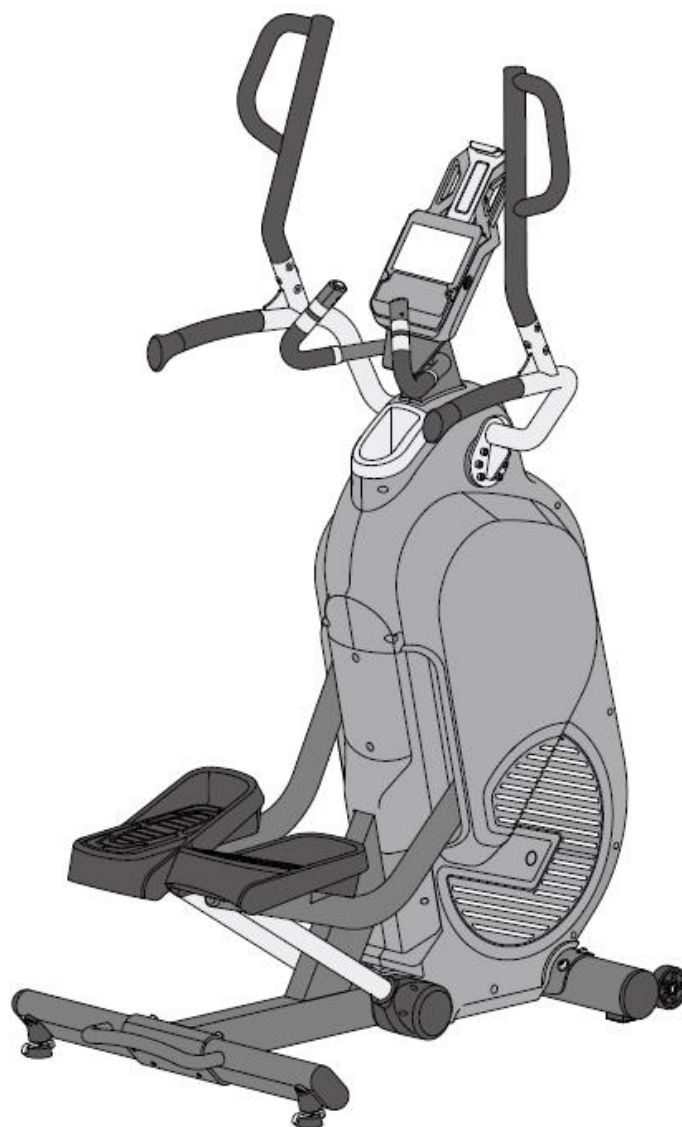




**USER MANUAL – EN**  
**IN 20143 Stepper inSPORTline Holister**



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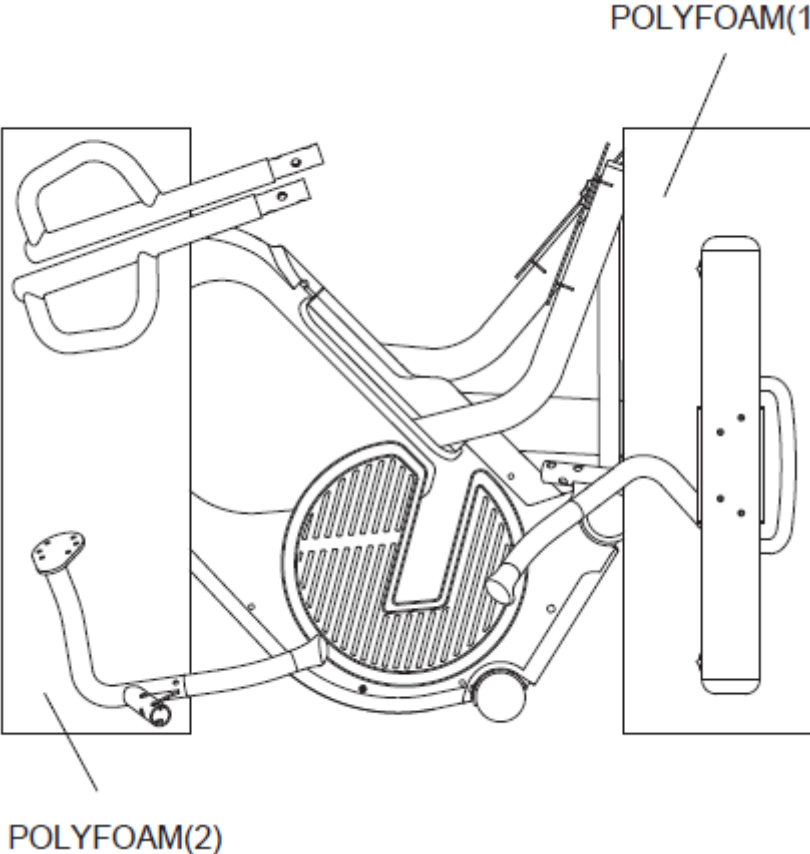
## SAFETY PRECAUTIONS

- **WARNING!** This product has been designed to offer the maximum safety. Nevertheless, certain precaution should be kept while using it. Read the whole manual before first using and retain it for future reference.
- It's the owner responsibility to use it safely and properly. Instruct all other users in correct using.
- Use this product only for intended purpose. Don't do any improper modification.
- Keep it away from children and pets. Never let children unattended near this device.
- Regularly check all bolt, nuts and components, if they are well tightened. Retighten, if necessary. Regularly check this machine for damage or wearing. Never use damaged or worn product. All damager or worn parts should be replaced immediately.
- Place it only on a flat, clear and solid surface and keep a safety clearance of at least 0.6 m round it. Put a mat under this device to protect your floor.
- Use it only indoors and protect it from humidity and dust. Assure sufficient ventilation. Never exercise in an airless place.
- Don't put any sharp objects on or near this stepper.
- Always wear appropriate clothes and sports shoes. Avoid too loose dress that can be caught in device.
- Keep your hands away from moving parts to avoid an injury. No adjustable part should protrude and obstruct user movements.
- Control your speed and exercise reasonably.
- If you remark it works abnormally, stop using.
- Only one person can use it at time.
- Consult your physician before starting any exercise. It is especially necessary if you are over 35 years of age or if you have some problems. If you feel faintly or remark other health complications, stop immediately. Don't use it, if you have health complications or if you take some medical care.
- Avoid using if you have: leg pain, waist pain, wounded neck, waist, leg, arthritis, rheumatic, gout, osteoporosis, perfunctory obstacles (heart problems, wrong blood circulation, hypertension), respiratory complications, sarcomata, thrombus, diabetes, skin irritation, hyperpyrexia, bone problems, if you are pregnant or have catamenia or similar problems.
- **Weight limit:** 130 kg
- **Category:** HC (according to EN957 norm) for home use.
- **Product meets standards:** ISO 20957-1: 2013, EN ISO 20957-9: 2016, EN 55014-1: 2006 + A :2009 + A2: 2011, EN 61000-3-2: 2014, EN 61000-3-3: 2013, EN 55014-2: 2015
- **WARNING!** The heart rate frequency monitoring may not be completely accurate. Overexertion during training can lead to a serious injury or even death. If you start to feel faint, stop the exercise immediately.

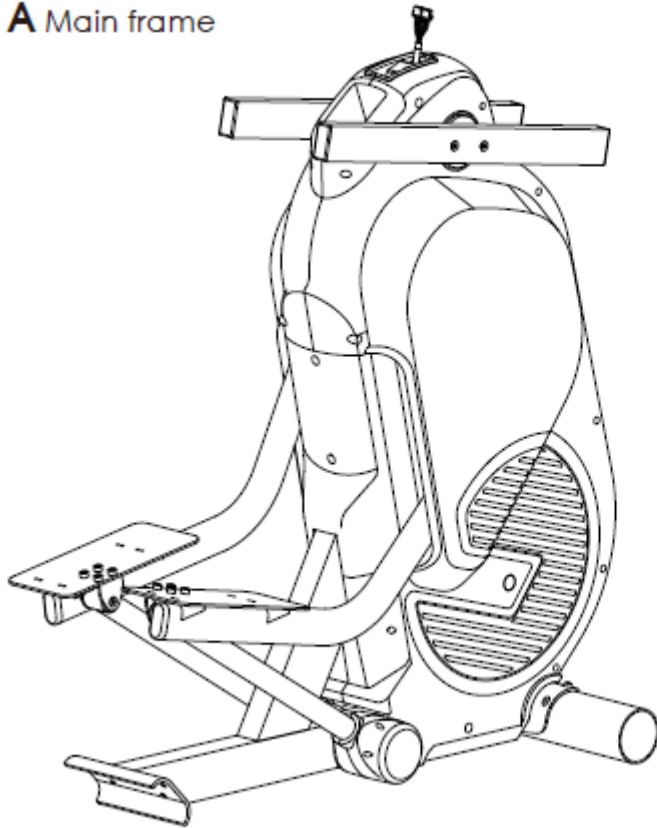
# PARTS LIST

## Unpacking

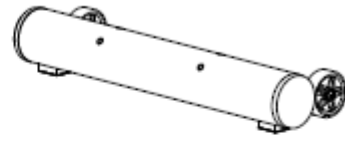
Place the box on the ground so that the lid can be lifted. After opening, you will see the product as shown in the image below. Remove parts such as the handlebars, pedals, rear stabilizer, console etc. Then remove the polyfoam.



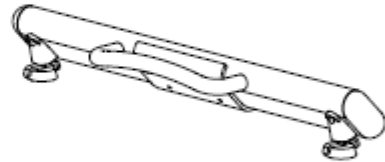
**A** Main frame



**B** Rear stabilizer



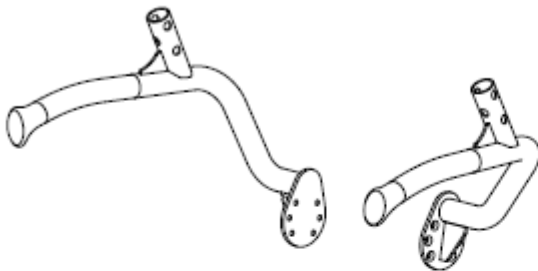
**C** Front stabilizer



**D** Console supporting tube

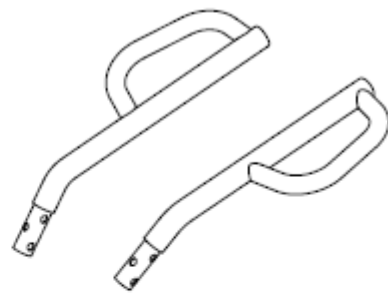


**E** E1 Handlebar connecting tube (L)



E2 Handlebar connecting tube(R)

**F** F1 Handle bar(L)



F2 Handle bar(R)

**G** Console



**H** H1 Pedal



H2 cushion pad

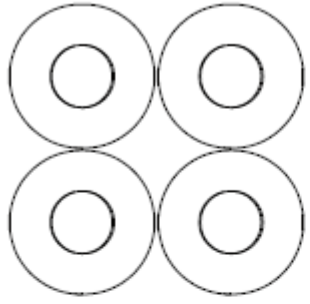


**I** Adaptor

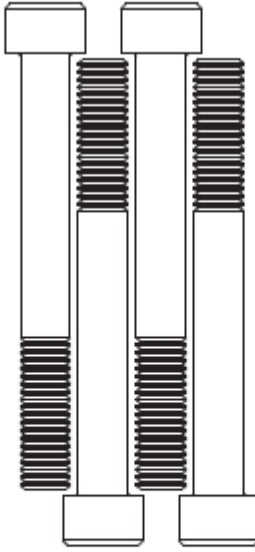


**J**

(J3) Washer Ø3/8"



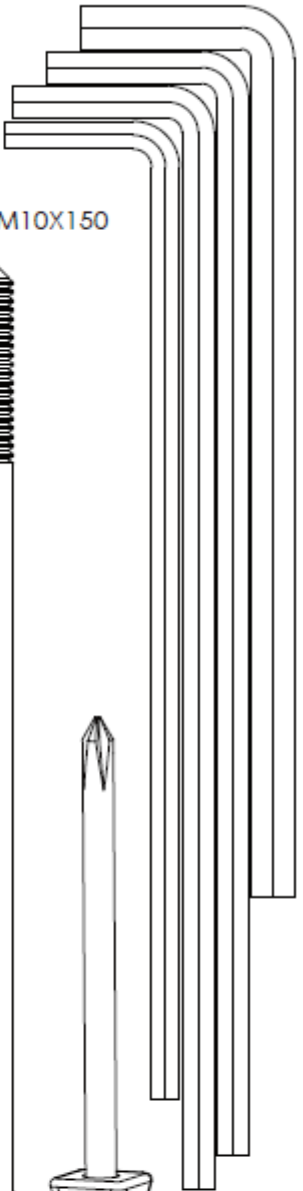
(P6) Screw M8X70



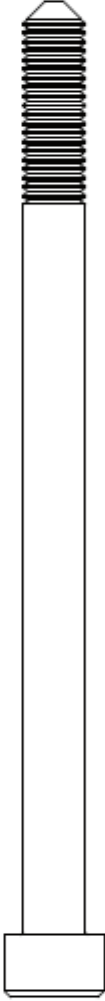
M8 X 1

M6 X 2

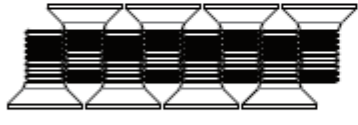
M5 X 1



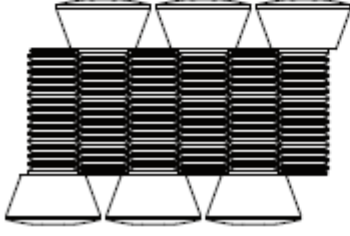
(J1) Screw M10X150



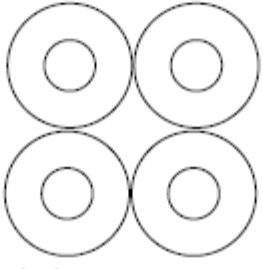
(J5) Screw M6X12



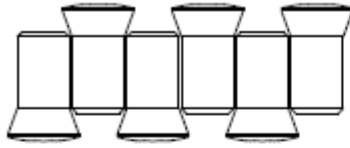
(J6) Screw M8X28



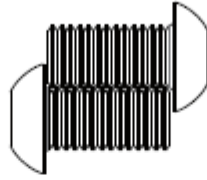
(J9) Washer M8



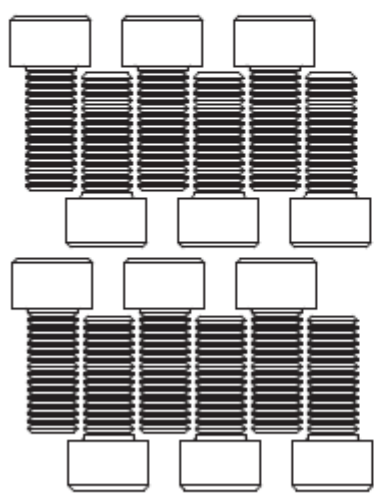
(J7) Nut M8



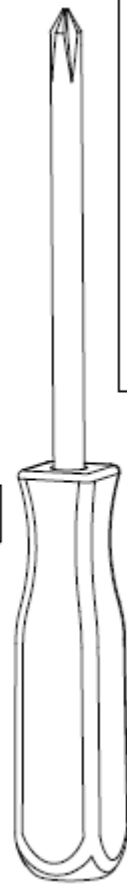
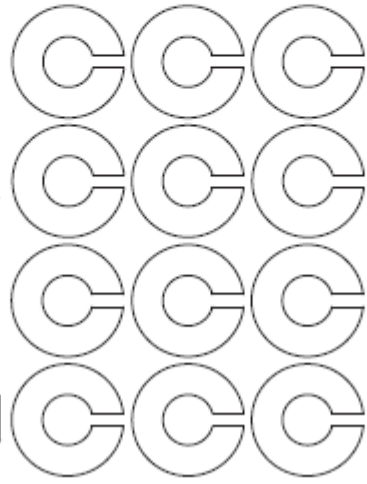
(J2) Screw M10X20



(P1) Screw M8X20



(P2) Spacer ring M8X6T



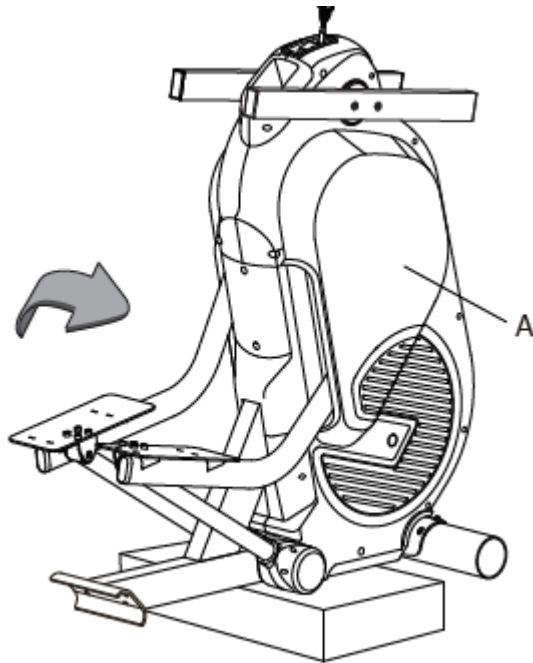
# ASSEMBLY

## STEP 1

Place the cardboard on the ground and remove the top of the carton.

Lift the Main Frame and remove the polystyrene. Place the Main Frame on a raised platform.

**WARNING:** Due to the weight of the device, lift the product in at least two people.

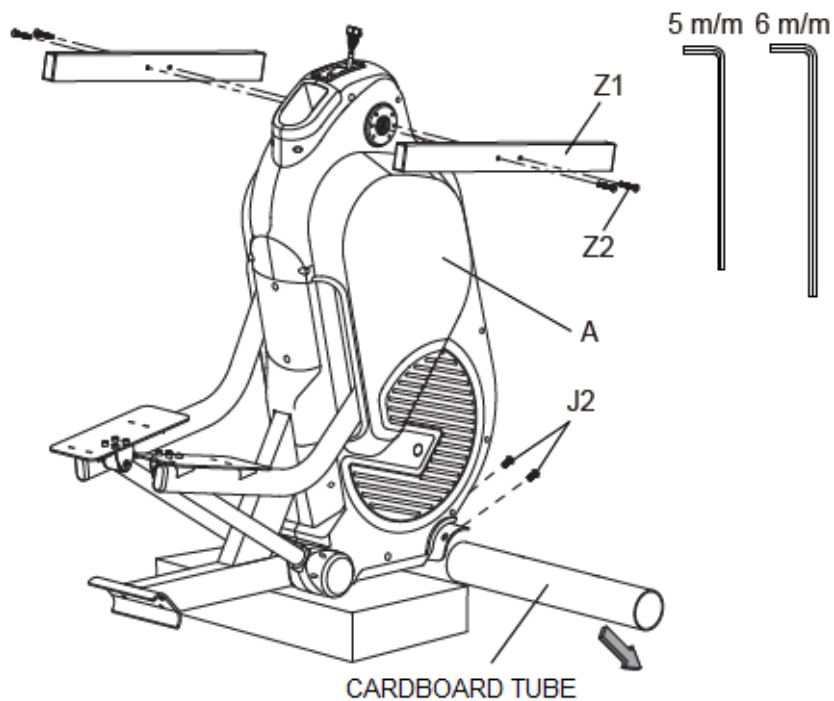


## STEP 2

Unscrew the two screwed screws (Z2) from the carton (Z1). Repeat on the other side.

Unscrew the two screwed screws (J2) from the cardboard tube.

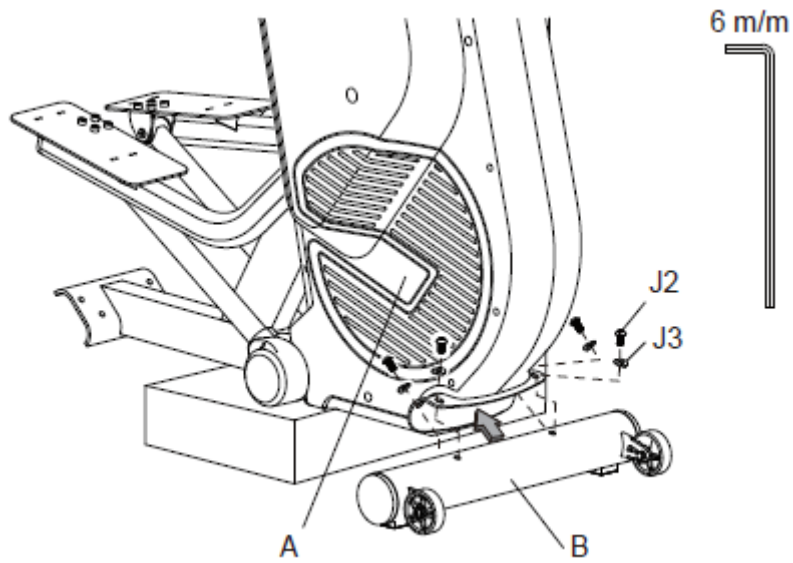
**NOTE:** Only screws J2 are in used for assembly.



### STEP 3

Attach Front stabilizer (B) to Main Frame (A) with screws (J2) and washer (J3).

**NOTE:** The screws (J2) are from STEP 2 above.

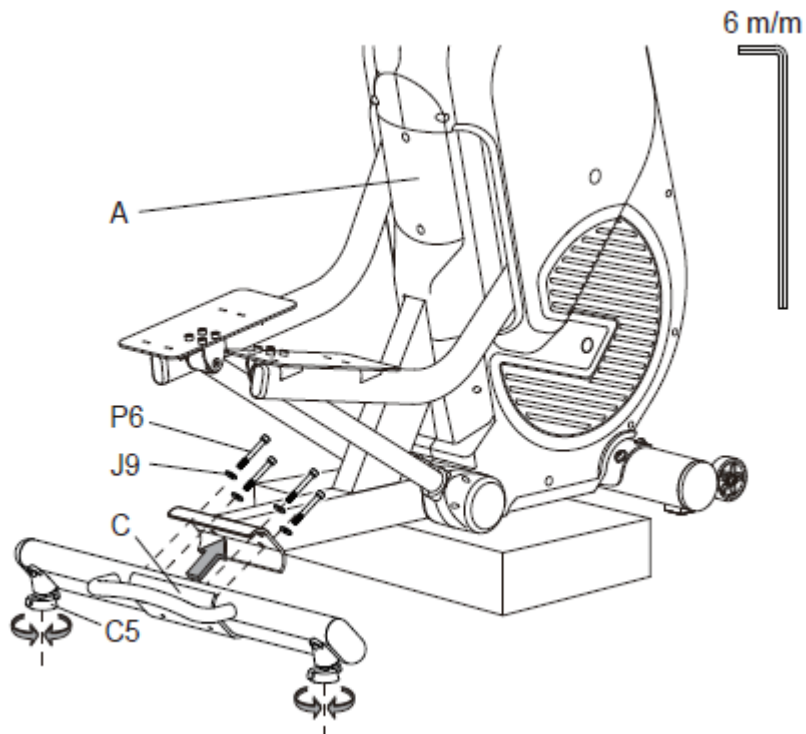


### STEP 4

Attach Rear Stabilizer (C) to Main Frame (A) with screws (P6) and Washer (J9).

You can then place the machine on the ground.

**NOTE:** Align with Stabilizing feet (C5).





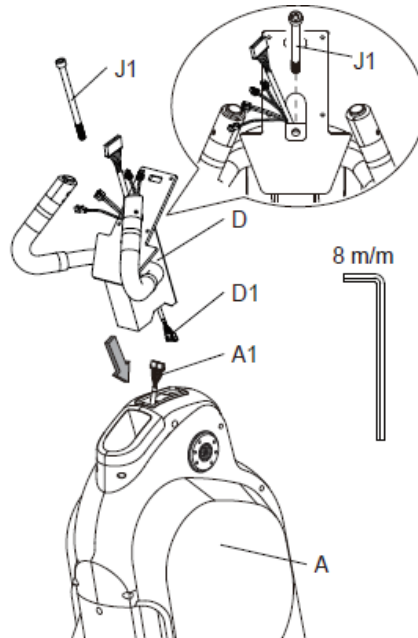
### STEP 5

Connect the cables (D1 and A1).

Slide the Bracket Holder (D) into the Main Frame (A).

Tighten the screw (J1).

**NOTE:** Make sure the wires are properly connected. Be careful not to pinch the cables.



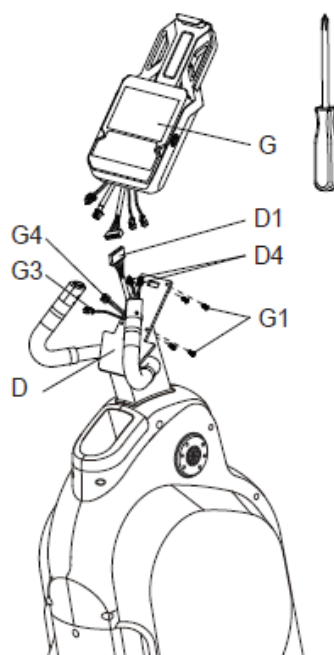
### STEP 6

Remove the 4 screws (G1) from the back of the Console (G).

Connect the wires (D1, G3, G4) and the heart rate measurement cable (D4) to the Console.

Make sure that the Cables are properly connected. Excess Cables Insert into the Console holder (D).  
Be careful not to pinch the cables.

Secure the Console (G) with the 4 screws (G1) to the Console holder (D).

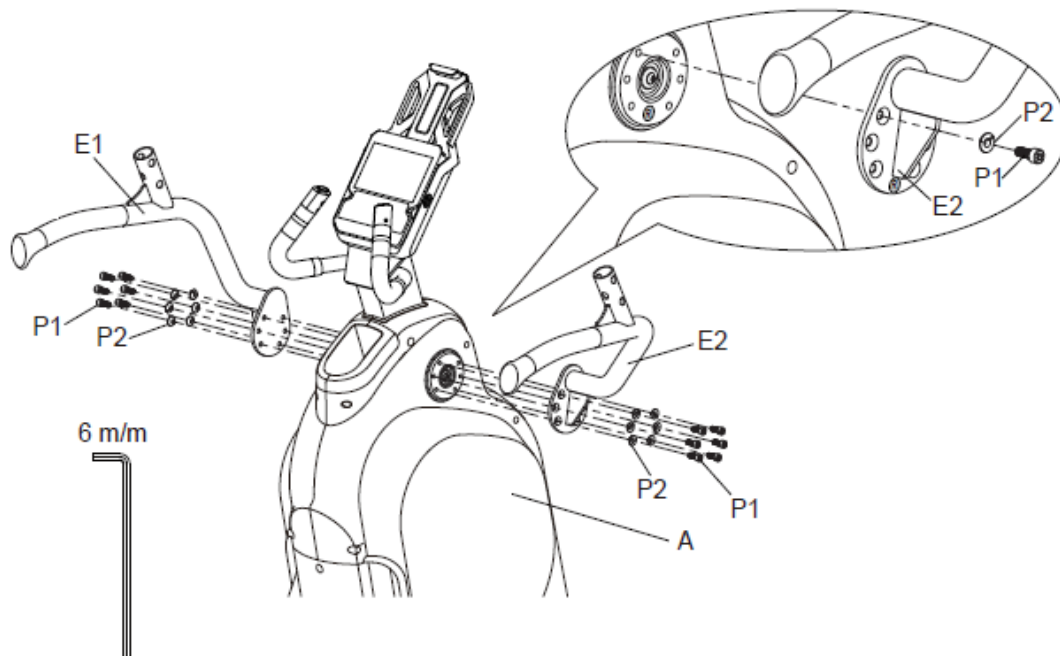


### STEP 7

Attach the Handlebar Holders R (E2) to the Main Frame (A) with the screws (P1) and Spacer rings (P2).

Repeat on the left.

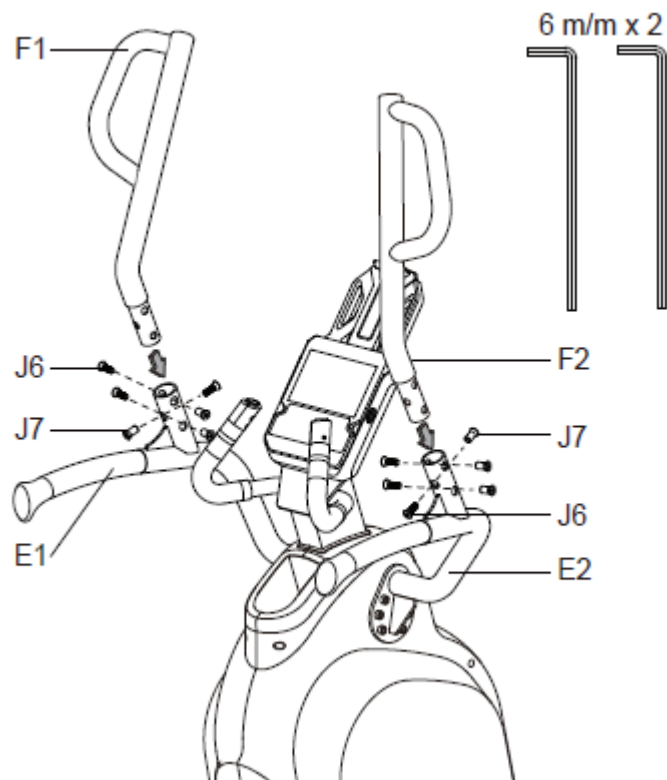
**NOTE:** The right and left sides are marked (R and L).



### STEP 8

Insert Handles P (F2) into Handlebar Holder (E2) and tighten with screws (J6) and nut (J7).

Repeat on the left.

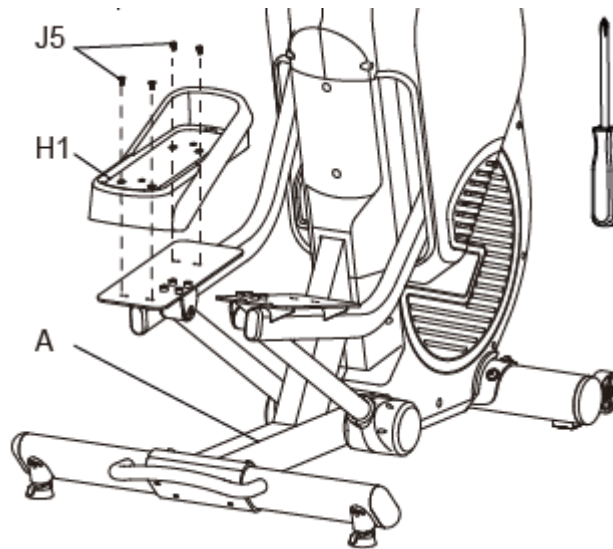


### STEP 9

The right and left pedals cannot be interchanged.

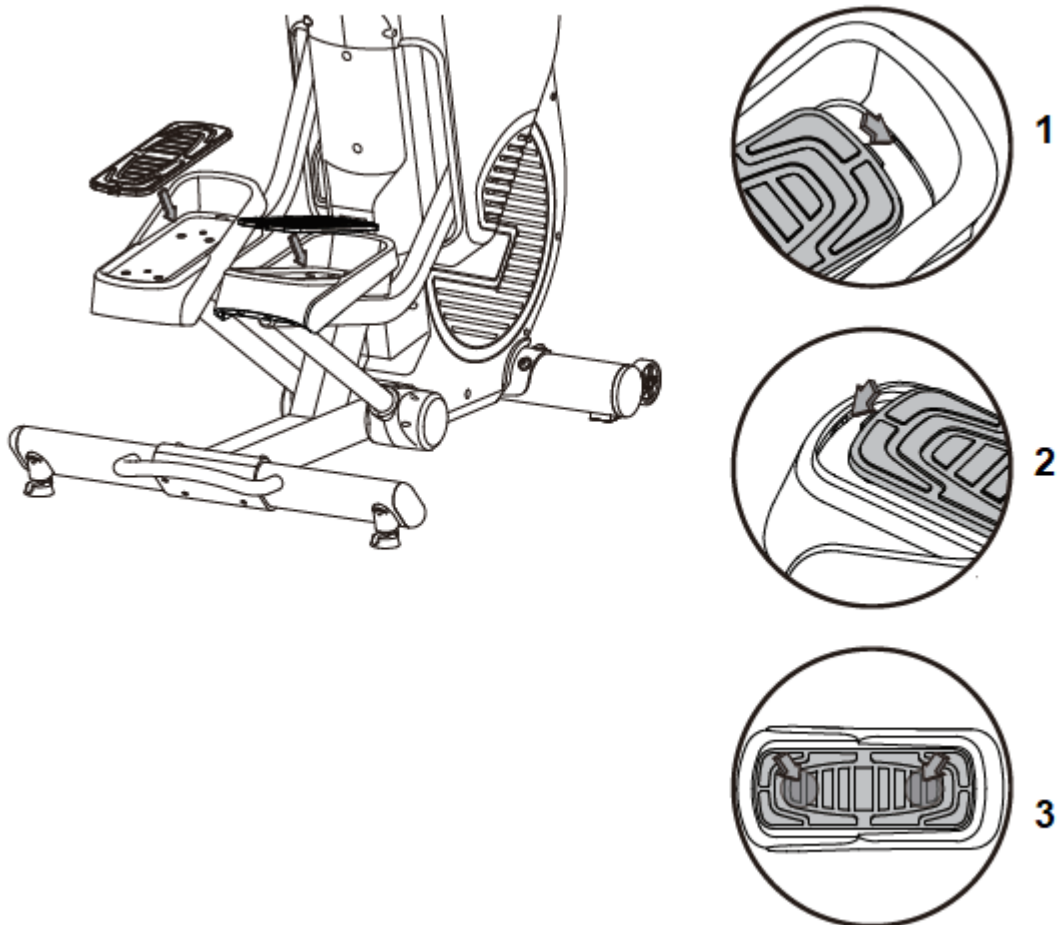
Attach the Pedal (H1) to the Pedal Holder with the bolt (J5).

Repeat on the other side.



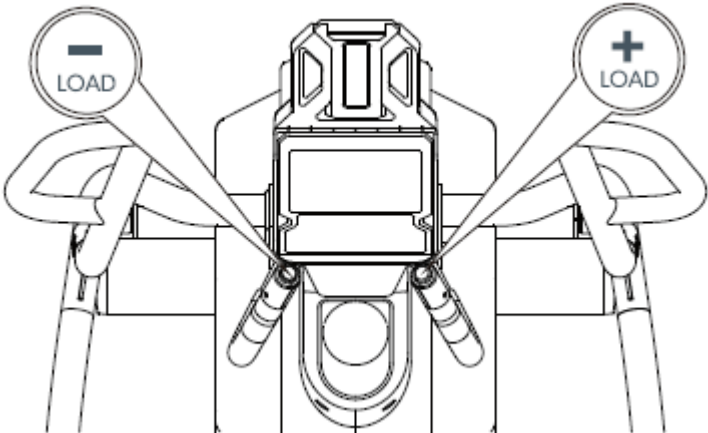
The right and left cushion treads and the front and rear cannot be interchanged.

Connect as shown in Pictures 1-3.



### LOAD ADJUSTMENT

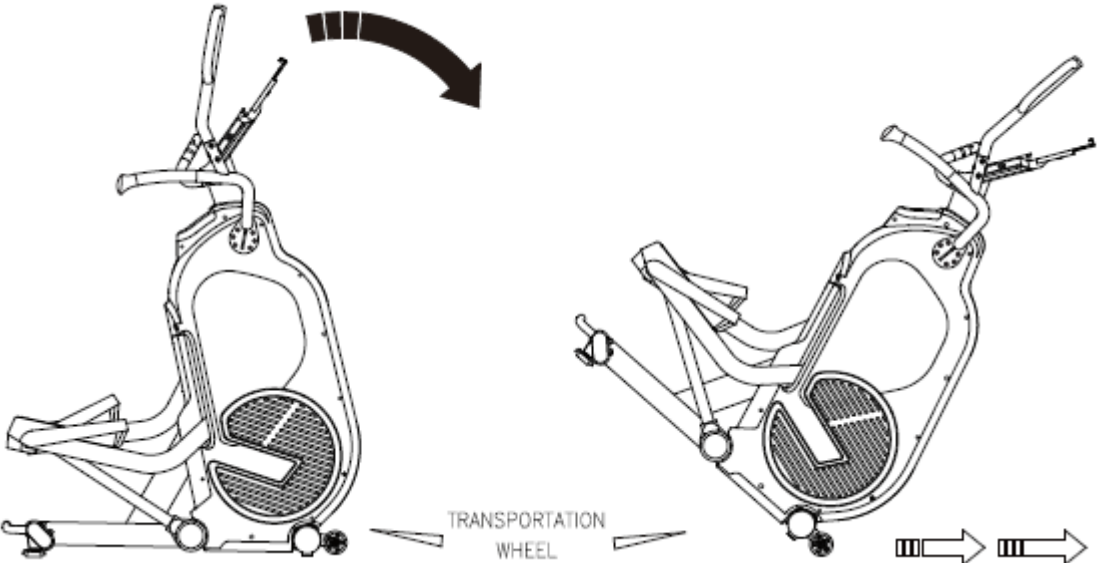
If the console is turned on, you can set the resistance of the device using the LOAD + and LOAD - buttons. Use LOAD + to increase the resistance and reduce the resistance with LOAD -.



### TRANSPORT

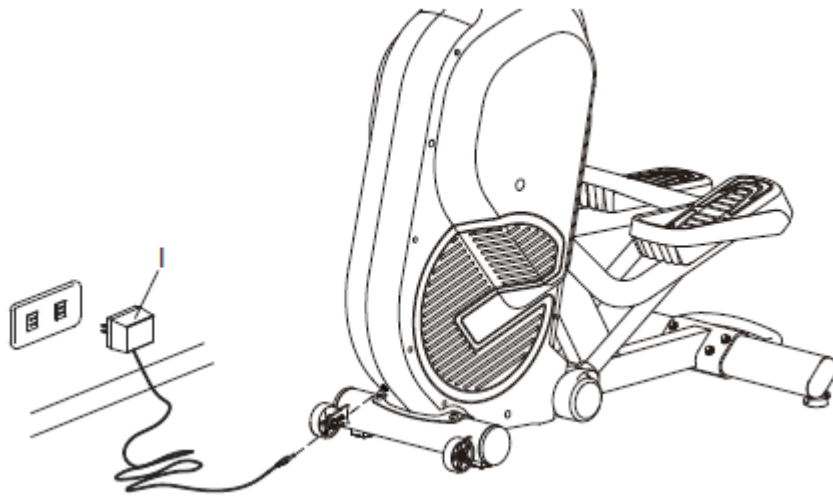
If you need to move the machine to another location, lift the rear stabilizer and place the machine on the front transport wheels. Then slowly move the device to the desired location. If necessary, level the machine.

**WARNING:** Move the product in two or more people. Never try to move the product yourself.



## POWER CONNECTION

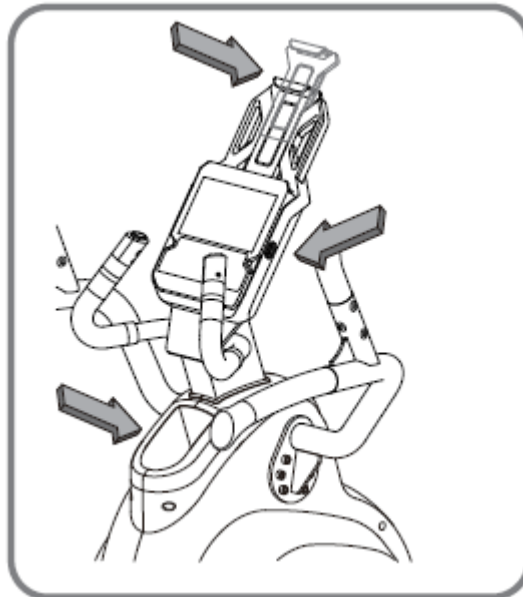
First, plug the power cord into the machine and then into the power outlet.



## OTHER FUNCTIONS

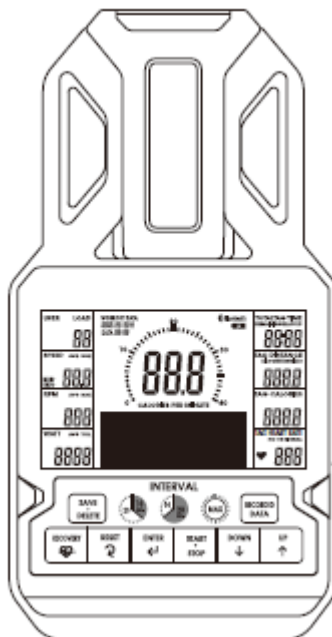


It is recommended to step backwards.



Adjustable stand for holding tablet or mobile.  
USB port for charging mobile phone, tablet.  
Water bottle holder.

## CONSOLE



Pokud uživatel přestane šlapat po dobu 4 min, konzole vstoupí do úsporného režimu a všechna data se uloží do dalšího zapnutí.

### BUTTON DESCRIPTION

UP	Move up or increase resistance.
DOWN	Move down or reduce resistance.
ENTER	Confirm selection
START / STOP	Turn on/off program In standby mode, you can quickly turn on the Manual program.
RESET	Resets the current setting and starts the program from the beginning. Hold down the button for 2 seconds to fully reset the console.
RECORDED DATA	When the console is stopped, you can display the saved data.
SAVE / DELETE	SAVE: If you stop the program, you will be notified if you want to save the data. Press SAVE to save. DELETE: If you are displaying stored data, you can delete data using the DELETE button. You will be prompted to confirm your selection with ENTER.
INTERVAL	20 / 10   Exercise interval 20 sec exercise 10 sec rest. 8 cycles
	10 / 20   Exercise interval 10 sec exercise 20 sec rest. 8 cycles
	MAX   Exercise interval 20 sec exercise with load 5 a 80 sec rest with load 1. 8 cycles

## DISPLAY

TIME	Time is from 00:00 to 99:59
SPEED	Current speed. The maximum speed is 99.9 km / h or miles / h.
RPM	Displays revolutions per minute from 0-999 RPM.
DISTANCE	Displaying the distance from 0.0 to 999.9 km or miles. The user can set the target distance using the UP / DOWN buttons. Adjustment is 0.1 km / mile.
CALORIES	Displays calories burned from the start of training.
PULSE	The user can set the desired value from 0 to 230.
WATTS	Power from 0 to 999.

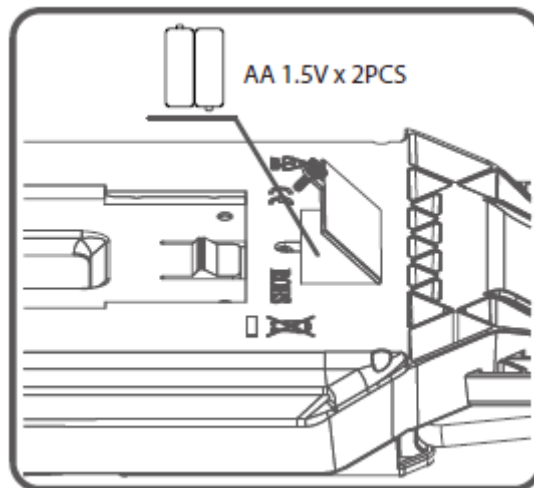
## BATTERY

Batteries are needed to display the calendar.

Remove the screw on the battery cover.

Remove the battery cover.

Replace the battery, attach the cover back.



## POWER UP

Connect the power to the console or press RESET for 2 seconds. The LCD displays all segments and a 2-second beep sounds. (Pic. 1)



Pic. 1

Then enter the Calendar and Clock settings (Pic. 2-5) and set the data using the UP and DOWN buttons.

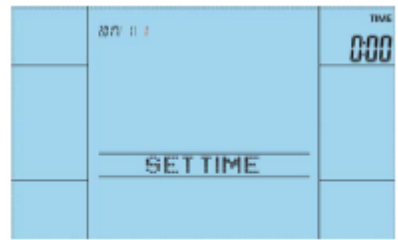
To reset the calendar, you need to remove the battery and turn the console off and on.



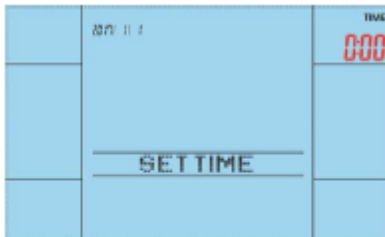
Pic. 2



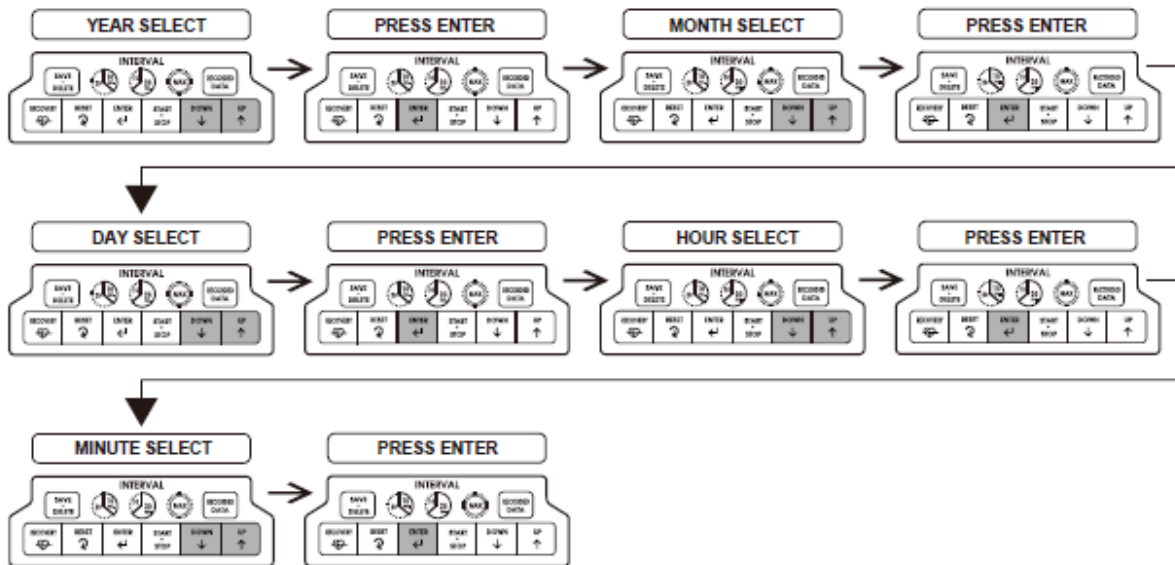
Pic. 3



Pic. 4



Pic. 5



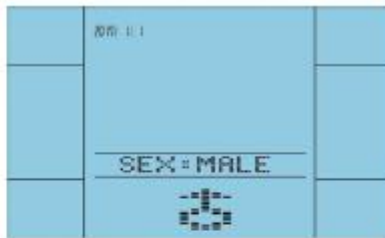


Use UP and DOWN to select U1-U4. Press ENTER to confirm.

Then enter your SEX, AGE, HEIGHT and WEIGHT data. (Pic. 7-10)



Pic. 6



Pic. 7



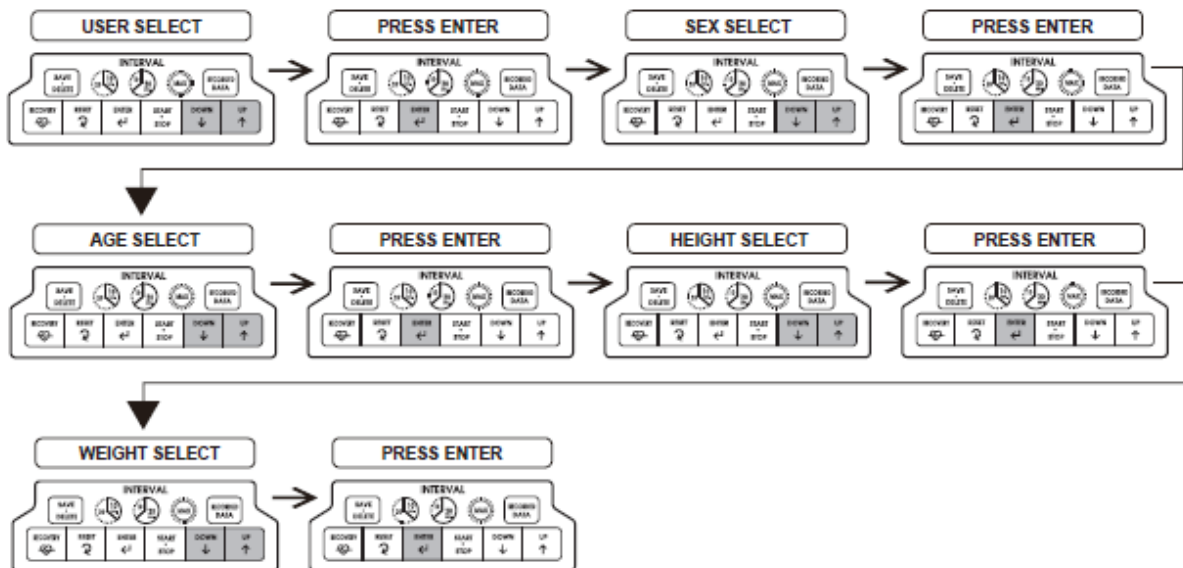
Pic. 8



Pic. 9



Pic. 10



## PROGRAMS

Choose program MANUAL – VALLEY – HILL VALLEY – HIGH LAND RIFT VALLEY – INTERVAL 10/20 – INTERVAL 20/10 – INTERVAL MAX – H.R.C



Pic. 11

Pic. 12

Pic. 13



Pic. 14

Pic. 15

Pic. 16



Pic. 17

Pic. 18

## QUICK START

Press ENTER in the MANUAL program (Pic. 19).

Start training with START / STOP (Pic. 20). The load level can be set during exercise.

Press START / STOP to stop training.



Pic. 19

Pic. 20

# MANUAL PROGRAM

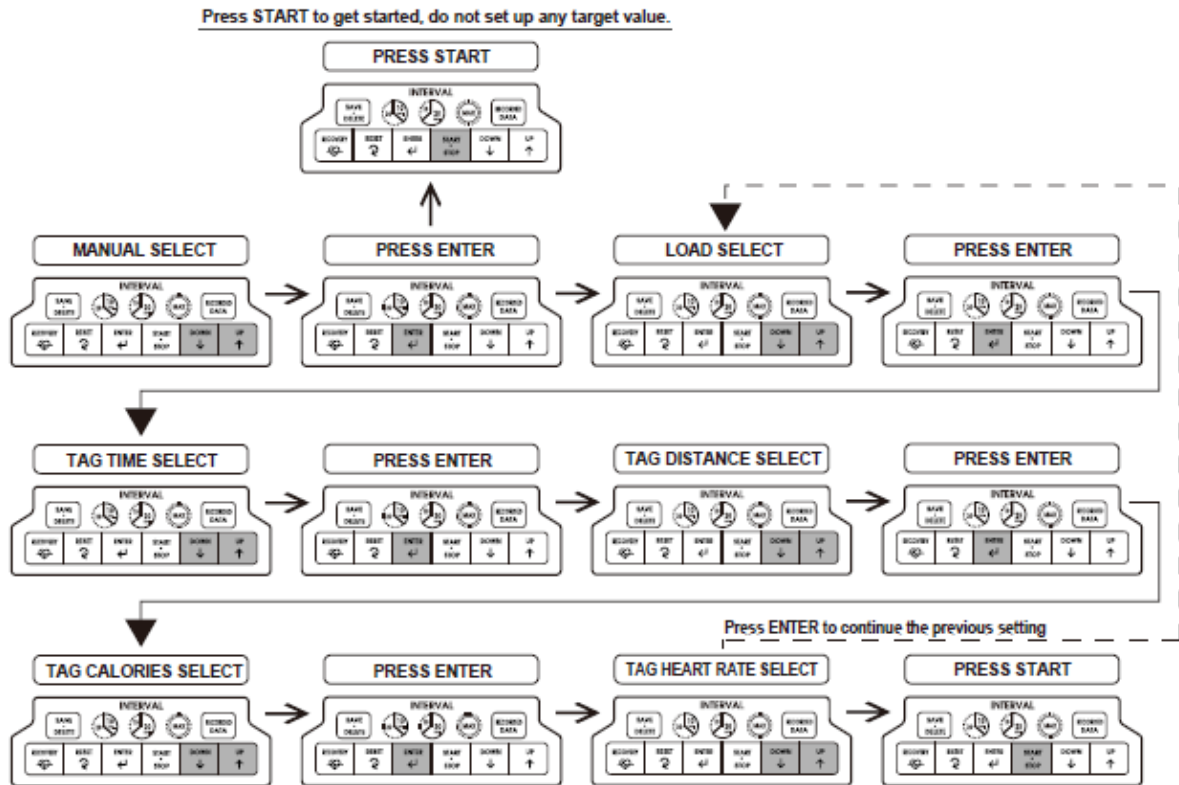
After selecting the MANUAL program, press ENTER (Pic. 19).

The user can select a load from 1 to 16. Confirm with ENTER.

You can set the TIME / DISTANCE / CALORIES / PULSE training target and start the program with START / STOP. (Pic. 20)

RESET returns to the setting.

Load can be adjusted during training.



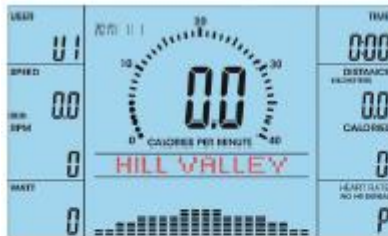
## VALLEY / HILL VALLEY / HIGH LAND RIFT VALLEY

Running in the valley, uphill, steep hill.

Use UP / DOWN to select the desired program (Pic. 21–23) and press ENTER to confirm.

The user can set TIME and then use START / STOP to turn on the program. (Pic. 24)

When the program is turned on, the countdown time will start, as soon as it reaches 0, the display will flash, and a sound signal will play. Press any button to turn off the beep.



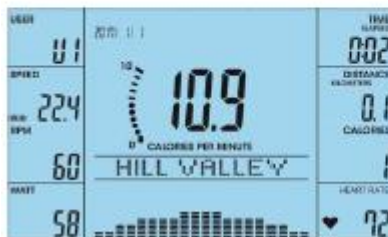
Pic. 21



Pic. 22

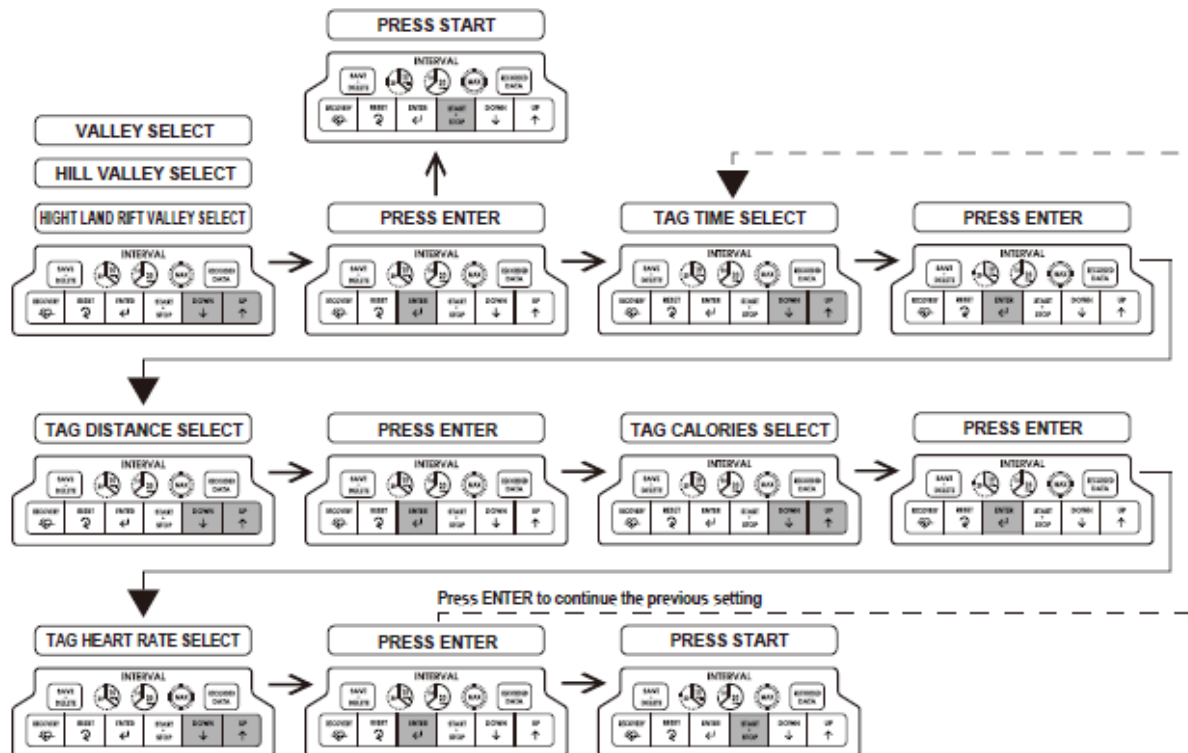


Pic. 23



Pic. 24

Press START to get started, do not set up any target value.



## **INTERVAL 10/20, INTERVAL 20/10, INTERVAL MAX**

With UP / DOWN choose INTERVAL 10/20, INTERVAL 20/10, INTERVAL MAX (Pic. 25–27). Confirm with ENTER.

### **INTERVAL 10/20 (10 sec exercise, 20 sec rest)**

1. Press START, the program will turn on after 3 seconds.
2. The program starts count down from 10 seconds. DISTANCE, CALORIE, WATTY, SPEED, RPM is displayed. 1/8 WORK 0:10 is displayed and the countdown starts (Pic. 28).
3. A sound signal last for 3 seconds. Then the program switches to the rest mode.
4. The countdown of the 20 second rest period begins. 1/8 REST 0:20 is displayed (Pic. 29) and countdown starts.
5. A sound signal last for 3 seconds. Then the program switches to training mode.
6. The next steps are repeated in the cycle. Each cycle increases by 1 until REST 08/08 is displayed. Then the program closes and displays the data (Fig. 30).

### **INTERVAL 20/10 (20 sec exercise, 10 sec rest)**

1. Press START, the program will turn on after 3 seconds.
2. The program starts count down from 20 seconds. DISTANCE, CALORIE, WATTY, SPEED, RPM is displayed. 1/8 WORK 0:20 is displayed and countdown starts.
3. A sound signal last for 3 seconds. Then the program switches to the rest mode.
4. The 10 second rest period countdown starts. 1/8 REST 0:10 is displayed and countdown starts.
5. A sound signal last for 3 seconds. Then the program switches to training mode.
6. The next steps are repeated in the cycle. Each cycle is increased by 1 until REST 08/08 is displayed.

### **INTERVAL MAX (20 sec exercise with load 5, 1:20 sec rest with load 1)**

1. Press START, the program will turn on after 3 seconds.
2. The program starts count down from 20 seconds and the 5th load. 1/8 WORK 0:20 is displayed and countdown starts.
3. A sound signal last for 3 seconds. Then the program switches to the rest mode.
4. A countdown of 1:20 seconds of the rest period begins with a load of 1. 1/8 REST 1:20 is displayed and countdown starts.
5. A sound signal last for 3 seconds. Then the program switches to training mode.
6. The next steps are repeated in the cycle. Each cycle is increased by 1 until REST 08/08 is displayed.





Pic. 25



Pic. 26



Pic. 27



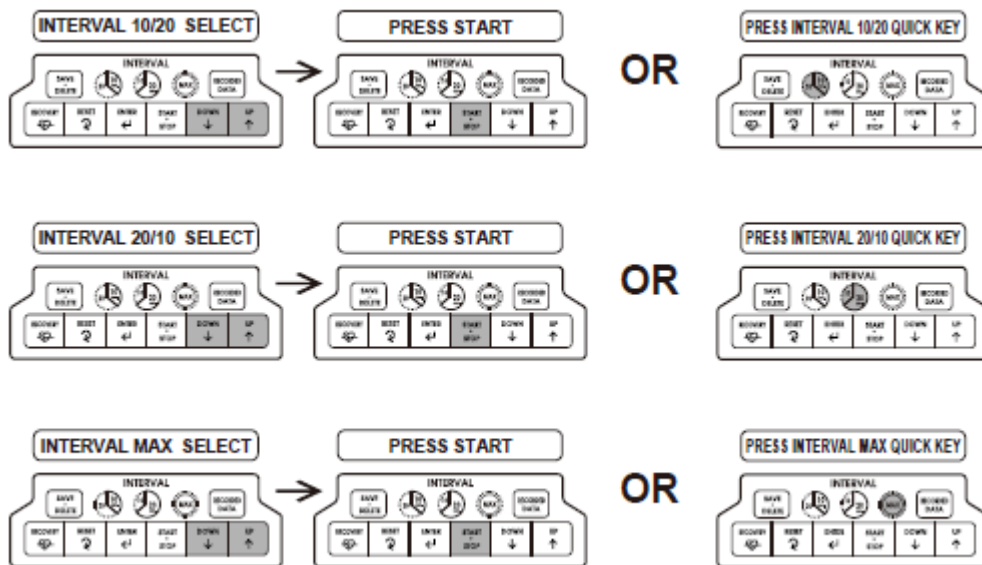
Pic. 28



Pic. 29



Pic. 30



## HEART RATE CONTROL

After entering the HRC program (Pic. 31), the display will show Heart Rate as a percentage of 55%, 75%, 90% and TARGET (Pic. 32-35). The user can select a value using the UP / DOWN buttons.

The user can set TIME and then press START / STOP to turn on the program.

When it is turned on, the countdown will start, when it reaches 0, the display will flash, and a sound signal will sound. Press any button to turn off the sound signal. If the heart rate signal is not recorded for 6 seconds, PULSE INPUT is displayed until the heart rate is recorded.



Pic. 31



Pic. 32



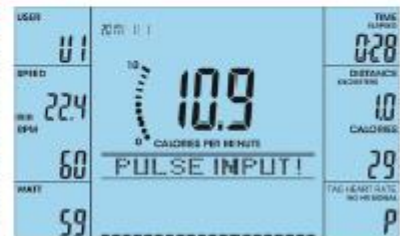
Pic. 33



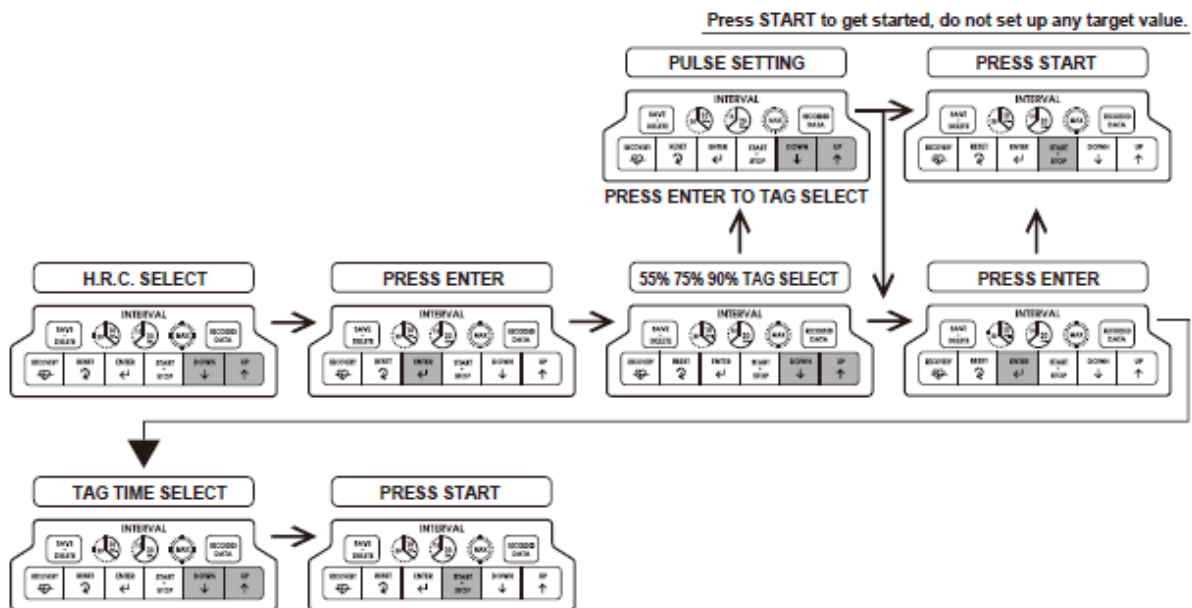
Pic. 34



Pic. 35



Pic. 36



## RECOVERY PROGRAM

After completing the training, grip the handles and press RECOVERY. All functions except TIME will stop and countdown starts from 00:60 to 00:00 (Pic. 37). The console will detect the pulse, the LCD will show RECOVERY SCANNING. If no pulse is detected, PULSE INPUT is displayed.

After measurement, values from F1 to F6 are displayed (Pic. 38). F1 is the best result, F6 is the worst.

Press RECOVERY to return to the main menu.



Pic. 37

Pic. 38

## SAVED DATA

After switching on, the user must set the profile user data U1 - U4 and calendar (Pic. 39–47).

Press START / STOP during training, the program will stop and press the SAVE / DELETE button.

SAVE FINISH is displayed (Pic. 48) and the data is saved.

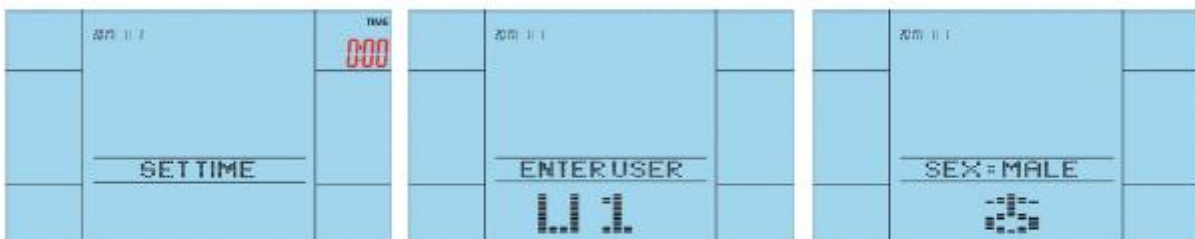
The console stores data about time, average speed, average rpm, average watts, distance, and calories.



Pic. 39

Pic. 40

Pic. 41



Pic. 42

Pic. 43

Pic. 44



Pic. 45

Pic. 46

Pic. 47





Pic. 48



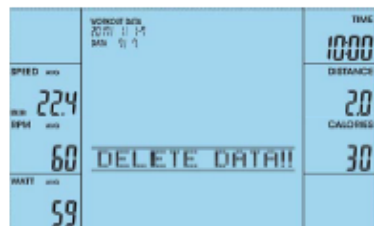
If the user wants to display the saved data, he must be in the main program selection menu and press RECORDED. Use the UP / DOWN buttons to navigate in the menu. (Pic. 49)

You can delete data with SAVE / DELETE. You will be prompted to confirm with ENTER (Pic. 50).

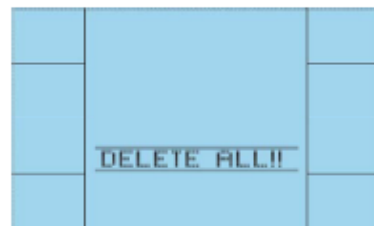
You can delete all data in the calendar or saved data by holding SAVE / DELETE for 6 seconds. DELETE ALL is displayed (Pic. 51). You will be prompted to confirm with ENTER (Pic. 52). After 15 seconds, the console resets and the calendar return to 20170101.



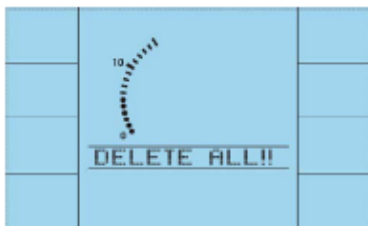
Pic. 49



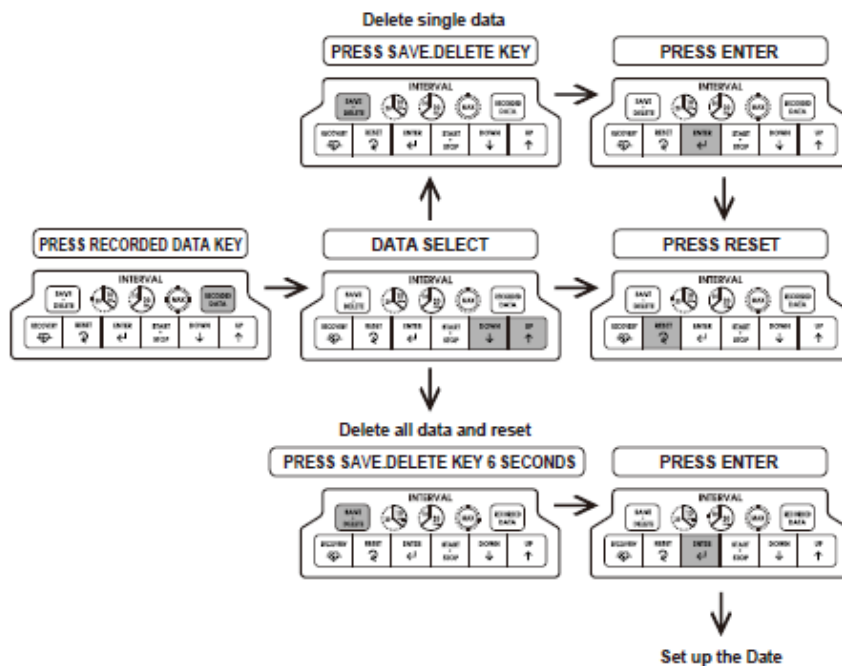
Pic. 50



Pic. 51



Pic. 52



## BLUETOOTH AND USB

The Bluetooth icons (Pic. 53) or USB (Pic. 54) are displayed.



Pic. 53

Pic. 54

## MAINTENANCE

- Use only a soft cloth and a mild detergent.
- Do not clean the plastic parts with abrasives or solvents.
- Wipe the sweat after each use.
- Protect the device from moisture and extreme temperatures.
- Protect your device, computer and console from direct sunlight.
- Check the tightening of all bolts and nuts regularly.
- Store in a dry and clean place away from children.

## 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.

Don't put the batteries among house waste but hand them in to the recycling place.

## 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. 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 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.

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, 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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