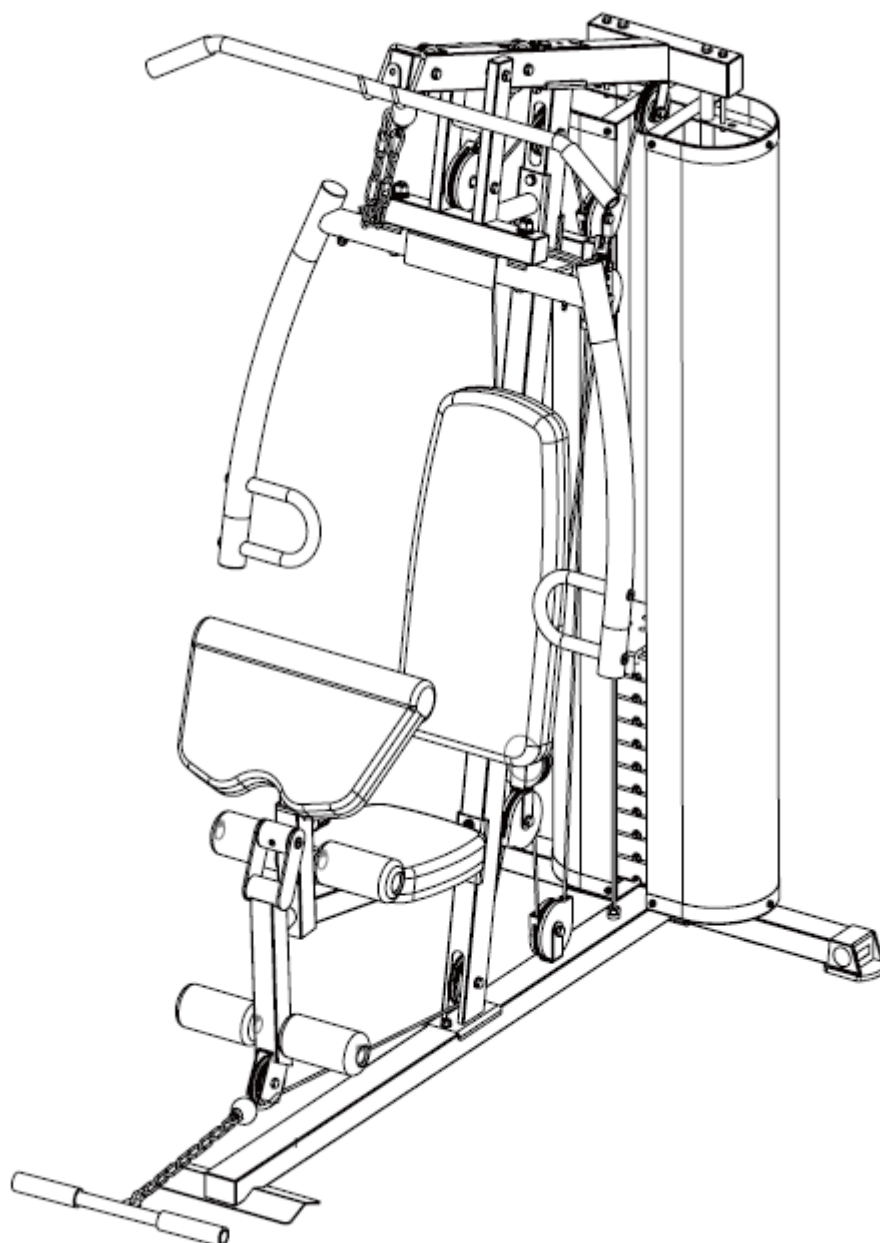




USER MANUAL – EN

IN 26321 Home gym inSPORTline ProfiGym C35



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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

- The manual serves for better understanding and use of the product. Please read the manual carefully before use and keep it for future reference.
- Be especially careful during assembly, ask another adult for help.
- To ensure maximum safety, carry out regular checks for damage or wear of parts.
- If another person will also be using the device, it is important that they are familiar with all the instructions given in this manual.
- Only 1 person can exercise on the device at the same time.
- Before using the device, check that all screws and nuts are properly tightened and that all joints are in good condition.
- Before starting the exercise, remove all dangerous objects with sharp edges from around the device.
- Only use the device if it is in good condition and fully functional.
- A damaged, worn or defective part must be replaced with a new one as soon as possible. Stop using the weight tower until it is fully functional again.
- Before allowing a child to exercise on the machine, consider their mental and physical condition. Children can only exercise under the supervision of an adult who will supervise the correct use of the device. The home gym is not a child's toy.
- Around the device must be defined min. 0.6 m of free space. No adjustable part of the device may protrude and obstruct the user's movement.
- Sufficient free space must be ensured around the entire device.
- Be aware that improperly conducted or excessive exercise can lead to health damage.
- Before using the product, it must be secured against unwanted movement using the adjustable feet.
- Place the device on a flat surface and ensure its stability.
- Wear appropriate clothing and shoes for exercise. Do not exercise in clothing that could get caught in the device (e.g. clothing that is too long and loose). We recommend sturdy sports shoes with non-slip soles.
- Consult your doctor before starting any exercise program. Your doctor can suggest a suitable exercise program and recommend a suitable diet.
- Assemble the product according to the instructions in the manual and use only the original supplied parts. Before starting assembly, check that all the parts listed in the parts list have been supplied.
- Place the device on a dry and flat surface and protect it from moisture. Alternatively, place a non-slip mat under the device to prevent damage to the surface under the device.
- It should be noted that the exercise machines and their accessories are not intended for playing. Therefore, the home gym can only be used by persons who are familiar with its correct operation.
- Stop exercising immediately if you experience dizziness, nausea, chest pain, or any other physical discomfort. Consult your doctor about further exercise.
- Avoid contact with joints during exercise.
- All adjustable parts must be set with regard to their extreme positions.

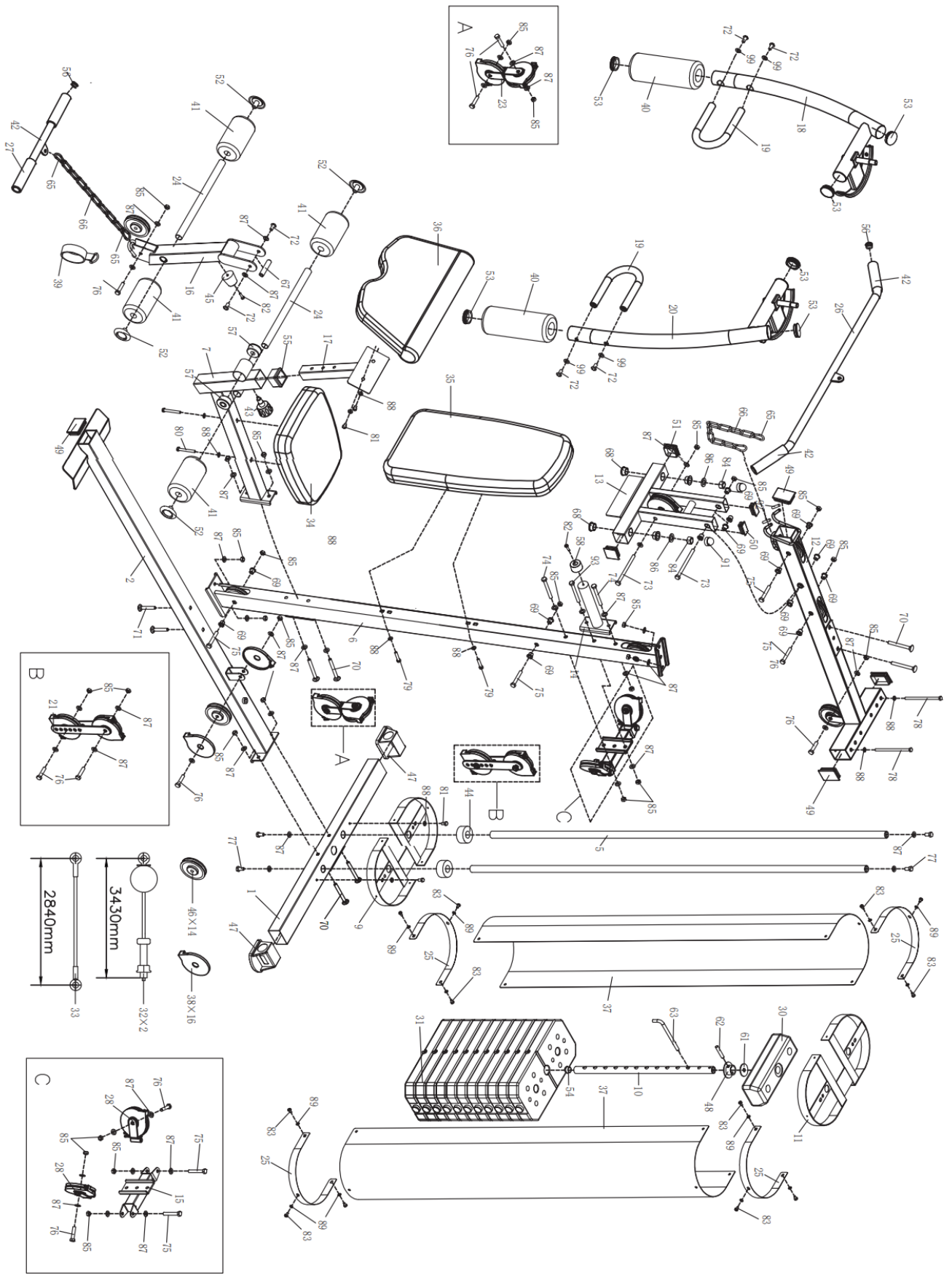
- Do not exercise immediately after eating.
- Cables are subject of wear. It is your responsibility to prevent unexpected damage. Cables should be checked daily. Check all cables, the nylon coating on all cables and the area near the end of each cable. Replace a damaged or worn cable immediately. Do not allow the machine to be used until damaged or worn cables have been replaced. Using or allowing the machine to be used with a damaged cable can result in serious injury.
- Category: H for home use
- Weight limit: 120 kg

PARTS LIST

No.	Name	Qty.	No.	Name	Qty.
1	Rear base tube	1	51	End cap	2
2	Stabilizer	1	52	Round end cap	4
3	N/A		53	Round end cap	6
4	N/A		54	Ball end cap	1
5	Guiding rod for the weight plate	2	55	Bushing	2
6	Front inclined tube	1	56	Round end cap	4
7	Seat support tube	1	57	Axle cover	2
8	N/A	1	58	Buffer 2	1
9	Lower rack	1	59	N/A	4
10	Adjustable rod	1	60	N/A	1
11	Upper rack	1	61	Flat washer	1
12	Top frame	1	62	Pin	1
13	Press unit	1	63	L shape pin	1
14	Limit tube	1	64	N/A	4
15	U shape connecting tube	1	65	Lock	5
16	Leg curler	1	66	chains	2
17	Post for preacher pad	1	67	Axle	1
18	Right butterfly arm	1	68	Pulley cover	4
19	Grip tube	2	69	Pulley cover	14
20	Left butterfly arm	1	70	Square neck bolt M10*90	6
21	Connecting plate for pulley	2	71	Square neck bolt M10*65	2
22	N/A		72	Allen bolt M10*20	6
23	Rotating U bracket	1	73	Hex bolt M10*135	2
24	Leg curl bar	2	74	Hex bolt M10*90	2
25	Fixing plate for the shroud	4	75	Hex bolt M10*65	6
26	Lat bar	1	76	Hex bolt M10*45	9
27	Short curl bar	1	77	Hex bolt M10*20	4
28	U shape bracket	2	78	Hex bolt M8*150	2
29	N/A	1	79	Hex bolt M8*85	2

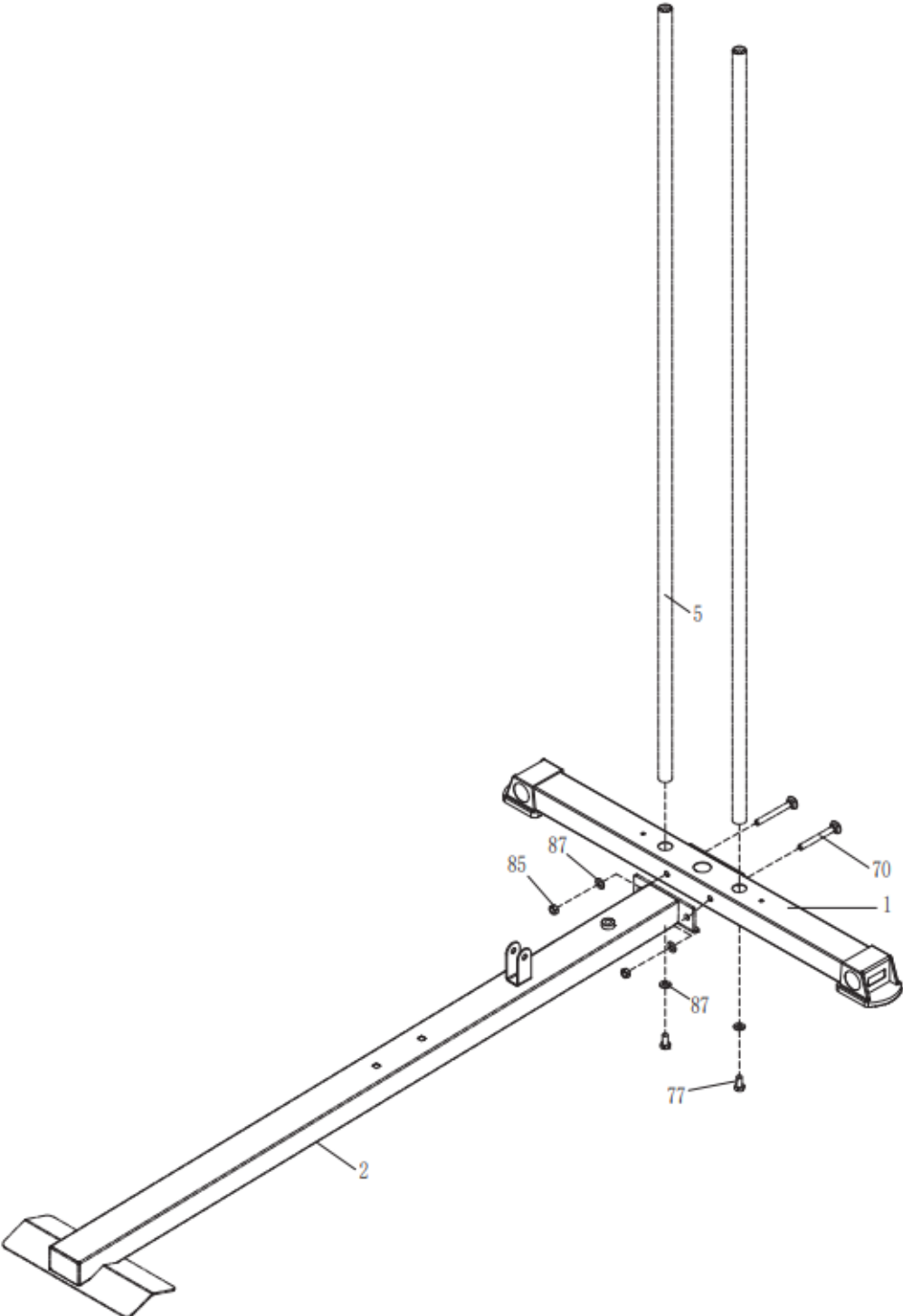
30	Top weight plate	1	80	Hex bolt M8*65	2
31	Weight plate	11	81	Hex bolt M8*15	6
32	Cable(3430mm)	2	82	Screw M6*20	2
33	Cable(2840mm)	1	83	Screw M6*20	12
34	Seat	1	84	Nylon nut M16	2
35	Backrest	1	85	Nylon nut M10	26
36	Preacher pad	1	86	Flat washer Φ 16	2
37	Shroud	2	87	Flat washer Φ 10	42
38	Pulley cover	16	88	Flat washer Φ 8	10
39	Strap	1	89	Flat washer Φ 6	12
40	Foam roller	2	90	N/A	1
41	Foam roller	4	91	Nut cap (M16)	2
42	N/A		92	PVC cover	2
43	Knob	2	93	Hex bolt M10*95	1
44	Cushion	2			
45	Buffer	1			
46	Pulley	14			
47	Foot cover	2			
48	Bushing	1			
49	End cap	4			
50	End cap	2			


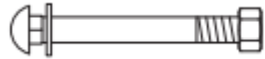
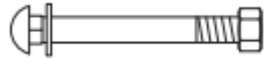
DIAGRAM



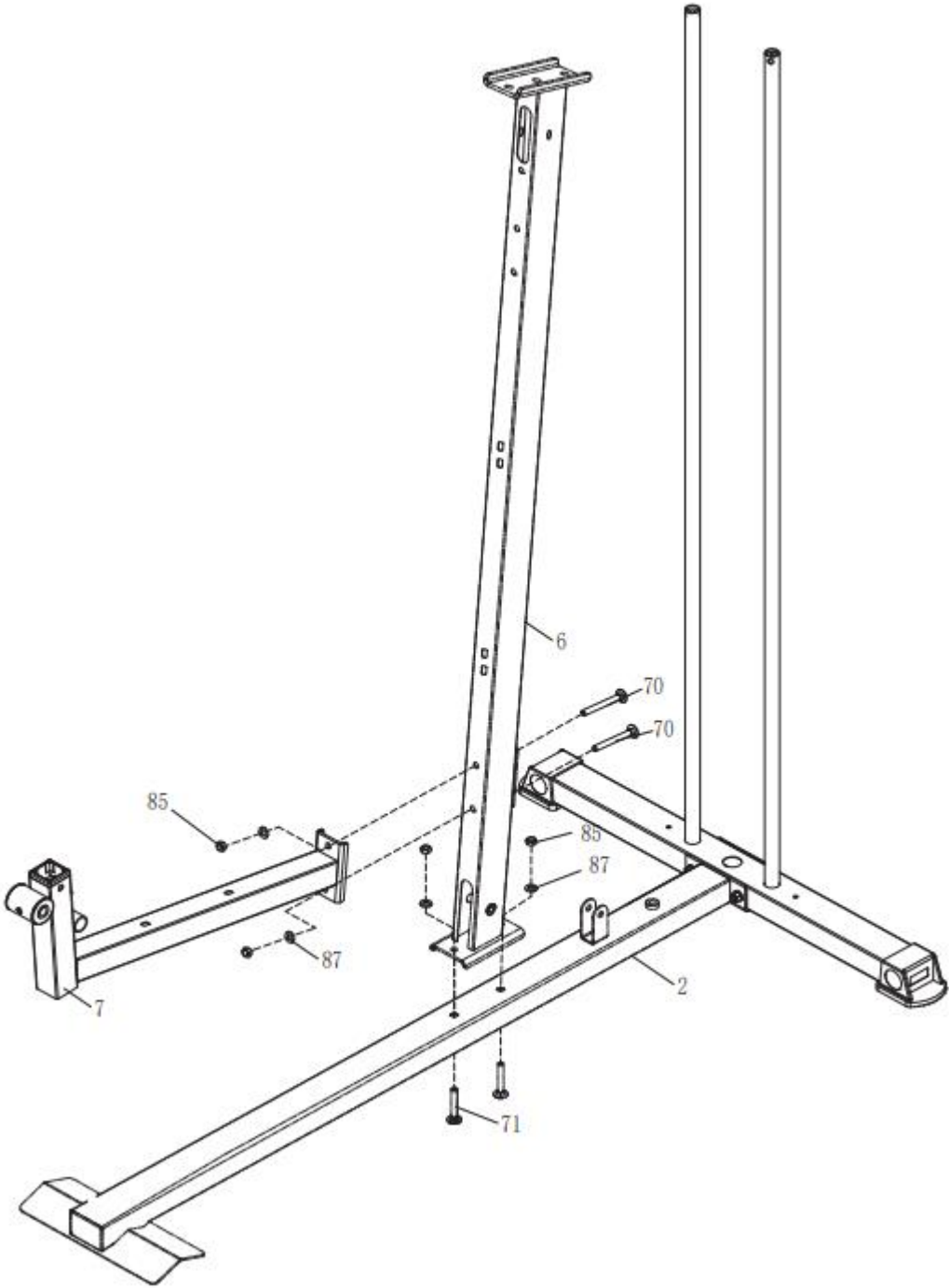
ASSEMBLY

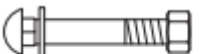
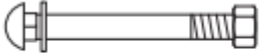






Step 1



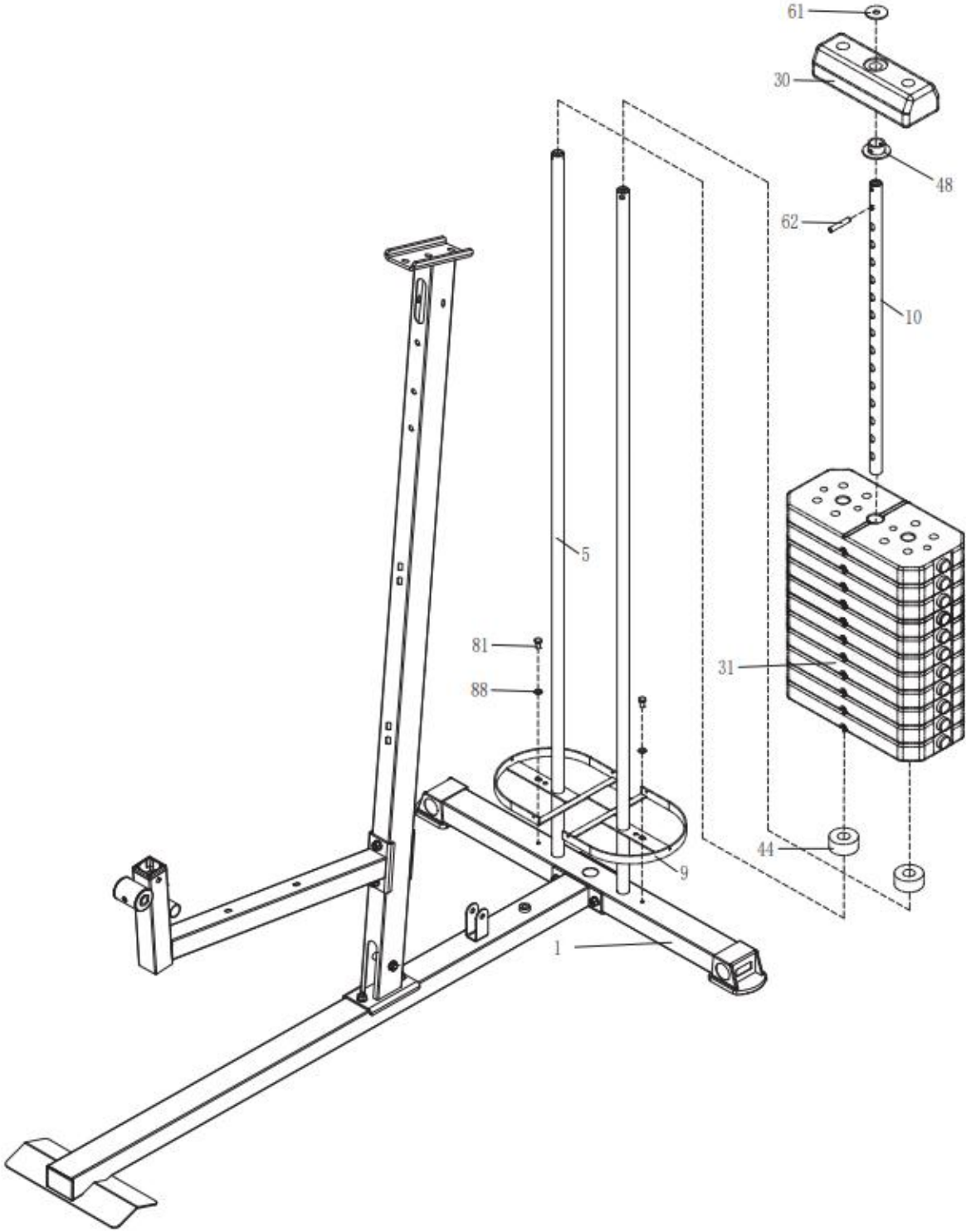
	#85 Nylon nut M10, 2x
	#70 Square neck bolt M10*90, 2x
	#87 Flat washer Φ10, 2x

Step 2



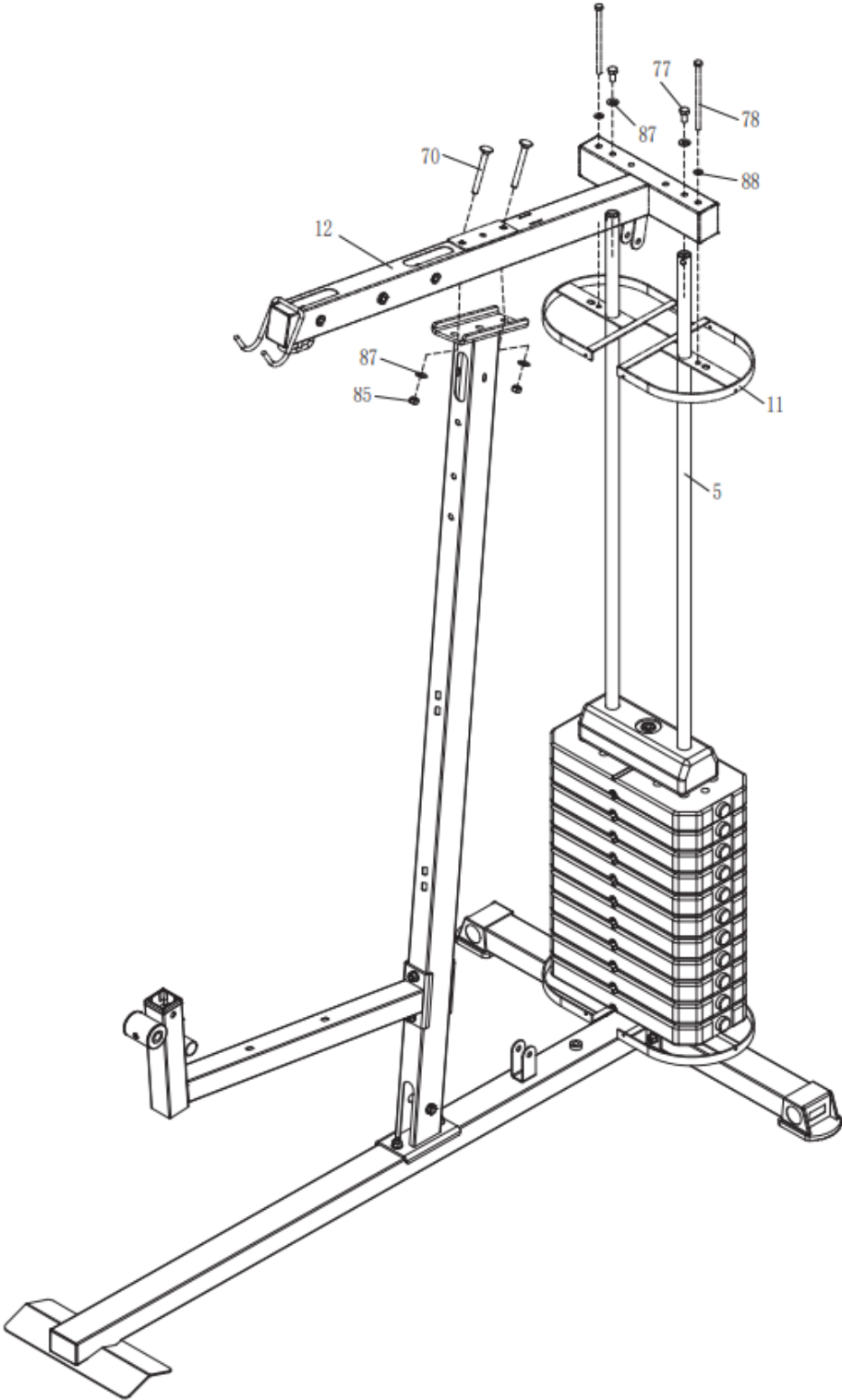
		#85 Nylon nut M10, 4x
		#71 Square neck bolt M10*65, 2x
		#87 Flat washer Φ10, 4x
		#70 Square neck bolt M10*90, 2x

Step 3



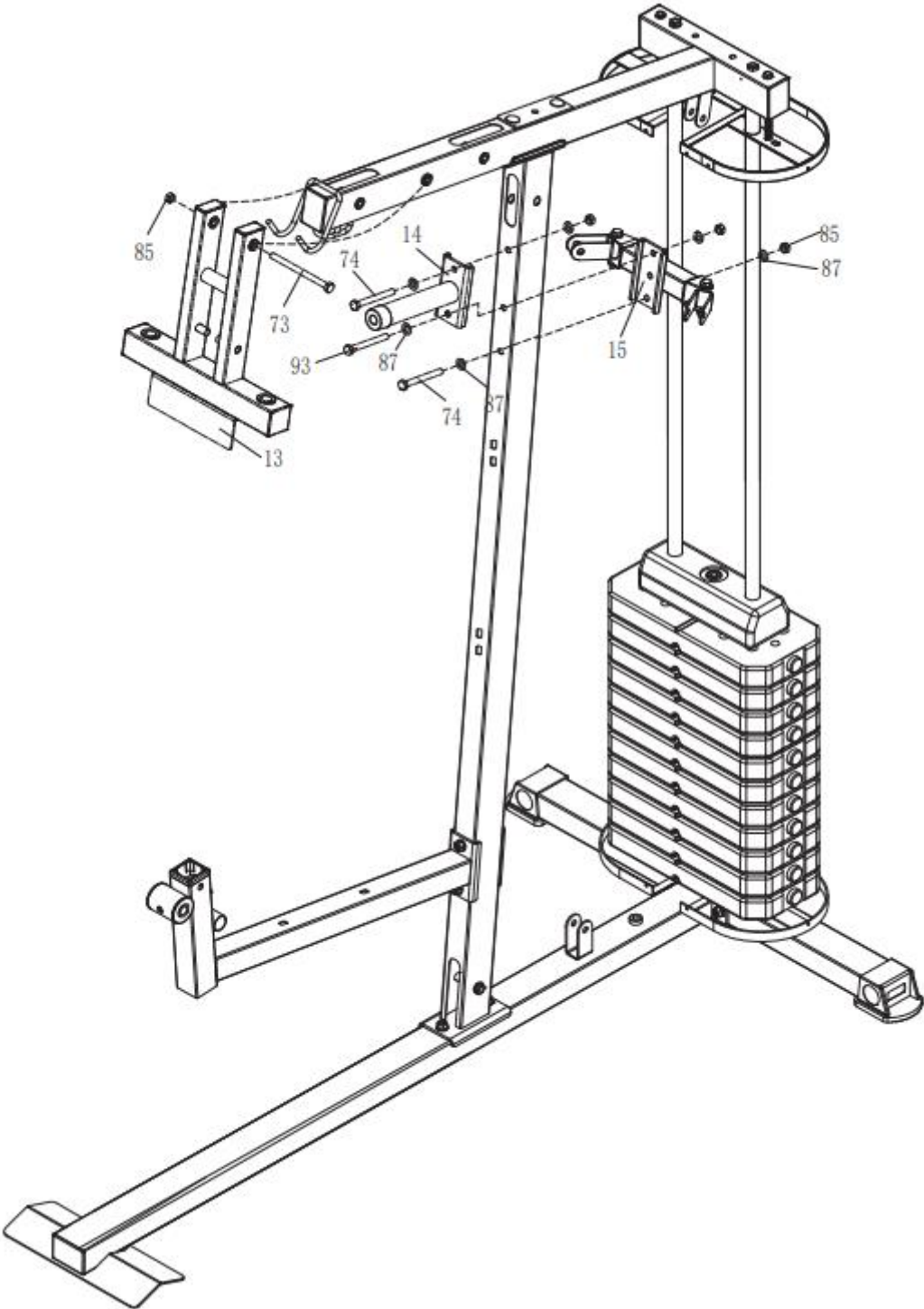
	<p>#62 Pin, 1x #61 Flat washer, 1x #88 Flat washer $\Phi 8$, 2x #81 Hex bolt M8*15, 2x</p>
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Step 4



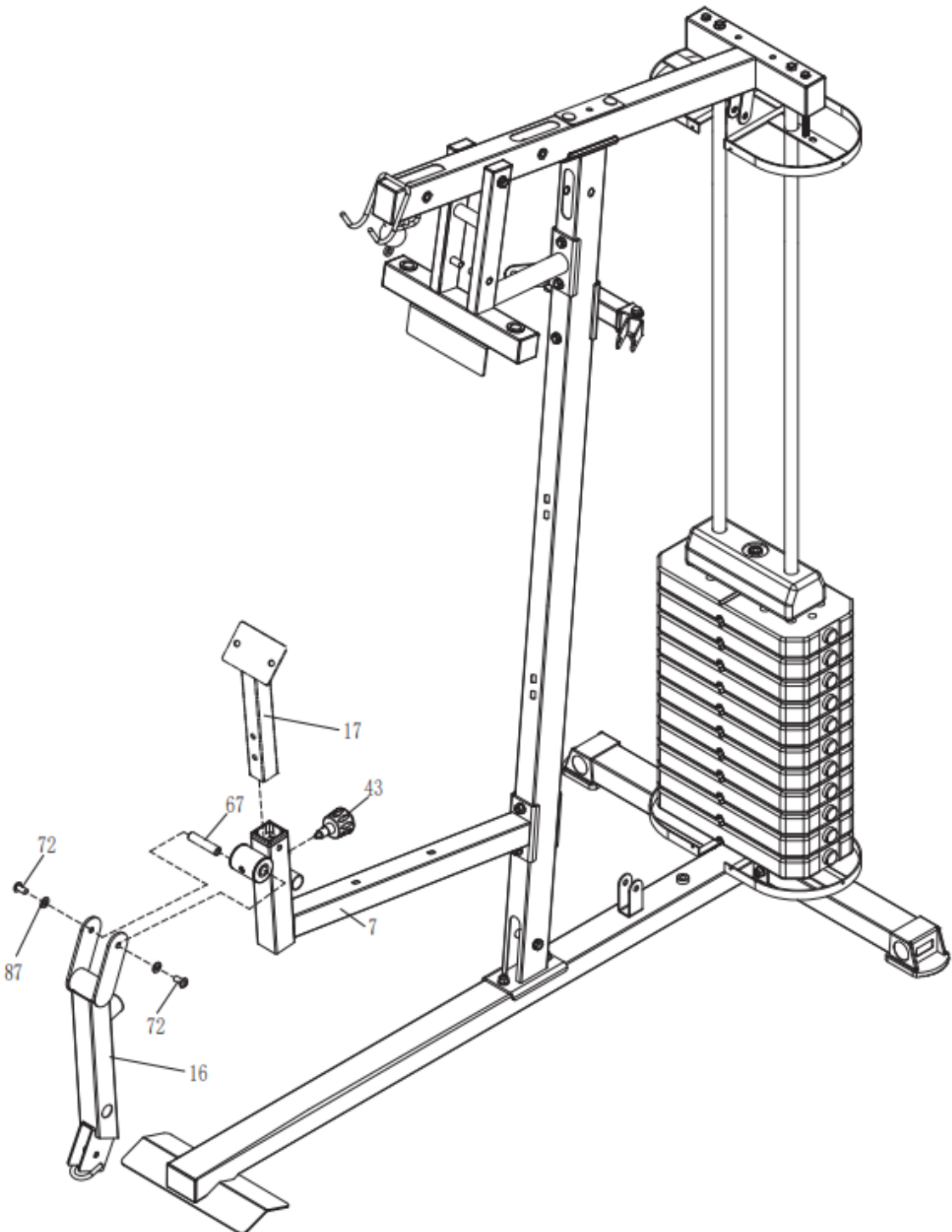
	#88 Flat washer $\Phi 8$, 2x
	#78 Hex bolt M8*150, 2x
	#85 Nylon nut M10, 2x
	#70 Square neck bolt M10*90, 2x
	#87 Flat washer $\Phi 10$, 2x

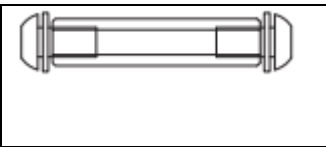
Step 5



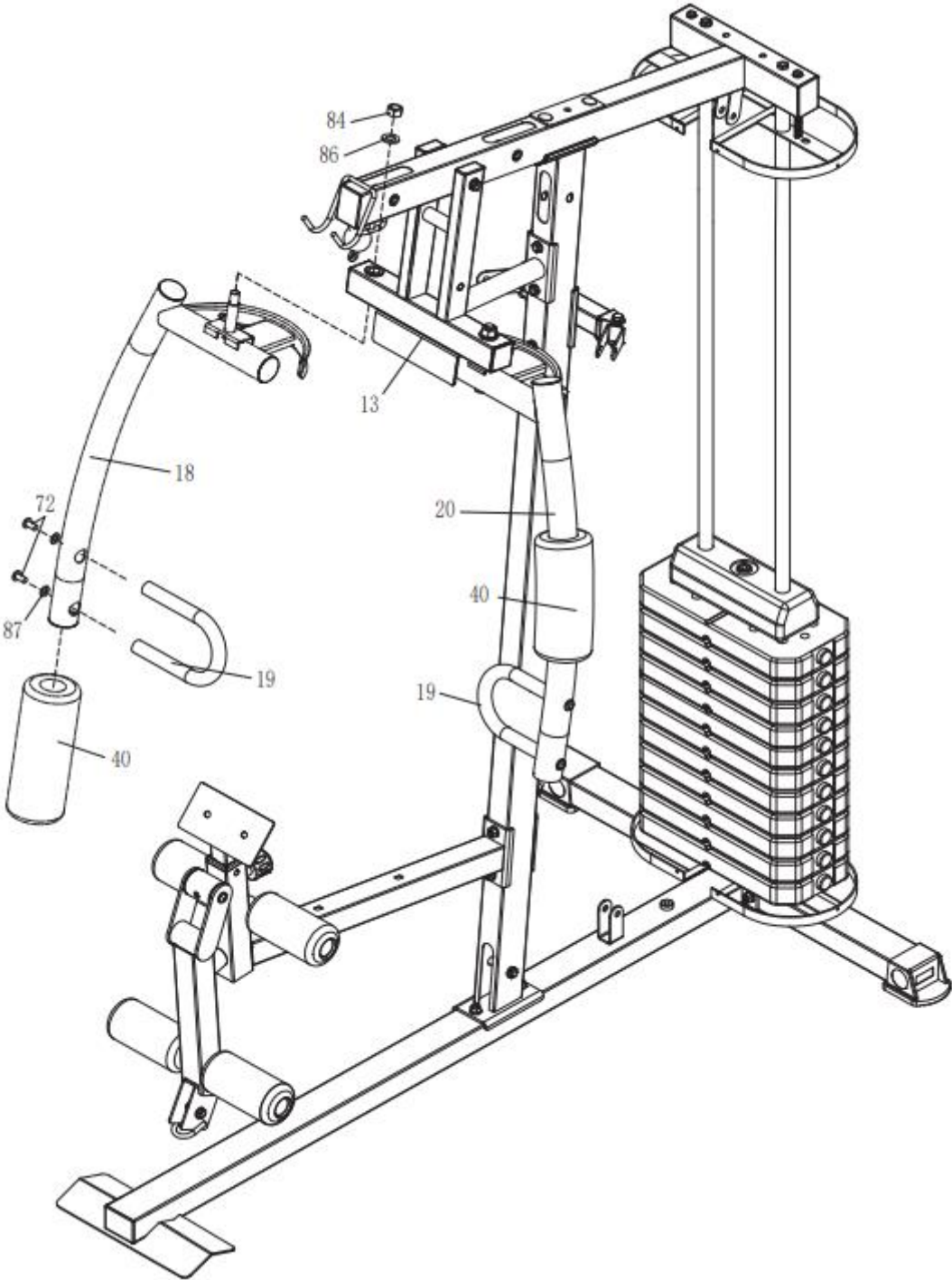
	<p>#85 Nylon nut M10, 4x #73 Hex bolt M10*135, 1x #87 Flat washer Φ10, 6x #74 Hex bolt M10*90, 2x #93 Hex bolt M10*95, 1x</p>
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Step 6

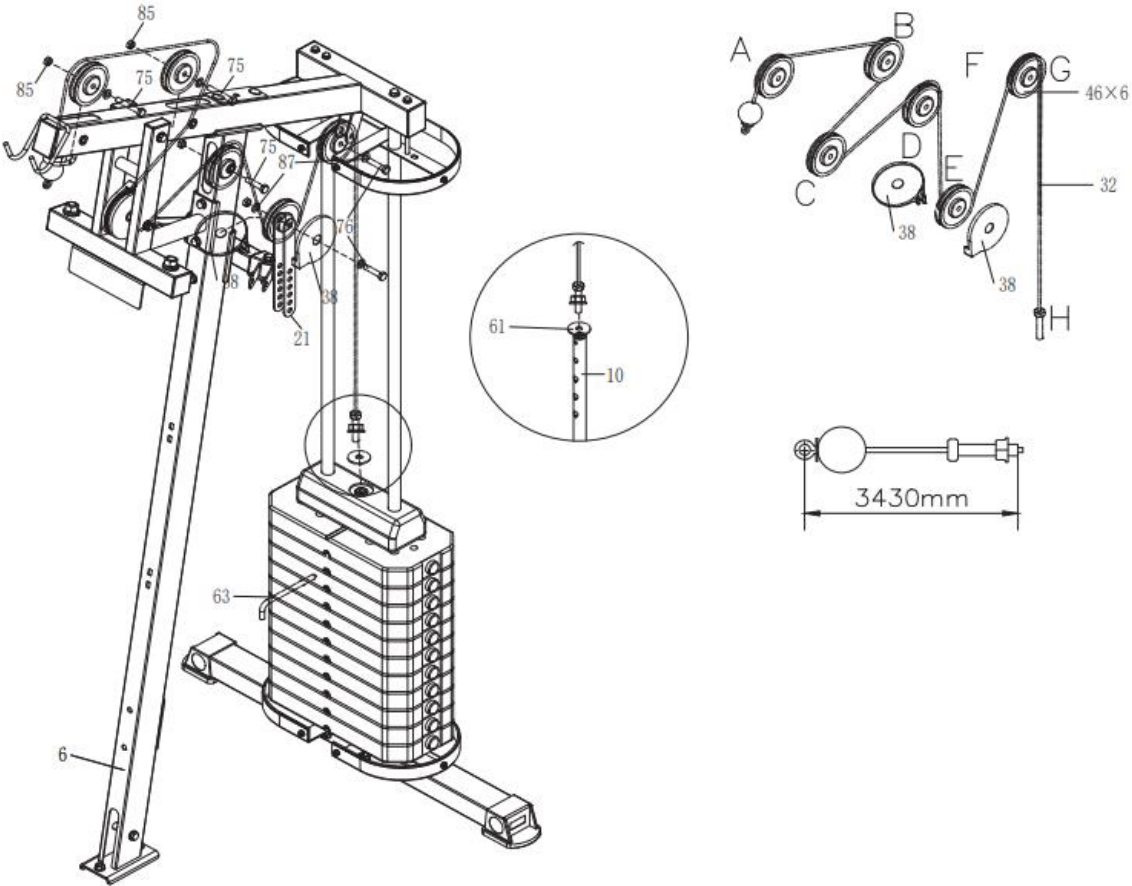


	<p>#67 Axle, 1x #87 Flat washer $\Phi 10$, 2x #72 Allen bolt M10*20, 2x</p>
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Step 7

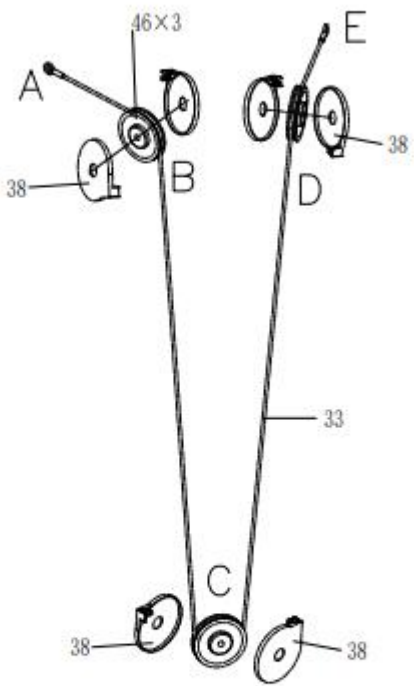
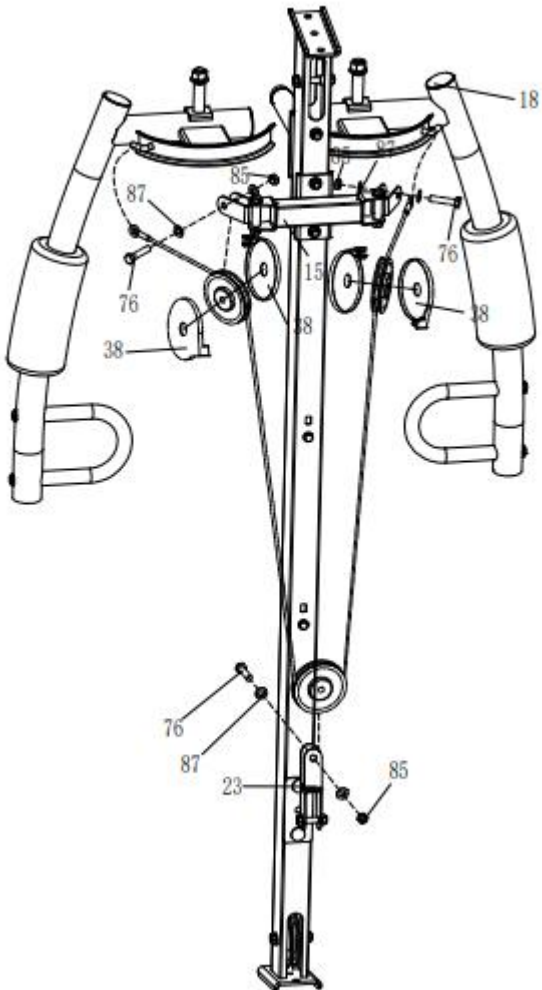


Step 8



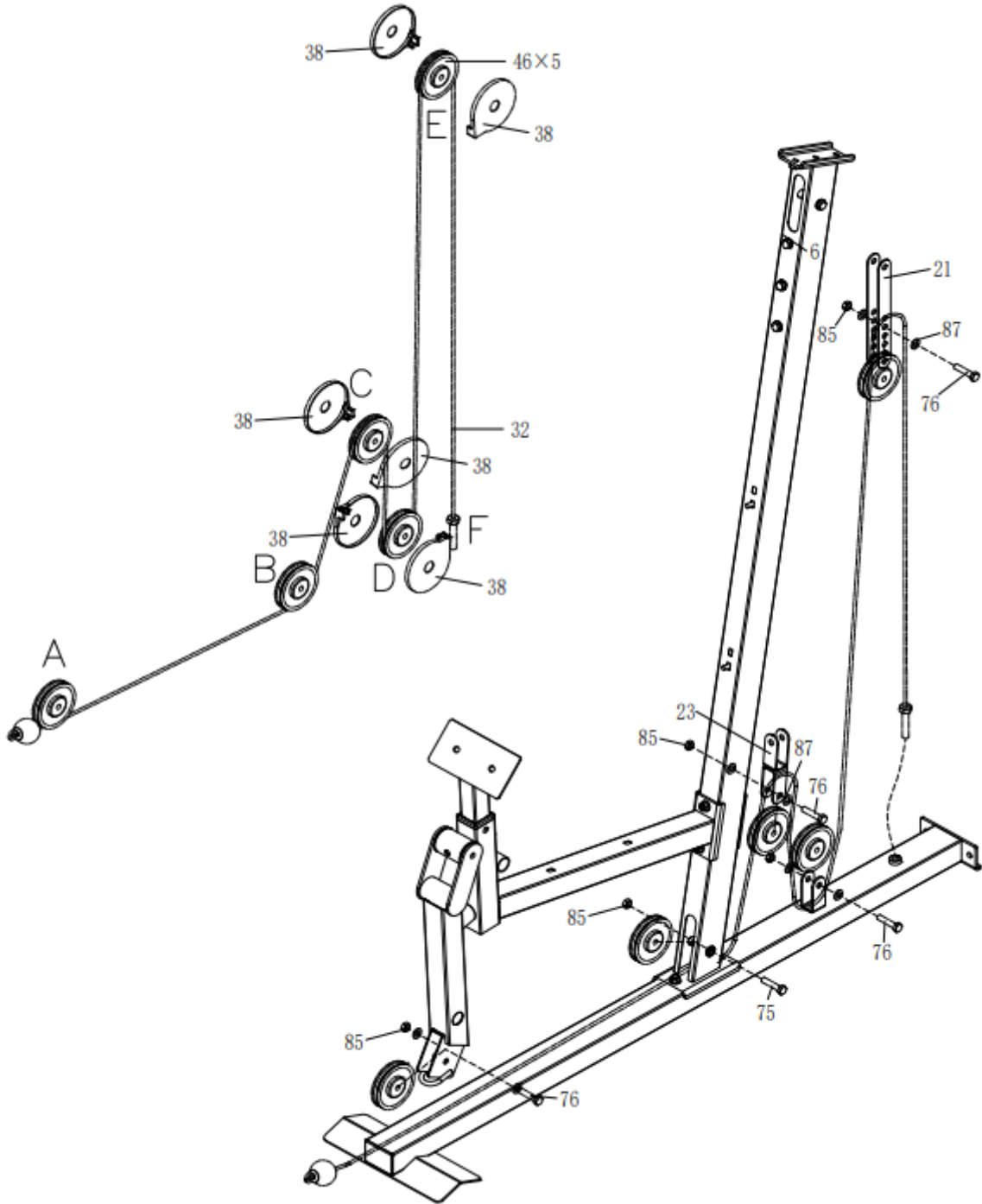
	<p>#85 Nylon nut M10, 5x #87 Flat washer Φ10, 4x #75 Hex bolt M10*65, 3x #76 Hex bolt M10*45, 2x</p>
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Step 9



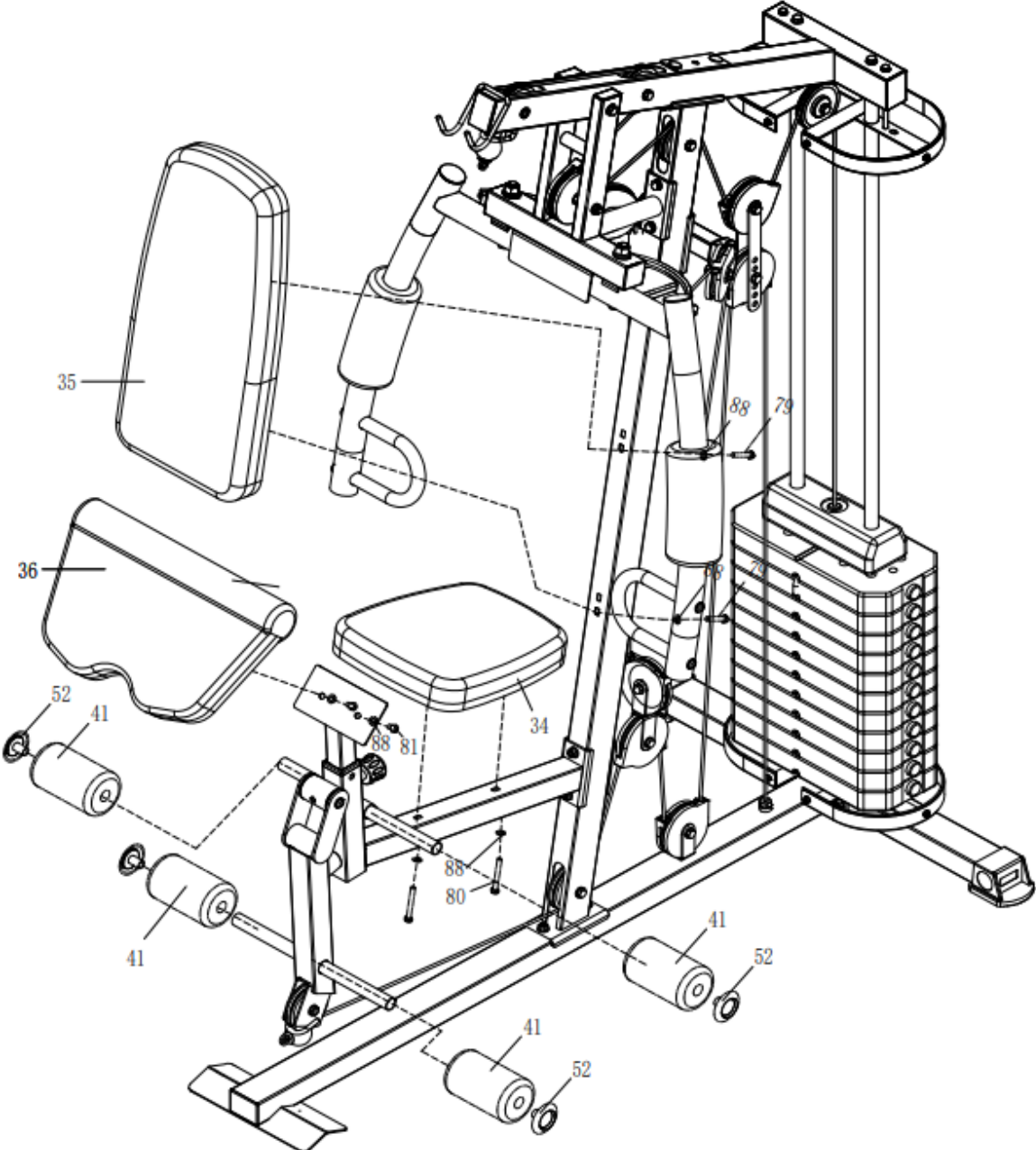
	<p>#85 Nylon nut M10, 3x</p>
	<p>#87 Flat washer Φ10, 6x</p>
	<p>#76 Hex bolt M10*45, 3x</p>





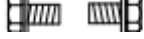
Step 10



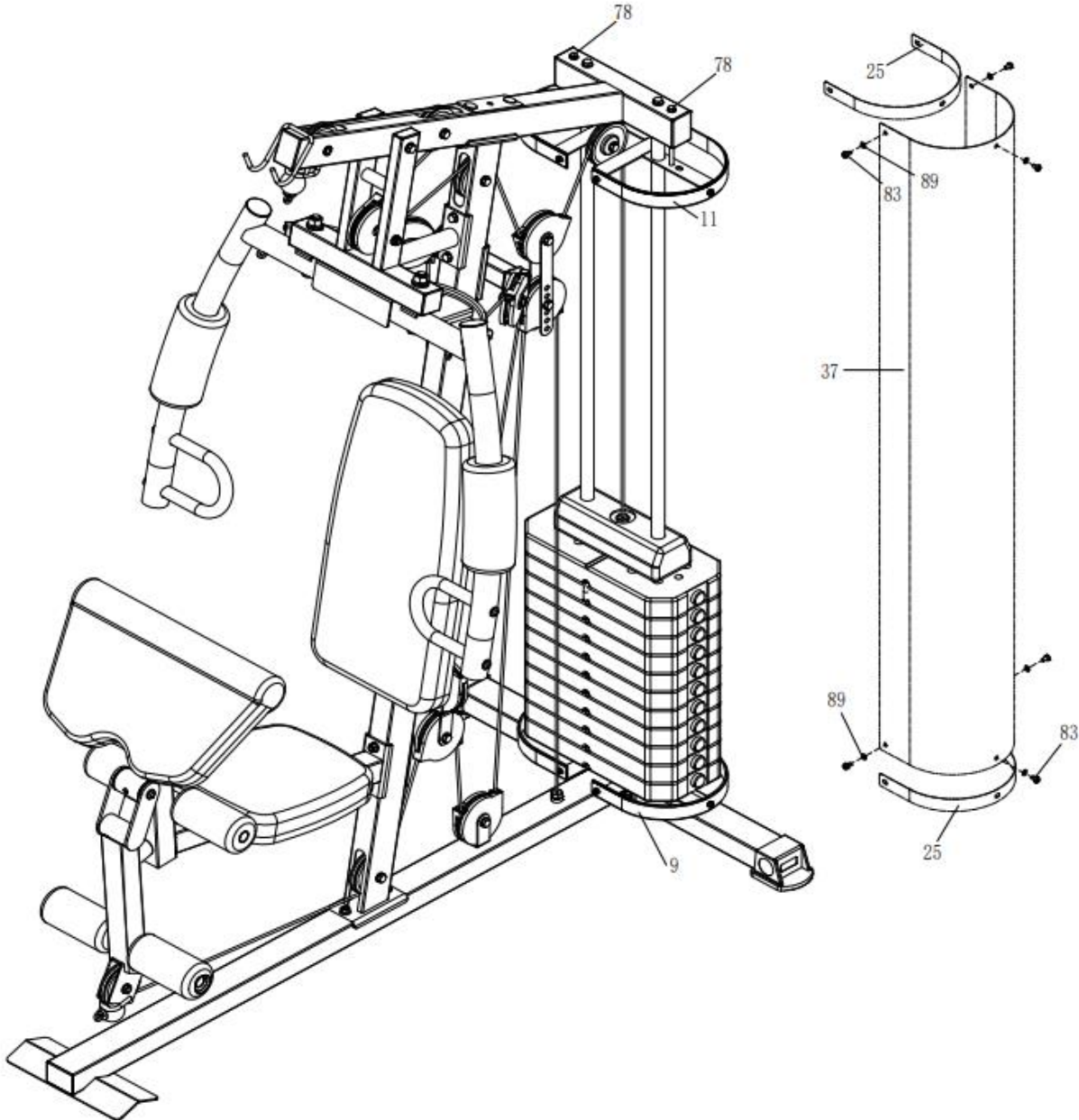
	<p>#85 Nylon nut M10, 5x</p>
	<p>#87 Flat washer Φ10, 8x</p>
	<p>#75 Hex bolt M10*65, 2x</p>
	<p>#76 Hex bolt M10*45, 3x</p>

Step 11



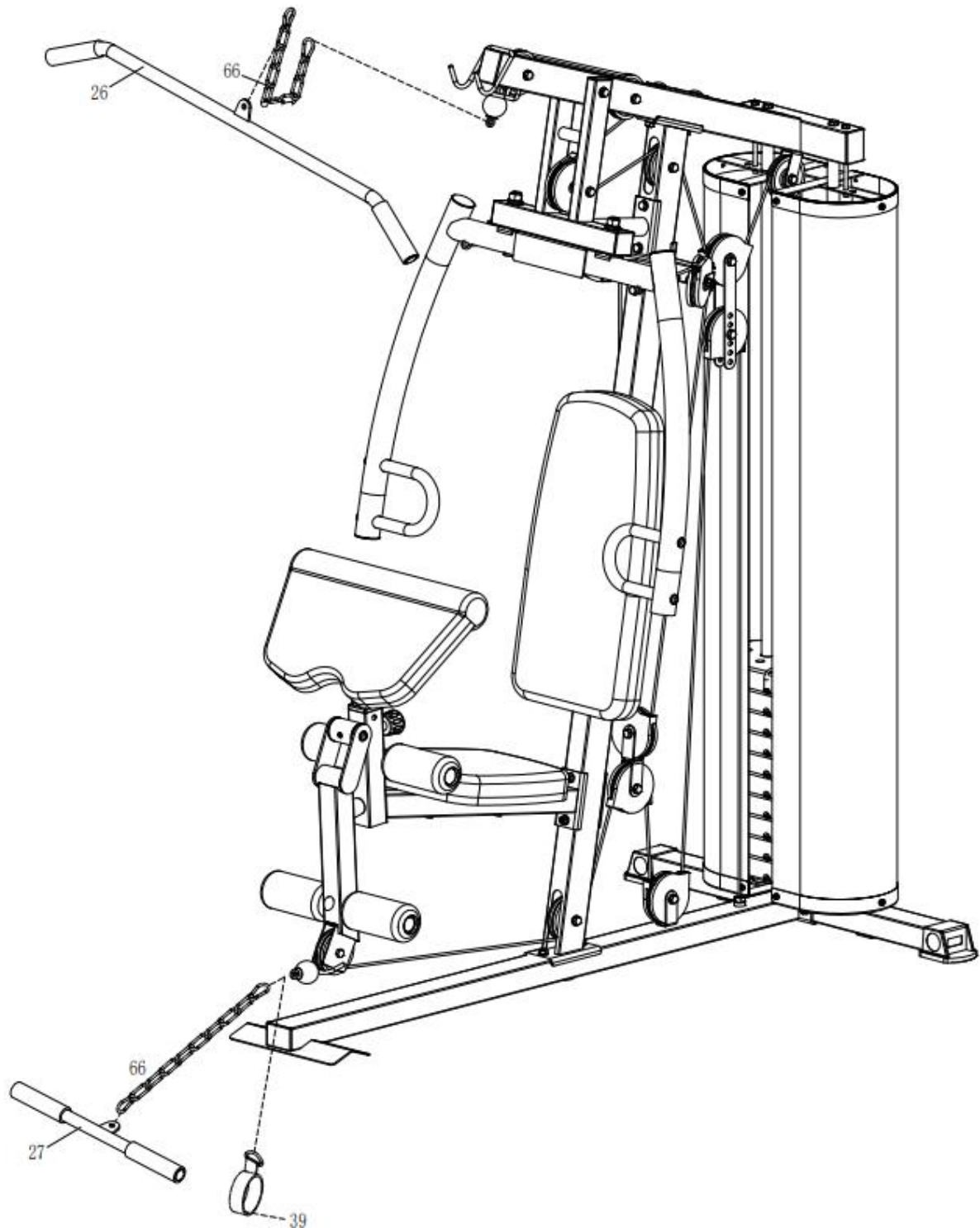
	#88 Flat washer $\Phi 8$, 6x
	#79 Hex bolt M8*85, 2x
	#80 Hex bolt M8*65, 2x
	#81 Hex bolt M8*15, 2x
	

Step 12



	<p>#83 Screw M6*20, 12x #89 Flat washer Φ6, 12</p>
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Step 13



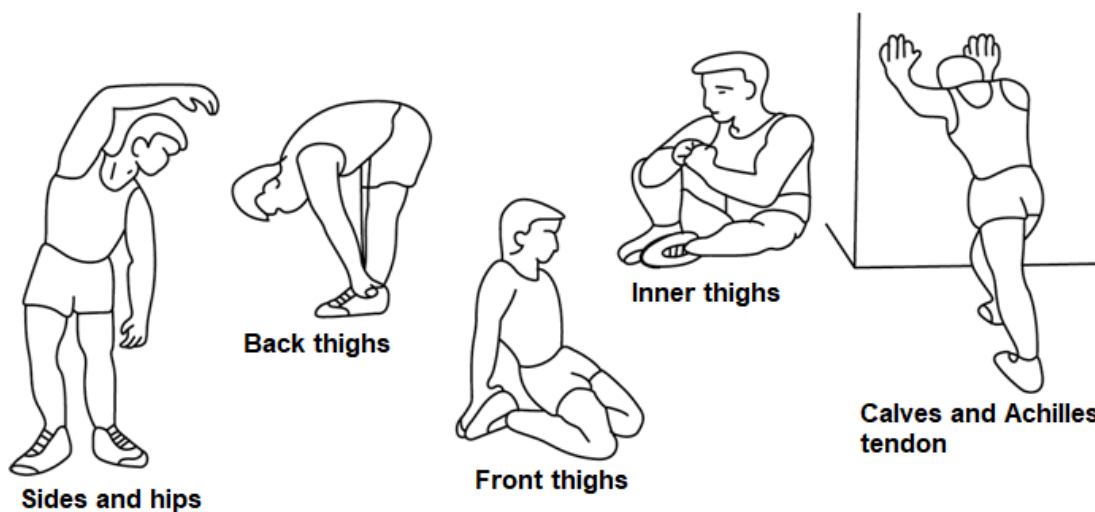
EXERCISE INSTRUCTIONS

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

1. WARM UP

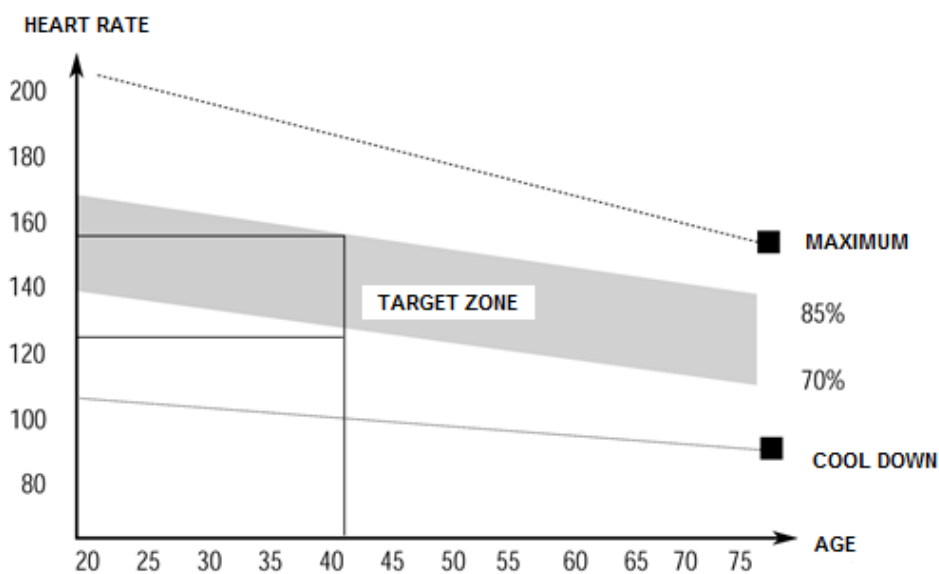
This phase serves to improve the blood circulation of the whole body and to warm up the muscles, to reduce the risk of convulsions and muscle injury. We recommend performing the stretching exercises

below. When dragging, stay in the end position for approximately 30 seconds, do not make sudden movements and do not vibrate.



2. EXERCISING

This phase is the most physically demanding part. Regular exercise strengthens the muscles. You can determine the tempo yourself, but it is very important that it is the same throughout the exercise. Heart rate should be within the target zone (see figure below).



This phase should last at least 12 minutes. Most people exercise for 15-20 minutes.

3. COOLDOWN

This phase serves to soothe the cardiovascular system and relax the muscles. It should take approximately 5 minutes. You can repeat warming up exercises or continue exercising at slower pace. Stretching your muscles after exercise is extremely important - you need to avoid sudden movements and vibrations.

With improved fitness, you can lengthen and increase exercise intensity. Train regularly, at least three times a week.

SHAPING MUSCLES

For muscle shaping, it is important to set a high load. The muscles will be more stressed, which may cause that you will not be able to exercise as long as usual. If you are trying to improve your condition at the same time, you need to adjust your training. Exercise in the usual way during the warm-up and

final stages of training but increase the resistance of the device at the end of the exercise. You may need to slow down the speed to keep the heart rate in the target area.

WEIGHT LOSS

The number of calories burned depends on the length and intensity of the exercise. The essence is the same as in fitness exercise, but the goal is different.

MAINTENANCE

1. After exercising, wipe off any sweat to avoid corrosion. Clean the device with a soft cloth and mild detergents. Do not use abrasive cleaners or solvents on plastic parts.
2. In case of increased machine noise, all bolts and joints must be checked and tightened properly.
3. The product must be placed in clean, ventilated and dry areas.
4. Do not expose the device to direct sunlight.

ENVIRONMENT PROTECTION

After the product lifespan expired or if the possible repairing is uneconomic, dispose it according to the local laws and environmentally friendly in the nearest 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.

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

