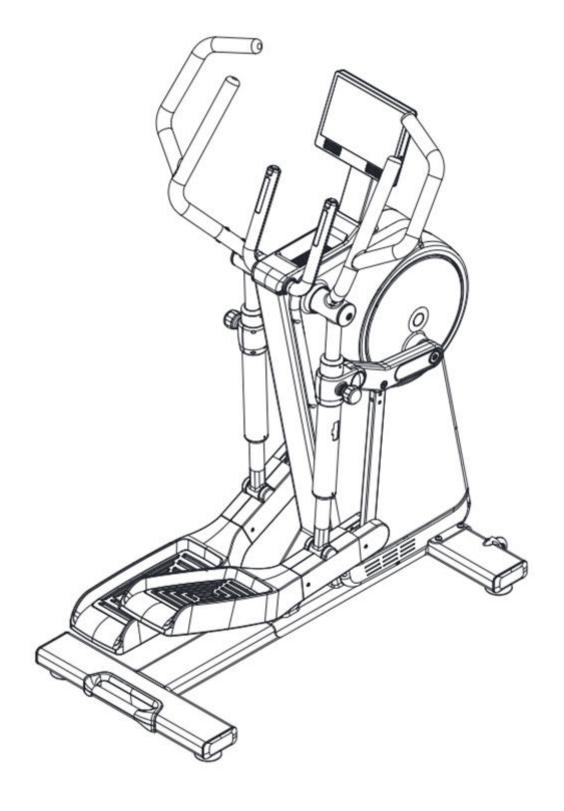


USER MANUAL – EN IN 29455 Elliptical Trainer inSPORTline ZenStride 1200



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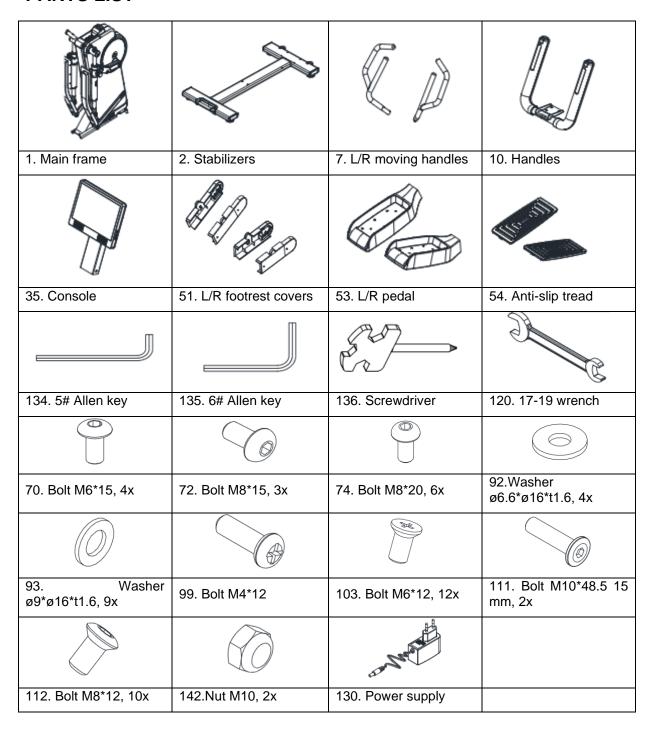
SevenSport s.r.o. reserves the right to make any changes and improvements to its product without prior notice. Visit our website www.insportline.eu where you will find the latest version of the manual.

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.
- Category HB 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!

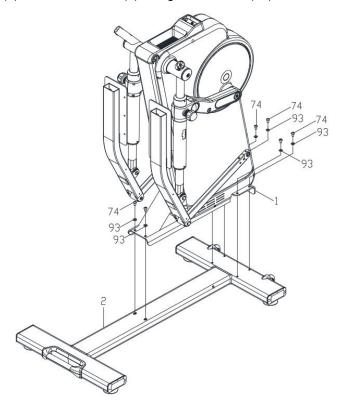
PARTS LIST



ASSEMBLY

Step 1

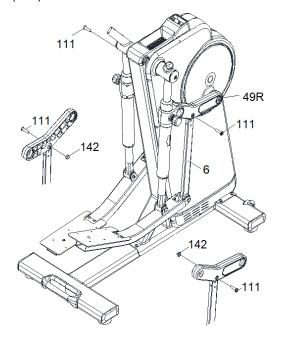
Attach the main frame (1) to the stabilizers (2) using 6x washers (93) and 6x bolts (74).



Step 2

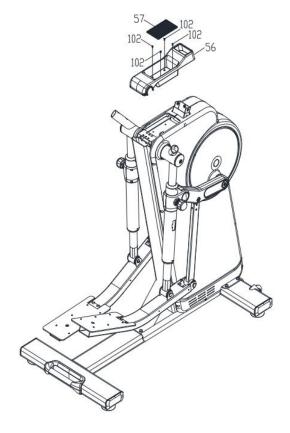
Attach the lower part of the handles (6) to the left and right sides (49L/49R) using the bolts (111). Be careful, there is a thread inside the frame, screw the bolts in.

Secure the bolts with the nut (142).



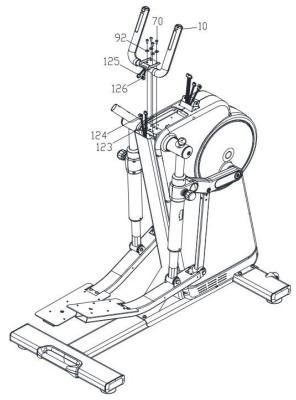
Step 3

Remove the anti-slip pad (57) from the storage box (56), unscrew the 4x bolts (102) and remove the storage box (56).



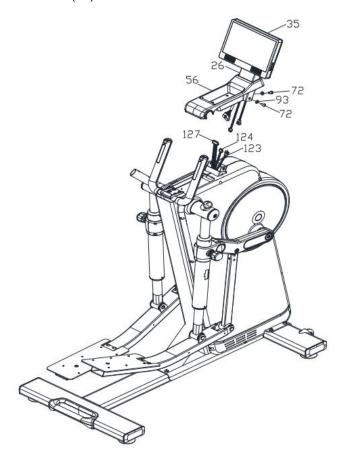
Step 4

Connect the cable (123) to the "-" cable (126). Connect the heart rate cable (124) to the "+" cable (125). Then attach the handles (10) to the main frame using 4x washers (92) and 4x bolts (70).

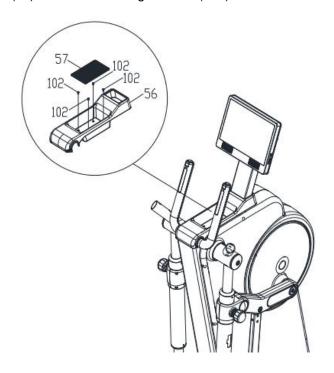


Step 5

Insert the console bracket (26) through the storage box (56). Then connect the cables (123, 124 and 127) from the frame to the cables from the console. Then secure the console bracket (26) to the frame with 3x washers (93) and 3x bolts (72).

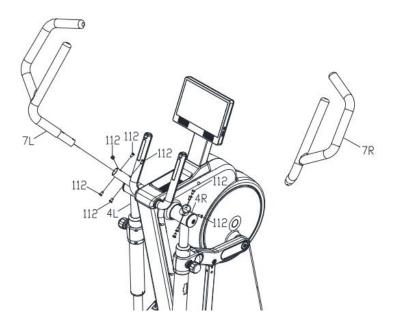


Step 6Reattach the storage box (56) to the frame using 4x bolts (102). Then reattach the anti-slip pad (57).



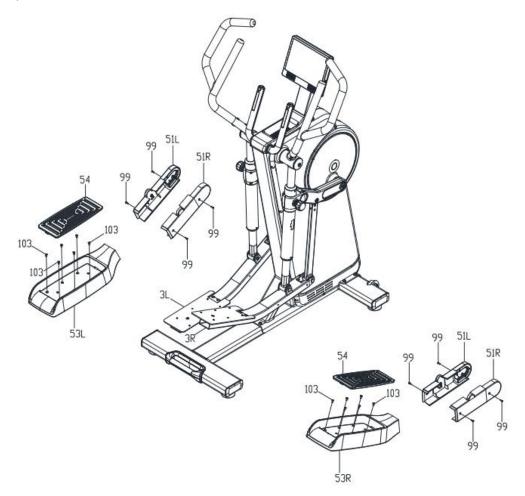
Step 7

Attach the left and right movable handrails (7 L/R) to the movable frames (4 L/R) using 5x bolts (112) on each side.



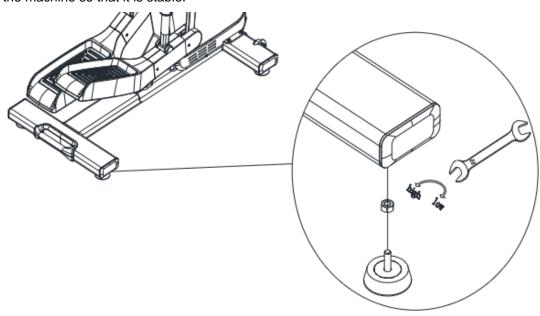
Step 8

Attach the covers (51 L/R) to the pedal frames (3 L/R) using 4x bolts (99) on each side. Then attach the pedals (53 L/R) to the pedal frames (3 L/R) using 6x bolts (103). Then glue the anti-slip treads (54) onto the pedals, narrow side forward.



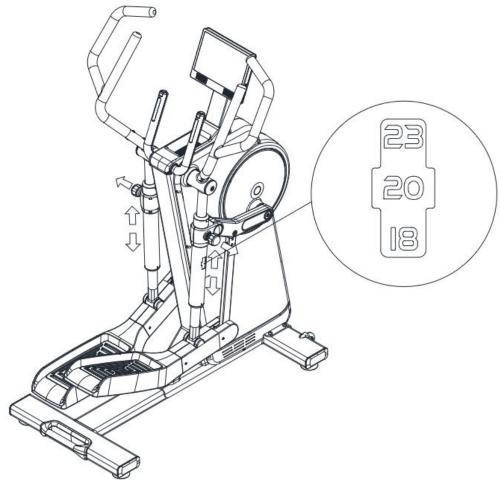
Step 9

Level the machine so that it is stable.



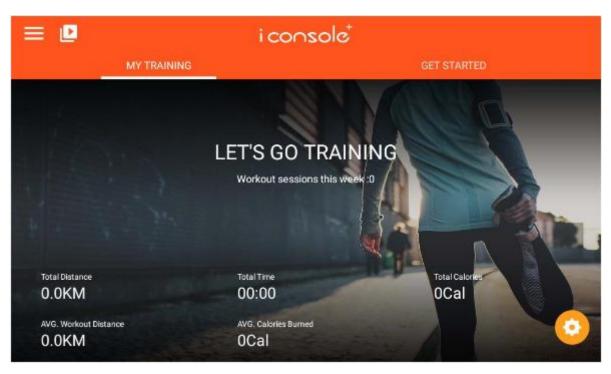
Step 10

Loosen the hand screw to the left and pull out. Set the desired stride length to 18 inches, 20 inches or 23 inches. Always adjust both sides to the same value. After adjusting, make sure the hand screw is properly locked.



CONTROLS

Turn on

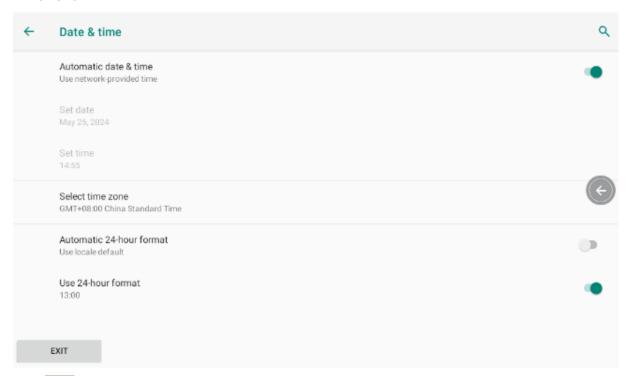


Function description:

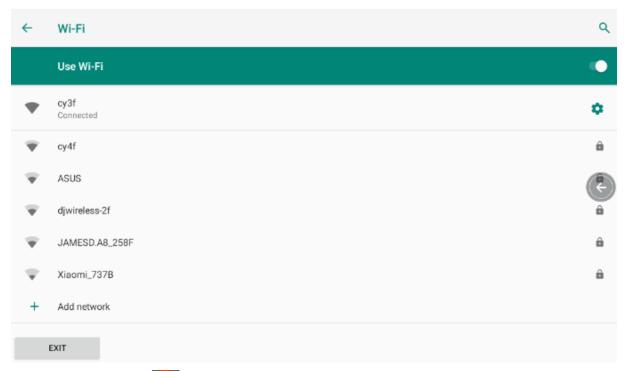
- 1. My training: Displays summary exercise data
- 2. Get started: Displays quick start / interval / constant power / preset programs / heart rate program / scenery / FTMS Bluetooth.
- 3. Settings: login / homepage / previous exercise records / pair new account / settings and other functions
- 4. Volume
- 5. Brightness settings
- 6. Time zone settings
- 7. WiFi
- 8. Bluetooth chest strap
- 9. Bluetooth headphones
- 10. Multimedia : Netflix, Youtube, Spotify, Kinomap, Chrome, Facebook, Twitter (X), Instagram, Amazon prime video, screen sharing.

Multimedia may not be available in every region.

Time zone



WiFi 🛜







Data display range

Data	Description and range
Distance	Distance display
Distance	Range: 0.0 ~ 99.9
Speed	Display speed
Opeeu	Range: 0.0 ~ 99.9
RPM	Revolutions per minute
Krivi	Range: 0 ~ 999
Time	Display time
Time	Range: 0:0 ~ 99:59
Heart Rate	Heart rate display
Tieart ivate	Range: 0 ~ 230
Heart Rate Range	Heart rate range display
Treatt Nate Nange	Range: 0% ~ 100%
BAI	BAI consumption display during exercise
DAI	Range: 0 ~ 999
Power	Display power
1 00001	Range: 0 ~ 999
Resistance (Load) Exercise resistance (load) display	

Buttons

Resume / PAUSE: Press to pause or start a paused program.

STOP: Press to stop a program.

Level up: Press to increase the load

Level down: Press to decrease the power

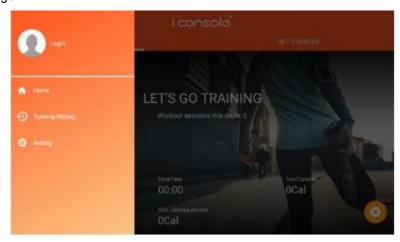
System navigation

1. Login: login via email

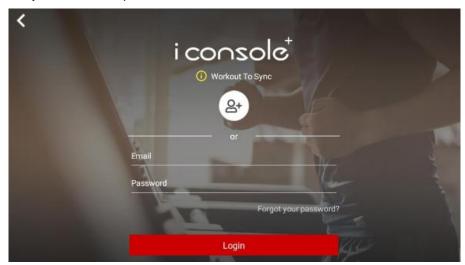
2. Home: return to homepage

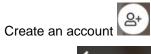
3: Training history: information about training (requires login)

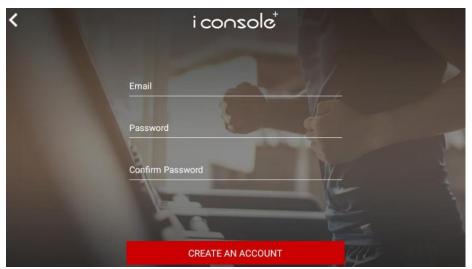
4. Setting: settings



A. Login: log in with your email and password







Forgot password

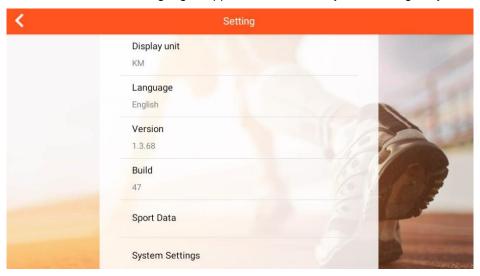
To reset your forgotten password, enter your email address, enter a new password, and confirm the new password. Then confirm the password change in the email you provided.



B. Training history: display of previous training sessions, to view it you must save the training and be logged in.



C. Setting: unit of measurement / language / application version / system settings / system update

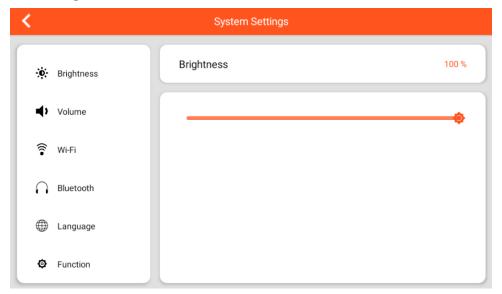


Sports data: exercise data, total time/total distance/total calories burned.

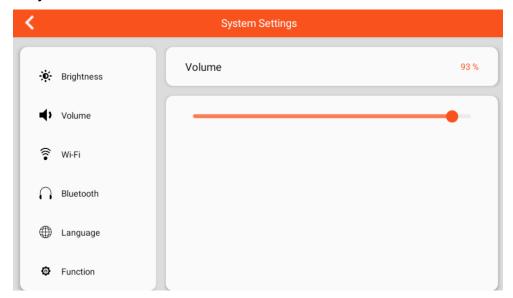


System settings: brightness / volume / WiFi / Bluetooth audio / language / units

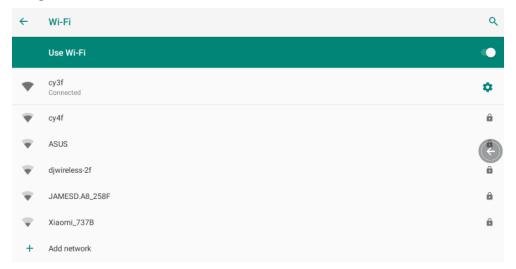
a. Brightness settings



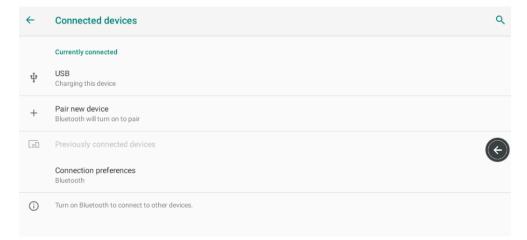
b. Volume adjustment



c. WiFi settings



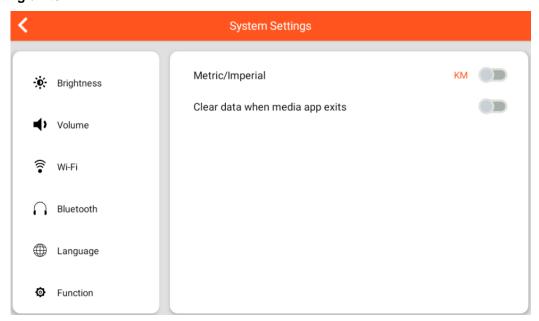
d. Bluetooth



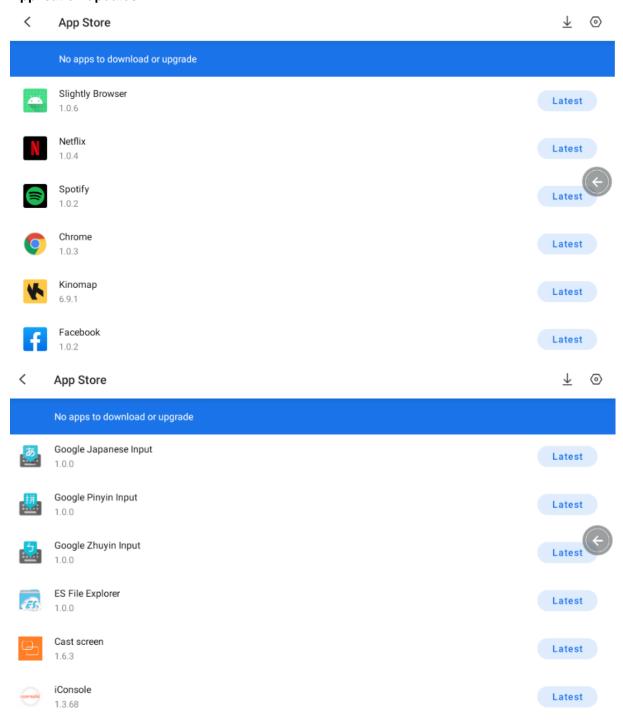
e. Language



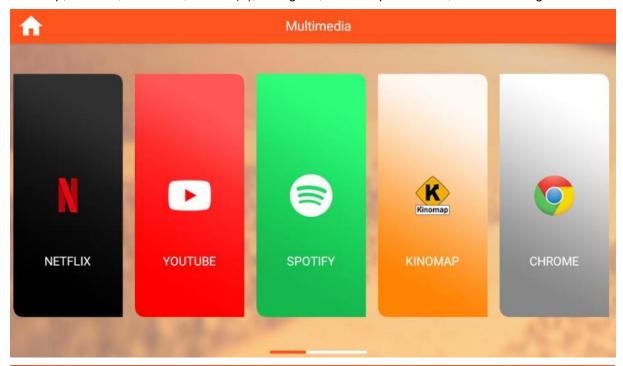
f. Setting units



Application updates

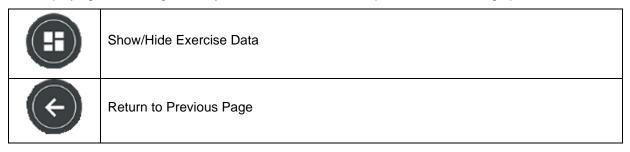


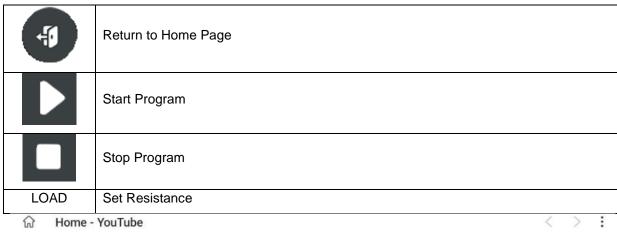
Multimedia: Use the slider to switch between the displayed applications: Netflix, Youtube, Spotify, Kinomap, Chrome, Facebook, Twitter (X), Instagram, Amazon prime video, screen sharing.

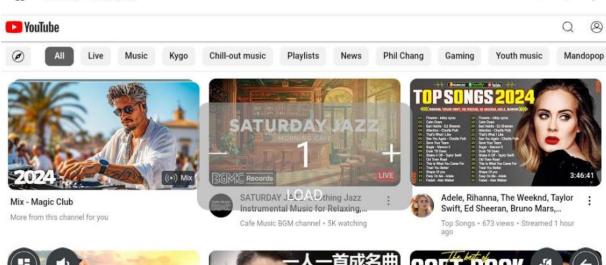


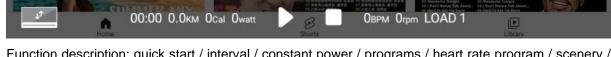


While playing or browsing media, you can use the buttons to perform the following operations:

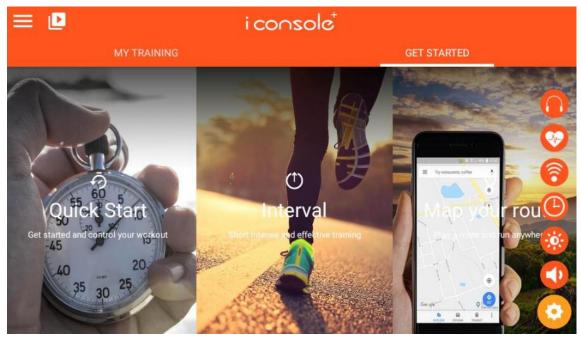


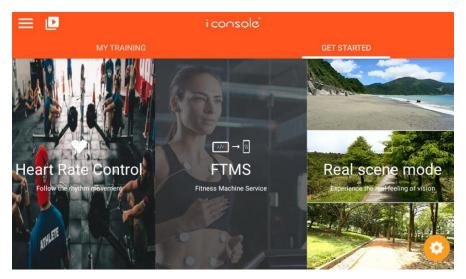






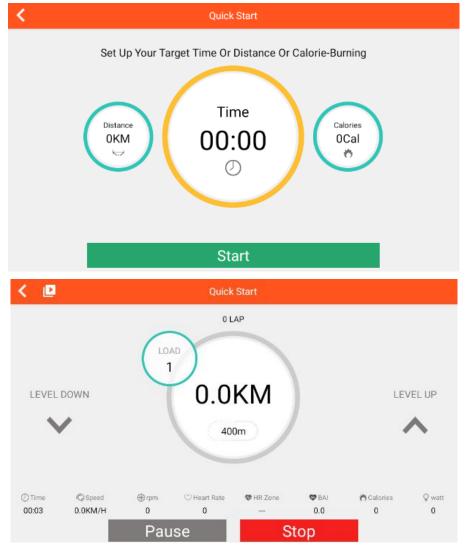
Function description: quick start / interval / constant power / programs / heart rate program / scenery / FTMS Bluetooth

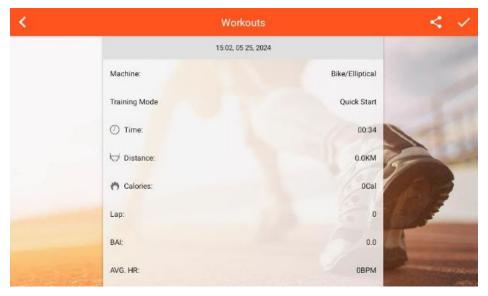




1. Quick start:

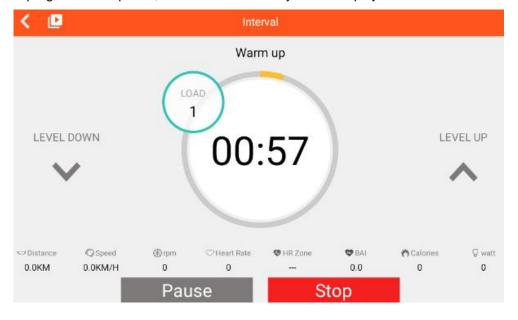
- A. Set the values (distance / time / calories), press START to start the program, the values will be tracted.
- B. During the exercise, you can use the LEVEL UP / DOWN buttons to change the load, press PAUSE to pause the program, press STOP to stop and exit the program.
- C. After the program is completed, the exercise summary will be displayed.

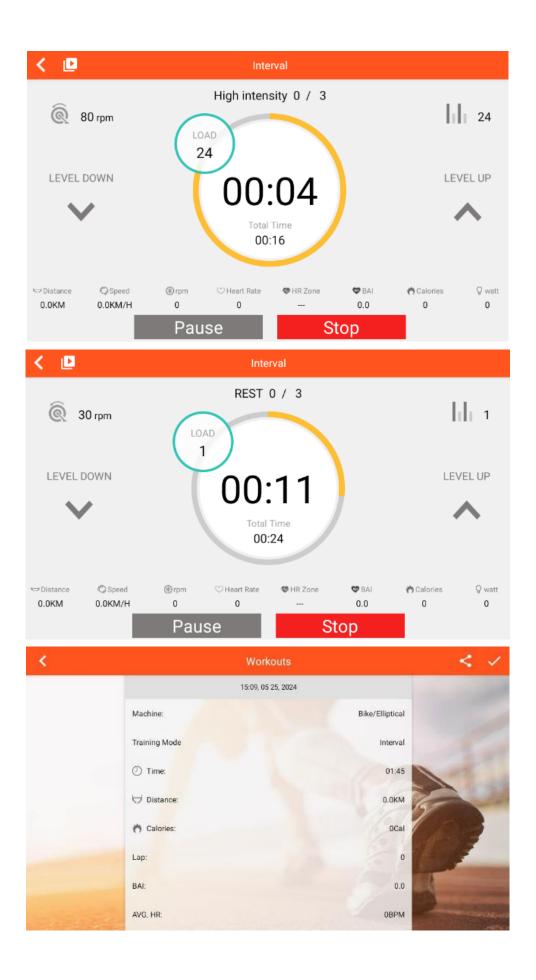




2. Interval Program

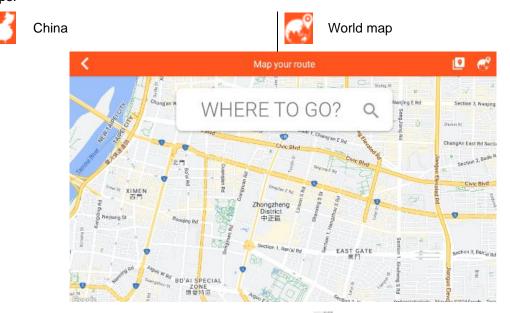
- A. Set the cycle/time/load/target heart rate value. Press START to start the program.
- B. Warm up before exercising.
- C. You can adjust the load during the program.
- D. Press PAUSE to pause the program, press STOP to end and exit the program.
- E. After the program is completed, the exercise summary will be displayed.





3. Map program

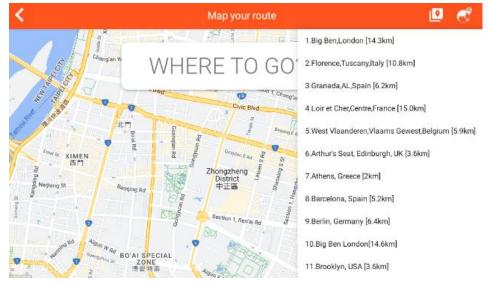
A. After selecting the program, you can select the region. Press to switch between pre-prepared routes of China or other regions. Select to switch between China or the world map of Google Maps.

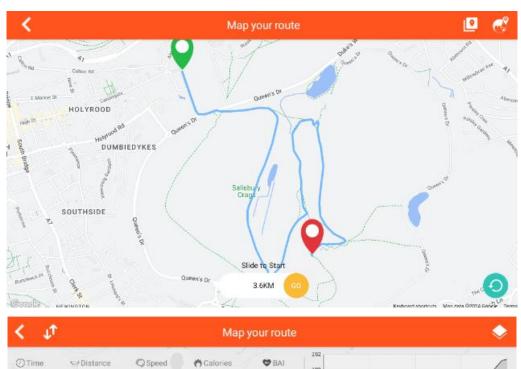


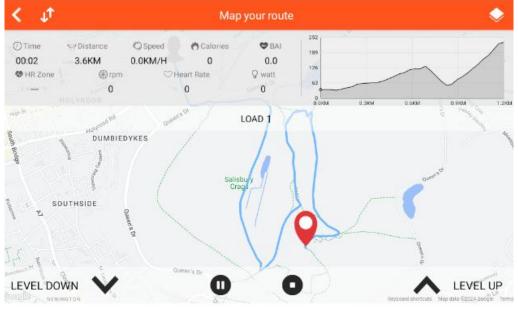
B. Plan a route. Long press to set the starting position , long press 2x to set the destination .

Long press 3x to set the waypoints . Select GO to start the program. Press to reset the map.

- C. Press to show/hide values. Press to switch the map view.
- D. You can adjust the load during the program.
- E. Press PAUSE to pause the program, press STOP to end and exit the program.
- F. After the program is completed, a summary of the exercise is displayed.



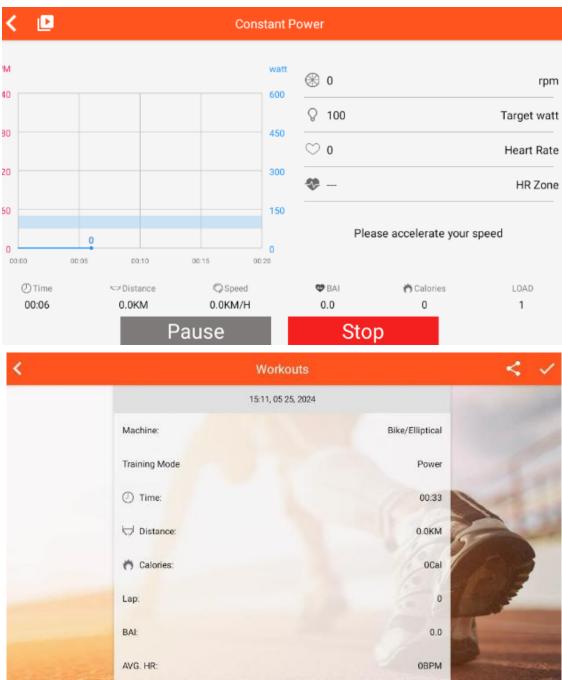






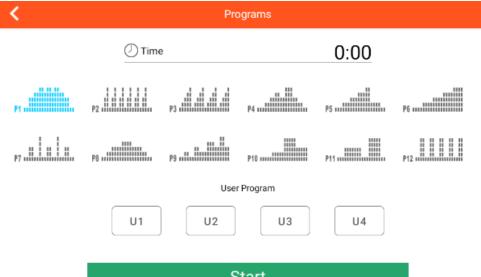
4. Constant Watt Program

- A. User can set time/target power. Press START to start the program.
- B. Load is set based on power.
- C. Press PAUSE to pause the program, press STOP to end and exit the program.
- D. After the program is completed, a summary of the exercise is displayed.

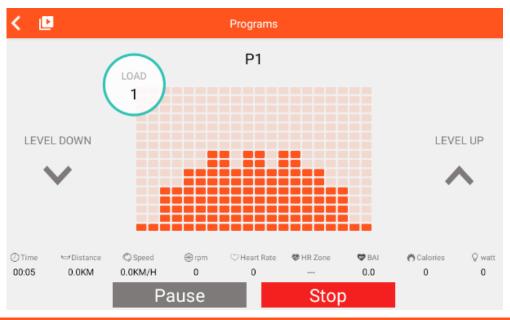


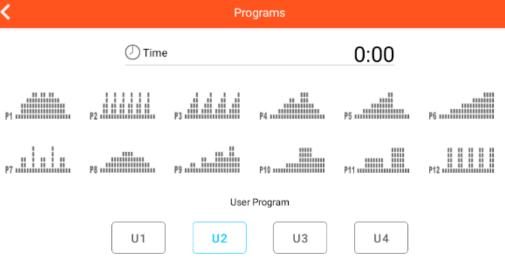
Preset programs

- A. Set the time and then select one of the programs P1~P12. Press START to start the program.
- B. The load will be adjusted according to the program, or you can adjust it yourself using the corresponding buttons.
- C. Press PAUSE to pause the program, press STOP to end and exit the program.
- D. After the program is completed, the exercise summary will be displayed.



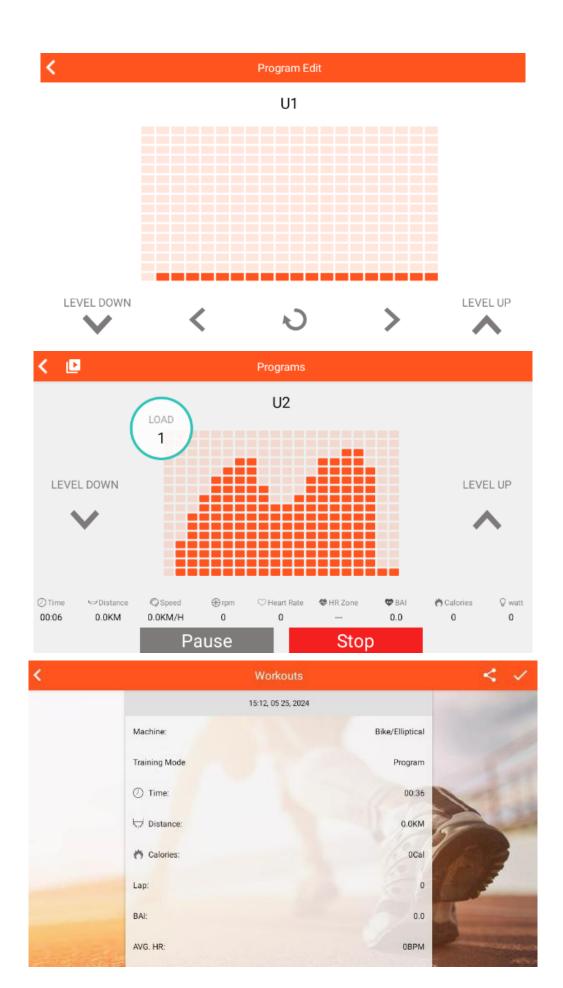
Start





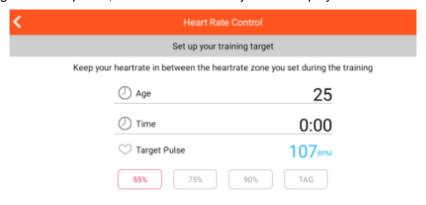
Start

Edit



Target heart rate program

- A. Set age/time/target 55% 75% 90% heart rate and press START to start.
- B: The load will be adjusted according to the heart rate. If the heart rate is lower, the load will be increased. If the heart rate is higher, the load will be reduced.
- C. Without detecting the heart rate for 30 seconds, the program will be turned off.
- D. Press PAUSE to pause the program, press STOP to end and exit the program.
- E. After the program is completed, the exercise summary will be displayed.

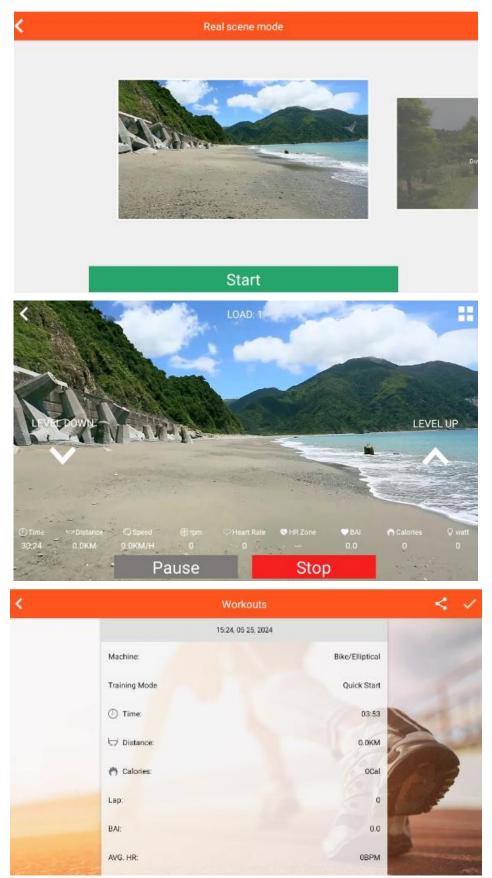


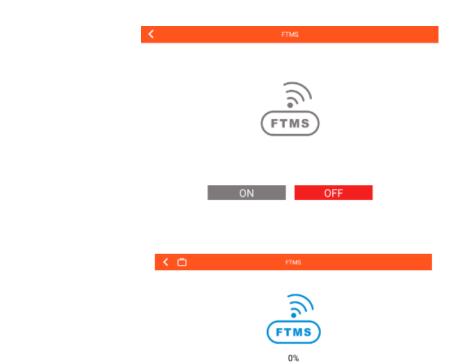




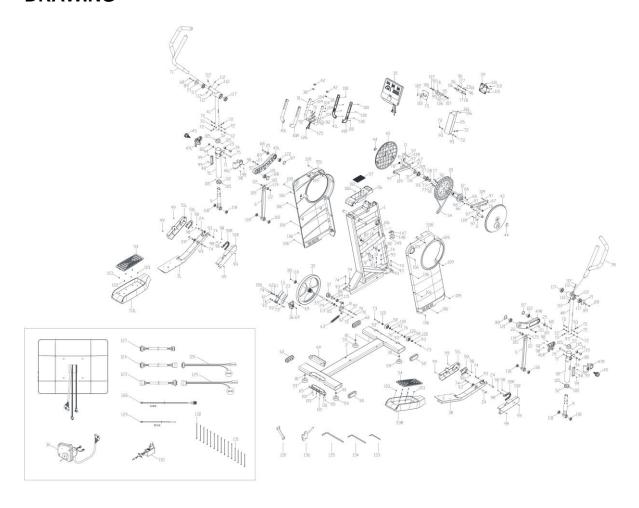
Scenery

You can choose one of three videos. Press START to start the video.





DRAWING



PARTS LIST

No.	Name	Qty	No.	Name	Qty
1	Main frame	1	37	Freewheel	1
2	Stabilizer	1	38	Signal pad	1
3L/R	Pedals	2	39	Console cover	1
4L/R	Movable handle frame	2	40L/R	Upper handle cover	2
5L/R	Adjustable handle frame	2	41L/R	Lower handle cover	2
6	Bottom of handle	2	42	Backrest button	2
7L/R	Movable handle	2	43	Crank disc	2
8	Freewheel cover	1	44	Decorative cap	2
9	Pedal connecting shaft	2	45	Pin	2
10	Fixed handle	1	46L/R	Handle cover	2
11	Axle	2	47L/R	Outer handle cover	2
12	Pulley shaft	1	48	Scale base	2
13	Magnet holder	1	49L/R	Connecting frame	2
14	Washer	2	50L/R	Inner pedal cover	4
15	Console panel	1	51L/R	Outer pedal cover	4
16	Console holder	1	52	Spacer insert	4
17	Adjustable console base	1	53L/R	Pedal cover	2
18	Washer	4	54	Anti-slip tread	2
19	Bearing spacer sleeve	4	55L/R	Chain cover	2
20	Pulley	1	56	Storage compartment cover	1
21	Screw cover	2	57	Anti-slip pad	1
22	Bearing spacer sleeve	4	58	Transport wheel	2
23	Magnet	6	59	Adjustable foot	4
24	Screw	4	60	Cover	4
25	Screw cover	2	61	Screw	2
26	Console frame	1	62	Adjustable frame	1
27	Spacer sleeve	1	63	Spring	1
28	Pulley sleeve	1	64	Upper handle cover	1
29	Wave washer ∮12	1	65	Lower handle cover	1
30	Spring holder	1	66	Bolt M6*15	4
31	Screw	1	67	Bolt M10*45	2
32	Flywheel	1	68	Bolt M8*20	4
33	Flywheel shaft	1	69	Bolt M6*8	2
34	Belt	1	70	Bolt M6*15	7
35	Console	1	71	Bolt M6*20	2
36	Motor cable	1	72	Bolt M8*15	15

73	Bolt M8*45 15mm	3	111	Bolt M10*48.5mm 15mm	2
74	Bolt M8*20	10	112	Bolt M8*12 (∮13.6)	10
75	Bolt M12*68 20mm	2	113	Bearing 6001-2RZ	1
76	Nut M8	3	114	Bearing 6301RZ-2RZ	1
77	Nut M6	6	115	Bearing 6003-2RZ	1
78	Nut M10*P1.0*10T 15	2	116	Bearing 6006-2RZ	2
79	Nut M4	1	117	Bearing 6205-2RZ(P6)	4
80	Nut M12*P1.75	2	118	Bearing C*SH 6202-2RZ(P6)	8
81	Nut M10*8H	4	119	Bearing ∮30*∮12*15	2
82	Nut M12*P1.25*10T	2	120	Wrench 17*19	1
83	Nut M6*10	2	121	Bearing cover 6204RZ	2
84	Spring ∮17	1	122	Bearing 2203RS Z3	2
85	Spring C12	1	123	Middle cable 500mm	1
86	Spring 37.8*1.6	1	124	Pulse detection cable 500mm	1
87	Spring 43.5*1.75	2	125	Speed cable "+" 600mm	1
88	Spring 50.5*1.75	2	126	Speed cable "-" 600mm	1
89	Washer ∮8.1*∮12.3*t2.1	4	127	Communication cable 750mm	1
90	Washer ∮6.1*∮9.1*t1.5	2	128	Power cable L=1100mm	1
91	Washer ∮10.1*∮15.3*t2.1	2	129	Induction cable 400mm	1
92	Washer ∮6.6*∮16*t1.6	13	130	Source AG100-240V~50/60Hz	1
93	Washer ∮9*∮16*t1.6	31	131	Cable clip 3*200	1
94	Washer ∮13*∮24*t2.5	2	132	Cable clip 5*250	6
95	Washer ∮4*∮9*t0.8	2	133	Wave washer Φ15*φ21*T0.3	2
96	Washer ∮6.6*∮11.8*t1.6	8	134	Wrench 5MM 25*80	1
97	Washer ∮4*∮12*t1.0	4	135	Wrench 6MM 50*80	1
98	Bolt M5*8	12	136	Wrench screwdriver 13,14,17	1
99	Bolt M4*12	36	137	Wave washer ∮25	2
100	Bolt ST3.0*15	1	138	Magnet holder	1
101	Bolt BT3.0*6	8	139	Signal magnet	1
102	Bolt M4*8	12	140	Cable clip 5*500	7
103	Bolt M6*12	6	141	Nut M4	1
104	Bolt ST3.0*15	12	142	Nut M10	2
105	Bolt M4*5	6	143	Nut ∮12*∮27*2.0	2
106	Bolt M4*12	2	144	Bolt M4*8	10
107	Bolt M6*18	1	145	Plate Φ10*φ22*T1.5	1
108	Bolt M4*15	16	146	Plug 40*70	2
109	Bolt BT4.0*15	4	147	Magnetic seat end	1
110	Bolt M5*15	8	148	Washer Φ5.5*φ12*T1.0	2

149	Bolt M5*10	2		
i				

USE OF ELEPTICAL 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.

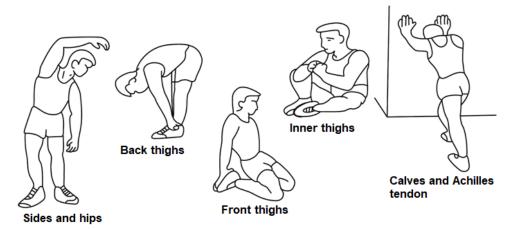
During exercise, you transfer the weight from one foot to the other. Try to maintain an upright and natural position. Handlers will help you. Find the perfect place to hold the grip and try to move as naturally as possible.

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.

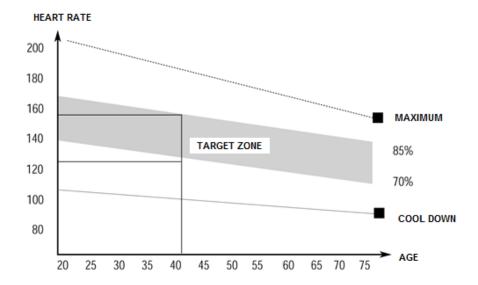
1. WARM UP

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 SEVEN SPORT s.r.o.

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Warranty & Service: Čermenská 486, Vítkov 749 01

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