



## USER MANUAL – EN

### IN 9071 Suspension Trainer inSPORTline MultiTrainer



SevenSport s.r.o. reserves the right to make any changes and improvements to its product without prior notice. Visit our website [www.insportline.eu](http://www.insportline.eu) where you will find the latest version of the manual.

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## SAFETY INSTRUCTIONS

- Read the manual before use and keep it for future reference.
- Use the product only in accordance with the manual.
- Secure the system properly before use.
- Use only in a place with non-slip floor. Wear sports shoes.
- Consult a physician before starting a training program.
- If you experience nausea, dizziness or pain, stop exercising immediately and seek medical attention.
- Keep the product away from children and pets.
- Hide the product when not in use.
- People with mental or physical illness and children may only use the product under the supervision of an adult and responsible person.
- Check the product regularly for damage or wear. Stop using the product immediately if it is damaged or worn.
- Do not modify the product.
- Always attach the trainer to a safe, strong and stable material that can support the weight of your body. If the booster is attached to a treadmill (or other fitness equipment that is not standardly attached to the floor, wall or ceiling), the turret must be bolted to the ground or otherwise secured against overturning. Always perform a stress test before using the fitness system to check the strength and stability of the object to which the system is attached.
- For safety reasons, always try the exercise first in a so-called static hinge and with a minimum body inclination. Always perform slow, controlled movements.
- Protect the product from external influences. Prolonged exposure to sunlight, moisture, weather, low or high temperatures, or severe temperature changes may result in reduced material strength.
- **Wall / ceiling / beam anchoring:**
  - WE RECOMMEND YOU TO CONTACT EXPERTS.
  - Under no circumstances should you use self-tapping screws, screws or other screws unless they are intended for installation in concrete or iron.
  - Use the subsurface search engine to find a suitable anchorage point
  - If you are planning to anchor more than one reinforcement system in a single wall / beam (in the case of multiple users), it is strongly recommended that you contact a qualified construction expert to ensure that the wall / beam or other mounting surfaces are not disturbed.
  - The mounting bracket must be firmly screwed on and securely secured. Perform a stress test before use.
  - For safety reasons, check the mounting bracket regularly. Do not use the bracket if it is loose or improperly attached.
- **Load capacity:** 150 kg

## FIXING

To use the trainer system, it is necessary to attach the system to an anchorage point that can support your weight (e.g. walls, beams, etc.). Attach the carabiner to the anchor point (improper attachment may lead to premature wear). The attachment point should be at a height of 1.8 - 2.7 m. Pull the booster strap through the yellow strap. Always ensure that the system is properly attached before use.



## PROPER USE OF THE OPTIONAL DOOR ANCHOR

The Door Anchor can only be used on solidly constructed doors that support the user's weight.

**! WARNING:** DO NOT use on sliding doors, glass doors or lightweight closet doors. Make sure the door cannot be pulled open without turning door handle.

### Attaching the Door Anchor:

For standard-height doors, remove the Suspension Anchor prior to attaching the Door Anchor. For doors taller than 7 ft. (2.13 m), attach the Suspension Anchor to the Door Anchor to extend length appropriately.

### To remove the Suspension Anchor:

1. Slide anchor down towards the handle.
2. Fold the foot cradle straps along the handle and push through main loop.
3. Reverse process to attach Door Anchor.



### Placement for Door opening AWAY from you:

This is the most secure set-up since your bodyweight will pull the door closed.

1. Toss Door Anchor pillow over top center of door and close.
2. Make sure door is completely closed and weight test before using.



**Placement for Door opening TOWARD you:**

1. Place Door Anchor over top of door and then slide the anchor across and into the gap above the upper hinge. This will prevent the door from accidentally pulling open.
2. Make sure door is completely closed and weight-test before using.



**TIP:** Place Door placard on other side of door to prevent unexpected interruption and possible injury.

## **ADJUSTING THE STRAP LENGTH**

To shorten, grasp the black strap. Press the black buckle and grasp the yellow strap.

At the same time pull the buckle and strap up.

Adjust the length on both straps at the same time.

To extend, pull the strap and buckle down at the same time.

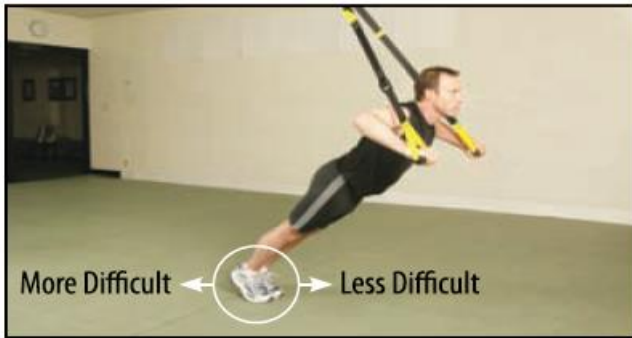


## EXERCISES

Ensure that the fitness system is properly attached and tightened before use. During exercise, engage the abdominal muscles and back straight, unless the instructions state otherwise. During standing exercise, increase the angle by increasing the load. During exercise on the floor, you increase resistance by moving away from the centre of gravity.

Goal	Repetition to exhaustion *	Number of sets
Increase power	6-8	2-4
Muscle enlargement	8-12	2-3
Muscle shaping	12-15	1-2

\* Reduce resistance if you cannot do the minimum number of repetitions. Increase the resistance once you have exceeded the number of repetitions by 1.



### SINGLE LEG SQUAT



Face the straps with your arms forward and slightly bent at your shoulder height. Grasp the handles for balance.

Place your free leg in front of your body and do a squat. Keep the body in the correct position throughout the exercise.

### HAMSTRING CURL



Lie on your back and place your feet in the straps. Lift the hips into the air so that the body is level.

Pull your heels to your buttocks and bend your legs. Return gradually to the starting position.

### BALANCE LUNGE



Stand with one foot on the floor or balance mat. Grasp the handles with your arms at 90 ° to your body. The shoulders are flush with the body.

Bend one leg back and then return to the starting position. Alternate legs.

### HIP ABDUCTION



Lie on the floor and place your feet in the straps. Raise the pan into the air with the body.

Use your buttocks to straddle your legs, do not stretch your muscles. Slowly return to the starting position.



### STRENGTHENING SHOULDER MUSCLE



Face the straps and grasp them. The body is straightened and stretched for a year with the shoulders.



Extend your arms and slowly raise them to the Y position above your head. Slowly return to the starting position.

### TRICEPS



Grasp the straps with the arms stretched in front of you. Keep your body level, do not bend.



Slowly shrug your arms. Get close to your hands. Then slowly return to the starting position.

### OBLIQUE LEG RAISE



Lie on the ground and grab the handles at 45°. Keep your back on the floor during exercise.



Raise the legs to 90 degrees and then turn them to the side, away from the centre of the body. Then repeat on the other side.



## BICEPS



Grasp the handles, extend your arms to the height of your shoulders. Keep your body level, engaging the abdominal muscles.



Attract yourself. The body should be stable during exercise. Return slowly to the starting position.

## LOWER BACK



Lie on the floor, place your legs in the straps and engage the abdominal and back muscles.



Lift the pelvis so that the body is level. Return slowly to the starting position.

## CORE



Take the handle position but place your feet in the straps. Keep the body level, do not bend.



Pull the knees to the chest and then slowly return to the starting position.

### CHEST PRESS



Stand facing away from the system with arms extended in front at shoulder height. Keep entire body aligned – legs, hips, shoulders and head. Keep back in neutral position.

Lower the chest toward the hands similar to push up keeping elbows at shoulder height. Squeeze the arms back together in a controlled motion to return to start position.

### BACK ROW



Stand facing the system with arms extended toward it at shoulder height and hands angled to 45°. The entire body is aligned.

Pull the body toward the handles until the hands are drawn into the mid torso area, keeping upper arm at 45-90° angle to the torso. Lower back to the start position.

## 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 scrapyards.

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
- Improper maintenance
- Mechanical damages
- Regular use (e.g. wearing out of rubber and plastic parts 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.**

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**About shipping**

