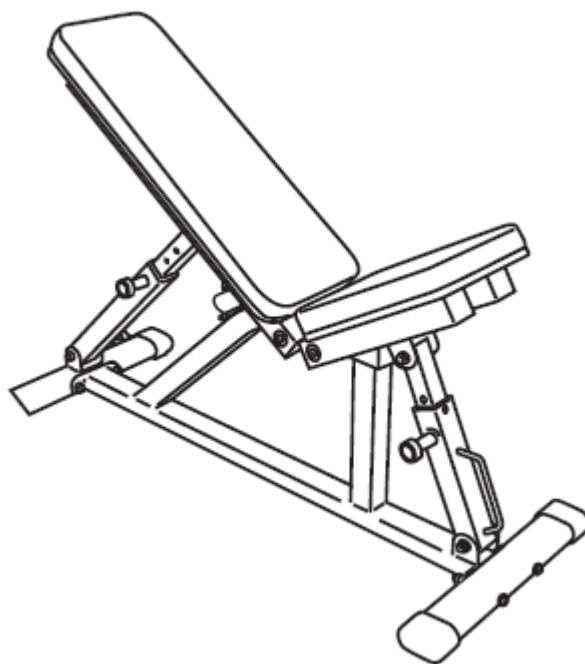




USER MANUAL – EN

IN 20844 Adjustable bench inSPORTline AB100 TC-003



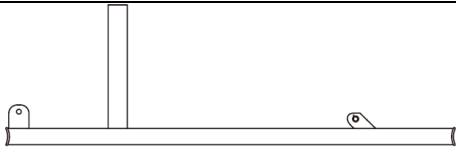
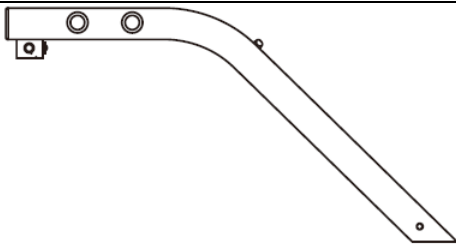
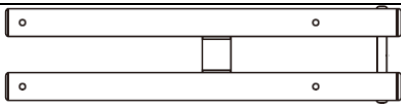
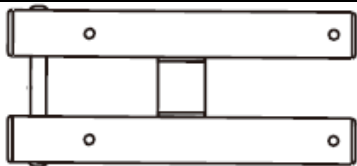







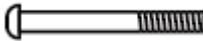


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

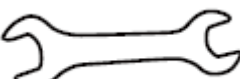

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SAFETY INSTRUCTIONS

- Read the manual carefully before assembly and using the device to avoid injury. Instruct other users about security.
- Only assemble, maintain and use the product according to the manual. Do not make unauthorized product modifications.
- Regularly check all bolts and nuts. Check for damage or wear on a regular basis. Do not use a damaged or worn product.
- Exercise reasonably. If you feel dizzy, stop exercising and contact your doctor.
- Before starting an exercise, do warm up exercise.
- Consult your physician before starting the exercise program. This is especially necessary if you are over 35 years old or have health complications.
- Keep away from children and animals. Only an adult may assemble and use the equipment.
- After installation, check all components. If you find any deficiency, contact service.
- Be especially careful during assembly. Use the assistance of another adult for greater safety.
- Improper or excessive exercise may cause serious health problems or injuries. Check all safety rules. Instruct other potential users about possible risks.
- Wear suitable clothes during exercise. Avoid too loose clothes that is easy to be stuck. Wear sport shoes.
- All parts must be checked regularly and replaced immediately if necessary. Repairs must be done by specialist service.
- Follow all safety instructions. Read all labels and warnings carefully.
- Keep your limbs away from moving parts. Choose only allowed weight and do not overextend yourself.
- No adjustable part can prohibit user from movement.
- Do not use the device outdoors or near water.
- Only for one person at the time. Do not modify the product.
- Place the machine on a flat and solid surface. Use a protection mat to protect the floor. Keep away from other equipment in the room min. 0.6 m.
- Children, people with reduced mental or physical capabilities can use the device only under adult supervision.
- **Category H:** (according to EN 957) for home use.
- **WARNING:** Overextending during training can cause serious injury or death. If you feel dizzy, stop exercising immediately.
- **Weight limit:** 200 kg

PARTS LIST

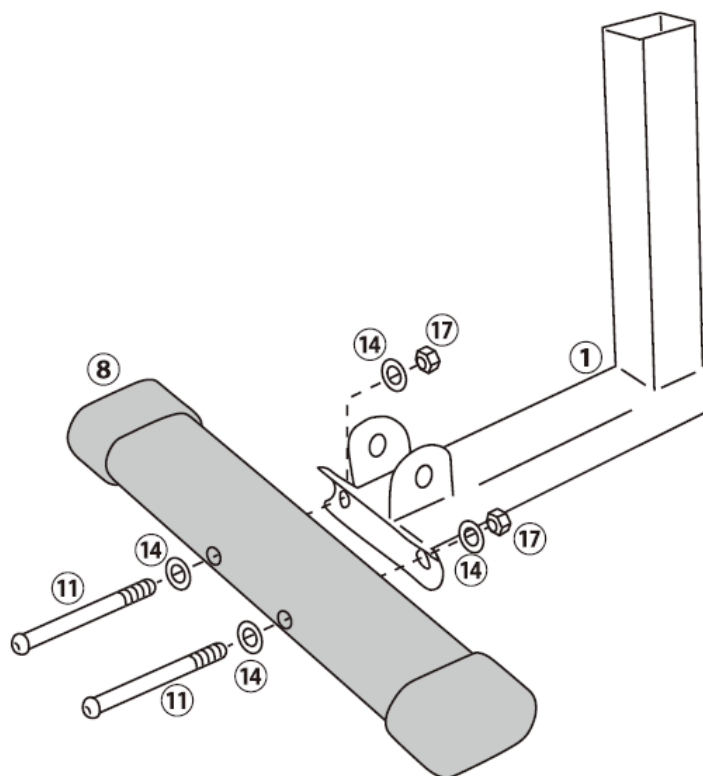
No.	Name	Picture	Qty
1	Main frame		1
2	Bend frame		1
3	Backrest bracket		1
4	Seat bracket		1
5	Backrest		1
6	Seat		1
7	Stabilizer with wheels		1
8	Stabilizer		1
9	Backrest adjustable rod		1
10	Seat adjustable rod		1
11	Bolt		4
12	Bolt		4
13	Bolt		8
14	Elongated washer		8

15	Big washer		8
16	Small washer		8
17	Nut		8
18	Wrench		1
19	Allen key		1

ASSEMBLY

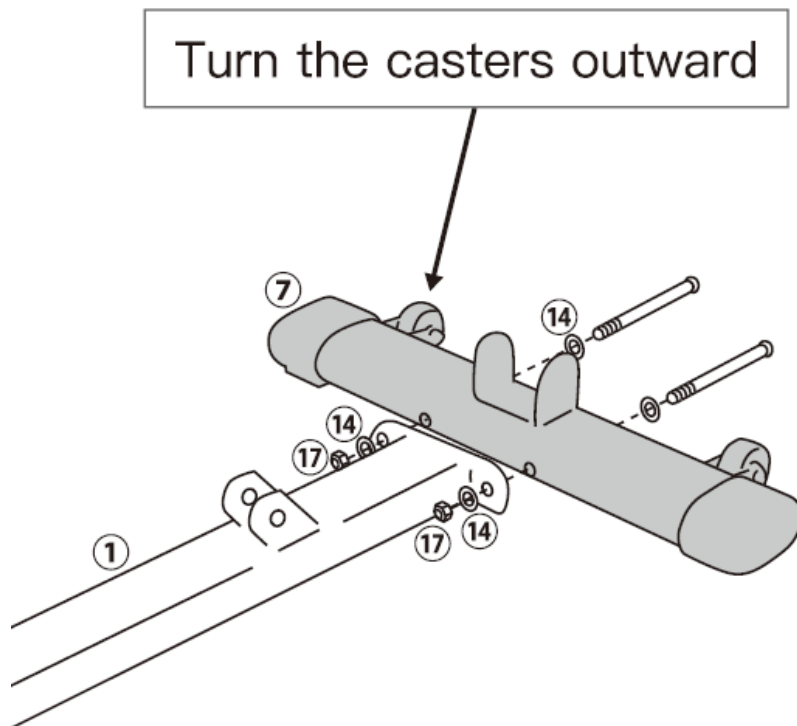
STEP 1

Attach the stabilizer (8) to the main frame (1) with 2x bolts (11), 4x washers (14) and nut (17).



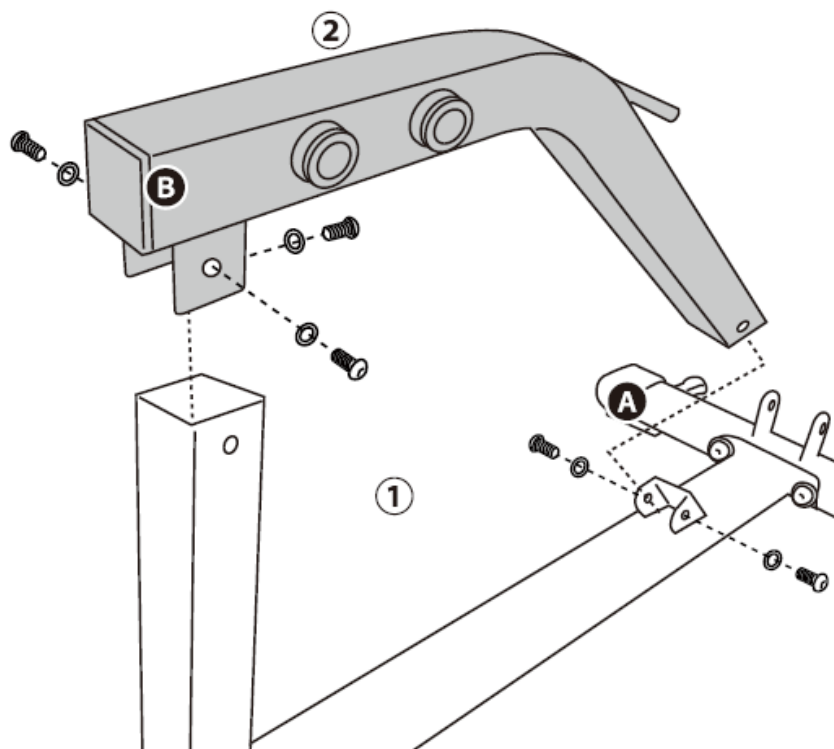
STEP 2

Attach the stabilizer (7) to the main frame (1) with 2x bolts (11), 4x washers (14) and 2x nuts (17).



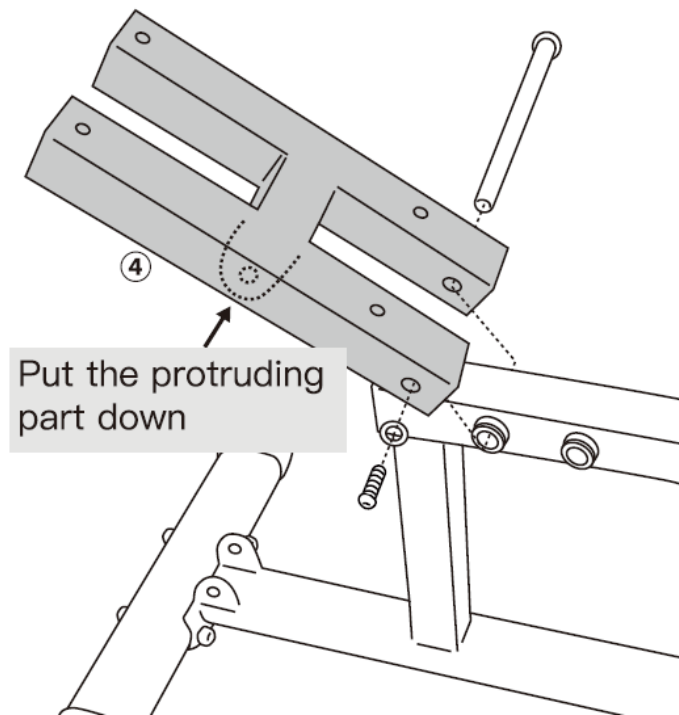
STEP 3

Remove the bolts (2) from points A and B. Insert the bent frame (2) into the main frame (1) and secure with the bolts and washers removed.



STEP 4

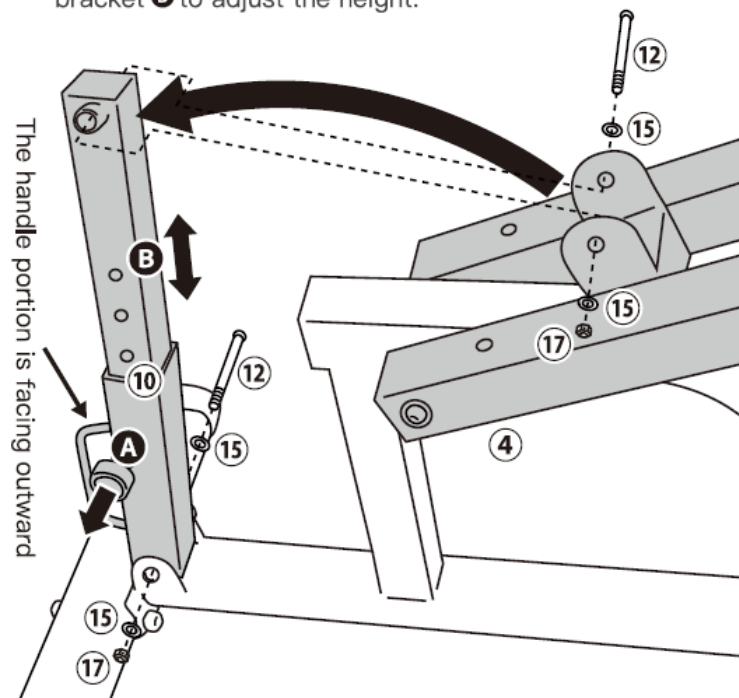
Remove the bolt, axle and washer from the saddle bracket (4) and secure the saddle bracket (4) to the bent frame (2) with the bolt, axle and washer removed.



STEP 5

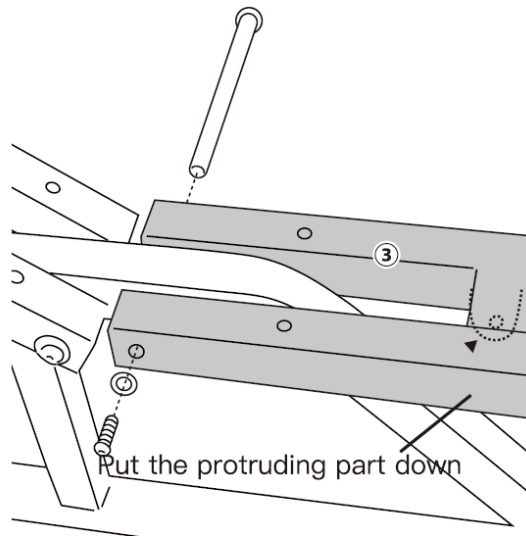
Attach seat adjustable rod (10) to the main frame (1) with the bolt (12), 2x washers (15) and the nut (17). Connect seat adjustable rod (10) and the saddle bracket (4) using the bolt (12), the 2x washers (15) and the nut (17).

※ While pulling the fixed handle **A** pull out the adjustment bracket **B** to adjust the height.



STEP 6

Remove the bolt, axle and washer from the large backrest bracket (3). Attach the backrest bracket (3) to the bent frame (2) using the bolt, axle and washer.

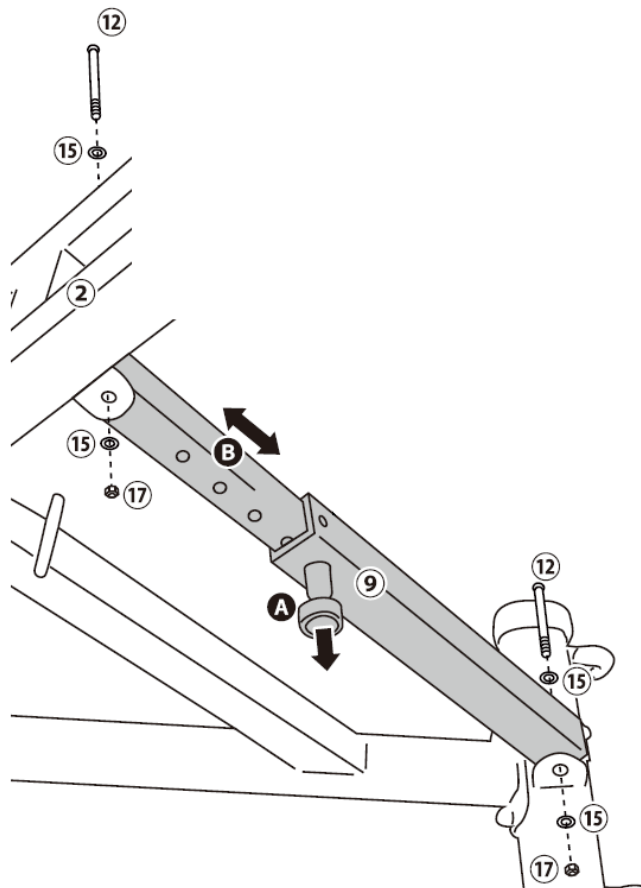


STEP 7

Attach the rod (9) to the main frame bracket (1) with the bolt (12), 2 washers (15) and the nut (17).

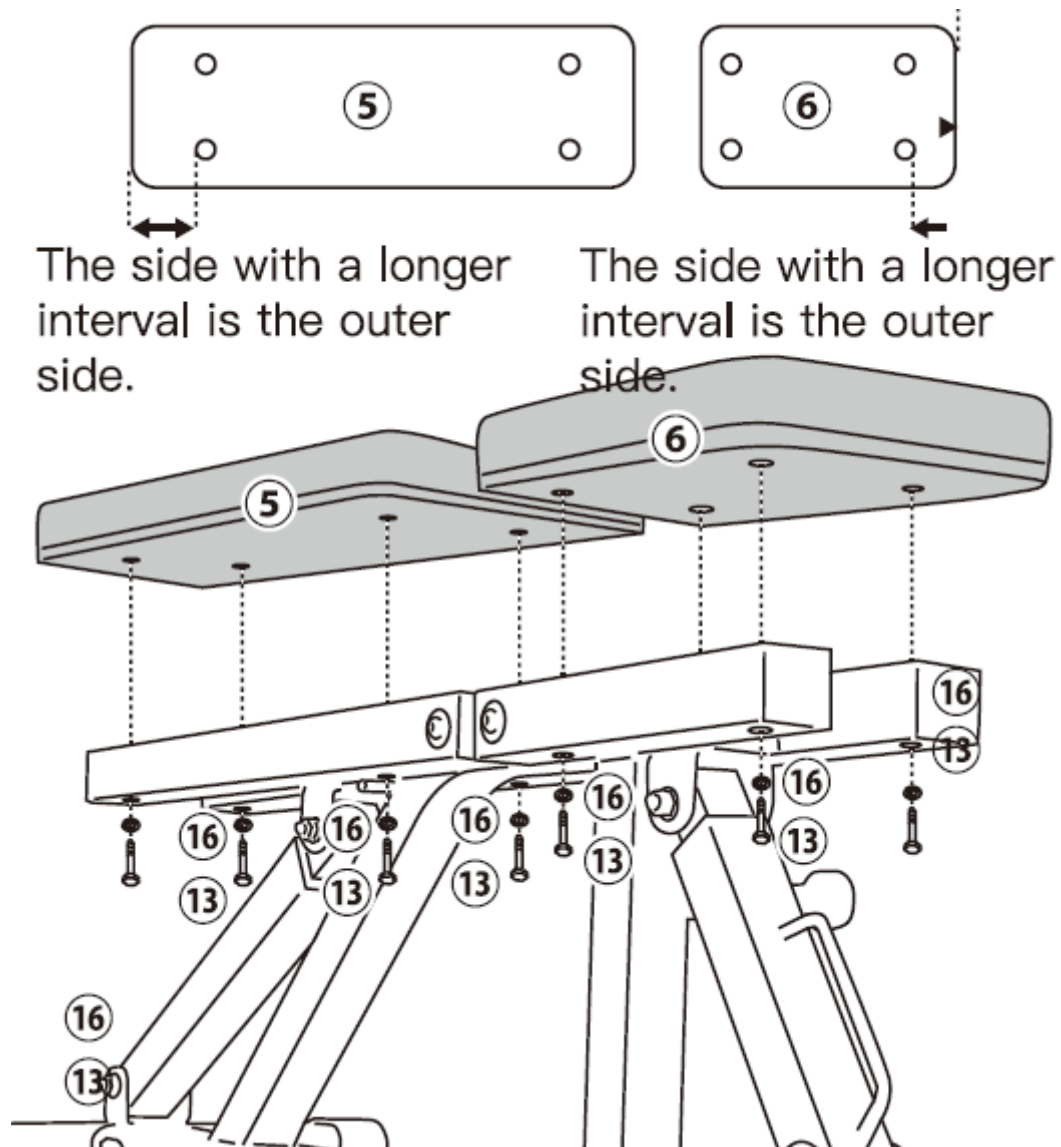
The rod (9) must have a handle in the same direction as the rod (10).

Attach the rod (9) to the support bracket (3) with the bolt (12), 2 washers (15) and the nut (17).



STEP 8

Attach the backrest (5) and seat (6) with 8x bolts (13) and 8x washers (16).

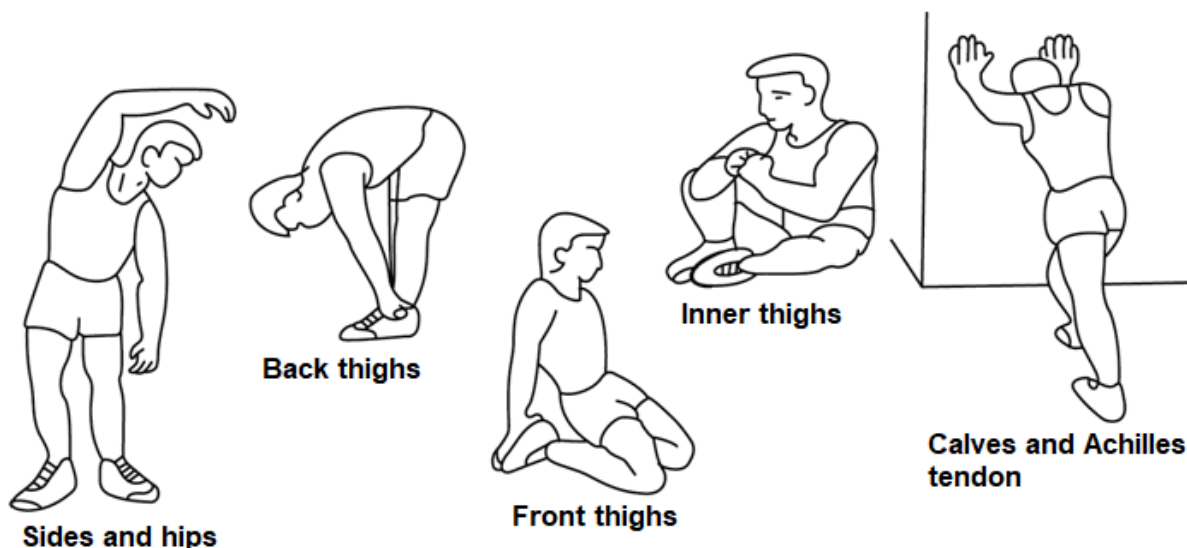


EXERCISE INSTRUCTIONS

Exercise is beneficial to your health, improves physical condition, shapes muscles and, in combination with a calorie-balanced diet, leads to weight loss.

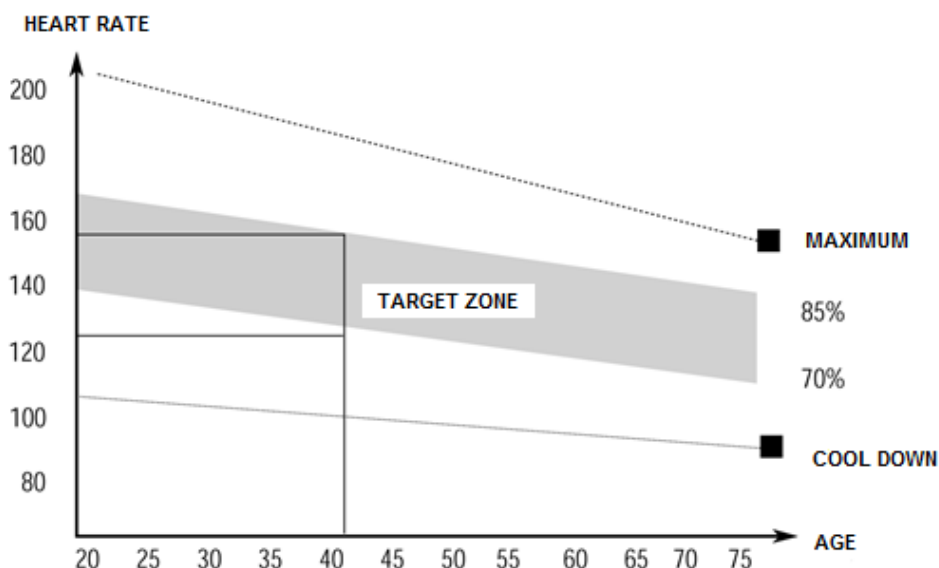
1. WARM UP

This phase serves to improve the blood circulation of the whole body and to warm up the muscles, to reduce the risk of convulsions and muscle injury. We recommend performing the stretching exercises below. When dragging, stay in the end position for approximately 30 seconds, do not make sudden movements and do not vibrate.



2. EXERCISING

This phase is the most physically demanding part. Regular exercise strengthens the muscles. You can determine the tempo yourself, but it is very important that it is the same throughout the exercise. Heart rate should be within the target zone (see figure below).



This phase should last at least 12 minutes. Most people exercise for 15-20 minutes.

3. COOLDOWN

This phase serves to soothe the cardiovascular system and relax the muscles. It should take approximately 5 minutes. You can repeat warming up exercises or continue exercising at slower pace. Stretching your muscles after exercise is extremely important - you need to avoid sudden movements and vibrations.

With improved fitness, you can lengthen and increase exercise intensity. Train regularly, at least three times a week.

SHAPING MUSCLES

For muscle shaping, it is important to set a high load. The muscles will be more stressed, which may cause that you will not be able to exercise as long as usual. If you are trying to improve your condition at the same time, you need to adjust your training. Exercise in the usual way during the warm-up and final stages of training but increase the resistance of the device at the end of the exercise. You may need to slow down the speed to keep the heart rate in the target area.

WEIGHT LOSS

The number of calories burned depends on the length and intensity of the exercise. The essence is the same as in fitness exercise, but the goal is different.

MAINTENANCE

1. After exercising, wipe off any sweat to avoid corrosion. Clean the device with a soft cloth and mild detergents. Do not use abrasive cleaners or solvents on plastic parts.
2. In case of increased machine noise, all screws and joints must be checked and tightened properly.
3. The product must be placed in clean, ventilated and dry areas.
4. Do not expose the device to direct sunlight.

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.

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 Strakonická street 1151/2c, Prague 150 00, 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 SEVEN SPORT s.r.o.

Registered Office: Strakonická 1151/2c, Praha 5, 150 00, ČR
Headquarters: Dělnická 957, Vítkov, 749 01
Warranty & Service: Čermenská 486, Vítkov 749 01

CRN: 26847264
VAT ID: CZ26847264

Phone: +420 556 300 970
E-mail: eshop@insportline.cz
reklamace@insportline.cz
servis@insportline.cz

Web: www.inSPORTline.cz

SK inSPORTline s.r.o.

Headquarters, warranty & service center: Električná 6471, Trenčín 911 01, SK

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