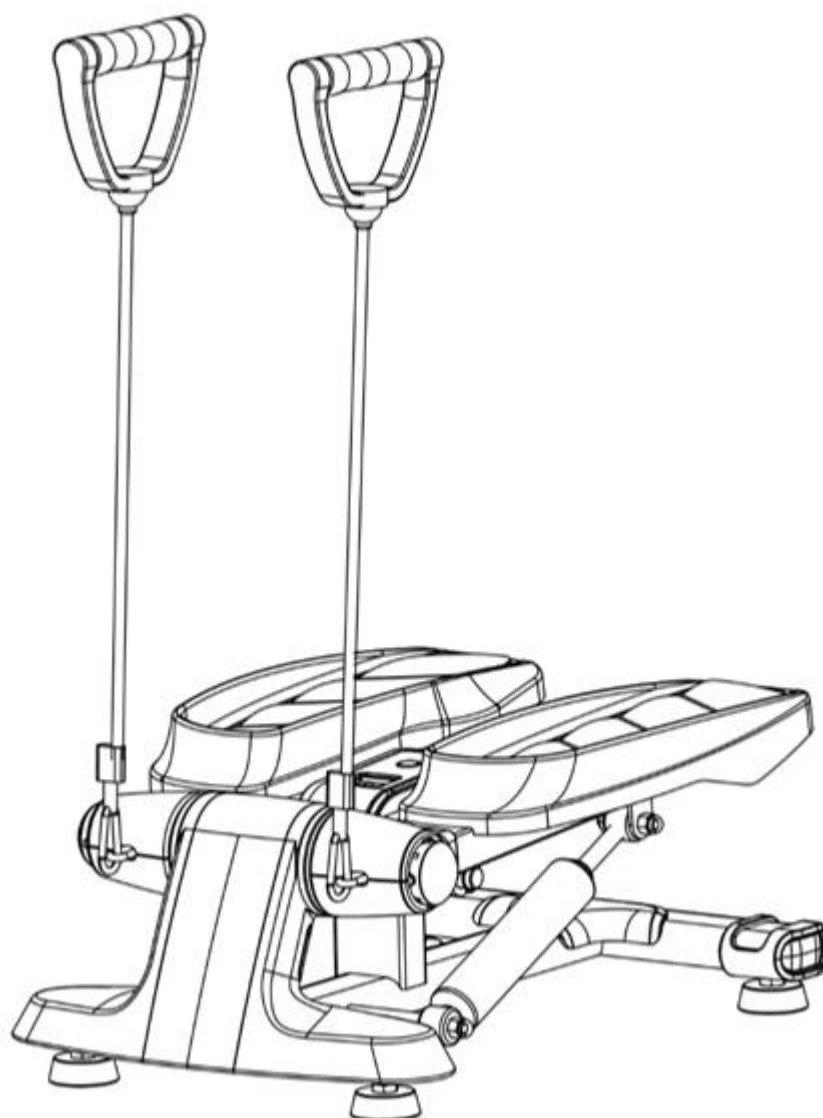




USER MANUAL – EN
IN 20104 Mini stepper inSPORTline Active



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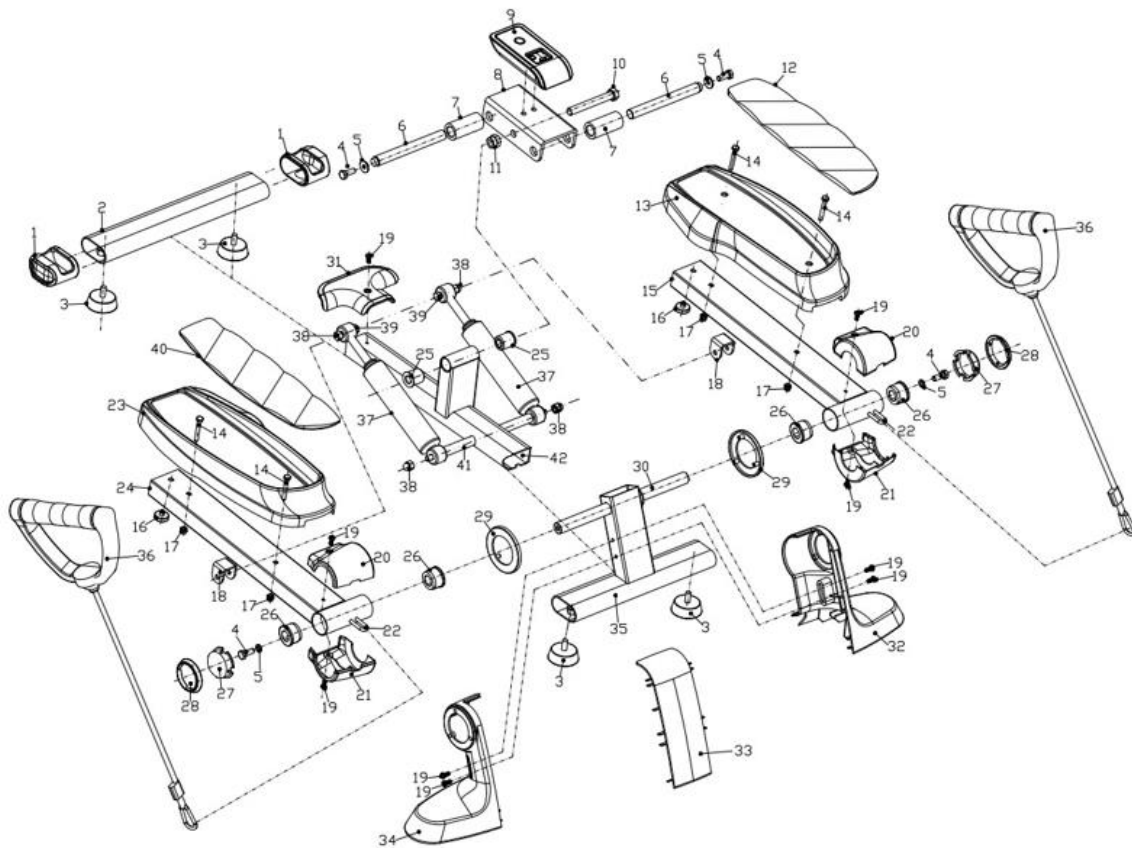
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SevenSport s.r.o. reserves the right to make any changes and improvements to its product without prior notice. Visit our website www.insportline.eu where you will find the latest version of the manual.

SAFETY INSTRUCTIONS

- **WARNING!** Product is designed to provide maximum safety during exercise, but it is necessary to follow all safety instructions. Read the manual carefully and keep it for future reference.
- Owner is responsible for safe use. Teach other users about safe use.
- Use the product only for intended purposes. Do not modify the product.
- Keep away from kids and pets. Do not leave kids and pets unattended around the product.
- Regularly check all screws, nuts and other parts. If it is necessary, tighten all screws and nuts. Regularly check for sign of wears and damage. Never use damaged or worn product. Damaged or worn parts replace immediately.
- Assembly can be done by adult person.
- Place the product on flat, clean, dry and solid ground. For safety purposes keep 0.6 m free space around product. For floor protection use protection pad.
- Do not use outside and keep away from humidity and dust. Keep the room well ventilated during exercise.
- Do not place sharp object near or on product.
- Always wear sport cloth and boots. Do not wear loose clothes, they can get stuck in moving parts.
- Keep your limbs away from moving parts. Adjustable parts must not prohibit movement of user.
- Exercise appropriately to your health condition and keep the speed under control.
- If the product does not work as intended, turn it off immediately.
- Only for one person at the same time.
- Your health can be affected by incorrect or excessive training. Consult your doctor before beginning the training program. Stop the exercise immediately if you notice any health problems. This machine is not suitable for therapeutic purpose.
- Avoid exercise if you have the following or similar problems: leg pain, hip pain, wounded leg, hips or throat, rheumatic discomfort or gout, osteoporosis, heart, blood or pressure problems, breathing difficulties, cancer, thrombosis, diabetes, skin damage, inflammation or temperature, bone problems. The product is also not intended for pregnant women, women in the period or for people who have other medical complication.
- Allow the hydraulics to cooldown for 20 minutes.
- **Maximum user weight:** 111 kg
- **Category:** HC (according to EN 957) suitable for home use.

DIAGRAM



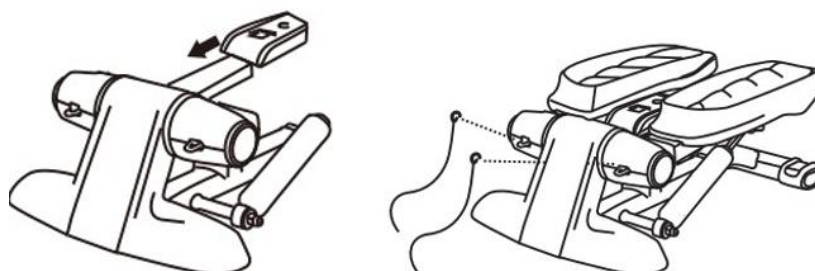
PARTS LIST

NO.	Name	Qty	NO.	Name	Qty
1	Rear end cap	2	16	A shock absorber	2
2	Rear stabilizer	1	17	Nut M6*8	4
3	Adjustable feet	4	18	Hydraulic holder	2
4	Screw M8*1.25*15	4	19	Screw M5*10	9
5	Washer Ø8	4	20	Top Front Cover	2
6	Shaft Ø16x150	2	21	Bottom front cover	2
7	Shaft sleeve Ø28x56	2	22	Hook Ø5x75	2
8	Console holder	1	23	Right step	1
9	Console	1	24	Step support - right	1
10	Outer screw M12*110	1	25	Axle clamp for console bracket	2
11	Outer nut M12	1	26	Step tread clamp	4
12	Step mat - left	1	27	Side cover	2
13	Left step	1	28	Side round cover	2
14	Screw M6*40	4	29	Center Side Round Cover	2
15	Step support - left	1	30	Pedal holder	1

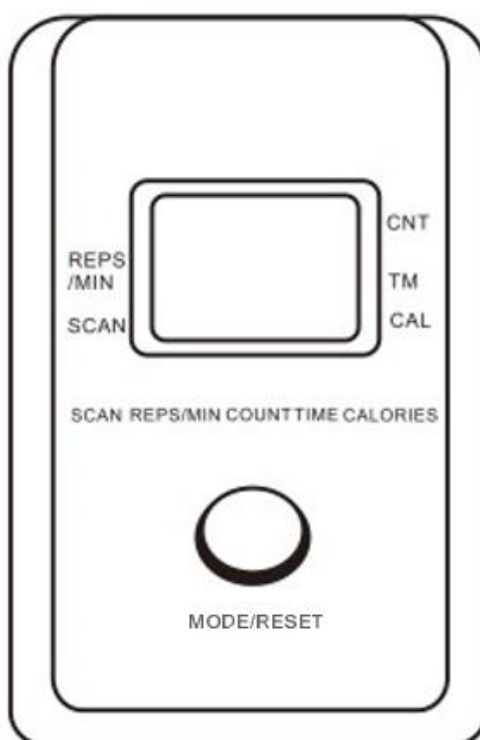
31	Cover for rear stabilizer	1	37	Hydraulic	2
32	Front cover - left	1	38	End cap M8	4
33	Front cover - middle	1	39	Nut M8*35	2
34	Front cover - right	1	40	Step mat - right	1
35	Front stabilizer	1	41	Hydraulic cylinder fixed 1Ø5x253.5	1
36	Rubber expanders	2	42	Middle frame	1

ASSEMBLY

Remove the Console (9) from the package and insert as shown. Then attach the rubber expanders.



CONSOLE



FUNCTIONS

SCAN	Gradually displays the values
TIME	Training time from 0 to 99:59.
CALORIES	Calories burned, only a reference number
COUNT	Number of steps

REPS / MIN	Number of steps per minute
AUTO SCAN	Automatically displays REPS / MIN, TIME, CALORIES, SCAN every 4 seconds
AUTO ON / OFF	If there is no movement for 4 minutes, the display turns off automatically. You can restart the display by pressing the MODE / RESET button while moving.

Any movement turn on the display. Press the MODE button to display different functions.

USE

Whether your goal is a nice figure, psychic well-being, or improvement in physical fitness, the stepper is from the category of aerobic devices that you can enjoy not only because of its positive effects on the cardiovascular and circulatory system.

The steppers simulate walking up the stairs in their essence. In addition, compared to walking up the stairs, they do not burden the joints and are therefore more suitable for overweight people and people with joint problems. As the body is free to move in space and upright, it is also suitable for people who have back problems and who are not comfortable in the static position of the forward bend on the bike.

Stepper works by placing your feet on two moving platforms, adjusting specific functions, and then simply transfer your body weight from one foot to the other. The basic features you can set for some steppers include tracking the number of steps, total training time, consumed energy, distance traveled, or heart rate. These simpler devices do not include hand holders and are more demanding in terms of stability, but of course you can also get the holders they have.

The main muscle groups involved in the movement are femoral muscles (quadriceps and hamstrings), buttocks as well as calves and some smaller stabilizing muscles. However, the involvement of each group also depends on the movement you make on the stepper.

If your steps are deeper, you engage more quadriceps. Conversely, shorter steps involve sciatic muscles, hamstrings and calves.

When practicing on most kinds of steppers, you can to some extent adjust the resistance and intensity of the activity you perform to your performance level, goals, or type of aerobic training unit. Pay attention to the correct, upright posture, and avoid kneeling in the sides or inwards

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

The warm up phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch. If it hurts, STOP.



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.

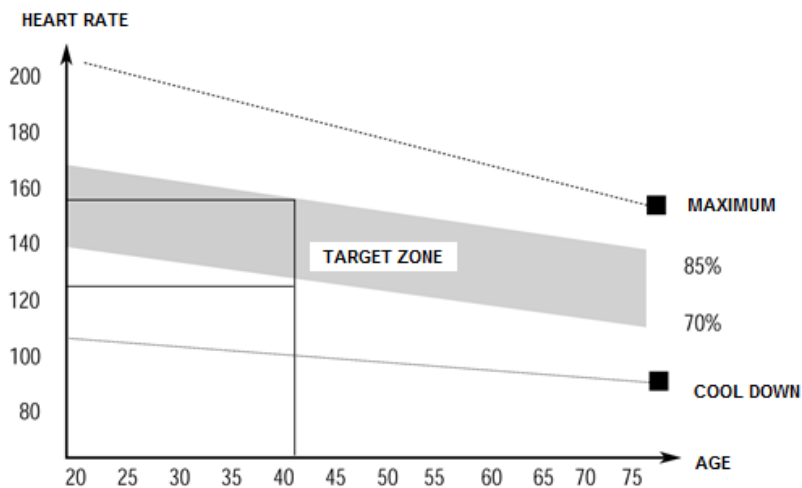


Calves and Achilles tendon

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.

Exercise

This part is most physically demanding. Regular exercise increase muscle mass. You can adjust the tempo, but it is necessary to keep it for the whole exercise. It must be enough to keep higher heart rate, as shown in graph below.



The cool down phase

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated. Again, remember not to force or jerk your muscles into the stretch.

As you get fitter, you may need to train longer and harder. It is advisable to train at least three times a week, and if possible, space your workouts evenly throughout the week.

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.

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

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About shipping

