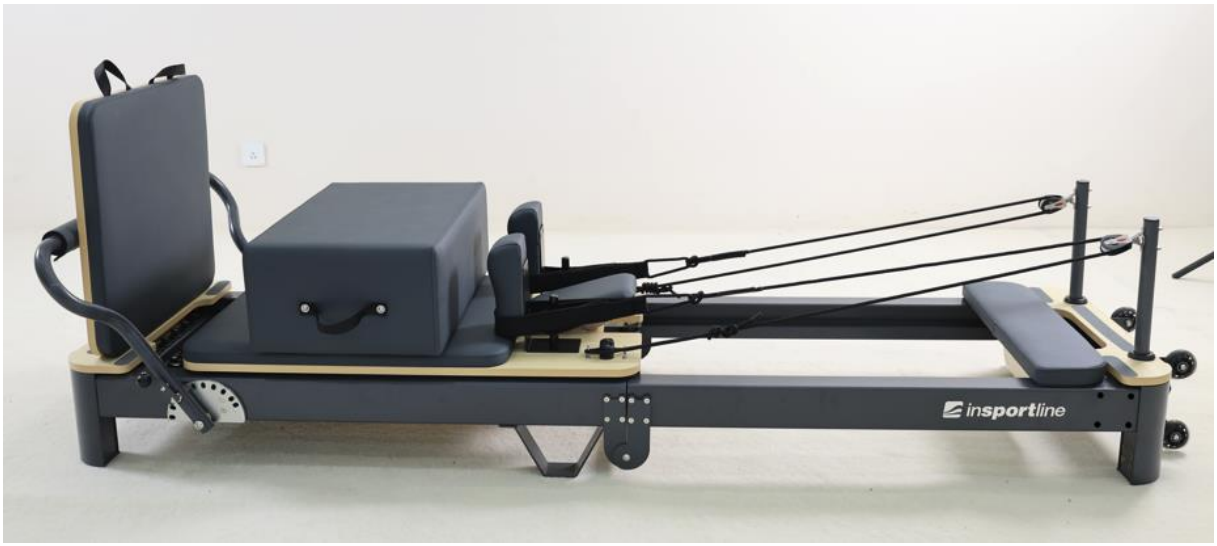
USER MANUAL – EN

IN 31982 Pilates reformer inSPORTline Comfolder EVO



Images are illustrative, final design and finish are subject of change.

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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

- Read the manual before use and save it for future reference.
- Keep out of reach of children and pets.
- For one person only at a time.
- If you feel nausea, chest pain or any other abnormal physical symptoms, stop using the device immediately.
- Keep limbs away from moving parts. Be careful when adjusting the springs.
- Place the machine on a flat, firm and clean surface.
- Always wear suitable sports clothing and footwear, do not wear loose clothing or jewelry.
- Use the machine only for the purpose for which it was designed.
- Do not make unauthorized modifications.
- Remove all sharp objects around the machine during use.
- The machine must be placed at least 0.6 m from other objects.
- People with limited mental or physical abilities must not use the machine.
- Always warm up your muscles with a warm-up exercise before training.
- If sharp edges appear on the machine, stop using the machine immediately.
- Do not place sharp objects on the device. No adjustable part should protrude so as to impede the user's movement.
- Before each use of the machine, check that all joints are properly secured.
- Category: S for commercial use
- Weight limit: 130 kg
- **WARNING**: Consult a physician before beginning any exercise program. A physician's opinion is especially important if you have a medical condition. The seller assumes no responsibility for any injuries or property damage resulting from the use of the device.
- **WARNING**: Optional accessories, such as the filling platform, tower, and other accessories, should only be used if specified by the manufacturer for this model of reformer. Always follow the instructions provided with the accessory and the maximum load capacity stated on the accessory label. Improper use, improper installation, or use of incompatible accessories may result in instability, product damage, and/or injury to the user.

PARTS LIST



1x Bounce board	2x Cable
1x Footrest	2x Armrest
5x Springs (3x red, 1x blue, 1x yellow)	2x Handles
1x Footrest	2x Frame and hand knobs
2x Foot straps	1x Leg strap holder

ASSEMBLY

UNPACKING



If necessary, ask another person for help.

Remove all parts from the packaging and make sure you have enough space.

Be careful when pulling out the main frame. The moving parts are not secured by springs.



SPRING ATTACHMENT



Attach the number of springs according to the required resistance.

Warning: Make sure at least one spring is attached.

STOPPER ASSEMBLY

Attach the stops to the main frame in one of four positions. Attach the stops according to the user's height.

INSTALLING HANDLES AND ARMREST

Unscrew the bolts from the handles. Align the holes in the handles with the holes in the frame and secure with bolts.

Attach the arm rests to the handles. First, unscrew the nuts and washers from the armrests. Adjust the position of the arm rests to the user's preference. Make sure the armrests are properly secured.

The bolts and washers are located under the bracket. Secure both armrest supports.



ATTACHING THE FRAME PULLEY AND CABLES

Attach the pulleys to the frame. The bolts must go through the thread, secure the bolts with a nut. Both pulleys must be at the same height.



Tie the rope and knot the end of the rope. Repeat for the other side.



Thread the other end of the cable through the pulleys.

Attach the end of the cable to the bracket. Adjust the length of the cable to your preference.

Note: A longer cable creates less resistance, a shorter cable creates more resistance.



Wrap the excess end of the cable and secure it.

Note: Make sure the cables are the same length.



FOOT REST

Adjust the footrest frame to the desired angle.

Warning: Before exercising, make sure both sides of the footrest are locked in the same position.



BOUNCE BOARD

Pull out the footrest. Adjust the footrest frame to the lowest position.

Attach the bounce board and secure with the footrest frame.

Secure the bounce board with the hand knobs.



FOLDING

Pull out the frames with the pulleys.

Move the movable part stop to the F position.

For folding, at least one spring must be attached for better safety.

There is a handle in the middle of the frame. Grab the handle and slowly lift the frame until the frame is folded and stands on its wheels.

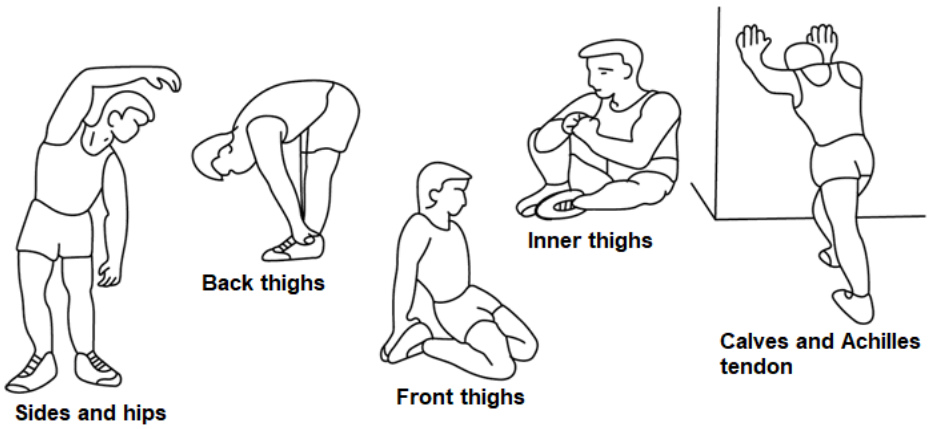


EXERCISE INSTRUCTIONS

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

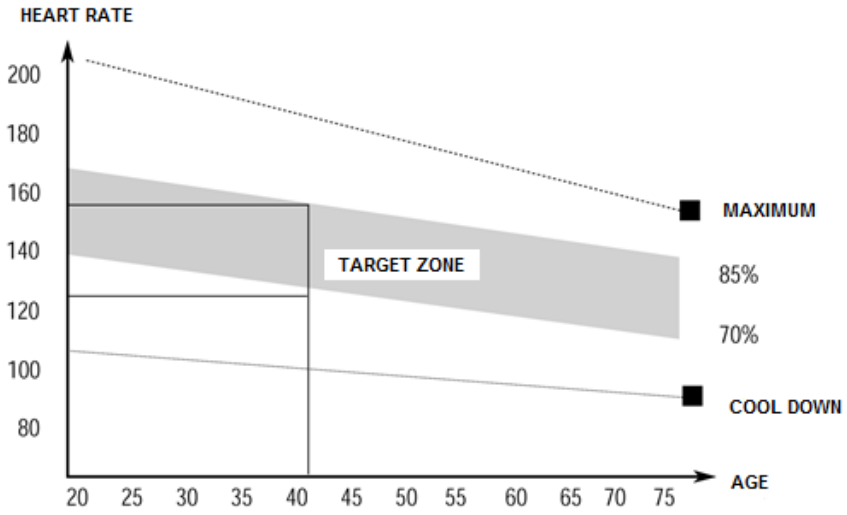
1. WARM UP

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.

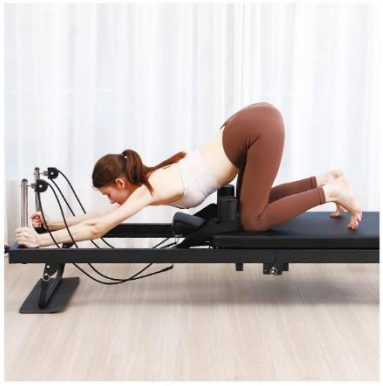
SHAPING MUSCLES

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.

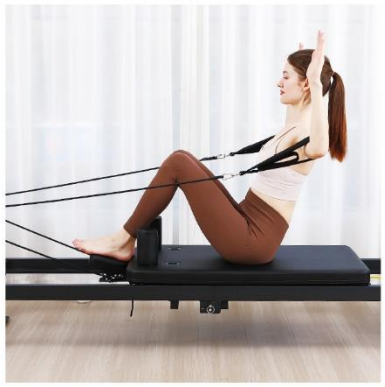
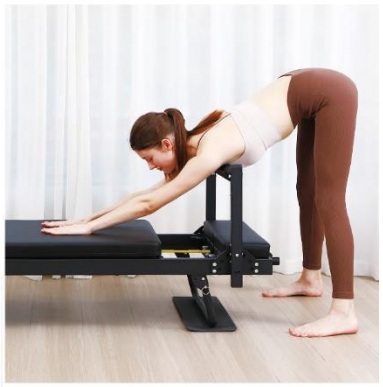
WEIGHT LOSS

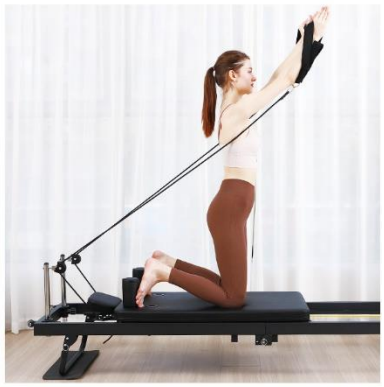
The number of calories burned depends on the length and intensity of the exercise. The essence is the same as in fitness exercise, but the goal is different.

EXERCISES – upper limbs





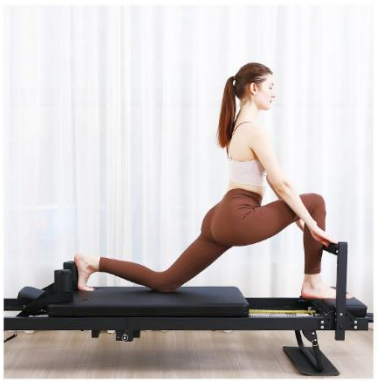




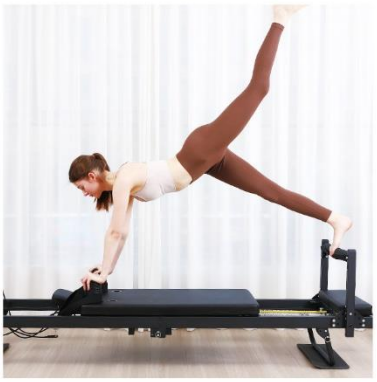
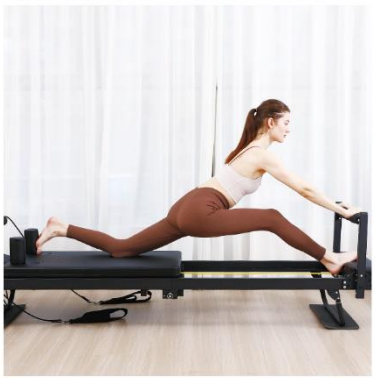
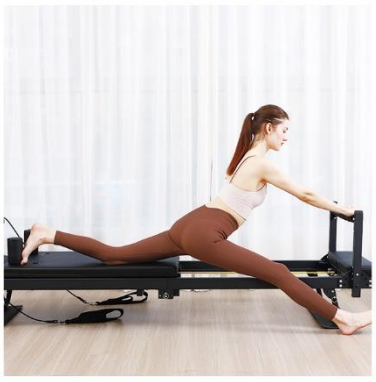


EXERCISES – lower limbs



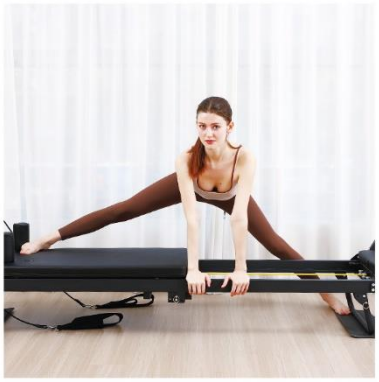














MAINTENANCE

- When assembling, tighten all screws properly and adjust the device to a horizontal position.
- Wipe off sweat after exercise. Clean the device with a cloth and mild detergents. Do not use solvents or aggressive detergents on plastic parts.

- Place the product in a clean, ventilated and dry room.
- Do not expose the device to direct sunlight.

ENVIRONMENT PROTECTION

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

By proper disposal you will protect the environment and natural resources. Moreover, you can help protect human health. If you are not sure of the correct disposing, ask local authorities to avoid law violations 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 Kutnohorská 531, Štěrboholy Retail Park, 109 00, Prague 10, ČR, 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 damage

- 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.

CZSEVEN SPORT s.r.o.

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About shipping