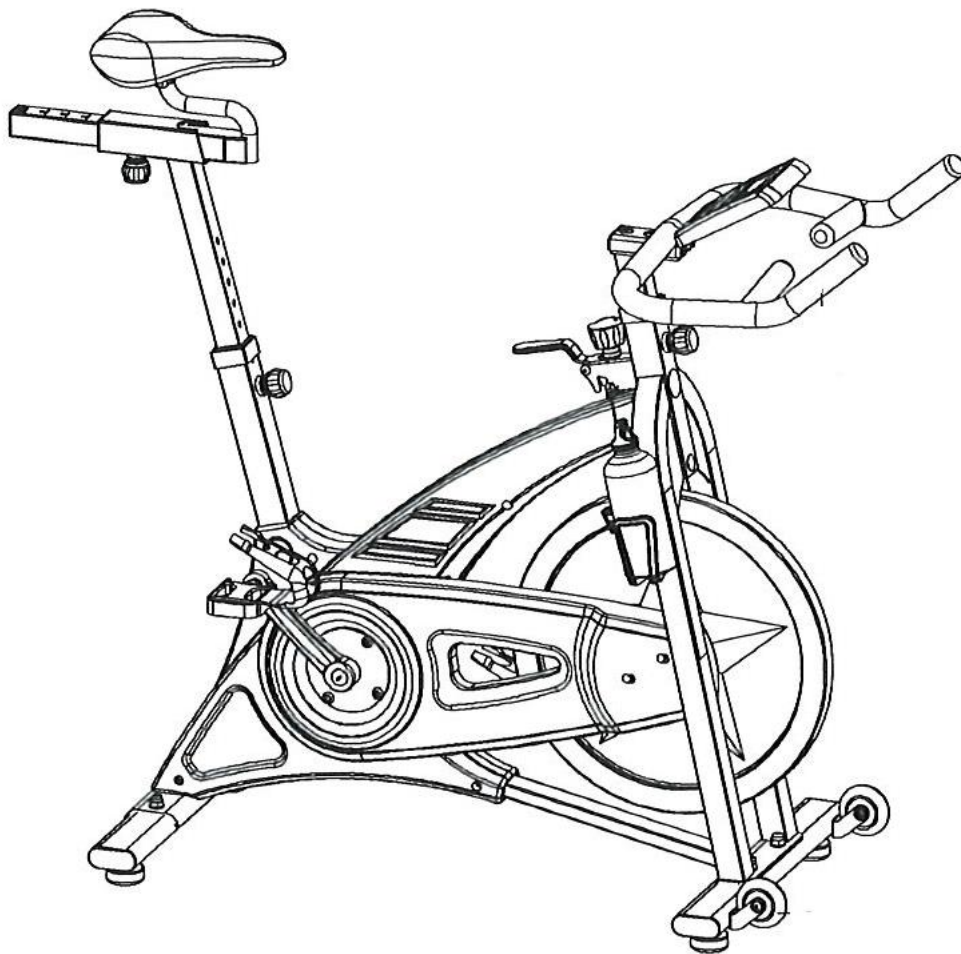




**USER MANUAL – EN**

**IN 1823 Indoor Exercise Bike inSPORTline Signa**



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## **WARNING**

Improper exercising can be dangerous. Ask your physician for advice before starting your workout program on this device. If you feel faintly or if you see other disorders, stop immediately. Improper assembly or using may cause serious injury. Follow all warnings and instructions to avoid damage or injury. Keep pets and children away from this device. Check all bolts and nuts before each using.

## **SAFETY GUIDELINE**

- Once assemble fully, please inspect to make sure all hardware parts such as bolts, nuts and washers are positioned and in stability situation.
- Put it only on a flat and solid surface. Keep safety clearance of min. 0.6 m between this device and other objects. No adjustable part should protrude and obstruct user movements.
- Always inspect the safety chain guard that protects the moving parts of the bike to be in safe and in good order.
- Always inspect the seat post, seat slider, pedals and handlebar to make sure they are in safe and stability situation before using the bike.
- To lubricate all moving parts monthly is recommended.
- Do not wear loose clothing to avoid entangling into any moving parts.
- Do not remove feet from the pedals while they are in motion.
- Running or aerobic shoes are required when using the bike.
- Dry the bike after each use to remove sweat and moisture. Wipe your Hope bike regularly with a mild, non-abrasive cleaner and water solution. To avoid damaging the finish on the bike, never use a petroleum-based solvent when cleaning.
- Please keep children away from the bike while it is in use. Do not allow children to use the bike. This bike is designed for adults, not children.
- Do not dismount the bike until the pedals are at a completely STOP.
- If you have any pain or tightness in your chest, an irregular heartbeat, shortness of breath, feel faint or have any discomfort while you exercise, STOP!
- Do not place fingers or any other objects into moving parts of the exercise equipment.
- Before starting any exercise program, consult with your physician first. He or she can help establish the exercise frequency, time and intensity appropriate for your particular age and condition.
- After exercising, please turn the adjustment control knob clockwise (+) to increase tension so the pedals will not rotate freely and possibly hurt someone.
- Flywheel weight: 18 kg
- The bike is limited 120 kg, please use within the weight regulated, do not overload.
- Category - HC (according to EN ISO 20957) for home use.

