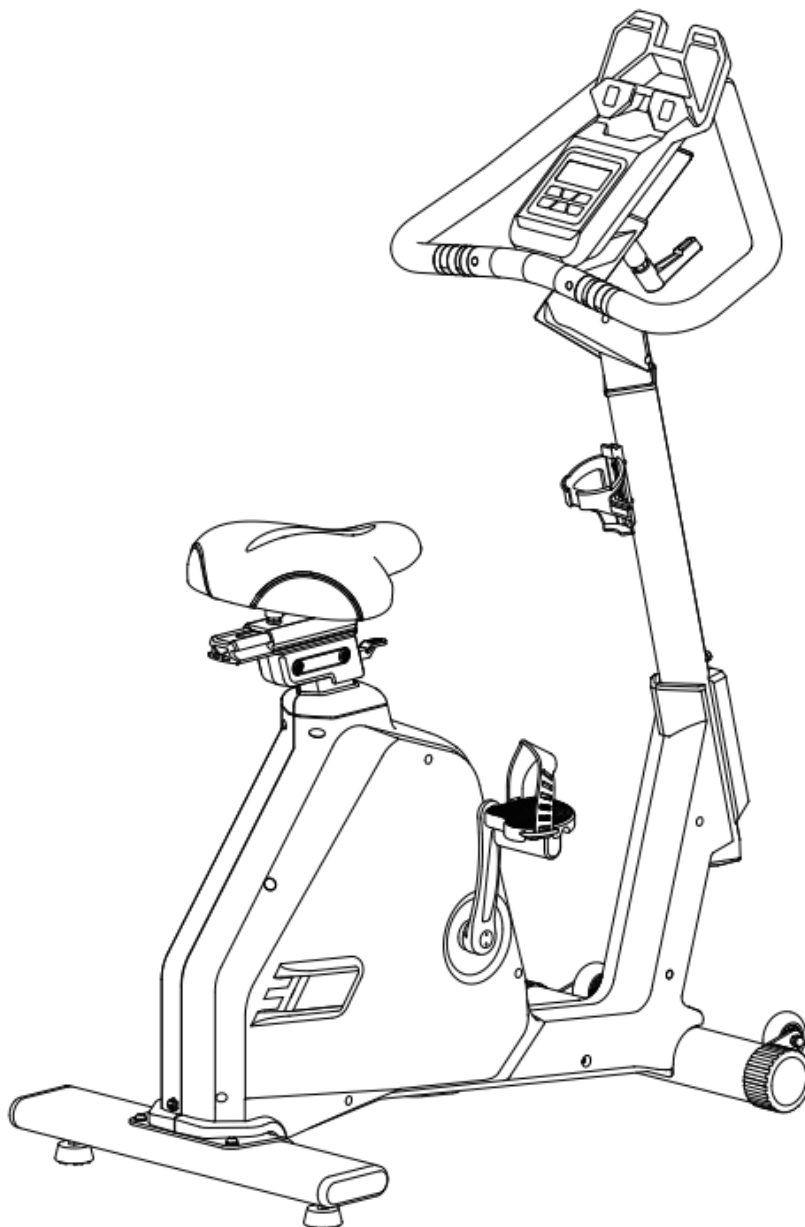




USER MANUAL – EN

IN 28316 Exercise bike inSPORTline ZenBike300



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.

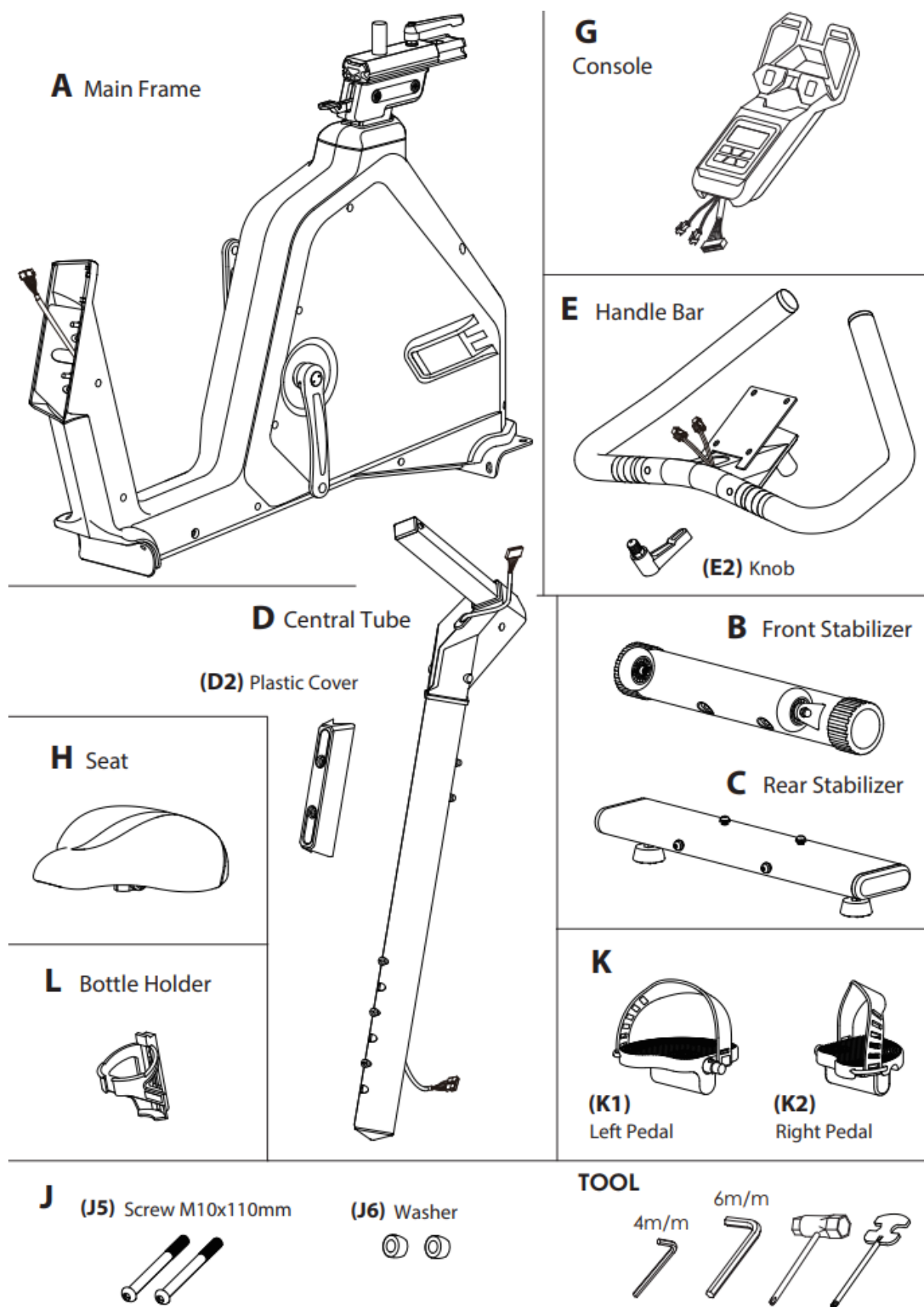
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SAFETY INSTRUCTIONS

- Read all instruction in this manual before using this equipment and keep it for future references.
- Use the machine only for its intended use as described in this manual.
- Inspect and tighten all the loose parts before this equipment is used.
- Keeps hands away from moving parts.
- Keep children and pets away from the machine at all time. DO NOT leave children unattended in the same room with the machine.
- Before using the machine to exercise, always do stretching exercise to properly warm up.
- Inspect the machine before each use; make sure all of the connections are tightly secured.
- Only one person at a time should use the machine.
- If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
- Position the machine on a clear, levelled surface. DO NOT use the machine near water or outdoor.
- Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Sporting shoes are recommended when using the machine.
- Do not place any sharp object around the machine.
- Disabled persons should not use the machine without a qualified person or physician in attendance.
- Never operate the machine if the machine is not functioning properly.
- Only carry out training work on the equipment when it is in perfect working order. Only use original spare parts in the event of a repair.
- Do not use strong solvents for cleaning, and only use the tools supplied, or suitable ones of your own, for any repairs that may be required.
- Please dispose of the packaging and any parts that have to be replaced subsequently (all parts for the unit) at suitable collecting points or containers with a view to saving the environment.
- DO NOT pull out the seat tube over the warning line" max" which showing on the tube, when you adjust the height of the seat.
- Not for therapeutic use.
- For safety keep at least 0.6 m free space around the device.
- Do not put sharp items on the device. Adjustable parts should not interfere with user's movement.
- **Category:** HC for home use
- **Weight limit:** 130 kg
- **Dimension:** 1080*580*1430 mm
- **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!
- **WARNING:** Before beginning any exercise program, consult your physician. This is especially important for persons with pre-existing health problems. The seller assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

PARTS LIST

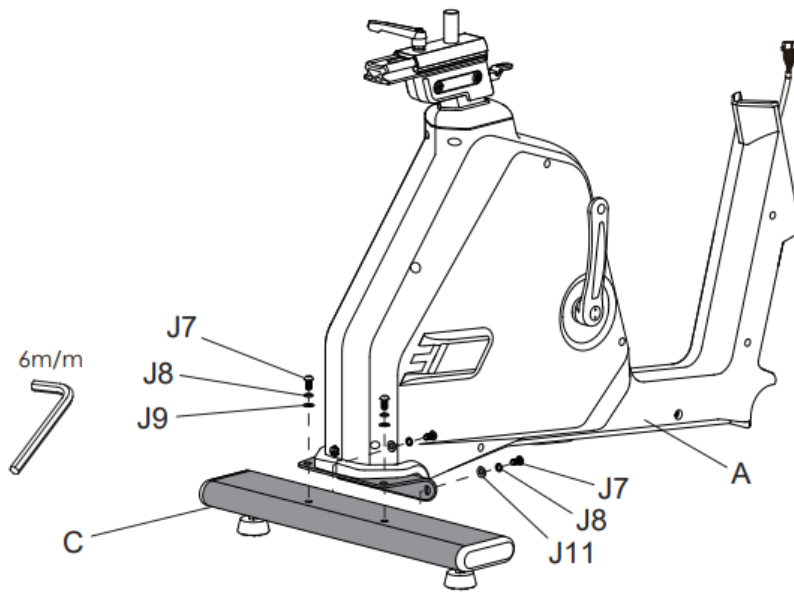


Assembly is recommended to be done by two people.

Step 1

Unscrew the screws (J7) and washers (J8 and J9) from the rear stabilizer (C).

Attach the rear stabilizer (C) to the main frame (A) with screws (J7) and washers (J8 and J9) using a 5 mm Allen key.

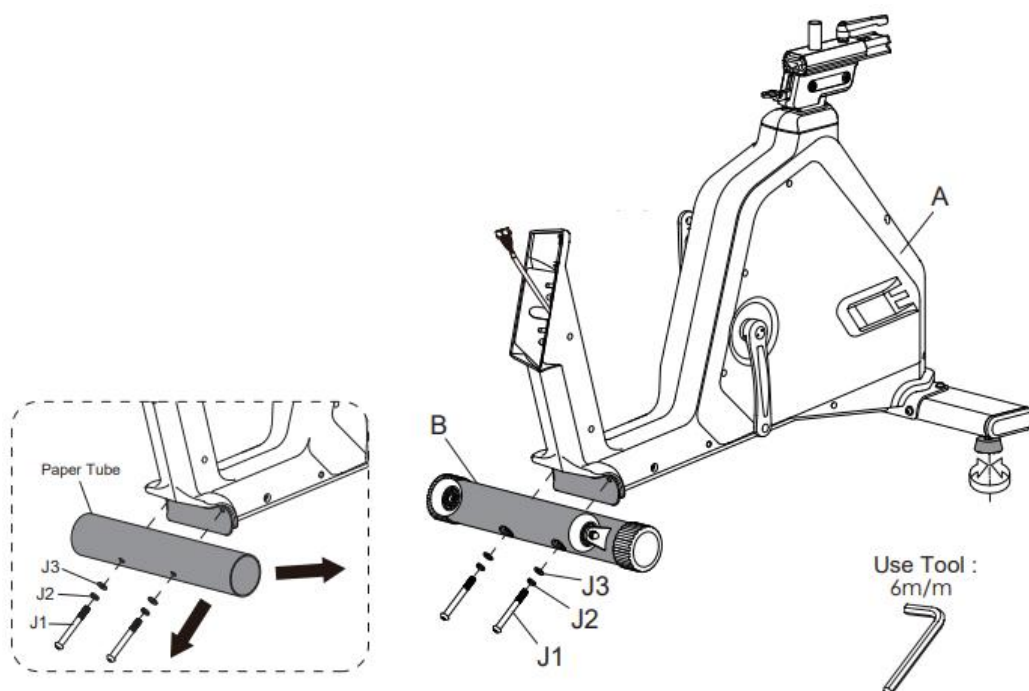


Step 2

Unscrew the screws (J1) and washers (J2 and J3) from the cardboard front stabilizer.

Attach the front stabilizer (B) to the main frame (A) with screws (J1) and washers (J2 and J3) using a 6 mm Allen key.

Then level the machine using the adjustable feet.



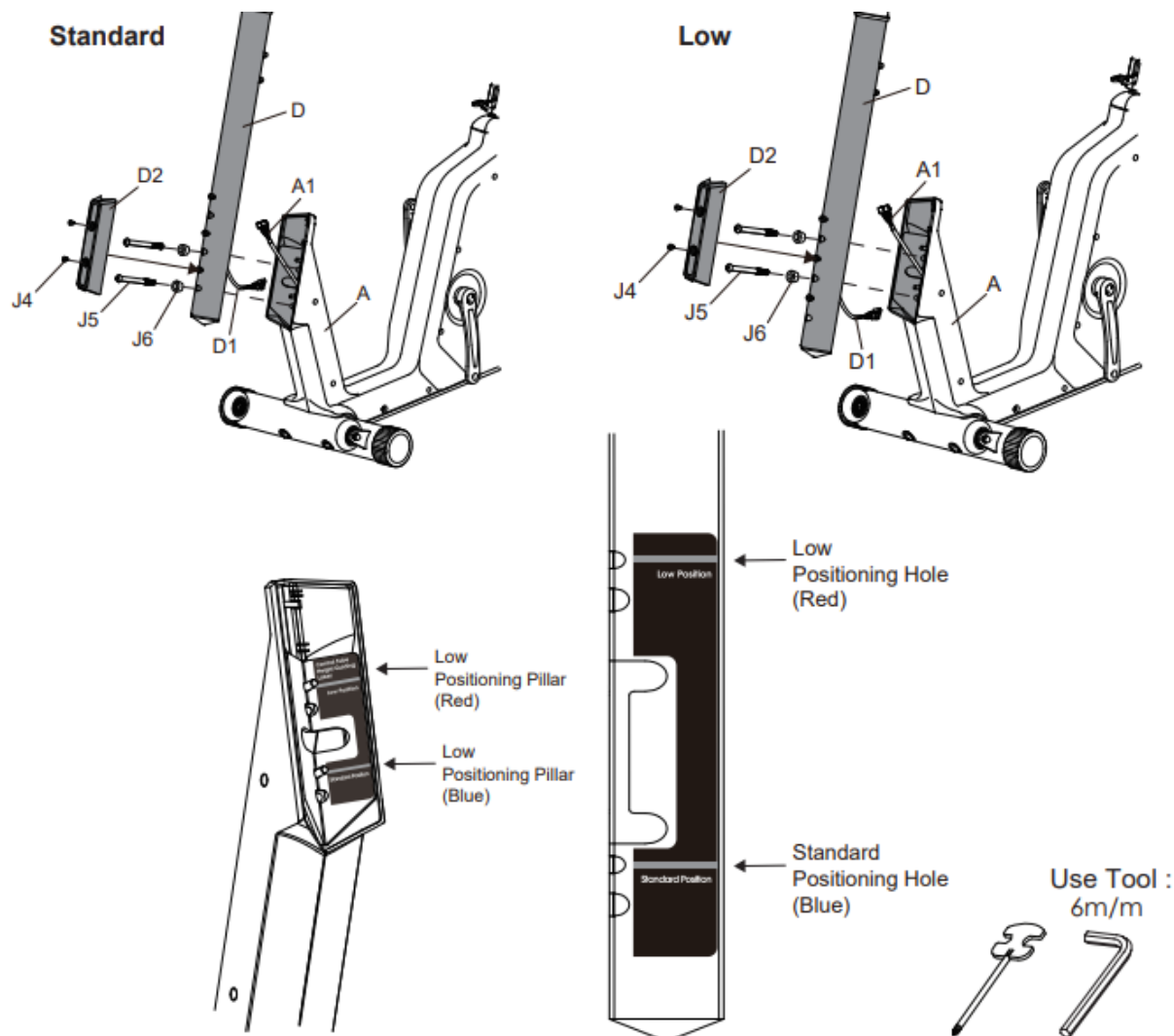
Step 3

Ask another person for help.

Connect cables (A1) and (D1). Do not pinch the cables between the main frame (A) and the central tube (D). Attach the tube (D) to the main frame (A) using screws (J5) and washers (J6).

Set the height of the central tube between the marked values.

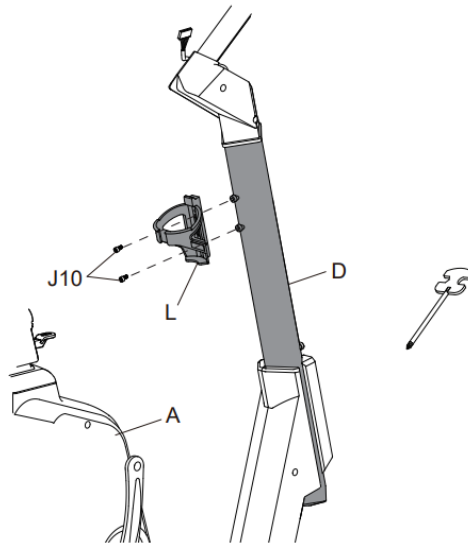
Attach the cover (D2) to the tube (D) using screws (J4).



Step 4

Unscrew the screws (J10) from the tube (D).

Attach the bottle holder (L) to the central tube (D) using screws (J10).



Step 5

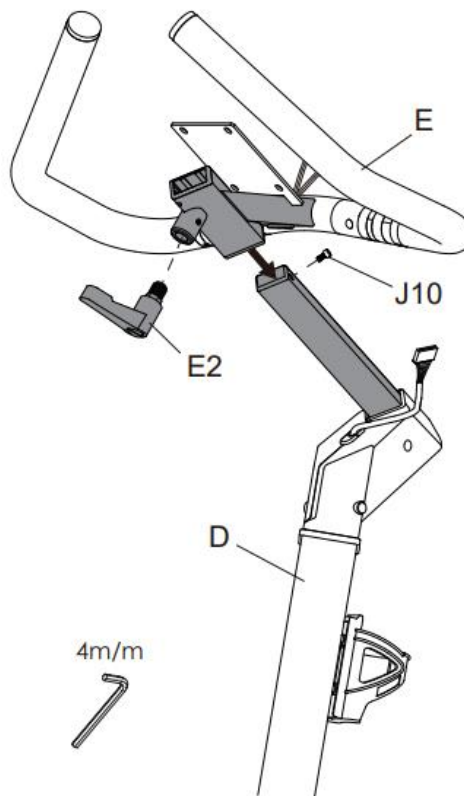
Unscrew the screw (J10) from the tube (D).

Align the holes in the handles (E) with the hole in the column (D).

Slide the handles (E) into the tube (D).

Use the thumb screw (E2) to secure the handles (E) in the tube (D).

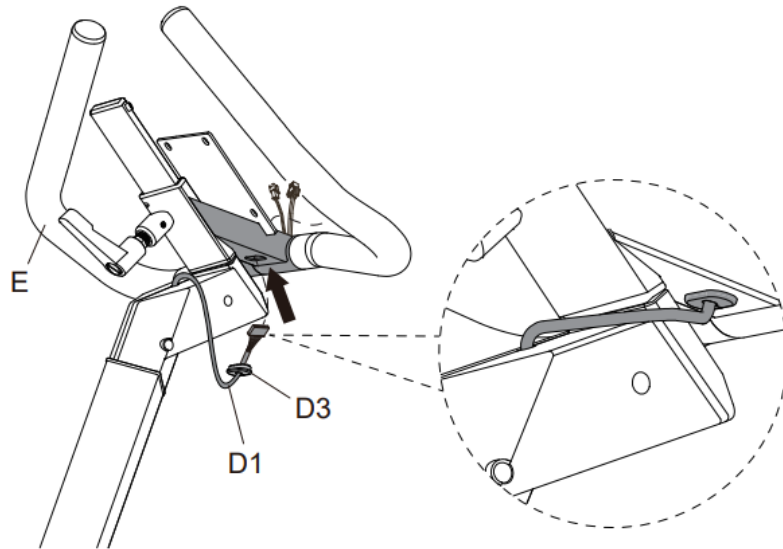
Reattach the screw (J10) to the tube (D).



Step 6

Pull the cable (D1) through the bottom of the handles (E).

Fix the cable in the handles (E) with the cover (D3).

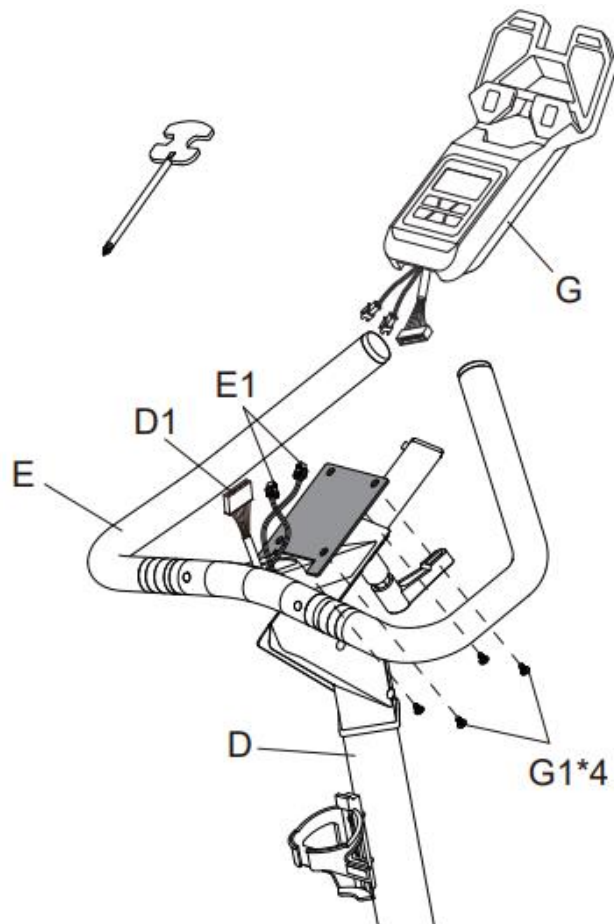


Step 7

Unscrew the 4x screws (G1) from the back of the console (G).

Plug the cables (D1 and E1) into the console. Slide the console (G) into the holder on the handles. Do not pinch the cables.

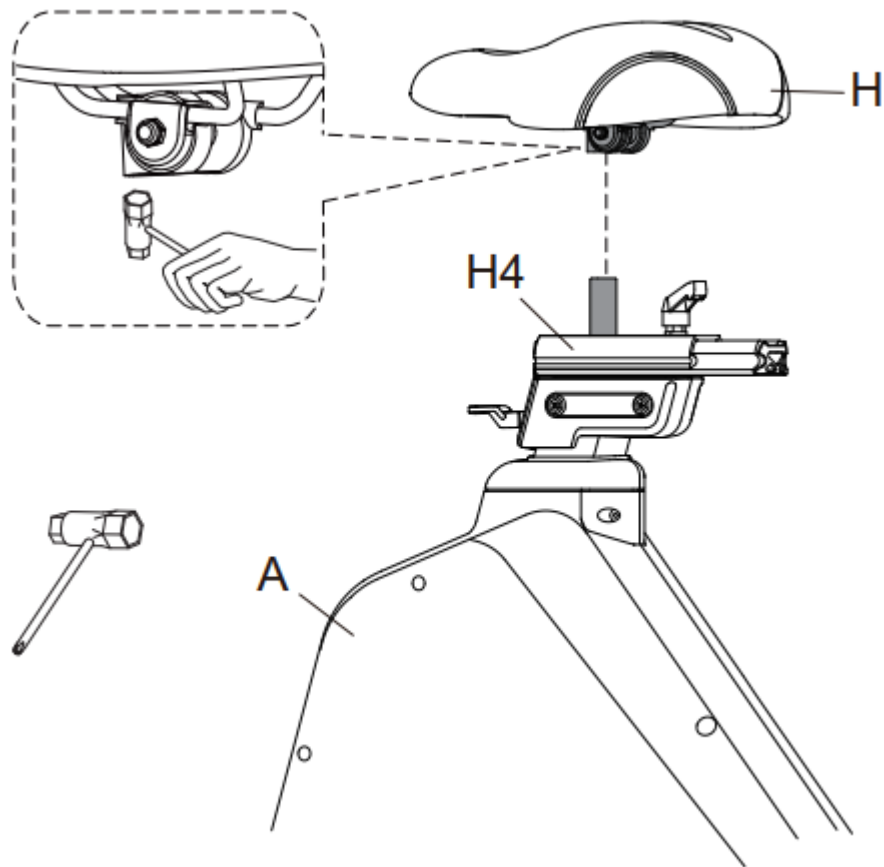
Using the screws (G1), secure the console (G) to the handles (E).



Step 8

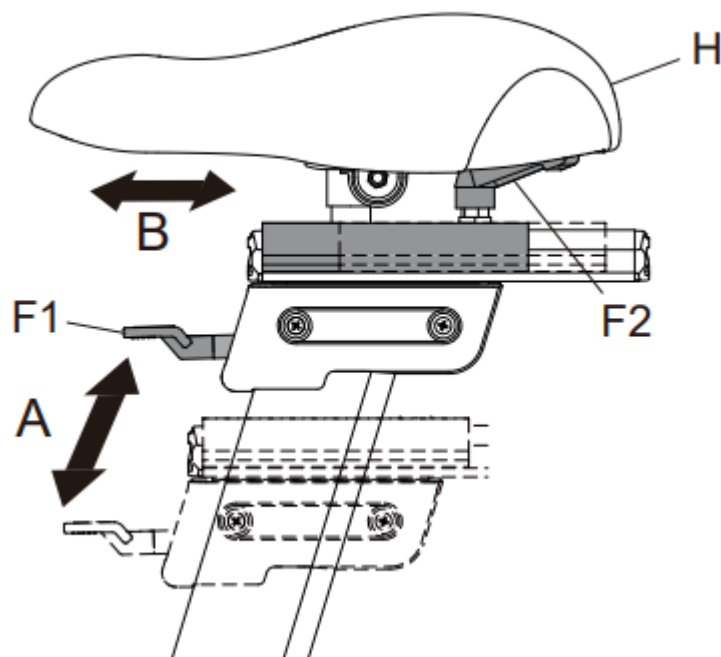
Attach the saddle (H) to the seat post (H4) and tighten with a wrench.

Adjusting the saddle position



You can adjust the height of the saddle by pressing the lever (F1).

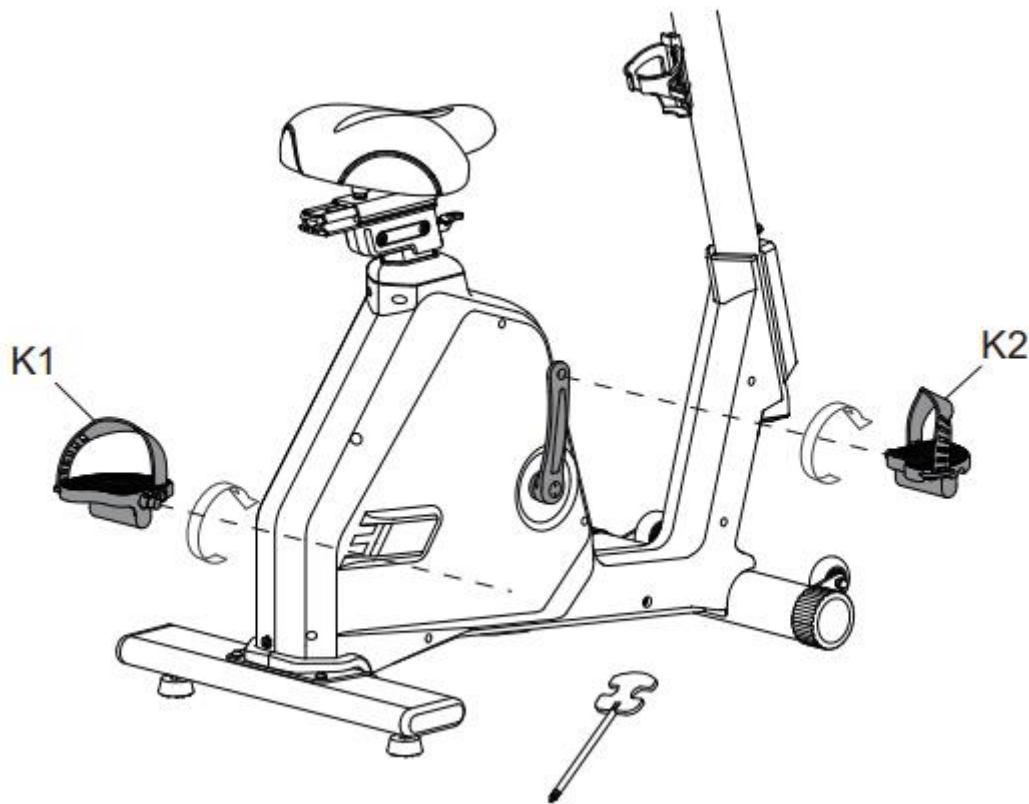
You can adjust the horizontal position of the saddle by loosening the screw (F2) and adjusting the position. Then tighten the screw.



Step 9

Tighten the left pedal (K1) on the left crank counterclockwise. Tighten the right pedal (K2) clockwise to the right crank. Tighten with a wrench.

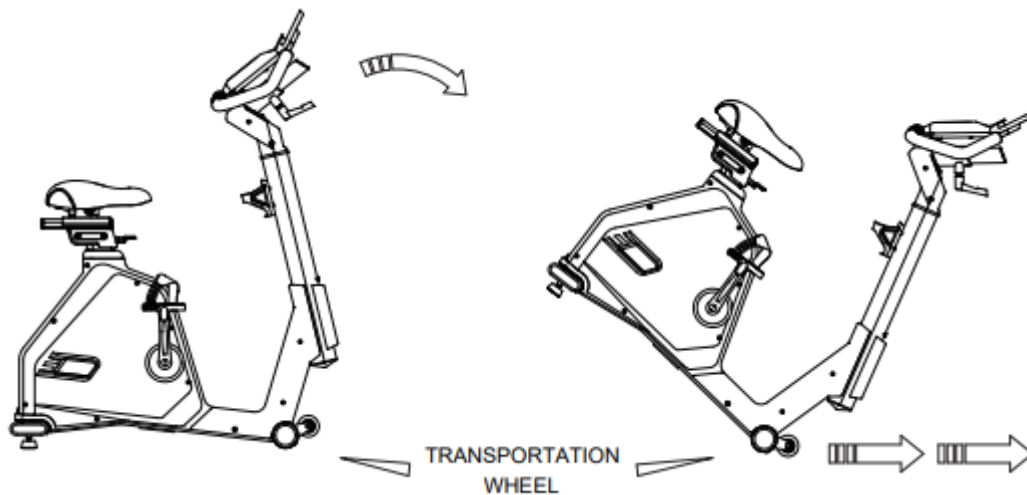
Attach the straps to the pedals.



Move

You can move the exercise bike by tilting it on the wheels on the front stabilizer.

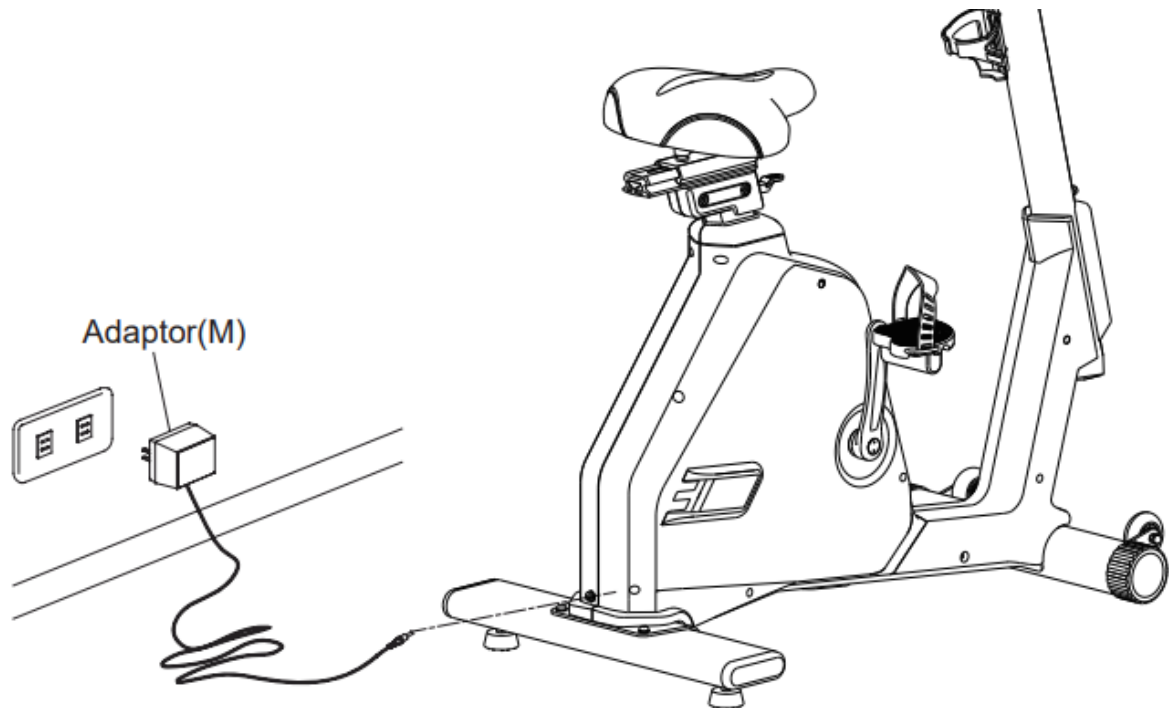
Always ask another person for help.



Step 11

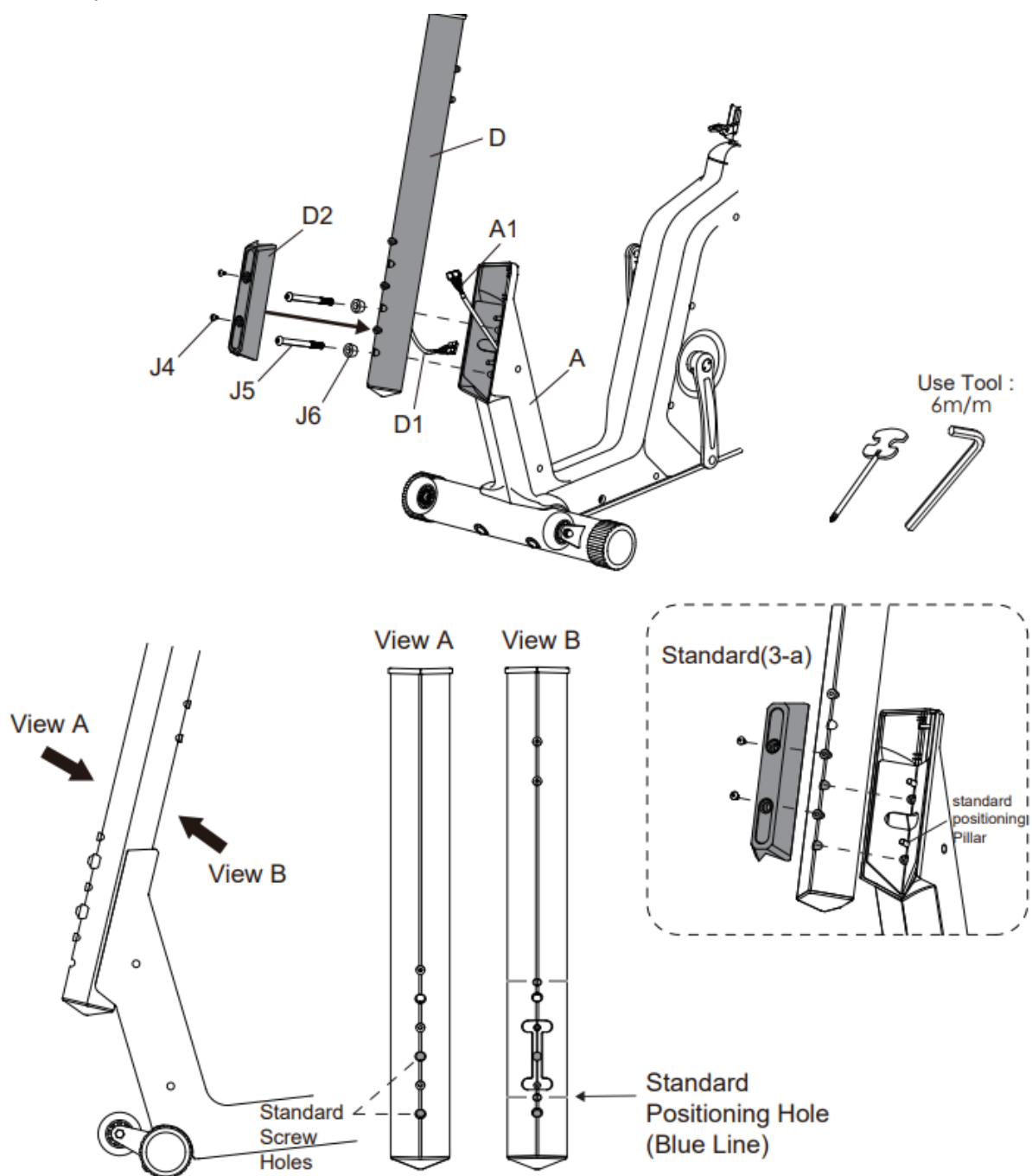
Connect to the current.

Plug the adapter (M) into the socket.

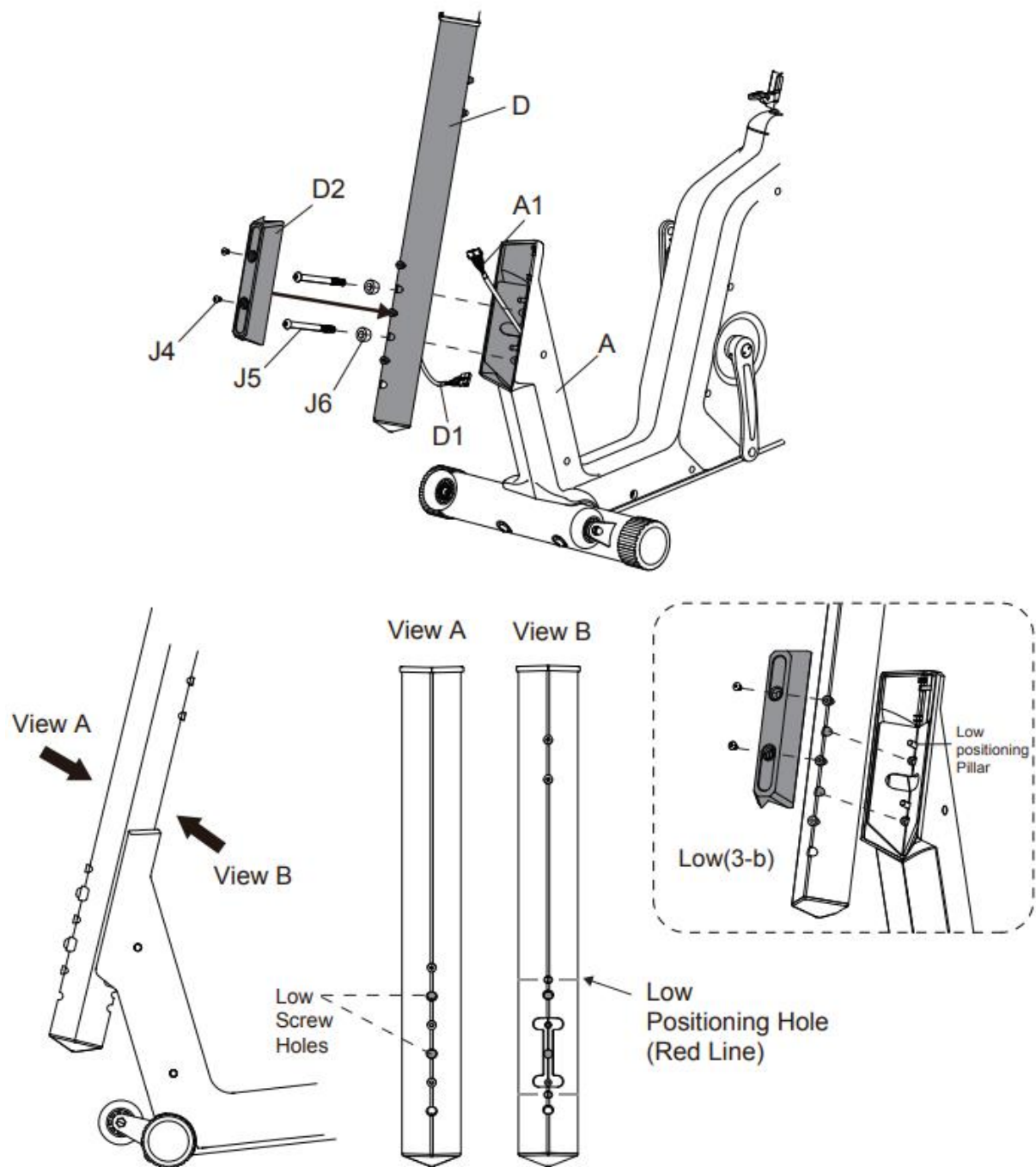


Adjusting the position of the handle post

Standard position



Low position



CONSOLE



BUTTONS

Button	Function
UP (+)	Increasing the value of e.g. load, performance, time Navigation button
DOWN (-)	Reduction of the value of e.g. load, power, time Navigation button
MODE	Selecting a function or setting
RESET	Hold for 2 seconds to restart the console Press the button to return to the main menu if the program is paused
START/STOP	Start or stop a program
RECOVERY	Heart rate recovery test

DISPLAY

Function	Description
SPEED	Current speed

	Range: 0.0 ~ 99.9
RPM	Revolutions per minute Range: 0~999
TIME	Exercise time Range: 0:00 ~ 99:59
DISTANCE	Distance Range: 0.0 ~ 99.9
CALORIES	Burned calories Range: 0~9999
WATT	Power Range: 0~999
PULSE	Pulse Range: 0-30~230
U1~U4	U1 ~ U4 profiles Gender: male / female Age (A): 1 ~ 99 (original value 25) Height (H): 100 ~ 200 (original value 160) (cm) Weight (W): 20 ~ 150 (original value 50) (kg)
MANUAL	Manual program
WATTS	Power program, resistance changes depending on target power / rpm
H.R.C	Target heart rate program, the resistance changes depending on the target heart rate
USER	Create profiles, max 4
PROGRAM	Selection of 12 preset programs
RESISTANCE	Range: 1~16
BLUETOOTH	Yes

PROGRAMS

TURN ON

- Plug in the power (or hold RESET for 2 seconds), the console will start, and the display will show all segments for 2 seconds (Fig. 1).
- The LCD display will display the wheel diameter, the unit (Km or mile) for 1 second (Fig. 2), the resistance will be set to 1 level.

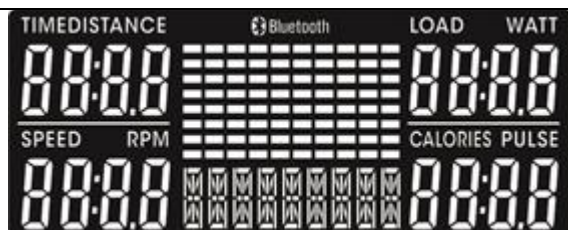


Fig. 1

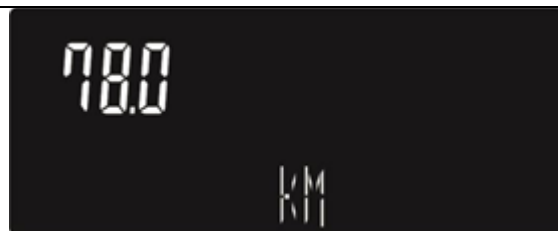


Fig. 2

PROGRAM SELECTION

- It is necessary to select the user program U1 ~ U4 (Fig. 3), then it is necessary to set the gender, age, height, weight (Fig. 4 ~ 7), then select the program (Fig. 8).

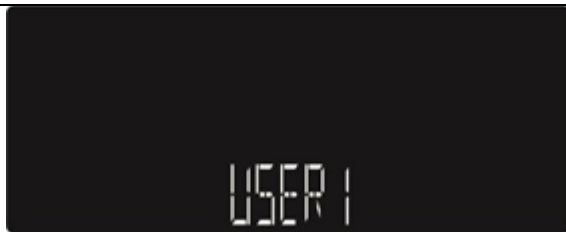


Fig. 3

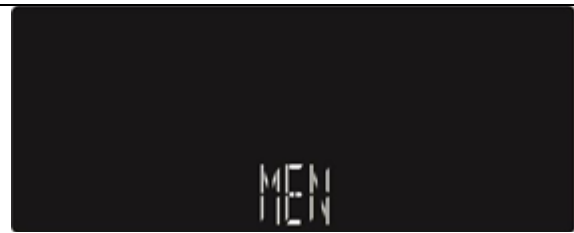


Fig. 4

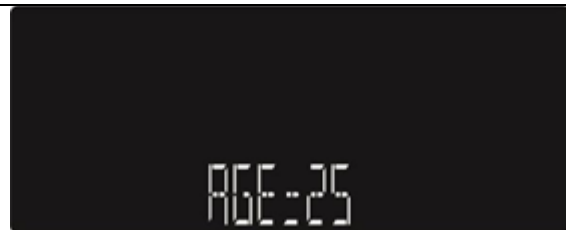


Fig. 5

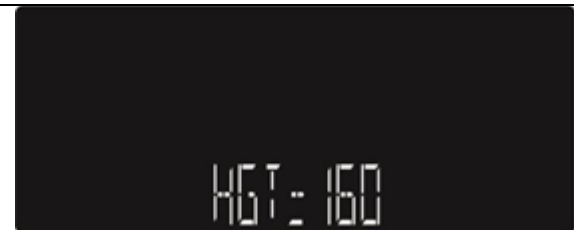


Fig. 6

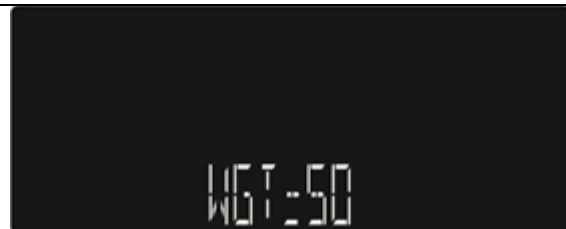
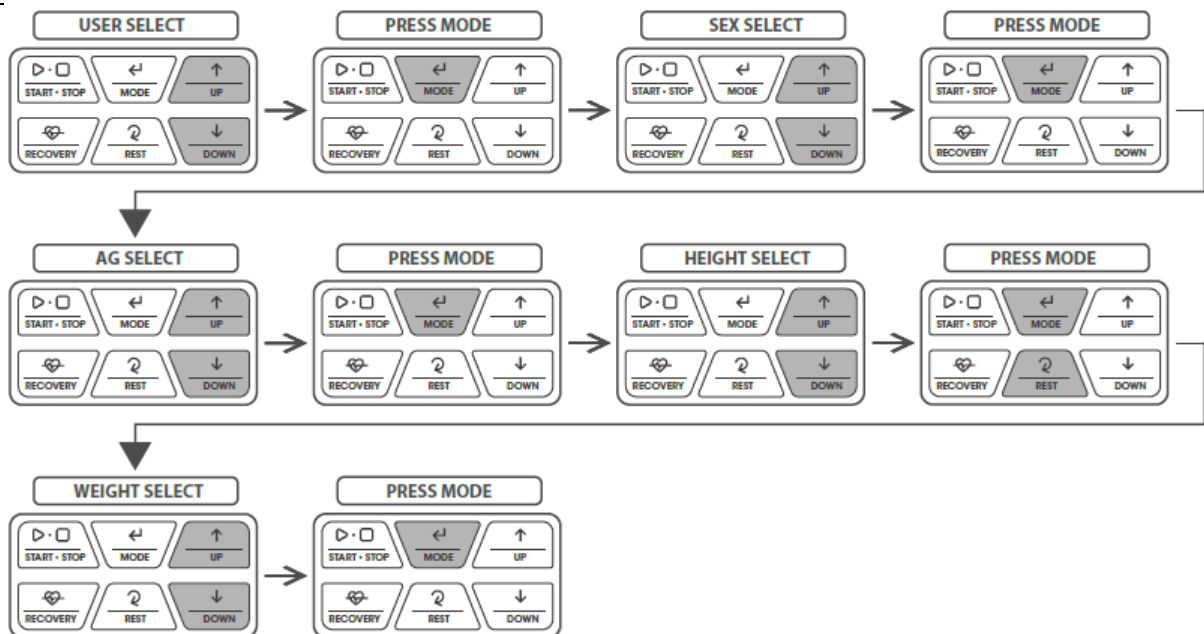


Fig. 7



- The LCD display will show MANUAL (Fig. 8), the user can use the navigation buttons to select programs WATT (Fig. 9) – H.R.C (Fig. 10) – USER (Fig. 11) – PROGRAM (Fig. 12) – MANUAL. Confirm program selection by pressing MODE.



Fig. 8



Fig. 9



Fig. 10



Fig. 11



Fig. 12

Manual program

- Press START/STOP to start the program immediately.
- Use the navigation buttons to select MANUAL, confirm the program by pressing MODE/ENTER.
- Press the navigation buttons to set the load (fig. 13), confirm the load by pressing MODE.
- Using the navigation buttons, you can set target values for: time (Fig. 14), distance (Fig. 15), calories (Fig. 16), heart rate (Fig. 17).
- Press STAR/STOP to start the program (Fig. 18). The user can set the load during the exercise. The current load is shown on the display.
- You can pause the program during the exercise by pressing START/STOP, all values will be displayed. The pulse will continue to be detected. Press RESET to return to the main menu.



Fig. 13

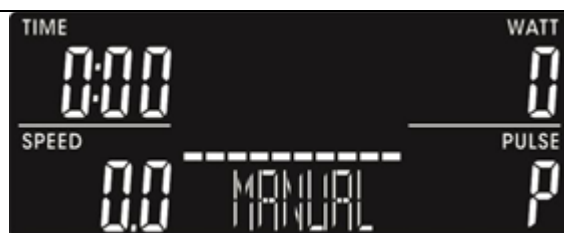


Fig. 14



Fig. 15

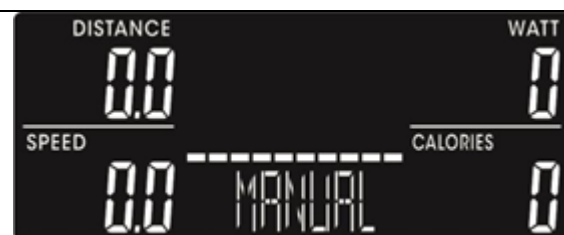


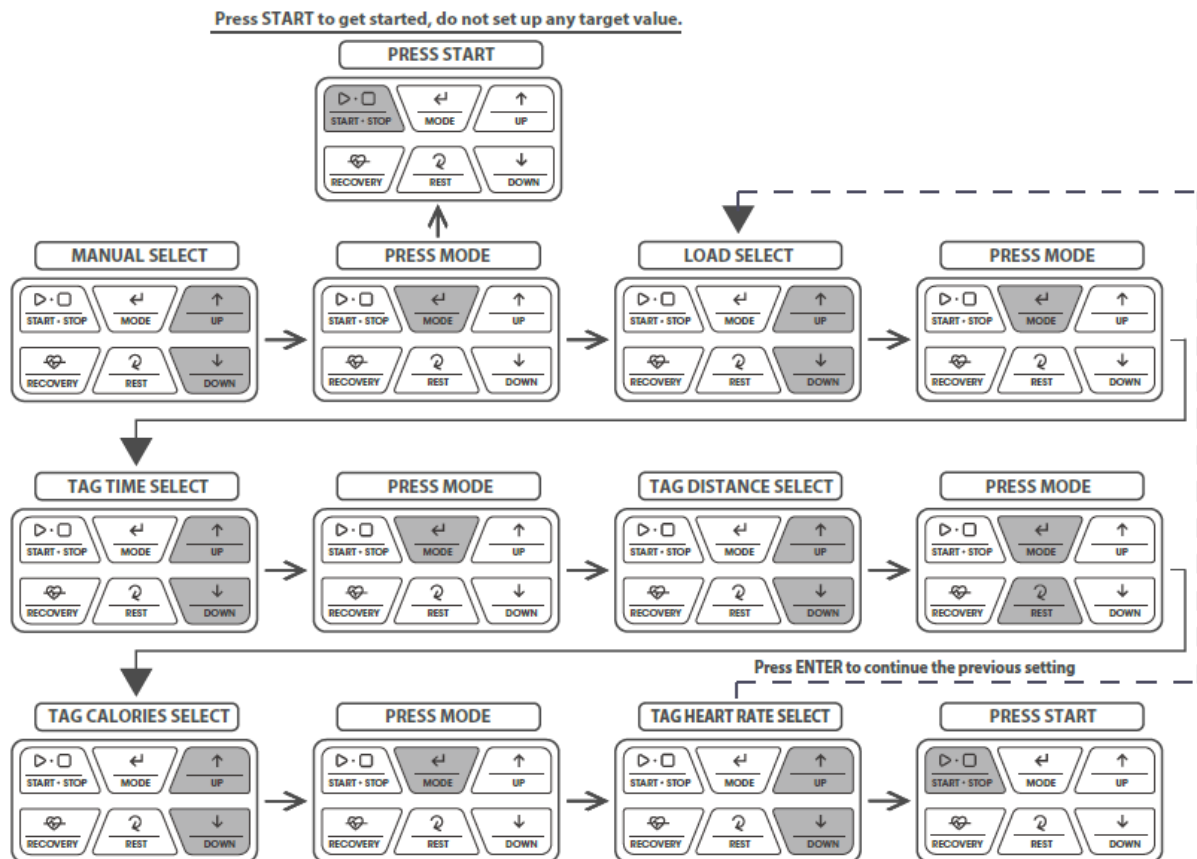
Fig. 16



Fig. 17



Fig. 18

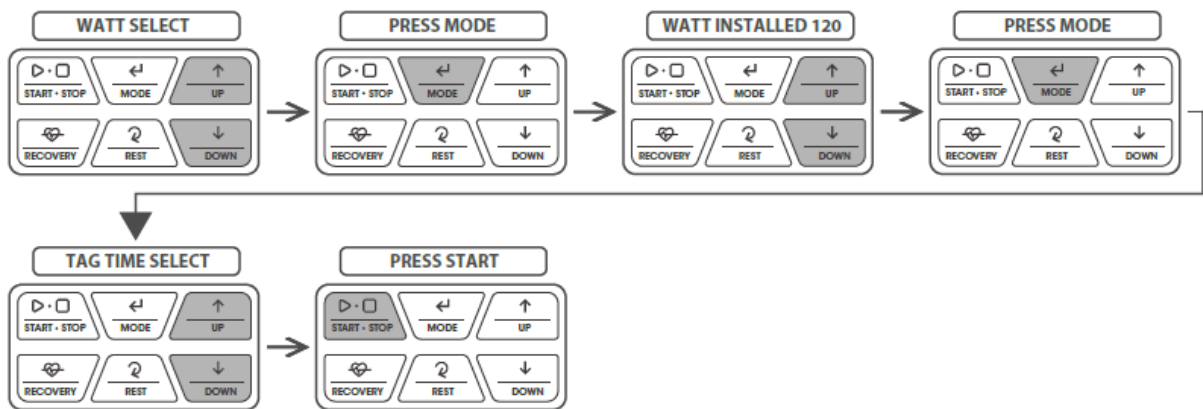


WATT program

- Use the navigation buttons to select the WATT program, confirm by pressing MODE (fig. 9).
- The WATT value will flash, set the value (the original value is 120, Fig. 19). Adjust the value using the navigation buttons. Press MODE to confirm the value. You will pass the time setting.
- Use the navigation buttons to set the time, press START/STOP to start the program.
- After starting, the load will be adjusted according to the set value of the target power. The user can also change the value using the navigation buttons.
- You can pause the program during the exercise by pressing START/STOP, all values will be displayed. The pulse will continue to be detected. Press RESET to return to the main menu.



Fig. 19



HRC program

- Use the navigation buttons to select the HRC program (Fig. 10). Confirm by pressing MODE.
- Use the navigation buttons to select the values 55%, 75%, 90% and TARGET (Fig. 20 ~ 23). The original value is calculated from the entered age in the profile and will be displayed on the PULSE display.
- Use the navigation buttons to set the target value (30~230). Then press MODE. Go to time settings.
- Use the navigation buttons to set the time. After setting the time, press STAR/STOP, the load will change according to your current heart rate.
- You can pause the program during the exercise by pressing START/STOP, all values will be displayed. The pulse will continue to be detected. Press RESET to return to the main menu.



Fig. 20



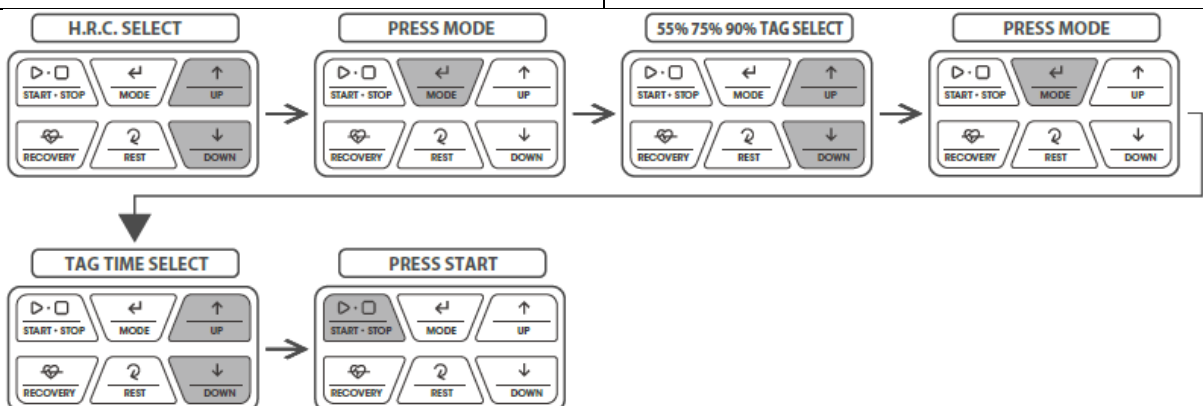
Fig. 21



Fig. 22



Fig. 23



USER program

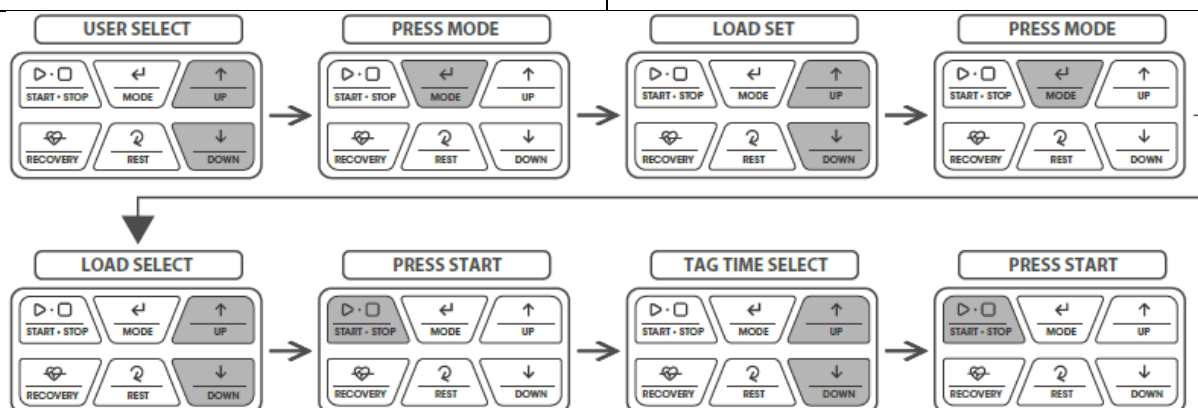
- Use the navigation buttons to select USER (fig. 11), confirm by pressing MODE (fig. 24).
- Use the navigation buttons to set the load (Fig. 25). Each value must be confirmed by pressing MODE. 10 segments need to be set. After setting all 10 segments, it is necessary to set the training time. If you do not set the load of all segments, the values from the last setting will be used.
- Set the training time using the navigation buttons.
- Press STAR/STOP to start the program. The user can set the load during the exercise. The current load is shown on the display.
- You can pause the program during the exercise by pressing START/STOP, all values will be displayed. The pulse will continue to be detected. Press RESET to return to the main menu.



Fig. 24



Fig. 25



12 PRESET PROGRAMS

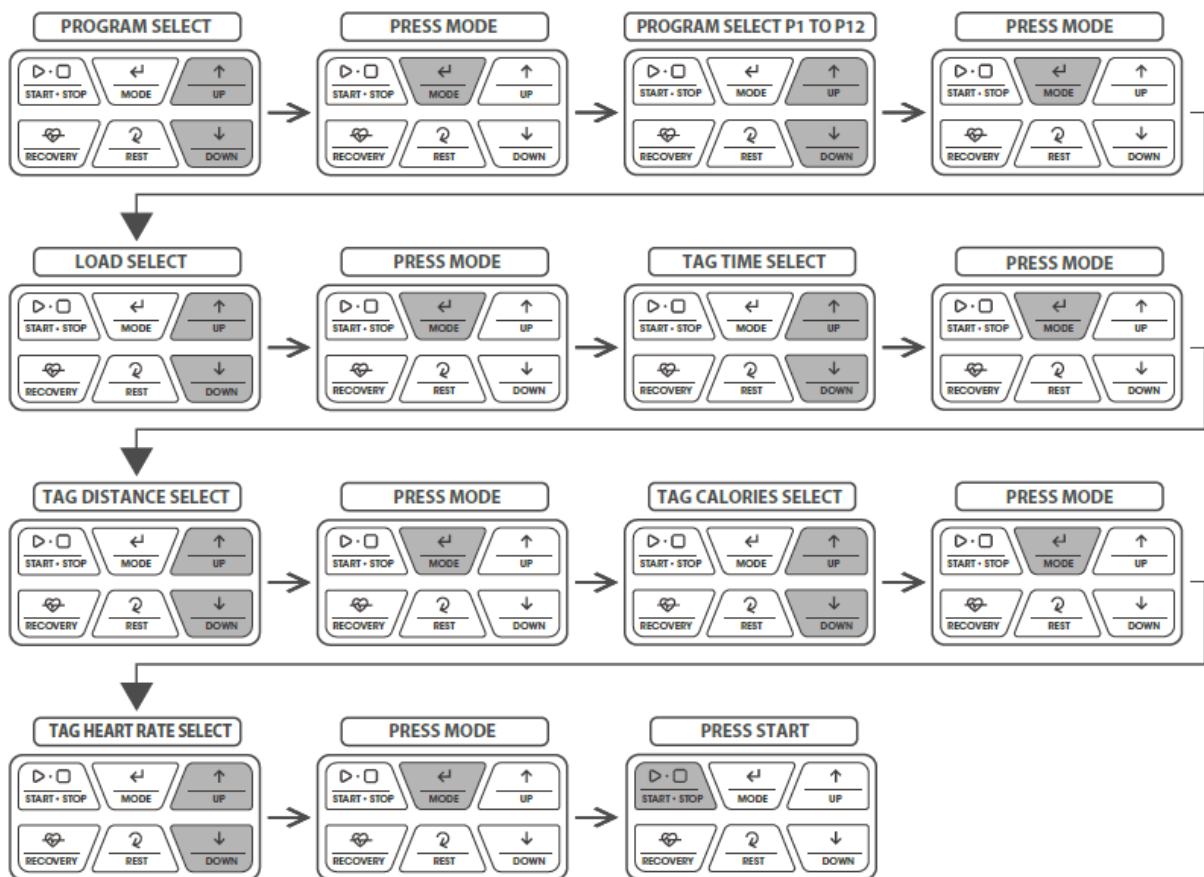
- Use the navigation buttons to select PROGRAM (fig. 12) and confirm by pressing MODE.
- Then select program P01, P02, P03, P04,, P12 (the programs are graphically indicated below).
- After selecting the program, the load values will flash, the original value is 1 (Fig. 27). You can adjust the value using the navigation buttons and confirm by pressing MODE.
- You can set values for time, distance, calories and heart rate.
- Press STAR/STOP to start the program. The user can set the load during the exercise. The current load is shown on the display.
- You can pause the program during the exercise by pressing START/STOP, all values will be displayed. The pulse will continue to be detected. Press RESET to return to the main menu.



Fig. 26



Fig. 27



RECOVERY program

- After your workout, wear the chest strap or grab the heart rate sensors and press RECOVERY. A countdown starts from 00:60 to 00:00 (Fig. 28). After the calculation is completed, the result F1 ~ F6 will be displayed (Fig. 29). F1 is the best result, F6 the worst.
- **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!

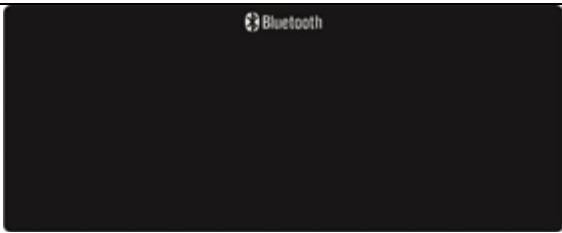


Fig. 28



Fig. 29

Bluetooth



Not connected (Fig. 31)



Connected (Fig. 32)

Preset programs





CHEST STRAP

The package includes a heart rate chest strap. The strap connects to the console automatically.

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 it 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 Strakonická street 1151/2c, Prague 150 00, Company Registration Number: 26847264, registered in the Trade Register at Regional Court in Prague, Section C, Insert No. 116888.

According to valid legal regulations it depends whether the Buyer is the End Customer or not.

“The Buyer who is the End Customer” or simply the “End Customer” is the legal entity that does not conclude and execute the Contract in order to run or promote his own trade or business activities.

"The Buyer who is not the End Customer" is a Businessman that buys Goods or uses services for the purpose of using the Goods or services for his own business activities. The Buyer conforms to the General Purchase Agreement and business conditions.

These Conditions of Warranty and Warranty Claims are an integral part of every Purchase Agreement made between the Seller and the Buyer. All Warranty Conditions are valid and binding, unless otherwise specified in the Purchase Agreement, in the Amendment to this Contract or in another written agreement.

Warranty Conditions

Warranty Period

The Seller provides the Buyer a 24 months Warranty for Goods Quality, unless otherwise specified in the Certificate of Warranty, Invoice, Bill of Delivery or other documents related to the Goods. The legal warranty period provided to the Consumer is not affected.

By the Warranty for Goods Quality, the Seller guarantees that the delivered Goods shall be, for a certain period of time, suitable for regular or contracted use, and that the Goods shall maintain its regular or contracted features.

The Warranty does not cover defects resulting from (if applicable):

- User's fault, i.e. product damage caused by unqualified repair work, improper assembly
- Improper maintenance
- Mechanical damages
- Regular use (e.g. wearing out of rubber and plastic parts, moving mechanisms, joints etc.)
- Unavoidable event, natural disaster
- Adjustments made by unqualified person
- Improper maintenance, improper placement, damages caused by low or high temperature, water, inappropriate pressure, shocks, intentional changes in design or construction etc.

Warranty Claim Procedure

The Buyer is obliged to check the Goods delivered by the Seller immediately after taking the responsibility for the Goods and its damages, i.e. immediately after its delivery. The Buyer must check the Goods so that he discovers all the defects that can be discovered by such check.

When making a Warranty Claim the Buyer is obliged, on request of the Seller, to prove the purchase and validity of the claim by the Invoice or Bill of Delivery that includes the product's serial number, or eventually by the documents without the serial number. If the Buyer does not prove the validity of the Warranty Claim by these documents, the Seller has the right to reject the Warranty Claim.

If the Buyer gives notice of a defect that is not covered by the Warranty (e.g. in the case that the Warranty Conditions were not fulfilled or in the case of reporting the defect by mistake etc.), the Seller is eligible to require a compensation for all the costs arising from the repair. The cost shall be calculated according to the valid price list of services and transport costs.

If the Seller finds out (by testing) that the product is not damaged, the Warranty Claim is not accepted. The Seller reserves the right to claim a compensation for costs arising from the false Warranty Claim.

In case the Buyer makes a claim about the Goods that is legally covered by the Warranty provided by the Seller, the Seller shall fix the reported defects by means of repair or by the exchange of the damaged part or product for a new one. Based on the agreement of the Buyer, the Seller has the right to exchange the defected Goods for a fully compatible Goods of the same or better technical characteristics. The Seller is entitled to choose the form of the Warranty Claim Procedures described in this paragraph.

The Seller shall settle the Warranty Claim within 30 days after the delivery of the defective Goods, unless a longer period has been agreed upon. The day when the repaired or exchanged Goods is handed over to the Buyer is considered to be the day of the Warranty Claim settlement. When the Seller is not able to settle the Warranty Claim within the agreed period due to the specific nature of the Goods defect, he and the Buyer shall make an agreement about an alternative solution. In case such

agreement is not made, the Seller is obliged to provide the Buyer with a financial compensation in the form of a refund.

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About shipping

