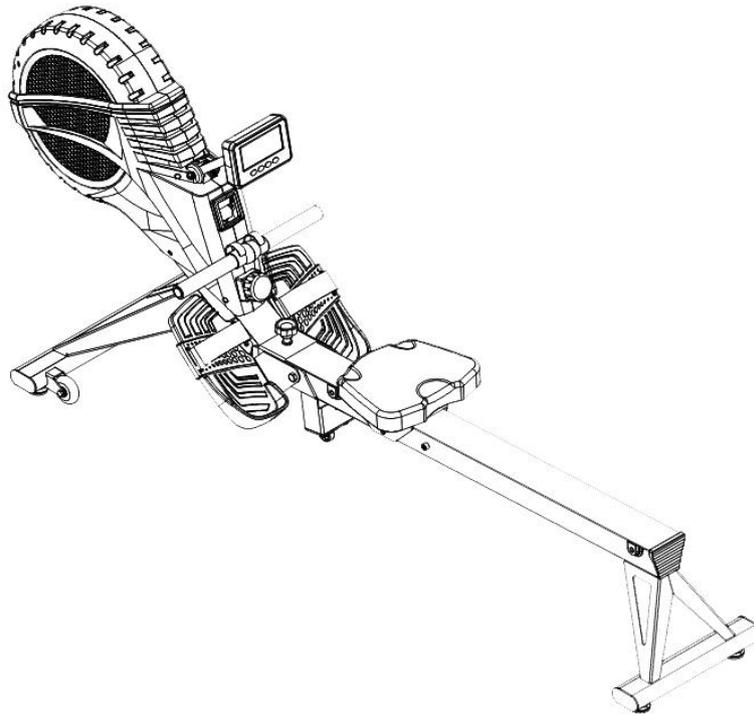




USER MANUAL – EN

IN 16143 Rowing Machine inSPORTline Kobuko



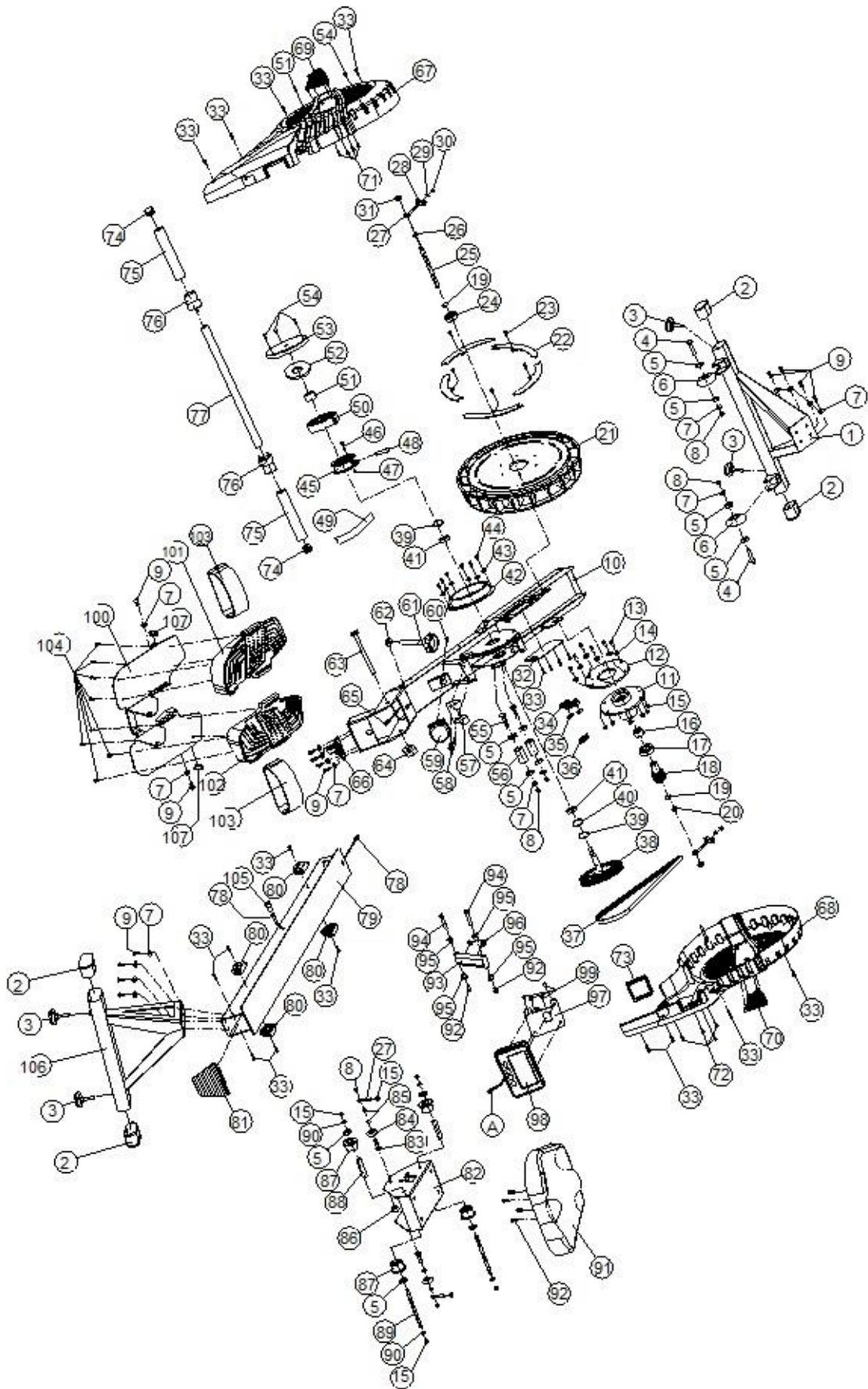
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SAFETY PRECAUTIONS

- Read this manual carefully before first using and retain it for future reference.
- Observe all warnings and precautions including assembly steps. Use it only for intended purpose.
- Assemble and use it only according to this manual to assure your safety. Inform all other users about safe usage.
- Keep it away from children and pets. Don't let children unattended near this device. Only an adult person may assemble and use it.
- Ask your physician for advice before starting any exercise program. It is especially necessary if you suffer from some health problems or if you take some medication that could affect your heart rate, blood pressure or cholesterol level.
- Observe body signals. If you feel some problems (pain, tightness in chest, irregular heartbeat, breathing shortness, dizziness or nausea), stop immediately. Improper exercising can result in serious health problems or in an injury.
- Put it only on a flat, dry and clean surface and keep a safety clearance of at least 0.6 m from other objects for higher safety. Use a protective cover to protect carpet or floor.
- Wear adequate sports clothes and sports shoes. Avoid too loose clothes.
- Don't use it outdoors.
- Check this device for damage or wearing before each using. Regularly check all bolts and nuts. They should be well tightened. Re-tighten, if necessary. Never use damaged or worn device to assure your safety.
- If some sharp edges occur, stop using.
- If you hear some unusual noises coming from this device, stop using.
- No adjustable part should protrude and obstruct user movements. Only one person may use it at time.
- Braking is independent of the speed.
- It is not intended for therapeutic purpose.
- Pay attention while lifting or transporting it to avoid back injury. Use only proper lifting techniques or ask some other person for help.
- Don't do any improper modification of this product. If necessary, contact authorized service.
- **Weight limit:** 120 kg
- **Category:** HC (according to EN957 norm) suitable for home using
- **WARNING!** Overexertion during training can lead to a serious injury or even death. If you start to feel faint, stop the exercise immediately.

EXPLODED DRAWING



PARTS LIST

No.	Description	Qty.
1	Front stabilizer	1
2	Front stabilizer end cap	4
3	Foot pad	4
4	Bolt (M8*45)	2
5	Bearing	12
6	Wheel	2
7	Flat washer (ø8)	10
8	Lock nut (M8)	6
9	Bolt (M8*15)	14
10	Main frame	1
11	Fan wheel fix tube	1
12	Fan strengthen board	1
13	Bolt (M6*20)	6
14	Big washer (ø16)	6
15	Lock nut (M6)	8
16	One-way bearing	1
17	Bearing	1
18	Little belt wheel	1
19	Washer (ø10)	2
20	Nut (M10)	1
21	Fan	1
22	Aluminun sheet	5
23	Screw (ST4.2*19)	5
24	Bearing	1
25	Fan axle	1
26	Nut (M10)	1
27	Bolt (M8*48)	4
28	U-shaped buckle	2
29	Spring washer (ø6)	2
30	Nut (M6)	2
31	Nut (M10)	2
32	Magnet slider	1
33	Screw (ST4.2*16)	18
34	Magnet bracket	1
35	Magnet	2
36	Spring	1

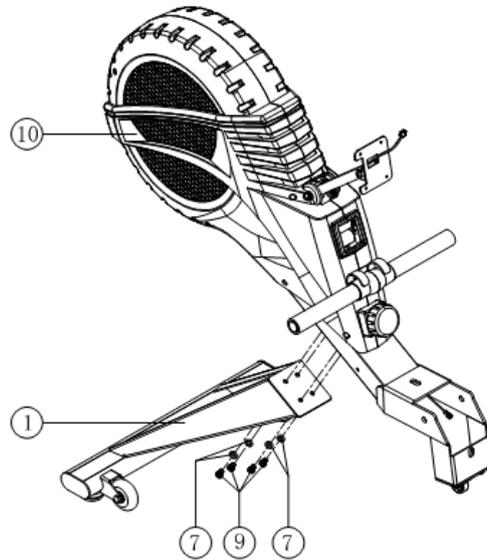
37	Belt	1
38	Belt wheel	1
39	Wave washer (ø17)	1
40	Washer (ø17)	2
41	Bearing	2
42	Spring cover	1
43	Flat washer (ø5)	6
44	Screw (M5*10)	6
45	Belt bracket	1
46	Screw (M5*33)	1
47	Nut (M5)	1
48	Screw (M5*35)	1
49	Belt	1
50	Spring	1
51	Spring bracket	1
52	EVA pad	1
53	Spring cover	1
54	Screw (ST4.2*19)	5
55	Bolt (M8*60)	2
56	Pulley	2
57	Handlebar holder	1
58	Screw (M6*23)	2
59	Tension knob	1
60	Bolt (M6*20)	1
61	Knob	1
62	Washer (ø12)	1
63	Bolt (M12*130)	1
64	Lock Nut (M12)	1
65	Upper sensor wire	1
66	Roller	1
67	Left chain cover	1
68	Right chain cover	1
69	Left cover	1
70	Right cover	1
71	Screw (ST4.2*8)	8
72	Screw (ST4.2*45)	4
73	Plastic part	1
74	End cap	2

75	Foam	2
76	Handlebar cover	2
77	Handlebar	1
78	Lower sensor wire	1
79	Seat rail	1
80	Stopper	4
81	Slider end cap	1
82	Seat support	1
83	Bolt (M8*30)	2
84	Seat roller	2
85	Bushing	4
86	Magnet	1
87	Seat roller	4
88	Bushing	2
89	Axle	2
90	Flat washer (ø6)	4
91	Seat	1
92	Screw (M6*15)	6
93	Computer support	1
94	Bolt (M6*52)	2
95	Bushing	4
96	End cap	2
97	Computer folder	1
98	Computer	1
99	Screw (M5*10)	4
100	Pedal bracket	1
101	Left pedal	1
102	Right pedal	1
103	Pedal strap	2
104	Screw (ST4.2*10)	8
105	Sensor holder	1
106	Rear stabilizer	1
107	End cap	2

ASSEMBLY STEPS

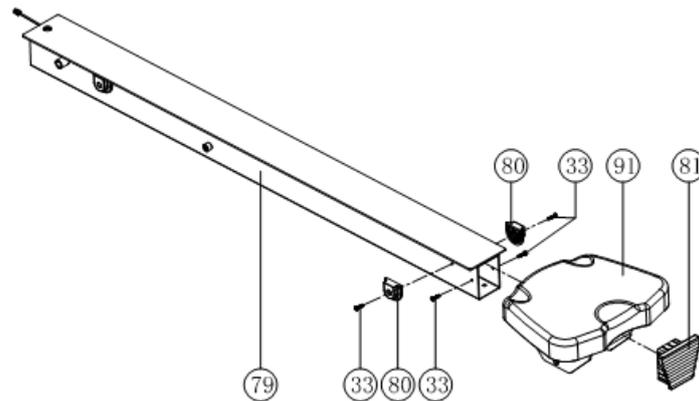
STEP 1

- Attach the front stabilizer (1) to the main frame (10) using 4 sets of flat washers $\varnothing 8$ (7) and bolts M8*15 (9).



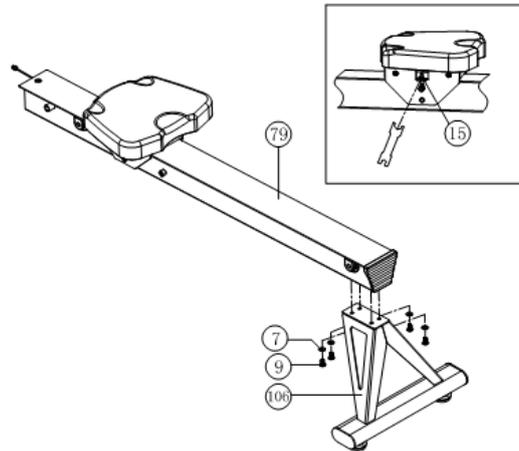
STEP 2

- Pass the seat rail (79) through the seat (91).
- Attach the stopper (80) to the seat rail (79) using 2 screws ST4.2*16 (33).
- Attach the slider end cap (81) to the seat rail (79) using 2 screws ST4.2*16 (33).



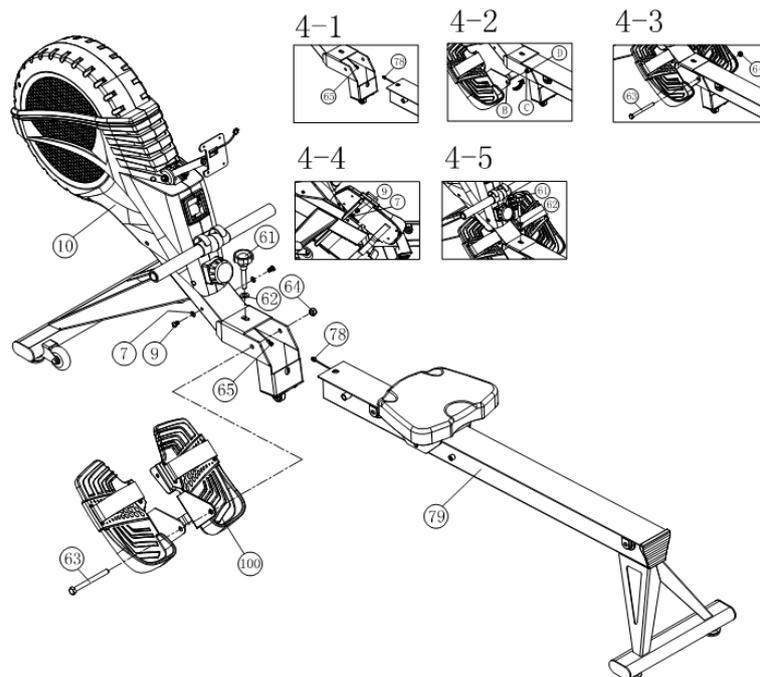
STEP 3

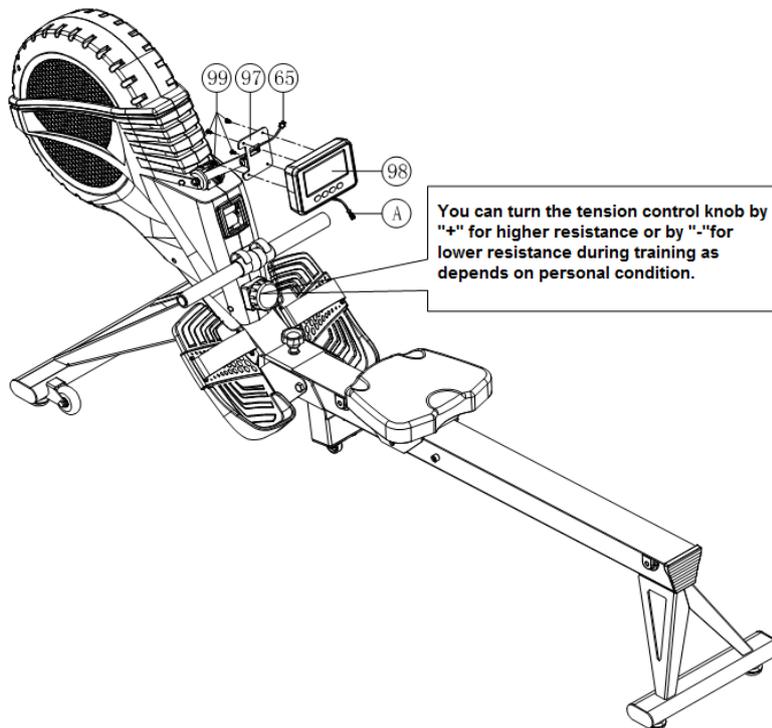
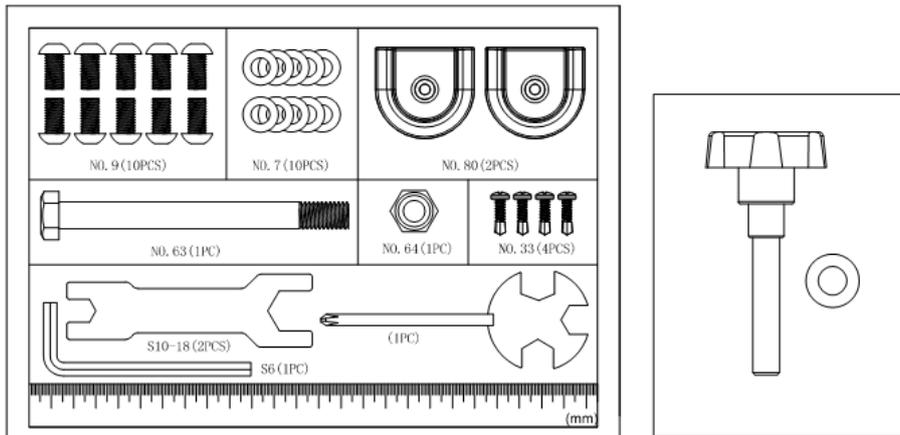
- Adjust the both sides of the lock nut M8 (15) on seat support (82) in proper tight. Seat should slide smoothly on the seat rail without any shaking.
- Attach the rear stabilizer (106) to the seat rail (79) using 4 sets of flat washers $\varnothing 8$ (7) and bolts M8*15 (9).



STEP 4

- 4-1. Connect upper sensor wire (65) with lower sensor wire (78).
- 4-2. Put seat rail (79), main frame (10) and pedal bracket (100) together as shown in the picture.
- 4-3. Attach seat rail (79), main frame (10) and pedal bracket (100) together by using bolt M12*100 (63) and lock nut M12 (64).
- 4-4. Attach pedal bracket (100) to the main frame (10) using flat washers $\varnothing 8$ (7) and bolts M8*15 (9).
- 4-5. Attach seat rail (79) to the main frame (10) using washers $\varnothing 12$ (62) and knob (61).



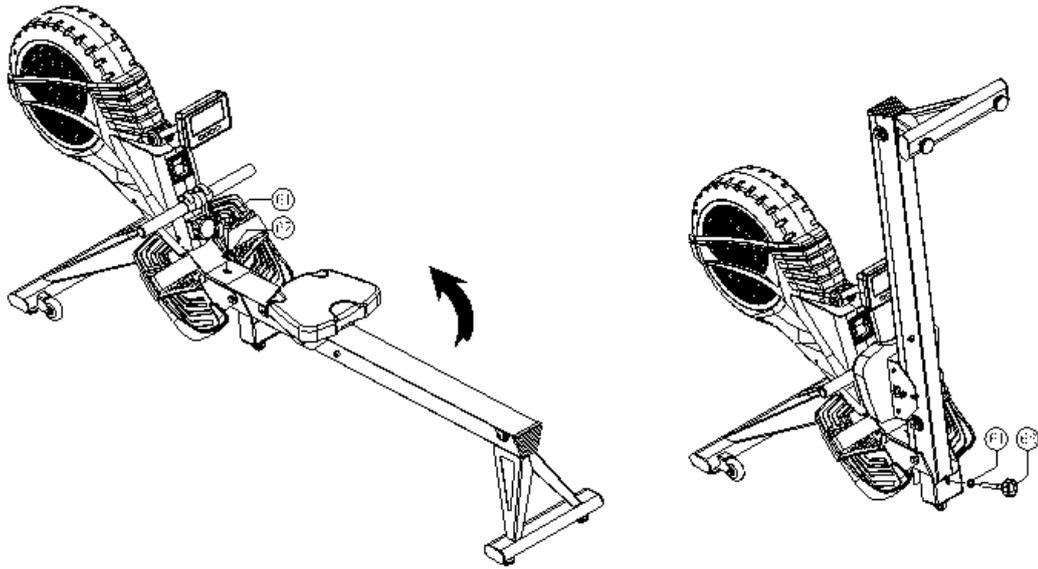


STEP 5

- Connect upper sensor wire (65) to the computer sensor wire (A).
- Attach computer (98) to the computer holder (97) using 4 screws M5*10 (99).

FOLDING FOR STORAGE

1. Release the knob (61) and washer (62).
2. Turn the rail by 90°.
3. Use the knob (61) and washer (62) to lock the rail onto the frame.



EXERCISE COMPUTER

DISPLAY FUNCTIONS

ITEM	DESCRIPTION
SCAN	<p>Displaying sequence: TMR→CNT→CAL→TOTAL CNT</p> <p>In SCAN mode push MODE key to choose other function.</p> <p>Scan automatically through each mode in a sequence of every 6 seconds.</p>
TIME (TMR)	<p>Without setting the target value, time will count up.</p> <p>When you set in a target value, the time will count down from this target value to zero with sound or flash alarm.</p> <p>Without any signal transmitted into the monitor for 4 seconds, the time will stop.</p> <p>Range: 0:00~99:59</p>
COUNT (CNT)	<p>Without setting the target value, count will count up.</p> <p>When you set in a target value, the count will count down from this target value to zero with sound or flash alarm.</p> <p>Range: 0~9999</p>
TOTAL CNT	<p>The total count number gets clear after removing battery.</p> <p>Range: 0~9999</p>
CALORIES (CAL)	<p>Without setting the target value, calories will count up.</p> <p>When you set in a target value, the calories will count down from this target value to zero with sound or flash alarm.</p> <p>Range: 0.0~999.9</p> <p>This consumption is only indicative and without any medical value.</p>

BUTTON FUNCTIONS

ITEM	DESCRIPTION
UP	Push this key to increase a value. Push and hold it to increase it faster. TMR setting range: 0:00~99:00 (Each increment: 1:00) CAL setting range: 0.0~999.00 (Each increment: 1.0)
DOWN	Push this key to decrease a value. Push and hold it to decrease it faster. TMR setting range: 0:00~99:00 (Each decrement: 1:00) CAL setting range: 0.0~999.00 (Each decrement: 1.0)
MODE/ENTER	Choose each function by pressing MODE/ENTER key. In SCAN mode push it to lock current function. Push and hold MODE/ENTER key for 2 seconds to reset all functions besides Total CNT.
RESET	In setting mode, push RESET key once to reset the current function figures. Push RESET key and hold it for 2 seconds to reset all function figures.

OPERATION PROCEDURE

POWER ON: LCD displays all segments as in picture below.



POWER OFF: If the monitor has no signal within 4 minutes, it enters a sleep mode.

OPERATION

1. When you power on the monitor (or when you press and hold MODE/ENTER key for 2 seconds), the LCD display shows all segments for one second and enters the SCAN mode.
2. Without any transmitted signal into the monitor, the value of TMR, CNT, CAL and TOTAL CNT will start to count up.

TROUBLE SHOOTING

- If the LCD display is dim, change batteries.
- If there is no signal during rowing, check cable connection.

NOTE:

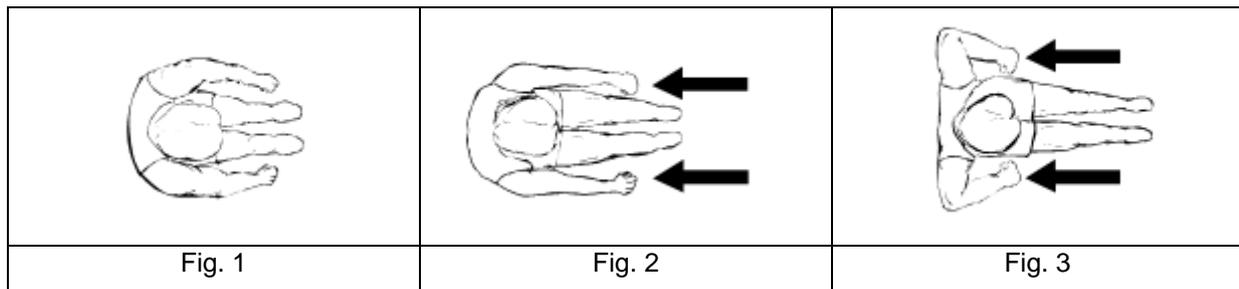
- Stop training for 4 minutes and the main screen gets off.
- If the computer displays abnormally, try to re-install the battery.

EXERCISE GUIDE

Rowing is an extremely effective form of exercising. It strengthens your heart and improves blood circulation as well. There are involved all major muscle groups of back, waist, arms, shoulders, hips and legs.

BASIC ROWING STROKE

Sit on the saddle and fasten your feet to the pedals using Velcro straps. Then take hold of the rowing bar. Take the start position, lean forward with your arms straight and knees bent as shown in Fig. 1. Push your body backwards while simultaneously straightening your back and legs (Fig. 2). Continue this movement until you are leaning slightly backwards. Bring your arms out of the side during this phase (Fig. 3). Thereafter return to the second position and repeat it as shown below.

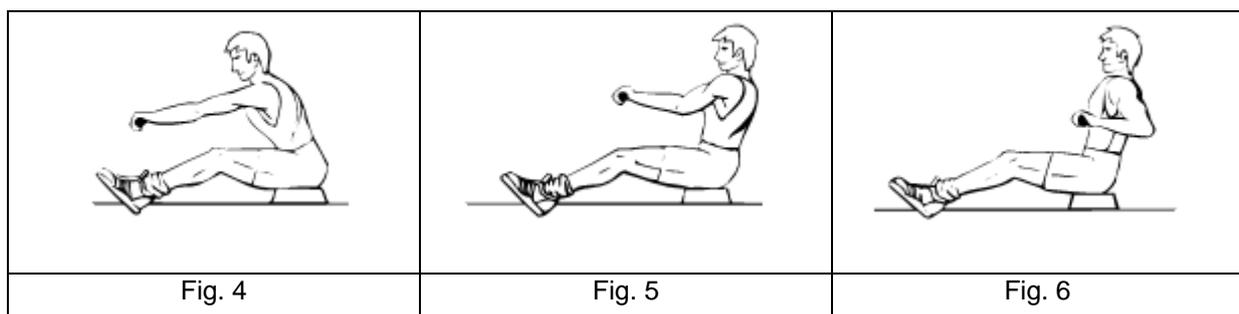


TRAINING TIME

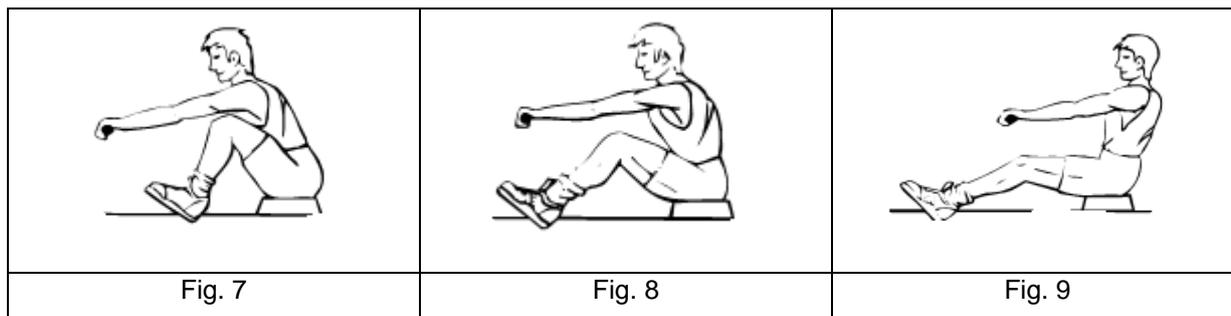
Rowing is a strenuous training style. Because of it, is better to start with a short and easy program and continue to a longer and intensive workout. Start rowing for about 5 minutes and increase the workout length gradually to improve your fitness. Finally, you should be able to row for 15-20 mins. Don't try to do it too quickly. Try to train on alternate days, 3 times a week. Take a recovery time between workouts.

ROWING STYLE ALTERNATION

ONLY ARM ROWING: This workout should tone your arm, shoulder, back and abdominal muscles. Sit on the machine as shown in Fig. 4. Straighten your legs, lean forward and grasp the handles. Control your moving and gradually lean back to just past the up-right position (Fig. 5) and continue to pull the handles towards your chest (Fig. 6). Return to the starting position and repeat.



ONLY LEG ROWING: This workout helps toning your leg and back muscles. Keep your back straight and arms out-stretched, bend your legs until you will grasp the rowing handles in the starting position (Fig. 7). Use your legs to push your body back (Fig. 8) while keeping your arms and back straight as shown in Fig. 9.



EXERCISE INSTRUCTIONS

Using this device provides you with several benefits such as better physical fitness, toned muscles and, in combination with controlled diet, weight loss.

1. WARM-UP PHASE

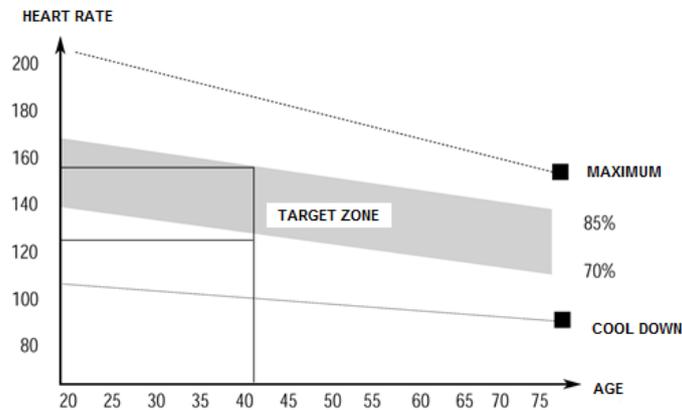
This phase should help improving blood circulation and make your muscles working properly while reducing a cramp risk or injury. It is advisable to do a few stretching exercises as shown below. Each stretching exercise should be taken for approx. 30 seconds. Don't overstretch and don't jerk your muscles. If you feel pain, stop immediately.

	Side bends
	Forward bends
	Outer thigh
	Inner thigh
	Calves and Achilles tendon

2. EXERCISE PHASE

It is a phase, during which you should put in your effort. After regular workout, your leg muscles should get more flexible. Keep steady tempo throughout your exercising. The workout intensity should be sufficient to raise your heartbeat into the target zone as shown below.

NOTE: This stage should last for at least 12 mins. Thus, most people start at approx. 15-20 mins.



3. COOL-DOWN PHASE

In this stage, your cardio-vascular system and muscles should get calm. Repeat the warm-up exercises, reduce your tempo and continue for approx. 5 mins. Repeat the stretching exercises, but don't overstretch or jerk your muscles. As you get fitter, you can exercise longer and harder. It is advisable to train at least three times a week and, if possible, to space your workouts evenly throughout a week.

MUSCLE TONING

To tone muscle while on your revolution device, you will need to have the resistance set quite high. This will put more strain on our 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.

ENVIRONMENT PROTECTION

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

By proper disposal you will protect the environment and natural sources. Moreover, you can help protect human health. If you are not sure in correct disposing, ask local authorities to avoid law violation or sanctions.

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. 40/1964 Coll. Civil Code, Act No. 513/1991 Coll., Commercial Code, and Act No. 634/1992 Coll., Consumer Protection Act, 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 to the extent specified in the Commercial Code.

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 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.

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Web:	www.insportline.sk

Date of Sale:

Stamp and Signature of Seller: