USER MANUAL – EN

IN 19901 Elliptical Trainer inSPORTline inCondi ET2000i
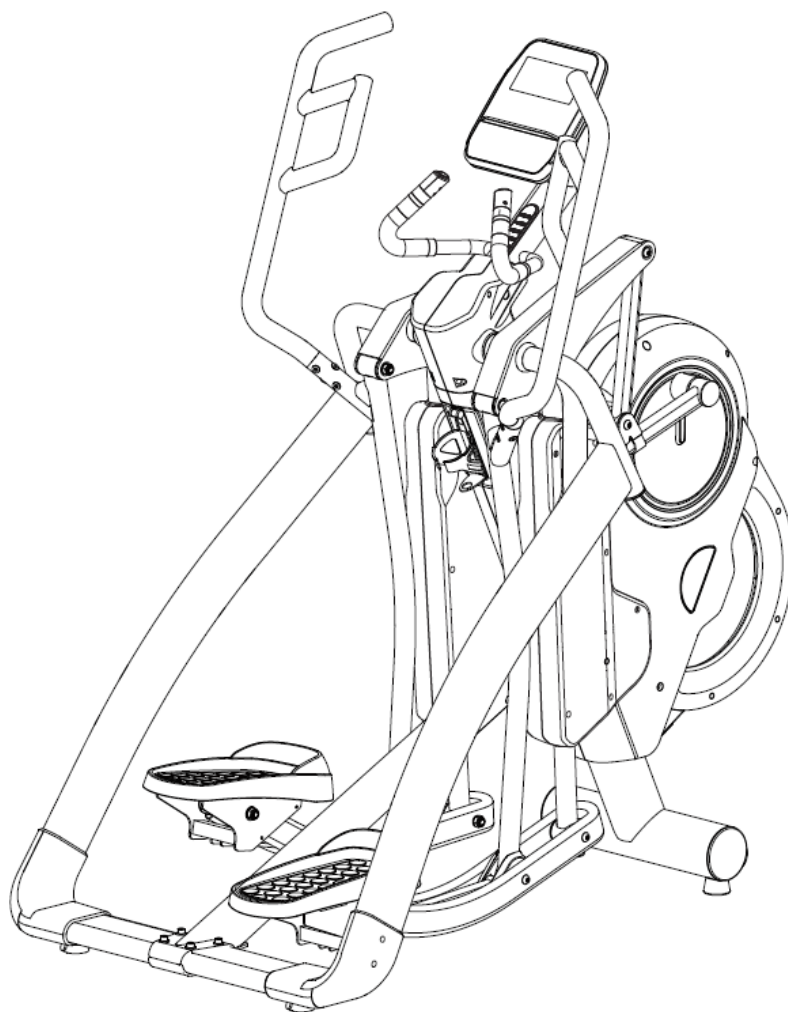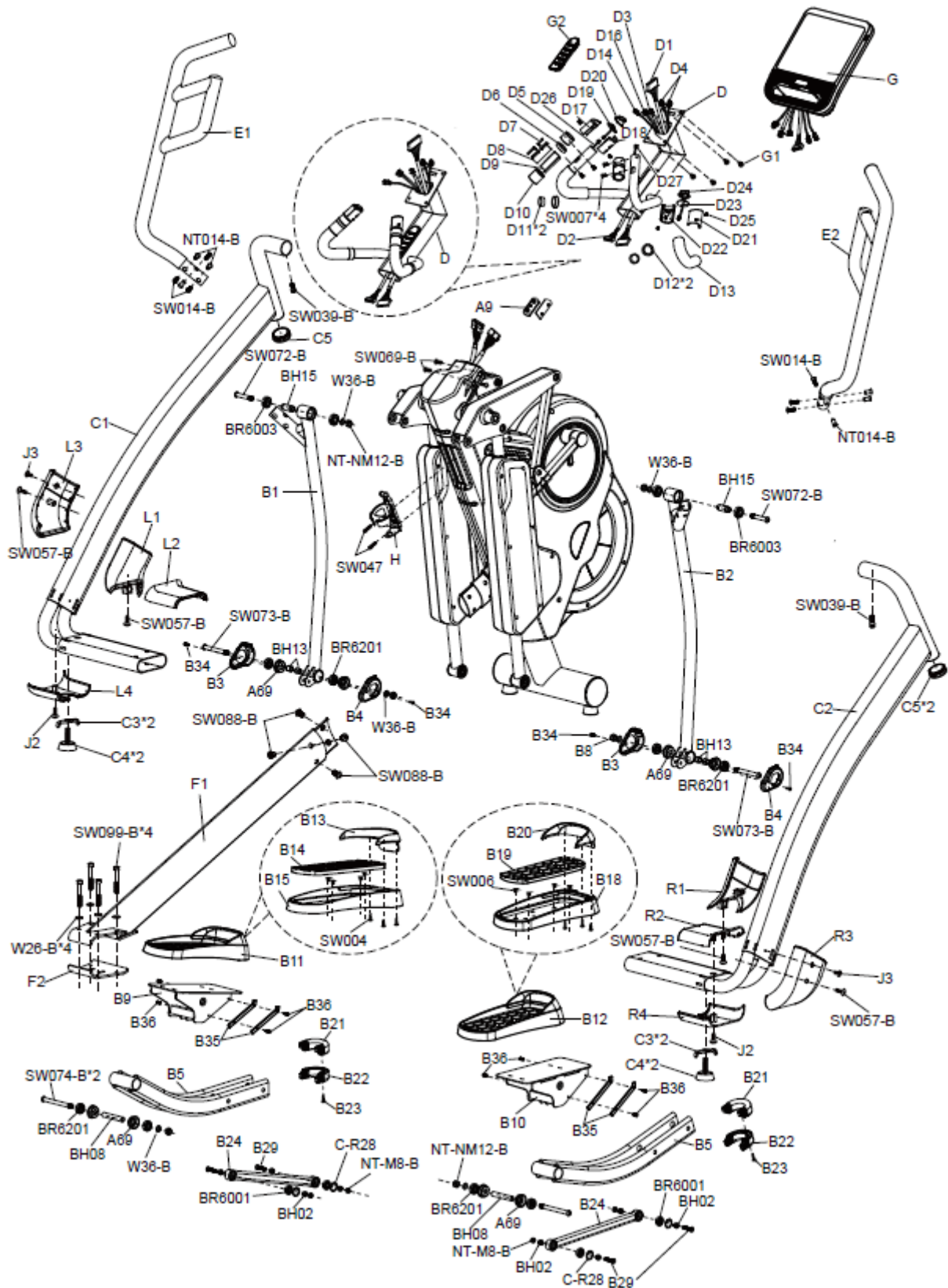
CONTENTS

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.

- For your own safety, always ensure that there is at least 0.6 meter of free space in all directions around your product while you are exercising.

- 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.

- **Weight limit:** 150 kg

- **WARNING!** The hart rate monitor may not be accurate. Overloading during training may cause serious injury or death. If you feel any discomfort, immediately stop the exercise!

- **Category: SC** (EN957 standard) suitable for professional and club use

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!

DIAGRAM

A43
SW004
A38
A42
C-R17
BR6003
BH09
A34
NT-M12
NT-M12
BR6001
A39
W37
A96
A94
SW056-B
A97
SW058-B
SW056-B
SW056-B
SW056-B
SW058-B
SW058-B
SW056-B
SW058-B
A16
A95
SW029-B
SW056-B
A15
SW058-B
A43
A33
A1
A2
A28
BR6005
A20
SW049
A30
A6
A7 A8 A3-1
SW013-B
NT-NM8-B
A5
BH17
A22
A30
A33
A31
A4
A3
A21
SW031
SW031
A12
BH16
A31
J8
A11
A10
A75
NT-M8-B
A18
B3*16
A77
A77
SW101
BR6004
NT-M6
BR6905
A12
A57*4
A24
SW072-B
A56*2
A57*4
A58*4
A23
BR6201
SW060*4
A58*4
A54*2
A25
A26
A58*4
A45
A37
A27
NT-NM8-B
A17
SW020*10
A36
A13
SW082-B
NT-M4*10
A35
A50
NT-M4*10
A55*2
A14
A13
SW001-B
W31
SW076
A76
J8
BH13
SW020*10
BR6905
BR6004
A77
W36-B
SW072-B
A84
BR6201
C-R36
W36-B
NT-NM12-B
W36-B
BR6201
SW060*4
BH12
NT-NM12-B
BH13
A50
C-R36
A80
SW071-B
BR6201
SW072-B
A90*2
A93*2
NT-NM8-B
A54*2
A55*2
BH14
W36-B
W36-B
SW039-B
A84
NT-NM12-B
A80
A84
BH12
SW001-B
A61*8
BR6201
SW001-B
A91
A92
W36-B
C-R36
A92
SW073-B*4
SW016-B
A51*2
NT-NM10
W35
BR2203
NT-NM12-B
BH14
BR6201
SW071-B
W35
SW016-B
NT-NM10
C-R36
BH14
C-R36
W36-B
NT-NM10
A91
NT-NM10
NT-NM12-B
C-R36
C-R36
NT-NM12-B
A84
NT-NM10
SW071-B
A84
SW071-B
W36-B
BH14
NT-NM12-B
6

PARTS LIST

NO	NAME	QTY	NO	NAME	QTY
A	Main frame	1	A36	Ground wire	1
A1	SENSOR WIRE 900mm	1	A37	Ac power switch to power cord	1
A2	Sensor wire	1	A39	Axle	1
A3	Motor	1	A40	Power cord	1
A3-1	Screw	4	A42	Flywheel	1
A4	Dc wire dc wire	1	A43	Flywheel cover	2
A5	Nut	1	A45	Magnetic housing	1
A6	Sensor wire	1	A50	Front pedal support tube	2
A7	Sensor wire housing	1	A51	Motor push rod	2
A8	Screw	1	A54	Pushrod bracket	2
A9	Connection slice	2	A55	Pushrod bracket	2
A10	Adaptor	1	A56	Front cover	2
A11	Screw m3x8	4	A57	End cap	4
A12	Sleeve	2	A58	Side cover bolts	4
A13	End cap	2	A61	Nylon sleeve	8
A14	Stabilizing feet	2	A62	BOLT M8 x 20	8
A15	Stride length control	1	A64	Washer m8	8
A16	Stride length sensor wire	2	A65	BOLT M12 x 53	2
A17	Wheel	2	A67	Nut m12	2
A18	Spring	1	A69	Bearing sleeve	14
A20	Belt wheel	1	A75	Oscillating axle base (L)	1
A21	Magnet	1	A76	Oscillating axle base (R)	1
A22	Axle	1	A77	Handlebar support cover	2
A23	Overload protection	1	A80	Front connecting shaft	2
A24	Wire (overload switch to ac power switch)	1	A84	Bearing sleeve	12
A25	Power connection wire	1	A90	Nut m10	2
A26	Switch ac power	1	A91	End cap	2
A27	Power cord socket	1	A92	Crank housing	2
A28	Bearing nut	1	A94	Main chain cover (L)	1
A29	Belt	1	A95	Main chain cover (R)	1
A30	Crank	2	A96	Small chain cover (L)	1
A31	Flat key	2	A97	Small chain cover (R)	1
A33	Turing plate	2	A99	Screw m4x19	8
A34	Plate	1	B1	Pedal support tube (L)	1
A35	Overload switch to ac power switch	1	B2	Pedal support tube (R)	1

B3	Pedal housing (L)	2	D12	Foam spacer ring Ø 23 x 3tt x 150 mm	2
B4	Pedal housing (R)	2	D13	Foam grip Ø 23 x 3tt x 150 mm	2
B5	Lower pedal support tube	2	D14	Sensor wire	1
B9	Pedal bracket (L)	1	D16	Sensor wire	1
B10	Pedal bracket (R)	1	D17	Sensor wire L1	1
B11	Foot rest (L)	1	D18	Sensor wire L2	1
B12	Foot rest (R)	1	D19	Pc board load -	1
B13	Front cover pedal (L)	1	D20	Toggle load -	1
B14	Cushion pad (L)	1	D21	Toggle cover P1	1
B15	Pedal (L)	1	D22	Toggle cover P2	1
B18	Pedal (R)	1	D23	Pc board load+	1
B19	Cushion pad (R)	1	D24	Toggle load+	1
B20	Front cover pedal (R)	1	D25	Screw	4
B21	Upper cap for pedal support	2	D26	Sensor wire	1
B22	Lower cap for pedal support	2	D27	Sensor wire	1
B23	Screw	2	E1	Handle bar (L)	1
B24	Middle pedal support rod	2	E2	Handle bar (P)	1
B34	Screw	4	F1	Central support tube	1
B35	Pedal reinforcement strip	4	F2	Iron bracket	1
B36	Screw	8	F3	Central support tube cover (L)	1
C1	Side connecting tube (L)	1	F4	Central support tube cover (P)	1
C2	Side connecting tube (R)	1	F6	Screw	2
C3	Adjusted nut	2	G	Console	1
C4	Adjusted end	2	G1	Screw	4
D	Console holder	1	G2	Stride length LED sensor	1
D1	Sensor wire 350 mm	1	H	Water bottle holder	1
D2	Sensor wire 200 mm	1	I	Adapter	1
D3	Sensor wire 300 mm	1	J3	Screw M4 x 6	2
D4	Handle pulse wire	2	L1	Side tube cover set (L1)	1
D5	Handle pulse ring Ø 31,8 x 0,9t x 19,5 mm	2	L2	Side tube cover set (L2)	1
D6	Spacer ring Ø 32 x 30,4	2	L3	Side tube cover set (L3)	1
D7	Handle pulse	4	L4	Side tube cover set (L4)	1
D8	Upper handle pulse housing	2	R1	Side tube cover set (R1)	1
D9	Lower handle pulse housing	2	R2	Side tube cover set (R2)	1
D10	Handle pulse ring Ø 31,8 x 0,9t x 19,5 mm	2	R3	Side tube cover set (R3)	1
D11	Plastic pipe	2	R4	Side tube cover set (R4)	1

ASSEMBLY MATERIAL

NO	NAME	QTY	NO	NAME	QTY
SW001-B	Screw M3 x 8	4	SW056-B	Screw M4 x 12	6
SW004	Screw M4 x 15	12	SW057-B	Screw M4 x 16	6
SW006	Screw M6 x 12	8	SW060	Screw M4 x 38 mm	4
SW007	Screw M3 x 10	4	SW069-B	Screw M8 x 16	4
SW013-B	Screw M8 x 25	4	SW071-B	Screw M12 x 53	2
SW014-B	Screw M8 x 28	6	SW072-B	Screw M12 x 79	8
SW015-B	Screw M8 x 40	4	SW073-B	Screw M12 x 109	4
SW016-B	Axle	2	SW074-B	Screw M12 x 133	2
SW020	Screw M4 x 20	10	SW076	Screw M5 x 15	2
SW029-B	Screw M5 x 10	2	SW082-B	Screw M8 x 45	2
SW031	Screw M10 x 40	2	SW088-B	Screw M10 x 16	4
SW039-B	Screw M8 x 20	10	SW094	Screw M6 x 20	1
SW047	Screw M5 x 12	2	SW099-B	Screw M8 x 55	4
SW049	Screw M5 x 10	4	SW101	Screw M8 x 45	1

NO	NAME	QTY	NO	NAME	QTY
BR6005	Bearing 6005zz	2	BH02	Bush Ø 7.9*Ø (12+15)+(3.8+7)	8
BR6905	Bearing BR6905zz	2	BH08	Bush Ø 15*Ø 12.35*90L	2
BR2203	Bearing BR2203	2	BH09	Bush Ø 15*Ø 12.35*52L	1
BR6201	Bearing BR2203zz	20	BH12	Bush Ø 16*Ø 12.05*20L	4
BR6001	Bearing 6001zz	10	BH14	Bush Ø 16*Ø 12.05*10.5L	8
BR6003	Bearing 6003zz	2	BH15	Bush Ø 19*Ø 12.05*48.5L	2
BR6004	Bearing 6004zz	2	BH16	Bush Ø 29.2*Ø 25.2*5L	1
			BH17	Bush Ø 29.2*Ø 25.2*54.4L	1
			BH13	Bush Ø 16*Ø 12.05*14.75L	12

NO	NAME	QTY	NO	NAME	QTY
NT-M8-B	Nut M8	5	W26-B	Washer Ø M8	4
NT-M4	Nut M4	10	W37	Washer Ø 20*Ø 12*2T	4
NT-NM8-B	Nut M8	14	W36-B	Washer Ø 20*Ø 12*1.5T	16
NT-NM10	Nut M10	4	W35	Washer Ø 20*Ø 10*3T	2
NT-M12	Nut M12	3	W31	Washer Ø 19*Ø 6.2*2T	2
NT-NM12-B	Nut M12	16	C-R17	Clip R17	1
NT014-B	Nut M8 x 28	6	C-R28	Clip R28	4
			C-R36	Clip R36	12

ASSEMBLY

Lay the box down flat so that the lid can be lifted. Unpack the handle bars, side support tubes, pedal support tube and owner's manual. Remove the top polyfoam pieces 1 & 2 and finish up packing the console, console holder, central support tube, pedal support tube, and hardware bag, leaving the Main frame (A) and bottom polyfoam pieces 3 & 4 inside the box until you are instructed to remove them.
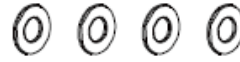
POLYFOAM(1)

POLYFOAM(2)

PARTS LIST

A Main frame

D Console support tube

E2 Handlebar (R)

E1 Handlebar (L)

C1 Side connecting tube (L)

B1 Pedal supporting tube (L)

B2 Pedal supporting tube (R)

C2 Side connecting tube (R)

L Side tube cover set

R Side tube cover set

G Console

F1 Central support tube
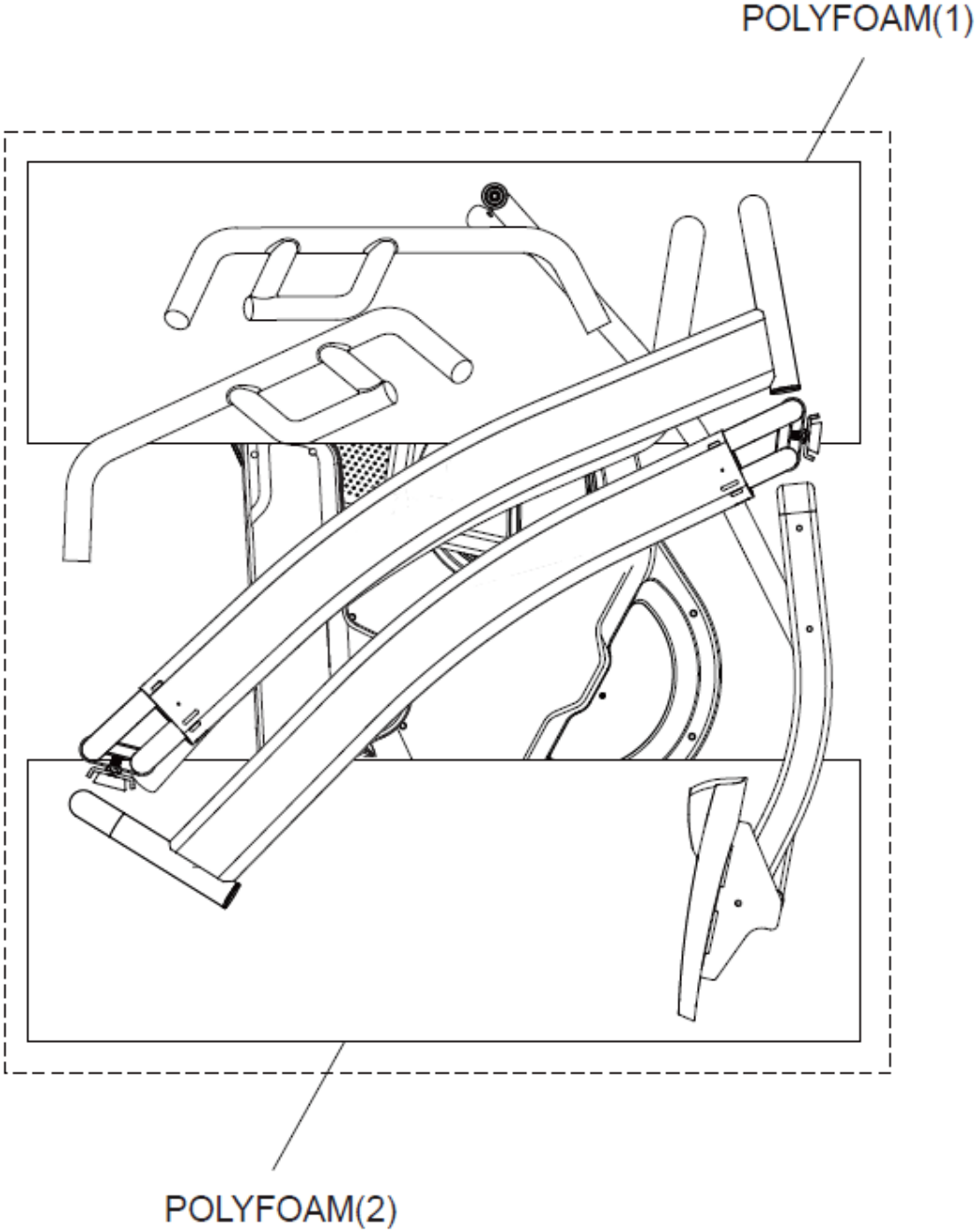
F2 Iron bracket
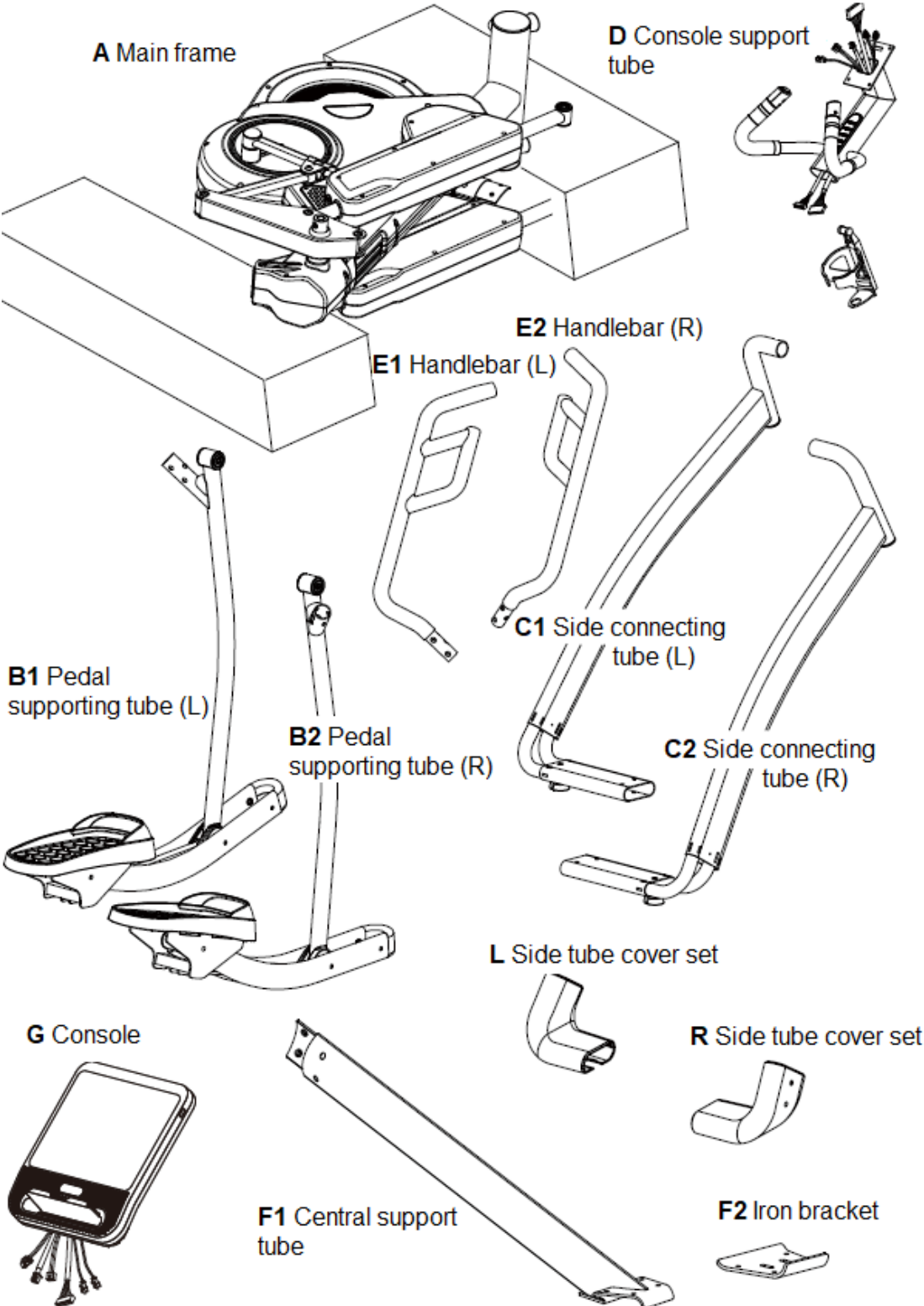
(SW057-B)
Screw M4X16

(J3) Screw M4X6

(SW099-B)
Screw M8X55

(W26-B)
Washer M8

(SW039-B)
Screw M8X20

(SW072-B)
Screw M12X73
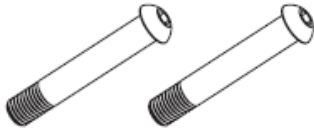
(W36-B)
Washer M12
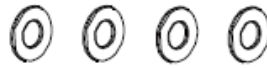
(NT-NM12-B)
Nut M12

(SW073-B)
Screw M12X109
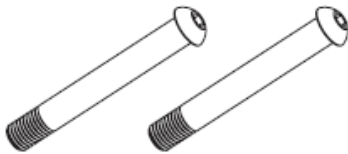
(SW069-B)
Screw M8X16

(SW047)
Screw M5

TOOLS

4m/m

5m/m
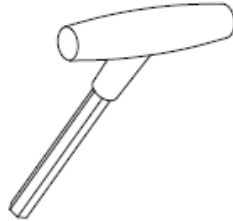
6m/m*2
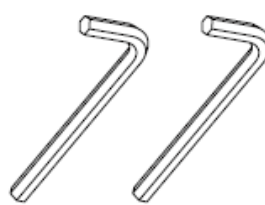
#19

STEP 1

Central support tube

1. Remove the two pre-assembled screw (SW088-B) from the Main frame(A) and two screws (SW088-B) from the Central support tube (F1).

2. Connect the Central tube (F1) to the Main frame (A), use the previously removed screw (SW088-B) to attach them.

Note: Tighten all screws (SW088-B) before Step 2.

A

6m/m

F1

SW088-B
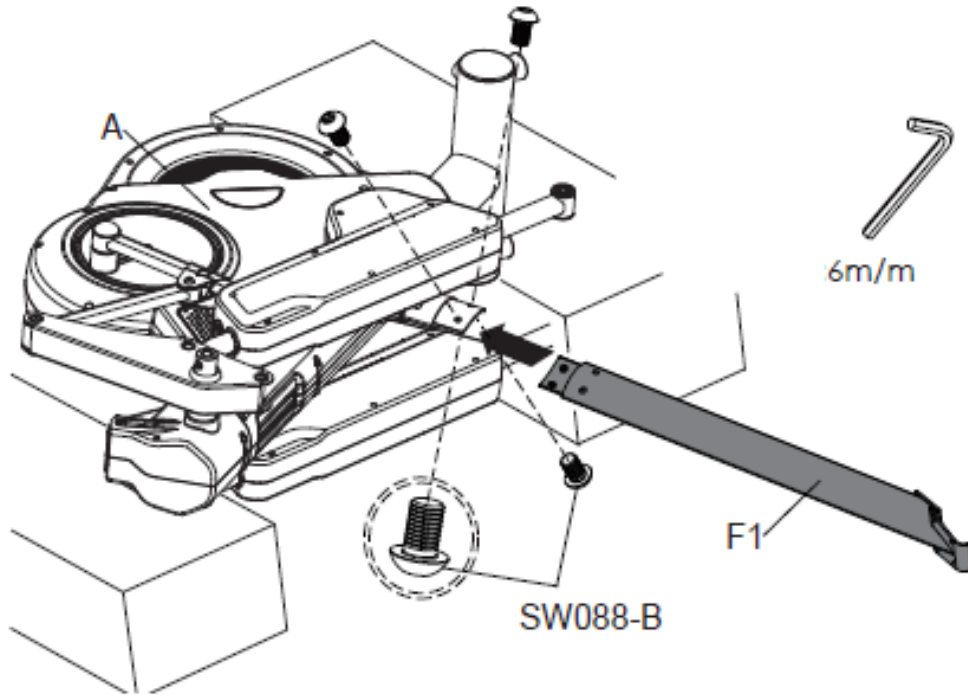
STEP 2

Side cover sets

1. Assemble Cover (R2) with Cover (R1) and connect with screw (SW057-B)
2. Connect Cover (R1+R2) on the right side of Connecting tube (C2).
3. Connect the Cover (R3) on Tube (C2).
4. Connect the Cover (R4) on Tube (C2).
- To connect Cover use Screws (J3) and (SW057-B) as shown on the picture below.

Repeat on the other side.

USE TOOL:4m/m
(Phillips Screw Driver)
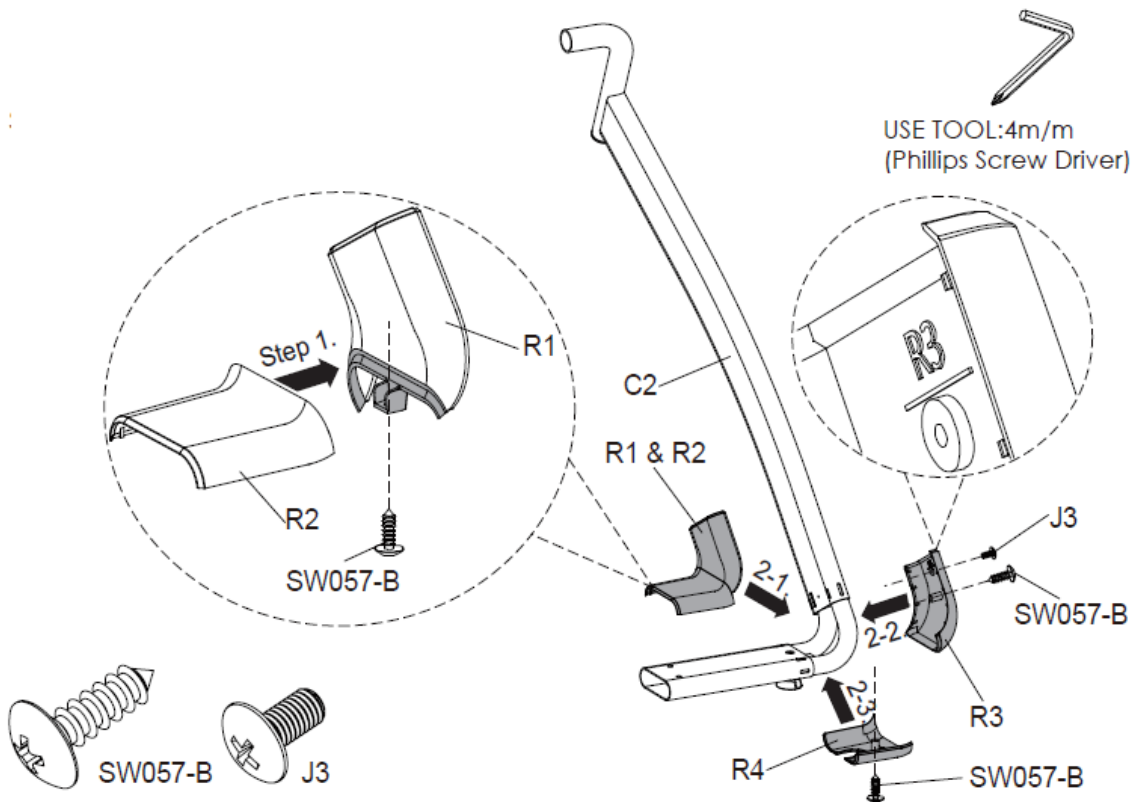
STEP 3

Ride side connection tube

1. Connect the Tube (C2) to Main frame (A) according to VIEW A.

2. With Screws (SW039-B) M8x20 connect the Tube to the Frame.

3. Refer to the VIEW B, use 2 pieces Screw (SW099-B) M8x55 two Washers (W26-B) and the Iron to the bottom of the Frame bracket (F2) to attach the Tube

4. Raise Frame (A) with another person and remove the rest of the packing material.

**Note**: Tighten SW039-B and SW099-B only after completing 3 Step.
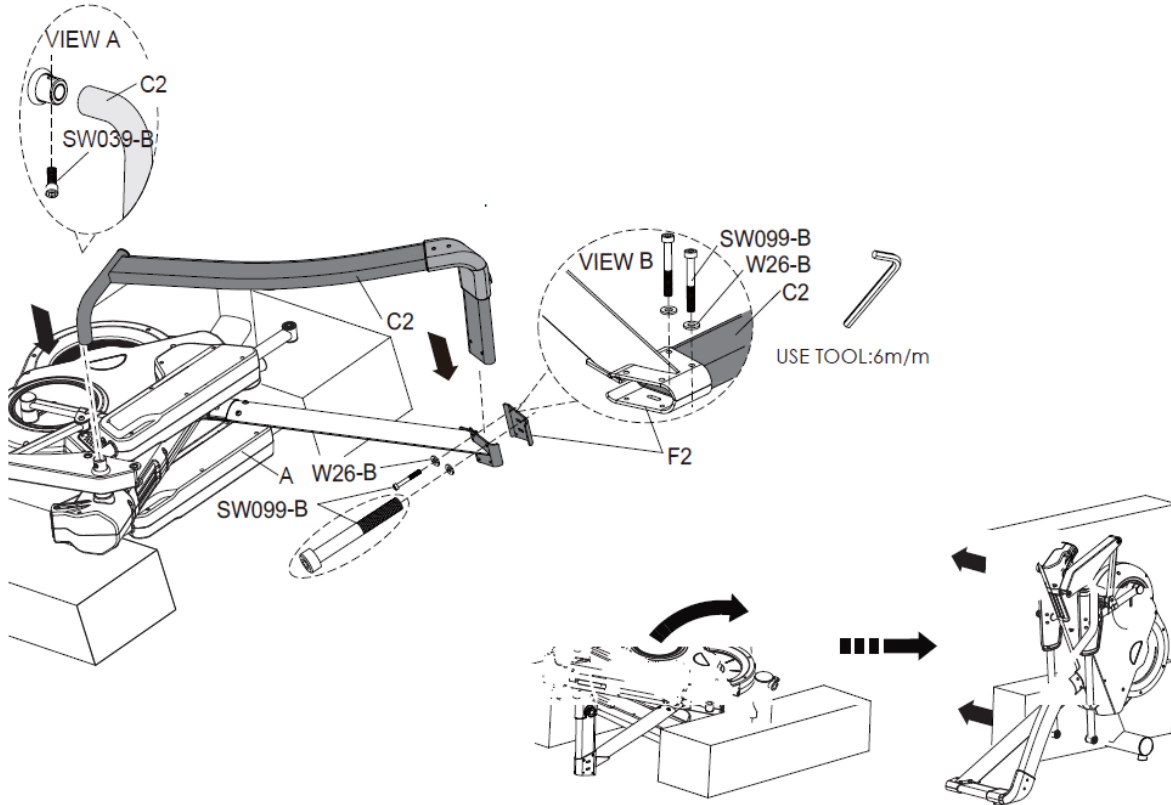
STEP 4

Connecting of left side tube and joint cover assembly

1. Connect the left Tube (C1) to the Frame (A).

2. Attach the Tube to the Frame on the top with the Screw (SW039-B) and on the bottom with two Screws (SW099-B), two washers (W26-B) to the Iron Support (F2).

3. Tighten all Screws (SW088-B, SW099-B and SW039-B).

**Note:** Make sure that the central supporting tube is assembled in a position parallel with the main frame tube to avoid the pedals to hit central supporting tube.
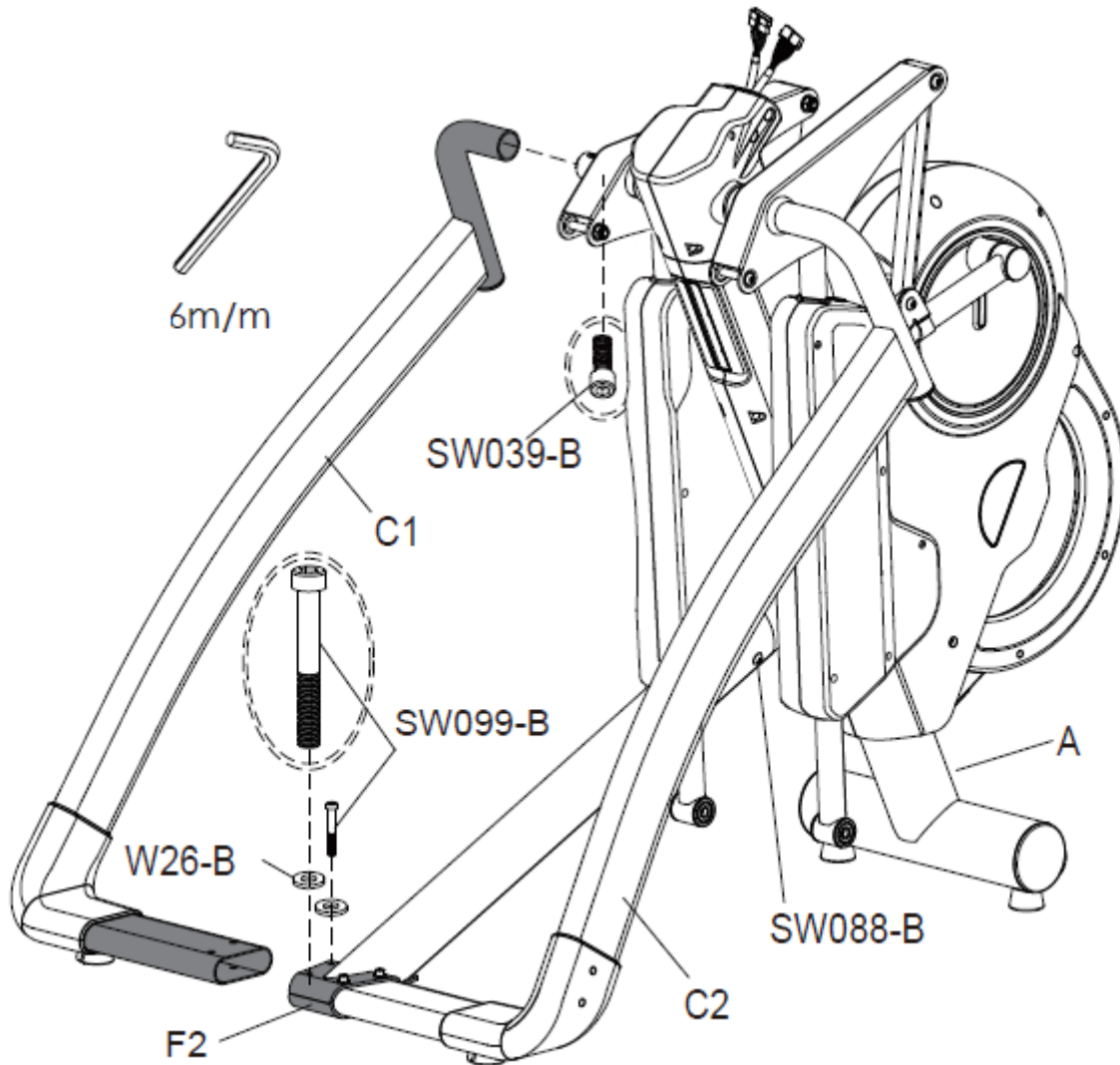
## KROK 5

Pedal support

1. First secure the Screw (SW073-B), with Washer (W36-B) and Nuts (NT-NM12-B) according to VIEW C.

2. Connect the right Tube (B2) to the Main frame (A) and secure with Nut (NT-NM12-B), Washer (W36-B) and Screw (SW072-B) according to View D.

3. After assembling in VIEW D, secure the tube by tighten the pre-installed Screw (SW073-B) and Nut (NT-NM12-B) according to VIEW E.

4. Connect the left Tube (B1) the same way.
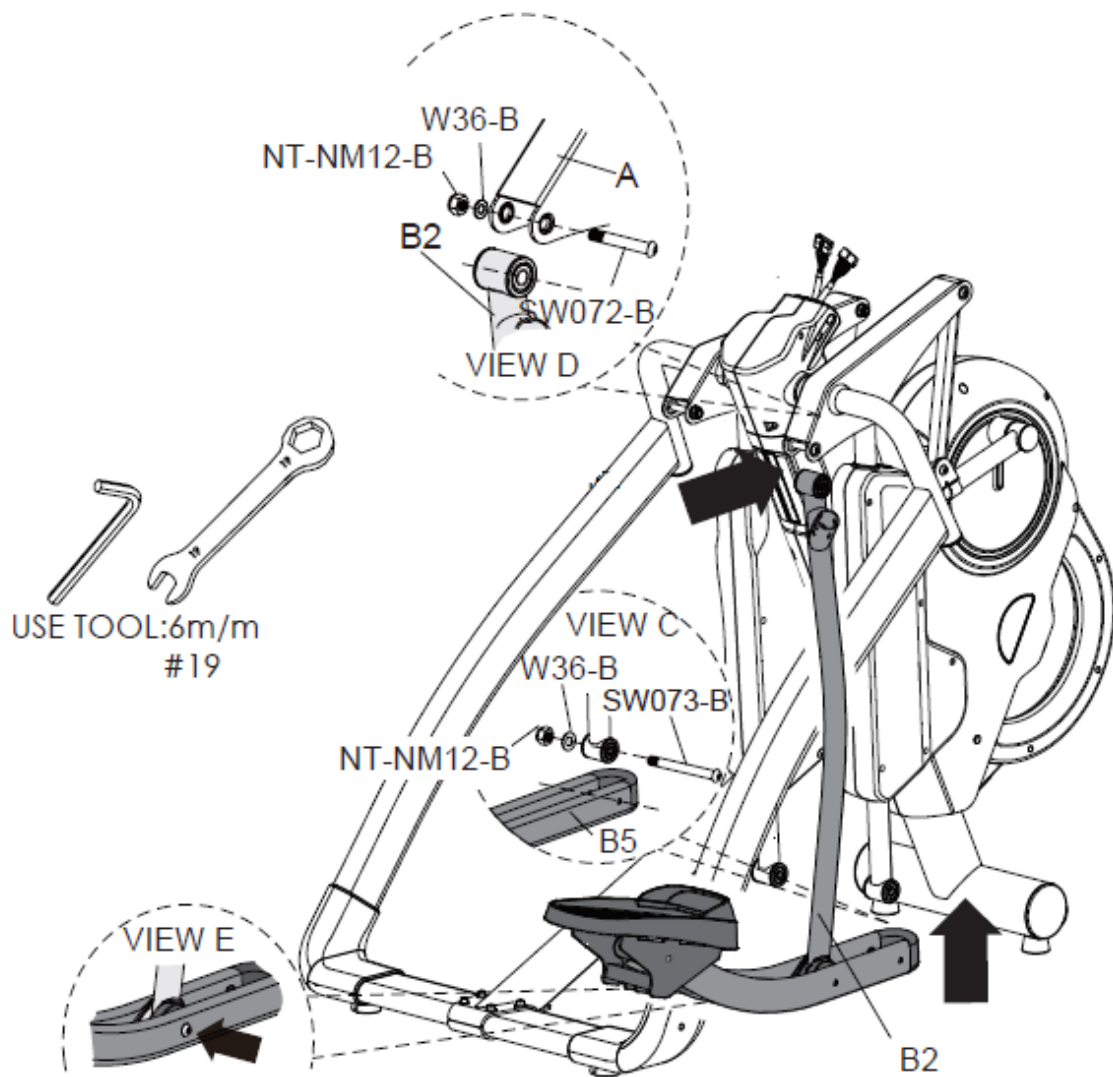
STEP 6

Handlebar assembly

1. Remove six pre-assembled Screws (SW014-B a NT014-B) from left Handlebar (E1).

2. Connect the left Handlebar (E1) to the Main frame (A) with screws (SW014-B a NT014-B) according to VIEW F.

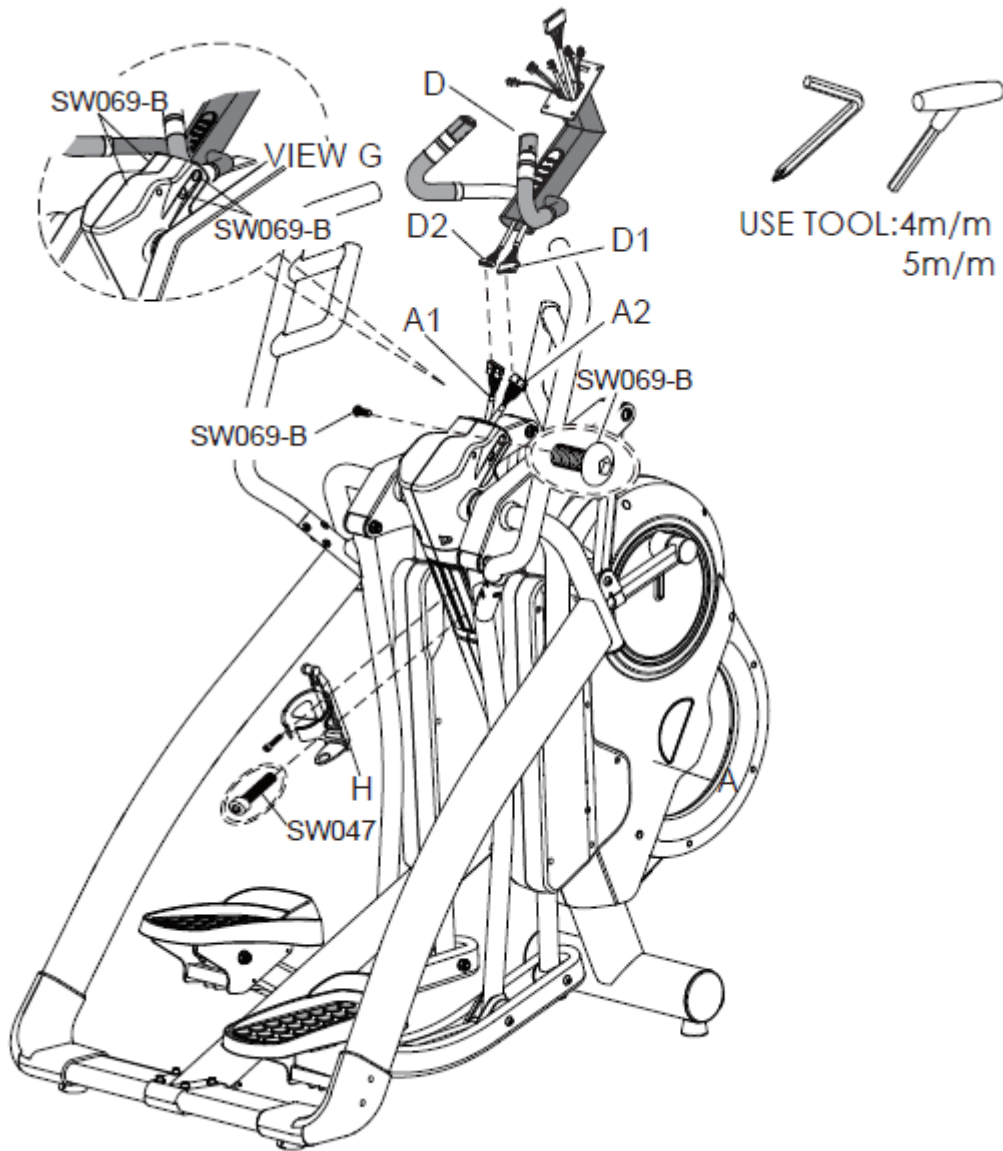3. Right Handlebar (E2) connect the same way.
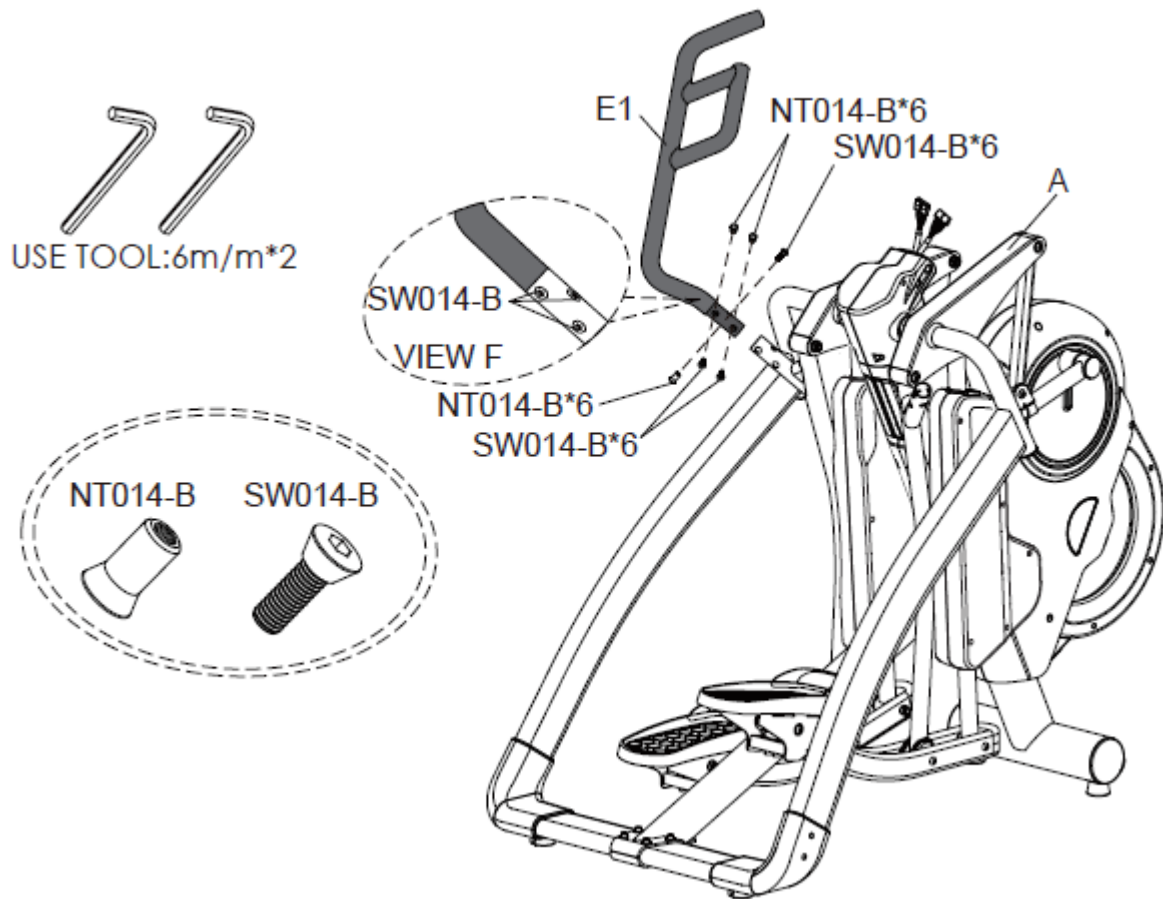
STEP 7

Console holder

Connect Cables (D1 and D2) from Console holder (D) to the Cables (A1 and A2) from Main frame (A).

With two screws (SW069-B) and two pre-assembled screws (DW069-B) connect the Console holder (D) to the Main frame (A). Tighten the screws according to VIEW G.

With screw (SW047) connect the Bottle holder (H) to the Main frame (A).

STEP 8

Console connection

1. Remove 4 screws (G1) from the back part of Console (G).

2. Connect cables (D1, D3, D14, 16) and cable (D4) to the Console.

   Make sure that the cables are properly connected, pushing the excessive cables into the Console holder (D).

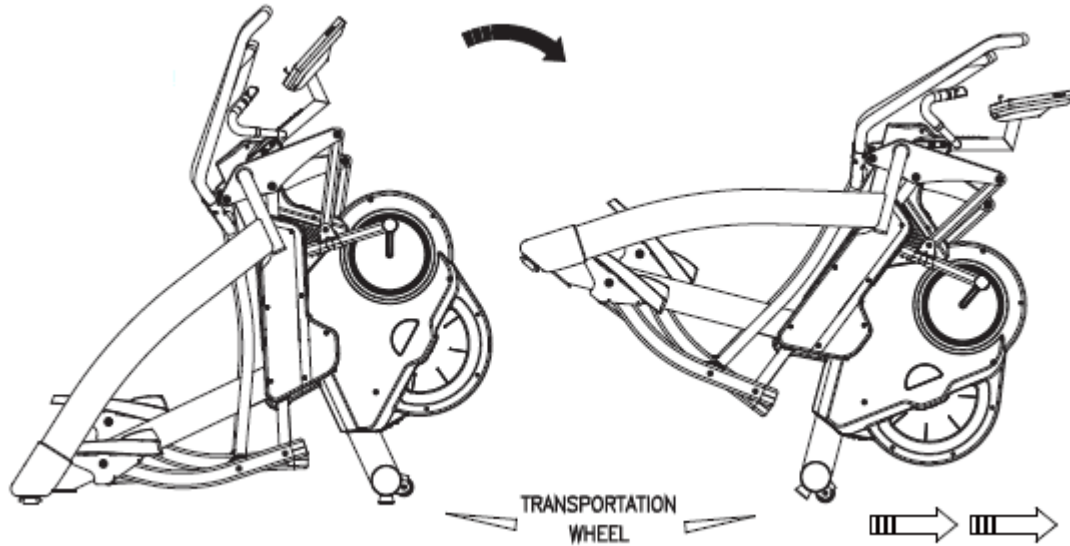   Console (G) connect to Console holder (D) with screws (G1).

3. Balance the device with rear stabilizer.

**Note**: You can adjust the angle of the console.
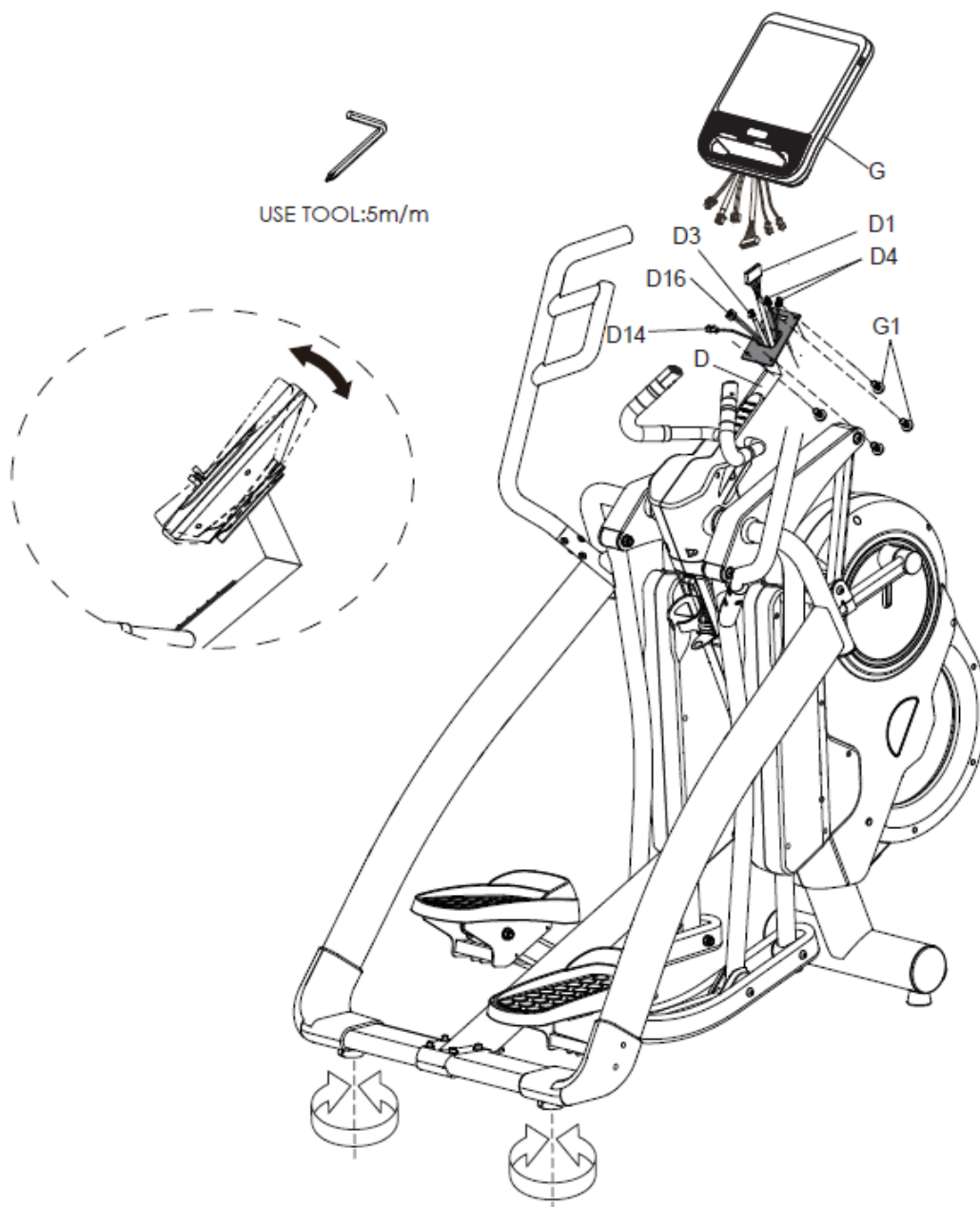
ELIPTICAL TRANSPORT

Never move an elliptical yourself. Seek assistance from another person. Raise the rear to the front wheels and move slowly.


TRANSPORTATION WHEEL

POWER CORD

1. Connect the power cord to the frame and then to the power outlet.

2. Turn the switch ON.

   0 – off, I – on

3. **Note:** The device is equipped with overvoltage protection. The overvoltage protection is activated when the device is overloaded. Turn off the power and turn on for restart.

3 OVERLOAD SWITCH

2 SWITCH AC POWER

1 POWER CORD
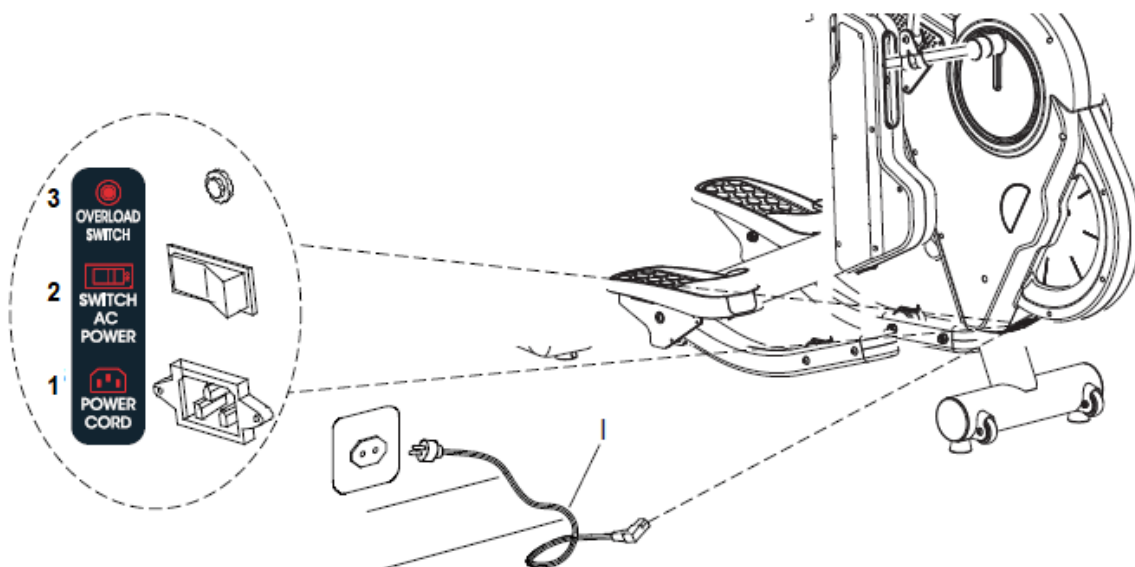
RESISTANCE

Once the console is turned on, you can use the buttons on the small handles to adjust the resistance. Press + LOAD to increase load, press –LOAD to reduce load.
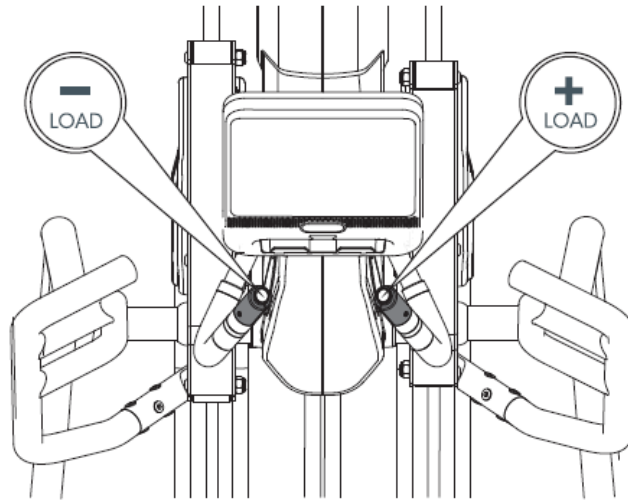

STRIDE LENGTH

Depending on the user's needs, it is possible to change the stride length to 18 ", 20", 22 ", 24" and 26 " as shown on the LED controller. The device is equipped with 5 speed dials. The stride length can be changed at any time during exercise. The current length will be displayed with a blue LED light.

The user can change the step length at will and preferences. The different length of the step also helps to train other muscle groups.

Note: Consult a professional trainer for more details.

Note: When you select the desired step length, you will hear the motor adjust the step length.
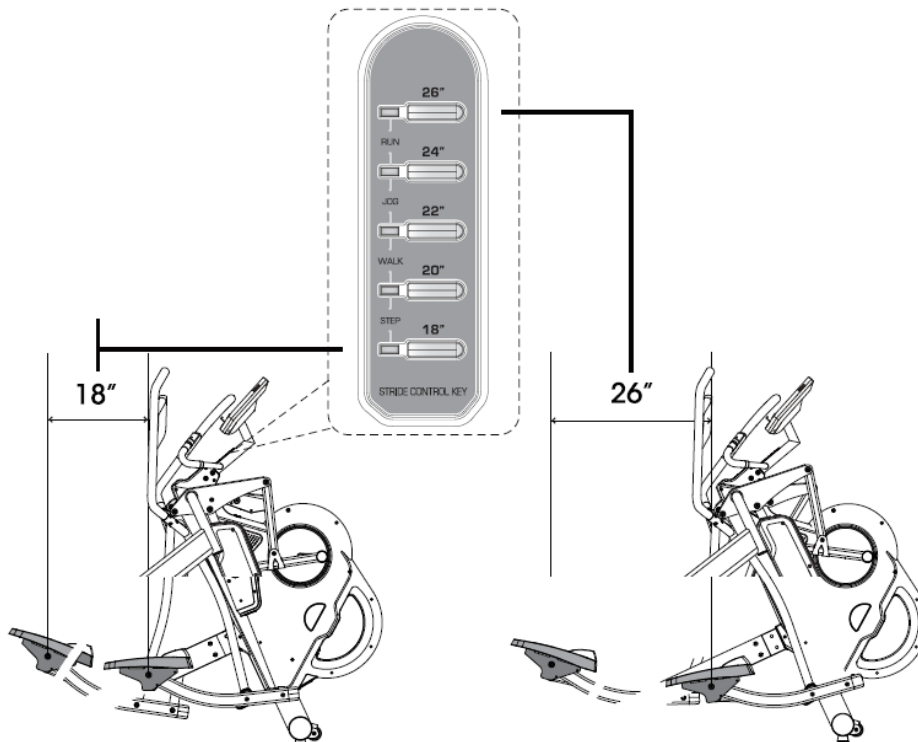
CONSOLE

FUNCTIONS

- Manual: Setup own program

- Program: Choose program

- WATT program: the machine increases or decreases the resistance so that the user performs the set performance (for example, increases the resistance when reducing the pedaling)

- HRC program: resistance adjustment to keep the heart rate in optimal zone. User can choose 55%, 75%, 90%.

- RECOVERY: Heart rate test (F1-F6)

- USER DATA: User settings (U0-U4), U0 – do not save data, U1-U4 – Saving data (Name, age, height, weight, gender)

- COMMUNITY: Multimedia

- Settings:
  - WIFI, volume, brightness, units, about
  - About: press 3x and enter password
    - WATT& ADC Group display (According to the control board to set the EEPROM group)
    - WHEEL settings – wheel diameter (default value 78")
    - R2R settings – Motor resistance
    - RETURN – return to menu

- Cable connection detection

BUTTONS

QUICK START BUTTON:

- When the console is in SLEEP mode, the quick start button can wake it up.
- When the console is in STAND BY mode, the button can quick start the console.

TFT display:

- All operations are performed on touch display

DISPLAY FUNCTION DESCRIPTION

TIME

Display shows values from 0:00 to 99:59

You can setup value from 0 to 99 (minutes), enter value on numerical keyboard

Display is divided into 10 segments:

- Max = 60 min, all segments
- Default value without program is 1 segment = 6 min
- If you choose program, the segment can have different value

When there's no setting value, the default setting is counting upward (after 99:59 it returns to 0:00)

When there's setting value, the default setting is counting downward, to 0:00 the console pause, all the operational values are saved.

SPEED

Display shows values from 0.0 to 99.9 km / mil

Display is divided into 10 segments:

- Max = 60 km, all segments
- Each segment is 6 km

After signal input for 3-4 seconds display will show value.

If there is no signal input for 4-6 seconds the value will return to 0.

RPM

Display shows values from 0 to 999

Display is divided into 10 segments:

- Max = 120 RPM, all segments
- Each segment is 12 RPM

After signal input for 3-4 seconds display will show value.

If there is no signal input for 4-6 seconds the value will return to 0.

DISTANCE

Display shows values from 0.0 to 60.

You can setup value from 0 to 99, enter value on numerical keyboard

Display is divided into 10 segments:

- Max = 10 km, all segments
- Default value without program is 1 segment = 1 km
- If you choose program, the segment can have different value

When there's no setting value, the default setting is counting upward (after 99:99 it returns to 0:00)

When there's setting value, the default setting is counting downward, to 0:00 the console pause, all the operational values are saved.

CALORIE (calories)

Display shows values from 0 to 999.

You can setup value from 0 to 990, enter value on numerical keyboard

Display is divided into 10 segments:

- Max = 150 Cal, all segments
- Default value without program is 1 segment = 1 Cal
- If you choose program, the segment can have different value

When there's no setting value, the default setting is counting upward (after 999 it returns to 0:00)

When there's setting value, the default setting is counting downward, to 0:00 the console pause, all the operational values are saved.

PULSE

Display shows values from 0 do 230

You can setup value from 0 to 230, enter value on numerical keyboard

Display is divided into 10 segments:

- Max = 120, all segments
- Default value without program is 1 segment = 12

Field display detection value when no value is set

When there is a set value, the field displays the detected value. When the heartbeat value exceeds the set value, the console will beep. The sound is 1 second 2 short beeps.

WATT

Display shows values from 0 to 999.

You cannot choose value

Display is divided into 10 segments:

- Max = 350, all segments
- Default value without program is 1 segment = 35

Values is according to RPM and LOAD

LOAD (RESISTANCE)

Display shows values from 1 to 16.

You can choose values from 1 to 16.

Displayed in 16 fragments (Max.)

USER

User profiles U0 – U4.

U0 – data are not saved after exercise

U1 – U4 – saves data to profile
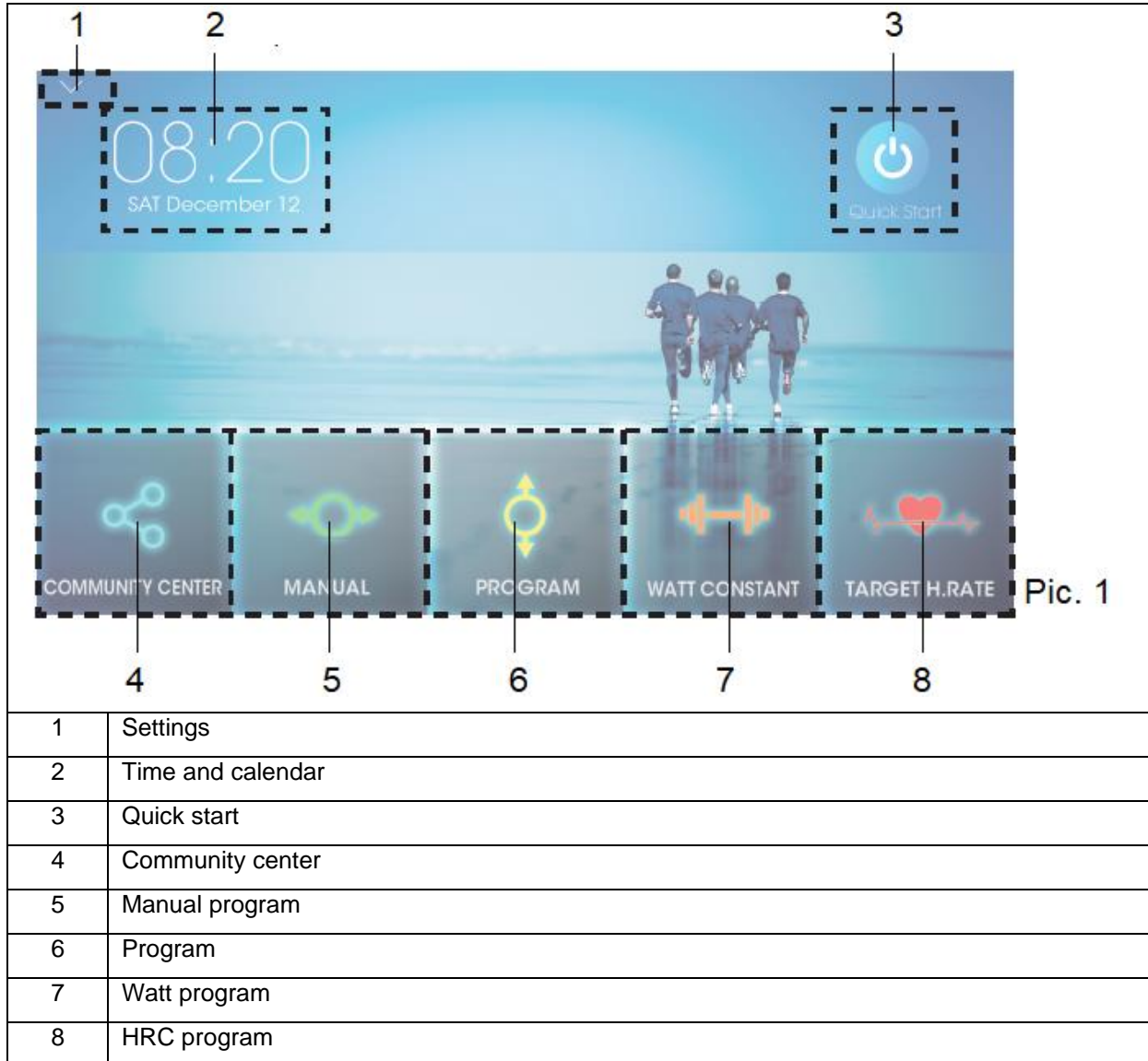
You can choose AGE, HEIGHT, WEIGHT, USER NAME, GENDER

- AGE: 1–99 (default value 25)
- HEIGHT: 100-250 cm (default value 160 cm)

  40–99 inches (default value 60 inches)
- WEIGHT: 20–150 kg (default value 50 kg)

  40–350 liber (default value 100 liber)
- USER NAME
- GENDER: MALE / FEMALE

INTRODUCTION

TURNING ON

1. The home screen will load after 30 seconds and will stay in standby mode (Pic. 1). You will see a panel of functions.

Pic. 1

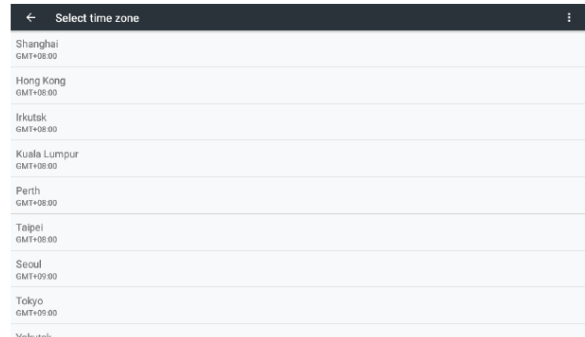| 1	Settings
2	Time and calendar
3	Quick start
4	Community center
5	Manual program
6	Program
7	Watt program
8	HRC program

2. In home screen you can setup time and date.

After entering the setting screen, please turn on Automatic time and date (Pic. 2) and choose your time zone
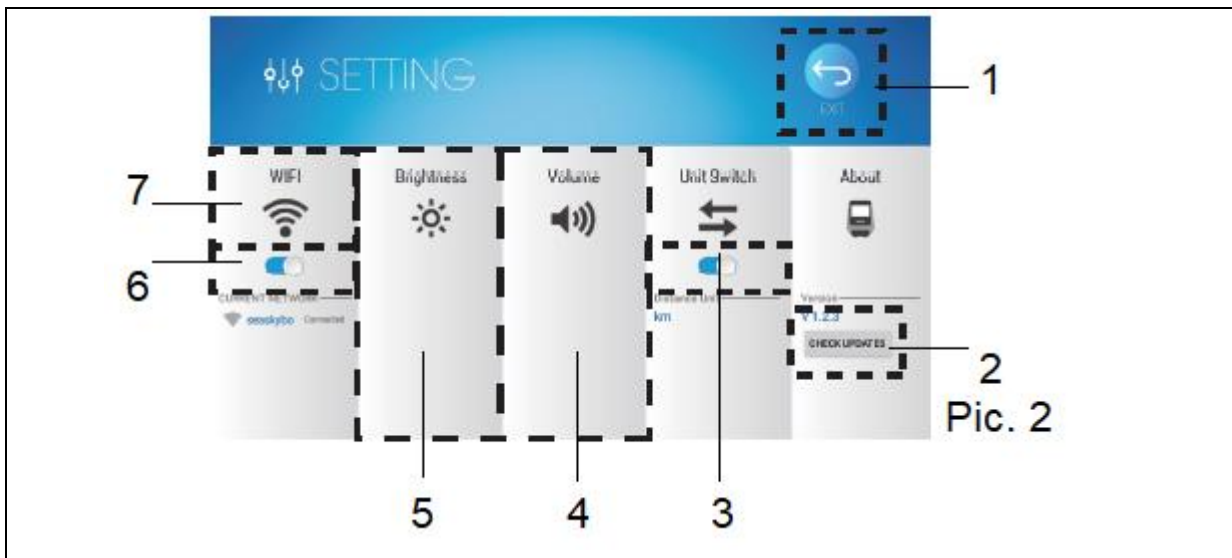

Pic. 2

Pic. 3

3. In standby mode, press QUICK START to turn on the quick start function.
4. In standby mode, press the arrow in the upper left corner to enter the settings.

Pic. 2

1	Exit settings
2	Updates
3	Change units
4	Volume
5	Brightness
6	Turn on / off WIFI
7	WIFI settings

The console version is displayed by pressing ABOUT. After pressing Check updates, the console will automatically search for the latest update.

If the console finds a newer update, the user can download it. After downloading, press install (Pic. 5 and Pic. 6)
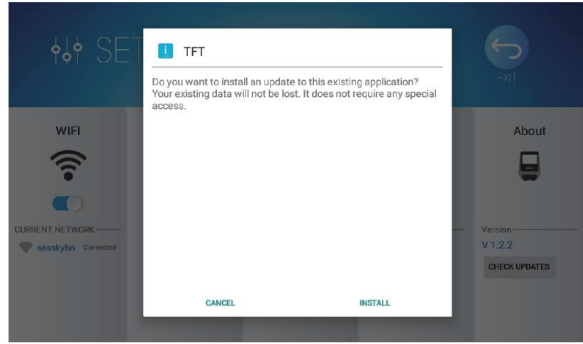
Pic. 5   Pic. 6

5. Select COMMUNITY CENTER, MANUAL, PROGRAM, WATT CONSTANT, TARGET H. RATE to enter the function.

QUICK START FUNCTION

Press QUICK START. You will enter settings (Pic. 7).

Pic. 7

1. If the RPM is higher than 15, SPEED, DISTANCE, RPM, CALORIES will be reset to zero after the value is exceeded and the countdown will start again.

2. Use the UP and DOWN buttons to set the load. The square graph changes every 0.1 km / mil

3. Press the PAUSE button to pause the program, PAUSE is displayed (Pic. 8). SPEED and RPM will return to 0. Other values are saved. Press CONTINUE to turn on the program.

Pic. 8

4. During the exercise, press RECOVERY to enter RECOVERY program. The countdown finish at 0. You will be shown the values and returned to the menu when you press any area on the display.

5. Press HOME to return to the home page.

COMMUNITY CENTER

1. Press COMMUNITY CENTER to enter the multimedia functions. (Pic. 9)
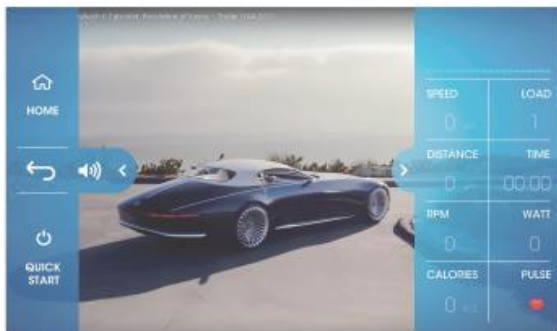

Pic. 9

Pic. 10

2. Use additional options (Pic. 10)

3. After selecting, use the arrow keys to open the options HOME – QUICK START – VOLUME – BACK (Pic. 11)

4. If no action is taken for 3 seconds the brightness is it decreases by 50%, you can press < arrow to hide the menu.

Pic. 11
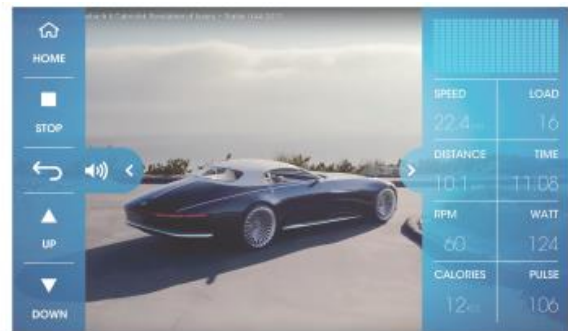
Pic. 12

5. By pressing the right arrow, you will display SPEED, LOAD, DISTANCE, TIME, RPM, WATT, CALORIES, PULSE.

6. Pressing < hide the function panel

7. Press QUICK START, each value will start counting. Use UP and DOWN to set resistance, PAUSE to pause the program. SPEED, RPM and WATT are reset, the other values are saved (Pic. 12).

8. Press HOME to return to the home page.

MANUAL PROGRAM

1. On home screen press MANUAL to enter settings

2. You can choose user U0 – U4. You will be displayed user information. (U0 is for guest, the data will not be saved).

3. You can setup AGE, HEIGHT, WEIGHT, GENDER and USER NAME.

4. Set up TIME, DISTANCE, CALORIES (Pic. 13)

5. Press EXIT to return to home screen.

6. Press START to turn on the program (Pic. 14).

Pic. 13

Pic. 14

7. After setting and pressing START, the set values will start a countdown. When one value reaches 0, the program stops and returns to the home screen.

8. Use the UP and DOWN buttons to change the load during training. The square graph changes every 0.1 km / mile. If the time is set, the square graph will change every 20 seconds.

9. Press the PAUSE button to pause the program, PAUSE appears on the display. SPEED and RPM return to 0. Other values are saved. Press CONTINUE to turn on the program. (Pic. 15)

Pic. 15

10. During the exercise, press RECOVERY to enter RECOVERY program. The countdown finish at 0. You will be shown the values and returned to the menu when you press any area on the display.

11. Press HOME to return to the home page.

PROGRAMS

1. On home screen press PROGRAM to enter settings. (Pic. 16).

Pic. 16

Pic. 17

2. You can choose one of 12 programs.

3. Choose user U0-U4. The corresponding data is displayed.

4. You can setup TIME and choose AGE, HEIGHT, WEIGHT, GENDER and USER NAME.

5. During setup, you can select EXIT to return to the home screen. Press START to turn on the program. The values start counting and the square graph will vary depending on the program and the selected values LOAD, PULSE, WATT, SPEED, DISTANCE, RPM, CALORIES, as shown in Pic. 17.

6. If the time is set, the START will start counting down. When it reaches 0, the program turns off and returns to the home screen.

Pic. 18

7. Use the UP and DOWN buttons to change the load during training. The square graph changes every 0.1 km / mile. If the time is set, the square graph will change every 20 seconds.

8. Press the PAUSE button to pause the program, PAUSE appears on the display. All values are saved. Press CONTINUE to turn on the program. (Pic. 18)

9. During the exercise, press RECOVERY to enter RECOVERY program. The countdown finish at 0. You will be shown the values and returned to the menu when you press any area on the display.

10. Press HOME to return to the home page.

WATT PROGRAM

1. On the Home screen, select WATT CONSTANT to enter the settings (Pic. 19).

Pic. 19

Pic. 20

2. Press WATT to set the value (default value 125 W).

3. You can choose user U0 – U4. You will be displayed user information. (U0 is for guest, the data will not be saved).

4. You can setup TIME and choose AGE, HEIGHT, WEIGHT, GENDER and USER NAME.

5. During setup, you can select EXIT to return to the home screen.

6. Press START to start the exercise. SPEED, RPM, TIME, DISTANCE, CALORIES, WATT (Pic. 20) are displayed.

7. If the time is set, the START will start counting down. When it reaches 0, the program turns off and returns to the home screen.

8. TARGET WATT CONSTANT DATA: Displays the value according to the WATT setting.

   REAL WATT CONSTANT DATA: Display WATT values according to current exercise.

   LOAD CONTROL DATA: Displays data combined with watt program and load.

11. Press the PAUSE button to pause the program, PAUSE appears on the display. All values are saved. Press CONTINUE to turn on the program. (Pic. 21)

Pic. 21

9. During the exercise, press RECOVERY to enter RECOVERY program. The countdown finish at 0. You will be shown the values and returned to the menu when you press any area on the display.

10. Press HOME to return to the home page.

11. WATT will display current messages:

- Too slow: Increase your speed. Current value <set value (1-25%)

- Moderate: Keep your speed. Set value (1+25%) > Current watt value> Set value (1-25%)

- Too fast: Too fast. Current value> set value (1+25%)

HRC PROGRAM

1. From the Home screen, select TARGER H. RATE to turn on the feature (Pic. 22).

2. You can choose between TAG (user settings) 90%, 75%, 55% (Pic. 23).

Pic. 22

Pic. 23

3. You can choose user U0 – U4. You will be displayed user information. (U0 is for guest, the data will not be saved).

4. You can setup TIME and choose AGE, HEIGHT, WEIGHT, GENDER and USER NAME.

5. Press EXIT to return to home screen.

6. Press START to start the program. Values SPEED, RPM, TIME, DISTANCE, CALORIES, WATT will be displayed (Pic. 24).

Pic. 24

7. If the time is set, the START will start counting down. When it reaches 0, the program turns off and returns to the home screen

8. TAERGET HEART RATE DATA: BPM are displayed according to age.

   REAL HEARTH RATE DATA: BPM display current value.

   LOAD COTROL DATA: Display current load.

9. If the heart rate does not exceed the specified value, the load will increase every 30 seconds until it reaches the desired heart rate. If the heart rate exceeds a specified value, the load is reduced by 1 level every 15 seconds up to 1 load level. Then the program stops. If no pulse is

detected, the load is immediately reduced to 1 level. If no additional 30 seconds are detected, the program stops immediately.

10. If heart rate is not detected, you will be notified.

11. The console returns to the home screen if the heart rate is not detected for 30 seconds.

12. During the workout, press PAUSE, to stop the exercise, all data will be stored and the motor will return to 1 load.

13. During the exercise, press RECOVERY to enter RECOVERY program. The countdown finish at 0. You will be shown the values and returned to the menu when you press any area on the display.

14. Press HOME to return to the home page.

RECOVERY FUNKCE

1. During exercise, press RECOVERY to directly enter the function, the motor returns to load 1. (Pic. 25)

2. The console starts to perform the 60 second countdown, and the result value is displayed after 60 seconds. (Pic. 26)

3. During the program, touch the display to return to the home screen.

4. After reaching 0, you will be shown F1 – F6. Press the display to return to home screen.

Pic. 25

Pic. 26

F1	Outstanding
F2	Excellent
F3	Good
F4	Fair
F5	Below average
F6	Poor

NOTES

- The console switches to SLEEP MODE if it does not receive a 5 minute signal.

- You can wake the console by pressing the QUICK START button when the console enters Sleep mode

- If you use MULTIMEDIA, the console will not enter standby mode. If you are not using the console, exit MULTIMEDIA and return to the home screen.

- Never update programs in MULTIMEDIA

- Before updating you need to turn on the WIFI.

USE OF ELEPTICAL TRAINER

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

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

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

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

MAINTENANCE

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

ENVIRONMENT PROTECTION

After the product lifespan expired or if the possible repairing is uneconomic, dispose it according to the local laws and environmentally friendly in the nearest 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, wear of brake pads/blocks, chain, tires, cassette/multi wheel etc.)

- Unavoidable event, natural disaster

- Adjustments made by unqualified person

- Improper maintenance, improper placement, damages caused by low or high temperature, water, inappropriate pressure, shocks, intentional changes in design or construction etc.

Warranty Claim Procedure

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

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

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

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

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

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

CZ
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