



## **USER MANUAL – EN**

### **IN 7766 MultiTrainer inSPORTline Advance (TR8)**



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## SAFETY INSTRUCTIONS

Read the safety warnings carefully and only use the product as described in these instructions to avoid accidental injury or damage.

Keep these instructions for future reference.

If you pass the product on to another person, be sure to give them these instructions.

### INTENDED USE

The power training bands are intended for exercising the entire body. They are designed for use as domestic sports equipment. They are not suitable for commercial use in fitness centers and therapeutic institutions.

### DANGER TO CHILDREN

- The power training bands are not suitable for use as a toy and when not in use they must be stored so that they are inaccessible to small children. In order to exclude the risk of injury, infants must not be within range of the bands while you exercise.
- The power training bands are intended for use exclusively by adults or young persons with appropriate physical and mental capabilities. It must be ensured that every user is familiar with the handling of the power training bands or is otherwise supervised. Parents and other supervising persons should be aware of their responsibility and must allow for the fact that, since children have a natural drive to play and experiment, situations and behavior may arise for which the power training bands are not suitable. In particular, you should point out to children that the power training bands are not toys.
- Keep the packaging material out of the reach of children. There is a risk of suffocation and strangulation!

### DANGER – RISK OF INJURY

- If you would like to attach the power training bands to the ceiling or a wall, first make sure the construction of the ceiling or wall is suitable to support them and find out which fixing material is most appropriate for them. If necessary, ask for advice in a specialist shop.
- Wear comfortable clothes and trainers while exercising. Make sure you have a firm footing.
- Make sure that you have enough space to move freely while exercising with your power training bands. Ensure that there is enough space between yourself and other people. The power training bands must not be used by more than one person at a time. Do not make any alterations to the power training bands.
- Before each use, make sure to check...
  - a) the power training bands for damage and wear
  - b) that the bands are securely fastened
  - c) that the place where you are attaching them is in good condition

If the power training bands are damaged or not properly fastened, or if the place of attachment is not stable, the power training bands must not be used.

- To achieve the best possible exercising results and avoid injuries, always plan a warm-up phase before you start exercising and a cool-down phase afterwards as part of your workout.
- Do not exercise if you are tired or unable to concentrate. Do not exercise immediately after meals. Drink plenty of fluids when you exercise.
- Ensure that the room in which you exercise is well ventilated. However, you should avoid draughts.

### CONSULT YOUR DOCTOR BEFORE USING THIS PRODUCT!

- **Before you start exercising, consult your doctor and ask how much exercise is right for you.**
- If you have special physical impairments such as wearing a pace-maker, if you are pregnant, or if you suffer from inflammation of the joints or tendons or orthopedic complaints, you must discuss your exercise program with your doctor. Incorrect or excessive exercising can endanger your health!

- Stop exercising immediately and see your doctor if any of the following symptoms occur: nausea, dizziness, excessive shortness of breath or pain in the chest region. You should also stop exercising immediately if you experience pain in joints and muscles.
- Not suitable for therapeutic exercising!

## CARE

Clean the power training bands with lukewarm water, mild soap and a soft cloth. Use disinfectant if required. Store the power training bands in a cool, dry place. Protect them against sunlight and pointed, sharp or rough objects and surfaces.

## LOAD-BEARING CAPACITY

The maximum load-bearing capacity of each training band is 80 kg.

## EXERCISE INSTRUCTIONS

### THE FOLLOWING APPLIES TO ALL EXERCISE

- **The farther forwards or backwards you lean, the more difficult and effective the exercises will be. Only lean back slightly at first in order to get a feeling for your body in this position, the necessary body tension and for the power training bands – the power training bands are a challenge even for well trained athletes. It is advisable to have an experienced fitness trainer teach you the correct way to do the exercises.**
- Always hold the handles of the power training bands firmly and make sure that your feet are properly positioned in the handle loops so that they cannot slip away.
- During all exercises, keep your back straight and do not hollow it!
- Carry out all exercises at an even speed. Do not make any sudden movements. Always guide them back to the starting position at the same pace.
- Each movement with the power training bands has to be slow and controlled. The easiest way to do the exercises is to count out a rhythm, for example pull for 2 beats, hold for 1 beat, and guide back for another 2 beats. Try it out until you have established your own even rhythm. Keep on breathing evenly during the exercises. Do not hold your breath! At the beginning of each exercise, breathe in. At the most strenuous point of the exercise, breathe out.
- Do not attempt too much to start with. Depending on your physical condition, repeat the exercises only a few times at the beginning. Take a break of at least one minute between exercises. Increase the number of repetitions slowly up to about 10 to 20. Never exercise to the point of exhaustion.

## EXERCISING

Select a place that offers plenty of room in which to exercise. The selected area should measure a minimum of 2.0 x 2.0 m. There must be no objects projecting into the space on which you might injure yourself (e.g., door handles).

The floor must be level and flat. If necessary, use a non-slip exercise mat or similar for exercising. This is particularly recommended when exercising on the floor.

Always wear sturdy trainers for exercising to avoid slipping. Never exercise barefoot.

Begin with 8-10 repetitions. Increase the length of exercise sessions slowly to avoid overexertion of the body.

A selection of exercises is illustrated overleaf. These are particularly suitable for exercising with the power training bands.



We suggest participate in a course with an experienced fitness trainer to learn how to perform the exercises correctly, and to become acquainted with other exercises. You will find many hints, videos and apps on the Internet as well.

## BEFORE EXERCISING: WARMING UP

Warm up for about 10 minutes before exercising, moving all parts of your body in turn as follows:

- Tilt your head to the side, to the front and to the back.
- Raise, lower and make a circular movement with your shoulders.
- Make circular movements with your arms.
- Move your chest forwards, back and to the side.
- Tilt your hips forwards, backwards and swing them to the side.
- Run on the spot.

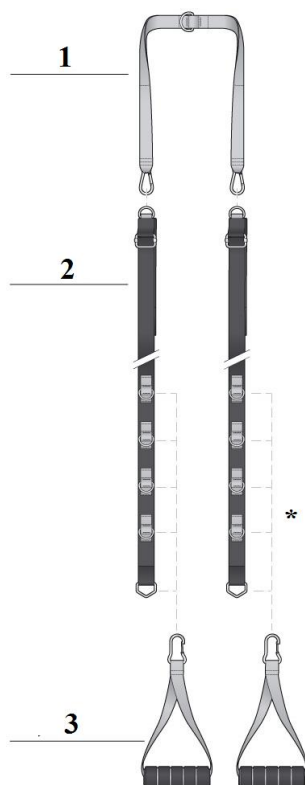
## AFTER EXERCISING: STRETCHING

You will find some stretching exercise overleaf.

Basic position for all stretching exercises:

- Lift your chest, pull your shoulders down, bend your knees slightly and turn your toes slightly outwards.
- Keep your back straight!
- Hold each of the positions in the exercises for about 20-35 seconds.

## ASSEMBLY AND ADJUSTMENT OPTIONS



**1. Retaining band** (for fixing on trees, fitness bars, etc.)

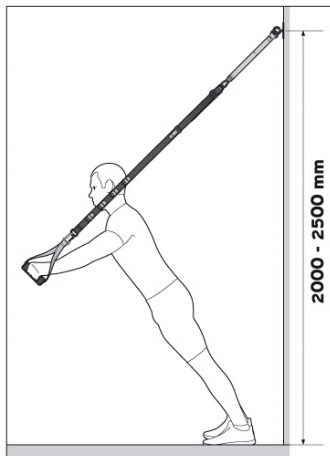
**2. Training bands**

**3. Reinforced handles with rubber grip and karabiner**

\* You can adjust the length depending on the exercise by attaching the karabiners on the handles to the eyelets farther up or below on the band)

## FIXING THE BANDS

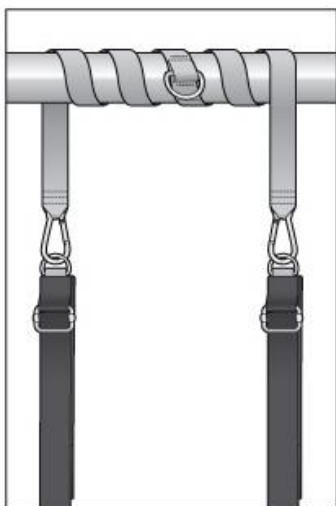
### FIXING HEIGHT



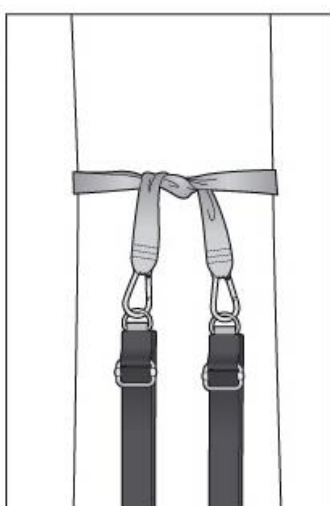
To best benefit from exercising with the power training bands, we recommend a fixing height of at least 2m to 2.5m at most.

- Wrap the band form the middle around the fixing point, several times if necessary, or hook the bands to a wall or ceiling hook (see illustrations below) using the eyelet in the middle of the retaining band.
- Take hold of both handles and pull down hard a few times to check whether the bands are correctly and securely fastened.

### TO A HORIZONTAL OR PULL -UP BAR



### TO A TREE OR POST



### TO A HOOK (not included)



## 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.**

Borivojova 35/878 130 00 Praha 3, Czech Republic

CRN: 268 47 264, VAT ID: CZ26847264

Orders: +420 556 300 970, [objednavky@insportline.cz](mailto:objednavky@insportline.cz)Warranty Claims: +420 556 770 190, Mobile: +420 604 853 019, [reklamace@insportline.cz](mailto:reklamace@insportline.cz)Service: +420 556 770 190, Mobile: +420 604 853 019, [servis@insportline.cz](mailto:servis@insportline.cz)

Fax: +420 556 770 192, (Service +420 556 770 191)

Web: [www.insportline.cz](http://www.insportline.cz), [www.worker.cz](http://www.worker.cz), [www.worker-moto.cz](http://www.worker-moto.cz)**INSPORTLINĽ, s.r.o.**

Bratislavská 36, 911 05 Trenčín, Slovakia

CRN: 36311723, VAT ID: SK2020177082

Orders: +421(0)326 526 701, +421(0)917 649 192, [objednavky@insportline.sk](mailto:objednavky@insportline.sk)Warranty Claims: +421(0)326 526 701, +421(0)918 408 519, [reklamacie@insportline.sk](mailto:reklamacie@insportline.sk)

Fax: +421(0)326 526 705

Web: [www.insportline.sk](http://www.insportline.sk), [www.worker.sk](http://www.worker.sk), [www.worker-moto.sk](http://www.worker-moto.sk)

Date of Sale:

Stamp and Signature of Seller: