



USER MANUAL – EN
IN 20113 Rowing machine inSPORTline Thenar



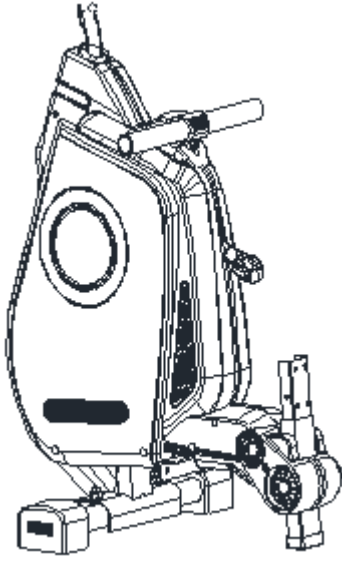







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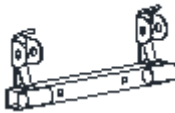
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SAFETY INSTRUCTIONS

- Read this manual carefully before first using and retain it for future reference.
- Observe all warnings and precautions including assembly steps. Use it only for intended purpose.
- Assemble and use it only according to this manual to assure your safety. Inform all other users about safe usage.
- Keep it away from children and pets. Don't let children unattended near this device. Only an adult person may assemble and use it.
- Ask your physician for advice before starting any exercise program. It is especially necessary if you suffer from some health problems or if you take some medication that could affect your heart rate, blood pressure or cholesterol level.
- Observe body signals. If you feel some problems (pain, tightness in chest, irregular heartbeat, breathing shortness, dizziness or nausea), stop immediately. Improper exercising can result in serious health problems or in an injury.
- Put it only on a flat, dry and clean surface and keep a safety clearance of at least 0.6 m from other objects for higher safety. Use a protective cover to protect carpet or floor.
- Wear adequate sports clothes and sports shoes. Avoid too loose clothes.
- Don't use it outdoors.
- Check this device for damage or wearing before each using. Regularly check all bolts and nuts. They should be well tightened. Re-tighten, if necessary. Never use damaged or worn device to assure your safety.
- If some sharp edges occur, stop using.
- If you hear some unusual noises coming from this device, stop using.
- No adjustable part should protrude and obstruct user movements. Only one person may use it at time.
- It is not intended for therapeutic purpose.
- Pay attention while lifting or transporting it to avoid back injury. Use only proper lifting techniques or ask some other person for help.
- Don't do any improper modification of this product. If necessary, contact authorized service.
- **Weight limit:** 150 kg
- **Category:** HC according to EN 957 for home use
- **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.










ASSEMBLY









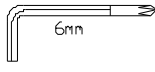
	
<p>No. 1</p>	<p>No. 3</p>
	
<p>No. 9</p>	<p>No. 26</p>
	
<p>No. 11</p>	<p>No. 14 L/R</p>
	
<p>No. 69</p>	<p>No. 35</p>

	
No. 28	No. 17

No.	Name	Qty.
1	Main frame	1
3	Front stabilizer	1
9	Console	1
26	Slide rail	1
11	Seat	1
14L/R	Pedals L/R	1/1
69	Rear stabilizer cover	1
35	Seat post	1
28	Rear stabilizer	1
17	Pedal support	1

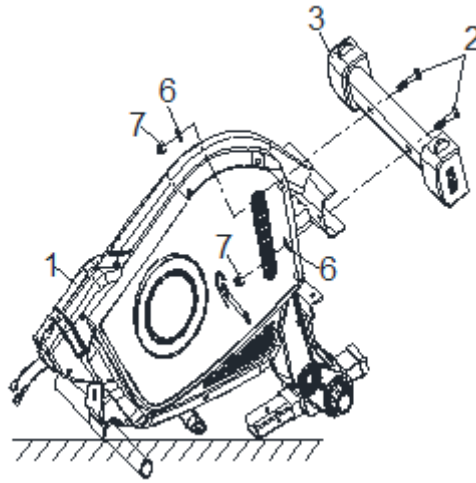
ASSEMBLY MATERIAL

No.	Name	Qty.	Picture
2	Screw	2	
6	Flat washer	2	
7	Nut	2	
19	Screw	2	
15	Screw	2	
30	Allen screw	2	
34	Nut	2	
22	Rubber washer	4	
23	Allen screw	5	

24	Allen screw	10	
25	Flat washer	12	
8	Arc washer	1	
72	Pedal axle	2	
73	Flat washer	6	
74	Allen screw	4	
	Allen key 4 mm	2	
	Wrench	1	
	Allen key 6 mm	1	

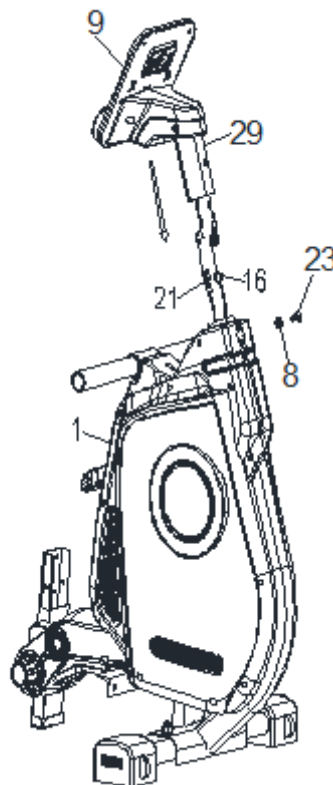
STEP 1

Attach the front stabilizer (3) to the main frame (1) with 2 screws (2), 2 washers (6) and 2 nuts (7).



STEP 2

Connect the center console cable to sensor cable 1 (16) and sensor cable 2 (21). Attach the console bracket (29) to the main frame (1) with the screw (23) and washer (8).

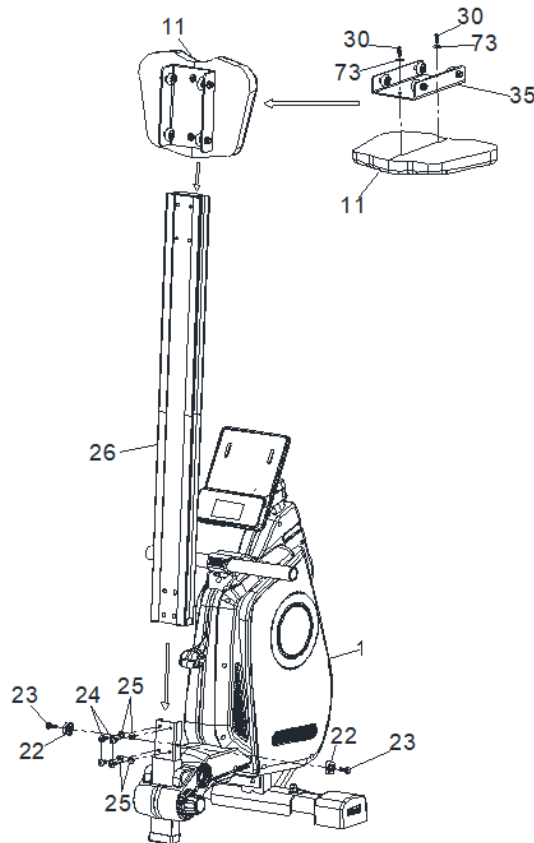


STEP 3

Pull the safety pin out of the main frame (1). Secure the slide rail (26) with 4 screws (24) and 4 washers (25).

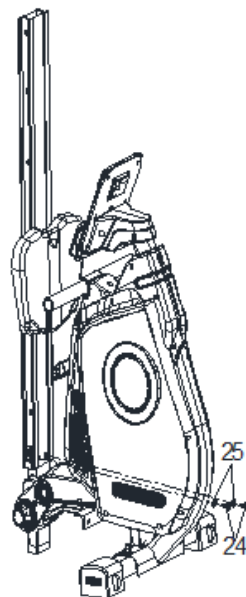
Attach the seat (11) to the seat post (35) with 2 screws (30) and 2 washers (73)

Attach the rubber washers (22) to the slide rail (26) and secure with 2 screws (23).



STEP 4

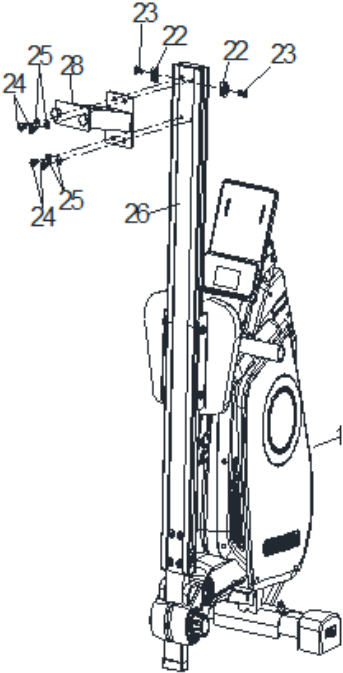
Secure the slide rail (26) with 2 screws (24) and 2 washers (25).



STEP 5

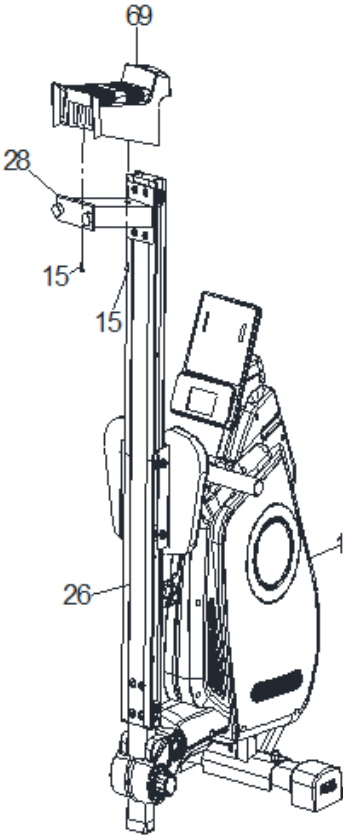
Attach the 2 rubber washers (22) to the back of the slide rail (26) with 2 screws (23).

Attach the rear stabilizer (28) to the rear of the slide rail (26) with 4 screws (24) and 2 washers (25).



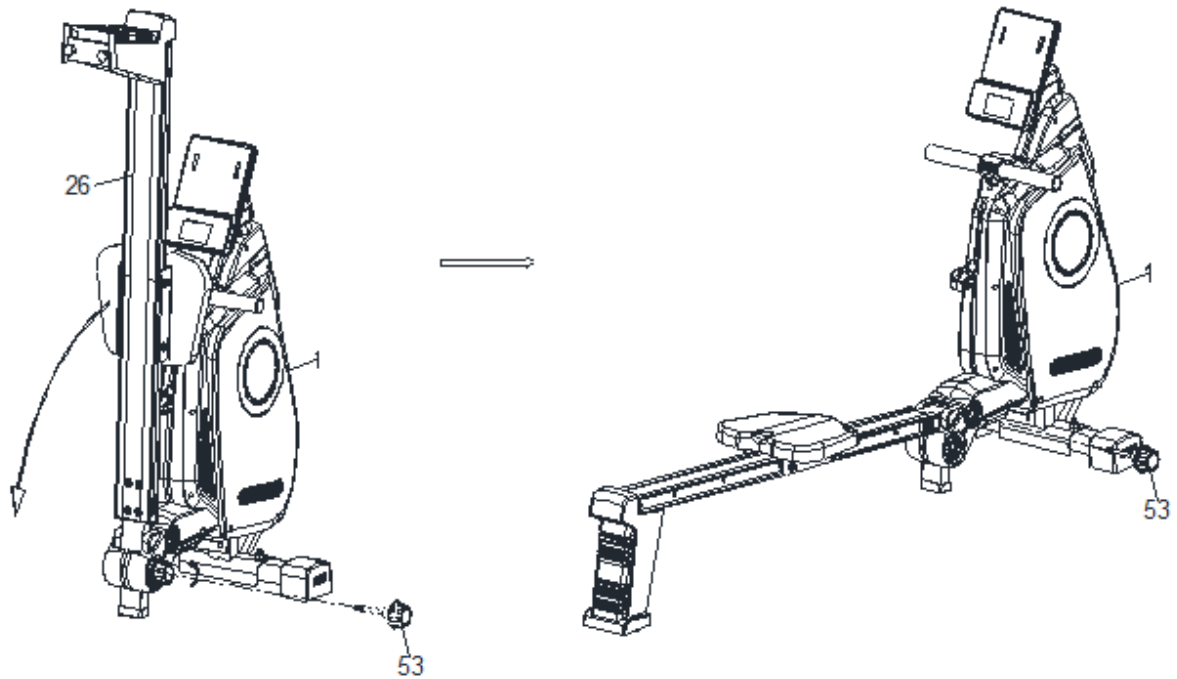
STEP 6

Attach the cover (69) to the rear stabilizer (28) with 2 screws (15).



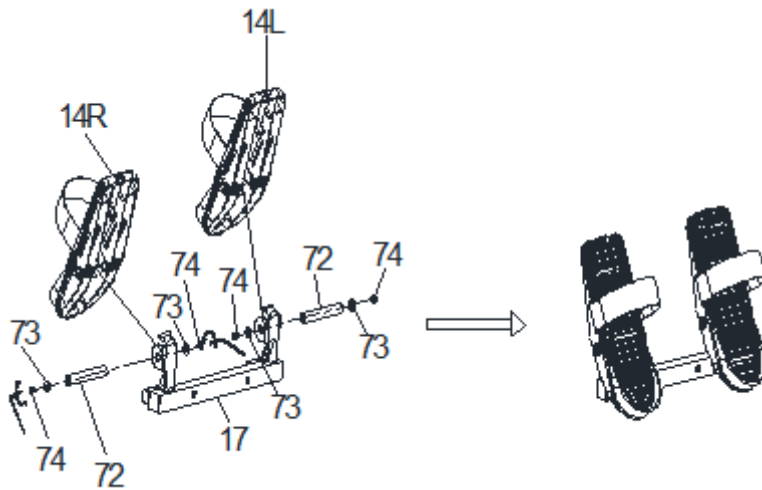
STEP 7

Unfold the slide rail (26) and insert the knob (53).



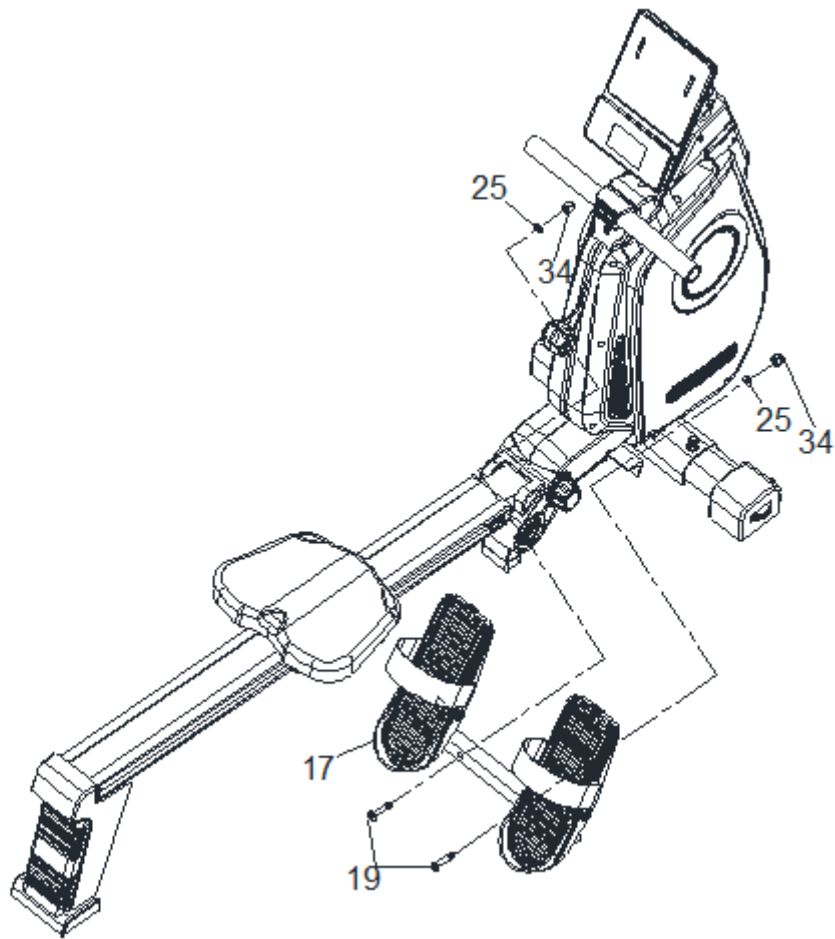
STEP 8

Attach the left and right pedals (14 L / R) to the pedal bracket (17). Slide the pedal axes (72) through the pedals (14 L / R). Secure with 4 screws (74) and 4 washers (73).



STEP 9

Attach the pedal support (17) to the main frame with 2 screws (19), 2 washers (25) and 2 nuts (34).



CONSOLE



BUTTONS

MODE	Press to confirm selection
SET	Set the target time, number of repetitions, distance, calories.
RESET	Resets time, number of repetitions, distance, calories.

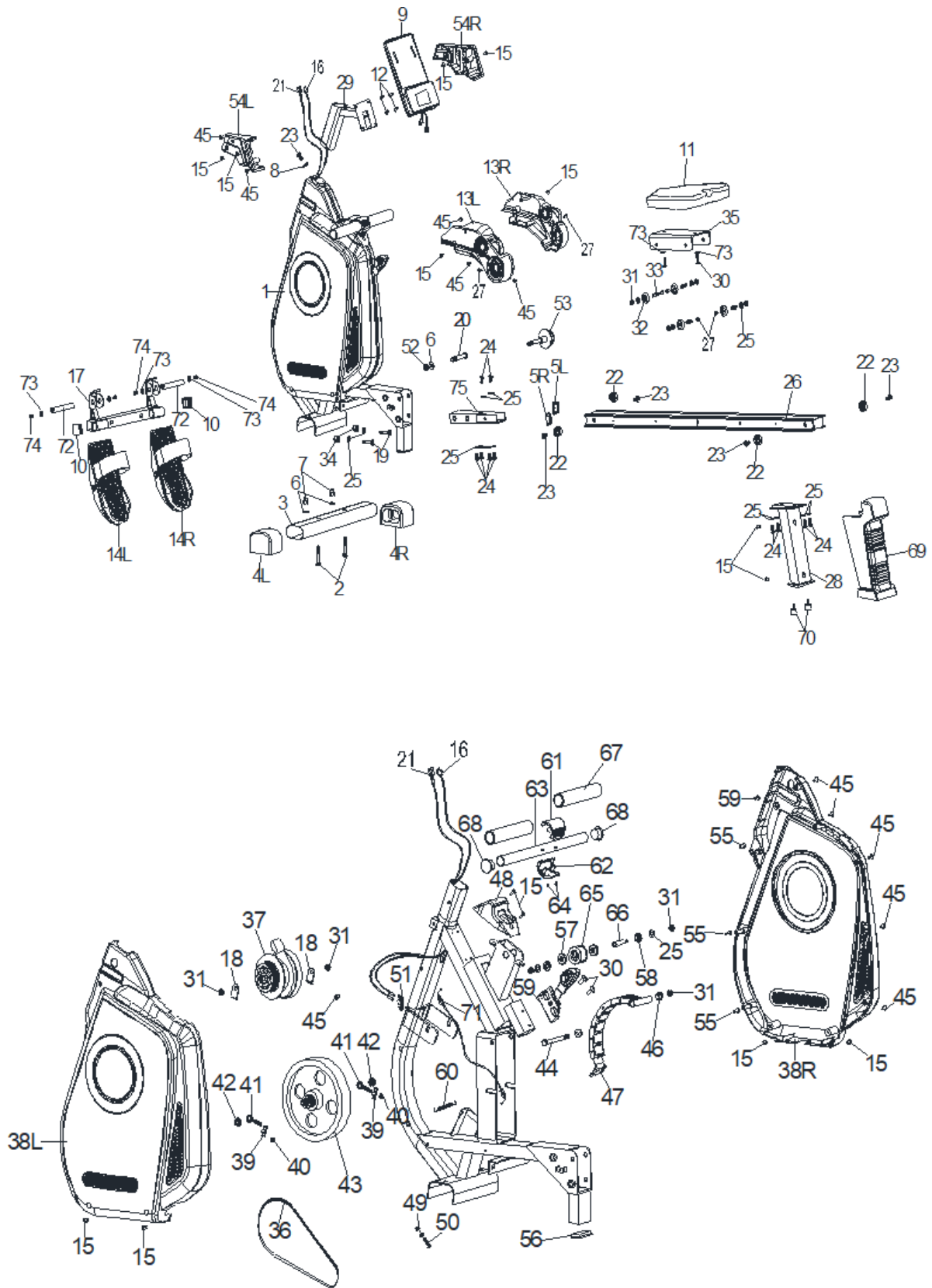
FUNCTION

SCAN	Press MODE repeatedly to select SCAN. Every 5 seconds the display will display different data: time, number of repetitions, repetitions per minute and calories. The data will be displayed for 6 seconds.
TIME	Displays training time Press MODE repeatedly to select TIME, then press SET to set the training time. The value will be counted down.
COUNT	The number of repetitions during the exercise is displayed. Press MODE repeatedly to select COUNT, then press SET to set the number of times. The value will be counted down.
DISTANCE	The distance traveled during exercise is displayed. Press MODE repeatedly to select DISTANCE, then press SET to adjust the distance. The value will be counted down.
CALORIES/MIN (RPM)	The number of repetitions per minute is displayed
CALORIES	Burned calories are displayed during exercise. Press the MODE button repeatedly to select CALORIES, then press SET to set the calories burned. The value will be counted down.
ODOMETER	Monitor will display the total accumulated distance.

DISPLAY

FUNKCE	SCAN	Every 6 sec
	TIME	0:00 – 99:59
	COUNT	0 – 9999
	DISTANCE	0 – 9999
	RPM	0 – 999
	CALORIES	0 – 9999
	ODOMETER	0 – 9999
TYP BATERIE	2x AAA or UM4	
PROVOZNÍ TEPLOTA	0°C - +40°C	
SKLADOVACÍ TEPLOTA	-10°C - +60°C	

DIAGRAM



PARTS LIST

No.	Name	Qty.	No.	Name	Qty.
1	Main frame	1	33	Transport wheels axle	4
2	Screw	2	34	Nut	2
3	Front stabilizer	1	35	Seat bracket	1
4/L	Front stabilizer end cap L	1	36	Belt	1
4/R	Front stabilizer end cap R	1	37	Spring with rope	1
5/L	Slide rail end cap L	1	38/L	Left chain cover	1
5/R	Slide rail end cap R	1	38/R	Right chain cover	1
6	Flat washer	3	39	Screw	2
7	Nut	2	40	Nylon nut	2
8	Arc washer	1	41	Screw	2
9	Console	1	42	Nut	2
10	End cap	2	43	Flywheel	1
11	Seat	1	44	Screw	1
12	Screw	4	45	Screw	11
13/L	Cover L	1	46	Magnet bracket	2
13/R	Cover R	1	47	Magnet set	1
14/L	Left pedal	1	48	Bumper for handlebars	1
14/R	Right pedal	1	49	Nut	2
15	Screw	14	50	Screw	1
16	Sensor cable 1	1	51	Sensor holder	1
17	Pedal bracket	1	52	Nylon nut	1
18	Washer	2	53	Knob	1
19	Screw	2	54	Support rod cover	1/1
20	Screw	1	55	Screw	3
21	Sensor cable 2	1	56	End cap	1
22	Rubber washer	4	57	Bearings	2
23	Allen screw	5	58	Spacer	1
24	Allen screw	10	59	Resistance knob	1
25	Flat washer	17	60	Spring	1
26	Sliding rail	1	61	Handlebar top cover	1
27	Screw	6	62	Handlebar bottom cover	1
28	Rear stabilizer	1	63	Handlebars	1
29	Console	1	64	Screw	2
30	Allen screw	4	65	Plastic pulley	1
31	Nylon nut	9	66	Pulley axis	1
32	Transport wheels	4	67	Foam grip	2

68	Handlebar end cap	2	72	Pedal axis	2
69	Rear stabilizer end cap	1	73	Flat washer	6
70	Adjustable stop	2	74	Allen screw	4
71	Motor cable	1	75	Connecting rod	1

HOW TO EXERCISE

Phase of right rowing to strengthen specific muscles:

1. Stroke (Lower Muscle Exercise): Bend your knees and stretch your arms. Grasp the handle and keep your back straight (Pic 01).
2. Movement (center muscles): Reflect the legs and bend the arms (Pic 02).
3. End (upper body muscles): Take your back and legs tight. Hold your wrists straight and pull the handle (Pic 03).
4. Training the four-headed femoral muscle (Pic 04).
5. Muscle training on arms (Pic 05).
6. Practice of back and abdominal muscles (Pic 06)



Picture 01



Picture 02



Picture 03



Picture 04



Picture 05



Picture 06

MAINTENANCE

- Cleaning: Use a soft cloth and gentle cleaner to clean the product.
- Do not use abrasives or solvents on plastic parts.
- Wipe the sweat after each use.
- Protect your computer from moisture to avoid damaging the electronics.
- Protect machine and computer from direct sunlight.
- Check all screws and correct tightening of the pedals at least once a week. Tighten if necessary.
- Store in a dry and clean place. Keep away from children.

STORAGE

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

IMPORTANT NOTICE

- This rowing machine 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 rowing machine. 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 rowing machine 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 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
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.cz
reklamacie@insportline.cz
servis@insportline.cz
Web: www.inSPORTline.sk