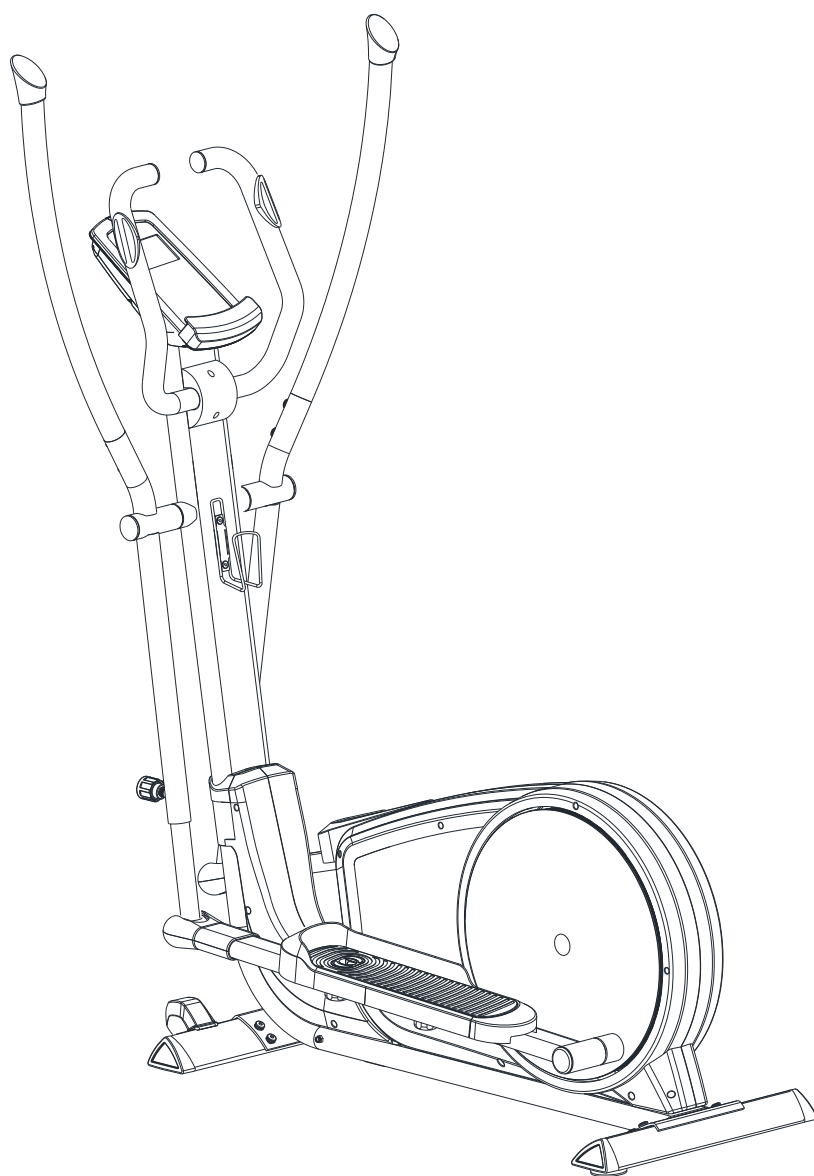




USER MANUAL – EN
IN 8724 Elliptical Trainer inSPORTline ET600i



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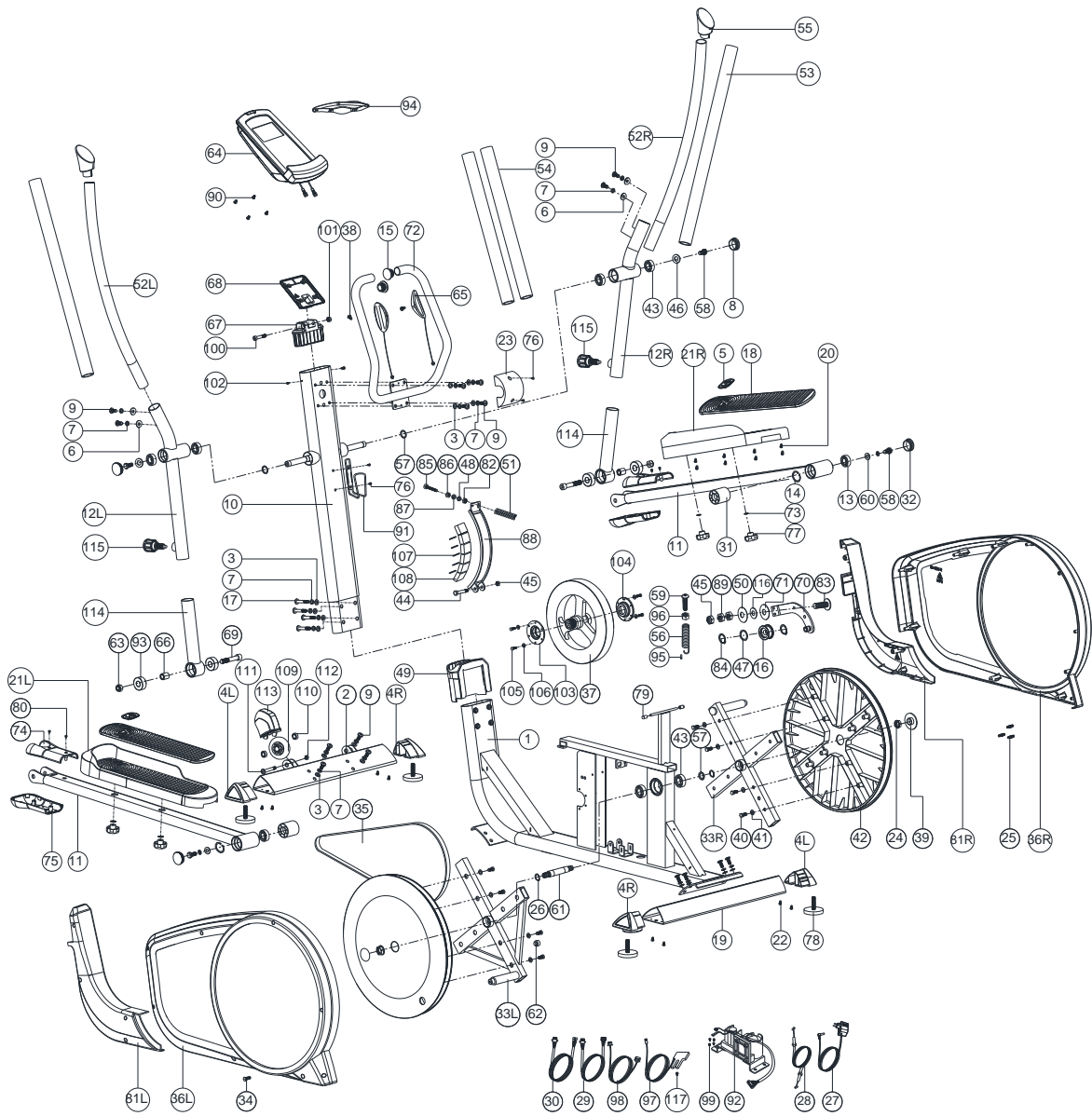
SAFETY INSTRUCTIONS

- To ensure the best safety of the exerciser, regularly check it on damages and worn parts.
- If you pass on this exerciser to another person or if you allow another person to use it, make sure that that person is familiar with the content and instructions in these instructions.
- Only one person should use the exerciser at a time.
- Before the first use and regularly make sure that all screws, bolts and other joints are properly tightened and firmly seated.
- Before you start your work-out, remove all sharp-edged objects around the exerciser.
- Only use the exercise for your work-out if it works flawlessly.
- Any broken, worn or defective part must immediately be replaced and/or the exerciser must no longer be used until it has been properly maintained and repaired.
- Parents and other supervisory persons should be aware of their responsibility, due to situations which may arise for which the exerciser has not been designed and which may occur due to children's natural play instinct and interest in experimenting.
- If you do allow children to use this exerciser, be sure to take into consideration and assess their mental and physical condition and development, and above all their temperament. Children should use the exerciser only under adult supervision and be instructed on the correct and proper use of the exerciser. The exerciser is not a toy.
- For your own safety, always ensure that there is at least 0.6 meter of free space in all directions around your product while you are exercising.
- To avoid possible accidents, do not allow children to approach the exerciser without supervision, since they may use it in a way for which it is not intended due to their natural play instinct and interest in experimenting.
- Please note that an improper and excessive work-out may be harmful to your health.
- Please note that levers and other adjustment mechanisms are not projecting into the area of movement during the work-out.
- When setting up the exerciser, please make sure that the exerciser is standing in a stable way and that any possible unevenness of the floor is evened out.
- Always wear appropriate clothing and shoes which are suitable for your work-out on the exerciser. The clothes must be designed in a way so that they will not get caught in any part of the exerciser during the work-out due to their form (for example, length). Be sure to wear appropriate shoes which are suitable for the work-out, firmly support the feet and which are provided with a non-slip sole.
- Be sure to consult a physician before you start any exercise program. He may give you proper hints and advice with respect to the individual intensity of stress for you as well as to your work-out and sensible eating habits.
- **Weight limit:** 200kg / 440lb
- **Dimensions:** L140 x W64 x H170cm
- **Weight:** 67kg
- **WARNING!** The hart rate monitor may not be accurate. Overloading during training may cause serious injury or death. If you feel any discomfort, immediately stop the exercise!
- **Category:** SC (EN957 standard) suitable for home and club use

IMPORTANT NOTES

- Assemble the exerciser as per assembly instructions and be sure to only use the structural parts provided with the exerciser and designed for it. Prior to the assembly, make sure the contents of the delivery is complete by referring to the parts list of the assembly and operating instructions.
- Be sure to set up the exerciser in a dry and even place and always protect it from humidity. If you wish to protect the place particularly against pressure points, contamination, etc., it is recommended to put a suitable, non-slip mat under the exerciser.
- The general rule is that exercisers and training devices are no toys. Therefore, they must only be used by properly informed or instructed persons.
- Stop your work-out immediately in case of dizziness, nausea, chest pain or any other physical symptoms. In case of doubt, consult your physician immediately.
- Children, disabled and handicapped persons should use the exercise only under supervision and in presence of another person who may give support and useful instructions.
- Be sure that your body parts and those of other persons are never close to any moving parts of the exerciser during its use.
- When adjusting the adjustable parts, make sure they are adjusted properly and note the marked, maximum adjusting position, for example of the saddle support, respectively.
- Do not work out immediately after meals!

EXPLODED DRAWING



PARTS LIST

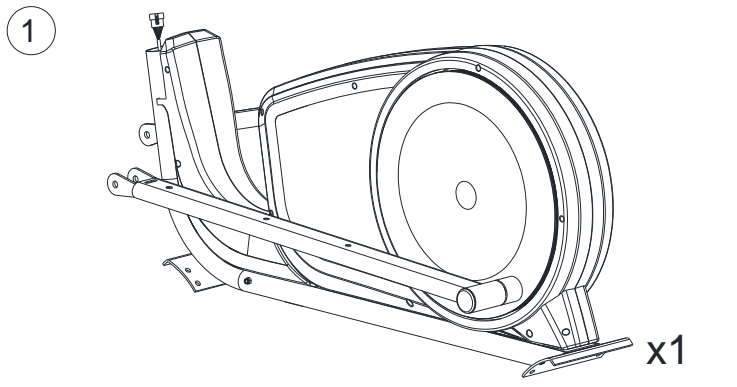
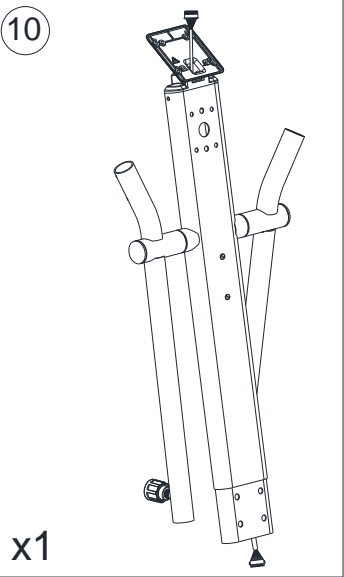
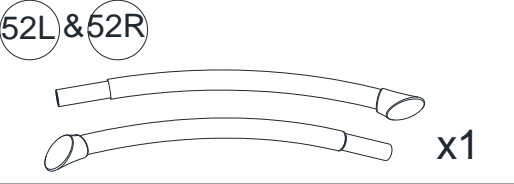
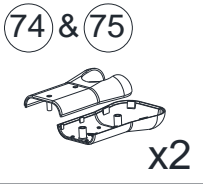
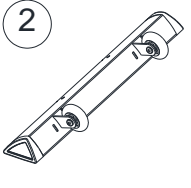
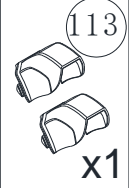
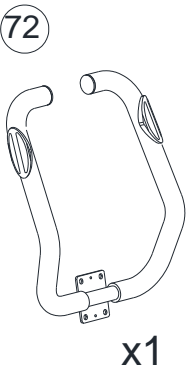
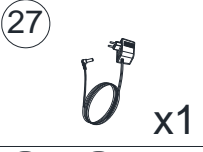

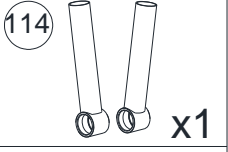
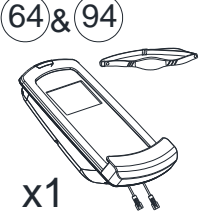
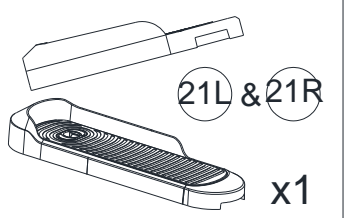
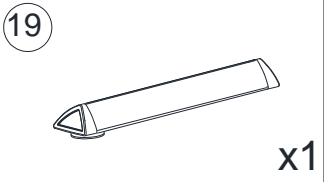


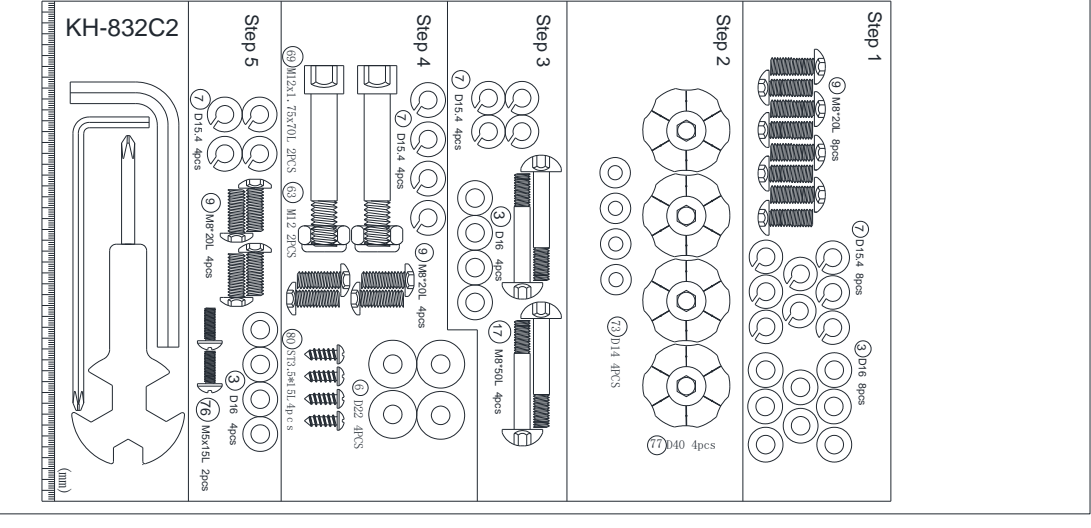
| Part No. | Description | Qty |
|----------|--|-----|
| 1 | Main frame | 1 |
| 2 | Front stabilizer | 1 |
| 3 | Flat washer D16xD8.5x1.2T | 16 |
| 4L | Tri-angle cap(left) | 2 |
| 4R | Tri-angle cap(right) | 2 |
| 5 | Decorative plate | 2 |
| 6 | Curved washer D22xD8.5x1.5T | 4 |
| 7 | Spring washer D15.4xD8.2x2T | 20 |
| 8 | Round cap | 2 |
| 9 | Allen bolt M8x1.25x20L | 16 |
| 10 | Handlebar post | 1 |
| 11 | Pedal support | 2 |
| 12L | Left supporting tube for moveable bar | 1 |
| 12R | Right supporting tube for moveable bar | 1 |
| 13 | Bearing #2203-2RS | 2 |
| 14 | C-clip S-40(1.80T) | 2 |
| 15 | Half ball cap | 2 |
| 16 | Idle wheel | 1 |
| 17 | Allen bolt | 4 |
| 18 | Pedal inlay | 2 |
| 19 | Rear stabilizer | 1 |
| 20 | Screw ST4*1.41*14L | 16 |
| 21L | Left pedal | 1 |
| 21R | Right pedal | 1 |
| 22 | Screw ST4*1.41*12L | 8 |
| 23 | Protective cover | 1 |
| 24 | Anti-loosen nut M10*1.25*10T | 2 |
| 25 | Pin | 3 |
| 26 | C-clip D22.5*D18.5*1.2T | 2 |
| 27 | Adaptor | 1 |
| 28 | Tension cable | 1 |
| 29 | Upper computer cable | 1 |
| 30 | Lower computer cable | 1 |
| 31 | Pedal axle cover | 2 |
| 32 | Round cap | 2 |

| | | |
|-----|-----------------------------|----|
| 33L | Left crank | 1 |
| 33R | Right crank | 1 |
| 34 | Screw ST4.2x1.4x20L | 16 |
| 35 | Belt | 1 |
| 36L | Left chain cover | 1 |
| 36R | Right chain cover | 1 |
| 37 | Flywheel | 1 |
| 38 | Screw ST4.0x1.41x20L | 2 |
| 39 | Side cover | 2 |
| 40 | Bolt M6*1.0*15L | 16 |
| 41 | Flat washer D14*D6.5*0.8T | 16 |
| 42 | Round cover | 2 |
| 43 | Bearing #6004-2RS(C0) | 6 |
| 44 | Bolt M8*52L | 1 |
| 45 | Nylon nut M8*1.25*8T | 2 |
| 46 | Flat washer D25xD8.5x2.0T | 2 |
| 47 | Waved washer D21xD16.2x0.3T | 1 |
| 48 | Flat washer D13*D6.5*1.0T | 1 |
| 49 | Upper protective cover | 1 |
| 50 | Plastic washer D50*D10*1.0T | 1 |
| 51 | Spring D1.0*55L | 1 |
| 52L | Left handlebar | 1 |
| 52R | Right handlebar | 1 |
| 53 | Foam | 2 |
| 54 | Foam | 2 |
| 55 | End cap | 2 |
| 56 | Spring D3*D19*67L | 1 |
| 57 | Waved washer D27*D20.3*0.5T | 3 |
| 58 | Bolt M8x1.25x20 | 4 |
| 59 | Allen bolt M8*1.25*50L | 1 |
| 60 | Flat washer D21xD8.5x1.5T | 2 |
| 61 | Crank axle | 1 |
| 62 | Round magnet | 1 |
| 63 | Nylon nut M12*1.75*12T | 2 |
| 64 | Computer SM-2570-71 | 1 |
| 65 | Handle pulse sensor | 2 |
| | Handle pulse cable | 2 |
| 66 | Bushing D20*26.4L | 2 |

| | | |
|-----|-----------------------------------|---|
| 67 | Computer bracket | 1 |
| 68 | Fixing plate for computer | 1 |
| 69 | Allen bolt M12*1.75*70L | 2 |
| 70 | Fixing plate for idle wheel | 1 |
| 71 | Flat washer D50*D10*3T | 1 |
| 72 | Fixing bar | 1 |
| 73 | Flat washer D14xD6.5x0.8T | 4 |
| 74 | Cover for connecting plate(upper) | 2 |
| 75 | Cover for connecting plate | 2 |
| 76 | Bolt M5x0.8x15L | 4 |
| 77 | Club knob | 4 |
| 78 | Adjustable wheel | 2 |
| 79 | Buffer | 2 |
| 80 | Screw ST3.5x1.27x15L | 4 |
| 81L | Front decorative cover(left) | 1 |
| 81R | Front decorative cover(right) | 1 |
| 82 | Nylon nut M6*1*6T | 1 |
| 83 | Allen bolt M8x1.25x35L | 1 |
| 84 | C-clip S-15 (1T) | 2 |
| 85 | Bolt M6*65L | 1 |
| 86 | Nut M6*1*6T | 1 |
| 87 | Nylon washer D6*D19*1.5T | 1 |
| 88 | Fixing plate for magnet | 1 |
| 89 | Nut M8*1.25*6T | 2 |
| 90 | Screw M5x0.8x10L | 4 |
| 91 | Water bottle holder | 1 |
| 92 | Motor | 1 |
| 93 | Bearing | 4 |
| 94 | Chest belt | 1 |
| 95 | Plastic cover | 1 |
| 96 | Fixing nut D15*13L | 1 |
| 97 | Sensor | 1 |
| 98 | Electric cable | 1 |
| 99 | Screw ST4.2x1.4x15L | 4 |
| 100 | Allen screw M8*1.25*45L | 1 |
| 101 | Nylon nut M8*1.25*8T | 1 |
| 102 | Screw ST4.2x1.4x15L | 2 |
| 103 | Bearing plate (1) | 1 |

| | | |
|-----|---------------------------|---|
| 104 | Bearing plate (2) | 1 |
| 105 | Bolt M5*0.8*15L | 4 |
| 106 | Flat washer D12*D5.2*0.8T | 4 |
| 107 | Magnet case | 5 |
| 108 | Magnet | 6 |
| 109 | Round wheel | 2 |
| 110 | Bushing D22.2*D8.2*7T | 4 |
| 111 | Allen bolt M8*1.25*40L | 2 |
| 112 | Nylon nut M8*1.25*8T | 2 |
| 113 | Cover for wheel | 2 |
| 114 | Movable handlebar support | 2 |
| 115 | Global knob | 2 |
| 116 | Flat washer D28*D8.5*3T | 1 |
| 117 | Screw M5x0.8x12L | 1 |

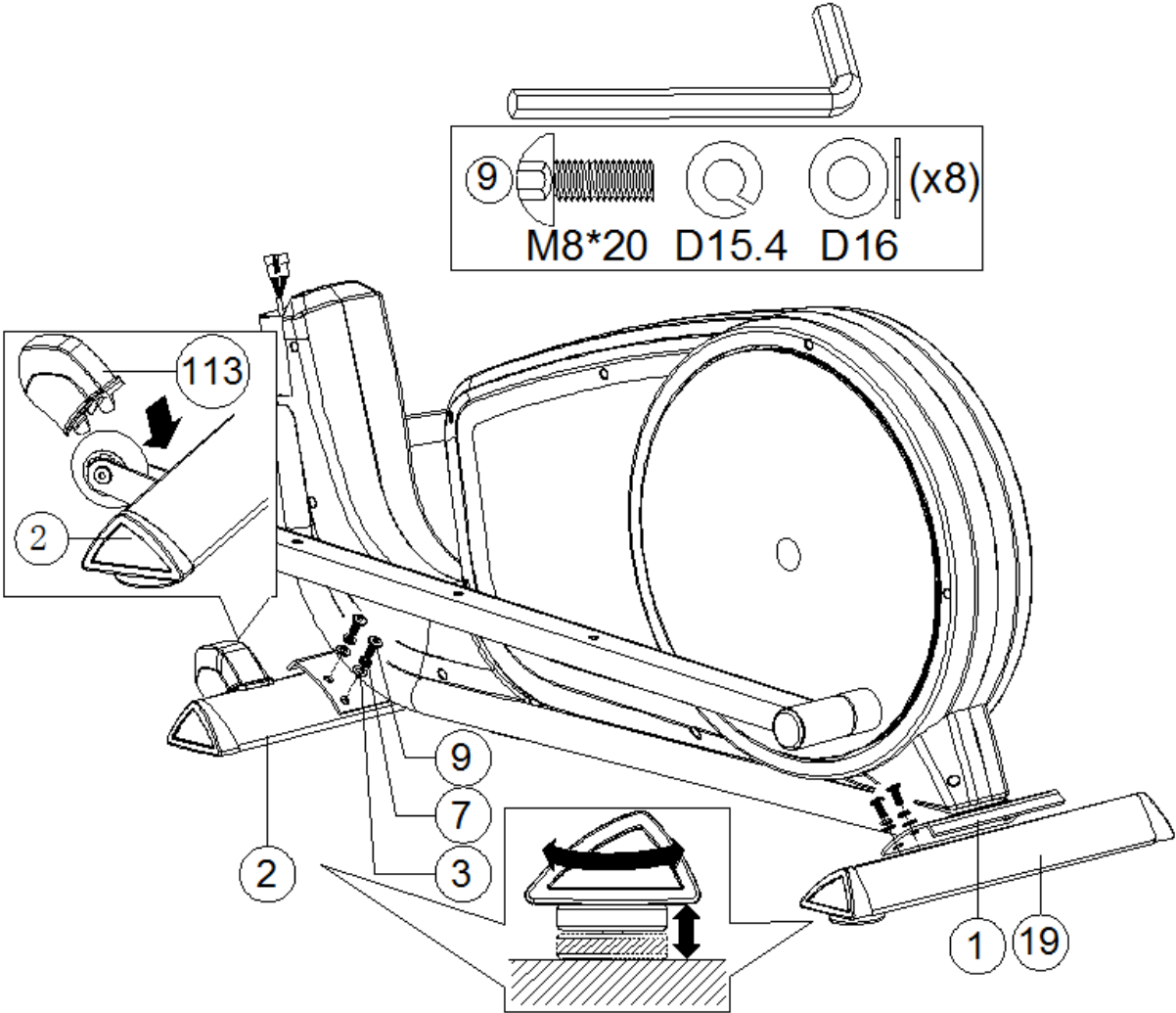
CHECK LIST (CONTENTS OF PACKAGE)

| | | | |
|---|--|---|---|
|  <p>1 x1</p> | |  <p>10 x1</p> | |
|  <p>52L & 52R x1</p> | |  <p>74 & 75 x2 x1</p> | |
|  <p>2 x1</p> |  <p>113 x1</p> |  <p>72 x1</p> |  <p>27 x1</p> |
|  <p>23 x1</p> |  <p>114 x1</p> |  <p>64 & 94 x1</p> |  <p>21L & 21R x1</p> |
|  <p>19 x1</p> |  <p>49 x1</p> |  <p>91 x1</p> | |
|  <p>KH-832C2</p> <p>Step 1</p> <ul style="list-style-type: none"> ① M8*20L 4PCS ② M16 8PCS ③ D16 4PCS ④ D16 4PCS ⑤ D16 4PCS ⑥ D16 4PCS ⑦ D16*4 4PCS ⑧ D16 4PCS ⑨ D16 4PCS ⑩ D16 4PCS ⑪ D16 4PCS ⑫ D16 4PCS ⑬ D16 4PCS ⑭ D16 4PCS ⑮ D16 4PCS ⑯ D16 4PCS ⑰ M8*50L 4PCS ⑱ D40 4PCS <p>Step 2</p> <ul style="list-style-type: none"> ① M8*20L 4PCS ② M16 8PCS ③ D16 4PCS ④ D16 4PCS ⑤ D16 4PCS ⑥ D16 4PCS ⑦ D16*4 4PCS ⑧ D16 4PCS ⑨ D16 4PCS ⑩ D16 4PCS ⑪ D16 4PCS ⑫ D16 4PCS ⑬ D16 4PCS ⑭ D16 4PCS ⑮ D16 4PCS ⑯ D16 4PCS ⑰ M8*50L 4PCS ⑱ D40 4PCS <p>Step 3</p> <ul style="list-style-type: none"> ① M8*20L 4PCS ② M16 8PCS ③ D16 4PCS ④ D16 4PCS ⑤ D16 4PCS ⑥ D16 4PCS ⑦ D16*4 4PCS ⑧ D16 4PCS ⑨ D16 4PCS ⑩ D16 4PCS ⑪ D16 4PCS ⑫ D16 4PCS ⑬ D16 4PCS ⑭ D16 4PCS ⑮ D16 4PCS ⑯ D16 4PCS ⑰ M8*50L 4PCS ⑱ D40 4PCS <p>Step 4</p> <ul style="list-style-type: none"> ① M8*20L 4PCS ② M16 8PCS ③ D16 4PCS ④ D16 4PCS ⑤ D16 4PCS ⑥ D16 4PCS ⑦ D16*4 4PCS ⑧ D16 4PCS ⑨ D16 4PCS ⑩ D16 4PCS ⑪ D16 4PCS ⑫ D16 4PCS ⑬ D16 4PCS ⑭ D16 4PCS ⑮ D16 4PCS ⑯ D16 4PCS ⑰ M8*50L 4PCS ⑱ D40 4PCS <p>Step 5</p> <ul style="list-style-type: none"> ① M8*20L 4PCS ② M16 8PCS ③ D16 4PCS ④ D16 4PCS ⑤ D16 4PCS ⑥ D16 4PCS ⑦ D16*4 4PCS ⑧ D16 4PCS ⑨ D16 4PCS ⑩ D16 4PCS ⑪ D16 4PCS ⑫ D16 4PCS ⑬ D16 4PCS ⑭ D16 4PCS ⑮ D16 4PCS ⑯ D16 4PCS ⑰ M8*50L 4PCS ⑱ D40 4PCS | | | |

ASSEMBLY

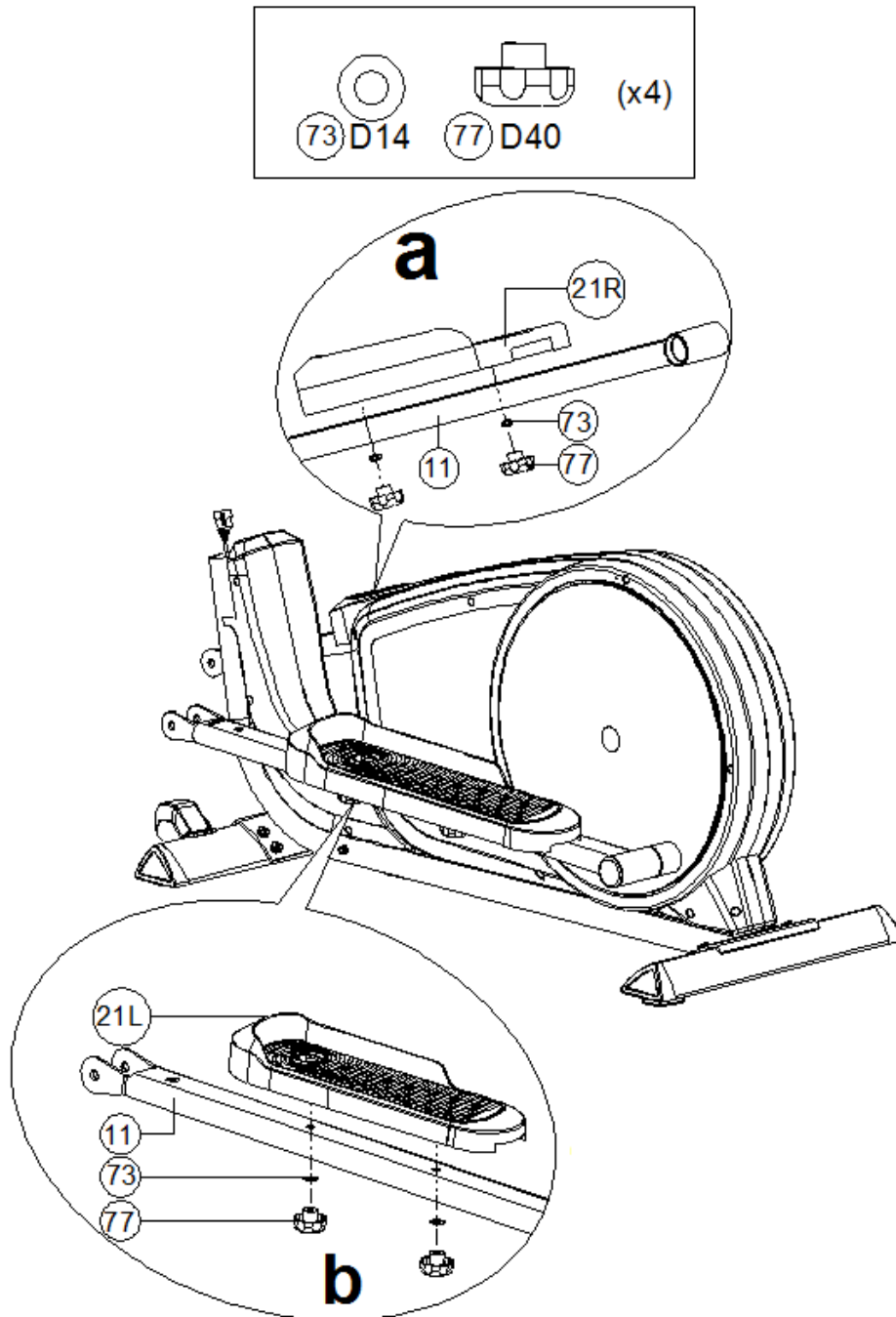
STEP 1

- 1. Assemble the front stabilizer (2) and rear stabilizer (19) onto the main frame (1) by using the flat washer (3), spring washer (7), and allen bolt (9).
- 2. Adjust the proper height by turning the wheel of rear foot cap (78).
- 3. Insert the cover for the wheel (113) onto the front stabilizer (2).



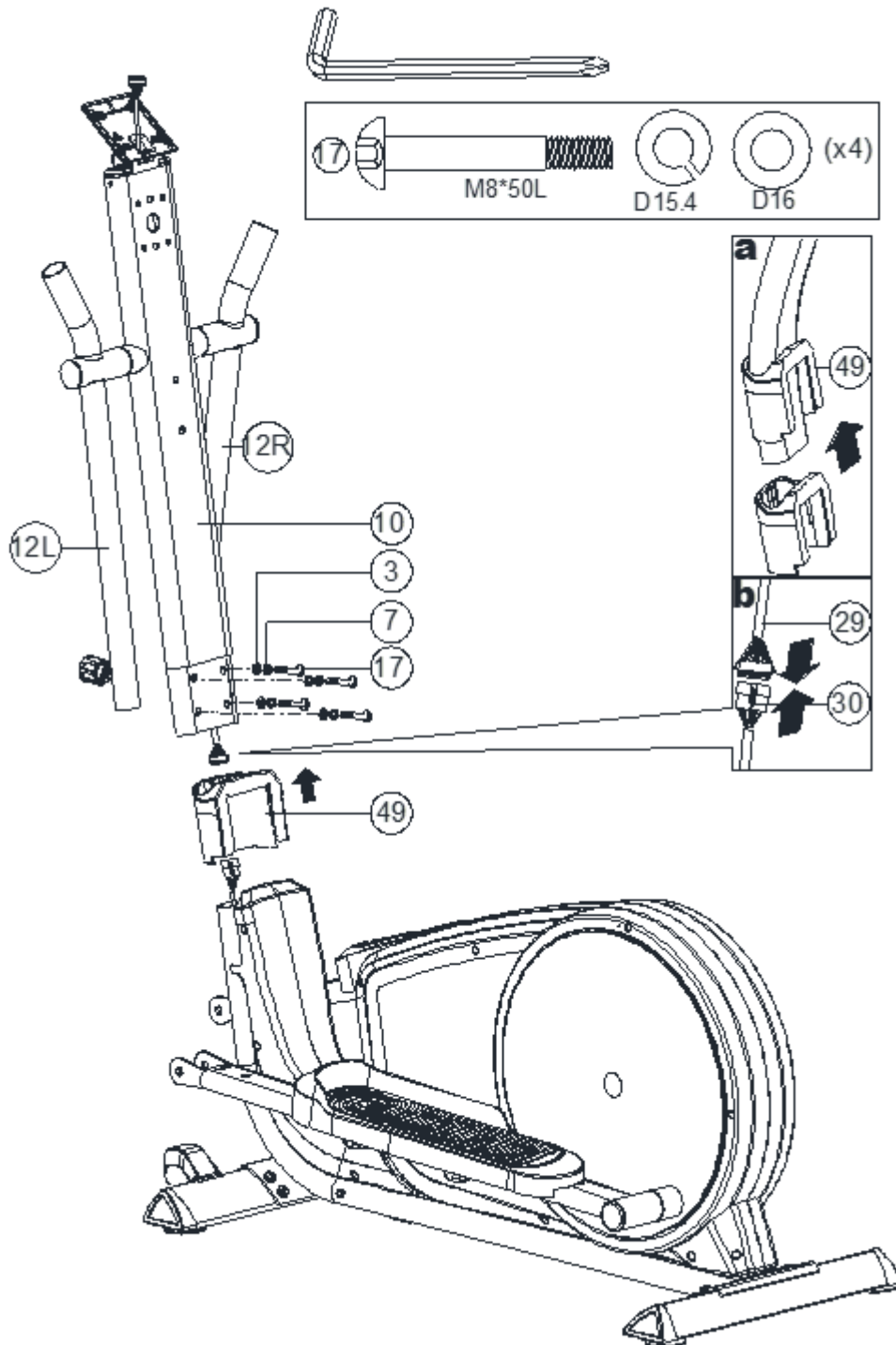
STEP 2

1. Assemble the left and right pedal (21L&21R) on the pedal supporting tube (11) by using the flat washer (73) and the knob (77).
2. 3 optional positions for the pedals.



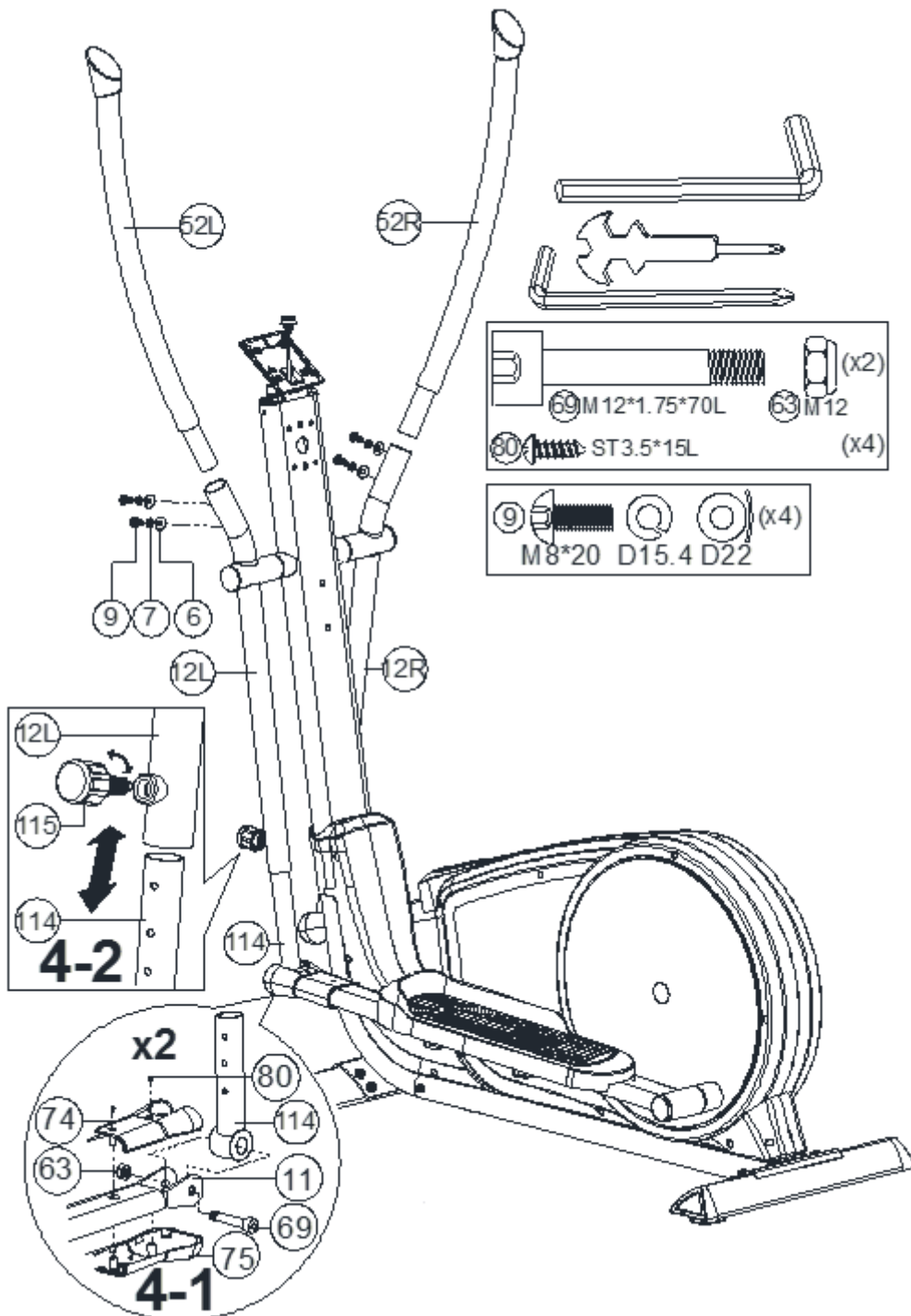
STEP 3

1. Suggest assembling this step by two persons.
2. First, lift up the cover for handlebar post (49) like fig. (a), then connect computer cable (29 & 30) like fig. (b).
3. Insert the handlebar post (10) into the main frame and tighten it by using the flat washer (3), the spring washer (7) and the Allen bolt (17). Place down the cover for handlebar post (49) and make it tight on the main frame.



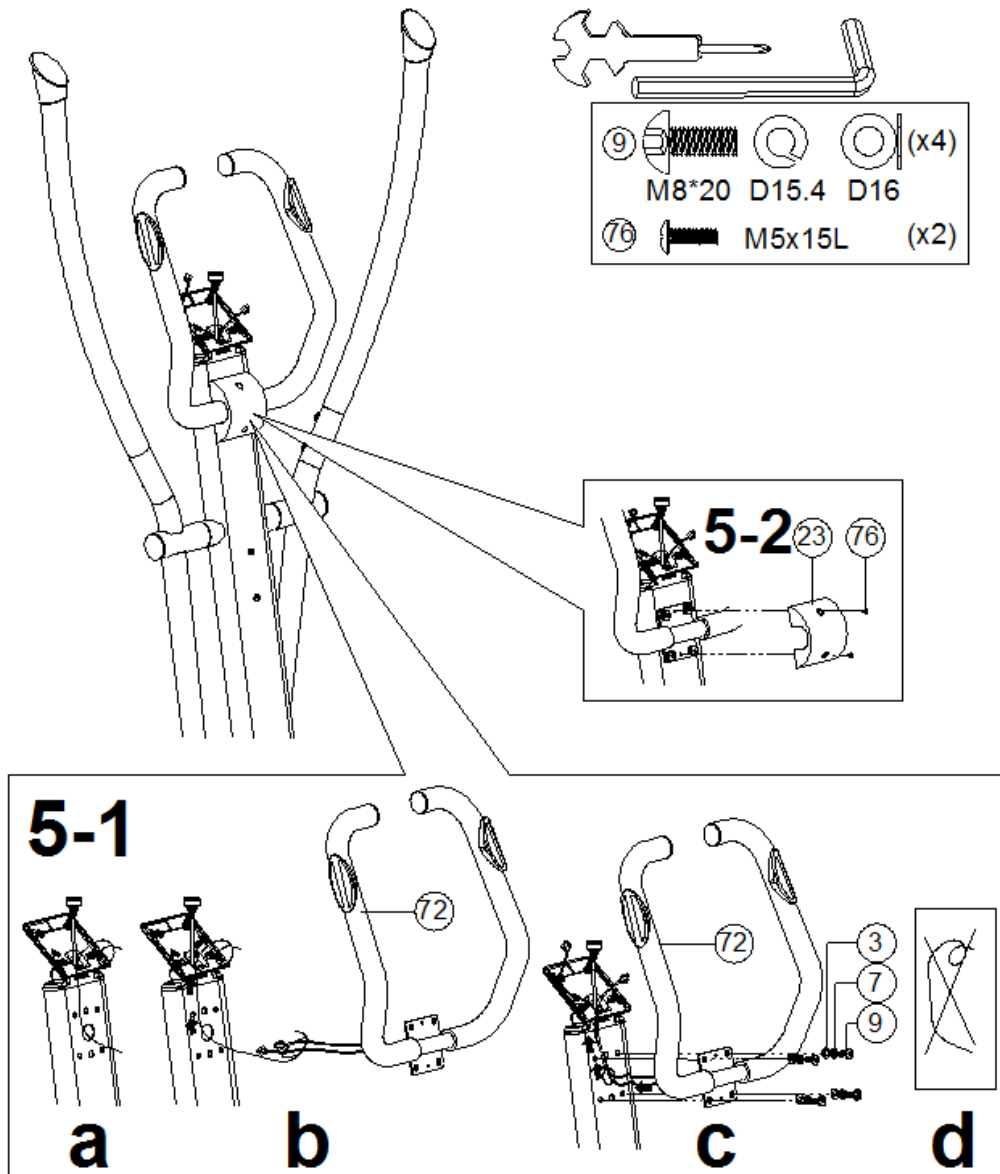
STEP 4

1. Assemble the left and right handlebar (52L&52R) on the movable handlebar support (12L&12R) by using the curved washer (6), the spring washer (7) and the allen bolt (9).
2. Connect the movable handlebar support (114) to the pedal supporting tube (11) by using the anti-loose nut (63) and the bolt (69), then assemble the connect cap (74 & 75) by using the screws (80).
3. Assemble the left & right movable handlebar support (12L&12R) and movable handlebar support (114) with global knob (115).
4. 3 optional positions for the height of handlebar support.



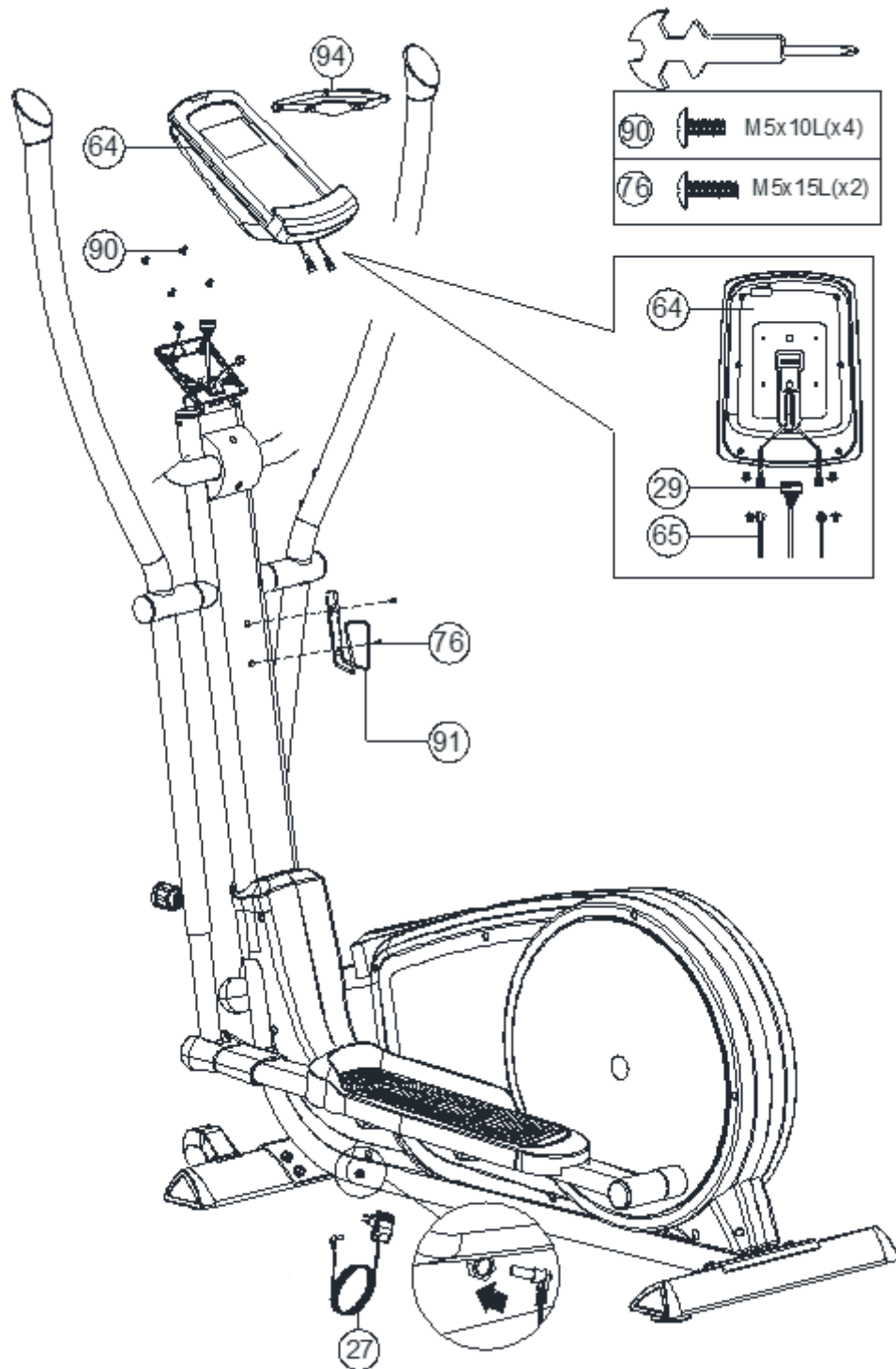
STEP 5

1. Assemble the left and right fixed handlebar (72) on the handlebar post (10) by using the flat washer (3), the spring washer (7), and the allen bolt (9) like fig. (5-1).
2. Assemble the protective cover (23) by using the screw (76) like fig. (5-2).

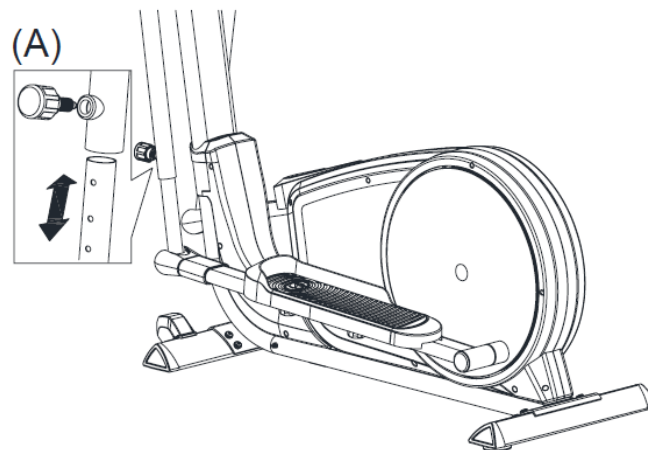


STEP 6

1. Connect the computer cable (29) and cable of handle pulse sensor (65) with the computer (64), then fix the computer (64) on the handlebar post (10) by using the screws (90).
2. Connect the adaptor (27).
3. Assemble the water bottle holder (91) onto the handlebar post by using the screws (76).



Adjustable height function of left & right moveable handlebar:



SM2570 INSTRUCTION MANUAL



SUPPORT DEVICES

Support iOS devices:

- iPod touch (5th generation)
- iPod touch (4th generation)
- iPod touch (3rd generation)
- iPhone 5S
- iPhone 5C
- iPhone 5
- iPhone 4S
- iPhone 4
- iPhone 3GS
- iPad Air
- iPad 4
- iPad 3
- iPad 2
- iPad
- iPad Min
- Support iOS 5.0 or above

Support Android devices:

- Android tablet OS 4.0 or above
- Android tablet resolution 1280X800 pixels
- Android phone OS 2.2 or above
- Android phone resolution:
 - 1920X1080 pixels
 - 1280X800 pixels
 - 1280X760 pixels
 - 800X480 pixels

“Made for iPod,” “Made for iPhone,” and “Made for iPad” mean that an electronic accessory has been designed to connect specifically to iPod, iPhone, or iPad, respectively, and has been certified by the developer to meet Apple performance standards. Apple is not responsible for the operation of this

device or its compliance with safety and regulatory standards. Please note that the use of this accessory with iPod, iPhone, or iPad may affect wireless performance.

iPad, iPhone, iPod, iPod classic, iPod nano, iPod shuffle, and iPod touch are trademarks of Apple Inc., registered in the U.S. and other countries.

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

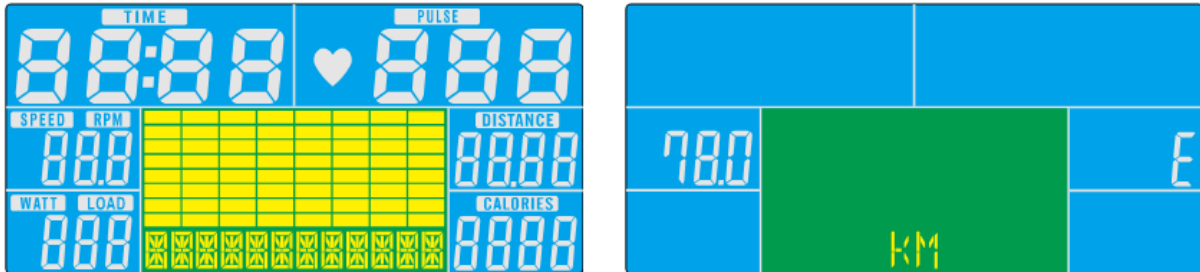
| ITEM | DESCRIPTION |
|-------------|---|
| Up | <ul style="list-style-type: none"> • Increase resistance level • Setting selection. |
| Down | <ul style="list-style-type: none"> • Decrease resistance level • Setting selection. |
| Mode | <ul style="list-style-type: none"> • Confirm setting or selection.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

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.

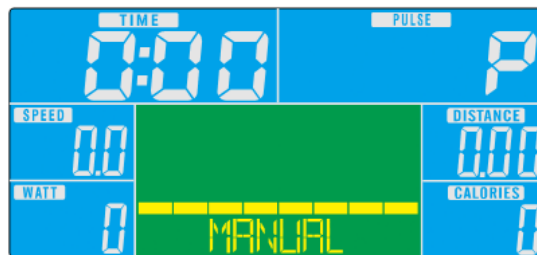


WORKOUT SELECTION

Press UP and Down to select workout Manual → Beginner → Advance → Sporty → Cardio → Watt

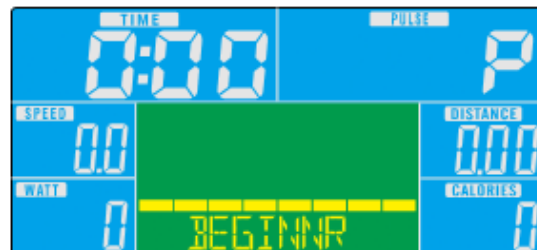
MANUAL MODE

Press START in main menu may start workout in manual mode.



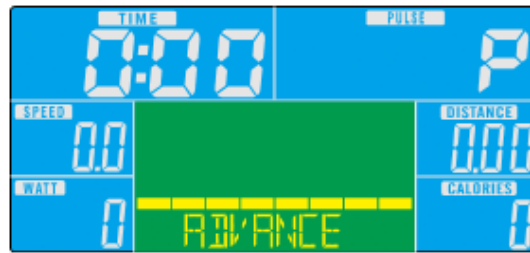
1. Press UP or DOWN to select workout program, choose Manual and press Mode to enter.
2. Press UP or DOWN to preset TIME, DISTANCE, CALORIES, PULSE and press MODE to confirm.
3. Press START/STOP keys to start workout. Press UP or DOWN to adjust load level.
4. Press START/STOP keys to pause workout. Press 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 H.R.C. and press Mode to enter.
2. Press UP or Down to select 55%.75%.90% or TAG (TARGET H.R.) (default: 100).
3. Press UP or DOWN to preset workout TIME.
4. 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.

iConsole+Training APP

Turn on Bluetooth on your smart device. Open the iConsole+ Training app and pair your smart device with your console.



NOTE:

- When you start the iConsole+ Training app on your smart device, your console will turn off.
- To turn on the console, turn off the iConsole+ Training app and your Bluetooth on your smart device.

FAT BURNING



The human body begins to burn fat at approximately at the time as the heart rate is 65% of the maximum heart rate.

For efficient fat burning it is advisable to keep your heart rate in the range of 70% -80%.

We recommend practicing three times a week for 30 minutes.

Example:

Recommendations for 52-year-old beginner:

Maximum heart rate = $220 - 52 \text{ (age)} = 168 \text{ rpm}$

Minimum heart rate = $160 \times 0.7 = 117 \text{ beats / min}$

85% value (upper limit) = $168 \times 0.85 = 143 \text{ beats / min.}$

In the first weeks, the pulse should be around 117. It can be increased to 143.

Depending on the physical condition, the intensity of the exercise can be increased so that the pulse ranges from 70% to 85% of the maximum heart rate. This can be accomplished by increasing the speed or by prolonging the training.

Table for pulse recommendation:

| AGE | MAX | 60% | 65% | 70% | 75% | 80% | 85% |
|-----|-----|-----|-----|-----|-----|-----|-----|
| 20 | 200 | 120 | 130 | 140 | 150 | 160 | 170 |

| | | | | | | | |
|----|-----|-----|-----|-----|-----|-----|-----|
| 25 | 195 | 117 | 127 | 137 | 146 | 156 | 166 |
| 30 | 190 | 114 | 124 | 133 | 143 | 152 | 162 |
| 35 | 185 | 111 | 120 | 130 | 139 | 148 | 157 |
| 40 | 180 | 108 | 117 | 126 | 135 | 144 | 153 |
| 45 | 175 | 105 | 114 | 123 | 131 | 140 | 149 |
| 50 | 170 | 102 | 111 | 119 | 128 | 136 | 145 |
| 55 | 165 | 99 | 107 | 116 | 124 | 132 | 140 |
| 60 | 160 | 96 | 104 | 112 | 120 | 128 | 136 |
| 65 | 155 | 93 | 101 | 109 | 116 | 124 | 132 |
| 70 | 150 | 90 | 98 | 105 | 113 | 110 | 128 |

THE RESULTS

After a short period of regular exercise, you will notice that exercise intensity is needed to achieve the optimal heart rate.

Exercise will make you less and less problems and overall you will feel better.

Good motivation is the key to achieving good results. Plan ahead for a certain amount of time and do not overextend yourself.

Among the athletes there is an extended proverb:

"The hardest thing to do is start."

We wish you a lot of fun and success in exercising on a purchased device.



EXERCISING INSTRUCTIONS

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 OF ELLIPTICAL TRAINER

The elliptical trainer is a popular fitness machine, one of the newest and most effective home training machines.

When you are exercising on an elliptical treadmill, your feet move along the elliptical curve.

The elliptical treadmill is a frequent replacement for exercise bikes and treadmills because it is gentler for your joints. With the handles, you are also exercising the upper half of your body.

During exercise, you transfer the weight from one foot to the other. Try to maintain an upright and natural position. Handles will help you. Find the perfect place to hold the grip and try to move as naturally as possible.

MAINTENANCE

- Use only a soft cloth and a mild detergent.
- Do not clean the plastic parts with abrasives or solvents.
- Wipe the sweat after each use.
- Protect the device from moisture and extreme temperatures.
- Protect your device, computer and console from direct sunlight.
- Check the tightening of all bolts and nuts regularly.
- Store in a dry and clean place away from children.

STORAGE

Keep the exercise bike in a clean and dry environment. Make sure the power switch is turned off and the exercise bike is not plugged into the power socket.

IMPORTANT NOTICE

- This exercise bike comes with standard safety regulations and is only suitable for home use. Any other use is prohibited and may be dangerous to users. We are not responsible for any injury caused by improper and forbidden use of the machine.
- Consult your doctor before starting training on the exercise bike. Your doctor should evaluate whether you are physically fit to use the machine and how much effort you are able to undergo. Incorrect exercise or switching of the body can harm your health.
- Carefully read the following tips and exercises. If you experience pain, nausea, breathing, or other health problems during exercise, immediately stop the exercise. If the pain persists, contact your doctor immediately.
- This exercise bike is not suitable as a professional or medical purpose. It can also not be used for healing purposes.
- The heart rate monitor is not a medical device. It provides only approximate information about your average heart rate, and any suggested pulse rate is not medically binding. Accumulated data may not always be accurate regarding uncontrollable human and environmental factors.

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 scrapyard.

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.



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Date of Sale:

Stamp and Signature of Seller: