



USER MANUAL – EN

IN 6454 Foam Balance Yoga Trainer inSPORTline Pill



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INTRODUCTION

Thank you for purchasing this product. You are ready to expand your training routine with this product and enhance your physical fitness. Use this product to improve your movement coordination and to eliminate muscle tension as well.

SAFETY INSTRUCTIONS

- Ask your physician for advice before starting any exercise to avoid risk of health complication or injury. This product doesn't substitute a professional medical care.
- Medical consultation is especially necessary if you suffer from a heart disease, high blood pressure, another disease or complication.
- Don't overrate your skills. Start exercising at low intensity and have your workout under control.
- If you feel faintly or if you remark breath shortness or dizziness, stop immediately.
- Use it only for intended purpose.
- Keep it away from children and pets.
- Don't do any improper modification to this product. It could cause void of warranty.

MATERIAL AND SIZE

Material	TPE (thermoplastic elastomer)
Size	length 30 cm, width 17.5 cm, height 6.2 cm






DESCRIPTION

- Closed cell foam technology makes this product hygienic, sweat-proof and waterproof.
- Use the product on the flat, dry, clean and non-slip surface to reduce risk of injury.
- Helps movement coordination.
- TPE foam material will remain soft and durable for years.
- **WARNING!** This product is not a substitution for professional medical care

CARE

- Cleaned by hand with cold water and mild soap.
- Use a gentle cloth if needed and allow to air dry.
- Before each use make sure the product is clear and with-out obstacles.
- Protect from fire, heat sources, rough, sharp and abrasive surfaces.
- Protect from direct sunlight.
- Store it only in a dry and cool place.
- Never use damaged or worn product

SAMPLE EXERCISES

 <p style="text-align: center;">A</p>	<p>Strengthen the Core muscles exercise in V-sitting position. Lift your feet up-wards, have knees flexible and at the same time extend hands for variation.</p>
 <p style="text-align: center;">B</p>	<p>Stand on one leg and simulate a running motion. Degree of pelvic tilt promotes different strength of exercise Change sides and repeat on other leg.</p>
 <p style="text-align: center;">C</p>	<p>Stand on one leg and simulate a running motion. This Vary speed and degree of pelvic tilt. Change sides and repeat on other leg.</p>
 <p style="text-align: center;">D</p>	<p>Balance on one leg, and put the other leg sideways from the balance pad. Keep balance and then change position on other leg.</p>
 <p style="text-align: center;">E</p>	<p>Stand on one leg and tilt your body forward and lift your arms out back. The greater the pelvic tilt is the more challenging is the exercise.</p>

BENEFITS

- Reduced back pain
- Increased energy level
- Decreased muscular tension
- Better sleeping
- Better digestion

DISPOSAL AFTER LIFE USE

- After the product has expired or if the next repair has been economically unrealistic, dispose the product in according to the local regulations. Take the product to the nearest designated collection point.
- With the friendly environmental disposal, you will help to preserve valuable natural resources and help prevent negative impacts on the environment or on human health. If you are unsure, where to disposal this product, consult your nearest authorities.

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 (if applicable):

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

Warranty Claim Procedure

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

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

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

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

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

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



SEVEN SPORT s.r.o.

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Date of Sale:

Stamp and Signature of Seller: