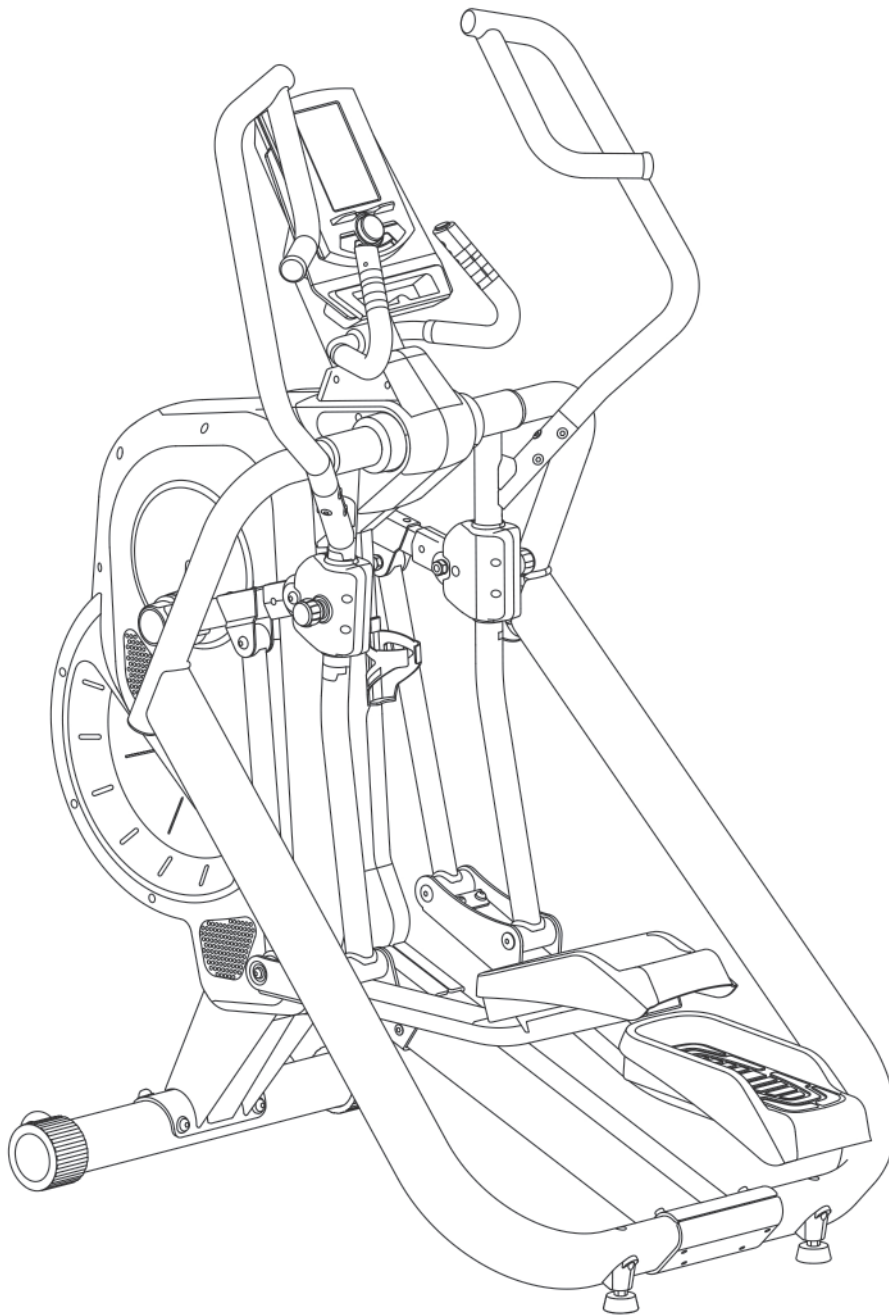




Assembly and Operating Instructions



max. 150 kg



~ 60 Min.



108 kg

L 138 | W 88 | H 168

FSCSTEX70.05.02

Art. No. CST-EX70-5

Crosstrainer EX70

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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.fitshop.com or www.cardiostrong.de. We hope you enjoy your training!

Further information can be found at www.fitshop.com.

Intended Use

The equipment may only be used for its intended purpose.

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

Legal Notice

Fitshop GmbH
Europe's No. 1 for home fitness

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Disclaimer

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

FITSHOP

Europe's No.1 for Home Fitness

ABOUT THIS MANUAL

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

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



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

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

Accuracy classes

Class A: high accuracy.

Class B: medium accuracy.

Class C: low accuracy.

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

Use classes

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

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

Class H (home use): use at home.

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

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

The following safety instructions may appear in this manual:

► **ATTENTION**

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

⚠ **CAUTION**

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

⚠ **WARNING**

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

⚠ **DANGER**

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

ⓘ **NOTICE**

This notice indicates further useful information.

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

1.1 Technical Data

LCD display of

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

Resistance system:	electronic magnetic brake system
Resistance level:	16
Wattage	
Adjustable wattage in the watt programme:	10–40 Watt (adjustable in 5-Watt increments)
Min. and max. watt at 60 RPM:	82-430 W (Load 1 to 16)
Min. and max. watt at 100 RPM:	158-734 W (Load 1 to 16)
User memory:	4
Quick Start programmes:	1
Manual programmes:	1
Pre-set programmes:	12
User-defined programmes:	1 (per user)
Watt-controlled programmes:	1
Heart rate controlled programmes:	4
Balance mass:	12 kg
Step width:	24.4 cm
Step height:	24.5 cm
Step length:	43.8 - 52 cm
Weight and dimensions:	
Article weight (gross, incl. packaging) approx.:	112.2 kg
Article weight (net, without packaging) approx.:	108.3 kg
Packaging dimensions (L x W x H) approx.:	131.5 cm x 58 cm x 87 cm
Set-up dimensions (L x W x H) approx.:	138.2 cm x 88 cm x 168 cm
Footprint (LxW):	116.5 cm x 88 cm
Maximum user weight:	150 kg/330 lbs
Use class:	H

1.2 Personal Safety

DANGER

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

WARNING

- + This equipment may not be used by children under the age of 14.
- + Children should not be allowed unsupervised access to the equipment.
- + Persons with disabilities must have a medical license and must be under strict observation when using the equipment.
- + Remember that your device does not have a freewheel function. Therefore moving parts cannot be stopped immediately.
- + Note that the individual physical power required to perform an exercise may differ from the displayed mechanical power.
- + When ascending and descending, make sure that one of the treads is in the lowest position.
- + 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.
- + Do not insert any objects of any kind into the openings of the device.
- + Be aware that if adjustment devices are left protruding, they may impede the user's movement.

1.3 Electrical Safety

DANGER

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

WARNING

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

ATTENTION

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

NOTICE

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

1.4 Set-Up Place

WARNING

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

CAUTION

- + Choose a location in which to place the equipment such that there is enough free space/clearance to the front, the rear and to the sides of the equipment.
- + The training room should be well ventilated during training and not be exposed to any draughts.
- + Choose the place in which to set up the equipment such that there is enough free space/clearance to the front, the rear and to the sides of the equipment.
- + The free area in the direction from which the exercise equipment is accessed must be at least 0.6 m larger than the exercise area.
- + The set-up and mounting surface of the equipment should be flat, loadable and solid.

ATTENTION

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

2.1 General Instructions



DANGER

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



WARNING

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



CAUTION

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



ATTENTION

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



NOTICE

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

2.2 Scope of Delivery

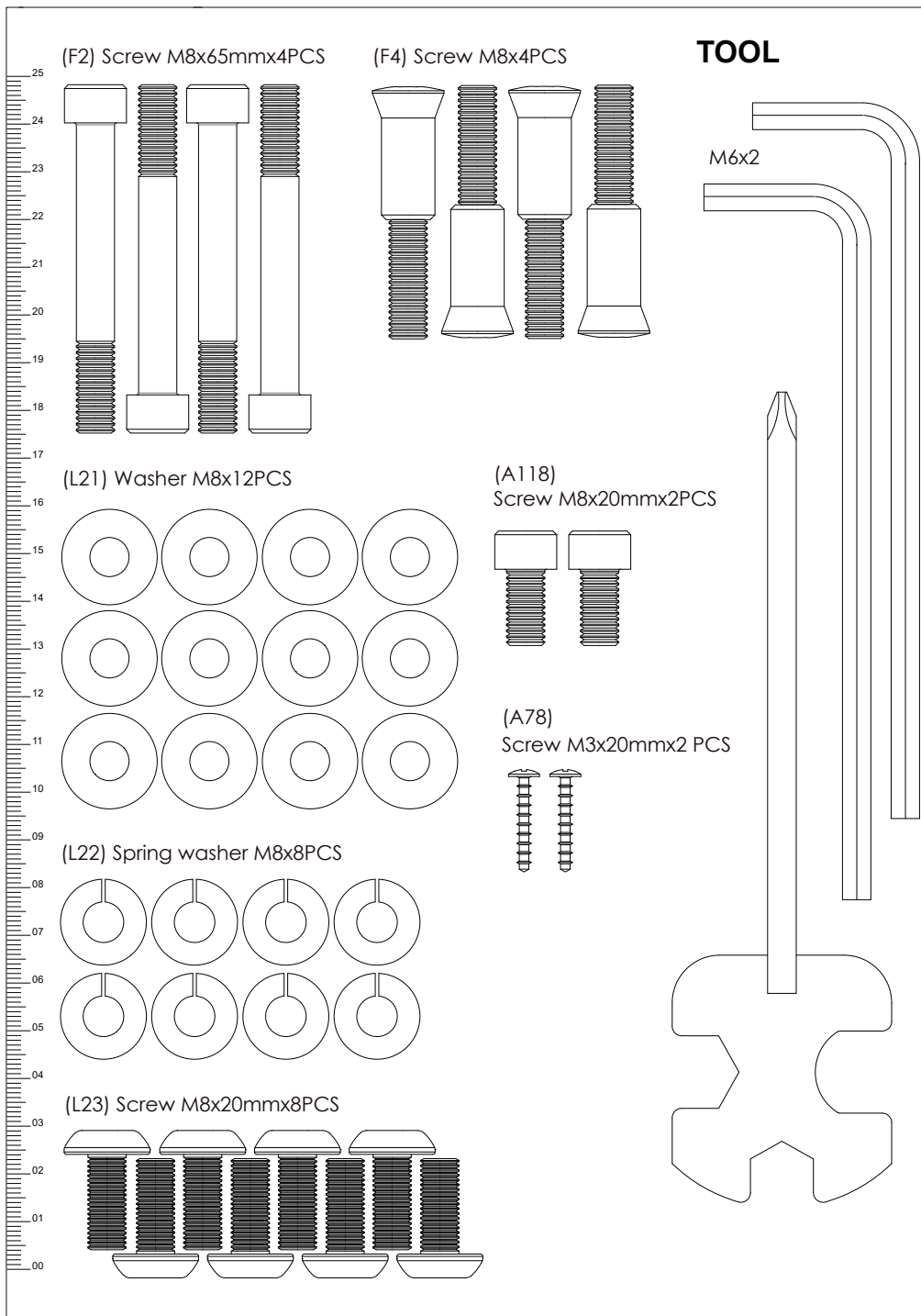
The scope of delivery consist of the following parts. At the beginning, check whether all parts and tools belonging to the device are included in the scope of delivery and whether damage has occurred. In the event of complaints, the contractual partner must be contacted directly.

 **CAUTION**

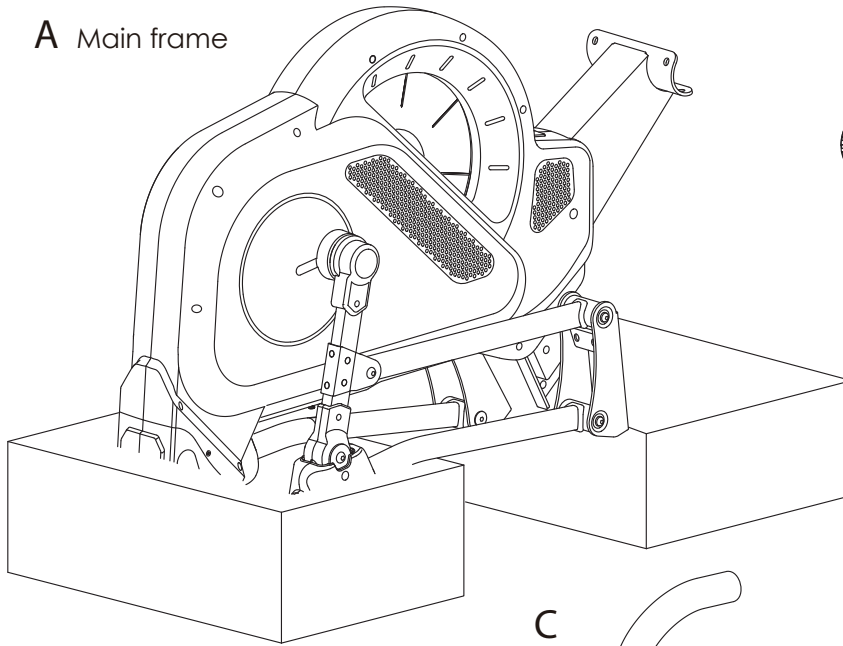
If parts of the scope of delivery are missing or damaged, the assembly must not be carried out.

 **NOTICE**

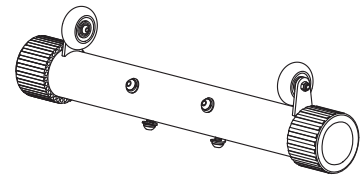
Batteries are not included in the scope of delivery. The following batteries are required: 2x AA



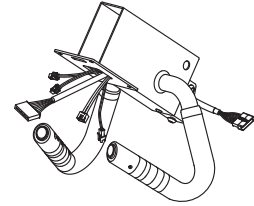
A Main frame



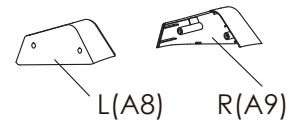
B Front stabilizer



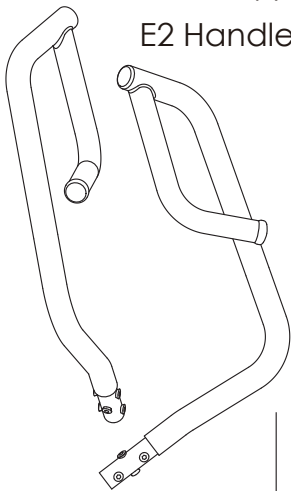
D Console supporting tube



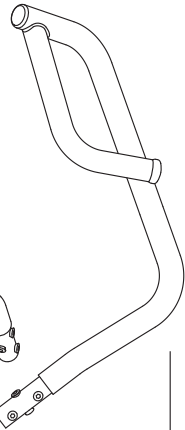
Console supporting tube cover (L&R)



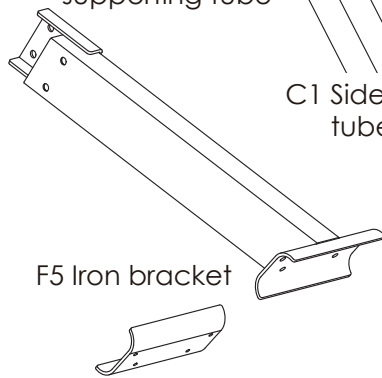
E E1 Handle bar (L)



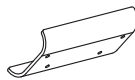
E2 Handle bar (R)



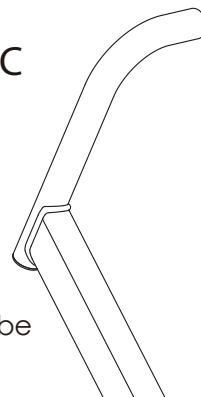
F F1 Central supporting tube



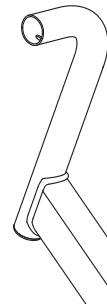
F5 Iron bracket



C

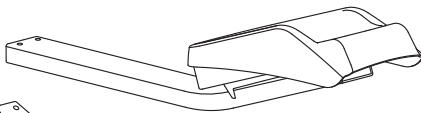


C1 Side connecting tube (L)

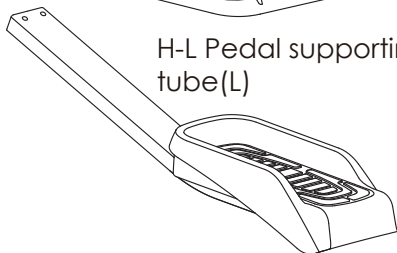


C2 Side connecting tube (R)

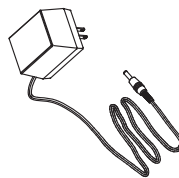
H H-R Pedal supporting tube(R)



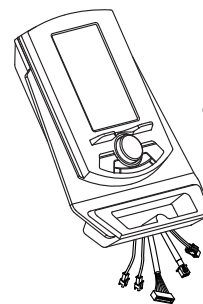
H-L Pedal supporting tube(L)



I Adapter



G Console(G1)



& Console cover (G2)



2.3 Assembly

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

① NOTICE

- + First loosely screw all parts together and check that they fit properly. Tighten the screws using the tool only when you are instructed to do so.
- + If you have difficulty recognising the graphics, we recommend that you open and/or download the PDF instructions stored in the webshop on your end device (e.g. smartphone, tablet or PC). There you have the option of zooming in closer. Please note that the Adobe Acrobat Reader programme must be installed on your end device in order to open the file.

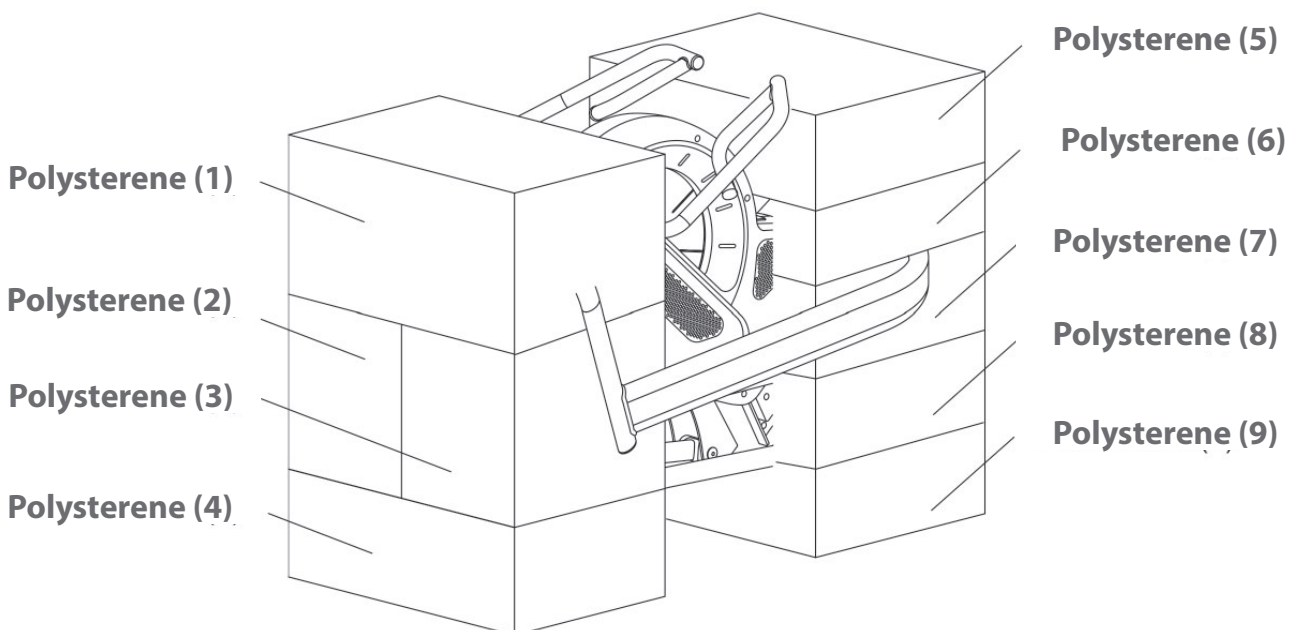
Unpacking

1. Place the box flat on the floor and remove the box by cutting the box on all four corners with a cutter knife.

① NOTICE

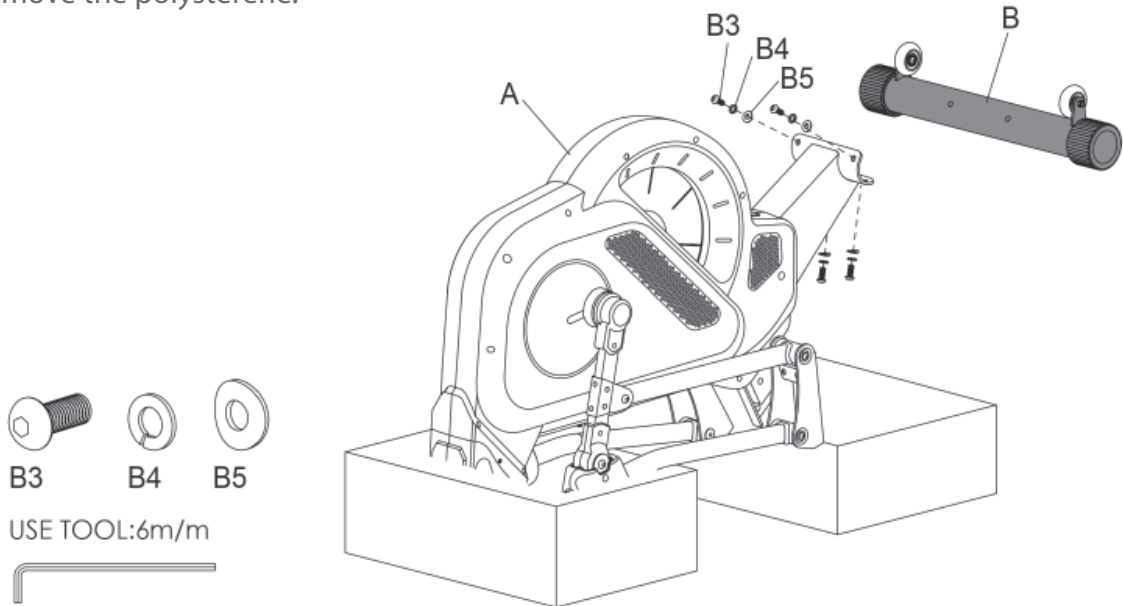
If no box is existing, continue with step 2.

2. Unpack the handle bars (E), front stabilizer (B), rear stabilizer, central supporting tube (F), console (G), hardware bag and manual.
3. Remove the polysterene except for (4) and (9).
4. Leave the main frame (A) and the lower polysterene in the box until you are asked to unpack them in the assembly instruction.
5. Place all parts at the training location.



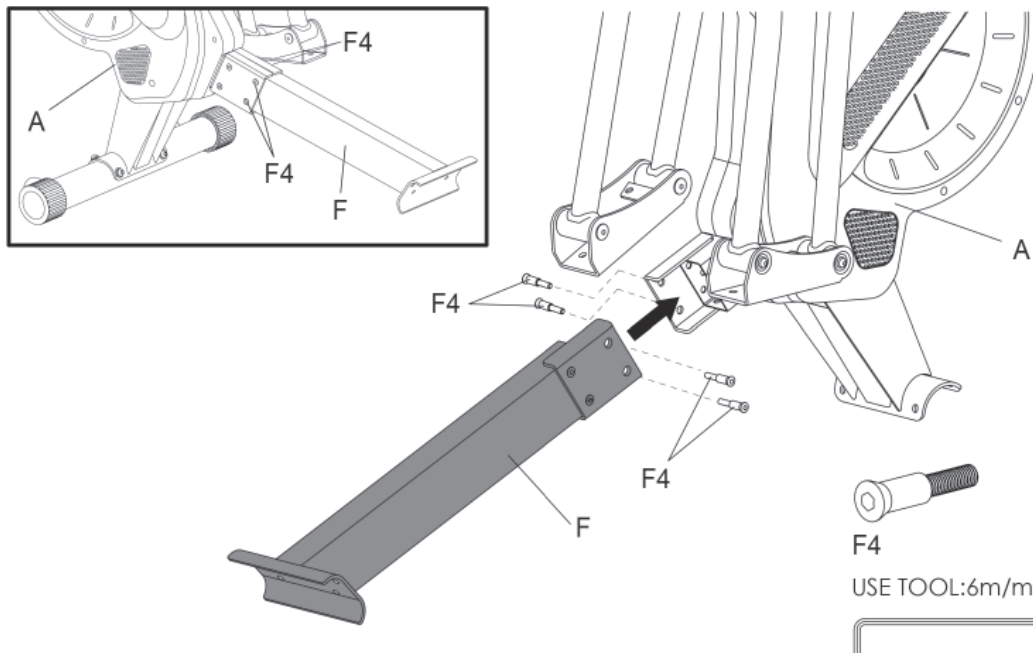
Step 1: Assembly of the Front Stabilizer

1. Remove the four preassembled screws (B3), spring washers (B4) and washers (B5) from the front stabilizer (B).
2. Assemble the front stabilizer (B) to the main frame (A) with the four screws (B3), four spring washers (B4) and four washers (B5).
3. Remove the polysterene.



Step 2: Assembly of the Central Supporting Tube

1. Assemble the central supporting tube (F) to the main frame (A) with four screws (F4).
2. Tighten the screws (F4) on the central supporting tube when the cross trainer is lifted.

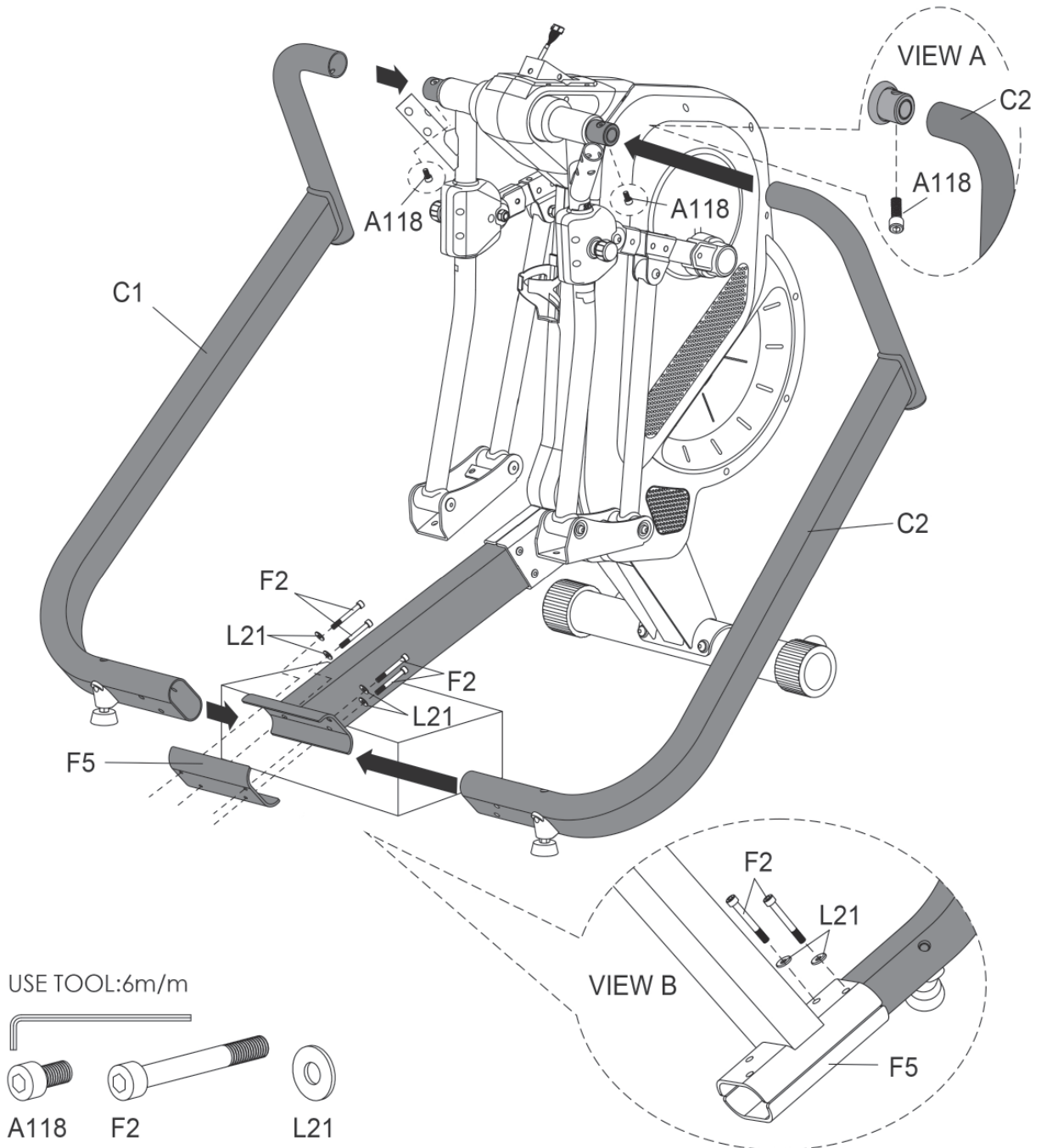


Step 3: Assembly of the Side Connecting Tubes

► **ATTENTION**

Use polyfoam to support the central supporting tube.

1. Assemble the right side connecting tube (C2) to the upper side of the main frame (A) with one screw (A118) as shown in view A.
2. Repeat this step with the left side connecting tube (C1).
3. Assemble the side connecting tubes (C1 & C2) to the bottom of the main frame (A) with the iron bracket (F5), four screws (F2) and four washers (L21).



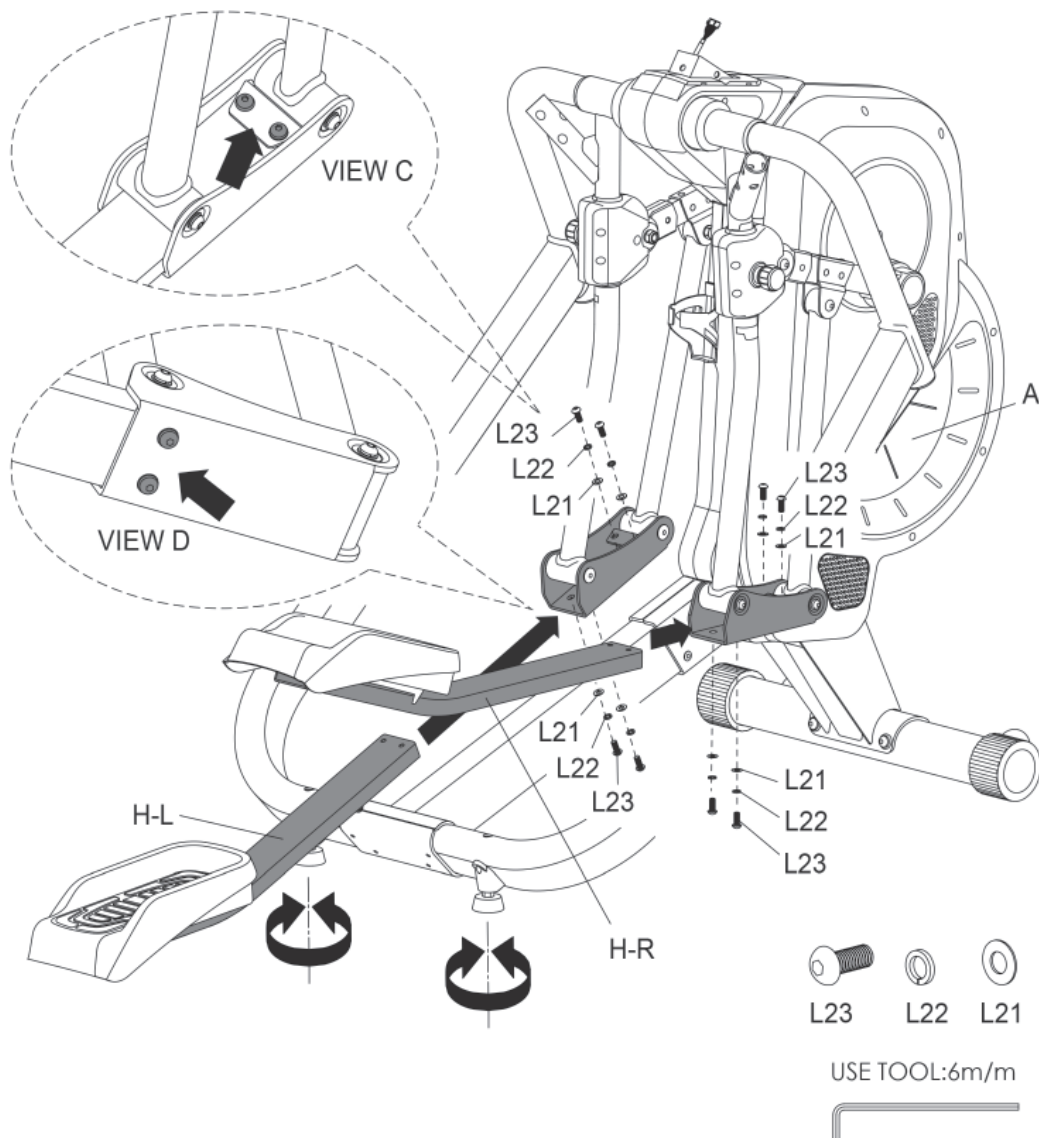
Step 4: Assembly of the Pedal Supporting Tube and Stabilizing the Equipment

1. Assemble the left pedal supporting tube (H-L) to the main frame (A) with two screws (L23), two spring washers (L22) and two washers (L21) as shown in view C. Tighten the screws with the provided tool.
2. Assemble the left pedal supporting tube (H-L) to the main frame (A) with two screws (L23), two spring washers (L22) and two washers (L21) as shown in view D. Tighten the screws with the provided tool.
3. Repeat the previous steps for the right pedal supporting tube (H-R).

NOTICE

If the floor is uneven, you can stabilize the cross trainer by turning the two setting screws.

4. Lift the cross trainer and rotate the setting screws under the bottom rear stabilizer (C1) & (C2).
5. Rotate the screws clockwise in order to raise the cross trainer.
6. Rotate them counterclockwise in order to lower the cross trainer.



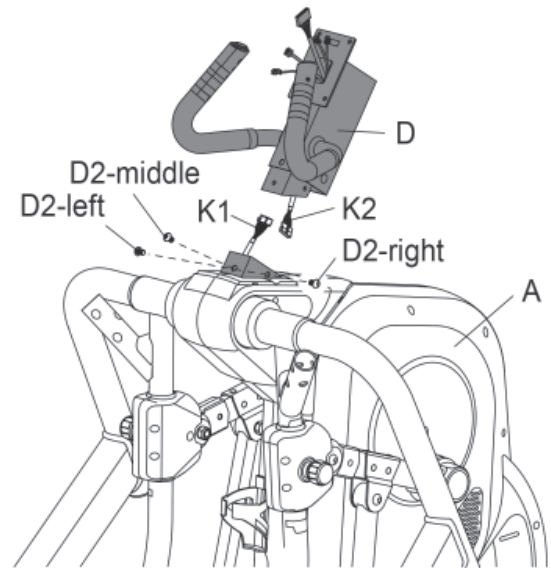
Step 5: Assembly of the Console Supporting Tube

1. Remove the three pre-assembled screws (D2) from the console supporting tube (D).
2. Connect the console wires (K1 & K2).

► **ATTENTION**

Pay attention to not pinch the cables during the next step.

3. Assemble the console supporting tube (D) to the main frame (A) with three screws (D2 left, right and middle).



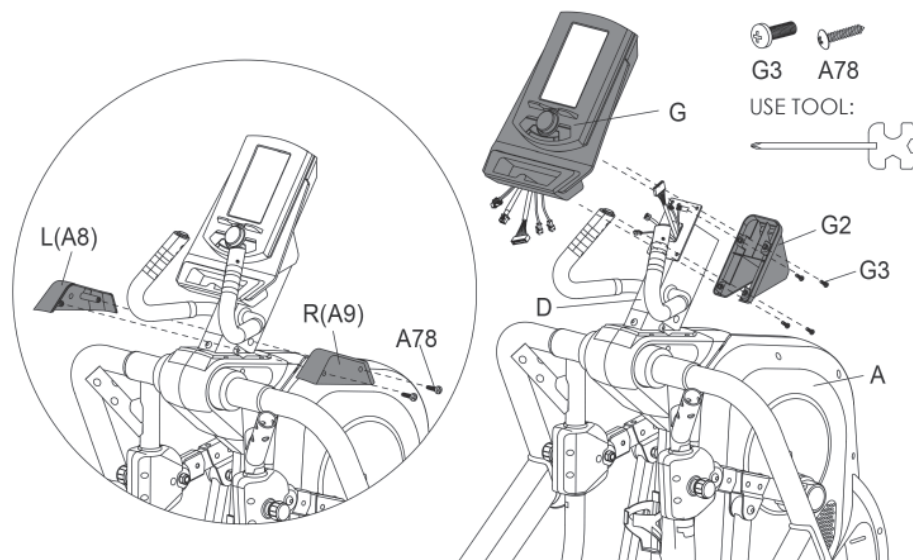
Step 6: Assembly of the Console and Console Cover

1. Remove four pre-assembled screws (G3) from the console (G).
2. Connect all wires.

► **ATTENTION**

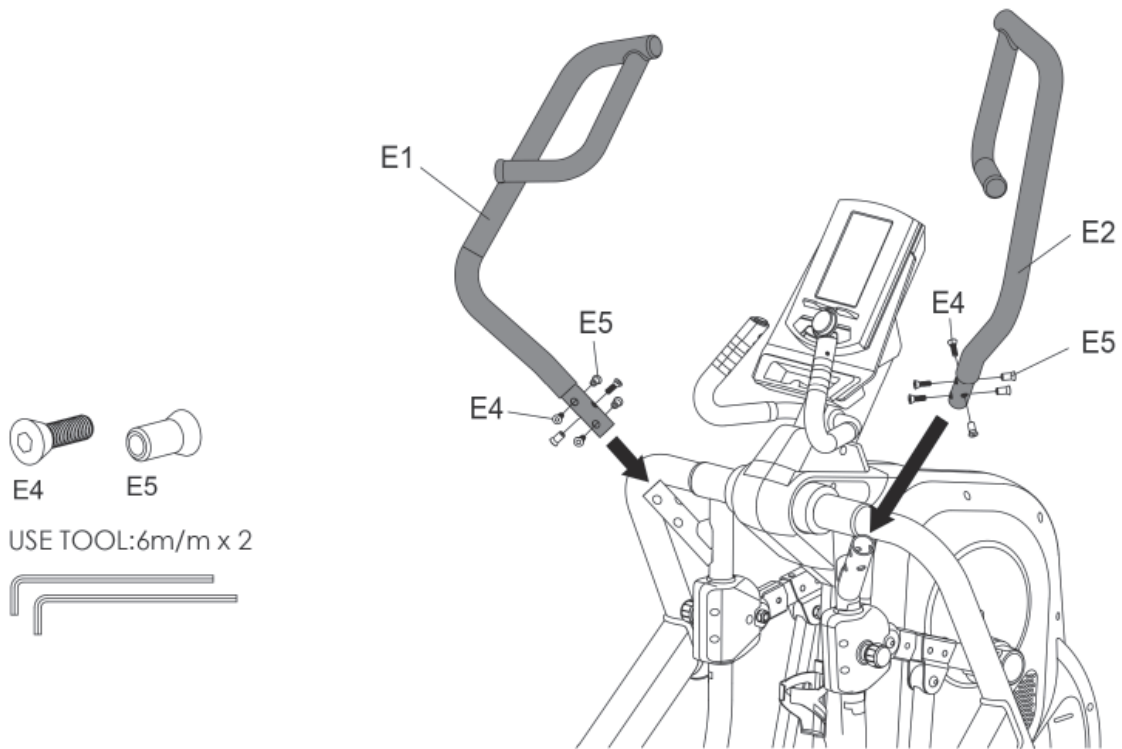
Pay attention to not pinch the cables during the next step.

3. Attach the console (G) to the console supporting tube (D).
4. Slide the console cover (G2) onto the console supporting tube (D) and fasten everything with the four screws (G3).
5. Assemble the console supporting tube cover-L (A8) and console supporting tube cover-R (A9) with two screws (A78).



Step 7: Assembly of the Handle Bars

1. Remove the six pre-assembled screws (E4 & E5) from the handle bar (E1).
2. Assemble the handle bar (E1) to the main frame (A) with the six screws (E4 & E5).
3. Repeat these steps for the other side.

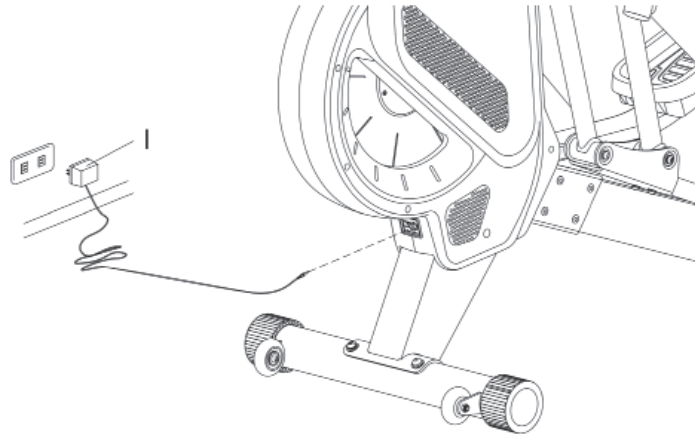


Step 8: Connecting the equipment to the mains supply

► ATTENTION

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

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

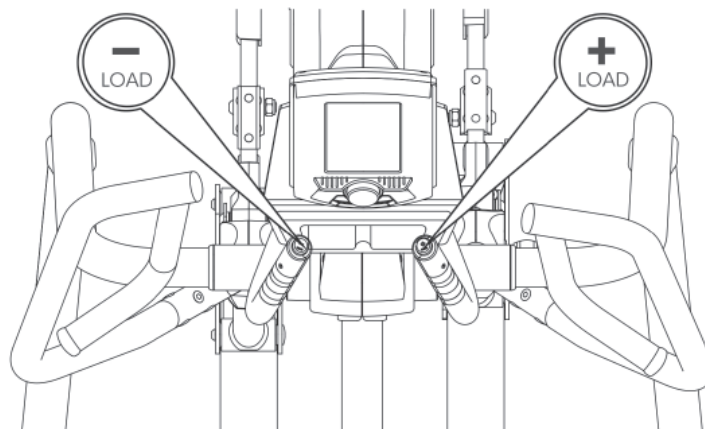


Adjustment of the Resistance

When the console is powered on, the resistance can be adjusted by pressing the toggle buttons on the small handlebar:

Press "+LOAD" button on the right side to increase the resistance.

Press "-LOAD" button on the left side to decrease the resistance.



Adjustment of the Stride Length

There are 2 different stride lengths: 17" and 22".

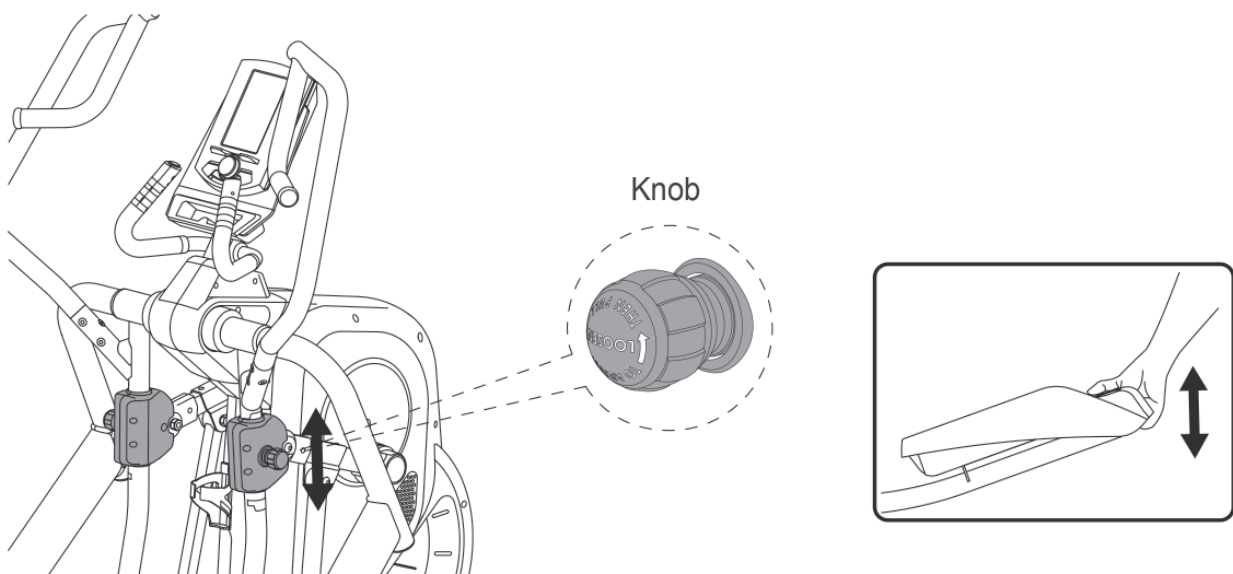
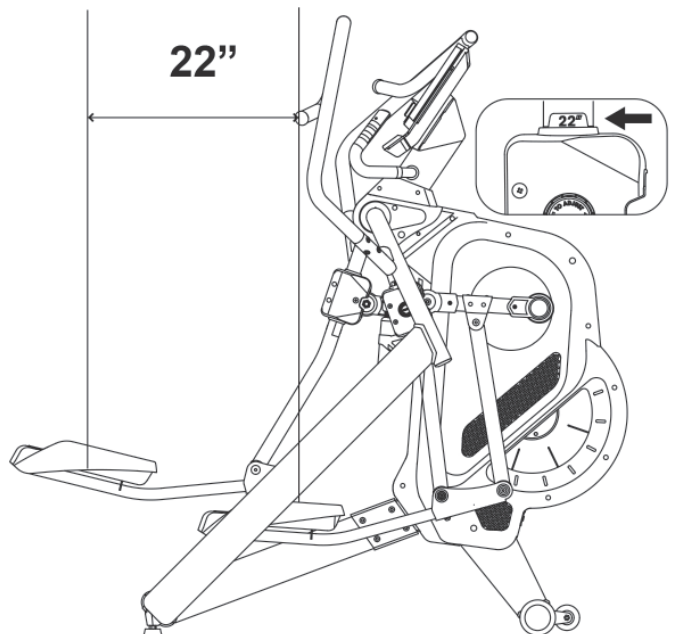
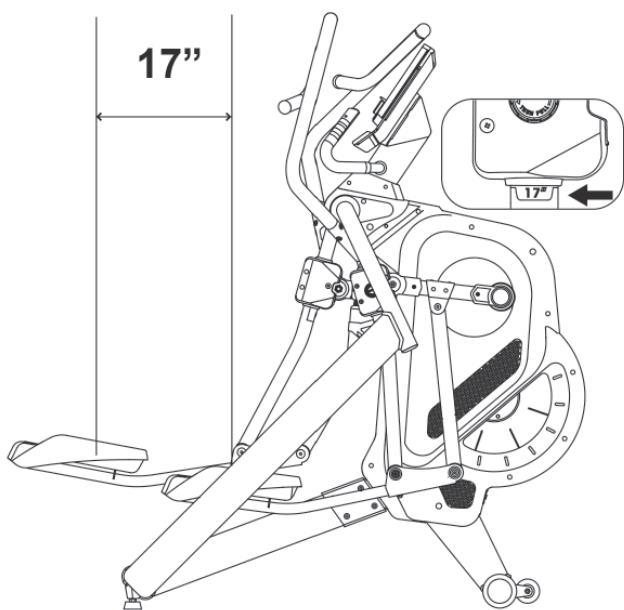
① NOTICE

- + When you choose 17": the orange sticker is seen on the front pedal supporting tube.
- + When you choose 22": the white sticker is seen on the front pedal supporting tube.

⚠ WARNING

- + Do not adjust the stride length while standing on the device.
- + Always adjust the stride length at the same length on both sides.

1. Loosen and pull out the knob and adjust the desired stride length.
2. Release the knob at the desired height and retighten it.
3. Repeat the steps for the other side.



3 OPERATING INSTRUCTIONS

① NOTICE





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

3.1 Console Display



Time	0:00 - 99:00 minutes
Speed	0.0 - 99.9 km/h
RPM (cadence; rotations per minute)	0 - 999 RPM
Distance	0.0 - 99.9 km
Calories	0 - 990 Cal
Gender	Male/Female (m/f)
Pulse (heart rate; heart beats per minute)	30 - 230 BPM
Heart rate symbol	On/off - blinking
Programmes	P1 - P12
User data	U1 - U4
Watt/load (power/resistance)	0 - 999 Watt; Watt control: 10 - 400 Watt
Level	1 - 16
H.R.C. (heart rate control)	55 / 75 / 90% of the max. heart rate; manual target rate (TAG)
Age	1 - 99 years
Height	100 - 250 cm
Weight	20 - 150 kg (44 - 330 lbs)

3.2 Button functions

	TURNING KNOB RIGHT	With this button, you can change the settings or increase the resistance.
	TURNING KNOB LEFT	With this button, you can change the settings or lower the resistance.
	TURNING KNOB ENTER	With this button, you can confirm all settings.
	START/STOP	With this button you can start and stop the training.
	RESET	With this button, you can reset the current settings and return to the beginning.
	RECOVERY	With this button, you can execute the fitness test after training.

3.3 Turning on and setting the equipment

Connect the power cable with the console and press the RESET button for two seconds. An alarm will sound for two seconds and the specification 78.0 will be displayed in the lower left window (see figure 1 and 2).

The console has four user accounts (U1 - U4). Rotate the adjusting knob in order to select a user 1 - 4 and press ENTER to confirm (see figure 3 and 4). Use the adjusting knob or the ENTER button to execute the settings for SEX (select male or female), AGE (age in years), HEIGHT (height in cm) and WEIGHT (weight in kg) (see figure 5 - 8).

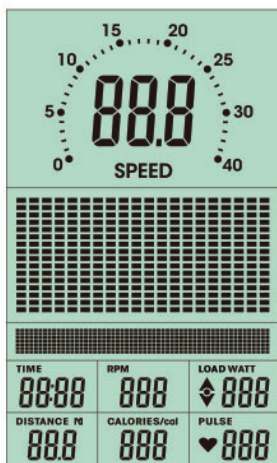


Figure 1

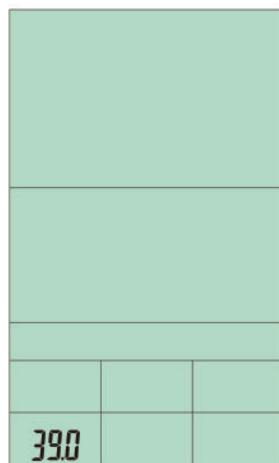


Figure 2



Figure 3

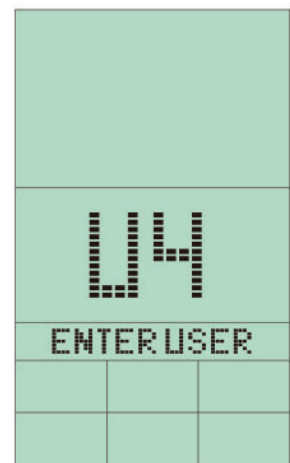


Figure 4



Figure 5



Figure 6



Figure 7



Figure 8

3.4 Programmes

Once you have entered all values, you can select one of the five program categories with the control knob (see figure 9-13). The equipment has a total of 19 programmes and a fitness test.

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

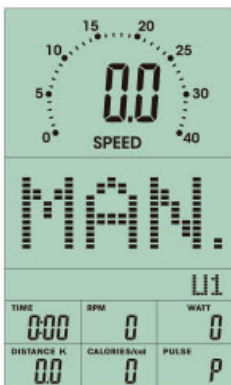


Figure 9

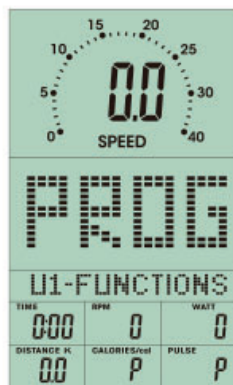


Figure 10

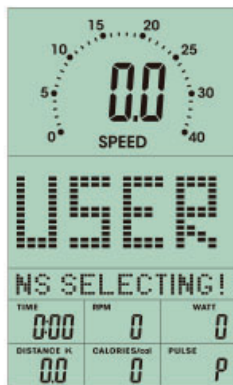


Figure 11

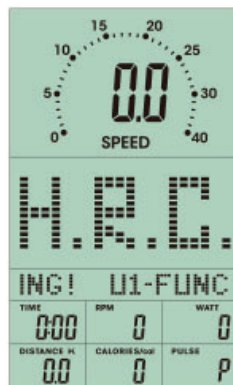


Figure 12

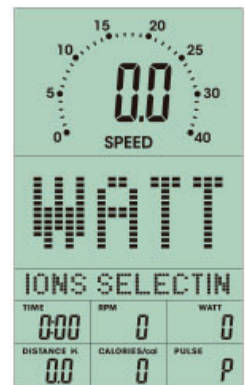


Figure 13








Quick Start

For the quick start, press the START/STOP button and the training will start (this will automatically take you to the manual program). You can adjust the resistance during training. Press the START/STOP button again to stop the training.

3.4.1 MAN. - Manual program

After you have selected the manual program and confirmed with ENTER, you can enter the values for the intensity level (1-16), time, distance, calories and pulse with the control knob. If you enter a target value for time, distance and calories, the training will stop automatically once you have achieved one of these target values. If you would just like to train according to one of these values, you simply have to enter the desired target value - you do not have to enter all other values. If you enter a target pulse, an alarm will sound once this pulse has been exceeded. The acoustic signal first stops once your pulse is no longer higher than the target pulse. Press the ENTER button after every setting in order to confirm. Once you have entered all values (or the selected value), press the START/STOP button to start the training. The resistance level can be adjusted during training. As soon as you hold the RESET button for a longer period of time, the console will return to the program selection.

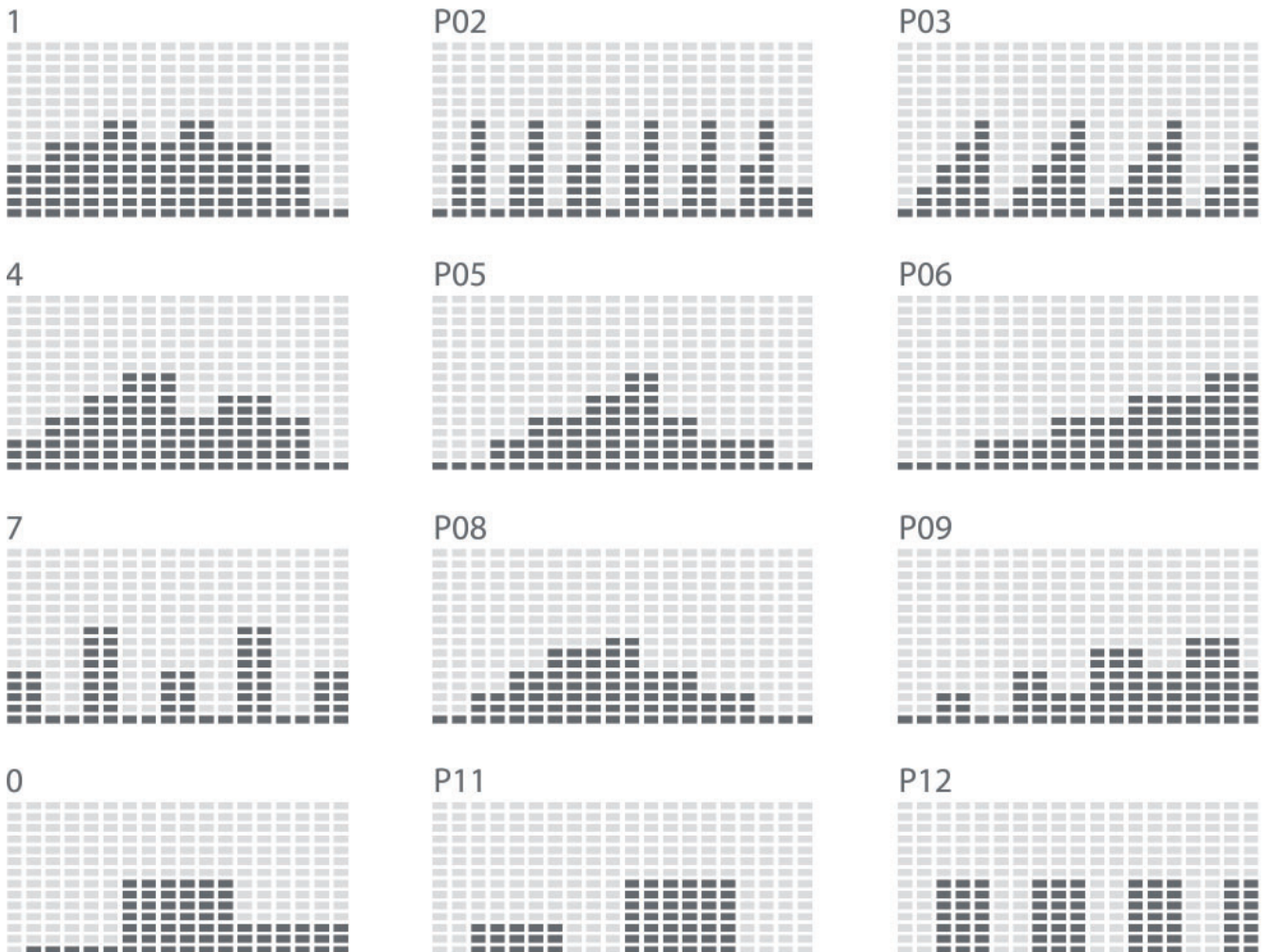
Procedure for setting the manual programmes:

Set program mode		Set resistance		Specification of training data		
						
Turn left or right	Press Enter	Turn left or right	Press Enter	Turn left or right	Press Enter	Press Start/Stop

3.4.2 PROG - Pre-set programmes

Use the control knob to select one of the pre-set training programmes P1-P12. Confirm the selection with the ENTER button. Now enter the training time and press ENTER to confirm. Then you can press the START/STOP button to start the training. The resistance level can be adjusted during training. The set time will run backwards after the beginning of training. As soon as the countdown reaches zero, the screen will start to blink and a signal will sound. Press any button to turn off the acoustic signal.

Profiles from preset training programmes:









Procedure for setting the preset training programmes:

Set program mode		Select program P1-P12		Specification of the training time		
Turn left or right	Press Enter	Turn left or right	Press Enter	Turn left or right	Press Enter	Press Start/Stop

3.4.3 USER - User defined program

Once you have selected the program, you can manually set each of the 20 sections of the profile with the control knob. For each section, select an intensity level between 1-16, confirm the setting with ENTER and continue with the next section. You can see which section you are currently in by the blinking of the section. Once you have determined all 20 sections, hold ENTER for two seconds in order to continue entering the time. As soon as you have entered the value, press the START/STOP button to start the training. The resistance level of the respective section can be adjusted again during the training. The user-defined program is saved after a setting is made in the selected user account. If you press the RESET button during the profile setting, the console will return to the program selection. The set time will run backwards after the beginning of training. As soon as the countdown reaches zero, the screen will start to blink and a signal will sound. Press any button to turn off the acoustic signal.

Procedure for setting the user-defined program:

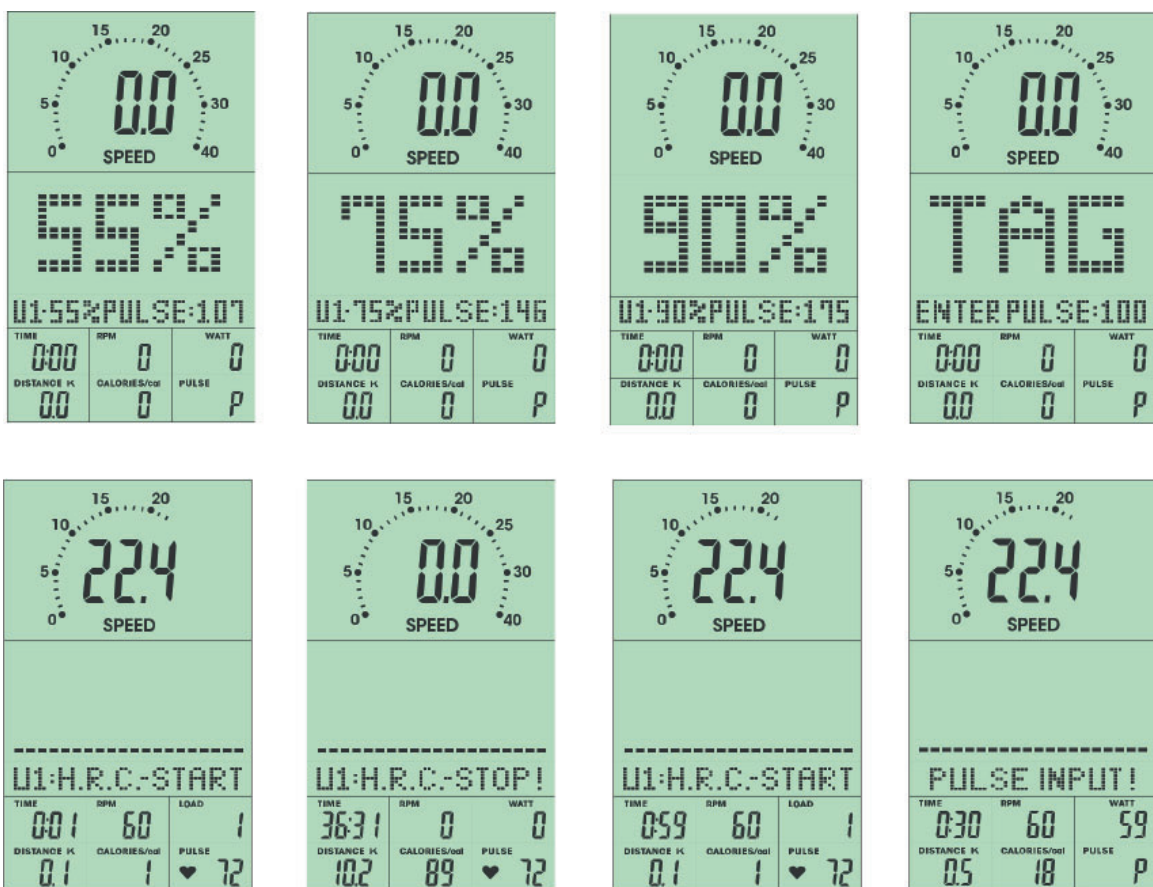
Set program mode		Set resistance	Press for two seconds	Specification of the training time	
					
Turn left or right	Press Enter	Turn left or right	Press Enter, repeat the process 20 times until all segments are set	Turn left or right	Press Start/Stop

3.4.4 H.R.C. - Heart rate oriented programs





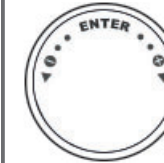

After you have selected the program, you can enter the desired target heart rate. Either select one of the three target heart rates (55%, 75% or 90% of your maximum heart rate) or select "TAG" and enter a target heart rate. The console determines your maximum heart rate based on your age (which you entered in the user account). Confirm the setting with the ENTER button. After this, you can enter the training time with the control knob and press START/STOP to start training. The set time will run backwards after the beginning of training. An alarm will sound if you exceed the set target heart rate. The acoustic alarm will first stop once your heart rate has reached the set limit again. If you remain outside of the set rate for a longer period of time, the program will stop automatically. As soon as the countdown reaches zero, the screen will start to blink and a signal will sound. Press any button to turn off the acoustic signal. The console has an integrated heart rate receiver. The heart rate can be measured through hand pulse sensors; however, heart rate measuring with a chest strap is recommended, because this measuring technique provides significantly more precise values.

Note:

If a heart rate signal is not received for five seconds, a heart symbol with a question mark will appear. This extinguishes as soon as a HR signal is received again.






Procedure for setting the heart rate oriented program:

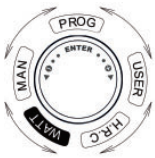





Set program mode		Set training heart rate		Specification of the training time	
					
Turn left or right	Press Enter	Turn left or right	Press Enter	Turn left or right	Press Start/Stop

3.4.5 WATT - Watt controlled program

If you selected the program, use the control knob to enter the desired watt value that you would like to train with between 10 and 350 Watt. The preset value is 120 Watt. Confirm the setting with the ENTER button. Then you can enter the training time. Confirm your setting with the ENTER button. As soon as you have entered all values, press the START/STOP button to start the training. The set time will run backwards after the beginning of training. As soon as the countdown reaches zero, the screen will start to blink and a signal will sound. Press any button to turn off the signal. You can use the control knob to adjust the wattage while training. The following three symbols show you if the wattage or the speed should be increased or lowered:

-  The current wattage is more than 25% above the set wattage - the user should reduce the speed.
-  The current wattage is in the range of the set wattage - the user should maintain the speed.
-  The current wattage is more than 25% below the set wattage - the user should increase the speed.

Procedure for setting the Watt-controlled programs:

Program settings		Setting the wattage		Specification of the training time	
					
Turn left or right	Press Enter	Turn left or right	Press Enter	Turn left or right	Press Start/Stop

3.5 RECOVERY - Fitness test

With this button, you can measure your recovery heart rate after training. After training, press the RECOVERY button and hold the hand pulse sensors if you are not wearing a chest strap. After this, a one-minute countdown will start. Only the countdown and the heart rate will be shown during this time. Once the minute is over, the console determines a fitness grade between F1-F6 based on your heart rate.

Result	Fitness level
F1	Very good
F2	Good
F3	Average
F4	Sufficient
F5	Poor
F6	Very poor



Press the RECOVERY button again in order to return to the main menu.

General note:

If you stop pedaling for more than four minutes, the console will change into power saving mode. All settings and training data will be saved until the next training is started.

3.6 Heart-rate measuring

Pulse measuring via hand sensors

The hand sensors integrated in the handles 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.

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.

Telemetric heart rate measuring

This elliptical cross trainer 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.

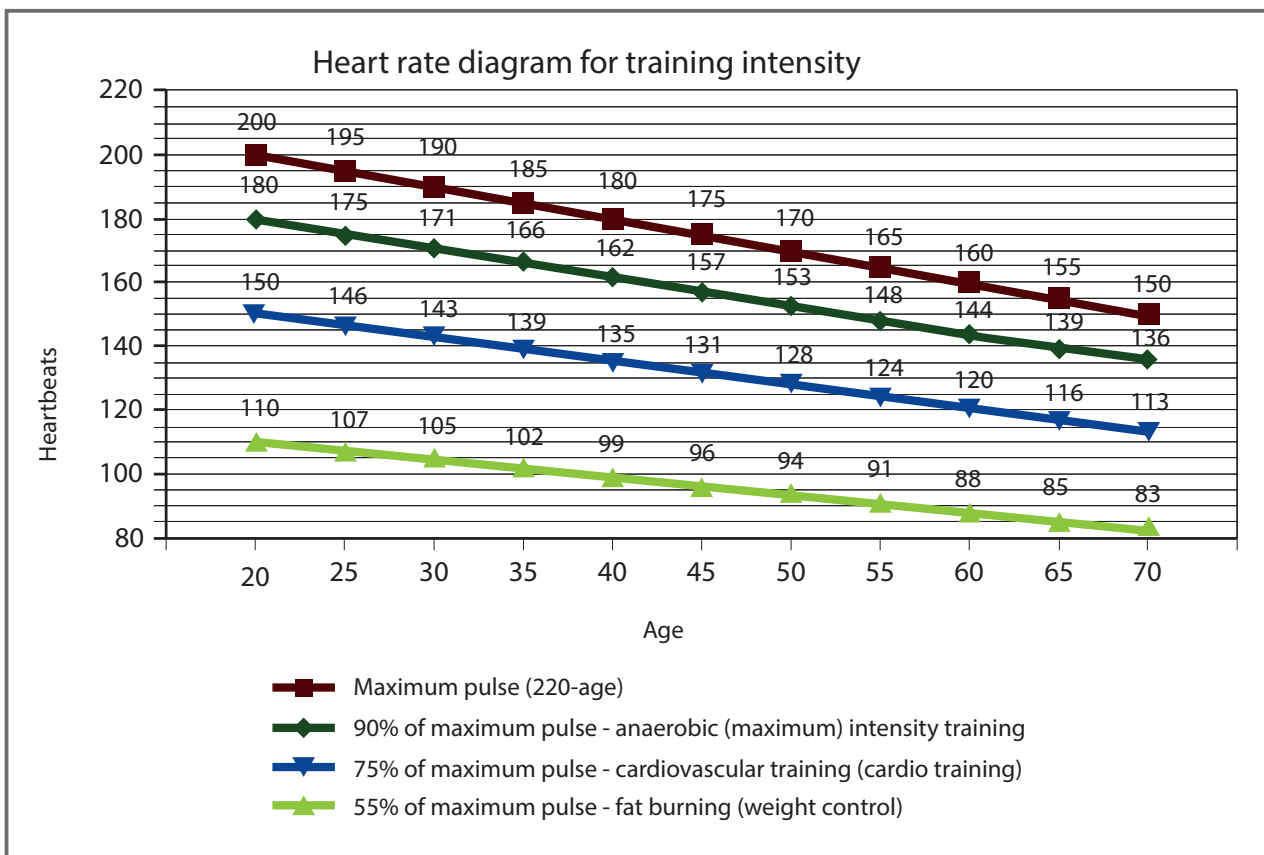
Anaerobic (maximum) load training:

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.
= $(220 - \text{age}) \times 0.55$.
- The cardio target zone (75%) is at approximately 131 beats/min.
= $(220 - \text{age}) \times 0.75$.
- The maximum heart rate for an anaerobic load training (90%) is at approximately 157 beats/min. = $(220 - \text{age}) \times 0.9$.



4.1 General Instructions

⚠ WARNING

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

▶ ATTENTION

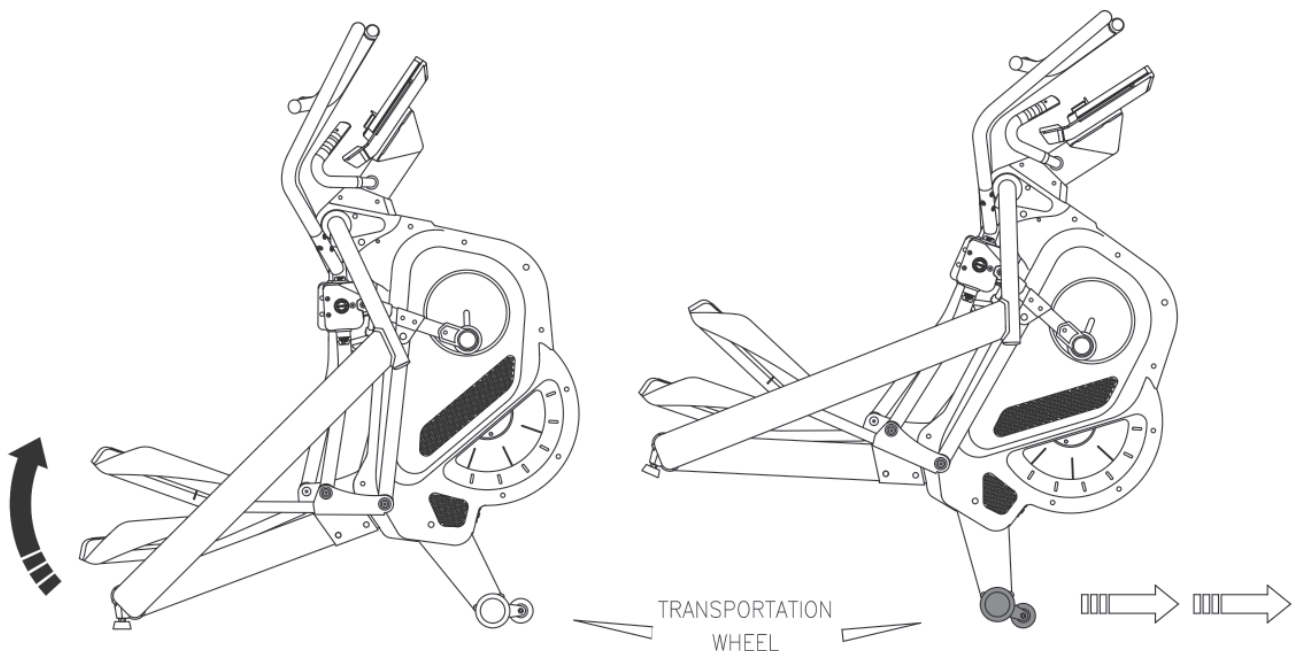
- + Make sure that the equipment is protected from moisture, dust and dirt in the selected storage location. The storage location should be dry and well ventilated and have a constant ambient temperature between 10°C and 35°C.

4.2 Transportation Wheels

▶ ATTENTION

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

1. Stand behind the equipment and lift it until the weight is transferred to the transportation wheels. After that, you easily can move the equipment to a new position. For long transport distances the equipment should be disassembled and safely packed.
2. Select the new location by following the instructions in the section 1.4 of this manual.



5.1 General Instructions



WARNING

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



CAUTION

- + Damaged or worn components may affect your safety and the life of the equipment. Therefore, immediately replace damaged or worn components. In such a case, contact the contract partner. The equipment must not be used until it has been repaired. If necessary, use only original spare parts.



ATTENTION

- + In addition to the instructions and recommendations for maintenance and care given here, additional service and/or repair work may be necessary; this must only be carried out by authorised service technicians.

5.2 Faults and Fault Diagnosis

The equipment undergoes regular quality controls during production. Nevertheless, faults or malfunctions may occur. Frequently, individual parts are responsible for these disturbances, an exchange is usually sufficient. Please refer to the following overview for the most common errors and how to correct them. If the equipment still does not function properly, contact your contract partner.

Fault	Cause	Solution
Drive disks wobble/ make noises	Drive disk loose	Tighten nut (pay attention to left-hand / right-hand thread)
Display is blank/is not working	Loose cable connections	Check cable connections
Equipment wobbles	Equipment is not level	Align the feet
Creaking noises on the stepping area	Loose screws on stepping area	Tighten the screws on the stepping area
Creaking noises	Screw connections loosened or too tight	Check screw connections
Squeaking noises on the guide rails	Guide rails or rollers dirty or guide rails dry	Clean the guide rails and then lubricate them with a suitable lubricant

No pulse display	<ul style="list-style-type: none"> + Sources of interference in the room + unsuitable chest strap + Wrong position of chest strap + Chest strap defective or battery empty + Pulse display defective 	<ul style="list-style-type: none"> + Eliminate sources of interference (e.g. mobile phone, WLAN, lawn mower and vacuum cleaner robot, etc. ...) + Use a suitable chest strap (see Dear customer,). + Reposition chest strap and/or moisten electrodes + Changing batteries + Check if pulse display by hand pulse possible
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5.3 Error Codes and Troubleshooting

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

Please contact the contract partner for technical support.

5.4 Maintenance and Inspection Calendar

To avoid damage from 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
Display console	C	I	
Slide rails*		C	
Lubrication of slide rails and moving parts*			I
Plastic covers	C	I	
Screws and cable connections		I	
Legend: C = clean; I = inspect			

*Make sure to always clean the slide rails and moving parts before re-lubricating.

By scanning the QR-code with the camera function or QR-code scanner app of your smartphone/tablet, a video on general maintenance of a crosstrainer opens on YouTube. The video serves to illustrate the maintenance points described in this manual.



Please note that the video may not be available in your language or with appropriate subtitles.

If you cannot scan QR-codes, you can access all Fitshop videos on YouTube by first opening YouTube and entering "Fitshop" in the search field.

6 DISPOSAL

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



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

7 RECOMMENDED ACCESSORIES

To make your training experience even more efficient and pleasant, we recommend that you add suiting accessories to your fitness equipment. For elliptical cross trainers this could for example be a **floor mat**, which makes your fitness equipment stand more securely and also protects the floor from sweat or **silicone spray** to keep moving parts in good shape.

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

Our range of accessories offers the highest quality and makes training even better. If you would like to find out more about compatible accessories, please go to the detail page of the product in our webshop (the easiest way is to enter the article number in the search field above) and go to the recommended accessories on this page. 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!



chest strap



floor mat



silicone spray



chest strap contact gel

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.

Enter the serial number in the appropriate field.

Serial number:

Brand / Category:

Model Name:

Article Number:

8.2 Parts List

No.	Name	Qty.
A1-b	MAIN FRAME	1
A2-a	CHAIN COVER-L	1
A3-a	CHAIN COVER-R	1
A4	DECORATION COVER	2
A5	SCREW	6
A6	SMALL CHAIN COVER-L	1
A7	SMALL CHAIN COVER-R	1
A8	CONSOLE SUPPORTING TUBE COVER-L	1
A9	CONSOLE SUPPORTING TUBE COVER-R	1
A11	SCREW M5X16mm	2
A13-b	CRANK	2
A17-b	AXLE	1
A18	SCREW	4
A19-b	BELT WHEEL	1
A20	SCREW	7
A22	NUT	4
A24-b	FLY WHEEL	1
A25	BEARING	1
A26	NUT	6
A27	SCREW M5X8mm	2
A28	WASHER FIXED PLATE	2
A29	AXLE	1
A30	BEARING	1
A31	BUSH	1
A32	DC JACK	1
A33	SCREW	7
A38-b	CRANK CONNECTING SHAFT	2
A39-c	OUTER CRANK CONNECTING SHAFT COVER-L	1
A40-b	INNER CRANK CONNECTING SHAFT COVER-L	1
A41-b	INNER CRANK CONNECTING SHAFT COVER-R	1
A42-c	OUTER CRANK CONNECTING SHAFT COVER-R	1

A43	C-CLIP R40	2
A44	BR-2203	2
A45	SCREW M12X73mm	2
A51	WASHER M12X1.5TXØ20	4
A52	NUT	4
A53-b	FRONT CONNECTING SHAFT	2
A54	SCREW M12X53mm	2
A55	BUSH	4
A56	BR-6202	2
A57	C-CLIP	2
A59	BR-6002zz TPX	8
A61	WASHER M8	4
A62	SPRING WASHER	4
A63	SCREW M8X16mm	4
A64-b	FRONT PEDAL SUPPORTING TUBE-L	1
A65-b	FRONT PEDAL SUPPORTING TUBE-R	1
A71	BR-6005zz	6
A78	SCREW	2
A79	BEARING	2
A80	IDLER WHEEL	1
A81	BELT	1
A82	IDLER WHEEL FIXED BASE	1
A83	NUT	1
A84	ADJUST SCREW	1
A85	SCREW	1
A86	NUT	1
A93	KNOB	2
A94-a	SCREW	4
A95	SCREW	4
A96-a	DECORATIVE COVER (OUTER)	2
A97-a	DECORATIVE COVER (INNER)	2
A98	SCREW	2
A99	SCREW	8
A100	ADJUSTED BASE (OUTER)	2

A101	ADJUSTED BASE (INNER)	2
A102	SLEEVE	8
A103	WASHER	8
A104	NUT	2
A105	SCREW	2
A106	NUT	8
A107	SCREW	2
A109	RUBBER SPACER	2
A112	SENSOR WIRE 400MM	1
A113	SENSOR WIRE HOUSING	1
A114	SCREW	2
A115-b	BOLT Φ 15x56.5mm	4
A118	SCREW	2
A119	PEDAL TUBE L	1
A120	METAL HOUSING-L	1
A121	PEDAL TUBE R	1
A122	METAL HOUSING-R	1
A123	PLASTIC COVER	2
A124	WASHER	2
A125	SCREW	2
A126	RUBBER SLEEVE	6
A128	TURING PLATE COVER	2
A129	BUSH	4
A130	BEARING NUT	1
A131	BUSH	1
A132	BUSH	1
A133	NUT	2
A134	FLAT KEY	2
A135	WASHER	2
A136	NUT	2
A137	SCREW	2
A138	SCREW	6
A139	BEARING 6005ZZ	2
B1	FRONT STABLILZER	1

B2	END CAP	2
B3	SCREW M10X25mm	4
B4	SPRING WASHER M10	4
B5	WASHER 3/8"XΦ23X2T	4
B6	TRANSPORTATION WHEEL	2
B7	SCREW M8X40mm	2
B8	NUT M8	2
C1-b	SIDE CONNECTING TUBE (L)	1
C2-b	SIDE CONNECTING TUBE (R)	1
C3	COVER FOR FOOT PAD	2
C4	ADJUSTED NUT	2
C5	KNOB Φ50	2
C6	SCREW M4X12mm	2
D1	CONSOLE SUPPORTING TUBE	1
D2	SCREW M8X12mm	3
D3	SPONG	2
D4	HANDLE PULSE RING	2
D5	PLASTIC PIPE	2
D6	SCREW M3X10mm	4
D13	SCREW M3X10mm	6
E1-b	HANDLER BAR-L	1
E2-b	HANDLER BAR-R	1
E3-b	SPONG	2
E4	SCREW M8X28mm	6
E5	NUT M8	6
F1	CENTRAL SUPPORTING TUBE	1
F2	SCREW M8X65MM	4
F3	WASHER M8X2TXΦ20	4
F4	SCREW M8X28MM	4
F5	IRON BRACKET	1
G1	CONSOLE	1
G2	CONSOLE TUBE BACK COVER	1
G3	SCREW M5X16MM	4
I	ADAPTOR	1

H1	PEDAL	2
H2	CUSHION PAD	2
H3	SCREW M6X16mm	8
J1	WATER BOTTLE	1
J2	WATER BOTTLE HOLDER	1
J3	SCREW M5X16MM	2
K1	SENSOR WIRE 900MM	1
K2	SENSOR WIRE 350MM	1
K3	SENSOR WIRE 600MM	1
K4	SENSOR WIRE 600MM	1
K5	SENSOR WIRE 600MM	2
L1	STICKER	2
L2	UPPER HANDLE PULSE HOUSING	2
L3	LOWER HANDLE PULSE HOUSING	2
L4	TOGGLE LOAD -	1
L5	TOGGLE LOAD +	1
L6	MAGNETIC	1
L7	DC COVER	1
L10	WASHER $\Phi 8 \times \Phi 14 \times 2T$	2
L11	SCREW ST2.9X20mm	4
L12	WASHER $\Phi 12 \times \Phi 25 \times 2T$	2
L13	SCREW M6X10mm	1
L14	WASHER $\Phi 6.5 \times \Phi 13 \times 1.5T$	3
L15	SCREW M8X25mm	1
L16	WASHER $\Phi 8 \times \Phi 30 \times 1T$	1
L17	WASHER $\Phi 8 \times \Phi 28 \times 2T$	1
L18	NUT M8	1
L21	WASHER $\Phi 8 \times \Phi 25 \times 2T$	10
L22	SPRING WASHER M8	10
L23	SCREW M8x20mm	10
M1	MAGNETIC HOUSING	1
M2	MAGNETIC	7
M3	SCREW	1
M4	NUT	1

M6	NUT	1
M7	BOLT	1
M8	MOTOR	1
N1	WASHER $\Phi 8 \times \Phi 19 \times 2T$	1
N2	WASHER $\Phi 4 \times \Phi 8 \times 1T$	2
N3	SCREW M4X16mm	1
N4	NUT M3	1
N5	WASHER $\Phi 3 \times \Phi 6 \times 0.5T$	4
N6	SCREW M6X10mm	2
N7	FIX PLATE	1
N8	SCREW M5X25mm	1
N9	WASHER	2
P2	BUSH	4
P8	NUT M10	2
R13	NUT	1
R14	WAVE WASHER $\Phi 10.2 \times \Phi 13 \times 0.3T$	1
R15	WAVE WASHER $\Phi 17.5 \times \Phi 22 \times 0.3T$	2
R17	CRANK CONNECTING SHAFT COVER	2
R18	CRANK CONNECTING SHAFT COVER	2

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

Error Descriptions

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

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

Your statutory rights are not affected.

Warranty

The warranty 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 warranty holder personally and are not a part of repair. After the expiration of the warranty period, the responsibility for parts costs, repair costs, installation costs and delivery costs lies with the warranty holder.

The terms of use are defined as follows:

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

Warranty Service

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

Warranty Conditions

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

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

Warranty claims are invalid in case of damage resulting from:

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

Proof of Purchase and Serial Number

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






































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

Service outside of the Warranty Period

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

Communication

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

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

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

www.fitshop.com/en/stores

WE LIVE FITNESS


WEBSHOP AND SOCIAL MEDIA


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


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

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

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