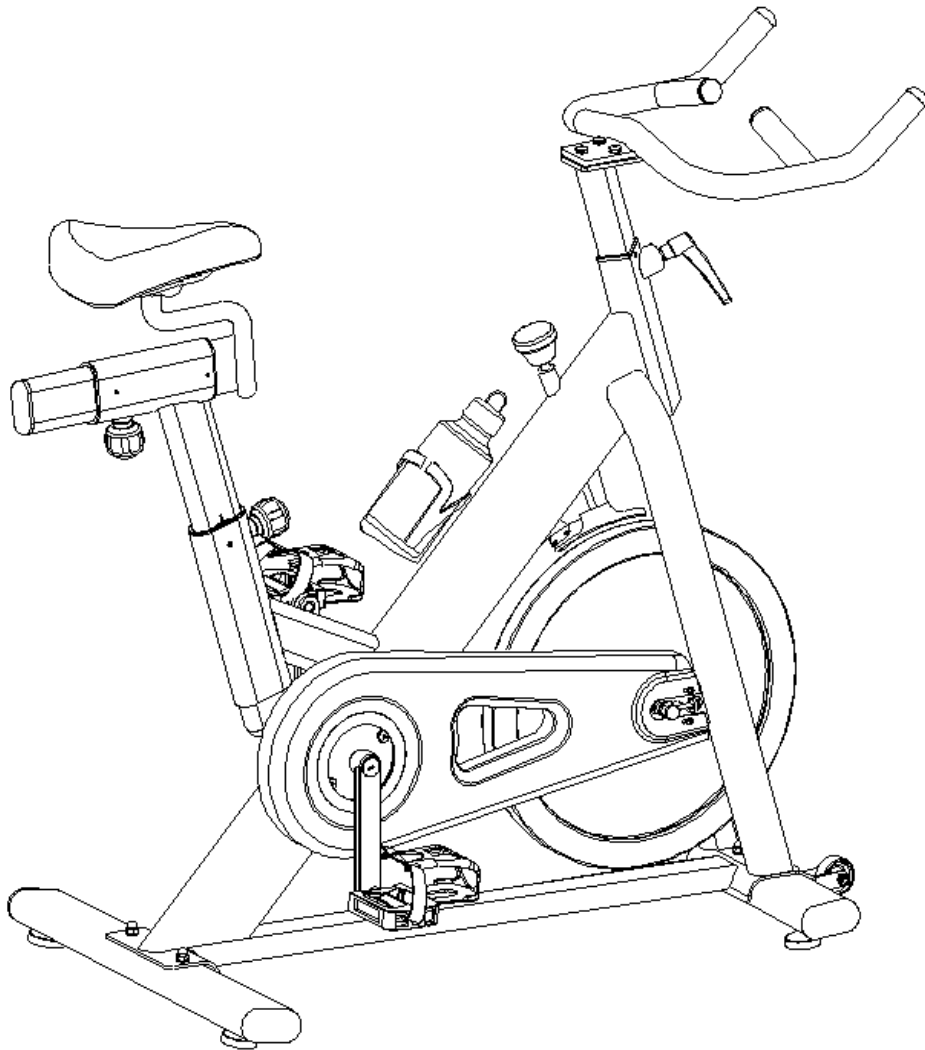




**USER MANUAL – EN**

**IN 7561 Spinning Bike inSPORTline Targario (YK-BKS122)**



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Dear Customer,

Please read this instruction very carefully before using this item. You will find important information regarding safety of your spinning bike.

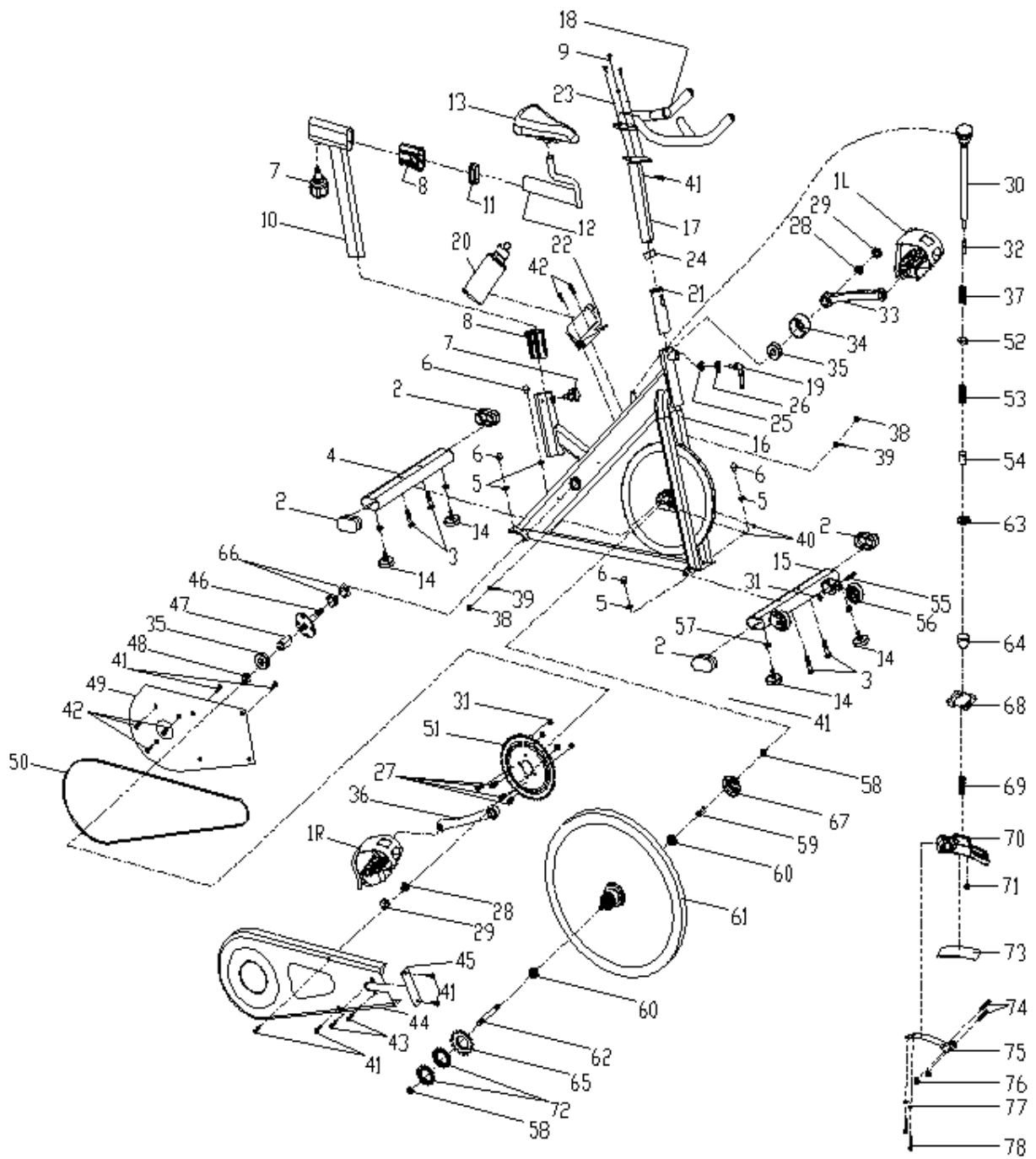
## **IMPORTANT SAFETY NOTICE**

Note the following precaution before assembling or operating the machine.

1. Keep children and pets away from the Spinning Bike at all times. **DO NOT** leave unattended children in the same room with the machine.
2. Handicapped or disabled persons should not use the Spinning Bike without the presence of a qualified health professional or physician.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, **STOP** the workout at once. **CONSULT A PHYSICIAN IMMEDIATELY.**
4. Before beginning training, remove all within a radius of 2 meters from the machine. **DO NOT** place any sharp objects around the Spinning Bike.
5. Position the Spinning Bike on a clear, level surface away from water and moisture. Place mat under the unit to help keep the machine stable and to protect the floor.
6. Use the Spinning Bike only for its intended use as described in this manual. **DO NOT** use any other accessories not recommended by the manufacturer.
7. Assemble the machine exactly as the descriptions in the instruction manual.
8. Check all bolts and other connections before using the machine for the first time and ensure that the trainer is in the safe condition.
9. Hold a routine inspection of the equipment. Pay special attention to components which are the most susceptible to wear off, i.e. connecting points and wheels. The defective components should be replaced immediately. The safety level of this equipment can only be maintained by doing so. Please don't use the Spinning Bike until it is repaired well.
10. **NEVER** operate the Spinning Bike if it is not functioning properly.
11. This machine can be used for only one person's training at a time.
12. Do not use abrasive cleaning articles to clean the machine. Remove drops of sweat from the machine immediately after finishing training.
13. Always wear appropriate workout clothing when exercising. Running or aerobic shoes are also required.
14. Before exercising, always do stretching first.
15. 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.

**WARNING: BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN F I R S T. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING THE SPINNING BIKE. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT**

# EXPLODED VIEW



## PARTS LIST

| NO | NAME                   | QUANTITY | SPEC                         |
|----|------------------------|----------|------------------------------|
| 1L | LEFT PEDAL             | 1        | JD-301 (9/16“)               |
| 1R | RIGHT PEDAL            | 1        | JD-301 (9/16“)               |
| 2  | END CAP 1              | 4        | 69*88*69                     |
| 3  | CARRIAGE BOLT          | 4        | GB/T 12-1988 M8*52           |
| 4  | REAR STABILIZER        | 1        | WELDING                      |
| 5  | FLAT WASHER 1          | 8        | GB/T 95-2002 8               |
| 6  | DOMED NUT 1            | 4        | GB/T 802-1988 M8<br>(H=16mm) |
| 7  | SPRING ADJUSTMENT KNOB | 2        | Φ50*82 (M16*1.5)             |
| 8  | PLASTIC SLEEVE 1       | 2        | 70*30*1.5                    |
| 9  | BOLT                   | 3        | GB/T 70.2-2000 M8*20         |
| 10 | VERTICAL SEAT POST     | 1        | WELDING                      |
| 11 | END CAP 2              | 2        | 70*30*1.5                    |
| 12 | SEAT POST              | 1        | WELDING                      |
| 13 | SEAT                   | 1        | DD27-2                       |
| 14 | STOPPER                | 4        | Φ32*37/(M8X25)               |
| 15 | FRONT STABILIZER       | 1        | WELDING                      |
| 16 | MAIN FRAME             | 1        | WELDING                      |
| 17 | HANDLEBAR POST         | 1        | WELDING                      |
| 18 | HANDLE BAR             | 1        | WELDING                      |
| 19 | L SHAPE KNOB           | 1        | M10*25                       |
| 20 | BOTTLE                 | 1        | Φ73*215                      |
| 21 | PLASTIC SLEEVE 2       | 1        | 38*38*1.5                    |
| 22 | BOTTLE HOLDER          | 1        | Φ6                           |
| 23 | SPRING WASHER          | 3        | GB/T 859-1987 8              |
| 24 | END CAP 3              | 1        | 38*38*1.5                    |
| 25 | FIXING SHAFT           | 1        | Φ22*23                       |
| 26 | FIXING NUT 1           | 1        | Q235/32*12                   |
| 27 | BOLT                   | 4        | GB/T 70.2-2000 M8*15         |
| 28 | FIXING NUT 2           | 2        | GB/T 6177.2-2000<br>M10*1.25 |
| 29 | CRANK END CAP          | 2        | Φ23*7.5                      |
| 30 | KNOB                   | 1        | Φ40*230                      |
| 31 | LOCK NUT               | 6        | GB/T 889.1-2000 M8           |
| 32 | BUSHING                | 1        | Φ18* Φ10*10                  |
| 33 | LEFT CRANK             | 1        | 170*27                       |

|    |                    |   |                                    |
|----|--------------------|---|------------------------------------|
| 34 | CRANK COVER        | 1 | Φ56*28                             |
| 35 | BEARING            | 2 | 6004ZZ                             |
| 36 | RIGHT CRANK        | 1 | 170*27                             |
| 37 | SPRING 1           | 1 | δ1.8X40                            |
| 38 | FIXING NUT 3       | 2 | GB/T 802-1988 M12X1.25<br>(H=16mm) |
| 39 | FIXING BOLT        | 2 | M6*54                              |
| 40 | NUT                | 2 | GB/T 889.1-2000 M6                 |
| 41 | SCREW 1            | 9 | GB/T 845-1985 ST4.2*19             |
| 42 | SCREW 2            | 5 | Specification ?????                |
| 43 | SCREW 3            | 4 | GB/845-85 ST4.8X13                 |
| 44 | OUTER CHAIN COVER  | 1 | 654*263*49 (507g)                  |
| 45 | LITTLE CHAIN COVER | 1 | 108*37*3 (7g)                      |
| 46 | AXIS               | 1 | Φ20*1;62                           |
| 47 | LONG FIXING TUBE   | 1 | Φ25X Φ20.5X41                      |
| 48 | SHORT FIXING TUBE  | 1 | Φ25X Φ20.5X12                      |
| 49 | INNER CHAIN COVER  | 1 | 451*260*2 (250g)                   |
| 50 | CHAIN              | 1 | P=12.7, 106                        |
| 51 | CHAIN WHEEL 1      | 1 | P=12.7, Z=52T                      |
| 52 | FIXING NUT 4       | 1 | 16X16X5 (M10)                      |
| 53 | SPRING 2           | 1 | Φ1.0X55                            |
| 54 | SHORT FIXING TUBE  | 1 | Φ14* Φ10.2*25.5                    |
| 55 | BOLT               | 2 | GB/T 5780-2000 M8*40               |
| 56 | WHEEL              | 2 | Φ69*23                             |
| 57 | NUT                | 4 | GB/T 41-2000 M8                    |
| 58 | FIXING NUT 5       | 2 | M12X1.25 H=6                       |
| 59 | FIXING TUBE        | 1 | Φ16* Φ12.1*35                      |
| 60 | BEARING            | 2 | 6001ZZ                             |
| 61 | FLYWHEEL           | 1 | Φ453*72 (18kg)                     |
| 62 | FLYWHEEL SHAFT     | 1 | Φ12*160                            |
| 63 | FLAT WASHER 2      | 1 | GB/T 95-2002 6                     |
| 64 | DOMED NUT 2        | 1 | GB/T 802-1988 M6                   |
| 65 | CHAIN WHEEL 2      | 1 | A7K-16 1/2''*1/8'' 16T<br>(1.37'') |
| 66 | FIXING NUT 6       | 2 | 27*M20*1 (5mm)                     |
| 67 | FLYWHEEL COVER     | 1 | Φ59*35                             |
| 68 | SPRING COVER       | 1 | 32*23*2                            |
| 69 | SPRING 3           | 1 | Φ2.2                               |
| 70 | PLASTIC FRAME      | 1 | 200*47*30                          |

|    |                 |   |                      |
|----|-----------------|---|----------------------|
| 71 | LITTLE PLASTIC  | 1 | 14*9*14              |
| 72 | LOCK NUT        | 2 | M33*1*4              |
| 73 | WOOLEN BLOCK    | 1 | 113*25*6             |
| 74 | BOLT            | 2 | GB/T 5780-2000 M5*30 |
| 75 | SPRING BRAKE    | 1 | ∅1.0                 |
| 76 | LOCK NUT        | 2 | GB/T 889.1-2000 M5   |
| 77 | SPRING WASHER 1 | 2 | GB/T 859-1987 5      |
| 78 | BOLT            | 2 | GB/T 5780-2000 M5*10 |

## ASSEMBLY INSTRUCTIONS

### PREPARATION:

- A. Before assembling make sure that you will have enough space around the item.
- B. Use the present tooling for assembling.
- C. Before assembling please check whether all needed parts are available (at the above of this instruction sheet you will find an explosion drawing with all single parts (marked with numbers) which this item consists of.

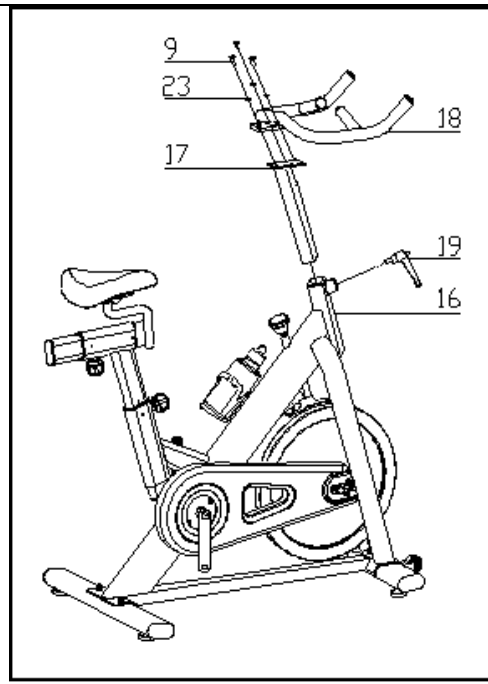
### STEP 1:

|  |   |
|--|---|
|  | <p>Attach the Front Stabilizer (pt.15) to the Main Frame (pt.16) using two Ø8 Flat Washers (pt.5), M8 Domed Nuts (pt.6) and M8*52 Carriage bolts (3).</p> <p>Attach the Rear Stabilizer (pt.4) to the Main Frame (pt.16) using two Ø8 Flat Washers (pt.5), M8 Domed Nuts (pt.6) and M8*52 Carriage bolts (3).</p> |
|--|---|

### STEP 2:

|  |   |
|--|---|
|  | <p>Slide the seat post (12) into the vertical Seat post (10) and, at the desired position, align holes and fix in place with the Spring Adjustment Knob (pt.7). Now fix the Seat (13) to the seat post (12) as shown. Insert the vertical Seat Post (10) into the main frame (16) and line up the holes. Secure the saddle in position with the Adjustment Knob (7). The correct height for the seat can be adjusted after the bike is fully assembled.</p> |
|--|---|

### STEP 3:

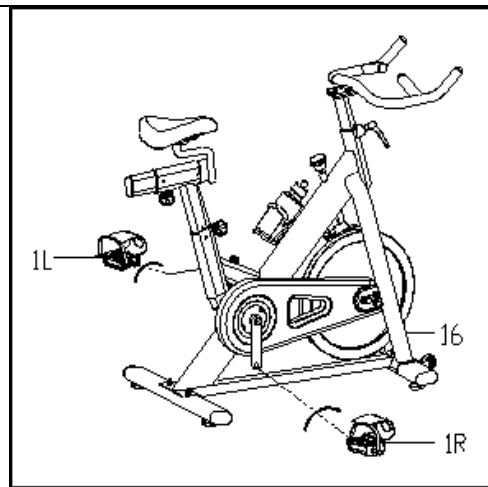


Slide the Handlebar Post (pt.17) into the handlebar post housing on the main frame (pt.16). You will have to slacken the knurled section of the L Shape Knob (pt.19) and pull the knob back and then select the desired height. Release the knob and retighten the knurled portion.

Then fix the Handlebar (pt.18) with flat washers (23) and bolts (9).

**ATTENTION: YOU SHOULD FIX THE HANDLEBAR TIGHTLY**

### STEP 4:



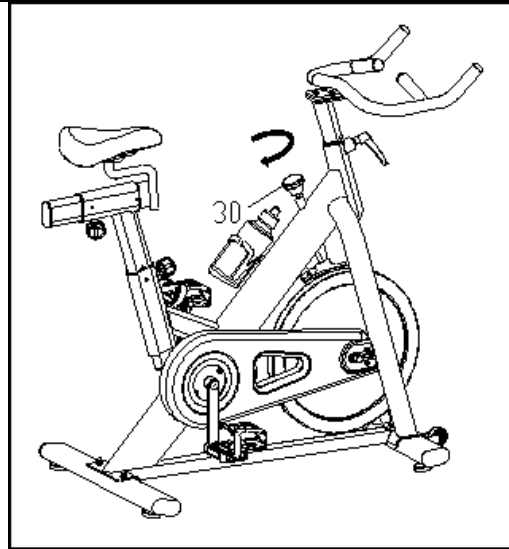
The Pedals (pt.1 L & pt.1 R) are marked "L" and "R" - Left and Right.

Connect them to their appropriate crank arms. The right crank arm is on the right- hand side of the cycle as you sit on it.

Note that the Right pedal should be threaded on clockwise and the Left pedal anticlockwise.



## TENSION CONTROL KNOB

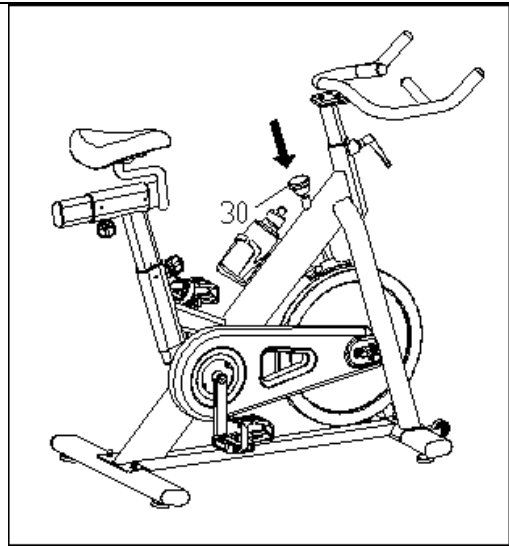


Increasing or decreasing the tension allows you to add variety to your workout sessions by adjusting the resistance level of the bike.

To increase tension and increase resistance (requiring more strength to pedal), turn the Emergency

Brake & Tension Control Knob (#30) to the right.

To decrease tension and increase resistance (requiring less strength to pedal), turn the Emergency Brake & Tension Control Knob (#30) to the left.



### Using the Emergency Brake Function:

The same knob that allows you to adjust the tension of the bike also doubles as the Emergency Brake. Use this safety feature in any situation where you would need to get off the bike and/or stop the bike's flywheel.

To use the Emergency Brake function in any situation you would need it in, firmly press down on the Emergency Brake & Brake Control Knob (#30).

## ADJUSTMENTS

**\*To adjust the seat height**, slacken the spring knob on the vertical post stem on the main frame and pull back the knob. Position the vertical seat post for the desired height so that holes are aligned, then release the knob and retighten it.

**\*To move the seat forward** in the direction of the handlebar or backwards away from it, loosen the adjusting knob and washer and pull the knob back. Slide horizontal seat post into desired position. Align holes and then retighten the adjusting knob.

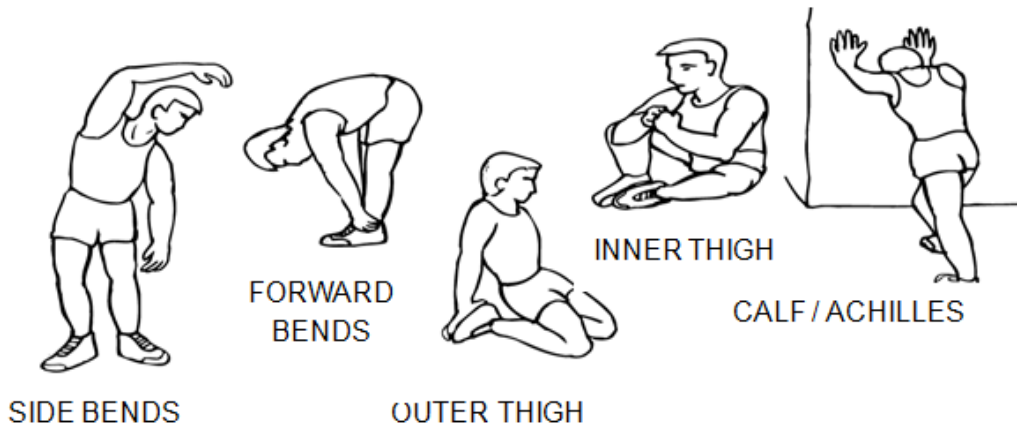
**\*To adjust the handlebar height**, slacken the spring knob and secondary knob and pull both knobs back. Slide the handlebar post along the housing on the main frame to the desired height and, with the holes aligned correctly, tighten the spring adjusting knob and then the secondary knob.

## EXERCISE INSTRUCTIONS

Using your **SPINNING BIKE** provides you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with calorie controlled diet help you lose weight.

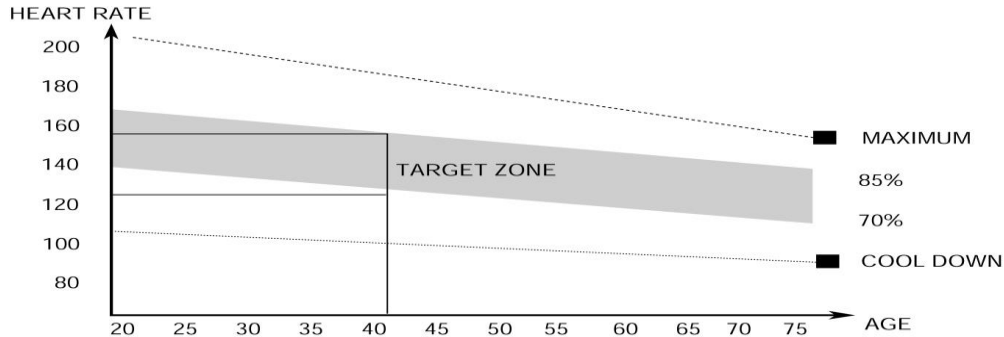
### 1. THE WARM UP PHASE

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.



### 2. 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 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.**

### 3. 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 SPINNING BIKE 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 may 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.

## **USE**

The tension control knob allows you to alter the resistance of the pedals. A high resistance makes it more difficult to pedal; a low resistance makes it easier. For the best results set the tension while the bike is in use.

## **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.**

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Date of Sale:

Stamp and Signature of Seller: