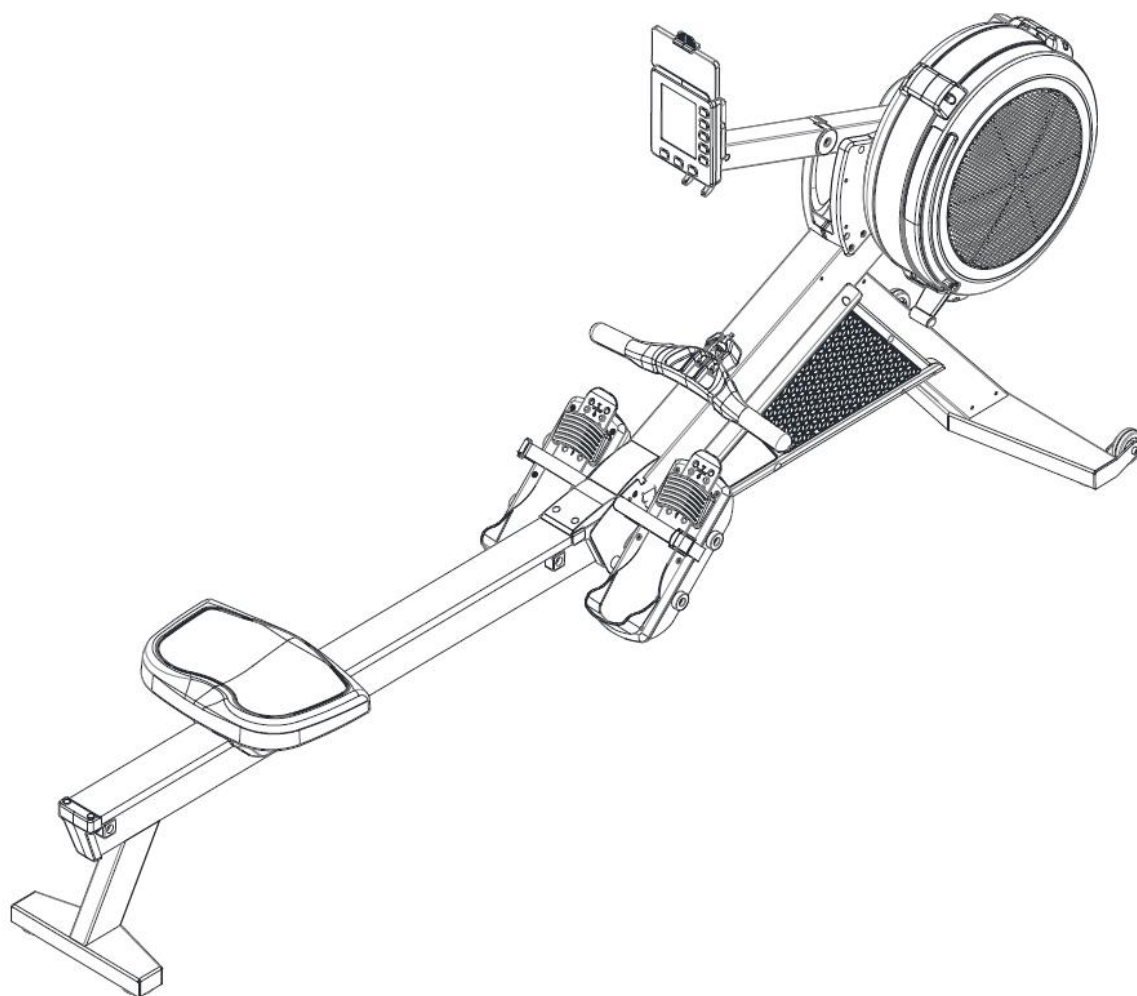




USER MANUAL – EN

IN 25950 Rowing Machine inSPORTline RowAir



CONTENTS

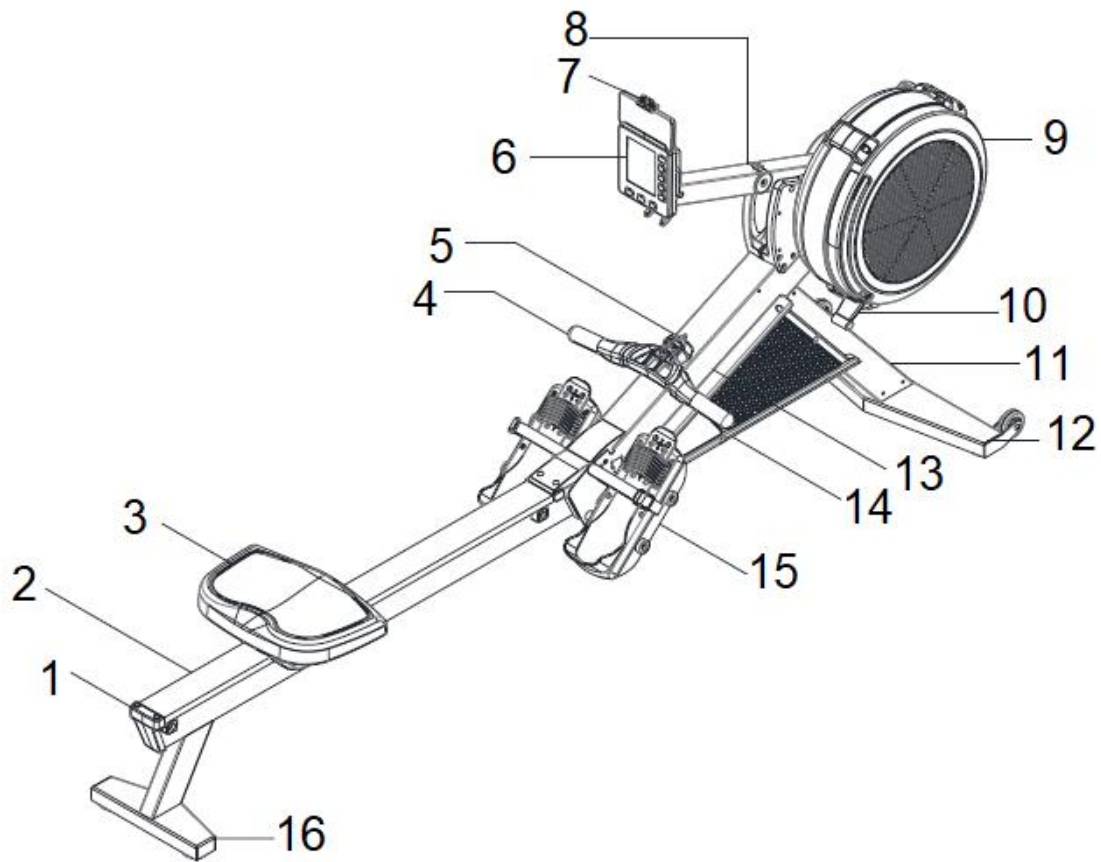
- SAFETY INSTRUCTIONS..... 3
- PRODUCT DESCRIPTION 4
- FASTENERS 4
- ASSEMBLY 6
- CONTROL PANEL 18
 - INTRODUCTION 18
 - FUNCTION..... 18
 - DISPLAY 19
 - PROGRAMS 21
 - BLUETOOTH 23
- RESISTANCE ADJUSTMENT 23
- PEDAL SIZE 24
- POSITION OF HANDLES 25
- SMARTPHONE HOLDER 25
- ADJUSTING THE ANGLE OF THE CONTROL PANEL 25
- MAINTENANCE 26
 - ADJUSTING THE LENGTH OF THE BUNGEE CORD..... 27
- STORAGE 29
- DRAWING 30
- PARTS LIST 31
- WARM UP 35
- HOW TO EXERCISE..... 37
- IMPORTANT NOTICE 38
- ENVIRONMENT PROTECTION 38
- TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS..... 38

SevenSport s.r.o. reserves the right to make any changes and improvements to its product without prior notice. Visit our website www.insportline.eu where you will find the latest version of the manual.

SAFETY INSTRUCTIONS



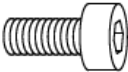
- Read this manual carefully before first using and retain it for future reference.
- Observe all warnings and precautions including assembly steps. Use it only for intended purpose.
- Assemble and use it only according to this manual to assure your safety. Inform all other users about safe usage.
- Keep it away from children and pets. Don't let children unattended near this device. Only an adult person may assemble and use it.
- Ask your physician for advice before starting any exercise program. It is especially necessary if you suffer from some health problems or if you take some medication that could affect your heart rate, blood pressure or cholesterol level.
- Observe body signals. If you feel some problems (pain, tightness in chest, irregular heartbeat, breathing shortness, dizziness or nausea), stop immediately. Improper exercising can result in serious health problems or in an injury.
- Put it only on a flat, dry and clean surface and keep a safety clearance of at least 0.6 m from other objects for higher safety. Use a protective cover to protect carpet or floor.
- Wear adequate sports clothes and sports shoes. Avoid too loose clothes.
- Don't use it outdoors.
- Check this device for damage or wearing before each using. Regularly check all bolts and nuts. They should be well tightened. Re-tighten, if necessary. Never use damaged or worn device to assure your safety.
- If some sharp edges occur, stop using.
- If you hear some unusual noises coming from this device, stop using.
- No adjustable part should protrude and obstruct user movements. Only one person may use it at time.
- It is not intended for therapeutic purpose.
- Pay attention while lifting or transporting it to avoid back injury. Use only proper lifting techniques or ask some other person for help.
- Don't do any improper modification of this product. If necessary, contact authorized service.
- **Weight limit:** 200 kg
- **Category:** SA according to EN 957 for commercial use
- **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.

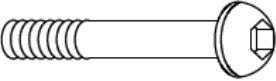

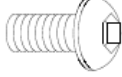


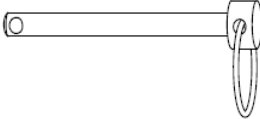



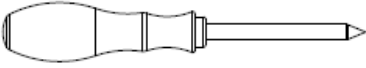


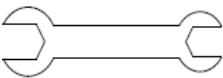
PRODUCT DESCRIPTION



1.	End cap	9.	Fan cover
2.	Rails	10.	Resistance indicator
3.	Seat	11.	Front frame
4.	Handle	12.	Front stabilizer
5.	Handle holder	13.	Main frame
6.	Console display	14.	Cover
7.	Mobile phone holder	15.	Pedals
8.	Console holder	16.	Rear stabilizer

FASTENERS

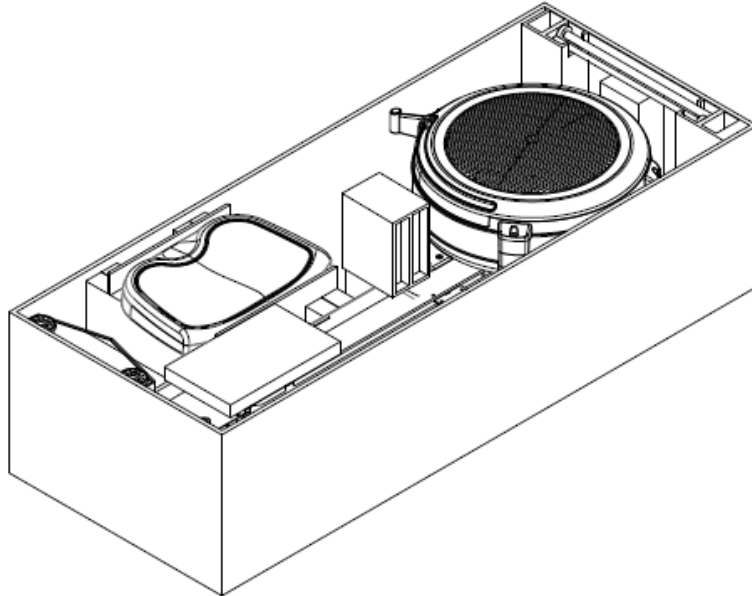
Pic	No.	Name	Qty.
	99	Allen screw M6x16 mm	8
	165	Phillips screw M6x12 mm	12
	173	Allen screw M8x20 mm	5

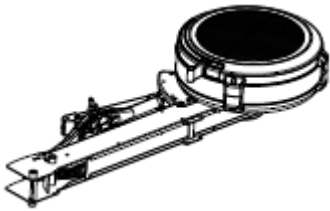



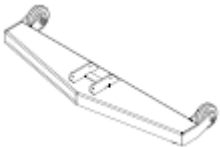






	78	Allen screw M8x75 mm	1
	83	Phillips screw M6x16 mm	2
	117	Screw M8x20 mm	1
	76	Washer M6	8
	79	Washer M8	2
	98	Pin	1
	178	Pedal end	2
	116	Stop	1
	80	Nylon nut M8	1
	102	Screwdriver	2
	103	Allen screwdriver 6 mm	1
	132	Allen screwdriver 5 mm	1
	104	Wrench 13 mm / 15 mm	1

ASSEMBLY

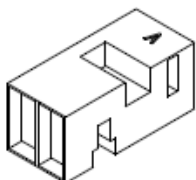
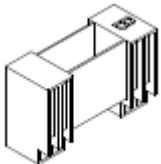


Step 1

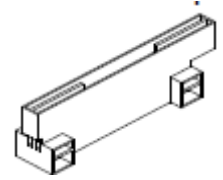

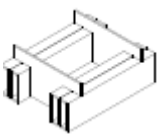

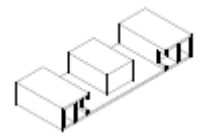
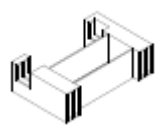

Carefully remove all parts from the box. Be careful not to place the main frame on side, fan shrouds can dent easily if you put the weight of the whole frame on them.



Main frame 1 pcs	Rail 1 pcs	Cover 1 pair	Front frame 1 pcs
			
Front stabilizer 1 pcs	Pedals 1 pair	Console 1 pcs	Seat 1 pcs
			
Pedal shaft, 16 mm, 1 pcs	Pedal shaft, 12 mm, 1 pcs	Rear end cap 1 pcs	
			

Pomocný materiál

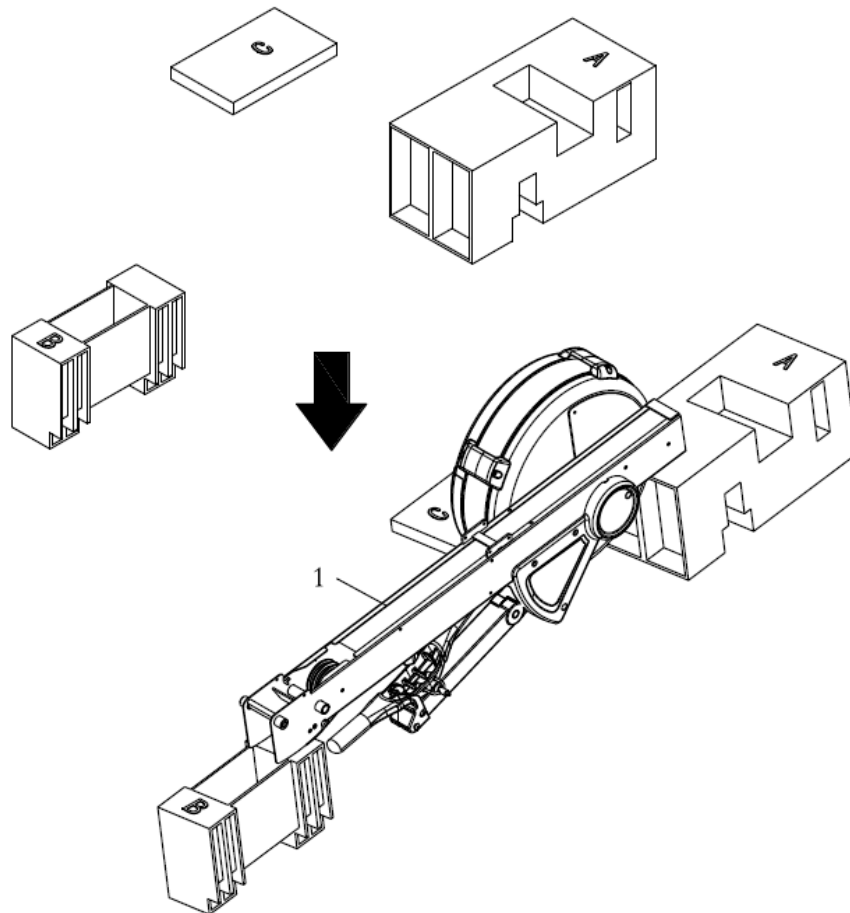
A. Cardboard 1 pcs	B. Cardboard 1 pcs	C. Polystyrene 1 pcs	Cardboard 1 pcs
			

Cardboard 1 pcs 	Cardboard 1 pcs 	Cardboard 1 pcs 	Cardboard 1 pcs 
Cardboard 1 pcs 	Cardboard 1 pcs 	Polystyrene 1 pcs 	

Step 2

Place the main frame (1) on the carton (A and B). Support the frame (1) with cartons (A and B), place polystyrene (C) between the two cartons for additional support of the frame.

Note: placing the full weight of the frame on the fan shrouds may damage the shrouds.

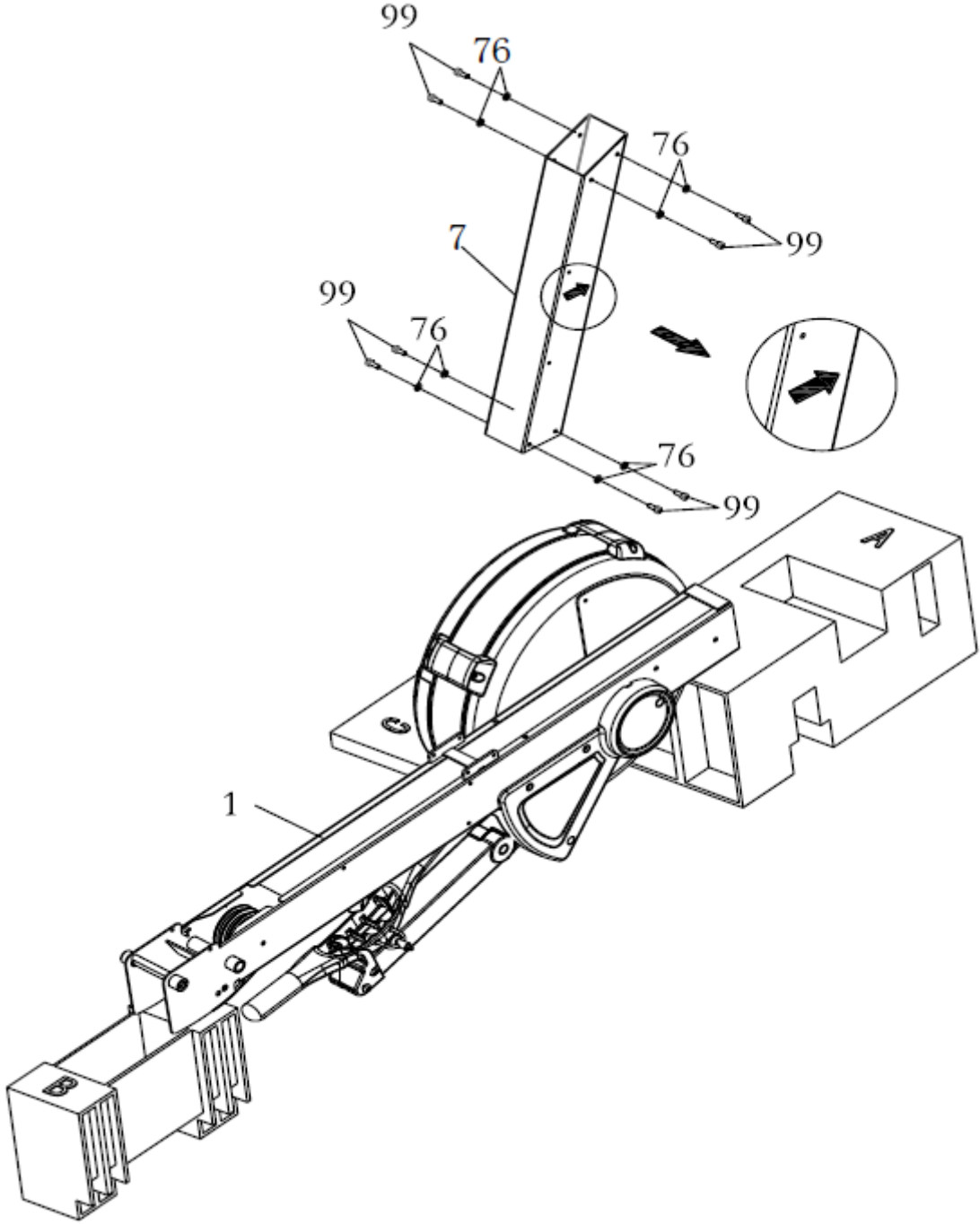


Step 3

Attach the front frame (7), pay attention to the direction of the arrow, it must point outwards, see picture.

Attach the front frame (7) to the main frame (1) using 4x M8 flat washers (76) and 4x M6x16 Allen screws (99).

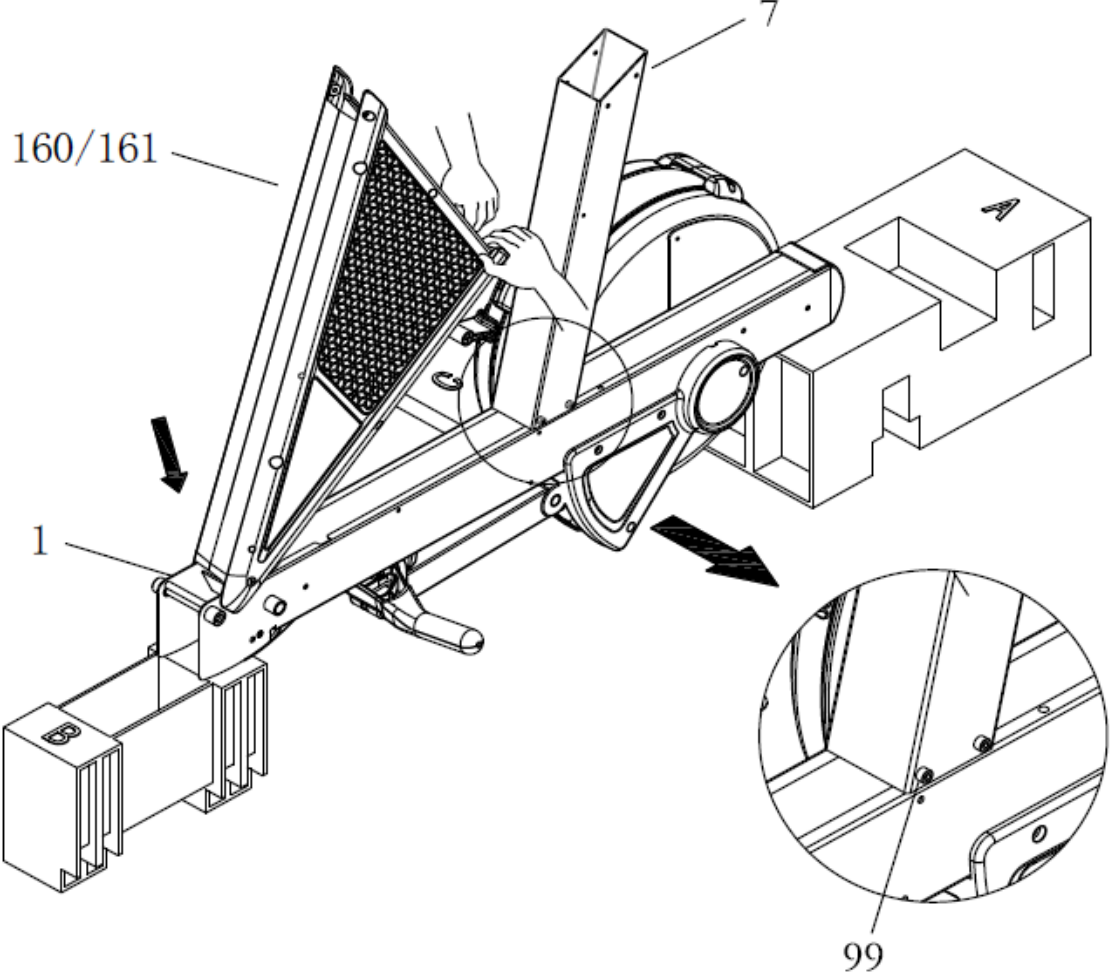
Note: Tighten all screws.



Step 4

Attach the cover (160 and 161) to the main frame (1) see picture.

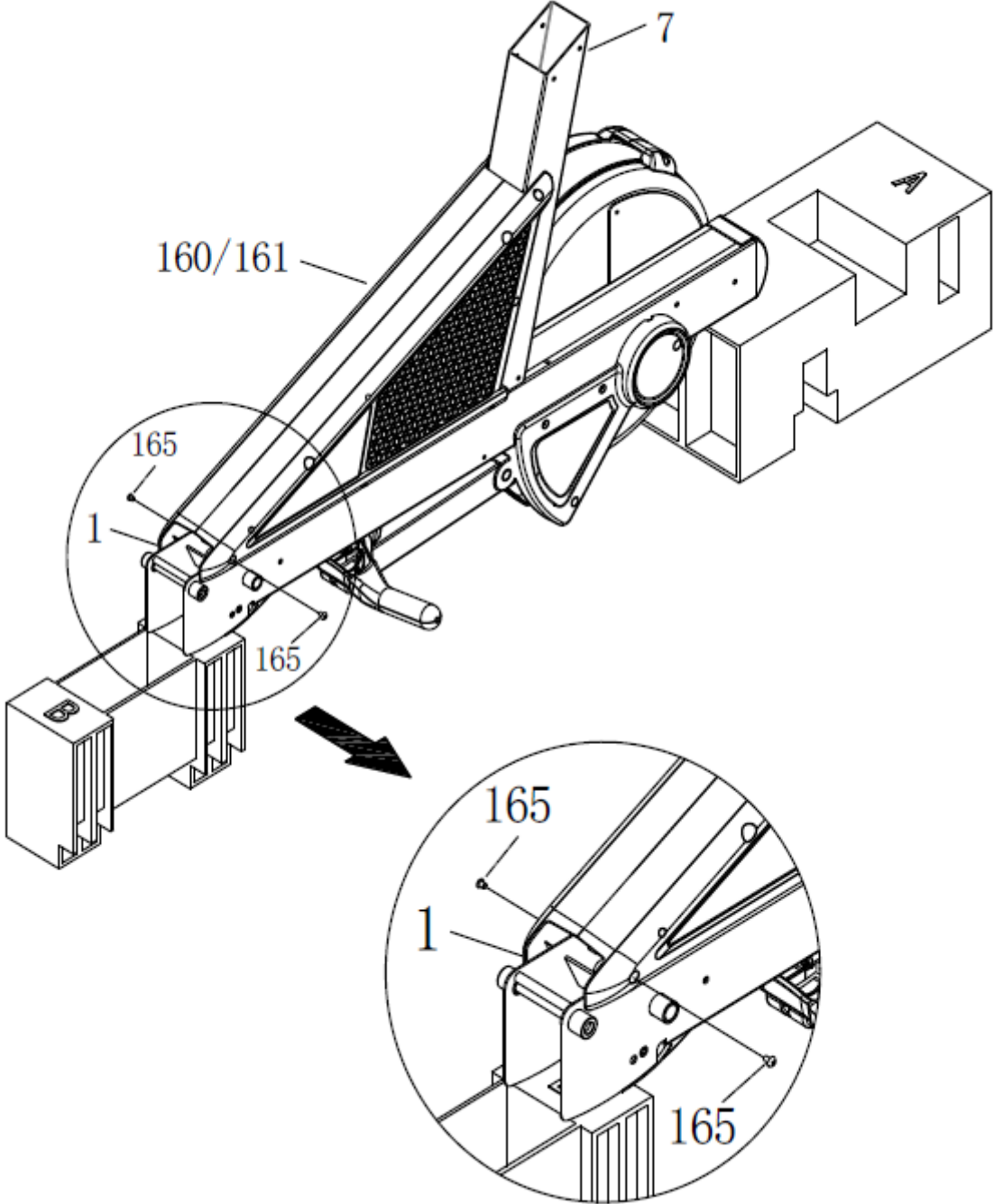
Note: Do not put too much pressure on the covers.



Step 5

Fasten the covers (160 and 161) to the frame (1) and the front frame (7) using 10x Phillips screws (165). First, tighten the 2x screws on the main frame (1).

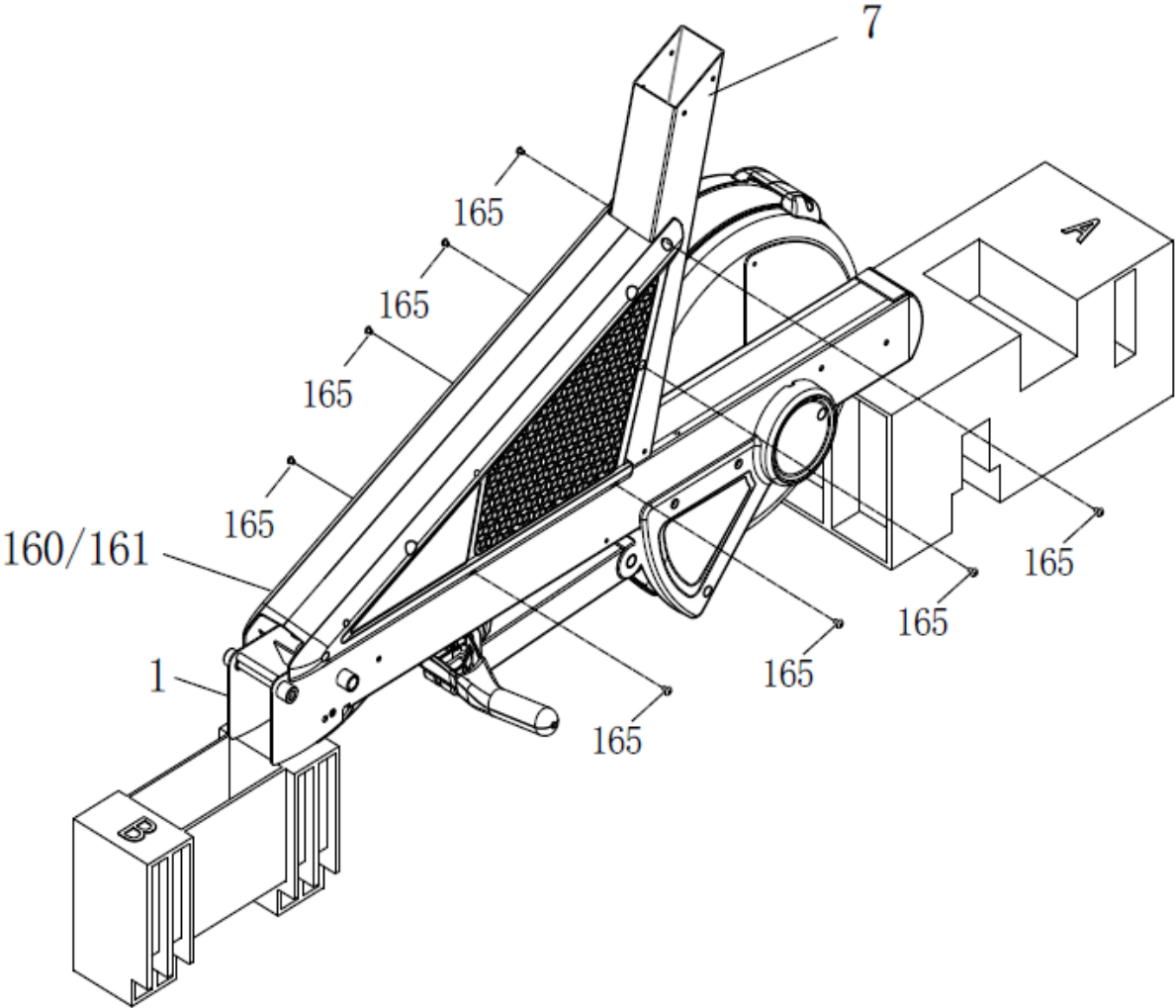
Note: Do not tighten the screws yet.



Step 6

Continue fixing the covers (160 and 161) to the main frame (1) using 8x M6x12 screws (165).

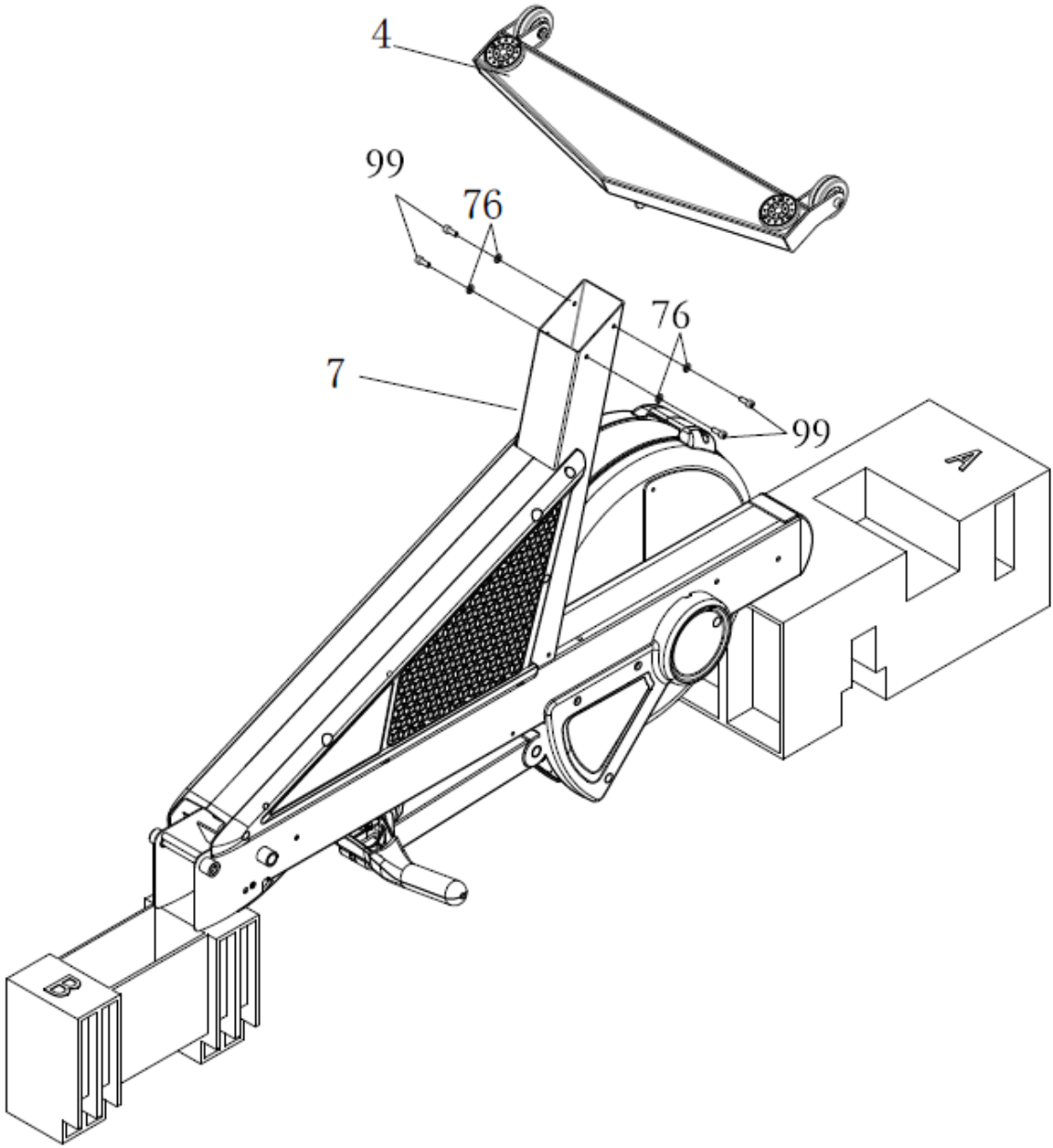
Note: Then tighten all screws from steps 5 and 6.



Step 7

Attach the front stabilizer (4) to the front frame (7) using 4x washers (76) and 4x M6x16mm Allen screws (99).

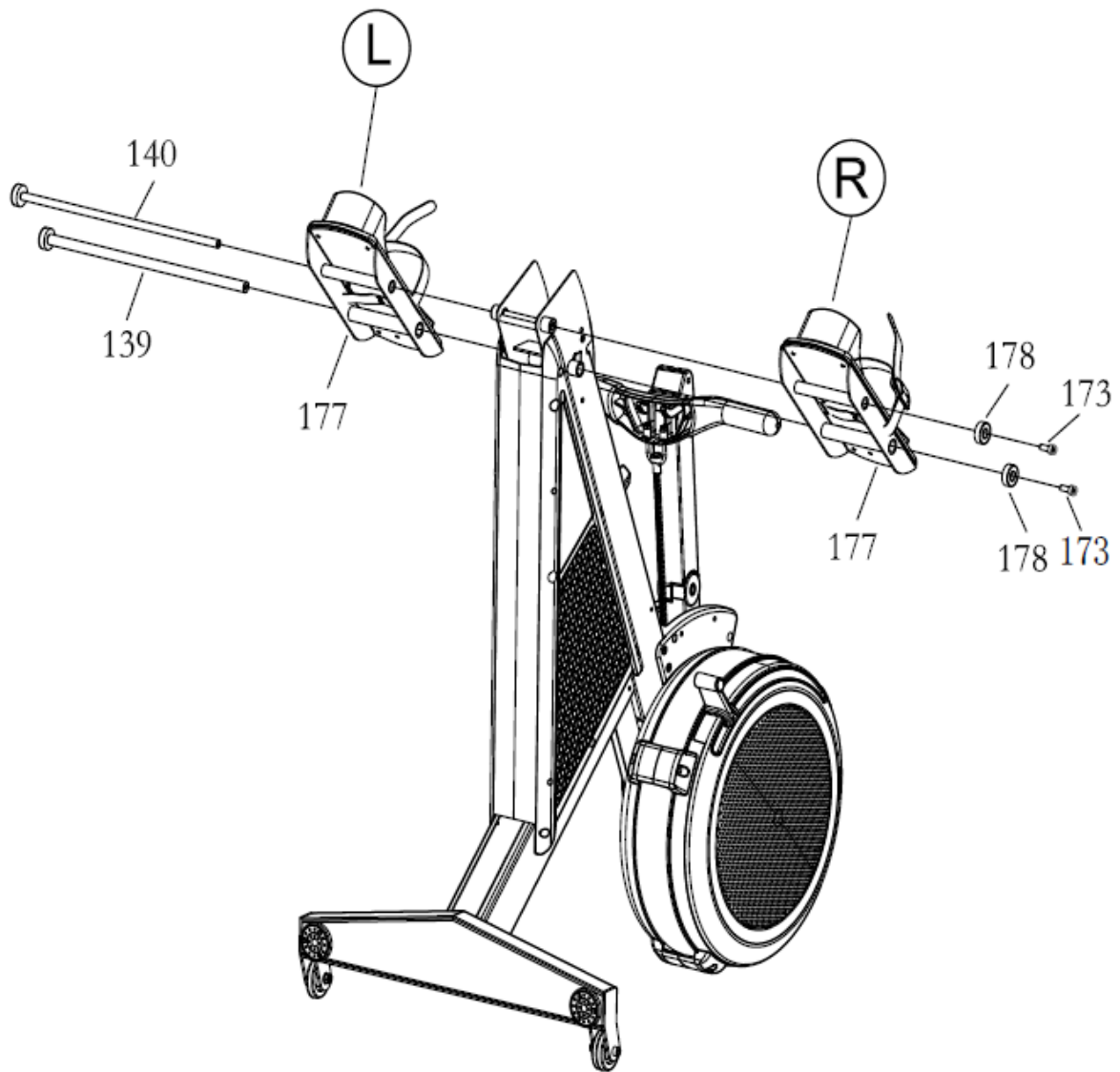
Note: Tighten the screws.



Step 8

Lift the structure from the cartons (A and B) and place the structure on the transport wheels and fan frame. Attach the pedals (177) to the main frame (1) using the 16 mm shaft (139) and the 12 mm shaft (140). Then secure the pedals in the shaft using 2x caps (178) and 2x M8x20 mm screws (173).

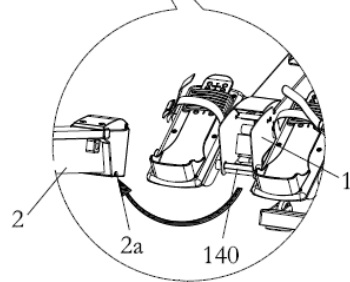
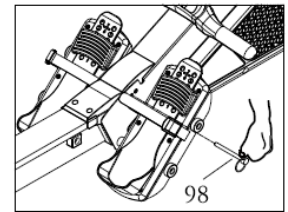
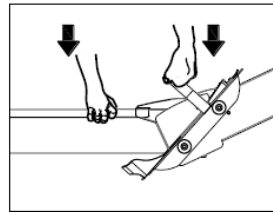
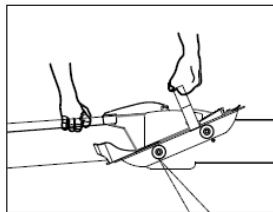
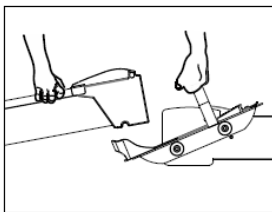
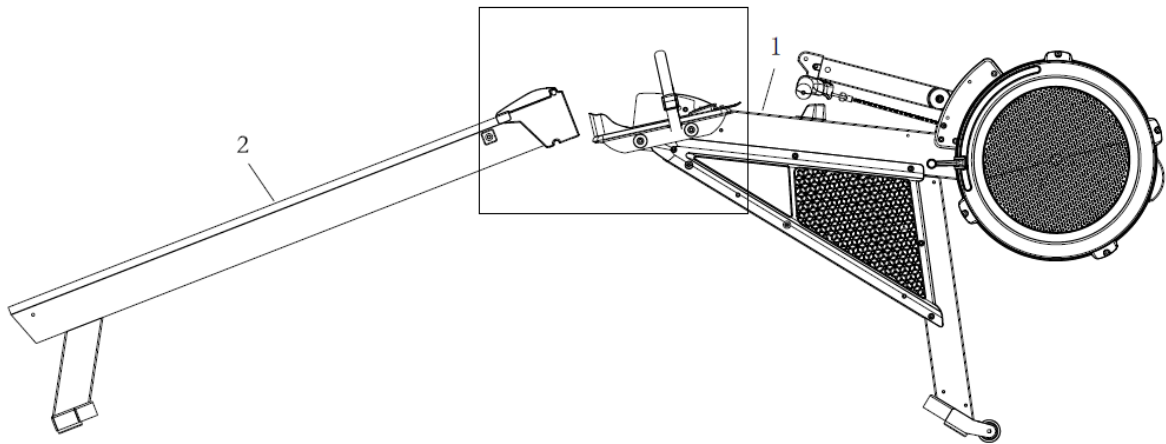
Note: Tighten the screws.



Step 9

Lift the frame (1) by grasping the pedal strap (47). Using the other hand, fit the rail (2) into the 12mm shaft (140) on the main frame (1). See picture.

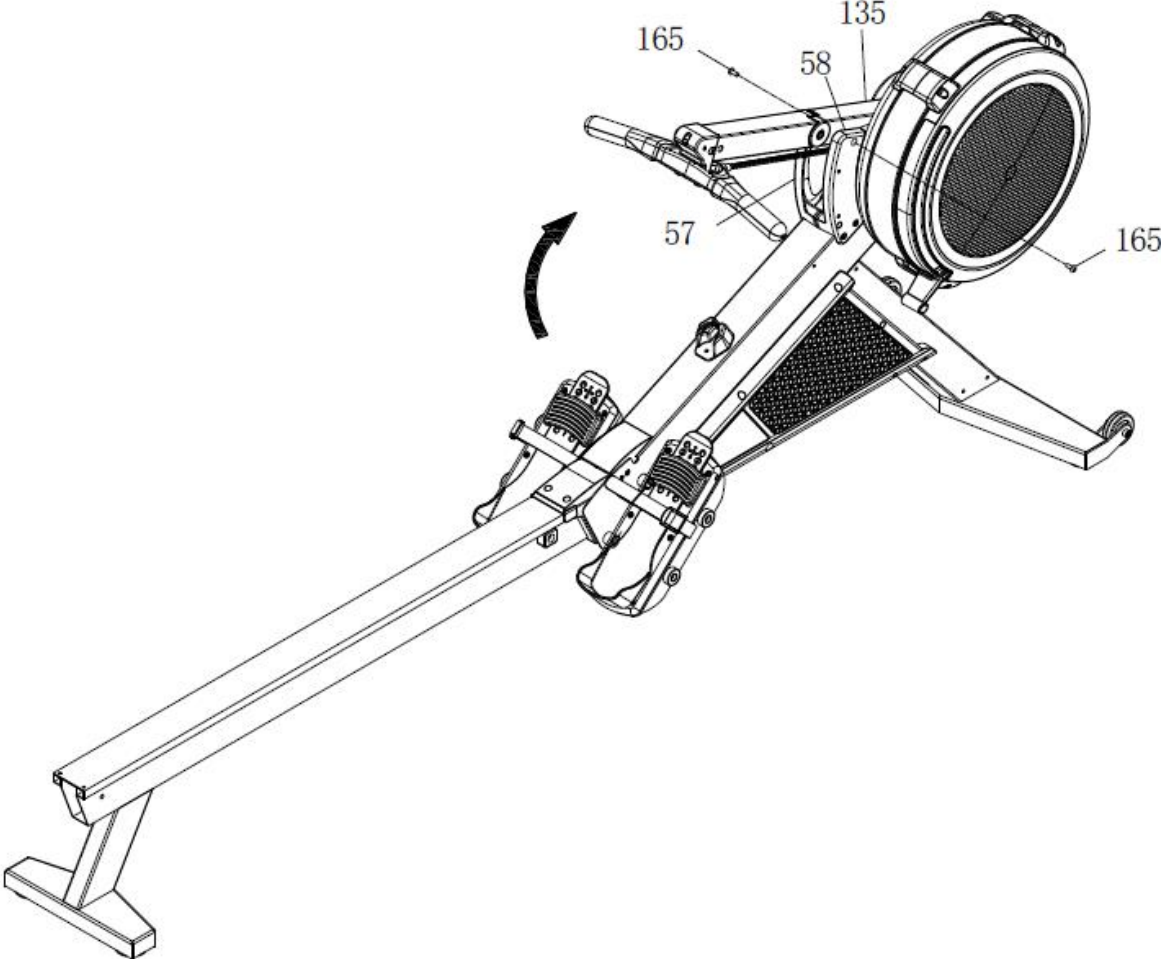
Then insert the pin (98) into the main frame (1) and the rail (2).



Step 10

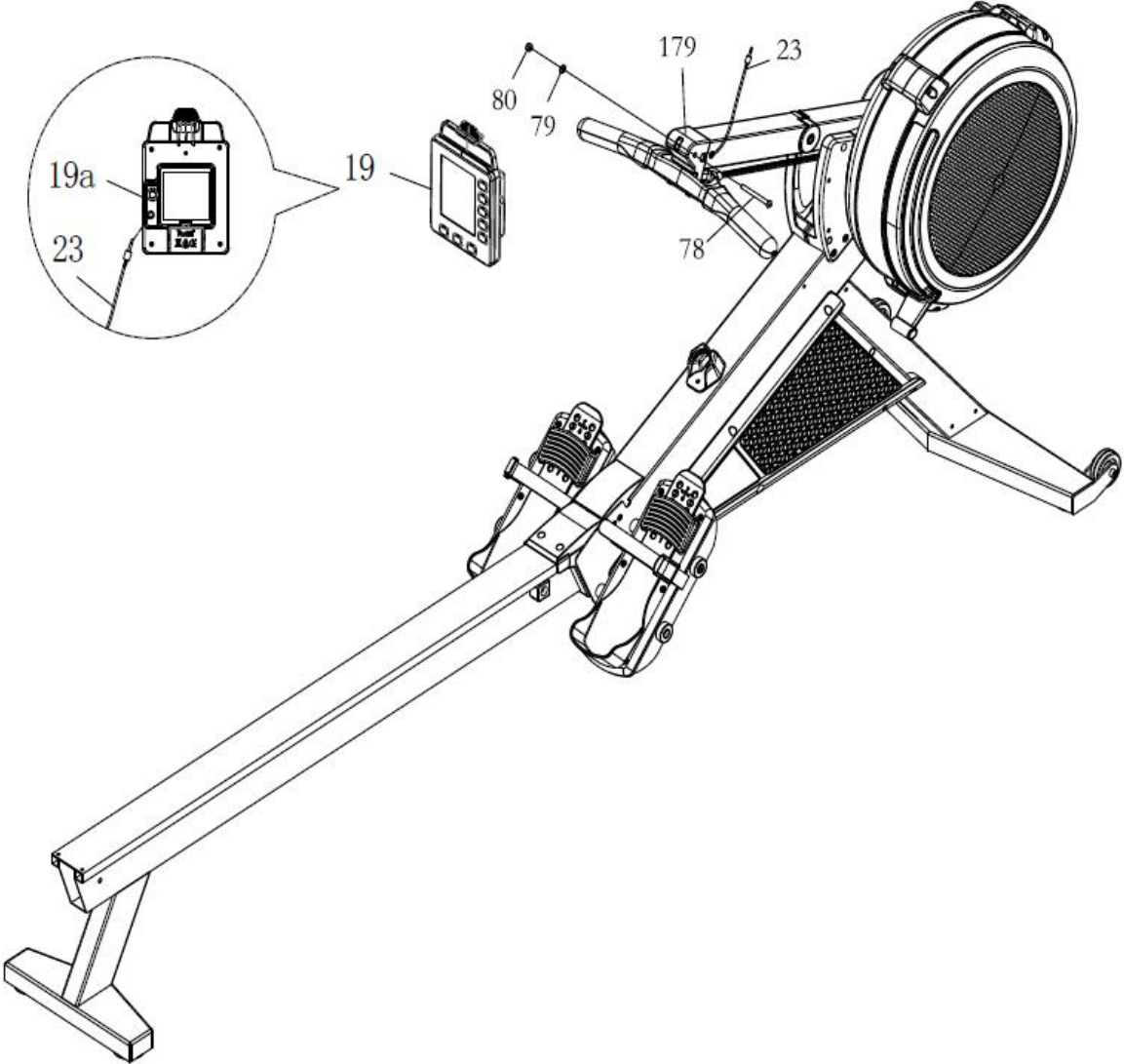
Attach the control panel bracket (135) to the covers (57 and 58) using 2 x M6x12 mm Phillips screws (165).

Note: Tighten all screws.



Step 11

Attach the control panel (19) to the bracket (179) using 1x M8x75mm screw (78), 1x M8 flat washer (79) and 1x M8 nut (80). Connect the sensor cable (23) to the console (19a).

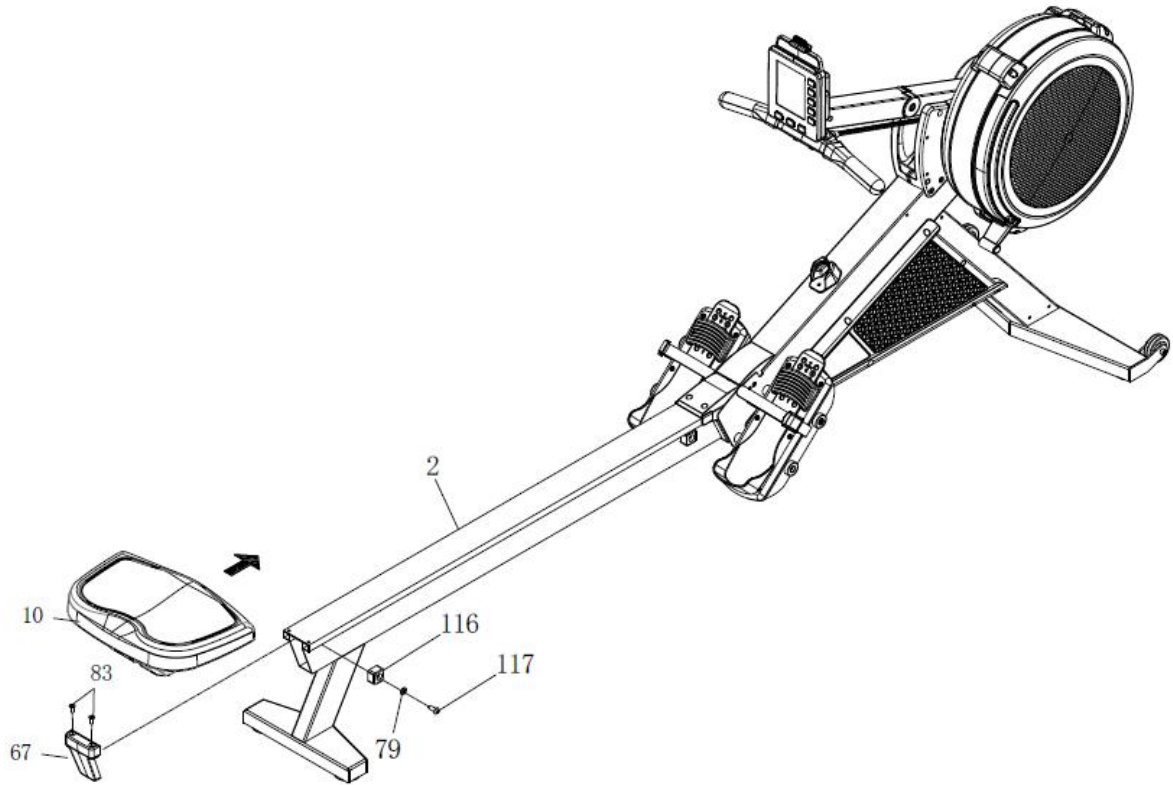


Step 12

Slide the saddle (10) onto the rail (2) and then attach the back cover (67) to the rail (2) with 2x M6x16mm screws (83).

Fix the stopper (116) to the rail (2) with 1x M8 washer (79) and 1x screw (117).

Note: Tighten all screws.



CONTROL PANEL



INTRODUCTION

Turn on

As soon as you move the handles, the quick start program will start or press any button and the control panel will switch to standby mode.

Turn off

If the control panel is in standby mode or no activity is recorded for 20 seconds, it turns off.

Battery replacement

The control panel is powered by 2x D batteries. The batteries are located on the back of the control panel.

If the batteries are not inserted, you can still exercise in the quick start program.

FUNCTION

PROG button

In standby mode, press the program selection button. You can set targets for distance, time and calories or you can choose an interval program for distance, time and calories.

Note: The default program is a quick start program.

DISPLAY button

In the exercise mode, hold the button, you will hear a beep and the display will show other data. Hold the button again, you will hear a 2x beep and the display will show the previous data.

By pressing the button while viewing the exercise summary or viewing the information stored in the memory, you switch between the two types of data.

STOP button

During program selection, the button serves as a return to the previous program. During the setting of the values, the button serves as a return to the previous value after confirmation.

During the exercise, press the button to stop the exercise. Calorie and watt values are reset to zero. Press the button again to view the exercise summary. Press the button a third time to return the control panel to standby mode.

If you want to save the exercise values (does not apply to the quick start program), press the button to save the values to memory.

Holding down the button resets all values and the control panel switches to standby mode.

Up button ▲

Press the button to increase the value. Hold the button to increase the value faster.

If you are viewing the data in the memory, the button serves as a navigation button.

Down button ▼

Press the button to decrease the value. Hold down the button to decrease the value faster.

If you are viewing the data in the memory, the button serves as a navigation button.

ENTER button

Press to confirm program selection or value setting.

Right button ►

If you are setting a program, press the button to move between the digits.

You try to view the data in the memory, by pressing the button you switch between individual cycles.

Left button ◀

If you are setting a program, press the button to move between the digits.

You try to view the data in the memory, by pressing the button you switch between individual cycles.

DISPLAY

Time and date

Range: 0:00:00 – 17:59:59 (hours, minutes, seconds)

Time is added in all cases, except if a time countdown is set.

The maximum value in the quick program is 02:34:59, in all other programs the maximum value is 17:59:59. Once the value reaches its maximum, it will count again from 0:00:00.

D, M, Y (day, month, year) are only displayed when the control panel is in standby or memory mode.

To reset the time and date, hold the PROG and DISPLAY buttons simultaneously in standby mode.

Strokes/min (S/M)

Displays the number of strokes per minute.

Range: 1 – 99

Time/500m, ave time/500m, rest time

Range: 00:00 – 99:59 (minutes:seconds)

Time/500m shows the approximate number of strokes to cover 500m

Ave time/500m displays the average time required to cover 500m

Rest time is the rest time in the interval program

Strokes

Displays the number of strokes during the exercise.

Range: 0 – 9999.

Cycle, level

Range for cycle: 0 – 35

Only shown in the interval program. Displays the current interval.

Range for load: 1 – 16

Displays the resistance level during exercise. Levels 1 – 10 are air resistance. Levels 11 – 16 are magnetic resistance.

Watts, ave watts

Range: 0 – 999

It will display the power in watts during the exercise

Average power is the average power output during exercise

Pulse, drag

Heart rate display: 40 -220 beats per minute during exercise

You must be wearing a paired chest strap with a connection frequency of 5.3 kHz for display

The stroke represents the cadence and resistance you feel during the stroke

Total meter, total meter/30 min

Range: 0 – 99999 meters

If the value exceeds the maximum limit, it is reset to zero and will count again from 0

Total distance is added in all modes (except if distance countdown is set)

Total distance/30min is an approximate calculation of how much distance you will cover in 30 minutes at the current cadence of strokes.

Calories, calories/hr

Range: 0 – 9999

If the value exceeds the maximum limit, it is reset to zero and will count again from 0

Calories Burned/Hour approximate number of calories burned per hour with the current stroke cadence

Split time/500m, split calories

Range: 00:00 – 99:59 (hours:minutes)

Displays the average split time for 500m

Split xx

Range: 0 – 35

The split is displayed in the exercise summary or memory.

If the value is 0, it means that no exercise split was performed.

Memory

Range: 0 – 35

Shows saved previous workouts.

Numbering is 1 newest, 35 oldest. The oldest saved positions are replaced when the maximum value of 35 is reached.

PROGRAMS

- The control panel includes 8 programs: Quick start, Distance Countdown, Time Countdown, Calories Countdown, Time Interval, Distance Interval, Calorie Interval and memory.
- By pressing PROG you can switch between the programs in the following order: Quick start, Distance Countdown, Time Countdown, Calories Countdown, Time Interval, Distance Interval, Calorie Interval and memory.
- To change the displayed data during training, press the DISPLAY button. The displayed values also change automatically every 5 seconds.
- Press STOP once to stop counting, Calories and Watts will reset to zero. Press the STOP button again to view the exercise summary. If you press the STOP button in the exercise summary, you will save the workout to memory.

Note: A quick program workout cannot be saved to memory.

Quick start program

- To start the program, just pull the handle (3). All values will start to add up. The program starts the moment you start pulling the handles.
- Press STOP to display the exercise summary, but the data cannot be saved to memory.

Distance countdown

- During the exercise, the distance will be subtracted from the set value.
- Range: 100 – 50,000 meters
- After setting, the program starts the moment you pull the handles. Once you've reached your target, you'll see a workout summary. If you press STOP while the summary is displayed, the data is stored in memory and the control panel goes into standby mode.

Time countdown

- During the exercise, the time will be subtracted from the set value.
- Range: 00:00:20 – 09:59:59 (hours:minutes:seconds)
- After setting, the program starts the moment you pull the handles. Once you've reached your target, you'll see a workout summary. If you press STOP while the summary is displayed, the data is stored in memory and the control panel goes into standby mode.

Calories countdown

- During exercise, calories will be subtracted from the set value.
- Range: 10 – 5000 cal
- After setting, the program starts the moment you pull the handles. Once you've reached your target, you'll see a workout summary. If you press STOP while the summary is displayed, the data is stored in memory and the control panel goes into standby mode.

Time interval

- The time interval setting consists of training time (time) and rest (rest).
- First, you need to set the time of each training interval. After setting all training intervals, press ENTER to set rest intervals.
- Training range: 00:00:20 – 09:59:59 (hours:minutes:seconds)
- Rest range: 00:10 – 30:00 (minutes:seconds)
- Number of intervals: 35

Distance interval

- The distance interval setting consists of total distance (total meter) and rest (rest).

- First, you need to set the distance of each training interval. After setting all training intervals, press ENTER to set rest intervals.
- Training range: 100 - 5000 meters
- Rest range: 00:10 – 30:00 (minutes:seconds)
- Number of intervals: 35

Calories interval

- The calorie burn interval setting consists of calories burned (calories) and rest (rest).
- First, you need to set the calorie value of each training interval. After setting all training intervals, press ENTER to set rest intervals.
- Training range: 10 – 5000 cal
- Rest range: 00:10 – 30:00 (minutes:seconds)
- Number of intervals: 35

Memory mode

- Use the PROG button to select MEMORY. Press ENTER to enter the memory. You can switch between individual workouts using the up and down keys.
- Press ENTER to enter the selected workout. Use the right and left arrows to scroll through individual training data.
- Only training programs can be stored in the memory, the quick exercise program cannot be stored.
- The control panel records up to 80 intervals. Up to 35 exercises can be stored in the memory.
- The console automatically deletes the oldest data when the limit is exceeded.
- A lower marker in the memory shows more recent exercises.
- You can change the displayed information with the DISPLAY button.
- The SPLIT trial shows “00”, this means that this is the overall average of the exercise without intervals.

Interval table

Time Countdown	
Rule	Split:
10 hrs > time > 5 hrs	30 min
5 hrs >= time > 200min	15 min
200 min >= time > 100min	10 min
100 min >= time > 60min	5 min
60 min >= time > 20min	3 min
20 min >= time > 5min	1 min
5 min >= time > 1min	30 sec
1 min >= time	20 sec

Calories Countdown	
Rule	Split:
5000 >= calories > 4000	250 kal
4000 >= calories > 3000	200 kal
3000 >= calories > 2000	150 kal
2000 >= calories > 1000	100 kal
1000 >= calories > 500	50 kal
500 >= calories > 100	20 kal
100 >= calories	10 kal

Interval programs	
Rule	Split:
1 cycle = 1 interval	Up to 35

Distance countdown	
Rule	Split:
500 >= distance > 250	20 km
250 >= distance > 100	10 km
100 >= distance > 50	5 km
50 >= distance > 20	2 km
20 >= distance	1 km

Note: if the value is not divisible by the splits, the last part will not be shown if you are looking at exercise intervals, but will be shown to the total number of intervals.

Example: if you reach distance 1200m, the total number of intervals will be displayed for 1200m, but in the details you will only see the interval for 1000m, the last 200m interval will not be displayed. The same applies if you do not complete the training.

BLUETOOTH

Turn on control Panel and turn on Bluetooth on your smart device.

Connection is possible using the Kinomap and D-Fit applications.

The connection takes place via the FTMS protocol.

"bt" is displayed in the lower left corner of the display if the control panel is connected. Once the control panel is connected, the control panel buttons are not active.

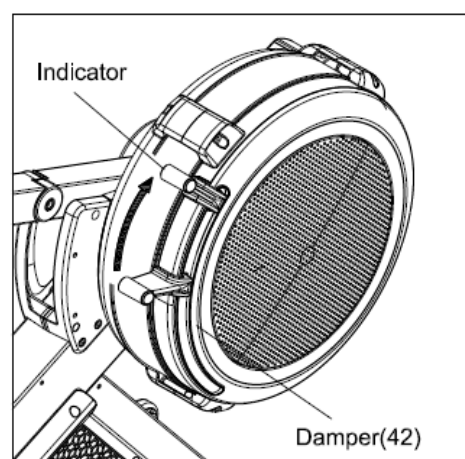
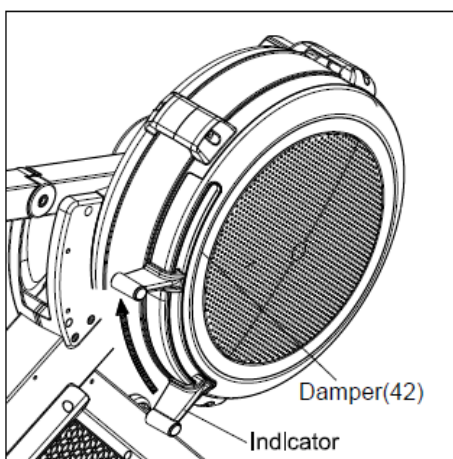
Your smart device must have external Bluetooth device connectivity enabled.

RESISTANCE ADJUSTMENT

To adjust the load, move the indicator (153) to the value displayed on the right fan cover (43). The value can be set from 1 (lowest) to 16 (highest).

Values 1 – 10 are air resistance. Values 11 – 16 are a combination of air resistance and magnetic resistance.

A lower load is focused on cardio exercises, a higher load is more suitable for strengthening exercises.





Resistance 11 – 16

Always set the indicator so that it is slightly above the desired value on the axis

Resistance 1 – 10

Always set the indicator so that it is slightly below the desired value on the axis

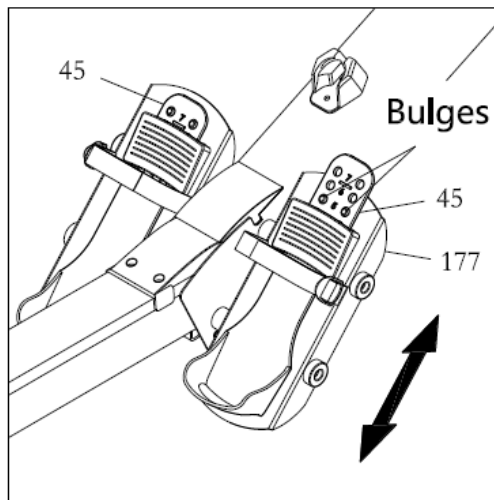
Note: always make sure that the desired value is displayed on the control panel.

If necessary, move the indicator so that the correct value is displayed on the control panel, not on the axis.

PEDAL SIZE

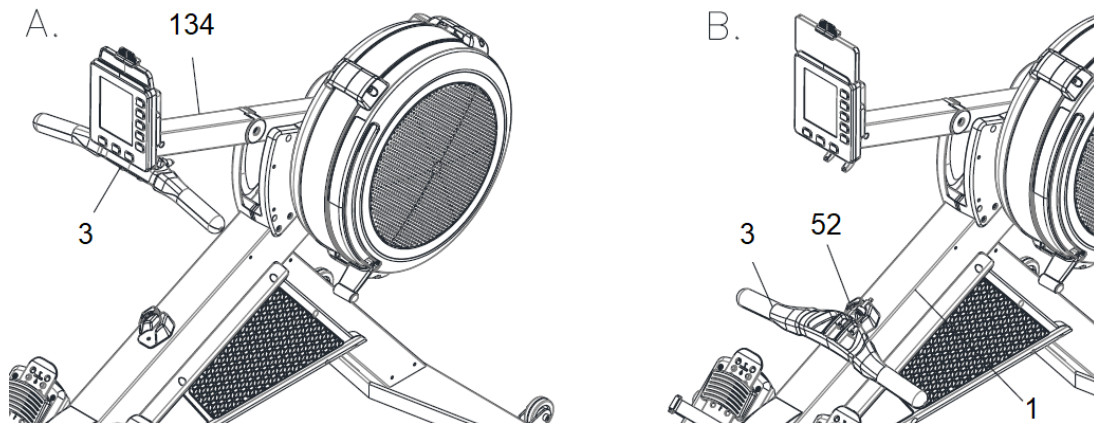
The size of the pedals (45) can be adjusted.

You can adjust the size of the pedals, see picture below. Adjust the size on both sides equally. Always lock the size position.



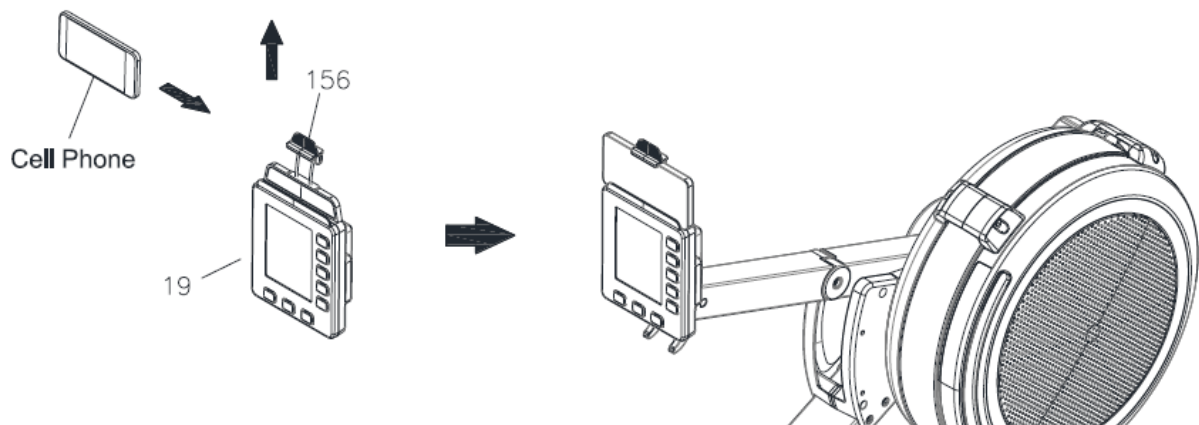
POSITION OF HANDLES

Handles (3) can be placed on A. console holder (134) or in B. handle holder (52).



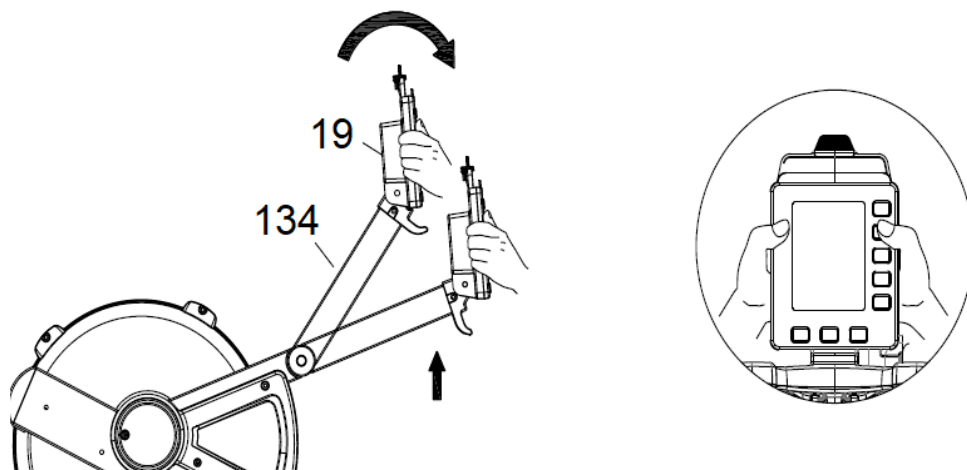
SMARTPHONE HOLDER

You can extend or retract the phone holder (156). Slide the holder up, place the phone between the holder and the control panel, then slide in to hold the phone in place.



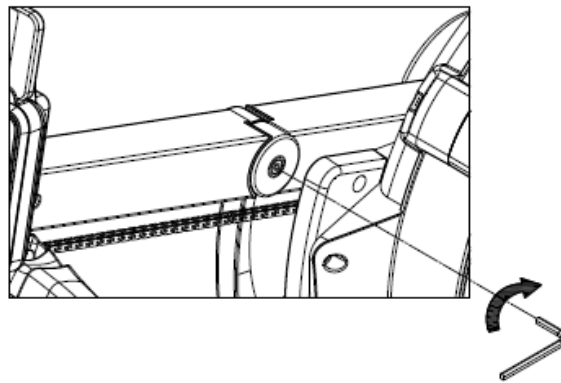
ADJUSTING THE ANGLE OF THE CONTROL PANEL

You can adjust the position of the console holder (134) by holding the console on both sides and moving it to a suitable position.



MAINTENANCE

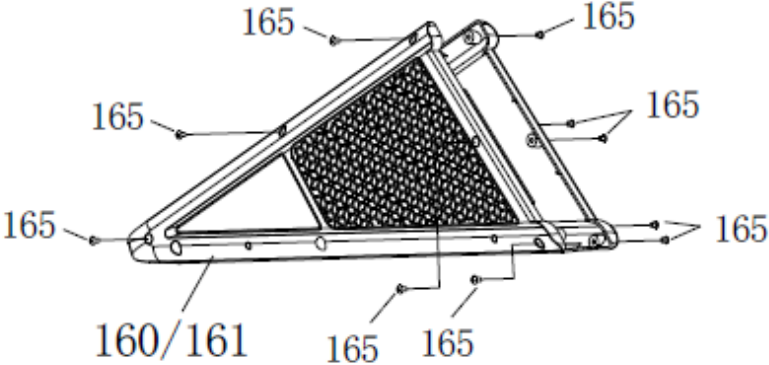
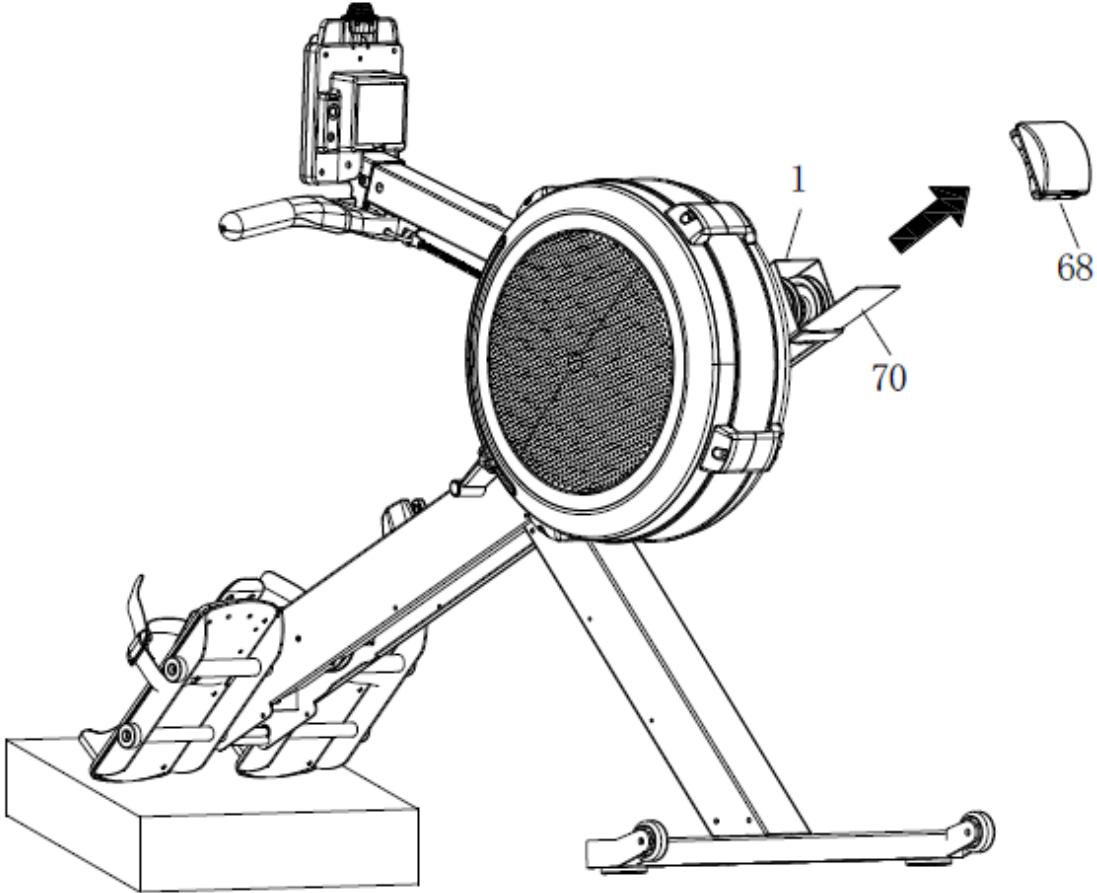
- Regularly check that the resistance of the handles (3) is working. The movement of the seat must be smooth and stable.
- Clean the rail (14) regularly with a soft cloth.
- Make sure all screws, nuts and connections are properly tightened. Alternatively tighten.
- Check the condition of the chain (36). In case of wear or damage, have the chain (36) replaced.
- Any worn or damaged part must be replaced immediately.
- Any repair must be carried out by the service department.
- After each use, clean the surface of the trainer with a soft cloth.
- If the control panel holder (135) is loose, tighten the screw (99) with a wrench.



ADJUSTING THE LENGTH OF THE BUNGEE CORD

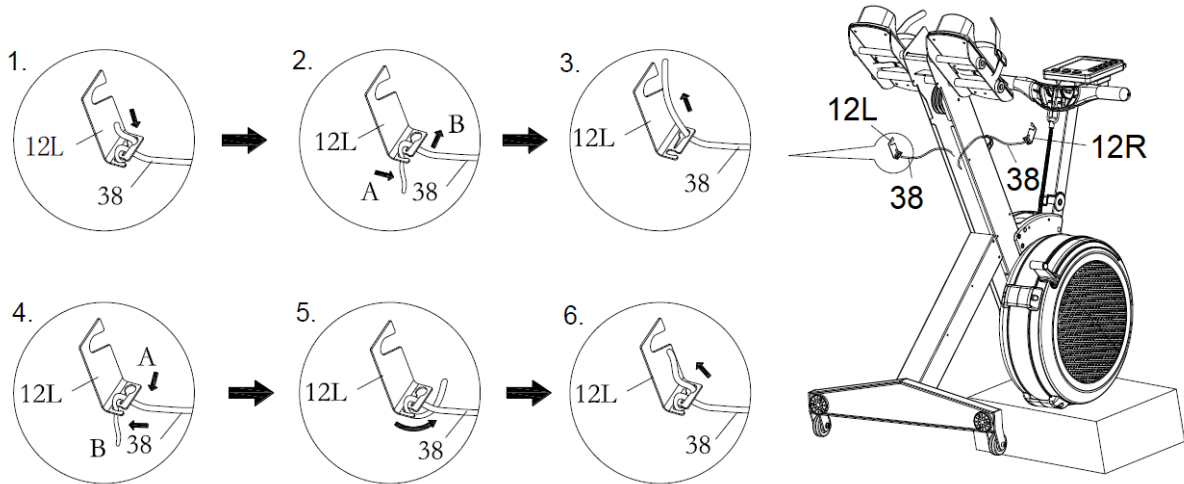
The bungee cord (38) on the handles (3) can wear out over time.

1. Disconnect the rail (2) from the main frame (1). Rest the frame (1) on a firm and elevated point. Remove the covers (160 and 161). Remove the top cover (68) from the main frame (1). Pull the bottom cover (70) out of the main frame (1).

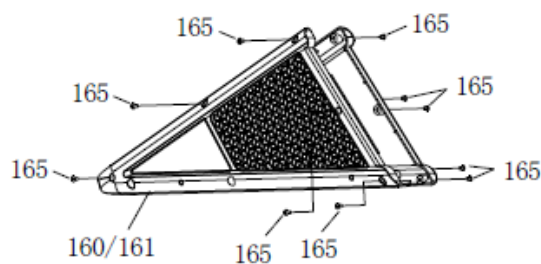
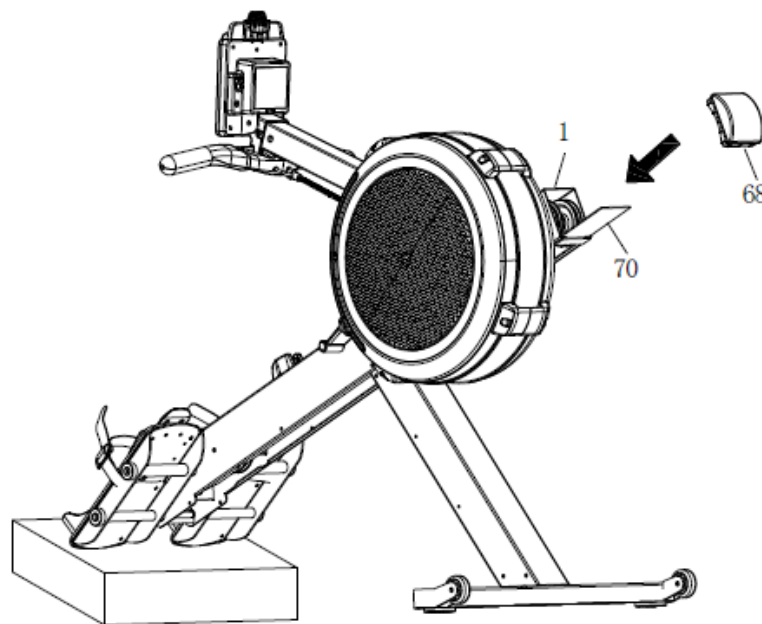


- Place the frame (1) in the position see picture below. Unhook the left rubber hook (12L) from the main frame (1). Make a mark on the rubber (38) and move the hook approximately 5 cm forward. Unhook the rubber according to points 1-3 below. Move the rubber forward about 5 cm, then hook into the hooks (12L) according to points 4 - 6. Hook the hook (12L) into the main frame (1)

Adjust the right side. Always adjust the distance equally on both sides.



- Support the trainer again as shown in the image below. Slide the cover (70) back into the frame (1) and then attach the cover (68) to the frame. Then fix the covers (160 and 161) to the frame (1) with screws. Connect the rail (2) to the frame (1).

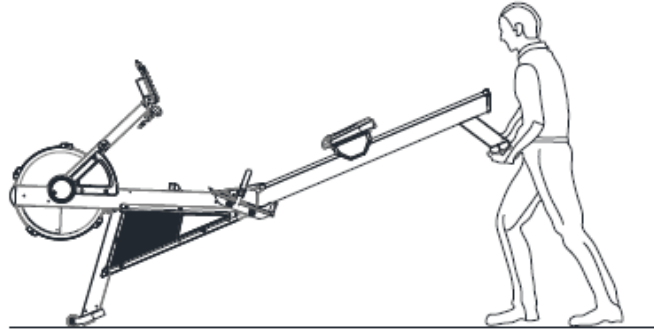


STORAGE

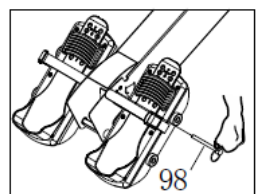
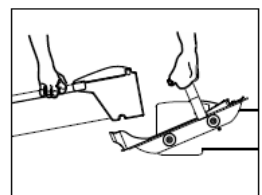
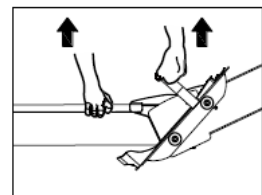
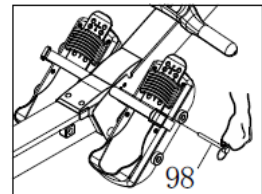
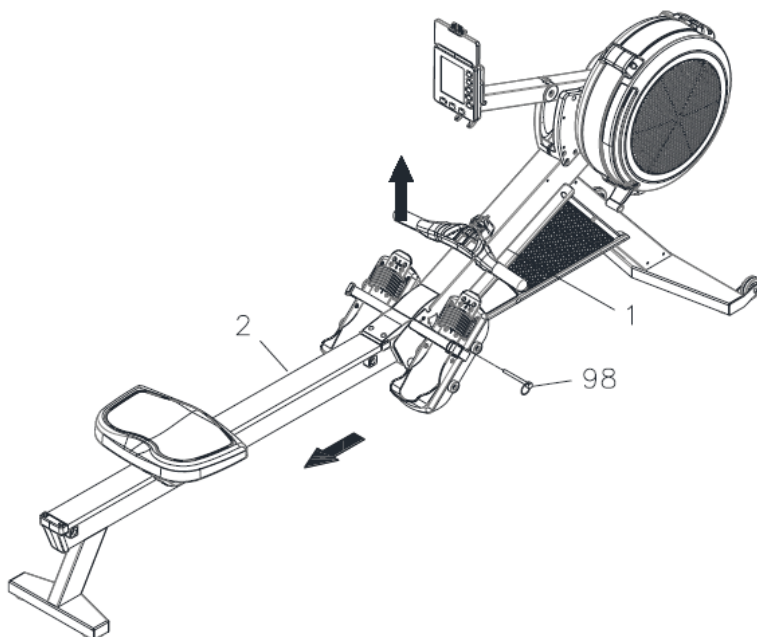
Store the trainer in a dry and clean place.

If you are storing the trainer for an extended period of time, remove the batteries.

Move the trainer on the transport wheels (66) on the front stabilizer (4). Lift the trainer by the rear stabilizer (2). Never lift the trainer by the seat (51).

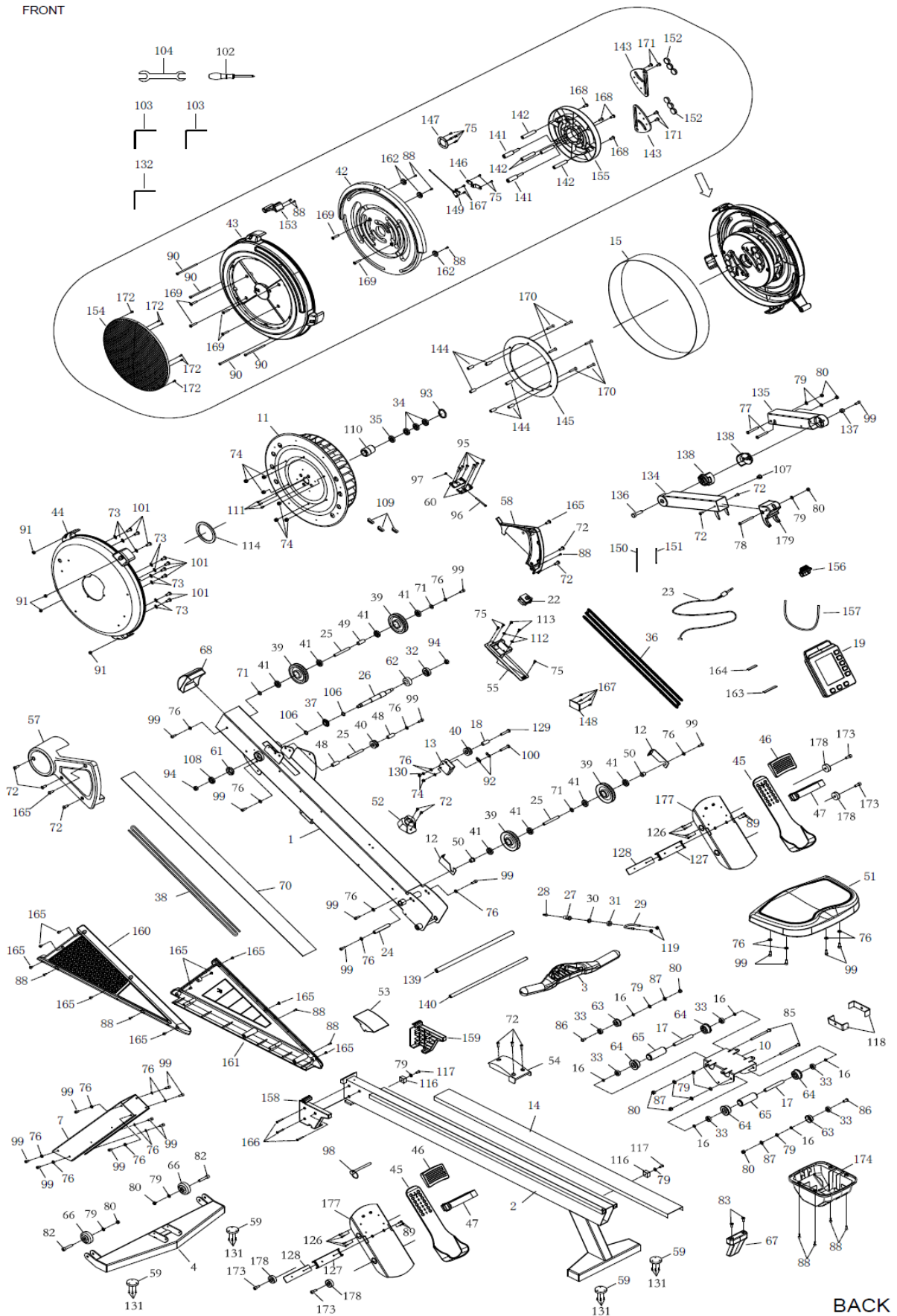


If necessary, you can disconnect the main frame (1) and the rails (2). Pull the pin (98) out of the main frame (1). Once you have the frame and rail disconnected, insert the pin into the main frame.



DRAWING

FRONT



PARTS LIST

No.	Name	Qty.
1	Main Frame	1
2	Rail Frame	1
3	Handlebar	1
4	Front Stabilizer	1
7	Front Support Leg	1
10	Seat Carriage	1
11	Fan	1
12	Bungee Cord Hook	2
13	Chain Bracket	1
14	Stainless Steel Rail	1
15	Perforated Steel Mesh	1
16	Spacer, 8.2x 12x3.2mm	6
17	Spacer, 8.2x 12x71.6mm	2
18	Spacer, 6.2x 10x15.5mm	1
19	Console Monitor	1
22	Generator	1
23	Sensor Cable	1
24	Shaft, M6x 12x80mm	1
25	Shaft, M6x 10x76.5mm	3
26	Fan Axle	1
27	Hook Connector	1
28	Chain Connector	1
29	U Bolt	1
30	Inner Spacer	1
31	Outer Collar	1
32	Bearing 6003RS	1
33	Bearing 608ZZ	6
34	Bearing 6201RS	3
35	One Way Bearing HF2016	1
36	Chain	1
37	Sprocket	1
38	Bungee Cord	1
39	Bungee Cord Pulley	4
40	Chain Roller	2
41	Bearing 6000ZZ	8

42	Damper	1
43	Left Fan Shroud	1
44	Right Fan Shroud	1
45	Foot Pedal	2
46	Foot Pedal Holder	2
47	Pedal Strap	2
48	Spacer, 10x 16x30.5mm	2
49	Pulley Spacer, 10x 16x26.5mm	1
50	Pulley Bushing	2
51	Seat	1
52	Handlebar Holder	1
53	Upper Joint Cover	1
54	Lower Joint Cover	1
55	Generator Base	1
57	Left Side Cover	1
58	Right Side Cover	1
59	Foot Cap	4
60	Steel Plate	2
61	Bushing 6001	1
62	Bushing 6003	1
63	Guide Roller	2
64	Seat Roller	4
65	Roller Sleeve	2
66	Transport Wheel	2
67	Rail End Cap	1
68	Main Frame Top Cap	1
70	Bottom Cover	1
71	Plastic Washer, 10.2x 14x1mm	3
72	Phillips Head Screw, M6x10mm	12
73	Lock Washer, Internal Tooth M6	9
74	Nylon Lock Nut, M6	8
75	Phillips Head Screw, ST4.2x10mm	9
76	Flat Washer, M6	22
77	Socket Head Cap Screw, M8x65mm	2
78	Button Head Cap Screw, M8x75mm	1
79	Flat Washer, M8	11
80	Nylon Lock Nut, M8	9
82	Socket Head Cap Screw, M8x45mm	2

83	Phillips Flat Head Screw, M6x16mm	2
85	Socket Head Cap Screw, M8x110mm	2
86	Button Head Cap Screw, M8x25mm	2
87	Lock Washer, M8	4
88	Phillips Head Screw, ST4.2x16mm	10
89	Phillips Flat Head Screw, M5x12mm	4
90	Socket Head Cap Screw, M5x92mm	4
91	Hex Nut, M5	4
92	Chain Hook	2
93	Elastic Ring	1
94	Nylon Lock Nut, M10	2
95	Phillips Head Screw, ST4.2x6mm	6
96	Phillips Head Screw, M4x45mm	1
97	Hex Nut, M4	1
98	Pull Pin	1
99	Socket Head Cap Screw, M6x16mm	21
100	Phillips Head Screw, M6x30mm (Full Thread)	1
101	Phillips Head Screw, M6x10mm	9
102	Screwdriver	1
103	Allen Wrench, 6mm	2
104	Wrench 13mm/15mm	1
106	PU Spacer	2
107	Plug	1
108	Bearing, 6001RS	1
109	Balance Weight	3
110	Bearing Bushing	1
111	Socket Head Cap Screw, M4x12mm	3
112	Washer, 12x 3.5x1mm	2
113	Phillips Head Screw, ST3.5x12mm	2
114	Magnet	1
116	Stopper Bumper	2
117	Button Head Cap Screw, M8x20mm	2
118	Stopper Bracket	2
119	Thick Nylon Lock Nut, M16	2
126	Phillips Head Screw, ST4.2x10mm	8
127	Pedal Strap Protector	2
128	Pedal Strap Stopper Plate	2
129	Phillips Head Screw, M6x30mm (Half Thread)	1

130	Lock Washer, M6	1
131	Phillips Pan Head Self-drilling Screw, ST4.2X19mm	12
132	Allen Wrench, 5mm	1
134	Upper Console Monitor Post	1
135	Lower Console Monitor Post	1
136	Screw Shaft	1
137	Small Pulley Bushing	1
138	Rotation Sleeve	2
139	Pedal Shaft, 16mm	1
140	Pedal Shaft, 12mm	1
141	Pin, M6x77mm	2
142	Post, M6x63mm	4
143	Magnet Bracket	2
144	Stainless Steel Spacer, $\Phi 10 \times \Phi 6 \times 25$ mm	6
145	Aluminum Plate	1
146	VR Holder	1
147	Ring	1
148	Adaptor Board	1
149	VR	1
150	VR Wire	1
151	Generator Wire	1
152	Round Magnet	6
153	Indicator	1
154	Plastic Mesh	1
155	Magnet Bracket Base	1
156	Smartphone Holder	1
157	Bungee Cord of Smartphone Holder	1
158	Left Joint Cover	1
159	Right Joint Cover	1
160	Left Housing	1
161	Right Housing	1
162	Shoulder Washer	3
163	EVA Pad of Smartphone Holder 138*10*1.0t	1
164	EVA Pad of Smartphone Holder Base 46*11*1.0t	1
165	Phillips Pan Head Screw, M6X12mm	12
166	Phillips Pan Head Self-Tapping Screw, ST4.2X35mm	3
167	Phillips Pan Head Self-Tapping Screw, ST3.0X8mm	6
168	Button Head Cap Screw, M6X12mm	4

169	Hex Head Cap Screw, M6x20mm	6
170	Hex Head Cap Screw, M6x40mm	6
171	Phillips Head Screw, M6x16mm	4
172	Phillips Flat Head Self-Tapping Screw, ST4.2x16mm	6
173	Socket Head Cap Screw, M8X20mm	4
174	Seat Carriage Cover	1
177	Pedal Support Plate	2
178	Foot Pedal End Cap	4
179	Console Mounting Bracket	1

WARM UP

Regular exercise begins with warming up and ends with rest exercises. The warm-up should prepare the body for the subsequent load. Rest exercises should then prevent muscle injuries and cramps. Perform warm-up and rest exercises according to the table below.



Toes on the toes

Lean forward. Keep your back and arms relaxed and lean forward to your toes. Hold in position for 15 seconds. Bend your knees slightly.



Upper thighs

Lean against the wall with one hand. Put your other hand behind you and grab your foot. Pull him to your buttocks. Hold for 30 seconds and repeat with the other leg.



Knees

Sit down and stretch your right leg. Place the sole of the left foot to the right inner thigh. Stretch your right arm to the tip of the outstretched leg. Hold for 15 seconds and release. Repeat also with the left foot.



Inner thighs

Sit on the floor with your toes together. The knees are pointing outwards. Pull your feet to your groin. Push your knees down. Hold for 30-40 seconds if possible.

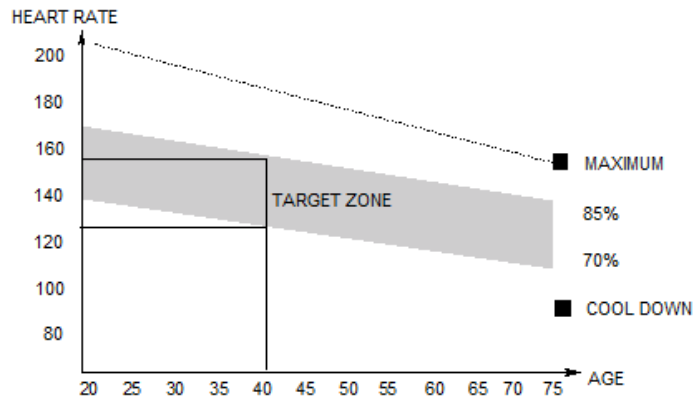


Calf and Achilles tendons

Lean against the wall with one foot back and arms forward. Tighten your right foot and leave your left foot on the ground. Bend your left leg and push forward by pushing your hips towards the wall. Hold for 30 - 40 seconds. Keep your legs taut and repeat with the other leg.

The Exercise Phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work at your own pace but be sure to maintain a steady tempo throughout. The rate of work should be enough to raise your heartbeat into the target zone shown on the graph below.



Cooling-Down Phase

This stage is to let your cardio-vascular system and muscles wind down. This is a repeat of the warm-up phase. First, reduce your tempo and continue at this slower pace for approximately 5 minutes before you get off your Exercise Bike. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible, to space your workouts evenly throughout the week.

MUSCLE TONING

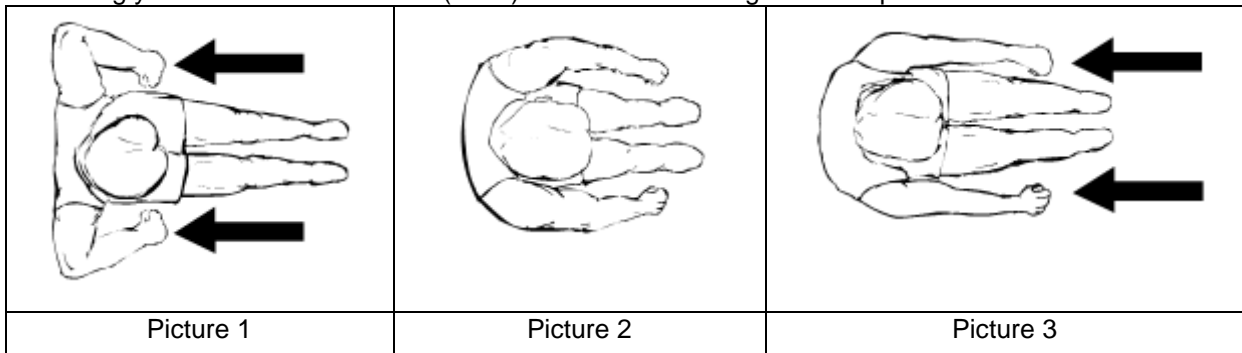
To tone muscle while exercising you will need to have the resistance set quite high. This will put more strain on our leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance making your legs work harder. You will have to reduce your speed to keep your heart rate in the target zone.

WEIGHT LOSS

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. This is effectively the same as if you were training to improve your fitness, the difference being the goal.

Basic exercise

- 1) Sit on the saddle and fasten your feet to the pedals using the Velcro straps. Then take hold of the rowing bar.
- 2) Take up the starting position, leaning forward with your arms straight and knees bent as shown in (Pic 1).
- 3) Push yourself backwards, straightening your back and legs at the same time (Pic 2).
- 4) Continue this movement until you are leaning slightly backwards, during this stage you should bring your arms out of the side. (Pic 3). Then return to stage 2 and repeat. See attached.



Training Time

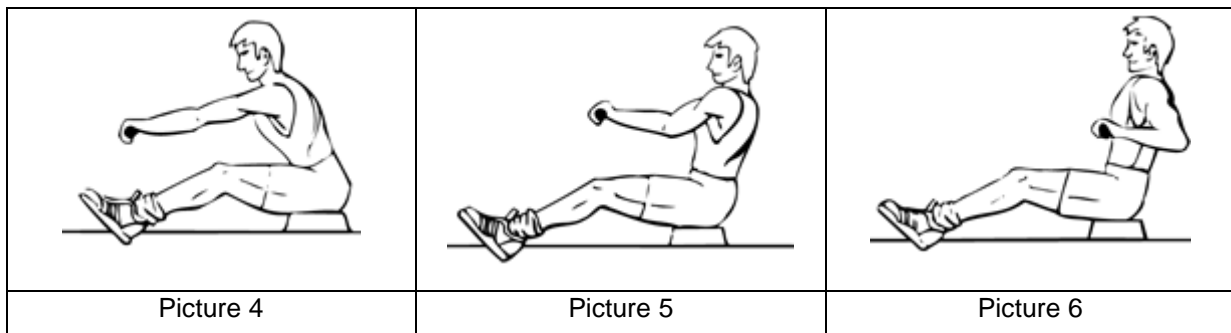
Rowing is a strenuous form of exercise, because of this it is best to start with a short, easy exercise programmed and build up to longer and harder workouts. Start rowing for about 5 minutes and as you progress, increase the length of your work out to match your improving level of fitness. You should eventually be capable of rowing for 15-20 minutes, but do not try to achieve this too quickly.

Try to train on alternate days, 3 times a week. This gives your body time to recover between workouts.

Alternate Rowing Styles.

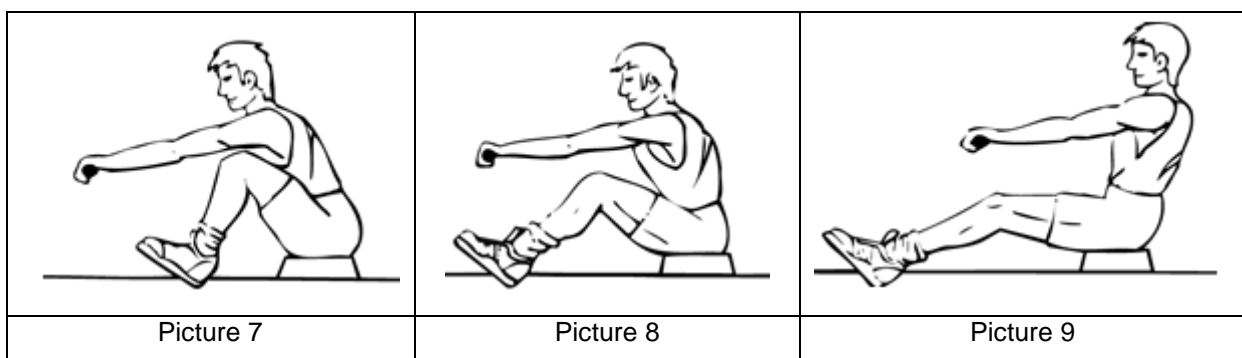
Arms Only Rowing

This exercise will tone muscles in your arms, shoulders, back and stomach. Sit as shown in Pic 4 with your legs straight, lean forward and grasp the handles. In a gradual and controlled manner lean back to just past the upright position continuing to pull the handles towards your chest. Return to the starting position and repeat. See attached.



Legs Only Rowing

This exercise will help tone muscles in your legs and back. With your back straight and arms out stretched, bend your legs until you are grasping the rowing arm handles in the starting position, Pic 7. Use your legs to push your body back whilst keeping your arms and back straight



HOW TO EXERCISE

Phase of right rowing to strengthen specific muscles:

1. Stroke (Lower Muscle Exercise): Bend your knees and stretch your arms. Grasp the handle and keep your back straight (Pic 01).
2. Movement (center muscles): Reflect the legs and bend the arms (Pic 02).
3. End (upper body muscles): Take your back and legs tight. Hold your wrists straight and pull the handle (Pic 03).
4. Training the four-headed femoral muscle (Pic 04).
5. Muscle training on arms (Pic 05).
6. Practice of back and abdominal muscles (Pic 06)



Picture 01



Picture 02



Picture 03



Picture 04



Picture 05



Picture 06

IMPORTANT NOTICE

- This rowing machine comes with standard safety regulations and is suitable for commercial use. We are not responsible for any injury caused by improper and forbidden use of the machine.
- Consult your doctor before starting training on the rowing machine. 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 rowing machine is not suitable as a professional or medical purpose. It can also not be used for healing purposes.
- The heart rate monitor is not a medical device. It provides only approximate information about your average heart rate, and any suggested pulse rate is not medically binding. Accumulated data may not always be accurate regarding uncontrollable human and environmental factors.

ENVIRONMENT PROTECTION

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

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

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

TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS

General Conditions of Warranty and Definition of Terms

All Warranty Conditions stated here under 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 Strakonická street 1151/2c, Prague 150 00, 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.

Batteries

6-month battery warranty – we guarantee that battery's nominal capacity does not fall below 70% of its total capacity within 6 months of the product's sale.

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: objednávky@insportline.sk
reklamacie@insportline.sk
servis@insportline.sk

Web: www.inSPORTline.sk

About shipping

