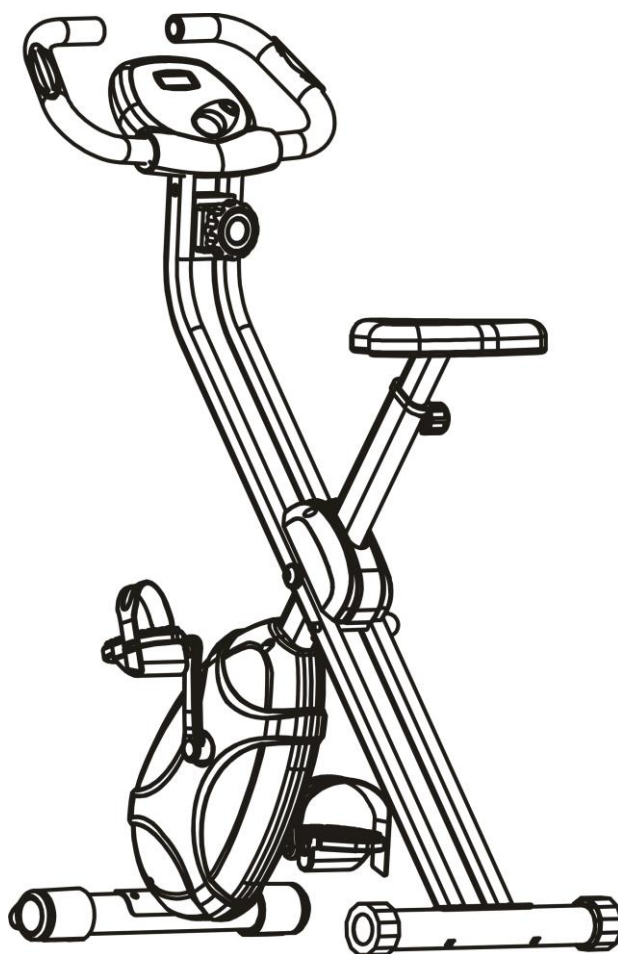




USER MANUAL – EN
IN 5729 Exercise Bike inSPORTline Xbike



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SAFETY INSTRUCTIONS

CAUTION: Exercise of a strenuous nature, as is customarily done on this equipment, should not be undertaken without first consulting a physician. No specific health claims are made or implied as they relate to the equipment. Measurements made by the equipment are believed to be accurate, but only the measurement of your physician should be relied upon.

IMPORTANT: Read all instructions carefully before using this product. Keep this owner's manual for future reference. Product may vary slightly from picture.

CAUTION: Weight on this product should not exceed **100KGS**.

IMPORTANT SAFETY PRECAUTIONS

Thank you for purchasing our product. Even though we go to great efforts to ensure the quality of each product we produce, occasional errors and /or omissions do occur. In any event should you find this product to have either a defective or a missing part, please contact us for a replacement.

This product has been designed for home use only. Product liability and guarantee conditions will not be applicable to products being subjected to professional use or products being used in a gym center.

This exercise equipment was designed and built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before assembly and operation of this machine. Also, please note the following safety precautions:

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions.

- Read all instruction in this manual before using this equipment.
- 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.

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.

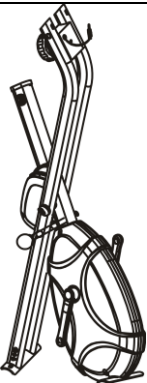
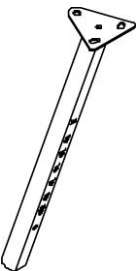
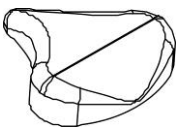
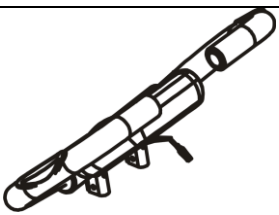
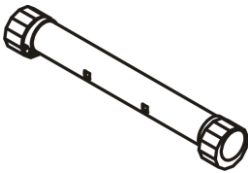
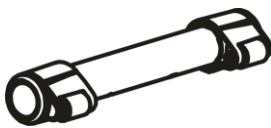
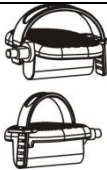







SERVICE HINTS: The high-quality standard of this product only will be kept if you on a regular basis check all screw-connections and moving parts on proper fitting. Damaged parts have to be changed immediately. During the time of repair the product must not be used by anybody.

IMPORTANT HINTS:

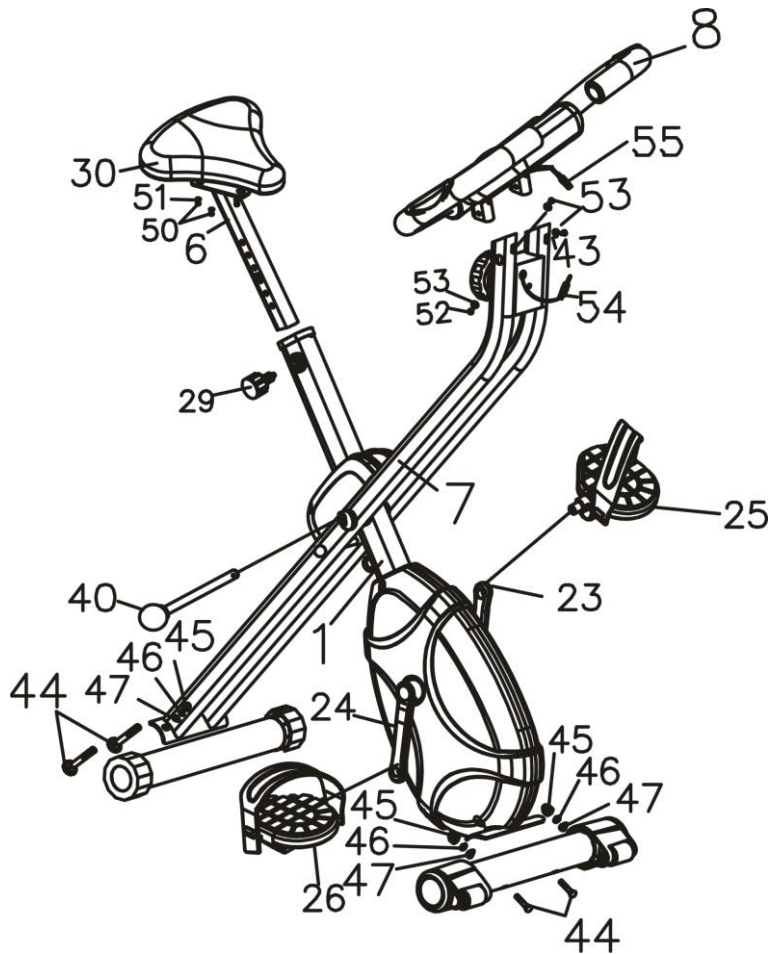
- A) This product has been tested in accordance with the requirements of **EN 957-1/A1, EN 957-5 , standard , Class HC (HOME USE)**. The maximum load is limited to 100KGS.
- B) Parents should be aware of their responsibility with respect to their children natural play instinct. This can cause situations in which the product can be used for other purpose than intended.
- C) If children are allowed to use the product, the mental and physical condition and the temper of the children should be taken in consideration. Make sure that the children are instructed properly in the use of the product and in the controlled execution of the different exercise. Point out especially that the product is not any kind of toy.

Warning: The heart rate monitoring system may not be accurate. Overloading during training can lead to injury or death. If you feel sick, stop using the device immediately.

CHECK LIST

PART	DESCRIPTION	Q'TY	SKETCH	
1/7/39 /23/24	Main frame / chain cover / crank	1		
6	Seat tube	1		
30/51/50	Seat / flat washer / nylon nut	1		
9/8/52/ 43/53	Meter / handlebar / foam / hand pulse / bolt / flat washer / curved washer	1		
31/38	Rear stabilizer w / adjustable end cap	1		
32/44	Front stabilizer W / transport wheels	1		
25/26	Pedal	1		
29	KNOB	1		
44	M8 ALLEN HEAD SCREW	4		
47	M8*1.2mm CURVED WASHER	4		
46	M8 SPRING WASHER	4		
45	M8 CAP NUT	4		
	TOOL 1	1		
	TOOL 2	1		

VIEW



ASSEMBLY INSTRUCTION

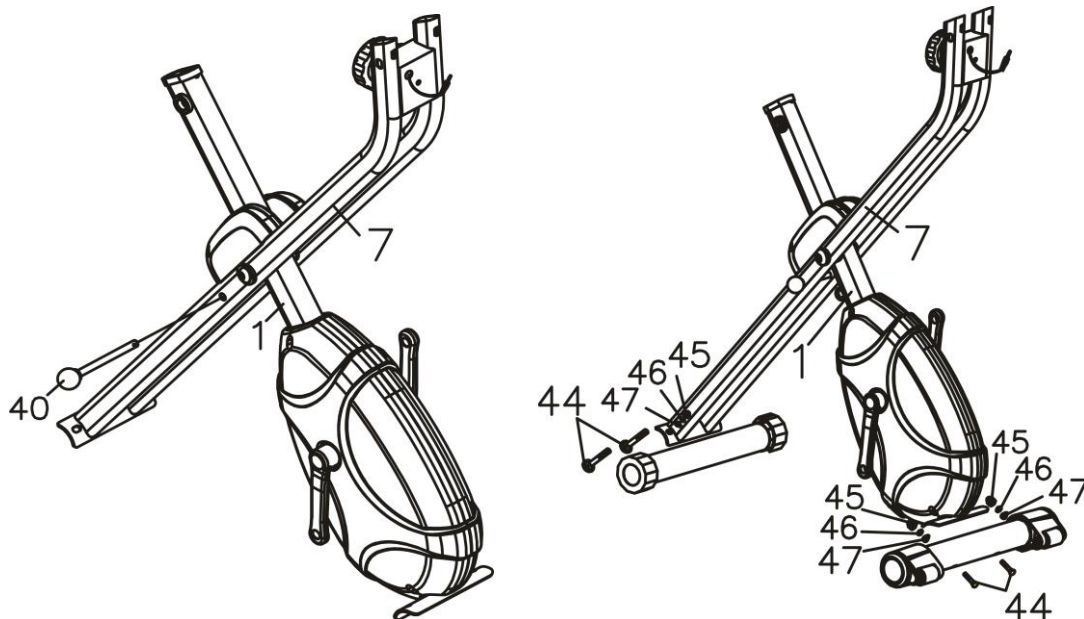
GENERAL:

Remove all the part of your cycle from the carton and place them to the floor carefully. Assembling your cycle is simple. Follow these instructions carefully and it should take you around 15-20 minutes.

STEP 1 ATTACH STABILIZERS

The pin (40) from the folded main frame (1) in the unplug, and then start open the machine, and attach pin (40) into the hole after the main frame (1) open.

- Attach rear stabilizer (31) with 2 adjustment end caps (38) to the welded cross bar bracket of main frame (1) and fasten with 2 curved washers (47), spring washer (46), 2 carriages bolts (44) and 2 cap nuts (45).
- Attach front stabilizer (32) with 2 transportation wheels (37) to the welded cross bar bracket of main frame (1) and fasten with 2 curved washers (47), spring washer (46), 2 carriage bolts (44) and 2 cap nuts (45).
- And then fasten each one piece tightly.



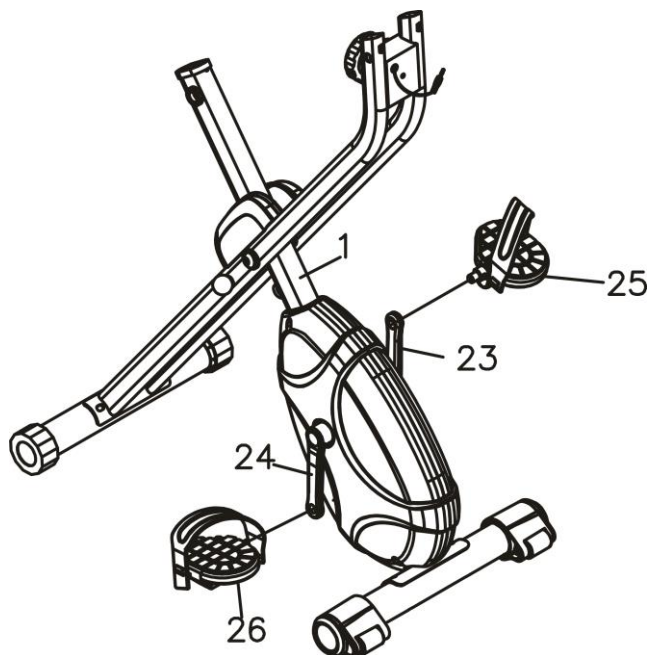
STEP 2 ATTACH PEDALS

- Assemble each pedal (26R&25L) to the crank. Pedal "R" assemble with crank right side , Pedal "L" assemble with crank left side : See the mark "R" & "L"(right and left) on the pedals (26R&25L) and crank.

NOTE: The right pedal "R" should be threaded on clockwise. The left pedal "L" should be threaded on counter-clockwise.

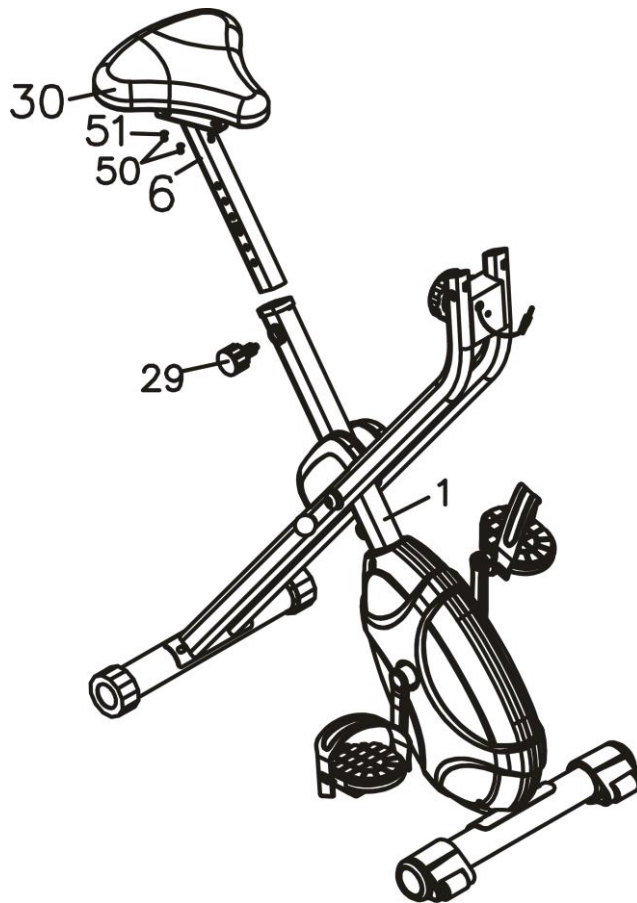
- Attach the pedal straps to the pedals (26R&25L).

NOTE: Adjust the pedal straps to meet your foot/shoes size by 4 adjustable holes.



STEP 3 ATTACH THE SEAT AND SEAT POST

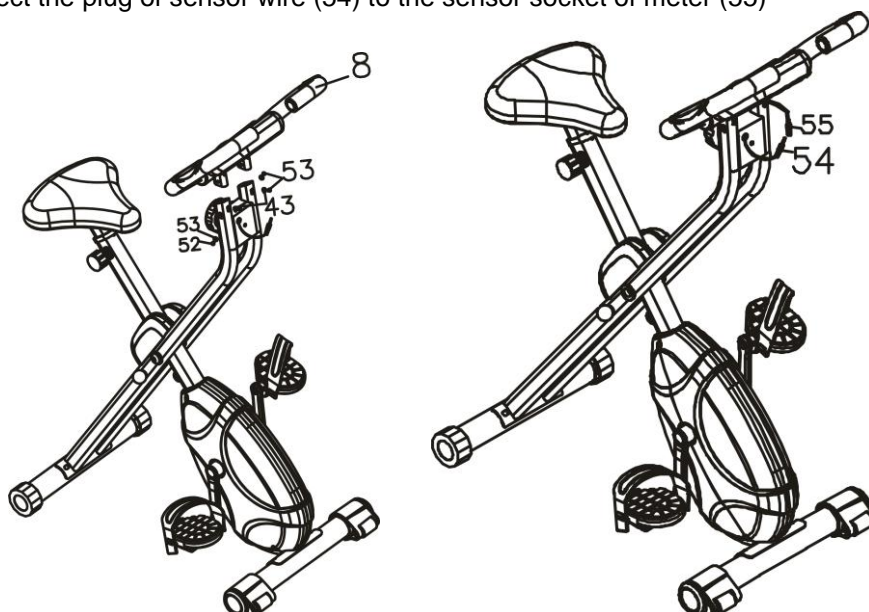
- Remove the pre-assembled nylon nuts (50) and flat washer (51) from back of the seat (30). Fix the seat (30) with the top seat tube (6) and fasten with nylon nut (50) and flat washer (51).
- Attach seat tube (6) into the main frame (1) and secure in right position with the seat post quick release knob (29). Adjust the height of seat by choosing the hole of seat tube.



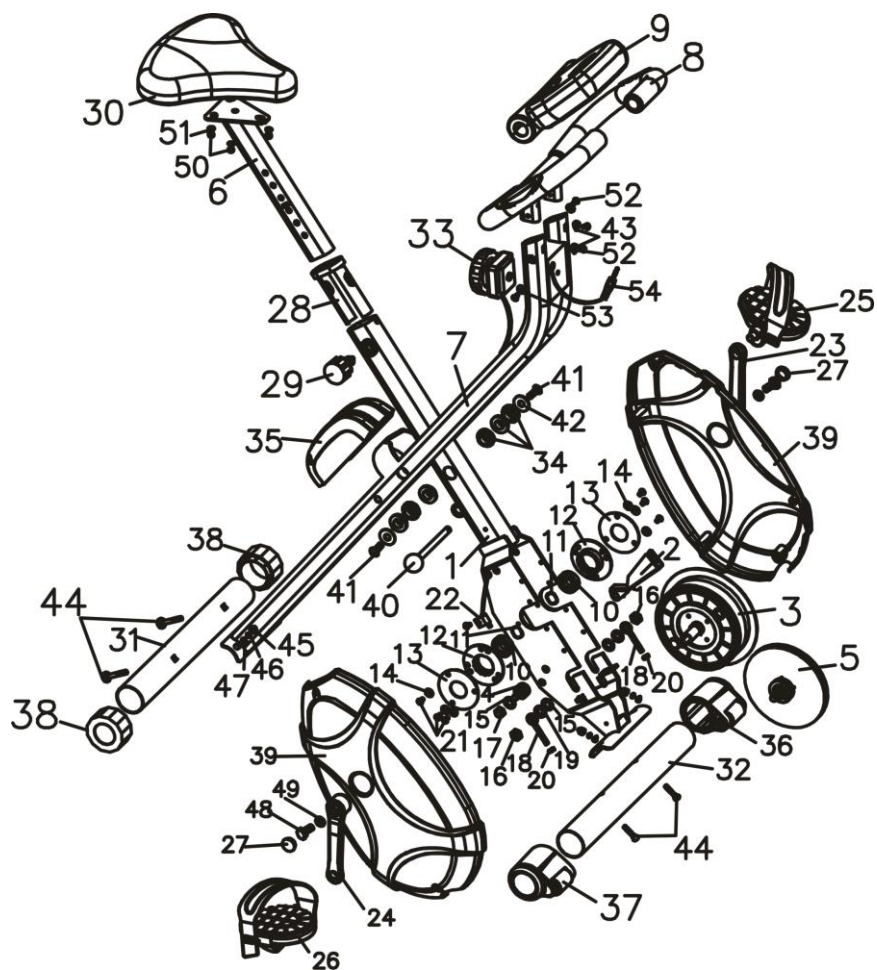
NOTE: DO NOT pull out the seat tube over the warning line “MAX” which showing on the tube. When you adjustable the height of seat.

STEP 4 ATTACH HANDLEBAR AND METER

- Remove the pre-assembled bolt (52) and flat washer (53), curved washer (43) from low of the handlebar (8).
- Put handlebar (8) with 2 hand pulse, grip to the front post tube (7) and fasten bolt (52), flat washer (53) and curve washer (43).
- And then fasten each one piece tightly.
- Connect the plug of sensor wire (54) to the sensor socket of meter (55)



EXPLODED VIEW



PARTS LIST

NO	DESCRIPTION	PCS
1	Main frame	1
2	Magnetic bracket	1
3	Flywheel	1
4	Press wheel set	1
5	Pulley set	1
6	Seat tube	1
7	Front post tube	1
8	Handlebar with foam grip and hand pulse	1
9	Meter	1
10	Bearing 6003RS	2

11	ψ17 curved washer	2
12	Plastic bushing set	2
13	Big washer	2
14	ψ14X5mm washer	6
15	ψ10.5X20 flat washer	3
16	M10X5 nut	2
17	Nylon nut-M10	1
18	Adjust screw	2
19	ψ10.5X20X2.0 flat washer	2
20	M6 nut	2
21	Screw M5X10	8
22	Sensor	1
23	Crank L-5	1
24	Crank R-5	1
25	E15 pedal left	1
26	E15 pedal right	1
27	Crank cover	2
28	PT30X60 25X50mm cup	1
29	Knob	1
30	Seat	1
31	Rear stabilizer	1
32	Front stabilizer	1
33	Tension	1
34	Plastic bushing	6
35	Cover	1
36	Left front transfer wheel	1
37	Right transfer wheel	1
38	Rear adjustable cap	2
39	Chain cover	2
40	Pin (10~70)	1
41	Nut M8X15	2
42	Flat washer ψ8.5X24X2.0	2
43	Curved washer ψ6.5X16X1.2	2
44	Carriage bolt M8X60	4
45	Head nut	4
46	Spring washer M8	4
47	Curved washer ψ20X8.5X1.2	4
48	Bolt M8X15	2

49	Flat washer $\varphi 14 \times 8.5 \times 1.2$	2
50	Stop nut M8	3
51	Flat washer $\varphi 16 \times 8.5 \times 1.5$	3
52	Screw M6X10	4
53	Flat washer $\varphi 14 \times 6.5 \times 1.2$	2
54	Middle sensor wire	1
55	Meter sensor wire	1

LOAD

To ensure smooth running, the brake system belt has been factory set.

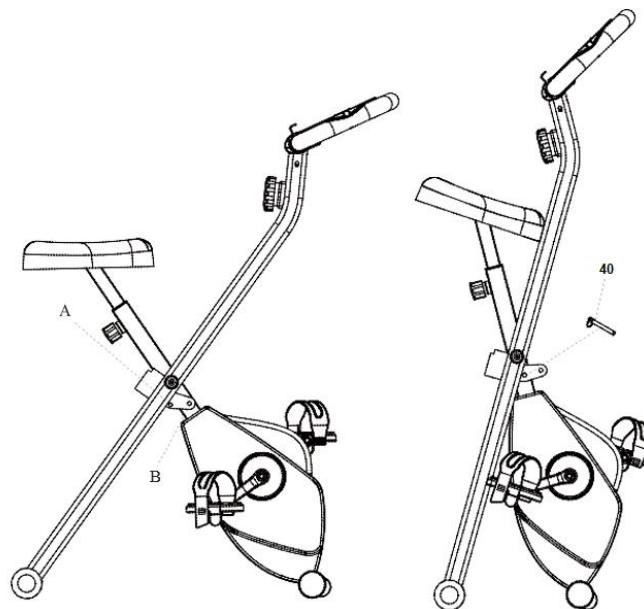
At start of training, turn the tension controller (33) counterclockwise. Then increase the load by turning the controller clockwise.

STABILIZATION OF THE DEVICE

To ensure safety and stability, the machine is equipped with a welded frame which, after the assembly is complete, should not require further regulation. For safety reasons, it is necessary to place the device on a flat and solid surface. Place the device on rubber pad. For special adjustment, turn the cap (38) to the optimal position.

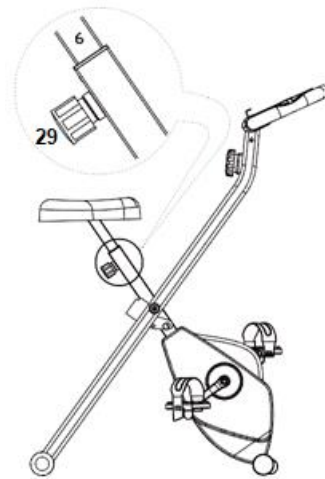
FOLDING

Folding / unfolding is done using the pin (40). The pin (40) must be in position A for exercising. For folding, the locking pin (40) must be in position B.

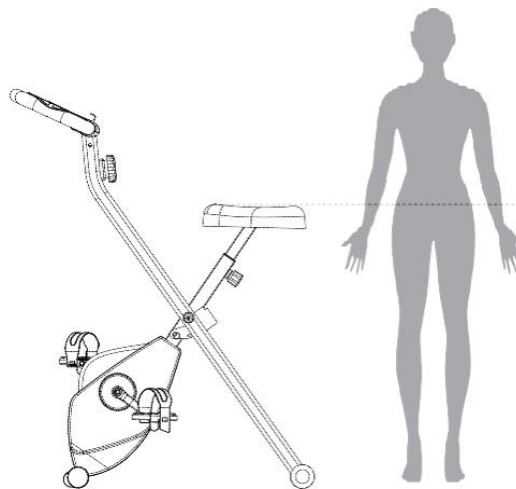


HEIGHT CONTROL

The maximum height is indicated by "Max" on the saddle (6). Do not pull the seat post higher than the maximum limit. Turn the knob (29) several times counterclockwise and pull it out of the seat post. Adjust the optimal height so that the legs are slightly bent in the knees when sitting down and fully pressing down the pedal. Secure the seat in the appropriate position with the knob (29).



RECOMMENDED SEAT HEIGHT:



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 it 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.

COMPUTER



Function:

TIME	0:00 – 99:59 MIN
SPEED	0.0–999.9 KM/H
DISTANCE	0.0–999.9 KM
CALORIES	0.0–99.9 K CAL
ODOMETER	0–9999KM
PULSE	40–240BPM

Buttons:

MODE: Select a function with this button.

DESCRIPTION

TIME: Press MODE to select TIME. Exercise time will be displayed.

SPEED: Press MODE to select SPEED. Current speed will be displayed.

DISTANCE: Press MODE to select DISTANCE. Current distance will be displayed.

CALORIES: Press MODE to select CALORIES. Burned calories will be displayed.

ODOMETER: Automatically accumulates workout distance.

PULSE: Press MODE to select PULSE and hold the sensor for 3 seconds to show pulse.

SCAN: Display will automatically change in this order:

TIME-SPEED-DISTANCE-CALORIES-ODOMETER-PULSE-SCAN

NOTE:

Display will turn off if there is not signal input for 4-5 minutes.

Display will automatically turn on if there is a signal input.

SCAN: Automatic display of the following functions in the order shown:

TIME-SPEED-DISTANCE- -CALORIES- ODOMETER (if have) – PULSE (if have)

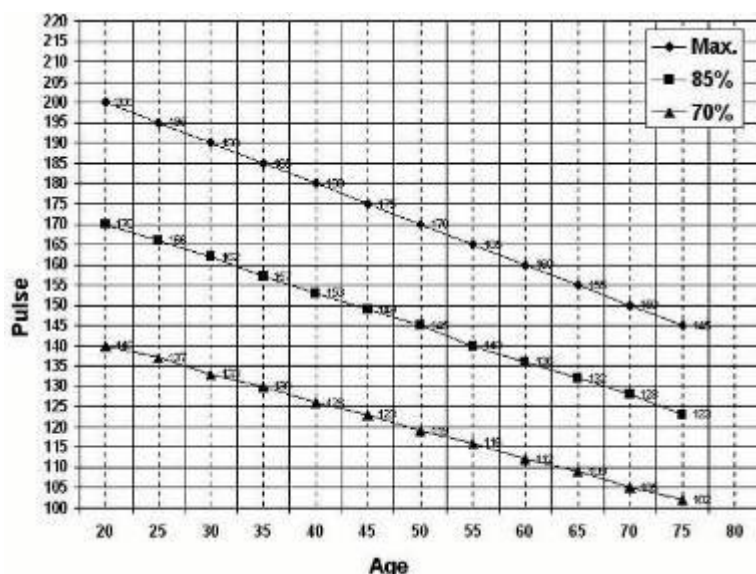
(OR) TIME-SPEED-DISTANCE-ODOMETER (if have) – PULSE (if have -CALORIES

BATTERY

This monitor uses 2x 1.5V AAA batteries. If improper display on monitor,

Please re-install the batteries to have a good result.

TRAININ PULSE RATE



WARM UP EXERCISE

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week. Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your work out, repeat these exercises to reduce sore muscle problems. We suggest the following warm-up and cool-down exercises:

Inner Thigh Stretch

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



Hamstring Stretch

Sit with your right leg extended. 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 extended.



Head Roll

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, 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, and finally, drop your head to your chest for one count.



Shoulder Lift

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



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.



Toe Touch

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



Side Stretch

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



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.

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.

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: Strakonická 1151/2c, Praha 5, 150 00, ČR
Headquarters: Dělnická 957, Vítkov, 749 01
Warranty & Service: Čermenská 486, Vítkov 749 01

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