



**USER MANUAL – EN**

**IN 26628 Recumbent inSPORTline Velocer RMB**



# CONTENTS

- SAFETY INSTRUCTIONS..... 3
- PRODUCT DESCRIPTION ..... 4
- DIAGRAM..... 5
- PARTS LIST ..... 6
- FASTENERS ..... 10
- ASSEMBLY ..... 11
- USE ..... 17
- CONSOLE ..... 19
- ADVANTAGES OF RECUMBTION..... 34
- EXERCISING INSTRUCTIONS ..... 34
- MAINTENANCE ..... 35
- STORAGE ..... 35
- IMPORTANT NOTICE..... 35
- ENVIRONMENT PROTECTION ..... 36
- TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS..... 36

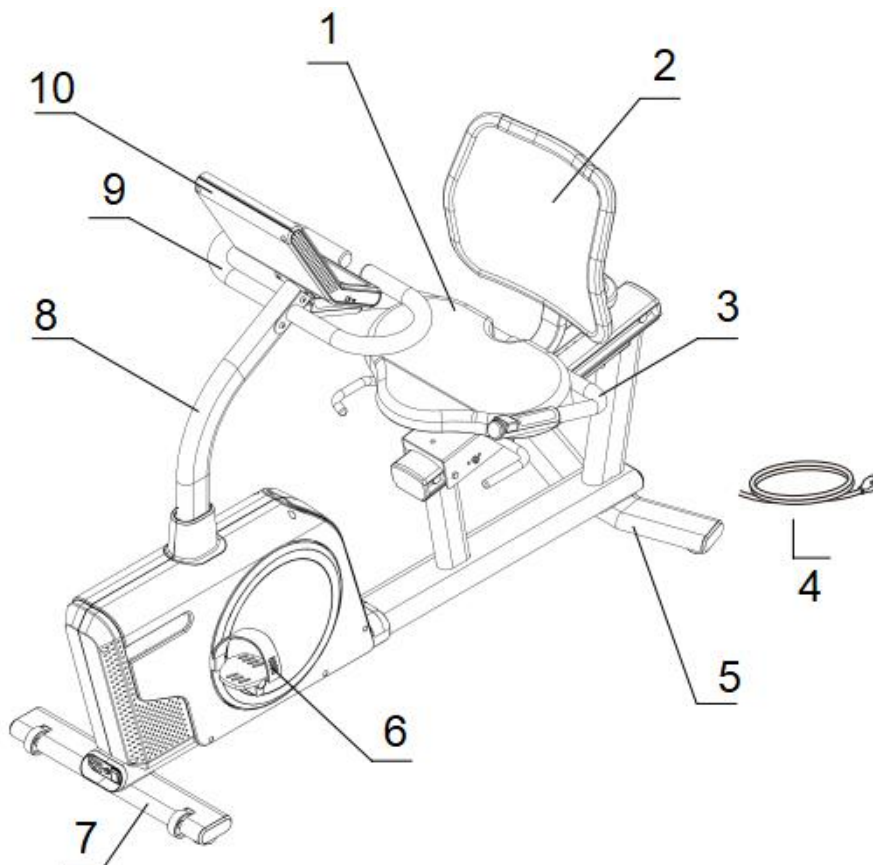
## SAFETY INSTRUCTIONS

- Read the manual carefully before first use and keep it for future reference.
- 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.
- Make sure there is sufficient free space around the exerciser when you set it up.
- 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.
- No adjustable part may protrude and limit user movement.
- 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.
- 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!
- 
- Class – SA for commercial use
- Max. weight limit: 150 kg

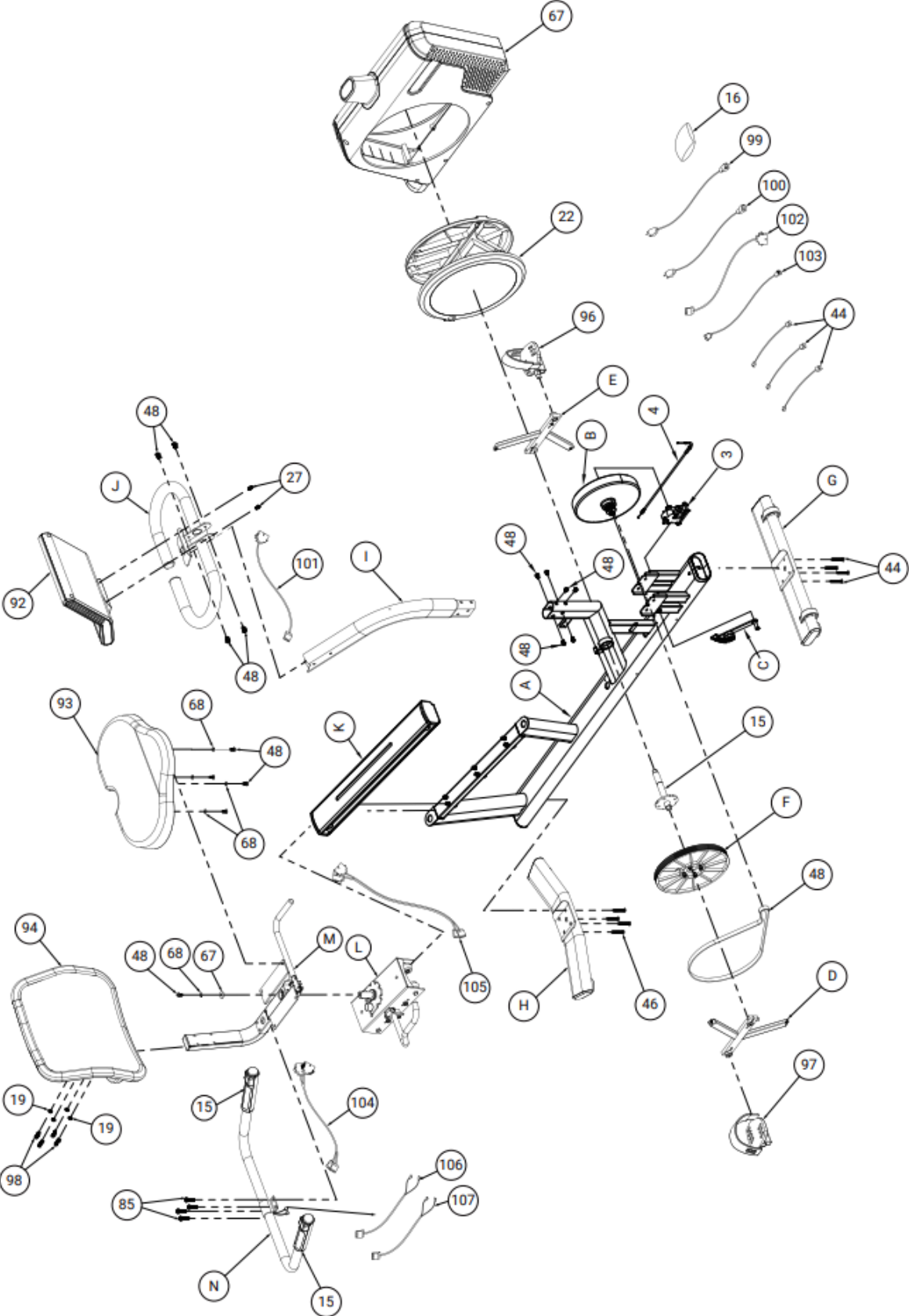
**WARNING! A system for monitoring heart rate may not be accurate. Overloading during training may cause serious injury or death. If you feel any discomfort, immediately stop the exercise!**

## PRODUCT DESCRIPTION



1.	Seat	6.	Pedals
2.	Backrest	7.	Front stabilizer
3.	Heart rate sensors	8.	Middle post
4.	Power cable	9.	Handles
5.	Rear stabilizer	10.	Console

DIAGRAM



## PARTS LIST

No.	Name	Qty.
<b>A</b>	<b>Main frame</b>	<b>1</b>
1	Main frame cover	1
2	Power switch end plug	1
5	Switch sticker	1
6	Connecting wire	1
7	Bearings	2
8	Plate	1
9	Washer S20	2
10	Phillips screw	2
11	Phillips screw	3
12	Axis	1
13	Lower control plate	1
<b>B</b>	<b>Magnetic flywheel</b>	<b>1</b>
17	EMS electromagnetic system	1
18	Spring washer M10	2
20	Nut M10*5T	2
<b>C</b>	<b>Idle wheel</b>	<b>1</b>
21	Idle wheel set	1
22	Tension spring	1
24	Flat washer 10*19*1.5T	1
25	Bearings	1
26	Flat washer 5*16*1T	1
27	Phillips screw M5*10L	1
<b>D</b>	<b>Left pedal assembly</b>	<b>1</b>
10	Phillips screw	3
29	Cover	1
30	Allen bolt M8*30	1
31	Allen bolt M6*12	1
32	Flat washer 6*22*2T	1
33	Flat washer 4.3*12*1T	3
<b>E</b>	<b>Right pedal assembly</b>	<b>1</b>
10	Phillips screw	3
30	Allen bolt M8*30	1
31	Allen bolt M6*12	1
32	Flat washer 6*22*2T	1
33	Flat washer 4.3*12*1T	3

34	Cover	1
<b>F</b>	<b>Set of pulleys</b>	<b>1</b>
35	Drive pulley	1
36	Magnetic buckle	1
37	Allen bolt M8*20	4
38	Nut M8*6	4
<b>G</b>	<b>Front stabilizer</b>	<b>1</b>
39	Front stabilizer cover	1
40	Transport wheel	2
41	End cap	2
42	Rubber foot	2
43	Allen bolt M8*40	6
<b>H</b>	<b>Rear stabilizer</b>	<b>1</b>
41	End cap	2
42	Rubber foot	2
45	Cover	1
43	Allen bolt M8*40	4
<b>I</b>	<b>Console holder</b>	<b>1</b>
47	Cover	1
48	Allen bolt M8*15	6
<b>J</b>	<b>Handle set</b>	<b>1</b>
47	Allen bolt M8*15	4
49	Cover	1
50	Foam handles	2
51	End cap	2
<b>K</b>	<b>Aluminum rails</b>	<b>1</b>
52	Aluminum rails	1
53	Positioning plate	1
54	Back cover	2
55	Damping pad	4
56	Bolt M4*10	4
57	Phillips screw ST4*16	4
110	Allen bolt M8*40	6
<b>L</b>	<b>Set of sliders</b>	<b>1</b>
32	Flat washer 6*22*2	1
38	Nut M8*6	13
43	Allen bolt M8*40	1
48	Allen bolt M8*15	1

55	Damping pad	2
58	Cover	1
59	Slider positioning	1
60	Bearings	1
61	Power cord clip	1
62	Tater pin	1
63	Flat washer 18*10*1T	1
64	Compression spring	1
65	Bearing housing	2
66	Allen bolt M6*15	1
67	Flat washer 8.5*23*3T	1
68	Spring washer M8	5
69	PU pulley 41*26	8
70	Axis	4
71	Adapter socket	4
<b>M</b>	<b>Backrest assembly</b>	<b>1</b>
19	Flat washer 6.2*13*1	4
31	Allen bolt M6*12	2
61	Power cord clip	1
65	Bearing housing	2
72	Cover	1
73	End cap 25*50	1
74	Adjustment of the inclination of the backrest	1
75	Height adjustment lever	1
76	Swivel seat adjustment axle	1
77	Left spring adjustment	1
78	Right spring adjustment	1
79	Flat washer 5*12*1T	2
80	Allen screw M5*12	2
<b>N</b>	<b>Handlebar assembly</b>	<b>1</b>
51	End cap	2
81	Cover	1
82	Heart rate sensor top cover	2
83	Pulse sensors	2
84	Bolt 3*14	4
85	Allen bolt M8*30	4
<b>O</b>	<b>Covers</b>	<b>1</b>
10	Phillips screw	4



11	Phillips screw SR4*12	4
86	Left cover	1
87	Right cover	1
88	Left logo	1
89	Real logo	1
90	Middle post cover	1
91	Phillips screw	5
3	Motor YJ-9900	1
4	Motor cable	1
14	Drive belt	1
15	Pulse detection plates	2
16	Hardware	1
19	Flat washer 6.2*13*1t	4
27	Phillips screw M5*10	2
48	Allen bolt M8*15	4
68	Spring washer M8	4
92	Console	1
93	Seat	1
94	Rest	1
95	Handle cover	2
96	Left pedal	1
97	Right pedal	1
98	Allen bolt	4
99	Power cable	1
100	Plug	1
101	Middle console cable 8PIN*700	1
102	Bottom console cable 8PIN*800	1
103	Transformer	1
104	Pulse detection cable 12PIN*700	1
105	Pulse detection cable 12PIN*2100	1
106	Pulse detection cable 6PIN*790 (left)	1
107	Pulse detection cable 6PIN*790 (right)	1

# FASTENERS



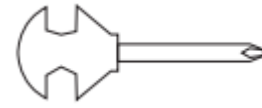
Allen key 5mm

1x



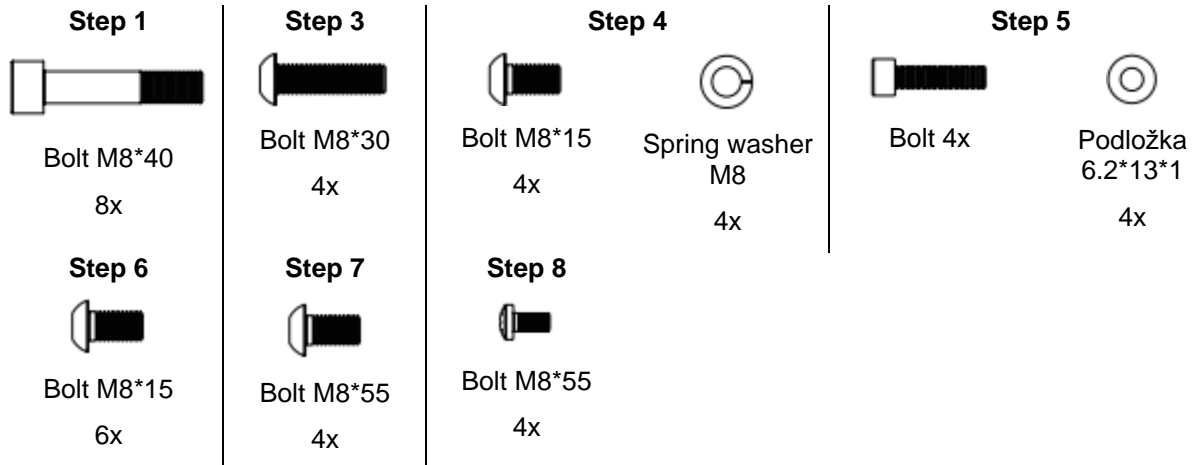
Allen key 6mm

1x



Wrench with screwdriver

1x



## NOTE:

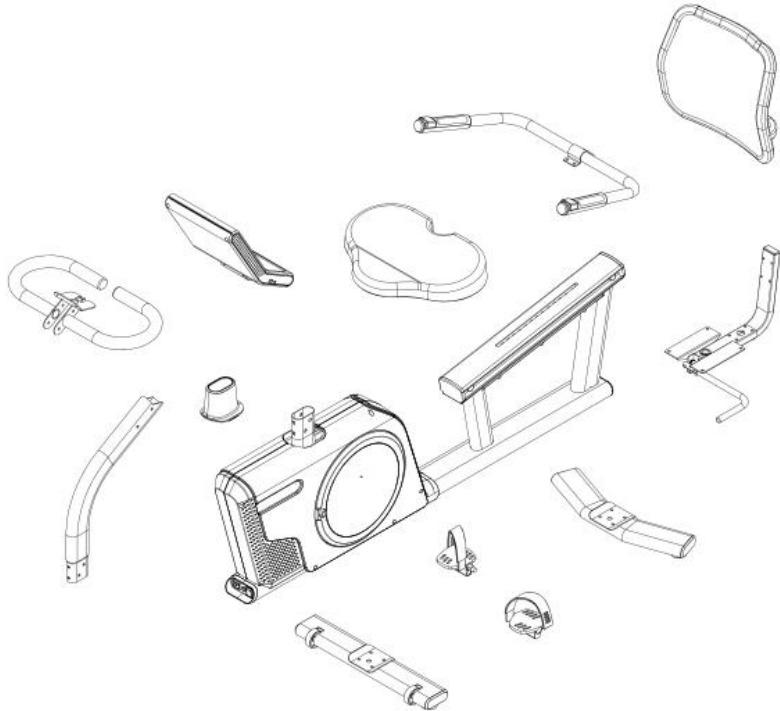
Make sure you have all the parts available before assembly.



## WARNING

At least 0.6 m of free space must be maintained around the device. Check all connections regularly. If any malfunction or damage occurs, stop use immediately and contact the service department. Place the device on a flat and firm surface. For indoor use only.

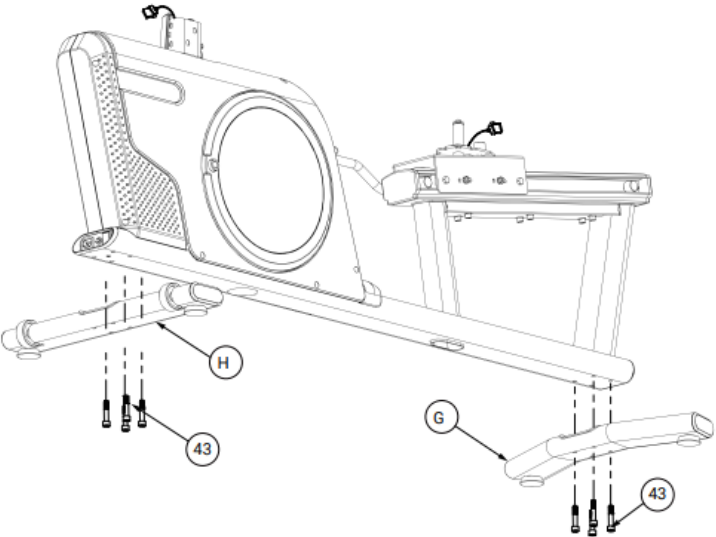
# ASSEMBLY



## Step 1

Attach the stabilizers (G and H) to the main frame with bolts (43).

G	Front stabilizer	1x
H	Rear stabilizer	1x
43	Allen bolt M8*40	8x

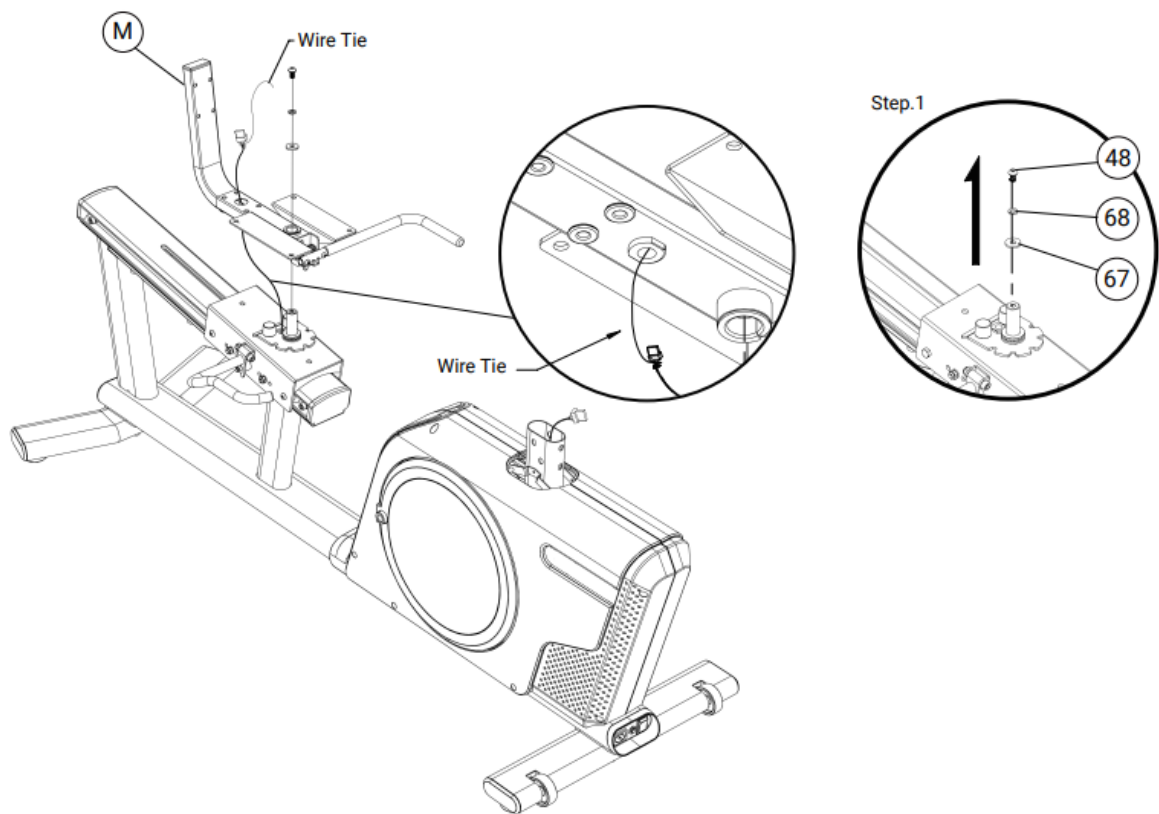


## Step 2

Unscrew the bolt (48) and pull out the washers (68 and 67).

Before attaching the seat frame (M), pull the cord through the string. Do not pull too hard on the cable to avoid tearing it.

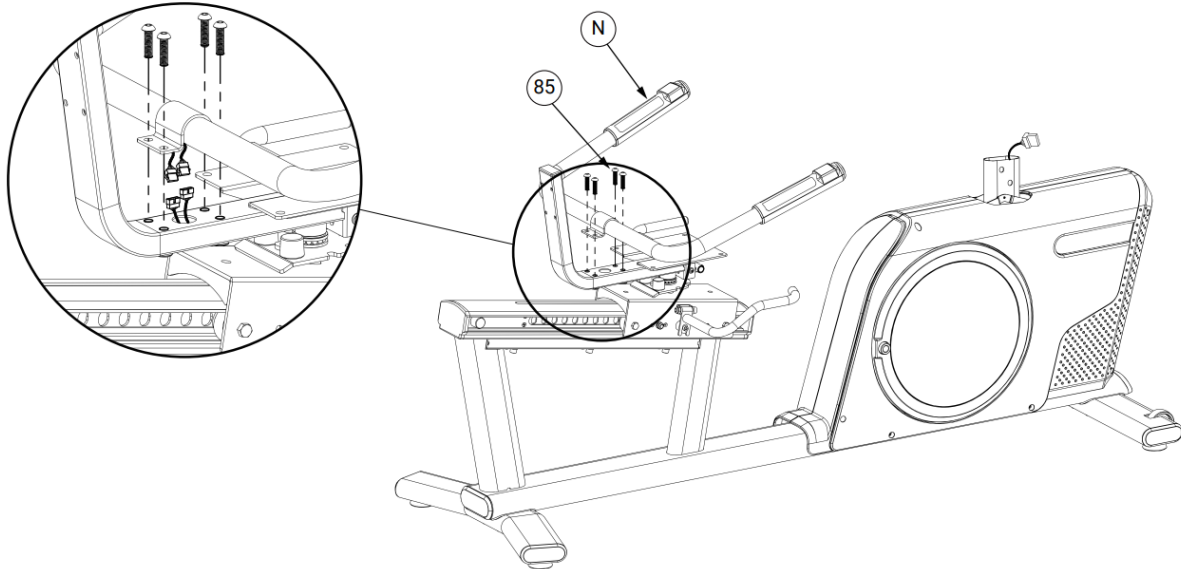
M	Seat frame	1x
48	Allen bolt M8*15	1x
68	Spring washer M8	1x
67	Flat washer 8.5*23*3T	1x



### Step 3

Connect the cables of the same color (red and blue) before fixing the handles (N) with the bolts (85).

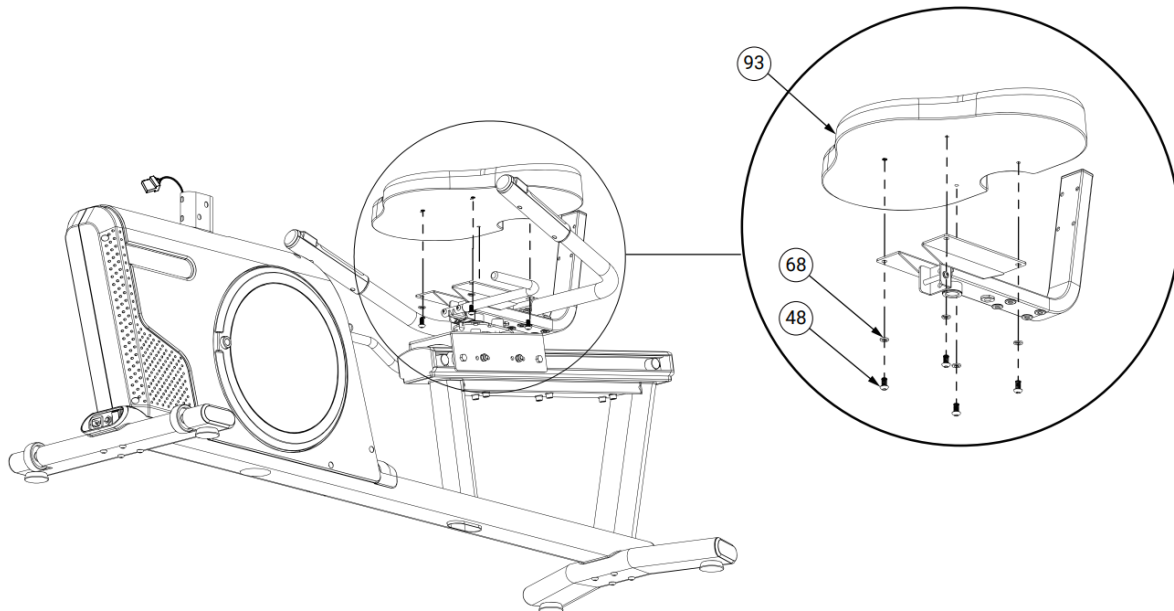
N	Handrail	1x
85	Allen bolt M8x30	4x



### Step 4

Attach the seat (93) to the frame (M) using bolts (48) and washers (68).

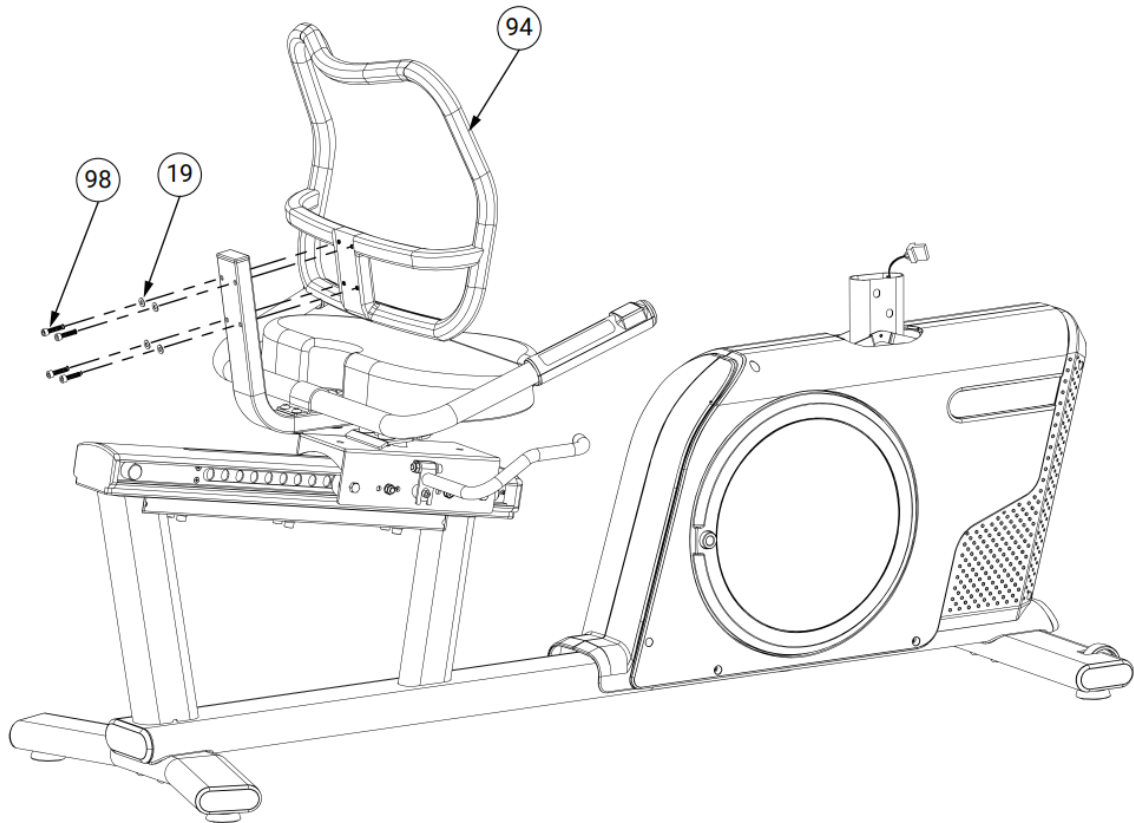
93	Seat	1x
68	Flexible washer M8	4x
48	Allen bolt M8x15	4x



### Step 5

Attach the backrest (94) to the frame (M) using bolts (98) and washers (19).

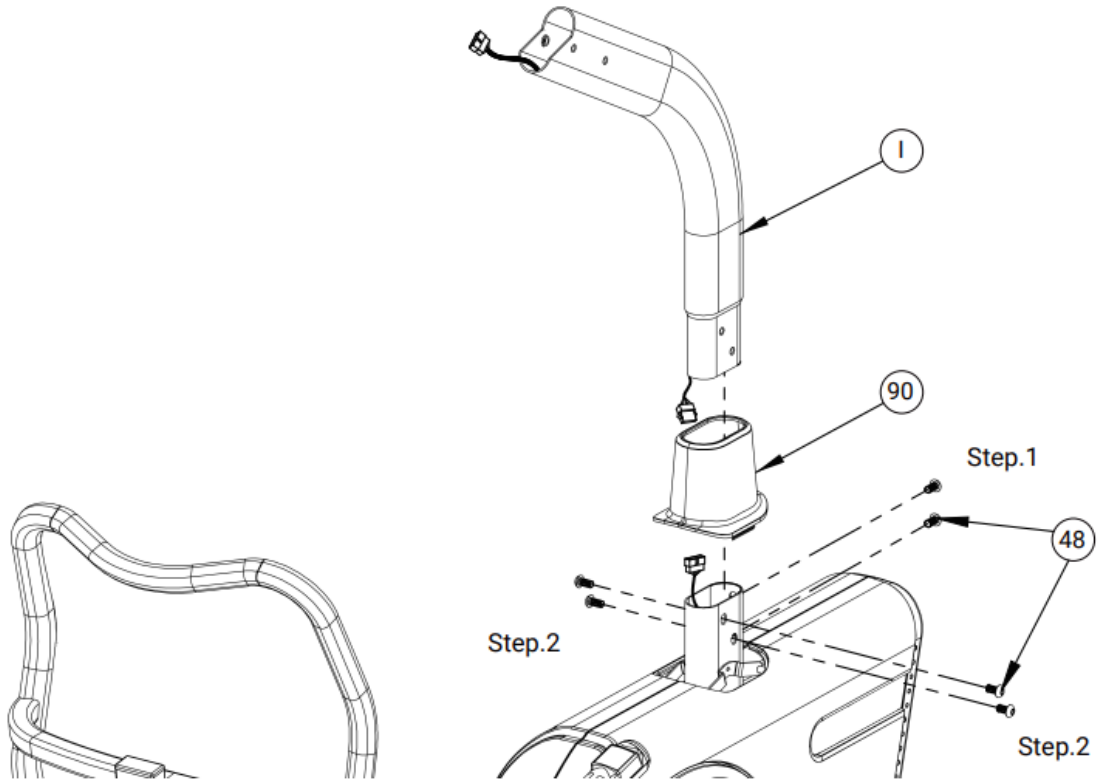
94	Back rest	1x
19	Flat pad	4x
98	Allen bolt	4x



### Step 6

Before attaching the console post (I), slide the cover (90) onto the main frame and connect the cables leading from the main frame to the post. Then fix the post (I) with screws (48).

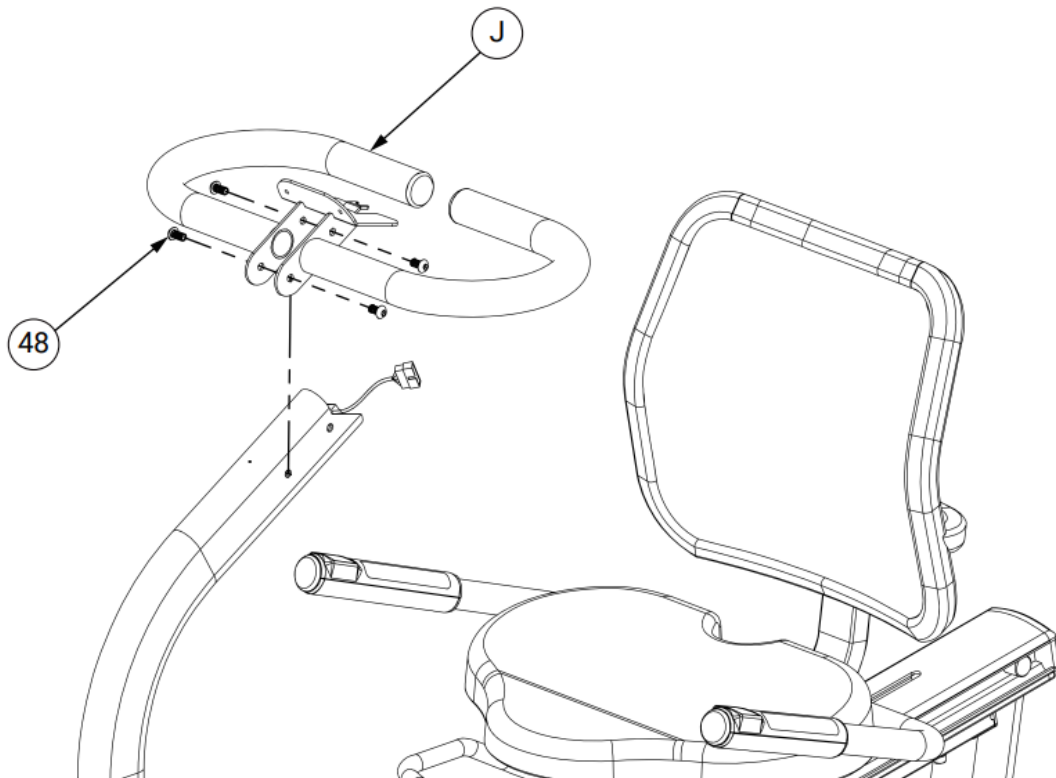
I	Console post	1x
90	Cover	4x
48	Allen screw M8*15	4x



**Step 7**

Attach the handles (J) with bolts (48).

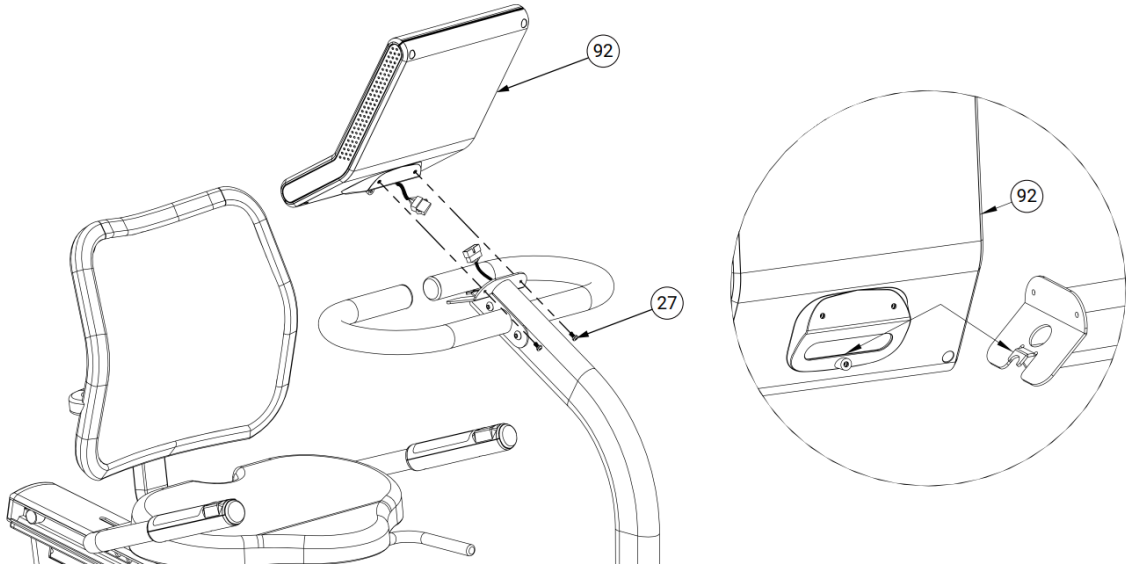
J	Handles	1x
48	Allen bolt M8*15	4x



### Step 8

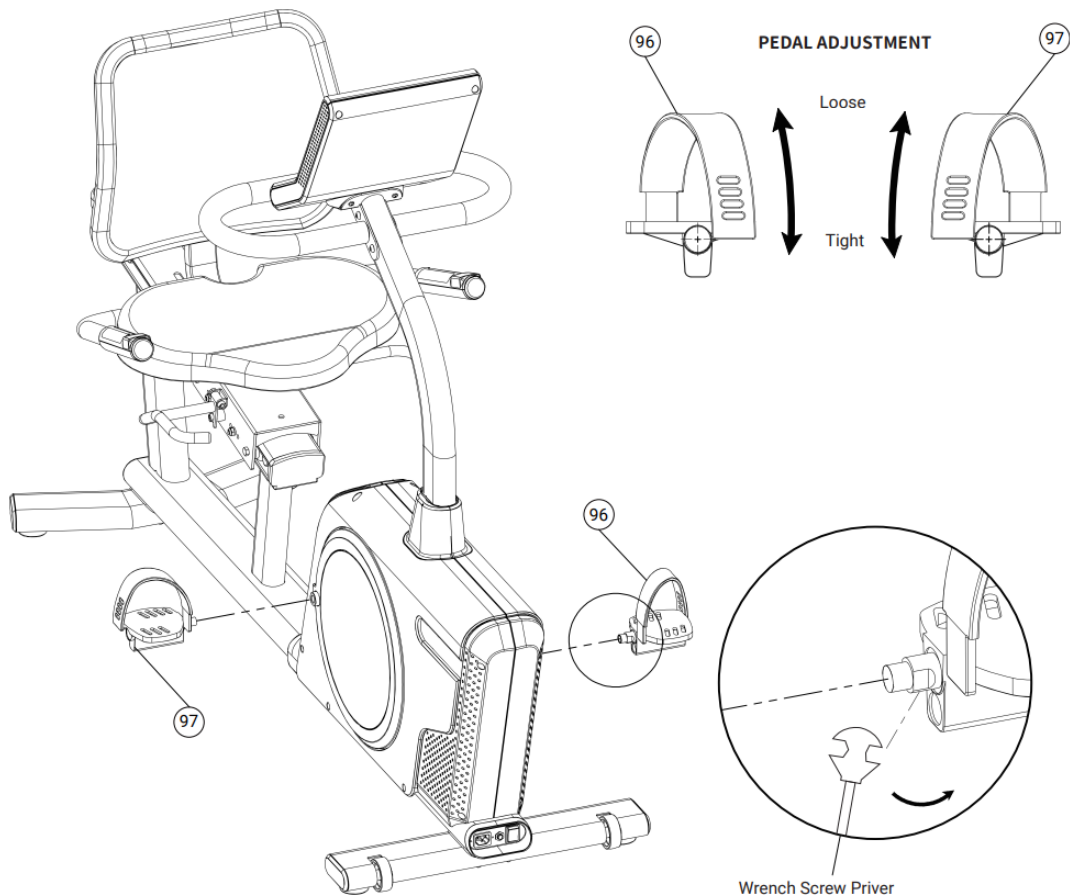
Connect the cables leading from the console to the cables from the post. Be careful not to pinch the cables between the frames. Slide the bracket into the tab on the post and then secure with the screws (27).

92	Console	1x
27	Phillips screw M5*10	2x



### Step 9

Attach the pedals (96 and 97) with a wrench.





# USE

## SEAT POSITION

You can adjust the seat position using the red lever.



## 180° ROTABLE

You can adjust the rotation of the saddle using the yellow lever.



Turn Left 90°



Turn Right 90°



## QUICK CONTROL

Left



### START / STOP

Press the start button to start the program.

Press the stop button to pause the program. You can then start the program or turn it off completely.



Right



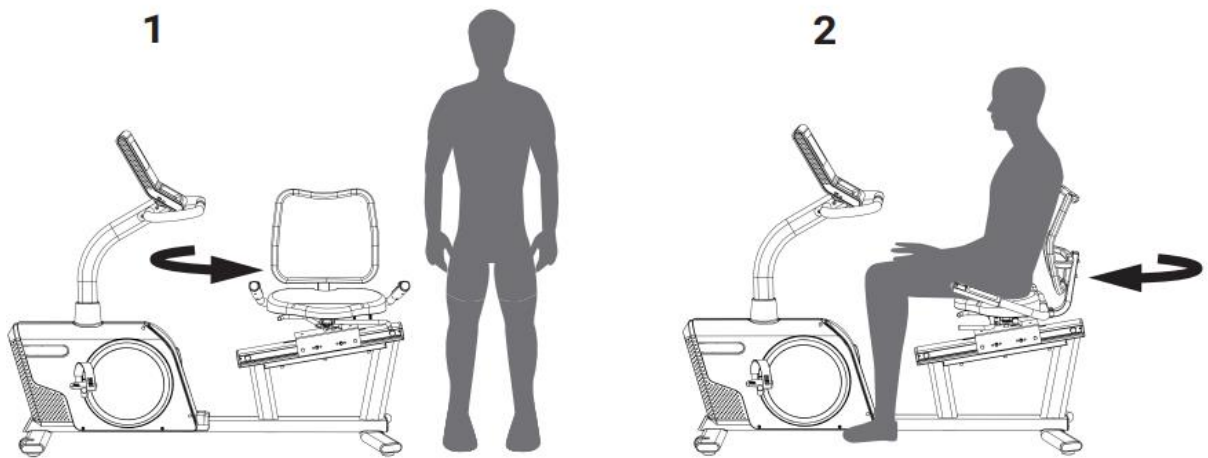
### INTENSITY +/-

Use the buttons to set the exercise intensity.



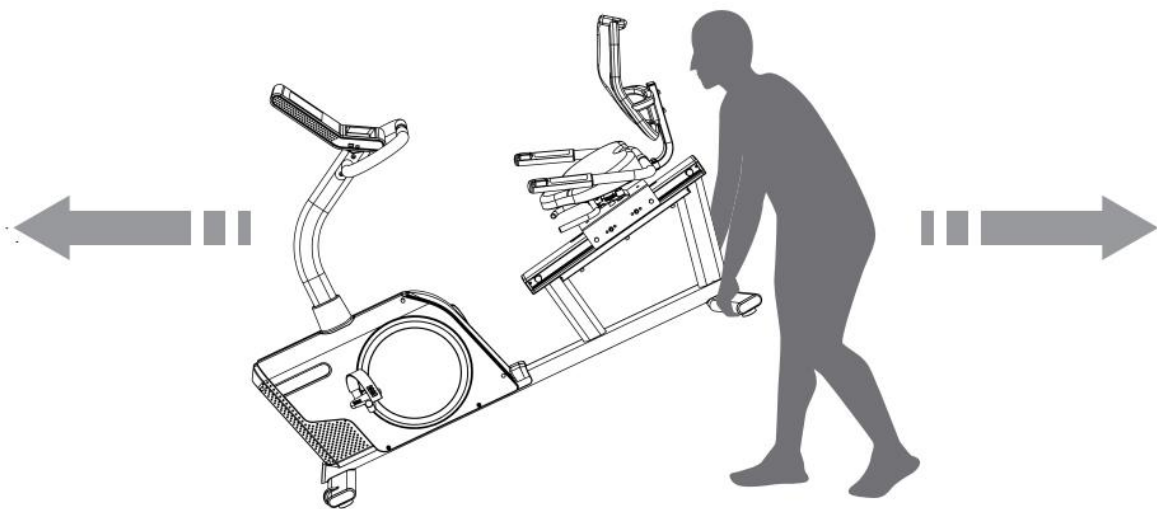
## MOUNTING / DISMOUNTING

Press the yellow lever to turn the saddle. Get on the device and face forward. To dismount, press the yellow lever and turn away from the console.



## TRANSPORT

Grasp the machine by the rear stabilizer and move it onto the transport wheels on the front.





## WARNING

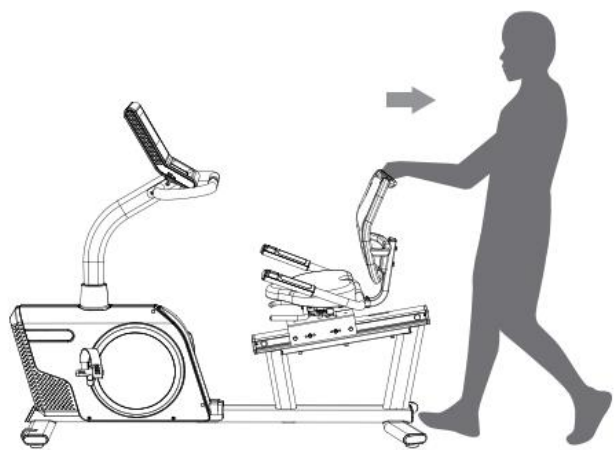
Do not move the machine according to the images below.



INCORRECTLY



INCORRECTLY



## CONSOLE

### Wireless charger

The wireless charger with dimensions of 24\*9.4 cm allows you to charge smart devices with a display up to 7.2 inches.

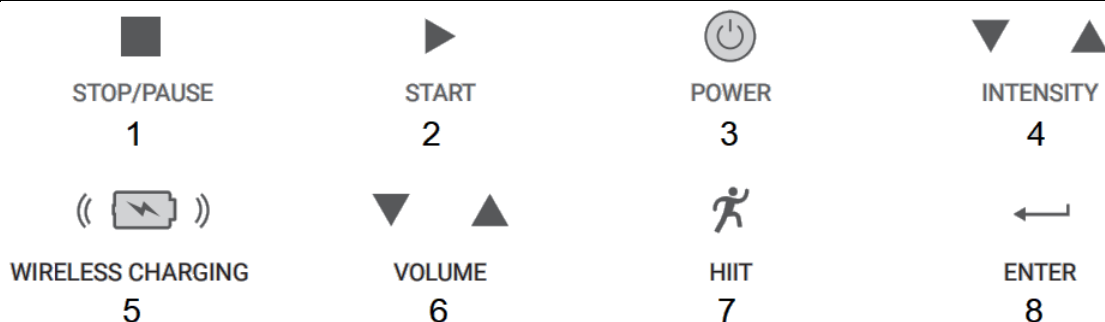
Make sure your smart device is positioned correctly. When charging is active, the symbol is displayed ((⚡)).



Note: if you are using covers, stickers or rings that contain metal, they must be removed before using the charger.



1. Buttons	5. Control buttons
2. TFT LCD display	6. 3D speakers
3. Saves energy	7. USB-A port
4. Wireless charger	8. USB-C port



1. Stops or pauses the program	2. Starts the program
3. Press the button to start the console, hold the button for 3 seconds to turn off the console	4. Increase / decrease resistance
5. Wireless charging	6. Increase / decrease volume
7. HIIT program	8. User data adjustment

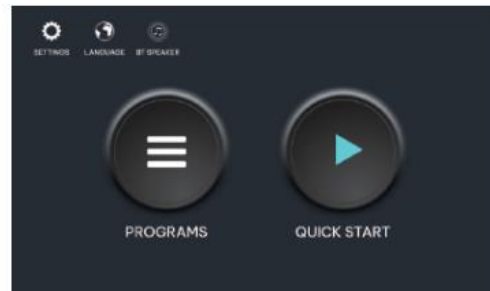
## POWER ON

Launching the console will display the logo and then go into standby mode.

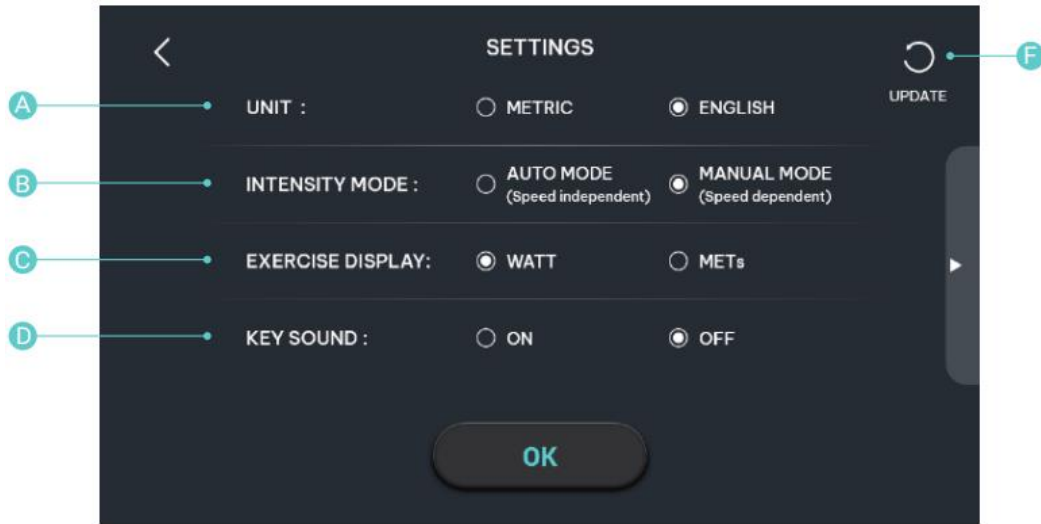
**QUICK START:** Enter program selection and select quick start.

**PROGRAMS:** You must create an account or select an already created account

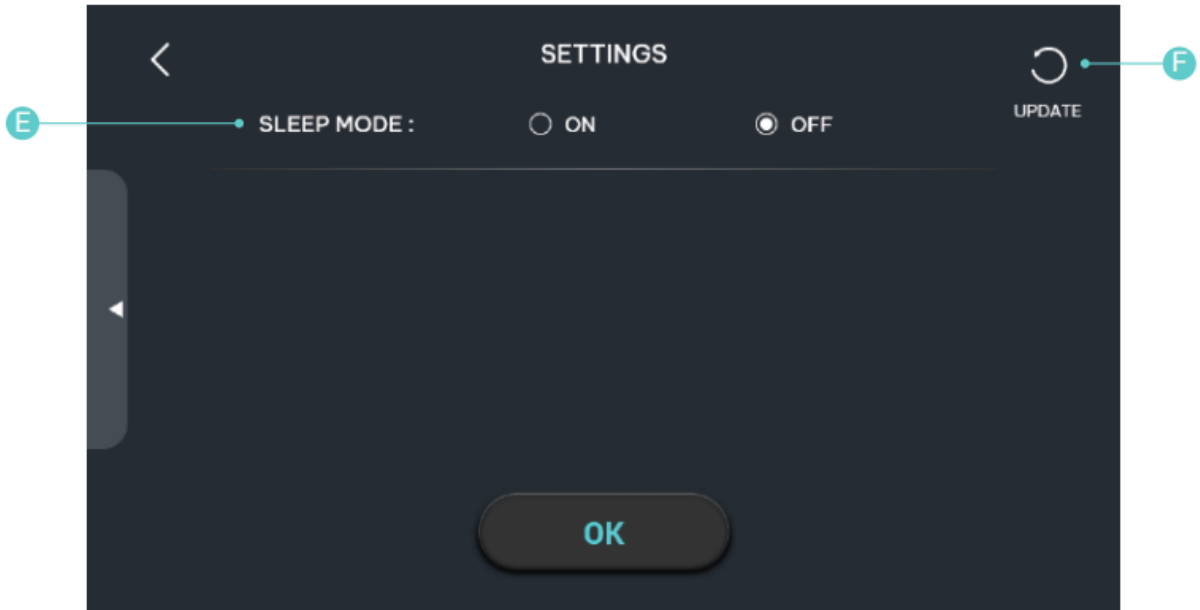
**SLEEP MODE:** After 300 seconds of inactivity, the console switches to sleep mode.



## SETTINGS



- A. Unit: Metric / Imperial
- B. Resistance setting  
Auto mode: achieve precise performance by varying load and pedaling speed  
Manual mode: achieving different performance using precisely given load and pedaling speed
- C. Power display: In manual mode, you can select WATT or MET units
- D. Button sounds
- F. Update if USB with update is plugged in



- E. SLEEP MODE: enable or disable sleep mode
- F. Update if USB with update is plugged in



## LANGUAGE

There are several languages to choose from.





## BT SPEAKER



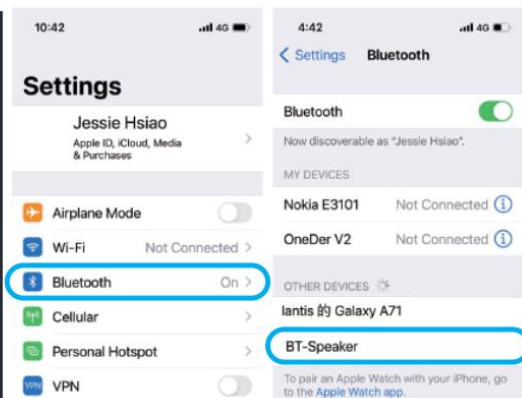
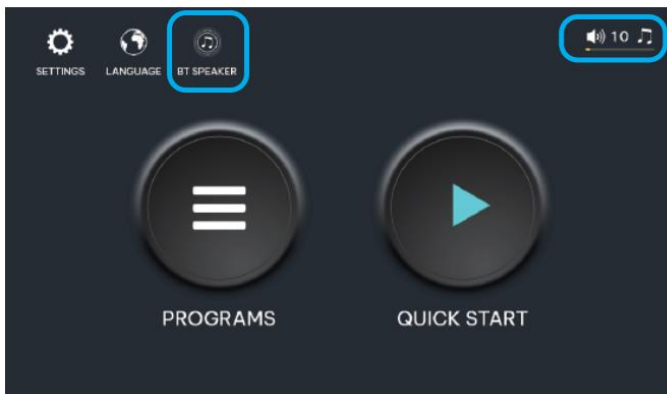
## IOS MUSIC CONNECT

### Step 1


Select  to turn on. The icon  will flash during pairing. The icon will disappear if pairing is not completed within 30 seconds.

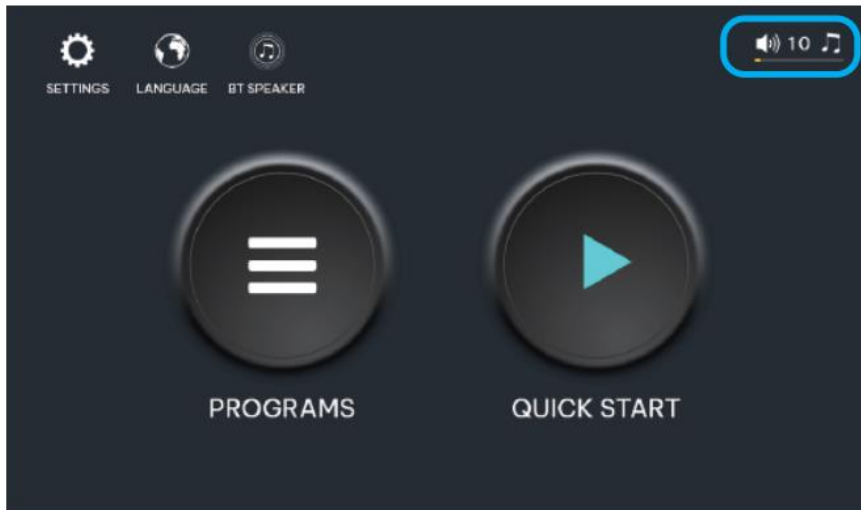
### Step 2

Turn on Bluetooth on your device and select BT-Speaker.



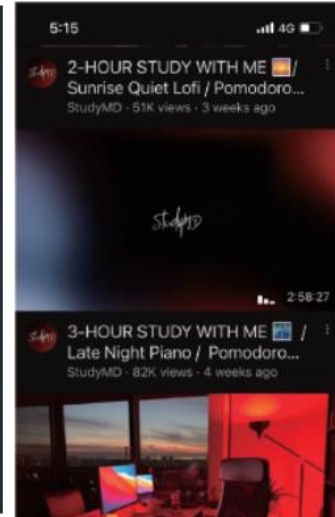
### Step 3

If the icon  is displayed, the speaker is connected and you can control the volume.





### Step 4

Select music.



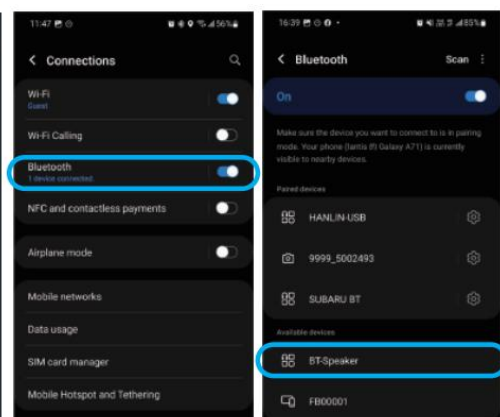
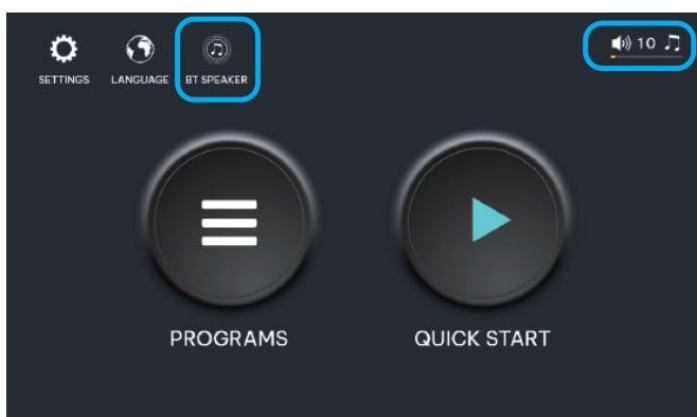
ANDRIOD

### Step 1

Select  to turn on. The icon  will flash during pairing. The icon will disappear if pairing is not completed within 30 seconds.


### Krok 2

Turn on Bluetooth on your device and select BT-Speaker.



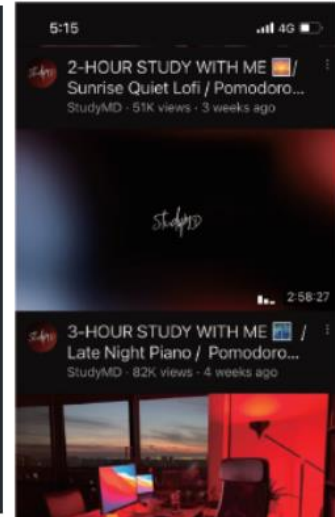
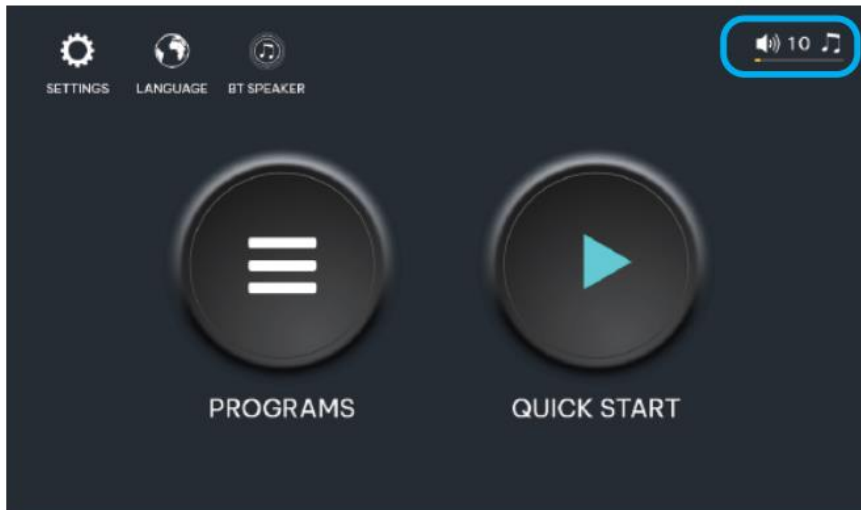



### Step 3

If the icon  is displayed, the speaker is connected and you can control the volume.

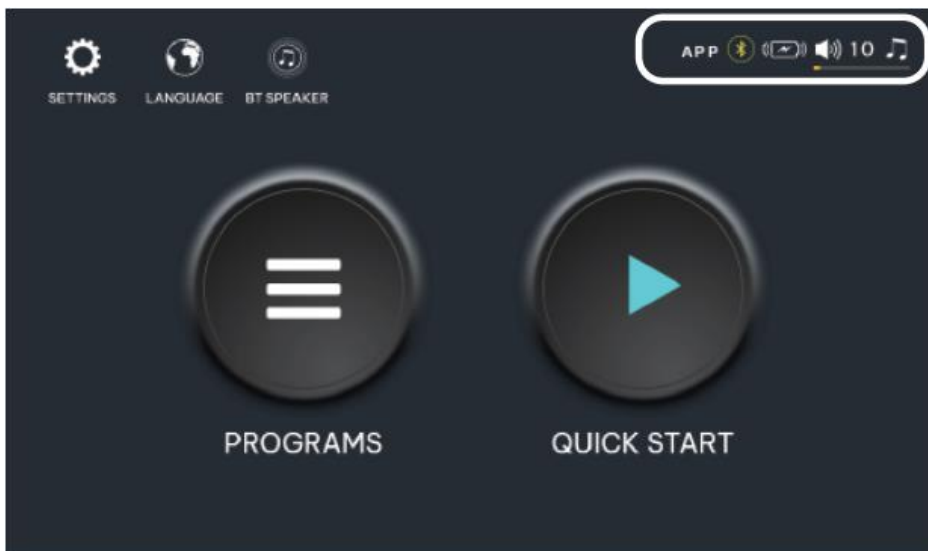
### Krok 4


Select music.





**Note:** To disconnect the device, press . If you want to connect another device, you need to disconnect the previous device.


### ICON DESCRIPTION



**APP**  Connecting the console using applications with the FTMS protocol.

 Connection with Bluetooth chest belt.

 Connection with a wireless charger.

 Connecting the phone and speakers



## QUICK START



**PULSE:** If you wear the chest belt or hold the pulse sensors on the handles, the pulse rate will be displayed

**BLUETOOTH:** If the chest belt is connected to a third-party app, an icon will appear

**CALORIES:** Number of calories burned during exercise

**TIME:** Training time

**RPM/SPEED:** Revolutions per minute or speed

**DISTANCE:** Distance during exercise

**KJ:** Energy by momentary movement

**WATT:** Exercise power

**INTENSITY:** Exercise resistance

**WIRELESS CHARGER:** Icon will be displayed during wireless charging

**VOLUME:** Speaker volume



## ACCOUNT CREATION

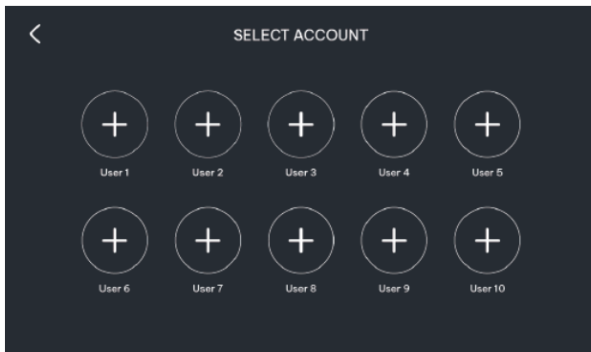
Create a user. You must enter your name, height, weight and gender.

Name (name) – max. 10 characters

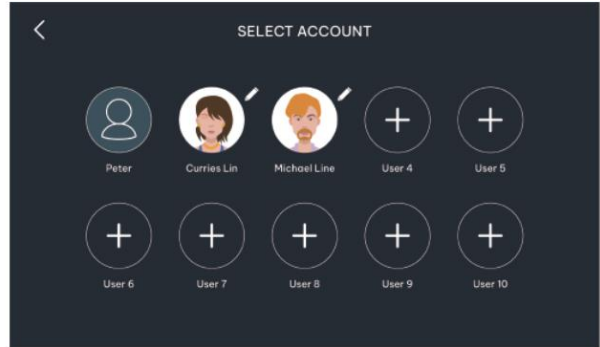
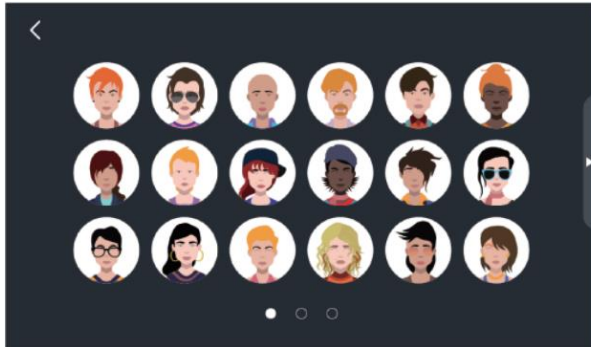
Age (age) – range: 10 – 90, default value: 35

Height (height) – range: 100 – 250, default value: 160

Weight – range: 20 – 200, default value 70



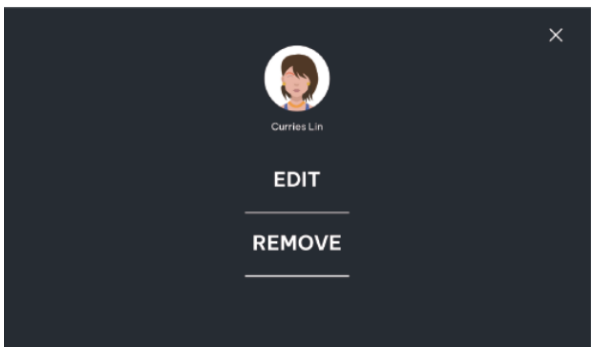
Press + to select one of 54 avatars. If you don't choose one, it will be randomly assigned to you.



After setting all data, press the key



After creating a profile, you can select a user profile.



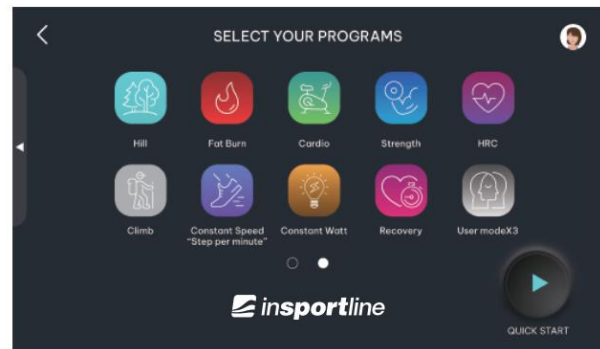
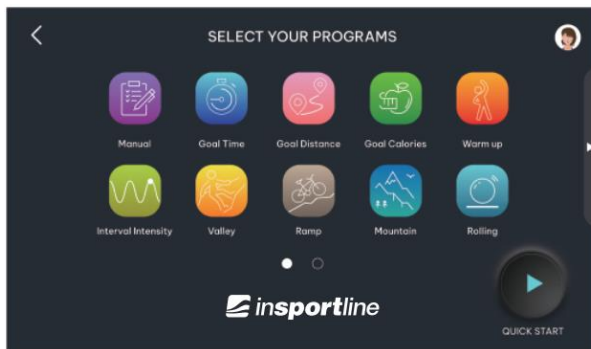
By pressing the pencil you can profile:

**EDIT** – edit data values

**REMOVE** – delete profile



There are 25 different programs to choose from.





**MANUAL**



**TIME COUNTDOWN**



**DISTANCE COUNTDOWN**



**CALORIES COUNTDOWN**



**WARM UP**



**INTENSITY INTERVAL**



**VALLEY**



**SLOPE**



**MOUNTAIN**



**CONSTANT**



**HILLS**



**FAT BURNING**



**CARDIO**



**STRENGTH**



**HRC**



**CLIMB**



**RECOVERY**



**USER PROGRAM X3**



**CONSTANT SPEED**



**CONSTANT WATT**

## QUICK START

The program will add all values. When the program starts, a 3-second countdown is displayed. After completing the exercise, all measured values are displayed (WORKOUT SUMMARY)



WORKOUT SUMMARY	
DURATION	01:03
DISTANCE	10.5 KM
CALORIES	123 KCAL
AVG. PULSE	120 BPM
MAX. PULSE	131 BPM
AVG. SPEED	10.0 KM/H
AVG. WATT	87 WATT
TOTAL. KJ	68 KJ

Buttons: SKIP, SAVE



## MANUAL

Quick start exercise program.

## COUNTDOWN PROGRAMS



Time  
countdown



Distance countdown



Calories countdown

You can only set one countdown program at the same time.

Step 1: Select GOAL

Step 2: Set the desired value using the numeric keypad.

Step 3: Confirm with the button .



SET YOUR WORKOUT VALUE

WORKOUT DURATION: 30 MIN

1	2	3	←
4	5	6	←
7	8	9	✓
↶	0	↷	✓



SET YOUR WORKOUT VALUE

TARGET DISTANCE: 30 KM

1	2	3	←
4	5	6	←
7	8	9	✓
↶	0	↷	✓



SET YOUR WORKOUT VALUE

TARGET CALORIES: 30 KCAL

1	2	3	←
4	5	6	←
7	8	9	✓
↶	0	↷	✓

A summary of the exercises will be displayed at the end of the program.



### WARM UP

3 min warm-up before training.



Intensity interval



Constant



Ramp



Strengthening



Valley



Mountain



Hills



Fat burning



Cardio



Climb

There are 10 pre-set programs to choose from with different resistances.

Step 1: Select a program.

Step 2: Set the training time.

Step 3: Confirm the program.

Step 4: After completing the program, a summary of the exercises will be displayed.





## CONSTANT SPEED

The program automatically adjusts the resistance to reach the set speed value.

Step 1: Choose a program

Step 2: Set speed target.

Step 3: Confirm.

Step 4: After completing the exercise, the exercise summary will be displayed.

SET YOUR WORKOUT VALUE

WORKOUT DURATION : 30 MIN

TARGET SPEED : 30 RPM

1 2 3 ←

4 5 6

7 8 9

↩ 0 ✓

CONSTANT SPEED

DURATION 01:03

DISTANCE 10.5 KM

CALORIES 123 KCAL

AVG. PULSE 120 BPM

MAX. PULSE 131 BPM

AVG. SPEED 10.0 KM/H

AVG. WATT 87 WATT

TOTAL. KJ 68 KJ

SKIP SAVE



## CONSTANT WATT

The program automatically adjusts the load to reach the set performance value.

Step 1: Choose a program

Step 2: Set a watt target.

Step 3: Confirm.

Step 4: After completing the exercise, the exercise summary will be displayed.

SET YOUR WORKOUT VALUE

WORKOUT DURATION : 30 MIN

TARGET WATT : 30 W

1 2 3 ←

4 5 6

7 8 9

↩ 0 ✓

CONSTANT WATT

DURATION 01:03

DISTANCE 10.5 KM

CALORIES 123 KCAL

AVG. PULSE 120 BPM

MAX. PULSE 131 BPM

AVG. SPEED 10.0 KM/H

AVG. WATT 87 WATT

TOTAL. KJ 68 KJ

SKIP SAVE



## HRC

You can choose one of the three programs 60% / 80% / Target HR (custom). The program always adjusts the resistance so that it is within the set target value.

The target heart rate is always calculated according to the equation:  $(220 - \text{age}) * (\% \text{ of set value})$ .

The user must wear a chest strap or continuously hold the heart rate sensors on the handles.

Step 1: Choose a program.

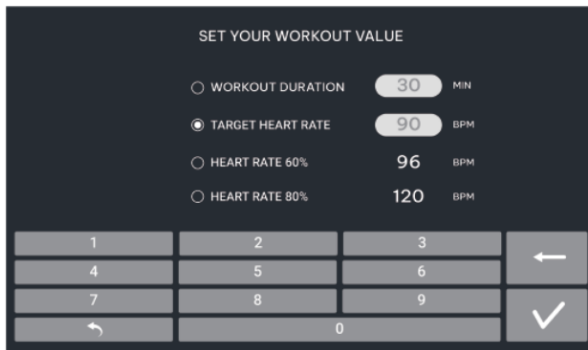
Step 2: Set program duration.

Step 3: Set 60% / 80% or your own target heart rate.

Step 4: Confirm.

Step 5: If the chest strap is connected, the heart rate icon and Bluetooth will appear.

Step 6: After completing the exercise, you will see a summary of the exercise.

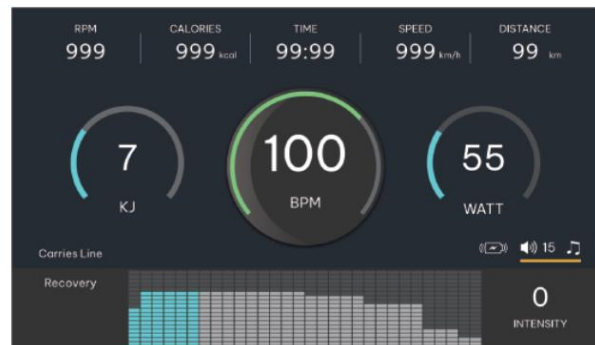
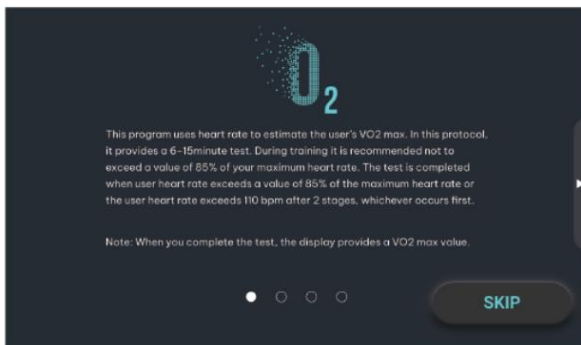


## RECOVERY

The test requires constant heart rate measurement, we recommend wearing a chest belt.

Step 1: Select the Recovery program.

Step 2: Before using it for the first time, we recommend that you read the instructions on the screen, or you can skip the instructions by pressing SKIP.



Phase 1: If the heart rate exceeds HR85% of its value after 3 minutes, the test will be marked as a successful test.

Phase 2: Once the heart rate exceeds the value in the range of 110 ~ HR85%, the program will be extended to 4 minutes.

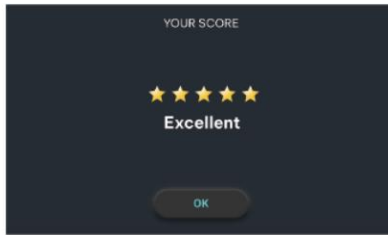
TEST COMPLETED: The test is completed when HR85% or between 110~HR85% is reached, the program will switch to rest mode for 3 minutes.

Step 3: After completing the whole program, the heart rate will be displayed and the change will be monitored for 60 seconds.

Step 4: Then the result from 1 (worst) to 5 (best) stars will be displayed.

Step 5: The exercise summary will be displayed.





### USER MODE X3

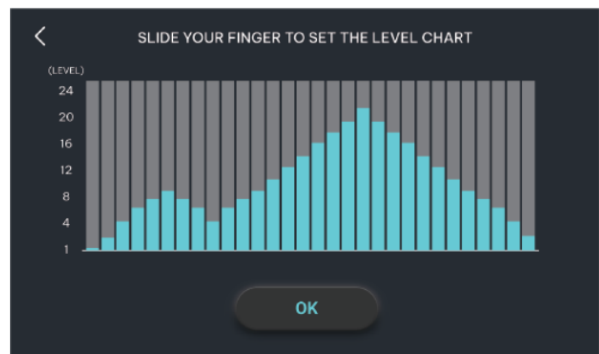
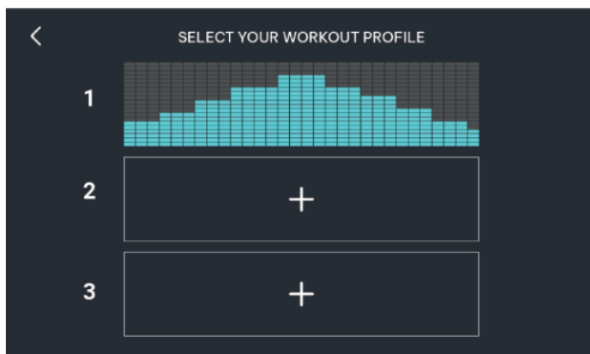
Set your own exercise program (up to 3 programs), which is divided into 30 segments.

Step 1: Select USER MODE X3.

Step 2: Select one of the three user programs.

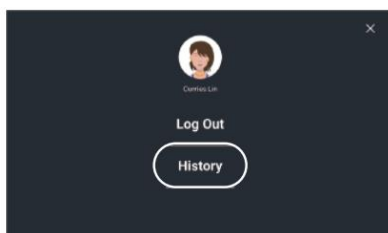
Step 3: From left to right, adjust the intensity of all segments.

Step 4: Press OK to save and run the program.



### ACCUMULATED WORKOUT SUMMARY

By pressing the profile picture, an interface with log out and a summary of the exercise (history) will be displayed.



Log out: account logout

History: display of exercise summary

Reset: reset all data



### HIIT

The HIIT program includes 4 levels of difficulty: primary, intermediate, advanced and challenge. Each difficulty can be divided into 8, 10, 12 and 14 segments, you can set 30, 60 and 90 seconds of rest between each intensity transition.

Step 1: Select a HIIT program.

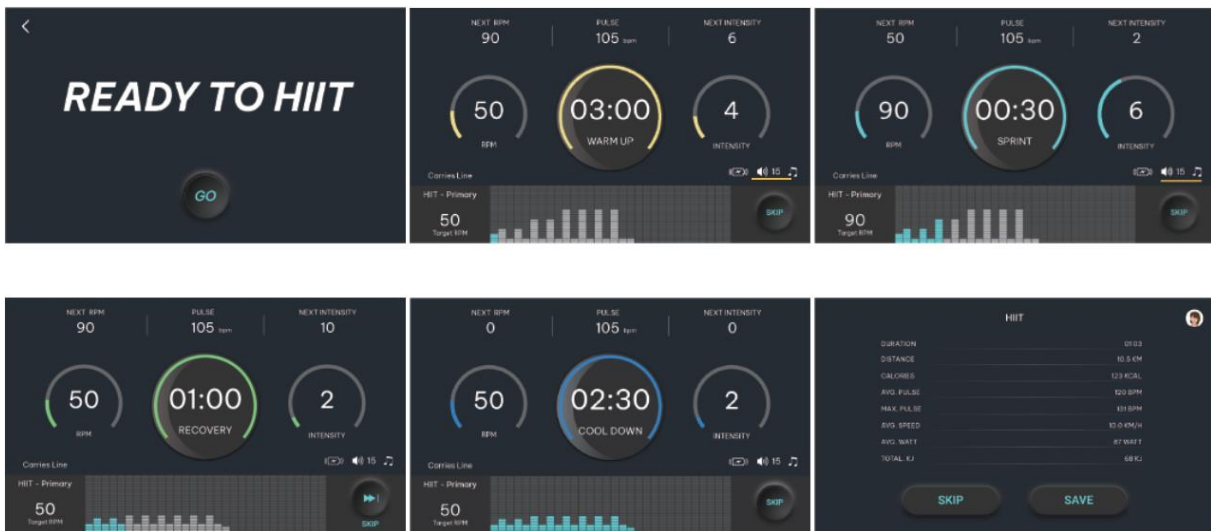
Step 2: Select a user or practice as a guest.

Step 3: Choose program values.



Step 4: Press Next to start the program. The HIIT program is divided into segments according to colors: warm-up (yellow), sprint (blue-green), recovery (green), calm down (blue). Press SKIP to move to the next screen.

Step 5: After completing the exercise, the exercise summary will be displayed.



## ADVANTAGES OF RECUMBENT

Recumbents are an excellent choice when it comes to stabilizing the lumbar back of your back, as you sit back while training on exercise bike you bend forward. Recumbent therefore supports better body holding.

Recumbents are also more favorable to your joints. The bottom of the back is laid on a large, stable saddle, and your knees and ankles are protected from possible injury.

The fact that the saddle is larger is often the biggest difference compared to classical exercise bike. Just the comfort of sitting is the difference that everyone who experiences this type of exercise bike will feel.

Recumbent is also a good option for most people with neurological disorders. If your back or joints suffer from rheumatoid arthritis, recumbent may be the best solution for you because of the weight distribution of your body.

## 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.

## **MAINTENANCE**

- Clean with a soft cloth and a non-aggressive cleaner.
- Do not use aggressive cleaning agents.
- Only wipe the electrical parts with a cloth. Avoid contact with water.

## **STORAGE**

Keep the recumbent 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 suitable for commercial 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 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** **inSPORTline s.r.o.**

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

CRN: 36311723  
VAT ID: SK2020177082

#### About shipping



Phone: +421(0)326 526 701  
E-mail: [objednavky@insportline.sk](mailto:objednavky@insportline.sk)  
[reklamacie@insportline.sk](mailto:reklamacie@insportline.sk)  
[servis@insportline.sk](mailto:servis@insportline.sk)  
Web: [www.inSPORTline.sk](http://www.inSPORTline.sk)