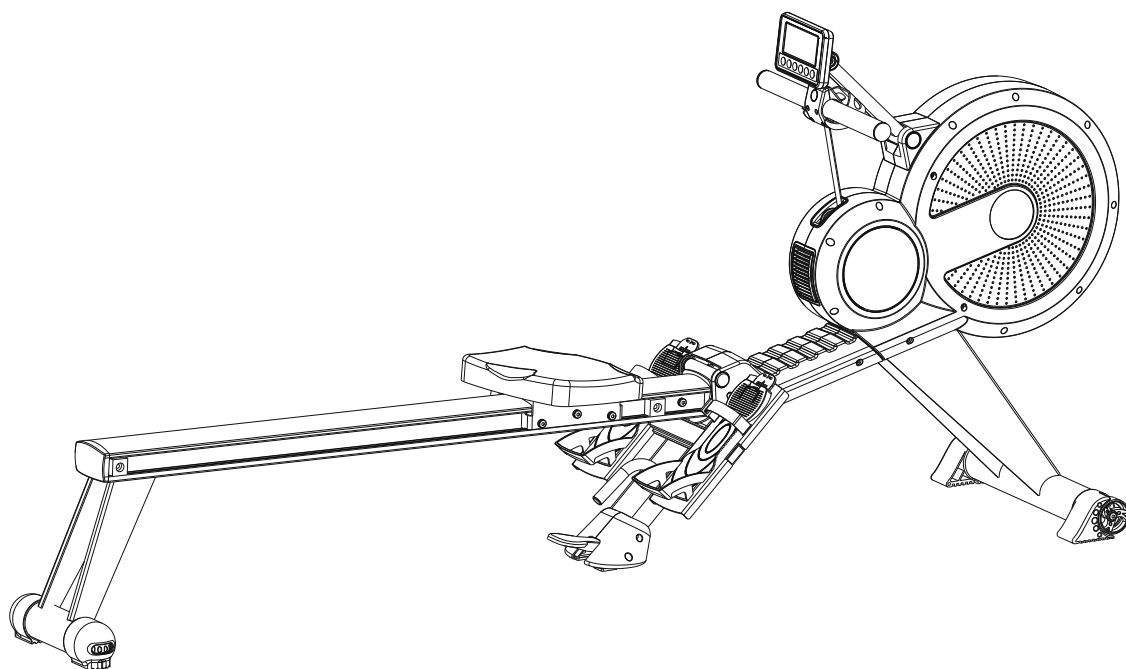




**USER MANUAL – EN**  
**IN 14953 Rowing Machine inSPORTline Rivu**



# CONTENTS

- SAFETY PRECAUTIONS..... 3
- PARAMETERS ..... 4
- PARTS LIST ..... 4
- ASSEMBLY ..... 5
- PEDAL ADJUSTMENT..... 8
  - Adjusting downwards ..... 8
  - Adjusting downwards ..... 8
- CONTROL PANEL ..... 9
  - Display functions ..... 9
  - Key functions..... 10
  - Operations..... 10
  - Program resistance profiles ..... 14
- CHEST STRAP INSTRUCTIONS ..... 15
  - Battery installation..... 15
  - Put the chest strap on ..... 15
  - Notifications..... 16
- EXPLODED DRAWING..... 17
- PARTS LIST ..... 18
- TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS..... 19

# SAFETY PRECAUTIONS

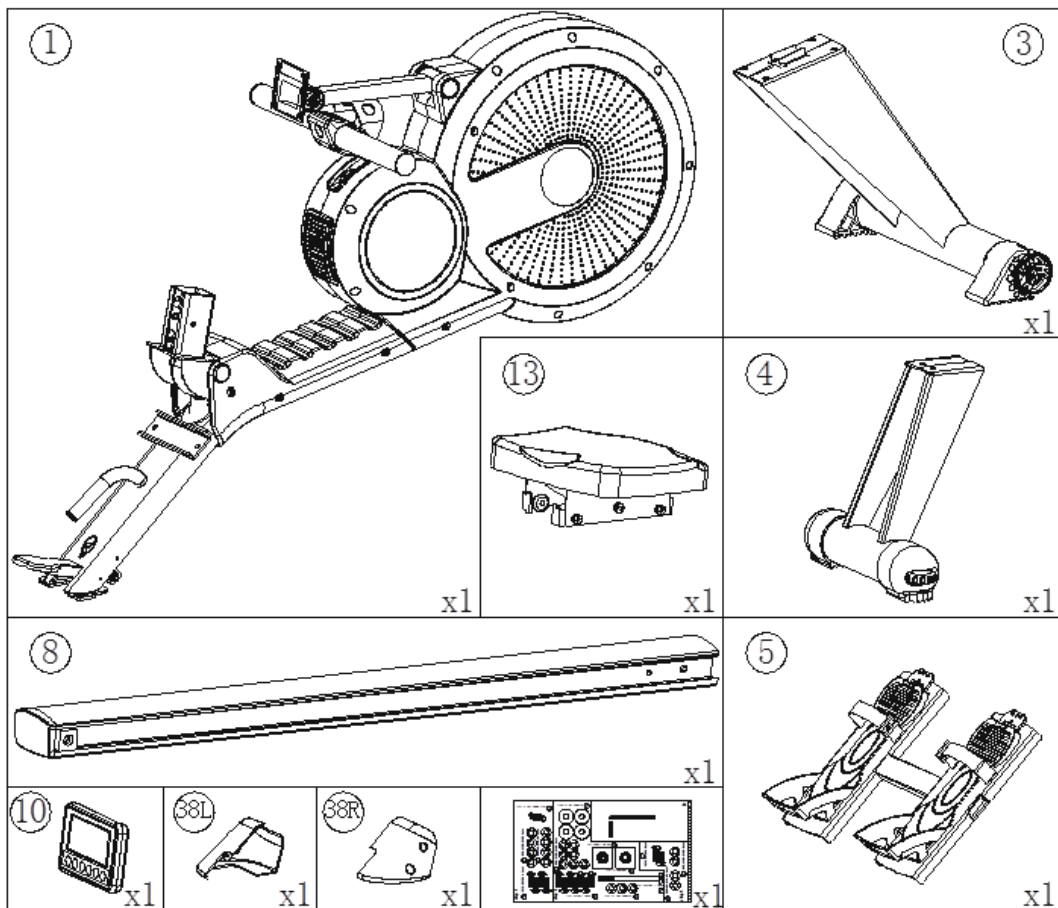
## Retain the manual for future use.

- Read the entire manual before first use.
- It is important to read the entire manual before assembly and first use. Safe and efficient running can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users are informed of all warnings and precautions.
- If you are taking medication that affects your heart rate or blood pressure, you should consult your physician before starting any training program.
- Be aware of your body's signals. Incorrect or excessive exercise can damage your health.
- Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, light-headedness, dizziness or nausea. You should consult your physician before continuing with the training program.
- Keep children and pets away from the equipment. The equipment is designed for adult use only.
- Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. For safety, keep at least 0.6 m of free space around it.
- Check that the nuts and bolts are tightened securely before every use.
- The safety level of the equipment can only be maintained if it is regularly examined for damage and wear.
- Always use the equipment as indicated. Do not use the equipment if you find any defective components or if you hear any unusual noise coming from the equipment during use. Repair the machine immediately.
- Wear suitable clothing. Do not wear loose clothing that could get caught in the machine or that may restrict your movement.
- The machine is not suitable for therapeutic use.
- No adjustable part should be protruding and limit the user's movement.
- Be careful not to injure your back when lifting or moving the equipment. Acquire the assistance of another person if necessary.
- **Weight limit:** 150 kg
- **Category:** SB (EN 957-1 and EN 957-7, suitable for professional and commercial 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.

## PARAMETERS

Dimensions	126.5 x 57 x 192.5 cm
Dimension while folded	245 x 57 x 112 cm
Weight	40 kg
Flywheel weight	3 kg
Braking system	Magnetic
Resistance levels	16
Seat range	99 cm
Weight limit	150 kg

## PARTS LIST

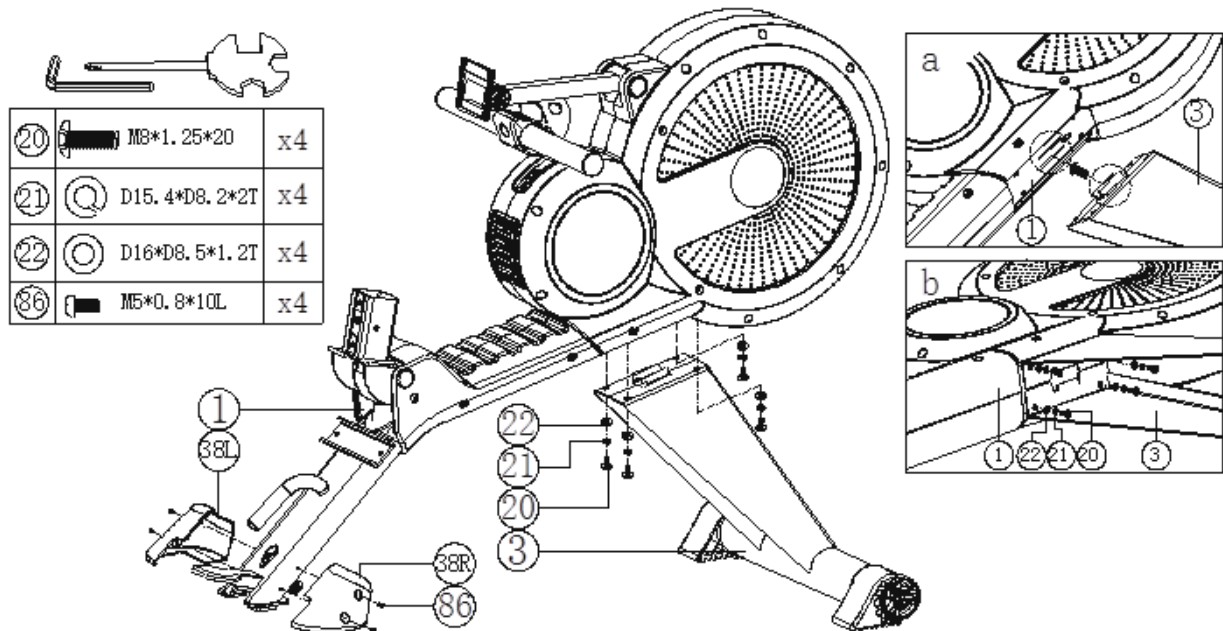


No.	Item	Pcs	No.	Item	Pcs
1	Main frame	1	10	Control panel	1
3	Front stabilizer	1	13	Seat	1
4	Rear stabilizer	1	38L	Front foot cover (left)	1
5	Bracket for pedals	1	38R	Front foot cover (right)	1
8	Sliding rail	1		Tools and connection material	1

# ASSEMBLY

## STEP 1

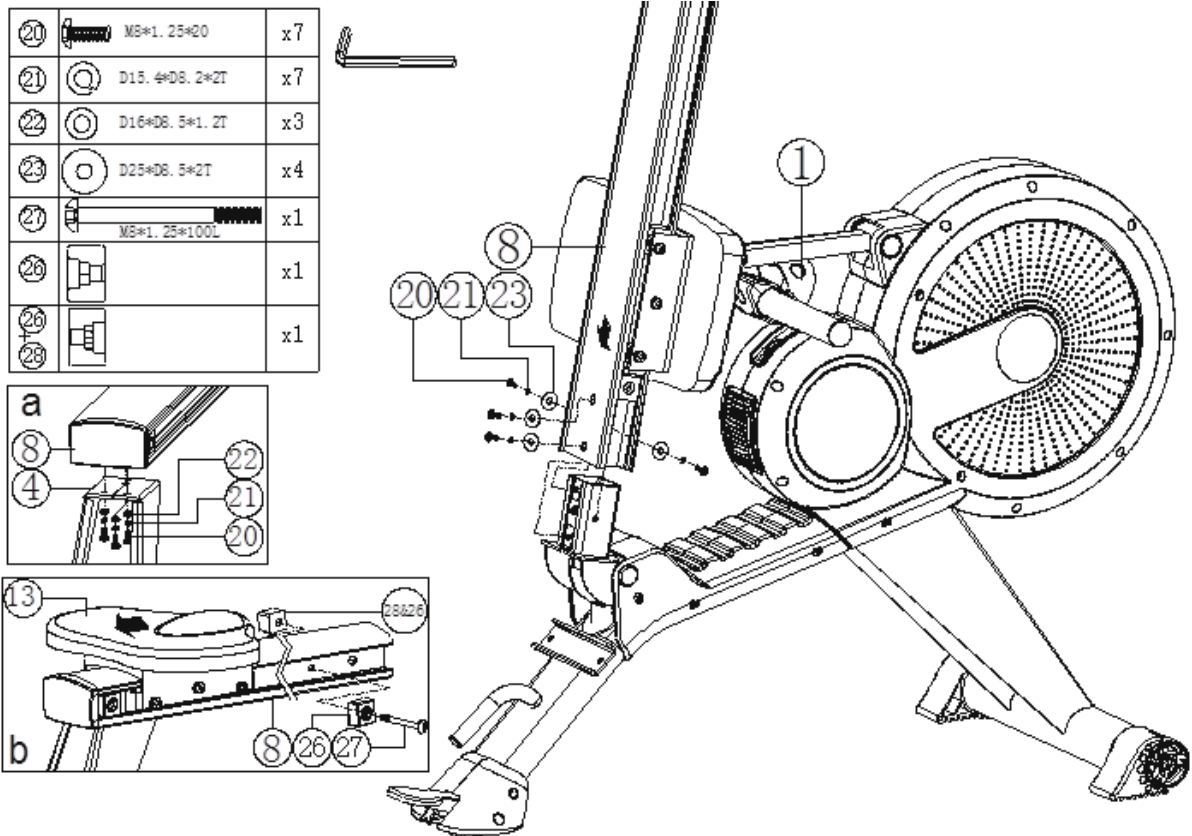
1. Attach the left and right foot covers (38L, 38R) to the main frame (1) with screws (86).
2. Affix the front stabilizer (3) to the main frame (1) as shown in fig. a. Use Allen bolts (20), spring washers (21) and flat washers (22) as shown in fig. b.



## STEP 2

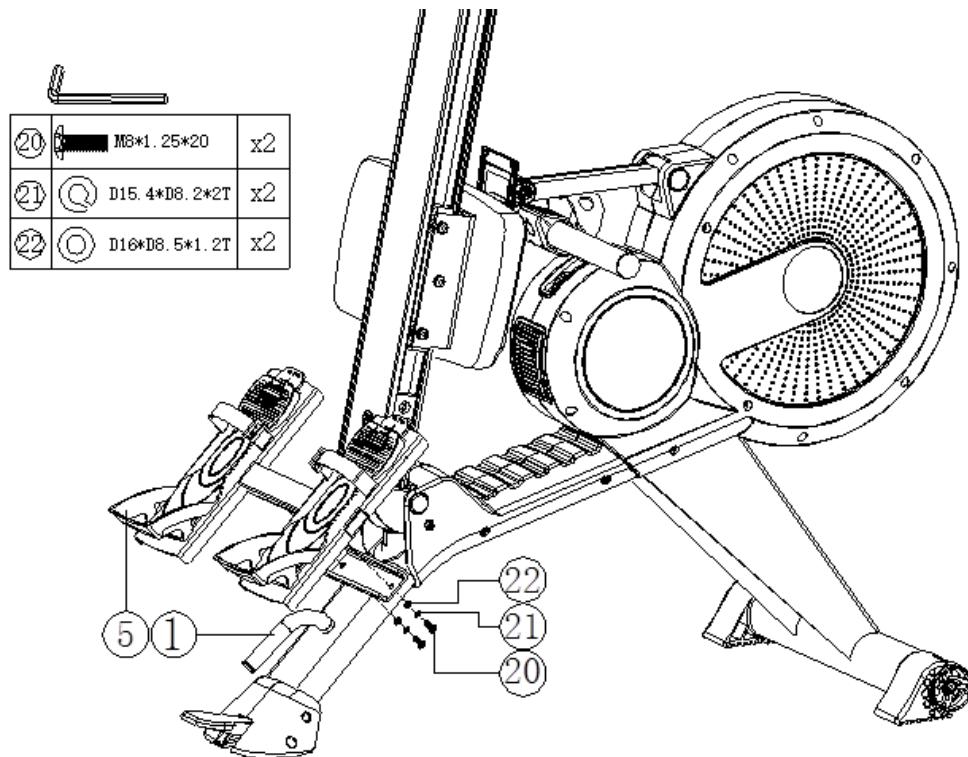
1. Attach the sliding beam (8) to the main frame (1) with Allen bolts (20), spring washers (21) and flat washers (22).
2. Affix the rear stabilizer (4) to the sliding beam (8) with Allen bolts (20), spring washers (21) and flat washers (22), as shown in fig. a.

3. Affix the pre-assembled buffer with a nut (28&26) and buffer (26) to the sliding beam (8) with Allen bolts (27) as shown in fig. b.



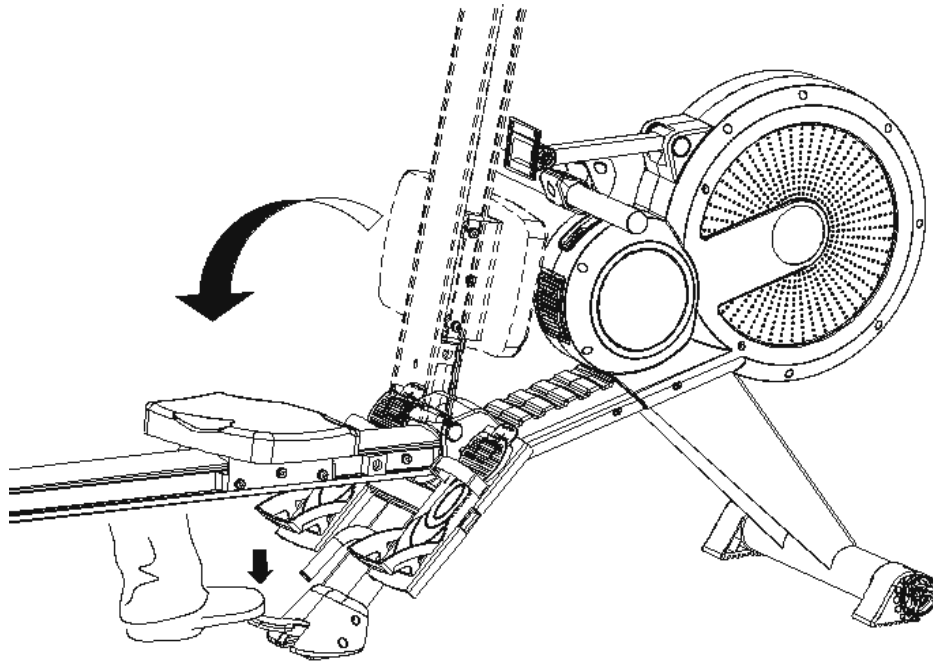
### STEP 3

Attach the bracket for pedals (5) to the main frame (1) with Allen bolts (20), spring washers (21) and flat washers (22).



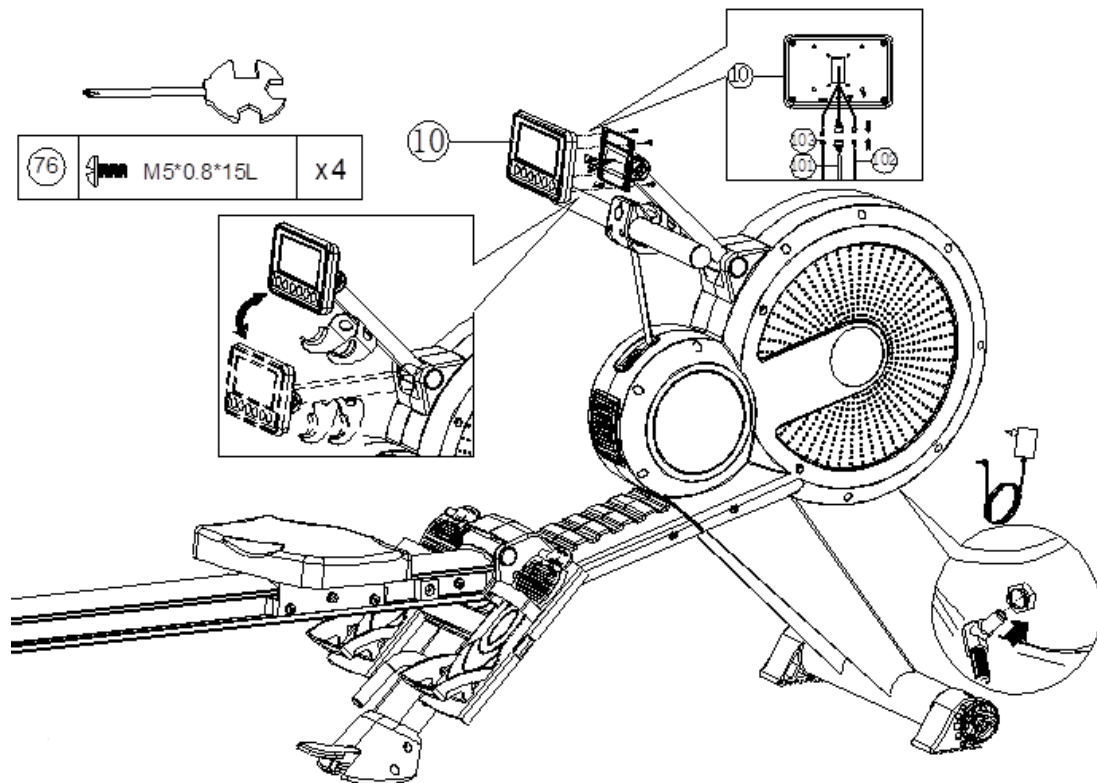
#### STEP 4

Step onto the foot lever (9) to fold and unfold the sliding beam (8) as shown in the picture.



#### STEP 5

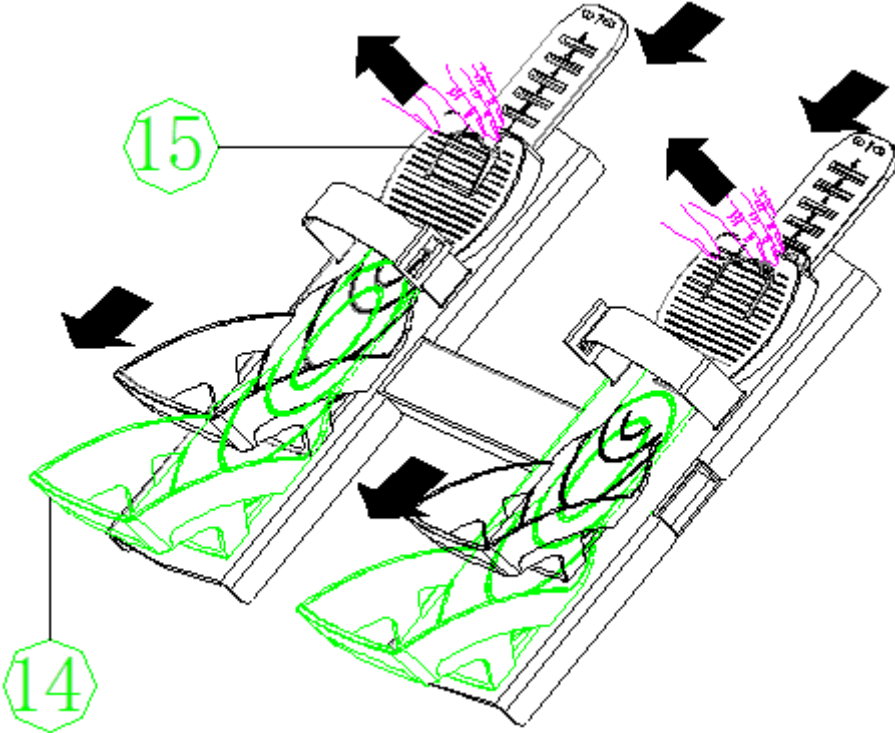
1. Connect the upper computer cable (101) and sensor cables (102, 103) to the control panel (10).
2. Attach the control panel (10) to the control panel bracket with bolts (76) as shown in the enlarged view.
3. Adjust the handlebar post (2) to a suitable position as shown in the enlarged view.
4. Connect the adapter and turn on the control panel.



# PEDAL ADJUSTMENT

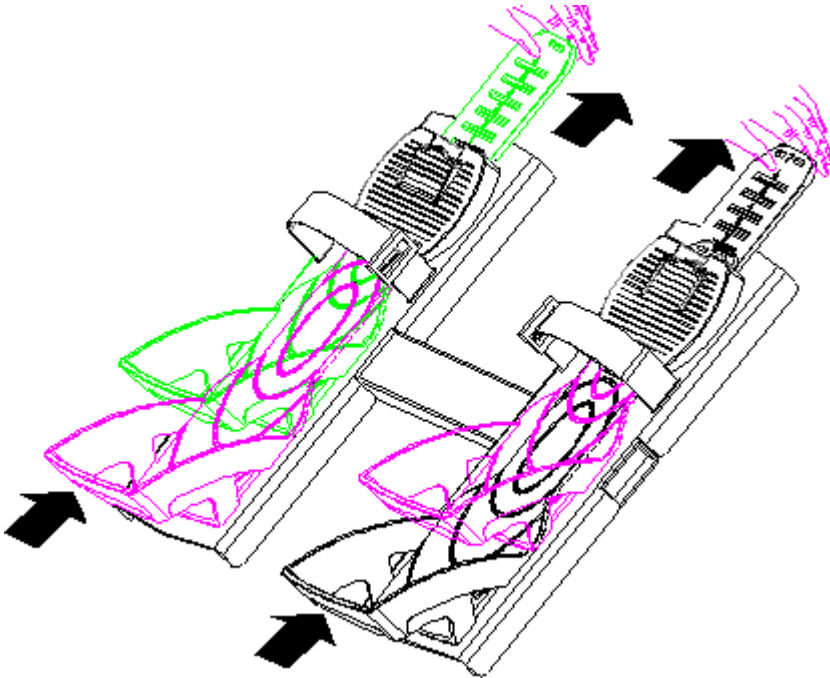
## Adjusting downwards

Pull out the clips on the pedal fixing plates (15) and at the same time push the pedals down as shown in the picture below.



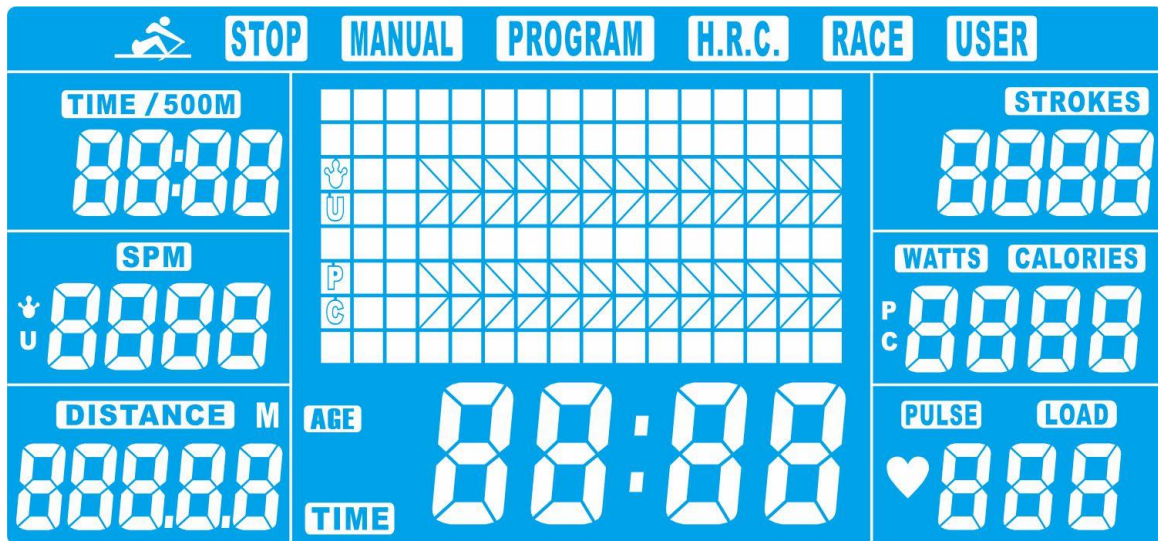
## Adjusting downwards

There is no need to pull the clips out. To reduce the size of the pedals, simply pull them up as shown in the picture below.





## CONTROL PANEL



### Display functions

FUNCTION	DESCRIPTION
WATTS	Display range: 0-999 W; alternates with calories display
CALORIES	Displays number of burned calories; alternates with watts display. Display range: 0–9999 cal; adjustment range: 0–9990 cal
DISTANCE	Displays rowing distance. Display range: 0–99999 m; value increases/decreases by 100 m
PULSE	Displays bpm during exercise. Display range: 30–230 bpm
TIME/500M	Displays the time of the exercise. Display range: 0:00–99:00 min Values are scanned every 6 seconds. Computer will display the time needed to finish 500 m according to current speed.
SPM	Display range: 0–99; the value increases/decreases by 5 spm
LOAD	Adjusting resistance level. No. of resistance levels: 16
STROKES	Counts completed strokes. Display range: 0–9999 strokes Totals strokes updates every 6 seconds. To clear total strokes count, unplug the machine from the outlet.
TIME	Displays workout time.
MANUAL	Manual mode.

<b>PROGRAM</b>	Choose one of the 12 pre-set programs.
<b>H.R.C.</b>	Heart rate control mode.
<b>RACE</b>	Rowing competition with the computer.
<b>USER</b>	Create your own resistance level profile.

## Key functions

KEY	FUNCTION
<b>Up</b>	Increase a value or move upwards through selection.
<b>Down</b>	Decrease a value or move downwards through selection.
<b>Enter</b>	Confirm a setting or a selection.
<b>Reset</b>	Press the key to clear a value in settings. Press the key after finishing exercising to return to the main menu. Hold the key for 2 seconds to reboot the control panel.
<b>Start/Stop</b>	Press to start or stop exercising.
<b>Recovery</b>	Press to measure your heart rate recovery status.

## Operations

### 1. POWER ON

Plug the machine into the power supply (or press RESET for 2 seconds). The computer will power on with a chime and display all windows on the display for 2 seconds (Fig. 1). Select USER and then press UP and DOWN to select one of the USER programs (U1-U4) and confirm by pressing ENTER. Then enter the workout setting mode. After you finish exercising, the resistance returns to the lowest level.

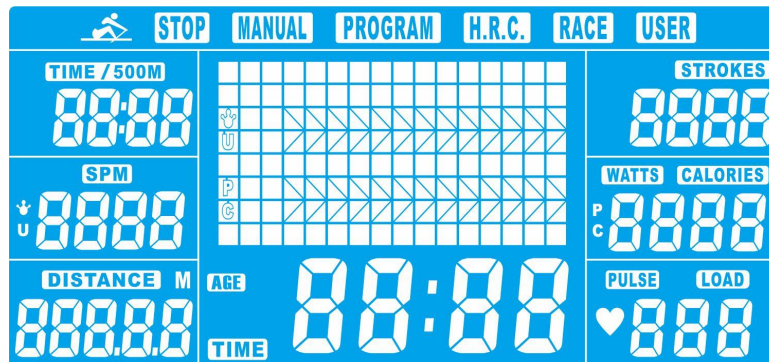


Fig. 1

### 2. SLEEP MODE

If the machine doesn't detect any heart beat or input for 4 minutes, the display will shut down and the resistance will return to the lowest level. All measured values will be saved for the next exercise.

### 3. FUNCTION SELECTION

In the workout setting, "MANUAL" will be flashing on the display. Press UP and DOWN to select MANUAL → PROGRAM → H.R.C. → RACE → USER. Confirm by pressing ENTER.

### 4. MANUAL MODE

- a. Enter manual mode by pressing START/STOP in the main menu.

- b. You can also select the mode by selecting it with the UP and DOWN keys and confirming with ENTER.
- c. Press UP and DOWN to set a target value for TIME, DISTANCE, CAORIES or PULSE and press ENTER (Fig. 2). (TIME and DISTANCE can't be pre-set at the same time).
- d. Press START/STOP to begin exercising (Fig. 3). The set values will start counting down from the target value. Press UP and DOWN to adjust resistance level.
- e. Once one of the pre-set values counts down to zero, the machine will stop. The display will start flashing and emitting a sound. After 8 seconds, average values will be displayed. (Press any key to stop the alarm). TIME will return to the previously set value.



Fig. 2



Fig. 3

- f. Press RESET to reverse to the main menu.

## 5. PROGRAM MODE

- a. Select program mode by pressing UP and DOWN and then ENTER to confirm.
- b. Press UP and DOWN to select resistance profile (P1 – P12) and press ENTER to confirm.

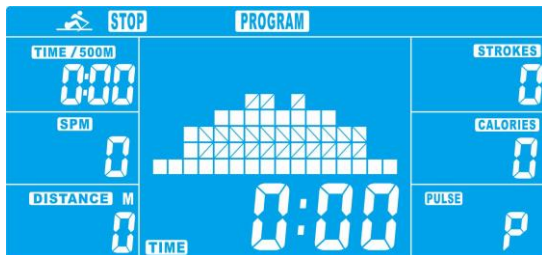


Fig. 4

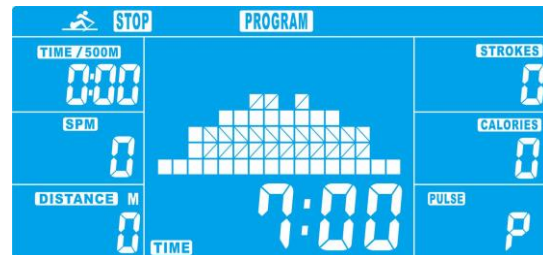


Fig. 5

- c. Press UP and DOWN to set the TIME (Fig. 5) and press ENTER to confirm.
- d. Press START/STOP to start exercising. You can adjust the resistance by pressing UP or DOWN.
- e. Once TIME counts down to zero, the machine will stop. The display will start flashing and emitting a sound. After 8 seconds, average values will be displayed. (Press any key to stop the alarm.) TIME will return to the previously set value.
- f. Press RESET to reverse to the main menu.

## 6. H.R.C. MODE

- a. Put on the chest strap (see “Chest strap instructions”).
- b. Press UP and DOWN to select H.R.C. mode and press ENTER to confirm.
- c. Press UP and DOWN to set your AGE (default value=25, Fig. 6) and press ENTER to confirm.
- d. Press UP and DOWN to select 55%, 75%, 90% and TARGET (Fig. 7). When setting TARGET heart rate, the pre-set values are 55% (default value=107 bpm), 75% (default value=146 bpm), 90% (default value=175 bpm) and TAG (default value=100 bpm). The values will be displayed in the PULSE window. When selecting TAG, the default value 100 bpm will start flashing (Fig. 8). Press UP and DOWN to set the PULSE from 30 – 230.



Fig. 6

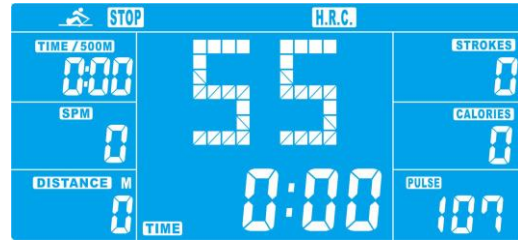


Fig. 7

e. Press UP and DOWN to preset TIME (Fig. 9).

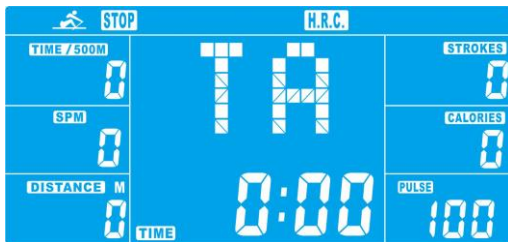


Fig. 8



Fig. 9

f. Press START/STOP to start exercising. If the machine won't detect any pulse, a heart icon will start flashing on the display. Once pulse input is detected, TIME starts counting down. When TIME counts down to zero, the machine will stop. The display will start flashing and emitting a sound. After 8 seconds, average values will be displayed (Press any key to stop the alarm.) TIME will return to previously set value.

g. Press RESET to reverse to main menu.

## 7. RACE MODE

a. Press UP and DOWN to select the race mode (Fig. 10). Press ENTER to confirm.

b. Press UP and DOWN to set SPM (default value=10) and DISTANCE (default value=500) – Fig. 11. Press ENTER to confirm.

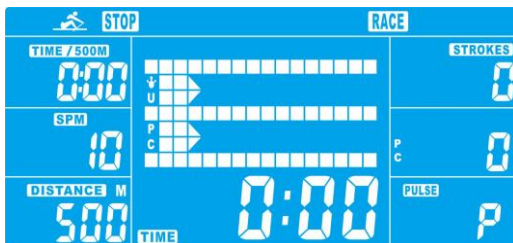


Fig. 10

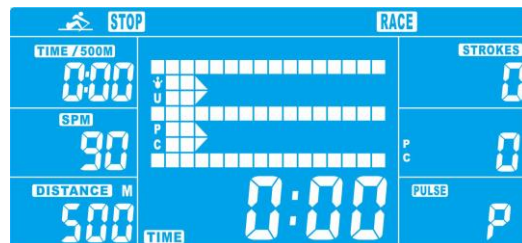


Fig. 11

c. Press START/STOP to start exercising. The progress of the USER ("U") and PC will be displayed on the control panel (Fig. 12). The virtual distance will be shown as well (Fig. 13).

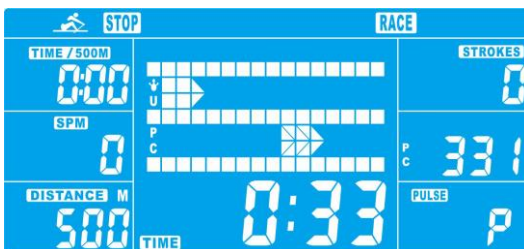


Fig. 12

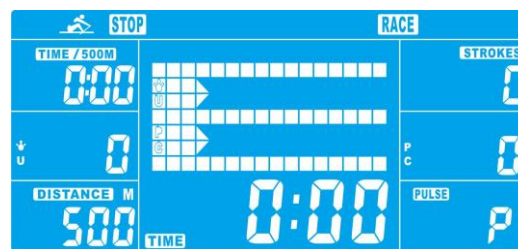


Fig. 13

- d. Once a target value is achieved, the machine will stop. Final data of the PC and USER will be displayed (Fig. 14). The control panel will start emitting a sound. (Press any key to stop the alarm.)

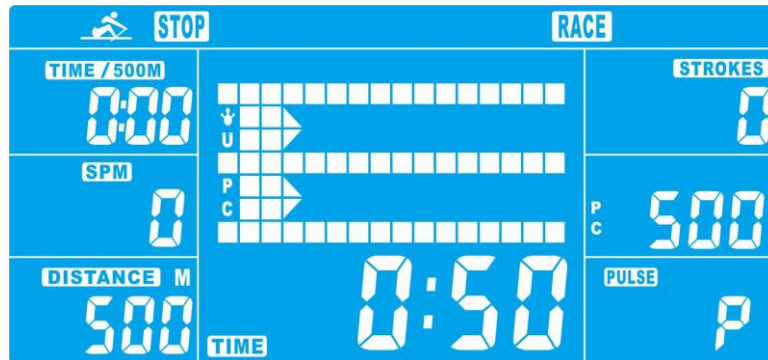


Fig. 14

- e. Press RESET to return to main menu.

## 8. USER MODE

- a. Press UP and DOWN to select the user mode and press ENTER to confirm.
- b. Press UP and DOWN to set the resistance level of each column (Fig. 15). Press ENTER to confirm and move onto the next column. Hold ENTER for 2 seconds to finish or quit settings.
- c. Press UP and DOWN to pre-set TIME (Fig. 16) and press ENTER to confirm.

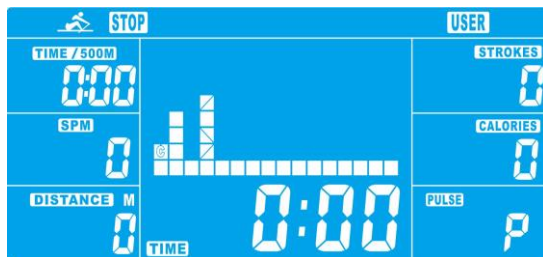


Fig. 15

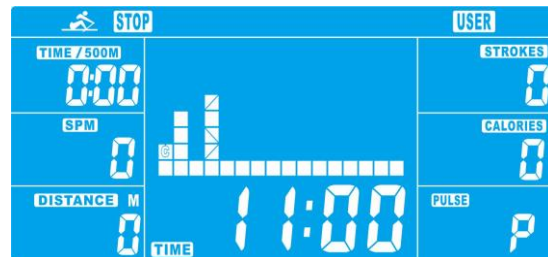


Fig. 16

- d. Press START/STOP to start exercising. Press UP and DOWN to adjust the resistance level.
- e. When the preset value counts down to zero, the machine will stop and start emitting a sound. (Press any key to stop the alarm.)
- f. Press START/STOP to pause the exercise.
- g. Press RESET to return to the main menu.

## 9. RECOVERY MODE

- a. Put on the chest strap (see "Chest strap instructions").
- b. Once your pulse appears on the display, press RECOVERY.
- c. Values on the display will disappear, except for the TIME and PULSE windows (Fig. 17). The machine will start to count down 60 seconds.
- d. After the countdown, your recovery status will be displayed as FX (X=1-6) – Fig. 18. See the chart below.

e. Press RECOVERY again to return to the main menu.



Fig. 17



Fig. 18

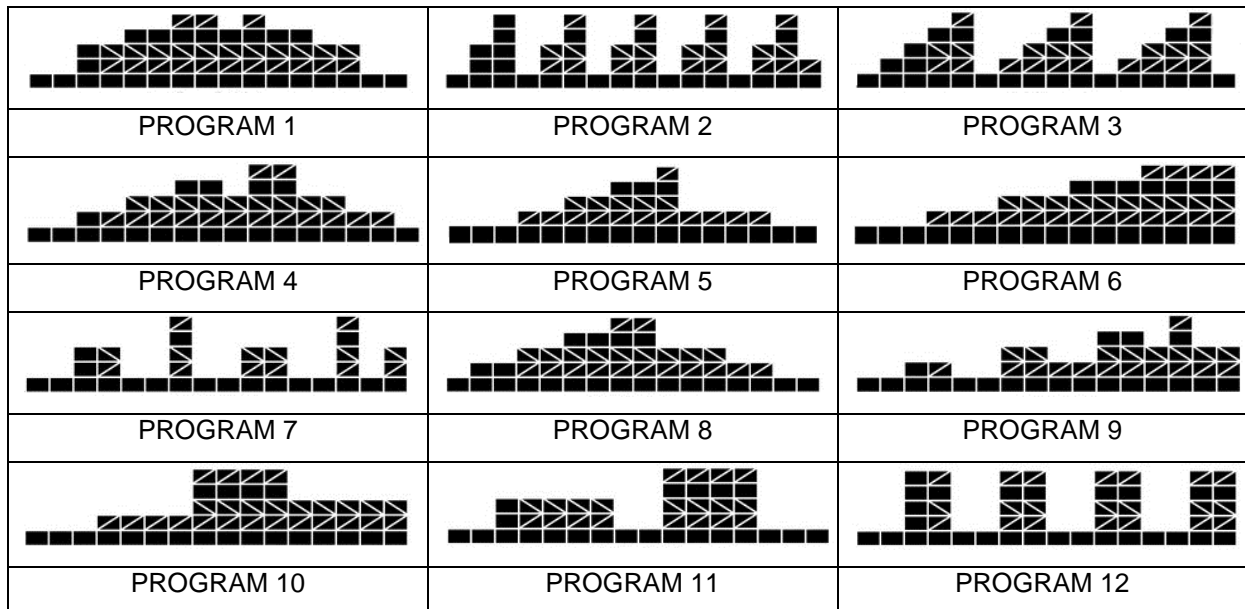
**Recovery status:**

1.0	OUTSTANDING
$1.0 < F < 2.0$	EXCELLENT
$2.0 < F < 2.9$	GOOD
$3.0 < F < 3.9$	FAIR
$4.0 < F < 5.9$	BELOW AVERAGE
6.0	POOR

**Notes:**

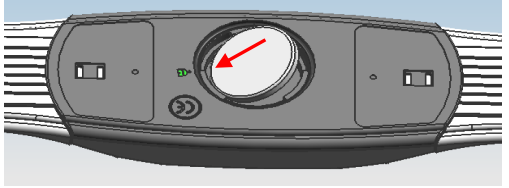
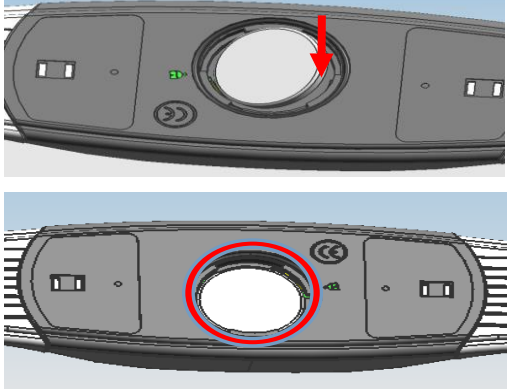
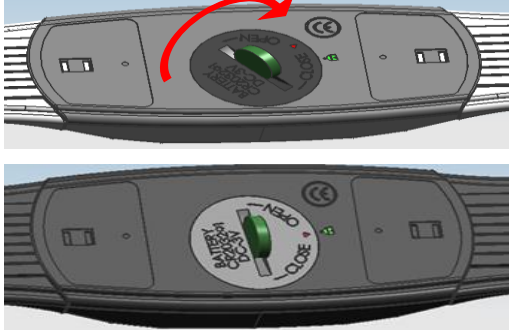

1. If "E-2" appears on the display, check if all cables are well connected and undamaged.
2. If the machine doesn't detect any pulse or other input for 4 minutes, it will enter the SLEEP MODE.

**Program resistance profiles**



# CHEST STRAP INSTRUCTIONS

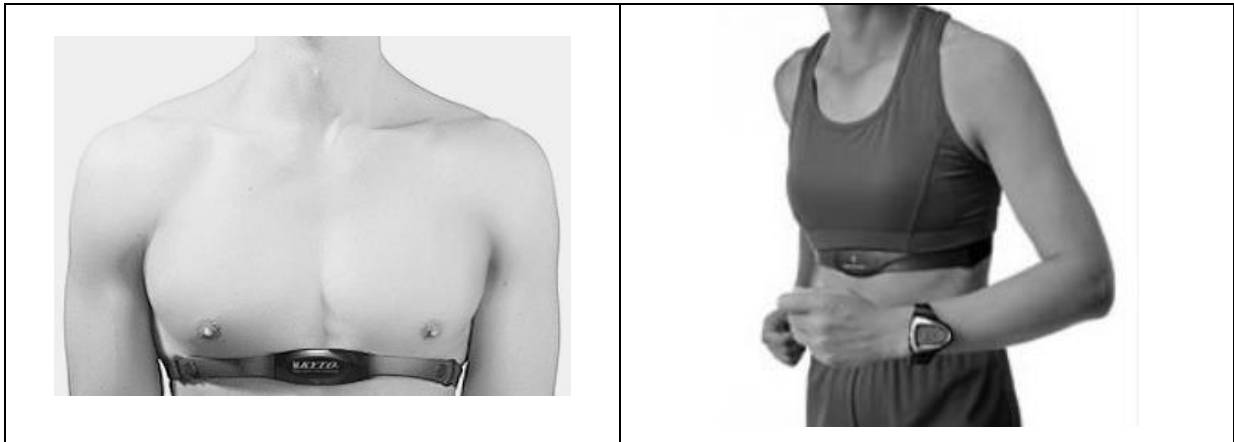
## Battery installation

<p>Place the battery with the positive pole up as shown in the picture.</p>	
<p>Press the battery into the strap and make sure it is in an even position.</p>	
<p>Place the battery lid back. The arrow on the lid should point towards the CE mark. Then use a coin or another similar tool to turn the lid clockwise so that the arrow points to the "CLOSE" mark.</p>	
<p>A locked lid should look this way.</p>	

## Put the chest strap on

Put the chest strap on according to the pictures below. The strap will detect your heart rate frequency and start transmitting it to the computer. Once the signal is received, a heart icon will appear on the display. Your heart rate will appear in 3-5 seconds.

Once you are finished using the chest strap, take it off and store it in a safe place.

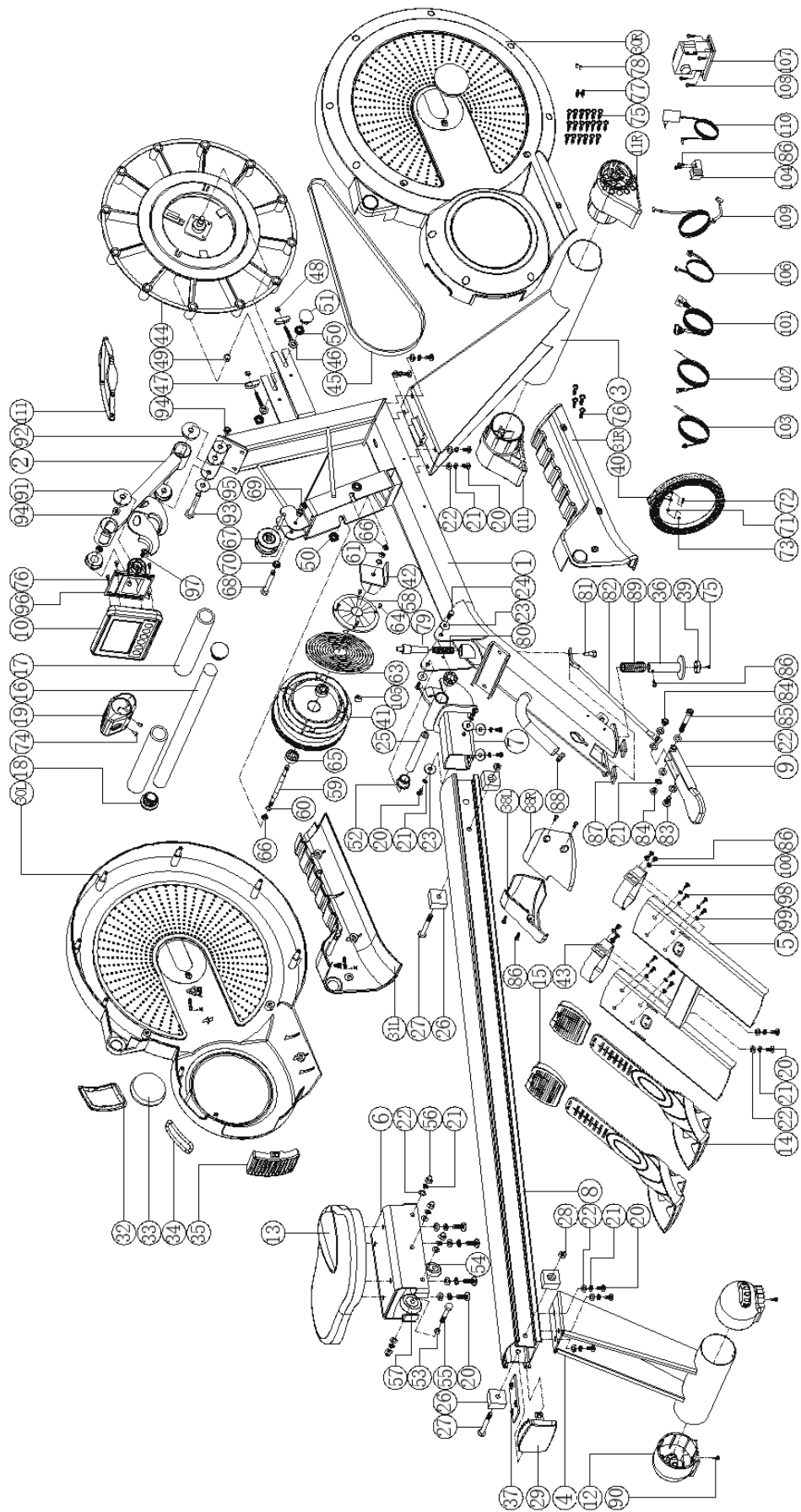


## Notifications

- Wet your skin before putting the chest strap on. This way, the transmitter will detect your heart rate more easily.
- Wear the chest strap as shown in the pictures above.
- Make sure the chest strap is as close to your heart as possible.
- The chest strap data must be connected with RF 5.3 KHZ.
- For the machine to receive the signal, the chest strap must be in the receiving distance of 90 – 130 cm.
- Battery life: If you use the chest strap 1 hour per day, the battery will last 12 months (the battery comes already installed into the chest strap). If the receiving distance is insufficient or there is no signal, replace the battery and insert it in again.
- Waterproof level: 1 ATM



# EXPLODED DRAWING



## PARTS LIST

No.	Item	Pcs	No.	Item	Pcs
1	Main frame	1	55	Bolt M8x1.25x35L	6
2	Handlebar post	1	56	Domed nut M8*1.25*15T	6
3	Front stabilizer	1	57	Pulley D37.4*D8*11	4
4	Rear stabilizer	1	58	Fixing plate for spring	1
5	Bracket for pedal	1	59	Flywheel axle	1
6	Supporting bracket for seat	1	60	C-clip S-10(1T)	2
7	Sliding beam supporting	1	61	Nut D9.5x5T(3/8"-26UNF)	1
8	Sliding rail	1	63	Volute spring	1
9	Foot lever	1	64	Screw ST4.2*15L	4
10	Computer	1	65	Bearing #6000ZZ	2
11L	Left foot cap	1	66	Nut D9.5*4T (3/8"-26 UNF)*4T	2
11R	Right foot cap	1	67	Pulley D50*26L	1
12	Adjustable foot cap	2	68	Ladder bolt M8*1.25*55.5L	1
13	Seat	1	69	Nylon nut M8*1.25*8T	1
14	Pedal	2	70	Bushing D13.5*D10*9	2
15	Fixing plate for pedal	2	71	Flat washer D15*D5.2*1.0T	2
16	Foam roller	1	72	Screw M5*0.8*15L	2
17	Foam	2	73	Nylon nut M5*0.8*5T	2
18	Round cap D31.8*19L	2	74	Screw ST3.5*25L	4
19	Cover for roller	1	75	Screw ST4.2*15L	20
20	Allen bolt M8x1.25x20L	17	76	Bolt M5*0.8*10L	8
21	Spring washer D15.4xD8.2x2T	24	77	Pin D6*26.5*7.7	2
22	Flat washer D16*D8.5*1.2T	27	78	Buffer D9*D5.8*13	2
23	Flat washer D25xD8.5x2T	6	79	Locking bolt D18.9*66L	1
24	Bolt M8*1.25*15L	2	80	Spring D2.0*D18*75L	1
25	Connecting axle	1	81	Ladder bolt D8*M6*10	1
26	Buffer 34*34*22T	4	82	Connecting rod	1
27	Allen bolt M8*1.25*100L	2	83	Allen bolt M8*1.25*25L	1
28	Nut M8*P1.25*6T	2	84	Nylon nutM8*1.25*8T	2
29	Cover for sliding rail	1	85	Allen screw M8*1.25*80L	1
30L	Left chain cover	1	86	Screw M5x0.8x10L	11
30R	Right chain cover	1	87	Buffer 35*35*5T	2
31L	Rear chain cover (left)	1	88	Round cap D7/8"x17L	1
31R	Rear chain cover (right)	1	89	Spring D3.5*D30*60L	1
32	Cover for pulling strap	1	90	Screw ST4x1.41x10L	2

33	Side cap	2	91	Bushing D38*D8.1*8T	2
34	Guidance for pulling straps	1	92	Bushing D38*D10.2*11T	2
35	Air blade set	1	93	Bolt M10*1.5*80L	1
36	Fixing tube for spring	1	94	Nylon nutM10*1.5*10T	3
37	Fixing plate	1	95	Flat washer D30*D10*3T	2
38L	Front foot cover (left)	1	96	Fixing bracket for computer	1
38R	Front foot cover (right)	1	97	Allen bolt M8x1.25x15L	2
39	Buffer D25*D4.5*8T	1	98	Screw ST4.2x1.4x10L	8
40	Pulling strap	1	99	Flat washer D12*D4.3*1.0T	8
41	Wheel for pulling strap	1	100	Flat washer D15*D5.2*3.0T	4
42	Fixing bracket for volute spring	1	101	Upper computer cable	1
43	Pedal strap	2	102	Sensor	1
44	Flywheel	1	103	Sensor (1)	1
45	Belt	1	104	Fixing bracket for sensor	1
46	Adjustable Washer	2	105	Round magnet	4
47	U-Washer	2	106	Power cable	1
48	Nut M6*1*5T	2	107	Motor	1
49	Spacer D10*D14*3T	1	108	Screw ST4.2*1.4*15L	4
50	Anti-loosen nut 3/8"-26UNFx6.5T	4	109	Tension cable	1
51	Screw cap	1	110	Adaptor	1
52	Bushing D28.6*D22.6*3T	2	111	Chest belt	1
53	Bushing D12*D8.2*12.6L	6	\	Spanner	1
54	Pulley D32*D18*10	2	\	Allen spanner	1

## 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 (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 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.**

Registered Office: Borivojova 35/878, 130 00 Praha 3, Czech Republic  
Headquarters: Delnicka 957, 749 01 Vitkov, Czech Republic  
Warranty & Service Centre: Cermenska 486, 749 01 Vitkov, Czech Republic  
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****INSPORTLINÉ s.r.o.**

Headquarters, Warranty & Service centre: Elektrická 6471, 911 01 Trenčín, Slovakia  
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

Date of Sale:

Stamp and Signature of Seller: