



USER MANUAL – EN
IN 9101 Power Stepper inSPORTline Bailar



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GENERAL INFORMATION

SAFETY INFORMATION

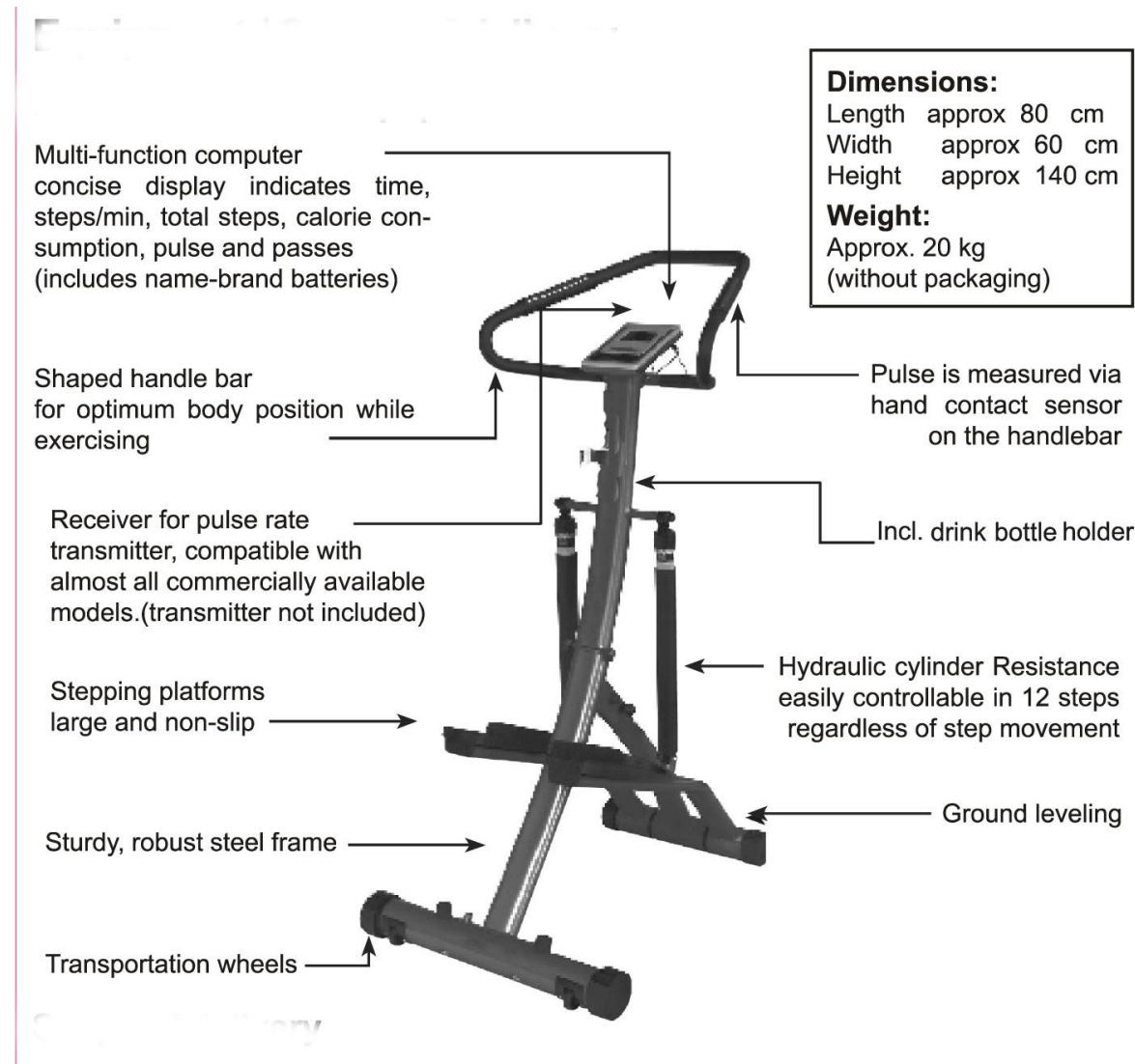
1. The Max user weight is 120KGS
2. Always keep children and pets away from this device.
3. This device can be used only by one person at a time.
4. This device is not suitable for therapeutic purposes!
5. Please read this user manual before using this device.
6. If the use of this device causes dizziness, nausea, chest pain, or other unusual symptoms immediately STOP exercising and contact a physician immediately.
7. Use this device only on clean and level surfaces.
8. Wrong and excessive exercise may be a danger to your health.
9. Use stretching exercises to warm up before using this device.
10. Always wear appropriate athletic wear while exercising with this device. Never wear clothing that might get caught by the device.
11. Exercise devices are not suitable toys.
12. Class - HC (according to EN ISO 20957) for home use.

WARNING: Always go to the doctor before starting a training program for all ages, especially if you are over 35 years of age or with pre-existing health conditions. Read all instructions before using an exercise device.

BATTERY INFORMATION

1. Never recharge batteries! Danger of explosion!
2. Keep batteries away from children, do not throw batteries into open fire, short-circuit them or disassemble batteries.
3. Immediately remove empty batteries from the device increased risk of leakage!
4. Remove batteries from the device if it is not used for a long period of time.





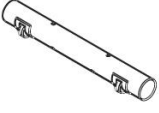

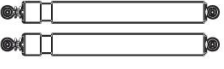
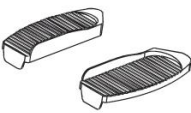



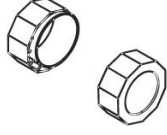



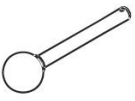


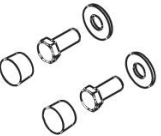


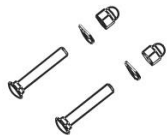
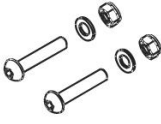

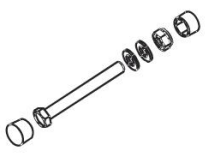
EQUIPMENT



ASSEMBLY

REVIEWING THE EQUIPMENT

Please read these assembly instructions before assembling the device and then proceed step by step as described. Unpack all components and place them next to each other on the floor. Please ensure sufficient range of movement in every direction (mini.1m) during assembly.

 1	 51	 22	 24
 4	 36,39...	 21	 12
 23	 55	 40	 5
 9	 19	 16	 31
 54	 10,11,50	 18,33,46	 17,18
 14,15,17,46	 42,47,49	 13,14,15	 2,3,8,48
 28,29,30,35			

No.	Description	Quantity
1	Main frame lower part	1
51	Main frame upper part	1
22	Pedal pipe	2
24	Support pipe	1
4	Rear base	1
36/39	Handlebar	1
21	Hydraulic cylinder	2
12	Pedal (R+L)	1 set
23	Drink bottle holder	1
40	Computer	1
5	Base unit cap	2
9	Buffer	2
19	End cap	2
16	Cover	2
31	Safety pin	1
54	Cross head screw	2
10/11/50	Screw set for pedal assembly	4
18/33/46	Screw set for hydraulic cylinder assembly top	2
17/18	Screw set for pedal pipe assembly	2
14/15/17/46	Screw set for main frame assembly	3
42/47/49	Screw set for handlebar assembly	2
13/14/15	Screw set for hydraulic cylinder assembly bottom	2
2/3/8/48	Screw set for base unit assembly	2
28/29/30/35	Screw set for support from assembly	1
55	Battery 1.5 V/R03/AAA	2

NEED THE FOLLOWING TOOLS FOR ASSEMBLY

Combination wrench /box spanner SW 14	Combination wrench /box spanner SW 17
Allen wrench 6 mm	Cross head screw driver PH2


ASSEMBLING THE UNIT

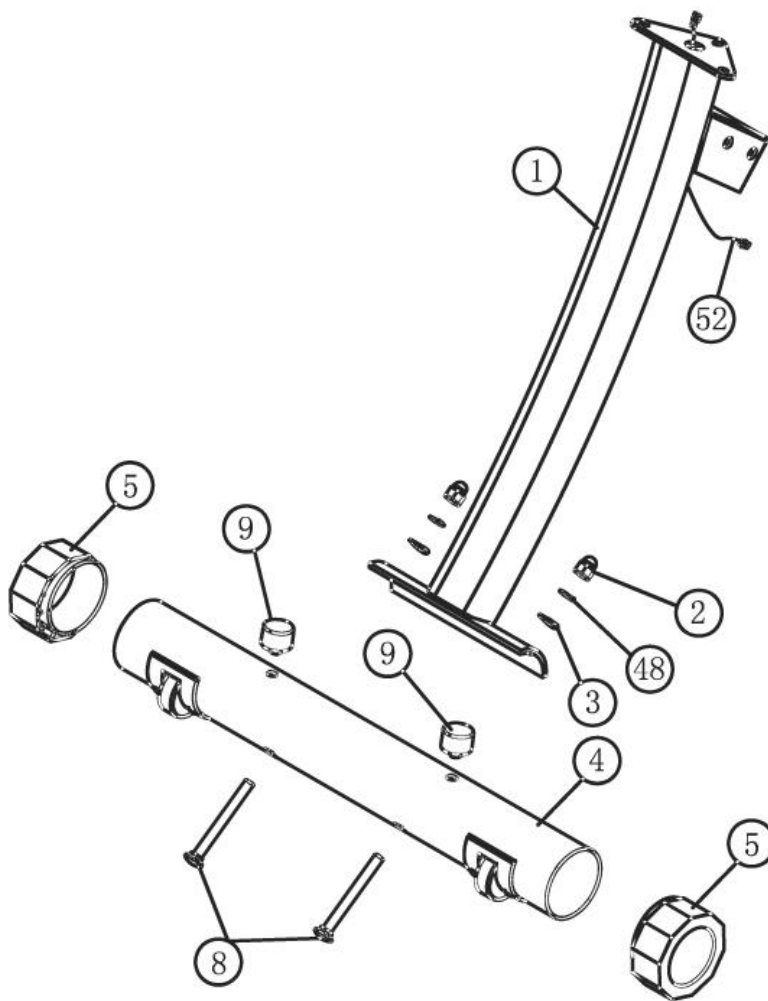
- A) Insert the base unit caps (5) on the rear base unit (4)

Note: Use the floor leveling mechanism to adjust your unit to minor uneven spots on the ground by twisting the caps.

- B) Place both buffers (9) on the rear base unit (4)

- C) Attach the rear base unit (4) using the two screws (8), two curved washers (3), two snap rings (48), and two nuts (2) on the bottom main frame (1).

	<ol style="list-style-type: none">1. Please be sure that the transport wheels face down on the base unit.2. Ensure that the screws are tightened in order to prevent uncomfortable vibration during exercise.
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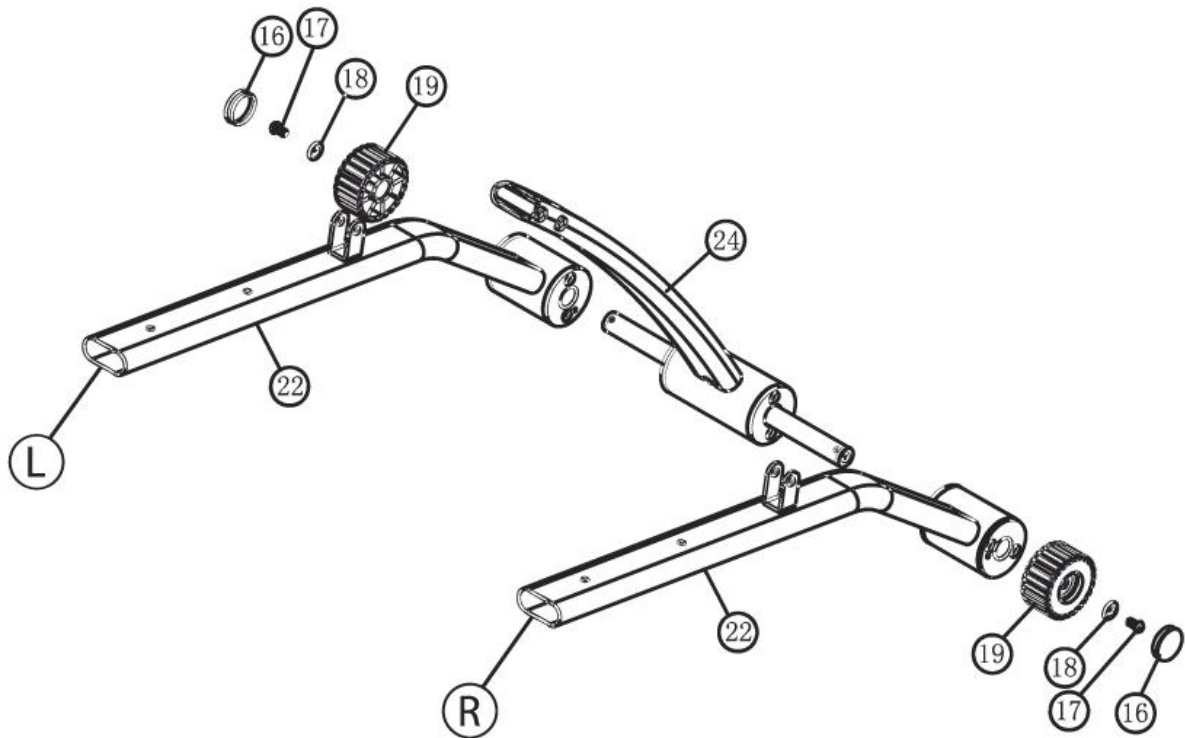


ASSEMBLING THE PEDAL PIPES

Attach both pedal pipes (22) and both end caps (19) using one Allen screw (17) and one washer (18) each on the support frame (24). Push both cover caps (16) on the two end caps (19).

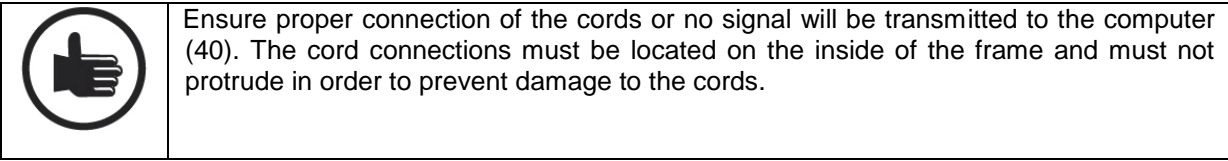


During assembly of the two pedal pipes, please observe the proper marking left (L) and right (R). The step display will not function if they are not assembled correctly.

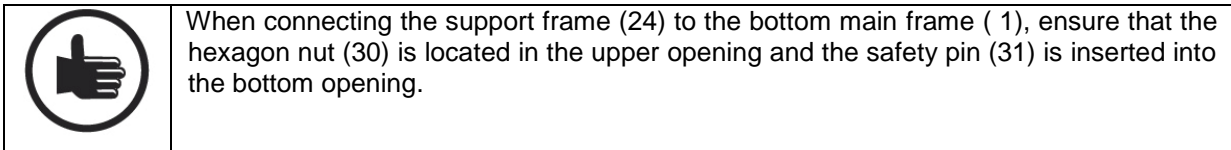


ASSEMBLING THE SUPPORT FRAME TO LOWER MAIN FRAME

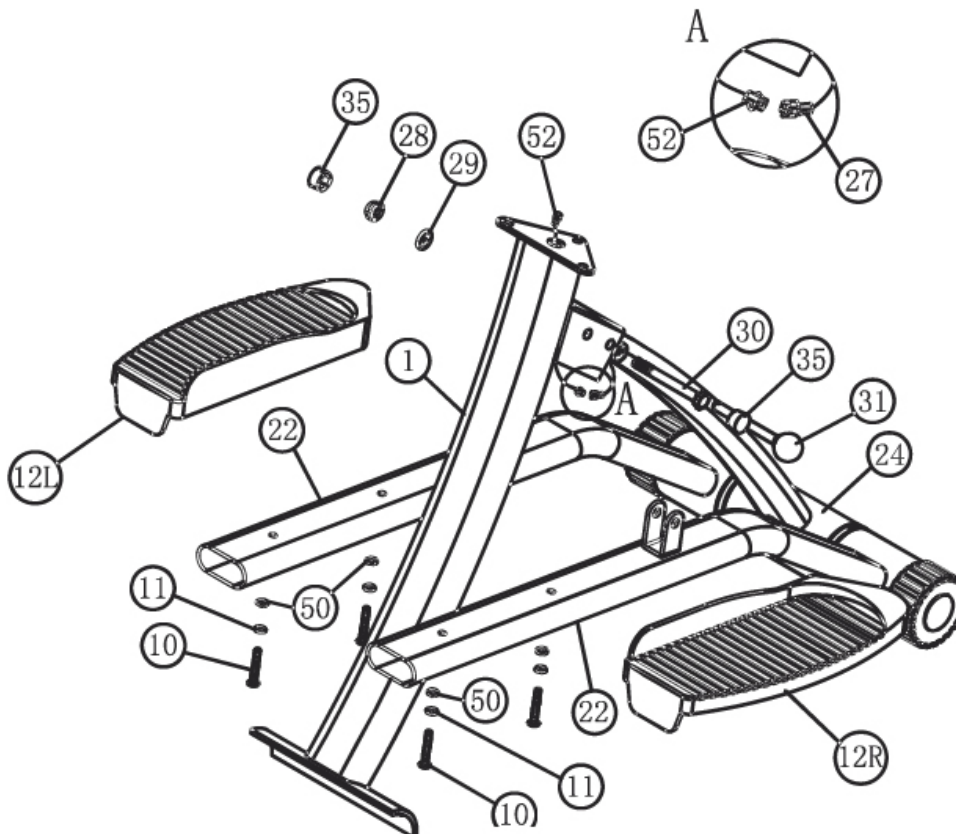
- A) Hold the support frame (24) close to the bottom main frame (1) and connect the bottom sensor cord (27) of the support frame (24) to the center sensor cord (52) of the bottom main frame (1).



- B) Connect the support frame (24) to the bottom main frame (1) using a hexagon bolt (30), two washers (29) and a nut (28). Install on washer (29) each under the screw head and under the nut (28). Insert the safety pin (31) into the second hole of the main frame (1). Place on cover cap (35) on the hexagon nut (30) and the nut (28).




- C) Attach the two pedals (12 R+L) using two cross-head screws (10) each, two spring clips (50) and two washer (11) to the pedal pipes (22).




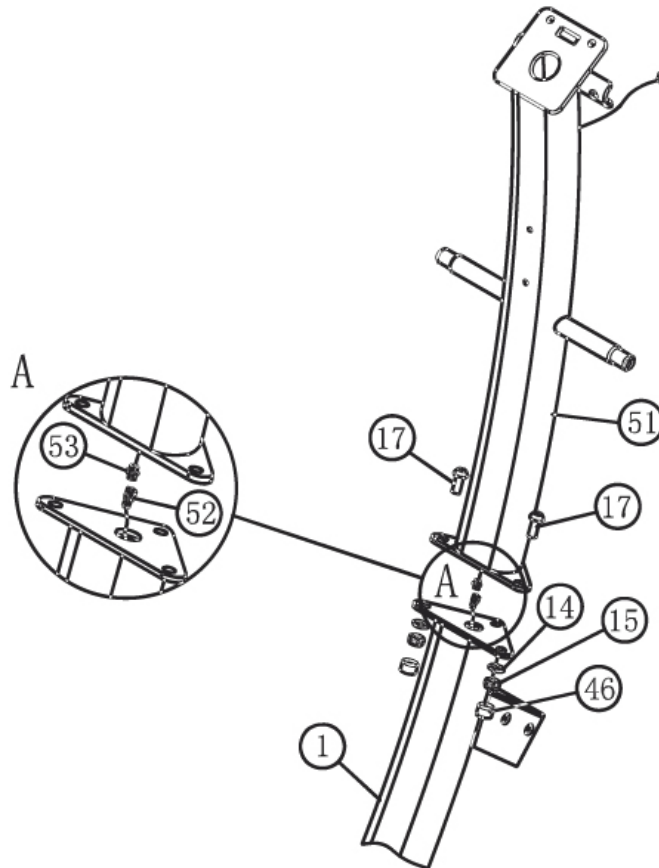
ASSEMBLING THE UPPER AND LOWER MAIN FRAME

- A) Hold the upper main frame (51) to the lower main frame (1) and connect the two sensor cords (52+53).

	Ensure proper connection of the cords, otherwise no signal will be transmitted to the computer. The cord connections must be located on the inside of the frame and must not protrude in order to prevent damage to the cords.
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- B) Attach the upper main frame (51) to the bottom main frame (1) using three Allen screws (17), three washers (14) and three nuts. Attach the three plastic caps (46) on the nuts (15).

	Ensure that the screws are tightened in order to prevent uncomfortable vibration during exercise.
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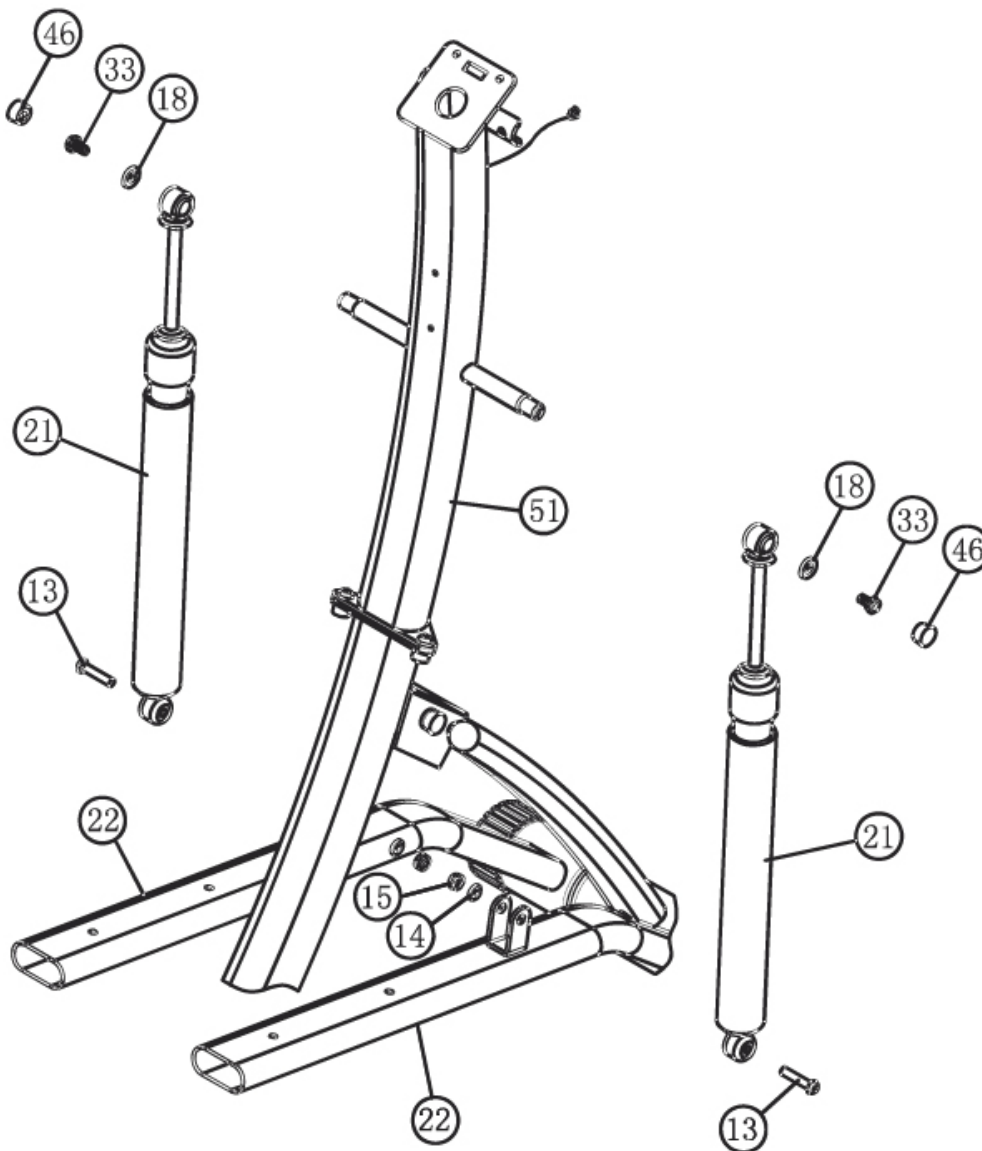


ASSEMBLING THE HYDRAULIC CYLINDERS

- A) Attach both hydraulic cylinders (21) to the upper main frame (51) using one hexagon bolt (33) and one washer (18) each. Insert the two plastic caps (46) on the two hexagon bolts (33).
- B) Now insert the two hydraulic cylinders (21) into the forks of the two pedal pipes (22) and connect them with one Allen screw (13), one washer (14) and one nut (15) each.



The cylinder has twelve resistance levels: the higher the number, the higher the resistance. Turn the upper part of the cylinder clockwise to increase resistance. The number to which the arrow points is the precise range. Always ensure to set the same resistance level on both cylinders.



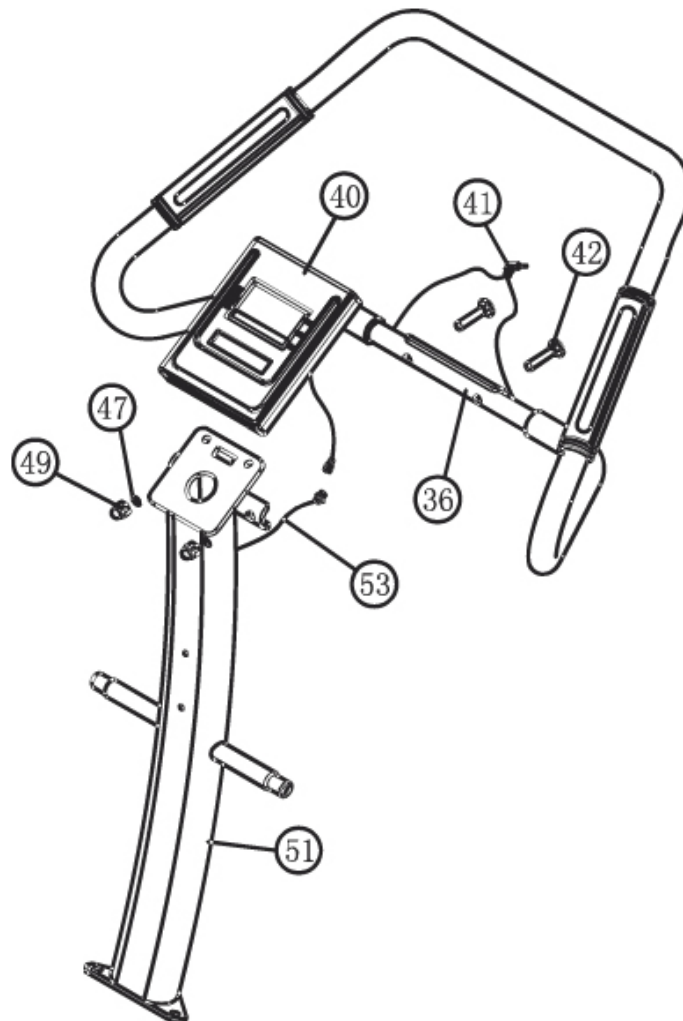
ASSEMBLING HANDLEBAR AND COMPUTER

- A) Use two bolts (42), two curved washers (47) and two nuts (49) to attach the handlebar (36) to the upper main frame (51).



Please be sure that the hand pulse cord (41) is not crushed.

- B) Remove both pre-mounted crews from the back of the computer (40) and use the two screws to attach the computer (40) to the upper main frame (51).
- C) Connect the cord from the back of the computer (40) to the upper sensor cord (53).
- D) Insert the hand pulse cord (41) into the socket (PULSE) on the back of the computer (40).

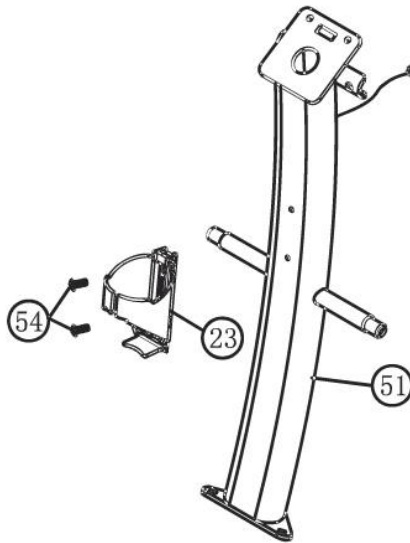


INSERTING BATTERIES

- A. Open the battery compartment on the back of the computer (40). Clean the battery contacts and the contacts of the device prior to inserting batteries if necessary.
- B. Insert two batteries 1.5V type AAA into the battery compartment. When inserting batteries, be sure to check the correct polarity (+/-). The computer will signal with a long beep.
- C. Close the battery compartment and make sure the cover snaps in place.

ASSEMBLING DRINK BOTTLE HOLDER

Use two cross-head screws (54) to attach the drink bottle holder (23) to the upper main frame (51).



FINAL INSPECTION

Be sure that all screws are properly tightened and that the stepper is located on a level surface.

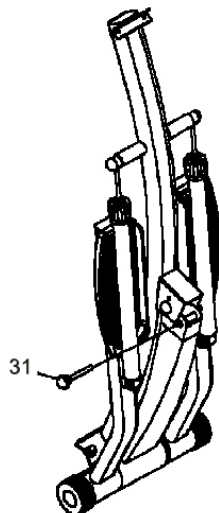
Ensure that both hydraulic cylinders are set to the same level of resistance before starting the exercise.

STORAGE

FOLDING

To save space when storing the device, it can be folded closed when not in use.

1. Set both hydraulic cylinders to level 1.
2. Pull the safety pin (31) out of the unit.
3. Hold the device on the handle while using your other hand to push the support frame (24) toward the main frame (1). See dia.1
4. For storage, insert the safety pin (31) into the openings on the main frame.



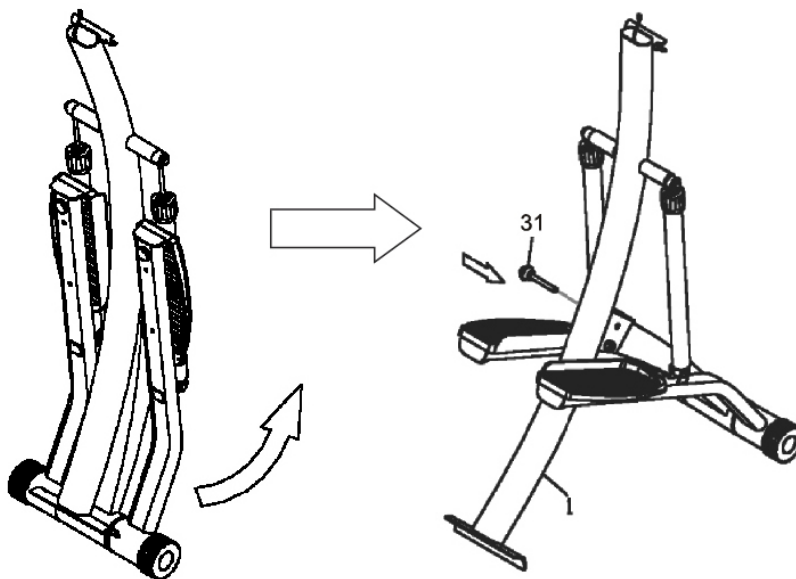


When folding the device open, there is a risk of crushing in the area of the joint ! Hold the device only outside of this area while folding it open.

UNFOLDING

Remove the safety pin (31) from the main frame (1), open the frame and place it on the ground.

Align the openings of the main frame (1) and the support frame (24). Push safety pin (31) through the openings.



COMPUTER

FUNCTIONS

STEPS (COUNT): the stepping function is displayed permanently on screen LCD1.

STEPS /MIN (RPM): Press the MODE button to go to the next button STEP / MIN. This function will display on the screen LCD2 the number of steps per minute that you are actually doing.

SCAN (SCAN): Press the MODE button to move to the next selection key for the SCAN function. The scan now automatically scans through all the functions of the computer. Each function is displayed on LCD2 screen for about 4 seconds before the next function to be displayed. The third selection arrow will always bet on the current function displayed on the computer screen (this type of arrow only appears with the SCAN function).

PULSE (PUL): Grasp both MEGA pulse sensors with both hands or Press the MODE button to move the selection key on the PULSE function. The current heart rate will appear on the screen LCD2. You can also set a target heart rate zone. Press the MODE button to select the function PULSE, press the SET button to set a frequency between 40 and 240 bpm. As soon as you reach the target, the device beeps three warning. The setting of the pulses can be deleted using the RESET button. The pulsations are indicative and may vary from the real ones so are not suitable for therapeutic purposes.

TOTAL STEPS (T.CNT): Press the MODE button to go to the selection key for the function TOTAL STEPS. The LCD2 screen will display the total number of steps resulting from all the training units. When the batteries are replaced, this value will be reset.

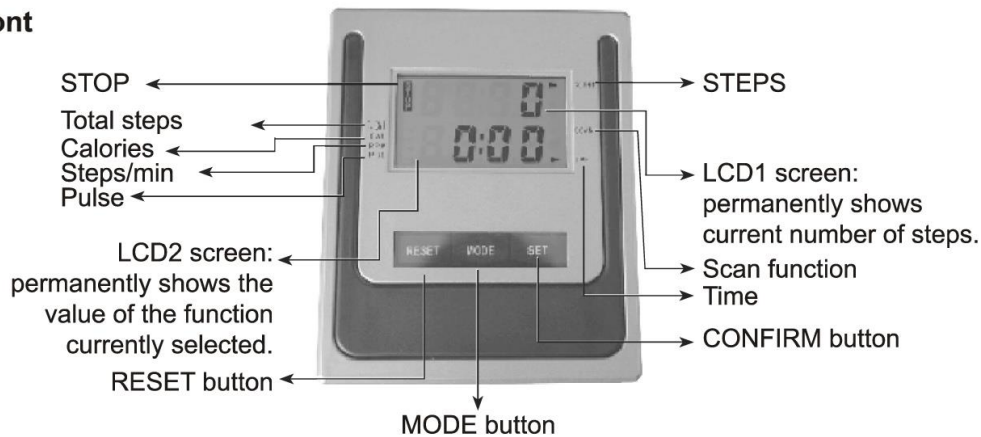
TIME (TIME): Shows the elapsed time from the time of operation of the unit. The TIME function is displayed in the LCD2 only in combination with the SCAN function. E 'can also select the countdown. Press the MODE button to select the TIME function, press the SET button to set a time from 1 to 99

minutes. As soon as it reaches zero, the device beeps twice warning. The setting of the countdown can be deleted with the RESET button.

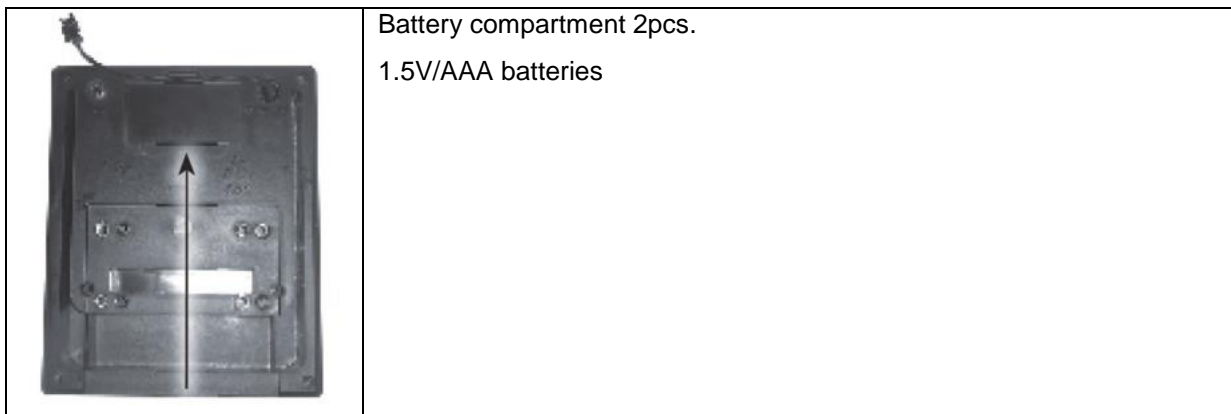
CALORIES (CAL): Press the MODE button to go to the function selection key calories. The amount of calories burned since the beginning of the year will be displayed on LCD2 screen. E 'can also select the countdown. Press the MODE button to select the function CALORIES, press the SET button to set the calories from 1 to 999. As soon as it reaches zero, the device beeps four warning. The setting calories can be deleted by pressing RESET.

DISPLAY

Front



BACK VIEW



NOTE

1. To reset the values of "TIME", "TOTAL STEPS", "CALORIES", press the MODE button for at least 5 seconds.
2. The PULSE function can be used only for informational purposes. Not to be used for medical use.
3. If your computer does not display any information or only partial information, replace the battery, the computer does not receive any signal, automatically turn off after 2 minutes.
4. The computer activates automatically when you start an exercise or by pressing any button.
5. Please use two batteries of 1.5 V/AAA.

TRAINING NOTES

IMPORTANT!

- Regular exercises and long-term
- Wear comfortable clothing (e.g. a tracksuit).
- Wear shoes with rubber sole. Never exercise in bare feet (risk of injury).
- Do not eat an hour before and one hour after exercise. Drink plenty of fluids!
- Do not exercise if you are tired or exhausted.

CORRECT STEPPING ON AND OFF

- Always step on the device from the back, first with one foot until the pedal is nearest to the floor, and then with the other foot
- When stepping off, please be sure that both pedals are nearest to the floor before slowly stepping off (when stepping off too fast, the pedal can recoil) the stepper, first with one foot and then with the other.

CORRECT FOOT POSITION



For a more effective exercise, the pedals are equipped with red signals. These signs show approximately the optimum position of the foot. Since the movement for stepping is generated from the plant of the foot, it is recommended to remain standing in the central zone of the pedal, doing so has a better action of the lever, and then the movement is easier to complete. Make sure that at least half the length of the foot is on the pedal during exercise.

Wear shoes with rubber sole.

CORRECT BODY POSTURE

- Stand upright and hold the handlebars of the stepper.
- Try to keep your upper body upright during exercise.

STEPPING

- At the beginning of the exercise, one leg is straight, the other bend at the knee. Push the pedal down with your left leg and at the same time bend the right leg at the knee.
- Subsequently push down the other pedal and so on.
- Complete the movements smoothly and without jerks.
- During the activity, the pedals must not come into contact with the base frame. (The resistance will be stronger with an exercise stepping faster, but the movement of the steps does not depend on resistance)

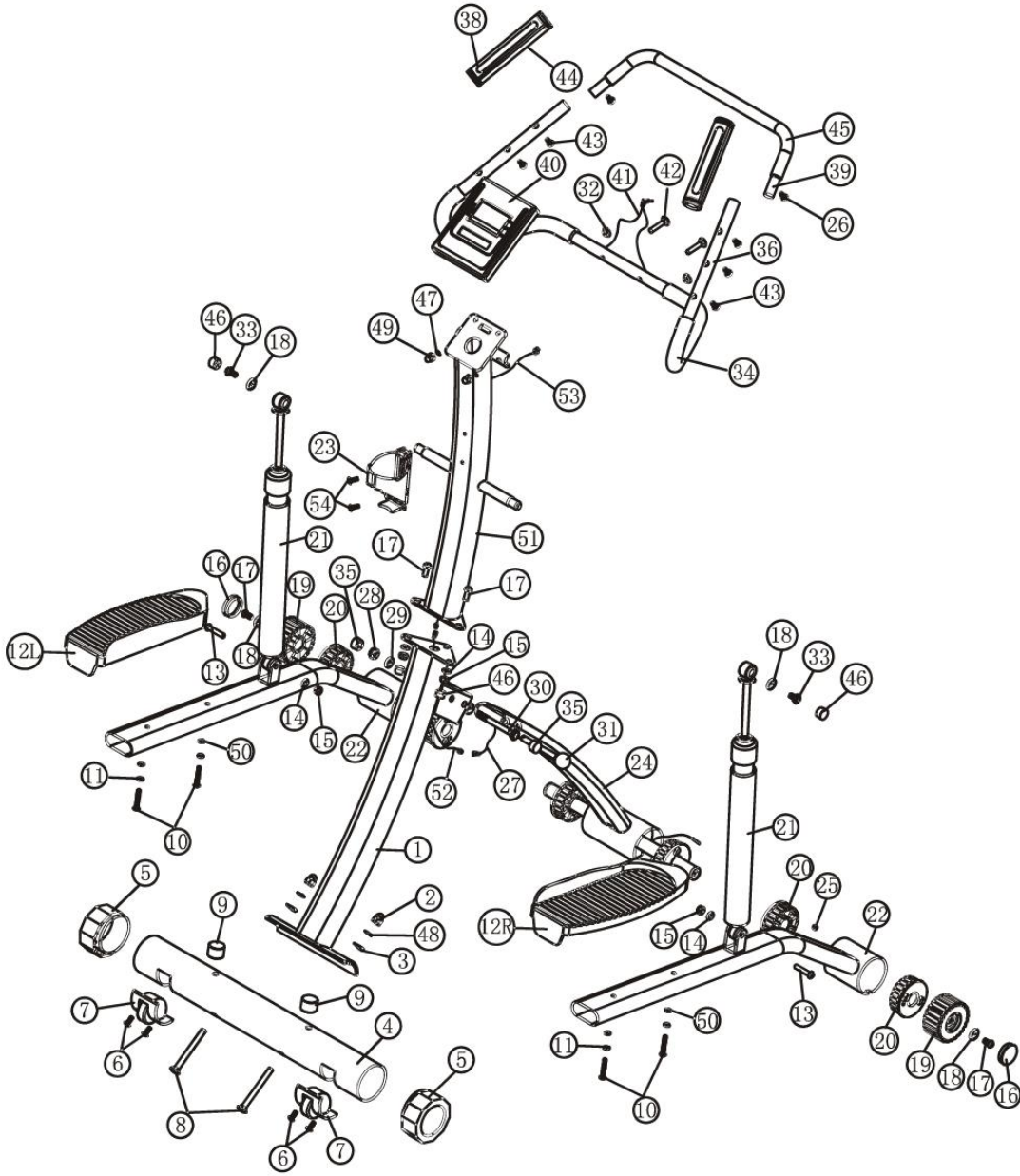
GROUND LEVELING

- In the case of uneven ground, the stepper can be adjusted with the leveling mechanism so that the tool can rest solidly on the ground.
- Turn the plastic plugs of the device of the rear base to the contact with the ground on both sides).

TROUBLESHOOTING

ERROR	CAUSE	WHAT TO DO?
Computer		
No display or no function	No battery power	Batteries missing -insert
		Batteries empty -insert new batteries
		Batteries inserted wrongly - reinsert
	No cord connection	Inspect cord connection
		If this does not resolve your problem: call service
MECHANICAL		
Stepping resistance cannot be controlled	Stepping resistance cannot be controlled	Stepping resistance cannot be controlled
Missing parts	Missing parts	Missing parts

EXPLODED DRAWING



PARTS LIST

No.	Description	Number
1	Main frame lower part	1
2	Nut (M10)	2
3	Curved washer	2
4	Rear base unit	1
5	Base unit cap	2
6	Cross head screw	4
7	Transportation wheels	2
8	Carrier screw	2
9	Buffer	2
10	Cross head screw	4
11	Washer	4
12	Pedal (R+L)	2
13	Allen screw	2
14	Washer	5
15	Nylon nut	5
16	Cover	2
17	Allen screw	5
18	Washer	4
19	End cap	2
20	Sleeve	6
21	Hydraulic cylinder	2
22	Pedal pipe	2
23	Drink bottle holder	1
24	Support frame	1
25	Magnet	1
26	Cross head screw (M5*10)	2
27	Sensor cord bottom with sensor	1
28	Nylon nut	1
29	Washer	2
30	Hexagon bolt	1
31	Safety pin	1

32	Cord protection	5
33	Hexagon bolt	2
34	Handle cover, bottom part	2
35	Cover caps	2
36	Handle, bottom part	1
38	Hand pulse sensor (top)	2
39	Handle ,upper part	1
40	Computer	1
41	Hand pulse cord	1
42	Bolt	2
43	Cross head screw	6
44	Hand pulse sensor (bottom)	2
45	Handle cover, upper part	2
46	Plastic cover	5
47	Washer	2
48	Spring clip	2
49	Nut	2
50	Spring clip	4
51	Main frame upper part	1
52	Sensor cord, center	1
53	Sensor cord, top	1
54	Cross head screw	2
55	Battery 1.5 V/R03/AAA	2

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:

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, 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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