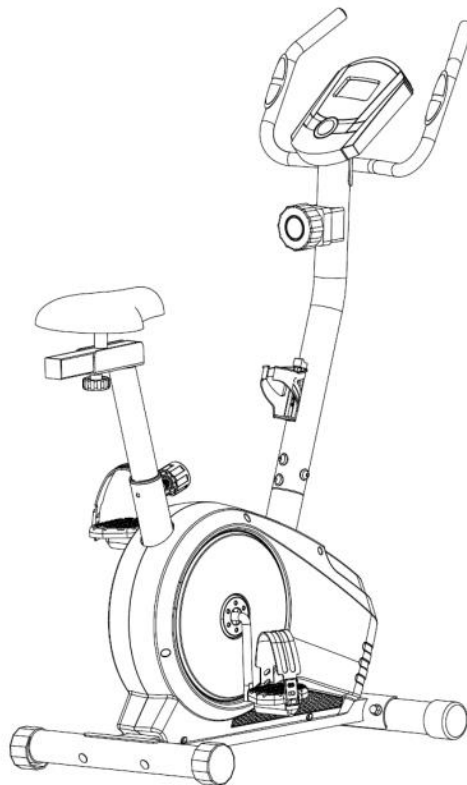




USER MANUAL – EN

IN 16527-2 Exercise Bike inSPORTline Ellare II



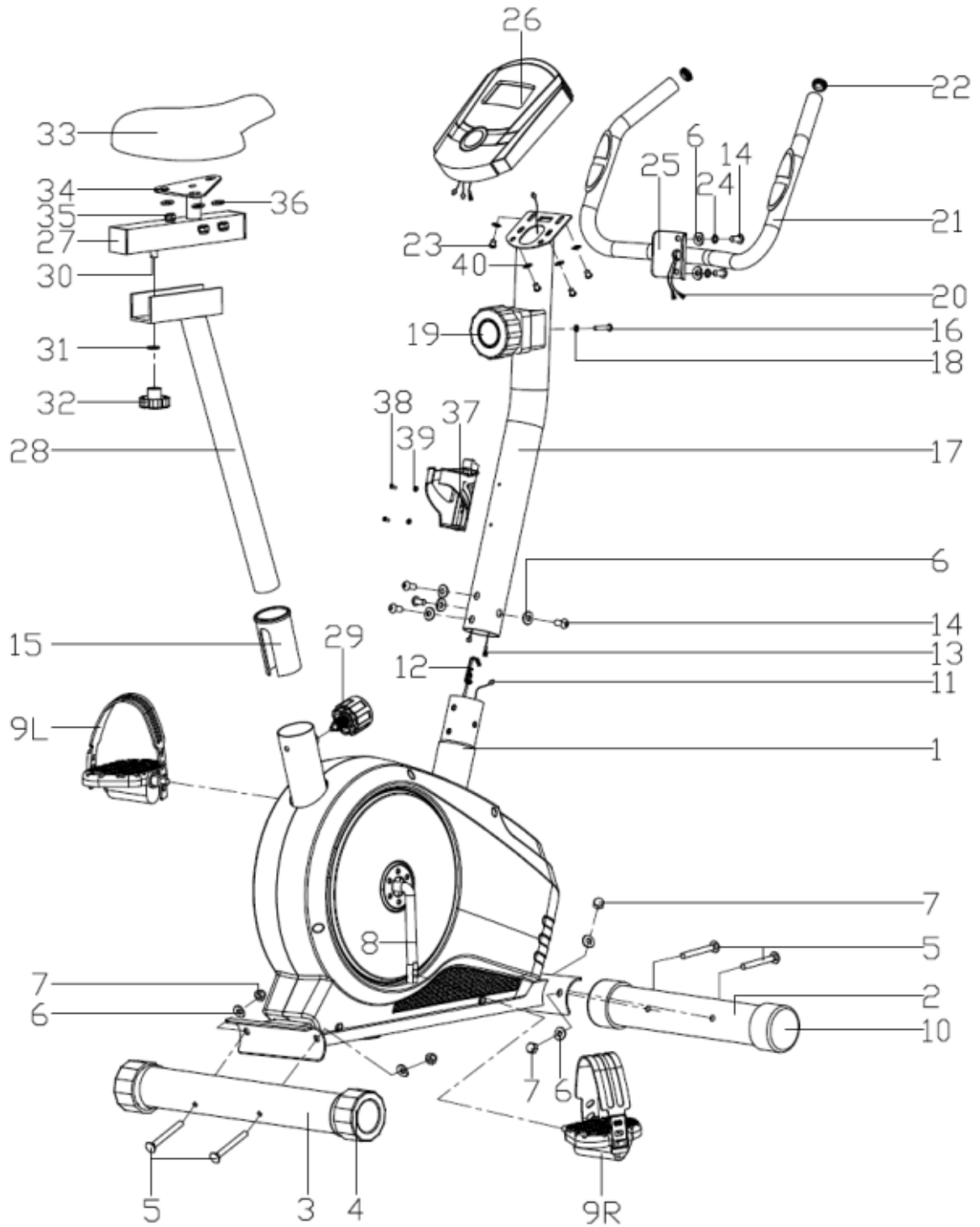
CONTENTS

- EXPLODED DRAWING..... 4
- PARTS LIST 5
- ASSEMBLY STEPS 6
- USAGE INSTRUCTIONS..... 9
- EXERCISE COMPUTER 10
 - SPECIFICATIONS 10
 - KEY FUNCTIONS 10
 - FUNCTIONS 11
- BATTERIES..... 11
- ENVIRONMENT PROTECTION 11
- TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS..... 11

SAFETY PRECAUTIONS

- Read this manual carefully before first using and retain it for future reference. Specifications may slightly vary from the illustrations and can be changed without any previous notice.
- Observe all instructions and warnings for higher safety. Use it only for intended purpose.
- Warm up your muscles before each exercising to avoid an injury.
- Don't do any improper modification. For repairing contact an authorized service.
- Regularly check all screws and bolts if they are well tightened. Regularly check this device for damage or wearing. Never use damaged or worn product.
- Keep it away from children and pets. It is not a toy. Intended only for adults.
- Assembly should be done only by an adult person.
- Wear only appropriate sports clothes and shoes for exercising. Avoid too loose clothes that can be easily caught in.
- Put it only on a flat, clean and solid surface. Keep a clearance of at least 0.6 m around this device for higher safety.
- Don't use it outdoors.
- Only one person may use it at time. No adjustable part can protrude and obstruct user movements.
- Other people should keep sufficient distance while the device is used.
- Consult your health state with your physician before starting some workout program. It is especially necessary if you are older than 35 years or if you suffer from some problems. Observe reactions of your body. If you feel faintly or if you remark another complication, stop using. Don't overstretch yourself and exercise reasonably to avoid injury.
- Flywheel weight: 5 kg
- **Weight limit:** 120 kg
- **Category:** HC (according to EN957 norm) suitable for home use.
- **WARNING!** The heart rate frequency monitoring (if available) may not be completely accurate. Overexertion during training can lead to a serious injury or even death. If you start to feel faint, stop the exercise immediately.

EXPLODED DRAWING



PARTS LIST

No.	Description	Qty.
1	Main frame	1
2	Front stabilizer	1
3	Rear stabilizer	1
4	Rear end cap	2
5	Carriage bolt M8xL74	4
6	Arc washer $\varnothing 8.5 \times 1.5 \times \varnothing 25 \times R33$	10
7	Acorn nut M8	4
8	Crank	1
9L/R	Pedal	1 pair
10	Front end cap	2
11	Sensor wire	1
12	Tension cable	1
13	Extension wire	1
14	Inner hex bolt M8x16	6
15	Saddle bushing	1
16	Cross pan-head screw	1
17	Handlebar post	1
18	Arc washer	1
19	Tension controller	1
20	Pulse wire	2
21	Foam grip	2
22	Round end cap	2
23	Cross pan-head screw	4
24	Spring washer D8x1.5	2
25	Handlebar	1
26	Computer	1
27	Square end cap	2
28	Saddle post	1
29	Knob	1
30	U-shaped slider	1
31	Flat washer D10	1
32	Plum nut	1
33	Saddle	1
34	Horizontal saddle post	1
35	Flat washer D8	3

36	Nylon nut M8	3
37	Bottle holder	1
38	Cross pan-head screw	2
39	Flat washer	2
40	Flat washer	4

NOTE: Most of the listed assembly hardware has been packaged separately, but some hardware items have been pre-installed as assembly parts. Because of this, simply remove and reinstall the hardware as for assembly required. Keep the assembly steps for reference and make note about all pre-installed hardware parts.

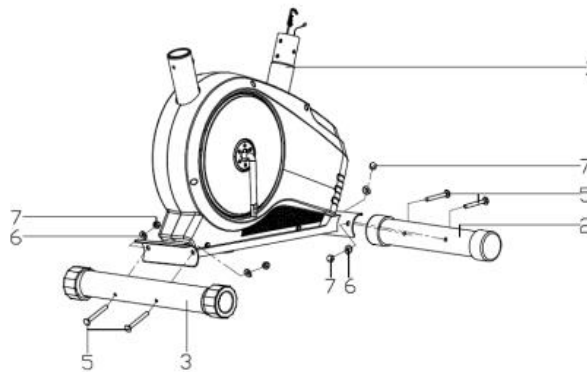
ASSEMBLY STEPS

NOTE:

- Have enough of free space for safe assembly and use proper tools. Before assembly check that no part is missing.
- To increase your safety, ask at least one adult person for help during mounting.
- Assembly should be done only by adult people.

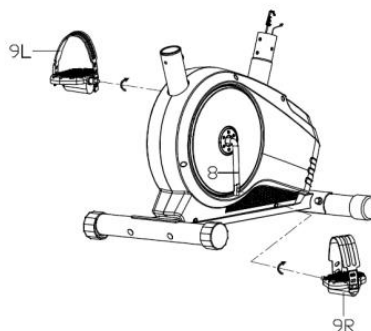
STEP 1

- Attach the front stabilizer (2) and rear stabilizer (3) to the main frame (1) with the carriage bolts (5), arc washers (6) and acorn nuts (7) as shown below.



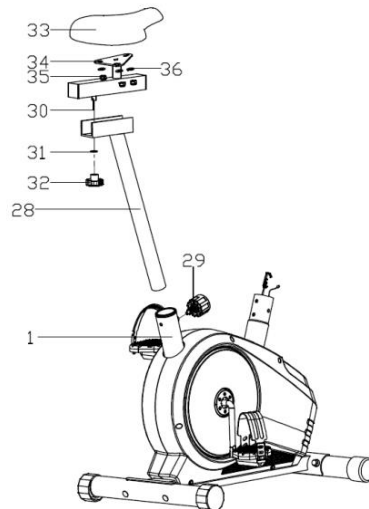
STEP 2

- Attach the right and left pedals (9L/R) to the crank (8) respectively.
- Both pedals are labeled: L-left, R-right
- To tighten it, turn the left pedal counterclockwise and the right pedal clockwise.
- **WARNING:** Always keep the left and right pedal completely tightened while using this device to avoid product damage or personal injury.



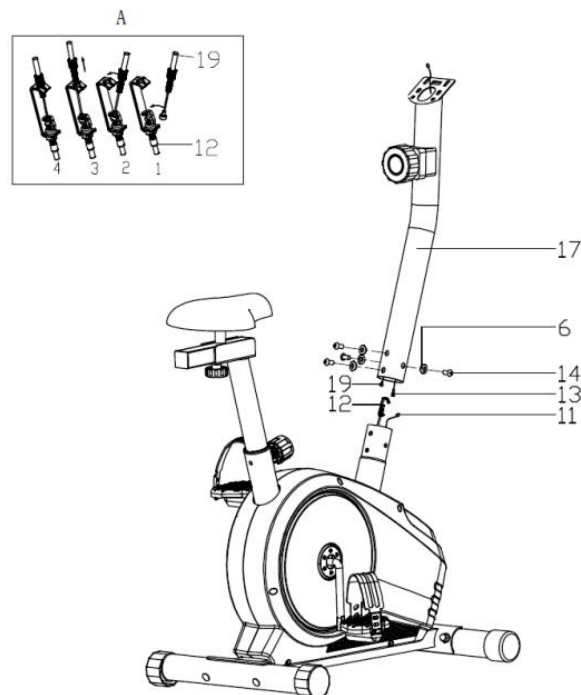
STEP 3

- Attach the saddle (33) to the horizontal saddle post (34), then attach the horizontal saddle post (34) to the saddle post (28) using flat washer (31) and plum nut (32) as shown below.
- At least insert the saddle post (28) into the main frame (1) and secure with the knob (29) at proper height.
- **WARNING:** The saddle should be tightly fastened to the horizontal saddle post. Check it before each workout.



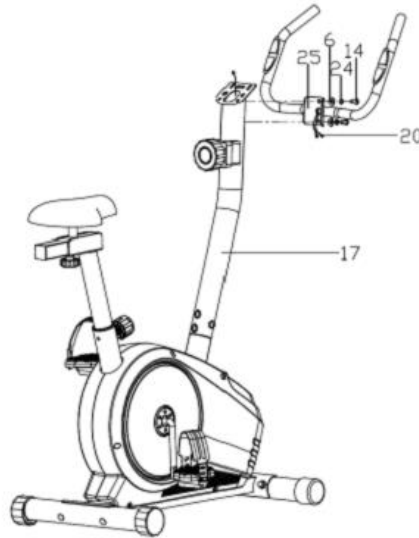
STEP 4

- Connect the extension wire (13) with sensor wire (11).
- Put the cable of tension controller (19) into the spring hook of tension cable (12) as shown in picture A. Then pull the resistance cable of tension controller (19) upward and force into the gap of metal bracket of the tension cable (12).
- Check that all the wires are properly connected. Then fix the handlebar post (17) to the post of the main frame (1) using inner hex bolts (14) and arc washers (6).



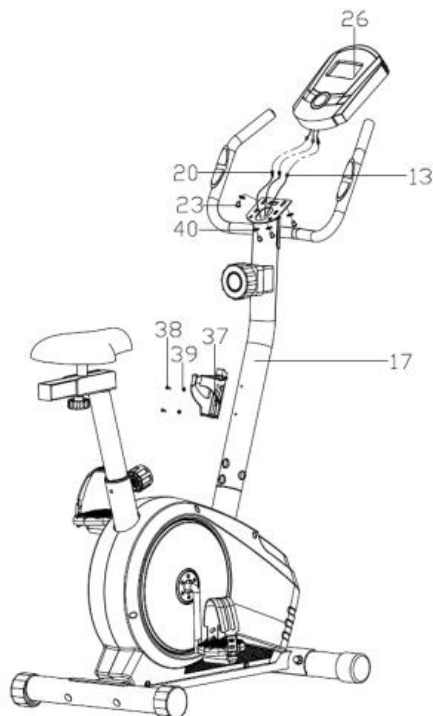
STEP 5

- Insert the pulse wires (20) through the hole on the handlebar post (17) and pull them out from the top of the computer bracket.
- Attach the handlebar (25) to the handlebar post (17) and secure using inner hex bolt (14), spring washer (24) and arc washers (6).



STEP 6

- Connect the pulse wires (20) and extension wire (13) to the wires that come out from the computer (26). Then attach the computer (26) onto the bracket of handlebar post (17). Fasten tightly with the cross pan-head screw (23) and flat washer (40) as shown below.
- Attach the bottle holder (37) to the handlebar post (17) using cross pan-head screw (38) and flat washer (39).



USAGE INSTRUCTIONS


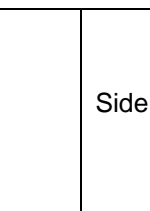
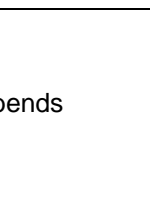

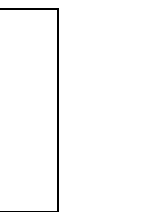
Using this bike can provide you with many benefits such as physical fitness improving, muscle toning or weight lost (in coordination with controlled diet).

WARM-UP PHASE

This phase should prepare your body for exercising and prevent your muscles from injury. Warm up for two or five minutes before stretching or aerobic exercising. Performed activities should increase your heart rate and warm your muscles. You can do: brisk walking, jogging, jumping or running in place.

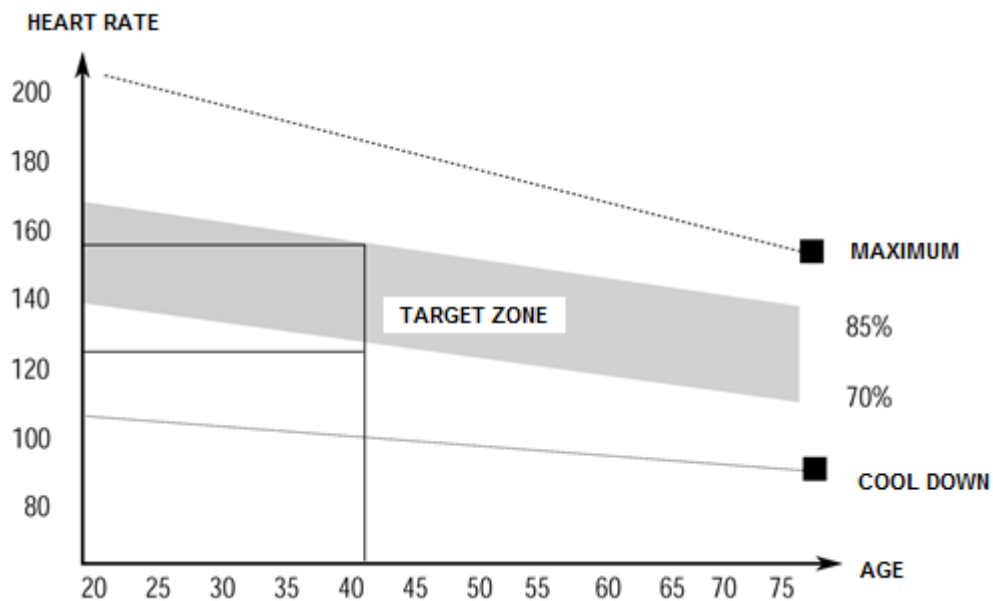
STRETCHING

Stretching is very important if your muscle have been properly warmed. You should repeat it after aerobic training. Elevated muscle temperature allows you to stretch them easily with reduced injury risk. Stretch for 15-30 seconds and don't bounce. Consult your physician before starting any workout program.

	Side bends
	Forward bends
	Outer thigh stretches
	Inner thigh stretches
	Calf/Achilles tendon stretches

EXERCISE PHASE

This is the stage, where there should be your effort put in. After regular use, your leg muscles should get more flexible. Work at your own pace and be sure to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone as shown below.



COOL-DOWN PHASE

The goal of this phase is to return your body to a normal state. It is like a resting state at the end of each exercise session. A proper cool-down phase lowers your heart rate and allows your blood to circulate continually.

EXERCISE COMPUTER

SPECIFICATIONS

TIME	00:00 - 99:59 min:sec.
SPEED	0.0 - 999.9 km/h (or mph)
DISTANCE	0.00 - 99.99 km (or ml)
CALORIES	0.0 - 999.9 kcal
ODOMETER (if available)	0.00 - 99.99 km (or ml)
PULSE (if available)	40 – 200 bpm

KEY FUNCTIONS

MODE/SELECT	<ul style="list-style-type: none"> To select required function. Hold it for 4 seconds to reset all the function values (except ODOMETER) to zero.
SET (if available)	<ul style="list-style-type: none"> To set the target value using the key (except the ODOMETER).
RESET/CLEAR (if available)	<ul style="list-style-type: none"> To reset the value, except the ODOMETER.

AUTO ON/OFF: The monitor shuts down automatically, if there is no signal input within 4 minutes. Push any key or start workout to wake it up.

FUNCTIONS

TIME (TMR)	Auto-memorize of workout time while exercising.
SPEED (SPD)	Displaying the current speed.
DISTANCE (DST)	Accumulated distance during exercising.
CALORIES (CAL)	Number of consumed calories during workout.
ODOMETER (TOTAL)	If available. It displays the total distance of workout. If the signal comes, it starts counting up from original data. The odometer cannot be reset by any key. You can reset it only while replacing the batteries.
PULSE (PUL)	If available. It displays user heart rate per minute while exercising. You have to grasp the sensors with both hands.
SCAN	Automatic scanning through each function among: time, speed (if available), distance, calories, pulse (if available), odometer (if available).

BATTERIES

If the monitor doesn't work properly, try to replace the batteries to rectify it. Use two AA or one AAA battery or one 1.5V button battery. You can replace them at the same time.

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 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.

Batteries

6-month battery warranty – we guarantee that battery's nominal capacity does not fall below 70% of its total capacity within 6 months of the product's sale.

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
Stores inSPORTline SK, s.r.o.

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

CRN: 46259317
VAT ID: SK2023299729
Phone: +421(0) 917 700 098
E-mail: objednavky@insportline.sk
reklamacie@insportline.sk
servis@insportline.sk

Web: www.inSPORTline.sk

About shipping

