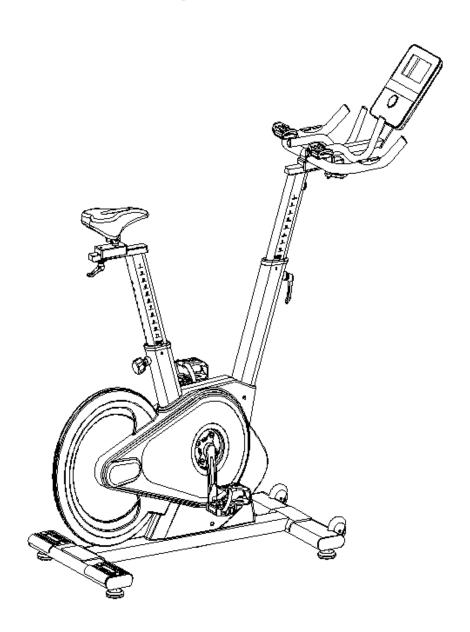


# USER MANUAL – EN IN 20069 Indoor Spinning Bike inSPORTline inCondi S1000i



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#### 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 at least 0.6 m.
- 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.
- The spinning bike has no freewheel. The pedals will move if the flywheel is spinning.
- If you do not use the spinning bike, increase the resistance to the maximum to prevent the flywheel from moving.
- Maximal weight limit: 150 kg
- Category: SC for professional use according to EN 957
- Meet standards: EN ISO 20957-1:2013, EN 957-10:2005

## 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 are 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!

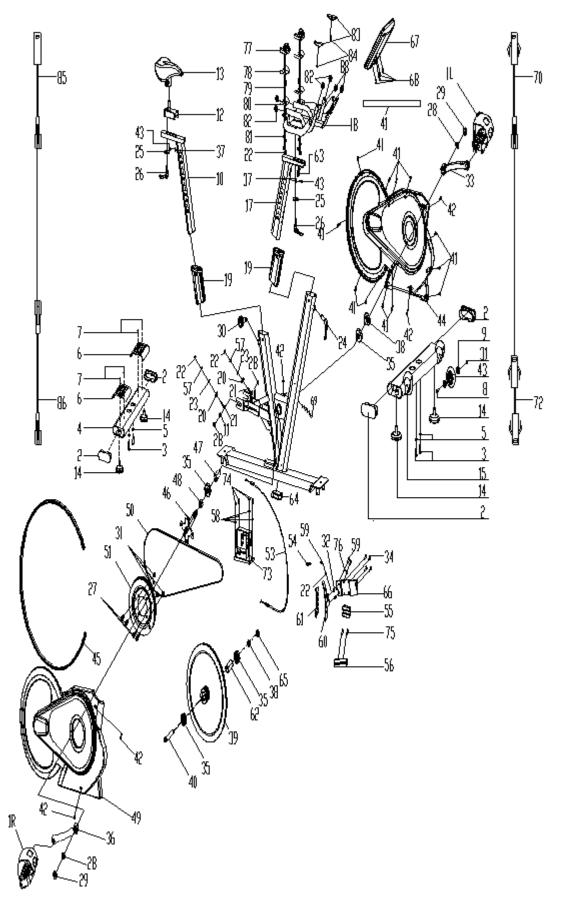
#### **PARTS LIST**

NO.	Name	QTY	Specifications
1	Pedals	1	
2	End cap 3	4	120*40*35
3	Screw 1	4	M10*30
4	Rear stabilizer	1	
5	Flat washer	4	Ф10
6	Front cover	2	160*128*3
7	Screw 1	4	ST4,8*19
8	Screw 2	2	M8*40
9	Bearings	4	608ZZ
10	Seat post	1	
11	Flat washer 4	1	Ф12
12	Seat slider	1	
13	Seat	1	DD-6619
14	Block	4	M16*25
15	Front stabilizer	1	
16	Main frame	1	
17	Handlebar post	1	
18	Handlebar	1	
19	Plastic sleeve	2	80*40*1,5
20	Washer	2	
21	Screw	2	M6*54
22	Nut	7	M6

24         Hand screw         1         M16"30           25         Flat washer 1         2         Q45" Q40,5"4           26         Knob L         2         M10"25           27         Screw 3         4         M8"16           28         Nut         4         M12"1,25           29         Crank end cap         2         Q28"6,5           30         Knob 1         1         M16"35           31         Nut         6         M8           32         Sleeve         2         Q10" Q6,2"5           33         Left crank         1         170"15           34         Screw 4         4         M3"6           35         Bearing         4         6004ZZ           36         Right crank         1         170"15           37         Spring washer 1         2         95           38         Nut         2         M20"1,2           49         Plywheel         1         1         20 kg           40         Flywheel Shaft         1         Q25"170           41         Screw 2         5         ST4,2"19           42         Screw 2         5 <th>23</th> <th>Gasket</th> <th>2</th> <th>Ф16* Ф6</th>	23	Gasket	2	Ф16* Ф6
26         Knob L         2         M10*25           27         Screw 3         4         M8*16           28         Nut         4         M12*1,25           29         Crank end cap         2         Ф28*6,5           30         Knob 1         1         M16*35           31         Nut         6         M8           32         Sleeve         2         Ф10* Ф6,2*5           33         Left crank         1         170*15           34         Screw 4         4         M3*6           35         Bearing         4         6004ZZ           36         Right crank         1         170*15           37         Spring washer 1         2         Ф5           38         Nut         2         M20*1,2           39         Flywheel Shaft         1         20 kg           40         Flywheel Shaft         1         20 kg           41         Screw 1         12         ST4,2*19           42         Screw 2         5         ST4,2*19           43         Screw 5         2         ST4,8*13           44         Chain outer cover         1	24	Hand screw	1	M16*30
Screw 3	25	Flat washer 1	2	Ф45* Ф40,5*4
28         Nut         4         M12*1,25           29         Crank end cap         2         Φ28*6,5           30         Knob 1         1         M16*35           31         Nut         6         M8           32         Sleeve         2         Φ10* Φ6,2*5           33         Left crank         1         170*15           34         Screw 4         4         M3*6           35         Bearing         4         6004ZZ           36         Right crank         1         170*15           37         Spring washer 1         2         Φ5           38         Nut         2         M20*1,2           39         Flywheel         1         20 kg           40         Flywheel Shaft         1         40 £5*170           41         Screw 1         12         ST4,2*19           42         Screw 2         5         ST4,2*19           43         Screw 5         2         ST4,8*13           44         Chain outer cover         1         945*515*96,5           45         Small chain guard         1         15*8,2*1320           46         Axle	26	Knob L	2	M10*25
29       Crank end cap       2       Φ28*6,5         30       Knob 1       1       M16*35         31       Nut       6       M8         32       Sleeve       2       Φ10* Φ6,2*5         33       Left crank       1       170*15         34       Screw 4       4       M3*6         35       Bearing       4       6004ZZ         36       Right crank       1       170*15         37       Spring washer 1       2       Φ5         38       Nut       2       M20*1,2         39       Flywheel       1       20 kg         40       Flywheel Shaft       1       40.5         41       Screw 1       12       ST4,2*19         42       Screw 2       5       ST4,2*19         43       Screw 5       2       ST4,8*13         44       Chain outer cover       1       945*515*96,5         45       Small chain guard       1       15*8,2*1320         46       Axle       1       Φ20*172         47       Long fixing rod       1       Φ25* Φ20,2*41,2         48       Short fixing rod       1	27	Screw 3	4	M8*16
M16°35   Mut	28	Nut	4	M12*1,25
31       Nut       6       M8         32       Sleeve       2       Ф10* Ф6,2*5         33       Left crank       1       170*15         34       Screw 4       4       M3*6         35       Bearing       4       6004ZZ         36       Right crank       1       170*15         37       Spring washer 1       2       Ф5         38       Nut       2       M20*1,2         39       Flywheel       1       20 kg         40       Flywheel Shaft       1       425*170         41       Screw 1       12       ST4,2*19         42       Screw 2       5       ST4,2*19         43       Screw 5       2       ST4,8*13         44       Chain outer cover       1       945*515*96,5         45       Small chain guard       1       15*8,2*1320         46       Axle       1       420*172         47       Long fixing rod       1       425*02,2*41,2         48       Short fixing rod       1       425*02,5*9         49       Chain inner cover       1       945*515*107         50       Belt       1	29	Crank end cap	2	Ф28*6,5
32 Sleeve 2	30	Knob 1	1	M16*35
33 Left crank 34 Screw 4 4 M3*6 35 Bearing 4 6004ZZ 36 Right crank 1 170*15 37 Spring washer 1 2 Φ5 38 Nut 2 M20*1,2 39 Flywheel 1 20 kg 40 Flywheel Shaft 1 Φ25*170 41 Screw 1 42 Screw 2 5 ST4,2*19 43 Screw 5 2 ST4,8*13 44 Chain outer cover 45 Small chain guard 46 Axle 47 Long fixing rod 48 Short fixing rod 49 Chain inner cover 40 Flywheel 1 2 0 kg 41 Φ25*Φ20,2*41,2 42 Screw 2 43 Screw 5 44 Chain outer cover 45 Small chain guard 46 Axle 47 Long fixing rod 48 Short fixing rod 49 Chain inner cover 49 Chain inner cover 49 Chain inner cover 49 Chain inner cover 49 Chain cover 40 Flywheel 41 Φ25*Φ20,2*41,2 42 Flywheel 43 Short fixing rod 44 Φ25*Φ20,2*41,2 45 Flywheel 46 Axle 47 Long fixing rod 48 Short fixing rod 49 Chain inner cover 40 P25*Φ20,2*41,2 41 P250 42 PU wheel 43 Spring washer 2 44 P250 45 Resistance adjustment 45 P250 46 Resistance adjustment 47 Long fixing rod 48 Short fixing rod 49 Chain inner cover 40 P35*C1 40 P25*Φ20,5*9 49 Chain inner cover 40 P35*C1 40	31	Nut	6	M8
34 Screw 4 4 6004ZZ 36 Right crank 1 170*15 37 Spring washer 1 2 Φ5 38 Nut 2 M20*1,2 39 Flywheel 1 20 kg 40 Flywheel Shaft 1 12 ST4,2*19 42 Screw 2 5 ST4,2*19 43 Screw 5 2 ST4,8*13 44 Chain outer cover 1 945*515*96,5 45 Small chain guard 1 15*8,2*1320 46 Axle 1 Φ20*172 47 Long fixing rod 1 Φ25* Φ20,2*41,2 48 Short fixing rod 1 Φ25* Φ20,5*9 49 Chain inner cover 1 945*515*107 50 Belt 1 5PK51 51 Wheel belt 1 Φ235*21 52 PU wheel 2 Φ69*23 53 Resistance adjustment 1 Φ1,2*50 57 Spring washer 2 5 Spring washer 4 4 Φ5 59 Screw 10 M20*2**	32	Sleeve	2	Ф10* Ф6,2*5
35         Bearing         4         6004ZZ           36         Right crank         1         170*15           37         Spring washer 1         2         Φ5           38         Nut         2         M20*1,2           39         Flywheel         1         20 kg           40         Flywheel Shaft         1         Φ25*170           41         Screw 1         12         ST4,2*19           42         Screw 2         5         ST4,2*19           43         Screw 5         2         ST4,8*13           44         Chain outer cover         1         945*515*96,5           45         Small chain guard         1         15*8,2*1320           46         Axle         1         Φ20*172           47         Long fixing rod         1         Φ25* Φ20,2*41,2           48         Short fixing rod         1         Φ25* Φ20,2*41,2           48         Short fixing rod         1         Φ25* Φ20,3*9           49         Chain inner cover         1         945*515*107           50         Belt         1         5PK51           51         Wheel belt         1         Ф235*21	33	Left crank	1	170*15
36       Right crank       1       170*15         37       Spring washer 1       2       Φ5         38       Nut       2       M20*1,2         39       Flywheel       1       20 kg         40       Flywheel Shaft       1       Ф25*170         41       Screw 1       12       ST4,2*19         42       Screw 2       5       ST4,2*19         43       Screw 5       2       ST4,8*13         44       Chain outer cover       1       945*515*96,5         45       Small chain guard       1       15*8,2*1320         46       Axle       1       Ф20*172         47       Long fixing rod       1       Ф25* Ф20,2*41,2         48       Short fixing rod       1       Ф25* Ф20,5*9         49       Chain inner cover       1       945*515*107         50       Belt       1       5PK51         51       Wheel belt       1       Ф235*21         52       PU wheel       2       Ф69*23         53       Resistance cable       1       P=250         54       Resistance adjustment       1       Ф1,2*50         55	34	Screw 4	4	M3*6
Spring washer 1   2   Φ5	35	Bearing	4	6004ZZ
38         Nut         2         M20*1,2           39         Flywheel         1         20 kg           40         Flywheel Shaft         1         Ф25*170           41         Screw 1         12         ST4,2*19           42         Screw 2         5         ST4,2*19           43         Screw 5         2         ST4,8*13           44         Chain outer cover         1         945*515*96,5           45         Small chain guard         1         15*8,2*1320           46         Axle         1         Ф20*172           47         Long fixing rod         1         Ф25* Ф20,2*41,2           48         Short fixing rod         1         Ф25* Ф20,5*9           49         Chain inner cover         1         945*515*107           50         Belt         1         5PK51           51         Wheel belt         1         Ф235*21           52         PU wheel         2         Ф69*23           53         Resistance cable         1         P=250           54         Resistance adjustment         1         43,5*32*12           56         Bottom slider         1         80*15*9,5	36	Right crank	1	170*15
Flywheel	37	Spring washer 1	2	Ф5
Flywheel Shaft	38	Nut	2	M20*1,2
41       Screw 1       12       ST4,2*19         42       Screw 2       5       ST4,2*19         43       Screw 5       2       ST4,8*13         44       Chain outer cover       1       945*515*96,5         45       Small chain guard       1       15*8,2*1320         46       Axle       1       Φ20*172         47       Long fixing rod       1       Φ25* Φ20,2*41,2         48       Short fixing rod       1       Φ25* Φ20,5*9         49       Chain inner cover       1       945*515*107         50       Belt       1       5PK51         51       Wheel belt       1       Ф235*21         52       PU wheel       2       Ф69*23         53       Resistance cable       1       P=250         54       Resistance adjustment       1       Ф1,2*50         55       Top slider       1       43,5*32*12         56       Bottom slider       1       80*15*9,5         57       Spring washer 2       2       Ф6         58       Spring washer 4       4       Ф5         59       Screw 10       3       M6*20	39	Flywheel	1	20 kg
42 Screw 2 43 Screw 5 44 Chain outer cover 45 Small chain guard 46 Axle 47 Long fixing rod 48 Short fixing rod 49 Chain inner cover 40 Theel belt 41 Deus fixing rod 41 Deus fixing rod 425 PU wheel 45 PU wheel 46 Resistance cable 47 Top slider 48 Short fixing rod 49 Chain inner cover 40 Theel belt 40 Theel belt 41 Deus fixing rod 425 Pu wheel 42 Deus fixing rod 43 Short fixing rod 44 Deus fixing rod 45 Short fixing rod 46 Axle 47 Long fixing rod 48 Short fixing rod 49 Chain inner cover 40 Pu wheel 40 Deus fixing rod 41 Deus fixing rod 425 Pu wheel 42 Deus fixing rod 43 Spring washer 2 44 Deus fixing rod 45 Spring washer 2 46 Spring washer 4 46 Axle 47 Long fixing rod 48 Pu vivial success fixing rod 49 Chain inner cover 40 Pu vivial success fixing rod 40 Pu	40	Flywheel Shaft	1	Ф25*170
43 Screw 5 44 Chain outer cover 45 Small chain guard 46 Axle 47 Long fixing rod 48 Short fixing rod 49 Chain inner cover 49 Chain inner cover 40 Wheel belt 41 Φ235*21 42 Φ69*23 43 Resistance adjustment 44 Chain outer cover 45 Spring washer 2 46 Axle 47 Long fixing rod 48 Short fixing rod 49 Chain inner cover 49 Chain inner cover 40 Chain inner cover 40 Chain inner cover 41 5PK51 42 PU wheel 43 Chain inner cover 43 Chain inner cover 44 Chain inner cover 45 Chain inner cover 46 Chain inner cover 47 Long fixing rod 48 Chain inner cover 49 Chain inner cover 40 Chain inner cover 40 Chain inner cover 41 P45*515*107 42 Chain inner cover 42 Chain inner cover 43 Chain inner cover 44 Chain inner cover 45 Chain inner cover 46 Chain inner cover 47 Chain inner cover 48 Short fixing rod 49 Chain inner cover 49 Chain inner cover 40 Chain inner cover 41 Chain inner cover 40 Chain inner cover 41 Chain inner cover 42 Chain inner cover 42 Chain inner cover 43 Chain inner cover 44 Chain inner cover 45 Chain inner cover 46 Chain inner cover 47 Chain inner cover 48 Chain inner cover 49 Chain inner cover 40 Chain inner cover 41 Chain inner cover 41 Chain inner cover 41 Chain inner cover 4	41	Screw 1	12	ST4,2*19
44 Chain outer cover 1 945*515*96,5 45 Small chain guard 1 15*8,2*1320 46 Axle 1 Φ20*172 47 Long fixing rod 1 Φ25* Φ20,2*41,2 48 Short fixing rod 1 Φ25* Φ20,5*9 49 Chain inner cover 1 945*515*107 50 Belt 1 5PK51 51 Wheel belt 1 Φ235*21 52 PU wheel 2 Φ69*23 53 Resistance cable 1 P=250 54 Resistance adjustment 1 Φ1,2*50 55 Top slider 1 43,5*32*12 56 Bottom slider 1 80*15*9,5 57 Spring washer 2 2 Φ6 58 Spring washer 4 4 Φ5 59 Screw 10 3 M6*20	42	Screw 2	5	ST4,2*19
45 Small chain guard 46 Axle 47 Long fixing rod 48 Short fixing rod 49 Chain inner cover 49 Chain inner cover 40 Wheel belt 41 Φ235*21 42 Φ69*23 43 Resistance cable 44 Resistance adjustment 45 Resistance adjustment 46 Axle 47 Long fixing rod 48 Short fixing rod 49 Chain inner cover 40 Chain inner cover 40 Chain inner cover 41 945*515*107 4235*21 4235*21 4349*23 44 Φ10 Chain inner cover 41 Φ235*21 4235*21 4235*21 4349*23 4349*23 435*32*12 435*32*12 435*32*12 435*32*12 435*32*12 435*32*12 435*32*12 445*32*32*32 456 Spring washer 2 457 Spring washer 2 467 Spring washer 4 47 Φ5 48 Spring washer 4 48 Short fixing rod 48 P25**0**2**3 48 P25**2**3 48 P25**2**3 48 P25**2**3 48 P25**2**3 49 P25**2**3 49 P25**2**3 40 P2	43	Screw 5	2	ST4,8*13
46 Axle 1 Φ20*172 47 Long fixing rod 1 Φ25* Φ20,2*41,2 48 Short fixing rod 1 Φ25* Φ20,5*9 49 Chain inner cover 1 945*515*107 50 Belt 1 5PK51 51 Wheel belt 1 Φ235*21 52 PU wheel 2 Φ69*23 53 Resistance cable 1 P=250 54 Resistance adjustment 1 Φ1,2*50 55 Top slider 1 43,5*32*12 56 Bottom slider 1 80*15*9,5 57 Spring washer 2 2 Φ6 58 Spring washer 4 4 Φ5 59 Screw 10 3 M6*20	44	Chain outer cover	1	945*515*96,5
47 Long fixing rod 1 Φ25* Φ20,2*41,2 48 Short fixing rod 1 Φ25* Φ20,5*9 49 Chain inner cover 1 945*515*107 50 Belt 1 5PK51 51 Wheel belt 1 Φ235*21 52 PU wheel 2 Φ69*23 53 Resistance cable 1 P=250 54 Resistance adjustment 1 Φ1,2*50 55 Top slider 1 43,5*32*12 56 Bottom slider 1 80*15*9,5 57 Spring washer 2 2 Φ6 58 Spring washer 4 4 Φ5 59 Screw 10 3 M6*20	45	Small chain guard	1	15*8,2*1320
48 Short fixing rod 1 Φ25* Φ20,5*9  49 Chain inner cover 1 945*515*107  50 Belt 1 5PK51  51 Wheel belt 1 Φ235*21  52 PU wheel 2 Φ69*23  53 Resistance cable 1 P=250  54 Resistance adjustment 1 Φ1,2*50  55 Top slider 1 43,5*32*12  56 Bottom slider 1 80*15*9,5  57 Spring washer 2 2 Φ6  58 Spring washer 4 4 Φ5  59 Screw 10 3 M6*20	46	Axle	1	Ф20*172
49       Chain inner cover       1       945*515*107         50       Belt       1       5PK51         51       Wheel belt       1       Φ235*21         52       PU wheel       2       Φ69*23         53       Resistance cable       1       P=250         54       Resistance adjustment       1       Φ1,2*50         55       Top slider       1       43,5*32*12         56       Bottom slider       1       80*15*9,5         57       Spring washer 2       2       Φ6         58       Spring washer 4       4       Φ5         59       Screw 10       3       M6*20	47	Long fixing rod	1	Ф25* Ф20,2*41,2
50       Belt       1       5PK51         51       Wheel belt       1       Φ235*21         52       PU wheel       2       Φ69*23         53       Resistance cable       1       P=250         54       Resistance adjustment       1       Φ1,2*50         55       Top slider       1       43,5*32*12         56       Bottom slider       1       80*15*9,5         57       Spring washer 2       2       Φ6         58       Spring washer 4       4       Φ5         59       Screw 10       3       M6*20	48	Short fixing rod	1	Ф25* Ф20,5*9
51       Wheel belt       1       Φ235*21         52       PU wheel       2       Φ69*23         53       Resistance cable       1       P=250         54       Resistance adjustment       1       Φ1,2*50         55       Top slider       1       43,5*32*12         56       Bottom slider       1       80*15*9,5         57       Spring washer 2       2       Φ6         58       Spring washer 4       4       Φ5         59       Screw 10       3       M6*20	49	Chain inner cover	1	945*515*107
52       PU wheel       2       Φ69*23         53       Resistance cable       1       P=250         54       Resistance adjustment       1       Φ1,2*50         55       Top slider       1       43,5*32*12         56       Bottom slider       1       80*15*9,5         57       Spring washer 2       2       Φ6         58       Spring washer 4       4       Φ5         59       Screw 10       3       M6*20	50	Belt	1	5PK51
53       Resistance cable       1       P=250         54       Resistance adjustment       1       Φ1,2*50         55       Top slider       1       43,5*32*12         56       Bottom slider       1       80*15*9,5         57       Spring washer 2       2       Φ6         58       Spring washer 4       4       Φ5         59       Screw 10       3       M6*20	51	Wheel belt	1	Ф235*21
54       Resistance adjustment       1       Φ1,2*50         55       Top slider       1       43,5*32*12         56       Bottom slider       1       80*15*9,5         57       Spring washer 2       2       Φ6         58       Spring washer 4       4       Φ5         59       Screw 10       3       M6*20	52	PU wheel	2	Ф69*23
55       Top slider       1       43,5*32*12         56       Bottom slider       1       80*15*9,5         57       Spring washer 2       2       Φ6         58       Spring washer 4       4       Φ5         59       Screw 10       3       M6*20	53	Resistance cable	1	P=250
56       Bottom slider       1       80*15*9,5         57       Spring washer 2       2       Φ6         58       Spring washer 4       4       Φ5         59       Screw 10       3       M6*20	54	Resistance adjustment	1	Ф1,2*50
57       Spring washer 2       2       Φ6         58       Spring washer 4       4       Φ5         59       Screw 10       3       M6*20	55	Top slider	1	43,5*32*12
58 Spring washer 4 4 Φ5 59 Screw 10 3 M6*20	56	Bottom slider	1	80*15*9,5
59 Screw 10 3 M6*20	57	Spring washer 2	2	Ф6
	58	Spring washer 4	4	Ф5
60 Magnet assembly 1	59	Screw 10	3	M6*20
	60	Magnet assembly	1	

61	Magnet	6	28*20*3
62	Fixing rod	1	Ф25* Ф20,2*48,2
63	Pulse sensor plug	1	45*25*9
64	End cap	1	100*50*2
65	Nut 1	1	M20*1,0
66	Brakes holder	1	
67	Console	1	TB1
68	Screw 3	4	M5*8
69	Sensor	1	350 mm, 2P
70	Kabel 1	1	250 mm, 5P
71	Kabel 2	1	800 mm, 5P
72	Kabel 3	1	950 mm, 5P
73	Motor cable	1	150 mm, 5P
74	Screw 3	4	M5*10
75	Screw 6	2	M3*10
76	Flat washer 3	2	Ф6
77	Armrest support	2	120*65
78	Stickers	2	100*55
79	Screw	4	M6*18
80	Forearm support lining	2	110*60*2
81	Flat washer 2	4	Ф8
82	End cap	4	Ф25*1,5
83	Pulse sensor	2	
84	Screw 5	2	ST4,2*25
85	Top pulse cable	2	650 mm, 2P
86	Lower pulse cable	2	250 mm, 2P
87	Pulse measuring handle	2	
88	End cap	2	Ф32*1,5

# DIAGRAM



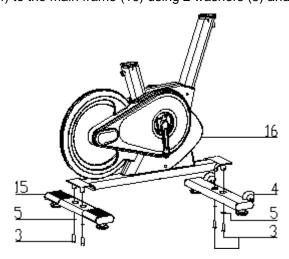
# **ASSEMBLY**

Make sure you have enough space before assembly.

Make sure no part is missing.

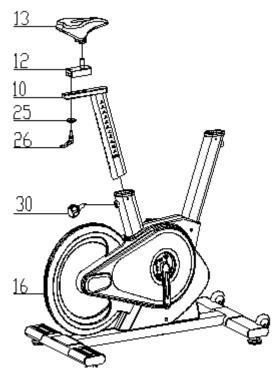
#### STEP 1

Secure the front stabilizer (15) to the main frame (16) with 2 washers (5) and 2 screws (3). Attach the rear stabilizer (4) to the main frame (16) using 2 washers (5) and 2 screws (3).



#### STEP 2

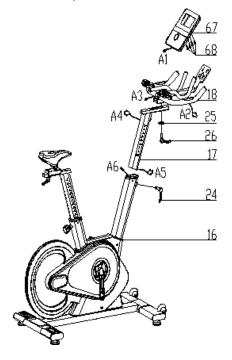
Attach the seat post (10) to the main frame (16). Then attach the seat slider (12) onto the seat post (10) using the flat washer (25) and the knob (26). Secure the seat post height with the knob (330). Attach the seat (13) to the seat slider (12) using the screws located under the seat.



#### STEP 3

Loosen the knob (24) and insert the handlebar post (17) into the main frame (16). Adjust the height and secure the handle with the knob (24). Then attach the handlebars (18) to the handlebar post (17) with the screws (26) and the knob (19).

Attach the console (67) to the console bracket located on the handlebars (18) with 4 screws (68). connect (A1 and A2, A3 and A4, A5 and A6).

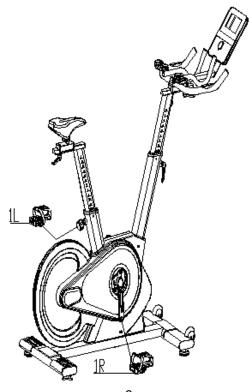


#### STEP 4

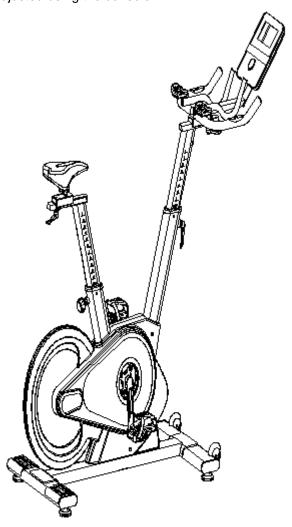
The pedals are marked L - left, R - right.

Attach the left pedal counterclockwise to the left crank.

Attach the right pedal clockwise to the right crank.



The load / resistance is adjusted using the console.



# CONSOLE



# **BUTTONS**

START	Starts program
STOP	Pause program
5	Return to main menu
U	Return
UP	Increase load
DOWN	Decrease load
00 PAUSE	Stop load
ROTATING SUTTON	Navigation button, press to confirm function
MEDIA	Media
口))	Increase volume
Ŷ	Decrease volume

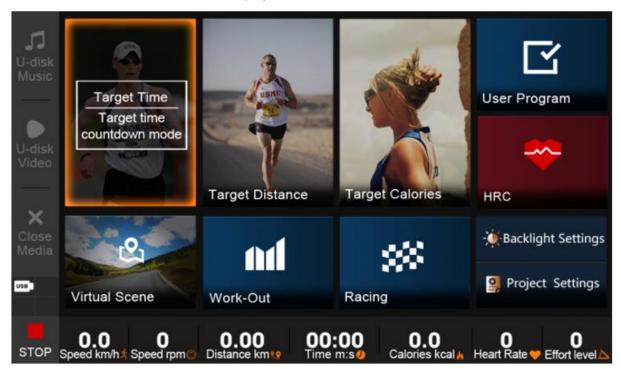
⊳II	PLAY/PAUSE
K\$3	Previous
KX	Next

# **SPECIFICATIONS**

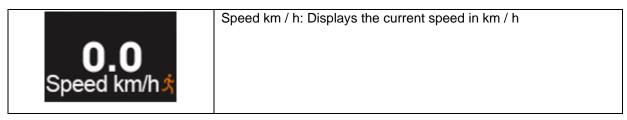
LCD display	1024*600 TFT LCD 7 inches
Processor	ITE9854
Memory	Inner 64 MB
USB connector	Supports MP3, videos with maximum resolution 1280*768, H.264 MP4 files, MKV files
Flash	8M NOR + 8 G EMMC

# **FUNCTIONS AND DISPLAY**

When switched on, the start menu is displayed.



#### **DESCRIPTION OF DISPLAYED FUNCTIONS**



<b>O</b> Speed rpm <b></b>	RPM Speed: Displays the current speed in revolutions per minute
0.00 Distance km	Distance: Displays the current distance in Km
00:00 Time m:s	Time: Displays the current training time, hours: minutes
O.O Calories kcal	Calories: Displays calories burned in calories
<b>O</b> Heart Rate ❤	HRC: Shows Current Heart Rate, BPM (Beats Per Minute)
<b>O</b> Effort level △	The current load is displayed

# **EXERCISE PROGRAMS**



Use the navigation button to select a program or function and press to confirm

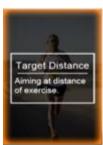


Target time: After the start of the training, the countdown starts at 0, then the training is completed. Select icon:





Target distance: After the start of the training, the countdown starts to 0, then the training is completed. Select icon:





Target Calories: After the start of the workout, the countdown starts to 0, then the training is completed. Select icon:





User Programs: The user can set up to 6 preset programs. Select icon:





HRC: The program is divided into 3 parts: warm-up, training, cool down. The system automatically adjusts the heart rate to achieve the desired heart rate. Select icon:





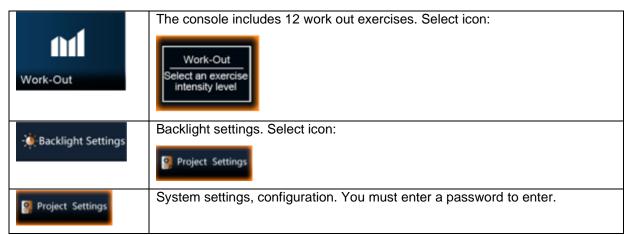
There are 6 scenes to choose from, including Xiamen Huandao Road, Sichuan or Tibet. Select icon:



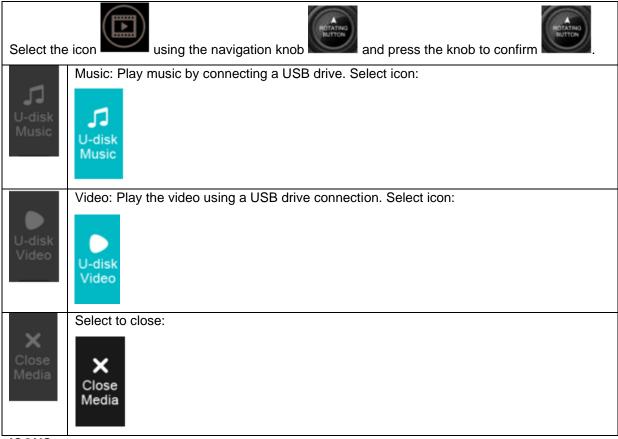


Race: There is a choice of 12 preset races where the user competes against the computer. Select icon:

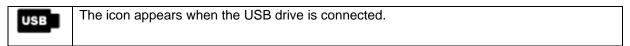




#### **MEDIA**



#### **ICONS**



# **PROGRAMY**

# **QUICK START**



The load can be adjusted using the buttons on the console

Pressing "STOP" stops the program and displays the training data.



#### **TARGET MODE**



Select the icon using the navigation knob. Press the knob to confirm and the following screen is display:



You can adjust the parameters using the navigation knob.



Press the START button to turn on the program.

Set the desired parameters. After the program starts, the device starts according to the set parameters. When 0 is reached, the program stops. The load can be adjusted using the buttons on the console during training. Press STOP to stop the device.

TARGET TIME (ČAS)	Adjustable value: 0:10:00 - 10:00 hours., default value: 0:30:00
TARGET DISTANCE (VZDÁLENOST)	Adjustable value: 1.0 – 200 km, default value 5 km
TARGET CALORIES (KALORIE)	Adjustable value: 10-2000 kcal, default value 50 kcal.

#### **USER PROGRAM**



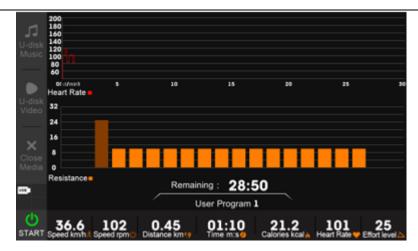
Select the icon using the navigation knob. Press the knob to confirm. User select load values; they are automatically saved. The following screen is displayed:



Select the program using the navigation knob. Press the confirm button. Enter the settings.



Use the navigation knob to adjust the values. Press the knob to confirm the selection and set the next parameter.



Press the START button to start the program.

#### **VIRTUAL SCENE**



Select the icon using the navigation knob. Press the knob to confirm and the following screen is display:



Select the program using the navigation knob. Press the knob to confirm. Enter the settings.

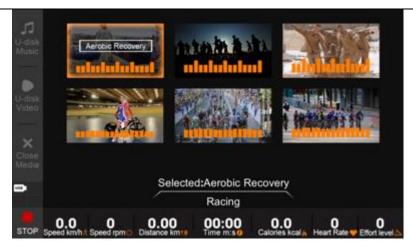


The original resistance value is 10. Use the buttons on the console to adjust the value. The speed of the device and the scene will vary depending on the resistance.

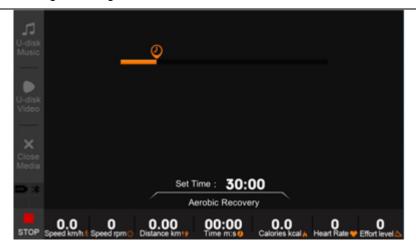
#### **RACING**



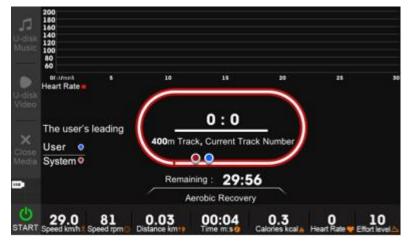
Select the icon using the navigation knob. Press the knob to confirm and the following screen is display:



Select the program using the navigation knob. Press the knob to confirm. Enter the settings.

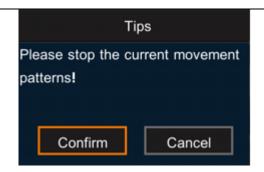


You can use the navigation knob to adjust the values.



Use the START button to start the device.

Use the RETURN button to return to the previous interface. Use the HOME button to return to the main menu. Press the RACING button to return to the settings.

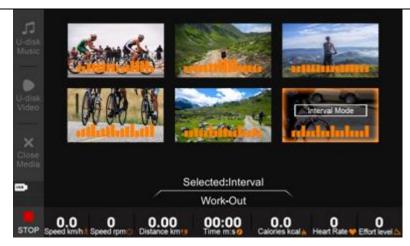


Press CONFIRM to stop the program. After stopping the device, you can start another function. With CANCEL, the device will continue to operate.

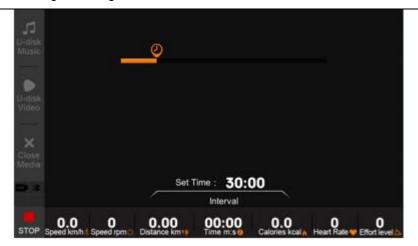
#### **WORK OUT**



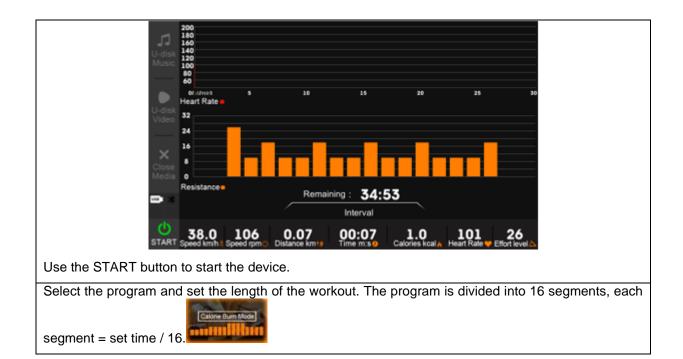
Select the icon using the navigation knob. Press the knob to confirm and the following screen is display:



Select the program using the navigation knob. Press the knob to confirm. Enter the settings.



You can use the navigation knob to adjust the values.



#### **HRC PROGRAM**



Select the icon using the navigation knob. Set age and the system automatically calculates the target heart rate. Time can be set from 22 to 44 min. The following screen will appear:



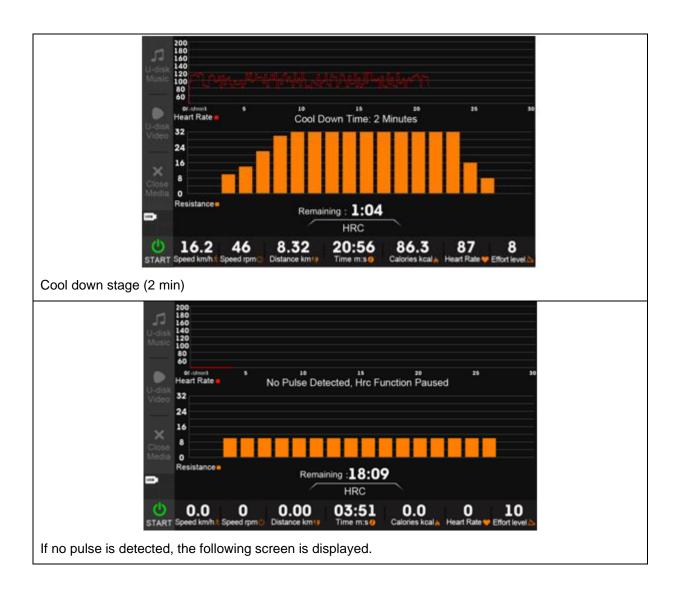
Use the navigation knob to adjust the values.



Start with START button and warm-up begins (2 min)



**Training Stage** 

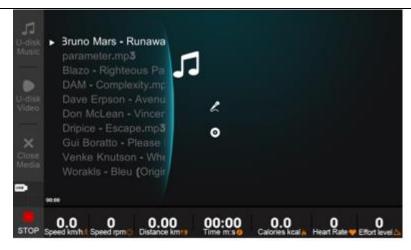


#### **MEDIA**

#### **MUSIC**



Press the MEDIA button. Use the navigation button to select a file and press the knob to confirm



Use the navigation button to select music, press the button to start music.

Use the play, pause buttons to start and stop playback. Adjust volume using volume + and volume -.

#### VIDEO



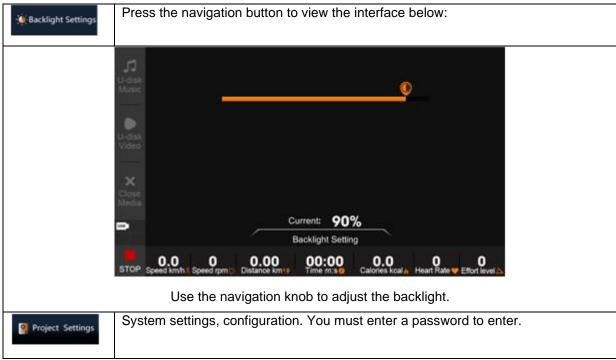
Press the MEDIA button. Use the navigation button to select a file and press the button to confirm.



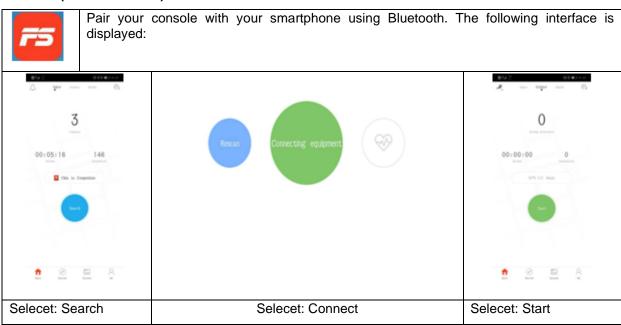
Use the navigation button to select music, press the button to start music.

Use the play, pause buttons to start and stop playback. Adjust volume using volume + and volume -.

#### **SETTINGS**



# OTHER (FIT SHOW APP)





#### **USE**

Exercise on the spinning bike is based on very simple movements, but you will surely fall in love with them. Thanks to simplicity of the exercise on the spinning 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 spinning 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 spinning 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 spinning 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 spinning bike is effective in strengthening muscles, especially thighs, calves and buttocks. Regular exercise can lead to a slimmer figure. Exercise is recommended not only as a winter training for cyclists but also for people who want to burn excess calories. Regular breathing, regular exercise, reasonable tempo, and balanced diet can lead to your desired results.

#### CORRECT BODY POSTURE

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

## **EXERCISE 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 tight. 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

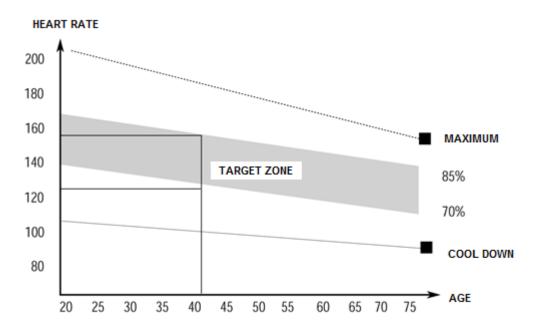
Sit on the floor and place your feet together. Knees are pointed outwards. Pull your feet as close as possible to your groin. Press your knees carefully downwards. Keep this position for 30-40 seconds if possible.



#### 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 15 seconds. Keep your leg stretched and repeat exercising with other leg.

Exercise Stage. Regular exercise will make your muscles stronger. Keep the pace according to the chart during the training. Training should take at least 12 minutes.



Then let the muscles calm down by reducing the pace for approx. 5 min. Then do the warm-up exercises. Train regularly at least 3 times a week.

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

## **IMPORTANT NOTICE**

- This spinning bike comes with standard safety regulations. 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 spinning 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 spinning 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.

# TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS

#### **General Conditions of Warranty and Definition of Terms**

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

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

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

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

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

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

#### **Warranty Conditions**

#### Warranty Period

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

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

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

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

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

#### **Warranty Claim Procedure**

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

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

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

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

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

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

# **insport**line

SEVEN SPORT s.r.o.

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Date of Sale: Stamp and Signature of Seller: