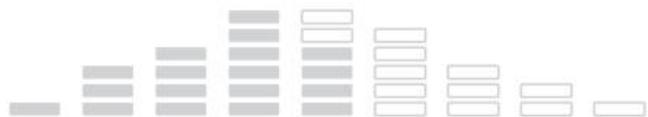




USER MANUAL – EN

IN 26627 Elliptical Trainer inSPORTline Velocer ET



CONTENTS

SAFETY INSTRUCTIONS..... 3

DRAWING 4

PART LIST..... 5

PRODUCT DESCRIPTION 11

FASTENERS 12

ASSEMBLY 13

USE 22

CONSOLE 25

USE OF ELEPTICAL TRAINER 41

EXERCISE INSTRUCTIONS 41

MAINTENANCE 42

ENVIRONMENT PROTECTION 43

TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS..... 43

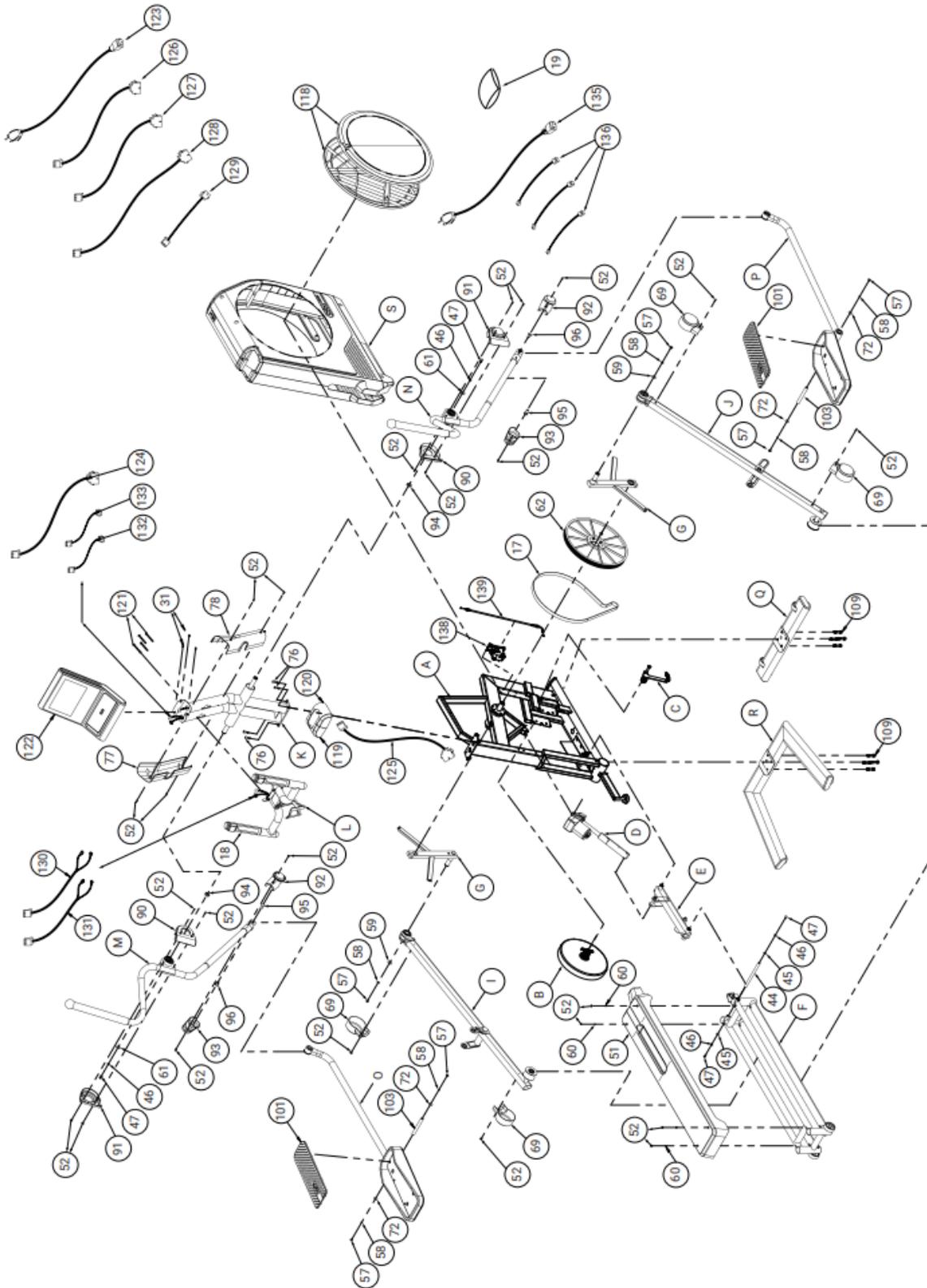
SevenSport s.r.o. reserves the right to make any changes and improvements to its product without prior notice. Visit our website www.insportline.eu where you will find the latest version of the manual.

SAFETY INSTRUCTIONS

- Please read the manual before use and keep it for future reference.
- For safety reasons, perform regular checks to ensure that the device and its parts are not damaged or worn.
- If another person will be using the device, it is important that they are familiar with all the instructions given in this manual.
- Only 1 person can exercise on the device at the same time.
- Before using the device, check that all screws and nuts are properly tightened and that all joints are in good condition.
- Before exercising, remove all dangerous objects with sharp edges from around the device.
- Do not use the device if it is not completely in order and fully functional.
- A damaged, worn or defective part must be replaced with a new one as soon as possible. Do not use the device until it has been properly repaired.
- Parents and guardians are responsible for the safety of children. Children's curiosity and love of play can lead to dangerous situations.
- An elliptical trainer is not a toy.
- Sufficient free space must be ensured around the entire device.
- Improperly conducted or excessive exercise can endanger your health.
- After completing the assembly, check that the adjusting feet and other adjustable parts of the device are correctly adjusted.
- Place the device on a flat surface and ensure its stability.
- Wear appropriate clothing and shoes for exercise. Clothing that could get caught in the device during exercise (e.g. clothing that is too long and loose) is not suitable. We recommend sturdy sports shoes with non-slip soles.
- Consult your doctor before starting any exercise program. Your doctor can suggest a suitable exercise program and recommend a suitable diet.
- Assemble the trainer according to the instructions in the manual and use only the original supplied parts. Before starting assembly, check that all the parts listed in the parts list have been supplied.
- Place the device on a dry and flat surface and protect it from moisture. If necessary, place a suitable anti-slip mat under the device to prevent damage to the surface under the device.
- Exercise equipment and aids are not toys and should always be used correctly. Therefore, this device may only be used by persons who are familiar with its correct operation.
- Stop exercising immediately if you experience dizziness, nausea, chest pain, or any other physical discomfort. Consult your doctor about further exercise.
- Children and disabled people can only exercise on the device under the supervision of a qualified person who will ensure the correct exercise procedure.
- Be careful when exercising and be careful not to injure yourself or the people around you by the moving parts of the device.
- All adjustable parts of the device must be set correctly with regard to their extreme positions.
- Do not exercise immediately after eating.
- **Category** – SA for commercial use

- **Load capacity:** 150 kg
- **WARNING!** The heart rate monitoring system may not be accurate. Overexertion during training can cause serious injury or death. If you feel nauseous, stop exercising immediately!

DRAWING



PART LIST

No.	Name	Qty.
A	Main frame	1
1	Main frame cover	1
2	Switch end plug	1
3	Socket	1
4	Overcurrent protection	1
5	Switch	1
6	Crank axis	1
7	Communication cable	1
8	Bearings	2
9	Wave washer	1
10	Washer	1
11	Allen bolt M12*100	1
12	Nut M12	1
13	Phillips screw	5
14	Phillips screw	2
16	Lower control plate	1
107	Rubber foot	1
134	Label	2
151	Label	1
B	Magnetic flywheel	1
15	Magnetic flywheel	1
20	Wheel holder	2
21	Spring washer M10	2
22	Nut M10*4T	2
C	Flywheel	1
23	Flywheel	1
24	Tension axle	1
25	Bearings	2
26	Washer S10	2
27	Flat washer 10*19*1.5T	2
28	Allen bolt M6*75	1
29	Nut M6	1
30	Flat washer 5*16*1T	1
31	Screw M5*10	1
D	Balancing engine	1
32	AC Balancing Motor	1

33	Allen bolt M10*40	1
34	Nut M10	1
E	Elevation	1
34	Nut M10	1
35	Cover	1
36	Fixed adjustment knob	1
37	Flat washer 5*12*1T	1
38	Phillips screw M5*8	1
39	Carriage bolt M10*55	1
149	Sticker	1
F	Sliding rail	1
40	Cover	1
41	Stainless steel rails	2
42	Wheels	2
43	Switch	1
44	Axis of rotation of the rail	1
45	Flat washer 8.2*16*1.6	2
46	Spring washer M8	2
47	Allen bolt M8*15	2
48	Phillips screw M3x15	2
49	Allen bolt M8*75	2
50	Nut M8	2
51	Back cover	1
52	Phillips screw M4*10	4
53	Allen bolt	4
54	Round cap	4
137	Flat washer 4.3*9*0.8T	4
G	Handle set	2
14	Phillips screw	6
46	Spring washer M8	2
55	Handle cover	2
56	Flat washer 4.3*12*1T	6
57	Allen bolt M6*12	4
58	Spring washer M6	4
59	Flat washer 6*32*2T	4
60	Allen bolt M8*12	2
61	Flat washer 8.5*23.3T	2
H	Set of pulleys	1

17	Belt	1
50	Nut M8	4
62	Pulley	1
63	Magnetic buckle	1
64	Allen bolt M8*20	4
I	Pedal Assembly - Left	1
34	Nut M10	1
52	Phillips screw M4*10	2
57	Allen bolt M6*12	1
58	Spring washer M6	1
65	Left cover	1
66	Bottom cover	1
67	PU pulley	1
68	End cap	1
69	Shaft cover	2
70	Bearing 6004zz	2
71	Bearing 6003zz	2
72	Flat washer 6*22*2T	1
73	Allen bolt M10*60	1
141	Corrugated mat	1
142	Sticker	1
148	Sticker	1
J	Pedal Assembly - Right	1
34	Nut M10	1
52	Phillips screw M4*10	2
57	Allen bolt M6*12	1
58	Spring washer M6	1
66	Bottom cover	1
67	PU pulley	1
68	End cap	1
69	Shaft cover	2
70	Bearing 6004zz	2
71	Bearing 6003zz	2
72	Flat washer 6*22*2T	1
73	Allen bolt M10*60	1
141	Wave washer	1
142	Sticker	1
148	Sticker	1

K	Upper console frame	1
52	Phillips screw M4*10	4
75	Console top cover	1
76	Allen bolt M8*20	4
77	Left cover	1
78	Right cover	1
L	Handles	1
79	Handles	1
80	Bottle holder	1
81	Heart rate sensor top cover	2
82	Touchpad PCB	2
83	Heat sensor handle	2
84	End caps	2
85	Phillips screw 3*14	4
86	Phillips screw 3*10	2
121	Allen bolt M8*55	4
144	Sticker	1
145	Sticker	1
M	Left movable handle	1
46	Spring washer M8	1
47	Allen bolt M8*15	1
52	Phillips screw M4*10	6
61	Flat washer	1
70	Bearing 6004zz	2
87	Left cover	1
88	End cap	1
89	Foam handle	1
90	Inner shaft cover	1
91	Upper outer shaft cover	1
92	Lower right shaft cover	1
93	Left lower shaft cover	1
94	Spacer ring	1
95	Inner connecting screw	1
96	Outer connecting screw	1
142	Sticker - left	1
N	Right moving handle	1
46	Spring washer M8	1
47	Allen bolt M8*15	1

52	Phillips screw M4*10	6
61	Flat washer	1
70	Bearing 6004zz	2
88	End cap	1
89	Foam handle	1
90	Inner shaft cover	1
91	Upper outer shaft cover	1
92	Lower right shaft cover	1
93	Left lower shaft cover	1
94	Boundary ring	1
95	Inner connecting screw	1
96	Outer connecting screw	1
97	Right cover	1
143	Sticker - the right one	1
O	Left pedal set	1
14	Phillips screw	6
47	Allen bolt M8*15	4
57	Allen bolt M6*12	2
58	Spring washer M6	2
72	Flat washer 6*22*2T	2
98	Cover	1
99	Pedal	1
100	Lower pedal cover	1
101	Step on the pedal	1
102	Bearing 6002zz	2
103	Connecting rod	1
104	Flat washer 8*16*1.5T	4
142	Sticker - left	1
146	Bearing stop	1
147	Washer R32	1
P	Right pedal set	1
14	Phillips screw	6
47	Allen bolt M8*15	4
57	Allen bolt M6*12	2
58	Spring washer M6	2
72	Flat washer 6*22*2T	2
98	Cover	1
99	Pedal	1

100	Lower pedal cover	1
101	Step on the pedal	1
102	Bearing 6002zz	2
103	Connecting rod	1
104	Flat pad 8*16*1.5T	4
142	Sticker - left	1
146	Bearing stop	1
147	Washer R32	1
Q	Front stabilizer	1
42	Wheels	2
106	Cover	1
107	Rubber feet	2
108	End caps	2
109	Allen bolt M8*40	6
R	Rear stabilizer	1
107	Rubber feet	3
108	Endings	2
109	Allen bolt M8*40	4
111	Cover	1
S	Protective cover	1
13	Phillips screw	6
14	Phillips screw	5
56	Flat washer 4.3*12*1T	1
112	Left cover	1
113	Left logo	1
114	Right cover	1
115	Other	1
116	PCB	1
117	Phillips screw	4
118	Handle cover	2
119	Left console cover	1
120	Right console cover	1
152	Warning sticker	1
140	Model sticker	2
18	Heart rate handle	2
19	Hardware set	1
31	Phillips screw M5*10	3

122	Console	1
123	Power cable	1
124	Control wire-console wire middle section 6PIN*740L	1
125	Console control wire-conductor lower part 6PIN*950L	1
126	Console Wire Center 5PIN*740L	1
127	Bottom of console wire 5PIN*600L	1
128	The upper part of the folding wire of the switch-2PIN*1730L	1
129	The bottom of the switch folding wire-2PIN*160L	1
130	Heart Rate Cable-Left Bottom 6PIN*500L	1
131	Heart rate cable-lower right 6PIN*500L	1
132	Heart rate cable-left middle 6PIN*220L	1
133	Heart rate cable-right middle 6PIN*220L	1
134	Resistance cable-18AWG*2PIN*380L	1
135	Power cable -18AWG*2PIN*650L	1
136	Power connector cable 18AWG*1PIN*100L	3
138	Engine-YJ-9900	1
139	Motor cable	1

PRODUCT DESCRIPTION

	1. Console
	2. Console frame cover
	3. Power cable
	4. Front stabilizer
	5. Rear stabilizer
	6. Pulse detector
	7. Handles
	8. Bottle holder
	9. Middle post
	10. Pedals

FASTENERS



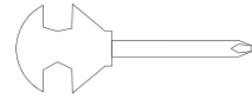
5mm Imbusový klíč

1x



6 mm imbusový klíč

1x



Klíč #13 a #15 se šroubovákem

1x

Step 1



Bolt M8*40

8x



Washer
8,2*16*1,2

2x



Spring
washer M8

4x

Step 2



Bolt M8*15

2x



Center axle D12*180

1x

Step 3



Washer 6*32*2

2x



Spring
washer M6

2x



Bolt M6*12

2x

Step 4



Washer
4,3*9,0*8

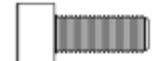
4x



Bolt M4*10

8x

Step 5



Bolt M8*20

4x

Step 6



Bolt M8*55

4x

Step 7



Bolt M5*10

3x

Step 8



Bolt M4*10

4x

Step 9



Washer
6*22*2

4x



Spring washer
M6

4x



Bolt M6*12

4x

Step 9



Center axle 15*118,1 (1:2)

2x

Step 10



Bolt M8*12

2x



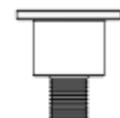
Spring
washer M8

2x



Washer
8,5*23*3

2x



Bolt 2x

Step 10



Nut

2x



Ring 26*6

2x



Bolt M4*10

4x

Step 11



Bolt M4*10

8x



NOTE:

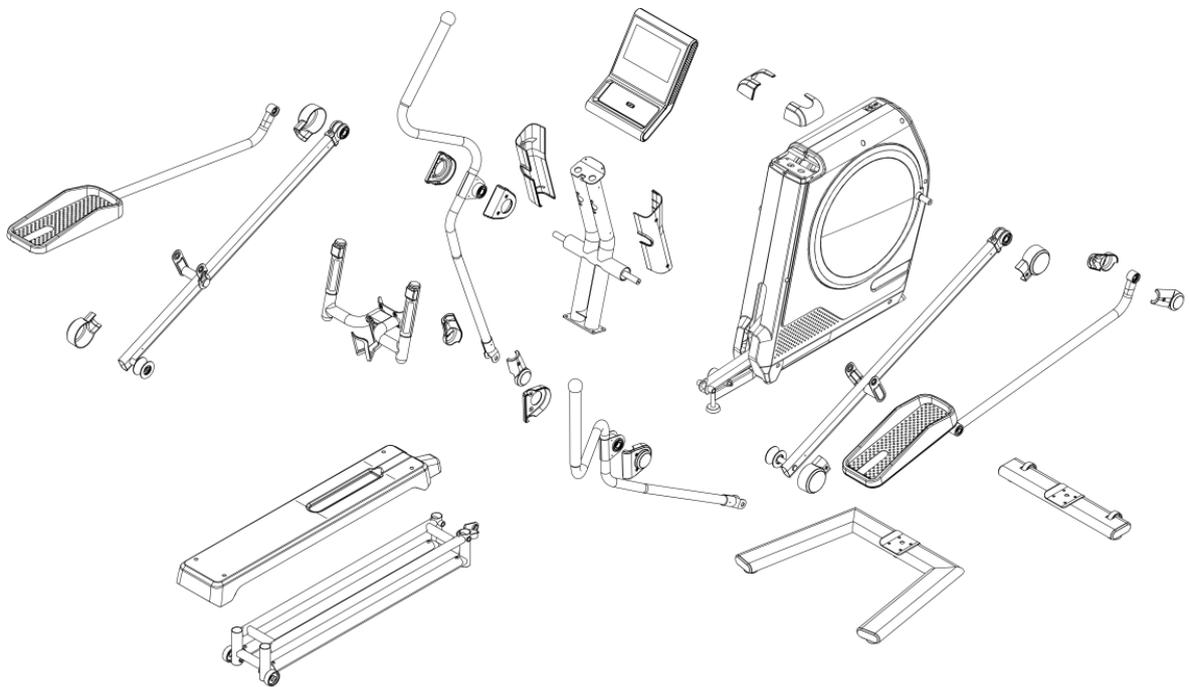
Make sure you have all the parts available before assembly.



WARNING

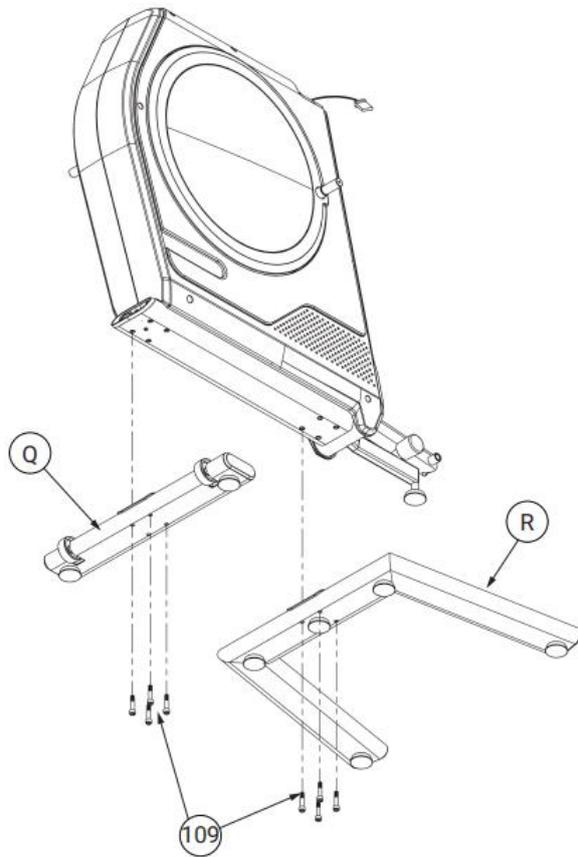
At least 0.6 m of free space must be maintained around the device. Check all connections regularly. If any malfunction or damage occurs, stop use immediately and contact the service department. Place the device on a flat and firm surface. For indoor use only.

ASSEMBLY



Step 1

Attach the stabilizers (Q and R) to the main frame with bolts (109).

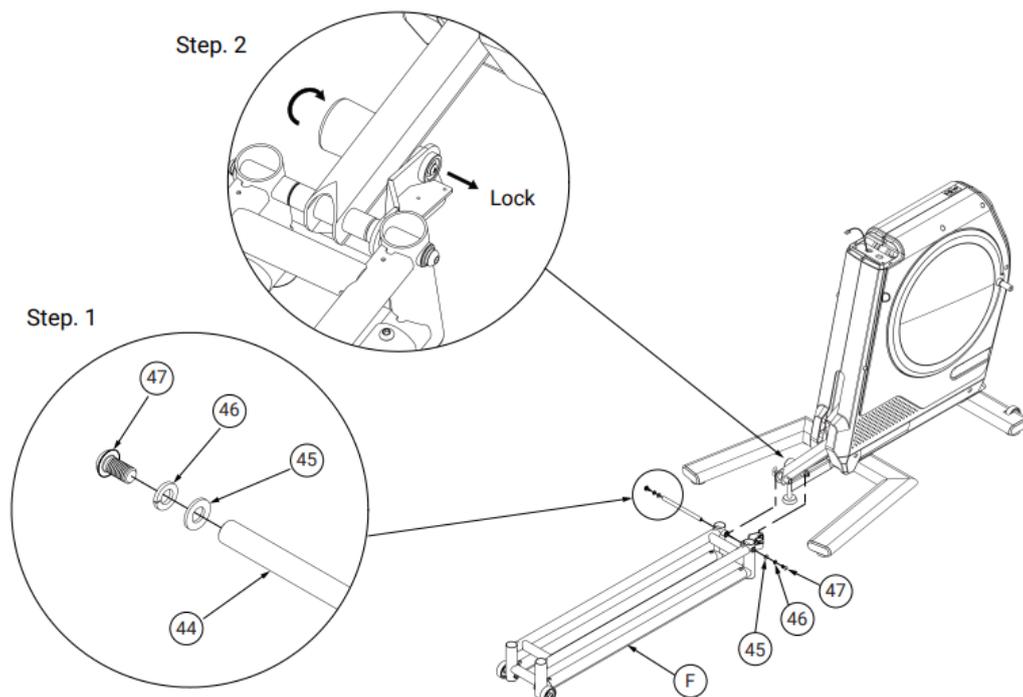


Q	Front stabilizer	1x
R	Rear stabilizer	1x
109	Allen bolt M8*40	8x

Step 2

Attach the rail (F) with the axis (44), washers (45 and 46) and the bolts (47) on both sides.

Secure with hand knob.

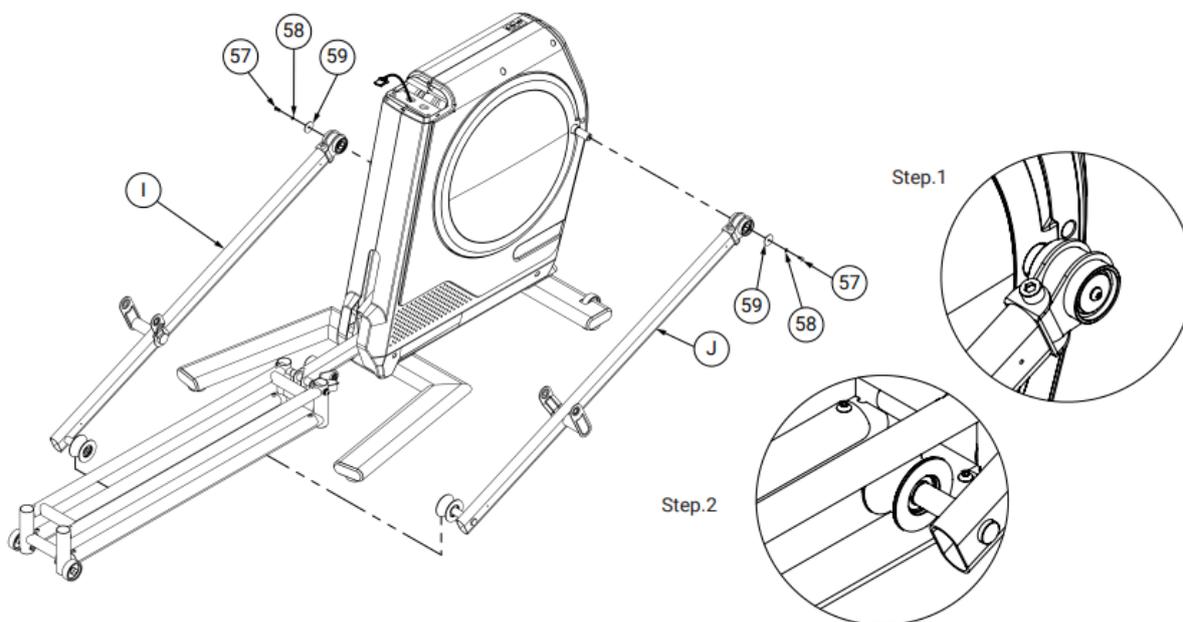


F	Sliding rail	1x
44	Rail axis	1x
45	Flat washer 8.2*16*1.6	2x
46	Flexible washer M8	2x
47	Allen bolt M8*15	2x

Step 3

Attach the pedal frames (I and J) to the main frame using washers (59 and 58) and a bolt (57) on each side.

Align the rollers with the rail and slide. Make sure the pulleys are straight.



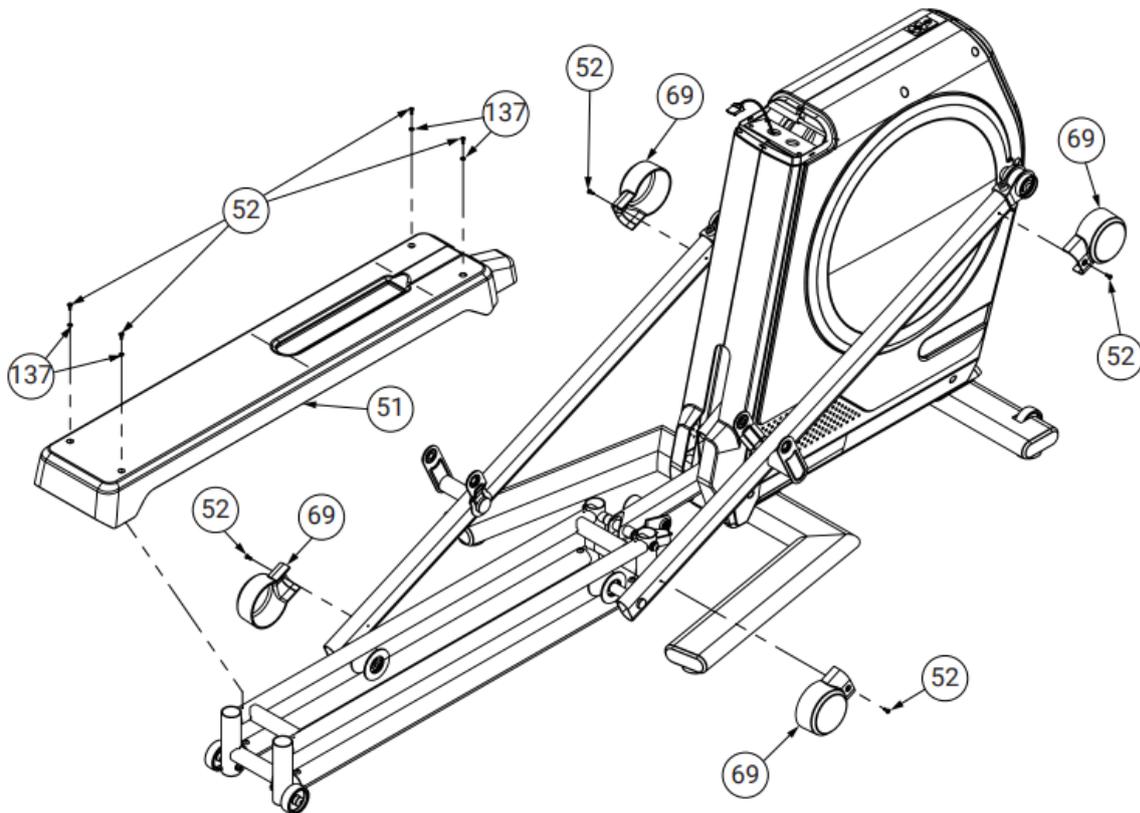
I	Left pedal frame	1x
J	Right pedal frame	1x
57	Allen bolt M6*12	2x
58	Flexible washer M6	2x
59	Flat washer 6*32*2T	2x

Step 4

Attach covers (52) and treads (51) with screws (137).

Attach covers (69) with screws (52).

Do not tighten the screws in the covers, there is a risk of cracking the plastic.

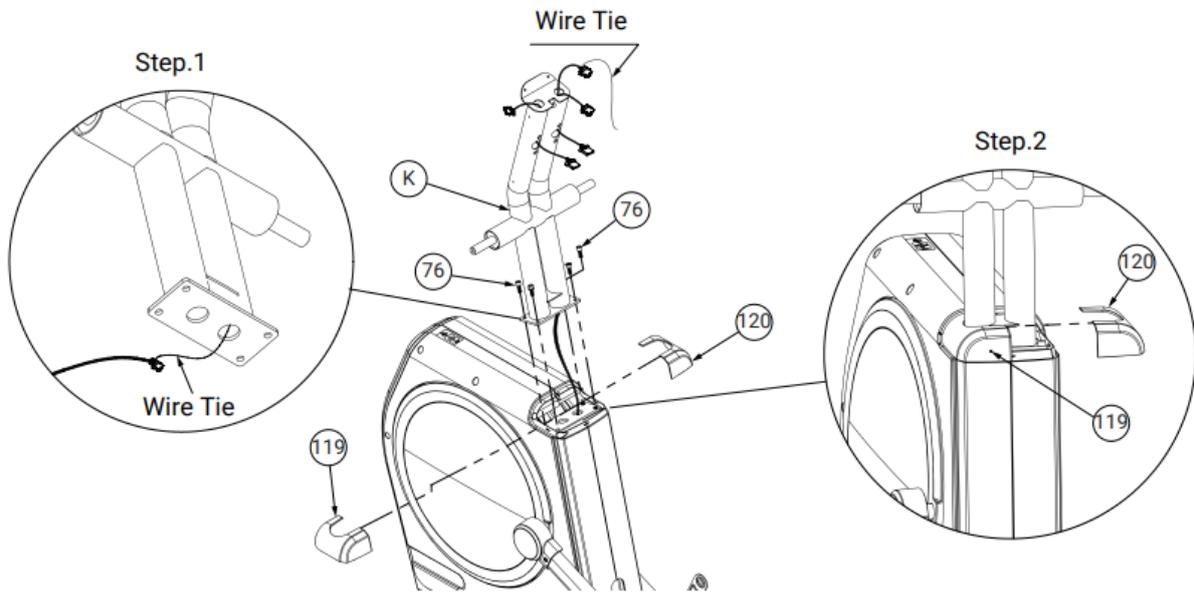


51	Back cover	1x
69	Shaft cover	4x
137	Flat washer 4.3*9*0.8T	4x
52	Phillips screw M4*10	8x

Step 5

Attach the console frame (K) with screws (76). Pull the cable through the top hole using the string attached to the console cable.

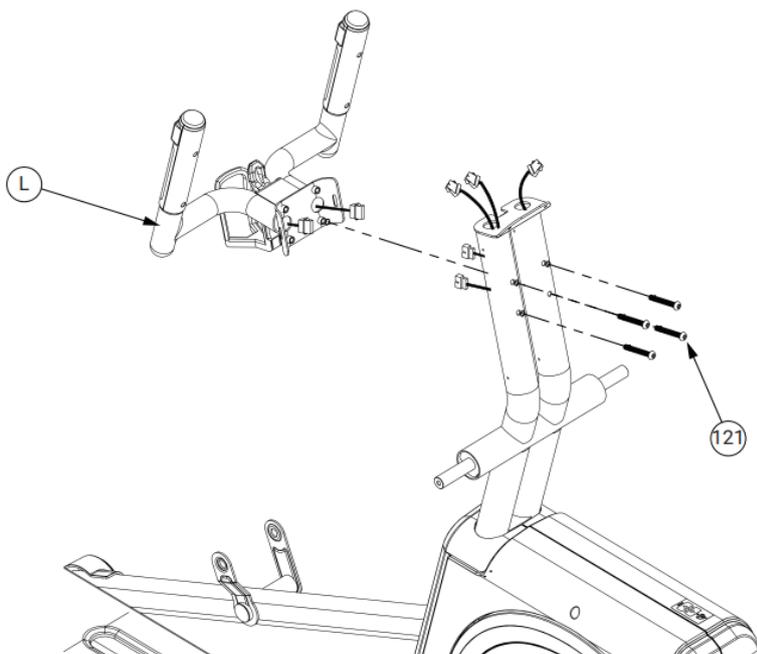
Attach the Left Console Frame Cover (119) and then the Right Console Frame Cover (120).



K	Upper console frame	1x
76	Allen bolt M8*20	4x
119	Left console frame cover	1x
120	Right console frame cover	1x

Step 6

First, connect the cables of the same color (red and blue) and then attach the handles (L) to the frame (K) with bolts (121). Be careful not to pinch the cables between the frames.



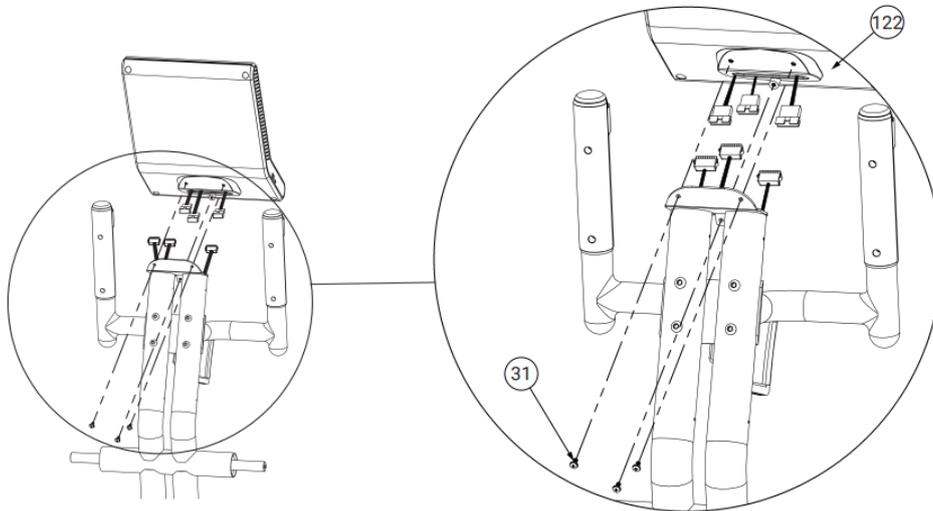
L	Handles	1
121	Allen bolts M8*55	4

Step 7

Before attaching the console (122), connect the cables of the same color (blue, red, black) and then attach the console (122) to the frame with screws (31).

Be careful not to pinch the cables between the frames.

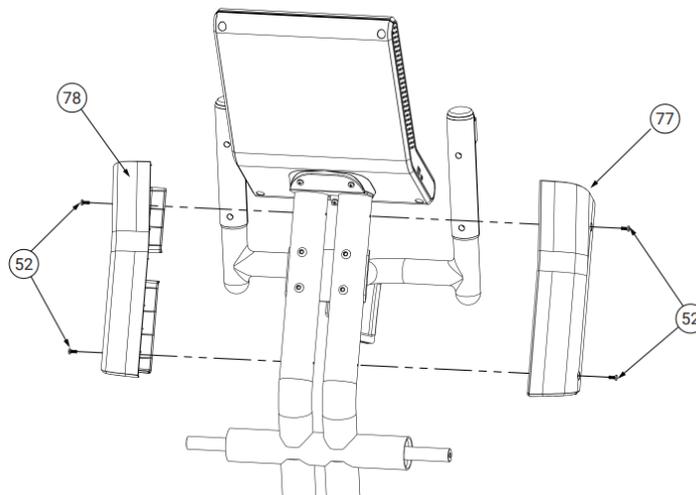
Tighten the console screws one at a time, putting them on first and making sure the bracket is aligned. Only then tighten.



122	Console	1x
31	Phillips screw M5*10	3x

Step 8

Attach the covers (79 and 77) with screws (52). Do not overtighten the screws in the covers, there is a risk of cracking the plastic.



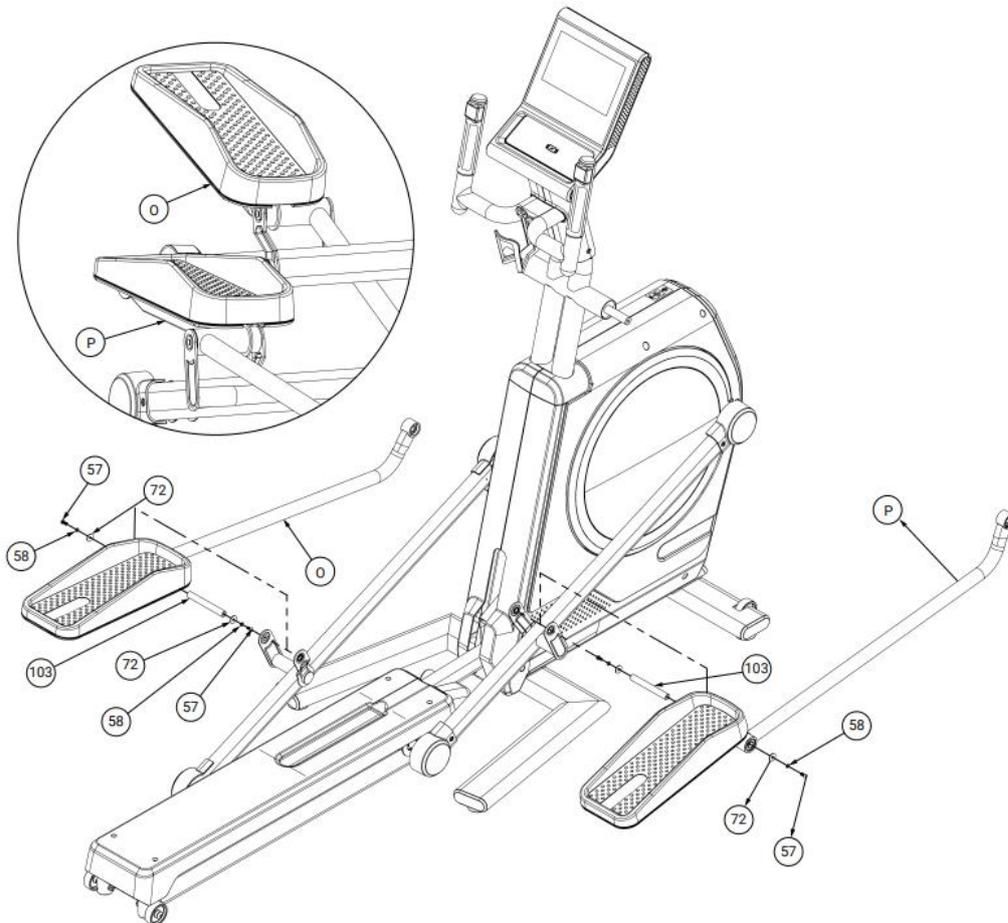
77	Left cover	1x
78	Right cover	1x
52	Phillips screw M4x10	4x

Step 9

Attach the left (O) and right (P) pedal sets using the axle (103), flat washer (72), spring washer (58), and bolt (57).

O	Left pedal set	1x
P	Right pedal set	1x
103	Connecting axis	2x

72	Flat washer 6*22*2T	4x
58	Flexible washer M6	4x
57	Allen bolt M6*12	4x



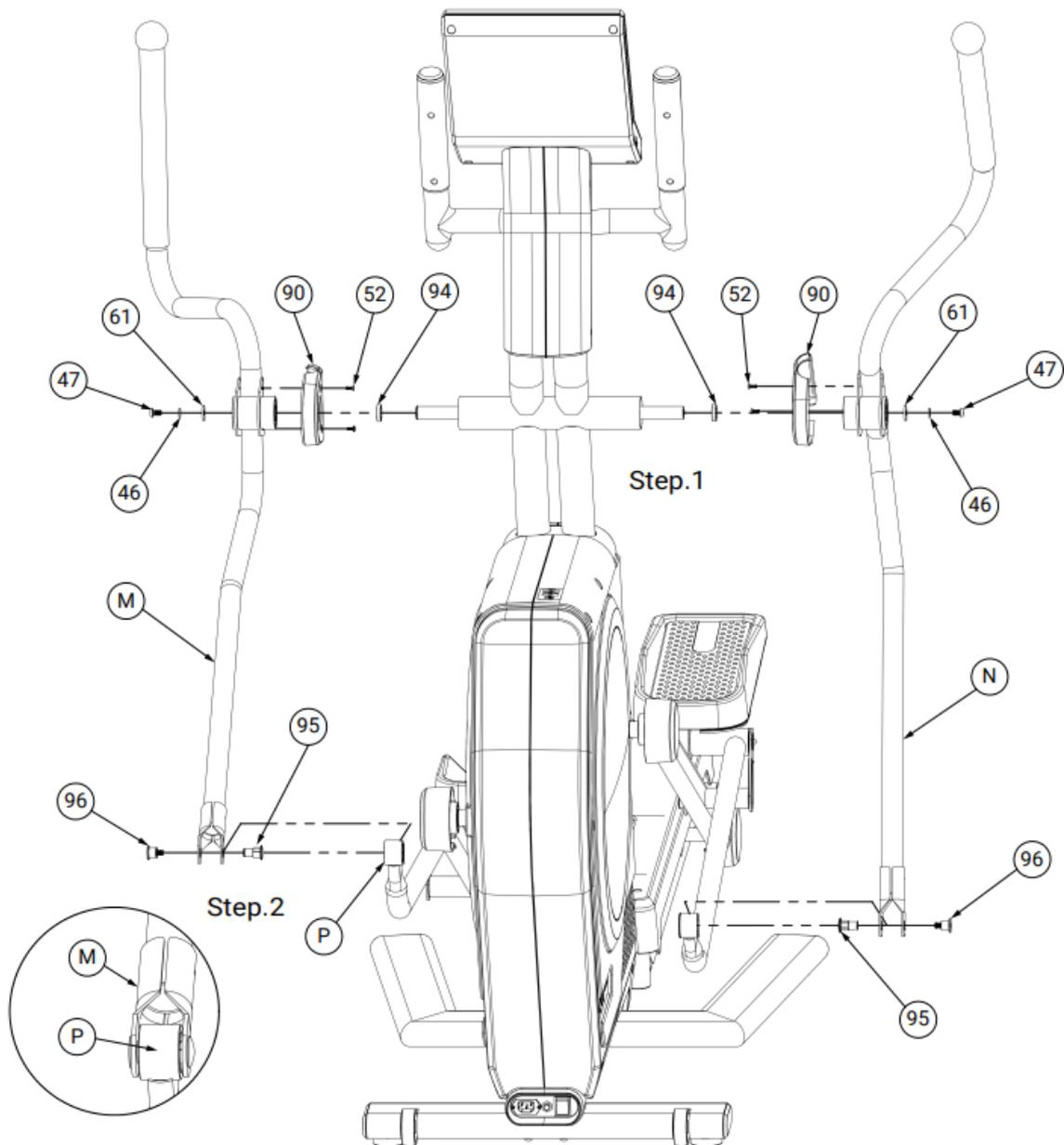
Step 10

Attach the covers (90) to the movable handles (M and N) with bolts (52). Attach the spacer ring (94) to the post, then attach the movable handles to the post with washers (46 and 61) and bolt (47). Do not overtighten the screws in the covers, there is a risk of cracking the plastic.

Attach the movable handles (M and N) to the pedals (P) and secure with bolts (96 outer) and (95 inner).

M	Left movable handle	1x
N	Right movable handle	1x
47	Allen bolt M8*15	2x
46	Spring washer M8	2x
61	Flat washer	2x

96	Outer connecting screw	2x
95	Inner connecting screw	2x
94	Spacer ring	2x
90	Inner shaft cover	2x
52	Phillips screw M4*10	4x

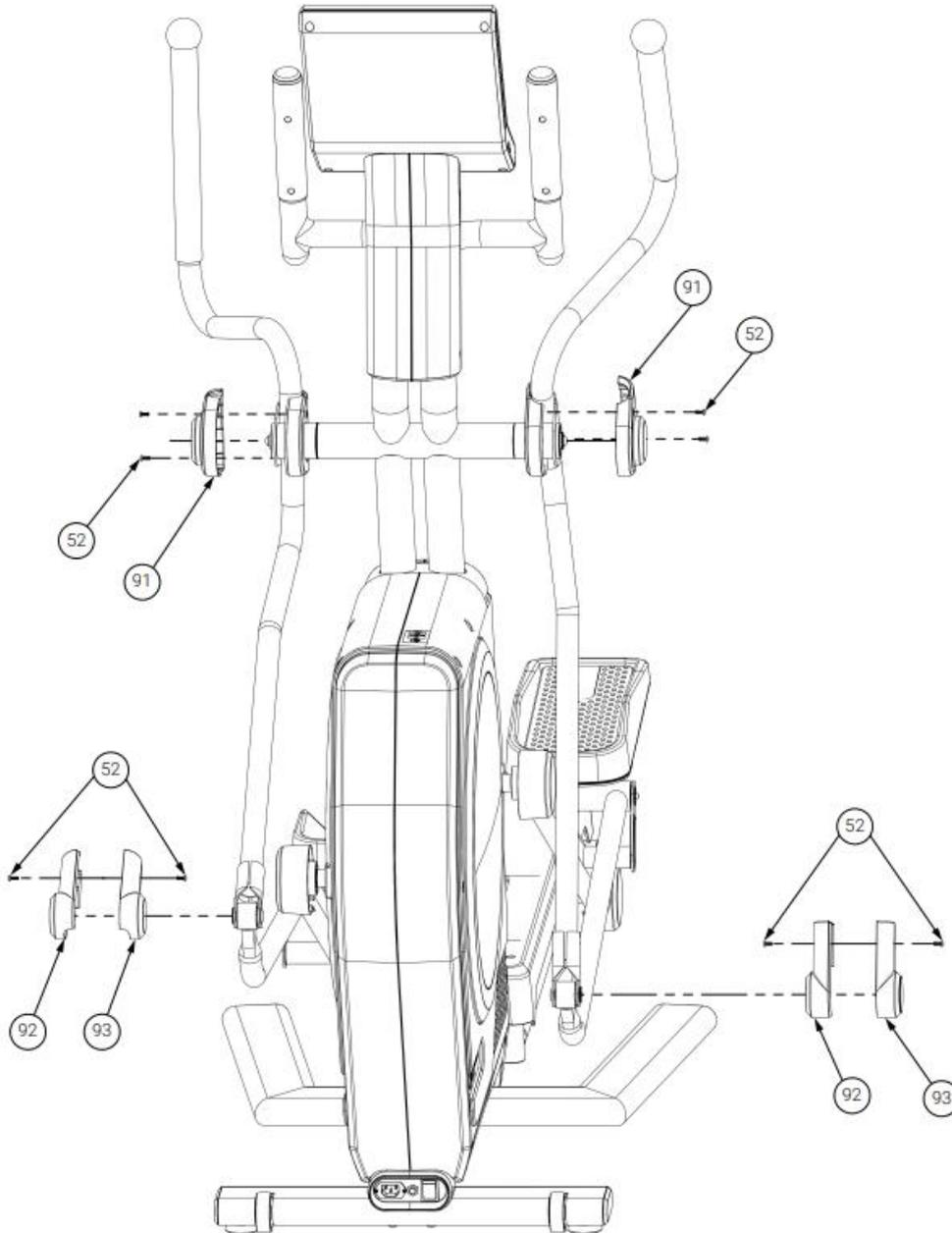


Step 11

Attach the covers (91, 92 and 93) to the movable handles with screws (52). Do not overtighten the screws in the covers, there is a risk of cracking the plastic.

91	Top cover	2x
93	Lower left cover	2x

92	Lower right cover	2x
52	Bolt M4*10	8x



USE

ELECTRONIC COMPOSITION

The electronic folding frame helps to save space when the machine is not in use.



QUICK CONTROL

Left side

INCLINE

Press to increase or decrease the incline.



Right side

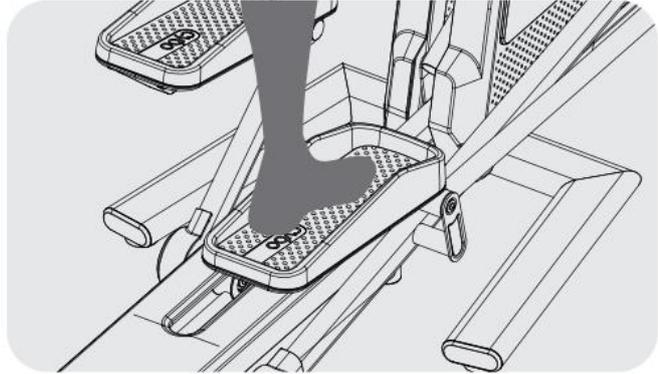
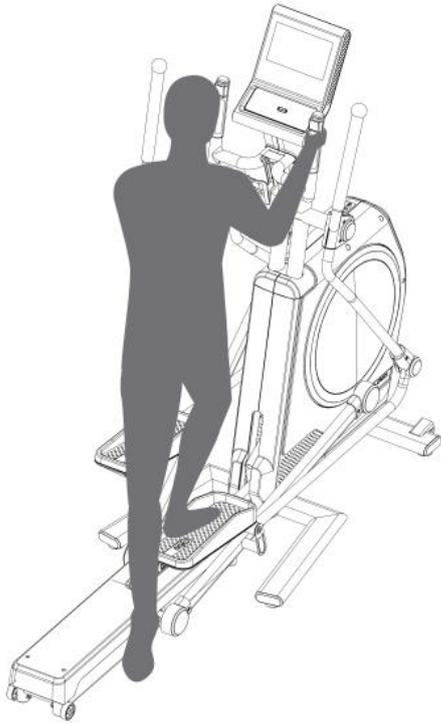
RESISTANCE +/-

Press to change pedaling resistance



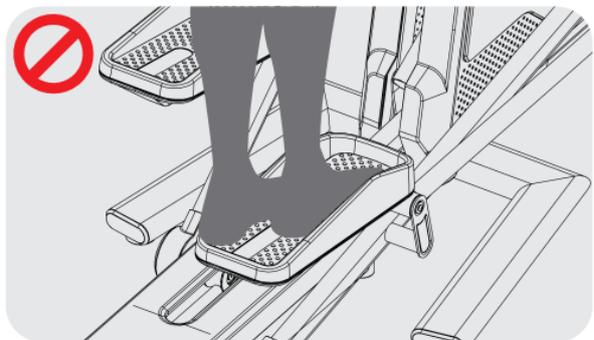
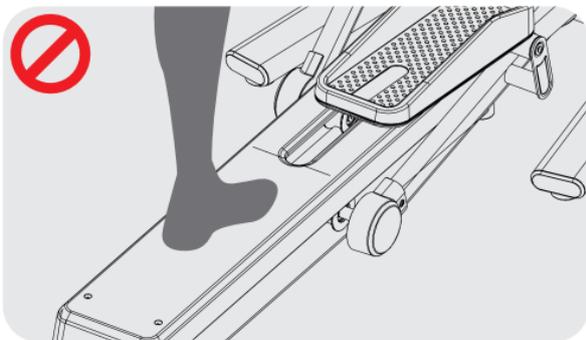
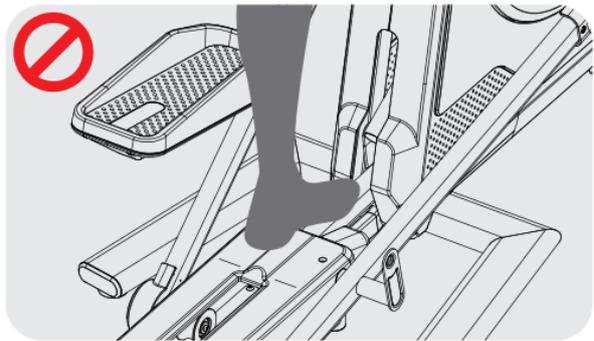
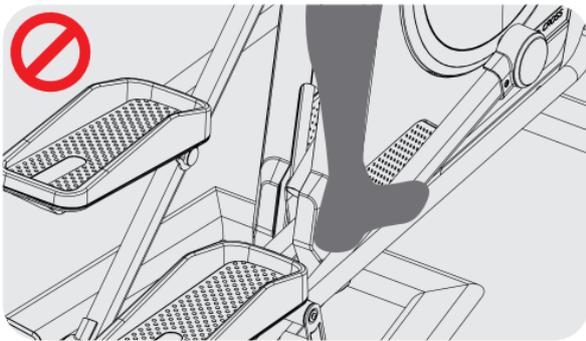
FEET POSITION

Grasp the handles and place your feet on the pedals. The feet must always be on the surface of the pedals.



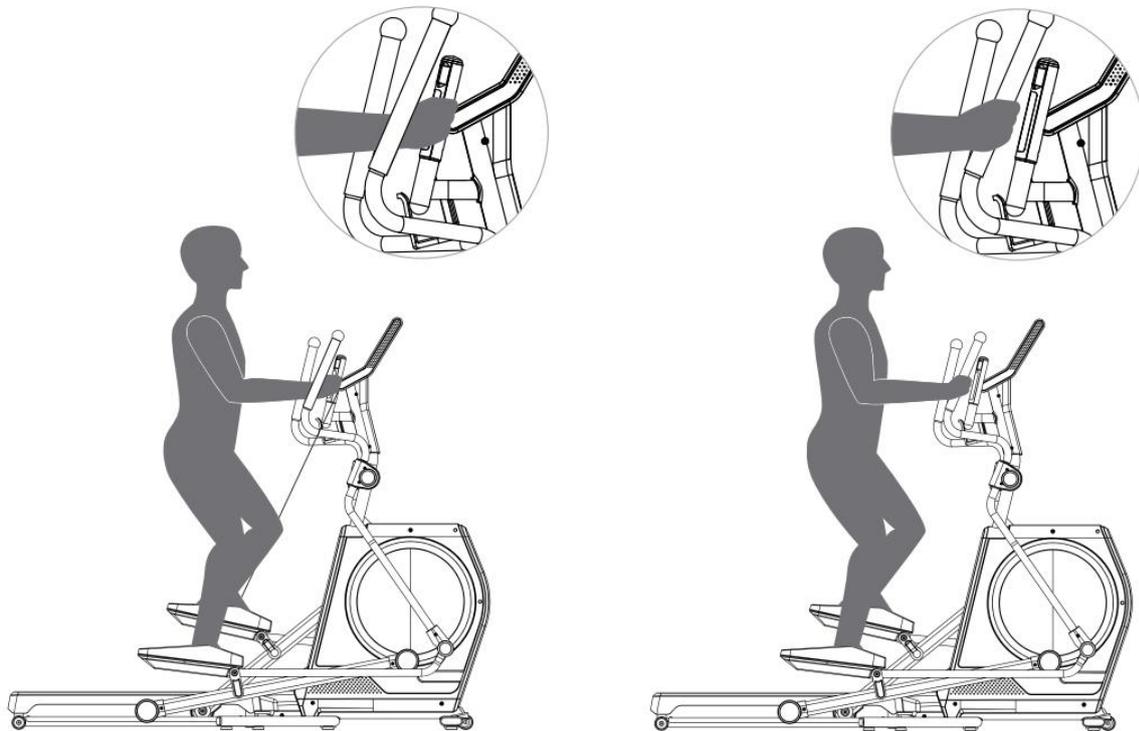
WARNING

Avoid these foot positions.



HANDLE GRIP

Start at a lower speed and intensity. It is important to maintain proper posture. Do not lean forward, keep your head straight, shoulders and hips should be aligned. Always look ahead. Do not shift your weight forward.



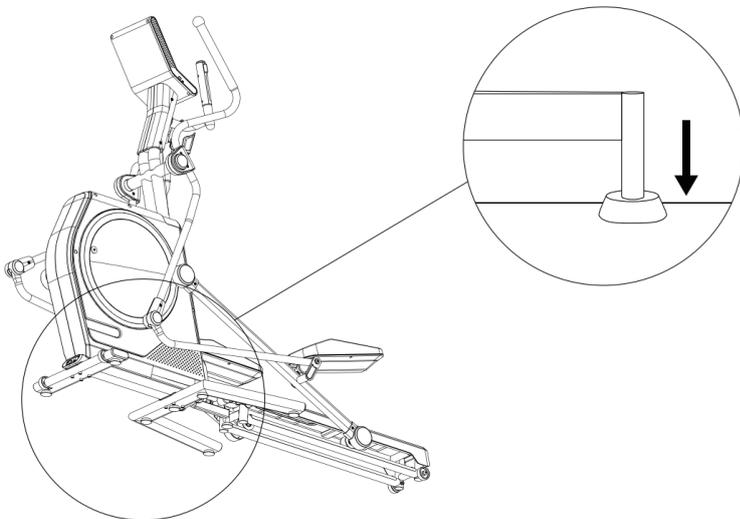
To move only legs, grasp the stationary handles.

Grab the movable handles to move legs and arms.



Notes:

1. The machine does not have an idler wheel, so the moving parts do not stop immediately when you stop pedaling.
2. The mechanical performance on the display may be different from what the user produces.



WARNING

The machine must be leveled before use.

TRANSPORTING

Make sure the trainer is unfolded before moving it. Raise the rear frame until the unit rests on the transport wheels on the front beam.

Never move the machine unless the incline is 0° and unfolded.

Step 1 – 1

Set the incline to 0°.



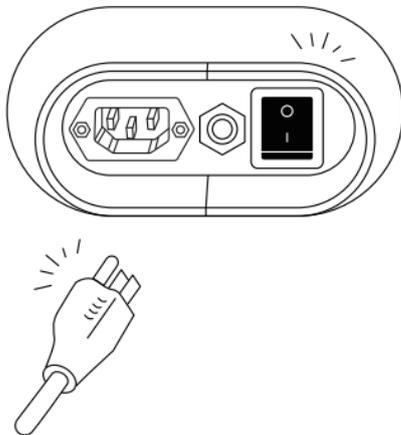
Step 1 – 2

Lock the frame with the hand knob.



Step 2

Turn off the switch and disconnect from the power supply.



Step 3

Lift the rear frame onto the wheels located on the front stabilizer.



CONSOLE

Wireless charger

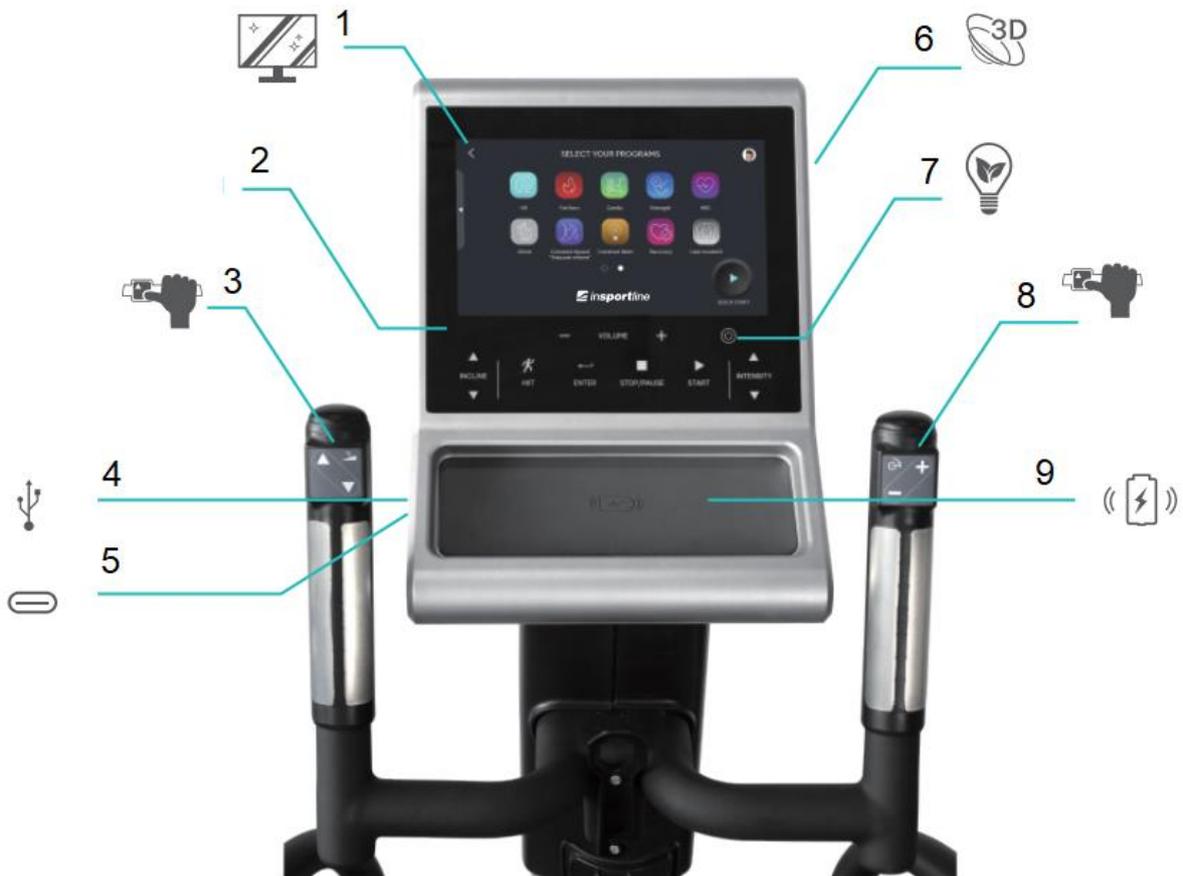
The wireless charger with dimensions of 24*9.4 cm allows you to charge smart devices with a display up to 7.2 inches.

Make sure your smart device is positioned correctly. When charging is active, the symbol is displayed

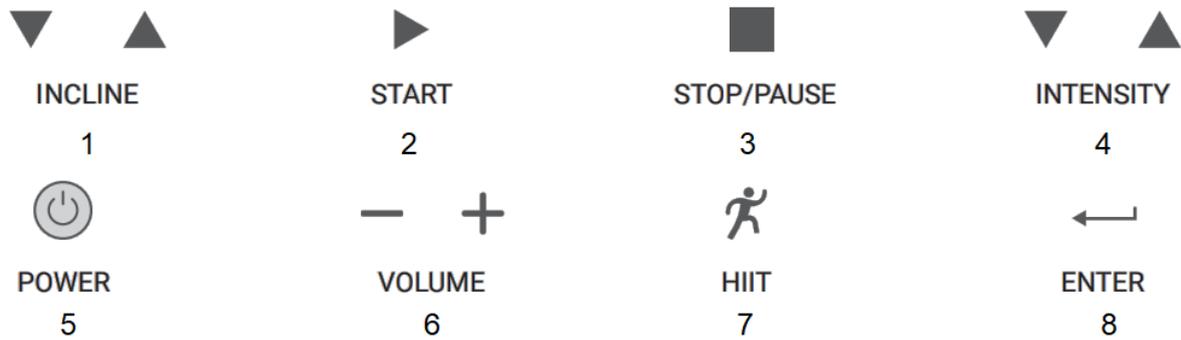




Note: if you are using covers, stickers or rings that contain metal, they must be removed before using the charger.



1. Analog LCD display	5. USB-C port
2. Buttons	6. Saves energy
3. Incline buttons	7. Resistance buttons
4. USB-A port	8. Wireless charger



1. Incline change	5. Power button
2. Starting the program	6. Adjusting the volume
3. Stopping / pausing the program	7. HIIT program
4. Resistance adjustment	8. Confirmation button

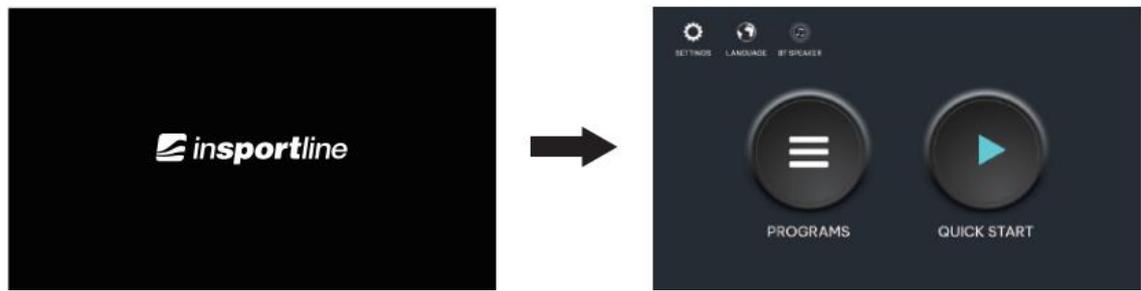
POWER ON

Launching the console will display the logo and then go into standby mode.

QUICK START: Enter program selection and select quick start.

PROGRAMS: You must create an account or select an already created account

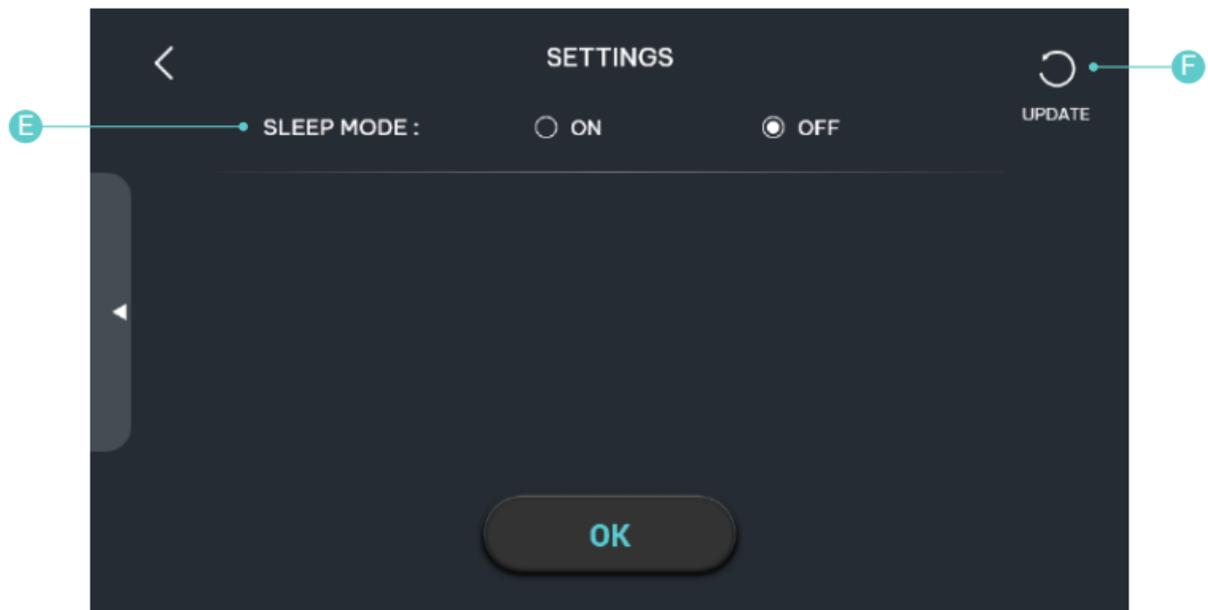
SLEEP MODE: After 300 seconds of inactivity, the console switches to sleep mode.



SETTINGS



- A. Unit: Metric / Imperial
- B. Resistance setting
 - Auto mode: achieve precise performance by varying load and pedaling speed
 - Manual mode: achieving different performance using precisely given load and pedaling speed
- C. Power display: In manual mode, you can select WATT or MET units
- D. Button sounds
- F. Update if USB with update is plugged in



- E. SLEEP MODE: enable or disable sleep mode
- F. Update if USB with update is plugged in



LANGUAGE

There are several languages to choose from.





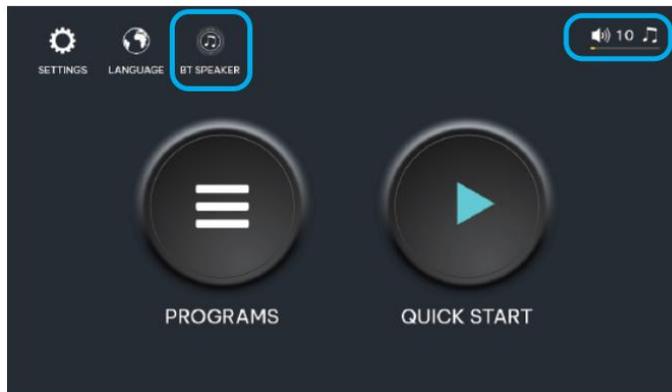
BT SPEAKER



IOS MUSIC CONNECT

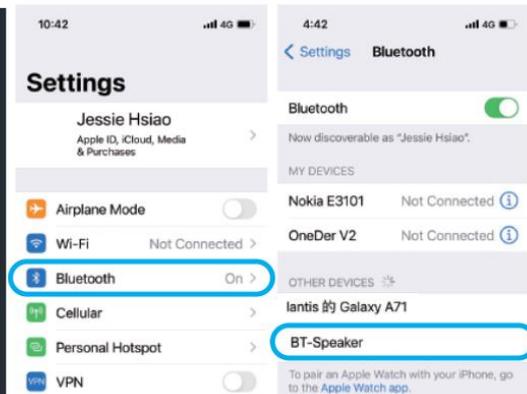
Step 1

Select  to turn on. The icon  will flash during pairing. The icon will disappear if pairing is not completed within 30 seconds.



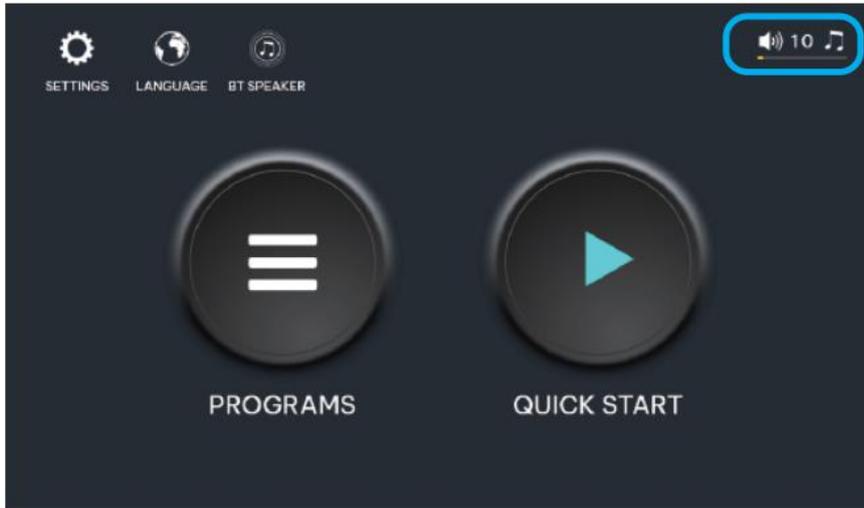
Step 2

Turn on Bluetooth on your device and select BT-Speaker.



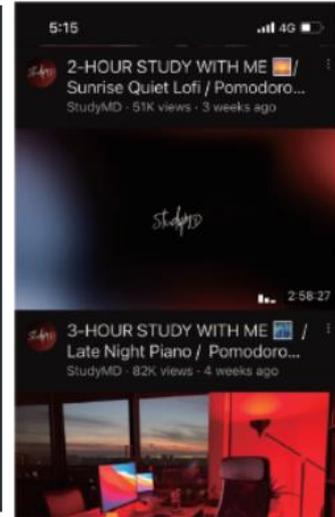
Step 3

If the icon  is displayed, the speaker is connected and you can control the volume.



Step 4

Select music.



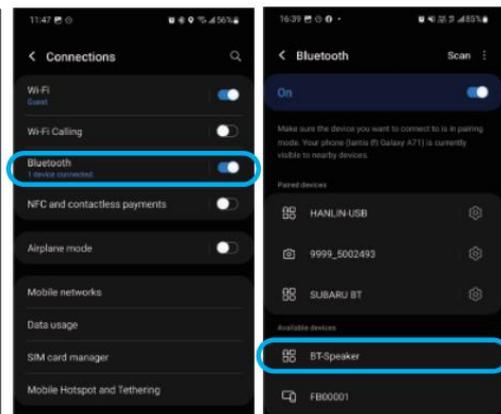
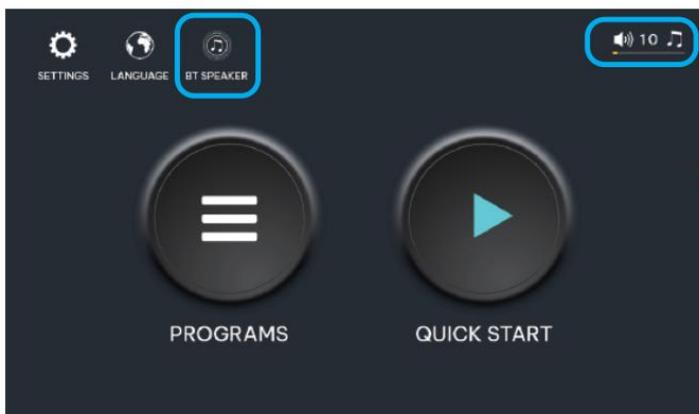
ANDRIOD

Step 1

Select  to turn on. The icon  will flash during pairing. The icon will disappear if pairing is not completed within 30 seconds.

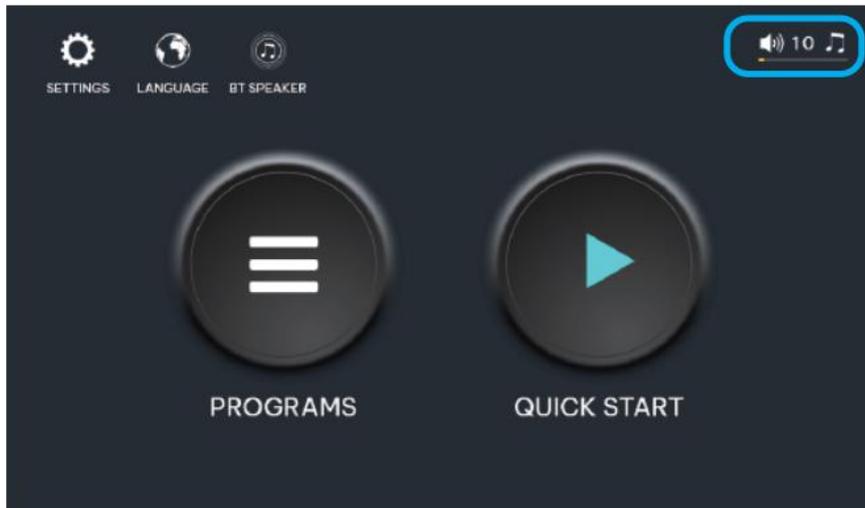
Krok 2

Turn on Bluetooth on your device and select BT-Speaker.



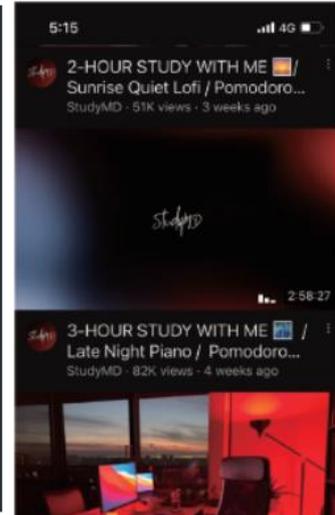
Step 3

If the icon  is displayed, the speaker is connected and you can control the volume.



Krok 4

Select music.



ACCOUNT CREATION

Create a user. You must enter your name, height, weight and gender.

Name (name) – max. 10 characters

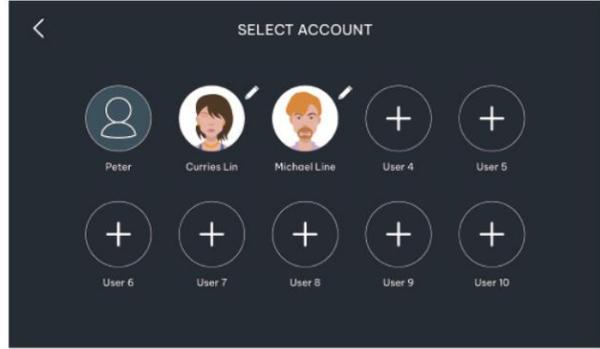
Age (age) – range: 10 – 90, default value: 35

Height (height) – range: 100 – 250, default value: 160

Weight – range: 20 – 200, default value 70

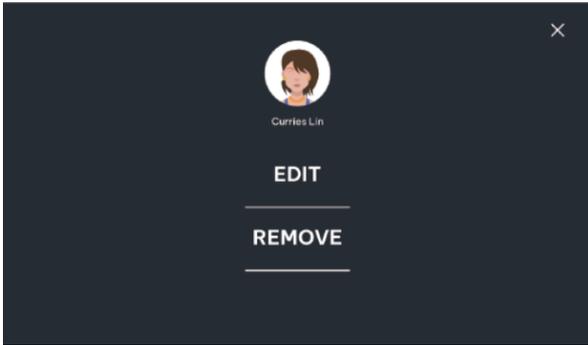


Press + to select one of 54 avatars. If you don't choose one, it will be randomly assigned to you.



After setting all data, press the key .

After creating a profile, you can select a user profile.

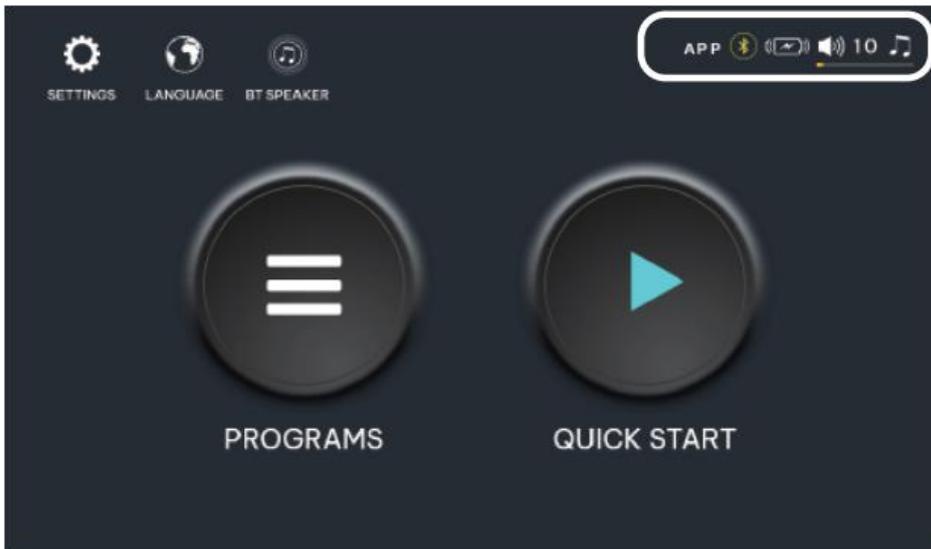


By pressing the pencil you can profile:

EDIT – edit data values

REMOVE – delete profile

ICON DESCRIPTION



APP  Connecting the console using applications with the FTMS protocol.

 Connection with Bluetooth chest belt.

 Connection with a wireless charger.

 Connecting the phone and speakers



QUICK START



PULSE: If you wear the chest belt or hold the pulse sensors on the handles, the pulse rate will be displayed

BLUETOOTH: If the chest belt is connected to a third-party app, an icon will appear

CALORIES: Number of calories burned during exercise

TIME: Training time

RPM/SPEED: Revolutions per minute or speed

DISTANCE: Distance during exercise

INCLINE: Current incline level

WATT: Exercise power

INTENSITY: Exercise resistance

WIRELESS CHARGER: Icon will be displayed during wireless charging

VOLUME: Speaker volume



PROGRAMS

There are 25 different programs to choose from.



MANUAL



DISTANCE COUNTDOWN



WARM UP



VALLEY



MOUNTAIN



HILLS



TIME COUNTDOWN



CALORIES COUNTDOWN



INTENSITY INTERVAL



SLOPE



CONSTANT



FAT BURNING



CARDIO



STRENGTH



HRC



CLIMB



RECOVERY



USER PROGRAM X3



CONSTANT SPEED



CONSTANT WATT

QUICK START

The program will add all values. When the program starts, a 3-second countdown is displayed. After completing the exercise, all measured values are displayed (WORKOUT SUMMARY)

WORKOUT SUMMARY	
DURATION	01:03
DISTANCE	10.5 KM
CALORIES	123 KCAL
AVG. PULSE	120 BPM
MAX. PULSE	131 BPM
AVG. SPEED	10.0 KM/H
AVG. WATT	87 WATT
TOTAL. KJ	68 KJ

At the bottom of the summary screen are two buttons: **SKIP** and **SAVE**.



MANUAL

Quick start exercise program.

COUNTDOWN PROGRAMS



Time
countdown



Distance countdown



Calories countdown

You can only set one countdown program at the same time.

Step 1: Select GOAL

Step 2: Set the desired value using the numeric keypad.

Step 3: Confirm with the button .



A summary of the exercises will be displayed at the end of the program.



WARM UP

3 min warm-up before training.



Intensity interval



Mountain



Constant



Hills



Ramp



Fat burning



Strength



Cardio



Valley



Climb

There are 10 pre-set programs to choose from with different resistances.

Step 1: Select a program.

Step 2: Set the training time.

Step 3: Confirm the program.

Step 4: After completing the program, a summary of the exercises will be displayed.

SET YOUR WORKOUT VALUE

WORKOUT DURATION : 30 MIN

PROGRAM LEVEL : 1 LEVEL

1	2	3	←
4	5	6	
7	8	9	✓
↶	0		

MOUNTAIN

DURATION 01:03

DISTANCE 10.5 KM

CALORIES 123 KCAL

AVG. PULSE 120 BPM

MAX. PULSE 131 BPM

AVG. SPEED 10.0 KM/H

AVG. WATT 87 WATT

TOTAL. KJ 68 KJ

SKIP SAVE



CONSTANT SPEED

The program automatically adjusts the resistance to reach the set speed value.

Step 1: Choose a program

Step 2: Set speed target.

Step 3: Confirm.

Step 4: After completing the exercise, the exercise summary will be displayed.

SET YOUR WORKOUT VALUE

WORKOUT DURATION : 30 MIN

TARGET SPEED : 30 RPM

1	2	3	←
4	5	6	
7	8	9	✓
↶	0		

CONSTANT SPEED

DURATION 01:03

DISTANCE 10.5 KM

CALORIES 123 KCAL

AVG. PULSE 120 BPM

MAX. PULSE 131 BPM

AVG. SPEED 10.0 KM/H

AVG. WATT 87 WATT

TOTAL. KJ 68 KJ

SKIP SAVE



CONSTANT WATT

The program automatically adjusts the load to reach the set performance value.

Step 1: Choose a program

Step 2: Set a watt target.

Step 3: Confirm.

Step 4: After completing the exercise, the exercise summary will be displayed.



HRC

You can choose one of the three programs 60% / 80% / Target HR (custom). The program always adjusts the resistance so that it is within the set target value.

The target heart rate is always calculated according to the equation: $(220 - \text{age}) * (\% \text{ of set value})$.

The user must wear a chest strap or continuously hold the heart rate sensors on the handles.

Step 1: Choose a program.

Step 2: Set program duration.

Step 3: Set 60% / 80% or your own target heart rate.

Step 4: Confirm.

Step 5: If the chest strap is connected, the heart rate icon and Bluetooth will appear.

Step 6: After completing the exercise, you will see a summary of the exercise.



RECOVERY

The test requires constant heart rate measurement, we recommend wearing a chest belt.

Step 1: Select the Recovery program.

Step 2: Before using it for the first time, we recommend that you read the instructions on the screen, or you can skip the instructions by pressing SKIP.



Phase 1: If the heart rate exceeds HR85% of its value after 3 minutes, the test will be marked as a successful test.

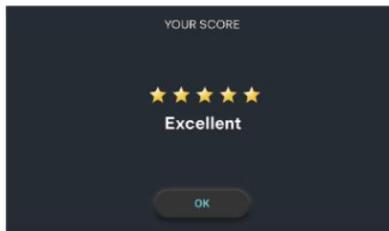
Phase 2: Once the heart rate exceeds the value in the range of 110 ~ HR85%, the program will be extended to 4 minutes.

TEST COMPLETED: The test is completed when HR85% or between 110~HR85% is reached, the program will switch to rest mode for 3 minutes.

Step 3: After completing the whole program, the heart rate will be displayed and the change will be monitored for 60 seconds.

Step 4: Then the result from 1 (worst) to 5 (best) stars will be displayed.

Step 5: The exercise summary will be displayed.



Metric	Value
DURATION	01:03
DISTANCE	10.5 KM
CALORIES	123 KCAL
AVG. PULSE	100 BPM
MAX. PULSE	138 BPM
AVG. SPEED	10.0 KPH
AVG. WATT	57 WATT
TOTAL KJ	68 KJ

Buttons: SKIP, SAVE



USER MODE X3

Set your own exercise program (up to 3 programs), which is divided into 30 segments.

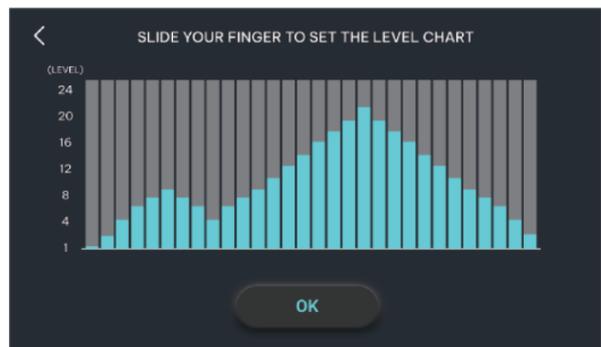
Step 1: Select USER MODE X3.

Step 2: Select one of the three user programs.

Step 3: From left to right, adjust the intensity of all segments.

Step 4: Set the incline of all segments from left to right.

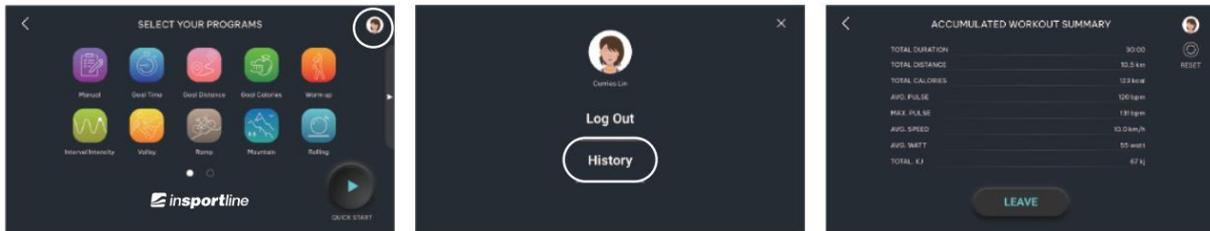
Step 5: Press OK to save and run the program.





ACCUMULATED WORKOUT SUMMARY

By pressing the profile picture, an interface with log out and a summary of the exercise (history) will be displayed.



Log out: account logout

History: display of exercise summary

Reset: reset all data



HIIT

The HIIT program includes 4 levels of difficulty: primary, intermediate, advanced and challenge. Each difficulty can be divided into 8, 10, 12 and 14 segments, you can set 30, 60 and 90 seconds of rest between each intensity transition.

Step 1: Select a HIIT program.

Step 2: Select a user or practice as a guest.

Step 3: Choose program values.



Step 4: Press Next to start the program. The HIIT program is divided into segments according to colors: warm-up (yellow), sprint (blue-green), recovery (green), calm down (blue). Press SKIP to move to the next screen.

Step 5: After completing the exercise, the exercise summary will be displayed.



USE OF ELLIPTICAL TRAINER

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

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

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

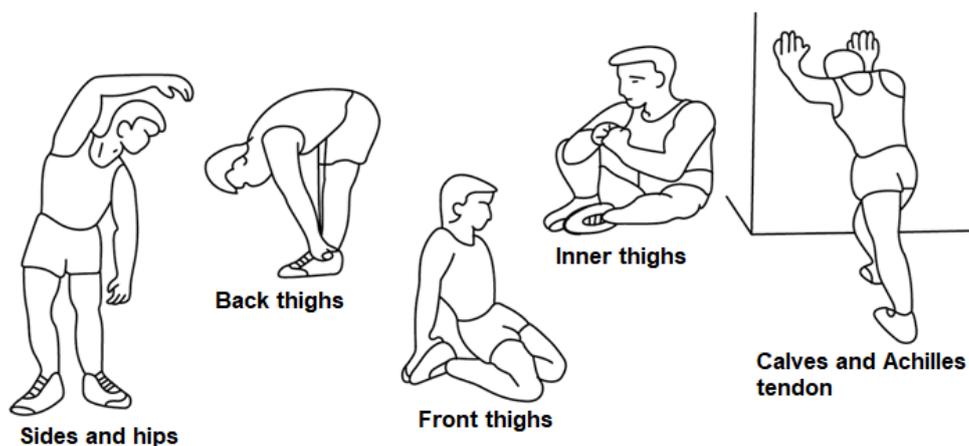
During exercise, you transfer the weight from one foot to the other. Try to maintain an upright and natural position. Handles will help you. Find the perfect place to hold the grip and try to move as naturally as possible.

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.

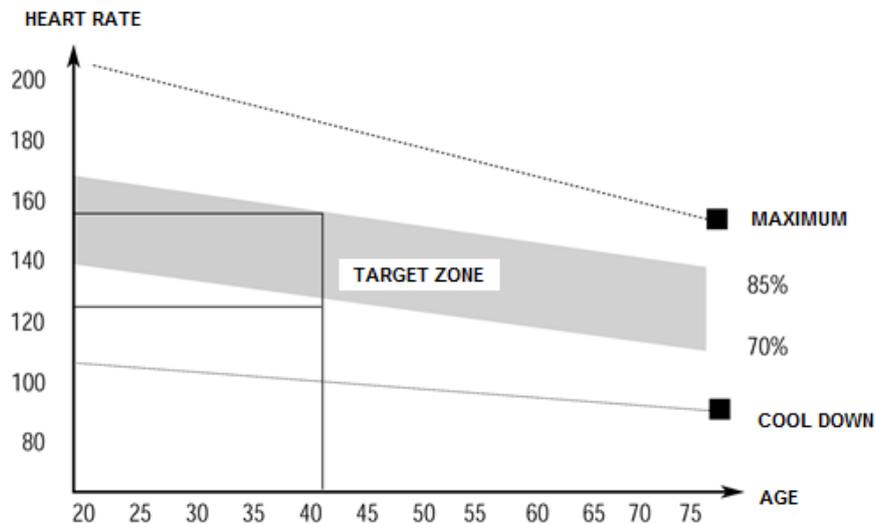
1. WARM UP

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

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

ENVIRONMENT PROTECTION

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

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

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

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.

CZ **SEVEN SPORT s.r.o.**

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About shipping