## UNIT GENERAL KNOWLEDGE

The unit belongs to Aerobic Exercise equipment. Its main objective is to increase oxygen inhaled and blood recycling, to make your heart (blood cycling system) and lung (breath system) be effective stimulus fully through exercise for a long time (stamina exercise) so that all body tissues and organs can be given a good supply of oxygen and nutrition to maintain optimal functional status and achieve the purpose of fitness finally.

The unit is designed according to the drive theory of bicycle; friction theory is adopted the resistance. Adjust the resistance by turning the Adjusting Knob, and brake by the Brake Handle. The equipment is safe and reliable during exercise. It is suitable for using at home, in office or other small places of leisure fitness.

### Notice:

- Make sure the equipment is stable before starting exercise. It can be leveled to compensate for uneven surfaces through raising or lowering the four leveling bolts (16).
- Adjust Seat (22) to a suitable position by adjusting Seat Sliders (3) and Seat Post (2). And please adjust height of Handlebar (4) according to your body size.
- Set right resistance by Tension Knob (11), please set a right resistance according to your body condition. You may do exercise three times every week, about one hour every time. The best working effect is HBF as 110-150 times/min.
- The drive mode of the equipment is bi-directive drive. Please press Brake Handle (9) for braking when aggressive exercise is performed, it will stop immediately.
- Do not leave Seat (22) until all parts come to a stop completely.



## PARTS LIST

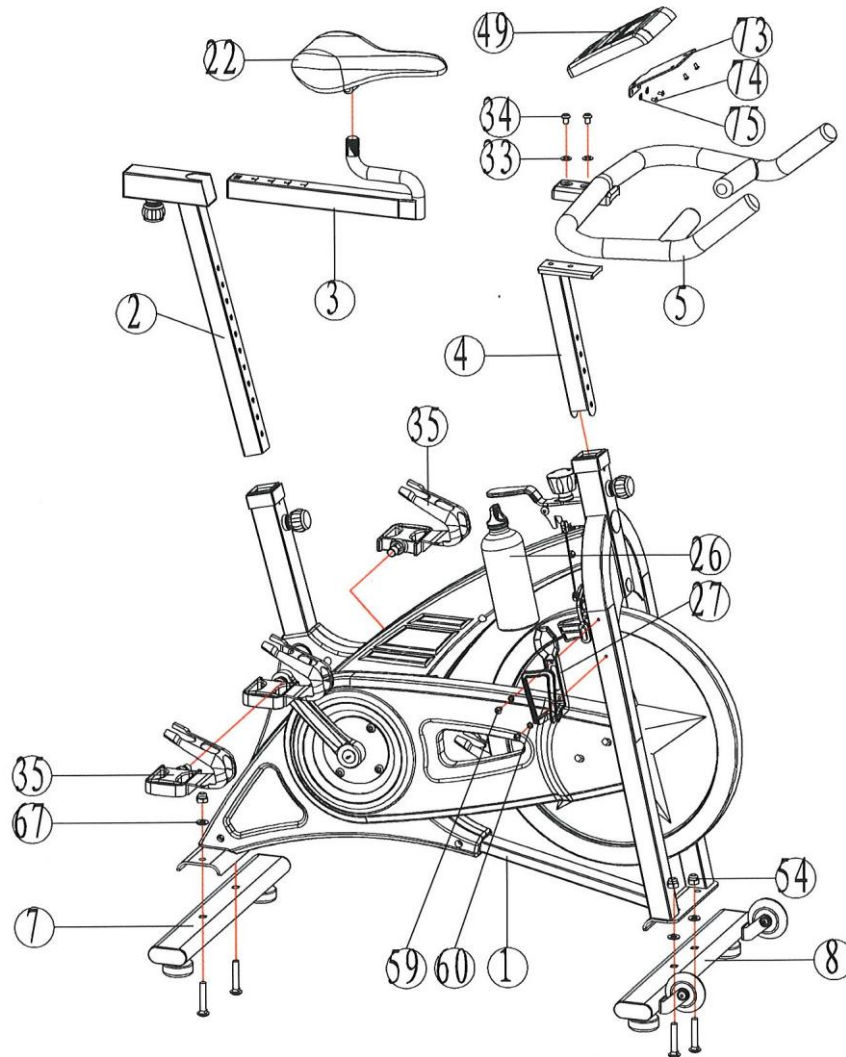
Part No.	DESCRIPTION	SPECIFICATION	QTY
1	Main Frame		1
2	Seat Post	38*460*t1.5	1
3	Seat Slider	38*270*t1.5	1
4	Handlebar Post	38*270*1.5T	1
5	Handlebar	Ø28*998*t1.5	1
6	Tension Bracket		1
7	Rear Base	Flat Oval 30*70*1.5T*498L	1
8	Front Base	Flat Oval 30*70*1.5T*498L	1
9	Brake-handle		1
10	Washer	Ø10xØ25xT5	1
11	Tension Knob	M10*P1.25*60	1
12	Cover (right)		1
13	Cover (left)		1
14	Chain Cover A		1
15	Chain Cover B		1
16	Adjustable latch	M10	4
17	Plastic Sheath-inner Pipe	Suitable for 45*45*1.5 Square Tube & 38x38 Square Tube	3
18	Cap of Bases	30*70*1.5 Elliptical Tube	4
19	Cap of Seat Slider	Suitable for 38*38*1.5T Square Tube	1
20	PS Front Cover	For Belt Transmission System	1
21	Transport Wheel	D8*D71.5*W223	2
22	Seat		1
23	Pop Pin	M16*P1.5*35L	3
24	Φ21 Mat		1
25	Cap of Inner Pipe	45*45*1.5T Square Tube	1
26	Hexagonal hollow bolt	Φ8*M6*30	3
27	Flat washer	Φ12*Φ25*1.5T	1
28	Belt	5PK54"	1
29	Tension Spring	Ø2.5*17 Ring	1
30	Spline Shaft		1
31	Right & Left Crank	170 9/16"-20UNF	1set
32	Crank Cover		2
33	Flat Washer	Φ20*Φ10*1.5	6
34	Inner Hexagon Flat Round Head Screw	M10x25	6
35	Right & Left Pedal	9/16"-20UNF-RH	1

36	Flywheel		1
37	Flywheel Spindle	M12*P1.0*166	1
38	Belt Wheel	Ø205*19.8W	1
39	Sleeve	Ø18*Ø12*36L	1
40	Pulley, Flywheel (front drive)	φ37*φ30*24.5	1
41	Clamp Brake Assembly	Brake Pad and Brake String	1
42	Clamp Brake Holder	T4.0*M10*P1.25	1
43	Flat Washer	Ø10.2-Ø25*T1.5	1
44	6001	6001 ABEC-5	2
45	6004	6004 ABEC-5	2
46	608	608	4
47	C-shape Axes Snap Spring	Φ10	1
48	C-shape Axes Snap Spring	Φ20	2
49	Nut	Φ4.8*T0.8	1
50	Tapping screw	ST4.8*15	17
51	Hexagon Flange Nut	M12x1.0	1
52	Cap Nut M12	M12*p1.0	1
53	Hexagon Flange Nut	M10*P1.25	2
54	Phillips-head screws	M5*12L	2
55	Hexagon Thin Nut M12	M12*1.0	3
56	Hexagon Flange Nut	M6	1
57	Nylon Nut	M10	1
58	Nylon Nut	M10*P1.25	1
59	Flat Washer GB/T97.2 10	Φ10*1.5	<b>6</b>
60	Flat Washer GBT97.2 5	Φ5.2*1.0	4
61	Hexagon Nut	M10	4
62	Brake cable		2
63	Inner Hexagon Flat Round Bolt M6x12	M6x12	3
64	Inner Hexagon Flat Round Bolt M10x25	M10x25	1
65	Inner Hexagon Flat Round Bolt M10x16	M10x16	4
66	Inner Hexagon Flat Round Bolt M6x40	M6x40	1
67	Mounting the brake clamp		1
68	Brake pad		2
69	Pedal case		2
70	Pedal buckle		2
71	Water bottle		1

72	Holder water bottles		1
73	Phillips head screws	M5x12L	2
74	Meter	Only if available.	1
75	Control panel	3T (Only if available.)	1
76	Phillips head screws	M6x10L	2
77	Philips head screws	M5x8L	2



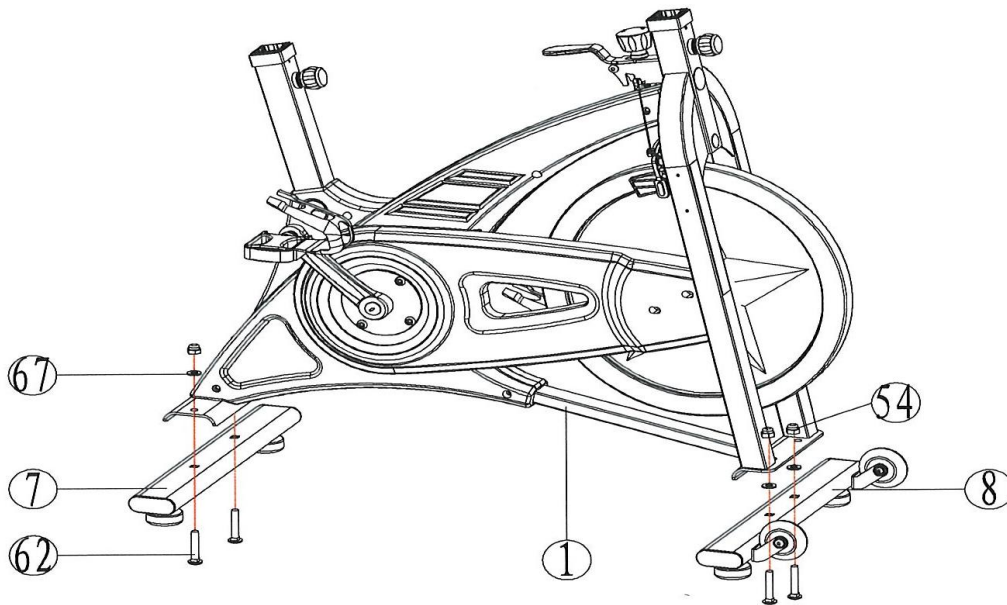
# INSTALLATION



## INSTALLATION STEPS

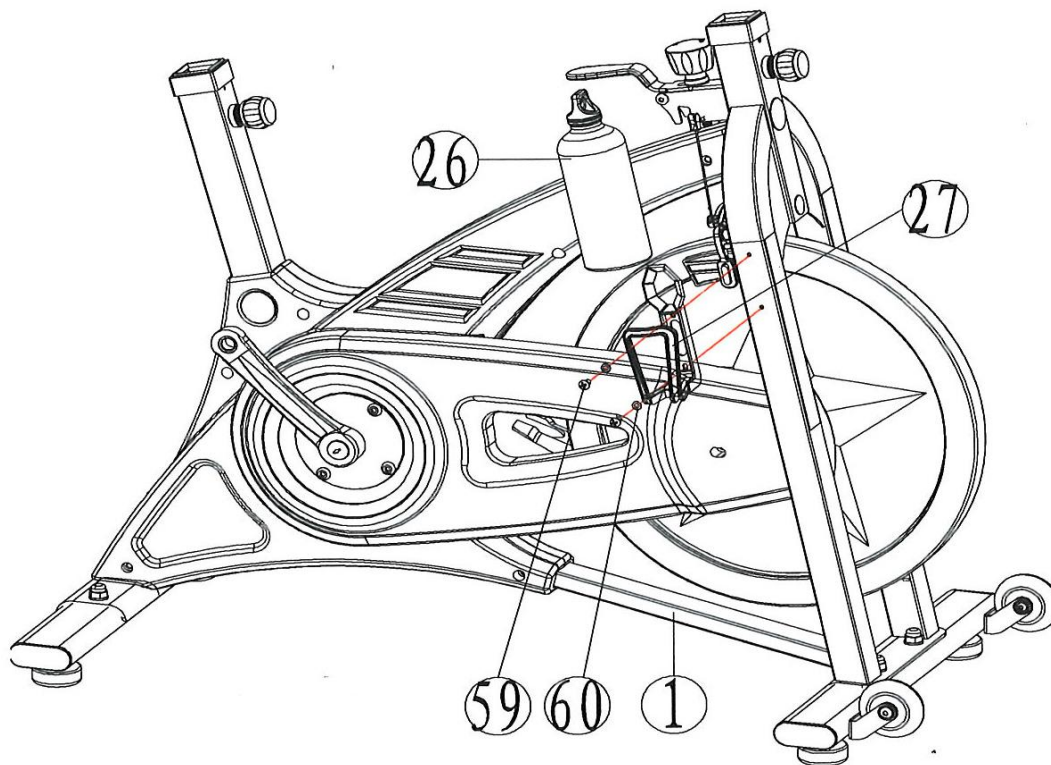
### Step 1: Assemble front and rear base

According to the following figure, fix the Front Base (8) and Rear Base (7) to the Main Frame (1) respectively with 4 pcs of Hexagonal hollow bolt M10\*25L(34), Flat Washer  $\phi 20 \times \phi 10 \times 1.5T$  (33) by Opening Wrench #17 for fastening.



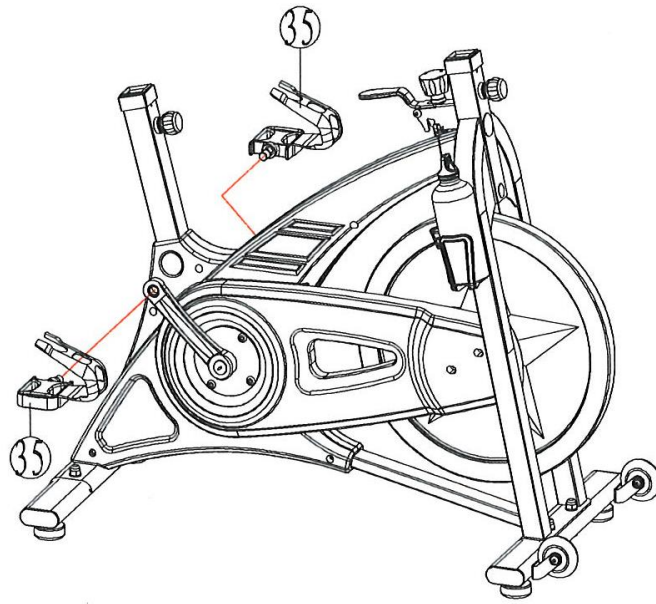
**Step 2: Assemble water bottle holder and water bottle**

Please refer to the following figure, fix the Water Bottle Holder (27) to Main Frame (1) via using some tools and screws (59) and flat washers (60), and put the Water Bottle (26) into the Water Bottle Holder (27).



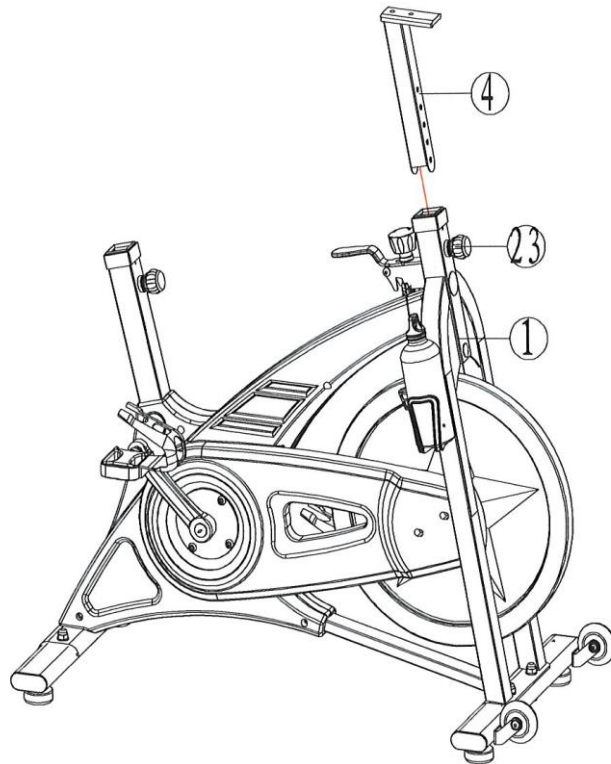
**Step 3: Install left and right pedal**

Refer to the figure as below, insert the Left Pedal and Right One (35) into the Crank (31). Furthermore, fix them to the Main Frame (1) with Opening Wrench #15.



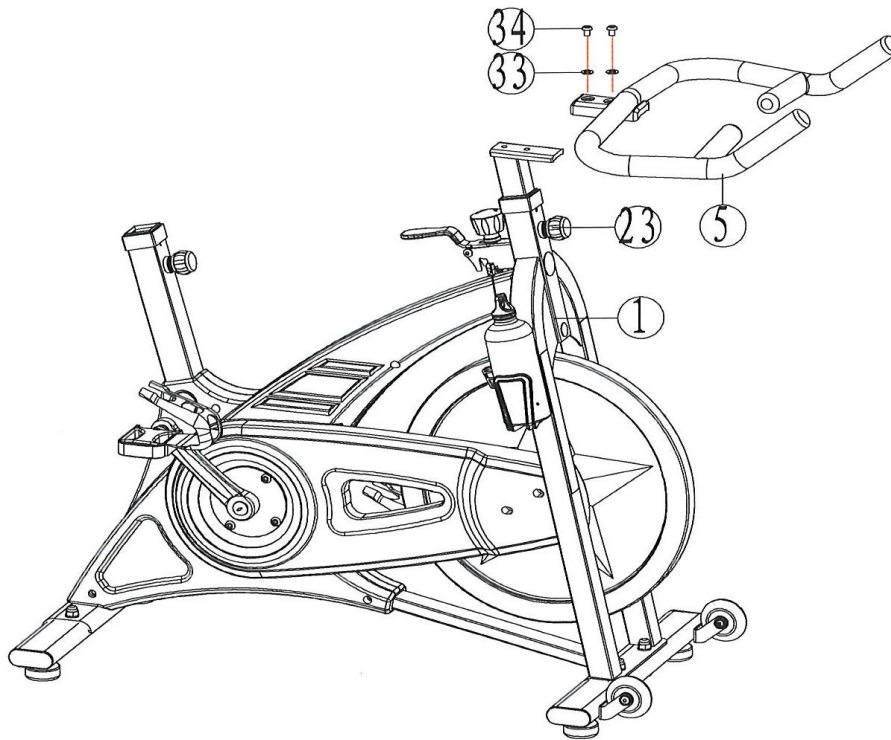
#### Step 4: Assemble handlebar post

According the following figure, slacken the Pop Pin (23), and slide the Handlebar Post (4) into the Handlebar Post Housing on the Main Frame (1), and re-tighten the Pop Pin (23).



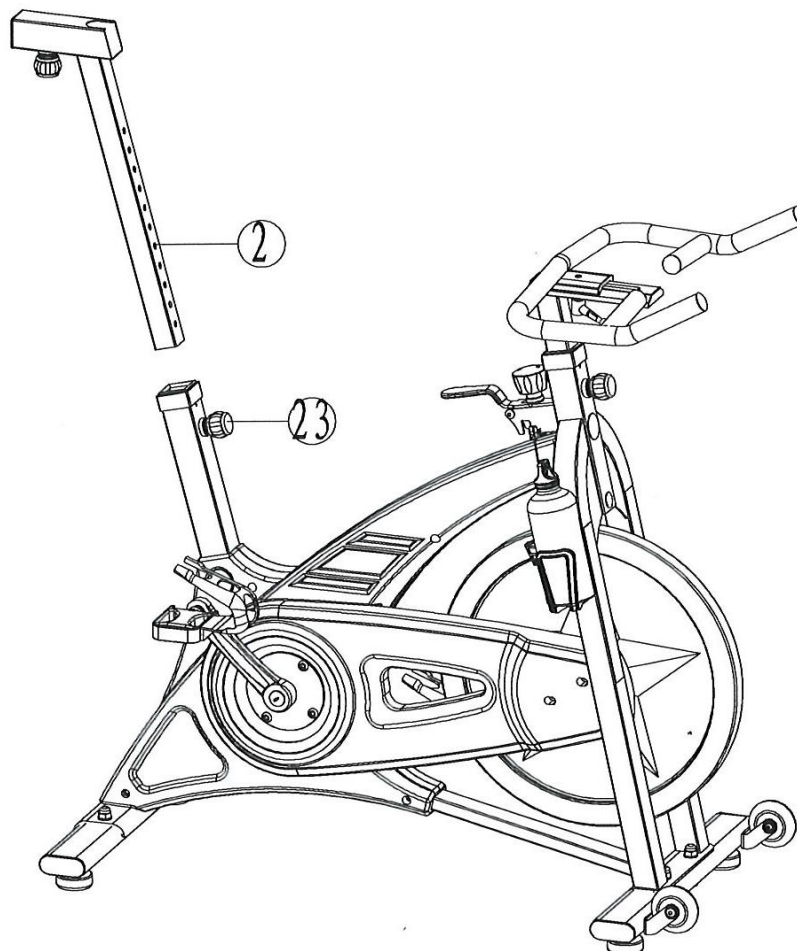
#### Step 5: Assemble handlebars

Fix the Handlebar (5) to the Handlebar Post and tighten it with Flat Washer $\Phi$ 10 (33) and Hexagon Flat Round Head Screw M10\*25L (34).



**Step 6: Assemble seat post**

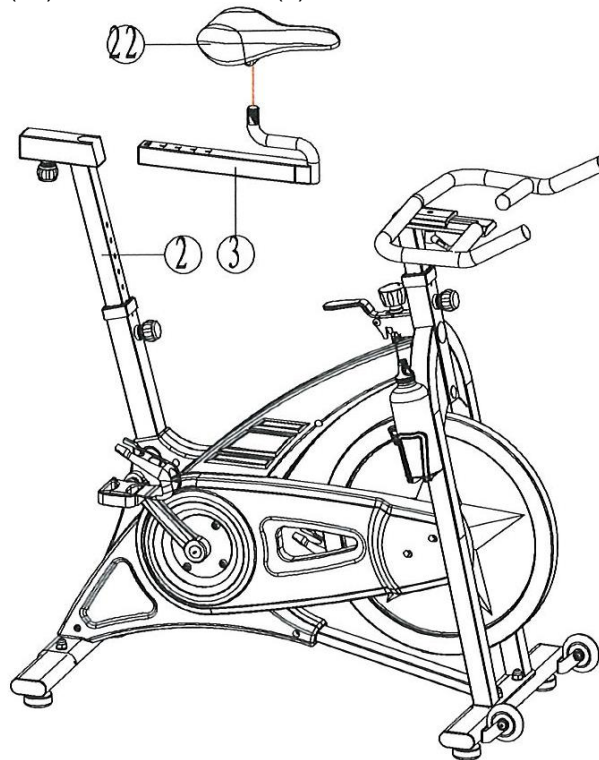
Slacken the Pop Pin (23) and slide the Seat Post (2) to the Seat Post Housing on the Main Frame, then retighten the Pop Pin (23).





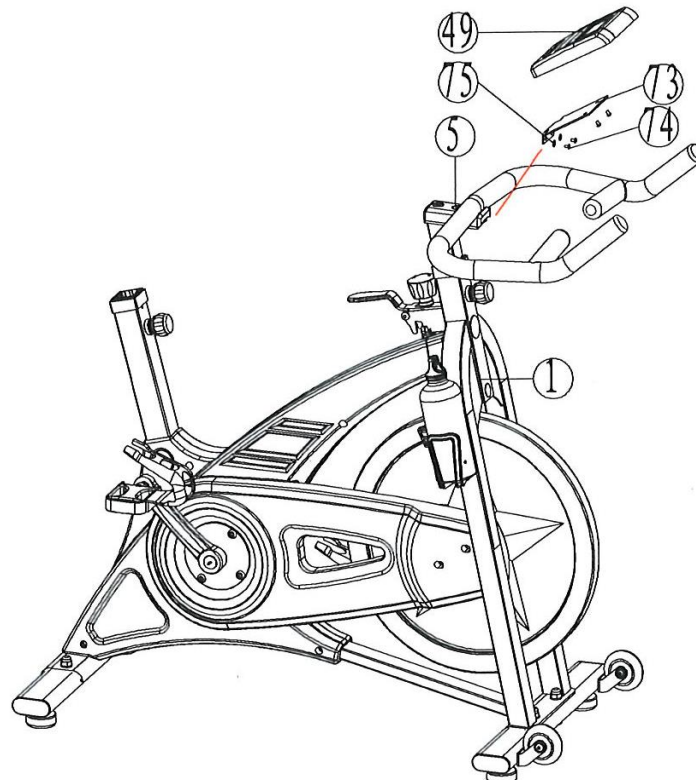
### Step 7: Seat assembly

Slacken the Pop Pin (23) and slide the Seat Slider (3) into the Seat Post (2), then re-tighten the Pop Pin (23) and fix the Seat (22) to the Seat Slider (3).



### Step 8: Attach meter board and meter (only if available)

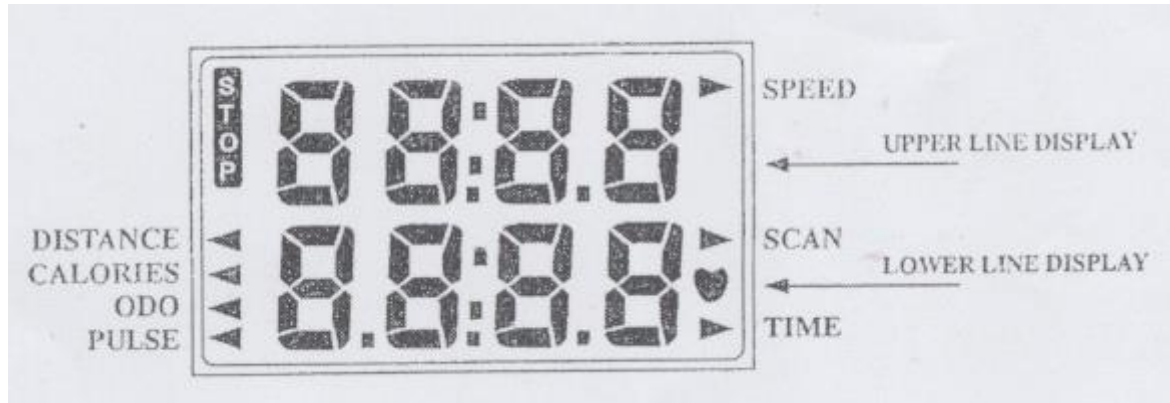
According to the figure as below, firstly, install the control panel (75) to the Handlebar (5) with Phillips screw (76), and then, fix meter (74) onto the control panel (75) with Phillips screw (77) by Opening Wrench. Connect the Speed string to Meter finally.



### Step 9: Complete installation

After finishing installation, please inspect all the screws and nuts carefully to make sure all of them tightened.

## COMPUTER FUNCTIONS (OPTIONAL)



### FUNCTIONS:

1. SPEED: Displays exercise speed.
2. TIME: Displays exercise time by counting up or down (if target value set for exercise).
3. DISTANCE: Displays exercise distance by counting up or down (if target value set for exercise).
4. CALORIES: Displays exercise calories by counting up or down (if target value set for exercise).
5. PULSE (OPTION): Displays current heart rate during exercise. High limit could be set as warning with beeper alarm.
6. SCAN: Press MODE button until SCAN pointer shows up. All function values will show up for 6 seconds in sequence on the lower display line.
7. ODO: Displays total distance from different workout sessions. The value can only be reset by replacing batteries.
8. STOP: Shows on the upper left corner when stop exercising.

### BUTTONS:

1. MODE: Press to select function and display selected function value on the main display. Hold it for 2 seconds to reset it.
2. SET (OPTION): Press to set function value as exercise target.
3. RESET (OPTION): Press to reset function value respectively. Hold this button for 2 seconds to reset all computer function values, except the ODO.

### NOTE:

- Monitor shuts off automatically if there is no exercise or button signal for more than 4 minutes.
- Exercise or push any button to wake up the monitor.
- If the display doesn't show correctly, remove batteries and install them again.

- If you see no display function, after the workout has been started, connect the wire again.
- If you apply the pulse sensor and have no pulse value on the screen, check, if the sensor has been applied properly.

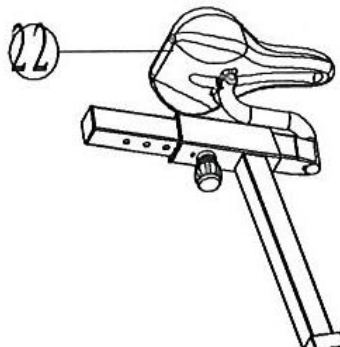
**WARNING:** The system for monitoring heart rate (only if available) may not be accurate. Overloading during training can cause a serious injury or death. If you feel unwell, stop exercising. Computer is not available by all product types.

## NOTICE

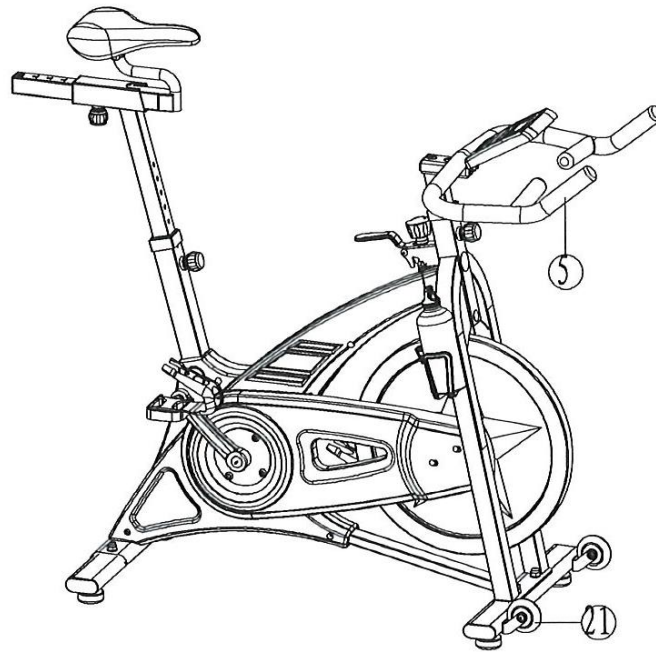
- Inspect all the Nuts, Nut Caps and Pedals in safe situation regularly and inspect the Equipment periodically. While you find any defective parts, replace them immediately. Don't exercise until they are repaired well.
- Pay more attention to easy damage parts. As the following figure, please inspect the Clamp Brake Assembly (41) if it falls off or is not work before exercise. If it is, please replace it.



- Please inspect the Pedal before exercise if it is loose or not, please repeat Installation Step 3 if it is.
- Please adjust the Hexagon Nut by using the Opening Spanner if the Seat (22) is loose.



- If you need to move the bike, please grasp the Handlebar (5) at their very ends to make the Pulley (21) of Front Base stand on floor, then the bike could be moved easily.

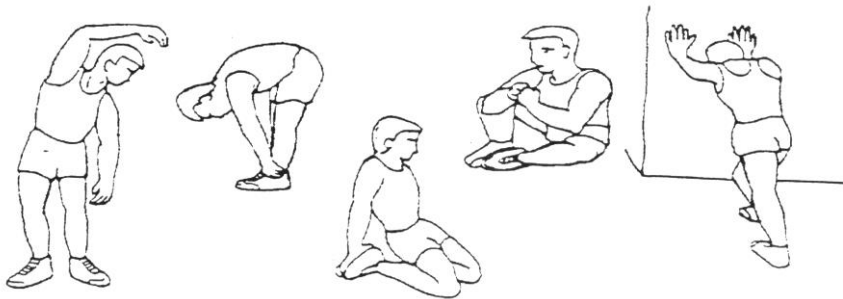


## EXERCISING

Using this device, you can improve your fitness and tone your muscles. Also, you can reduce your weight during diet.

### Warm-up phase

It can make your blood circulation better to reduce cramps or muscle pain. Each stretching exercise should last for approx. 30 seconds. Don't overstretch and don't jerk your muscles. If you feel pain, stop immediately.



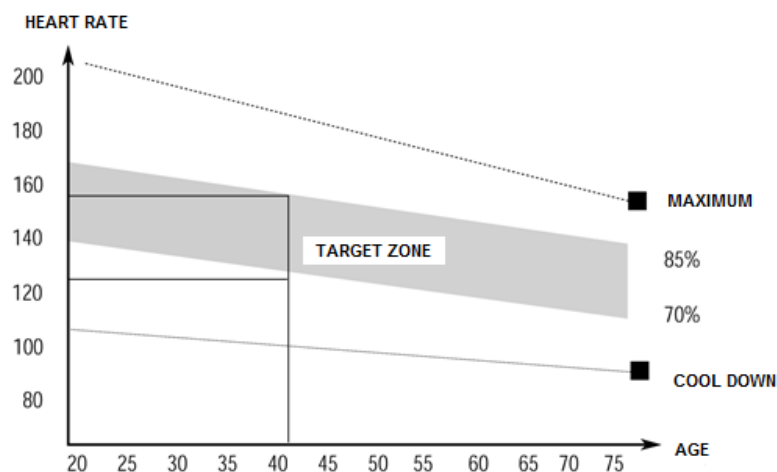
Stretching of: sides and hips, rear thighs, front thighs, inner thighs, calves and Achilles tendons.

### Exercising phase

In this phase, you have to put in your effort. After regular exercising, your legs should get more flexible. Keep right pace and speed. For higher effectiveness, try to increase your heart rate to the target zone (as shown in the figure).

This stage should last for at least 12 mins. Best start at 15-20 mins.





### Cool-down phase

In this stage, your cardiovascular system should get calm. You can repeat warm-up exercises – decrease the resistance and speed and continue on for 5 mins. Repeat stretching exercises. Exercise slowly and without any pain.

You can gradually increase the resistance. We recommend to exercise 3 times a week.

### Muscle toning

You should increase the resistance to tone your muscles. Warm-up and cool-down exercises are the same, but at the end of your workout increase the resistance and let your legs work harder. Reduce your speed according to the heart rate target zone.

### Weight loss

The main factor here is the strain that you put in. The longer and more strenuous workout, the higher number of burned calories. It is the same as exercising for better fitness.

### WARNING:

1. Make sure that all bolts and nuts are well tightened before each using.
2. Ask your physician for advice before starting any workout.
3. Wear suitable sports clothes.
4. Keep it away from children and pets.
5. Don't use it 1-2 hours after a meal.
6. Stop immediately if you feel faintly, have stomach disease, breath too quickly, have tachycardia, feel chest pain or head ache. Ask your physician for advice.

### MAINTENANCE

Maintain your device regularly according to using frequency. At least every 20 hours of working and follow steps below:

- Check all moving parts (spindles, joints, moving components etc.). They must be properly lubricated. Lubricate, if necessary. We recommend to use normal oil (suitable for bikes and sewing machines) or silicone oil.
- Regularly tighten all nuts and bolts.
- To clean it, use only soapy water without any chemicals cleaners or abrasives.
- If the computer is available, protect it from sweat and liquids to avoid damage.
- Keep the computer, socket, outlet and the frame away from water.
- Protect it from direct sunlight and check batteries to avoid leakage.
- Store it only in a dry and warm place.

## **WARNING**

**This trainer must be placed on a flat and solid surface. You can level it using plastic pads on the front and rear base. Carefully check all bolts and nuts, if they are well tightened. Ask your physician for advice, if necessary.**

## **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

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**SK**

**INSPORTLINE s.r.o.**

Headquarters, Warranty & Service centre:	Elektricka 6471, 911 01 Trenčin, 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: