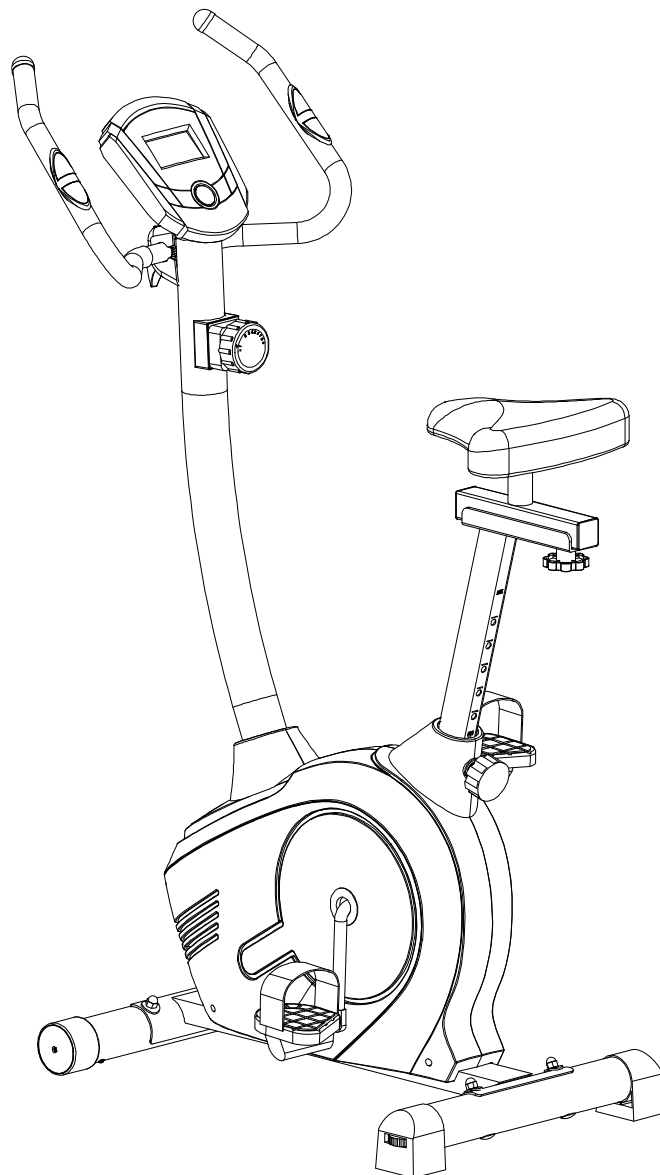




USER MANUAL - EN

**IN 7558 Magnetic Upright Bike inSPORTline Ellare
(YK-B5815)**



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IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference.

The specifications of this product may vary from this photo, subject to change without notice.

SAFETY INSTRUCTIONS

Basic precautions should always be followed, including the following safety instructions when using this equipment: Read all instructions before using this equipment.

1. Read all the instructions in this manual and do warm up exercises before using this equipment.
2. Before exercise, in order to avoid injuring the muscle, warm-up exercise of every position of the body is necessary. Refer to Warm Up and Cool Down Routine pages. After exercise, relaxation of the body is suggested for cool-down.
3. Please make sure all parts are not damaged and fixed well before use. This equipment should be placed on a flat surface when using. Using a mat or other covering material on the ground is recommended.
4. Please wear proper clothes and shoes when using this equipment; do not wear clothes that might catch any part of the equipment; remember to tighten the pedaling straps.
5. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult an Authorized Service Representative.
6. Do not use the equipment outdoors.
7. This equipment is for household use only.
8. Only one person should be on the equipment while in use.
9. Keep children and pets away from the equipment while in use. This machine is designed for adults only. The minimum free space required for safe operation is not less than two meters.
10. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
11. The maximum weight capacity for this product is 120 kgs.
12. Class - HC (according to EN ISO 20957) for home use

WARNING: Before beginning any exercise program consult your physician. This is especially important for the persons who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment.

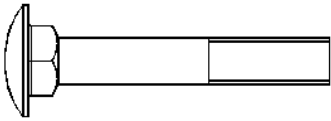
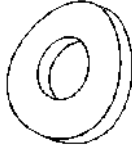

CAUTION: Read all instructions carefully before operating this product. Retain this Owner's Manual for future reference.

PARTS LIST


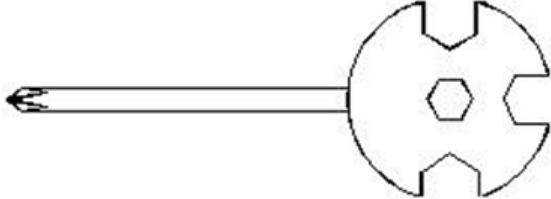
No.	Description	Qty
001	Main Frame	1
002	Front Stabilizer	1
003	Rear Stabilizer	1
004	Idle Wheel Bracket	1
005	Seat Post	1
006	Seat Sliding Tube	1
007	Handlebar Post	1
008	Handlebar	1
009	U Bracket	2
010	Washer Ø16xØ8x1.5	6
011	Eyebolt M8x85	1
012	End Cap For Front Stabilizer	2
013	End Cap For Rear Stabilizer	2
014	Big Curve Washer Ø8	8
015	Adjustable Leveler M8	1
016	Spring Ø6	2
017	Bolt M8x70	4
018	Seat Sliding Tube End Cap (□38)	2
019	Bolt M8x15	4
020	Bolt M8x20	1
021	Eyebolt M6x36	2
022	Idle Wheel Ø10xØ35	1
023	Screw ST2.9×12	2
024	Screw ST4.2×20	6
025	Screw ST4.2×25	7
026	Pan Head Phillips Self Drilling Screw ST4.2x25	4
027	Nylon Nut M8	6
028	Nut M6	2
029	Hexagon Nut M10	2
030	Cap Nut M8	4
031	Flywheel Ø230x40xØ32	1
032	Bearing Cup	2
033	Bearing 6000ZZ	2
034	Bearing Nut I 15/16"	1
035	Bearing Nut II 7/8"	1

036	Washer Ø24xØ40x3.0	1
037	Washer Ø23xØ34.5x2.5	1
038	Hexagon Nut 7/8"	1
039	Belt Pulley with Crank Ø240J6	1
040	Bolt M5X45	1
041	Big Curve Washer Ø5	1
042	Bolt M5X10	4
043	Handlebar Foam Grip Ø24xØ30x550	2
044	Left Pedal YH-30X	1
045	Right Pedal YH-30X	1
046	End Cap for Handlebar	2
047	Cover Cap	2
048	Round Knob M16	1
049	Hand Pulse Sensor with Wire L=750mm	2
050	Sensor with Wire L=750mm	1
051	Left Chain Cover	1
052	Right Chain Cover	1
053	Seat Post Bushing	1
054	Tension Control Knob	1
055	Tension Cable L=1150mm	1
056	Clamp Cover	1
057	Spacer (Ø12x20x1.5)	1
058	Handlebar Post Cover	1
059	Seat Post Cover	1
060	Belt PJ360 J6	1
061	Seat Cushion DD-982AT	1
062	Computer	1
063	Extension Sensor Wire (L=1000mm)	1
064	Handlebar T-Knob (M8x55)	1
065	Washer Ø12x Ø6x1.0	1
066	Bolt M6X10	1
067	Plug	1

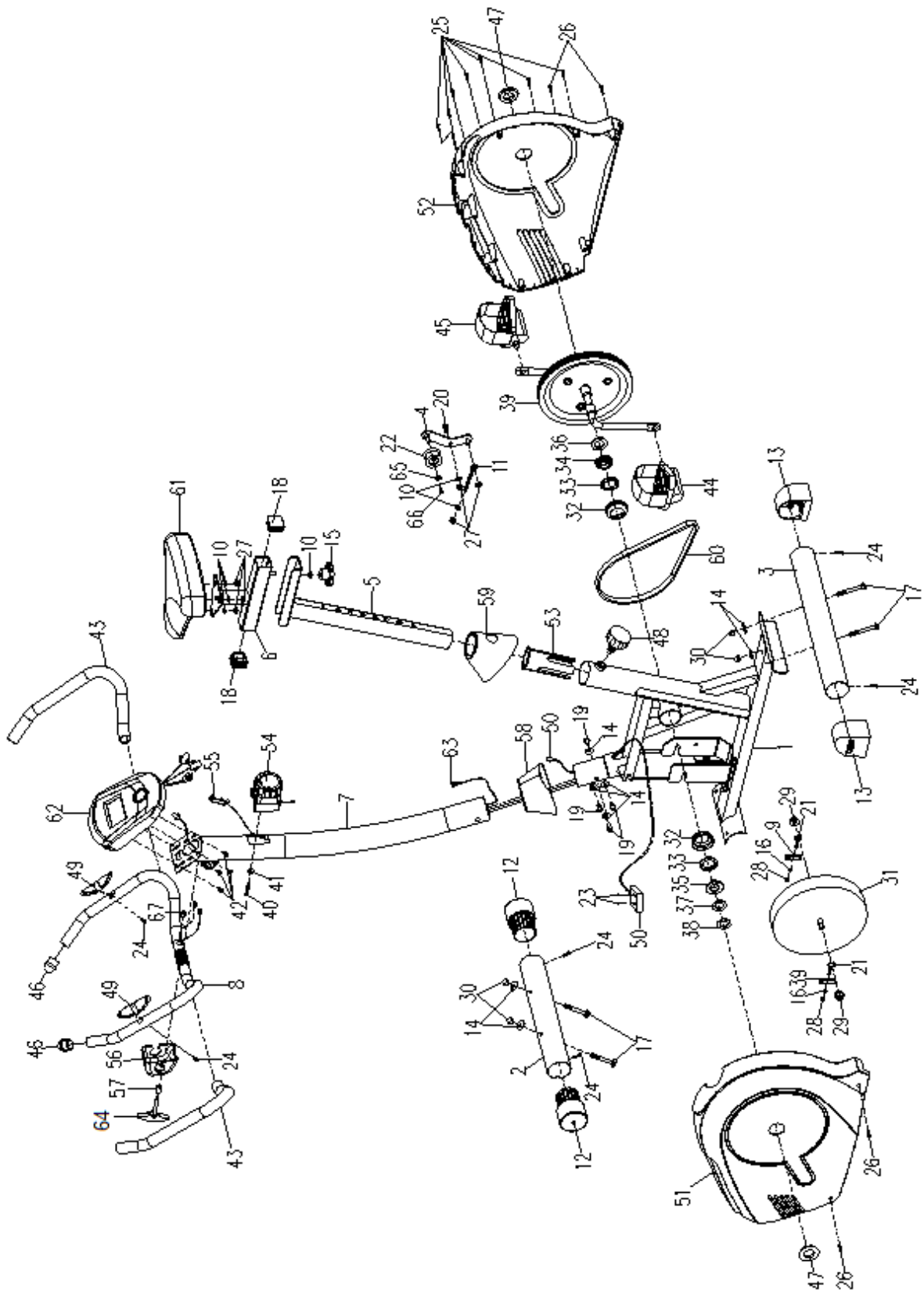
HARDWARE PACKING LIST

		
<p>(17) Bolt M8x70 4 PCS</p>	<p>(14) Big Curve Washer Ø8 4 PCS</p>	<p>(30) Cap Nut M8 4 PCS</p>

TOOLS

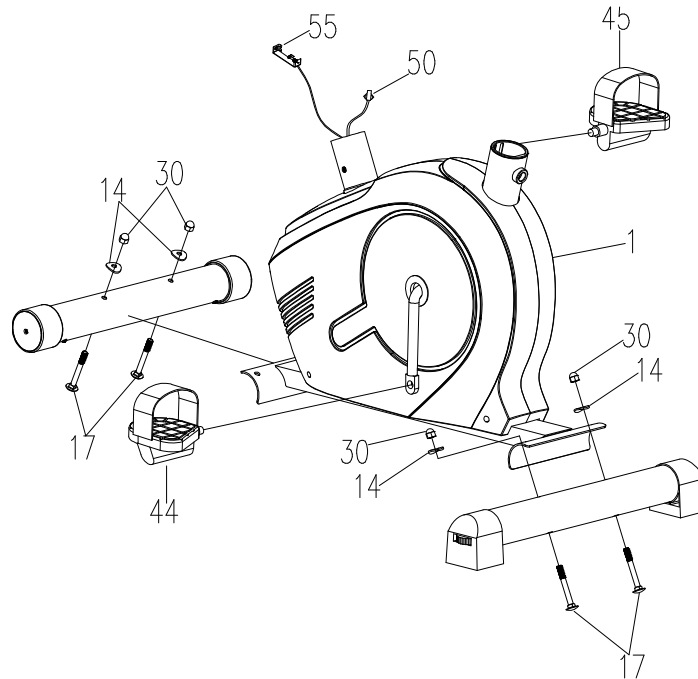
	
<p>Allen Wrench S6 1 PC</p>	<p>Multi Hex Tool with Phillips Screwdriver S10, S13, S14, S15 1 PC</p>

EXPLODED VIEW



ASSEMBLY INSTRUCTIONS

STEP 1: FRONT AND REAR STABILIZERS INSTALLATION



Position the Front Stabilizer (2) in front of the Main Frame (1) and align bolt holes. Attach the Front Stabilizer (2) onto the front curve of the Main Frame (1) with two M8x70 Bolts (17), two Ø8 Big Curve Washers (14), and two M8 Cap Nuts (30).

Position the Rear Stabilizer (3) behind the Main Frame (1) and align bolt holes. Attach the Rear Stabilizer (3) onto the rear curve of the Main Frame (1) with two M8x70 Bolts (17), two Ø8 Big Curve Washers (14), and two M8 Cap Nuts (30).

Foot Pedals Installation:

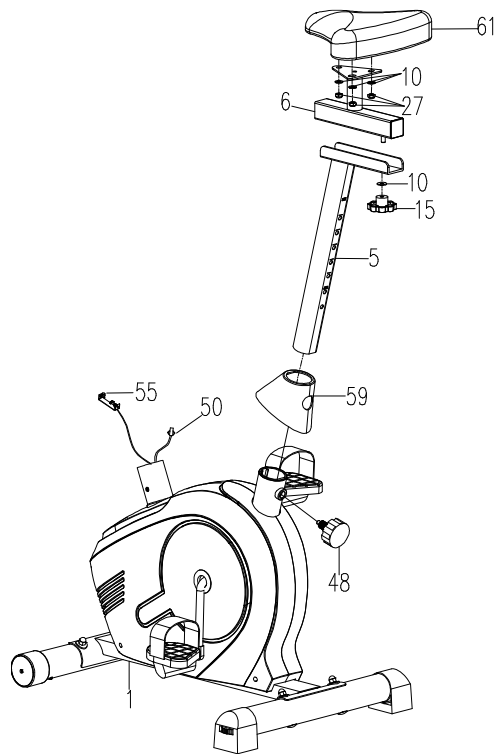
The Cranks, Foot Pedals, Pedal Shafts and Pedal Straps are marked “R” for Right and “L” for Left.

Insert the pedal shaft of Left Foot Pedal (44) into threaded hole in the left Crank (39). Turn the pedal shaft by hand in the counter-clockwise direction until snug.

Note: DO NOT turn the pedal shaft in the clockwise direction, doing so will strip the threads.

Screwdriver provided Insert pedal shaft of Right Foot Pedal (45) into threaded hole in right Crank (39). Turn the pedal shaft by hand in the clockwise direction until snug.

STEP 2: SEAT POST, SEAT POST COVER, SEAT CUSHION, AND SEAT SLIDING TUBE INSTALLATION

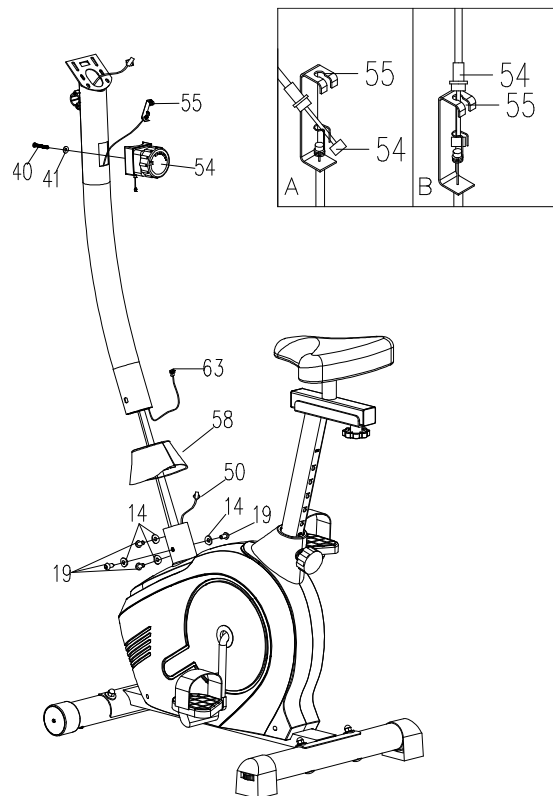


Slide the Seat Post Cover (59) onto the tube of the Main Frame (1). Insert the Seat Post (5) into the Seat Post Bushing (53) on the tube of the Main Frame (1) and then attach the Seat Post Knob (48) onto the tube of the Main Frame (1) by turning it in a clockwise direction with Multi Hex Tool provided to lock the Seat Post (5) in the suitable position.

Remove three M8 Nylon Nuts (27) and three Ø16xØ8x1.5 Washers (10) from underside of the Seat Cushion (61). Remove nylon nuts and washers with the Multi Hex Tool with Phillips Screwdriver provided. Guide bolts on underside of the Seat Cushion (61) through holes on top of the Seat Sliding Tube (6), attach with three removed M8 Nylon Nuts (27) and Ø16xØ8x1.5 Washers (10). Tighten nylon nuts and washers with the Multi Hex Tool with Phillips Screwdriver provided.

Guide the Seat Sliding Tube Bolt on underside of the Seat Sliding Tube (6) through hole on top of the Seat Post (5), attach with one Ø16xØ8x1.5 Washer (10) and Seat Adjustment Knob (15).

STEP 3: HANDLEBAR POST, HANDLEBAR POST COVER, AND TENSION CONTROL KNOB INSTALLATION



Remove four M8x15 Bolts (19), four Ø20xØ8x2.0 Washers (14) from the Main Frame (1). Remove bolts with the S6 Allen Wrench provided.

Slide the Handlebar Post Cover (58) up to the Handlebar Post (7).

Insert the Tension Cable (55) through into the bottom hole of Handlebar Post (7) and pull it out from the square hole of Handlebar Post (7).

Connect the Sensor Wire (50) from the Main Frame (1) to the Extension Sensor Wire (63) from the Handlebar Post (7).

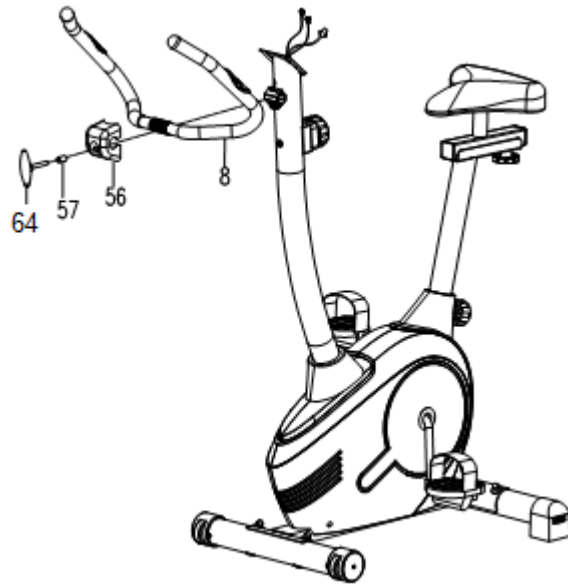
Insert the Handlebar Post (7) onto the tube of the Main Frame (1) and secure with four M8x15 Bolts (19), four Ø20xØ8x2.0 Washers (14) that were removed. Tighten bolts with the S6 Allen Wrench provided.

Slide the Handlebar Post Cover (58) down to the Handlebar Post (7).

Remove the M5x45 Bolt (40) and Ø5 Big Washer (41) from the Tension Control Knob (54). Remove bolt with the Multi Hex Tool with Phillips Screwdriver provided.

Put the cable end of resistance cable of Tension Control Knob (54) into the spring hook of Tension Cable (55) as shown in drawing A of figure 3. Pull the resistance cable of Tension Control Knob (54) up and force it into the gap of metal bracket of Tension Cable (55) as shown in drawing B of figure 3. Attach the Tension Control Knob (54) onto the Handlebar Post (7) with the M5x45 Bolt (40) and Ø5 Big Washer (41) that were removed. Tighten bolt with the Multi Hex Tool with Phillips Screwdriver provided.

STEP 4: HANDLEBAR INSTALLATION

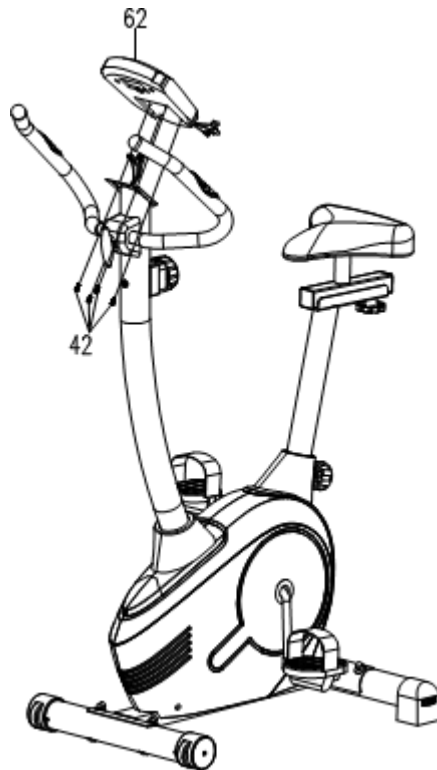


Insert the Hand Pulse Sensor Wires (49) into the hole on the Handlebar Post (7) and then pull them out from the top end of the Handlebar Post (7). Place the Handlebar (8) through clamp on the Handlebar Post (7) with hand pulse sensors facing the seat.

Hold the Handlebar (8) in desired position and fasten Clamp Cover (56), Ø12x20x1.5 Spacer (57), and Handlebar T-Knob (64) onto clamp. Tighten the Handlebar T-Knob (64) after adjustment.

NOTE: Handlebar T-Knob should be tightly secured before using.

STEP 5: COMPUTER INSTALLATION



Remove four M5x10 Bolts (42) from the Computer (62). Remove bolts with the Multi Hex Tool with Phillips Screwdriver provided. Connect the Hand Pulse Sensor Wires (49) and Extension Sensor Wire (63) to the wires that come from the Computer (62). Tuck wires into the Handlebar Post (7). Attach

the Computer (62) onto the top end of the Handlebar Post (7) with four M5x10 Bolts (42) that were removed. Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.

OPERATING THE COMPUTER

SPECIFICATIONS

TIME	0:00 - 99:59 MIN:SEC
SPEED	0.0 – 999.9 KM/H or ML/H
DISTANCE	0.00 – 99.99 KM or ML
CALORIES	0.0 – 999.9 KCAL
TOTAL/ODOMETER	0.00 – 99.99 KM or ML
PULSE	40 - 200 BEATS/MIN

KEY FUNCTION

MODE: To select the function you want. Hold the key for 4 seconds to have all function values reset except the TOTAL.

SET: To input the target value.

RESET: To let the value reset.

OPERATION PROCEDURES

AUTO ON/OFF .The monitor will be automatically shut off if there is no signal coming in for 4 minutes. The monitor will be auto-powered when start exercise or press the key.

FUNCTION

1. TIME (TMR): Auto-memorize the workout time while exercising.
2. SPEED (SPD): Display the current speed.
3. DISTANCE (DST): Accumulate the distances while exercising.
4. TOTAL/ODO: Display the total distances while exercising. When the signal input, it start the value up on the original data. The TOTAL/ODO can't be reset (by any key)except you replace battery once.
5. CALORIES (CAL): Auto-memorize calories amount consumed while exercising.
6. PULSE (PUL): Display the user's heart rate per minute while exercising. Remark: You have to hold on reaction planks with both hands.
7. SCAN: Automatically scan through each function.

BATTERY

If there is a possibility to see an improper display on the monitor, please replace the batteries to have a good result. This monitor uses two "AA"or one"AAA" battery or one"1.5V" button battery. You can replace the batteries at the same time.

MAINTENANCE

Cleaning

The upright bike can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the upright bike after each use. Be careful not get excessive moisture on the computer display panel as this might cause an electrical hazard or electronics to fail. Please keep the upright bike, specially, the computer console, out of direct sunlight

to prevent screen damage. Please inspect all assembly bolts and pedals on the machine for proper tightness every week.

Storage

Store the upright bike in a clean and dry environment away from children.

TROUBLESHOOTING

The upright bike wobbles when in use.	Turn the adjustable leveler on the rear stabilizer as needed to level the upright bike.
There is no display on the computer console.	<ol style="list-style-type: none"> 1. Remove the computer console and verify the wires that come from the computer console are properly connected to the wires that come from the handlebar post. 2. Check if the batteries are correctly positioned and battery springs are in proper contact with batteries. 3. The batteries in the computer console may be dead. Change to new batteries.
There is no heart rate reading or heart rate reading or is erratic / inconsistent.	<ol style="list-style-type: none"> 1. Make sure that the wire connections for the hand pulse sensors are secure. 2. To ensure the pulse readout is more precise, please always hold on to the handlebar grip sensors with two hands instead of just with one hand only when you try to test your heart rate figures. 3. Gripping the hand pulse sensors too tight. Try to maintain moderate pressure while holding onto the hand pulse sensors.
The upright bike makes a squeaking noise when in use.	The bolts may be loose on the upright bike, please inspect the bolts and tighten the loose bolts.

WARM UP AND COOL DOWN ROUTINE

A good exercise program consists of a warm-up, aerobic exercise, and a cool down. Do the entire program at least two to three times a week, resting for a day between workouts. After several months you can increase your workouts to four or five times per week.

AEROBIC EXERCISE is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart. Aerobic fitness is promoted by any activity that uses your large muscles e.g.: legs, arms and buttocks. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

The **WARM-UP** is an important part of any workout. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

COOL DOWN at the end of your workout, repeat these exercises to reduce soreness in tired muscles.

HEAD ROLLS

Rotate your head to the right for one count, feeling the stretch up the left side of your neck, then rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, then drop your head to your chest for one count.



SHOULDER LIFTS

Lift your right shoulder toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



SIDE STRETCHES

Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.



QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot.



INNER THIGH STRETCH

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.



TOE TOUCHES

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 counts.



HAMSTRING STRETCHES

Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg.



CALF/ACHILLES STRETCH

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.



TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS

General Conditions of Warranty and Definition of Terms

All Warranty Conditions stated hereunder determine Warranty Coverage and Warranty Claim Procedure. Conditions of Warranty and Warranty Claims are governed by Act No. 40/1964 Coll. Civil Code, Act No. 513/1991 Coll., Commercial Code, and Act No. 634/1992 Coll., Consumer Protection Act, as amended, also in cases that are not specified by these Warranty rules.

The seller is SEVEN SPORT s.r.o. with its registered office in Borivojova Street 35/878, Prague 13000, Company Registration Number: 26847264, registered in the Trade Register at Regional Court in Prague, Section C, Insert No. 116888.

According to valid legal regulations it depends whether the Buyer is the End Customer or not.

“The Buyer who is the End Customer” or simply the “End Customer” is the legal entity that does not conclude and execute the Contract in order to run or promote his own trade or business activities.

“The Buyer who is not the End Customer” is a Businessman that buys Goods or uses services for the purpose of using the Goods or services for his own business activities. The Buyer conforms to the General Purchase Agreement and business conditions to the extent specified in the Commercial Code.

These Conditions of Warranty and Warranty Claims are an integral part of every Purchase Agreement made between the Seller and the Buyer. All Warranty Conditions are valid and binding, unless otherwise specified in the Purchase Agreement, in the Amendment to this Contract or in another written agreement.

Warranty Conditions

Warranty Period

The Seller provides the Buyer a 24 months Warranty for Goods Quality, unless otherwise specified in the Certificate of Warranty, Invoice, Bill of Delivery or other documents related to the Goods. The legal warranty period provided to the Consumer is not affected.

By the Warranty for Goods Quality, the Seller guarantees that the delivered Goods shall be, for a certain period of time, suitable for regular or contracted use, and that the Goods shall maintain its regular or contracted features.

The Warranty does not cover defects resulting from:

User's fault, i.e. product damage caused by unqualified repair work, improper assembly, insufficient insertion of seat post into frame, insufficient tightening of pedals and cranks

Improper maintenance

Mechanical damages

Regular use (e.g. wearing out of rubber and plastic parts, joints etc.)

Unavoidable event, natural disaster

Adjustments made by unqualified person

Improper maintenance, improper placement, damages caused by low or high temperature, water, inappropriate pressure, shocks, intentional changes in design or construction etc.

Warranty Claim Procedure

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: