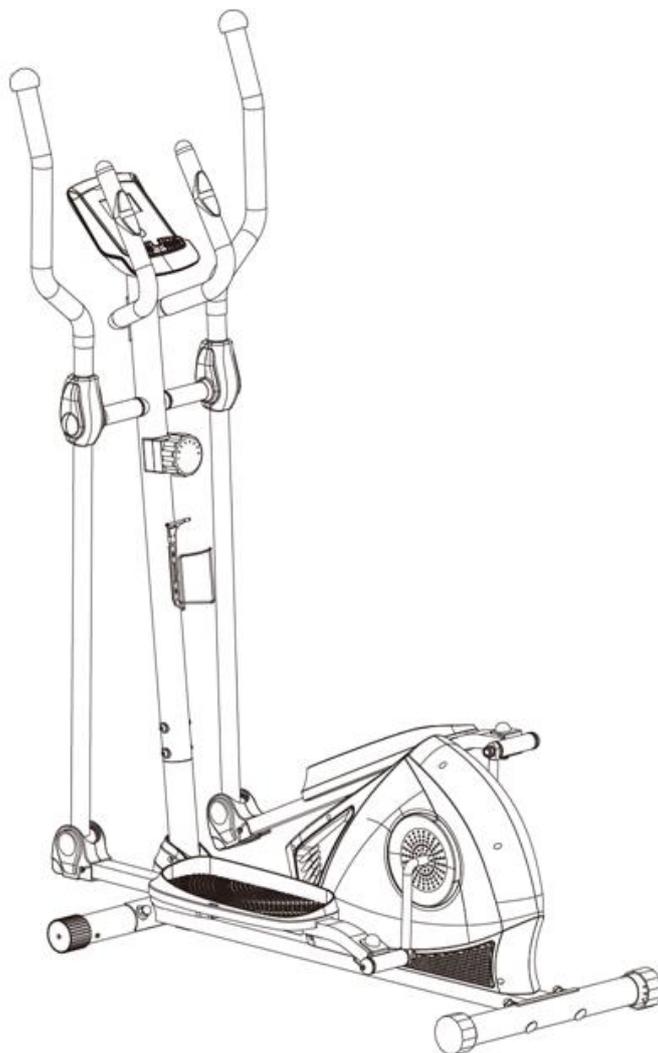




USER MANUAL – EN

IN 20105 Elliptical trainer inSPORTline Petyr ET



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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.
- For your own safety, always ensure that there is at least 0.6 meter of free space in all directions around your product while you are exercising.
- 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.
- 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.
- **Weight limit:** 120 kg
- **WARNING!** The heart rate monitor may not be accurate. Overloading during training may cause serious injury or death. If you feel any discomfort, immediately stop the exercise!
- **Category:** HC for home use (EN957 standard)

IMPORTANT NOTES

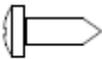
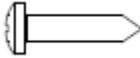
- Assemble the exerciser as per assembly instructions and be sure to only use the structural parts provided with the exerciser and designed for it. Prior to the assembly, make sure the

contents of the delivery is complete by referring to the parts list of the assembly and operating instructions.

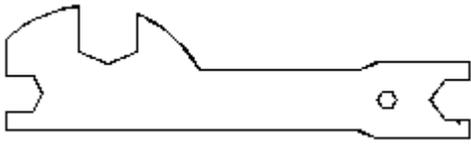
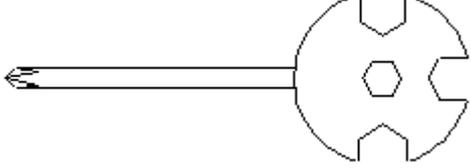
- Be sure to set up the exerciser in a dry and even place and always protect it from humidity. If you wish to protect the place particularly against pressure points, contamination, etc., it is recommended to put a suitable, non-slip mat under the exerciser.
- The general rule is that exercisers and training 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!

ASSEMBLY

ASSEMBLY MATERIAL

			
54. Screw 1/2" – 1 pcs		58. Screw 1/2" – 1 pcs	
55. Wave washer Ø28xØ17x0.3 – 1 pcs		55. Wave washer Ø28xØ17x0.3 – 1 pcs	
56. Spring washer Ø20xØ13 – 1 pcs		56. Spring washer Ø20xØ13 – 1 pcs	
57. Nylon nut 1/2" – 1 pcs		59. Nylon nut 1/2" – 1 pcs	
			
63. Nut M10 – 4 pcs	62. Washer Ø10xØ25x2.0 – 4 pcs	28. Screw M6x35 – 4 pcs	
			
46. Screw M6x40 – 6 pcs	30. Nut M6 – 10 pcs	47. Washer Ø6xØ12x1.0 – 6 pcs	
			
31. Screw ST2.9x12 – 8 pcs	62. Washer Ø6xØ12x1.0 – 4 pcs	61. Screw M10x57 – 4 pcs	
			
16. Screw ST4.2x20 – 4 pcs	49. End cap S13 – 2 pcs		

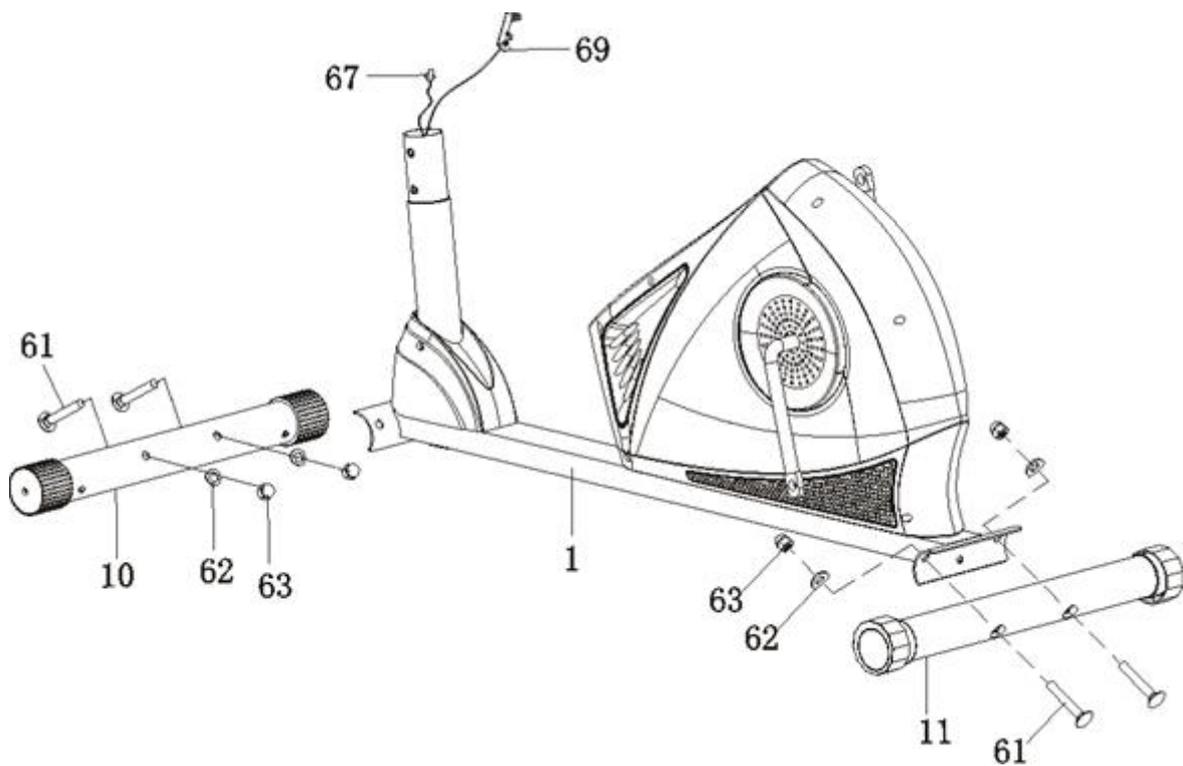
TOOLS

	
Allen key S6 – 1 pcs	Allen key S8 – 1 pcs
	
Multifunction wrench – 1 pcs	Multifunction wrench S10, S13, S14, S15 – 1 pcs

STEP 1

Secure the front stabilizer (10) to the main frame (1) using the 2 screws (61) of 2 washers (62) and 2 nuts (63).

Attach the front stabilizer (11) to the main frame (1) using the 2 screws (61) of 2 washers (62) and 2 nuts (63).



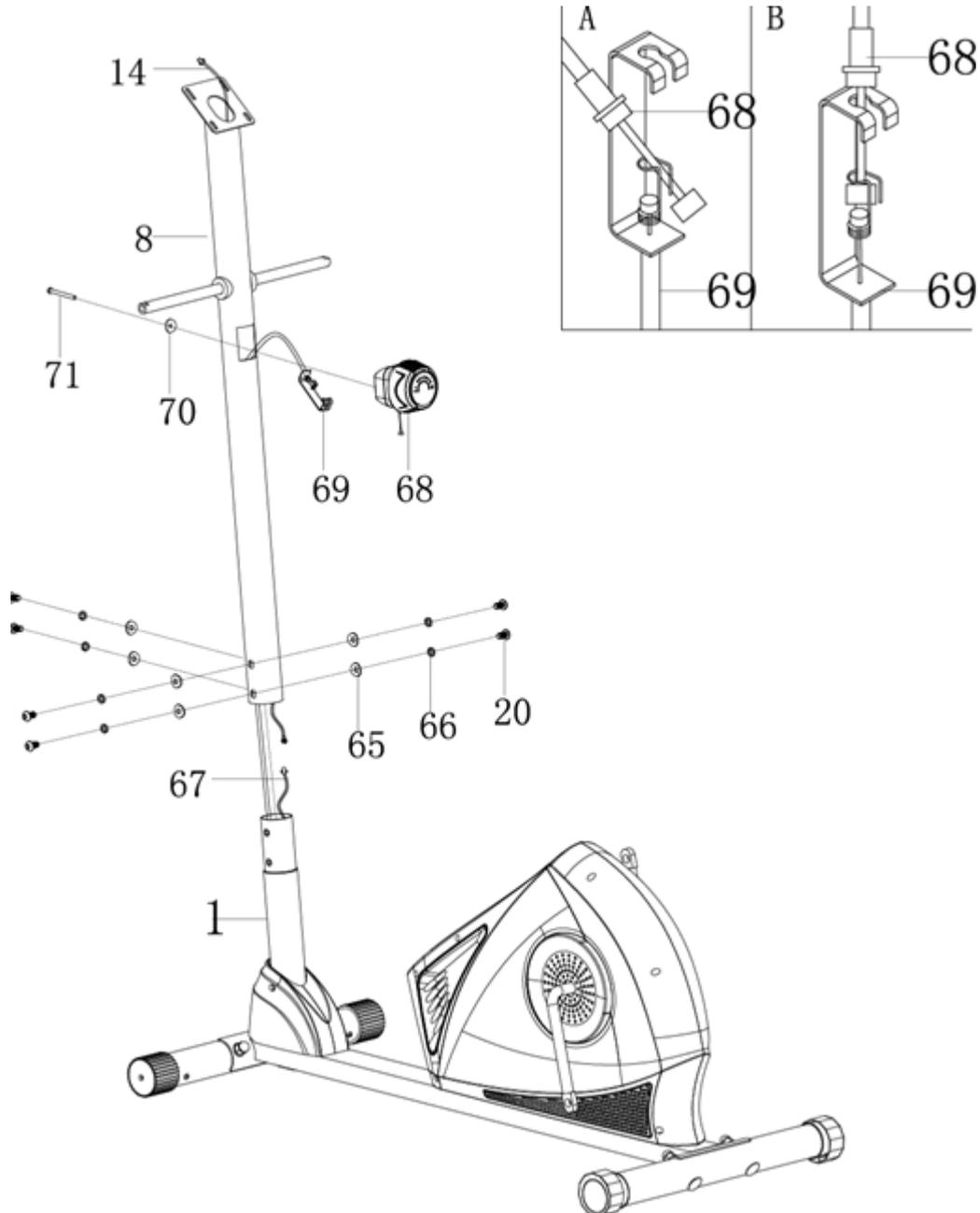
STEP 2

Remove the 6 screws (20), 6 washers (66) from the main frame (1). Insert the voltage cable (69) through the bottom hole of the front pillar (8) and pull it through the top hole of the front post (8). Connect the sensor cable (67) from the main frame (1) to the sensor cable I (14) from the front post (8).

Attach the front post (8) to the main frame (1) and secure with 6 screws (20), 6 washers (65), 6 washers (66). Tighten the screws properly.

Remove the washer (70) and bolt (71) from the load screw (68). Hook the load adjustment cables (68 and 69) as shown in Figure A. Then hook the cable as shown in Figure B.

Attach the load adjusting knob (68) to the front post (8) using the large washer (70) and bolt (71) that you removed.



STEP 3

Remove the 2 screws (23), 2 washers (24, 25, and 26) from the right and left sides of the center post (8).

Attach the left handlebar holder (6) to the left side of the post (8) with the screw (23) and washers (24, 25, 26) that you removed.

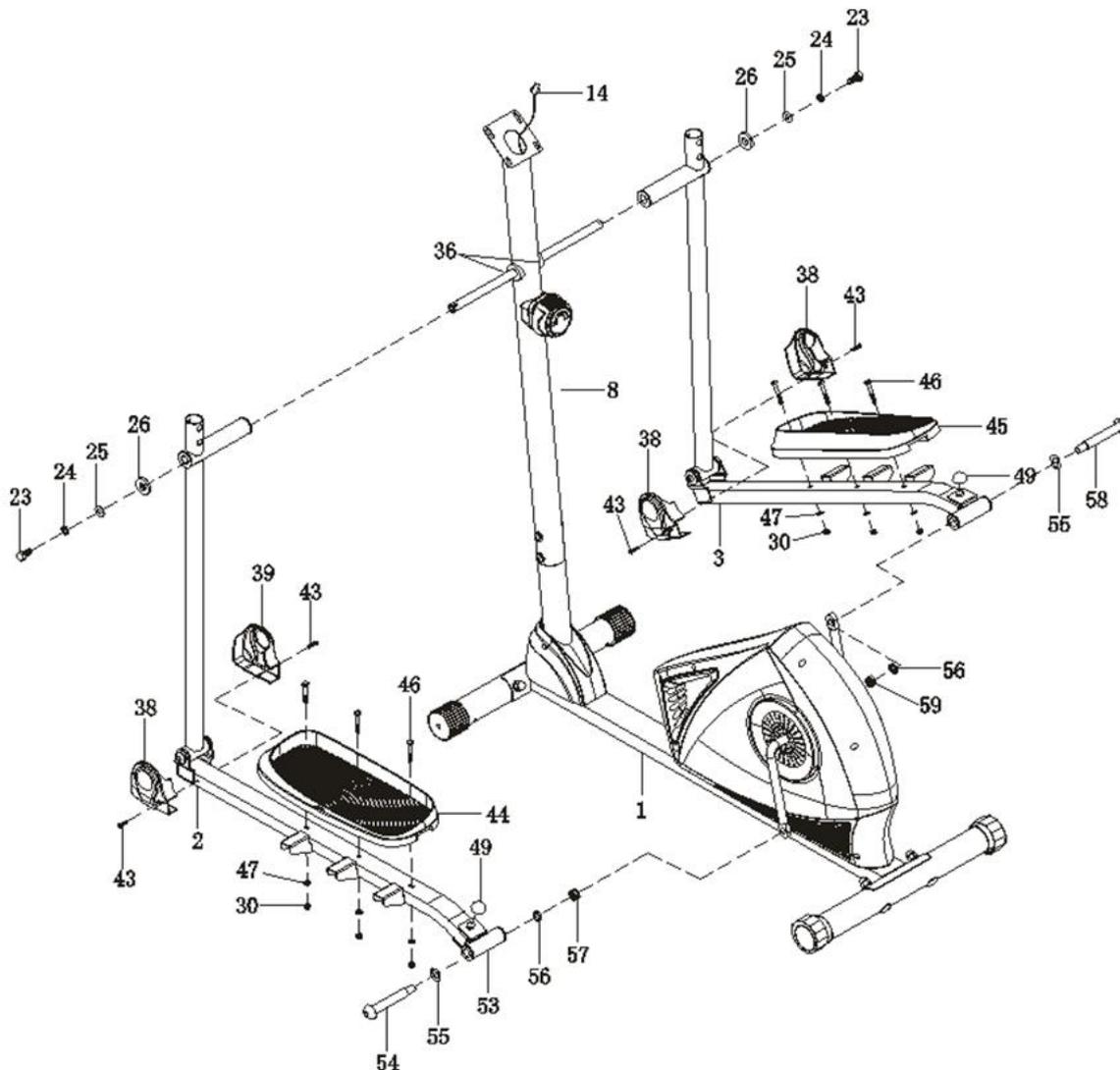
Attach the bracket (53) to the left crank using the screw (54), washers (55,56) and nut (57). Attach the cap (49) to the screw (50).

Attach the left pedal (44) to the left pedal support (4) with 3 nuts (30), 3 washers (47) and 3 screws (46).

Attach the A / B pedal caps (38,39) to the left pedal support (2) with the screw (43).

Repeat for the right side.

NOTE: The screws (53) are marked L - left, R - right.

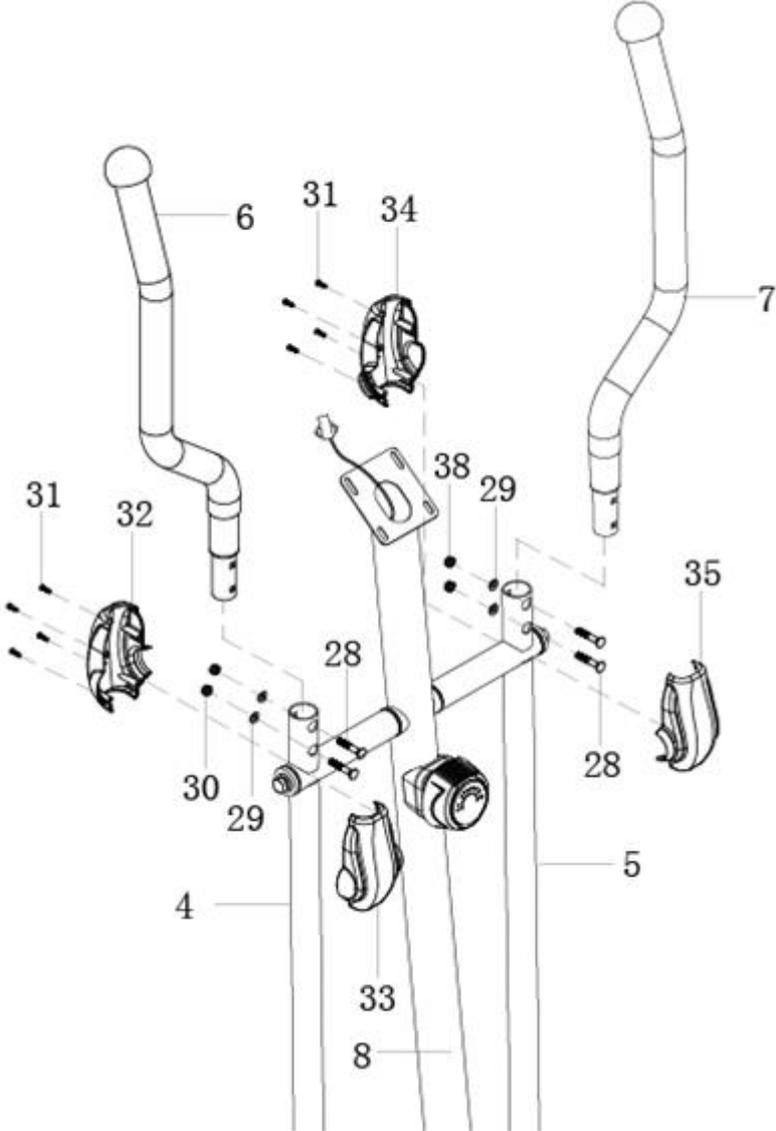


STEP 4

Attach the left / right handle (6, 7) to the left / right handle holder (4, 5) with 4 screws (28), 4 washers (30).

Attach left handrail cover A (32) and left handrail cover B (33) to left handrail (4) with 4 screws (31).

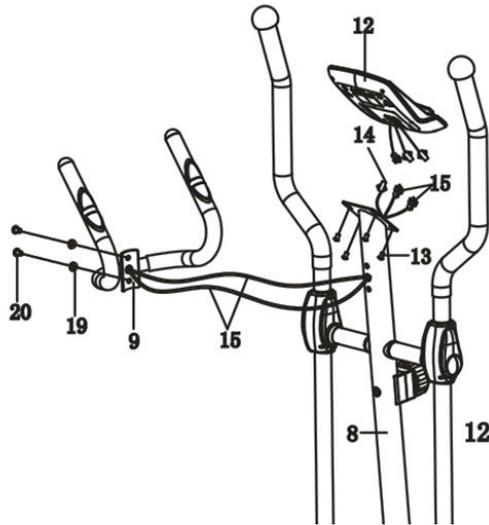
Attach Right Hand Cover A (34) and Right Hand Cover B (35) to Right Handle (5) with 4 Screws (31)



STEP 5

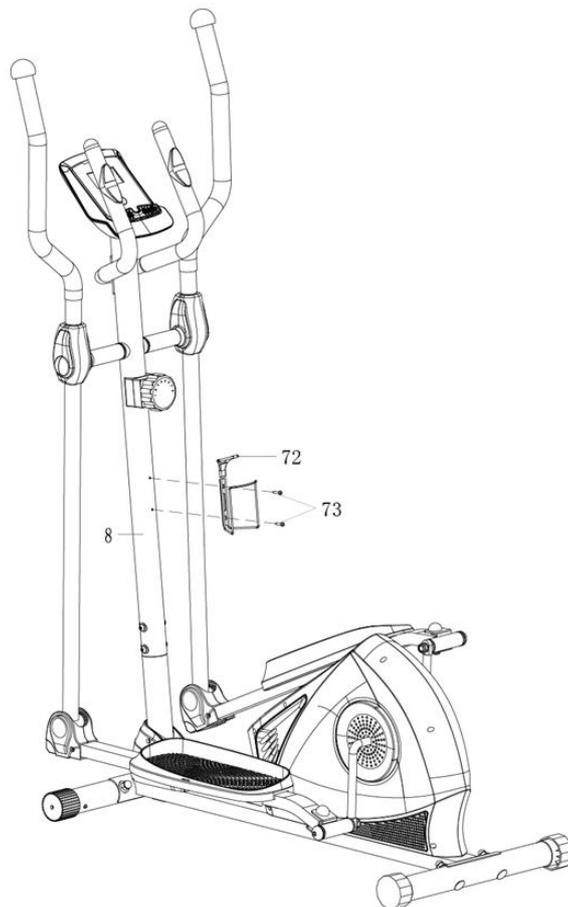
Remove the 4 screws (13) from the back of the console (12). Remove the 2 screws (20) and 2 washers (19) from the front post (8). Insert the sensor cables (15) from the handles (9) into the hole in the front pillar (8) and pull the top of the post (8). Attach the handles (9) to the front post (8) with 2 screws (20) and 2 washers (19).

Connect sensor I cable (14) and sensor pulse cable (15) from console (12). Attach the console (12) to the middle post (8) with 4 screws (13).



STEP 6

Attach the bottle holder (72) using the 2 screws (73).



CONSOLE



DISPLAY

TIME	00:00 – 99:59 min:sec
SPEED	0,0 – 999,9 km/h, mil/h
DISTANCE	0,00-99,99 km, mil
CALORIES	0,0-999,9 kcal
ODOMETR if available	0,00-99,99 km, mil
PULSE if available	40-200 beats/min

BUTTONS

MODE / SELECT	Confirm button, hold for 4 seconds to reset all values except ODOMETR.
SET if available	Set value except ODOMETR.
RESET / CLEAR if available	Reset all values except ODOMETR.

FUNKCE

TIME, TMR	Displays training time
SPEED, SPD	Displays current speed
DISTANCE, DST	Displays distance
CALORIES, CAL	Displays burned calories (only orientation)
ODOMETR if available	Displays total distance traveled, replace battery to reset

PULSE, PUL if available	Display heart rate, the user must hold the pulse measurement plates
SCAN	Displays functions: TIME, SPEED, DISTANCE, CALORIES, PULSE, ODOMETR

BATTERY: The console uses two AA batteries, one AAA battery or one 1.5V battery.

TROUBLESHOOTING

Elliptical is not stable	Level the elliptical with the leveling feet
The console does not display data	Check cable condition and connection Check the battery condition Replace the batteries
Console doesn't measure heart rate	Make sure the cables are properly connected Always hold both sensors Too much pressure on the pulse measurement plates.
The elliptical creaks in use	Tighten the bolts and nuts, check the connections

USE OF ELEPTICAL TRAINER

The elliptical trainer is a popular fitness machine, one of the newest and most effective home training machines.

When you are exercising on an elliptical treadmill, your feet move along the elliptical curve.

The elliptical treadmill is a frequent replacement for exercise bikes and treadmills because it is gentler for your joints. With the handles, you are also exercising the upper half of your body.

During exercise, you transfer the weight from one foot to the other. Try to maintain an upright and natural position. Handlers will help you. Find the perfect place to hold the grip and try to move as naturally as possible.

THE WARM UP PHASE

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



Touching your toes

Slowly bend your back from hips. Keep your back and arms relaxed while stretching downwards to your toes. Do it as far as you are able and hold the position for 15 seconds. Bend your knees slightly.



Upper thigh

Lean against a wall with one hand. Reach down and behind you. Lift up your right or left foot to your buttock as high as possible. Keep for 30 seconds and repeat twice for each leg.



Hamstring stretched

Sit and outstretch your right leg. Rest the sole of your left foot against the inside of your right thigh. Stretch out your right arm along your right leg as far as you can. Hold for 15 seconds and relax. Repeat all with your left leg and left arm.



Inside upper thigh

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



Calves and Achilles tendon

Lean against a wall with your left leg in front of the right one and your arms forward. Stretch out your right leg and keep your left foot on the floor. Bend your left leg and lean forwards by moving your right hip in the direction of the wall. Hold for 30-40 seconds. Keep your leg stretched and repeat exercising with other leg.

MAINTENANCE

- Use only a soft cloth and a mild detergent.
- Do not clean the plastic parts with abrasives or solvents.
- Wipe the sweat after each use.
- Protect the device from moisture and extreme temperatures.
- Protect your device, computer and console from direct sunlight.
- Check the tightening of all bolts and nuts regularly.
- Store in a dry and clean place away from children.

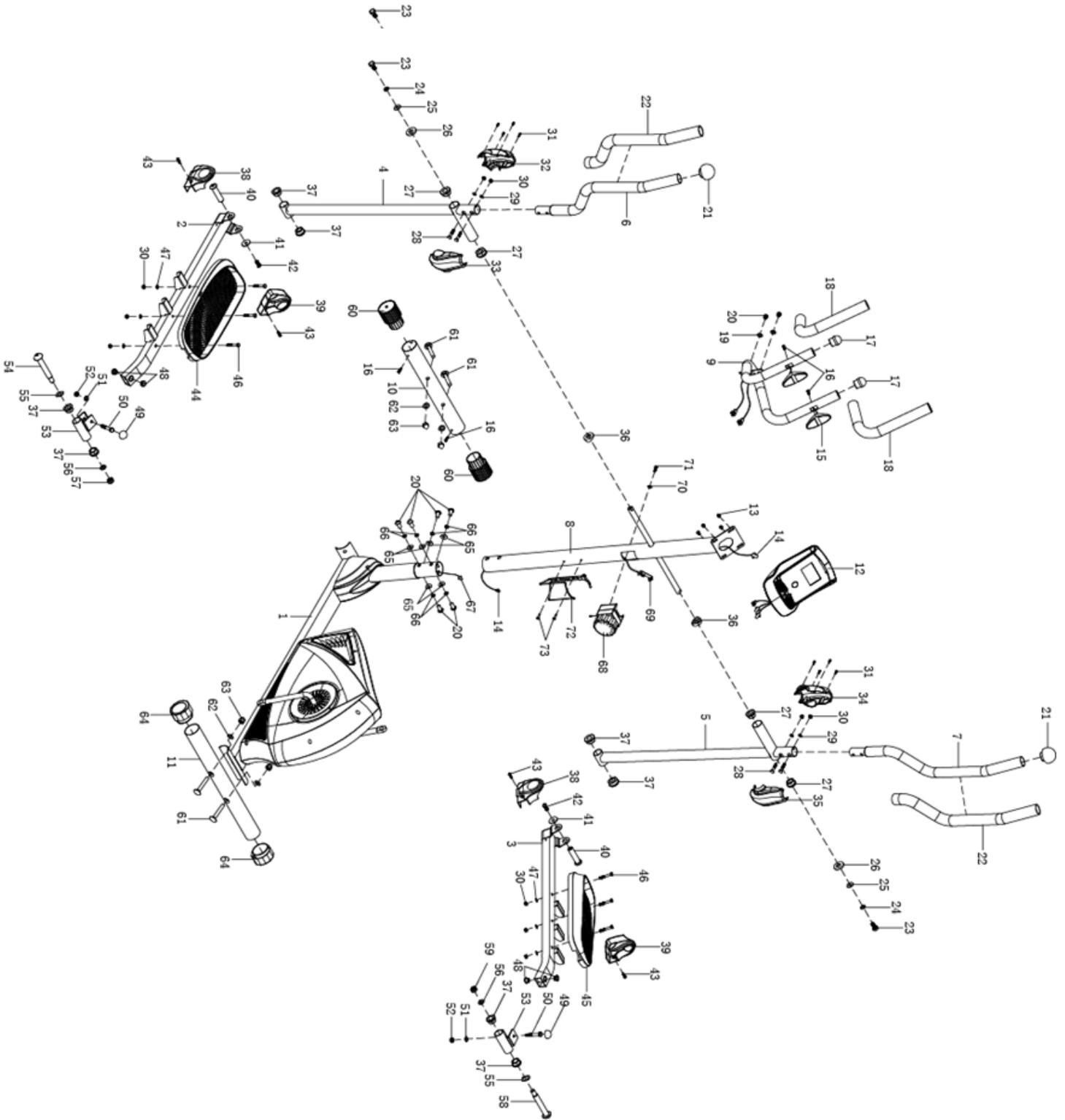
ENVIRONMENT PROTECTION

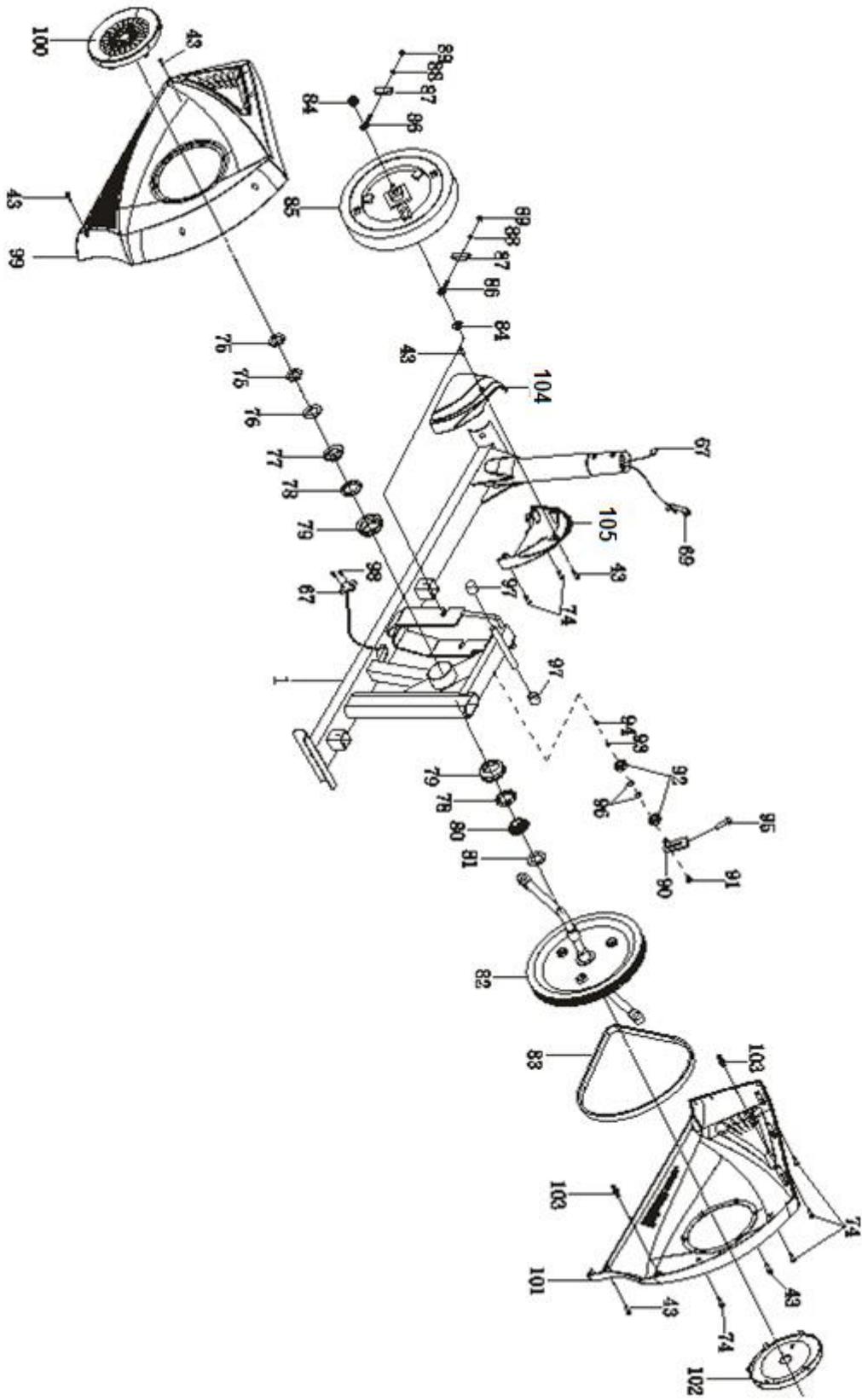
After the product lifespan expired or if the possible repairing is uneconomic, dispose it according to the local laws and environmentally friendly in the nearest scrapyards.

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.

DIAGRAM





PARTS LIST

No.	Name	Qty.	No.	Name	Qty.
1	Main frame	1	37	Grommet Ø29 x Ø16x14	8
2	Left footrest	1	38	Foot holder cover – B	2
3	Right footrest	1	39	Foot holder cover – A	2
4	Left handlebar support	1	40	Screw Ø15.8x62.5xM8	2
5	Right handlebar support	1	41	Big washer Ø8xØ20x2.0	2
6	Left handlebar	1	42	Screw M8x20	2
7	Right handlebar	1	43	Screw ST4.2*25	10
8	Front pillar	1	44	Left pedal	1
9	Handlebars	1	45	Right pedal	1
10	Rear stabilizer	1	46	Screw M6x40	6
11	Rear stabilizer	1	47	Washer Ø6x12x1.0	6
12	Console	1	48	Plastic case Ø18xØ 8x5	4
13	Screw M5x10	4	49	Nut cap S13	2
14	Sensor cable 1100 mm	1	50	Screw M8x50	2
15	Pulse cable 750 mm	2	51	Washer Ø16x8x1.5	2
16	Screw ST4.2x20	4	52	Nut M8	2
17	Handlebar end cap	2	53	U shaped bracket	2
18	Foam grip	2	54	Left foot holder screw	1
19	Arc washer	2	55	Arc washer Ø28xØ17x0.3	2
20	Screw M8x15	8	56	Spring washer Ø20	2
21	Handlebar cap	2	57	Left nut 1/2"	1
22	Foam grip	2	58	Right foot holder Bolt	1
23	Screw M10x18	2	59	Right nut 1/2"	1
24	Spring washer Ø18x10x2	2	60	Front stabilizer cap	2
25	Big washer Ø10x Ø20x2.0	2	61	Screw M10x57	4
26	Washer Ø28x5.0	2	62	Big washer Ø10	4
27	Axle bushing	4	63	Nut M10	4
28	Screw M6x35	4	64	Rear stabilizer cap	2
29	Arc washer Ø6	4	65	Arc washer Ø8*Ø20*2	6
30	Nut M6	10	66	Spring washer Ø8	6
31	Screw ST2.9*12	8	67	Sensor cable 1800 mm	1
32	Left handle cover A	1	68	Knob	1
33	Left handle cover B	1	69	Tension cable 1600 mm	1
34	Right handle cover A	1	70	Big washer Ø20x5.2	1
35	Right handle cover B	1	71	Screw M5x45	1
36	Grommet Ø32 x Ø16x5	2	72	Bottle holder	1

73	Screw ST4.8x15	1	90	Freewheel holder	1
74	Screw ST4.2x25	6	91	Screw M8*10	1
75	Nut 7/8"	2	92	Bearing 6000ZZ	2
76	Washer Ø23xØ34.5x2.5	1	93	Washer Ø6*Ø12*1	1
77	Bearing nut I 7/8"	1	94	Screw M6*10	1
78	Bearing	2	95	Screw M8*30	1
79	Bearing sleeve	2	96	Washer Ø10.2*Ø14*1	2
80	Bearing nut I 15/16"	1	97	Rubber stop	2
81	Washer I Ø24x40x3.0	1	98	Screw ST2.9x12	2
82	Pulley with crank	1	99	Left chain cover	1
83	Belt	1	100	Left crank cover	1
84	Nut M10*1.0*6	2	101	Right chain cover	1
85	Flywheel	1	102	Right crank cover	1
86	Screw M6*36	2	103	Plastic pin	2
87	Bracket	2	104	Left cover	1
88	Spring washer Ø6	2	105	Right cover	1
89	Nut M6	2			

TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS

General Conditions of Warranty and Definition of Terms

All Warranty Conditions stated hereunder 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 Borivojova Street 35/878, Prague 13000, 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.

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.



SEVEN SPORT s.r.o.

Registered Office: Borivojova 35/878, 130 00 Praha 3, Czech Republic
Headquarters: Delnicka 957, 749 01 Vitkov, Czech Republic
Warranty & Service Centre: Cermenska 486, 749 01 Vitkov, Czech Republic
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 centre: Elektricka 6471, 911 01 Trencin, Slovakia
CRN: 36311723
VAT ID: SK2020177082
Phone: +421(0)326 526 701
E-mail: objednavky@insportline.sk
reklamacie@insportline.sk
servis@insportline.sk
Web: www.insportline.sk

Date of Sale:

Stamp and Signature of Seller: