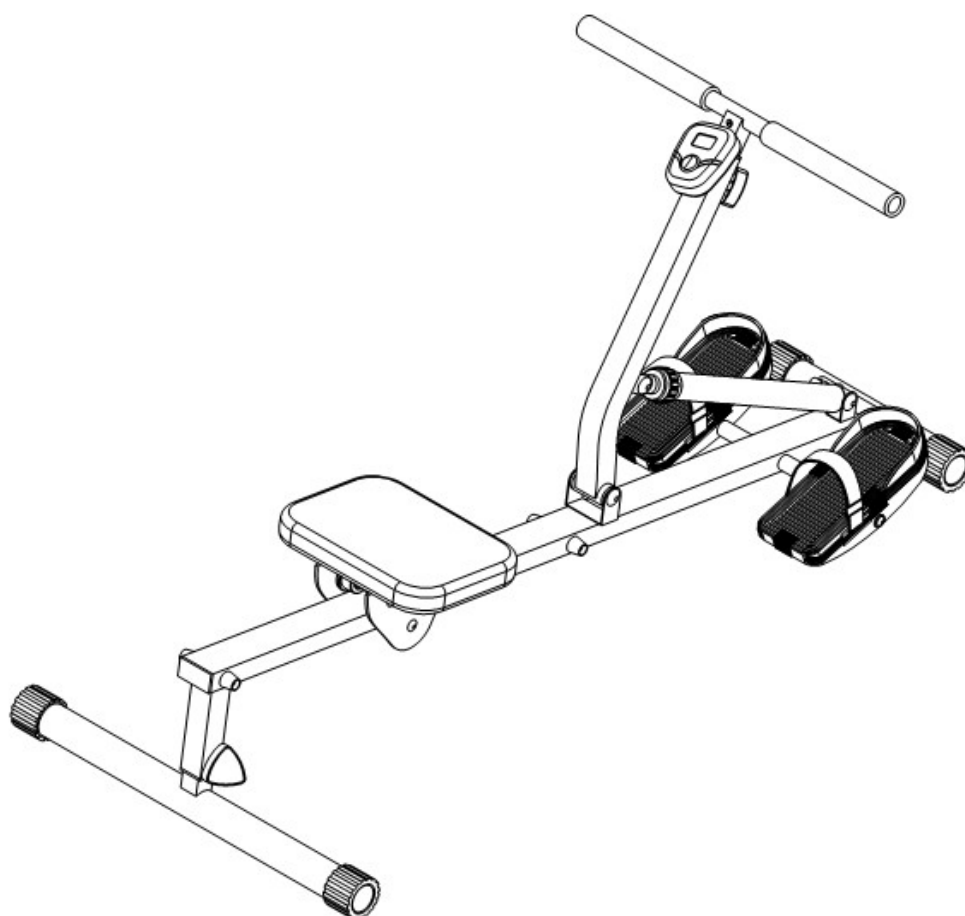




USER MANUAL – EN

IN 14348 Rowing Machine inSPORTline Brook



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SAFETY PRECAUTIONS

Retain the manual for future use.

- Read the entire manual before first use.
- It is important to read the entire manual before assembly and first use. Safe and efficient running can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users are informed of all warnings and precautions.
- If you are taking medication that affects your heart rate or blood pressure, you should consult your physician before starting any training program.
- Be aware of your body's signals. Incorrect or excessive exercise can damage your health.
- Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, light-headedness, dizziness or nausea. You should consult your physician before continuing with the training program.
- Keep children and pets away from the equipment. The equipment is designed for adult use only.
- Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. For safety, keep at least 0.6 m of free space around it.
- Check that the nuts and bolts are tightened securely before every use. Some parts can get loose easily (i.e. pedals).
- The safety level of the equipment can only be maintained if it is regularly examined for damage and wear.
- Always use the equipment as indicated. Do not use the equipment if you find any defective components or if you hear any unusual noise coming from the equipment during use. Repair the machine immediately.
- Wear suitable clothing. Do not wear loose clothing that could get caught in the machine or that may restrict your movement.
- The machine is not suitable for therapeutic use.
- No adjustable part should be protruding and limit the user's movement.
- Be careful not to injure your back when lifting or moving the equipment. Acquire the assistance of another person if necessary.
- **Weight limit:** 100 kg
- **Category:** HC (EN 957-1 and EN 957-7, suitable for home use only)

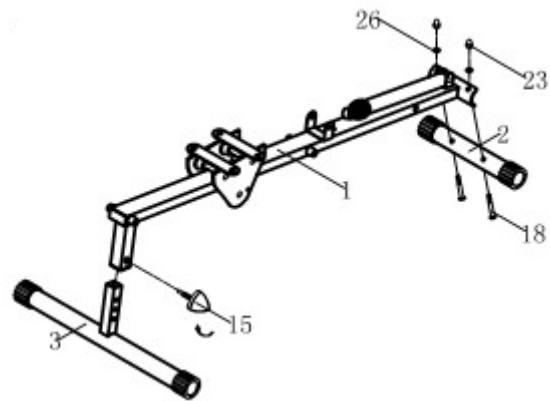
PARAMETERS

Dimensions after assembly (length x width x height)	136 x 60,5 x 76,5 cm
Weight	12,5 kg
Braking system	Hydraulic
Resistance levels	12
Saddle range	685 mm
Weight limit	100 kg

ASSEMBLY

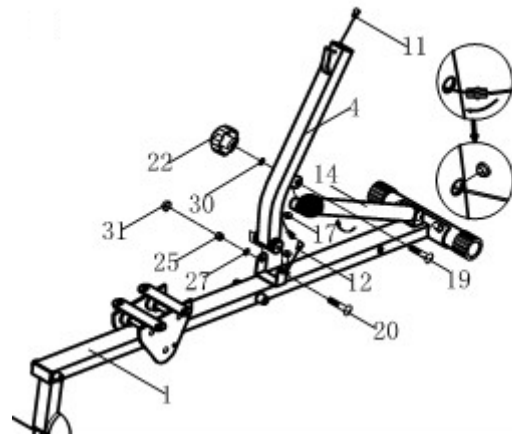
STEP 1

Attach the stabilizer (2) to the main frame (1) using bolts (18), washers (26) and cap nuts (23). Attach the stabilizers (3) to the main frame (1) using a knob (15).



STEP 2

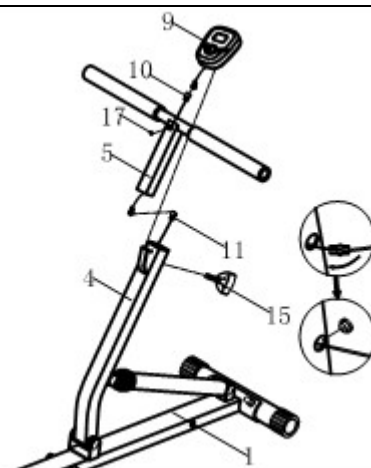
Take the front post and join the middle computer wire (11) with the lower computer wire (12). Slide the handle support (4) into the frame (1), and fix it with a screw (20), washer (27), nut (25) and cap nut (31). Attach the cylinder (14) to the handle support (4) using a screw (19), washer (30) and a nut (22).



STEP 3

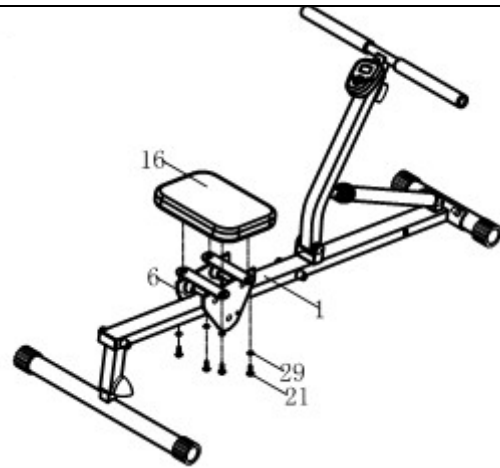
Connect the computer wire (11) and the computer cable (10).

Insert the computer cable (10) into the computer (9) and fix the computer (9) onto the computer support. Put the handle bar (5) into the handle support (4) with a knob (15).



STEP 4

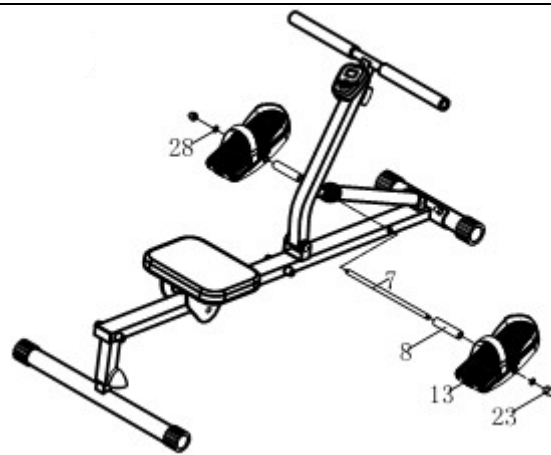
Attach the seat (16) to the seat post (6) and secure them with washers (29) and screws (21).



STEP 5

Put the axle (7) into the frame and then attach the pedal (13) to the axle with plastic bushing (8), washers (28) and screws (23).

The assembly is now finished.



EXERCISE INSTRUCTIONS

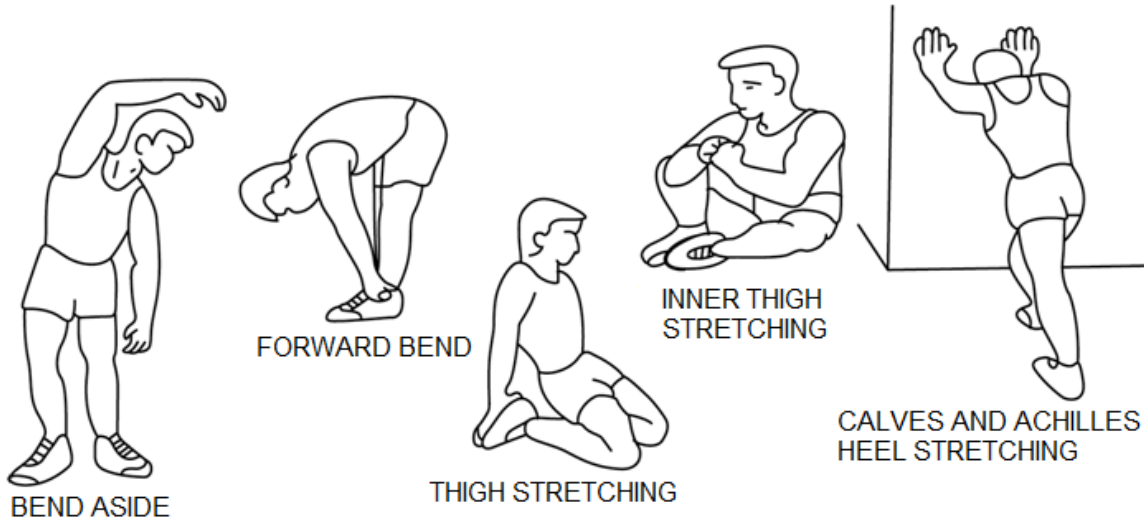
If you exercise regularly and in recommended phases, you'll improve your physical fitness, as well as the toning of your muscles and, in conjunction with calorie-controlled diet, you'll be able to lose weight.

First of all, it is important to choose an adequate resistance. If you are a beginner, choose a lower resistance. The whole pull begins with your legs, then you engage your middle and at the end, shoulders.

- Start with bent legs, slightly crouched body and stretched shoulders.
- The pull starts with the legs. Push onto the foot plate with maximum strength while keeping your back straight.
- Halfway through your leg movement, engage your middle and start to lean backwards with straight back and still stretched shoulders.
- Only then engage your shoulders, pulling the handlebars towards your chest while still leaning back slightly.
- The return should last longer than the pull and you can relax your muscles for a bit. The shoulders return to position first, then your back and after that your legs in direct reversal of the previous movement.

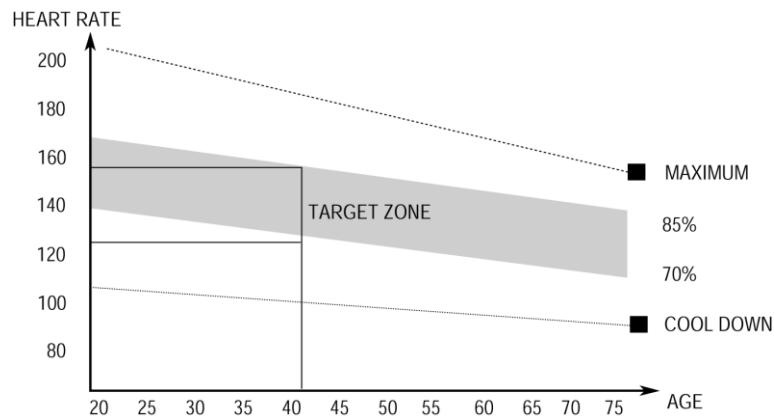
1. WARM-UP PHASE

This stage helps get the blood flowing through the body and to get the muscles to work 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.



2. EXERCISE PHASE

This is the stage where you put the effort in. After regular use, the muscles in your legs will become stronger. Work as you like but it is very important to maintain a steady tempo throughout. exertion should be sufficient to raise your heart beat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes although on average it lasts approximately 15 - 20 minutes.

3. COOL-DOWN PHASE

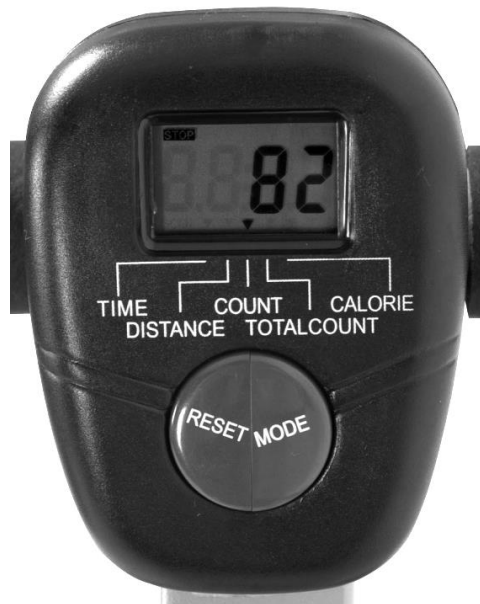
This stage allows your cardio-vascular system and muscles to wind down. This is a repeat of the warm up exercise, e.g. reducing your tempo and continuing for approximately 5 minutes. The stretching exercises should now be repeated, again remember not to force or jerk your muscles into a stretch.

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 space your workouts evenly throughout the week.

USAGE

The tension control knob allows you to alter the resistance of the exercise. A high resistance makes it more difficult to exercise, a low resistance makes it easier. For best results, adjust the tension while using the machine.

CONTROL PANEL



Specifications:

TIME	00:00 – 99:59 min	CALORIE	0 – 9999 cal
COUNT (of pulls)	0 – 9999	TOTAL COUNT (of pulls)	0 – 9999
DISTANCE	0,00 – 999,9 km		

Key functions

MODE	This key allows you to choose a function.
RESET	This key resets all data to zero, except accumulated distance. If you hold the key for 3 seconds, the accumulated distance will be shown on the display.

Operations

1. AUTO ON/OFF

The system will turn on, if you press any key or when the speed sensor detects movement.

The system will automatically turn off when there is no signal input or no keys are pressed for approximately 4 minutes.

2. RESTART

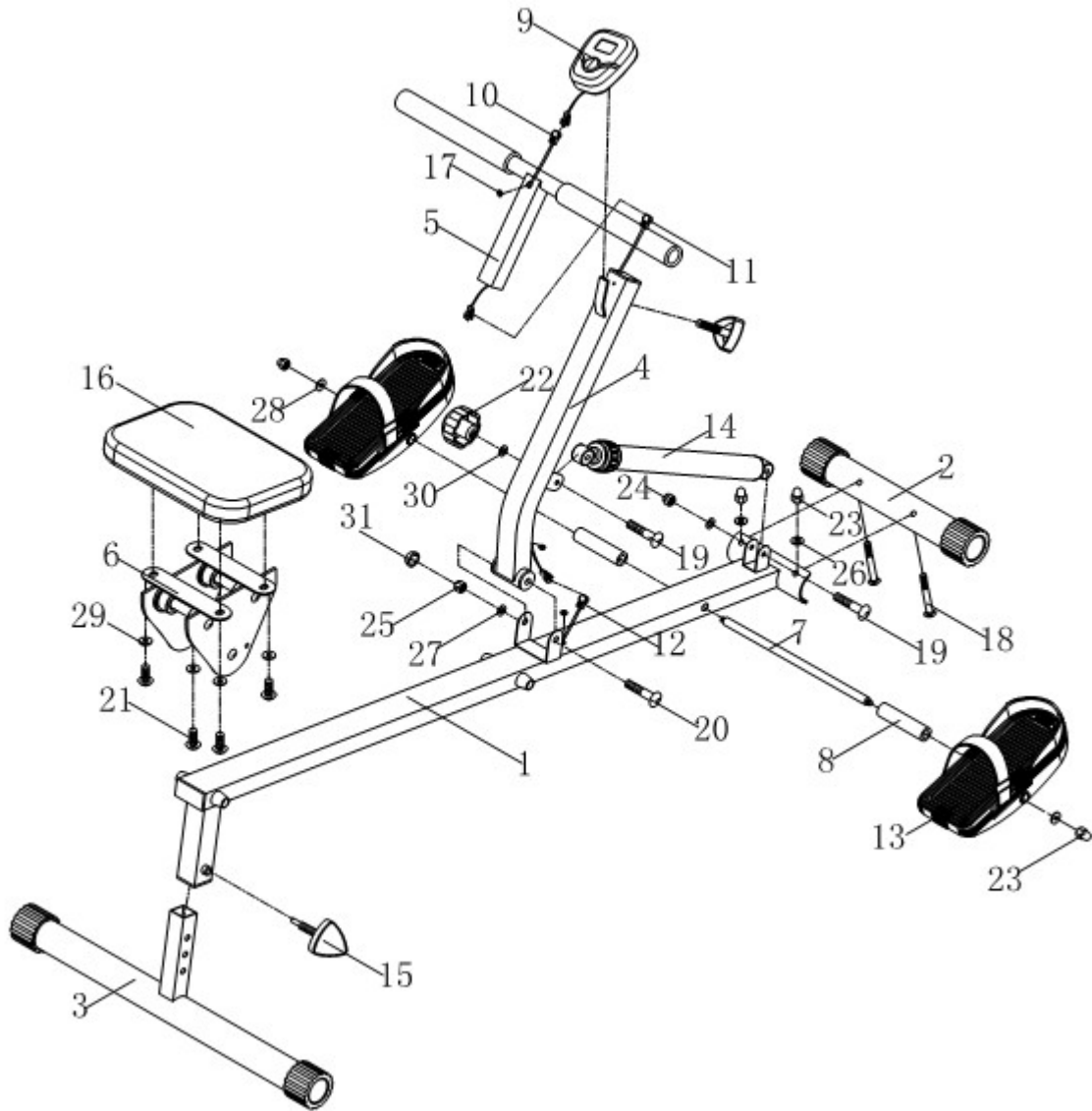
The unit can be reset either by removing the battery and inserting it again or by pressing the MODE key for 4 seconds.

3. FUNCTIONS

Use the MODE key to select a function:

TIME	Press the MODE key. The functions will start to cycle on the display. When the TIME function appears, confirm the selection by pressing MODE again.
COUNT	Press the MODE key. The functions will start to cycle on the display. When the COUNT function appears, confirm the selection by pressing MODE again.
T. COUNT	Press the MODE key. The functions will start to cycle on the display. When the T. COUNT function appears, confirm the selection by pressing MODE again.
CALORIE	Press the MODE key. The functions will start to cycle on the display. When the CALORIE function appears, confirm the selection by pressing MODE again.
SCAN	Automatically displays the following functions in this order: TIME – COUNT – T. COUNT – CALORIE

EXPLODED DRAWING



PARTS LIST

No.	Description	Pcs
1	Main frame	1
2	Front stabilizer	1
3	Rear stabilizer	1
4	Handle support	1
5	Handlebar	1
6	Seat post	1
7	Pedal axis	1
8	Plastic bushing	2

9	Control panel	1
10	Upper computer wire	1
11	Middle computer wire	1
12	Lower computer wire	1
13	Pedal	2
14	Cylinder	1
15	Knob	2
16	Saddle	1
17	Plug	2
18	Bolt	2
19	Screw	2
20	Screw	1
21	Screw	4
22	Knob	1
23	Cap nut	4
24	Nut	1
25	Nut	1
26	Washer	2
27	Washer	1
28	Washer	2
29	Washer	4
30	Washer	2
31	Cap nut	1

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 (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 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.

**SEVEN SPORT s.r.o.**

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Date of Sale:

Stamp and Signature of Seller: