

# USER MANUAL – EN

IN 20142 Exercise bike inSPORTline inCondi UB45i



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## SAFETY INSTRUCTIONS

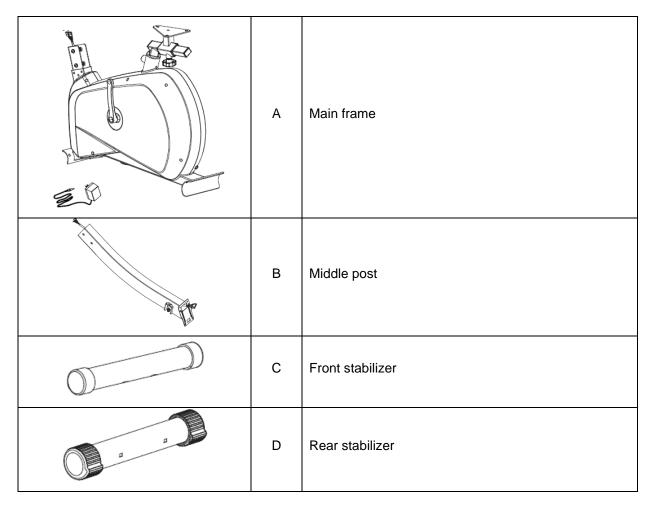
- To ensure the best safety of the exerciser, regularly check it on damages and worn parts.
- If you pass on this exerciser to another person or if you allow another person to use it, make sure that that person is familiar with the content and instructions in these instructions.
- Only one person should 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.
- Make sure there is sufficient free space 0.6 m around the exerciser when you set it up.
- 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.
- Maximal weight: 130 kg
- Category: HC for home use

## **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!
- **WARNING!** A system for monitoring heart rate may not be accurate. Overloading during training may cause serious injury or death. If you feel any discomfort, immediately stop the exercise!

## **PARTS LIST**



	E	Handlebars
F D	E1/E2	Handlebars covers
<b>S</b>	F1	Seat adjustment
	G	Seat
	н	Console
	J1	Screw M8 x 75L
	J2	Screw M8 x 90L
8888	J3	Nut M8
0000	J4	Spring washer M8
0000	J5	Washer M8
<u>_</u>	J9	Screw M4

	K1/K2	Pedals left/right
Contraction of the second seco		Tools
	M1	Bottle holder
	M2	Screw

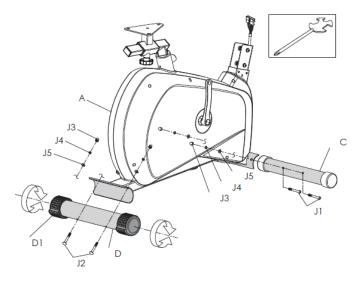
## ASSEMBLY

### STEP 1

Attach the front stabilizer (C) to the main frame (A) with screws (J1), washer (J5) and nut (J3) in the direction of the sticker on the stabilizer.

Attach the rear stabilizer (D) to the main frame (A) with screws (J2), washer (J5), spring washer (J4) and nut (J3).

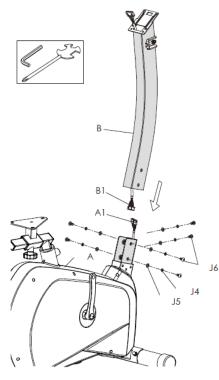
If necessary, stabilize with the leveling feet.



### **STEP 2**

Connect the cables (A1) and (B1).

Attach the middle post (B) to the main frame (A) with pre-installed screws (J4), spring washer (J6) and washer (J5).

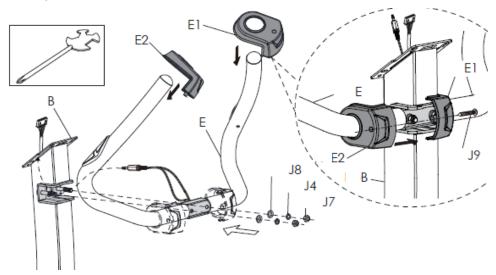


### **STEP 3**

Pass the cables through the bracket handle. Attach the handlebar to the middle post using pre-installed nuts (J7) and wave washer (J8).

Attach the handle caps (E1 and E2). Now go to the STEP 4.

Be careful not to pinch the cables.

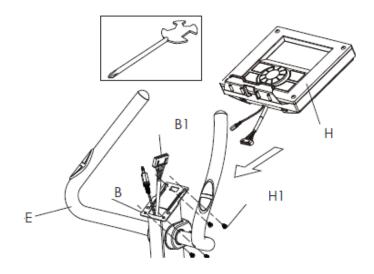


### **STEP 4**

Remove the 4 bolts (H1) from the console (H).

Connect the cables.

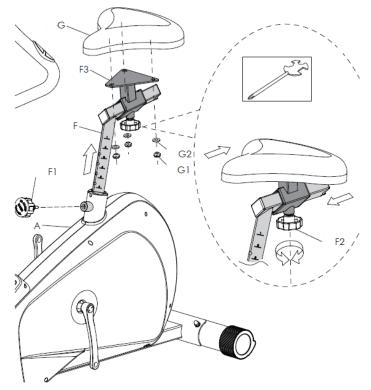
Slide the console into the bracket. Attach the console (H) with the screws (H1) to the middle post (B). Now you can finish attaching the handles in STEP 3 with the M4 screw (J9).



### **STEP 5**

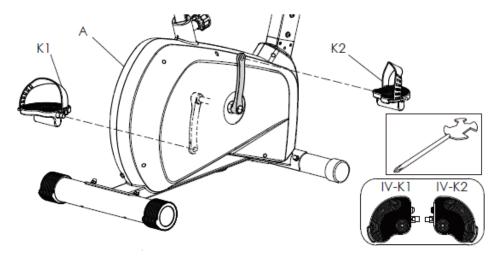
Attach the seat post (F) to the main frame (A) with screws (F1). Make sure the screw is in the positioning hole.

Secure the seat (G) to the seat post (F3) using the pre-installed nuts (G1) and washer (G2) on the bottom of the seat.



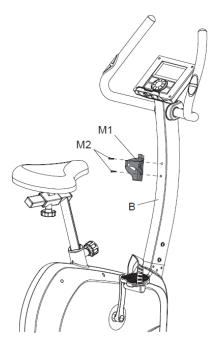
### PEDAL MOUNTING

Attach the left pedal (K1) to the left crank by screwing it counterclockwise. Attach the right pedal (K2) to the right crank by screwing it clockwise



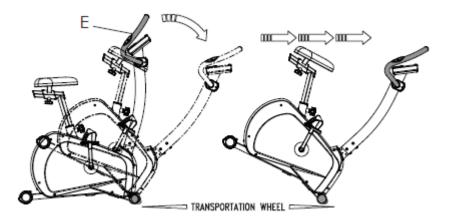
### **BOTTLE HOLDER**

Remove pre-installed screws (M2). Attach the bottle holder (M1) to the support tube (B) with screws (M2).



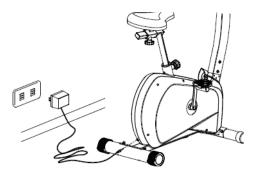
### TRANSPORT

For moving grab the handles (E) and tilt slightly, push the exercise bike to the desired location.



### CONENCTION

Place the device as close as possible to the outlet and connect.



## CONSOLE



### **BUTTONS**

	ENTER	Confirm selection
	UP / DOWN	Menu navigation
	START / STOP	Turn on or off the program
	RESET	Return to main menu, if the program is stopped, the return button will delete preset setting
XNLENT	TOTAL RESET	Delete all data
BECOMERT	RECOVERY	Heart rate test

### **PROGRAM SELECTION**

Use UP and DOWN buttons to select MANUAL –  $\mathsf{BEGGINER}$  –  $\mathsf{ADVANCE}$  –  $\mathsf{SPORTY}$  –  $\mathsf{CARDIO}$  – WATT program.

## DISPLAY

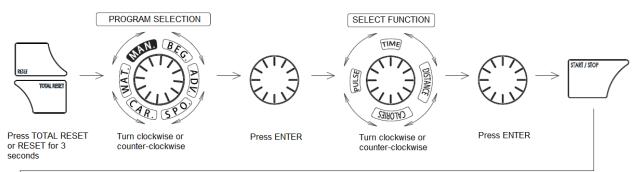
SPEED	display speed during training
	values 0.0 – 99.9
RPM	display revolutions per minute
	values 0 – 999
TIME	display training time
	values 0:00 – 99:59, adjustable values 0:00 – 99:00
DISTANCE	display distance
	values 0:00 – 99.9, adjustable values 1.0 – 99.0
CALORIES	display burned calories
	values 0 – 999, adjustable values 0 – 990
WATT	display consumed energy
	values 0 – 350
PULSE	display heartbeat per minute
	warning if the set value is met
	values 0 – 230, adjustable values 0 – 30 – 230
MANUAL	manual program
BEGGINER	4 preset programs
ADVANCE	4 preset programs
SPORTY	4 preset programs
CARDIO	HRC program
WATT PROGRAM	WATT program

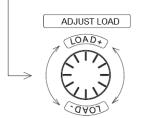
### MANUAL PROGRAM

Press START in main menu for manual program



- 1. Use UP and DOWN button to select MANUAL program and press ENTER.
- 2. Use UP and DOWN button to set up TIME, DISTANCE, CALORIES, PULSE and confirm with MODE button.
- 3. Press START / STOP button to start program. Use UP and DOWN buttons to adjust resistance 1 16.
- 4. Press START / STOP button to stop program. Press RESET to return to main menu.



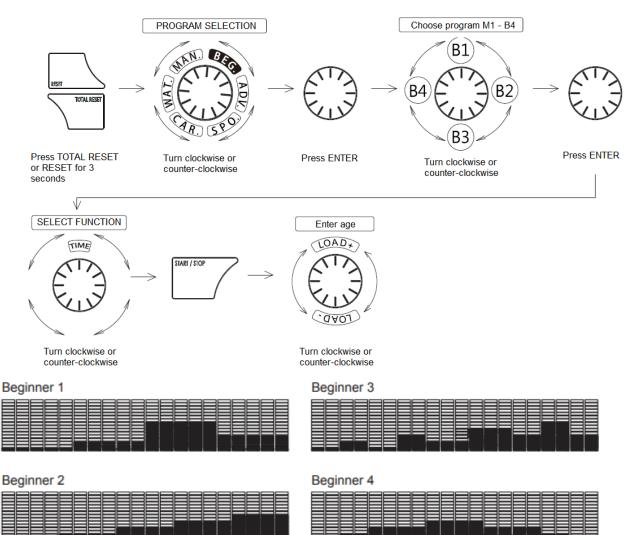


Turn clockwise or counter-clockwise

### **BEGGINER PROGRAM**

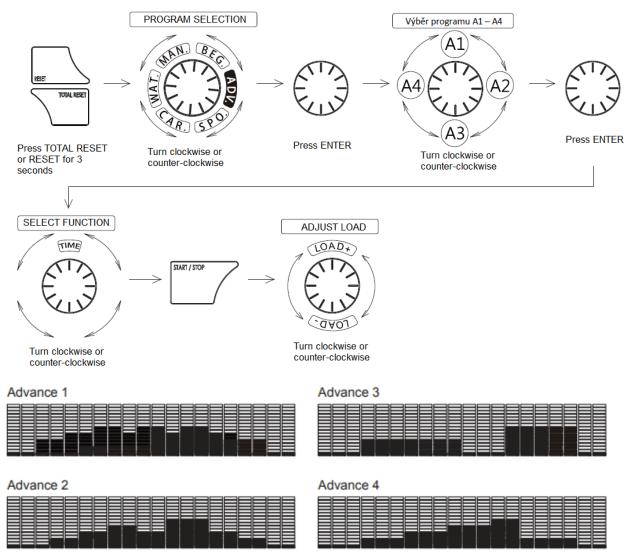


- 1. Use UP and DOWN button to select BEGGINER program and press ENTER.
- 2. Use UP and DOWN button to select program BEGGINER 1 BEGGINER 4, confirm with MODE button.
- 3. Use UP and DOWN button to set up TIME.
- 4. Press START / STOP button to start program. Use UP and DOWN buttons to adjust resistance.
- 5. Press START / STOP button to stop program. Press RESET to return to main menu.



### **ADVANCE PROGRAM**

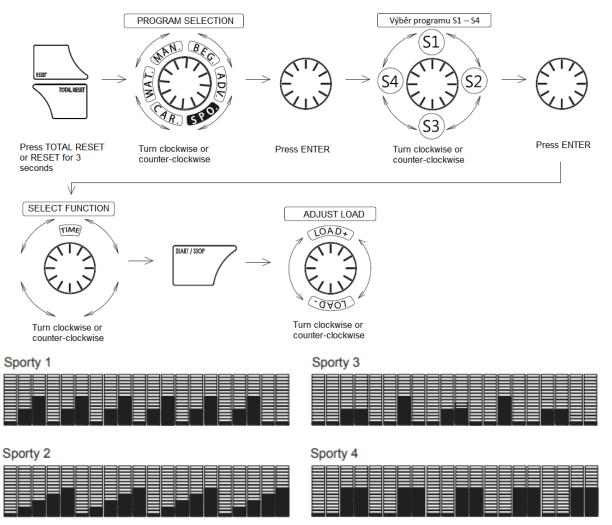
- 1. Use UP and DOWN button to select ADVANCE program and press ENTER.
- Use UP and DOWN button to select program ADVANCE 1 ADVANCE 4, confirm with MODE button.
- 3. Use UP and DOWN button to set up TIME.
- 4. Press START / STOP button to start program. Use UP and DOWN buttons to adjust resistance.
- 5. Press START / STOP button to stop program. Press RESET to return to main menu.



### SPORTY PROGRAM



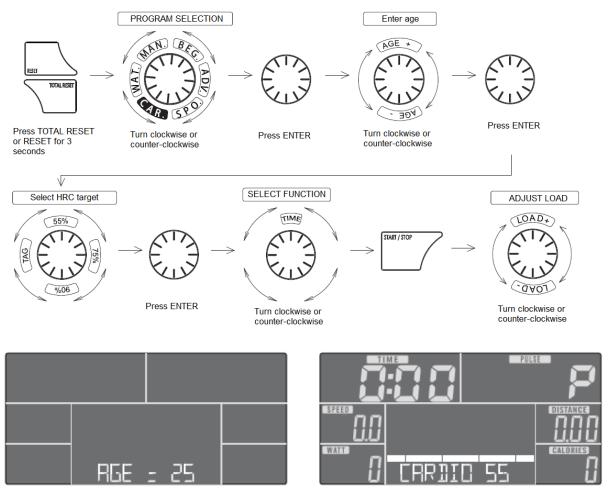
- 1. Use UP and DOWN button to select SPORTY program and press ENTER.
- 2. Use UP and DOWN button to select program SPORTY 1 SPORTY 4, confirm with MODE button.
- 3. Use UP and DOWN button to set up TIME.
- 4. Press START / STOP button to start program. Use UP and DOWN buttons to adjust resistance.
- 5. Press START / STOP button to stop program. Press RESET to return to main menu.



### CARDIO PROGRAM



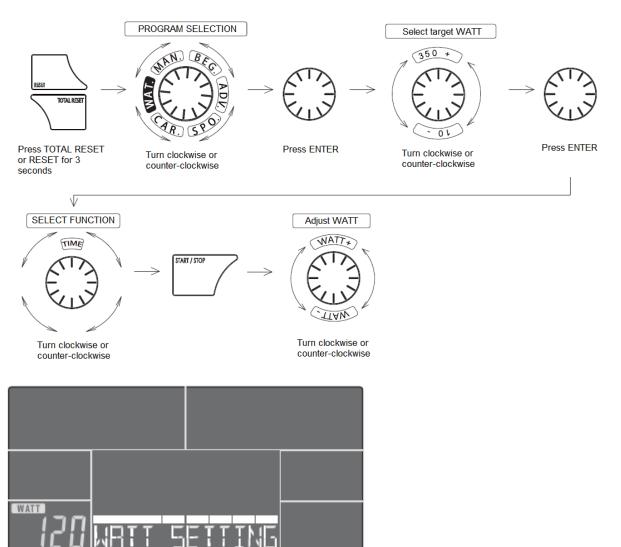
- 1. Use UP and DOWN button to select CARDIO program and press ENTER.
- 2. Use UP and DOWN button to enter AGE.
- 3. Use UP and DOWN button to select 55%, 75%, 90% or TAG (30 230) and confirm with MODE.
- 4. Use UP and DOWN button to set up TIME
- 5. Press START / STOP button to start program. Use UP and DOWN buttons to adjust resistance.
- 6. Press RESET to return to main menu.



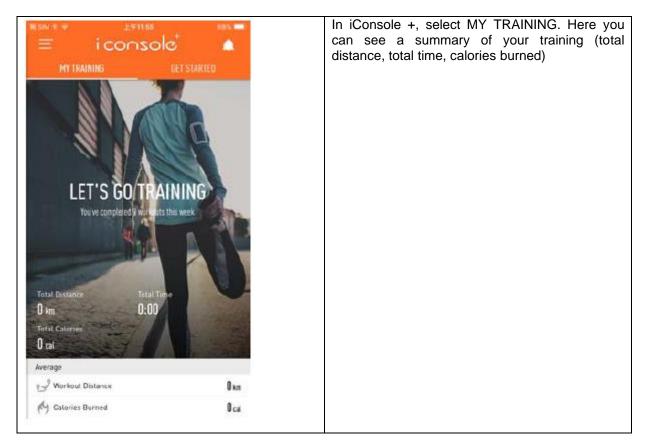
### WATT PROGRAM



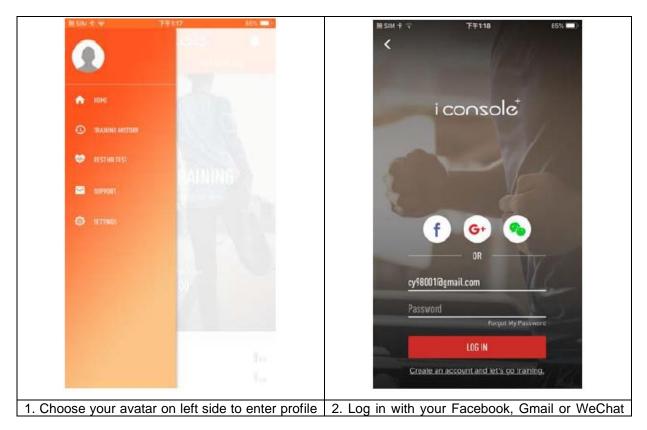
- 1. Use UP and DOWN button to select WATT program and press ENTER.
- 2. Use UP and DOWN button to set WATT (10 350) and confirm with MODE.
- 3. Use UP and DOWN button to set up TIME.
- 4. Press START / STOP button to start program. Use UP and DOWN buttons to adjust resistance.
- 5. Press START / STOP button to stop program. Press RESET to return to main menu.

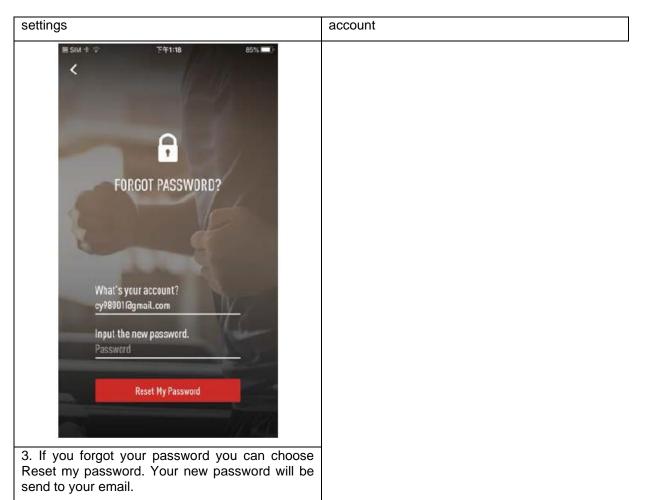


## **iCONSOLE APPLICATION**



### **SIGN IN**





### MEMBERSHIP

- Choose your profile picture to enter profile settings.
- You can change profile picture or update your profile information. (If don't enter all required information, calculated data may not be calculated correctly.)

#### SIGN OUT

- Choose your profile picture to enter profile settings.
- Select the icon in the top right corner to sign out. (You can still **exercise** without signing in, but the data won't be saved.)

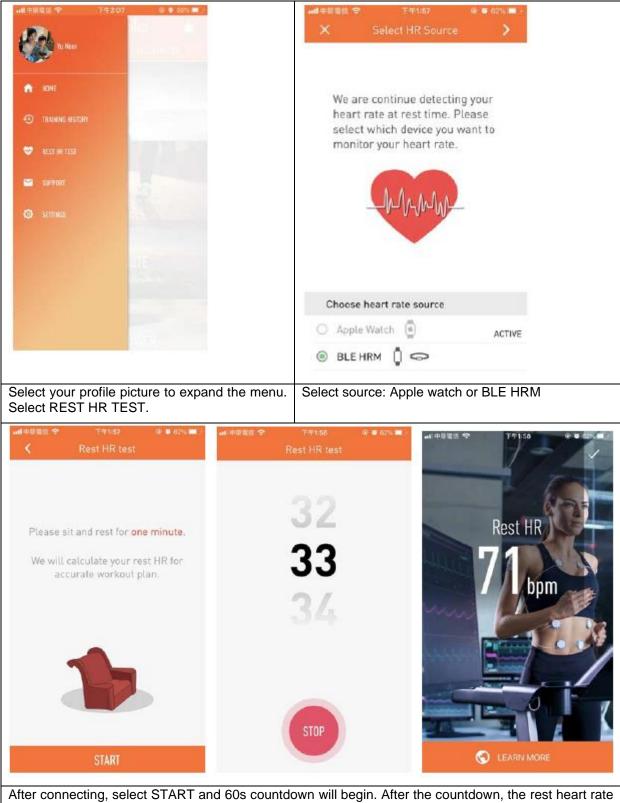
### HISTORY

▲····································	-####### ♥ 〒#2:07 ● ● cos ■ > 三 Training History 文 文
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and the second se	Jan 24, 2019 at 1,41 PM
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S maaana maanaa	Ø 0:12:44 x∞ 4.6 km 🚯 105 cal.
and the second	Jan 24, 2019 at 11:33 AM
🐨 Kentak tén	Treadmill 🗈 Map My Route 💿 Samewhat H
	Ø 0:22:17 ↔ 1.7 km 🕈 121 cat
	Jun 23, 2019 M 11:25 AM
	Bike/Elliptical 🖪 Constant Po 💿 Sorroewhat e
	Ø 0:22-40 ₩ 11.1 km 🕐 156 cal
	Jun 23, 2019 or 10:69 KM
	Rower 🕒 Programs 💿 Somewhat H
and the second	Ø 0:20:00 Kev 2.3 km 🔶 123 cal
	Jan 23, 2019 at 10.23 AM
	Bike/Ellipticat 📑 Interval 💿 Somewhate
a total and the second s	Ø 0:12:00 ↔ 3.1 km ♠ 68 cal
Select profile picture and then select TRAINING HISTORY.	The measured data will be displayed: number of workouts, calories, training time and list of workouts.
	Used device, program, RPM, time, distance and calorie data are recorded.
	Select a workout to display the information.
	Data from all devices and programs are stored.

atelitititi ♥ T#2 <b>K</b> Workout		and मण्णच्छ 🗢 ⊤=: ≮ Workou	
12	107	Jan 23, 2019 at 11:25 A	M
	0	Machine:	Bike/Elliptical
SP	-32	Training mode:	Constant Power
de		♥BAI™:	29
Jan 24, 2019 at 11:33 A		ODuration:	0:22:40
		Solution Distance:	11.1 km
Machine:	Treadmill	A Calories:	156 Cal
Training mode:	Map My Route	AVG. HR.:	91 bpm
ØBAI <sup>™</sup> :	29	AVG. Pace:	2:02 min/km
ODuration:	0:22:17	AVG. Speed:	29.4 km/h
⇔Distance:	1.7 km	AVG. RPM:	79
n Calories:	121 Cal	AVG. Watt:	51.7
AVG. HR.:	91 bpm	Target Power:	50 watt
AVG. Pace:	13:29 min/km	Target Cadence:	80 rpm
AVG. Speed:	4.4 km/h	Max Power:	91.0 watt
Max Altitude:	99.0 m	1.58074.7.1607.00.0047.	

### **REST HR TEST**

**WARNING!** A system for monitoring heart rate may not be accurate. Overloading during training may cause serious injury or death. If you feel any discomfort, immediately stop the exercise!



is displayed at and the heart rate is calculated for the most accurate training program.

### SUPPORT



## SETTING

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🗃 sevelar			
	All Contractions		
	UIE Contract of Contract		
Select your profile Select SETTING.	picture to expand the menu.	Select unit: metric or	imperial.

Select source: Apple wate	Done	•#中國電信 ◆ Searching HR HRM-BLE-3[	THE 57 71 BP MARK	₩ ₩ 62% ■ •	
and 中華電信 ♥ 下中1	166 🛛 🕀 🛡 62% 🗮				
Display Unit Metric	ngs				
Heart Rate None	Connect				
Version 1.0.14 [21]					

Check the program version

## QUICK START

× Connect	>	1.	Bluetooth connection: Select the device you are using. If you are using a heart rate monitor, you can select it below.
Connected Successfully		2.	Once the devices are paired, click> icon in the top right corner.
i-Console+0050 Magnetic Resistance System	~	3.	
Unnamed			connection is automatic.
Unnamed			
Unnamed			
Unnamed			
Choose heart rate source			
I From Equipment L			
🔘 Apple Watch	ACTIVE		
O BLEHRM 🏮 🗢	ACTIVE		
		4.	After turning on the program, you can adjust the load or pause / stop the program.
Under Zone 60 april Contract Ram Conference D Terry 59.7 wat			

×	Summary	< 1
2019年1月23日		
lachine:		Bike/Elliptical
Training mode:		Quick Start
¢BAI™:		0
Duration:		0:01:19
Distance:		0.4 km
A Calories:		5 Cal
AVG. HR.:		0 <b>b</b> pm
WG. RPM:		57
AVG. Watt:		58.9
AVG. Pace:		3:17 min/km
AVG. Speed:		18.2 km/h
I feel		Somewhat easy
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## INTERVAL

(	48:3	
	High Intensity	7 8 9 9 10 Rest line
Гли Пали	High Intensity 2:2	Rest Time
irne .ovel		7 8



×	Summar	γ	< .	1
2019年1月23日 7	下午2:42			
Machine:			Bike/Ellipti	ical
Training mode:			Quick St	tart
♥BAI™:				0
O Duration:			0:01	:19
⇔Distance:			0.4	km
A Calories:			5	Cal
AVG. HR.:			0 b	bpm
AVG. RPM:				57
AVG. Watt:			5	58.9
AVG. Pace:			3:17 min/	/km
AVG. Speed:			18.2 kn	m/h
I feel			Somewhat ea	asy
$\odot$	99	٣	$\odot$	
Leave a mussage				

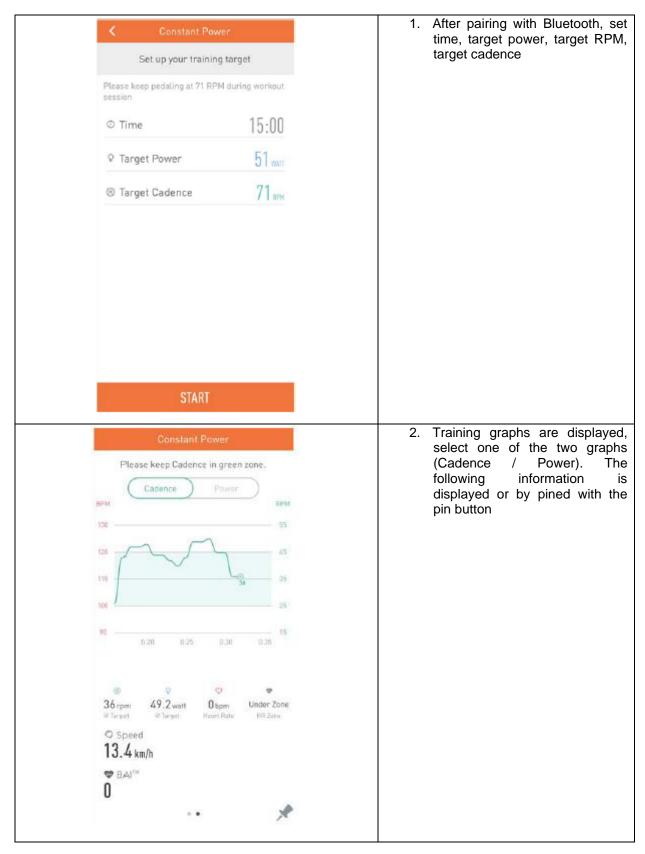
### MAP MY ROUTE



- 1. Select a location.
- 2. Select a start point.
- 3. Select the route and swipe the yellow GO button to the left. You can reset the route with the green button.

Scarch a lacar	Map My Route Constraints of the second secon	4.	If you do not want to set the route yourself, you can select one of the preset routes. You can choose between China routes or worldwide routes.
47	Map My Route 🛛 🔷	5.	After turning on the program, you can set the load or pause / stop the program.
1:45	D.6 km	6.	Select the arrows to show or hide the menu. Select the diamond icon to change the map view.
22.4 km/h	7 cat	7.	When you finish the exercise a summary of the exercise is displayed. You can compare the results with previous
	LEVEL 1		workouts.

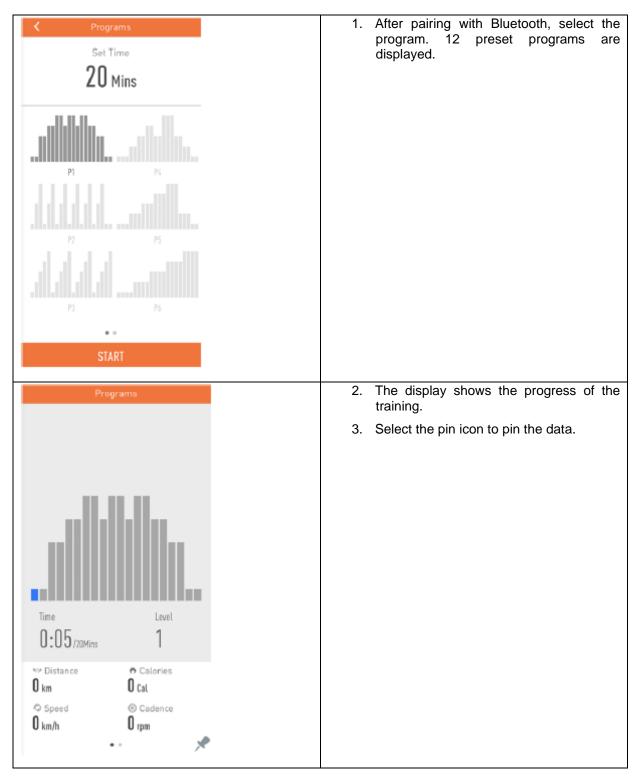
### **CONSTANT POWER**



Constant	Power	3.	Touch the display to pause or stop the training.
	e in green zone:		
	(beer )		
	Brunn Under Zonie		
	Distance Dion		
	hli Rosistance		
	6		
Constant Power	Constant Power	4.	Workout at constant speed.
Please keep Cadence in green zone.	Please keep Cadence in green zone.		
ann Cadence Power RPM	Cadence Power RPM		
130 11	138		
720 01	120 Bi		
118 71	110 75		
100	100 61		
40	50 0,10 0.15 0.28 0,25 51		
0 V 🗢 👁			
31 rpm 2.0 watt Obpm Under Zone 18 Sarger 18 Targer Heart Row HR Zone	33 rpm 4.0 wett 0 bpm Under Zone # Target # Target Heart Rate HPE Zone		
Please pedal faster	Ptease decrease target power. Trainin g force stop.		
© Time Solistance 0:12 0 km	⇔ speed 12.3 km/h		
🕫 Calories 📊 Resistance	Salini Balini		
O cat 1	0 🖈		
·· *	·· *		

× s	Summary <	
2019年1月23日上	午11:24	
Machine:	Bike/Elli	ptical
Training mode:	Prog	grams
¢BAI™:		0
O Duration:	0:	00:36
⊖Distance:	0	.0 km
🖱 Calories:		0 Cal
AVG. HR.:	(	0 bpm
AVG. RPM:		0
AVG. Watt:		0.0
AVG. Pace:	0 mi	in/km
AVG. Speed:	0.0	km/h
I feel	Somewhal	t easy
• •		
Leave a message		

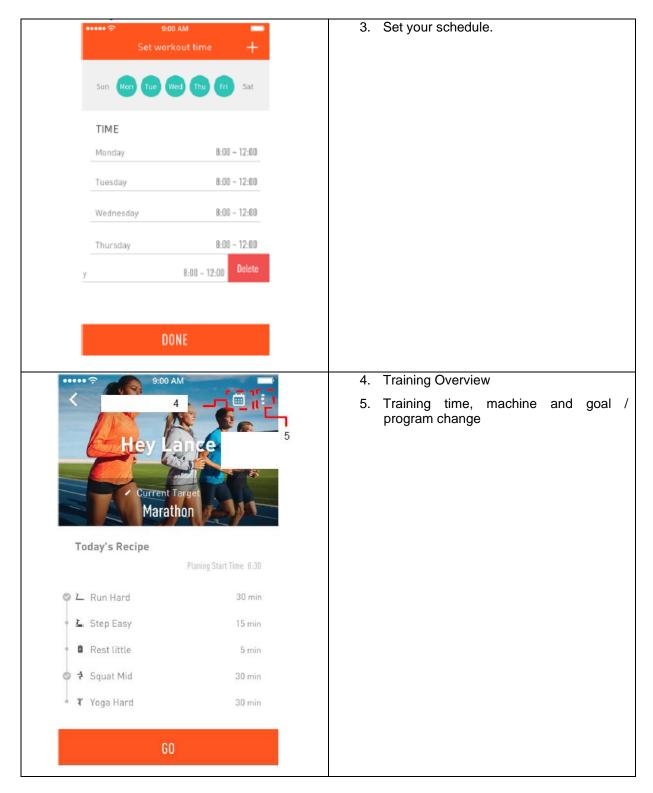
### PROGRAMS



	समान	4. Touch the program o	e screen to stop or pause t or select the load.
LEVE	L UP		
í.	•		
0	0		
0:14 LEVEL	DOWN		
See Distance	0 Calories		
× Sumn	hany < 🗸		u finish the exercise a summa kercise is displayed. You ca
		of the ex	
2019年1月23日 上午11		compare	the results with previou
	24 Bike/Elliptical		the results with previou
Machine: Training mode:	Bike/Elliptical Programs	compare	the results with previou
Machine: Training mode: ♥BAI <sup>™</sup> :	Bike/Elliptical Programs O	compare	the results with previou
Machine: Training mode: ♥BAI <sup>™</sup> : © Duration:	Biko/Elliptical Programs 0 0:00:36	compare	the results with previou
Machine: Training mode: ♥BAI <sup>™</sup> : © Duration: ⇔Distance:	Bike/Elliptical Programs 0 0:00:36 0.0 km	compare	the results with previou
Machine: Training mode: ♥BAJ <sup>™</sup> : ♡ Duration: ♡ Distance: ↑ Calories:	Biko/Elliptical Programs 0 0:00:36 0.0 km 0 Cal	compare	the results with previou
Machine: Training mode: ♥BAJ™: ⑦ Duration: ♡ Distance: ↑ Calories: AVG. HR.:	Bike/Elliptical Programs 0 0:00:36 0.0 km 0 Cal 0 bpm	compare	the results with previou
Machine: Training mode: ♥BAI <sup>™</sup> : ② Duration: Stance: ↑Calories: AVG. HR.: AVG. RPM:	Bike/Elliptical Programs 0 0:00:36 0.0 km 0 Cal 0 bpm 0	compare	the results with previou
Machine: Training mode: ♥BAJ™: ② Duration: ♥Distance: ↑ Calories: AVG. HR.: AVG. RPM: AVG. Watt:	Bike/Elliptical Programs 0 0:00:36 0.0 km 0 Cal 0 bpm 0 0	compare	the results with previou
Machine: Training mode: ♥BAI <sup>™</sup> : ♥Duration: ♥Distance: NCalories: AVG. HR.: AVG. RPM: AVG. Watt: AVG. Pace:	Bike/Elliptical Programs 0 0:00:36 0.0 km 0 Cal 0 bpm 0 0 0.0	compare	the results with previou
Machine: Training mode: ♥BAJ™: ♥Duration: ♥Distance: NCalories: AVG. HR.: AVG. RPM: AVG. Watt: AVG. Pace: AVG. Speed:	Bike/Elliptical Programs 0 0:00:36 0.0 km 0 Cal 0 bpm 0 0 0.0 0.0 0 min/km 0.0 km/h	compare	the results with previou
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Machine: Training mode: BAI <sup>TM</sup> : Duration: Distance: Calories: AVG. HR.: AVG. RPM: AVG. Watt: AVG. Pace: AVG. Speed: I feet	Bike/Elliptical Programs 0 0:00:36 0.0 km 0 Cal 0 bpm 0 0.0 0 min/km 0.0 km/h 0.0 km/h	compare	the results with previou
Machine: Training mode: ♥BAJ™: ♥Duration: ♥Distance: NG calories: AVG. HR.: AVG. RPM: AVG. Watt: AVG. Pace: AVG. Speed: I feet ⓒ ⓒ ⓒ ⓒ	Bike/Elliptical Programs 0 0:00:36 0.0 km 0 Cal 0 bpm 0 0.0 0 min/km 0.0 km/h 0.0 km/h	compare	the results with previou

## **AI TRAINING**

Please a cloct what Equipment do you         Please a cloct what Equipment do you         Nuttiple selections accepted         Treadmill         Elliptical         Bike         Rower         Stepper	<ol> <li>After pairing with Bluetooth, select the machine (you can select multiple machines).</li> </ol>
DONE •••••** 9.00 AM Target	2. Select your goal / program
MARATHON	
GET FIT DURE LIFE DONE	



### **GYM CENTER**

In GYM CENTER, the user can download various training programs.

- 1. Download the selected program
- 2. Turn on iRoute + program
- 3. For iRoute + (Google Maps) training, the user must have wifi on and be logged in.

## USE

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

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

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

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

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

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

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

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

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

## **CORRECT BODY POSTURE**

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

## MAINTENANCE

- When assembling, tighten all screws and adjust the bike to the horizontal position.
- Check the screws after 10 hours of use.

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

## STORAGE

Keep the exercise bike in a clean and dry environment. Make sure the power switch is turned off and the exercise bike is not plugged into the power socket.

## **IMPORTANT NOTICE**

- This exercise bike comes with standard safety regulations and is only suitable for home use. Any other use is prohibited and may be dangerous to users. We are not responsible for any injury caused by improper and forbidden use of the machine.
- Consult your doctor before starting training on the exercise bike. Your doctor should evaluate whether you are physically fit to use the machine and how much effort you are able to undergo. Incorrect exercise or switching of the body can harm your health.
- Carefully read the following tips and exercises. If you experience pain, nausea, breathing, or other health problems during exercise, immediately stop the exercise. If the pain persists, contact your doctor immediately.
- This exercise bike is not suitable as a professional or medical purpose. It can also not be used for healing purposes.
- The heart rate monitor is not a medical device. It provides only approximate information about your average heart rate, and any suggested pulse rate is not medically binding. Accumulated data may not always be accurate regarding uncontrollable human and environmental factors.

## **ENVIRONMENT PROTECTION**

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

Don't put the batteries among house waste but hand them in to the recycling place.

## **TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS**

### **General Conditions of Warranty and Definition of Terms**

All Warranty Conditions stated here under determine Warranty Coverage and Warranty Claim Procedure. Conditions of Warranty and Warranty Claims are governed by Act No. 89/2012 Coll. Civil Code, and Act No. 634/1992 Coll., Consumer Protection, as amended, also in cases that are not specified by these Warranty rules.

The seller is SEVEN SPORT s.r.o. with its registered office in 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.

#### CZ SEVEN SPORT s.r.o.

Registered Office: Headquaters: Warranty & Service:	Strakonická 1151/2c, Praha 5, 150 00, ČR Dělnická 957, Vítkov, 749 01 Čermenská 486, Vítkov 749 01
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Web:	www.inSPORTline.cz
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## SK inSPORTline s.r.o.

Headquaters, warranty & service center: Električná 6471, Trenčín 911 01, SK

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