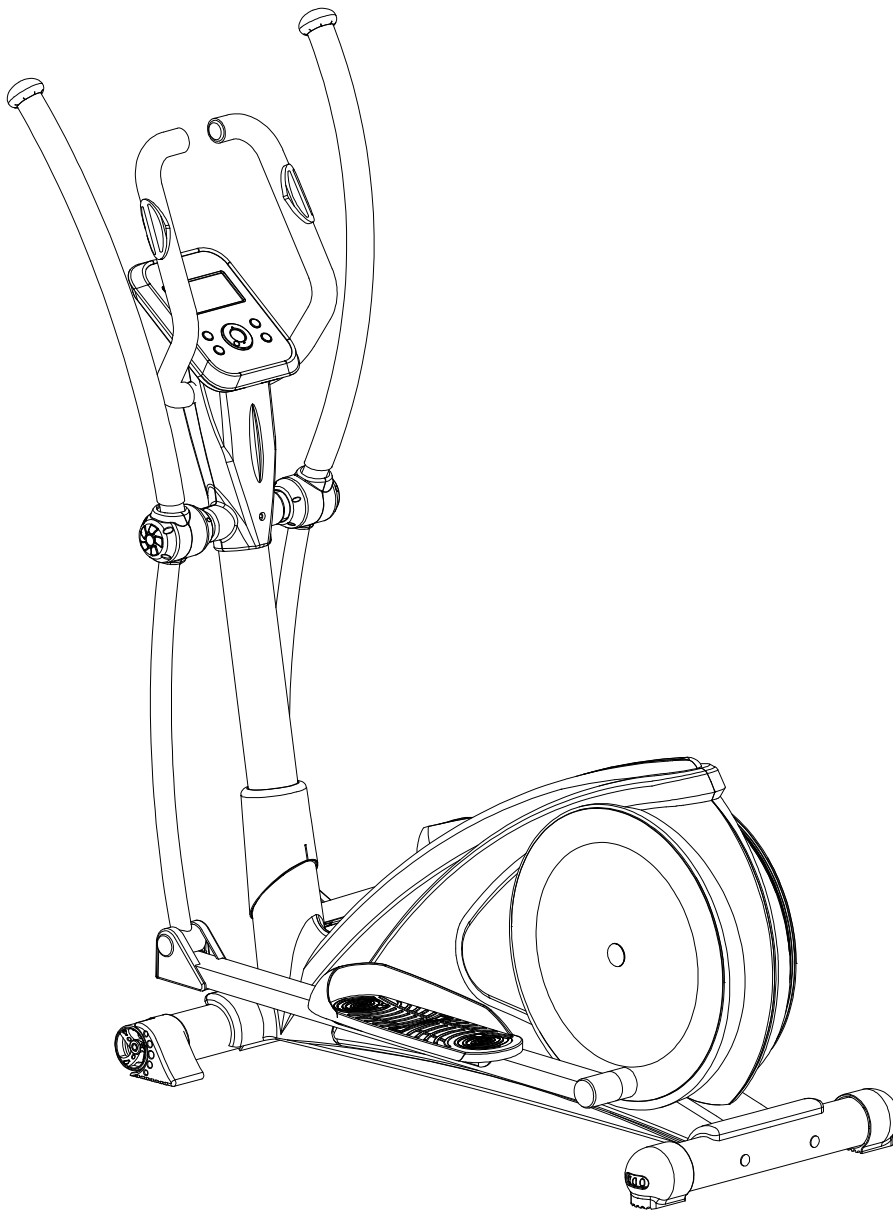




USER MANUAL – EN
IN 1254 Elliptical inSPORTline Madison



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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.
- Make sure there is sufficient free space around the exerciser when you set it up.
- 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.

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!

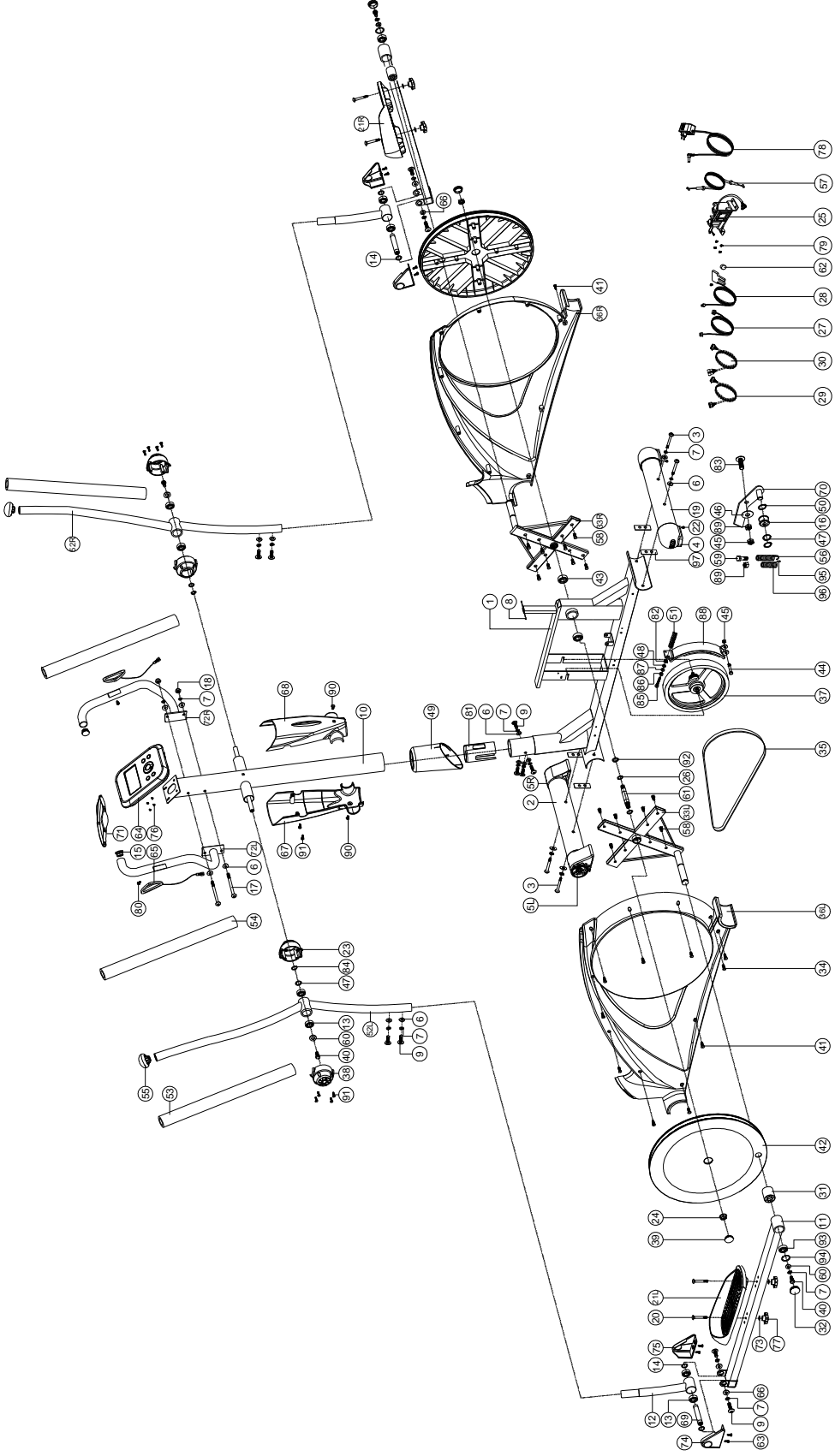
PARTS LIST

Part No.	Description	Q'ty	Part No.	Description	Q'ty
1	Main frame	1	50	C ring	2
2	Front stabilizer	1	51	Spring	1
3	Inner Allen bolt M8*90L	4	52L	Left Movable handlebar support	1
4	Rear foot cap	2	52R	Right Movable handlebar support	1
5L	Front foot cap (left)	1	53	Foam 680L	2
5R	Front foot cap (right)	1	54	Foam 530L	2
6	Curved washer D22*D8.5*1.5T	16	55	Mushroom cap	2
7	Spring washer D15.4*D8.2*2T	20	56	Spring	1
8	Buffer	3	57	Tension cable	1
9	Allen bolt M8*20L	12	58	Bolt M6*15L	16
10	Front post	1	59	Bolt M8*50L	1
11	Pedal supporting tube	2	60	Flat washer	4
12	Movable supporting tube	2	61	Crank axle	1
13	Bearing	8	62	Magnet	1
14	Flat washer	4	63	Cross screw	8
15	Round end cap	2	64	Computer sm8900-71	1
16	Idle wheel	1	65	Hand pulse	2
17	Allen bolt M8*100L	2		Hand pulse cable	2
18	Nylon nut M8	2	66	Flat washer	4
19	Rear stabilizer	1	67	Rear computer cage	1

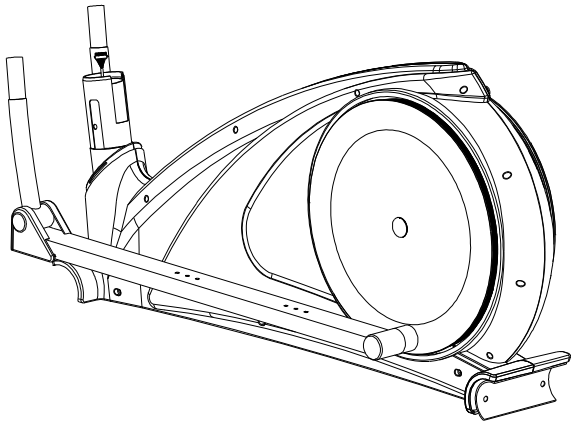
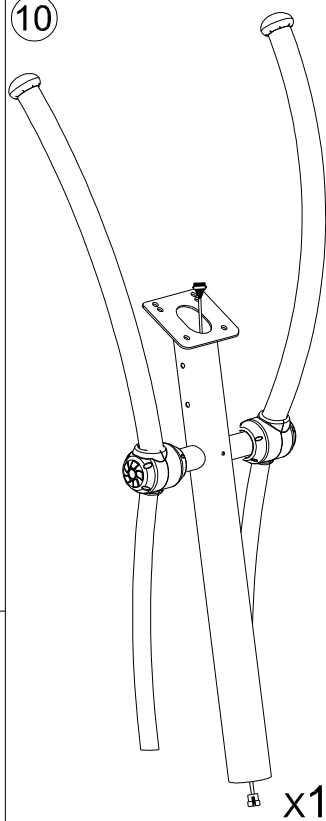
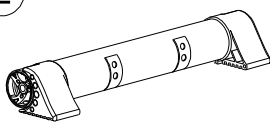

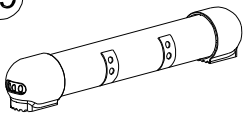



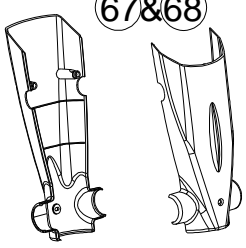
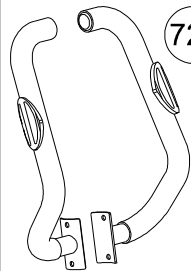
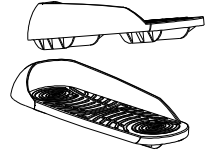










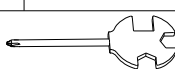

20	Square neck bolt M6*45L	4	68	Front computer cage	1
21L	Left pedal	1	69	Front pedal axle	2
21R	Right pedal	1	70	Fixing plate for idle wheel	1
22	Cross screw	2	71	Chest belt	1
23	Upper foot cap	2	72L	Left fixed handlebar	1
24	Anti-loose nut	2	72R	Right fixed handlebar	1
25	Motor	1	73	Flat washer	4
26	C-shape ring D22.5*D18.5*1.2T	2	74	Left protective cover	2
27	Electric cable	1	75	Right protective cover	2
28	Sensor cable	1	76	Cross screw	4
29	Computer cable (UPPER)	1	77	Knob	4
30	Computer cable (LOWER)	1	78	Adaptor	1
31	Pedal axle cover	2	79	Cross screw	4
32	Round end cap	2	80	Round cross screw	2
33L&33R	Crank welding sets	2	81	Insert plug	1
34	Round cross screw	7	82	Nylon nut	1
35	Belt	1	83	Allen bolt	1
36L	Left rear chain cover	1	84	C ring	2
36R	Right rear chain cover	1	85	Hex head bolt	1
37	Flywheel	1	86	Nut	1
38	Right upper foot cap	2	87	Nylon washer	1
39	Screw cover	2	88	Fixing plate for magnet	1
40	Bolt M8*20L	4	89	Nut	1
41	Cross screw	6	90	Round cross screw	2
42	Round disc	2	91	Round cross screw	10
43	Bearing	2	92	Waved washer	1
44	Bolt	1	93	Bearing	2

45	Nylon nut	2	94	C ring	2
46	Flat washer	1	95	Plastic cover	1
47	Waved washer	3	96	Spring	1
48	Flat washer	1	97	Buffer	4
49	Upper protective cover	1			

EXPLODED DRAWING

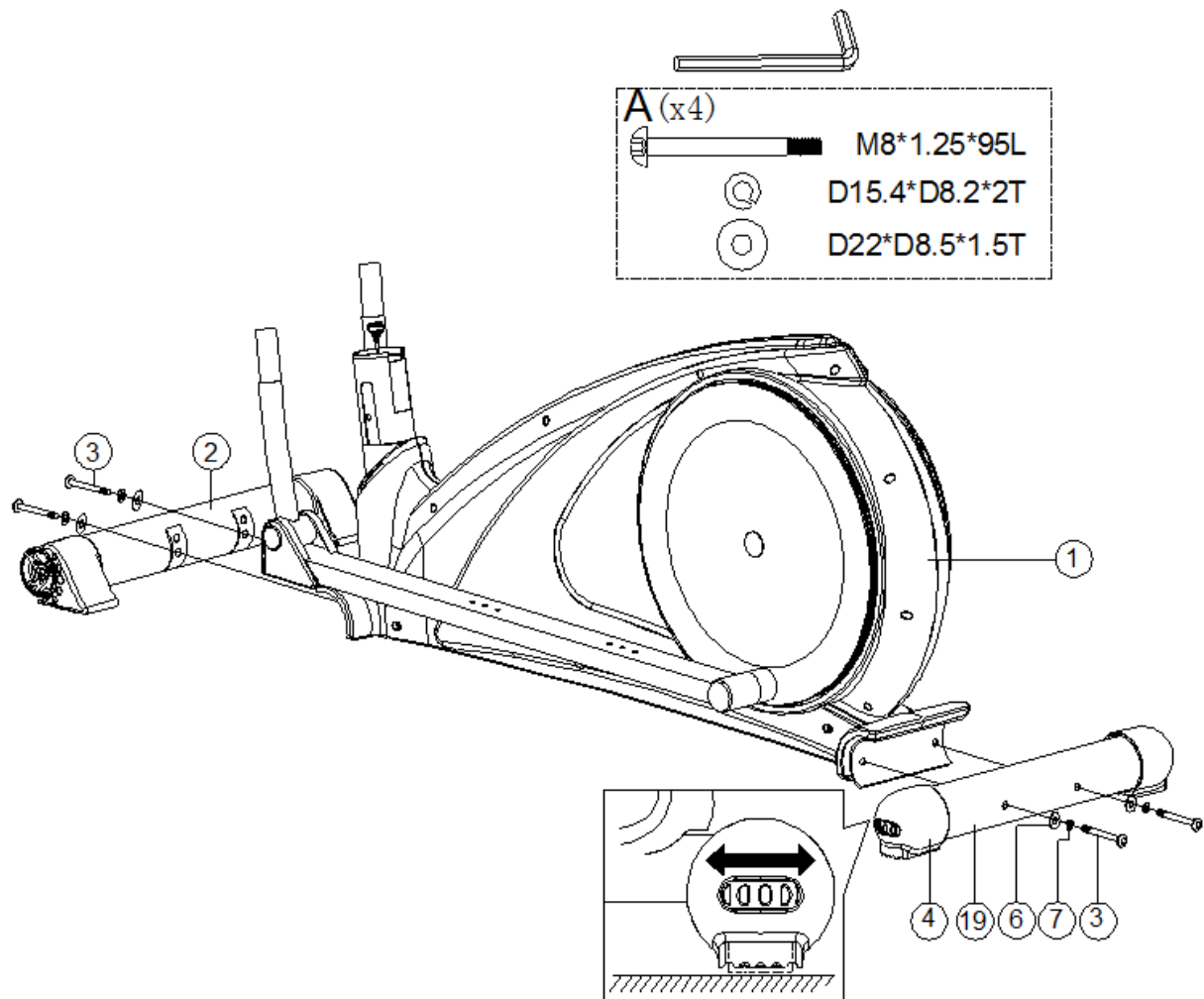


CHECKLIST (CONTENTS OF PACKAGE)

 <p>①</p> <p>x1</p>		 <p>⑩</p> <p>x1</p>	
 <p>②</p> <p>x1</p>	 <p>④⑨</p> <p>x1</p>		
 <p>⑱</p> <p>x1</p>	 <p>⑥④&⑦①</p> <p>x1</p>	 <p>⑦⑦</p> <p>x4</p>	 <p>⑦⑧</p> <p>x1</p>
 <p>⑥⑦&⑥⑧</p> <p>x1</p>	 <p>⑦②L&⑦②R</p> <p>x1</p>	 <p>②①L&②①R</p> <p>x1</p>	
 <p>③</p> <p>M8*1.25*95L</p> <p>x4</p>	 <p>⑥</p> <p>⊙D22*D8.5*1.5T</p> <p>x16</p>	 <p>⑦③</p> <p>⊙D14*D6.5*0.8T</p> <p>x4</p>	
 <p>⑨</p> <p>M8*1.25*20L</p> <p>x8</p>	 <p>⑦</p> <p>⊙D15.4*D8.2*2T</p> <p>x14</p>	 <p>⑨⑩</p> <p>M5*0.8*10L</p> <p>x2</p>	
 <p>⑰</p> <p>M8*1.25*100L</p> <p>x2</p>	 <p>⑱</p> <p>⊘ M8*1.25*8T</p> <p>x2</p>	 <p>⑨①</p> <p>ST4*15L</p> <p>x2</p>	
 <p>⑳</p> <p>M6*1*45L</p> <p>x4</p>	 <p>x1</p>	 <p>x1</p>	

ASSEMBLY INSTRUCTIONS

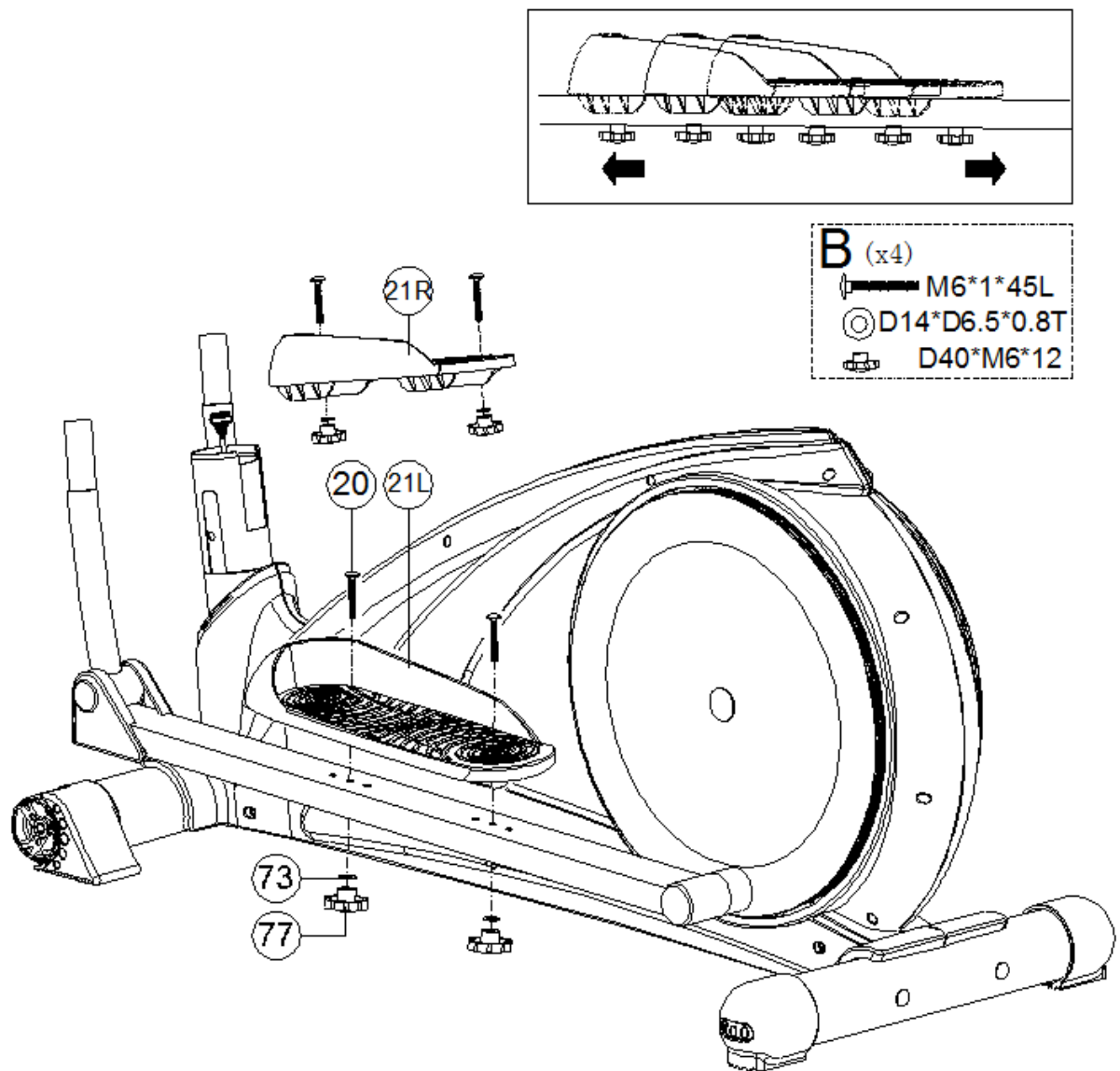
STEP 1:



Assemble the front stabilizer (2) and rear stabilizer (19) onto the main frame (1) by using the inner Allen bolt (3), the curved washer (6) and the spring washer (7).

Adjust the proper height by turning the wheel of rear foot cap (4).

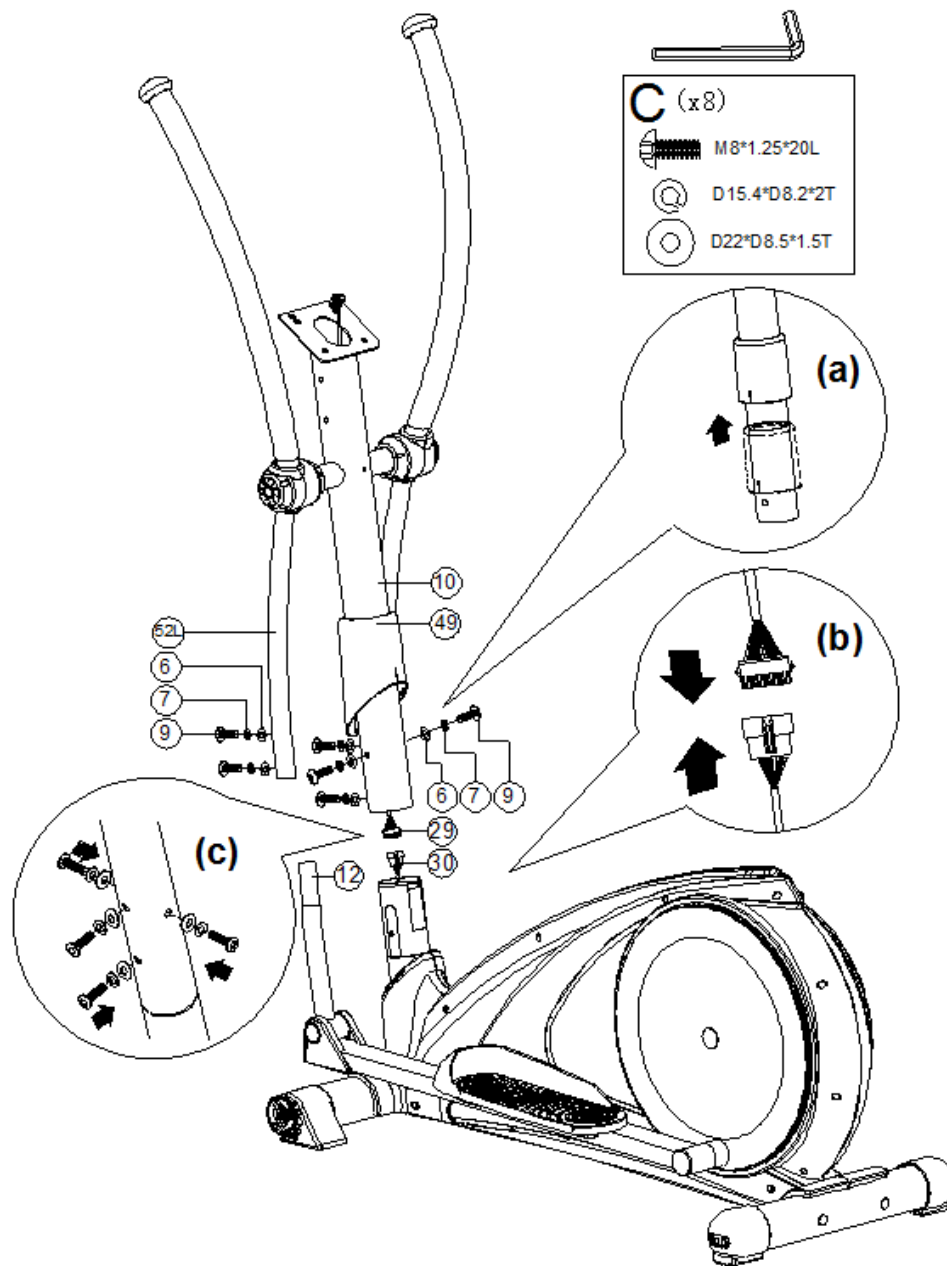
STEP 2:



Assemble the left and right pedal (21L&21R) on the pedal supporting tube (11) by using the square neck bolt (20), flat washer (73) and knob (77).

* 3 optional positions for the pedals.

STEP 3:



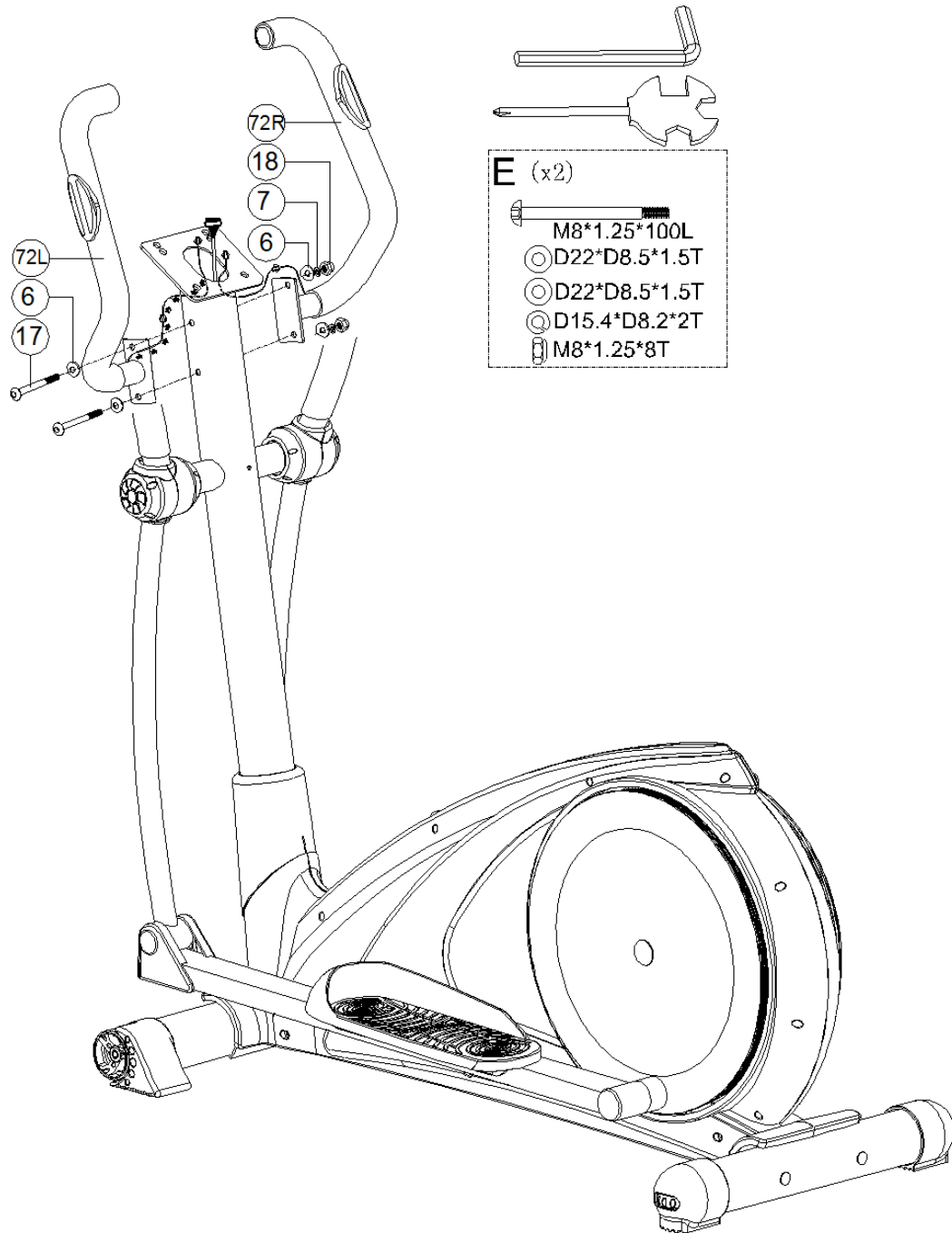
Suggest assembling this step by two persons.

First, lift up the cover for handlebar post (49) like fig. (a), then connect computer cable (29 & 30) like fig.(b)

Insert the handlebar post (10) on the main frame and tighten it like fig. (c) by using the curved washer (6), the spring washer (7) and the Allen bolt (9). Place down the cover for handlebar post (49) and make it tight on the main frame.

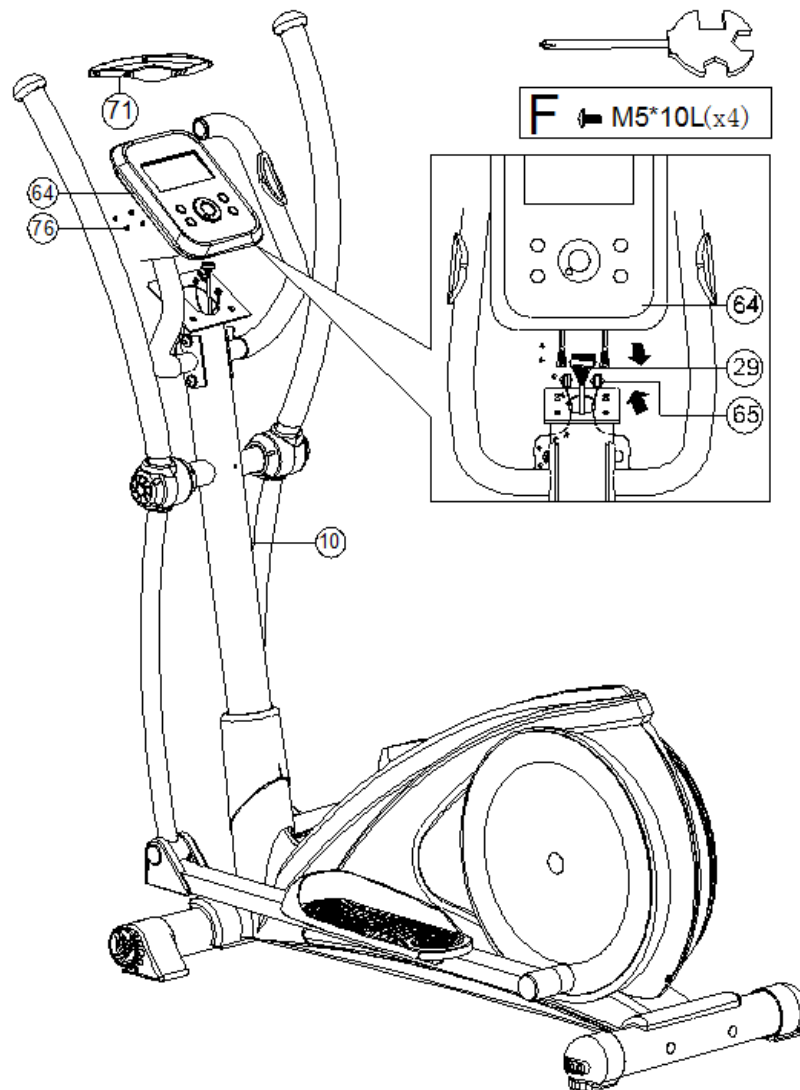
Assemble the left and right movable handlebar (52L&52R) on the movable handlebar support (12) by using the curved washer (6), the spring washer (7) and the Allen bolt (9).

STEP 4:



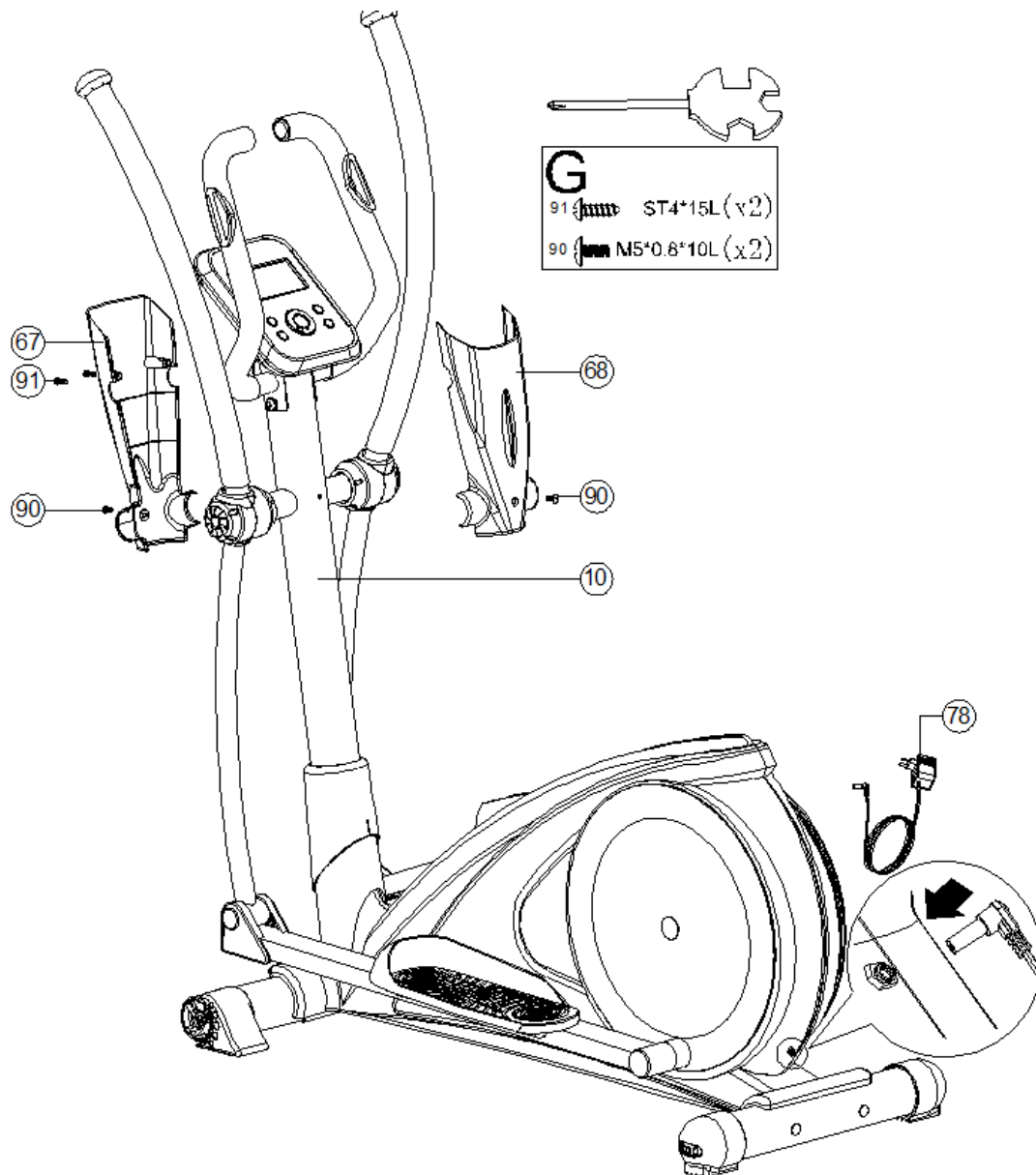
Assemble the left and right fixed handlebar (72L & 72R) on the handlebar post (10) by using the Allen bolt (17), the curved washer (6), the spring washer (7) and the domed nut (18).

STEP 5:



Connect the computer cable (29) and cable of hand pulse cable (65) with the computer (64), then fix the computer (64) on the handlebar post (10) by using the screws (76).

STEP 6:



**Fix the front computer cage (68) & rear computer cage (67) on the front post (10) using screws (90&91).
Insert the adaptor into the electric socket when exercise.**

INSTRUCTION MANUAL OF SM8900-71

BUTTON FUNCTIONS

UP	To make upward adjustment to each function data or increase training resistance.
DOWN	To make downward adjustment to each function data or decrease training resistance.
MODE	To confirm all setting.
STAR/STOP	To start or stop workout.
RESET	To reset current setting and have the monitor switch to initial training mode for selection.
RECOVERY	To test heart rate recovery status.
BODY FAT	To test body fat % Press the BODY FAT button in standby mode and modify user data.

DISPLAY FUNCTIONS

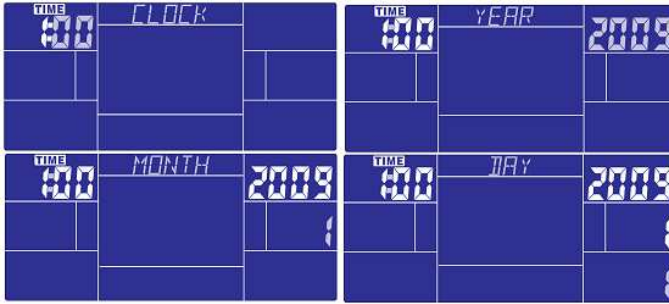
TIME	Count up - No preset target, Time will count up from 00:00 to maximum 99:59 with each increment is 1 minute. Count down - If training with preset Time, Time will count down from preset to 00:00. Each preset increment or decrement is 1 minute between 01:00 to 99:00.
SPEED	Displays current training speed. Maximum speed is 99.9 KM/H or ML/H.
RPM	Displays the Rotation Per Minute. Display range 0~15~999
DISTANCE	Accumulates total distance from 00:00 up to 99.99 KM or ML. The user may preset target distance data by pressing UP/DOWN button. Each incensement is 0.1KM or ML.
CALORIES	Accumulates calories consumption during training from 0 to maximum 9999 calories. (This data is a rough guide for comparison of different exercise sessions which cannot be used in medical treatment.)
PULSE	User may set up target pulse from 0 - 30 to 230, and computer buzzer will beep when actual heart rate is over the target value during workout.
WATTS	Display current workout watts. Display range 0~999.

POWER ON

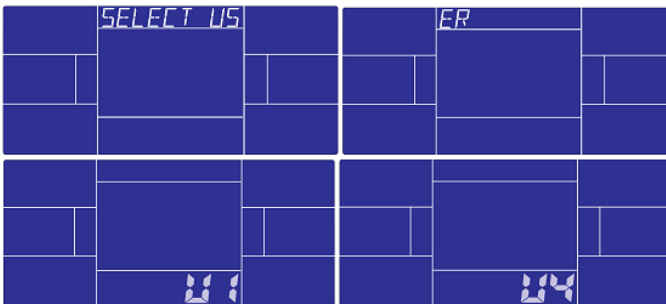
1. Please connect power adaptor to DC JACK, and console will power on with beep sound for 2 seconds and LCD display all segments.



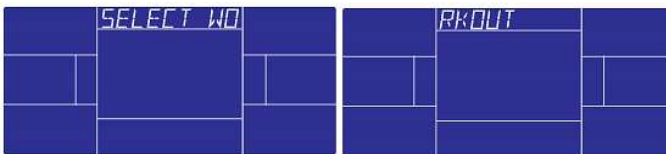
2. Preset clock and calendar by using joggle wheel to turn up and down and press MODE to confirm.



3. Console will show “SELECT USER”, user may press mode to enter into user selection mode.
Use joggle wheel to select U1 to U4 and press MODE for confirmation.
And then preset user information for SEX, AGE, HEIGHT and WEIGHT.



4. In standby mode, console will display “SELECT WORKOUT”, user may press MODE to enter into selection mode. And use turn joggle wheel to select MANUAL → PROGRAM → USER PROGRAM → H.R.C. → WATT



WORKOUT IN MANUAL MODE

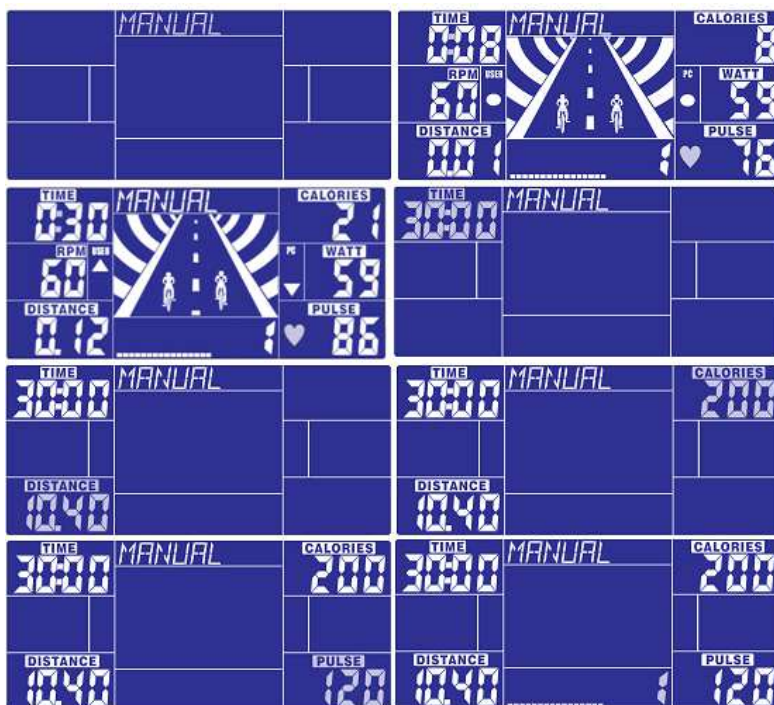
In standby mode, select MANUAL and press MODE to enter.

Quick start: User may press START/STOP to start training in MANUAL, all exercise values will start counting up from zero.

After enter into MANUAL mode, user may set up TIME → DISTANCE → CALORIES → PULSE → RESISTANCE LEVEL by follow flashing windows, and press START/STOP to start workout.

All values will start counting down to zero. (To clear setting, press RESET button)

In manual mode, biking animation will move forward every 3 km, and PC speed will be the same as user’s speed.



WORKOUT IN PROGRAM MODE

In standby mode, select PROGRAM and press MODE to enter.

User may turn joggle wheel up or down to select preferred program from 1 to 12, and press MODE to confirm. Program profile will flashing, user may turn up or down to adjust profile's resistance level.

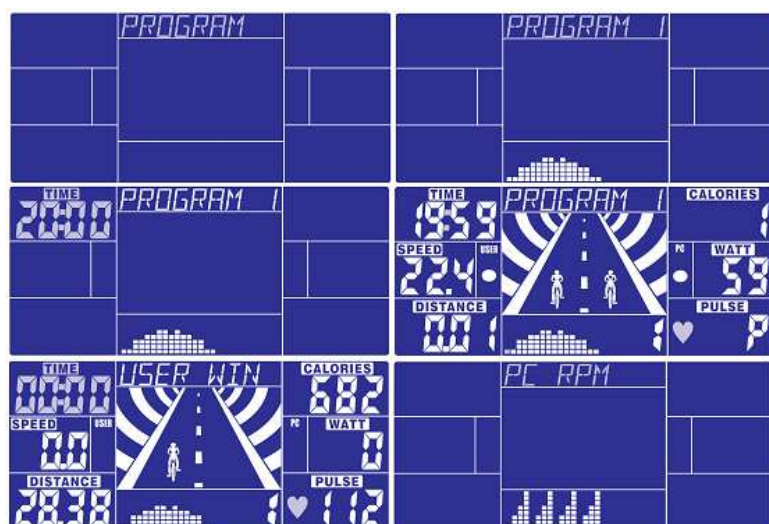
TIME is fixed in 20:00, which is not adjustable. Press START/STOP to start workout and racing with PC.

After start, TIME will start counting down; the runway animation will follow user's RPM input.

User need to follow PC speed by checking below symbols to finish the entire 20 minutes training:

- ▲ : USER speed > PC RPM – user need to slow down
- : USER speed = PC RPM
- ▼ : USER speed < PC RPM – user need to speed up

When TIME count down to zero, console will beep for 8 seconds, and display racing result: PC WIN or USER WIN.



WORKOUT IN USER PROGRAM MODE

In standby mode, select USER PRO and press MODE to enter.

User may create his/her own preferred profile by turning UP and DOWN to set up resistance level of each row, and press MODE to confirm. User may hold on pressing MODE button to finish setting.

Time is fixed in 20:00, which is not adjustable. User may press START/STOP button to start workout.

After start, TIME will start counting down; the runway animation will follow user's RPM input.

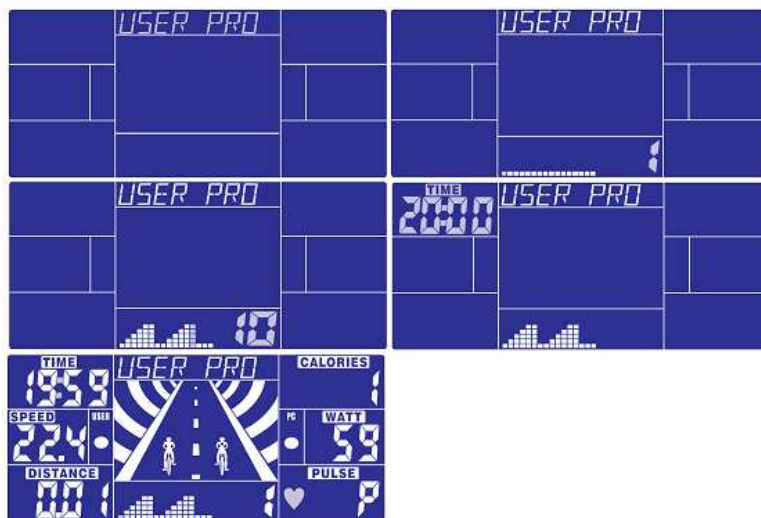
User need to follow PC speed by checking below symbols to finish the entire 20 minutes training:

▲ : USER speed > PC RPM – user need to slow down

● : USER speed = PC RPM

▼ : USER speed < PC RPM – user need to speed up

When TIME count down to zero, console will beep for 8 seconds, and display racing result: PC WIN or USER WIN.

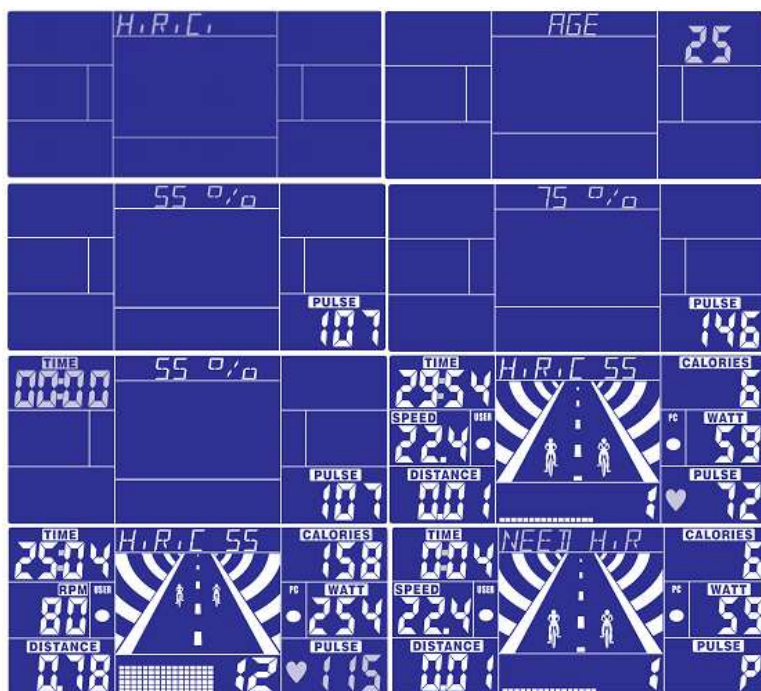


WORKOUT IN H.R.C. MODE

In standby mode, select H.R.C. and press MODE to enter.

AGE 25 is flashing after enter H.R.C. mode, you may set your age by turning UP/DOWN button and press MODE. The monitor will calculate preset heart rate value automatically according to your age setting. Screen will show heart rate percentage 55%, 75%, 90% and TARGET. You may select heart rate percentage by UP/DOWN/ENTER button for training.

If there is no HR input for 5 seconds, LCD will display "NEED H.R." until HR signal input.



WORKOUT IN WATT CONSTANT MODE

In standby mode, select WATT and press MODE to enter.

The preset watt value 120 is flashing on screen in WATT setting mode, select UP/DOWN/ENTER to set target value from 10 to 350. Pressing START button to start training.

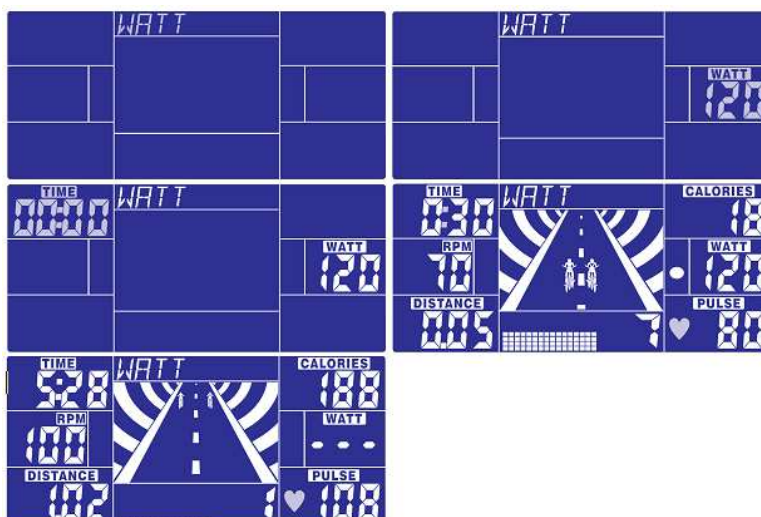
After start, Level is adjusted according to RPM to reach the setting WATT.

▲ : WATT > setting WATT 25% – user need to slow down

● : WATT = setting 25%

▼ : WATT < setting 25% – user need to speed up

--- : WATT > or < setting WATT 50% (OVER SPEC)---







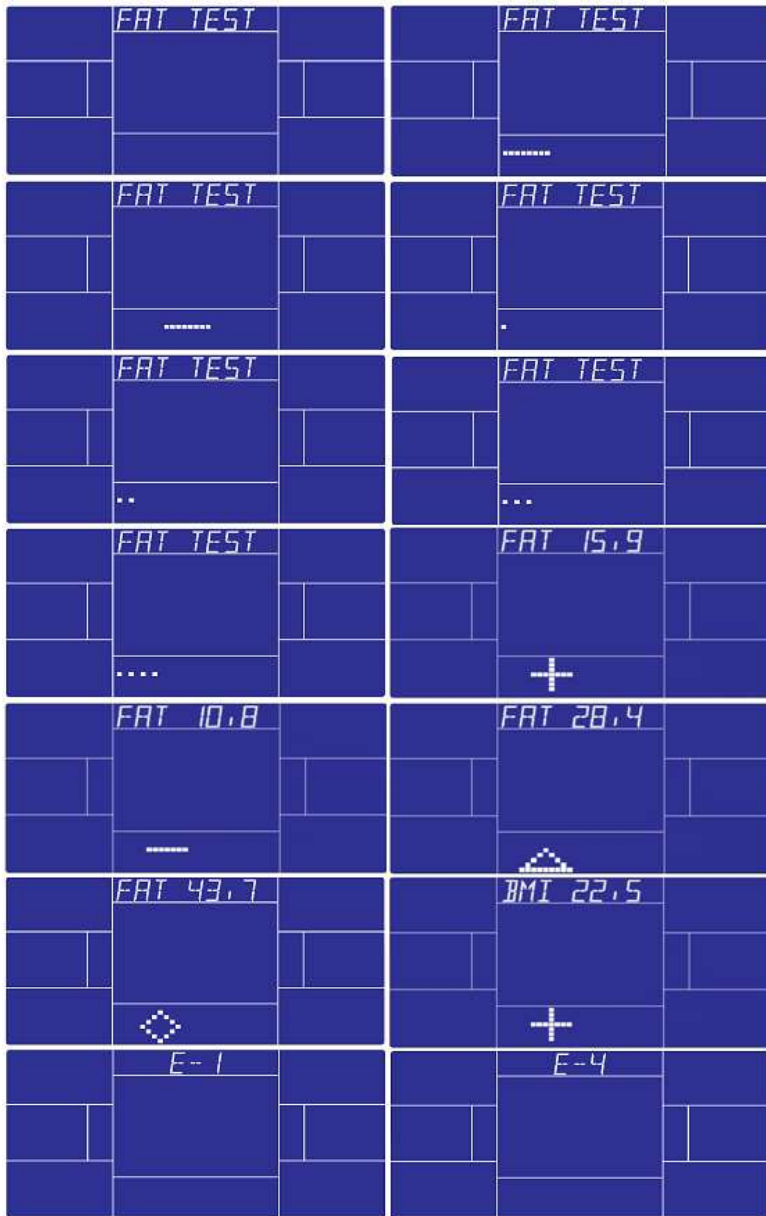
BODY FAT

You may test and have the BODY FAT advice when the computer is in STOP mode. Please follow the steps as below:

1. Press BODY FAT button, and hold on handgrip to start body fat testing.
2. The symbol "- - - - -" will display while testing period in 8 seconds. After 8 seconds, you will see the BODY FAT advice in percentage and BMI and the fat advice in different symbol.
3. It would be possible to display other indication if you have the following situation:
 - "E-1" - When you see this indication, it means you did not put your thumb properly on the conductor. Please try again.
 - "E-4" - When you see this indication, it means the BODY FAT advice is exceeded the available area which is fixed in the program.

After BODY FAT testing, press BODY FAT button to have the computer back to working continues from the previous data before testing. The BODY FAT advice figure and BMI will disappear.

SYMBOL				
SEX FAT%	LOW	LOW/MED	MEDIUM	MED/HIGH
MALE	<13%	13%-25.8%	26%-30%	>30%
FEMALE	<23%	23%-35.8%	36%-40%	>40%

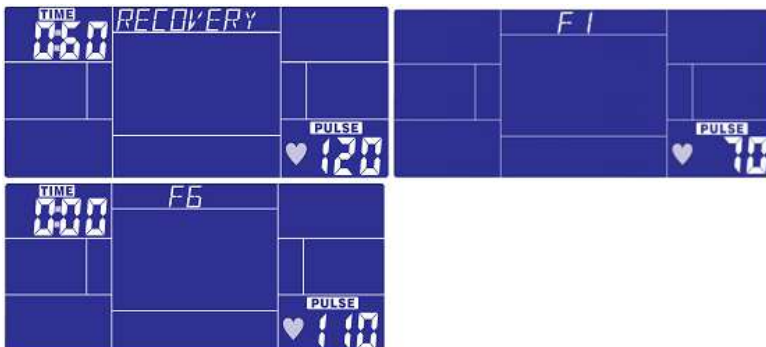


RECOVERY

After exercising for a period of time, keep holding on handgrips and press “RECOVERY” button. All function display will stop except “TIME” starts counting down from 00:60 to 00:00.

Screen will display your heart rate recovery status with the F1,F2....to F6. F1 is the best, F6 is the worst. User may keep exercising to improve the heart rate recovery status.

(Press the RECOVERY button again to return the main display.)



NOTE:

1. This computer requires 9V, 1A or 9V, 0.5A adaptor.
2. When user stop pedaling for 4 minutes, computer will enter into power save mode, all setting and exercise data will stored until user start exercise again.
3. When computer act abnormal, please plug out the adaptor and plug in again.
4. If cables between computer and servo motor were broke, then computer will display E2.

User may check first if cables are well connected or consult with our agent.

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. 40/1964 Coll. Civil Code, Act No. 513/1991 Coll., Commercial Code, and Act No. 634/1992 Coll., Consumer Protection Act, 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 to the extent specified in the Commercial Code.

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:

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, joints 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

