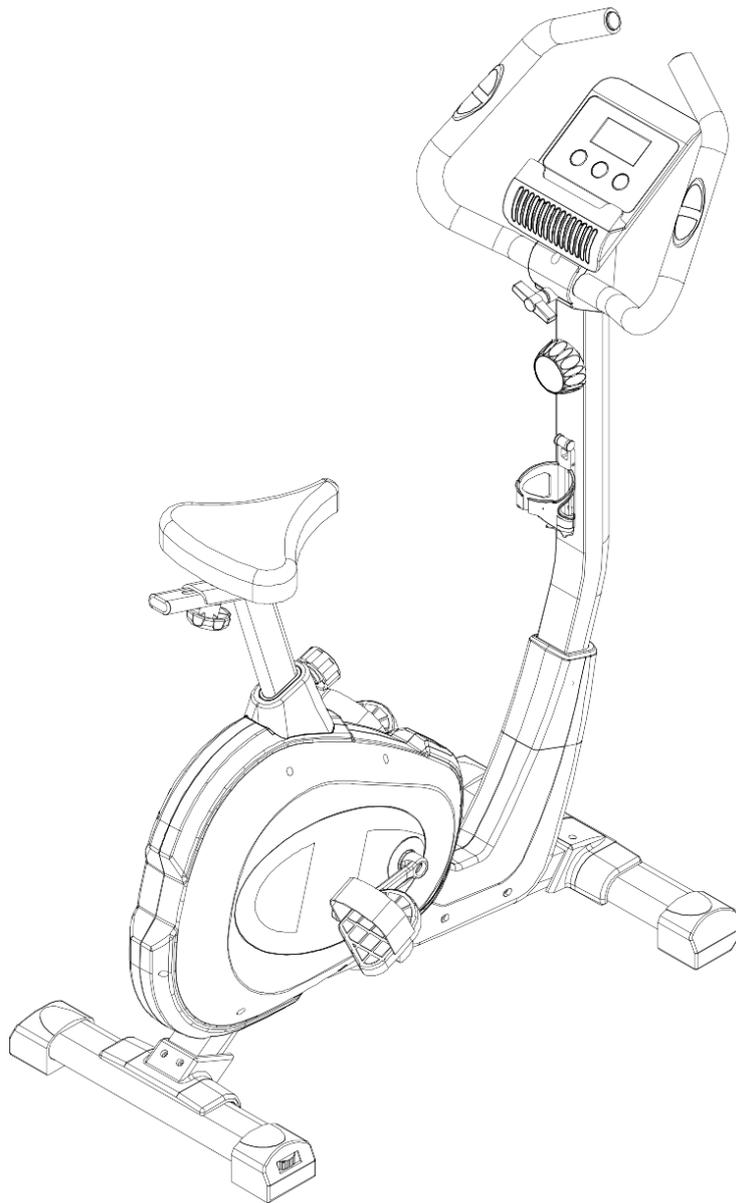




## USER MANUAL – EN

### IN 11188 Exercise Bike inSPORTline Klegan



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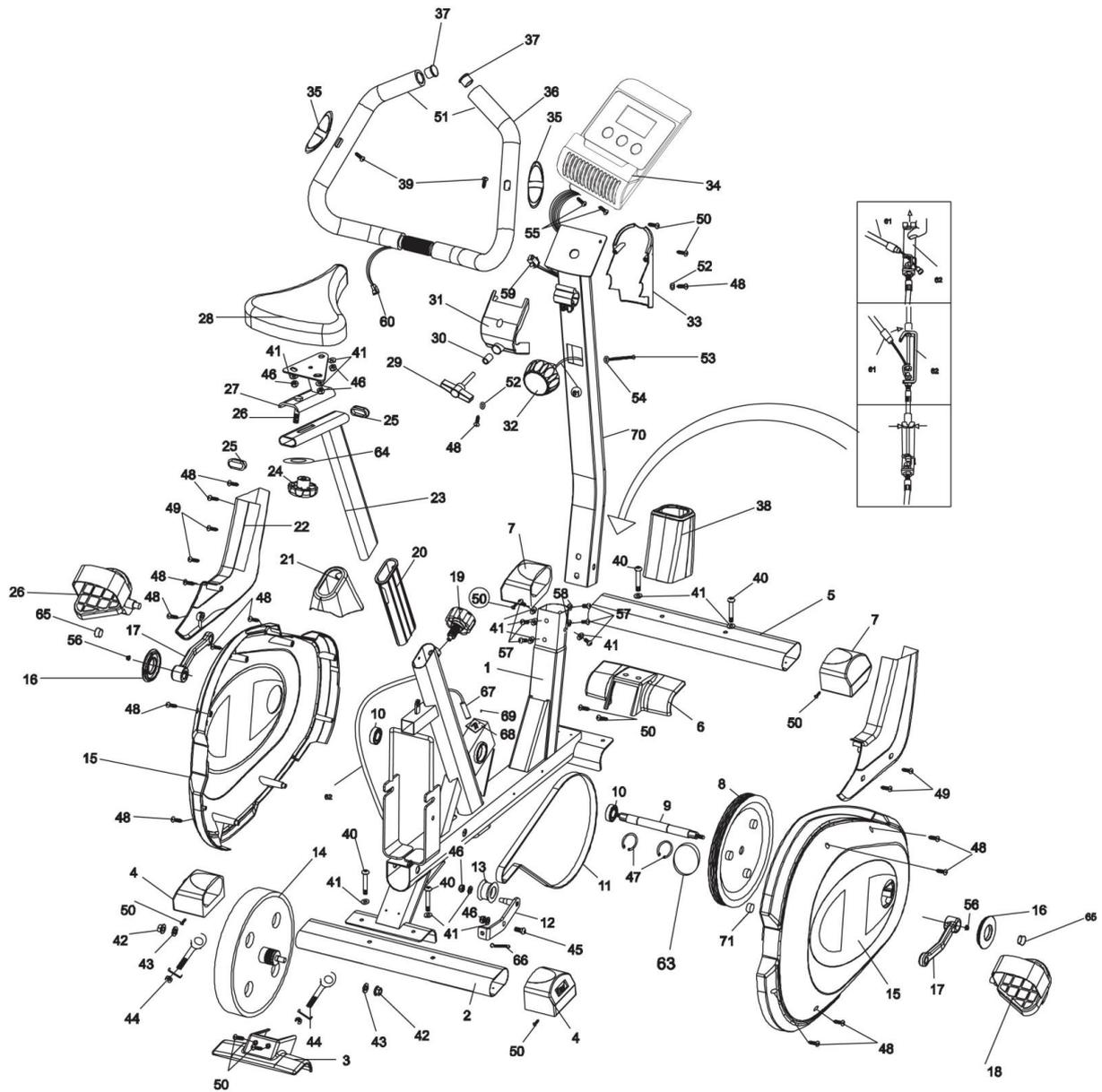
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## SAFETY INSTRUCTIONS

- Read all instruction in this manual before using this equipment and keep it for future references.
- Use the machine only for its intended use as described in this manual.
- Inspect and tighten all the loose parts before this equipment is used.
- Keeps hands away from moving parts.
- Keep children and pets away from the machine at all time. DO NOT leave children unattended in the same room with the machine.
- Before using the machine to exercise, always do stretching exercise to properly warm up.
- Inspect the machine before each use; make sure all of the connections are tightly secured.
- Only one person at a time should use the machine.
- If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
- Position the machine on a clear, levelled surface. DO NOT use the machine near water or outdoor.
- Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Sporting shoes are recommended when using the machine.
- Do not place any sharp object around the machine.
- Disabled persons should not use the machine without a qualified person or physician in attendance.
- Never operate the machine if the machine is not functioning properly.
- Only carry out training work on the equipment when it is in perfect working order. Only use original spare parts in the event of a repair.
- Do not use strong solvents for cleaning, and only use the tools supplied, or suitable ones of your own, for any repairs that may be required.
- Please dispose of the packaging and any parts that have to be replaced subsequently (all parts for the unit) at suitable collecting points or containers with a view to saving the environment.
- DO NOT pull out the seat tube over the warning line" max" which showing on the tube, when you adjust the height of the seat.
- Not for therapeutic use.
- For safety keep at least 0.6 m free space around the device.
- Do not put sharp items on the device. Adjustable parts should not interfere with user's movement.
- **Category:** HC for home use
- **Weight limit:** 130 kg
- **WARNING!** The heart rate monitoring system may not be accurate. Overexertion during training can cause serious injury or death. If you feel nauseous, stop exercising immediately!
- **WARNING:** Before beginning any exercise program, consult your physician. This is especially important for persons with pre-existing health problems. The seller assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

# DRAWING



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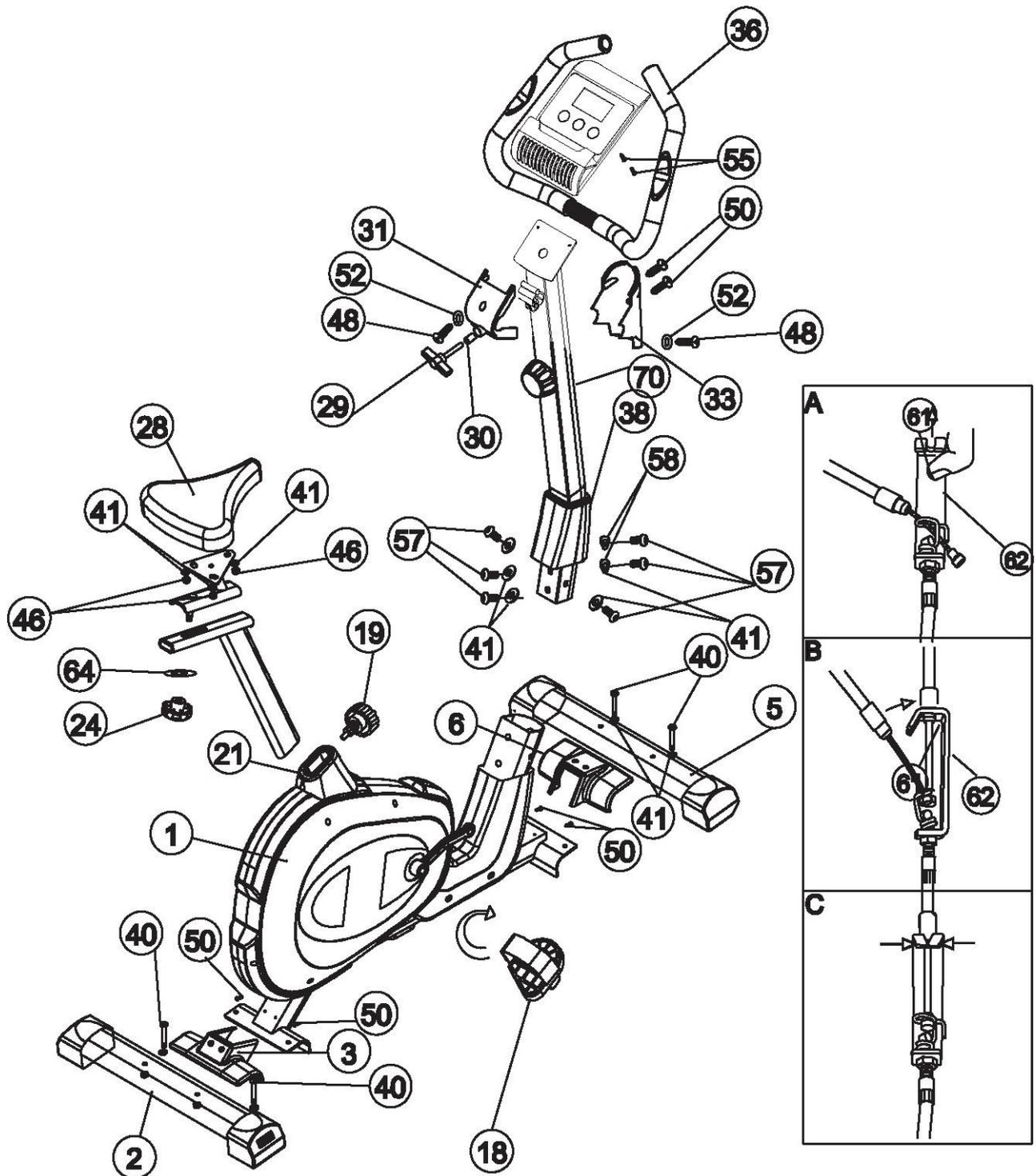
## PARTS LIST

No.	Name	Spec.	Qty
1	Main frame	880*200*630MM	1
2	Rear stabilizer	460*(80*40)*1.5	1
3	Rear stabilizer cover	HIPS	1
4	Rear stabilizer adjustable foot	HIPS	2
5	Front stabilizer	460*(80*40)*1.5	1
6	Front stabilizer cover	HIPS	1
7	Front stabilizer end cap	HL28 *25	2
8	Pulley	R240	1
9	Axle	M8*10	1
10	Bearing	6003	2
11	Belt	390J6	1
12	Idler Arm	131.2*25*5	1
13	Idler Pulley	23*5*10	1
14	Load Wheel	260*7KGS	1
15	Main Frame Side Cover (R - Right / L - Left)	HIPS	2
16	Crank cover	HIPS	2
17	Right crank (right and left)	6.5#CP	2
18	Right pedal	YH-30X	1
19	Release knob	21*11*16MM	1
20	Drink holder	CT18 30*70	1
21	Seatpost cover	HIPS	1
22	Front chain cover (right and left)	HIPS	2
23	Seat post	792.7*55*2	1
24	Hand bolt	25.4	1
25	Cover	HIPS	2
26	Left pedal	YH-30X	1
27	Saddle holder	420*(60*20)*1.5	1
28	Saddle		1
29	Hand knob	M8*60C	1
30	Cover	pp	1
31	Handlebar cover (rear)	HIPS	1
32	Resistance control		1
33	Steering wheel cover (front)		1
34	Console		1
35	Heart rate monitor		2

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36	Handles	560*526.1*1.5	1
37	Round end cap	HIPS	2
38	Front cover	HIPS	1
39	Heart rate sensor screw		2
40	Carrier bolt	M8x55	4
41	Flat washer	18/8,5x1,5	10
42	Nut	M8	2
43	Flat washer	20/10x2	2
44	Adjustable screw	M6x36	2
45	Bolt		1
46	Nylon nut	M8	2
47	C-ring	R15	2
48	Bolt	M4x20	14
49	Bolt	M4x20	4
50	Bolt	M4x15	10
51	Foam handles	25.4*T3*640 mm	2
52	Flat washer	10*5	2
53	Bolt	6*48	1
54	Washer	M8	1
55	Bolt	6*48	1
56	Nut	M15	2
57	Screw	M8x15	6
58	Curved washer	20/8,5x2,5	1
59	Connecting cable		1
60	Heart rate monitor cable		1
61	Resistance cable		1
62	Tension cable		1
63	Curved washer	M10	1
64	Flat washer	22/8,5x1,5	1
65	Crank center cap		2
66	Spring	13*1.5	1
67	Speed sensor + cable		1
68	Sensor holder		1
69	Bolt	M10	2
70	Front post		1
71	Magnet		1

# ASSEMBLY



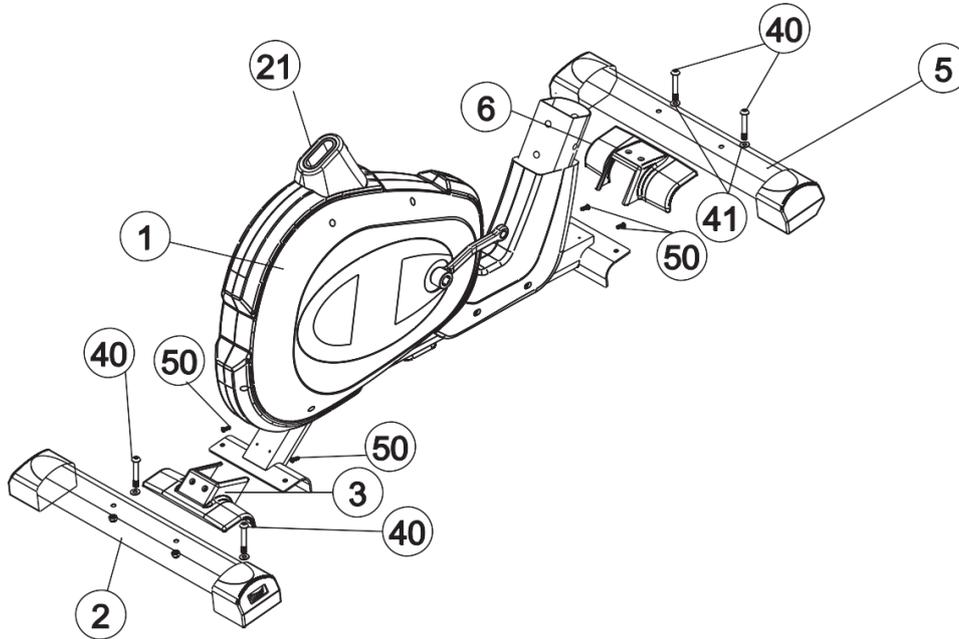
### Step 1

Attach the rear stabilizer (2) to the main frame (1) using bolts (40) and washers (41).

Attach the front stabilizer (5) to the main frame (1) using bolts (40) and washers (41).

Attach the cover (3) to the rear stabilizer (2) and main frame (1) using bolts (50).

Attach the cover (6) to the front stabilizer (5) and main frame (1) using bolts (50).



## Step 2

Attach the seat (28) to the seat bracket (27) using the washers (41) and nuts (46).

Attach the seat bracket (27) to the seat post (23) using the washer (64) and hand bolt (24).

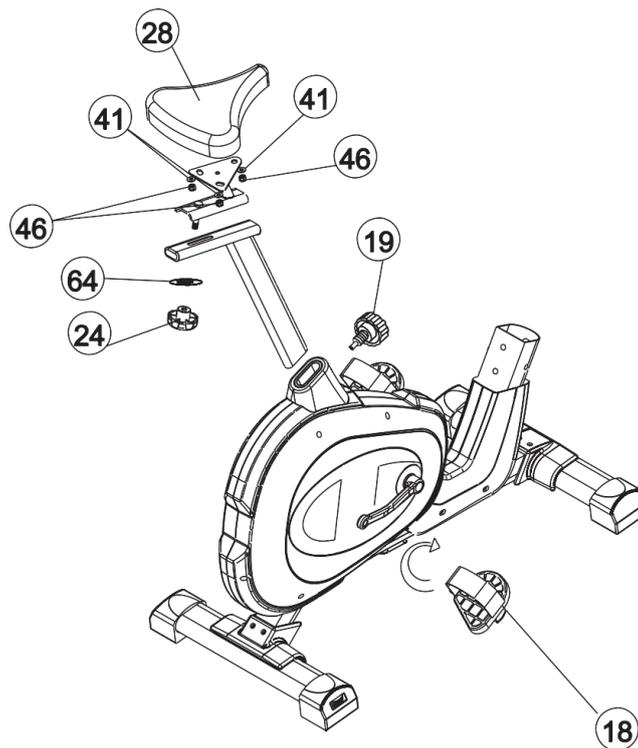
Attach the seat post (23) to the main frame (1) using the hand bolt (19).

NOTE: Do not pull the seat post out of the frame beyond the "MAX" limit.

Attach the pedals (18/26) to the cranks. Screw the right pedal R onto the right crank (in the direction of travel) clockwise. The left pedal L is screwed onto the left crank counterclockwise.

Attach the straps to the pedals.

NOTE: The strap length is adjustable in 4 stages. Adjust the strap length to match the size of your foot/shoe.



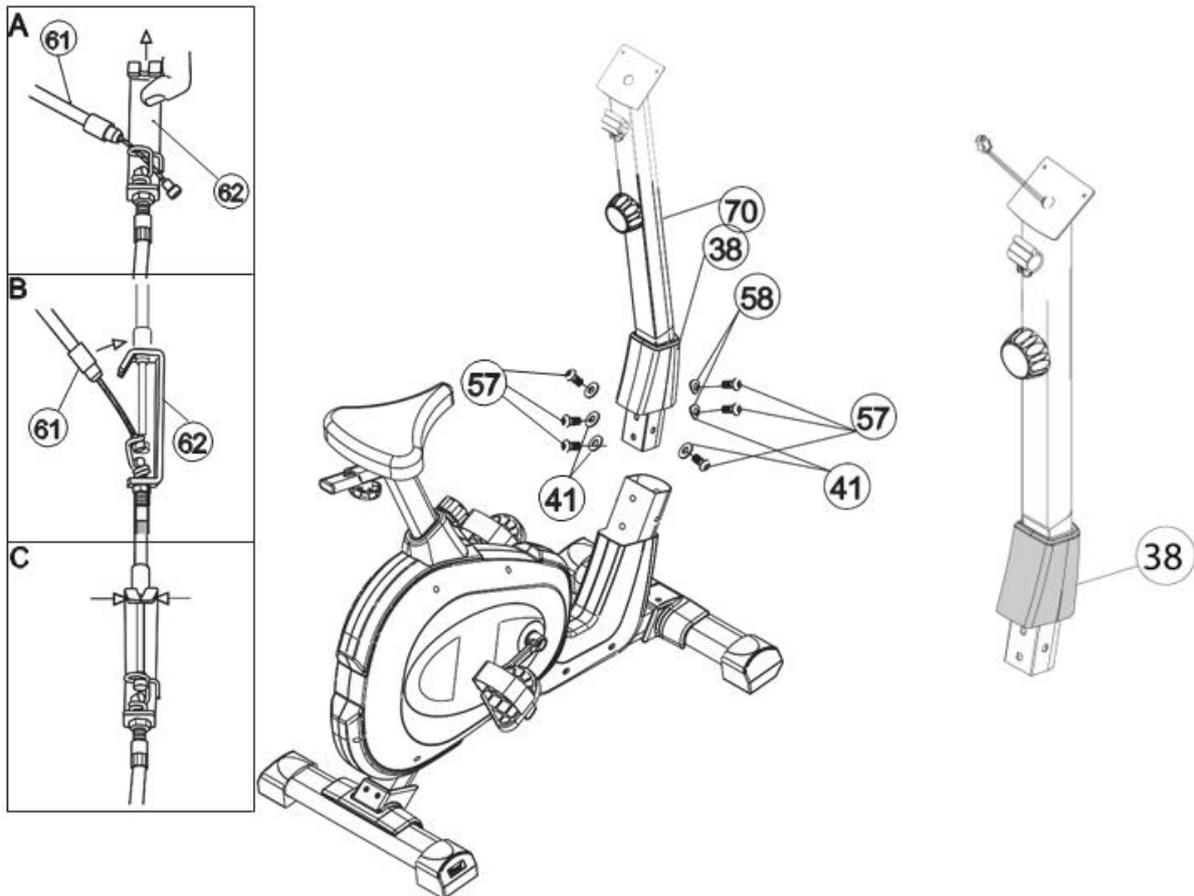
### Step 3

Remove the Allen bolts (57), the arc washers (58) and the flat washers (41) from the main frame (1).

Connect the sensor cable coming from the main frame to the connecting cable (59) coming from the front post (70).

Connect the resistance regulator cable (61) and the tension cable (62) - see figure A, B, C. Place the front post (70) together with the cover (38) on the main frame (1) and secure it with the Allen bolts (57), arc washers (58) and flat washers (41).

NOTE: Tighten the fasteners only by hand at first. Only tighten the individual screws one by one with a wrench after all the screws have been screwed in.

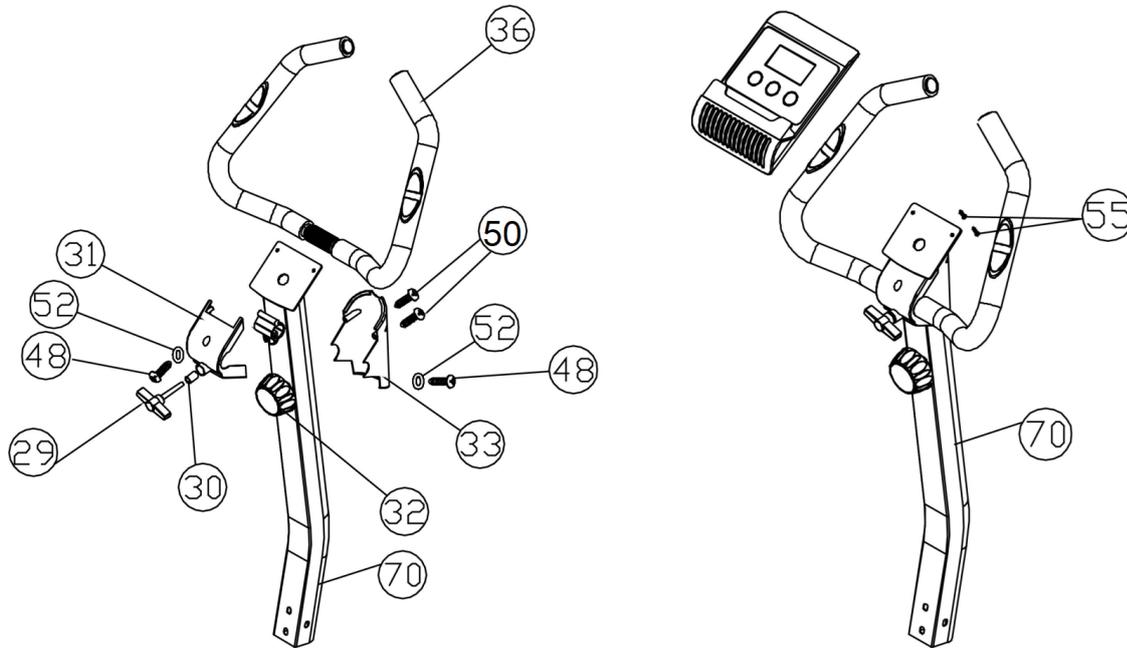


#### Step 4

Attach the handle (36) to the front post (70) using the rear cover (31), the sleeve (30) and the thumb screw (29).

Attach the front (33) and rear handle covers (31) to the front post (70) using the Phillips screws (50 and 48) and flat washers (52).

Remove the screws (55) from the back of the console (34). Plug the connection cable (59) into the hole in the computer (34). Screw the computer to the front post (70) using the removed screws (55). Connect the heart rate sensor cable to the computer (34).



# CONSOLE



## SPECIFICATIONS

TIME (TMR)	00:00-99:00	ODOMETER	0.0-999.9KMorML
SPEED (SPD)	0.0-99.9KM/H	PULSE	40-240BPM
DISTANCE (DST)	0.00-999.9KM	CALORIES (CAL)	0-9999KCAL

## KEY FUNCTION

**MODE:** This key lets you to select and lock on to a particular function you want.

**PAUSE:** Press to start or stop the operation of functions.\* (IF HAVE)

**SET:** The key allows you to choose a target value for TIME, DISTANCE, CALORIES, PULSE.

But SPEED and ODO cannot set

**RESET:** RESET KEY to set the target KEY specific cleared, long press RESET for KEY specific more than 3 seconds above, electronic watch RESET all numeration RESET

## OPERATION PROCEDURES

### 1. AUTO ON/OFF

- The system turns on when any key is pressed or when it receives an input from the speed sensor.
- The processor turns off automatically when the speed sensor has no signal input or no key is pressed for approximately 4 minutes.

### 2. RESET :

The unit can be reset by changing the batteries or pressing the RESET key for 3 seconds.

### 3. HOW TO PRESET TIME, DISTANCE, ODOMETER, PULSE & CALORIES:

Press the MODE key until the function brand which is going to be preset is flashing.

Press the MODE key once the function brand stop flashing.

Next, choose the value you want to exercise by the SET key.

When the speed sensor has any signal input. The monitor will begin to count down.

it will beep for 4 seconds to indicate the completion of workout which is preset, Press any key to stop beeping. If data is not preset, any function date will count up.

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#### 4. FUNCTIONS:

TIME: The time of exercise will be displayed by pressing MODE key until brand TIME appear.

SPEED: Current speed will be shown by pressing MODE key until brand SP(SPD) appear.

DISTANCE The distance of each workout will be displayed by pressing MODE key until brand DIST appear.

ODOMETER: Press the MODE key until the pointer advance to ODO the total accumulated

\*(IF HAVE) distance will be shown.

PULSE: Users current heart rate is displayed in beats per minute(BPM)by pressing

\*(IF HAVE) MODE key until brand PULSE appear, Place the palms of your hands on both of the contact beds and wait for30seconds for the most accurate reading.

CALORIES: The calories burned will be displayed by pressing MODE key until brand CAL appear.

SCAN: Automatic display of the following functions in the order shown: TIME-SPEED-DISTANCE- - CALORIES- ODOMETER (if have)- PULSE(if have)

(OR) TIME-SPEED-DISTANCE-ODOMETER (if have) - PULSE(if have -CALORIES

#### BATTERY

- This monitor uses two AA batteries. If improper display on monitor, please re-install the batteries to have a good result.

#### KINOMAP

1. Search "KINOMAP" in mobile app store to download app.



**Kinomap**  
Kinomap SAS

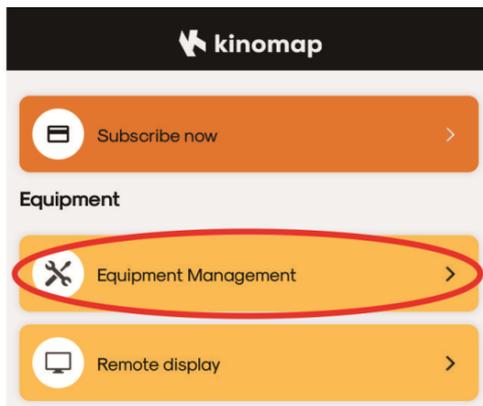
2. After downloading, open the app and register new account or log in. Turn on Bluetooth and location. Make sure that the console is turned on.

Note:

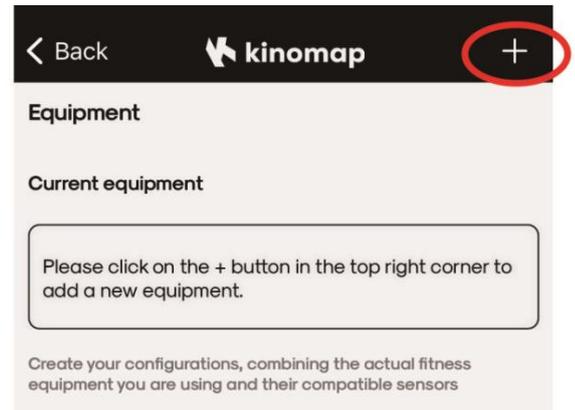
- When the smartphone is connected to the console, the console display will switch off. All data will be displayed on the app.
- To display the information on the console again turn off the app and Bluetooth on your smartphone.

2. Add exercise bike brand to the app:

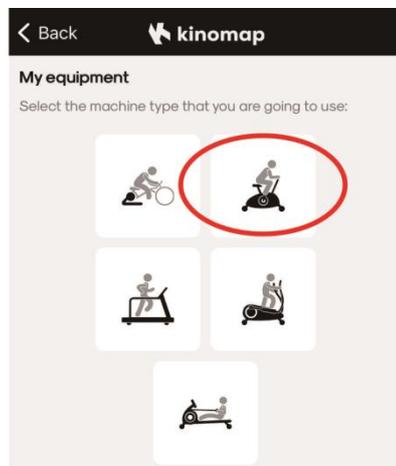
1. Tap "Equipment Management"



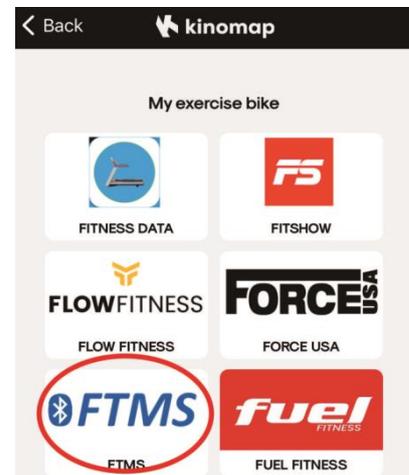
2. Tap "+"



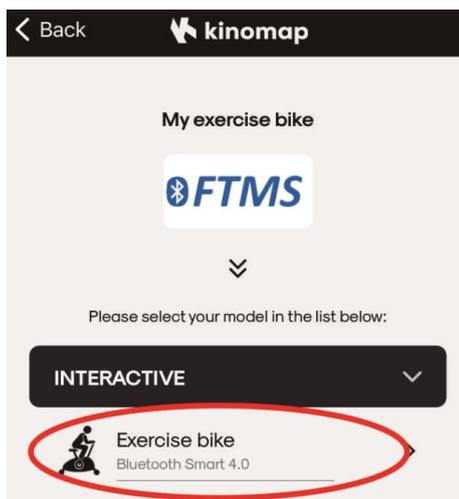
3. Select "Exercise Bike"



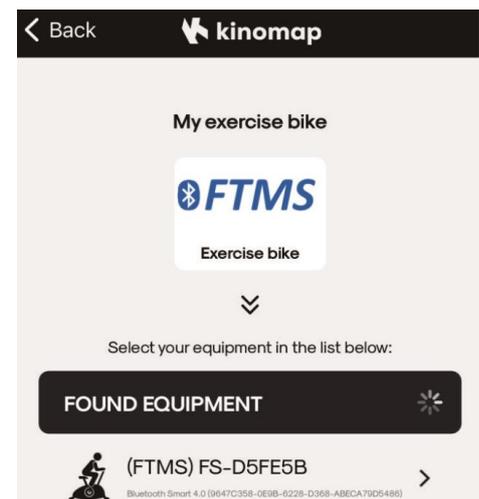
4. Select "FTMS"



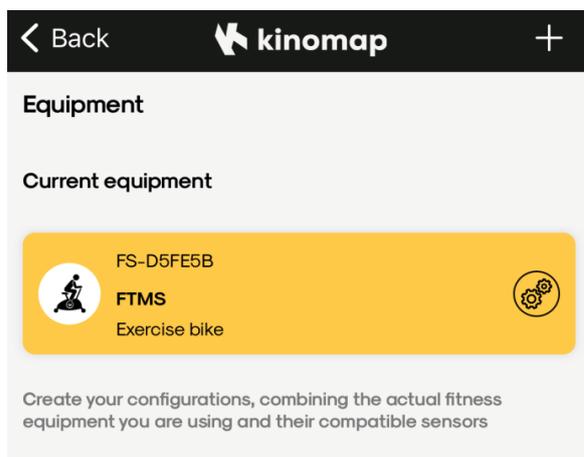
5. Select model



6. Select equipment



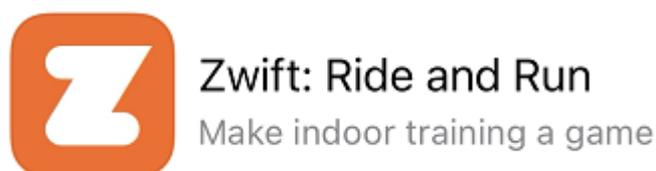
7. Add equipment to complete, start your exercise.



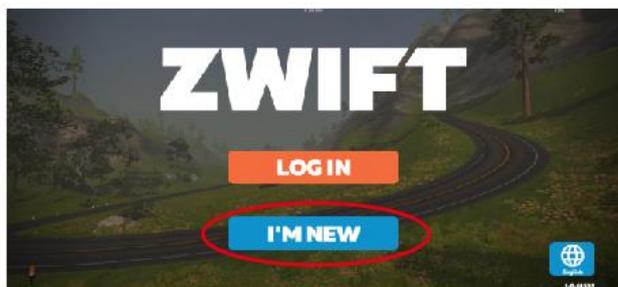
8. Please fill in the brand and model: inSPORTline - exercise bike - Klegan

## Zwift

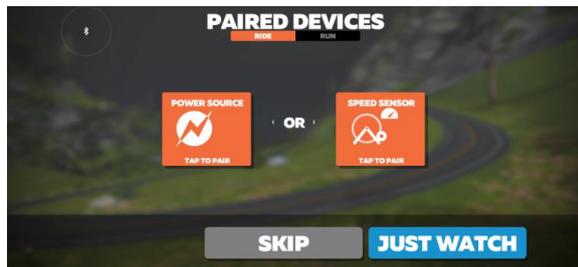
1. Search "Zwift" in mobile app store to download app:



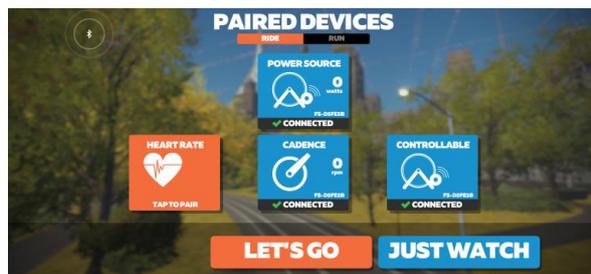
2. After downloading, open the app and register new account or log in. Turn on Bluetooth and location. Make sure that the console is turned on.



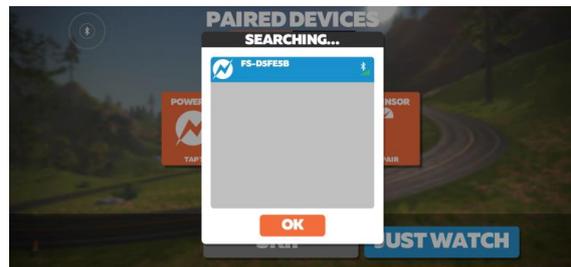
Connect the sports equipment as follows: Select "RIDE" Tap to pair on "POWER SOURCE"



Check if the device connected



Select the paired device



Connect equipment to complete. Start your exercise!



## USE

Exercise on the exercise bike is based on very simple movements, but you will surely fall in love with them. Thanks to simplicity of the exercise on the exercise bike in can be done by elderly people. Prior to exercise, it is necessary to adjust the height of the saddle. It is important that you sit comfortably. The bicycle saddle must be set so that you can hold the ergonomically shaped handles when sitting. You should not have fully extended hands. You can damage your muscles.

To ensure a comfortable and comfortable exercise, put your feet on the pedal. Nowadays, all modern pedals are equipped with straps for fastening and stabilizing of the foot. It is important for your foot to be firmly and safely positioned during exercise.

The basis of exercising on a bicycle is that the legs are moving on a specific elliptical path. This movement is very similar to cycling. When doing exercise on a bicycle, you just sit on the saddle with the right height, keep your feet firmly in the pedals, hold the ergonomically shaped handles and exercise.

It is advisable at the beginning to choose a lower load. If you exercise at regular intervals on an exercise bike, you can gradually increase the load. You can increase the load gradually over a week or two weeks. Selecting a high load during the start of training can lead to rapid fatigue and muscle damage.

When exercising, it's important to choose the right load and the right tempo. Try to keep it throughout the exercise. It is not recommended to choose a high pace right from the start. Increase tempo after about a week of regular exercise. The high pace is not equal to the faster burning of calories. Correct calorie burning is reflected in an appropriate and regular exercise. At the beginning of the exercise, the number of burned calories may seem low, but regular and appropriate exercise is the key to achieving the best results.

Exercise on the exercise bike also leads to the formation of muscles. It is mainly used to strengthen the thigh and calf muscles. While exercising on a bicycle, you also move your buttocks.

If you want to exercise right, you should not forget to breathe properly. Proper and regular breathing is recommended in any exercise. It is important to keep regular deep inhales and exhales. Regular and proper breathing during exercises on the exercise bike involves intense exercise of the abdominal muscles. It is advisable to practice 30-35 after consuming food. Failure to do so may result in less calories burned, and in older age even lead to digestive problems.

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For best results, you should also consider your diet. It is recommended to start a day of eating sweet food and pastries or muesli with milk. For lunch is recommended to eat a caloric richer meal. Do not forget about the soup. In the evening, light meals are recommended. If you want to improve your health, it's not just a regular exercise but a whole diet.

Bicycle exercise is an effective exercise for all busy people. Exercise on the exercise bike is effective in strengthening muscles, especially thighs, calves and buttocks. Regular exercise can lead to a slimmer figure. Exercise is recommended not only as a winter training for cyclists but also for people who want to burn excess calories. Regular breathing, regular exercise, reasonable tempo, and balanced diet can lead to your desired results.

## **CORRECT BODY POSTURE**

When training, keep your body upright, or you can learn your hand on your forearms. During pedaling, you should not have your legs fully extended. Your knees should be slightly bent when fully pressing down the pedal. Keep your head straight with your spine to minimize the pain of the cervical muscles and upper back muscles. Always exercise fluently and rhythmically.

## **MAINTENANCE**

- When assembling, tighten all screws and adjust the bike to the horizontal position.
- Check the screws after 10 hours of use.
- Wipe the sweat after the exercise. Clean the device with a cloth and gentle cleanser. Do not use solvents or aggressive cleaners on the plastic parts.
- When noise is increased, it is necessary to check that all joints are tightened properly.
- Place the product in a clean, ventilated and dry room.
- Do not expose the device to direct sunlight.

## **STORAGE**

Keep the exercise bike in a clean and dry environment. Make sure the power switch is turned off and the exercise bike is not plugged into the power socket.

## **IMPORTANT NOTICE**

- This exercise bike comes with standard safety regulations and is only suitable for home use. Any other use is prohibited and may be dangerous to users. We are not responsible for any injury caused by improper and forbidden use of the machine.
- Consult your doctor before starting training on the exercise bike. Your doctor should evaluate whether you are physically fit to use the machine and how much effort you are able to undergo. Incorrect exercise or switching of the body can harm your health.
- Carefully read the following tips and exercises. If you experience pain, nausea, breathing, or other health problems during exercise, immediately stop the exercise. If the pain persists, contact your doctor immediately.
- This exercise bike is not suitable as a professional or medical purpose. It can also not be used for healing purposes.
- The heart rate monitor is not a medical device. It provides only approximate information about your average heart rate, and any suggested pulse rate is not medically binding. Accumulated data may not always be accurate regarding uncontrollable human and environmental factors.

## 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 here under 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 Kutnohorská 531, Štěrboholy Retail Park, 109 00, Praha 10, ČR, 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.

### Batteries

6-month battery warranty – we guarantee that battery's nominal capacity does not fall below 70% of its total capacity within 6 months of the product's sale.

### 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.

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## 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

#### SEVEN SPORT s.r.o.

Registered Office: Kutnohorská 531, Štěřboholý Retail Park,  
109 00, Praha 10, ČR

Headquarters: Dělnická 957, Vítkov, 749 01  
Warranty & Service: Čermenská 486, Vítkov 749 01

CRN: 26847264  
VAT ID: CZ26847264

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## About shipping

