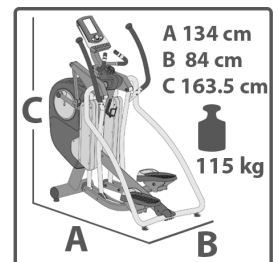




Assembly and Operating Instructions



CSTEX90.01.04

Art. No. CST-EX90

Elliptical cross trainer EX90

Content

1	GENERAL INFORMATION	7
1.1	Technical Data	7
1.2	Personal Safety	8
1.3	Electrical Safety	9
1.4	Set-Up Place	10
2	ASSEMBLY	11
2.1	General Instructions	11
2.2	Scope of Delivery	12
2.3	Assembly	13
3	OPERATING INSTRUCTIONS	20
3.1	Console Display	20
3.2	Button Functions	22
3.3	Turning on and setting the equipment	23
3.4	Programs	24
3.4.1	MAN. - Manual program	25
3.4.2	PROG - Pre-set programs	25
3.4.3	USER - User defined program	27
3.4.4	H.R.C. - Heart rate oriented programs	28
3.4.5	WATT - Watt controlled program	29
3.4.6	RECOVERY - Fitness test	30
4	STORAGE AND TRANSPORT	31
4.1	General Instructions	31
4.2	Transportation Wheels	31
5	TROUBLESHOOTING, CARE AND MAINTENANCE	32
5.1	General Instructions	32
5.2	Faults and Fault Diagnosis	32
5.3	Maintenance and Inspection Calendar	33
6	DISPOSAL	33
7	RECOMMENDED ACCESSORIES	34

8	ORDERING SPARE PARTS	35
8.1	Serial Number and Model Name	35
8.2	Parts List	36
8.3	Exploded Drawing	40
9	WARRANTY	42
10	CONTACT	44

Dear customer,

Thank you for choosing a high-quality equipment of the brand cardiostrong®. cardiostrong® offers sports and fitness equipment for the sophisticated home sport and the equipment of fitness studios and business customers. With cardiostrong® fitness equipment, the focus is on what sport is all about: maximum performance! Therefore, the equipment is developed in close consultation with athletes and sports scientists. Because athletes know best what makes perfect fitness equipment.

Further information can be found at www.sport-tiedje.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

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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.

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.



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

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

The following safety instructions may appear in this manual:

► **ATTENTION**

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

⚠ **CAUTION**

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

⚠ **WARNING**

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

⚠ **DANGER**

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

ⓘ **NOTICE**

This notice indicates further useful information.

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

1.1 Technical Data

LCD display of

- + speed in km/h
- + training time in min
- + training distance in km
- + cadence (rotations per minute)
- + calories burnt 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

Electronic stride length adjustment:

18" (45 cm), 20" (50 cm), 22" (55 cm), 24" (60 cm), 26" (65 cm)

Weight and dimensions:

Item weight (gross, incl. packaging): 129.5 kg

Item weight (net, without packaging): 115 kg

Packaging dimensions (L x W x H): approximately 1432 mm x 1153 mm x 506 mm

Set-up dimensions (L x W x H): approximately 1340 mm x 840 mm x 1635 mm

Maximum user weight: 130 kg/286 lbs

1.2 Personal Safety

DANGER

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

WARNING

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

CAUTION

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

ATTENTION

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

1.3 Electrical Safety

DANGER

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

WARNING

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

ATTENTION

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

1.4 Set-Up Place

WARNING

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

CAUTION

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

ATTENTION

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

2.1 General Instructions



DANGER

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



WARNING

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



CAUTION

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



ATTENTION

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



NOTICE

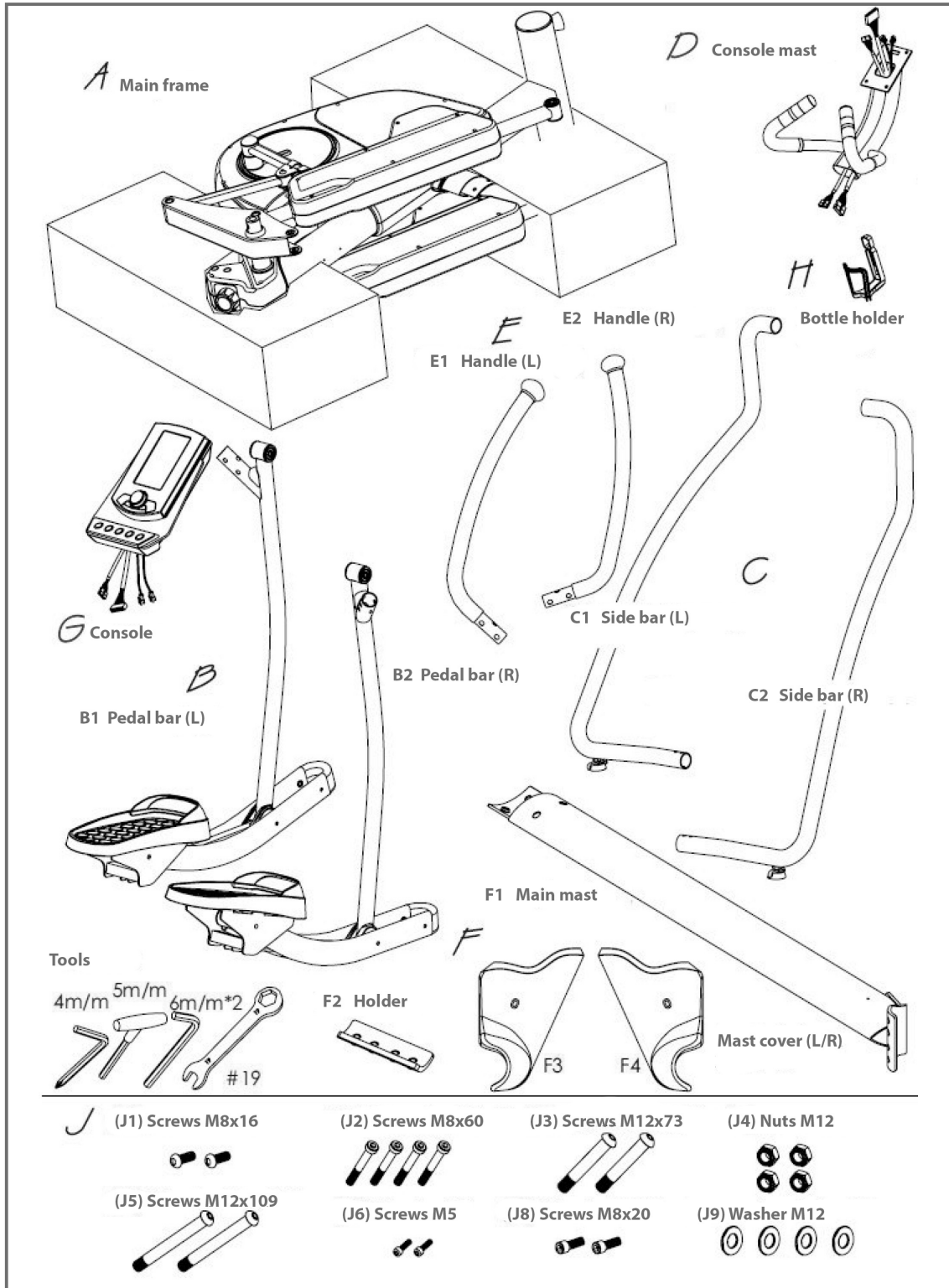
- + In order to make the assembly as simple as possible, some screws and nuts to be used can already be pre-assembled.
- + Ideally, assemble the equipment at its later set-up place.

2.2 Scope of Delivery

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

⚠ CAUTION

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



2.3 Assembly

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

① **NOTICE**

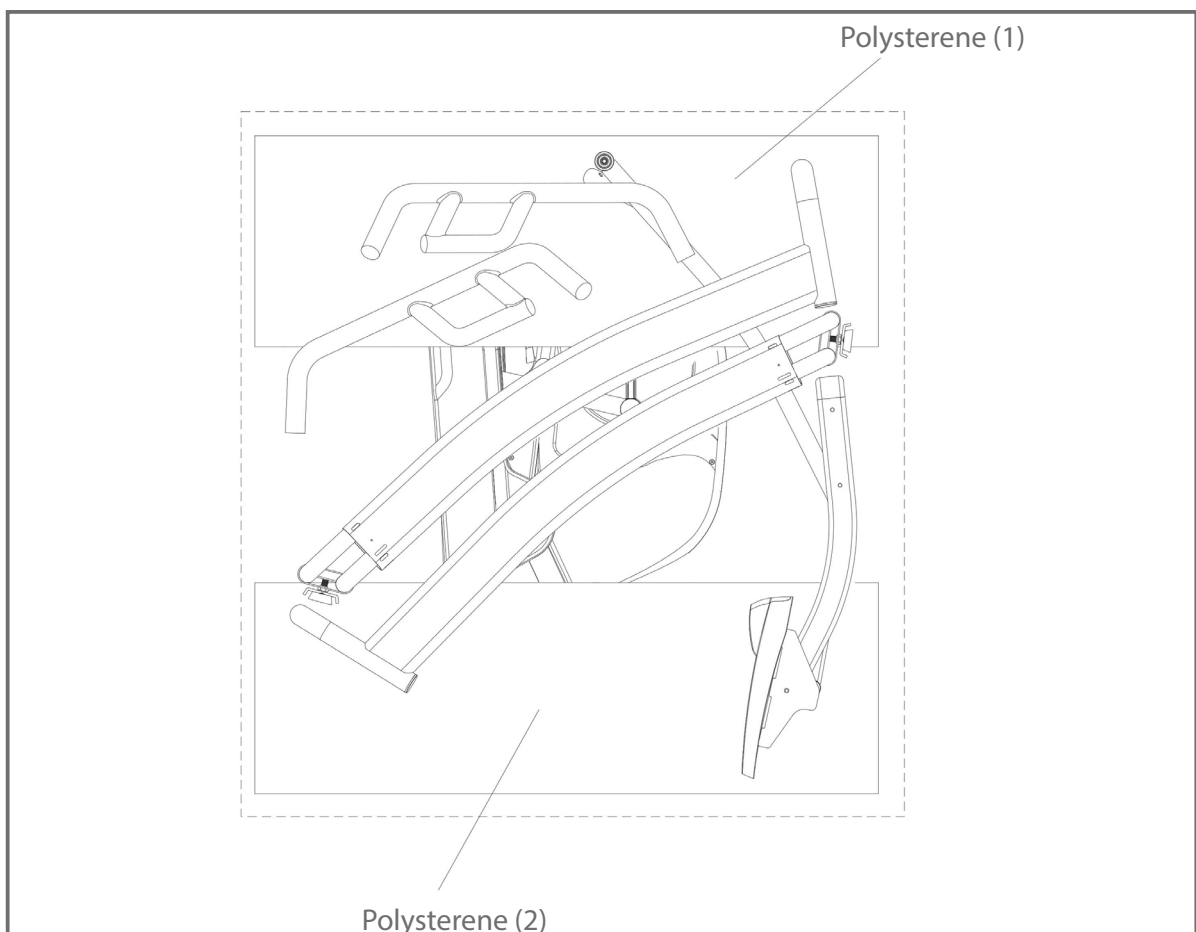
First loosely screw all parts together and check that they fit properly. Tighten the screws using the tool only when you are instructed to do so.

Step 1: Unpacking

1. Place box flat on the ground, remove cover.
2. Unpack handles, side supporting bars, pedal bars and operating instructions.
3. 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.

① **NOTICE**

For safety reasons, the pedal bars are just to be released with the respective control knob once you are asked to do so at the end of the instructions.

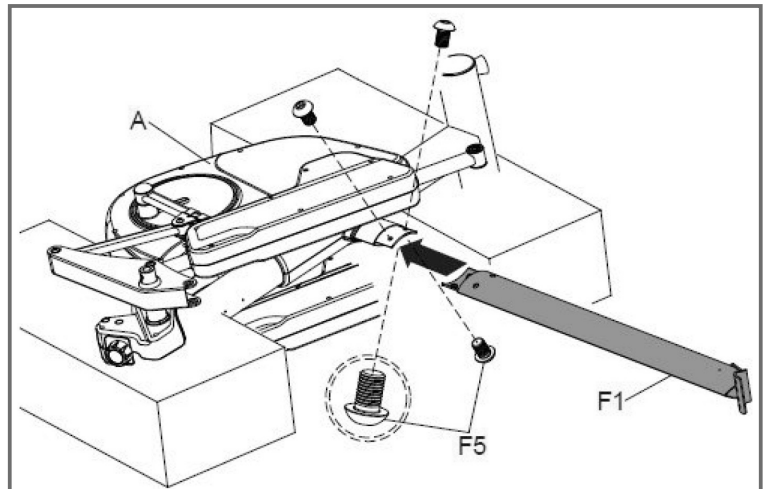


Step 2: Assembly of the main mast (F1)

1. Loosen two screws (F5) from the main frame (A) and two screws from the main mast (F1).
2. Connect the main mast (F1) with the main frame (A) with the previously loosened four screws (F5).

① **NOTICE**
Do not tighten the screws (F5) completely yet.

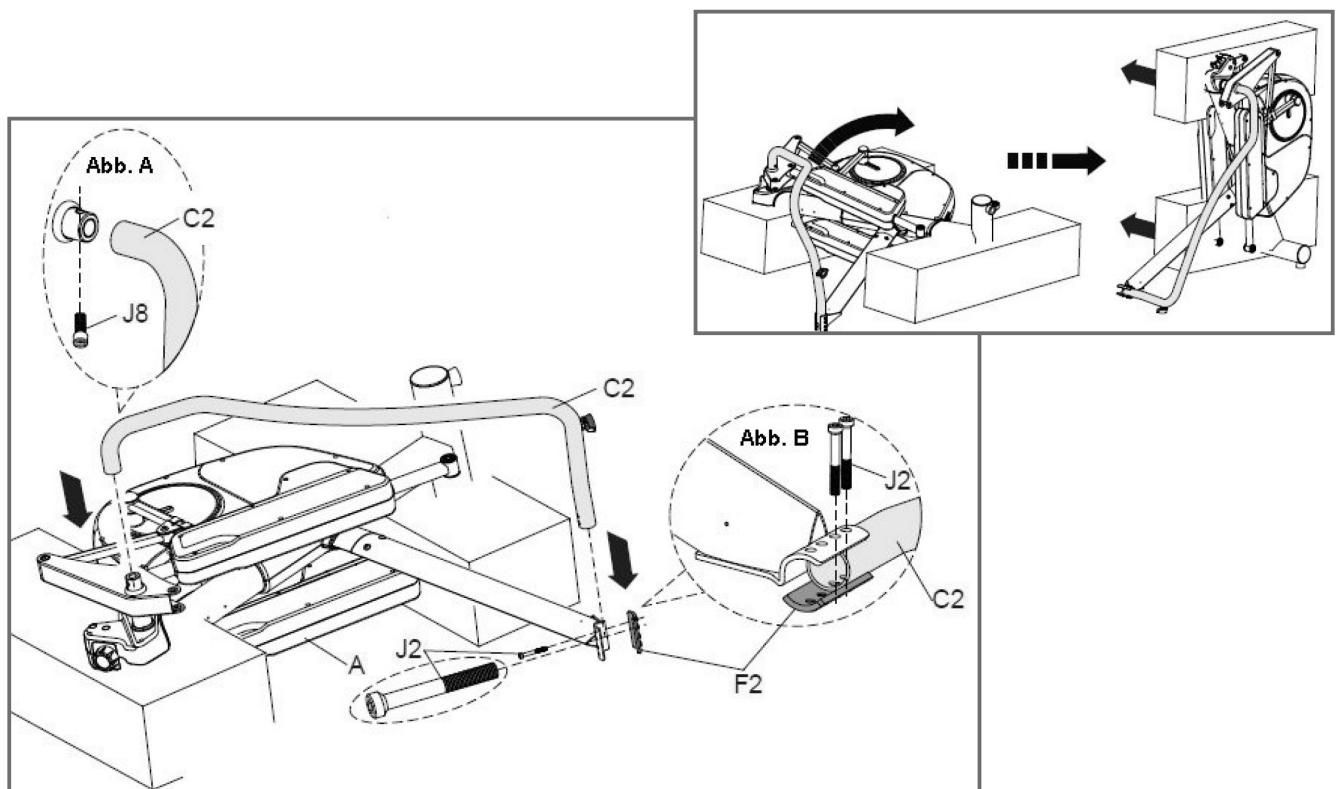
Tool: 6mm Allen key



Step 3: Assembly of the right side bar (C2)

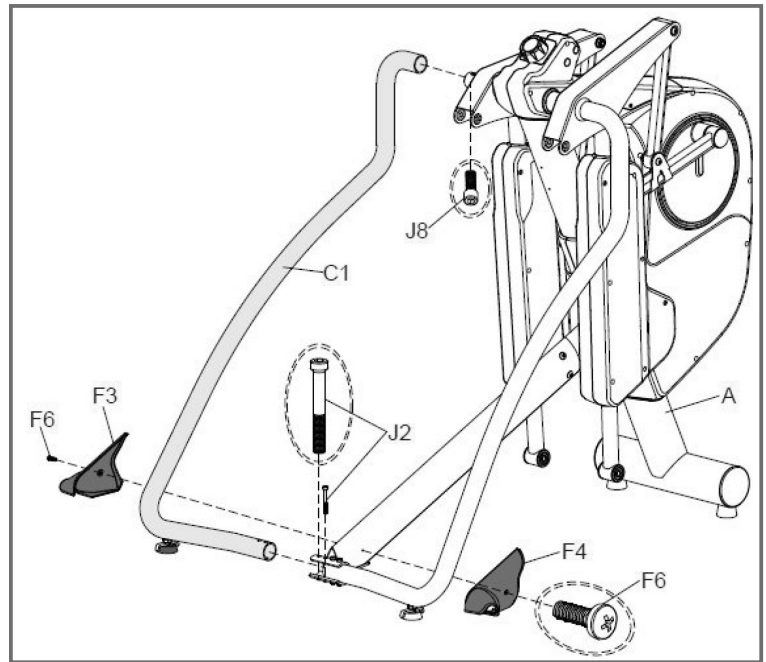
1. Mount the right side bar (C2) on the main frame (A) with a screw (J8) on top (figure A) and two screws (J2) with the holder (F2) on the bottom (figure B).

① **NOTICE**
Do not tighten the screws (J8 and J2) completely yet.
2. Raise the main frame (A) with two people and remove the foam.



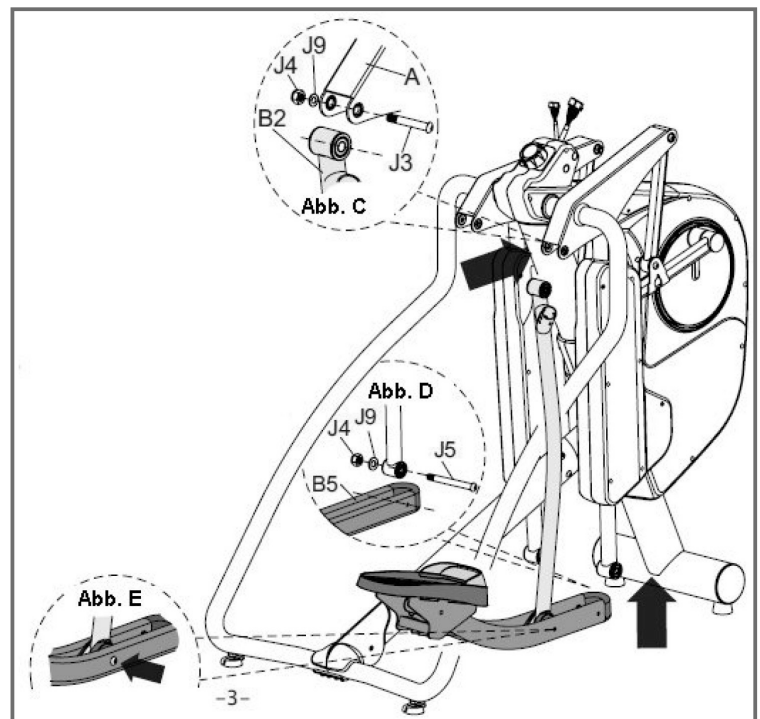
Step 4: Assembly of the left side bar (C1) and covers

1. Connect the left side bar (C1) on the main frame (A) with a screw (J8) on top and two screws (J2) and the holder (F2) on the bottom (see step 3).
2. Now you can tighten all of the screws from the previous steps (F5, J8 and J2).
3. Loosen the two screws (F6) from the main mast (F1).
4. Mount the covers (F3 and F4) on the main mast (F1) with the previously loosened screws (F6).



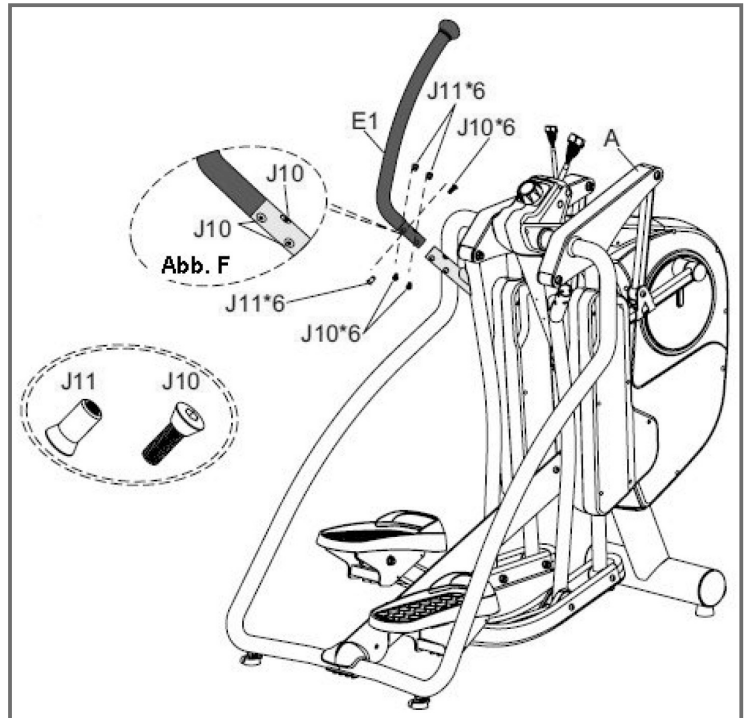
Step 5: Assembly of the pedal bars

1. Connect the right pedal bar (B2) on top with the main frame (A) and mount this with the nuts (J4), washers (J9) and screws (J3); see figure C.
2. Mount the pedal bar on the bottom of the main frame with a bolt (J5), a washer (J9) and a nut (J4); see figure D.
3. Tighten the bolt (J5) and the nut (J4); see figure E.
4. Repeat the process for the left pedal bar (B1).



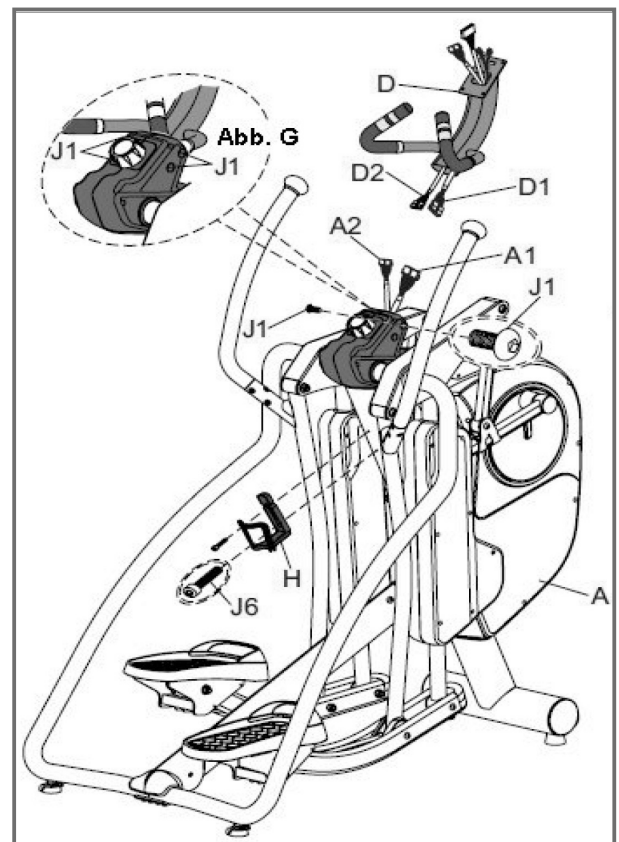
Step 6: Assembly of the handles

1. Loosen the six pre-mounted screws (J10 and J11) from the left handle (E1).
2. Connect the left handle (E1) with the main frame (A) by tightening all screws (J10 and J11) with two 6mm Allen keys; see figure F.
3. Repeat the process for the right handle (E2).



Step 7: Assembly of the console mast and the bottle holder

1. Connect the cables (D1 and D2) from the console mast (D) with the cables (A1 and A2) from the main frame (A).
2. Mount the console mast (D) on the main frame (A) with two screws (J1) and two pre-mounted screws; see figure G.
3. Mount the bottle holder (H) on the main frame (A) with two screws (J6).



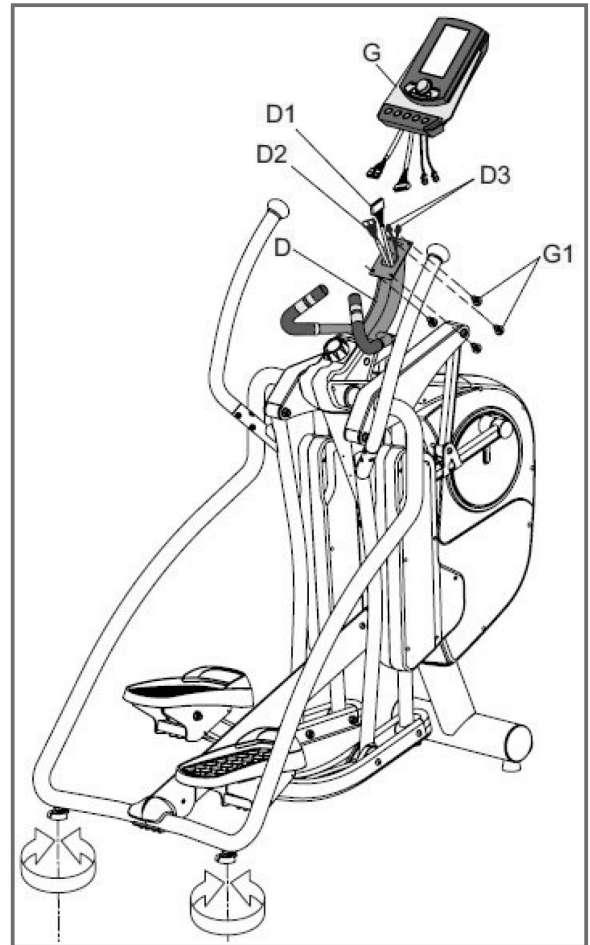
Step 8: Assembly of the console and adjusting the supporting feet

1. Loosen the four pre-mounted screws (G1) from the console (G).
2. Connect the console cables (D1 and D2) and the heart rate cables (D3) from the console mast with the console.

ⓘ NOTICE

Make sure that the cables are properly connected with each other. Slide the excess cable into the casing and the console mast (D).

3. Mount the console (G) on the console mast (D) with the four screws (G1).
4. Use the adjusting screws under the side parts in order to level out the unevenness in the floor.

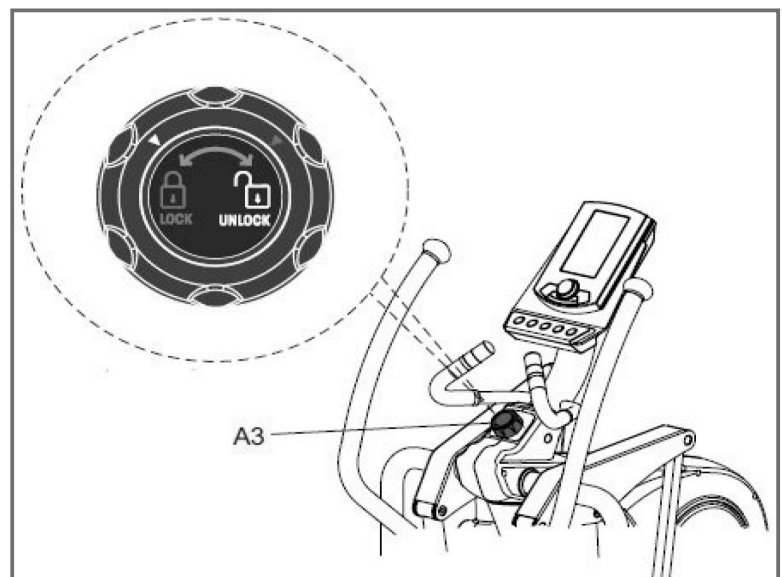


Step 9: Locking the pedal bars (B1 and B2)

⚠ CAUTION

- + The pedal bars should always be locked, when the equipment is not in use.
- + Never lock the pedal bars, when the equipment is still moving, but only when the equipment has come to a complete standstill.

To do this, turn the knob (A3) to the "LOCK" position in order to lock the pedal bars (B1 and B2) and to avoid possible injuries.



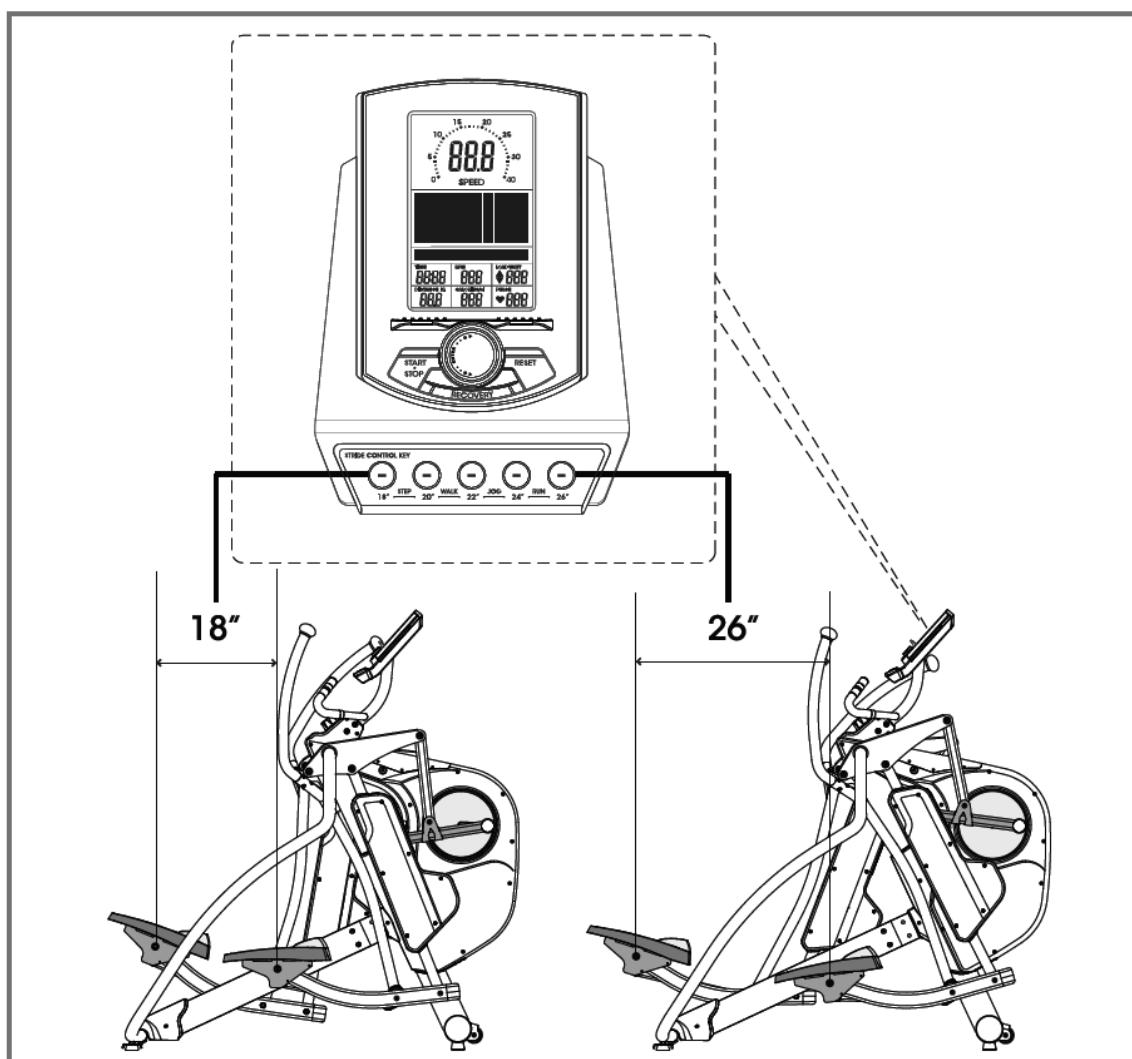
Step 10: Setting the stride length

This equipment offers five different settings of the stride length. Through the hot keys, you can choose between 45 cm (18"), 50 cm (20"), 55 cm (22"), 60 cm (24") and 65 cm (26"). The selected stride length is displayed on the console and can be adjusted at any time while training.

Certain muscle groups are used differently through different stride lengths. This can also be achieved by adjusting the resistance or the user bends down while holding on to the handles.

① NOTICE

If the stride length motor is activated, you will hear how the motor adjusts the stride length and then locks.



Step 11: Alignment of the feet

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

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

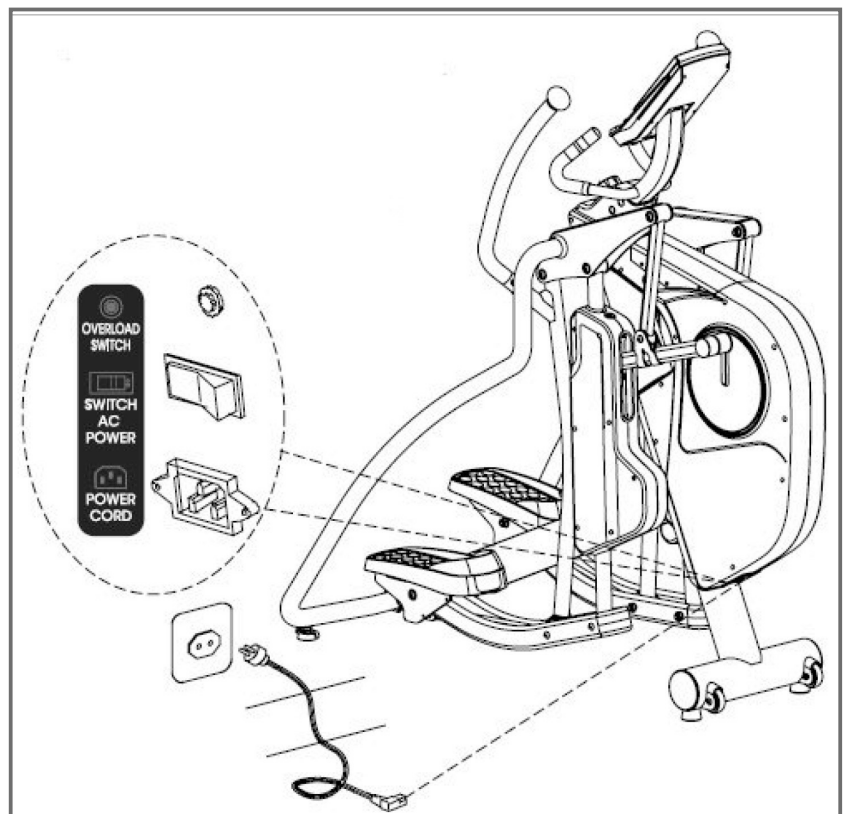
Step 12: Connecting the equipment to the mains supply

► 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.

**The overload switch protects from short circuits. The button jumps out in case of overload. Turn the power switch off and then on again to restart the equipment



3 OPERATING INSTRUCTIONS

① NOTICE


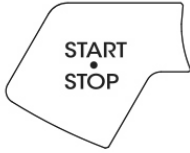
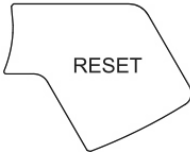

Familiarise yourself with all the functions and setting options of the device before starting training. Have the proper use of this product explained to you by a specialist.

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
Programs	P1 - P12
User data	U1 - U4
Watt/load (power/resistance)	0 - 999 Watt; Watt control: 10 - 350 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).

NOTICE

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.

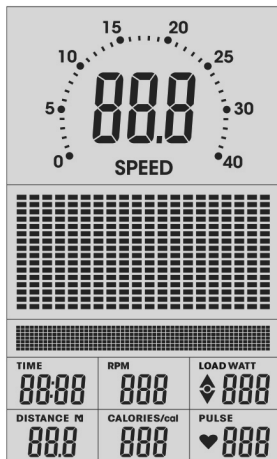


Figure 1



Figure 2



Figure 3

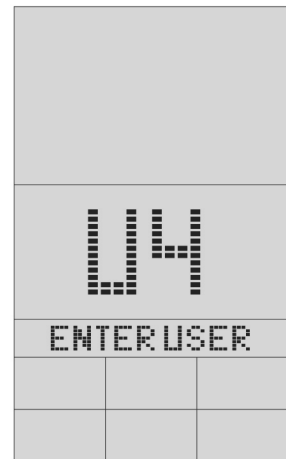


Figure 4

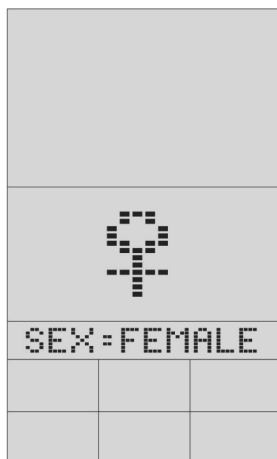


Figure 5



Figure 6

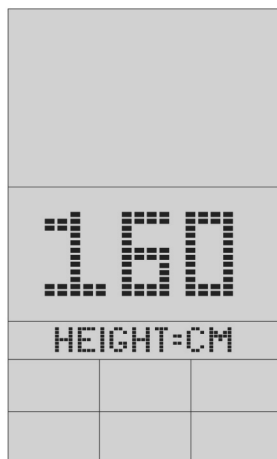


Figure 7



Figure 8

3.4 Programs

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 programs 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 programs): 4
- + W (Watt-controlled training program): 1
- + Recovery (fitness test)

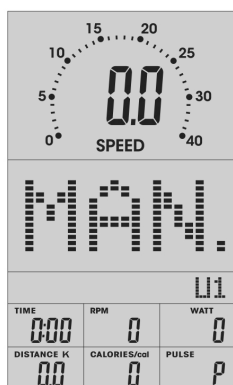


Figure 9

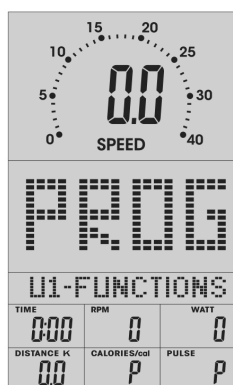


Figure 10



Figure 11



Figure 12



Figure 13







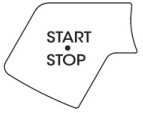
Quick Start

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 programs:

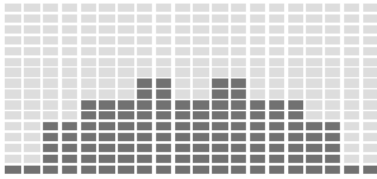
Set program mode		Set resistance		Specification of training data		
						
Turn left or right	Press Enter	Turn left or right	Press Enter	Turn left or right	Press Enter	Press Start/Stop

3.4.2 PROG - Pre-set programs

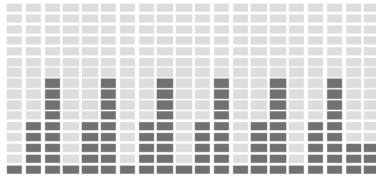
Use the control knob to select one of the pre-set training programs P1-P12. Confirm the selection with the ENTER button. Now enter the training time and press ENTER to confirm. Then you can press the START/STOP button to start the training. The resistance level can be adjusted during training. The set 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 programs:

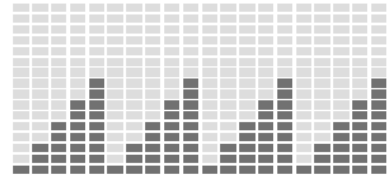
P01



P02



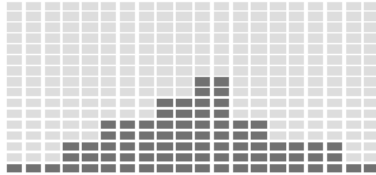
P03



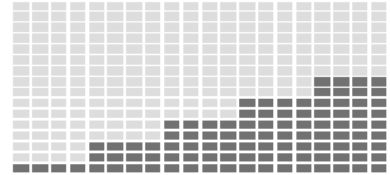
P04



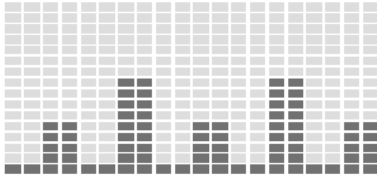
P05



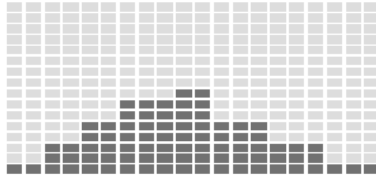
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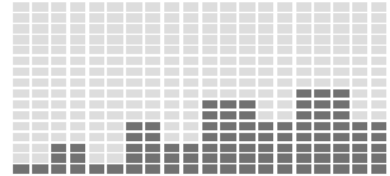
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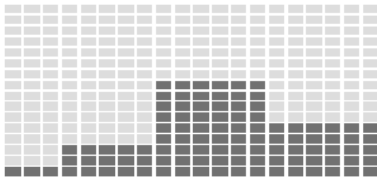
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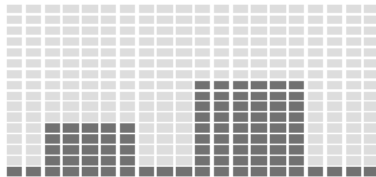
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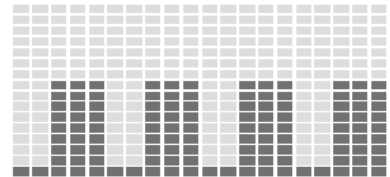
P10



P11



P12









Procedure for setting the preset training programs:

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

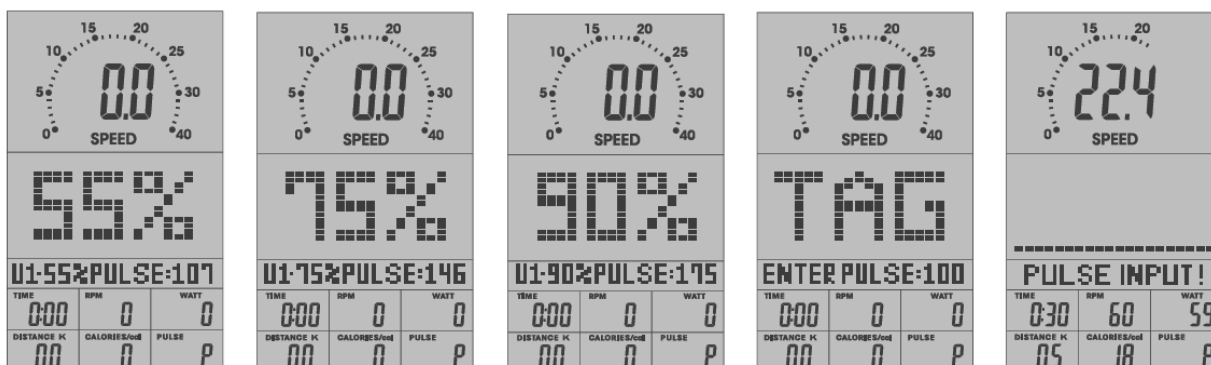
WARNING

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.







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.

NOTICE

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:



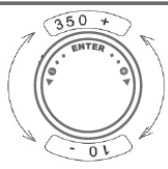


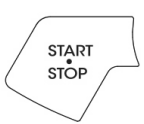
Set program mode		Set training heart rate		Specification of the training time	
					
Turn left or right	Press Enter	Turn left or right	Press Enter	Turn left or right	Press Start/Stop

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

3.4.6 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.

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

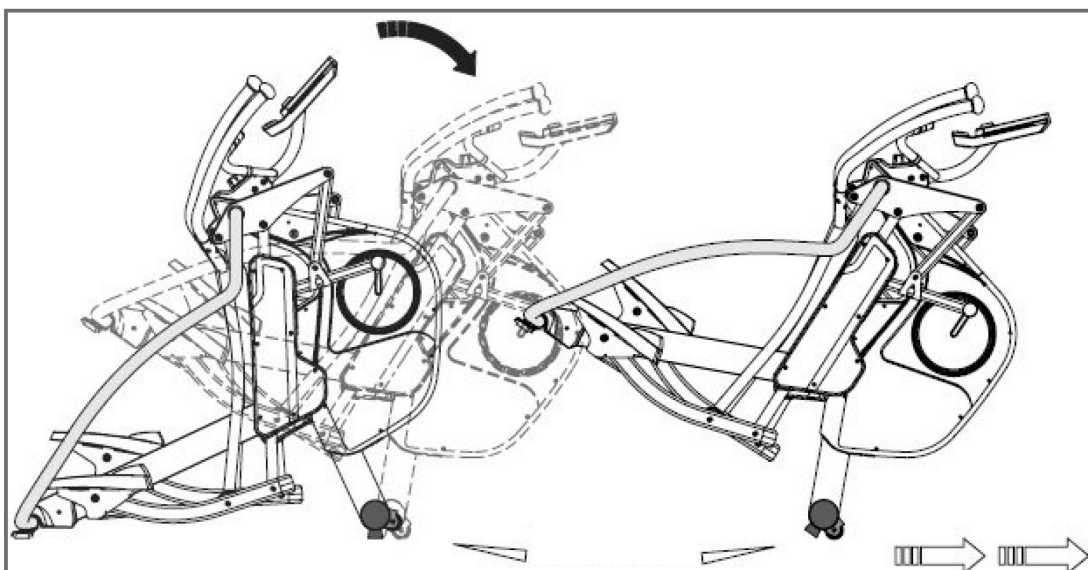
- + Make sure that the equipment is protected from moisture, dust and dirt in the selected storage location. The storage location should be dry and well ventilated and have a constant ambient temperature between 5°C and 45°C.

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 RECOMMENDED ACCESSORIES). + Reposition chest strap and/or moisten electrodes + Changing batteries + Check if pulse display by hand pulse possible
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5.3 Maintenance and Inspection Calendar

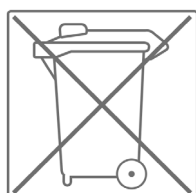
To avoid damage from body sweat, the equipment must be cleaned with a damp towel (no solvents!) after each training session.

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

Part	Weekly	Monthly	Quarterly
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			

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. This could be a floor mat, for example, which makes your fitness equipment stand more securely and also protects the floor from falling sweat, but it could also be additional handrails on some crosstrainers or silicone spray to keep moving parts in good shape.

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

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



floor mat



chest strap



chest strap contact gel



towels



silicone spray

8.1 Serial Number and Model Name

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

NOTICE

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



Enter the serial number in the appropriate field.

Serial number:

Brand / Category:

Model Name:

Article Number:

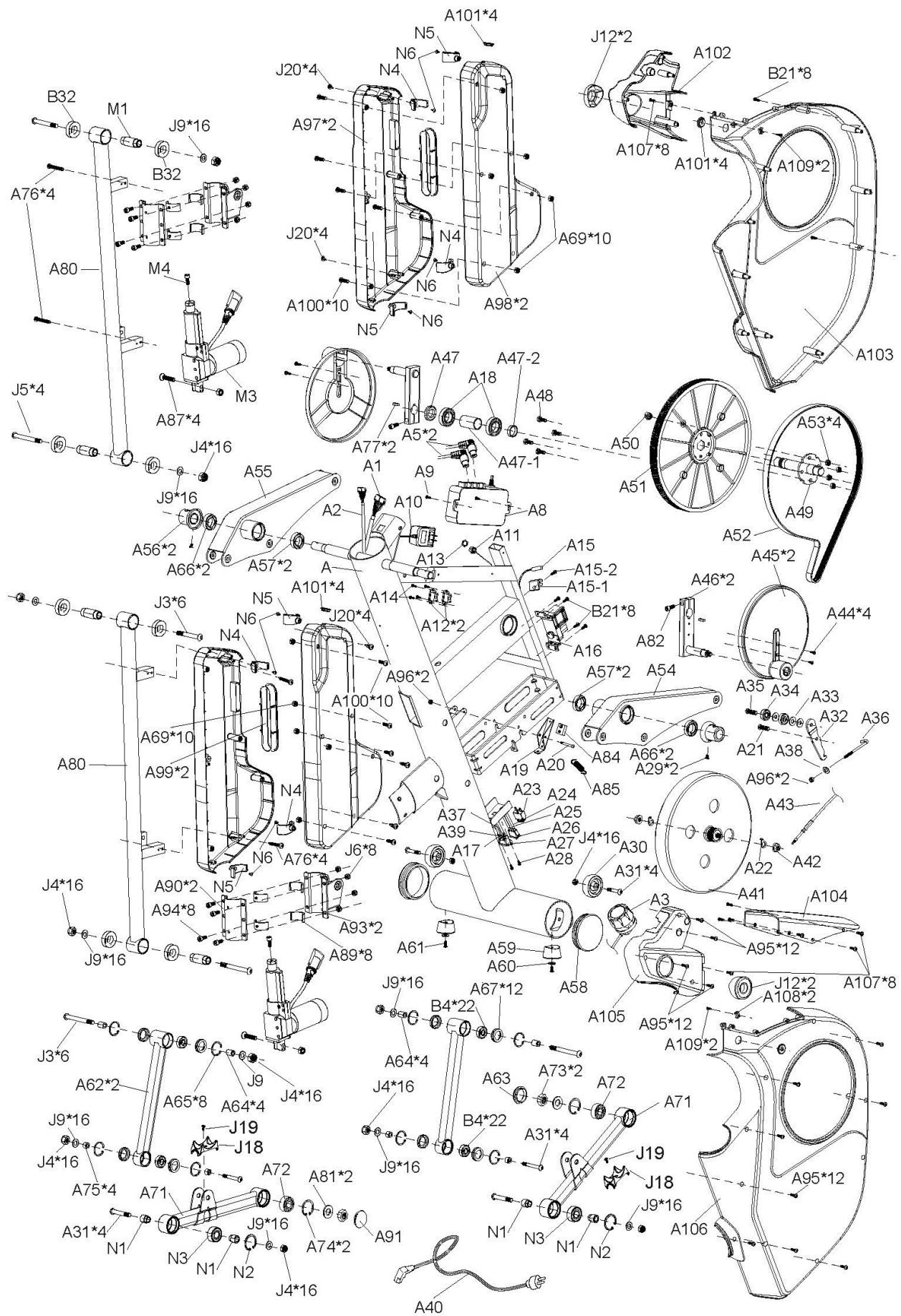
8.2 Parts List

No.	Name	Qty.	No.	Specification	Qty.
A	MAIN FRAME	1	A47-1	BUSH $\Phi 25.2 * \Phi 29.2 * 54.4\text{mm}$	1
A1	SENSOR WIRE 900mm	1	A47-2	BUSH $\Phi 25.2 * \Phi 29.2 * 5\text{mm}$	1
A2	CONTROLLER WIRE 500mm	1	A48	SCREW M8*25	4
A3	KNOB	1	A49	AXLE $\Phi 25 * 160\text{mm}$	1
A4	CONNECTION SLICE 40 (4T)	4	A50	MAGNETIC $\Phi 15 * 7$	1
A5	INCLINE MOTOR SENSOR WIRE	2	A51	BELT WHEEL $\Phi 360$ (J10)	1
A8	INCLINE MOTOR CONTROLLER BOX	1	A52	BELT 530 (1355mm)*J8	1
A9	SCREW M5*10	2	A53	NUT M8	4
A10	ADAPTOR	1	A54	OSCILLATING AXLE BASE (R)	1
A11	DC WIRE 600mm	1	A55	OSCILLATING AXLE BASE (L)	1
A12	SOCKET	2	A56	HANDLEBAR SUPPORTING COVER	2
A13	NUT	1	A57	BEARING 6905(TPX)	2
A14	SCREW M3*8	4	A58	END CAP $\Phi 4"$	2
A15	SENSOR WIRE 100mm	1	A59	FIX CUSHION $\Phi 50$ TPR	2
A15-1	SENSOR WIRE HOUSING	1	A60	WASHER M6*2T* $\Phi 19$	2
A15-2	SENSOR WIRE HOUSING SCREW	1	A61	SCREW 3/16"*5/8"	2
A16	MOTOR	1	A62	FRONT CONNECTING SHAFT	2
A17	CONNECTION CABLE BETWEEN OVERLOAD SWITCH AND SWITCH AC POWER	1	A63	END CAP	1
A18	BEARING 6005(TPX)	2	A64	BUSH $\Phi 12.1 * \Phi 16 * 20\text{mm}$	4
A19	BRAKE DEVICE (3T)	1	A65	CLIP (R36)	8
A20	SCREW M6*43	f	A66	BEARING 6004(TPX)	2
A21	SCREW M8*16	1	A67	BEARING SLEEVE $\Phi 42 * 3\text{T}$	12
A22	WASHER (10*12)	2	A69	NUT M4	10
A23	OVERLOAD SWITCH	1	A71	CRANK CONNECTING SHAFT	2
A24	CONNECTION WIRE BETWEEN OVERLOAD SWITCH AND SWITCH AC POWER	1	A72	BEARING 2203(MRB)	2
A25	POWER CONNECTION WIRE	1	A73	NUT M10	2
A26	SWITCH AC POWER	1	A74	CLIP (R40)	2

A27	POWER CORD SOCKET	1	A75	BUSH $\Phi 12.1 \times \Phi 16 \times 10.5\text{mm}$	4
A28	SCREW M3*10	2	A76	SCREW M4*38	4
A29	SCREW M8*10	2	A77	FLAT KEY 7*7*20mm	2
A30	TRANSPORTATION WHEEL	2	A80	FRONT PEDAL SUPPORTING TUBE	2
A31	SCREW M12*53	4	A81	WASHER $\Phi 10 \times \Phi 27 \times 2\text{T}$	2
A32	PRESSING PIPE	1	A82	SCREW M10*40mm	2
A33	WASHER ($\Phi 10 \times \Phi 23 \times 2\text{T}$)	2	A83	NUT	4
A34	BEARING 6200(MRB)	2	A84	BRAKE	1
A35	SCREW M10*30	1	A85	SPRING	1
A36	J SHAPE SCREW M6	1	A87	AXLE FOR MOTOR PUSH ROD	2
A37	CONNECTION WIRE BETWEEN SWITCH AC POWER AND POWER CORD	1	A88	NUT	2
A38	WASHER (M6* $\Phi 16 \times 2\text{T}$)	1	A89	NYLON SLEEVE	8
A39	GROUND WIRE	1	A90	PUSH ROD BRACKET (FRONT)	2
A40	POWER CORD	1	A91	END CAP	1
A41	FLYWHEEL $\Phi 327$	1	A93	PUSH ROD BRACKET (REAR)	2
A42	NUT 3/8"	2	A94	SCREW M8*20	8
A43	TENSION CABLE 400mm	1	A95	SCREW 5/32"*3/4" (M4*19mm)	12
A44	SCREW M5*10	4	A96	NUT M6	2
A45	TURING PLATE	2	A97	SIDE DECORATION HOUSING SET (L)	2
A46	CRANK	2	A98	SIDE DECORATION HOUSING SET (R)	2
A47	BEARING NUT	1	A99	FRONT SIDE DECORATION COVER	2
A100	SCREW M4*20	10	D11	END CAP	2
A101	END CAP	4	D12	SPONG HDR $\Phi 23 \times 3\text{T} \times 150$	2
A102	SMALL CHAIN COVER (L)	1	D13	SPONG HDR $\Phi 23 \times 3\text{T} \times 34$	2
A103	MAIN CHAIN COVER (L)	1	D14	SCREW M4*4mm	2
A104	UPPER DECORATION HOUSING	1	E1	HANDLE BAR (L)	1
A105	SMALL CHAIN COVER (R)	1	E2	HANDLE BAR (R)	1
A106	MAIN CHAIN COVER (R)	1	E3	END CAP 1 1/4"	2
A107	SCREW M4*12	8	E4	SPONG HDR $\Phi 30 \times 3\text{T} \times 615$	2
A108	MOTOR SENSOR WIRE HOUSING	2	E5	CONNECTION SLICE 38 (4T)	4

A109	MOTOR SENSOR WIRE HOUSING SCREW	2	F1	CENTRAL SUPPORTING TUBE	1
B1	PEDAL SUPPORTING TUBE (L)	1	F2	IRON BARCKET	1
B2	PEDAL SUPPORTING TUBE (R)	1	F3	JOINT COVER (L)	1
B3	BEARING SLEEVE	4	F4	JOINT COVER (R)	1
B4	BEARING 6201 (TPX)	14	F5	SCREW M10*16mm	4
B5	LOWER PEDAL SUPPORTING TUBE	2	F6	JOINT COVER SCREW	2
B7	PEDAL BRACKET (L)	1	F7	ADJUSTED NUT	2
B8	PEDAL BRACKET (R)	1	F8	ADJUSTED END Φ 50	2
B9	PEDAL REST (L)	1	G	CONSOLE	1
B10	PEDAL REST (R)	1	G1	SCREW M5*10	4
B11	FRONT COVER PEDAL (L)	1	H	WATER BOTTLE	1
B12	CUSHION PAD (L)	1	J1	SCREW M8*16mm	4
B13	PEDAL (L)	1	J2	SCREW M8*60mm	4
B14	SCREW 5/32"*5/8" (M14*15mm)	6	J3	SCREW M12*73mm	6
B15	SCREW M6*10mm	8	J4	NUT M12	16
B16	PEDAL (R)	1	J5	SCREW M12*109mm	4
B17	CUSHION PAD (R)	1	J7	BUSH	2
B18	FRONT COVER PEDAL (R)	1	J8	SCREW M8*20mm	2
B19	UPPER CAP FOR PEDAL SUPPORTING 20*60	2	J9	WASHER M12*20	16
B20	LOWER CAP FOR PEDAL SUPPORTING 20*60	2	J10	SCREW	6
B21	SCREW 5/32"*1/2"	8	J11	SCREW	6
B22	MIDDLE PEDAL SUPPORTING ROD	2	J12	END CAP	2
B23	NUT M8	4	J13	PEDAL HOUSING (R)	2
B24	BUSH Φ 8*(Φ 12+ Φ 15)	8	J14	PEDAL HOUSING (L)	2
B27	SCREW M8*40mm	4	J15	SCREW	4
B30	SCREW M12*133mm	2	J16	PEDAL REINFORCEMENT STRIP	4
B31	BUSH Φ 15* Φ 12.35*90mm	2	J17	SCREW	8
B32	BEARING 6003zz	16	J18	CRANK HOUSING	2
C1	SIDE CONNECTING TUBE (L)	1	J19	SCREW	2
C2	SIDE CONNECTING TUBE (R)	1	J20	SIDE DECORATION HOUSING SCREW	4
D	CONSOLE SUPPORTING TUBE	1	M1	BUSH	6

D1	SENSOR WIRE 350mm	1	M2	CLIP R32	8
D2	SENSOR WIRE 350mm	1	M3	MOTOR	2
D3	HANDLE PULSE WIRE	2	M4	SCREW	2
D4	HANDLE PULSE RING Φ31.8*0.9T*19.5mm	2	N1	BUSH Φ12.05*17*21.2mm	4
D5	SPACER RING Φ32*30.4	2	N2	CLIP (R40)	2
D6	HANDLE PULSE	4	N3	BEARING 2203(MRB)	2
D7	UPPER HANDLE PULSE HOUSING	2	N4	SPACER RING (L)	4
D8	LOWER HANDLE PULSE HOUSING	2	N5	SPACER RING (R)	4
D9	HANDLE PULSE RING Φ31.8*0.9T*30.5mm	2	N6	SCREW	8
D10	FOAM SPACER RING Φ32*Φ25.8*10mm	2			



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

Error Descriptions

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

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

Your statutory rights are not affected.

Warrantee

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

Warranty period

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

Repair Costs

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

The terms of use are defined as follows:

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

Warranty Service

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

Warranty Conditions

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

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

Warranty claims are invalid in case of damage resulting from:

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

Proof of Purchase and Serial Number

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

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

Service outside of the Warranty Period

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

Communication

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

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

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

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

www.sport-tiedje.com/en/stores

WE LIVE FITNESS

WEBSHOP AND SOCIAL MEDIA

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

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

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

