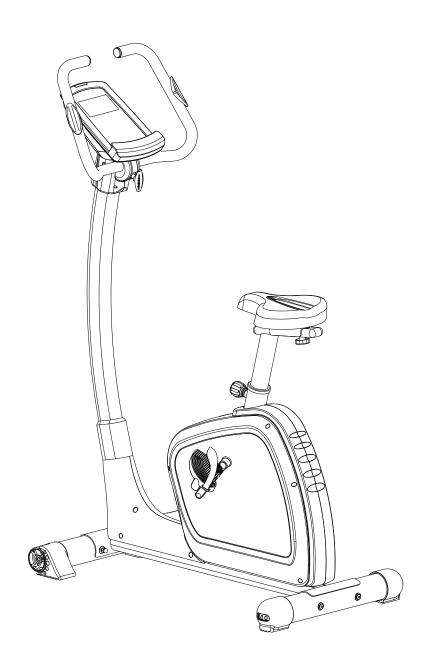


USER MANUAL – EN IN 8719 Exercise Bike inSPORTline inCondi UB60i



CONTENTS

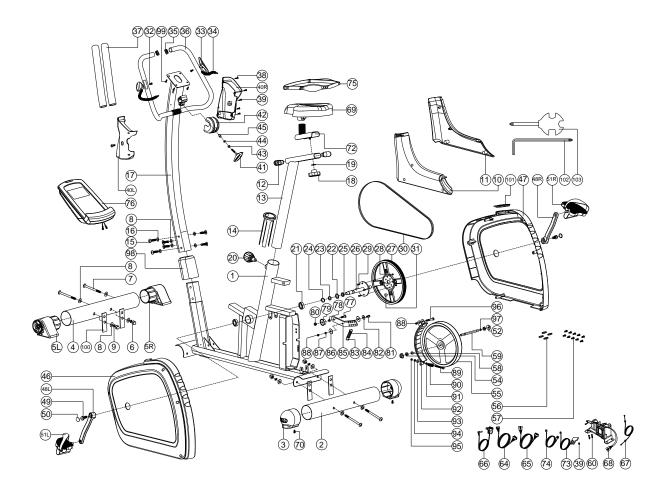
SAFETY INSTRUCTIONS	3
EXPLODED DRAWING	4
PARTS LIST	4
CHECK LIST	
ASSEMBLY INSTRUCTIONS	9
SM2570 INSTRUCTION MANUAL	14
iConsole+Training APP	17
USE	18
CORRECT BODY POSTURE	
MAINTENANCE	19
STORAGE	19
IMPORTANT NOTICE	20
ENVIRONMENT PROTECTION	20
TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS	20

SAFETY INSTRUCTIONS

- To ensure the best safety of the exerciser, regularly check it on damages and worn parts.
- If you pass on this exerciser to another person or if you allow another person to use it, make sure that that person is familiar with the content and instructions in these instructions.
- Only one person should use the exerciser at a time.
- Before the first use and regularly make sure that all screws, bolts and other joints are properly tightened and firmly seated.
- Before you start your work-out, remove all sharp-edged objects around the exerciser.
- Only use the exercise for your work-out if it works flawlessly.
- Any broken, worn or defective part must immediately be replaced and/or the exerciser must no longer be used until it has been properly maintained and repaired.
- Parents and other supervisory persons should be aware of their responsibility, due to situations which may arise for which the exerciser has not been designed and which may occur due to children's natural play instinct and interest in experimenting.
- If you do allow children to use this exerciser, be sure to take into consideration and assess their mental and physical condition and development, and above all their temperament. Children should use the exerciser only under adult supervision and be instructed on the correct and proper use of the exerciser. The exerciser is not a toy.
- Make sure there is sufficient free space around the exerciser when you set it up.
- To avoid possible accidents, do not allow children to approach the exerciser without supervision, since they may use it in a way for which it is not intended due to their natural play instinct and interest in experimenting.
- Please note that an improper and excessive work-out may be harmful to your health.
- Please note that levers and other adjustment mechanisms are not projecting into the area of movement during the work-out.
- When setting up the exerciser, please make sure that the exerciser is standing in a stable way and that any possible unevenness of the floor is evened out.
- Always wear appropriate clothing and shoes which are suitable for your work-out on the
 exerciser. The clothes must be designed in a way so that they will not get caught in any part of
 the exerciser during the work-out due to their form (for example, length). Be sure to wear
 appropriate shoes which are suitable for the work-out, firmly support the feet and which are
 provided with a non-slip sole.
- Be sure to consult a physician before you start any exercise program. He may give you proper hints and advice with respect to the individual intensity of stress for you as well as to your work-out and sensible eating habits.
- Assemble the exerciser as per assembly instructions and be sure to only use the structural
 parts provided with the exerciser and designed for it. Prior to the assembly, make sure the
 contents of the delivery is complete by referring to the parts list of the assembly and operating
 instructions.
- Be sure to set up the exerciser in a dry and even place and always protect it from humidity. If
 you wish to protect the place particularly against pressure points, contamination, etc., it is
 recommended to put a suitable, non-slip mat under the exerciser.
- The general rule is that exercisers and training devices are no toys. Therefore, they must only be used by properly informed or instructed persons.
- Stop your work-out immediately in case of dizziness, nausea, chest pain or any other physical symptoms. In case of doubt, consult your physician immediately.

- Children disabled and handicapped persons should use the exercise only under supervision and in presence of another person who may give support and useful instructions.
- Be sure that your body parts and those of other persons are never close to any moving parts of the exerciser during its use.
- When adjusting the adjustable parts, make sure they are adjusted properly and note the marked, maximum adjusting position, for example of the saddle support, respectively.
- Do not work out immediately after meals!

EXPLODED DRAWING



PARTS LIST

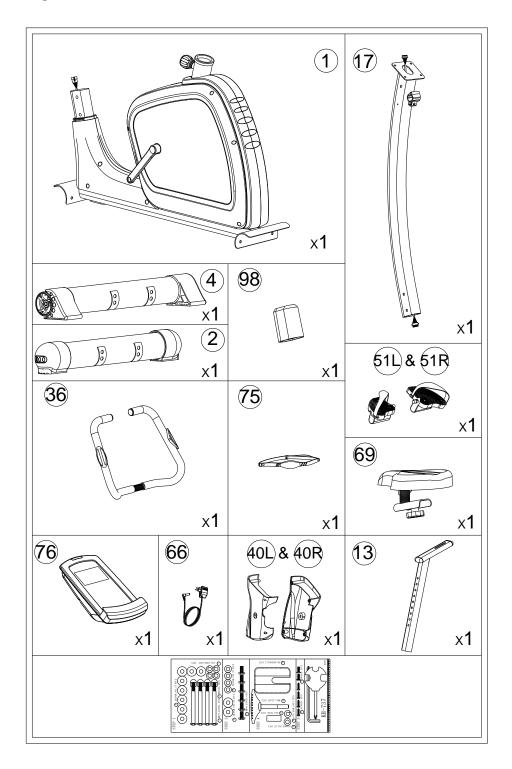
Part No.	Description	Qty
1	Main frame	1
2	Rear stabilizer	1
3	Adjustable cap	2
4	Front stabilizer	1
5L	Left moveable cap	1
5R	Right moveable cap	1
6	Domed nutM8*1.25*15L	4

8 Curved washer D22xD8.5x1.5T 10 9 Spring washer D15.4xD8.2x2T 4 10 Front decorative cover (left) 1 11 Front decorative cover (right) 1 12 Oval cap 2 13 Seat post 1 14 Inner tube 1 15 Allen bolt M8*1.25*15L 6 16 Flat washer D16*D8.5*1.2T 4 17 Handlebar post 1 18 Club knob 1 19 Flat washer D25xD8.5x2T 1 20 Knob 1 21 Bearing #6003ZZ 2 22 Waved washer D22xD17x0.3T 2 23 Flat washer D23*D17.2*1.5T 1 24 C-clip S-17(1T) 1 25 Spacer D22.5*D17.2*6.4T 1 26 Crank axle 1 27 Belt wheel 1 38 Nylon nut M6x1.0x6T 4 29 Bolt M6x1.0x15L	7	Allen bolt M8*1.25*95L	4
Front decorative cover (left)	8	Curved washer D22xD8.5x1.5T	10
11 Front decorative cover (right) 1 12 Oval cap 2 13 Seat post 1 14 Inner tube 1 15 Allen bolt M8*1.25*15L 6 16 Flat washer D16*D8.5*1.2T 4 17 Handlebar post 1 18 Club knob 1 19 Flat washer D25xD8.5x2T 1 20 Knob 1 21 Bearing #6003ZZ 2 22 Waved washer D22xD17x0.3T 2 23 Flat washer D23*D17.2*1.5T 1 24 C-clip S-17(1T) 1 25 Spacer D22.5*D17.2*6.4T 1 26 Crank axle 1 27 Belt wheel 1 28 Nylon nut M6x1.0x6T 4 29 Bolt M6x1.0x15L 4 30 Belt 1 31 Round magnet 1 32 Screw ST4*25L 2 33 Handle pulse cable 2 34 Handle pulse cable	9	Spring washer D15.4xD8.2x2T	4
12	10	Front decorative cover (left)	1
13 Seat post 1 14 Inner tube 1 15 Allen bolt M8*1.25*15L 6 16 Flat washer D16*D8.5*1.2T 4 17 Handlebar post 1 18 Club knob 1 19 Flat washer D25xD8.5x2T 1 20 Knob 1 21 Bearing #6003ZZ 2 22 Waved washer D22xD17x0.3T 2 23 Flat washer D23*D17.2*1.5T 1 24 C-clip S-17(1T) 1 25 Spacer D22.5*D17.2*6.4T 1 26 Crank axle 1 27 Belt wheel 1 28 Nylon nut M6x1.0x6T 4 29 Bolt M6x1.0x15L 4 30 Belt 1 31 Round magnet 1 32 Screw ST4*25L 2 33 Handle pulse 2 34 Handle pulse cable 2 35 Mushroom cap 2 36 Handle bar 1	11	Front decorative cover (right)	1
14 Inner tube 1 15 Allen bolt M8*1.25*15L 6 16 Flat washer D16*D8.5*1.2T 4 17 Handlebar post 1 18 Club knob 1 19 Flat washer D25xD8.5x2T 1 20 Knob 1 21 Bearing #6003ZZ 2 22 Waved washer D22xD17x0.3T 2 23 Flat washer D23*D17.2*1.5T 1 24 C-clip S-17(1T) 1 25 Spacer D22.5*D17.2*6.4T 1 26 Crank axle 1 27 Belt wheel 1 28 Nylon nut M6x1.0x6T 4 29 Bolt M6x1.0x15L 4 30 Belt 1 31 Round magnet 1 32 Screw ST4*25L 2 33 Handle pulse 2 34 Handle pulse cable 2 35 Mushroom cap 2 36 Handle bar 1 37 Foam 2	12	Oval cap	2
15 Allen bolt M8*1.25*15L 6 16 Flat washer D16*D8.5*1.2T 4 17 Handlebar post 1 18 Club knob 1 19 Flat washer D25xD8.5x2T 1 20 Knob 1 21 Bearing #6003ZZ 2 22 Waved washer D22xD17x0.3T 2 23 Flat washer D23*D17.2*1.5T 1 24 C-clip S-17(1T) 1 25 Spacer D22.5*D17.2*6.4T 1 26 Crank axle 1 27 Belt wheel 1 28 Nylon nut M6x1.0x6T 4 29 Bolt M6x1.0x15L 4 30 Belt 1 31 Round magnet 1 32 Screw ST4*25L 2 33 Handle pulse 2 34 Handle pulse cable 2 35 Mushroom cap 2 36 Handle bar 1 37 Foam 2 38 Screw ST4*1.41*15L 4 </td <td>13</td> <td>Seat post</td> <td>1</td>	13	Seat post	1
16 Flat washer D16*D8.5*1.2T 4 17 Handlebar post 1 18 Club knob 1 19 Flat washer D25xD8.5x2T 1 20 Knob 1 21 Bearing #6003ZZ 2 22 Waved washer D22xD17x0.3T 2 23 Flat washer D23*D17.2*1.5T 1 24 C-clip S-17(1T) 1 25 Spacer D22.5*D17.2*6.4T 1 26 Crank axle 1 27 Belt wheel 1 28 Nylon nut M6x1.0x6T 4 29 Bolt M6x1.0x15L 4 30 Belt 1 31 Round magnet 1 31 Round magnet 1 32 Screw ST4*25L 2 33 Handle pulse 2 34 Handle pulse cable 2 35 Mushroom cap 2 36 Handle bar 1 37 Foam 2 38 Screw ST4*1.41*15L 4 <t< td=""><td>14</td><td>Inner tube</td><td>1</td></t<>	14	Inner tube	1
17 Handlebar post 1 18 Club knob 1 19 Flat washer D25xD8.5x2T 1 20 Knob 1 21 Bearing #6003ZZ 2 22 Waved washer D22xD17x0.3T 2 23 Flat washer D23*D17.2*1.5T 1 24 C-clip S-17(1T) 1 25 Spacer D22.5*D17.2*6.4T 1 26 Crank axle 1 27 Belt wheel 1 28 Nylon nut M6x1.0x6T 4 29 Bolt M6x1.0x15L 4 30 Belt 1 31 Round magnet 1 32 Screw ST4*25L 2 33 Handle pulse 2 34 Handle pulse cable 2 35 Mushroom cap 2 36 Handle bar 1 37 Foam 2 38 Screw ST4*1.41*15L 4 39 Bolt M5x0.8x12L 3 40L Computer bracket (right) 1	15	Allen bolt M8*1.25*15L	6
18	16	Flat washer D16*D8.5*1.2T	4
19	17	Handlebar post	1
20	18	Club knob	1
21 Bearing #6003ZZ 2 22 Waved washer D22xD17x0.3T 2 23 Flat washer D23*D17.2*1.5T 1 24 C-clip S-17(1T) 1 25 Spacer D22.5*D17.2*6.4T 1 26 Crank axle 1 27 Belt wheel 1 28 Nylon nut M6x1.0x6T 4 29 Bolt M6x1.0x15L 4 30 Belt 1 31 Round magnet 1 32 Screw ST4*25L 2 33 Handle pulse 2 34 Handle pulse cable 2 35 Mushroom cap 2 36 Handle bar 1 37 Foam 2 38 Screw ST4*1.41*15L 4 39 Bolt M5x0.8x12L 3 40L Computer bracket (left) 1 40R Computer bracket (right) 1 41 Knob 1 42 Protective cover 1	19	Flat washer D25xD8.5x2T	1
22 Waved washer D22xD17x0.3T 2 23 Flat washer D23*D17.2*1.5T 1 24 C-clip S-17(1T) 1 25 Spacer D22.5*D17.2*6.4T 1 26 Crank axle 1 27 Belt wheel 1 28 Nylon nut M6x1.0x6T 4 29 Bolt M6x1.0x15L 4 30 Belt 1 31 Round magnet 1 32 Screw ST4*25L 2 33 Handle pulse 2 34 Handle pulse cable 2 35 Mushroom cap 2 36 Handle bar 1 37 Foam 2 38 Screw ST4*1.41*15L 4 39 Bolt M5x0.8x12L 3 40L Computer bracket (left) 1 40R Computer bracket (right) 1 41 Knob 1 42 Protective cover 1	20	Knob	1
23 Flat washer D23*D17.2*1.5T 1 24 C-clip S-17(1T) 1 25 Spacer D22.5*D17.2*6.4T 1 26 Crank axle 1 27 Belt wheel 1 28 Nylon nut M6x1.0x6T 4 29 Bolt M6x1.0x15L 4 30 Belt 1 31 Round magnet 1 32 Screw ST4*25L 2 33 Handle pulse 2 34 Handle pulse cable 2 35 Mushroom cap 2 36 Handle bar 1 37 Foam 2 38 Screw ST4*1.41*15L 4 39 Bolt M5x0.8x12L 3 40L Computer bracket (left) 1 40R Computer bracket (right) 1 41 Knob 1 42 Protective cover 1	21	Bearing #6003ZZ	2
24 C-clip S-17(1T) 1 25 Spacer D22.5*D17.2*6.4T 1 26 Crank axle 1 27 Belt wheel 1 28 Nylon nut M6x1.0x6T 4 29 Bolt M6x1.0x15L 4 30 Belt 1 31 Round magnet 1 32 Screw ST4*25L 2 33 Handle pulse 2 34 Handle pulse cable 2 35 Mushroom cap 2 36 Handle bar 1 37 Foam 2 38 Screw ST4*1.41*15L 4 39 Bolt M5x0.8x12L 3 40L Computer bracket (left) 1 40R Computer bracket (right) 1 41 Knob 1 42 Protective cover 1	22	Waved washer D22xD17x0.3T	2
25 Spacer D22.5*D17.2*6.4T 1 26 Crank axle 1 27 Belt wheel 1 28 Nylon nut M6x1.0x6T 4 29 Bolt M6x1.0x15L 4 30 Belt 1 31 Round magnet 1 32 Screw ST4*25L 2 33 Handle pulse 2 34 Handle pulse cable 2 35 Mushroom cap 2 36 Handle bar 1 37 Foam 2 38 Screw ST4*1.41*15L 4 39 Bolt M5x0.8x12L 3 40L Computer bracket (left) 1 40R Computer bracket (right) 1 41 Knob 1 42 Protective cover 1	23	Flat washer D23*D17.2*1.5T	1
26 Crank axle 1 27 Belt wheel 1 28 Nylon nut M6x1.0x6T 4 29 Bolt M6x1.0x15L 4 30 Belt 1 31 Round magnet 1 32 Screw ST4*25L 2 33 Handle pulse 2 34 Handle pulse cable 2 35 Mushroom cap 2 36 Handle bar 1 37 Foam 2 38 Screw ST4*1.41*15L 4 39 Bolt M5x0.8x12L 3 40L Computer bracket (left) 1 40R Computer bracket (right) 1 41 Knob 1 42 Protective cover 1	24	C-clip S-17(1T)	1
27 Belt wheel 1 28 Nylon nut M6x1.0x6T 4 29 Bolt M6x1.0x15L 4 30 Belt 1 31 Round magnet 1 32 Screw ST4*25L 2 33 Handle pulse 2 34 Handle pulse cable 2 35 Mushroom cap 2 36 Handle bar 1 37 Foam 2 38 Screw ST4*1.41*15L 4 39 Bolt M5x0.8x12L 3 40L Computer bracket (left) 1 40R Computer bracket (right) 1 41 Knob 1 42 Protective cover 1	25	Spacer D22.5*D17.2*6.4T	1
28 Nylon nut M6x1.0x6T 4 29 Bolt M6x1.0x15L 4 30 Belt 1 31 Round magnet 1 32 Screw ST4*25L 2 33 Handle pulse 2 34 Handle pulse cable 2 35 Mushroom cap 2 36 Handle bar 1 37 Foam 2 38 Screw ST4*1.41*15L 4 39 Bolt M5x0.8x12L 3 40L Computer bracket (left) 1 40R Computer bracket (right) 1 41 Knob 1 42 Protective cover 1	26	Crank axle	1
29 Bolt M6x1.0x15L 4 30 Belt 1 31 Round magnet 1 32 Screw ST4*25L 2 33 Handle pulse 2 34 Handle pulse cable 2 35 Mushroom cap 2 36 Handle bar 1 37 Foam 2 38 Screw ST4*1.41*15L 4 39 Bolt M5x0.8x12L 3 40L Computer bracket (left) 1 40R Computer bracket (right) 1 41 Knob 1 42 Protective cover 1	27	Belt wheel	1
30 Belt 1 31 Round magnet 1 32 Screw ST4*25L 2 33 Handle pulse 2 34 Handle pulse cable 2 35 Mushroom cap 2 36 Handle bar 1 37 Foam 2 38 Screw ST4*1.41*15L 4 39 Bolt M5x0.8x12L 3 40L Computer bracket (left) 1 40R Computer bracket (right) 1 41 Knob 1 42 Protective cover 1	28	Nylon nut M6x1.0x6T	4
31 Round magnet 1 32 Screw ST4*25L 2 33 Handle pulse 2 34 Handle pulse cable 2 35 Mushroom cap 2 36 Handle bar 1 37 Foam 2 38 Screw ST4*1.41*15L 4 39 Bolt M5x0.8x12L 3 40L Computer bracket (left) 1 40R Computer bracket (right) 1 41 Knob 1 42 Protective cover 1	29	Bolt M6x1.0x15L	4
32 Screw ST4*25L 2 33 Handle pulse 2 34 Handle pulse cable 2 35 Mushroom cap 2 36 Handle bar 1 37 Foam 2 38 Screw ST4*1.41*15L 4 39 Bolt M5x0.8x12L 3 40L Computer bracket (left) 1 40R Computer bracket (right) 1 41 Knob 1 42 Protective cover 1	30	Belt	1
33 Handle pulse 2 34 Handle pulse cable 2 35 Mushroom cap 2 36 Handle bar 1 37 Foam 2 38 Screw ST4*1.41*15L 4 39 Bolt M5x0.8x12L 3 40L Computer bracket (left) 1 40R Computer bracket (right) 1 41 Knob 1 42 Protective cover 1	31	Round magnet	1
34 Handle pulse cable 2 35 Mushroom cap 2 36 Handle bar 1 37 Foam 2 38 Screw ST4*1.41*15L 4 39 Bolt M5x0.8x12L 3 40L Computer bracket (left) 1 40R Computer bracket (right) 1 41 Knob 1 42 Protective cover 1	32	Screw ST4*25L	2
35 Mushroom cap 2 36 Handle bar 1 37 Foam 2 38 Screw ST4*1.41*15L 4 39 Bolt M5x0.8x12L 3 40L Computer bracket (left) 1 40R Computer bracket (right) 1 41 Knob 1 42 Protective cover 1	33	Handle pulse	2
36 Handle bar 1 37 Foam 2 38 Screw ST4*1.41*15L 4 39 Bolt M5x0.8x12L 3 40L Computer bracket (left) 1 40R Computer bracket (right) 1 41 Knob 1 42 Protective cover 1	34	Handle pulse cable	2
37 Foam 2 38 Screw ST4*1.41*15L 4 39 Bolt M5x0.8x12L 3 40L Computer bracket (left) 1 40R Computer bracket (right) 1 41 Knob 1 42 Protective cover 1	35	Mushroom cap	2
38 Screw ST4*1.41*15L 4 39 Bolt M5x0.8x12L 3 40L Computer bracket (left) 1 40R Computer bracket (right) 1 41 Knob 1 42 Protective cover 1	36	Handle bar	1
39 Bolt M5x0.8x12L 3 40L Computer bracket (left) 1 40R Computer bracket (right) 1 41 Knob 1 42 Protective cover 1	37	Foam	2
40L Computer bracket (left) 1 40R Computer bracket (right) 1 41 Knob 1 42 Protective cover 1	38	Screw ST4*1.41*15L	4
40R Computer bracket (right) 1 41 Knob 1 42 Protective cover 1	39	Bolt M5x0.8x12L	3
41 Knob 1 42 Protective cover 1	40L	Computer bracket (left)	1
42 Protective cover 1	40R	Computer bracket (right)	1
	41	Knob	1
43 Flat washer D16xD8.5x1.2T 1	42	Protective cover	1
,	43	Flat washer D16xD8.5x1.2T	1

44	Spring washer D15.4xD8.2x2T	1
45	Bushing	1
46	Left chain cover	1
47	Right chain cover	1
48L	Left crank	1
48R	Right crank	1
49	Bolt M8x1.25x25	2
50	Screw cover D23x6.5	2
51L	Left pedal set	1
51R	Right pedal set	1
52	Anti-loosen net 3/8"-26UNF*6.5T	2
54	Nut D9.5x8T(3/8"-26UNFx4T)	2
55	Flywheel	1
56	Pin	4
57	Screw ST4.2x1.4x20L	12
58	C-clip S-10(1T)	1
59	Flywheel axle	1
60	Screw ST4.2*1.4*15L	4
64	Upper computer cable	1
65	Lower computer cable	1
66	Adaptor	1
67	Tension cable	1
68	Motor	1
69	Seat	1
70	Screw ST4x1.41x10.L	2
72	Seat adjustment tube	1
73	Sensor cable	1
74	Electric cable	1
75	Chest belt	1
76	Computer	1
77	Allen bolt M10*35L	1
78	Bushing	1
79	Idle wheel	1
80	Nylon nut M10x1.5x10T	1
81	Bolt M8*25	1
82	Flat washer D30*D8.5*2.0T	1
83	Plastic cover	2
84	Spring D2.2*D14*65L	1

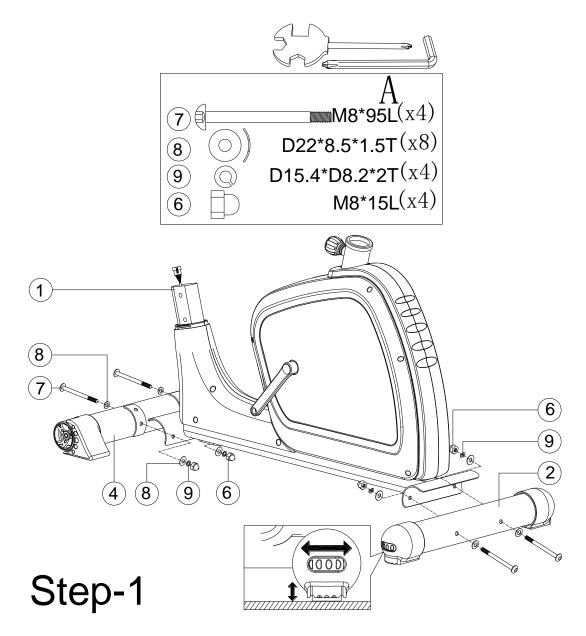
85	Fixing plate for idle wheel	1
86	Plastic flat washer	2
87	Nut M8*1.25*6T	1
88	Nylon nut M8*1.25*8T	2
89	Bolt M6*65L	1
90	Spring D1.0*55L	1
91	Nut M6*1*6T	1
92	Fixing plate for magnet	1
93	Nylon washer D6*D19*1.5T	1
94	Flat washerD13*D6.5*1.0T	1
95	Nylon nut M6*1*6T	1
96	Bolt M8*52L	1
97	Fixing ring	1
98	Oval cover	1
99	Bolt M5x0.8x10L	4
100	Buffer	4
101	Round ring for chain cover	1
102	Allen spanner	1
103	Spanner	1

CHECK LIST

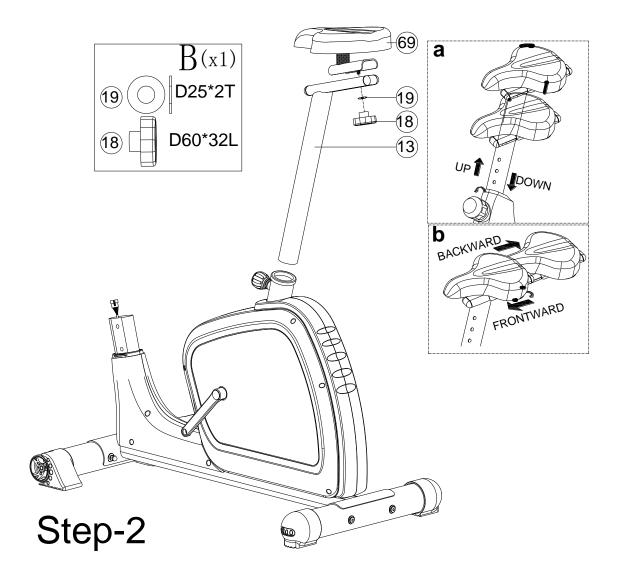


ASSEMBLY INSTRUCTIONS

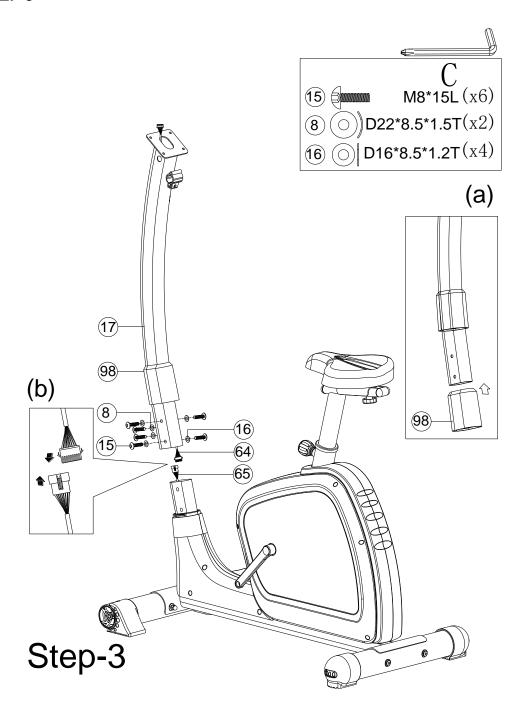
STEP 1



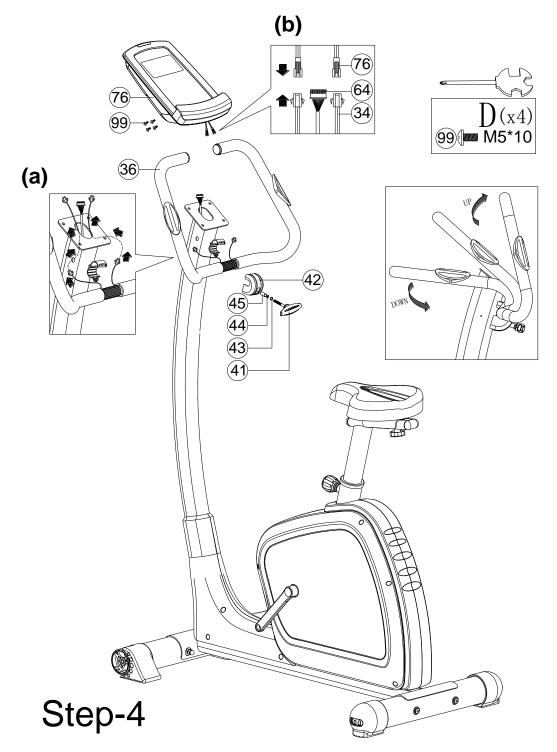
Fix the front stabilizer (4) and rear stabilizer (2) onto the main frame (1) by using domed nut (6), allen bolt (7), curved washer (8) and spring washer (9).



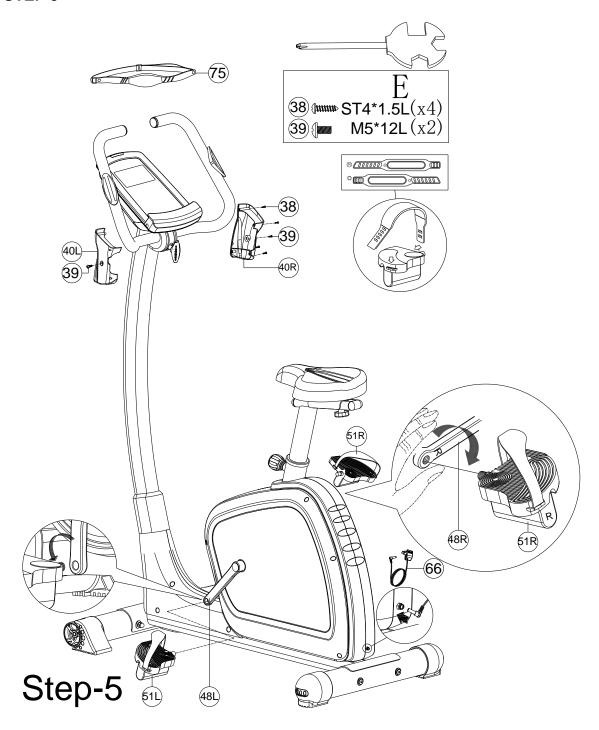
- 1) Assemble the seat (69) onto the seat post (13) by club knob (18) and flat washer (19). You can adjust the seat BACKWARD and FRONTWARD. See figure b.
- 2) Insert the seat post (13) into the main frame. You can adjust the seat UP and DOWN by knob (20). See figure a.



- 1) Lift up the oval cover (98) onto the handlebar post (17) as figure a shown.
- 2) Connect upper computer cable (64) and lower computer cable (65) as figure b shown and then assemble handlebar post (17) with main frame by allen bolt (15), flat washer (16) and curved washer (8).



- 1) Take the handle pulse cable (34) out of handlebar post through the holes in handlebar post as arrows as figure a shown.
- 2) Connect handle pulse cable (34) and upper computer cable (64) with the cables attached to computer (76). Then assemble computer (76) onto handlebar post by bolt (99) as figure b shown.
- 3) Fix the handlebar (36) onto the handlebar post by knob (41), protective cover (42), flat washer (43), spring washer (44) and bushing (45). You can adjust the angle of handlebar by knob (41).



- 1) Assemble the computer bracket (left & right) (40L&R) by screw (38) and bolt (39).
- 2) Assemble the pedal (51L&R) with crank (48L&R).
- 3) Plug the adaptor (66) and turn on the computer.

SM2570 INSTRUCTION MANUAL



SUPPORT DEVICES

Support iOS devices:	Support Android devices:
iPod touch (5th generation) iPod touch (4th generation) iPod touch (3rd generation) iPhone 5S iPhone 5C iPhone 5 iPhone 4S iPhone 4S iPhone 3GS iPad Air iPad 4 iPad 3 iPad 2 iPad iPad Min Support iOS 5.0 or above	Android tablet OS 4.0 or above Android tablet resolution 1280X800 pixels Android phone OS 2.2 or above Android phone resolution: 1920X1080 pixels 1280X800 pixels 1280X760 pixels 800X480 pixels

"Made for iPod," "Made for iPhone," and "Made for iPad" mean that an electronic accessory has been designed to connect specifically to iPod, iPhone, or iPad, respectively, and has been certified by the developer to meet Apple performance standards. Apple is not responsible for the operation of this device or its compliance with safety and regulatory standards. Please note that the use of this accessory with iPod, iPhone, or iPad may affect wireless performance.

iPad, iPhone, iPod, iPod classic, iPod nano, iPod shuffle, and iPod touch are trademarks of Apple Inc., registered in the U.S. and other countries.

DISPLAY FUNCTIONS

ITEM	DESCRIPTION
TIME	Workout time displayed during exercise.
	Range 0:00 ~ 99:59
SPEED	Workout speed displayed during exercise.
	Range 0.0 ~ 99.9
DISTANCE	Workout distance displayed during exercise.

	Range 0.0 ~ 99.9
CALORIES	Burned calories during workout display.
	Range 0 ~ 999
PULSE	Pulse bpm displayed during exercise.
	Pulse alarm when over preset target pulse.
RPM	Rotation per minute
	Range 0 ~ 999
WATT	Workout power consumption
	In Watt Program mode, computer will remain preset watt value (setting range 0~350)
MANUAL	Manual mode workout.
PROGRAM	Beginner, Advance, and Sporty PROGRAM selection.
CARDIO	Target HR training mode.

KEYS

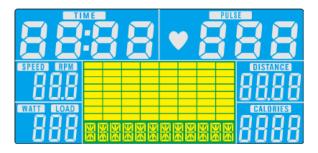
ITEM	DESCRIPTION	
Up	Increase resistance level	
	Setting selection.	
Down	Decrease resistance level	
Down	Setting selection.	
Mode	Confirm setting or selection.	
Reset	 Hold on pressing for 2 seconds, computer will reboot and start from user setting. 	
	Reverse to main menu during presetting workout value or stop mode.	
Start/ Stop	Start or Stop workout.	
Recovery	Test heart rate recovery status.	
Body fat	Test body fat% and BMI.	

OPERATION

POWER ON

Plug in power supply, computer will power on and display all segments on LCD for 2 seconds. After 4 minutes without pedaling or pulse input, console will enter into power saving mode.

Press any key may wake the console up.





WORKOUT SELECTION

Press UP and Down to select workout Manual → Beginner → Advance → Sporty → Cardio → Watt

MANUAL MODE

Press START in main menu may start workout in manual mode.



- 1) Press UP or DOWN to select workout program, choose Manual and press Mode to enter.
- 2) Press UP or DOWN to preset TIME, DISTANCE, CALORIES, PULSE and press MODE to confirm.
- 3) Press START/STOP keys to start workout. Press UP or DOWN to adjust load level.
- 4) Press START/STOP keys to pause workout. Press RESET to reverse to main menu.

BEGINNER MODE



- 1) Press UP or DOWN to select workout program, choose Beginner mode and press Mode to enter.
- 2) Press UP or DOWN to preset TIME.
- 3) Press START/STOP key to start workout. Press UP or DOWN to adjust load level.
- 4) Press START/STOP key to pause workout. Press RESET to reverse to main menu.

ADVANCE MODE



- 1) Press UP or DOWN to select workout program, choose Advance mode and press Mode to enter.
- 2) Press UP or DOWN to preset TIME.
- 3) Press START/STOP key to start workout. Press UP or DOWN to adjust load level.
- 4) Press START/STOP key to pause workout. Press RESET to reverse to main menu.

SPORTY MODE



- 1) Press UP or DOWN to select workout program, choose Sporty mode and press Mode to enter.
- 2) Press UP or DOWN to preset TIME.
- 3) Press START/STOP key to start workout. Press UP or DOWN to adjust load level.
- 4) Press START/STOP key to pause workout. Press RESET to reverse to main menu.

CARDIO MODE







- 1) Press UP or DOWN to select workout program, choose H.R.C. and press Mode to enter.
- 2) Press UP or Down to select 55%.75%.90% or TAG (TARGET H.R.) (default: 100).
- 3) Press UP or DOWN to preset workout TIME.
- 4) Press START/STOP key to start or stop workout. Press RESET to reverse to main menu.

WATT MODE





- 1) Press UP or DOWN to select workout program, choose WATT and press Mode to enter.
- 2) Press UP or DOWN to preset WATT target. (default: 120)
- 3) Press UP or DOWN to preset TIME.
- 4) Press START/STOP key to start workout. Press UP or DOWN to adjust Watt level.
- 5) Press START/STOP key to pause workout. Press RESET to reverse to main menu.

RECOVERY FUNCTION - FITNESS TEST

After finishing the training (pausing the exercise by pressing START/STOP key or if beeping sound, which indicates that the preset parameter has been achieved, stops), press RECOVERY key to start the measurement.

Important:

This function requires heart rate input – we strongly recommend wearing a chest strap monitor for this function. When using hand pulse sensors: keep a firm hold of the sensors after finishing the exercise. Press RECOVERY key and immediately hold the pulse sensor again.

The computer will display a 60 second countdown – during this interval, your heart rate will be measured.

Do not pedal during the measurement!

Time starts counting down from 1:00 - 0:59 - - to 0:00. As soon as 00:00 is reached, the computer will show your heart rate recovery status with the grade F1 to F6. F1 represents an excellent fitness level, F6 a very poor fitness level.

Note: F6 will also be displayed if there is a failure of pulse measurement during the countdown interval

Press RECOVERY to reverse to main menu.

BODY FAT FUNCTION - FAT% AND BMI

In the standby mode, press BODY FAT key. You need to set your personal data for this measurement. First, use UP and DOWN to select your sex (MALE / FEMALE) and press MODE to confirm. Then, use UP and DOWN keys to set your body height (HGIGHT, range: 100-200 cm) and press MODE to confirm. Then, use UP and DOWN keys to set your body weight (WGIGHT, range: 10-150 kg) and press MODE to start the measurement – grasp hand pulse sensors with both hands immediately. After a short interval of measurement, the display will show your body fat percentage (FAT) and body mass index (BMI). Press BODY FAT to reverse to main menu.

iConsole+Training APP

Turn on Bluetooth on your smart device. Open the iConsole+ Training app and pair your smart device with your console.







NOTE:

- When you start the iConsole+ Training app on your smart device, your console will turn off.
- To turn on the console, turn off the iConsole+ Training app and your Bluetooth on your smart device.

USE

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

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

The basis of exercising on a bicycle is that the legs are moving on a specific elliptical path. This movement is very similar to cycling. When doing exercise on a bicycle, you just sit on the saddle with

the right height, keep your feet firmly in the pedals, hold the ergonomically shaped handles and exercise.

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

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

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

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

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

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

CORRECT BODY POSTURE

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

MAINTENANCE

- When assembling, tighten all screws and adjust the bike to the horizontal position.
- Check the screws after 10 hours of use.
- Wipe the sweat after the exercise. Clean the device with a cloth and gentle cleanser. Do not use solvents or aggressive cleaners on the plastic parts.
- When noise is increased, it is necessary to check that all joints are tightened properly.
- Place the product in a clean, ventilated and dry room.
- · Do not expose the device to direct sunlight.

STORAGE

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

IMPORTANT NOTICE

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

ENVIRONMENT PROTECTION

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

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

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

TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS

General Conditions of Warranty and Definition of Terms

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

The seller is SEVEN SPORT s.r.o. with its registered office in Borivojova Street 35/878, Prague 13000, Company Registration Number: 26847264, registered in the Trade Register at Regional Court in Prague, Section C, Insert No. 116888.

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

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

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

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

Warranty Conditions

Warranty Period

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

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

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

- User's fault, i.e. product damage caused by unqualified repair work, improper assembly, insufficient insertion of seat post into frame, insufficient tightening of pedals and cranks
- Improper maintenance
- Mechanical damages
- Regular use (e.g. wearing out of rubber and plastic parts, moving mechanisms, joints 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.

insportline

SEVEN SPORT s.r.o.

Registered Office: Borivojova 35/878, 130 00 Praha 3, Czech Republic Headquarters: Delnicka 957, 749 01 Vitkov, Czech Republic Warranty & Service Centre: Cermenska 486, 749 01 Vitkov, Czech Republic

 CRN:
 26847264

 VAT ID:
 CZ26847264

 Phone:
 +420 556 300 970

 E-mail:
 eshop@insportline.cz

 reklamace@insportline.cz

reklamace@insportline.cz servis@insportline.cz

Web: www.insportline.cz

SK

INSPORTLINE s.r.o.

Headquarters, Warranty & Service centre: Elektricna 6471, 911 01 Trencin, Slovakia

CRN: 36311723

VAT ID: SK2020177082

Phone: +421(0)326 526 701
E-mail: objednavky@insportline.sk reklamacie@insportline.sk

servis@insportline.sk

Web: www.insportline.sk

Date of Sale: Stamp and Signature of Seller: