



USER MANUAL – EN

IN 7280 Suspension Trainer inSPORTline Multitrainer



CONTENTS

| | |
|---|----|
| CONTENTS | 2 |
| SAFETY PROCEDURES & INSTRUCTIONS..... | 3 |
| ROPE LENGTH ADJUSTING | 4 |
| TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS | 21 |

SAFETY PROCEDURES & INSTRUCTIONS

1. As this equipment involves advanced exercise routines, consult your physician before beginning this or any type of exercise program.
2. Inspect the Machine daily AND before each and every time you use the Machine. Tighten all loose connections/ropes/belts/carabiners/handles/ accessories and replace worn parts immediately. Failure to do so may result in serious injury.
3. Always attach the Machine to a secure, strong and stable anchor point that is able to easily support your body weight. When using the Machine on any piece of fitness equipment (or any object not already permanently attached to the ground, wall, ceiling, etc.), make sure that piece is bolted to the floor or similar permanent anchor point so that it cannot tip. Always perform a weight test to determine the strength / integrity of your chosen anchor point BEFORE using the Machine.
4. Always begin in Locked-N-Loaded mode for added stability and perform exercises in a slow, controlled manner at all times. Always begin with little or no body angle.
5. It is suggested that MINORS do not use this equipment without adult supervision. The Machine is not a toy and should not be treated as such.
6. Make sure when adjusting the length of the rope, or when clipping the handles into the openings in the top of the pulley housing, that all excess rope is completely out of the way of the users body at all times during exercising. The excess rope can usually be restrained using the Velcro tabs of the support strap.
7. When attaching the adjustable pulley strap, make sure to feed end of strap through the back of the buckle ONLY. This is the side opposite of where the cleat opens. Feeding strap through the front (where the cleat opens and is visible) will not allow the cleat to lock in place and WILL NOT hold the user's weight and may cause the pulley to fall from the point of attachment.
8. DO NOT use on or near a wet or slippery surface. Be sure of your footing before you begin exercising.
9. Safeguard the Machine from them elements when not in use. Prolonged exposure to sunlight, dampness, inclement or severe weather conditions, extremely cold or hot temperatures and extreme shifts in temperature, can weaken the components of the Machine.
10. If using a counter weight, make sure the pulley housing is secured as close to the anchor point as possible. A few inches is preferred. Also, make sure the user or any bystanders are a minimum of four feet away from the resting point of the counter weight at all times while or without a counter weight. When using a counter weight, do not exceed a 50 lb. maximum. When finished, remove counter weight from Machine.
11. Machine Wall/Ceiling Anchor Mount
 - a. PROFESSIONAL INSTALLATION STRONGLY RECOMMENDED
 - b. Wood Lag Bolts are NOT meant for installation into Concrete or Steel.
 - c. Use a stud finder at several points along stud to be certain of its center.
 - d. Only mount to strong wall of ceiling beams able to bear a minimum weight load of at least 300 lbs. If more that one Wall/Ceiling Anchor Mount will be attached to a single beam for multiple users, CrossCore, Inc. STRONGLY RECOMMENDS using a licensed contractor for installation that will conform the combined user weight will not compromise the structural integrity of the beam or attachment points at any time.
 - e. Maximum weight load for all Machines using the Machine Wall / ceiling Anchor Mount not to exceed: 300lbs.
 - f. Installed Machine Wall/Ceiling Anchor Mount should be secured completely flush to wall/ceiling with no movement. Perform a weight test prior to using installed Wall/Ceiling Anchor Mount.
 - g. Routinely check installed Machine Wall/Ceiling Anchor Mount to ensure maximum safety. Do not use Machine on a loose or improperly installed Machine Wall/Ceiling Anchor Mount.

Positions:

*Neutral: Basic position where the height of the machine Pulley is comfortably reachable at overhead arm's length; Most machine exercises can be performed from Neutral Position.

*Long Position: The height of the Pulley is lowered from Neutral Position so that the Handles are 1" from the ground

*Short Position: The rope on the machine is shortened so that the handles are approximately 2 feet from the Pulley

*Locked Handle Mode:

. Begin with machine in Neutral Position.

. Lock Both Carabiners to both Handle D Rings

*Static Position:

. Begin in Neutral Position

. Attach Handle Carabiners on to the machine Pulley Static Holes at the top of the pulley housing by inserting the carabiners from the bottom up.

. If you experience any pain, discomfort, light-headedness or extreme fatigue, STOP what you are doing in a safe manner immediately. If symptoms persist after you have stopped seek the help of a physician right away.

TERMINATION of the battle

. Stretch and Cool Down

ROPE LENGTH ADJUSTING



Step 1 Select the location of the rope where the carabiner and handle will be attached.

Step 2 Pinch rope together with one hand making a loop in the rope and insert index finger and thumb from other hand.

Step 3 With the index finger and thumb pointing up , roll that hand toward the other hand so that the index finger and thumb are now pointing down.

Step 4 Pinch index finger and thumb together and pull the doubled portion of rope through making a loop.

Step 5 Open carabiner and place through loop and pull tight.

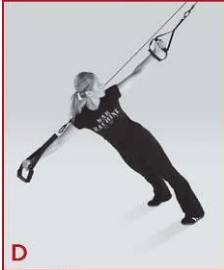
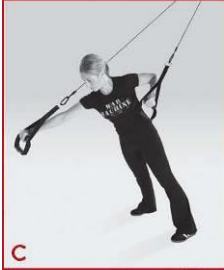
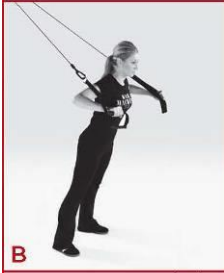
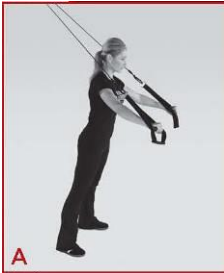
You've just made what is referred to as a "Prusik" knot.

Positioning your feet inside handles

Position A



Position B



Muscles targeted:

Chest, Shoulders, Triceps, Upper Back, Core

Preparation:

Position Handles in Neutral Position so that Heel Strap is 12"-14" off the ground.

Stand at an 80 degree angle from the ground (standing straight up will put you at a 90 degree angle) and grasp both handles. (A)

Keep body aligned and core tightened to ensure proper posture

Place feet shoulder width apart

Execution:

Slowly lower chest towards hands, similar to doing a push up, keeping core tight and body aligned (B)

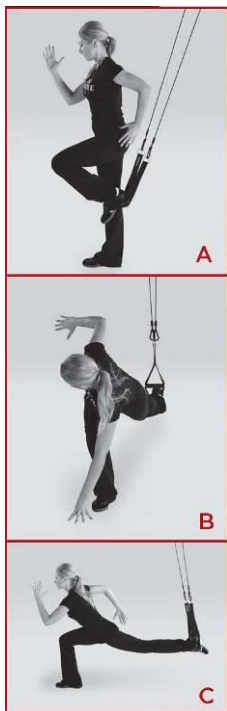
Return to beginning position

Progression

Single Arm Press: Keep one arm extended and static, with a slight bend in the elbow, while other arm

executes a chest press (C)

Full Rotation Press: Keep one arm extended and static, with a slight bend in the elbow, while other arm presses elbow to shoulder, then rotate body and look over your shoulder while arm slowly opens up to full extension (D)



Muscles targeted:

Quads, Hamstrings, Flutes, Hips, Calves, Core

Preparation:

Position: Neutral

Put your machine in Locked Handle Mode

Grab the machine handles and place on foot inside one or both handles. Hop forward until your suspended foot is resting in the handles 6 inches in front of the Pulley

Execution:

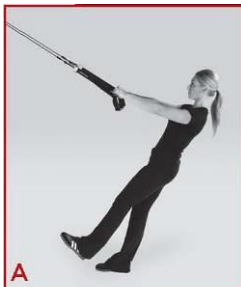
Slowly bend front leg down into a lunge while driving the suspended leg straight back making sure not to allow your knee to surpass the position of your toes

Return to starting position

Progression

Suspended Lunge Knee Raise: Perform suspended lunge. When you return to starting position, raise the knee of your suspended leg (A)

Suspended Lunge to Trunk Rotation: Perform suspended lunge. When you return to starting position, raise the knee of your suspended leg and touch it to the elbow of the opposite arm (B)



Muscles Targeted:

Quads, Hamstrings, Glutes, Hips, Calves, Core

Preparation

Position: Neutral

Stand facing the pulley holding both handles

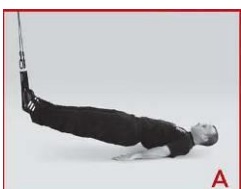
Raise one leg lightly off the ground, engage your core and find your balance

Execution

Squat down on standing leg making sure not to allow your knee to surpass the position of your toes. Point handles to the Pulley (B)

Keep raised leg off the ground the entire time

Raise up on the standing leg and return to starting position (A)



Muscles targeted:

Hamstrings, Hips Glutes, Calves, Lower Back, Core

Preparation

Lay face up on the floor and place both heels, feet flexed, in the machine foot cradles, engage core and press hips up and off the floor (A)

Maintain your alignment by keeping your body in the raised plank position

Execution

Single Leg Curls

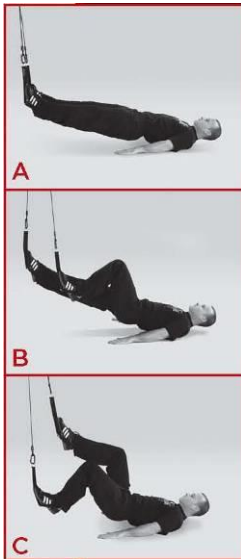
Keep one leg straight and maintain pressure in the foot cradle

Bring the heel of the other leg in and curl towards your glutes, lifting your torso as you curl (B)

Double Leg Curls

Bring both heels in and curl towards your glutes, lifting your torso as you curl (C)

Keep at least 2-4 inches between the handles so as to get the most effective movement



Muscles targeted:

Hamstrings, Quads, Glutes, Calves, Hips, Lower Back, Core

Preparation

Position: Neutral

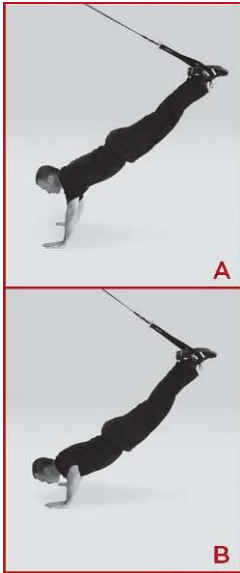
Lay face up on the floor and place both heels, feet flexed, in the machine foot cradles, engage core and press hips up and off the floor (A)

Maintain your alignment by keeping your body in the raised plank position

Execution

Keeping hips raised, move your feet in a circular motion as if riding a bicycle (B-C)

Muscles targeted:



Chest, Shoulders, Triceps, Lower Back, Core

Preparation

. Position: Neutral

Refer to page 3 “POSITIONING YOUR FEET IN HANDLES” (B)

Walk hands backwards, away from the pulley, until feet are in a challenging incline position and there is a 2-4 inch gap between feet (A)

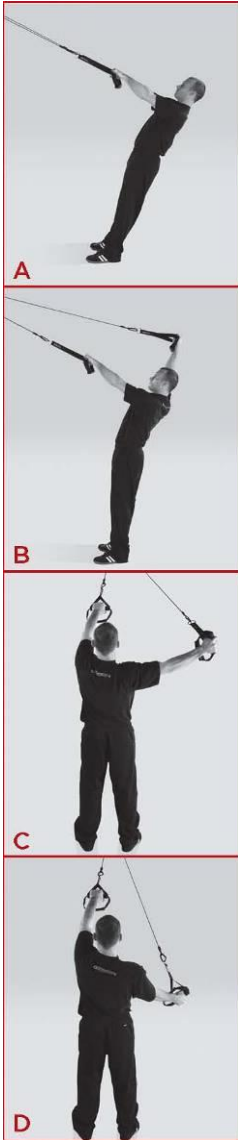
Execution

. Lower body toward the ground in a chest press motion while keeping aligned (B)

. Press back up to full arm extension to complete the exercise

. Keep core engaged and resist letting legs swing back and forth or up and down

. When finishing Chest press and removing feet from handles, walk hands forward back to neutral position lowering your body to the ground and remove feet from Handles. Do not try to remove feet while engaged in Press Position



Muscles targeted:
Shoulders, Upper Back, Triceps, Forearms, Core

Preparation

- . Position: Neutral
- . Stand shoulder width apart facing the machine holding both handles
- . Extend arms with both handles pointing to the Pulley (A)

Execution

- . Keep one arm static; raise working arm straight up until it is directly perpendicular to the ground (B)
- . Lower arm and return to starting position
- . Progression

Perform Power Shoulder move; when arm is perpendicular to ground, continue arm rotation backwards, opening up the shoulder to allow for smooth rotation, in a circular motion and end at starting position with both handles pointing to the Pulley (A-B-C-D)



Muscles targeted:

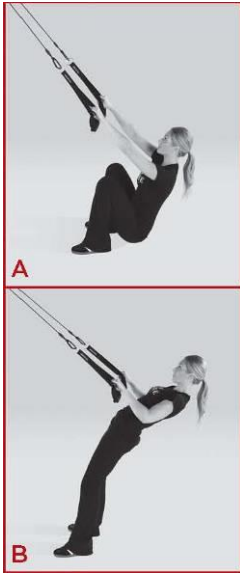
Triceps, Shoulders, Forearms, Core

Preparation

- . Position: Neutral
- . Stand with feet and hands Shoulder width apart

Execution

- . Double
 - Keeping tension on the rope and elbows raised and in, lean forward and bend at the elbows (B)
 - Press forward and return to starting position
- . Single
 - With arms still raised and elbows in, keep one arm static and lean forward bending opposite arm (C)
 - Press forward with working arm and return to starting position



Muscles targeted:

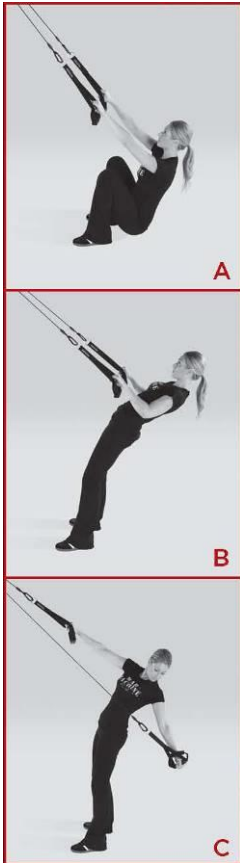
Quads, Hamstrings, Glutes, Hips, Shoulders, Lower Back, Core

Preparation

- . Position: Neutral
- . Stand with feet shoulder width apart facing the Machine and holding both handles
- . Keep tension on the rope and lower down into a squat position

Execution

- . In one movement, raise up from squat position and thrust hips forward as you maintain tension on the rope and keep hands pointed to the pulley (B)



Muscles targeted:

Quads, Hamstrings, Glutes, Hips, Shoulders, Lower Back, Triceps, Forearms, Core

Preparation

- . Position: Neutral
- . Stand with feet shoulder width apart facing the Machine and holding both handles
- . Keep tension on the rope and lower down into a squat position (A)

Execution

- . Raise up from squat position and thrust hips forward (B)
- . As you rise up, extend one arm down with palm facing up. (C)
- . Progression
- * Rotate from your core and look back at the hand of the extended arm (C)



Muscles targeted:

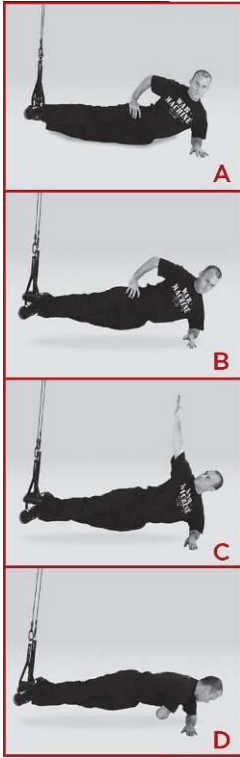
Biceps, Forearms, Shoulders, Core

Preparation

- . Position: Neutral
- . Stand shoulder width apart facing the Machine holding both handles
- . Raise hands above head, palms facing up, and lean back to a comfortable angle

Execution

- . Double
 - Keeping elbows raised and in, curl both handles back to shoulders and slowly return to starting position (B)
- . Single
 - Keep one arm static and pointing to the pulley
 - Curl working arm back to shoulder and return to starting position (C)
 - Progression
 - . Curl working arm back across face to opposite shoulder
 - . Curl working arm back and across stomach



Muscles Targeted:

Core, Triceps, Shoulders, Lower Back

Preparation

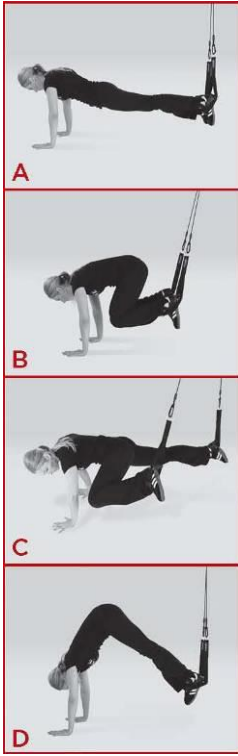
- . Sit on the ground and put both feet in the Machine foot cradles, with cradle strap underneath the ball of the foot, and turn on your side with top foot crossed in front of the bottom foot
- . Place forearm of bottom arm on the ground directly beneath the shoulder (A)

Execution

Raise up on forearm and lift hips off the ground and keep a 2-4 inch gap between suspended feet (B)

. Progression

- While in Side Plank position, slowly rotate toward the ground and touch the ground below your raised hip with your free arm



Muscles targeted:

Core, Chest, Triceps, Shoulders, Hip Flexors

Preparation

. Position: Neutral

Refer to page 3 POSITIONING YOUR FEET IN HANDLES (B)

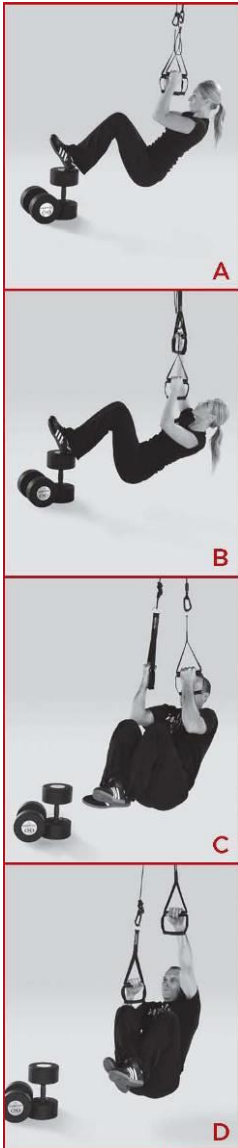
. Walk hands forward, away from the pulley, until you are in a basic plank position (A)

Execution

. Bring knees to chest while lifting hips up toward the ceiling or sky, keeping a gap of 2-4 inches between both feet, and return to starting position

. Progression

- Get in starting position but place hands in offset position (A)
- Swing knees forward and to the side of the hand that is placed in front, then return to starting position (A-C)
- The Pike progression. Start in a basic plank position Raise your Bottom straight up and bring feet forward slightly keeping legs straight until you are in an inverted V. Then release and straighten back to the basic plank position (A-D)



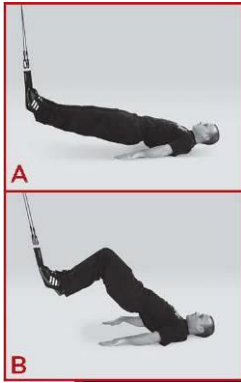
Muscles targeted:
Full Core and Upper Body Engagement, Hip Flexors

Preparation

- . Position: Short
- . Sit on ground below the Machine with knees bent and feet on the ground and grab both handles

Execution

- . Beginners/Intermediate: Keep knees bent and place feet on a bench or stable object that is between 1-3 feet high (A)
- . Advanced: With knees bent, cross feet at the ankles and raise lower body up and off the ground (C)
- . Move the pulley up and down with each arm in a climbing action (D)



Muscles targeted:
Hamstrings, Glutes, Hips, Lower Back Calves, Core

Preparation

- . Position: Neutral
- . Lay face up on the floor with both heels, feet flexed, in the foot cradles, engage core and press hips up and off the floor. Keep legs straight (A)

Execution



Bend knees and drive hips up and away from the floor then return to starting position (B)

Muscles targeted:
Full Body Engagement

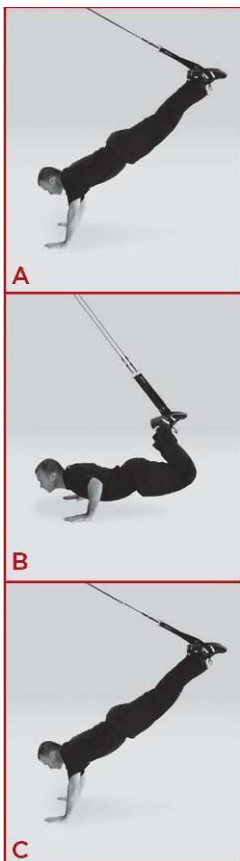
Preparation

- . Position: Neutral
- Refer to page 3 POSITIONING YOUR FEET IN HANDLES (B)
- . Walk hands backwards, away from the pulley, until feet are in a challenging incline position and there is a

2-4 inch gap between feet and engage core for stabilization

Execution

- . Slowly lower right foot down towards the ground, but do not let foot touch the ground. (B)
- . As you bring your right foot back to starting position, lower left foot down, moving both legs in a scissor motion (C)
- . When finishing scissor kick and removing feet from handles, walk hands forward back to neutral position lowering your body to the ground and remove feet from Handles. Do not try to remove feet while engaged in Press Position



Muscles targeted:

Full Body Engagement

Preparation

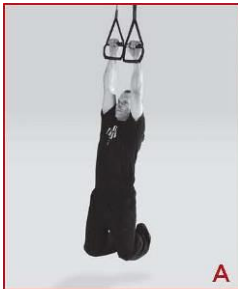
- . Position: Neutral

Refer to page 3 POSITIONING YOUR FEET IN HANDLES (B)

- . Walk hands backwards, away from the pulley, until feet are in a challenging incline position and there is a 2-4 inch gap between feet and engage core for stabilization (A)

Execution

- . Lower body to the ground in a chest press motion while simultaneously bending knees and lowering knees towards the ground. Do not let knees touch the ground (B)
- . Press up with both hands and kick both feet back up to starting position (C)
- . When finishing Inverted Chest Press/Donkey Kick and removing feet from handles, walk hands forward back to neutral position lowering your body to the ground and remove feet from Handles. Do not try to remove feet while engaged in press Position



A



B

Muscles Targeted:

Upper and Lower Back, Biceps, Forearms, Shoulders, Core

Preparation:

- . Position: Locked Mode (1A)
- . Hook each Machine handle carabiner into the Locked Mode holes located on top of the pulley (insert the carabiner through bottom of housing and out the top) (1B)
- . Grab the handles and let your body hang with knees bent and legs crossed at the ankles

Execution:

- . Pull-up with both arms, raising your body up until your chin is parallel to the handles (B)
- . Lower back down to starting position



1A



1B

Muscles targeted:



A



B

Core, Hip Flexors, Biceps, Triceps, Shoulders, Upper and Lower Back

Preparation:

- . Position: Locked Mode
- . Hook each Machine handle carabiner into the Locked Mode holes located on top of the pulley (insert the carabiner through bottom of housing and out the top)
- . Insert arms through foot cradle and position the padded straps so that they are underneath the midpoint of your upper arm. Hold the straps with your hands where comfortable while performing the exercise. Let your body hang with knees bent and feet together

Execution:

- . Raise your knees up until your quads are parallel to the ground, making sure to lift with your core (B)
- . Lower knees back down to starting position

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.

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
 reklamace@insportline.cz
 servis@insportline.cz

Web: www.insportline.cz

SK

INSPORTLINE s.r.o.

Headquarters, Warranty & Service centre: Elektrická 6471, 911 01 Trenčín, Slovakia

CRN: 36311723

VAT ID: SK2020177082

Phone: +421(0)326 526 701

E-mail: objednavky@insportline.sk

reklamacie@insportline.sk

servis@insportline.sk

Web: www.insportline.sk

Date of Sale:

Stamp and Signature of Seller: