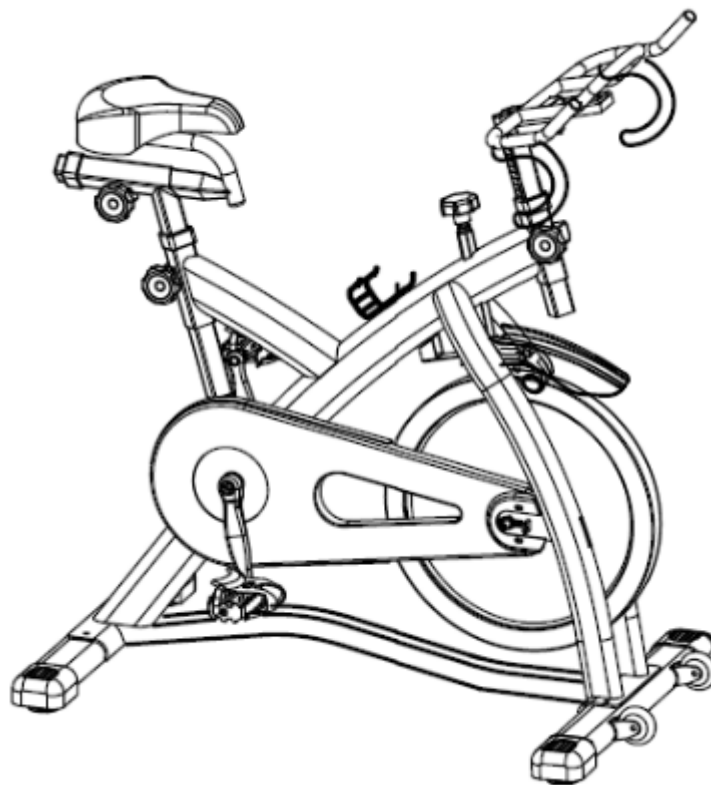




**USER MANUAL – EN**  
**IN 8236 Exercise Bike inSPORTline Daxos**



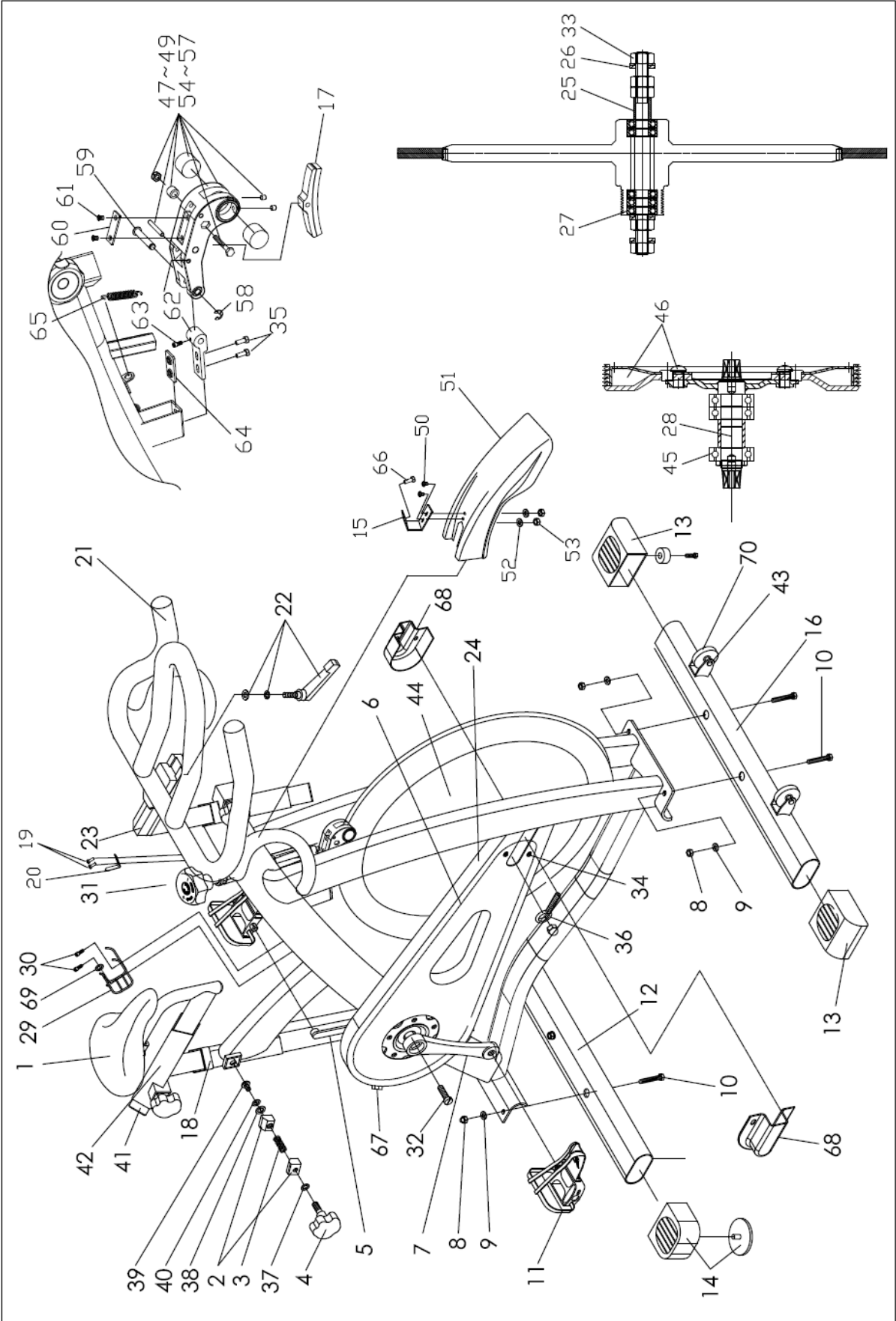
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## SAFETY INSTRUCTIONS

- Consult your physician before starting with any exercise program to receive advice on the optimal training.
  - Warning: incorrect/excessive training can cause health injuries. Stop using the bike when feeling uncomfortable.
  - Please follow the advice for correct training as detailed in the training instructions.
  - Ensure that training only starts after correct assembly, adjustment and inspection of the bike.
  - Always start with a warm-up session.
  - Only use original parts as delivered.
  - Follow the steps of the assembly instruction carefully.
  - Only use suitable tools for assembly and ask for assistance if necessary.
  - Please the bike on an even, non-slippery surface.
  - For all adjustable parts be aware of the maximum position to which they can be adjusted.
  - Tighten all adjustable parts to prevent sudden movement while training.
  - This product is designed for adults. Please ensure that children only use it under the supervision of an adult
  - Ensure that those present are aware of possible hazards, e.g. movable parts during training.
  - The resistance level can be adjusted to your personal preference.
  - Do not use the bike without shoes or loose shoes.
  - Ensure that sufficient space is available to use the bike.
  - Be aware of non-fixed or moving parts whilst mounting or dismounting the bike.
- |  |
|--|
| <ul style="list-style-type: none"><li>• To protect the floor or carpet from damage, place a mat under the exercise bike.</li><li>• In case of emergency please place both feet at the same time on the side reins.</li><li>• Ensure that an area of 2000x1000mm behind the exercise bike is free from any obstacles.</li><li>• This product is tested up to a maximum body weight of 150 kilograms.</li><li>• We take no responsibility for personal injury or damage sustained by or through the use of this exercise bike.</li></ul> |
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# EXPLODED DRAWING



## PARTS LIST

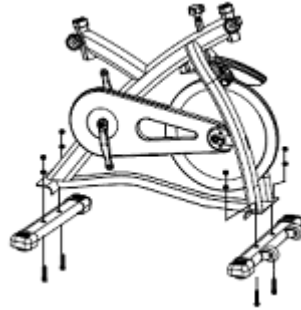
No.	Name	Unit
1	Saddle	pc
2	Alloy bind clamp ( R &L )	pr
3	Spring for knob	pc
4	Knob	pc
5	Left crank arm	pc
6	Belt	pc
7	Right crank arm	pc
8	Foot tube nut	pc
9	Foot tube washer	pc
10	Foot fixing bolt	pc
11	Pedal	pr
12	Rear foot tube	set
13	Front foot end cap	pr
14	Rear foot tube end cap	pr
15	Fender fixed plate	pc
16	Front foot tube	set
17	Brake pad w/holder	pc
18	Rubber sleeves	pc
19	Bolt for sprocket bracket	pc
20	Sprocket bracket for resistance knob	pc
21	Handlebar w/slier	pc
22	Release lever w/washer	pc
23	Handlebar post	pc
24	Outer chain guard	pc
25	Flywheel axle	set
26	Flywheel security washer	set
27	Flywheel bearing	set
28	BB axle w/plate	pc
29	Bottle cage	pc
30	Screw for bottle cage	pc
31	Brake system	set
32	Crank bolt	pc
33	Flywheel security nut	pc
34	Outer chain guard bolt M6	pc
35	Screw & washer for bracket	pc

36	Flywheel adjuster bolt	pc
37	Knob washer	pc
38	Plastic washer for knob	pc
39	Knob fixed bolt	pc
40	Washer for knob	pc
41	Seat slider	pc
42	Seat post	pc
43	Axle bolt for moving wheel	pc
44	Flywheel	set
45	BB bearing	pc
46	Belt wheel w/screw	pc
47~49 54~57	Magnetic w/support, fixed bolt, screw, housing, nut, fixe pin	pc
50	Bolt for fender	pc
51	Fender	pc
52	Washer for fender	pc
53	Nut for fender	pc
58	E clip	pc
59	Fixed pin	pc
60	Plate for brake system	pc
61	Fixed bolt for plate	pc
62	Connection bracket	pc
63	Fixed bolt for connection bracket	pc
64	Plate for screw	pc
65	Spring	pc
66	Bolt for plate	pc
67	Outer chain guard bolt M5	pc
68	Axle cover w/bolt	pr
69	Washer for bottle cage	pc
70	Moving wheel	pc

## ASSEMBLY STEPS

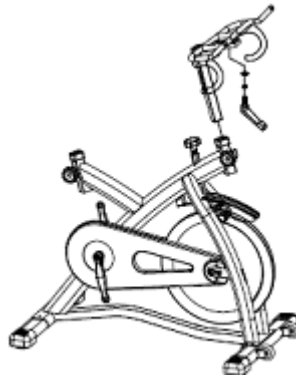
### STEP 1

Attach the front (16) and rear feet (12) to the frame using the nuts (8), washer (9) and bolts (10).



### STEP 2

Attach the handlebar post (23) inserting into the head tube on the frame. Using knob to adjust and tighten the height in proper position. Then attached handlebar slider (21) on the handlebar post (23), use release lever (22) to adjust and tighten the handlebar in proper position.



### STEP 3

Insert the seat post (42) into the frame's seat tube. Fit the saddle (1) into Seat slider (41) and tighten the nuts on the bracket securely. Insert the seat slider (41) into the seat post (42) and fix. Using knob ( 4 ) adjusts and tightens the height in proper position.



### STEP 4

Attach the pedals (11) into the crank arms (5)(7), each pedal is marked with the L (left) or R (right) to denote the side of the spinning bike they are on, **Note:** the right hand crank is on the same side as the chain guard (24). Be careful to align the threads correctly to avoid any damage. A little grease on the threads should help the pedals to screw in easily and correctly, tighten using a 15mm spanner; both pedals threads should tighten towards the front of the spinning bike.



## ADJUSTING THE RESISTANCE

To adjust the exercising resistance on the complete spinning bike by the brake knob (31) of brake system, and then simply loosen (-) or tighten (+).

The flywheel should rotate freely without resistance when you loosen (-) the brake system totally.

More experienced riders may wish to increase the overall resistance by tighten (+) the brake system totally.

## USAGE INSTRUCTIONS

- 1) The model has a fixed wheel driven flywheel and should only be used under professional supervision.
- 2) Installation: It is important that the bike is correctly assembled and we recommend that suitably qualified personnel carry out installation and assembly.
- 3) It is important that the handlebar and seat are set at the correct height for your body. Make sure it is securely tightened and that there is no lateral or vertical movement. Ask your instructor for assistance.

### HANDLEBAR ADJUSTMENT

- a) **Adjusting height:** Undo the knob that is located where the handlebar post fits into the frame. Slide the handlebar post up or down to the required height and retighten the knob.
- b) **Adjusting forwards or backwards:** Undo the release lever located below the handlebar slider. Slide the handlebar assembly forwards until you reach the required position. Then securely retighten the Release lever.

### SEAT ADJUSTMENT

- a) **Adjusting height:** Undo the knob located where the seat post fits into the frame. Then retighten the knob. Make sure it is tight enough to prevent the seat from twisting side to side.
- b) **Adjusting forwards or backwards:** Undo the knob located directly side of the seat slider. Loosen the knob then slide the seat to the required position. Then make sure the knob retighten.
- 4) **Pedals and toe straps:** Your feet should be securely positioned in the toe clips during the exercise. Put your foot as far forwards as you can into the toe-clip and then pull the strap tight.
- 5) The bike should operate on a level surface with no lateral movement. There is height adjuster pads located on either side underneath the foot tube. Turn these pads clockwise or anti-clockwise until the bike is totally stable on the ground.
- 6) **Movement:** The bike is equipped with moving wheels, to make it easier to move. The moving wheels located at the front of your bike make it easier to move it into a chosen position, by lifting the rear of the bike up slightly and pushing it.
- 7) **Emergency brake:** Press down brake system (31) for stop.
- 8) **The magnetic holder installs:** The bike is assembled with high gaussses of magnetic force. When assembled should avoid the bike close to the household appliances articles and iron material part which easy to be absorbed by the magnetic force. Ensure that an area of 2000 x 1000 mm behind the exercise bike is free from any obstacles



- 9) **Maintenance:** It may be unsafe when loosen bolt on the parts or noise on the flywheel, please contact your supplier. Like any other mechanical cycling device, the bike should be regularly maintained. Ask your supplier for a detailed maintenance program.

## MAINTENANCE CHART

No	DESCRIPTION	Daily	Weekly	Monthly	Quarterly	Annually
1	Keep machine clean: Wipe machine down with clean & dry fabric to clear dirt & sweat	✓				
2	Wipe Anti-rusty cream or similar on the seat post set, handlebar set	✓				
3	Visual check	✓				
4	Check security of handle bar post & seat post	✓				
5	Check security of saddle	✓				
6	Remove handlebar post and clean tube		✓			
7	Remove seat and clean tube		✓			
8	Check brake pads for wear-align		✓			
9	Check brake adjustment		✓			
10	Check security of all knobs & release lever		✓			
11	Check toe straps for signs of wear		✓			
12	Check crank bolts and re-tighten		✓			
13	Make sure pedals are screwed in		✓			
14	Check the magnetic holder in correct position		✓			
15	Check belt tension			✓		
16	Wipe the anti-rust oil on the middle range of flywheel surface			✓		
17	Check bottom bracket				✓	
18	Check flywheel bearings				✓	
19	Full service-frame inspection					✓

## ADJUSTING THE BELT TENSION

The belt belongs to the flexible material. It will relax with frequency of utilization and time. It's normal situation.

- 1) Loosen the bolt (34), and take off the axle cover (68).
- 2) Loosen the nut cap (33).
- 3) Rotating the nut of the adjuster bolt (36) by clockwise and anti-clockwise to adjusting the belt tension. Suggest rotating 1/4 of the circles each time. Don't rotation too much to causing tension too tight then damage the axle and bearing.

- 4) Make sure flywheel keeps parallel with frame. And two sides distance between flywheel and magnet must be the same.
- 5) After finished the above steps, screw the nut cap by both sides. Make sure the nut caps is tighten and fixedly.

## **HOW TO REPLACE MAGNETIC HOLDER**

- 1) To Screw the brake pad set on the magnetic holder but don't tightened.
- 2) To Screw the magnetic holder on the frame but don't tightened.
- 3) Press down the brake system (31). Make sure brake pad touch flywheel completely. Then re-tighten the screw and nut (54~57). Make sure two sides of magnetic holder are symmetrical and in the center of flywheel. Prevent the magnet touch the surface of flywheel. Then tighten the screw and washer (35).

## **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.



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Date of Sale:

Stamp and Signature of Seller: