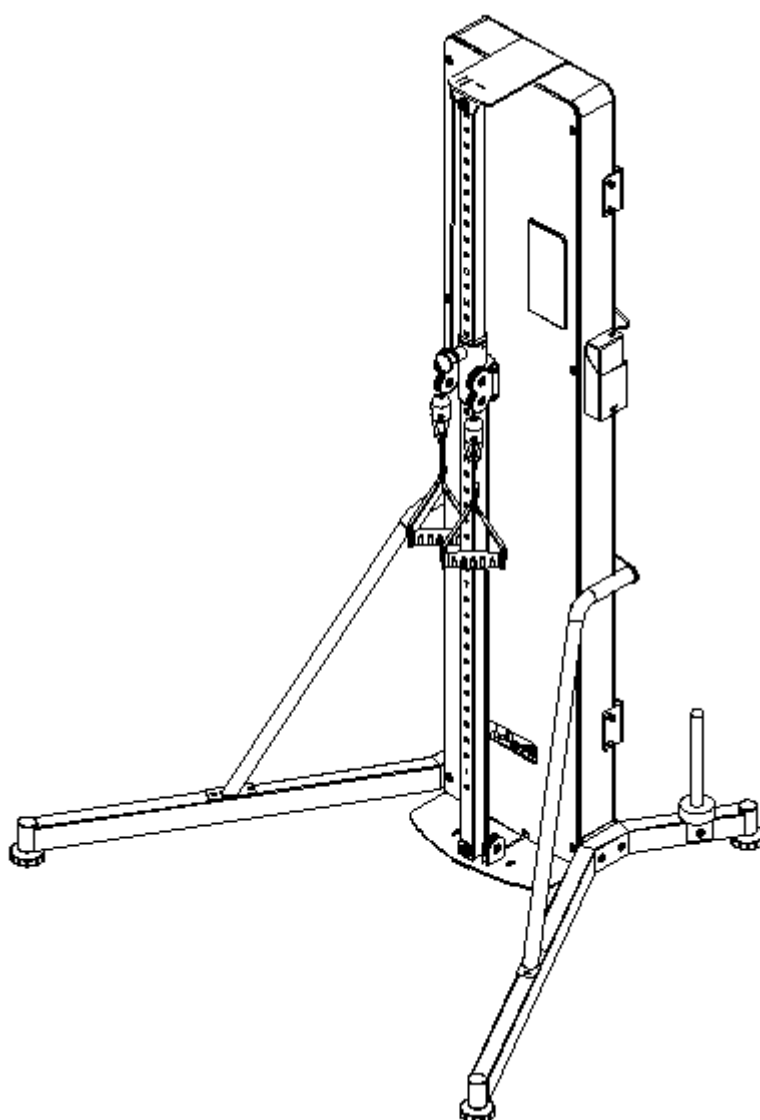




USER MANUAL – EN

IN 26049 Power Rack inSPORTline Vektor

IN 26053 Mobil base



CONTENTS

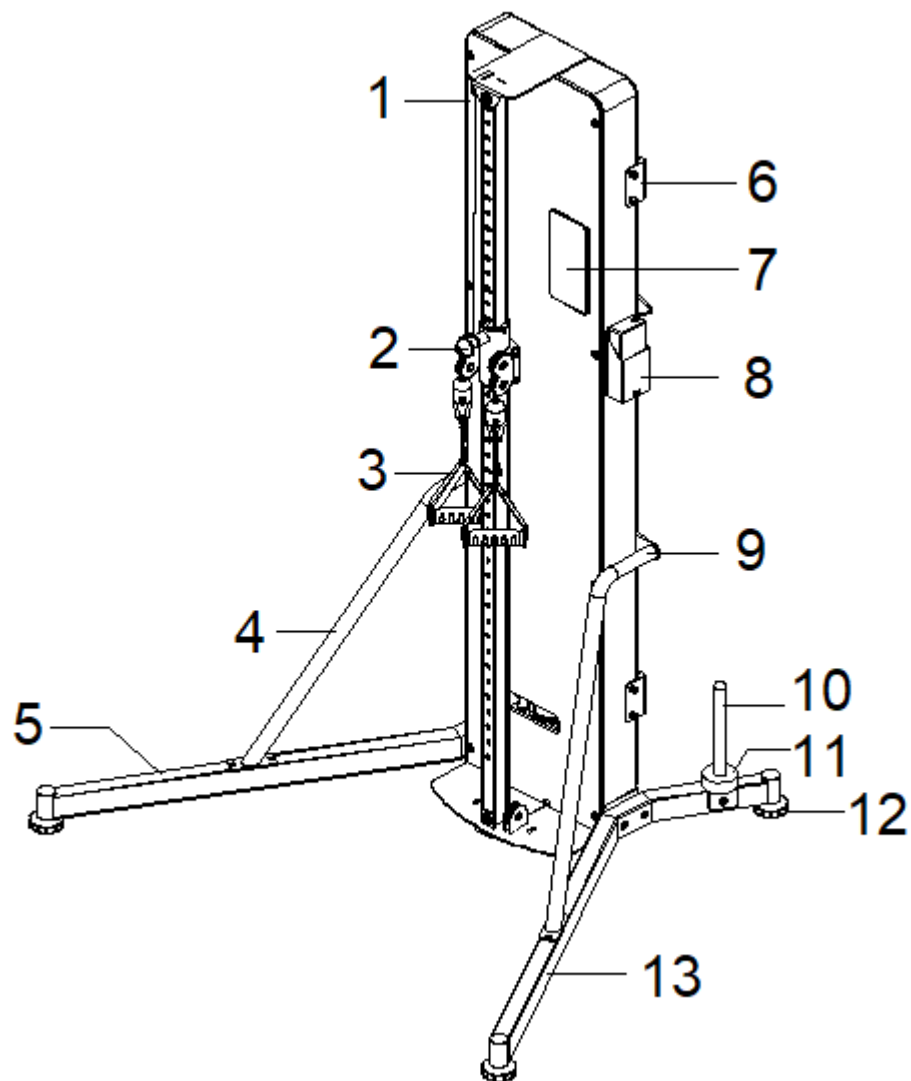
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SevenSport s.r.o. reserves the right to make any changes and improvements to its product without prior notice. Visit our website www.insportline.eu where you will find the latest version of the manual.

SAFETY INSTRUCTIONS

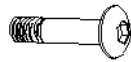
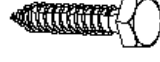
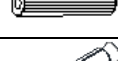
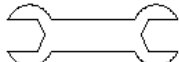
- Thank you for purchasing this product. Please read the manual carefully before starting the **assembly** and before using the product. Keep this manual for future reference. In case of doubt, contact a specialist **service**.
- Before **finishing** the **assembly**, check all parts for completeness and integrity. Use only original spare parts and accessories. Do not make unauthorized product modifications.
- Assembly can be only done by an adult. Check that the product is properly assembled and firm before use. The device must function properly to avoid injury to the user. If the device is not working properly, it shows signs of damage or wear, stop using it immediately. Damaged or worn parts must be replaced immediately.
- Ask your doctor for help before starting an exercise program.
- Keep the away from children and pets.
- Always do warm up exercise before starting your exercise program.
- Read and follow all instructions and warnings.
- Place the device on a flat, clean, dry surface. Keep a safe distance from another object's min 0.6 m.
- Do not use outdoors.
- Do not modify the device.
- Check the if all bolts and nuts are tightened before each exercise. Do not use the product if it is damaged.
- Exercise reasonably and carefully, do not overextend your exercise. The movements must not be too steep to avoid injury to the user.
- Do not hold your breath during exercise.
- Exercise properly and adequately. High loads can lead to health complications.
- Keep clothing and body parts away from moving parts to prevent injury. Take appropriate sportswear including sports shoes.
- Take care of your health and initially choose a slower pace. The same is useful after a longer exercise break. Over time, you can work towards a more intense pace.
- Improper exercise or failure to observe safety precautions may result in serious injury or equipment damage. In case of doubt or uncertainty, contact a specialist service or dealer.
- Never exceed the stated weight limits.
- Kolem stroje je vhodné mít alespoň 197.5*240*200 cm volného prostoru
- **Weight:** 77.3 kg
- Each wall support point (bolt) must support at least 100 kg
- **Category:** SC for commercial use

PRODUCT DESCRIPTION



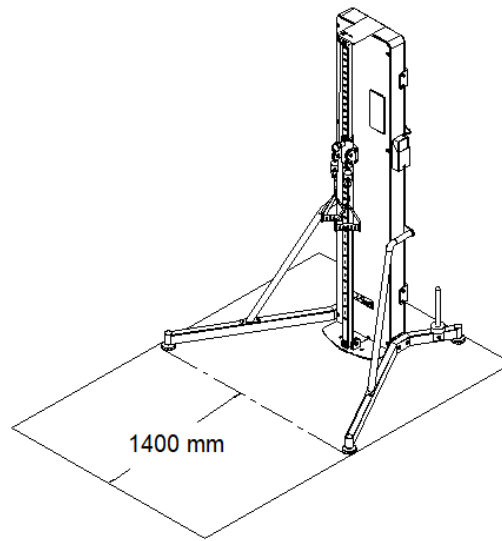
1. Panel	8. Battery holder
2. Hand knob	9. Right reinforcement frame
3. Handles	10. Plate holder
4. Left reinforcement frame	11. Damping pad
5. Left base	12. Adjustable foot
6. Wall bracket	13. Right base
7. Control console	

CONNECTING MATERIAL

No.	Picture	Description	Qty
171		Allen bolt, M8x15mm	12
170		Allen bolt, M8x60mm	2
128		Allen bolt, M8x30mm	8
129		Allen bolt, M8x50mm	4
159		Crosshead bolt, M4 x8mm	2
173		Crosshead bolt, ST4.0 x 12 mm	2
122		Spring washer, M8	8
105		Flat washer, M8	24
126		Nylon nut, M8	2
168		Hex bolt, M8x50mm	4
169		Dowel	4
174		Anchor bolt, M10x80mm	4
175		Anchor bolt, M10x60mm	4
133		Allen key 5 mm	1
134		Allen key 6 mm	1
138		Allen key 4 mm	1
135		Wrench 19mm/ 22mm	1
136		Wrench	1

ASSEMBLY – with mobile base IN 26053

To use the base, it is recommended to have at least 1400 mm of free space.

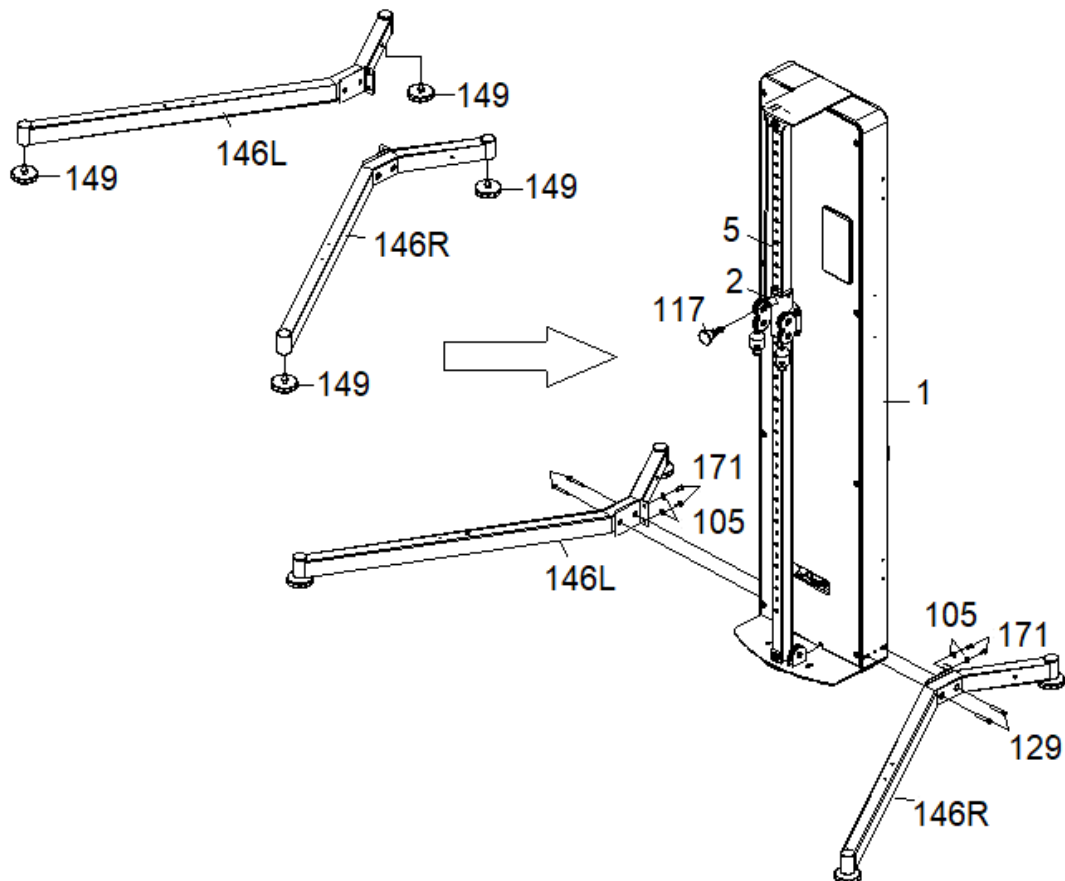


Step 1

Attach the adjustable feet (149) to the left and right bases (146L / 146R). Secure the slider (2) with the pin (117), making sure the pin is in one of the holes in the rail (5).

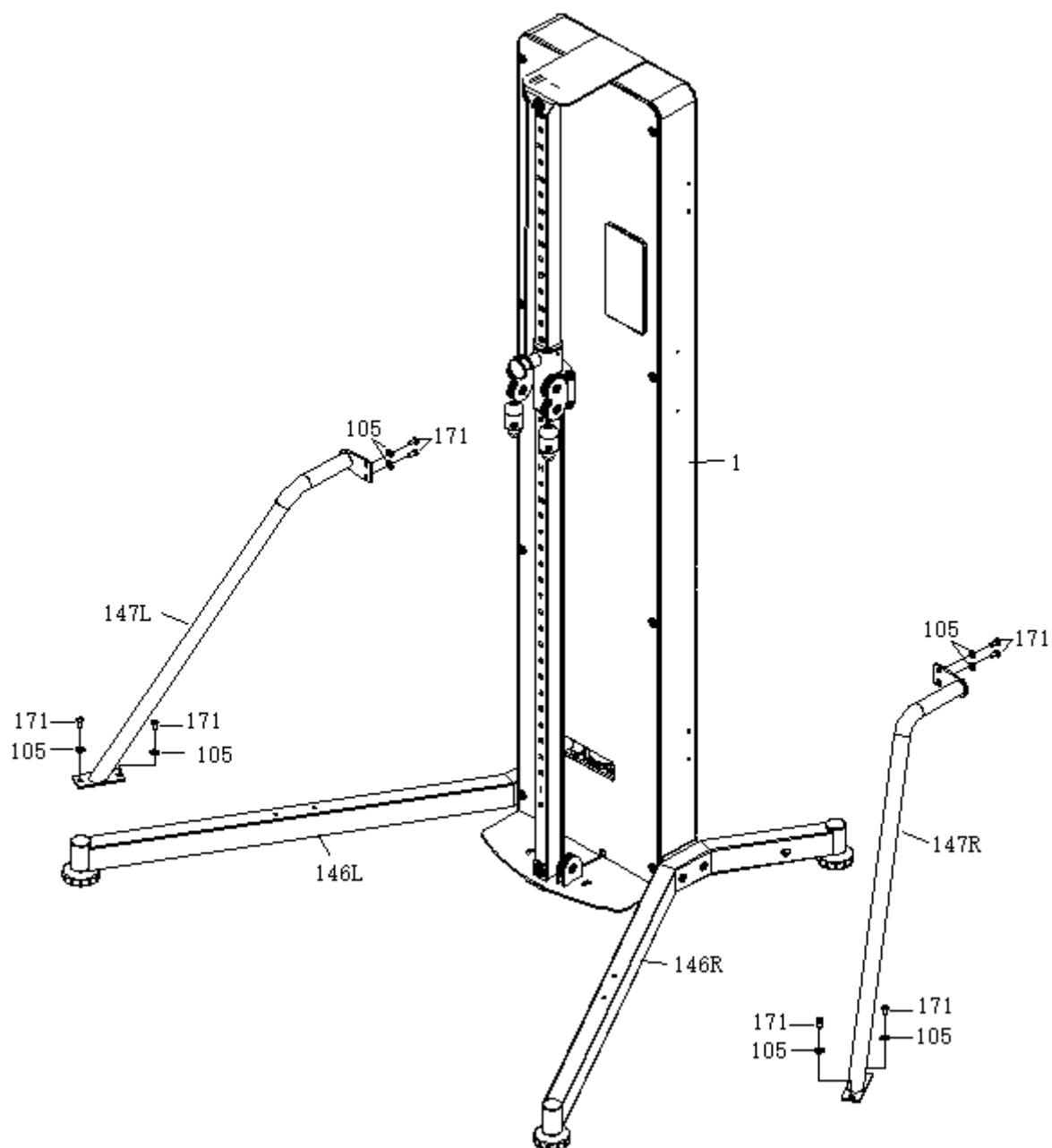
Step 2

Attach the left and right bases (146L / 146R) to the main frame (1) using 4x bolts M8x50mm (129), 4x bolts M8x15mm (171) and 4x washers M8 (105).



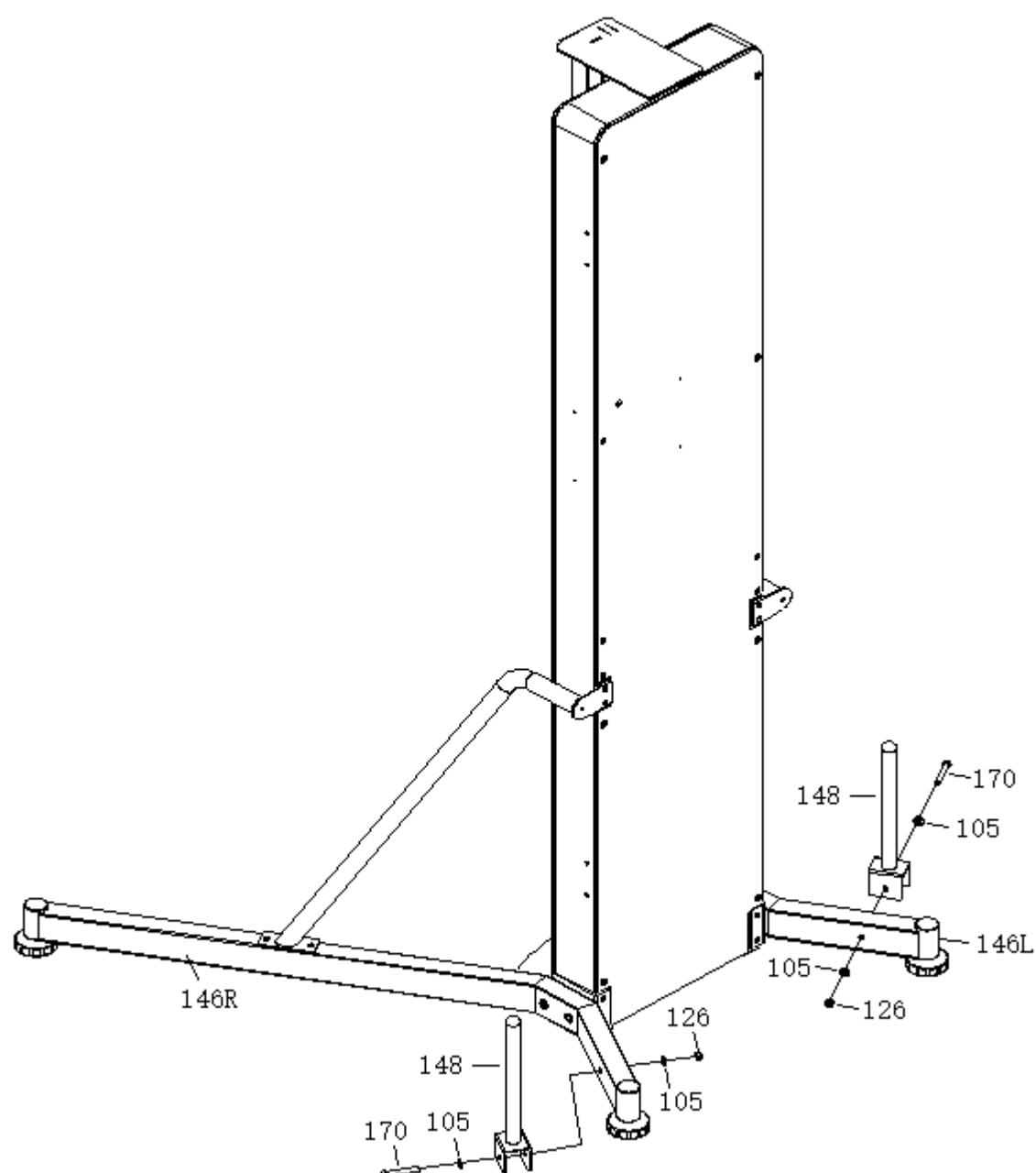
Step 3

Using 8x bolts M8x15 (171) and 8x washers M8 (105), attach the reinforcement frames (147L/147R) to the left and right bases (146L/146R) and the main frame.



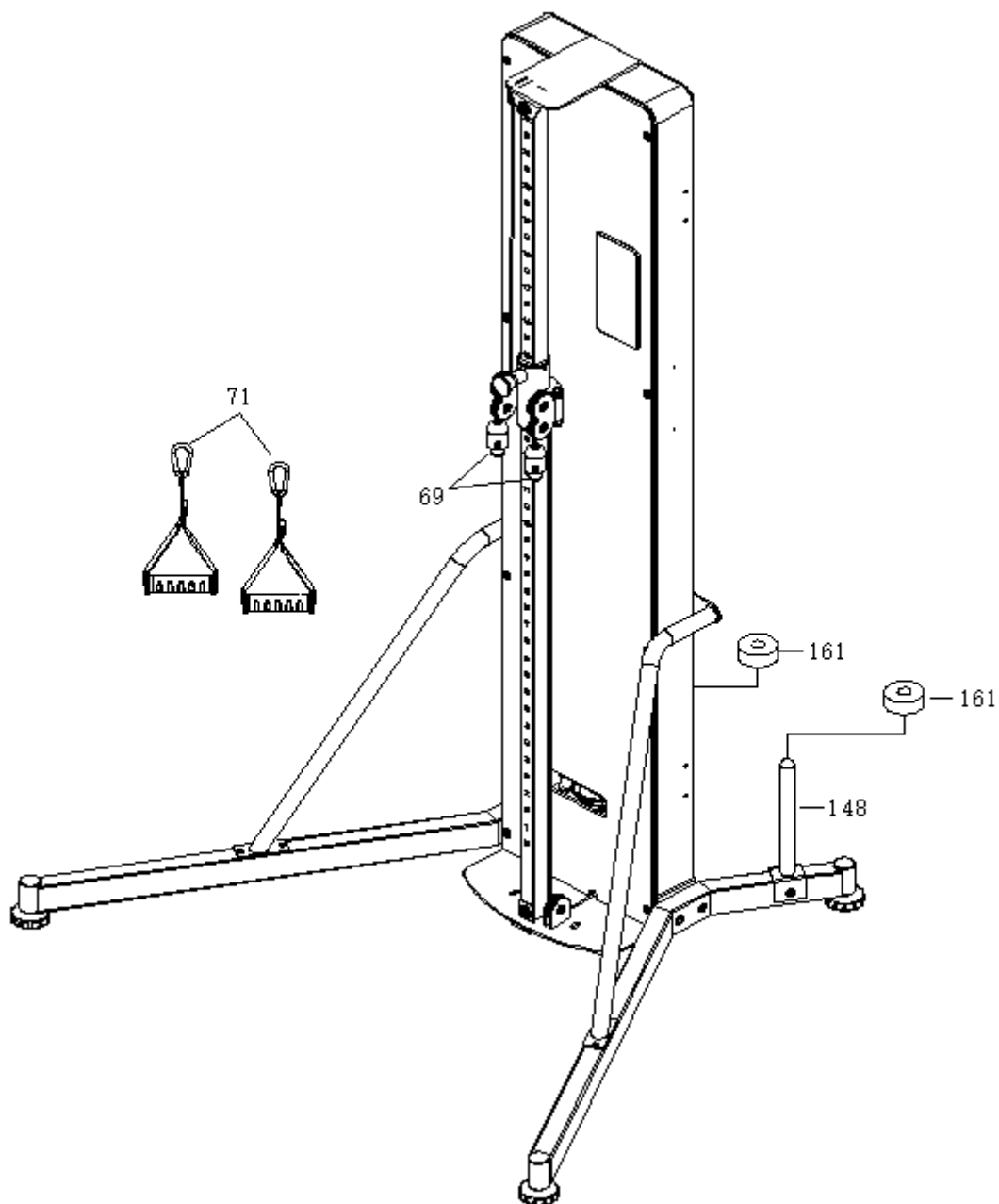
Step 4

Using 2x bolts (170), 4x washers M8 (105) and 2x nuts M8 (126), attach the plate holders (148) to the left and right bases (146L/146R).



Step 5

Attach the handles (71) to the holders (69) using the carabiners. Slide the shock absorbers (161) onto the plate holders (148).

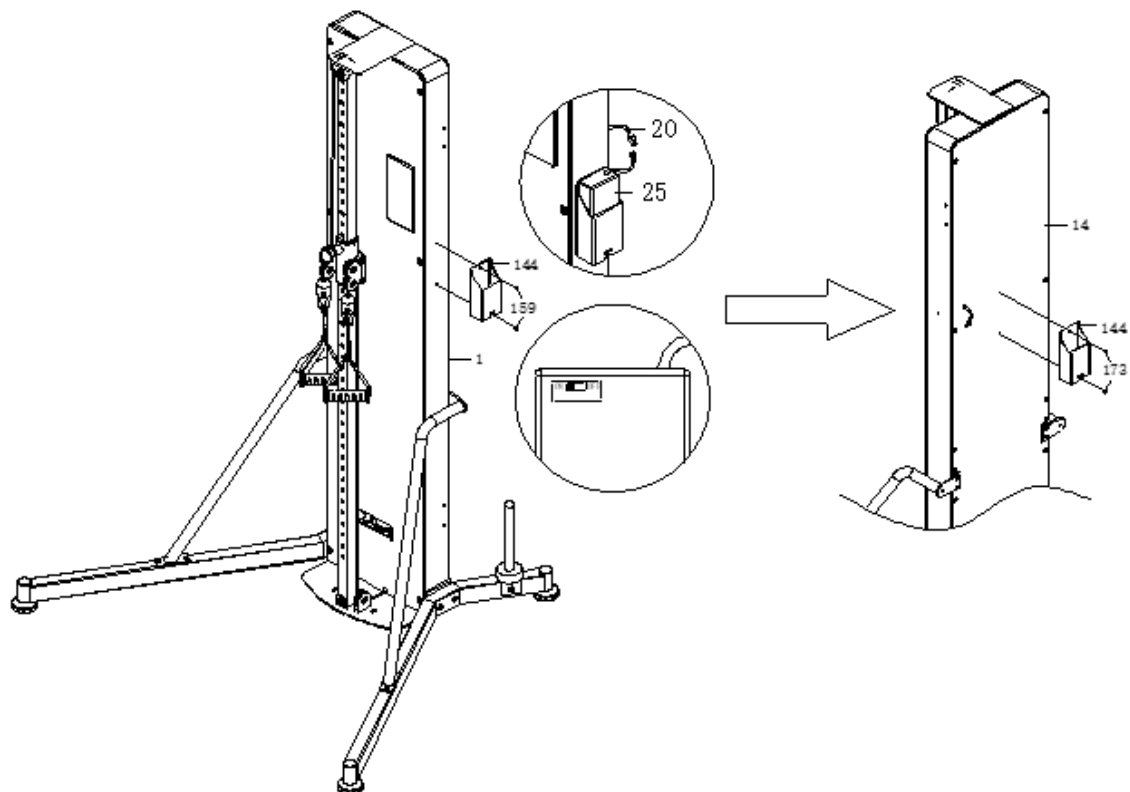


Step 6

Using 2x bolts (159), attach the battery holder (144) to the main frame (1). Then insert the battery (25) into the holder (144) and then connect it to the cable (20). It is possible to attach the battery holder (144) to the back of the main frame (14).

Step 7

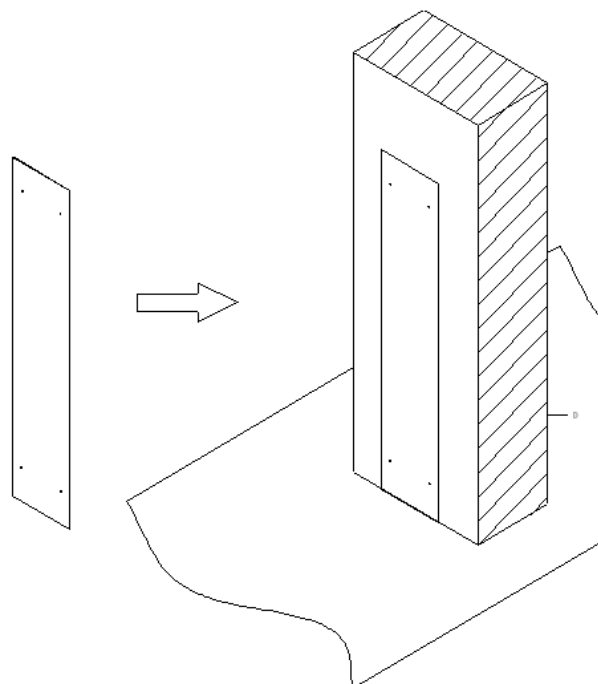
Turn the battery switch to the ON position.



ASSEMBLY – to the wall

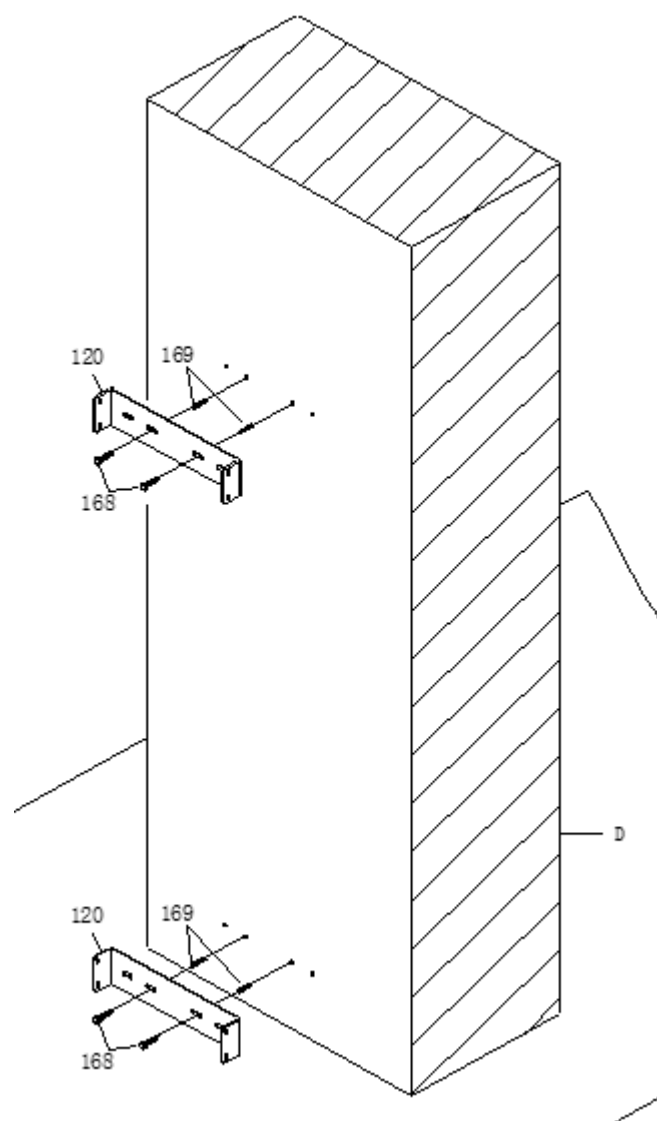
Step 1

Using the supplied cardboard, mark 4x holes for the brackets.



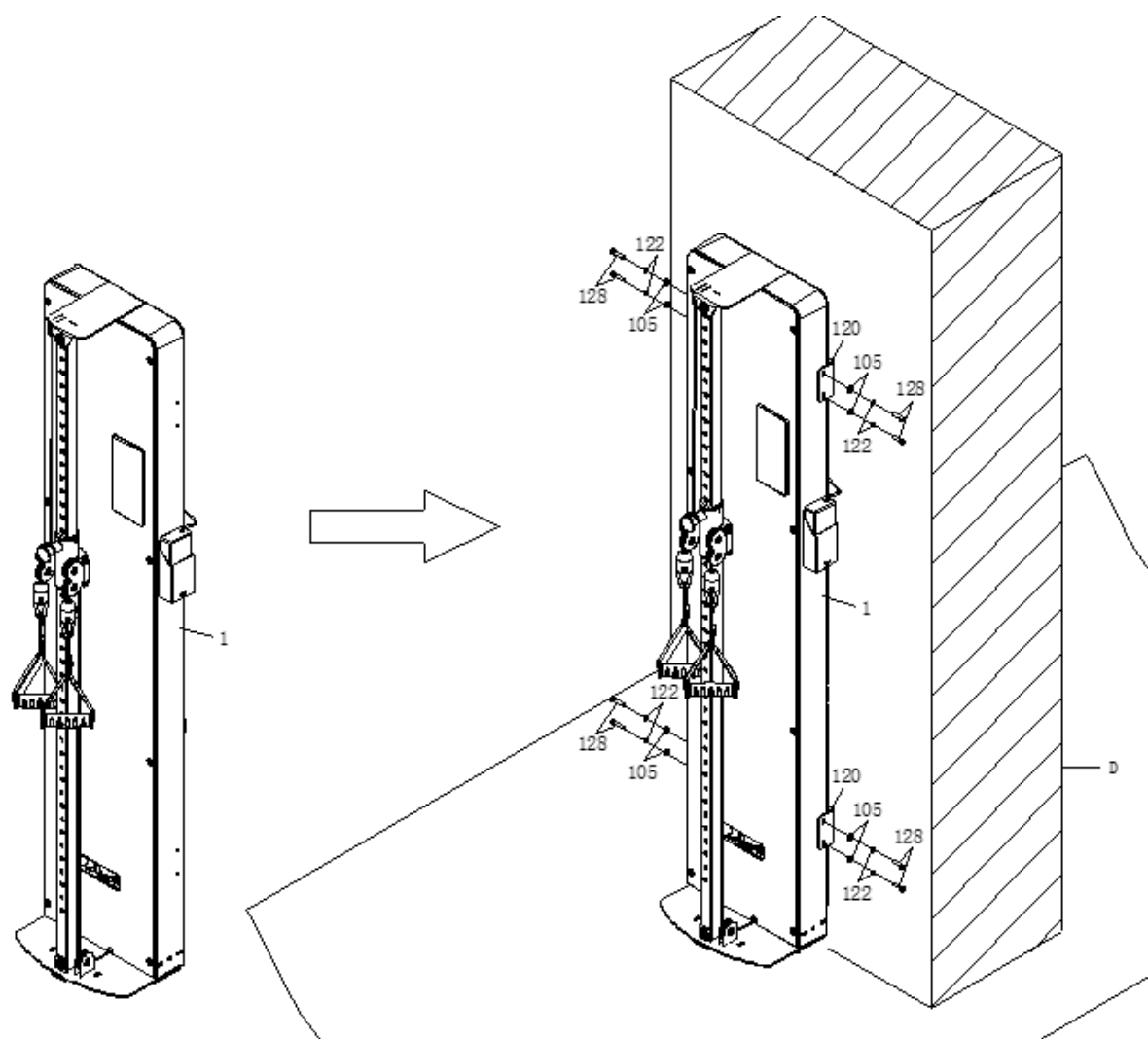
Step 2

Insert 4x dowels (169) into the drilled holes. Attach the bracket (120) using 4x carriage bolts M8x50 mm (168). Tighten all bolts.



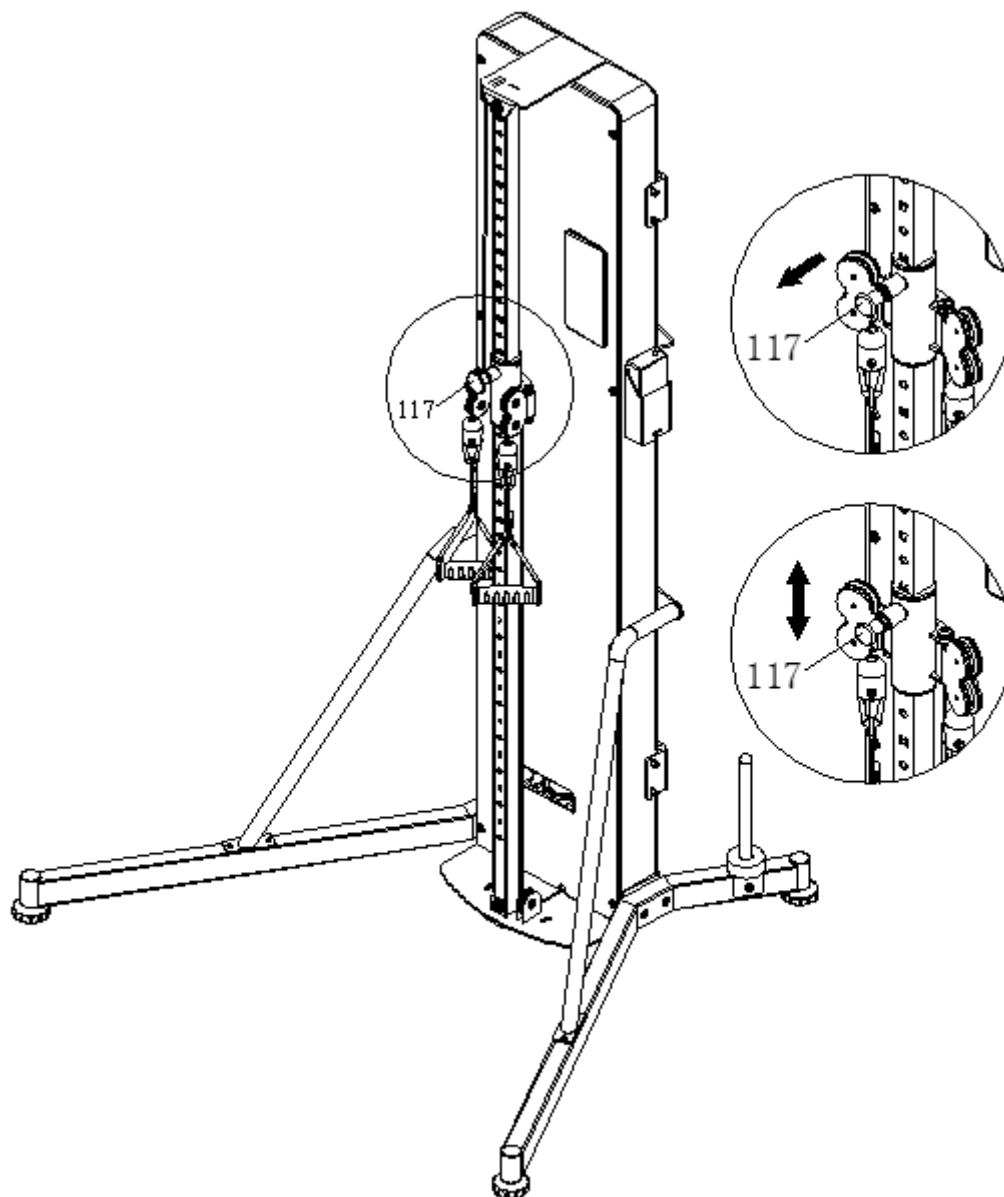
Step 3

Attach the main frame (1) to the brackets (120) using 8x bolts M8x30 mm (128), 8x spring washers M8 (122) and 8x flat washers M8 (105).



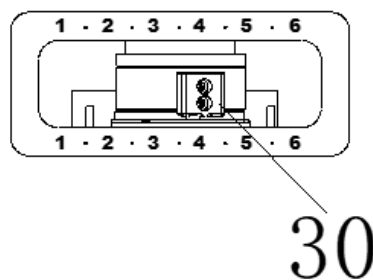
SLIDER HEIGHT

You can adjust the height of the slider using the pin (117). Always make sure the pin is locked after adjustment.



RESISTANCE ADJUSTMENT

Using the magnet (30), you can adjust the resistance in 6 levels from 1 (lowest) to 6 (highest).



CONSOLE

After 3 minutes of inactivity, the console will enter standby mode. The display and backlight will turn off. Pressing any button will wake the console.

BUTTON DESCRIPTION



ENTER / PAUSE

After completing the program setting, press the button to start the program, if the program is running, press the button for 3 seconds to pause the program.

MODE / RESET

In standby mode, switch between programs. After confirming the program, press to return to the previous setting. Hold the button for 3 seconds to restart the console.

UP BUTTON

During setting: increase the value

During exercise: change to two-handed exercise

DOWN BUTTON

During setting: decrease the value

During exercise: change to one-handed exercise

INTERVAL

Press to change between modes: interval, countdown

Press 2x to change countdown program

Press 3x to reset the display

Press the UP and DOWN buttons simultaneously for 3 seconds to turn on/off the display backlight

DISPLAY

NO. HOOKS

The number on the right indicates a single-arm (1) or double-arm (2) exercise. The numbers on the left indicate the load/resistance of the exercise.

INTERVAL

Interval Program Data

Left digit displays exercise time, range: 0 – 99 seconds

Right digit displays rest time, range: 0 – 99 seconds

STROKE

Number of pulls

Range: 0 – 999

TIME

Exercise Time

Range: 00:00 – 99:59

ACTION

Number of repetitions

0 – 999

WEIGHT/KH

Exercise load/resistance

CALORIE

Calories burned, range: 0 – 9999

CYCLE

Cycle interval, range: 0 – 999

PROGRAMS

Press the MODE button to select the countdown of time, calories, pull-ups and normal addition of all values.

Press the INTERVAL button to set the interval program.

After selecting and setting the program, pull the handles to start the program.

Note: If no movement is detected for 30 seconds, the program will stop.

TIME COUNTDOWN

In standby mode, press the MODE button until the value in the TIME display flashes.

Use the up and down buttons to adjust the value. After setting the value, press ENTER.

Then the value in the SET display flashes. Use the up and down buttons to adjust the value. After setting the value, press ENTER.

The set values will be counted down when they reach 0, the program will stop. The console will display the number of pull-ups, calories burned, total exercise time and number of repetitions.

Hold down the MODE button to reset.

CALORIES COUNTDOWN

In standby mode, press the MODE button until the value in the CALORIE display flashes.

Use the up and down buttons to adjust the value. After setting the value, press ENTER.

Then the value in the SET display will flash. You can use the up and down buttons to adjust the value. After setting the value, press ENTER.

The set values will be counted down when they reach 0, the program will stop. The console will display the number of strokes, calories burned, total exercise time and number of repetitions.

Hold down the MODE button to reset.

STROKES COUNTDOWN

In standby mode, press the MODE button until the value in the STROKE display flashes.

You can use the up and down buttons to adjust the value. After setting the value, press ENTER.

Then the value in the SET display will flash. You can use the up and down buttons to adjust the value. After setting the value, press ENTER.

The set values will be counted down when they reach 0, the program will stop. The console will display the number of strokes, calories burned, total exercise time and number of repetitions.

Hold down the MODE button to reset.

INTERVAL

Two types of interval programs: total time countdown (interval 1), number of cycles (interval 2).

Interval 1

Press the INTERVAL button once. The TIME display will display the countdown, you can adjust the countdown using the UP and DOWN buttons. After setting, press ENTER. Then the value in the ACTION display will flash, use the UP and DOWN buttons to set the number of repetitions. Press ENTER to confirm.

The digits in the INTERVAL display will flash. The two left digits show the length of the training interval. Use the UP and DOWN buttons to adjust the value. Press ENTER to confirm. The two right digits show the length of the rest interval. Use the UP and DOWN buttons to adjust the value. Press ENTER to confirm.

The set values will be counted down, when they reach 0, the program will stop. The console will display the number of pull-ups, calories burned, total exercise time and number of repetitions.

Hold down the MODE button to reset.

Interval 2

Press INTERVAL twice. The ACTION display will show the number of repetitions. Use the up and down buttons to adjust the value. Press ENTER after setting the value.

The CYCLE display will show the number of cycles. Use the up and down buttons to adjust the value. Press ENTER after setting the value.

The digits in the INTERVAL display will start to flash. The two left digits show the length of the workout interval. Use the UP and DOWN buttons to adjust the value. Press ENTER to confirm. The two right digits show the length of the rest interval. Use the UP and DOWN buttons to adjust the value. Press ENTER to confirm.

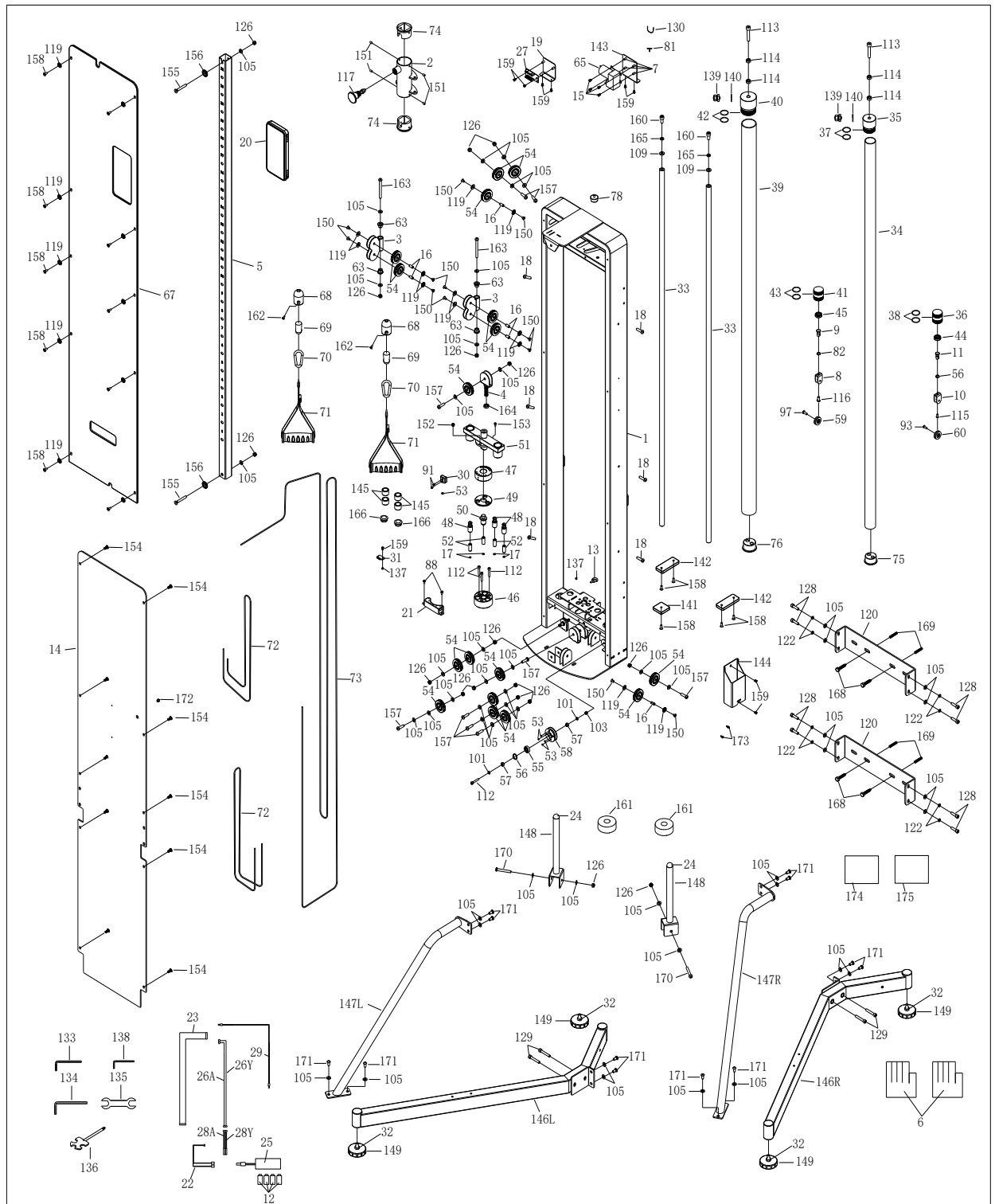
The set values will be counted down, when they reach 0, the program will stop. The console will show the number of pull-ups, calories burned, total workout time and number of repetitions.

Hold down the MODE button to reset.

PROGRAM VALUES

Program	Value/Unit	Default	Min.	Max.
TIME COUNTDOWN	Time	5 min	1 min	99 min
CALORIES COUNTDOWN	Calories	50 cal	10 cal	990 cal
STROKE COUNTDOWN	Reps	50x	10x	990x
INTERVAL 1	Total Time	10 min	1 min	99 min
	Workout Time	30 seconds	10 seconds	99 seconds
	Rest Time	10 seconds	10 seconds	99 seconds
	Sets	8 sets	1 set	99 sets
INTERVAL 2	Sets	8 sets	1 set	99 sets
	Cycles	10x	1x	99x
	Workout Time	30 seconds	30 seconds	99 seconds
	Rest Time	10 seconds	10 seconds	99 seconds

DRAWING



PARTS LIST

No.	Name	Qty.
1	Main frame	1
2	Sliding base	1
3	Double pulley holder	2
4	Pulley holder 50 mm	1
5	Stainless steel frame	1
6	Sports gloves (left, right)	1
7	Rubber washers	4
8	Pulley holder (for 32mm pulley)	1
9	Pulley axle (for 32mm pulley)	1
10	Pulley holder (for 25mm pulley)	1
11	Pulley axle (for 25mm pulley)	1
12	Battery	4
13	Pin with ring	1
14	Rear base	1
15	Round head bolt M4x18mm	4
16	Pulley connecting shaft	6
17	Wide flat washer M4	4
18	Bolt M6x35mm	6
19	Reinforcement plate	1
20	Control panel	1
21	Resistance detector	1
22	Motor power cable	1
23	Weight sensor cable	1
24	Round cap	2
25	Battery holder	1
26A	Handle cable (male-female)	1
26Y	Handle cable (dual female)	1
27	Reinforcement plate adapter	1
28A	Switch (male)	1
28Y	Switch (female)	1
29	Communication cable	1
30	Magnet holder	1
31	Sensor holder	1
32	Nut M10	4
33	Guide rod	2

34	Hollow frame 32mm	1
35	Hollow frame end cap 32mm	1
36	Hollow frame piston 32mm	1
37	Frame end ring 32mm	2
38	Piston ring 32mm	2
39	Hollow frame 40mm	1
40	Hollow frame end cap 40mm	1
41	Hollow frame piston 40mm	1
42	Frame end ring 40mm	2
43	Piston ring 40mm	2
44	Ball bearings 6000RS	1
45	Ball bearings 6001RS	1
46	Base	1
47	Swivel base	1
48	Steel cable holder	3
49	Swivel frame reinforcement plate	1
50	Connecting shaft	1
51	Weight selection pulley holder	1
52	Carrier bolt	4
53	Round magnet	5
54	Pulley $\Phi 50$	17
55	Ball bearing 6000ZZ	1
56	Snap ring $\Phi 26$	2
57	Pulley spacer	2
58	Magnetic pulley $\Phi 58$ (with 4 holes)	1
59	Pulley 32mm	1
60	Pulley 25 mm	1
63	Nylon washer	4
65	Vacuum pump	1
67	Front plate	1
68	Steel cable head	2
69	Aluminum adjustable connector	2
70	Carabiner	2
71	Pull handle	2
72	Cable	2
73	Steel wire rope	1
74	Hollow cap	2
75	Bottom cap 32 mm	1

76	Bottom cap 40mm	1
78	Round washer	1
81	T-shaped Connector	1
82	Spring Washer $\Phi 28$	1
88	Phillips head bolt M5x12mm	2
91	Phillips head bolt M4x8mm	2
93	Phillips head bolt M5x20mm	1
97	Bolt M6x20mm	1
101	Flat washer M6	2
103	Nylon nut M6	1
105	Flat washer M8	51
109	Flat washer M10	2
112	Bolt M6x35mm	4
113	Bolt M10x40mm	2
114	Nut M10	4
115	Phillips bolt M6x12mm	1
116	Bolt M8x12mm	1
117	Pin Knob	1
119	Bolt cap $\Phi 19.5$	22
120	Wall Mount	2
122	Spring washer M8	8
126	Nylon Nut M8	17
128	Phillips head bolt M8x30mm	8
129	Phillips head bolt M8x50mm	4
130	PU Tube	3
133	Allen key T5	1
134	Allen key T6	1
135	Wrench 19mm/22mm	1
136	Wrench	1
137	Nylon nut M4	2
138	Allen key T4	1
139	One-way valve	2
140	One-way valve washer	2
141	Square washer	1
142	Bottom washer	2
143	Vacuum pump mounting plate	1
144	Battery holder	1
145	Weight spacer	4

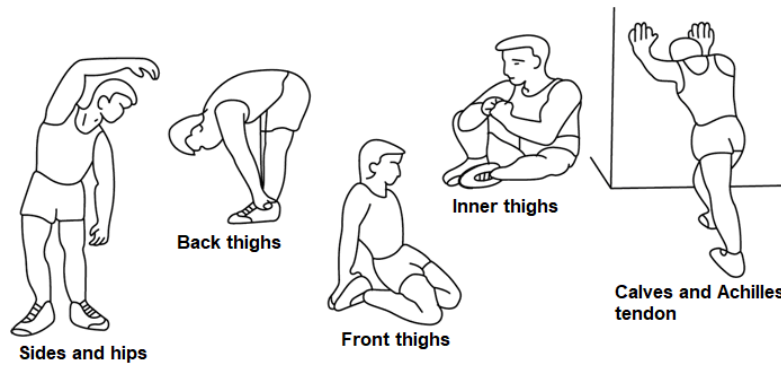
146L	Left base frame	1
146R	Right base frame	1
147L	Left reinforcement frame	1
147R	Right reinforcement frame	1
148	Plate holder	2
149	Adjustable washer	4
150	Bolt M6x10mm	12
151	Bolt M6x10mm	4
152	Bolt M10x12mm	1
153	Bolt M6x12mm	1
154	Bolt M6x15mm	10
155	Bolt MxX60mm	2
156	Bolt cap $\Phi 28$	2
157	Bolt cap M8x30mm	9
158	Bolt M6x18mm	15
159	Bolt M4x8mm	9
160	Bolt M10x20mm	2
161	Damping washer	2
162	Bolt M5x15mm	2
163	Bolt M8x85mm	2
164	Hexagon nut M12	1
165	Spring washer M10	2
166	I-shaped protective cover	2
168	Self-tapping bolt M8x50mm	4
169	Expansion frame	4
170	Bolt cap M8x60mm	2
171	Bolt cap M8x15mm	12
172	Plug cable	1
173	Self-tapping bolt ST4.0x12mm	2
174	Expansion bolt M10x80mm	4
175	Expansion bolt M10x60mm	4

EXERCISE INSTRUCTIONS

Exercise is beneficial to your health, improves physical condition, shapes muscles and, in combination with a calorie-balanced diet, leads to weight loss.

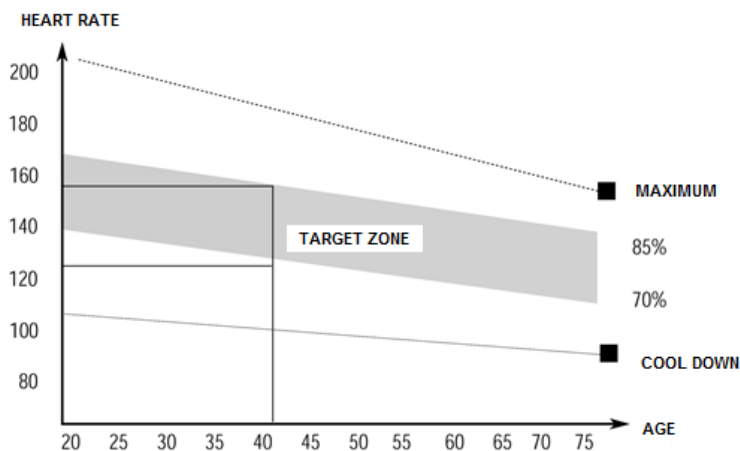
1. WARM UP

This phase serves to improve the blood circulation of the whole body and to warm up the muscles, to reduce the risk of convulsions and muscle injury. We recommend performing the stretching exercises below. When dragging, stay in the end position for approximately 30 seconds, do not make sudden movements and do not vibrate.



2. EXERCISING

This phase is the most physically demanding part. Regular exercise strengthens the muscles. You can determine the tempo yourself, but it is very important that it is the same throughout the exercise. Heart rate should be within the target zone (see figure below).



This phase should last at least 12 minutes. Most people exercise for 15-20 minutes.

3. COOLDOWN

This phase serves to soothe the cardiovascular system and relax the muscles. It should take approximately 5 minutes. You can repeat warming up exercises or continue exercising at slower pace. Stretching your muscles after exercise is extremely important - you need to avoid sudden movements and vibrations.

With improved fitness, you can lengthen and increase exercise intensity. Train regularly, at least three times a week.

SHAPING MUSCLES

For muscle shaping, it is important to set a high load. The muscles will be more stressed, which may cause that you will not be able to exercise as long as usual. If you are trying to improve your condition at the same time, you need to adjust your training. Exercise in the usual way during the warm-up and final stages of training but increase the resistance of the device at the end of the exercise. You may need to slow down the speed to keep the heart rate in the target area.

WEIGHT LOSS

The number of calories burned depends on the length and intensity of the exercise. The essence is the same as in fitness exercise, but the goal is different.

MAINTENANCE

1. After exercising, wipe off any sweat to avoid corrosion. Clean the device with a soft cloth and mild detergents. Do not use abrasive cleaners or solvents on plastic parts.

2. In case of increased machine noise, all bolts and joints must be checked and tightened properly.
3. The product must be placed in clean, ventilated and dry areas.
4. Do not expose the device to direct sunlight.
5. Regularly lubricate all moving parts.

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 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.

Batteries

6-month battery warranty – we guarantee that battery's nominal capacity does not fall below 70% of its total capacity within 6 months of the product's sale.

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.

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About shipping

