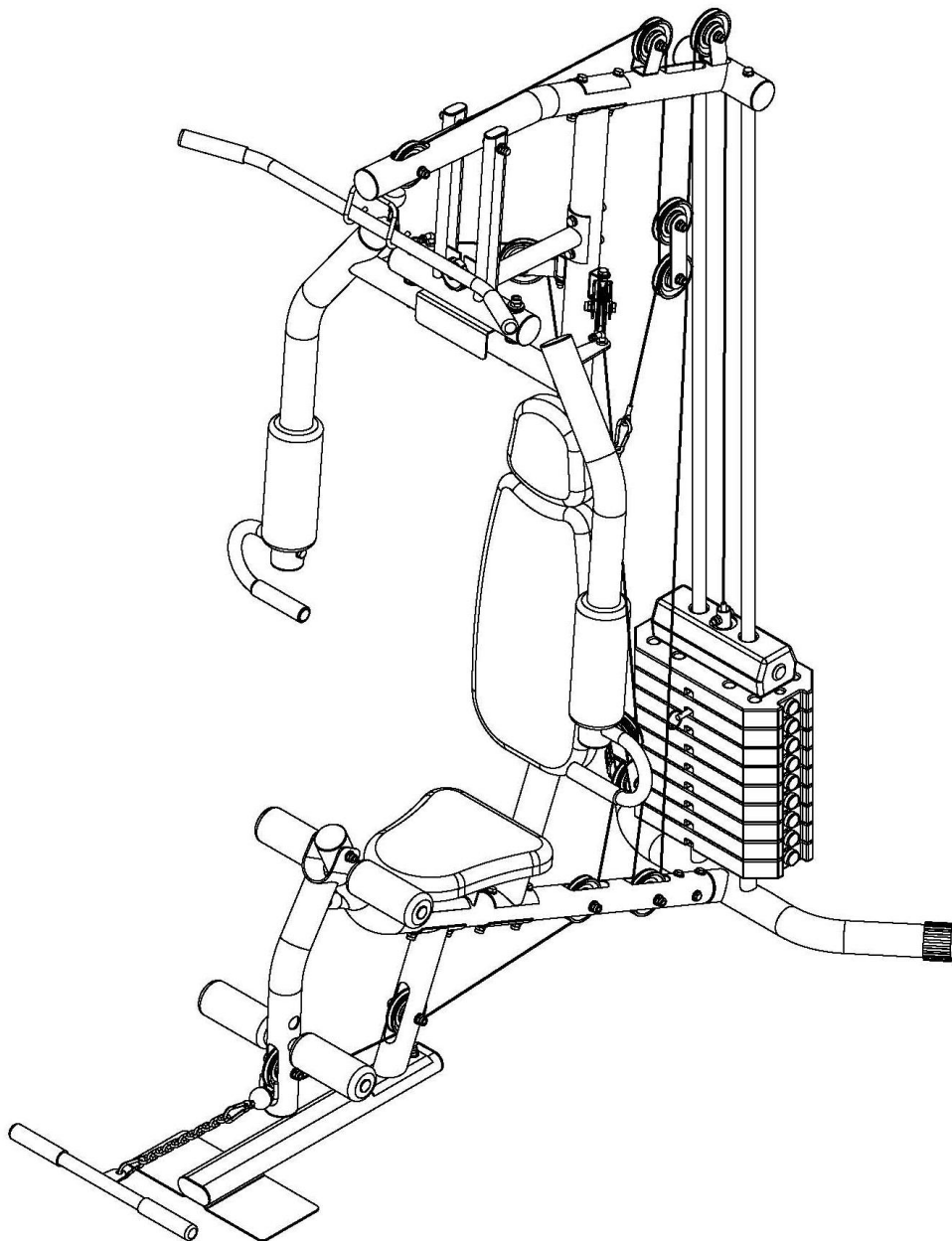




USER MANUAL - EN

IN 7255 Home Gym inSPORTline ProfiGym C30



OBSAH

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SAFETY INSRUCTIONS

IMPORTANT!

- This device is made for home use and the weight of the user should not exceed 120 kg.
- Use this product as intended. Improper use of the device can lead to injury. The manufacturer is not responsible for any damage to health or property resulting from improper use of the device.

WARNING:

1. This device is made with latest norms and regulations to reduce the risk of injury. Device can be use only by adults.
2. Improper or excessive training can lead to health problems. Before you start any training, program visit your physician. Build your training program with the help of your physician.
3. For safety do not allow kids or pets around this device. Manufacturer is not responsible for injures or damaged caused by unpredictable satiations.
4. Kids can use this device when they are familiar with safety precautions and how to exercise.
5. Device can be build by adult only. Place the device on flat and solid surface. Use the device only when you finish the construction.
6. When you exercise for long periods of time, it is recommended to check all parts every month. (especially fasteners)
7. Immediately replace all worn or damaged parts.
8. Always make sure that all adjustable parts are properly secured.
9. During exercise use suitable cloths and boots.

PACKAGE

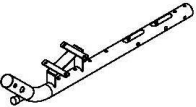
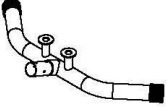
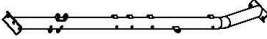
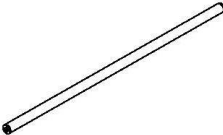
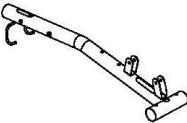
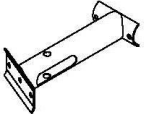
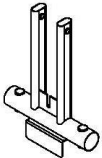
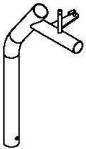
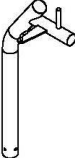
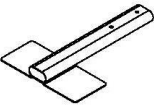
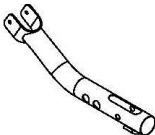
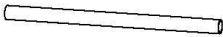

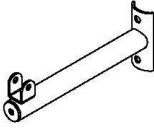
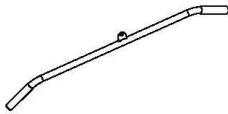
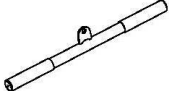

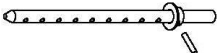
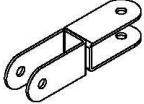

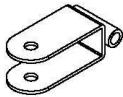
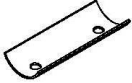
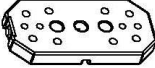
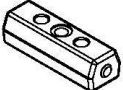

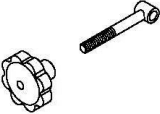

The package is made of environment-friendly and recyclable materials:

- Outer packing cardboard
- Filling is made of Polystyrol (PS no FCKW)
- Foils and bags are made of PE
- Girths are made of PP

DISPOSAL

Please dispose packaging properly. Don't put it in the garbage.

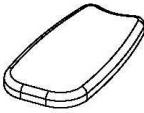

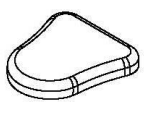
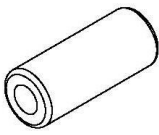
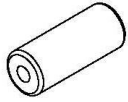
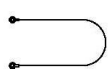
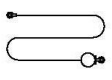
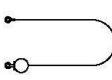
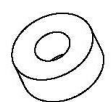
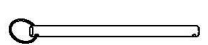
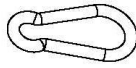




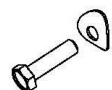
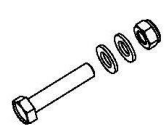
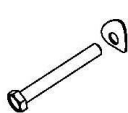

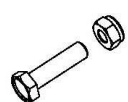
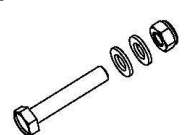
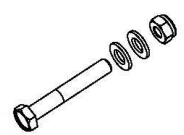
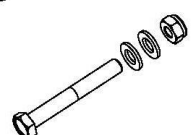
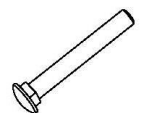
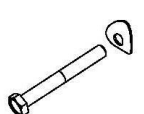
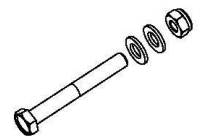
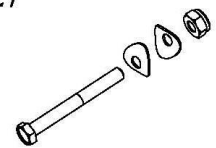
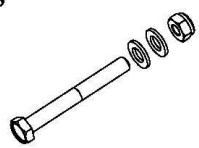

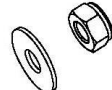
ILLUSTRATED PARTS LIST (1)

<p>A</p> 	<p>B</p> 	<p>C</p> 	<p>D</p> 
<p>E</p> 	<p>F</p> 	<p>G</p> 	<p>H</p> 
<p>I</p> 	<p>J</p> 	<p>K</p> 	<p>L</p> 
<p>M</p> 	<p>N</p> 	<p>O</p> 	<p>P</p> 
<p>Q</p> 	<p>R</p> 	<p>S</p> 	<p>T</p> 
<p>U</p> 	<p>V</p> 	<p>W</p> 	<p>X</p> 
<p>Y</p> 	<p>Z</p> 	<p>AA</p> 	<p>AB</p>
<p>AC</p>	<p>AD</p>	<p>AE</p>	<p>AF</p>

PARTS (1)

NO.	NAME	QTY
A	Main frame	1
B	Rear base	1
C	Main vertical frame	1
D	Guide rod	2
E	Top cross beam	1
F	Seat support	1
G	Press bar	1
H	Right chest support	1
I	Left chest support	1
J	Front base	1
K	Leg extension	1
L	Foam tube	2
M	Iron bushing	2
N	Resist bar	1
O	Lower handrail	1
P	Pull bar	1
Q	Handle bar	2
R	Selector shaft	1
S	Upright pulley block	1
T	Parallel pulley block	2
U	Rotational pulley block	2
V	Reinforced plate	3
W	Weight plate	9
X	Top plate	1
Y	Pulley	13
Z	Lock lever	1
AA	Bushing	10

ILLUSTRATED PARTS LIST (2)

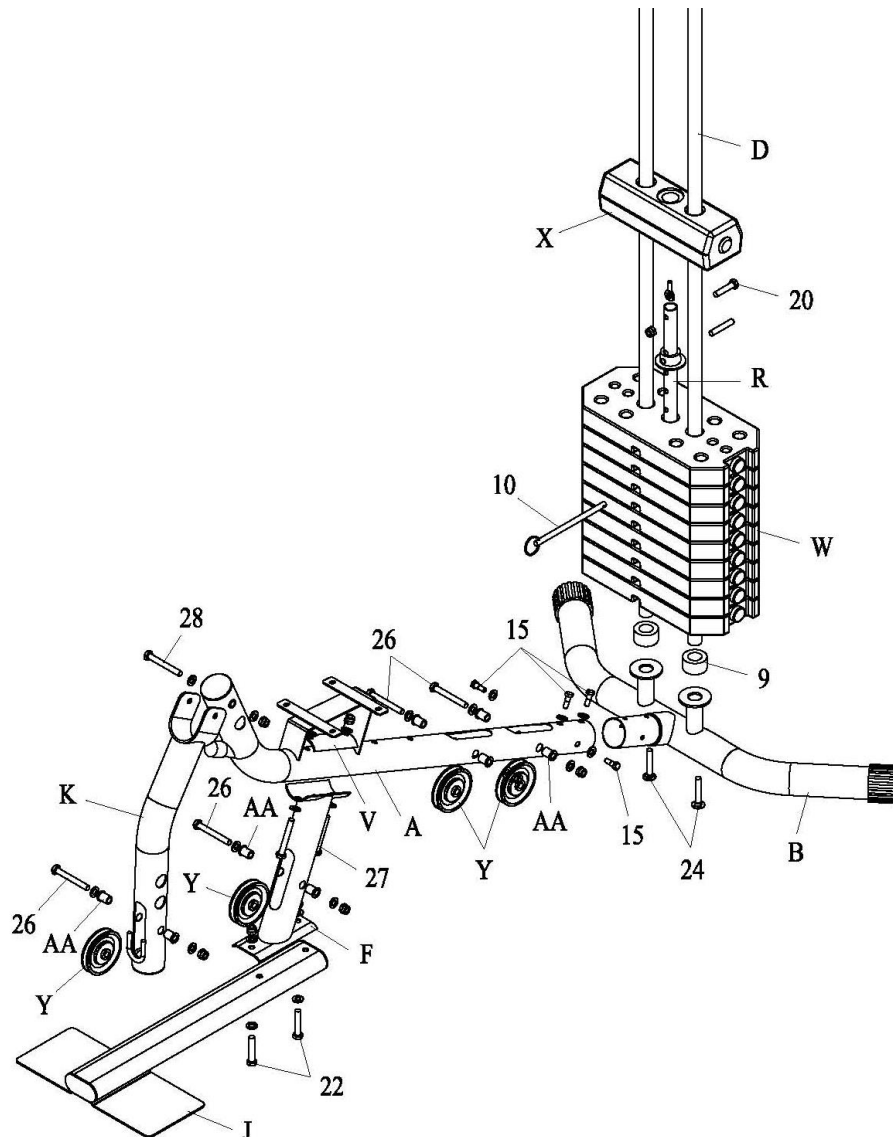
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9		10		11		12	
13		14		15		16	
17		18		19		20	
21		22		23		24	
25		26		27		28	
29		30		31		32	

Parts (2)

NO.	NAME	QTY
1	Backrest cushion	1
2	Headrest cushion	1
3	Seat cushion	1
4	Big foam roller	2
5	Foam roller	4
6	Cable with no ball	1
7	Long cable with one ball	1
8	Short cable with one ball	1
9	Rubber donut	2
10	Pin	1
11	Hook	5
12	Chain	2
13	Bolt m12×165 + washers + lock nuts	1
14	Bolt m6*16 + washer	4
15	Bolt m8*16 + bend washer	4
16	Bolt m8*35 + bend washer	2
17	Bolt m8×40 + two washers + lock nut	1
18	Bolt m8*80 + bend washer	4
19	Bolt m12×20 + bend washer	2
20	Bolt m10×35 + lock nut	1
21	Bolt m10×50 + two washers + lock nut	8
22	Bolt m10×60 + two washers + lock nut	2
23	Bolt m10×70 + two washers + lock nut	2
24	Square neck bolt m10×75	2
25	Bolt m10×75 + bend washer	2
26	Bolt m10×80 + two washers + lock nut	5
27	Bolt m10×80 + bend washers + lock nut	8
28	Bolt m10×85 + two washers + lock nut	1
29	M8 lock nut	2
30	M12 lock nut + big washer	2

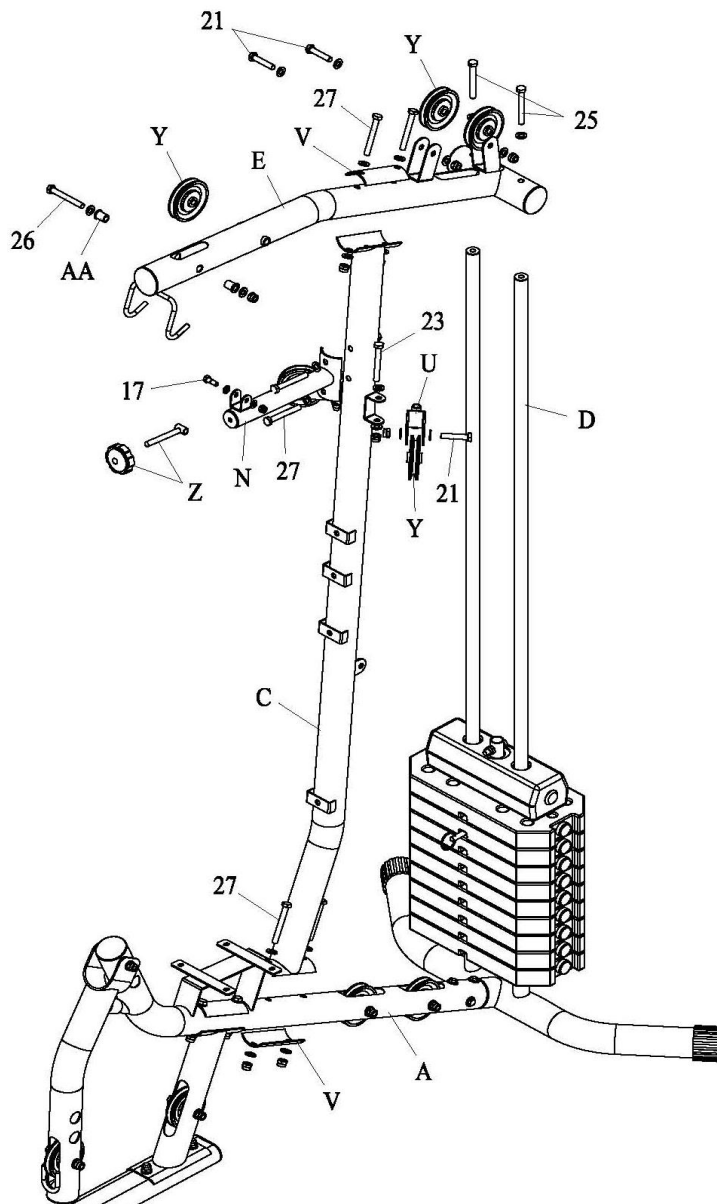
ASSEMBLY

STEP 1



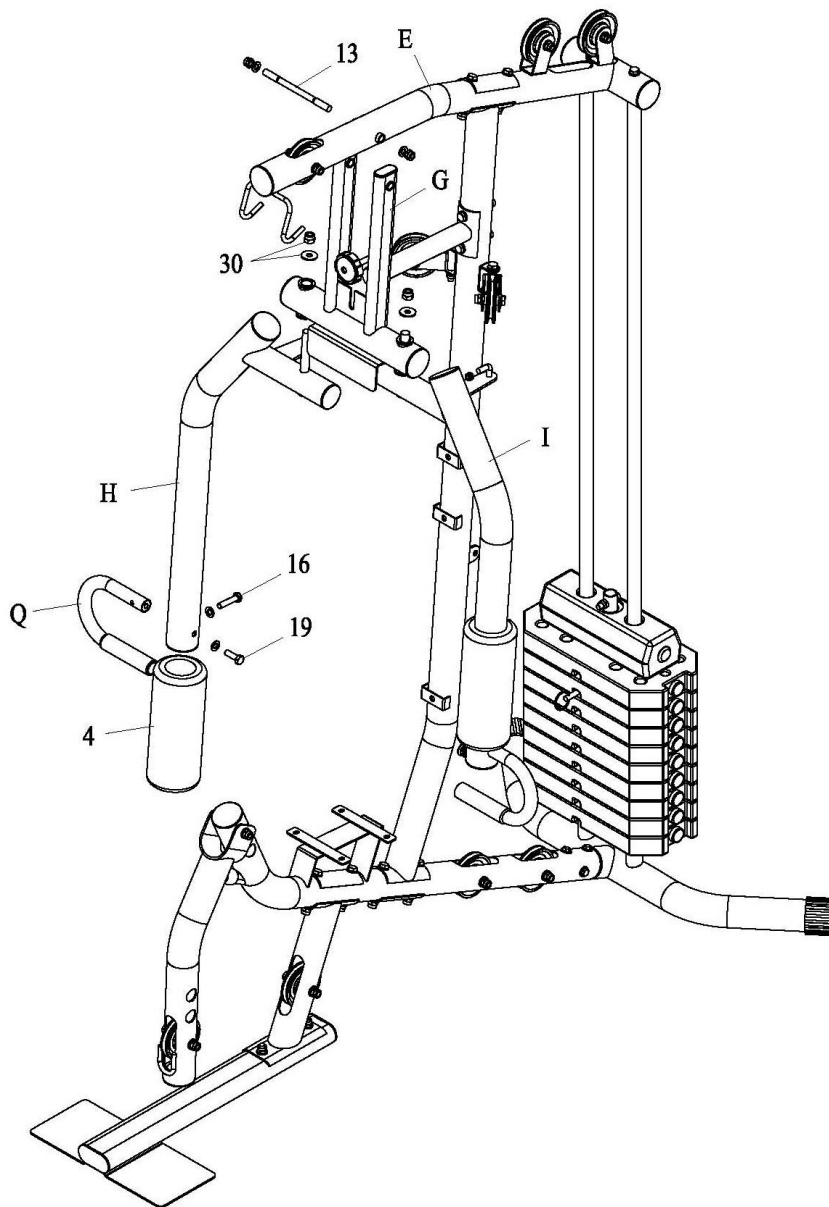
1. Attach rear base (B) to main frame (A) with four bolts M8*16 + bend washers (15).
2. Attach seat support (F) to front base (J) with two bolts M10*60 + washers + lock nuts (22).
3. Attach seat support (F) and reinforcement plate (V) to main frame (A) with two bolts M10*80 + bend washers + lock nuts (27).
4. Insert guide rod (D) into rear base (B) and secure with square neck bolt M10*75 (24).
5. Slide rubber donut (9) and weight plates (W) onto guide rod (D), insert selector shaft (R) into mid hole of weight plate (W). Then slide top plate (X) onto guide rod (D).
6. Attach leg extension (K) to main frame (A) with blot M10*85 + washers + lock nut (28).
7. Attach pulleys (Y) to main frame (A), seat support (F) and leg extension (K) with blot M10*80 + washers + lock nut (26) and bushing (AA).

STEP 2



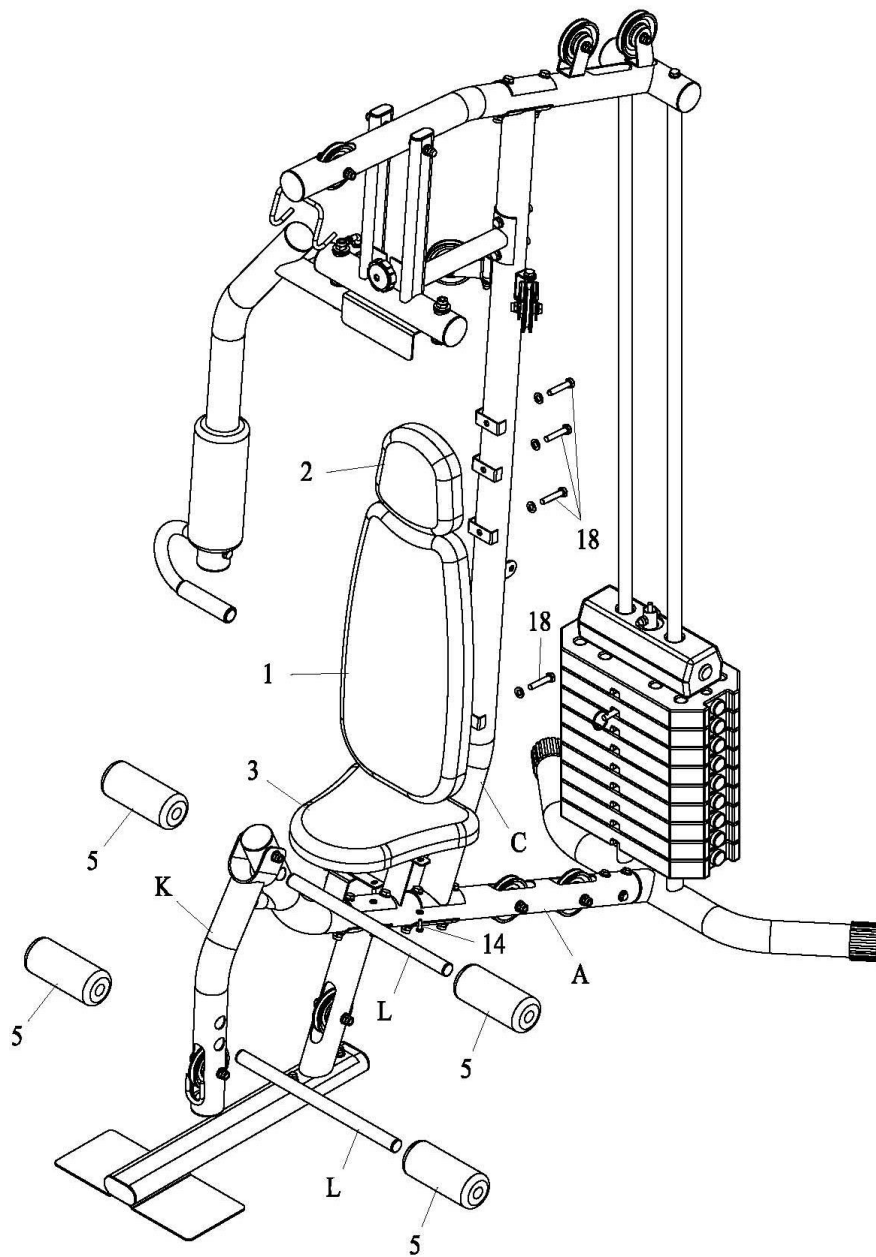
1. Attach main vertical frame (C) and reinforcement plate (V) to main frame (A) with two bolts M10*80 + bend washers + lock nut (27).
2. Attach top cross beam (E) and reinforcement plate (V) to main frame (C) with two bolts M10*80 + bend washers + lock nuts (27).
3. Attach guide rod (D) to top cross beam (E) with two bolts M10*75 + bend washers (25).
4. Attach rotational pulley block (U) to main vertical frame (C) with two bolts M10*70 + washers + lock nuts (23).
5. Attach resist bar (N) to main vertical frame (C) with two bolts M10*80 + bend washers + lock nuts (27).
6. Attach lock lever tus (Z) to resist bar (N) with bolt M8*40 + washers + lock nut (17).
7. Attach one pulley (Y) to front of top cross beam (E) with bolt M10*80 + washers + lock nut (26) and bushing (AA).
8. Attach pulleys (Y) to top cross beam (E) and rotational pulley block (U) with bolt M10*50 + washers + lock nut (21).

STEP 3



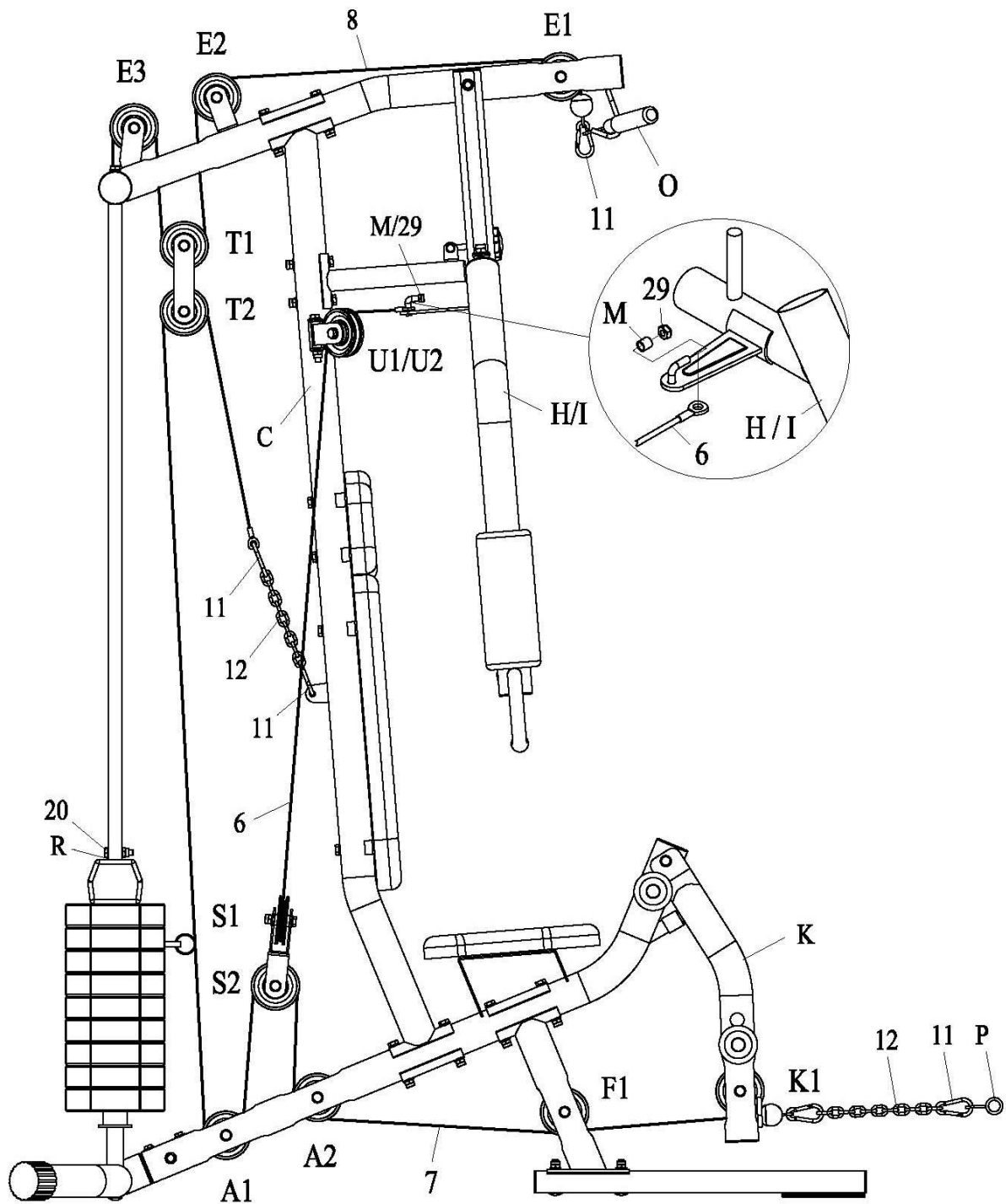
1. Attach press bar (G) to top cross beam (E) with bolt M12*165 + washers + lock nuts (13).
2. Attach right and left chest support (H&I) to press bar (G) with M12 lock nut + big washer (30).
3. Push big foam roller (4) onto right and left chest support (H&I).
4. Secure handle bar (Q) to right and left chest support (H&I) with two bolts M12*20 + bend washers (19) and two bolts M8*35 + bend washers (16).

STEP 4



1. Attach seat cushion (3) to main frame (A) with four bolts M6*16 + washers (14).
2. Attach backrest cushion (1) and headrest cushion (2) to main vertical frame (C) with four bolts M8*80 + bend washers (18).
3. Insert foam tube (L) into hole of main frame (A) and leg extension (K).
4. Push foam roller (5) onto each side of foam tube (L).

STEP 5



CABLE ASSEMBLY

1. Assemble the cable with no ball (6)

Connect one end of the cable to one of chest support with iron bushing (M) and M8 lock nut (29). Then thread the other end of the cable over pulley U1, down and round pulley S1 on upright pulley block (S), up and over pulley U2, secure cable to chest support with iron bushing (M) and M8 lock nut (29).

2. Assemble the short cable with one ball (8)

Run the end with no ball of the cable (8) through the pulley E1 on top cross beam (E), round the pulley E2 on top cross beam (E), down and under pulley T1 on parallel pulley block (T), up and round pulley E3 on cross beam (E). Attach the end of the cable to the selector shaft (R) with bolt M10*35 + lock nut (20).

3. Assembly the long cable with one ball (7)

Run the end with no ball of the cable (7) through the pulley K1 on leg extension (K), under the pulley F1 on seat support (F), round pulley A2 on main frame (A), up and round pulley S2 on upright pulley block (S), under and round pulley A1 on main frame (A), up and round pulley T2 on parallel pulley block (T), then attach the end to the main vertical frame (C) with hooks (11) and chain (12).

Attach the lower handrail (O) to the cable (8) with a hook (11).

Attach the pull bar (P) to the end of the cable (7) on K1 with hooks (11) and chain (12).

TRAINING INSTRUCTIONS

IMPORTANT:

Before beginning your training program, consult your doctor to ensure that you are healthy enough to use this training device.

Base your program on the result of this medical examination. All following training instructions are suitable for healthy people only.

This training device is a versatile multi-functional home training unit for optimum fitness training with special emphasis on muscle- power. To ensure that your exercising is in keeping with your general health, please read the following instructions and observe them at all times:

1. Newcomers should avoid using excessively heavy weights.
2. During start-up sessions, use weights that can be used for 15 repetitions without gasping for breath.
3. Always breathe regularly: breathe out when pushing against the load (concentric phase) and breathe in when releasing it (eccentric phase). Avoid forced breathing.
4. Carry out all movements evenly and smoothly without jerking.
5. All movements should be carried out to their full extent to prevent contraction of the muscles. However, in the bending and stretching positions ensure that the muscles are tense enough to minimize strain on the joints.
6. Pay attention to keeping your back in a stable position. To ensure this, keep the tension of the belly muscles constant during exercising.
7. Always remember that your tendons and joints do not develop as quickly as your strength and muscle power. For this reason, increase the amount of exercise in the following order:
 - a. First increase your exercising frequency (number of exercising sessions per week)
 - b. Increase the length of your exercising sessions (number of sets per exercise)
 - c. Then increase the exercising strain (i.e. increase the weights used)

RECOMMENDED FOR EXERCISING

For general fitness and health, the most suitable types of training are strength and endurance training as well as training aimed at building up the muscles (hypertrophy training).

For strength and endurance exercising it is best to use lighter weights (approx. 40-50% of maximum force*) and brisk but controlled speed of movement. The number of repeats should be between 16 and 20.

For exercises designed to build up muscles, it is advisable to use heavier weights (approx. 60-80% of maximum force*) with a moderately slow speed of movement.

After about four weeks of strength and endurance exercising, a moderate program of muscular exercising can be begun. For older people it is especially important to maintain and build up muscle mass to relieve unnecessary strain on the joints.

Always start your session with a set of exercises to warm up. Make use of intervals to do loosening-up exercises. Exercise 2-3 times per week and take every opportunity to exercise in different ways e.g. by walking, jogging, cycling and swimming.

You will soon notice that regular exercise increases your general fitness and sense of wellbeing.









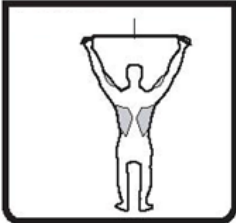
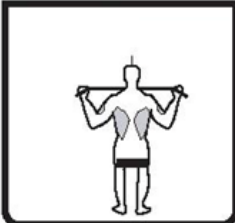
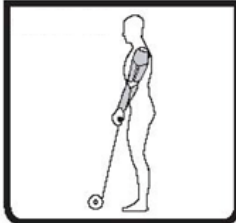

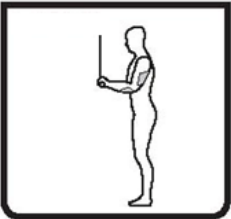
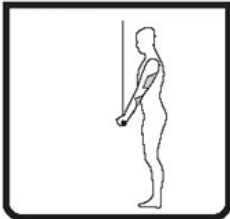
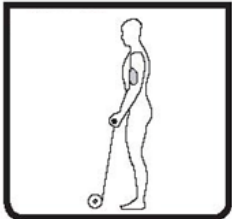





Warming up

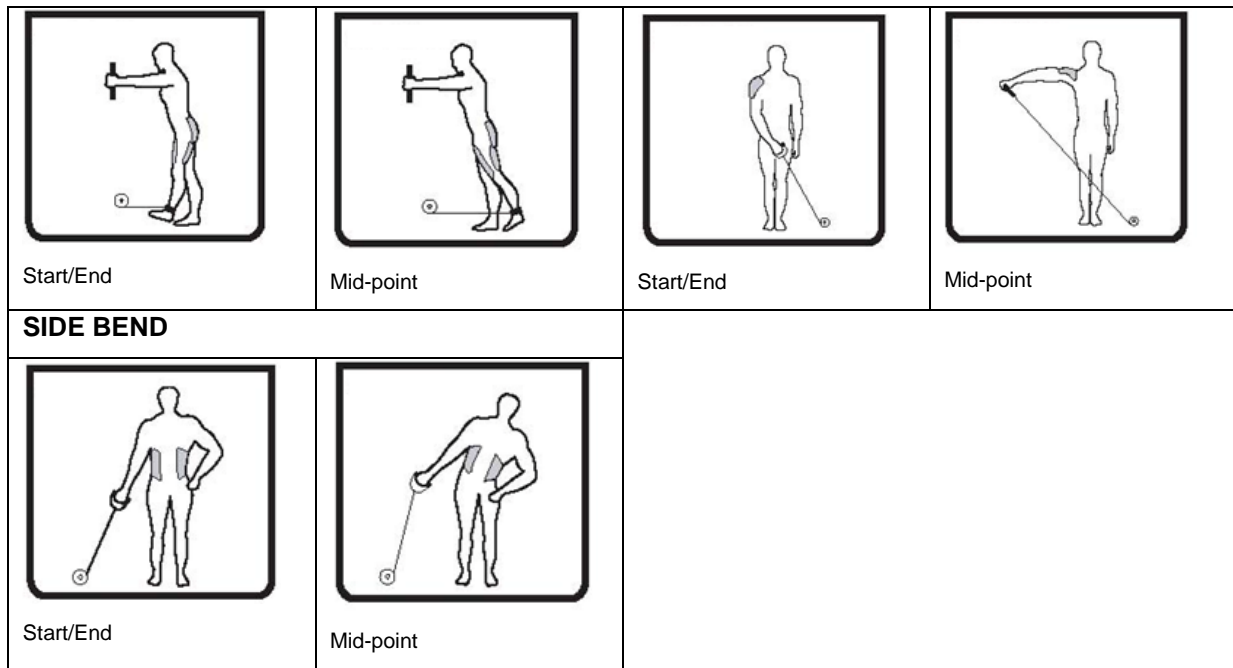
Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise

Cooling down

Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE

CHEST PRESS		LEG EXTENSION	
			
Start/End	Mid-point	Start/End	Mid-point
SEATED MID ROW		LEG CURL	
			
Start/End	Mid-point	Start/End	Mid-point
LOWER HANDRAIL		UPRIGHT ROW	
			
Start/End	Mid-point	Start/End	Mid-point
TRICEPS PUSH DOWN		ARM CURL	
			
Start/End	Mid-point	Start/End	Mid-point
OUTER THIGH		INNER THIGH	
			
Start/End	Mid-point	Start/End	Mid-point
BACK KICK		DELTOID RAISE	



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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SK

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Web: www.insportline.sk

Date of Sale:

Stamp and Signature of Seller: