



## **USER MANUAL – EN**

### **IN 25834 Gymnastics ball inSPORTline P-Nut Ball 50 cm**

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.

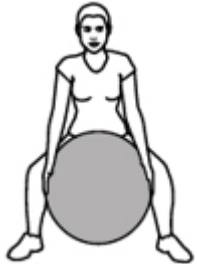
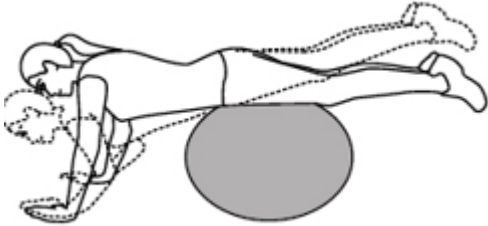
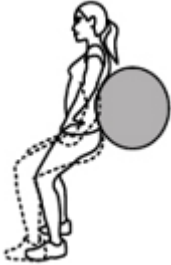
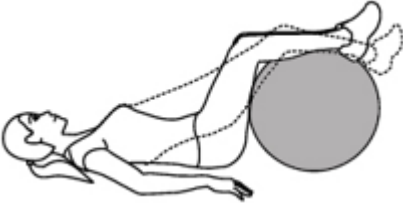
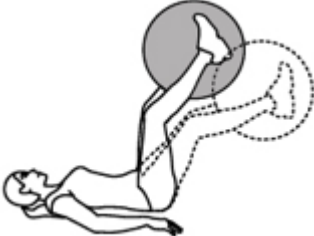
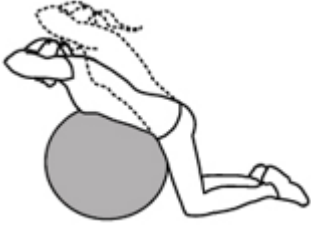
#### **SAFETY INSTRUCTIONS**

- Please read the manual before use and keep it for future reference.
- Consult your doctor before starting any exercise program.
- Wear appropriate athletic clothing and footwear.
- Before each exercise, stretch for at least 5 minutes and perform exercises that serve to warm up the muscles.
- Before practicing, make sure the ball is not damaged.
- Follow the drinking regime during exercise. Drink enough fluids after training.
- Do not inflate the ball above the permitted diameter
- Keep the ball away from direct sunlight, fire and heat sources.
- After exercise, clean the ball with a damp cloth and dry the ball.
- Do not leave sharp-edged objects around during exercise.
- Keep out of reach of children and pets.
- Children may only use the product under the constant supervision of an adult.
- Keep the ball away from sharp edges.
- Store in a dry place away from sunlight.
- Load capacity: 250 kg

#### **USE**

Take the ball out of the package, spread it out on a flat and clean surface. Allow the ball to warm up to room temperature. Then pull out the plug, connect the pump and inflate gradually. Then reattach the plug and let the balloon sit for 24 hours. Inflate if necessary.

# POSSIBLE EXERCISES

	<p>Strengthening the thigh muscles 1 – 2 sets of 10 repetitions</p>
	<p>Strengthening the pectoral muscles and improving core stability. 1 – 2 sets of 10 repetitions</p>
	<p>Strengthening thigh muscles and buttocks. 1 – 2 sets of 10 repetitions</p>
	<p>Buttock strengthening. 1 – 2 sets of 10 repetitions</p>
	<p>Strengthening of abdominal muscles and anterior thigh muscles. 1 – 2 sets of 10 repetitions</p>
	<p>Strengthening of the back muscles. 1 – 2 sets of 10 repetitions</p>



Relaxation after exercise.

Hold for 40 seconds.

## 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.

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 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.

### Batteries

6-month battery warranty – we guarantee that battery's nominal capacity does not fall below 70% of its total capacity within 6 months of the product's sale.

**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.**

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**About shipping**

