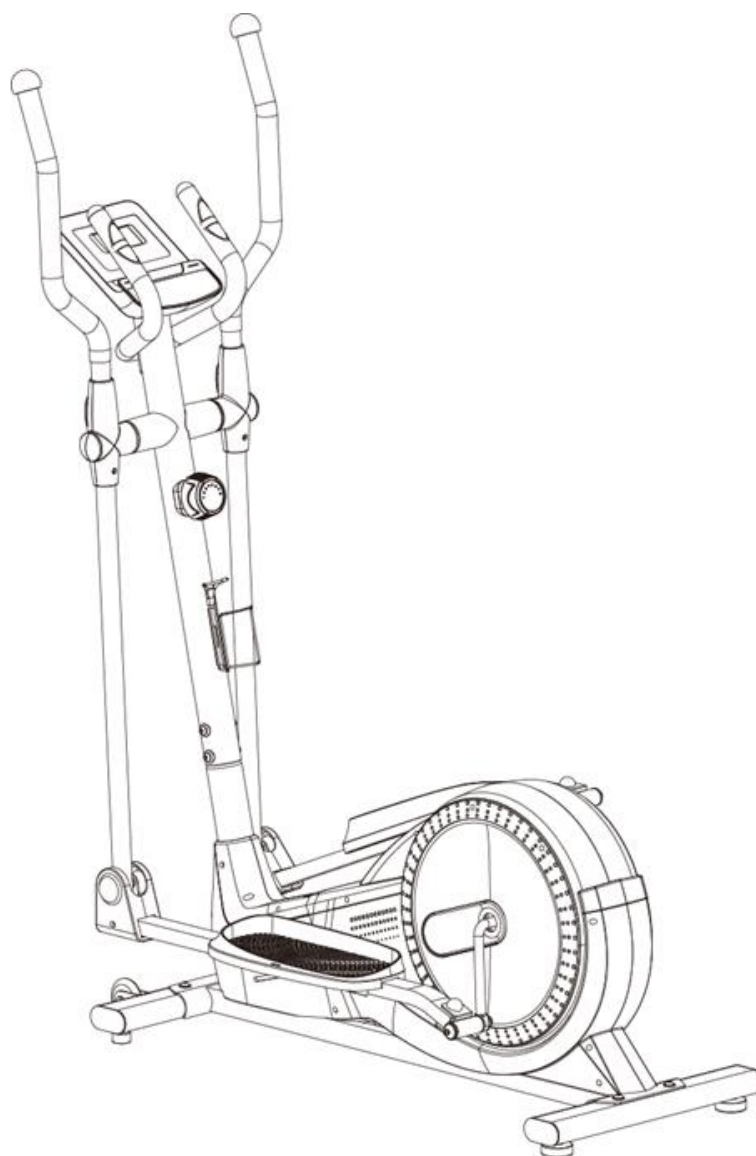




USER MANUAL – EN

IN 20106 Elliptical Trainer inSPORTline Hodore ET



CONTENTS

SAFETY INSTRUCTIONS.....	3
IMPORTANT NOTES	3
PARTS LIST	5
DIAGRAM	8
ASSEMBLY	10
CONSOLE	15
TROUBLESHOOTING	16
USE OF ELEPTICAL TRAINER	16
THE WARM UP PHASE	16
MAINTENANCE	17
ENVIRONMENT PROTECTION	17
TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS.....	17

SAFETY INSTRUCTIONS

- To ensure the best safety of the exerciser, regularly check it on damages and worn parts.
- If you pass on this exerciser to another person or if you allow another person to use it, make sure that that person is familiar with the content and instructions in these instructions.
- Only one person should use the exerciser at a time.
- Before the first use and regularly make sure that all screws, bolts and other joints are properly tightened and firmly seated.
- Before you start your work-out, remove all sharp-edged objects around the exerciser.
- Only use the exercise for your work-out if it works flawlessly.
- Any broken, worn or defective part must immediately be replaced and/or the exerciser must no longer be used until it has been properly maintained and repaired.
- Parents and other supervisory persons should be aware of their responsibility, due to situations which may arise for which the exerciser has not been designed and which may occur due to children's natural play instinct and interest in experimenting.
- If you do allow children to use this exerciser, be sure to take into consideration and assess their mental and physical condition and development, and above all their temperament. Children should use the exerciser only under adult supervision and be instructed on the correct and proper use of the exerciser. The exerciser is not a toy.
- For your own safety, always ensure that there is at least 0.6 meter of free space in all directions around your product while you are exercising.
- To avoid possible accidents, do not allow children to approach the exerciser without supervision, since they may use it in a way for which it is not intended due to their natural play instinct and interest in experimenting.
- Please note that an improper and excessive work-out may be harmful to your health.
- Please note that levers and other adjustment mechanisms are not projecting into the area of movement during the work-out.
- When setting up the exerciser, please make sure that the exerciser is standing in a stable way and that any possible unevenness of the floor is evened out.
- Always wear appropriate clothing and shoes which are suitable for your work-out on the exerciser. The clothes must be designed in a way so that they will not get caught in any part of the exerciser during the work-out due to their form (for example, length). Be sure to wear appropriate shoes which are suitable for the work-out, firmly support the feet and which are provided with a non-slip sole.
- Be sure to consult a physician before you start any exercise program. He may give you proper hints and advice with respect to the individual intensity of stress for you as well as to your work-out and sensible eating habits.
- **Weight limit:** 120 kg
- **WARNING!** The heart rate monitor may not be accurate. Overloading during training may cause serious injury or death. If you feel any discomfort, immediately stop the exercise!
- **Category:** HC for home use (EN957 standard)

IMPORTANT NOTES

- Assemble the exerciser as per assembly instructions and be sure to only use the structural parts provided with the exerciser and designed for it. Prior to the assembly, make sure the contents of the delivery is complete by referring to the parts list of the assembly and operating instructions.


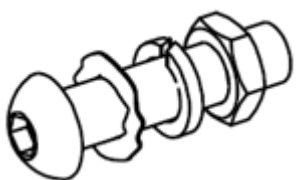






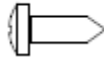
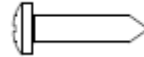
- Be sure to set up the exerciser in a dry and even place and always protect it from humidity. If you wish to protect the place particularly against pressure points, contamination, etc., it is recommended to put a suitable, non-slip mat under the exerciser.
- The general rule is that exercisers and training devices are no toys. Therefore, they must only be used by properly informed or instructed persons.
- Stop your work-out immediately in case of dizziness, nausea, chest pain or any other physical symptoms. In case of doubt, consult your physician immediately.
- Children, disabled and handicapped persons should use the exercise only under supervision and in presence of another person who may give support and useful instructions.
- Be sure that your body parts and those of other persons are never close to any moving parts of the exerciser during its use.
- When adjusting the adjustable parts, make sure they are adjusted properly and note the marked, maximum adjusting position, for example of the saddle support, respectively.
- Do not work out immediately after meals!

PARTS LIST



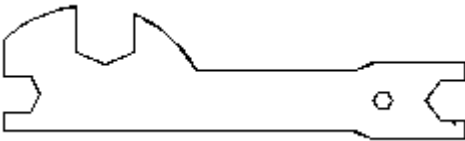
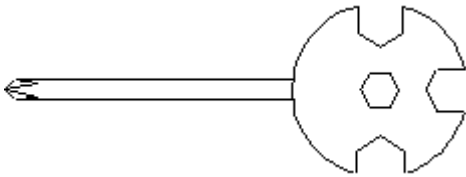
No.	Name	Qty	No.	Name	Qty
1	Main frame	1	36	Screw M8x20	2
2	Middle post	1	37	Spring washer Ø8	8
3	Left handlebar bar	1	38	Big washer Ø25xØ8x2	2
4	Left footrest bar	1	39	D washer Ø38x3	2
5	Right handlebar bar	1	40	Sleeve Ø38, Ø32, Ø19, Ø14	4
6	Right footrest bar	1	41	Plastic sleeve Ø60x88	2
7	Front stabilizer	1	42	Footrest bar cover – A	2
8	Rear stabilizer	1	43	Footrest bar cover – B	2
9	Left handlebar	1	44	Screw Ø10X45	2
10	Right handlebar	1	45	Sleeve Ø18xØ10x10	4
11	Handlebar	1	46	Big washer Ø6xØ18x1.5	2
12	Handlebar end cap	2	47	Screw M6x15	2
13	Foam grip Ø27x33x360	2	48	Left footrest	1
14	Pulse cable 750 mm	2	49	Right footrest	1
15	Screw ST4.2x20	2	50	Screw M6x40	6
16	Console	1	51	Washer Ø6xØ12x1.0	6
17	Screw M5x10	4	52	Nut M8	4
18	Sensor cable I 1100 mm	1	53	Sleeve Ø8xØ16x1.5	2
19	Screw M8x15	12	54	Sleeve Ø18xØ8x10	4
20	Arc washer Ø16xØ8	2	55	Screw M8x50	2
21	Resistance adjustment knob	1	56	Nut S13	2
22	Resistance adjustment cable 1800 mm	1	57	Screw for left bracket 1/2"	1
23	Arc washer Ø5xØ15x1.0	1	58	Washer Ø28xØ17x0.3	2
24	Screw M5x55	1	59	Sleeve Ø24.5xØ16x14	4
25	Handlebar cover	2	60	U shaped bracket	2
26	Foam grip Ø31x37x480	2	61	Spring washer Ø20	2
27	Left handlebar cover – A	1	62	Nut 1/2"	1
28	Left handlebar cover – B	1	63	Screw for right bracket 1/2"	1
29	Screw ST4.2x20	8	64	Nut 1/2"	1
30	Screw ST2.9x16	4	65	Arc washer Ø20xØ 8	6
31	Screw M6x35	4	66	Screw M8x35	2
32	Arc washer Ø6	4	67	Transport wheels	2
33	Nut M6	10	68	End cap	4
34	Right handlebar cover – A	1	69	Big washer Ø20xØ8	4
35	Right handlebar cover – B	1	70	Nut M10	4

71	Stabilizing feet M10x30	4	89	Nut M6	2
72	Sensor cable 1600	1	90	Freewheel holder	1
73	Bottle holder	1	91	Screw M8x20	1
74	Screw ST4.8x15	2	92	Pulley	1
75	Nut 7/8"	2	93	Washer Ø6xØ12	1
76	Washer II Ø23xØ34.5x2.5	1	94	Screw M6x10	1
77	Nut 7/8"	1	95	Screw with eyelet M8x85	1
78	Bearings	2	96	Screw ST4.2x15	6
79	Bearing sleeve	2	97	Left cover	1
80	Bearing nut 7/8"	1	98	Right cover	1
81	Washer I Ø24xØ40x3.0	1	99	Left chain cover	1
82	Belt wheel	1	100	Left Chain End Cover	1
83	Belt	1	101	Chain right cover	1
84	Nut M10	2	102	Right Chain End Cover	1
85	Flywheel	1	103	Screw Ø8x32	2
86	Screw with eyelet M6x36	2	104	Screw ST2.9x12	2
87	U shaped bracket	2	105	Rubber sleeve	2
88	Spring washer Ø6	2			

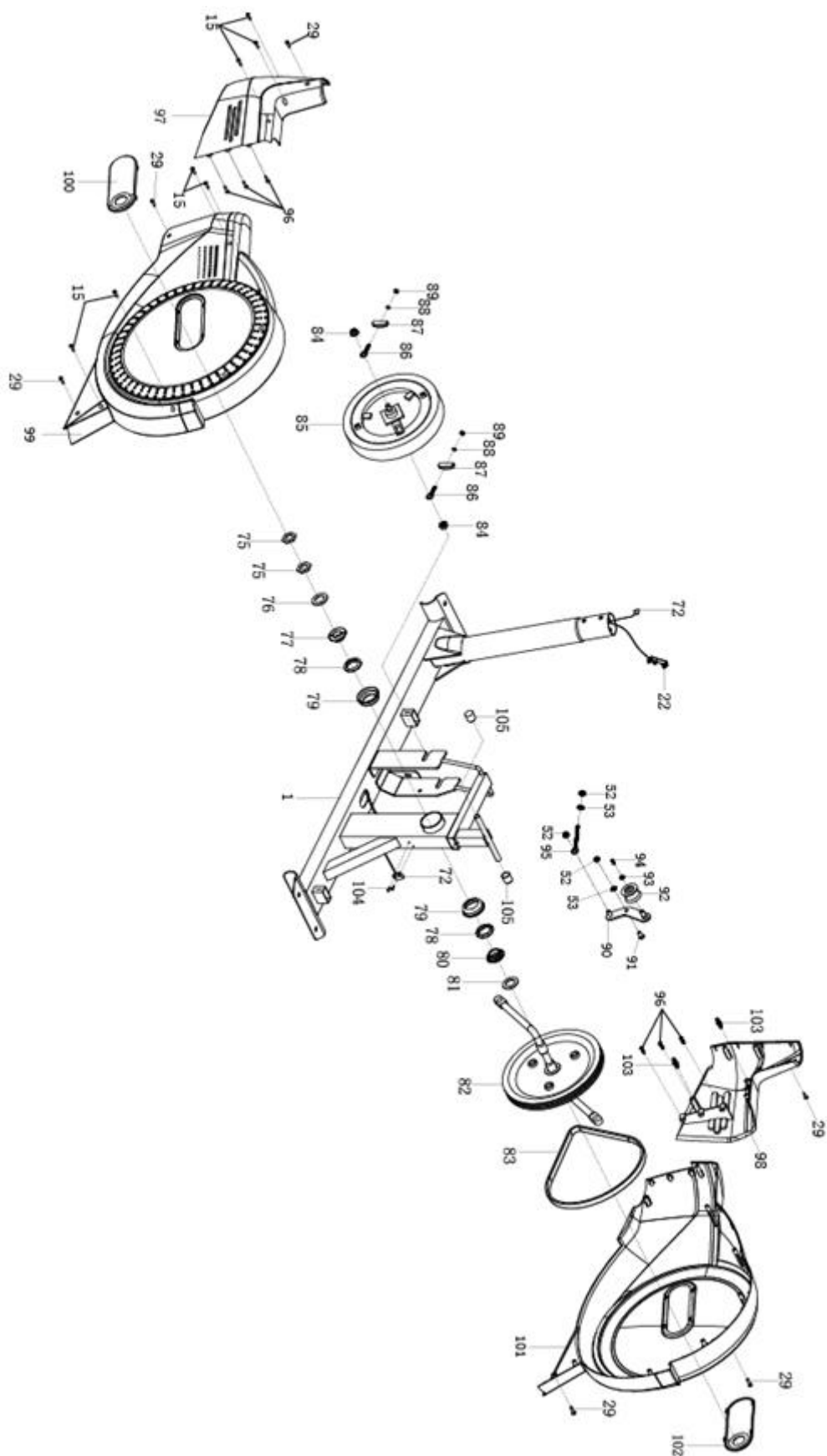
SEEMBLY MATERIAL

					
57. Screw for left bracket 1/2" – 1 pcs 58. Washer Ø28xØ17x0.3 – 1 pcs 61. Spring washer Ø20 – 1 pcs 62. Nut 1/2" – 1 pcs			63. Screw for right bracket 1/2" – 1 pcs 58. Washer Ø28xØ17x0.3 – 1 pcs 61. Spring washer Ø20 – 1 pcs 64. Nut 1/2" – 1 pcs		
					
50. Screw M6x40 – 6 pcs	33. Nut M6 – 10 pcs	51. Washer Ø6xØ12x1.0–6 pcs			
					
31. Screw M6x35 – 4 pcs	32. Washer M6 – 4 pcs	56. Nut S13 – 2 pcs			
					
30. Screw ST2.9x16 - 4 ks			29. Screw ST4.2x20 – 8 pcs		

TOOLS

	
Allen key S6 – 1 pcs	Allen key S8 – 1 pcs
	
Hex wrench – 1 pcs	Hex wrench S10, S13, S14, S15 – 1 pcs

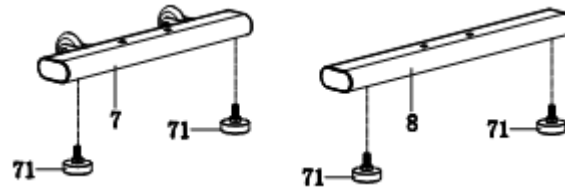
DIAGRAM



ASSEMBLY

STEP 1

Attach the stabilizing feet (71) to the front and rear stabilizer (7, 8).

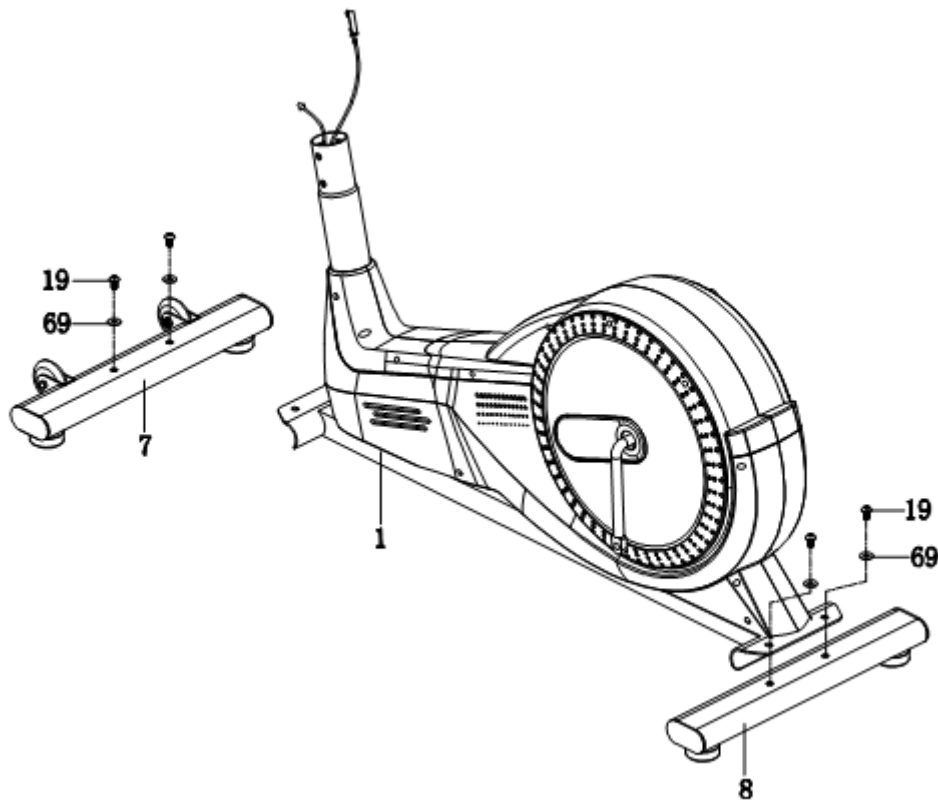


STEP 2

Remove the two screws (19), the two washers (69) from the front stabilizer (7). Remove the two screws (19), the two washers (69) from the rear stabilizer (8).

Attach the front stabilizer (7) to the main frame (1) using the two screws (19), the two washers (69) that you removed.

Attach the rear stabilizer (8) to the main frame (1) using the two screws (19), the two washers (69) that you removed.



STEP 3

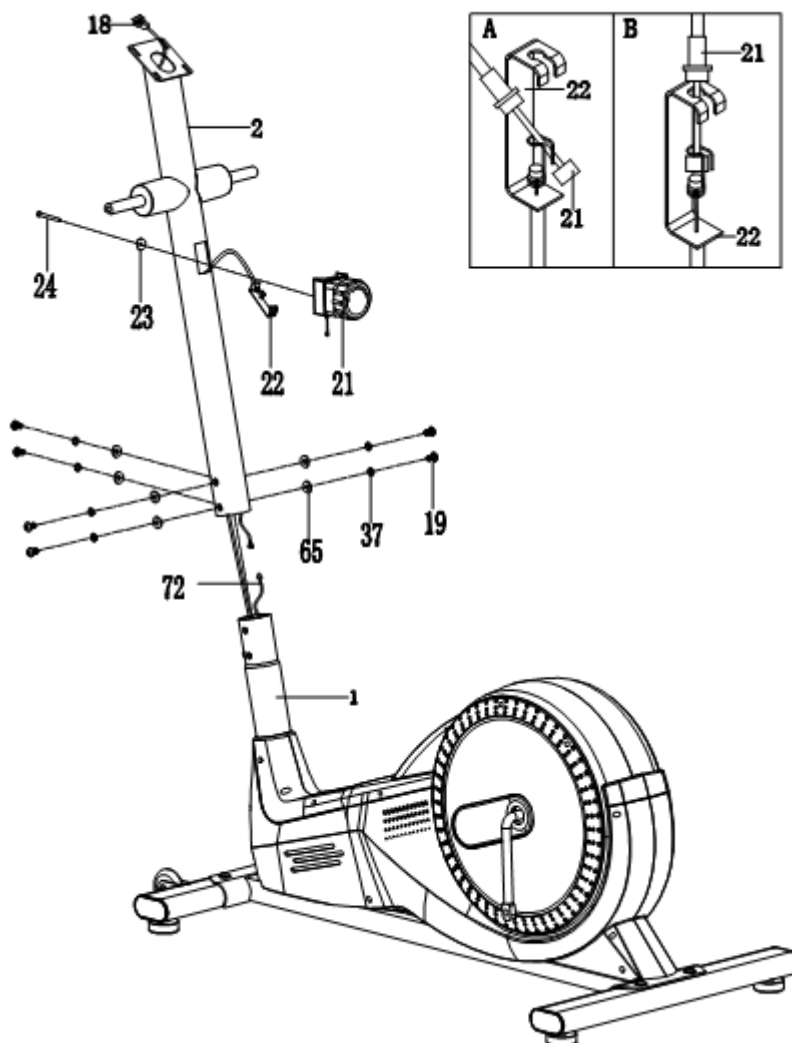
Remove the six screws (19), the six washers (37) and the six large washers (65) from the main frame (1).

Push the load adjustment cable (22) through the bottom of the middle post (2) and push it out through the square. Connect the sensor cable II (72) from the main frame (1) to the sensor cable I (18) from the middle post (2).

Insert the front column (2) into the main frame (1) and secure with six screws (19), six washers (37) and six large washers (65). Tighten with Allen key S6.

Remove the washer (23) and bolt (24) from the hand screw to adjust the load (21).

Pull the cable from the hand screw to adjust the load (21) to the load conditioning cable (22) as shown in Fig. A. Pull and hook the cable as shown in fig. B. Attach the hand screw (21) to the front post (2) using the washer (23) and screw (24) that you removed. Tighten with hexagonal bolt.



STEP 4

Remove the two screws (36), the two washers (37), the two large washers (38) and the two washers (39) from the left and right sides of the middle post (2).

Attach the left handlebar (3) to the middle post (2) with the screw (36), washers (37, 38, 39).

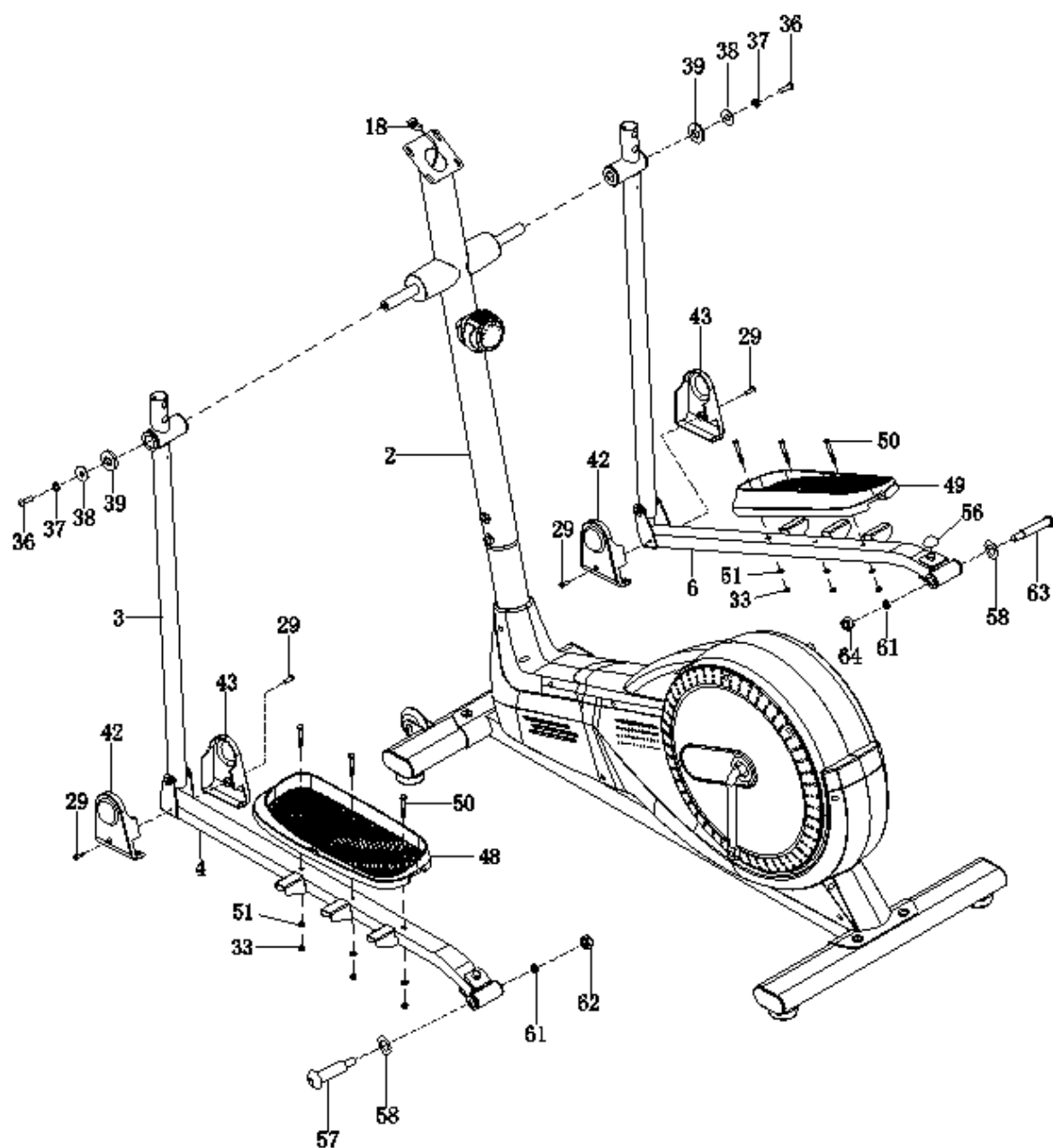
Attach the bracket (60) to the left crank (82) using the bracket bolt (60), washers (61) and nut (57). Attach the cap (56) to the screw (55).

NOTE: The screws for the left bracket (57) and for the right bracket (63) are marked R - right, L - left.

Attach the left footrest (48) to the left footrest bar (4) using the three nuts (33), three washers (51) and three screws (50).

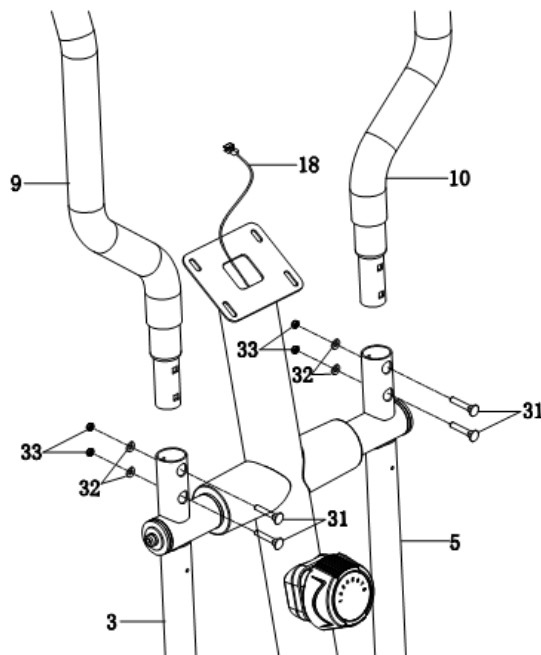
Attach the caps (42, 43) to the left footrest bar (4) with the two screws (29).

Repeat the procedure above for the right handles (5) and footrest (49).



STEP 5

Attach the left and right handles (9, 10) to the left and right handlebars of the handle (3, 5) using the four screws (31), four washers (32) and four nuts (33).

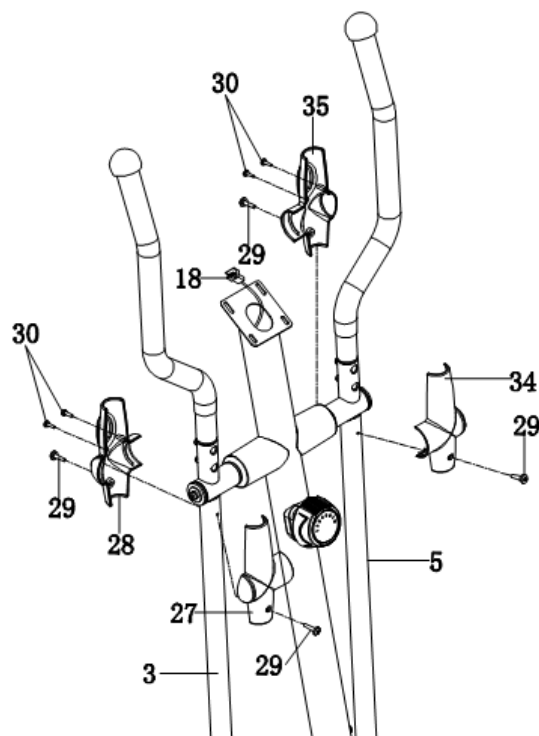


STEP 6

Remove the two screws (29) from the left handlebar (3). Attach the covers (27, 28) to the left handlebar (3) with the two screws (29).

Remove the two screws (29) from the right handlebar (5). Attach the covers (27, 28) to the left handlebar (3) with the two screws (29).

Tighten the screws with a hexagonal screwdriver.



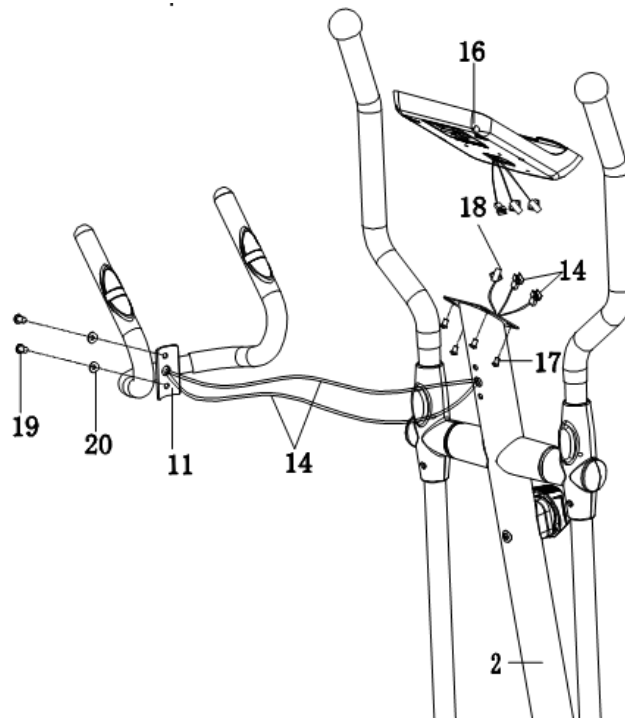
STEP 7

Remove the two screws (19), the two washers (20) from the middle post (2).

Pass the pulse cable (14) from the handles (11) to the middle post (2) and pass through the middle post (2).

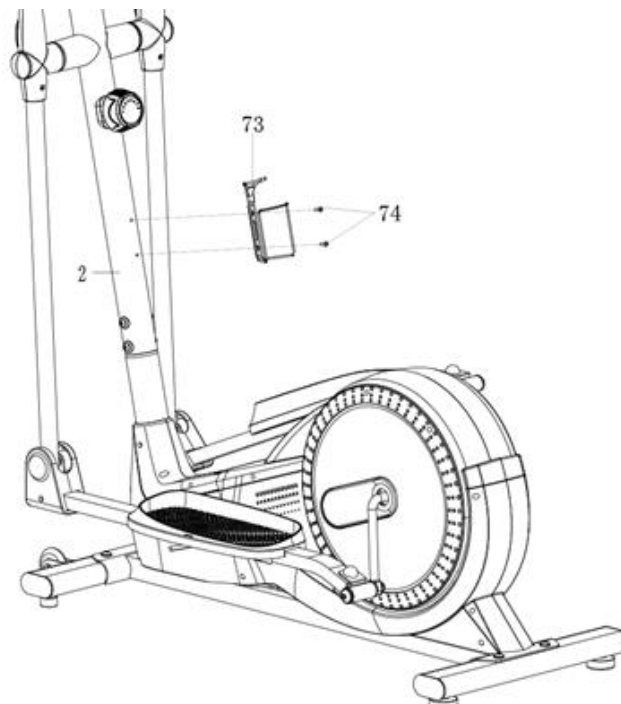
Attach the handles (11) to the middle post (2) using the two screws (19) and two nuts (20).

Remove the screws (17) from the back of the bracket (16). Connect the sensor cables (18) and pulse cables (14) from the bracket (16) and then attach the bracket to the middle post (2) with the four screws (17).



STEP 8

Attach the bottle holder (73) using the two screws (74).



CONSOLE

BUTTONS

MODE	Button to confirm selection
SET	Set time, distance, calories and pulse.
RESET	Reset time, distance, calories and pulse.

FUNCTIONS

SCAN	Press the MODE button until SCAN appears. All functions are displayed in cycle: time, speed, distance will be displayed.
TIME	The exercise time is displayed Press the MODE button until TIME is displayed and set the training time with SET
SPEED	Pedaling speed
DIST	Calculates distance from power on Press the MODE button until DIST is displayed. Set the training distance with SET.
CALORIES	Displays calories burned Press the MODE button until CAL is displayed and set the desired number of calories with SET
ODO	Displays the total distance
PULSE	Press the MODE button until PULSE appears. Before measuring, hold both pulse measuring plates. BPM (pulses per minute) is displayed The first 2 - 3 seconds are very inaccurate, then it should stabilize. The measured values are not for medical purposes.

NOTE:

- If the display is difficult to read, replace the batteries.
- The display will turn off automatically if no signal is received for 4 seconds.
- The monitor will turn on automatically when it receives a signal.
- The console will start recording data at the beginning of the exercise and will stop recording as soon as you do not exercise for 4 seconds.

TROUBLESHOOTING

Elliptical is not stable	Level the elliptical with the leveling feet
The console does not display data	Check cable condition and connection Check the battery condition Replace the batteries
Console doesn't measure heart rate	Make sure the cables are properly connected Always hold both sensors Too much pressure on the pulse measurement plates.
The elliptical creaks in use	Tighten the bolts and nuts, check the connections

USE OF ELEPTICAL TRAINER

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

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

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

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

THE WARM UP PHASE

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch. If it hurts, STOP.



Touching your toes

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



Upper thigh

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



Hamstring stretched

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



Inside upper thigh

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



Calves and Achilles tendon

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

MAINTENANCE

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

ENVIRONMENT PROTECTION

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

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

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

TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS

General Conditions of Warranty and Definition of Terms

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

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

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

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

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

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

Warranty Conditions

Warranty Period

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

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

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

- User's fault, i.e. product damage caused by unqualified repair work, improper assembly, insufficient insertion of seat post into frame, insufficient tightening of pedals and cranks
- Improper maintenance
- Mechanical damages
- Regular use (e.g. wearing out of rubber and plastic parts, moving mechanisms, joints, wear of brake pads/blocks, chain, tires, cassette/multi wheel etc.)
- Unavoidable event, natural disaster
- Adjustments made by unqualified person
- Improper maintenance, improper placement, damages caused by low or high temperature, water, inappropriate pressure, shocks, intentional changes in design or construction etc.

Warranty Claim Procedure

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

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

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

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

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

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

CZ
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