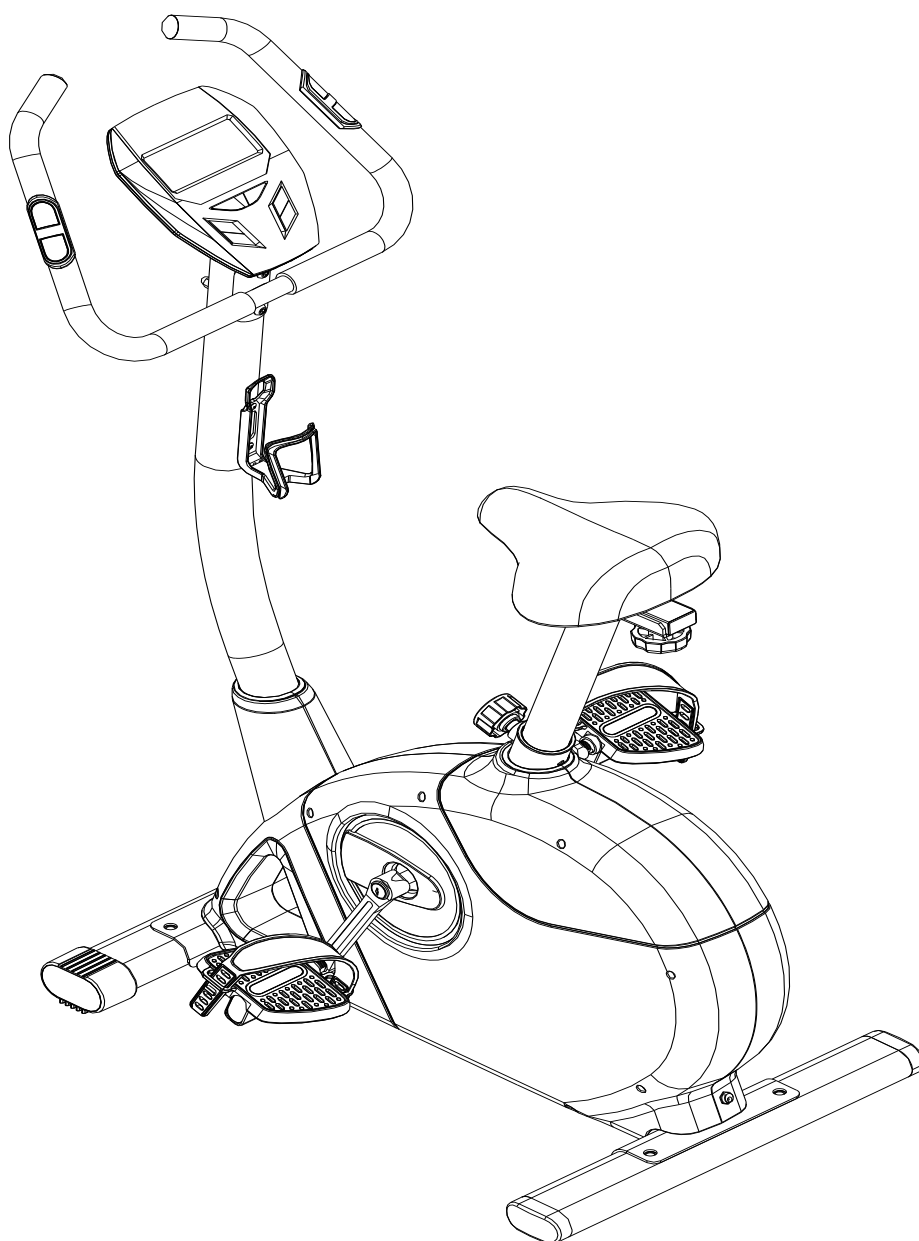




**USER MANUAL – EN**  
**IN 14168 Exercise Bike inSPORTline Salenas**



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## SAFETY INSTRUCTIONS

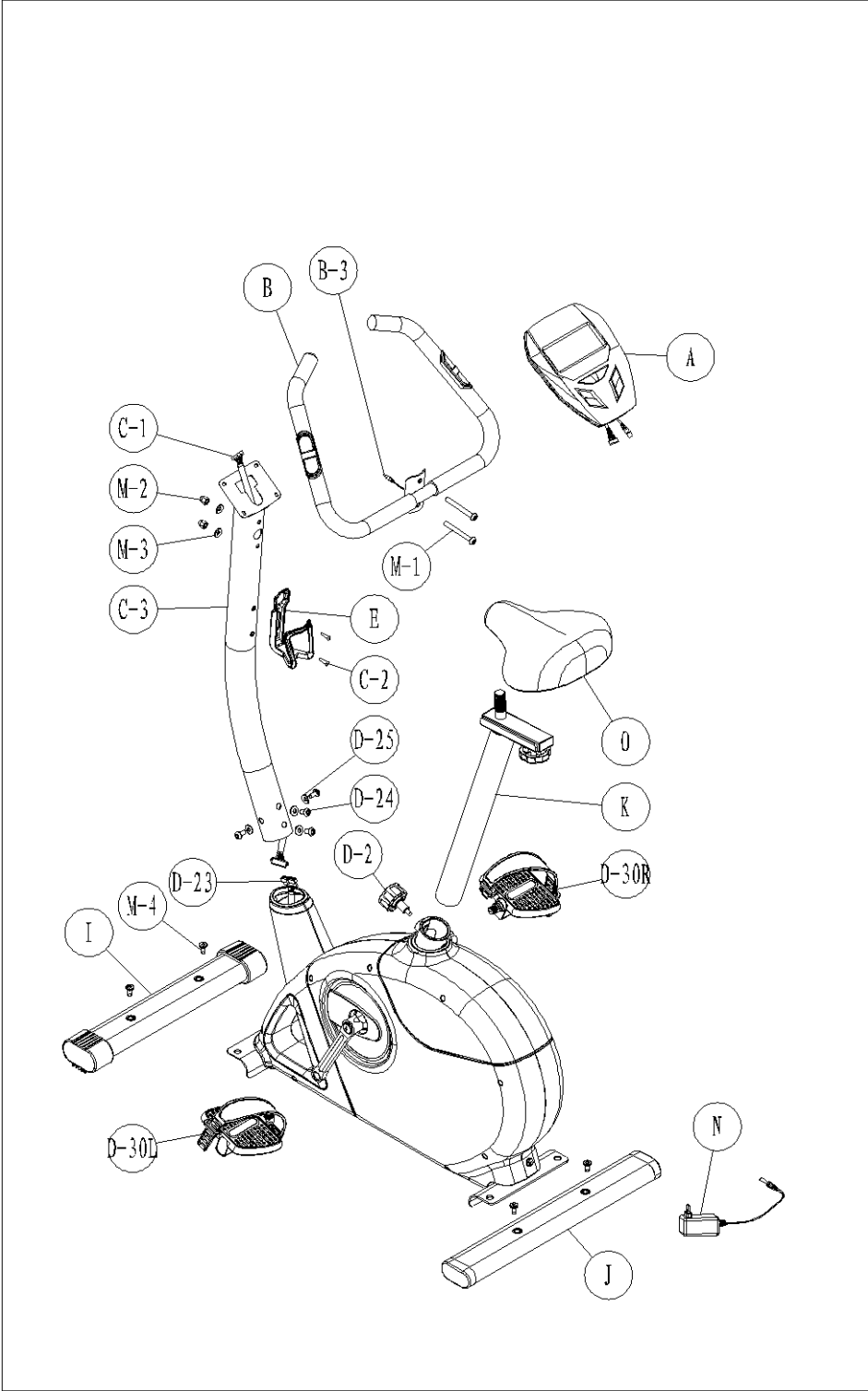
Read carefully the entire manual before using this product. Retain the manual for future reference.

- Exercise of a strenuous nature, as is customarily done on this equipment, should not be undertaken without first consulting a physician. No specific health claims can be made or implied as they relate to the equipment. Measurements made by the equipment are believed to be accurate, but only measurement taken by a medical professional should be relied upon.
- Make sure all the bolts, screws and nuts are tightened and that there are no damaged or worn parts. If some parts of the machine are worn or damaged, do not use it and replace the part immediately.
- Consult the tools and parts list before assembly and make sure nothing is missing.
- Only use original parts that are part of the machine's package.
- Make sure children don't have access to the machine. Children cannot use this product, nor should they be in its vicinity while the machine is turned on.
- Do not wear loose clothing while exercising. The loose parts could get stuck in parts of the machine.
- Always wear sports shoes with rubber soles.
- Place the machine on a flat and even surface. It is not recommended to use or store the machine in damp environment. Some parts of the machine can be corroded.
- Make sure there is at least 0.6 m of free space all around the device.
- No part of the machine should protrude and limit the movement of the user.
- Regularly checking the machine for damage helps to ensure the product's safety.
- This device is not designed for therapeutic use.
- Do not move from the saddle during exercising. Only pedal while sitting.
- The brake system is depended on the speed of exercise.
- The brake mechanism is the most likely to wear. Always make sure it is functional.
- **Weight limit:** 150 kg
- **Category:** HA (according to EN957 norm) suitable for home use
- **WARNING!** The heart rate frequency monitoring may not be completely accurate. Overexertion during training can lead to a serious injury or even death. If you start to feel faint, stop the exercise immediately.

## PARAMETERS





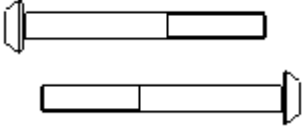

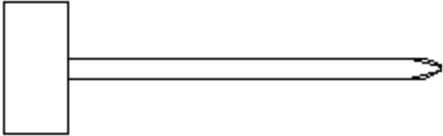
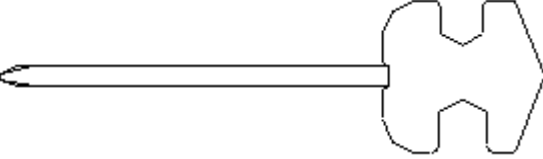
<b>Dimensions after assembly</b>	101 x 51 x 128 cm
<b>Weight</b>	25.8 kg
<b>Flywheel weight</b>	6 kg
<b>Total training area</b>	98 x 65 x 180 cm
<b>Weight limit</b>	150 kg

# ASSEMBLY

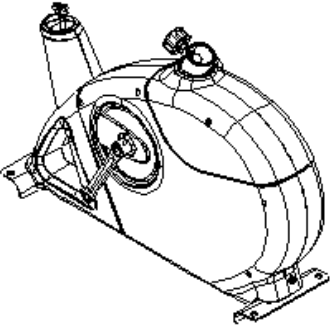

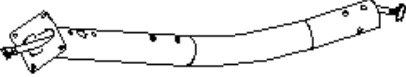





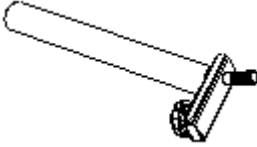




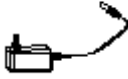
## Package contents

### Tools:

Allen bolt M8*16L (4) M-4	Acorn nut for M8 bolt (2) M-2	Curved washer $\Phi 8 * \Phi 19 * 2T$ (2) M-3	Washer $\Phi 12 * \Phi 19 * 1T$ (4) M-5
			
Carriage bolt M8*75L (2) M-1		Allen Key (1)	
			
Box spanner (1)		Screwdriver (1)	
			

### Parts:

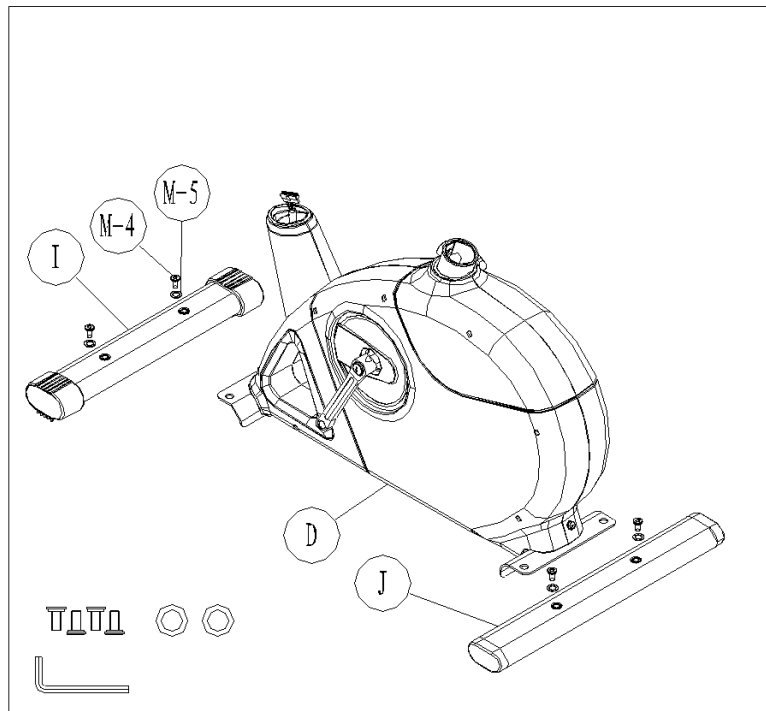
D	 Main frame	B	 Handlebars
C	 Handlebar post	O	 Saddle
I	 Front stabilizer	J	 Rear stabilizer

K	 <p>Seat post</p>	E	 <p>Bottle holder</p>
A	 <p>Control panel</p>	D-30	 <p>Pedals</p>
M	 <p>Tools</p>	N	 <p>Adapter</p>

## Assembly steps

### STEP 1

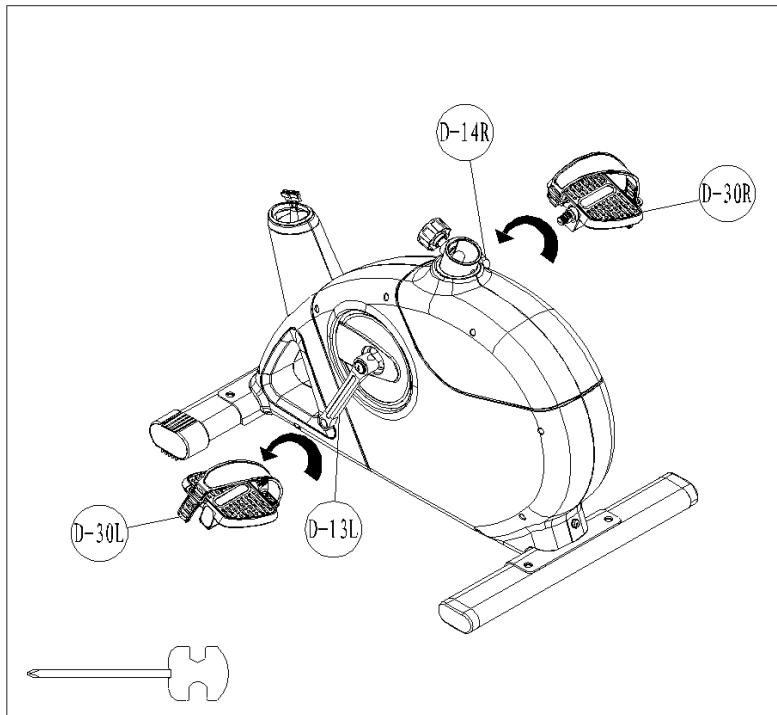
1. Attach the front stabilizer (I) to the main frame (D) using two screws & washers (M-4, M-5).
2. Attach the rear stabilizer (J) to the main frame (D) using two screws & washers (M-4, M-5).



### STEP 2

Screw the two pedals (D-30L + D-30R) onto the cranks (D-13L, D-14R) with a screw driver.

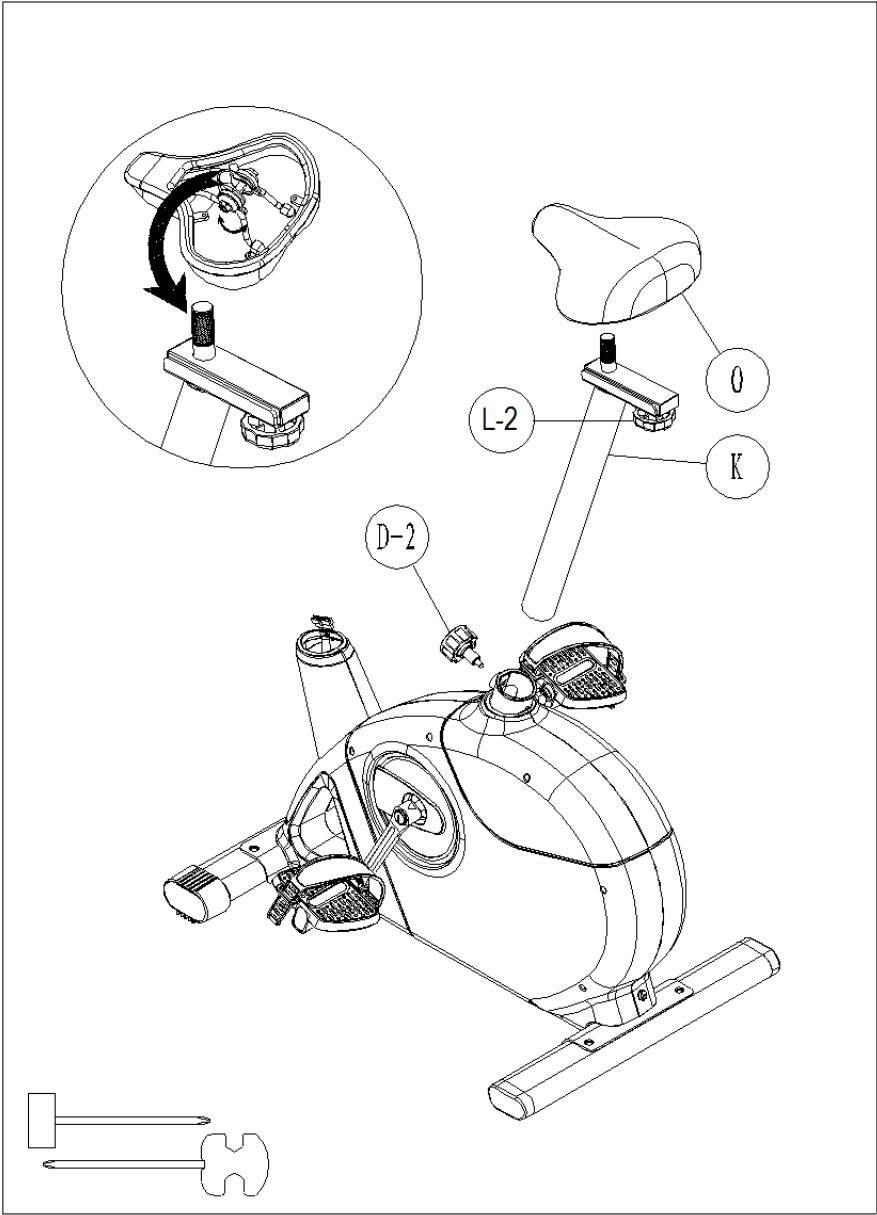
**NOTE:** Screw the left pedal's spindle counter-clockwise and the right pedal's spindle clockwise. Use a wrench (or a screwdriver) to screw the two spindles completely.



### STEP 3

1. Affix the seat (O) onto the seat slider. The slider can be adjusted to different angles. Tighten the two nuts under the seat using a screwdriver. Additionally, the slider can be adjusted horizontally by loosening the knob (D-2).
2. Insert the seat post (K) into the main frame (D), choose the desired position and tighten the knob (D-2). Make sure the knob is always tightened.

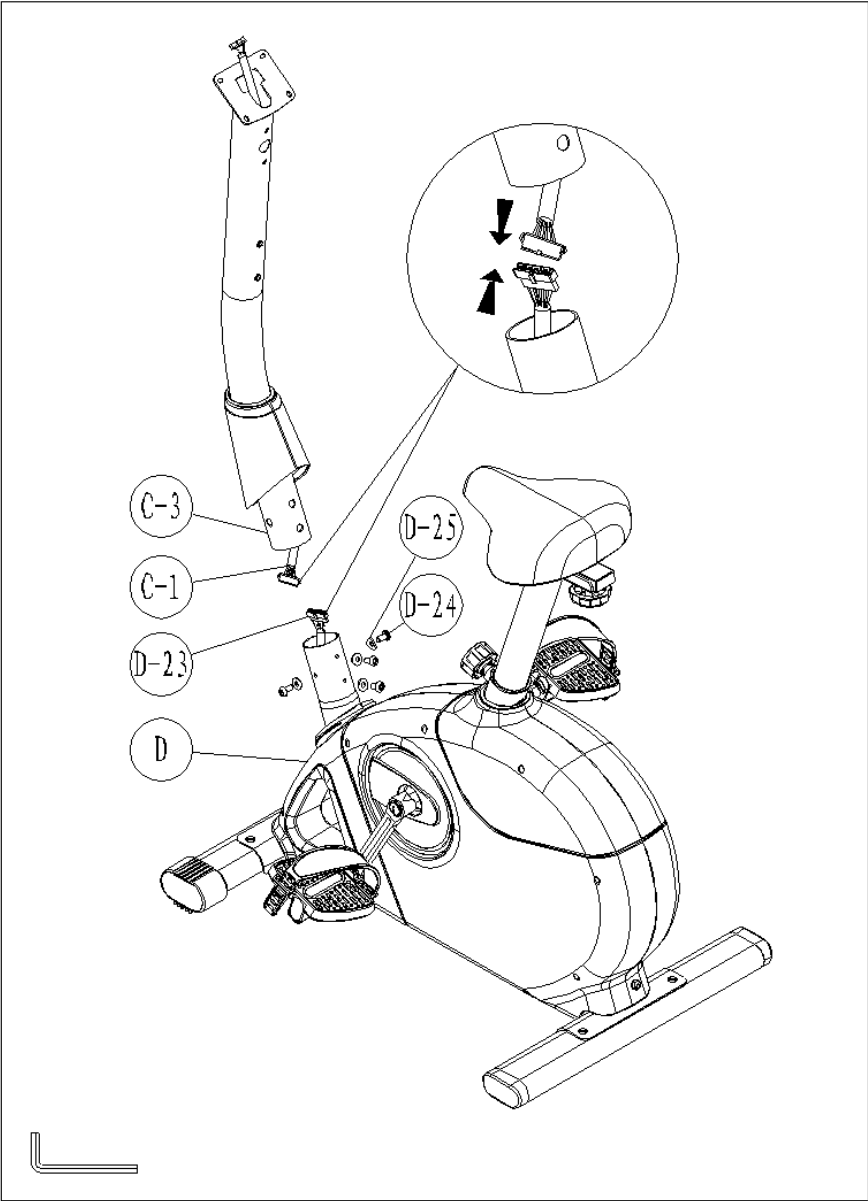
**NOTE:** Adjust the height of the seat so that the holes on the knob and the seat post align. If you loosen the knob and move the seat post up and down, the knob should lock into a hole in the seat post. The maximum extension height is marked on the seat post. Do not extend the seat post beyond this mark.





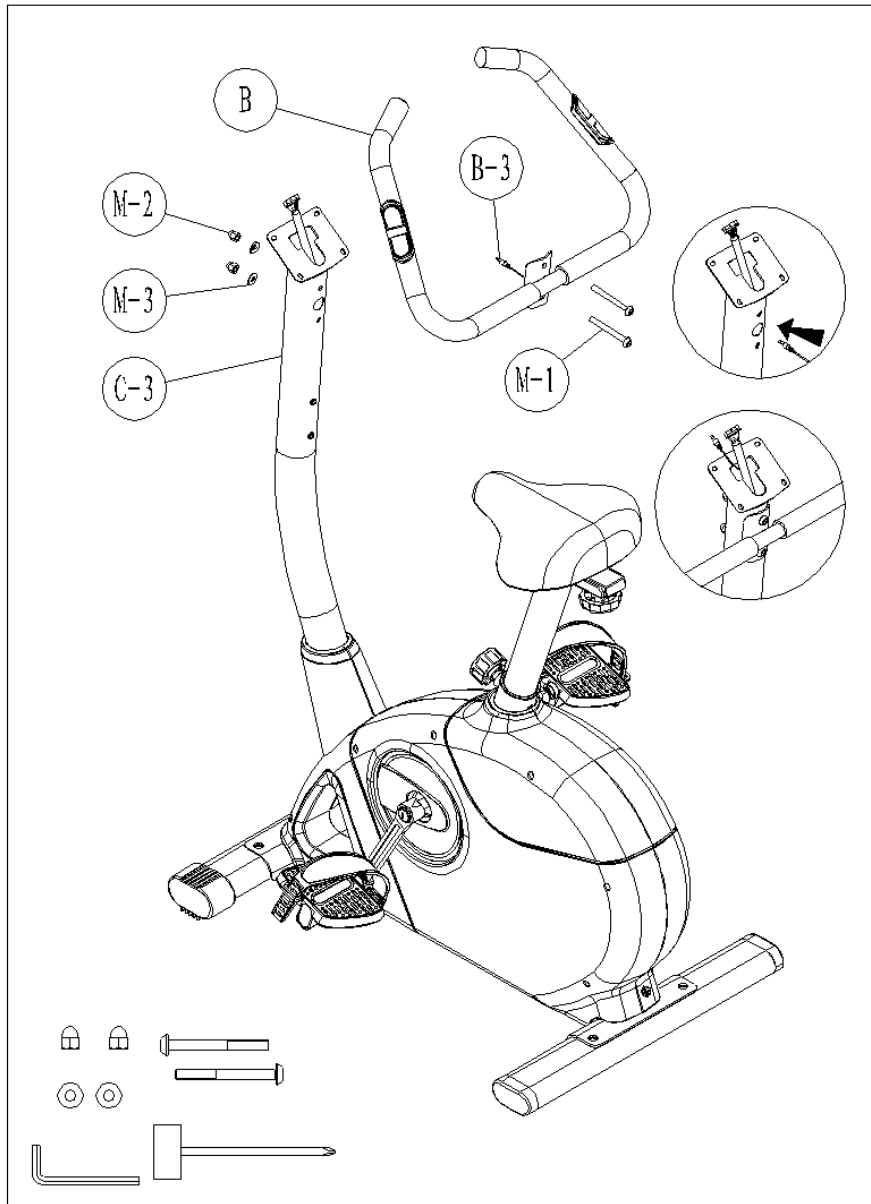
**STEP 4**

- 1. Connect the upper and lower sensor wire (C-1, D-23).
- 2. Insert the handlebar post (C-3) into the main frame with screws (D-24) and semi-circular washers (D-25) using an Allen wrench.



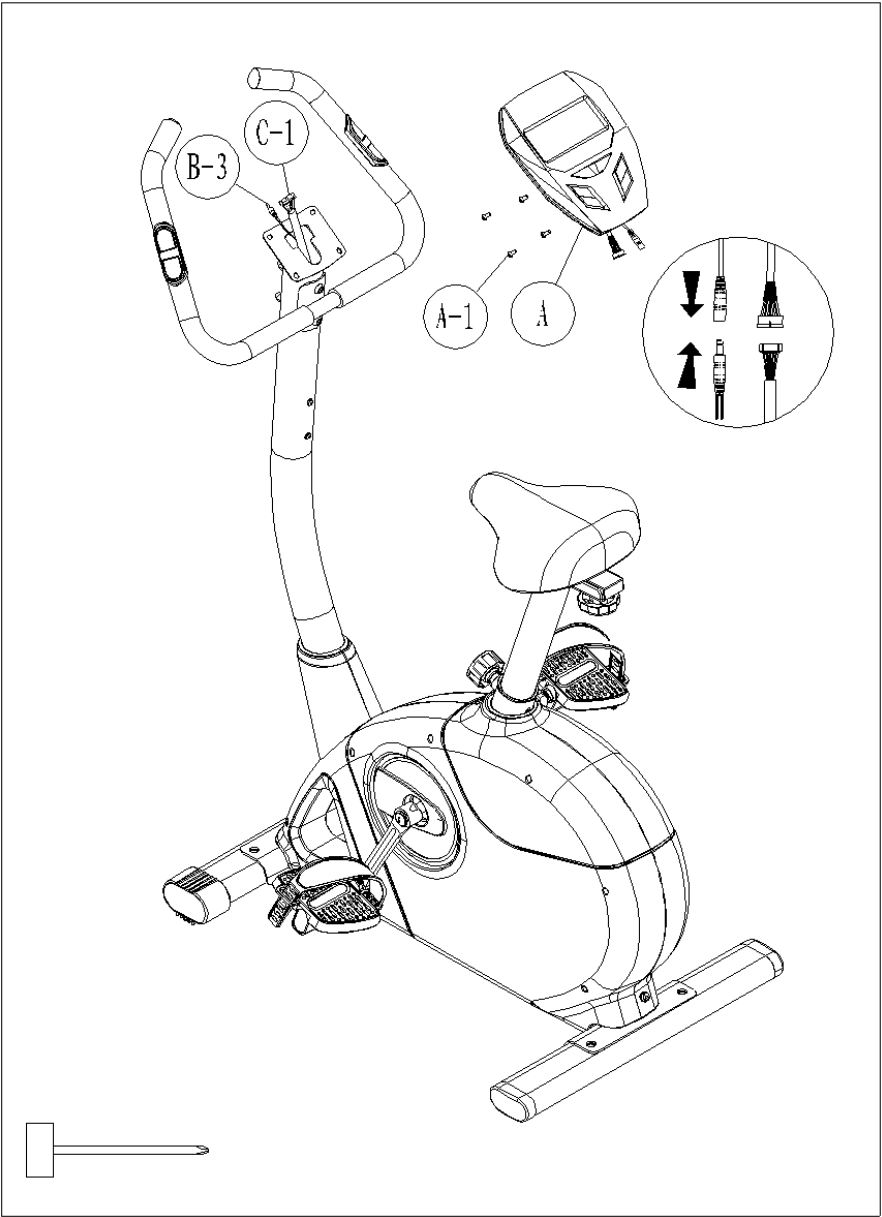
## STEP 5

1. Pass the hand-pulse wire (B-3) through the hole.
2. Affix the handlebar (B) onto the handlebar post (C-3) using screws (M-1), nuts (M-2) and semi washers (M-3).



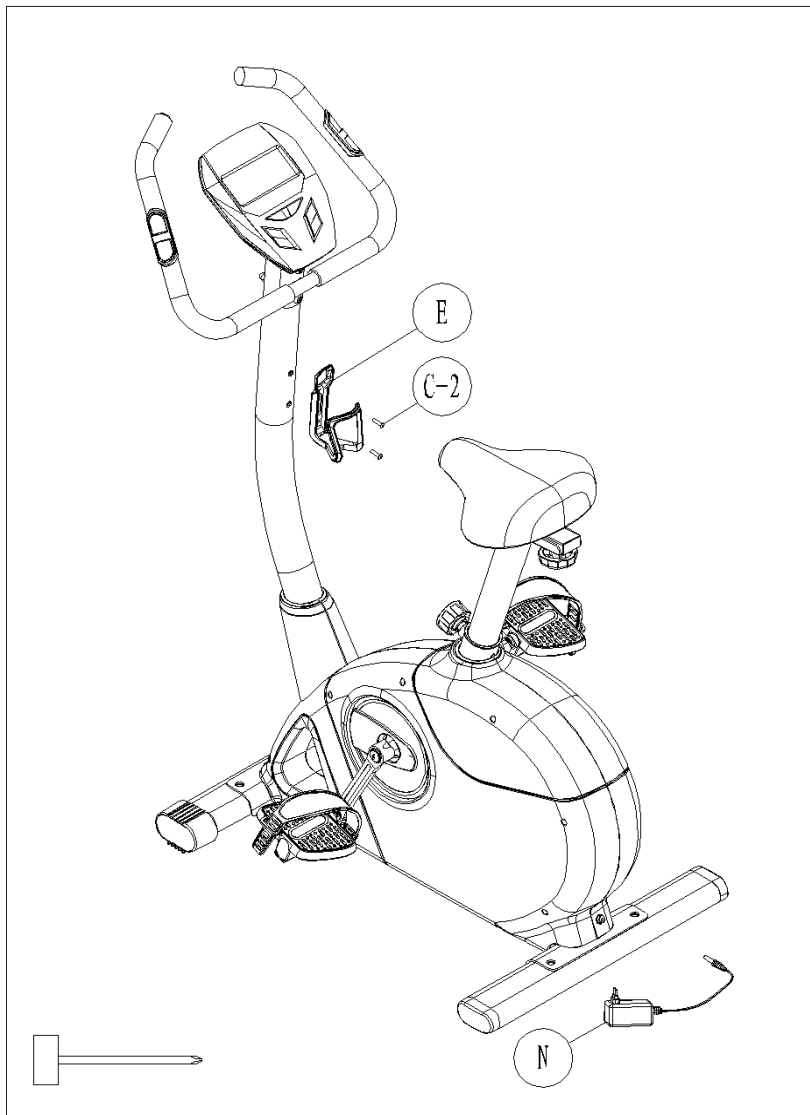
**STEP 6**

Plug the wire (B-3 & C-1) and attach the computer (A) with 4 screws (A-1) using a box wrench.



## STEP 7

1. Attach the water bottle (E) cage using screws (C-2).
2. Plug the adapter (N) into a socket as pictured below.



## CONTROL PANEL

### Display functions

ITEM	DESCRIPTION
TIME	Displays workout time during exercise. Range: 0:00 ~ 99:59 min
SPEED	Displays workout speed during exercise. Range: 0.0 ~ 99.9 km/h
DISTANCE	Displays workout distance during exercise. Range: 0.0 ~ 99.9 km

CALORIES	Displays burnt calories during exercise. Range: 0 ~ 999 cal
PULSE	Displays beats per minute during exercise An alarm will notify you, you your heart rate overreaches the target frequency.
RPM	Displays rotations per minute. Range: 0 ~ 999 rpm
WATTS	Displays workout power consumption. Range: 0 ~ 350 W
MANUAL	Manual mode workout
PROGRAM	12 program selection
USER	User-adjustable resistance level profile
H.R.C.	Target hear rate training mode
WATT	Watt constant training mode.

## Key functions

ITEM	DESCRIPTION
<b>Up</b>	Increases resistance level.
<b>Down</b>	Decreases resistance level.
<b>Mode</b>	Confirms a setting or selection.
<b>Reset</b>	Hold on for 2 seconds and the computer will reboot and start from user setting. Returns to main menu while presetting workout value or in stop mode.
<b>Start/Stop</b>	Starts or stops workout.
<b>Recovery</b>	Tests heart rate recovery status.

## Operations

### POWER ON

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

Press any key to wake the console up.



## MANUAL MODE

1. Press START in the main menu to start a workout in the manual mode.
2. Press UP or DOWN to select a workout program, choose "Manual", and press MODE to enter.
3. Press UP or DOWN to preset TIME, DISTANCE, CALORIES and PULSE and press MODE to confirm.
4. Press the START/STOP key to start a workout. Press UP or DOWN to adjust resistance level.
5. Press the START/STOP key to pause the workout. Press RESET to return to main menu.



## PROGRAM MODE

1. Press UP or DOWN to select a workout program, choose "Program", and press MODE to enter.
2. Press UP or DOWN to preset the workout time.
3. Press the START/STOP key to start a workout. Press UP or DOWN to adjust resistance level.
4. Press the START/STOP key to pause the workout. Press RESET to return to main menu.



## USER PROGRAM MODE

1. Press UP or DOWN to select a workout program, choose "User", and press MODE to enter.
2. Press UP or DOWN to set the resistance level of each column and press MODE to enter the settings of the next column (there are 20 columns in total).
3. Hold the MODE key to finish the setting.
4. Press UP or DOWN to preset the workout time.
5. Press the START/STOP key to start a workout. Press UP or DOWN to adjust resistance level.
6. Press the START/STOP key to pause the workout. Press RESET to return to main menu.

## H.R.C. MODE (HEART RATE CONTROL)

1. Press UP or DOWN to select a workout program, choose "H.R.C." and press MODE to enter.
2. Press UP or DOWN to select 55%, 75%, 90% or TAG (target heart rate; default = 100 bpm).

3. Press UP or DOWN to preset the workout time.
4. Press the START/STOP button to start or stop the workout. Press RESET to return to main menu.



### WATT MODE

1. Press UP or DOWN to select a workout program, choose “WATT” and press MODE to enter.
2. Press UP or DOWN to preset the WATT target (default: 120 W).
3. Press UP or DOWN to preset time.
4. Press START/STOP button to start or stop the workout. Press RESET to return to main menu.

### RECOVERY

1. While the pulse value displays on the control panel (hold the handgrips or wear a chest strap), press RECOVERY.
2. A minute begins to count down in the TIME window.
3. After the countdown, the display will show your heart rate recovery status in the range of F1 – F6.

1.0	OUTSTANDING
$1.0 < F < 2.0$	EXCELLENT
$2.0 < F < 2.9$	GOOD
$3.0 < F < 3.9$	FAIR
$4.0 < F < 5.9$	BELOW AVERAGE
6.0	POOR

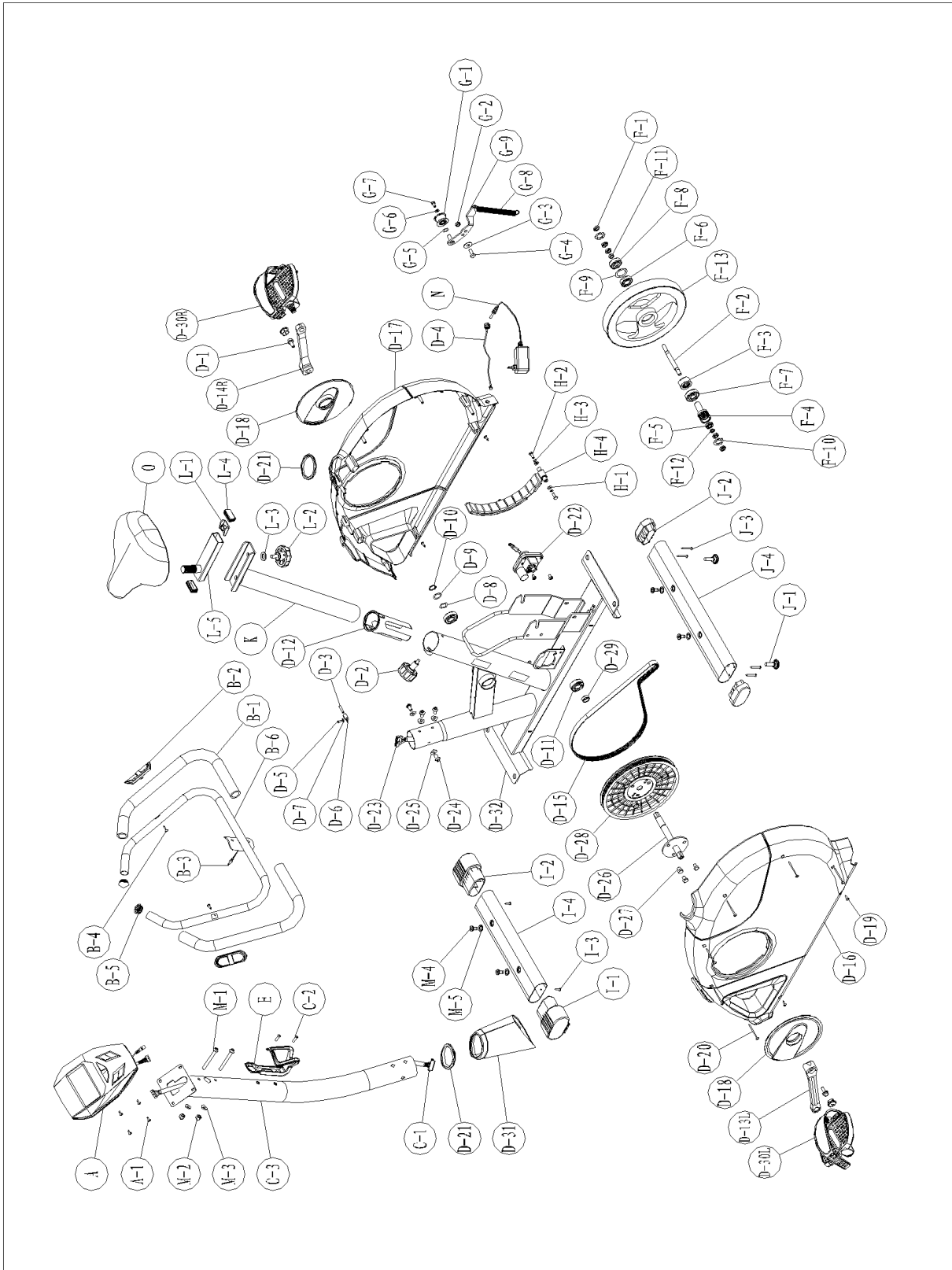
### NOTE:

1. When the user stops pedaling for 4 minutes, the computer will enter the power saving mode. All the settings and exercise data will be stored until the user starts exercising again.
2. If the computer acts abnormally, please plug out the adaptor, then plug it in again.

## CORRECT WORKOUT POSITION

When exercising, you can either keep your back upright or lean forward by resting your forearms on the handlebar. When pedaling, your knees should not be completely straightened in the lowest position, but slightly bent at the knee. Keep your head aligned with your spine to minimize neck and upper back strain. Always try to pedal smoothly and continuously.

# EXPLODED DRAWING





## PARTS LIST

No.	Description	Pcs	No.	Description	Pcs
<b>A</b>	<b>Console</b>	<b>1</b>	F-4	Pulley	1
A-1	Screw M5*P0.8*10L	4	F-5	Bearing 6900RS	1
<b>B</b>	<b>Handlebar set</b>	<b>1</b>	F-6	Bearing 6003RS	1
B-1	Foam grip	2	F-7	Bearing 6203	1
B-2	Hand pulse	2	F-8	Bearing 6300RS	1
B-3	Hand pulse wire	1	F-9	Flat washer	1
B-4	Screw M4*20L	2	F-10	Star washer	2
B-5	End cap	2	F-11	Bushing of flywheel	1
B-6	Handlebar	1	F-12	Bushing of flywheel	1
<b>C</b>	<b>Handlebar post set</b>	<b>1</b>	F-13	Flywheel	1
C-1	Sensor wire (Upper)	1	<b>G</b>	<b>Idler set</b>	<b>1</b>
C-2	Screw M5*P0.8*20L	2	G-1	Idler wheel	1
C-3	Handlebar post	1	G-2	Nut M8	1
<b>D</b>	<b>Main frame set</b>	<b>1</b>	G-3	Flat washer	1
D-1	Nylon M8*P1.0*20L	2	G-4	Hexagonal screw M8*P1.25*18L	1
D-2	Knob	1	G-5	Wave washer	2
D-3	Sensor wire	1	G-6	Flat washer	1
D-4	DC wire	1	G-7	Hexagonal screw M6*P1.0*12L	1
D-5	Screw M4*10L	1	G-8	Idler spring	1
D-6	Sensor fixed bracket	1	G-9	Idler	1
D-7	Flat washer	1	<b>H</b>	<b>Magnet set</b>	<b>1</b>
D-8	Wave washer	1	H-1	Flat washer	2
D-9	Flat washer	1	H-2	Hexagonal screw M6*P1.0*16L	2
D-10	C clip	1	H-3	Spring washer	2
D-11	Bearing 6203	2	H-4	Magnet	1
D-12	Sleeve for seat post	1	<b>I</b>	<b>Front stabilizer set</b>	<b>1</b>
D-13	Left crank	1	I-1	Front stabilizer pad	1
D-14	Right crank	1	I-2	Front stabilizer pad	1
D-15	Belt	1	I-3	Screw 3/16'	2
D-16	Left chain cover (upper)	1	I-4	Front stabilizer	1
D-17	Right chain cover (lower)	1	<b>J</b>	<b>Rear stabilizer set</b>	<b>1</b>
D-18	Crank cap	2	J-1	Adjust small pad	2
D-19	Screw M5*16	4	J-2	End cap of stabilizer	2
D-20	Screw M4*50L	6	J-3	Screw 3/16'	4
D-21	Washer of handlebar post	2	J-4	Rear stabilizer	1

D-22	Servo motor set	1	K	Seat post	1
D-23	Motor wire	1	L	<b>Seat slider set</b>	1
D-24	Screw M8*P1.25*20L	4	L-1	Fixing screw bracket	1
D-25	Semi washer	4	L-2	Knob of seat	1
D-26	Axle	1	L-3	Flat washer	1
D-27	Hexagonal screw M8*P1.25*12L	3	L-4	End cap	2
D-28	Pulley	1	L-5	Seat slider	1
D-29	Bushing	1	M	<b>Hardware kit set</b>	<b>1</b>
D-30	Pedal set	1	M-1	Screw M8*P1.25*75L	2
D-31	Cap of handlebar post	1	M-2	Nut M8	2
D-32	Main frame	1	M-3	Semi washer	2
<b>E</b>	<b>Water bottle cage</b>	<b>1</b>	M-4	Screw M8*16	4
<b>F</b>	<b>Flywheel set</b>	<b>1</b>	M-5	Flat washer	4
F-1	Nut 3/8"	5	<b>N</b>	<b>Switching power adapter</b>	1
F-2	Flywheel axle	1	<b>O</b>	<b>Seat</b>	1
F-3	Single wheel	1			

## 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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servis@insportline.sk

Web:

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Date of Sale:

Stamp and Signature of Seller: