cardiostrong ®

Assembly and Operating Instructions

max. 136 kg

A 109 cm
B 55 cm
C 134 cm

45 kg

~ 30 - 60 min.
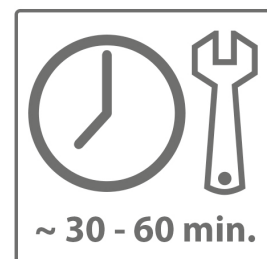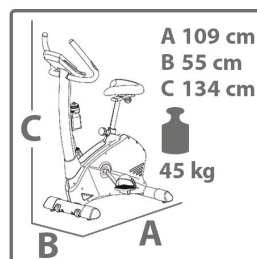
CSTBX60BTOUCH.01.01

Art. No. CST-BX60-B-TOUCH

Ergometer BX60

Dear Customer,

Thank you for deciding for a high-quality training equipment of the brand cardiostrong®, the brand that makes athlete's hearts beat faster. cardiostrong® offers a wide range of home fitness equipment like elliptical cross trainers, ergometers, treadmills and rowing machines. cardiostrong® equipment is the optimal equipment for all those who want to train at home independent of goals and fitness level. For further information please visit www.sport-tiedje.com or www.cardiostrong.de.

SAFETY NOTICE

Please read all of the instructions carefully before assembly and first use. These instructions are intended to ensure speedy assembly and explain safe usage. Make sure that all people exercising with the equipment (in particular children and persons with limited physical, sensory, mental or motor capabilities) are informed about these instructions and its content in advance. In case of doubt, a responsible person must supervise the use of the equipment.

This equipment has been manufactured according to the latest safety knowledge. As far as possible, potential safety hazards which could cause injury have been eliminated. Make sure to follow the instructions carefully 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 equipment is only suitable for use at home. The equipment is not suitable for semi-professional (e. g., hospitals, clubs, hotels, schools, etc.) and commercial or professional use (e. g., health clubs).

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

CONTENTS

1.1 Technical data

TFT display

+ Speed in km/h
+ Training time in min
+ Training distance in km
+ Cadence (rotations per minute)
+ Calorie consumption
+ Heart rate (when using the hand pulse sensors or a chest strap)
+ Power output in watts
+ Resistance level

Resistance system:	electromagnetic braking system
Resistance levels:	16
Power output in watts:	10-350 watts (adjustable in 5-watt increments)

User memory:	4
Total number of workout programs:	19
Manual programs:	1
Preset programs:	12
Watt-based programs:	1
Heart-rate controlled programs:	4
User-defined programs:	1

Flywheel:	9 kg
Gear ratio:	1:7
Pedal arm length:	17 cm

Weight and dimensions

Item weight (gross, incl. packaging):	50.5 kg
Item weight (net, without packaging):	45 kg

Packed dimensions (length x width x height): approx. 1080 mm x 350 mm x 660 mm
Set-up dimensions (length x width x height): approx. 1090 mm x 550 mm x 1340 mm
Maximum user weight: 136 kg (299 lbs)

1.2 Personal safety

+ 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.
+ Please note that working out excessively can seriously damage your health. Please also be aware that heart rate monitoring systems might be imprecise.
+ The equipment may only be used for its intended purpose; that means for cycle training for adults.
+ Any other usage is prohibited and potentially dangerous. The contract partner cannot be held liable for damage resulting from improper use.
+ The equipment is strictly for use by one person at a time.
+ Children should not be allowed unsupervised access to the equipment.
+ Before starting your training, make yourself familiar with all of the equipment's functions and setting options. Have an expert explain the correct usage of the product to you.
+ Make sure that nobody is in the range of motion of the equipment while exercising.
+ Keep your hands, feet and other body parts, hair, clothing, jewelry and other objects well clear of moving parts.
+ During use, wear suitable sports clothing rather than loose or baggy clothing. When selecting sports shoes, think about the suitability of the sole – preferably this should be made of rubber or other non-slip materials. Shoes with heels, leather soles, studs or spikes are not suitable. Never work out in bare feet.
+ It is also important to take note of the information given in the workout instructions for creating a workout plan.
+ At the first signs of weakness, nausea, dizziness, pain, difficulty in breathing or other abnormal symptoms, stop your workout immediately and, if necessary, consult your physician.
+ Without prior agreement from your authorized contract partner, opening the equipment is prohibited.

1.3 Electrical safety

+ The equipment requires a 220 - 230V / 50 Hertz mains power supply.
+ The equipment should be connected directly to a grounded plug socket only by means of the power cable supplied. The use of multi-socket adapters or similar is not recommended. Extension leads must comply with local electrical safety guidelines. Always fully unwind the power cable.
+ The outlet should be secured with a fuse with a minimum value of „16 amperes, slow".
+ 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.
+ When plugged in, do not leave the equipment unattended at any time. To avoid use by anyone unfamiliar with the operating instructions, the power cable should be removed when the equipment is not in use.
+ Keep the power cable away from heat, oil and sharp edges. Do not route the power cable underneath the equipment or under a carpet or rug, and do not place any objects on top of it.
+ Make no modifications to either the power cable or the mains plug.
+ If the power cable or the plug are damaged or defective, contact your authorized contract partner. Do not use the equipment in the meantime.
+ Do not keep electrical devices (e. g., mobile phones) in close proximity to the console or the control electronics, otherwise display values (e. g., pulse measuring) could be inaccurate.

1.4 Set-up place

+ The equipment should only be used indoors, in a sufficiently heated and dry area (ambient temperature between 10°C and 35°C). The equipment should not be used outdoors or in rooms with high humidity (over 70%) like swimming pools. The equipment should only be stored in surroundings with an ambient temperature between 5°C and 45°C.
+ The training room should be well ventilated during training and not be exposed to any draughts.
+ 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 (at least 1.50 m). Furthermore, the equipment should not be set up in main entrances or on escape routes.
+ Always keep the power cable away from hot surfaces and grounds and make sure that the cable is not stuck somewhere or becomes a „trip hazard".
+ No objects of any type should be inserted into the openings of the equipment.
+ The equipment should be placed on a level and solid surface, any unevenness in the floor should be leveled out.
+ 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

+ Please check if all parts and tools belonging to the equipment are included in the delivery and if there is any transport damage. If there are any complaints, please contact your contract partner directly.
+ Some of the nuts and bolts to be used in assembly are already pre-mounted in order to make set-up as easy as possible.
+ The equipment must be assembled by adults. In case of doubt, ask for assistance from another person with technical skills.
+ Keep children away from the equipment during assembly, because small parts are included in the delivery and may be swallowed.
+ Make sure that you have enough space (at least 1.50 m) in every direction during assembly.
+ Do not leave any tools and packaging materials like plastic sheeting laying around to avoid danger of suffocation for children.
+ Assemble the equipment on an underlay mat or on the cardboard packaging in order to avoid damage to the equipment and to the floor (scratches).
+ Before starting assembly, all individual parts should be placed on the floor next to each other.
+ Read the assembly instructions carefully and assemble the equipment according to the illustrations. Proceed carefully and cautiously.
+ First loosen all parts and check for their correct fitting. Then tighten the screws using a tool.
+ Modifications to the design or improper repairs may pose a hazard to the user and should not be carried out. The product warranty may be void as a result.
+ Only authorized service technicians are permitted to carry out all servicing and/or repairs – it excludes maintenance and care.
+ Damaged or worn components may impair your safety and the lifespan of the equipment. You should therefore immediately replace damaged or worn components. Please contact your contract partner in such a case. The equipment should no longer be used until it has been repaired. When needed, only use original cardiostrong® spare parts.
+ Check the tightness of all screw connections once a month.
+ In order to be able to guarantee the constructively defined safety level of this equipment, we recommend having the equipment regularly maintained (at least once a year) by specialists (service technicians of your contract partner).
+ The equipment may be cleaned of dust, dirt and sweat using a damp cloth. The use of solvents should be strictly avoided. Also, make sure that no liquids (e. g. sweat) get into the openings of the equipment (e. g. console).

2.2 Faults and Troubleshooting

The equipment runs through regular quality controls during production. Nevertheless, errors or malfunctions on the equipment may occur. Individual parts are often the cause of faults and replacement is usually sufficient. Please use the following overview to see the five most common errors and how to repair them. If the equipment still does not work properly, please contact your contract partner.

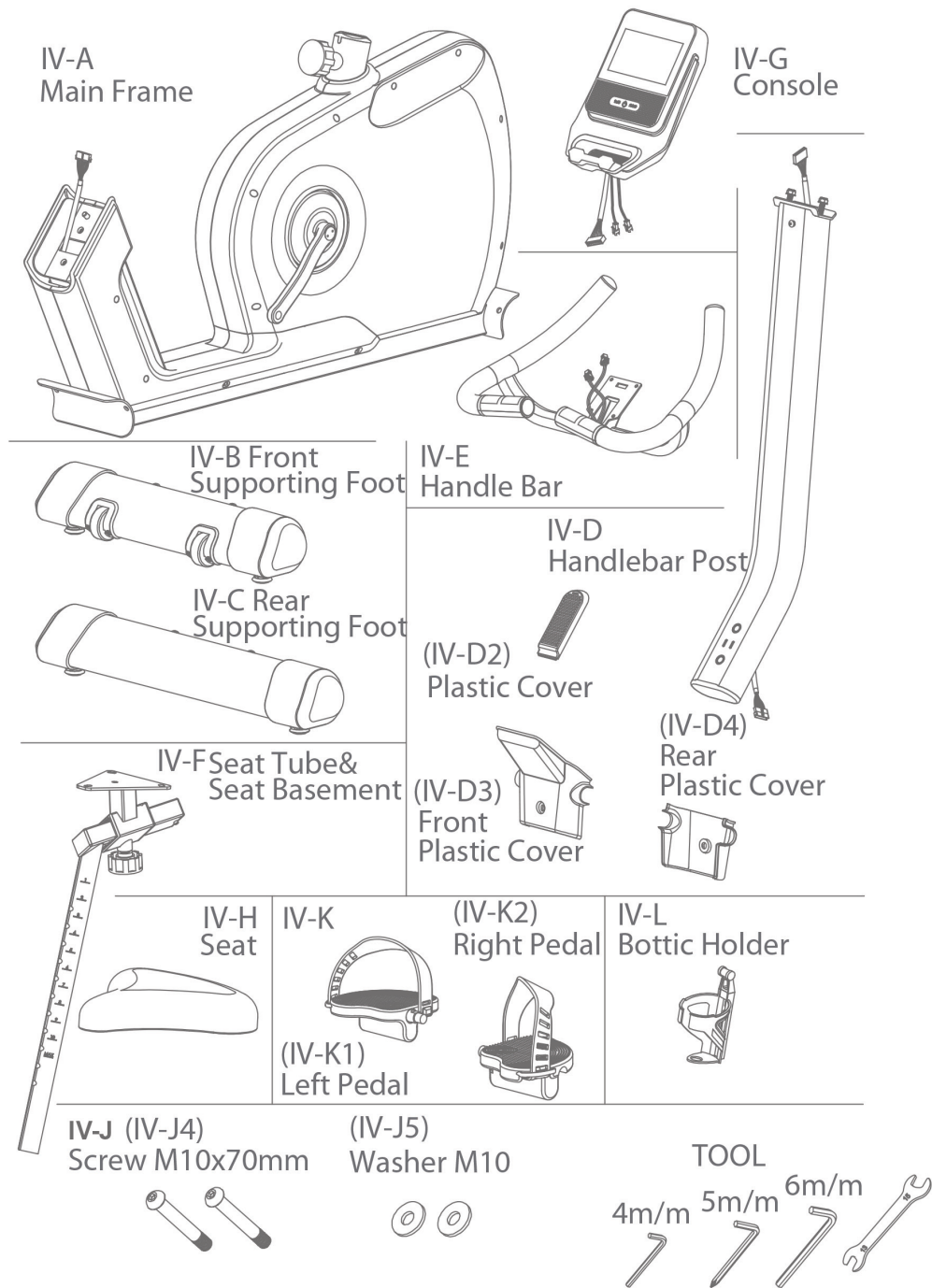| Error	Cause	Repair
Crackling noise in pedal area	Loose pedals	Tighten the pedals
Equipment wobbles	Equipment is not level	Adjust the supporting feet
Handlebar/saddle wobbles	Screws are loose	Tighten screws
Display doesn't turn on	Power is disconnected	Check all screw connections and see if the plug is plugged in
No pulse reading	• Interference in the room • Using a chest strap: - unsuitable chest strap - chest strap is incorrectly positioned - batteries are empty	• Eliminate sources of interference (e. g. mobile phone, loudspeaker, etc.) • Use a suitable chest strap (see recommended accessories) • Reposition the chest strap and/or moisten the electrodes • Change the batteries

2.3 Maintenance and service calendar

The following routine work must be done in the specified time intervals:

Part	Weekly	Monthly	2x annually	Annually
Display console	C	I		
Tighten the pedals			I	
Plastic covers	C	I		
Seat rail		I		
Legends: C = cleaning; I = inspect				

3.1 Package contents

The package contains the parts represented in the illustration, including a power cable with mains plug. If one of the illustrated parts is missing, please contact your contract partner.

IV-A
Main Frame

IV-G
Console

IV-B Front
Supporting Foot

IV-E
Handle Bar

IV-D
Handlebar Post

IV-C Rear
Supporting Foot

(IV-D2)
Plastic Cover

(IV-D4)
Rear
Plastic Cover

IV-F Seat Tube&
Seat Basement

(IV-D3)
Front
Plastic Cover

IV-H
Seat

IV-K

(IV-K2)
Right Pedal

IV-L
Bottic Holder

(IV-K1)
Left Pedal

IV-J (IV-J4)
Screw M10x70mm

(IV-J5)
Washer M10

TOOL

4m/m   5m/m   6m/m

3.2 Assembly instructions

Before starting assembly, look carefully through the individual assembly steps shown and assemble the equipment in the order indicated.

Step 1: Assembly of the rear supporting foot

(1) Remove the pre-mounted screws (J1), spring washers (J2) and washers (J3) from the rear supporting foot (C).
(2) Mount the rear supporting foot (C) on the main frame (A) using the screws (J1), spring washers (J2) and washers (J3).
(3) Use a 5 mm Allen key to tighten the screws.
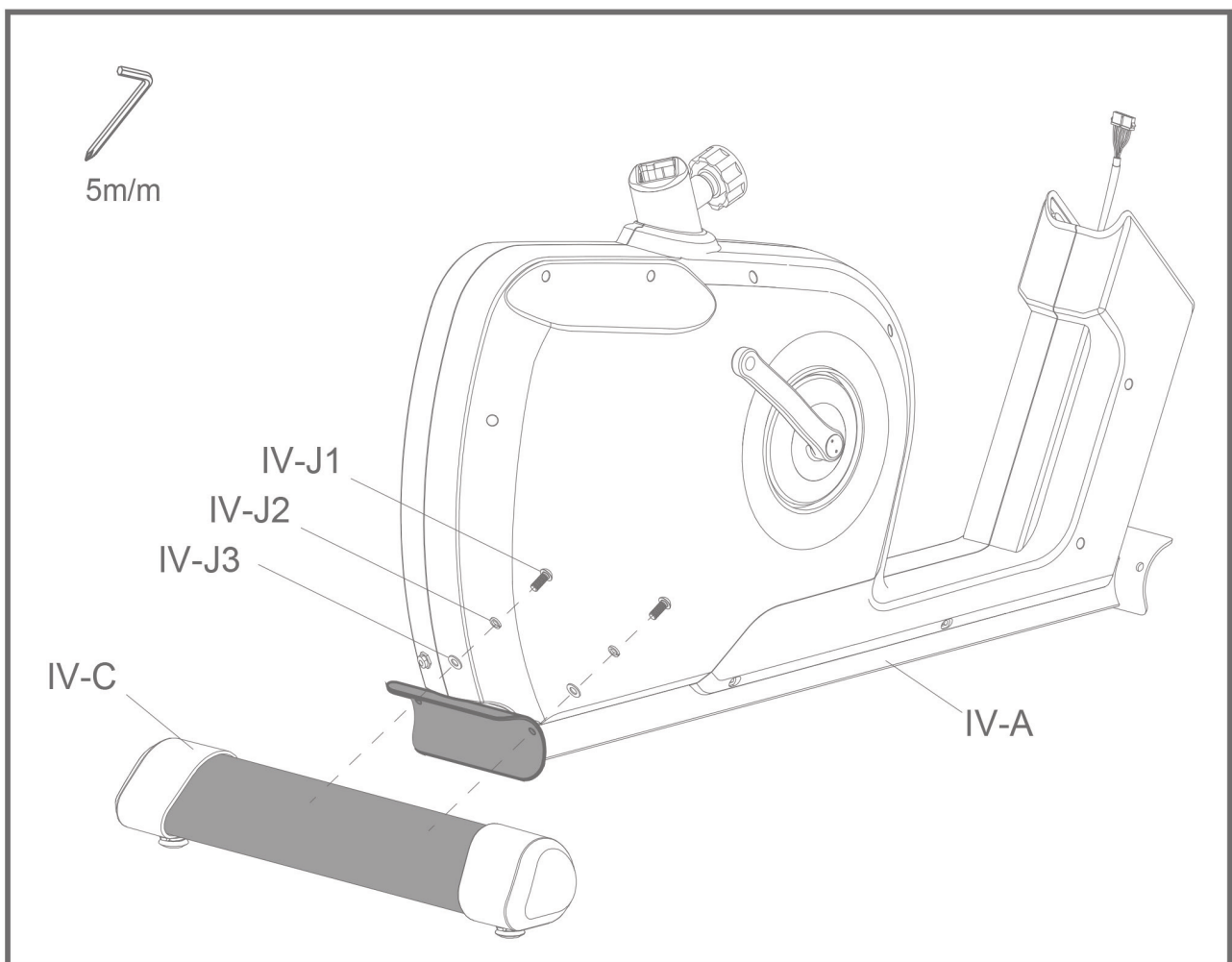
Step 2: Assembly of the front supporting foot

(1) Remove the pre-mounted screws (J1), spring washers (J2) and washers (J3) from the front supporting foot (B).

(2) Mount the front supporting foot (B) on the main frame (A) using the screws (J1), spring washers (J2) and washers (J3).

(3) Use a 5 mm Allen key to tighten the screws.
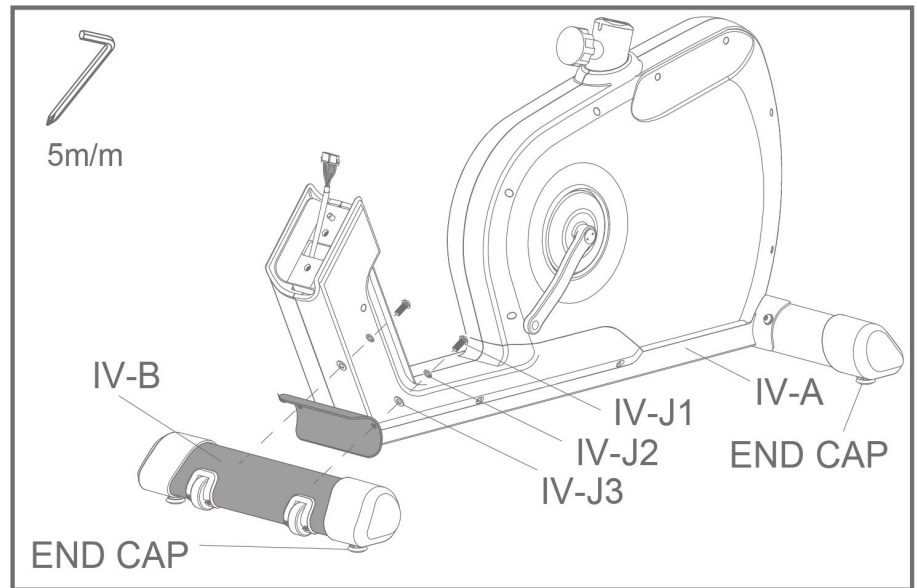
Step 3: Assembly of the handlebar post

Note: It may be helpful to have extra assistance when connecting the cable and stabilising the handlebar post (D).

(1) Put cable (A1) and cable (D1) in place and connect together. Make sure that you connect the cables correctly.

Note: Take care not to bend the cables when you connect the handlebar post (D) to the main frame (A).

(2) Hold the handlebar post (D) in place against the main frame (A) and connect them together using the screws (J4) and the washers (J5).

(3) Use a 6 mm Allen key to tighten the screws (J4).

(4) Put the plastic cover (D2) on the handlebar post (D) and connect them together using the clip under the plastic cover (D2).

Tools required: 6 mm Allen key
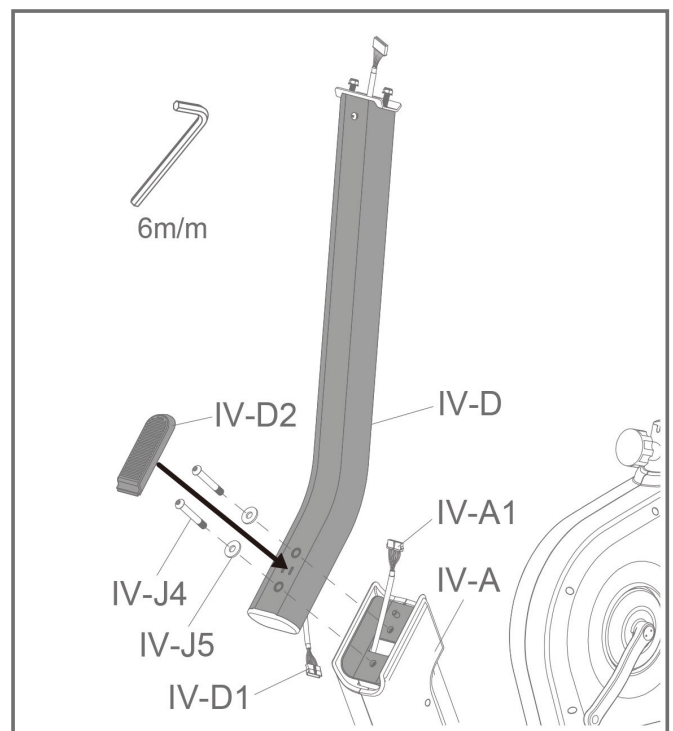
Step 4: Assembly of the front handlebar

(1) Remove the nuts (J6) and the washers (J7) from the handlebar post (D).
(2) Connect the handlebar assembly (E) to the handlebar post (D) using the nuts (J6) and washers (17).
Note: Pull the cable (D1) and the cable for the hand pulse sensors through the mounting hole on the handlebar set (E). Take care not to bend the cable.
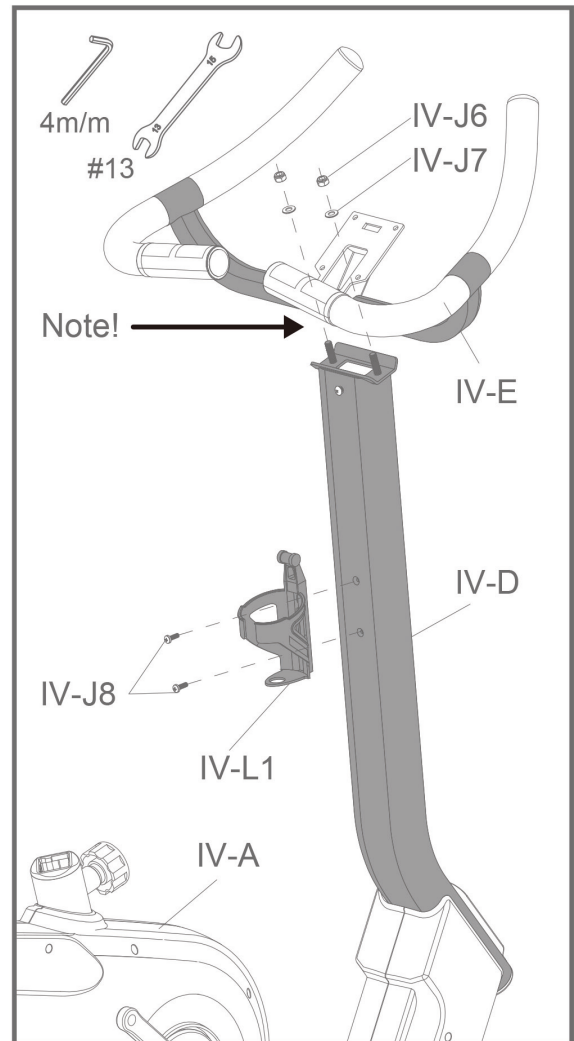(3) Use a 13 mm spanner to tighten the nuts (J6).

Assembly of the bottle holder

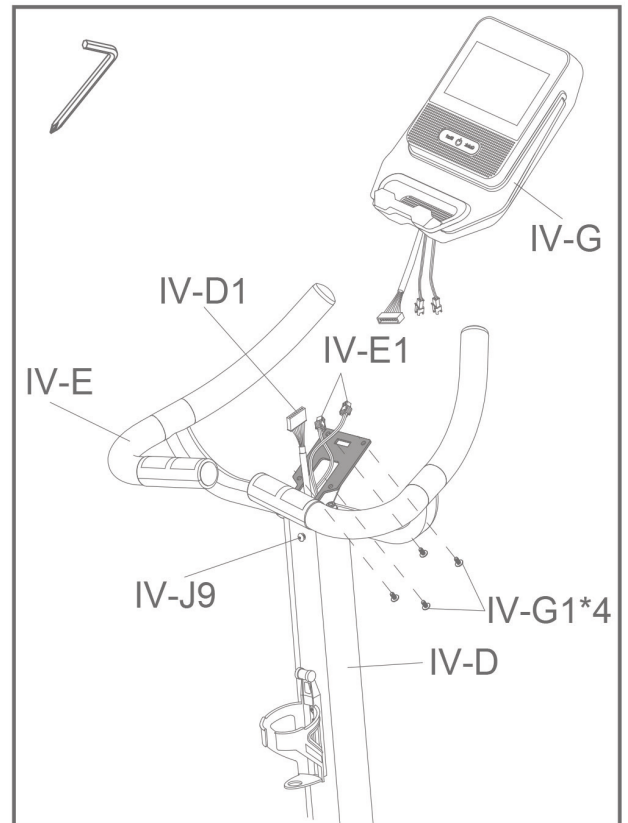(1) Remove the screws (18) from the handlebar post (D).
(2) Using a screwdriver, secure the bottle holder (L1) to the handlebar post (D) using the screws (J8).

Tools required: # 13 Allen key, screwdriver

Step 5: Assembly of the console

(1) Remove the four screws (G1) on the reverse of the console (G).

(2) Connect the cable (D1) and the cable for the hand pulse sensors to the console. The cables for the hand pulse sensors are interchangeable.

(3) Slide the console gently onto the console housing. Always take care not to bend the cables. Any projecting cables should be carefully pushed into the mounting hole on the handlebar set (E). Slide the console as far as it will go.

(4) Using a screwdriver, secure the console (G) using the screws (G1).

Step 6: Assembly of the console cover

(1) Remove the two screws (J9) from the handlebar post (D).

(2) Connect the front plastic cover (D3) and the rear plastic cover (D4) to the handlebar post (D).

(3) Screw in the screws (J9) firmly using a screwdriver.
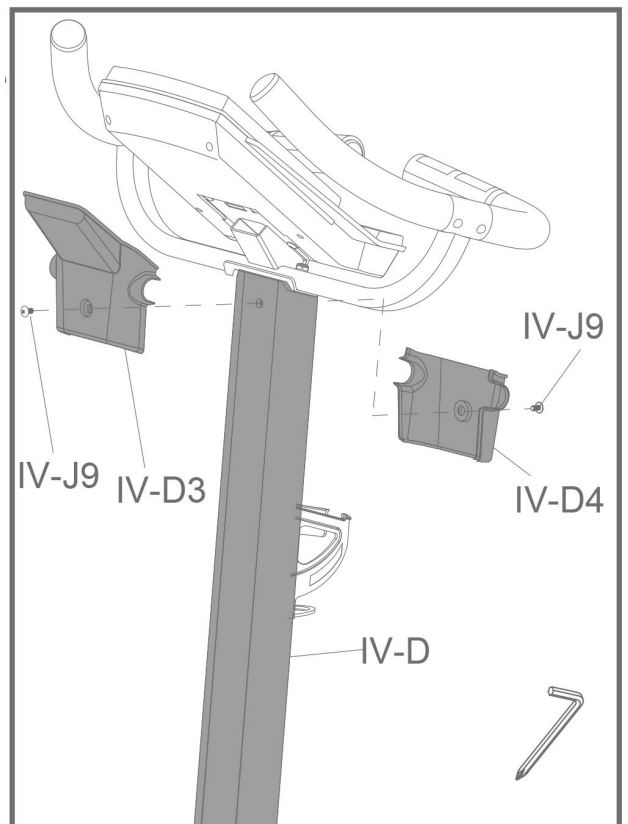
Step 7: Assembly of the saddle and the seat post

(1) Remove the nuts (H1) and the washers (H2) from the underside of the saddle (H).

(2) Place the saddle (H) on the sliding seat base (F1) and secure it in place using the nuts (H1) and the washers (H2).

(3) After loosening the seat-height adjusting knob (A2), pull on this adjusting knob (A2) so that the seat post (F) can slide down into the slot in the frame designed to hold it. Once the seat post (F) is in the desired position, release the seat-height adjusting knob (A2) and tighten the knob so that the seat post (F) is secure.

(4) Remove the screw (J10) on the seat post (F).

(5) Loosen the seat adjusting knob (F2) and slide the sliding seat base (F1) gently onto the seat post (F). The foam on the inside can therefore now be pushed slowly to the outside. Next, secure the screw (J10) back onto the seat post (F).

Note: Do not remove the foam on the inside before carrying out Step 5, this holds the stopper (F3) in the sliding seat base in the correct position.

Tools required: 4 mm Allen key, 13 mm spanner

Adjusting the seat position

The position and height of the ergometer's seat are adjusted by loosening the adjusting knobs (A2) and (F2). Make adjustments to the adjusting knobs to suit the user, tightening each grip to prevent movement in the saddle.

IV-H
IV-F1
IV-F
IV-F2
IV-H2
IV-H1
IV-A2
#13

IV-H
IV-A2
IV-F2
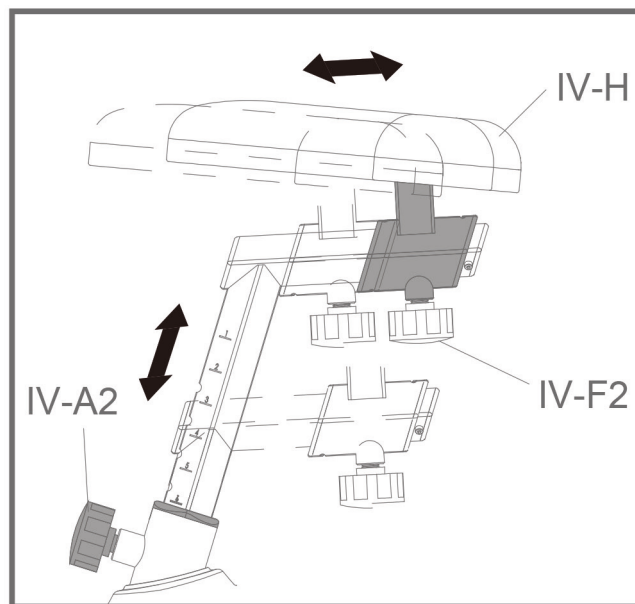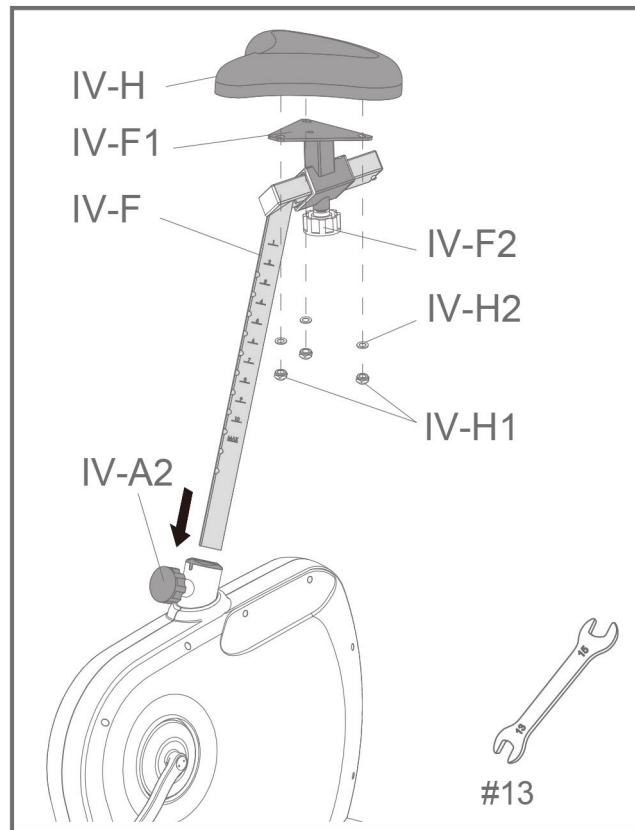
Step 8: Pedal assembly

Note: Locate the left and right pedals. Right and left are marked on each pedal and each pedal strap so that they can be distinguished from one another.

(1) Secure the left pedal (K1) counter-clockwise to the left crank arm, and the right pedal (K2) clockwise to the right crank arm. Tighten each pedal as much as possible using a 15 mm screwdriver. (2) Insert the pedal straps into each pedal. Adjust the straps to suit the shoe size of the user whilst sitting on the ergometer.

Tools required: 15 mm spanner

IV-K1

IV-K2

#15
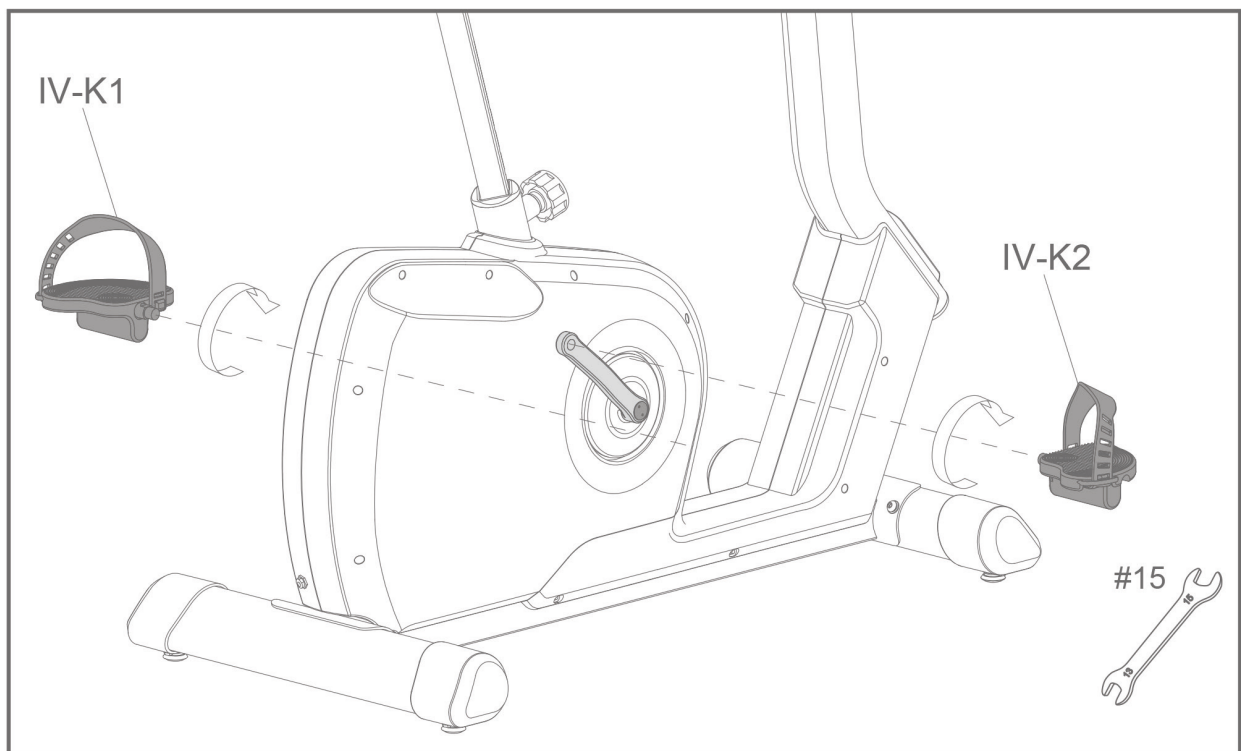
Step 9: Moving the ergometer

If you want to move the equipment to another place, lift up the rear supporting foot until the front transport wheels touch the ground. Now move the equipment to the desired location. Then, set the equipment down gently on the ground and insert the end caps into the supporting feet so that the equipment is stable.

Warning: Never try to lift the equipment on your own. Ask for assistance and never lift the equipment on your own if you are in ill health.

Transport wheels
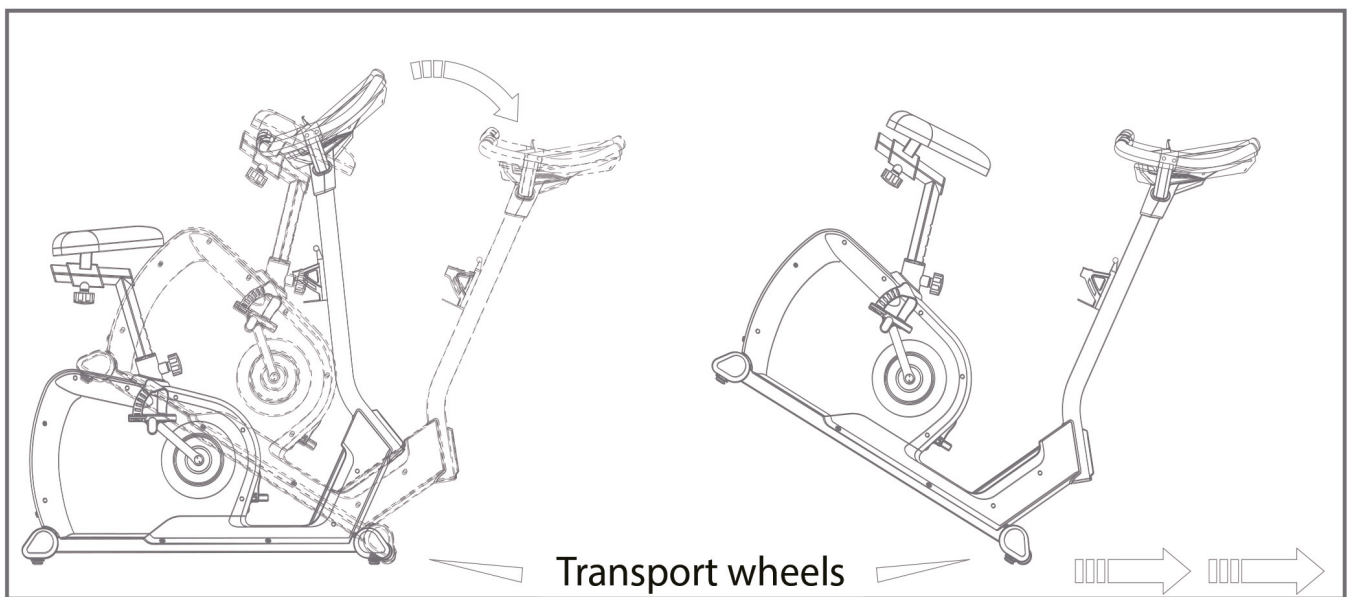
4.1 Function Descriptions

1. Console functions

(1) MANUAL: Manually set training
(2) PROGRAM: Pre-set training profiles
(3) WATT CONTROL: Training program controlled by Watt value
(4) H.R.C. (Heart Rate Controlled): You can set a heart rate target of 55 %, 75 %, 90 % from your maximum heart rate (automatically set)
(5) RECOVERY: Fitness test of the recovery of your heart rate (F1~F6)
(6) USER DATA: Saving user profiles (U0~U4). U0 (guest profile not saved) U1~U4 (user profiles saved). (Name, Age, Height, Weight, Gender)
(7) COMMUNITY: A selection of multimedia functions
(8) FACTORY SETTING MODE:
a. WLAN, Volume, Brightness, change metric units, ABOUT
b. ABOUT Mode (Press 3 times and enter password)
b-1. Presentation of WATT & ADC (according to the control panel and to set the EEPROM group)
b-2. Setting the WHEEL (Default setting: 78")
b-3. R2R setting (Motor performance settings)
b-4. RETURN setting (Return return adjustment)
(9) Motor cable disconnection detection: When the motor is turned on, it is always detecting whether the motor cable is disconnected. (Control board detection reply) If there is no disconnection, everything is normal. If there is a disconnection, the motor will stop immediately. This action will be of the highest priority until the problem is solved.

2. Main function

(1) QUICK START BUTTON
a. When the console is in SLEEP Mode, the console can be activated with this button.
b, When the console is in STAND-BY Mode, the machine can be started with this button
(2) Operating the TFT display:

All actions are activated on the TFT display.

4.2 Console display

1. TIME:
(1) Display range: 0:00 ~ 99:59
(2) Setting range: 0 ~ 99 (minutes) (The value can be directly entered with the numerical pad)
(3) Display bar: Cell amount - 10 cells (MAX= 60 minutes, display full cells)
When no settings are set: 60 minutes / 10 cells = 6 minutes / cell
When settings are set: Setting value / 10 cells
(4) When no value is set, the default setting is counting up from 0:00 (after 99:59 it returns to 0:00).
(5) When a value is set, the default setting is counting down from the value to 0:00. At 0:00 the console pauses and saves training data.

2. SPEED:
(1) Display range: 0.0 ~ 99.9 (km or ml)
(2) Display bar: Cell amount – 10 cells (MAX = 60 km, display full cells, = 6 km / cell)
(3) The value will be displayed 3 ~ 4 seconds after input.
(4) The value will return to 0 if no input is detected for 4 ~ 6 seconds.

3. RPM (Revolutions per minute):
(1) Display range: 0 ~ 999
(2) Display bar: Cell amount - 10 cells (MAX= 120 RPM, display full cells, = 12 RPM / cell)
(3) The value will be displayed 3 ~ 4 seconds after input.
(4) The value will return to 0 if no input is detected for 4 ~ 6 seconds.

4. DISTANCE:
(1) Display range: 0.0 ~ 60 ?? (km or ml)
(2) Setting range: 0 ~ 99 (The value can be directly entered with the numerical pad)
(3) Display bar:: Cell amount - 10 cells (MAX= 10.0 KM, display full cells).
When no settings are set: 10.0 KM / 10 cells = 1.0 KM / cell
When settings are set: Setting value / 10 cells

(4) When no value is set, the default setting is counting up from 0 (after 99.9 it returns to 0.0).
(5) When a value is set, the default setting is counting down from the value to 0.0. At 0.0 the console pauses and saves training data.

5. CALORIES:
(1) Display range: 0 ~ 999
(2) Setting range: 0 ~ 990?? (The value can be directly entered with the numerical pad)
(3) Display bar:: Cell amount - 10 cells (MAX= 150 CAL, display full cells).
When no settings are set: 150 CAL / 10 cells = 15 CAL / cell
When settings are set: Setting value / 10 cells
(4) When no value is set, the default setting is counting up from 0 (after 999 it returns to 0).
(5) When a value is set, the default setting is counting down from the value to 0:00. At 0:00 the console pauses and saves training data.

6. PULSE:
(1) Display range: 0 ~ 230
(2) Setting range: 0 ~ 230 (The value can be directly entered with the numerical pad)
(3) Display bar: Cell amount - 10 cells (MAX= 120, display full cells, = 12 / cell)
(4) Displays detected heartbeat when no value is set.
(5) When a value is set, the detected heartbeat is displayed and when the heartbeat exceeds the set value, the console will beep.
(6) The beep is 2 times within 1 second.

7. WATT:
(1) Display range: 0~999
(2) Setting range: not settable
(3) Display bar: Cell amount - 10 cells (MAX = 350, display full cells, 35 / cell)
(4) Cells will display RPM & LOAD accordingly (WATT console)

8. LOAD:
(1) Display range: 1 ~ 16
(2) Setting range: 1 ~ 16
(3) Display Bar: Cell amount - 16 cells (MAX = 16, display full cells)

 9. USER:
(1) Users: U0~U4
(2) U0 guest profile and is not saved.
(3) Profiles U1~U4 can be saved after being set.
(4) AGE, HEIGHT, WEIGHT, USER NAME, GENDER can be set and stored.
AGE: Setting range: 1 ~ 99 (Default: 25)
HEIGHT: Setting range: 100 ~ 250 cm (Default 160 cm)
                            40 ~ 99 inches (Default 60 inches)
WEIGHT: Setting range: 20 ~ 150 kg (Default 50 kg)
                            40 ~ 350 pounds (Default 100 pounds)
DEFAULT USER NAME: XXXXXXXXXX
GENDER: MALE / FEMALE

4.3 Starting up settings

(1) Console will display power up image, after approx. 30 seconds the console will enter the main menu (fig. 1) in which the main function panel is shown.

Settings

Time / calendar

Quick Start program

Community center

Pre-set programs   Wattprogram   Heart-rate oriented programs
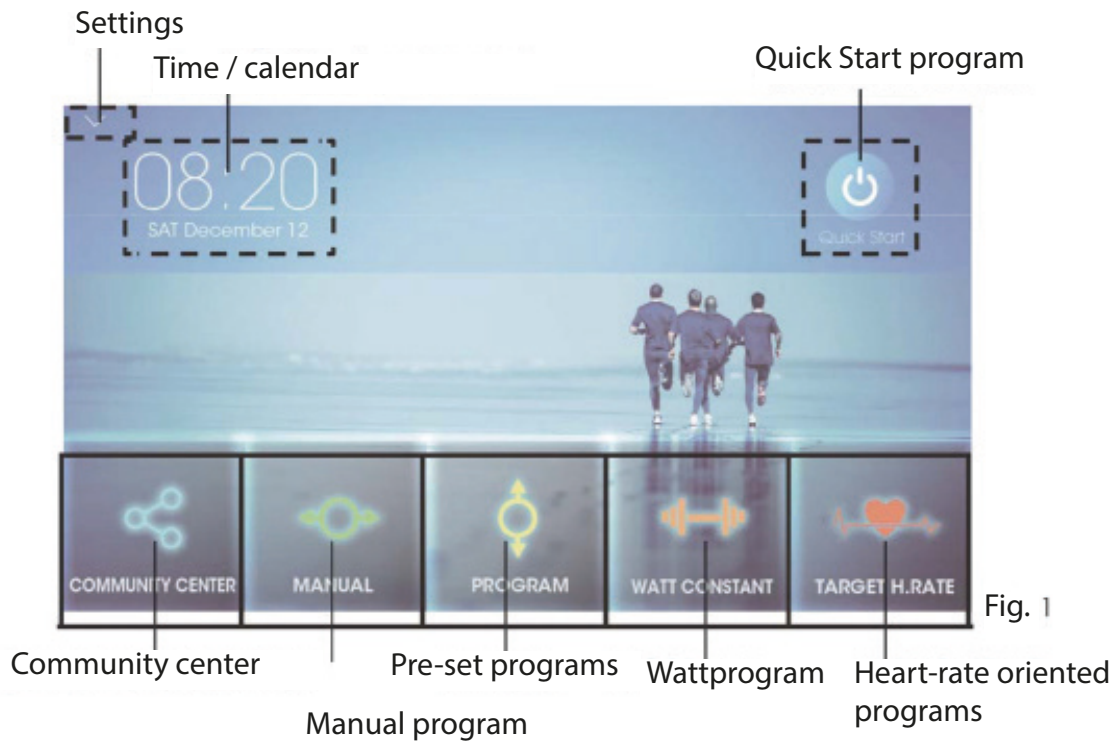
Manual program

Fig. 1

(2). In the main menu, press on the "time/calendar box" to set the time and date. Default setting 01.01.2018

Fig. 2

Fig. 3

*** After pressing the "time/calendar box", you can activate "Automatic date & time" (fig. 2) and choose a time zone from "select time zone" menu (fig. 3).
(3). In the main menu press the QUICK START button to start the QUICK START function.

(4). In the main menu press the downward button to enter the FACTORY SETTING MODE.
WIFI, Volume, Brightness, Metric unit switch, About. (fig. 4)

Fig. 4

Fig. 5
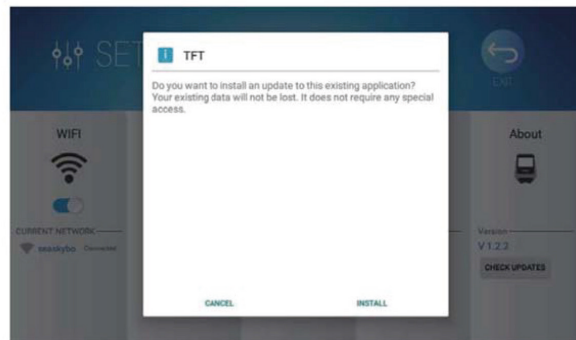
Fig. 6

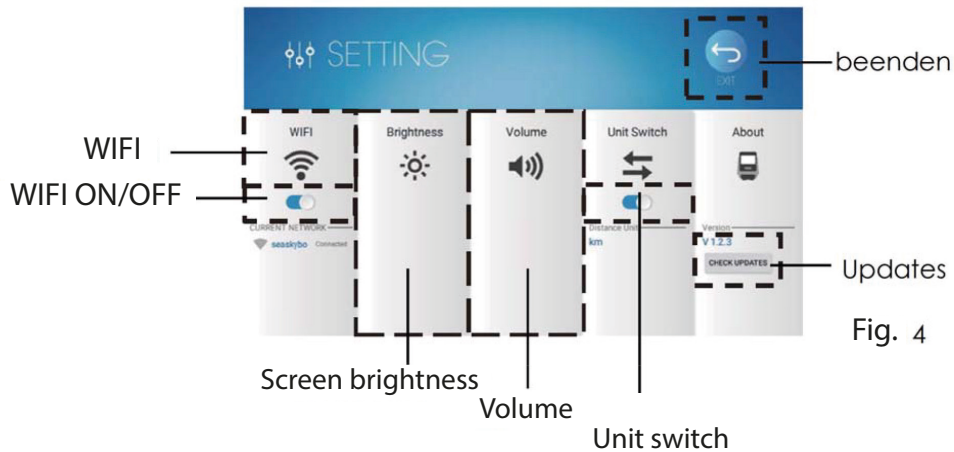*** The console version is shown in the about section. If you press the CHECK UPDATES button, the console will automatically check if the latest version is installed.
*** If the consoles detects a newer version, you can choose to download it. After it completely downloading the version press the install button to finish the installation process (fig. 5 & fig. 6)

(5). Choose one of the following programs.

4.4 Programs

4.4.1 Quick-Start program

Press the QUICK START button in the main menu to start the QUICK START function. The console will then display the image shown in fig. 7.

Fig. 7

Fig. 8

(1) Press the UP or the DOWN button to adjust the load.
(2) Press the PAUSE button to pause your training. Press the CONTINUE button to continue with your training (fig. 8)
(3) Press the RECOVERY button to start the said function. After 60 seconds a result will be displayed. To return to the starting page, press any place on the display.
(5) Press the HOME button to return to the starting page.

4.4.2 Manual program

(1) Press MANUAL in the main menu to open the manual program.
(2) Choose a user („U0~U4"). The respective user data will be displayed. (U0 is the guest users' profile, training data is not saved here).
(3) Enter your AGE, HEIGHT, WEIGHT and SEX. Press on „USER" to enter a name.
(4) Set a desired value for TIME, DISTANCE and CALORIES (fig. 13).
(5) Press the EXIT button to return to the starting page.
(6) If you do not enter a value for either TIME, DISTANCE or CALORIES, the console will count up (fig. 14).

Fig. 13
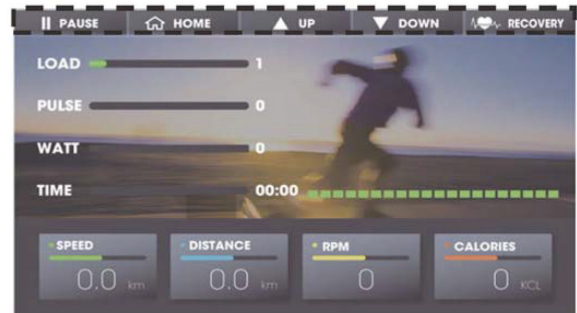
Fig. 14

(7) If you enter a value for TIME, DISTANCE or CALIORIES the console will count down respectively. Once on of the values has reached 0, the system will stop and return to the starting page.
(8) Press the UP or DOWN button to adjust the load.
(9) Press the PAUSE button to pause your training. (fig. 15). Press the CONTINUE button to continue with your training.
(10) Press the RECOVERY button to start the said function. After 60 seconds a result will be displayed. Drücken Sie während des Work-Outs auf das RECOVERY, um die RECOVERY-Funktion zu starten. To return to the starting page, press any place on the display.
(11) Press the HOME button to return to the starting page.

Fig. 15

4.4.3 Pre-set programs

(1) Press PROGRAM in the main menu to open the pre-set programmes (fig. 16).

<div align="center">Fig. 16</div>
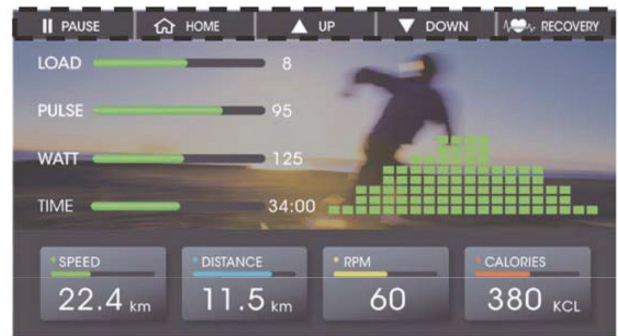
<div align="center">Fig. 17</div>

(2) Choose one of the 12 pre-set training profiles.
(3) Choose a user („U0~U4"). The respective user data will be displayed.
(4) Enter a value for TIME. Enter your AGE, HEIGHT, WEIGHT and SEX. Press on „USER" to enter a name.
(5) Press the EXIT button to return to the starting page. Press the START button to start the program. The console will display the respective values for LOAD, PULSE, WATT, SPEED, DISTANCE, RPM, and CALORIES (fig. 17).
(6) When you entered a value for TIME and it reaches 0, the console will stop and return to the starting page.
(7) Press the UP or DOWN button to adjust the load.
(8) Press the PAUSE button to pause your training. (fig.18). Press the CONTINUE button to continue with your training.
(9) Press the RECOVERY button to start the said function. After 60 seconds a result will be displayed. To return to the starting page, press any place on the display.
(10) Press the HOME button to return to the starting page.

<div align="center">Fig. 18</div>

4.4.4 Wattprogram

(1) Press WATT CONSTANT in the main menu to open the wattprogram (fig. 19).

Fig. 19

Fig. 20

(2) Pess WATT to enter a desired watt value (default: 125 W).
(3) Choose a user („U0~U4"). The respective user data will be displayed.
(4) Enter a value for TIME. Enter your AGE, HEIGHT, WEIGHT and SEX. Press on „USER" to enter a name.
(5) Press the EXIT button to return to the starting page.
(6) Press the START button to start the program. The console displays the respective values for SPEED, RPM, TIME, DISTANCE, CALORIES and WATT (fig 20).
(7) If you entered a time, and 0 is reached, the console will stop and return to the starting page.
(8) TARGET WATT CONSTANT DATA: The value will be displayed according to WATT setting.
REAL WATT CONSTANT DATA: Displays actual work out WATT value.
LOAD CONTROL DATA : LOAD shows target WATT value that pair with the LOAD value.
(9) Press the PAUSE button to pause your training. Press the CONTINUE button to continue with your training (fig. 21)
(10) Press the RECOVERY button to start the said function. After 60 seconds a result will be displayed. To return to the starting page, press any place on the display.
(11) Press the HOME button to return to the starting page.

Fig. 21

(12) WATT will be displayed according to the current speed.
Too slow: Please accelerate your speed. Actual watt value < Set watt value (1-25%)
Moderate: Please keep current speed. Set watt value (1+25%)> Actual watt value > Set watt value (1-25%)
Too fast: Please slow down your speed. Actual value >Set value (1+25%)

4.4.5 Heart rate oriented programs

There are four different heart rate-oriented programs. Either choose one of the pre-set target heart rates (55%, 75% or 90% of your maximum heart rate) or choose „TAG" to set a target heart rate yourself. Your maximum heart rate is calculated depending on your age. We recommend a chest strap for these programmes.

(1) Press the TARGET H.RATE button to open the heart rate oriented programs (fig. 22).

Fig. 22
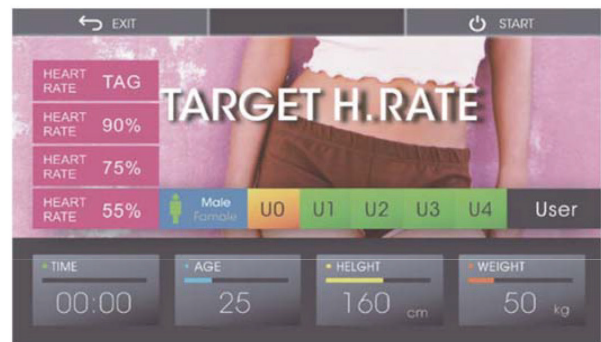
Fig. 23

(2) Either choose TAG, 90 %, 75 % or 55 % (fig. 23).
(3) Choose a user („U0~U4"). The respective user data will be displayed.

Fig. 24

(4) Enter a value for TIME. Enter your AGE, HEIGHT, WEIGHT and SEX. Press on „USER" to enter a name.
(5) Press the EXIT button to return to the starting page.
(6) Press the START button to start your training. The console will display the respective values for SPEED, RPM, TIME, DISTANCE, CALORIES and WATT (fig. 24).
(7) If you entered a time, and 0 is reached, the console will stop and return to the starting page.
(8) If your heart rate does not reach the set value, increase the LEVEL at 30 second intervals. In case your heart rate surpasses the set value, decrease the LEVEL at 15 second intervals immediately. In the event that your heart rate is still higher than the set value even though you have reached the lowest LEVEL, the console will pause automatically for your own safety.

(10) The console will return to the starting page, if it does not receive a signal for longer than 30 seconds.

(11) Press the PAUSE button to pause your training. Press the CONTINUE button to continue with your training

(12) Press the RECOVERY button to start the said function. A result will be displayed after 60 seconds. To return to the starting page, press any place of the display.

(13) Press the HOME button to return to the starting page.

4.4.6 RECOVERY function:

(1) Press the RECOVERY button during your training to start the said function directly (fig. 25).

(2) Put your hands around the hand sensors. The result will be displayed after 60 seconds (fig. 26).
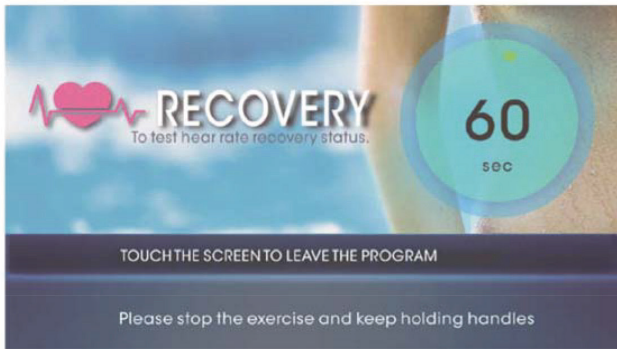
Fig. 25

Fig. 26

(3) In case you wish to stop this function midway, simply press any place of the display.

(4) Once 0 is reached the console will display your result in form of a number (F1~F6) and its respective rating. Press on any place of the display to return to the starting page.

(5) Possible results

F1	(Outstanding)
F2	(Excellent)
F3	(Good)
F4	(Fair)
F5	(Below average)
F6	(Poor)

4.5 Media

(1) Press COMMUNITY CENTER to open this function. The following screen will appear on the display (fig. 9).
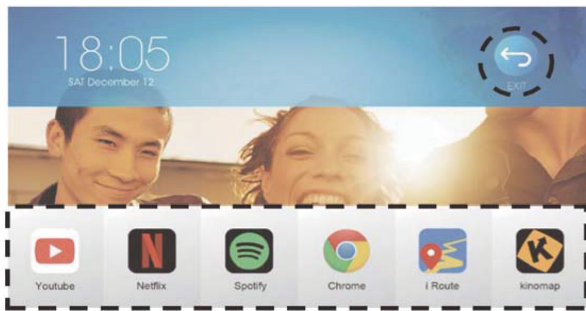
Fig. 9

Fig. 10

(2) Choose one of the provided multimedia functions (fig. 10).
(3) Slide the left arrow to the right to open the options HOME / QUICK START/ VOLUME and EXIT (fig. 11)
(4) In case there is no activity for 3 seconds, the brightness level of the display decreases by 50%. You can press the "< " button to hide the function panel.
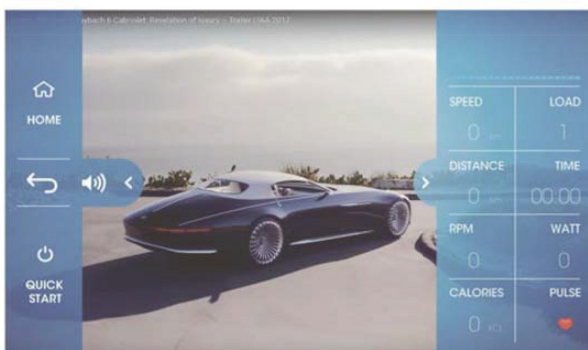
Fig. 11
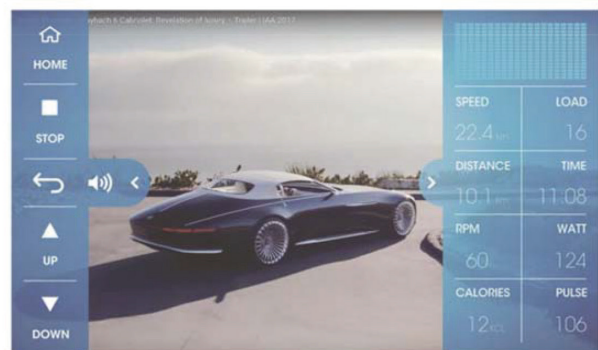
Fig. 12

(5) Slide the right arrow to the left to open the values displays for SPEED / LOAD / DISTANCE / TIME / RPM / WATT / CALORIES and PULSE (fig. 12).
(6) In case there is no activity for 3 seconds, the brightness level of the display decreases by 50%. You can press the "< " button to hide the function panel.
(7) When you press the QUICK START button, every calculating value will start counting. Press the UP or DOWN button during your work-out to increase or decrease the resistance level. Press the PAUSE button to pause your training. The values for SPEED & RPM & WATT return to 0, the other values will be kept (fig .12).
(8) Press the HOME button to return to the starting page.

NOTE:

• The console will switch to power saving mode, if it does not receive a signal for longer than 5 minutes.
• If the console is in power saving mode, press the QUICK START button to return to your work-out.
• If you are using the multimedia functions, please be aware that the console will not switch to power saving mode automatically. You will have to return to the main menu first.
• This console is a closed system. In case an app automatically jumps out of any update message, please DO NOT update.
• If the console recognizes an update, a WLAN connection is required.
• In case your WLAN connection is instable, it might happen that the current download will be interrupted. Please repeat the process to continue with the update.

4.6 Heart-rate measuring

Pulse measuring via hand sensors
The hand sensors integrated in the handles beside the seat allow you to determine your heart rate. You can measure your heart rate by lightly grasping the sensors with both hands at the same time. Blood pressure changes occur due to the heartbeat. The sensors measure the changes to the electric skin resistance caused by it. These values are then used to create an average and are displayed on the screen of the console as a heart rate.

Note:
For some people, the skin resistance change caused by the heart rate is so minimal that the measurements do not allow for usable values. Strong callus or sweat on the hands may also impair a correct measurement. In such cases, the heart rate will not be shown at all or only incorrectly.

If the measurement is incorrect or not taken at all, please check if it happens to only one person or to several people. If the pulse display only does not work in a single case, the equipment is not defective. In this case, we recommend using a chest strap to achieve a permanently correct heart rate display.

CAUTION: Your training equipment is not a medical device. Different factors may influence the accuracy of the heart rate display. The heart rate display only serves as a training aid.

Telemetric heart rate measuring
This ergometer is already equipped with a heart rate receiver as standard. Using a chest strap makes it possible for you to have a wireless heart rate measuring. This optimal and ECG-precise type of measuring reads the heart rate directly from the skin through a transmitting chest strap. The chest strap then sends the impulse to the receiver integrated in the console.

Positioning the chest strap and moistening the electrodes:
Place the belt directly below the chest, while the transmitter should be placed on the middle of the chest. The chest strap should sit comfortably, but not too loose. If the belt is too loose, the contact to the electrodes may be disrupted or the belt may slip while exercising. The transmitter turns on automatically once it is put on. In order to allow for a precise measuring, you should moisten the rubber electrodes. This is best done with a special chest strap contact gel, which is also used for ultrasound scans.

Note:
If you have not been active in doing sports for a longer period of time, you should first go to your physician in order to discuss your training with them. You should also contact your physician in advance in the event of heart problems, high/low blood pressure and obesity.

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

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

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

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

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

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

Heart rate diagram for training intensity

Legend:
- Maximum pulse (220-age)
- 90% of maximum pulse - anaerobic (maximum) intensity training
- 75% of maximum pulse - cardiovascular training (cardio training)
- 55% of maximum pulse - fat burning (weight control)
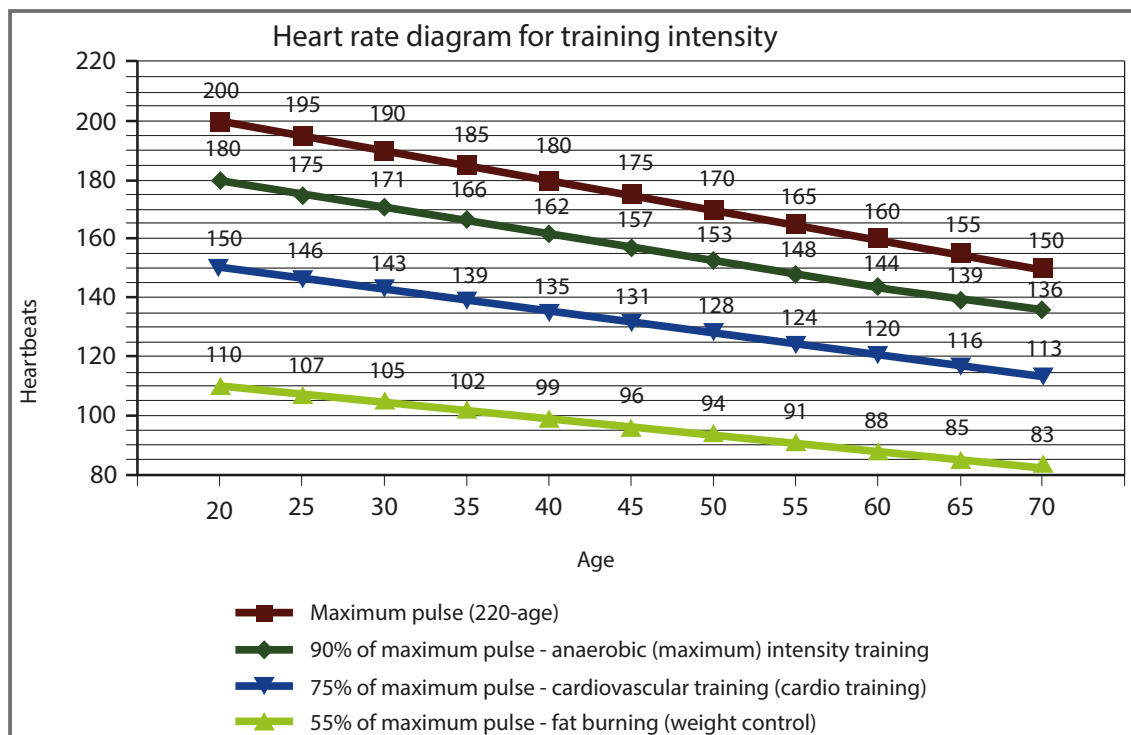
cardiostrong's fitness equipment is subject to strict quality controls. However, if a fitness equipment purchased from us does not work perfectly, we take it very seriously and ask you to contact our customer service as indicated. We are happy to help you by phone via our service hotline.

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 periods
The following warranty periods begin on delivery of the fitness equipment.

Model	Usage	Full warranty	Frame
BX60 Touch	Home use	24 months	30 years

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 centers, 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 centers
   • unauthorized 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 contract partner. 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.

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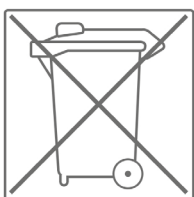
At the end of its operational life, this equipment cannot be disposed of in normal household waste. Instead, it must be disposed of via an electricals recycling centre. Further information can be obtained from your local authority's recycling service.

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 you to add suiting accessories to your training machine. This could be a **floor mat** that ensures that your product stands absolutely securely and protects your floor from sweat. Another example is the option of extended handrails that can be combined with some of our treadmills or **silicone spray** to keep moving parts in perfect condition.

In case you purchased a training machine that provides heart rate oriented training programmes, we highly recommend you to make use of a compatible chest strap. This ensures that your pulse is transmitted optimally. As for multi-gyms you might acquire a liking for **additional handles** or **weights**.

Our range of accessories offers you the highest quality and improves your training even more. If you would like to get information about compatible accessories, please visit our online store and look up the detailed page of your product. To do this, simply type in your training machine's article number in the search bar at the top of your screen. Now scroll down until you find the appropriate accessories. Alternatively you can contact our customer service either by telephone, e-mail or in person in one of our stores. We will be happy to advise you!

floor mat

chest strap

gym towels

8.1 Service hotline

So that we can give you the best possible service, please have your **model name, part number, serial number, exploded drawing and parts list** ready.

SERVICE-HOTLINE

DE	DK	FR
📞 +49 4621 4210-0	📞 80 90 16 50	📞 +33 (0) 172 770033
🖨 +49 4621 4210-699	📞 +49 4621 4210-945	📞 +49 4621 4210-933
✉ service@sport-tiedje.de	✉ info@t-fitness.dk	✉ service-france@sport-tiedje.fr
Mo. - Fr. 8:00 - 18:00	Ma. - Fr. 8:00 - 18:00	Lun. - Ven. 8:00 - 18:00
Sa. 9:00 - 18:00	Lø. 9:00 - 18:00	Sam. 9:00 - 18:00

NL	UK	INT
📞 +31 172 619961	📞 +44 141 876 3972	📞 +49 4621 4210-0
✉ info@fitshop.nl	✉ orders@powerhousefitness.co.uk	✉ service-int@sport-tiedje.de
Ma. - Do. 9:00 - 17:00	Mon. - Fri. 9:00 - 17:00	Mon - Fri 8:00 - 18:00
Vr. 9:00 - 21:00		Sat 9:00 - 18:00
Za. 10:00 - 17:00		

8.2 Serial number and model name

Before assembling your equipment, find the serial number on the white sticker and enter it in the appropriate space.

Serial number:

Brand / category: Model name:

cardiostrong ergometer   BX60 Touch

8.3 Parts list

No.	Qty.	Description	No.	Qty.	Description
IV-A	1	MAIN FRAME	IV-A-15	1	AXLE
IV-A1	1	SENSOR WIRE 650mm	IV-A-16	4	AXLE BOLT
IV-A2	1	KNOB	IV-A-17	4	AXLE NUT
IV-A3	1	MOTOR	IV-A-18	2	BEARING 6203zz
IV-A3-1	4	MOTOR SCREW	IV-A-19	1	C-CLIP C17
IV-A4	1	SENSOR WIRE 150mm	IV-A-20	1	CRANK (LEFT)
IV-A4-1	1	SENSOR HOUSING	IV-A-21	1	CRANK (RIGHT)
IV-A4-2	1	SENSOR HOUSING SCREW	IV-A-22	2	CRANK BOLT
IV-A5	1	DC LINE 750mm	IV-A-23	2	CRANK END CAP
IV-A6	1	MOTOR CABLE	IV-A-24	1	PRESSING PLATE
IV-A7	1	SPRING	IV-A24-1	2	BEARING 6001zz
IV-A8	1	MAGNET HOUSING	IV-A24-2	1	WASHER
IV-A8-1	1	BOLT	IV-A24-3	1	C-CLIP
IV-A8-2	1	NUT	IV-A24-4	1	BOLT
IV-A9	1	IRON BRACKET	IV-A24-5	1	WASHER
IV-A10	1	SCREW	IV-A24-6	1	WASHER
IV-A11	1	MAGNETIC WHEEL SET	IV-A24-7	1	NUT
IV-A11-1	1	NUT(3t)	IV-A25	1	SPRING
IV-A11-2	1	MAGNETIC WHEEL	IV-A26	1	GAP BLOCK
IV-A11-3	1	CENTER AXLE	IV-A27	1	SPRING
IV-A11-4	1	PULLEY	IV-A28	1	SUPPORTING PIIPE
IV-A11-5	2	SINGLE-WAY BEARING	IV-A29	1	CHAIN COVER (LEFT)
IV-A11-6	1	BEARING 6300zz	IV-A30	1	CHAIN COVER (RIGHT)
IV-A11-7	1	BEARING 6003zz	IV-A31	1	FRONT COVER (LEFT)
IV-A11-8	1	BEARING 6000zz	IV-A32	1	FRONT COVER (RIGHT)
IV-A11-9	2	C-CLIP	IV-A33	4	END CAP (SCREW)
IV-A11-10	1	WAVED WASHER	IV-A34	4	END CAP (WASHER)
IV-A11-11	2	FLANGE NUT	IV-A35	1	WAVE WASHER
IV-A11-12	1	NUT(5t)	IV-B	1	FRONT STABILIZER
IV-A12	1	BELT 1143 J6	IV-B1	1	END CAP (LEFT)
IV-A-13	1	PLASTIC BELT WHEEL	IV-B2	1	END CAP (RIGHT)
IV-A-14	1	BUSH	IV-B3	2	TRANSPORTATIONWHEEL

No.	Qty.	Description	No.	Qty.	Description
IV-B4	4	SCREW	IV-F4	2	END CAP
IV-C	1	REAR STABILIZER	IV-F5	2	PLASTIC PIPE
IV-C1	1	END CAP (=B2)	IV-G	1	CONSOLE
IV-C2	1	END CAP (=B1)	IV-G1	4	CONSOLE SCREW
IV-D	1	CENTRAL TUBE	IV-H	1	SEAT
IV-D1	1	SENSOR WIRE 900mm	IV-H1	3	SEAT NUT
IV-D2	1	PLASTIC COVER	IV-H2	3	SEAT WASHER
IV-D3	1	FRONT PLASTIC COVER	IV-J1	4	SCREW M8x20
IV-D4	1	REAR PLASTIC COVER	IV-J2	4	SPRING WASHER M8
IV-D5	1	END CAP	IV-J3	4	WASHER M8
IV-E	1	HANDLE BAR	IV-J4	2	SCREW M10x70
IV-E1	2	HAND PULSE SENSOR WIRE	IV-J5	2	WASHER M10
IV-E2	2	SPACED RING	IV-J6	2	NUT M8
IV-E3	2	HAND PULSE SENSOR	IV-J7	2	WASHER M8
IV-E4	2	SENSOR HOUSING	IV-J8	2	BOTTLE HOLDER SCREW
IV-E5	4	SCREW	IV-J9	2	SCREW M5x10
IV-E6	2	END CAP	IV-J10	1	SCREW M5
IV-E7	2	SPONGE (SHORT)	IV-J11	20	CHAIN COVER SCREW M4x20
IV-E8	2	SPONGE (LONG)	IV-K1	1	PEDAL (LEFT)
IV-E9	2	END CAP	IV-K2	1	PEDAL (RIGHT)
IV-F	1	SEAT TUBE	IV-L1	1	BOTTLE HOLDER
IV-F1	1	SEAT BASEMENT	IV-L3	1	ADAPTOR
IV-F2	1	KNOB			
IV-F3	1	GAP BLOCK			

8.4 Exploded drawing
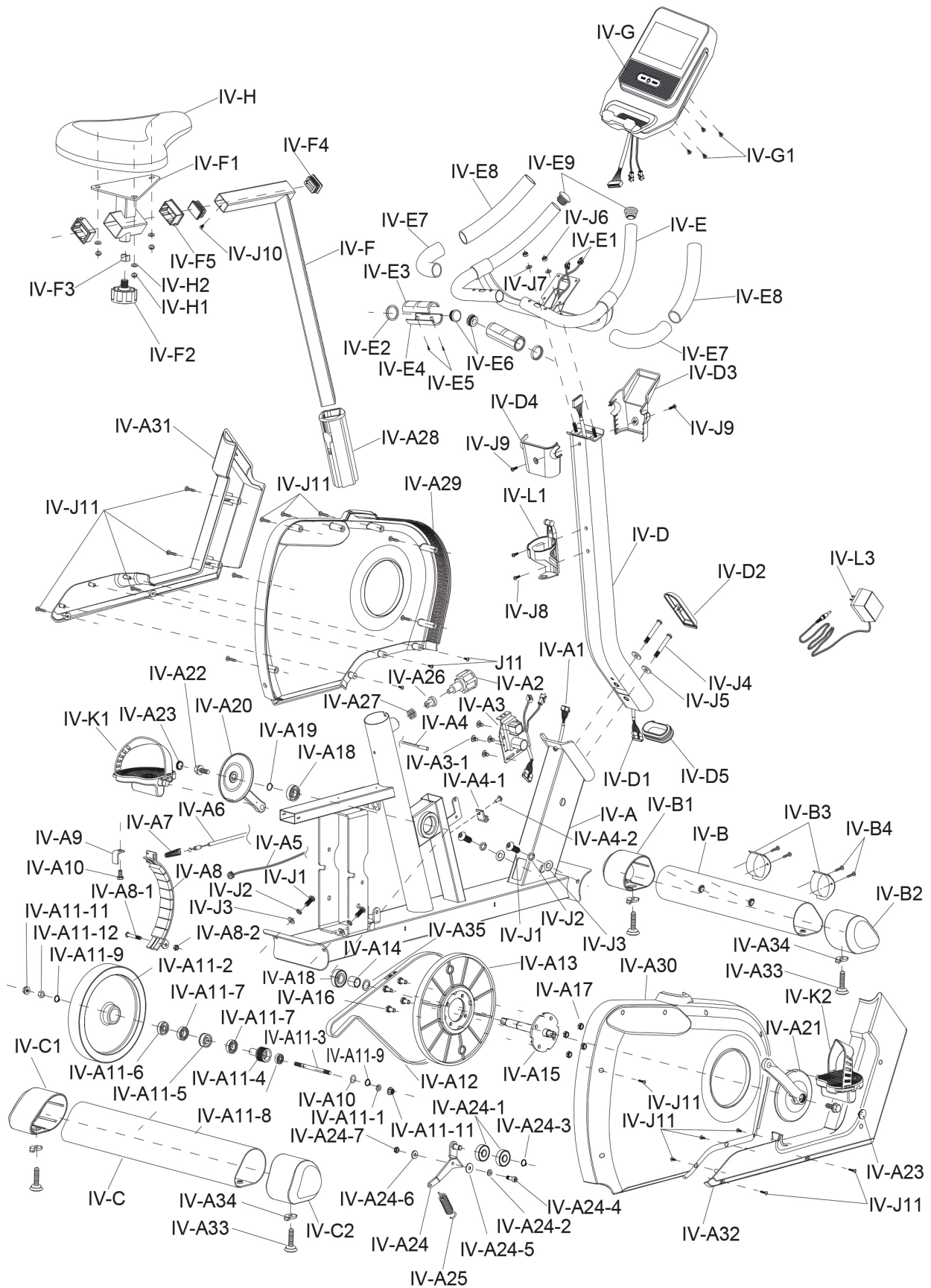
CONTACT

Company head office
Sport-Tiedje GmbH
Flensburger Str. 55
24837 Schleswig

Hotline for Technical Information

DE	DK	FR
📞 +49 4621 4210-0	📞 80 90 16 50	📞 +33 (0) 172 770033
🖨 +49 4621 4210-698	📞 +49 4621 4210-945	📞 +49 4621 4210-933
✉ technik@sport-tiedje.de	✉ info@t-fitness.dk	✉ service-france@sport-tiedje.fr

NL	UK	INT
📞 +31 172 619961	📞 +44 141 876 3986	📞 +49 4621 4210-0
✉ info@fitshop.nl	✉ support@powerhousefitness.co.uk	✉ service-int@sport-tiedje.de

www.sport-tiedje.com
www.cardiostrong.de

DISCLAIMER

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

www.sport-tiedje.com/en/stores