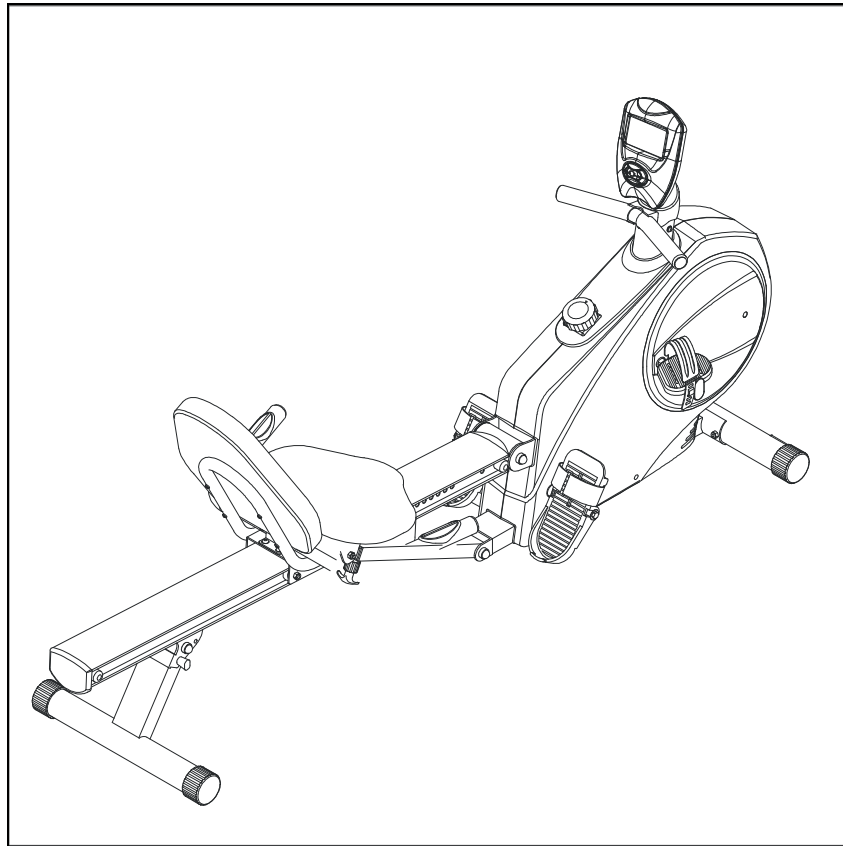




USER MANUAL – EN

IN 901 2in1 Rower / Recumbent Bike SPORTline SEG 6601



Product May Vary Slightly From Pictured

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CAUTION:

Weight on this product should not exceed 250 lbs / 113 kgs.

WARNING!

Exercise can present a health risk. Consult a physician before beginning any exercise program with this equipment.

If you feel faint or dizzy, immediately discontinue use of this equipment. Serious bodily injury can occur if this equipment is not assembled and used correctly. Serious bodily injury can also occur if all instructions are not followed.

Keep others and pets away from equipment when in use. Always make sure all bolts and nuts are tightened prior to each use. Follow all safety instructions in this manual.

SAFETY INSTRUCTIONS

WARNING: To reduce the risk of serious injury, read the following Safety Instructions before using the 2 in 1 Rower / Recumbent Bike.

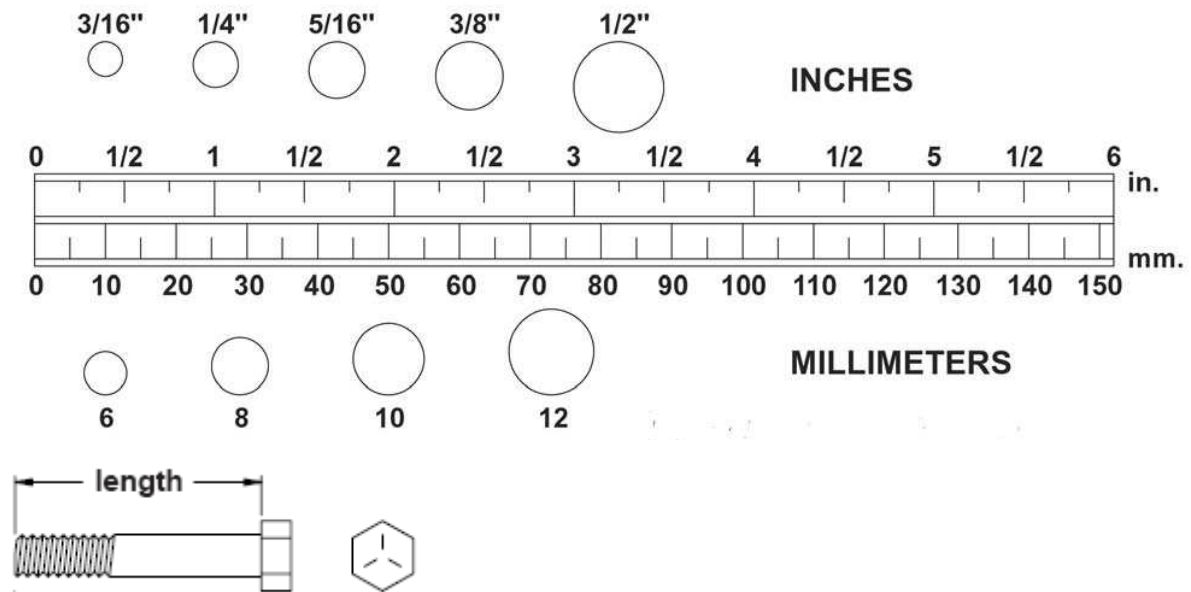
1. Read all warnings posted on the 2 in 1 Rower / Recumbent Bike.
2. Read this Owner's Manual and follow it carefully before using the 2 in 1 Rower / Recumbent Bike. Make sure that it is properly assembled and tightened before use.
3. Keep children away from the 2 in 1 Rower / Recumbent Bike. Do not allow children to use or play on the 2 in 1 Rower / Recumbent Bike. Keep children and pets away from the 2 in 1 Rower / Recumbent Bike when it is in use.
4. Set up and operate the 2 in 1 Rower / Recumbent Bike on a solid level surface. Do not position the 2 in 1 Rower / Recumbent Bike on loose rugs or uneven surfaces.
5. Inspect the 2 in 1 Rower / Recumbent Bike for worn or loose components prior to use.
6. Tighten / replace any loose or worn components prior to using the 2 in 1 Rower / Recumbent Bike.
7. Make sure the Rear Support (62) is locked properly with the Pull Pin (63) before using the 2 in 1 Rower / Recumbent Bike.
8. Make sure the Rail (52) is locked properly by the Release Knob (59) located on the Support Tube (56) when in storage.
9. Keep fingers clear of all pinch points when folding and unfolding the 2 in 1 Rower / Recumbent Bike.
10. Lock seat in position with at least one adjustment hole visible in front of the seat before lifting rail to storage position. This will prevent the seat from damaging the covers.
11. Consult a physician prior to commencing an exercise program. If, at any time during exercise, you feel faint, dizzy, or experience pain, stop and consult your physician.
12. Follow your physician's recommendations in developing your own personal fitness program.
13. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercise.
14. Do not wear loose or dangling clothing while using the 2 in 1 Rower / Recumbent Bike.
15. Never exercise in bare feet or socks; always wear correct footwear, such as running, walking, or crosstraining shoes. Be sure that they fit well, provide foot support and feature non-skid rubber soles.
16. Be careful to maintain your balance while using, mounting, dismounting, or assembling the 2 in 1 Rower / Recumbent Bike, loss of balance may result in a fall and serious bodily injury.
17. The 2 in 1 Rower / Recumbent Bike should not be used by persons weighing over 250 lbs / 113 kgs.
18. The 2 in 1 Rower / Recumbent Bike should be used by only one person at a time.
19. The 2 in 1 Rower / Recumbent Bike is for consumer use only. It is not for use in public or semipublic facilities.

WARNING: Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any illness.

READ AND FOLLOW THE SAFETY PRECAUTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS BODILY INJURY.



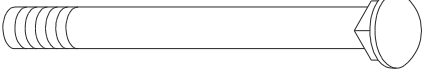
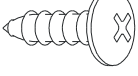
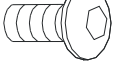

HARDWARE IDENTIFICATION CHART

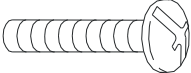
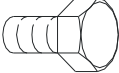


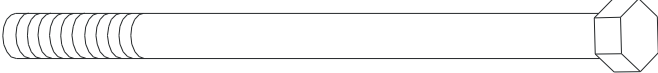



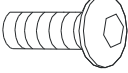
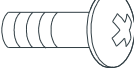


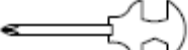
This chart is provided to help identify the hardware used in the assembly process. Place the washers, the end of the bolts, or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.



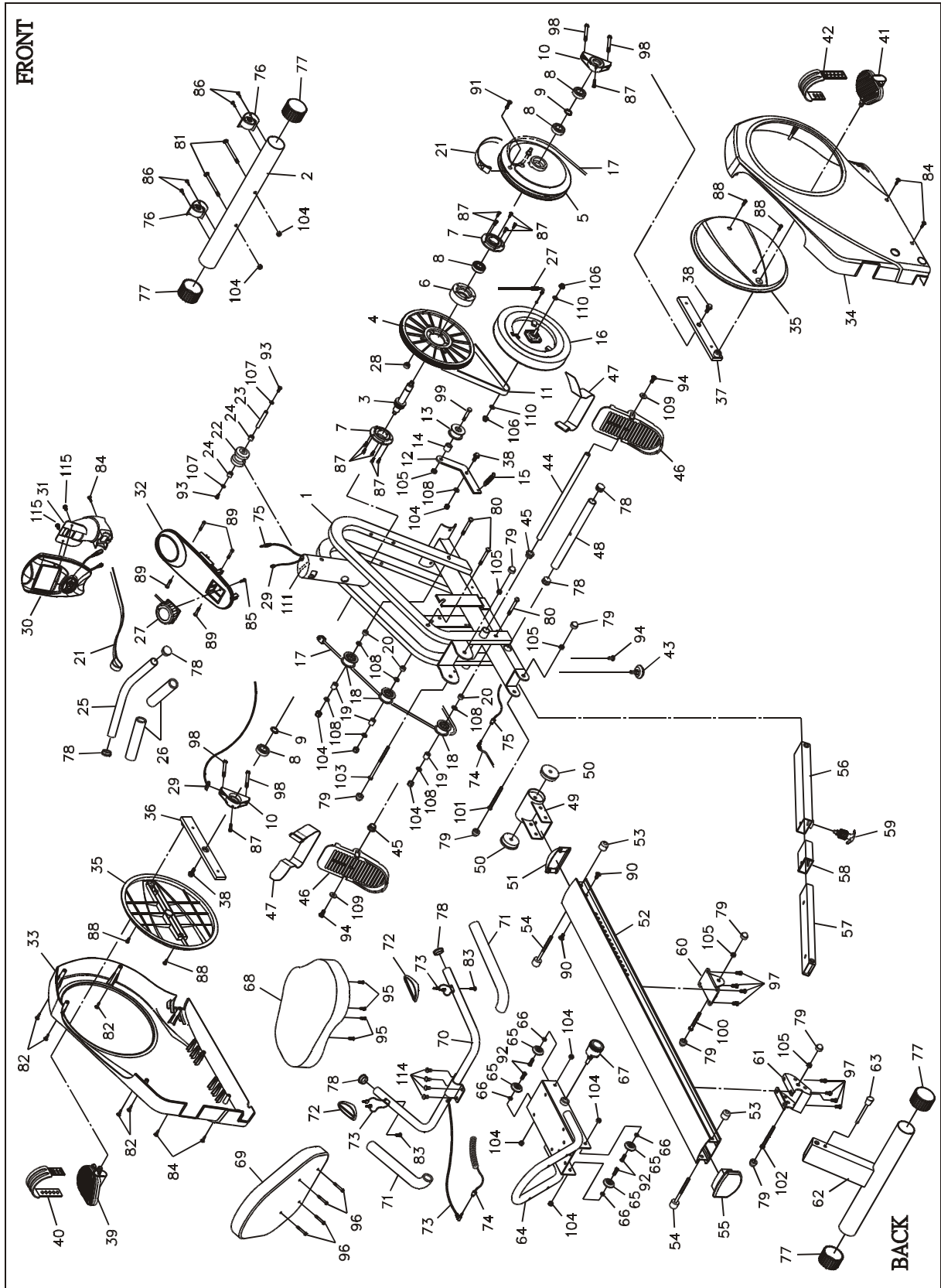
NOTICE: The length of all bolts and screws except those with flat heads is measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt or screw.

After unpacking the unit, open the hardware bag and make sure that you have all the following items. Some hardware may be already attached to the part.

	No.	Description	Qty
	63	Pull Pin	1
	79	Nut Cap M10	8
	81	Carriage Bolt M8x1.25x70mm	2
	84	Screw, Round Head M5x18mm	1
	94	Bolt, Button Head M8x1.25x15mm	3
	95	Bolt, Round Head M6x1x15mm	4

	96	Bolt, Hex Head M6x1x30mm	4
	97	Bolt, Hex Head M8x1.25x16mm	8
	101	Bolt, Hex Head M10x1.5x85mm	1
	102	Bolt, Hex Head M10x1.5x95mm	1
	103	Bolt, Hex Head M10x1.5x125mm	1
	104	Nylock Nut M8x1.25mm	10
	105	Nylock Nut M10x1.5mm	5
	109	Large Washer M8x23mm	2
	114	Bolt, Button Head M8x12mm	4
	115	Bolt, Round Head M5x0.8x12mm	2
		Wrench (17 mm)	2
		Allen Wrench(6 mm)	2
		Combination Wrench	1

EXPLODED VIEW



PARTS LIST

NO.	PART NAME	QTY
1	Main Frame	1
2	Front Stabilizer	1
3	Axle	1
4	Pulley	1
5	Strap Wheel	1
6	Connection Wheel	1
7	One Way Bearing	2
8	Bearing (6004Z)	4
9	C Ring M20	2
10	Bearing Housing	2
11	V-Ribbed Belt	1
12	Idler Arm	1
13	Idler Wheel	1
14	Idler Wheel Spacer	1
15	Tension Spring	1
16	Magnetic System	2
17	Bungee Cord	1
18	Bungee Wheel	3
19	Wheel Bushing	3
20	Wheel Spacer	3
21	Strap	1
22	Strap Roller	1
23	Roller Axle	1
24	Roller Spacer	2
25	Handlebar	1
26	Foam Grip	2
27	Tension Knob	1
28	Magnet	1
29	Sensor Wire	1
30	Meter	1
31	Meter Post	1
32	Top Cover	1
33	Left Cover	1
34	Right Cover	1
35	Crank Cover	2

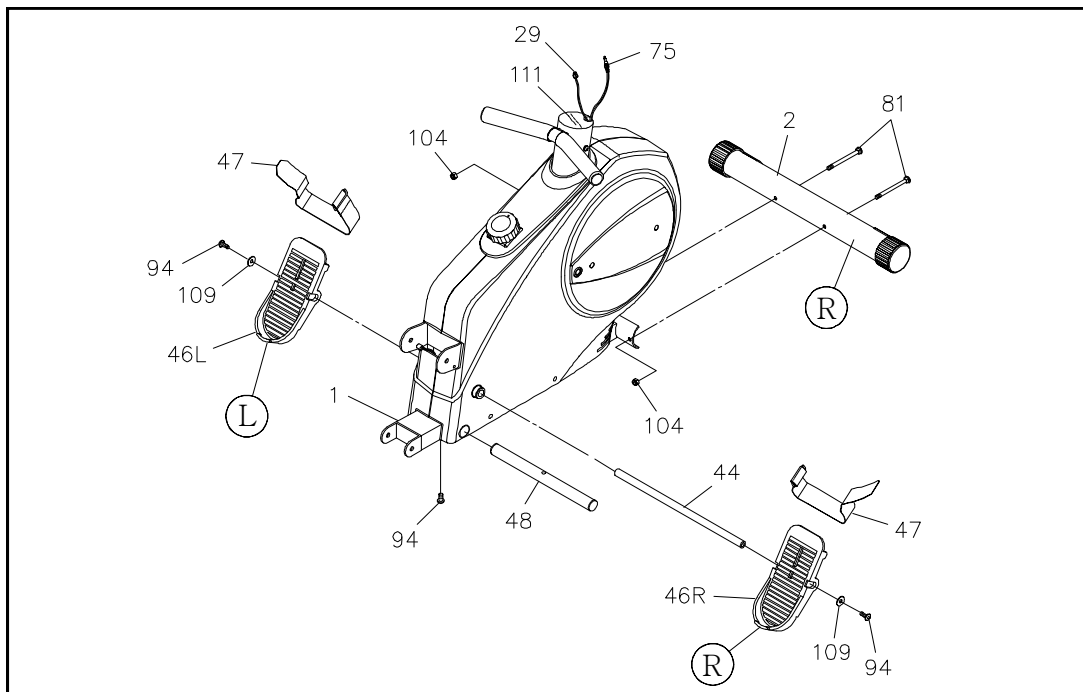
36	Left Crank	1
37	Right Cover	1
38	Flange Bolt M8x1.25x25mm	3
39	Left Pedal	1
40	Left Pedal Strap	1
41	Right Pedal	1
42	Right Pedal Strap	1
43	Stand	1
44	Pedal Shaft	1
45	Spacer	2
46	Foot Pedal	2
47	Pedal Strap	2
48	Stopper Tube	1
49	Rail Pivot	1
50	Pivot Bushing	2
51	Rail Connection Cap	1
52	Rail	1
53	Stopper	2
54	Stopper Bolt	2
55	Rail Cap	1
56	Support Tube	1
57	Inner Support Tube	1
58	Bushing	1
59	Release Knob	1
60	Support Bracket	1
61	Rear Support Bracket	1
62	Rear Support	1
63	Pull Pin	1
64	Seat Carriage	1
65	Seat Roller	4
66	Seat Roller Spacer 8x12x6.5mm	4
67	Spring Pin	1
68	Seat	1
69	Back Cushion	1
70	Handrail	1
71	Foam Grip	2
72	Pulse Sensor Plate	2
73	Pulse Sensor Wire	1

74	Pulse Coil Wire	1
75	Pulse Connection Wire	1
76	Moving Wheel	2
77	Round Endcap 60mm	4
78	Round Plug 25mm	6
79	Nut Cap M10	8
80	Carriage Bolt M8x1.25x60mm	3
81	Carriage Bolt M8x1.25x70mm	2
82	Screw, Round Head M4x20mm	5
83	Screw, Round Head M4x25mm	2
84	Screw, Round Head M5x18mm	5
85	Screw, Round Head M5x0.8x15mm	1
86	Screw, Round Head M5x0.8x18mm	4
87	Bolt, Socket Head M5x0.8x15mm	12
88	Bolt, Round Head M6x1x15mm	4
89	Bolt, Round Head M6x1x30mm	4
90	Bolt, Flat Head M8x1.25x16mm	2
91	Bolt, Flat Head M8x1.25x25mm	1
92	Bolt, Flat Button Head M8x1.25x25mm	4
93	Bolt, Button Head M6x1x12mm	2
94	Bolt, Button Head M8x1.25x15mm	3
95	Bolt, Round Head M6x1x15mm	4
96	Bolt, Round Head M6x1x30mm	4
97	Bolt, Hex Head M8x1.25x16mm	8
98	Bolt, Hex Head M8x1.25x55mm	4
99	Bolt, Hex Head M10x1.5x45mm	1
100	Bolt, Hex Head M10x1.5x75mm	1
101	Bolt, Hex Head M10x1.5x85mm	1
102	Bolt, Hex Head M10x1.5x95mm	1
103	Bolt, Hex Head M10x1.5x125mm	1
104	Nylock Nut M8x1.25mm	10
105	Nylock Nut M10x1.5mm	5
106	Flange Nut M10x1.25mm	2
107	Washer M6	2
108	Washer M8	7
109	Large Washer M8x23mm	2
110	Washer M10	2
111	Decal	1

114	Bolt, Button Head M8x12mm	4
115	Screw, Round Head M5x0.8x12mm	2
	Wrench 17mm	2
	Allen Wrench 6mm	2
	Combination Wrench	1
	User Manual	1

ASSEMBLY INSTRUCTIONS

Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed.



NOTE: Don't remove or damage the DECAL (111) located on the top of the MAIN FRAME (1). The DECAL (111) is for the Sensor Wires drop into the Upright Tube.

STEP 1:

There is a "R" decal on one end of the FRONT STABILIZER (2). Attach the FRONT STABILIZER (2) onto the MAIN FRAME (1) with the "R" decal end at right side and secure with CARRIAGE BOLTS (M8x70mm)(81) and NYLOCK NUTS (M8)(104).

STEP 2:

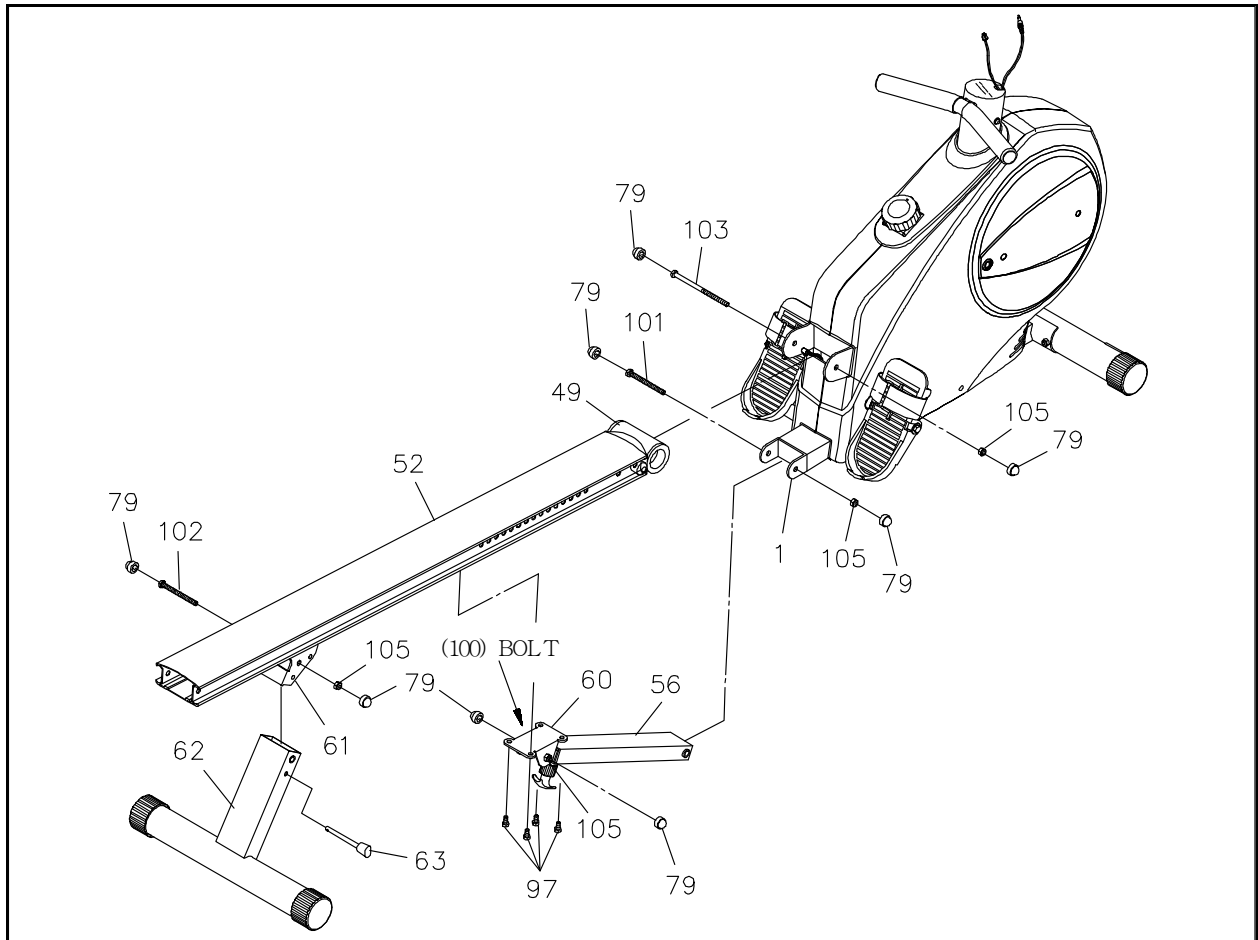
Insert the STOPPER TUBE (48) through the MAIN FRAME (1) and secure with BUTTON HEAD BOLT (M8x15mm)(94).

STEP 3:

Insert the PEDAL SHAFT (44) through the MAIN FRAME (1). Place the RIGHT FOOT PEDAL ASSEMBLY (46R) onto the right end of the PEDAL SHAFT (44) and place the LEFT FOOT PEDAL ASSEMBLY (46L)

onto the left end. Secure the FOOT PEDALS with BUTTON HEAD BOLTS (M8x15mm)(94) and LARGE WASHERS (M8)(109) at both ends of the PEDAL SHAFT (44).

NOTE: You need to use two Allen Wrenches to tighten the BUTTON HEAD BOLTS (M8x15mm)(94) at both ends of the PEDAL SHAFT (44) at the same time.



STEP 4:

Attach the SUPPORT BRACKET (60) onto the RAIL (52) with HEX BOLTS (M8x16mm)(97). Press the NUT CAPS (79) onto NYLOCK NUT (M10)(105) and HEX BOLT (M10x75mm)(100).

STEP 5:

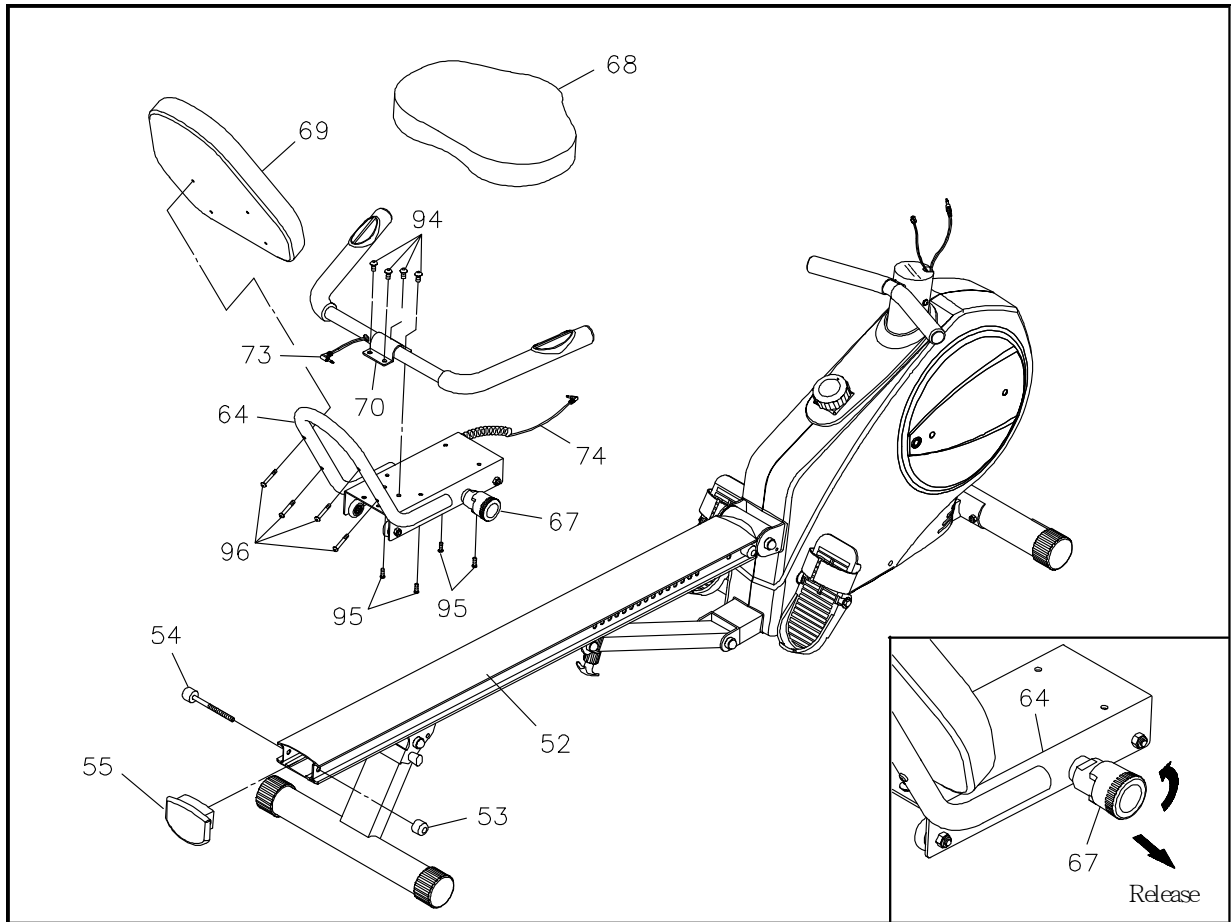
Attach the RAIL (52) onto the MAIN FRAME (1) by sliding the RAIL PIVOT (49) into the bracket on the MAIN FRAME (1) and securing with HEX BOLT (M10x125mm)(103) and NYLOCK NUT (M10)(105). Press the NUT CAPS (79) onto HEX BOLT (M10x125mm)(103) and NYLOCK NUT (M10)(105).

STEP 6:

Connect the lower end of the SUPPORT TUBE (56) to the MAIN FRAME (1) with HEX BOLT (M10x85mm)(101) and NYLOCK NUT (M10)(105). Press the NUT CAPS (79) onto HEX BOLT (M10x85mm)(101) and NYLOCK NUT (M10)(105).

STEP 7:

Attach the REAR SUPPORT (62) into the REAR SUPPORT BRACKET (61) located on the RAIL (52) with HEX BOLT (M10x95mm)(102) and NYLOCK NUT (M10)(105). Lock the REAR SUPPORT (62) in position with the PULL PIN (63). Press the NUT CAPS (79) onto HEX BOLT (M10x95mm)(102) and NYLOCK NUT (M10)(105).



NOTE: Be careful not to damage the PULSE SENSOR WIRES (73, 74) while doing assembly STEP 8 to STEP 10.

STEP 8:

Attach the HANDRAIL (70) onto the SEAT CARRIAGE (64) with BUTTON HEAD BOLTS (M8x12mm)(114).

STEP 9:

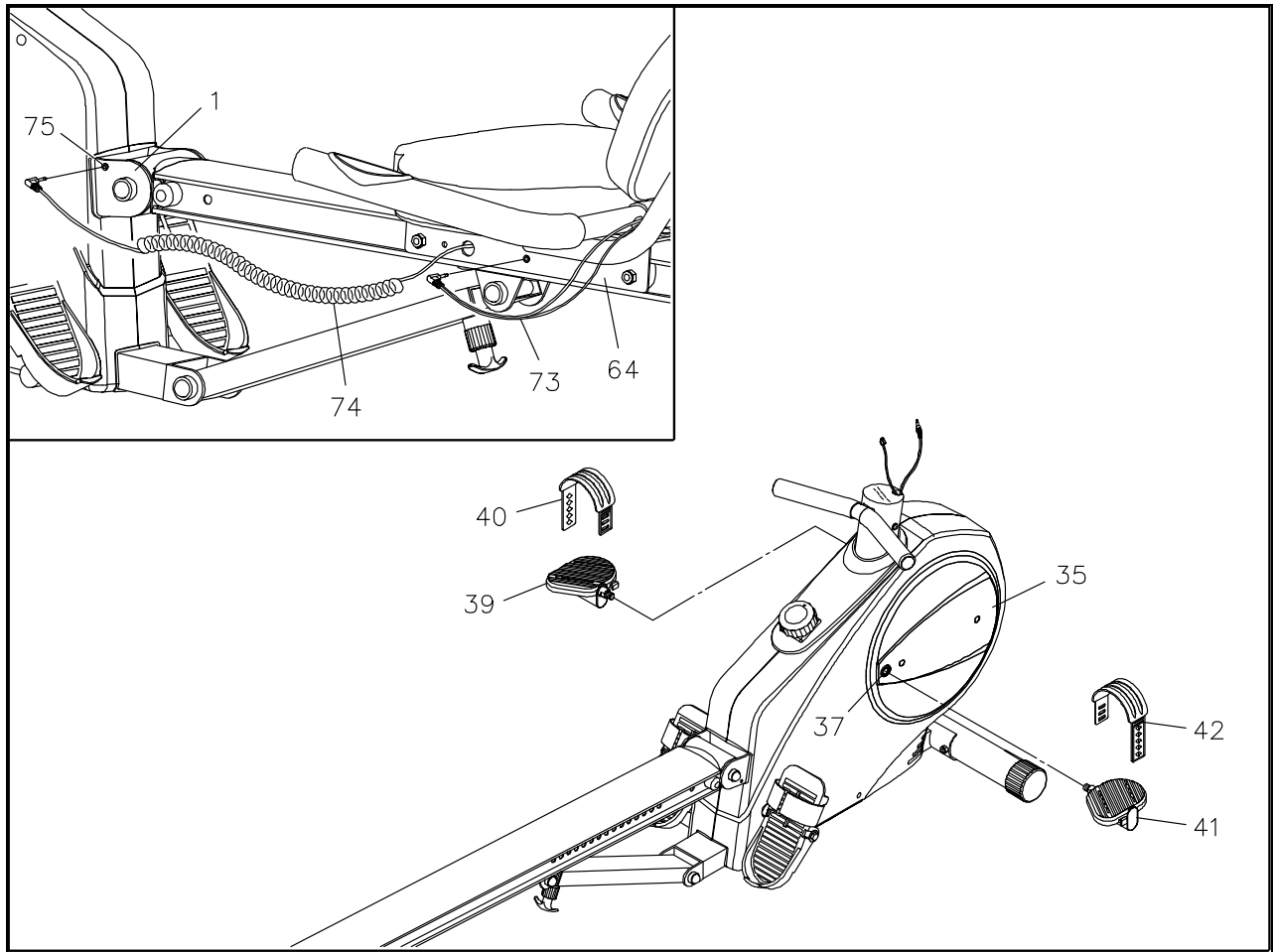
Attach the SEAT (68) onto the SEAT CARRIAGE (64) with ROUND BOLTS (M6x15mm)(95). Attach the BACK CUSHION (69) onto the SEAT CARRIAGE (64) with ROUND BOLTS (M6x30mm)(96).

STEP 10:

Turn the knob of the SPRING PIN (67) counterclockwise and lock the knob in the release position, refer to the inset drawing. Slide the SEAT CARRIAGE ASSEMBLY (64) onto the RAIL (52).

Press the RAIL CAP (55) into the back end of the RAIL (52). Insert the STOPPER BOLT (54) through the RAIL (52) and RAIL CAP (55) to bolt them together with the STOPPER (53).

Please verify that the other STOPPER BOLT (54) at the front end of RAIL (52) was assembled at the factory.



NOTE: The RIGHT PEDAL (41) has R stamped on the end of the pedal shaft. The RIGHT PEDAL (41) has right hand threads and is tightened by turning clockwise. The LEFT PEDAL (39) has L stamped on the end of the pedal shaft. The LEFT PEDAL (39) has left hand threads and is tightened by turning counter clockwise

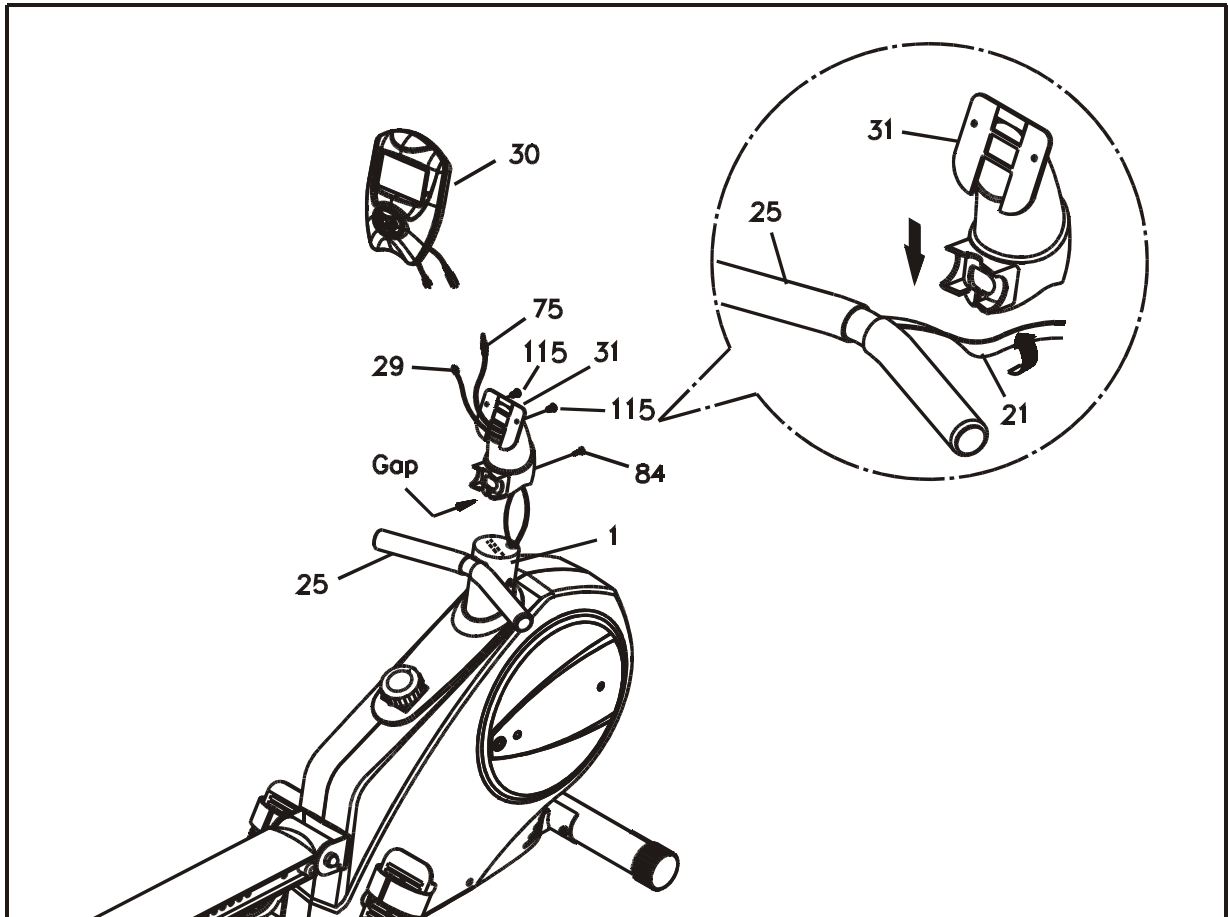
STEP 11:

Thread the RIGHT PEDAL (41) onto the RIGHT CRANK (37) located at inside of the CRANK COVER (35) as shown. Tighten the pedal securely. Select the RIGHT PEDAL STRAP (42) which has R marked on the bottom side of the strap. Snap the three hole end onto the inside edge of the RIGHT PEDAL (41). Snap the other end onto the outside edge of the RIGHT PEDAL (41) with the R mark on the bottom of the RIGHT PEDAL STRAP (42). Select adjustment holes which allow your foot to be easily removed from the pedals.

Do the same way to attach the LEFT PEDAL (39) onto the LEFT CRANK (36) and snap the LEFT PEDAL STRAP (40) onto the LEFT PEDAL (39).

STEP 12:

Refer to the inset drawing. Plug the PULSE SENSOR WIRE (73) into the socket of PULSE COIL WIRE (74) located on the SEAT CARRIAGE (64). Plug the PULSE COIL WIRE (74) into the socket of PULSE CONNECTION WIRE (75) located on the bracket on the MAIN FRAME (1).



STEP 13:

Insert the SENSOR WIRE (29) and PULSE CONNECTION WIRE (75) into the bottom end of METER POST (31) and pull them out of the top of the METER POST (31). Pull the HANDLEBAR (25), twist the STRAP (21) and slide the strap through the gap into the hole in the bottom of the METER POST (31). Slide the METER POST (31) onto the MAIN FRAME (1) and secure with SCREW (M5x18mm)(84).

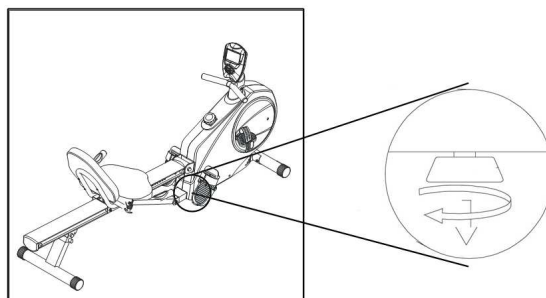
STEP 14:

Install two “AA” batteries into the METER (30), two batteries included. Plug the SENSOR WIRE (29) and PULSE CONNECTION WIRE (75) to the METER (30) and push the excess wires back into the METER POST (31). Attach the METER (30) onto the METER POST (31) with two SCREW, ROUND HEAD (M5x0.8x12mm)(115).

NOTE: Please be careful not to damage the SENSOR WIRE when attaching the METER (30).

STEP 15:

Turn counter clockwise the Adjustment Pad until it stands on the ground completely to ensure the stability when using.



USING THE ELECTRONIC COMPUTER



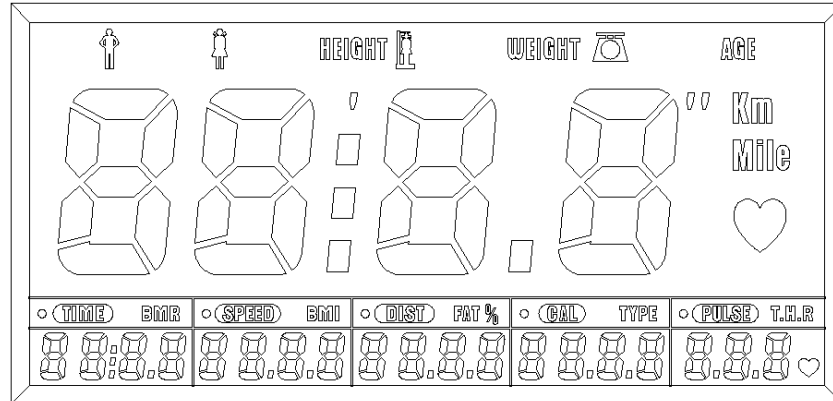
KEY GUIDE

ENTER (RESET)	<ol style="list-style-type: none"> Select function to be preset. Gender-Height-Weight-Age-Time-Distance-Calorie-Pulse Press this button to enter setting mode. Press this button to confirm the setting values. Hold two seconds to reset all of the values to zero. Hold over 5 seconds, the display and function will return to preset your personal data for body fat measuring.
RECOVERY	Press this button going into pulse recovery detecting.
MEASURE	Press this button going to measure your body fat detecting. Before operating this function, you have to enter your personal data in monitor.
▲	<ol style="list-style-type: none"> Increase the setting value of the following functions. Gender -Height-Weight-Age-Time- Distance-Calorie-Pulse Select function and display on the main screen during exercise. Scan-Time-Speed- Distance -Calorie -Pulse.
▼	<ol style="list-style-type: none"> Decrease the setting value of the following functions. Gender -Height-Weight-Age-Time- Distance-Calorie-Pulse Select function and display on the main screen during exercise. Scan - Pulse-Calorie-Distance-Speed-Time.

BATTERY REPLACEMENT

- Please install 2 pieces of AA or UM-3 batteries in the battery case on the back of monitor.
- Ensure that the batteries are correctly fitted. Battery must be correctly positioned and make sure the battery spring is properly contacted with battery.

3. If the display appears blank or display only partial segment, remove the batteries and wait 15 seconds, then replace.
4. Whenever remove batteries, all the functions values will be reset to zero.
5. The batteries must be removed from the appliance before it is scrapped and that they are disposed of safely.



FUNCTIONS AND OPERATION

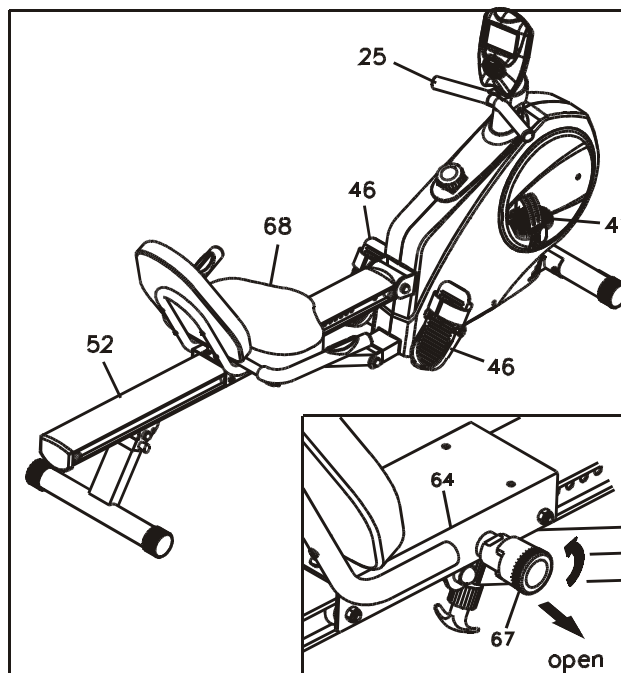
AUTO ON/OFF	The monitor will wake up automatically if the exercise machine is in motion. If stop exercising for over 4 minutes, monitor will turn off and reset all function values to zero.
SCAN	Press the button of UP or DOWN until the dot of scanning flash on the screen. Monitor will display the following function and each function will keep 5 seconds on the main screen. Time-Speed-Distance-Calorie-Pulse.
TIME	<p>Press the button of UP or DOWN until the dot of TIME display on the screen. Monitor will display the Time function on the main screen. If you want to setup the value, please press the button of ENTER/RESET to TIME function and press the UP or DOWN button to enter the value you want.</p> <p>Count up: Without setting the time value, the monitor will count up the time from 00:00~99:59.</p> <p>Count down: Setting the exercise time from 1:00~99:00 minutes, the monitor will count down from your setting values. Once reach setting value, monitor will alarm.</p>
SPEED	Press the button of UP or DOWN until the dot of SPEED display on the screen. Monitor will display the current speed on the main screen. The monitor will display the current speed from 0.0~ 99.9 km/h (mph).
DISTANCE	<p>Press the button of UP or DOWN until the dot of DIST display on the screen. Monitor will accumulate the distance trip. If you want to setup the value, please press the button of ENTER/RESET to DIST and press the UP or DOWN button to enter the value you want.</p> <p>Count up: Without setting the distance value, the monitor will count up the distance from 0.1~999.9 km (mi).</p> <p>Count down: Setting the exercise distance from 1.0~999.0 km (mi), the monitor will count down from your setting values. Once reach setting value, monitor will alarm.</p>
CALORIE	Press the button of UP or DOWN until the dot of CAL display on the screen. Monitor will accumulate the calorie consumption. If you want to setup the value, please press the button of ENTER/RESET to CAL and press the UP or DOWN button to enter the value

	<p>you want.</p> <p>Count up: Without setting the calorie value, the monitor will count up the calorie from 0.1~999.0.</p> <p>Count down: Setting the exercise calorie from 1.0~999.0, the monitor will count down from your setting values. Once reach setting value, monitor will alarm.</p>									
<p>PULSE (Target Heart Rate)</p>	<p>Press the button of UP or DOWN until the dot of pulse display on the screen. The monitor will display your current heart rate in beats per minute. If you want to setup the value, please press the button of ENTER/RESET to T.H.R. and press the UP or DOWN button to enter the value you want.</p> <p>Pulse Limit:</p> <p>Setting the value of pulse limit between 60 to 220, the monitor will measure your heartbeats.</p> <p>Once reach setting value, monitor will flash until your heartbeats under your setting value.</p> <p>Place the palms of your hands on the both of the contact pads and the monitor will show up your heartbeat rate in beat per minute (BPM) on the LCD display.</p> <p>NOTE:</p> <ol style="list-style-type: none"> 1. If no pulse signal input within 16 seconds, the display will indicate “P”. 2. In the stop mode, the monitor cannot measure heart rate. 3. PULSE RECOVERY <p>It is a function to check the condition of pulse recovery when stop exercising that is scaled from F1.0 to F6.0 while F1.0 means the best and F6.0 means the worst and the increment is 0.1. This function may reflect your heart pulse recovery ability and improve it through exercise. In order to get rated correctly, users must test it right after the workout finished by pressing “RECOVERY” key and then stop exercising. After the key is pressed, please also apply the heart rate detector appropriately. The test will last for 1 minute and the result will show in the display.</p>									
<p>BODY FAT MEASUREMENT (Body Mass Index)</p>	<p>When you turn on the monitor or press the ENTER/RESET button over 6 seconds, the monitor will go into BODY FAT MEASUREMENT function. Before press MEASURE button to measure your body fat, you have to enter your personal data into monitor. Select the personal data and press UP or Down button to enter your personal data. Then press MEASURE button and place the palms of your hands on the both of contact pads. The monitor will show your body fat ratio on LCD. The default value of personal data is as described as following. The personal data will be not kept in monitor when monitor power off or be reset.</p> <p>GENDER: male, HEIGHT: 175 cm, WEIGHT: 70 kg, AGE: 30 years old.</p> <p>A. Body types:</p> <p>There are 9 body types divided according to the FAT% calculated:</p> <table border="1" data-bbox="624 1715 1394 1939"> <tr> <td data-bbox="624 1715 884 1809">1 Ultra-sportsman type</td> <td data-bbox="884 1715 1144 1809">2 Ideal-sportsman type</td> <td data-bbox="1144 1715 1394 1809">3 Ultra slim type</td> </tr> <tr> <td data-bbox="624 1809 884 1861">4 Sportsman type</td> <td data-bbox="884 1809 1144 1861">5 Ideal-healthy type</td> <td data-bbox="1144 1809 1394 1861">6 Slim type</td> </tr> <tr> <td data-bbox="624 1861 884 1939">7 Too fat</td> <td data-bbox="884 1861 1144 1939">8 Fat type</td> <td data-bbox="1144 1861 1394 1939">9 Ultra body fat type</td> </tr> </table> <p>B. BMR: Basal Metabolism Ratio:</p> <p>The monitor will calculate the data of gender, height, weight and age to</p>	1 Ultra-sportsman type	2 Ideal-sportsman type	3 Ultra slim type	4 Sportsman type	5 Ideal-healthy type	6 Slim type	7 Too fat	8 Fat type	9 Ultra body fat type
1 Ultra-sportsman type	2 Ideal-sportsman type	3 Ultra slim type								
4 Sportsman type	5 Ideal-healthy type	6 Slim type								
7 Too fat	8 Fat type	9 Ultra body fat type								

	<p>show your value. The value will show on the screen from 1 ~ 9999 Kcal.</p> <p>C. BMI: Body Mass Index:</p> <p>The monitor will calculate the data of height and weight to show your value. The value will show on the screen from 1.0 ~ 99.9 on screen.</p> <p>D. FAT %(BODY FAT RATIO):</p> <p>The monitor will calculate the data of gender, height, weight and age to show your BODY FAT RATIO. The value will show on screen from 5 ~ 50%.</p>
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RECUMBENT BIKE MODE / ROWER MODE

Your 2 in 1 Rower / Recumbent Bike can be used in the Recumbent Bike mode or the Rower mode. When the SPRING PIN (67) locks the SEAT ASSEMBLY to the RAIL (52), the 2 in 1 Rower / Recumbent Bike is in the Recumbent Bike mode. When the SPRING PIN (67) is in the Release position, the SEAT ASSEMBLY is not locked to the RAIL (52) and the 2 in 1 Rower / Recumbent Bike is in the Rower mode.



RECUMBENT MODE

Pull the knob on the SPRING PIN (67), turn it clockwise and release the knob to allow it to lock the seat in position. Sit on the seat and pedal with the PEDALS (39, 41).

ROWER MODE

Pull the knob on the SPRING PIN (67) and turn it counter-clockwise to lock it in the release position. Refer to the inset drawing. This will allow the SEAT ASSEMBLY to slide freely on the RAIL (52). To workout, sit on the seat, place your feet on the FOOT PEDALS (46) and pull on the HANDLEBAR (25).

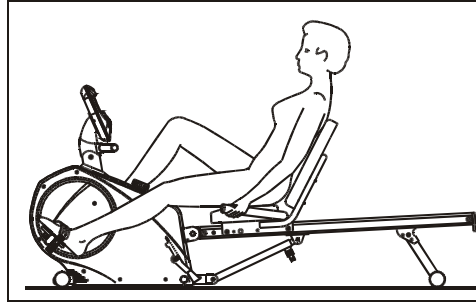
NOTE: If the FRONT STABILIZER (2) raises off the floor during use, adjust the STAND (43) to a higher position.

CAUTION: Always verify that the SPRING PIN (67) is in the correct position before you begin your workout.

SEAT ADJUSTMENT

Proper seat adjustment is important for Recumbent Bike mode.

1. Sit on the seat and place your feet on the pedals. You should be able to move through a complete pedal stroke without locking your knees or shifting your hips on the seat. The seat is too close to the pedals if you have more than a slight bend in your knees at the bottom of the pedal stroke. The seat is too far from the pedals if you have to completely straighten your knees at the bottom of the pedal stroke. Refer to the illustrations below.

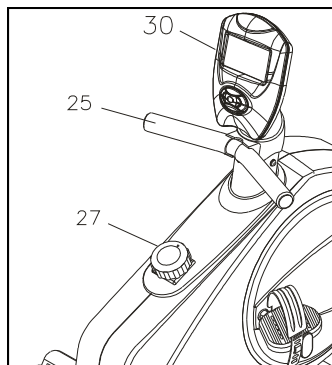


2. Pull the knob on the SPRING PIN (67) and slide the SEAT ASSEMBLY forward or backward to adjust the seat. Release the knob on the SPRING PIN (67) and make sure it is inserted into one of the adjustment holes in the RAIL (52).

WARNING: Do not attempt to adjust the seat while you are on the 2 in 1 Rower / Recumbent Bike.

LOAD ADJUSTMENT

To increase the load, turn the TENSION KNOB (27) clockwise. To decrease the load, turn the TENSION KNOB (27) counterclockwise. There are eight levels for the load adjustment.



MAINTENANCE

The safety and integrity designed into the 2 in 1 Rower / Recumbent Bike can only be maintained when the 2 in 1 Rower / Recumbent Bike is regularly examined for damage and wear. Special attention should be given to the following:

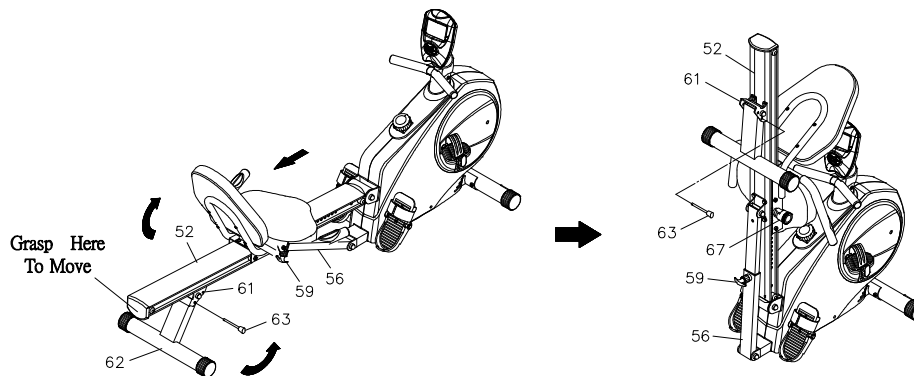
1. Adjust the TENSION KNOB (27) and verify that the Magnetic System provides tension. The Magnetic System should provide many years of use.
2. Clean the roller tracks in the RAIL (52) with an absorbent cloth.
3. It is the sole responsibility of the user / owner to ensure that regular maintenance is performed.
4. Verify that all nuts and bolts are present and properly tightened. Replace missing nuts and bolts. Tighten loose nuts and bolts.

5. Worn or damaged components shall be replaced immediately or the 2 in 1 Rower / Recumbent Bike removed from service until repair is made.
6. Keep your 2 in 1 Rower / Recumbent Bike clean by wiping with an absorbent cloth after use.

STORAGE

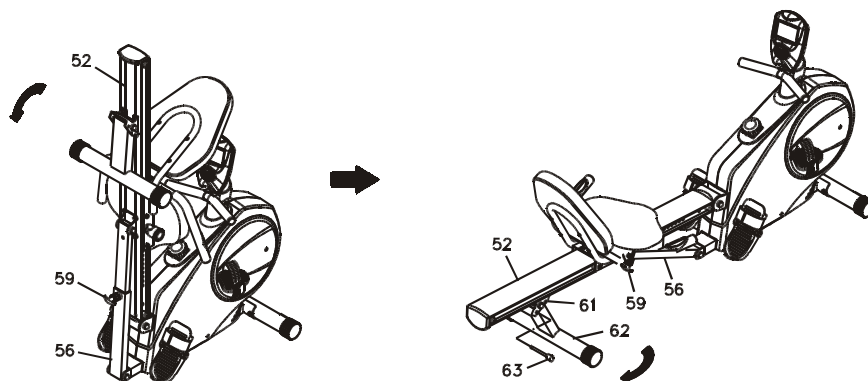
1. To store the 2 in 1 Rower / Recumbent Bike simply keep it in a clean dry place.
2. To avoid damage to the electronics meter, remove the batteries before storing the 2 in 1 Rower / Recumbent Bike for one year or more.
3. Move the 2 in 1 Rower / Recumbent Bike with the moving wheels on the Front Stand. Grasp the Rail Cap to move the 2 in 1 Rower / Recumbent Bike. Do not use the Seat to move the 2 in 1 Rower / Recumbent Bike. The Seat will move and the Seat Carriage may pinch your hand or fingers.
4. Follow the following process to fold the 2 in 1 Rower / Recumbent Bike as illustrated for easy storage.
 - a. Adjust and lock the seat in position with at least one adjustment hole visible in front of the seat.
 - b. NOTE: This will prevent the seat from damaging the covers.
 - c. Remove the PULL PIN (63) and swing the REAR SUPPORT (62) toward the front.

NOTE: This will allow you to pull out the RELEASE KNOB (59) easily.
 - d. Pull out the RELEASE KNOB (59) and fold up the RAIL (52). Make sure the RAIL (52) is locked securely in folded position by RELEASE KNOB (59).
 - e. Lock the REAR SUPPORT (62) in folded position with the PULL PIN (63).



UNFOLDING

- a. Pull out the RELEASE KNOB (59) and unfold the RAIL (52). Make sure the RAIL (52) is locked securely in the unfolded position by RELEASE KNOB (59).
- b. Remove the PULL PIN (63) and swing the REAR SUPPORT (62) backward, then lock the REAR SUPPORT (62) in position with the PULL PIN (63).



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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Web: www.insportline.sk, www.worker.sk, www.worker-moto.sk

Date of Sale:

Stamp and Signature of Seller: