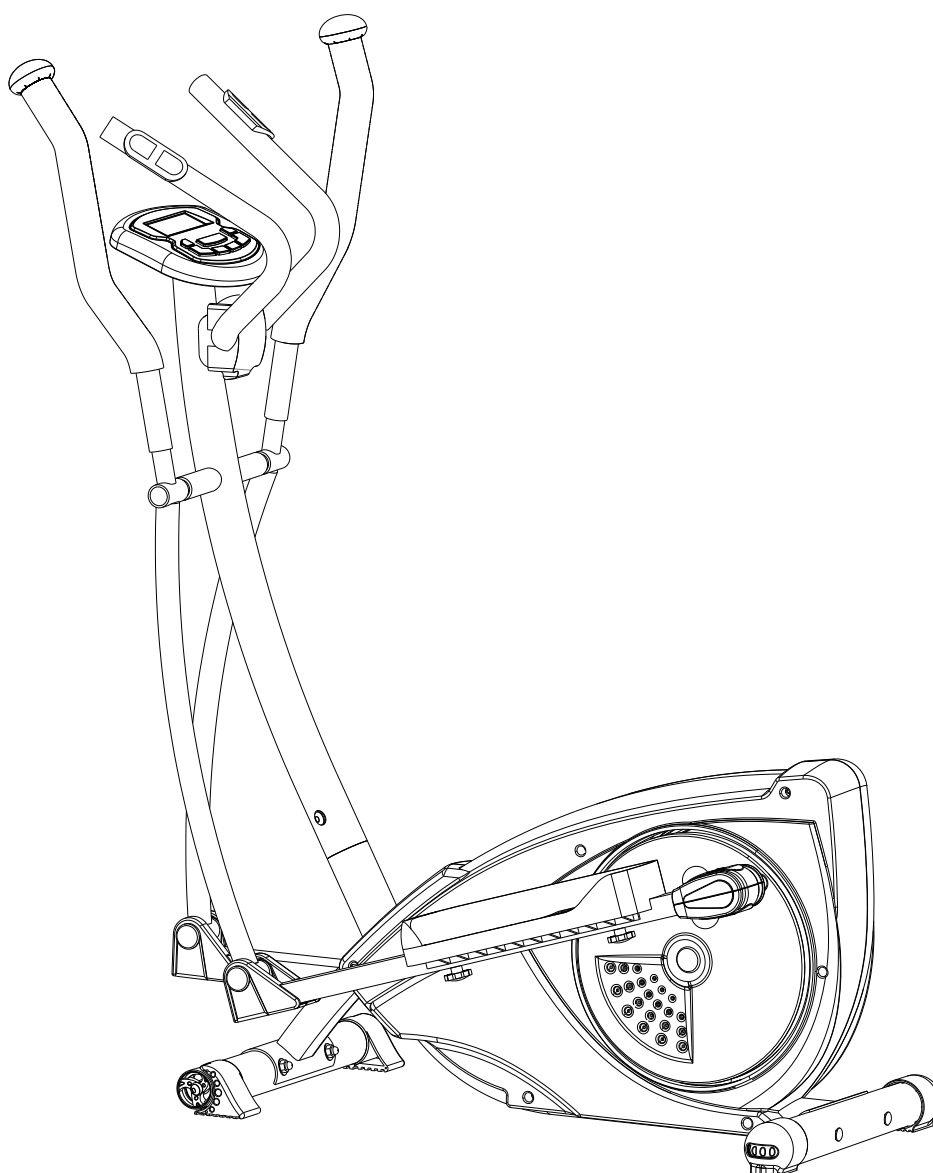




**USER MANUAL – EN**  
**IN 162 Elliptical inSPORTline Denver**



# CONTENTS

SAFETY INSTRUCTIONS .....	3
IMPORTANT NOTES .....	3
PARTS LIST .....	4
EXPLODED DRAWING .....	6
CHECK LIST .....	7
ASSEMBLY INSTRUCTIONS.....	8
SM3720 INSTRUCTION MANUAL .....	14
TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS .....	17



## **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.

## **IMPORTANT NOTES**

- 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.

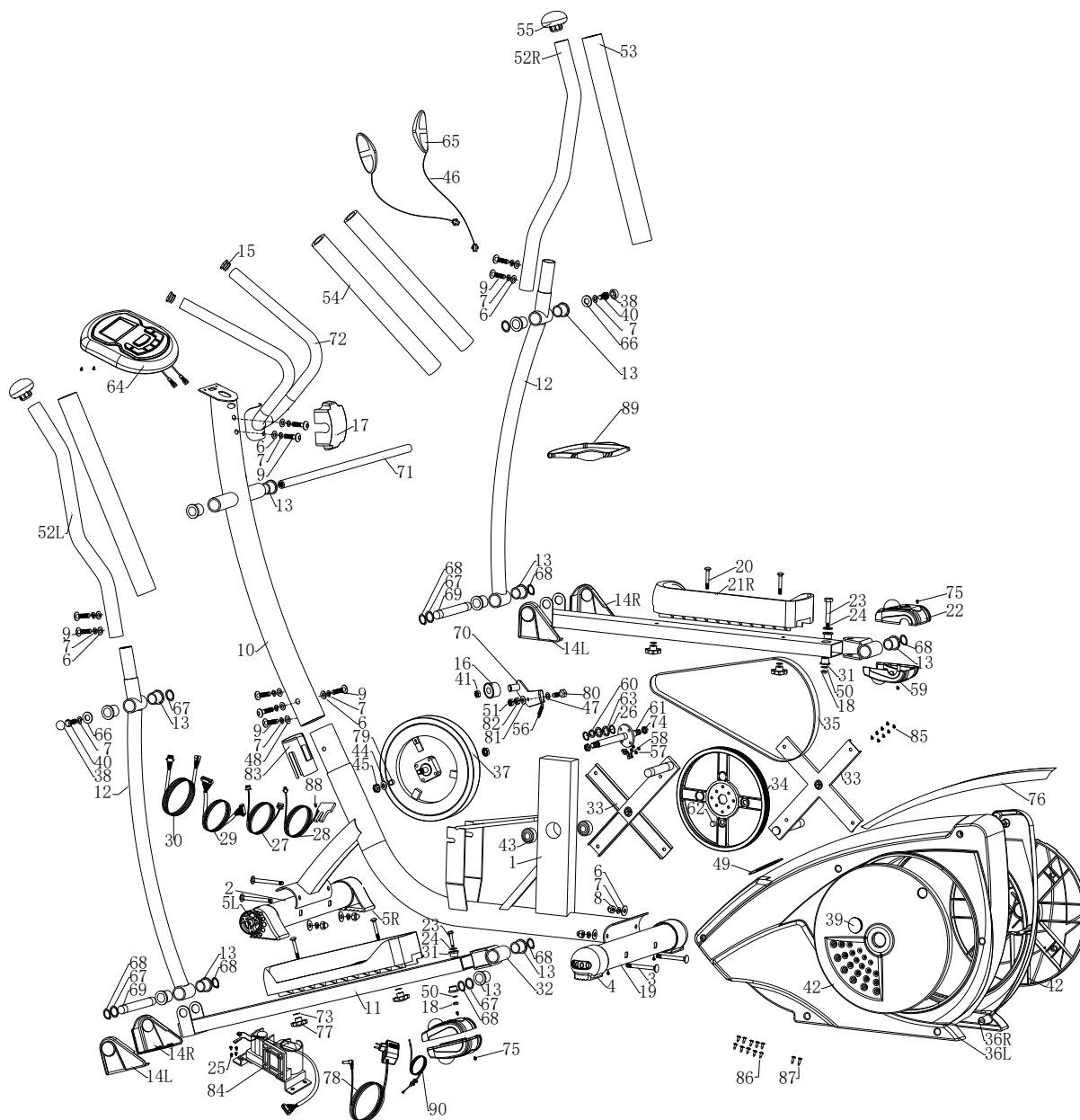
- The general rule is that exercisers and training devices are no toys. Therefore, they must only be used by properly informed or instructed persons.
- Stop your work-out immediately in case of dizziness, nausea, chest pain or any other physical symptoms. In case of doubt, consult your physician immediately.
- 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!
- EN: Class - HB (according to EN ISO 20957) for home use.
- User weight should not exceed 130 kg.

## PARTS LIST

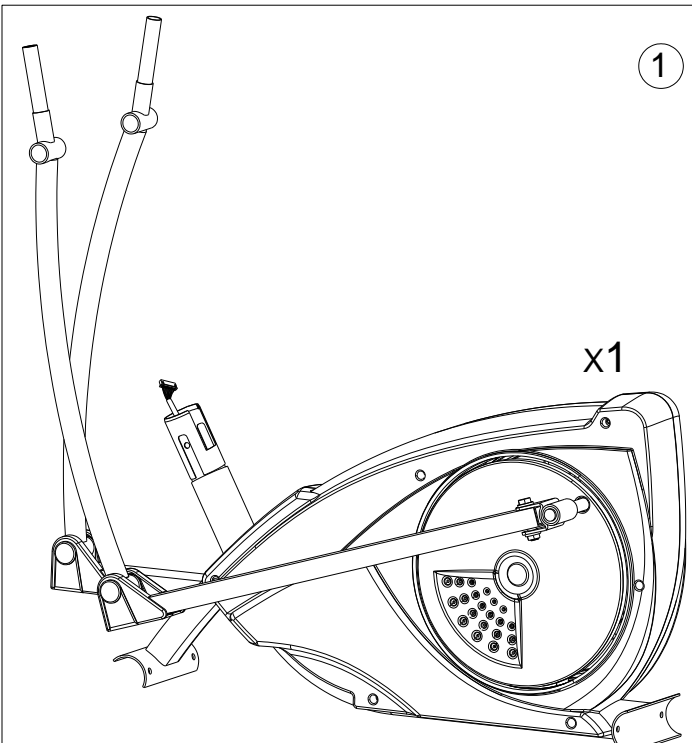
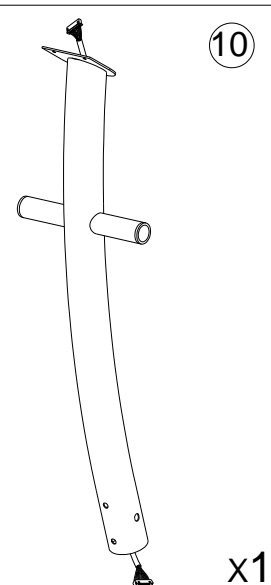
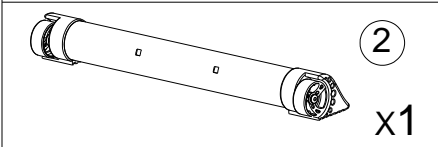
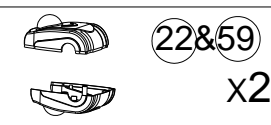
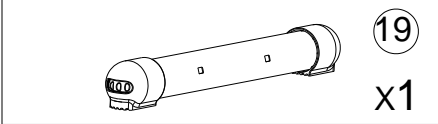
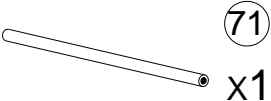
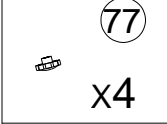
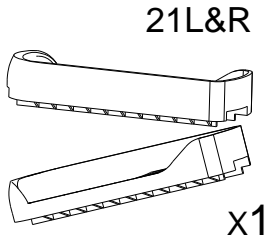
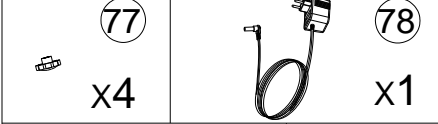
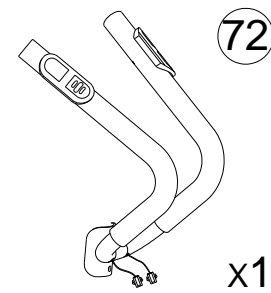
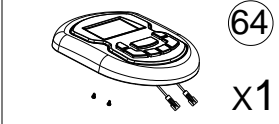
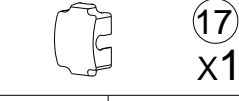
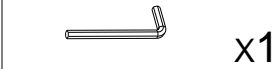
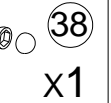
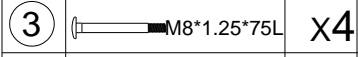
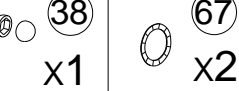
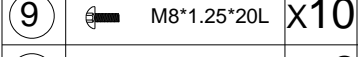
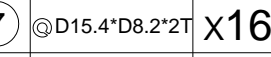
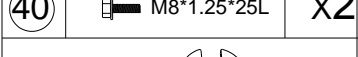
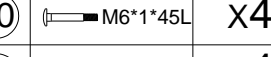

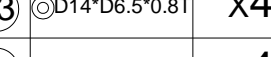
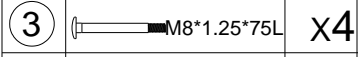
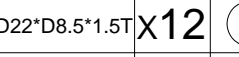
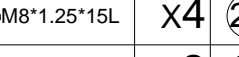
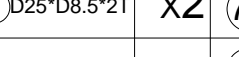
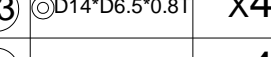
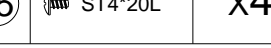
Part No.	Description	Q'ty	Part No.	Description	Q'ty
1	Main frame	1	45	Anti-loose nut 3/8"*26UNF*6.5T	2
2	Front stabilizer	1	46	Handle pulse cable	2
3	Square neck bolt M8*75L	4	47	Plastic plate washer	1
4	Rear foot cap	2	48	Taper washer	2
5L	Left front foot cap	1	49	Gasket for chain cover	1
5R	Right front foot cap	1	50	Flat washer D20*D11*2T	2
6	Curved washer	12	51	Nylon nut M8	1
7	Spring washer D15.4*D8.2*2T	16	52L	Left Handlebar	1
8	Domed nut M8*15L	4	52R	Right handlebar	1
9	Bolt M8*20L	10	53	Foam	2
10	Handlebar post	1	54	Foam	2
11	Pedal supporting tube	2	55	Mushroom-head cap	2
12	Movable handlebar support	2	56	Spring	1
13	Bushing D19.15*(D25.6*32)	14	57	Nylon nut M6	4
14L	Left cover for pedal	2	58	Screw M6*15L	4
14R	Right cover for pedal	2	59	Lower cover for universal axle	2
15	End cap	2	60	Flat washer D23*D117.2*1.5T	1
16	Idle wheel	1	61	Crank axle	1

17	Cover for handlebar	1	62	Magnet	1
18	Nylon nut M10	2	63	Waved washer D17*D22*0.3T	2
19	Rear stabilizer	1	64	Computer SM-3720-71	1
20	Square neck screw M6X45L	4	65	Handle plus	2
21L/21R	Pedal	1	66	Flat washer D25*D8.5*2T	2
22	Upper cover for universal axle	2	67	Waved washer	2
23	Ladder bolt M10*58L	2	68	C-shape ring D21.5*D17.5*1.2T	8
24	Flat washer D24*D13.5*2.5T	2	69	Front pedal axle	2
25	Screw ST4.2*1.4*15L	2	70	Fixing plate for idle wheel	1
26	C-shape ring S-17(1T)	2	71	Swing Axle D19*374.5	1
27	Electric cable	1	72	Fixed handlebar	1
28	Sensor cable	1	73	Flat washer D14*D6.5*0.8T	4
29	Upper computer cable	1	74	Anti-loose nut	2
30	Lower computer cable	1	75	Screw ST4*20	4
31	Bushing D29*D11.9*9T	4	76	Upper cover	1
32	Universal joint	2	77	Knob	4
33	Crank	2	78	Adaptor	1
34	Belt wheel	1	79	Bushing	1
35	Belt	1	80	Hex head bolt	1
36L	Left chain cover	1	81	Flat washer	1
36R	Right chain cover	1	82	Nut	1
37	Magnetic system	1	83	Inner plug	1
38	Bolt cap M8	2	84	Motor	1
39	Side cover	2	85	Cross screw	8
40	Bolt M8*25L	2	86	Screw	9
41	Nylon nut	1	87	Screw	2
42	Round cover	2	88	Screw	1
43	Bearing	2	89	Chest belt	1
44	Flat washer D22*D11*2T	1	90	Tension cable	1

# EXPLODED DRAWING

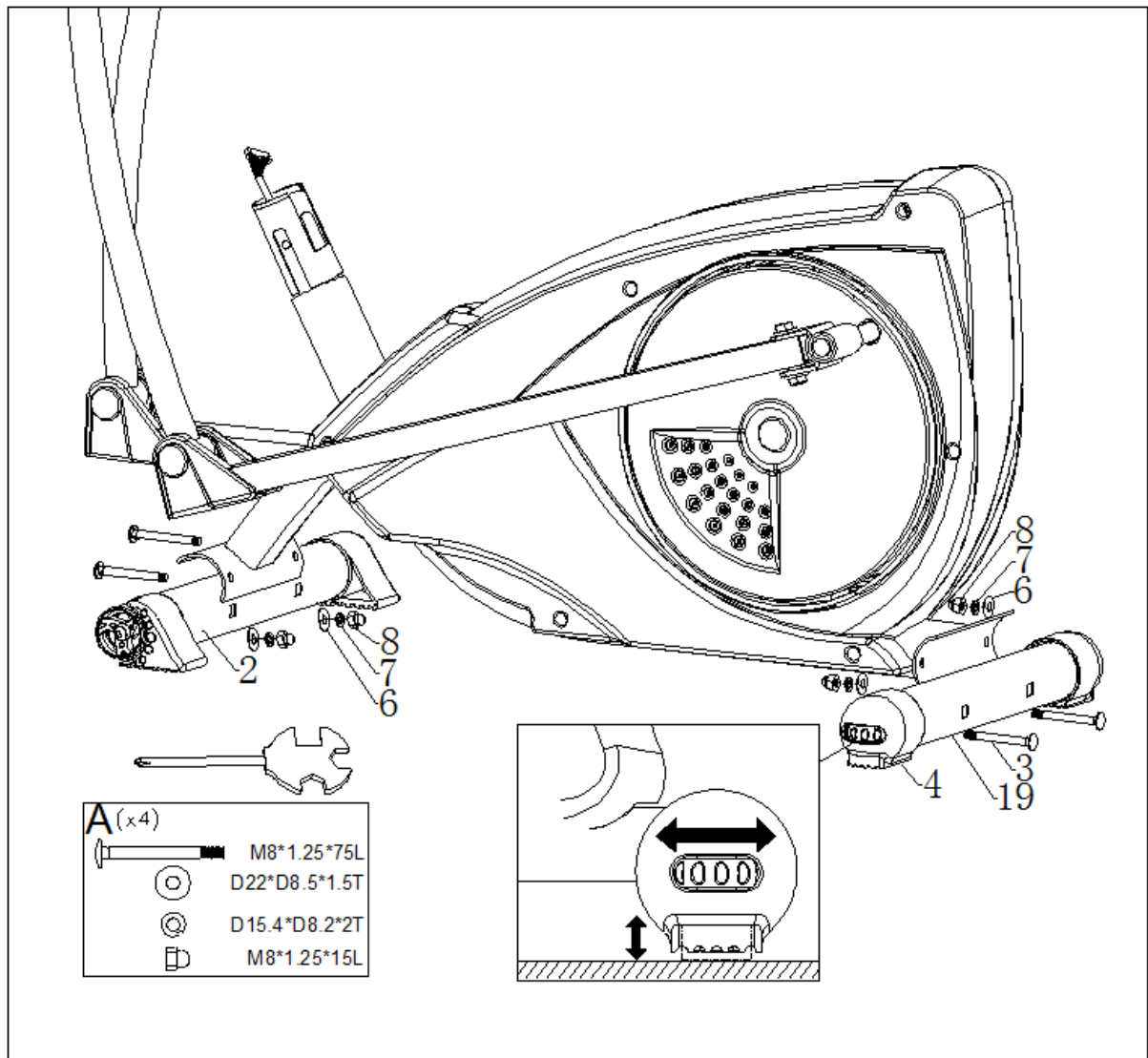


## CHECK LIST

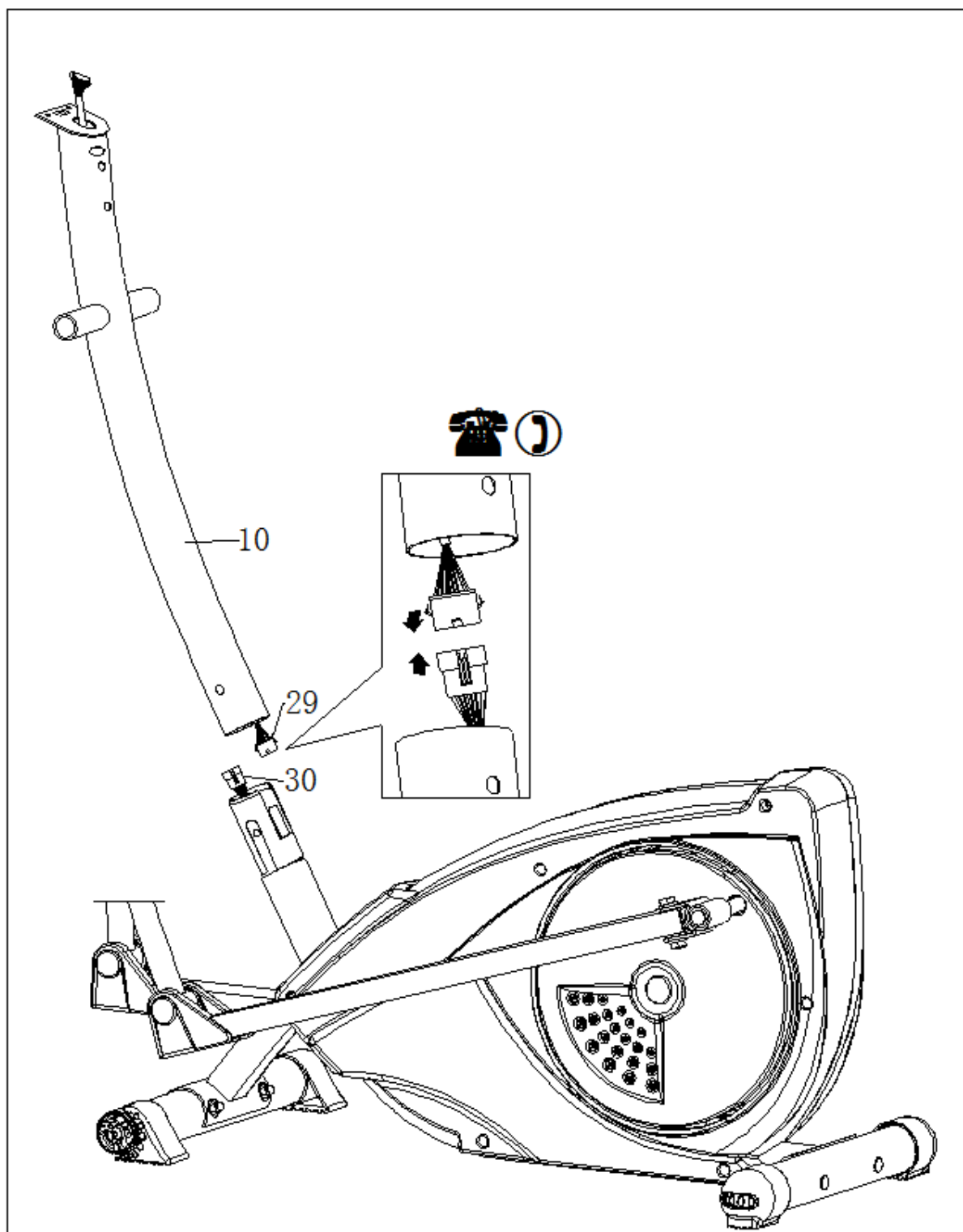
# ASSEMBLY INSTRUCTIONS

## STEP 1:



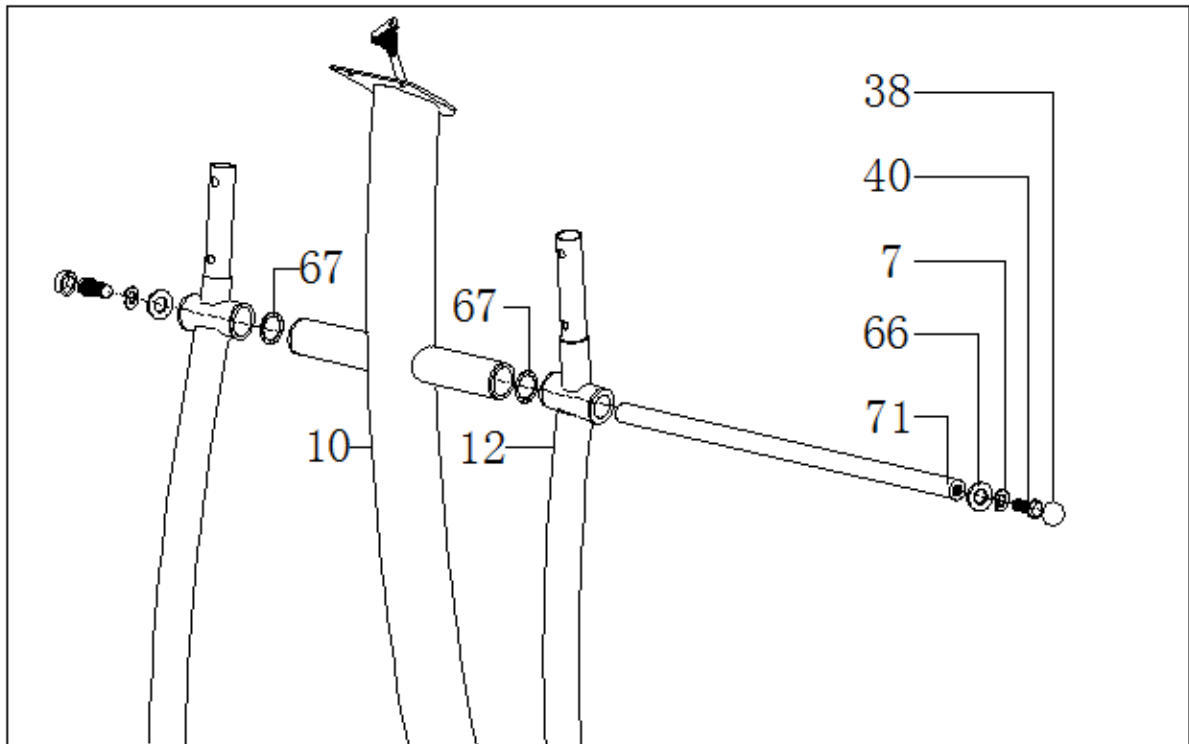
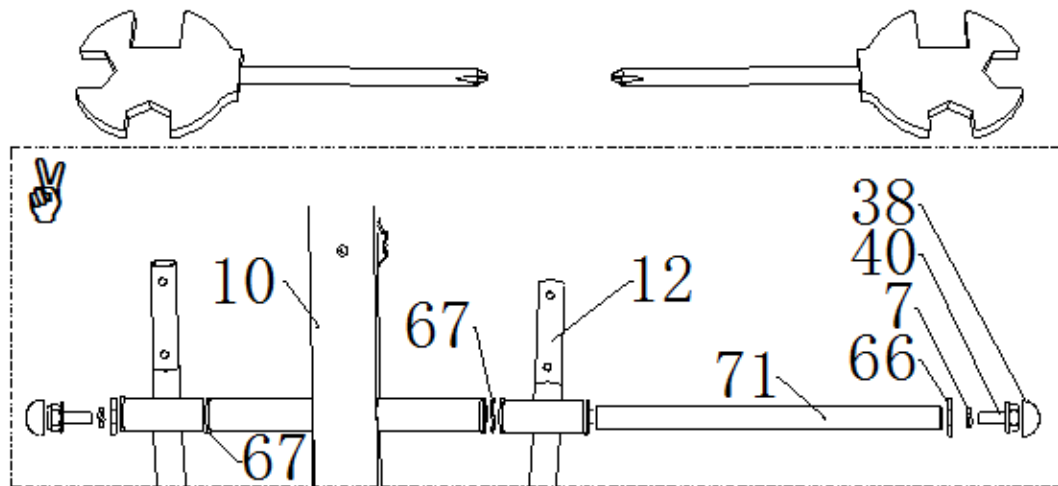
Assemble the front stabilizer (2) and rear stabilizer (19) onto the main frame (1) by using the two square neck bolts (3), the two curved washers (6), then two spring washers (7) and two domed nuts (8) separately.

**STEP 2:**



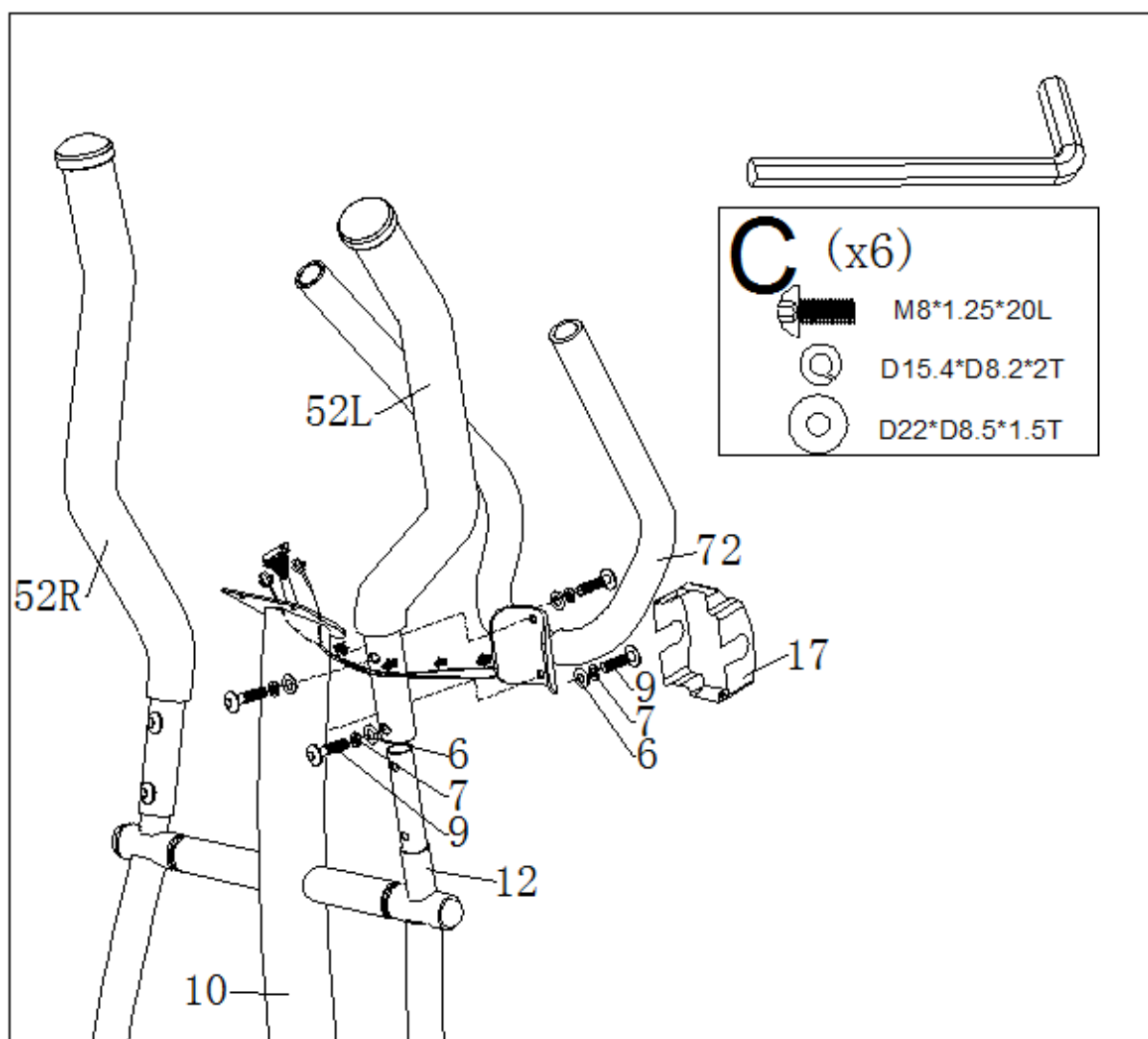
**First connect the upper computer cable (29) with the lower computer cable (30).**

**STEP 3:**



**Insert the swing axle (71) through the movable handlebar support (12), assemble one waved washer (67) every side, and the movable handlebar support (12), then assemble one flat washer (66), one spring washer (7) every side, then tighten with the bolt (40), last cover the screw cap (38).**

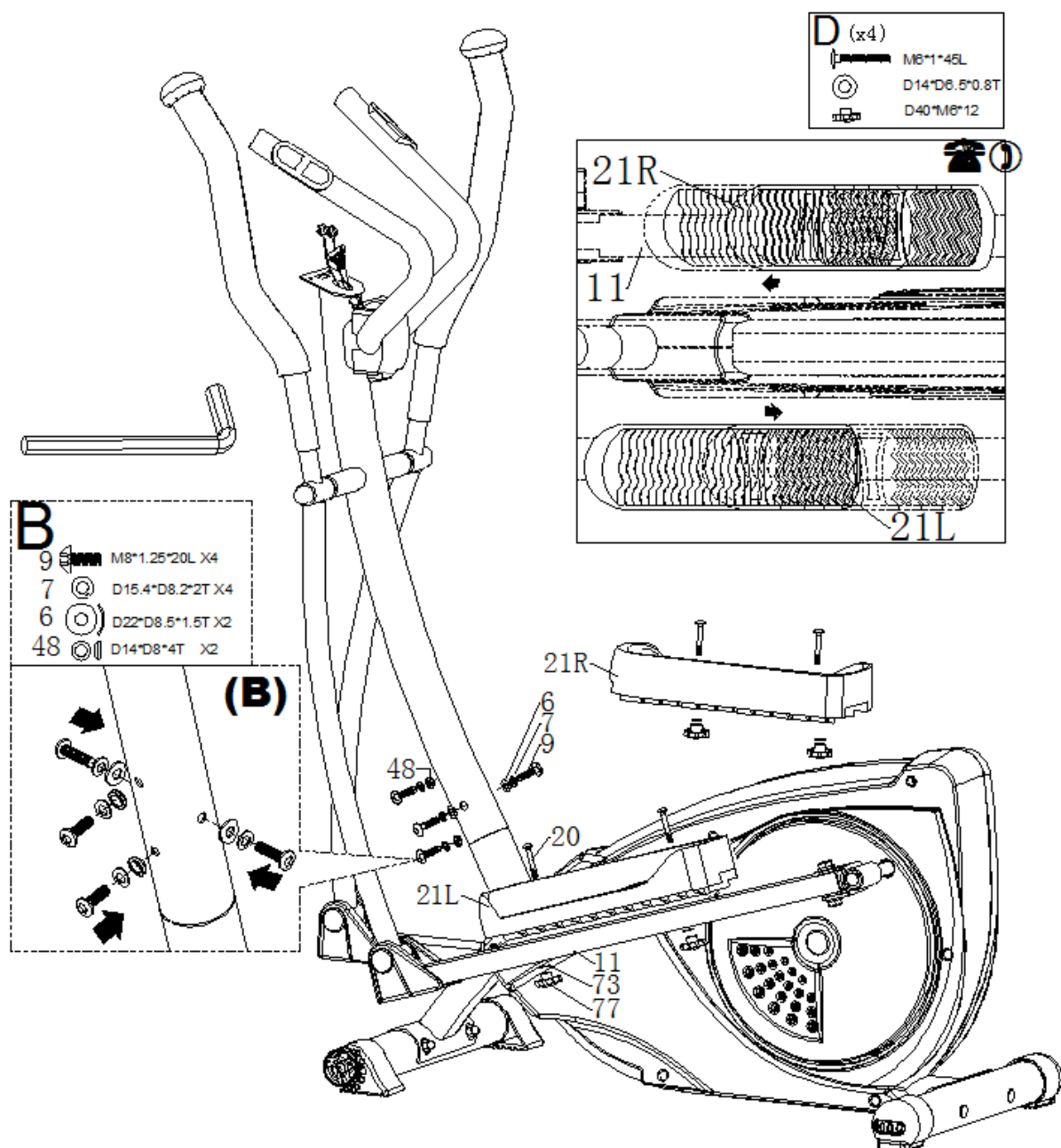
**STEP 4:**



Assemble the fixed handlebar (72) on the handlebar post (10) by using the two bolts (9), then the two spring washers (7), the two curved washers (6). Then assemble the cover for handlebar (17) to the fixed well handlebar (72).

Assemble the left & right handlebar (52L&52R) on the movable handlebar support (12) by using the two bolts (9), then the two spring washers (7), the two curved washers (6).

**STEP 5:**

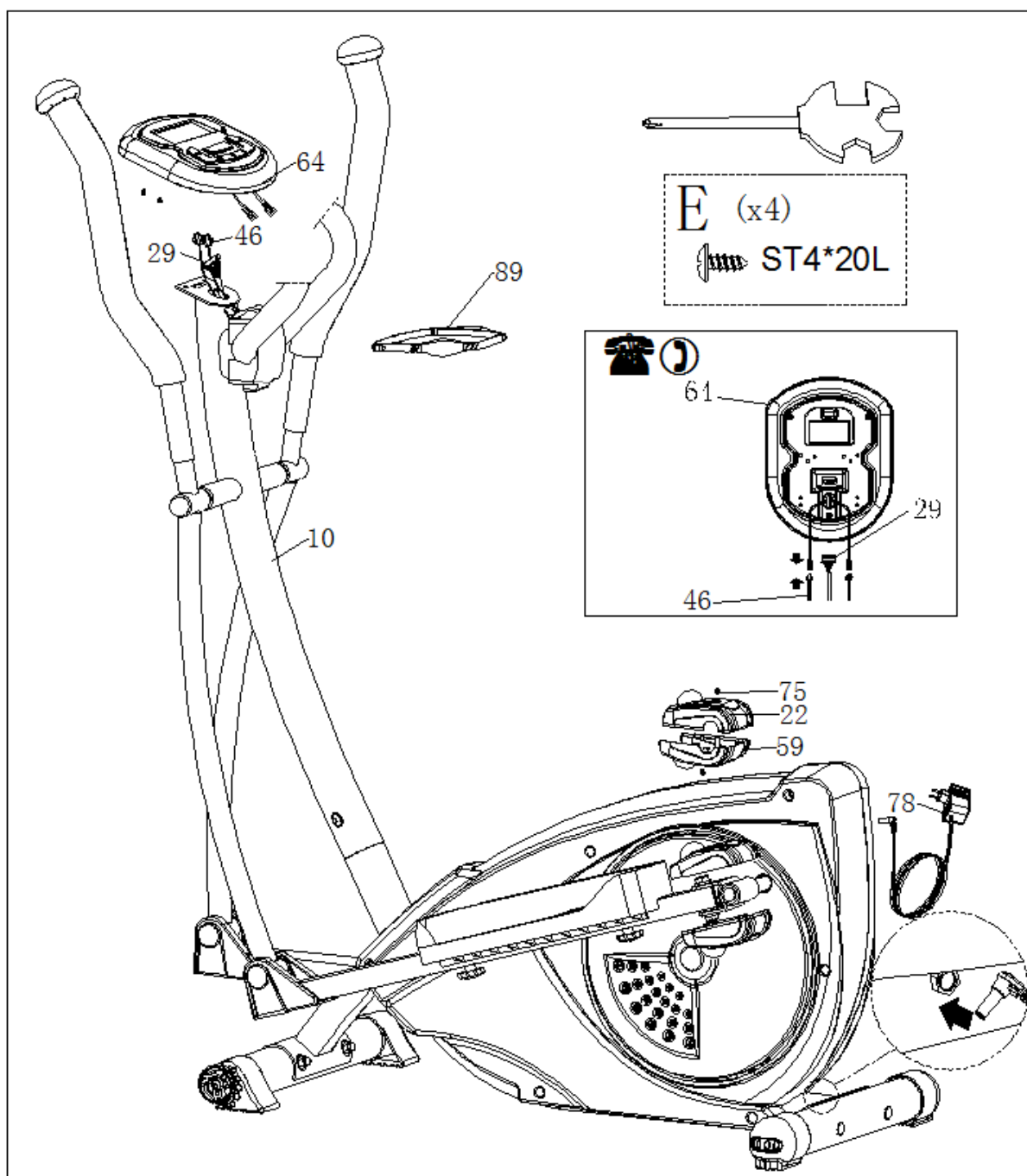


Assemble the left and right pedal (21L&21R) on the pedal supporting tube (11) by using the two square neck screws (20), the two flat washers (73), then tighten it with knob (77).

Using the four bolts (9), the four spring washer (7), the two curved washer (6), the two taper washers (48) to tighten the handlebar post (10) on the main frame.

**PLEASE NOTE THE WASHER POSITION SHOWN AS THE ABOVE DRAWING.**

**STEP 6:**



**Connect the upper computer cable (29) and handle pulse cable (46) with the computer (64).**

**Fix the upper cover for universal axle (22) and the lower cover for universal axle (59) by using the Screw (75).**

**Before excising, please remember to insert the adapter (78) into the equipment.**

## SM3720 INSTRUCTION MANUAL

### 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
WATTS	Workout power consumption Range 0 ~ 350
MANUAL	Manual mode workout.
PROGRAM	12 PROGRAM selection.
USER	User creates resistance level profile.
H.R.C.	Target HR training mode.
WATT	Watt constant training mode.

### KEYS:

ITEM	DESCRIPTION
<b>Up</b>	Increase resistance level
<b>Down</b>	Decrease resistance level
<b>Mode</b>	Confirm setting or selection.
<b>Reset</b>	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.
<b>Start/ Stop</b>	Start or Stop workout.
<b>Recovery</b>	Test heart rate recovery status.
<b>Body fat</b>	Test body fat% and BMI.

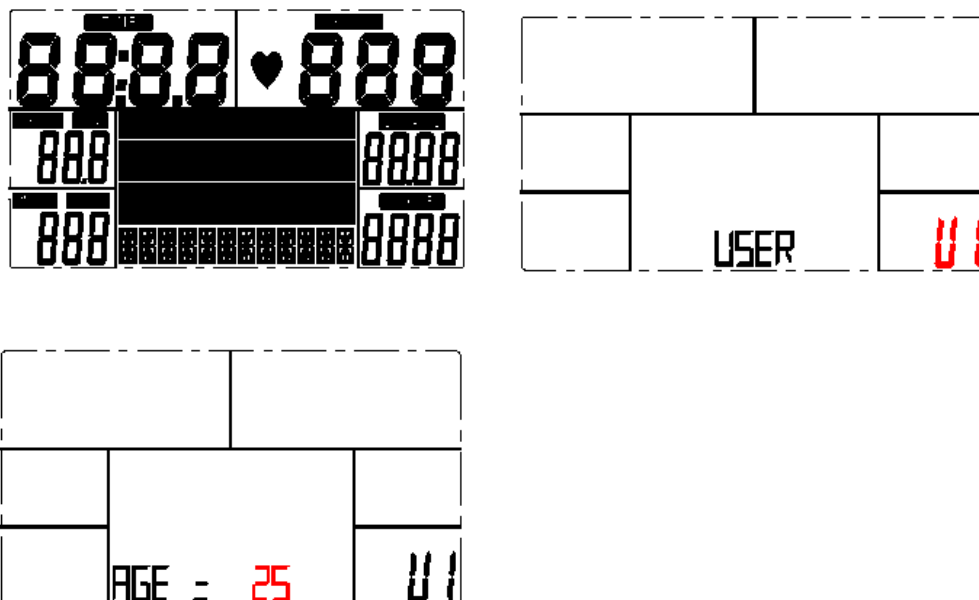
### POWER ON:

Plug in power supply, computer will power on and display all segments on LCD for 2 seconds. Enter into user data setting mode (Age, Gender, Height, Weight).

After 4 minutes without pedaling or pulse input, console will enter into power saving mode.

Press any key may wake the console up.

**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!



## PROGRAMS

### MANUAL MODE

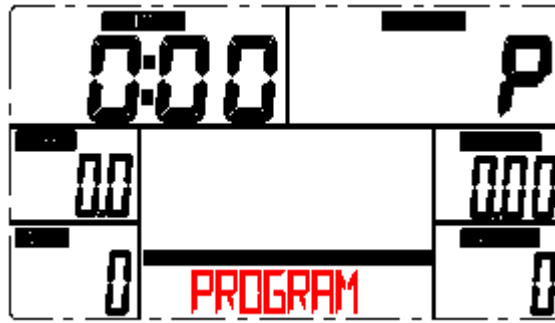
Press START in main menu may start workout in manual mode.

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.



### PROGRAM MODE

1. Press UP or DOWN to select workout program, choose Program and press MODE to enter.
2. Press UP or DOWN to preset workout TIME.
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.



#### USER PROGRAM MODE

1. Press UP or DOWN to select workout program, choose User and press MODE to enter.
2. Press UP or DOWN to set load level of each column, and press MODE to next one. (Total column =20)
3. Hold on pressing MODE to finish or quit setting.
4. Press UP or DOWN to preset workout TIME.
5. Press START/STOP button to start workout. Press UP or DOWN to adjust load level.
6. Press START/STOP button to pause workout. Press RESET to reverse to main menu.

#### H.R.C. 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 button 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 button to start or stop workout. Press RESET to reverse to main menu.

#### RECOVERY

1. When pulse value display on the computer (hold handgrip or wear chest strap), press RECOVERY button.
2. TIME shows "0:60" (seconds) and count down.

Computer will show F1 to F6 after count down to 0 to test heart rate recovery status.

1.0	OUTSTANDING
$1.0 < F < 2.0$	EXCELLENT
$2.0 < F < 2.9$	GOOD
$3.0 < F < 3.9$	FAIR
$4.0 < F < 5.9$	BELOW AVERAGE
6.0	POOR

### BODY FAT MODE

1. When workout stop, press BODY FAT key.
2. Hold on handgrip, after 8 seconds, computer will show BMI, FAT% and fat symbol.
3. Press BODY FAT key again reverse to main menu.

#### B.M.I. (Body mass index):

B.M.I SCALE	LOW	LOW/MED	MEDIUM	MED/HIGH
RANGE	<20	20-24	24.1-26.5	>26.5

#### BODY FAT:

SYMBOL	—	+	▲	◆
FAT%	LOW	LOW/MED	MEDIUM	MED/HIGH
SEX				
MALE	<13%	13%-25.9%	26%-30%	>30%
FEMALE	<23%	23%-35.9%	36%-40%	>40%

#### NOTE:

1. This computer requires 9V, 500mA or 9V, 1000mA adaptor.
2. When user stop pedaling for 4 minutes, computer will enter into power save mode, all setting and exercise data will stored until user start exercise again.
3. When computer act abnormal, please plug out the adaptor and plug in again.

## 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. 40/1964 Coll. Civil Code, Act No. 513/1991 Coll., Commercial Code, and Act No. 634/1992 Coll., Consumer Protection Act, 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 to the extent specified in the Commercial Code.

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:**

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, 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.



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

Sídlo: Bořivojova 35/878, 130 00, Praha 3, ČR  
Centrála: Dělnická 957, 749 01 Vítkov  
Reklamace a servis: Čermenská 486, 749 01 Vítkov

IČO: 26847264  
DIČ: CZ26847264  
Telefon: +420 556 300 970  
Mail: eshop@insportline.cz  
reklamace@insportline.cz  
servis@insportline.cz  
Web: www.insportline.cz

---

**SK**

**inSPORTline s.r.o.**

Centrála, reklamácie, servis: Električná 6471, 911 01 Trenčín, SK

IČO: 36311723  
DIČ: SK2020177082  
Telefón: +421(0)326 526 701  
Mail: objednavky@insportline.sk  
reklamacie@insportline.sk  
servis@insportline.sk  
Web: www.insportline.sk