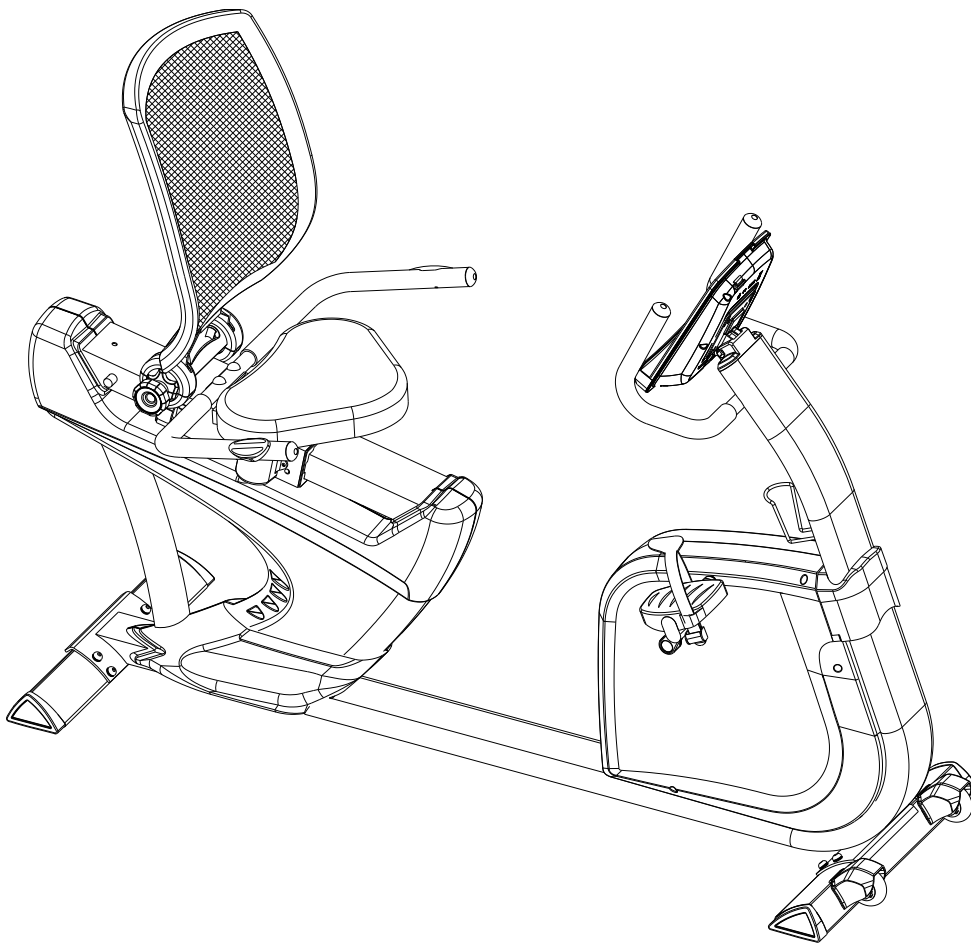




USER MANUAL – EN
IN 8725 Recumbent inSPORTline R600i



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SAFETY INSTRUCTIONS

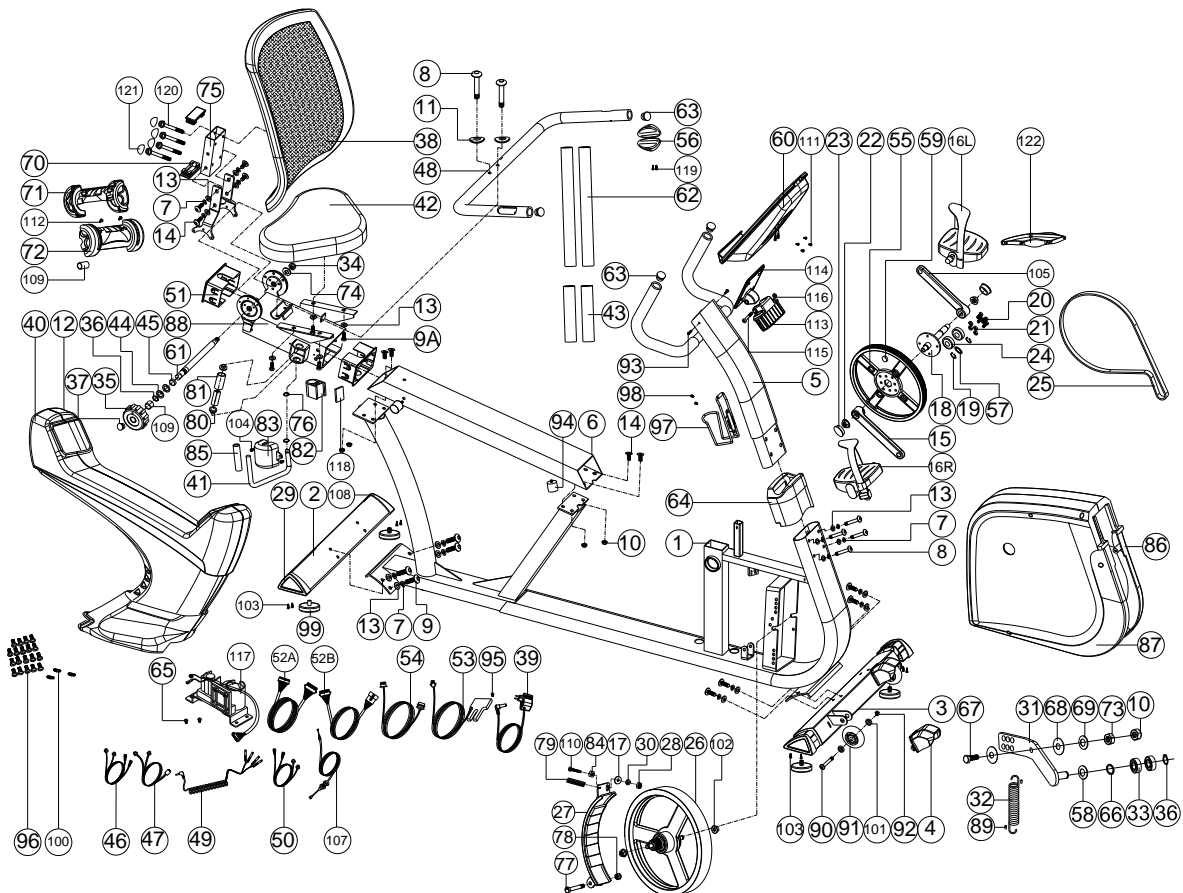
- To ensure the best safety of the exerciser, regularly check it on damages and worn parts.
- If you pass on this exerciser to another person or if you allow another person to use it, make sure that that person is familiar with the content and instructions in these instructions.
- Only one person should use the exerciser at a time.
- Before the first use and regularly make sure that all screws, bolts and other joints are properly tightened and firmly seated.
- Before you start your work-out, remove all sharp-edged objects around the exerciser.
- Only use the exercise for your work-out if it works flawlessly.
- Any broken, worn or defective part must immediately be replaced and/or the exerciser must no longer be used until it has been properly maintained and repaired.
- Parents and other supervisory persons should be aware of their responsibility, due to situations which may arise for which the exerciser has not been designed and which may occur due to children's natural play instinct and interest in experimenting.
- If you do allow children to use this exerciser, be sure to take into consideration and assess their mental and physical condition and development, and above all their temperament. Children should use the exerciser only under adult supervision and be instructed on the correct and proper use of the exerciser. The exerciser is not a toy.
- Make sure there is sufficient free space around the exerciser when you set it up.
- To avoid possible accidents, do not allow children to approach the exerciser without supervision, since they may use it in a way for which it is not intended due to their natural play instinct and interest in experimenting.
- Please note that an improper and excessive work-out may be harmful to your health.
- Please note that levers and other adjustment mechanisms are not projecting into the area of movement during the work-out.
- When setting up the exerciser, please make sure that the exerciser is standing in a stable way and that any possible unevenness of the floor is evened out.
- Always wear appropriate clothing and shoes which are suitable for your work-out on the exerciser. The clothes must be designed in a way so that they will not get caught in any part of the exerciser during the work-out due to their form (for example, length). Be sure to wear appropriate shoes which are suitable for the work-out, firmly support the feet and which are provided with a non-slip sole.
- Be sure to consult a physician before you start any exercise program. He may give you proper hints and advice with respect to the individual intensity of stress for you as well as to your work-out and sensible eating habits.
- Class - HA (according to EN ISO 20957) for home use
- User weight should not exceed 200 kg

WARNING! A system for monitoring heart rate may not be accurate. Overloading during training may cause serious injury or death. If you feel any discomfort, immediately stop the exercise!

IMPORTANT NOTES

- Assemble the exerciser as per assembly instructions and be sure to only use the structural parts provided with the exerciser and designed for it. Prior to the assembly, make sure the contents of the delivery is complete by referring to the parts list of the assembly and operating instructions.
- Be sure to set up the exerciser in a dry and even place and always protect it from humidity. If you wish to protect the place particularly against pressure points, contamination, etc., it is recommended to put a suitable, non-slip mat under the exerciser.
- The general rule is that exercisers and training devices are no toys. Therefore, they must only be used by properly informed or instructed persons.
- Stop your work-out immediately in case of dizziness, nausea, chest pain or any other physical symptoms. In case of doubt, consult your physician immediately.
- Children, disabled and handicapped persons should use the exercise only under supervision and in presence of another person who may give support and useful instructions.
- Be sure that your body parts and those of other persons are never close to any moving parts of the exerciser during its use.
- When adjusting the adjustable parts, make sure they are adjusted properly and note the marked, maximum adjusting position, for example of the saddle support, respectively.
- Do not work out immediately after meals!

EXPLODED DRAWING



PARTS LIST

Part No.	Description	Qty
1	Main frame	1
2	Rear stabilizer	1
3	Front stabilizer	1
4	Cover for wheel	2
5	Handlebar post	1
6	Sliding beam	1
7	Spring washer D15.4 XD8.2x2T	12
8	Allen bolt M8*1.25*50L	6
9	Allen bolt M8x1.25x20L	8
9A	Allen bolt M8x1.25x15L	4
10	Nylon nut M8*1.25*8T	4
11	Curved washer D22xD8.5x1.5T	2
12	Left rear chain cover	1
13	Flat washer D16*D8.5*1.2T	16
14	Allen bolt M8x1.25x15L	8
15	Right crank	1
16R/L	Pedal set	1
17	Nylon washer D6*D19*1.5T	1
18	Crank axle	1
19	C-clip D22.5*D18.5*1.2T	2
20	Bolt M6x1.0x15L	4
21	Nylon nut M6x1.0x6T	4
22	Anti-loosen nut M10*1.25*10T	2
23	Screw cover D26*11L	2
24	Bearing #6004-2RS(C0)	2
25	Belt	1
26	Flywheel	1
27	Fixing plate for magnet	1
28	Nylon nut M6*1*6T	1
29	Tri-angle cap(right)	2
30	Flat washer D13*D6.5*1.0T	1
31	Fixing plate for idle wheel	1
32	Spring D2.2*D14*55L	1
33	Bearing #99502	2
34	Nylon nut M10x1.5x10T	1
35	Club knob D61*46	1

36	C-clip S-16(1T)	3
37	Round cap	1
38	Backrest	1
39	Adaptor	1
40	Right rear cover	1
41	Adjusting pole	1
42	Seat	1
43	Foam	2
44	Flat washer D24xD16x1.5T	2
45	spacer D19*D13.1*4T	1
46	Upper handle pulse cable	2
47	Lower handle pulse cable	1
48	Handlebar	1
49	Handle pulse cable	1
50	Upper handle pulse cable	2
51	Bushing	2
52A	Upper computer cable	1
52B	Lower computer cable	1
53	Sensor cable	1
54	Electric cable	1
55	Belt wheel	1
56	Handle pulse sensor	2
57	Waved washer D27*D21*0.3T	1
58	Flat washer D24*D16*1.5T	1
59	Round magnet	1
60	Computer SM-2570-31	1
61	Axle	1
62	Foam	2
63	Mushroom cap	4
64	Upper protective cover	1
65	Screw ST4.2*1.4*15L	2
66	Waved washer D21xD16.2x0.3T	1
67	Bolt M8*25	1
68	Plastic washer	2
69	Flat washer D21*D8.5*1.5T	1
70	Square cap	2
71	Front decorative cover	1
72	Rear decorative cover	1

73	Nut M8*1.25*6T	1
74	Flat washer D24*D13.5*2.5T	1
75	Supporting tube for backrest	1
76	C-clip S-12(1T)	2
77	Bolt M8*52L	1
78	Nylon nut M8*1.25*8T	1
79	Spring D1.0*55L	1
80	Bushing D29*D11.9*9T	2
81	Axle	1
82	Stopper	1
83	Protective cover	1
84	Nut M6*1*6T	1
85	Foam	1
86	Left chain cover	1
87	Right chain cover	1
88	Seat post	1
89	Plastic cover	1
90	Allen bolt M8*1.25*40L	2
91	Round wheel	2
92	Nylon nut M8*1.25*8T	2
93	Screw ST4.2x1.4x15L	2
94	Buffer D20*10L*M8*1.25	2
95	Bolt M5x0.8x12L	1
96	Screw ST4.2x1.4x20L	19
97	Water bottle holder	1
98	Bolt M5*0.8*15L	2
99	Adjustable wheel	4
100	Pin	3
101	Bushing D22.2*D8.2*7T	4
102	Anti-loosen nut 3/8"-26UNFx6.5T	2
103	Screw ST4*1.41*12L	8
104	Bolt M5x0.8x10L	2
105	Left crank	1
107	Tension cable	1
108	Tri-angle cap(left)	2
109	Spacer D19*D12.5*25L	1
110	Bolt M6*60L	1
111	Bolt M5x0.8x10L	4

112	Screw ST4x20L	2
113	Computer bracket	1
114	Fixing plate for computer	1
115	Allen screw M8*1.25*45L	1
116	Nylon nut M8*1.25*8T	1
117	Motor	1
118	Buffer 40.5*28.5*6T	1
119	Screw ST4*1.4L*25L	2
120	Screw 1/4"-20牙*40L	4
121	Screw cover D28*17(M6)	4
122	Chest belt	1

ASSEMBLY

STEP 1

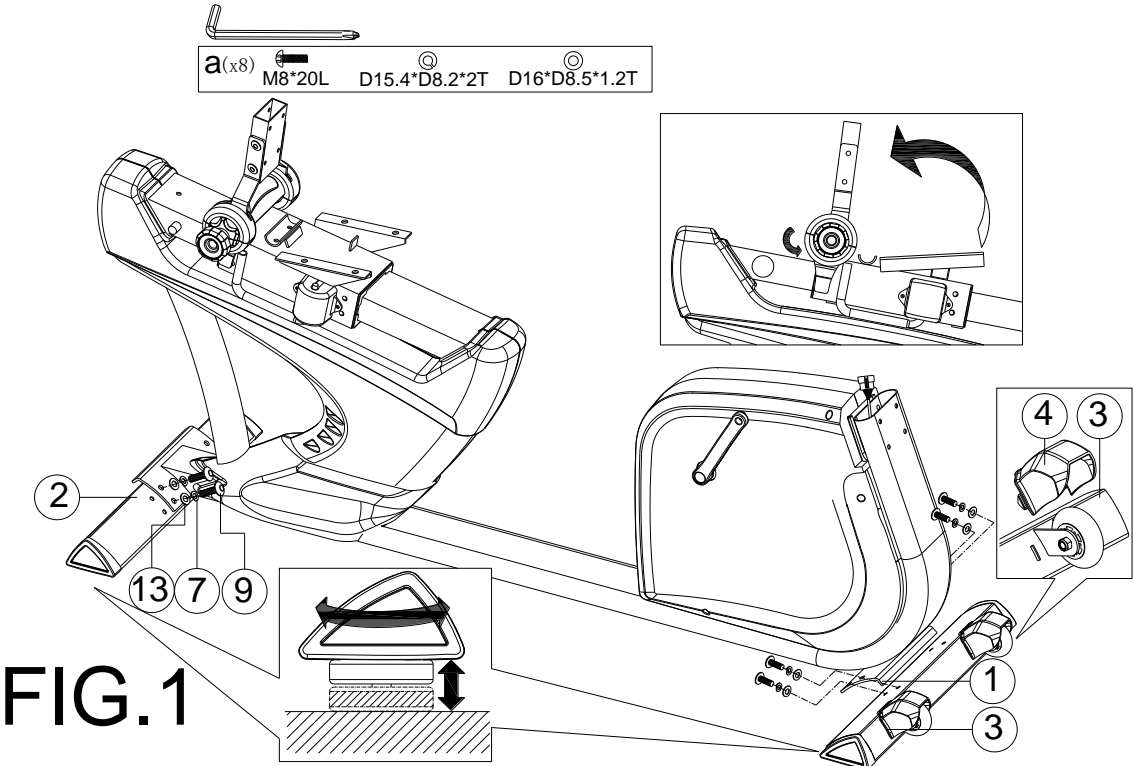
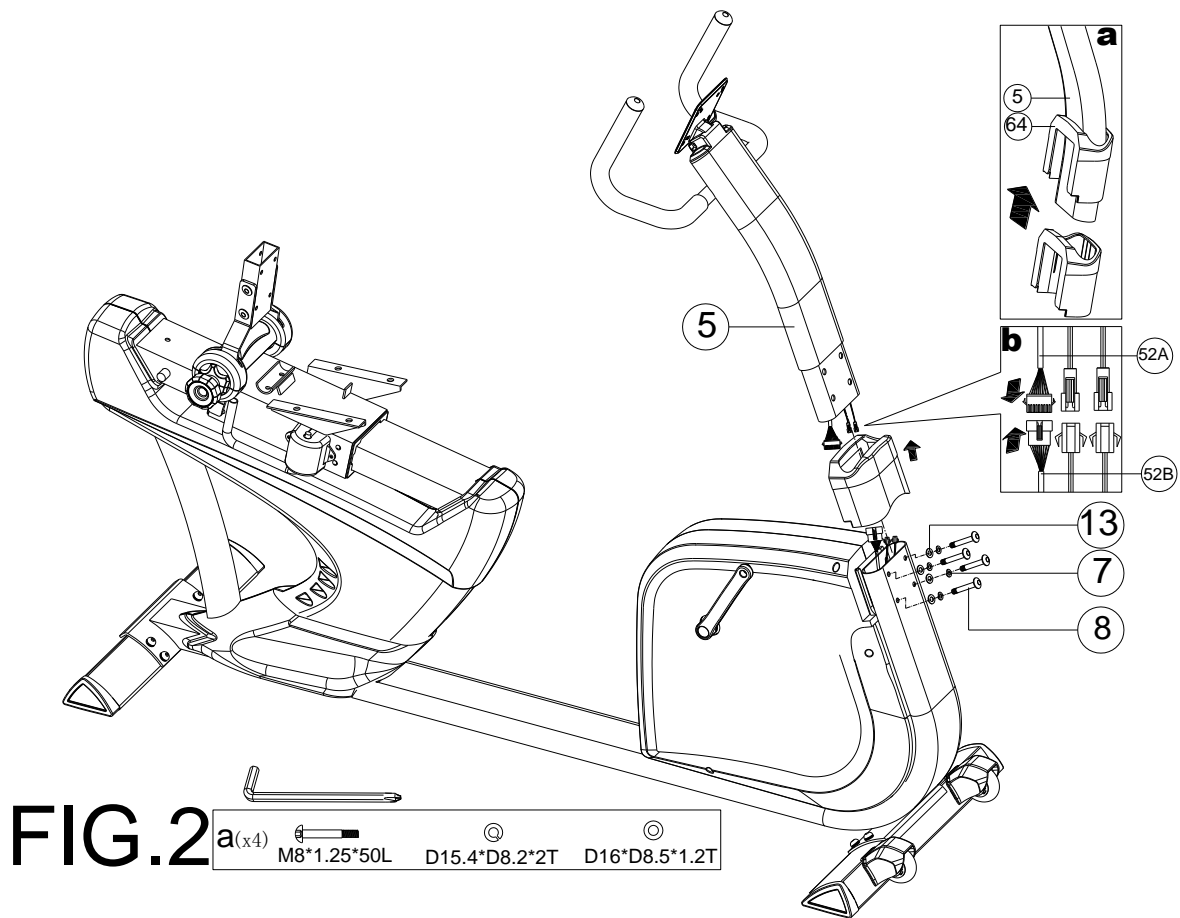


FIG.1

- 1) Assemble the front stabilizer (3) and rear stabilizer (2) onto the main frame (1) by using the spring washer (7), the allen bolt (9), and the flat washer (13).
- 2) Adjust the proper height by turning the wheel of rear foot cap (91).

STEP 2



- 1) Suggest assembling this step by two persons.
- 2) First, lift up the cover for handlebar post (64) like fig. (a), then connect the Upper&Lower computer cable (52A & 52B) like fig.(b)
- 3) Insert the handlebar post (5) on the main frame and tighten it by using the spring washer (7), the allen bolt (8), and the flat washer (13). Place down the cover for handlebar post (64) and make it tight on the main frame.

STEP 3

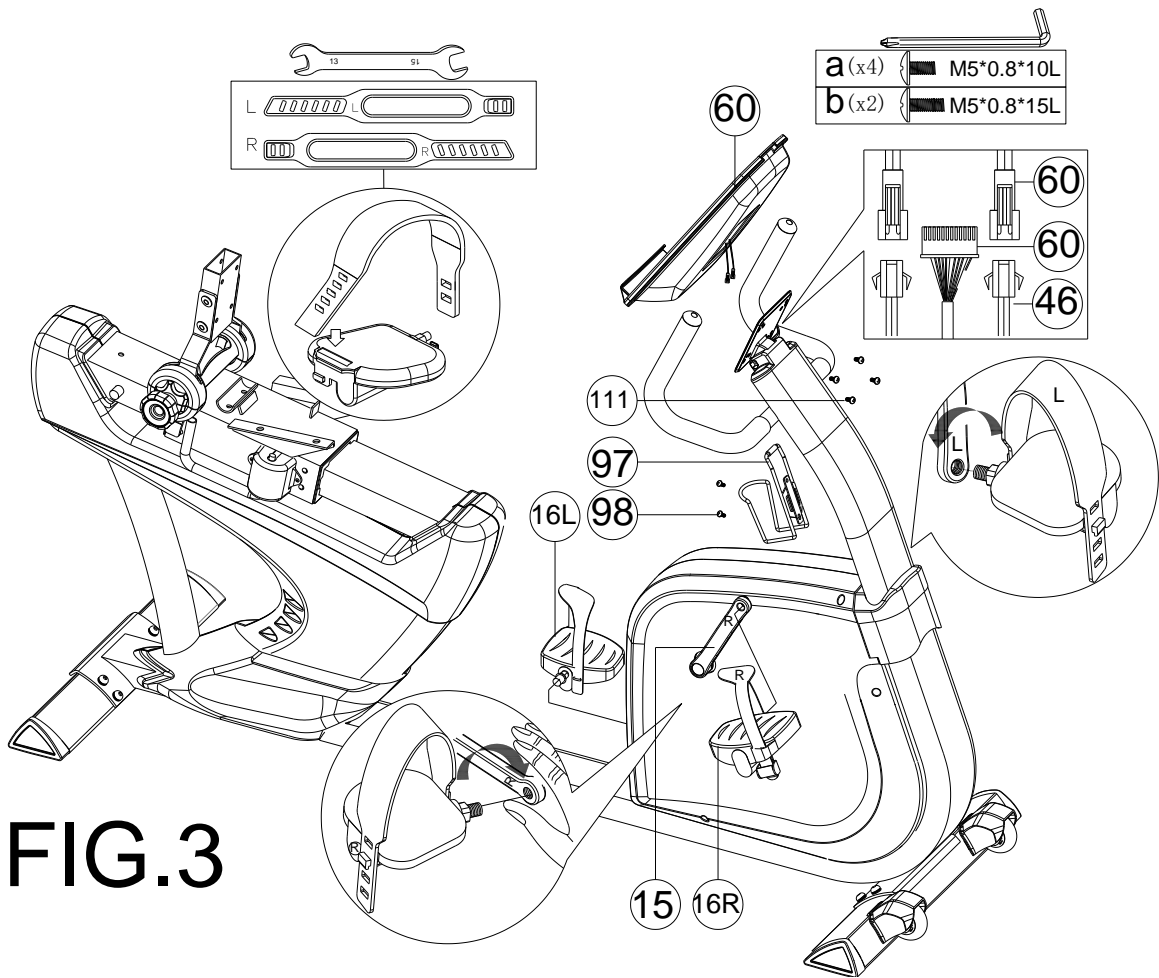
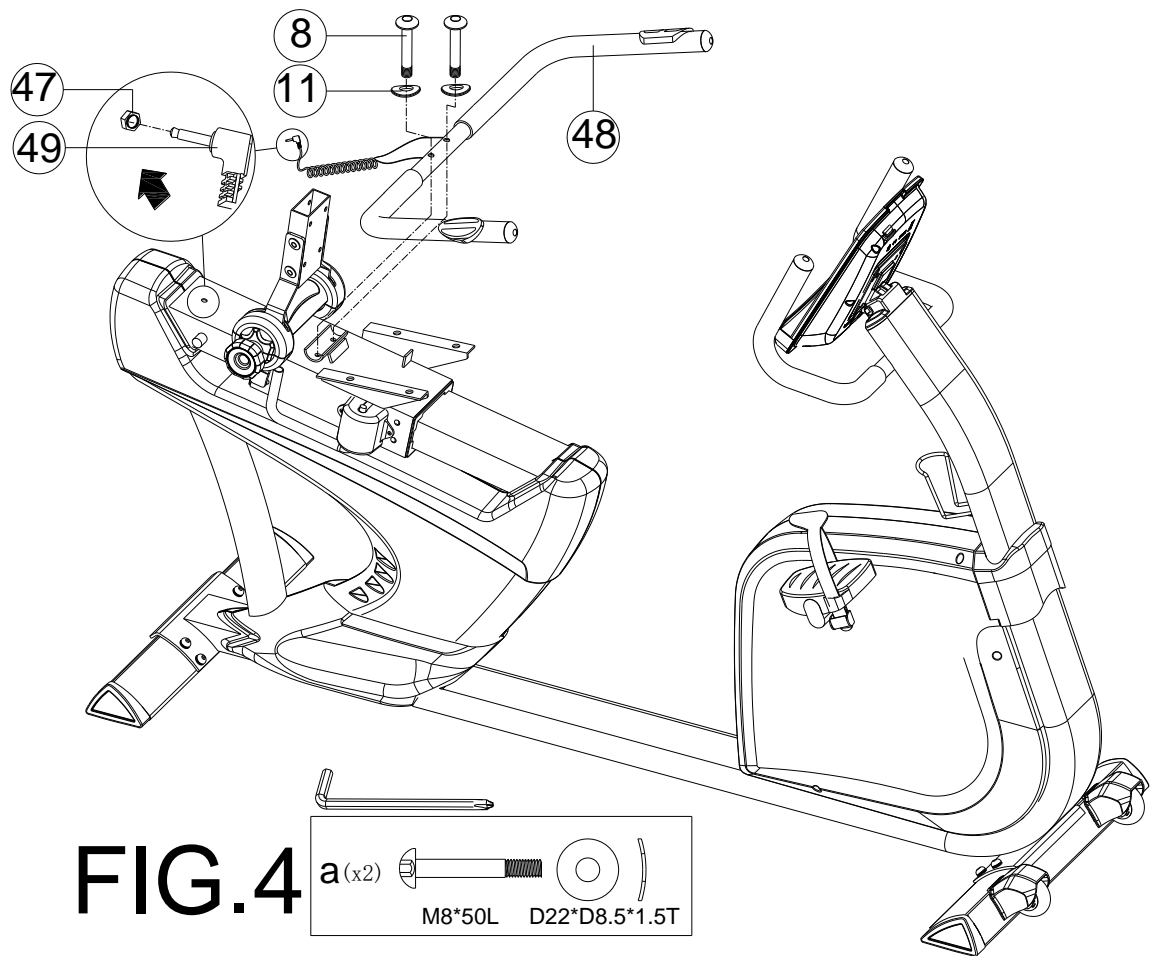


FIG.3

- 1) Assemble the upper handlebar pulse cable (46) to the computer (60).
- 2) Assemble the computer (60) to the handlebar post (5) by using the bolt (111).
- 3) Assemble the left and right pedal (16L &16R) on the crank (105 & 15).
- 4) Assemble the water bottle holder (97) onto the handlebar post by screw (98).

STEP 4



- 1) Assemble the handlebar (48) to the main frame (1) by using the allen bolt (8), and the curved washer (11).
- 2) Connect the plug of the lower handle pulse cable (47) with the handle pulse cable (49).

STEP 5

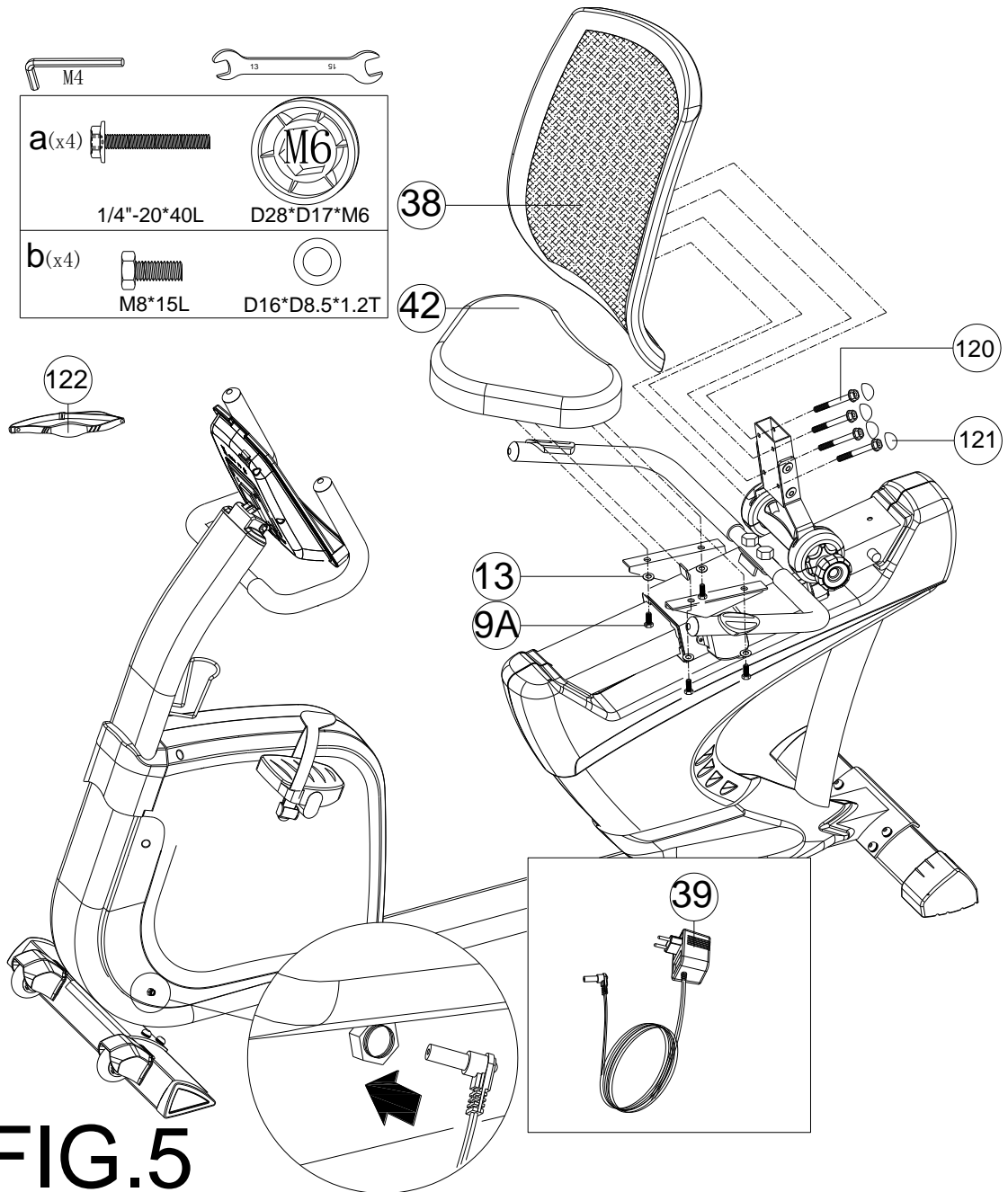
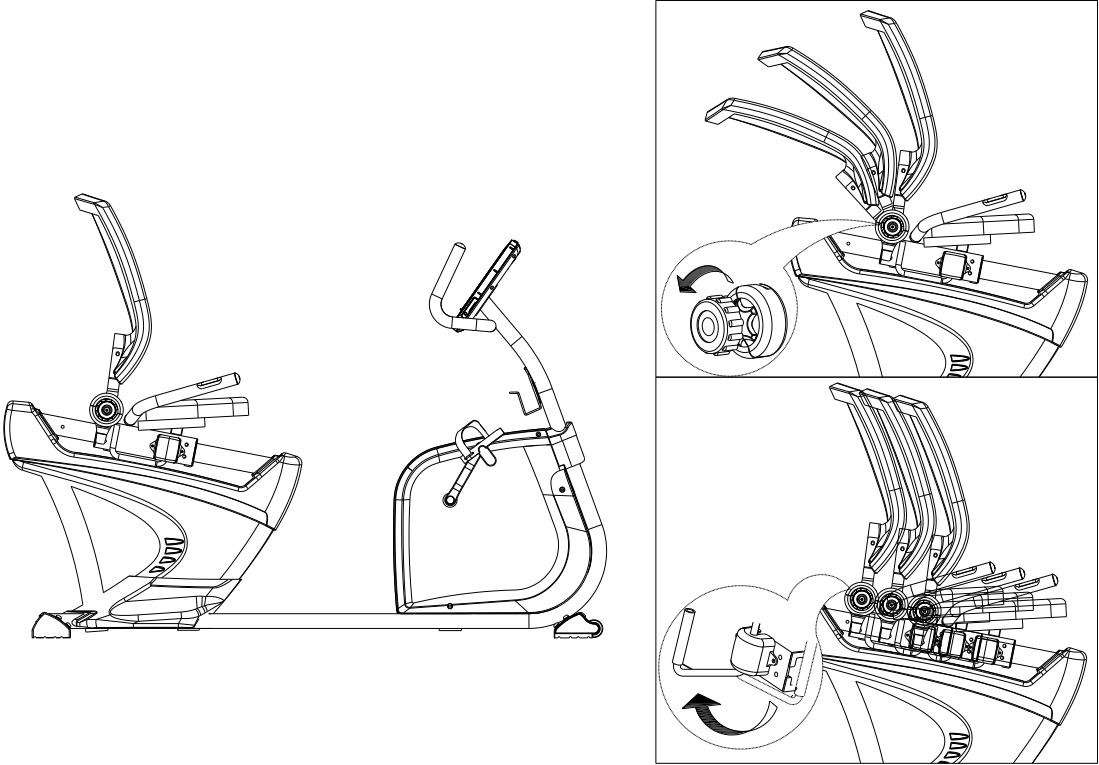


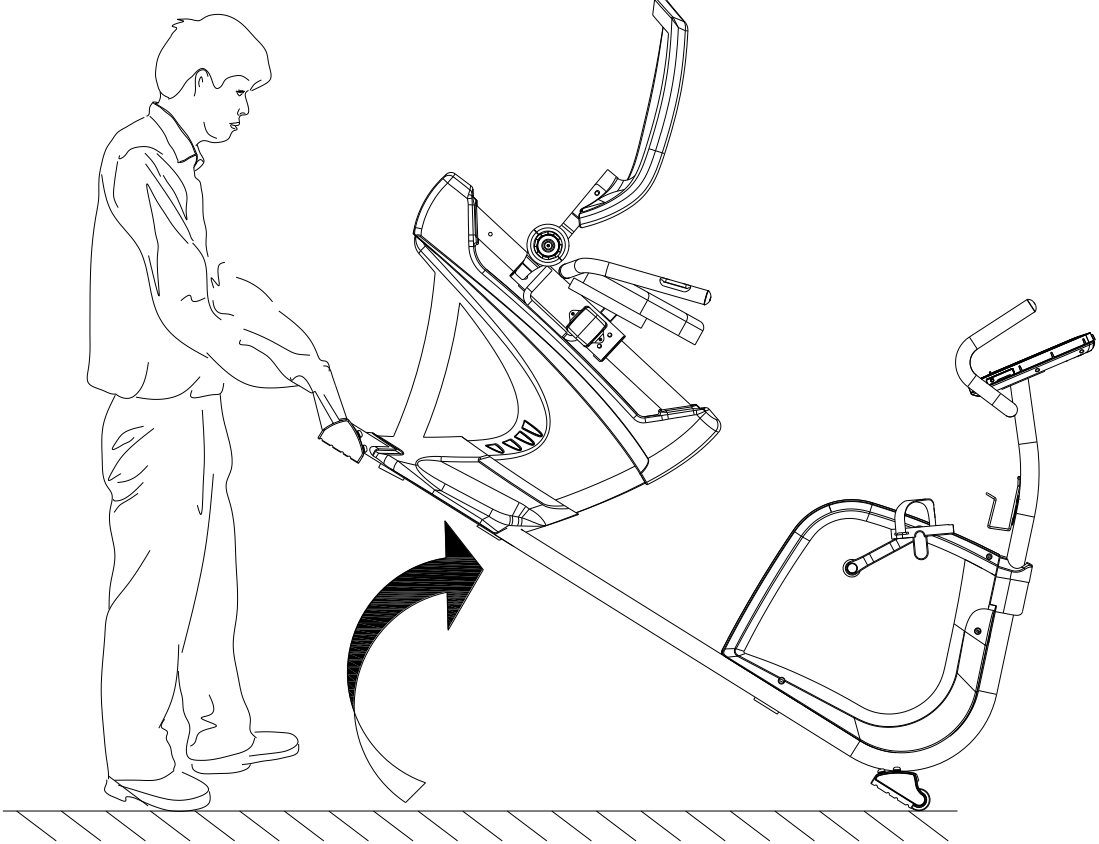
FIG.5

- 1) Assemble the seat (42) on the seat post by using the allen bolt (9a) and the flat washer (13).
- 2) Assemble the backrest (38) to the backrest support tube by using the screw (120) and the screw cover (121).
- 3) Connect the adaptor (39) to the adaptor input on the front of the bike.

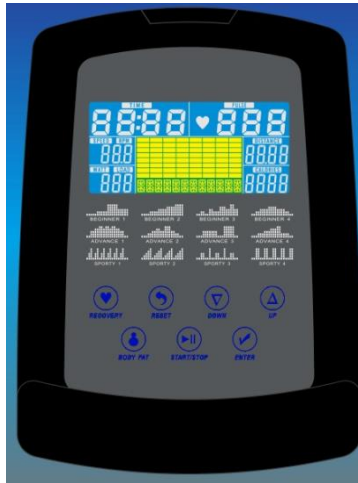
The backrest can be adjusted as per above drawing:



The bike can be moved as per above drawing:



SM2570 INSTRUCTION MANUAL



SUPPORT DEVICES

Support iOS devices:	Support Android devices:
<ul style="list-style-type: none"> iPod touch (5th generation) iPod touch (4th generation) iPod touch (3rd generation) iPhone 5S iPhone 5C iPhone 5 iPhone 4S iPhone 4 iPhone 3GS iPad Air iPad 4 iPad 3 iPad 2 iPad iPad Min Support iOS 5.0 or above 	<ul style="list-style-type: none"> Android tablet OS 4.0 or above Android tablet resolution 1280X800 pixels Android phone OS 2.2 or above Android phone resolution: <ul style="list-style-type: none"> 1920X1080 pixels 1280X800 pixels 1280X760 pixels 800X480 pixels

“Made for iPod,” “Made for iPhone,” and “Made for iPad” mean that an electronic accessory has been designed to connect specifically to iPod, iPhone, or iPad, respectively, and has been certified by the developer to meet Apple performance standards. Apple is not responsible for the operation of this device or its compliance with safety and regulatory standards. Please note that the use of this accessory with iPod, iPhone, or iPad may affect wireless performance.

iPad, iPhone, iPod, iPod classic, iPod nano, iPod shuffle, and iPod touch are trademarks of Apple Inc., registered in the U.S. and other countries.

DISPLAY FUNCTIONS

ITEM	DESCRIPTION
TIME	Workout time displayed during exercise. Range 0:00 ~ 99:59
SPEED	Workout speed displayed during exercise. Range 0.0 ~ 99.9
DISTANCE	Workout distance displayed during exercise.

	Range 0.0 ~ 99.9
CALORIES	Burned calories during workout display. Range 0 ~ 999
PULSE	Pulse bpm displayed during exercise. Pulse alarm when over preset target pulse.
RPM	Rotation per minute Range 0 ~ 999
WATT	Workout power consumption In Watt Program mode, computer will remain preset watt value (setting range 0~350)
MANUAL	Manual mode workout.
PROGRAM	Beginner, Advance, and Sporty PROGRAM selection.
CARDIO	Target HR training mode.

KEYS

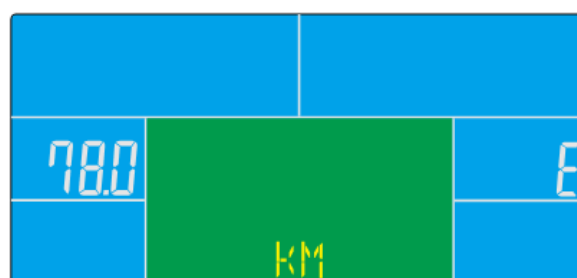
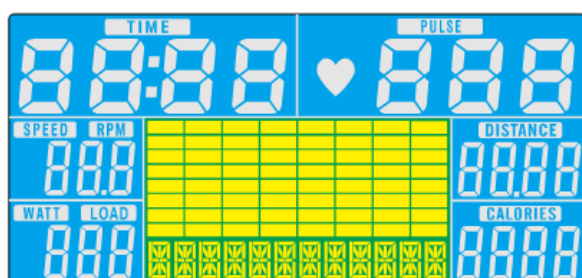
ITEM	DESCRIPTION
Up	<ul style="list-style-type: none"> • Increase resistance level • Setting selection.
Down	<ul style="list-style-type: none"> • Decrease resistance level • Setting selection.
Mode	<ul style="list-style-type: none"> • Confirm setting or selection.
Reset	<ul style="list-style-type: none"> • Hold on pressing for 2 seconds, computer will reboot and start from user setting. • Reverse to main menu during presetting workout value or stop mode.
Start/ Stop	<ul style="list-style-type: none"> • Start or Stop workout.
Recovery	<ul style="list-style-type: none"> • Test heart rate recovery status.
Body fat	<ul style="list-style-type: none"> • Test body fat% and BMI.

OPERATION

POWER ON

Plug in power supply, computer will power on and display all segments on LCD for 2 seconds. After 4 minutes without pedaling or pulse input, console will enter into power saving mode.

Press any key may wake the console up.



WORKOUT SELECTION

Press UP and Down to select workout Manual → Beginner → Advance → Sporty → Cardio → Watt

MANUAL MODE

Press START in main menu may start workout in manual mode.



- 1) Press UP or DOWN to select workout program, choose Manual and press Mode to enter.
- 2) Press UP or DOWN to preset TIME, DISTANCE, CALORIES, PULSE and press MODE to confirm.
- 3) Press START/STOP keys to start workout. Press UP or DOWN to adjust load level.
- 4) Press START/STOP keys to pause workout. Press RESET to reverse to main menu.

BEGINNER MODE



- 1) Press UP or DOWN to select workout program, choose Beginner mode and press Mode to enter.
- 2) Press UP or DOWN to preset TIME.
- 3) Press START/STOP key to start workout. Press UP or DOWN to adjust load level.
- 4) Press START/STOP key to pause workout. Press RESET to reverse to main menu.

ADVANCE MODE



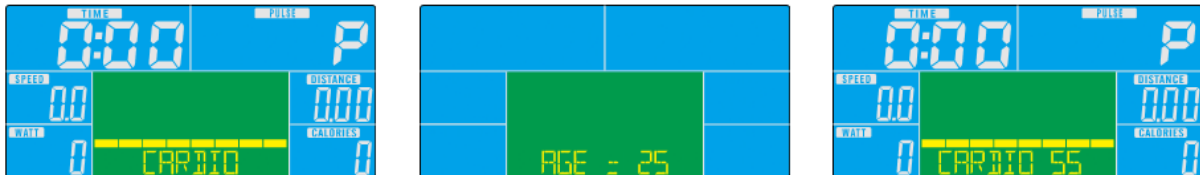
- 1) Press UP or DOWN to select workout program, choose Advance mode and press Mode to enter.
- 2) Press UP or DOWN to preset TIME.
- 3) Press START/STOP key to start workout. Press UP or DOWN to adjust load level.
- 4) Press START/STOP key to pause workout. Press RESET to reverse to main menu.

SPORTY MODE



- 1) Press UP or DOWN to select workout program, choose Sporty mode and press Mode to enter.
- 2) Press UP or DOWN to preset TIME.
- 3) Press START/STOP key to start workout. Press UP or DOWN to adjust load level.
- 4) Press START/STOP key to pause workout. Press RESET to reverse to main menu.

CARDIO MODE



- 1) Press UP or DOWN to select workout program, choose H.R.C. and press Mode to enter.
- 2) Press UP or Down to select 55%.75%.90% or TAG (TARGET H.R.) (default: 100).
- 3) Press UP or DOWN to preset workout TIME.
- 4) Press START/STOP key to start or stop workout. Press RESET to reverse to main menu.

WATT MODE



- 1) Press UP or DOWN to select workout program, choose WATT and press Mode to enter.
- 2) Press UP or DOWN to preset WATT target. (default: 120)
- 3) Press UP or DOWN to preset TIME.
- 4) Press START/STOP key to start workout. Press UP or DOWN to adjust Watt level.
- 5) Press START/STOP key to pause workout. Press RESET to reverse to main menu.

iConsole+Training APP

Turn on Bluetooth on your smart device. Open the iConsole+ Training app and pair your smart device with your console.



NOTE:

- When you start the iConsole+ Training app on your smart device, your console will turn off.
- To turn on the console, turn off the iConsole+ Training app and your Bluetooth on your smart device.

ADVANTAGES OF RECUMBITION

Recumbents are an excellent choice when it comes to stabilizing the lumbar back of your back, as you sit back while training on exercise bike you bend forward. Recumbent therefore supports better body holding.

Recumbents are also more favorable to your joints. The bottom of the back is laid on a large, stable saddle, and your knees and ankles are protected from possible injury.

The fact that the saddle is larger is often the biggest difference compared to classical exercise bike. Just the comfort of sitting is the difference that everyone who experiences this type of exercise bike will feel.

Recumbent is also a good option for most people with neurological disorders. If your back or joints suffer from rheumatoid arthritis, recumbent may be the best solution for you because of the weight distribution of your body.

STORAGE

Keep the recumbent in a clean and dry environment. Make sure the power switch is turned off and the exercise bike is not plugged into the power socket.

IMPORTANT NOTICE

- This exercise bike comes with standard safety regulations and is only suitable for home use. Any other use is prohibited and may be dangerous to users. We are not responsible for any injury caused by improper and forbidden use of the machine.
- Consult your doctor before starting training on the exercise bike. Your doctor should evaluate whether you are physically fit to use the machine and how much effort you are able to undergo. Incorrect exercise or switching of the body can harm your health.
- Carefully read the following tips and exercises. If you experience pain, nausea, breathing, or other health problems during exercise, immediately stop the exercise. If the pain persists, contact your doctor immediately.
- This exercise bike is not suitable as a professional or medical purpose. It can also not be used for healing purposes.
- The heart rate monitor is not a medical device. It provides only approximate information about your average heart rate, and any suggested pulse rate is not medically binding. Accumulated data may not always be accurate regarding uncontrollable human and environmental factors.

ENVIRONMENT PROTECTION

After the product lifespan expired or if the possible repairing is uneconomic, dispose it according to the local laws and environmentally friendly in the nearest scrapyard.

By proper disposal you will protect the environment and natural sources. Moreover, you can help protect human health. If you are not sure in correct disposing, ask local authorities to avoid law violation or sanctions.

Don't put the batteries among house waste but hand them in to the recycling place.

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. 89/2012 Coll. Civil Code, and Act No. 634/1992 Coll., Consumer Protection, 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.

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.



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Web: www.insportline.sk

Date of Sale:

Stamp and Signature of Seller: