



## Assembly and Operating Instructions



max. 120 kg



~ 60 Min. 



 54 kg

L 128 | W 67 | H 121

FSCSTBC60.01.01

Art. No. CST-BC60

Recumbent Bike **BC60**



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thank you for choosing fitness equipment from cardiostrong®. cardiostrong offers high-quality home fitness equipment that is optimally adapted to the conditions at home. Train at home no matter what the weather or time of the day. cardiostrong fitness equipment offers training programmes and a variety of equipment for all training levels and all training goals.

Further information can be found at [www.fitshop.com](http://www.fitshop.com) or [www.cardiostrong.de](http://www.cardiostrong.de).

We hope you enjoy your training!

**Intended Use**

The equipment may only be used for its intended purpose.

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

**Legal Notice**

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

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## ABOUT THIS MANUAL

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



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

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

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

### Accuracy classes

Class A: high accuracy.

Class B: medium accuracy.

Class C: low accuracy.

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

### Use classes

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

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

**Class H** (home use): use at home.

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

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

The following safety instructions may appear in this manual:

► **ATTENTION**

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

⚠ **CAUTION**

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

⚠ **WARNING**

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

⚠ **DANGER**

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

ⓘ **NOTICE**

This notice indicates further useful information.

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

## 1.1 Technical Data

### LED display

- + speed in km/h
- + training time in min
- + training distance in km
- + cadence (rotations per minute)
- + calories burnt in kcal
- + heart rate (when using the hand sensors or a chest strap)
- + Watt
- + resistance level

User memory:	4
Total number of training programs:	19
Manual programs:	1
Pre-set programs:	12
Watt-controlled program:	1
Heart rate controlled programs:	4
User defined program:	1
Balance mass:	9 kg
Resistance system:	electronic magnetic brake system
Resistance levels:	16
Watt:	30 - 330 Watt (adjustable in 5-Watt increments)

### Weight and dimensions

Item weight (gross, incl. packaging):	60.8 kg
Item weight (net, without packaging):	54 kg
Package dimensions (H x W x D):	approx. 145 cm x 33 cm x 66 cm
Set-up dimensions (H x W x D):	approx. 128 cm x 66.5 cm x 120.5 cm
Maximum user weight:	120 kg (264 lbs)
Use class:	H



## 1.2 Personal Safety

### **DANGER**

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

### **WARNING**

- + This equipment may not be used by children under the age of 14.
- + Children should not be allowed unsupervised access to the equipment.
- + Persons with disabilities must have a medical license and must be under strict observation when using the equipment.
- + The equipment is strictly for use by one person at a time.
- + If your equipment provides a safety key, the clip of the safety key must be attached to your clothing before starting your training. In the event of a fall, the EMERGENCY STOP of the equipment can be initiated.
- + There is a risk of injury from spinning pedals and/or an exposed flywheel in the absence of a freewheel. Never get on or off the equipment when the pedals or the flywheel are still moving. Always make sure that the pedals and the flywheel have come to a complete stop.
- + Support yourself with at least one hand on the handlebar when getting on and off the equipment. Only dismount from the equipment when the pedals have come to a complete stop.
- + 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.
- + Always tighten the pedal strap before you start training to prevent your feet from slipping.

**CAUTION**

- + Be aware that if adjustment devices are left protruding, they may impede the user's movement.

**ATTENTION**

- + Do not insert any objects of any kind into the openings of the device.
- + To protect the equipment from use by unauthorised third parties, always remove the power cable when not in use and store it in a safe place that is inaccessible to unauthorised persons (e.g. children).
- + Class B and C crank training equipment is not suitable for high accuracy purposes.

## 1.3 Electrical Safety

**DANGER**

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

**WARNING**

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

**ATTENTION**

- + The equipment requires a mains connection of 220-230 V with 50 Hz mains voltage.
- + The equipment may only be connected directly to an earthed socket using the supplied mains cable. Extension cables must conform to VDE guidelines. Always completely unwind the mains cable.
- + The socket must be protected by a fuse with a minimum fuse rating of "16 A, slow blow".
- + Do not make any changes to the mains cable or the mains plug.
- + Keep the mains cable away from water, heat, oil and sharp edges. Do not route the mains cable underneath the equipment or under a carpet or rug, and do not place any objects on top of it.
- + If your purchased item is equipped with a TFT console, software updates must be carried out regularly. Follow the instructions on the console to perform the update(s).
- + The software systems on gym equipment with TFT consoles are set up only for the pre-installed apps. Do not install any additional apps.

**NOTICE**

- + The pre-installed apps on TFT consoles are produced and provided by external manufacturers. Fitshop does not take any responsibility for the availability, functionality or contents of these apps.

## 1.4 Set-Up Place



### **WARNING**

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



### **CAUTION**

- + Choose a location in which to place the equipment such that there is enough free space/clearance to the front, the rear and to the sides of the equipment.
- + 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 free area in the direction from which the exercise equipment is accessed must be at least 0.6 m larger than the exercise area.
- + The set-up and mounting surface of the equipment should be flat, loadable and solid.



### **ATTENTION**

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

### 2.1 General Instructions



#### **DANGER**

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



#### **WARNING**

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



#### **CAUTION**

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



#### **ATTENTION**

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



#### **NOTICE**

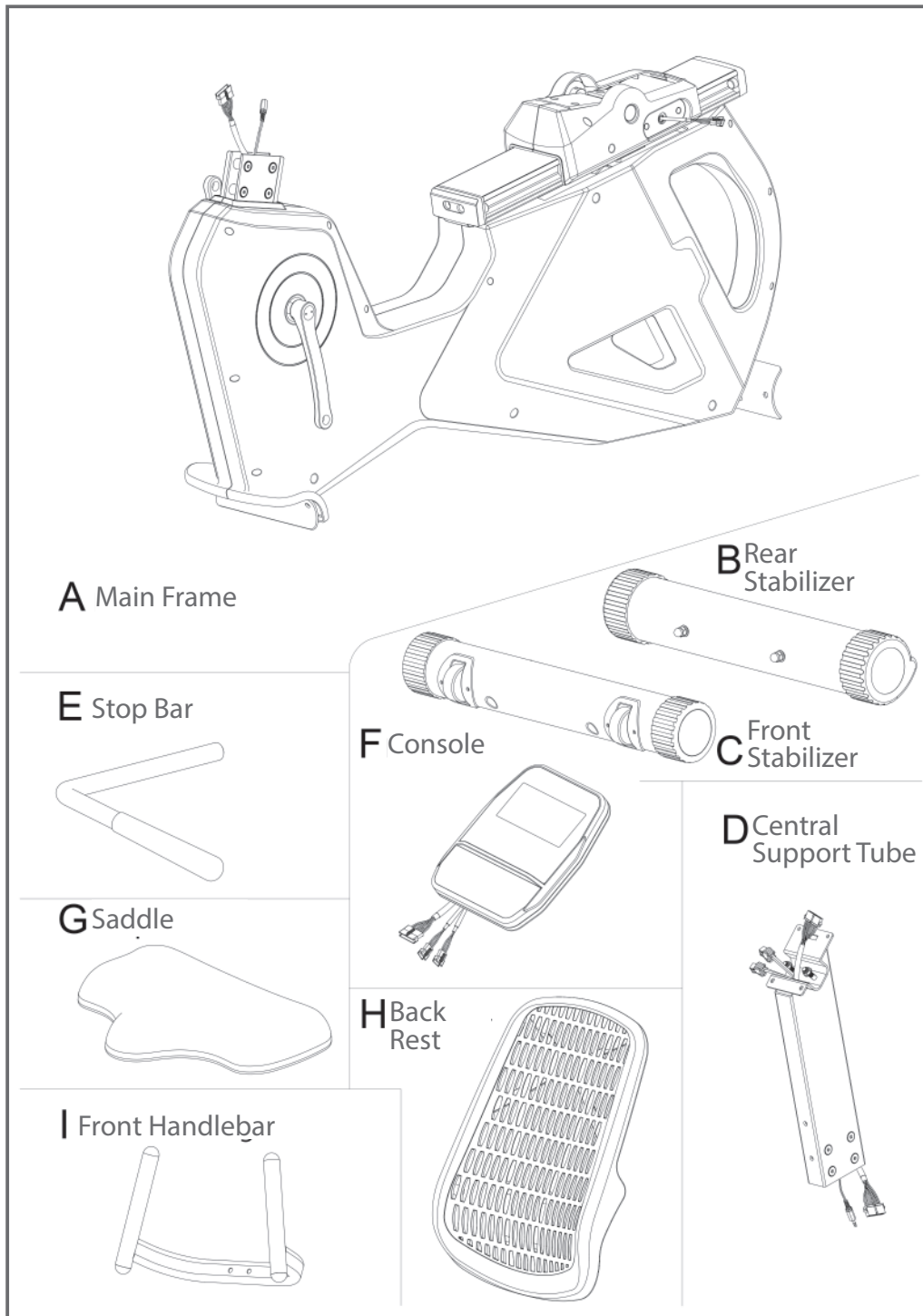
- + In order to make the assembly as simple as possible, some screws and nuts to be used can already be pre-assembled.
- + Ideally, assemble the equipment at its later set-up place.

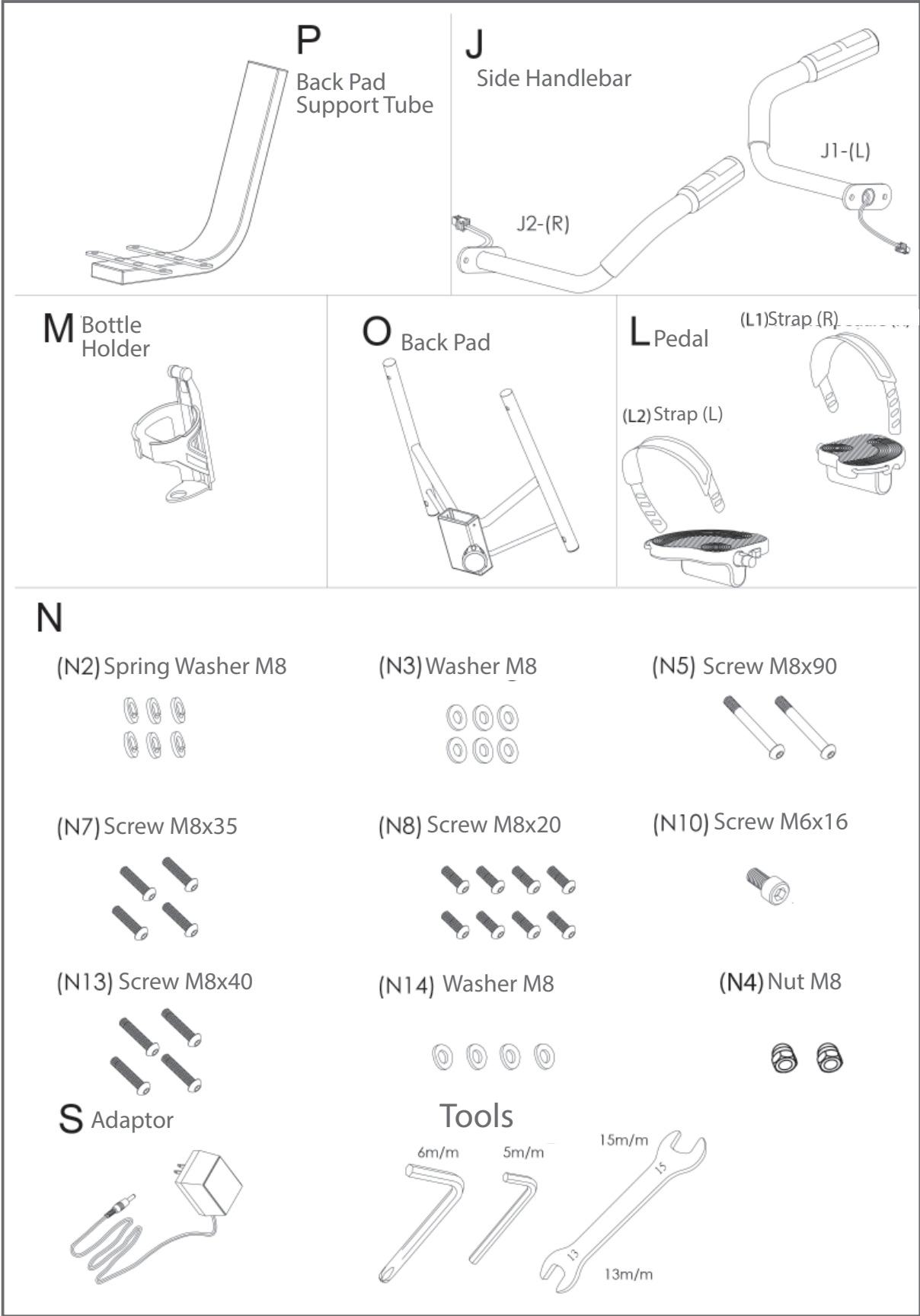
## 2.2 Scope of Delivery

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

**⚠ CAUTION**

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



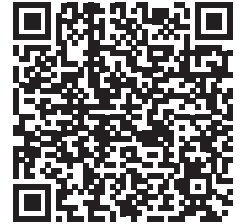


## 2.3 Assembly

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

### ① NOTICE

- + First loosely screw all parts together and check that they fit properly. Tighten the screws using the tool only when you are instructed to do so.
- + If you have difficulty recognising the graphics, we recommend that you open and/or download the PDF instructions stored in the webshop on your end device (e.g. smartphone, tablet or PC). There you have the option of zooming in closer. Please note that the Adobe Acrobat Reader programme must be installed on your end device in order to open the file.
- + The assembly can also be found as a video under the following link: <https://www.sport-tiedje.co.uk/cardiostrong-recumbent-exercise-bike-bc60-cst-bc60#product-assembly>. To go directly to the assembly video, you can alternatively scan the QR-code.

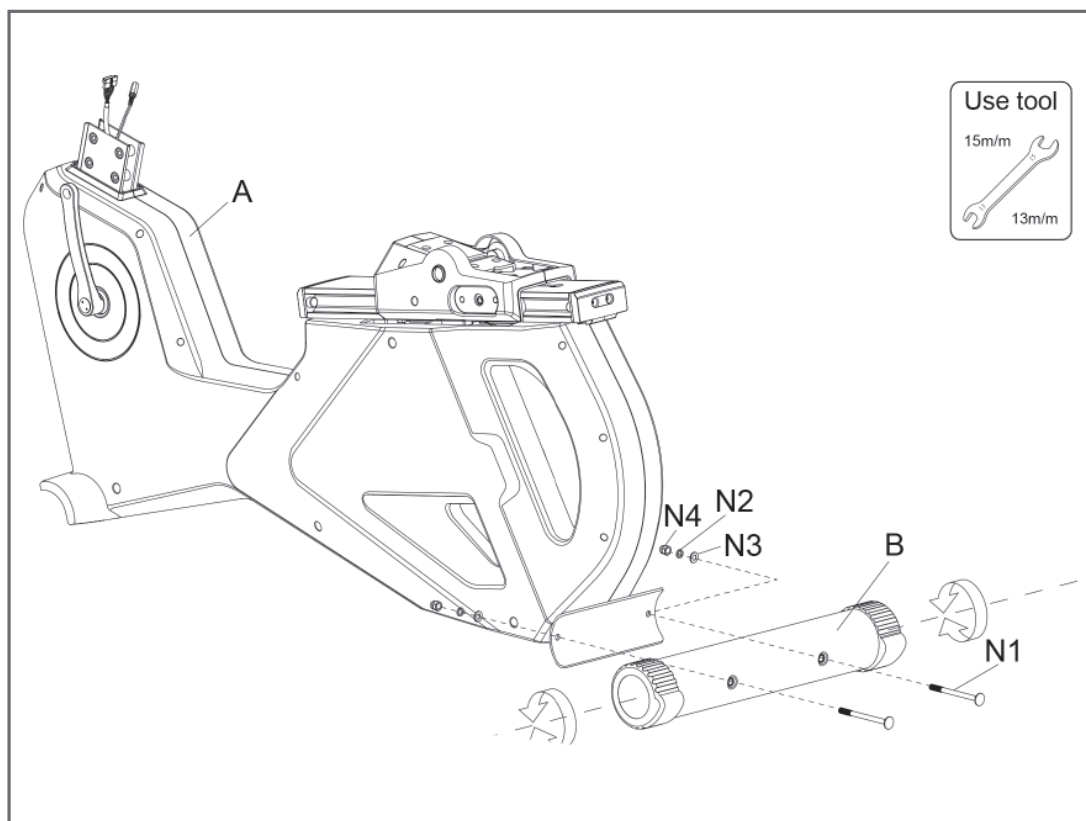


### Step 1: Assembly of rear stabiliser

Mount the rear stabiliser (B) to the main frame (A) using two screws (N1), spring washers (N2), washers (N3) and nuts (N4) and tighten the screws with the tool.

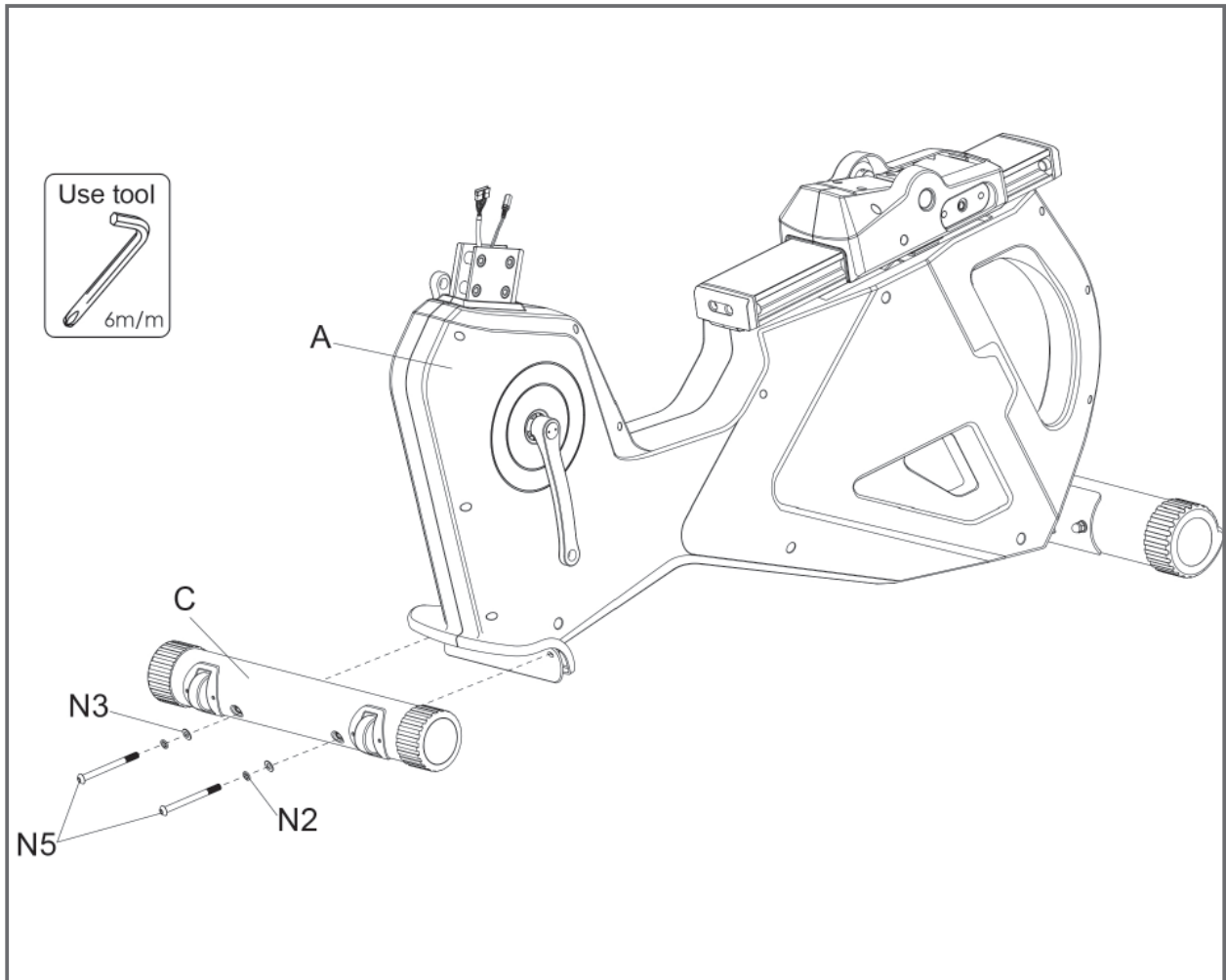
### ① NOTICE

After completing **step 1**, if the floor/equipment is not even, turn the adjustable end cap to the desired level in order to level the frame.



## Step 2: Assembly of front stabiliser

Mount the front stabiliser (C) to the main frame(A) using two screws (N5), spring washers (N2), and washers(N3) and tighten the screws with the tool.



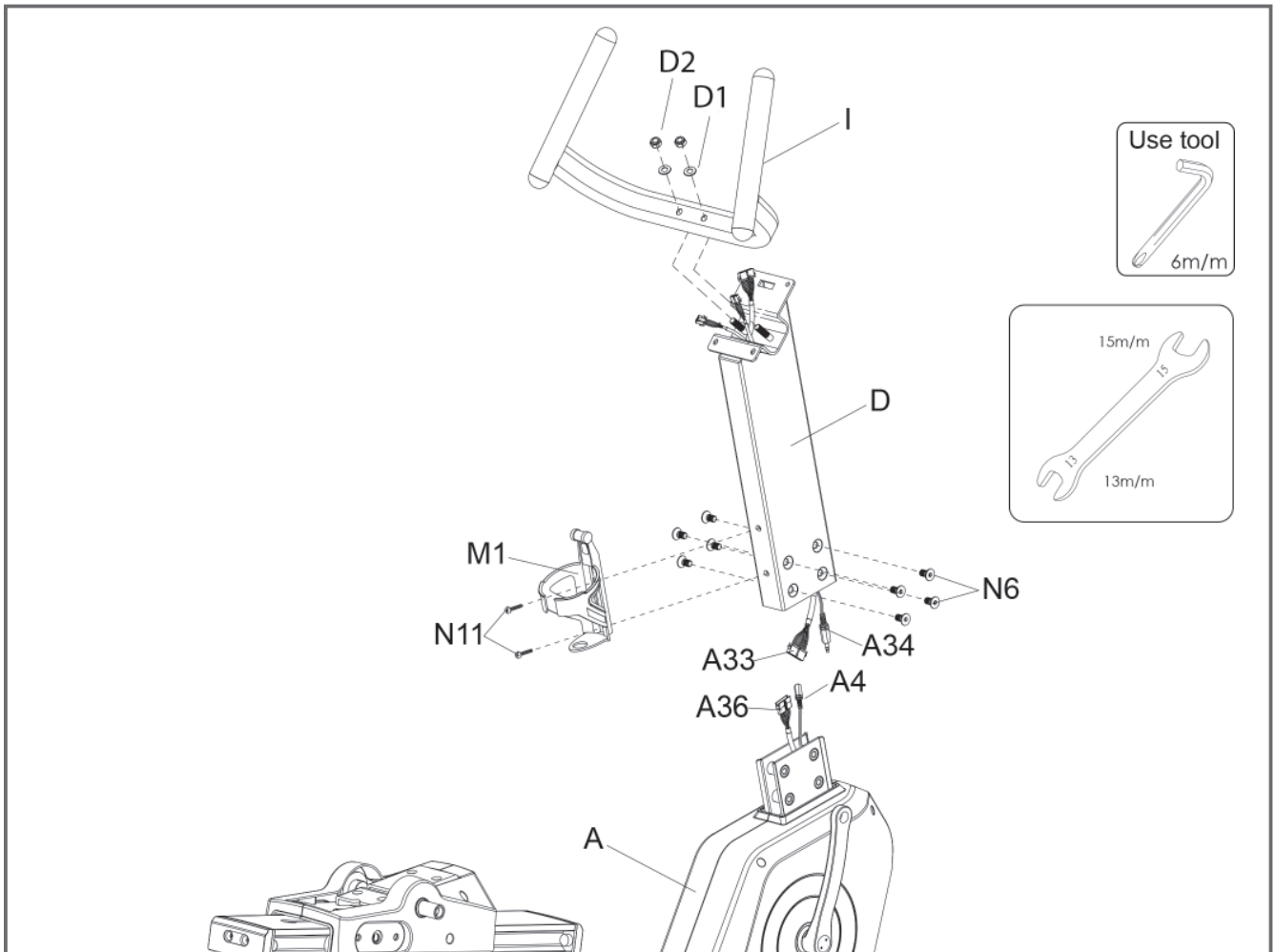


### Step 3: Assembly of central support tube

► **ATTENTION**

Make sure that the cables are connected together properly. Be careful not to pinch the cables while assembling.

1. Connect the sensor cables (A33) and (A34) to the cables (A4) and (A36).
2. Mount the central support tube to the main frame (A) with eight screws (N6).
3. Release the screw (N11) from the support tube (D) first, then mount the cup holder (M1) to the support tube (D) and secure it with screw (N11).
4. Remove the preset nuts (D2) and washers (D1) from the front handlebar (I) first.
5. Mount the front handlebar (I) to the support tube (D) with two washers (D1) and two nuts (D2).
6. Tighten the screws with the tool.

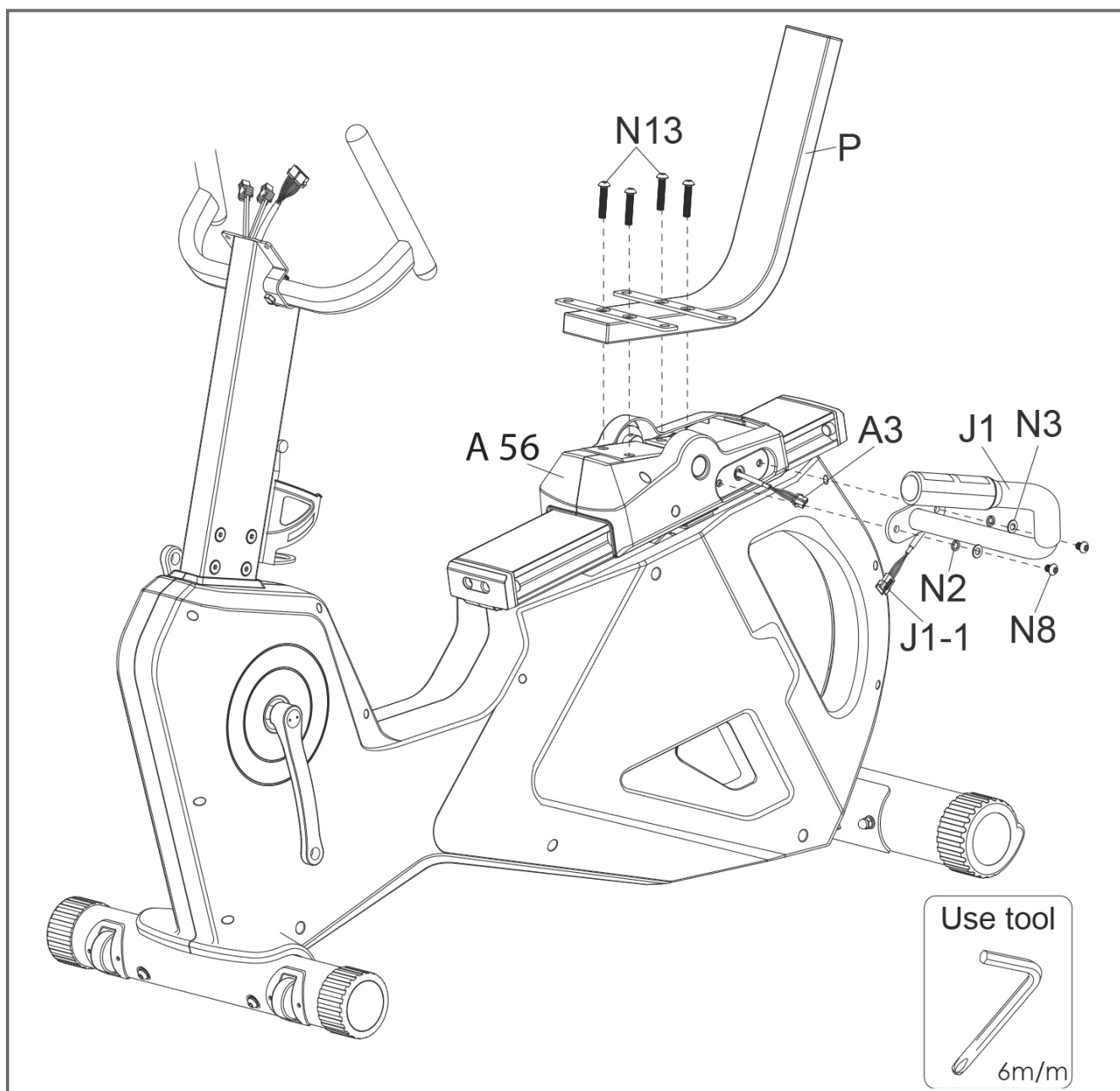


#### Step 4: Assembly of seatpost & left side handle bar

1. Mount the seatpost (P) on the sliding tracking (A56) with four screws (N13).
2. Connect the sensor cable (J1-1) with the wire (A3).
3. Mount the left side handlebar (J1) on the sliding tracking (A56) with two screws (N8), two spring washers (N2), and two washers (N3).

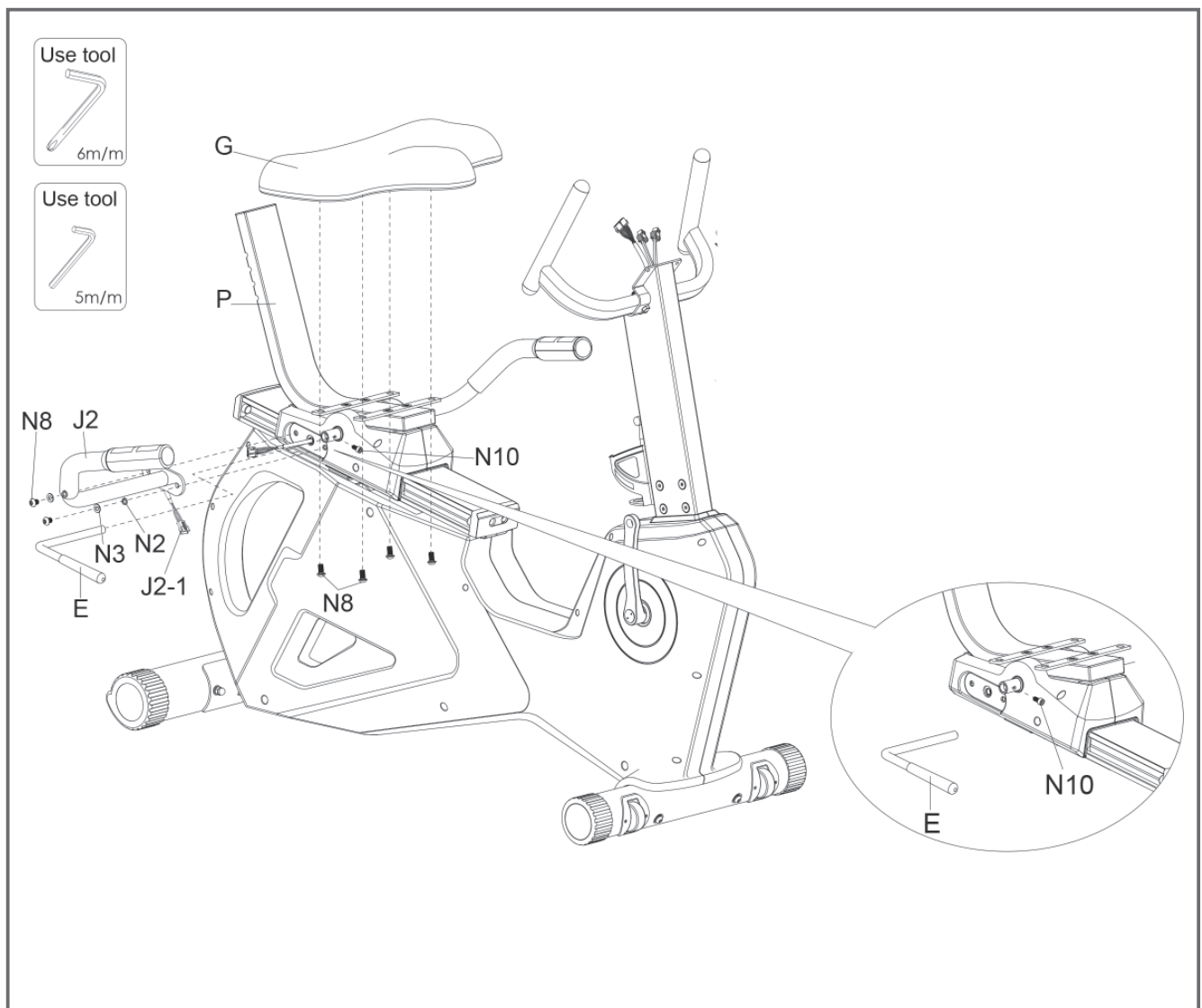
**NOTICE**

Insert excess cable in the lateral handle (J1) below the handlebar using the end cap.



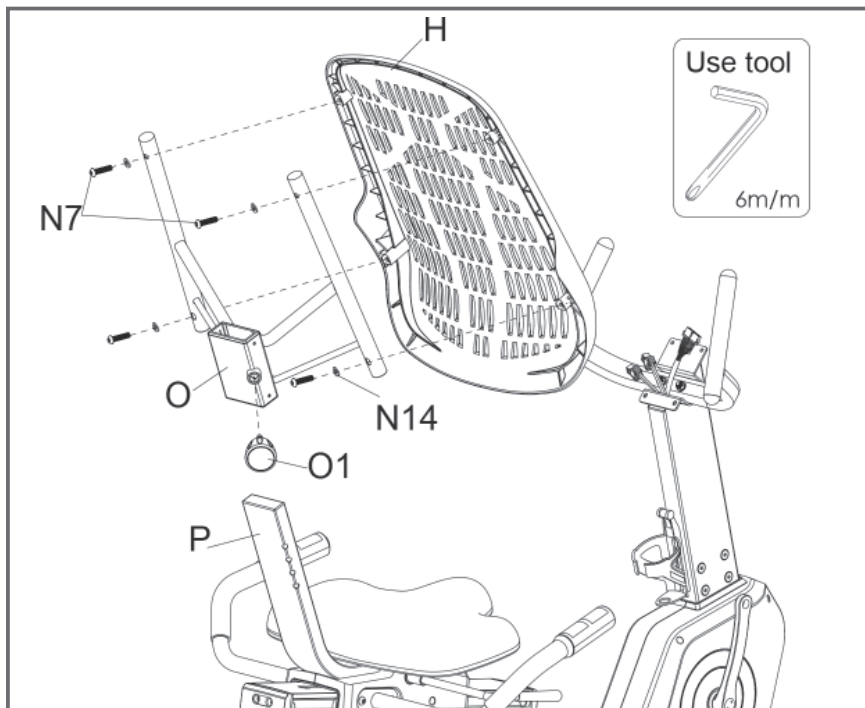
### Step 5: Assembly of right side handle bar

1. The same assembly of the right side handlebar as stated in **step 4**.
2. Slide the brake lever (E) under the seatpost and fix it with the screw plug (N10).
3. Mount the seat pad (G) on the sliding tracking (P) with four screws (N8), which are installed from underneath the seatpost and tighten the screws with the tool.



### Step 6: Assembly of backrest

- 1) Mount the backrest (H) onto the backrest holder (O) and secure it tightly with four screws (N7) and washers (N14).
- 2) Slide the backrest with holder on the back pad support tube (P) and mount it with the control knob (O1).
3. Tighten the screws with the tool.

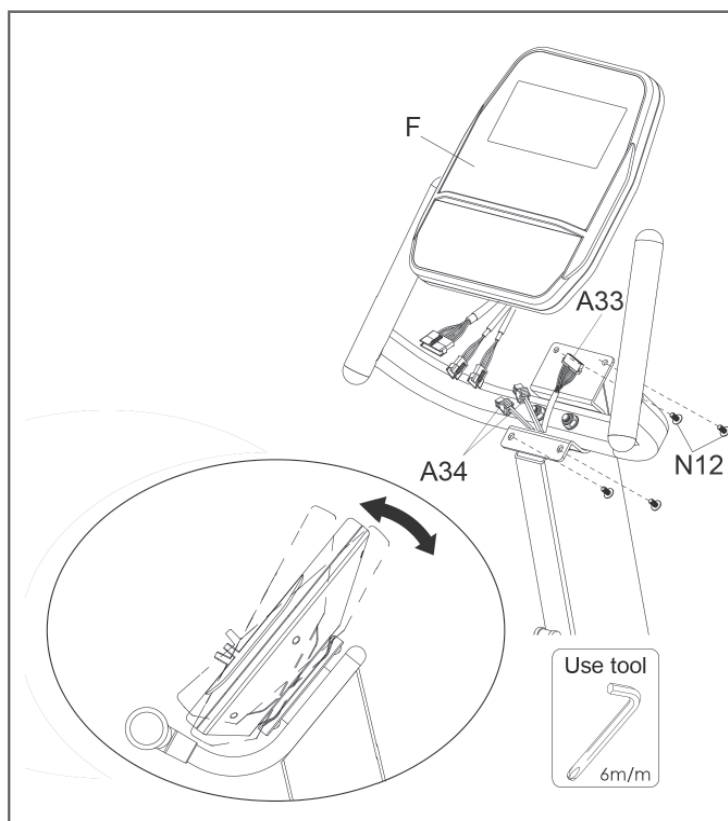


### Step 7: Assembly of console

1. Place the console (F) and connect the sensor cables (A33, A34) to the cables of the console.
2. Gently push all of the cables into the console tube. Slide the console onto the console tube.
3. Use four pre-mounted screws (N12) to mount the console.

**NOTICE**  
Screws (N12) are pre-mounted on the back side of the console. Remove those before sliding it onto the console tube.

**NOTICE**  
The console angle can be adjusted according to the user's demand to have the best view.



## Step 8: Assembly pedals

1. Mount the strap on each pedal.

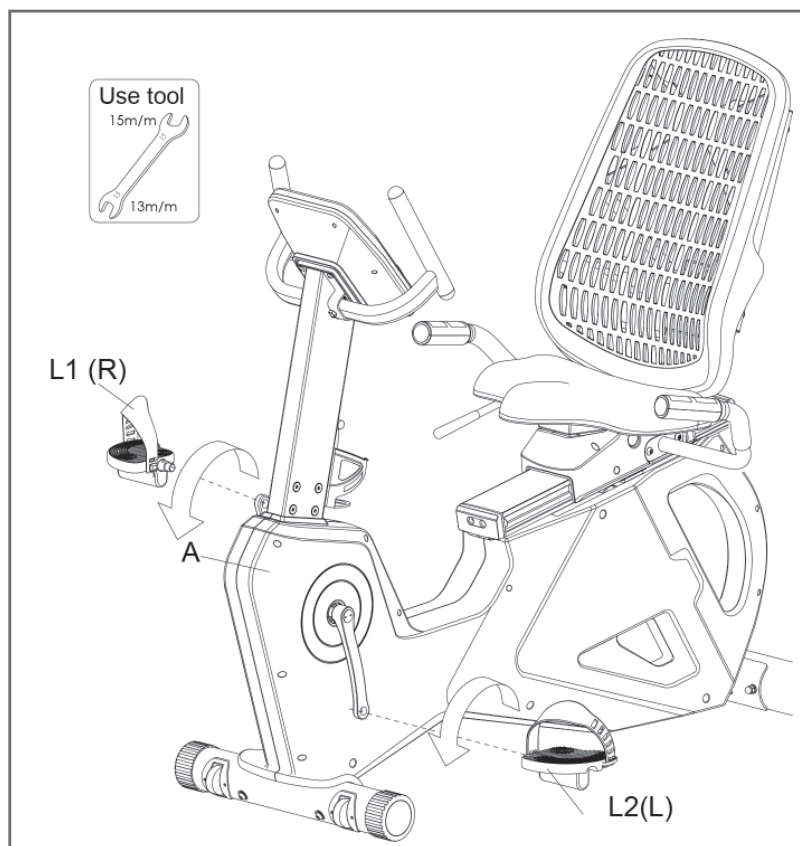
**NOTICE**

The left pedal is marked with L, the right one is marked with R.

**CAUTION**

Make sure to screw in the pedals completely.

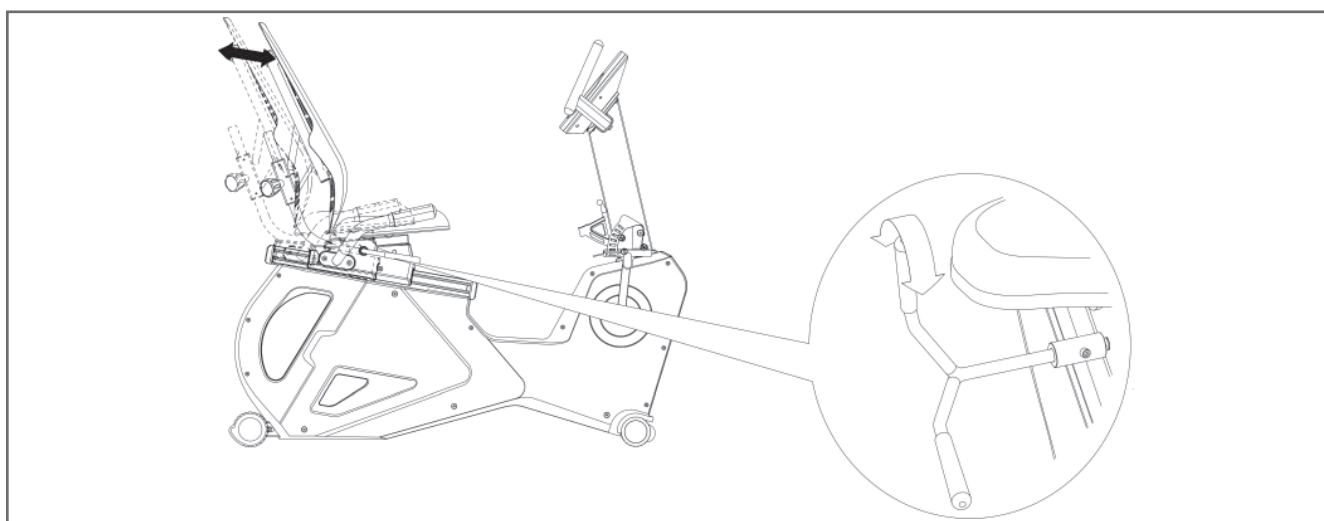
2. Screw the right pedal (L1-R) clockwise into the right crank of the main frame (A).
3. Screw the left pedal (L2-L) counterclockwise into the left crank of the main frame (A).



## Step 9: Adjusting the equipment

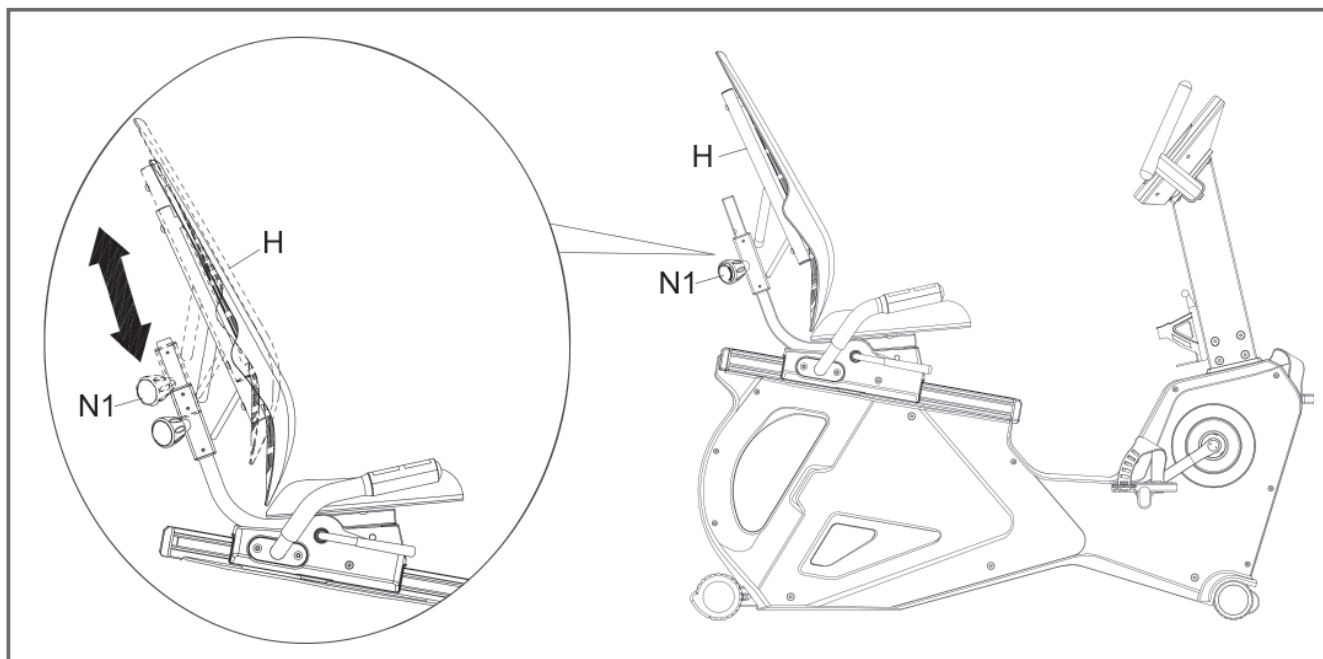
### 1) Handle for adjusting the horizontal sitting position

Pull the lever on the side of your seat back to adjust the horizontal seat position. After adjusting push the lever forward to fix the position.



## 2) Adjust the backrest

Adjust the height of the mesh backrest by pulling it up & down to find the proper height. Then tighten the knob to fix the position. Loosen respectively fix the control knob by pulling it slightly towards your body and turning it to fix or loosen it.



## Step 10: Alignment of the Feet

If the floor is uneven, you can stabilize the equipment by turning the two setting screws under the main frame.

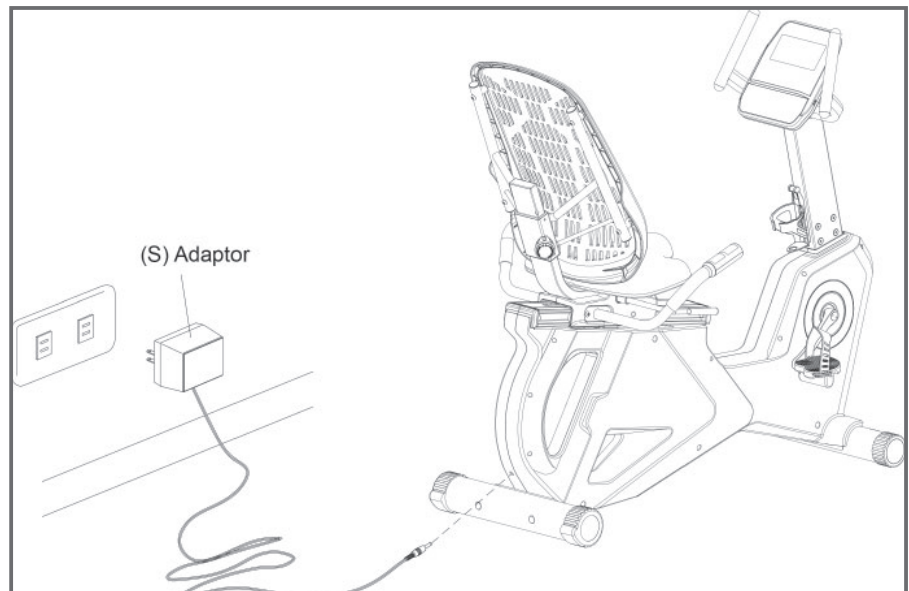
1. Lift the equipment on the desired side and rotate the setting screws under the main frame.
2. Rotate the screws clockwise in order to remove them and to raise the equipment.
3. Rotate them counterclockwise in order to lower the equipment.

## Step 11: Connecting the Equipment to the Mains Supply

### ► ATTENTION

The equipment must not be connected to a multiple socket, otherwise it cannot be guaranteed that the equipment will be supplied with sufficient power. Technical errors can result.

Plug the power plug into a wall outlet that complies with the instructions in the chapter on electrical safety.



## Correctly Getting On and Off

1. To get on, grip the handles with both hands and first step onto the left pedal with your left foot or onto the right pedal with your right foot and then place your foot onto the other pedal.
2. To get off, grip the handles with both hands and place one foot next to the equipment and then the other foot

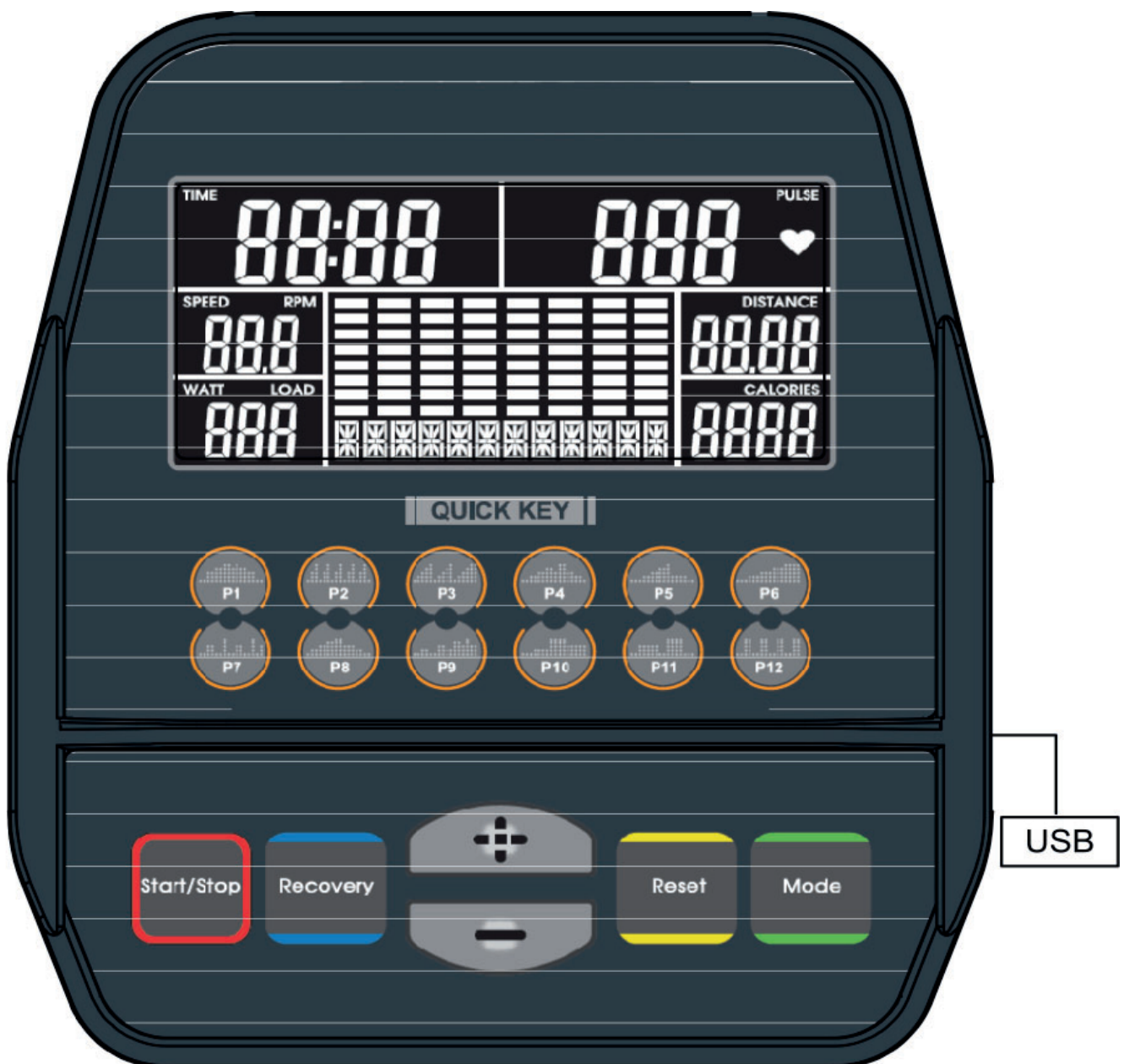


## 3 OPERATING INSTRUCTIONS

### ① NOTICE

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


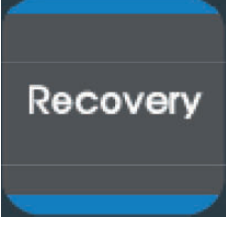
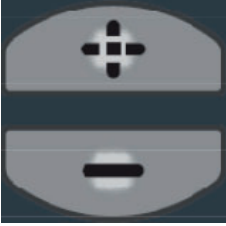


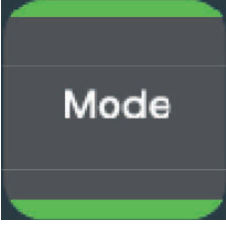
### 3.1 Console Display





<b>Time</b>	0:00 - 99:00 minutes
<b>Speed</b>	0.0 - 99.9 km/h
<b>RPM (cadence; rotations per minute)</b>	15 - 999 RPM
<b>Distance</b>	0.0 - 99.95 km
<b>Calories</b>	0 - 990 Cal
<b>Sex</b>	Male/Female (m/f)
<b>Pulse (heart rate; beats per minute)</b>	60 - 220 BPM
<b>Heart rate symbol</b>	on/off - blinking
<b>Programs</b>	P1 - P12
<b>User data</b>	U1 - U4
<b>Watt/load (output/resistance)</b>	0 - 999 Watt; Watt control: 10 - 350 Watt
<b>Level (resistance)</b>	1 - 16
<b>H.R.C. (heart rate control)</b>	55 / 75 / 90% of the max. heart rate; manual target heart rate (TAG)
<b>Age</b>	10 - 99 years
<b>Height</b>	100 - 200 cm (default value: 160 cm)
<b>Weight</b>	20 - 150 kg (default value: 50 kg) / 44 - 330 lbs (default value: 121 lbs) <b>Note that maximum user weight is 120 kg (264 lbs)</b>

## 3.2 Button Functions

	<p>START STOP</p>	<p>You can start and stop the training with this button</p>
	<p>RECOVERY</p>	<p>Check state of recovery of heart rate</p>
	<p>PLUS</p>	<p>Select training mode or increase functional value</p>
	<p>MINUS</p>	<p>Select training mode or lower functional value</p>
	<p>RESET</p>	<p>Press the button in the stop mode to return to the main menu</p>
	<p>QUICK KEY P1 - P12</p>	<p>Quick selection of the pre-set programs (12 programs)</p>
	<p>MODE</p>	<p>Confirm setting</p>

### 3.3 Turning On and Setting the Equipment

1. Connect the unit to power or press and hold the RESET button for 3 seconds.

The LCD display shows all segments with a long beep (1 second long) and display, e.g. 78.0 (software version) (fig. 1 & 2).

2. Select one of the four user profiles (U1 - U4; or U0 as guest access) with the +/- buttons and confirm your selection with the MODE button (fig. 3 & 4).
3. Set the user data with the +/- buttons: SEX (gender), AGE (age), HEIGHT (height) and WEIGHT (weight) and confirm each value with the MODE button (fig. 5-8).

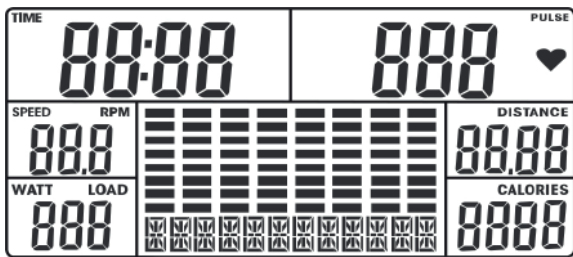


Figure 1

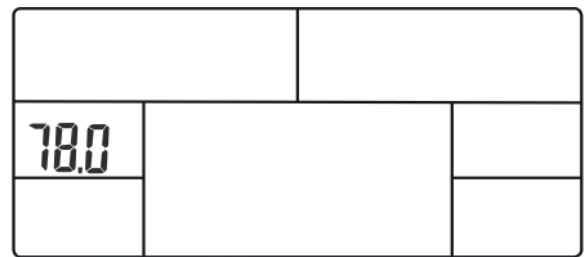


Figure 2

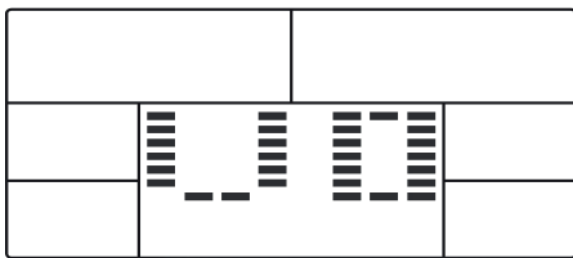


Figure 3

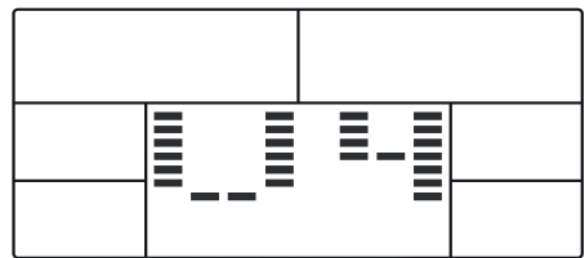


Figure 4



Figure 5

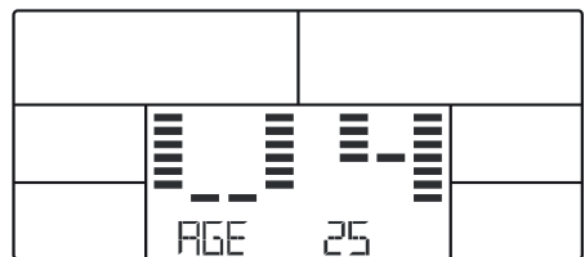


Figure 6



Figure 7



Figure 8

### 3.4 Programmes

After the user data has been entered, press MODE. Use the +/- buttons to select one of the programme modes:

- + Manual (manual training): 1
- + Program (pre-set training programmes): 12
- + User Setting (user-defined training programme): 1
- + H.R.C. (heart rate controlled training programmes): 4
- + Watt (Watt-controlled training programme): 1
- + Recovery (fitness test)

#### 3.4.1 MAN. - Manual Programme

1. Select the manual programme (MANUAL) in the main menu using the +/- buttons and confirm with the MODE button (fig. 9).
2. Set the resistance level using the +/- buttons and confirm with MODE (fig. 10).
3. Set the values for TIME, DISTANCE, CALORIES and PULSE using the +/- buttons and confirm each value with the MODE button (fig. 11-14).

*You can manually adjust the resistance during the workout by using the +/- buttons (fig 15).*

4. To start the programme, press the START button.
5. To pause the programme, press the STOP button.
6. To return to the programme, press the RESET button.
7. To return to the main menu, press and hold the RESET button for 3 seconds (fig. 16).



Figure 9



Figure 10



Figure 11

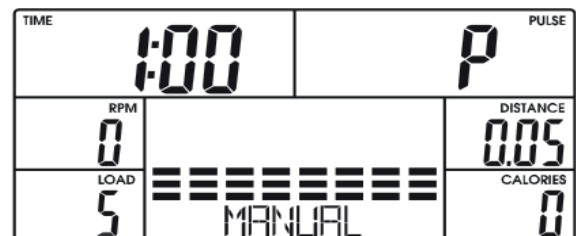


Figure 12

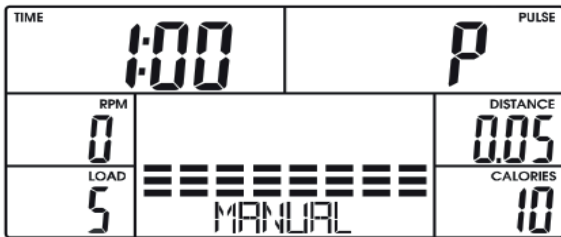


Figure 13

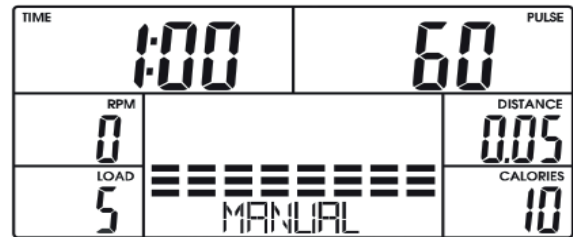


Figure 14



Figure 15

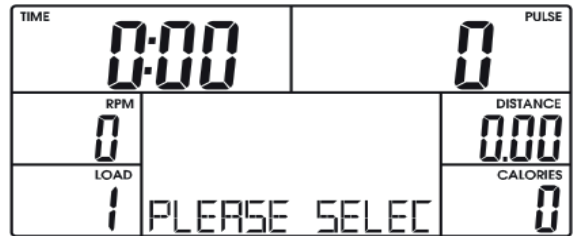


Figure 16

### 3.4.2 PROG - Pre-Set Programmes

1. Select the pre-set programmes (PROGRAM) in the main menu using the +/- buttons and confirm with the MODE button (fig. 17).
2. Select one of the 12 pre-set programmes (P1-P12) using the +/- buttons and confirm with the MODE button (fig. 18).

**NOTE**

Alternatively, you can use the quick keys to select one of the programmes (fig. 19).

3. Set the values for TIME, DISTANCE, CALORIES and PULSE using the +/- buttons and confirm each value with the MODE button (fig. 21-24).

*You can manually adjust the resistance during the workout by using the +/- buttons (fig. 20).*

4. To start the programme, press the START button.
5. To pause the programme, press the STOP button.
6. To return to the programme, press the RESET button.
7. To return to the main menu, press and hold the RESET button for 3 seconds.



Figure 17



Figure 18

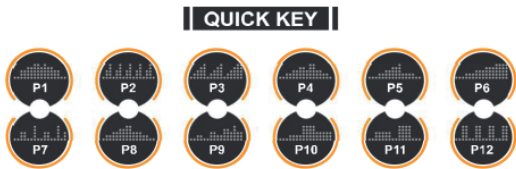


Figure 19



Figure 20



Figure 21



Figure 22



Figure 23



Figure 24

Profiles from pre-set training programs:

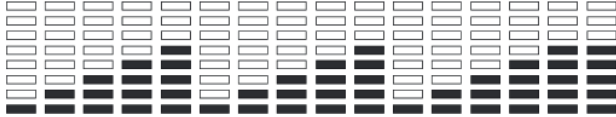
**P1**



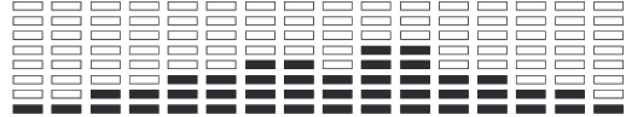
**P2**



**P3**



**P4**



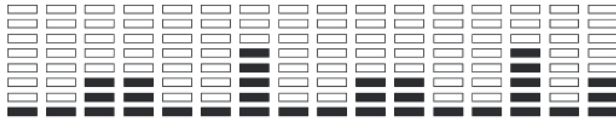
**P5**



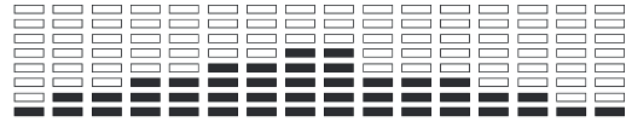
**P6**



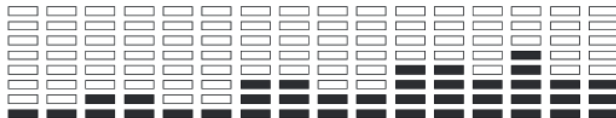
**P7**



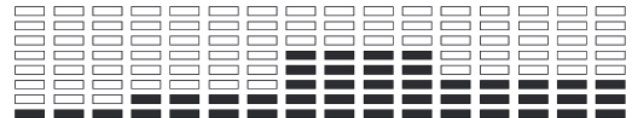
**P8**



**P9**



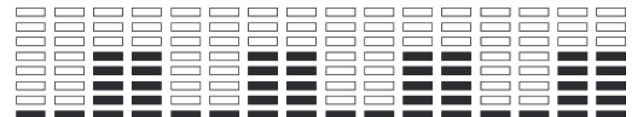
**P10**



**P11**



**P12**



### 3.4.3 USER - User Defined Programme

1. Select the user defined programme (USER) in the main menu with the +/- buttons and confirm with the MODE button (fig. 25).

**NOTICE**

A user defined programme can be set for each user profile (U1-U4).

2. Set a resistance for each of the eight segments with the +/- buttons and confirm each entry with the MODE button (fig. 26).
3. After you have assigned a resistance to each segment, press and hold the MODE button for 3 seconds.
4. Set the values for TIME, DISTANCE, CALORIES and PULSE with the +/- buttons and confirm with the MODE button (fig. 27-30).

*You can manually adjust the resistance during the workout by using the +/- buttons.*

5. To start the programme, press the START button.
6. To pause the programme, press the STOP button.
7. To return to the programme, press the RESET button.
8. To return to the main menu, press and hold the RESET button for 3 seconds.



Figure 25

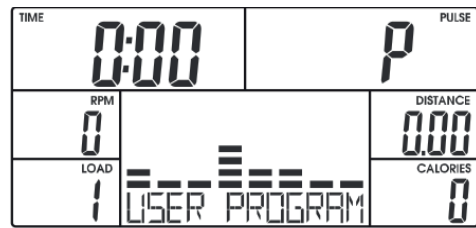


Figure 26



Figure 27



Figure 28



Figure 29



Figure 30



### 3.4.4 H.R.C. - Heart Rate Controlled Programmes

**⚠ 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. Select the heart rate controlled programmes (HRC) in the main menu with the +/- buttons and confirm with the MODE button (fig. 31).
2. Select one of the heart rate controlled programmes (55% / 75% / 90% / or target HR) with the +/- buttons and confirm with the MODE button (fig. 32-35).

**ⓘ NOTICE**

The corresponding heart rate value is calculated based on your age.

3. If you have chosen target HR, set the desired value with the +/- buttons and confirm with the MODE button.
4. Set the values for TIME, DISTANCE, CALORIES and PULSE with the +/- buttons and confirm with the MODE button (fig. 36-38).
5. To start the programme, press the START button.
6. To pause the programme, press the STOP button.
7. To return to the programme, press the RESET button.
8. To return to the main menu, press and hold the RESET button for 3 seconds.



Figure 31



Figure 32



Figure 33

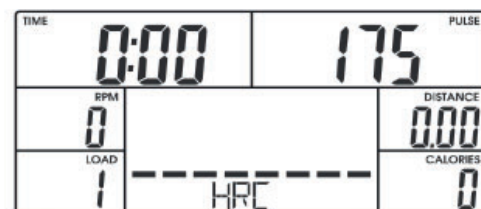


Figure 34



Figure 35



Figure 36



Figure 37



Figure 38

### 3.4.5 WATT - Watt Controlled Programme

1. Select the watt controlled programme (WATT) in the main menu with the +/- buttons and confirm with the MODE button (fig. 39).
2. Set the desired wattage value with the +/- buttons and confirm with the MODE button (fig. 40).
3. Set the values for TIME, DISTANCE, CALORIES and PULSE with the +/- buttons and confirm with the MODE button (fig. 41-44).

You can manually adjust the wattage during the workout by using the +/- buttons.

4. To start the programme, press the START button.
5. To pause the programme, press the STOP button.
6. To return to the programme, press the RESET button.
7. To return to the main menu, press and hold the RESET button for 3 seconds.

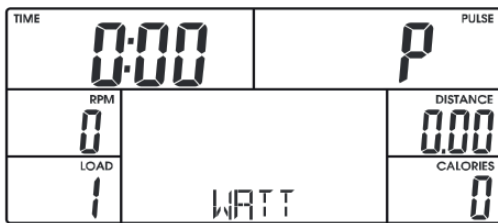


Figure 39

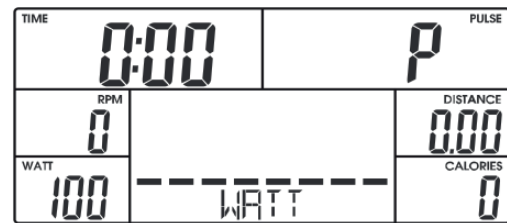


Figure 40



Figure 41

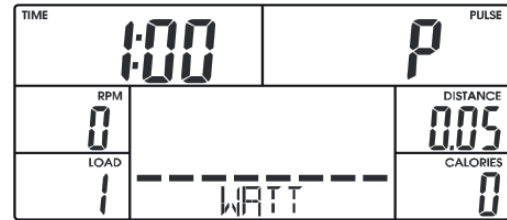


Figure 42

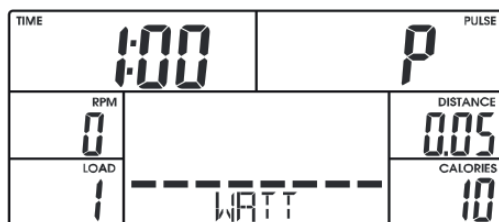


Figure 43

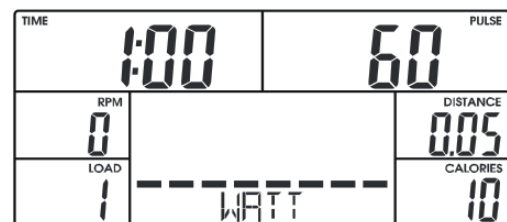


Figure 44

### 3.4.6 RECOVERY - Fitness Test

1. To start the recovery heart rate measurement, press the RECOVERY button after a training session.
2. Grasp the hand pulse sensors with both hands.

Within 60 seconds, your recovery heart rate is calculated and displayed as a score (F1-F6). F1 represents the best score, F6 the worst (fig. 47-48)

3. To return to the main menu, press the RECOVERY button again.

**NOTICE**

If your heart rate is not recorded correctly, "Er" is displayed (fig. 49).



Figure 45



Figure 46



Figure 47

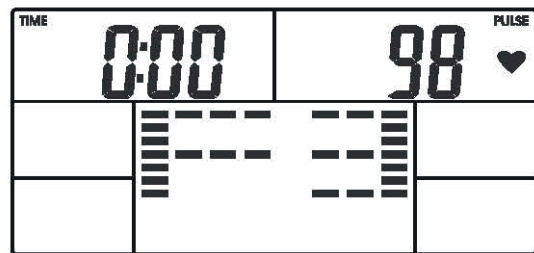


Figure 48

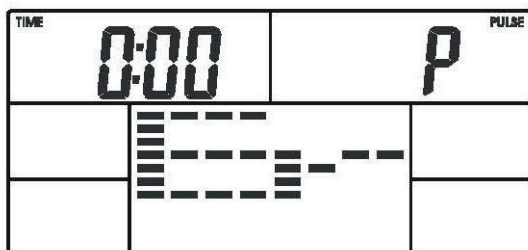


Figure 49

## 4.1 General Instructions

### ⚠ WARNING

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

### ▶ ATTENTION

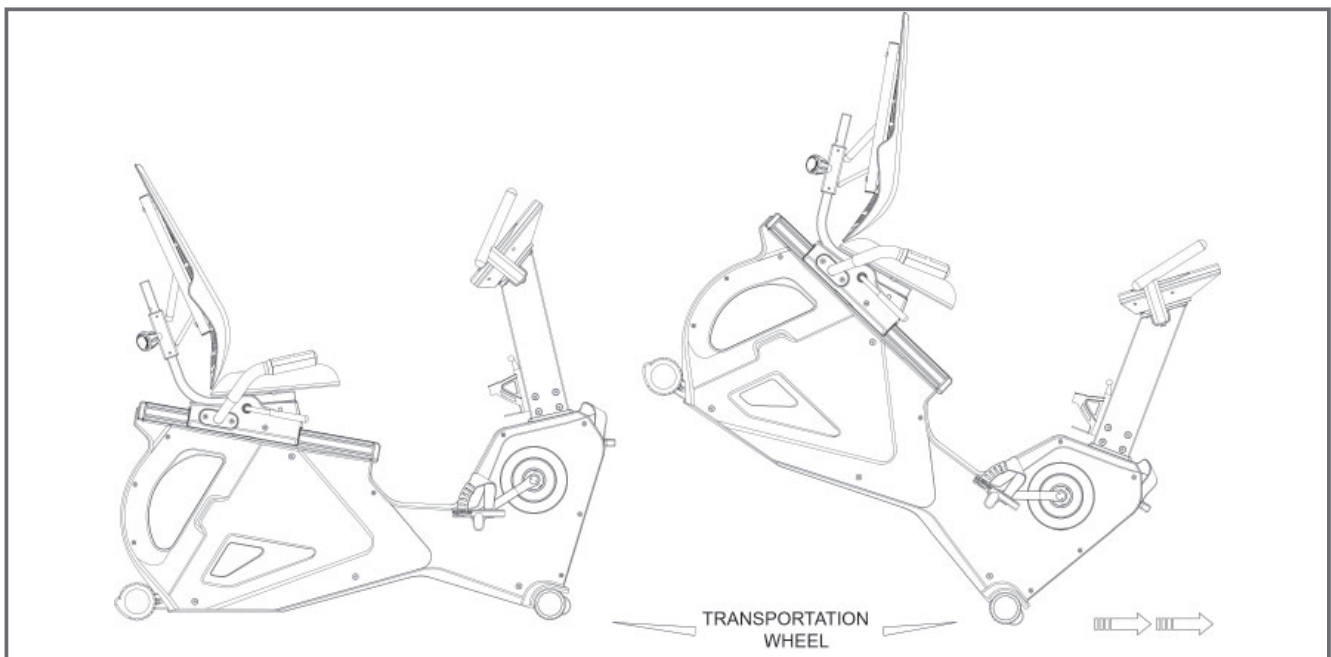
- + Make sure that the equipment is protected from moisture, dust and dirt in the selected storage location. The storage location should be dry and well ventilated and have a constant ambient temperature between 10°C and 35°C.

## 4.2 Transportation Wheels

### ▶ ATTENTION

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

1. Stand behind the equipment and lift it until the weight is transferred to the transportation wheels. After that, you easily can move the equipment to a new position. For long transport distances the equipment should be disassembled and safely packed.
2. Select the new location by following the instructions in the section 1.4 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
Crackling noise in pedal area	Loose pedals	Tighten the pedals
Equipment wobbles	Equipment is not level	Adjust the supporting feet
Handlebar/saddle wobbles	Screws are loose	Tighten screws
Display doesn't turn on	Power is disconnected	Check all screw connections and see if the plug is plugged in
No pulse reading	<ul style="list-style-type: none"> <li>+ Interference in the room</li> <li>+ unsuitable chest strap</li> <li>+ chest strap is incorrectly positioned</li> <li>+ batteries are empty</li> </ul>	<ul style="list-style-type: none"> <li>+ Eliminate sources of interference (e. g. mobile phone, loudspeaker, etc.)</li> <li>+ Use a suitable chest strap (see recommended accessories)</li> <li>+ Reposition the chest strap and/or moisten the electrodes</li> <li>+ Change the batteries</li> </ul>

### 5.3 Error Codes and Troubleshooting

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

**Please contact the contract partner for technical support**

### 5.4 Maintenance and Inspection Calendar

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

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

Part	Weekly	Monthly	Quarterly	Half-yearly	Yearly
Display console	C	I			
Tighten the pedals			I		
Plastic covers	C	I			
Screw and cable connections		I			
Check pedals for tightness		I			
Legend: C = clean; I = inspect					

## 6 DISPOSAL

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



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

## 7 RECOMMENDED ACCESSORIES

To make your training experience even more efficient and pleasant, we recommend that you add suiting accessories to your fitness equipment. For exercise bikes this could for example be a **floor mat**, which makes your fitness equipment stand more securely and also protects the floor from sweat or **silicone spray** to keep moving parts in good shape. For many exercise bikes it is possible to replace the **saddle** or **pedals**, as these are usually the same mounts used on bicycles.

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

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



saddle cover



chest strap



chest strap contact gel



floor mat



saddle



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:**

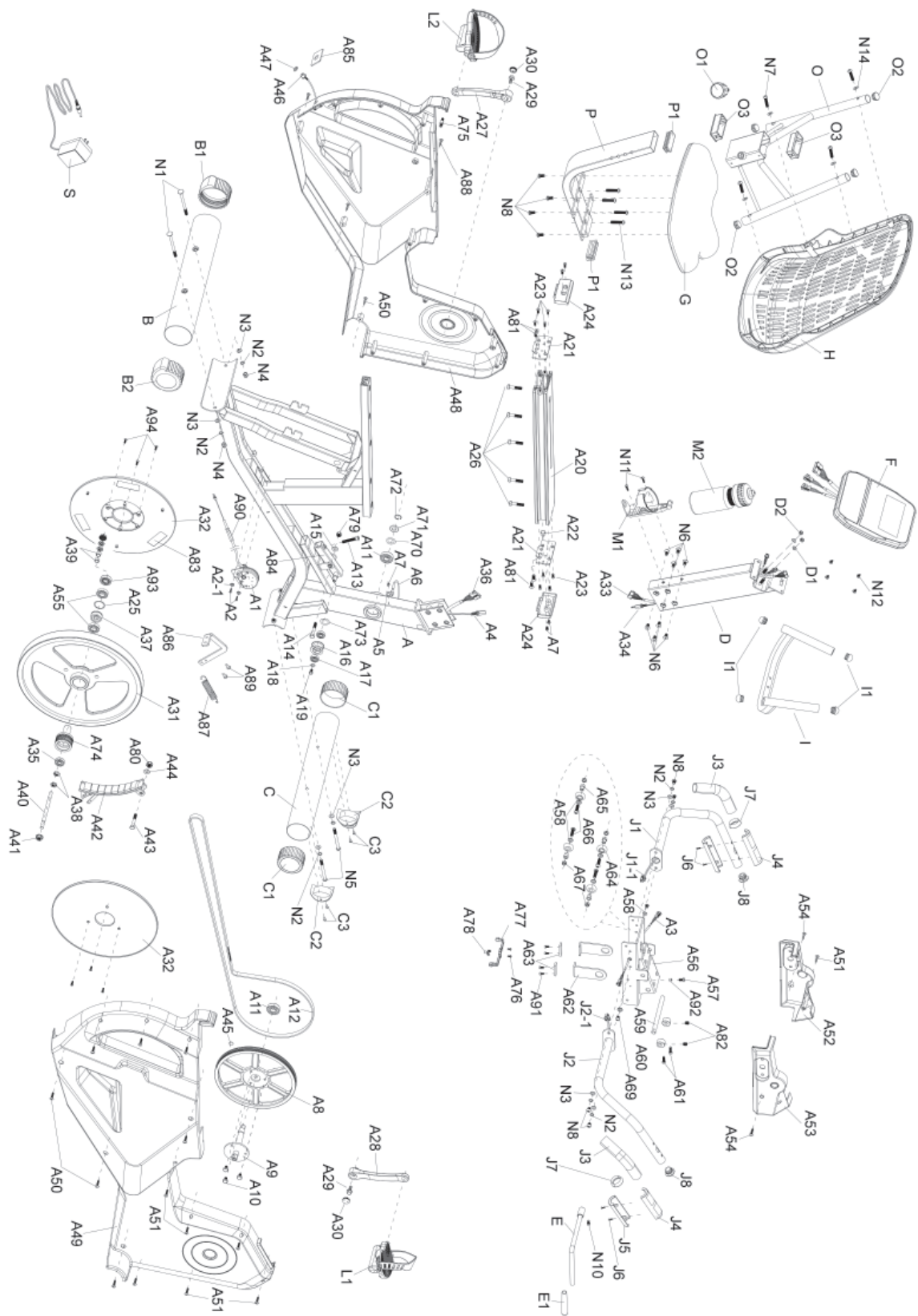
## 8.2 Parts List

No.	Name	Qty.	No.	Name	Qty.
A	MAIN FRAME	1	A32	FLYWHEEL COVER	2
A1	MOTOR	1	A33	SENSOR WIRE	6
A2	SCREW M5X12L	2	A34	SENSOR WIRE 450mm	1
A2-1	WASHER $\Phi 5.5 \times \Phi 12 \times 2T$	2	A35	BEARING 6200 2RS	1
A3	SENSOR WIRE 400mm	1	A36	SENSOR WIRE 900mm	1
A4	SENSOR WIRE 1100mm	1	A37	ONE-WAY BEARING	1
A5	SENSOR WIRE HOUSING	1	A38	NUT 3/8"-26X4.5T	4
A6	SENSOR WIRE 700mm	1	A39	BUSH $\Phi 10 \times \Phi 15.8 \times 9mm$	2
A7	SCREW M5*10mm	5	A40	AXLE 3/8"-26X149L	1
A8	BELT WHEEL $\Phi 260$	1	A41	NUT 3/8"X26X7T	2
A9	AXLE $\Phi 17 \times 150.3L$	1	A42	MAGNETIC HOUSING	1
A10	SCREW M8*12mm	3	A43	BOLT M8 x 55LXS17	1
A11	BEARING 6203 2RS	2	A44	WASHER $\Phi 8 \times \Phi 19 \times 2T$	1
A12	BELT 900 J6	1	A45	MAGNET $\Phi 15 \times 2$	1
A13	SCREW M8 X 70 mm	1	A46	DC WIRE 600mm	1
A14	BOLT M8 X 55XS17	1	A47	NUT	1
A15	WASHER $\Phi 8 \times \Phi 19 \times 2T$	1	A48	MAIN CHAIN COVER ( L )	1
A16	BEARING HOUSING	1	A49	MAIN CHAIN COVER ( R )	1
A17	BEARING 6000 2ZZ	2	A50	SCREW 3/16"*5/8"	6
A18	WASHER $\Phi 6.5 \times \Phi 13 \times 2T$	1	A51	SCREW ST3.9*20L	10
A19	SCREW M6 x 10 mm	1	A52	SLIDING TRACK COVER ( L )	1
A20	ALUMINUM TRACKING	1	A53	SLIDING TRACK COVER ( R )	1
A21	IRON BRACKET	2	A54	SCREW M5X10mm	2
A22	BOLT	4	A55	BEARING 6003 2RS	2
A23	SCREW M5 x 16 mm	8	A56	SLIDING TRACK	1
A24	END CAP	2	A57	SCREW M6 x 12mm	1
A25	WASHER $\Phi 30 \times 34 \times 0.8T$	1	A58	WASHER $\Phi 8 \times \Phi 16 \times 2T$	6
A26	BOLT M8 X 35XS15mm	5	A59	AXLE $\Phi 12.7 \times 160L$	1
A27	CRANK ( L )	1	A60	BUSHING $\Phi 12.8 \times \Phi 25 \times 15L$	2
A28	CRANK ( R )	1	A61	SCREW M6X25mm	2
A29	SCREW M8 X20 mm	2	A62	SLIDER STOPPER	2
A30	END CAP	2	A63	STOPPER	2
A31	FLYWHEEL $\Phi 400 \times 32 \times 8KGS$	1	A64	WHEEL	4

A65	BUSH $\Phi 8 \times \Phi 13 \times 16.5L$	4	C2	WHEEL	2
A66	SCREW M8 x 30mm	4	C3	SCREW M5*16	4
A67	NYLON NUT M8X7T	4	D	CENTRAL SUPPORT TUBE	1
A69	SCREW M8 x 12mm	2	D1	WASHER M8	2
A70	WAVE WASHER $\Phi 17.5 \times \Phi 25 \times 0.3T$	1	D2	NUT M8	2
A71	WASHER $\Phi 17.5 \times \Phi 25 \times 0.3T$	1	E	STOP BAR	1
A72	CLIP $\Phi 17$	1	E1	END CAP	1
A73	WAVE WASHER $\Phi 10.2 \times \Phi 13 \times 0.3T$	1	F	CONSOLE	1
A74	BEARING HOUSING	1	G	SADDLE	1
A75	SCREW	1	H	BACK REST	1
A76	SCREW ST3.5X12L	2	I	FRONT HANDLEBAR	1
A77	WIRE TRAP	1	I1	END CAP	4
A78	LONGITUDINAL WIRE TRAP	1	J1	SIDE HANDLE BAR ( L )	1
A79	NYLON NUT M8X7T	1	J1-1	SENSOR WIRE 550mm	1
A80	NYLON NUT M8X7T	1	J2	SIDE HANDLE BAR ( R )	1
A81	SCREW M8X20	4	J2-1	SENSOR WIRE 550mm	1
A82	SCREW M6*12mm	2	J3	HANDLE BAR SPONGE	2
A83	EVA PAD STICKER	6	J4	HANDLE PLUSE SENSOR $\Phi 23 \times 3T \times 190L$	2
A84	SMALL IRON TUBE	1	J5	SENSOR HOUSING	2
A85	FIXING SHEET	1	J6	SCREW ST2.9X20L	4
A86	BRACE	1	J7	SPACEN RING	2
A87	SPRING $\Phi 1 \times \Phi 8.5 \times 48L$	1	J8	END CAP	2
A88	SCREW ST4.2*16mm	2	L1	PEDAL ( R )	1
A89	SCREW M5*10mm	2	L2	PEDAL ( L )	1
A90	CABLE 150mm	1	M1	BOTTLE HOLDER	1
A91	SCREW M5*8mm	4	M2	WATHER BOTTLE	1
A92	BUSHING	1	N1	SCREW M8x102LxS20L	2
A93	BEARING 6300 2RS	1	N2	SPRING WASHER $\Phi 8.5 \times \Phi 13.5 \times 2.5T$	8
A94	SCREW ST3.5X16mm	6	N3	WASHER $\Phi 8 \times \Phi 19 \times 2T$	8
B	REAR STABILIZER	1	N4	NUT M8	2
B1	END CAP $\Phi 89$ ( L )	1	N5	SCREW M8x90LxS20L	2
B2	END CAP $\Phi 89$ ( R )	1	N6	SCREW M8X16mm	8
C	FRONT STABILIZER	1	N7	SCREW M8x35LxS17L	4
C1	END CAP	2	N8	SCREW M8x20mm	8

N10	SCREW M6x16mm	1	O1	KNOB	1
N11	SCREW M5x16mm	2	O2	END CAP	2
N12	SCREW	4	O3	END CAP	2
N13	SCREW M8x40LxS18L	4	P	BACK PAD SUPPORT TUBE	1
N14	WASHER Ø8XØ19X2T	4	P1	END CAP	2
O	BACK PAD	1	S	ADAPTOR	1

# 8.3 Exploded Drawing



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

### **Error Descriptions**

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

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

**Your statutory rights are not affected.**

### **Warrantee**

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

### **Warranty period**

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

### **Repair Costs**

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

### **The terms of use are defined as follows:**

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

### **Warranty Service**

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

## **Warranty Conditions**

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

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

### **Warranty claims are invalid in case of damage resulting from:**

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

### **Proof of Purchase and Serial Number**

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
















































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

### **Service outside of the Warranty Period**

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

### **Communication**

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

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

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

[www.fitshop.com/en/stores](http://www.fitshop.com/en/stores)



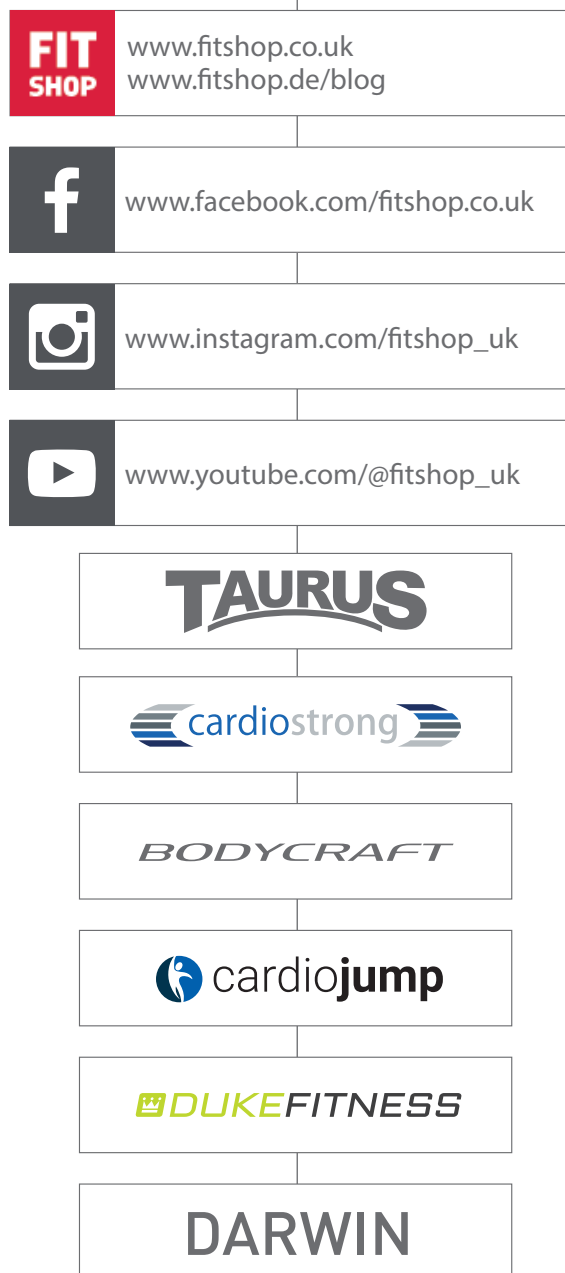
# WE LIVE FITNESS

## WEBSHOP AND SOCIAL MEDIA

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

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

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



Notes



