



USER MANUAL – EN

IN 3100 Doorway Pulley inSPORTline Tower 200



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SAFETY INSTRUCTIONS




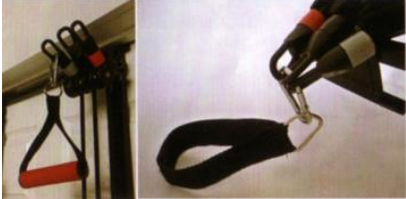
- Read the instructions carefully and save it for future reference
- If you are 35 years and older consult the use with you physician
- The owner is responsible for correct and safety use
- Before every use check the machine
- Use the product as intended by producer and do not modify this product
- Before you start exercising check that the pulley is secured, and the door is closed
- Exercise on flat surface
- Protect yourself and people around you from danger and injury
- If you feel dizzy, sick or ill, stop using the product immediately and consult your physician
- Secure the pulley properly and regularly check all bolts and nuts. Re-tighten all bolts or nuts if necessary and keep the product clean
- Regularly check and maintain the product, if the product is damaged or worn stop using it immediately
- This device is for adults only and should be assembled by adults, keep away from kids and people with reduced physical and mental capabilities
- Exercise reasonably do not overextend yourself
- Do not use outside
- Not for commercial use
- This product contains natural rubber latex which can cause an allergic reaction

ASSEMBLY

It is recommended to ask another person for help. Frames and flexible bands are preassembled. Unpack all parts and check that nothing is missing.

Roll the straps and ropes. Notice the markings on the top and bottom of the frame. The top of the frame is marked as "top" and bottom as "bottom".

	<p>Place the exercise machine on the floor, distinguish the top and bottom of the frame from so that the ropes are well untangled. You will need about 2 meters of free space on the floor. Plastic plugs on ropes should be connected to pulleys.</p>
	<p>Attach the pulley on the upper frame and then tilt it back until the handle is released from the groove. Then move the pulley to lowest position to make sure that the handle is firmly held in the groove. Continue to connect all the pulleys. This will lead to tugging of the ropes, which makes it easier to attach the lower part of the frame to the door.</p>

	<p>Grasp the top of the frame and lift it toward the top of the door. Slide the two frame mounts over the top edge of the door and fasten it. You may need a ladder. Slide the bottom frame under the door that the frame is in line with the door frame. Check that the frame is well centered.</p>
	<p>As soon as you attach the tower to the door, slide the upper and lower frame mounts into the center of the door. Close the door and then move the rollers upwards until the power ropes are firmly pulled. Check that the loops on the rollers are in the holes.</p>
	<p>For a better stability of the Tower, attach a black strap between the top and the bottom part of the frame and tighten it firmly (Note: When the Tower frame detours from the door when exercising, move the pulleys higher).</p>
	<p>Hand grips and/or ankle straps are connected to the ropes.</p>

REPLACEMENT OF ROPES

To replace ropes, you need 6mm Allen key and flat open 13mm French spanner. First put the tower on the floor. Ask other for help.

- While the door is closed, grasp the upper pulley and tilt them back until the grooves are loosen.
- Move the pulleys to the lowest position on the frame and hook the tabs in place. This will result in a greater opening of the power ropes.
- Disconnect the middle strap and open the door.
- Remove the bottom brackets from the bottom edge of the door. Be careful not to remove the top brackets.
- Pull out the top pole of the Tower and pull it out of the door. You may need a ladder.
- **WARNING:** Be careful that the top frame does not fall on you as you remove the Tower from the door. Hold the top of the frame with your hands.

Changing the ropes:

- Select the rope you want to replace and loosen the bolts from the rollers. Hold the upper nut with the open French key. Then use the Allen key and unscrew the bolt at the top of the pulley clockwise.
- Unscrew the nut and pull out the screw. Once the bolt is out, you can pull the pulley out of its cover. Do the same at both ends of the rope.
- Insert a new rope into the empty space with one end into the pulley at the top of the frame. To attach, use the screw and the nut that you previously unscrewed. Do not over tight the screw. Do the same on the other end of pulley.

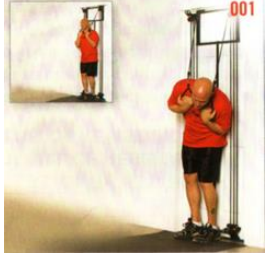
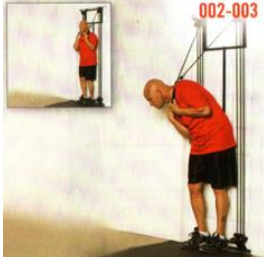
Gray rope – resistance 11.3 kg

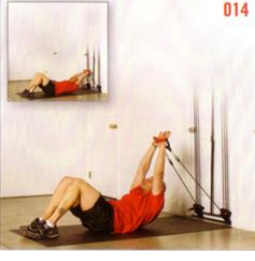
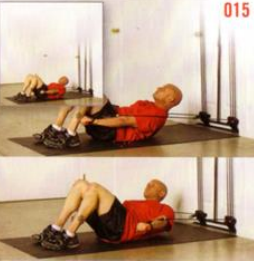
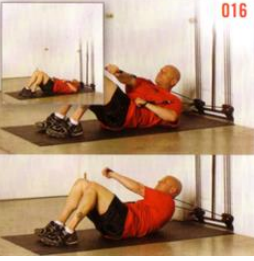

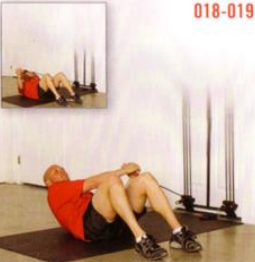
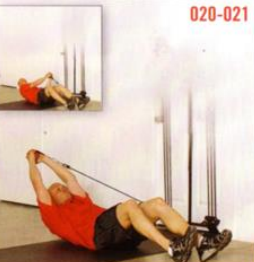

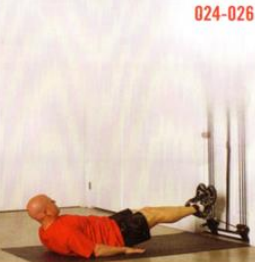

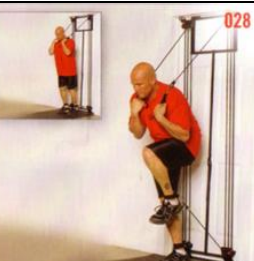


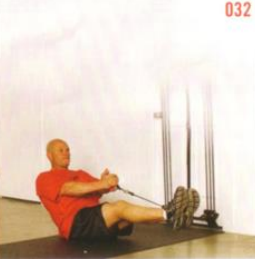
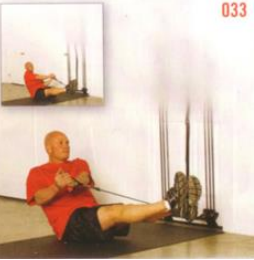
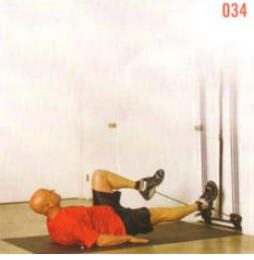
Black rope – resistance 15.7 kg

Red rope – resistance 18.2 kg

EXERCISES

ABDOMINAL (ABS)




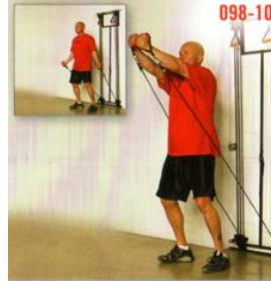
			
<p>Left rectus abdominis muscle and obliquus abdominis externus</p>	<p>Right rectus abdominis muscle and obliquus abdominis externus</p>	<p>External Oblique</p>	<p>Three faze training</p>
			
<p>Exercising of abs while standing with bottom pulley</p>	<p>Circular motion of hands with upper pulley – one smooth motion (counter clock wise)</p>		
			
<p>Circular motion of hands with bottom pulley – one smooth motion (counter clock wise)</p>	<p>Exercising lying down, lift the blades, hold your loins on the floor</p>		


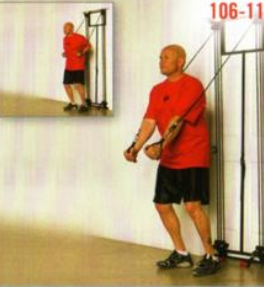

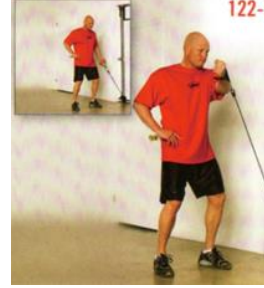



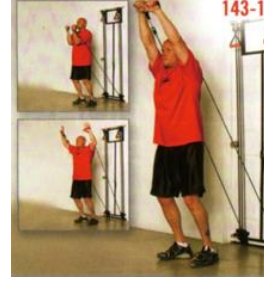

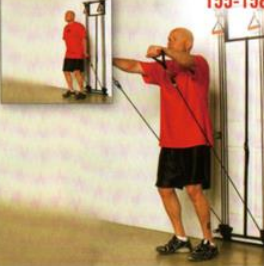
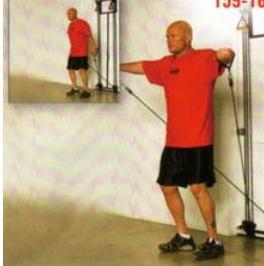

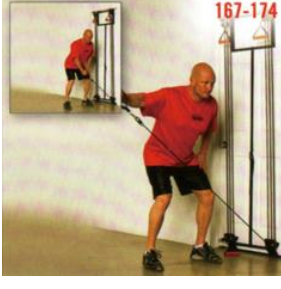


 <p>014</p>	 <p>015</p>	 <p>016</p>	 <p>017</p>
<p>Move your hand over your head</p>	<p>Side bows</p>	<p>Alternate lungs forward</p>	<p>Exercising lying down, we have raised blades and circling our arms</p>
 <p>018-019</p>	 <p>020-021</p>	 <p>022-023</p>	 <p>024-026</p>
<p>Side thrust from left to right</p>	<p>Circling while laying</p>	<p>Alternating oscillation of the legs</p>	<p>Lifting both legs at once</p>
 <p>027</p>	 <p>028</p>	 <p>029</p>	 <p>030-031</p>
<p>pull up knees to the chest</p>	<p>Pull up knees to elbows</p>	<p>Stretched legs above the pad, along with the belly in a slightly sloping seat</p>	<p>Hand and foot attraction alternately left and right</p>
 <p>032</p>	 <p>033</p>	 <p>034</p>	
<p>Rotation of raised legs above the pad level along with rotation of the torso to the opposite direction in a slightly inclined saddle</p>	<p>Pullover</p>	<p>Riding the bike</p>	

ARMS AND BACK

			
Pull up – wide grip	Pull up – wide grip, cross rope	Adductors	Biceps stroke
			
Pull up – Standing with palms upward	Pull up to the chest – standing with cross ropes	Pull up to the chin – standing	Arms extension - triceps
			
Arms extension – cross ropes, triceps	Arms extension - triceps	Moderate bow – the back of deltoid muscle	Pull up the chin - rear broad back muscle, delta muscles

CHEST AND SHOULDERS

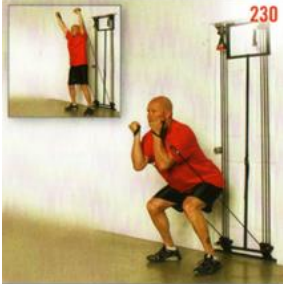
			
Both hands – Large breast muscle	One hand - Large breast muscle	Incline pressure – Lower part of Large breast muscle	Lateral raise

			
<p>Front and middle shoulder, upper part of large breast muscle</p>	<p>The lower part of the large breast muscle</p>	<p>Shoulder pressure</p>	<p>Lateral Raise</p>
			
<p>Upright rows</p>	<p>Punch with crossed ropes</p>	<p>Shoulder pressure</p>	<p>Shoulder pressure in rotation</p>
			
<p>One hand lateral raise</p>	<p>Standing lateral raise</p>	<p>Lateral raises with crossed ropes</p>	<p>Chest pressure</p>
			
<p>Exercise with slight inclination in the crook</p>	<p>Straps to the chin with crossed ropes</p>	<p>Lateral raise with crossed ropes</p>	

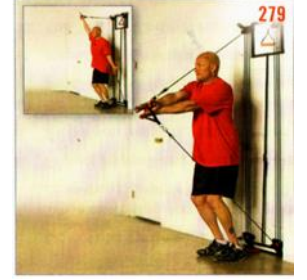

LEGS

 183-184	 185-186	 187-188	 189
Lunge forward	Side lunge	Kick with straight leg	Mounting climbing
 190-191	 192-193	 194-195	 196-197
Squats on one leg	Abduktor – outer thighs	Abduktor – inner thighs	Kick to the chin
 198-199	 200-203	 204-205	 206-207
Standing kicks	Squats	Lunge	Leg pull out
 208	 209-210	 211-212	 213-214
Calves extension	Back kick	Forefoot lying down	Back kick lying down
 215	 216-219	 220-221	
Knee rotation	Squat	Lunge back with strap	

COMPOUND EXERCISES

			
Squats with shoulder pressure	Squad with shoulder pressure	Squad with hand raise (change hands)	Squad with one leg lunge
			
Squad with one hand raise	Squad with one hand raise	Lunge alternate	Raise with squads
			
Lunge alternate	Lunge alternate with wrinkled arms	Lunge alternate with biceps	Squad with two hand pull out
			
Lunge alternate with straight hands	Lunge alternate with pull out	Combination of punches and lunges	Combination of extension and flex

 <p>252</p>	 <p>253</p>	 <p>254-255</p>	 <p>256-257</p>
<p>Pushing down arms, leg above ground</p>	<p>Pull up hands, legs above ground</p>	<p>Combination of push-up and pull out</p>	<p>side push-up and lateral raise</p>
 <p>258-259</p>	 <p>260-261</p>	 <p>262</p>	 <p>263-264</p>
<p>Lunge alternate with both hand raise</p>	<p>Combination of push-up and hand raise</p>	<p>Abs training with biceps hold</p>	<p>One leg squat with biceps use</p>
 <p>265-266</p>	 <p>267</p>	 <p>268</p>	 <p>269-270</p>
<p>One leg squat with biceps exercise</p>	<p>Abs training with lateral raise</p>	<p>Abs training with pull out</p>	<p>Backward lunge and palm down pull down</p>
 <p>271-272</p>	 <p>273-274</p>	 <p>275-276</p>	 <p>277-278</p>
<p>Backward lunge, palm-down</p>	<p>Backward lunge and opposite direction biceps</p>	<p>Combination of biceps and lateral raise</p>	<p>Combination of extension and lateral raise</p>

	
Alligator	Combination of one leg squad and pull in

MAINTENANCE

Regular cleaning of the pulley keeps it in good condition and prolongs its life. After each training, wipe the sweat-covered surfaces with a clean, soft, damp cloth.

WARNING: Do not use thinner or other chemicals for cleaning

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.

TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS

General Conditions of Warranty and Definition of Terms

All Warranty Conditions stated hereunder determine Warranty Coverage and Warranty Claim Procedure. Conditions of Warranty and Warranty Claims are governed by Act No. 89/2012 Coll. Civil Code, and Act No. 634/1992 Coll., Consumer Protection, as amended, also in cases that are not specified by these Warranty rules.

The seller is SEVEN SPORT s.r.o. with its registered office in Borivojova Street 35/878, Prague 13000, Company Registration Number: 26847264, registered in the Trade Register at Regional Court in Prague, Section C, Insert No. 116888.

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

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

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

These Conditions of Warranty and Warranty Claims are an integral part of every Purchase Agreement made between the Seller and the Buyer. All Warranty Conditions are valid and binding, unless otherwise specified in the Purchase Agreement, in the Amendment to this Contract or in another written agreement.

Warranty Conditions

Warranty Period

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

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

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

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

Warranty Claim Procedure

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

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

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

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

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

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



SEVEN SPORT s.r.o.

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Date of Sale:

Stamp and Signature of Seller: