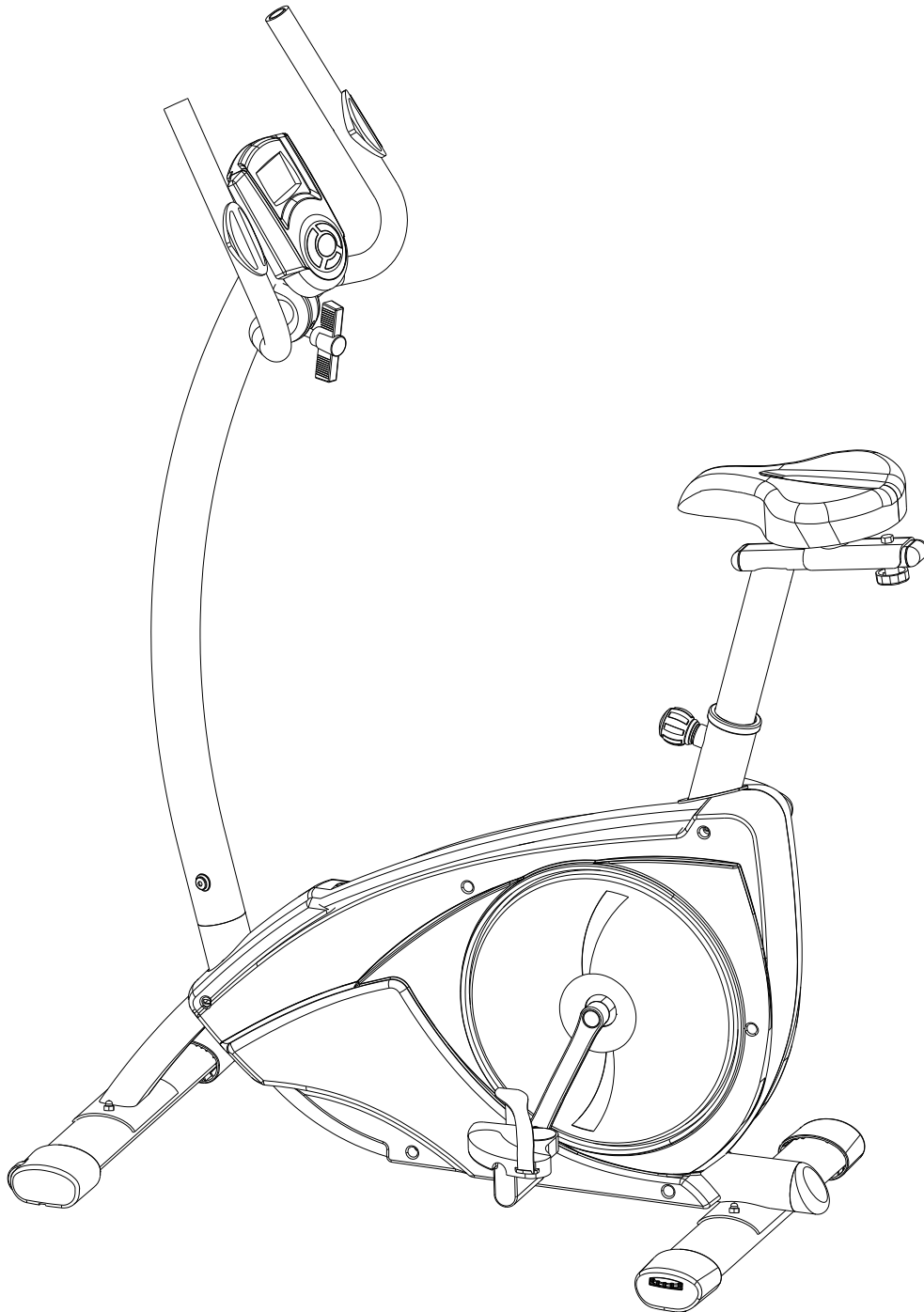**User's manual – EN**
**IN 4464 Up-right bike inSPORTline Oberon**

Safety Instructions

• To ensure the best safety of the exerciser, regularly check it on damages and worn parts.

• If you pass on this exerciser to another person or if you allow another person to use it, make sure that that person is familiar with the content and instructions in these instructions.

• Only one person should use the exerciser at a time.

• Before the first use and regularly make sure that all screws, bolts and other joints are properly tightened and firmly seated.

• Before you start your work-out, remove all sharp-edged objects around the exerciser.

• Only use the exercise for your work-out if it works flawlessly.

• Any broken, worn or defective part must immediately be replaced and/or the exerciser must no longer be used until it has been properly maintained and repaired.

• Parents and other supervisory persons should be aware of their responsibility, due to situations which may arise for which the exerciser has not been designed and which may occur due to children's natural play instinct and interest in experimenting.

• If you do allow children to use this exerciser, be sure to take into consideration and assess their mental and physical condition and development, and above all their temperament. Children should use the exerciser only under adult supervision and be instructed on the correct and proper use of the exerciser. The exerciser is not a toy.

• Make sure there is sufficient free space around the exerciser when you set it up.

• To avoid possible accidents, do not allow children to approach the exerciser without supervision, since they may use it in a way for which it is not intended due to their natural play instinct and interest in experimenting.

• Please note that an improper and excessive work-out may be harmful to your health.

• Please note that levers and other adjustment mechanisms are not projecting into the area of movement during the work-out.

• When setting up the exerciser, please make sure that the exerciser is standing in a stable way and that any possible unevenness of the floor is evened out.

• Always wear appropriate clothing and shoes which are suitable for your work-out on the exerciser. The clothes must be designed in a way so that they will not get caught in any part of the exerciser during the work-out due to their form (for example, length). Be sure to wear appropriate shoes which are suitable for the work-out, firmly support the feet and which are provided with a non-slip sole.

• Be sure to consult a physician before you start any exercise program. He may give you proper hints and advice with respect to the individual intensity of stress for you as well as to your work-out and sensible eating habits.

Important Notes

- Assemble the exerciser as per assembly instructions and be sure to only use the structural parts provided with the exerciser and designed for it. Prior to the assembly, make sure the content of the delivery is complete by referring to the parts list of the assembly and operating instructions.

- Be sure to set up the exerciser in a dry and even place and always protect it from humidity. If you wish to protect the place particularly against pressure points, contamination, etc., it is recommended to put a suitable, non-slip mat under the exerciser.

- The general rule is that exercisers and training devices are no toys. Therefore, they must only be used by properly informed or instructed persons.

- Stop your work-out immediately in case of dizziness, nausea, chest pain or any other physical symptoms. In case of doubt, consult your physician immediately.

- Children, disabled and handicapped persons should use the exercise only under supervision and in presence of another person who may give support and useful instructions.

- Be sure that your body parts and those of other persons are never close to any moving parts of the exerciser during its use.

- When adjusting the adjustable parts, make sure they are adjusted properly and note the marked, maximum adjusting position, for example of the saddle support, respectively.

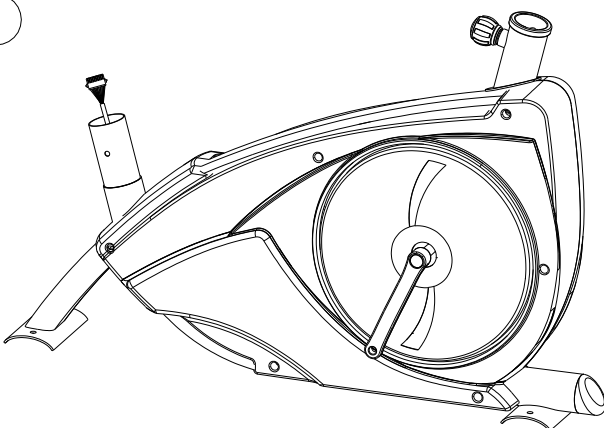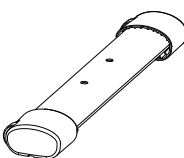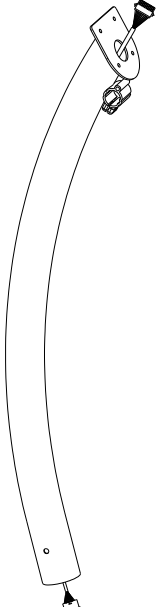- Do not work out immediately after meals!

Exploded Drawing
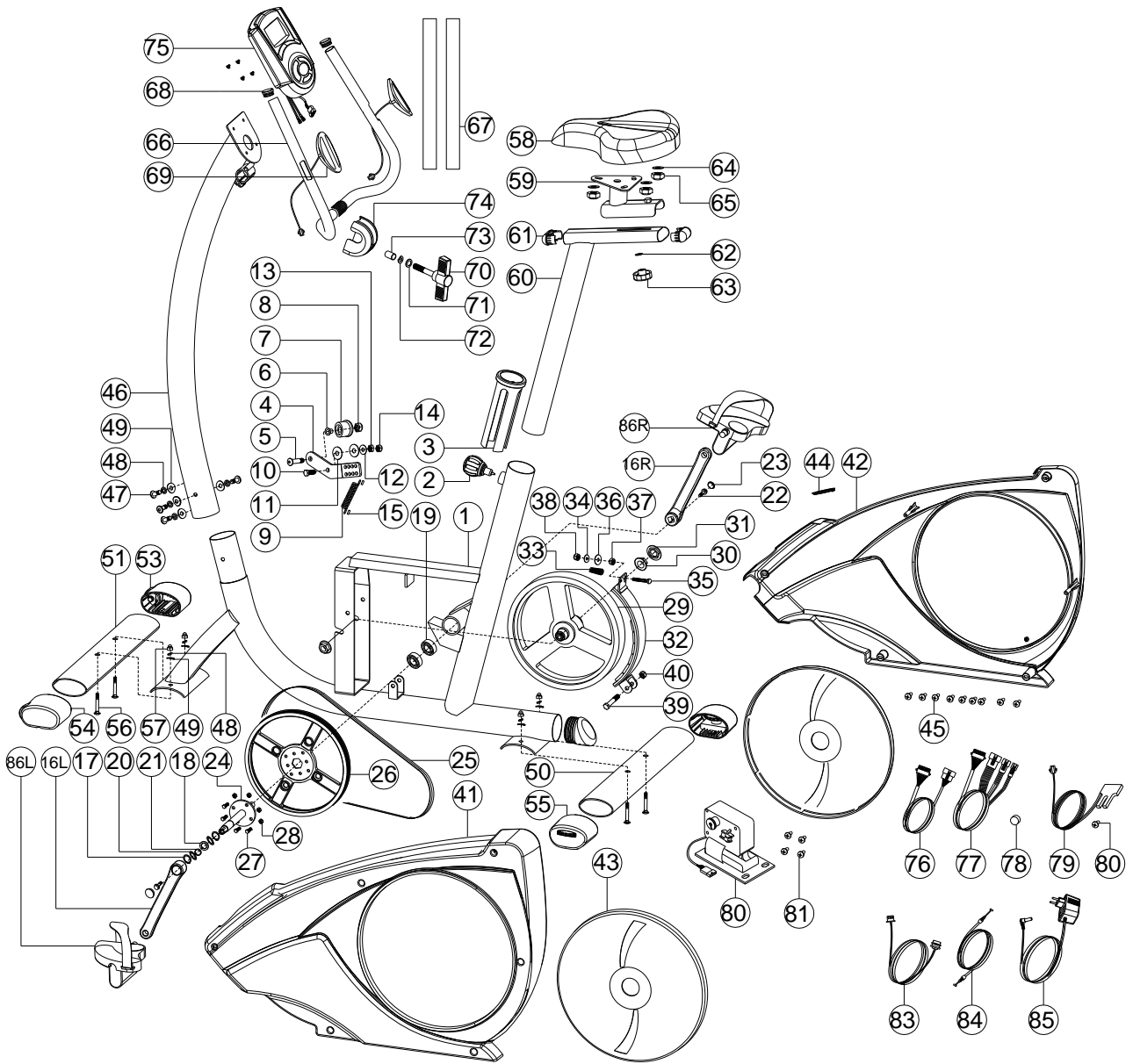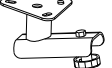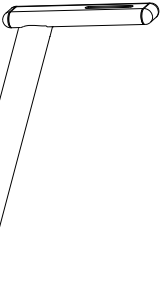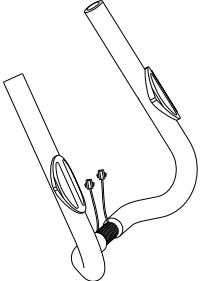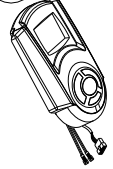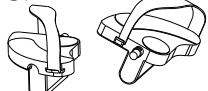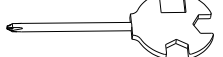
Part List

Part No.	Description	Qty	Part No.	Description	Qty
1	Main frame	1	45	Cross screw ST4.2x1.4x20L	9
2	Balling knob D50xM16x22xD8	1	46	Handlebar post	1
3	Inner plug D66xD52x170L	1	47	Inner allen bolt M8*1.25*20L	4
4	Idle fixed plate 155*62.2*5T	1	48	Spring washer D15.4 XD8.2x2T	8
5	Inner allen bolt M10*35L	1	49	Curved washer D22*D8.5*1.5T	8
6	Bushing D20*D14*11.5T	1	50	Stabilizer 40*80*1.5T*480L	1
7	Idle wheel D23.8xD38x24	1	51	Stabilizer 40*80*1.5T*480L	1
8	Nylon nut M10x1.5x10T	1	53	Front foot cap	1
9	Spring D2.2*D14*65	1	54	Front foot cap	1
10	Allen bolt M8*1.25*30L	1	55	Adjustable foot cap	2
11	Plastic flat washer D10*D24*0.4T	2	56	Square neck bolt M8*1.25*55L	4
12	Flat washer D30*D8.5*2.0T	1	57	Domed nut M8*1.25*15L	4
13	Allen nut M8*1.25*6T	1	58	Seat	1
14	Nylon nut M8*1.25*8T	1	59	Seat adjustable tube welding set	1
15	Plastic cover D4*30L	2	60	Seat tube welding set	1
16L	Left crank 6 1/2"x9/16"	1	61	End cap 25*50*32L	2
16R	Right crank 6 1/2"x9/16"	1	62	Flat washer D28*D8.5*3T	1
17	C-ring S-17(1T)	1	63	Knob D60x32L(M8x1.25)	1
18	Flat washer D23*D17.2*1.5T	1	64	Flat washer	3
19	Bearing #6003ZZ	2	65	Nylon nut	3
20	Waved wahser D22xD17x0.3T	2	66	Handlebar	1
21	Bushing D22.5*D17.2*6.4T	1	67	Foam D20*7T*620L	2
22	Allen bolt M8x1.25x25(	2	68	End cap D7/8"x20L	2
23	Bolt cover D23x6.5	2	69	Hand pulse TP-012,直立式	2
24	Crank bearing welding set	1		Pulse cable 600L	2
25	Belt PJ5 1092L	1	70	T-knob M8x1.25x65	1
26	Belt wheel D280*21	1	71	Flat washer D16xD8.5x1.2T	1
27	Allen bolt M6x1.0x15L	4	72	Spring washer D15.4xD8.2x2T	1
28	Nylon nut M6x1.0x6T	4	73	Bushing D8.2xD12.7x33	1
29	Flywheel	1	74	Protective cover	1
30	Anit-lose nut 3/8"-26UNFx6.5T	2	75	Computer TZ-6139P	1
31	Bolt cover D35*8	1	76	Upper computer cable 1000L	1

Part No.	Description	Qty	Part No.	Description	Qty
32	Magnetic fixed plate	1	77	Lower computer cable 1250L	1
33	Spring D1.2*55L	1	78	Round magnetic	1
34	Flat washer D13*D6.5*1.0T	1	79	Sensor cable 150L	1
35	Allen bolt M6*65L	1	80	Cross screw M5x0.8x12L	1
36	Nylon washer D6*D19*1.5T	1	81	Motor	1
37	Allen nut M6*1*6T	1	82	Cross screw ST4.2*1.4*15L	4
38	Nylon nut M6*1*6T	1	83	Electric cable	1
39	Allen bolt M8*52L	1	84	Tension cable D1.5*260L	1
40	Nylon nut M8*1.25*8T	1	85	Adaptor	1
41	Left chain cover	1	86L/R	Pedal	1
42	Right chain cover	1		Inner allen cross spanner	1
43	Round cover	2		Spanner	1
44	gasket around cover	1			

Check List

① x1	⑤¹ x1	
	⑤⁰ x1	
㊻ x1	⑤⁸ x1	⑦⁴ x1	⑤⁰ x1
	⑤⁹	⑦³ x1	
	⑥⁰ x1	⑦² x1	⑦⁵	⑧⁵ x1
		⑦¹ x1		
		⑦⁰ x1	⑧⁶L&R x1	

㊼	M8*1.25*20L	x4	㊽	D15.4*D8.2*2T	x8	㊾	D22*D8.5*1.5T	x8
㊾⁷	M8*1.25*55L	x4	㊾⁶	M8*15L	x4			

	x1		x1

Step 1

A
56 M8*55L
49 D22
48 D15.4
57 M8*15L
x4

48 57

49

51 1

56

50

Assemble the front stabilizer (51) and the rear stabilizer (50) on the main frame (1) by using the Square neck bolt (56), the Domed nut (57), the spring washer (48) and the curved washer (49).

Step 2
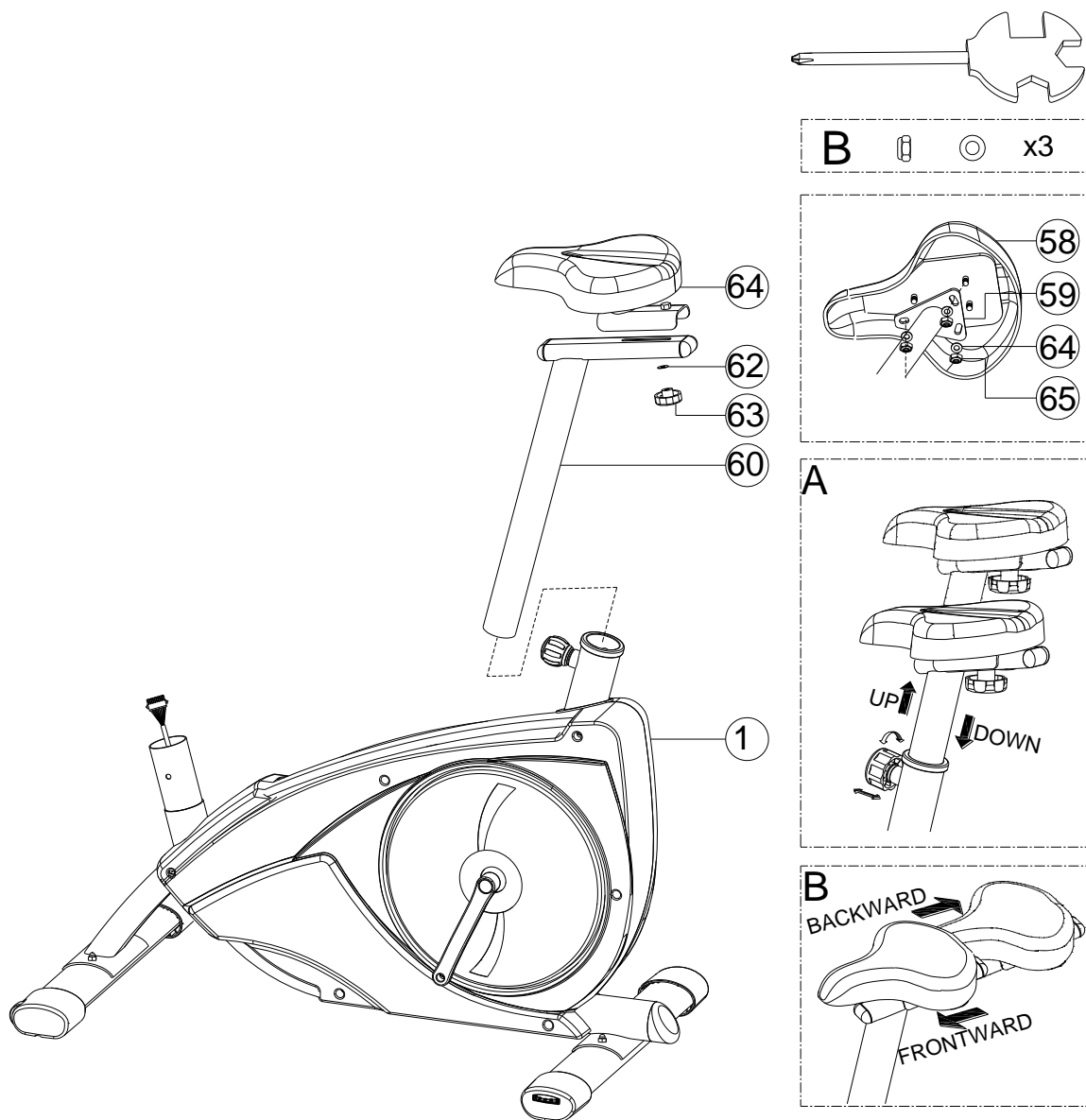
1) **Assemble the seat (64) on the seat adjustable tube (60) by using the flat washer (62) and the knob (63).**

2) **Insert the seat post welding sets (60) into the main frame (1) and use the ball quick-release knob (2) to lock the seat post.**

3) **The seat (64) could be adjusted to different heights by rotating the ball quick-release knob (2), and adjusted backward and frontward.**

Step 3
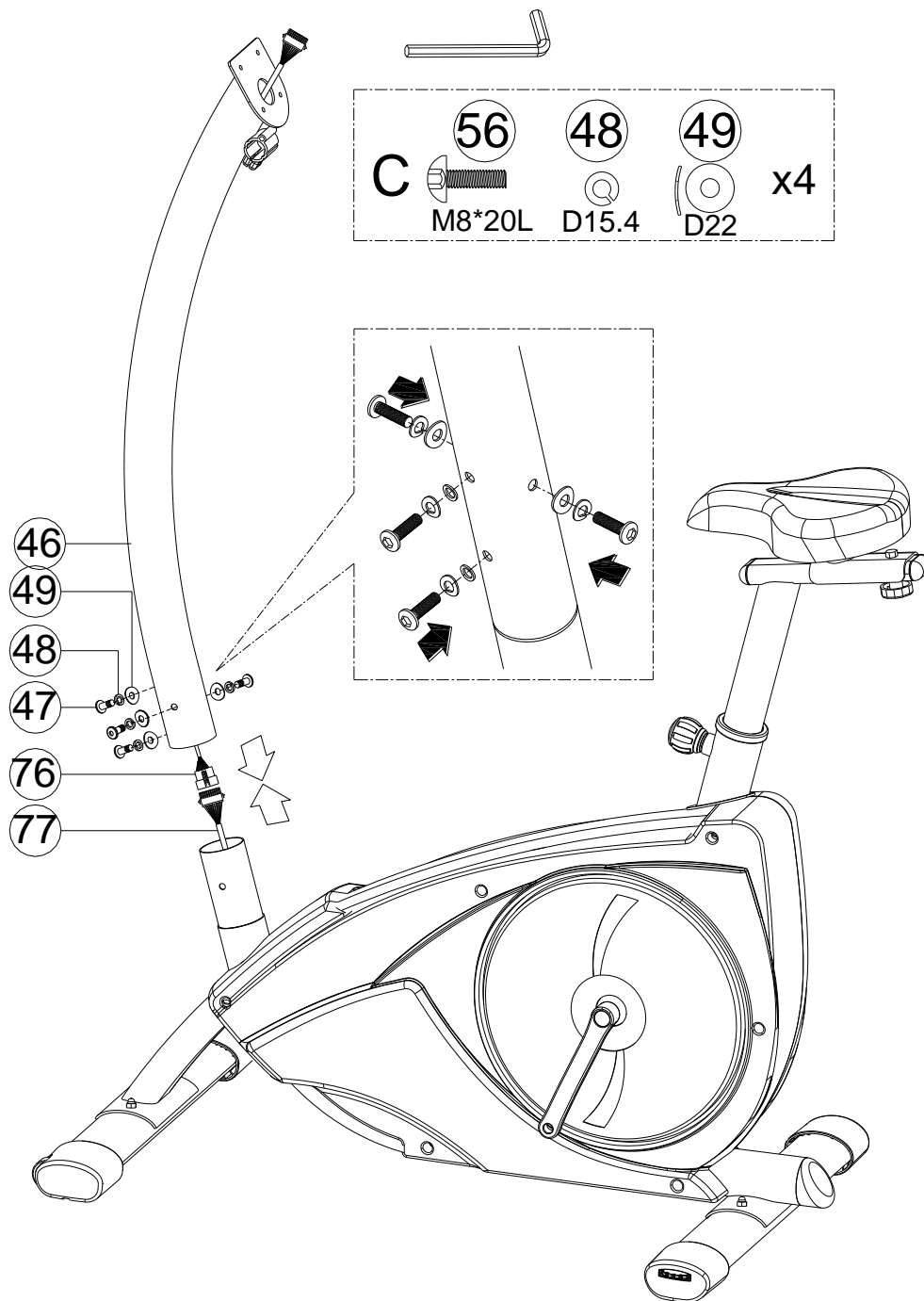
1) Assemble the handlebar post (46) on the main frame (1) by using the curved washer (49), spring washer (48) and the inner allen bolt (47).

2) Connect the upper computer cable (46) and lower computer cable (47).

Step 4
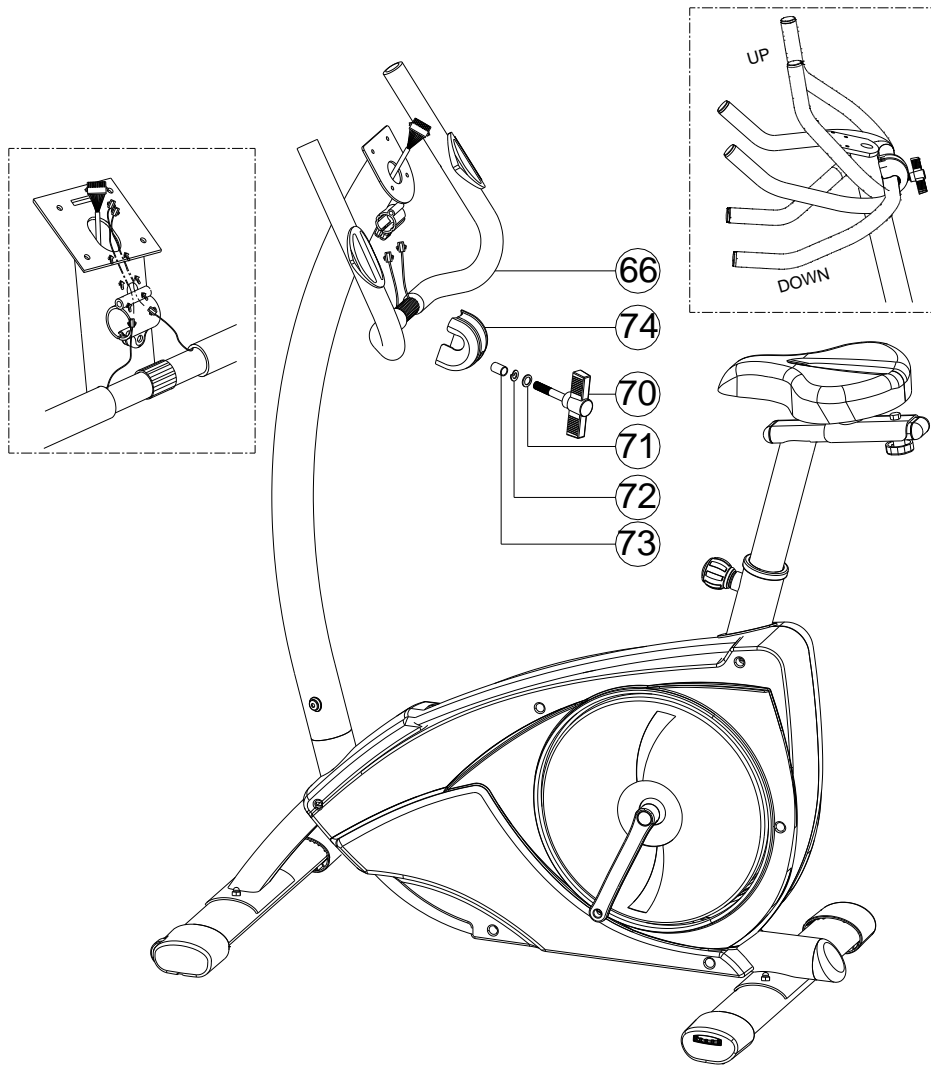
1) **Assemble the handlebar(66) by using T-knob(70), flat washer(71), spring washer(72), bushing (73) and protective cover (74).**
2) **The Handlebar is adjustable.**

Step 5
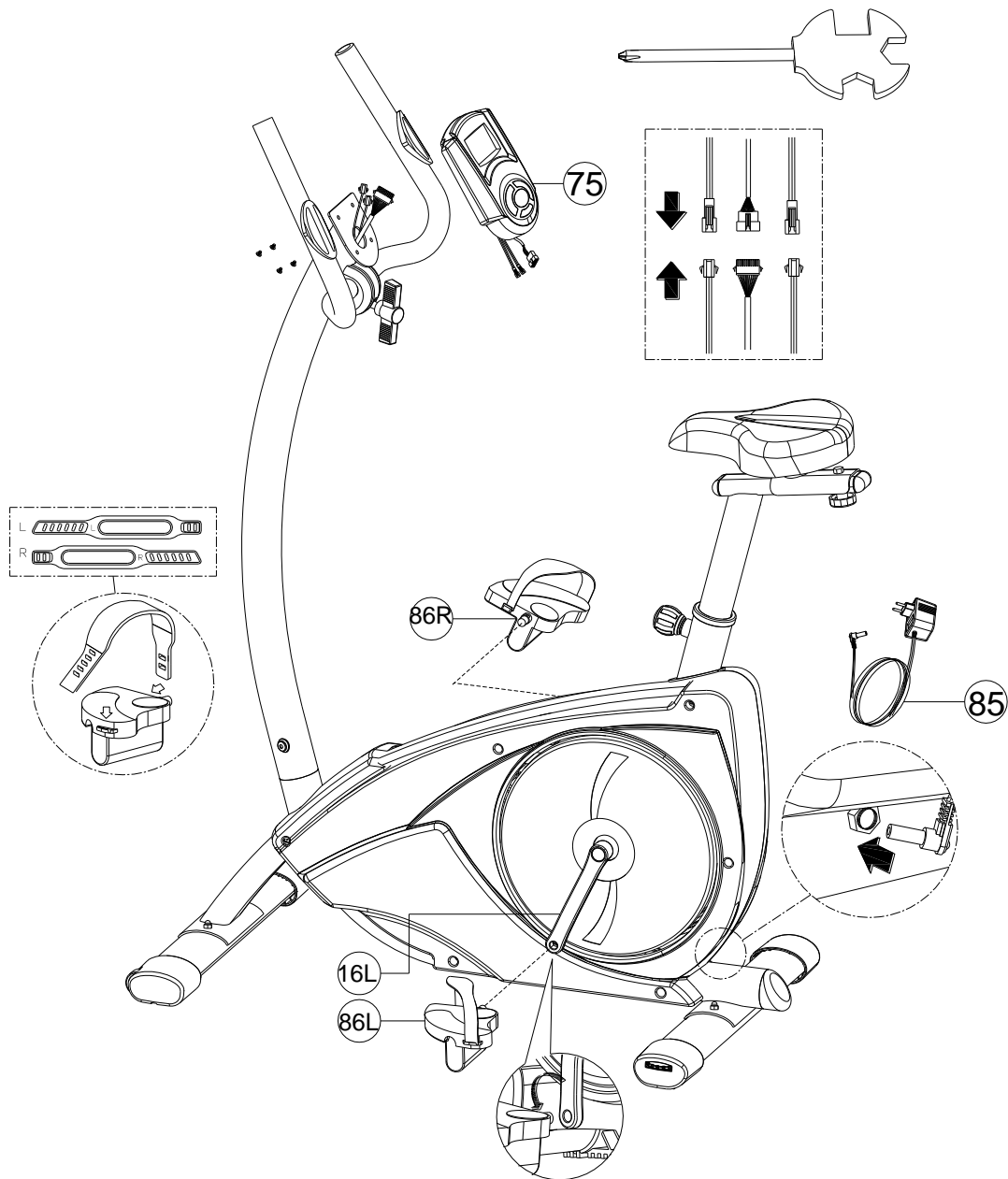
1) Assembele the computer (75) by using the
2) Assemble the pedal sets (86L&R) to the crank（16L&R）.
3) Plug the adaptor (85).

INSTRUCTION MANUAL FOR TZ-6139

Appearance

Power Up

When turned on, the monitor will emit a long beep sounds and all LCD displays light up. After that it will enter to MANUAL PROGRAM.

There are 6 basic workout modes:
MANUAL 、PRESET PROGRAM、BODYFAT PROGRAM、T.H.R PROGRAM、HRC PROGRAM、USER PROGRAM

Note:
The monitor will sleep when no signal inputs for four minutes. Then pedal or press any key to wake-up the monitor.

Pause

Workout can be paused by pressing ST/SP key. Workout will resume when ST/SP key is pressed again.

Key function

ENTER:
Press this key to confirm the function value of setting mode.
UP:
1. Press this key to select one workout mode in selection mode.
2. Press this key to increase the function value in setting mode.
3. Press this key to increase the level of loading in workout mode.
DOWN:
1. Press this key to select one workout mode in selection mode.
2. Press this key to decrease the function value of setting in setting mode.
3. Press this key to decrease the level of loading in working mode.
RECOVERY:

Press this key to start recovery measurement for 60s, meanwhile please hold the hand pulse touch sensor . After 60 seconds later, the display will show out one of F1 to F6, F1 is the best, F6 is the worst.

ST/SP:
1. Press this key to start workout in selection mode.
2. Press this key to pause it in workout mode.
3. Press this key to start measurement in BodyFat program.

WORKOUT PARAMETERS:

After selecting desired workout mode，you may pre-set several workout parameters for desired results.
TIME
DISTANCE
CALORIES
AGE

Note：
Some workout parameters can not be set in certain program.

More About Workout Parameters

Field	Setting Range	Default Value	Increment/ Decrement	Description
Time	10:00~ 99:00	0:00	± 1:00	1.When display is 0:00, Time will count up. 2.When time is 10:00-99:00, It will count down to 0.
Distance	1.0~999.0	0.0	±1.0	1.When display is 0, Distance will count up. 2.When Distance is1.0~999.0, it will count down to 0.
Calories	10~9990	0	±10	1.When display is 0.0, Calories will count up. 2.When Calories is 10~9990, it will count down to 0.
Age	10~99	30	±1	Target heart rate depends on the age in MANUAL PROGRAM、HRC PROGRAM、PRESET PROGRAM、USER PROGRAM.
T.H.R	60~220	90	±1	When current heart rate exceed the T.H.R, the heart rate value will flash .

Program Operation

MANUAL PROGRAM

Setting parameters for MANUAL PROGRAM
Select MANUAL PROGRAM by UP or DOWN key, then press ENTER key, and select the function values of time、distance、calories 、age etc to set, when select the function value ,

it will flash, then press UP or DOWN key to adjust and press ENTER key to confirm the setting value, at the same time enter to the next parameter to set. After finishing the setting, user can press ST/SP to start workout.

The user can press UP or DOWN key to adjust the level of loading during workout.

Note:
The monitor will emit sounds when the function value of setting count down to 0 during workout, at the same time, the monitor will stop automatically. Then press ST/SP key , continue workout to finish other parameters.

PRESET PROGRAM
There are 12 preset programs..

Setting parameters for PRESET PROGRAM
Select one PRESET PROGRAM by UP or DOWN key, then press ENTER key ， and select the function values of time、distance、calories、age etc to set, when select the function value, it will flash and press UP or DOWN key to adjust, then press ENTER key to confirm the setting value, at the same time enter to the next parameter to set. After finishing the setting, user can press ST/SP to start workout.

The user can press UP or DOWN key to adjust the level of loading during workout.

Note:
The monitor will emit sounds when the function value of setting count down to 0 during workout, at the same time, the monitor will stop automatically. Then press ST/SP key , continue workout to finish other parameters.

BODYFAT PROGRAM

Setting the personal data for BODYFAT PROGRAM
Select BODYFAT PROGRAM by pressing UP or DOWN key, then press ENTER key to enter to the setting mode of personal data, user can select the values of age、sex、height、weight etc to adjust. When select the value，it will flash，then press UP or DOWN key to adjust，then press ENTER key to confirm the setting.

After finishing all personal data，press ST/SP key to start measurement.

T.H.R PROGRAM

Setting parameters for T.H.R PROGRAM
Select T.H.R PROGRAM by UP or DOWN key，then press ENTER key ， and select the function values of time、distance、calories、T.H.R to set, when select the function value, it will flash and press UP or DOWN key to adjust, then press ENTER key to confirm the setting value, at the same time enter to the next parameter to set. After finishing the setting, user can press ST/SP and place your palms on the both of contact pads to start workout. The monitor will adjust the level of loading automatically that depends on your current heart rate.

The user can press UP or DOWN key to adjust the level of loading during workout.

Note:

The monitor will increase the level of loading every 20s if the current heart rate is less than the T.H.R; The monitor will decrease the level of loading every 20s if the current heart rate exceed the T.H.R.

Note:
The monitor will emit sounds when the function value of setting count down to 0 during workout, at the same time, the monitor will stop automatically. Then press ST/SP key , continue workout to finish other parameters.

HRC PROGRAM
65%   TARGET H.R= 65% of (220-AGE)
85%   TARGET H.R= 85% of (220-AGE)

Setting parameters for HRC PROGRAM
Select one HRC PROGRAM(65% or 85%) by UP or DOWN key, then press ENTER key, and select the function values of time、distance、calories、age etc to set. When select the function value, it will flash and press UP or DOWN key to adjust, then press ENTER key to confirm the setting value, at the same time enter to the next parameter to set. After finishing the setting, user can press ST/SP and place your palms on the both of contact pads to start workout. The monitor will adjust the level of loading automatically that depends on your current heart rate.
.
The user can press UP or DOWN key to adjust the level of loading during workout.

Note:
The monitor will increase the level of loading every 20s if the current heart rate is less than the T.H.R; The monitor will decrease the level of loading every 20s if the current heart rate exceed the T.H.R.

Note:
The monitor will emit sounds when the function value of setting count down to 0 during workout, at the same time, the monitor will stop automatically. Then press ST/SP key , continue workout to finish other parameters.

USER PROGRAM
The monitor allows user to set their own profile for the feature workout.

Setting parameters for USER PROGRAM
Select one USER PROGRAM(U1 or U2), then press ENTER key to select the function values of time 、distance 、calories、age to set. When select the function value, it will flash and press UP or DOWN key to adjust，then press ENTER key to confirm the setting value, at the same time enter to the next parameter to set.
After finishing the function values setting, press ENTER key , the 1st profile will flash, then press UP or DOWN key to set the level of loading and press ENTER key to confirm it, at the same time, enter to the next one to set. Continue to finish all the 10 profiles. User can press ST/SP to start workout.

The user can press UP or DOWN key to adjust the level of loading during workout.

Note:
The monitor will emit sounds when the function value of setting count down to 0 during workout, at the same time, the monitor will stop automatically. Then press ST/SP key , continue workout to finish other
parameters.

insportline

SEVEN SPORT s.r.o.

Sídlo:	Bořivojova 35/878, 130 00, Praha 3, ČR
Centrála:	Dělnická 957, 749 01 Vítkov
Reklamace a servis:	Čermenská 486, 749 01 Vítkov
IČO:	26847264
DIČ:	CZ26847264
Telefon:	+420 556 300 970
Mail:	eshop@insportline.cz
	reklamace@insportline.cz
	servis@insportline.cz
Web:	www.insportline.cz

SK

inSPORTline s.r.o.

Centrála, reklamácie, servis:	Električná 6471, 911 01 Trenčín, SK
IČO:	36311723
DIČ:	SK2020177082
Telefón:	+421(0)326 526 701
Mail:	objednavky@insportline.sk
	reklamacie@insportline.sk
	servis@insportline.sk
Web:	www.insportline.sk