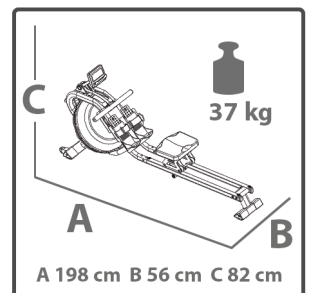
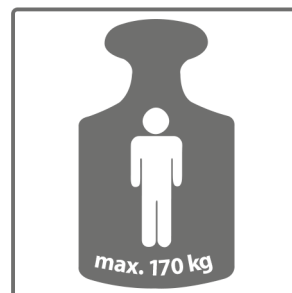
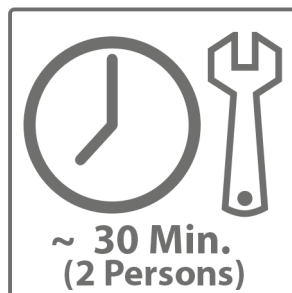
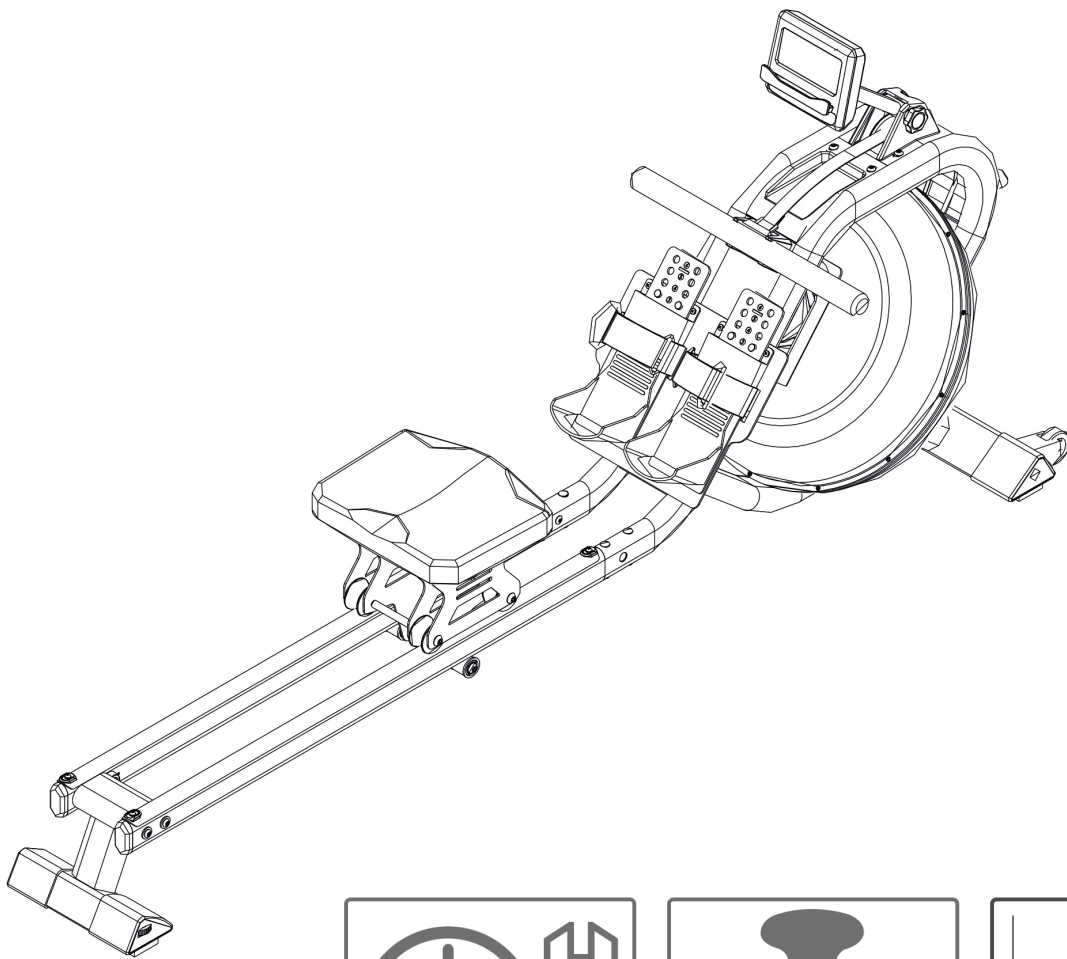




## Assembly and Operating Instructions



CSTBALTICPROB2.01.02

Art.-Nr. CST-BALTIC-PRO-B-2 / CST-BALTIC-PRO-R-2

Rowing machine **BALTIC PRO**



# Content

<b>1</b>	<b>GENERAL INFORMATION</b>	<b>7</b>
1.1	Technical Data	7
1.2	Personal Safety	8
1.3	Set-Up Place	9
<b>2</b>	<b>ASSEMBLY</b>	<b>10</b>
2.1	General Instructions	10
2.2	Scope of Delivery	11
2.3	Assembly	12
2.4	Adjustment of the rowing machine	15
2.4.1	Adjustment of heel rest and strap	15
2.4.2	Fill and empty the tank	16
<b>3</b>	<b>OPERATING INSTRUCTIONS</b>	<b>17</b>
3.1	Console Display	17
3.2	Button Function	18
3.3	Switch on the Device	19
3.4	Standby Mode	19
3.5	Programmes	19
3.5.1	Quick Start Programme	19
3.5.2	Standard Programmes	20
3.5.3	Target Programmes	20
3.5.4	Interval Programmes	21
3.5.5	User-defined Programmes	21
3.5.6	Race Programme	22
3.6	Notes on correct rowing	23
<b>4</b>	<b>STORAGE AND TRANSPORT</b>	<b>25</b>
4.1	General Instructions	25
4.2	Transportation Wheels	26
<b>5</b>	<b>TROUBLESHOOTING, CARE AND MAINTENANCE</b>	<b>27</b>
5.1	General Instructions	27
5.2	Faults and Fault Diagnosis	27
5.3	Maintenance and Inspection Calendar	28
<b>6</b>	<b>DISPOSAL</b>	<b>28</b>
<b>7</b>	<b>RECOMMENDED ACCESSORIES</b>	<b>29</b>

<b>8</b>	<b>ORDERING SPARE PARTS</b>	<b>30</b>
8.1	Serial Number and Model Name	30
8.2	Parts List	31
8.3	Exploded Drawing	34
<b>9</b>	<b>WARRANTY</b>	<b>35</b>
<b>10</b>	<b>CONTACT</b>	<b>37</b>



## 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.sport-tiedje.com](http://www.sport-tiedje.com) or [www.cardiostrong.com](http://www.cardiostrong.com).

We hope you enjoy your training!

### Intended Use

The equipment may only be used for its intended purpose.

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

## Legal Notice

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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.

## 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.



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.

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, Strokes per minute
- + Training time in minutes
- + Distance in metres
- + Time/500m: average/current
- + Calorieconsumption in kcal
- + Heart rate (when using a chest strap)
- + Watt
- + Resistance

Resistance system: Water resistance

Training programmes in total:	18
Quick Start programme	1
Standard programme:	5
Target programme:	4
Interval programme:	3
User-defined programmes:	4
Race programme:	1

### Weight and dimensions:

Article weight (gross, incl. packaging):	44.9 kg
Article weight (net, without packaging):	37.2 kg

### Packaging dimensions (L x W x H):

Box 1 (L x W x H):	approx. 114 cm x 56 cm x 65 cm
Box 2 (L x W x H):	approx. 123 cm x 10 cm x 9 cm

Set-up dimensions (L x W x H): approx. 197.5 cm x 56 cm x 82 cm

Maximum user weight: 170 kg

## 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.

### **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.

### **ATTENTION**

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

## 1.3 Set-Up Place

### WARNING

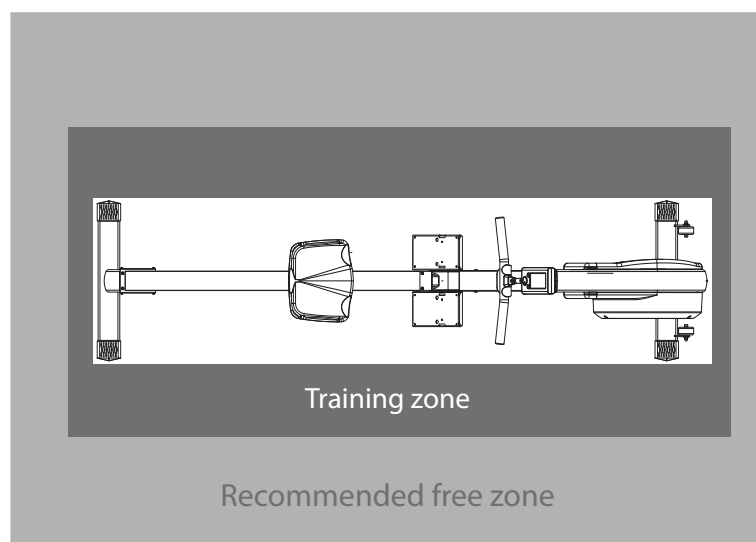
- + Do not place the equipment in main corridors or escape routes.

### 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.



### 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**

- + Do not open the packaging when it is lying on its side.
- + 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 another technically skilled person.



#### **ATTENTION**

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



#### **NOTICE**

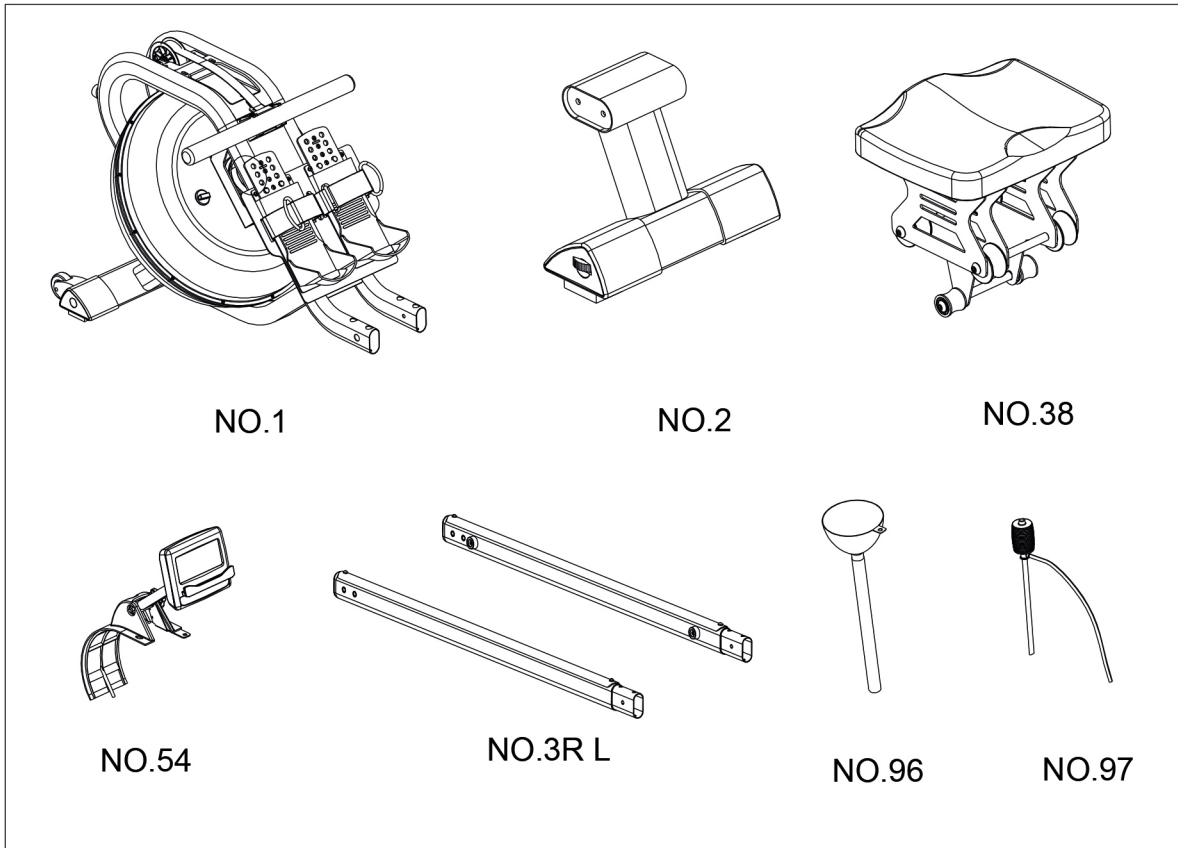
- + In order to make the assembly as simple as possible, some screws and nuts to be used can already be pre-assembled.
- + Ideally, assemble the equipment at its later set-up place.









## 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.



	# 63 M8*45	4pcs
	# 65 M6*15	6pcs
	#68 M8*15	4pcs
	# 71 M8*57	4pcs
	#74 OD20*ID8.5*1.5	4pcs
	# 77 M8*27	2pcs
	#98 S5	1pc
	#99 S13-17	1pc

## 2.3 Assembly

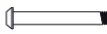
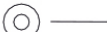

Before assembly, take a close look at the individual assembly steps shown and carry out the assembly in the order given.

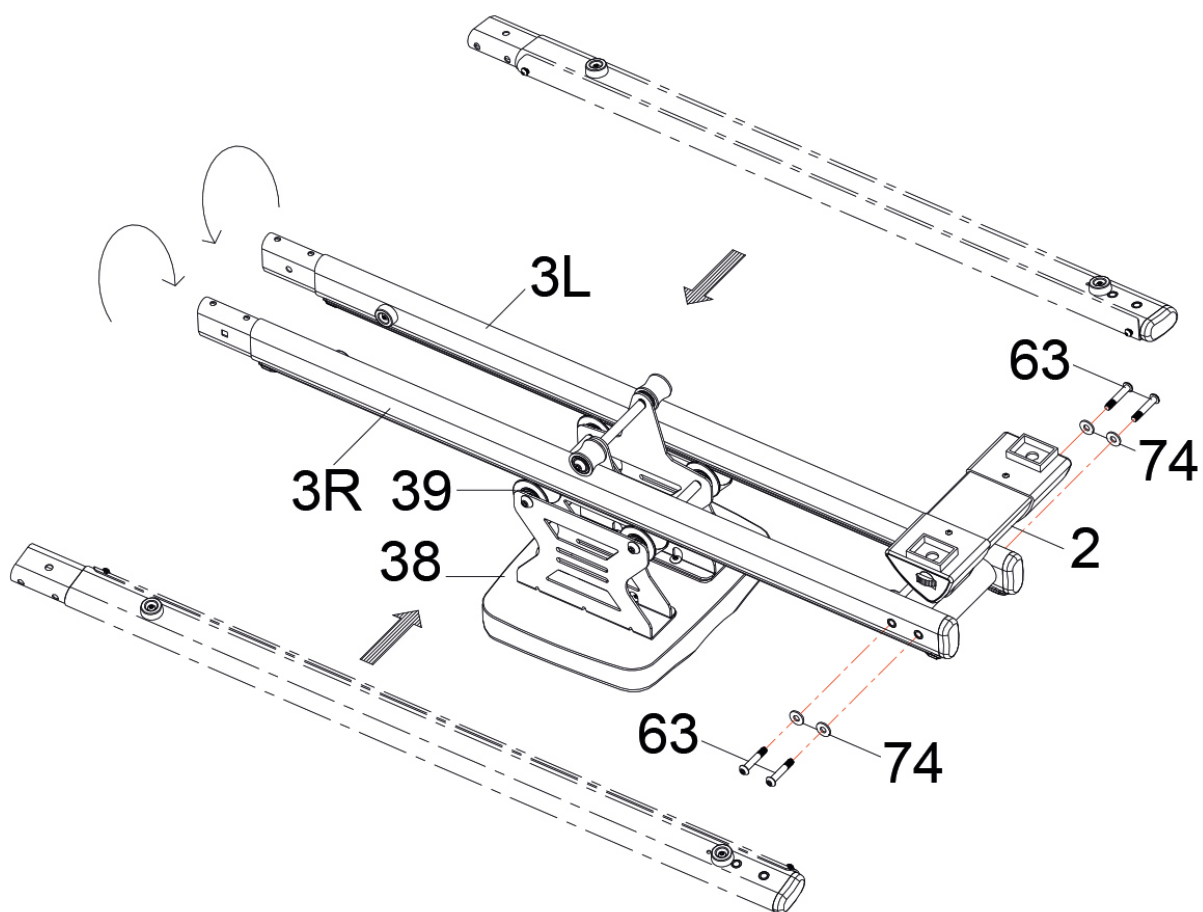
### ① NOTICE

First loosely screw all parts together and check that they fit properly. Then tighten the screws using the tool only when you are instructed to do so.

### Step 1: Assemble the slide rails

1. Place the seat on the floor with the rollers pointing upwards.
2. Place the slide rails (3L/R) with the aluminium plate downwards on the rollers of the seat (39) and turn the slide rails (3L/R) in the direction of the arrow and make sure that the aluminium plates touch the rollers.
3. Mount the rear stand (2) to the slide rails (3L/R) using four washers (74) and four screws (63).
4. Tighten the screws.

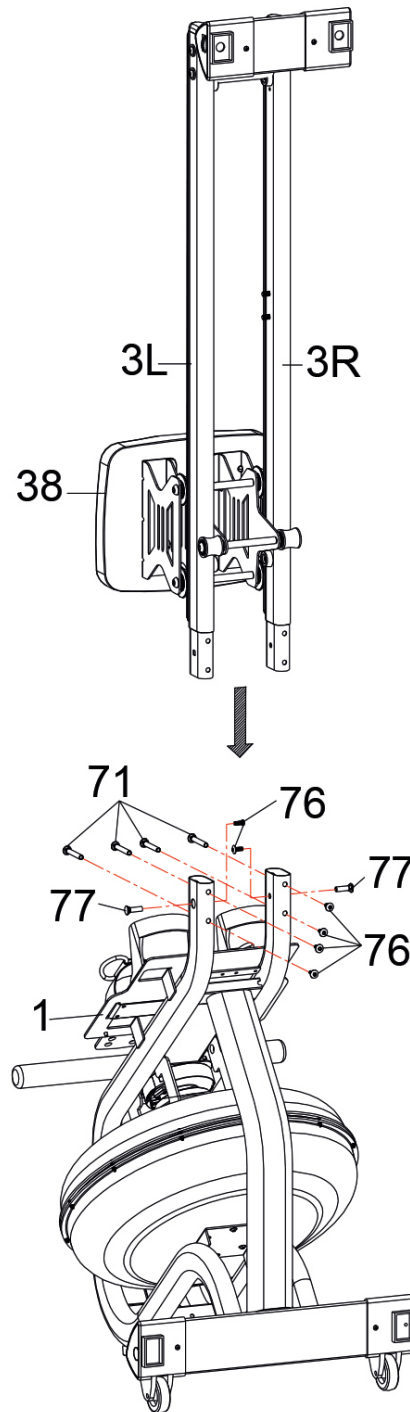
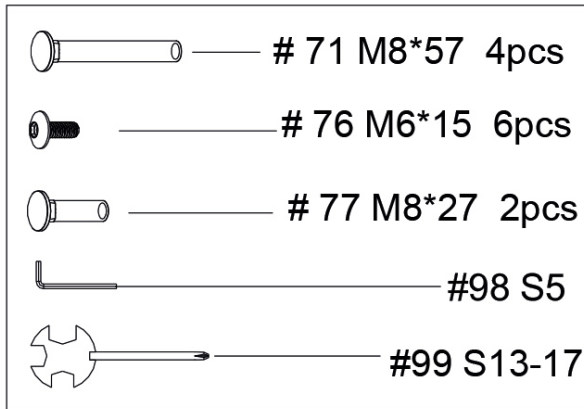
	# 63 M8*45 4pcs
	#74 OD20*ID8.5*1.5 4pcs
	#98 S5





## Step 2: Connect the slide rails to the main frame

1. Place the main frame (1) upright.
2. Mount the slide rail (3L/R) to the frame (1) with four screws (71) on the top/seat side, two screws (77) on the outside and six screws (76) on the bottom.
3. Tighten the screws.



### Step 3: Assemble the console

1. Insert to AA batteries (1.5V) into the battery compartment of the console (54).

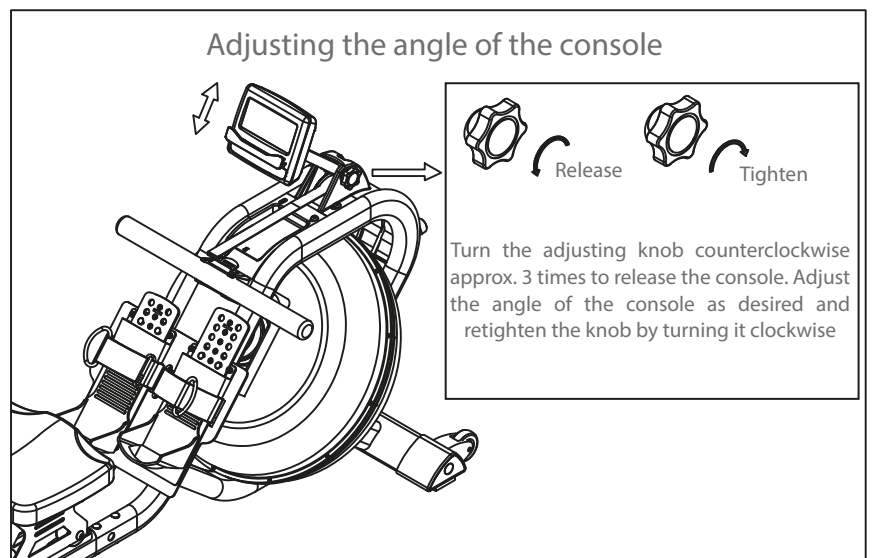
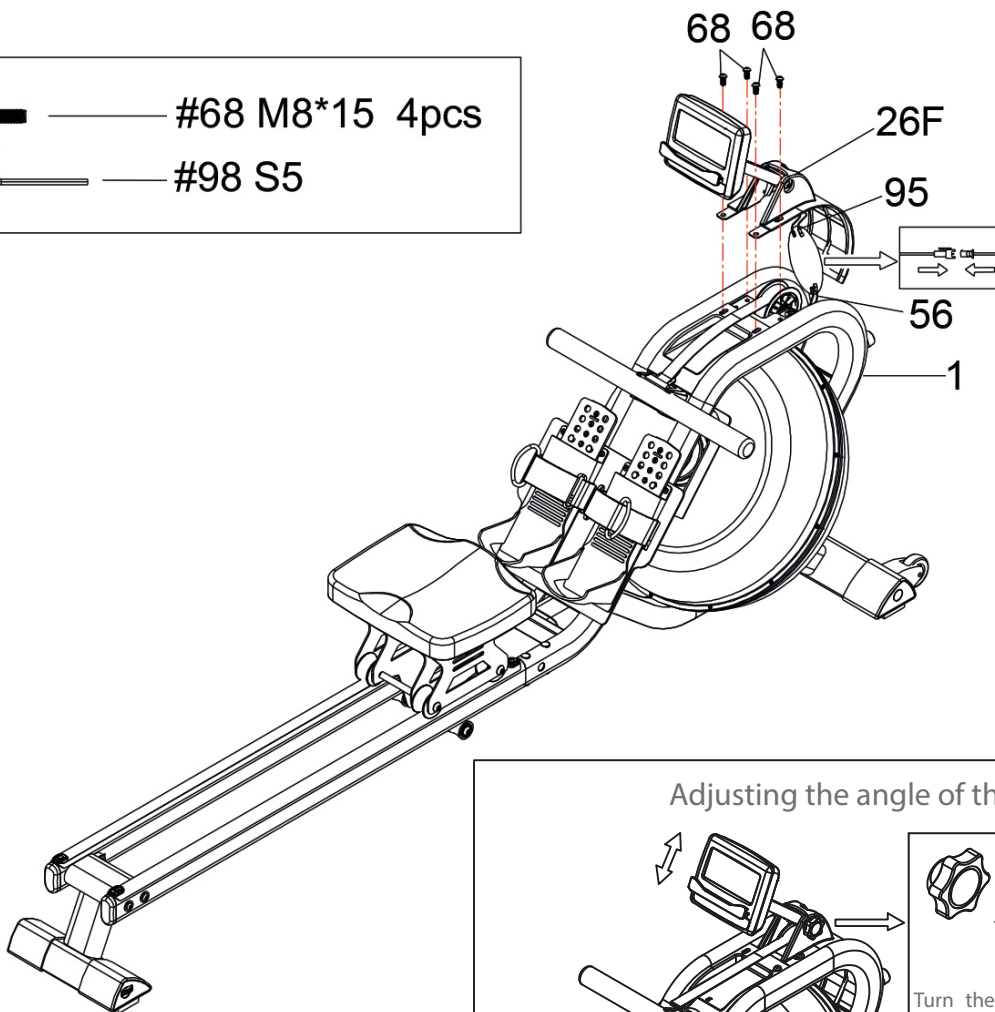
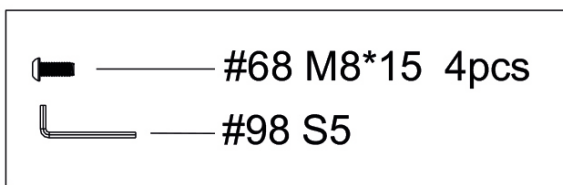
**NOTICE**

LCD display lights up for two seconds after the batteries are inserted. Then the intensity level (water level 1-6) must be specified (see chapter 2.4.2).

**ATTENTION**

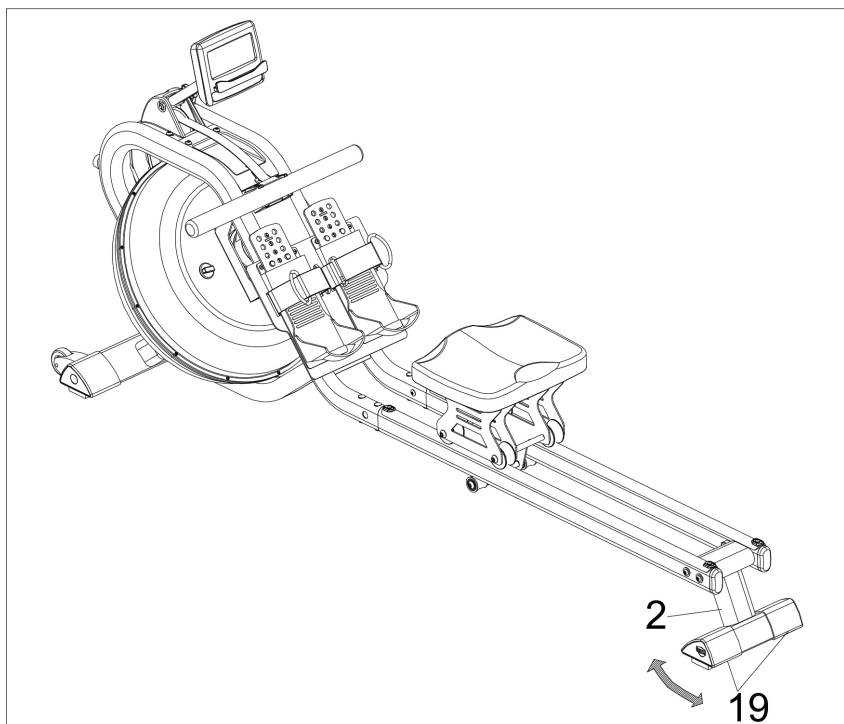
Make sure not to pinch the cables during the next step.

2. Place the main frame (1) back down and connect the sensor wire (56) with the connection wire (95) and insert the remaining cable into the main frame (1).
3. Place the cover (26) into the recess of the main frame (1).
4. Mount the console (54) to the main frame (1) with four screws (68).



## Step 4: Alignment of the feet

If the ground is uneven, you can stabilise the rowing machine by turning the two adjustable end caps (19) on the rear stand (2).

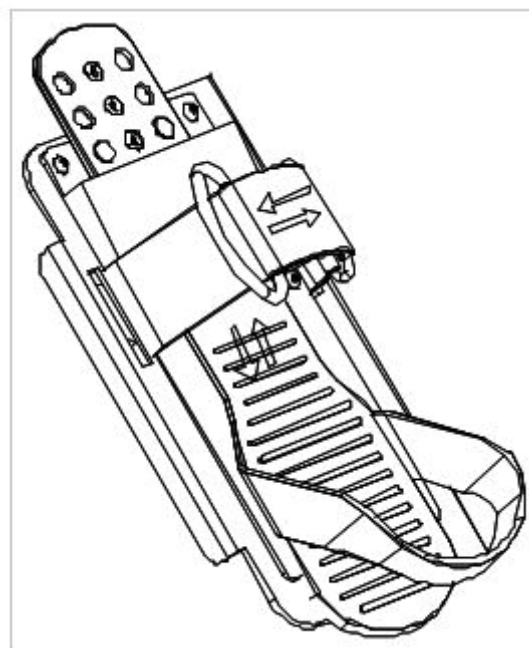


## 2.4 Adjustment of the rowing machine

### 2.4.1 Adjustment of heel rest and strap

There are several settings for the heel rest. Before you start with your training, adjust the heel rests correctly.

1. Loosen the strap by opening the Velcro fastener and place your foot on the heel rest through the strap.
2. Tighten the strap of the heel rest so far upwards that your heel is supported and the foot strap lies over the widest part of your foot.
3. Tighten the strap at the loosened end of the Velcro fastener and press the Velcro fastener back on.



## 2.4.2 Fill and empty the tank

### ⚠ CAUTION

- + The water inside the tank must not be drunk and must be disposed of after use.

### ► ATTENTION

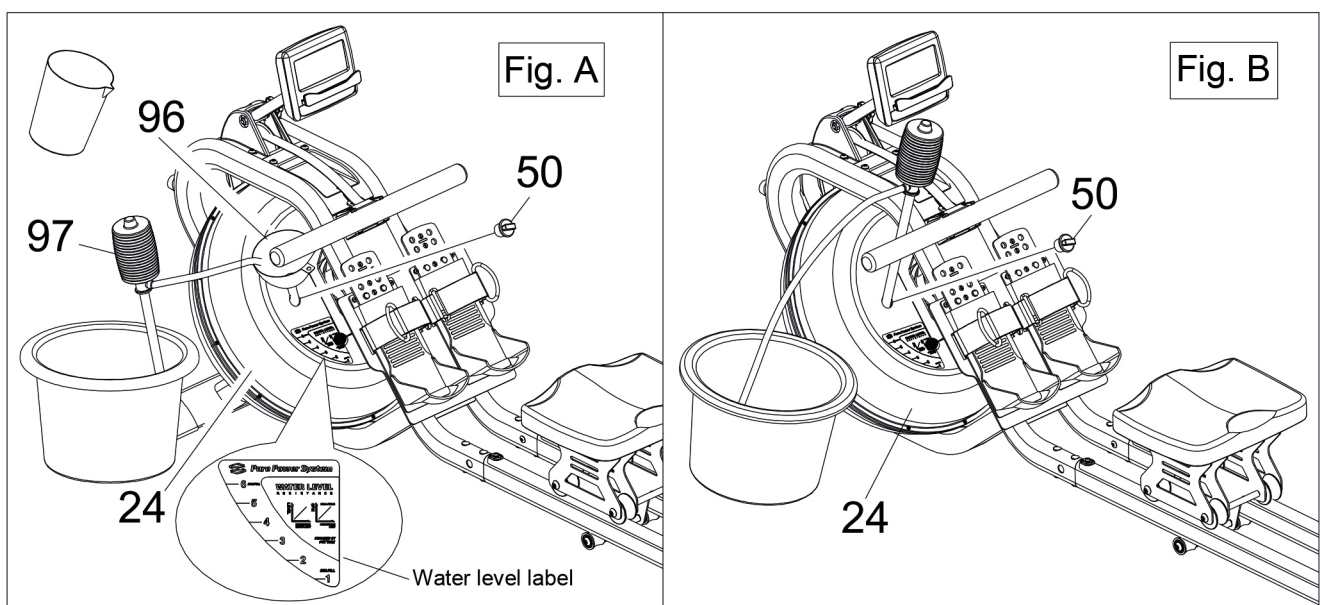
- + Fill the tank only with tap water. Do not use distilled water.
  - + Do not fill the water tank above the maximum capacity, this may void the warranty. The maximum filling quantity can be found in the section on the water level in this chapter.
  - + To prevent algae formation, limescale and possible damage to the tank, we recommend the use of chlorine tablets. Only use chlorine tablets for rowing machines.
1. Remove the fill plug (50) from the upper tank (24).
  2. Filling: Place the funnel (96) in the tank opening and fill the tank using the pumping siphon (97) or a measuring cup and a bucket (see figure A).
  3. Emptying: Place a bucket next to the rowing machine and pump the water with the pumping siphon (97) from the tank into the bucket (see fig. B).
  4. After filling or emptying the tank, insert the fill plug (50) into the tank (24) and wipe off excess water from the frame.

### Water level

The water level indicator is located on the top of the tank (see Fig. A). The minimum level for filling is 1, the maximum level 6.

The resistance is determined by the amount of water in the tank.

Example: level 2 for light resistance, level 6 for highest resistance.



## 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.

### 3.1 Console Display



<b>TIME</b>	<ul style="list-style-type: none"> <li>+ Display of training time.</li> <li>+ Set target time with UP and DOWN buttons (0:00 - 99:00). 1 minute steps.</li> </ul>
<b>TIME/500M</b>	Your average 500 m time is automatically displayed and permanently updated.
<b>SPM</b>	Strokes per minute.
<b>DISTANCE</b>	<ul style="list-style-type: none"> <li>+ Display of the Distance.</li> <li>+ Set the target distance with the UP and DOWN buttons (0 - 99900 m). 100 metre steps.</li> </ul>
<b>STROKES</b>	<ul style="list-style-type: none"> <li>+ Display of current strokes.</li> <li>+ Set the target value with the UP and DOWN buttons (0 - 99990 strokes). Steps of 10 strokes.</li> </ul>

<b>TOTAL STROKES</b>	Counts total strokes.
<b>CALORIES</b>	<ul style="list-style-type: none"> <li>+ Display of consumed calories.</li> <li>+ Set calorie target value with the UP and DOWN buttons (0 - 9990). Steps of 10 calories.</li> </ul>
<b>PULSE</b>	<ul style="list-style-type: none"> <li>+ Display of heart rate.</li> <li>+ Set target value with UP and DOWN buttons (30 - 240). Steps of 1.</li> </ul> <p><b>ⓘ NOTICE</b> The heart rate is measured only with a chest strap.</p>
<b>DRAG FORCE</b>	Display of the current drag force.
<b>WATT</b>	Display of the Watts.
<b>A+</b>	Display of average values for TIME, CALORIES, WATT and PULSE.

### 3.2 Button Function

<b>RECOVERY</b>	<p>Activate the recovery program, which automatically assesses your fitness immediately after training. The duration of the test is 60 seconds.</p> <p><b>ⓘ NOTICE</b> This function requires a chest strap for heart rate measurement.</p>
<b>RESET</b>	<ul style="list-style-type: none"> <li>+ Press once to reset values in setting mode, press twice to return to program selection.</li> <li>+ Press for 2 seconds to reset the console.</li> </ul>
<b>START / STOP</b>	Start or interrupt the selected training programme.
<b>ENTER</b>	<ul style="list-style-type: none"> <li>+ Confirm programme selection or setting values.</li> <li>+ Press during the training, to switch between the displayed function values.</li> </ul>
<b>UP▲ / DOWN▼</b>	<ul style="list-style-type: none"> <li>+ Select settings/values.</li> <li>+ Increase or decrease function value.</li> </ul>

### 3.3 Switch on the Device

After inserting the batteries (two 1.5V AA), the console is in the intensity level selection mode for the training. The intensity level depends on the water level of the tank.

To set the level (L1 - L6), press the ▲ or ▼ buttons and confirm the entry with ENTER.

① **NOTICE**

The default setting is L6.

*After confirmation, the console enters standby mode.*

### 3.4 Standby Mode

After four minutes of no input or training movement, the console enters the standby mode.

① **NOTICE**

Note that all values except the TOTAL STROKES will be reset to zero.

To exit standby mode, start the training or press any button.

### 3.5 Programmes

The following programmes are available:

+ Quick Start Programme:	1
+ Standard programme:	5
+ Target programme:	4
+ Interval programme:	3
+ User-defined programme:	4
+ Race programme:	1

#### 3.5.1 Quick Start Programme

1. To select the QUICK START programme, press the buttons ▲ or ▼.
2. To start the training, press the START/STOP button.

*The programme starts.*

① **NOTICE**

- + To display the function values during training, press the ENTER button.
- + The programme profile consists of 16 columns. One column equals 100 metres.



### 3.5.2 Standard Programmes

In the standard programme you can choose between: 2000m, 5000m, 10000m, 30:00min and 500m/1:00min.

1. To select the STANDARD programme, press the buttons ▲ or ▼.
2. Press the ENTER button to confirm.

*You are now in the selection menu to choose between the five training modes.*

3. To start the training, press the START/STOP button.

*The program starts.*

*The set value is counted down to zero. All other values count up.*

4. When the set value reaches zero, press the RESET button to enter Standby-mode.

### 3.5.3 Target Programmes

In the target programme you can choose between: Time, Distance, Calories, Target heart rate (THR).



#### **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.

1. To select the target programme (TARGET SINGLE), press the buttons ▲ or ▼.
2. Press the ENTER button to confirm.

*You are now in the selection menu to choose between the four options.*

#### **NOTICE**

The target heart rate programme requires a chest strap for heart rate measurement. In the target heart rate programme, only a target heart rate between 90 and 200 beats per minute (BPM) can be specified.

3. To select a programme, press the buttons ▲ or ▼.
4. Confirm the selection with the ENTER button and adjust the values with the buttons ▲ or ▼.
5. To start the training, press the START/STOP button.

*The programme starts.*

#### **NOTICE**

As soon as the indicated target heart rate is higher than specified, an acoustic signal sounds.



### 3.5.4 Interval Programmes

In the interval programme you can choose between: Intervals Time, Intervals Distance, Intervals Variable.

1. To select the interval programme (TARGET INTERVALS), press the buttons ▲ or ▼.
2. Press the ENTER button to confirm.

*You are now in the selection menu to choose between the three options.*

3. To select a program, press the buttons ▲ or ▼.
4. Confirm the selection with the ENTER button.
5. Set the values for TIME and/or DISTANCE and REST TIME with the buttons ▲ or ▼ and confirm each setting with the ENTER button.
6. To start the training, press the START/STOP button.

*The programme starts.*

### 3.5.5 User-defined Programmes

In the user-defined programme you can choose between:

- + V:30/:30R                    30 seconds training and 30 seconds rest
- + V1:00/1:00R ··7            1 minute training, 1 minute rest, 7 repetitions
- + V2000m/3:00R ··7        2000m training, 3 minute rest, 4 repetitions
- + V1:40/:20R ··9            1:40min. training, 20 sec. rest, 9 repetitions

1. To select the user-defined programme (CUSTOM), press the buttons ▲ or ▼.
2. Confirm the selection with the ENTER button.

*You are now in the selection menu to choose between the five training modes.*

3. To select a programme, press the buttons ▲ or ▼.
4. To start the training, press the START/STOP button.

*The programme starts.*

### 3.5.6 Race Programme

1. To select the race program (RACE), press the buttons ▲ or ▼.
2. Press the ENTER button to confirm.

You are now in the selection menu to select between the racing programmes L1 - L15.

**NOTICE**

Only the distance can be set in the race programme. The time per 500m is preset. The times are given in the table below:

L1	8:00	L9	4:00
L2	7:30	L10	3:30
L3	7:00	L11	3:00
L4	6:30	L12	2:30
L5	6:00	L13	2:00
L6	5:30	L14	1:30
L7	5:00	L15	1:00
L8	4:30		

3. Confirm the selection with the ENTER button.

The distance value is blinking.

4. To set the distance, press the buttons ▲ or ▼ and confirm with the ENTER button.
5. To start the race, press the START/STOP button.

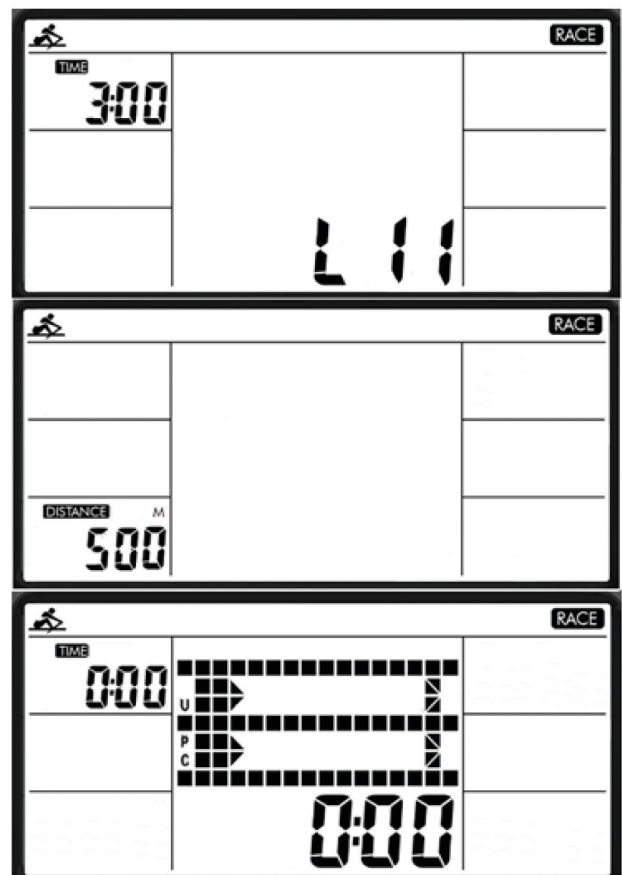
The race starts.

As soon as you or the PC reaches the finish, the programme stops.

**NOTICE**

Press the ENTER button to change the displayed function values:

- + TIME -> TIME/500M A+
- + SPM -> SPM A+
- + TOTAL STROKES -> STROKES
- + CALORIES -> WATT A+
- + PULSE -> PULSE A+

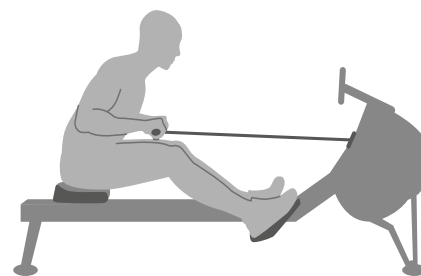


## 3.6 Notes on correct rowing

### Body moves towards the handle

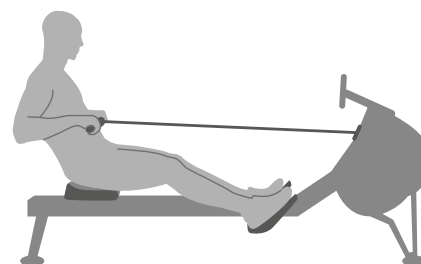
#### Wrong

At the end of the movement, the body will be pulled forwards towards the handles instead the handles to the body.



#### Right

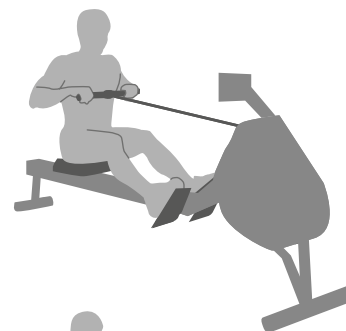
At the end of the movement, the user slightly leans back, holds the legs down, keeps the upper body straight and pulls the handle to the body.



### Straddled elbows

#### Wrong

The user's elbows are straddled from the body at the end of the movement and the handle is at the height of the breast.



#### Right

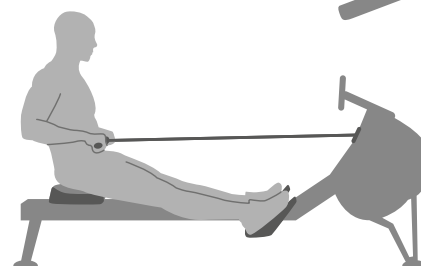
Pull the handle to the body with straight wrists and the elbows close to the body. The elbows are brought behind the head while the handle is pulled to your waist.



### Do not completely extend

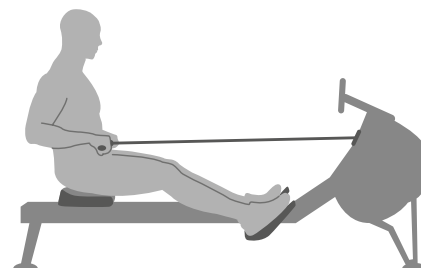
#### Wrong

At the end of the movement, the user completely stretches the leg and knee.



#### Right

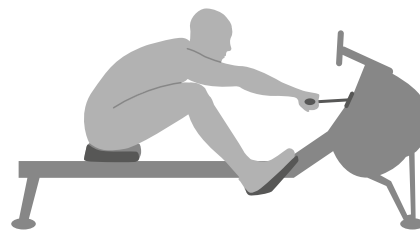
Keep your knee slightly bent at all times even at the end of the movement instead of stretching it completely.



## Leaning too far forward

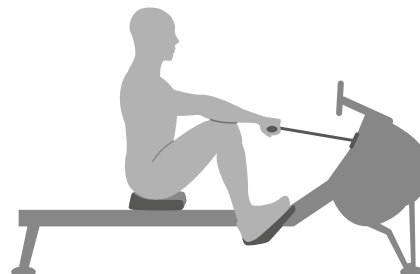
### Wrong

The body is bent too far forward. The shins are no longer vertical. The head and shoulders are facing the feet. The body is therefore in a weak position to execute the movement.



### Right

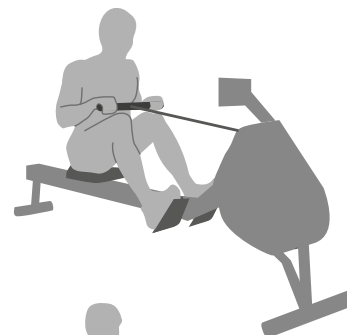
The shins are vertical. The body is pressed against the legs, the arms are completely stretched out in front and the body is slight bent forward. This position should be pleasant.



## Rowing with bent arms

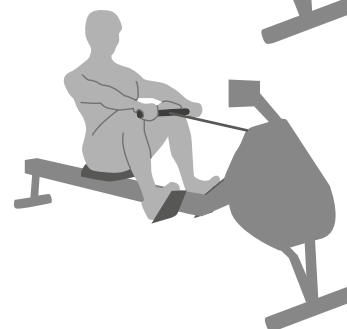
### Wrong

The user begins the movement with the arms instead of first pressing with the legs.



### Right

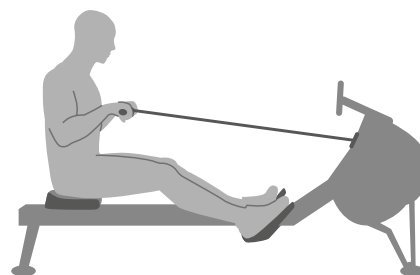
The user begins by stretching out the legs, relaxing the back and stretching the arms.



## Bent wrists

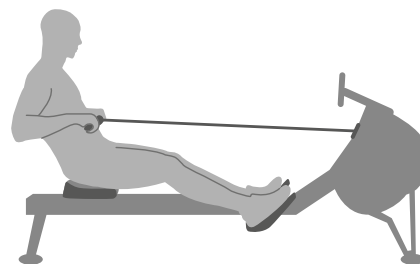
### Wrong

The user bends the wrists during the movement.



### Right

Always execute the rowing movement with straight wrists.



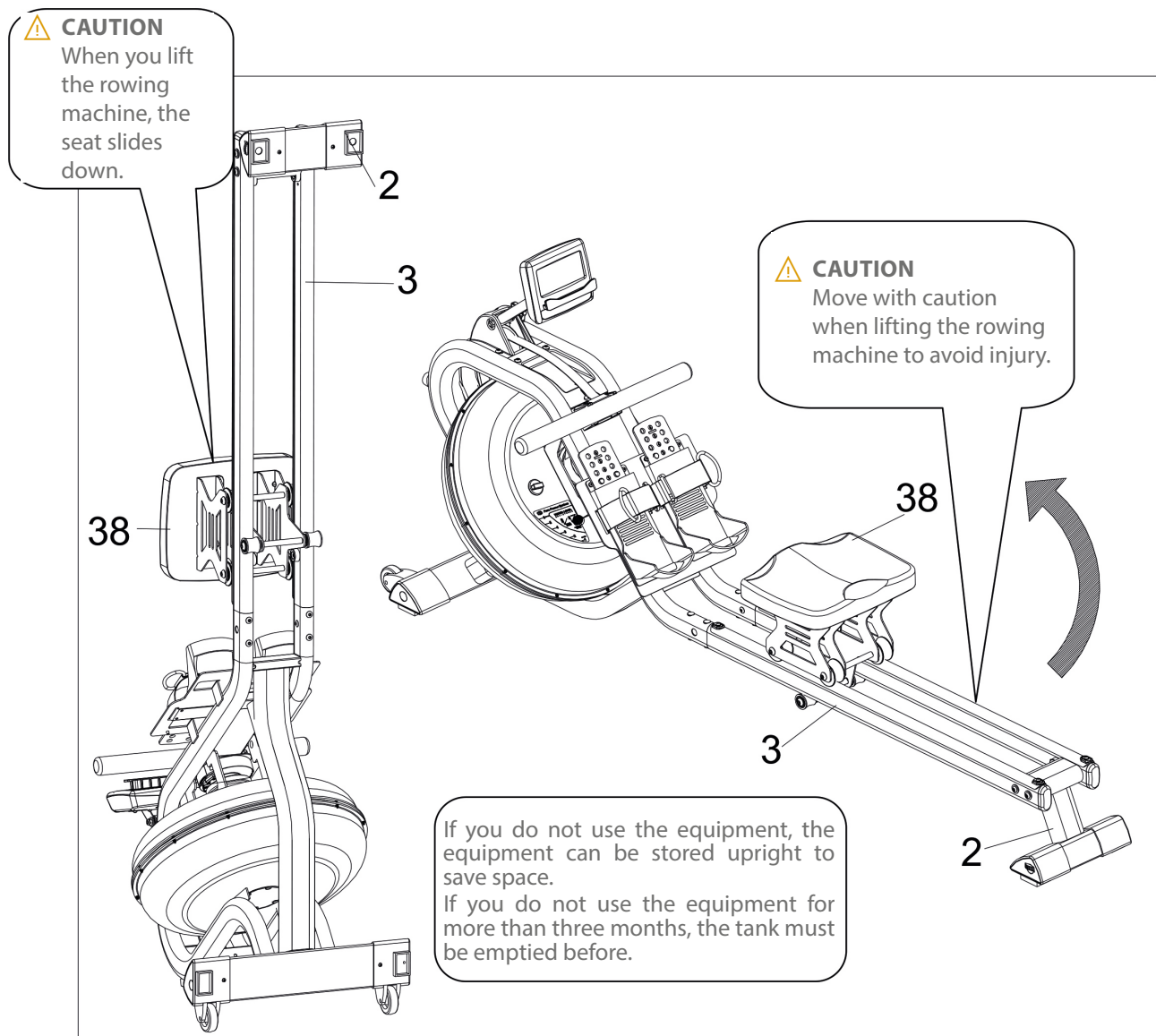
## 4.1 General Instructions

### ▶ 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 5°C and 45°C.

### ⚠ 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.

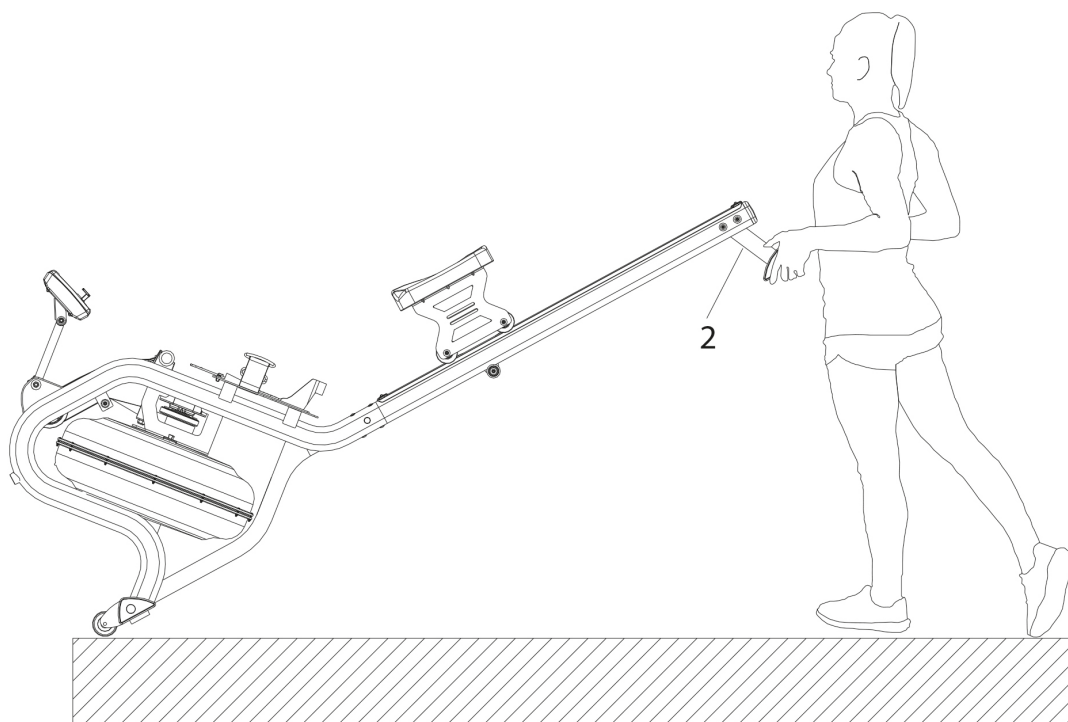


## 4.2 Transportation Wheels

### ► 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 1.3 of this manual.



## 5.1 General Instructions



### WARNING

- + Do not make any improper changes to the equipment.



### 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
Display is blank/is not working	Batteries empty or loose cable connection	Replace batteries or check cable connections
Creaking noises	Screw connections loosened or too tight	Check screw connections
Grinding noises on the guide rail	Guide rail or rollers dirty or guide rail dry	Clean the guide rail and then lubricate it with a suitable lubricant
No pulse display	<ul style="list-style-type: none"> <li>+ Sources of interference in the room</li> <li>+ unsuitable chest strap</li> <li>+ Wrong position of chest strap</li> <li>+ Chest strap defective or battery empty</li> <li>+ Pulse display defective</li> </ul>	<ul style="list-style-type: none"> <li>+ Eliminate sources of interference (e.g. mobile phone, WLAN, lawn mower and vacuum cleaner robot, etc. ...)</li> <li>+ Use a suitable chest strap (see RECOMMENDED ACCESSORIES).</li> <li>+ Reposition chest strap and/or moisten electrodes</li> <li>+ Changing batteries</li> </ul>

## 5.3 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	Half-yearly
Display console	C	I	
Cleaning and lubricating slide rail and moving parts*		C/I	
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.

Pb = Battery contains more than 0.004 percent by weight of lead.

Cd = Battery contains more than 0.002 percent by weight of cadmium.

Hg = Battery contains more than 0.0005 percent by weight of mercury.



## 7 RECOMMENDED ACCESSORIES

To make your training experience even more efficient and pleasant, we recommend that you add suiting accessories to your fitness equipment. This could be a floor mat, for example, which makes your fitness equipment stand more securely and also protects the floor from falling sweat, but it could also be additional handrails on some treadmills or silicone spray to keep moving parts in good shape.

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. You may want to buy additional grips or weights for multi gyms.

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



towels



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 10 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:**

cardiostrong / rowing machine

**Model Name:**

Baltic Rower Pro

**Article Number:**

CST-BALTIC-PRO-B-2 / CST-BALTIC-PRO-R-2

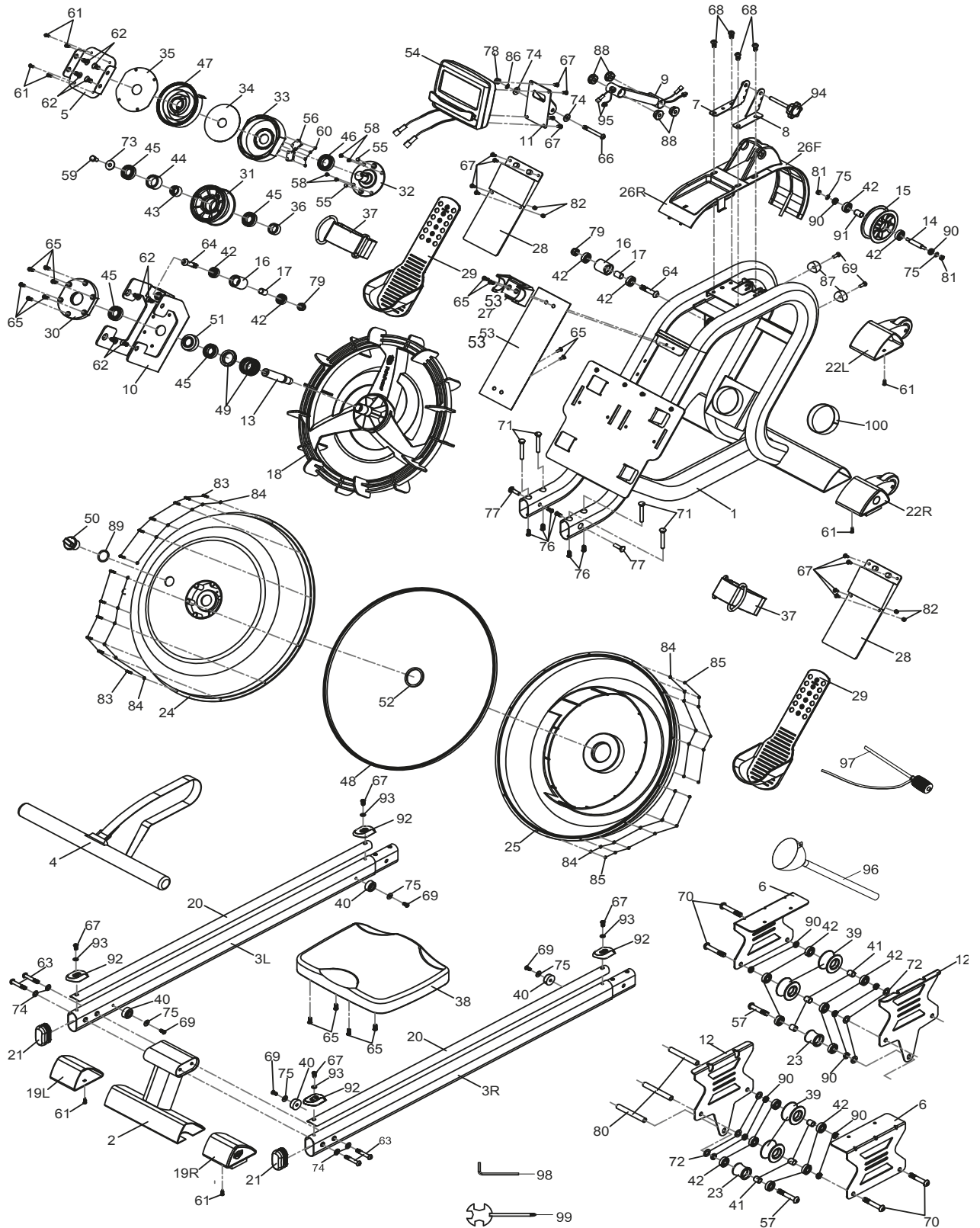
## 8.2 Parts List

No.	Name	Specification	Qty.
1	Main Frame		1
2	Rear Stabilizer		1
3	Slide Rail		2
4	Handlebar		1
5	Spring Fixed Plate		1
6	Seat Carriage	SPHC,T=3.0	1
7	Sensor Stand L	SPHC,T=2.0	1
8	Sensor Stand R	SPHC,T=2.0	1
9	Support for Computer		1
10	Tank Plate		1
11	Support Plate		1
12	Seat Carriage		1
13	Impeller Shaft	40Gr	1
14	Mesh Belt Wheel Shaft	Ø10*64*M6	1
15	Belt Wheel	POM, Black	1
16	Guide Roller	POM, Black	2
17	Spacer for Guide Roller	ABS, Black	2
18	Plastic Impeller	PA	2
19	L/R Adjustable End Cap	PP, Black	2
20	Aluminum Plate		2
21	Oval End cap	PP, Black	6
22	L/R Front End cap	PP, Black	2
23	Lower Roller for Rail	PU, Black	2
24	Upper Tank	PC	1
25	Lower Tank	PC	1
26	Decorative Cover	HIPS, Black	1
27	Handlebar Seat	TPR, Black	1
28	Pedal Cap	PP, Black	2
29	Pedal Support	PP, Black	2
30	Bearing Seat	POM, Black	1
31	Mesh Belt Wheel	POM, Black	1
32	Axle for Volute Spring	POM, Black	1

33	Base of Volute Spring	POM, Black	1
34	PC Board	PC	1
35	Outer PC Board	PC	1
36	Steel Sleeve	Ø25* Ø20*13	1
37	Pedal Strap	Nylon, Black	2
38	Seat	PU, Black	1
39	Seat Roller	PU, Black	4
40	Stopper	PVC, Black	4
41	Spacer for Seat Roller	Metal Powder	6
42	Bearing	6000ZZ	18
43	One-way Bearing	HF2016	1
44	Bushing for One-way Bearing	φ35*φ26*18	1
45	Bearing	61904ZZ	3
46	Bearing	61905ZZ	1
47	Volute Spring	5M	1
48	Rubber Sealing Ring	Rubber,Black	1
49	Mechanical Sealing Ring		1
50	Fill Plug	Rubber, Black	1
51	Lower Bearing base	PP	2
52	Fixed ring	PVC	1
53	Main Frame Plate		1
54	Computer		1
55	Magnet	Ø10*5	1
56	Sensor Wire	Square	1
57	Bolt	M10*55	2
58	Screw	ST5.0*12	4
59	Screw	M8*15	1
60	Screw	ST3*8	4
61	Screw	ST4.2*19	8
62	Screw	M8*15	8
63	Bolt	M8*45	8
64	Bolt	M10*50	2
65	Button Head Screw	M6*15	24
66	Bolt	M8*65	2
67	Screw	M5*15	12

68	Screw	M8*15	4
69	Cross Head Screw	M6*15	6
70	Screw	M10*60	4
71	Carriage Bolt	M8*57	2
72	Washer	OD25*ID10.5*1.5	6
73	Washer	OD25*ID8.5*1.5	1
74	Washer	OD20*ID8.5*T1.5	6
75	Washer	OD12*ID6.5*T1.5	6
76	Screw	M6*15	6
77	Round Head Carriage screw	M8*27	2
78	Acorn Nut	M8	1
79	Nylon Nut	M10	2
80	Spacer below seat	∅12*∅8.7*93	3
81	Nylon Nut	M6	2
82	Nylon Nut	M5	4
83	Screw	M3*20	12
84	Washer	OD7*ID3.2*1.0	24
85	Nylon Nut	M3	12
86	Spring Washer	M8	6
87	Storage Pad	PVC, Black	2
88	Plastic Bushing	PP, Black	3
89	O Shape Ring	Rubber, Black	1
90	Spacer for Seat Roller	∅14*1.5*7	6
91	Spacer for Belt Wheel	ABS, Black	2
92	Cover for Screw	ABS, Black	4
93	Washer	OD10*ID5.2*1.5	4
94	Adjustable Knob	M8*60	1
95	Connection Wire		2
96	Funnel		1
97	Pumping Siphon		1
98	Allen Wrench	S5	1
99	Spanner	13#-17#	1
100	Ring	RUBBER	1
101	Computer adjusting inner bushing	∅25.4*∅11*10	1
102	Computer adjusting outer bushing	∅19*∅8.2*12	1

# 8.3 Exploded Drawing



Training equipment from Taurus® is 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 for repair costs, a pure parts warranty applies, which does not include the repair, installation and delivery costs.

### **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	FR
<p><b>TECHNICAL SUPPORT</b></p> <p>☎ +49 4621 4210-900                      📠 +49 4621 4210-698                      ✉ technik@sport-tiedje.de</p> <p>🕒 Mo - Fr 08:00 - 18:00                      Sa 09:00 - 18:00</p> <p><b>SERVICE</b></p> <p>☎ 0800 20 20277                      (Freecall)</p> <p>✉ info@sport-tiedje.de</p> <p>🕒 Mo - Fr 08:00 - 21:00                      Sa 09:00 - 21:00                      So 10:00 - 18:00</p>	<p><b>TECHNICAL SUPPORT &amp; SERVICE</b></p> <p>☎ 80 90 16 50                      +49 4621 4210-945                      ✉ info@fitshop.dk</p> <p>🕒 Mo - Fr 08:00 - 18:00                      Sa 09:00 - 18:00</p>	<p><b>TECHNICAL SUPPORT &amp; SERVICE</b></p> <p>☎ +33 (0) 172 770033                      +49 4621 4210-933                      ✉ service-france@fitshop.fr</p> <p>🕒 Mo - Fr 08:00 - 18:00                      Sa 09:00 - 18:00</p>
	PL	BE
	<p><b>TECHNICAL SUPPORT &amp; SERVICE</b></p> <p>☎ 22 307 43 21                      +49 4621 42 10-948                      ✉ info@fitshop.pl</p> <p>🕒 Mo - Fr 08:00 - 18:00                      Sa 09:00 - 18:00</p>	<p><b>TECHNICAL SUPPORT &amp; SERVICE</b></p> <p>☎ 02 732 46 77                      +49 4621 42 10-932                      ✉ info@fitshop.be</p> <p>🕒 Mo - Fr 08:00 - 18:00                      Sa 09:00 - 18:00</p>

UK	NL	INT
<p><b>TECHNICAL SUPPORT</b></p> <p>☎ +44 141 876 3986                      ✉ support@powerhousefitness.co.uk</p> <p><b>SERVICE</b></p> <p>☎ +44 141 876 3972                      🕒 Mo - Fr 9am - 5pm</p>	<p><b>TECHNICAL SUPPORT &amp; SERVICE</b></p> <p>☎ +31 172 619961                      ✉ info@fitshop.nl</p> <p>🕒 Ma - Do 09:00 - 17:00                      Vr 09:00 - 21:00                      Za 10:00 - 17:00</p>	<p><b>TECHNICAL SUPPORT &amp; SERVICE</b></p> <p>☎ +49 4621 4210-944                      ✉ service-int@sport-tiedje.de</p> <p>🕒 Mo - Fr 8am - 6pm                      Sat 9am - 6pm</p>
	AT	CH
	<p><b>TECHNICAL SUPPORT &amp; SERVICE</b></p> <p>☎ 0800 20 20277                      (Freecall)                      +49 4621 42 10-0                      ✉ info@sport-tiedje.at</p> <p>🕒 Mo - Fr 08:00 - 18:00                      Sa 09:00 - 18:00</p>	<p><b>TECHNICAL SUPPORT &amp; SERVICE</b></p> <p>☎ 0800 202 027                      +49 4621 42 10-0                      ✉ info@sport-tiedje.ch</p> <p>🕒 Mo - Fr 08:00 - 18:00                      Sa 09:00 - 18:00</p>

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

[www.sport-tiedje.com/en/stores](http://www.sport-tiedje.com/en/stores)

# WE LIVE FITNESS

## WEBSHOP AND SOCIAL MEDIA

Sport-Tiedje is Europe's largest specialist store for home fitness equipment with currently 80 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.

Sport-Tiedje 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!

