cardiostrong ®

Assembly and operating instructions

max. 150 kg

A 161 cm
B 84.7 cm
C 164 cm
110 kg

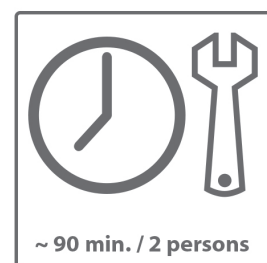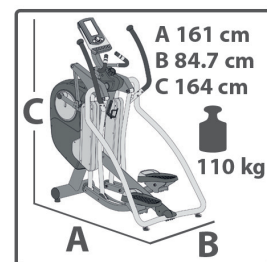~ 90 min. / 2 persons

CSTEX80PLUST.02.01

Art. No. CST-EX80-2-PLUS-T

Elliptical crosstrainer **EX**80 Plus Touch

Dear Customer,

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

SAFETY INSTRUCTIONS

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

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

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

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

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

CONTENTS

1 GENERAL INFORMATION

1.1 Technical data

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

User memory:	4
Total number of training programs:	19
Manual programs:	1
Pre-set programs:	12
Watt-controlled programs:	1
Heart rate controlled programs:	4
User defined programs:	1

Balance mass:	12 kg
Step length:	45 - 65 cm
Step width:	11 cm

Manual step length adjustment:
18" (45 cm), 20" (50 cm), 22" (55 cm), 24" (60 cm), 26" (65 cm)

Weight and dimensions:
Article weight (gross, including packaging): 116 kg
Article weight (net, without packaging): 100 kg
Packaging dimensions (L x W x H): approximately 1432 mm x 1153 mm x 506 mm
Setup dimensions (L x W x H): approximately 1600 mm x 860 mm x 1615 mm
Maximum user weight: 120 kg/265 lbs

1.2 Personal safety

+ Before you start using the equipment, you should consult your physician that this type of exercise is suitable for you from a health perspective. Particularly affected are persons who: have a hereditary disposition to high blood pressure or heart disease, are over the age of 45, smoke, have high cholesterol values, are overweight and/or have not exercised regularly in the past year.
+ Please note that working out excessively can seriously damage your health. Please also be aware that heart rate monitoring systems might be imprecise.
+ The equipment may only be used for its intended purpose; that means for whole body workouts for adults.
+ Any other usage is prohibited and potentially dangerous. The contract partner cannot be held liable for damage resulting from improper use.
+ The equipment is strictly for use by one person at a time.
+ Children should not be allowed unsupervised access to the equipment.
+ Before starting your training, make yourself familiar with all of the equipment's functions and setting options. Have an expert explain the correct usage of the product to you.
+ Make sure that nobody is in the range of motion of the equipment while exercising.
+ Keep your hands, feet and other body parts, hair, clothing, jewelry and other objects well clear of moving parts.
+ During use, wear suitable sports clothing rather than loose or baggy clothing. When selecting sports shoes, think about the suitability of the sole – preferably this should be made of rubber or other non-slip materials. Shoes with heels, leather soles, studs or spikes are not suitable. Never work out in bare feet.
+ It is also important to take note of the information given in the workout instructions for creating a workout plan.
+ At the first signs of weakness, nausea, dizziness, pain, difficulty in breathing or other abnormal symptoms, stop your workout immediately and, if necessary, consult your physician.
+ Without prior agreement from your authorized contract partner, opening the equipment is prohibited.

EX80 Plus Touch

1.3 Electrical safety

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

1.4 Set-up place

+ The equipment should only be used indoors, in a sufficiently heated and dry area (ambient temperature between 10°C and 35°C). The equipment should not be used outdoors or in rooms with high humidity (over 70%) like swimming pools. The equipment should only be stored in surroundings with an ambient temperature between 5°C and 45°C.
+ The training room should be well ventilated during training and not be exposed to any draughts.
+ Choose a location in which to place the equipment such that there is enough free space/ clearance to the front, the rear and to the sides of the equipment (at least 1.50 m). Furthermore, the equipment should not be set up in main entrances or on escape routes.
+ Always keep the power cable away from hot surfaces and grounds and make sure that the cable is not stuck somewhere or becomes a „trip hazard".
+ No objects of any type should be inserted into the openings of the equipment.
+ The equipment should be placed on a level and solid surface, any unevenness in the floor should be leveled out.
+ A floor protective mat / equipment underlay can help to protect high-quality floor coverings (parquet, laminate, cork, carpets) from dents and sweat and can help to level out slight unevenness.

2.1 General instructions

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

2.2 Faults and Troubleshooting

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

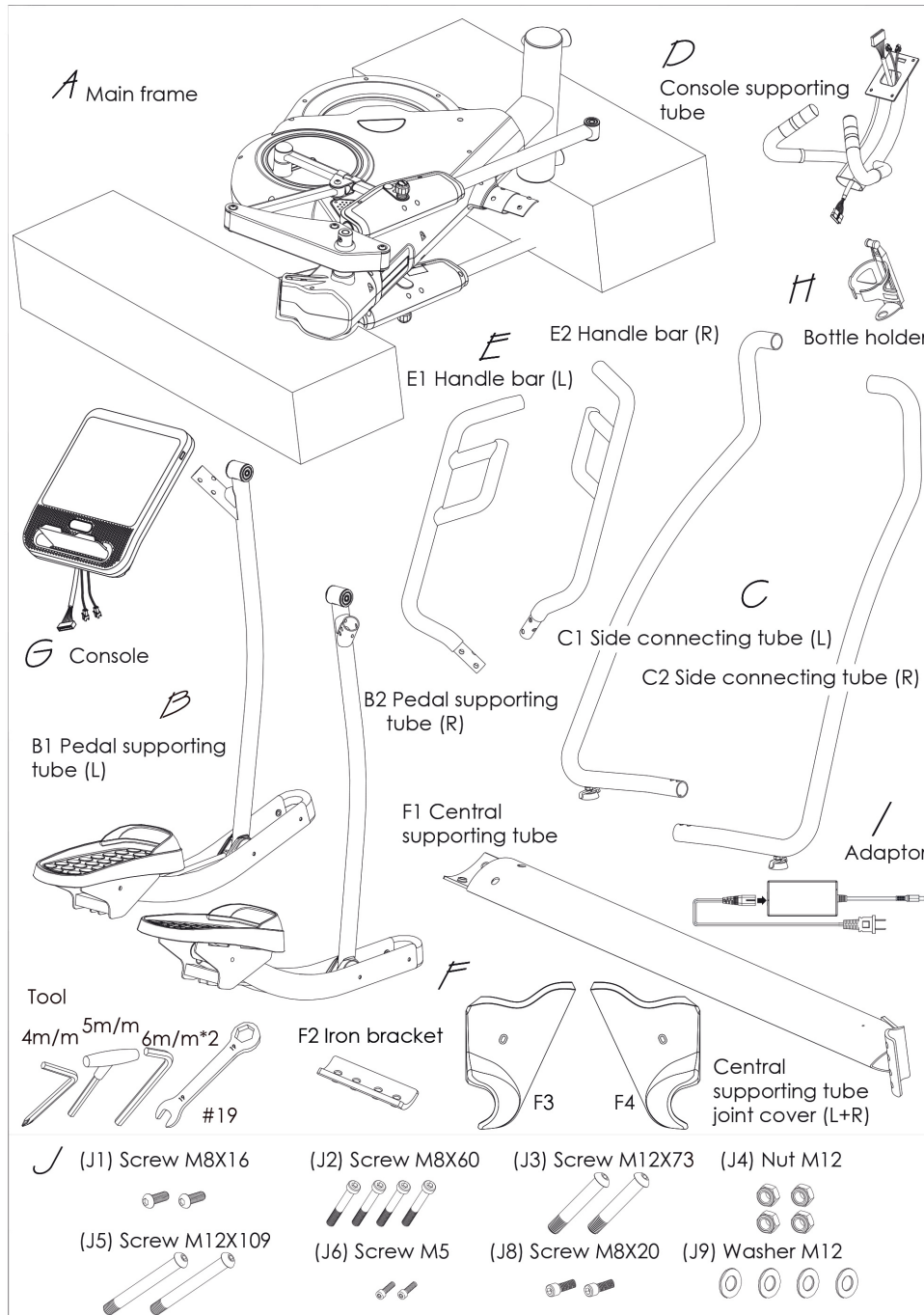| Problem	Cause	Solution
Drive discs wobble or make noises	Drive pulley is loose	Tighten nuts
Display does not work	No plug connection, power supply not plugged in	Check all plug connections and see if the power supply is plugged in
Footplates are creaking	Footplates are loose	Tighten up the footplate screws
Creaking noises	Screws are loose	Check screws are properly tightened
Guide rails are squeaking	Guide rails or rollers are dirty or the guide rails are dry	Clean the guide rails, then lubricate with a non greasy silicone
No pulse reading	• Sources of interference in the room • Using a chest strap: - Unsuitable chest strap - Chest strap is incorrectly positioned - Batteries are discharged	• Eliminate sources of interference (e. g. mobile phone, loudspeaker, etc.) • Use a suitable chest strap (see recommended accessories) • Reposition the chest strap and/or moisten the electrodes • Change the batteries

2.3 Maintenance and service calendar

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

Part	Weekly	Monthly	2x annually	Annually
Display console	C	I		
Lubricate the moving parts			I	
Plastic cover	C	I		
Screws and cable connections		I		
Legends: C = cleaning; I = inspect				

3.1 Package contents

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

A Main frame

D Console supporting tube

H Bottle holder

E E2 Handle bar (R)

E1 Handle bar (L)

G Console

C C1 Side connecting tube (L)

C2 Side connecting tube (R)

B B2 Pedal supporting tube (R)

B1 Pedal supporting tube (L)

F1 Central supporting tube

I Adaptor

Tool
4m/m 5m/m 6m/m*2

#19

F2 Iron bracket

F F3 F4 Central supporting tube joint cover (L+R)

J (J1) Screw M8X16   (J2) Screw M8X60   (J3) Screw M12X73   (J4) Nut M12

(J5) Screw M12X109   (J6) Screw M5   (J8) Screw M8X20   (J9) Washer M12

3.2 Assembly instructions

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

Caution while unpacking:

Place box flat on the ground, remove cover. Unpack handles, side supporting bars, pedal bars and operating instructions. Remove the upper foam parts (1) and (2) and take out the console, console supporting tube, console mast, pedal supporting bars and hardware bag. First leave the main frame (A) and lower foam parts (3) and (4) in the box.

Foam (1)

Foam (2)
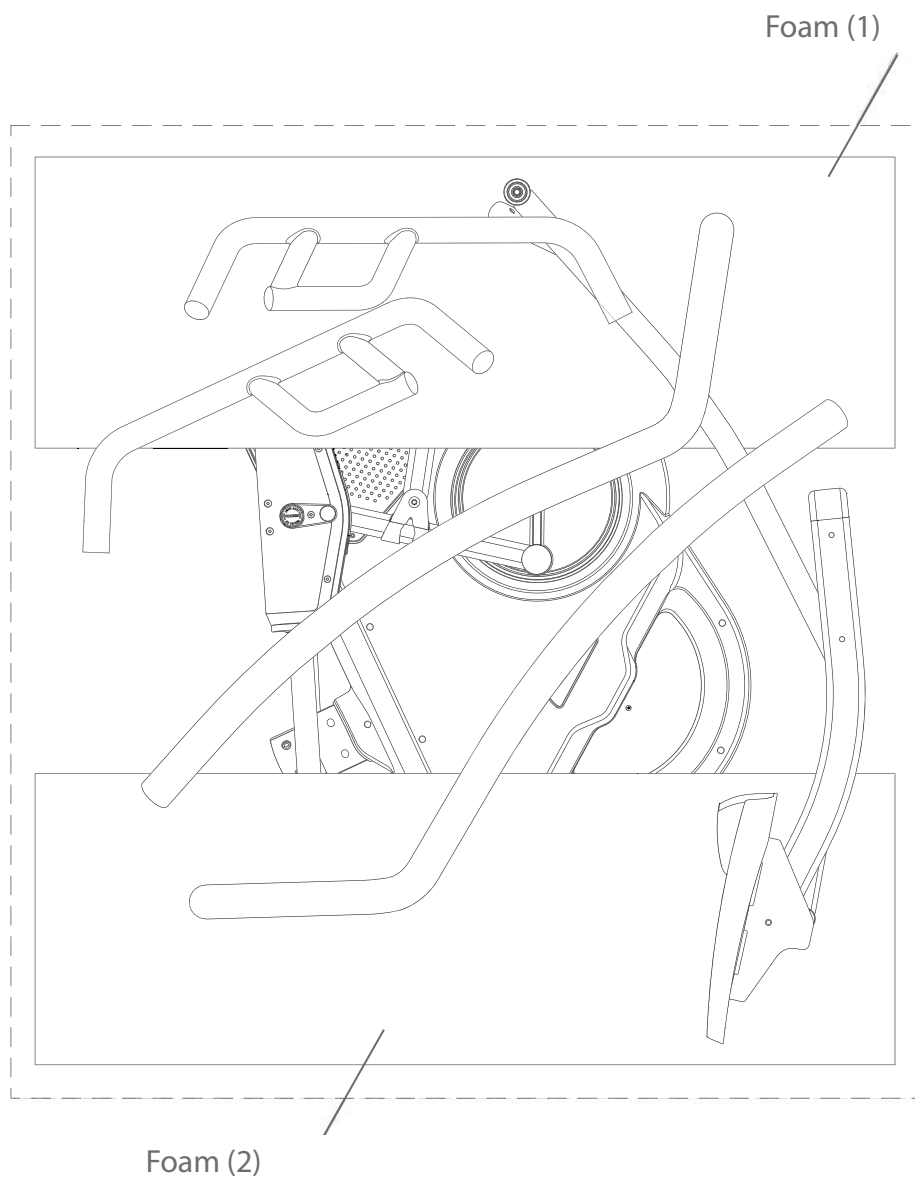
Step 1: Assembly of the console mast

(1) Remove the two pre-mounted screws (F5) from the main frame (A) and two screws (F5) from the console mast (F1).
(2) Mount the console mast (F1) on the main frame (A) with the previously removed screws (F5).

Note: Tighten all four screws (F5) before you continue with step 2.
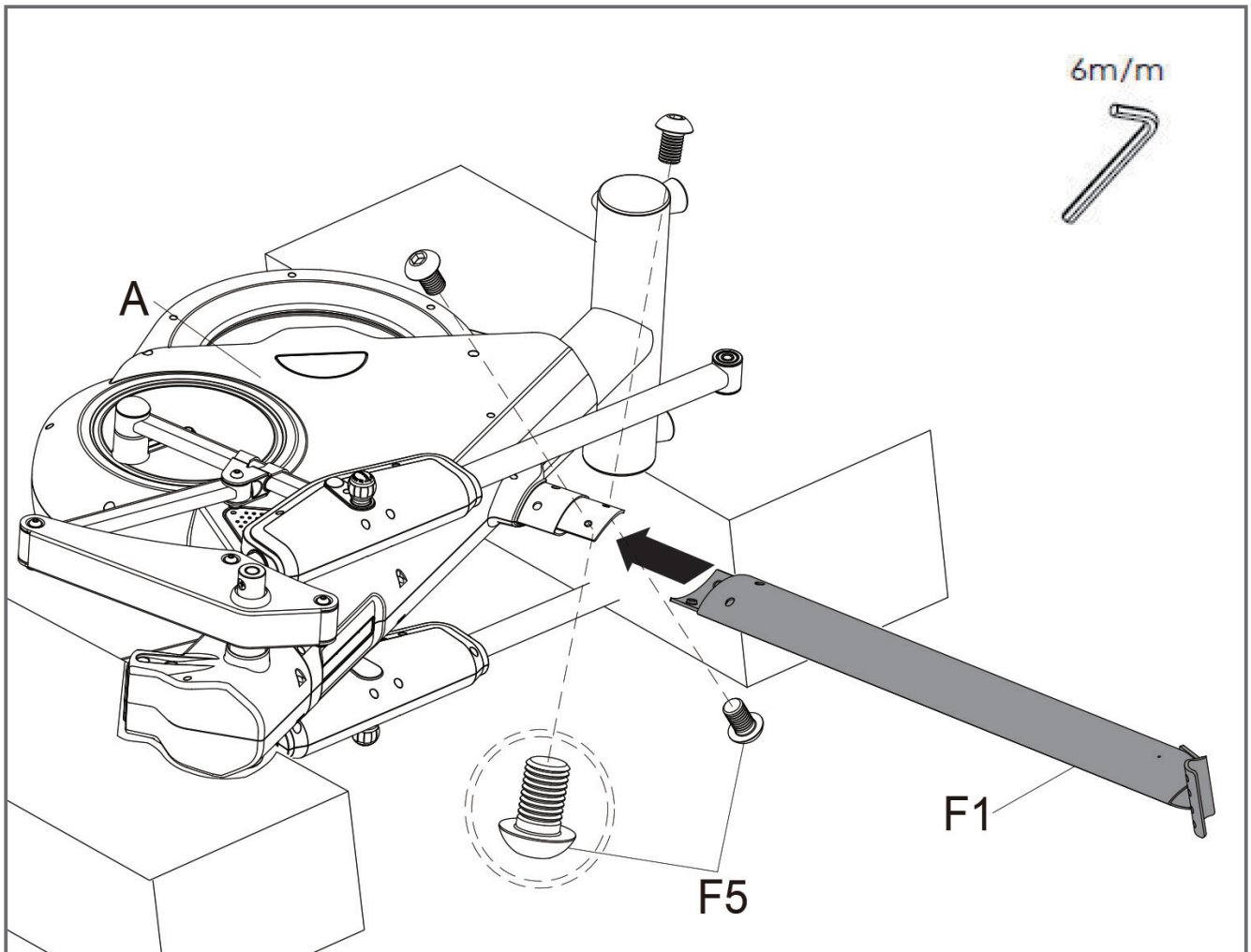
Step 2: Assembly of the right connecting tube

(1) See view A: Mount right connecting tube (C2) on the main frame (A).
(2) Tighten the tube with screws (J8) M8 x 20 on the frame.
(3) See view B: Tighten tube with two screws (J2) M8x60 and clamp (F2) on the bottom of the frame.

Note: First completely tighten screws (J8 and J2) as soon as step 3 was finished.
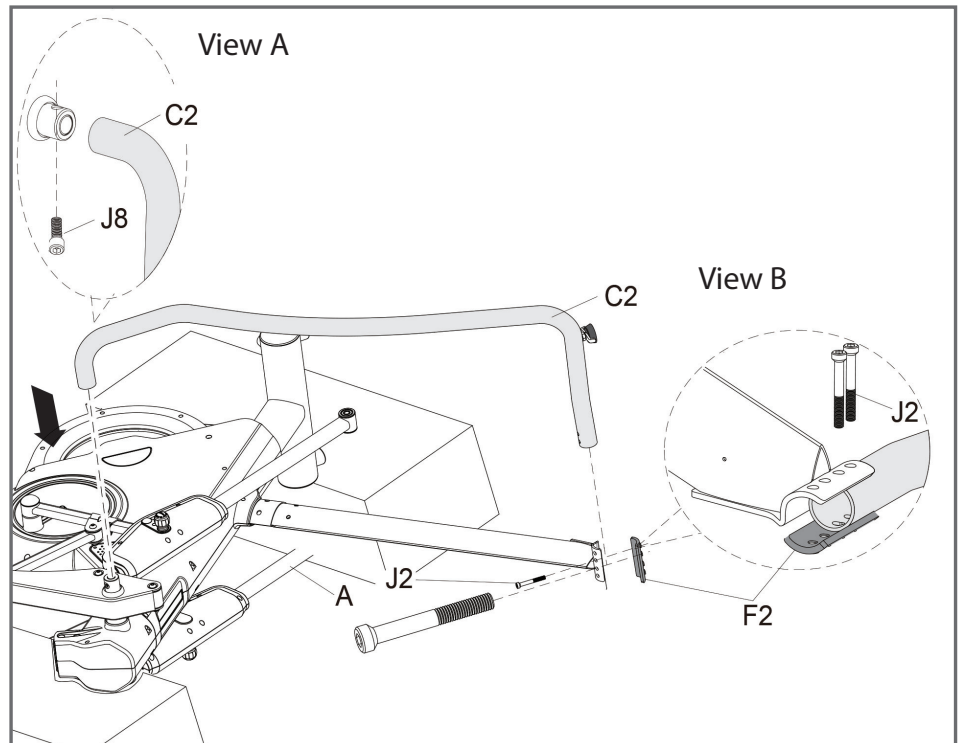
(4) Two people lift the main frame (A) and remove the Styrofoam, see image below.

