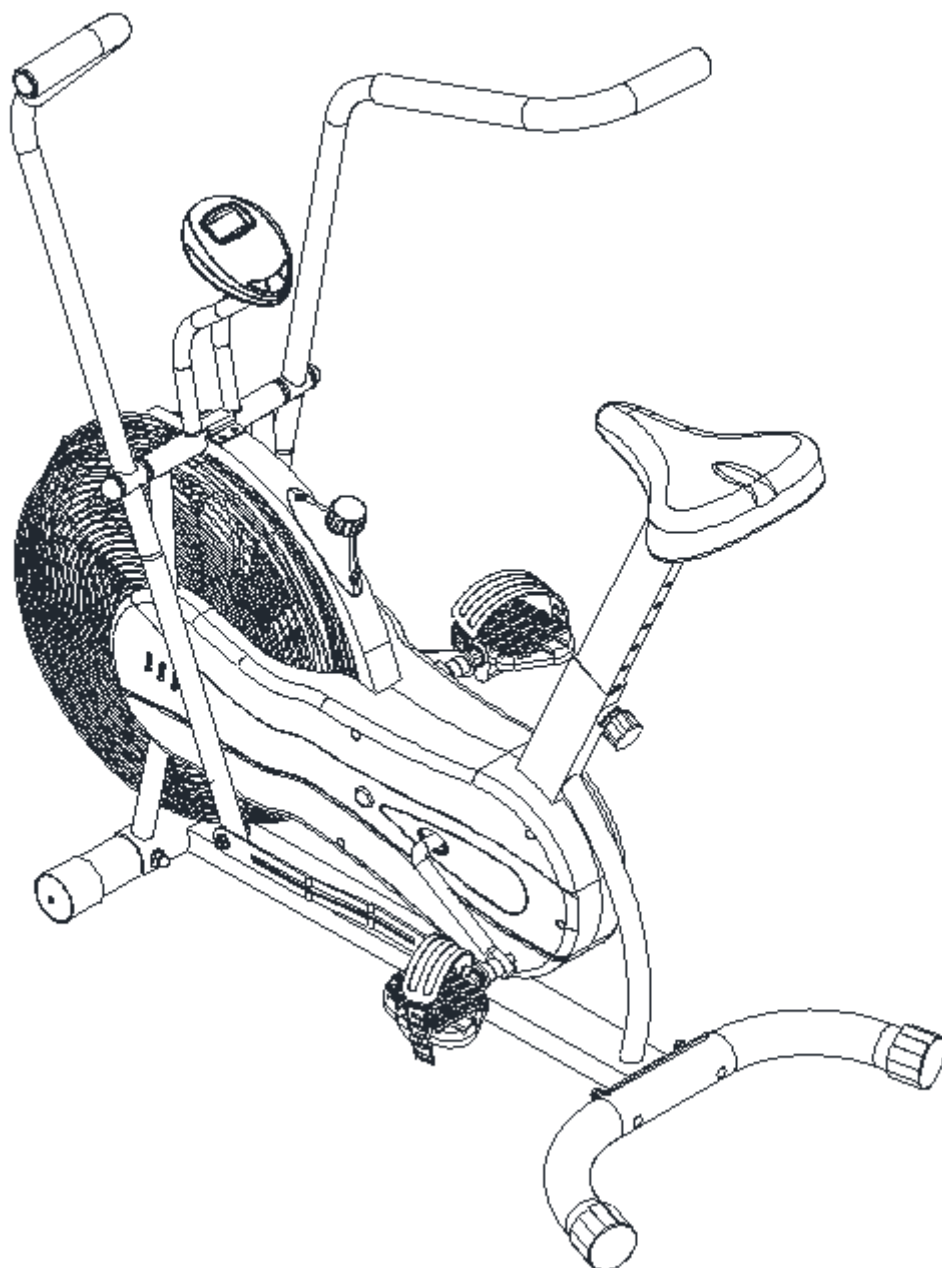




USER MANUAL – EN

IN 20147 Air exercise bike inSPORTline Airbike Basic



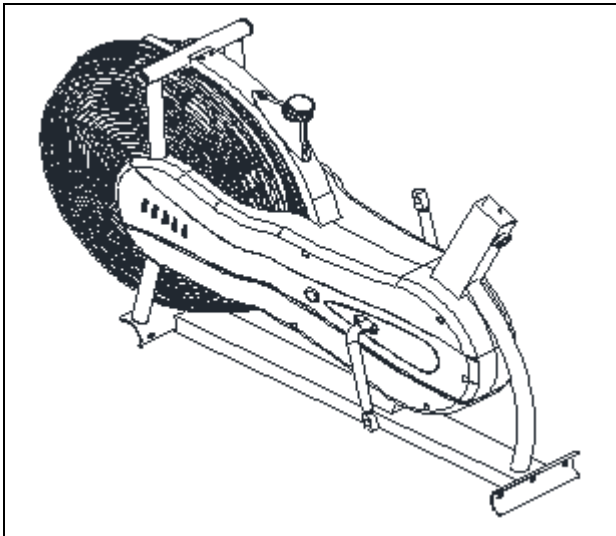
CONTENTS

- SAFETY INSTRUCTIONS..... 3
- ASSEMBLY 4
- CONSOLE 11
- USE 12
- EXERCISING INSTRUCTIONS 12
- CORRECT BODY POSTURE 13
- MAINTENANCE 13
- STORAGE 13
- IMPORTANT NOTICE 13
- ENVIRONMENT PROTECTION 14
- DIAGRAM 15
- PARTS LIST 16
- TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS..... 17

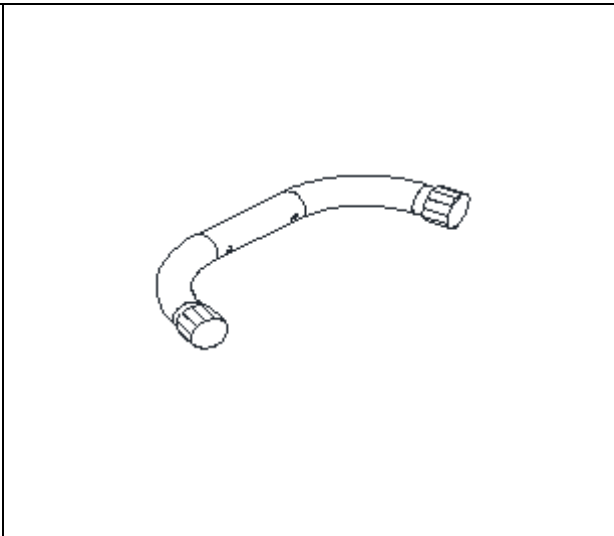
SAFETY INSTRUCTIONS

- Read all instruction in this manual before using this equipment and keep it for future references.
- Use the machine only for its intended use as described in this manual.
- Inspect and tighten all the loose parts before this equipment is used.
- Keeps hands away from moving parts.
- Keep children and pets away from the machine at all time. DO NOT leave children unattended in the same room with the machine.
- Before using the machine to exercise, always do stretching exercise to properly warm up.
- Inspect the machine before each use; make sure all of the connections are tightly secured.
- Only one person at a time should use the machine.
- If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
- Position the machine on a clear, levelled surface. DO NOT use the machine near water or outdoor.
- Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Sporting shoes are recommended when using the machine.
- Do not place any sharp object around the machine.
- Disabled persons should not use the machine without a qualified person or physician in attendance.
- Never operate the machine if the machine is not functioning properly.
- Only carry out training work on the equipment when it is in perfect working order. Only use original spare parts in the event of a repair.
- Do not use strong solvents for cleaning, and only use the tools supplied, or suitable ones of your own, for any repairs that may be required.
- Please dispose of the packaging and any parts that have to be replaced subsequently (all parts for the unit) at suitable collecting points or containers with a view to saving the environment.
- DO NOT pull out the seat tube over the warning line" max" which showing on the tube, when you adjust the height of the seat.
- Not for therapeutic use.
- For safety keep at least 0.6 m free space around the device.
- Do not put sharp items on the device. Adjustable parts should not interfere with user's movement.
- **Weight limit:** 110 kg
- **WARNING!** The heart rate frequency monitoring may not be completely accurate. Overexertion during training can lead to a serious injury or even death. If you start to feel faint, stop the exercise immediately
- **WARNING:** Before beginning any exercise program, consult your physician. This is especially important for persons with pre-existing health problems. The seller assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

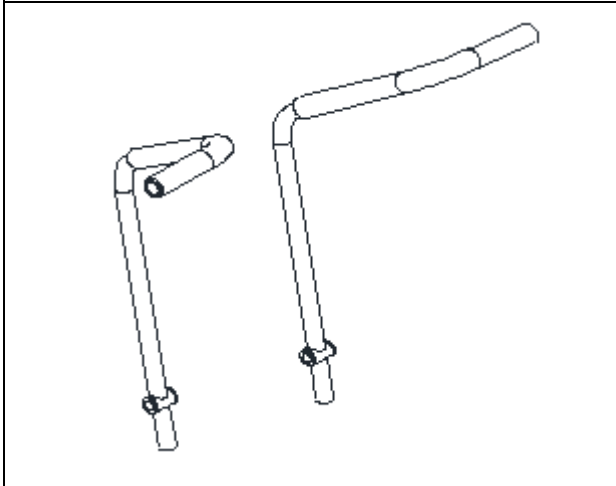
ASSEMBLY



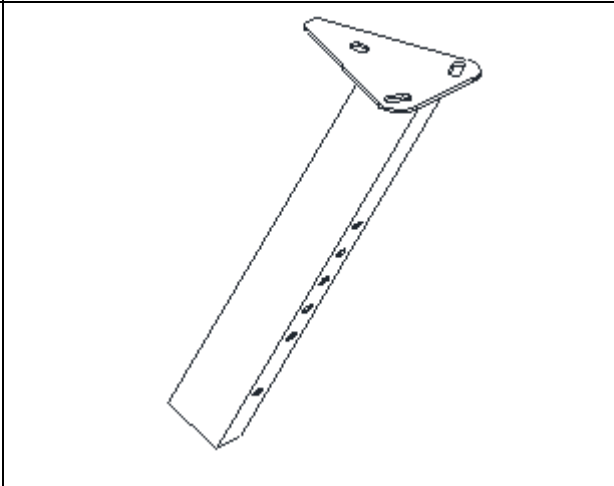
Pic. 1



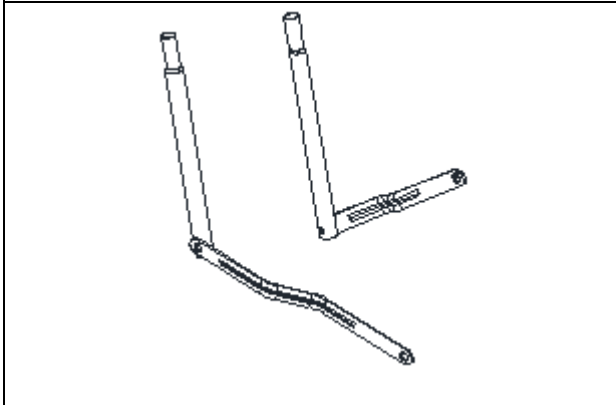
Pic. 2



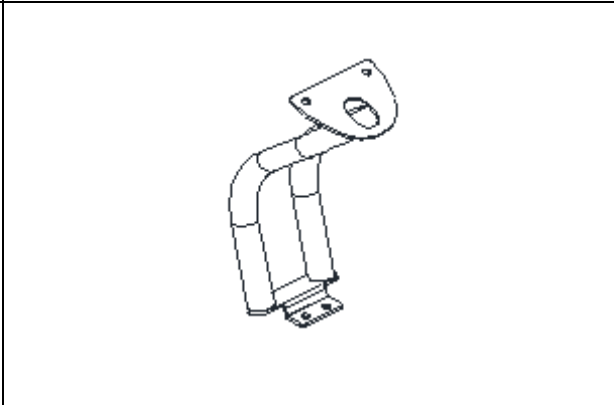
Pic. 3/4



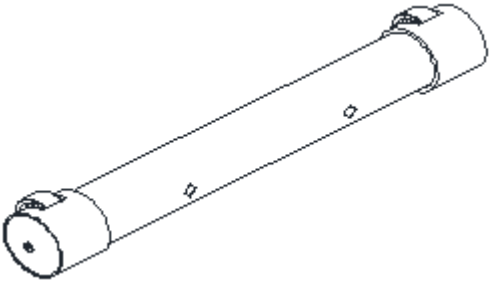

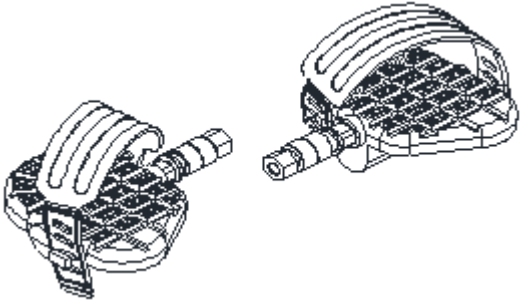

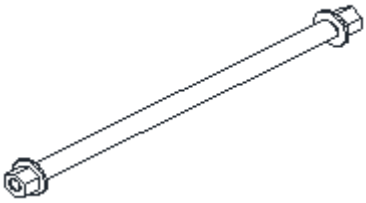
Pic. 5



Pic. 6L/10R

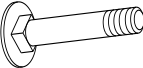
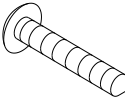
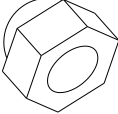








Pic. 7

	
Pic. 8	Pic. 14
	
Pic. 15/16	Pic. 17
	
Pic. 21	

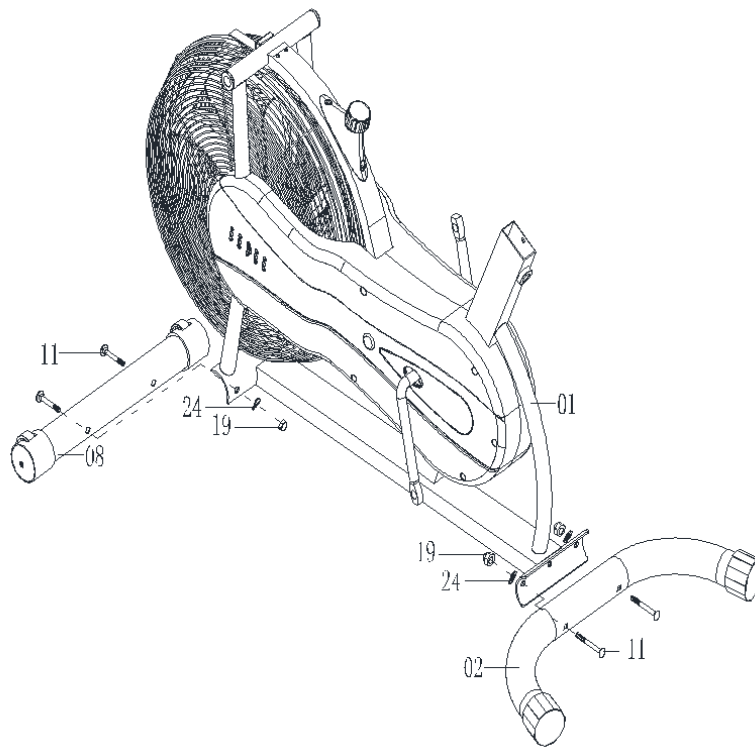
No.	Name	Qty.
1	Main frame	1
2	Rear stabilizer	1
3/4	Top handlebars (L/R)	1/1
5	Seat post	1
6/10	Lower handlebars and connection rod (L/R)	1/1
7	Rear stabilizer	1
8	Front stabilizer	1
14	Console	1
15/16	Pedals (L/R)	1/1
17	Seat	1
21	Axle	1

SPOJOVACÍ MATERIÁL

Pic.	No.	Name	Qty.
	11	Screw	4
	13	Allen screw	6
	19	Nut	4
	23	Arc washer	4
	24	Arc washer	4
	25	Knob	1
	31	End cap	2
		Wrench	2
		Allen key	1

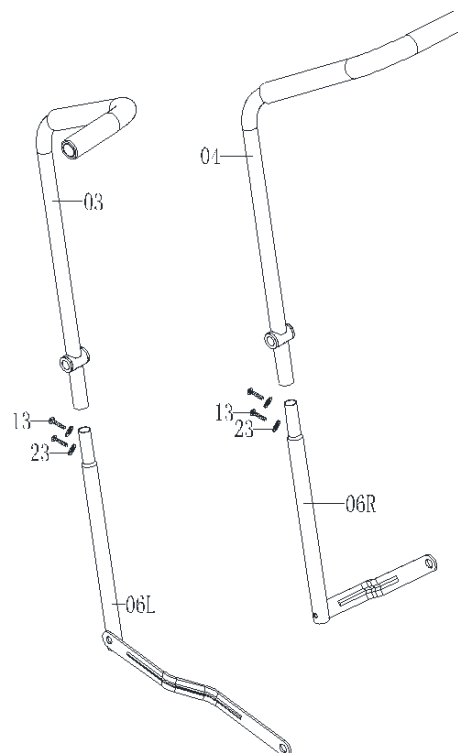
STEP 1

Attach the front stabilizer (8) to the main frame (1) with 2 screws (11), 2 washers (24) and 2 nuts (19).
Attach the rear stabilizer (8) to the main frame (1) with 2 screws (11), 2 washers (24) and 2 nuts (19).



STEP 2

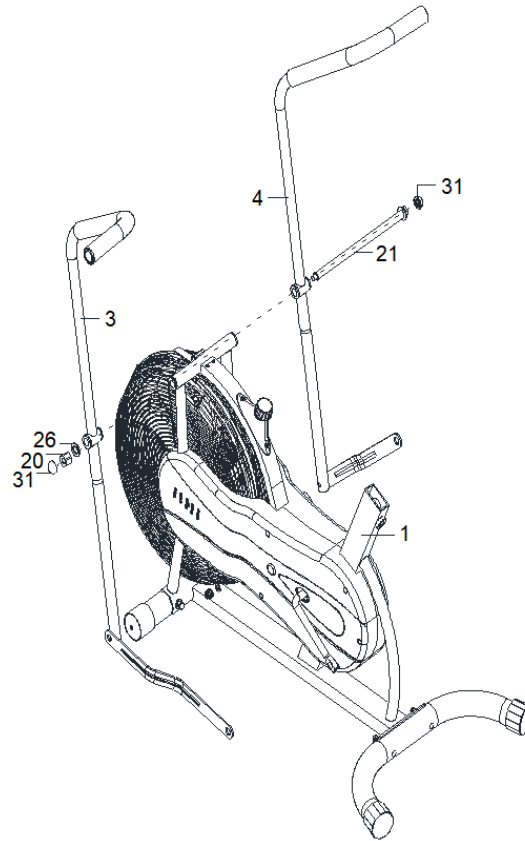
Attach the left and right handlebar (3,4) to the lower handlebars (6 L / R). Secure both handles with 2 screws (13) and 2 washers (23).



STEP 3

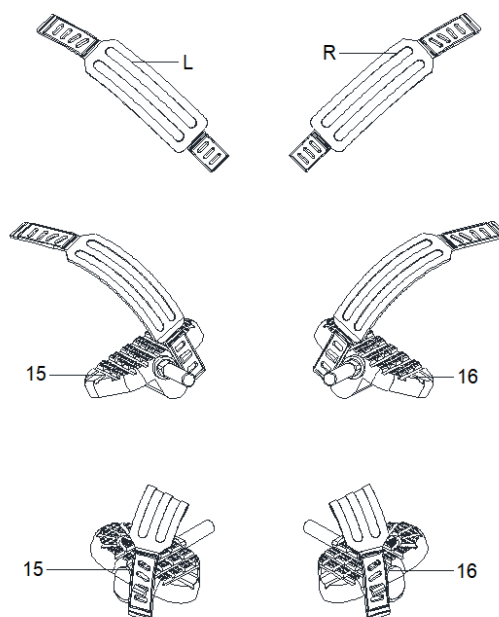
Remove the washers (26) and the nut (20) on one side of the axis (21). Insert the axis (21) through the hole in the right handlebar (4), main frame (1) and the handlebar (3). Then attach the washers (26) and nuts (20).

Cover the nuts (20) with the two caps (31).



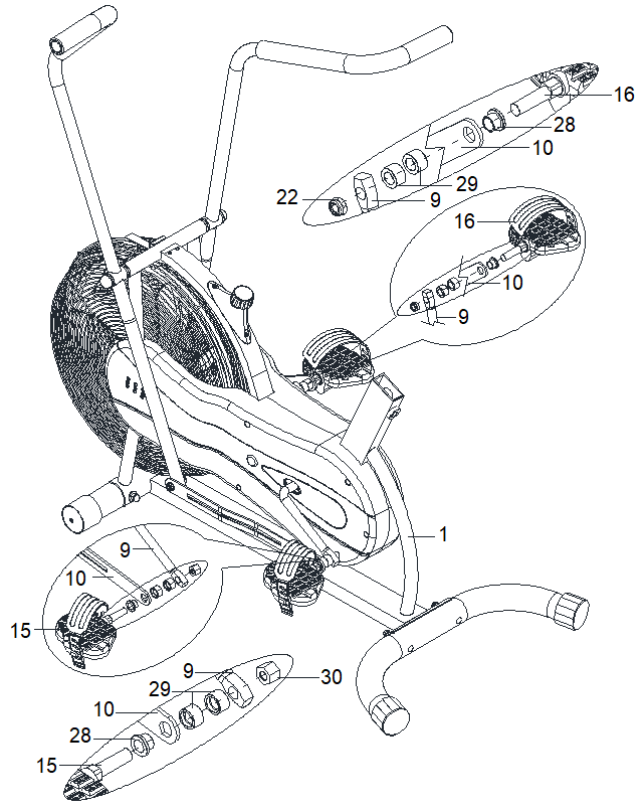
STEP 4

Attach the strap to the left pedal (15L). Repeat on the right pedal (16R).



STEP 5

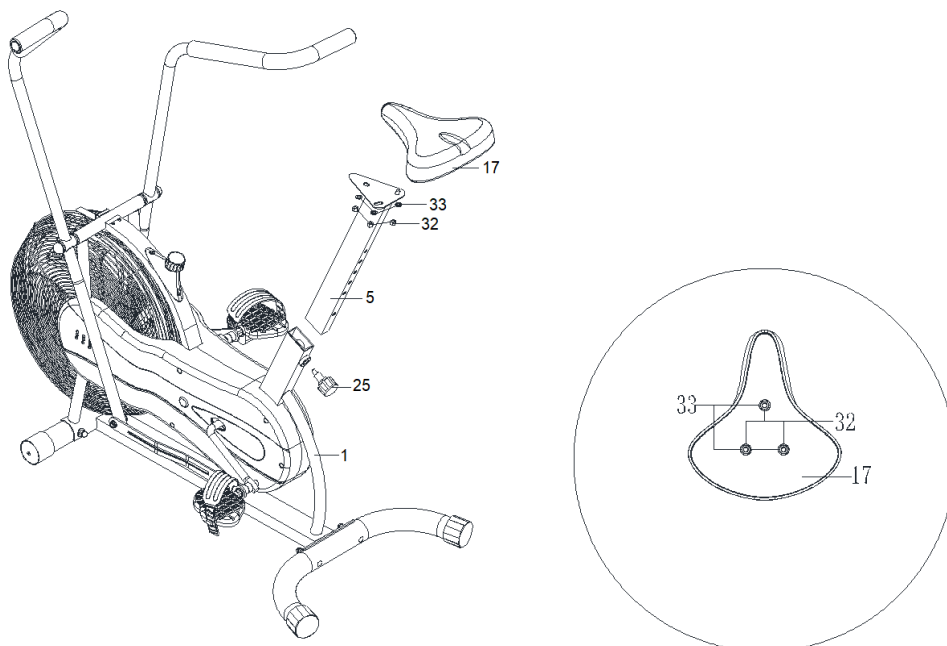
Remove the nuts (30 and 22), the metal bushes (28 and 29) from the right and left pedals (15 and 16). Insert the left pedal (15) into the bushing (28), the connection rod (10), the bushing (29) and the left crank (9). Then screw the nut (30) counterclockwise. Repeat for the right pedal (16), screwing the nut clockwise.



STEP 6

Remove 3 washers (33) and 3 nuts (32) from the seat (17). Attach the saddle (17) to the seat post (5) using 3 washers (33) and 3 nuts (32).

Insert the seat post (5) into the main frame (1). You can adjust the height with the knob (25).

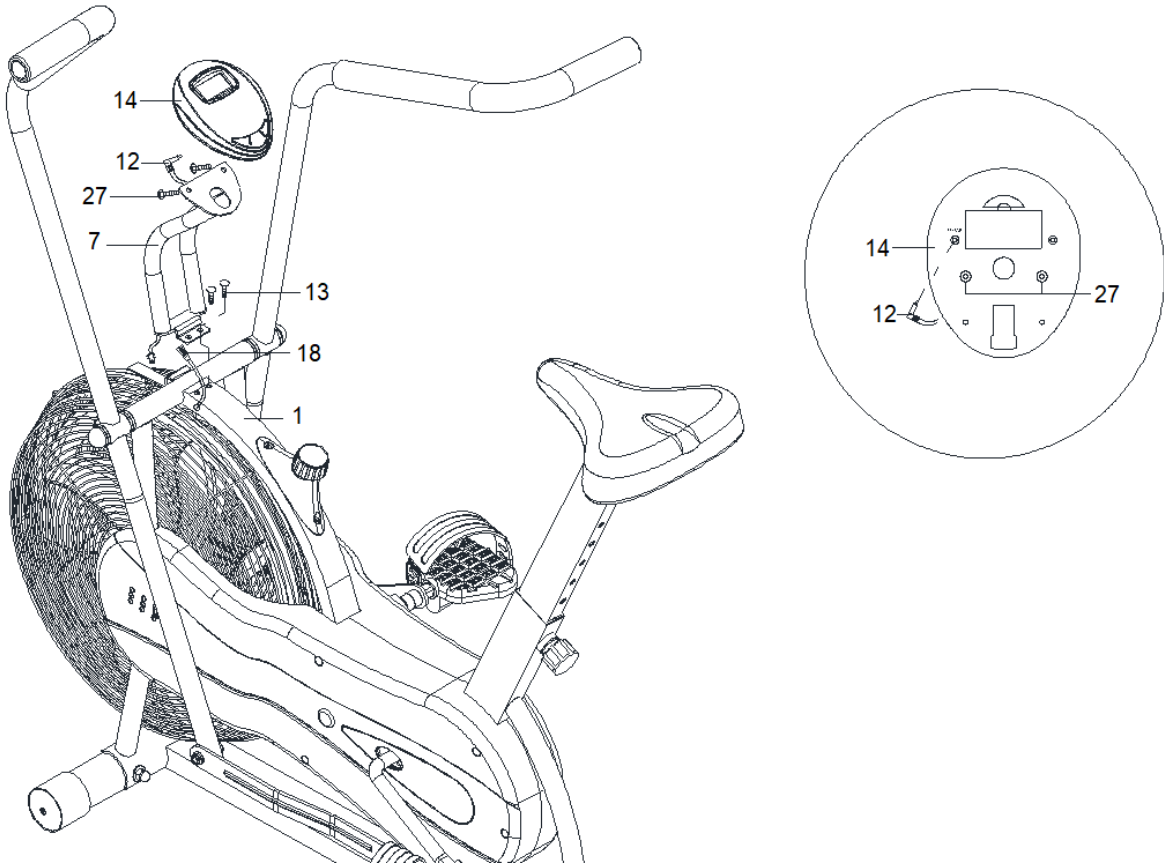


STEP 7

Connect the sensor cables (12 and 18). Attach the console bracket (7) to the main frame (1). Fasten with 2 screws (13).

Attach console (14) to console bracket (7) and secure with screws (27).

Plug the sensor cable (12) into the back of the console (14).



CONSOLE



The console turns on automatically when a motion signal is received. When you stop the exercise the console will automatically shut down after 4 minutes of inactivity.

BUTTONS

MODE	Press MODE for SCAN– TIME, SPEED, DISTANCE, CALORIES or ODO every 4 seconds Press MODE during SCAN to choose displayed data
SET	Set a target for time, distance or calories
RESET	Reset all vlues excep ODO

DISPLAY

TIME	Display time, max. value: 99:59
SPEED	Display speed in km/h
DISTANCE	Display current distance km, max. value: 99.99 km
CALORIES	Display burned calories
ODOMETER	Display total distance, max. value: 9999 km

BATTERY REPLACEMENT

- Always replace all batteries
- The console is powered by 2 x 1.5 V AAA batteries, not included
- Batteries have a service life of approx. 3 months
- If you replace the batteries, all values will be reset
- Remove the batteries if you will not be using the device for a long time

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.

EXERCISING INSTRUCTIONS

A successful workout begins with warm-up exercises and ends with cool-down (relaxing) exercises. The warm-up exercises should make your body ready for the main workout. The cool-down phase should protect your muscles from injuries and cramps. Do warm-up and cool-down exercises as shown in the chart below.



Touching your toes

Slowly bend your back from hips. Keep your back and arms relaxed while stretching downwards to your toes. Do it as far as you are able and hold the position for 15 seconds. Bend your knees slightly.



Upper thigh

Lean against a wall with one hand. Reach down and behind you. Lift up your right or left foot to your buttock as high as possible. Keep for 30 seconds and repeat twice for each leg.



Hamstring stretched

Sit and outstretch your right leg. Rest the sole of your left foot against the inside of your right thigh. Stretch out your right arm along your right leg as far as you can. Hold for 15 seconds and relax. Repeat all with your left leg and left arm.



Inside upper thigh

Sit on the floor and place your feet together. Knees are pointed outwards. Pull your feet as close as possible to your groin. Press your knees carefully downwards. Keep this position for 30-40 seconds if possible.



Calves and Achilles tendon

Lean against a wall with your left leg in front of the right one and your arms forward. Stretch out your right leg and keep your left foot on the floor. Bend your left leg and lean forwards by moving your right hip in the direction of the wall. Hold for 30-40 seconds. Keep your leg stretched and repeat exercising with other leg.

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 for 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.

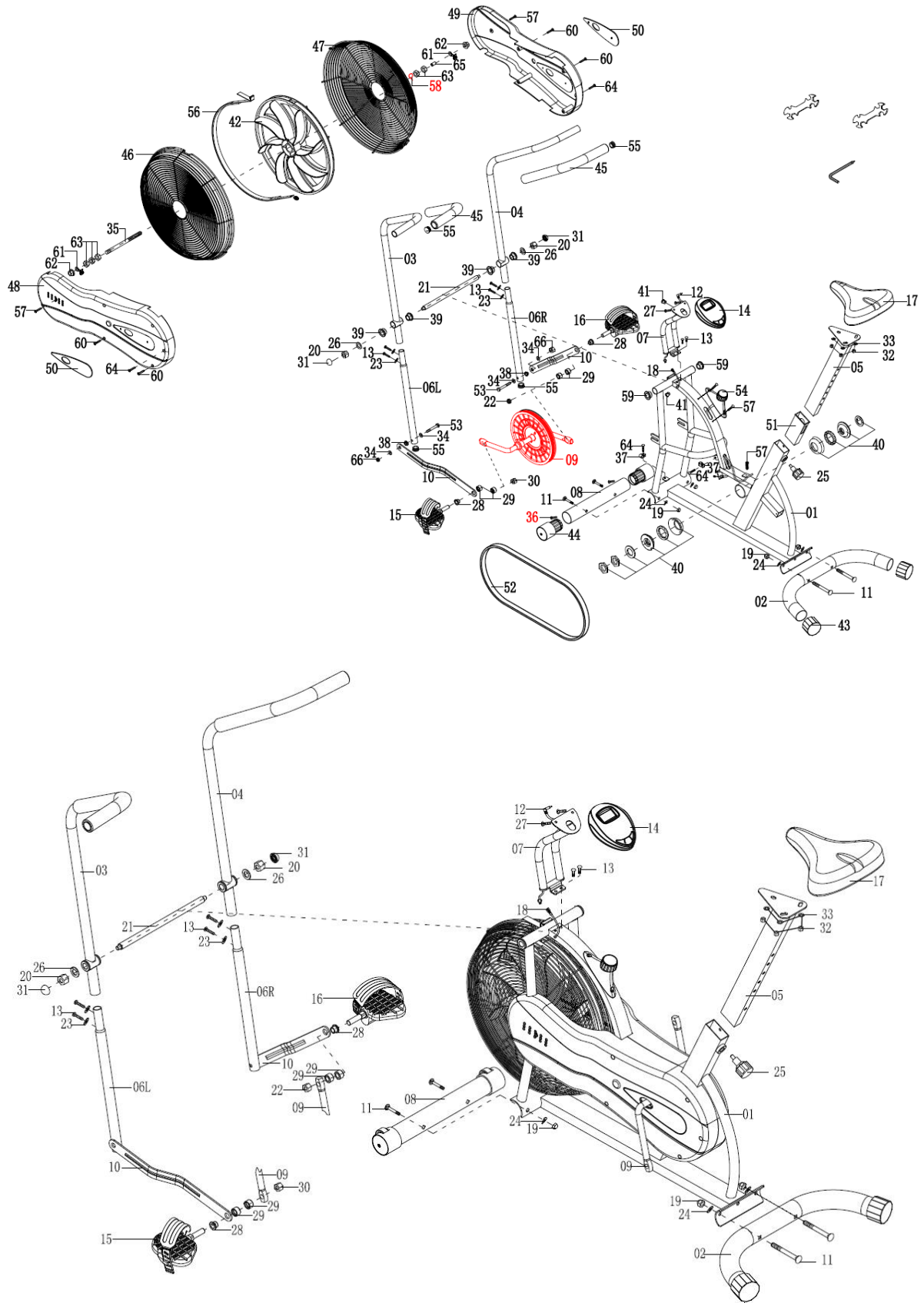
ENVIRONMENT PROTECTION

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.

DIAGRAM



PARTS LIST

No.	Name	Qty.	No.	Name	Qty.
1	Main frame	1	36	Self-tapping screw	2
2	Rear stabilizer	1	37	Reinforcing plate	2
3	Top handlebar L	1	38	Metal sleeve	2
4	Top handlebar R	1	39	Sleeve	4
5	Seat post	1	40	Bearing set	1
6 L/R	Handrail bottom bar (L/R)	2	41	Gasket	2
7	Console holder	1	42	Fan	1
8	Front stabilizer	1	43	Rear stabilizer end cap	2
9	Crank	1	44	Front stabilizer end cap	2
10	Connection rod	2	45	Foam roller	2
11	Screw	4	46	Fan cover L	1
12	Top sensor cable	1	47	Fan cover R	1
13	Allen screw	6	48	Chain cover L	1
14	Console	1	49	Chain cover R	1
15	Pedal L	1	50	Decoration cover	2
16	Pedal R	1	51	Hollow sleeve	1
17	Seat	1	52	Belt	1
18	Lower sensor cable	1	53	Screw	2
19	Nut	4	54	Knob	1
20	Nylon nut	2	55	End cap	4
21	Axle	1	56	Bar	1
22	Nylon nut	1	57	Screw	5
23	Arc washer	4	58	Wave washer	1
24	Arc washer	4	59	End cap	2
25	Safety pin	1	60	Screw	4
26	Flat washer	2	61	Screw	2
27	Screw	2	62	Nut	2
28	Metal sleeve	2	63	Nut	5
29	Metal sleeve	4	64	Screw	4
30	Nylon nut	1	65	Sleeve	1
31	End cap	2	66	Nut	2
32	Nylon nut	3		Allen key	1
33	Flat washer	3		Wrench	2
34	Flat washer	4			
35	Axle	1			

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
SEVEN SPORT s.r.o.

Registered Office: Strakonická 1151/2c, Praha 5, 150 00, ČR
Headquarters: Dělnická 957, Vítkov, 749 01
Warranty & Service: Čermenská 486, Vítkov 749 01

CRN: 26847264
VAT ID: CZ26847264

Phone: +420 556 300 970
E-mail: eshop@insportline.cz
reklamace@insportline.cz
servis@insportline.cz

Web: www.inSPORTline.cz

SK
inSPORTline s.r.o.

Headquarters, warranty & service center: Električná 6471, Trenčín 911 01, SK

CRN: 36311723
VAT ID: SK2020177082

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

Web: www.inSPORTline.sk