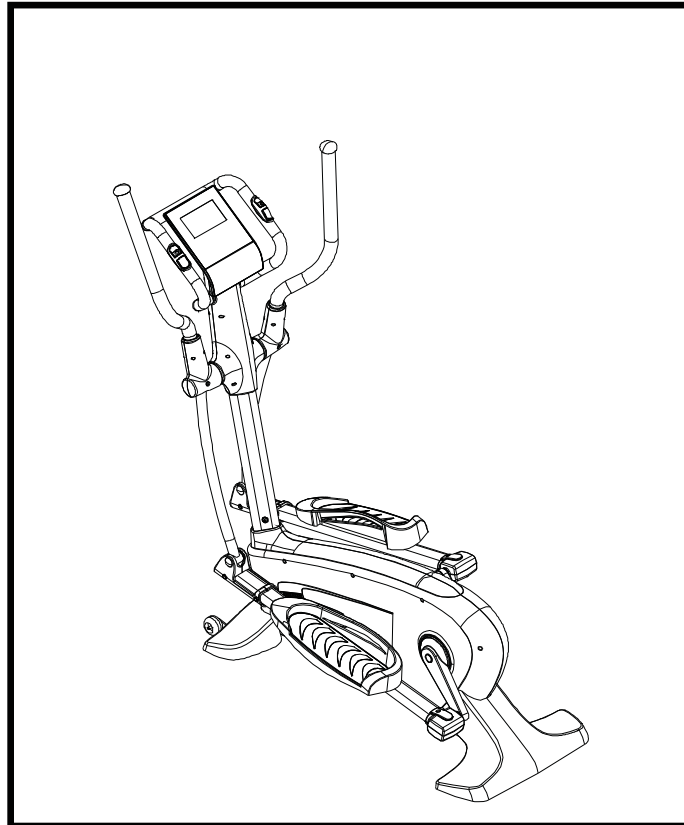




EN – inSPORTline programmable elliptical E-strider IN 2722

(model BE-7300-HB)

User manual



Supplier for CZ: Seven Sport s.r.o., Dělnická, Vítkov 749 01 / Tel.: +420-556 770 199

Supplier for SK: inSPORTline s.r.o., Bratislavská 36, 911 05 Trenčín / Tel: + 421 32 6526704

Supplier for PL: inSPORTline PL, ul. Kantorowicka 400, Kraków 31-763 / Tel.: +48-012-4173850

Supplier for HU: inSPORTline Hungary Kft., Kossuth Lajos u.65, Esztergom 250 0 / Tel.: +36-33-313242

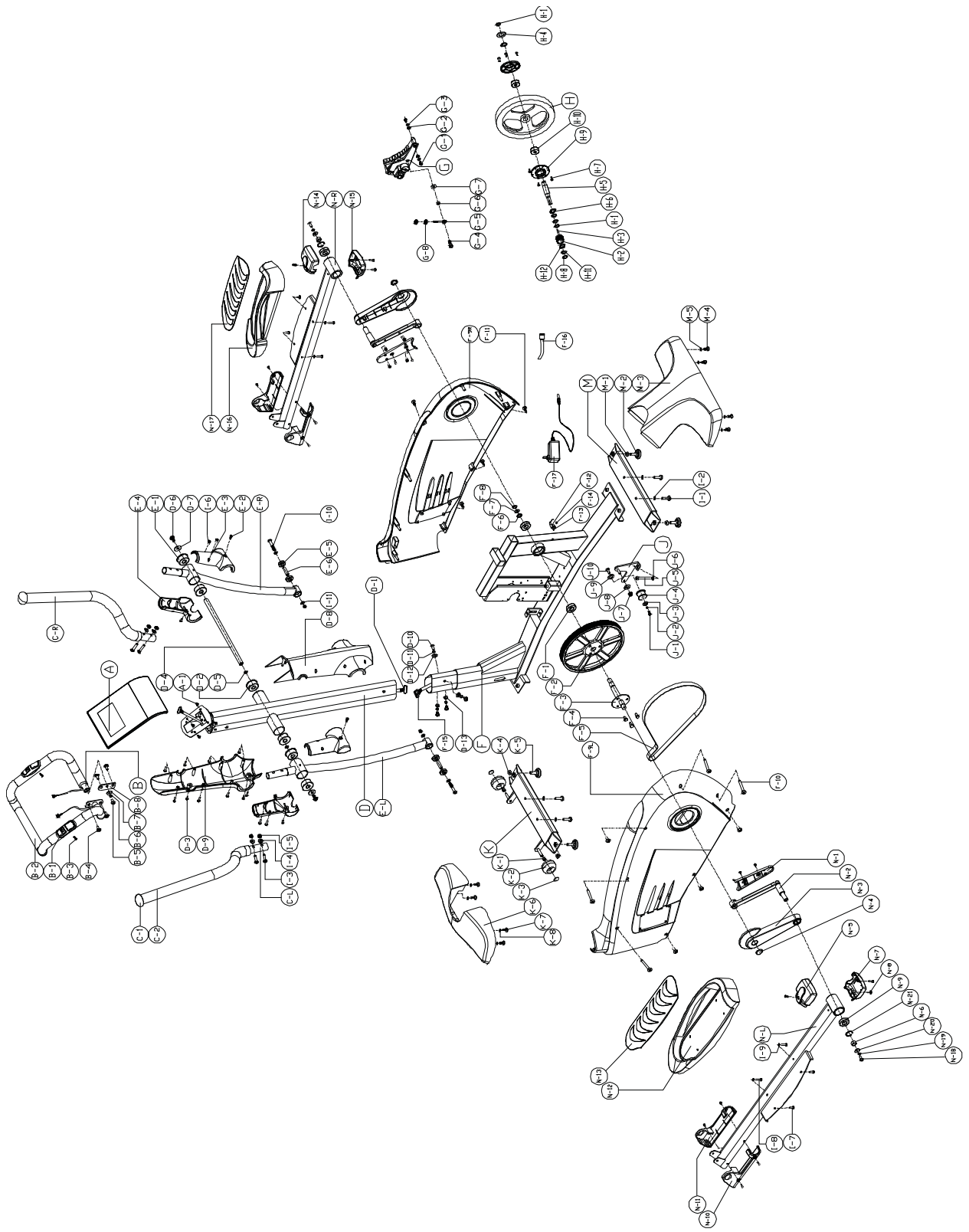
Supplier for RO: Total Sport Equip.S.R.L., Apuseni 1, Deva 330 18 / Tel: +40-0354-882222

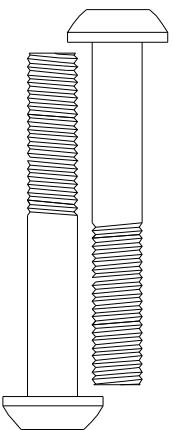
Supplier for SLO: FS SPORT d.o.o., Hosta13, Skofja Loka 4220 / Tel.: +386-0-45151880

Important Safety Information

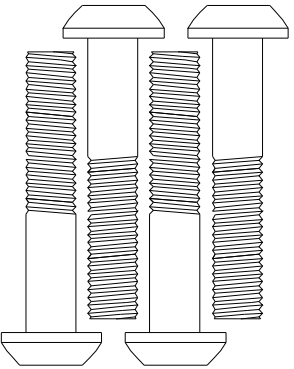
Please keep this manual in a safe place for reference.

1. It is important to read this entire manual before assembling and using the equipment.
Safe and efficient use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
2. Before starting any exercise program you should consult your doctor to determine if you have any physical or health conditions that could create a risk to your health and safety, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
3. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: Pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, feeling light headed dizzy or nauseous. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
4. Keep children and pets away from the equipment. The equipment is designed for adult use only.
5. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. For safety space, the equipment should have at least 0.5 meters of free space all around it.
6. Before using the equipment, check the nuts and bolts are securely tightened.
7. The safety level of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
8. Always use the equipment as indicated. If you find any defective components whilst assembling or checking the equipment, or if you hear any unusual noise coming from the equipment during use, stop. Do not use the equipment until the problem has been rectified.
9. Wear suitable clothing whilst using the equipment. Avoid wearing loose clothing which may get caught in the equipment or that may restrict or prevent movement.
10. The equipment has been tested and certified to EN957 under class H.C. Suitable for domestic, home use only. Maximum weight of user: 150kg. Braking is speed independent.
11. The equipment is not suitable for therapeutic use.
12. Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or use assistance.
13. All moveable accessories (eg. pedal, handlebar, saddle....etc.) require weekly maintenance. Check them before use every time. If anything broken or loose, please fix them immediately. You may continue using bike after they return to good conditions.
14. **If you experience any problems or require assistance, please contact our customer services on 01274 693888. This is only available for UK residents.**

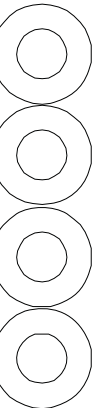




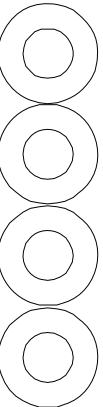
NO:1-10 allen bolt M8*P1.25*55L (2PCS)



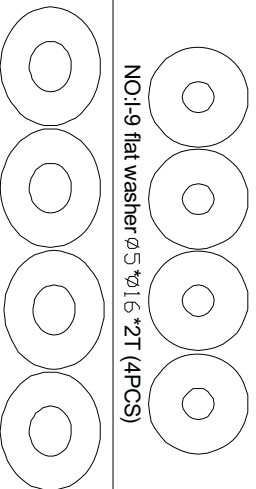
NO:1-1 allen bolt M8*P1.25*45L (4PCS)



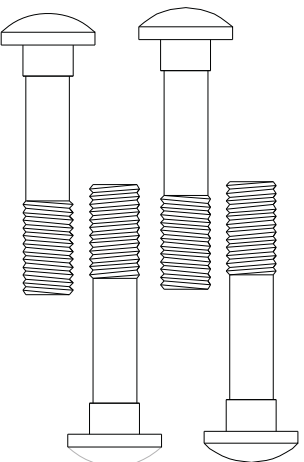
NO:1-11 flat washer ϕ 8* ϕ 16*1T (4PCS)



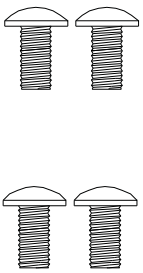
NO:1-2 flat washer ϕ 8* ϕ 16*2T (4PCS)



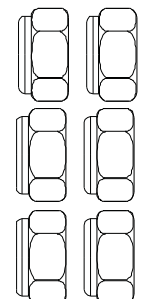
NO:1-9 flat washer ϕ 5* ϕ 16*2T (4PCS)



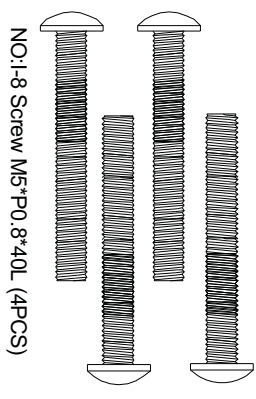
NO:1-4 Curved Washer for M8 bolt (4PCS)



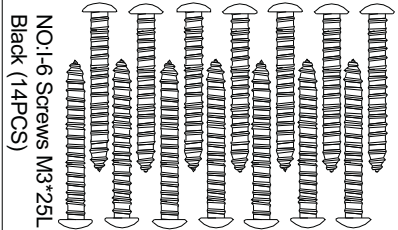
NO:1-3 Carriage Bolt M8*P1.25*40L (4PCS)



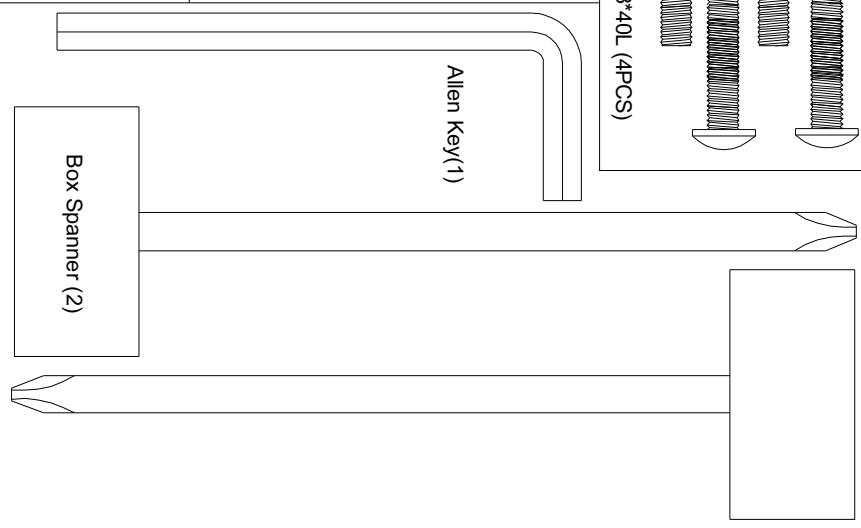
NO:1-7 Screw M5*P0.8*10L (4PCS)



NO:1-5 lock nut for M8 (6PCS)

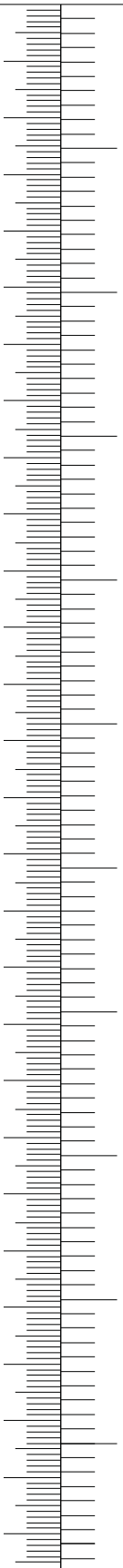


NO:1-8 Screw M5*P0.8*40L (4PCS)



Allen Key(1)

Box Spanner (2)



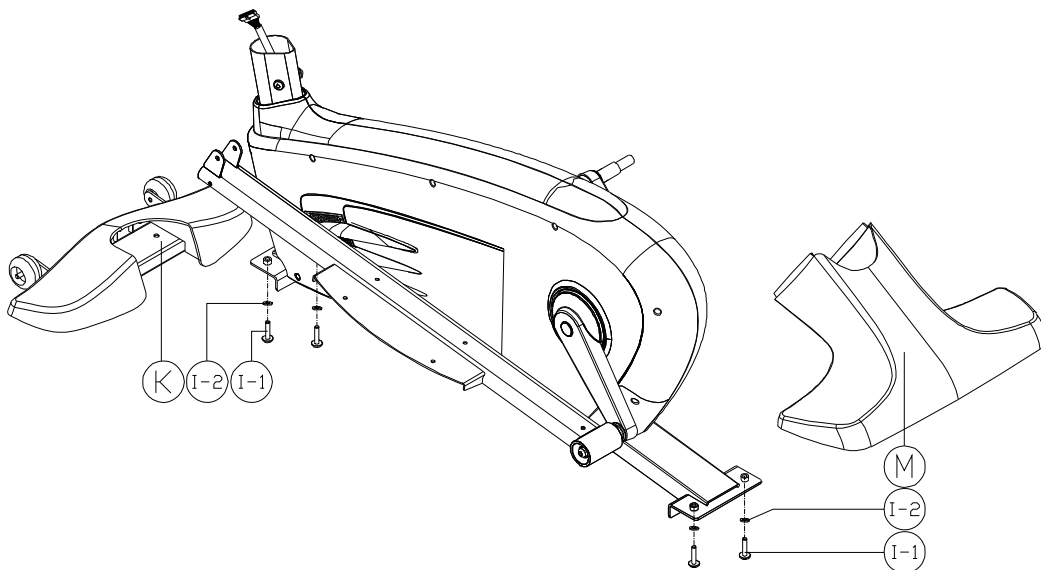
PARTS LIST

PART NO.	DESCRIPTION	QTY	PART NO.	DESCRIPTION	QTY
A	Computer	1	F-8	C type hook	1
A-1	Screw (M5*10)	4	F-9L/R	Chain cover (L/R)	1
B	Fixed handlebar	1	F-10	Screw (M4*50)	5
B-1	Pulse sensor	2	F-11	Screw	8
B-2	Foam grip	1	F-12	Sensor base	1
B-3	Screw (M3*20)	2	F-13	Sensor	1
B-4	Hexagon bolt (M8*16)	4	F-14	Screw (M4*10)	1
B-5	Hexagon bolt (M8*20)	1	F-15	Lower cable	1
B-6	Spring washer (φ8.1)	1	F-16	DC cable	1
B-7	Flat washer (φ8)	1	F-17	Adaptor	1
B-8	Fixed handlebar plate	1	G	Magnetic set	1
C-L/R	Upper handrail (L/R)	1	G-1	Screw (M6*16)	2
C-1	End cap	2	G-2	Flat washer (φ6)	2
C-2	Foam grip	2	G-3	Spring washer (φ6)	2
D	Front post	1	G-4	Screw (M8*22)	1
D-1	Upper cable	1	G-5	Bolt (M6*63)	1
D-2	Bushing	2	G-6	Bushing	1
D-3	Screw (M5*14)	2	G-7	Flat washer (φ8)	1
D-4	Handrail post	1	G-8	Nut (M6)	2
D-5	Wave washer (φ17.5)	2	H	Fly Wheel	1
D-6	Screw (M8*20)	2	H-1	C type hook	2
D-7	Washer (φ8)	2	H-2	Little belt wheel	1
D-8	Front post cover (Front)	1	H-3	Bolt	1
D-9	Front post cover (Rear)	1	H-4	Flat washer (φ17.5)	3
D-10	Hexagon bolt (M8*16)	4	H-5	Fly Wheel axle	1
D-11	Spring washer (φ8.1)	4	H-6	Wave washer (φ17.5)	2
D-12	Flat washer (φ8)	2	H-7	Screw (M5*8)	6
D-13	Washer (φ8)	2	H-8	C type hook	1
E-L/R	Lower handrail (L/R)	1	H-9	Fly wheel cover	2
E-1	Bushing	4	H-10	Bearing	2
E-2	Screw (M5*14)	4	H-11	Flat washer (φ17.5)	1
E-3	Handrail cover (Front)	2	H-12	Wave washer (φ15.5)	1
E-4	Handrail cover (Rear)	2	I-1	Screw (M8*45)	4
E-5	Bearing	4	I-2	Flat washer (φ8)	4
E-6	Bushing	2	I-3	Screw (M8*40)	4
F	Main frame	1	I-4	Washer (φ8)	4
F-1	Bearing	2	I-5	Nylon nut (M8)	6
F-2	Belt wheel	1	I-6	Screw (M3*25)	14
F-3	Axle	1	I-7	Screw (M5*10)	4
F-4	Screw (M8*12)	3	I-8	Screw (M5*40)	4
F-5	Belt	1	I-9	Flat washer (φ5)	4
F-6	Wave washer (φ20)	1	I-10	Hexagon bolt (M8*55)	2
F-7	Flat washer (φ20.3)	1	I-11	Flat washer (φ8)	4

PARTS LIST

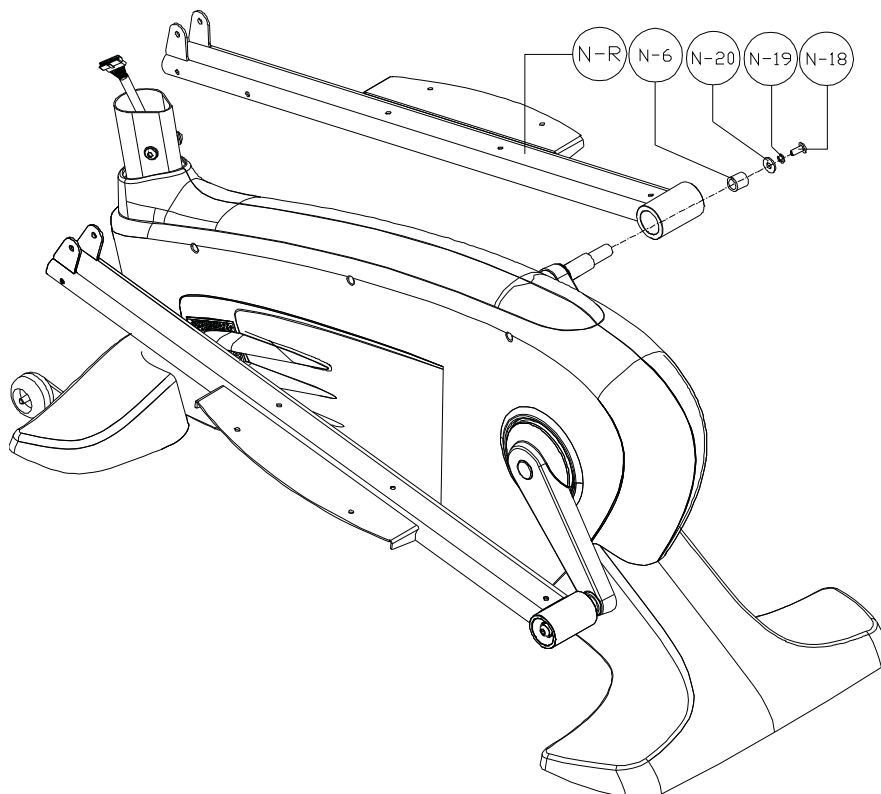
PART NO.	DESCRIPTION	QTY	PART NO.	DESCRIPTION	QTY
J	Idler	1	M-4	Screw (M3*25)	4
J-1	Screw (M6*12)	1	M-5	Flat washer (φ4)	4
J-2	Spring washer (φ6)	1	N-L/R	Pedal tube (L/R)	1
J-3	Flat washer (φ6)	1	N-1	Crank cover (Inside)	2
J-4	Bearing	1	N-2	Crank	2
J-5	Screw (M6*50)	1	N-3	Crank cover (Outside)	2
J-6	Flat washer (φ8)	1	N-4	Crank cover end cap	2
J-7	Nylon nut (M8)	1	N-5	Rear plastic cover for left pedal arm(Upper)	1
J-8	Flat washer (φ8.5)	1	N-6	Bushing	2
J-9	Flat washer (φ8.5)	1	N-7	Rear plastic cover for left pedal arm(Lower)	1
J-10	Screw (M8*20)	1	N-8	Screw (M5*14)	12
K	Front stabilizer	1	N-9	Bearing	2
K-1	Bushing	2	N-10	Front plastic cover for pedal arm(Left)	2
K-2	Wheel	2	N-11	Front plastic cover for pedal arm(Right)	2
K-3	Nut (M8)	2	N-12	Left pedal	1
K-4	Nut	2	N-13	Left pedal pad	1
K-5	Adjustable stopper	2	N-14	Rear plastic cover for right pedal arm(Upper)	1
K-6	Front stabilizer cover	1	N-15	Rear plastic cover for right pedal arm(Lower)	1
K-7	Screw (M3*25)	4	N-16	Right pedal	1
K-8	Flat washer (φ4)	4	N-17	Right pedal pad	1
M	Rear stabilizer	1	N-18	Screw (M8*16)	2
M-1	Nut	2	N-19	Spring washer (φ8.1)	2
M-2	Adjustable stopper	2	N-20	Flat washer (φ8.5)	2
M-3	Rear stabilizer cover	1	N-21	C type hook	2

ASSEMBLY INSTRUCTION



STEP 1

Attach the Rear Stabilizer (pt. M) to the Main Frame using two Screw (M8*45) (pt.I-1) and two Flat washer (φ 8) (pt.I-2). Attach the Front Stabilizer (pt. K) to the Main Frame using two Screw (M8*45) (pt.I-1) and two Flat washer (φ 8) (pt.I-2).



STEP 2

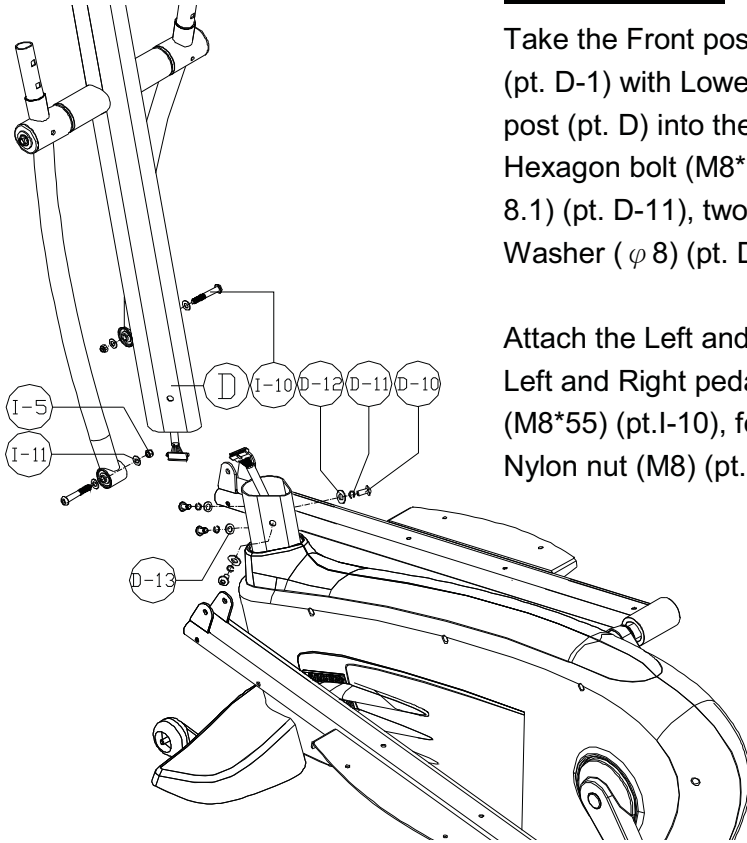
Assemble the Left pedal tube (pt. N/L) to the left crank using Busing (pt.N-6), Flat washer (φ 8.5) (pt.N-20), Spring washer (φ 8.1) (pt.N-19) and Screw (M8*16).

Repeat the above step for the Right pedal tube.

STEP 3

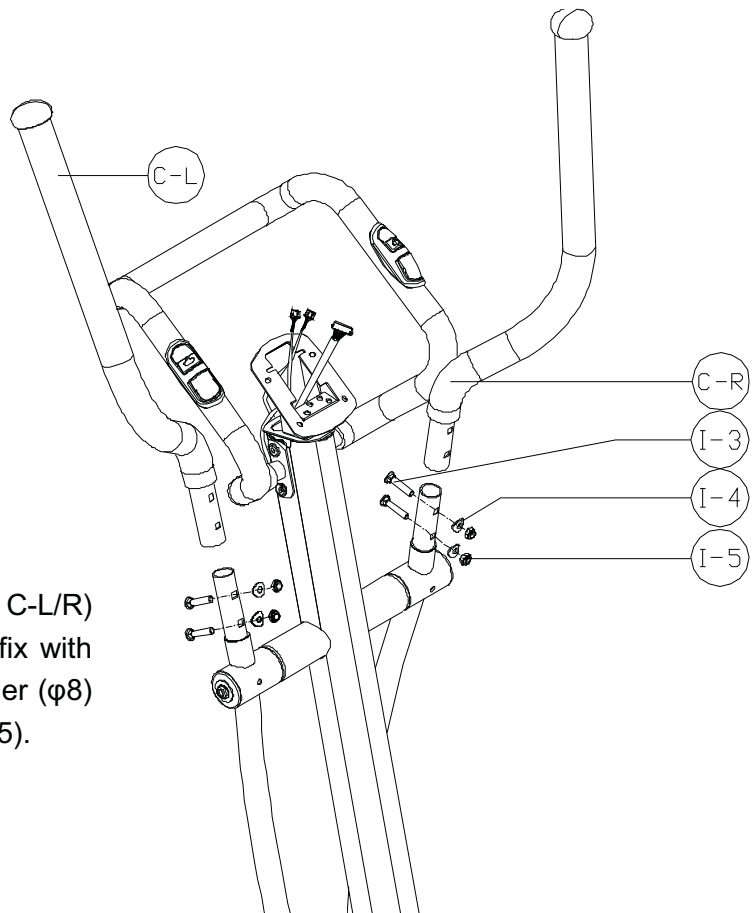
Take the Front post (pt. D) and connect the Upper cable (pt. D-1) with Lower cable (pt. F-24). Then slide the Front post (pt. D) into the Front post housing with Four Hexagon bolt (M8*16) (pt. D-10), four Spring washer (φ 8.1) (pt. D-11), two Flat washer (φ 8) (pt. D-12) and two Washer (φ 8) (pt. D-13).

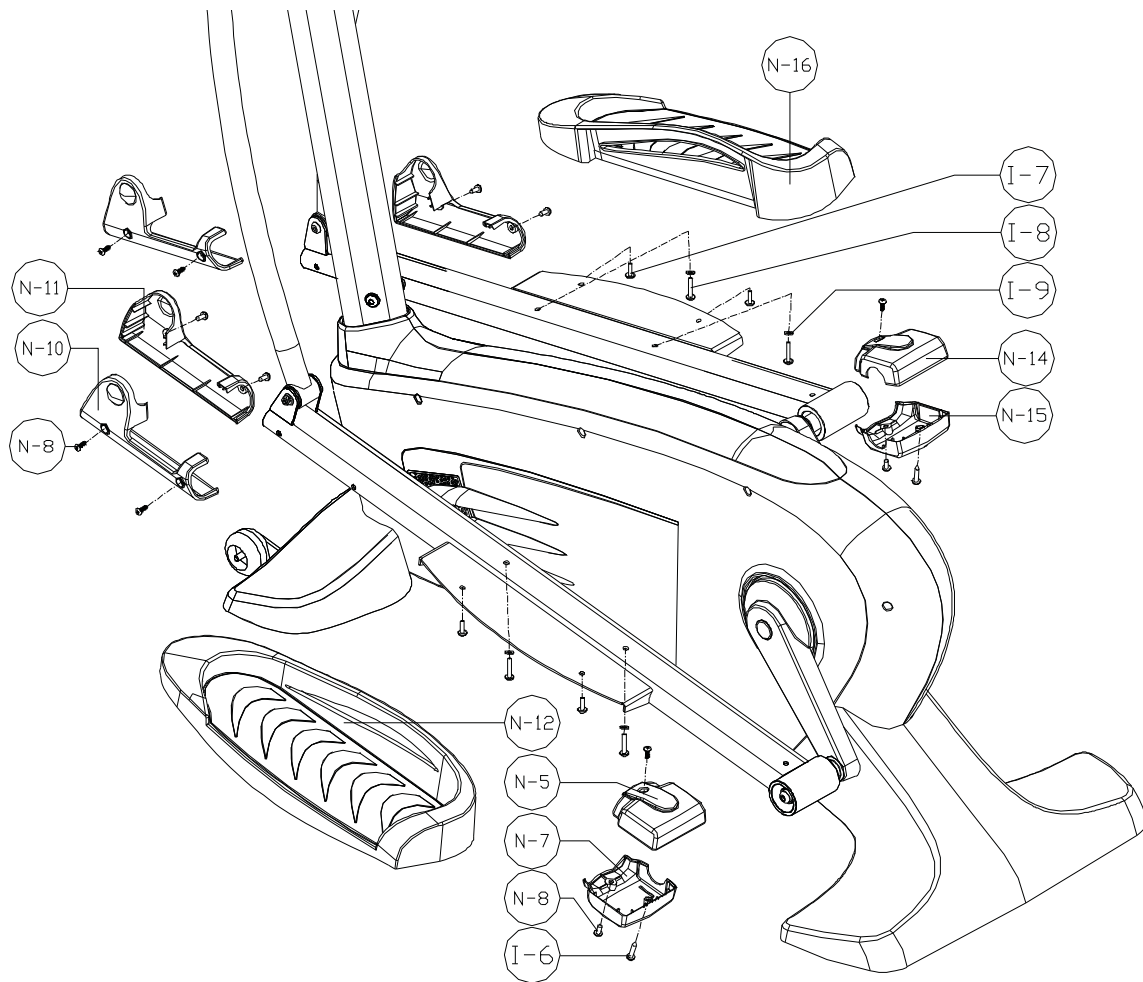
Attach the Left and Right lower handrail (E-L/R) to the Left and Right pedal tube (N-L/R) using tow Hexagon bolt (M8*55) (pt. I-10), four flat washer (φ 8) (pt. I-11) and two Nylon nut (M8) (pt. I-5).



STEP 4

Slide the upper handrail L & R (pt. C-L/R) into the Lower handrail L & R, then fix with four Screw (M8*40) (pt. I-3), four washer (φ 8) (pt. I-4), and four Nylon Nut (M8) (pt. I-5).





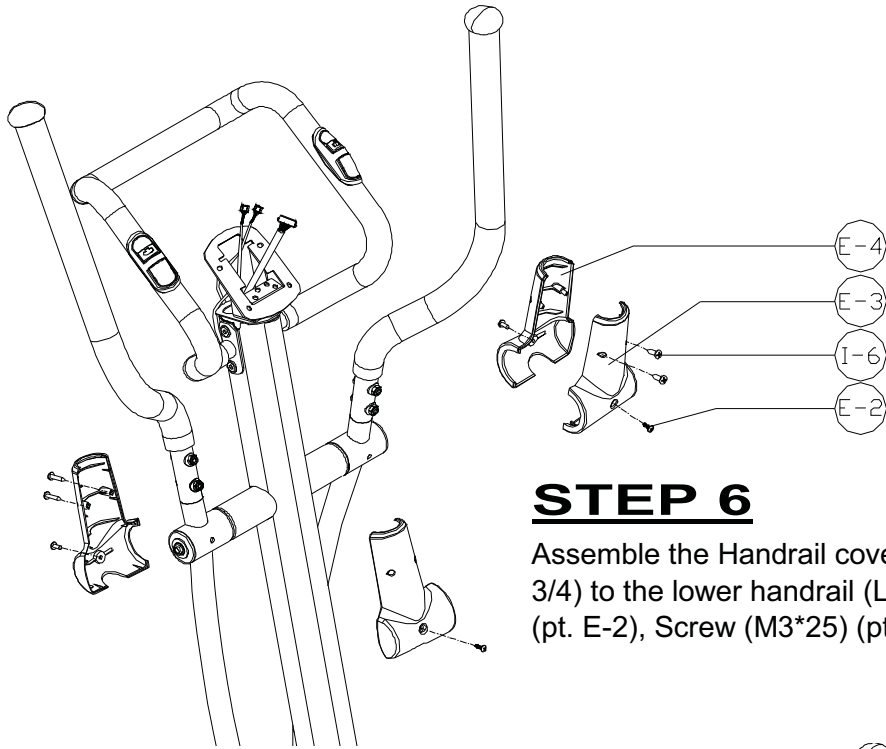
STEP 5

Attach the Left and Right pedal (pt. N-12/16) to the Pedal tube (pt. N-L/R) using four Screw (M5*10) (pt. I-7), four Flat washer ($\phi 5$) (pt. I-9) and four Screw (M5*40) (pt. I-8).

Assemble the Rear plastic cover for left pedal arm (Upper & Lower) (pt. N-5/7) using Screw (M5*14) (pt. N-8), Screw (M3*25) (pt. I-6) and Screw.

Assemble the Rear plastic cover for right pedal arm (Upper & Lower) (pt. N-14/15) using Screw (M5*14) (pt. N-8) Screw (M3*25) (pt. I-6) and Screw.

Finally assemble the front plastic cover for pedal arm (Left & Right) (pt. N-10/11) using Screw.

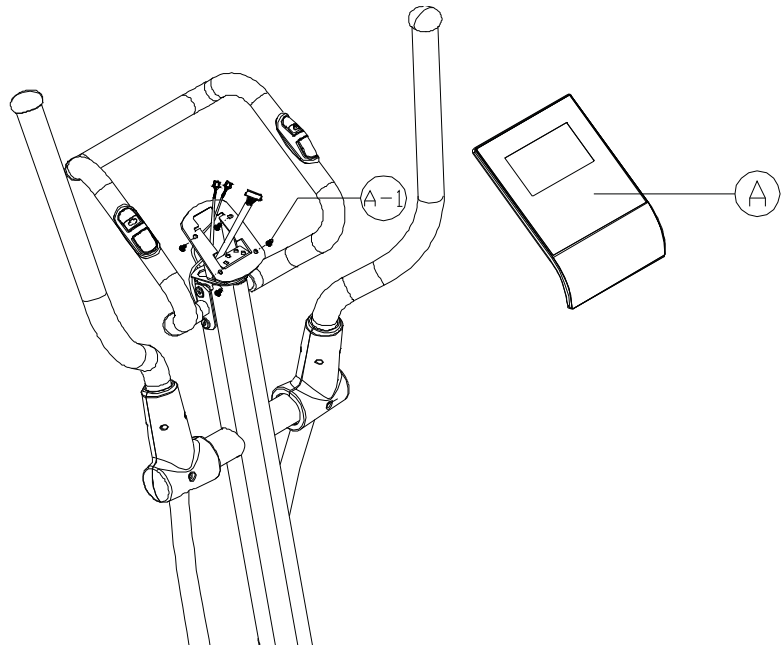


STEP 6

Assemble the Handrail cover (Rear & Front) (pt. E-3/4) to the lower handrail (L/R) using Screw (M5*14) (pt. E-2), Screw (M3*25) (pt. I-6) and Screws.

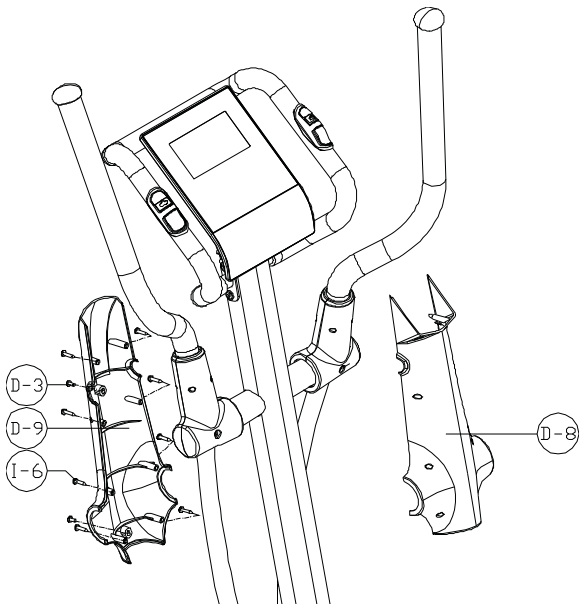
STEP 7

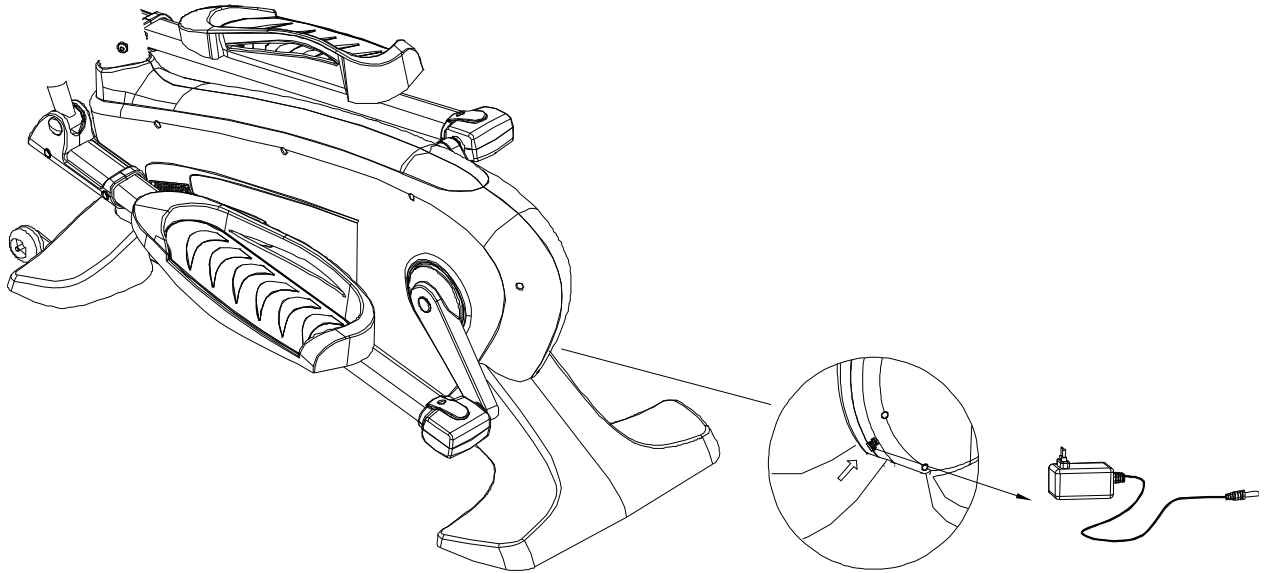
Plug the Upper cable (pt. D-1) and Pulse wire into the computer cable box at the back of the computer (pt. A), and slide the computer down to the computer bracket situated at the top of the front post. Then fix with four Screw (M5*10) (pt. A-1)



STEP 8

Assemble the Front post cover (Front & Rear) (pt. D-8/9) to the Front post using Screw (M5*14) (pt. D-3), Screw (M3*25) (pt. I-6) and Screws.



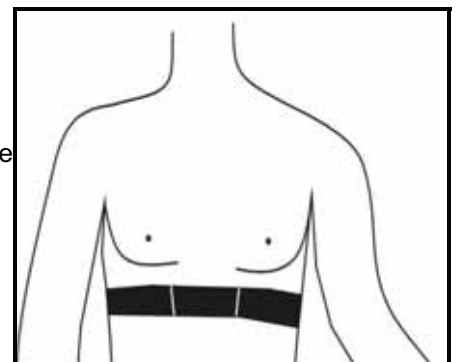


STEP 9

please plug the adapter into the socket situated in the rear of the chain cover. See photo
please

Instruction manual of the transmitter belt fitting

1. To fit the transmitter belt to the chest skin tightly. (Before fitting, please take off the clothes)
5. To adjust the belt position as per sketch drawing shown.
6. To adjust the tightness, make sure the transmitter belt is touched to the chest skin closely.
7. To keep straight direction from the monitor and have a closer distance between the monitor and your body in 80 cm to maximum 100 cm.

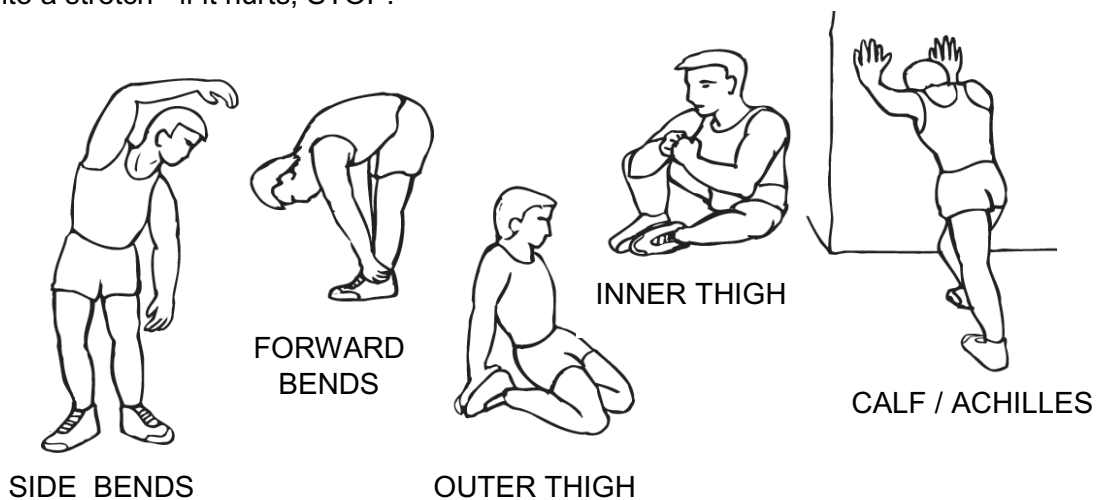


EXERCISE INSTRUCTIONS

Using your **PROGRAMMABLE ELLIPTICAL STRIDER** will provide several benefits, it will improve your physical fitness and flexibility, tone muscles and in conjunction with a calorie controlled diet help you lose weight.

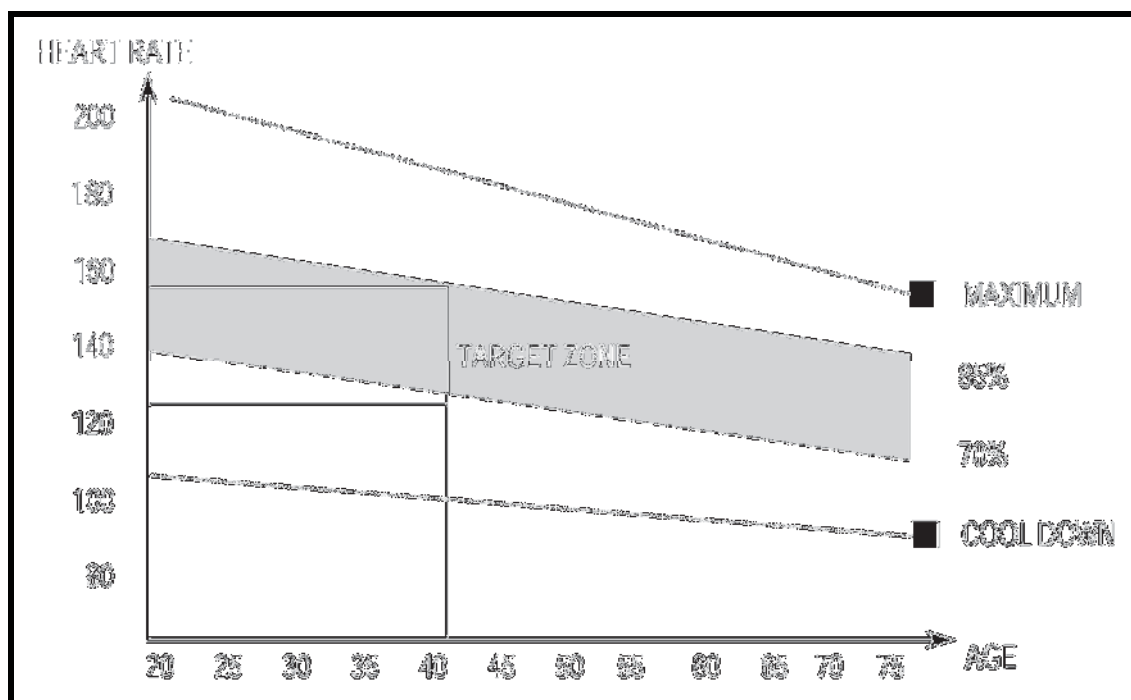
1.The Warm Up Phase

This stage helps to 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.



2.The Exercise Phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work to your own level but it is important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes though most people start at a lower level and build up to about 15-20 minutes

3. The Cool Down Phase

This stage is to let your cardio-vascular system and muscles gradually slow and cool 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 remembering 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.

MUSCLE TONING

To tone muscle while on your strider you will need to have the resistance set quite high. This will put more strain on your leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance making your legs work harder. You will have to reduce your speed to keep your heart rate in the target zone.

WEIGHT LOSS

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

TROUBLE SHOOTING.

2. **Computer not working correctly.** If your computer is not working correctly, please check whether the lower sensor wire is connected to the upper sensor wire, and make sure the upper sensor wire is connected to the computer. (**SEE STEP 3 & STEP 7.**)

SAFETY

1. Make sure all parts are securely fastened before using your cycle - tighten any loose nuts and bolts.
2. Always consult your physician before engaging in any exercise program.
3. Wear sensible clothing while exercising.
4. Do not let children around the bike whether it is in use or not
5. Do not exercise within 2 hours of eating a large meal, or for one hour before.
6. Exercise should be stopped if any of the following occur: Nausea, Trembling, Extreme Shortness of Breath, Excessively Fast Heart Rate, A Throbbing Head or Pains in the Chest. Your physician should be consulted if any of the symptoms of discomfort persist.

Programmable Training Computer

【DISPLAY FUNCTION】

TIME : Count up - No preset target, TIME will count up from 00:00 to maximum 99:59 with each increment is 1 second.

Count down - If training with preset Time, Time will count down from preset to 00:00. Each preset Increment or decrement is 1 minute between 1:00 to 99:00.

SPEED : Display current training speed from 0.0 to maximum 99.9 km or ml.

RPM : Display current training rotation per minute.

DISTANCE : Count up - No preset target, Distance will count up from 0.00 to maximum 99.90 with each Increment 0.1 KM. Count down - If training with preset target, Distance will count down from preset to 0.00. Each preset increment or decrement is 0.1 KM (or ML) between 0.00 to 99.90.

CALORIES : Count up - No preset target, Calories will count up from 0 to maximum 990 with each 1 cal increment. Count down - If training with preset target, Calories will count down from preset time to 0. Each preset increment or decrement is 10 cal from 0 to 990 cal.

PULSE : The monitor can detect pulse signal from handgrip.

HEART SYMBOL: When monitor receive heart rate signal, the symbol will blinking.

WATT : Display current training watt figures.

【FUNCTION BUTTONS:】

MODE: To confirm all settings and to enter into exercise mode.

UP : To select training mode and adjust function value up.

DOWN : To select training mode and adjust function value down.

START/STOP : To start or stop training.

RECOVERY : After exercising for a period of time, keep holding on handgrips and press "RECOVERY" button.

All function display will stop except "TIME" starts counting down from 00:60 to 00:00. Screen will display your heart rate recovery status with the F1, F2...to F6. F1 is the best, F6. F6 is the worst. User may keep exercising to improve the heart rate recovery status.

(Press the RECOVERY button again to return the main display.)

(If monitor did not receive heart rate signal, RECOVERY function can not work.)

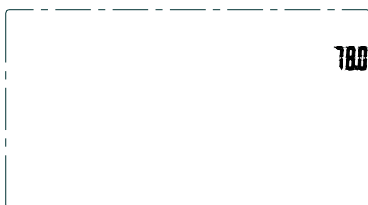
RESET : Return to main menu in stop mode and clean all preset function value to zero.

BODY FAT : To measure user's body fat status.

【OPERATING INSTRUCTION:】

POWER ON

Connect adaptor to the computer to power on, LCD will display all segment with a long- beep as testing for 2 seconds and wheel diameter 78" for seconds (drawing 1).



Drawing 1

【PROGRAMMING MODE】

USER personal data setting (U1 – U4):

1-1 U1 is blinking, user may turn UP and DOWN to select user 1, user 2 to user 4

1-2 Preset personal data (incl. AGE, WEIGHT, HEIGHT, SEX). And press the MODE for confirmation.

1-3 The computer will enter into MANUAL mode immediately, and selected user may preset his own exercise data (incl. TIME, DISTANCE, CALORIES and PULSE). The computer will memorize and will recall those data every time when the user is selected.

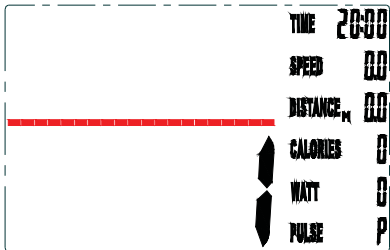
1-4 User may start exercise by press START button.

1-5 Press RESET button reverse to training mode selection main menu.

Program selections are MANUAL, PROGRAM, H.R.C., USER, WATT. Press UP and DOWN to select the program you want and press START for QUICK START in Manual mode.

MANUAL MODE

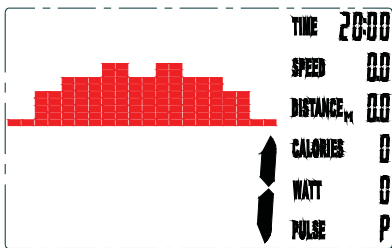
After selecting MANUAL mode, press UP and DOWN button to increase and decrease level (from 1 to 16) and press MODE button to confirm. Level is adjustable during training. (drawing 2)



Drawing 2

PROGRAM MODE

After enter PROGRAM mode, press UP and DOWN to select program profile from P1 to P12, press MODE button to confirm and enter the selected profile. User may press UP and DOWN to adjust level. Level is adjustable during training. (drawing 3)



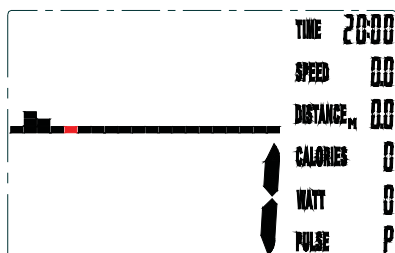
Drawing 3

H.R.C. MODE

After enter H.R.C. mode, press UP and DOWN to select different target from 55%, 75%, 90% and TARGET. Press MODE to confirm.

USER MODE

After enter USER mode, the first column of the profile is blinking, user may press UP, DOWN and then press MODE to create his own profile. (from column 1 to column 20) User may hold on pressing MODE button for 2 seconds to quit profile setting. (drawing 4). Each user may have his own user profile.



Drawing 4

WATT MODE

The preset watt value 120 is flashing on screen in WATT setting mode. User may use UP, DOWN button to set target value from 10 to 350. Press MODE button for confirm.

BODY FAT mode:

- 10-1 In STOP mode, press the BODY FAT button to start body fat measurement.
- 10-2 The selected user (U1~U9) will blinking for 2 seconds. Then start measuring.
- 10-3 During measuring, user have to wear chest belt or hold both hands on the handgrip. And the LCD will display "--" "--" for 8 seconds until computer finish measuring.
- 10-4 LCD will display BODY FAT advice symbol, BODY FAT percentage, BMR, BMI for 30 seconds.

<REFERENCE>

B.M.I. (Body mass index) integrated

B.M.I SCALE	LOW	LOW/MED	MEDIUM	MED/HIGH
RANGE	<20	20-24	24.1-26.5	>26.5

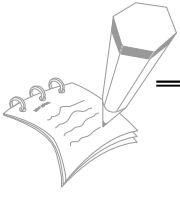
BODY FAT:

SYMBOL	—	+	▲	◆
FAT% SEX	LOW	LOW/MED	MEDIUM	MED/HIGH
MALE	<13%	13%-25.9%	26%-30%	>30%
FEMALE	<23%	23%-35.9%	36%-40%	>40%

NOTE:

- 3. Adaptor spec: 9V, 500MA
- 4. If computer acted abnormal, user may plug out the adaptor and wait for 5 seconds before plug in the adaptor again.

When computer just power on, it can not be touched or covered by any object or hand within 6 seconds.



EXERCISE NOTES

Use this space to record your own exercise routine results

