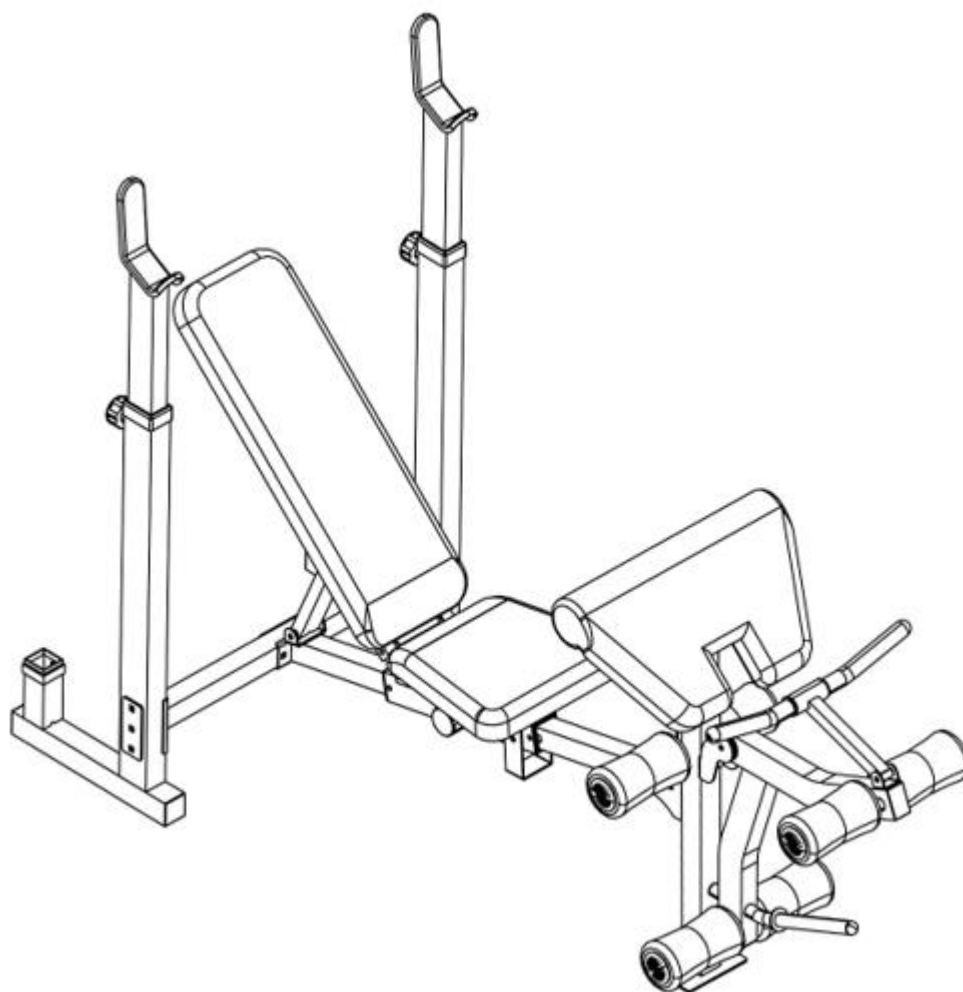




## USER MANUAL – EN

### IN 20955 Multi-Purpose Bench inSPORTline Hero B100



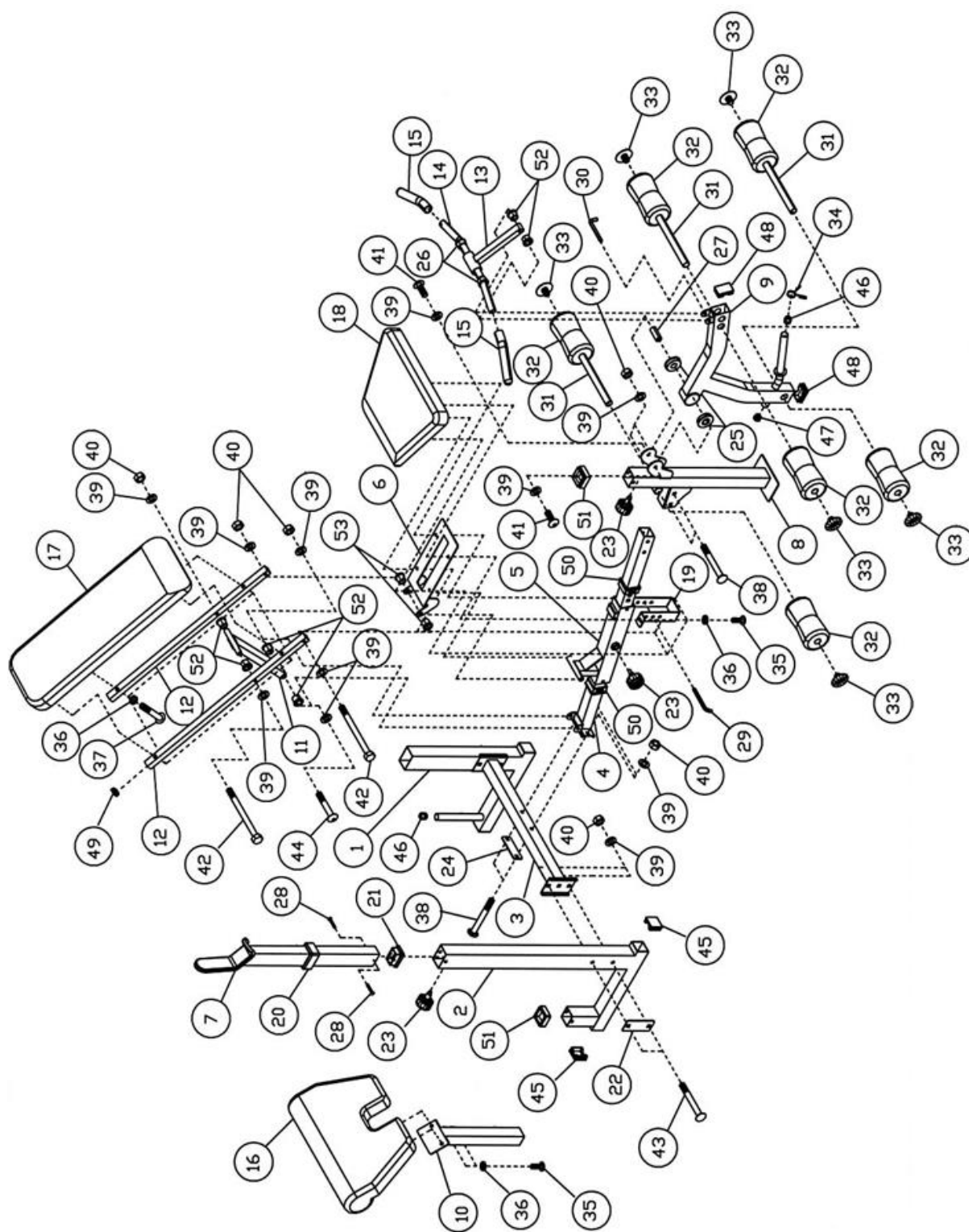
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## SAFETY INSTRUCTIONS

- Read the manual carefully before assembly and using the device to avoid injury. Instruct other users about security.
- Only assemble, maintain and use the product according to the manual. Do not make unauthorized product modifications.
- Regularly check all bolts and nuts. Check for damage or wear on a regular basis. Do not use a damaged or worn product.
- Exercise reasonably. If you feel dizzy, stop exercising and contact your doctor.
- Before starting an exercise, do warm up exercise.
- Consult your physician before starting the exercise program. This is especially necessary if you are over 35 years old or have health complications.
- Keep away from children and animals. Only an adult may assemble and use the equipment.
- After installation, check all components. If you find any deficiency, contact service.
- Be especially careful during assembly. Use the assistance of another adult for greater safety.
- Improper or excessive exercise may cause serious health problems or injuries. Check all safety rules. Instruct other potential users about possible risks.
- Wear suitable clothes during exercise. Avoid too loose clothes that is easy to be stuck. Wear sport shoes.
- All parts must be checked regularly and replaced immediately if necessary. Repairs must be done by specialist service.
- Follow all safety instructions. Read all labels and warnings carefully.
- Keep your limbs away from moving parts. Choose only allowed weight and do not overextend yourself.
- No adjustable part can prohibit user from movement
- Do not use the device outdoors or near water.
- Only for one person at the time. Do not modify the product.
- Place the machine on a flat and solid surface. Use a protection mat to protect the floor. Keep away from other equipment in the room min. 0.6 m.
- **Category H:** (according to EN 957) suitable for home use.
- **WARNING:** Overextending during training can cause serious injury or death. If you feel dizzy, stop exercising immediately.
- **Maximum weight limit:** 270 kg (user + weights)
- **Maximum weight limit for barbell bar:** 136 kg
- **Maximum weight limit for leg curl:** 36 kg

# DIAGRAM

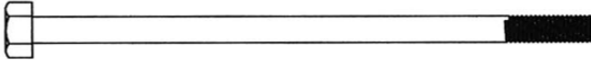
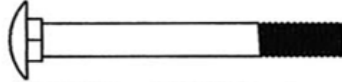
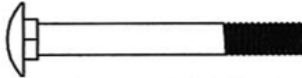
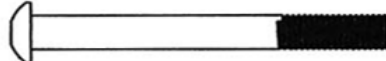




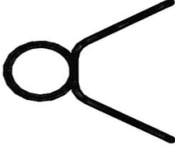

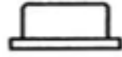
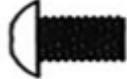





## PARTS LIST

No.	Name	Qty.
1	Left post	1
2	Right post	1
3	Connection frame	1
4	Seat frame	1
5	Slider	1
6	Seat bracket	1
7	Barbell bar holder	2
8	Leg curl	1
9	Weight holder for leg curl	1
10	Arm curl stand	1
11	Backrest incline support	1
12	Backrest support	2
13	Arm curl bar handle support	1
14	Arm curl bar handle	1
15	Grip	2
16	Arm curl pad	1
17	Backrest	1
18	Seat	1
19	Seat incline adjustment	1
20	Barbell bar holder height adjustment	2
21	Barbell bar holder end cap	2
22	Plate 4 3/4" x 2"	2
23	Lock knob	4
24	Plate 4 3/8" x 1 3/4"	1
25	Bushing ø 2 3/8"	2
26	Bushing ø 1 1/2"	2
27	Axle	1
28	Bolt	4
29	L shaped pin 4"	1
30	L shaped pin 3"	1
31	Foam roller bar	3
32	Foam roller	6
33	Foam roller bar end cap	6
34	Safety sleeve	1
35	Allen bolt M8 x 3/4"	6

36	Washer $\varnothing$ 5/8"	10
37	Allen bolt M8 x 1 5/8"	4
38	Bolt M10 x 2 1/2"	4
39	Washer $\varnothing$ 3/4"	16
40	Nut	11
41	Allen bolt M10 x 5/8"	2
42	Hexagonal bolt M10 x 7 1/4"	2
43	Bolt M10 x 2 3/4"	4
44	Allen bolt M10 x 3 3/8"	1
45	Square end cap 2"	4
46	End cap $\varnothing$ 1"	2
47	End cap $\varnothing$ 1"	1
48	End cap 1 5/8" x 2 3/8"	2
49	Square end cap 1"	2
50	End cap 2 3/8"	2
51	Sleeve 2"	2
52	Bushing $\varnothing$ 2" $\frac{3}{4}$ " x $\frac{1}{2}$ "	6
53	Bushing $\varnothing$ 3/4" x 3/8"	2
	Allen key 5	1
	Allen key 6	1

## ASSEMBLY MATERIAL

No.	Name	Picture	Qty.
42	Bolt M10 x 2 3/4"		2
43	Bolt M10 x 2 3/4"		4
38	Bolt M10 x 2 1/2"		4
44	Allen bolt M10 x 3 3/8"		1
27	Axle		1
37	Allen bolt M8 x 1 5/8"		4

34	Safety sleeve		1
35	Allen bolt M8 x 3/4"		6
53	Sleeve ø 3/4" x 3/8"		2
41	Allen bolt M10 x 5/8"		2
30	L shaped pin 3"		1
29	L shaped pin 4"		1
39	Washer ø 3/4"		6
36	Washer ø 5/8"		10
40	Nut M10		11

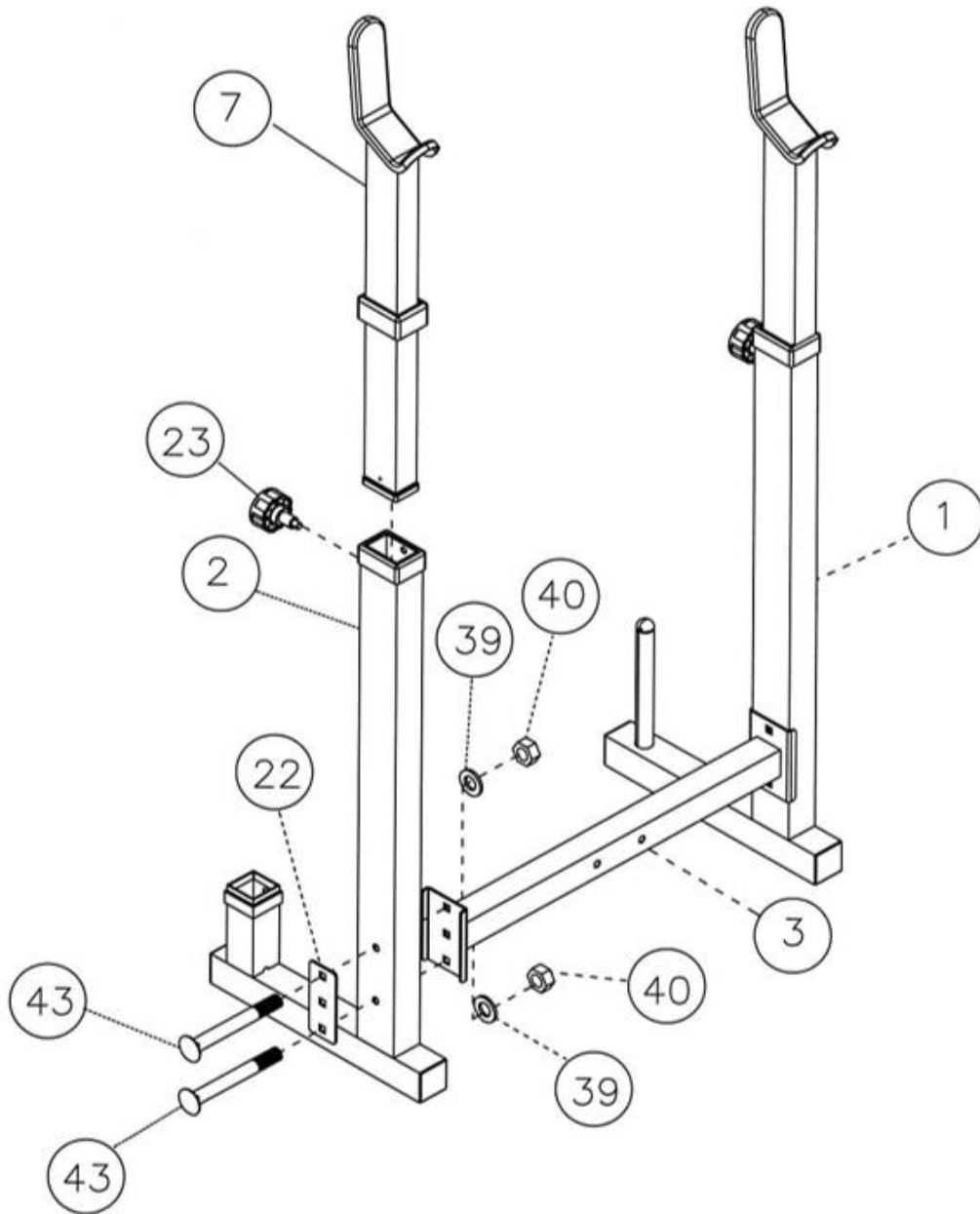
## ASSEMBLY

Ask another person for help.

### STEP 1

Connect the left post (1) and the right post (2) using the connecting frame (3). Align the bolt holes and connect with 2x bolts (43), 1x plate (22), 2x washers (39) and 2x nuts (40).

Slide the barbell bar holders (7) into the holes in posts. Secure them at the even height with 2x knobs (23).





## STEP 2

Slide the slider (5) into the seat frame (4). Align the holes and secure with the knob (23).

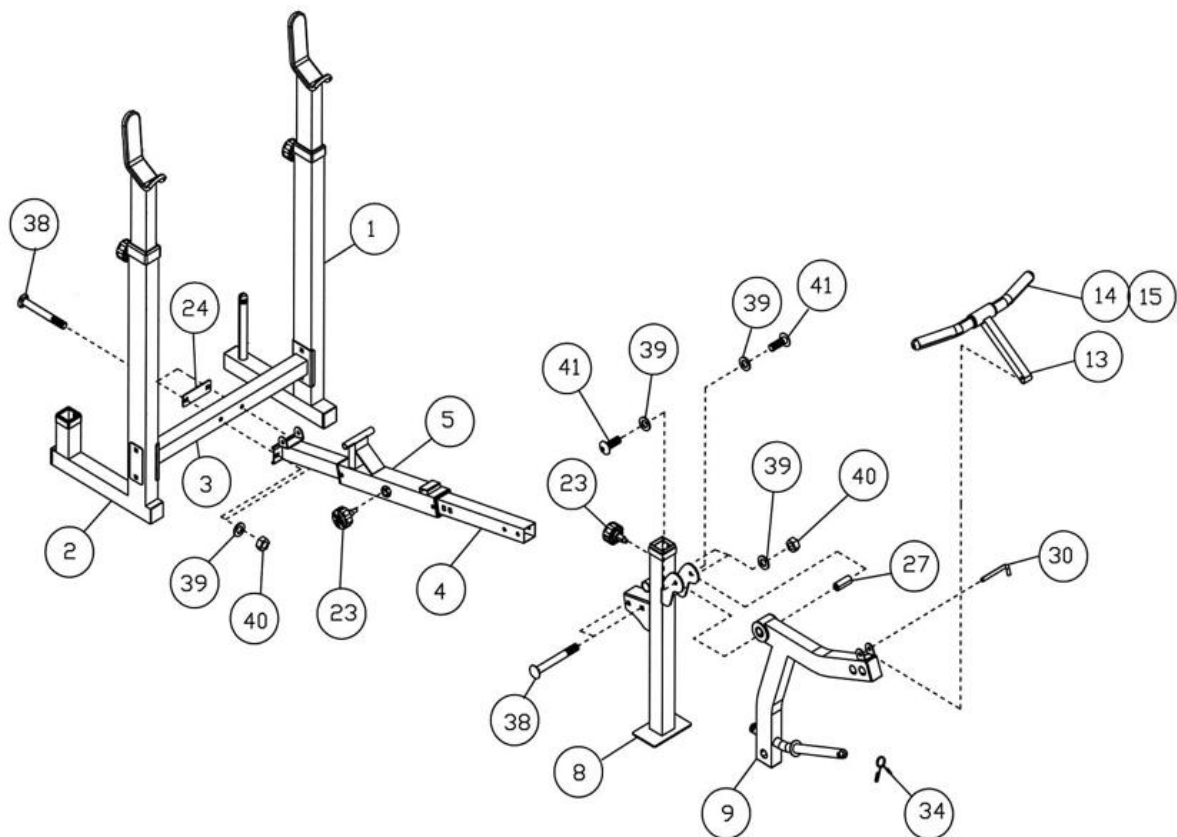
Attach the seat frame (4) to the connection frame (3) with 2x bolts (38), 1x plate (24), 2x washers (39) and 2x nuts (40).

Attach the leg curl (8) to the seat frame (4) with 2x bolts (38), 2x washers (39) and 2x nuts (40). Unscrew the hand screw from the fender frame.

Attach the weight holder (9) to the leg curl frame with the axis (27), 2x bolts (41) and 2x washers (39).

Attach the safety sleeve (34) to the weight holder.

Attach the arm curl bar handle support (13) to the leg curl frame. Secure with the pin (30) for biceps exercises. Remove the pin and the arm curl when using leg curl.



### STEP 3

Attach the seat bracket (6) to the slider (5). Slide the 2x bushings (53) into the holes of the saddle holder on both sides of the holder.

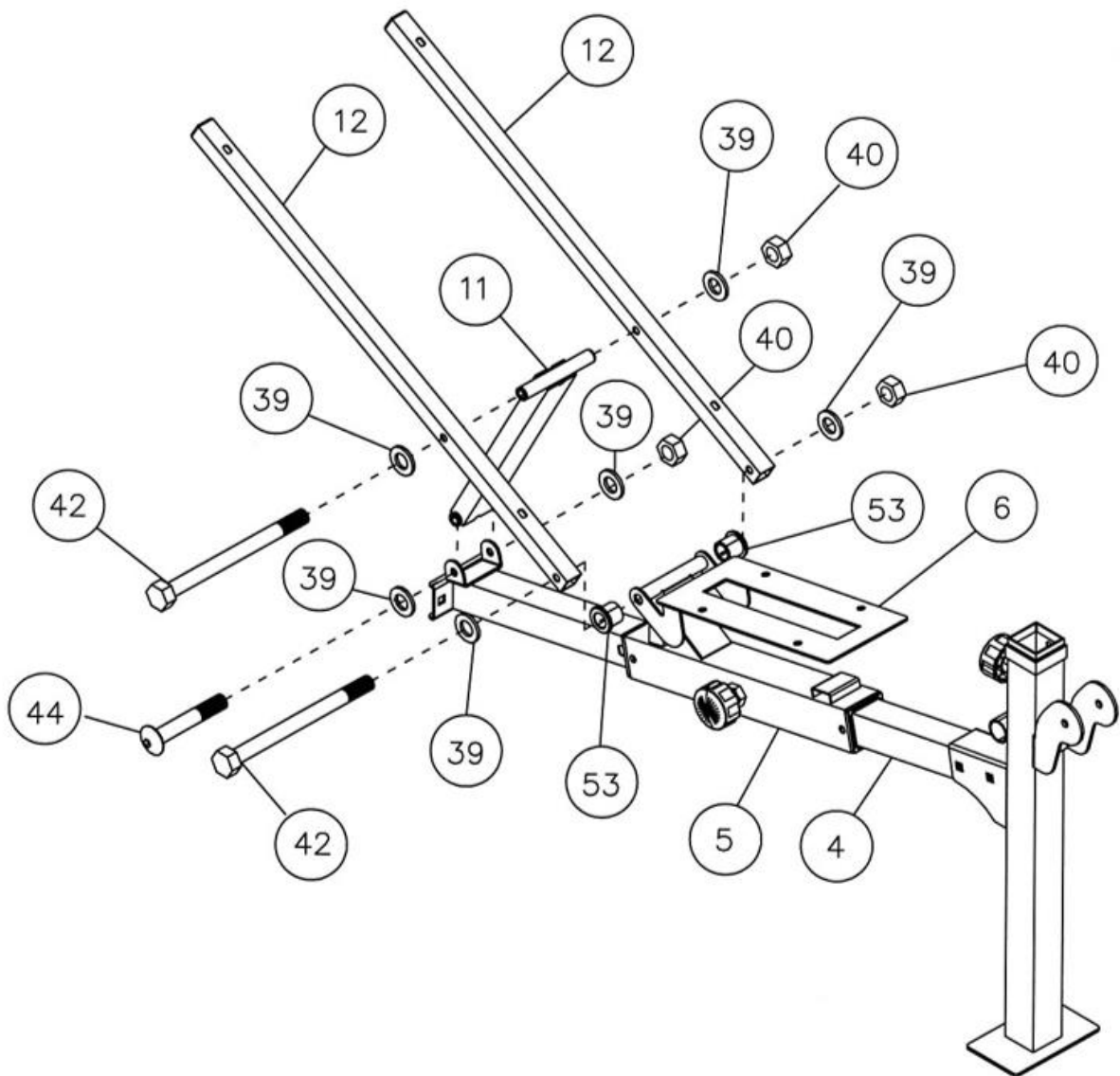
Attach the backrest support (12) to the seat bracket (6) with bolt (42), the 2x washers (39) and nut (40).

Attach the backrest incline support (11) to the backrest support (12) with bolt (42), 2x washers (39), and nut (40).

Attach the backrest incline support (11) to the seat frame (4) with the bolt (44), 2x washers (39) and nut (40).

Use the slider to set the desired incline of the backrest.

**NOTE:** Do not over tighten the bolts and nuts. Make sure that the backrest support can move.



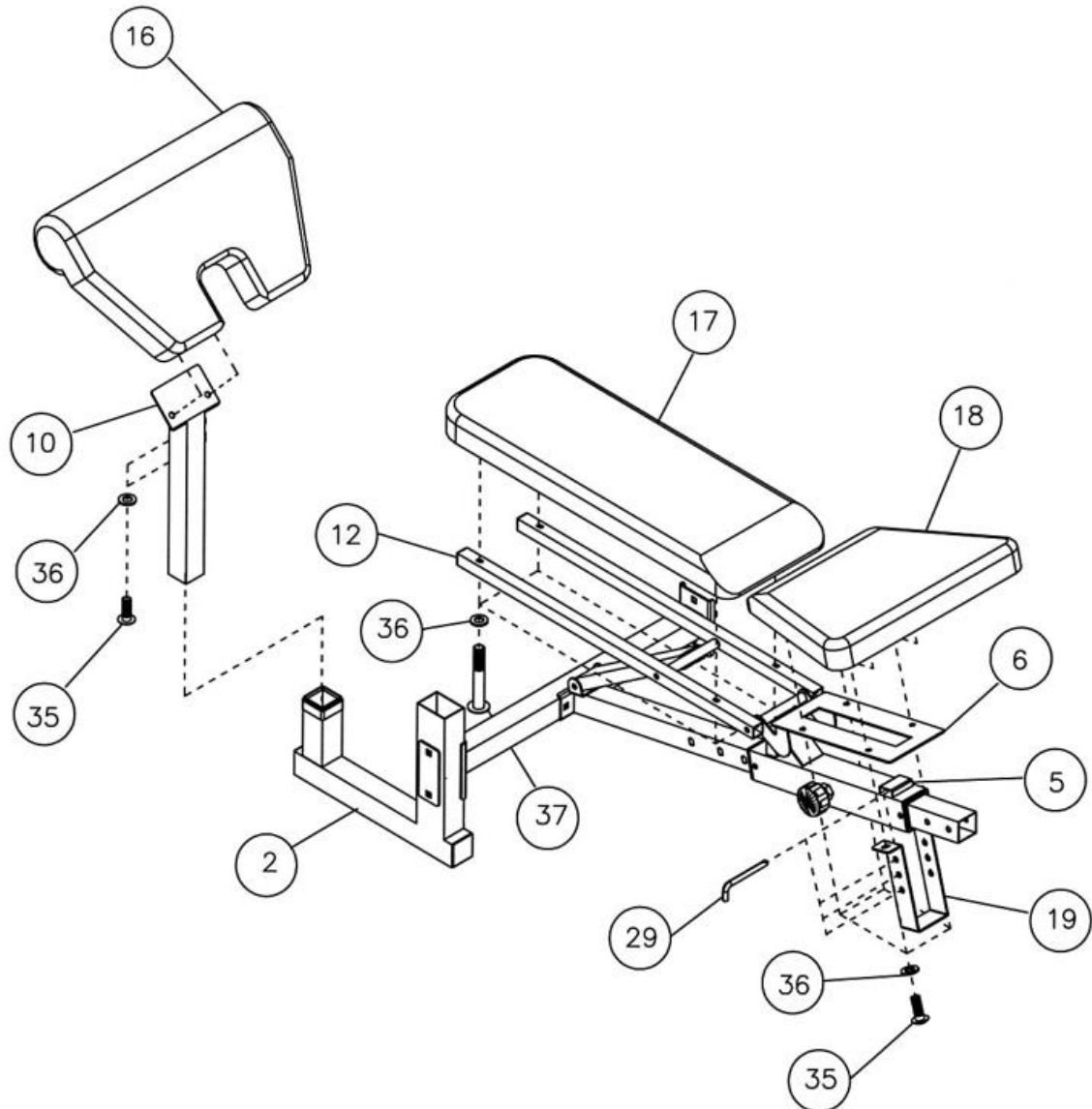
#### STEP 4

Align the holes of the seat frame (6), the seat incline adjustment (19) and the seat (18). Connect everything with 4x bolts (35) and 4x washers (36). Adjust the desired incline with the pin (29).

Attach the backrest (17) to the backrest supports (12) with 4x bolts (37) and 4x washers (36).

Attach the armrest (16) to the frame (10) with 2x bolts (35) and 2x washers (36).

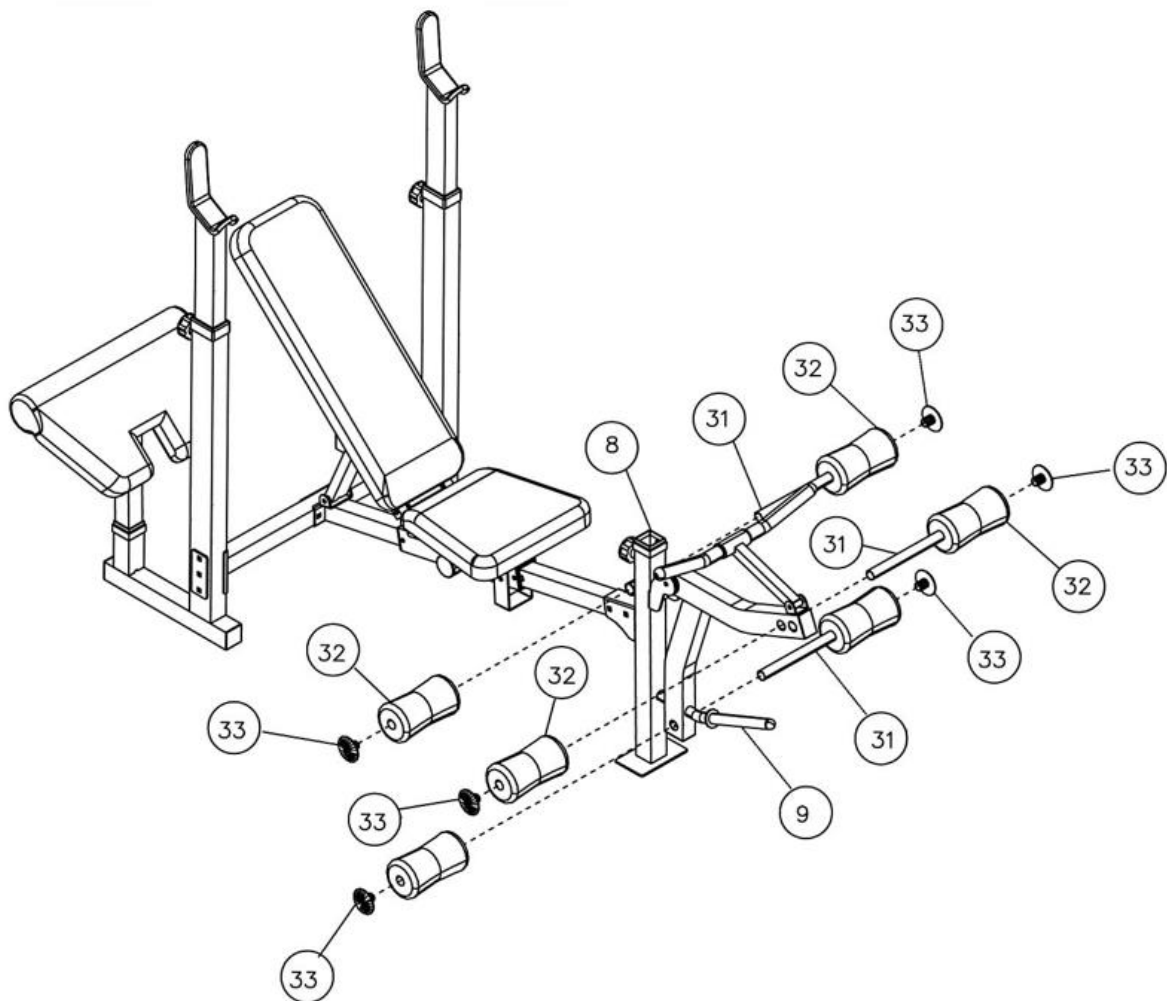
To exercise the biceps, slide the frame into the leg curl frame and secure with the hand screw. If you want to exercise the legs, place the biceps frame in the right post.



## STEP 5

Slide the foam roller bars (31) into the frames (8) and (9).

Attach the foam rollers (32) and then attach the end caps (33) to the rods.

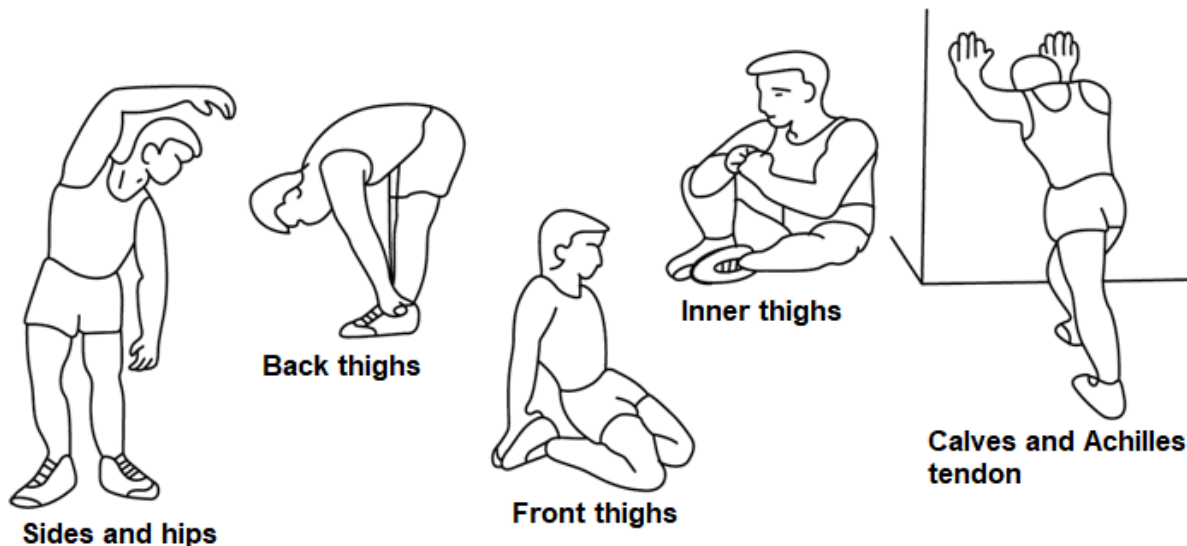


## EXERCISE INSTRUCTIONS

Exercise is beneficial to your health, improves physical condition, shapes muscles and, in combination with a calorie-balanced diet, leads to weight loss.

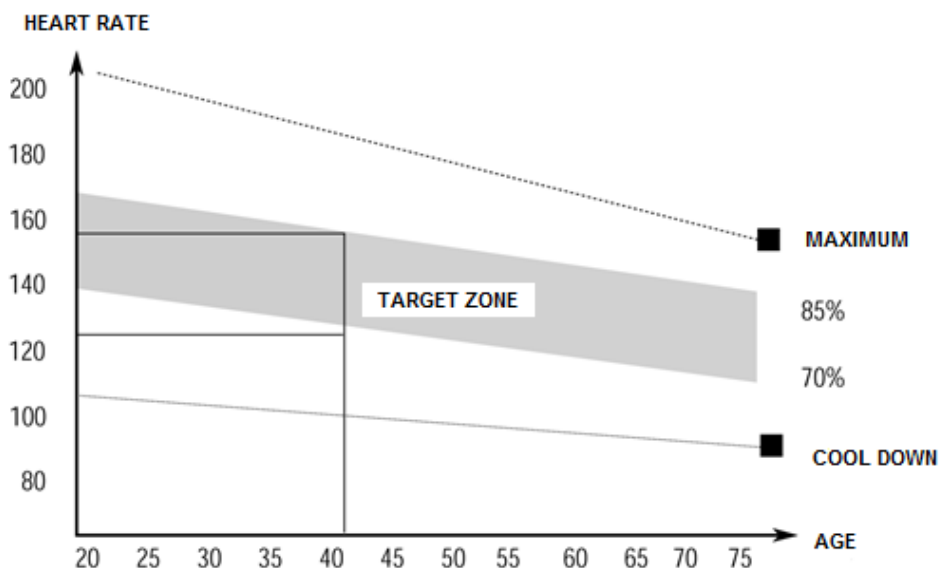
### 1. WARM UP

This phase serves to improve the blood circulation of the whole body and to warm up the muscles, to reduce the risk of convulsions and muscle injury. We recommend performing the stretching exercises below. When dragging, stay in the end position for approximately 30 seconds, do not make sudden movements and do not vibrate.



### 2. EXERCISING

This phase is the most physically demanding part. Regular exercise strengthens the muscles. You can determine the tempo yourself, but it is very important that it is the same throughout the exercise. Heart rate should be within the target zone (see figure below).



This phase should last at least 12 minutes. Most people exercise for 15-20 minutes.

### 3. COOLDOWN

This phase serves to soothe the cardiovascular system and relax the muscles. It should take approximately 5 minutes. You can repeat warming up exercises or continue exercising at slower pace.

Stretching your muscles after exercise is extremely important - you need to avoid sudden movements and vibrations.

With improved fitness, you can lengthen and increase exercise intensity. Train regularly, at least three times a week.

## **SHAPING MUSCLES**

For muscle shaping, it is important to set a high load. The muscles will be more stressed, which may cause that you will not be able to exercise as long as usual. If you are trying to improve your condition at the same time, you need to adjust your training. Exercise in the usual way during the warm-up and final stages of training but increase the resistance of the device at the end of the exercise. You may need to slow down the speed to keep the heart rate in the target area.

## **WEIGHT LOSS**

The number of calories burned depends on the length and intensity of the exercise. The essence is the same as in fitness exercise, but the goal is different.

## **MAINTENANCE**

1. After exercising, wipe off any sweat to avoid corrosion. Clean the device with a soft cloth and mild detergents. Do not use abrasive cleaners or solvents on plastic parts.
2. In case of increased machine noise, all screws and joints must be checked and tightened properly.
3. The product must be placed in clean, ventilated and dry areas.
4. Do not expose the device to direct sunlight.

## **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.

## **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.

### **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.

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

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