Note: Due to safety reasons, the main frame should be lifted by at least two people and brought into a vertical position.
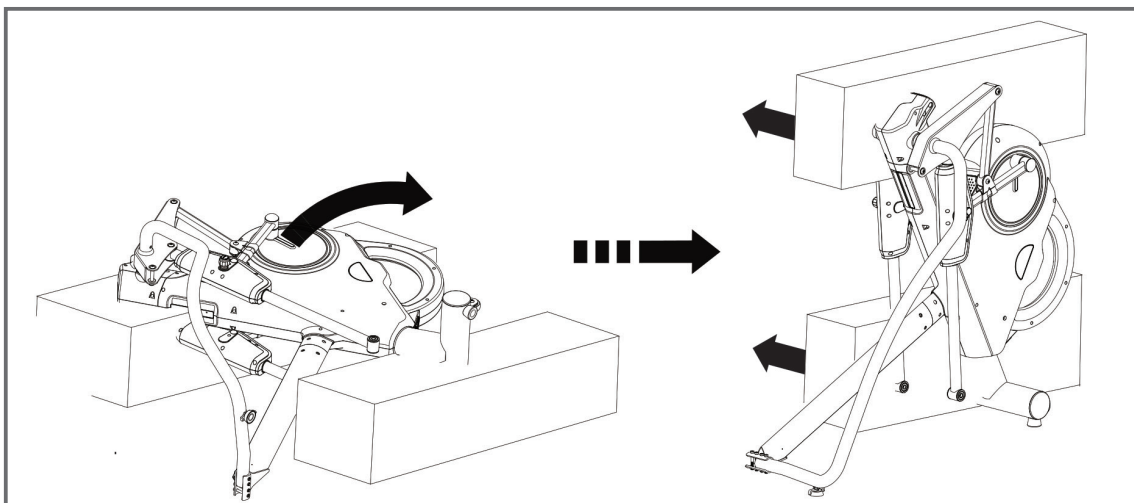
Step 3: Assembly of the left supporting foot and joint cover

(1) Mount the left connecting tube (C1) with the main frame (A) on the top with the screw (J8) and on the bottom with the two screws (J2) with the clamp (F2) - just like the right tube (C2) in figure 2.
(2) Now all screws (J8, J2) of steps 2 and 3 can be tightened.
(3) Remove two screws (F6) from the connecting mast (F1).
(4) Connect joint covers (F3 and F4) with connecting mast (F1) and tighten with screws (F6)
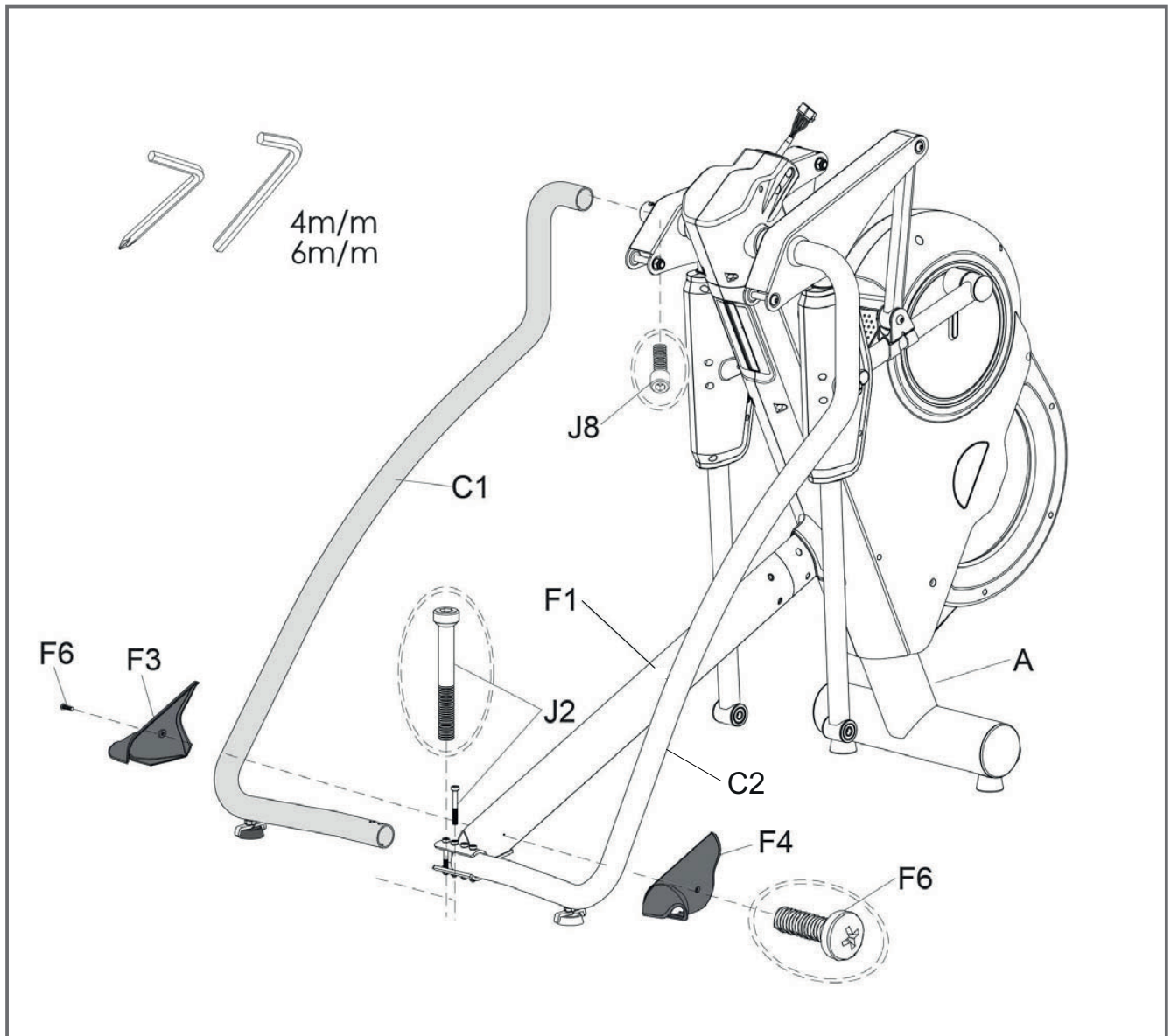
Step 4: Assembly of the pedal supporting tube

(1) See view C: Connect right pedal supporting tube (B2) with the main frame (A) and tighten with nut (J4), washer (J9) and screw (J3).

(2) See view D: Tighten nut (J4), washer(J9) and screw (J3) after the screw (J5), washer (J9) and nut (J4) are tight.

(3) See view E: After this, mount the tube with the pre-mounted screw (J5) and nut (J4).

(4) Repeat the same steps for the assembly of the left pedal supporting tube.

View C

J9
J4
A
B2
J3

6m/m
#19

View D

J4 J9
J5
B5

View E
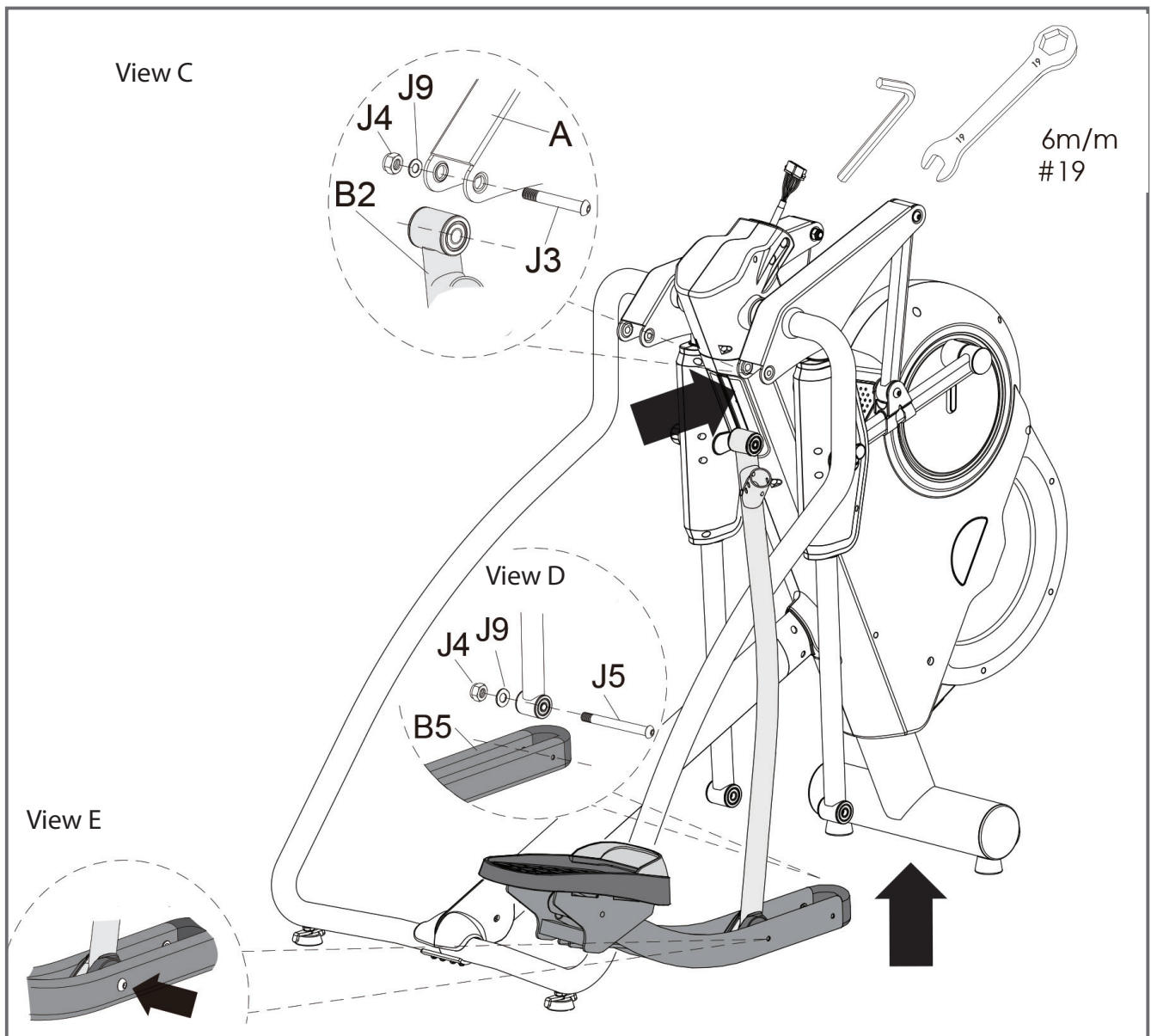
Step 5: Assembly of the handles

(1) Remove the six pre-mounted screws (J10 and J11) from the left handle (E1).
(2) See view F: Mount left handle (E1) on main frame (A) and tighten all screws (J10 and J11) with two 6mm Allen wrenches.
(3) Repeat the assembly (E2) on the right side (E2).
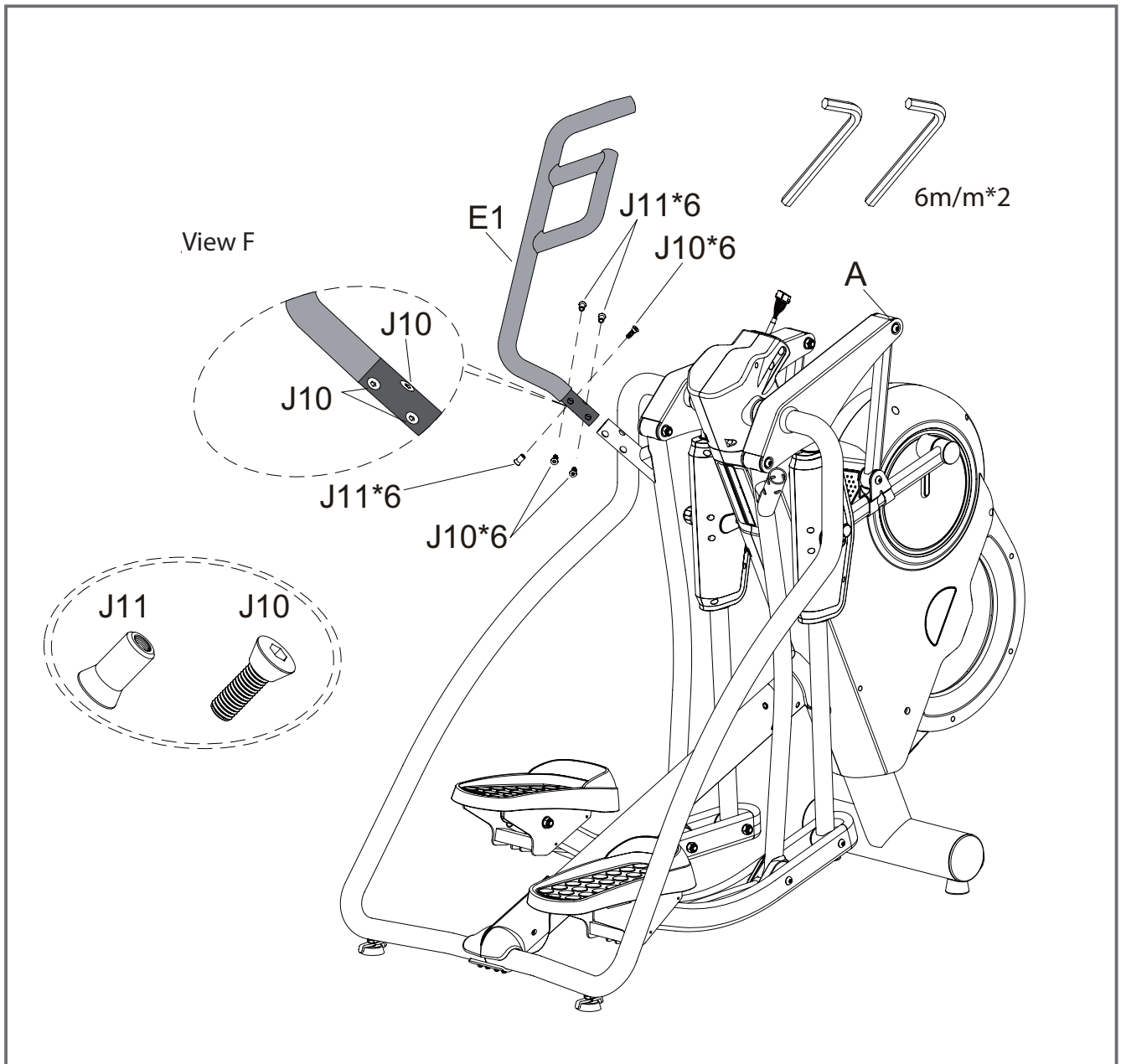
Step 6: Assembly of the console supporting tube and the bottle holder

(1) Connect cable (D1) from the console supporting tube (D) with cables (A1) on the main frame (A).
(2) See view G: Mount the console supporting tube (D) on the main frame (A) with two screws (J1) and the two pre-mounted screws (J1). Tighten four screws (J1).
(3) Mount the bottle holder (H) on the main frame (A) with screws (J6).

View G

D

D1

A1

J1

J1

J1

J1

J1

H

J6

A

4m/m
5m/m
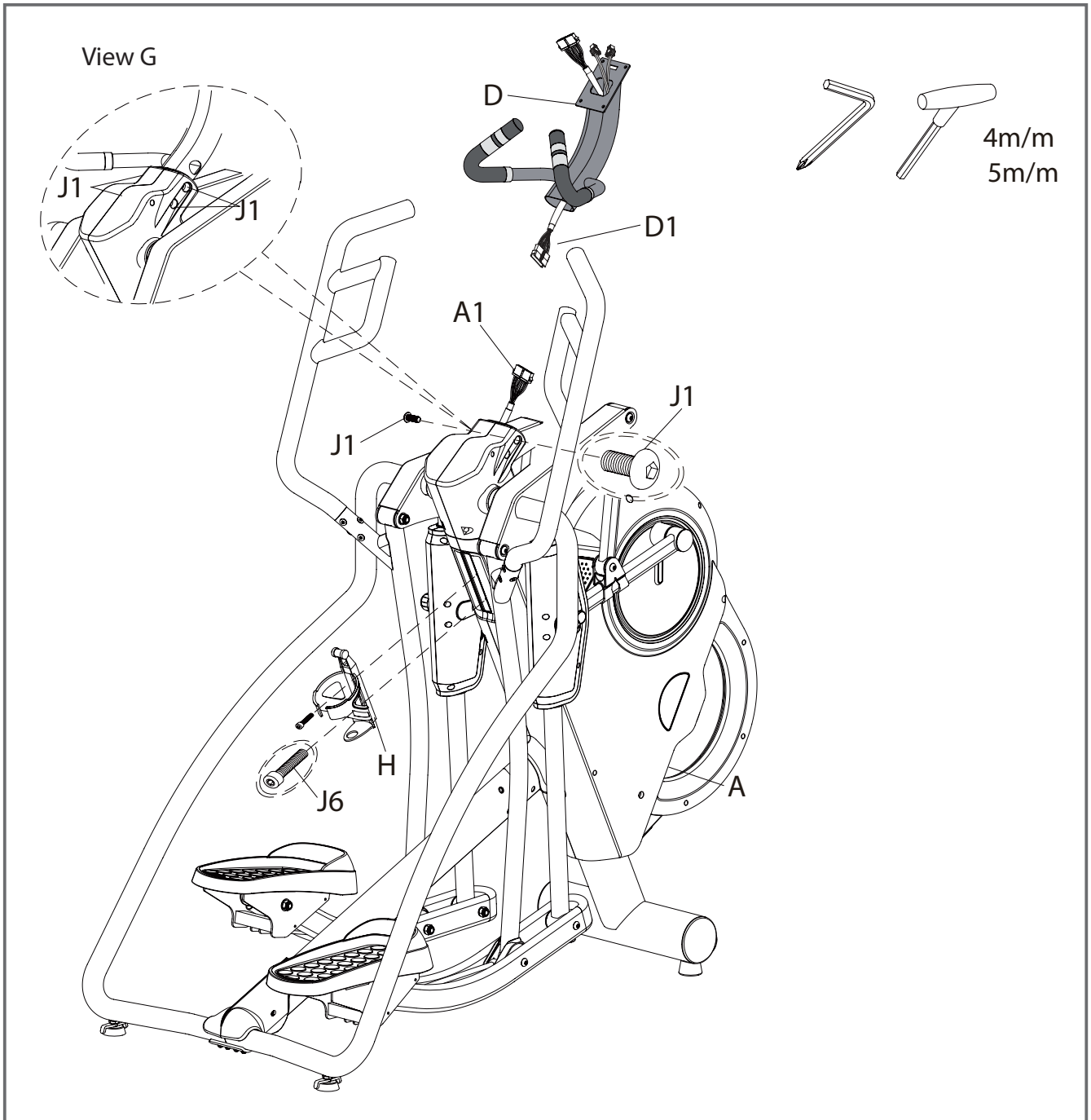
Step 7: Assembly of the console

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

(2) Connect the console cable (D1) and pulse cable (D3) with the fitting pieces on the console (G). Make sure that the cables are connected correctly. Carefully slide excess cable into the cover and console supporting tube (D). Mount console (G) on the console supporting tube (D) with the screws (G1).

(3) With the help of the leveling feet on the rear supporting foot, the equipment can be adjusted to the floor.

4m/m

EX80 Plus Touch
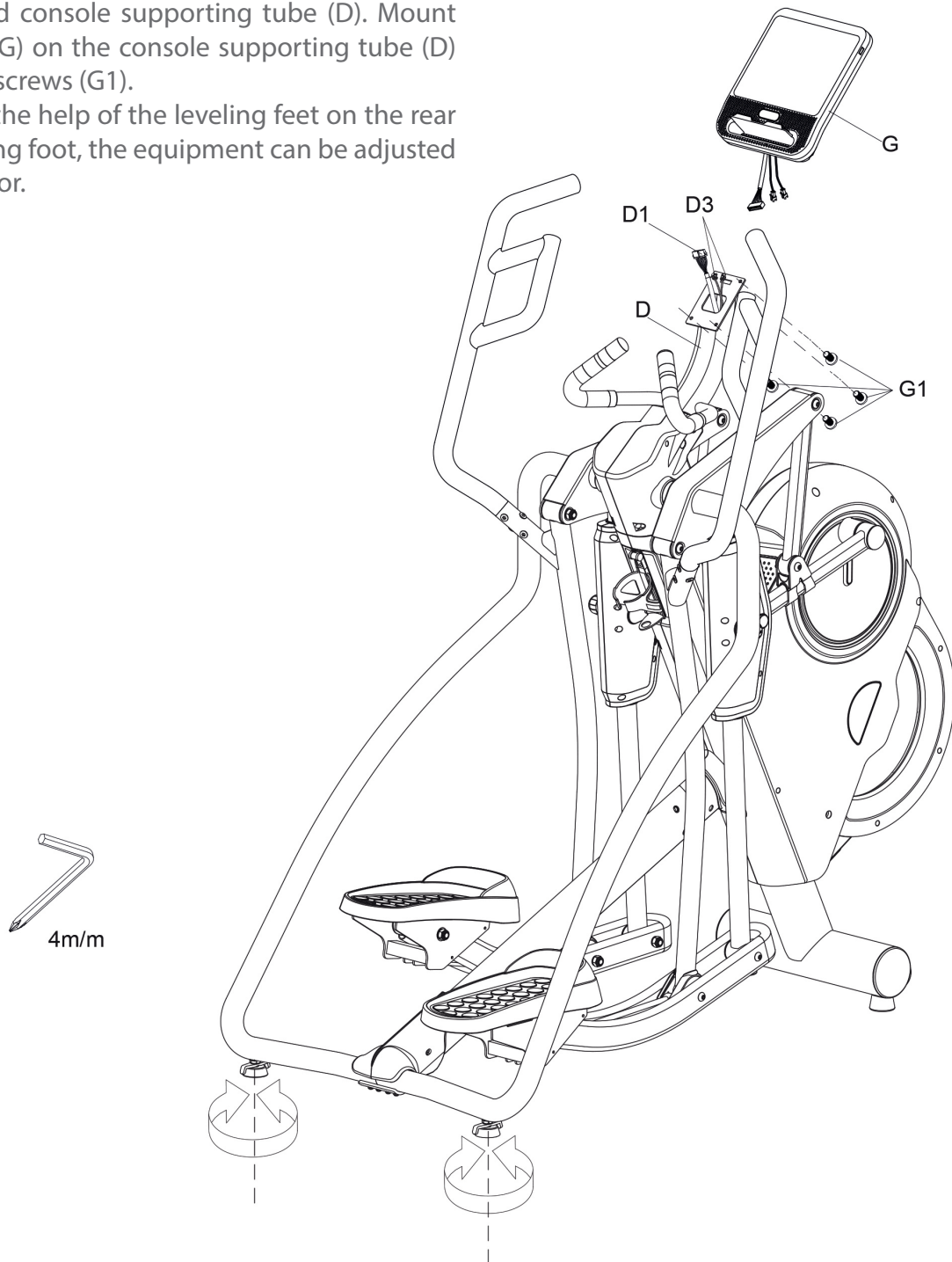
Step 8: Transport

In order to move the equipment, lift on both sides of the connecting tubes until the transport wheels touch the ground. Then move the equipment to the desired place. Now slowly and carefully lower the equipment to the floor. If necessary, adjust the leveling feet below the rear base of the equipment.

WARNING: Do not lift the equipment alone! For safety reasons, at least with two people.

Transport wheels
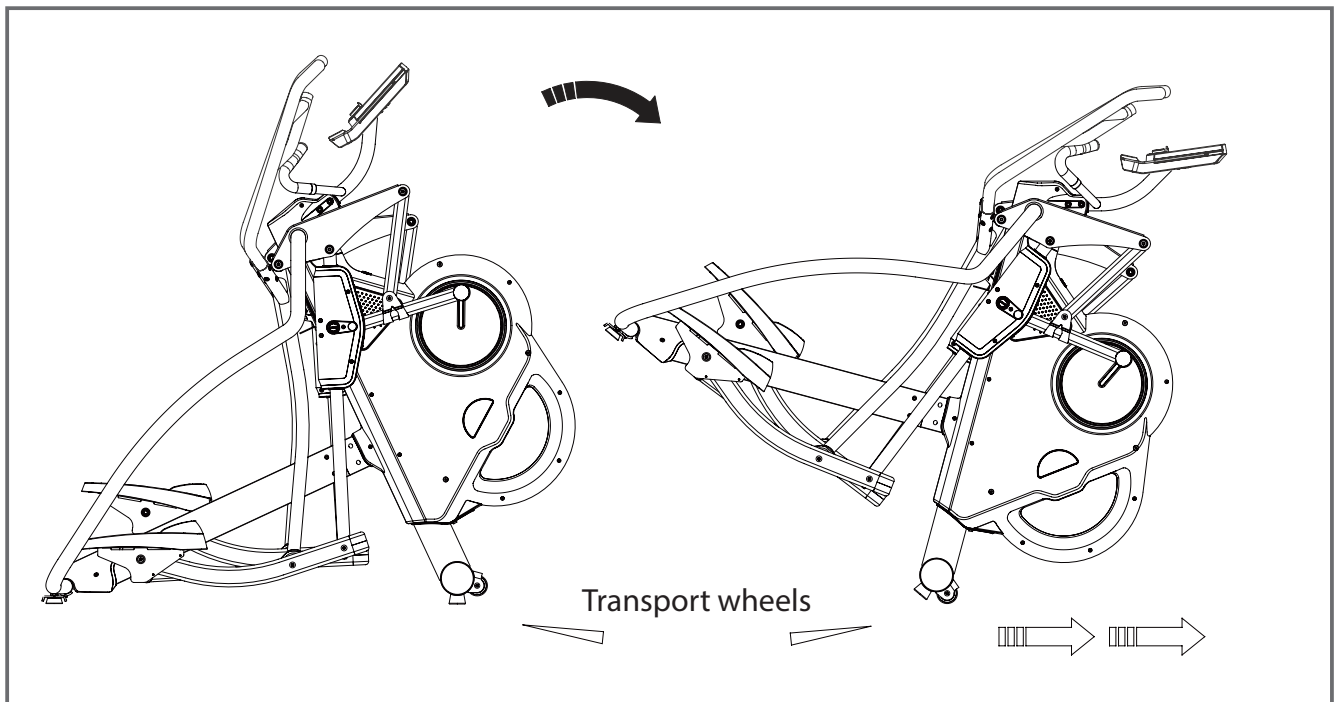
Step 9: Power cable

Insert power cable in the plug on the equipment before the equipment is connected to the outlet.

Note: The overload switch serves as a protective mechanism. It is triggered if the equipment has an electrical overload. Turn off the power switch and then back on in order to restart the equipment.

EX80 Plus Touch
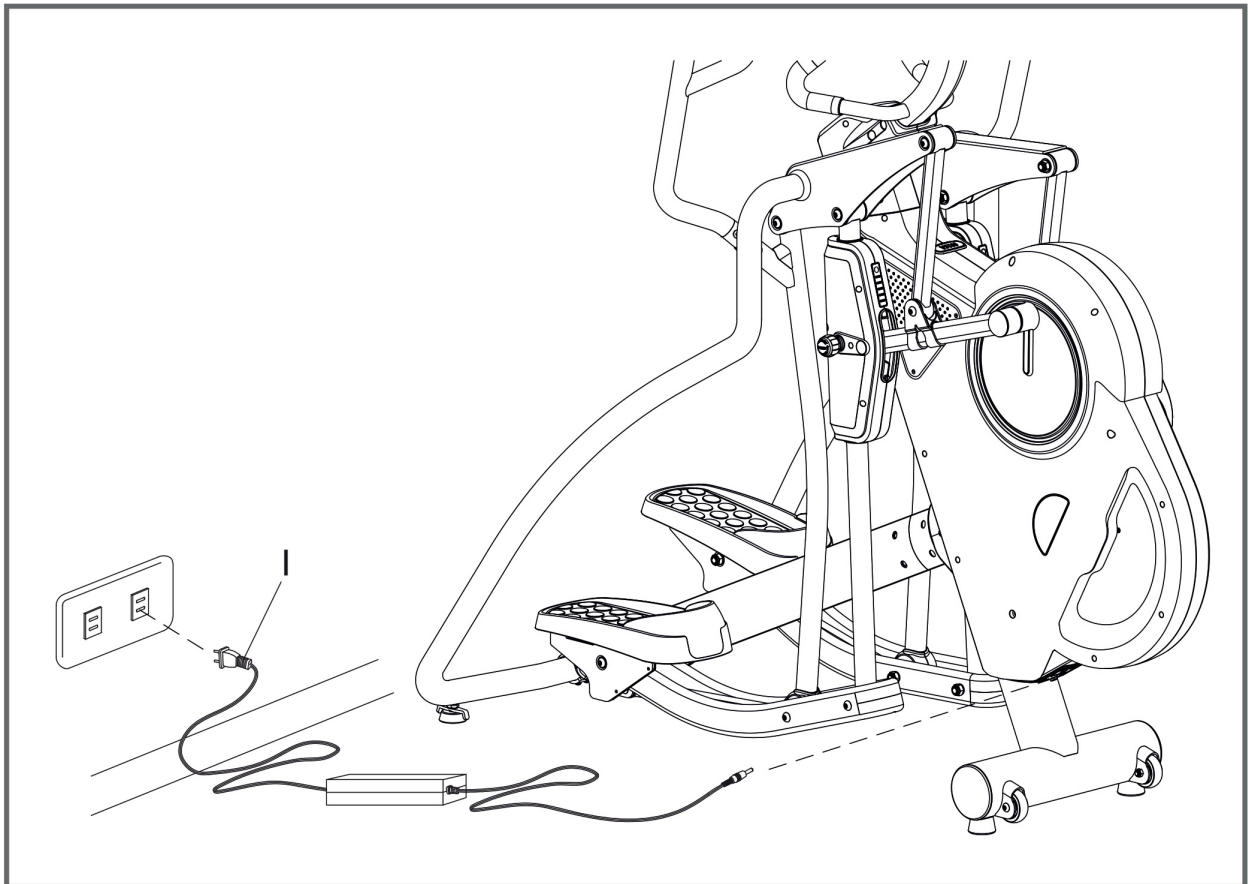
Step 10: Adjust stride lengths

(1) There are five different stride lengths (45 cm (18"), 50 cm (20"), 55 cm (22"), 60 cm (24"), 65 cm (26")), which are illustrated in the LED window.
(2) Loosen and remove the pin in order to set the desired stride length.
(3) Once the stride length has been selected, tighten the pin again.
(4) Repeat the stride on the other side.

WARNING: For safety reasons, NEVER adjust the stride length while you are on the equipment. Always adjust both stride lengths equal to each other.

65 cm

45 cm

Battery size „AAA"
1,5 V

45 cm

65 cm
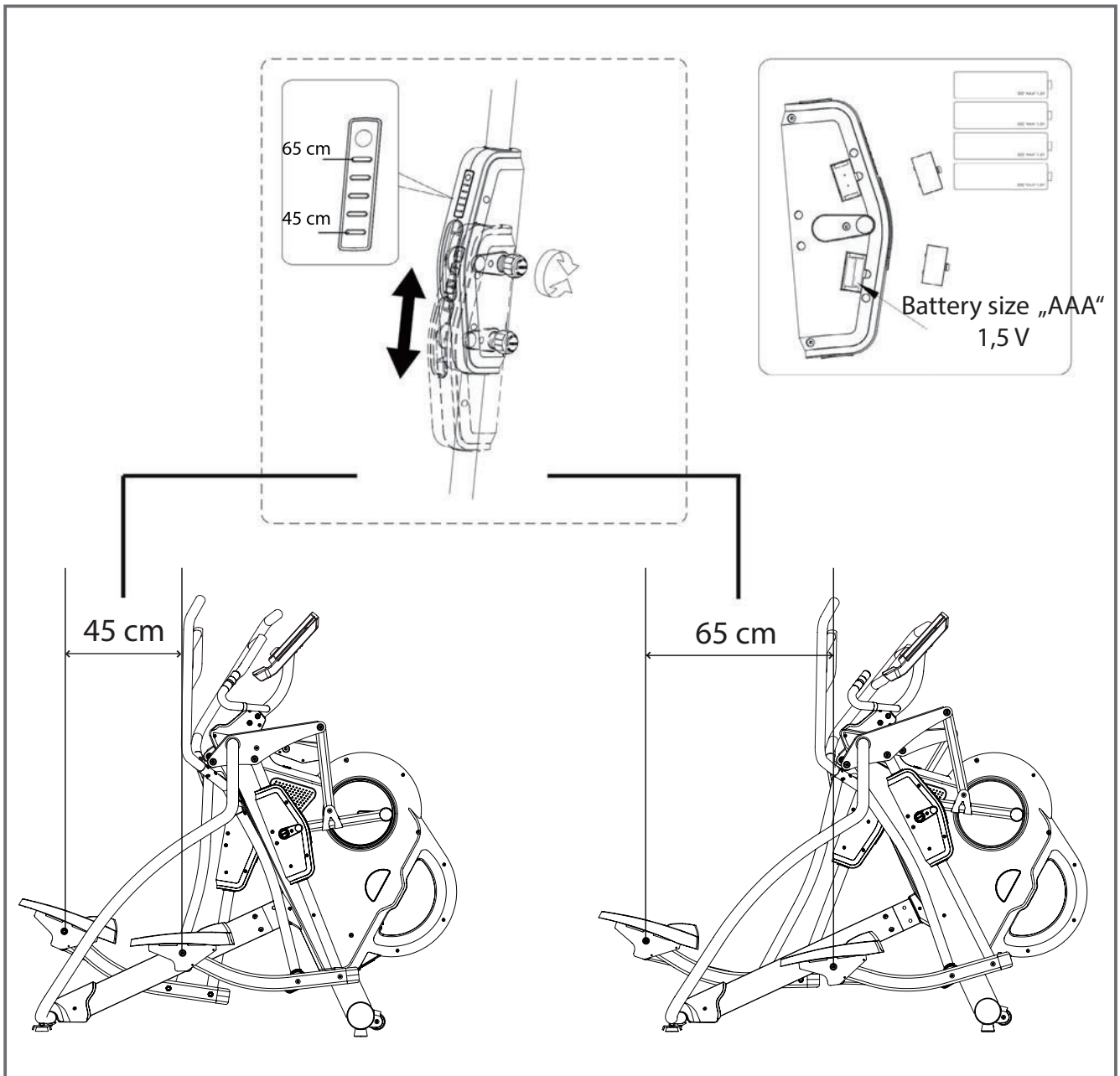
4.1 Function Descriptions

1. Console functions

(1) MANUAL: Manually set training
(2) PROGRAM: Pre-set training profiles
(3) WATT CONTROL: Training program controlled by Watt value
(4) H.R.C. (Heart Rate Controlled): You can set a heart rate target of 55 %, 75 %, 90 % from your maximum heart rate (automatically set)
(5) RECOVERY: Fitness test of the recovery of your heart rate (F1~F6)
(6) USER DATA: Saving user profiles (U0~U4). U0 (guest profile not saved) U1~U4 (user profiles saved). (Name, Age, Height, Weight, Gender)
(7) COMMUNITY: A selection of multimedia functions
(8) FACTORY SETTING MODE:
a. WLAN, Volume, Brightness, change metric units.

2. Main function

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

All actions are activated on the TFT display.

4.2 Console display

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

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

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

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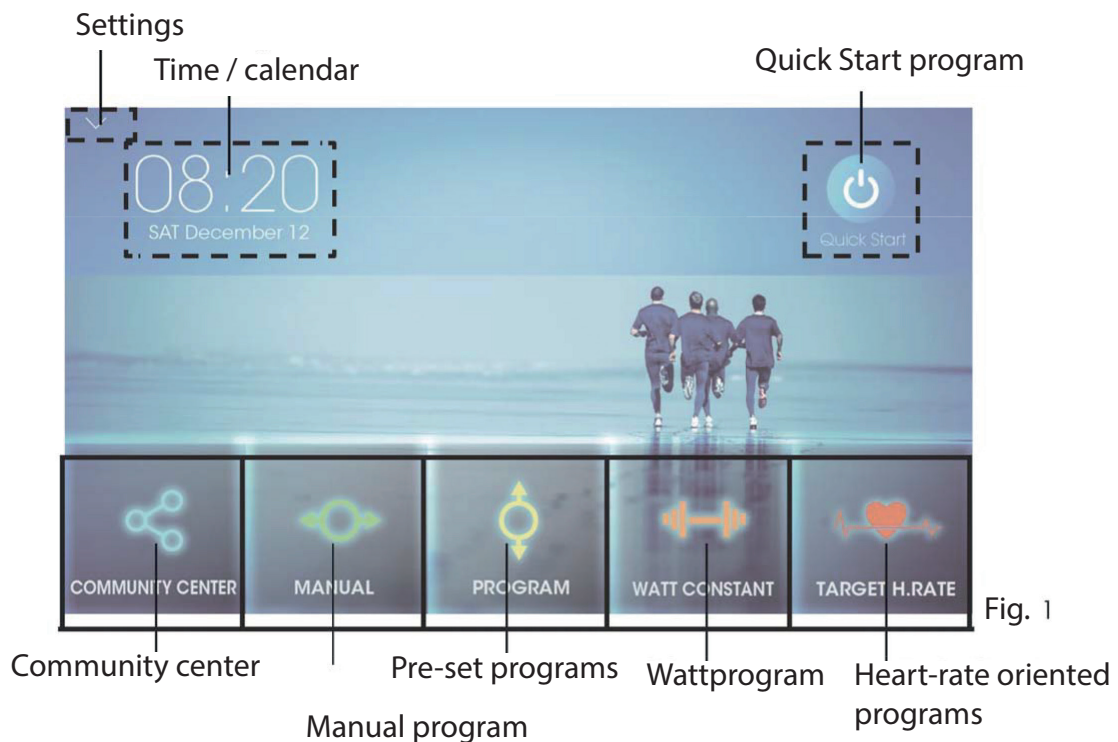(3) Display bar:: Cell amount - 10 cells (MAX= 10.0 KM, display full cells).
When no settings are set: 10.0 KM / 10 cells = 1.0 KM / cell
When settings are set: Setting value / 10 cells

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

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

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

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

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

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

EX80 Plus Touch

4.3 Starting up settings

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

Settings

Time / calendar

Quick Start program

Community center

Pre-set programs   Wattprogram   Heart-rate oriented programs

Manual program

Fig. 1

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

Fig. 2

Fig. 3

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

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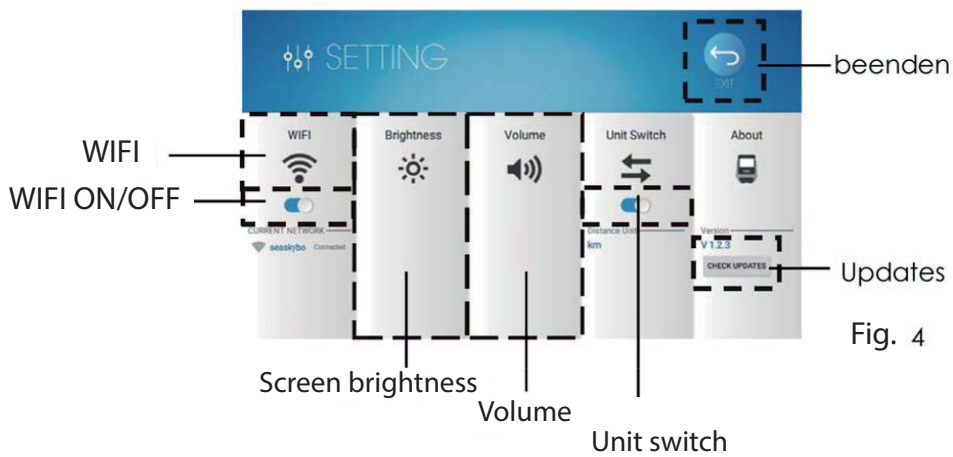WIFI, Volume, Brightness, Metric unit switch, About. (fig. 4)

WIFI
WIFI ON/OFF

beenden

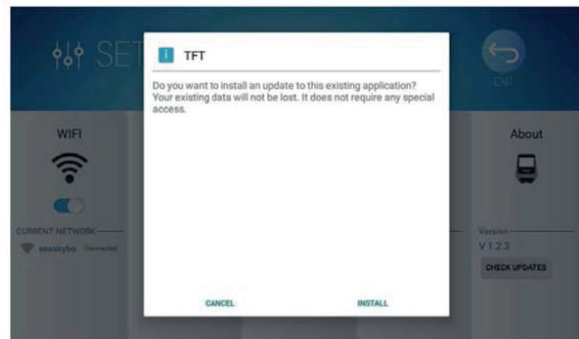Updates

Fig. 4

Screen brightness
Volume
Unit switch

Fig. 5

Fig. 6

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

(5). Choose one of the following programs.

EX80 Plus Touch

4.4 Programs

4.4.1 Quick-Start program

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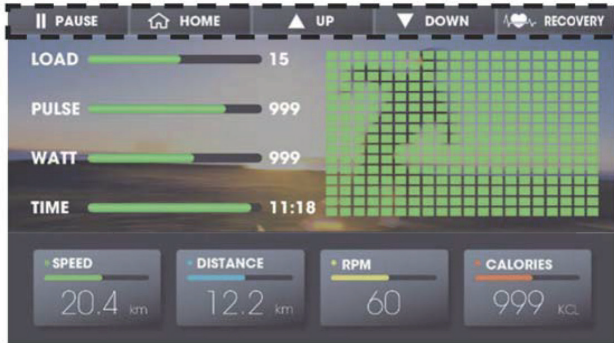

Fig. 7

Fig. 8

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

4.4.2 Manual program

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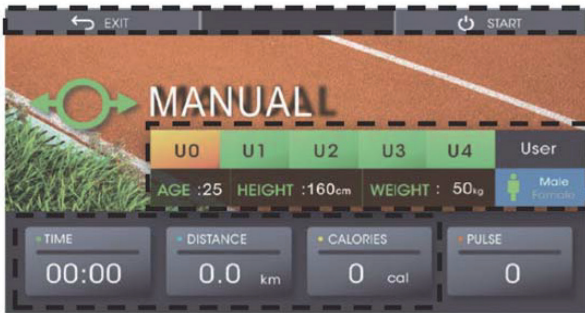(6) If you do not enter a value for either TIME, DISTANCE or CALORIES, the console will count up (fig. 14).

Fig. 13

Fig. 14

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

Fig. 15

EX80 Plus Touch

4.4.3 Pre-set programs

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

Fig. 16

Fig. 17

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

Fig. 18

To return to the starting page, press any place on the display.
(10) Press the HOME button to return to the starting page.

4.4.4 Wattprogram

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

Fig. 19

Fig. 20

(2) Pess WATT to enter a desired watt value (default: 125 W).

(3) Choose a user („U0~U4"). The respective user data will be displayed.

(4) Enter a value for TIME. Enter your AGE, HEIGHT, WEIGHT and SEX. Press on „USER" to enter a name.

(5) Press the EXIT button to return to the starting page.

(6) Press the START button to start the program. The console displays the respective values for SPEED, RPM, TIME, DISTANCE, CALORIES and WATT (fig 20).

(7) If you entered a time, and 0 is reached, the console will stop and return to the starting page.

(8) TARGET WATT CONSTANT DATA: The value will be displayed according to WATT setting.

REAL WATT CONSTANT DATA: Displays actual work out WATT value.

LOAD CONTROL DATA : LOAD shows target WATT value that pair with the LOAD value.

(9) Press the PAUSE button to pause your training. Press the CONTINUE button to continue with your training (fig. 21)

(10) Press the RECOVERY button to start the said function. After 60 seconds a result will be displayed. To return to the starting page, press any place on the display.

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

(12) WATT will be displayed according to the current speed.

Too slow: Please accelerate your speed. Actual watt value < Set watt value (1-25%)

Moderate: Please keep current speed. Set watt value (1+25%)> Actual watt value > Set watt value (1-25%)

Too fast: Please slow down your speed. Actual value >Set value (1+25%)

Fig. 21

EX80 Plus Touch

4.4.5 Heart rate oriented programs

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

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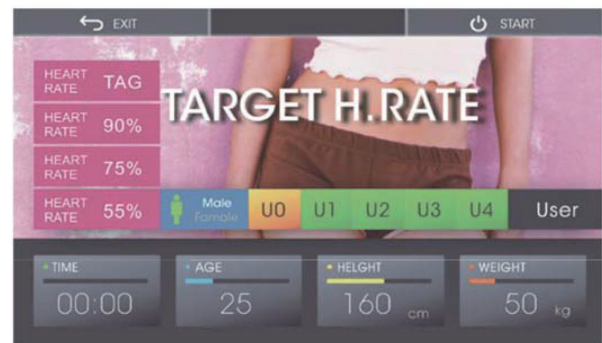

Fig. 22

Fig. 23

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

Fig. 24

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

(10) The console will return to the starting page, if it does not receive a signal for longer than 30 seconds.
(11) Press the PAUSE button to pause your training. Press the CONTINUE button to continue with your training
(12) Press the RECOVERY button to start the said function. A result will be displayed after 60 seconds. To return to the starting page, press any place of the display.
(13) Press the HOME button to return to the starting page.

4.4.6 RECOVERY function:

(1) Press the RECOVERY button during your training to start the said function directly (fig. 25).
(2) Put your hands around the hand sensors. The result will be displayed after 60 seconds (fig. 26).
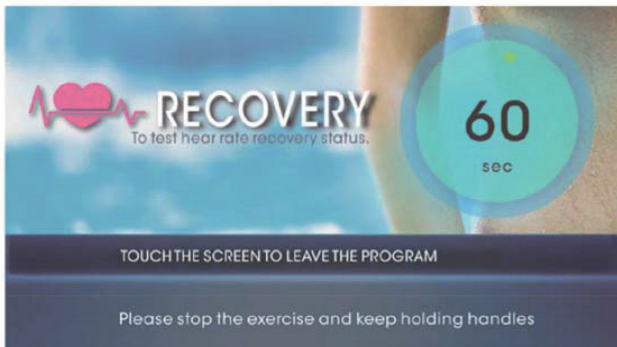
Fig. 25

Fig. 26

(3) In case you wish to stop this function midway, simply press any place of the display.
(4) Once 0 is reached the console will display your result in form of a number (F1~F6) and its respective rating. Press on any place of the display to return to the starting page.
(5) Possible results

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

EX80 Plus Touch

4.5 Media

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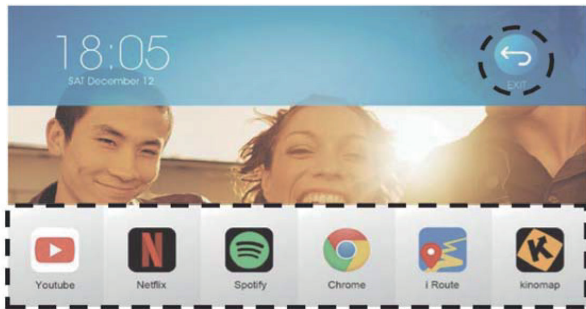

Fig. 9

Fig. 10

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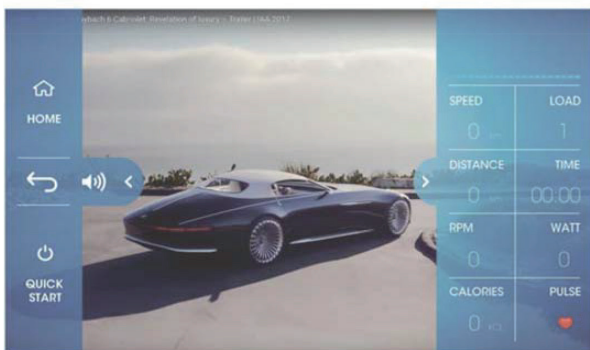
Fig. 11
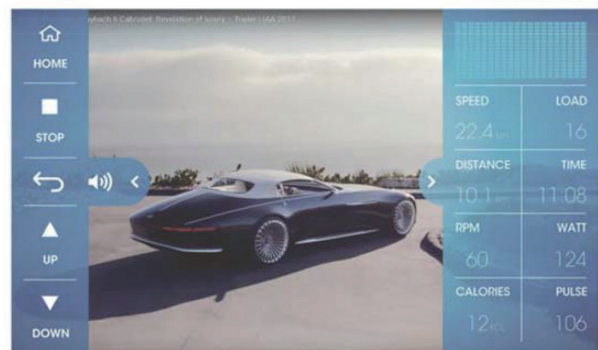
Fig. 12

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

NOTE:

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

4.6 Heart-rate measuring

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

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

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

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

Telemetric heart rate measuring
This 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 - age) x 0.55.
• The cardio target zone (75%) is at approximately 131 beats/min.
= (220 - age) x 0.75.
• The maximum heart rate for an anaerobic load training (90%) is at approximately 157 beats/min. = (220 - age) x 0.9.
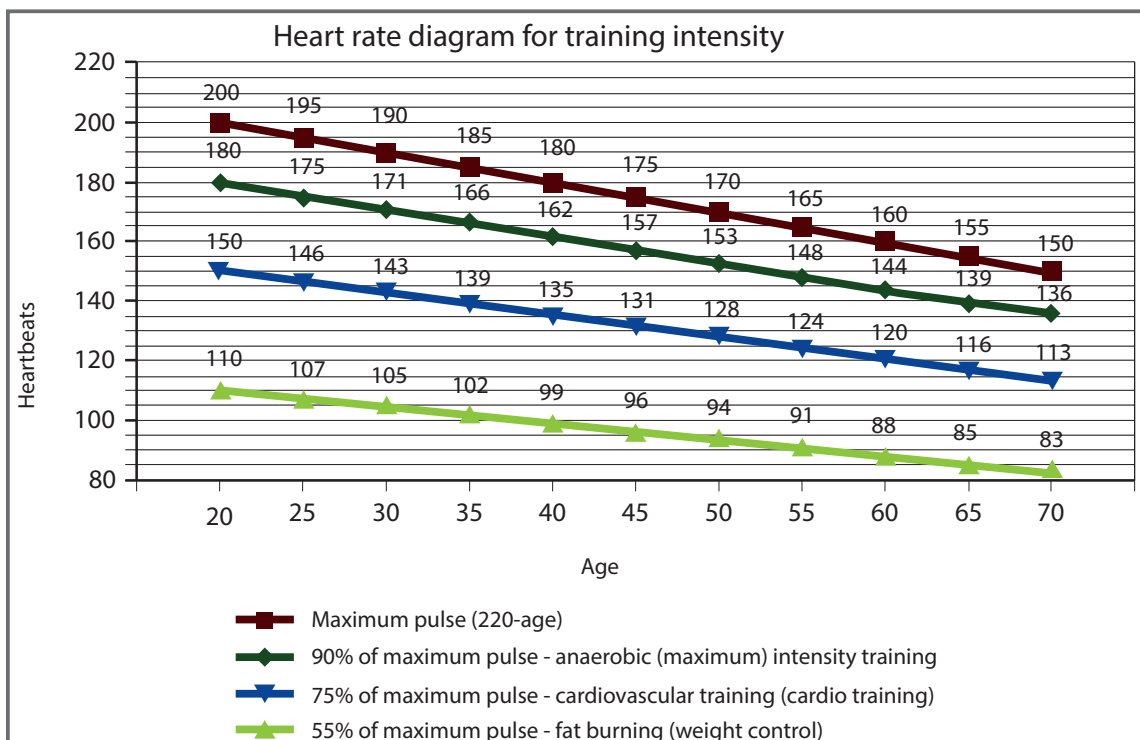
cardiostrong's fitness equipment is subject to strict quality controls. However, if a fitness equipment purchased from us does not work perfectly, we take it very seriously and ask you to contact our customer service as indicated. We are happy to help you by phone via our service hotline.

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

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

Your statutory rights are not affected.

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

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

Model	Use	Full warranty
EX80 Plus Touch	Home use	24 months

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

The terms of use are defined as follows:

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

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

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

Warranty claims are invalid in case of damage resulting from:
 • misuse or improper handling
 • environmental influences (moisture, heat, electrical surge, dust, etc.)
 • failure to follow the current safety measures for the equipment
 • failure to follow the operating instructions
 • use of force (e. g. hitting, kicking, falling)
 • interventions which were not carried out by one of our authorized service centers
 • unauthorized repair attempts

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

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

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

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

6   DISPOSAL

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

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

7   RECOMMENDED ACCESSORIES

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

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

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

floor mat

chest strap

gym towels

8.1 Service hotline

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

SERVICE-HOTLINE

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

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

8.2 Serial number and model name

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

Serial number:

Brand / category:

cardiostrong ergometer

Model name:

EX80 Plus Touch

EX80 Plus Touch

8.3 Parts list

No.	Description	Qty.	No.	Description	Qty.
A	Main Frame	1	A30	Crank	2
A1	Sensor Wire	1	A31	Flat Key	2
A2	Connection Slice	2	A32	Screw	2
A3	Motor	1	A33	Turing Plate	2
A3-1	Screw	4	A34	Pressing Pipe	1
A4	Dc Wire	1	A35	Bearing 6003Zz	2
A5	Nut	1	A36	C Lip	1
A6	Sensor Wire	1	A37	Nut M12	3
A7	Sensor Wire Housing	1	A38	Washer M12	4
A8	Screw	1	A39	Axle	1
A9	Screw M8 X 45	1	A40	Bearing 6001Mrb	2
A10	Nut M8	1	A41	Bush	1
A11	Screw M6 X 20	1	A42	Flywheel	1
A12	Nut M6	1	A43	Flywheel Cover	2
A13	End Cap	2	A44	Screw M4 X 16	6
A14	Fix Cushiion	2	A45	Magnetic Housing	1
A15	Washer M6	2	A49	Screw M5 X 10	4
A16	Screw M5 X 16	2	A50	Front Pedal Supporting Tube	2
A17	Wheel	2	A51	Magnetic	4
A18	Nut M8	2	A52	Screw M5 X 8	4
A19	Screw M8 X 45	2	A53	Induction Wand	10
A20	Belt Wheel	1	A54	Side Decoration Housing Set (L)	2
A21	Magnetic	1	A55	Side Decoration Housing Set (R)	2
A22	Axle	1	A56	Screw	16
A23	Screw M8 X 25	4	A57	Battery Cover	4
A24	Nut M8	4	A58	Push Rod Bracket (L)	2
A25	Bush	1	A59	Push Rod Bracket (R)	2
A26	Bearing 6005Zz	2	A60	Knob	2
A27	Bush	1	A61	Nylon Sleeve	8
A28	Bearing Nut	1	A62	Bolt M8 X 20	8
A29	Belt	2	A63	Nut M8	8

No.	Description	Qty.	No.	Description	Qty.
A64	Washer M8	8	A97	Small Chain Cover (R)	1
A65	Bolt M12 X 53	2	A98	Screw	6
A66	Washer M12	2	A99	Screw	8
A67	Nut M12	2	B1	Pedal Supporting Tube (L)	1
A68	Led Display	2	B2	Pedal Supporting Tube (R)	1
A69	Bearing Sleeve	14	B3	Pedal Housing (L)	2
A70	Bush	12	B4	Pedal Housing (R)	2
A71	Bearing 6201Zz	20	B5	Lower Pedal Supporing Tube	2
A72	Screw M12 X 73	4	B6	Screw M12 X 109	2
A73	Washer M12	4	B7	Washer M12	2
A74	Nut M12	4	B8	Nut M12	2
A75	Oscillating Axle Base (L)	1	B9	Pedal Bracket (L)	1
A76	Oscillating Axke Base (R)	1	B10	Pedal Bracket (R)	1
A77	Handlebar Supporting Cover	2	B11	Pedal Rest (L)	1
A78	Bearing 6004Zz	2	B12	Pedal Rest (R)	1
A79	Bearing 6905Zz	2	B13	Front Cover Pedal (L)	1
A80	Front Connecting Shaft	2	B14	Cushion Pad (L)	1
A81	Bush	4	B15	Pedal (L)	1
A82	Bush	8	B16	Screw M4 X 15	6
A83	C Lip	12	B17	Screw M6 X 10	8
A84	Bearing Sleeve	12	B18	Pedal (R)	1
A85	Screw M12 X 53	4	B19	Cushion Pad (R)	1
A86	Washer M12	4	B20	Front Cover Pedal (R)	1
A87	Nut M12	4	B21	Upper Cap For Pedal Supporting	2
A88	Bearing 2203	2	B22	Lower Cap For Pedal Supporting	2
A89	Washer M10	2	B23	Screw	2
A90	Nut M10	2	B24	Middle Pedal Supporting Rod	2
A91	End Cap	2	B25	Nut M8	4
A92	Crank Housing	2	B26	Bush	8
A93	Screw	2	B27	Bearing 6001 Tp	4
A94	Main Chain Cover (L)	1	B28	C Clip	4
A95	Main Chain Cover (R)	1	B29	Screw M8 X 40	4
A96	Small Chain Cover (L)	1	B30	Screw M12 X 133	2

No.	Description	Qty.	No.	Description	Qty.
B31	Bush	2	D12	Screw M3 X 8	4
B32	Bearing 6003Zz	4	D13	End Cap	2
B33	Bush	2	E1	Handle Bar (L)	1
B34	Screw	4	E2	Handle Bar (R)	1
B35	Pedal Reinforcement Strip	4	F1	Central Supporting Tube	1
B36	Screw	8	F2	Iron Bracket	1
C1	Side Connecting Tube (L)	1	F3	Central Supporting Tube Cover (L)	1
C2	Side Connecting Tube (R)	1	F4	Central Supporting Tube Cover (R)	1
C3	Adjusted Nut	2	F5	Screw	4
C4	Adjusted End	2	F6	Screw	2
D	Console Supporting Tube	1	G	Console	1
D1	Sensor Wire	1	G1	Screw	4
D2	Handl Pulse Ring	2	H	Water Bottle Holder	1
D3	Handl Pulse Wire	2	J1	Screw M8 X 16	4
D4	Spacer Ring	2	J2	Screw M8 X 60	4
D5	Handle Pulse	4	J3	Bolt M12 X 73	2
D6	Upper Handle Pulse Housing	2	J4	Nut M12	4
D7	Loewr Handle Pulse Housing	2	J5	Bolt M12 X 109	2
D8	Handle Pulse Ring	2	J6	Screw M5	2
D9	Foam Spacer Ring	2	J8	Screw M8 X 20	2
D10	Spong Hdr	2	J9	Washer M12	4
D11	Spong Hdr	2	I	Adaptor	1
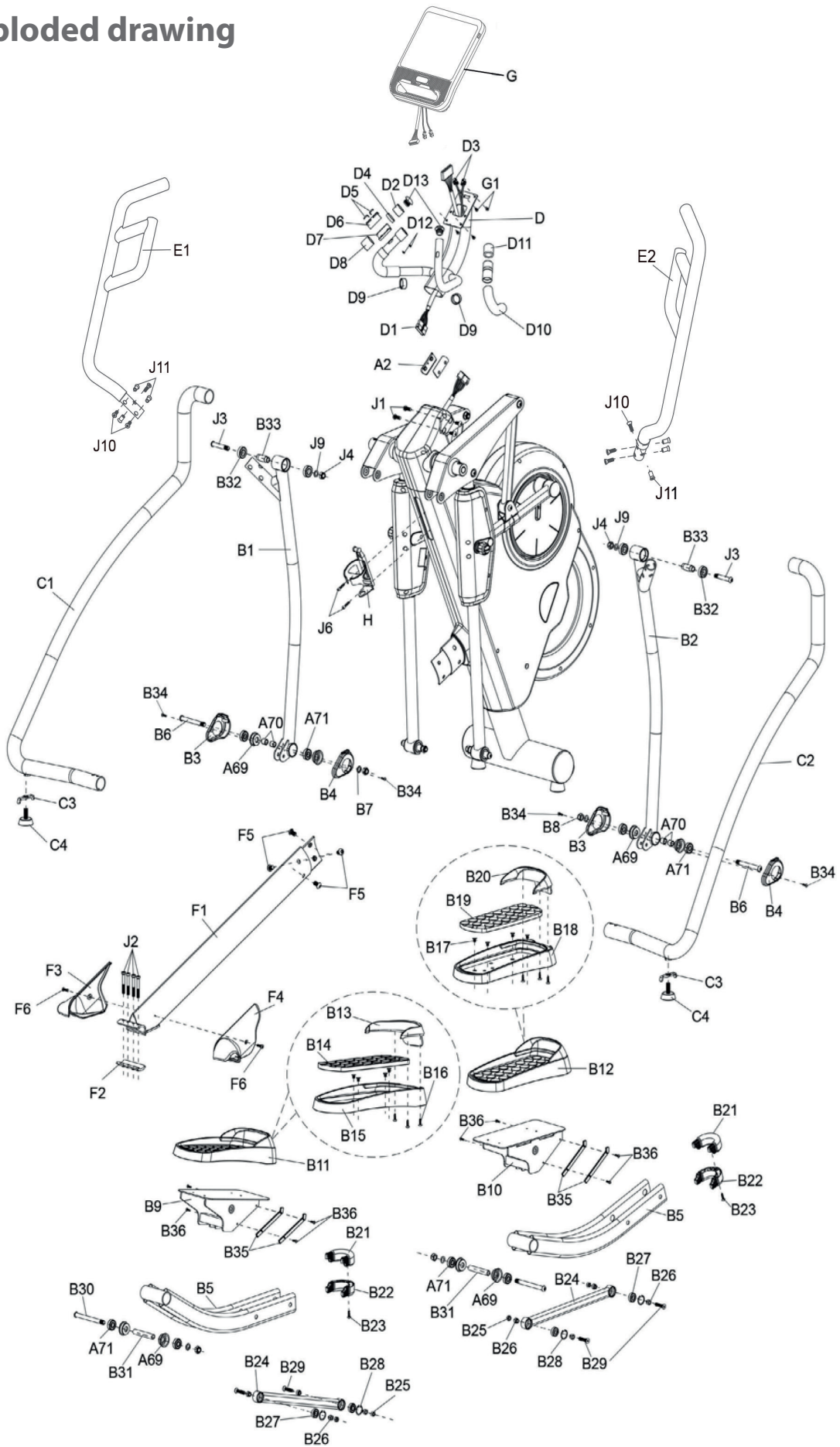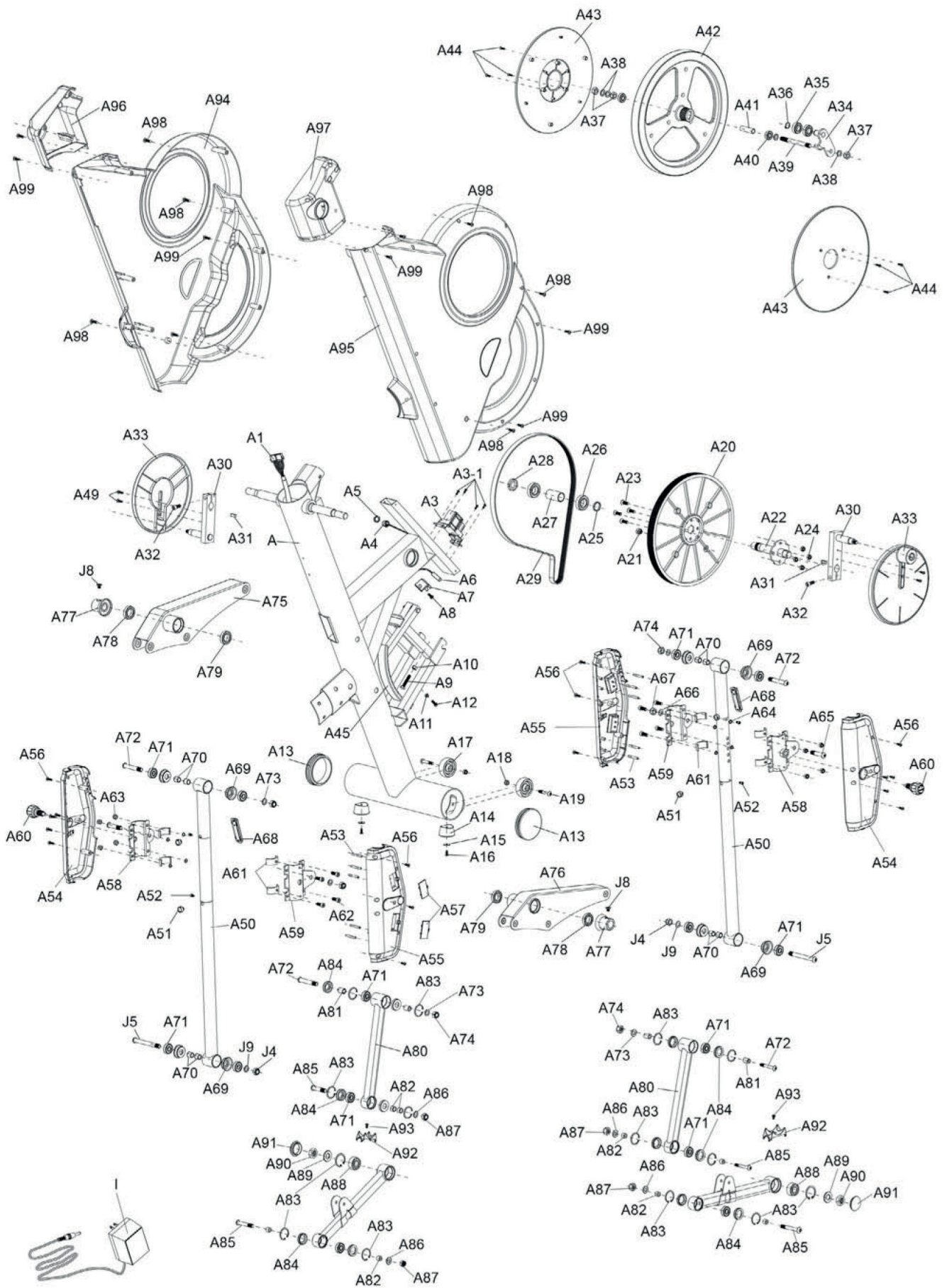
CONTACT

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Sport-Tiedje GmbH
Flensburger Str. 55
24837 Schleswig

Hotline for Technical Information

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

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

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

DISCLAIMER

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

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

www.sport-tiedje.com/en/stores

EX80 Plus Touch