



USER MANUAL – EN
IN 9119 Exercise Bike inSPORTline UB40i



Made in P.R.C

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PREFACE

Let's start a fearless adventure in knowing what to do when no one's there telling you what to do.

BUT

Before that please read the following.

SAFETY CAUTION

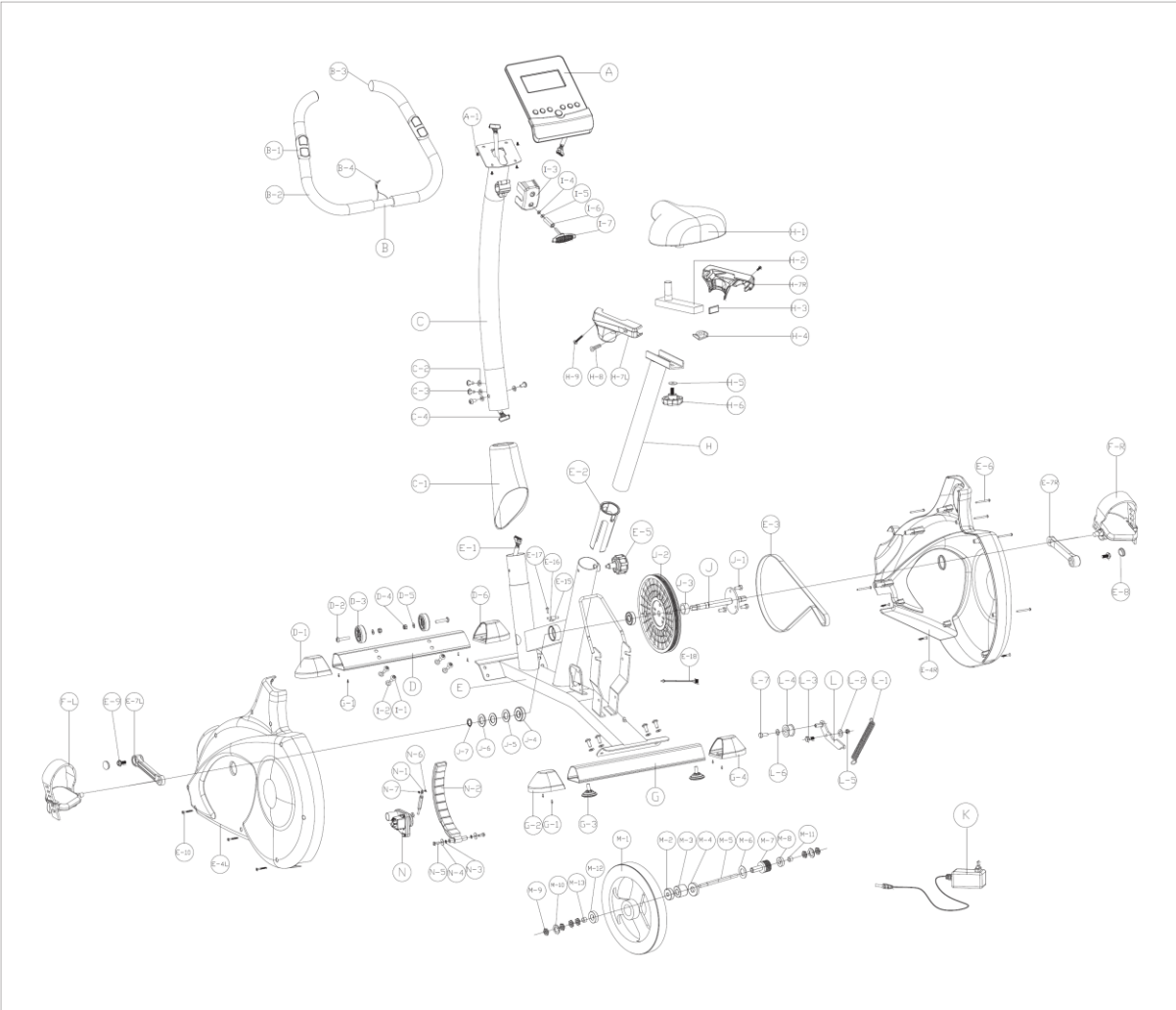
- This exerciser is made for home use only, and tested up to a max body weight of 120kg.
- Follow the steps of the assembly instructions carefully.
- Use only original parts as delivered.
- Place this exerciser on an even, non-slippery surface. Because of possible corrosion, the usage of any exerciser in moist areas is not recommended.
- Before assemble it, check if delivery is complete by using the included parts-list.
- For assembly, use only suitable tools and ask for assistance with assembly if necessary.
- Check before the first training and every 1-2 month that all connecting elements are tight fitting and are in the correct condition.
- Replace defective components immediately and/or keep it out of use until repair.
- For repairs, use only original spare parts.
- In case of repair please ask your dealer for advice.
- Ensure that training starts only after correct assembly and inspection.
- For all adjustable parts be aware of the maximum positions to which they can be adjusted/tightened to.
- This exerciser is designed for adults. Please ensure that children use the exerciser only under the supervision of an adult.
- Ensure that those present are aware of possible hazards, e. g. movable parts during training.
- Warning: incorrect/excessive training can cause health injuries.
- Please follow the advice for correct training as detailed in training instructions.
- Consult your physician before starting with any exercise program. They can advise on the kind of training and which impact is suitable.
- This user manual is only for customers' reference.
- The supplier cannot guarantee for mistakes occurring due to translation or change in technical specification of the product.
- All data displayed are approximate guidance and cannot be used in any medical application.

BEFORE EVERYTHING

It will affect your safety and the smoothness of this machine, as well as its life time.

- Please check is there's any parts missed.
- Please assemble all the screws first.
- After everything fixed, then make sure they're firmly enough.

EXPLODED VIEW



PARTS LIST

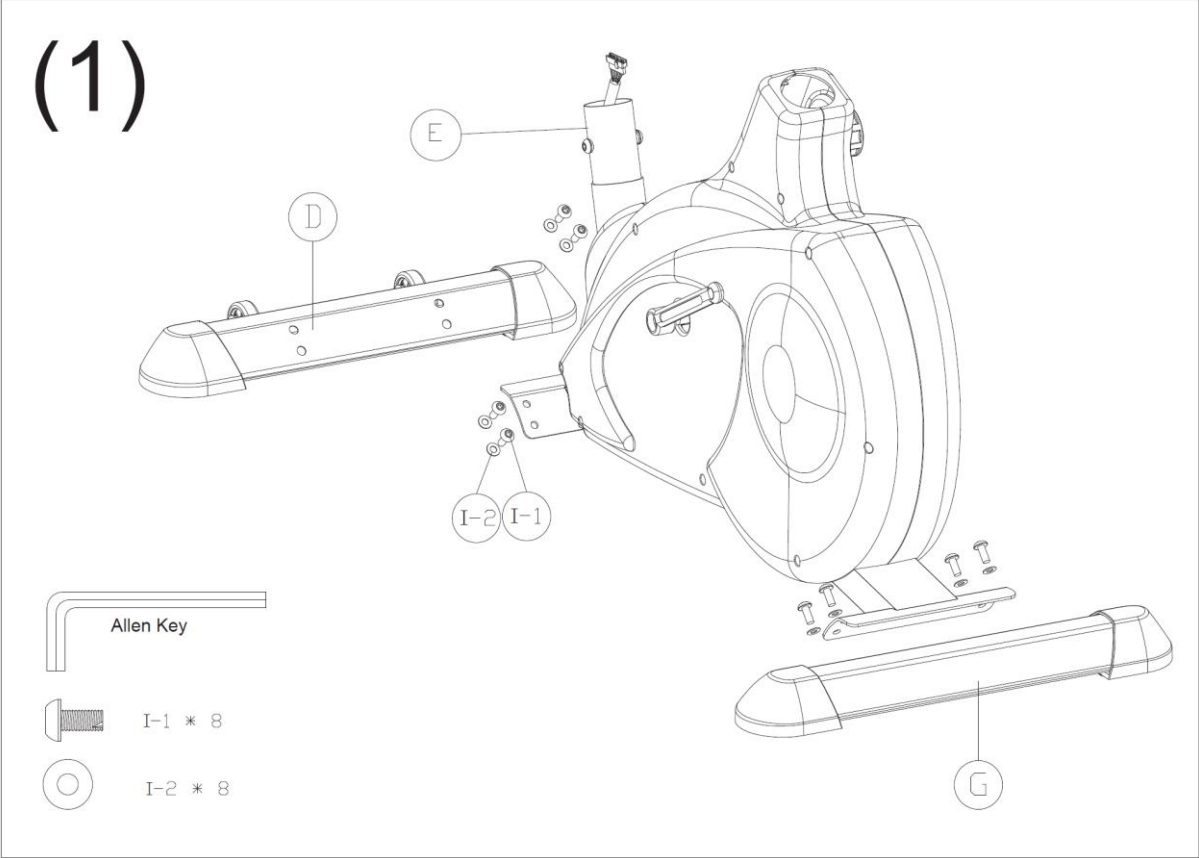
NO.	DESCRIPTION	QTY
A	CONSOLE	1
A-1	SCREW M5X10L	4
B	HANDLEBAR SET	1 (set)
B-1	HAND-PULSE	2
B-2	FOAM GRIP	2
B-3	CAP	2
B-4	CONNECTION WIRE	1
C	HANDLEBAR POST	1
C-1	HANDLEBAR POST COVER	1
C-2	CURVED WASHER $\phi 8 \times \phi 19 \times 2t$	4
C-3	SCREW M8xP1.25x16L	4
C-4	CABLE	1
D	FRONT STABILIZER SET	1 (set)
D-1	FRONT CAP (LEFT)	1
D-2	SCREW M8xP1.25x40L	2
D-3	TRANSPORTATION WHEEL $\phi 57 \times \phi 8 \times 20$	2
D-4	NYLON NUT M8	2
D-5	FLAT WASHER $\phi 8 * \phi 19 * 2T$	2
D-6	FRONT CAP (RIGHT)	1
E	MAINFRAME	1 (set)
E-1	CABLE	1
E-2	SEAT POST BUSHING	1
E-3	DRIVING BELT	1
E-4	CHAIN COVER (R+L)	1 (set)
E-5	SEAT POST KNOB	1
E-6	SCREW M4x50L	6
E-7	CRANK ARM (R+L)	1 (set)
E-8	CAP FOR CRANK ARM	2
E-9	FLANGE BOLT M8	2
E-10	SCREW	6
E-15	SENSOR HOLDER	1
E-16	SENSOR	1
E-17	SCREW	1
E-18	DC WIRE	1
F	PEDAL (R+L)	1 (set)
G	REAR STABILIZER	1 (set)

G-1	SCREW	8
G-2	REAR CAP (LEFT)	1
G-3	ADJUST CAP	2
G-4	REAR CAP (RIGHT)	1
H	HORIZONTAL SEAT POST SET	1 (set)
H-1	SADDLE	1
H-2	SEAT SLIDER	1
H-3	CAP	1
H-4	SOCKET	1
H-5	FLAT WASHER $\phi 14.3 \times \phi 25 \times 2.0t$	1
H-6	SEAT SLIDER KNOB	1
H-7	SEAT POST COVER	1
H-8	SCREW M5xP0.8x6L	2
H-9	SCREW M4x15L	1
I	HARDWARE	1 (set)
I-1	SCREW M8xP1.25x20L	8
I-2	FLAT WASHER $\phi 8 * \phi 19 * 2T$	8
I-3	COVER	1
I-4	SPRING WASHER $\phi 7 \times 2t$	1
I-5	FLAT WASHER $\phi 7 \times \phi 12 \times 1t$	1
I-6	BUSHING $\phi 7 \times \phi 12 \times 25mmL$	1
I-7	T-TYPE KNOB M7xP1.0x55L	1
J	AXLE	1
J-1	HEXAGONAL SCREW M8xP1.25x12Lx5t	3
J-2	DRIVING PULLEY	1
J-3	BUSHING $\phi 22 \times \phi 17 \times 7.5mmL$	1
J-4	BEARING 6203RS	2
J-5	FLAT WASHER $\phi 17.5 \times \phi 25 \times 0.3t$	3
J-6	CURVED WASHER $\phi 17.5 \times \phi 25 \times 0.3t$	1
J-7	C-TYPE RING	1
K	ADAPTOR	1
L	SHAFT	1
L-1	SPRING	1
L-2	FLAT WASHER $\phi 8.5 \times \phi 25 \times 1t$	1
L-3	HEXAGON SCREW M8xP1.25x20L	1
L-4	IDLE WHEEL $\phi 24 \times \phi 37 \times 20.5mm$	1
L-5	NYLON NUT M8	1
L-6	FLAT WASHER $\phi 6 \times \phi 12 \times 1t$	1

L-7	HEXAGON SCREW M6xP1.0x12L	1
M	FLYWHEEL SET	1 (set)
M-1	FLYWHEEL	1
M-2	BEARING 6300RS	1
M-3	ONE WAY BEARING	1 (set)
M-4	BEARING 6203RS	1
M-5	AXLE SHAFT	1
M-6	FLAT WASHER $\phi 30 \times \phi 34 \times 1t$	1
M-7	SMALL PULLEY	1
M-8	BEARING 6000RS	1
M-9	NUT	6
M-10	STAR WASHER	2
M-11	BUSHING	1
M-12	BEARING 6003RS	1
M-13	BUSHING	1
N	GEAR BOX	1
N-1	SHAFT FOR GEAR BOX	1
N-2	MAGNET SET	1
N-3	SPRING WASHER	2
N-4	FLAT WASHER	2
N-5	SCREW	2
N-6	SCREW	1
N-7	NUT	1

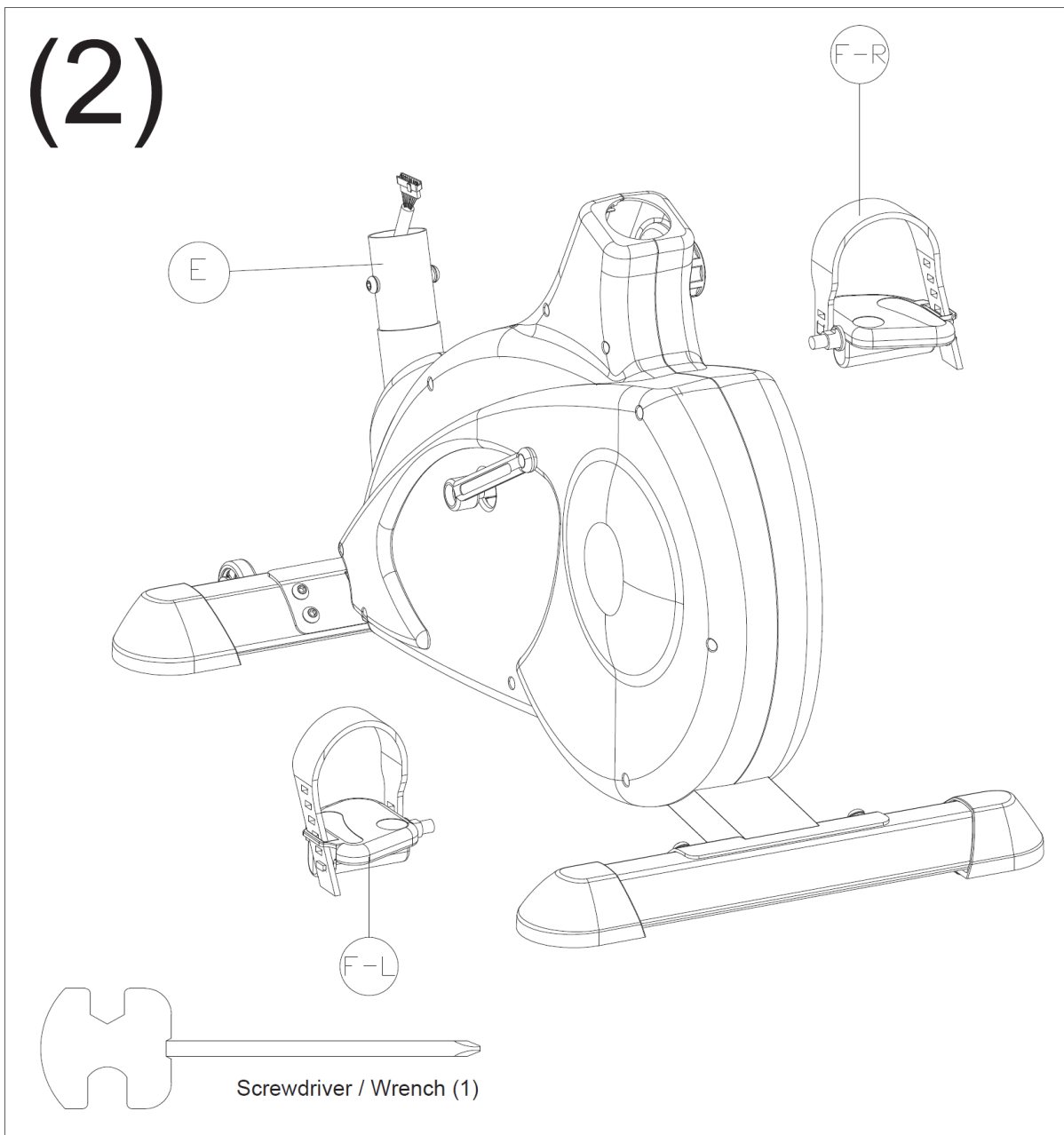
ASSEMBLY

STEP 1



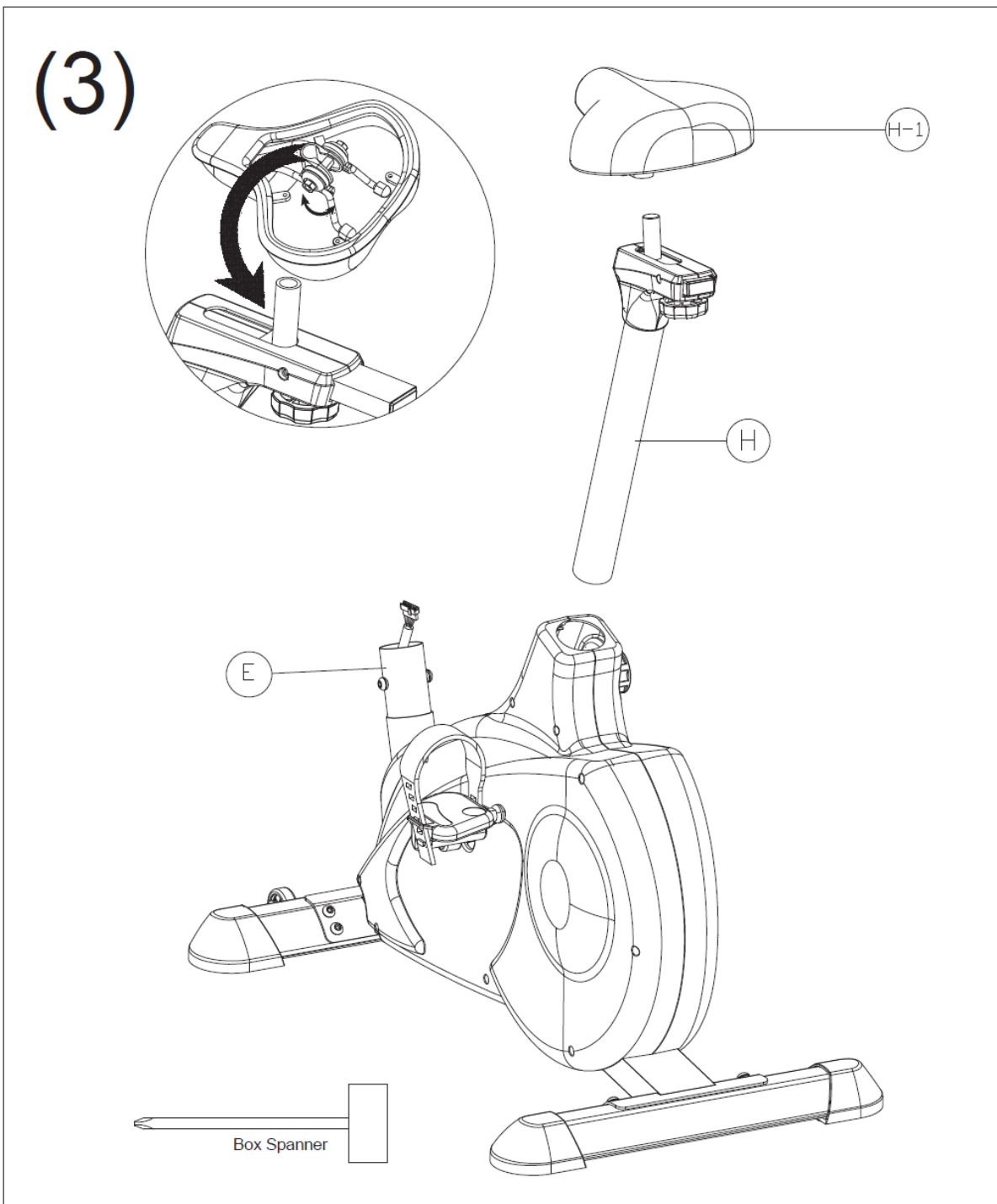
Assemble the front & rear stabilizer (D & G) with screw & washer (I-1 & I-2).

STEP 2



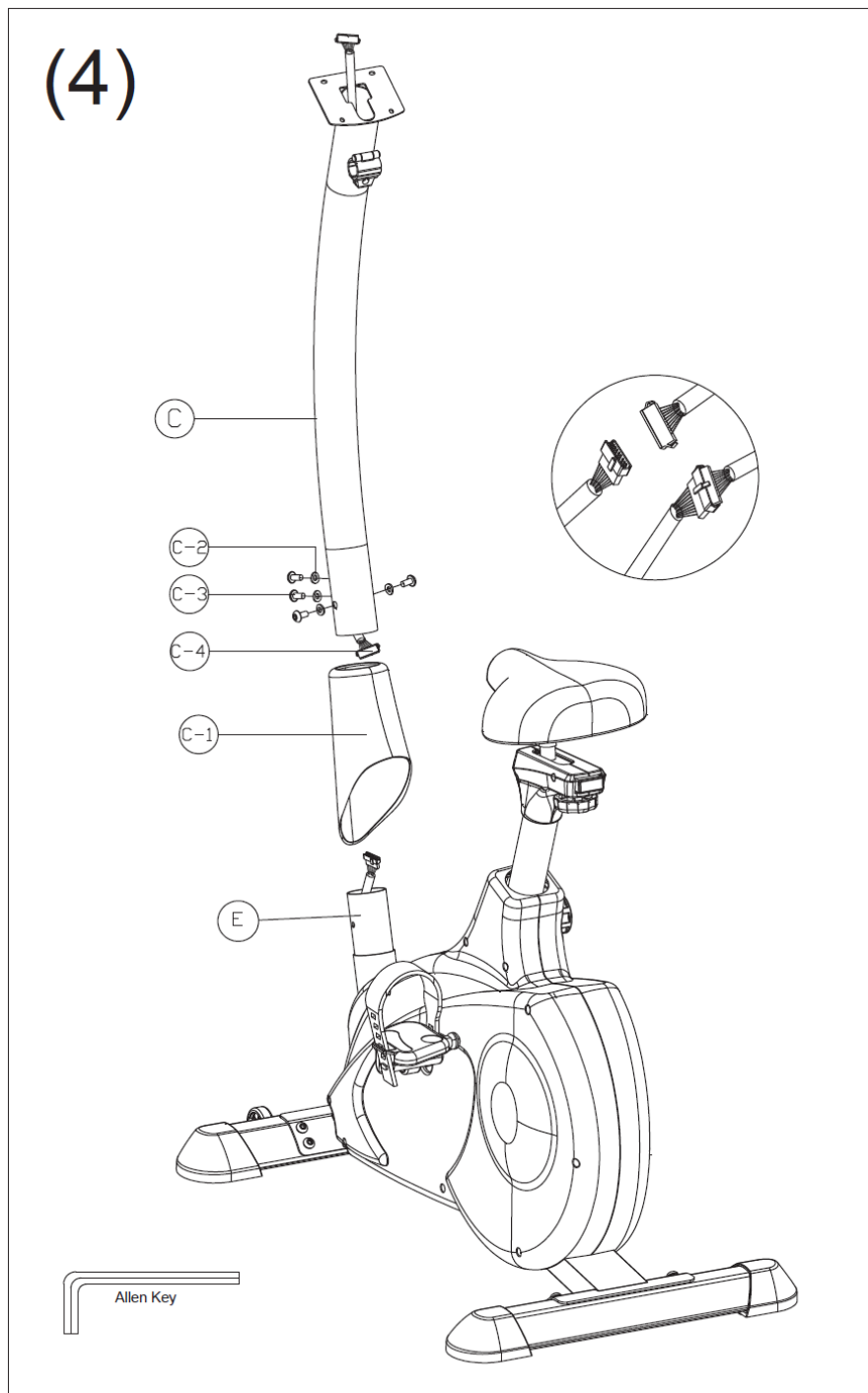
1. Screw the pedals (F-R/L) onto the crank. The pedals are marked with R and L at the screw.
2. Tighten the left pedal anti-clockwise, the right pedal clockwise.

STEP 3



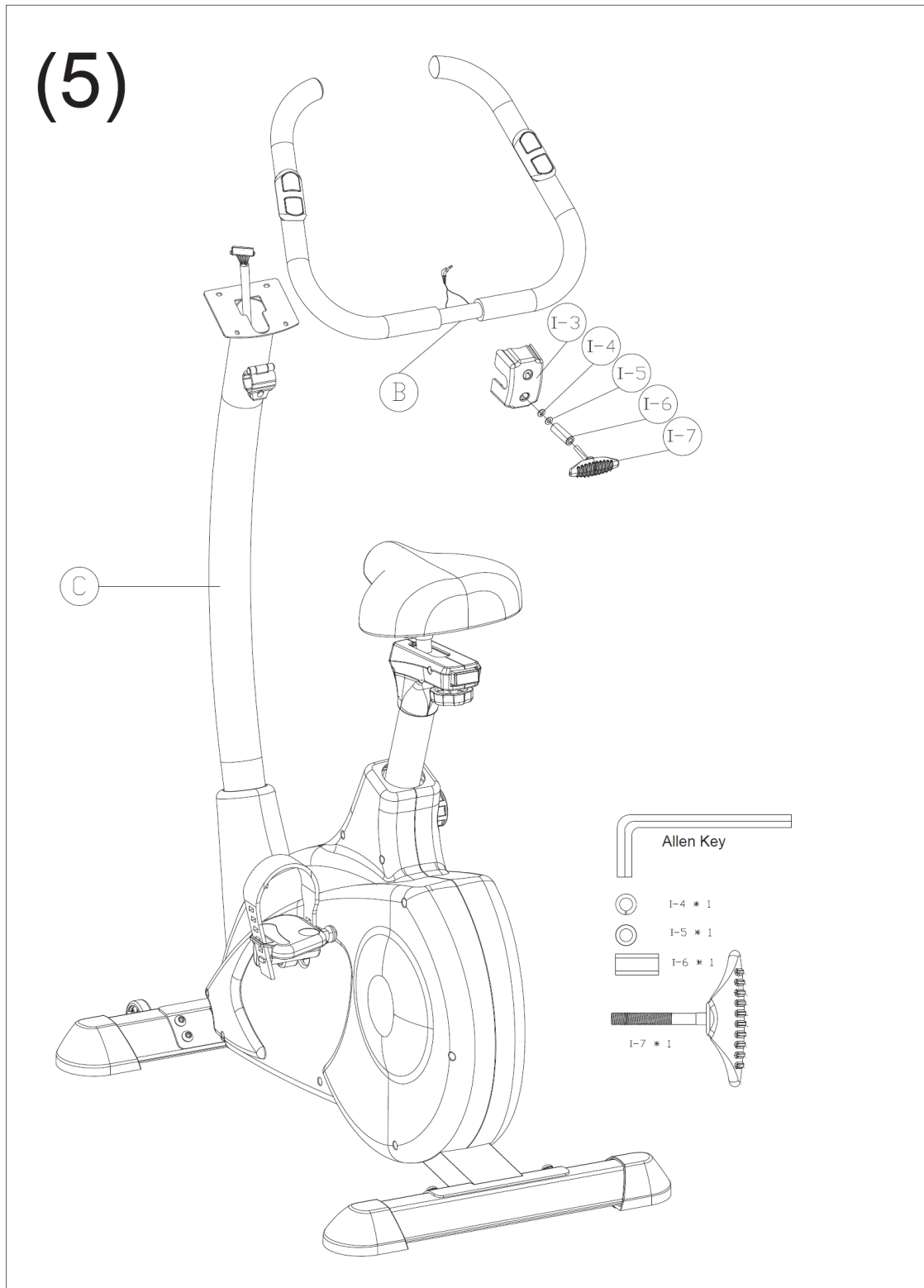
1. Assemble the saddle (H-1) with horizontal slider (as the small drawing).
2. Insert the seat post (H) in the main frame, choose the situation position and tighten the locking knob aside the cover. Ensure the knob is always tightened.

STEP 4



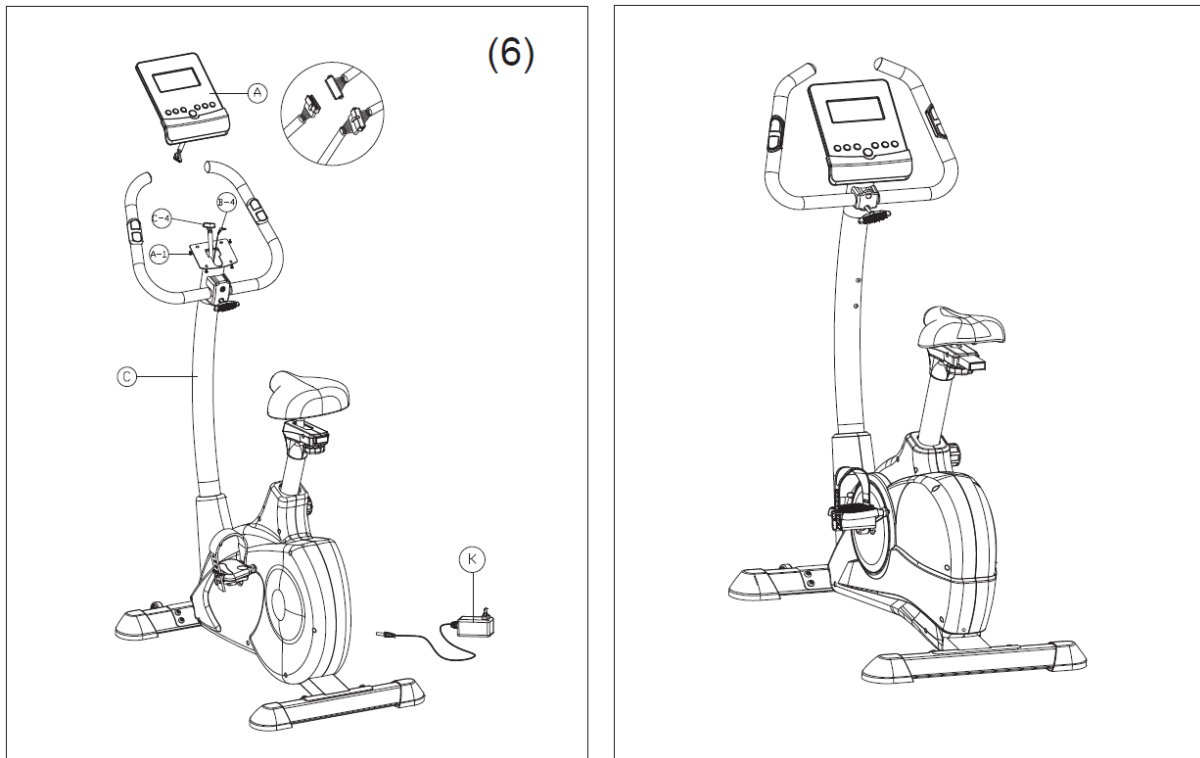
1. Loosen the pre-assembly screws & washer (C-3 & C-2) on the front tube holder.
2. Connect the computer cable upper & lower (C-4 & E-1).
3. Put the handlebar post (C) into the cover (C-1) and main frame and fix it with 4 allen screws and washers (C-3 & C-2).

STEP 5



1. Place handlebar (B) on the handlebar fixture, and put the handlebar cover (I-3) on the top of handlebar.
2. Insert T-shape knob (I-7) into the lower hole of handlebar cover and ensure to screw it tightly with bushing (I-6), washers (I-4 & I-5).

STEP 6



1. Connect the computer cable (C-4) insert the back side of computer.
2. Mount the computer to the hold of the handlebar pole with the enclosed screws (A-1).
3. Plug the delivered of hand-on pulse wire (B-4) in the socket at the backside of computer.
4. Then plug the AC adaptor (K).

KNOWING THE ICONSOLE

SUPPORT DEVICES

iOS devices:

iPhone	iPad	iPod
. iPhone 5S . iPhone 5C . iPhone 5 . iPhone 4S . iPhone 4 . iPhone 3GS	. iPad Air . iPad 4 . iPad 3 . iPad 2 . iPad . iPad Mini	. iPod touch (5th generation) . iPod (4th generation) . iPod (3rd generation) . Support iOS 5.0 or above

Android devices:

Android phone	Android tablet
. OS 2.2 or above . resolution: 1920x1080 pixels 1280x800 pixels 1280x760 pixels 800x480 pixels	. OS 4.0 or above . resolution 1280x800 pixels

“Made for iPod,” “Made for iPhone,” and “Made for iPad” mean that an electronic accessory has been designed to connect specifically to iPod, iPhone, or iPad, respectively, and has been certified by the developer to meet Apple performance standards. Apple is not responsible for the operation of this device or its compliance with safety and regulatory standards. Please note that the use of this accessory with iPod, iPhone, or iPad may affect wireless performance.

iPad, iPhone, iPod, iPod classic, iPod nano, iPod shuffle, and iPod touch are trademarks of Apple Inc., registered in the U.S. and other countries.

DISPLAY FUNCTIONS

ITEM	DESCRIPTION
TIME	Workout time displayed during exercise. Range 0:00 ~ 99:59
SPEED	Workout speed displayed during exercise. Range 0.0 ~ 99.9
DISTANCE	Workout distance displayed during exercise. Range 0.0 ~ 99.9
CALORIES	Burned calories during workout display. Range 0 ~ 999
PULSE	Pulse bpm displayed during exercise. Pulse alarm when over preset target pulse.

RPM	Rotation per minute Range 0 ~ 999
WATT	Workout power consumption In Watt Program mode, computer will remain preset watt value (setting range 0~350)
MANUAL	Manual mode workout.
PROGRAM	Beginner, Advance, and Sporty PROGRAM selection.
CARDIO	Target HR training mode.

KEYS

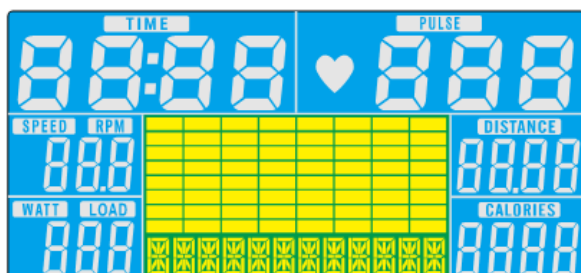
ITEM	DESCRIPTION
Up	<ul style="list-style-type: none"> • Increase resistance level • Setting selection.
Down	<ul style="list-style-type: none"> • Decrease resistance level • Setting selection.
Mode	<ul style="list-style-type: none"> • Confirm setting or selection.
Reset	<ul style="list-style-type: none"> • Hold on pressing for 2 seconds, computer will reboot and start from user setting. • Reverse to main menu during presetting workout value or stop mode.
Start/ Stop	<ul style="list-style-type: none"> • Start or Stop workout.
Recovery	<ul style="list-style-type: none"> • Test heart rate recovery status.
Body fat	<ul style="list-style-type: none"> • Test body fat% and BMI.

OPERATION

POWER ON

Plug in power supply, computer will power on and display all segments on LCD for 2 seconds. After 4 minutes without pedaling or pulse input, console will enter into power saving mode.

Press any key may wake the console up.

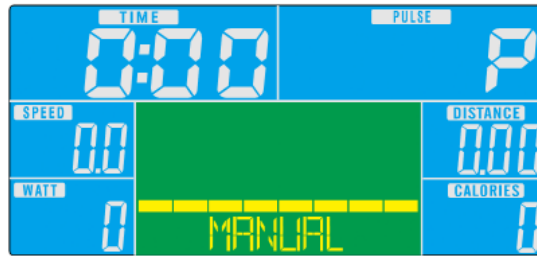


WORKOUT SELECTION

Press UP and Down to select workout Manual → Beginner → Advance → Sporty → Cardio → Watt

MANUAL MODE

Press START in main menu may start workout in manual mode.



- 1) Press UP or DOWN to select workout program, choose Manual and press Mode to enter.
- 2) Press UP or DOWN to preset TIME, DISTANCE, CALORIES, PULSE and press MODE to confirm.
- 3) Press START/STOP keys to start workout. Press UP or DOWN to adjust load level.
- 4) Press START/STOP keys to pause workout. Press RESET to reverse to main menu.

BEGINNER MODE



- 1) Press UP or DOWN to select workout program, choose Beginner mode and press Mode to enter.
- 2) Press UP or DOWN to preset TIME.
- 3) Press START/STOP key to start workout. Press UP or DOWN to adjust load level.
- 4) Press START/STOP key to pause workout. Press RESET to reverse to main menu.

ADVANCE MODE



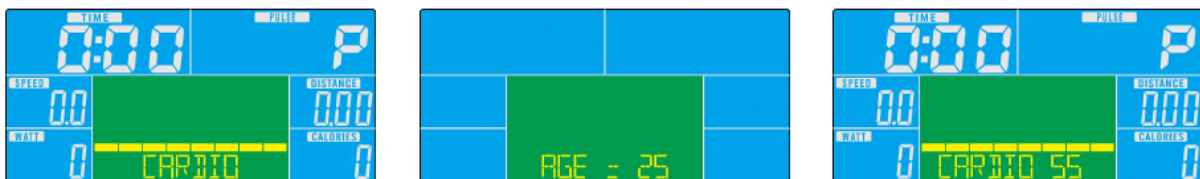
- 1) Press UP or DOWN to select workout program, choose Advance mode and press Mode to enter.
- 2) Press UP or DOWN to preset TIME.
- 3) Press START/STOP key to start workout. Press UP or DOWN to adjust load level.
- 4) Press START/STOP key to pause workout. Press RESET to reverse to main menu.

SPORTY MODE



- 1) Press UP or DOWN to select workout program, choose Sporty mode and press Mode to enter.
- 2) Press UP or DOWN to preset TIME.
- 3) Press START/STOP key to start workout. Press UP or DOWN to adjust load level.
- 4) Press START/STOP key to pause workout. Press RESET to reverse to main menu.

CARDIO MODE



- 1) Press UP or DOWN to select workout program, choose H.R.C. and press Mode to enter.
- 2) Press UP or Down to select 55%.75%.90% or TAG (TARGET H.R.) (default: 100).
- 3) Press UP or DOWN to preset workout TIME.
- 4) Press START/STOP key to start or stop workout. Press RESET to reverse to main menu.

WATT MODE



- 1) Press UP or DOWN to select workout program, choose WATT and press Mode to enter.
- 2) Press UP or DOWN to preset WATT target. (default: 120)
- 3) Press UP or DOWN to preset TIME.
- 4) Press START/STOP key to start workout. Press UP or DOWN to adjust Watt level.
- 5) Press START/STOP key to pause workout. Press RESET to reverse to main menu.

iConsole+ APP

Turn on Bluetooth on tablet, search for console device and press connect. (password: 0000)

Turn on iconsole+ app on tablet, and start workout with tablet.



NOTE:

1. Once console is connect to tablet via Bluetooth, the console will power off.
2. Please exit iConsole app and turn off the Bluetooth from iPad, then the console will power on again.

TRAINING INSTRUCTION

If you have not been physically active for a long period of time and also to avoid health risks you should consult your physician before the exercise.

To achieve a considerable improvement of your physical resistance and your health, some aspects of how to achieve the most efficient training should be followed:

INTENSITY:

To achieve maximum results the right intensity has to be chosen.

The heart rate is used as guideline. As a rule of thumb the following formula is commonly used:

Maximum pulse rate = 220 - Age

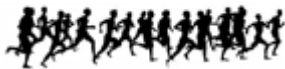
While exercising the pulse rate should always be between 60% - 85% of the maximum rate.

For your personal training rates please see the attached pulse rate chart.

When starting to exercise you should keep your rate at 70% of your maximum pulse rate in the first couple of weeks.

With increasing improvement of fitness the pulse rate should be slowly increased to 85% of your maximum pulse rate.

This is a personal orientation value. Consult your physician for professional advice before adapting a heart rate recovery program.



FAT BURNING



The body starts to burn fat at approx. 65% of the maximum pulse rate.

To reach an optimum at burning rate, it is advisable to keep the pulse rate between 70%-80% of the maximum pulse rate.

The optimum training amount consists of three workouts per week 30 minutes each.

Example:

One 52 years of age to start exercising.

Max rate = 220 - 52(age) = 168 pulse/min.

Min rate = 168 * 0.7 = 117 pulse/min.

Highest rate = 168 * 0.85 = 143 pulse/min.

During the first weeks it is recommend to start with a pulse rate of 117, afterwards increase it to 143.

With increasing improvement of fitness the training Intensity should be increased to 70%-85% of your maximum pulse rate.

This can be done by increasing the pedaling resistance, by suing a higher paddling frequency or with longer training periods.

Pulse rate chart:

AGE	MAX	60%	65%	70%	75%	80%	85%
20	200	120	130	140	150	160	170
25	195	117	127	137	146	156	166
30	190	114	124	133	143	152	162
35	185	111	120	130	139	148	157
40	180	108	117	126	135	144	153
45	175	105	114	123	131	140	149
50	170	102	111	119	128	136	145
55	165	99	107	116	124	132	140
60	160	96	104	112	120	128	136
65	155	93	101	109	116	124	132
70	150	90	98	105	113	110	128



SUCCESS

Even after a short period of regular exercises you will realize that you constantly have to increase the pedaling resistance to reach your optimum pulse rate.

The units will be continuously easier and you will feel a lot fitter during your normal day.

For this achievement you should motivate yourself to exercise regularly.

Choose fixed hours for your work out and do not start training too aggressively.

And old saying amongst sportsmen says:

“The most difficult thing about training is to start it.”

Wishing you lots of fun and success with your exerciser.



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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Web: www.insportline.cz, www.worker.cz, www.worker-moto.cz



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Fax: +421(0)326 526 705

Web: www.insportline.sk, www.worker.sk, www.worker-moto.sk

Date of Sale:

Stamp and Signature of Seller: