



Assembly and Operating Instructions



max. 150 kg



~ 30-60 Min.



50 kg

L 103 | W 54 | H 145

CSTBX90.01.06

Art. No.: CST-BX90

Recumbent Bike **BX90**

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Dear customer,

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

We hope you enjoy your training!

Intended Use

The equipment may only be used for its intended purpose.

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

Legal Notice

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

ABOUT THIS MANUAL

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



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

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

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

The following safety instructions may appear in this manual:

► **ATTENTION**

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

⚠ **CAUTION**

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

⚠ **WARNING**

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

⚠ **DANGER**

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

ⓘ **NOTICE**

This notice indicates further useful information.

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

1.1 Technical Data

LCD display of

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

Resistance system: electronic magnetic brake system

Resistance level: 24

Watt: 10 - 350 Watt (adjustable in 5-watt increments)

Total number of training Programmes: 24

Manual Programmes: 1

Pre-set Programmes: 12

Watt-controlled Programmes: 1

Heart rate controlled Programmes: 4

User defined Programmes: 4

Random Programmes: 1

Weight and dimensions

Article weight (gross, including packaging): 58.31 kg

Article weight (net, without packaging): 50.07 kg

Packaging dimensions (L x W x H): approximately 98 cm x 33 cm x 88 cm

Set-up dimensions (L x W x H): approximately 103 cm x 54 cm x 145 cm

Maximum user weight: 150 kg/330 lbs

1.2 Personal Safety

DANGER

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

WARNING

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

CAUTION

- + If your equipment needs to be connected to the power supply with a mains cable, make sure that the cable is not a potential tripping hazard.
- + Make sure that nobody is within the range of motion of the equipment during training so as not to endanger you or other persons.

ATTENTION

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

1.3 Electrical Safety



DANGER

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



WARNING

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



ATTENTION

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

1.4 Set-Up Place

WARNING

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

CAUTION

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

ATTENTION

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

2.1 General Instructions



DANGER

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



WARNING

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



CAUTION

- + Do not open the packaging when it is lying on its side.
- + Ensure to have sufficient room for movement in each direction during assembly.
- + The assembly of the equipment must be carried out by at least two adults. If in doubt, seek the help of 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

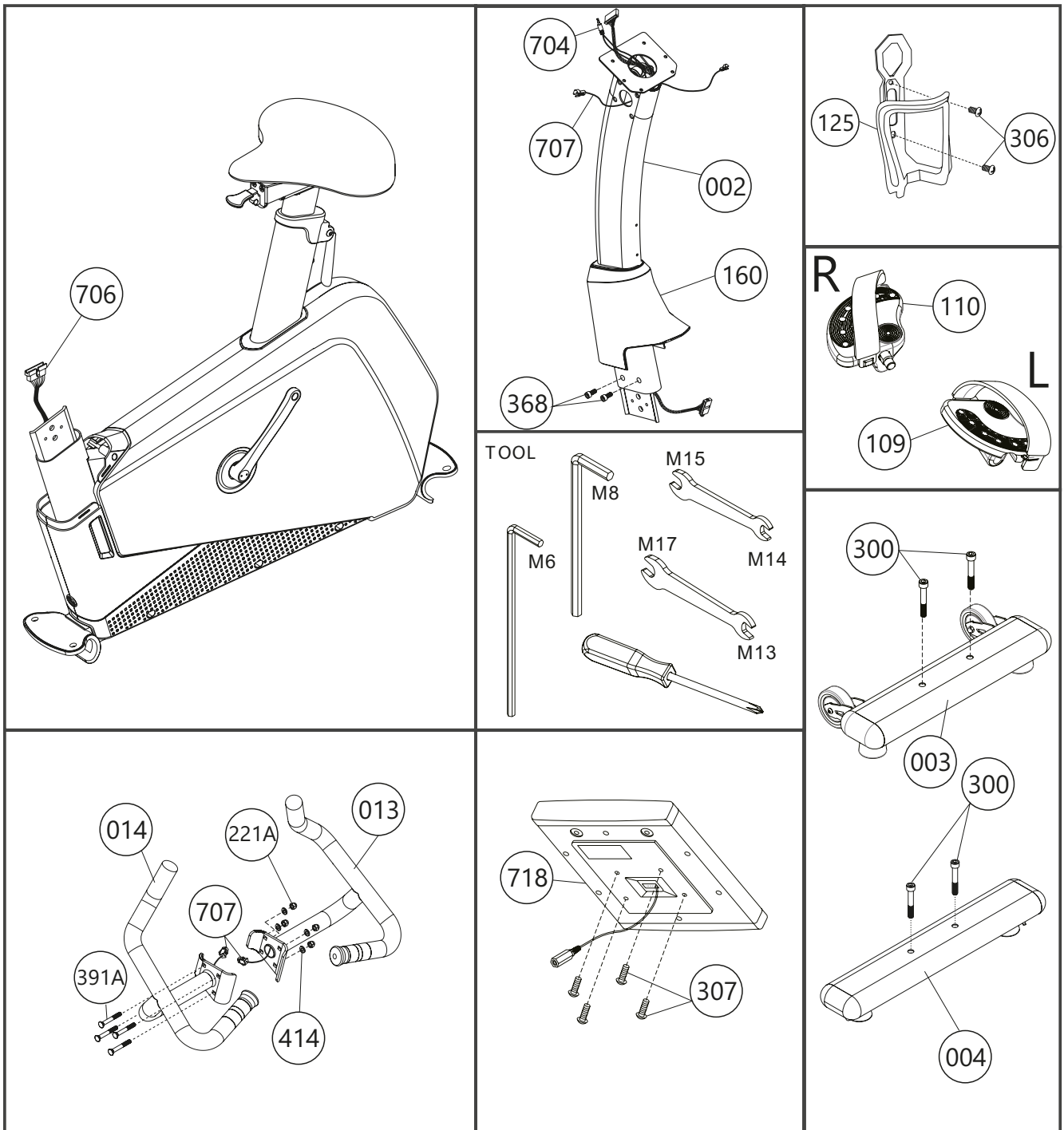
- + In order to make the assembly as simple as possible, some screws and nuts to be used can already be pre-assembled.
- + Ideally, assemble the equipment at its later set-up place.

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.

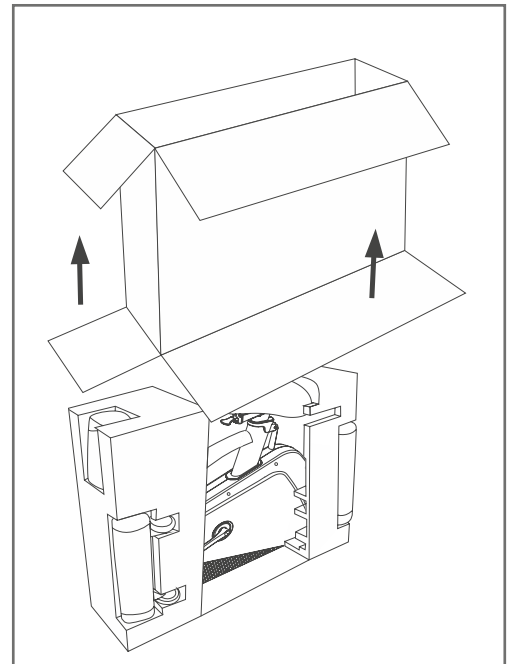
Before assembling, first free up a sufficiently large work surface (approx. 2 x 2 m).

Step 1

1. Open the carton and lay it flat on the floor.
2. Remove all loose components.
3. Refer to the checklist and check that everything is present.

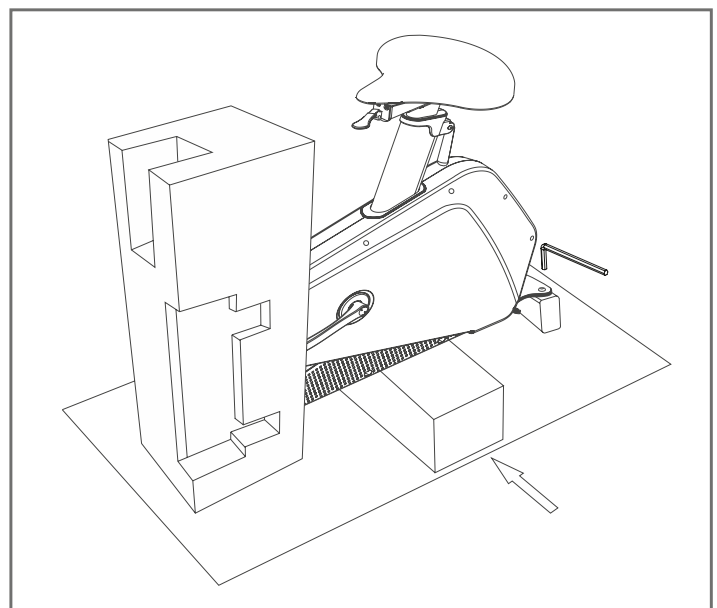
① NOTICE

To protect the BX90 while assembling we suggest that you do not remove the Protective Packing Material until it is absolutely necessary.



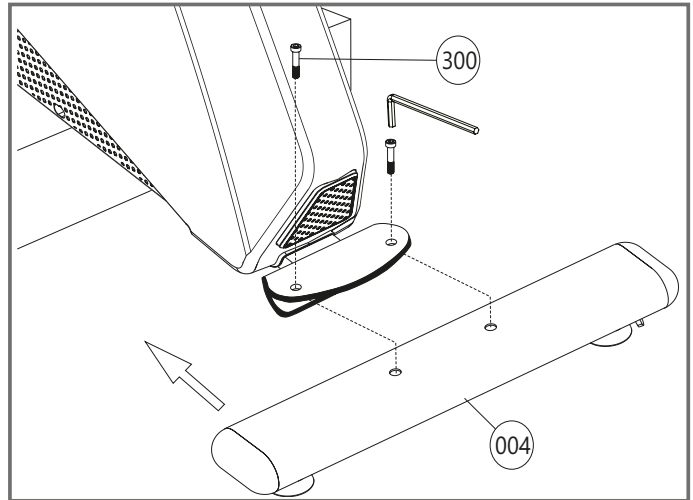
Step 2

1. Lift the rear of the machine off the floor and slide a polystyrene block under the rear-end remove packing material.
2. Undo 2 x BOLT and remove the transportation tube.



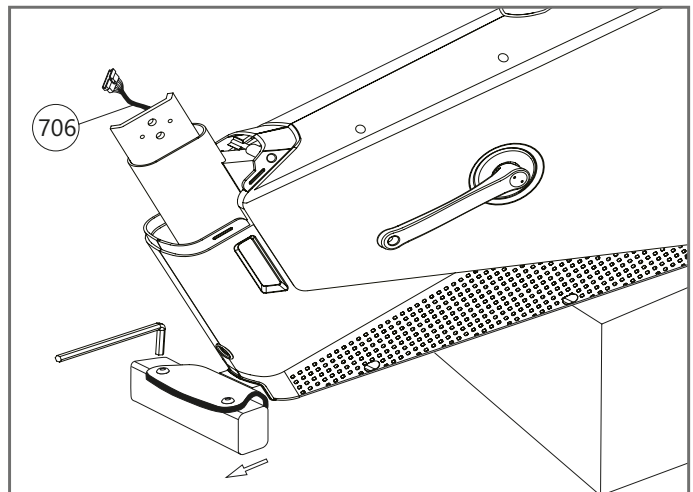
Step 3

1. Assemble the STABILIZER-BACK [004] with 2 x BOLT [300] tighten firmly.
2. Remove the polystyrene block and place it under the front end of the machine.



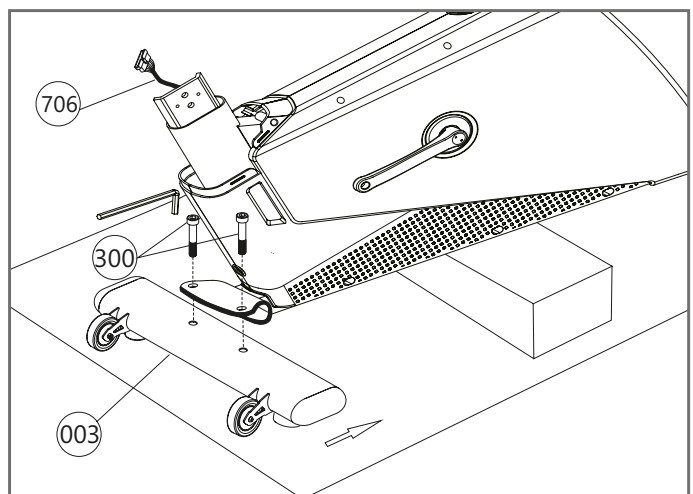
Step 4

1. With the front end now raised off the floor remove packing material.
2. Undo 2 x BOLT and remove the transportation tube.



Step 5

1. Assemble the STABILIZER-FRONT [003] with 2 x BOLT [300] tighten firmly.



Step 6

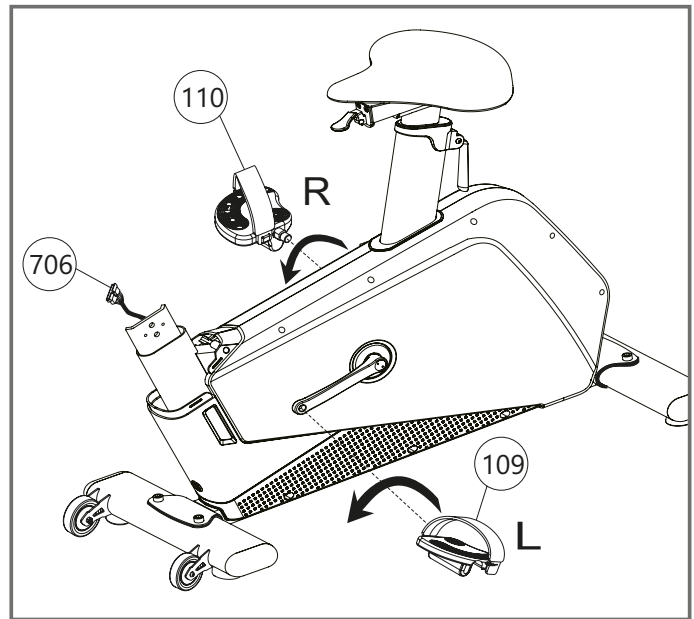
▶ **ATTENTION:**

Do NOT force the pedals into their sockets, if they do not screw in easily you may be trying to fit the wrong pedal or you are rotating the pedal in the wrong direction.

⚠ **CAUTION**

Make sure to screw in the pedals completely.

Thread the pedals onto the crank arms. The pedals are marked with R and L at the screw. Tighten the left pedal anti-clockwise and the right pedal clockwise.

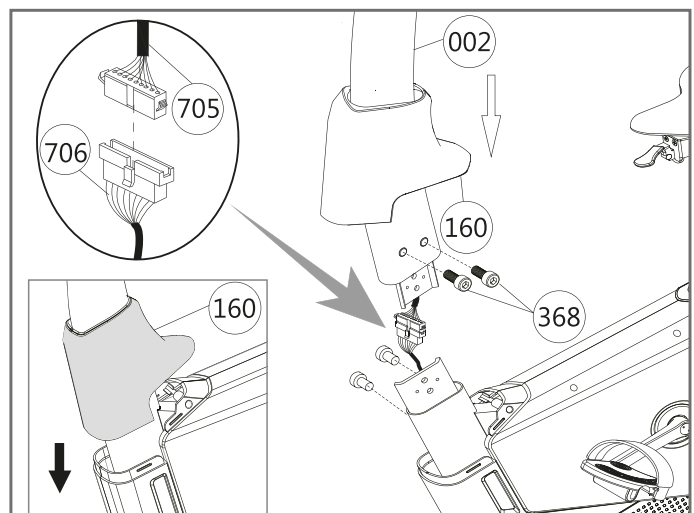


Step 7

ⓘ **NOTICE:**

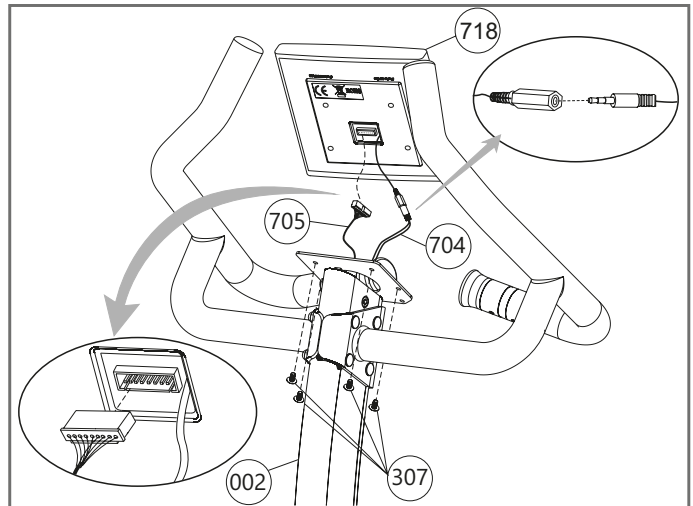
Make sure the HAT COVER [160] has already been slid into the HANDLE BAR POST [002] before going to the following steps.

1. Hold the HANDLE BAR POST [002] in the correct position over the MAIN FRAME [001] and join the RESISTANCE Console - CABLE [705] & Console CABLE [706].
2. Carefully slide the HANDLE BAR POST [002] into the MAIN FRAME [001]. Take care not to damage the Console - CABLE [705] & Console - CABLE [706].
3. Lift the HAT COVER [160] out of the way and align the holes and fit 4 x BOLT [368] then firmly tighten 4 x BOLT [368]. Slide down the HAT COVER [160] and push firmly.



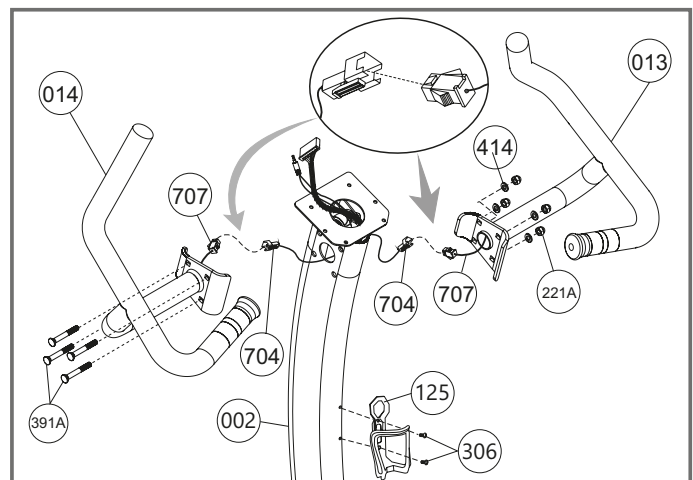
Step 8

1. Connect the HAND PULSE CABLE to Console [704] and RESISTANCE ADJUSTMENT - CABLE [705] to the Console [718].
2. Feed excess cable into the hole in the HANDLE BAR POST [002]. Make sure the cable remain undamaged.
3. Check that all connections are correct.
4. Slide the console onto the mounting plate and secure using the 4 x BOLT [307].



Step 9

1. Connect the HANDLE BAR HAND PULSE CABLE [707] to HANDLEBAR and HAND PULSE CABLE [704] to Console.
2. Slide the HANDLE BAR - RIGHT [013] and the HANDLE BAR - LEFT [014] into HANDLE BAR POST [002] and secure with 4 x BOLT [391A] + 4 x NUT [221A] + 4 x WASHER [414].
3. Remove 2 x BOLT [306] from HANDLE BAR POST [002]. Align WATER BOTTLE HOLDER [125] and fasten with the same 2 x BOLT [306].



Step 10

1. Plug the AC ADAPTOR [715] into the mains power socket.
2. Connect the ADAPTOR [715] into the ADAPTOR SOCKET at the front of the machine.
3. The Console [718] should now be working. If not the re-plug all the Console CABLE as shown in steps 8, 9 & 10.

NOTICE

BEFORE YOU START - Recharge the Battery because your exercise machine is NEW!

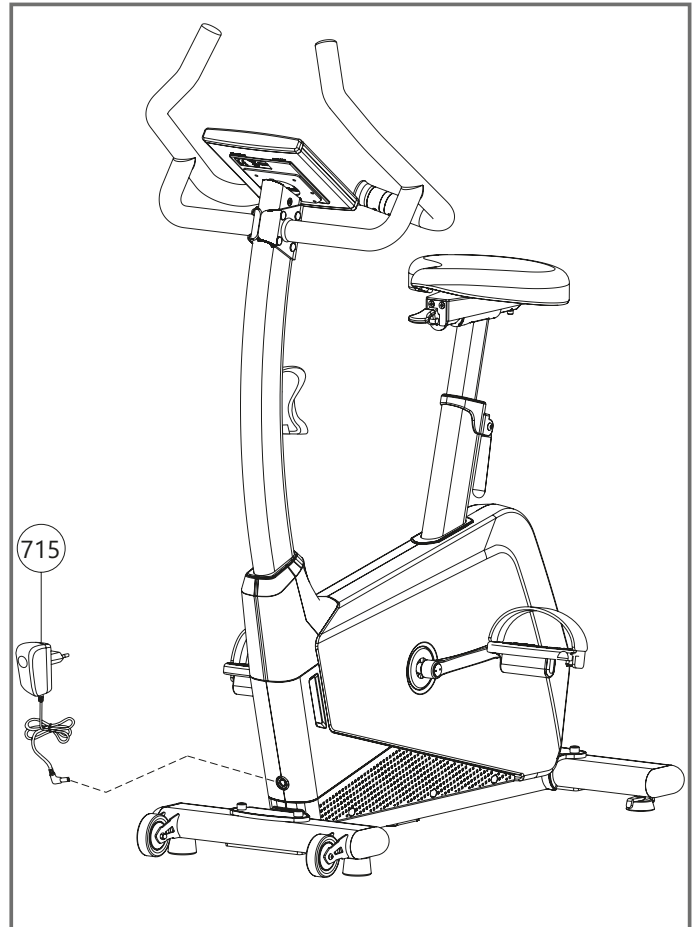
The BATTERY needs to be Charged.

The battery pack was fully charged when this exercise machine was manufactured. however since then the battery pack has undoubtedly lost some or all of it's charge making it important to recharge the battery pack ASAP. Use the provided AC Adaptor to recharge the battery for at least 30 minutes or longer.

NOTICE

Disconnect the ergometer from the power supply

It is important that you disconnect the ergometer from the power supply after it has been charged. After a long period of non-use the ergometer has to be charged again.



Power Functions

Adaptor: DC 9 V 1000mA AC Adaptor. Once your exercise machine is fully assembled and correctly positioned then insert the plug-in adaptor socket. The console should automatically power up and all the LCD segments will briefly light up. If there are any problems then please refer to the Trouble Shooting Guide on the last page of these instructions for help.

Auto power up: The console will automatically power up when the exercise machine is in use, or when any Buttons on the console are pressed.

Auto power down: The console will automatically power down when the exercise machine is not in use after approximately 1 minute.

Resistance and Generator System

This exercise machine is equipped with:

Eddy Current Brake Motorized Resistance System: The Flywheel is lined with an Aluminum Strip and a Bank of Magnets are moved by a Geared Electric Motor. The closer the Magnets are to the moving Aluminum Strip the more „Eddy Currents“ are created causing drag.

Mini Generator: Basically just an Electric Motor that is powered by the moving Flywheel.

Generator Controller: A sophisticated electronic device that supply's the Console and/or the Battery Pack with the correct electrical charge.

Battery Pack: The rechargeable Lithium-ion (Li-ion) battery pack is a battery in which lithium ions move from the negative electrode to the positive electrode during discharge and back when charging.

► ATTENTION

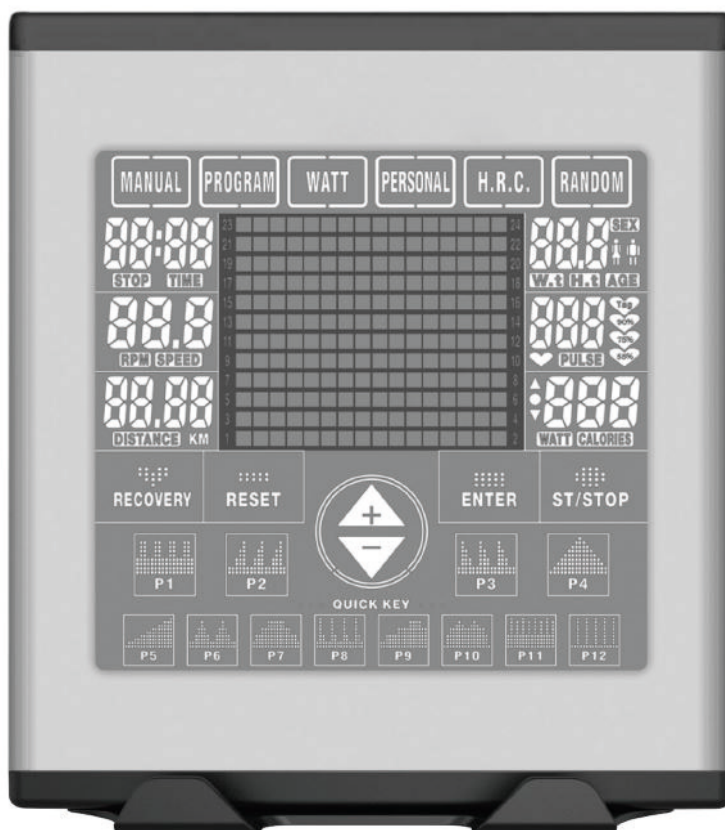
The battery pack is filled with toxic chemicals and must be disposed of in a competent manner by recycling.

3 OPERATING INSTRUCTIONS

NOTICE

Familiarise yourself with all the functions and setting options of the device before starting training. Have the proper use of this product explained to you by a specialist.

3.1 Console Display



TIME	Training time displayed during training. Minutes and seconds
STOP MODE	The STOP MODE Indicator will be lit when you Pause or Stop your workout.
RPM and SPEED	<p>RPM: Revolutions Per Minute SPEED: kilometers per hour (km/h) or miles per hour (mph) Units of measurements (either metric or imperial) depends on your countries standard measurement system.</p> <p>NOTICE RPM and SPEED share the same display. The display will alternate every six seconds.</p>

DISTANCE	kilometers or miles (KM or M) Units of measurements (either metric or imperial) depends on your countries standard measurement system.
USER SELECT	<p>Select one of four Users U1 U2 U3 U4.</p> <p>ⓘ NOTICE U0 = Guest User. All input data will not be retained.</p> <p>SEX: Male or Female AGE: in Years only HEIGHT: in centimeters or inches (cm or in) WEIGHT: in kilograms or pounds (kg or lbs) Units of measurements (either metric or imperial) depends on your countries standard measurement system.</p> <p>ⓘ NOTICE Your selected User and input User Data will effect Calorie calculations Also, the % Heart Rate Programmes work in conjunction with your selected User and input User Data.</p>
PULSE	<p>Your heart rate/pulse is displayed in beats per minute (bpm), either via the Hand Pulse Sensors or a 5 kHz Chest Band.</p> <p>ⓘ NOTICE The letter „P“ indicates that the console is NOT receiving a heart rate/pulse signal.</p>
WATT and CALORIES	<p>WATT: one watt is equal to a power rate of one joule of work per second of time (W). CALORIES: measured in kilocalories (kcal). Also known as large Calories and food Calories.</p> <p>ⓘ NOTICE Your selected User and input User Data will effect Calorie calculations. WATT and CALORIES share the same display. The display will alternate every six seconds.</p>
BAR GRAPH	<p>Programme Profiles and Text Messages are shown here. 12 x Rows = 24 x Resistance Levels. 16 x Columns = 16 time intervals.</p>
RESISTANCE LEVEL	<p>24 x Resistance Levels to choose from Level 1 = minimum resistance Level 24 = maximum resistance</p>

3.2 Button functions

RECOVERY	To activate the RECOVERY Programme that will automatically evaluate your heart rate recovery for one minute immediately after your workout.
RESET	<ol style="list-style-type: none"> 1. Reset: Press the RESET Button to reset the console back to the Main Menu. 2. Total Reset: Press and hold the RESET Button for two seconds to totally reset the console. This is useful if the console is not responding.
UP and DOWN	<ol style="list-style-type: none"> 1. Before your workout: Press the UP and DOWN Buttons to scroll through the available selection. 2. During your workout: Press the UP and DOWN Buttons to adjust the Resistance Levels or Watts Target Value. <p>ⓘ NOTICE The UP and DOWN Buttons are disabled in all the Heart Rate Control Programmes (i.e. H.R.C.).</p>
Programme Buttons	<ul style="list-style-type: none"> + MANUAL: 1 x Manual Programme + Programme: 12 x Profile Programmes + WATT: 1 x Watts Control Programme + PERSONAL: 4 x User Profile Programmes U1 U2 U3 U4 + H.R.C. : 4 x Heart Rate Programmes 55% 75% 90% TAG + RANDOM: An infinite number of Random Profile Programmes created by the console
PROFILE Programme QUICK Buttons	Shortcut Buttons to access any one of the 12 x Profile Programmes directly
START/STOP	<ol style="list-style-type: none"> 1. QUICK START the Manual Programme: You can bypass all the input selection process by pressing the START Button to begin the Manual Programme. 2. Before your workout(i.e. Workout Mode): After inputting your Programme Selection Data press the START Button to begin your workout. 3. During your workout: Press the STOP Button to pause/end your workout. <p>ⓘ NOTICE Pause Mode ~ after four minutes the console will Auto Power Down, however your workout will remain Paused indefinitely.</p>
ENTER	<ol style="list-style-type: none"> 1. Before your workout (i.e. Workout Mode): Press the ENTER Button to confirm your selection. 2. Paused workout (i.e. Stop Mode): Press the ENTER Button to scroll through the available Target Value selections. 3. USER Profile Programme: Press and hold the ENTER Button for two seconds to bypass the Profile selection process. <p>ⓘ NOTICE The ENTER Button will NOT function in Workout Mode.</p>

3.3 User Settings

When the console powers up the LCD Display will be flashing and requesting data input for the following:

USER SELECT U0 or U1~U4

The console can store four sets of personal user data. This stored information will be used in conjunction with the % Heart Rate Programmes and to more accurately calculate Calories (kcal).

① NOTICE

U0 = Guest User. The console will not memorize any input User Data or input Personal Profile Programme.

1. Press the UP and DOWN Buttons to select either U0 U1 U2 U3 U4
2. Pressing the ENTER Button will confirm your User selection and begin the User Data Entry process.

USER DATA ENTRY

Use the UP and DOWN buttons to select the data and confirm with ENTER:

- + SEX ~ MALE or FEMALE
- + AGE ~ Age (in years)
- + HEIGHT ~ Height in either centimeters (cm) or inches (,) depending on your countries standard measurement system.
- + WEIGHT ~ Weight in kilograms (kg) or pounds (lbs) depending on your countries standard measurement system. Then press the ENTER Button to confirm your selection.

Now you enter the Main Menu.

3.4 Programmes

This Console has the following Programmes:

- + 1 x MANUAL Programme
- + 12 x PROFILE Programmes
- + 1 x WATT Programme
- + 4 x PERSONAL PROFILE Programmes one per user stored in the consoles memory
- + 4 x HEART RATE CONTROL Programmes 55% 75% 90% Target Heart Rate
- + 1 x RANDOM PROFILE Programmes
- + 1 x RECOVERY Programme

From the MAIN MENU press any one of the six Programme Buttons at the top of the LCD, or press one of the twelve PROFILE Programme QUICK Buttons, or press the START Button to immediately start the MANUAL Programme.

If at anytime you wish to return to the Main Menu then simply press the RESET Button.

To return to the Main Menu during a workout, you must first press the STOP Button. Then press the RESET Button.

If that fails then press and hold the RESET Button for two seconds for a total reset.

3.4.1 Manual Programme - MANUAL

The MANUAL Programme has a flat profile and is preset at Resistance Level one.

QUICK START

Press the START Button to immediately begin your workout.

NORMAL START with Target Value options

1. From the Main Menu, press the MANUAL Button to select the MANUAL Programme.
2. Press the UP and DOWN Buttons to select your Resistance Level. Then press the ENTER Button to confirm.
3. To select Target Values TIME-DISTANCE-CALORIES and/or Pulse Alarm, repetitively press the ENTER Button to scroll and select your Target. Then press the UP and DOWN Buttons to select your Target Values.
4. Then press the ENTER Button to confirm your selection.
5. To return to the Main Menu press the RESET Button.
6. Press the START Button when you are ready to begin your workout.

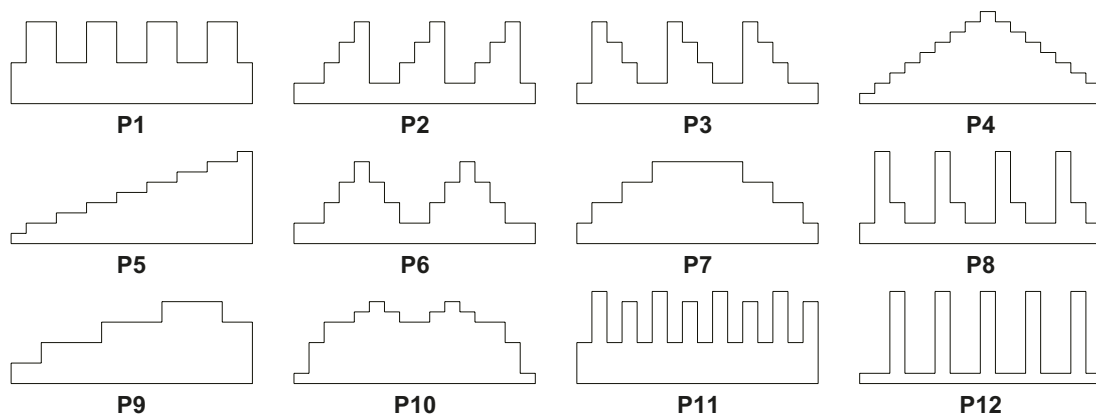
ⓘ NOTICE

During your workout you can adjust the Resistance Levels by pressing the UP and DOWN Buttons.

3.4.2 Profile Programmes - PROGRAM

The console will automatically adjust the Resistance Levels according to the PROFILE Programme you select. During your workout you can adjust the Resistance Levels by pressing the UP and DOWN Buttons.

There are 12 x PROFILE Programmes to choose from as shown in the diagrams below:



1. QUICK SELECT: Press one of the 12 x PROFILE Programme QUICK Buttons.

ⓘ NOTICE

To immediately start your workout press the START Button. To return to the Main Menu press the RESET Button.

2. To select a Target Value, press the ENTER Button then press the UP and DOWN Buttons to select your Target Value/Values. Then press the ENTER Button to confirm your selection. Repeat this step for all desired Target Values.
3. Press the START Button when you are ready to begin your workout.

ⓘ NOTICE

During your workout you can adjust the Resistance Levels by pressing the UP and DOWN Buttons.

3.4.3 Watt Programme - WATT

The WATT Programme is designed to keep your watt output at a constant level you have selected.

① NOTICE

During your workout you cannot adjust the Resistance Levels.

WATT TARGET VALUE CHOICE: 10~350 W (in 5 watt steps)

1. From the Main Menu, press the WATT Button to select the WATT Programme.
2. Press the UP and DOWN Buttons to select your WATT Target Value.
3. To immediately start your workout press the START Button.
4. To select a Target Value press the UP and DOWN Buttons to scroll and select your Target. Then press the ENTER Button to confirm your selection. Repeat this step for all desired Target Values.
5. To return to the Main Menu press the RESET Button.
6. Press the START Button when you are ready to begin your workout.

① NOTICE

During your workout you can adjust the WATT Target Value by pressing the UP and DOWN Buttons.

WATT ALARM

The WATT Programme has an alarm that will sound, and flash three dashes (i.e.) when you exceed the limitations of the 24 Resistance Levels versus the WATT Target Value you have chosen reminding you to either PEDAL FASTER or SLOW DOWN accordingly, or change the WATT Target Value by pressing the Up and DOWN Buttons.

WATT GUIDE

TooFast = SLOW DOWN ▲

CorrectSpeed ●

TooSlow = PEDAL FASTER ▼

3.4.4 User Profile Programmes - PERSONAL

The console will automatically adjust the Resistance Levels according to the USER PROFILE Programme you design. All four Users have their own USER PROFILE Programme which can only be accessed through the User Select process.

1. From the Main Menu, press the PERSONAL Button to select the USER PROFILE Programme.
2. To immediately start your workout press the START Button.
3. Profile Selection: There are 16 columns, each with a choice of 24 Resistance Levels. Press the Up and DOWN Buttons to select your desired Resistance Level for each column. Then press the ENTER Button to confirm your selection. Repeat this process for all 16 columns.
4. To bypass the Profile Selection process, press and hold the ENTER Button for two seconds. Then the console will take you directly to Target Value selections.
5. To immediately start your workout press the START Button.
6. To select Target Values press and hold the ENTER Button for two seconds. Then press the UP and DOWN Buttons to scroll and select your Target Value. Then press the ENTER Button to confirm your selection. Repeat this step for all desired Target Values.
7. Press the START Button when you are ready to begin your workout.

ⓘ NOTICE

During your workout you can adjust the Resistance Levels by pressing the UP and DOWN Buttons. If during your workout if you adjust the Resistance Levels you will be changing the stored USER PROFILE Programme as well.

3.4.5 Random Profile Programmes - RANDOM

The console will automatically adjust the Resistance Levels according to the RANDOM PROFILE Programme you select.

1. From the Main Menu, press and keep pressing the RANDOM Button to scroll through an infinite number of RANDOM PROFILE Programmes.
2. To immediately start your workout press the START Button.
3. To return to the Main Menu press the RESET Button.
4. To select a Target Value, press the ENTER Button then press the UP and DOWN Buttons to select your Target Value/Values. Then press the ENTER Button to confirm your selection. Repeat this step for all desired Target Values.
5. Press the START Button when you are ready to begin your workout.

ⓘ NOTICE

During your workout you can adjust the Resistance Levels by pressing the UP and DOWN Buttons.

3.4.6 Heart Rate Controlled Programmes - H.R.C.

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.

The HEART RATE Programmes are designed to keep your heart rate/pulse at the constant level you have selected. Every 30 seconds the console will check your heart rate/pulse against what you have selected and will automatically adjust the Resistance Levels accordingly. All Heart Rate Programmes require a heart rate signal either via a compatible international standard 5 kHz bandwidth Chest Band or by holding the Hand Pulse Sensors. These three % HEART RATE Programmes work in conjunction with your selected User and the User Data you have input, therefore it is important that you select the correct User and have input the correct User Data before you begin any of the the HEART RATE Programme.

NOTICE

During your workout you cannot adjust the Resistance Levels.

CAUTION

While increasing your heart rate is an important part of exercise, it is also important that your heart rate is not too high. To be safe we suggest that you start your workouts at the 55% and increase your heart rate % as your fitness improves. The recommended absolute Maximum Heart Rate is equal to 220 bpm minus your age.

1. From the Main Menu, press the H.R.C Button to select the H.R.C. Programmes.
2. Press the UP and DOWN Buttons to scroll and select either the 55% 75% 90% HEART RATE Programme. Press the ENTER Button to confirm your selection. To immediately start your workout press the START Button. To return to the Main Menu press the RESET Button.
3. To select a Target Value, press the ENTER Button then press the UP and DOWN Buttons to select your Target Value/Values. Then press the ENTER Button to confirm your selection. Repeat this step for all desired Target Values.
4. Press the START Button when you are ready to begin your workout.

3.5 Recovery Test - RECOVERY

With this programme you can easily test your fitness and check your progress. The programme calculates your fitness based on the recovery of your heart rate. It measures your heart rate for one minute after your workout. It is important that you hold the hand pulse sensors or wear a chest strap during this minute. After one minute you will get a score of F1 to F6, where F1 stands for very fit and F6 for very unfit

Immediately upon completing your workout press the RECOVERY Button.

The console will analyze your heart rate recovery for one minute and display a result as follows. To cancel RECOVERY press the RECOVERY Button again.

Result	Fitness level
F1	SUPER FIT
F2	VERY FIT
F3	FIT
F4	FAIR
F5	UNFIT
F6	VERY UNFIT

3.6 Further information

Target Values

TIME - DISTANCE - CALORIES Target Values are optional. If you do not select any of these optional Target Values then the console will count from zero upwards. If you select one or more of these optional Target Values then the console will countdown from your selection. The console will stop your workout and sound an alarm for once the FIRST Target Value has been achieved.

TIME: 1:00 – 99:00 minutes (in 1 minute steps).

DISTANCE: 0.5 – 99.5 kilometers (in 0.5 steps).

CALORIES: 10 – 990 (in 10 calorie steps).

To set a target, press ENTER until you reach the desired value. Set the target with the arrow keys and confirm with ENTER. You can set multiple destinations. Then press START to start the training program.

Pulse alarm

The pulse alarm sounds when a previously entered heart rate value between 30 and 240 is reached. The manual programme, the profile programmes, the watt programme, the random programme and the user programmes all have an optionally adjustable pulse alarm.

4.1 General Instructions

► **ATTENTION**

- + Make sure that the equipment is protected from moisture, dust and dirt in the selected storage location. The storage location should be dry and well ventilated and have a constant ambient temperature between 5°C and 45°C.

⚠ **WARNING**

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

4.2 Transportation Wheels

► **ATTENTION**

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

1. Stand behind the equipment and lift it until the weight is transferred to the transportation wheels. After that, you easily can move the equipment to a new position. For long transport distances the equipment should be disassembled and safely packed.
2. Select the new location by following the instructions in the section 1.4 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
Cracking in the pedal area	Pedals loose	Tighten the pedals
Equipment wobbles	Equipment is not level	Align the feet
Handlebar/saddle wobbles	Loose screws	Tighten screws firmly
Display is blank/is not working	Batteries empty or loose cable connection	Replace batteries or check cable connections
No pulse display	<ul style="list-style-type: none"> + Sources of interference in the room + unsuitable chest strap + Wrong position of chest strap + Chest strap defective or battery empty + Pulse display defective 	<ul style="list-style-type: none"> + Eliminate sources of interference (e.g. mobile phone, WLAN, lawn mower and vacuum cleaner robot, etc. ...) + Use a suitable chest strap (see RECOMMENDED ACCESSORIES) + Reposition chest strap and/or moisten electrodes + Changing batteries + Check if pulse display by hand pulse possible

5.3 Battery Pack Care & Maintenance

Power supply: DC 9 V 1000mA AC Adaptor

Please use only the included power supply.

Smart Battery Charger

The charger stops charging when the battery is fully charged. Therefore, it is okay to charge the charger overnight. However, we advise against permanently connecting the device to an external power source.

Battery type: DC7.4V 2200mAh 16.28Wh

Batteries do not have an unlimited lifetime. However, if you follow these tips, you can significantly extend the life of the batteries.

Charging during training

On average, a person trains for about 20 minutes three days a week. This is what the battery is constructed for. With this training workload, the battery charge oscillates in the optimum range between 40 and 80 %. If you train more frequently, the battery charge will be 100% - but that won't hurt. What the battery doesn't like, however, is when the charge level drops below 30% or even to 0%.

Charge to 100%

If you should not charge the device to 100% during your workout, we recommend that you charge the device to 100% with the power supply approx. every two months, e.g. overnight.

Long-term storage

If you do not use the device for a longer period of time, charge it completely before storage. The charge level will decrease by about 5 to 10 % per month. Therefore, recharge the unit completely every three months. Under no circumstances should the charge level drop to 0% (residual discharge), as this will damage the battery.

Battery life

You can charge a lithium-ion battery approx. 300-500 times (charging cycles). Please note that a charging cycle ranges from 0 to 100 %. It is therefore important never to let the battery level drop to 0%. This way more charges are possible.

Be sure to prevent ...

- a) ... that the battery level drops to 0%.
- b) ... that the battery is exposed to sub-zero temperatures, the battery is not charged at sub-zero temperatures.
- c) ... that the battery is exposed to temperatures above 45°C.
- d) ... that the humidity is too high.

Battery Warning

When the "Battery Warning" is displayed, connect the device to the mains for a maximum of 20 minutes to recharge the battery.

Battery charge

40 %: If the battery warning appears when the display is fully illuminated, the charge level is 40%. Charge the battery for a maximum of 20 minutes after your workout.

30 %: If the battery warning appears when the display is flashing, the charge level is 30% and the console may no longer have sufficient power. You have two options:

- You can try to finish your workout by stepping fast enough to supply the console with enough energy via the minigenerator. Charge the battery for a maximum of 20 minutes after your workout.
- Finish the workout immediately. Charge the battery for a maximum of 20 minutes.

20 %: Only a weakly illuminated battery symbol appears, otherwise the display is not illuminated. The battery charge level is below 20 %. End the workout and charge the device for a maximum of 20 minutes.

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			
Seat rail		I			
Check pedals for tightness		I			

Legends: C = cleaning; 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.

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

If you have purchased a fitness machine with pulse training and want to train your heart rate, we strongly recommend that you use a compatible chest strap, as this ensures optimum transmission of the heart rate. You may want to buy additional grips or weights for multi gyms.

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



floor mat



chest strap



chest strap contact gel



towels



silicone spray

8.1 Serial Number and Model Name

In order to provide you with the best possible service, please have the model name, article number, serial number, exploded drawing and parts list ready. The corresponding contact options can be found in chapter 10 of this operating manual.

NOTICE

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



Enter the serial number in the appropriate field.

Serial number:

Brand / Category:

Model Name:

Article Number:

8.2 Parts List

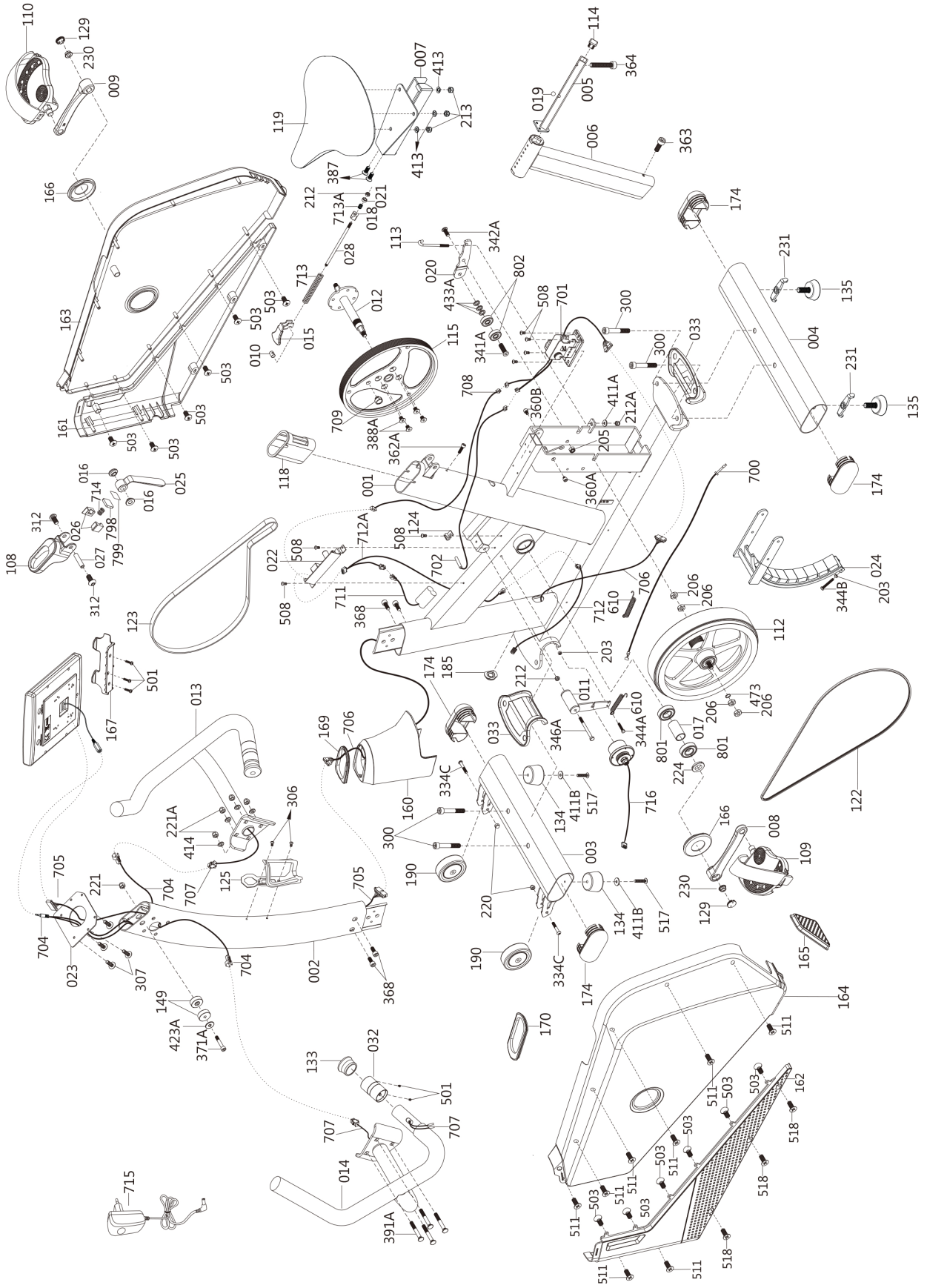
No.	Description	Qty.
001	MAIN FRAME	1
002	HANDLE BAR POST	1
003	STABILIZER - FRONT	1
004	STABILIZER - BACK	1
005	HORIZONTAL SEAT ADJUSTER	1
006	SEAT POST	1
007	SEAT HOLDER	1
008	CRANK - LEFT	1
009	CRANK - RIGHT	1
010	HORIZONTAL SEAT ADJUSTER- NUT	1
011	GENERATOR BRACKET	1
012	MAIN AXLE	1
013	HANDLE BAR - RIGHT	1
014	HANDLE BAR - LEFT	1
015	HORIZONTAL SEAT ADJUSTER - HANDLE	1
016	VERTICAL SEAT ADJUSTER - BUSHING	2
017	CASING	1
018	HORIZONTAL SEAT ADJUSTER - SLIDER	1
019	BALL BEARING	1
020	TENSION WHEEL BRACKET	1
021	HORIZONTAL SEAT ADJUSTER - SPACER	1
022	EMS CONTROLLER	1
023	Console METAL PLATE	1
024	MAGNET HOLDER WITH MAGNET	1
025	SEAT POST ADJUSTER - HANDLE	1
026	SEAT POST ADJUSTER - CLAMP BLOCKS	2
027	SEAT POST ADJUSTER - THREADED SPACER	1
028	HORIZONTAL SEAT ADJUSTER - ROD	2
132	HAND PULSE ASSEMBLY	2
133	STABILIZER RUBBER MOUNTING	2
108	SEAT POST ADJUSTER - CAP	1

109	PEDAL - LEFT	1
110	PEDAL - RIGHT	1
112	FLYWHEEL	1
113	J - BOLT	1
114	PLUG	1
115	DRIVE PULLEY	1
118	SEAT POST ADJUSTER- SLIDERPLUG	1
119	SEAT	1
122	POLY V DRVE BELT J2	1
123	POLY V DRVE BELT J6	1
124	SENSOR - HOLDER	1
125	WATER BOTTLE HOLDER	1
129	CRANK PLUG	2
133	PLUG	2
134	STABILIZER PADS	2
135	STABILIZER LEVELER	2
149	BUSHING	2
160	HAT COVER	1
161	SHROUD SMALL - FRONT RIGHT	1
162	SHROUD SMALL - FRONT LEFT	1
163	SHROUD LARGE- FRONT RIGHT	1
164	SHROUD LARGE- FRONT LEFT	1
165	SHROUD - INSERT	1
166	SHROUD - CRANK INSERT	2
167	PHONE STAND	1
169	HAT COVER - INSERT	1
170	SHROUD - SEAT POST INSERT	1
174	PLUG	4
185	RESISTANCE ADJUSTMENT- A/C CABLE HOLDER	1
190	TRANSPORTATION WHEEL	2
203	NUT	2
205	NUT	1
206	NUT	4
212	NUT	2

212A	NUT	1
213	NUT	3
220	NUT	2
221	NUT	1
221A	NUT	1
224	NUT	1
230	NUT	2
231	NUT	2
300	BOLT	4
306	BOLT	2
307	BOLT	4
312	BOLT	2
334C	BOLT	2
341A	BOLT	1
342A	BOLT	1
344A	BOLT	1
344B	BOLT	1
346A	BOLT	1
360A	BOLT	1
360B	BOLT	1
362A	BOLT	1
363	BOLT	1
364	BOLT	1
368	BOLT	4
371A	BOLT	1
387	BOLT	2
388A	BOLT	4
391A	BOLT	4
411A	WASHER	1
411B	WASHER	2
413	WASHER	3
414	WASHER	4
423A	WASHER	1
433A	WASHER	3

473	WASHER	1
501	SCREW	4
503	SCREW	12
508	SCREW	7
511	SCREW	8
517	SCREW	2
518	SCREW	6
610	TENSION WHEEL- SPRING	2
700	TENSION CABLE	1
701	MOTOR WITH CABLE	1
702	Console CABLE WITH SENSOR	1
704	HAND PULSE CABLE	1
705	Console CABLE	1
706	Console CABLE	1
707	HANDLEBAR HAND PULSE CABLE	2
708	DC & MOTOR CABLE	1
709	SENSOR - MAGNET	1
711	BATTERY WITH CABLE	1
712	A/C ADAPTOR CABLE	1
712A	BATTERY & AC ADAPTOR CABLE	1
713	HORIZONTAL SEAT ADJUSTER - SPRING	1
713A	SEAT ADJUSTER - SPRING	1
714	SEAT POST ADJUSTER - SPRING	1
715	A/C ADAPTOR	1
716	GENERATOR WITH CABLE	1
718	Console	1
798	SEAT POST ADJUSTER - THICK PLATE	1
799	SEAT POST ADJUSTER - THIN S/S PLATE	1
801	BEARING 6004ZZ	2
802	BEARING 6200ZZ	2

8.3 Exploded Drawing



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

Error Descriptions

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

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

Your statutory rights are not affected.

Warrantee

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

Warranty period

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

Repair Costs

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

The terms of use are defined as follows:

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

Warranty Service

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

Warranty Conditions

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

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

Warranty claims are invalid in case of damage resulting from:

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

Proof of Purchase and Serial Number

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

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

Service outside of the Warranty Period

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

Communication

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

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

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

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

www.sport-tiedje.com/en/stores

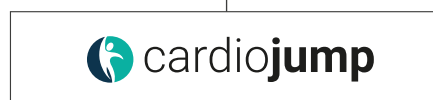
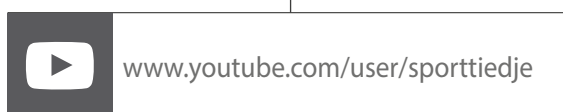
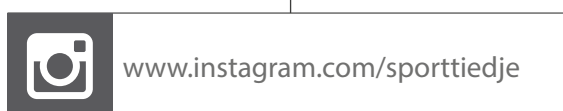
WE LIVE FITNESS

WEBSHOP AND SOCIAL MEDIA

Sport-Tiedje is Europe's largest specialist store for home fitness equipment with currently 80 stores and one of the world's most renowned online mail order companies for fitness equipment. Private customers order via the 25 web shops in the respective national language or have their desired equipment assembled on site. In addition, the company supplies fitness studios, hotels, sports clubs, companies and physio practices with professional equipment for endurance and strength training.

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

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





Recumbent Bike **BX90**