



Assembly and Operating Instructions



max. 110 kg



~ 30 Min. 



 42 kg

L 216 | W 51 | H 78

CSTBALTIC.01.06

Art. No. CST-BALTIC

Rowing Machine **Baltic**

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Dear customer,

Thank you for choosing a high-quality equipment of the brand cardiostrong®. cardiostrong® offers sports and fitness equipment for the sophisticated home sport and the equipment of fitness studios and business customers. With cardiostrong® fitness equipment, the focus is on what sport is all about: maximum performance! Therefore, the equipment is developed in close consultation with athletes and sports scientists. Because athletes know best what makes perfect fitness equipment.

Further information can be found at www.sport-tiedje.com.

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

Sport-Tiedje GmbH
Europe's No. 1 for home fitness

International Headquarters
Flensburger Straße 55
24837 Schleswig
Germany

Management:
Christian Grau
Sebastian Campmann
Dr. Bernhard Schenkel
No. HRB 1000 SL
Local Court Flensburg
European VAT Number: DE813211547

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.

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.



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, beats per minute
- + training time in min
- + training distance in m
- + Time/500 m: average / current
- + calories burnt
- + heart rate (when using the hand sensors or a chest strap)

Resistance system:

Water resistance

Total number of training programs:	3
Race programme:	1
Manual programme:	1
Recovery:	1

Weight and dimensions:

Article weight (gross, including packaging):	Box1/2 - 38 kg Box2/2 - 3.2 kg
Article weight (net, without packaging):	41.5 kg
Packaging dimensions (L x W x H):	Box1/2 ca. 96 cm x 56 cm x 56 cm Box2/2 ca. 140 cm x 10 cm x 6 cm
Set-up dimensions dimensions (L x W x H):	approx. 216 cm x 51 cm x 78 cm
Folding dimensions (L x W x H):	approx. 115 cm x 51 cm x 148 cm
Maximum user weight:	110 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.

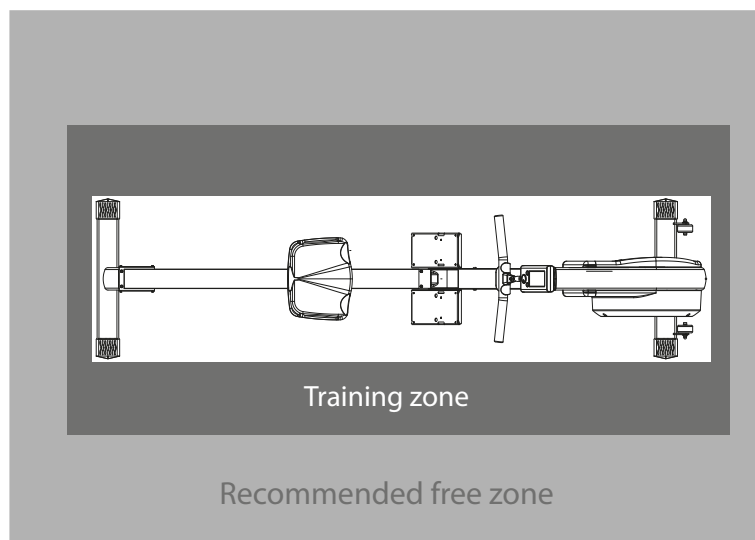


CAUTION

- + 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

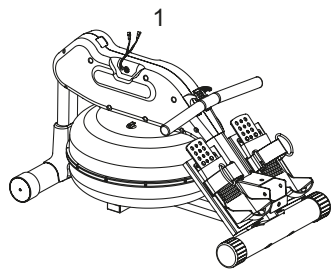
- + In order to make the assembly as simple as possible, some screws and nuts to be used can already be pre-assembled.
- + Ideally, assemble the equipment at its later set-up place.

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.

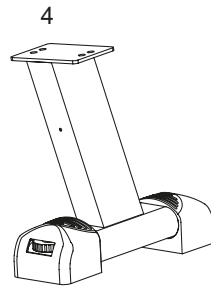
CAUTION

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



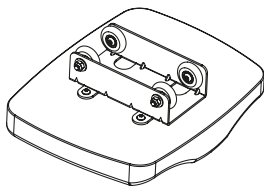
Main Frame x1

31

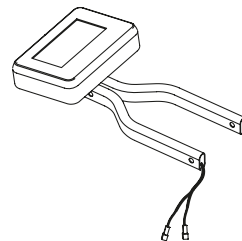


Rear Stand x 1

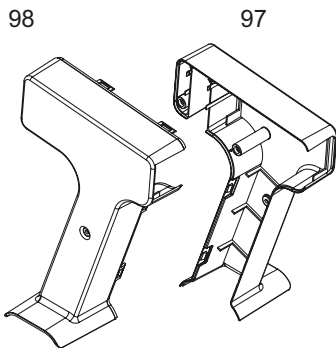
52



Seat x 1

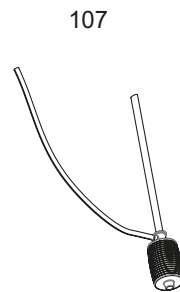


Meter x 1



Right rear cover x 1

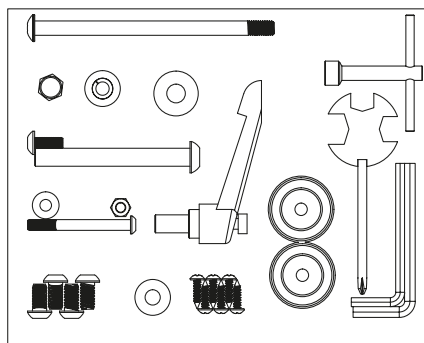
Left rear cover x 1



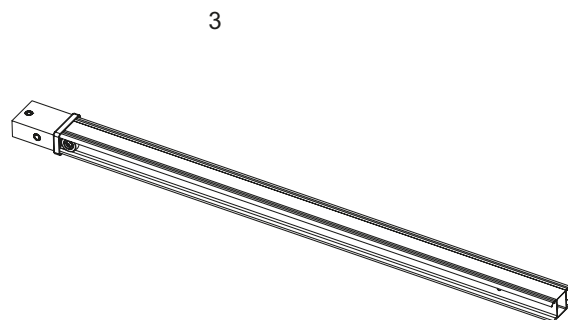
Syphon Pump x 1



Funnel x 1



Hardware pack x 1



Rail x 1

Screws and tools




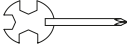
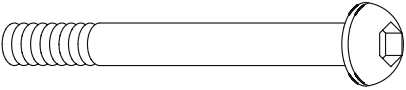


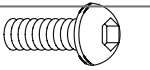






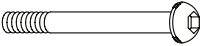

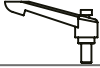

Illustration	Description	No.
	Socket Wrench	102
	Allen Wrench (5mm)	103
	Allen Wrench (6mm)	104
	Combination Wrench	105

Illustration	No.	Description	Qty.
	64	Bolt, Button Head (M8 x 1.25 x 130mm)	1
	75	Screw, Round Head (M4 x 15mm)	6
	71	Bolt, Round Head (M6 x 1 x 15mm)	1
	69	Bolt, Hex Head (M8 x 1.25 x 15mm)	4
	76	Washer (M10)	1
	78	Washer (M8)	5
	79	Washer (M6)	2
	81	Lock Washer (M8)	1
	83	Acorn Nut (M8 x 1.25)	1
	86	Nylock Nut (M6 x 1)	1
	65	Bolt, Button Head (M6 x 58mm)	1
	28	Barrel Nut (M10 x 1.25 x 88mm)	1
	46	Fixing Lever	1
	13	Stopper	2

2.3 Assembly

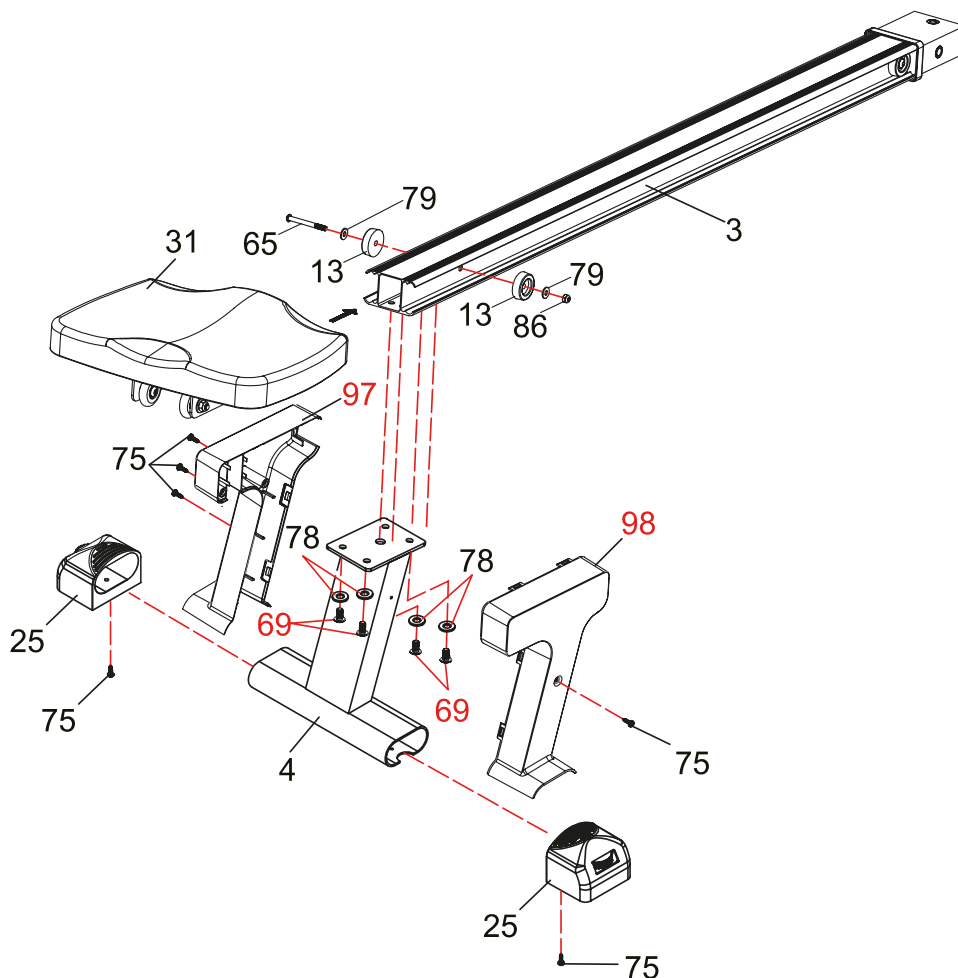
Before assembly, take a close look at the individual assembly steps shown and carry out the assembly in the order given.

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: Mounting the base and seat

1. Mount the rear base (4) with four screws (M8 x 1.25 x 15 mm) (69) and washers (78).
2. Slide the seat (31) on the rail (3). Mount both stoppers (13) on the rail (3) with a screw (65), two washers (79), and a nut (86).
3. Mount the left/right cover (97/98) on the rear base (4) with four screws (75). Remove the two adjustable end caps (25) beforehand.
4. Mount the two adjustable end caps (25) with two screws (75). Here you might have to turn the rail (3).



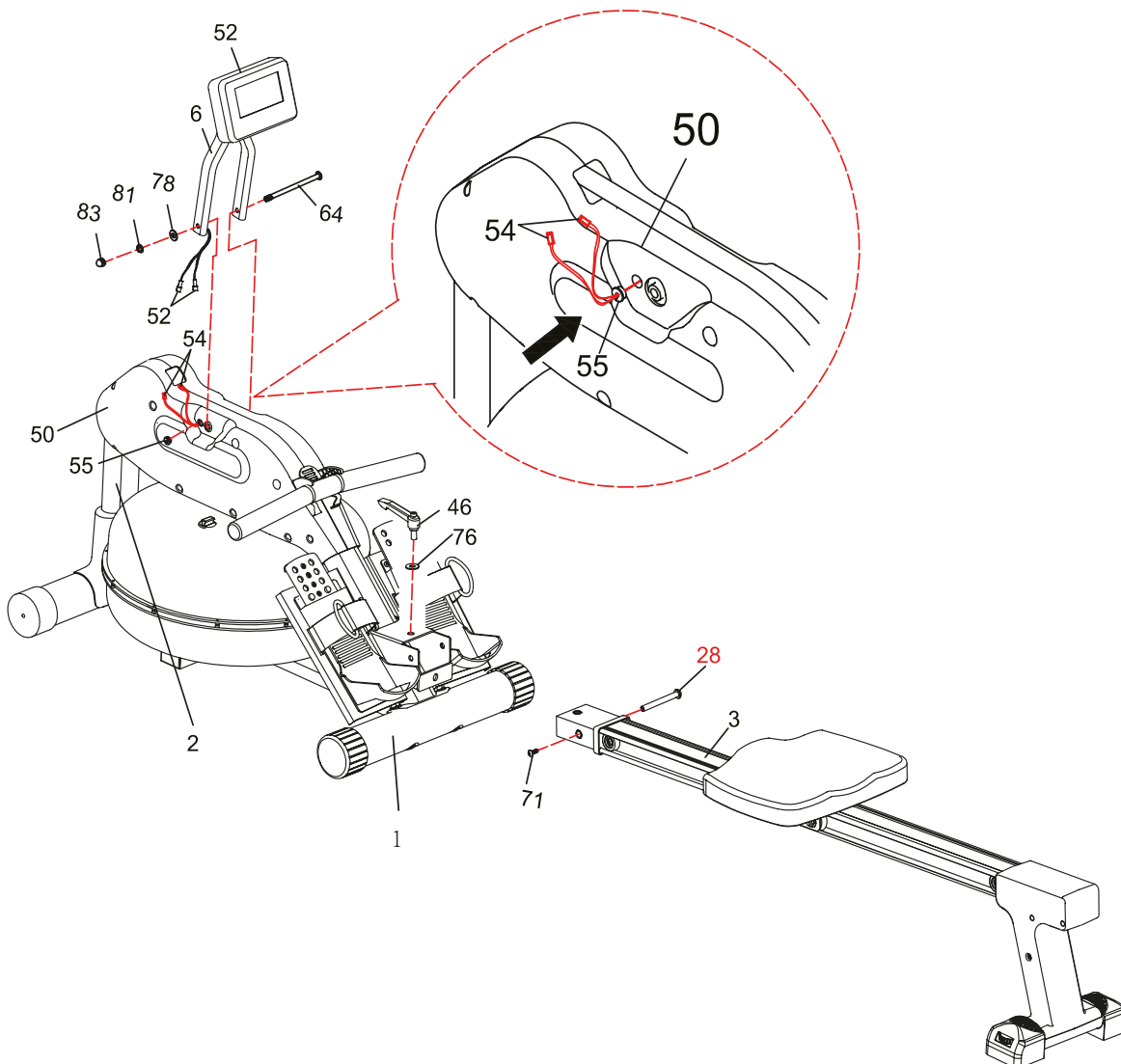
Step 2: Mounting the slide rail and console

1. Mount the rail (3) with screw (M6 x 1 x 15 mm) (71) and nut (M10 x 1.25 x 88mm) (28) on the main frame (2). Lock the rail (3) in the unfolded position with the adjusting lever (46) and the washer (M10) (76).

ⓘ NOTICE

When you have tightened the lever (46), the rear base of the frame (1) might be slightly lifted. That is absolutely normal and will lower, when you sit down on the rowing machine.

2. Place two AA batteries in the display (52). Mount the display holder (6) with a screw (M8 x 1.25 x 130 mm) (64), a washer (M8) (78), a lock washer (M8) (81), and a nut (M8 x 1.25) (83) on the frame (2).
3. See detailed illustration. Clamp the eye (55) on both sensor cables (54). Then push the eye (55) in the left cover (50). Connect the sensor cables (54) with the connection cables of the display (52). Push the remaining cable in the left cover (50).



2.4 Further Information

2.4.1 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.

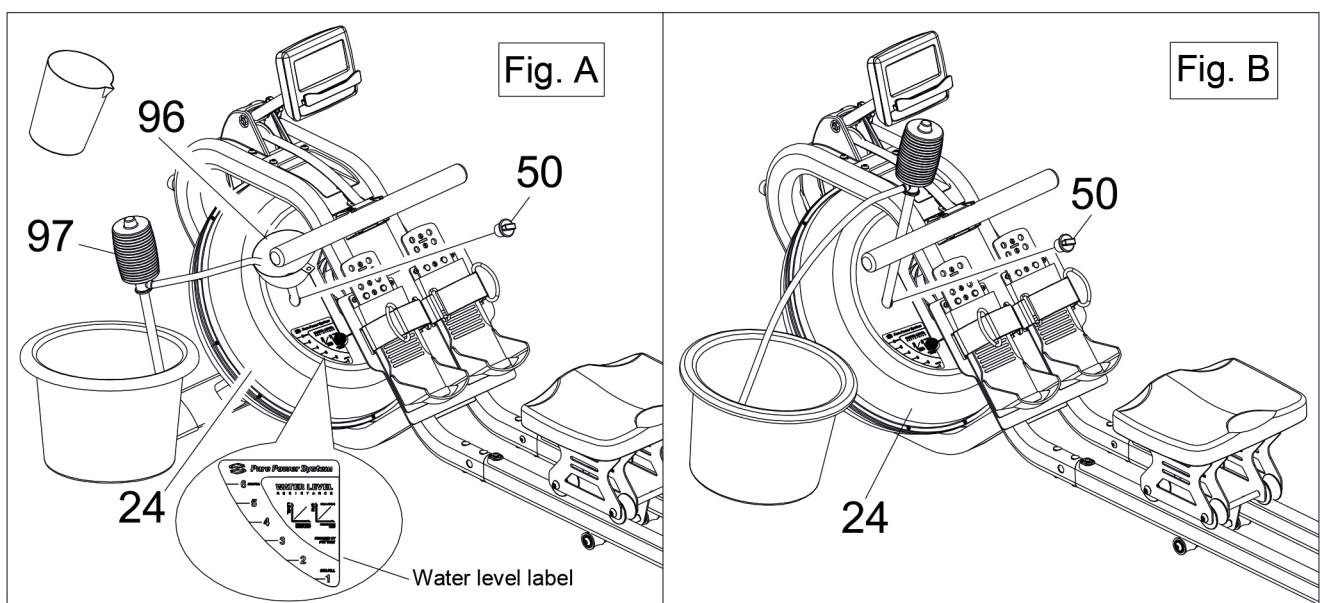
1. Remove the fill plug (50) from the upper tank (24).
2. Filling: Place the funnel (96) in the tank opening and fill the tank using the pumping siphon (97) or a measuring cup and a bucket (see figure A).
3. Emptying: Place a bucket next to the rowing machine and pump the water with the pumping siphon (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.

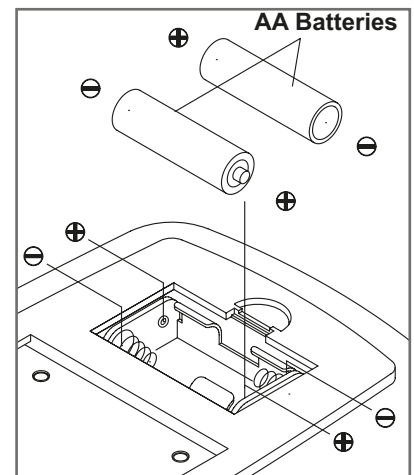


2.4.2 Insert and change batteries

① NOTICE

- + Always replace both batteries at the same time. Do not mix old batteries with new ones.
- + Use the same types of batteries. Do not mix alkaline batteries with other batteries.
- + Rechargeable batteries are not recommended.
- + Dispose of batteries according to your municipal regulation.
- + Do not burn batteries.

1. Remove the cover at the back of the display (52).
2. The display (52) requires two AA batteries. Batteries are not included in delivery. Please follow the illustration to insert or change the batteries.

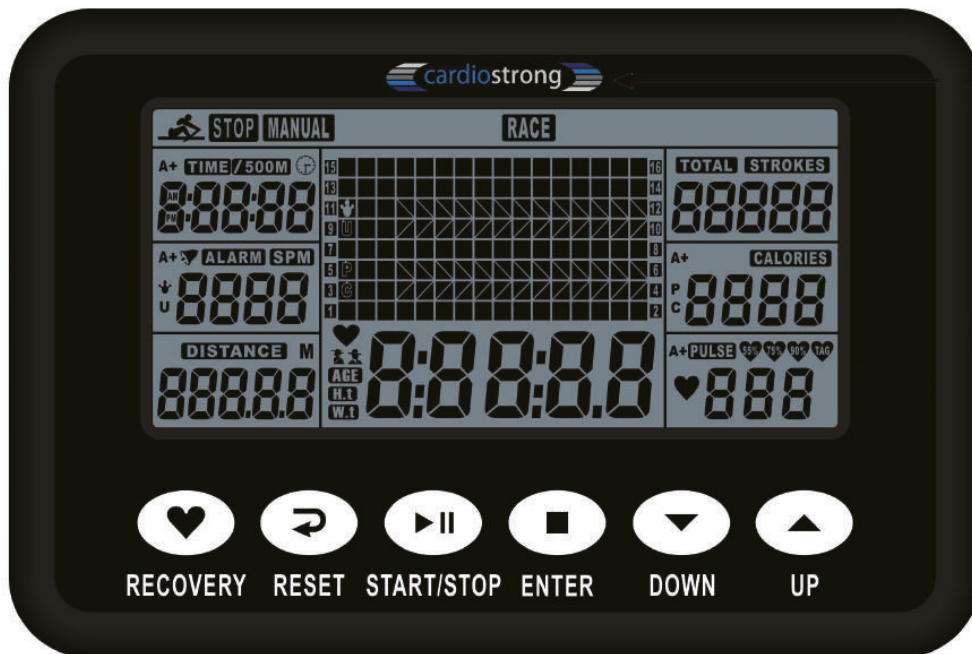


3 OPERATING INSTRUCTIONS

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



TIME	Set target time with UP and DOWN buttons (1 min – 99 min). 1-minute increments.
TIME/500M	Your average 500 m time is automatically displayed and is permanently updated.
SPM	Strokes per minute.
DISTANCE	Set target distance with UP and DOWN buttons (10 – 99900 m). 100-m increments.
STROKES	Set target value with UP and DOWN buttons (10 – 9990 strokes). 10-strokes increments.
TOTAL STROKES	Counts the total strokes from 0 to 9999.
CALORIES	Set calorie target value with UP and DOWN buttons (10 Cal – 9990 Cal). 10-Cal increments

PULSE	Set target value with UP and DOWN buttons (30 – 240). 1 BPM increments. The display shows the heart rate while exercising. The pulse is exclusively measured with a chest strap.
CALENDAR	In the sleeping mode, the display shows the year, the month, and the day.
TEMPERATURE	In the sleeping mode, the display shows the current room temperature.
CLOCK	In the sleeping mode, the display shows the current time.

3.2 Button Function

UP▲ / DOWN▼	Select settings / values. Increase or reduce function values.
ENTER	Confirm selection. Press it while exercising to scan each display function.
START / STOP	Start or stop the selected training programme.
RESET	Reset the computer to the main menu.
RECOVERY	Activate the recovery programme, which evaluates automatically your fitness right after the training.

3.3 Turn On the Machine

1. Insert two AA batteries. A signal of two seconds sounds while a segment test is done (fig. 1).

The display turns to the CLOCK & CALENDAR mode (fig. 2).

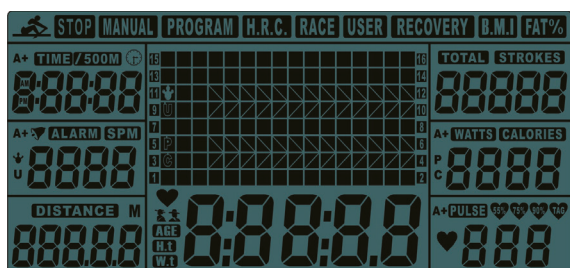


fig. 1

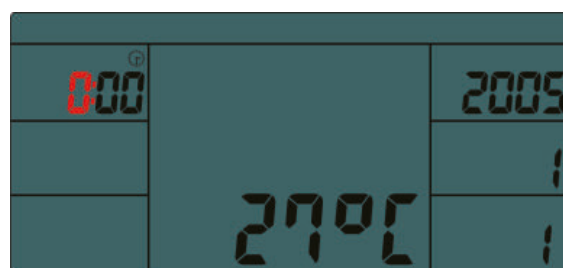


fig. 2

2. First you set the year (STROKES); the month (CALORIES); the day (PULSE) in the time window. After the confirmation, ALARM flashes. Press UP to set ON/OFF, the alarm signal. When the signal is not displayed, press ENTER to get to the next. When the alarm signal shows ON, press ENTER to set the alarm times (like time setting). After the setting, you switch to the sport figures (fig. 3).

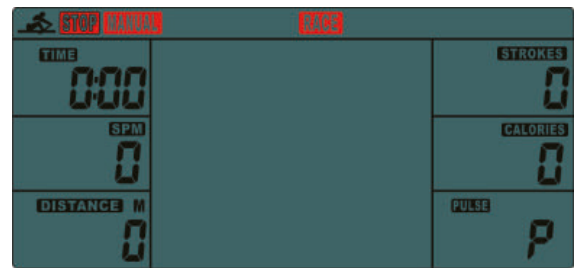


fig. 3

3. When you are in the SPORT figures, MANUAL & RACE flash for being selected. Press UP or DOWN to select and confirm all settings with ENTER.

3.4 Programmes

3.4.1 Manual programme

1. In the MANUAL mode, press UP to set the time. Confirm with ENTER. Press UP to set distance, strokes, calories, pulse, and time. (Once the time is set, the distance can no longer be set. Enter the time with /16 to change the display, when you are at START. Once the distance is set, the time can no longer be set. Enter the distance with /16 to change the display, when you are at START.) You can change the display every 100 metres insofar neither time nor distance have been set.
2. Press START to start the training. STOP is no longer displayed. Press UP or DOWN to select functions.

When the selected function has counted down to zero or you have pressed stop, the display stops and shows an average value.



fig. 4

3.4.2 Race programme

- In the RACE mode, L1 flashes, the TIME/500M is displayed with 8:00. Press UP or DOWN to set L1 to L15 right now. Confirm with ENTER. Then you can set the distance of the race (500 m to 10,000 m) while DISTANCE is lighting up. Press ENTER and the RACE figure is shown on the display.

The values of time TIME/500M are as follows:

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

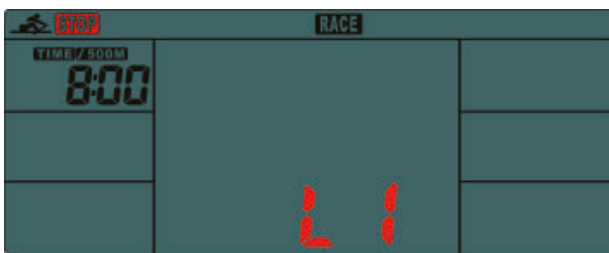


fig. 5

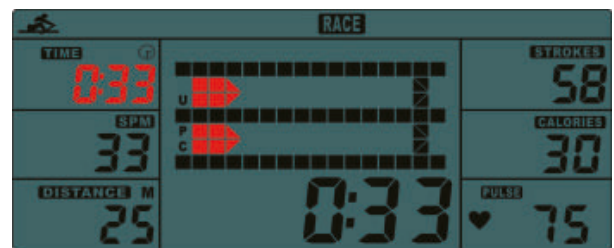


fig. 6

- Press START to start the training. STOP is no longer displayed. USER & PC is shown on the display (fig. 6). The display stops once you have reached the distance of the race previously set. Then „PC WIN“ or „USER WIN“ (fig. 7) is displayed and the energy level is also displayed after six seconds.
- Once the race is finished, press START to start a new race. Press RESET to leave the RACE mode.



fig. 7

3.5 RECOVERY - Fitness test

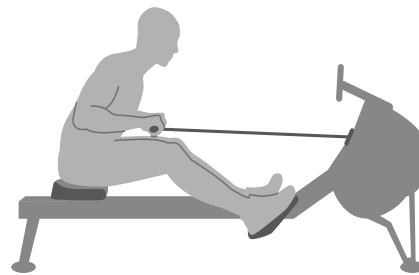
Keep wearing the chest strap after the training and press RECOVERY. All function displays stop. Only TIME starts counting down from 00:60 to 00:00. The screen displays your heart rate recovery level with F1, F2,... to F6. F1 stands for the best mark, F6 stands for the worst result. Continue exercising to improve your heart rate recovery level. (Press RECOVERY again to return to the main menu.)

3.6 Notes on correct rowing

Body moves towards the handle

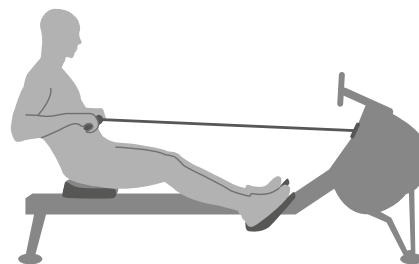
Wrong

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



Right

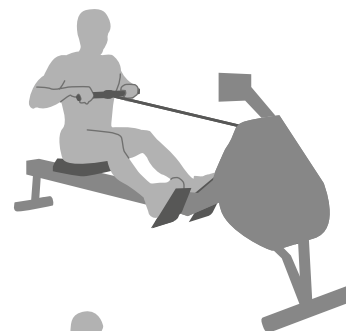
At the end of the movement, the user slightly leans back, holds the legs down, keeps the upper body straight and pulls the handle to the body.



Straddled elbows

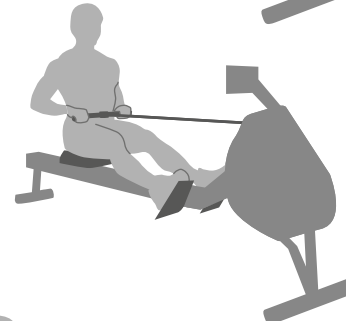
Wrong

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

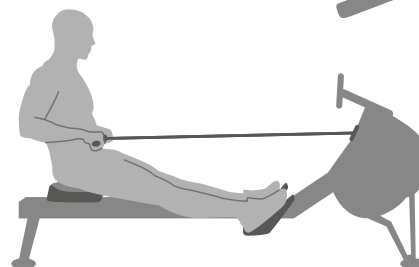
Pull the handle to the body with straight wrists and the elbows close to the body. The elbows are brought behind the head while the handle is pulled to your waist.



Do not completely extend

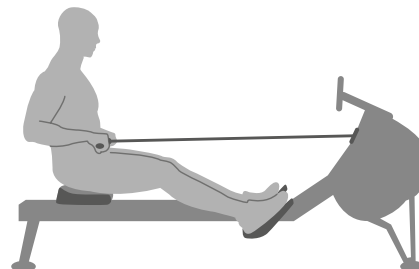
Wrong

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



Right

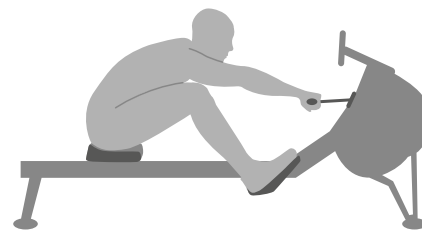
Keep your knee slightly bent at all times even at the end of the movement instead of stretching it completely.



Leaning too far forward

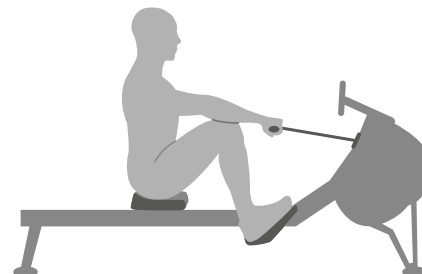
Wrong

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

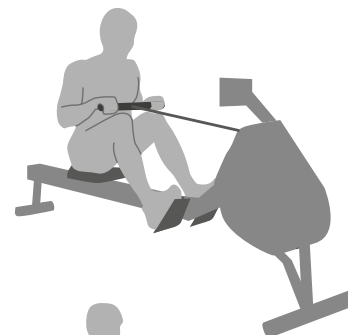
The shins are vertical. The body is pressed against the legs, the arms are completely stretched out in front and the body is slight bent forward. This position should be pleasant.



Rowing with bent arms

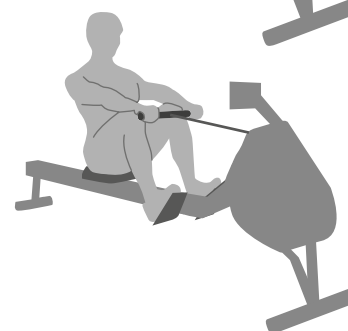
Wrong

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



Right

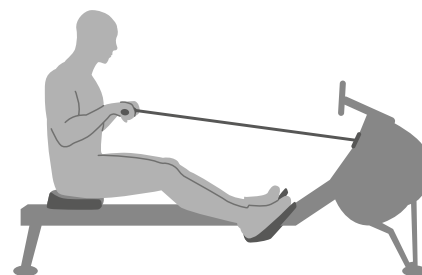
The user begins by stretching out the legs, relaxing the back and stretching the arms.



Bent wrists

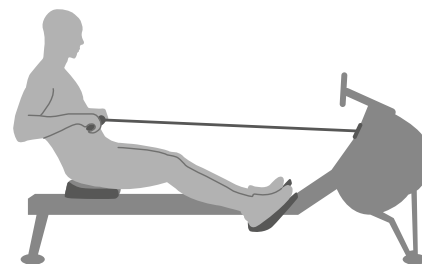
Wrong

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.

4.3 Folding Mechanism

① NOTICE

The equipment is foldable and thus saves space when it is stored. It also makes it easier to transport.

4.3.1 Folding Up the Rowing Machine

⚠ WARNING

+ Try not to operate the equipment when it is folded up.

⚠ CAUTION

+ Do not lean on the equipment when it is folded and do not place anything on top of it that may make the equipment unstable or fall down.

▶ ATTENTION

+ Make sure that nothing is standing next to or on top of the equipment that can be spilled or thrown or that makes it impossible to fold the equipment.

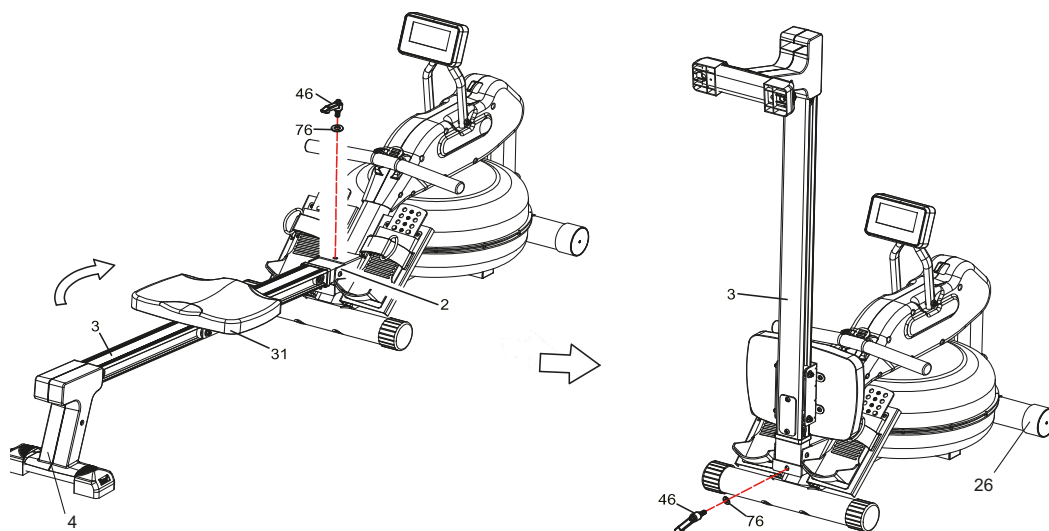
1. Remove the adjusting lever (46) and the washer (76) from the main frame (2).
2. Fold the rail (3) and lock it in the folded position with the adjusting lever (46) and the washer (76). Please make sure that the rail (3) is safely locked and that it cannot fall down.

4.3.2 Unfolding the Rowing Machine

▶ ATTENTION

+ Make sure that nothing is standing next to or on top of the equipment that can be spilled or thrown or that makes it impossible to unfold the equipment.

1. Remove the adjusting lever (46) and the washer (76) from the main frame (2).
2. Unfold the rail (3) and lock it with the adjusting lever (46) and the washer (76).



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"> + Sources of interference in the room + unsuitable chest strap + Wrong position of chest strap + Chest strap defective or battery empty + Pulse display defective 	<ul style="list-style-type: none"> + Eliminate sources of interference (e.g. mobile phone, WLAN, lawn mower and vacuum cleaner robot, etc. ...) + Use a suitable chest strap (see RECOMMENDED ACCESSORIES). + Reposition chest strap and/or moisten electrodes + Changing batteries

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 lubrication of 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.

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:

Model Name:

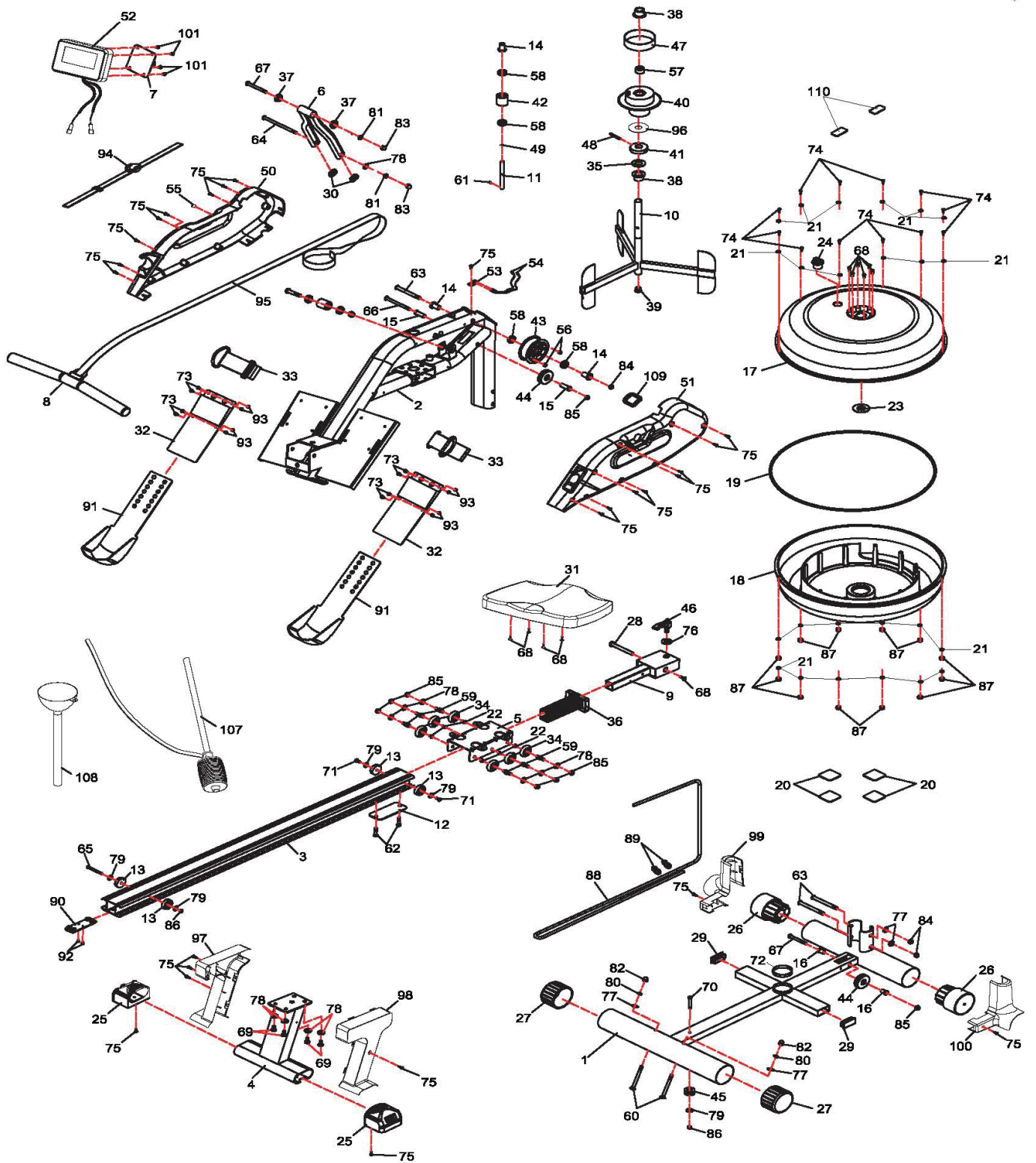
Article Number:

8.2 Parts List

No.	Qty.	Name	No.	Qty.	Name
1	1	Base Frame	32	2	Pedal Support
2	1	Main Frame	33	2	Pedal Strap
3	1	Rail	34	4	Roller
4	1	Rear Stand	35	1	Plastic Washer(\$40*\$20.5*2.0)
5	1	Seat Carriage	36	1	Front endcap
6	1	Meter Post	37	2	Plastic Bushing
7	1	Support Plate	38	2	Strap/Bungee Pulley Bushing
8	1	Handlebar	39	1	Round Plug (ø20mm)
9	1	Rail connector	40	1	Strap/Bungee Pulley
10	1	Impeller	41	1	Shaft Retainer
11	1	Impeller Shaft	42	1	Idle Roller
12	1	Rail Support Plate	43	1	Strap Pulley
13	4	Stopper	44	2	Bungee Pulley
14	3	Strap Pulley Bushing	45	1	Small Bungee Pulley
15	2	Bungee Cord Pulley Bushing	46	1	Fixing Lever
16	2	Small Bungee Cord Pulley Bushing	47	1	Hook Pad
17	1	Upper Tank	48	1	Spring Pin (ø6 x 57mm)
18	1	Lower Tank	49	1	E Ring (ø10mm)
19	1	Rubber Ring Seal	50	1	Left Cover
20	4	Lower Pad (50*50*T2.0)	51	1	Right Cover
21	24	Stainless Washer	52	1	Meter
22	4	Plastic Washer (\$13*\$6.5*1.5)	53	1	Sensor Holder
23	1	Impeller Shaft Seal	54	2	Sensor Wire
24	1	Fill Plug	55	1	Grommet
25	2	Adjustable Endcap (oval 40mm x 80mm)	56	1	Magnet
			57	1	One-way Bearing (FCB-20)
26	2	Wheel Endcap (ø76mm)	58	4	Bearing (6000zz)
27	2	Round Endcap (ø76mm)	59	4	Roller Shaft
28	1	Barrel Nut(M10x1.25x88mm)	60	2	Carriage Bolt (M10 x 1.25 x 85mm)
29	2	Rectangular Plug (25mm x 50mm)	61	1	Set Screw (M5 x 0.8 x 8mm)
30	2	Oval Plug (15mm x 30mm)	62	2	Bolt, Round Head(M8 x 20mm)
31	1	Seat			

63	3	Bolt, Round Head (M10 x 1.5 x 95mm)	92	2	Bolt, Flat Socket Head (M4x 1.25 x 12mm)
64	1	Bolt, Button Head (M8 x 1.25 x 135mm)	93	8	Nylock Nut (M5 x 0.8)
65	1	Bolt, Button Head (M6 x 58mm)	94	1	Manual
66	1	Bolt, Button Head (M8 x 1.25 x 95mm)	95	1	Strap
67	2	Bolt, Round Head (M8 x 1.25 x 65mm)	96	1	Plastic Washer (ø20.5 x ø60 x 2mm thick)
68	11	Bolt, Button Head (M6 x 1 x 15mm)	97	1	Left rear cover
69	4	Bolt, Hex Head (M8 x 1.25 x 18mm)	98	1	Right rear cover
70	1	Bolt, Button Head (M6 x 1 x 50mm)	99	1	Left front Cover
71	2	Bolt, Cross Head (M6 x 20 mm)	100	1	Right front cover
72	1	RUBBER RING	101	4	bolts (M5*10)
73	8	Bolt, Round Head (M5 x 0.8 x 12mm)	102	1	Socket Wrench
74	12	Stainless Screw, Round Head (M3 x 0.5 x 20mm)	103	1	Allen Wrench(5mm)
75	25	Screw, Round Head (M4 x 16mm)	104	1	Allen Wrench(6mm)
76	1	Washer (M10)	105	1	Combination Wrench
77	4	Arc Washer (M10)	106	1	Caution Lable
78	9	Washer (M8)	107	1	Syphon Pump
79	4	Washer (M6)	108	1	Funnel
80	2	Lock Washer (M10)	109	1	Wire Plug
81	1	Lock Washer (M8)	110	2	Upper Pad (25*50*T2.0)
82	2	Acorn Nut (M10 x 1.5)			
83	2	Acorn Nut (M8 x 1.25)			
84	3	Nylock Nut (M10 x 1.5)			
85	6	Nylock Nut (M8 x 1.25)			
86	2	Nylock Nut (M6 x 1)			
87	12	Stainless Nylock Nut (M3 x 0.5)			
88	1	Bungee Cord			
89	2	Aluminium Clasp			
90	1	Plate			
91	2	Pedal Cap			

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

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

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!

