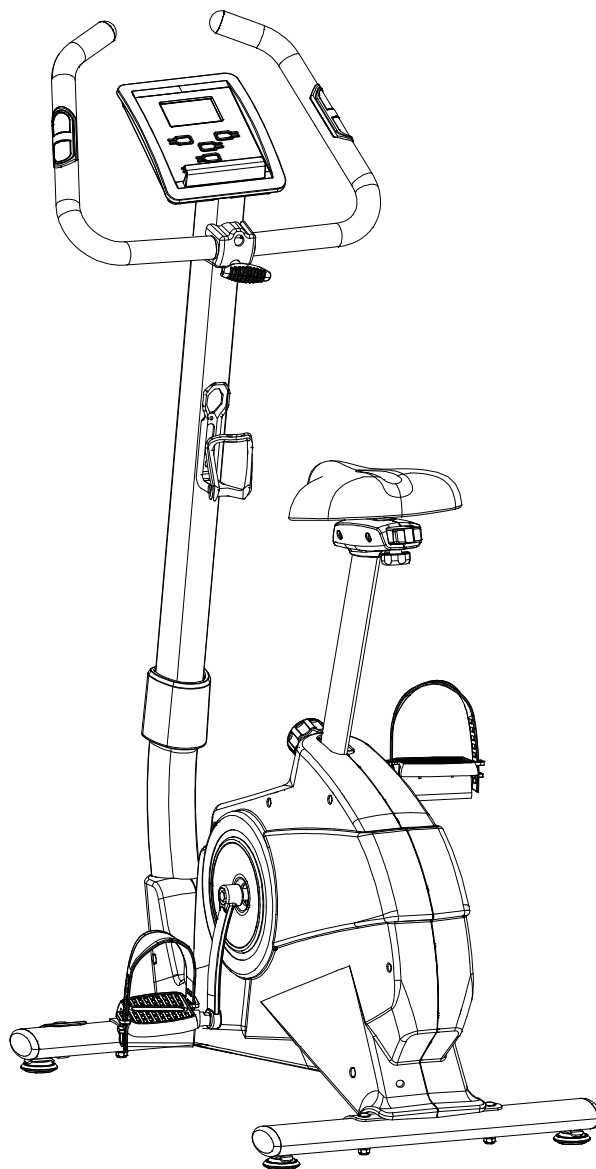




**USER MANUAL – EN**

**IN 16505 Exercise Bike inSPORTline inCondi UB35i II**



# CONTENTS

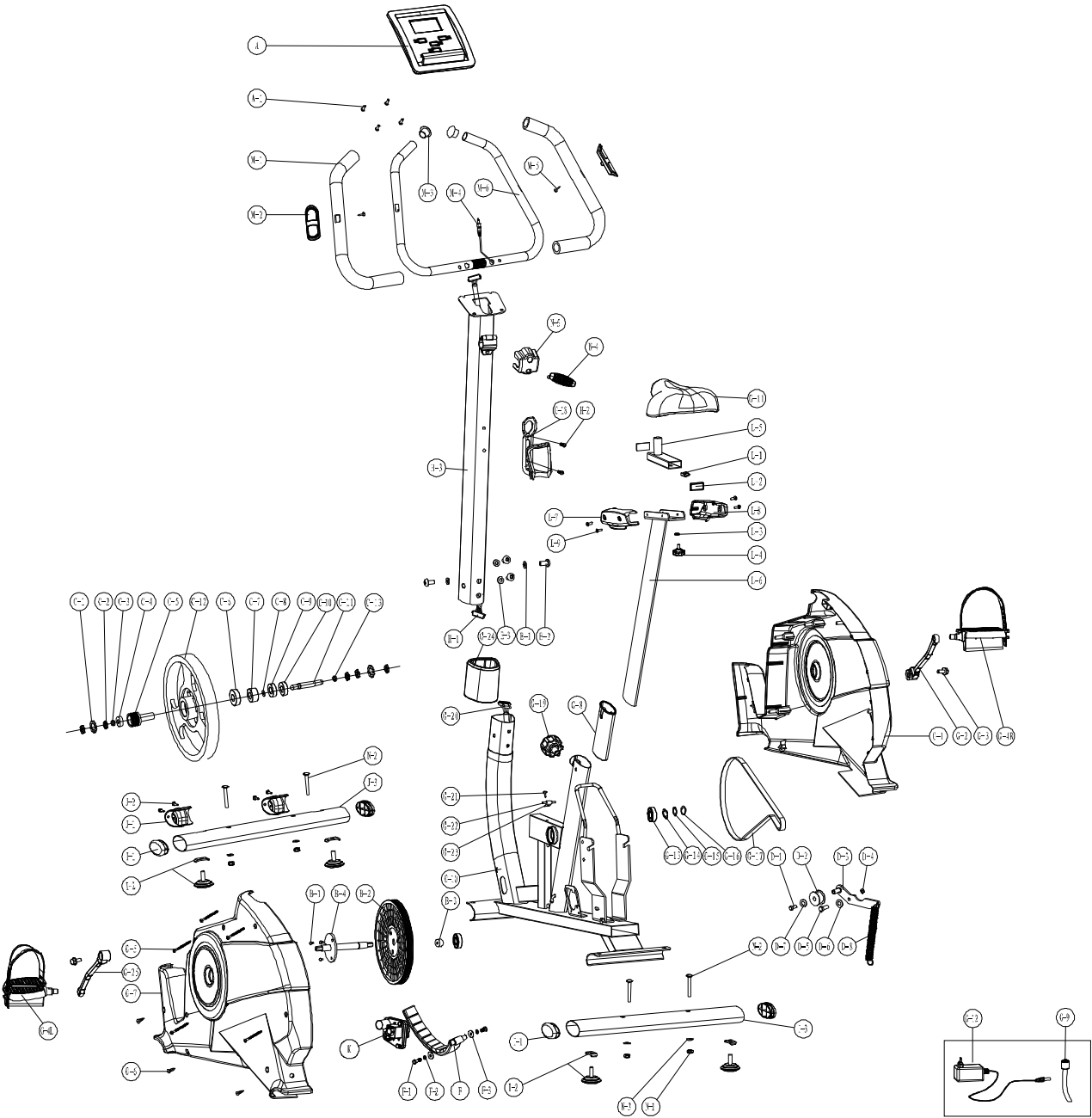
- SAFETY INSTRUCTIONS..... 3
- EXPLODED VIEW – ASSEMBLY DRAWING..... 4
- PARTS LIST ..... 5
  - HARDWARE & TOOL..... 7
- ASSEMBLY ..... 8
- EXERCISE COMPUTER INSTRUCTIONS..... 13
- EXERCISE INSTRUCTIONS ..... 19
- TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS..... 20

## SAFETY INSTRUCTIONS

**This exerciser is made for home use only, and tested up to a max body weight of 150 kg.**

1. Follow the steps of the assembly instructions carefully.
2. Use only original parts as delivered.
3. Place this exerciser on an even, non-slippery surface. Because of possible corrosion, the usage of any exerciser in moist areas is not recommended.
4. Before assembly, check if delivery is complete by using the included parts-list.
5. For assembly use only suitable tools and ask for assistance with assembly if necessary.
6. Check before the first training and every 1-2 month that all connecting elements are tight fitting and are in the correct condition.
7. Replace defective components immediately and/or keep it out of use until repair.
8. For repairs, use only original spare parts.
9. In case of repair please ask your dealer for advice.
10. Ensure that training starts only after correct assembly and inspection.
11. For all adjustable parts be aware of the maximum positions to which they can be adjusted/tightened to.
12. This exerciser is designed for adults. Please ensure that children use the exerciser only under the supervision of an adult.
13. Ensure that those present are aware of possible hazards, e. g. movable parts during training.
14. Warning: incorrect/excessive training can cause health injuries.
15. Please follow the advice for correct training as detailed in training instructions.
16. Consult your physician before starting with any exercise program. They can advise on the kind of training and which impact is suitable.
17. This user manual is only for customers' reference.
18. The supplier cannot guarantee for mistakes occurring due to translation or change in technical specification of the product.
19. All data displayed are approximate guidance and cannot be used in any medical application.
20. 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.
21. **WARNING!** A 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!
22. **Category:** Class **HA** (according to EN ISO 20957) for home use.
23. **Max user weight:** 150 kg

# EXPLODED VIEW – ASSEMBLY DRAWING

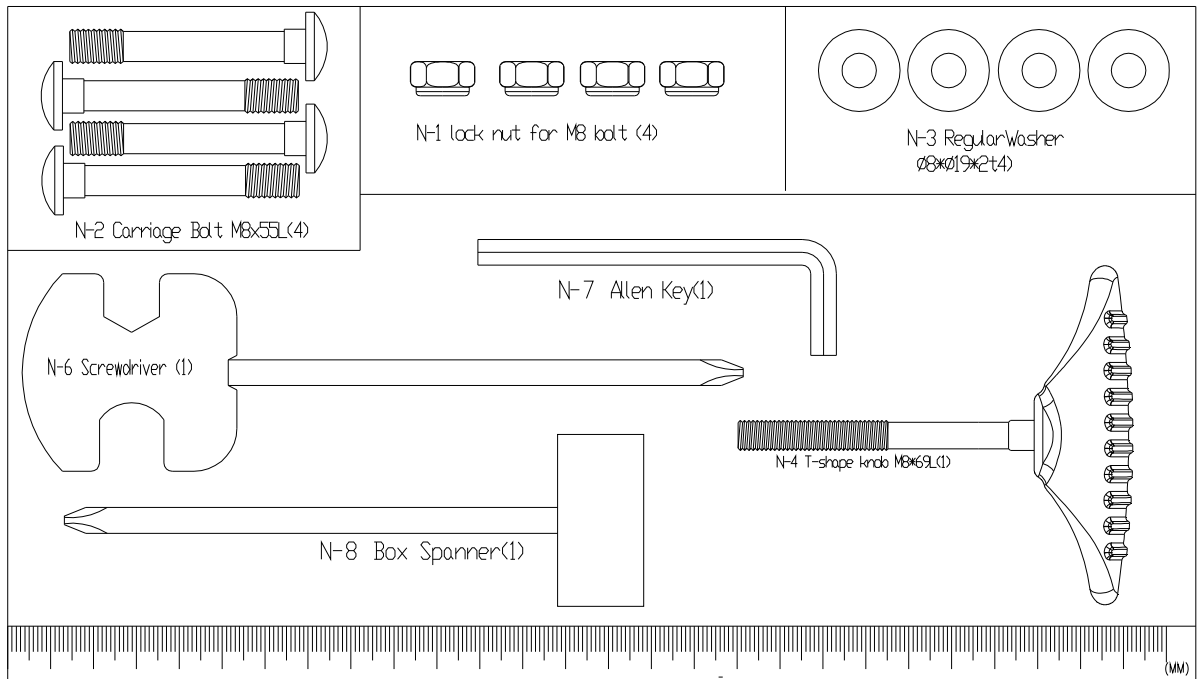


## PARTS LIST

NO.	Description	Q'ty	
A,A-1	Console and screw	1	SET
B-1	Hex. screw M8xP1.25x12Lx5t	3	PCS
B-2	Big Pulley	1	PCS
B-3	Bushing	1	PCS
B-4	Shaft	1	PCS
C-1,C-3~C-13	Flywheel set	1	SET
C-2	Nut 3/8"-26x4.5t	5	PCS
D-1~D-4,D-7~D9	Idler wheel set	1	SET
D-5	Hex. bolt M8xP1.25x20L	1	PCS
D-6	Flat washer $\phi 8.5 \times \phi 25 \times 1t$	1	PCS
E-1	Flat washer $\phi 8 \times \phi 19 \times 2T$	2	PCS
E-2	Allen bolt M8*P1.25*16L	4	PCS
E-3	Semi-circle washer $\Phi 8 \times \phi 19 \times 2t$	2	PCS
F	Magnetic set	1	PCS
F-1	Hex. screw M6xP1.0*16L	2	PCS
F-2	Spring washer $\phi 6$	2	PCS
F-3	Flat washer $\phi 6 \times \phi 13 \times 1t$	2	PCS
G-1	Right chain cover	1	PCS
G-2	Crank (Right)	1	PCS
G-3	Nylon screw M8xP1.0x20L	2	PCS
G-4R, G-4L	Pedal (R+L)	1/1	PCS
G-5	Screw M4x50L	5	PCS
G-6	Screw M5x16L	6	PCS
G-7	Chain cover (Left)	1	PCS
G-8	Plastic bushing for main frame	1	PCS
G-9	DC cable	1	PCS
G-10	Main frame	1	PCS
G-11	Seat	1	PCS
G-12	Adaptor	1	PCS
G-13	Bearing	2	PCS
G-14	Wave washer $\phi 17.5 \times \phi 25 \times 0.3t$	1	PCS
G-15	Flat washer $\phi 17.5 \times \phi 25 \times 0.3t$	1	PCS
G-16	C-type ring	1	PCS
G-17	Belt	1	PCS
G-18	Bottle holder	1	PCS

G-19	Adjusting knob for Main frame	1	PCS
G-21	Screw M4x10L	1	PCS
G-22	Sensor box	1	PCS
G-23	Sensor holder	1	PCS
G-24	Cover for handlebar post	1	PCS
G-25	Crank (Left)	1	PCS
H-1	Upper console cable	1	PCS
H-2	Screw M5xP0.8x20L	2	PCS
H-3	Handlebar post	1	PCS
I-1	Stabilizer cap	4	PCS
I-2	Adjustable pad	4	PCS
I-3	Rear stabilizer	1	PCS
J-1	Transport wheel for front stabilizer	2	PCS
J-2	Screw M5x12L	4	PCS
J-3	Front stabilizer	1	PCS
K,G-20	Gear box	1	SET
L-1	Bolt for seat slider	1	PCS
L-2	Cap for seat slider	2	PCS
L-3	Flat washer $\phi 14.3 \times \phi 25 \times 2.0t$	1	PCS
L-4	Knob for seat slider	1	PCS
L-5	Seat slider	1	PCS
L-6	Seat post	1	PCS
L-7	Left cover for seat slider	1	PCS
L-8	Right cover for seat slider	1	PCS
L-9	Screw M5x6L	4	PCS
M-1	Foam grip	2	PCS
M-2	Hand pulse	2	PCS
M-3	Cap for foam grip	2	PCS
M-4	Pulse wire	1	PCS
M-5	Screw M4x20L	2	PCS
M-6	Handlebar	1	PCS
N-1~N-4,N-6~N-8	Bolts & nuts pack	1	SET
N-5	Cover for handlebar	1	PCS

# HARDWARE & TOOL



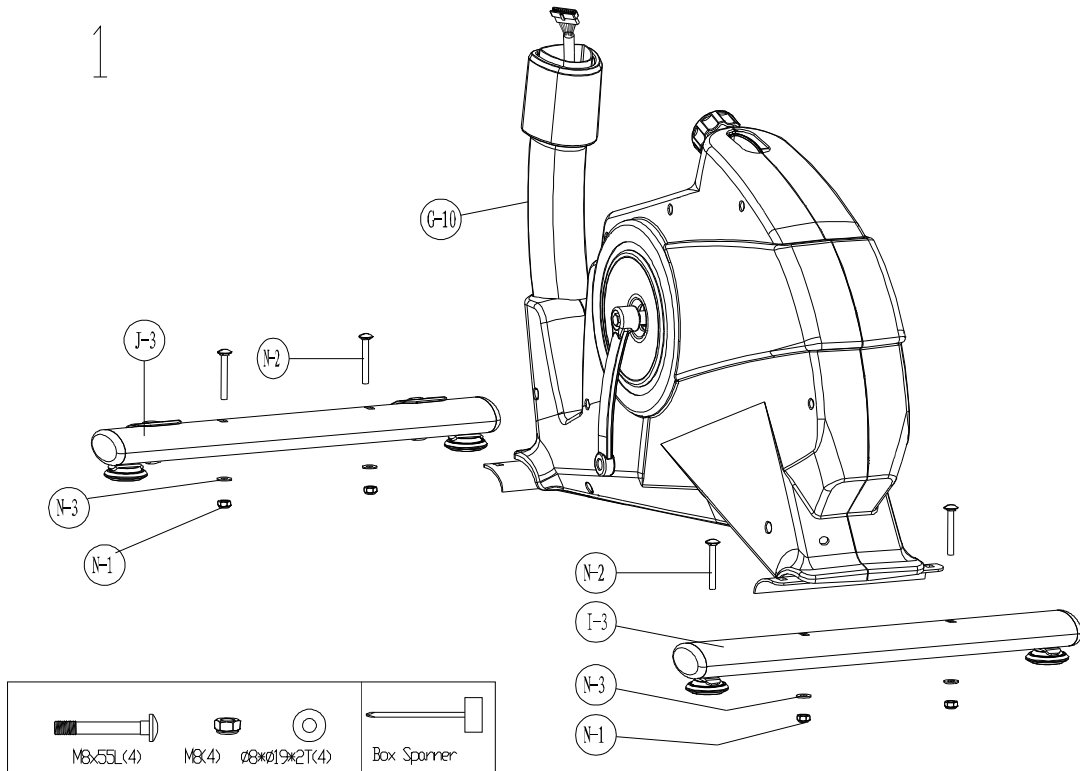
## ASSEMBLY PARTS IN THE CARTON:

	1/1			1/1
	1/1			1/1
	1/1			1/1
	1/1			1/1

# ASSEMBLY

## STEP 1

1. Fasten front stabilizers (J-3) each with carriage bolts (N-2), flat washers (N-3), nuts (N-1) by box spanner.
2. Fasten rear stabilizers (I-3) each with carriage bolts (N-2), flat washers (N-3), nuts (N-1) by box spanner.

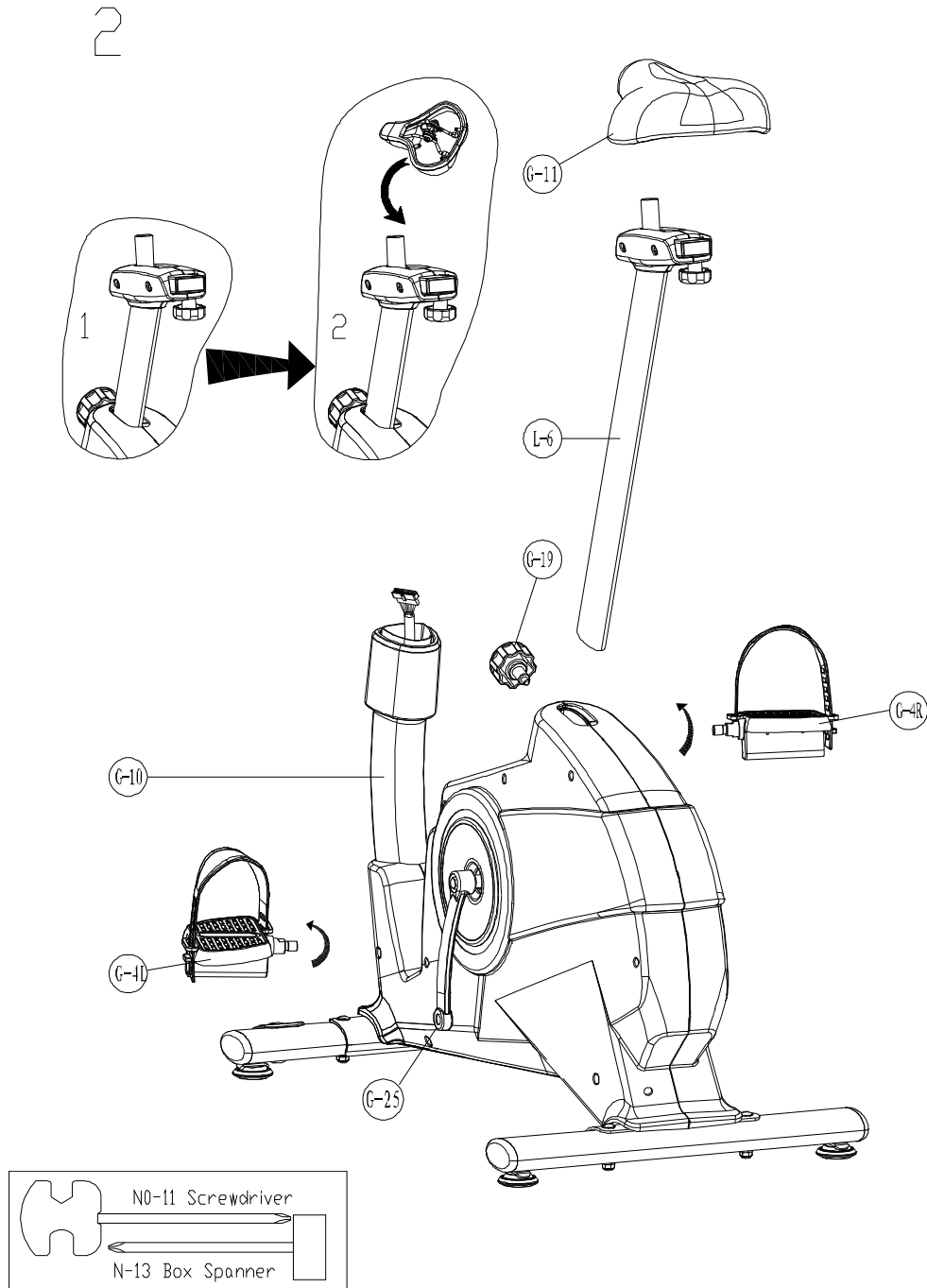




## STEP 2

1. Assemble the straps onto the pedals as the sketches. Adjust the ideal length of the straps according to your foot size.
2. Assemble the two pedals (G-4R/L) onto the cranks (G-25 & 26) with a screw driver by the screwdriver / box spanner.
3. Assemble the seat (G-11) to the slider: position the rail onto the seat post (L-6) and tighten using the washer and horizontal knob (L-4).
4. Insert the seat post (L-6) in the main frame, choose the desired position and tighten the adjusting knob (G-19). Ensure that the knob is always tightened.

**Remarks:** When you have chosen a desired position, tighten the Seat Post Knob until you hear a “click”.

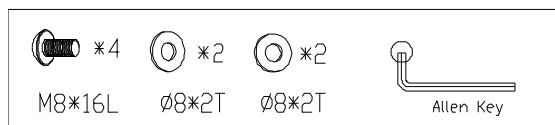
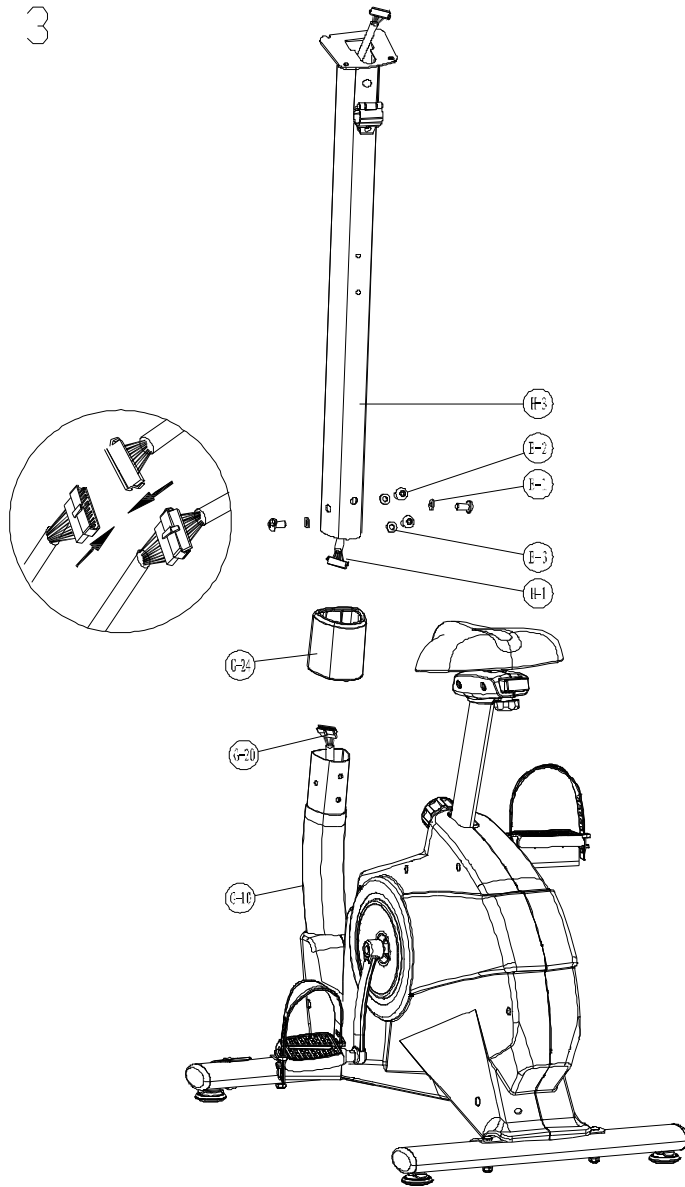


### STEP 3

1. Please remove the allen bolt (E-2) and semicircle washers (E-3) and flat washers (E-1) from the main frame (G-10).
2. Take the handlebar post (H-3) and pass it through the handlebar post cover (G-24).
3. Install the handlebar post (H-3) to the main frame with 2 flat washers (E-1), 2 semicircle washers (E-3), and 4 allen bolts (E-2).

**Remarks:** Do not screw one set of the allen screws and semicircle washers too firm at one time. It is better to fix the four sets firmly at the same time because it helps you to change angles and to fix easily.

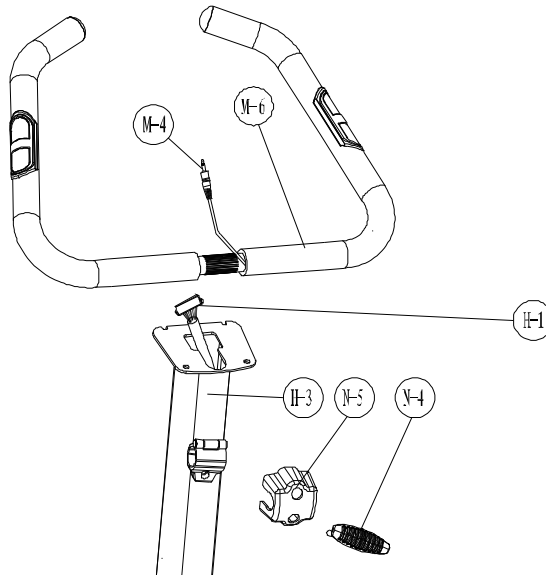
3



**STEP 4**

1. Pass the hand-pulse wire (M-4) through the hole.
2. Attach the handlebar (M-6) to the hand post metal cover.
3. Place the handlebar cover (N-5) on the handlebar (M-6). Insert the T- knob (N-4) into the metal cover (N-5). Ensure again it is tightened very well.

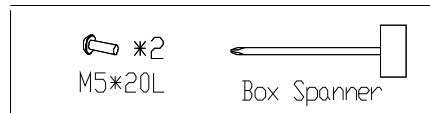
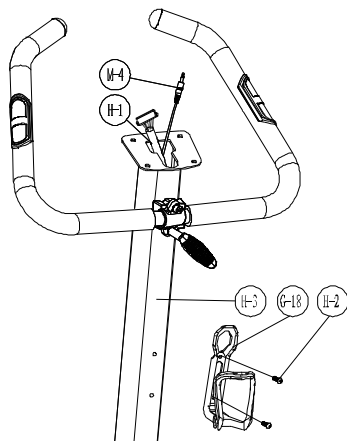
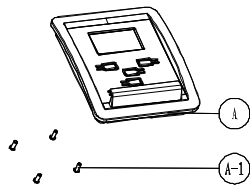
4



**STEP 5**

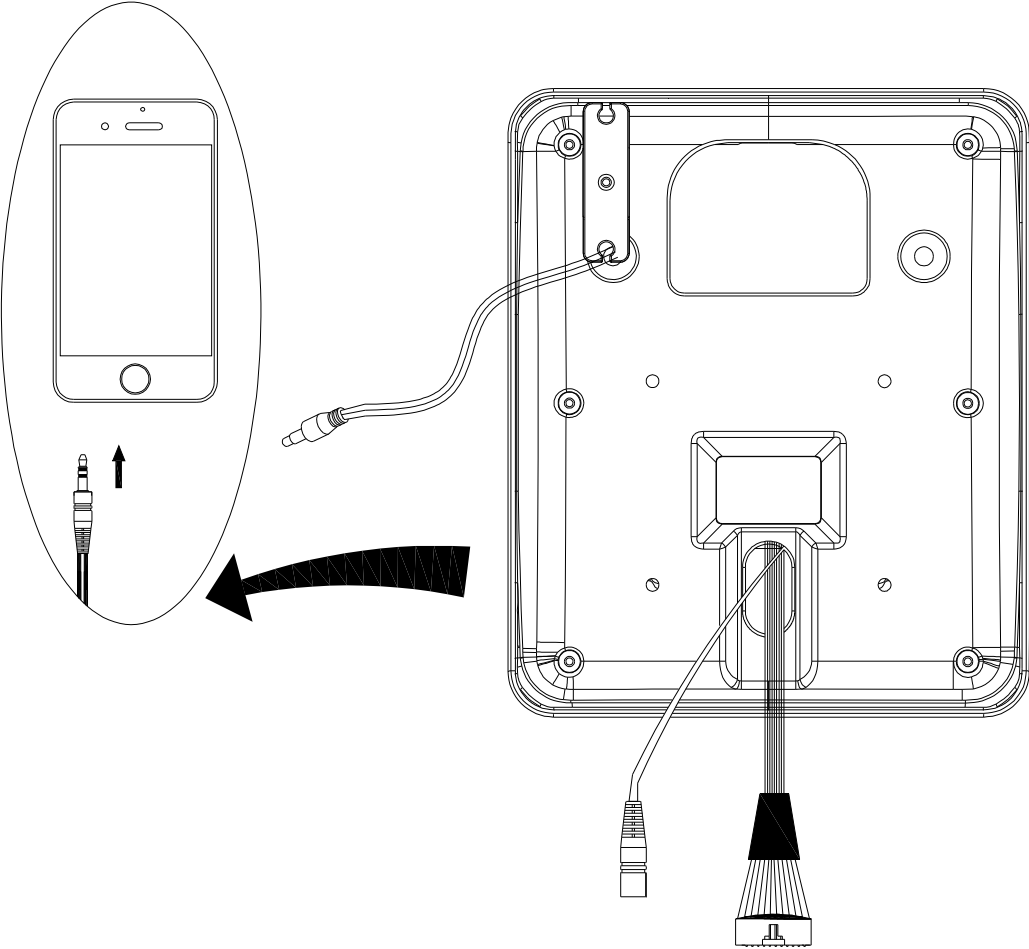
1. Connect the console cables (H-1) and hand pulse wire (M-4).
2. Remove the pre-installed screws (A-1) on the console (A). Then attach the console (A) to the console bracket with the enclosed screws (A-1).
3. Remove the pre-installed screws (H-2) on the handlebar post first, and then assemble the bottle holder (G-18) using screw (H-12).

5



**CONNECTION THE TUNELINC WIRE**

Please connect the wire of Tunelinc to the audio port on the mobile phone or pad as illustrated drawing.



## EXERCISE COMPUTER INSTRUCTIONS



### BUTTON FUNCTIONS

Up ▲	Increase resistance and WATT level or function value during exercise. Setting or function selection.
Down ▼	Decrease resistance and WATT level or function value during exercise. Setting or function selection.
Mode	Confirm setting or selection. In MANUAL mode, press it to choose single function display.
Reset	Hold on pressing for 2 seconds, computer will reboot. Reverse to main menu during presetting workout value or stop mode.
Start/ Stop	Start or Stop workout.
Recovery	Test heart rate recovery status.

### DISPLAY FUNCTIONS

SPEED	Workout speed displayed during exercise Range 0.0 ~ 99.9
RPM	Rotation per minute Range 0 ~ 999
TIME	Workout time displayed during exercise Range 0:00 ~ 99:59
DISTANCE	Workout distance displayed during exercise Range 0.0 ~ 99.9
CALORIES	Burned calories during workout display

	Range 0 ~ 999
WATT	Workout power consumption Display range 0~350
PULSE	Pulse bpm displayed during exercise Pulse alarm when over preset target pulse Range 0-30~230.
MANUAL	Manual mode workout.
PROGRAM	12 PROGRAM selection.
H.R.C	Target HR training mode.
WATTS	WATT constant training mode.
USER	User creates resistance level profile

### OPERATION PROCEDURE

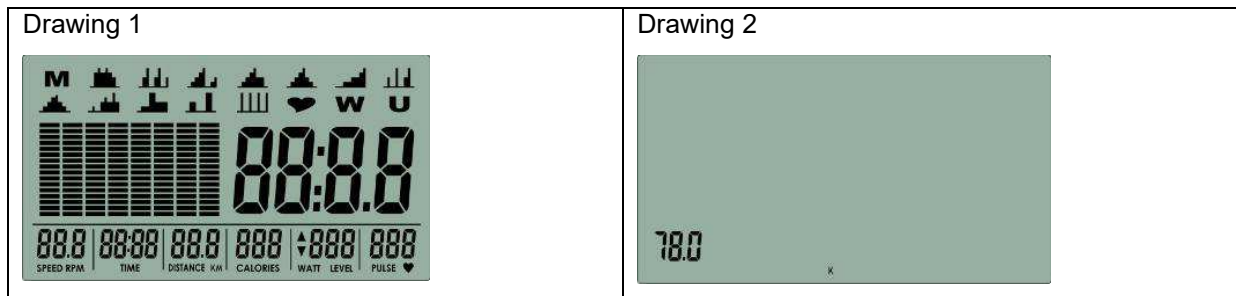
#### POWER ON

Plug in power supply (or press RESET key), computer will power on along with a long beep sound and display all segments on LCD for 2 seconds (Drawing 1).

Then display preset wheel diameter in SPEED window for 1 second (Drawing 2). Then enter into workout setting mode (Drawing 3).

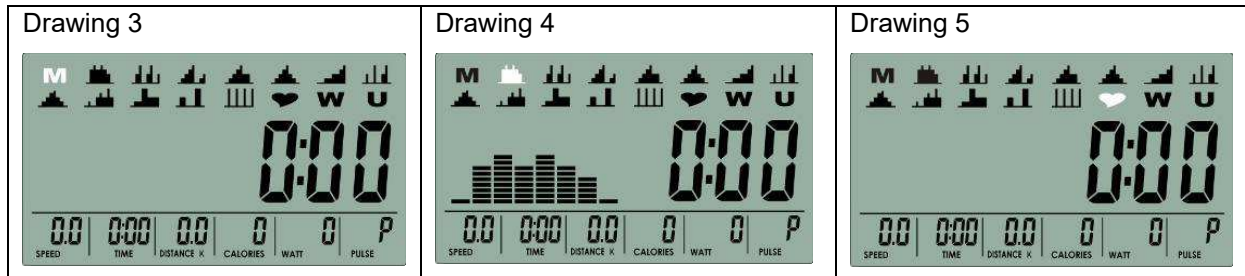
After 4 minutes without pedaling or pulse input, console will enter into power saving mode.

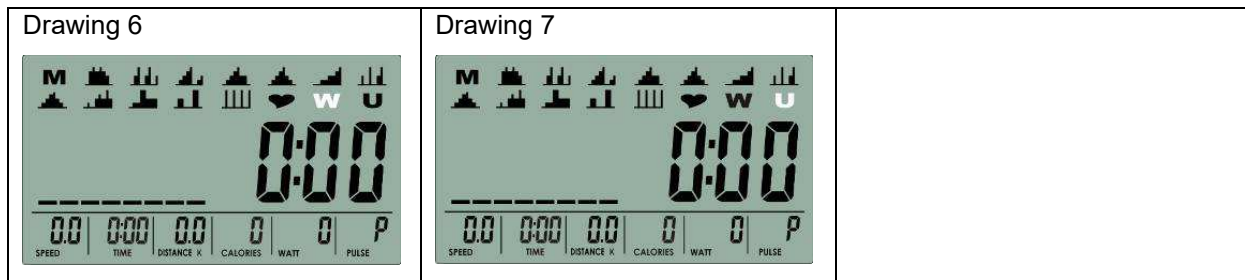
Press any key may wake the console up.



#### WORKOUT SELECTION

In main menu, MANUAL is flashing in Hz. Press UP or DOWN to select workout: M (Manual) (Drawing 3) → P (Program 1-12) (Drawing 4) → ♥ (H.R.C) (Drawing 5) → W (WATTS) (Drawing 6) → U (User) (Drawing 7), press MODE to enter.

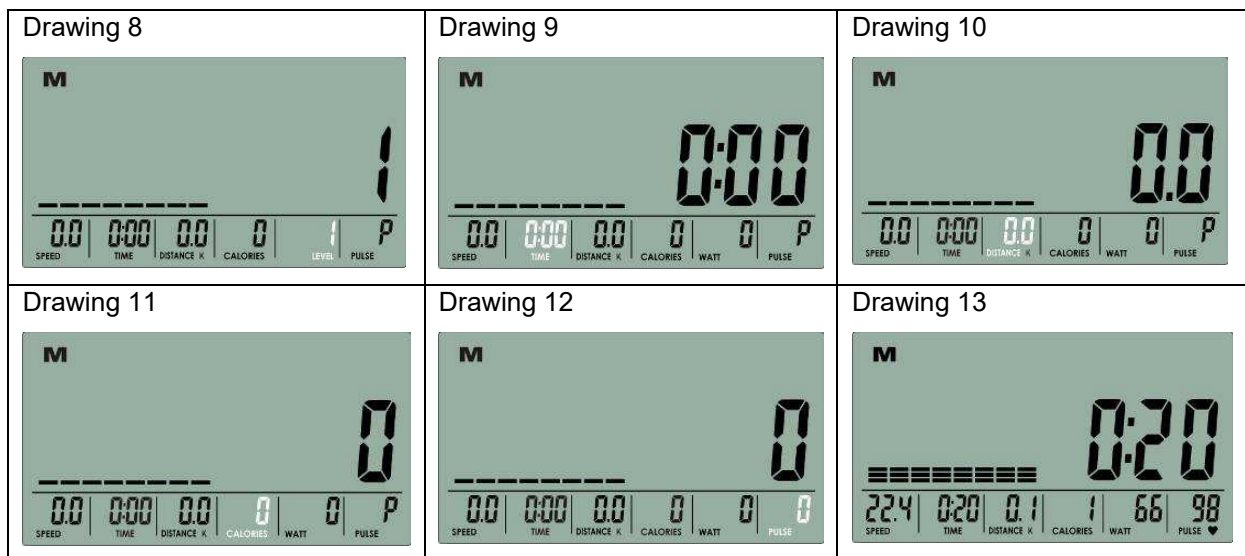




### Manual Mode

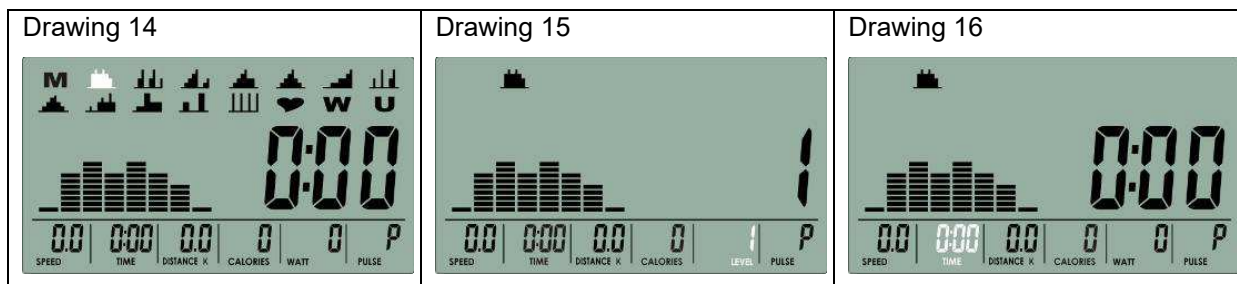
Press START in main menu may start workout in Manual mode directly.

1. Press UP or DOWN button to select workout program, choose **M** and press MODE to enter.
2. Press UP or DOWN to adjust load level (Drawing 8), preset value 1. The adjustment cannot be cycled.
3. Press UP or DOWN to preset TIME (Drawing 9), DISTANCE (Drawing 10), CALORIES (Drawing 11), PULSE (Drawing 12) and press MODE to confirm. The adjustment can be cycled.
4. Press START/STOP keys to start workout (Drawing 13). During workout, user can also adjust load level from 1~16 by pressing UP and DOWN button. Load level display in WATT window, no adjusting for 3s, it will switch to display WATT value.
5. Press START/STOP keys to pause workout. All workout value will be saved. Press RESET to reverse to main menu.



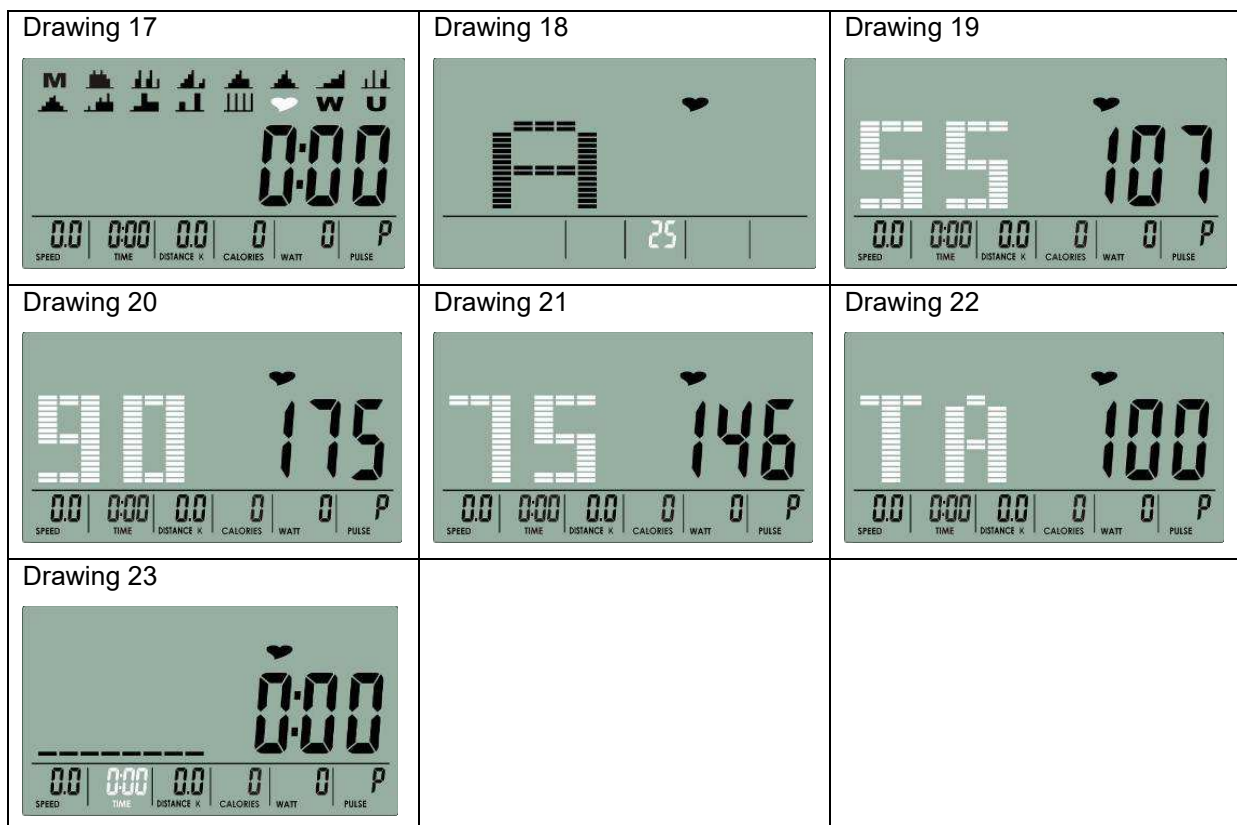
### Program Mode

1. Press UP or DOWN to select workout Program, choose one program from P01~P12 and press MODE to enter (Drawing 14). (See the Program profile below, each profile will flash in 1Hz.)
2. Load level is flashing to be set, preset value is 1. Press UP or DOWN to adjust load level (Drawing 15), press MODE to confirm. The adjustment cannot be cycled.
3. Then press UP or DOWN button to preset TIME (Drawing 16).
4. Press START/STOP key to start workout. During workout, user can also adjust load level from 1~8 by pressing UP and DOWN button. Load level display in WATT window, no adjusting for 3s, it will switch to display WATT value.
5. Press START/STOP key to pause workout. All workout value will be saved. Press RESET to reverse to main menu.



### H.R.C Mode

1. Press UP or DOWN to select workout program, choose H.R.C. and press MODE to enter (Drawing 17). Input user AGE and confirm by MODE. (Drawing 18)  
(Each time when quit HRC mode, user must reset AGE.)
2. Press UP or DOWN to select 55%, 75%, 90% or TAG (TARGET H.R., default: 100) (Drawing 19~22). LCD will display preset value in PULSE window according AGE input. When select TAG, preset value 100 is flashing, press UP or DOWN to set value between 30~230.
3. Press UP or DOWN to preset workout TIME (Drawing 23).
4. Press START/STOP key to start or stop workout. Press RESET to reverse to main menu.

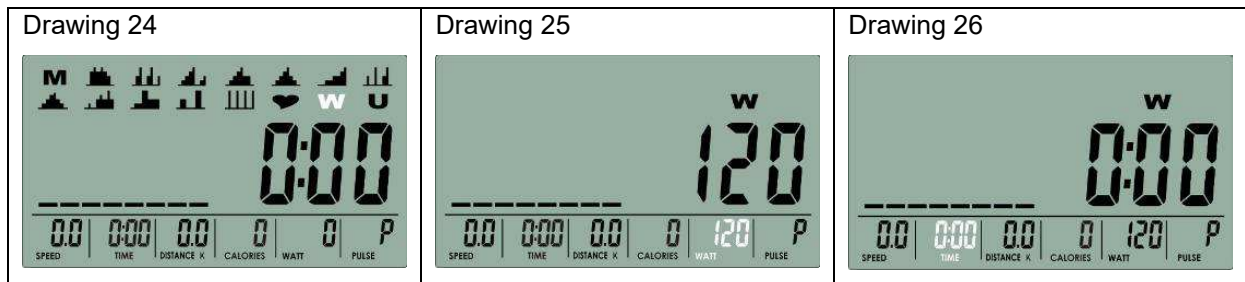


### Watt Mode

1. Press UP or DOWN to select workout program, choose **W** and press MODE to enter. (Drawing 24)
2. Press UP or DOWN to preset WATT target. (default: 120, Drawing 25) Press MODE button to confirm.
3. Press UP or DOWN to preset TIME (Drawing 26).

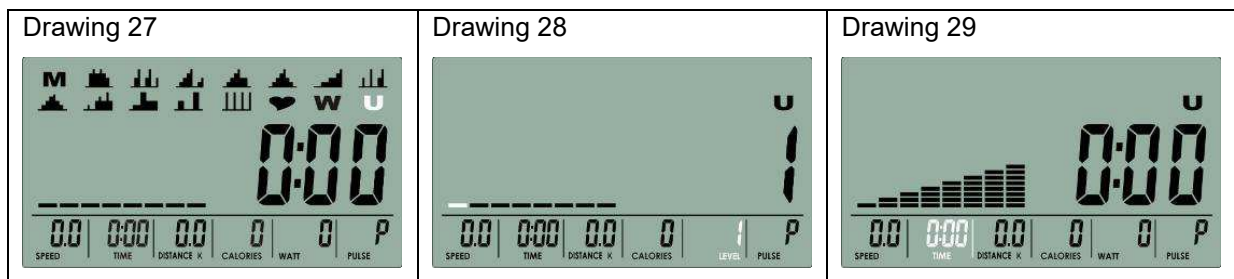


- Press START/STOP key to start workout. During workout, system will adjust load level automatically based on user training status. User can also press UP and DOWN to adjust Watt level.
- Press START/STOP key to pause workout. Press RESET to reverse to main menu.



### User Program Mode

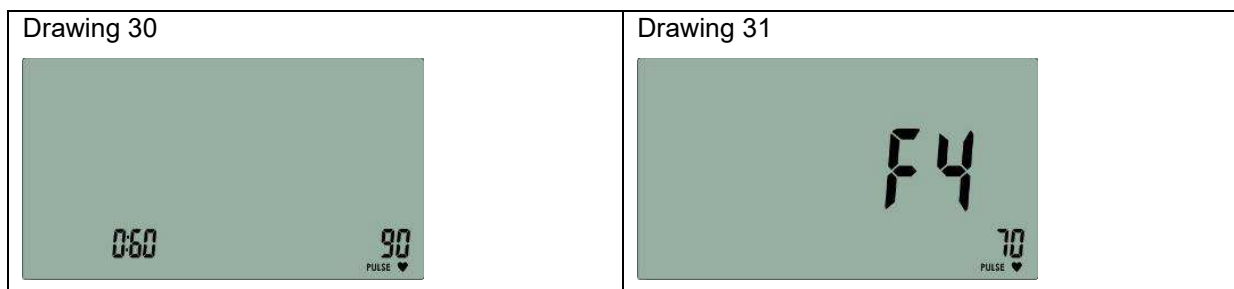
- Press UP or DOWN to select workout program, choose **U** and press MODE to enter. (Drawing 27)
- Press UP or DOWN to create user profile (Drawing 28). There are total 8 columns to be set, user can adjust each column load level and press MODE to finish. User can hold MODE 2s to quit during setting.
- Press UP or DOWN to preset TIME (Drawing 29).
- Press START/STOP key to start workout. During workout user can also adjust load level from 1~16 by pressing UP or DOWN button.
- Press START/STOP key to pause workout. Press RESET to reverse to main menu.



### RECOVERY

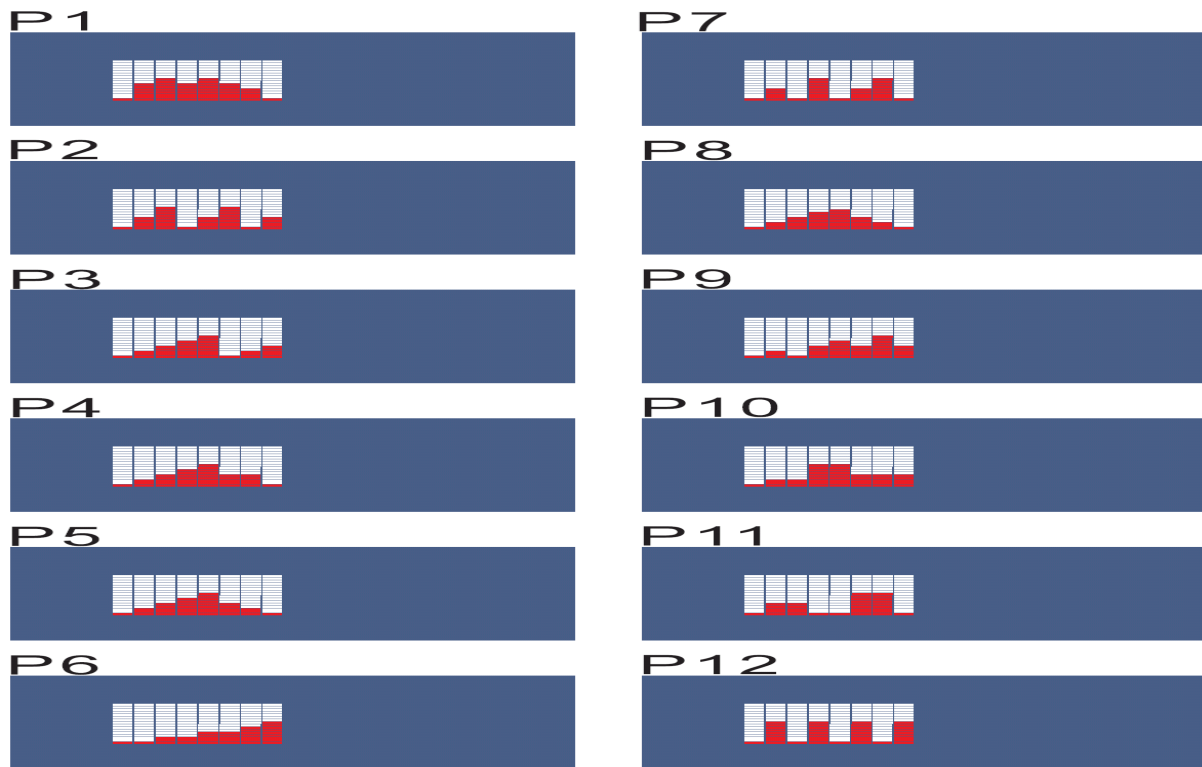
After exercising for a period, keep holding on hand grips or wearing chest strap and press RECOVERY button. All function display will stop except "TIME" starts counting down from 00:60 to 00:00 (Drawing 30). Screen will display your heart rate recovery status with the F1, F2...to F6 when TIME counts down to 00:00 (Drawing 31). 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.)



1.0	OUTSTANDING
1.0 < F < 2.0	EXCELLENT
2.0 < F < 2.9	GOOD
3.0 < F < 3.9	FAIR
4.0 < F < 5.9	BELOW AVERAGE
6.0	POOR

Program profile:



## Fit Hi Way APP

Turn on Bluetooth on tablet, search for console device and press connect.

Turn on Fit Hi Way app on tablet, and start workout with tablet.



The manual will be updated from time to time, the consumer can get the newest version by scanning the QR code or link to the website as below.

## Fit Hi Way INSTRUCTION :



### NOTE:

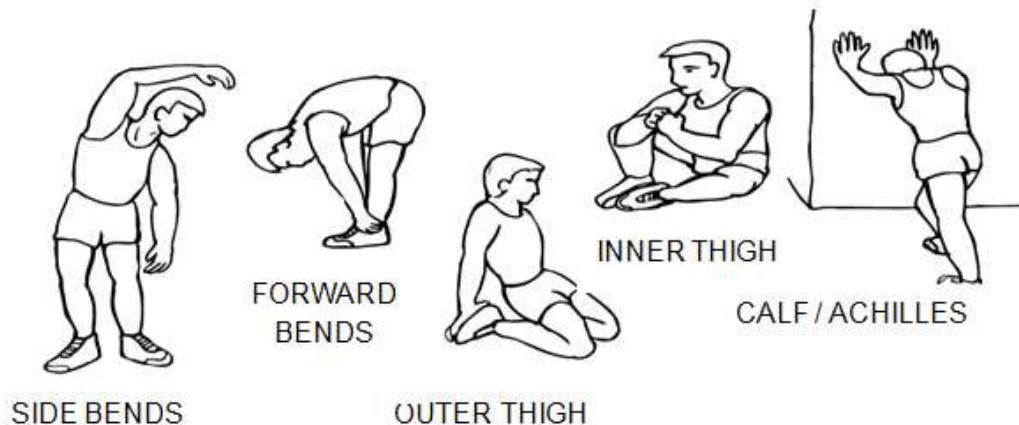
1. Once console is connected to tablet via Bluetooth, the console will power off.
2. Please exit Fit Hi Way app and turn off the Bluetooth from the smart device, then the console will power on again.

## EXERCISE INSTRUCTIONS

Using your **EXERCISE BIKE** provides you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with a calorie controlled diet help you lose weight.

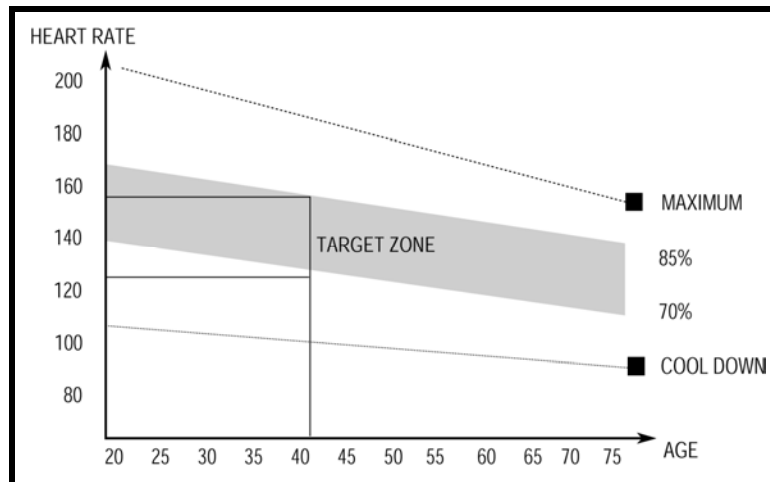
### THE WARM UP PHASE

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.



### THE EXERCISE PHASE

This is the stage where you put the effort in. After regular use, the muscles in your legs will become stronger. Work to your own pace but it is very important to maintain a steady tempo throughout. The rate of work 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 for most people though most people start at about 15-20 minutes.

### THE COOL DOWN PHASE

This stage is to let your cardio-vascular system and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. 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 space your workouts evenly throughout the week.

### MUSCLE TONING

To tone muscle while on your EXERCISE BIKE 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 than normal. 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. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

## 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.**

Registered Office: Borivojova 35/878, 130 00 Praha 3, Czech Republic  
Headquarters: Delnicka 957, 749 01 Vitkov, Czech Republic  
Warranty & Service Centre: Cermenska 486, 749 01 Vitkov, Czech Republic  
CRN: 26847264  
VAT ID: CZ26847264  
Phone: +420 556 300 970  
E-mail: eshop@insportline.cz  
reklamace@insportline.cz  
servis@insportline.cz  
Web: www.insportline.cz

---

**SK****INSPORTLINE s.r.o.**

Headquarters, Warranty & Service centre: Elektricka 6471, 911 01 Trencin, Slovakia  
CRN: 36311723  
VAT ID: SK2020177082  
Phone: +421(0)326 526 701  
E-mail: objednavky@insportline.sk  
reklamacie@insportline.sk  
servis@insportline.sk  
Web: www.insportline.sk

Date of Sale:

Stamp and Signature of Seller: