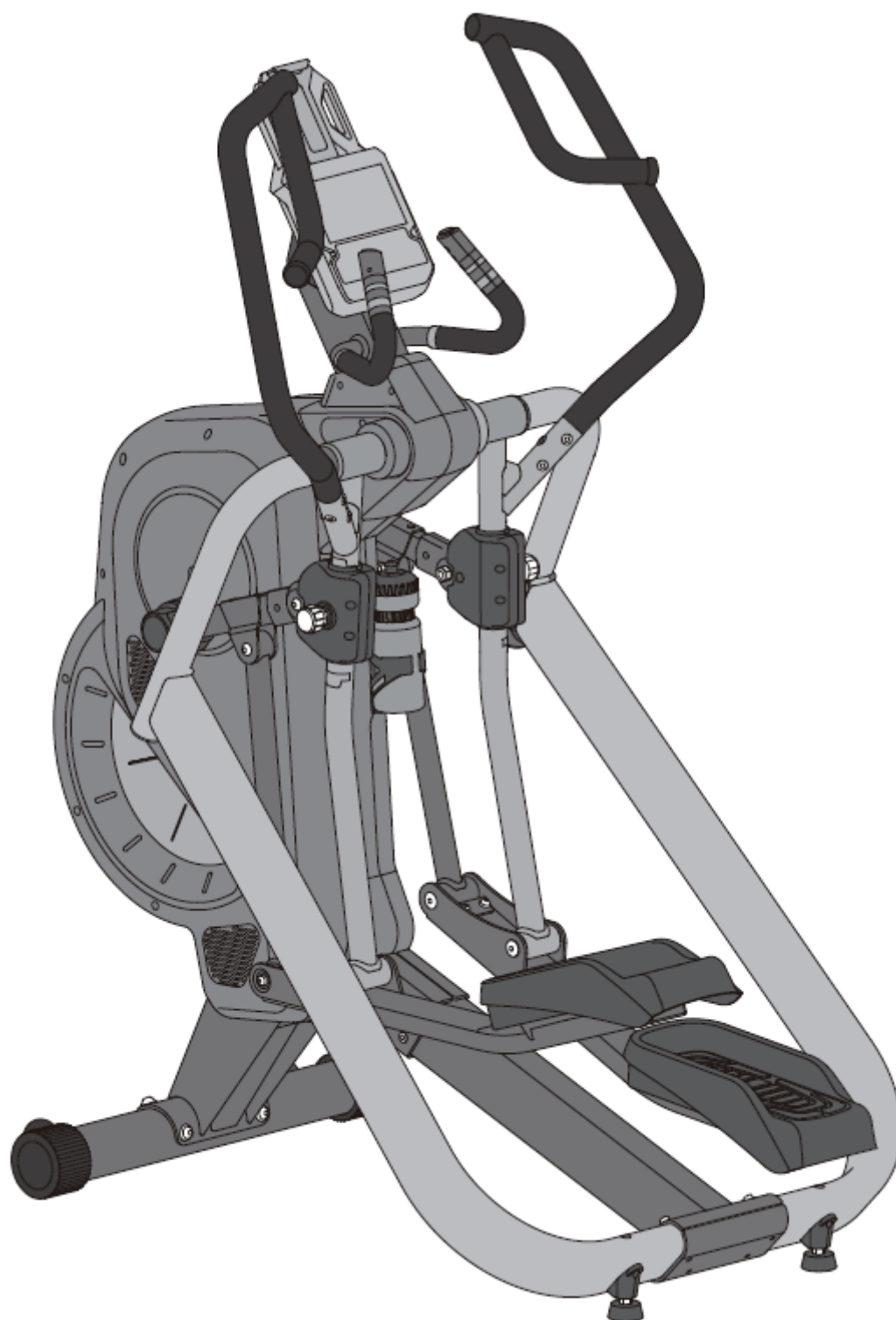




USER MANUAL – EN

IN 26792 Elliptical Trainer inSPORTline ZenStride 1000



CONTENTS

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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 where you will find the latest version of the manual.

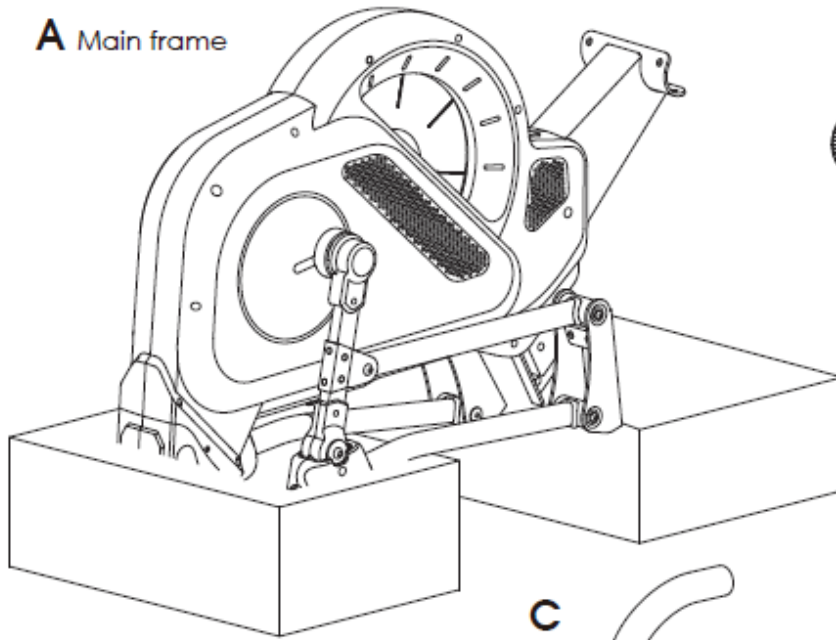
SAFETY INSTRUCTIONS

- Please read the manual before use and keep it for future reference.
- For safety reasons, perform regular checks to ensure that the device and its parts are not damaged or worn.
- If another person will be using the device, it is important that they are familiar with all the instructions given in this manual.
- Only 1 person can exercise on the device at the same time.
- Before using the device, check that all screws and nuts are properly tightened and that all joints are in good condition.
- Before exercising, remove all dangerous objects with sharp edges from around the device.
- Do not use the device if it is not completely in order and fully functional.
- A damaged, worn or defective part must be replaced with a new one as soon as possible. Do not use the device until it has been properly repaired.
- Parents and guardians are responsible for the safety of children. Children's curiosity and love of play can lead to dangerous situations.
- An elliptical trainer is not a toy.
- Sufficient free space must be ensured around the entire device.
- Improperly conducted or excessive exercise can endanger your health.
- After completing the assembly, check that the adjusting feet and other adjustable parts of the device are correctly adjusted.
- Place the device on a flat surface and ensure its stability.
- Wear appropriate clothing and shoes for exercise. Clothing that could get caught in the device during exercise (e.g. clothing that is too long and loose) is not suitable. We recommend sturdy sports shoes with non-slip soles.
- Consult your doctor before starting any exercise program. Your doctor can suggest a suitable exercise program and recommend a suitable diet.
- Assemble the trainer according to the instructions in the manual and use only the original supplied parts. Before starting assembly, check that all the parts listed in the parts list have been supplied.
- Place the device on a dry and flat surface and protect it from moisture. If necessary, place a suitable anti-slip mat under the device to prevent damage to the surface under the device.
- Exercise equipment and aids are not toys and should always be used correctly. Therefore, this device may only be used by persons who are familiar with its correct operation.
- Stop exercising immediately if you experience dizziness, nausea, chest pain, or any other physical discomfort. Consult your doctor about further exercise.
- Children and disabled people can only exercise on the device under the supervision of a qualified person who will ensure the correct exercise procedure.
- Be careful when exercising and be careful not to injure yourself or the people around you by the moving parts of the device.
- All adjustable parts of the device must be set correctly with regard to their extreme positions.
- Do not exercise immediately after eating.
- **Console:** is powered by 2x AA 1.5 V batteries

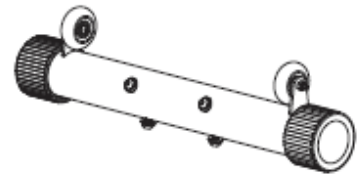
- **Category** - HC intended for home use.
- **Load capacity:** 150 kg
- **WARNING!** The heart rate monitoring system may not be accurate. Overexertion during training can cause serious injury or death. If you feel nauseous, stop exercising immediately!

PARTS LIST

A Main frame



B Front stabilizer



D Console supporting tube

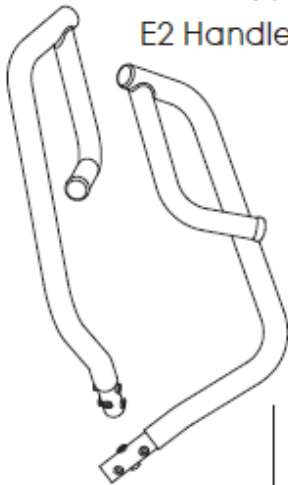


Console supporting tube cover (L&R)

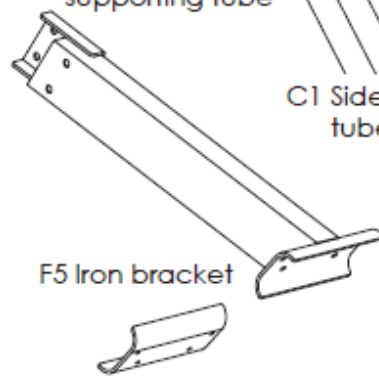


E E1 Handle bar (L)

E2 Handle bar (R)



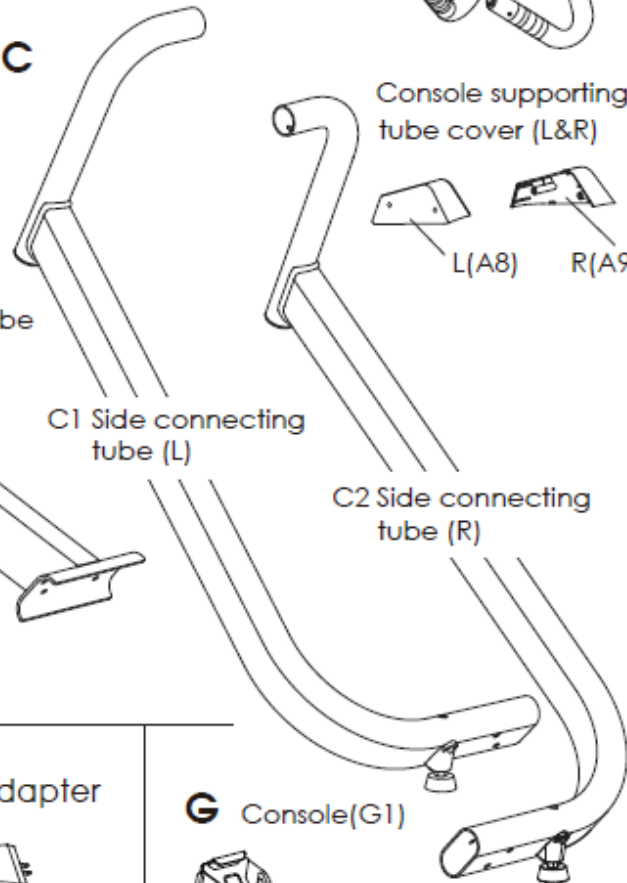
F F1 Central supporting tube



C

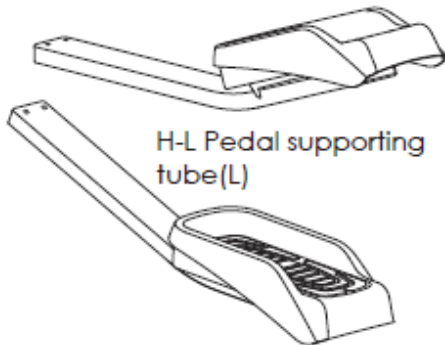
C1 Side connecting tube (L)

C2 Side connecting tube (R)



H H-R Pedal supporting tube(R)

H-L Pedal supporting tube(L)

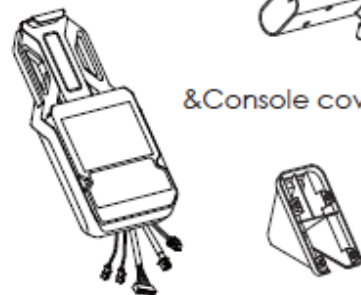


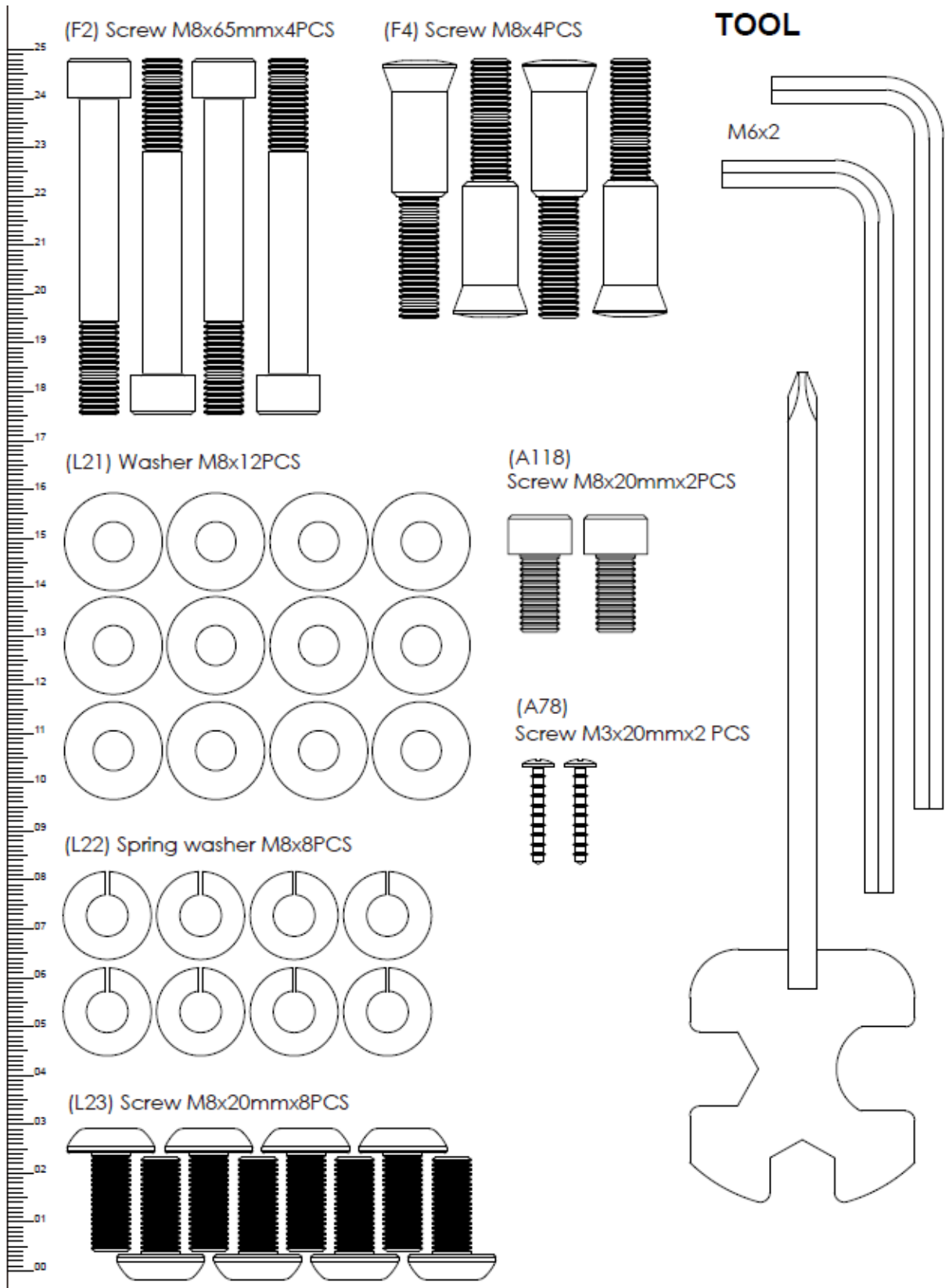
I Adapter



G Console(G1)

& Console cover (G2)



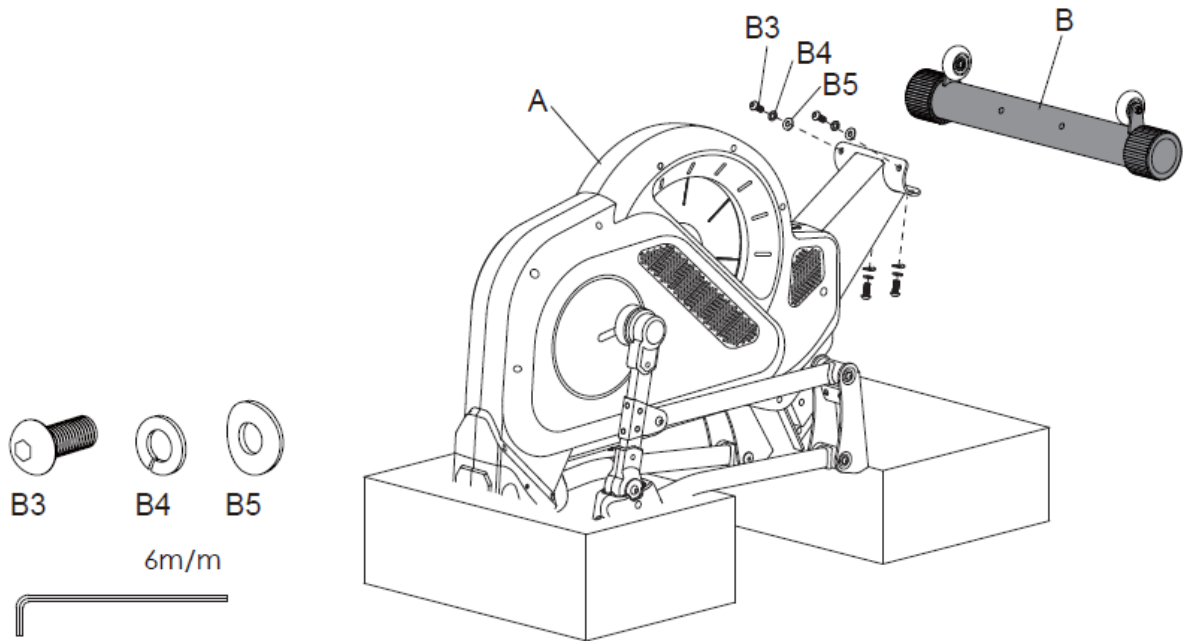


ASSEMBLY

Step 1

Unscrew the bolts (B3), spring washers (B4) and washers (B5) from the front stabilizer (B).

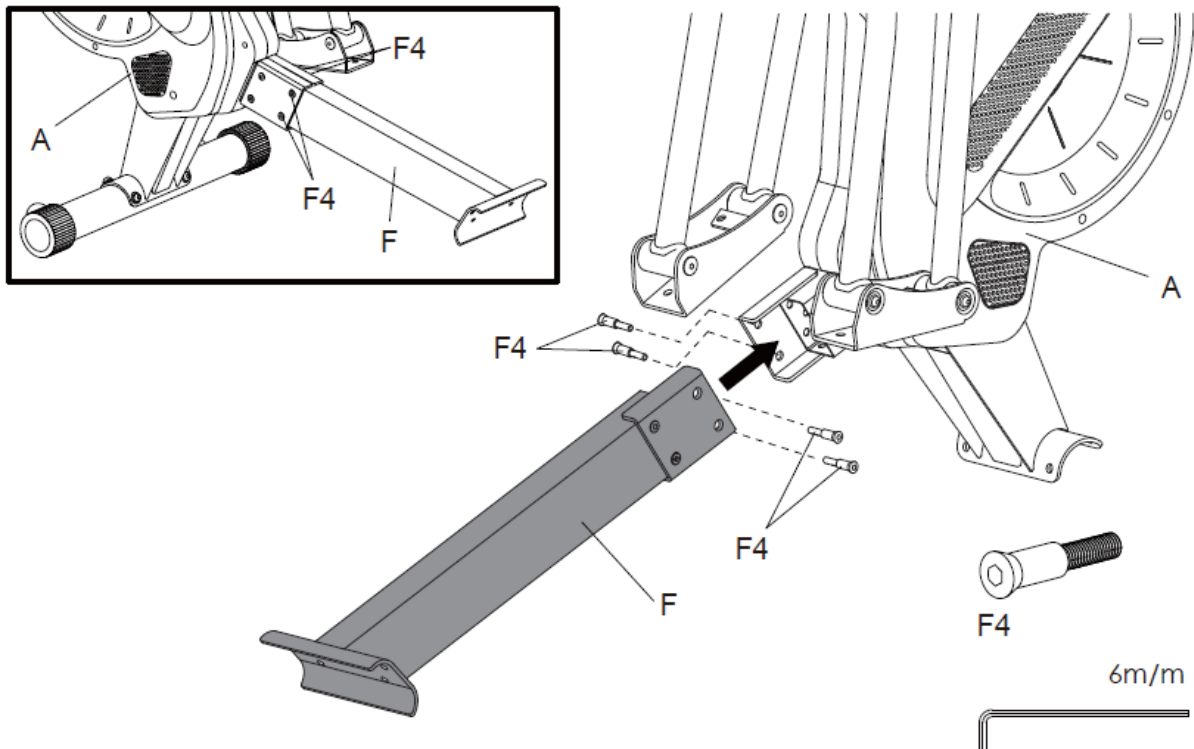
Attach the front stabilizer (B) to the main frame (A) with bolts (B3), spring washer (B4) and washer (B5).



Step 2

Attach the central frame (F) to the main frame (A) with 4x bolts (F4).

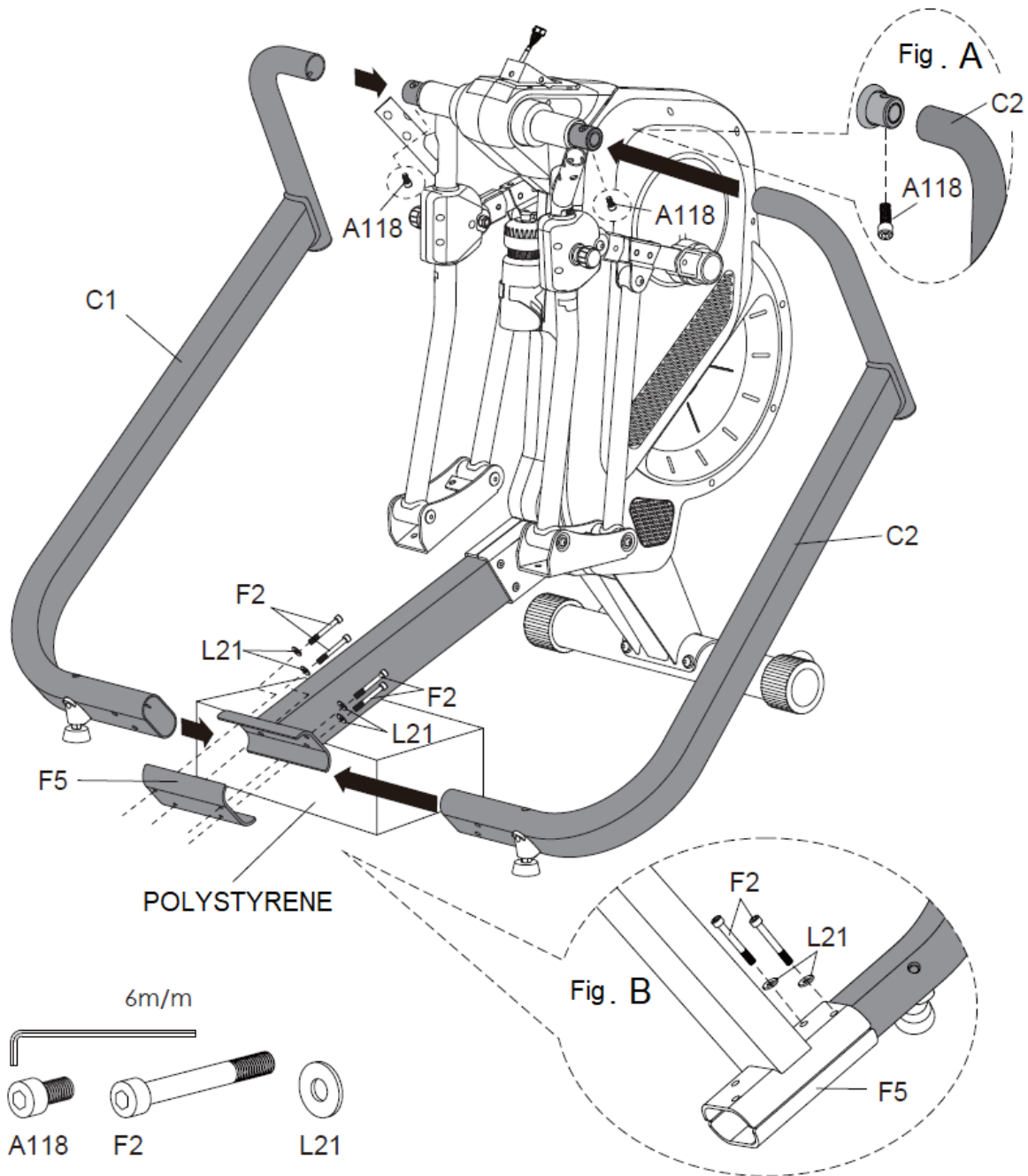
Tighten the bolts (F4) only when the frame is slightly raised.



Step 3

At the top, attach the side frames (C1 and C2) to the main frame (A) with bolts (A118). (Fig. A)

At the bottom, connect the side frames (C1 and C2) using the middle frame (F), plate (F5), bolts (F2) and washers (L21). (Fig. B)

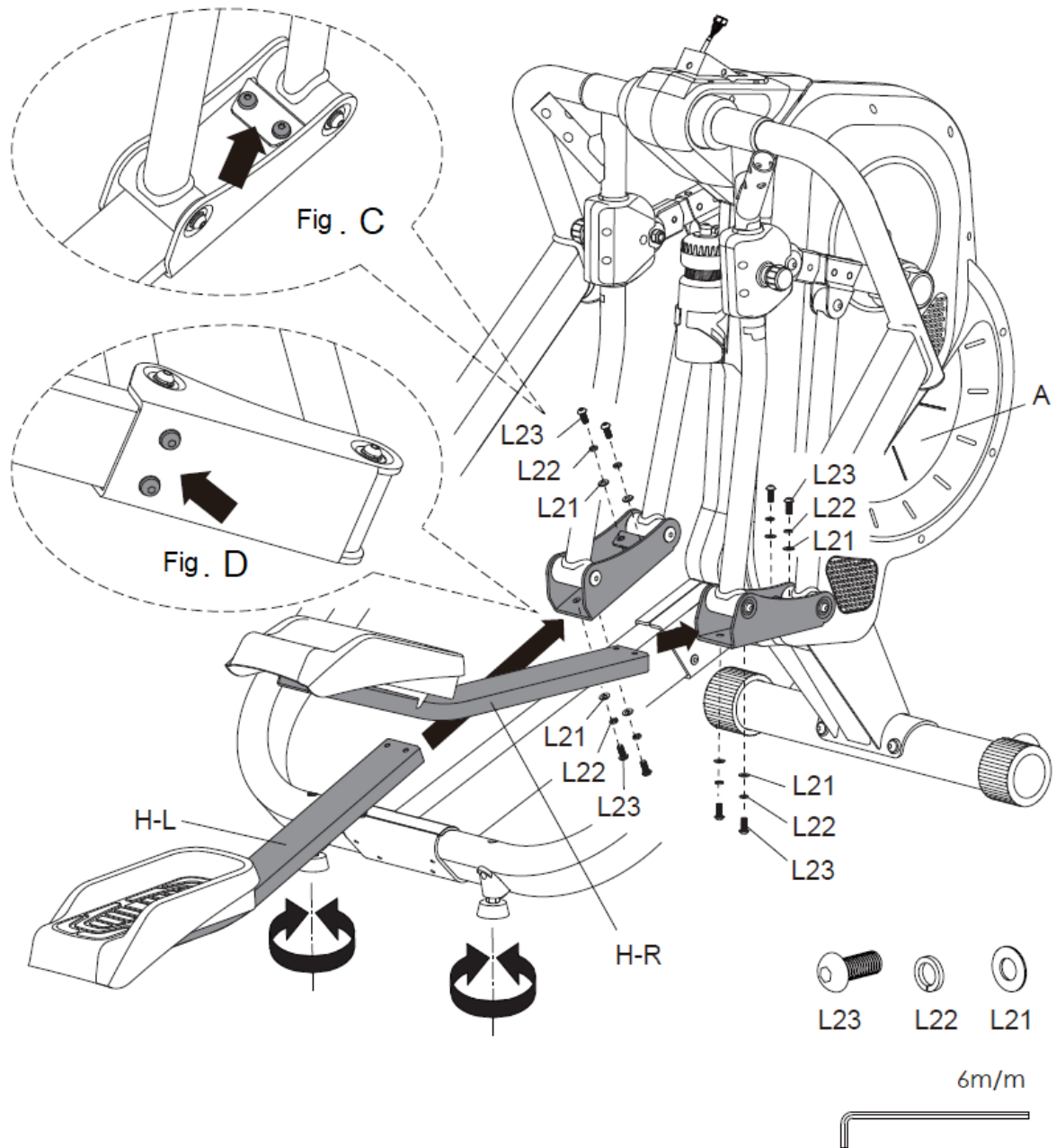


Step 4

Attach the pedal frames (H-L and H-R) to the main frame (A) with bolts (L23), spring washers (L22), and washers (L21) on the top. (Fig. C).

Attach the pedal frames (H-L and H-R) to the main frame (A) with bolts (L23), spring washers (L22), and washers (L21) on the bottom. (Fig. D).

Use the leveling feet to stabilize the trainer.



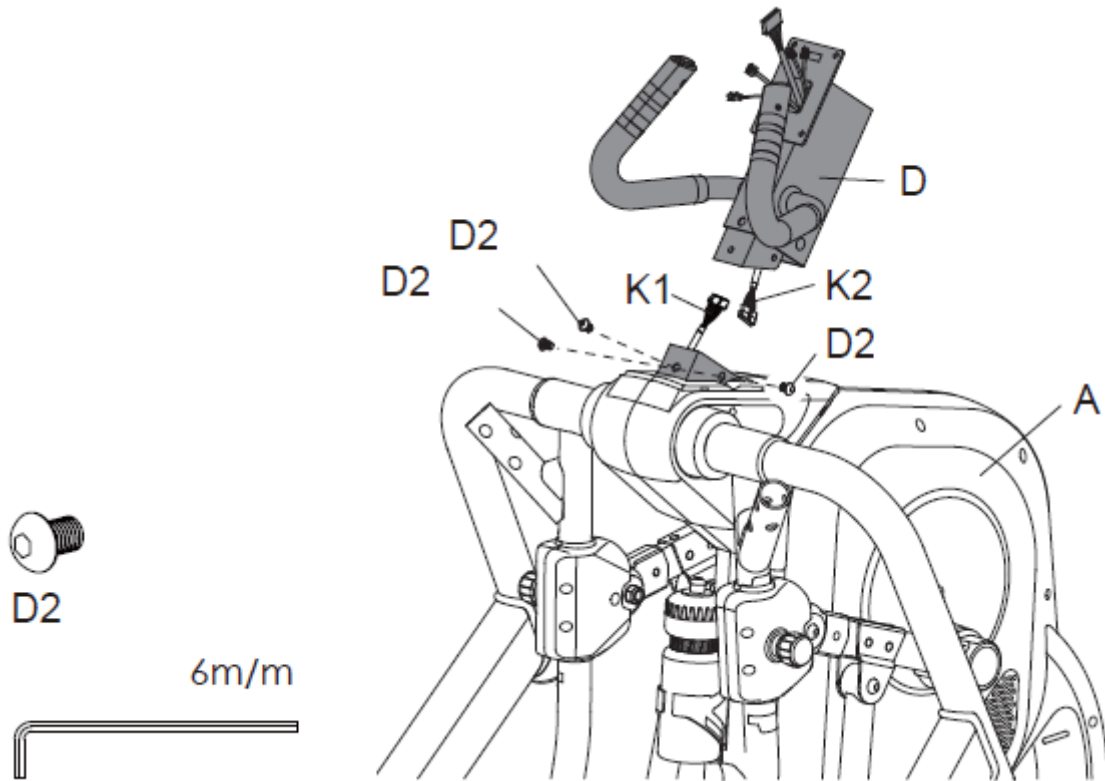
Step 5

Unscrew the bolts (D2) from the console bracket (D)

Connect the cables (K1 and K2).

Attach the console bracket (D) to the main frame (A) with bolts (D2).

Align the hole of the main frame (A) and the console bracket (D) and screw in the middle bolt (D2).



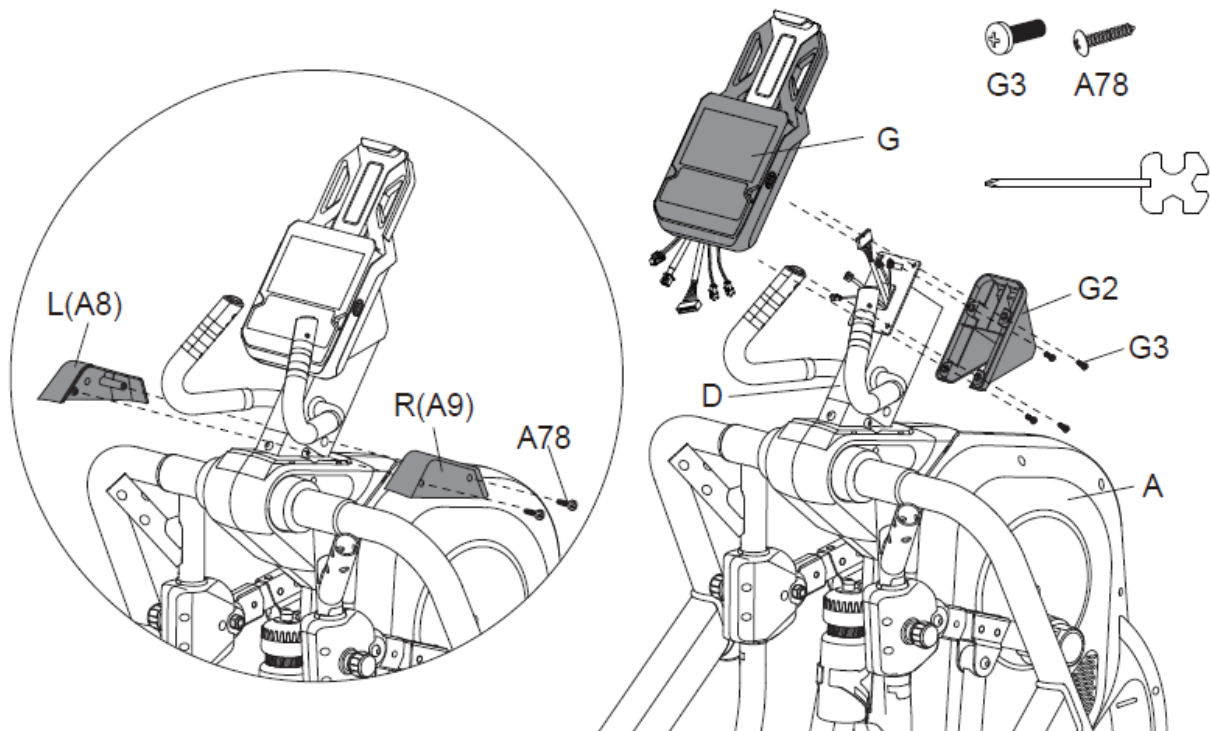
Step 6

Unscrew the 4x bolts (G3) from the console (G).

Connect all cables.

Attach the console (G) to the console bracket (D). Slide the console cover (G2) onto the console bracket (D). Attach the console cover (G2) to the console (G) with 4x bolts (G3).

Attach the side covers (A8 and A9) with screws (A78).

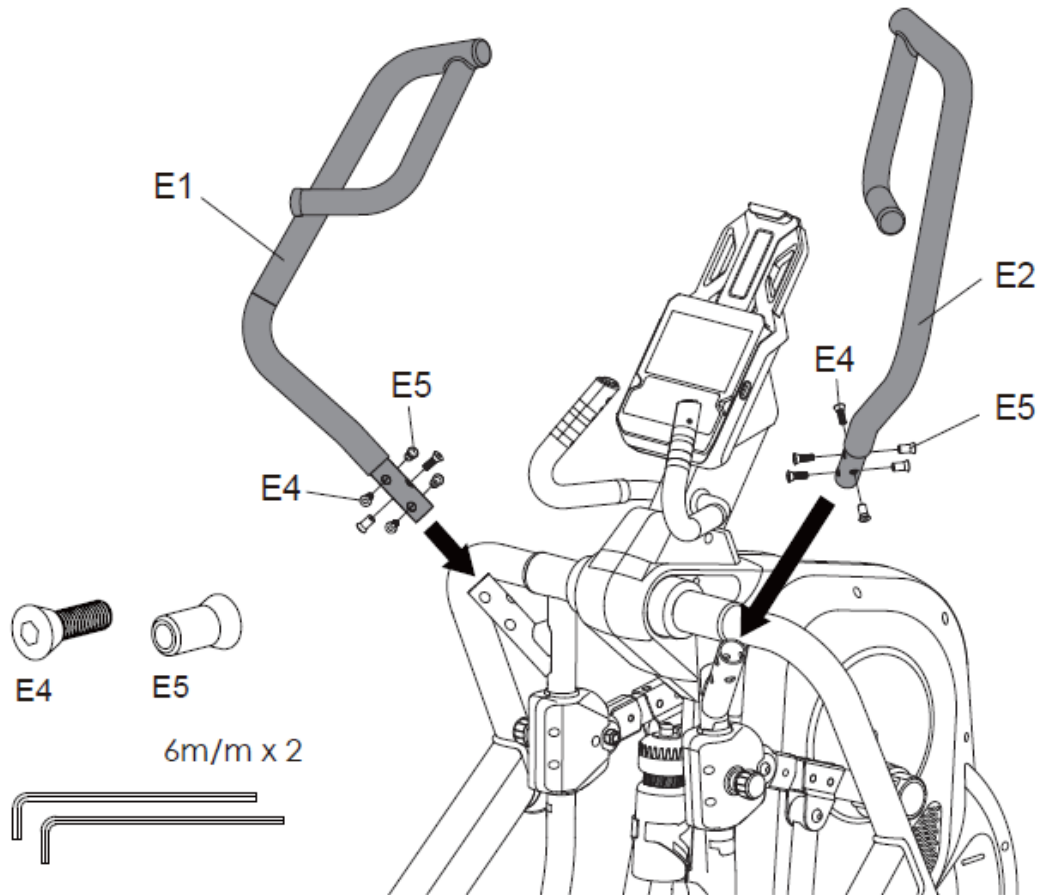


Step 7

Unscrew the bolts (E4 and E5) from the handles (E1).

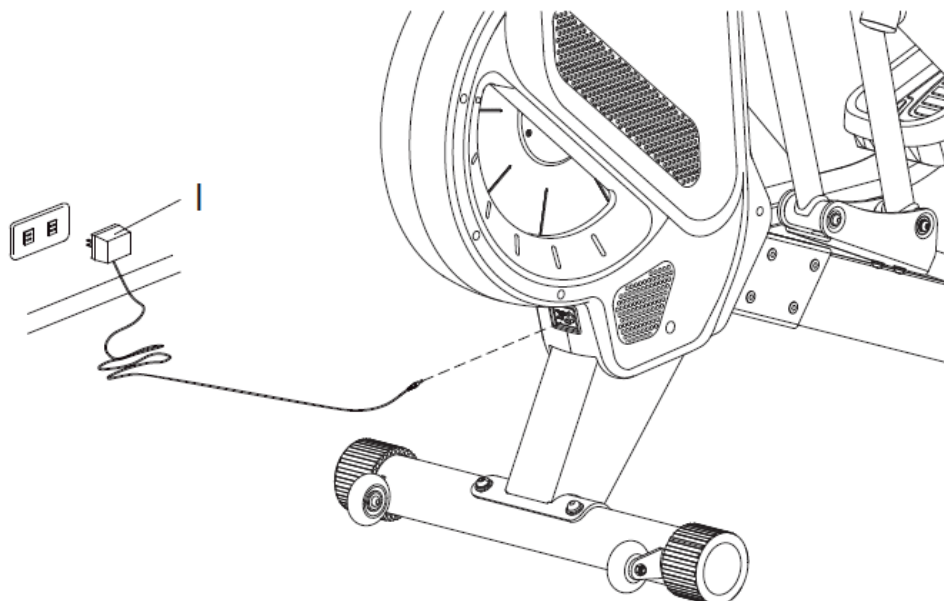
Unscrew the bolts (A108) from the main frame (A). Attach the handles (E1) to the main frame (A) with bolts (E4 and E5).

Attach the covers (A66 and A67) to the main frame using screws (A108).



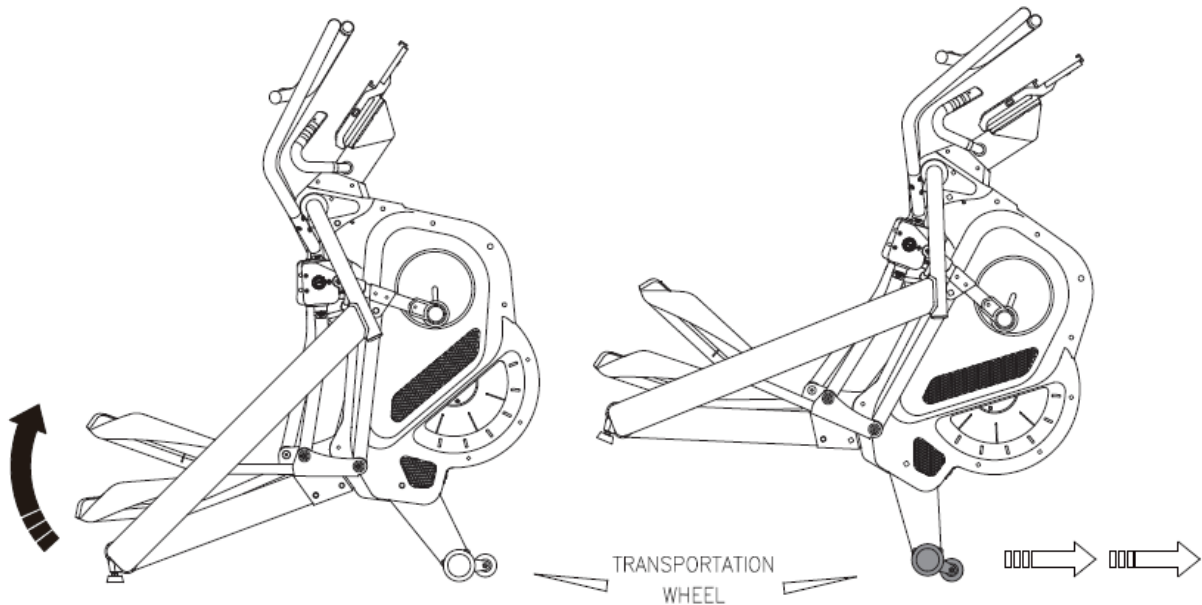
Step 8

Plug into the power supply.



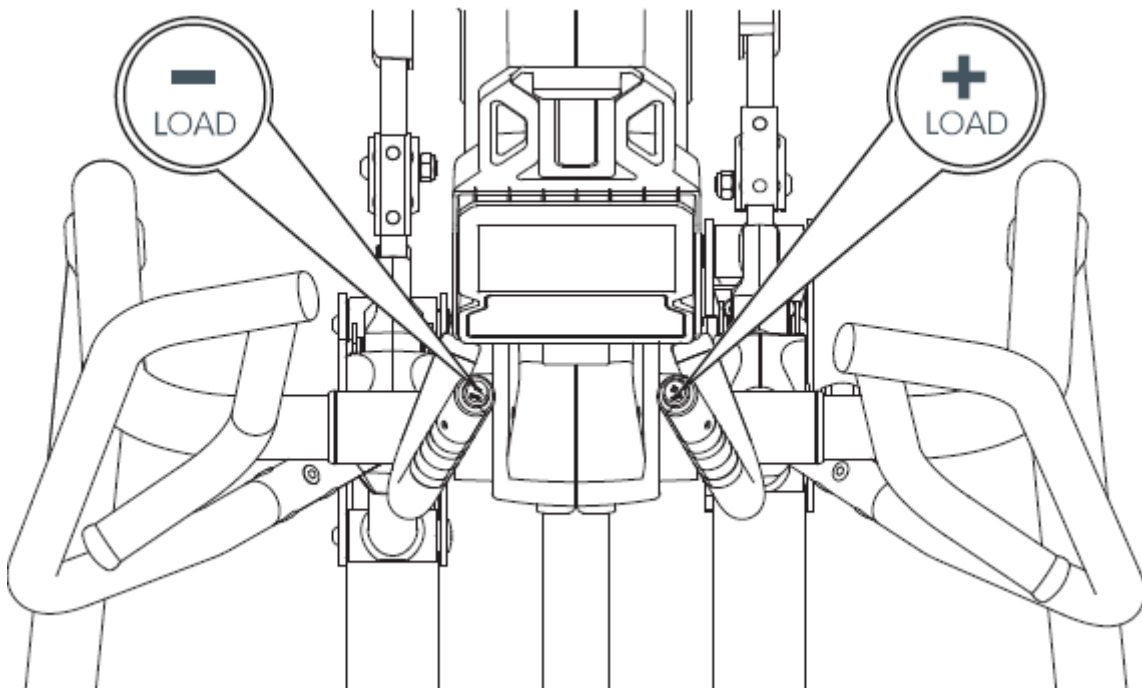
Step 9

Move the machine using the transport wheels on the front stabilizer. Always ask another person for help.



Step 10

You can change the resistance using the buttons on the small handles, on the right LOAD + (increase the resistance), on the left LOAD - (decrease the resistance).



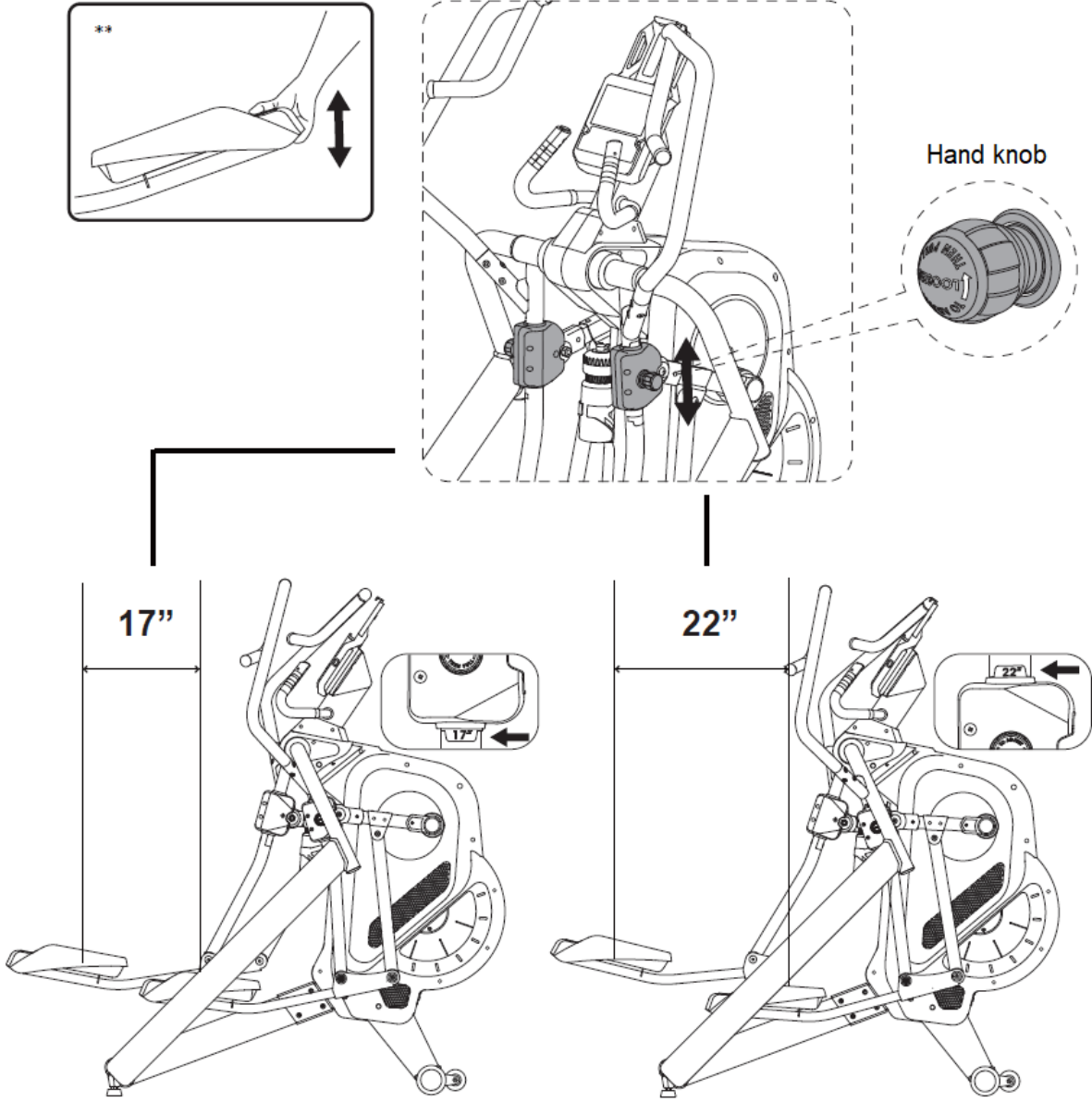
Step 11

You can choose stride length 17" or 22". If you choose 17", you will see an orange mark on the front of the pedal frame. If you choose 22", you will see a white mark on the front of the pedal frame.

Loosen the hand knob and adjust the stride length. After adjustment, tighten the hand knob again.

Always set the stride length to the same length on both sides.

** Loosen the hand knob and then grip the pedal. Move the pedal up/down to adjust the stride length.



CONSOLE



Buttons

UP	Navigation button up, or increase value / resistance
DOWN	Navigation button down, or decrease the value / resistance
ENTER	Confirm settings
START / STOP	Start / stop the program Press the button in standby mode to start the manual program
RESET	Reset the current setting. Holding down the button for 2 Seconds in standby mode resets all measured values.
RECOVERY	Start the recovery program.
RECORDED DATA	If no program is running, press the button to view the saved measured values.
SAVE / DELETE	SAVE: After finishing the exercise, you save the measured values. DELETE: If you are viewing the measured values, press the button to delete the measured value, you must confirm the deletion with the ENTER button.
PROGRAM MODE	Program selection

HEART RATE CONTROL	Heart rate program.
WATT	Watt program
Display	
TIME	Display the time from 00:00 to 99:59, in increments of 1 minute.
SPEED	Display the current speed, the maximum is 99.9 km/h or mph
RPM	RPM from 0 to 999 RPM.
DISTANCE	Display distance from 0:0 to 999.9 km or miles. The user can set the distance countdown using the UP and DOWN buttons, the values change by 0.1 km or miles.
CALORIES	Approximate number of calories burned from 0 to 9999 calories. Adjusting the value by 10 calories. (Values are indicative only and do not serve medical or health purposes).
PULSE	The user can set the target pulse from 0-30 to 230
WATTS	Displays current training power from 0 to 999 watts.

TURN ON

Plug in or hold the RESET button for 2 seconds. The LCD display will light up, all segments will be displayed, and an acoustic signal will sound for 2 seconds (Fig. 1).



Fig. 1

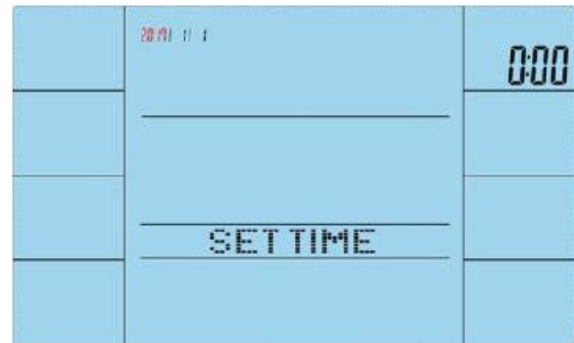


Fig. 2

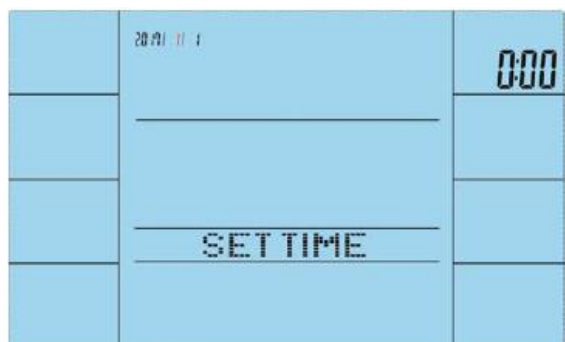


Fig. 3

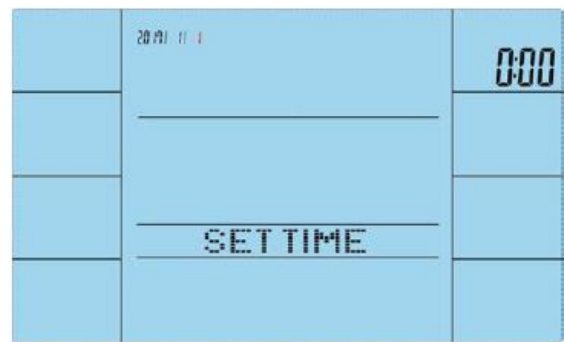


Fig. 4



Fig. 5

Then it is necessary to set the date and time (Fig. 3 – 5). Adjust the values using the UP / DOWN buttons and confirm with the ENTER button.

Then use the navigation buttons to select users U1-U4 and confirm by pressing ENTER (Fig. 6).

Then set the gender (SEX), age (AGE), height (HEIGHT) and weight (WEIGHT) (Fig. 7 – 10).



Fig. 6

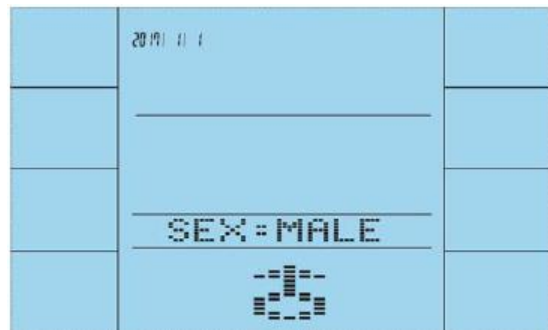


Fig. 7



Fig. 8



Fig. 9



Fig. 10

PROGRAM SELECTION

Programs are in the order MANUAL (manual) – PROGRAM (preset) – USER PROG (user program) – WATT (watt program) – H.R.C (heart rate program) (Fig. 11 – 15).

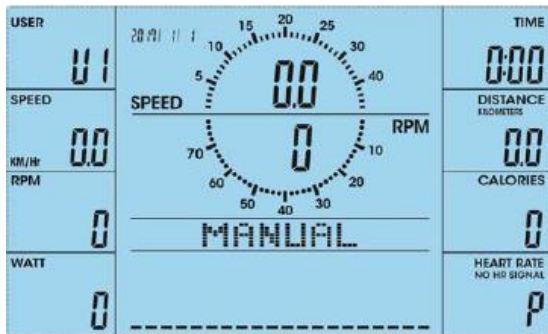


Fig. 11



Fig. 12



Fig. 13

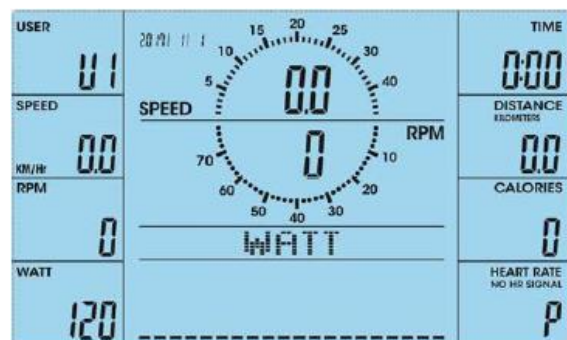


Fig. 14



Fig. 15

QUICK START

Confirm the MANUAL program by pressing the ENTER button (Fig. 16).

Press START/STOP to start the program (Fig. 17). The resistance can be adjusted during the program.

Using the START/STOP button.

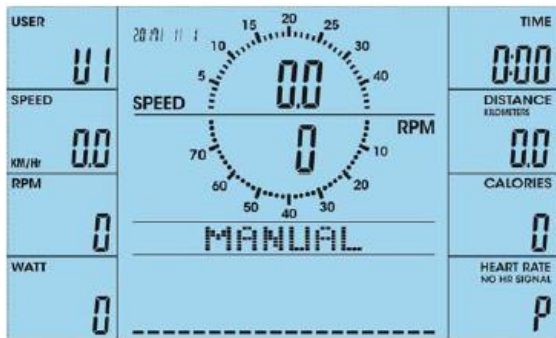


Fig. 16

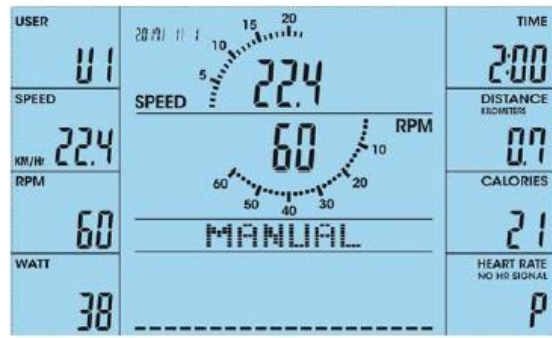


Fig. 17

MANUAL PROGRAM

After selecting the MANUAL program, press ENTER (Fig. 16), the user can use the navigation buttons to adjust the resistance (1 – 16), confirm by pressing ENTER.

User can set the target time/distance/calorie/heart rate. Press START/STOP to start the program (Fig. 17).

Press RESET to return to the program settings.

The resistance can be adjusted during exercise.

PRESET PROGRAMS

After entering the preset programs (PROGRAMS, Fig. 18), select one of the preset programs 1 – 12 (Fig. 19 – 30) using the navigation buttons. Press ENTER to select the program.

The user can set the length of the training and press START / STOP to start the program (Fig. 31).

After the time has elapsed, a sound signal will sound and the values on the display will flash, press any button to turn it off.



Fig. 18

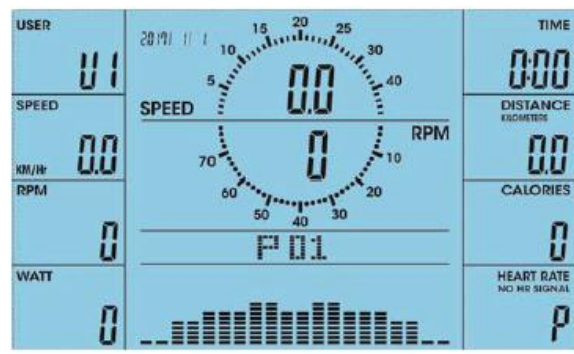


Fig. 19



Fig. 20

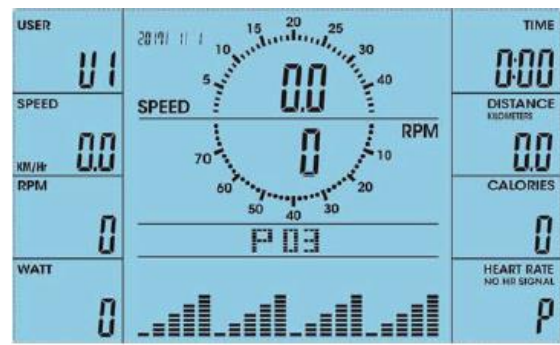


Fig. 21



Fig. 22

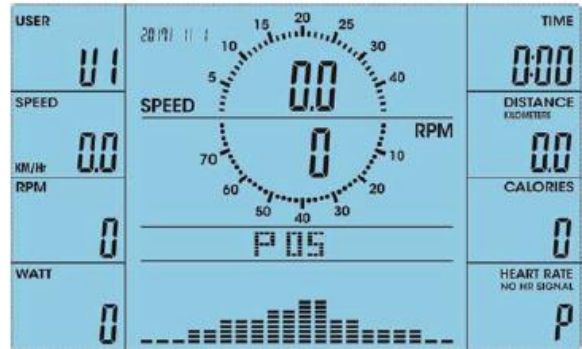


Fig. 23



Fig. 24

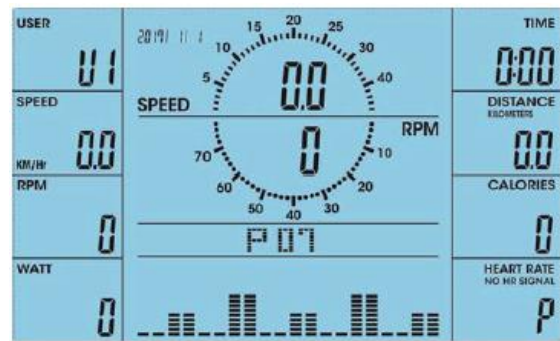


Fig. 25



Fig. 26

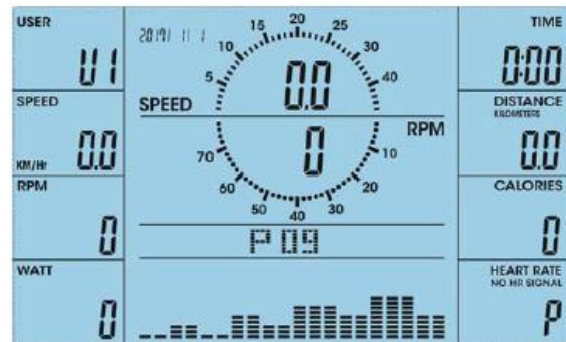


Fig. 27

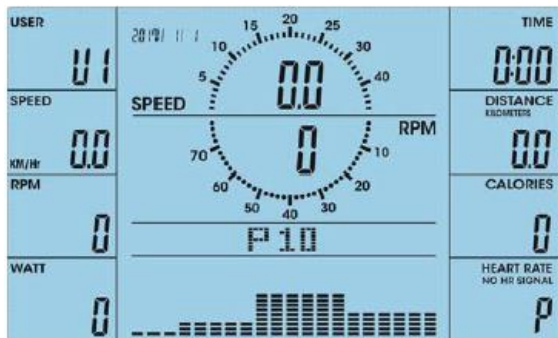


Fig. 28



Fig. 29

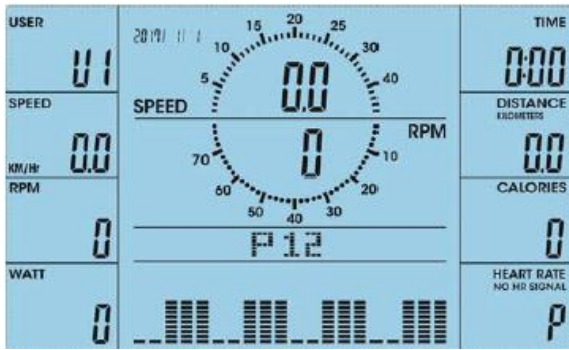


Fig. 30

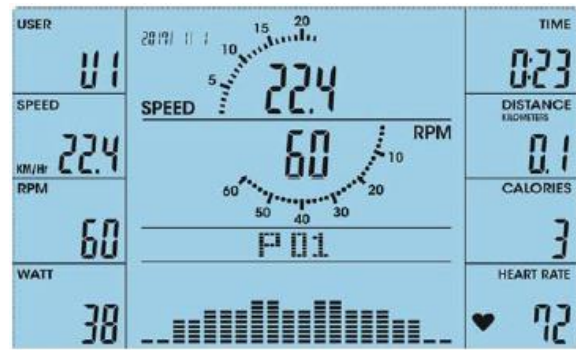


Fig. 31

USER PROGRAM

After entering the user program (USER PROGRAM, Fig. 32), the first column will flash (Fig. 33). The user can create his own program using the navigation buttons. Use the navigation buttons to set the resistance of all segments (1 – 20), confirm the values by pressing ENTER. Then hold the MODE button for 2 seconds and set the training duration.

You can also set the target time/distance/calorie/pulse or change the resistance. Start the program by pressing START/STOP (Fig. 34).



Fig.32



Fig. 33



Fig. 34

WATT PROGRAM

After entering the WATT program (Fig. 35) the value 120 will flash, using the navigation buttons you can adjust this value from 10 to 350 (Fig. 36). Press the START button to start the program.

You can also set target time/distance/calorie/pulse or change the resistance. Start the program by pressing START (Fig. 37).

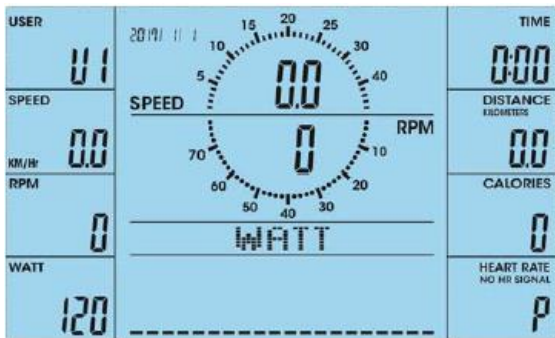


Fig. 35

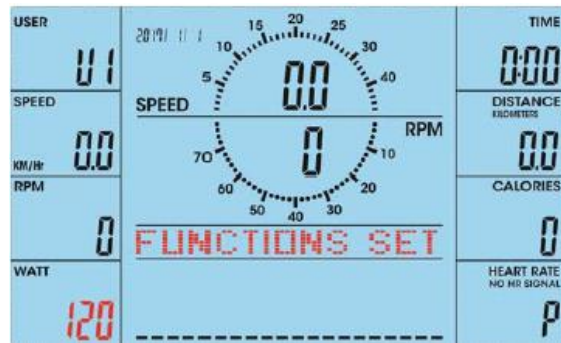


Fig.36

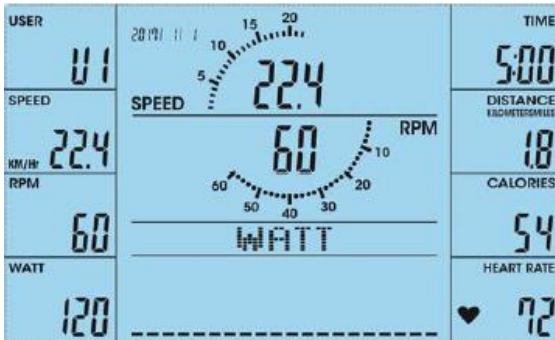


Fig.37

HEART RATE PROGRAM

After entering the heart rate program (Fig. 38), the display will show the target heart rate of 55%, 75%, 90% and TARGET (own target rate, Fig. 39 – 42). The user can set the value using the navigation buttons.

After setting the training length, press START/STOP to start the program.

When the countdown reaches 0, the values on the display will flash and an audible signal will sound. Press any button to turn off the sound signal. If the console does not detect a pulse rate for 6 seconds, the display will show PULSE INPUT (Fig. 43).



Fig. 38



Fig. 39

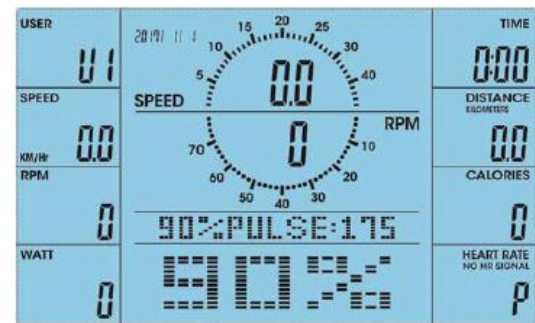


Fig. 40

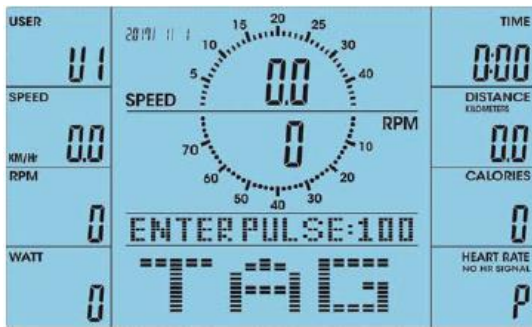


Fig. 42

Fig. 41

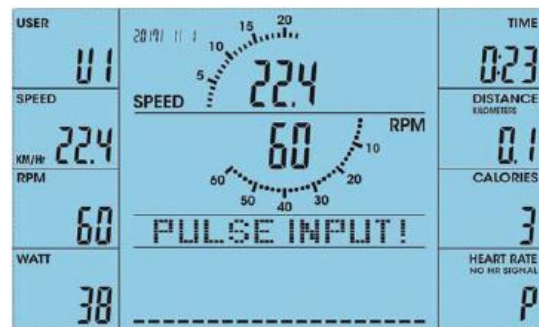


Fig. 43

RECOVERY PROGRAM

After exercise, you can start a recovery program (RECOVERY), which will measure the time it takes for the heart rate to reach the resting state.

For measurements, it is necessary to hold the pulse detectors.

A countdown starts from 00:60 to 00:00 (Fig. 44). If the console detects a pulse, RECOVERY SCANNING will be displayed. If the pulse is not tactile, PULSE INPUT will be displayed.

After the calculation is complete, the results from F1 (best) to F6 (worst) will be displayed (Fig. 45).

The values are indicative only and do not serve for health or medical purposes.



Fig. 44

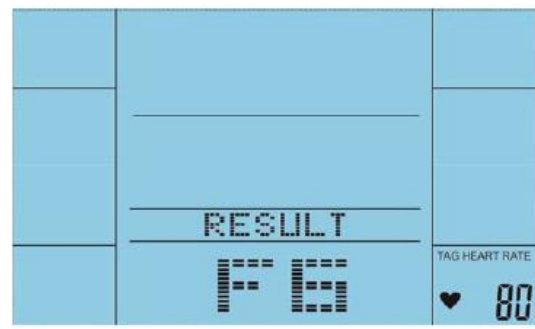


Fig. 45

VIEWING OR DELETING SAVED DATA

After starting, it is necessary to correctly set the date, time and user U1 – U4 (Fig. 46 - 55).

After completing the training or after pressing START/STOP and pausing the program, press the SAVE/DELETE button. The display will show SAVE FINISH (Fig. 56) and the data will be saved.

If you want to view the recorded data, press the RECORDED button and use the navigation buttons to view the recorded data (Fig. 57).

If you want to delete the saved data, press the SAVE / DELETE button and confirm by pressing ENTER (Fig. 58).

To delete all values, hold the SAVE / DELETE button for 6 seconds, DELETE ALL will be displayed!! (Fig. 59). Press ENTER to confirm the deletion of all data (Fig. 60). After 15 seconds, the console will restart and the date will return to the factory value of 20170101.



Fig. 46



Fig. 47

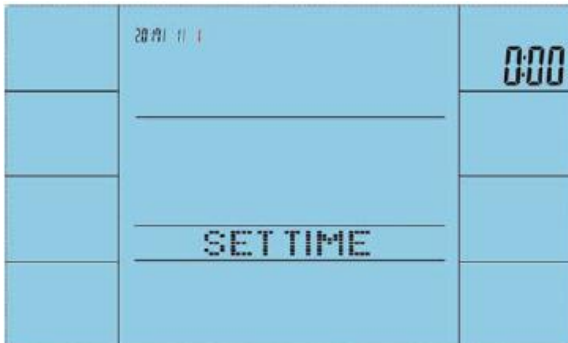


Fig. 48



Fig.49

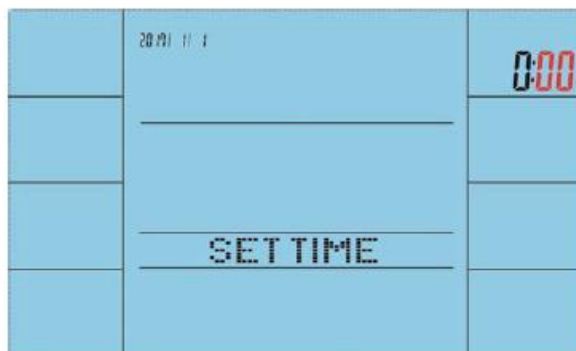


Fig. 50

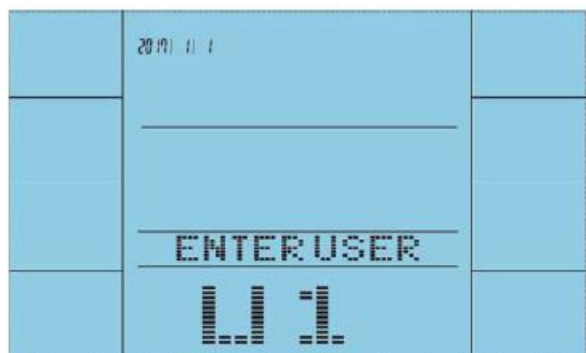


Fig. 51

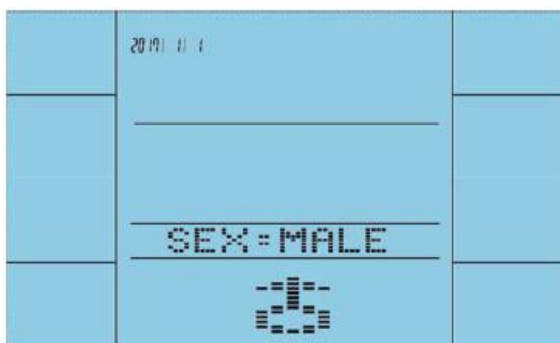


Fig. 52



Fig. 53



Fig. 54

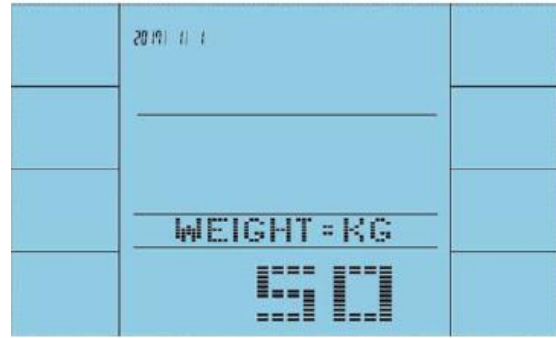


Fig. 55



Fig. 56

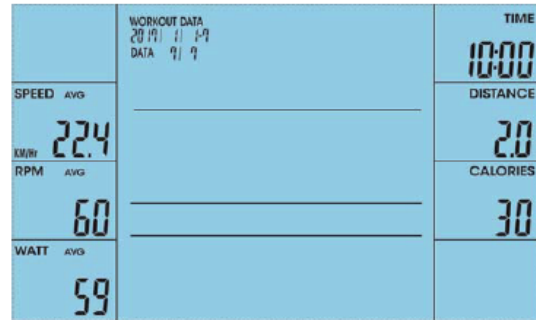


Fig. 57



Fig. 58

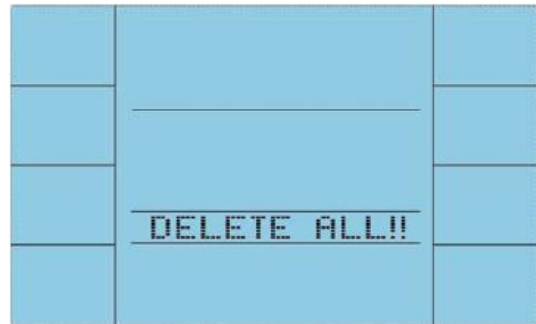


Fig. 59



Fig. 60

BLUETOOTH AND USB CONNECTION

Bluetooth indicator (Fig. 61), USB indicator (Fig. 62).

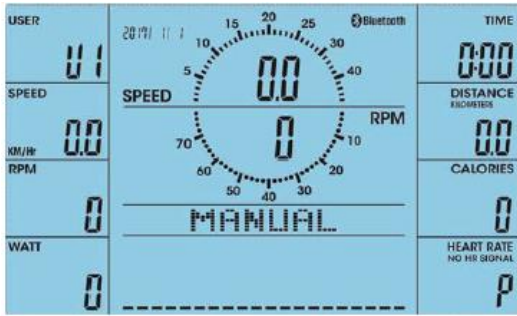


Fig. 61

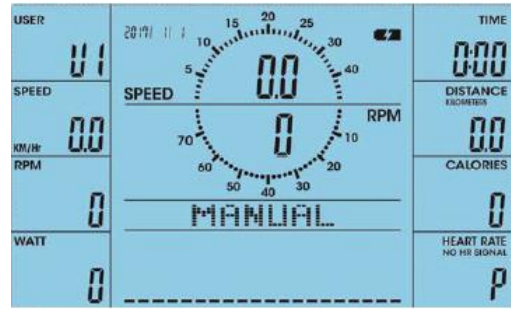


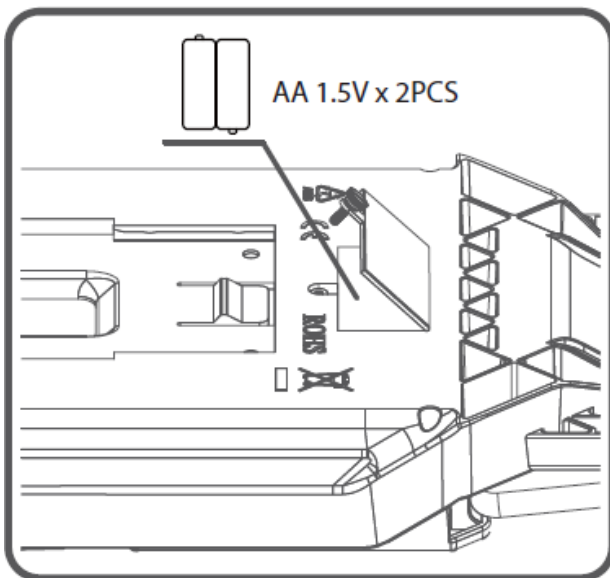
Fig. 62

BATTERY

The battery is in the console to run the calendar. If you want to change the date, remove and insert the battery and disconnect from the power supply (Fig. 63).



Fig. 63



1. Loosen the screw on the battery cover.
2. Remove the battery cover.
3. Insert new batteries and reattach the cover.

NOTES:

- If the console does not detect motion for 4 minutes, it will automatically switch to standby mode. All data will be saved until you decide to exercise again.
- If the values are not measured correctly, disconnect and reconnect the device to the electrical current.

The device can be paired with the KINOMAP and Zwift applications via Bluetooth. Bluetooth smartphone or tablet is required to pair, then follow the app instructions, you can find the device name on the back of the console.

You can find apps in Google or Apple store. The applications are operated by a third party and the seller is not responsible for the operation or functionality of these applications.



USE OF ELLIPTICAL TRAINER

The elliptical trainer is a popular fitness machine, one of the newest and most effective home training machines.

When you are exercising on an elliptical treadmill, your feet move along the elliptical curve.

The elliptical treadmill is a frequent replacement for exercise bikes and treadmills because it is gentler for your joints. With the handles, you are also exercising the upper half of your body.

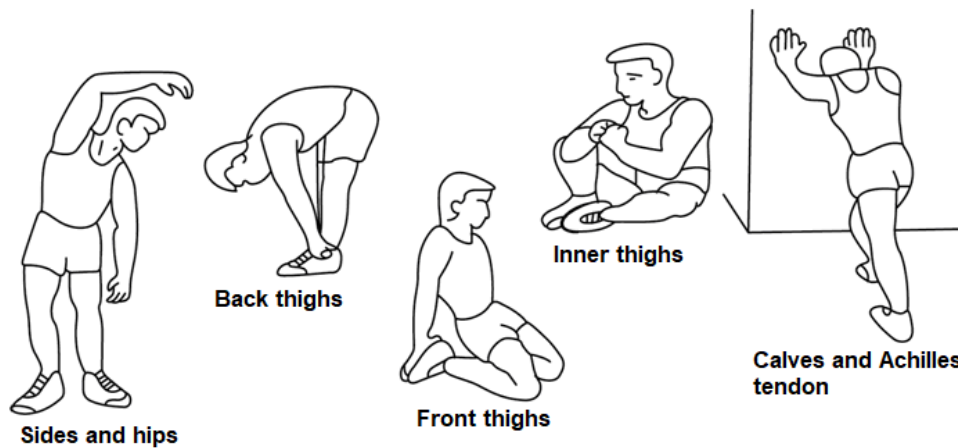
During exercise, you transfer the weight from one foot to the other. Try to maintain an upright and natural position. Handles will help you. Find the perfect place to hold the grip and try to move as naturally as possible.

EXERCISE INSTRUCTIONS

Exercise is beneficial to your health, improves physical condition, shapes muscles and, in combination with a calorie-balanced diet, leads to weight loss.

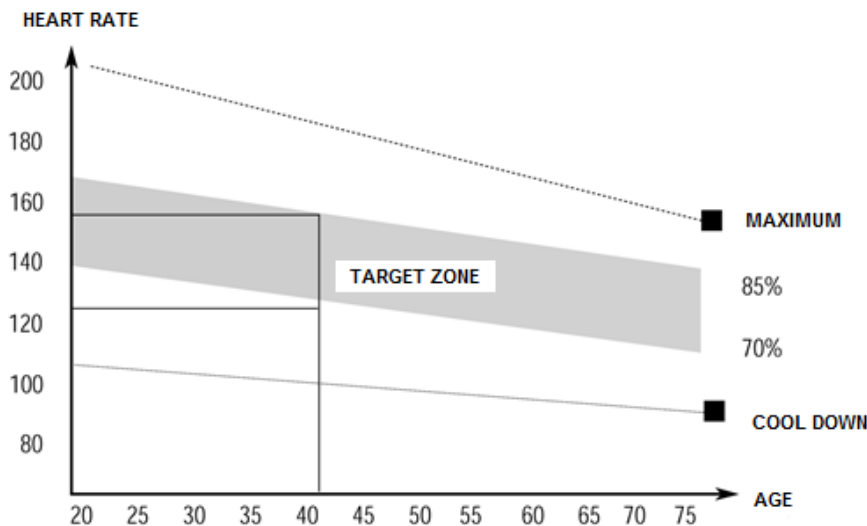
1. WARM UP

This phase serves to improve the blood circulation of the whole body and to warm up the muscles, to reduce the risk of convulsions and muscle injury. We recommend performing the stretching exercises below. When dragging, stay in the end position for approximately 30 seconds, do not make sudden movements and do not vibrate.



2. EXERCISING

This phase is the most physically demanding part. Regular exercise strengthens the muscles. You can determine the tempo yourself, but it is very important that it is the same throughout the exercise. Heart rate should be within the target zone (see figure below).



This phase should last at least 12 minutes. Most people exercise for 15-20 minutes.

3. COOLDOWN

This phase serves to soothe the cardiovascular system and relax the muscles. It should take approximately 5 minutes. You can repeat warming up exercises or continue exercising at slower pace. Stretching your muscles after exercise is extremely important - you need to avoid sudden movements and vibrations.

With improved fitness, you can lengthen and increase exercise intensity. Train regularly, at least three times a week.

SHAPING MUSCLES

For muscle shaping, it is important to set a high load. The muscles will be more stressed, which may cause that you will not be able to exercise as long as usual. If you are trying to improve your condition at the same time, you need to adjust your training. Exercise in the usual way during the warm-up and final stages of training but increase the resistance of the device at the end of the exercise. You may need to slow down the speed to keep the heart rate in the target area.

WEIGHT LOSS

The number of calories burned depends on the length and intensity of the exercise. The essence is the same as in fitness exercise, but the goal is different.

MAINTENANCE

- Use only a soft cloth and a mild detergent.
- Do not clean the plastic parts with abrasives or solvents.
- Wipe the sweat after each use.
- Protect the device from moisture and extreme temperatures.
- Protect your device, computer and console from direct sunlight.
- Check the tightening of all bolts and nuts regularly.
- Store in a dry and clean place away from children.

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 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

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