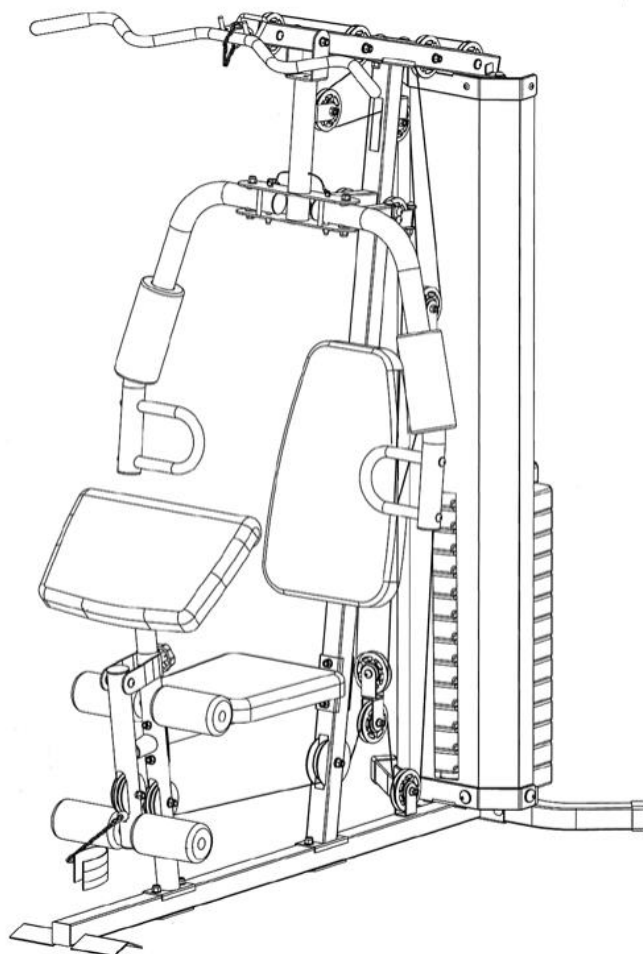




USER MANUAL – EN
IN 20802 Home gym inSPORTline C40



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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
- **Total maximum weight limit:** 150 kg

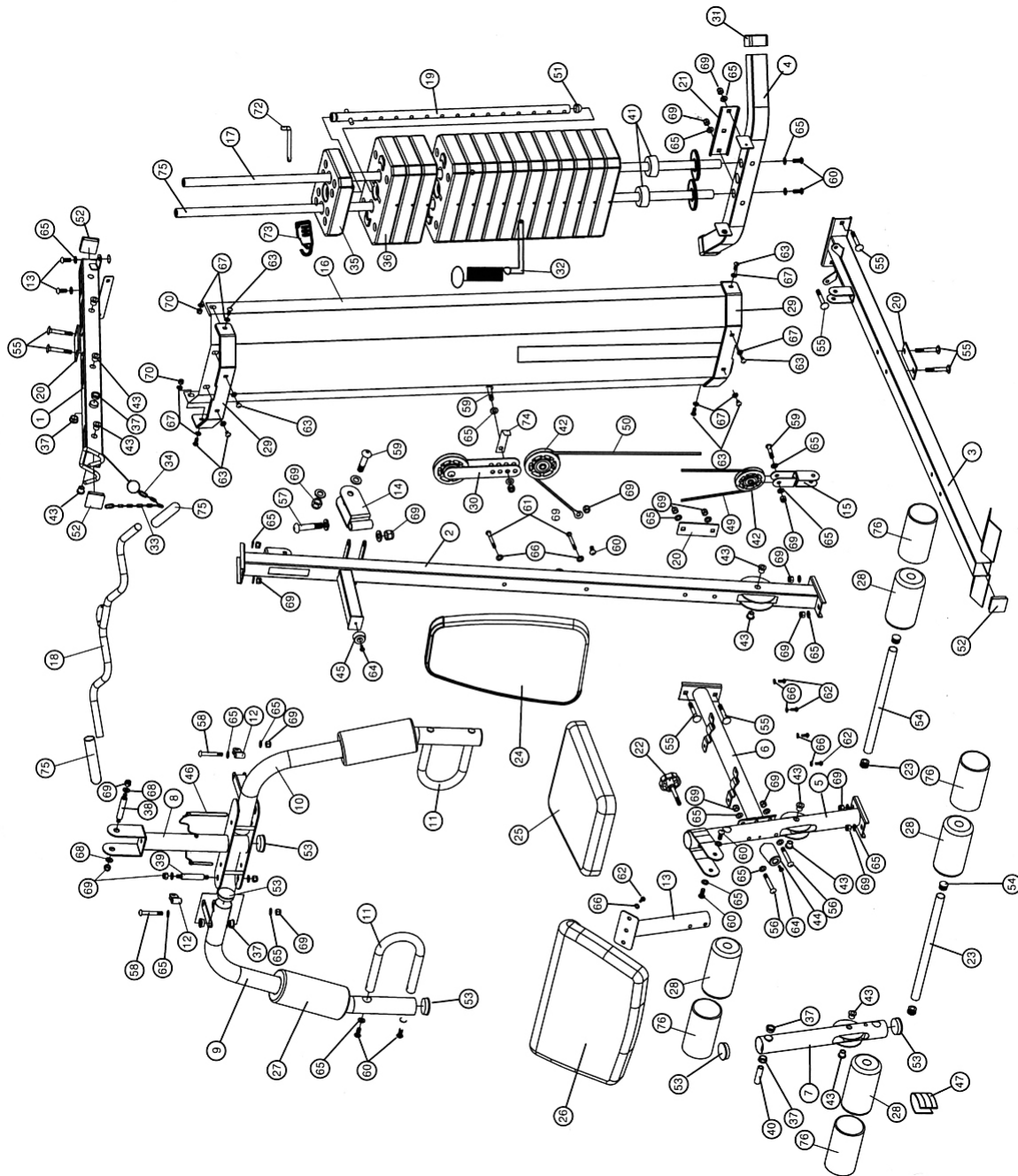
PARTS LIST

No.	Name	Specifications	Qty.
1	Top frame		1
2	Vertical frame		1
3	Base		1
4	Rear stabilizer		1
5	Leg press holder		1
6	Seat support		1
7	Leg press		1
8	Butterfly base		1
9	Right butterfly arm		1
10	Left butterfly arm		1
11	Front press handle		2
12	Butterfly cable bracket		2
13	Arm curl stand		1
14	Swivel pulley bracket		2
15	Double floating pulley bracket		1
16	Weight stack cover		1
17	Guide rod		2
18	Lat bar		1
19	Selector rod		1
20	Plate	1 3/4" x 4 3/4"	4
21	U shaped bracket	2" x 7"	1
22	Knob		1
23	Foam roller bar		2
24	Backrest		1
25	Seat		1
26	Arm curl pad		1
27	Big foam roller	Ø 1 7/8" x Ø 8 5/8"	2
28	Foam roller	Ø 7/8" x Ø 7"	4
29	Weight stack cover bracket		2
30	Double floating pulley bracket		2
31	Rear stabilizer end cap		2
32	Weight selector pin		1
33	Chain		2
34	Skoba		4
35	Top weight plate		1

36	Weights		14
37	Bearings	Ø1"	8
38	Front press axle	3"	1
39	Butterfly axle	2 5/8"	2
40	Leg press axle		1
41	Weight stack rubber washer	Ø2 3/8" x 1"	2
42	Pulley		16
43	Pulley bearing	Ø 7/8" x 1/2"	14
44	Rubber washer	Ø1 7/8" x 2 1/2"	1
45	Rubber washer	Ø1 1/2" x 5/8"	1
46	Butterfly arm lock pin		2
47	Ankle strap		1
48	Top cable	116"	1
49	Butterfly arm cable	91"	1
50	Bottom cable	134"	1
51	End cap	Ø1"	1
52	End cap	2" x 2"	3
53	End cap	Ø 2"	7
54	End cap	Ø1"	4
55	Carriage bolt	M10 x 2 3/4"	10
56	Allen bolt	M10 x 2 3/4"	9
57	Allen bolt	M10 x 2 1/2"	2
58	Allen bolt	M10 x 2"	2
59	Allen bolt	M10 x 1 3/4"	9
60	Allen bolt	M10 x 3/4"	13
61	Allen bolt	M8 x 2 3/4"	2
62	Allen bolt	M8 x 5/8"	6
63	Allen bolt	M6 x 3/4"	8
64	Screw	M6 x 5/8"	2
65	Washer	Ø 3/4"	50
66	Washer	Ø 5/8"	8
67	Washer	Ø 1/2"	10
68	Spacer	Ø 1" x Ø 3/8"	6
69	Nut	M10	41
70	Nut	M6	2
71	Self-tapping screw	ST5 x 3/8"	2
72	Locking pin		1
73	Combination lock		1

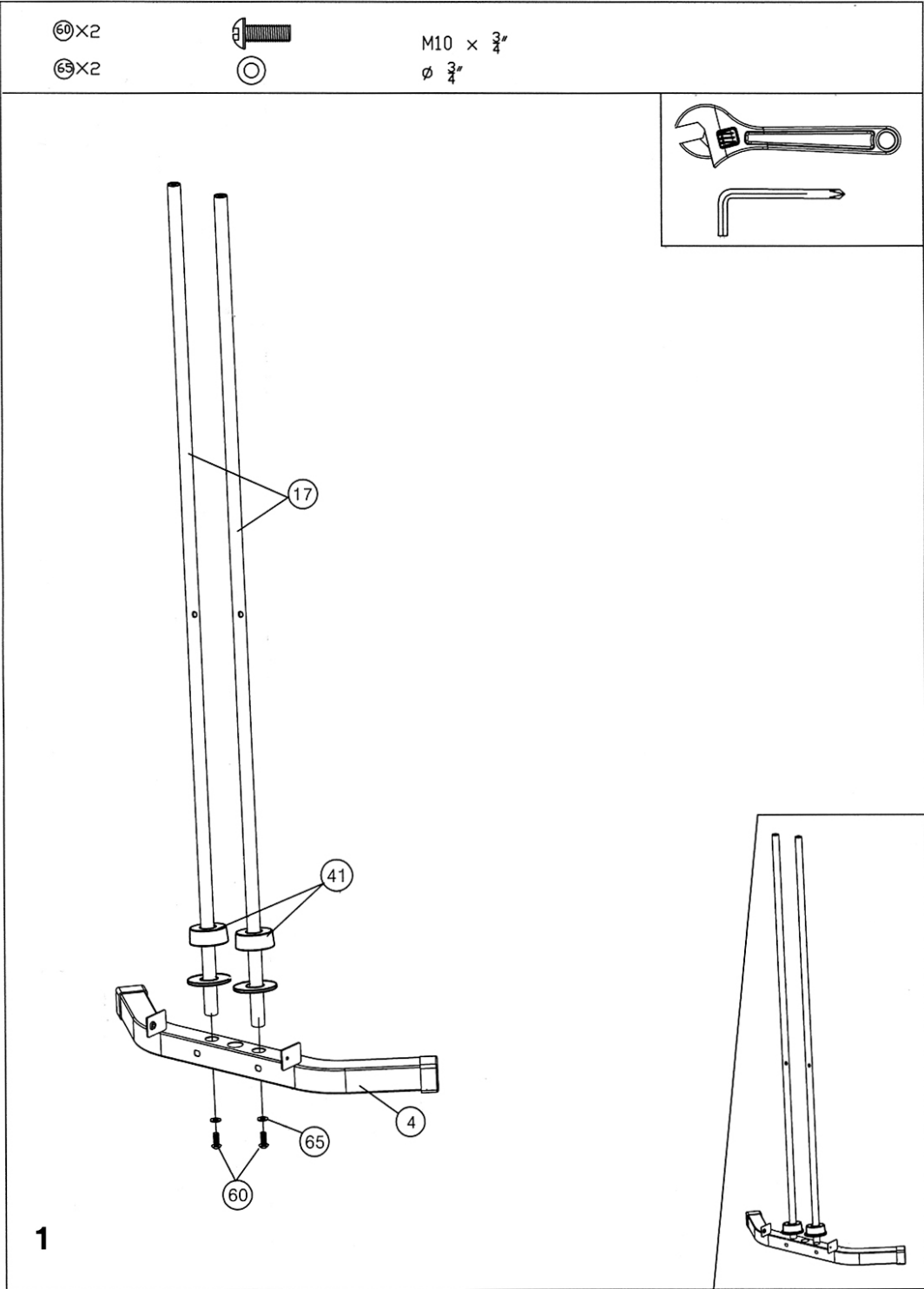
74	Cable holder		2
75	Handle		2
76	Foam roller bar end cap		4

DIAGRAM



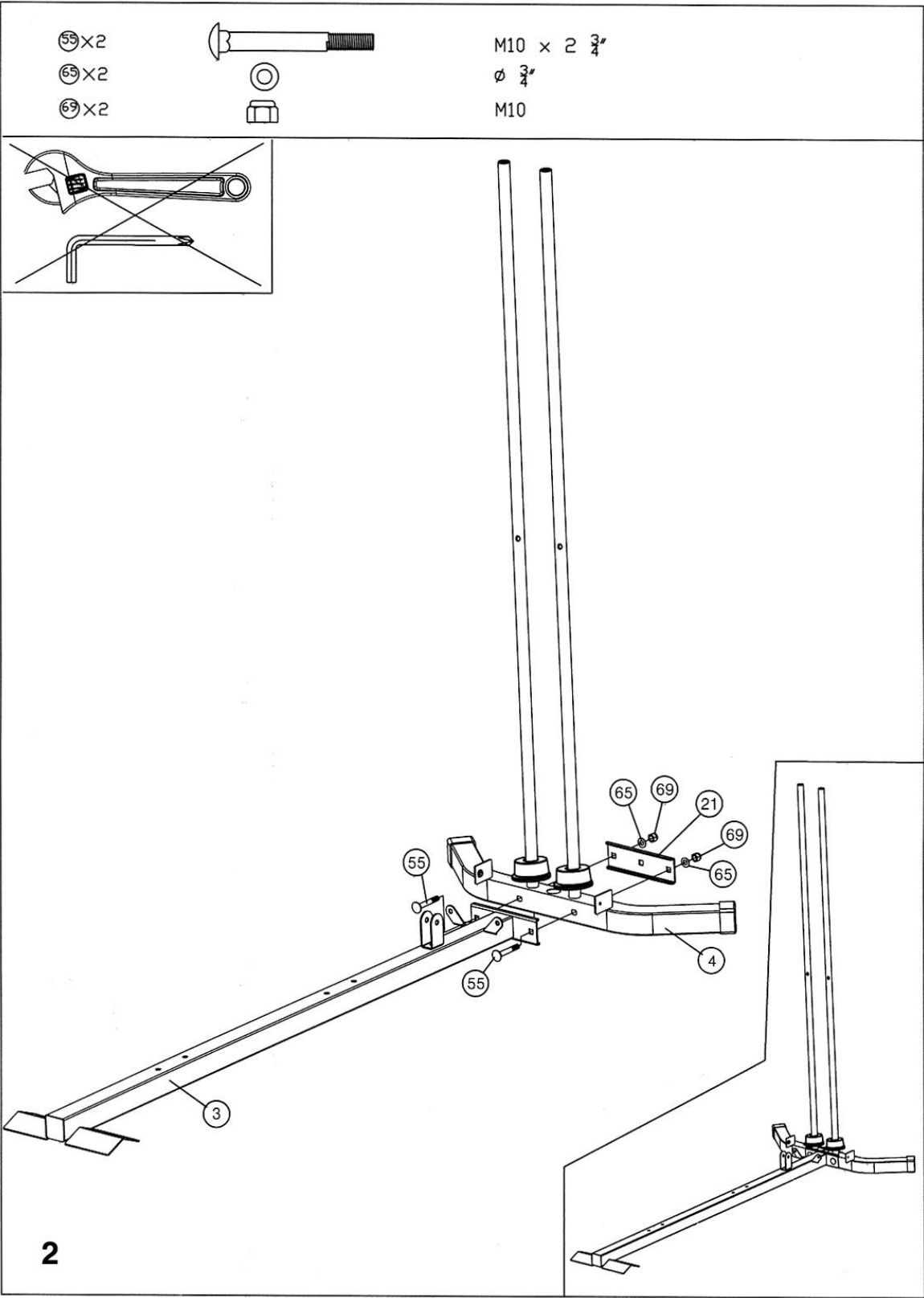
ASSEMBLY

STEP 1



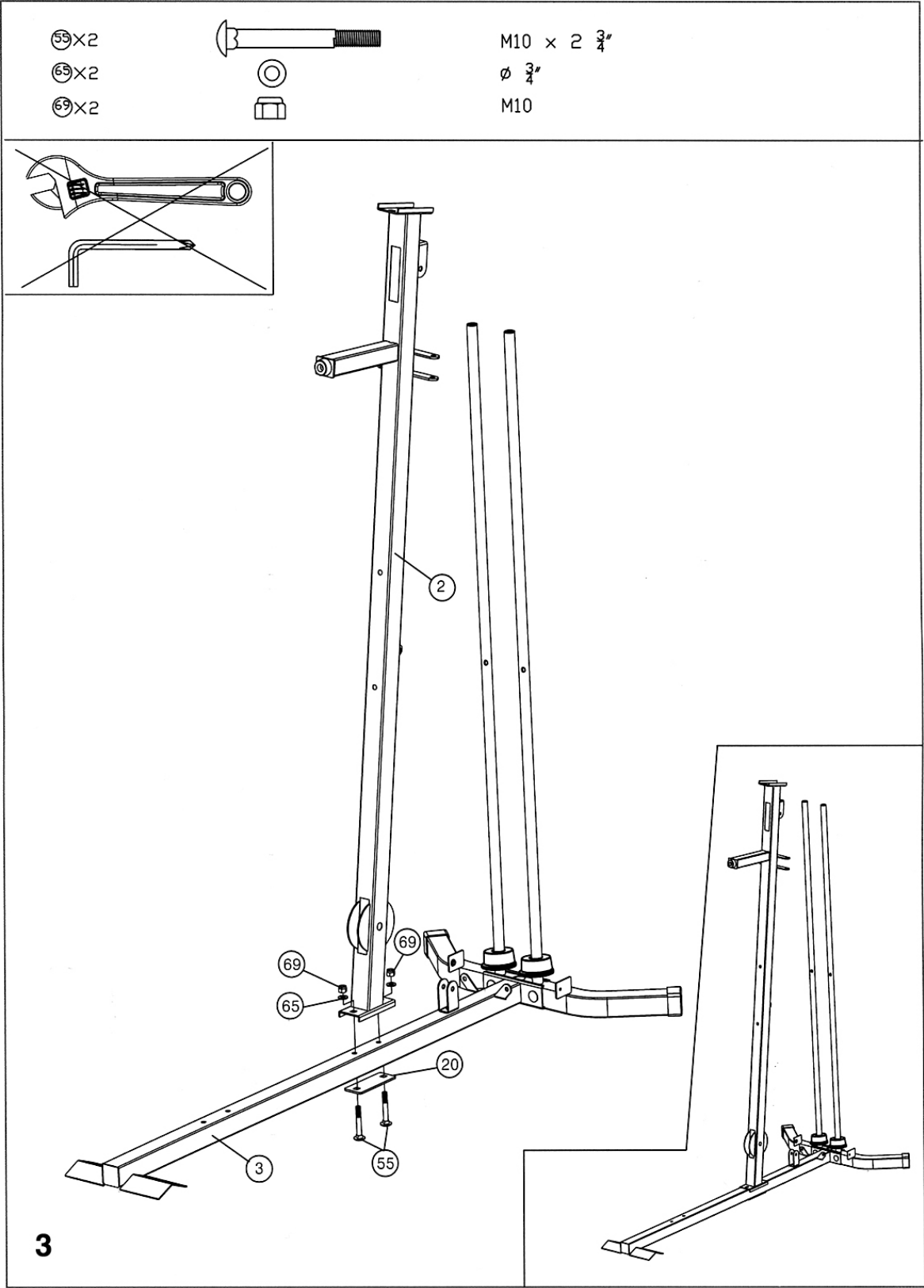
Attach the guide rods (17) to the rear stabilizer (4) with 2x bolts (60) and 2x washers (65). Slide the rubber washers (41) onto the rods.

STEP 2



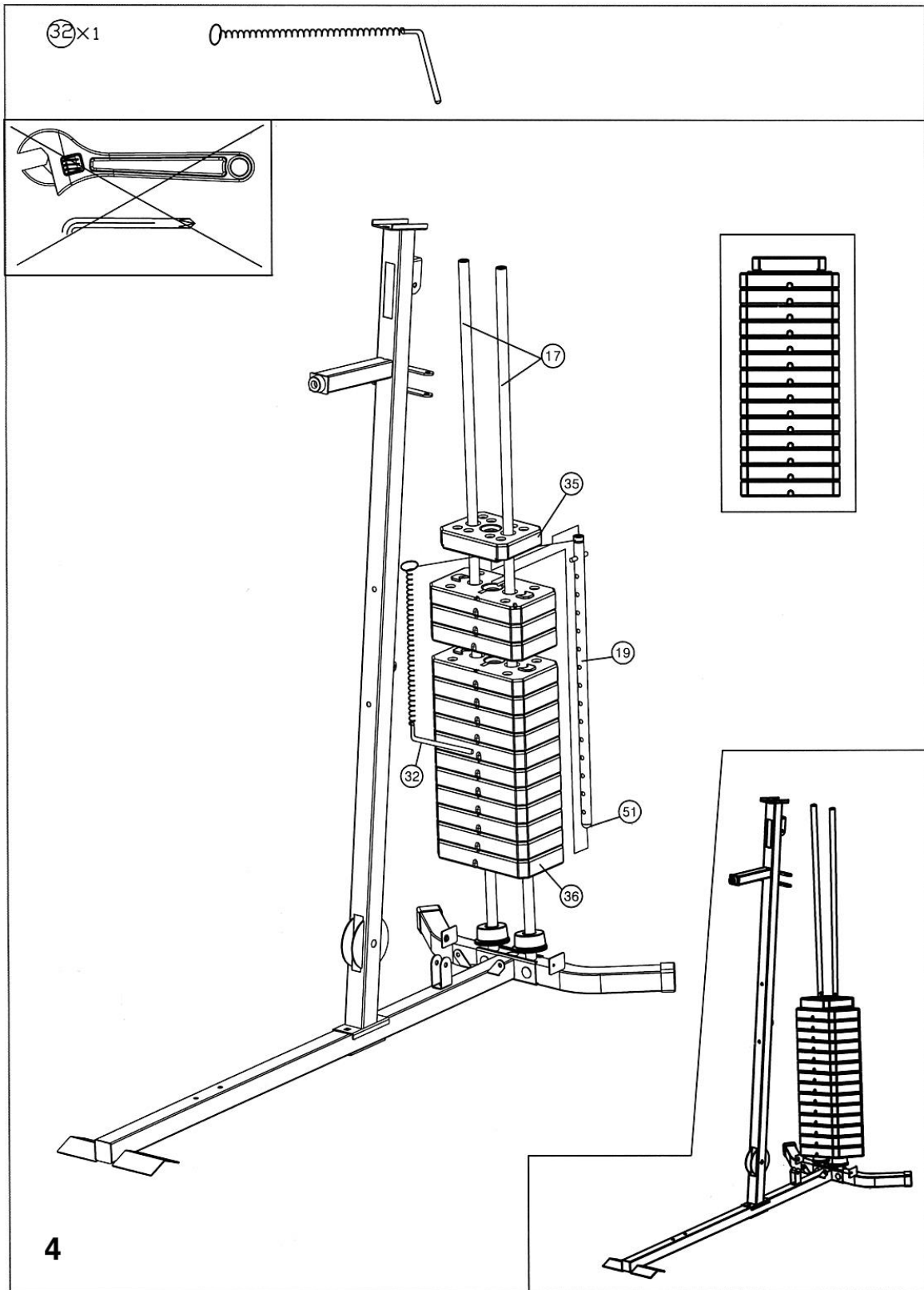
Attach the rear stabilizer (4) to the base (3) using the plate (21), 2x bolts (55), 2x washers (65) and 2x nuts (69).

STEP 3



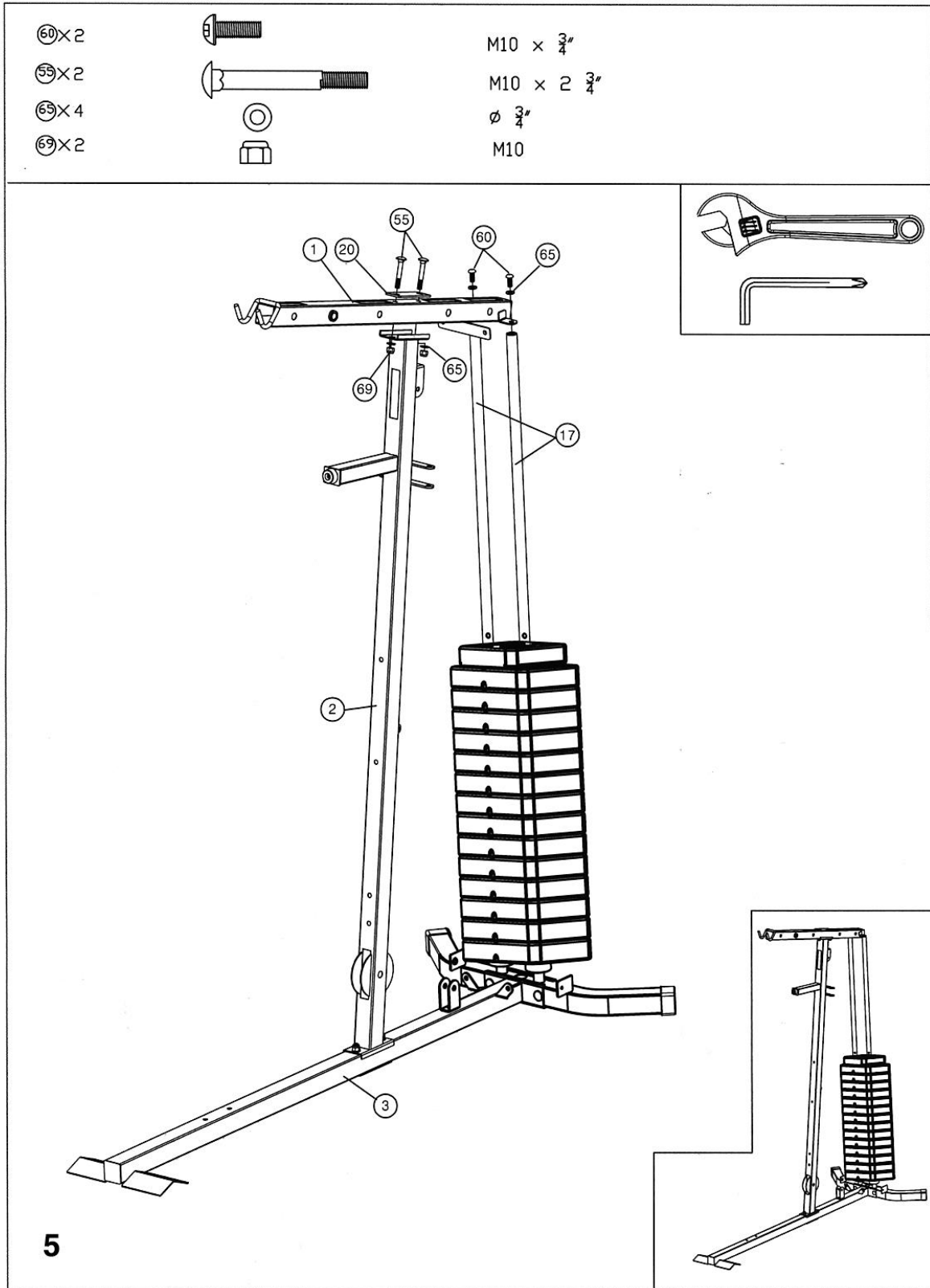
Attach the vertical frame (2) to the base (3) using the plate (20), 2x bolts (55), 2x washers (65) and 2x nuts (69).

STEP 4



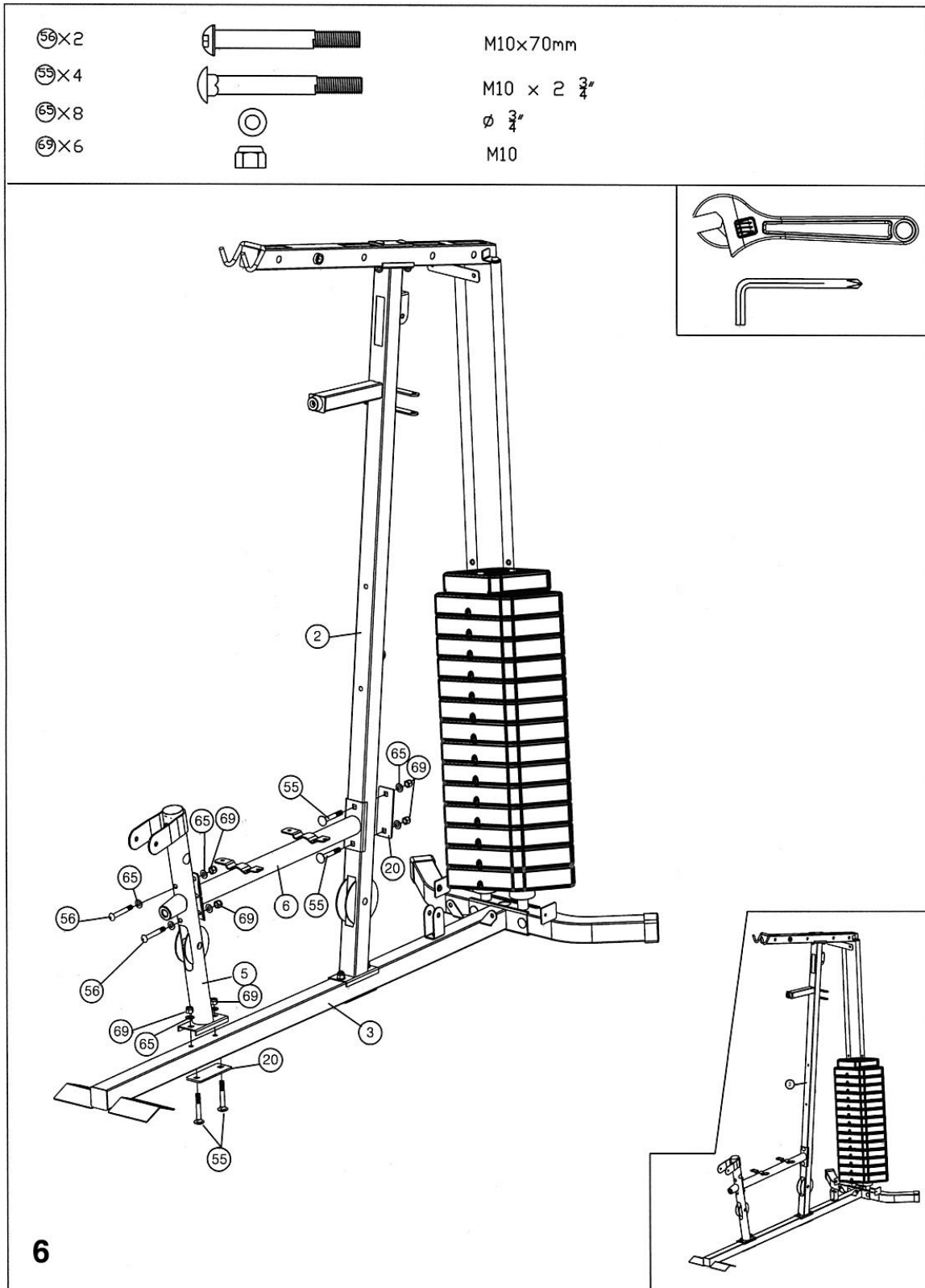
Slide the weights (36) onto the guide rods (17), slide the end cap (51) and then slide the weight selection rod (19). Attach the weight selection pin (32) to the guide bar and then to the weight. Slide the upper top weight (35).

STEP 5



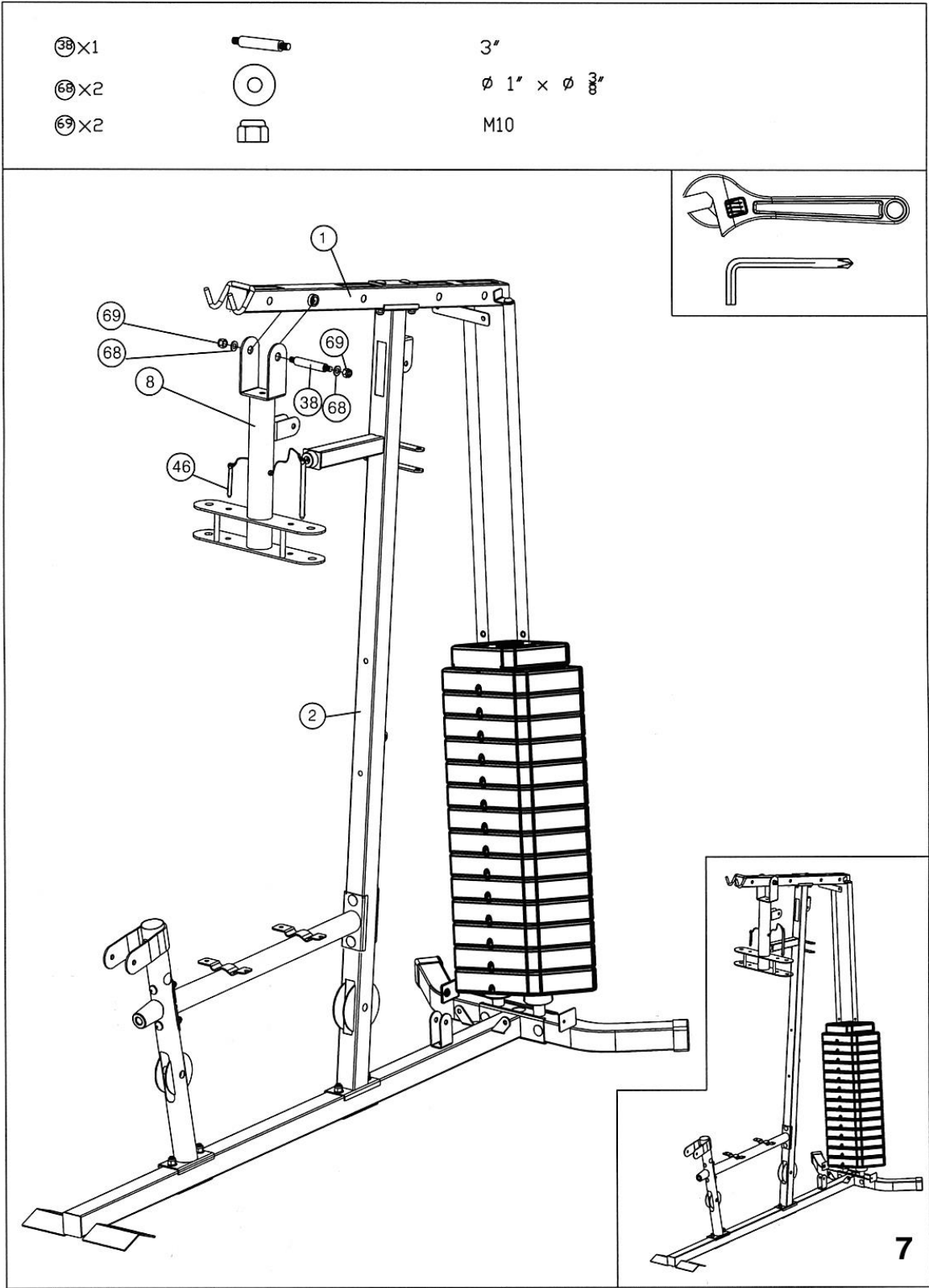
Attach the top frame (1) to the vertical frame (2) using 2x washers (65), 2x nuts (69), bracket (20) and 2x bolts (55). Attach the top frame (1) to the guide bars (17) with 2x bolts (60) and 2x washers (65).

STEP 6



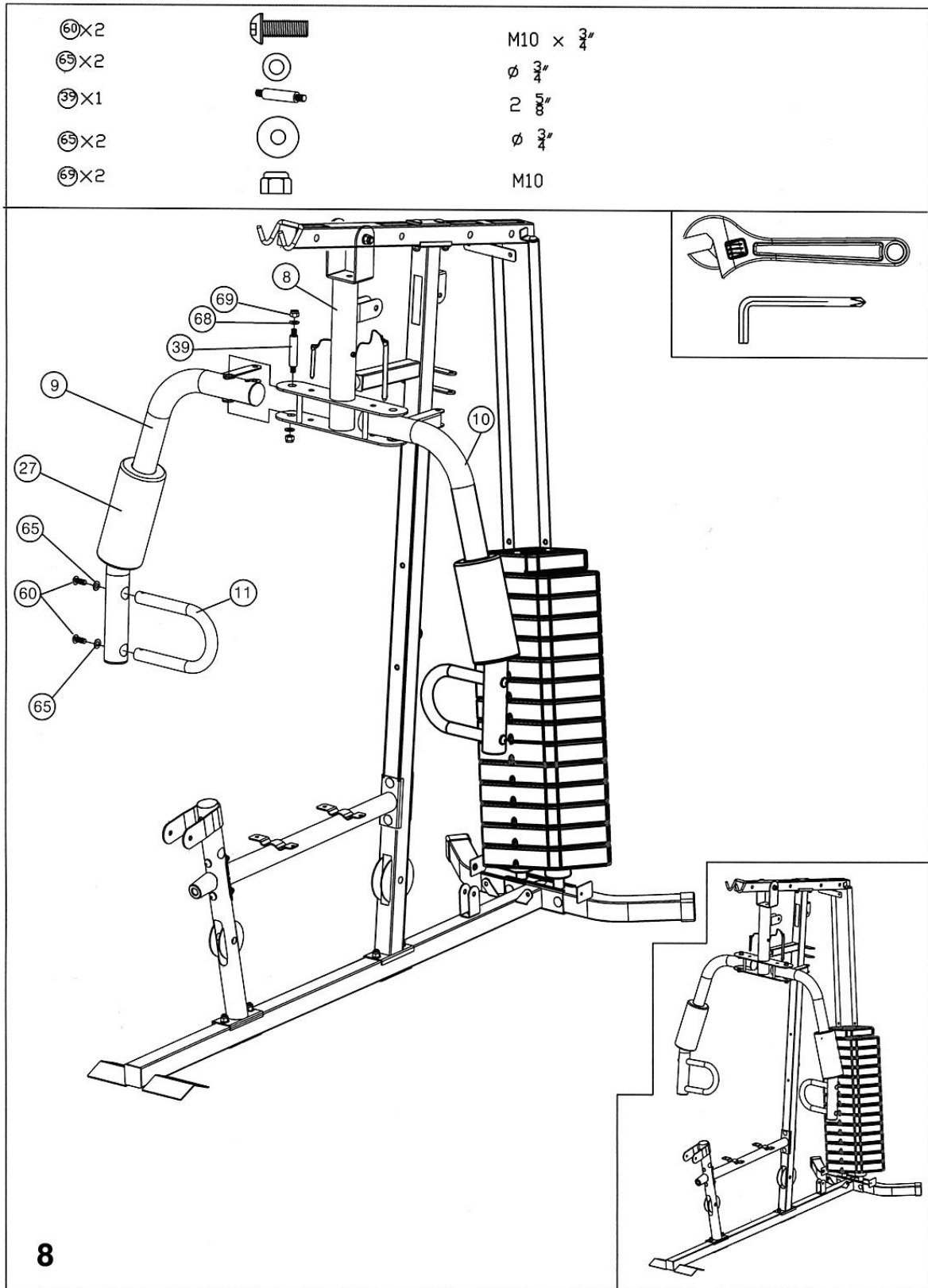
Attach the saddle frame (6) to the vertical frame (2) using the plate (20), 2x washers (65), 2x nuts (69) and 2x bolts (55). Attach the leg press holder (5) to the base (3) using the plate (20), 2x bolts (55), 2x washers (65) and 2x nuts (69). Attach leg press holder (5) to the saddle frame (6) using 2x nuts (69), 4x washers (65) and 2x bolts (56).

STEP 7



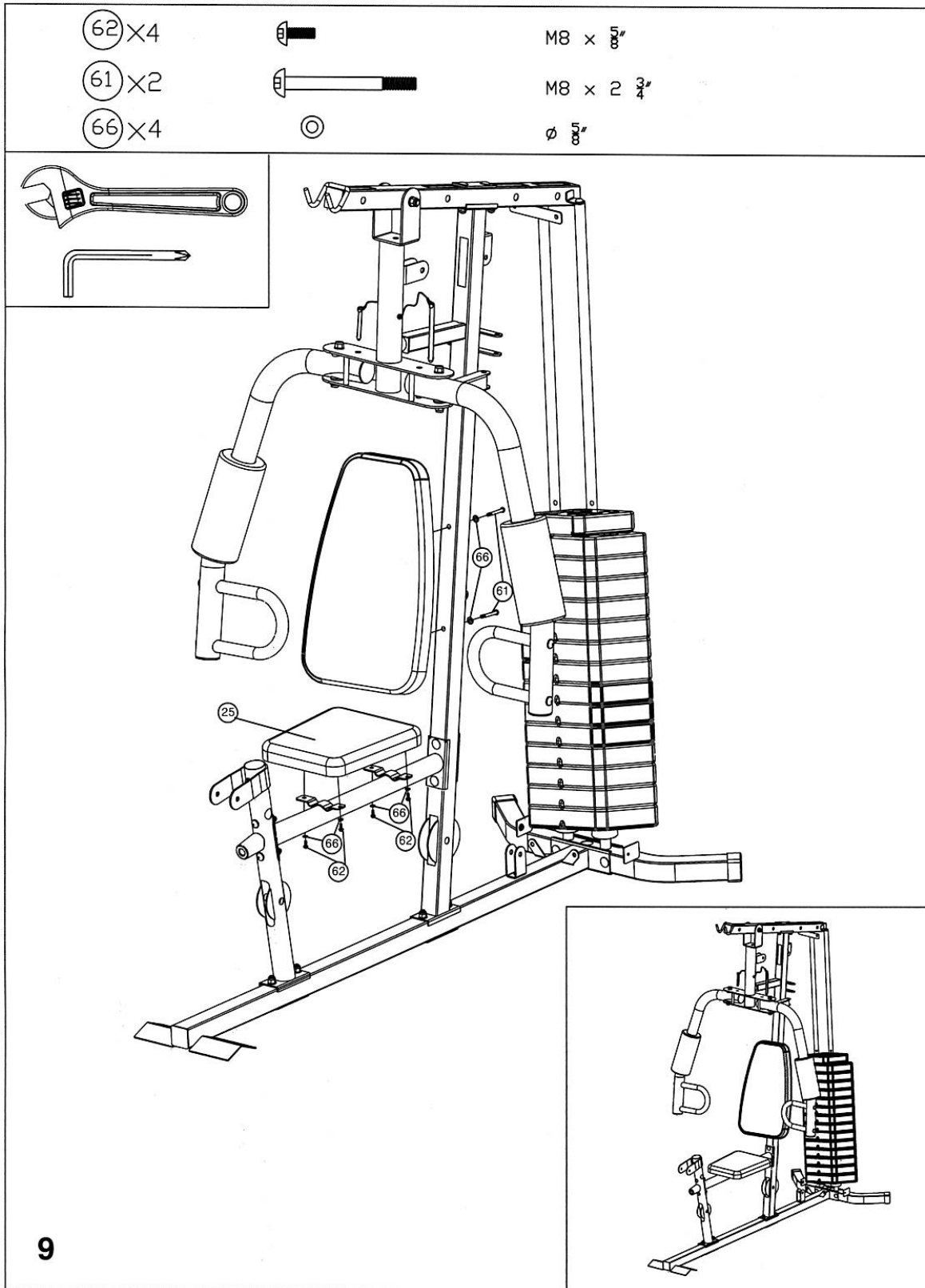
Attach the butterfly base (8) to the top frame (1) using the axle (38), 2x washers (68) and 2x nuts (69). Secure the frame (8) with the pin (46) when not in use.

STEP 8



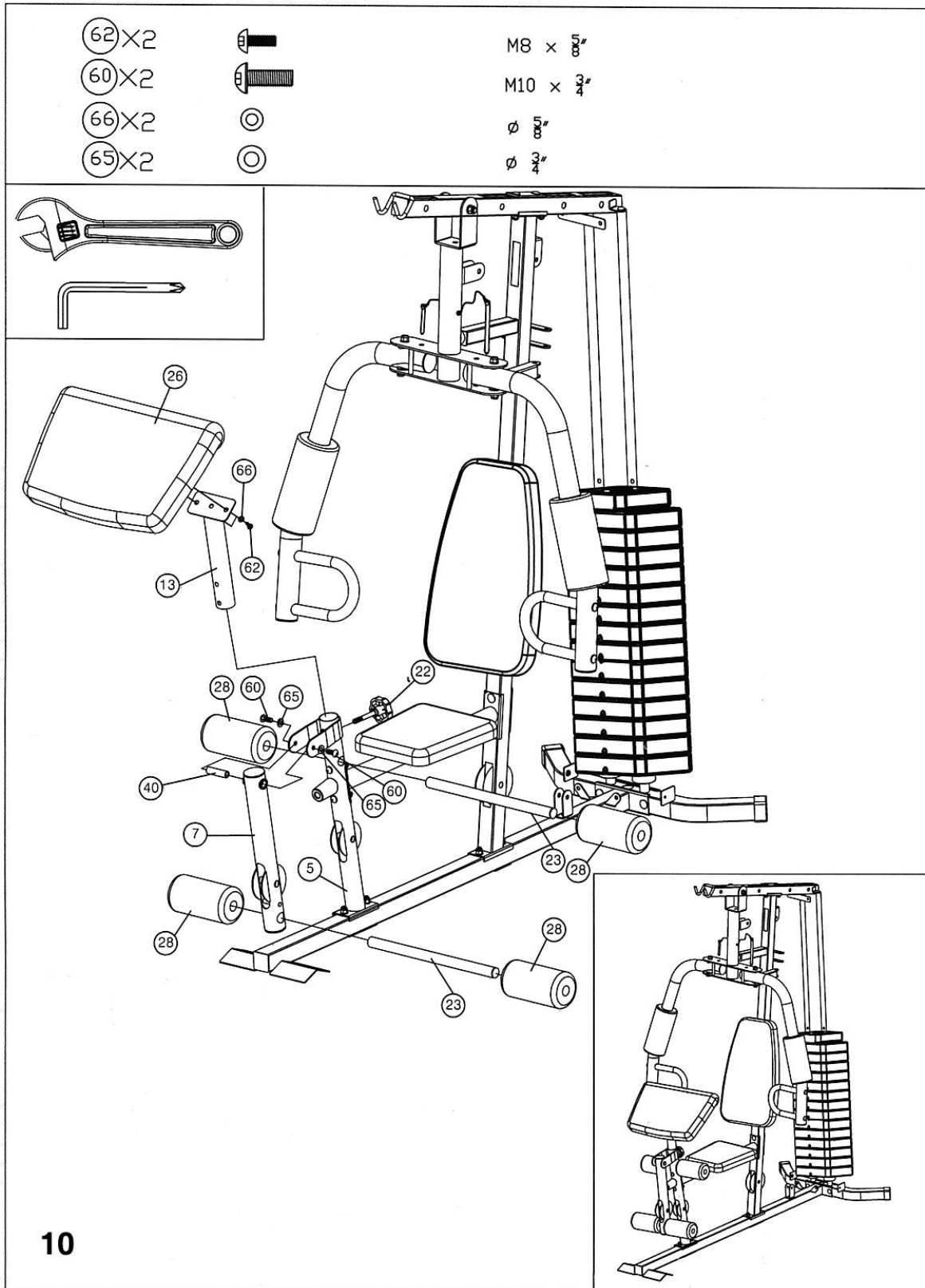
Attach the right (9) and left (10) butterfly arms to the butterfly base (8) using the 2x axles (39), 4x washers (68) and 4x nuts (69). Slide the foam rollers (27) and then the handles (11) onto the arms (9) and (10) using 4x washers (65) and 4x bolts (60).

STEP 9



Attach the backrest (24) with 2x bolts (61) and 2x washers (66). Attach the seat (25) with 4x washers (66) and 4x bolts (62).

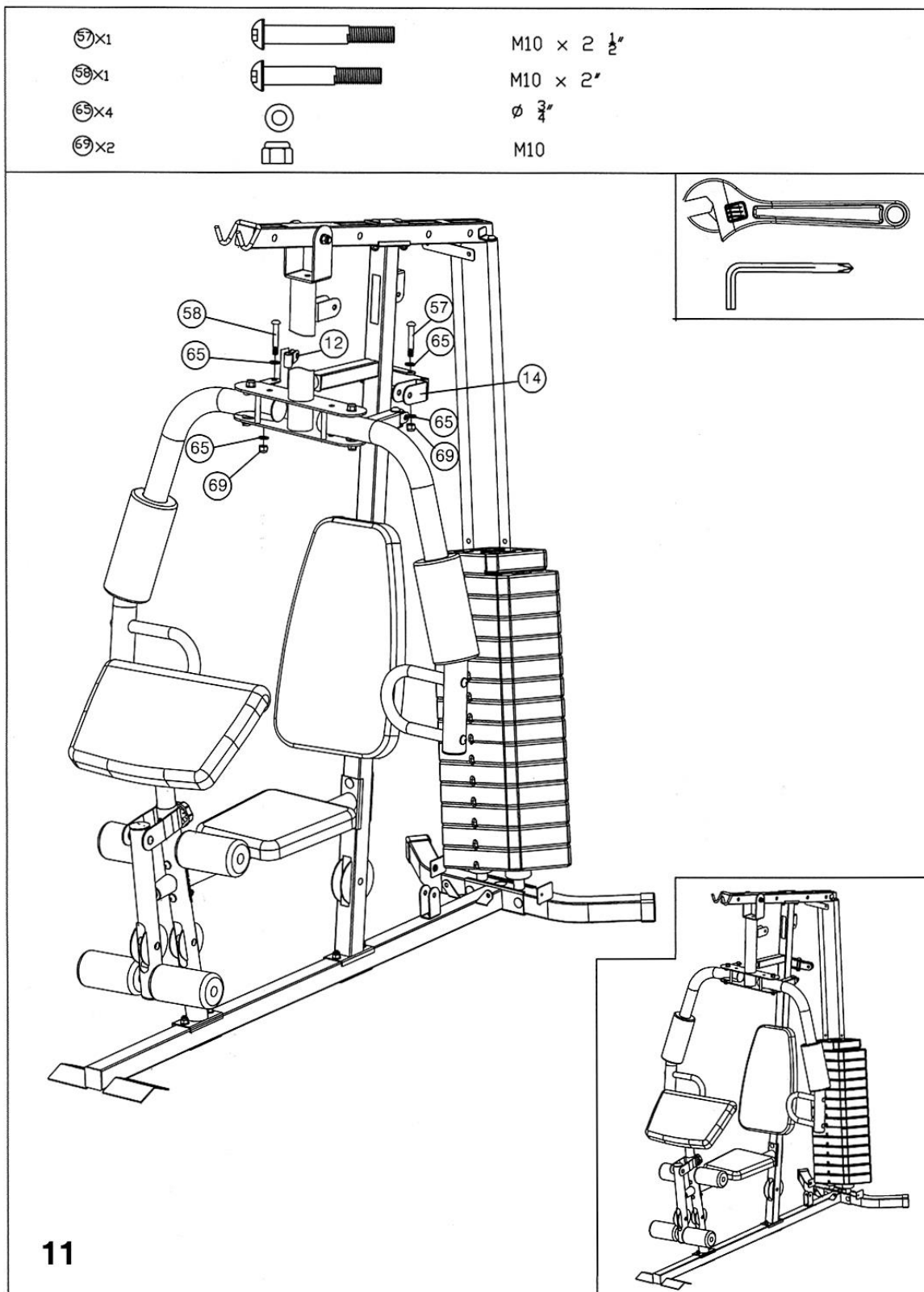
STEP 10



Attach the leg press (7) to the leg press frame (5) using the axle (40), 2x washers (65) and 2x bolts (60). Attach the arm curl stand (13) to the leg press holder (5) and secure with the knob (22). Attach

the arm curl pad (26) to the arm curl stand (13) using 2x washers (66) and 2x bolts (62). Attach the foam roller rods (23) to the frames (5) and (7). Slide the foam rollers (28) onto the rods (23).

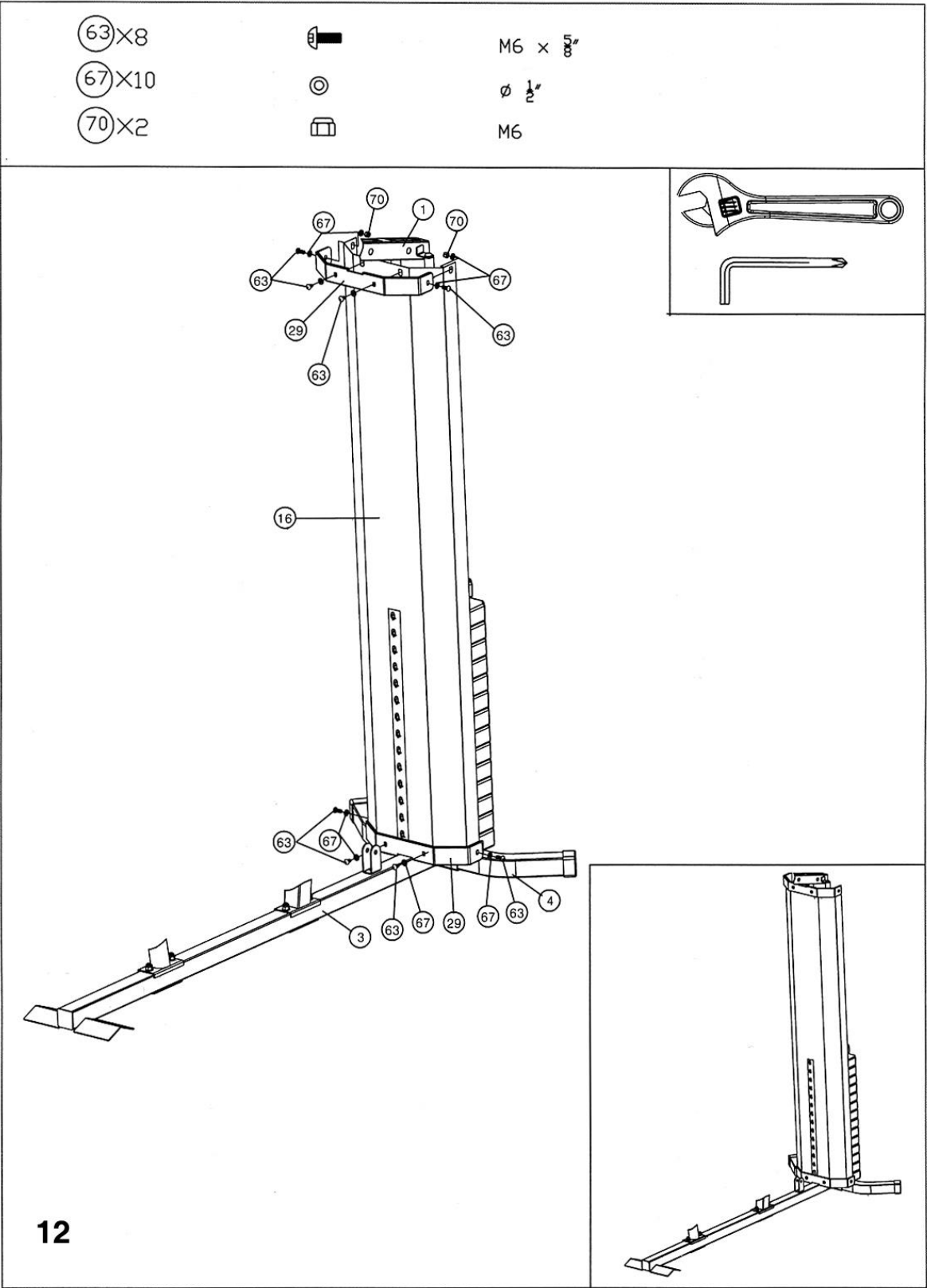
STEP 11



Attach the cable bracket (12) to the right arm (9) with the bolt (58), 2x washers (65) and the nut (69).

Attach the pulley bracket (14) to the left arm (10) with the bolt (57), 2x washers (65) and the nut (69).

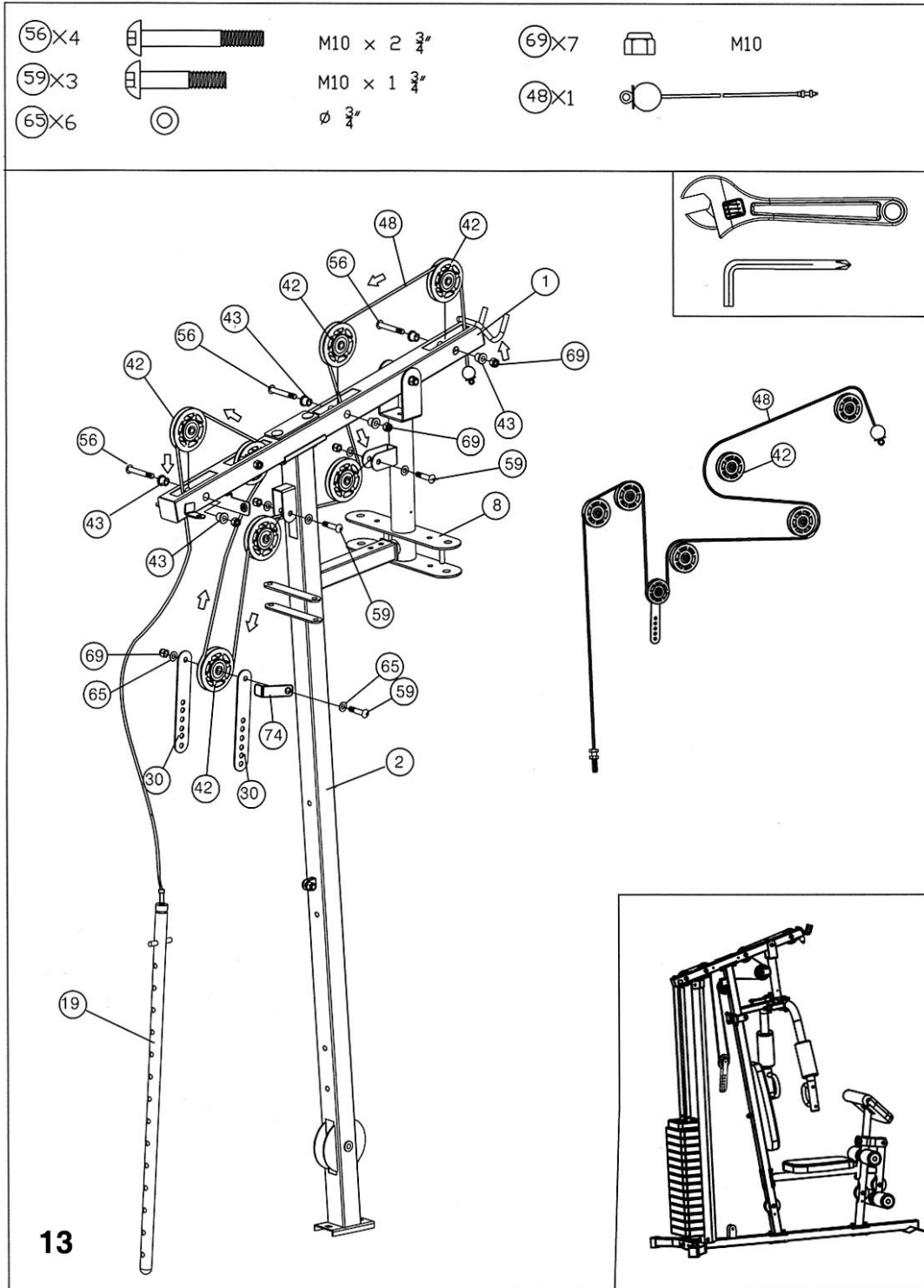
STEP 12



On the top, attach the cover (16) to the upper frame (1) using the cover bracket (29), 4x bolts (63), 6x washers (67) and 2x nuts (70).

On the underside, attach the cover (16) using the cover bracket (29) to the rear stabilizer (4) using 4x bolts (63) and 4x washers (67).

STEP 13

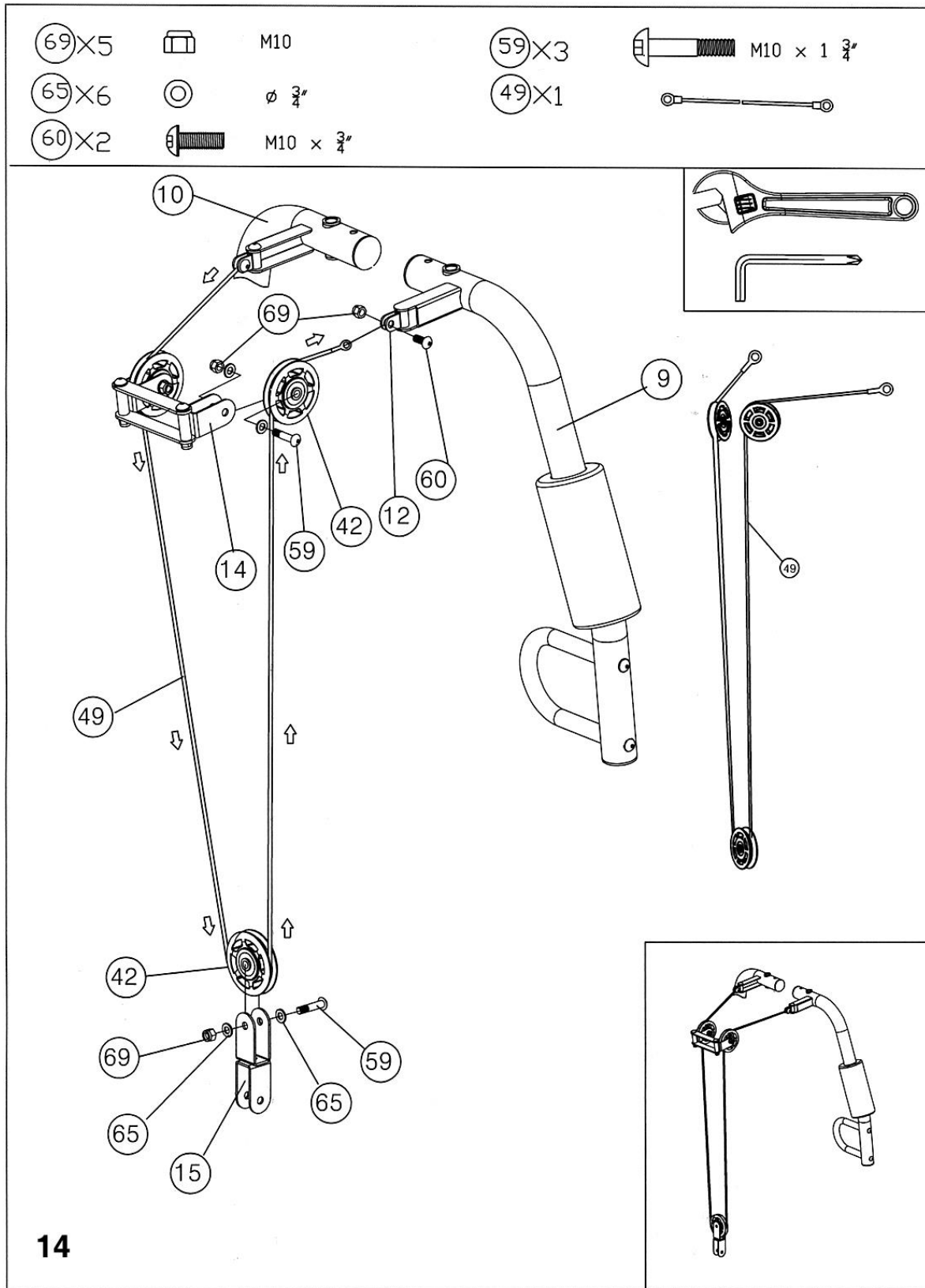


Pass the cable (48) and attach the threaded end to the weight selection rod (19).

Attach 4x pulleys (42) to the top frame (1) with 4x bolts (56), 8x bearings (43), and 4x nuts (69).

Attach 3x pulleys (42), one to the double pulley bracket (30) using the cable bracket (74), bolt (59), 2x washers (65) and nut (69), the other to the vertical frame (2) with bolt (59) , 2x washers (65) and nuts (69) and third on the arm frame (8) with a screw (59), 2x washers (65) and nuts (69).

STEP 14

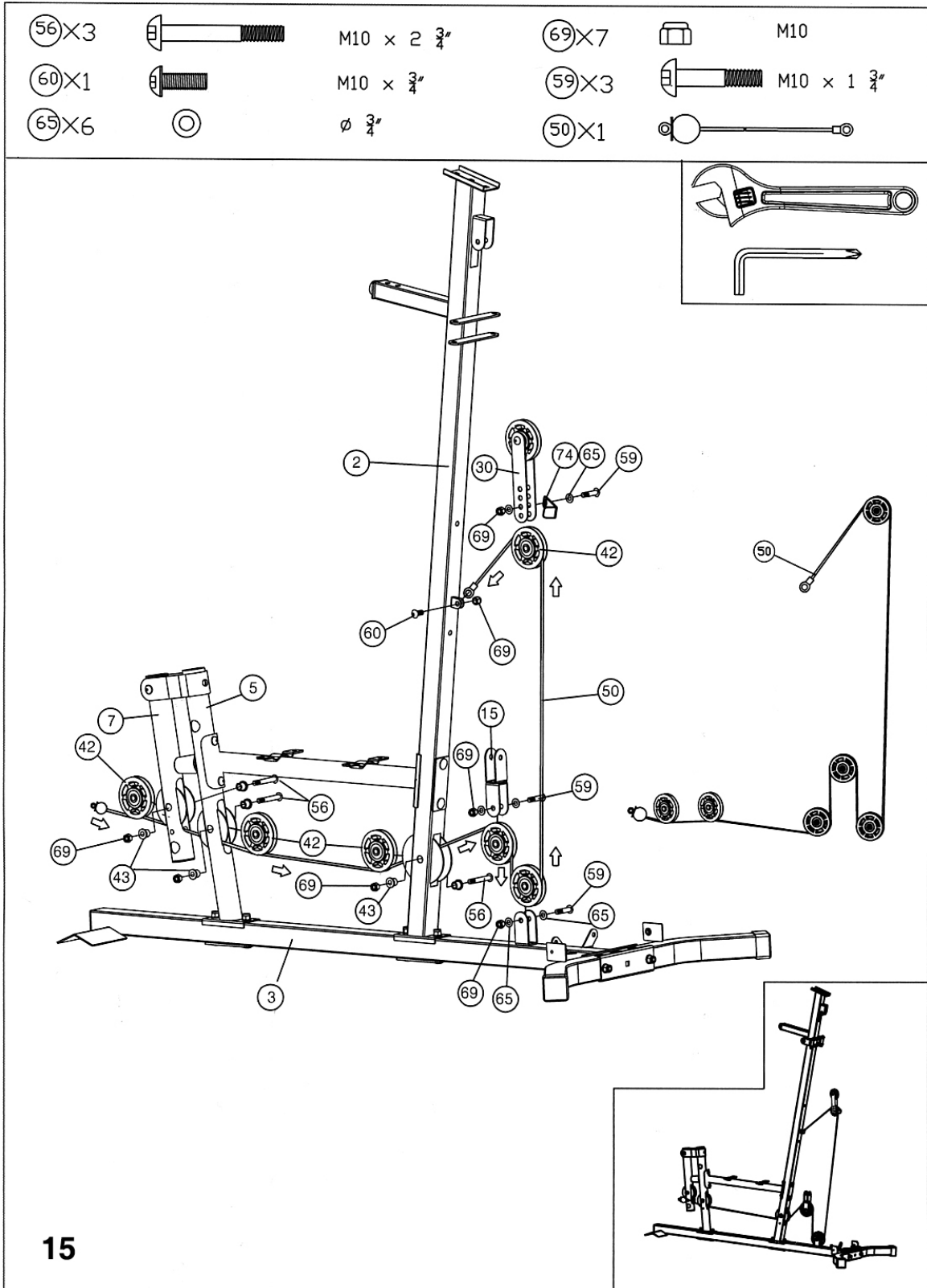


Attach the cable (49) to the handles (10 and 9) with 2x bolts (60) and 2x nuts (69).

Attach 2x pulleys to the pulley holder (14) with 2x bolts, 4x washers (65) and 2x nuts (69).

Attach the pulley (42) to the double pulley bracket (15) with the bolt (59), 2x washers (65) and the nut (69).

STEP 15



Secure the cable (50) to the vertical frame (2) with the bolt (60) and nut (69).

Attach the pulley (42) to the double roller bracket (30) with the bolt (59), 2x washers (65), the cable bracket (74) and the nut (69).

Attach the pulley (42) to the lower frame (3) with the bolt (59), 2x washers (65) and the nut (69).

Attach the pulley (42) to the double roller bracket (15) with the bolt (59), 2x washers (65) and the nut (69).

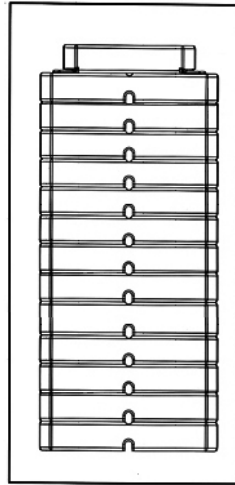
Attach the pulley (42) to the vertical frame (2) with the bolt (56), 2x bearings (43) and nut (69).

Attach the pulley (42) to the frame (5) with the bolt (56), 2x bearings (43) and nut (69).

Attach the pulley (42) to the frame (7) with the bolt (56), 2x bearings (43) and the nut (69).

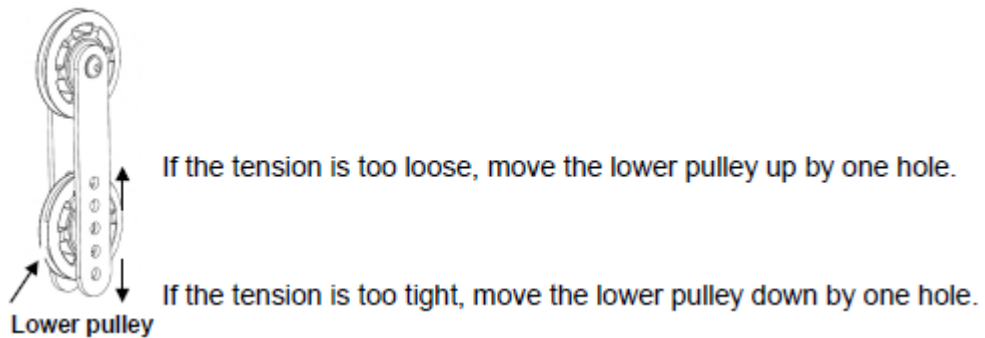
WEIGHT PLATE INSTALLATION

Slide weight plates onto Guide Rod from top to bottom. The deep groove on each weight plate needs to face **FRONT** and **DOWNWARDS**.

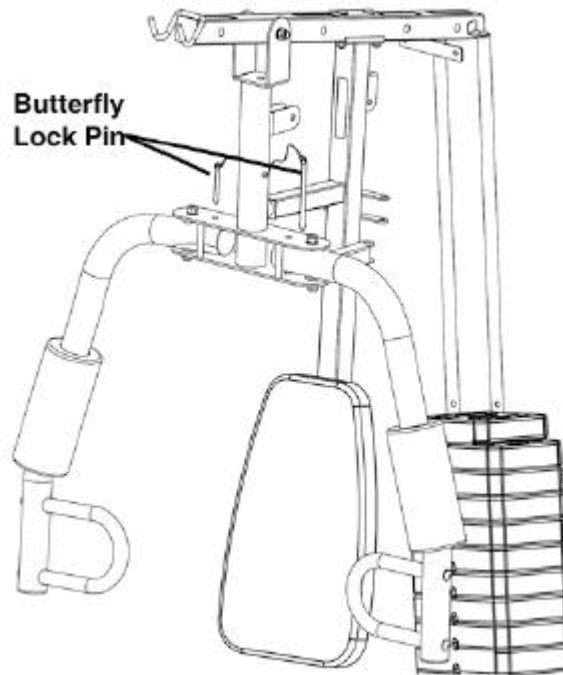


CABLE RESISTANCE ADJUSTMENT

You can adjust the resistance by sliding the pulley on the double pulley bracket.



BUTTERFLY PIN



Pull out the safety pin before exercising.

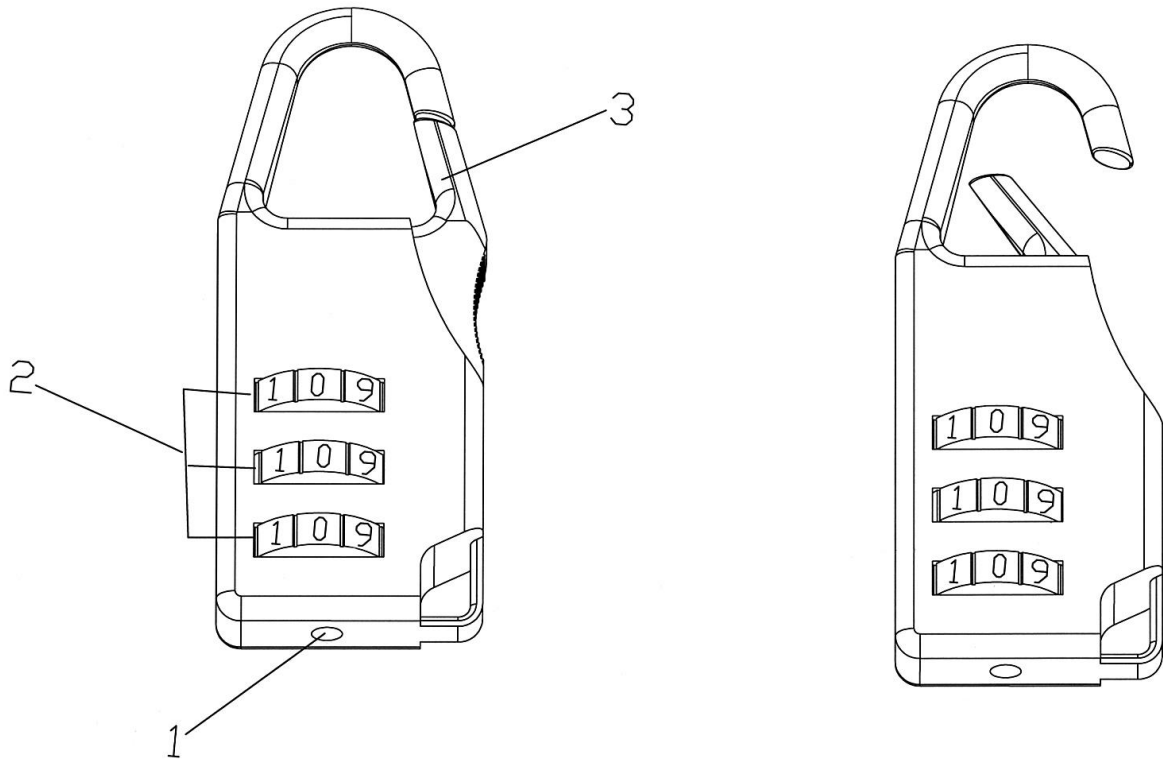
After the exercise, insert the pin into the holes.

COMBINATION LOCK

The lock unlock combination is factory-set to 0-0-0.

To change the combination, do the following:

1. Press the button on the bottom of the lock (1). While pressing the button (1), set the numeric code (2). Release the button (1) after the combination has been set.
2. To lock, rotate the numbers in random order.
3. To unlock, select the correct number combination and press the lock (3).



WEIGHT RESISTANCE CHART

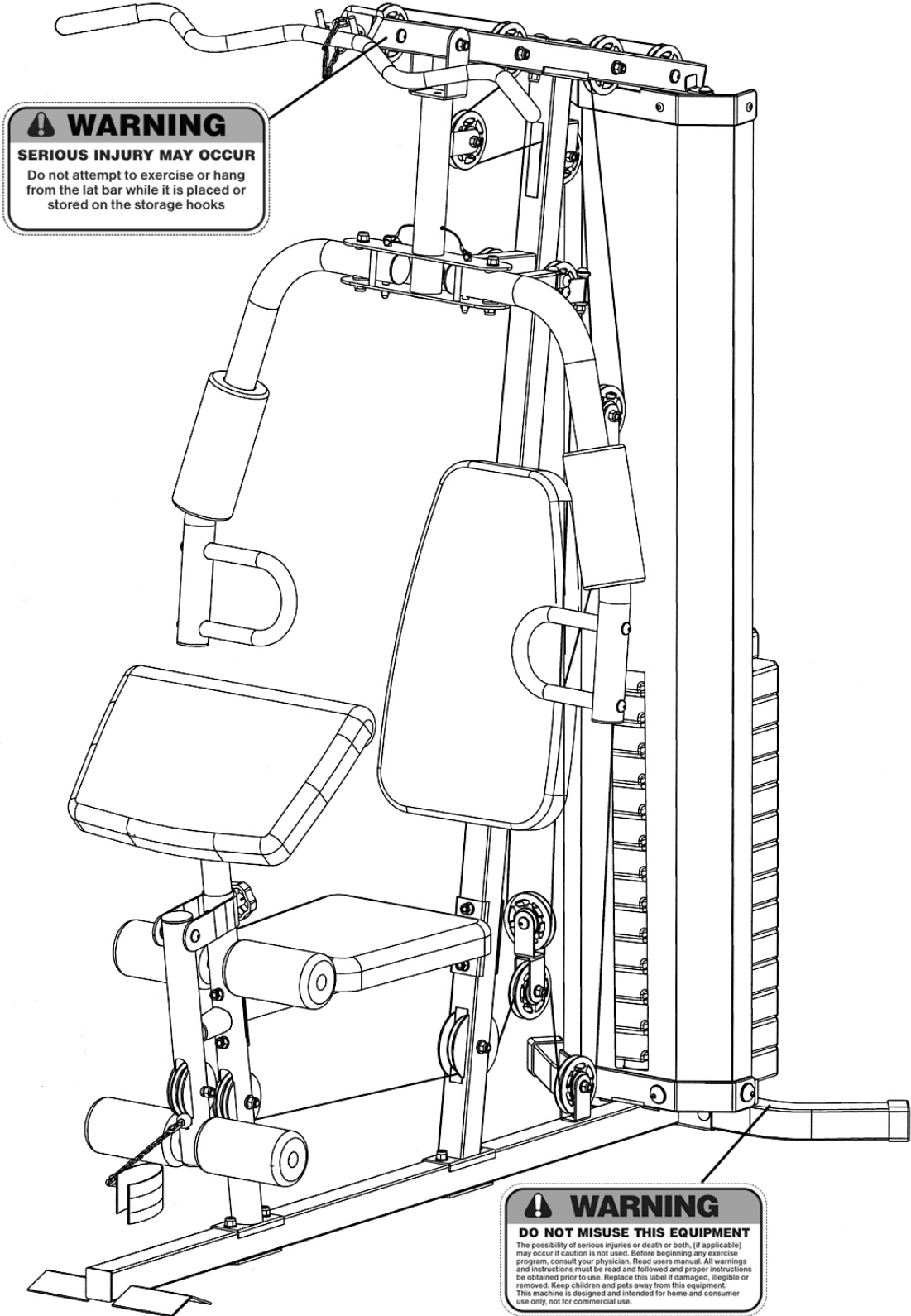
Weights	Front press	Butterfly	Lat pull	Low pulley
1	31	15	30	30
2	44	20	40	40
3	57	25	50	50
4	70	30	60	60
5	83	35	70	70
6	96	40	80	80
7	109	45	90	90
8	122	50	100	100
9	135	55	110	110
10	148	60	120	120
11	161	65	130	130
12	174	70	140	140
13	187	75	150	150
14	200	80	160	160

Each plate weighs 4,5 kg (10 lb).

Numbers are approximate. Actual weights may vary.

Values for butterfly are for each arm.

WARNING LABELS



The warning labels are located as shown on the upper frame and rear stabilizer.

WARNING: Risk of serious injury. Do not hang or pull the handle when the handle is in the storage hooks.

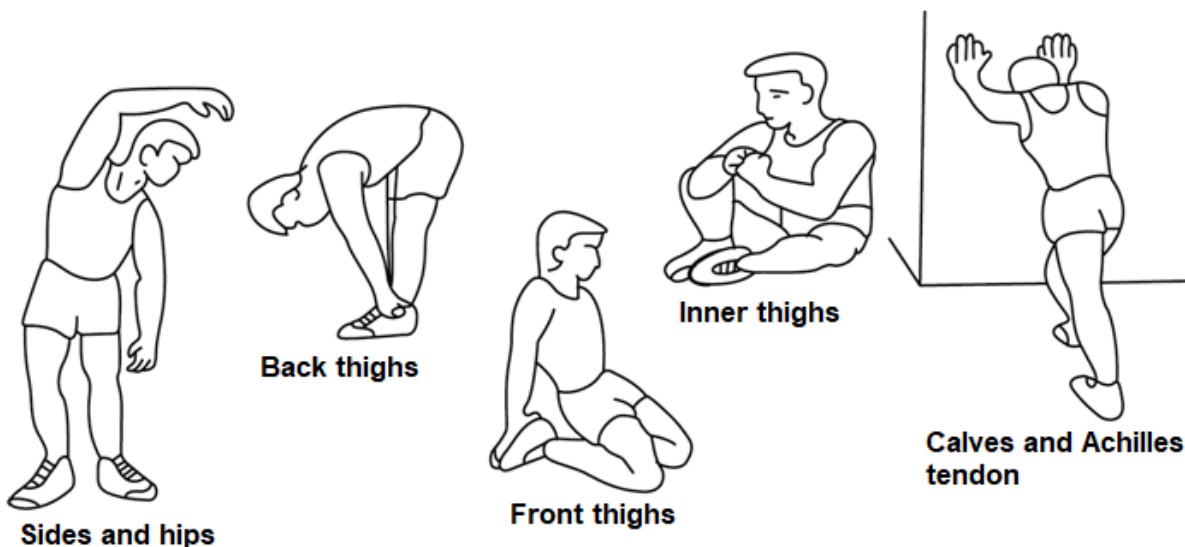
WARNING: Do not misuse the equipment. Use the product only in accordance with the manual. If the device is used improperly, there is a risk of serious injury or death. Check with your doctor before use. Read the manual. The user must read and follow all warnings and instructions. If the sticker is damaged, illegible or removed. Keep out of reach of children and pets. The device is for domestic use only, not for commercial use.

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.

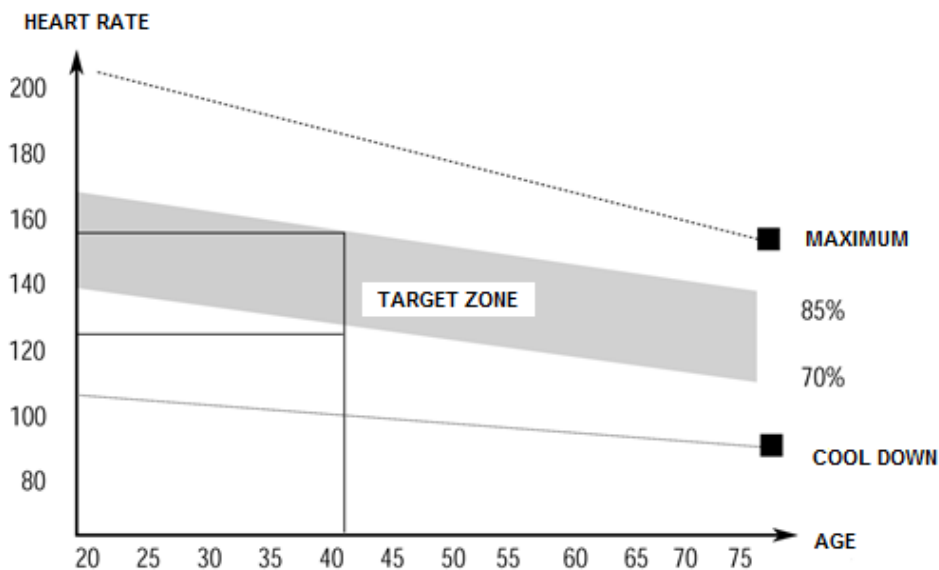
1. WARM UP

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

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