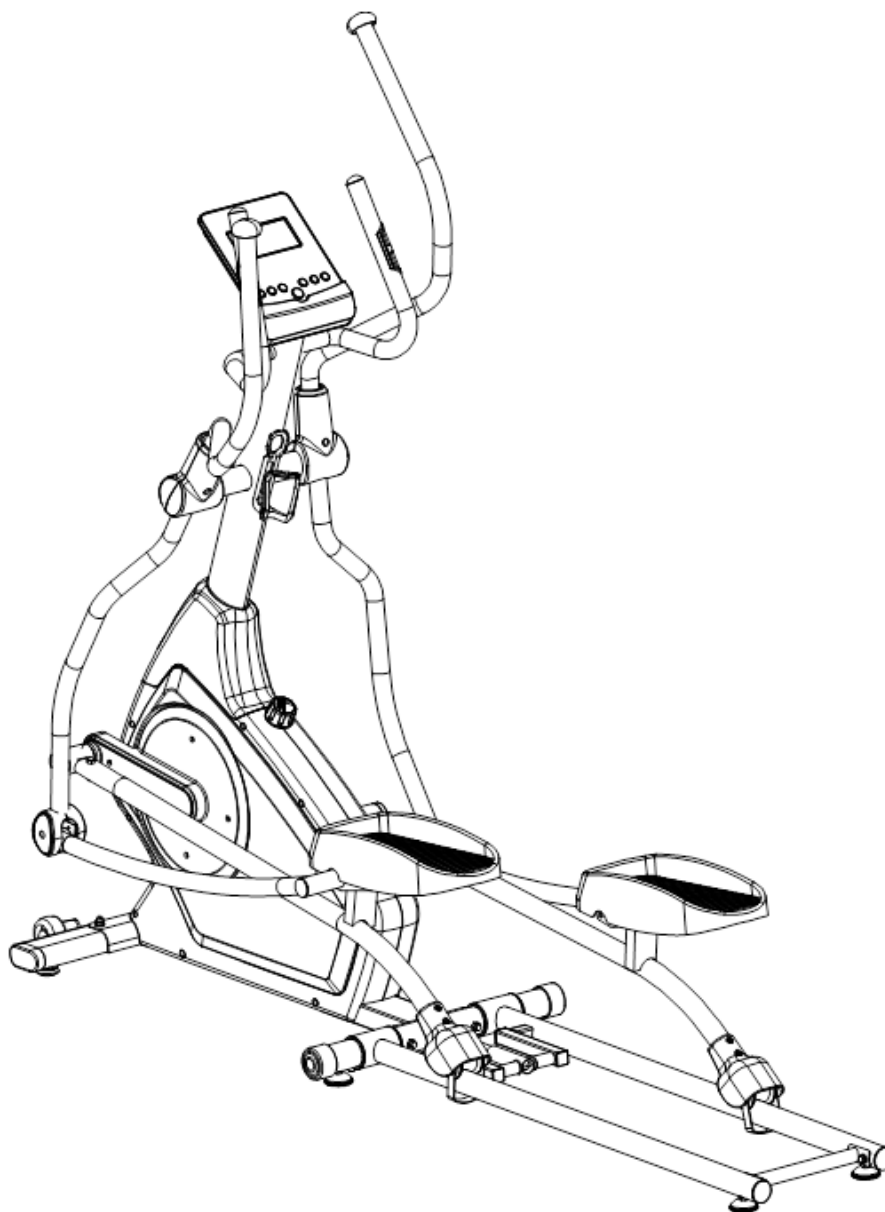




USER MANUAL – EN

IN 9118 Elliptical Trainer inSPORTline inCondi ET520i



Made in P.R.C

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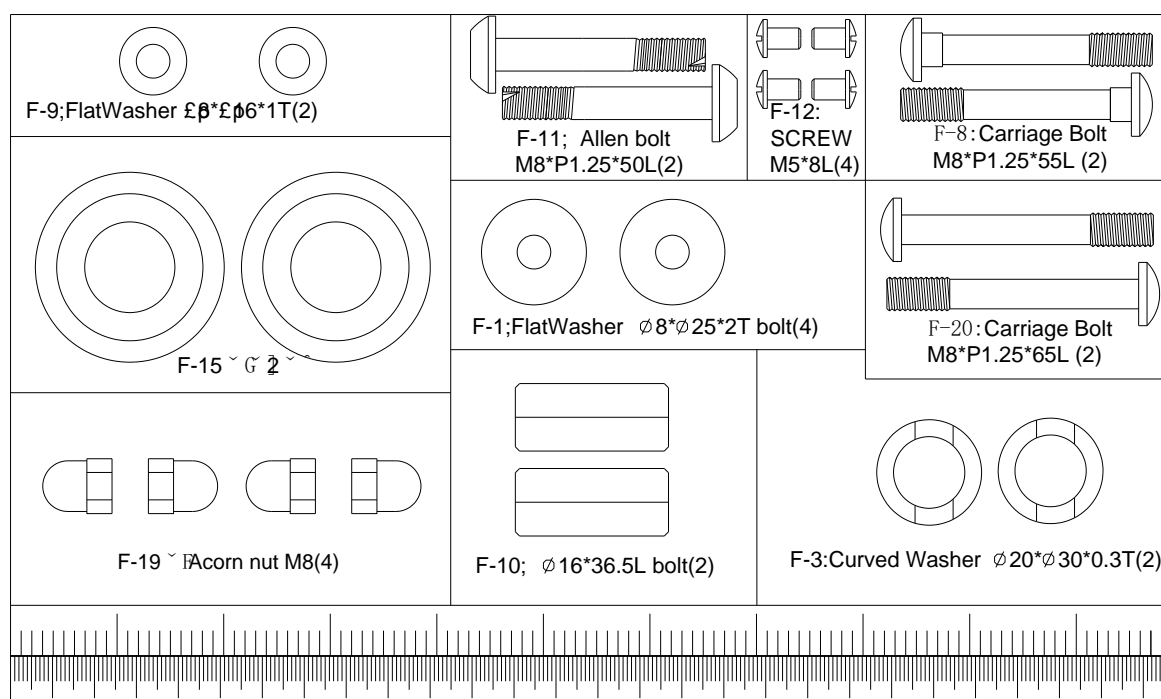
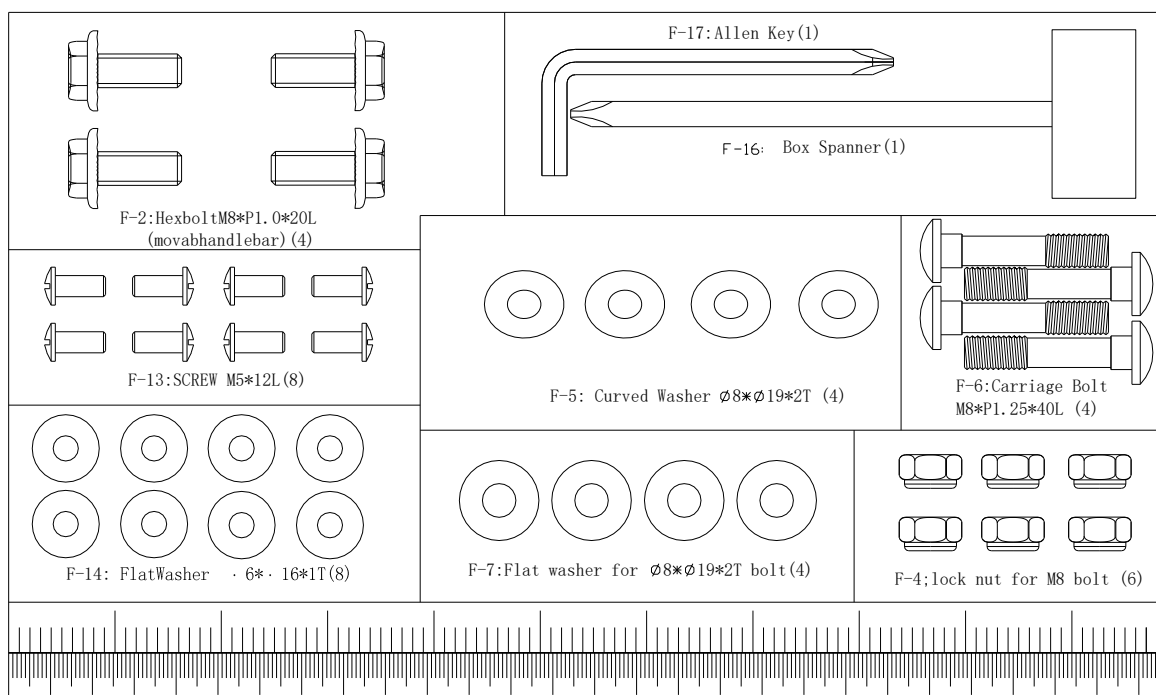
PREFACE

This elliptical has been designed and constructed to provide maximum safety. Nevertheless, certain precautions should be taken when using exercise equipment. Read the whole manual before assembling and using the bicycle. The following safety precautions should also be observed:

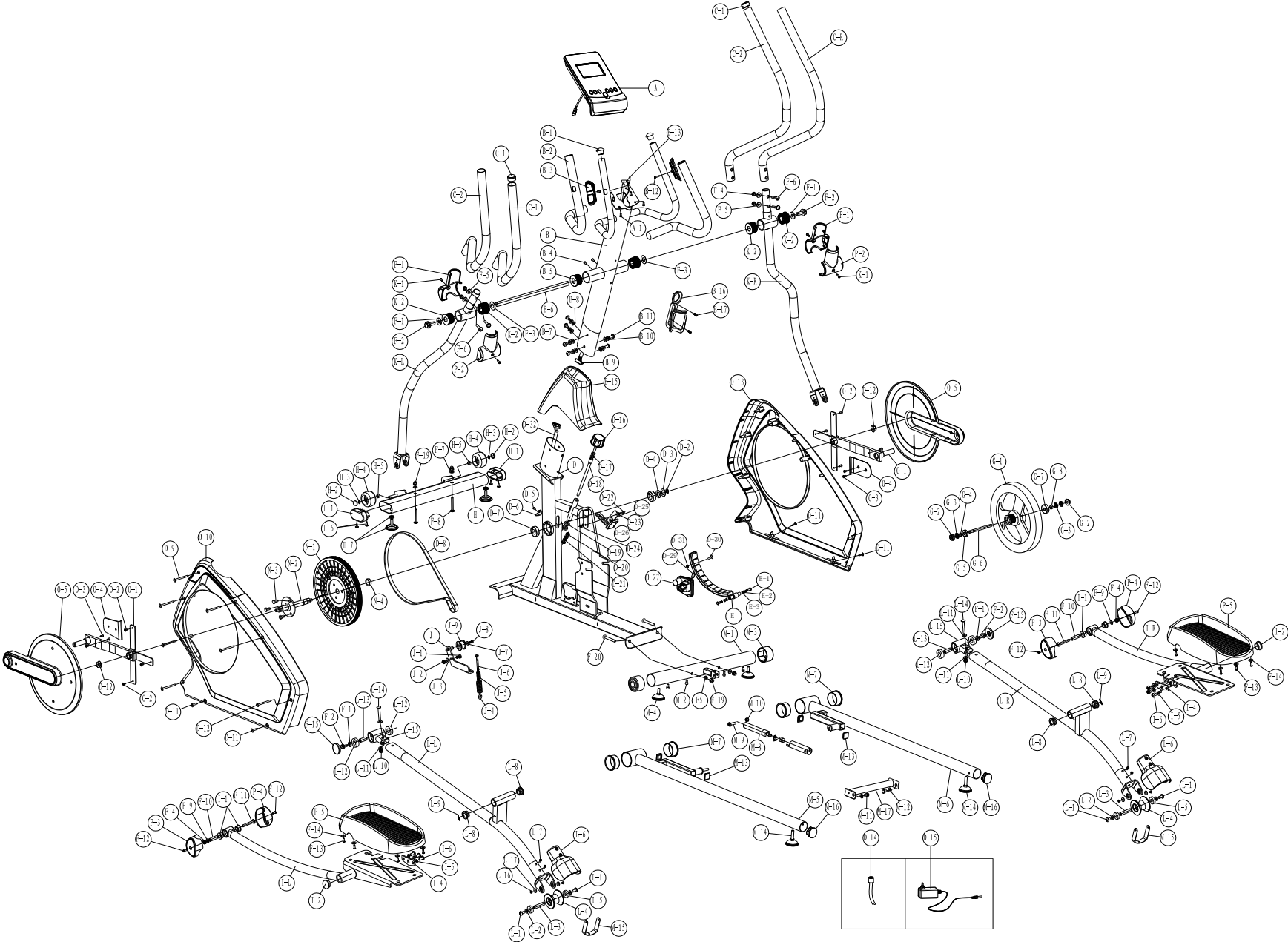
SAFETY CAUTION

1. Before using the elliptical, please read all instructions in this manual.
2. It is the responsibility of the owner to ensure that all users of the elliptical are adequately informed of all precautions. Use the elliptical only as described in this manual.
3. Use the elliptical indoors on a level surface and keep it away from moisture and dust. Place a mat under the stabilizers to protect the carpet or floor.
4. Inspect and tighten all parts regularly. Replace and worn parts immediately.
5. Keep children away from this equipment at all times. DO NOT leave them unsupervised in the room where this exerciser is kept.
6. Wear appropriate exercise clothing when using the elliptical. Do not wear loose clothing that could become caught in the elliptical.
7. If you feel pain or dizziness while exercising, stop immediately and cool down.
8. The pulse sensor is not a medical device. Various factors including the user's movement, may affect the accuracy of the heart rate readings. The Pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
9. **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!
10. Class - HA (according to EN ISO 20957) for home and club use.
11. User weight should not exceed 150 kg.

TOOL KIT



EXPLODED VIEW



PARTS LIST

NO.	DESCRIPTION	Q'TY
A	Computer	1
A-1	Screw	4
B	Handlebar post set	1 (set)
B-1	End cap for front handlebar	2
B-2	Foam grip for front handlebar	2
B-3	Hand pulse	2
B-4	Screw	2
B-5	Sleeve	2
B-6	Axle for handlebar	1
B-7	Flat washer	4
B-8	Semicircle washer	2
B-9	Cable wire (upper)	1
B-10	Spring washer	6
B-11	Screw	6
B-12	Screw	2
B-13	Hand pulse wire	2
B-14	Screw	2
B-15	Cover for handlebar post	1
B-16	Water bottler holder	1
B-17	Screw for fixing holder	2
C-L	Left upper handlebar	1 (set)
C-R	Right upper handlebar	1 (set)
C-1	End cap for upper handlebar	2
C-2	Foam grip for upper handlebar	2
D	Main frame	1 (set)
D-2	C-type ring	1
D-3	Flat washer	1
D-4	Wave washer	1
D-5	Screw for sensor box	1
D-6	Sensor box	1
D-7	Bearing	2
D-8	Belt	1
D-9	Screw	7
D-10	Chain cover (L)	1
D-11	Screw	4
D-12	Nut	2
D-13	Chain cover (R)	1
D-14	DC Wire	1
D-15	Adaptor	1
D-16	Brake knob	1
D-17	Nut	2

D-18	Axle for brake	1
D-19	Nut	2
D-20	Nylon nut	2
D-21	Flat washer	2
D-22	Screw	1
D-23	Flat washer	2
D-24	Nylon nut	1
D-25	Brake plate	1
D-26	Felt	1
D-27	Motor bracket	1 (set)
D-29	Axle of gear box	1
D-30	Screw	1
D-31	Nut	1
D-32	Cable wire (lower)	1
E	Eddy magnet assembly	1 (set)
E-1	Screw	2
E-2	Flat washer	2
E-3	Spring washer	2
F	Screw set	1 (set)
F-1	Flat washer	4
F-2	Nylon screw	4
F-3	Wave washer	2
F-4	Nylon nut	6
F-5	Semicircle washer	4
F-6	Carriage screw	4
F-7	Flat washer	4
F-8	Carriage screw	2
F-9	Flat washer	2
F-10	Sleeve	2
F-11	Allen bolt	2
F-12	Screw	4
F-13	Screw	8
F-14	Flat washer	8
F-15	Cover for screw	2
F-16	Box spanner	1
F-17	Allen key	1
F-19	Nut	4
F-20	Carriage screw	2
G	Flywheel set	1 (set)
G-1	Flywheel	1
G-2	Nut	2
G-3	Nut	3

G-4	Flat washer	1
G-5	Bearing	1
G-6	Axle for flywheel	1
G-7	Bearing	1 (set)
G-8	Bushing	1
H	Front stabilizer set	1 (set)
H-1	Foot cap for front stabilizer	2
H-2	Nut	2
H-3	C-type ring	2
H-4	Transportation wheel	2
H-5	Sleeve	2
H-6	Screw	4
H-7	Adjustable foot cap	2
I-L	Left pedal arm	1 (set)
I-R	Right pedal arm	1 (set)
I-1	Sleeve	4
I-2	End cap	2
I-4	Pedal connector	2
I-5	Flat washer	6
I-6	Screw	6
J	Idler	1 (set)
J-1	Hex. bolt	1
J-2	Nylon nut	1
J-3	Flat washer	1
J-4	Spring	1
J-5	Spring bracket	1
J-6	Hex. bolt	1
J-7	Flat washer	1
J-8	Hex. bolt	1
J-9	Idler wheel	1
K-L	Left lower handlebar	1 (set)
K-R	Right lower handlebar	1 (set)
K-1	Screw	4
K-2	Sleeve	4
L-L	Left crank arm	1
L-R	Right crank arm	1
L-1	Screw	4
L-2	Flat washer	4
L-3	Fixed stick for wheel	2
L-4	Wheel	2
L-5	Bearing	4
L-6	Cover for wheel	2

L-7	Screw	4
L-8	Bushing	4
L-9	Wave washer	2
L-10	Nylon nut	2
L-11	Flat Washer	4
L-12	Bearing	4
L-13	Bushing	2
L-14	Bolt	2
L-15	Crank arm connect base	2
L-16	Screw	4
L-17	Flat washer	4
M	Rear stabilizer set	1
M-1	Rear stabilizer	2
M-2	Screw	4
M-3	Rear stabilizer end cap	4
M-4	Stabilizer adjusting cap	2
M-5	Slide rail (left)	1
M-6	Slide rail (right)	1
M-7	Sleeve	4
M-8	Cylinder	1
M-9	Screw	1
M-10	Nylon Nut	1
M-11	Hex. bolt	2
M-12	Semi-circle washer	2
M-13	Square cap	4
M-14	Slider adjusting cap	2
M-15	U-shape Locker	2
M-16	Slider end cap	2
M-17	Connection	1
N	Axle set	1 (set)
N-1	Pulley	1
N-2	Axle	1
N-3	Hex. bolt	3
N-4	Bushing	1
O	Disc cover and crank set	2 (set)
O-1	Crank (R+L)	2
O-2	Screw	10
O-3	Screw	2
O-4	Cover for disc cover	2
O-5	Disc cover	2
P-1	Front cover for upper handlebar	2

P-2	Rear cover for upper handlebar	2
P-3	Left cover for pedal arm	2
P-4	Right cover for pedal arm	2
P-5	Pedal	2

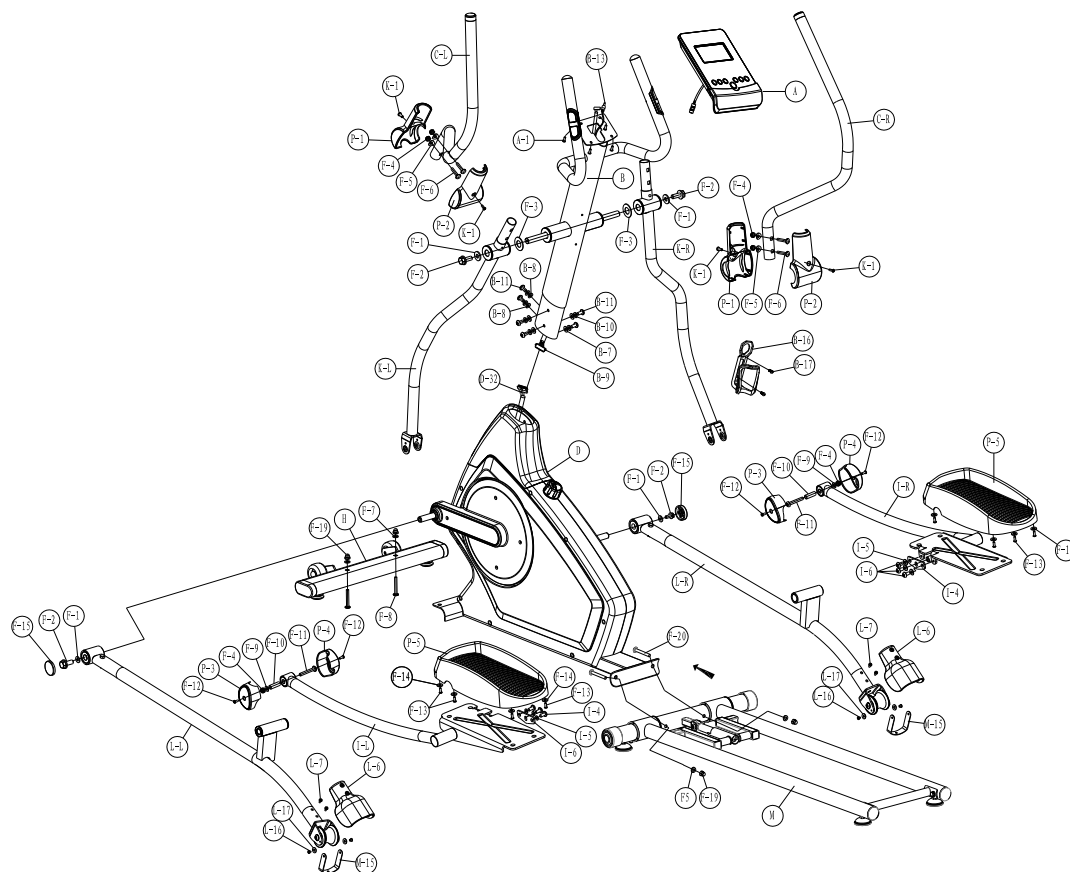
ASSEMBLY

BEFORE EVERYTHING

It will affect your safety and the smoothness of this machine, as well as its life time.

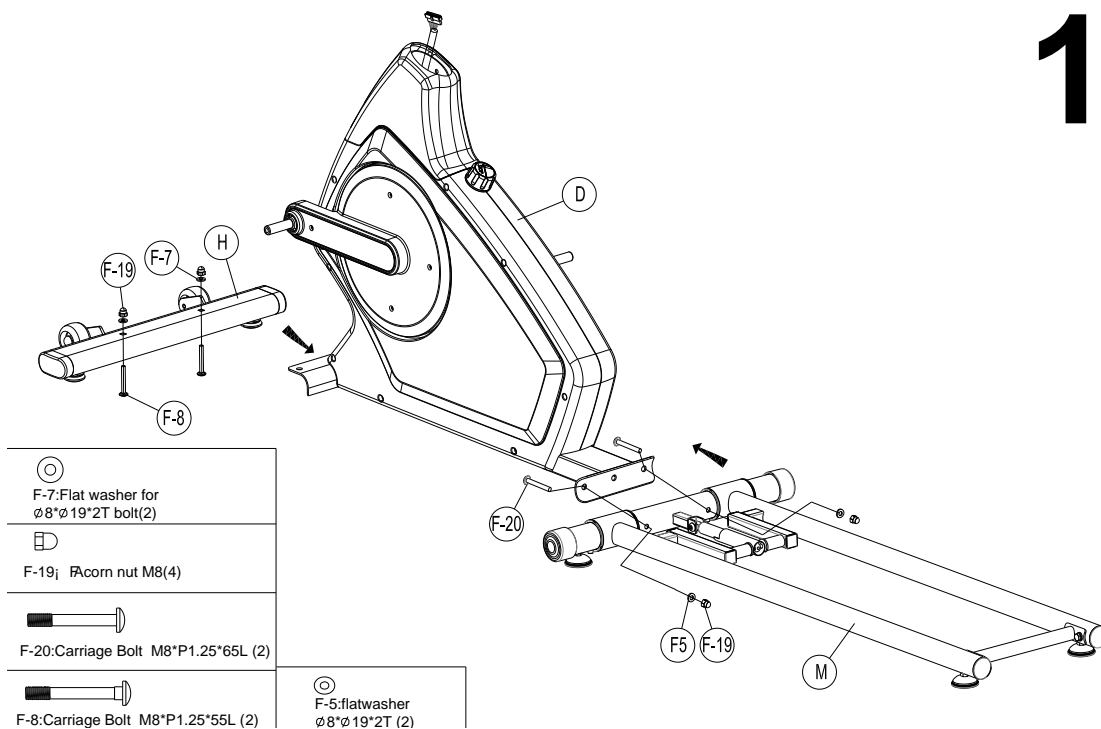
- Please check is there's any parts missed.
- Please assemble all the screws first
- After everything fixed, then make sure they're firmly enough.

BUILD IT



STEP 1

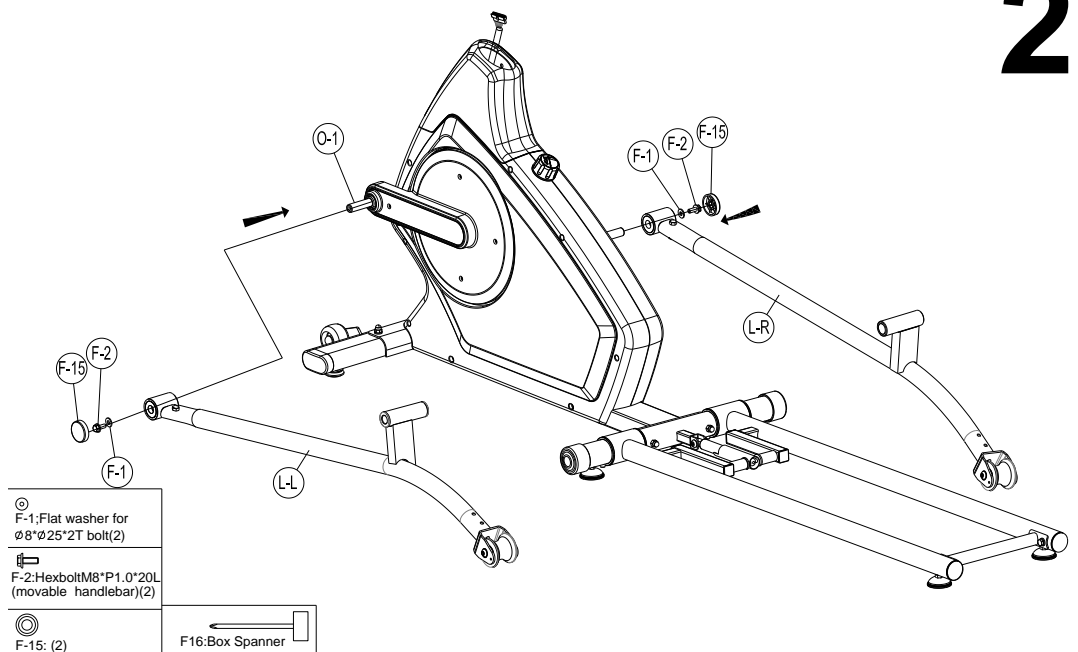
1



1. Securely fasten the Front stabilizer (H) to the Main frame (D) by using 2 Flat washers (F-7), 2 Carriage screws (F-8), and 2 Nuts (F-19).
2. Securely fasten the Rear stabilizer (M) to the frame (D) by using 2 Flat washers (F-7), 2 Carriage screws (F-20), and 2 Nuts (F-19).

STEP 2

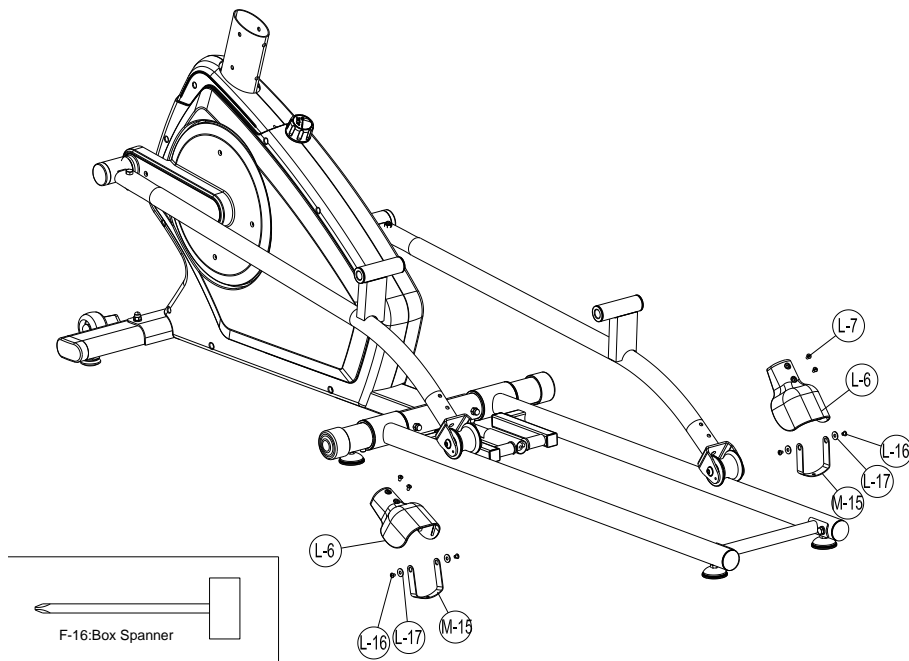
2



1. Assemble the Left crank arm (L-L) to Left crank (O-1) by using 1 Flat washer (F-1), 1 Nylon screw (F-2), and 1 Cover for screw (F-15).
2. Assemble the Right crank arm (L-R) to Right crank (O-1) by using 1 Flat washer (F-1), 1 Nylon screw (F-2), and 1 Cover for screw (F-15).

STEP 3

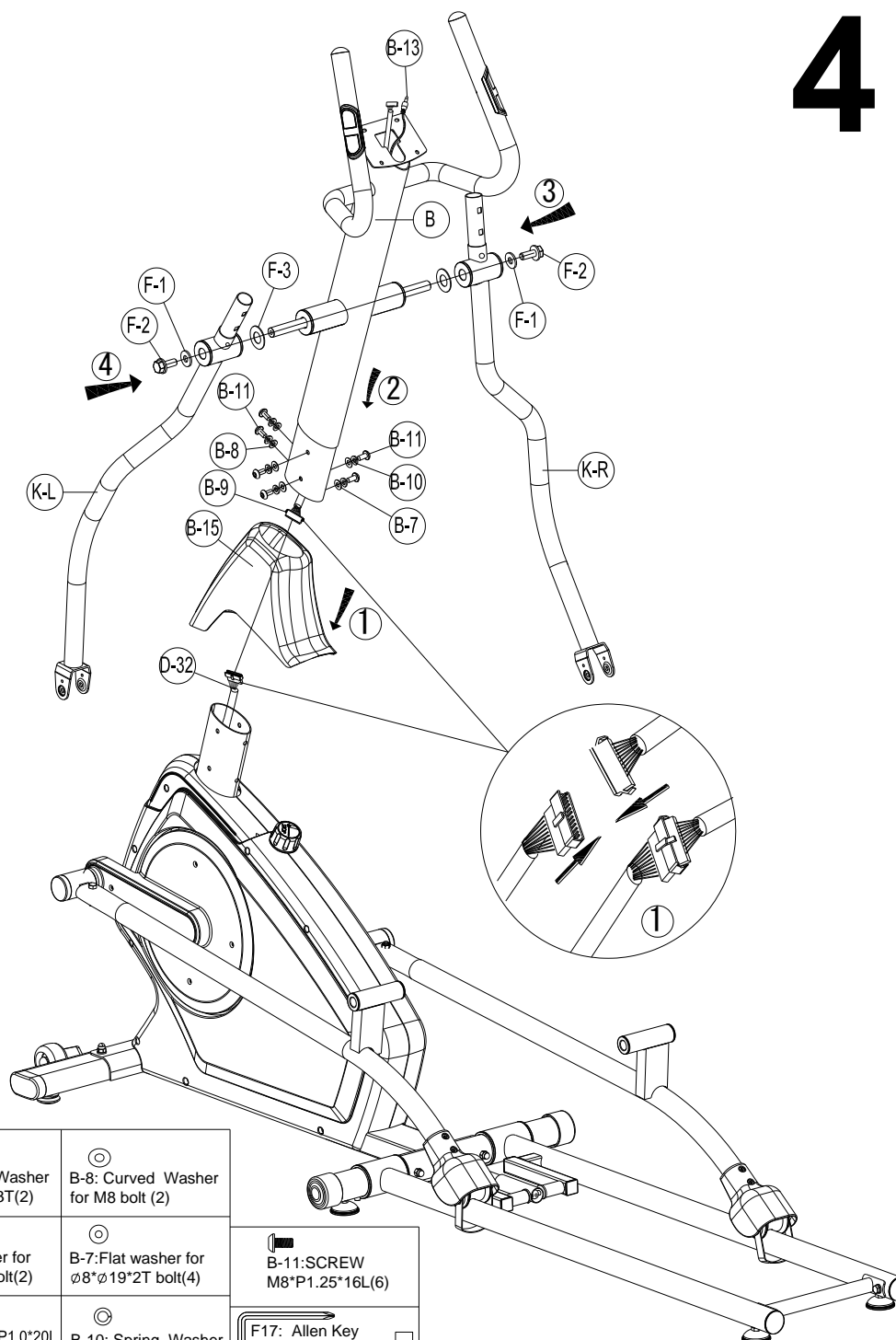
3



Assembly the Covers (L-6) on sliders with Screws (L-7) and fix the Lockers (M-15) with Screws & Washers (L-16 & L-17).









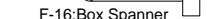
STEP 4

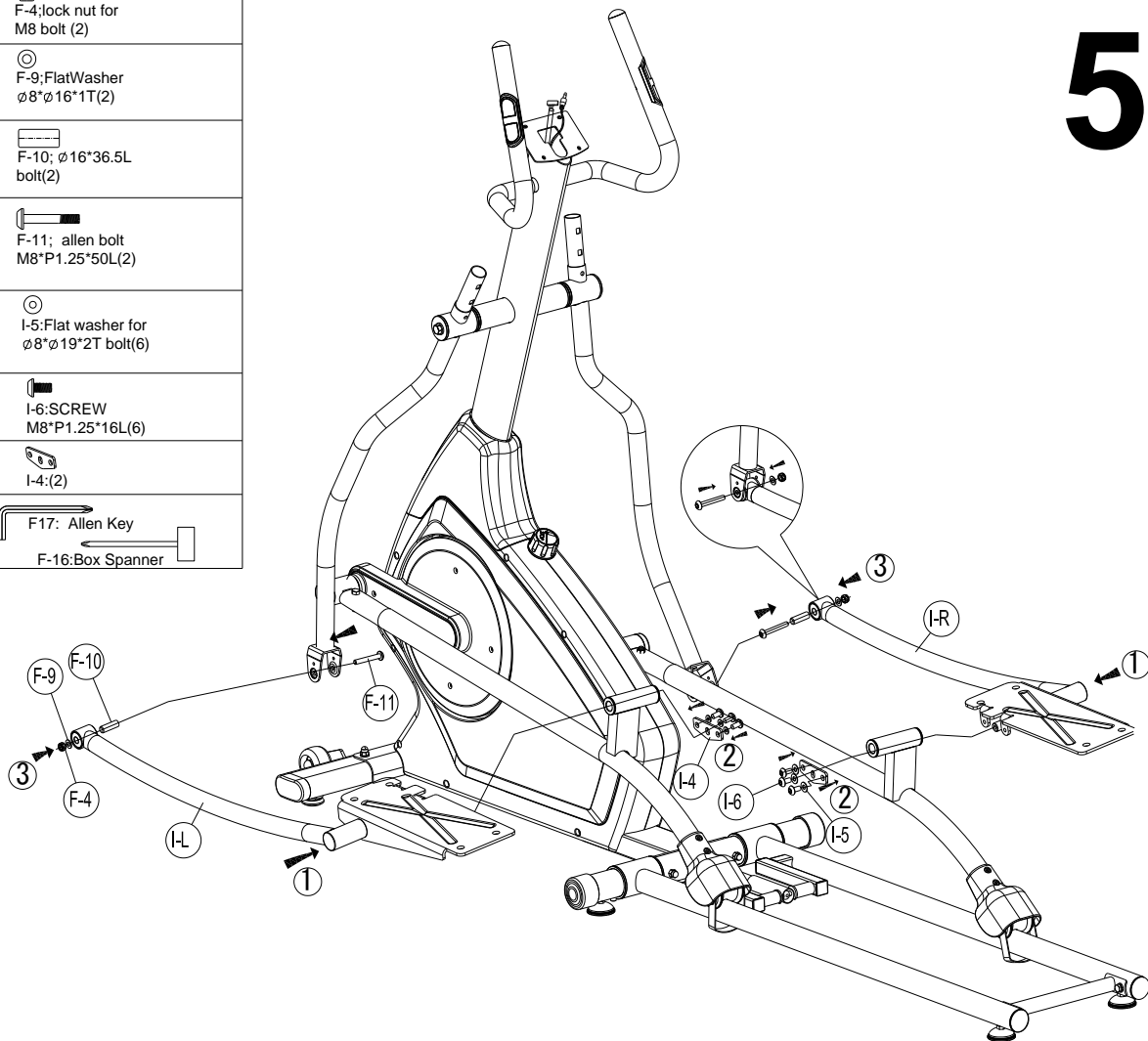
4



1. Connect the Cable wire (upper) (B-9) to the Cable wire (lower) (D-32).
2. Install the Handlebar post set (B) to the main frame with 4 Flat washers (B-7), 2 Semicircle washers (B-8), 6 Spring washers (B-10), and 6 Screws (B-11).
3. Install the Right lower handlebar (K-R) to the axle for handlebar with 1 Flat washer (F-1), 1 Nylon screw (F-2), and 1 Wave washer (F-3).
4. Install the Left lower handlebar (K-L) to the axle for handlebar with 1 Flat washer (F-1), 1 Nylon screw (F-2), and 1 Wave washer (F-3).

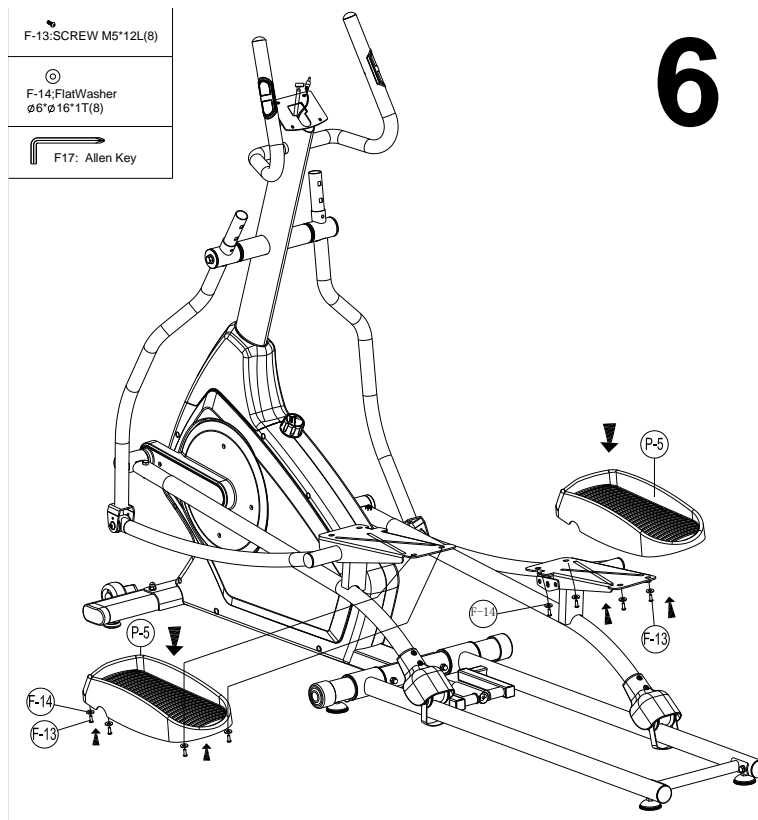
STEP 5

	F-4:lock nut for M8 bolt (2)
	F-9;FlatWasher ø8*ø16*1T(2)
	F-10; ø16*36.5L bolt(2)
	F-11; allen bolt M8*P1.25*50L(2)
	I-5:Flat washer for ø8*ø19*2T bolt(6)
	I-6:SCREW M8*P1.25*16L(6)
	I-4:(2)
	F17: Allen Key
	F-16:Box Spanner



1. Attach the Left pedal arm (I-L) to the Left crank arm (L-L), and then fasten it with 1 Pedal connector (I-4), 3 Flat washers (I-5), and 3 Screws (I-6).
2. Attach the Right pedal arm (I-R) to the Right crank arm (L-R), and then fasten it with 1 Pedal connector (I-4), 3 Flat washers (I-5), and 3 Screws (I-6).
3. Assemble the Left pedal arm (I-L) to the Left lower handlebar (K-L) by using 1 Nylon nut (F-4), 1 Flat washer (F-9), 1 Sleeve (F-10).
4. Assemble the Right pedal arm (I-R) to the Right lower handlebar (K-R) by using 1 Nylon nut (F-4), 1 Flat washer (F-9), 1 Sleeve (F-10).

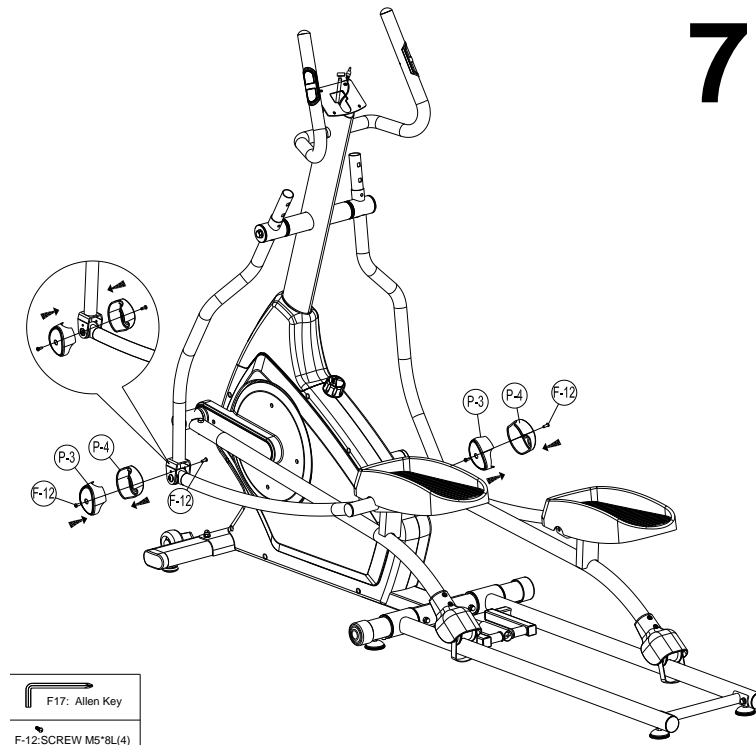
STEP 6



Assemble the Pedals (P-5) with 8 Screws (F-13) and 8 Flat washers (F-14).

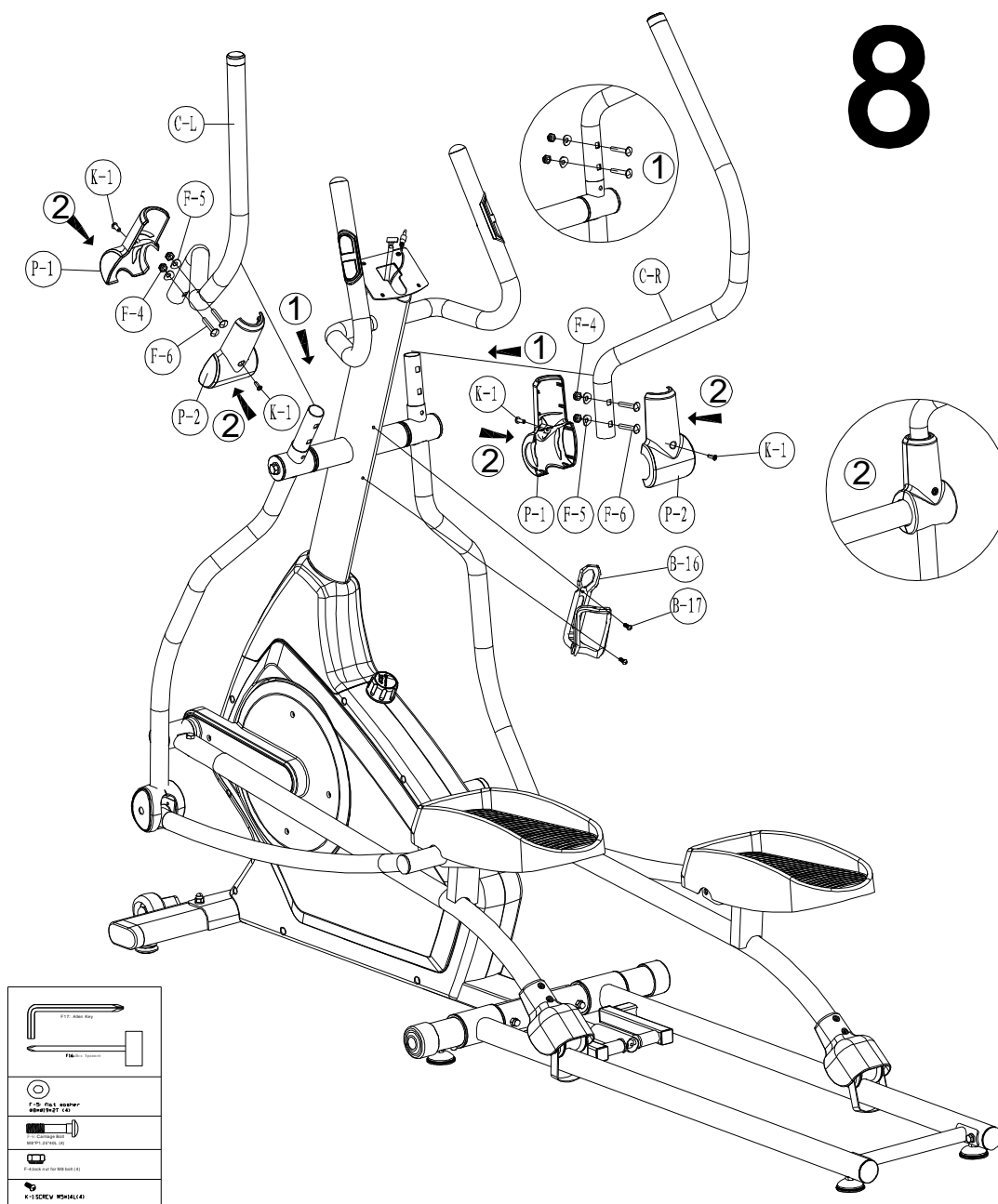
STEP 7

7

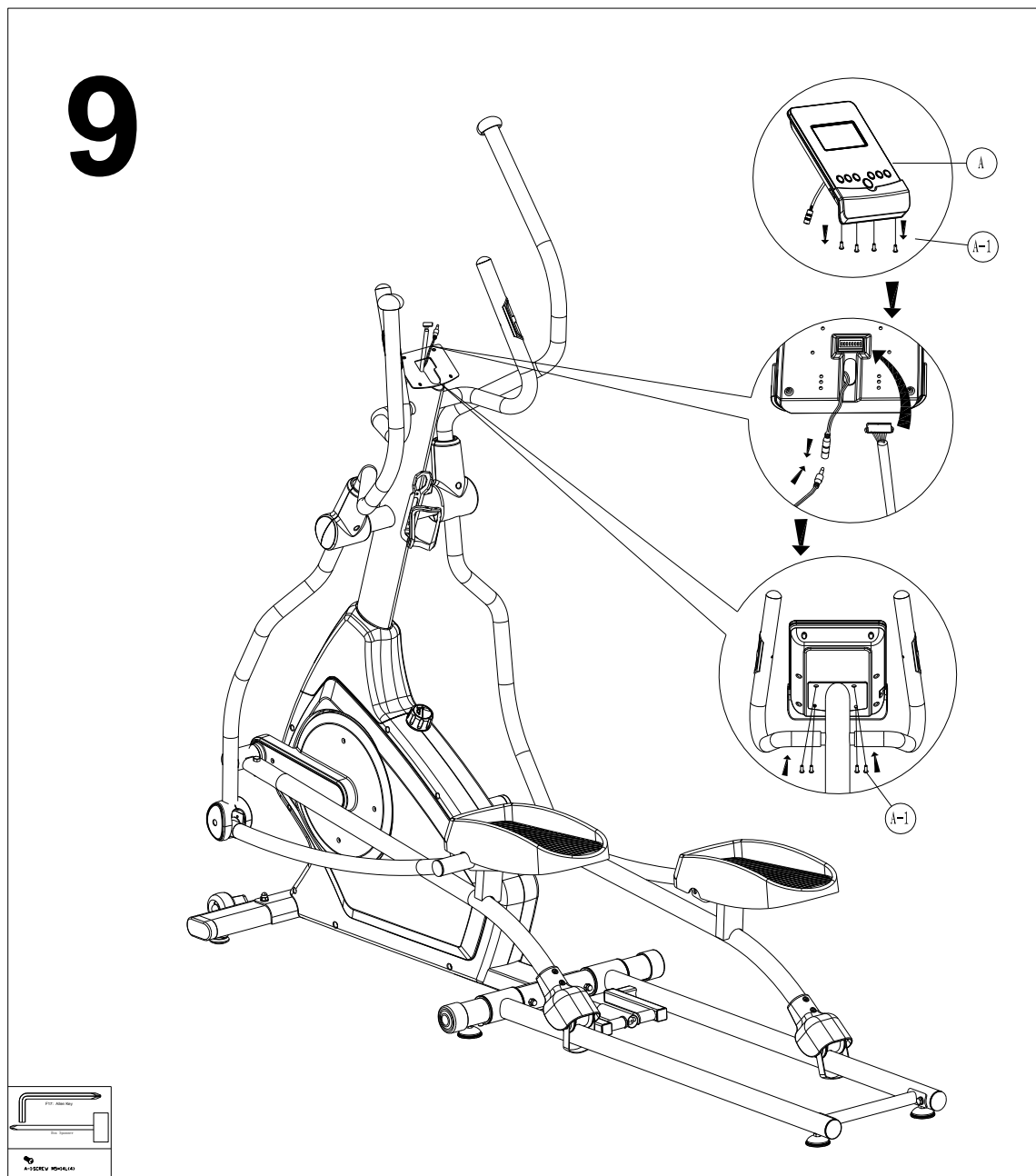


Assemble Left & Right cover for pedal arms (P-3 & P-4) with 4 Screws (F-12).

STEP 8



1. Install the Left upper handlebar (C-L) to the Left lower handlebar by using 4 Nylon nuts (F-4), 4 Semicircle washers (F-5), 4 Carriage screws (F-6).
2. Install the Right upper handlebar (C-R) to the Right lower handlebar by using 4 Nylon nuts (F-4), 4 Semicircle washers (F-5), 4 Carriage screws (F-6).
3. Put the Front cover for upper handlebars (P-1) and Rear cover for upper handlebars (P-2) to the Right/Left upper handlebars and fasten them with 4 Screws (K-1).
4. Assembly the water bottle holder (B-16) with screw (B-17).

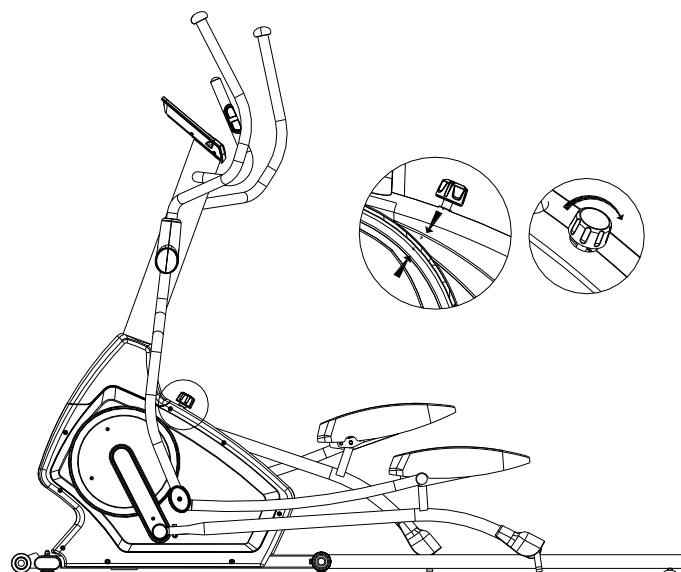


1. Plug the Cable wire (upper) (B-9) and Hand pulse wire (B-13) onto the back of Computer (A).
2. Install the Computer (A) to the computer panel which is welded on the top of the handlebar post. Fix the computer with 4 Screws (A-1).

STORAGE

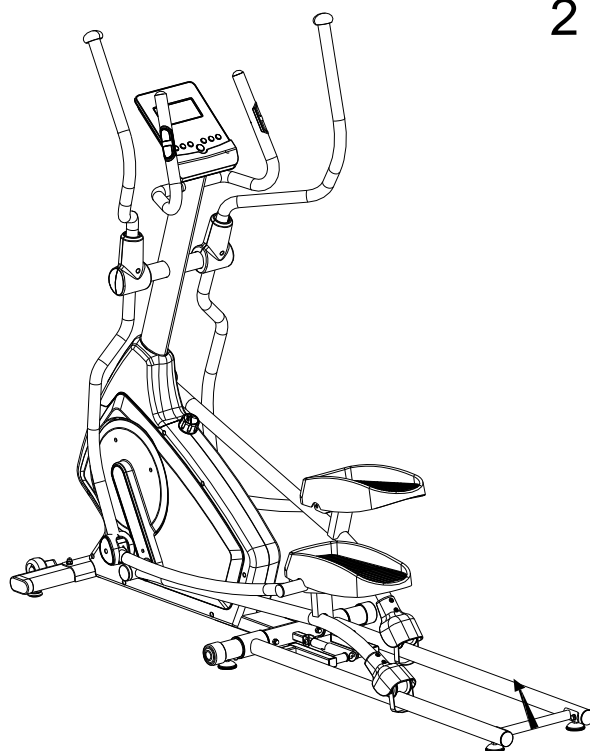
FOLDING

1

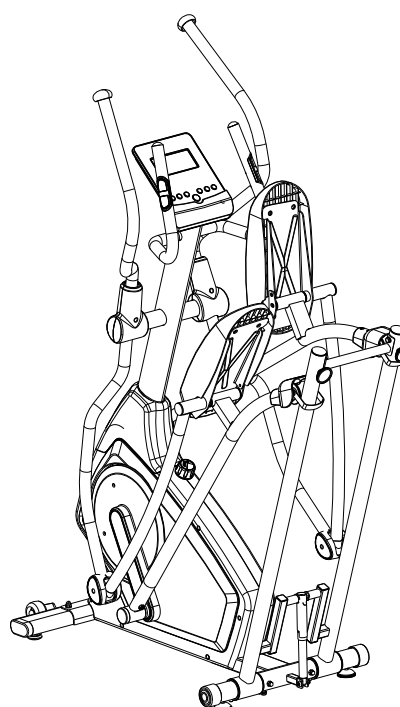


1. Find the knob in the front the chain cover and fix the knob with clockwise direction (make the two marks" arrow" in one line).

2

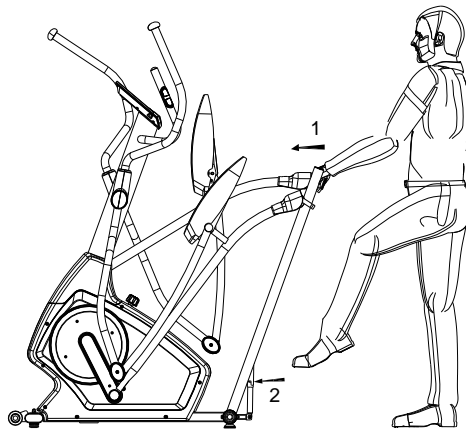


3

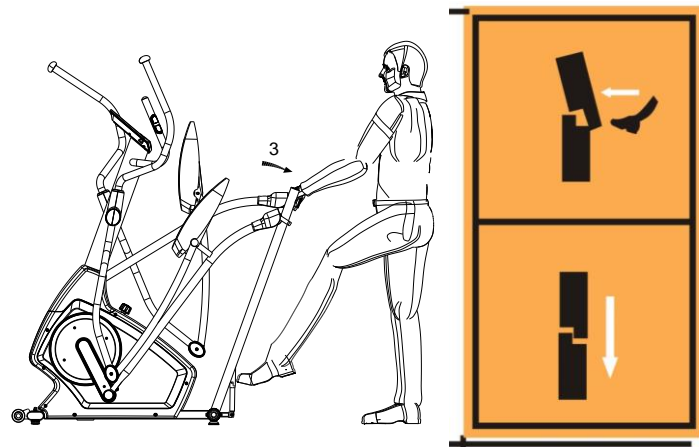


2. Lift up the rail between the R/L rails and finish the folding.

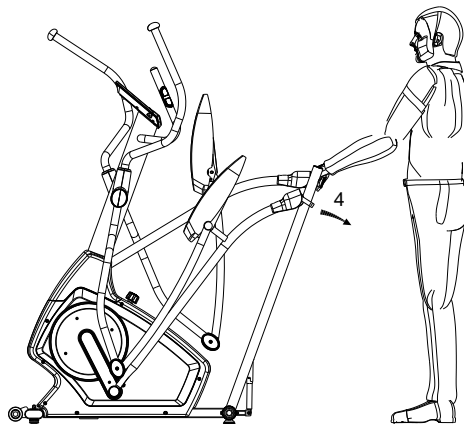
UNFOLD FOR USE



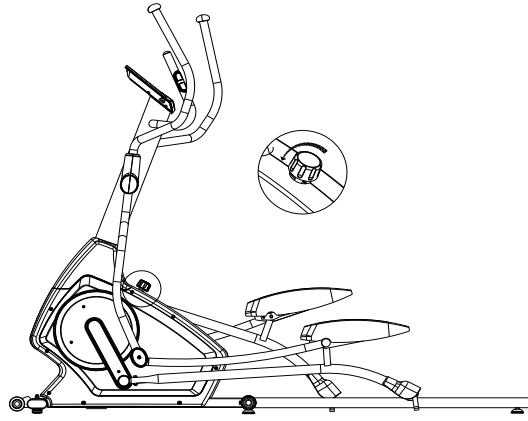
1. Push forward the rails.



2. Kick the foldable cylinder which area is stuck with the following yellow label by feet.
3. Continue to kicking and push back until the cylinder is fully change angel as following.



4. Pull down the rail and release the knob.



5. Find the knob in the front the chain cover and fix the knob with anti-clockwise direction.

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

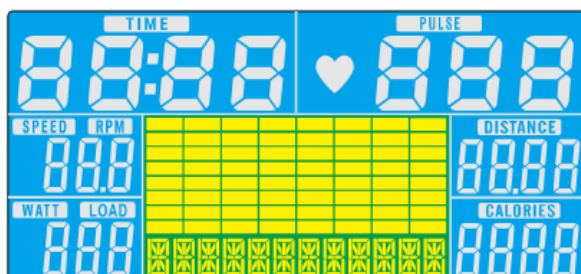
ITEM	DESCRIPTION
Up	<ul style="list-style-type: none">• Increase resistance level• Setting selection.
Down	<ul style="list-style-type: none">• Decrease resistance level• Setting selection.
Mode	<ul style="list-style-type: none">• Confirm setting or selection.
Reset	<ul style="list-style-type: none">• 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.

CONSOLE 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



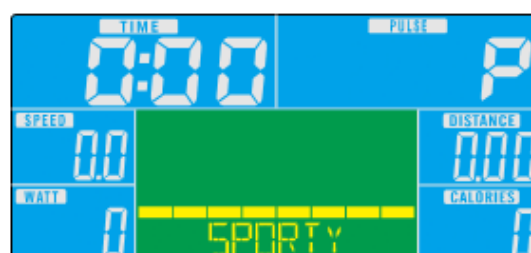
- 1) Press UP or DOWN to select workout program, choose Beginner mode and press Mode to enter.
- 2) Press UP or DOWN to preset TIME.
- 3) Press START/STOP key to start workout. Press UP or DOWN to adjust load level.
- 4) Press START/STOP key to pause workout. Press RESET to reverse to main menu.

ADVANCE MODE



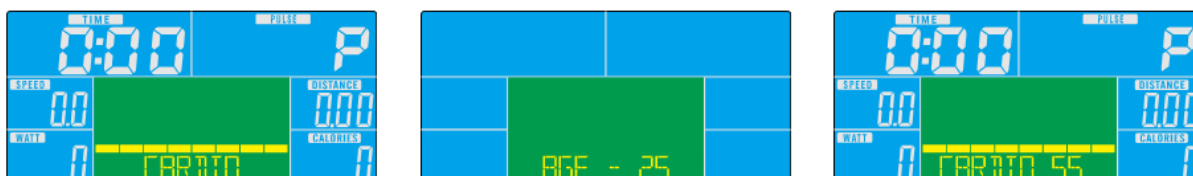
- 1) Press UP or DOWN to select workout program, choose Advance mode and press Mode to enter.
- 2) Press UP or DOWN to preset TIME.
- 3) Press START/STOP key to start workout. Press UP or DOWN to adjust load level.
- 4) Press START/STOP key to pause workout. Press RESET to reverse to main menu.

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 CARDIO and press Mode to enter.
- 2) Press UP or DOWN to preset AGE and press MODE to confirm.
- 3) Press UP or Down to select 55%.75%.90% or TAG (TARGET H.R.) (default: 100).
- 4) Press UP or DOWN to preset workout TIME.
- 5) 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.

After finishing the training (pausing the exercise by pressing START/STOP key or if beeping sound, which indicates that the preset parameter has been achieved, stops), press RECOVERY key to start the measurement.

Important:

This function requires heart rate input – we strongly recommend wearing a chest strap monitor for this function. When using hand pulse sensors: keep a firm hold of the sensors after finishing the exercise. Press RECOVERY key and immediately hold the pulse sensor again.

The computer will display a 60 second countdown – during this interval, your heart rate will be measured.

Do not pedal during the measurement!

Time starts counting down from 1:00 - 0:59 - - to 0:00. As soon as 00:00 is reached, the computer will show your heart rate recovery status with the grade F1 to F6. F1 represents an excellent fitness level, F6 a very poor fitness level.

Note: F6 will also be displayed if there is a failure of pulse measurement during the countdown interval.

Press RECOVERY to reverse to main menu.

BODY FAT FUNCTION – FAT% AND BMI

In the standby mode, press BODY FAT key. You need to set your personal data for this measurement. First, use UP and DOWN to select your sex (MALE / FEMALE) and press MODE to confirm. Then, use UP and DOWN keys to set your body height (HGIGHT, range: 100-200 cm) and press MODE to confirm. Then, use UP and DOWN keys to set your body weight (WGIGHT, range: 10-150 kg) and press MODE to start the measurement – grasp hand pulse sensors with both hands immediately. After a short interval of measurement, the display will show your body fat percentage (FAT) and body mass index (BMI). Press BODY FAT to reverse to main menu.

Fit Hi Way APP

Turn on Bluetooth on tablet, search for console device and press connect.

Turn on Fit Hi Way app on tablet, and start workout with tablet.



The manual will be updated from time to time, the consumer can get the newest version by scanning the QR code or link to the website as below.

Fit Hi Way INSTRUCTION :



NOTE:

1. Once console is connected to tablet via Bluetooth, the console will power off.
2. Please exit Fit Hi Way app and turn off the Bluetooth from the smart device, then the console will power on again.

TRAINING INSTRUCTION

If you have not been physically active for a long period of time and also to avoid health risks you should consult your physician before the exercise.

To achieve a considerable improvement of your physical resistance and your health, some aspects of how to achieve the most efficient training should be followed:

INTENSITY:

To achieve maximum results the right intensity has to be chosen.

The heart rate is used as guideline. As a rule of thumb the following formula is commonly used:

Maximum pulse rate = 220 - Age

While exercising the pulse rate should always be between 60% - 85% of the maximum rate.

For your personal training rates please see the attached pulse rate chart.

When starting to exercise you should keep your rate at 70% of your maximum pulse rate in the first couple of weeks.

With increasing improvement of fitness, the pulse rate should be slowly increased to 85% of your maximum pulse rate.

This is a personal orientation value. Consult your physician for professional advice before adapting a heart rate recovery program.

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 (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.



SEVEN SPORT s.r.o.

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Date of Sale:

Stamp and Signature of Seller: