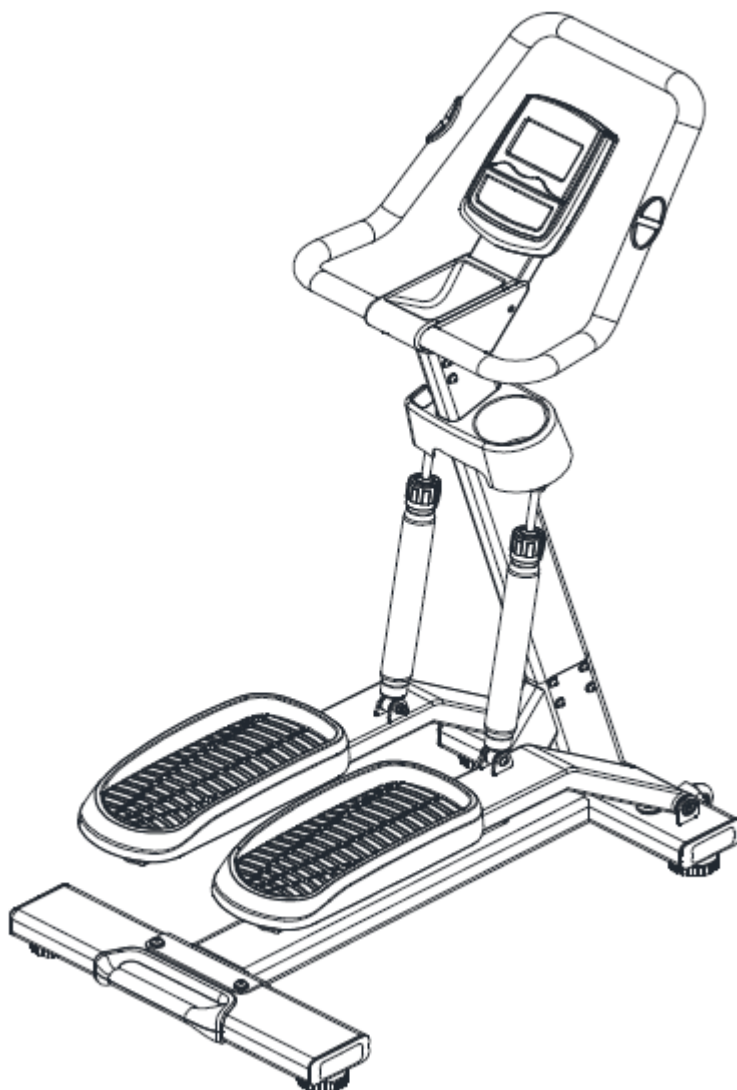




USER MANUAL – EN
IN 31290 Stepper inSPORTline ZenPeak 50



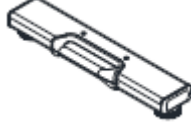
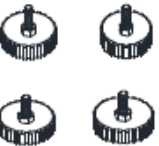
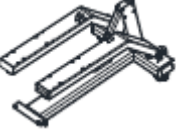
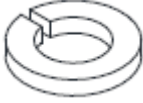
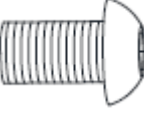
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SAFETY INSTRUCTIONS

- Read the manual before use and keep it for future reference. Follow all warnings and recommendations.
- Do not use in rooms with high humidity.
- Keep away from children, animals and unauthorized users. Never leave these people unattended or near the device.
- Use only for its intended purpose and in accordance with the manual. Do not make unauthorized modifications.
- Never use a damaged or worn product. Regularly check the bolts and nuts including all parts. They must fit properly. Damaged or worn parts must be replaced immediately.
- Never use the device if it is damaged or worn.
- Do not insert foreign objects into the holes and openings.
- Do not use the product outdoors.
- Do not exercise in poorly ventilated areas.
- The product is not intended for: people with physical limitations, people with mental disabilities, inexperienced users (including children). These people must be supervised by a responsible adult.
- Exercise correctly to avoid injury.
- Only place the product on a flat and spacious surface.
- Only place the product on a flat, clean and solid surface. Maintain a safety distance of at least 0.6 m around the device.
- Regularly carry out checks and maintenance.
- No adjustable part should protrude and restrict the user's movement.
- Always hold onto the handrails when getting on and off.
- Wear appropriate sportswear and footwear. Do not wear loose clothing.
- Use the handrails as support.
- Keep limbs and hair away from moving parts.
- Pistons heats up during use. Do not touch them immediately after use.
- **Max. user weight:** 120 kg
- **Category:** SB
- **WARNING:** Overexertion during training can cause serious injury or death. If you feel unwell, stop exercising immediately!

PACKAGE CONTENTS

			
1. Handles	5. Console	8. Bolt M4x40, 4x	9. Console holder
			
10. Screw ST4.0*12	11. Handle covers	12. Bolt M6*12, 14x	13. Bottle holder
			
14. Bolt M8*15, 4x	15. Bolt M8*15, 20x	16. Flat washer $\phi 8.1 \times \phi 12.3 \times t2.1$, 20x	17. Flat washer $\phi 9 \times \phi 16 \times t1.6$, 20x
			
20. Storage bowl	21. Bolt M5*10, 2x	22. Bolt M8*20, 2x	23. Screw cap $\phi 28 \times 4.5$, 2x
			
24. Pistons, 2x	25. Bolt M5*10, 2x	26. Middle post	27. Nut M8, 2x
			
29. Bolt M8*40, 2x	32. Pedals, 2x	33. Anti-slip treads	34. Flat washer $\phi 6.6 \times \phi 11.8 \times t1.6$, 8x
			
40. Rear stabilizer	41. Adjustable feet, 4x	44. Main frame	45. Flat washer, $\phi 11 \times \phi 20 \times t2.0$, 4x
			
46. Spring washer, $\phi 10.1 \times \phi 15.3 \times t2.9$, 4x	47. Bolt M10*16, 4x	54. Allen Key 6#	55. Allen Key 5#

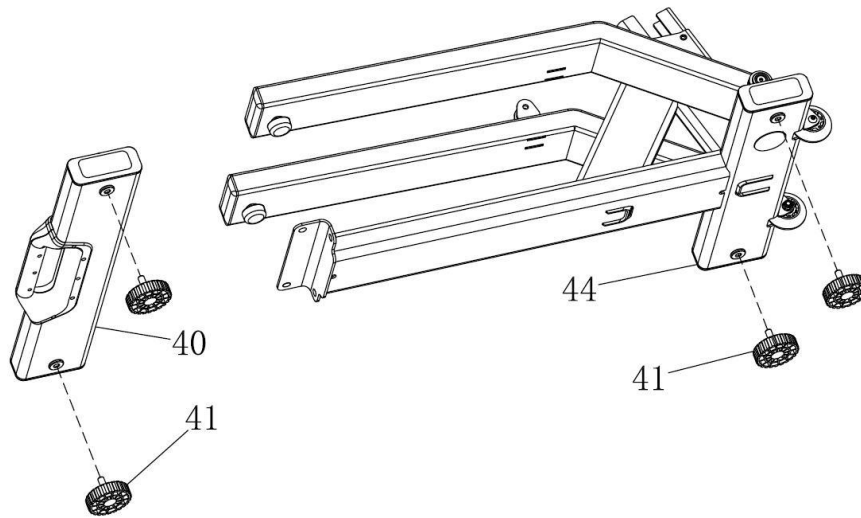
			
56. Allen Key 3#	57. Key 13/17/17		

ASSEMBLY

Step 1

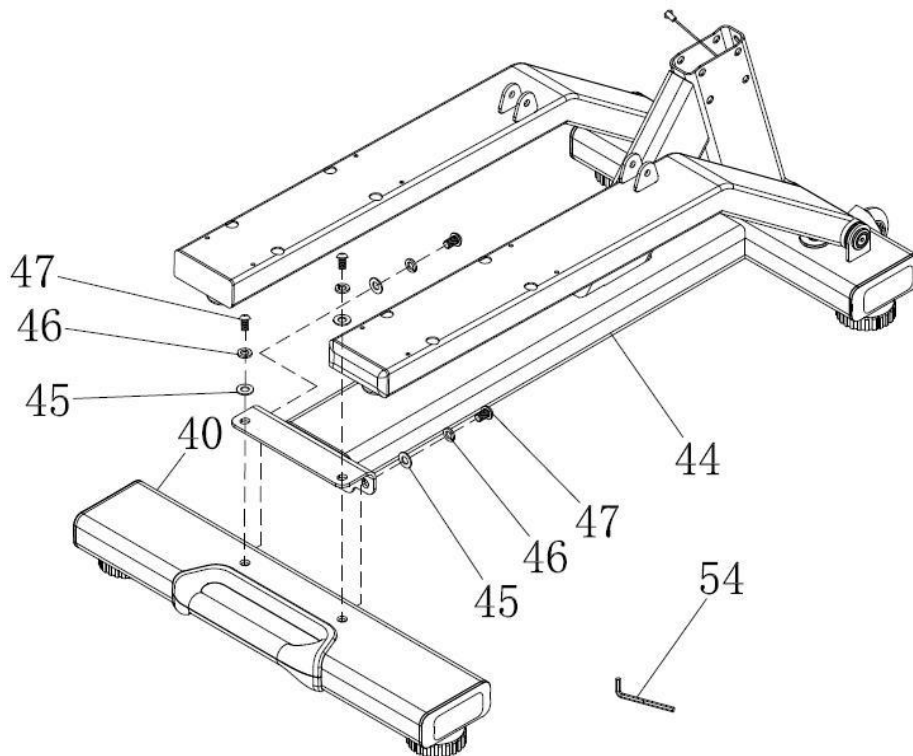
Attach the adjustable feet (41) to the base (44).

Attach the adjustable feet (41) to the rear stabilizer (40).



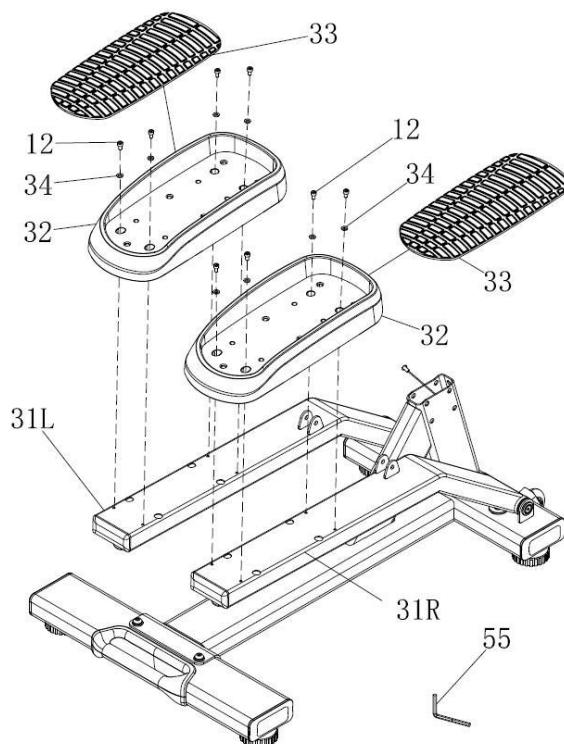
Step 2

Attach the rear stabilizer (40) to the base (44) using 4x bolts M10*16 (47), spring washers (46) and flat washers (45).



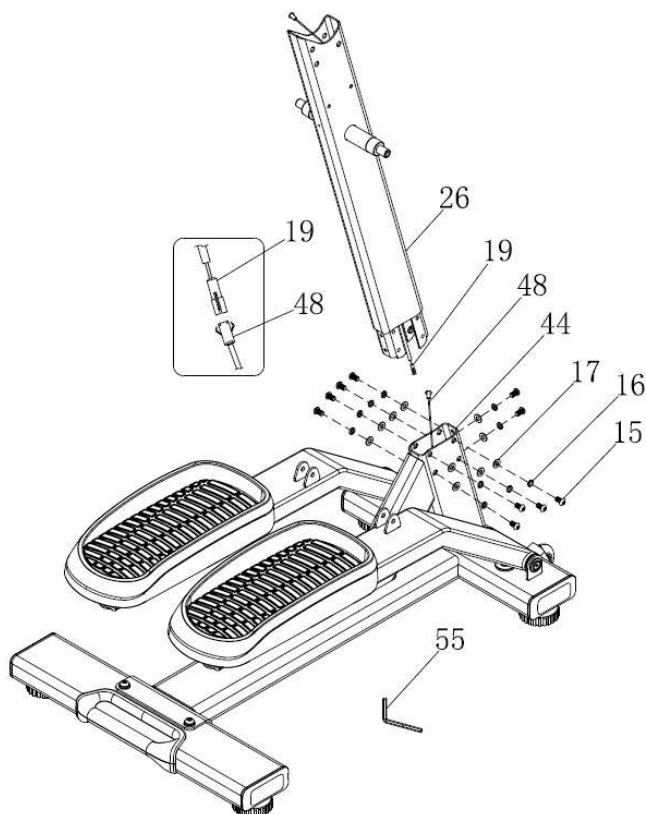
Step 3

Attach the pedals (32) to the movable arms (31 L/R) using bolts M6*12 (12) and flat washers (34). Then attach the anti-slip pads (33) to the pedals (32).



Step 4

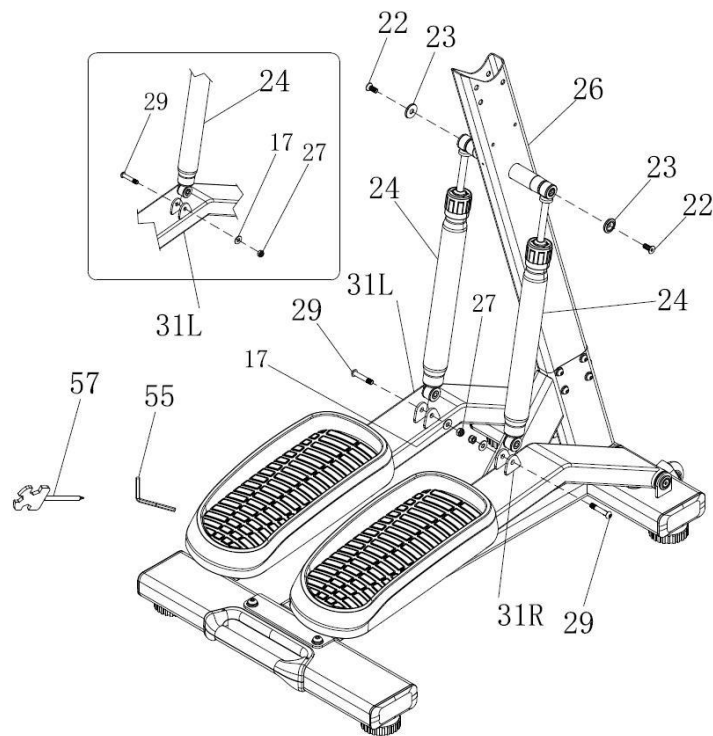
Connect the cable from the post (19) to the cable from the base (48) and then insert the post (26) into the base (44). Secure with bolts M8*15 (15), spring washers (16) and flat washers (17).



Step 5

Attach the piston (24) to the post (26) and secure with the bolts M8*20 (22) and cap (23).

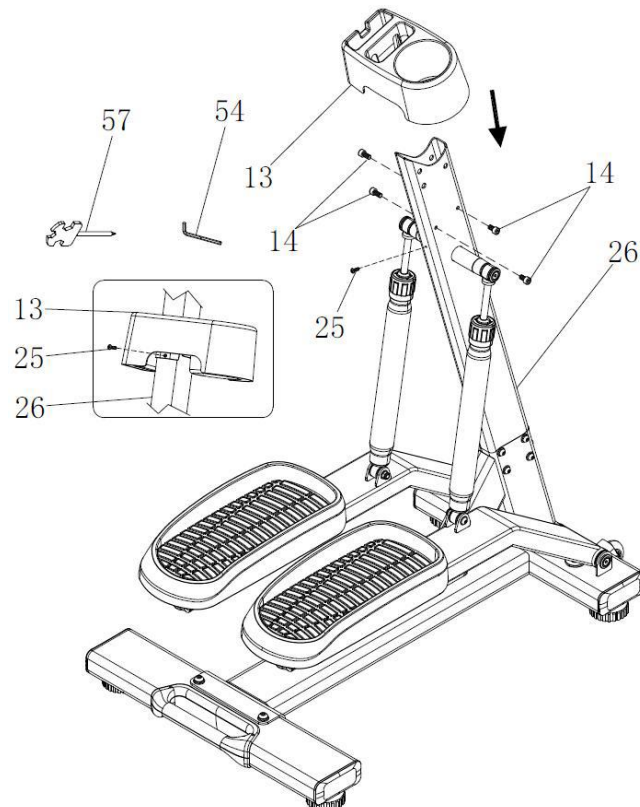
Attach the pistons (24) to the arms (31 L/R) using bolts M8*40 (29), washers (17) and nuts (27).



Step 6

Screw the bolts (14) into the post (26).

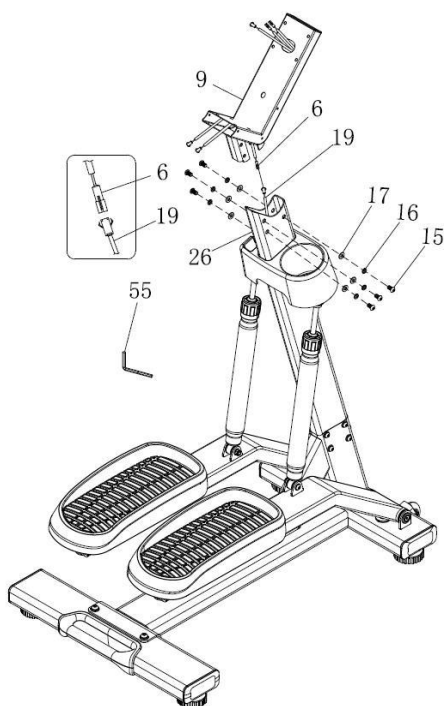
Slide the bottle holder (13) onto the post (26) and secure with the bolt M5*16 (25).



Step 7

Connect the cable leading from the console holder (19) to the cable leading from the post (19).

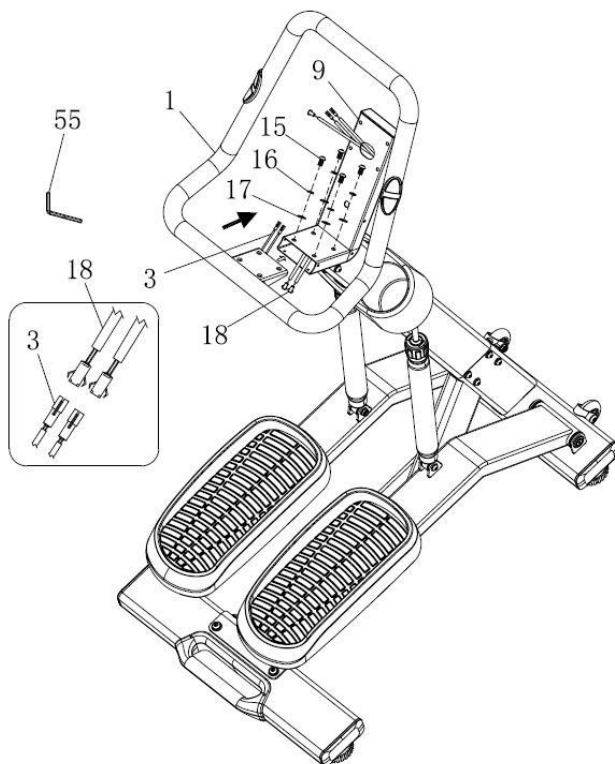
Attach the console holder (9) to the post (26) using bolts M8*15 (15), spring washers (16) and flat washers (17).



Step 8

Connect the cables leading from the handles (3) with the cables leading from the console holder (18).

Attach the handles (1) to the console holder (9) using the bolts M8*15 (15), the spring washer (16) and the flat washer (17).

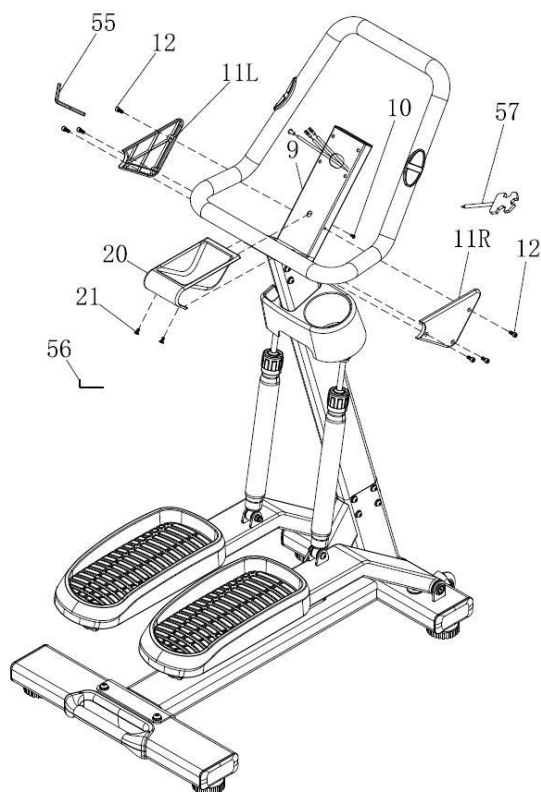


Step 9

Attach the handle covers (11 L/R) to the frame (9) using bolts M6*12 (12).

Attach the storage bowl (20) to the frame (9) with the bolts M5*10 (21).

Then tighten the screw ST4.0*12 (10).

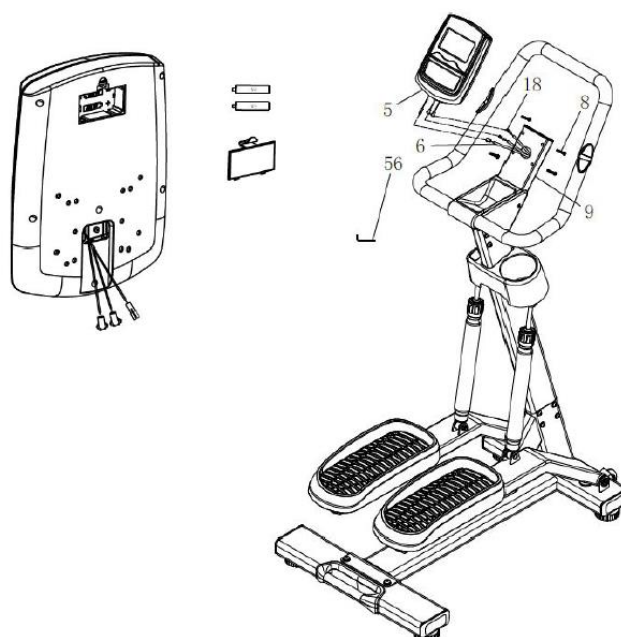


Step 10

Open the battery cover on the back of the console and insert the batteries. Then attach the cover.

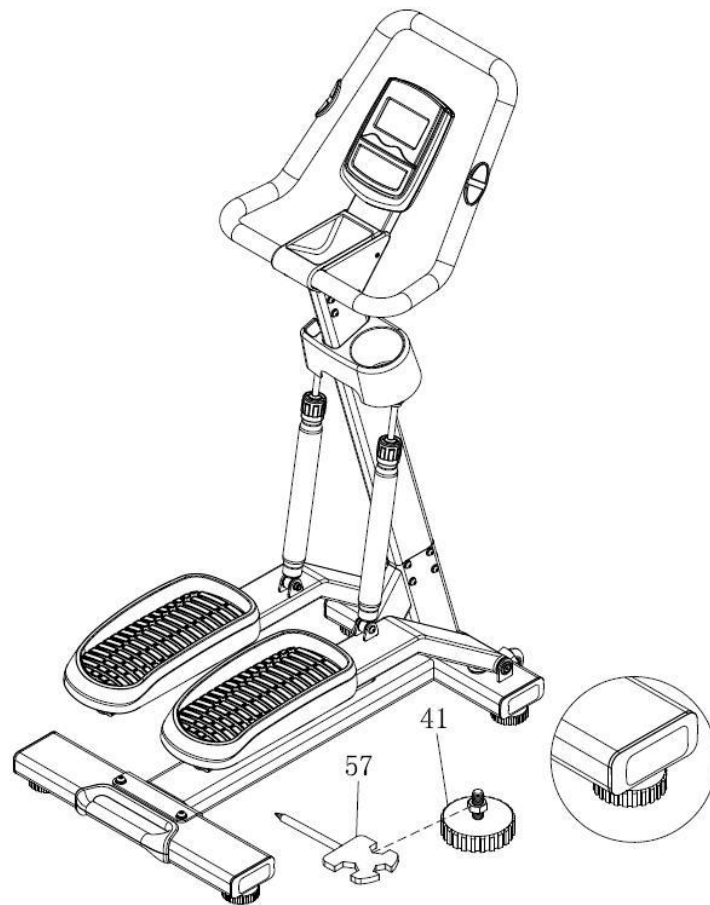
Plug in the cable from the console (5) with the cable running from the console holder (6 and 18).

Fix the bracket (5) to the console holder (9) with the screws (8).



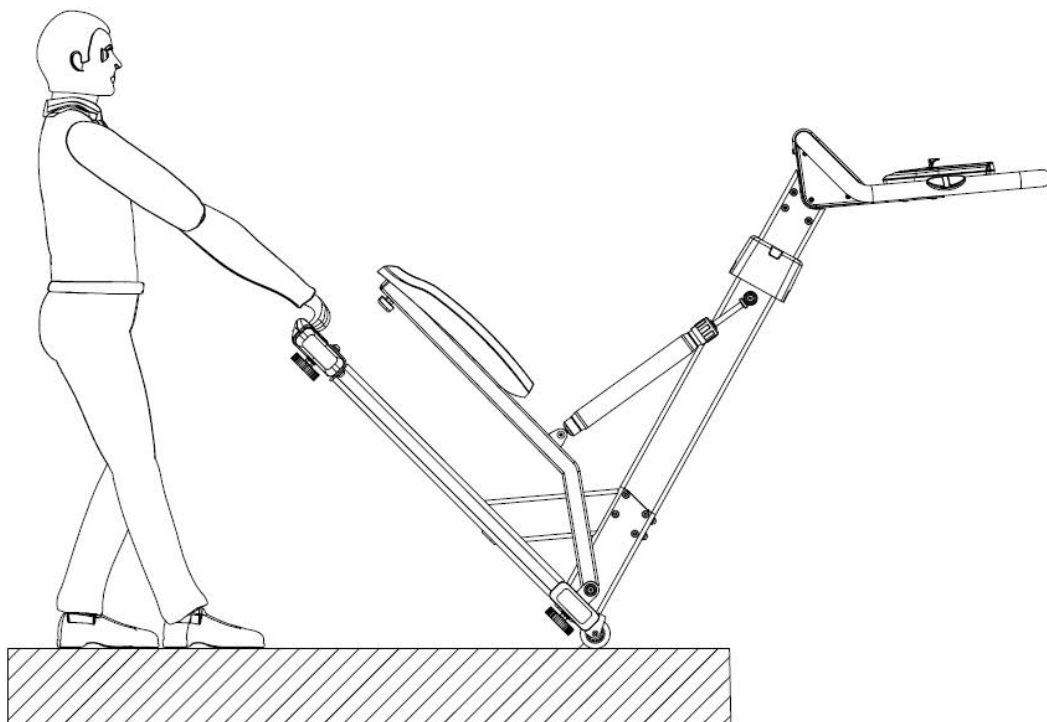
SETTLEMENT

Use the feet (41) to level the stepper.



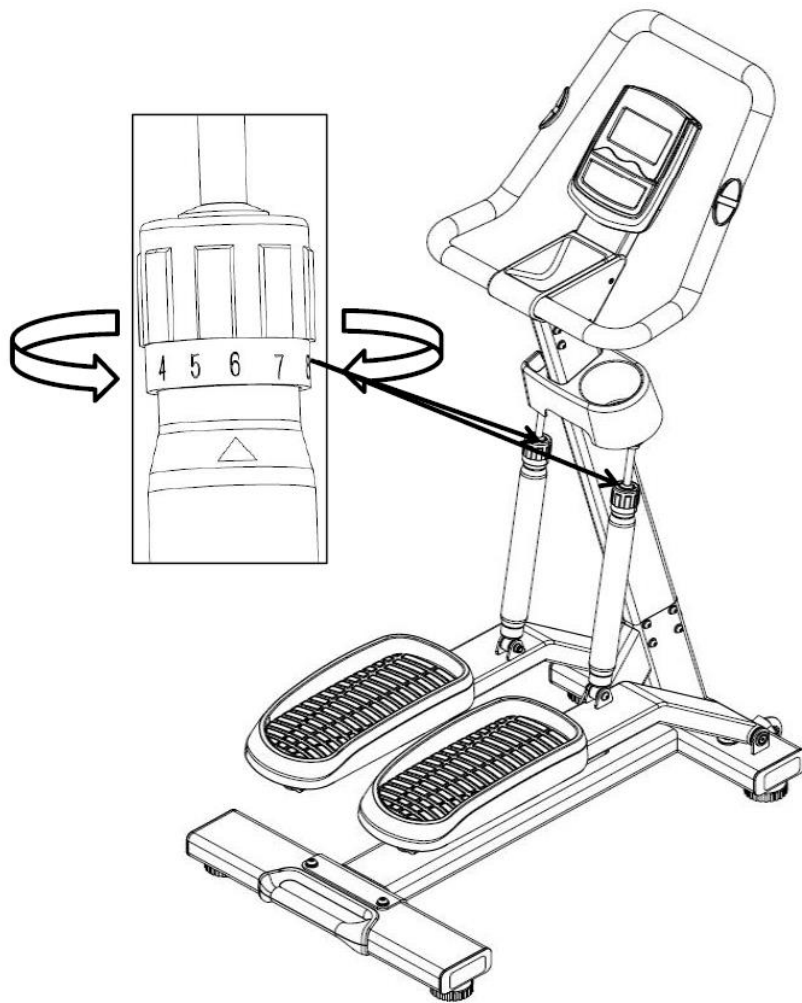
MOVE

Grasp the stepper by the handle on rear stabilizer and place it onto the front stabilizer wheels.

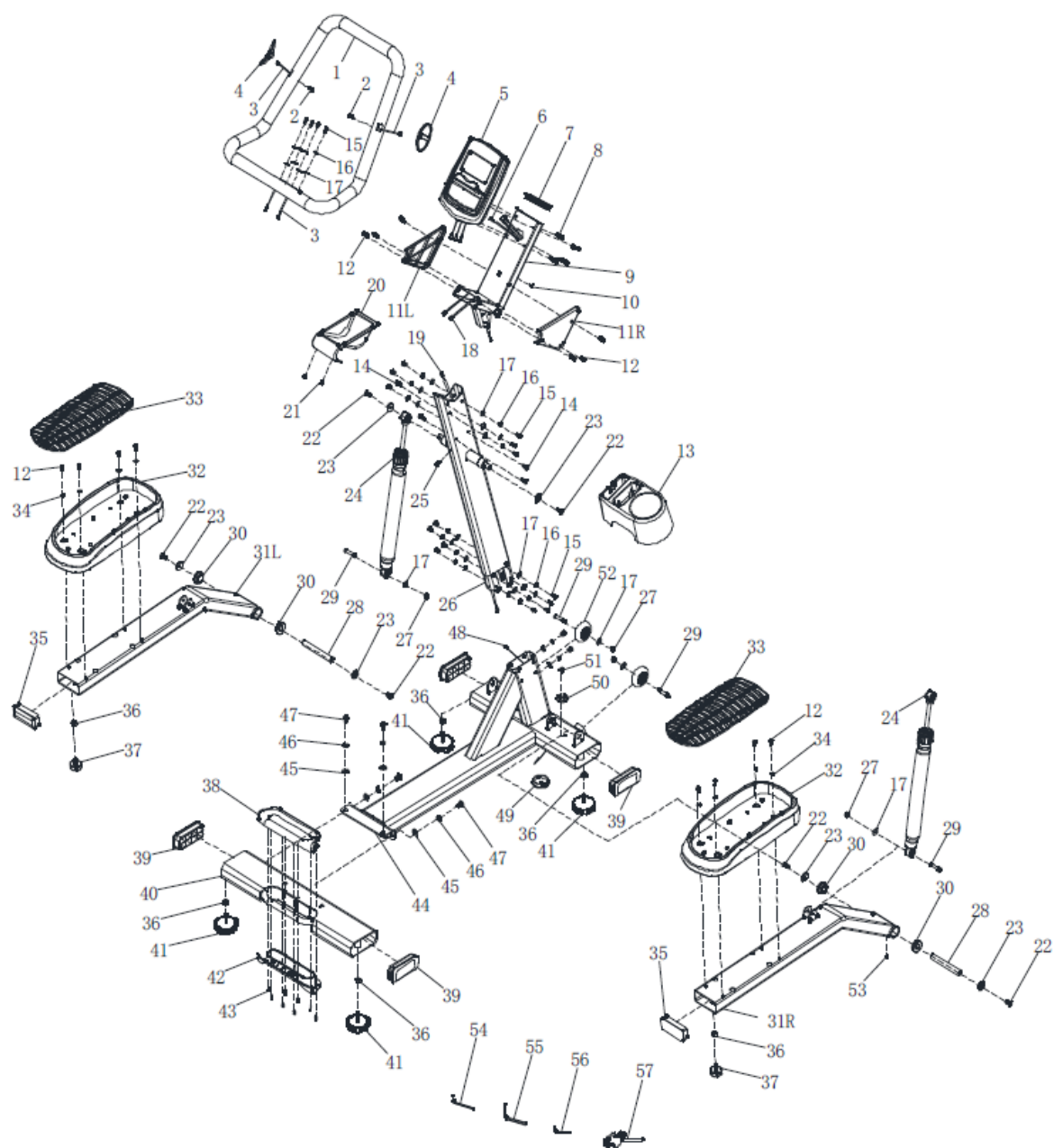


RESISTANCE ADJUSTMENT

The pistons can be adjusted to 12 resistance levels.



DRAWING



PARTS LIST

No.	Name	Qty.	No.	Name	Qty.
1	Handles	1	30	Washer $\phi 38 \times \phi 17 \times 13$	4
2	Screw ST4.0*25	2	31	Pedal arm L/R	1
3	Cable	2	32	Pedal	2
4	Pulse Measurement Plates	2	33	Anti-slip mat	2
5	Console	1	34	Washer $\phi 6.6 \times \phi 11.8 \times 1.6$	8
6	Cable	1	35	Cap	2
7	Cap	1	36	Bolt M10*8H	6
8	Bolt M4*40	4	37	Bolt M10*20	2
9	Console holder	1	38	Top cover of the lifting handle	1
10	Screw ST4.0*12	1	39	Cap	4
11	Handle cover L/R	1	40	Rear stabilizer	1
12	Bolt M6*12	14	41	Bolt M10	4
13	Bottle holder	1	42	Bottom handle cover for lifting	1
14	Bolt M8*15	4	43	Screw ST3.0*15	8
15	Bolt M8*15	20	44	Base	1
16	Washer $\phi 8.1 \times \phi 12.3 \times 2.1$	20	45	Washer $\phi 11 \times \phi 20 \times 2.0$	4
17	Washer $\phi 9 \times \phi 16 \times 1.6$	24	46	Washer $\phi 10.1 \times \phi 15.3 \times 2.9$	4
18	Cable	2	47	Bolt M10*16	4
19	Cable	1	48	Cable	1
20	Storage basket	1	49	Cap	1
21	Bolt M5*10	2	50	Washer	1
22	Bolt M8*20	6	51	Bolt $\phi 37.5$	1
23	Washer $\phi 28 \times 4.5$	6	52	Transport wheels	2
24	Adjusting the Piston Resistance	2	53	Induction magnet	1
25	Bolt M5*12	1	54	6#/30*80 Wrench	1
26	Post	1	55	5#/25*80 Wrench	1
27	Bolt M8	4	56	3# 20*55 Key	1
28	Axle	2	57	Key 13/14/17	1
29	Bolt M8*40	4			

CONSOLE

BUTTONS

Mode – press the button to change the displayed data.

Recovery/up – In the setting mode, click the button to increase the value

If no program is active, press the button to enter/exit the heart rate recovery test program

Down – in button setting mode to decrease the value

Reset/go – in the setting mode to reset the selected value

In the parameter setting mode for the body fat test, press the button to start the test

While viewing data, hold the button for 3 seconds to reset all saved data

Bodyfat – If no program is active, press the button to enter/exit the body fat test settings

FEATURES

RPM / BODY FAT RATIO (Repetitions per Minute / Body Fat Ratio)

- RPM (Repetitions per Minute): display range 0–999 repetitions per minute
- BODY FAT RATIO: displays the body fat ratio test result

TIME/BMI (time/BMI)

- TIME: Display range 0 – 99min59seconds.

If a time countdown is set, you will be notified before the end of the countdown, max. time countdown length 9 min

- BMI: display of BMI measurement result

COUNT/BMR (number of steps/metabolism)

- COUNT: Displays the number of steps 0 - 999.

If a step countdown is set, you will be notified before it ends.

- BMR (metabolism): display of the result of metabolism measurement

CALORIES/TEMPERATURES

- CALORIES (calories burned): display range 0 – 99.9 – 999 kcal

If a calorie countdown is set, you will be notified before it ends.

- TEMPERATURE: Display of room temperature

PULSE

Display range 40 – 240 bpm

If P is displayed, no pulse has been detected for 60 seconds. Press DOWN to repeat the test.

ALARM

When the buttons are pressed, an audible signal sounds.

*The console automatically turns off after 8 minutes of inactivity and stores all data except body fat and temperature. As soon as the console detects any signal (movement, button press) it will turn on.

PROGRAMS

Countdown settings (SET)

Press the MODE button to select the reading setting data, the selected value will flash. Use the navigation buttons to decrease/increase the value (holding it down will constantly increase the value).

Press RESET to reset the value.

Pulse rate detection

Hold both sensors. After 3-4 seconds, a value will appear on the display.

Pulse recovery

No additional program must be running. First, test whether the heart rate detection is active. Then press the RECOVERY/UP button. The minute countdown starts. B2hem measurements you need to hold heart rate sensors. When the measurement is complete, the result F1 (best) – F6 (worst) is displayed.

Body Fat Test (BODY FAT/BMI/BMR)

No additional program must be running. Press the BODY FAT button.

In order, it is necessary to enter the following data:

- User (1-8)
- Weight (kg)
- Height (cm)
- Age

Press the RECOVERY/UP and DOWN buttons to adjust the value. Press MODE to confirm the specified parameter and move to the next one. Once all the data has been set, grasp the sensor and press RESET/GO.

After 6 seconds, the result will be displayed. Press BODYFAT to exit the test.

Please note: all tests are for reference only and are not for medical or medical purposes.

Replacing the console battery

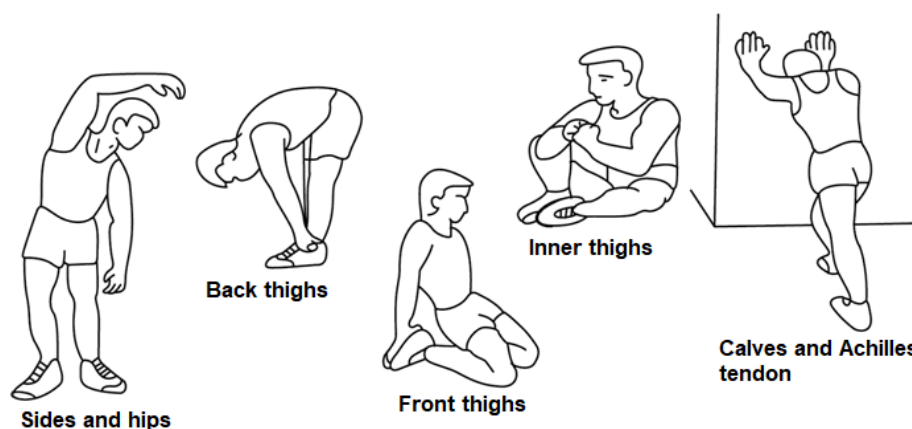
If the data on the display is difficult to see, the batteries need to be replaced

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.

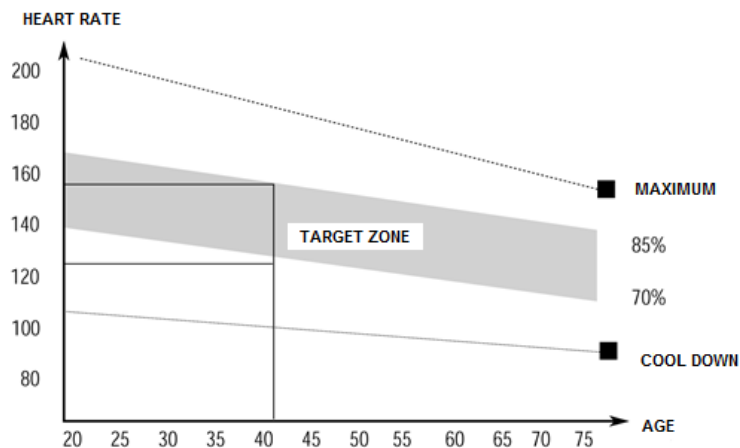
1. WARM UP

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

- Check the screws after 10 hours of use.
- Wipe away sweat after exercise. Clean the device with a cloth and mild detergent. Do not use solvents or aggressive cleaning agents on plastic parts.
- In case of increased noise, check that all connections are properly tightened.
- Place the product in a clean, ventilated and dry room.
- Do not expose the device to direct sunlight.

ENVIRONMENT PROTECTION

After the product lifespan expires or if the possible repairing is uneconomical, dispose of it according to the local laws and is environmentally friendly in the nearest scrapyard.

By proper disposal you will protect the environment and natural resources. Moreover, you can help protect human health. If you are not sure of the correct disposing, ask local authorities to avoid law violations 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 Kutnohorská 531, Štěrboholy Retail Park, 109 00, Praha 10, ČR, 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.

CZSEVEN SPORT s.r.o.

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About shipping

