



**USER MANUAL – EN**

**IN 20221 Mini exercise bike inSPORTline Pynero**



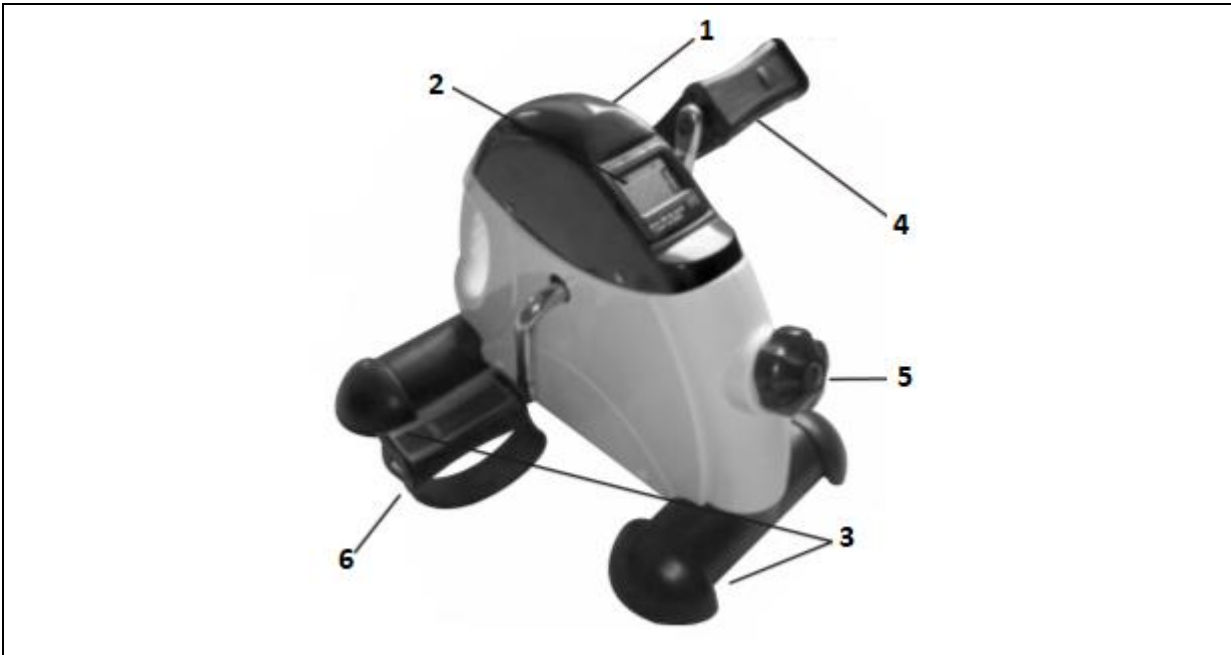
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## SAFETY INSTRUCTIONS

- **WARNING!** Product is designed to provide maximum safety during exercise, but it is necessary to follow all safety instructions. Read the manual carefully and keep it for future reference.
- Owner is responsible for safe use. Teach other users about safe use.
- Use the product only for intended purposes. Do not modify the product.
- Keep away from kids and pets. Do not leave kids and pets unattended around the product.
- Regularly check all screws, nuts and other parts. If it is necessary, tighten all screws and nuts. Regularly check for sign of wears and damage. Never use damaged or worn product. Damaged or worn parts replace immediately.
- Assembly can be done by adult person.
- Place the product on flat, clean, dry and solid ground. For safety purposes keep 0.6 m free space around product. For floor protection use protection pad.
- Do not use outside and keep away from humidity and dust. Keep the room well ventilated during exercise.
- Do not place sharp object near or on product.
- Always wear sport cloth and boots. Do not wear loose clothes, they can get stuck in moving parts.
- Keep your limbs away from moving parts. Adjustable parts must not prohibit movement of user.
- Exercise appropriately to your health condition and keep the speed under control.
- If the product does not work as intended, turn it off immediately.
- Only for one person at the same time.
- Your health can be affected by incorrect or excessive training. Consult your doctor before beginning the training program. Stop the exercise immediately if you notice any health problems. This machine is not suitable for therapeutic purpose.
- Avoid exercise if you have the following or similar problems: leg pain, hip pain, wounded leg, hips or throat, rheumatic discomfort or gout, osteoporosis, heart, blood or pressure problems, breathing difficulties, cancer, thrombosis, diabetes, skin damage, inflammation or temperature, bone problems. The product is also not intended for pregnant women, women in the period or for people who have other medical complication.
- **Maximum user weight:** 100 kg
- **Category:** HC (according to EN 957) suitable for home use.

# PRODUCT DESCRIPTION

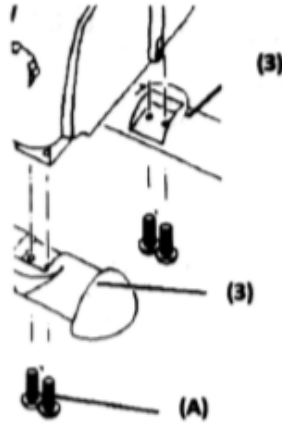


<b>1</b>	Main frame
<b>2</b>	Display
<b>3</b>	Stabilizers
<b>4</b>	Right pedal
<b>5</b>	Resistance adjustment knob
<b>6</b>	Left pedal
<b>A</b>	Screw – 4 pcs
<b>B</b>	Wrench – 1 pcs
<b>C</b>	Screwdriver – 1 pcs

## ASSEMBLY

### STEP 1

Connect the stabilizers (3) with screws (A).



### STEP 2

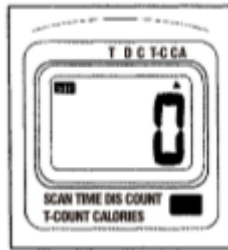
Attach the right pedal (4) marked R to the right crank in a clockwise direction using the wrench B.

Attach the left pedal (6) marked L to the left crank in a counter-clock wise direction using the wrench B.



# CONSOLE

## DISPLAY



T (TIME)	Display time from start of the exercise.
D (DISTANCE)	Display distance from the start of the exercise.
C (COUNT)	Number of pedal revolutions.
T-C (TOTAL COUNT)	Number of pedal revolutions per minute. After resetting the value is 0.
CA (CALORIES)	Burned calories from the start of the exercise.
SCAN	Display functions above in a cycle of 5 seconds.

## FUNCTIONS

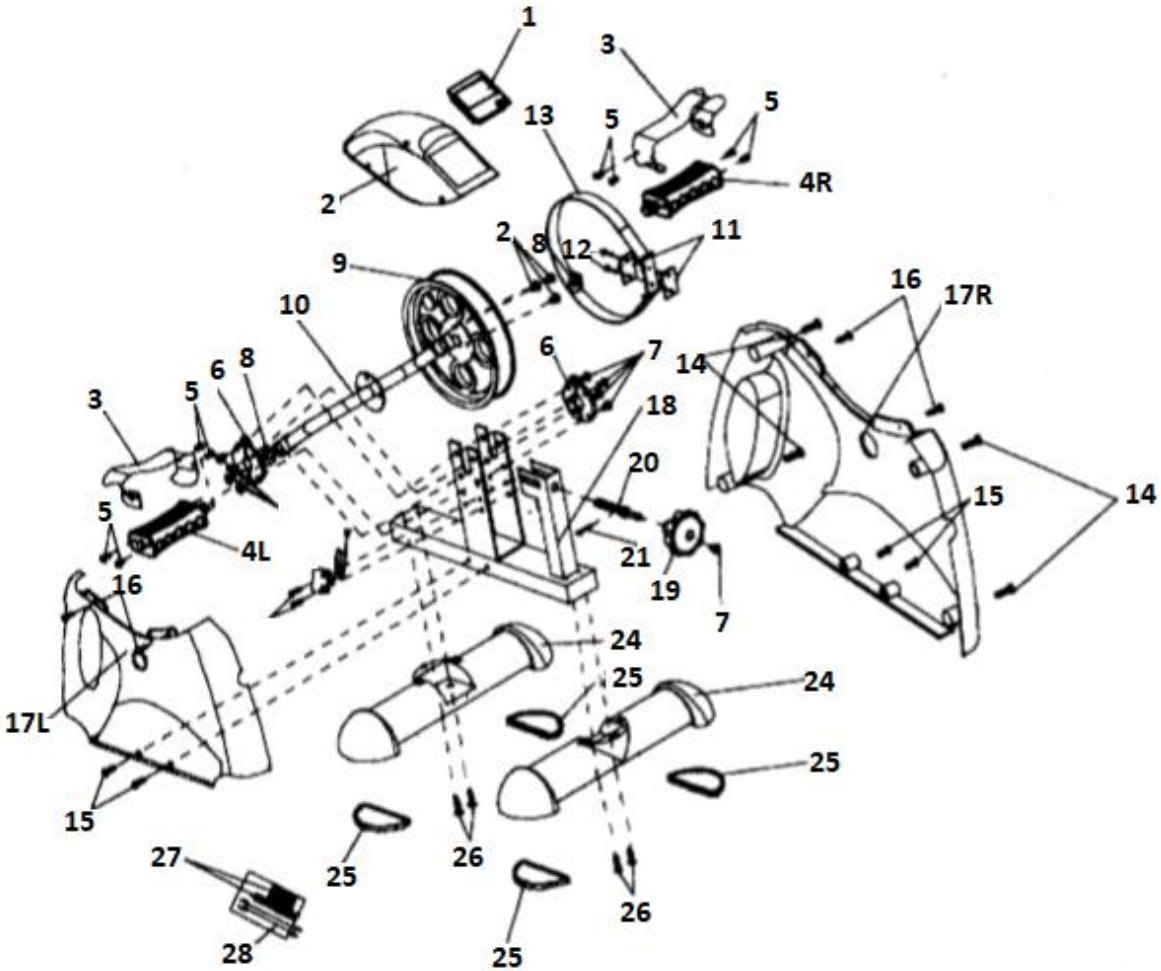
START	The console will turn on when you start pedaling.
STOP	When you finish the exercise for 4 seconds the top left corner will display STP. Console will turn off after 2 minutes of inactivity.
RESET	Hold the RESET button for 3 seconds to reset the value.
FUNCTION SELECTION	Choose displayed value. Chosen value will be displayed and arrow will be displayed on the function ▲.
FUNCTION DISPLAY	If the SCAN is displayed on the top of the display, displayed values will change every 5 seconds.

**WARNING:** Do not modify or change the console. Doing so void the warranty claim.

### NOTES:

- If the display is unreadable, remove and insert a new battery. The data is reset when the battery is replaced.
- If the display does not display correctly, remove and reconnect the battery.

DIAGRAM



## PARTS LIST

No.	Name	Qty.	No.	Name	Qty.
1	Console	1	15	Screw M5x25	4
2	Top cover	1	16	Screw M4x7	4
3	Pedal straps	R/L	17	Side cover	R/L
4	Pedals	R/L	18	Main frame	1
5	Screw M4x12	8	19	Resistance adjustment knob	1
6	Flange	2	20	Resistance rod	1
7	Screw M6x12	12	21	Split pin	1
8	Spacer	2	22	Console sensor	1
9	Flywheel	1	23	Screw M5x10	2
10	Pedal crank	1	24	Stabilizers	2
11	Brake band bracket	2	25	Anti-slip pad	4
12	Rivet	2	26	Screw M5x14	4
13	Brake band	1	27	Screwdriver	1
14	Screw M5x20	4	28	Wrench	1

## MAINTENANCE

- When assembling, tighten all screws and set the exercise bike in a horizontal position.
- Check the screws after 10 hours of use.
- Wipe away sweat after exercise. Clean the device with a cloth and mild detergent. Do not use solvents or aggressive cleaning agents on plastic parts.
- In case of increased noise, check that all connections are properly tightened.
- Place the product in a clean, ventilated and dry room.
- Do not expose the device to direct sunlight.

## WARM UP

A successful workout begins with warm-up exercises and ends with cool-down (relaxing) exercises. The warm-up exercises should make your body ready for the main workout. The cool-down phase should protect your muscles from injuries and cramps. Do warm-up and cool-down exercises as shown in the chart below.



### Touching your toes

Slowly bend your back from hips. Keep your back and arms relaxed while stretching downwards to your toes. Do it as far as you are able and hold the position for 15 seconds. Bend your knees slightly.



### Upper thigh

Lean against a wall with one hand. Reach down and behind you. Lift up your right or left foot to your buttock as high as possible. Keep for 30 seconds and repeat twice for each leg.





### **Hamstring stretched**

Sit and outstretch your right leg. Rest the sole of your left foot against the inside of your right thigh. Stretch out your right arm along your right leg as far as you can. Hold for 15 seconds and relax. Repeat all with your left leg and left arm.



### **Inside upper thigh**

Sit on the floor and place your feet together. Knees are pointed outwards. Pull your feet as close as possible to your groin. Press your knees carefully downwards. Keep this position for 30-40 seconds if possible.



### **Calves and Achilles tendon**

Lean against a wall with your left leg in front of the right one and your arms forward. Stretch out your right leg and keep your left foot on the floor. Bend your left leg and lean forwards by moving your right hip in the direction of the wall. Hold for 30-40 seconds. Keep your leg stretched and repeat exercising with other leg.

## **USE**

### **HAND EXERCISE**

Place the exercise bike on the table. Make sure it is firmly laid. Sit in front of the exercise bike and hold the pedals in your hands. You can move the pedals forward or backward.

### **LEG EXERCISE**

Place the exercise bike on the ground. Make sure it is firmly laid. Sit in front of the exercise bike. The distance should be sufficient to extend the legs. You can pedal forward or backward.

## **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 scrapyards.

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.



**SEVEN SPORT s.r.o.**

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Date of Sale: Stamp and Signature of Seller: