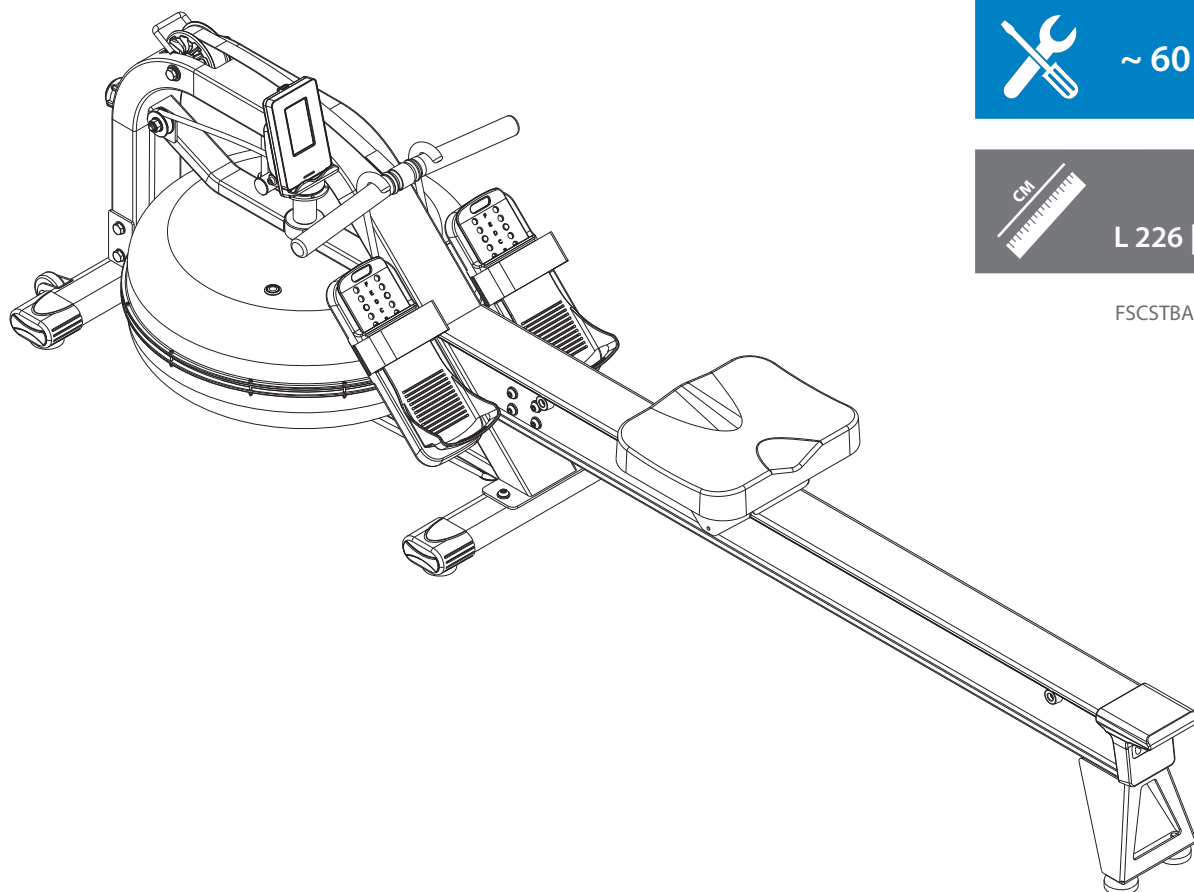




Assembly and Operating Instructions



max. 150 kg



~ 60 Min. 



 35 kg

L 226 | W 55 | H 65

FSCSTBALTIC2BT.01.02

Art. No. CST-BALTIC-2BT

Rowing Machine **BALTIC**

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Dear customer,

thank you for choosing fitness equipment from cardiostrong®. Cardiostrong offers high-quality home fitness equipment that is optimally adapted to the conditions at home. Train at home no matter what the weather or time of the day. Cardiostrong fitness equipment offers training programmes and a variety of equipment for all training levels and all training goals. Further information can be found at www.fitshop.com or www.cardiostrong.de. We hope you enjoy your training!

Intended Use

The equipment may only be used for its intended purpose.

The equipment is only suitable for home use. The equipment is not suitable for semi-professional (e.g. hospitals, associations, hotels, schools, etc.) and commercial or professional use (e.g. fitness studios).

Legal Notice

Fitshop GmbH
Europe's No. 1 for home fitness

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Disclaimer

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Product and manual are subject to change. Technical data can be changed without advance notice.

FITSHOP

Europe's No.1 for Home Fitness

ABOUT THIS MANUAL

Please carefully read the entire manual before installation and first use. The manual will help you to quickly set up the system and explains how to safely use it. Make sure that all persons exercising with the equipment (especially children and persons with physical, sensory, mental or motor disabilities) are informed about this manual and its contents in advance. In case of doubt, responsible persons must supervise the use of the equipment.



Due to ongoing changes and software optimisations, the manual may have to be updated. If you notice any discrepancies during assembly or use, please refer to the manual uploaded to the webshop. The latest manual is always available there.

This equipment has been manufactured according to the latest safety knowledge. As far as possible, potential safety hazards which could cause injury have been eliminated. Make sure to carefully follow the instructions and that all parts are securely in place. If required, read through the instructions again to correct any mistakes.

Training devices must be classified according to accuracy and use. Accuracy classes are only applicable to devices that display training data.

Accuracy classes

Class A: high accuracy.

Class B: medium accuracy.

Class C: low accuracy.

The use classes explain the intended use of the training device.

Use classes

Class S (studio): professional and/or commercial use.

These training devices are intended for the use in training rooms of facilities such as sports clubs, school facilities, hotels, clubs and studios whose access and supervision is specifically regulated by the owner (person with legal responsibility).

Class H (home use): use at home.

These stationary training devices are intended for the use in private homes where access to the training device is regulated by the owner (person with legal responsibility).

Please pay close attention to the safety and maintenance instructions given here. The contract partner cannot be held liable for damage to health, accidents or damage to the equipment when it is not used in accordance with these instructions.

The following safety instructions may appear in this manual:

► **ATTENTION**

This notice indicates potentially hazardous situations which, if not avoided, may result in property damage.

⚠ **CAUTION**

This notice indicates potentially hazardous situations which, if not avoided, may result in slight or minor injuries!

⚠ **WARNING**

This notice indicates potentially hazardous situations which, if not avoided, may result in death or serious injuries!

⚠ **DANGER**

This notice indicates potentially hazardous situations which, if not avoided, will result in death or serious injuries!

ⓘ **NOTICE**

This notice indicates further useful information.

Retain these instructions in a safe place for future reference, maintenance or when ordering replacement parts.

1.1 Technical Data

LCD - Display of:

- + Strokes
- + Training time
- + Distance
- + Calories
- + Heart rate
- + Watt

Resistance system:

Water resistance

Training programs in total:

9

Quick Start programs/manual programs:

1

Target programs:

5 (including one heart-rate-program)

Interval programs:

3

Weight and dimensions:

Article weight (gross, incl. packaging):

Box 1/2 approx. 38 kg
Box 2/2 approx. 5.5 kg

Article weight (net, without packaging):

34.5 kg

Packaging dimensions (L x W x H):

Box1/2 approx. 105 cm x 62 cm x 58,5 cm
Box2/2 approx. 148 cm x 13 cm x 15 cm

Set-up dimensions (L x W x H):

approx. 226 cm x 55 cm x 65 cm

Folding dimensions (L x B x H):

approx. 65 cm x 55 x 226 cm

Maximum user weight:

150 kg

Use class:

H

Brake system:

speed-dependent

1.2 Personal Safety

DANGER

- + Before you start using the equipment, you should consult your physician that this type of exercise is suitable for you from a health perspective. Particularly affected are persons who: have a hereditary disposition to high blood pressure or heart disease, are over the age of 45, smoke, have high cholesterol values, are overweight and/or have not exercised regularly in the past year. If you are under medical treatment that affects your heart rate, medical advice is absolutely essential.
- + Note that excessive training can seriously endanger your health. Please also note that heart rate monitoring systems can be inaccurate. If you notice any signs of weakness, nausea, dizziness, pain, shortness of breath, or other abnormal symptoms, stop exercising immediately and seek advice from your doctor if necessary.
- + The owner must communicate all warnings and instructions to the user.

WARNING

- + This equipment may not be used by children under the age of 14.
- + Children should not be allowed unsupervised access to the equipment.
- + Persons with disabilities must have a medical license and must be under strict observation when using the equipment.
- + The equipment is strictly for use by one person at a time.
- + If your equipment provides a safety key, the clip of the safety key must be attached to your clothing before starting your training. In the event of a fall, the EMERGENCY STOP of the equipment can be initiated.
- + Keep your hands, feet and other body parts, hair, clothing, jewellery and other objects well clear of moving parts.
- + During use, wear suitable sports clothing rather than loose or baggy clothing. When wearing sports shoes, make sure they have suitable soles, preferably made of rubber or other non-slip materials. Shoes with heels, leather soles, studs or spikes are unsuitable. Never exercise barefoot.

CAUTION

- + If your equipment needs to be connected to the power supply with a mains cable, make sure that the cable is not a potential tripping hazard.
- + Make sure that nobody is within the range of motion of the equipment during training so as not to endanger you or other persons.
- + Be aware that if adjustment devices are left protruding, they may impede the user's movement.

ATTENTION

- + Do not insert any objects of any kind into the openings of the device.

1.3 Electrical Safety

DANGER

- + In order to reduce the risk of an electric shock, always unplug the equipment from the mains socket immediately after your workout, before assembly or dismantling, and before maintenance or cleaning. Do not pull on the cable.

WARNING

- + Do not leave the equipment unattended while the mains cable is plugged into the mains socket. During your absence, the mains cable must be removed from the mains socket to prevent improper use by third parties or children.
- + If the mains cable or plug is damaged or defective, contact your contract partner. Until repair, the equipment must not be used.

ATTENTION

- + The equipment requires a mains connection of 220-230 V with 50 Hz mains voltage.
- + The equipment may only be connected directly to an earthed socket using the supplied mains cable. Extension cables must conform to VDE guidelines. Always completely unwind the mains cable.
- + The socket must be protected by a fuse with a minimum fuse rating of "16 A, slow blow".
- + Do not make any changes to the mains cable or the mains plug.
- + Keep the mains cable away from water, heat, oil and sharp edges. Do not route the mains cable underneath the equipment or under a carpet or rug, and do not place any objects on top of it.

1.4 Set-Up Place

WARNING

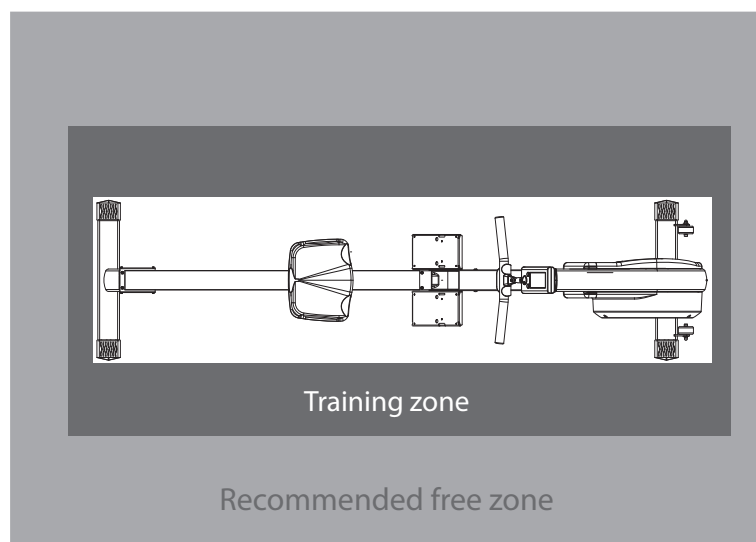
- + Do not place the equipment in main corridors or escape routes.

CAUTION

- + Choose a location in which to place the equipment such that there is enough free space/clearance to the front, the rear and to the sides of the equipment. Make sure that you leave at least 30 cm on each side of the equipment and at least 15 cm in front of and behind the equipment as a training zone. This is the minimum required area in order to safely use the equipment. The recommended free zone around the equipment should be at least 60 cm on each side and 45 cm in front of and behind the equipment.
- + The training room should be well ventilated during training and not be exposed to any draughts.
- + Choose the place in which to set up the equipment such that there is enough free space/clearance to the front, the rear and to the sides of the equipment.
- + The set-up and mounting surface of the equipment should be flat, loadable and solid.

ATTENTION

- + The device may only be used in one building, in sufficiently tempered and dry rooms (ambient temperatures between 10°C and 35°C). The equipment should not be used outdoors or in rooms with high humidity (over 70%) like swimming pools.
- + A floor protective mat/equipment underlay can help to protect high-quality floor coverings (parquet, laminate, cork, carpets) from dents and sweat and can help to level out slight unevenness.
- + For Class S equipment, the exercise equipment may only be used in areas where access, supervision and control are specifically regulated by the owner.



2.1 General Instructions



DANGER

- + Do not leave any tools, packaging materials such as foils or small parts lying around, as otherwise there is a danger of suffocation for children. Keep children away from the equipment during assembly.



WARNING

- + Pay attention to the instructions attached to the equipment in order to reduce the risk of injuries.



CAUTION

- + Ensure to have sufficient room for movement in each direction during assembly.
- + The assembly of the equipment must be carried out by at least two adults. If in doubt, seek the help of a third technically skilled person.



ATTENTION

- + To prevent damage to the equipment and the floor, assemble the equipment on a mat or packaging board.



NOTICE

- + In order to make the assembly as simple as possible, some screws and nuts to be used can already be pre-assembled.
- + Ideally, assemble the equipment at its later set-up place.

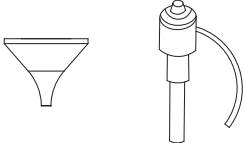
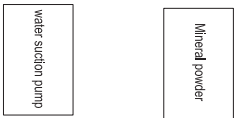
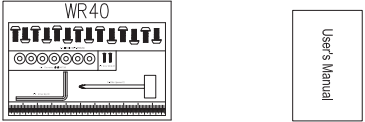
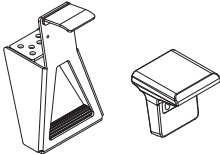
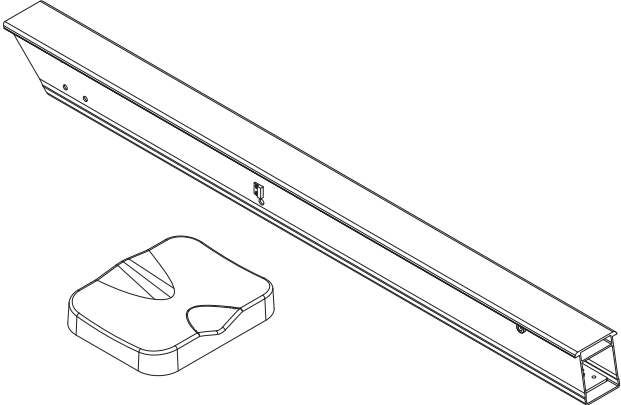
2.2 Scope of Delivery

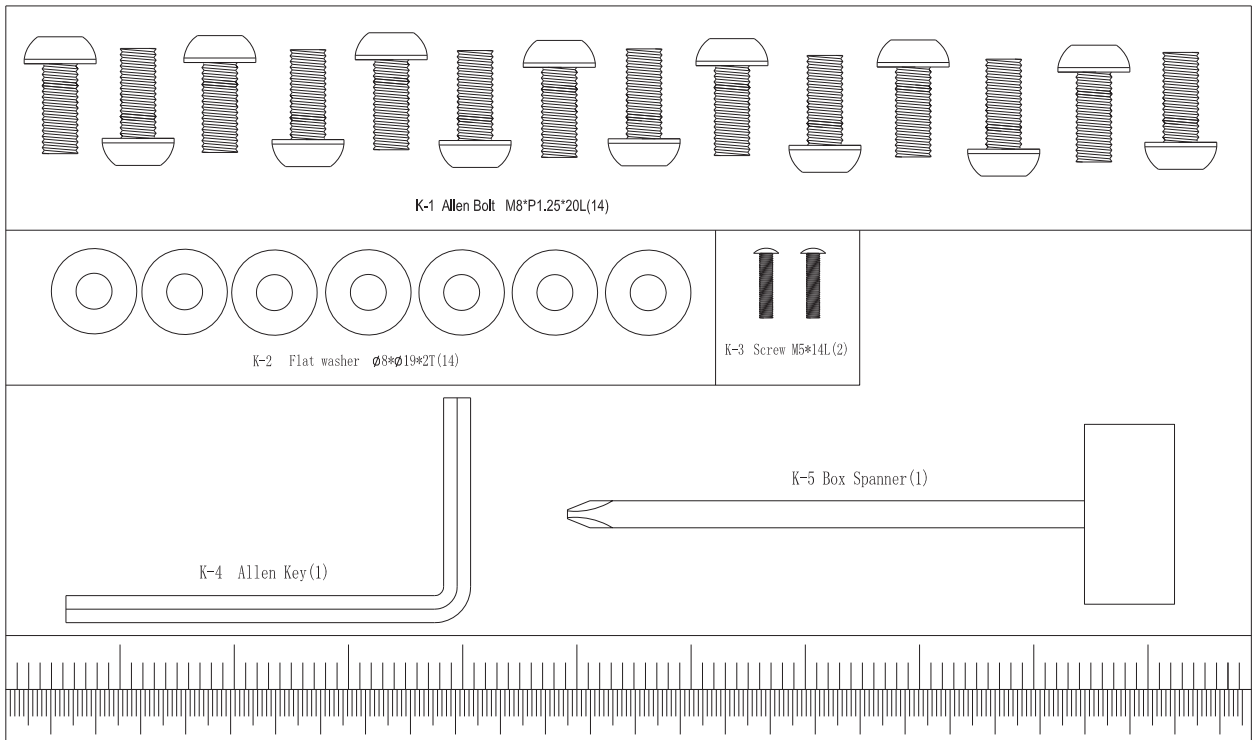
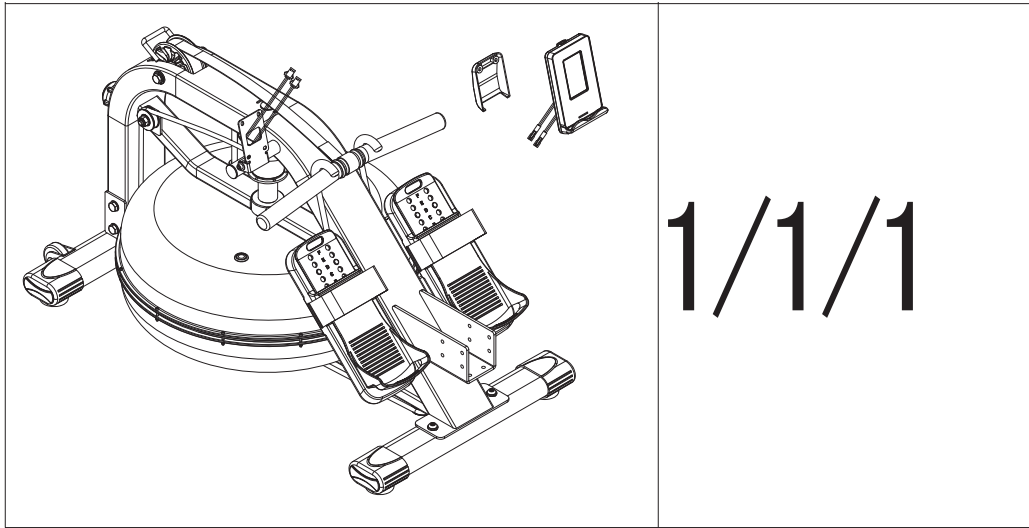
The scope of delivery consist of the following parts. At the beginning, check whether all parts and tools belonging to the device are included in the scope of delivery and whether damage has occurred. In the event of complaints, the contractual partner must be contacted directly.



CAUTION

If parts of the scope of delivery are missing or damaged, the assembly must not be carried out.

	<p>1/1</p>
	<p>1/1</p>
	<p>1/1</p>
	<p>1/1</p>
	<p>1/1</p>



2.3 Assembly

Before assembly, take a close look at the individual assembly steps shown and carry out the assembly in the order given.

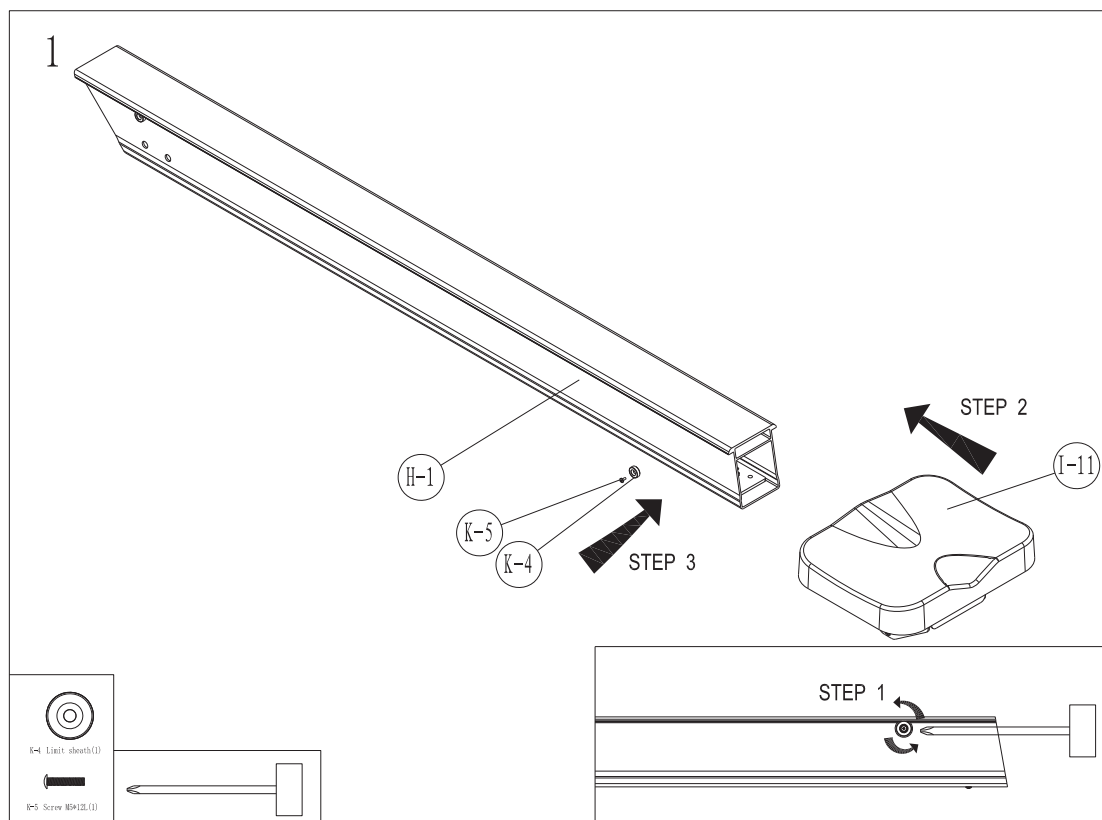
① NOTICE

- + First loosely screw all parts together and check that they fit properly. Tighten the screws using the tool only when you are instructed to do so.
- + If you have difficulty recognising the graphics, we recommend that you open and/or download the PDF instructions stored in the webshop on your end device (e.g. smartphone, tablet or PC). There you have the option of zooming in closer. Please note that the Adobe Acrobat Reader programme must be installed on your end device in order to open the file.
- + The assembly can also be found as a video under the following link: <https://www.sport-tiedje.co.uk/cardiostrong-baltic-rowing-machine-cst-baltic-2bt#product-assembly>. To go directly to the assembly video, you can alternatively scan the QR-code.



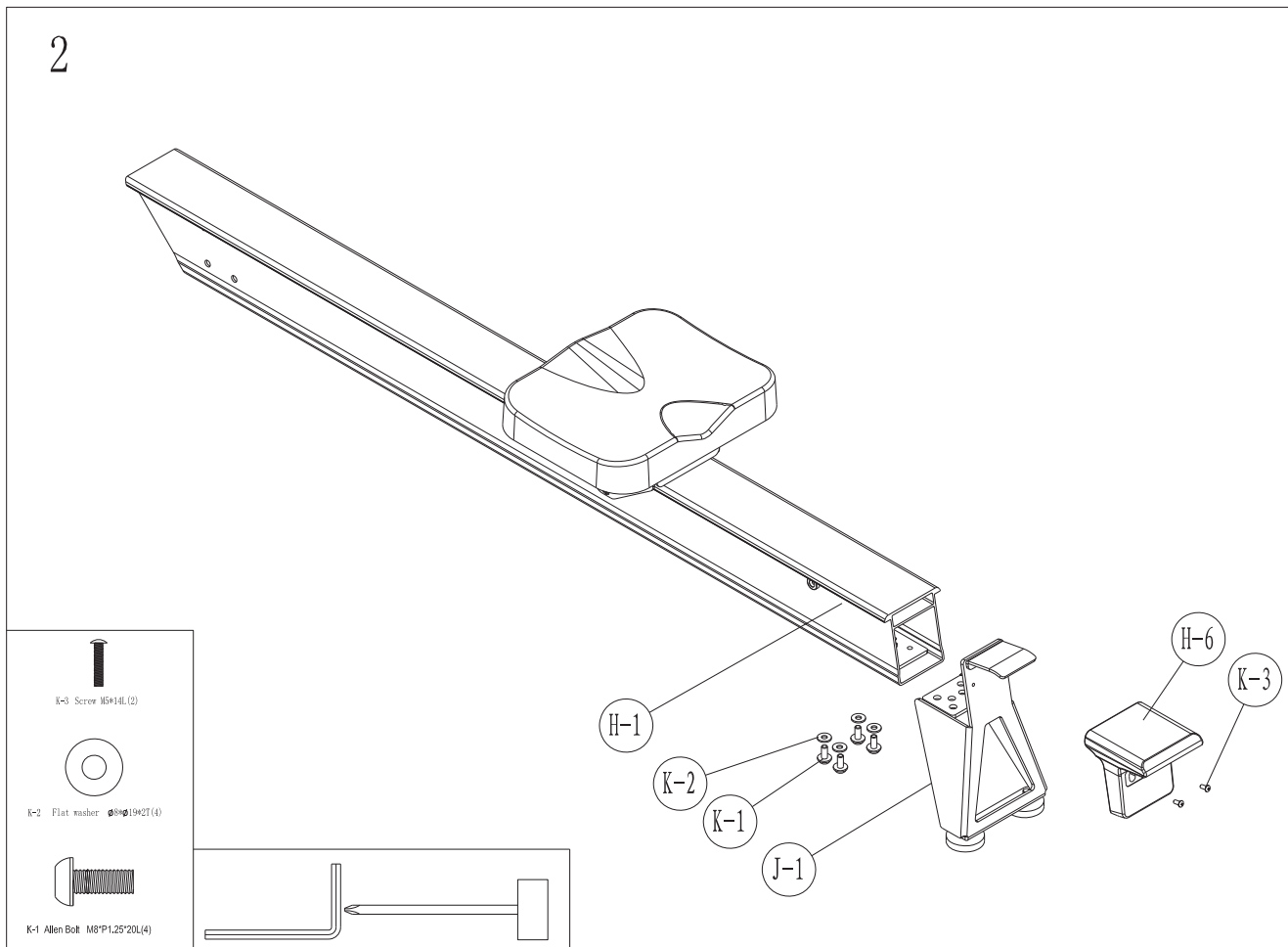
Step 1: Mounting the seat to the rail

1. Remove the screw (K-5) and the spacer (K-4) from the rail (H-1).
2. Slide the seat (I-11) onto the rail (H-1).
3. Mount the spacer (K-4) to the guide rail (H-1) with the screw (K-5).



Step 2: Mounting the frame part to the rail

1. Mount the frame part (H-6) to the frame part (J-1) with two screws (K-3).
2. Mount the frame (J-1) to the rail (H-1) with four washers (K-2) and four screws (K-1).
3. Tighten everything.



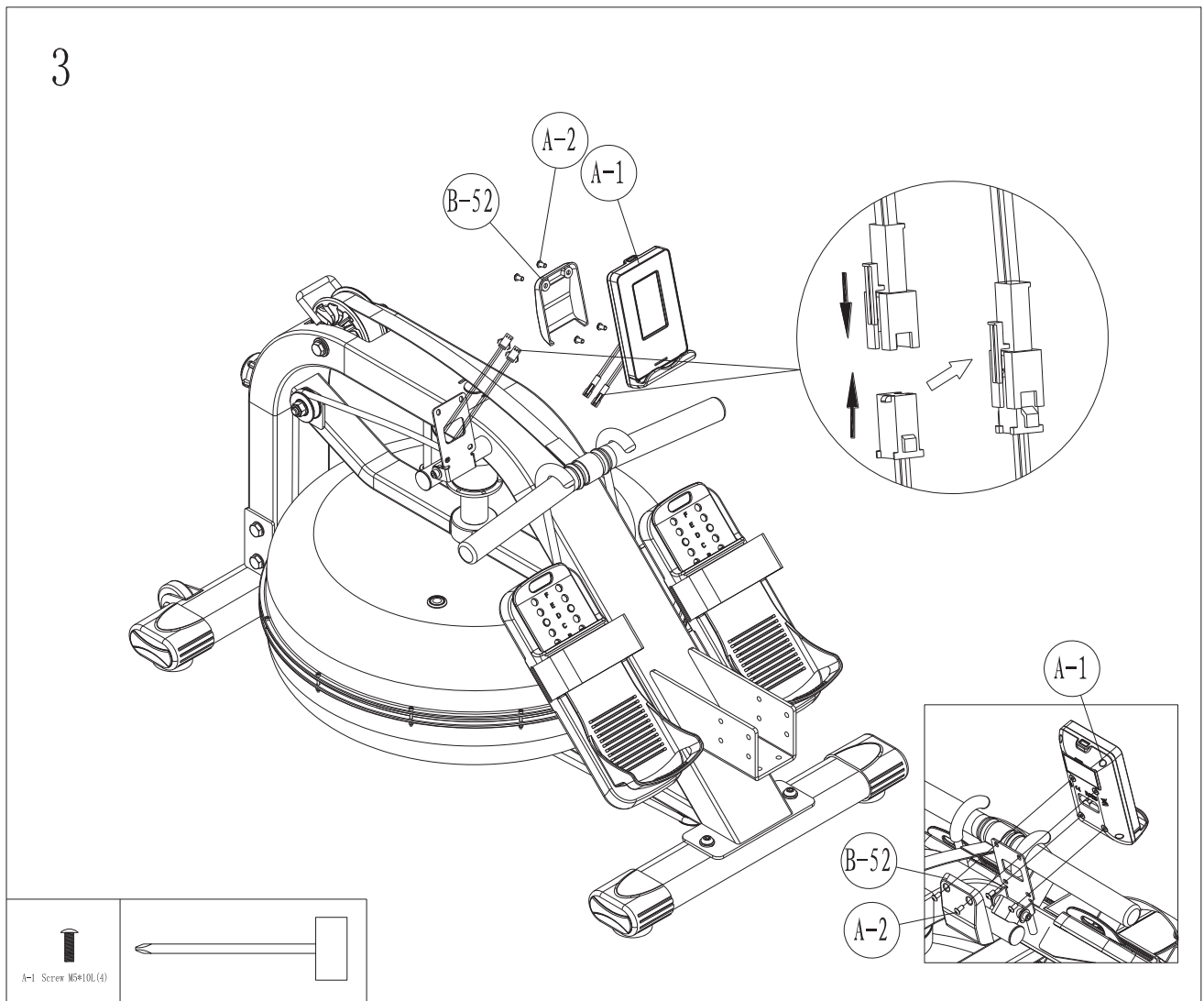
Step 3: Mounting the console to the tank

1. Connect both cables of the tank with their respective console counter parts (A-1).
2. Place the console (A-1) on the middle of the tank (B-1).

NOTICE

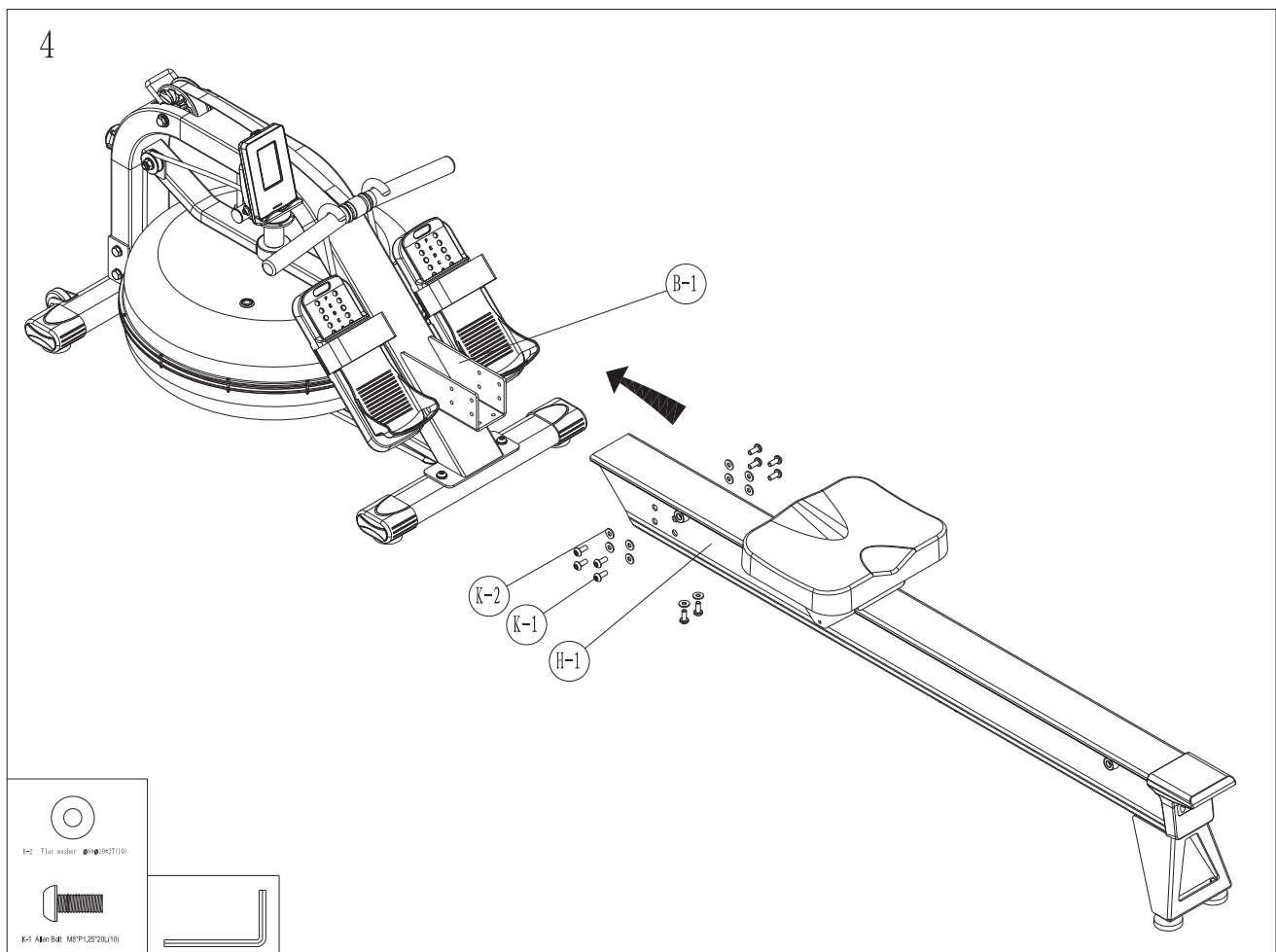
Be careful not to pinch the cables when carrying out the next step.

3. Attach the console (A-1) with the console covering (B-52) using four screws (A-2).



Step 4: Connecting the tank to the rail

1. Mount the rail (H-1) to the tank (B-1) with ten washers (K-2) and ten screws (K-1).
2. Tighten everything.



Step 5: Alignment of the feet

1. If the floor is uneven, you can stabilize the equipment by turning the two setting screws under the main frame.
2. Lift the equipment on the desired side and rotate the setting screws under the main frame.
3. Rotate the screws clockwise in order to remove them and to raise the equipment.
4. Rotate them counterclockwise in order to lower the equipment.

2.3.1 Filling and Emptying the Tank

⚠ CAUTION

- + The water in the tank must not be consumed and has to be disposed of after use.

▶ ATTENTION

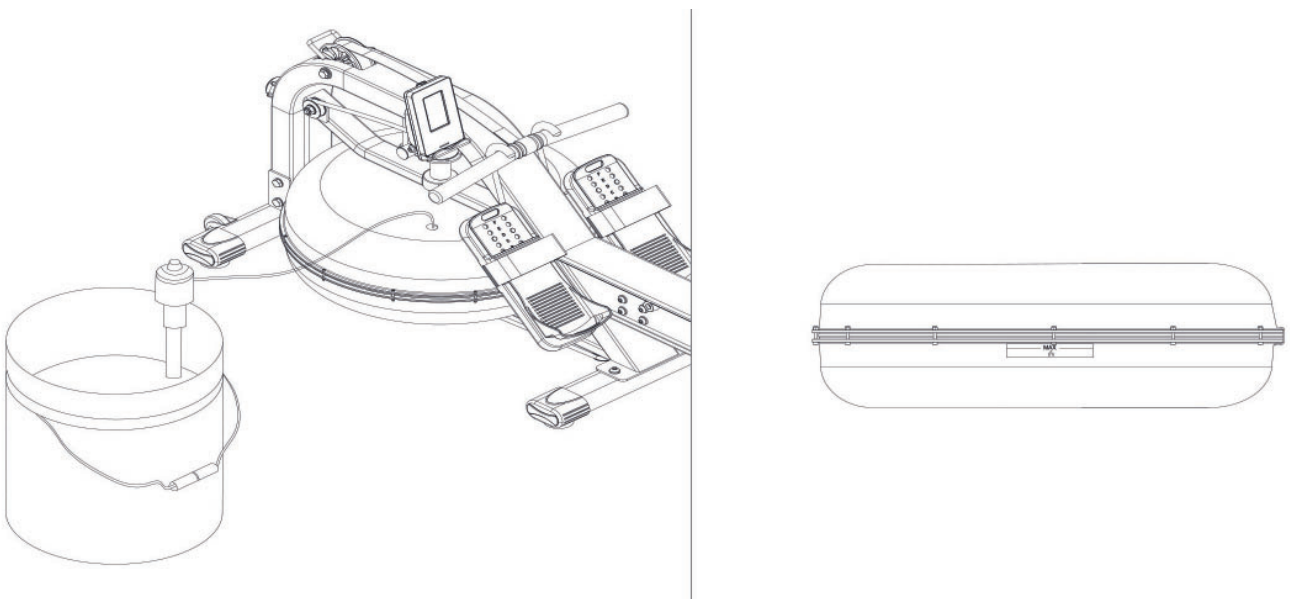
- + Only fill the tank with tap water. Do not use distilled water.
 - + Do not fill the tank above its maximum capacity. This may void the warranty. The maximum filling capacity can be found in the section on the Water level in this chapter.
 - + To prevent algae formation, limescale and possible damage to the tank, we recommend the use of chlorine tablets. Only use chlorine tablets for rowing machines.
1. Remove the fill plug from the upper tank
 2. Filling the Tank: Place the funnel in the tank opening and fill the tank using the pumping siphon or a measuring cup and a bucket.
 3. Emptying the Tank: Place a bucket next to the rowing machine and pump the water with the pumping siphon from the tank into the bucket.
 4. After filling or emptying the tank, insert the fill plug into the tank and wipe off excess water from the frame.

Water level

The water level indicator is located on the top of the tank. The minimum level for filling is predefined. The resistance is determined by the amount of water in the tank.

▶ ATTENTION

- The maximum capacity is 17 litres. Do not fill the tank beyond its maximum value.



3 OPERATING INSTRUCTIONS

① NOTICE

- + Familiarise yourself with all the functions and setting options of the device before starting training. Have the proper use of this product explained to you by a specialist.
- + Always start your training with low intensity and increase evenly and gently. End your training with a cool-down phase. If you are unsure, please consult your physician.

3.1 Console Display



TIME	+ Displays the elapsed or remainig training time (0:00–99:59)
SPM	+ Displays strokes per minute (0-999)
DISTANCE	+ Displays the distance traveled so far or the remaining distance (0-9999) + Adjustable in steps of 10
WATT	+ Shows the watt value (0–999)
CALORIES	+ Displays the total amount of burned calories or the amount calories burned so far + Adjustable in steps of 10
PULSE	+ Displays heart rate (30-230) + Adjustable in steps of 1
STROKES	+ Displays the amount of strokes that have been performed so far or the amount of strokes that still need to be performed (0–9990)

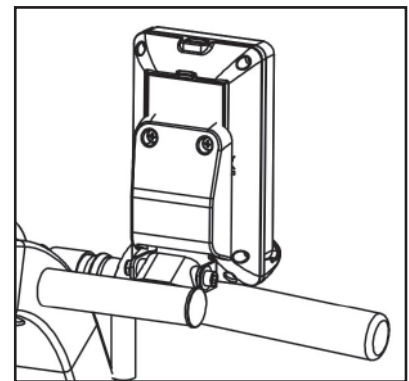
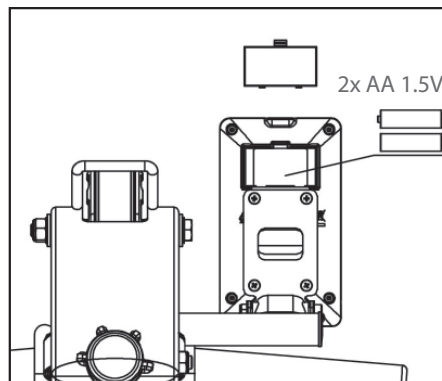
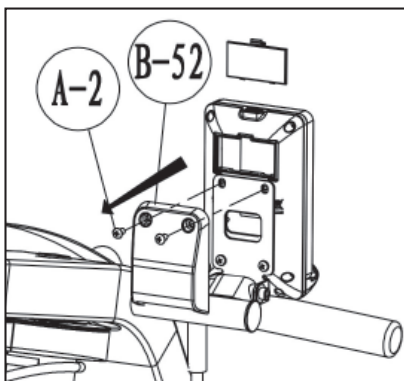
3.2 Button Functions

SET	<ul style="list-style-type: none">+ Press this button to increase the desired value.+ In stand-by mode: Press the set button and the mode button simultaneously for two seconds to switch between meters and miles.
MODE	<ul style="list-style-type: none">+ Press this button to confirm your value settings or confirm the program selection.+ Press this button during the training to pause it.+ In standby-mode: Press the mode button and the set button simultaneously for two seconds switch between meters and miles.
RESET	<ul style="list-style-type: none">+ Press this button to reset your value settings or program selection+ Press this button to go back to the main menu.+ Press this button for three seconds to reset all current values. <p>NOTICE “Total strokes” is the onkly value that will not be reset. The value will be reset once the device gets unplugged from the mains.</p>

3.3 Battery Compartment

The console is powered by two AA 1.5V batteries. In case the console is not working properly, the batteries might be running low. Follow the instructions to exchange the batteries.

1. Loosen the screws (A-2) on the rear side of the console.
2. Remove the battery compartment cover (B-52) and the batteries.
3. Insert two new AA 1.5V batteries and refasten the cover (B-52) with the screws (A-2).



3.4 Programs

There are a variety of programs available. These include:

- + Manual program
- + Interval programs
- + Target programs

3.4.1 Manual Program/Quick-Start Program

1. Simply start sculling once you are in the main menu; the quick-start program will then start automatically.
2. Choose the manual program by pressing the SET button (MANUAL) and confirm by pressing the MODE button.

All values will start to count up.

3. Press the mode button to pause your training.
4. Press the mode button again to continue your training.
5. Press the reset button to end your training and return to the main menu.

3.4.2 Interval Programs

There are a total of three interval programs available. These include:

- + 10/20
- + 20/10
- + Customized (CUSTOM)

1. Choose the category Interval programs (INTERVAL) and press the MODE button to confirm.
2. Choose an interval program (10/20, 20/10 or CUSTOM) and confirm your choice by pressing the MODE button.
3. When choosing the customized program, proceed as follows:
4. Specify your desired amount of repetitions with the SET button and confirm your choice pressing the MODE button.
5. Determine the duration of work phase with the SET button and confirm by pressing the MODE button.
6. Specify the duration of the resting phase with the SET button and confirm by pressing the MODE button.

The program will start.

7. In order to pause your training, press the MODE button.
8. Um mit dem Training fortzufahren, drücken Sie die Mode-Taste erneut.
9. In order to proceed with your training, press the MODE button once more.
10. To end your training and return to the main menu, press the RESET button.

3.4.3 Target Programs



WARNING

Your training equipment is not a medical device. The heart rate measurement of this equipment may be inaccurate. Various factors can affect the accuracy of the heart rate measurement. The heart rate measurement serves only as a training aid.



NOTICE

Measuring the heart rate is only possible with a chest strap.

There are five target programs available. These include:

- + Time
- + Distance
- + Calories
- + Strokes
- + Heart rate

1. Choose target programs (TARGET) and confirm by pressing the MODE button.
2. Choose one target program (Time, Distance, Calories, Strokes, Heart rate) and confirm by pressing the MODE button.
3. Specify the respective value with the SET button and confirm by pressing the MODE button.

The program will start.

The respective value set will count downwards, the other values will count upwards

Once the set value is reached, the program will stop.

4. In order to pause your training, press the MODE button.
5. To continue your training, press the MODE button a second time.
6. In order to end the training and return to the main menu, press the RESET button.

3.5 Wireless Connection and Fitness Apps

This console is equipped with a wireless interface. Please take note that your mobile device needs to be compatible with the wireless interface of the treadmill.

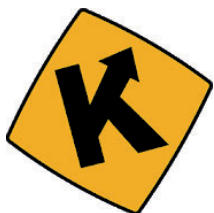
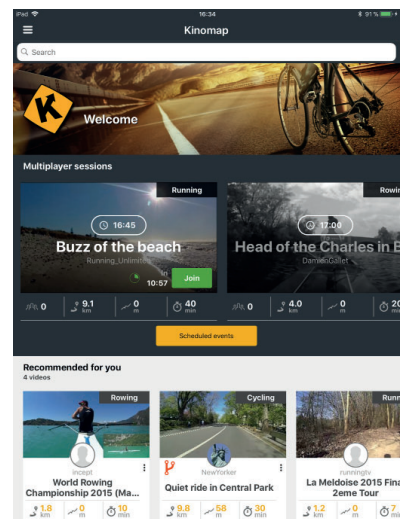
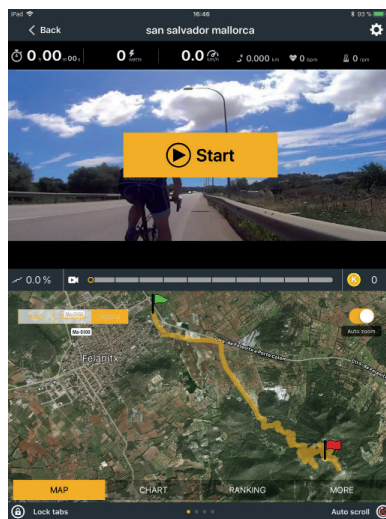
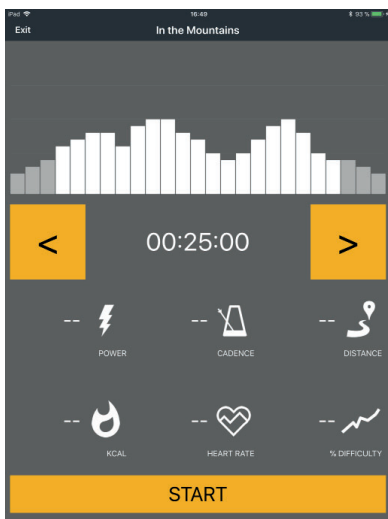
To use training apps you will have to activate the wireless connection function on your mobile device (tablet or smart phone) and start the fitness app. Select your fitness equipment. Please follow the instructions given in the app. You will find the name of your fitness equipment on a small sticker on the back of the console.

You will find the fitness apps in the app stores of Google or Apple. There you will find the apps "Kinomap" or "Zwift". Please note that these apps are produced by an external manufacturer. Fitshop does not take any responsibility regarding the availability, functionality or contents of these programmes.

IMPORTANT NOTE

The pre-installed apps are produced and provided by external manufacturers. Changes and availability within these apps might occur. Fitshop does not take any responsibility and can not be held liable for the availability, functionality or contents of these apps. To make sure the pre-installed apps are working correctly, they must be updated regularly. If needed, the respective app will notify you to do so. To update the app, you need a google account. A google email is sufficient. Just follow the instructions on the screen to perform the update.

Please note: The system is set up only for the pre-installed apps. Do not install any additional apps as their proper functionality can not be guaranteed. The installation of other apps might cause technical issues.



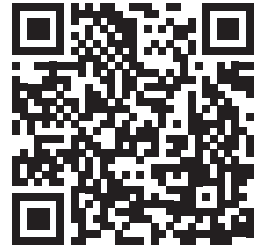
Example: Kinomap

3.6 Workout tips

When training, it is important to perform the exercises correctly in order to avoid injuries and achieve the desired training effect. Make sure you use the correct technique and train at an appropriate intensity level. Always consult an expert such as a trainer or doctor if you are unsure or have health problems. Always start your training with a low load and increase it evenly and gently.

End your training with a cool-down phase. If you have any questions or uncertainties, contact your doctor.

To get tips for a safe and effective training, use the QR-code provided.



3.6.1 Training clothes

During training, wear appropriate sports clothing that is comfortable and breathable. Avoid clothing that restricts you or is uncomfortable. Make sure that your shoes are suitable and offer you sufficient support. In addition, always carry a towel with you to wipe away sweat and keep the equipment clean.

3.6.2 Warming up and stretching

It is important to warm up and stretch properly before training to avoid injury and improve performance. Stretching helps to loosen muscles and improve flexibility. Be sure to incorporate a short stretching routine before each workout.

Warm-up exercise:

1. Stand upright with your feet about shoulder-width apart.
2. Start with gentle arm circles by slowly moving your arms forwards in small circles in a controlled manner.
3. Perform arm circles backwards to loosen your shoulders and arms.
4. Do squats by slowly squatting down and then straightening up again. Make sure that your knees do not extend beyond your toes.



CAUTION

Do not exercise with sore muscles or take it easy on the affected muscles, as this can lead to injuries.

3.6.3 Medication

If you regularly take medication and want to exercise, it is important to be aware of possible side effects. Ask your doctor whether your medication affects your workout.

3.6.4 Used muscle groups

Rowing uses the following muscle groups:

- + Back muscles
- + Shoulder muscles
- + Arm muscles
- + Abdominal muscles
- + Leg muscles

Make sure you keep your back straight during training. Do not hunch over and do not arch your back. Do not fully extend your legs, but keep a slight bend in the backwards movement.



3.6.5 Exercise frequency

Regular exercise is crucial to making progress and staying healthy in the long term. Continuous exercise can strengthen muscles, improve endurance and enhance overall well-being. Remember that even small workouts can be done regularly to achieve long-term results.

Training with heart rate orientation

Heart rate orientation guarantees an extremely effective and healthy training. Through your age and the following table, you can quickly and easily read and determine the optimal pulse for your training. An acoustic alarm will sound if your heart rate exceeds the set target heart rate. Which target heart rate is important for which training goal can be found out in the following.

Fat burning (weight management): The main goal here is to burn deposits of fat. In order to achieve this training goal, a low training intensity (approximately 55% of the maximum heart rate) and a longer training period are required.

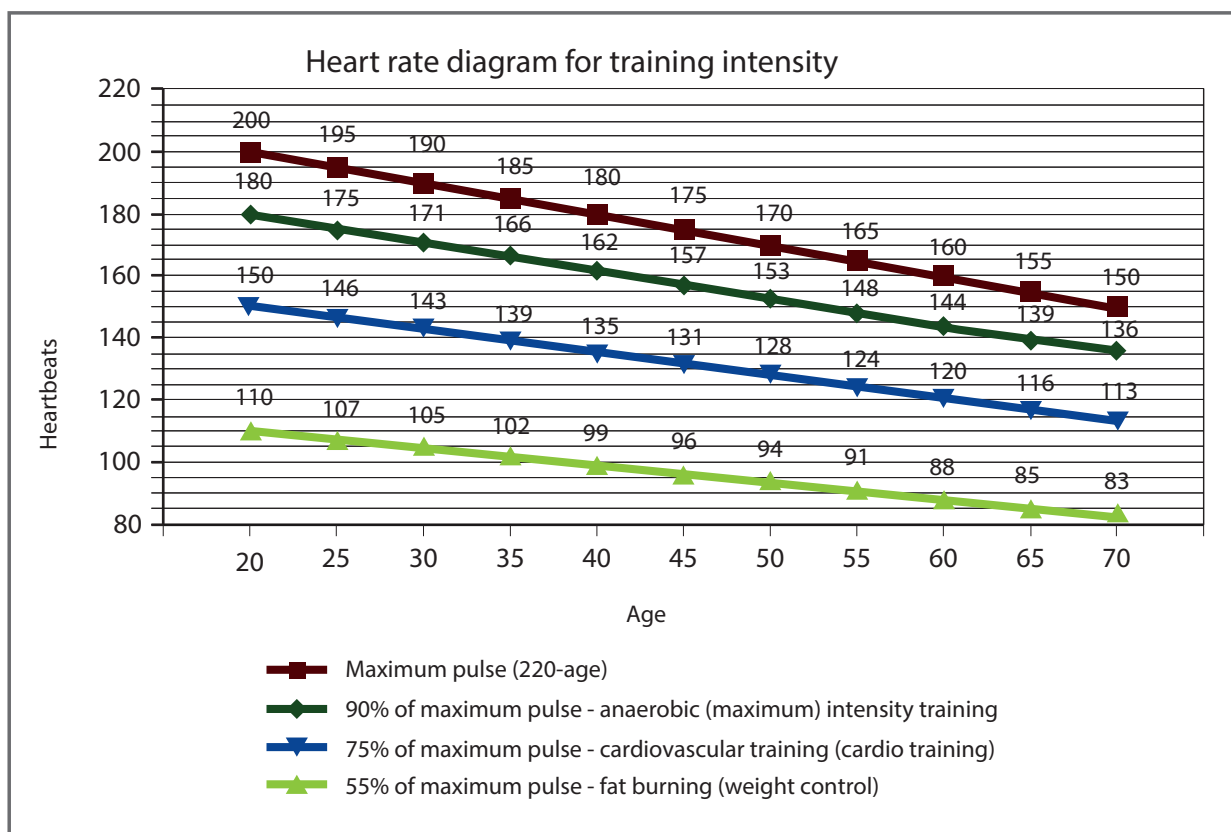
Cardiovascular training (cardio training): The primary goal is to increase stamina and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training period is required.

Anaerobic (maximum) load training: The main goal of maximum load training is to improve recovery after short, intense loads in order to be able to quickly return to the aerobic zone. In order to achieve this training goal, a high intensity (approximately 90% of the maximum heart rate) with short, intense load is required, which is followed by a recovery phase in order to prevent muscle fatigue.










Example:

For a 45-year-old man or woman, the maximum heart rate is 175 ($220 - 45 = 175$).










- + The fat burning target zone (55%) is at approximately 96 beats/min. = $(220 - \text{age}) \times 0.55$.
- + The cardio target zone (75%) is at approximately 131 beats/min. = $(220 - \text{age}) \times 0.75$.
- + The maximum heart rate for an anaerobic load training (90%) is at approximately 157 beats/min. = $(220 - \text{age}) \times 0.9$.



3.7 Workout journal

(Copy template)

 Date	 Distance	 Time (min.)	 Resistance level	 Training weight	 Ø Pulse	 Calories burnt	 I feel ...	 Body weight
---	---	--	---	--	--	--	---	--

4.1 General Instructions

WARNING

- + The storage location should be chosen so that improper use by third parties or children can be prevented.
- + If your equipment does not have transportation wheels, the equipment must be disassembled before transportation.

▶ ATTENTION

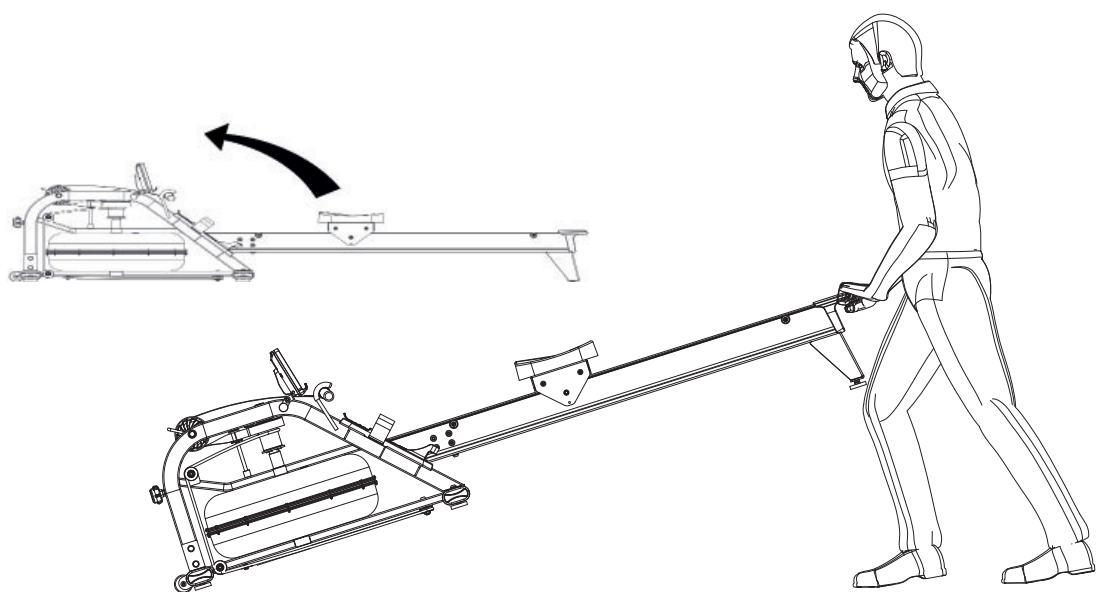
- + Make sure that the equipment is protected from moisture, dust and dirt in the selected storage location. The storage location should be dry and well ventilated and have a constant ambient temperature between 10°C and 35°C.

4.2 Transportation Wheels

▶ ATTENTION

If you want to transport your equipment over particularly sensitive and soft floor coverings, such as parquet, planks or laminate, lay out the transport route with cardboard or similar to avoid possible floor damage.

1. Stand behind the equipment and lift it until the weight is transferred to the transportation wheels. After that, you easily can move the equipment to a new position. For long transport distances the equipment should be disassembled and safely packed.
2. Select the new location by following the instructions in the section of this manual.



5.1 General Instructions



WARNING

- + Do not make any improper changes to the equipment.
- + To maintain the safety level of the equipment, it must be checked regularly for damage and wear - especially on the foot straps, fasteners, handle hoses and seat.



CAUTION

- + Damaged or worn components may affect your safety and the life of the equipment. Therefore, immediately replace damaged or worn components. In such a case, contact the contract partner. The equipment must not be used until it has been repaired. If necessary, use only original spare parts.



ATTENTION

- + In addition to the instructions and recommendations for maintenance and care given here, additional service and/or repair work may be necessary; this must only be carried out by authorised service technicians.

5.2 Faults and Fault Diagnosis

The equipment undergoes regular quality controls during production. Nevertheless, faults or malfunctions may occur. Frequently, individual parts are responsible for these disturbances, an exchange is usually sufficient. Please refer to the following overview for the most common errors and how to correct them. If the equipment still does not function properly, contact your contract partner.

Fault	Cause	Solution
Heart rate is not received	<ul style="list-style-type: none"> + Sources of interference in the room + unsuitable chest strap + Wrong position of chest strap + Batteries empty 	<ul style="list-style-type: none"> + Eliminate sources of interference (e.g. mobile phones, loudspeakers, WLAN, lawn mower and vacuum cleaner robots ...) + Use a suitable chest strap (see recommended accessories). + Reposition chest strap and/or moisten electrodes + Changing batteries
LCD error – software error etc.	Console has no power supply	<ul style="list-style-type: none"> + Hold Reset to start the console again. + Start the console again by disconnecting the power cable for about 15 seconds. + Disconnect and connect again all cable connections, see assembly instructions. + Contact a service technician of your contract partner.
Squeaking noises on the guide rails	Guide rails or rollers dirty or guide rails dry	Clean the guide rails and then lubricate them with a suitable lubricant

5.3 Error Codes and Troubleshooting

The electronics of the equipment continuously carries out tests. In case of deviations, an error code appears on the display and normal operation is stopped for your safety.

Please contact the contract partner for technical support.

5.4 Maintenance and Inspection Calendar

To avoid damage from body sweat, the equipment must be cleaned with a damp towel (no solvents!) after each training session.

The following routine tasks must be performed at the specified intervals:

Part	Weekly	Monthly	Quarterly	Half-yearly
Display console	C	I		
Cleaning and lubrication of slide rail and moving parts*		C/I		
Cushions	C			
Plastic covers	C	I		
Screws and cable connections		I		
Water colour/Chlorine**				I
Legend: C = clean; I = inspect				

*Make sure to always clean the slide rails and moving parts before re-lubricating.

** To avoid algae formation and deposits in the tank, chlorine tablets must be used regularly. This should be done approx. every 3-6 months and depends, among other things, on the direct sunlight. In general, the brighter the set-up location, the more frequently you must put a chlorine tablet into the tank. The water does not need to be changed.

Water colour for rowing machines can be purchased as an optional accessory to colour the water in the water tank. Please note that the water colour already contains chlorine. Therefore, do not use water colour with additional chlorine tablets, as these neutralise the colour.

6 DISPOSAL

At the end of its operational life, this equipment cannot be disposed of in normal household waste. Instead, it must be disposed of via an electricals recycling centre. Further information can be obtained from your local authority's recycling service.



The materials can be recycled as per their symbols. Through the reuse, recycling of materials or other forms of recovery of old equipment, you make an important contribution to the protection of the environment.

7 RECOMMENDED ACCESSORIES

To make your training experience even more efficient and pleasant, we recommend that you add suiting accessories to your fitness equipment. For rowing machines this could for example be a **floor mat**, which makes your fitness equipment stand more securely and also protects the floor from sweat or **silicone spray** to keep moving parts in good shape. We also recommend the use of **rowing gloves**. For rowing machines with water resistance, be sure to purchase chlorine tablets.

If you have purchased a fitness machine with pulse training and want to train your heart rate, we strongly recommend that you use a compatible **chest strap**, as this ensures optimum transmission of the heart rate.



Our range of accessories offers the highest quality and makes training even better. If you would like to find out more about compatible accessories, please go to the detail page of the product in our webshop (the easiest way is to enter the article number in the search field above) and go to the recommended accessories on this page. Alternatively, you can use the QR-code provided. Of course, you can also contact our customer service: by telephone, e-mail, in one of our branches or via our social media channels. We will be happy to advise you!



floor mat



chest strap



chest strap contact gel



rowing gloves



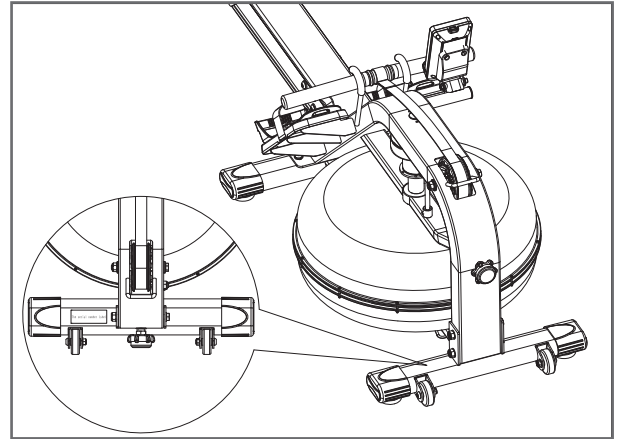
silicone spray

8.1 Serial Number and Model Name

In order to provide you with the best possible service, please have the model name, article number, serial number, exploded drawing and parts list ready. The corresponding contact options can be found in chapter of this operating manual.

NOTICE

The serial number of your equipment is unique. It's located on a white sticker. The exact position of this sticker is shown in the following illustration.



Enter the serial number in the appropriate field.

Serial number:

Brand / Category:

Model Name:

Article Number:

8.2 Parts List

No.	Name	Qty.
A-1	CONSOLE	1
A-2	SCREW	4
B	MAIN FRAME ASSEMBLY	1
B-1	MAIN FRAME(UPPER)	1
B-2	BEARING	1
B-3	BEARING	1
B-4	BEARING	1
B-5	RING	1
B-6	PLASTIC BUSHING	2
B-7	BIG ROLLER	1
B-8	SCREW	1
B-9	FLAT WASHER	2
B-10	NYLON NUT	1
B-11	END CAP	1
B-12	HANDLEBAR	1
B-13	GRIP	2
B-14	END CAP	1
B-15	FOAM HOOK	2
B-17	END CAP	1
B-18	MAIN FRAME	1
B-19	END CAP	4
B-20	END CAP FOR STORAGE	4
B-21	EVA FOAM	1
B-22	EVA FOAM	2
B-23	PEDAL	2
B-24	PEDAL PAD	2
B-25	PEDAL STRAP	2
B-26	EVA FOAM	2
B-27	ALLEN BOLT	8
B-28	END CAP	2
B-29	SCREW	2

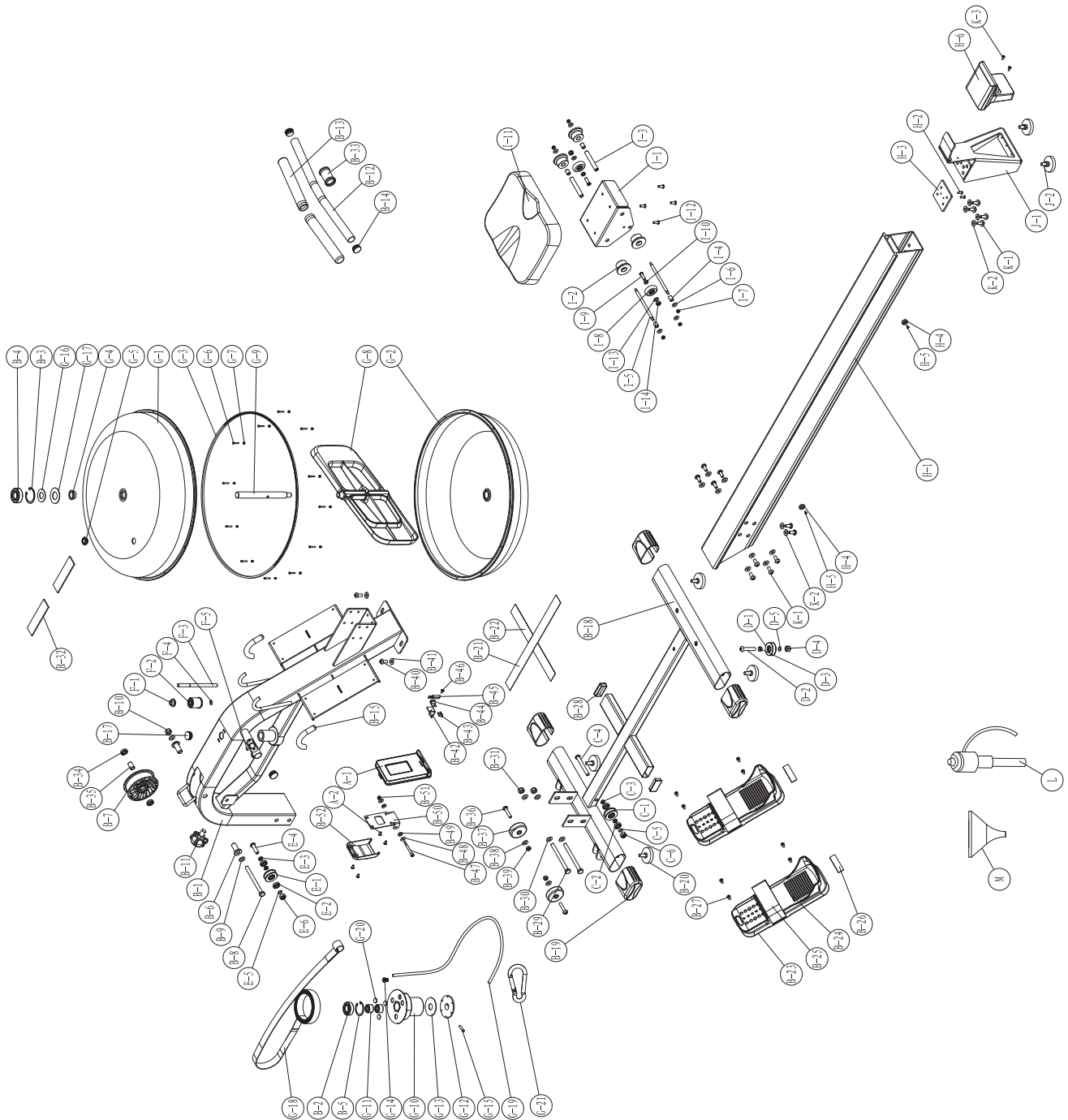
B-30	FLAT WASHER	4
B-31	NYLON NUT	2
B-32	EVA FOAM	2
B-33	COVER FOR HANDLEBAR	1
B-34	BEARING	2
B-35	BUSHING	1
B-36	SCREW	2
B-37	ROLLER	2
B-38	FLAT WASHER	2
B-39	NYLON NUT	2
B-40	SCREW	2
B-41	FLAT WASHER	2
B-42	FIXING PLATE FOR SENSOR	1
B-43	SCREW	2
B-44	CLAMP FOR SENSOR	1
B-45	SENSOR WIRE	1
B-46	SCREW	1
B-47	SCREW	1
B-48	FLAT WASHER	2
B-49	END PLUG FOR CONSOLE	2
B-50	PLATE FOR CONSOLE	1
B-51	NYLON NUT	1
B-52	COVER FOR CONSOLE	1
C	SMALL WEAVING ASSEMBLY	1
C-1	ROLLER	1
C-2	BEARING	2
C-3	BUSHING	2
C-4	ALLEN BOLT	1
C-5	FLAT WASHER	1
C-6	NYLON NUT	1
D	SMALL WEAVING ASSEMBLY	1
D-1	ROLLER	1
D-2	ALLEN BOLT	1
D-3	BUSHING	1

D-4	NYLON NUT	1
D-5	FLAT WASHER	1
E	SMALL WEAVING ASSEMBLY	1
E-1	ROLLER	1
E-2	BEARING	2
E-3	BUSHING	2
E-4	ALLEN BOLT	1
E-5	FLAT WASHER	1
E-6	NYLON NUT	1
F	WEAVING ASSEMBLY	1
F-1	SLEEVE	1
F-2	WEAVING WHEEL(SMALL)	1
F-3	WEAVING FIXED AXLE	1
F-4	C-TYPE	1
F-5	SCREW	1
G-1 ~G-9	TANK ASSEMBLY	1
G-1	WATER TANK UPPER	1
G-2	WATER TANK	1
G-3	RUBBER BAND	1
G-4	TUBE	1
G-5	RUBBER PLUG	1
G-6	SCREW	12
G-7	NYLON NUT	12
G-8	FAN BLADE	1
G-9	SHAFT FOR FAN BLADE	1
G-10	FIXING SET FOR FAN BLADE	1
G-11	BEARING	2
G-12	FIXING SEAT	1
G-13	WASHER	1
G-14	FIXED HOOK	1
G-15	COTTER PINS	1
G-16	RUBBER BAND	1
G-17	RUBBER GASKET	1

G-18	WEAVING	1
G-19	ELASTIC ROPE	1
G-20	MAGNET	1
G-21	HOOK FOR ELASTIC ROPE	1
H	ALUMINUM RAIL ASSEMBLY	1
H-1	ALUMINUM RAIL PUNCH	1
H-2	SCREW	2
H-3	FIXING PLATE FOR ALUMINUM RAIL	1
H-4	STOPPER	2
H-5	SCREW	2
H-6	ALUMINUM RAIL COVER	1
I	SLIDER ASSEMBLY	1
I-1	SADDLE SEAPOST PAINTED	1
I-2	SADDLE WHEEL ASSEMBLY	4
I-3	SLEEVE	2
I-4	SLEEVE	4
I-5	AXLE FOR ROLLER	2
I-6	FLAT WASHER	4
I-7	NYLON NUT	4
I-8	SADDLE WHEEL ASSEMBLY	2
I-9	AXLE FOR ROLLER	2
I-10	BUSHING	2
I-11	SADDLE	1
I-12	SCREW	4
I-13	FLAT WASHER	2
I-14	NYLON NUT	2
J	REAR FOOT ASSEMBLY	1
J-1	REAR FOOT PAINTED	1
J-2	END CAP	2
K	HARDWARE KIT	1
K-1	SCREW	14
K-2	FLAT WASHER	14
K-3	SCREW	2
K-4	ALLEN KEY	1

K-5	BOX SPINNER	1
L	WATER PUMP	1
M	FUNNEL	1

8.3 Exploded Drawing



Products from cardiostrong® are subject to strict quality control. However, if a fitness equipment purchased from us does not work perfectly, we take it very seriously and ask you to contact our customer service as indicated. We are happy to help you by phone via our service hotline.

Error Descriptions

Your fitness equipment is developed for long-term, high-quality training. However, should a problem arise, please first read the operating instructions. For further assistance, please contact your contract partner or call our service hotline. To ensure your problem is solved as quickly as possible, please describe the defect as exactly as possible.

In addition to the statutory warranty, we provide a warranty for every fitness equipment purchased from us according to the following provisions.

Your statutory rights are not affected.

Warrantee

The warrantee is the first/original buyer and/or any person who received a newly purchased product as a gift from the original buyer.

Warranty period

The warranty periods, shown on our web shop, begin on delivery of the fitness equipment. The respective warranty periods for your equipment can be found on its product website.

Repair Costs

According to our choice, there will either be a repair, a replacement of individual damaged parts or a complete replacement. Spare parts, that have to be mounted while assembling the equipment, have to be replaced by the warrantee personally and are not a part of repair. After the expiration of the warranty period, the responsibility for parts costs, repair costs, installation costs and delivery costs lies with the warranty holder.

The terms of use are defined as follows:

- + Home use: solely for private use in private households up to 3 hours per day
- + Semi-professional use: up to 6 hours per day (e. g. rehabilitation centres, hotels, clubs, company gyms)
- + Professional use: more than 6 hours per day (e. g. commercial gyms)

Warranty Service

Within the warranty period, equipment which develops faults as a result of material or manufacturing defects, will be repaired or replaced at our discretion. Ownership of equipment or parts of equipment which have been replaced is transferred to us. The warranty period is not extended nor does a new warranty period begin following repair or replacement under the warranty.

Warranty Conditions

For the warranty to be valid, the following steps must be taken:

Please contact our customer service by email or phone. If the product under warranty has to be sent in for repair, the seller bears costs. After expiry of the warranty, the buyer bears the costs of transport and insurance. If the fault is covered by our warranty, you will receive a new or repaired equipment in return.

Warranty claims are invalid in case of damage resulting from:

- + misuse or improper handling
- + environmental influences (moisture, heat, electrical surge, dust, etc.)
- + failure to follow the current safety measures for the equipment
- + failure to follow the operating instructions
- + use of force (e. g. hitting, kicking, falling)
- + interventions which were not carried out by one of our authorized service centres
- + unauthorised repair attempts

Proof of Purchase and Serial Number

Please make sure that you are able to provide the appropriate receipt when claiming on your warranty. So that we can clearly identify the model of your equipment, and for the purposes of our quality control, you will need to give the serial number of your equipment, when contacting the service team. Where possible please have your serial number and your customer number ready when you call our service hotline. It will help us to deal with your request swiftly.







































If you cannot find the serial number on your fitness equipment, our service team is at your disposal to offer further information.

Service outside of the Warranty Period

We are also happy to issue an individual cost estimate if there is a problem with your fitness equipment after the warranty has expired, or in cases which do not fall under the terms of the warranty, e. g. normal wear and tear. Please contact our customer service team to find a quick and cost-effective solution to your problem. In such a case you will be responsible for the delivery costs.

Communication

Many problems can be solved just by speaking to us as your specialist supplier. We know how important it is to you as a user of the fitness equipment to have problems solved quickly and simply, so you can enjoy working out with minimal interruption. For that reason, we also want to resolve your queries quickly and in a straightforward manner. Thus, please always keep your customer number and the serial number of the faulty equipment handy.

DE	DK	UK
<p>TECHNIK</p> <p> +49 4621 4210-900</p> <p> +49 4621 4210-698</p> <p> technik@fitshop.de</p> <p> Öffnungszeiten entnehmen Sie unserer Homepage.</p> <p>SERVICE</p> <p> 0800 20 20277 (kostenlos)</p> <p> 04621 4210 - 0</p> <p> info@fitshop.de</p> <p> Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statita</p>	<p>TEKNIK OG SERVICE</p> <p> 80 90 16 50</p> <p>+49 4621 4210-945</p> <p> info@fitshop.dk</p> <p> Åbningstider kan findes på hjemmesiden: https://stg.fit/statit7</p> <p>FR</p> <p>TECHNIQUE & SERVICE</p> <p> +33 (0) 189 530984</p> <p>+49 4621 42 10 933</p> <p> info@fitshop.fr</p> <p> Vous trouverez les heures d'ouverture sur notre site Internet: https://stg.fit/statit4</p>	<p>CUSTOMER SUPPORT</p> <p> 00800 2020 2772</p> <p>+494621 4210 944</p> <p> info@fitshop.co.uk</p> <p> You can find the opening hours on our homepage: https://stg.fit/statitc</p> <p>BE</p> <p>TECHNIQUE & SERVICE</p> <p> 02 732 46 77</p> <p>+49 4621 4210 933</p> <p> info@fitshop.be</p> <p> Vous trouverez les heures d'ouverture sur notre site Internet: https://stg.fit/statit8</p>
ES	NL	INT
<p>TECNOLOGÍA Y SERVICIOS</p> <p> 911 238 029</p> <p> info@fitshop.es</p> <p> Consulta nuestro horario de apertura en la página web: https://stg.fit/statit5</p>	<p>TECHNISCHE DIENST & SERVICE</p> <p> +31 172 619961</p> <p> service@fitshop.nl</p> <p> De openingstijden vindt u op onze homepage: https://stg.fit/statit3</p>	<p>TECHNICAL SUPPORT & SERVICE</p> <p> +49 4621 4210-944</p> <p> service-int@fitshop.de</p> <p> You can find the opening hours on our homepage: https://stg.fit/statita</p>
PL	AT	CH
<p>DZIAŁ TECHNICZNY I SERWIS</p> <p> 22 307 43 21</p> <p>+49 4621 42 10-948</p> <p> info@fitshop.pl</p> <p> Godziny otwarcia można znaleźć na stronie głównej: https://stg.fit/statit6</p>	<p>TECHNIK & SERVICE</p> <p> 0800 20 20277 (Freecall)</p> <p>+49 4621 42 10-0</p> <p> info@fitshop.at</p> <p> Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statitb</p>	<p>TECHNIK & SERVICE</p> <p> 0800 202 027</p> <p>+49 4621 42 10-0</p> <p> info@fitshop.ch</p> <p> Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statit9</p>

Please find a detailed overview including address and opening hours for all stores of the Fitshop Group in Germany and abroad on the following website:

www.fitshop.com/en/stores

WE LIVE FITNESS

WEBSHOP AND SOCIAL MEDIA


Fitshop is Europe's largest specialist store for home fitness equipment with currently over 70 stores and one of the world's most renowned online mail order companies for fitness equipment. Private customers order via the 25 web shops in the respective national language or have their desired equipment assembled on site. In addition, the company supplies fitness studios, hotels, sports clubs, companies and physio practices with professional equipment for endurance and strength training.

Fitshop offers a wide range of fitness equipment from renowned manufacturers, high-quality in-house developments and comprehensive services, such as a build-up service and sports scientific advice before and after the purchase. The company employs numerous sports scientists, fitness trainers and competitive athletes.

Visit us also on our social media platforms or our blog!

	www.fitshop.co.uk www.fitshop.de/blog
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	www.instagram.com/fitshop_uk
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	www.youtube.com/@fitshop_uk
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TAURUS

 cardiostrong

BODYCRAFT

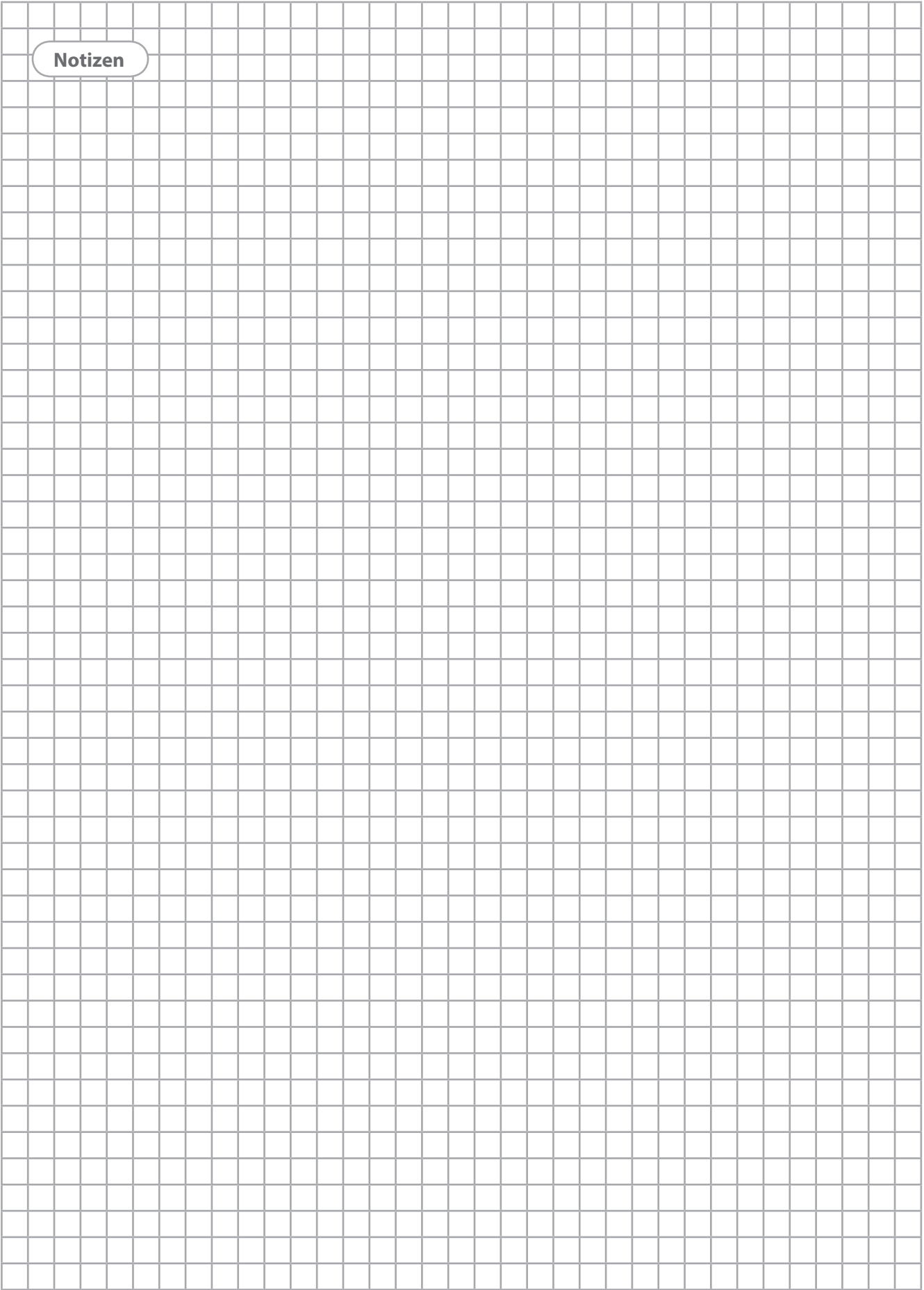
 cardiojump

 **DUKEFITNESS**

DARWIN

Notizen

Notizen





Rowing Machine **BALTIC**