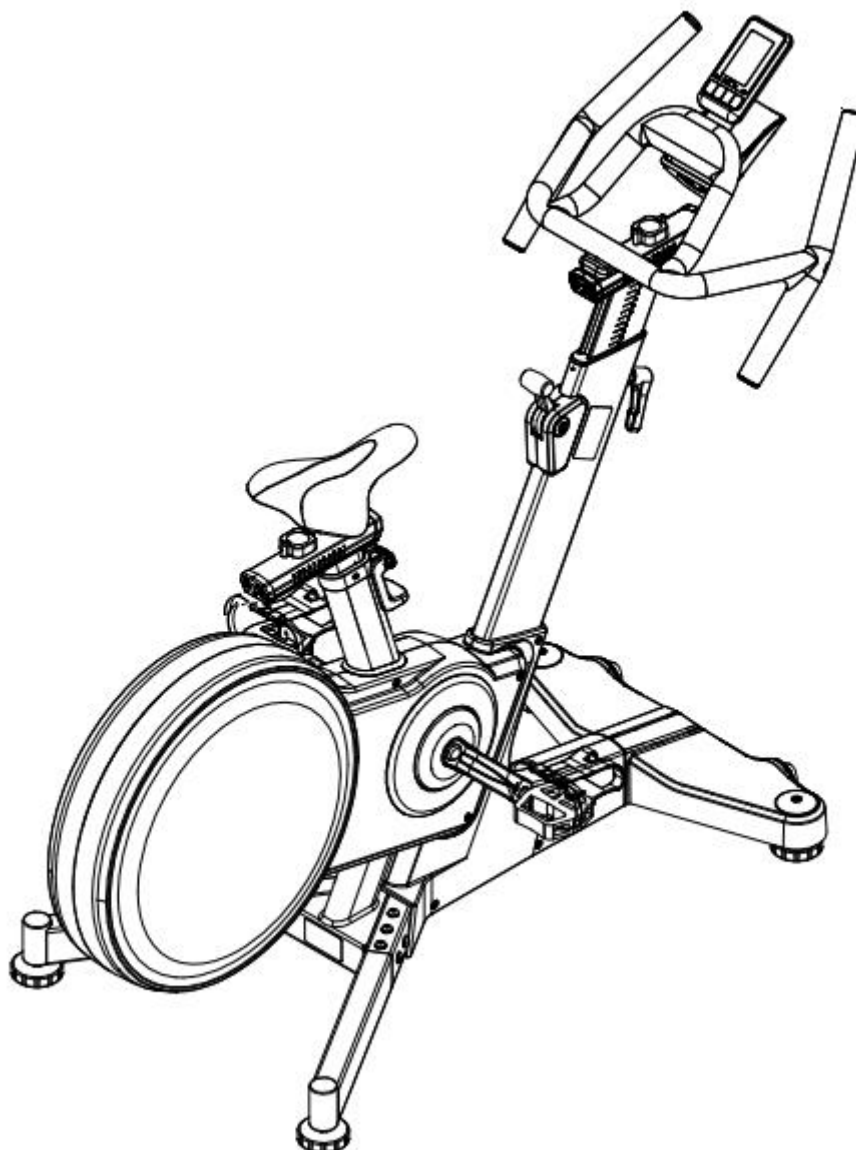




USER MANUAL – EN

IN 27227 Indoor bike inSPORTline ZenRoute 1000



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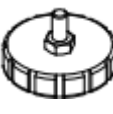
















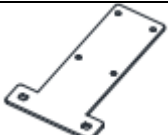
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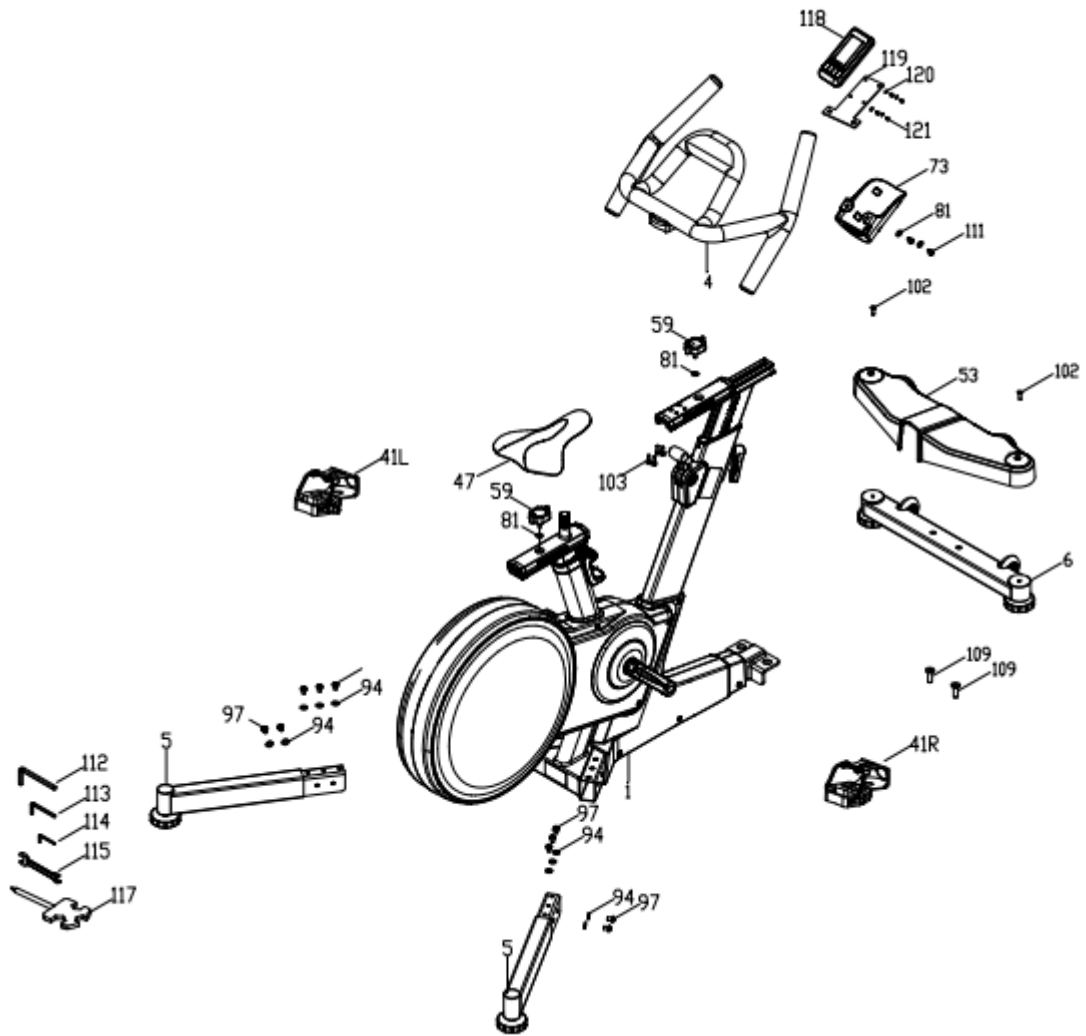
SAFETY INSTRUCTIONS

- Please read the manual before use and keep it for future reference.
- For safety reasons, perform regular checks to ensure that the device and its parts are not damaged or worn.
- If another person will 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 exercising, remove all dangerous objects with sharp edges from around the device.
- Do not use the device if it is not completely in order and fully functional.
- A damaged, worn or defective part must be replaced with a new one as soon as possible. Do not use the device until it has been properly repaired.
- Parents and guardians are responsible for the safety of children. Children's curiosity and love of play can lead to dangerous situations.
- The trainer is not a toy.
- Sufficient free space must be ensured around the entire device.
- Improperly conducted or excessive exercise can endanger your health.
- After completing the assembly, check that the adjusting feet and other adjustable parts of the device are correctly adjusted.
- Place the device on a flat surface and ensure its stability.
- Wear appropriate clothing and shoes for exercise. Clothing that could get caught in the device during exercise (e.g. clothing that is too long and loose) is not suitable. 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 trainer 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. If necessary, place a suitable anti-slip mat under the device to prevent damage to the surface under the device.
- Exercise equipment and aids are not toys and should always be used correctly. Therefore, this device may 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.
- Children and disabled people can only exercise on the device under the supervision of a qualified person who will ensure the correct exercise procedure.
- Be careful when exercising and be careful not to injure yourself or the people around you by the moving parts of the device.
- All adjustable parts of the device must be set correctly with regard to their extreme positions.
- Do not exercise immediately after eating.
- **Maximal weight limit:** 120 kg
- **Category:** SB for commercial use

- The console is powered by 2x AAA 1.5V batteries.
- The sensor is powered by 1x CR2032 battery.

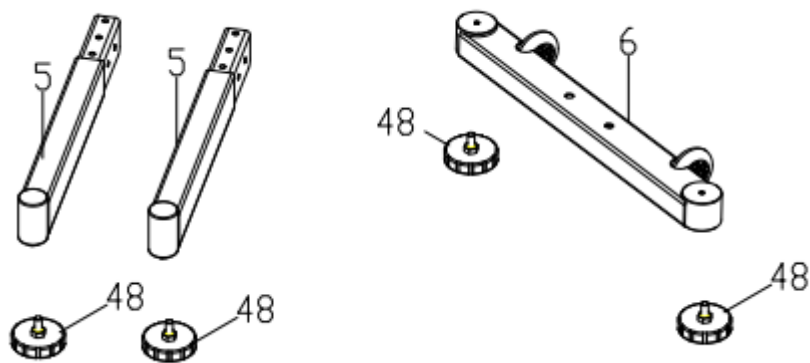
ASSEMBLY

			
1. Main frame	4. Handles	5. Rear stabilizers	6. Front stabilizers
			
41. L/R pedals	47. Seat	48. Adjustable feet	53. Front stabilizer cover
			
59. Hand knob 2x	73. Holder	81. Washer Ø6*Ø16*t 1,6 4x	94. Washer Ø9*Ø16*t1,6 10x
			
97. Bolt M8*12 10x	102. Bolt M6*20 2x	103. Bolt M6*12 4x	109. Bolt M10*30 2x
			
111. Bolt M6*20 2x	112. Allen key #6	113. Allen key #5	114. Allen key #4
			
115. Wrench 13 – 15	117. Screwdriver #13 #14 #17	118. Console	119. Console holder



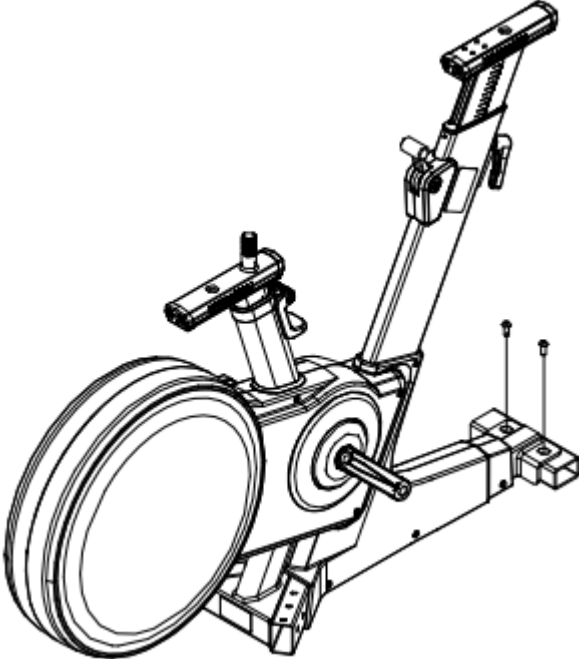
Step 1

Attach the feet (48) to the stabilizers (5 and 6).



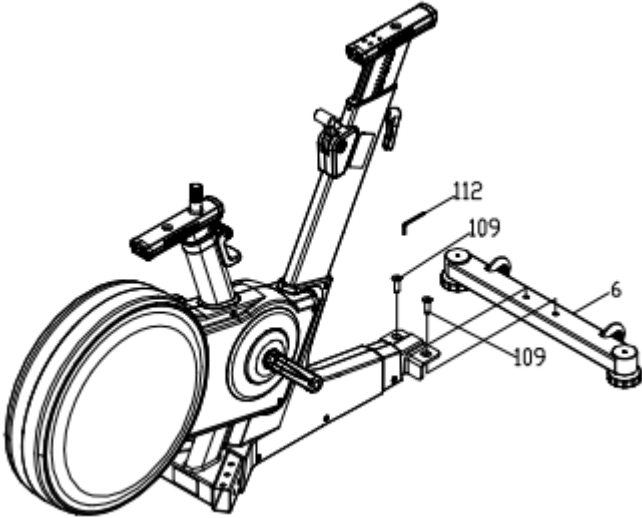
Step 2

Unscrew the bolts from the front of the main frame (1).



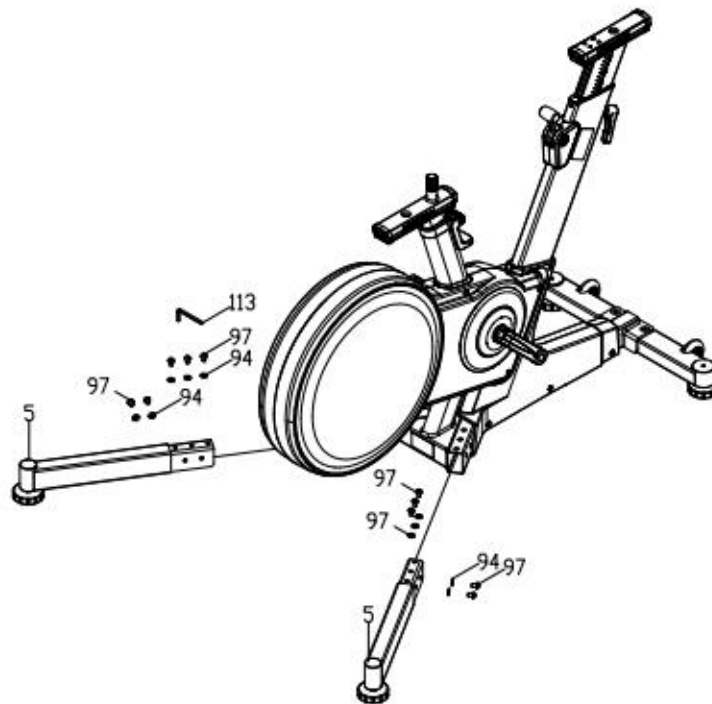
Step 3

Attach the front stabilizer (6) to the main frame with M10*30 bolts (109).



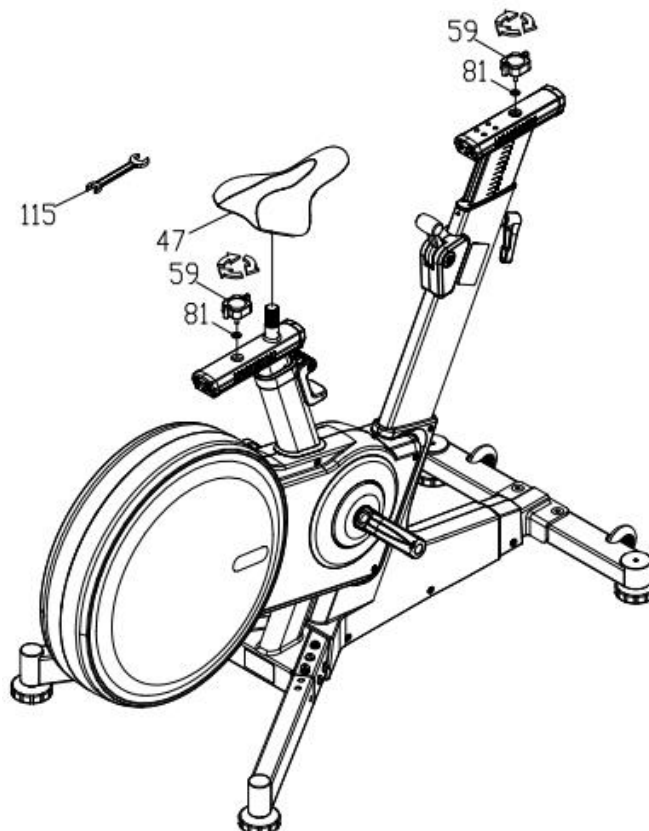
Step 4

Attach the rear stabilizer (5) to the main frame (1) with 4x M8*12 bolts (97) and Ø9*Ø16*t1.6 washers (94) on both sides.



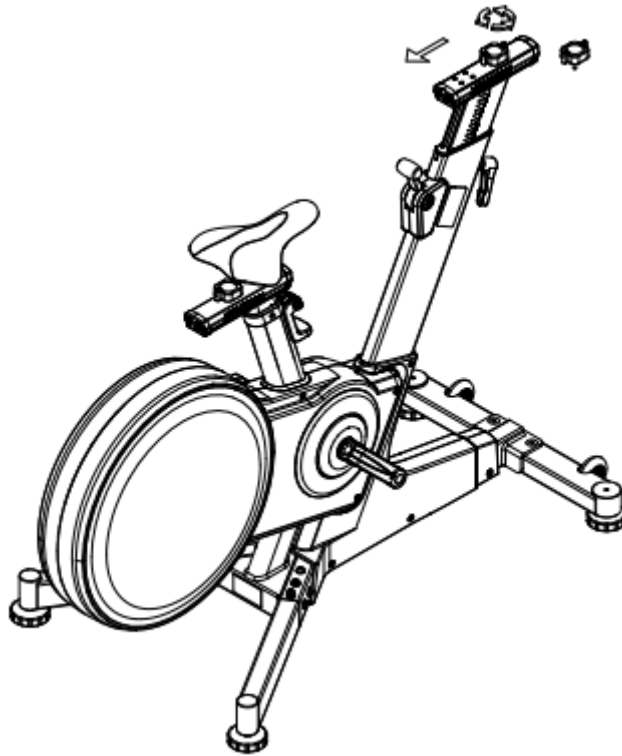
Step 5

Attach the saddle (47) to the seat post. Attach the knob (59) and washer (81) to the saddle slider.



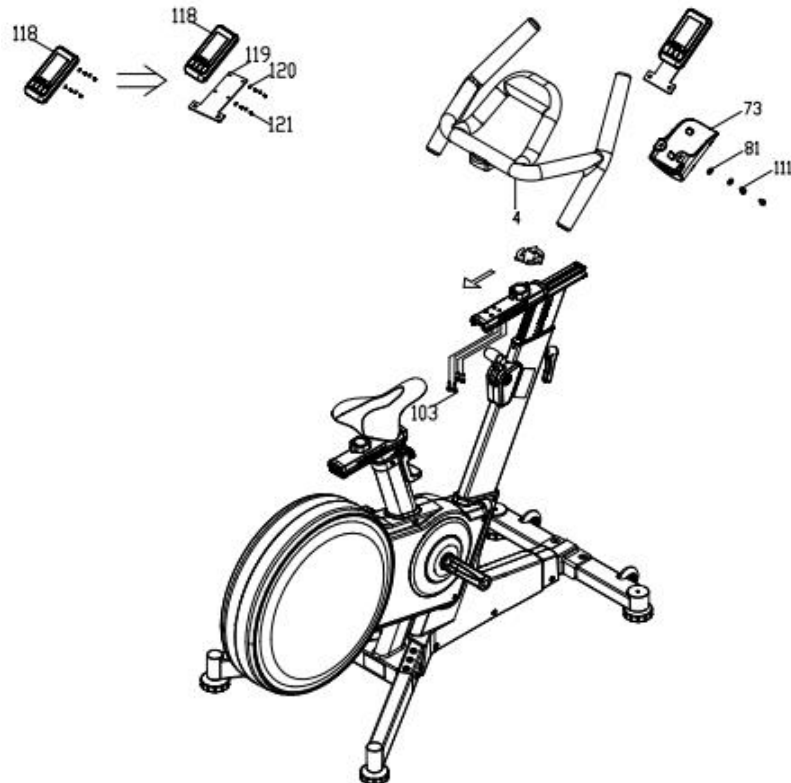
Step 6

Slowly slide the hand knob and move handle holder backward.



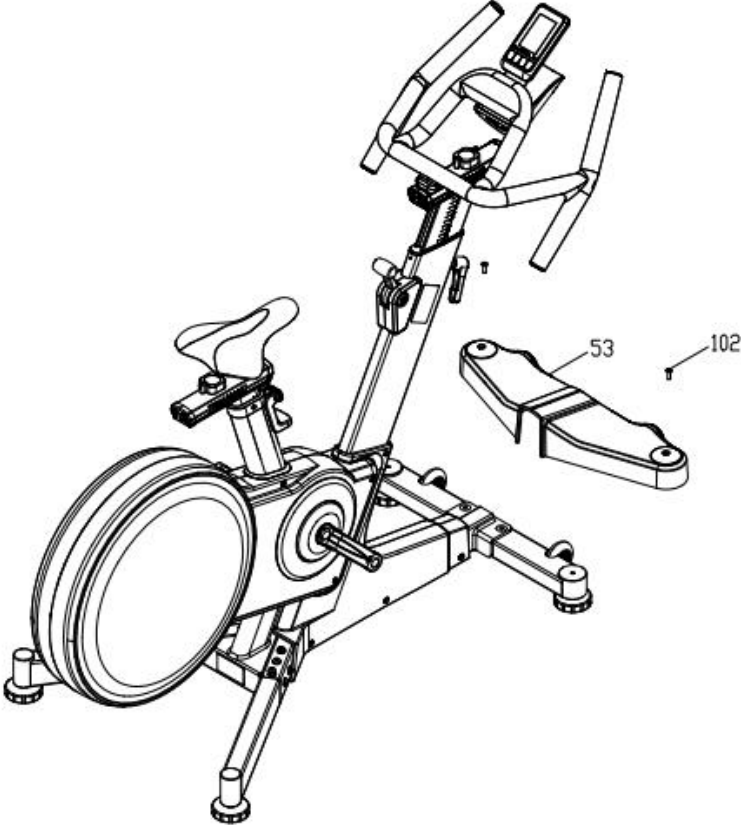
Step 7

Attach the handles (4) to the holder with M6*15 bolt (103). Attach the phone holder (73) and console (118). Attach the console (118) to the console holder (119) with M4*12 bolts (121), washers (120). Attach all parts to the handles using M6*15 bolts (111) and washers (81).



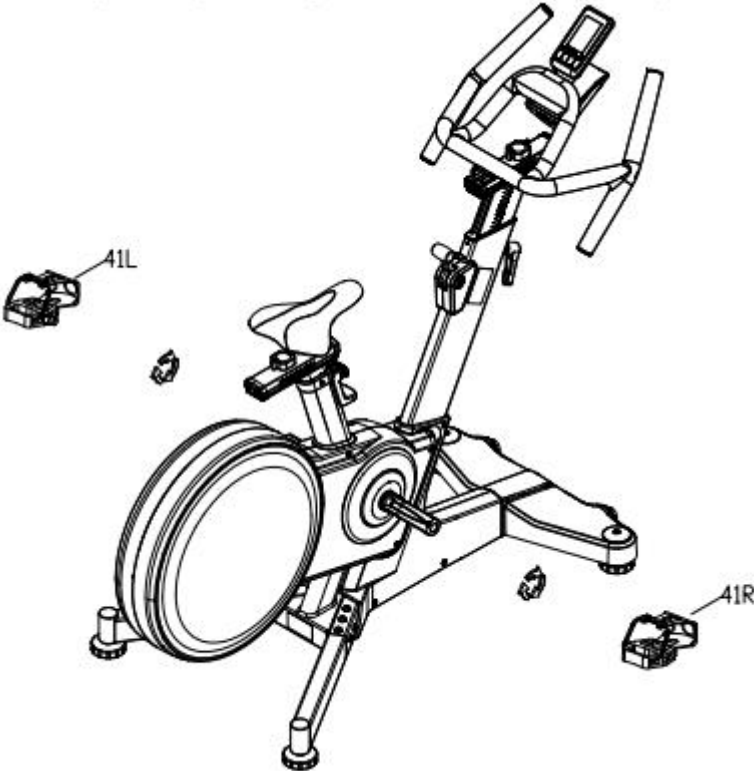
Step 8

Attach front stabilizer cover (53) to front stabilizer (6) with bolts (102).



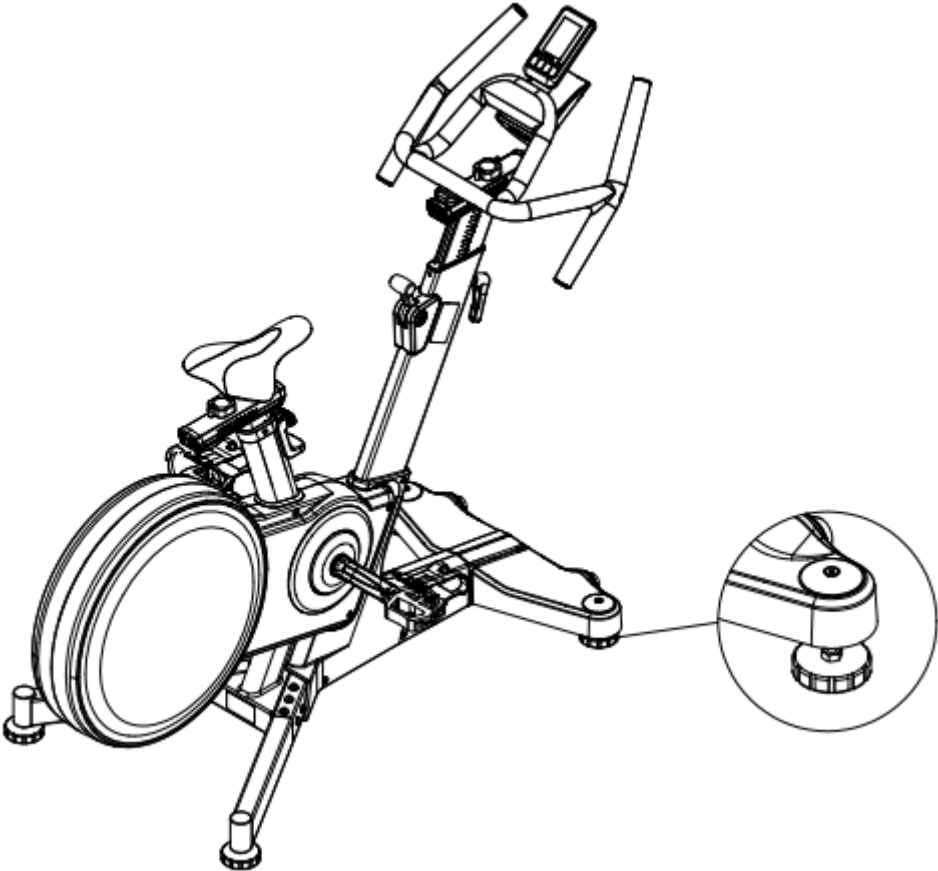
Step 9

Attach the pedals (41L/41R) to the cranks using the wrench as shown.



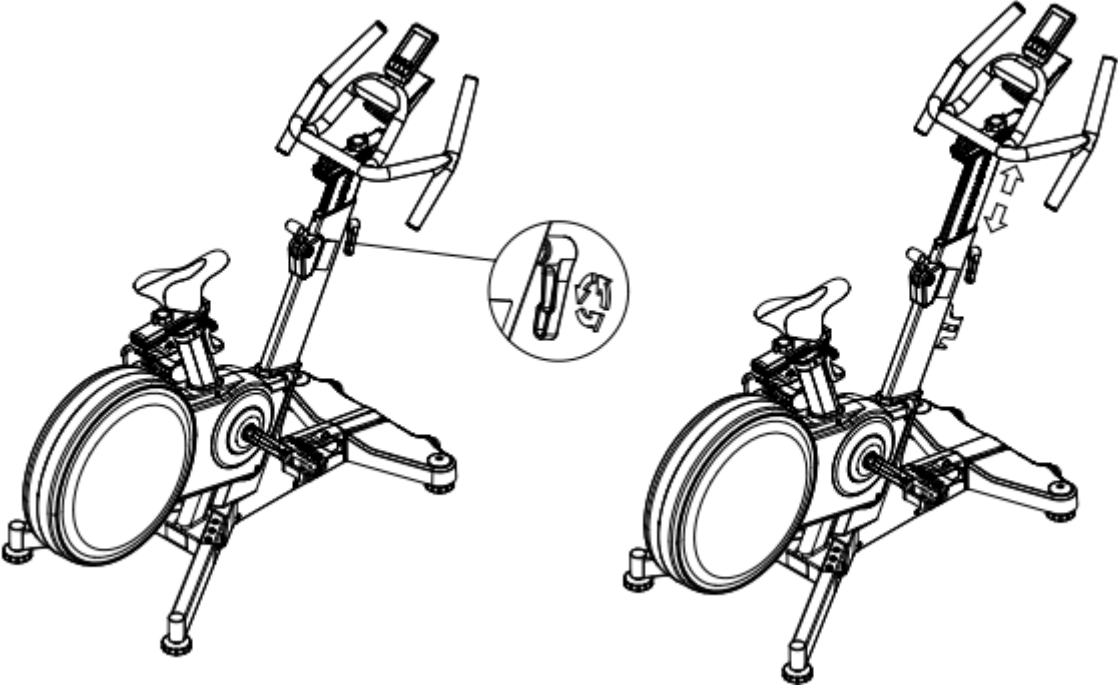
Leveling

Use the adjustable feet to level the machine.



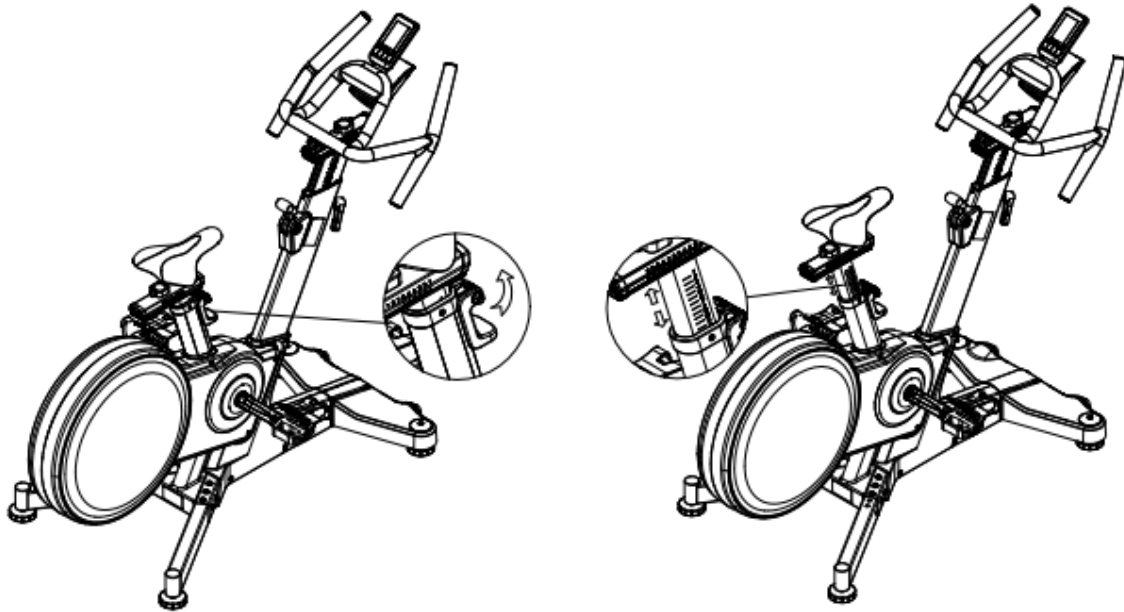
Handles adjustment

Release the lever and adjust the desired height of the handles. Then tighten the lever again.



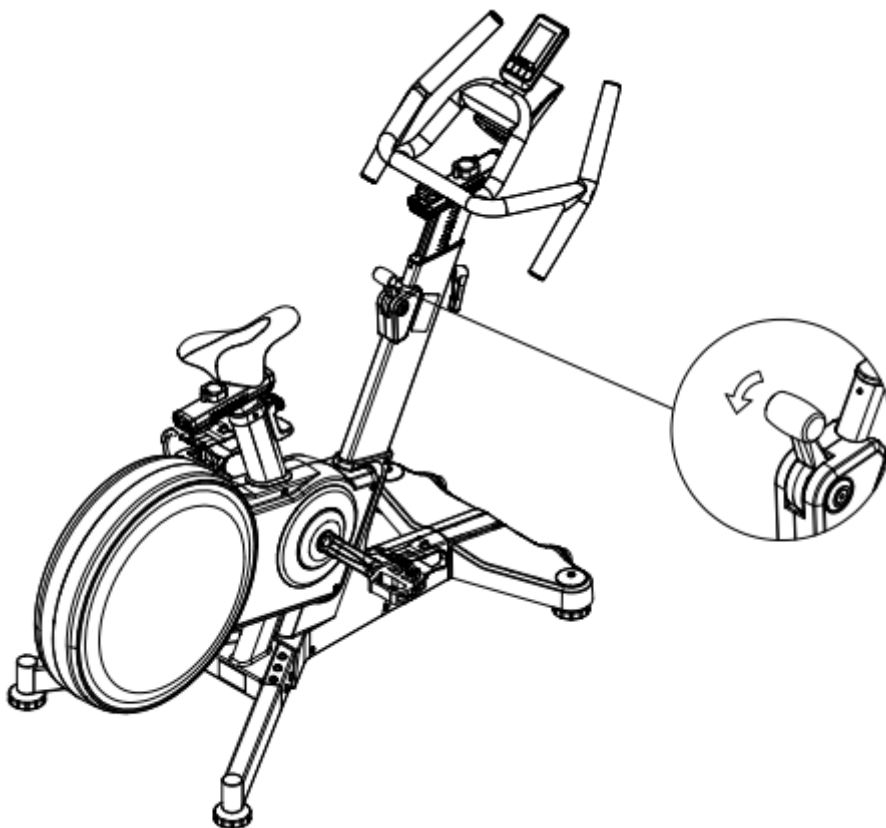
Seat height

Release the lever and adjust the seat height. Then tighten the lever again.

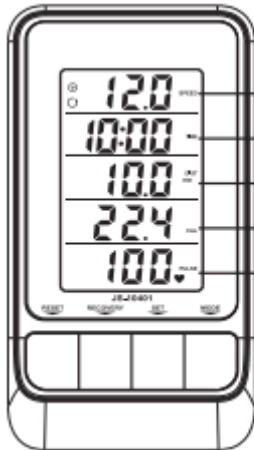


Resistance adjustment

Use the lever below to adjust the resistance. The upper position means higher resistance. Push the lever down to brake.



CONTROL PANEL



A. Speed / avg. speed / max. speed

B. Time

C. Distance

D. Calories / RPM

E. Pulse / avg. pulse / max. pulse

BUTTONS

MODE

Select displayed function.

Switching the displayed data or starting a cyclic data display: speed - average speed - max. speed - calories - revolutions per minute - heart rate - average heart rate - maximum heart rate

Hold for 2 seconds to reset data.

SET

Sets the countdown of the selected value.

Switching the displayed data or starting a cyclic data display: speed - average speed - max. speed - calories - revolutions per minute - heart rate - average heart rate - maximum heart rate

RESET

It resets the value to zero during the countdown.

RECOVERY

You start the heart rate recovery program.

FUNCTION

A. Speed / avg. speed / max. speed

Display speed / avg. speed / max. speed.

B. Time

Time display

1. The time will be counted from the beginning of the exercise. It will stop if no motion is detected for 6 seconds.

2. Countdown: the maximum value is 99 min, the setting is after 1 min. The value will be subtracted from the set value. When 0 is reached, an audible signal will sound.

C. Distance

Distance display in KM or miles

1. The distance will be counted from the beginning of the exercise.

2. Countdown: the maximum value is 99 km/mile, the setting is 0.1 km/mile. The value will be subtracted from the set value. When 0 is reached, an audible signal will sound.

D. Calories / RPM

Calories / revolutions per minute

1. Calories will be counted from the beginning of the exercise, the current rotation speed will be displayed.
2. Countdown: max. 999 calories, setting is 1 calorie. The value will be subtracted from the set value. When 0 is reached, an audible signal will sound.

5. Pulse / avg. pulse / max. pulse

It will display the values of current heart rate, average heart rate and maximum heart rate in the range of 40 - 220 beats per minute.

6. Automatic shutdown

If the console does not detect any movement or button press for 4 min, it saves the measured data and turns off.

PAIRING

The console is powered by 2x AAA 1.5V batteries. The sensor is powered by 1x CR2032 battery. Console and sensor use 433M frequency. After replacing the console batteries, pedal for 2 min, it will be paired. After the pairing is complete, the values will appear on the display.

RESET

If the console is in data display mode, holding the RESET button for 2 seconds will reset all data.

COUNTDOWN

If the machine is not in operation, you can press the MODE button to select the desired value (time - distance - calories), after selecting the value, press SET to set the value of the countdown (hold to set the value faster). Press RESET to reset the set value.

DISPLAY OF VALUES

If no countdown is set, you can display different measured values or display them in a cycle by pressing SET.

RECOVERY FUNCTION

You must wear a chest belt or grab the sensors on the handles. A 1 min countdown will start, when the countdown is complete, the result will be displayed F1 (best) - F6 (worst).

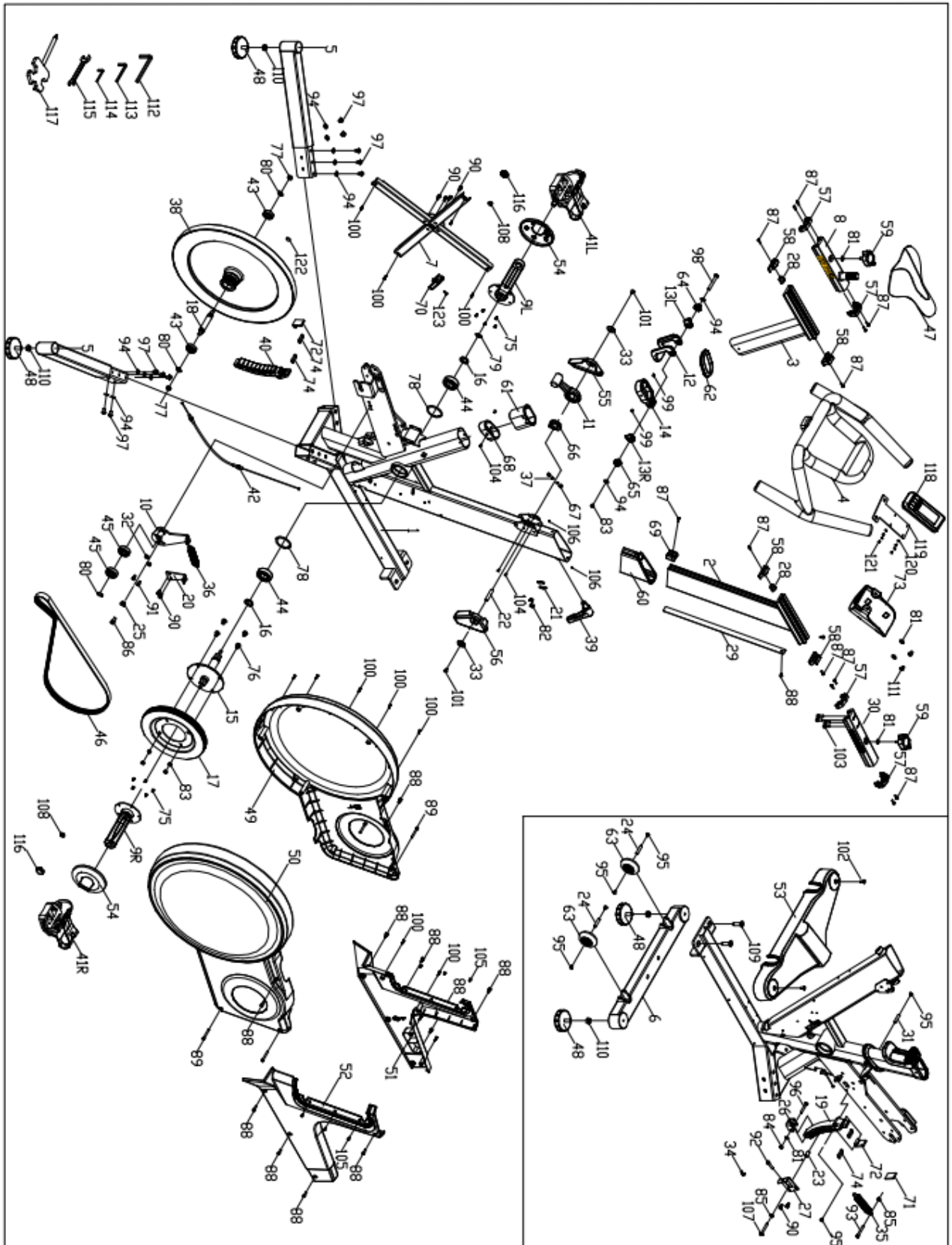
BATTERY REPLACEMENT

If the data on the display is difficult to read, the batteries need to be replaced. Always replace both batteries. The console is powered by 2x AAA 1.5V batteries.

If the console does not receive a signal from the sensor, the battery in the sensor needs to be replaced. The sensor is powered by 1x CR2032 battery. After replacing the sensor battery, make sure that the distance between the sensors is less than 10 mm.

After replacing the batteries, you need to pair the console and the sensor.

DRAWING



PARTS LIST

No.	Name	Qty.	No.	Name	Qty.
1	Main frame	1	37	Spring \emptyset 0.6* \emptyset 4.6*6.6L	2
2	Middle post	1	38	Cast iron flywheel ϕ 450*18KG	1
3	Seat post	1	39	Paw	1
4	Handles	1	40	Magnet	9
5	Rear stabilizer	2	41L/R	Pedals	2
6	Front stabilizer	1	42	Brake cable	1
7	Cross frame	1	43	Bearings 6003ZZ	2
8	Saddle slider	1	44	Bearings 6205ZZ	2
9 L/R	Cranks	2	45	Bearings 6203ZZ	2
10	Freewheel shaft	1	46	PK belt	1
11	Brake lever	1	47	Seat	1
12	Saddle adjustment lever	1	48	Adjustable feet	4
13 L/R	Seat assembly	1	49	Chain cover – L	1
14	Outer saddle case	1	50	Chain cover – R	1
15	Belt pulley axis	1	51	Upper front cover - L	1
16	Pulley spacer	2	52	Upper front cover - R	1
17	Belt pulley	1	53	Front stabilizer cover	1
18	Load wheel axle	1	54	Axis cover	2
19	Magnet holder	1	55	Brake cover – L	1
20	Hook spring	1	56	Brake cover – R	1
21	Disc holder	2	57	Slider top cover	4
22	Brake shaft	1	58	Slider bottom cover	4
23	Magenta holder sleeve	1	59	Hand screw	2
24	Movable wheel shaft	2	60	Vertical case	1
25	Guide pulley spacer sleeve	1	61	Seat post housing	1
26	Fixed cable connector plate	1	62	Seat post spacer ring	1
27	Magnetic adjustment plate	1	63	Transport wheels	2
28	Nut \emptyset 25*14H	2	64	Seat set – R	1
29	A top cover	1	65	Seat set – L	1
30	Saddle slider	1	66	A set of gears	1
31	Magneto seat rotating shaft	1	67	Gear 6.6*7*9.5L	2
32	Spacer sleeve	2	68	Seat post guide bushing	1
33	Movable wheel screw cover	2	69	Frame end cap 18.6*29*30	1
34	Cable compression plate T1.0	1	70	Solid shaft	1
35	Spring \emptyset 1.5* \emptyset 15*77.8L	1	71	Brake pads T3.5*20*44	1
36	Spring \emptyset 3.0* \emptyset 18*77L	1	72	Brake set	1

73	Holder	1	99	Bolt M4*6	2
74	Ring $\phi 22.5 * \phi 3.1$	2	100	Bolt BT4*15	13
75	Bolt BTM4*8	10	101	Bolt M6*15	4
76	Bolt M8*15	4	102	Bolt M6*20	2
77	Nut M10*P1.25	2	103	Bolt M6*15	4
78	Spring $\phi 52$	2	104	Bolt M4*8	4
79	C washer $\phi 25$	1	105	Bolt M4*8	6
80	C washer $\phi 17$	3	106	Bolt M4*5	2
81	Washer $\phi 6 * \phi 16 * t 1.6$	7	107	Bolt M6*40	1
82	Bolt BT3*8	4	108	Nut M12*P1.25	2
83	Nut M8	5	109	Bolt M10*30	2
84	Nut M6	1	110	Nut M10*8H	4
85	Nut M6	2	111	Bolt M6*20	2
86	Bolt M8*20	1	112	Allen key 6#	1
87	Bolt M4*12	13	113	Allen key 5#	1
88	Bolt M5*15	11	114	Allen key 4#	1
89	Bolt M5*40	4	115	Wrench 13-15	1
90	Bolt M6*10	8	116	Handle cover	2
91	Bolt M6*15	2	117	Screwdriver 13#14#17#	1
92	Bolt M6*20	1	118	Console	1
93	Bolt M6*25	1	119	Console holder	1
94	Washer $\phi 9 * \phi 16 * t 1.6$	12	120	Washer $\phi 4.3 * \phi 12 * T 0.8$	4
95	Bolt M5*8	6	121	Bolt M4*12	4
96	Bolt M6*40	1	122	Screw ST2.5*15	1
97	Bolt M8*12	10	123	Induction	1
98	Bolt M8*75	1			

USE

Exercise on the indoor bike is based on very simple movements, but you will surely fall in love with them. Thanks to simplicity of the exercise on the indoor bike in can be done by elderly people. Prior to exercise, it is necessary to adjust the height of the saddle. It is important that you sit comfortably. The bicycle saddle must be set so that you can hold the ergonomically shaped handles when sitting. You should not have fully extended hands. You can damage your muscles.

To ensure a comfortable and comfortable exercise, put your feet on the pedal. Nowadays, all modern pedals are equipped with straps for fastening and stabilizing of the foot. It is important for your foot to be firmly and safely positioned during exercise.

The basis of exercising on a bicycle is that the legs are moving on a specific elliptical path. This movement is very similar to cycling. When doing exercise on a bicycle, you just sit on the saddle with the right height, keep your feet firmly in the pedals, hold the ergonomically shaped handles and exercise.

It is advisable at the beginning to choose a lower load. If you exercise at regular intervals on an indoor bike, you can gradually increase the load. You can increase the load gradually over a week or two weeks. Selecting a high load during the start of training can lead to rapid fatigue and muscle damage.

When exercising, it's important to choose the right load and the right tempo. Try to keep it throughout the exercise. It is not recommended to choose a high pace right from the start. Increase tempo after about a week of regular exercise. The high pace is not equal to the faster burning of calories. Correct calorie burning is reflected in an appropriate and regular exercise. At the beginning of the exercise, the number of burned calories may seem low, but regular and appropriate exercise is the key to achieving the best results.

Exercise on the indoor bike also leads to the formation of muscles. It is mainly used to strengthen the thigh and calf muscles. While exercising on a bicycle, you also move your buttocks.

If you want to exercise right, you should not forget to breathe properly. Proper and regular breathing is recommended in any exercise. It is important to keep regular deep inhales and exhales. Regular and proper breathing during exercises on the indoor bike involves intense exercise of the abdominal muscles. It is advisable to practice 30-35 after consuming food. Failure to do so may result in less calories burned, and in older age even lead to digestive problems.

For best results, you should also consider your diet. It is recommended to start a day of eating sweet food and pastries or muesli with milk. For lunch is recommended to eat a caloric richer meal. Do not forget about the soup. In the evening, light meals are recommended. If you want to improve your health, it's not just a regular exercise but a whole diet.

Bicycle exercise is an effective exercise for all busy people. Exercise on the indoor bike is effective in strengthening muscles, especially thighs, calves and buttocks. Regular exercise can lead to a slimmer figure. Exercise is recommended not only as a winter training for cyclists but also for people who want to burn excess calories. Regular breathing, regular exercise, reasonable tempo, and balanced diet can lead to your desired results.

CORRECT BODY POSTURE

When training, keep your body upright, or you can learn your hand on your forearms. During pedaling, you should not have your legs fully extended. Your knees should be slightly bent when fully pressing down the pedal. Keep your head straight with your spine to minimize the pain of the cervical muscles and upper back muscles. Always exercise fluently and rhythmically.

EXERCISE 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

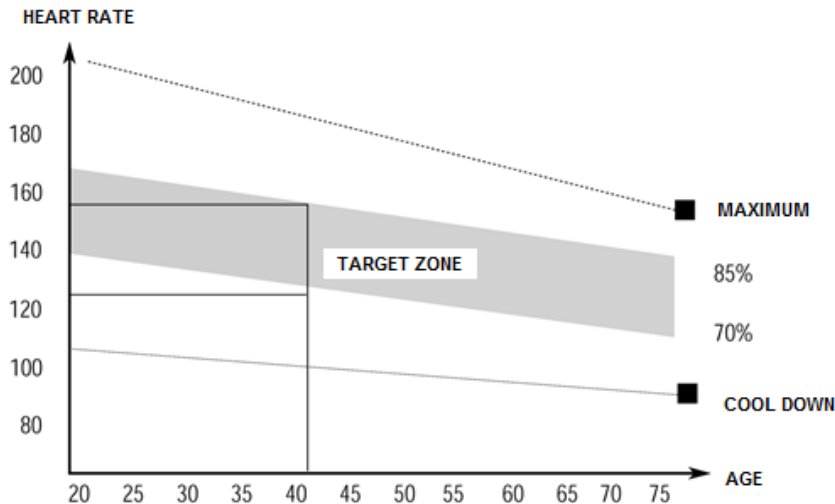
Sit on the floor and place your feet together. Knees are pointed outwards. Pull your feet as close as possible to your groin. Press your knees carefully downwards. Keep this position for 30-40 seconds if possible.



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 15 seconds. Keep your leg stretched and repeat exercising with other leg.

Exercise Stage. Regular exercise will make your muscles stronger. Keep the pace according to the chart during the training. Training should take at least 12 minutes.



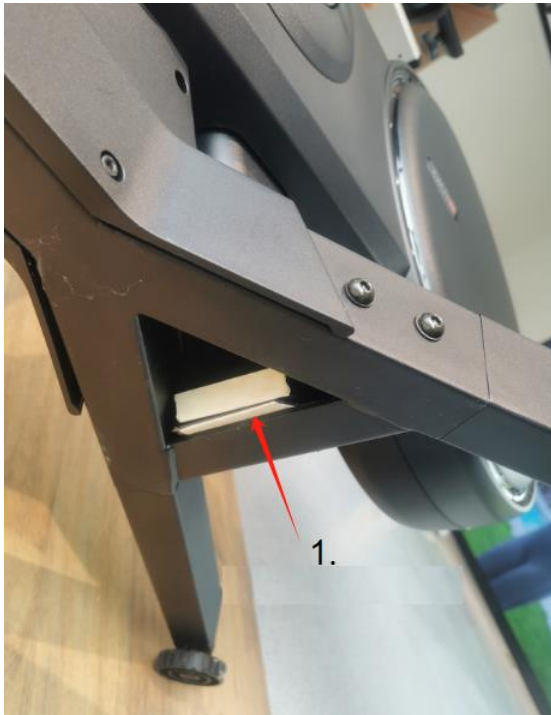
Then let the muscles calm down by reducing the pace for approx. 5 min. Then do the warm-up exercises. Train regularly at least 3 times a week.

MAINTENANCE

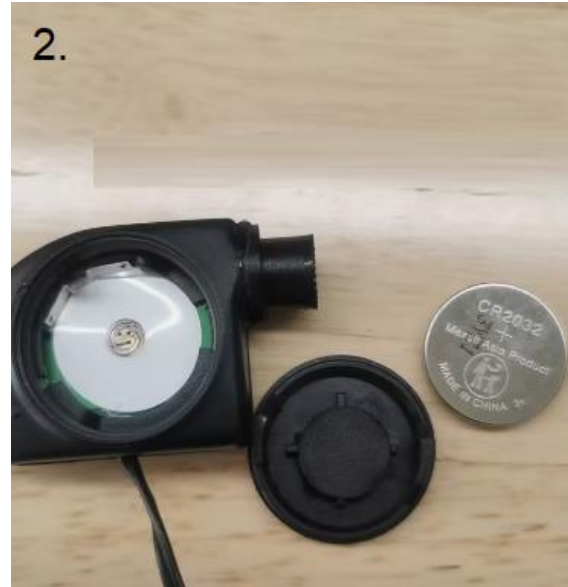
- When assembling, tighten all screws and adjust the bike to the horizontal position.
- Check the screws after 10 hours of use.
- Wipe the sweat after the exercise. Clean the device with a cloth and gentle cleanser. Do not use solvents or aggressive cleaners on the plastic parts.
- When noise is increased, it is necessary to check that all joints are tightened properly.
- Place the product in a clean, ventilated and dry room.
- Do not expose the device to direct sunlight.

BATTERY REPLACEMENT

If the console does not display data, it is possible that the sensor battery is dead. The sensor is powered by 1x CR2032 battery.



1. Sensor placement



2. Sensor battery replacement.

STORAGE

Keep the indoor bike in a clean and dry environment. Make sure that the indoor bike is not plugged in to the socket.

IMPORTANT NOTICE

- This indoor bike comes with standard safety regulations. 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 indoor 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 indoor bike is not suitable for 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 scrapyards.

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.

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About shipping

