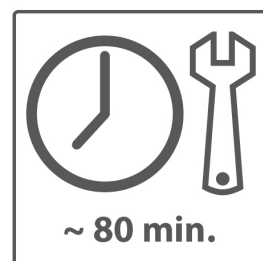
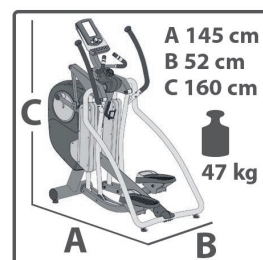




Assembly and operating instructions



CSTFX30.01.02

Art. No. CST-FX30

Elliptical cross trainer **FX30**

Dear Customer,

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

SAFETY NOTICE



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

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

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

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

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

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1.1 Technical data

LCD display of

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

Resistance system: Electronic magnet brake system

Resistance levels: 24

Total number of training programs:	25
Pre-set programs:	14
Manual program:	1
User defined programs:	4
Heart rate controlled programs:	5
Fat-Test:	1

Balance mass: 5.6 kg
Translation ratio: 1 : 8.25

Stride length: 39 cm
Step height: 18 cm
Step width: 10 cm

Weight and dimensions:

Article weight (gross, including packaging): 56 kg
Article weight (net, without packaging): 47 kg
Packaging dimensions (L x W x H): approx. 1450 mm x 450 mm x 770 mm
Set-up dimensions (L x W x H): approx. 1450 mm x 520 mm x 1600 mm

Maximum user weight: 120 kg/264 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.
- + At the first signs of weakness, nausea, dizziness, pain, difficulty in breathing or other abnormal symptoms, stop your workout immediately and, if necessary, consult your physician.
- + Without prior agreement from your authorized contract partner, opening the equipment is prohibited.

1.3 Electrical safety

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

1.4 Set-up place

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

2.1 General instructions

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

2.2 Faults and troubleshooting

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

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
No pulse reading	• Sources of interference in the room • Using a chest strap: - Unsuitable chest strap - Chest strap is incorrectly positioned - Batteries are empty oder 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 or charge the batteries

2.3 Maintenance and service calendar

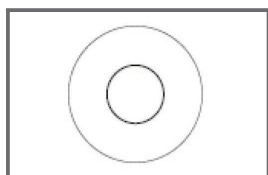
The following routine work must be done in the specified time intervals:

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

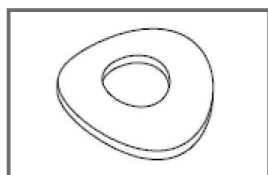
3.1 Package contents

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.

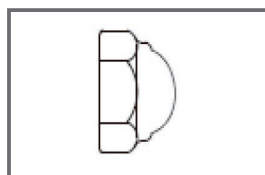
Step 1:



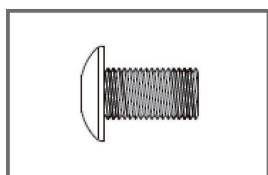
#104-1
8.7x20x1.5T
Washer (2x)



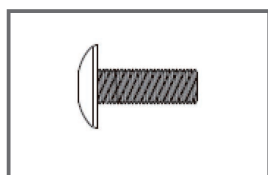
#112
3/8"x23x1.5T
Spring washer (2x)



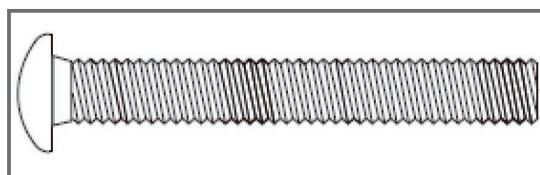
#96
3/8"
Cap nut (2x)



#80-1
5/16x15mm
Allen screw (2x)

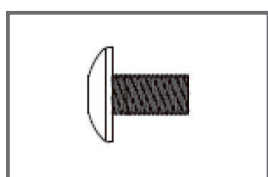


#82
M5x15mm
Phillips screw (4x)

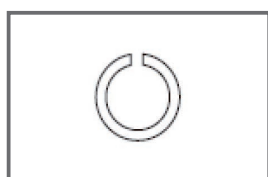


#77
3/8"x3"
Lock screw (2x)

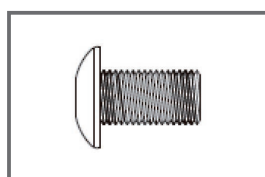
Step 2:



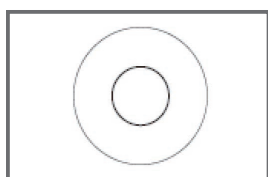
#84
M5x10mm
Phillips screw (4x)



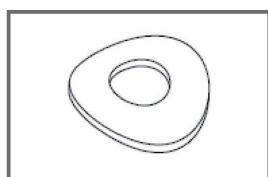
#111
5/16"x1.5T
Spring ring (6x)



#80
5/16"x15mm
Allen screw (6x)

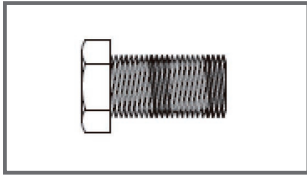


#105
5/16"x23x1.5T
Washer (4x)

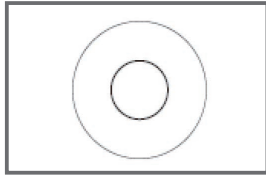


#113
5/16"x23x1.5T
Spring washer (2x)

Step 3:

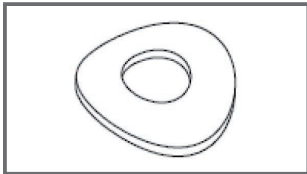


#74
5/16"x15mm
Hex head screw (2x)

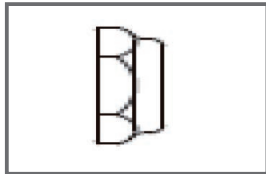


#102
8.7x20x1.5T
Washer (2x)

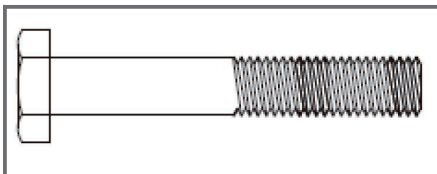
Step 4:



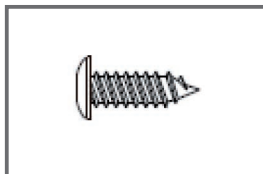
#113
5/16"x23x1.5T
Spring washer (4x)



#91
5/16"x7T
Nylon nut (6x)

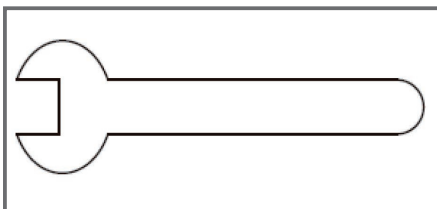


#76
5/16"x1-3/4"
Hex head screw (6x)

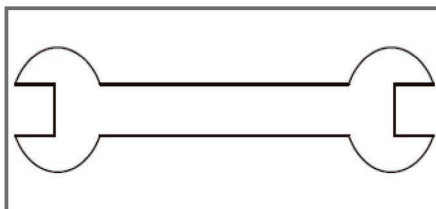


#87
3.5x12mm
Sheet screw (8x)

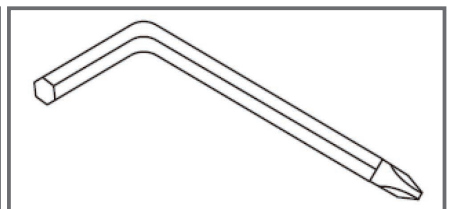
Tools



#116
12mm wrench (1x)



#115
13 & 14mm wrench (1x)



#118
5mm Allen screw & Phillips
screwdriver (1x)

3.2 Assembly instructions

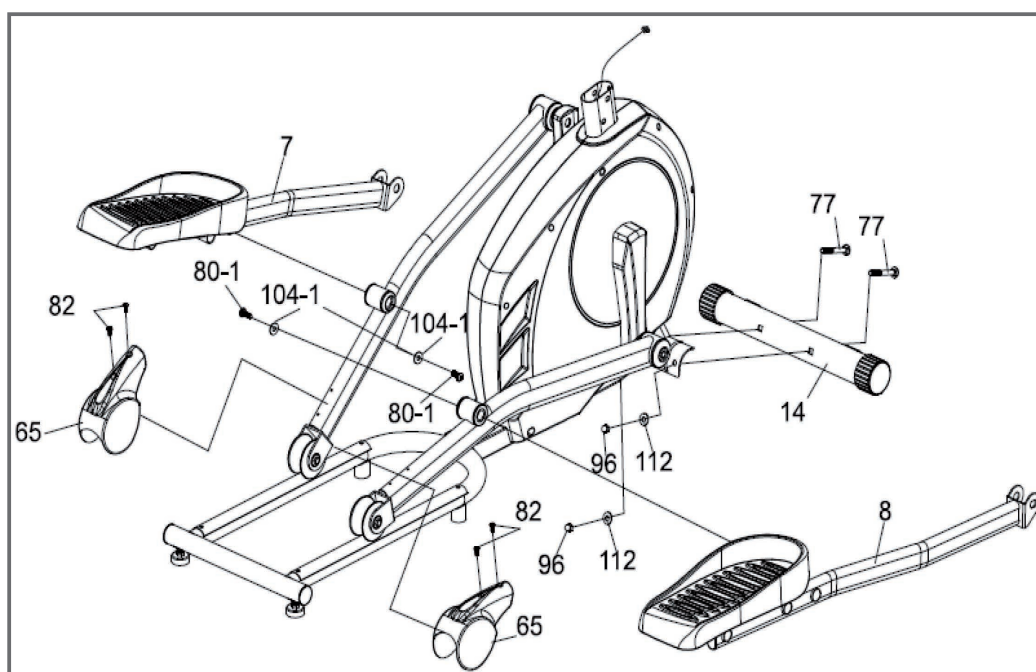
Before starting assembly, look carefully through the individual assembly steps shown and assemble the equipment in the order indicated.

Unpacking the machine

- (1) Carefully remove all parts from the carton and check the content for missing or damaged parts. If parts are missing or damaged, contact your contract partner immediately.
- (2) Take the tools out of the screw and tool set. The screw set is divided according to the steps of assembly. In order to avoid confusion, only take out the parts that you need for the next step.

Step 1: Assembly of front supporting foot and pedal bars

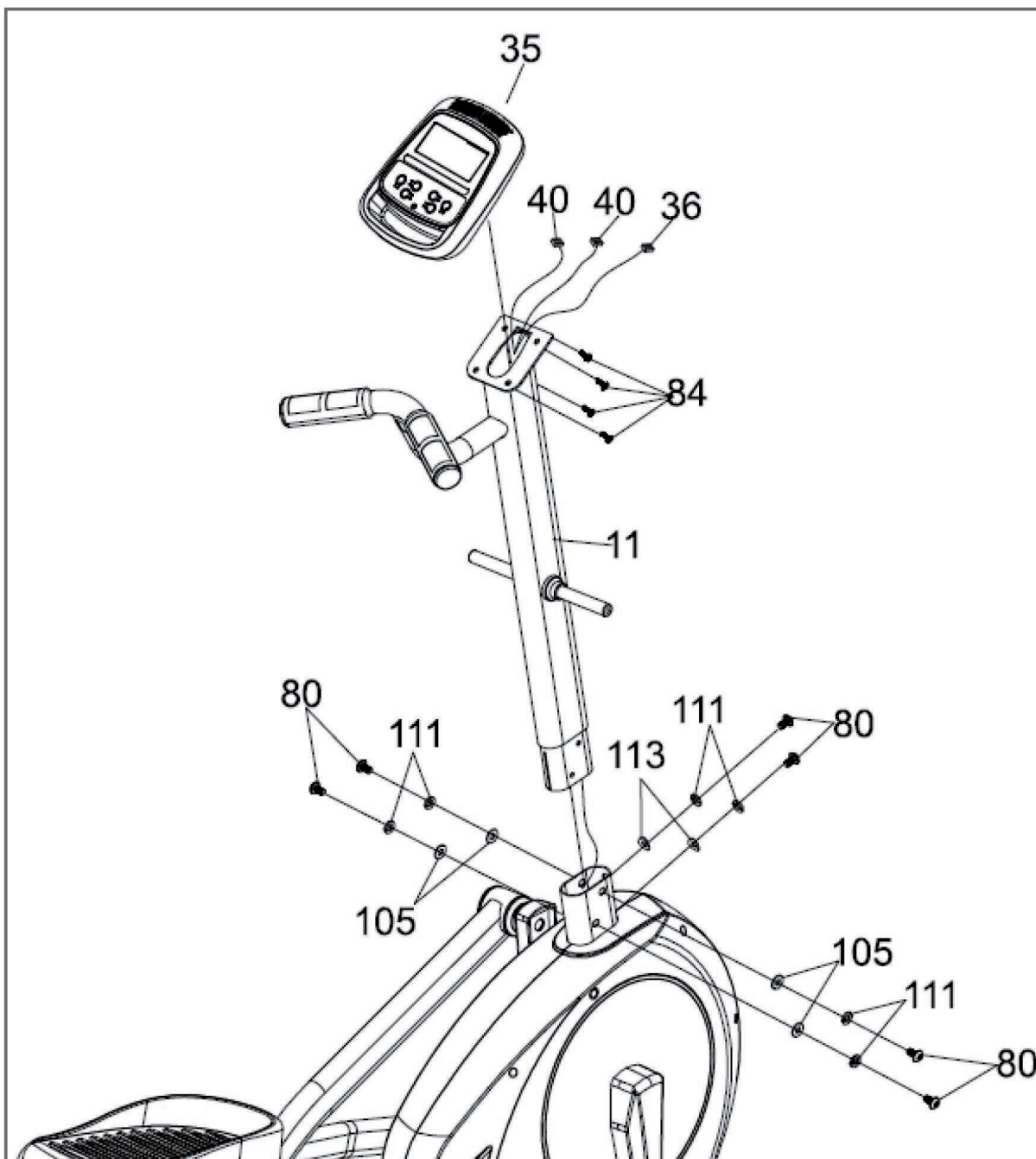
- (1) Mount the front supporting foot (14) on the plate, which is located on the lower end of the frame, with two carriage bolts (77), two spring washers (112) and two cap nuts (96). The transport wheels must point forward.
- (2) Mount the two wheel covers (65) on the left and right pedal arm (5) with four Phillips screws (82).
- (3) Slide the shaft of the left pedal bar (7) into the socket of the left pedal arm (5) and mount it with an Allen screw (80-1), a washer (104-1). Repeat the process for the right side.



Step 2: Assembly console mast

(1) Guide the console cable (36) with cable ties (40) through the console mast (11) and pull it through the console bracket plate. Insert the console mast in the frame and mount it with six Allen screws (80), six spring rings (111), four washers (105) and two spring washers (113).

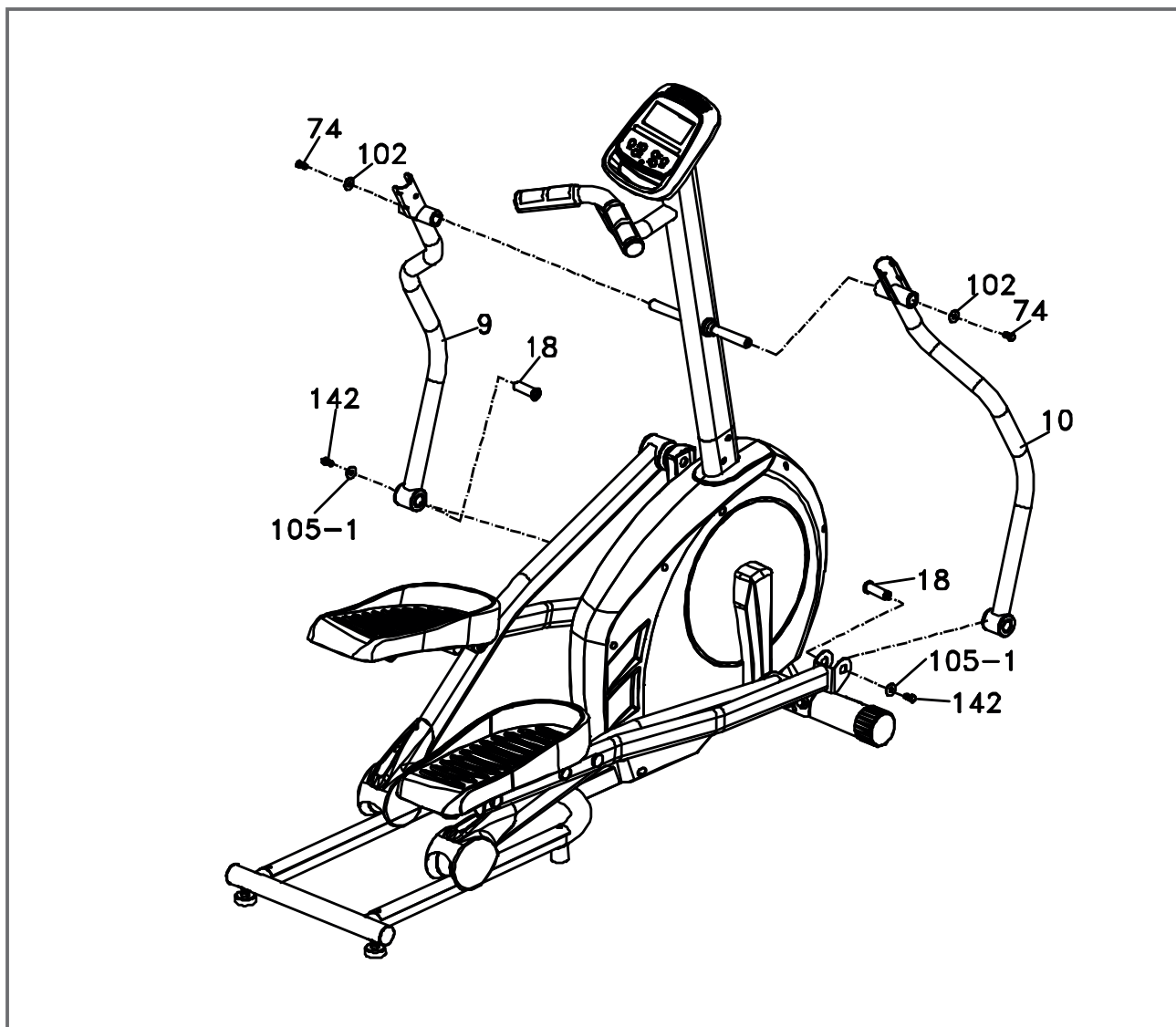
(2) Remove the cable ties from the console cables (36) and insert the computer cable and the two hand pulse cables into the console. Mount the console (35) on the bracket plate with four Phillips screws (84). Make sure that the cables are not stuck.



Step 3: Assembly of arm bars

(1) Mount the left arm bar (9) on the left shaft of the console mast (11) with two hex head screws (74) and two washers (102).

(2) Loosen the axles (18) from the two pedal bars. Mount the pedal bars on the arm bars each with an axle (18), a screw (142) and a washer (105-1).



Step 4: Assembly of arm bars

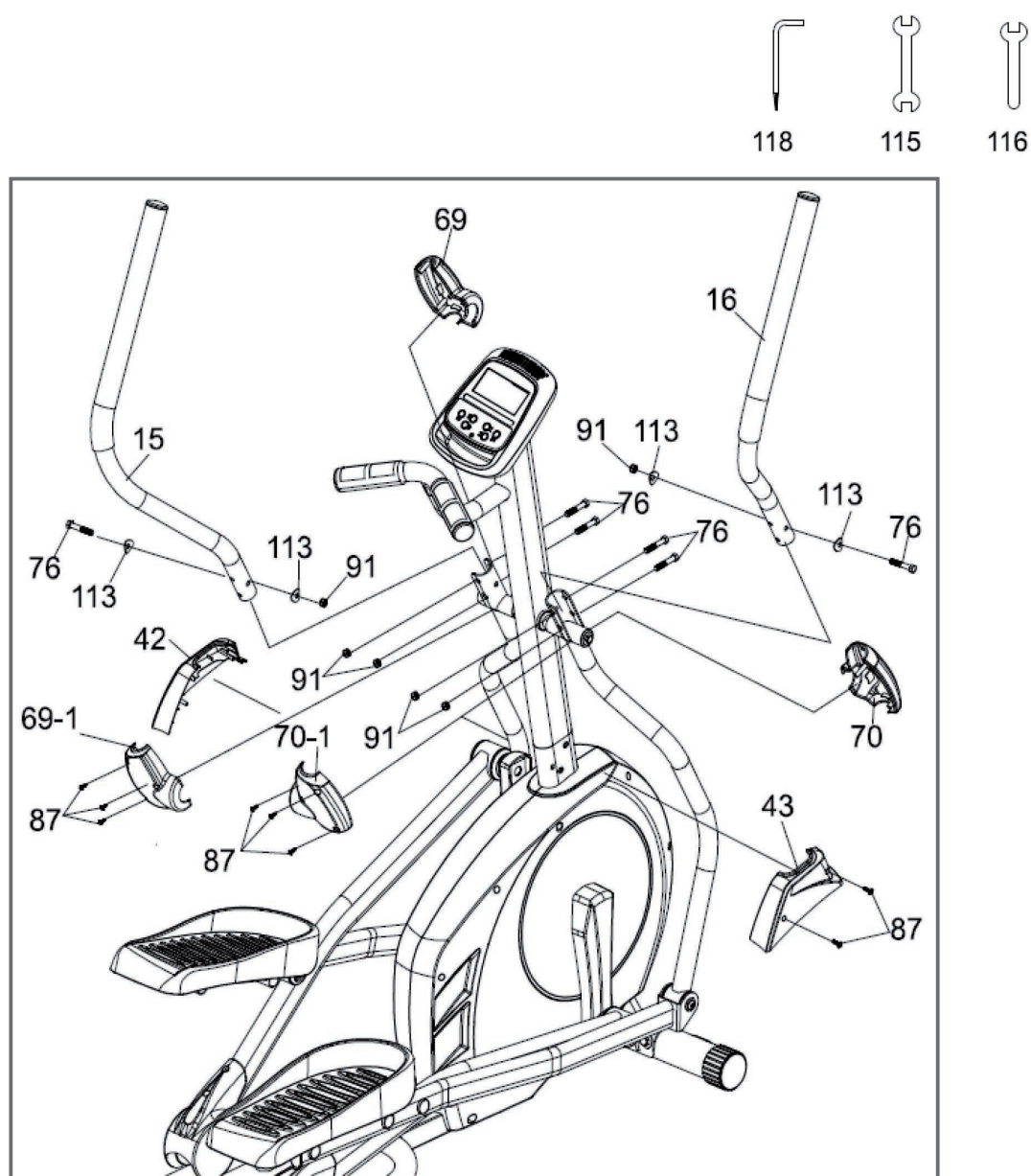
(1) Mount the left (15) and right (16) arm bars on the pedal arms with six hex head screws (76), four spring washers (113) and six nylon nuts (91).

(2) Mount the front (L)(69) and rear arm bar cover (L)(69~1) together on the left arm bar with three sheet screws (87).

Repeat the process for the right side.

(3) Mount the left (L)(42) and right (R)(43) console mast cover on the console mast with two sheet screws (87).

Then check again to see if all screws and nuts have been tightened.



Lubrication

Apply two 2cc of lubricant under the middle of the rail. Lubricant should be applied every three months.

If you notice that the movement is not so soft and smooth or there are noises, then apply 2cc of lubricant on the middle of the rail as well.

Transport

The equipment has two transport wheels which you can use to easily move the equipment if you lift the equipment on the lower end.



4.1 Console display



CALORIES	Energy consumption in kcal Note about the measurement of calories burnt: The calculation of calories burnt is based on a general formula. It is not possible to exactly determine individual calories burnt, because diverse personal data is required for this.
TIME (Zeit)	Training time
TARGET HR	Definition of the target heart rate by the user
HEART RATE	Heart rate in BPM
SPEED	Speed in km/h
RPM	Rotations per minute
ODO	Total distance

DISTANCE	Training distance
WATT	Resistance in Watt
LEVEL	Level of difficulty 1 – 24
PROGRAM	Display of program profiles

4.2 Button functions

START/STOP	1. Starting and ending a program 2. Starts the body fat measuring 3. Hold the button for three seconds in order to reset all values to zero
UP/DOWN	Increase or decrease training parameters. You can adjust the resistance level with this button while training.
ENTER	Button to confirm settings.
RECOVERY	Press this button to determine your recovery heart rate. After one minute, your fitness level will be displayed with a grade between 1 and 6.
MODE	Press this button to change between RPM and SPEED, ODO and DISTANCE or WATT and CALORIES while training.

4.3 Programs

After turning on the equipment, use the arrow buttons (UP/DOWN) to select a training program from the following categories and confirm with ENTER.

- Manual
- Pre-Programs (training programs)
- Watt Program
- Body Fat Program
- Target Heart Rate Program
- Heart Rate Control Program
- User Program

Training parameters

TIME, DISTANCE, CALORIES, AGE, WATT, TARGET HEART RATE

Set training parameters:

After you have selected the training program, you can define several training parameters.

Note: A few parameters cannot be defined in certain programs. The time and distance cannot be defined simultaneously.

As soon as you have selected a program, press ENTER to start setting the time. Use the arrow buttons to set the training time and confirm with ENTER. You can automatically continue with the next value. Use the arrow buttons to set every other parameter and confirm with ENTER. Once all parameters are set, press START/STOP to begin with the training.

	Setting range	Default setting	Interval	Description
Time	0:00-99:00	00:00	+1:00	If a value is defined, the display counts down to zero; if it does not, it counts up from zero.
Distance	0.00-999.0	0.00	+1.0	If a value is defined, the display counts down to zero; if it does not, it counts up from zero.
Calories	0.9995	0.0	+5	If a value is defined, the display counts down to zero; if it does not, it counts up from zero.

	Setting range	Default setting	Interval	Description
Watt	40-250	100	+5	A wattage can only be entered in the Watt program.
Age	10-99	30	+1	The target heart rate is based on your age. If the THR is exceeded, the heart rate will start to blink.
Heart rate (pulse)	60-220	90	+1	Setting the target heart rate.

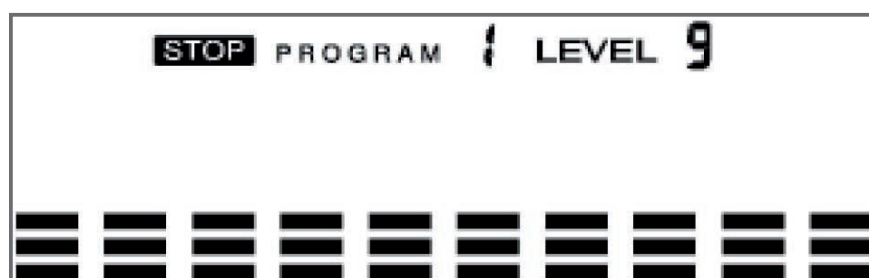
4.3.1 Manual program

Select the MANUAL program with the arrow buttons and confirm with ENTER. Then set the training time and confirm with ENTER. This will automatically forward you to the setting of the next parameter.

Note: If the user defines a training time, no setting can be defined for the distance.

Once all parameters are set, press START/STOP to begin with the training.

Note: As soon as a defined training parameter reaches zero, an alarm will sound and the training will stop automatically. Press the START button to continue training.



4.3.2 Training programs (pre-programs):

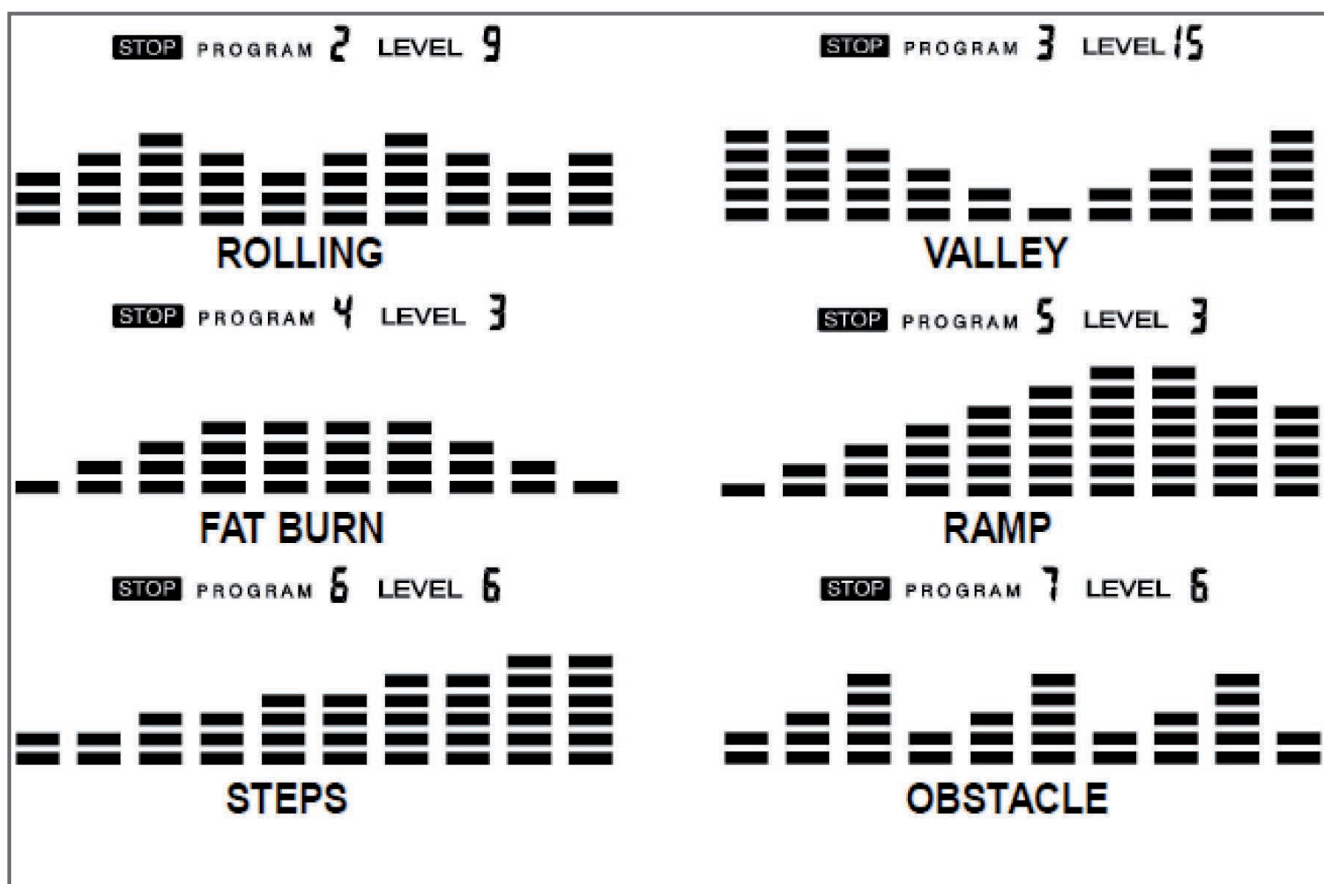
ROLLING, VALLEY, FAT BURN, RAMP, STEPS, OBSTACLE, INTERVALS, PLATEAU, CLIMBING, OFF ROAD, HILL and FARTLEK.

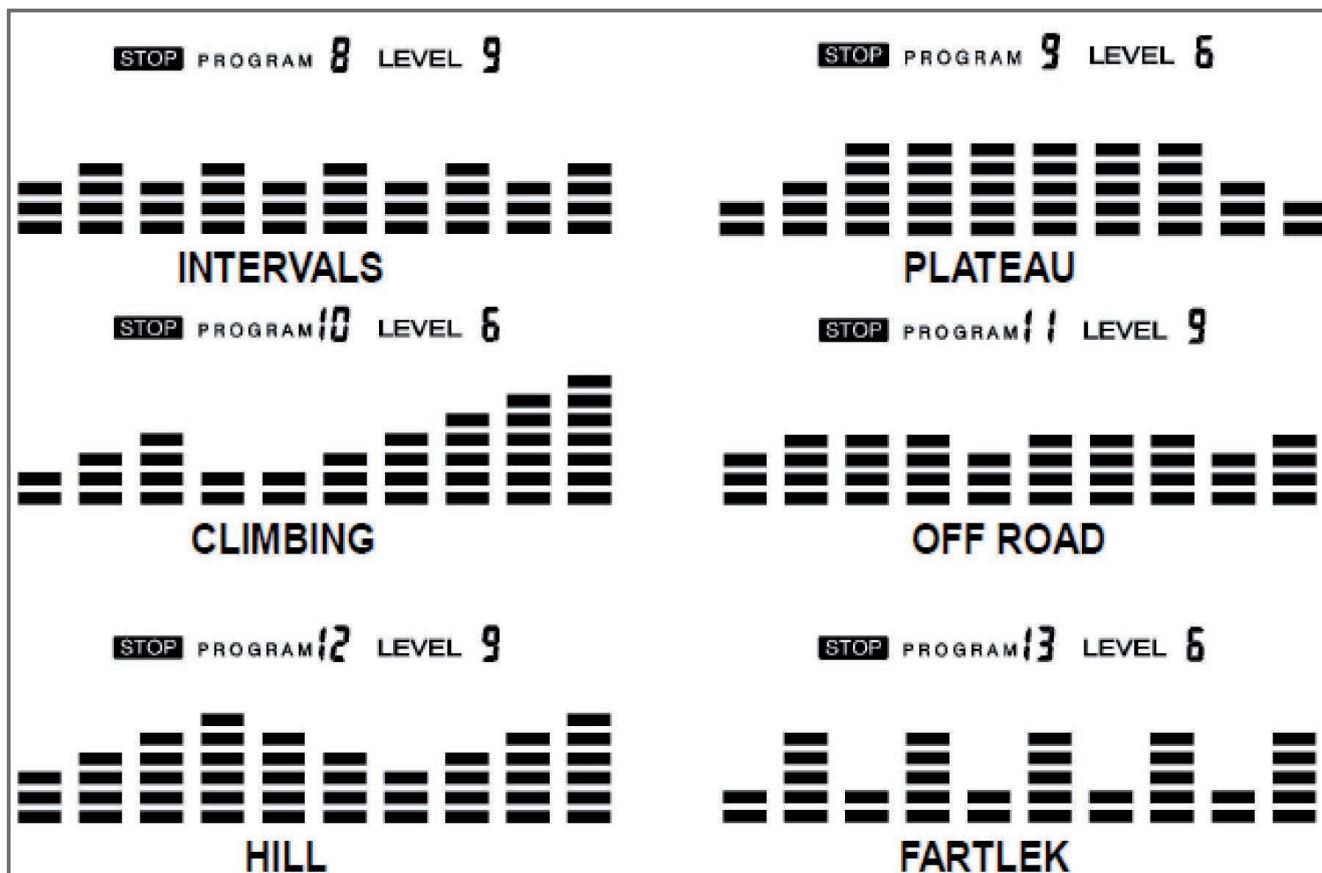
All program profiles have 24 resistance levels.

Select one of the 12 programs with the arrow buttons and confirm with ENTER. Then set the training time and confirm with ENTER. This will automatically forward you to the setting of the next parameter. Once all parameters are set, press START/STOP to begin with the training. The resistance level can be changed with the arrow buttons at any time while training.

Note: If the user defines a training time, no setting can be defined for the distance.

Note: As soon as a defined training parameter reaches zero, an alarm will sound and the training will stop automatically. Press the START button to continue training.





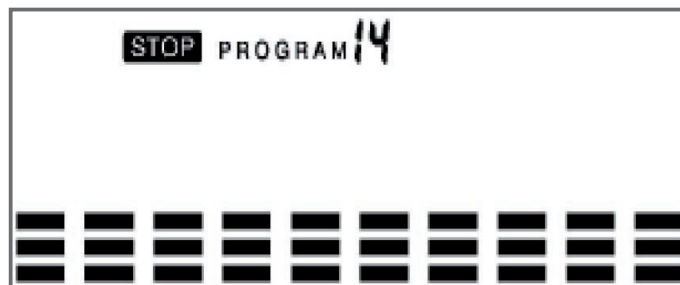
4.3.3 Watt controlled program

Select the WATT CONTROL program with the arrow buttons and confirm with ENTER. Then set the training time and confirm with ENTER. This will automatically forward you to the setting of the next parameter.

Note: If the user defines a training time, no setting can be defined for the distance.

Once all parameters are set, press START/STOP to begin with the training.

Note: As soon as a defined training parameter reaches zero, an alarm will sound and the training will stop automatically. Press the START button to continue training. The resistance level is automatically adjusted by the console depending on the speed in order to keep the wattage constant. The defined wattage can be adjusted during training with the arrow buttons.



4.3.4 Body Fat Program

Select the BODY FAT program with the arrow buttons and confirm with ENTER. First, you will be asked to set your sex through a blinking “Male” (male or female). Select it with the arrow buttons and confirm with ENTER. Next set your height in cm with the arrow buttons and confirm with ENTER. Then set your weight in kg with the arrow buttons and confirm with ENTER. Finally, set your age with the arrow buttons and confirm with ENTER. Press the START/STOP button to execute the body fat measuring and grab the hand pulse sensors. After 15 seconds, the display will show the body fat %, BMR, BMI & BODY TYPE.

Note: Body types are divided into nine stages: Type 1 (5% - 9%), Type 2 (10%-14%), Type 3 (15%-19%), Type 4 (20%-24%), Type 5 (25% - 29%), Type 6 (30% - 34%), Type 7 (35% - 39%), Type 8 (40% - 44%), Type 9 (45% - 50%).

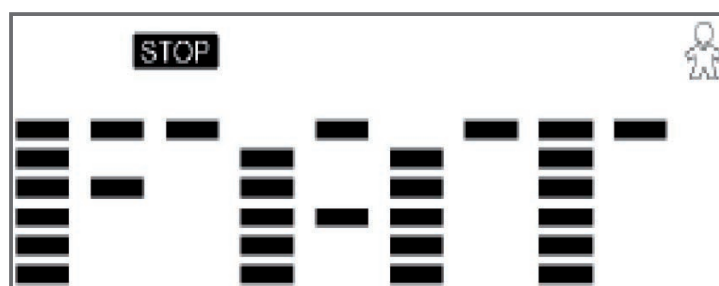
BMR: Basal Metabolic Rate

BMI: Body Mass Index

Press the START/STOP button to return to the main menu.

Note: As soon as a defined training parameter reaches zero, an alarm will sound and the training will stop automatically. Press the START button to continue training.

The resistance level is automatically adjusted by the console depending on the speed in order to keep the wattage constant. The defined wattage can be adjusted during training with the arrow buttons.



4.3.5 Target heart rate program

Select the TARGET HR program with the arrow button and confirm with ENTER. Then set the training time and confirm with ENTER. This will automatically forward you to the setting of the next parameter.

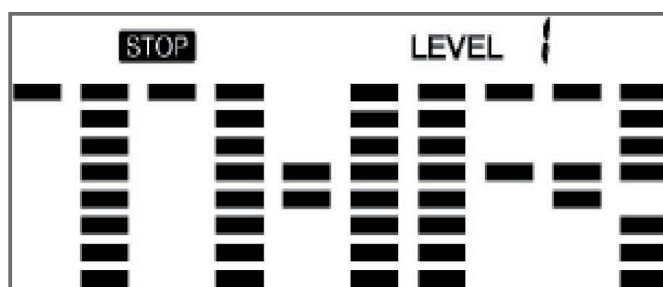
Note: If the user defines a training time, no setting can be defined for the distance.

Once all parameters are set, press START/STOP to begin with the training.

Note: If the heart rate is above or below the defined target heart rate, the console automatically adjusts the resistance level.

The console controls the heart rate every 10 seconds and increases or decreases the resistance by one level correspondingly. If no heart rate is measured, the resistance remains constant for 60 seconds and then decreases one level every 10 seconds.

Note: As soon as a defined training parameter reaches zero, an alarm will sound and the training will stop automatically. Press the START button to continue training.



4.3.6 Heart rate control program

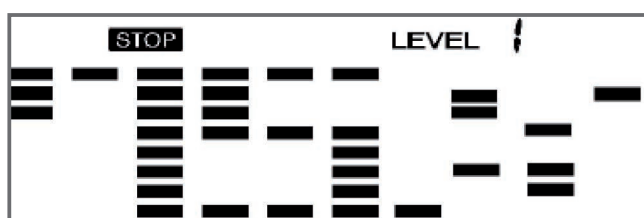
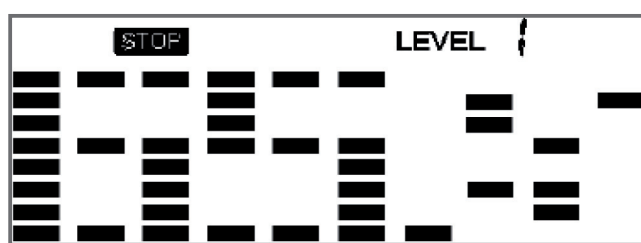
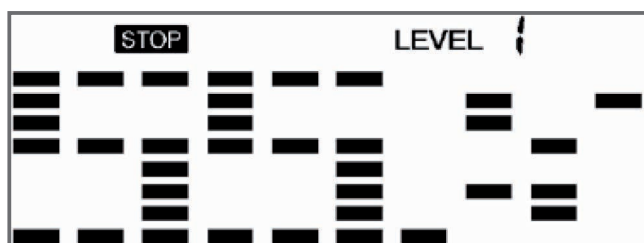
You can choose from four options:

HRC- 55% target heart rate = 55% of (220-age)

HRC- 65% Target heart rate= 65% of (220-age)

HRC- 75% Target heart rate= 75% of (220-age)

HRC- 85% Target heart rate = 85% of (220-age)



Select the HEART RATE CONTROL program with the arrow buttons and confirm with ENTER.

Then set the training time and confirm with ENTER. This will automatically forward you to the setting of the next parameter.

Note: If the user defines a training time, no setting can be defined for the distance.

Once all parameters are set, press START/STOP to begin with the training.

Note: If the heart rate is above or below the defined target heart rate, the console automatically adjusts the resistance level. The console controls the heart rate every 10 seconds and increases or decreases the resistance by one level correspondingly. If no heart rate is measured, the resistance remains constant for 60 seconds and then decreases one level every 10 seconds.

Note: As soon as a defined training parameter reaches zero, an alarm will sound and the training will stop automatically. Press the START button to continue training.

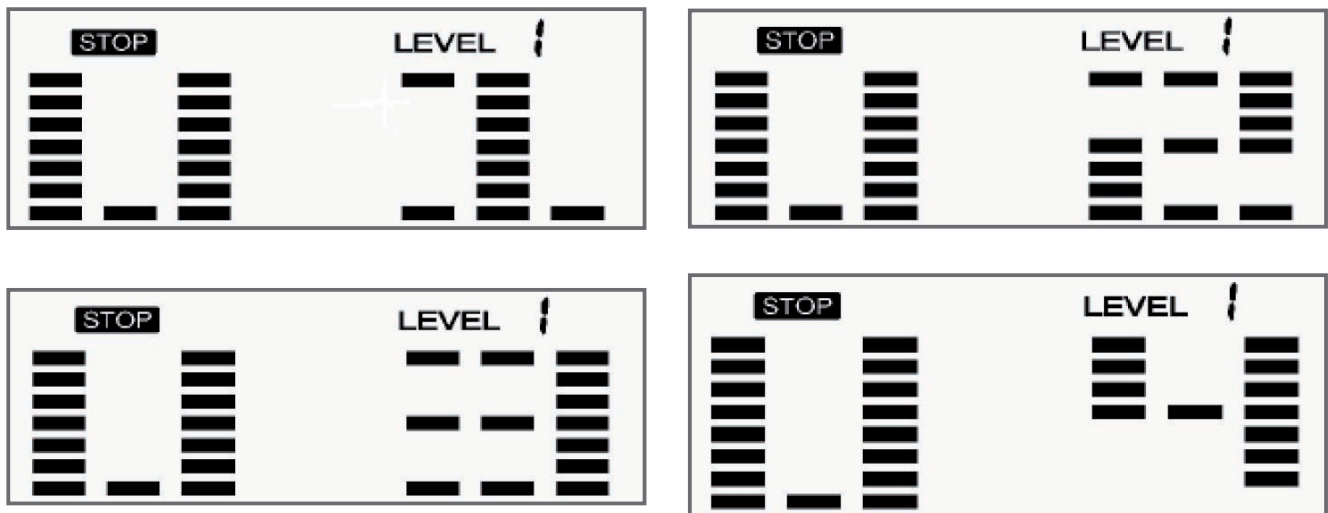
4.3.7 User program

Select one of the four USER programs with the arrow buttons and confirm with ENTER. Then set the training time and confirm with ENTER. This will automatically forward you to the setting of the next parameter.

Note: If the user defines a training time, no setting can be defined for the distance.

Once all parameters have been set, you can set the profile segments with the arrow buttons. After each setting, press the ENTER button and this will take you to the next segment. Once all 10 segments are set, press START/STOP to begin with the training.

Note: As soon as a defined training parameter reaches zero, an alarm will sound and the training will stop automatically. Press the START button to continue training.



4.4 Heart rate measuring

Pulse measuring through 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 alarm will sound if your heart rate exceeds the set target heart rate. Which target heart rate is important for which training goal can be found out in the following.

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

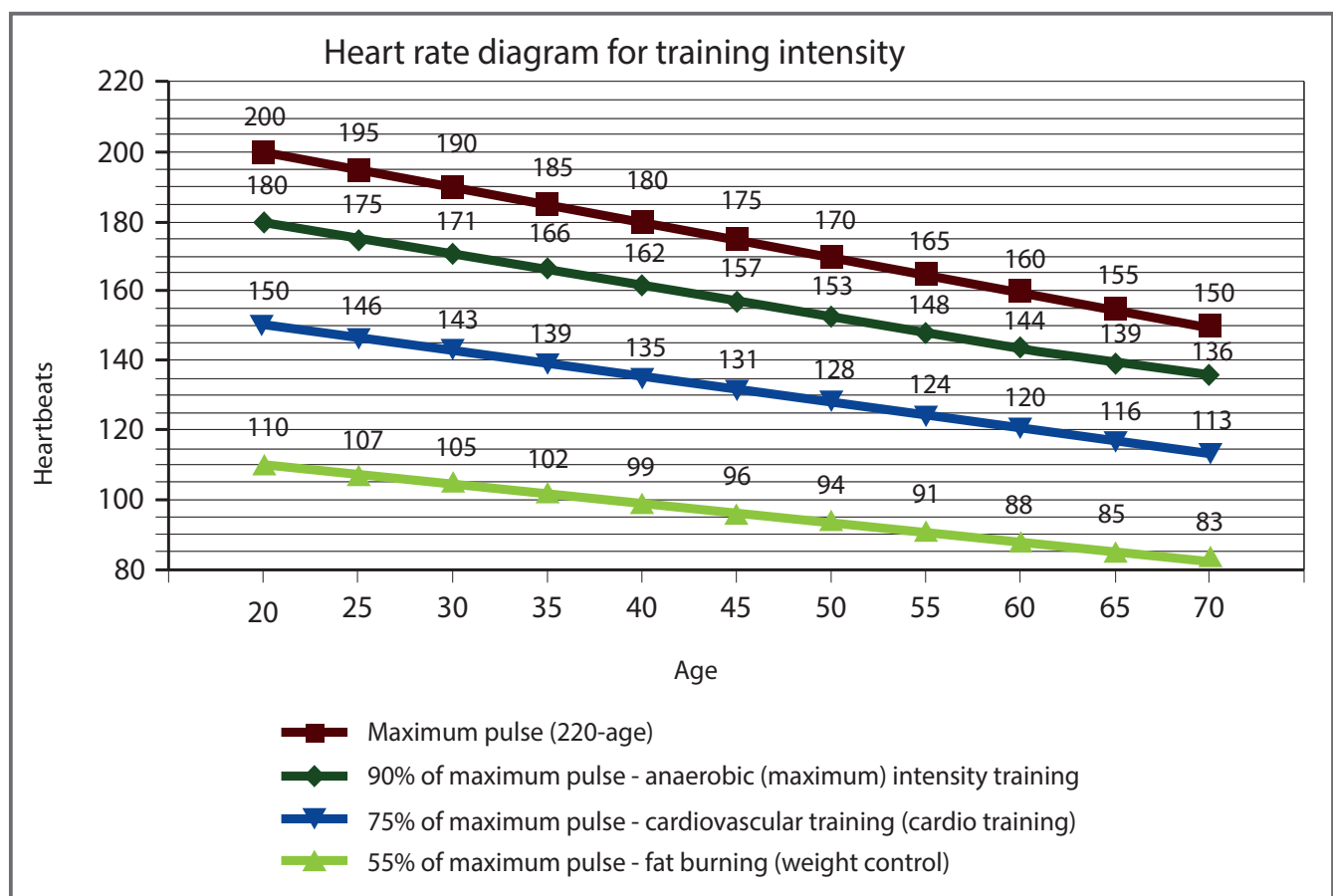
Cardiovascular training (cardio training): The primary goal is to increase stamina and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training period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

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

Example:

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

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



5 WARRANTY INFORMATION

cardiostrong® training 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.

Warranty

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

Warranty periods

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

Model	Use	Full warranty	Frame
FX30	Home use	24 months	30 years

Repair costs

According to our choice, there will either be a repair, a replacement of individual damaged parts or a complete replacement. Spare parts, that have to be mounted while assembling the equipment, have to be replaced by the warranty person 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 have trouble finding the serial number on your fitness equipment, our service team is at your disposal to offer further information.

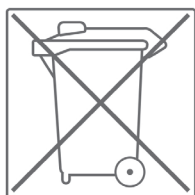
Service outside the warranty period

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 ZUBEHÖRBESTELLUNG

	Floor mat XL Art. No. ST-FM-XL
	Transmitter chest strap Art. No. ST1000
	Comfort chest strap Premium Art. No. ST1050
	Chest strap electrode gel 250ml Art. No. BK-250
	Fitness equipment care set Art. No. HF-500

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  +49 4621 4210-0  +49 4621 4210-699  service@sport-tiedje.de Mo. - Fr. 8:00 - 18:00 Sa. 9:00 - 18:00	DK  80 90 16 50  +49 4621 4210-945  info@t-fitness.dk Ma. - Fr. 8:00 - 18:00 Lø. 9:00 - 18:00	FR  +33 (0) 172 770033  +49 4621 4210-933  service-france@sport-tiedje.fr Lun. - Ven. 8:00 - 18:00 Sam. 9:00 - 18:00
NL  +31 172 619961  info@fitshop.nl Ma. - Do. 9:00 - 17:00 Vr. 9:00 - 21:00 Za. 10:00 - 17:00	UK  +44 141 876 3972  orders@powerhousefitness.co.uk Mon. - Fri. 9:00 - 17:00	INT  +49 4621 4210-0  service-int@sport-tiedje.de Mon - Fri 8:00 - 18:00 Sat 9:00 - 18:00

8.2 Serial number and model name

Find the serial number on the white sticker and enter it in the appropriate space.

Serial number:

Brand / category:

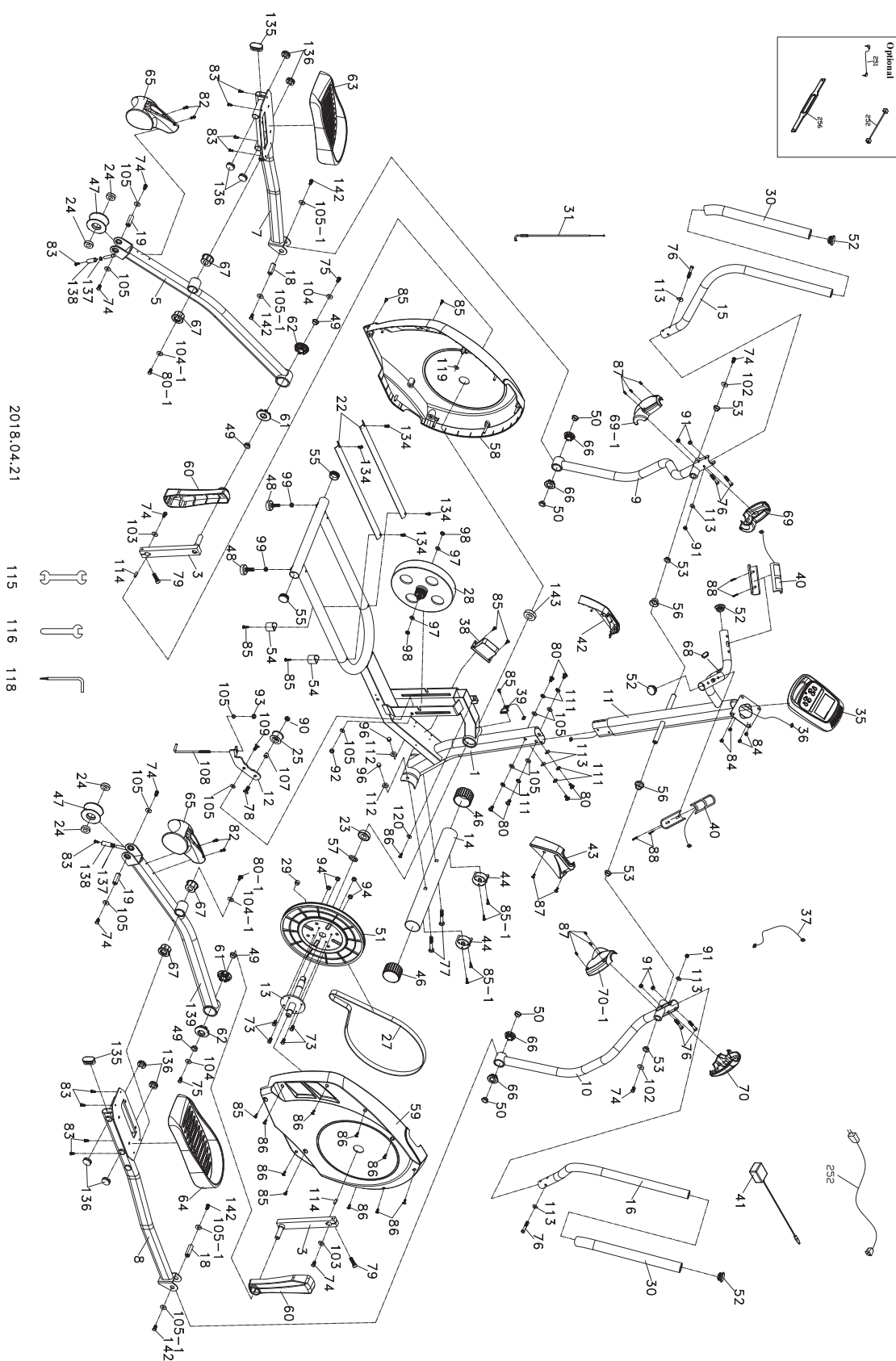
Model name:

8.3 Parts list

No.	Description	No.	Description
1	Main Frame	41	Power Adaptor
3	Crank Arm Assembly	42	Console Mast Cover (L)
5	Pedal Arm	43	Console Mast Cover (R)
7	Connecting Arm (L)	44	Transportation Wheel
8	Connecting Arm (R)	46	Round End Cap
9	Lower Handle Bar (L)	47	Slide Wheel , Urethane
10	Lower Handle Bar (R)	48	Adjustment Foot Pad
11	Console Mast	49	WFM-1719-12_Bushing
12	Idler Wheel Assembly	50	J4FM-1719-09_Bushing
13	Crank Axle	51	Drive Pulley
14	Front Stabilizer	52	Ø32(1.8T)_Button Head Plug
15	Swing Arm (L)	53	Podwer metallurgy Bushing
16	Swing Arm (R)	54	Rubber Foot
17	Rod End Sleeve	55	Round Cap
18	Rod End Shaft(Blackfast)	56	Pedal Axle Spacer
19	Axle for Slide Wheel(Blackfast)	57	Spacer Bushing
22	Aluminum Track	58	Side Case(L)
23	6005_Bearing	59	Side Case(R)
24	6003_Bearing	60	Crank Arm End Cap
25	Axle for Idler Wheel	61	Ø56 × Ø19 × 15L_Bushing
27	Drive Belt	62	Ø56 × Ø19 × 21L_Bushing
28	Flywheel	63	Pedal (L)
29	Magnet	64	Pedal (R)
30	Handgrip Foam	65	Slide Wheel Cover
31	Steel Cable	66	Ø42 × Ø19 × 15L_Bushing
35	Console Assembly	67	Pedal Bushing
36	1600m/m_Computer Cable	68	Bolt Access Cap
37	450m/m_DC Power Cord	69	Front Handle Bar Cover (L)
38	Gear Motor	69~1	Rear Handle Bar Cover (L)
39	200m/m_Sensor W/Cable	70	Front Handle Bar Cover (R)
40	800m/m_Handpulse W/Cable Assembly	70~1	Rear Handle Bar Cover (R)

No.	Description	No.	Description
73	1/4" × UNC20 × 3/4" _Hex Head Bolt	103	Ø8 × Ø35 × 1.5T _Flat Washer
74	5/16" × UNC18 × 15L _Hex Head Bolt	104	Ø8.5 × 26 × 2.0T _Flat Washer
75	5/16" × UNC18 × 15L _Hex Head Bolt	104~1	Ø8.7 × Ø20 × 1.5T _Flat Washer
76	5/16" × UNC18 × 1-3/4" _Hex Head Bolt	105	Ø8 × 23 × 1.5T _Flat Washer
77	3/8" × UNC16 × 3" _Carriage Bolt	105~1	5/16" × 23 × 3T _Flat Washer
78	3/8" × UNC16 × 28L _Carriage Bolt	107	Sleeve
79	M8 × P1.25 × 25L _Socket Head Cap Bolt	108	M8 × P1.25 × 130L _J Bolt
80	5/16" × UNC18 × 15L _Button Head Socket Bolt	109	M8 × P1.25 × 20L _Carriage Bolt
80~1	5/16" × UNC18 × 15L _Button Head Socket Bolt	111	Ø8 × 1.5T _Split Washer
82	M5 × P0.8 × 15L _Phillips Head Screw	112	Ø10 × 23 × 1.5T _Curved Washer
83	M5 × P0.8 × 10L _Phillips Head Screw	113	Ø8 × 23 × 1.5T _Curved Washer
84	M5 × P0.8 × 10L _Phillips Head Screw	114	Woodruff Key
85	Ø5 × 19L _Tapping Screw	115	13/14m/m _Wrench
85~1	Ø5 × 19L _Tapping Screw	116	12m/m _Wrench
86	Ø3.5 × 16L _Sheet Metal Screw	118	Combination M5 Allen Wrench & Phillips Head Screw Driver
87	Ø3.5 × 12L _Sheet Metal Screw	119	Ø8 × 16 × 1T _Flat Washer
88	Ø3 × 20L _Tapping Screw	120	Ø5 × 16 × 1.5T _Flat Washer
		134	M6 × P1.0 × 15L _Phillips Head Screw
90	3/8" × UNC16 × 7T _Nyloc Nut	135	Oval End Cap
91	5/16" × UNC18 × 7T _Nyloc Nut	136	Round Cap
92	M8 × P1.25 × 7T _Nyloc Nut	137	C Ring
93	M8 × P1.25 × 9T _Nyloc Nut	138	Ø15 × Ø8.5 × 50L _Sleeve
94	1/4" × UNC20 × 8T _Nyloc Nut	139	Pedal Arm(R)
96	3/8" × UNC16 × 12.5T _Cap Nut	142	5/16" × 15L _Hex Head Bolt
97	3/8" -UNF26 × 4T _Nut	143	6005-2RS/B10+2M5 _Bearing
98	3/8"-UNF26 × 11T _Nut	251	Audio Cable (Optional)
99	3/8" × UNC16 × 7T _Nut	252	Transformer Power Cord (Optional)
102	Ø8.7 × Ø20 × 1.5T _Flat Washer	256	Chest Strap (Optional)

8.4 Exploded drawing



CONTACT

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Flensburger Str. 55
24837 Schleswig

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 +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

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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



Elliptical cross trainer **FX30**