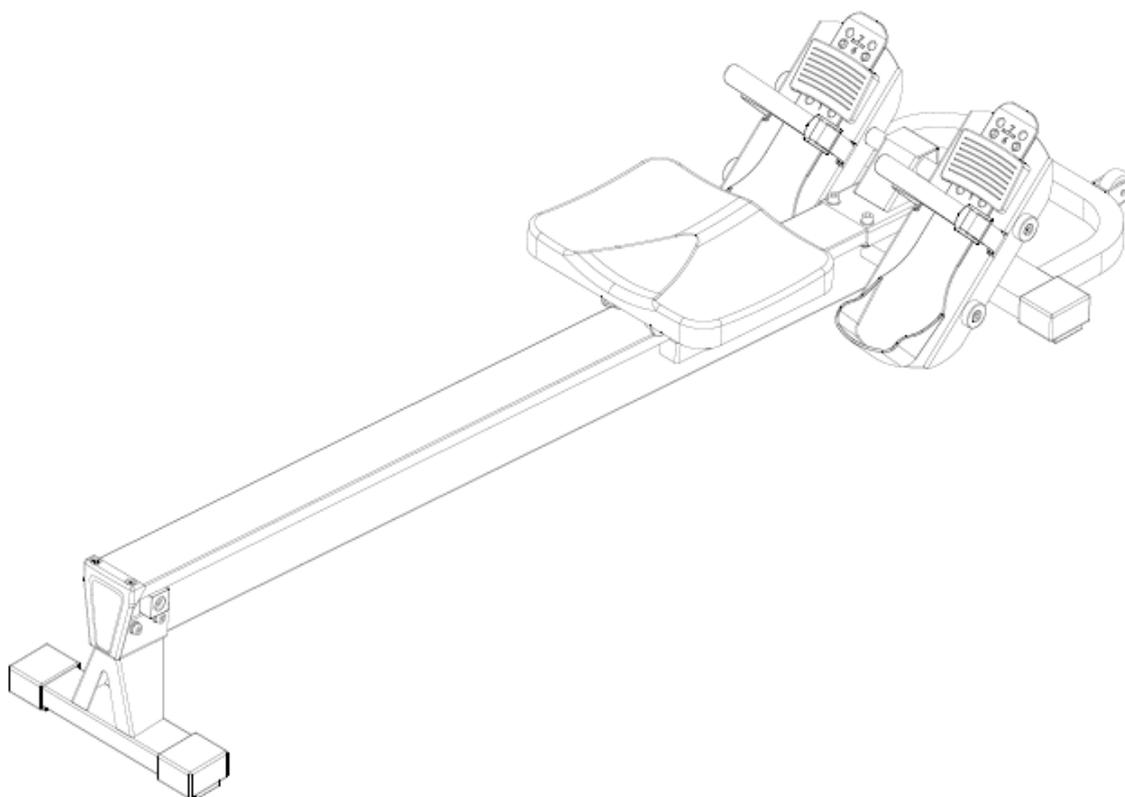




USER MANUAL – EN
IN 26050 Rowing machine inSPORTline A520



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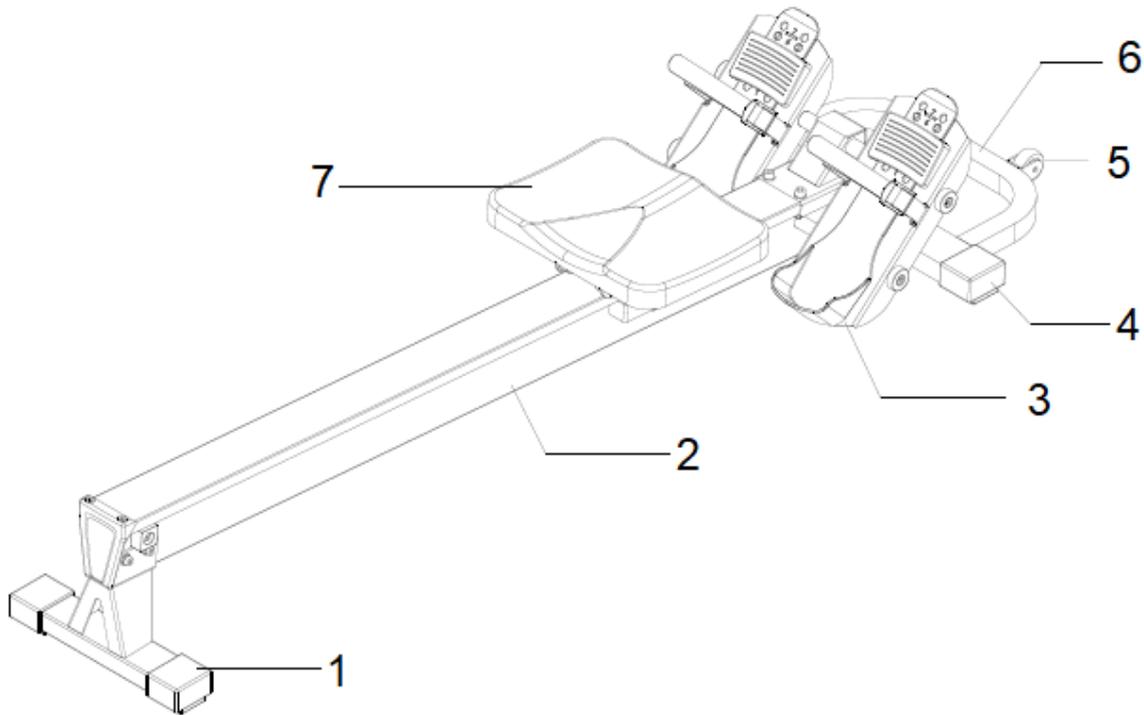
SevenSport s.r.o. reserves the right to make any changes and improvements to its product without prior notice. Visit our website www.insportline.eu where you will find the latest version of the manual.

SAFETY INSTRUCTIONS

- The manual serves for better understanding and use of the product. Please read the manual carefully before use and keep it for future reference.
- Be especially careful during assembly, ask another adult for help.
- To ensure maximum safety, carry out regular checks for damage or wear of parts.
- If another person will also be using the device, it is important that they are familiar with all the instructions given in this manual.
- Only 1 person can exercise on the device at the same time.
- Before using the device, check that all screws and nuts are properly tightened and that all joints are in good condition.
- Before starting the exercise, remove all dangerous objects with sharp edges from around the device.
- Only use the device if it is in good condition and fully functional.
- A damaged, worn or defective part must be replaced with a new one as soon as possible. Stop using the weight tower until it is fully functional again.
- Before allowing a child to exercise on the machine, consider their mental and physical condition. Children can only exercise under the supervision of an adult who will supervise the correct use of the device. The home gym is not a child's toy.
- Around the device must be defined min. 0.6 m of free space. No adjustable part of the device may protrude and obstruct the user's movement.
- Sufficient free space must be ensured around the entire device.
- Be aware that improperly conducted or excessive exercise can lead to health damage.
- Before using the product, it must be secured against unwanted movement using the adjustable feet.
- Place the device on a flat surface and ensure its stability.
- Wear appropriate clothing and shoes for exercise. Do not exercise in clothing that could get caught in the device (e.g. clothing that is too long and loose). We recommend sturdy sports shoes with non-slip soles.
- Consult your doctor before starting any exercise program. Your doctor can suggest a suitable exercise program and recommend a suitable diet.
- Assemble the product according to the instructions in the manual and use only the original supplied parts. Before starting assembly, check that all the parts listed in the parts list have been supplied.
- Place the device on a dry and flat surface and protect it from moisture. Alternatively, place a non-slip mat under the device to prevent damage to the surface under the device.
- It should be noted that the exercise machines and their accessories are not intended for playing. Therefore, the home gym can only be used by persons who are familiar with its correct operation.
- Stop exercising immediately if you experience dizziness, nausea, chest pain, or any other physical discomfort. Consult your doctor about further exercise.
- Avoid contact with joints during exercise.
- All adjustable parts must be set with regard to their extreme positions.

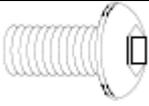
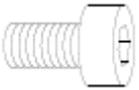
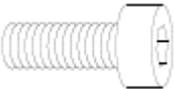
- Do not exercise immediately after eating.
- Cables are subject of wear. It is your responsibility to prevent unexpected damage. Cables should be checked daily. Check all cables, the nylon coating on all cables and the area near the end of each cable. Replace a damaged or worn cable immediately. Do not allow the machine to be used until damaged or worn cables have been replaced. Using or allowing the machine to be used with a damaged cable can result in serious injury.
- Category: H for home use
- Weight limit: 200 kg

PRODUCT DESCRIPTION



| | |
|--------------------|---------------------|
| 1. Rear stabilizer | 5. Transport wheels |
| 2. Main frame | 6. Front stabilizer |
| 3. Pedals | 7. Seat |
| 4. Cover | |

FASTENERS

| Picture | No. | Name | Qty |
|---|----------|---------------------|--------|
|  | 32 | Allen bolt M8x20 mm | 8 |
|  | 33 | Washer M8 | 12 |
|  | 34 | Spring washer M8 | 12 |
|  | 41 | Allen bolt M8x20 mm | 2 |
|  | 42 | Allen bolt M8x35 mm | 4 |
|  | 8 | Pedal end cap | 2 |
|  | 6 | Pedal axis, 16 | 1 |
|  | 7 | Pedal axis, 12 | 1 |
|  | 46 47 | Allen key 5 mm | 1 2 |

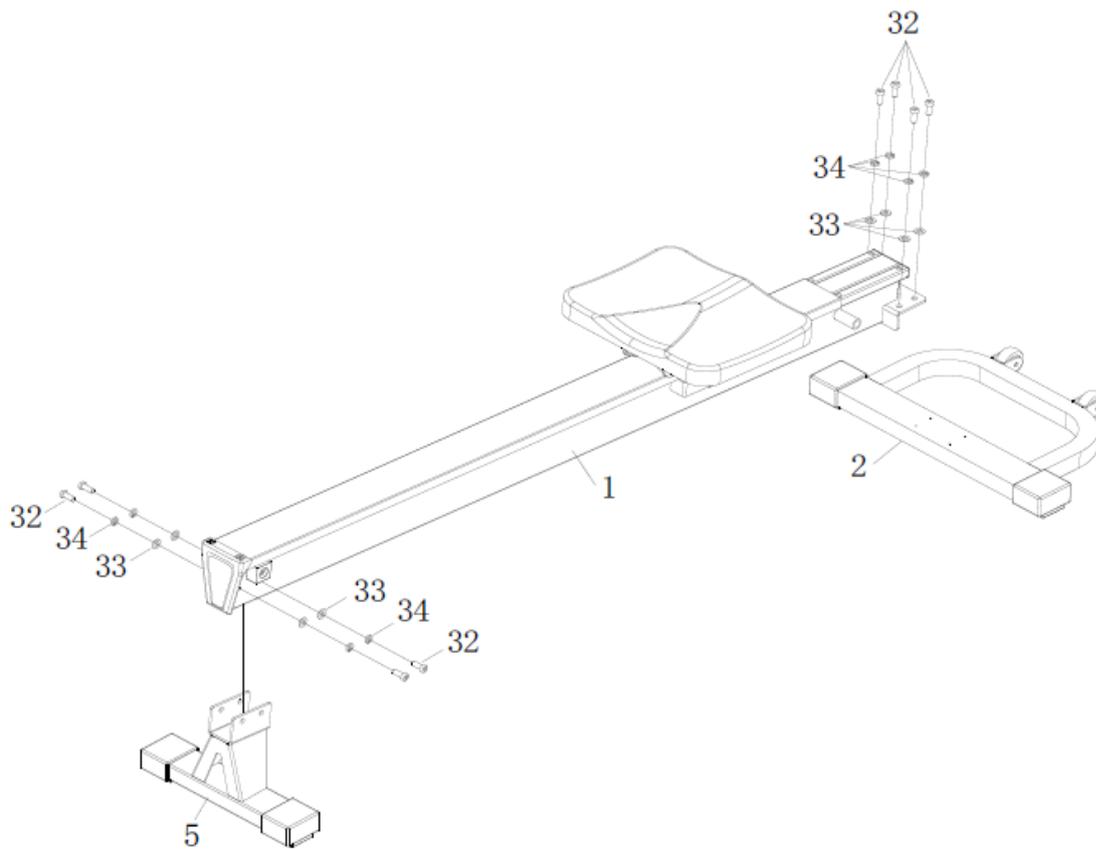
ASSEMBLY

Step 1

Attach the front stabilizer (2) to the main frame (1) using 4x bolts (32), 8x spring washers (34) and 8x washers (33).

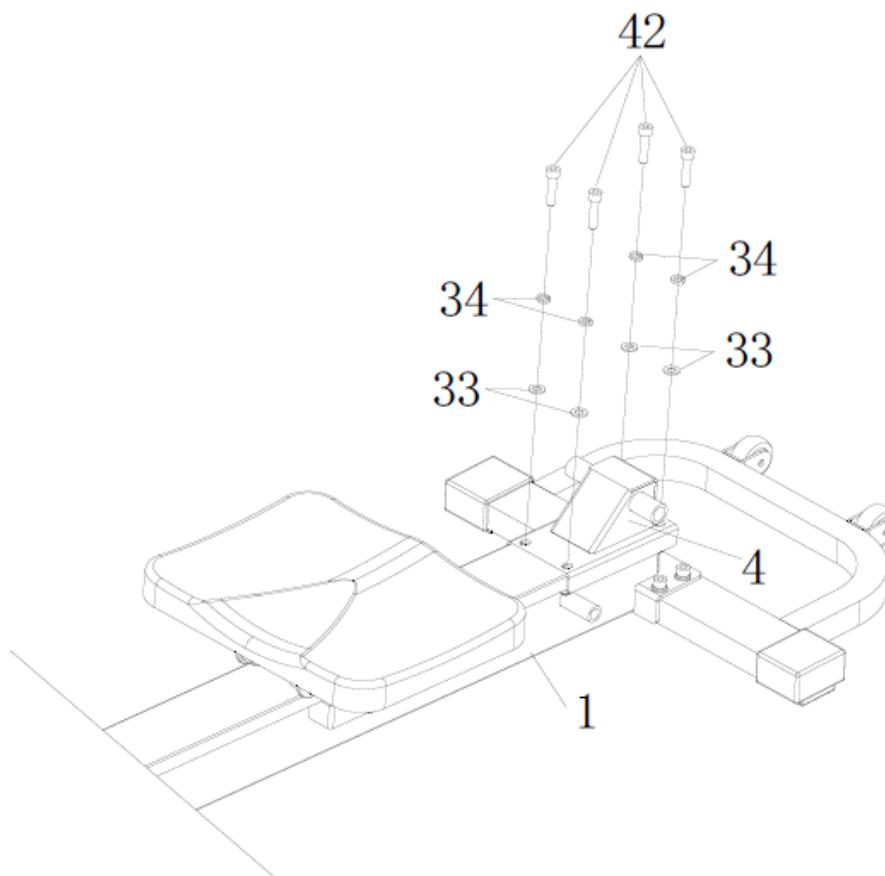
Step 2

Attach the rear stabilizer (5) to the main frame (1) using 4x bolts (32), 8x spring washers (34) and 8x washers (33).



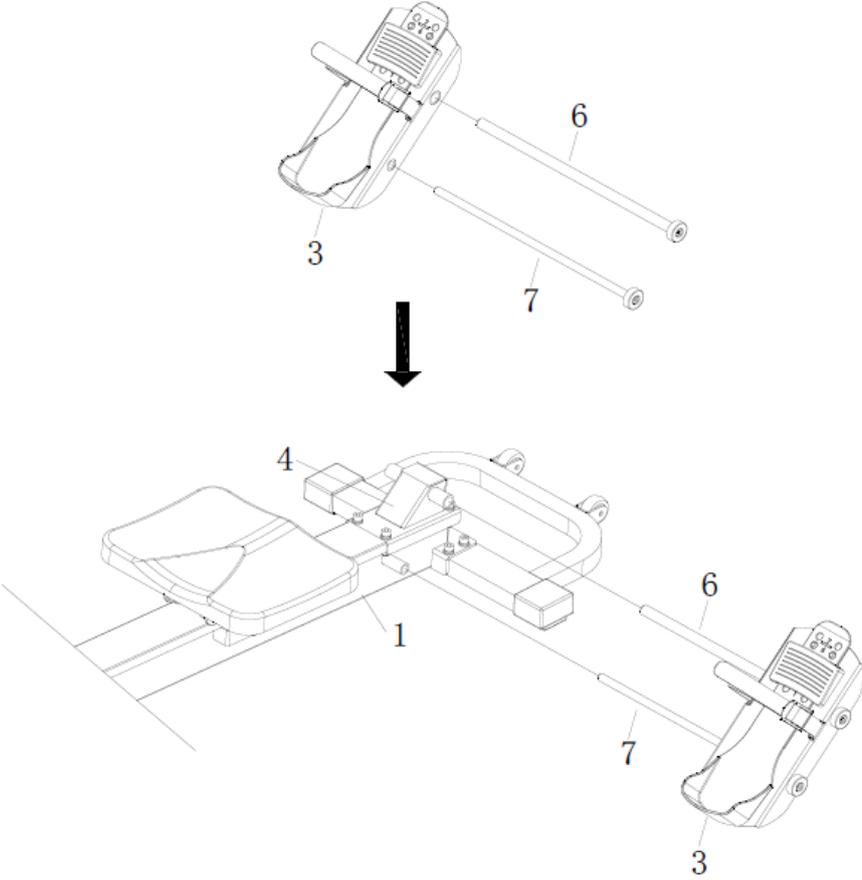
Step 3

Attach the pedal holder (4) with 4x bolts (42), 4x spring washers (34) and 4x washers (33).



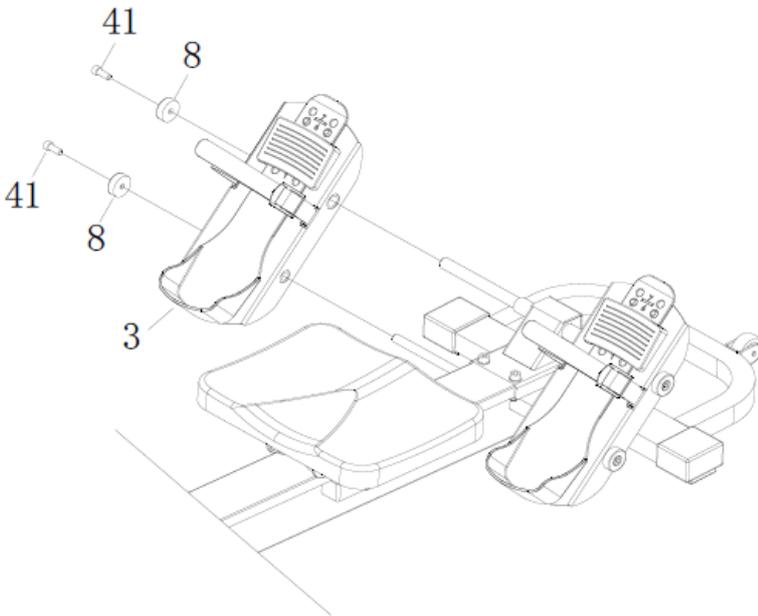
Step 4

Attach the pedals (3) to the holder (4) and the main frame (1) using the axles (6 and 7).

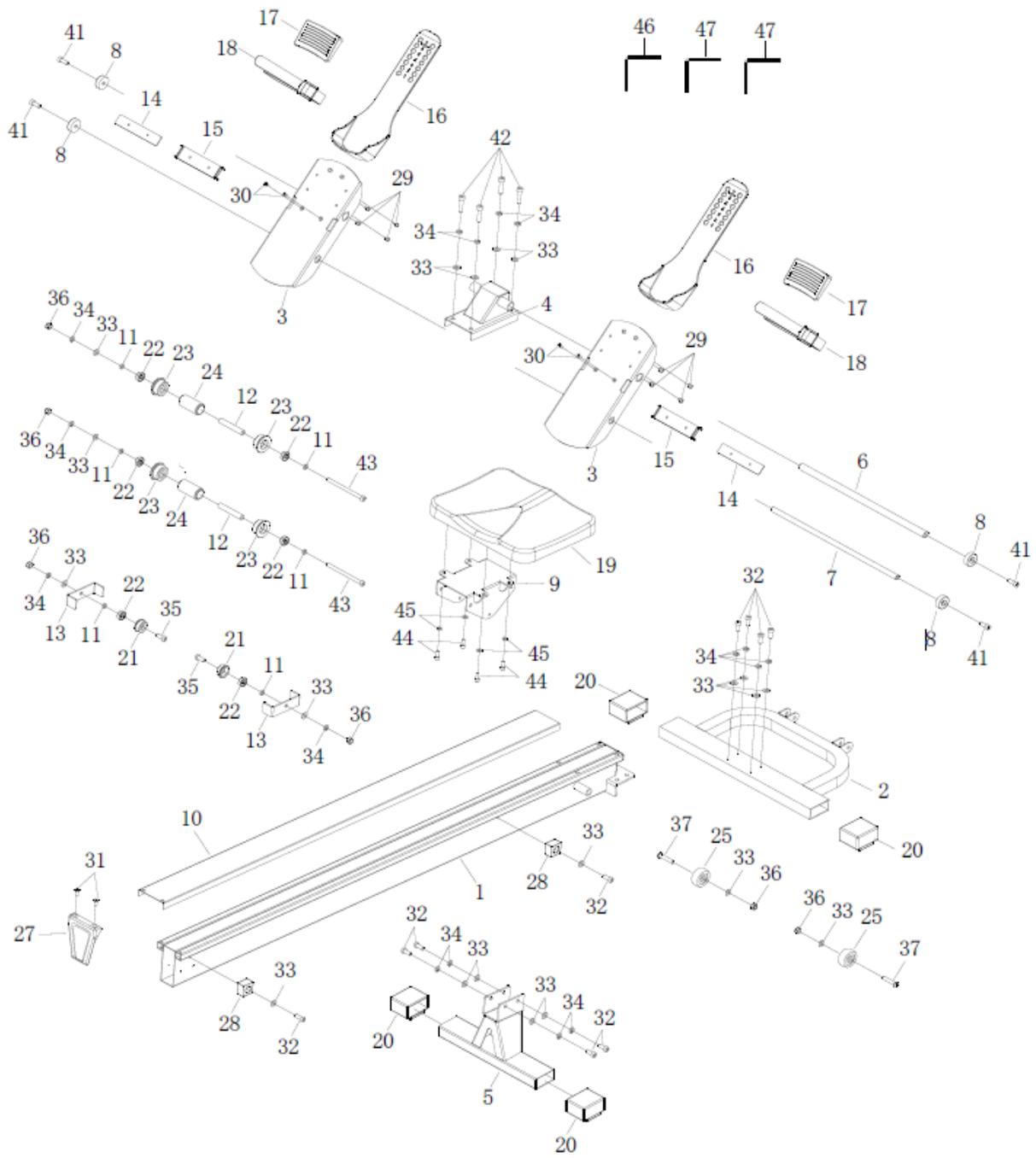


Step 5

Secure the pedals (3) by securing the axles (6 and 7) on the other side with 2x ends (8) and 2x screws (41).



DIAGRAM



PARTS LIST

| No. | Name | Qty |
|-----|-----------------------------------|-----|
| 1 | Main Frame | 1 |
| 2 | Front Stabilizer | 1 |
| 3 | Foot Pedal | 2 |
| 4 | Center Bracket | 1 |
| 5 | Rear Stabilizer | 1 |
| 6 | Pedal Shaft, 16mm | 1 |
| 7 | Pedal Shaft, 12mm | 1 |
| 8 | Foot Pedal End Cap | 4 |
| 9 | Seat Carriage | 1 |
| 10 | Stainless Rail Frame | 1 |
| 11 | Spacer | 6 |
| 12 | Spacer (Long) | 2 |
| 13 | Stopper Bracket | 2 |
| 14 | Pedal Strap Stopper Plate | 2 |
| 15 | Pedal Strap Protector | 2 |
| 16 | Foot Pedal | 2 |
| 17 | Foot Pedal Holder | 2 |
| 18 | Pedal Strap | 2 |
| 19 | Seat | 1 |
| 20 | Foot Cap | 4 |
| 21 | Guide Roller | 2 |
| 22 | Bearing 608ZZ | 6 |
| 23 | Seat Roller | 4 |
| 24 | Roller Sleeve | 2 |
| 25 | Transport Wheel | 2 |
| 27 | Rear Roller Stopper | 1 |
| 28 | Aluminum Rail Frame Bumper | 2 |
| 29 | Phillips Head Screw, ST4.2x10mm | 8 |
| 30 | Phillips Flat Head Screw, M5x12mm | 4 |
| 31 | Phillips Flat Head Screw, M6x16mm | 2 |
| 32 | Button Head Cap Screw, M8x20mm | 10 |
| 33 | Flat Washer, M8 | 20 |
| 34 | Spring Washer, M8 | 16 |
| 35 | Button Head Cap Screw, M8x25mm | 2 |
| 36 | Nylon Lock Nut, M8 | 6 |

| | | |
|----|---------------------------------|---|
| 37 | Button Head Cap Screw, M8x40mm | 2 |
| 41 | Socket Head Cap Screw, M8x20mm | 4 |
| 42 | Socket Head Cap Screw, M8x35mm | 4 |
| 43 | Socket Head Cap Screw, M8x110mm | 2 |
| 44 | Socket Head Cap Screw, M8x16mm | 4 |
| 45 | Flat Washer, M6 | 4 |
| 46 | Allen Wrench, T5 | 1 |
| 47 | Allen Wrench, T6 | 2 |

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.

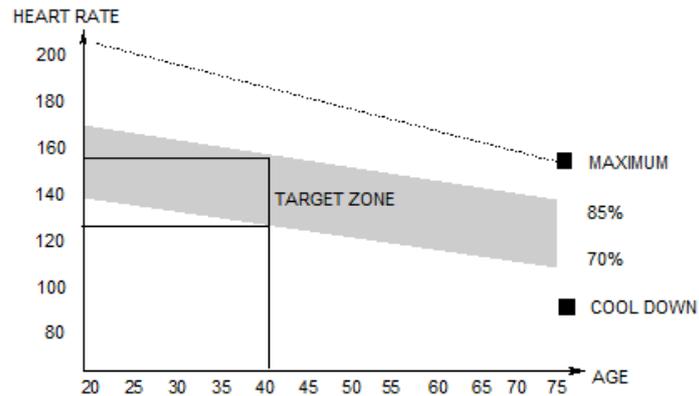


Calf and Achilles tendons

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

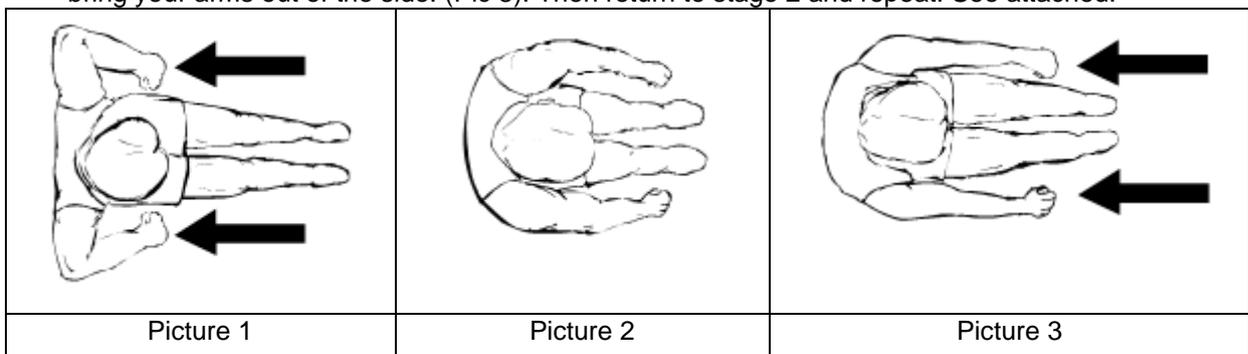
To tone muscle while exercising you will need to have the resistance set quite high. This will put more strain on our leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal 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

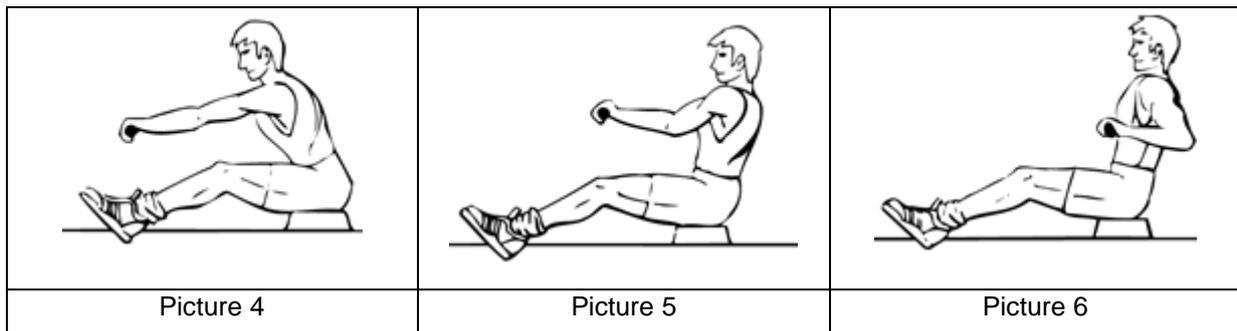
Rowing is a strenuous form of exercise, because of this it is best to start with a short, easy exercise programmed and build up to longer and harder workouts. Start rowing for about 5 minutes and as you progress, increase the length of your work out to match your improving level of fitness. You should 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.

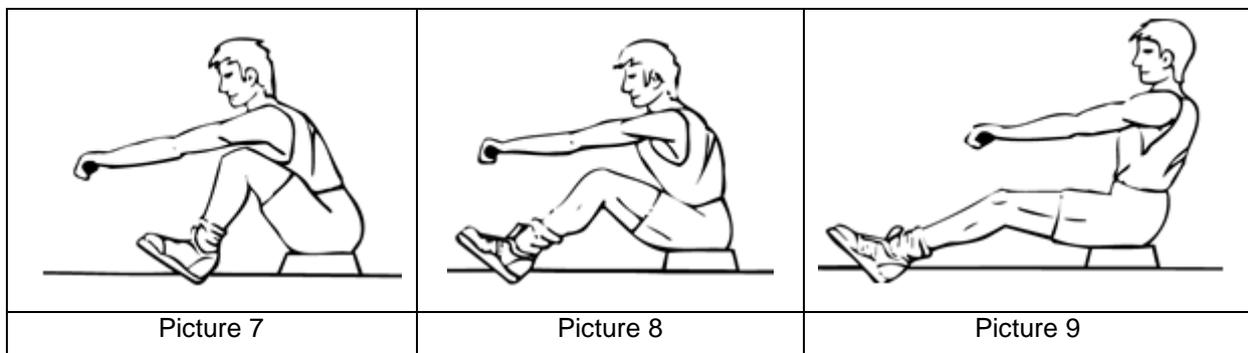
Arms Only Rowing

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:

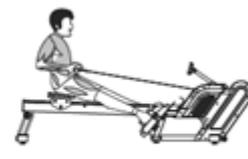
1. Stroke (Lower Muscle Exercise): Bend your knees and stretch your arms. Grasp the handle and keep your back straight (Pic 01).
2. Movement (center muscles): Reflect the legs and bend the arms (Pic 02).
3. End (upper body muscles): Take your back and legs tight. Hold your wrists straight and pull the 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

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 bolts 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
- 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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About shipping

