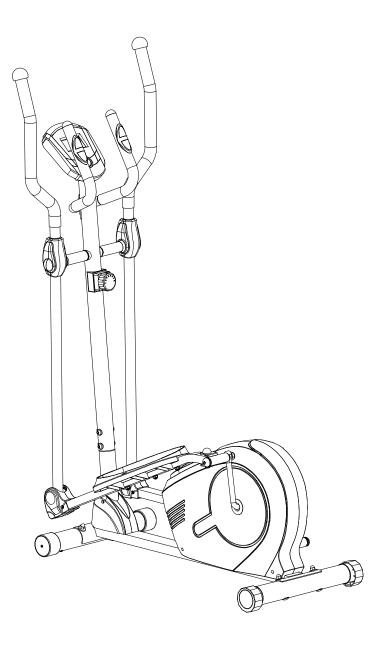


USER MANUAL – EN IN 7844 Elliptical Trainer inSPORTline Saratosa DARK



CONTENTS

SAFETY INSTRUCTIONS	3
PARTS LIST	4
HARDWARE PACKING LIST	7
EXPLODED VIEW	
ASSEMBLY INSTRUCTIONS	9
OPERATING THE COMPUTER	12
MAINTENANCE	13
TROUBLESHOOTING	13
WARM UP AND COOL DOWN ROUTINE	13
TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS	16



IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference.

The specifications of this product may vary from this photo, subject to change without notice.

SAFETY INSTRUCTIONS

Basic precautions should always be followed, including the following safety instructions when using this equipment: Read all instructions before using this equipment.

- 1. Read all the instructions in this manual and do warm up exercises before using this equipment.
- 2. Before exercise, in order to avoid injuring the muscle, warm-up exercise of every position of the body is necessary. Refer to Warm Up and Cool Down Routine page. After exercise, relaxation of the body is suggested for cool-down.
- 3. Please make sure all parts are not damaged and fixed well before use. This equipment should be placed on a flat surface when using. Using a mat or other covering material on the ground is recommended.
- 4. Please wear proper clothes and shoes when using this equipment; do not wear clothes that might catch any part of the equipment.
- 5. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult an Authorized Service Representative.
- 6. Be careful when step on or leave the pedal always hold the handlebars first. Make the pedal at your side at the lowest position, step on the pedal, and stride over the main frame then step on the other pedal. When using, please hold the handlebar by hands, make the pedals running smoothly by push or pull handlebars, then run the equipment regularly by cooperation of hands and feet. After exercise, please also make one pedal at the lowest position and leave your foot on the higher pedal first and then another.
- 7. Do not use the equipment outdoors.
- 8. This equipment is for household use only.
- 9. Only one person should be on the equipment while in use.
- 10. Keep children and pets away from the equipment while in use. This machine is designed for adults only. The minimum free space required for safe operation is not less than two meters.
- 11. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
- 12. The maximum weight capacity for this product is 110kgs.

WARNING: Before beginning any exercise program consult your physician. This is especially important for the persons who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment.

CAUTION: Read all instructions carefully before operating this product.

Retain this Owner's Manual for future reference.

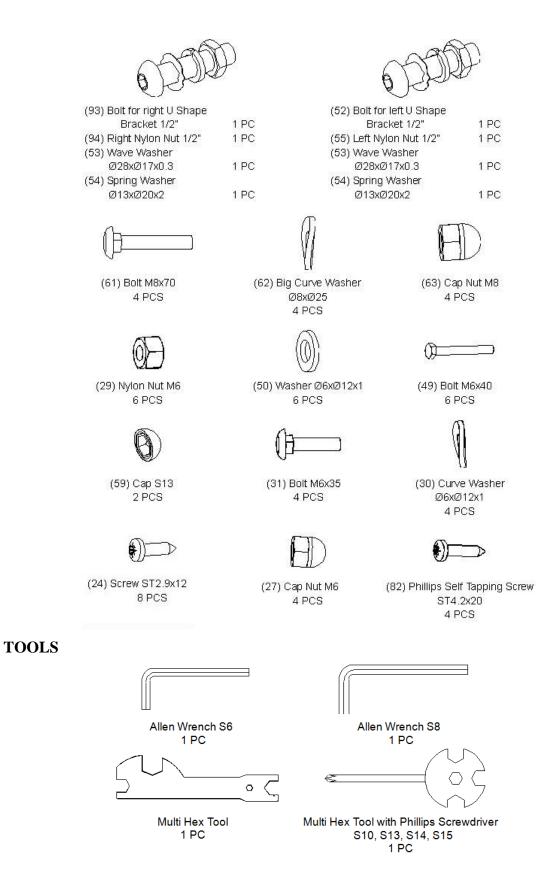
PARTS LIST

No.	Description	Qty
001	Main Frame	1
002	Front Post	1
003	Left Handrail Arm	1
004	Right Handrail Arm	1
005	Left Foot Bar	1
006	Right Foot Bar	1
007	Handlebar	1
008	Left Decorative Cover	1
009	Right Decorative Cover	1
010	U Shape Bracket	2
011	Idle Wheel Bracket	1
012	Crank with Belt Pulley	1
013	Curve Washer Ø8xØ16x1.5	2
014	Front Stabilizer	1
015	Rear Stabilizer	1
016	Left Handrail	1
017	Right Handrail	1
018	Handrail Foam Grip	2
019	Handrail End Cap Ø32x1.5	2
020	Handrail Foam Grip	2
021	Handlebar End Cap Ø28.6x1.5	2
022	Hand Pulse Sensor with Wire L=750	2
023	Screw ST4.2x20	4
024	Screw ST2.9x12	10
025	Left Handrail Arm Cover-A	1
026	Left Handrail Arm Cover-B	1
027	Cap Nut M6	4
028	Right Handrail Arm Cover-A	1
029	Nylon Nut M6	6
030	Curve Washer Ø6xØ12x1.0	4
031	Bolt M6x35	4
032	Bolt M10x18	2
033	Spring Washer Ø10	2
034	Big Washer Ø8xØ20x2.0	2
035	Washer Ø28x5	2

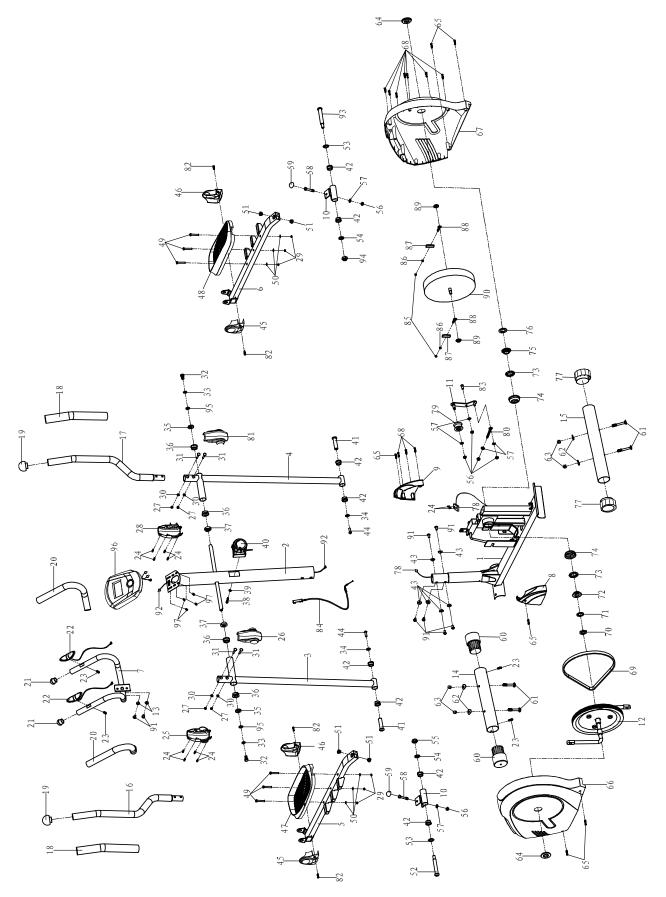
036	Powder Metal Bushing Ø33xØ29xØ16x14x3	4
037	Plastic Bushing Ø32xØ16x5xØ50	2
038	Bolt M5x45	1
039	Washer Ø5	1
040	Tension Control Knob	1
041	Bolt Ø15.8x62	2
042	Powder Metal Bushing Ø24.5xØ16x14	8
043	Big Curve Washer Ø8xØ20x2.0	6
044	Bolt M8x20	2
045	Foot Bar Cover-A	2
046	Foot Bar Cover-B	2
047	Left Foot Pedal	1
048	Right Foot Pedal	1
049	Bolt M6x40	6
050	Washer Ø6xØ12	6
051	Powder Metal Bushing Ø18xØ8	4
052	Bolt for left U Shape Bracket 1/2"	1
053	Wave Washer Ø28xØ17x0.3	2
054	Spring Washer Ø13xØ20x2	2
055	Left Nylon Nut 1/2"	1
056	Nut M8	6
057	Washer Ø8xØ16x1.5	6
058	Bolt M8X50	2
059	Cap S13	2
060	Front Stabilizer End Cap	2
061	Bolt M8X70	4
062	Curve Washer Ø25X Ø8	4
063	Cap Nut M8	4
064	Cover Cap	2
065	Phillips Self Tapping Screw ST4.2x25	6
066	Left Chain Cover	1
067	Right Chain Cover	1
068	Screw ST4.2X25	10
069	Belt PJ370 J6	1
070	Crank Nut 7/8"	1
071	Washer Ø34.5xØ23x2.5	1
072	Slotted Bearing Nut 7/8"	1
073	Bearing	2

074	Bearing Cup	2
075	Notched Bearing Nut 15/16"	1
076	Washer Ø40xØ24x2.5	1
077	Rear Stabilizer End Cap	2
078	Sensor Wire II L=1600	1
079	Press Wheel	1
080	Eyebolt M8x85	1
081	Right Handrail Arm Cover-B	1
082	Phillips Self Tapping Screw ST4.2x20	4
083	Bolt M8X20	1
084	Tension Cable L=1800	1
085	Nut M6	2
086	Spring Washer Ø6	2
087	U Bracket	2
088	Eyebolt M6X36	2
089	Nut M10x1	2
090	Flywheel Ø230	1
091	Bolt M8X15	8
092	Sensor Wire I L=1100	1
093	Bolt for right U Shape Bracket 1/2"	1
094	Right Nylon Nut 1/2"	1
095	Washer Ø10xØ20x2.0	2
096	Computer	1
097	Screw M5X10	4

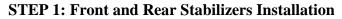
HARDWARE PACKING LIST

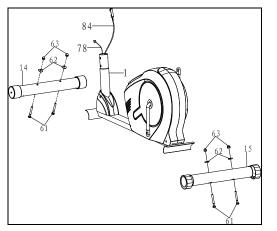


EXPLODED VIEW



ASSEMBLY INSTRUCTIONS

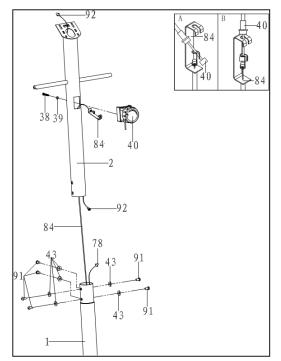




Position the Front Stabilizer (14) in front of Main Frame (1) and align bolt holes. Attach the Front Stabilizer (14) onto the front curve of the Main Frame (1) with two M8x70 Bolts (61), two Ø8xØ25 Big Curve Washers (62), and two M8 Cap Nuts (63).

Position the Rear Stabilizer (15) behind the Main Frame (1) and align bolt holes. Attach the Rear Stabilizer (15) onto the rear curve of the Main Frame (1) with two M8x70 Bolts (61), two \emptyset 8x \emptyset 25 Big Curve Washers (62), and two M8 Cap Nuts (63). Tighten cap nuts with the Multi Hex Tool provided.





Remove six M8x15 Bolts (91), six Ø20xØ8x2.0 Big Curve Washers (43), from the Main Frame (1). Remove bolts and washers with the S6 Allen Wrench provided.

Insert the Tension Cable (84) through into the bottom hole of Front Post (2) and pull it out from the square hole of Front Post (2).

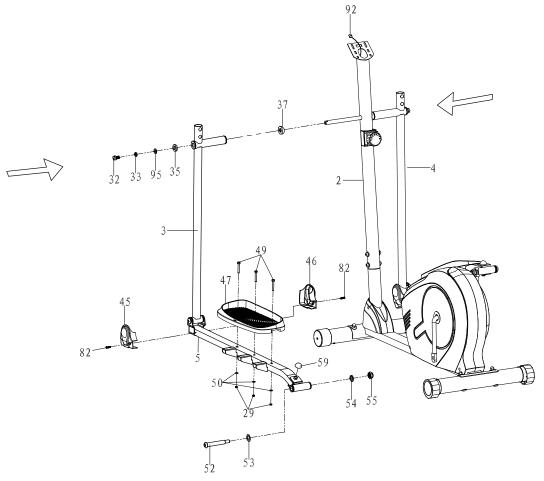
Connect the Sensor Wire II (78) from the Main Frame (1) to the Sensor Wire I (92) from the Front Post (2).

Insert the Front Post (2) onto the tube of the Main Frame (1) and secure with six M8x15 Bolts (91), six $\emptyset 20x\emptyset 8x2.0$ Big Curve Washers (43) that were removed. Tighten bolts and washers with the S6 Allen Wrench provided.

Remove the Ø5Curve Washer for Tension Control Knob (39) and M5x45 Bolt for Tension Control Knob (38) from the Tension Control Knob (40). Remove bolt and curve washer with the Multi Hex Tool with Phillips Screwdriver provided.

Put the cable end of resistance cable of Tension Control Knob (40) into the spring hook of Tension Cable (84) as shown in drawing A of figure 2. Pull the resistance cable of Tension Control Knob (40) up and force it into the gap of metal bracket of Tension Cable (84) as shown in drawing B of figure 2. Attach the Tension Control Knob (40) onto the Front Post (2) with the Ø5Curve Washer for Tension Control Knob (39) and M5x45 Bolt for Tension Control Knob (38) that were removed. Tighten bolt curve washer with the Multi Hex Tool with Phillips Screwdriver provided.

STEP 3: Left/Right Handrail Arms, Left/Right Foot Bars, Left/Right Foot Pedals, and Foot Bar Covers-A/B Installation



Remove two M10x18 Bolts (32), two Ø10 Spring Washers (33), two Ø10xØ20x2.0 Big Washers (95), and two Ø28x5 Washers (35) from the left and right horizontal axes of the Front Post (2).

Attach the Left Handrail Arm (3) onto the left horizontal axis of the Front Post (2) with one M10x18 Bolt (32), one Ø10 Spring Washer (33), one Ø10xØ20x2.0 Big Washer (95), and one Ø28x5 Washer (35) that were removed.

Attach the left U Shape Bracket (10) to the left Crank (12) with one 1/2" Bolt for left U Shape Bracket (52), $\emptyset 28x \emptyset 17x 0.3$ Wave Washer (53), $\emptyset 13x \emptyset 20x 2$ Spring Washer (54), and 1/2" Left Nylon Nut (55). Install a S13 Cap (59) onto the M8x50 Bolt (58).

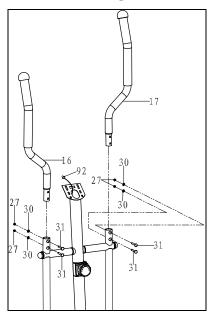
NOTE: 1/2" Bolt for left U Shape Bracket (52) and 1/2" Bolt for U Shape Bracket (93) are marked "R" for Right and "L" for Left.

Attach the Left Foot Pedal (47) onto the Left Foot Bar (5) with three M6 Nylon Nuts (29), three Ø6xØ12x1 Washers (50), and three M6x40 Bolts (49).

Attach the Foot Bar Covers-A/B (45, 46) onto the Left Foot Bar (5) with two ST4.2x20 Phillips Self Tapping Screws (82).

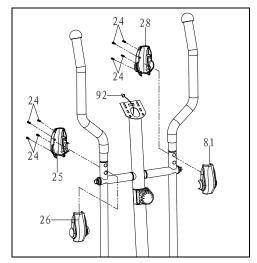
Repeat above step to attach the Right Handrail Arm (4) onto the right horizontal axis of the Front Post (2) and right U Shape Bracket (10) to the right Crank (12).

STEP 4: Left/Right Handrails



Attach the Left/Right Handrails (16, 17) onto the Left/Right Handrail Arms (3, 4) with four M6x35 Bolts (31), four Ø6x@12x1 Curve Washers (30), and four M6 Cap Nuts (27). Tighten cap nuts with the Multi Hex Tool with Phillips Screwdriver provided.

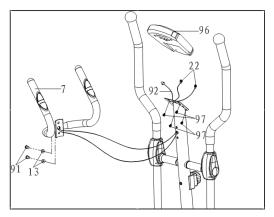
STEP 5: Left/Right Handrail Arm Covers-A/B Installation



Attach the Left Handrail Arm Cover-A (25) and Left Handrail Arm Cover-B (26) onto the Left Handrail Arm (3) with four ST2.9x12 Screws (24). Tighten screws with the Multi Hex Tool with Phillips Screwdriver provided.

Attach the Right Handrail Arm Cover-A (28) and Right Handrail Arm Cover-B (81) onto The Right Handrail Arm (4) with four ST2.9x12 Screws (24). Tighten screws with the Multi Hex Tool with Phillips Screwdriver provided.

STEP 6: Handlebar and Computer Installation



Remove four M5x12 Bolts (97) from the back of the Computer (96). Remove bolts with the Multi Hex Tool with Phillips Screwdriver provided.

Remove two M8x15 Bolts (91) and two \emptyset 8x \emptyset 16x1.5 Curve Washers (13) from the Front Post (2). Remove bolts and curve washers with the S6 Allen Wrench provided.

Insert the Hand Pulse Sensor Wires (22) from the Handlebar (7) into the hole on the Front Post (2) and then pull them out from the top end of the Front Post (2).

Attach the Handlebar (7) onto the Front Post (2) with two M8x15 Bolts (91) and two $\emptyset 8x \emptyset 16x1.5$ Curve Washers (13) that were removed. Tighten bolts and curve washers with the S6 Allen Wrench provided.

Connect the Sensor Wire I (92) and Hand Pulse Sensor Wires (22) to the wires that come from the Computer (96) and then attach the Computer (96) onto the top end of the Front Post (2) with four M5x12 Bolts (97) that were removed. Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.

OPERATING THE COMPUTER

SPECIFICATIONS

TIME	0:00 - 99:59 MIN:SEC
SPEED	0.0 – 999.9 KM/H or ML/H
DISTANCE	0.00 – 99.99 KM or ML
CALORIES	0.0 – 999.9 KCAL
TOTAL/ODOMETER	0.00 – 99.99 KM or ML
PULSE	40 - 200 BEATS/MIN

KEY FUNCTION

MODE: To select the function you want. Hold the key for 4 seconds to have all function values reset except the TOTAL.

SET: To input the target value.

RESET: To let the value reset.

OPERATION PROCEDURES

AUTO ON/OFF .The monitor will be automatically shut off if there is no signal coming in for 4 minutes. The monitor will be auto-powered when start exercise or press the key.

FUNCTION

- 1. TIME (TMR): Auto-memorize the workout time while exercising.
- 2. SPEED (SPD): Display the current speed.

- 3. DISTANCE (DST): Accumulate the distances while exercising.
- 4. TOTAL/ODO: Display the total distances while exercising. When the signal input, it start the value up on the original data. The TOTAL/ODO can't be reset (by any key)except you replace battery once.
- 5. CALORIES (CAL): Auto-memorize calories amount consumed while exercising.
- 6. PULSE (PUL): Display the user's heart rate per minute while exercising. Remark: You have to hold on reaction planks with both hands.
- 7. SCAN: Automatically scan through each function.

BATTERY

If there is a possibility to see an improper display on the monitor, please replace the batteries to have a good result. This monitor uses two "AA" or one "AAA" battery or one "1.5V" button battery. You can replace the batteries at the same time.

MAINTENANCE

Cleaning

The elliptical trainer can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the elliptical trainer after each use. Be careful not get excessive moisture on the computer display panel as this might cause an electrical hazard or electronics to fail. Please keep the elliptical trainer, specially, the computer console, out of direct sunlight to prevent screen damage. Please inspect all assembly bolts and pedals on the machine for proper tightness every week.

Storage

Store the elliptical trainer in a clean and dry environment away from children.

TROUBLESHOOTING

The elliptical trainer wobbles when in use.	Turn the adjustable leveler on the rear stabilizer as needed to level the elliptical trainer.		
	1. Remove the computer console and verify the wires that come from the computer console are properly connected to the wires that come from the handlebar post.		
There is no display on the computer console.	2. Check if the batteries are correctly positioned and battery springs are in proper contact with batteries.		
	3. The batteries in the computer console may be dead. Change to new batteries.		
	1. Make sure that the wire connections for the hand pulse sensors are secure.		
There is no heart rate reading or heart rate reading or is erratic / inconsistent.	2. To ensure the pulse readout is more precise, please always hold on to the handlebar grip sensors with two hands instead of just with one hand only when you try to test your heart rate figures.		
	3. Gripping the hand pulse sensors too tight. Try to maintain moderate pressure while holding onto the hand pulse sensors.		
The elliptical trainer makes a squeaking noise when in use.	The bolts may be loose on the elliptical trainer, please inspect the bolts and tighten the loose bolts.		

WARM UP AND COOL DOWN ROUTINE

A good exercise program consists of a warm-up, aerobic exercise, and a cool down. Do the entire program at least two to three times a week, resting for a day between workouts. After several months you can increase your workouts to four or five times per week.

AEROBIC EXERCISE is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart. Aerobic fitness is promoted by any activity that uses your large muscles e.g.: legs, arms and buttocks. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

The **WARM-UP** is an important part of any workout. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

COOL DOWN at the end of your workout, repeat these exercises to reduce soreness in tired muscles.

HEAD ROLLS

Rotate your head to the right for one count, feeling the stretch up the left side of your neck, then rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, then drop your head to your chest for one count.



SHOULDER LIFTS

Lift your right shoulder toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



SIDE STRETCHES

Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.



QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot.



INNER THIGH STRETCH

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.



TOE TOUCHES

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 counts.



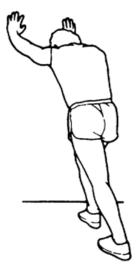
HAMSTRING STRETCHES

Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg.



CALF/ACHILLES STRETCH

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.



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.

Bořivojova 35/878, 130 00, Praha 3, ČR		IČO: 26847264, DIČ: CZ26847264		
Objednávky:	+420 556 300 970	objednavky@insportline.cz		
Reklamace:	+420 556 770 190, mobil: +420 604 853 019, <u>reklamace@insportline.cz</u>			
Servis:	+420 556 770 190, mobil:	il: + 420 604 853 019, servis@insportline.cz		
Fax:	+420 556 770 192, (servis	is +420 556 770 191)		
Web:	www.insportline.cz, www.	v.worker.cz, www.worker-moto.cz		

inSPORTline s.r.o.:

Električná 6471, 9	11 01 Trenčín, SK	IČO: 363	11723, DIČ: SK2020177082	
Objednávky:	+421(0)326 526 701, +4	21(0)917649192,	objednavky@insportline.sk	
Reklamace:	+421(0)326 526 701, +4	21(0)918 408 519,	reklamacie@insportline.sk	
Fax:	+421(0)326 526 705			
Web:	www.insportline.sk, ww	www.insportline.sk, www.worker.sk, www.worker-moto.sk		

Date of Sale:

Stamp and Signature of Seller: