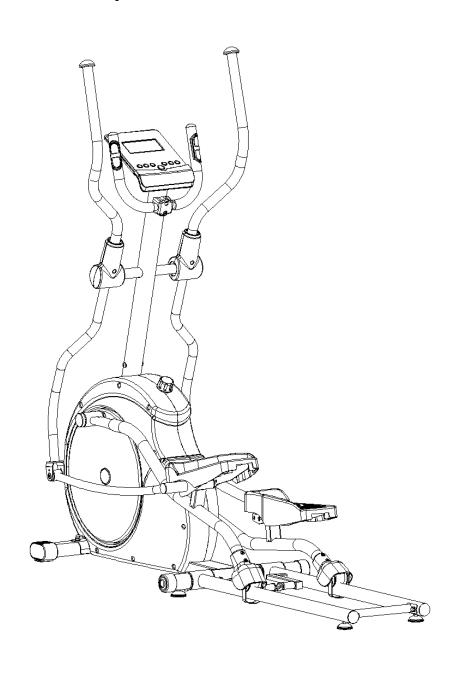


USER MANUAL – EN IN 14169 Elliptical trainer inSPORTline Combre



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SAFETY INSTRUCTIONS

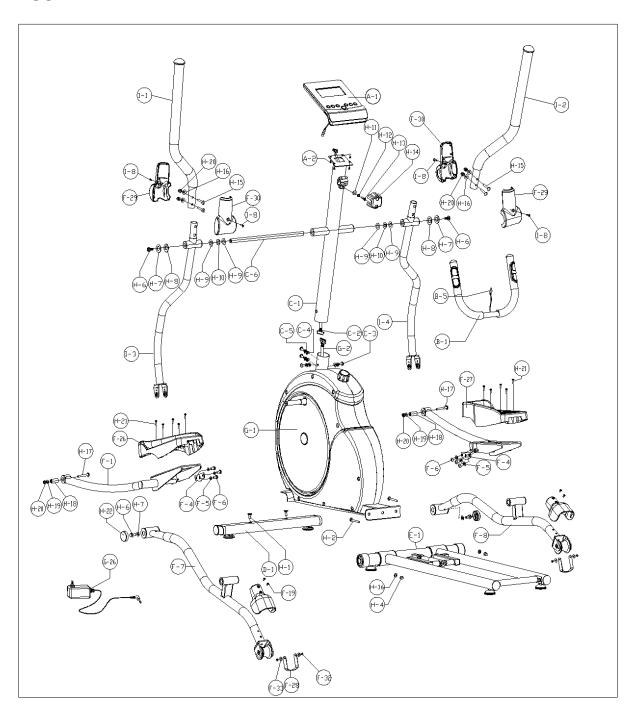
Read carefully the entire manual before using this product. Retain the manual for future reference.

- Exercise of a strenuous nature, as is customarily done on this equipment, should not be
 undertaken without first consulting a physician. No specific health claims can be made or
 implied as they relate to the equipment. Measurements made by the equipment are believed
 to be accurate, but only measurement taken by a medical professional should be relied upon.
- Make sure all the bolts, screws and nuts are tightened and that there are no damaged or worn parts. If some parts of the machine are worn or damaged, do not use it and replace the part immediately.
- Consult the tools and parts list before assembly and make sure nothing is missing.
- Only use original parts that are part of the machine's package.
- Make sure children don't have access to the machine. Children cannot use this product, nor should they be in its vicinity while the machine is turned on.
- Do not wear loose clothing while exercising. The loose parts could get stuck in parts of the machine.
- Always wear sports shoes with rubber soles.
- Place the machine on a flat and even surface. It is not recommended to use or store the machine in damp environment. Some parts of the machine can be corroded.
- Make sure there is at least 0.6 m of free space all around the device.
- No adjustable part of the machine should protrude and limit the movement of the user.
- Regularly checking the machine for damage helps to ensure the product's safety.
- This device is not designed for the rapeutic use.
- The brake system is depended on the speed of exercise.
- The brake mechanism is the most likely to wear. Always make sure it is functional.
- Weight limit: 150 kg
- Category: HA (according to EN957 norm) suitable for home use
- **WARNING!** The heart rate frequency monitoring may not be completely accurate. Overexertion during training can lead to a serious injury or even death. If you start to feel faint, stop the exercise immediately.

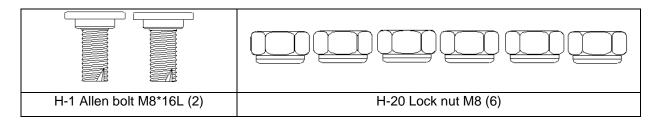
PARAMETERS

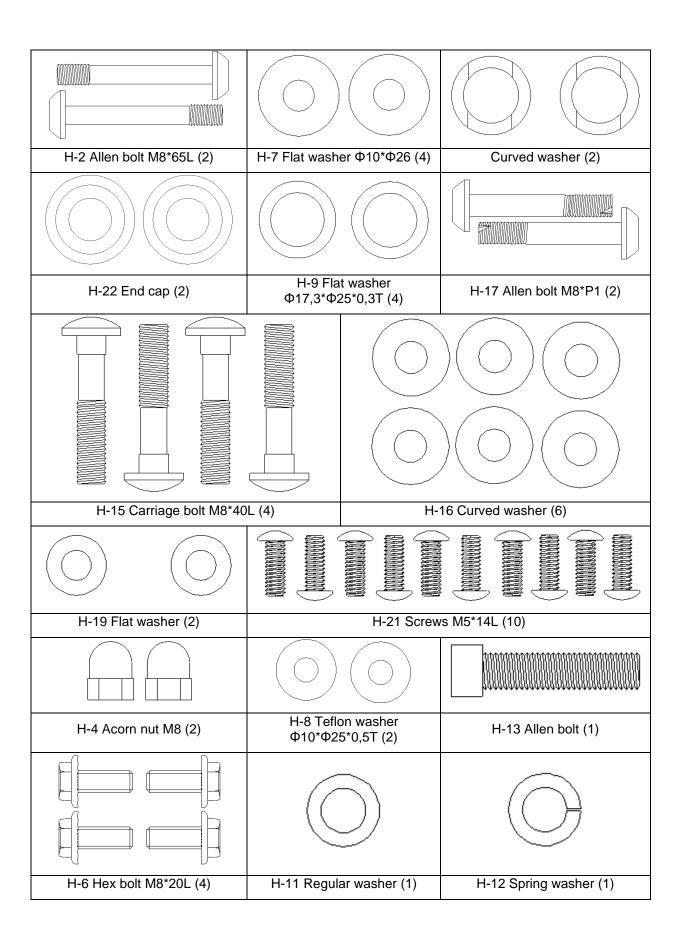
Dimensions before assembly	119 x 46 x 72 cm
Dimensions after assembly	164 x 60 x 169 cm
Dimensions while folded	128,9 x 63 x 172 cm
Weight	56 kg
Flywheel weight	6 kg
Total training area	195 x 70 x 220 cm
Stride length	37 cm
Weight limit	150 kg

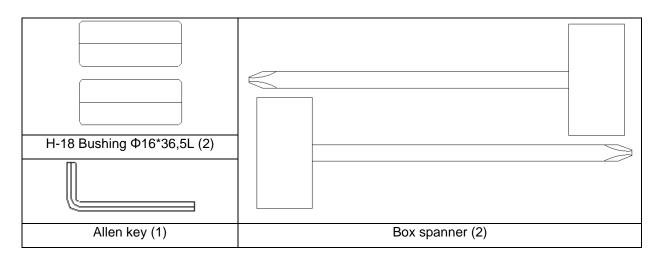
ASSEMBLY



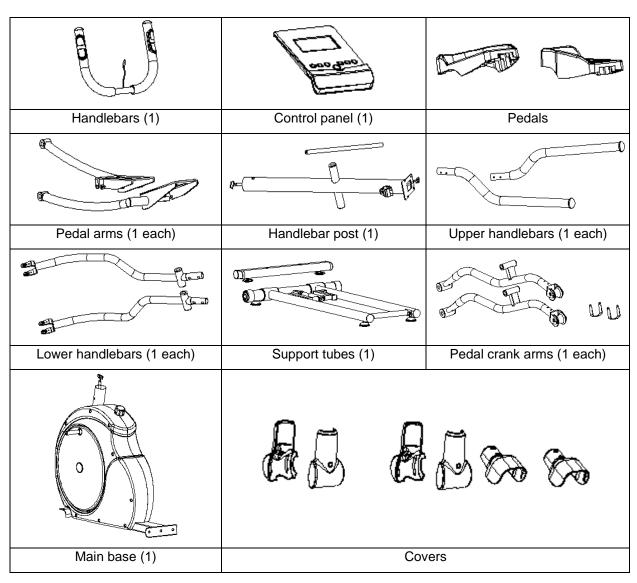
Tools

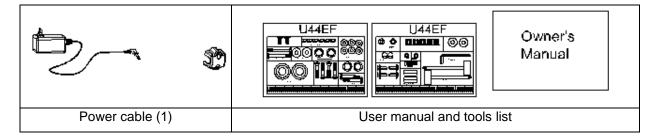






Parts list

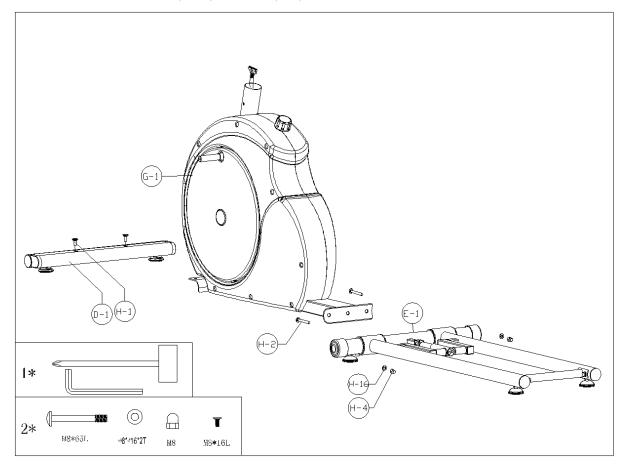




Assembly steps

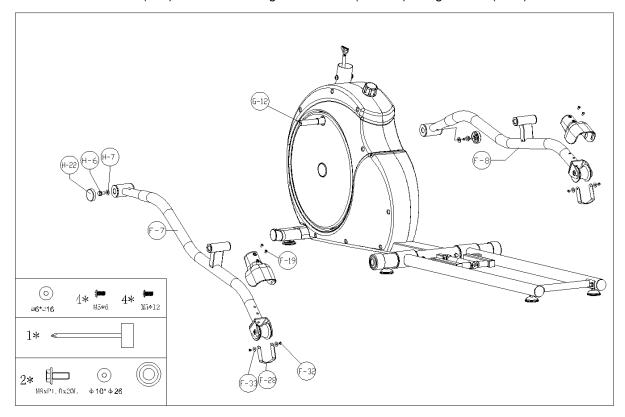
STEP 1

- 1. Attach the front stabilizer (D-1) to the main base using Allen bolts (H-1).
- 2. Attach the rear stabilizer (E-1) to the mid-frame protrusions using carriage bolts (H-2), semicircle washers (H-16) and nuts (H-4).



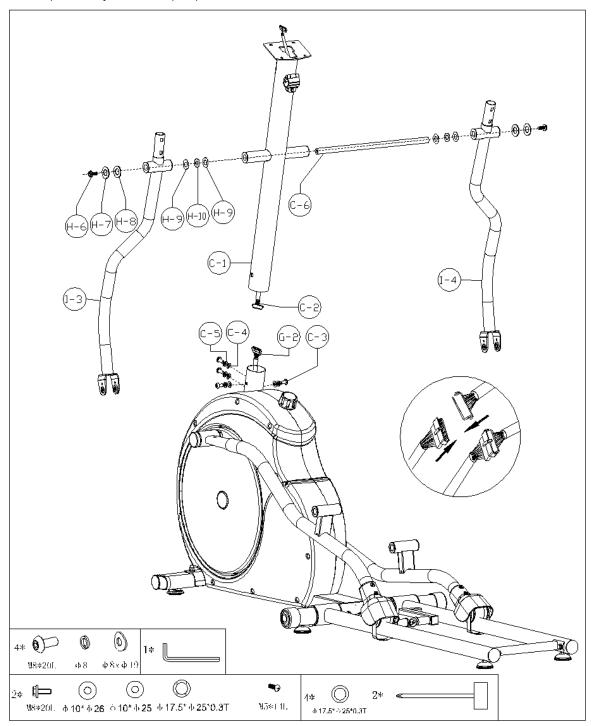
- 1. Attach the left crank arm (F-7) to the cross disc (G-12) using a flat washer (H-7), a nylon screw (H-6) and a cover (H-22).
- 2. Attach the right crank arm (F-8) to the cross disc (G-12) using a flat washer (H-7), a nylon screw (H-6) and a cover (H-22).
- 3. Attach the U-shaped bracket (F-28) to the left crank arm (F-7) using 2 flat washers (F-33) and 2 screws (F-32) on each side.

- 4. Attach the U-shaped bracket (F-28) to the right crank arm (F-7) using 2 flat washers (F-33) and 2 screws (F-32) on each side.
- 5. Attach the covers (???) to the left and right crank arm (F-8/F-7) using screws (F-19).



- 1. Remove the preinstalled mounting hardware from the main base.
- 2. Connect the upper (C-2) and lower (G-2) cable wire.
- 3. Affix the handlebar post (C-1) to the main base with 4 semicircle washers (C-5), 4 spring washers (C-4) and 4 Allen bolts (C-3).
- 4. Thread 4 flat washers (H-9) and 2 wave washers (H-10) onto the axle (C-6) as illustrated.

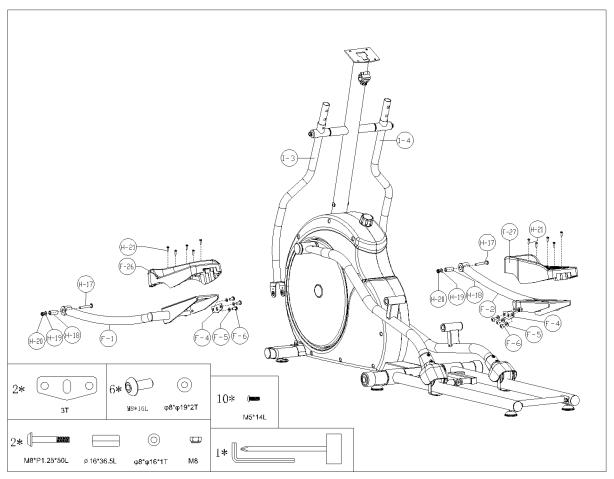
- 5. Attach the left lower handlebar (I-3) to the axle using a plastic washer (H-8), a flat washer (H-7) and a nylon screw (H-6).
- 6. Attach the right lower handlebar (I-4) to the axle using a plastic washer (H-8), a flat washer (H-7) and a nylon screw (H-6).



KROK 4

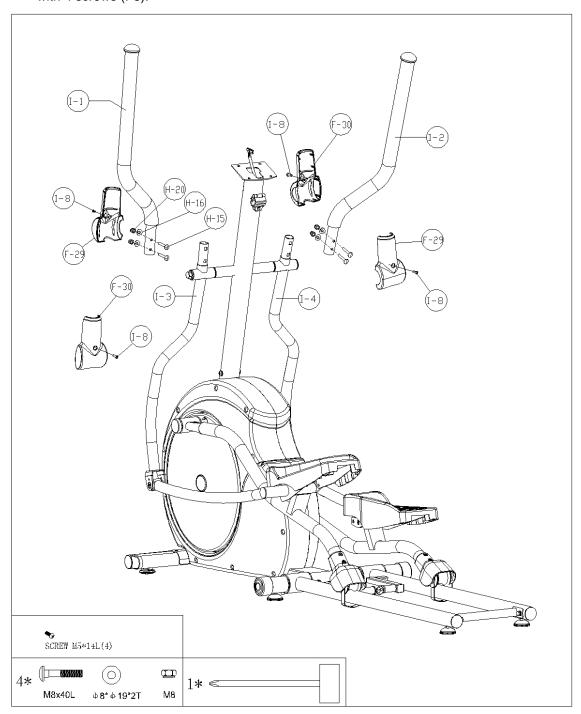
- 1. Take both pedal arms (F-1, F-2) and pass them through the corresponding crank arms (F-7/F-8)
- 2. Attach the right and left pedal arm (F-1, F-2) to the corresponding pivot collars referencing the orientation shown in the drawing. Hardware used per side: linkage arm (F-4), flat washer (F-5), screw (F-6).

- 3. Attach the lower handlebars (I-3, I-4) to the linkage of the pedal arms (F-1, F-2) using Allen bolts (H-17), bushing (H-18), flat washers (H-19) and nuts (H-20) per side. Make sure the direction is the same as in the drawing.
- 4. Align the screw mounting patterns of the pedals (F-26, F-27) with the corresponding pedal arm plates. Secure each foot plate to the pedal arm using screws (H-21). Make sure the pedal plates are facing the correct direction.



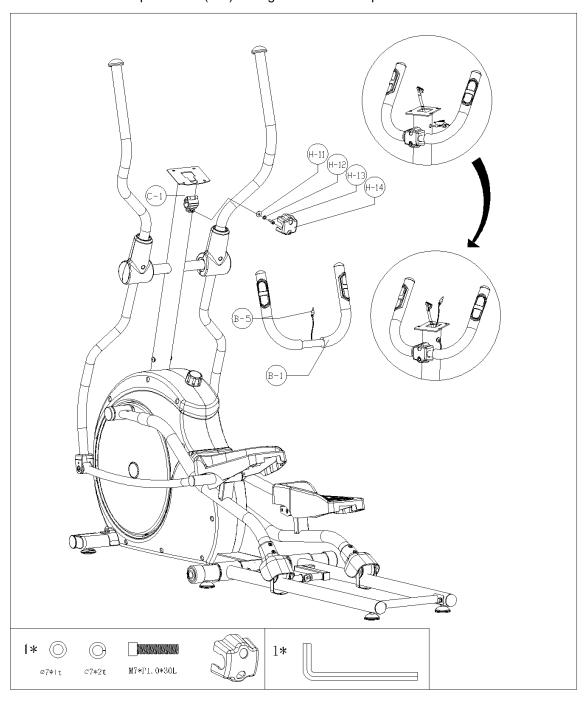
- 1. Connect the left upper handlebar (I-1) to the left lower handlebar (I-3) with 2 nuts (H-20), 2 semicircle washers (H-16) and 2 carriage bolts (H-15).
- 2. Connect the right upper handlebar (I-2) to the right lower handlebar (I-4) with 2 nuts (H-20), 2 semicircle washers (H-16) and 2 carriage bolts (H-15).

- 3. Remove the pre-installed screws (I-8) on the left and right lower handlebar (I-3/I-4) first.
- 4. Attach the covers (F-29/F-30) for the left and right upper handlebars (I-1/I-2) and fasten them with 4 screws (I-8).

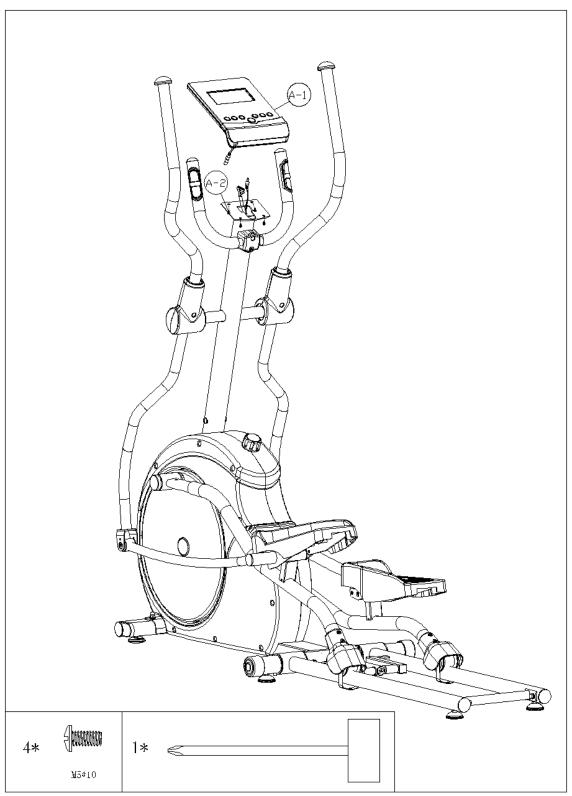


1. Attach the front handlebar (B-1) onto the handlebar post (C-1) using a flat washer (H-11), a spring washer (H-12) and a fixing bolt (H-13).

- 2. Place the plastic cover (H-14) on the front handlebar (B-1).
- 3. Thread the hand pulse wire (B-5) through the handlebar post hole.

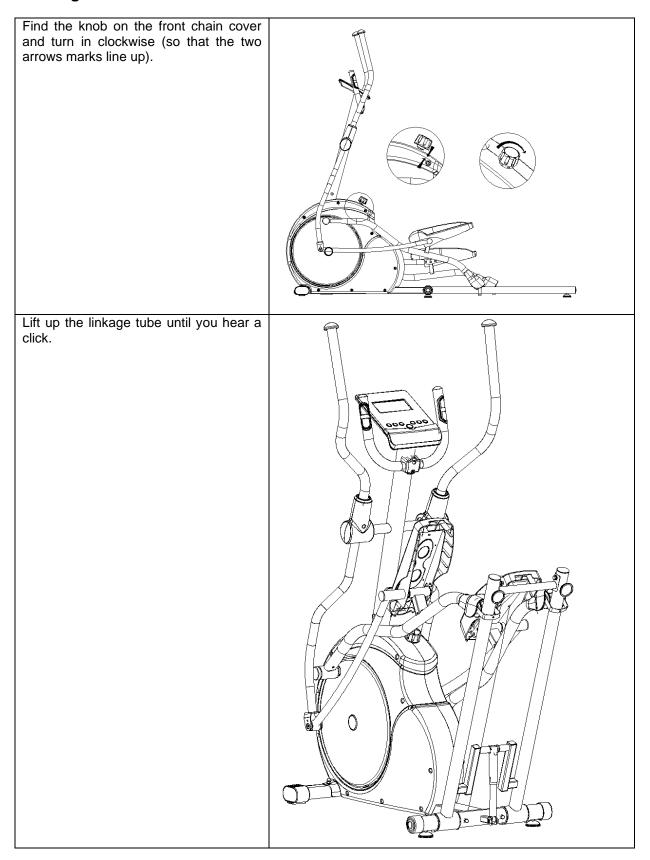


- 1. Remove the preinstalled screws on the control panel (A-2) first.
- 2. Connect the control panel cable (C-2) and the hand pulse wire (B-5) to the control panel (A-1). Then attach the control panel (A-1) to the console panel bracket with enclosed screws (A-2).

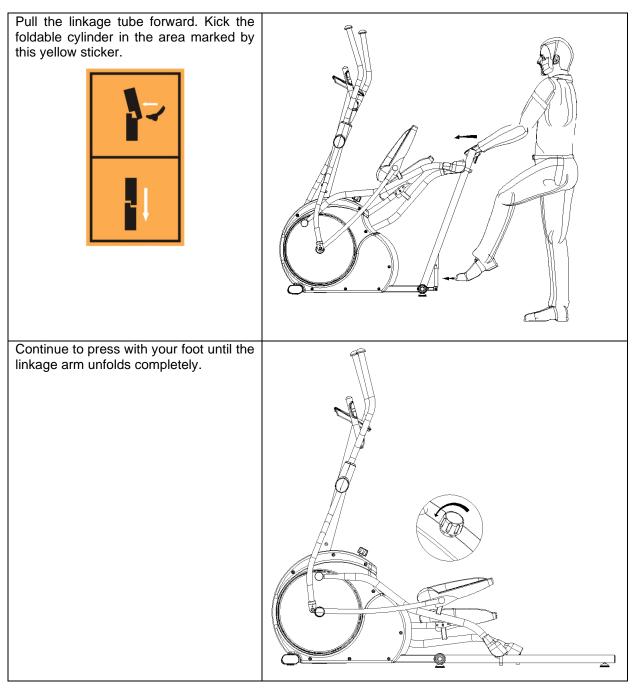


FOLDING AND UNFOLDING THE MACHINE

Folding



Unfolding



NOTE: Make sure the linkage arm, is completely on the ground.

CONTROL PANEL

Key functions

MODE	With the MODE key you confirm all the set data enter programs.
RESET	Return to main menu.
START/STOP	Start or stop the exercise.
RECOVERY	Test your heart rate recovery status.

UP	Select a training mode or increase a value.
DOWN	Select a training mode or decease a value.
BODY FAT	Measure your body fat.

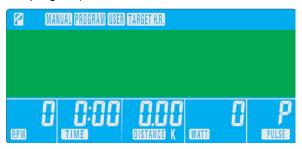
Operations

1. Connect the machine to the power supply. The LCD display will light up for 2 seconds and a long chime will sound. After turning the machine on, the calibration number 78 will appear.





- 2. The machine can save up to 4 personal user data (U-1 U-4). The user will be asked to enter their sex, age, height and weight before continuing to the main menu. The first user number displayed will be the last user number selected. Use the UP and DOWN keys to select appropriate user data and confirm with the MODE key.
- 3. In the main menu, the user may press UP and DOWN to select a manual mode (MANUAL; with WATT control) → PROGRAM (12 programs available) → USER PROGRAM → TARGET H.R. (target heart rate program).



4. Quick start in manual mode:

In the main menu, user may press START/STOP to start a workout in manual mode. All the exercise values (TIME / SPEED / DISTANCE / CALORIES) will start counting up from zero. The resistance level can be adjusted during workout.

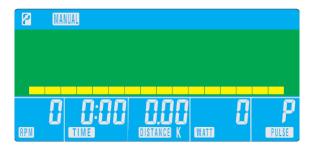
5. Manual mode:

Before exercising in the manual mode, the user may set LEVEL, TIME, DISTANCE, CALORIES and PULSE with the UP and DOWN keys.

6. Watt control in manual mode:

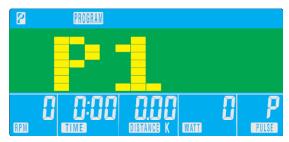
To activate the WATT control function, the user may also set the WATT value while in the manual mode. The default value of 120 W will be blinking on the display. Press the UP and DOWN keys to set the target value from 10 to 350 W. Press MODE to confirm.

The resistance level will automatically adjust to the pre-set WATTS value, regardless of speed (except for very slow speed and higher WATTS setting; the resistance can be only icreased to 32 levels).



7. Programs

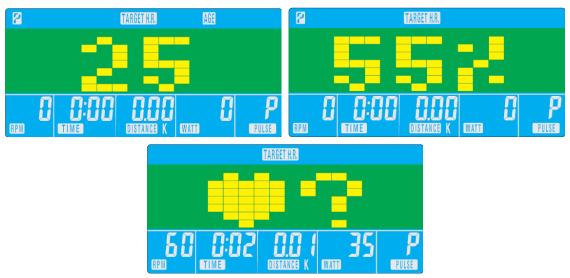
Press UP and DOWN to select one of the 12 programs and press MODE to confirm. The user may set target LEVEL, TIME, DISTANCE, CALORIES and PULSE with the UP and DOWN keys.



8. Heart rate control (H.R.C.)

Before an exercise in the H.R.C. mode, the user may select 55%, 75%, 90% or target heart rate.

The computer will automatically use the user's age to calculate ideal target heart rate frequency.



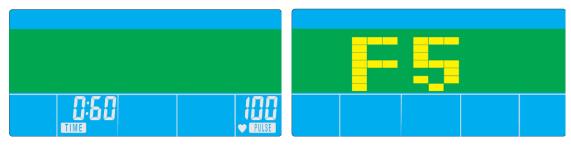
9. User program:

The user may create their own program using the UP and DOWN keys and confirming with MODE (each program has 16 resistance columns). If you hold the MODE key for more than 2 seconds, you'll leave the profile setting.

10. Recovery:

After exercising for a period of time, hold the handgrips and press the RECOVERY key. All the value displays will stop except for TIME. The machine will start a 60 second countdown.

Your heart recovery status will be displayed in the range of F1 – F6 (F1 is the best possible outcome). You'll return to the main menu by pressing RECOVERY again.



11. Body fat:

This function measures your body fat percentage and BMI. At the end of your workout, press the BODY FAT key and grab both handgrips. The heart rate sensor input must be maintained while measuring the body fat. The computer will display --- after 8 seconds and then display a body fat advice symbol, body fat percentage and BMI for 30 seconds.

BMI integrated:

BMI	LOW	LOW/MED	MEDIUM	MED/HIGH
RANGE	< 20	20 - 24	24.1 – 26.5	> 26.5

Body fat table:

SYMBOL	-	+	A	
% OF FAT BASED ON SEX	LOW	LOW/MED	MEDIUM	MED/HIGH
MALE	< 13 %	13 % - 2.,9 %	26 % - 30 %	> 30 %
FEMALE	< 23 %	23 % - 35.9 %	36 % - 40 %	> 40 %

NOTE:

- 1. This computer requires a 9V 1A adaptor.
- 2. When the use stops pedaling for 4 minutes, the control panel will enter a power saving mode. All settings and exercise data will be stored until the user starts exercising again.
- 3. If the control panel behaves abnormally, please plug out adaptor and then plug it in again.

USING AN ELLIPTICAL TRAINER

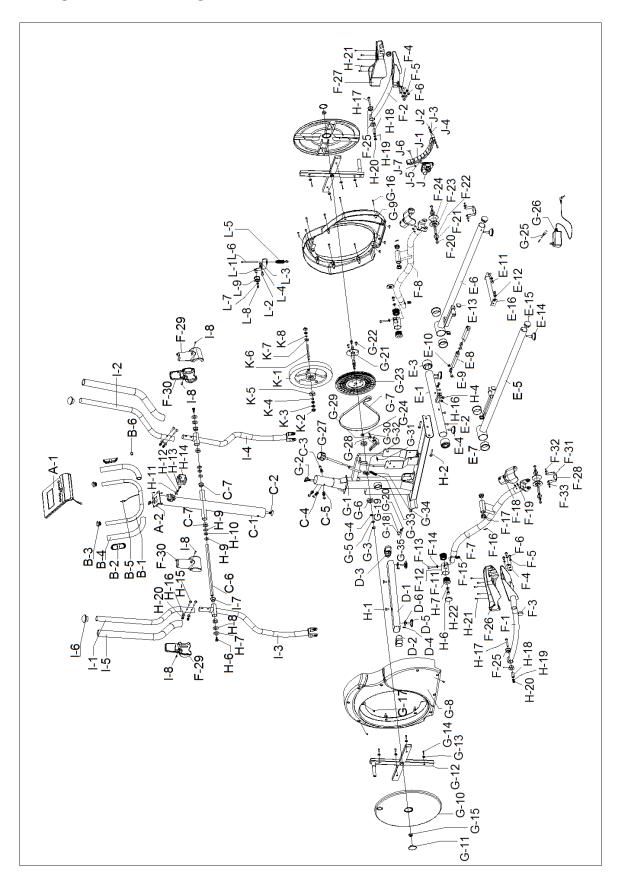
Elliptical trainer is a popular fitness device and one of the newest and most effective home trainers.

While exercising, your legs are moving along an elliptic curve (hence the name – sometimes elliptical trainers are called cross trainers or X-trainers).

Elliptical trainers are often a substitute for the ever popular treadmills or exercise bikes, but the trainer is much easier on your joints. Additionally, on elliptical trainer, you exercise also your upper body thanks to the swing tubes.

While exercising, you shift your weight form one leg to the other. Try to keep an upright and natural posture. The handlebars will help. Find an ideal hand position and try to move as naturally as possible.

EXPLODED DRAWING



COMPONENTS LIST

NO.	Description	PCS	NO.	Description	PCS
A-1	Console set SM2743-67 with screw	1	G- 11	Cap for round disc	2
A-2	Screw M5*10L	4	G- 12	Disc set	2
В	Front handlebar set	1	G- 13	Flat washer	8
B-1	Front handlebar	1	G- 14	Screw M4x14L	8
B-2	Hand pulse	2	G- 15	Nuts M10xP1.25x10T	2
B-3	End cap for front handlebar	2	G- 16	Screw M4x50L	7
B-4	Foam grip for front handlebar	2	G- 17	Screw 3/16	8
B-5	Pulse wire for front handlebar	1	G- 18	Sensor holder	1
B-6	Cap for pulse wire	1	G- 19	Sensor box w/wire	1
С	Handlebar post set	1	G- 20	Screw M4x10L	1
C-1	Handlebar post	1	G- 21	Shaft	1
C-2	Upper console cable	1	G- 22	Hex. Screw M8xP1.25x12Lx5t	3
C-3	Allen bolt M8xP1.25x20L	4	G- 23	Pulley	1
C-4	Semicircle washers	4	G- 24	Bushing	1
C-5	Spring washers	4	G- 25	DC cable	1
C-6	Axle	1	G- 26	Adaptor	1
C-7	Bushing	2	G- 27	Brake set	1
D	Front stabilizer set	1	G- 28	Brake	1
D-1	Front stabilizer	1	G- 29	Flat washer	1
D-2	End cap for front stabilizer (L)	1	G- 30	Bolt M6xP1.0x16L	1
D-3	End cap for front stabilizer ®	1	G- 31	Nylon nut M6	1
D-4	Screw 3/16'	2	G- 32	Hex. Nuts M10	2

D-5	Adjustable pad for front stabilizer	2	G- 33	Nylon nuts M8	2
D-6	Stoppers for front stabilizer	2	G- 34	Flat washer	2
Е	Rear stabilizer set	1	G- 35	Flat washer	1
E-1	Rear stabilizer	1	Н	Bolts & nuts pack	1
E-2	Allen bolt M6xP1.0x12L	4	H-1	Screw M8x16	2
E-3	End cap for rear stabilizer	2	H-2	Screw M8xP1.25x65L	2
E-4	Adjustable pad for rear stabilizer	2	H-4	Nut M8	2
E-5	Left rail	1	H-6	Nylon screw M8xP1.0x20L	4
E-6	Right rail	1	H-7	Flat washer	4
E-7	Bushing for rail	4	H-8	Plastic washer	2
E-8	Pressure bar	1	H-9	Flat washer	4
E-9	Screw M8xP1.0x35L	1	H- 10	Wave washer	2
E- 10	Nylon nut M8	1	H- 11	Flat washer	1
E- 11	Hex. Screw M8xP1.25x20L	2	H- 12	Spring washers	1
E- 12	semicircle washer	2	H- 13	Screw M7xP1.0x30L	1
E- 13	End cap	4	H- 14	Cover for handlebar	1
E- 14	Adjustable pad for rail	2	H- 15	Carriage screw M8xP1.25x40L	4
E- 15	End cap for rail	2	H- 16	Semi washer	6
E- 16	Connecting tube for rail	1	H- 17	Screw M8xP1.25x50L	2
F	Pedal arm set	1	H- 18	Bushing	2
F-1	Pedal arm (Left)	1	H- 19	Flat washer	2
F-2	Pedal arm(Right)	1	H- 20	Nylon nut M8	6
F-3	Cap for pedal post	2	H- 21	Screw M5x14L	10
F-4	Pedal linkage plate	2	H- 22	End cap	2
F-5	Flat washers	6	ı	Upper handlebar set	1
F-6	Screw M8*P1.25*16L	6	I-1	Upper handlebar (Left)	1
F-7	Pedal crank arm (Left)	1	I-2	Upper handlebar (Right)	1
F-8	Pedal crank arm (Right)	1	I-3	Lower handlebar (Left)	1

F- 11	Bushing	4	I-4	Lower handlebar (Right)	1
F- 12	Connector bracket of pedal tube	2	I-5	Foam grip for upper handlebar	2
F- 13	Allen bolt M8xP1.25x35L	2	I-6	Cap for upper handlebar	2
F- 14	Flat washer	4	I-7	Bushing	4
F- 15	Nylon nut M8	2	I-8	Screw M5xP0.8x14L	4
F- 16	Wave washer	2	J	Gear box set	1
F- 17	Bushing	4	J-1	Magnetic set	1
F- 18	Cover for roller wheel	2	J-2	Hex. Screw M6xP1.0*16L	2
F- 19	Screw M5xP0.8x12L	4	J-3	Spring washer	2
F- 20	Screw M8*P1.25*16L	4	J-4	Flat Washer	2
F- 21	Flat washer	4	J-5	Adjustor for gear box	1
F- 22	Bearing	4	J-6	Screw M4x12L	1
F- 23	Fixed tube for roller wheel	2	J-7	Hex. Nut M4	1
F- 24	Roller wheel	2	K	Flywheel set	1
F- 25	Bushing	4	K-1	Flywheel	1
F- 26	Left pedal	1	K-2	Nut 3/8"	2
F- 27	Right pedal	1	K-3	Nut 3/8"	3
F- 28	U- shape bracket	2	K-4	Bushing	1
F- 29	Cover for upper handlebar	2	K-5	Bearing 6300RS	1
F- 30	Cover for upper handlebar	2	K-6	Flywheel axle	1
F- 31	EVA foam for crank arm	2	K-7	Bearing 6000RS	1
F- 32	Screw for U- shape bracket M5x6L	4	K-8	Flat Washer	1
F- 33	Flat washer for U- shape bracket	4	L	Idler set	1
G-1	Main base	1	L-1	Idler	1

G-2	Cable upper	1	L-2	Hex. Screw M8xP1.25x20L	1
G-3	C-type ring	1	L-3	Nylon nut M8	1
G-4	Wave washer	1	L-4	Flat Washer	1
G-5	Flat washer	1	L-5	Spring	1
G-6	Bearing 6004RS	2	L-6	Hex. Screw M6xP1.0x100L	1
G-7	Belt	1	L-7	Flat Washer	1
G-8	Left chain cover	1	L-8	Hex. Screw M6xP1.0x12L	1
G-9	Right chain cover	1	L-9	Idler wheel	1
G- 10	Round disc	2			

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.

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.

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