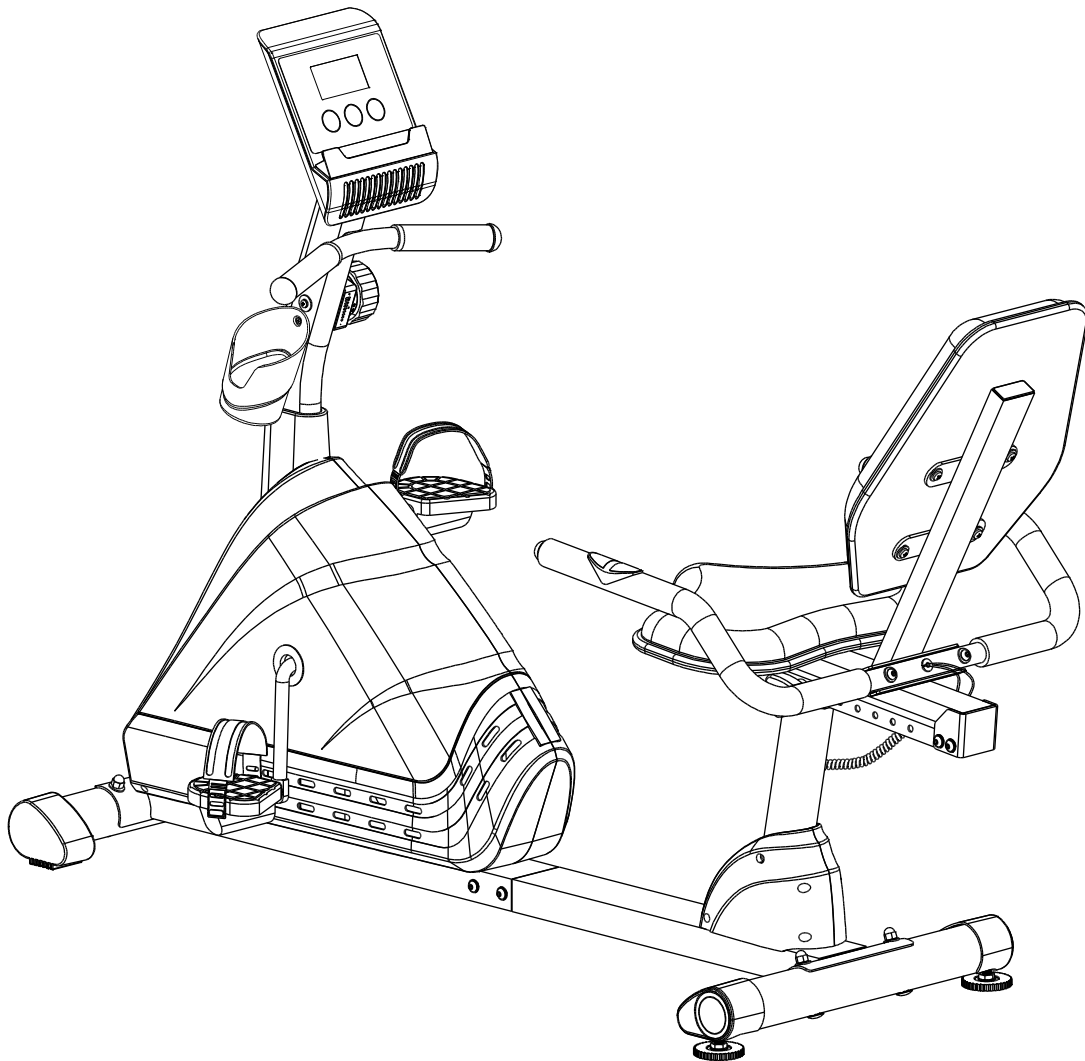




USER MANUAL – EN

IN 5561 Recumbent inSPORTline Rapid RMB



IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference.

The specifications of this product may vary from this photo and are subject to change without prior notice.

CONTENTS

- IMPORTANT SAFETY INSTRUCTIONS 3
- PARTS LIST 4
 - HARDWARE LIST 6
 - TOOLS 6
- OVERVIEW DRAWING 7
- ASSEMBLY INSTRUCTIONS 8
- CORRECT WORKOUT POSITION 21
- HOW TO MOVE THE RECUMBENT BIKE 21
- MOUNTING AND DISMOUNTING THE RECUMBENT BIKE 22
- OPERATING THE COMPUTER 22
- ADJUSTMENTS 24
 - ADJUSTING THE TENSION CONTROL KNOB 24
 - ADJUSTING THE ADJUSTABLE LEVELER 24
 - ADJUSTING THE SEAT FORWARD / BACKWARD 24
- MAINTENANCE 25
 - CLEANING 25
 - STORAGE 25
- TROUBLESHOOTING 25
- WARM UP AND COOL DOWN ROUTINE 26
- TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS 28




IMPORTANT SAFETY INSTRUCTIONS

Basic precautions should always be followed, including the following important safety instructions when using this equipment. Read all instructions before using this equipment.

1. Read all instructions and follow it carefully before using this equipment. Make sure the equipment is properly assembled and tightened before use.
2. Before exercise, in order to avoid injuring the muscle, warm-up exercises are recommended.
3. Please make sure all parts are not damaged and fixed well before use. This equipment should be placed on a flat surface when using. Using a mat or other covering material on the ground is recommended.
4. Please wear proper clothes and shoes when using this equipment; do not wear clothes that may catch any part of the equipment; remember to tighten the pedaling straps.
5. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult your local dealer.
6. Do not use the equipment outdoors.
7. This equipment is for household use only. It is not a commercial model.
8. Only one person at a time should use this equipment.
9. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
10. Care should be taken in mounting or dismounting the equipment.
11. Do not allow children to use or play on the equipment. Keep children and pets away from the equipment while in use. This machine is designed for adults use only. The minimum free space required for safe operation is not less than two meters.
12. The net weight of this product is 33 kgs.
13. The maximum weight capacity for this product is 130 kgs.
14. Class - HC (according to EN ISO 20957) for home use.

WARNING: Before beginning any exercise program consult your physician. This is especially important for the people who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment.

CAUTION: Read all instructions carefully before operating this product. Retain this Owner's Manual for future reference.

Indoor Recumbent Bike	Importer / Dovozce / Dovozca SEVEN SPORT S.R.O./inSPORTline s.r.o.											
	Address / Adresa Strakonická 1151/2C, 150 00 Praha 5 – Hlubočepy, Czech Republic.											
 Rohs	Item No. / Položka č.	IN 5561										
	Class / Třída / Trieda	HC										
	Standard / Norma	EN957										
		Warning!!! Please must read the users manual detail before use the machine	Varování!!! Přečtěte si manuál před prvním použitím									
		Varovanie!!! Prečítajte si manuál pred prvým použitím										
	Production date / Datum výroby / Dátum výroby											
	2020	2021										
	2022											
	1	2	3	4	5	6	7	8	9	10	11	12
	PI No:											
	Serial number:											
	CE No.:		150200119HZH-V1									
	Max.user weight / max.váha uživatele:		130 KGS									

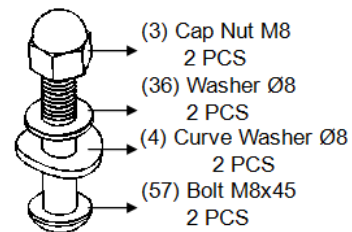
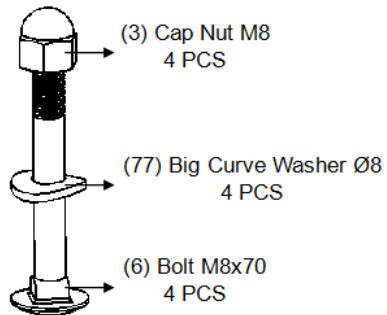
PARTS LIST

No.	Description	Qty
001	Right Front Stabilizer End Cap Ø60x1.5	1
002	Front Stabilizer Ø60x1.5x330	1
003	Cap Nut M8	6
004	Curve Washer Ø8	3
005	Screw ST4.2x25	11
006	Bolt M8x70	4
007	Left Front Stabilizer End Cap Ø60x1.5	1
008	Cover Cap Ø50xØ25x10	2
009	Pan Head Phillips Self Drilling Screw ST4.2x25	4
010	Right Cover	1
011	Belt 350J6	1
012	Right Foot Pedal YH-30X	1
013	Crank Ø240	1
014	Washer Ø34.5xØ23x25	1
015	Axle Sleeve II 15/16"	1
016	Bearing	2
017	Axle Bush	2
018	Axle Sleeve I 7/8"	1
019	Nut 7/8"	2
020	Flywheel Ø230	1
021	Front Main Frame 80x40x2	1
022	Left Cover	1
023	Triangle Knob M12x58	1
024	Round End Cap for Handlebar Ø25x1.5	4
025	Front Handlebar Foam Grip Ø24xØ30x160	2
026	Extension Sensor Wire L=500mm	1
027	Extension Wire L=350mm	2
028	Computer (HR-568BSP)	1
029	Bolt M5x12	4
030	Tension Control Knob	1
031	Tension Cable L=1150mm	1
032	Washer Ø5	1
033	Bolt M5x20	1
034	Front Handlebar Post 70x30x1.5	1
035	Bolt M8x10	4

036	Washer Ø8	21
037	Bolt M8x20	1
038	Left Rear Stabilizer End Cap	1
039	Idle Wheel Bracket	1
040	Nylon Nut M8	1
041	Front Handlebar Post Cover	1
042	Spring	1
043	Bearing 6000ZZ	2
044	Middle Section Hand Pulse Sensor Wire L=1000mm	2
045	Bolt M8x30	2
046	Rear Main Frame	1
047	Seat Cushion	1
048	Back Cushion	1
049	Bolt M6x15	8
050	Washer Ø6	8
051	Backrest and Seat Support Bracket End Cap 23x53x1.5	1
052	Seat Sliding Tube 53x23x2.0	1
053	Back and Seat Support Bracket 53x23x2.0	1
054	Handlebar Foam Grip Ø24xØ30x550	2
055	Screw ST4.2x20	2
056	Hand Pulse Sensor with Wire L=750mm	2
057	Bolt M8x45	2
058	Wire Plug Ø12.1	2
059	Nut M6	2
060	Round Knob M16x1.5	1
061	Bushing	2
062	Right Rear Main Frame Cover	1
063	Left Rear Main Frame Cover	1
064	Rear Stabilizer	1
065	Right Rear Stabilizer End Cap	1
066	Nut M10	2
067	Adjustable Leveler M10	2
068	Handlebar Ø25x1.5	1
069	Left Foot Pedal YH-30X	1
070	Extension Hand Pulse Sensor Wire L=1000mm	2
071	Sensor with Wire L=750mm	1
072	Bolt M8x15	13

073	Washer Ø40xØ24x3	1
074	Nut M10x1	2
075	Adjustable Bolt M6x36	2
076	Screw ST2.9x12	2
077	Big Curve Washer Ø8	4
078	Spring Washer Ø6	2
079	U Bracket	2
080	Washer Ø10xØ14x1	2
081	Washer Ø12xØ6x1	1
082	Bolt M6x10	1
083	Water Bottle Holder	1
084	Bolt M5x15	2

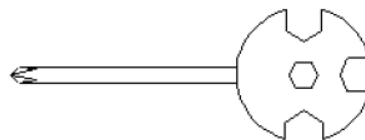
HARDWARE LIST



TOOLS

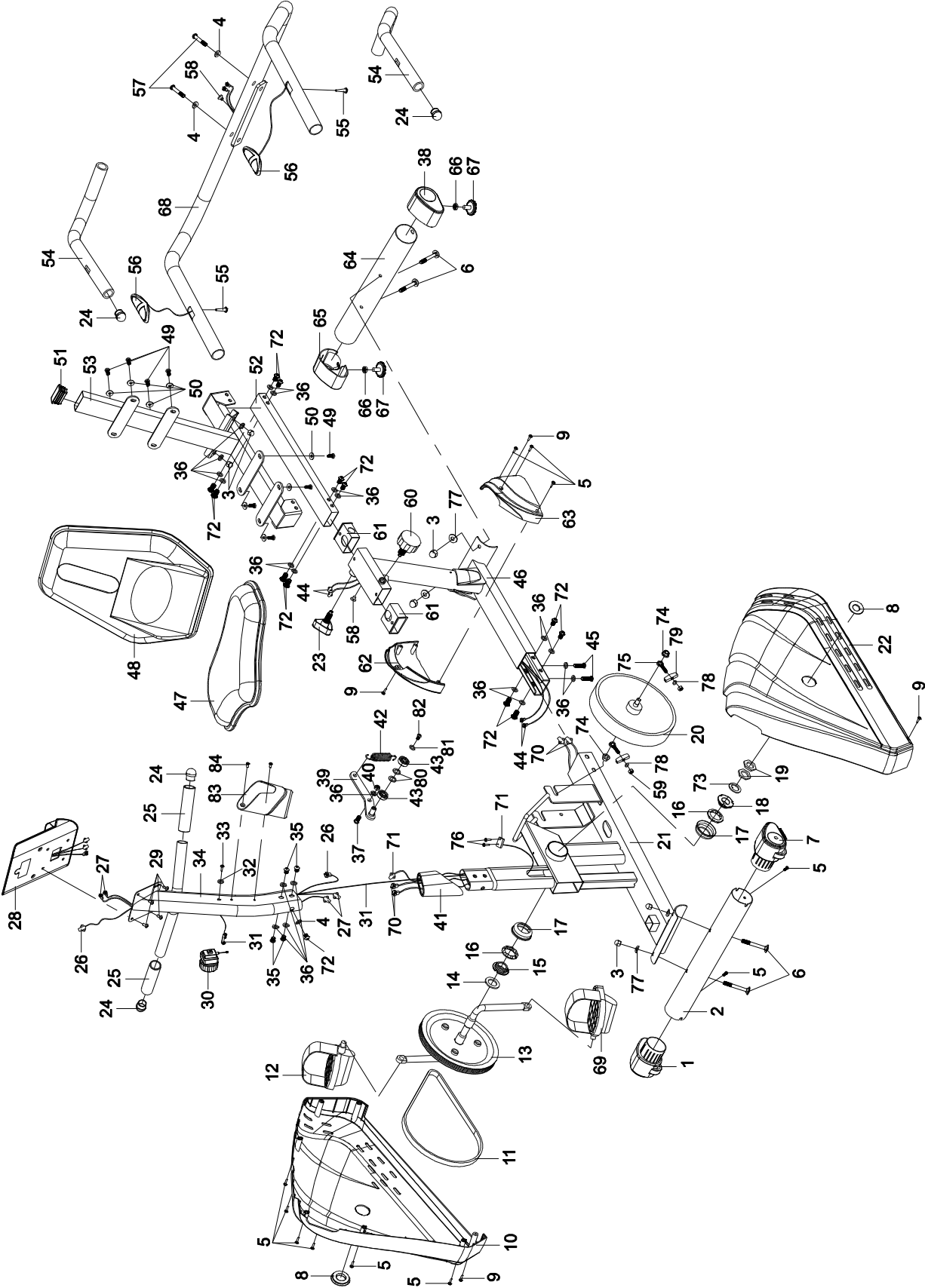


Allen Wrench S6
1 PC



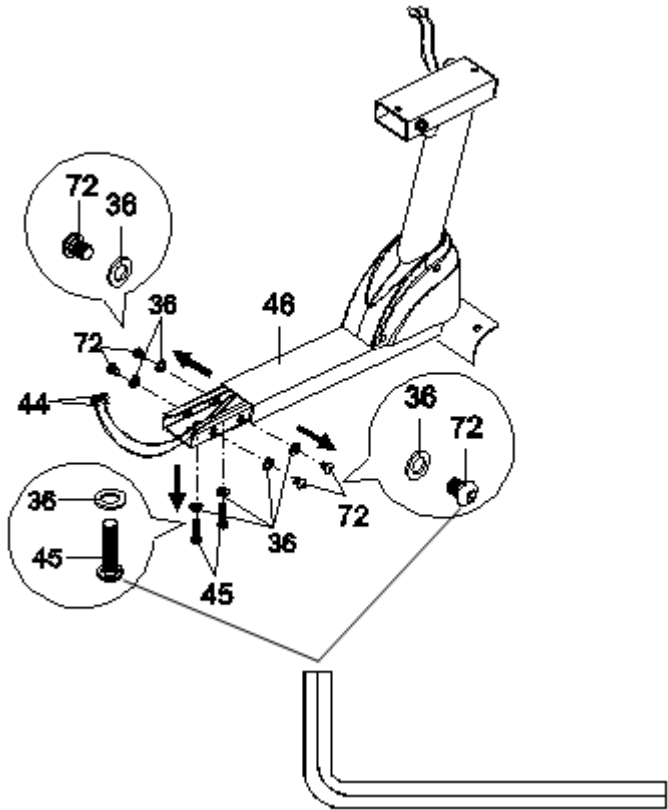
Multi Hex Tool with Phillips Screwdriver
S10, S13, S14, S15
1 PC

OVERVIEW DRAWING



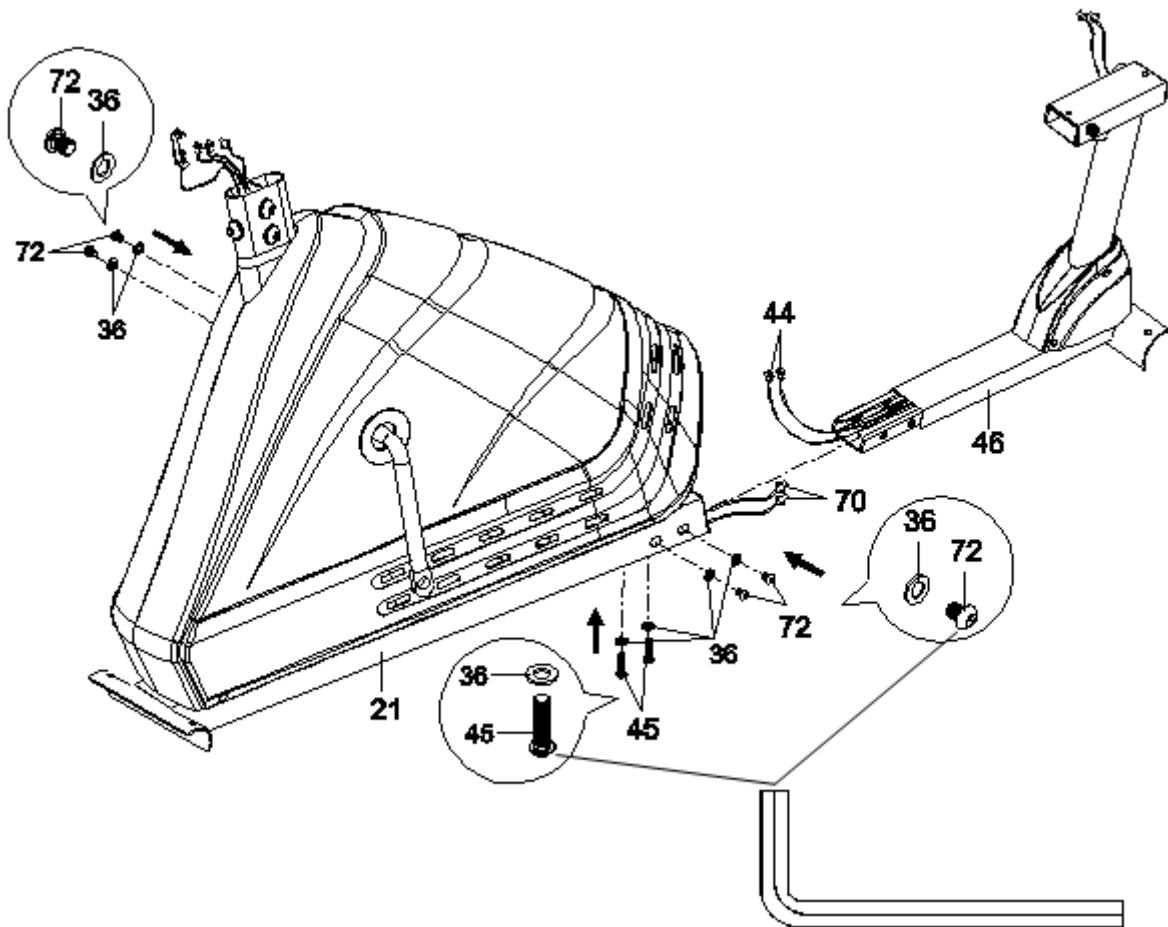
ASSEMBLY INSTRUCTIONS

STEP 1



Remove two M8x30 Bolts (45), four M8x15 Bolts (72), and six Ø8 Washers (36) from the Rear Main Frame (46). Remove bolts with the Allen Wrench provided.

STEP 2

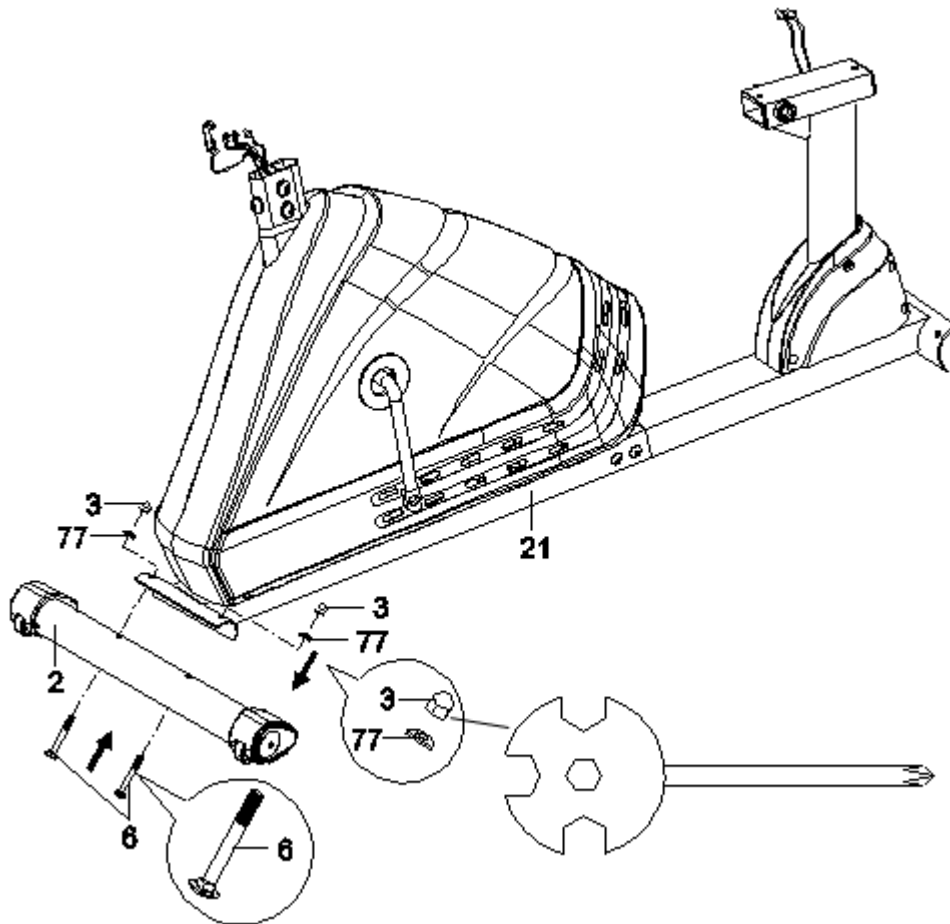
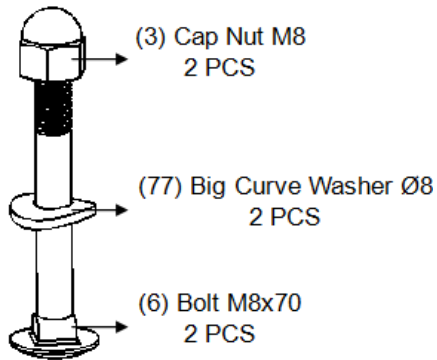


Connect the Middle Section Hand Pulse Sensor Wires (44) from the Rear Main Frame (46) to the Extension Hand Pulse Sensor Wires (70) from the Front Main Frame (21).

Attach the Rear Main Frame (46) into the Front Main Frame (21) with two M8x30 Bolts (45), four M8x15 Bolts (72), and six Ø8 Washers (36) that were removed. Tighten bolts with the Allen Wrench provided.

STEP 3

HARDWARE:

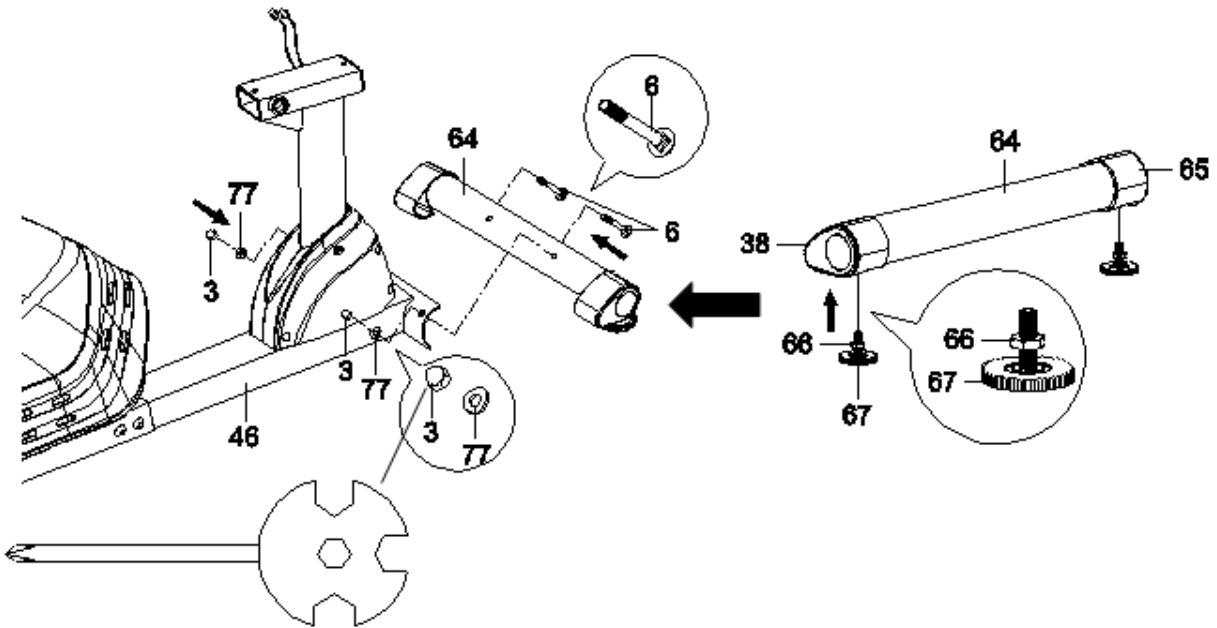
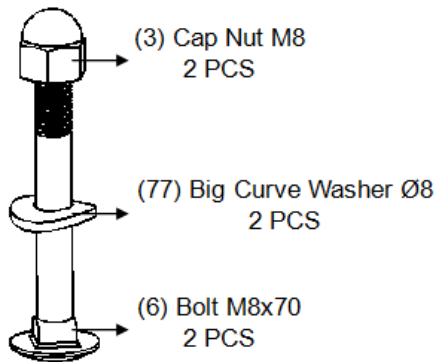


Position the Front Stabilizer (2) in front of the Front Main Frame (21) and align bolt holes.

Attach the Front Stabilizer (2) onto the front curve of the Front Main Frame (21) with two M8x70 Bolts (6), two Ø8 Big Curve Washers (77), and two M8 Cap Nuts (3). Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.

STEP 4

HARDWARE:

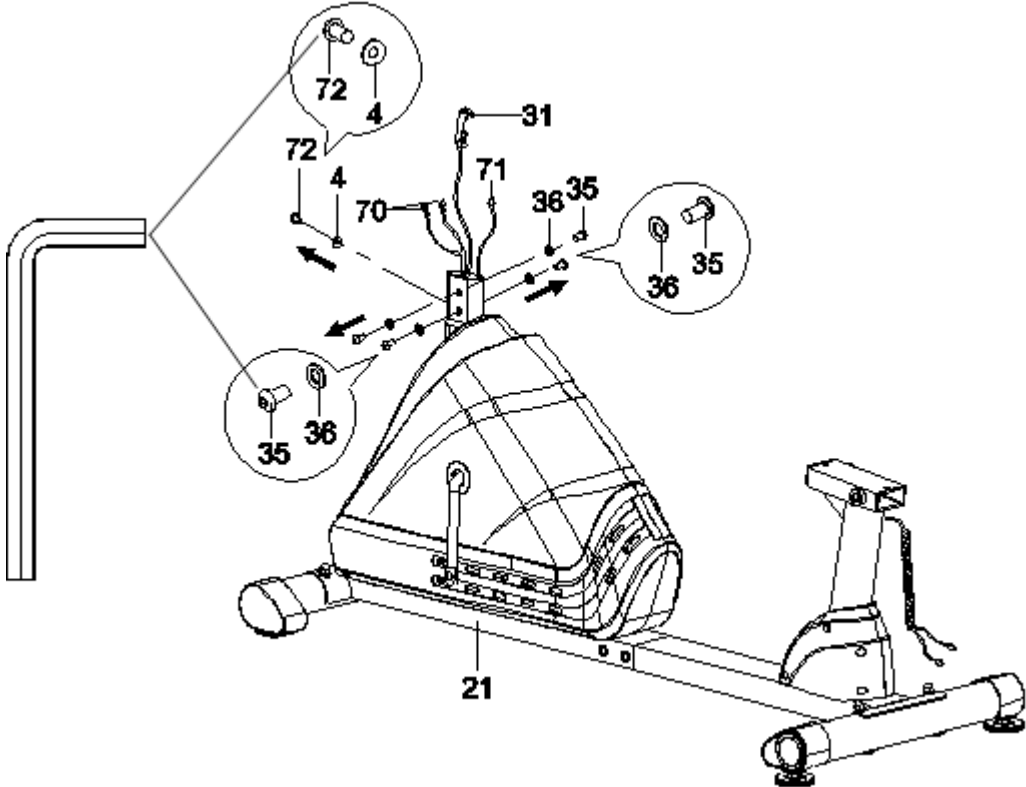


Insert both M10 Adjustable Levels (67) into the threaded holes on the underside of the Rear Stabilizer (64). Twist the M10 Adjustable Levels (67) to adjust height, then tighten the M10 Nuts (66) after adjustment.

Position the Rear Stabilizer (64) behind the Rear Main Frame (46) and align bolt holes.

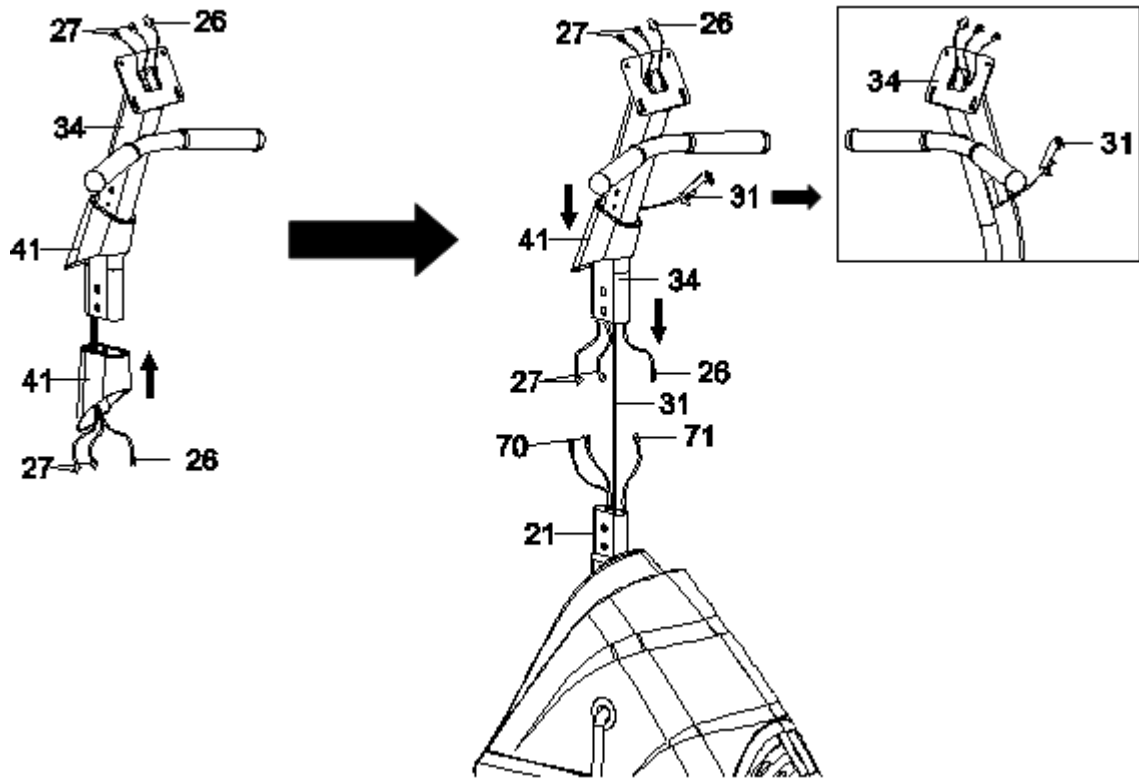
Attach the Rear Stabilizer (64) onto the rear curve of the Rear Main Frame (46) with two M8x70 Bolts (6), two Ø8 Big Curve Washers (77), and two M8 Cap Nuts (3). Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.

STEP 5



Remove one Ø8 Curve Washer (4), one M8x15 Bolt (72), four M8x10 Bolts (35) and four Ø8 Washers (36) from the Front Main Frame (21). Remove bolts with the Allen Wrench provided.

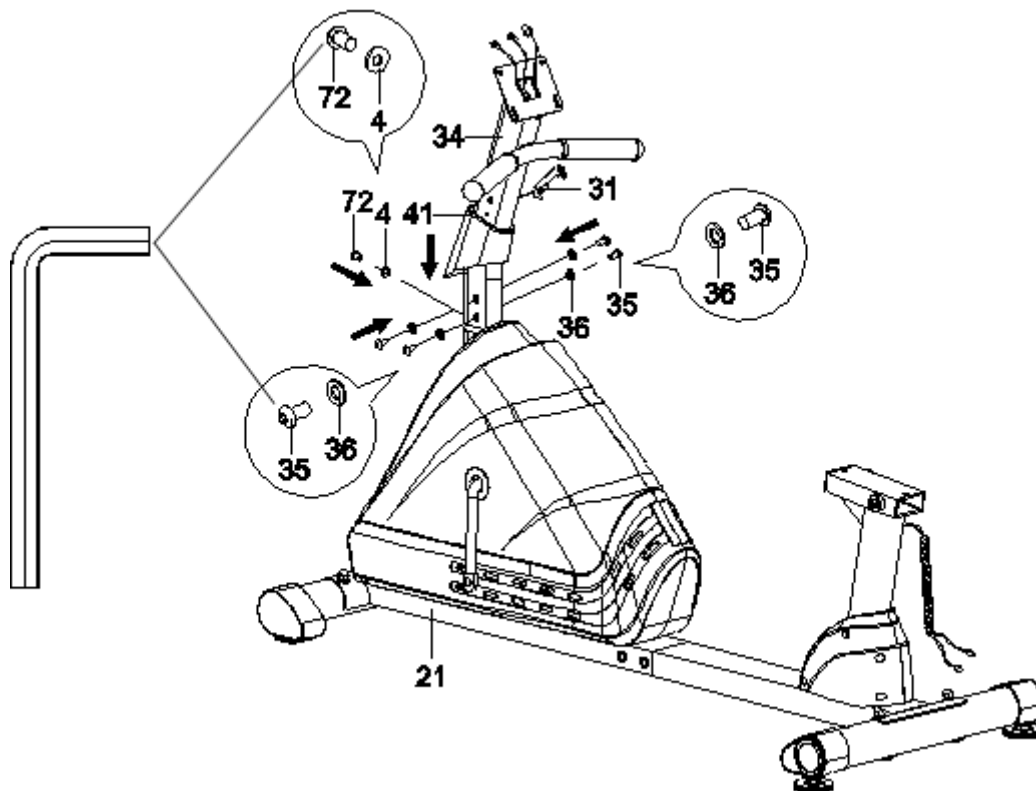
STEP 6



Slide the Front Handlebar Post Cover (41) up to the Front Handlebar Post (34).

Insert the Tension Cable (31) through into the bottom hole of Front Handlebar Post (34) and pull it out from the square hole of Front Handlebar Post (34). Connect the Sensor Wire (71) and Extension Hand Pulse Sensor Wires (70) from the Front Main Frame (21) to the Extension Sensor Wire (26) and Extension Wires (27) from the Front Handlebar Post (34).

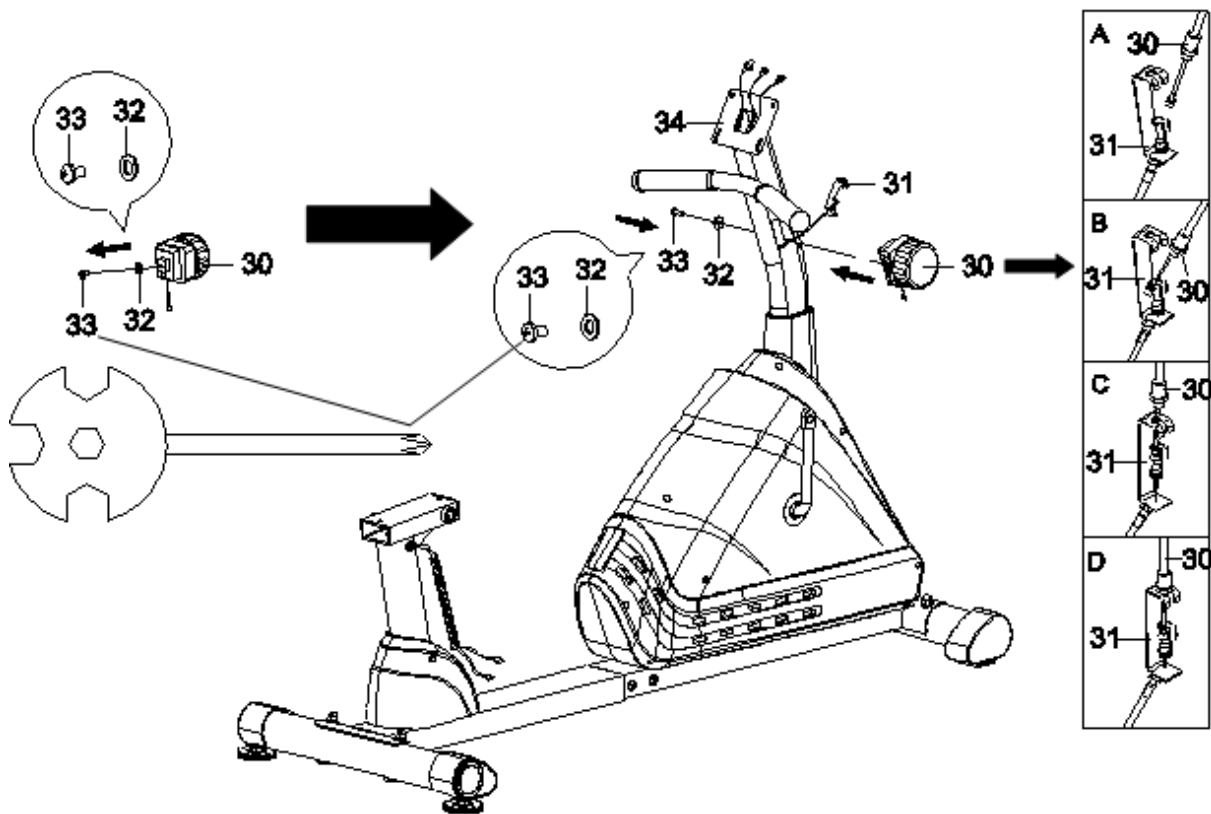
STEP 7



Insert the Front Handlebar Post (34) onto the tube of the Front Main Frame (21) and secure with one Ø8 Curve Washer (4), one M8x15 Bolt (72), four M8x10 Bolts (35) and four Ø8 Washers (36) that were removed. Tighten bolts with the Allen Wrench provided.

Slide the Front Handlebar Post Cover (41) down to the Front Main Frame (21).

STEP 8



Remove one M5x20 Bolt (33) and one Ø5 Washer (32) from the Tension Control Knob (30). Remove bolt with the Multi Hex Tool with Phillips Screwdriver provided.

Put the cable end of resistance cable of Tension Control Knob (30) into the cable lock of Tension Cable (31), see Figure A.

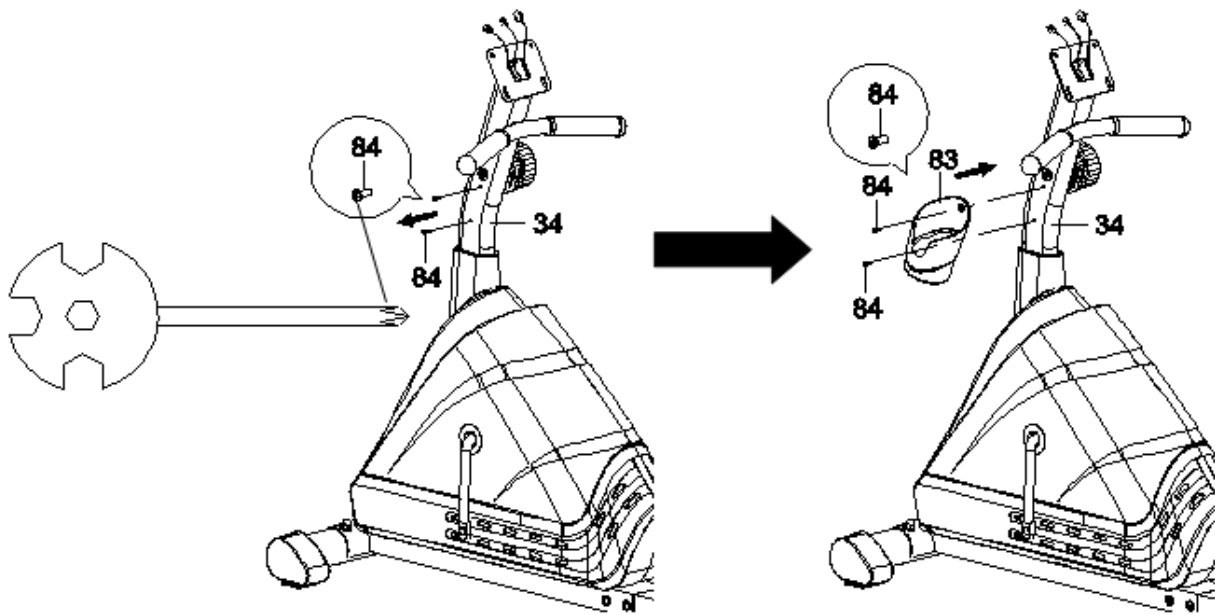
Pull the resistance cable of Tension Control Knob (30) up and force it into the slot of metal bracket of Tension Cable (31), see Figure B.

Insert the metal fitting on the resistance cable of Tension Control Knob (30) into the hole at the end of the slot in the metal bracket of Tension Cable (31), see Figure C.

Connect the resistance cable of Tension Control Knob (30) to Tension Cable (31) complete, see Figure D.

Attach the Tension Control Knob (30) onto the Front Handlebar Post (34) with one M5x20 Bolt (33) and one Ø5 Washer (32) that were removed. Tighten bolt with the Multi Hex Tool with Phillips Screwdriver provided.

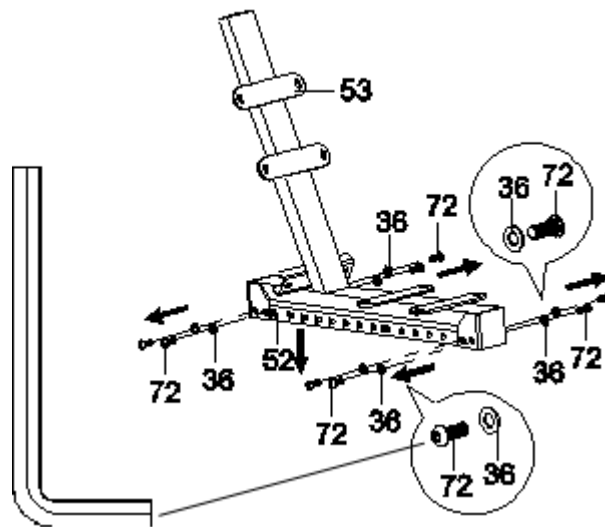
STEP 9



Remove two M5x15 Bolts (84) from the Front Handlebar Post (34). Remove bolts with the Multi Hex Tool with Phillips Screwdriver provided.

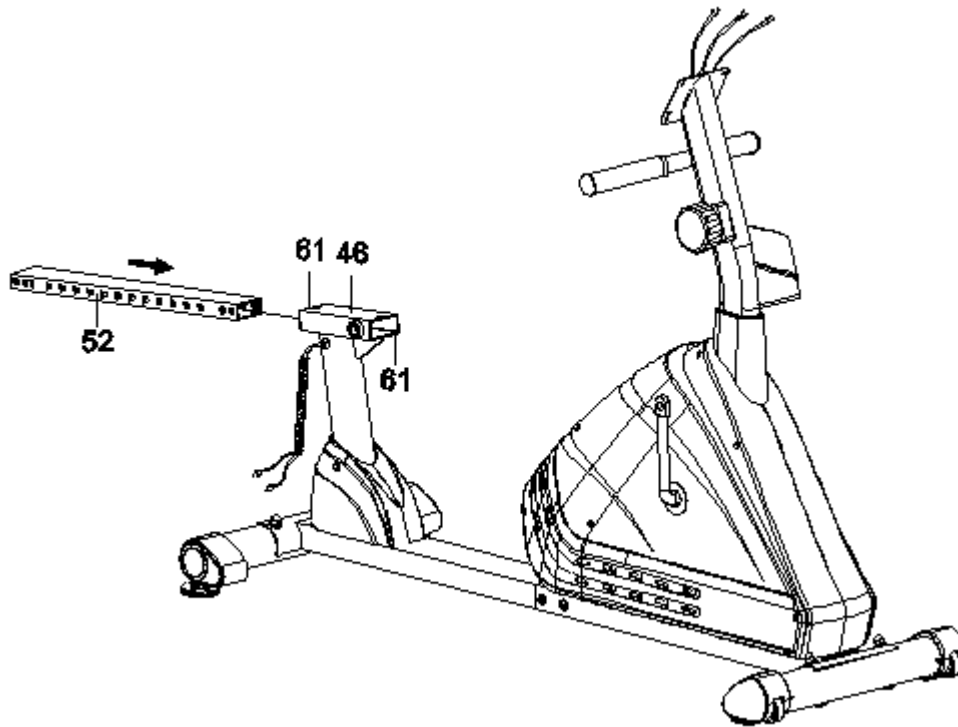
Attach the Water Bottle Holder (83) onto the Front Handlebar Post (34) with two M5x15 Bolts (84) that were removed. Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.

STEP 10



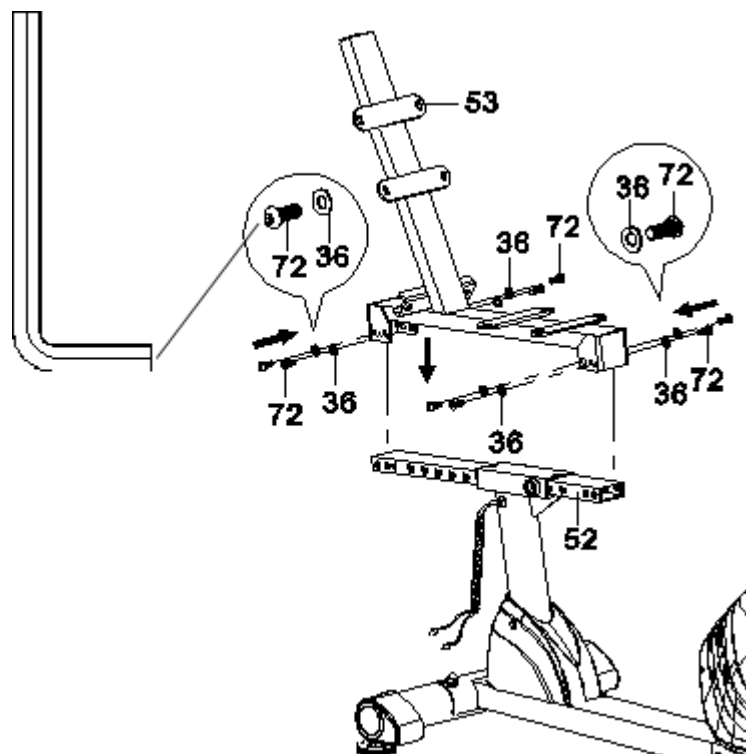
Remove eight Ø8 Washers (36) and eight M8x15 Bolts (72) from the Back and Seat Support Bracket (53). Remove bolts with the Allen Wrench provided.

STEP 11



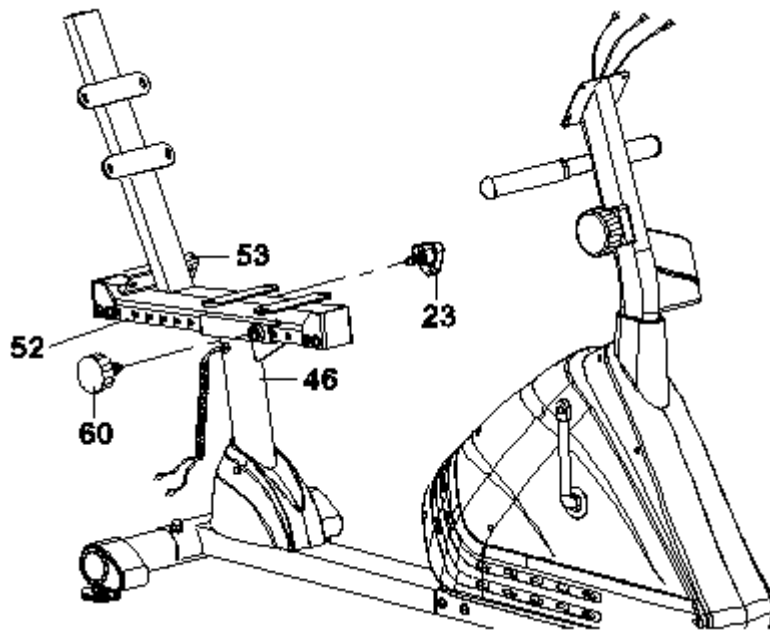
Insert the Seat Sliding Tube (52) into the Bushings (61) of the Rear Main Frame (46).

STEP 12



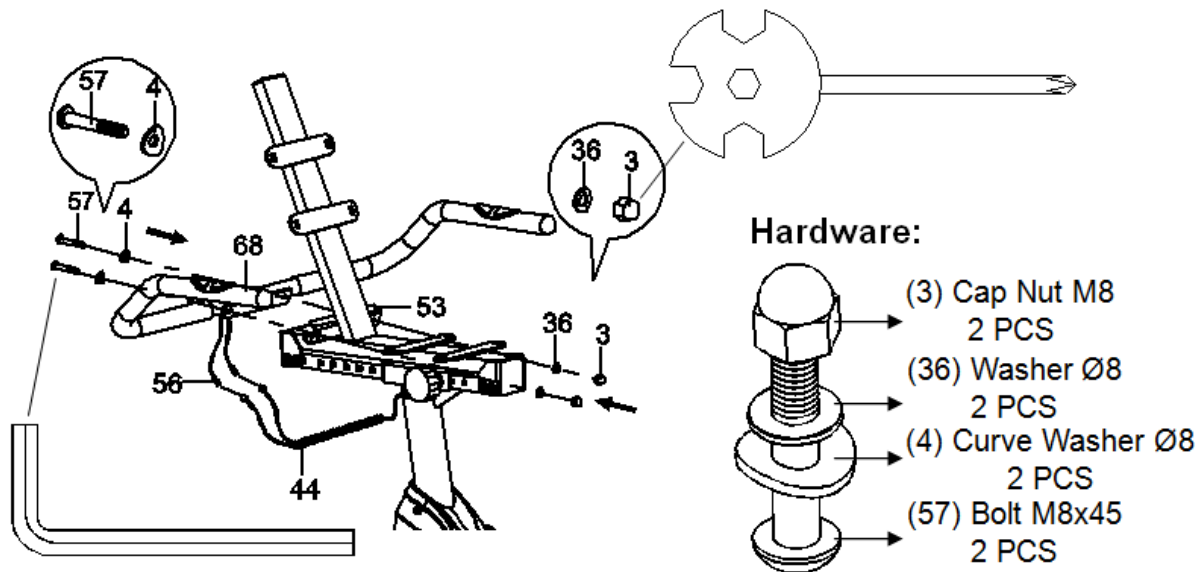
Attach the Seat Sliding Tube (52) to the Back and Seat Support Bracket (53) with eight Ø8 Washers (36) and eight M8x15 Bolts (72) that were removed. Tighten bolts with the Allen Wrench provided.

STEP 13



Adjust the seat position and insert the Round Knob (60) and Triangle Knob (23). Turn the Round Knob (60) and Triangle Knob (23) in the clockwise direction to tighten.

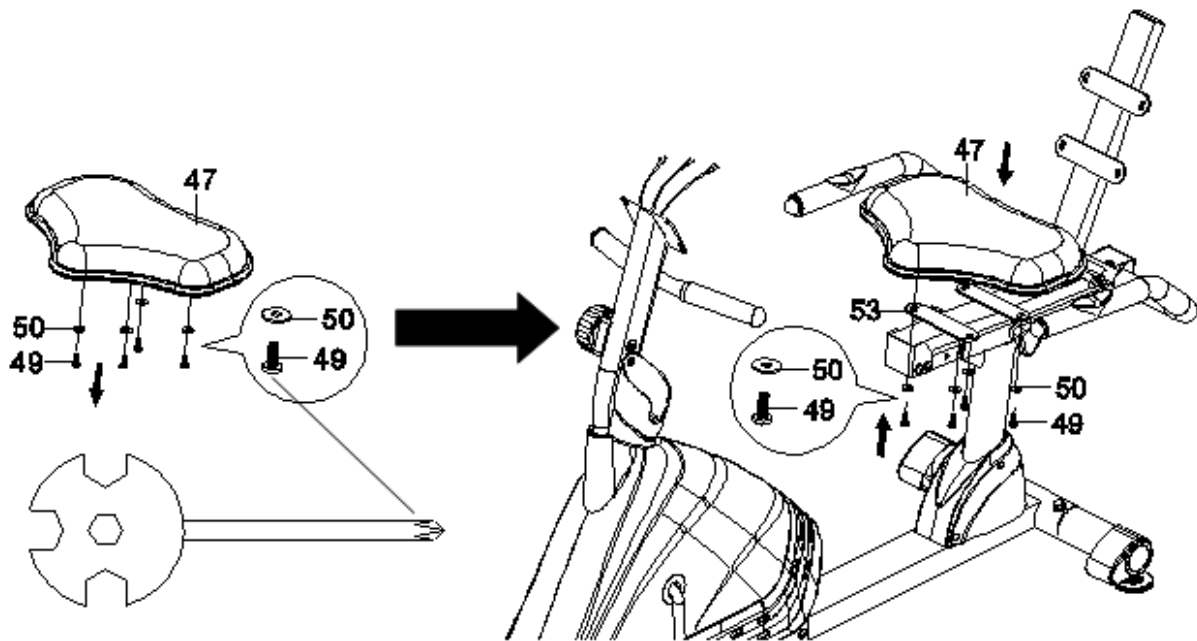
STEP 14



Attach the Handlebar (68) onto the Back and Seat Support Bracket (53) with two M8x45 Bolts (57), two Ø8 Curve Washers (4), two Ø8 Washers (36), and two M8 Cap Nuts (3). Tighten bolts and cap nuts with the Allen Wrench and Multi Hex Tool with Phillips Screwdriver provided.

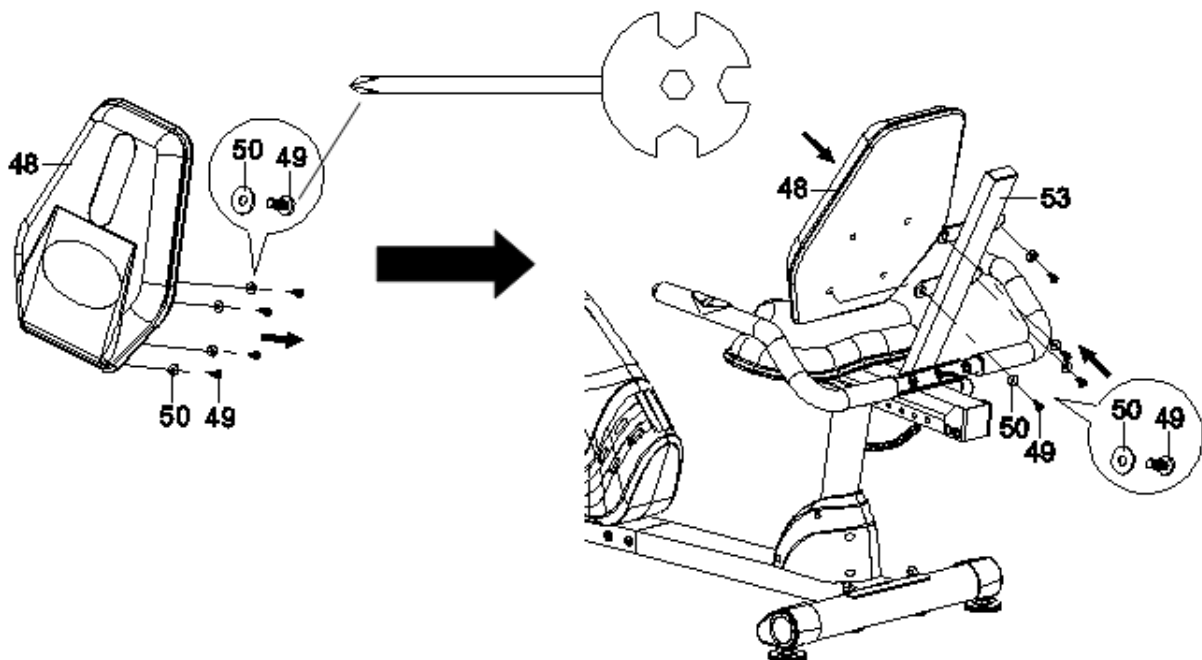
Connect the Middle Section Hand Pulse Sensor Wires (44) to the Hand Pulse Sensor Wire (56).

STEP 15



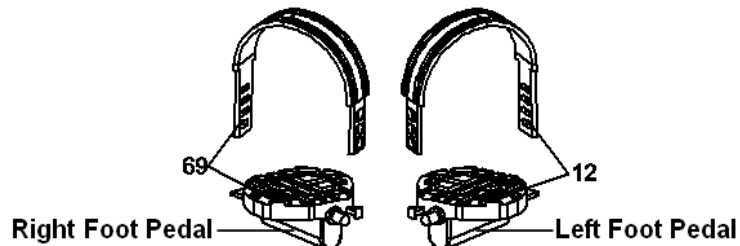
Remove four M6x15 Bolts (49) and four Ø6 Washers (50) from the back of the Seat Cushion (47). Then attach the Seat Cushion (47) onto the Back and Seat Support Bracket (53) with four M6x15 Bolts (49) and four Ø6 Washers (50) that were removed. Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.

STEP 16



Remove four M6x15 Bolts (49) and four Ø6 Washers (50) from the back of the Back Cushion (48). Then attach the Back Cushion (48) onto the Back and Seat Support Bracket (53) with four M6x15 Bolts (49) and four Ø6 Washers (50) that were removed. Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.

STEP 17

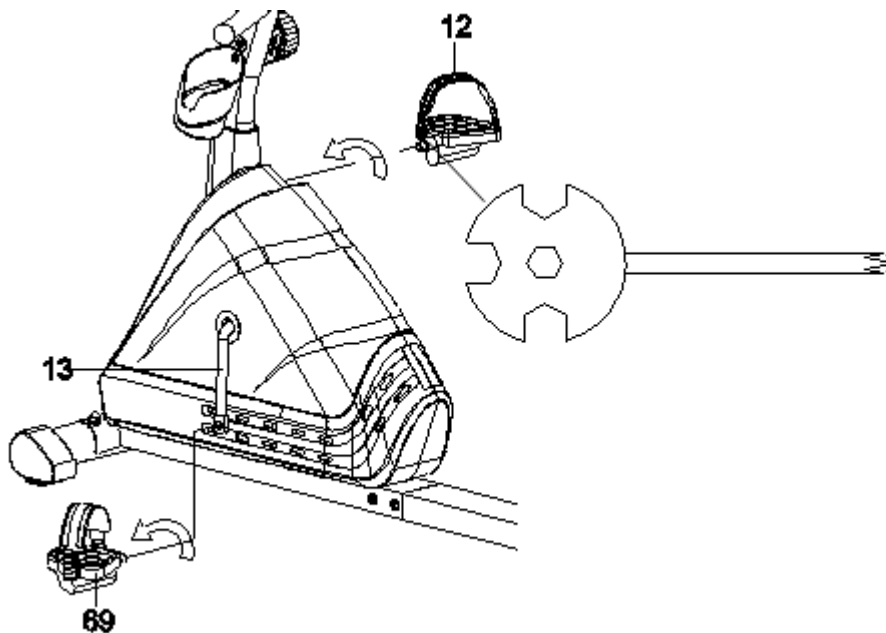


The Cranks, Foot Pedals, Pedal Shafts and Pedal Straps are marked “R” for Right and “L” for Left.

Select the Right Foot Pedal Strap (12) which has R marked on the side of the strap. Snap the three hole end of the strap onto the inside edge of the Right Foot Pedal (12). Snap the other end of the strap onto the outside edge of the Right Foot Pedal (12). Select adjustment holes which allow your foot to be easily removed from the foot pedal.

Use the same procedure to snap the Left Foot Pedal Strap (69) onto the Left Foot Pedal (69).

STEP 18



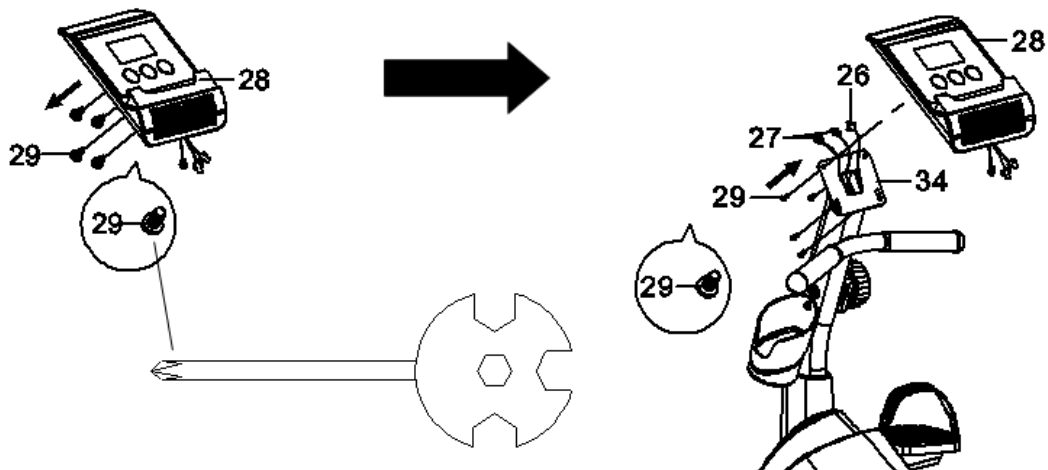
Insert the pedal shaft of Left Foot Pedal (69) into threaded hole in the left Crank (13). Turn the pedal shaft by hand in the counter-clockwise direction until snug.

Note: DO NOT turn the pedal shaft in the clockwise direction, doing so will strip the threads.

Tighten the pedal shaft of Left Foot Pedal (69) with the Multi Hex Tool with Phillips Screwdriver provided.

Insert pedal shaft of Right Foot Pedal (12) into threaded hole in right Crank (13). Turn the pedal shaft by hand in the clockwise direction until snug. Tighten pedal shaft of Right Foot Pedal (12) with the Multi Hex Tool with Phillips Screwdriver provided.

STEP 19



Remove four M5x12 Bolts (29) from the Computer (28). Remove bolts with the Multi Hex Tool with Phillips Screwdriver provided.

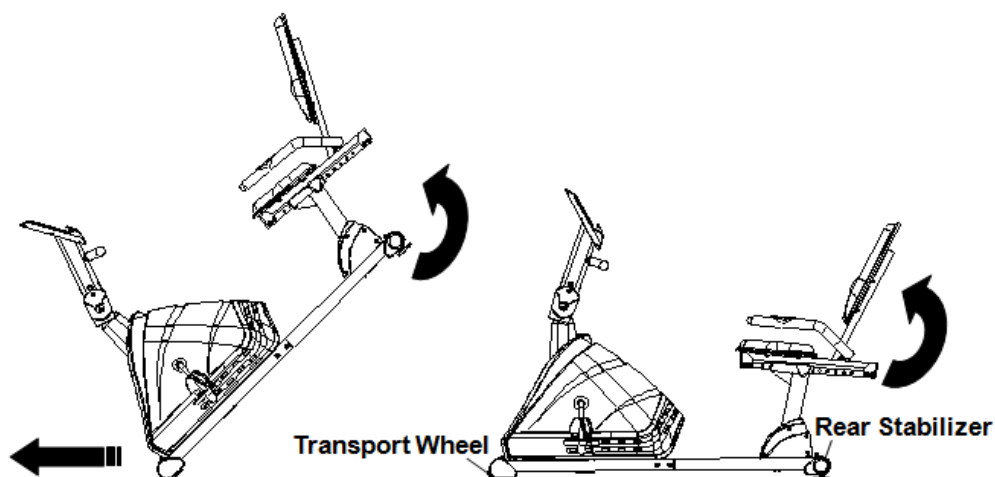
Connect the Extension Sensor Wire (26) and Extension Wires (27) to the wires that come from the Computer (28). Tuck wires into the Front Handlebar Post (34). Attach the Computer (28) onto the top end of the Front Handlebar Post (34) with four M5x12 Bolts (29) that were removed. Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.

CORRECT WORKOUT POSITION

When exercising, please sit on the seat cushion and hold the handlebar by hands, your legs should extend almost fully, keeping a small bend in the knee. Step on the both pedals.

When pedaling do not lock out your knees, at the bottom of the pedaling motion there should be a slight bend in the knee. Keep your head and body in a neutral position. Always try to pedal the recumbent bike with a smooth motion.

HOW TO MOVE THE RECUMBENT BIKE



This recumbent bike has a pair of Transport Wheels built into the front stabilizer and can be carefully tilted onto its Transport Wheels for easy moving and storage.

To move the recumbent bike, firmly grasp the Rear Stabilizer with both hands. Next, carefully lift the recumbent bike up until it rolls freely on the Transport Wheels.

CAUTION: It is suggested you always use the aid of a second person when moving the recumbent bike.

MOUNTING AND DISMOUNTING THE RECUMBENT BIKE

MOUNTING THE RECUMBENT BIKE

Sit on the seat cushion and hold the handlebar by hands. Then step on the both pedals.

DISMOUNTING THE RECUMBENT BIKE

Always hold the handlebar first. Then make one pedal at the lowest position and leave your foot on the higher pedal first and then another.

OPERATING THE COMPUTER



SPECIFICATIONS

TIME	0:00-99:59 MIN:SEC
SPEED	0.0-99.9 KM/H
DIST (DISTANCE)	0.0-999.9 KM
ODO (ODOMETER)	0.0-9999 KM
CAL (CALORIES)	0.0-999.9 KCAL
♥ PULSE	40-240 BEATS/MIN

Due to continuous product development, specifications may be subject to change without prior notification.

USING YOUR COMPUTER

The computer can be activated by pressing the buttons or by pedaling. If you leave the equipment idle for approximate 4 minutes, the power will turn off automatically.

BUTTON FUNCTIONS

MODE: Press the MODE button to select each computer function. Press and hold the MODE button for 3 seconds and all data values will clear to zero except the ODO (ODOMETER) data values.

SET: Press the SET button to set data values of TIME, DIST (DISTANCE), CAL (CALORIES), or PULSE when pre-setting targets.

RESET: Press the RESET button to clear data values of TIME, DIST (DISTANCE), or CAL (CALORIES) to zero. Press the RESET button to clear data values of TIME, DIST (DISTANCE), CAL (CALORIES), or PULSE to zero when pre-setting targets.

COMPUTER FUNCTIONS

SCAN: Press the MODE button until the screen displays SCAN. The computer will automatically scan TIME, SPEED, DIST (DISTANCE), ODO (ODOMETER), CAL (CALORIES), and ♥ (PULSE) functions every 6 seconds.

TIME: Displays your elapsed workout time in minutes and seconds. You may also pre-set target time in STOP mode before training. To set TIME press the MODE button until the TIME is displayed on the screen. Press the SET button to change the time. Each time that the SET button is pressed the TIME will change by 1 minute. Press the RESET button to clear the target time to zero. The pre-set target time range is from 0:00 to 99:00 minutes. Once you pre-set target time and then start to exercise, time starts counting down backwards in seconds from the pre-set target time to 0:00. When the pre-set target time counts down to 0:00, time will start to count up and the computer will beep to alert you.

SPEED: Displays the current training speed.

DIST (DISTANCE): Displays the accumulative distance travelled during a workout. You may also pre-set a target distance in STOP mode before training. To set DISTANCE press the MODE button until you see the DIST display on the screen. Press the SET button to change the distance. Press the RESET button to clear the target distance to zero. The pre-set target distance range is from 0.0 to 999.0 km. Once you pre-set target distance and then start to exercise, distance starts counting down from the pre-set target distance to 0.0. When the pre-set target distance counts down to 0.0, distance will start to count up and the computer will beep to alert you.

ODO (ODOMETER): Displays the total accumulative distance travelled. The data values of ODO cannot be clear to zero by pressing and holding the MODE or RESET button for 3 seconds. If you take the batteries out of the computer, the ODO data values will clear to zero.

CAL (CALORIES): Displays the total accumulated calories burned during a workout. You may also pre-set target calories in STOP mode before training. To set CALORIES press the MODE button until you see the CAL display on the screen. Press the SET button to change the calories. Press the RESET button to clear the target calories to zero. The pre-set target calories range is from 0.0 to 999.0 calories. Once you pre-set target calories and then start to exercise, calories start counting down from the pre-set target calories to 0.0. When the pre-set target calories count down to 0.0, calories will start to count up and the computer will beep to alert you. (This data is merely a rough guide for comparison of different exercise sessions and should not be used in medical treatment)

♥ (**PULSE**): Displays your current heart rate figures after you grip the handlebar sensors with both your hands during exercise. To ensure the pulse read-out is more precise, please always hold on to the handlebar grip sensors with two hands instead of only one hand when testing your heart rate figures. You may also pre-set target heart rate in STOP mode before training. To set PULSE press the MODE button until you see the ♥ displays on the screen. Press the SET button to pre-set target heart rate. Press the RESET button to clear the target heart rate to zero. Once you pre-set a target heart rate and then start to exercise, please grip the handlebar sensors with both your hands during exercise. If the heart rate detected is greater than the target heart rate, the computer will beep to alert you.

WARNING! The pulse sensor is not a medical device. Various factors including the user's movement may affect the accuracy of the heart rate readings. The Pulse sensor is intended only as an exercise aid in determining heart rate trends in general. Over-exercising may cause series injuries or even death. If you experience any pain or discomfort, stop exercising immediately!

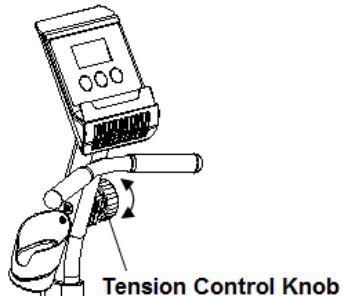
HOW TO INSTALL THE BATTERIES

1. Remove the battery cover on the back of the computer.
2. Place two size AAA batteries into the battery housing.
3. Ensure batteries are correctly positioned and battery springs are in proper contact with batteries.
4. Re-install the battery cover.
5. If the display is illegible or only a partial segment appears, remove batteries and wait 15 seconds before reinstalling.

ADJUSTMENTS

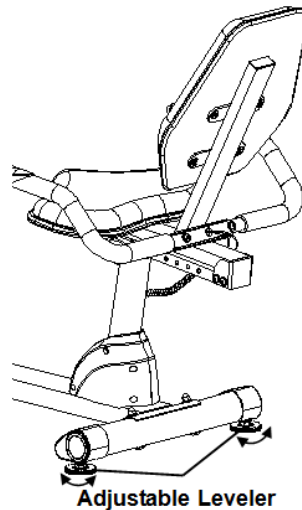
ADJUSTING THE TENSION CONTROL KNOB

To increase the tension, turn the tension control knob in a clockwise direction. To decrease the tension, turn the tension control knob in a counterclockwise direction.



ADJUSTING THE ADJUSTABLE LEVELER

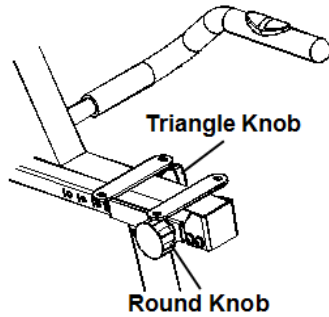
Turn the adjustable leveler on the rear stabilizer as needed to level the recumbent bike.



ADJUSTING THE SEAT FORWARD / BACKWARD

Loosen the triangle knob from the rear main frame. Turn the round knob in a counterclockwise direction until it can be pulled out. Pull out the round knob and then slide the back and seat support bracket back or forth direction to the suitable position. Lock the back and seat support bracket in place by releasing the round knob and sliding the back and seat support bracket back or forth slightly until the round knob "pops" down into the hole of the seat sliding tube. For added safety, tighten the round knob and triangle knob in a clockwise direction.

NOTE: When adjusting the seat back or forth direction, make sure the bushing does not exceed the mark line on the seat sliding tube.



MAINTENANCE

CLEANING

The recumbent bike can be cleaned with a soft clean damp cloth. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the recumbent bike after each use. Be careful not to get excessive moisture on the computer display panel as this might cause an electrical hazard or electronics to fail.

Please keep the recumbent bike, especially the computer console out of direct sunlight to prevent screen damage.

Please inspect all assembly bolts, nuts, screws, and pedals on the machine for proper tightness every week.

STORAGE

Store the recumbent bike in a clean and dry environment away from children.

TROUBLESHOOTING

TROUBLE	SOLUTION
The recumbent bike wobbles when in use.	Turn the adjustable leveler on the rear stabilizer as needed to level the recumbent bike.
There is no display on the computer console.	<ol style="list-style-type: none"> 1. Remove the computer console and verify the wires that come from the computer console are properly connected to the wires that come from the front handlebar post. 2. Check if the batteries are correctly positioned and battery springs are in proper contact with batteries. 3. The batteries in the computer console may be dead. Replace with new batteries.
There is no heart rate reading or heart rate reading is erratic / inconsistent.	<ol style="list-style-type: none"> 1. Make sure that the wire connections for the hand pulse sensors are secure. 2. To ensure the pulse readout is more precise, please always hold on to the handlebar grip sensors with both hands instead of just with one hand when you try to test your heart rate figures. 3. Avoid gripping the hand pulse sensors too tight. Try to maintain moderate pressure while holding onto the hand pulse sensors.
The recumbent bike makes a squeaking noise when in use.	The bolts may be loose on the recumbent bike. Please inspect all of the bolts and tighten any loose bolts.

WARM UP AND COOL DOWN ROUTINE

The **WARM-UP** is an important part of any workout. The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before aerobic exercising. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

COOL DOWN at the end of your workout, repeat these exercises to reduce soreness in tired muscles. The purpose of cooling down is to return the body to its resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.

HEAD ROLLS

Rotate your head to the right for one count, you should feel a stretching sensation up the left side of your neck. Then rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, then drop your head to your chest for one count.



SHOULDER LIFTS

Lift your right shoulder toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



SIDE STRETCHES

Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.



QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot.



INNER THIGH STRETCH

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.



TOE TOUCHES

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 counts.



HAMSTRING STRETCHES

Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg.



CALF/ACHILLES STRETCH

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.



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 Strakonická street 1151/2c, Prague 150 00, Company Registration Number: 26847264, registered in the Trade Register at Regional Court in Prague, Section C, Insert No. 116888.

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

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

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

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

Warranty Conditions

Warranty Period

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

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

Batteries

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

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

- User's fault, i.e. product damage caused by unqualified repair work, improper assembly, insufficient insertion of seat post into frame, insufficient tightening of pedals and cranks
- Improper maintenance
- Mechanical damages
- Regular use (e.g. wearing out of rubber and plastic parts, moving mechanisms, joints, wear of brake pads/blocks, chain, tires, cassette/multi wheel etc.)
- Unavoidable event, natural disaster

- Adjustments made by unqualified person
- Improper maintenance, improper placement, damages caused by low or high temperature, water, inappropriate pressure, shocks, intentional changes in design or construction etc.

Warranty Claim Procedure

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

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

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

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

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

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

CZ

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