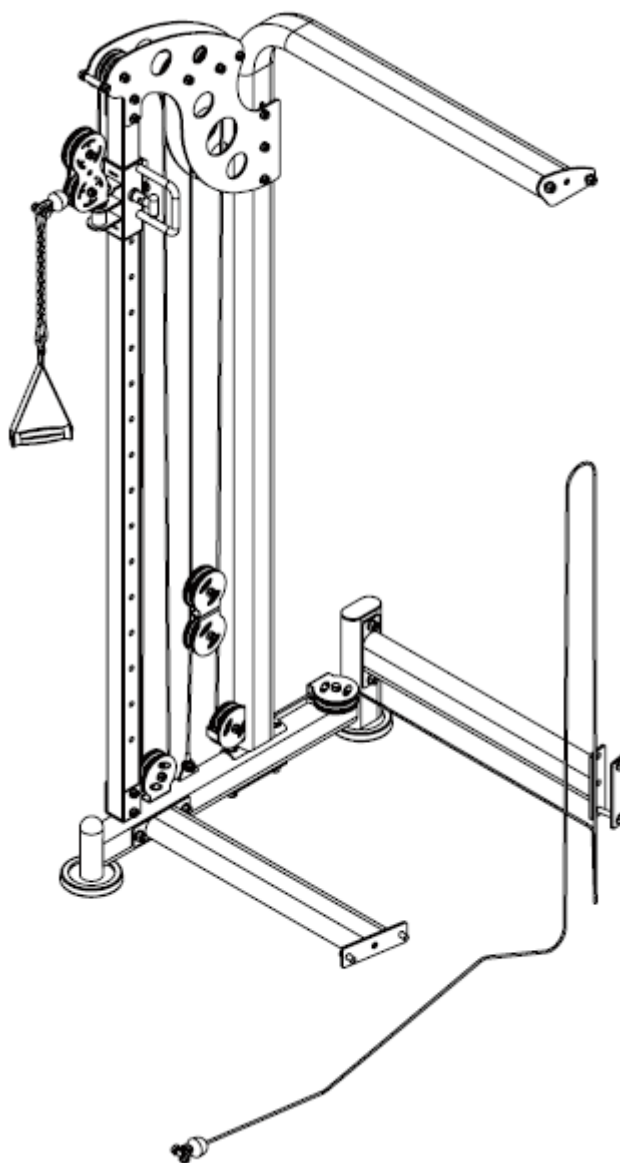




USER MANUAL – EN

IN 20777 Optional accessories for ProfiGym C400 - side pulley



CONTENTS

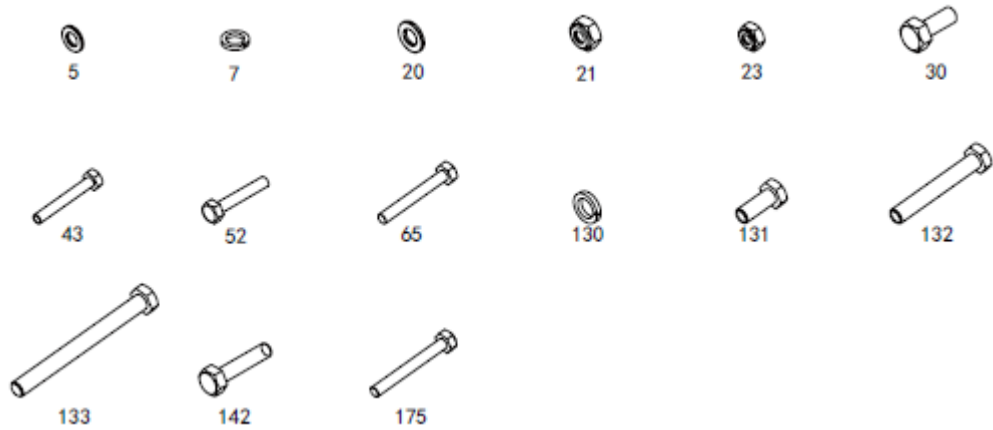
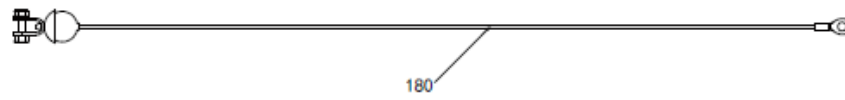
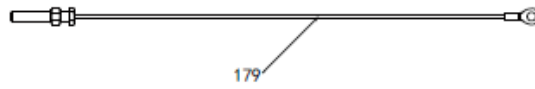
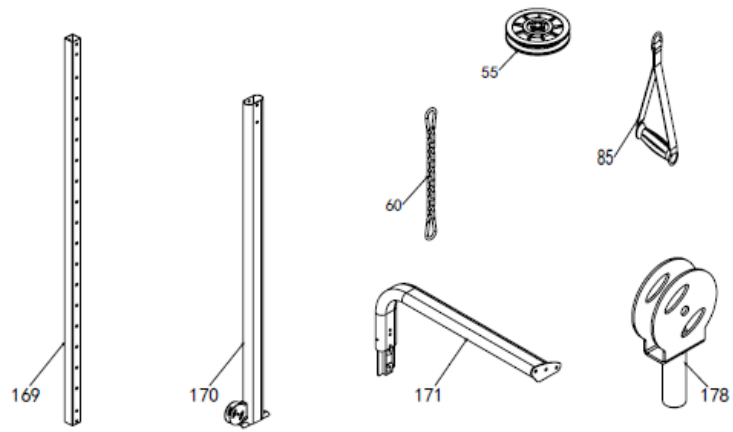
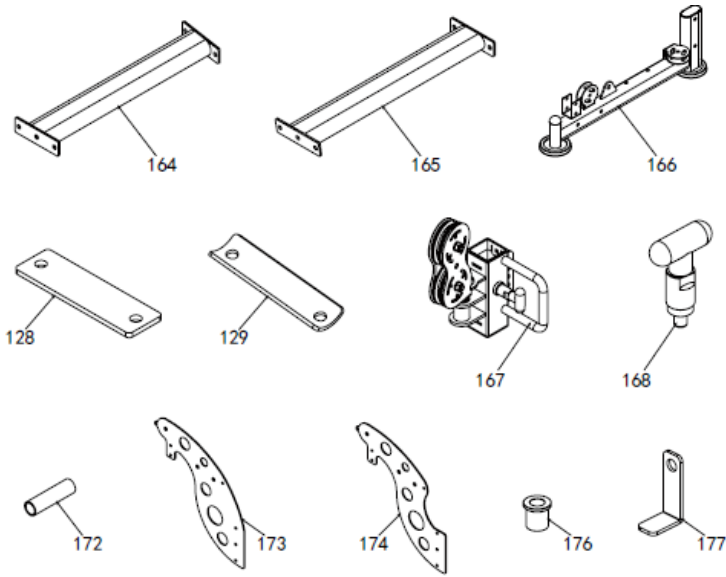
- SAFETY INSTRUCTIONS..... 3
- PARTS LIST 4
- ASSEMBLY 6
 - STEP 1..... 6
 - STEP 2..... 7
 - STEP 3..... 8
 - STEP 4..... 9
 - STEP 5..... 10
 - STEP 6..... 11
- EXERCISE INSTRUCTIONS 13
- MAINTENANCE 14
- ENVIRONMENT PROTECTION 14
- TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS..... 14

SAFETY INSTRUCTIONS

- Thank you for purchasing this product. Please read the manual carefully before starting the **assembly** and before using the product. Keep this manual for future reference. In case of doubt, contact a specialist **service**.
- Before **finishing** the **assembly**, check all parts for completeness and integrity. Use only original spare parts and accessories. Do not make unauthorized product modifications.
- Assembly can be only done by an adult. Check that the product is properly assembled and firm before use. The device must function properly to avoid injury to the user. If the device is not working properly, it shows signs of damage or wear, stop using it immediately. Damaged or worn parts must be replaced immediately.
- Ask your doctor for help before starting an exercise program.
- Keep the away from children and pets.
- Always do warm up exercise before starting your exercise program.
- Read and follow all instructions and warnings.
- Place the device on a flat, clean, dry surface. Keep a safe distance from another object's min 0.6 m.
- Do not use outdoors.
- Do not modify the device.
- Check the if all bolts and nuts are tightened before each exercise. Do not use the product if it is damaged.
- Exercise reasonably and carefully, do not overextend your exercise. The movements must not be too steep to avoid injury to the user.
- Do not hold your breath during exercise.
- Exercise properly and adequately. High loads can lead to health complications.
- Keep clothing and body parts away from moving parts to prevent injury. Take appropriate sportswear including sports shoes.
- Take care of your health and initially choose a slower pace. The same is useful after a longer exercise break. Over time, you can work towards a more intense pace.
- Improper exercise or failure to observe safety precautions may result in serious injury or equipment damage. In case of doubt or uncertainty, contact a specialist service or dealer.
- Never exceed the stated weight limits.
- Pay attention to body signals. In case of negative physical reactions, immediately stop exercising and contact your doctor.
- **Category:** H for home use
- **Weight limit:** 150 kg

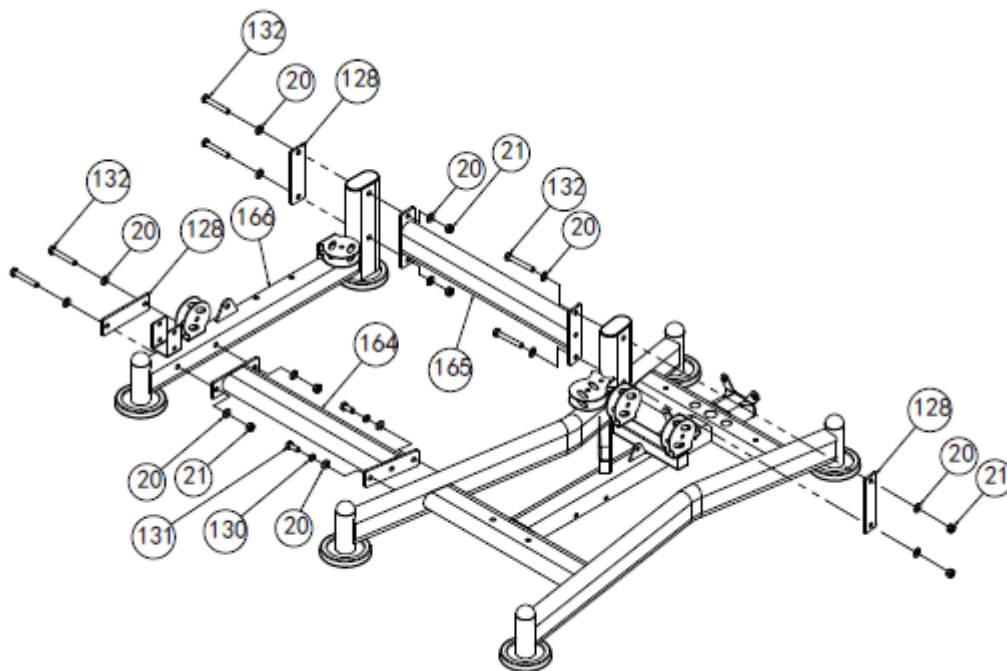
PARTS LIST

No.	Name	Specification	Qty.
5	Washer	ø10	38
20	Washer	ø12	22
21	Nut	M12	10
23	Nut	M10	19
30	Hexagon bolt	M10x25	2
43	Hexagon bolt	M10x75	2
52	Hexagon bolt	M10x45	4
55	Pulley	ø95x26	8
60	9 link chain + hook		1
65	Hexagon bolt	M10x75	7
66	Hexagon bolt	M10x80	3
85	Handle		1
128	Reinforcing plate		3
129	Curved reinforcing plate		1
130	Spring washer	ø12	2
131	Hexagon bolt	M12x30	4
132	Hexagon bolt	M12x80	6
133	Hexagon bolt	M12x125	2
142	Hexagon bolt	M10x50	1
164	Connection frame		1
165	Connection frame		1
166	Side base frame		1
167	Sliding sleeve		1
168	Safety pin with spring	ø10	1
169	Guide rod		1
170	Side frame		1
171	Top frame		1
172	Pulley clamp	ø14x50	2
173	Left side frame cover		1
174	Right side frame cover		1
176	Pulley spacer	ø20x ø10.5 ø19.5	6
177	Pulley holder		1
178	Pulley frame		1
179	Cable	1355 mm	1
180	Cable	7400 mm	1



ASSEMBLY

STEP 1



No.	Name	Specification	Qty.
20	Washer	ø12	14
21	Nut	M12	6
128	Reinforcing plate		3
130	Spring washer	ø12	2
131	Hexagon bolt	M12x30	2
132	Hexagon bolt	M12x80	6
164	Connection frame		1
165	Connection frame		1
166	Side base frame		1

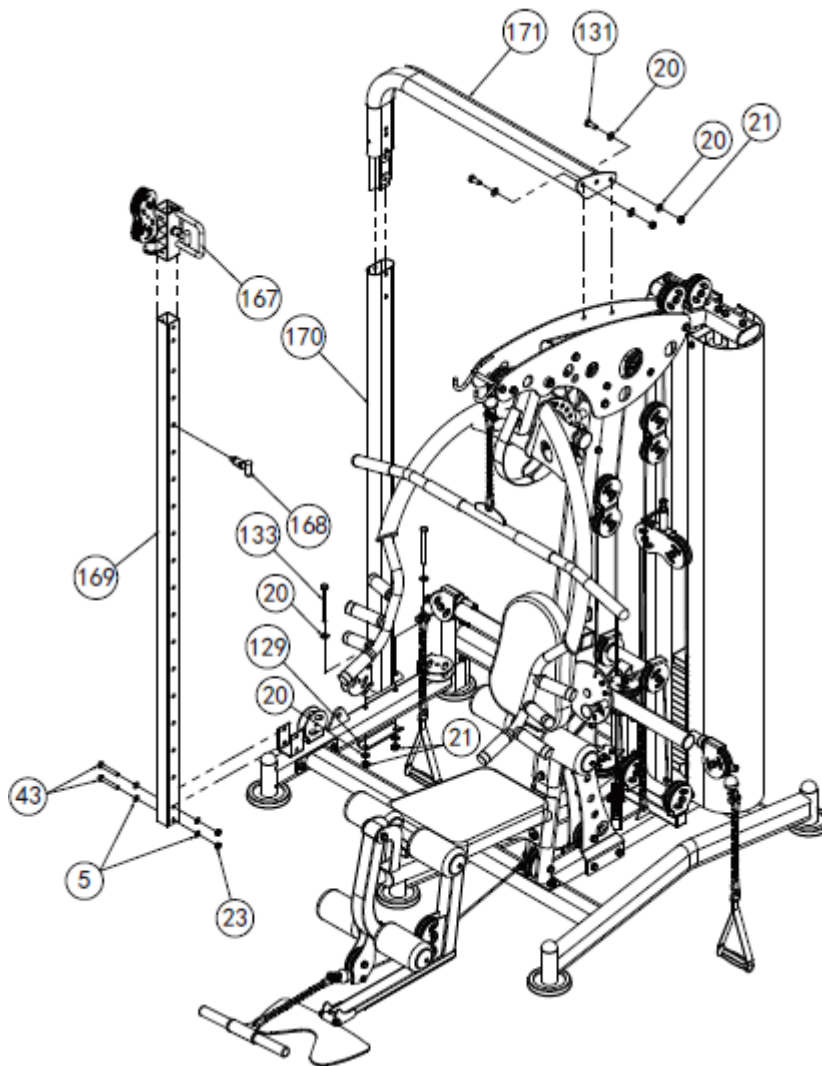
Connect connection frame (164) to base with 2x bolts (131), 2x washers (130) and 2x washers (20).

Connect connection frame (165) to base with 2x bolts (132), 4x washers (20), 2x nuts (21) and reinforcing plate (128).

Connect side base frame (166) to connection frame (164) with 2x bolts (132), 4x washers (20), 2x nuts (21) and reinforcing plate (128).

Connect side base frame (166) to connection frame (165) with 2x bolts (132), 4x washers (20), 2x nuts (21) and reinforcing plate (128).

STEP 2



No.	Name	Specification	Qty.
5	Washer	ø10	4
20	Washer	ø12	8
21	Nut	M12	4
23	Nut	M10	2
43	Hexagon bolt	M10x75	2
129	Curved reinforcing plate		1
131	Hexagon bolt	M12x30	2
133	Hexagon bolt	M12x125	2
167	Sliding sleeve		1
168	Safety pin with spring	ø10	1
169	Guide rod		1
170	Side frame		1
171	Top frame		1

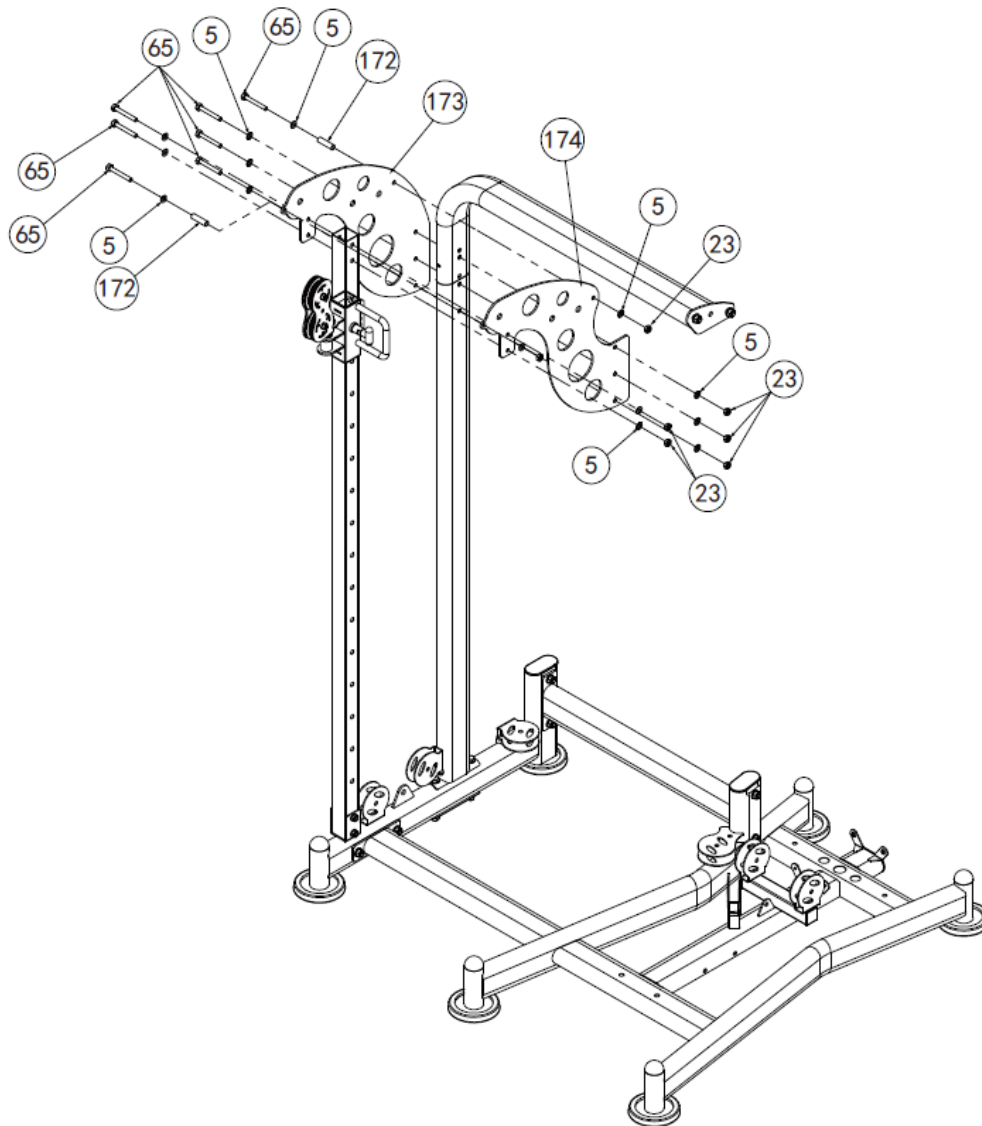
Attach the guide rod (169) to the side frame with the 2x bolts (43), 4x washers (5) and 2x nuts (23).

Place the sliding sleeve (167) on the guide rod (169) using the pin (168).

Attach the side frame (170) to the base with 2x bolts (133), 4x washers (20), 2x nuts (21) and curved reinforcement plate (129).

Attach the top frame (171) to the side frame (170) with 2x bolts (131), 4x washers (20) and 2x nuts (21).

STEP 3

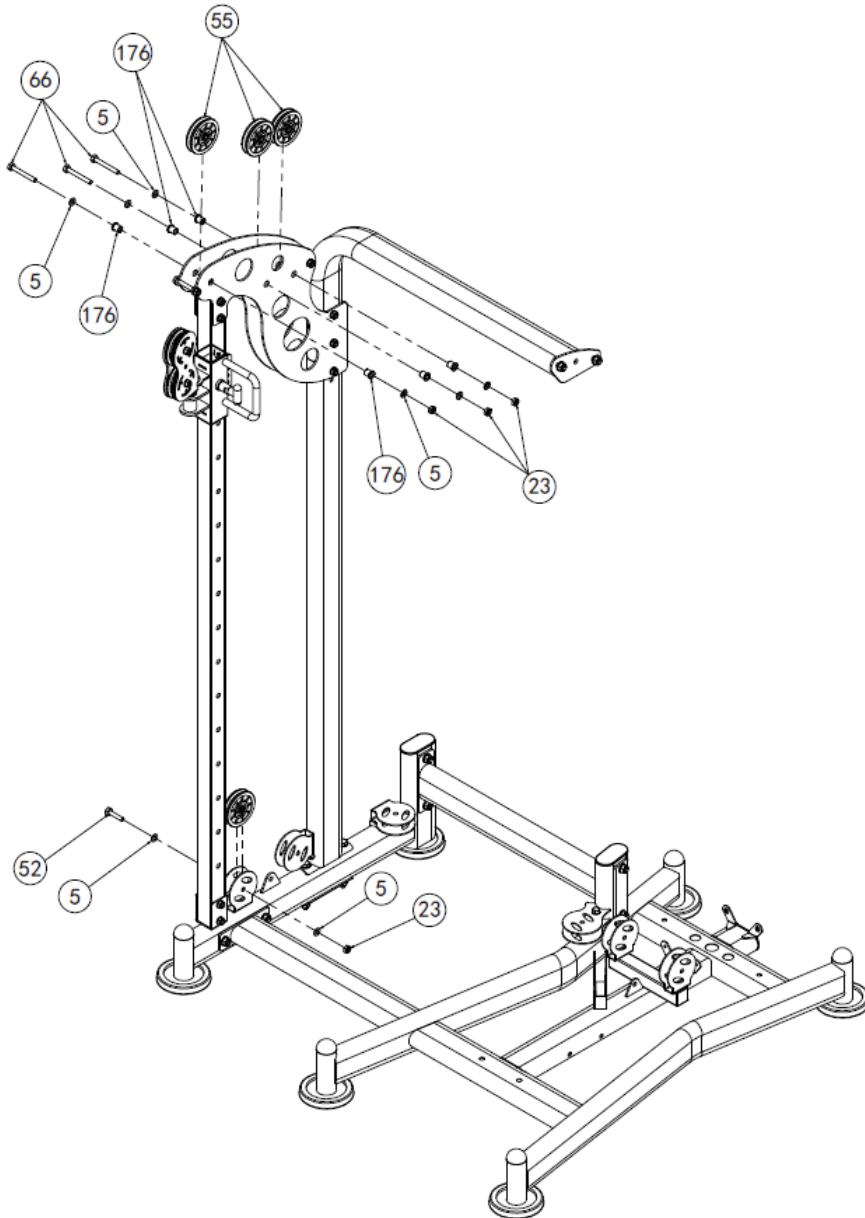


No.	Name	Specification	Qty.
5	Washer	ø10	14
23	Nut	M10	7
65	Hexagon bolt	M10x75	7
172	Pulley clamp	ø14x50	2
173	Left side frame cover		1
174	Right side frame cover		1

Attach the left-side frame (173) and right-side frame (174) to the guide rod, side frames with 5x bolts (65), 10x washers (5) and 5x nuts (23).

Attach the pulley bush (172) to the left pulley frame (173) and the right frame (174) with 2x bolts (65), 4x washers (5) and 2x nuts (23).

STEP 4

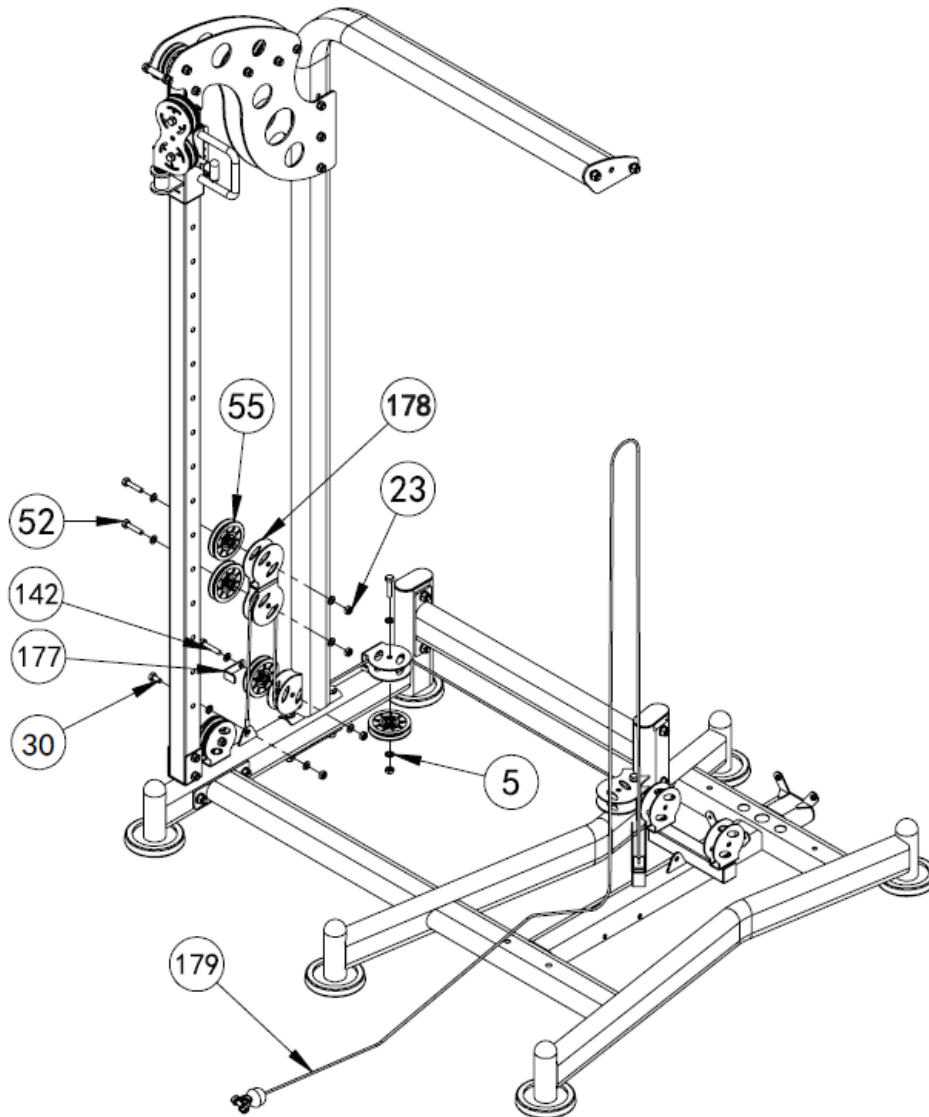


No.	Name	Specification	Qty.
5	Washer	ø10	8
23	Nut	M10	4
52	Hexagon bolt	M10x75	1
55	Pulley	ø95x26	4
66	Hexagon bolt	M10x80	3
176	Pulley spacer	ø20x ø10.5 ø19.5	6

Attach the 3x rollers between the left and right frame cover (173/174) using 3x bolts (66), 6x washers (5), 6x pulley spacers (176) and 3x nuts (23).

Attach the roller (55) to the side of the base with bolt (52), 2x washers (5) and nut (23).

STEP 5



No.	Name	Specification	Qty.
5	Washer	ø10	10
23	Nut	M10	5
30	Hexagon bolt	M10x25	1
52	Hexagon bolt	M10x45	3
55	Pulley	ø95x26	4
142	Hexagon bolt	M10x50	1
177	Pulley holder		1
178	Pulley frame		1

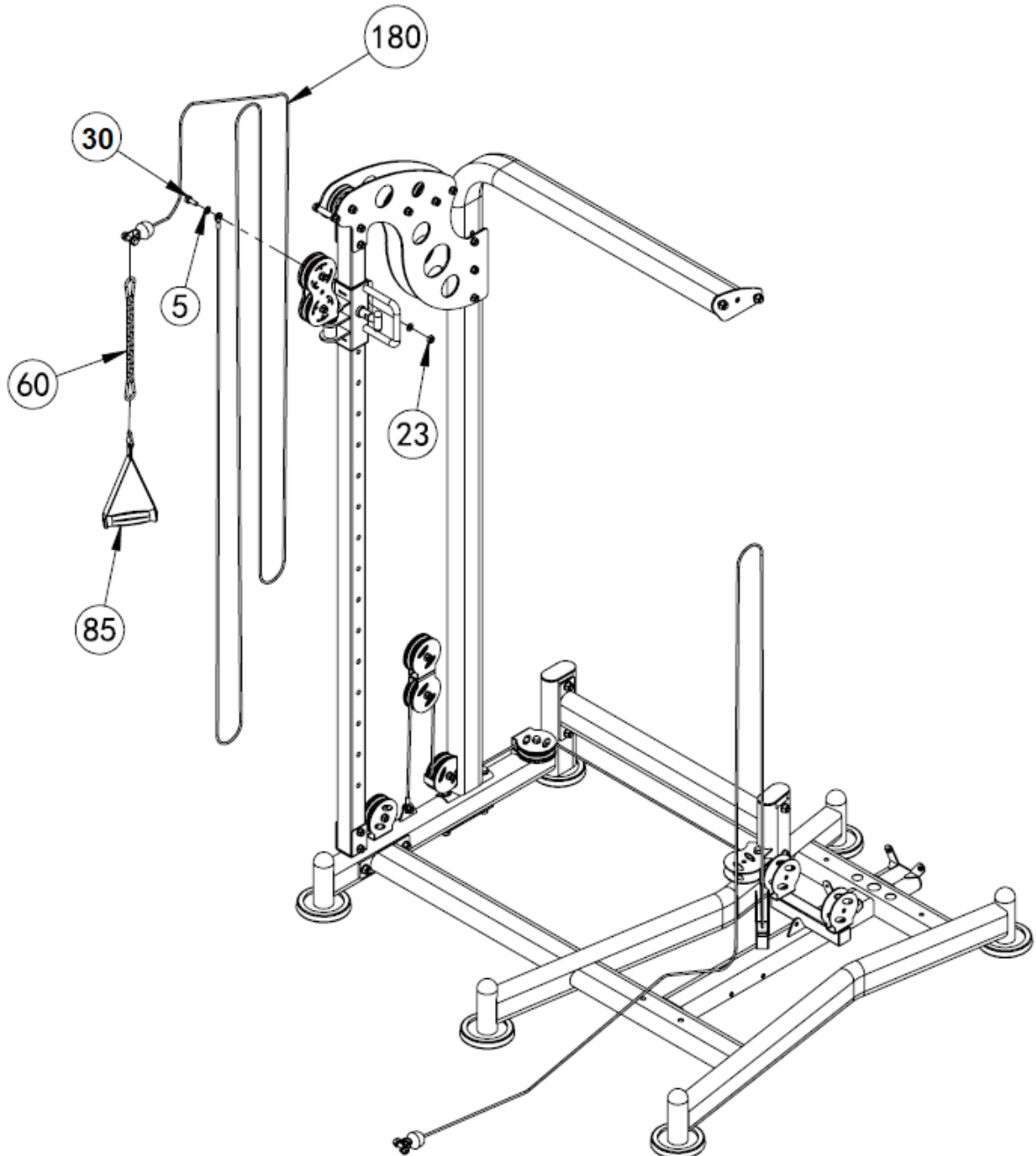
179	Cable	1355 mm	1
-----	-------	---------	---

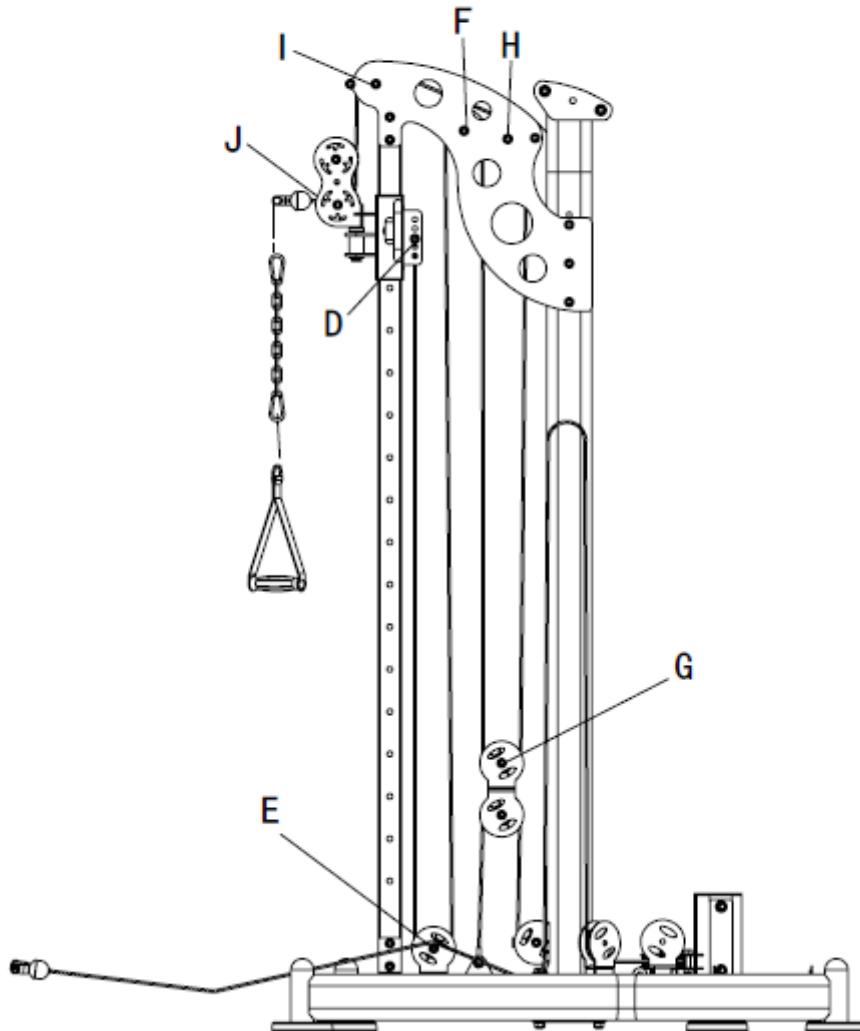
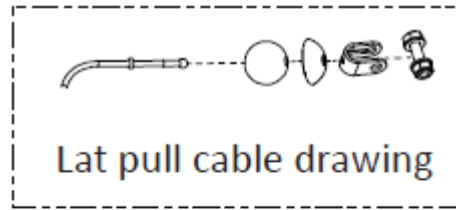
Attach 3x pulleys (55) as shown with 3x screws (52), 6x washers (5) and 3x nuts (23).

Attach pulley (55) as shown with bolt (142), 2x washers (5) and nut (23).

Secure the cable (179) to the frame with the bolt (30) and the nut (23).

STEP 6





No.	Name	Specification	Qty.
5	Washer	ø10	2
23	Nut	M10	1
30	Hexagon bolt	M10x25	1
60	9 link chain + hook		1
85	Handle		1
180	Cable	7400 mm	1

Attach the cable (180) with bolt (30), 2x washers (5) and nut (23).

Remove the plug from the cable (180).

Route the cable from point D through points E, F, G, H, I, J as shown.

Attach the cable end (180).

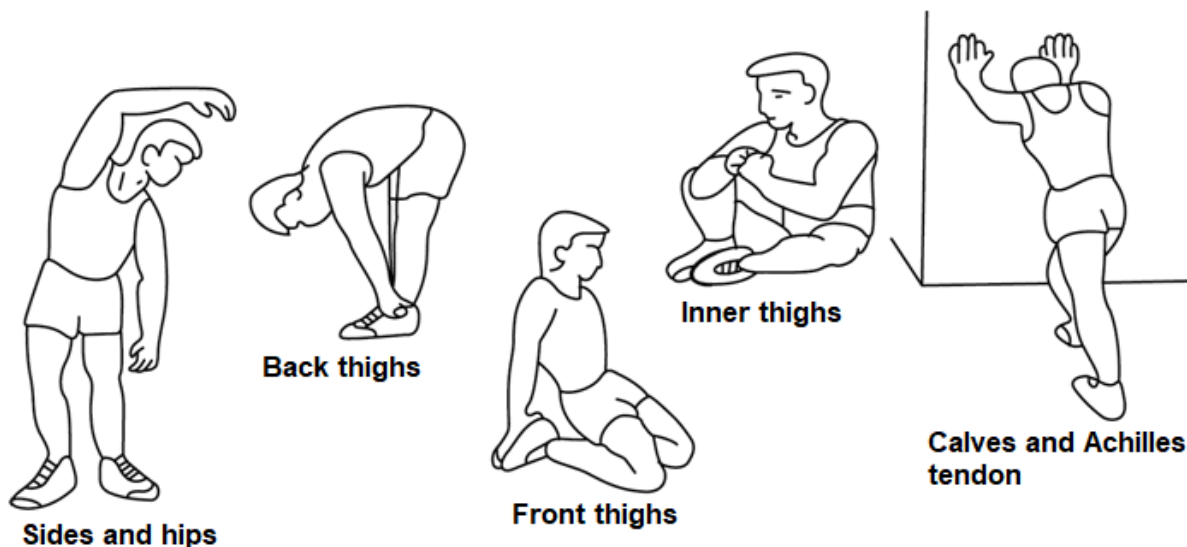
Hook the carabiner chain (60) onto the handle (85) and the cable (180).

EXERCISE INSTRUCTIONS

Exercise is beneficial to your health, improves physical condition, shapes muscles and, in combination with a calorie-balanced diet, leads to weight loss.

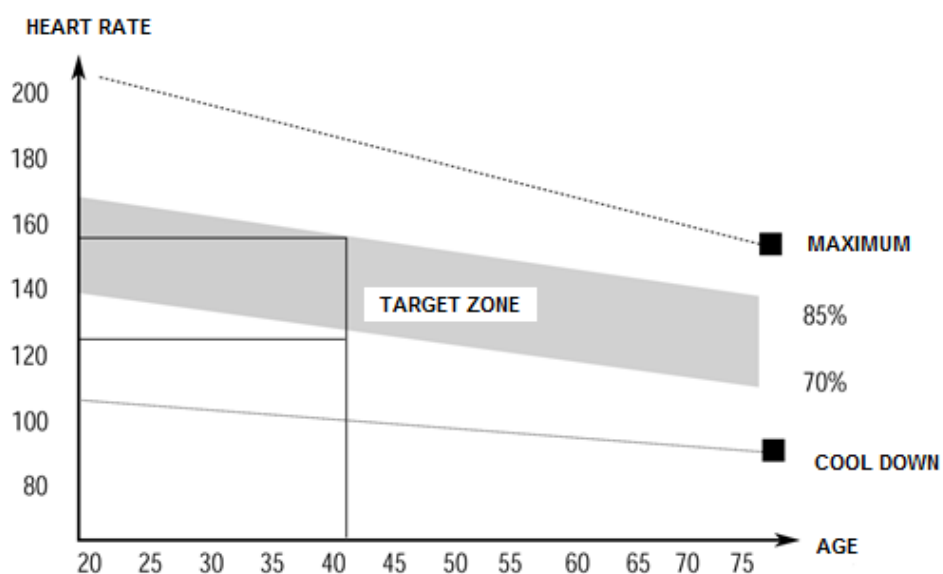
1. WARM UP

This phase serves to improve the blood circulation of the whole body and to warm up the muscles, to reduce the risk of convulsions and muscle injury. We recommend performing the stretching exercises below. When dragging, stay in the end position for approximately 30 seconds, do not make sudden movements and do not vibrate.



2. EXERCISING

This phase is the most physically demanding part. Regular exercise strengthens the muscles. You can determine the tempo yourself, but it is very important that it is the same throughout the exercise. Heart rate should be within the target zone (see figure below).



This phase should last at least 12 minutes. Most people exercise for 15-20 minutes.

3. COOLDOWN

This phase serves to soothe the cardiovascular system and relax the muscles. It should take approximately 5 minutes. You can repeat warming up exercises or continue exercising at slower pace. Stretching your muscles after exercise is extremely important - you need to avoid sudden movements and vibrations.

With improved fitness, you can lengthen and increase exercise intensity. Train regularly, at least three times a week.

SHAPING MUSCLES

For muscle shaping, it is important to set a high load. The muscles will be more stressed, which may cause that you will not be able to exercise as long as usual. If you are trying to improve your condition at the same time, you need to adjust your training. Exercise in the usual way during the warm-up and final stages of training but increase the resistance of the device at the end of the exercise. You may need to slow down the speed to keep the heart rate in the target area.

WEIGHT LOSS

The number of calories burned depends on the length and intensity of the exercise. The essence is the same as in fitness exercise, but the goal is different.

MAINTENANCE

1. After exercising, wipe off any sweat to avoid corrosion. Clean the device with a soft cloth and mild detergents. Do not use abrasive cleaners or solvents on plastic parts.
2. In case of increased machine noise, all bolts and joints must be checked and tightened properly.
3. The product must be placed in clean, ventilated and dry areas.
4. Do not expose the device to direct sunlight.

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 here under 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 Strakonická street 1151/2c, Prague 150 00, 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, wear of brake pads/blocks, chain, tires, cassette/multi wheel 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.

CZ

SEVEN SPORT s.r.o.

Registered Office: Strakonická 1151/2c, Praha 5, 150 00, ČR
Headquarters: Dělnická 957, Vítkov, 749 01
Warranty & Service: Čermenská 486, Vítkov 749 01

CRN: 26847264
VAT ID: CZ26847264

Phone: +420 556 300 970
E-mail: eshop@insportline.cz
reklamace@insportline.cz
servis@insportline.cz

Web: www.inSPORTline.cz

SK

inSPORTline s.r.o.

Headquarters, warranty & service center: Električná 6471, Trenčín 911 01, SK

CRN: 36311723
VAT ID: SK2020177082

Phone: +421(0)326 526 701
E-mail: objednavky@insportline.sk
reklamacie@insportline.sk
servis@insportline.sk

Web: www.inSPORTline.sk