ID:	CZ26847264
Phone:	+420 556 300 970
E-mail:	eshop@insportline.cz
	reklamace@insportline.cz
	servis@insportline.cz
Web:	www.inSPORTline.cz

SK
Stores inSPORTline SK, s.r.o.

Headquaters, warranty & service center: Električná 6471, Trenčín 911 01, SK

CRN:	46259317
VAT ID:	SK2023299729
Phone:	+421(0) 917 700 098
E-mail:	objednavky@insportline.sk
	reklamacie@insportline.sk
	servis@insportline.sk
Web:	www.inSPORTline.sk

About shipping