



## USER MANUAL – EN

### IN 28994 Gym timer inSPORTline CF15

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](http://www.insportline.eu) where you will find the latest version of the manual.

## SAFETY INSTRUCTIONS

- Please read the manual before use and keep it for future reference.
- Protect against impacts and falls.
- Protect against excessive moisture.
- Protect against prolonged exposure to sunlight.
- Do not open, modify, or repair the device yourself.

## SPECIFICATIONS




Dimensions (mm)	190x20x63
Material:	ABS housing and acrylic display cover
Input	AC 100-240V, 50/60Hz
Output	5V, 1A
Power	USB-C (cable included, charging adapter is included)
Weight	200g
Operating temperature	-10°C ~ 50°C
Charging time	Approx. 3 hours
Operating time	10-20 hours per charge

## CHARGING

Connect the USB-C cable to a 5W USB adapter. You can connect the USB cable to a computer or power bank with the same output to charge.

The battery charge status indicator will flash while charging. The indicator will stop flashing when fully charged.


## BUTTONS

			
Press	Start/Stop Timer	Toggle function	Set brightness
Hold for 3 seconds	Power On/Off	Set	-
Press 2x	Reset	-	10 second countdown


## FUNCTION

Tempo	Can't be set, time count up from 0 to 99:59
Count up	Can be set, time count up from 0 to 99:59
Countdown	Can be set, time countdown from 99:59 to 0
Interval	Can be set, custom HIIT, AMRAP settings. Number of intervals: max. 99, Time setting: 99:59:99 for training and rest
Tabata	Preset interval training
Fight gone bad	Preset interval training
EMOM	Custom lap count, repeat laps
Stopwatch	Start stopwatch from 0 to 99:59:99


## USE

Hold  button for 3 seconds to switch on the timer. Timer will remember last used function.


Press  to start/pause selected function.


Press  2x to reset the timer.

Press  button to adjust brightness (5 levels)

Press  2x to enable/disable 10 second countdown before starting selected program.

Timer will turn off automatically after 30 min of inactivity.

Press  button to select function.

Hold for  3 seconds to enter function settings, first digit will flash.

Use "+" / "-" buttons to adjust the value, confirm by pressing  button and move to next digit.

Hold  button for 3 seconds to save and exit settings.


Press  to start/pause set function.

To reset the timer press  2x.


## FUNCTIONS DESCRIPTION

### Tempo




Press  to select function.


Press  to start/stop function.

To reset press  2x.


### Countdown



Press  to select function.

To enter setting hold  for 3 seconds, first digit will flash.


Use "+" / "-" buttons to adjust the value, confirm by pressing  button and move to next digit.


Hold  for 3 seconds to save the settings.

Press  to start/stop function.


### Count up



Press  to select function.

To enter setting hold  for 3 seconds, first digit will flash.

Use "+" / "-" buttons to adjust the value, confirm by pressing  button and move to next digit.

Hold  for 3 seconds to save the settings.

Press  to start/stop function.


### Interval




The first two green digits indicate the number of laps, the next 4 digits indicate the minutes:seconds of the exercise or rest phase.


After the end of the training phase, a 1x sound signal will sound.

After the end of the rest phase, a 2x sound signal will sound.


Press  to select function.

Hold  button for 3 seconds to enter the lap count setting. The green digits will start flashing.


Press "+" / "-" buttons to adjust the value, Press  button to save the value and move to the next digit.

Hold  button for 3 seconds to enter the training time setting H1.

Press "+" / "-" buttons to adjust the value, Press  button to save the value and move to the next digit.

Hold  button for 3 seconds to enter the training time setting H2.

Press "+" / "-" buttons to adjust the value, Press  button to save the value and move to the next digit.

Hold  button for 3 seconds to confirm all settings and the timer will stop flashing.

Press  to start/stop function.


### Tabata




The function consists of 8 rounds of 20 seconds of training and 10 seconds of rest.

After the end of the training phase, a 1x sound signal will sound.

After the end of the rest phase, a 2x sound signal will sound.

Press  to select function.

Press  to start/stop function.

To reset press  2x.


### Fight gone bad




The function includes 3 rounds of 5 minutes of training and 1 minute of rest.

After the end of the training phase, a 1x sound signal will sound.

After the end of the rest phase, a 2x sound signal will sound.

Press  to select function.


Press  to start/stop function.

To reset press  2x.

### EMOM




A function that allows you to repeat the countdown in minutes and seconds for a set number of laps.


Press  to select function.

Hold  button for 3 seconds to enter the lap count setting. The green numbers will start flashing.

Press  /  buttons to adjust the value, Press  button to save the value and move to the next digit. If you set 00, it will repeat until you manually stop counting.

Hold  button for 3 seconds to enter the training time setting.

Press  /  buttons to adjust the value, Press  button to save the value and move to the next digit.


Hold  button for 3 seconds to confirm all settings and the timer will stop flashing.

Press  to start/stop function.

### Stopwatch



Stopwatch counts time from 0 to 99:59:99

Press  to select function.

Press  to start/stop function.

To reset press  2x.

## 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 Kutnohorská 531, Štěrboholy Retail Park, 109 00, Praha 10, ČR, 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.**

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**About shipping**

