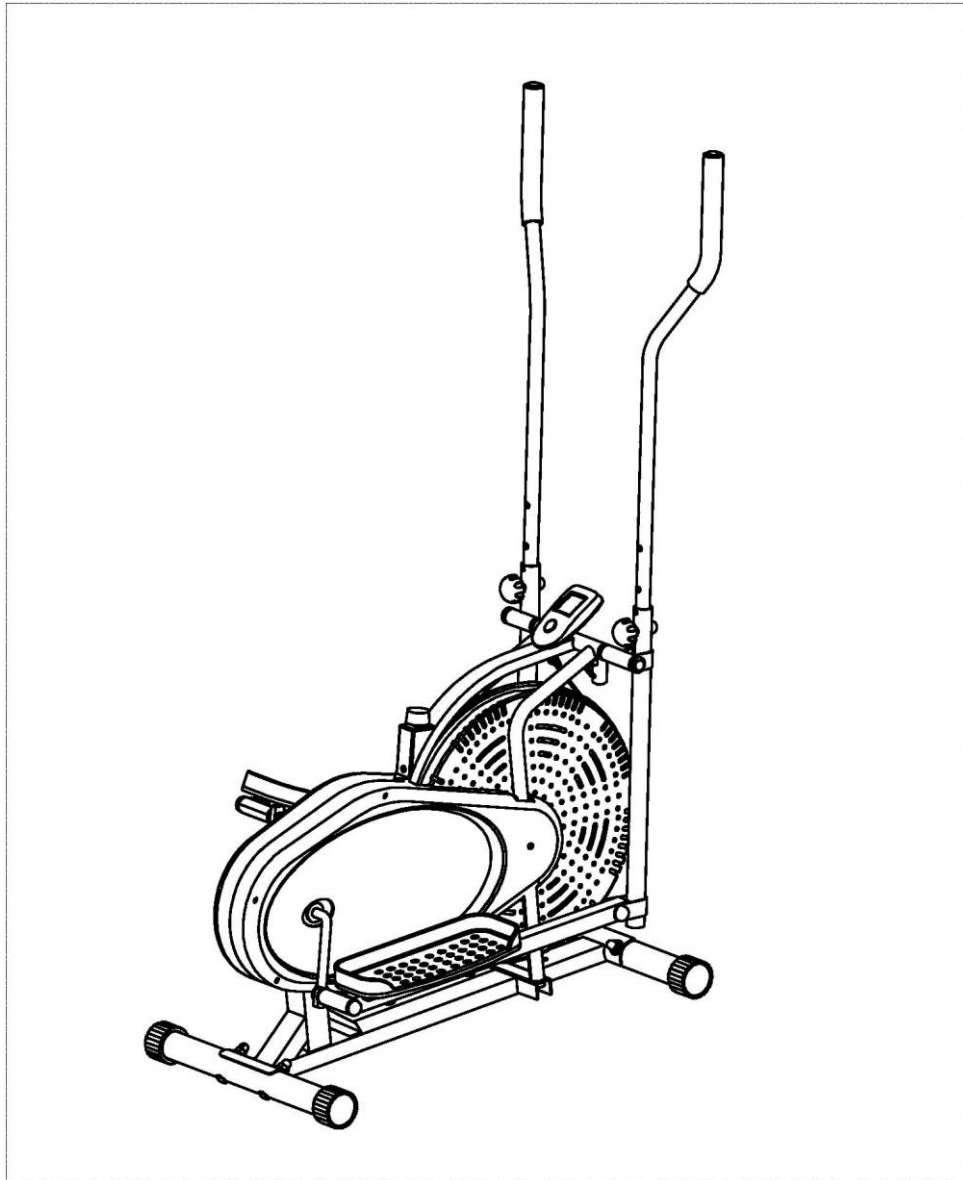




**USER MANUAL – EN**

**IN 6375 Elliptical Trainer inSPORTline Air**



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**IMPORTANT!**

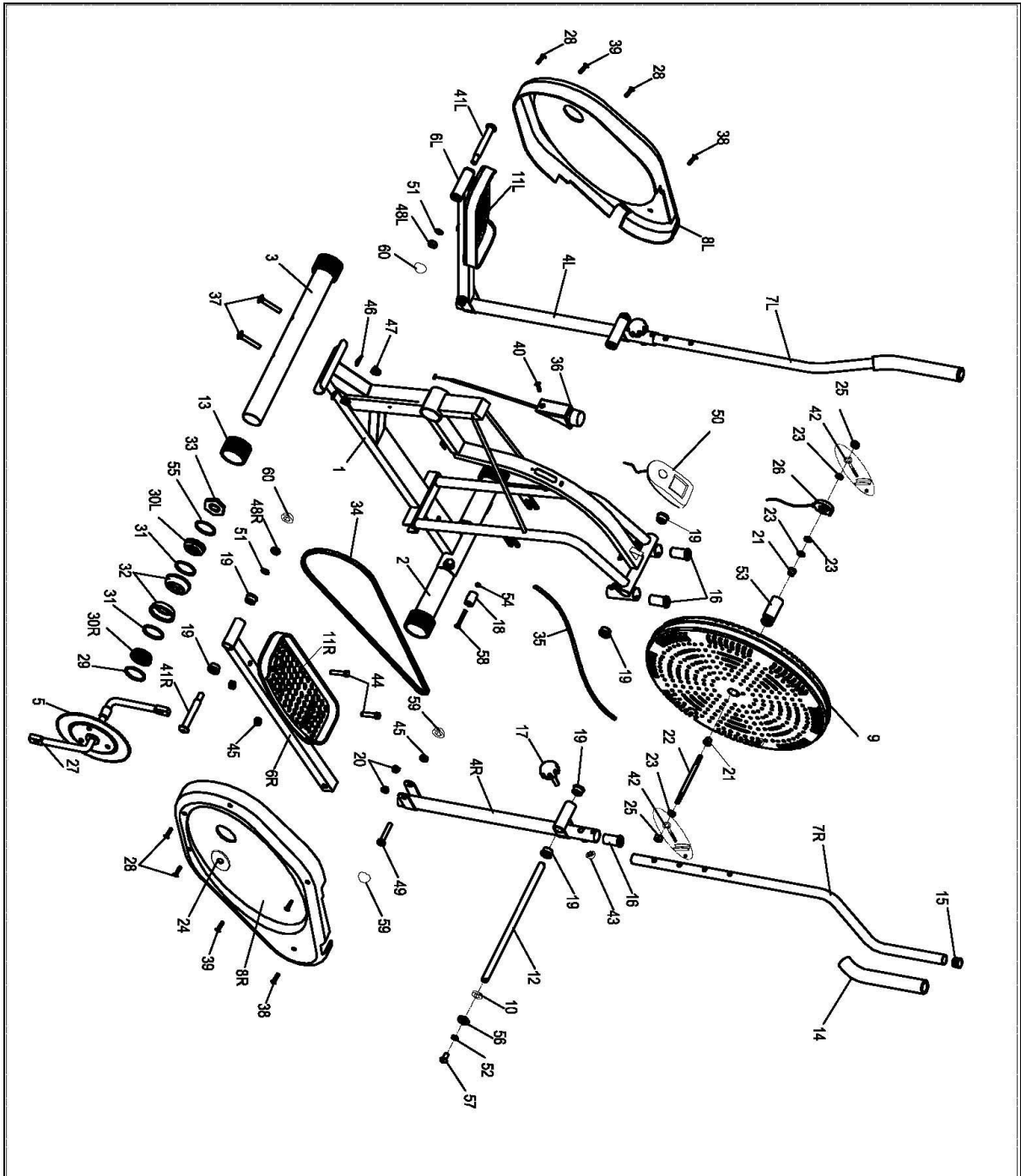
Please read all instructions carefully before using this product. Retain this manual for future reference. The specifications of this product may vary slightly from the illustrations and are subject to change without notice.

## IMPORTANT SAFETY NOTICE

### NOTE THE FOLLOWING PRECAUTIONS BEFORE ASSEMBLING OR OPERATING THE MACHINE.

1. **Assemble the machine exactly as the descriptions in the instruction manual.**
2. Check all the screws, nuts and other connections before using the machine for the first time and ensure that the trainer is in the safe condition.
3. Set up the machine in a dry level place and leave it away from moisture and water.
4. Place a suitable base (e.g. rubber mat, wooden board etc.) beneath the machine in the area of assembly to avoid dirt and etc.
5. Before beginning training, remove all objects within a radius of 0.6 meters from the machine.
6. DO NOT use aggressive cleaning articles to clean the machine. Only use the supplied tools or suitable tools of your own to assemble the machine or repair any parts of machine. Remove drops of sweat from the machine immediately after finishing training.
7. Your health can be affected by incorrect or excessive training. Consult a doctor before beginning a training program. He can define the maximum setting (Pulse. Watts. Duration of training etc.) to which you may train yourself and can get precise information during training. This machine is not suitable for therapeutic purpose.
8. Only do training on the machine when it is in correct working way. Use only original spare parts for any necessary repairs.
9. This machine can be used for only one person's training at a time.
10. Wear training clothes and shoes which are suitable for fitness training with the machine. Your training shoes should be appropriate for the trainer.
11. If you have a feeling of dizziness, sickness or other abnormal symptoms, please stop training and consult a doctor as soon as possible.
12. People such as children and handicapped persons should only use the machine in the presence of another person who can give aid and advice.
13. The power of the machine increases with increasing the speed, and the reverse. The machine is equipped with adjustable knob which can adjust the resistance. Reduce the resistance by turning the adjusting knob for the resistance setting towards stage -. Increase the resistance by turning the adjusting knob for the resistance setting towards stage +.
14. **The Maximum user's weight is 100KG.**
15. The training equipment is in compliance with EN957-1 norm, Class **HC**: for home use.

# EXPLODED-VIEW



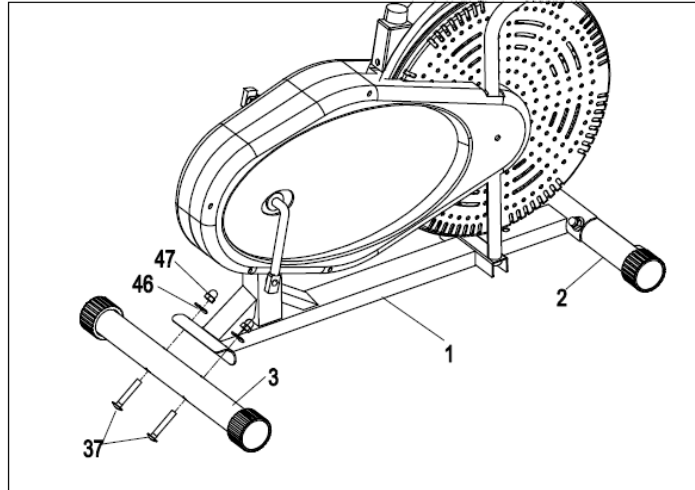
## PARTS LIST

| Parts No. | Description                   | Qty   | Parts No. | Description                            | Qty    |
|-----------|-------------------------------|-------|-----------|--|--------|
| 1         | Main frame                    | 1     | 31        | Collar ball                            | 2      |
| 2         | Front bottom tube             | 1     | 32        | Collar housing                         | 2      |
| 3         | Back bottom tube              | 1     | 33        | Nut                                    | 1      |
| 4L/R      | L/R swing bar                 | 1each | 34        | Chain                                  | 1      |
| 5         | Chain wheel                   | 1     | 35        | Tension belt                           | 1      |
| 6L/R      | L/R pedal tube                | 1each | 36        | Tension control                        | 1      |
| 7L/R      | L/R handle bar                | 1each | 37        | Bolt                                   | 4      |
| 8L/R      | L/R chain cover               | 1each | 38        | ScrewST4.2X20                          | 2      |
| 9         | Fan wheel                     | 1     | 39        | ScrewST4.2X40                          | 3      |
| 10        | Washer $\phi$ 16x1x $\phi$ 28 | 1     | 40        | Cross screw                            | 1      |
| 11L/R     | L/R pedal                     | 1each | 41L/R     | Pedal bolt $\phi$ 15.6x88.8x1/2        | 1each  |
| 12        | Long axle                     | 1     | 42        | Bolt                                   | 2      |
| 13        | End caps $\phi$ 2"            | 4     | 43        | End cap S13                            | 2      |
| 14        | Foam grips                    | 2     | 44        | Hex bolt M10X45                        | 4      |
| 15        | End caps1"                    | 6     | 45        | Nylon nut                              | 6      |
| 16        | Plastic bushing $\phi$ 1-1/4" | 4     | 46        | Arc washer                             | 4      |
| 17        | Knob                          | 2     | 47        | Acorn nut                              | 4      |
| 18        | Plastic roller                | 2     | 48L/R     | Nut 1/2"XB8                            | 1 each |
| 19        | Steel bushing $\phi$ 5/8"     | 10    | 49        | Hex bolt M10X55                        | 2      |
| 20        | Steel bushing $\phi$ 3/8"     | 4     | 50        | Computer                               | 1      |
| 21        | Brass bushing $\phi$ 10       | 2     | 51        | Spring washer $\phi$ 13XB2             | 2      |
| 22        | Fan wheel axle                | 1     | 52        | Spring washer $\phi$ 10.5x3x $\phi$ 18 | 2      |
| 23        | Nut3/8"                       | 4     | 53        | Small chain wheel                      | 1      |
| 24        | Cover seal                    | 2     | 54        | Nylon nut                              | 2      |
| 25        | Nut3/8"                       | 2     | 55        | Washer                                 | 1      |
| 26        | Sensor                        | 1     | 56        | D sharp washer                         | 2      |
| 27        | Crank                         | 1     | 57        | Bolt M10X18                            | 2      |
| 28        | Bolt ST4.2X18                 | 4     | 58        | Hex bolt                               | 2      |
| 29        | Washer                        | 1     | 59        | End cap S16                            | 4      |
| 30L       | Two tank nut                  | 1     | 60        | End cap S18                            | 2      |
| 30R       | Three tank nut                | 1     |           |  |        |

## ASSEMBLY INSTRUCTION

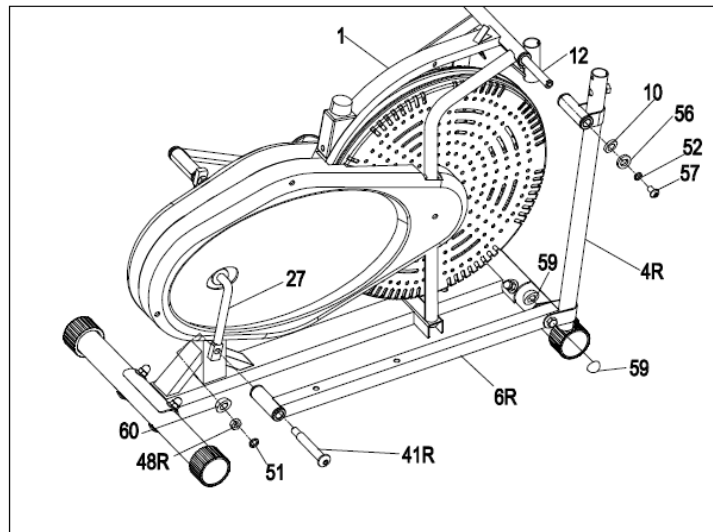
Prior to assembly of this product, remove all components from the package and verify all the listed parts are supplied. Once certain, begin with the first assembly step.

### STEP 1:



Install the front bottom tube (2) and back bottom tube (3) to the main frame (1) with bolts (37), arc washers (46) and acorn nuts (47).

### STEP 2:



A: Remove allen bolt (57), spring washer (52), D-shaped washer (56), and washer (10) from the long axle (12) on one side, mount one swing bar (4 L/R) to the main section by using the long axle (12), then attach the other side swing bar (4 R/L), and reinstall the washer (10), D-shaped washer (56), spring washer (52) and allen bolt (57) as shown. Please don't fix tightly at this time.

B: Insert the right pedal tube (6R) to the right crank (27R) with right pedal bolt (41R), spring washer (51) and right nylon nut (48R), finally cover with plastic cap (59).

Fix the left pedal tube in the same way.

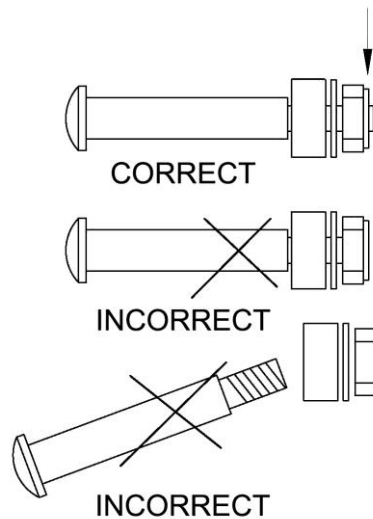
### Note:

Both pedals bolts are labeled **L** FOR LEFT and **R** FOR RIGHT. To tighten turn the left bolt COUNTERCLOCKWISE and the right bolt CLOCKWISE. Move the crank to a proper angle for easily tightening the bolts.

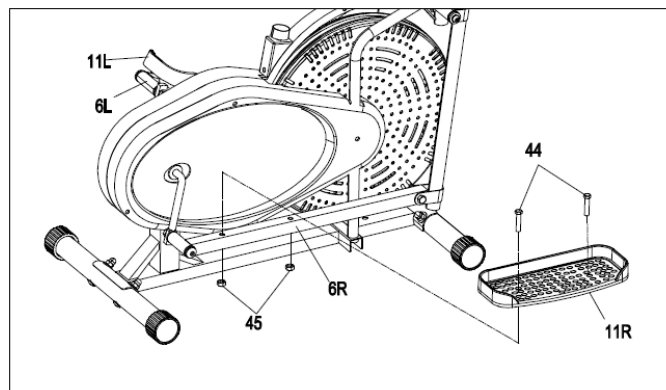
**ATTENTION:**

The right and left bolt (41L/R) must fully penetrate the nylon ring inside the pedal arm joint and the crank. This will ensure the stability and durability of your Elliptical Trainer.

In order to install bolt properly, keep it perfectly straight as the bolt goes through the pedal arms and the crank. If the bolt is connected to the crank at an angle, damage to both the hinge and the crank may occur.

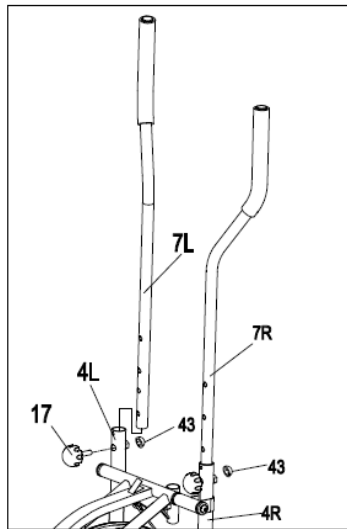


**STEP 3:**



Attach the pedals (11L, 11R) to the pedal tubes (6L, 6R) with bolts (44) and nylon nuts (45).

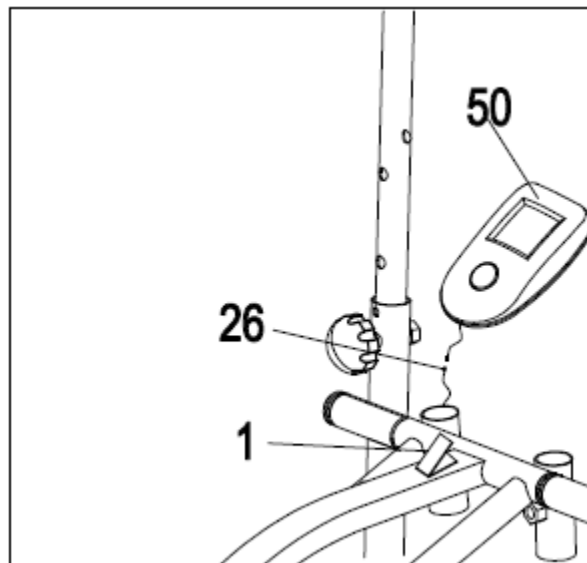
**STEP 4:**



Insert the handle bar (7L/R) to the L/R swing bar (4L/R), select a height setting that is comfortable to the user, and make sure both handle bars are set at the same height. Lock each handle bar in a place with knob bolts (17).

**Note:** You can easily switch your handlebars (7L/R) between the dual-action mode and the fixed mode.

**STEP 5:**



Connect the computer wire with sensor wire (26), after that insert the computer (50) to the main frame (1).

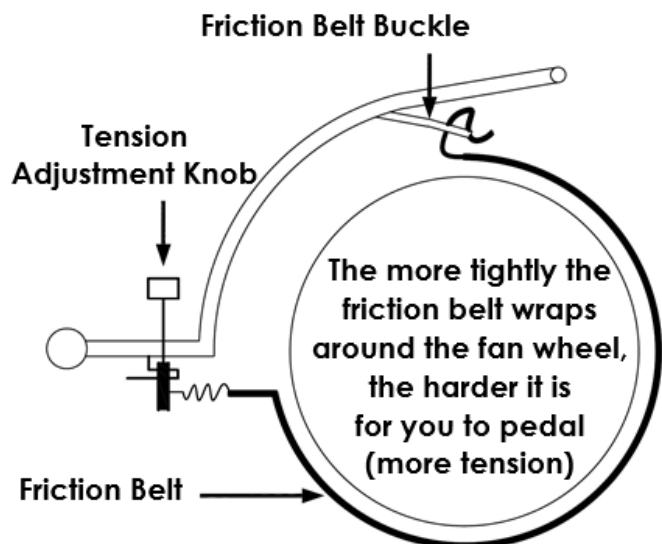
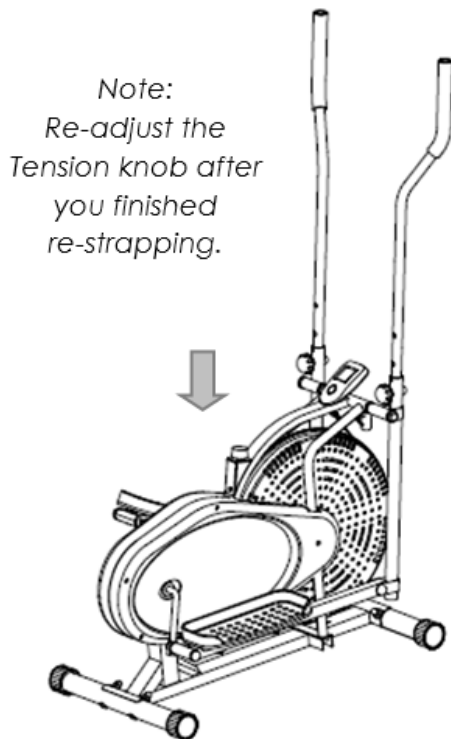
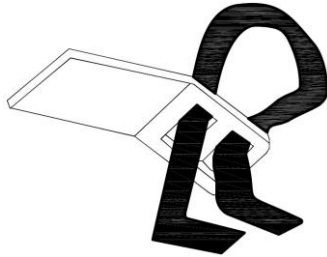
**The assembly of your Elliptical Trainer is now complete.**



## TENSION ADJUSTMENT

As you try your exercises for the first time, you should adjust the tension to the correct level before you begin your full workout. Turning the adjustment knob allows you to change the tension level and vary the intensity of your workout as you exercise.

To increase tension turn the tension knob to the right and to decrease tension turn the tension knob to the left.



## REVERSIBLE MOVEMENT

Remember, your Elliptical Trainer has REVERSIBLE movement!

Forward pedaling exercises your quadriceps (front thigh muscles), while backward pedaling targets your hamstrings (back thigh muscles). Take advantage of these facts to make your workout less fatiguing and more fun.

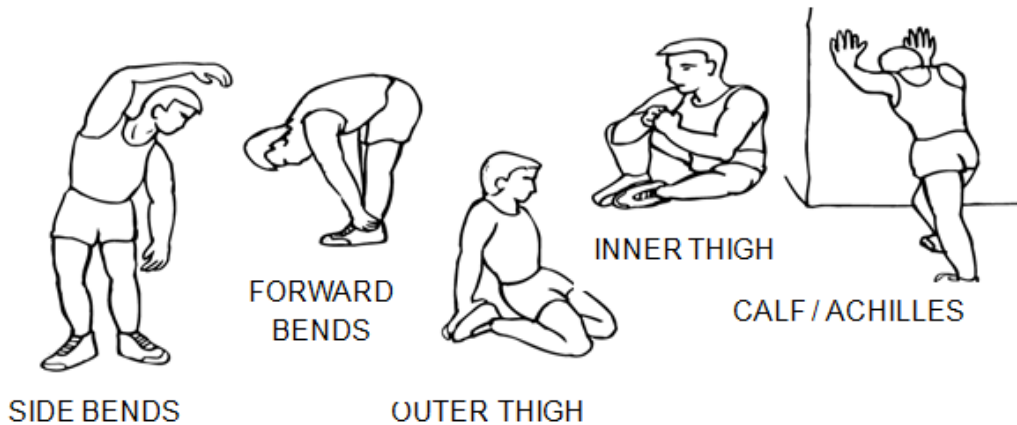
**CAUTION: MAKE SURE YOU HAVE TIGHTENED ALL THE BOLTS AND NUTS WELL BEFORE BEGINNING YOUR WORKOUT!**

## EXERCISE INSTRUCTIONS

Using your **ELLIPTICAL TRAINER** provides you with several benefits. It will improve your physical fitness, tone muscle and in conjunction with a calorie controlled diet help you lose weight.

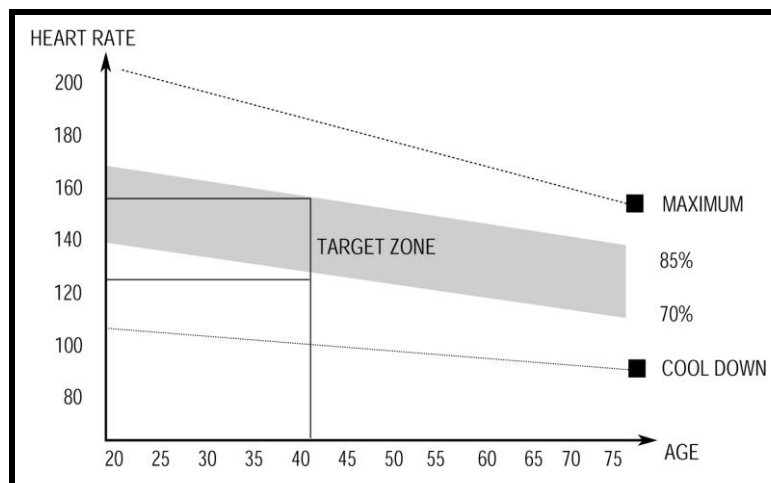
## THE WARM UP PHASE

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP.



## THE EXERCISE PHASE

This is the stage where you put the effort in. After regular use, the muscles in your legs will become stronger. Work to your own pace but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.



**This stage should last for a minimum of 12 minutes for most people though most people start at about 15-20 minutes.**

## THE COOL DOWN PHASE

This stage is to let your cardio-vascular system and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

## MUSCLE TONING

To tone muscle while on your ELLIPTICAL TRAINER you will need to have the resistance set quite high. This will put more strain on our leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance, making your legs work harder than normal. You will have to reduce your speed to keep your heart rate in the target zone.

## **WEIGHT LOSS**

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

## **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. 40/1964 Coll. Civil Code, Act No. 513/1991 Coll., Commercial Code, and Act No. 634/1992 Coll., Consumer Protection Act, 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 to the extent specified in the Commercial Code.

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:**

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, 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.**

|                            |   |
|----------------------------|---|
| Registered Office:         | Borivojova 35/878, 130 00 Praha 3, Czech Republic                         |
| Headquarters:              | Delnicka 957, 749 01 Vitkov, Czech Republic                               |
| Warranty & Service Centre: | Cermenska 486, 749 01 Vitkov, Czech Republic                              |
| CRN:                       | 26847264  |
| VAT ID:                    | CZ26847264  |
| Phone:                     | +420 556 300 970  |
| E-mail:                    | eshop@insportline.cz<br>reklamace@insportline.cz<br>servis@insportline.cz |
| Web:                       | www.insportline.cz  |

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**SK**

**INSPORTLINE s.r.o.**

|  |   |
|--|---|
| Headquarters, Warranty & Service centre: | Elektricka 6471, 911 01 Trencin, Slovakia                                       |
| CRN:                                     | 36311723  |
| VAT ID:                                  | SK2020177082  |
| Phone:                                   | +421(0)326 526 701  |
| E-mail:                                  | objednavky@insportline.sk<br>reklamacie@insportline.sk<br>servis@insportline.sk |
| Web:                                     | www.insportline.sk  |

Date of Sale:

Stamp and Signature of Seller: