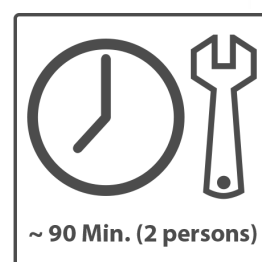
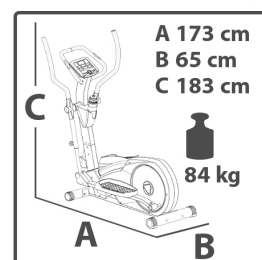
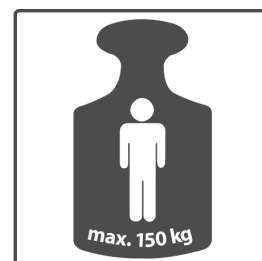




## Assembly and operating instructions



CSTFX70.01.04

Art.No. CST-FX70

Elliptical cross trainer FX70



**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](http://www.sport-tiedje.com) or [www.cardiostrong.de](http://www.cardiostrong.de).

## **SAFETY INSTRUCTIONS**



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

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

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

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

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

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# 1 GENERAL INFORMATION

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## 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: 60~280 Watt

User memory: 4  
Training programmes in all: 19  
Manual programmes: 1  
Pre-set programmes: 12  
Watt-controlled programmes: 1  
Heart rate controlled programmes: 4  
User-defined programmes: 1

Flywheel: 9 kg  
Transmission ratio: 1:10

### Weight and dimensions:

Product weight (gross, incl. packaging): 97 kg  
Product weight (net, without packaging): 84 kg  
Packaging dimensions (L x W x H): approx. 1250 mm x 480 mm x 720 mm  
Set-up dimensions (L x W x H): approx. 1730 mm x 650 mm x 1830 mm  
Maximum user weight: 150 kg/330 lbs

## 1.2 Personal safety

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

## 1.3 Electrical safety

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

## 1.4 Set-up place

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

## 2.1 General instructions

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



## 2.2 Faults and Troubleshooting

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

Problem	Cause	Solution
Drive discs wobble or make noises	Drive pulley is loose	Tighten nuts
Display does not work	No plug connection, power supply not plugged in	Check all plug connections and see if the power supply is plugged in
Footplates are creaking	Footplates are loose	Tighten up the footplate screws
Creaking noises	Screws are loose	Check screws are properly tightened
Guide rails are squeaking	Guide rails or rollers are dirty or the guide rails are dry	Clean the guide rails, then lubricate with a non greasy silicone
No pulse reading	<ul style="list-style-type: none"> <li>• Sources of interference in the room</li> <li>• Using a chest strap:               <ul style="list-style-type: none"> <li>- Unsuitable chest strap</li> <li>- Chest strap is incorrectly positioned</li> <li>- Batteries are discharged</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Eliminate sources of interference (e. g. mobile phone, loudspeaker, etc.)</li> <li>• Use a suitable chest strap (see recommended accessories)</li> <li>• Reposition the chest strap and/or moisten the electrodes</li> <li>• Change the batteries</li> </ul>

## 2.3 Maintenance and service calendar

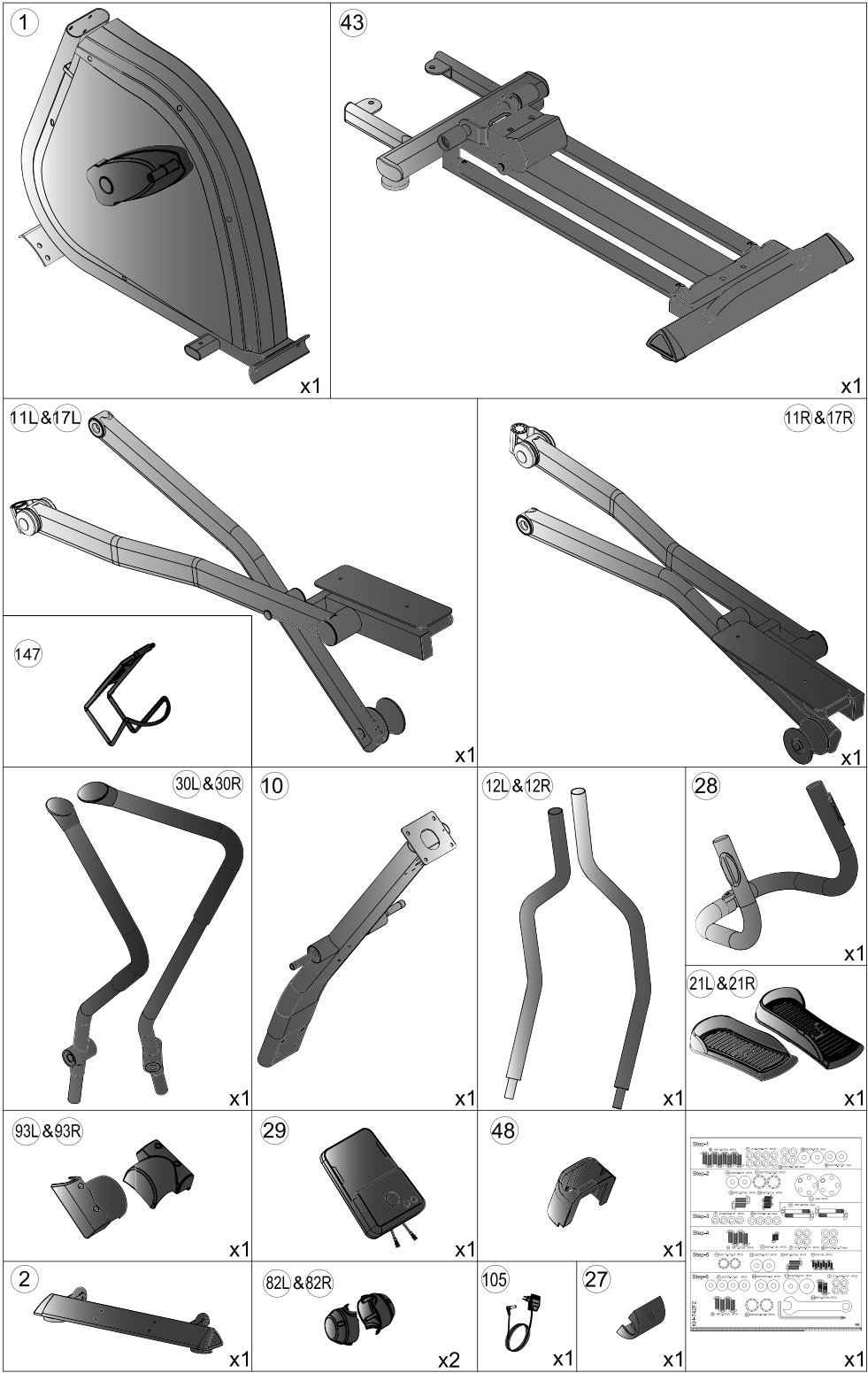
The following routine work must be done in the specified time intervals:

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

# 3 ASSEMBLY

## 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.



## 3.2 Assembly instructions

Before the assembly, look carefully at the single illustrated assembly steps and do the assembly according to the given order.

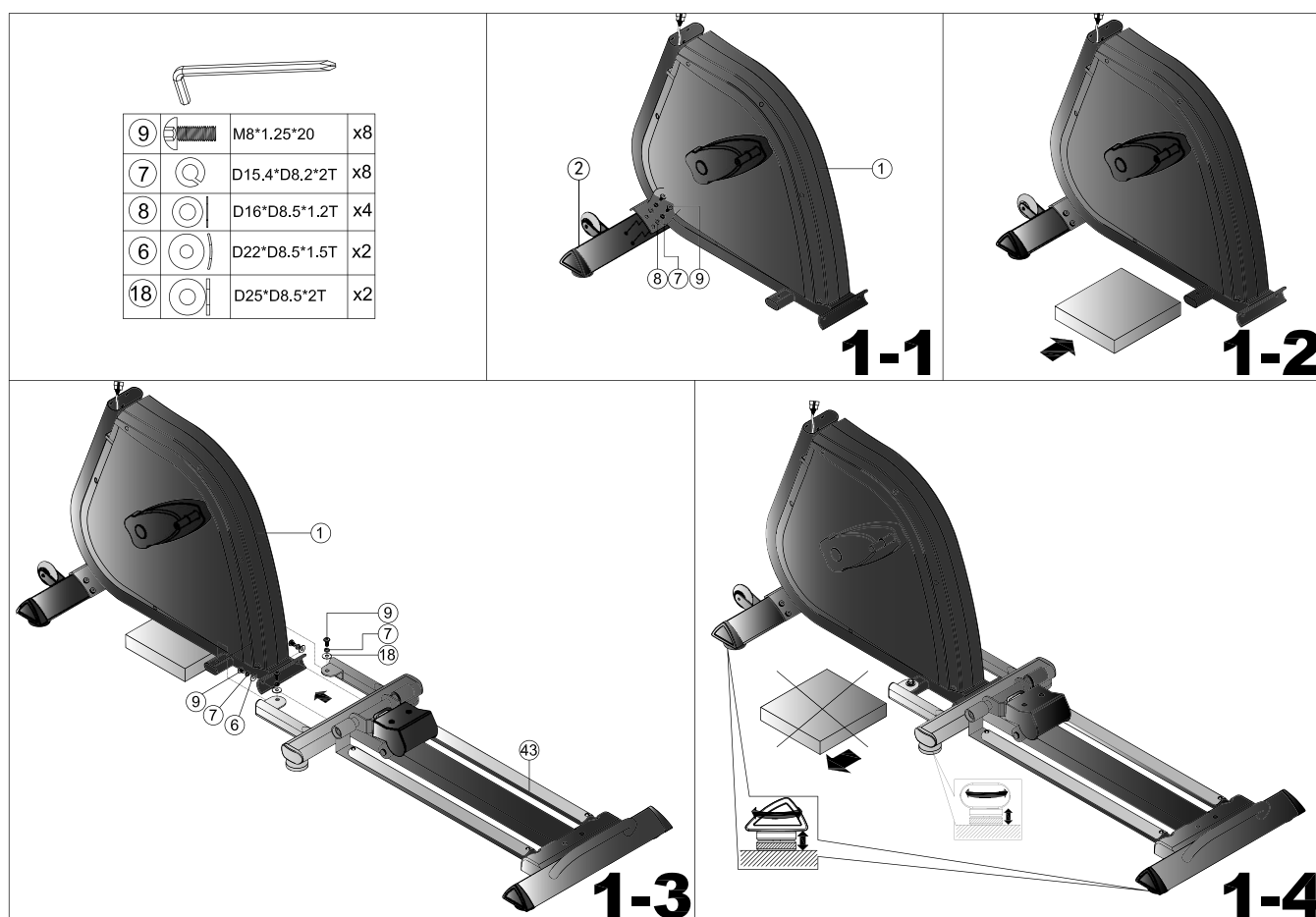
### Step 1

**1)** Mount the front base (2) to the main frame (1) with washer (8), spring washers (7), and Allen screws (9). See fig. 1-1

**2)** Remove the polystyrene from the packaging and place it under the frame for a simple assembly. See fig. 1-2

**3)** Mount the rear foot assembly on the main frame (1) with wave washers (6), spring washers (7), Allen screws (9), and washers (18).

**4)** Remove the polystyrene and dispose it of.

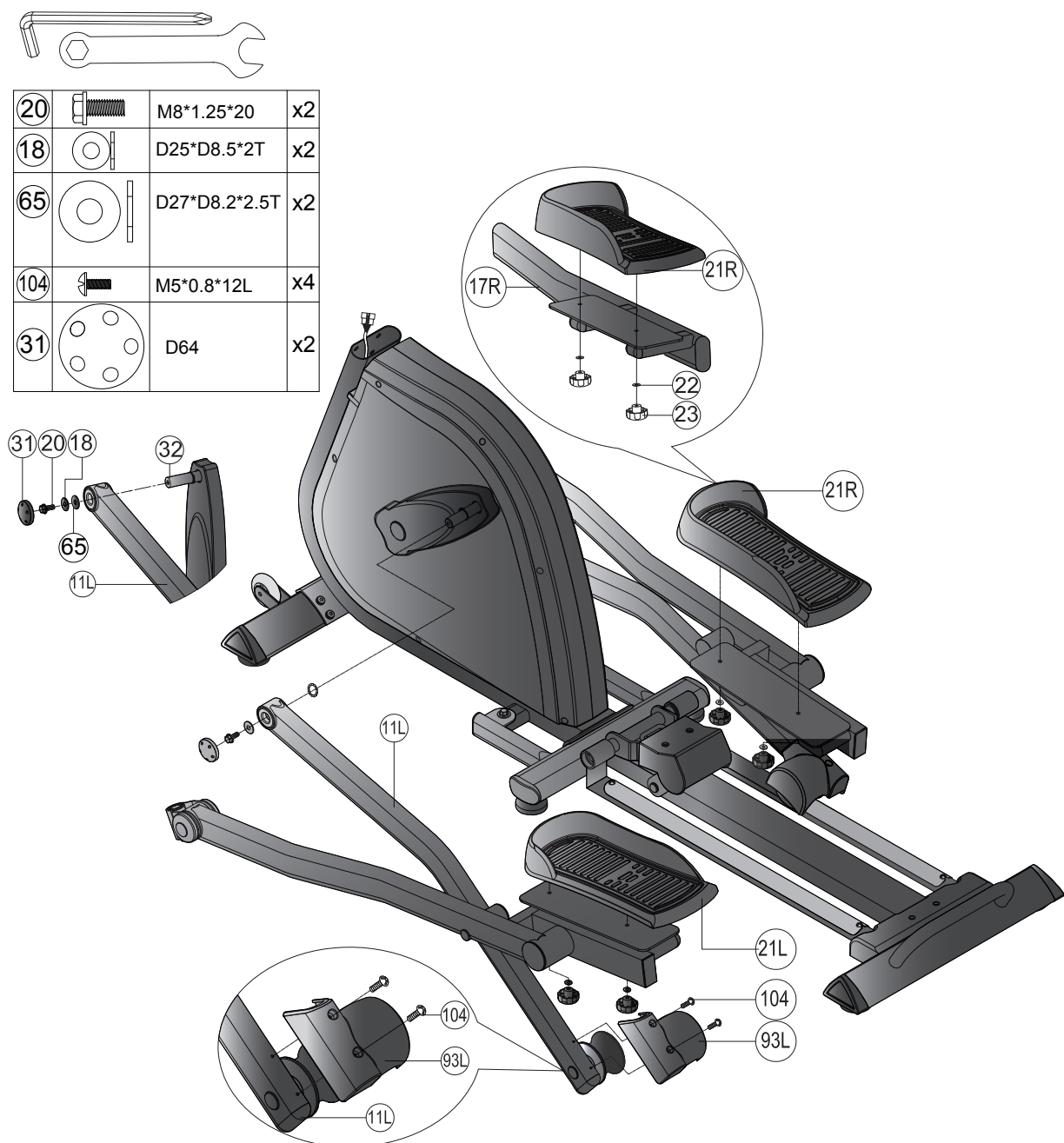


## Step 2

**1)** Mount the support tube (11L & 11R) to the crank assembly (32) with Allen screws (20), washers (18), buffer (65) and protective cover (31).

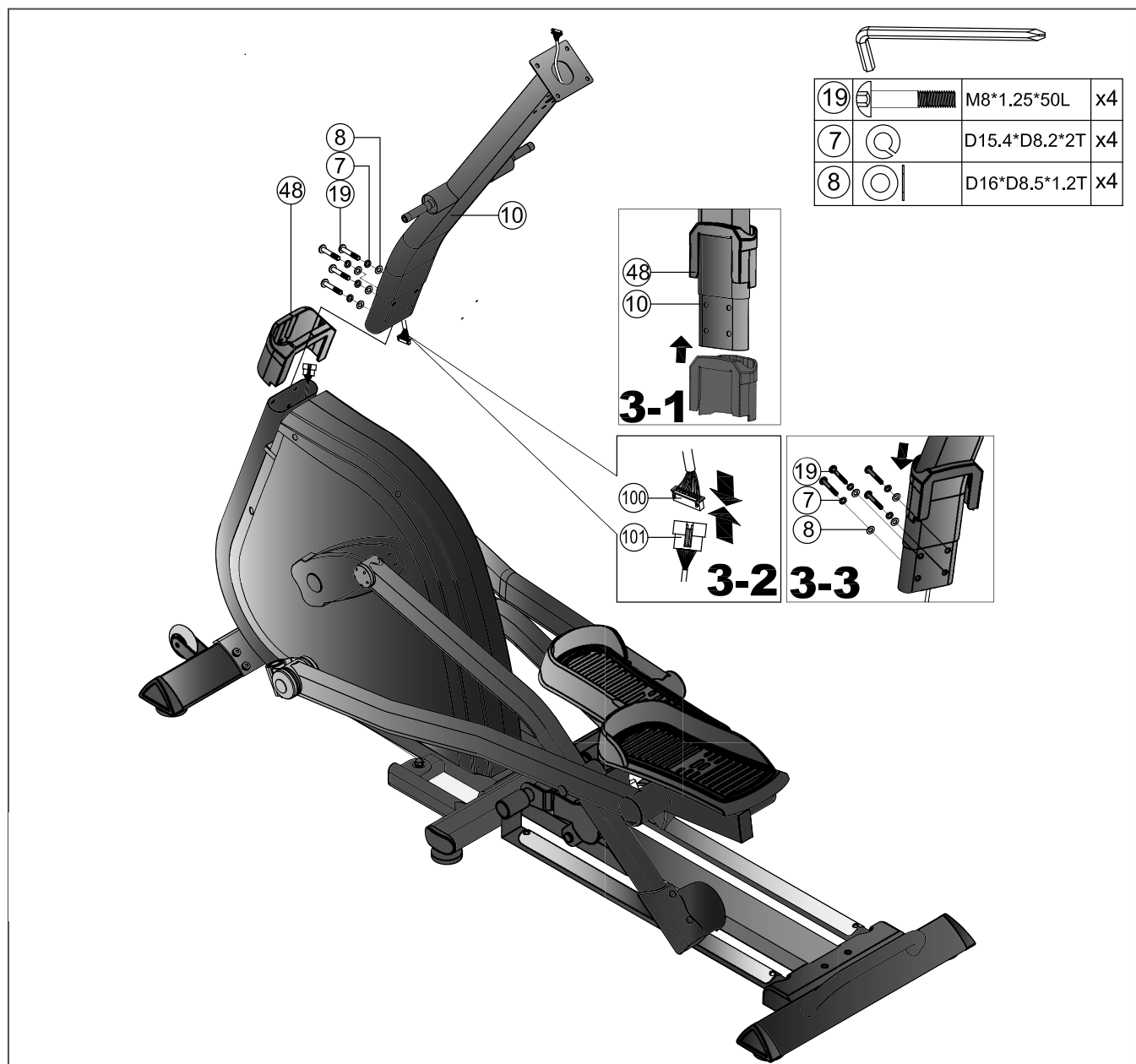
**2)** Mount the pedals (21L & 21R) to the respective pedal support tube (17L & 17R) with washers (22) and locking screws (23).

**3)** Put the roller cover (93L & 93R) on the support tube (11L & 11R) with the bolt (104).



### Step 3

- 1) Accomplish this assembly step with two persons preferably.
- 2) At first, you lift the cover of the handlebar (48), then you connect the computer cable (100 & 101), see fig. (3-1 & 3-2).
- 3) Insert the handlebar (10) in the main frame and mount it with spring washers (7), washers (8), and Allen screws (19), see fig. (3-3)
- 4) Put down the cover of the handlebar (48) and mount it to the main frame.



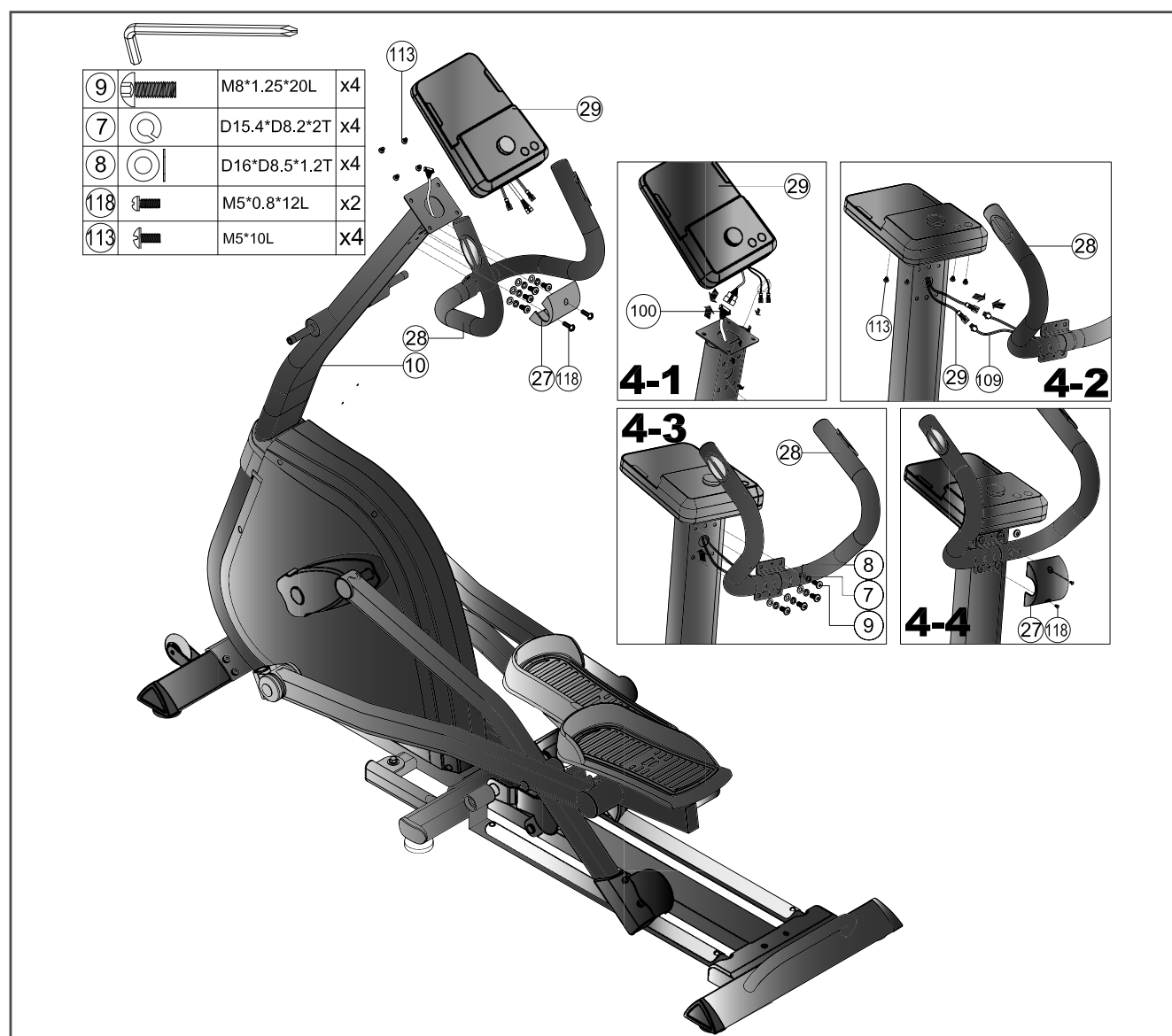
## Step 4

1) Connect the upper computer cable (100) with the computer (29), see fig. 4-1.

2) Mount the computer to the panel with screws (113) and connect the impulse cable (109) with the computer, see fig. 4-2.

3) Mount the handlebar (28) and fix it with Allen screws (9), spring washers (7), and washers (8), see fig. 4-3.

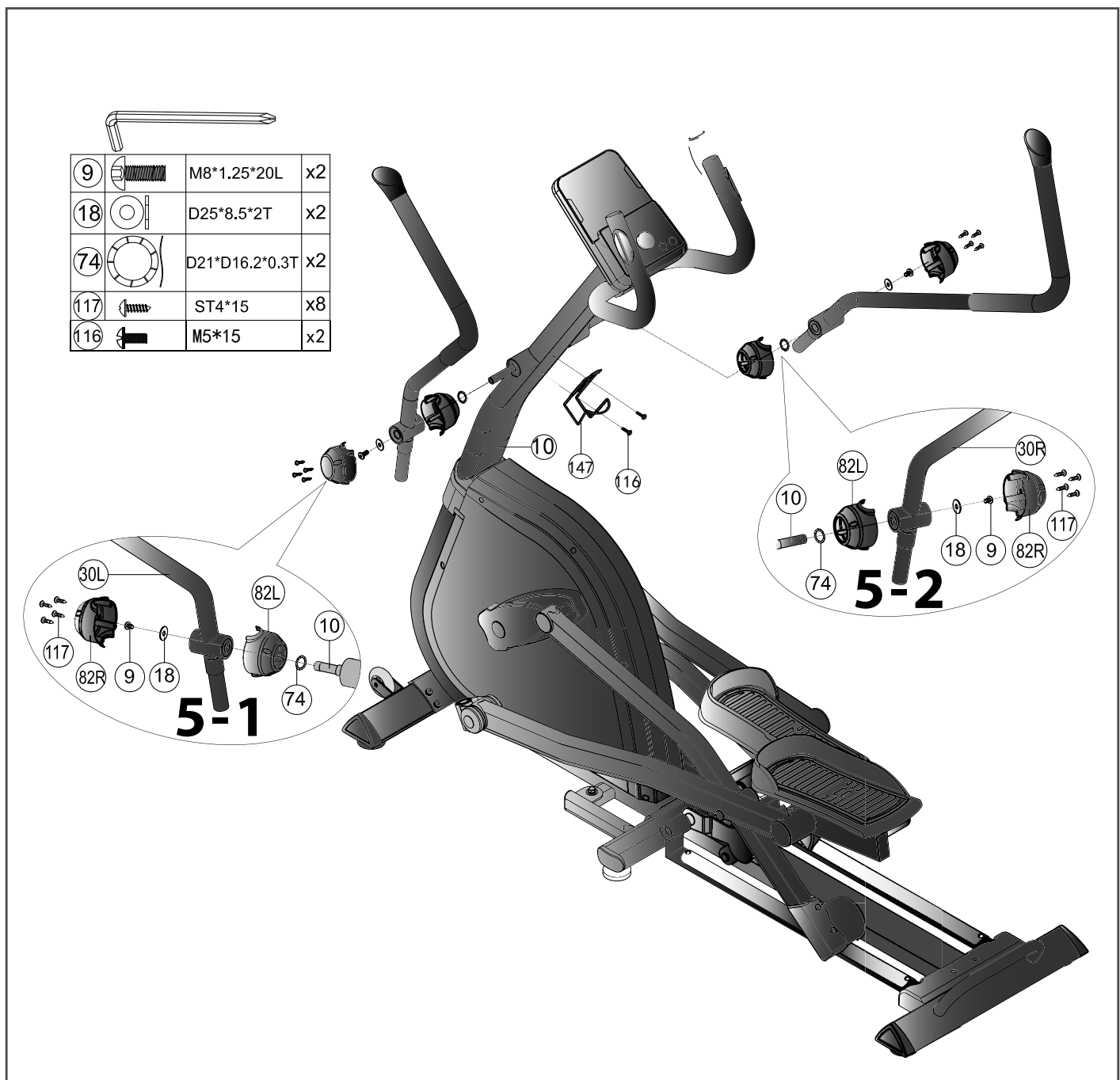
4) Mount the protective cover (27) with screws (118), see fig. (4-4).



## Step 5

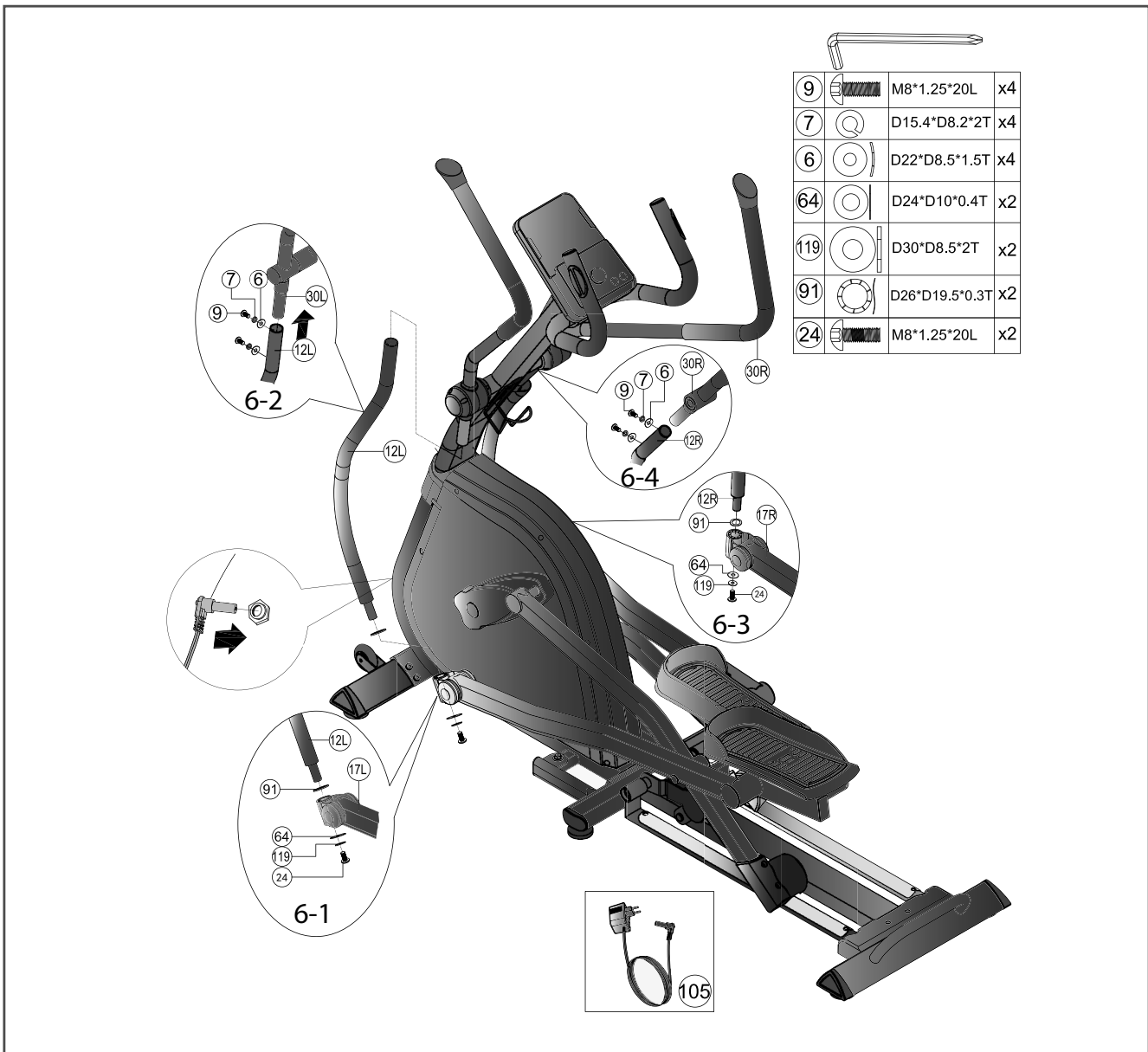
1) Mount the left and right pivoted handlebar (30L & 30R) to the support tube (10) with Allen screws (9), washers (18), and waved washers (74). Then you mount the upper foot cover cap (82L & 82R) with screws (117), see fig. (5-1 & 5-2).

2) Fix bottle holder (147) onto the handlebar post (10) by using screw (116).



## Step 6

- 1) Mount the left and right pivoted support tube (12L & 12R) to the pedal stick (17L & 17R) with Allen screws (24), wave washers (91), and washers (64 & 119), see fig. (6-1) & (6-3).
- 2) Connect the left and right pivoted handlebar (30L & 30R) with the pivoted support tube (12L & 12R) with wave washers (6), spring washers (7), and Allen screws (9), see fig. (6-2 & 6-4).
- 3) Connect the adaptor (105) to the adapter input on the front of the elliptical cross trainer.

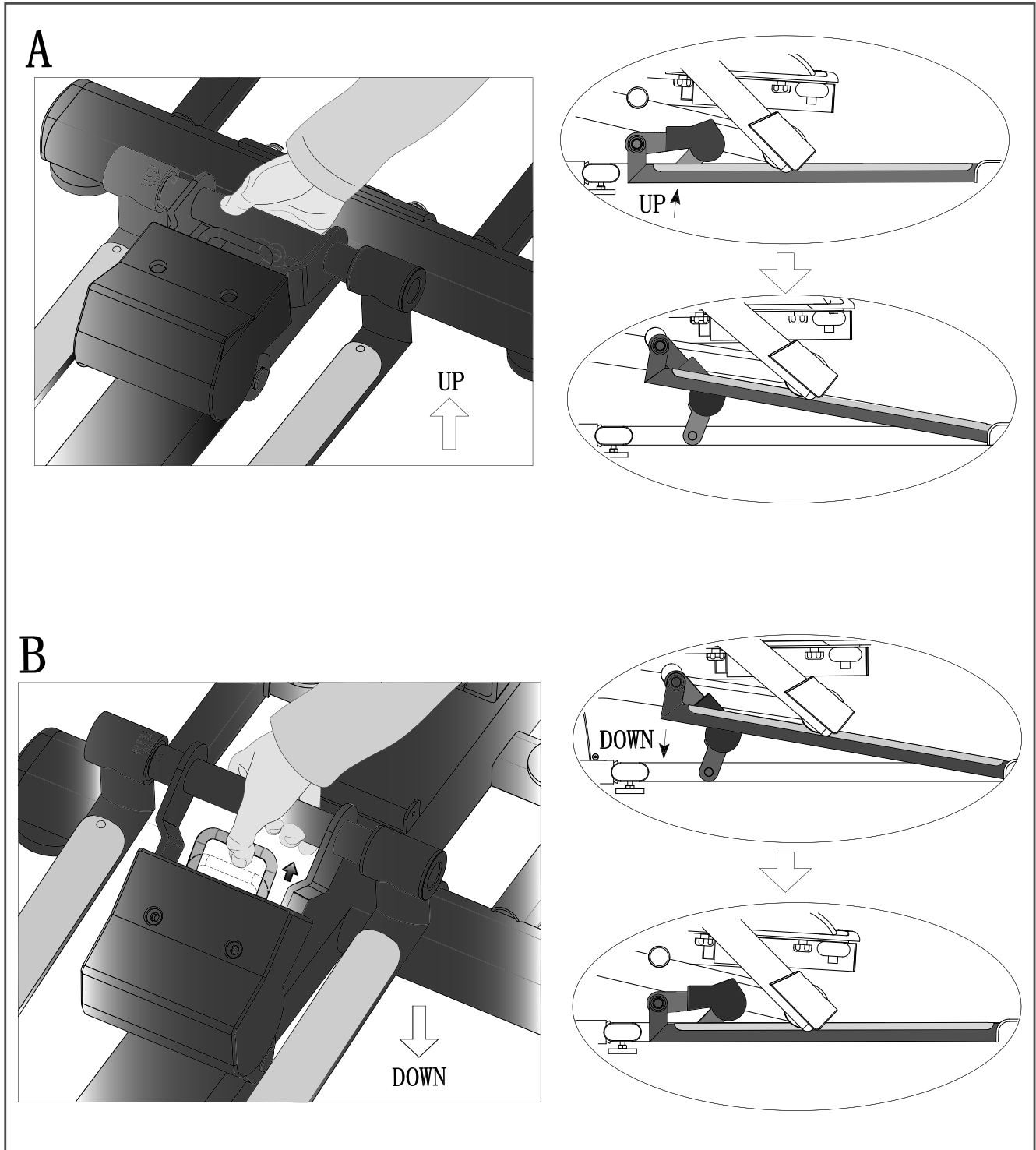




**Step 7: Adjusting incline:**

**A)** Hold the pivoted tube and bring it upwards to the appropriate horizontal position.

**B)** Hold the pivoted tube, pull out the orange coloured handlebar and adjust the position to the lower level.



### 4.1 Console display



<b>Time</b>	0:00 - 99:59 minutes
<b>Speed</b>	0.0 - 99.9 km/h
<b>RPM (cadence; rotations per minute)</b>	0 - 999 RPM
<b>Distance</b>	0.0 - 99.9 km
<b>Calories (Calories consumption)</b>	0 - 999 Cal
<b>Manual</b>	Manual mode of the training
<b>Pulse (Heart rate; beats per minute)</b>	While exercising, the pulse (beats per minute) is displayed. Pulse alarm when the pre-set target pulse value is exceeded.
<b>Watts</b>	WATT constant training mode
<b>Programmes</b>	12 programmes for selecting
<b>User</b>	User-defined programmes
<b>Watt</b>	0 - 350 Watt
<b>Recovery</b>	"R" stands for RECOVERY, for receiving the heart rates throughout the recovery state of the user
<b>H.R.C. (Heart rate)</b>	Target pulse training mode
<b>Body Fat</b>	"F" stands for BODY FAT, for measuring the body fat percentage and the BMI index

## 4.2 Button function

<b>Control knob: up</b>	<ul style="list-style-type: none"><li>- Increase of degree of resistance.</li><li>- Selection of settings.</li></ul>
<b>Control knob: down</b>	<ul style="list-style-type: none"><li>- Reduction of degree of resistance.</li><li>- Selection of settings.</li></ul>
<b>Mode</b>	<ul style="list-style-type: none"><li>- Confirmation of setting or selection.</li></ul>
<b>Reset</b>	<ul style="list-style-type: none"><li>- Hold the button for two seconds and the computer will be started again from the user settings.</li><li>- Back to the main menu while pre-setting the training values or the stop mode.</li></ul>
<b>Start/Stop</b>	<ul style="list-style-type: none"><li>- Starts and ends the training.</li></ul>

### 4.3 Turning on and setting the equipment

Connect the equipment, the computer turns on and all segments are shown on the LCD display for two seconds (fig. 1).

Then the pre-set speed is displayed in the window SPEED and "E" or "A" are displaced in the window TIME (fig. 2). Then enter your user data. Press the control knob for choosing U1 ~ U4. Then enter SEX, AGE, HEIGHT, and WEIGHT (fig. 3) and confirm with the MODE button.

When the user data profiles are entered, you return to the main menu on the console (fig. 4).

After four minutes, when the pedal is not used or the input impulse is missing, the console turns in to the energy save mode.

Press any button on the console to wake it up.

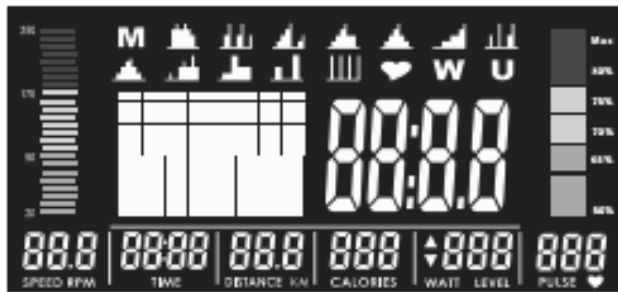


Figure 1



Figure 2

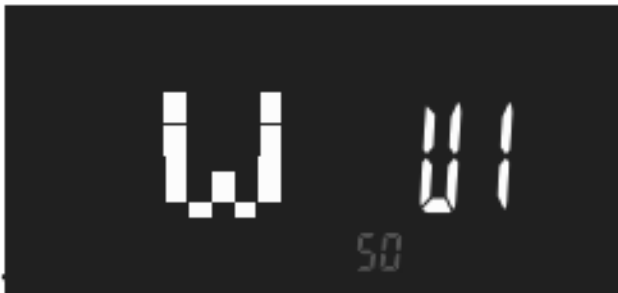


Figure 3



Figure 4

## 4.4 Programmes

In the main menu, press UP or DOWN on the control knob to choose the programme: M (Manual) (fig. 4) → P (Programme 1-12) (fig. 5) → (HRC) (fig. 6) → W (WATT) (fig. 7) → U (User) (fig. 8) → R (RECOVERY) (fig. 9) → F (BODY FAT) (fig. 10), confirm with the MODE button.



Figure 5



Figure 6



Figure 7



Figure 8



Figure 9



Figure 10

## 4.4.1 Manual programme

You can start the training directly in the manual mode by pressing START in the main menu.

1. Press UP or DOWN on the control knob to choose the training programme. Select M and confirm with the MODE button.
2. Press UP or DOWN to set the intensity level (fig. 11), pre-set value 1.
3. Press UP or DOWN to pre-set TIME (fig. 12), DISTANCE (fig. 13), CALORIES (fig. 14), PULSE (fig. 15) and confirm with the MODE button.
4. Press the START/STOP button to start the training. While exercising, the user can set the intensity level by pressing the control knob. The intensity level is displayed in the window WATT; If it is not set within three seconds, the display is shifted to the window WATT (fig. 16).
5. Press START/STOP to stop the training. Press RESET to get to the main menu

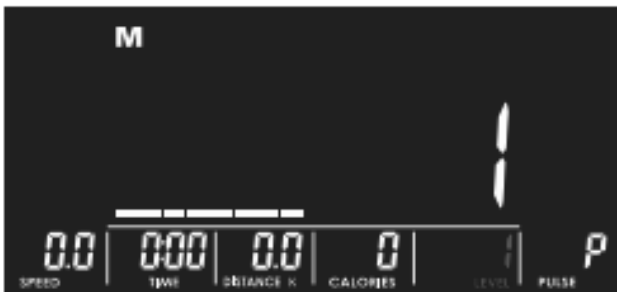


Figure 11



Figure 12



Figure 13



Figure 14



Figure 15



Figure 16

## 4.4.2 Pre-set programmes

1. Press UP or DOWN on the control knob to choose the training programme. Select P01 (fig. 17), P02, P03, ... P12 and confirm with the MODE button.
2. Press UP or DOWN on the control knob to set the intensity level (fig. 18), pre-set value 1.
3. Press UP or DOWN on the control knob to set the TIME.
4. Press START/STOP to start the training. While exercising, the user can set the intensity level by pressing the control knob.
5. Press START/STOP to stop the training. Press RESET to get to the main menu.



Figure 17



Figure 18



### 4.4.3 H.R.C. - Heart-rate controlled programmes

1. Press UP or DOWN on the control knob to choose the training programme. Select the HRC programme and confirm with the MODE button.
2. Press UP or DOWN on the control knob to select 55% (fig. 19), 75% (fig. 20), 90% (fig. 21) or the target heart rate TAG (TARGET H. R., pre-setting: 100) (fig. 22). If TAG is selected, press the set value 30 ~ 230 on the control knob, use UP and DOWN.
3. Press UP or DOWN on the control knob to set the training time (fig. 23).
4. Press START/STOP to start or stop the training. Press RESET to get to the main menu.



Figure 19

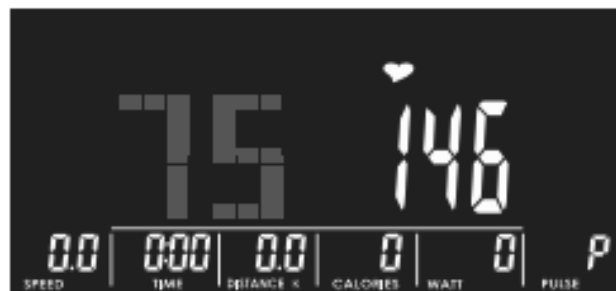


Figure 20

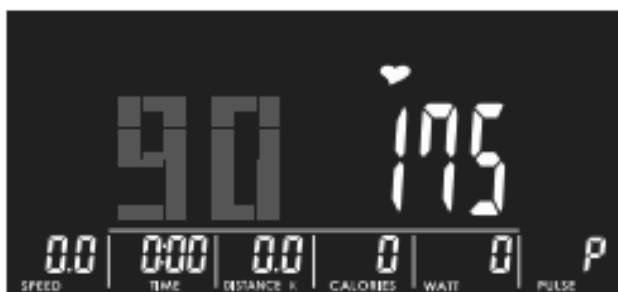


Figure 21

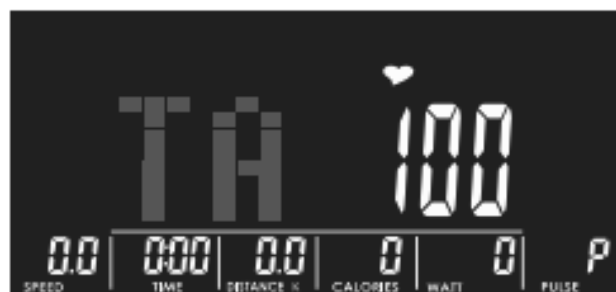


Figure 22

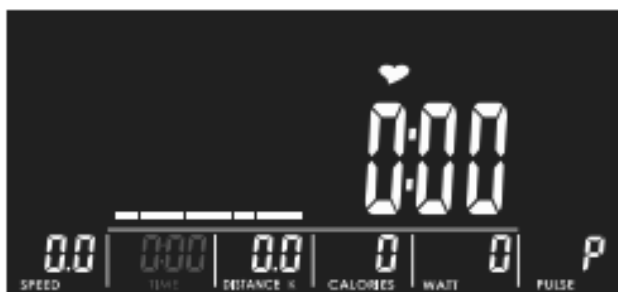


Figure 23

#### 4.4.4 Watt programme

1. Press UP or DOWN on the control knob to choose the training programme. Select W and confirm it with the MODE button.
2. Press UP or DOWN on the control knob to pre-set the WATT value (pre-set value: 120, fig. 24)
3. Press UP or DOWN on the control knob to pre-set the TIME (fig. 25).
4. Press START/STOP to start the training. While exercising, the system will set the intensity level automatically. The user can press on the control knob to set the WATT level.
5. Press START/STOP to stop the training. Press RESET to get to the main menu.



Figure 24



Figure 25

#### 4.4.5 User-defined programme

1. Press UP or DOWN on the control knob to choose the training programme. Select U and confirm it with the MODE button.
2. Press UP or DOWN on the control knob to set a user profile (fig. 26). All in all, there are eight columns, the user can set the intensity level for each column. The user can finish it by pressing the button MODE for two seconds while setting.
3. Press UP or DOWN on the control knob to pre-set the time (fig. 27).
4. Press START/STOP to start the training. While exercising, the user can set the intensity level by pressing the control knob.
5. Press START/STOP to stop the training. Press RESET to get to the main menu.

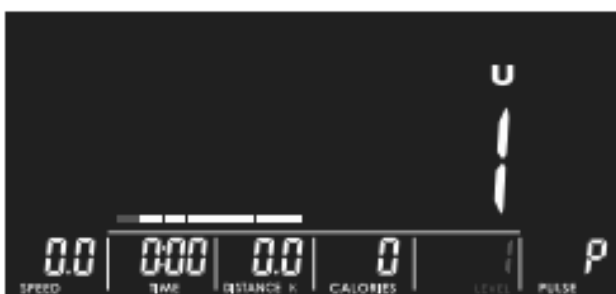


Figure 26



Figure 27

## 4.4.6 RECOVERY – Fitness test

After the training, you can measure your state of fitness. Hold both hand pulse sensors, after having chosen the RECOVERY mode. **Then choose “R” (RECOVERY) and press the MODE button.**

All functions except TIME are displayed, the time counts down from 00:60 to 00:00 (fig. 28). The screen displays your pulse beat and your fitness level is evaluated after 60 seconds (fig. 29). F1 is the best, F6 is the worst. Due to a regular training, the mark can be quickly improved. (Press the RECOVERY button again to get to the main menu.)

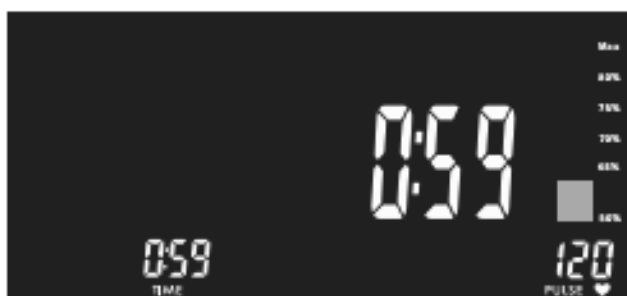


Figure 28



Figure 29

## 4.4.7 Body analysis

1. In the STOP mode, you press RESET to get to the main menu. Then choose “F” to start the body fat measuring.
  2. The console displays UX (fig. 30) and the measuring is started.
  3. While measuring, the user needs to hold the handlebars with both hands. Once the console has determined the pulse, the LCD display comes for eight seconds – like shown in fig. 31 ~ 33 – until the computer stops the measuring.
  4. LCD will display the BMI index (fig. 34), FAT % (fig. 35), and BODY FAT hint symbol (fig. 36).
  5. Error message: \* The LCD display „----“ „----“ – means that the hands are not correctly placed on the handlebars.
- \* E-1- There is no pulse beat signal input.  
\* E-4- happens when the FAT% and BMI results are below 5 or above 50.



Figure 30



Figure 31



Figure 32



Figure 33

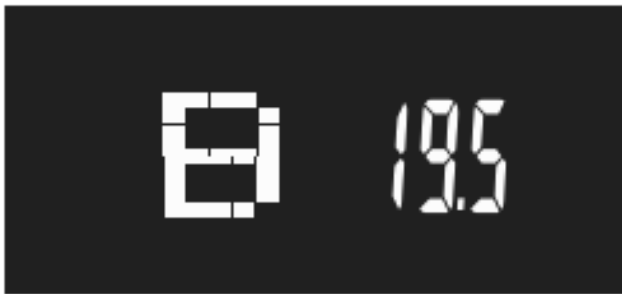


Figure 34



Figure 35



Figure 36

## 4.5 Heart-rate measuring

### Pulse measuring via hand sensors

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

#### Note:

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

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

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

### Telemetric heart rate measuring

This elliptical cross trainer is already equipped with a heart rate receiver as standard. Using a chest strap makes it possible for you to have a wireless heart rate measuring. This optimal and ECG-precise type of measuring reads the heart rate directly from the skin through a transmitting chest strap. The chest strap then sends the impulse to the receiver integrated in the console.

#### Positioning the chest strap and moistening the electrodes:

Place the belt directly below the chest, while the transmitter should be placed on the middle of the chest. The chest strap should sit comfortably, but not too loose. If the belt is too loose, the contact to the electrodes may be disrupted or the belt may slip while exercising. The transmitter turns on automatically once it is put on. In order to allow for a precise measuring, you should moisten the rubber electrodes. This is best done with a special chest strap contact gel, which is also used for ultrasound scans.

#### Note:

If you have not been active in doing sports for a longer period of time, you should first go to your physician in order to discuss your training with them. You should also contact your physician in advance in the event of heart problems, high/low blood pressure and obesity.

### Training with heart rate orientation

Heart rate orientation guarantees an extremely effective and healthy training. Through your age and the following table, you can quickly and easily read and determine the optimal pulse for your training. An acoustic alarm will sound if your heart rate exceeds the set target heart rate. Which target heart rate is important for which training goal can be found out in the following.

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

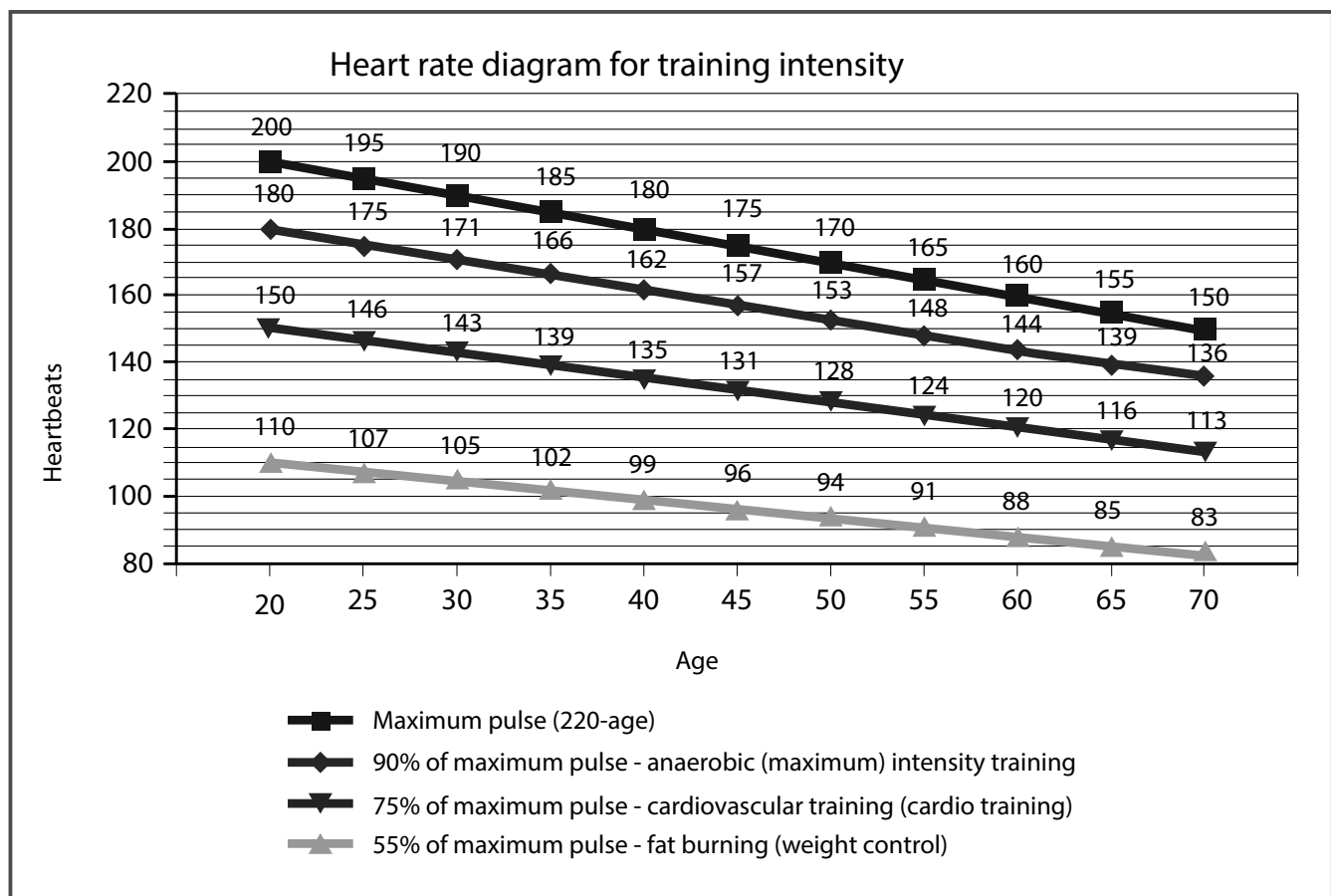
**Cardiovascular training (cardio training):** The primary goal is to increase stamina and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training period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

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

**Example:**

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

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



## 5 WARRANTY INFORMATION

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

### **Error descriptions**

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

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

**Your statutory rights are not affected.**

### **Warrantee**

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

### **Warranty periods**

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

<b>Model</b>	<b>Use</b>	<b>Full warranty</b>
FX70	Home use	24 months

### **Repair costs**

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

**The terms of use are defined as follows:**

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

### **Warranty service**

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

### **Warranty conditions**

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

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

### **Warranty claims are invalid in case of damage resulting from:**

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

### **Proof of purchase and serial number**

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

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

### **Service outside of the warranty period**

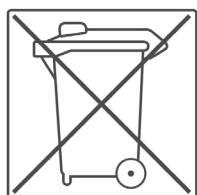
We are also happy to issue an individual cost estimate if there is a problem with your fitness equipment after the warranty has expired, or in cases which do not fall under the terms of the warranty, e. g. normal wear and tear. Please contact our customer service team to find a quick and cost-effective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

### **Communication**

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



## 6 DISPOSAL



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

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

## 7 ORDERING ACCESSORIES

	<p>Floor mat, size XL Art. no. ST-FM-XL</p>
	<p>Chest strap Art. No. ST1030</p>
	<p>Silicone spray Art. No. ST-1003</p>
	<p>Chest-strap contact gel 250ml Art. no. BK-250</p>
	<p>Fitness equipment care kit Art. no. HF-500</p>

## 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

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

## 9.2 Serial number and model name

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

Serial number:

Brand / category:

Model name:

### \*.3 BScfe 1ef

No.	Description	Specifications	Qty.
1	Main Frame		1
2	Front Stabilizer		1
3	Sliding Beam Guiding Plate	R19.1*681*1.5T	2
4	Oval Cap	25*50*26L	2
5R	Left Triangle Foot Cap	95.7*57.2*51.3	2
5L	Right Triangle Foot Cap	95.7*57.2*51.3	2
6	Curved Washer	D22xD8.5x1.5T	6
7	Spring Washer	D15.4xD8.2x2T	20
8	Flat Washer	D16xD8.5x1.2T	12
9	Allen Bolt	M8x1.25x20L	22
10	Handlebar Post Tube		1
11L	Supporting Tube For Left Pedal		1
11R	Supporting Tube For Right Pedal		1
12L	Supporting Tube For Left Movable Handlebar		1
12R	Supporting Tube For Right Movable Handlebar		1
13	xx		x
14	Cover For Rear Stabilizer	316*80.1*47.5	1
15	Mushroom Cap	D1 1/4"*29L	2
16	Bearing	#99502	6
17L	Left Pedal Welding Set		1
17R	Right Pedal Welding Set		1
18	Flat Washer	D25*D8.5*2T	13
19	Bolt	M8*1.25*50L	4
20	Bolt	M8*1.25*20L	4
21L	Left Pedal	410.7*173.9*70	1
21R	Right Pedal	410.7*173.9*70	1
22	Flat Washer	D14xD6.5x0.8T	4
23	Knob	D40*M6*12	4
24	Bolt	M8*1.25*20L	2
25	Fixing Plate	30*27*4T	1

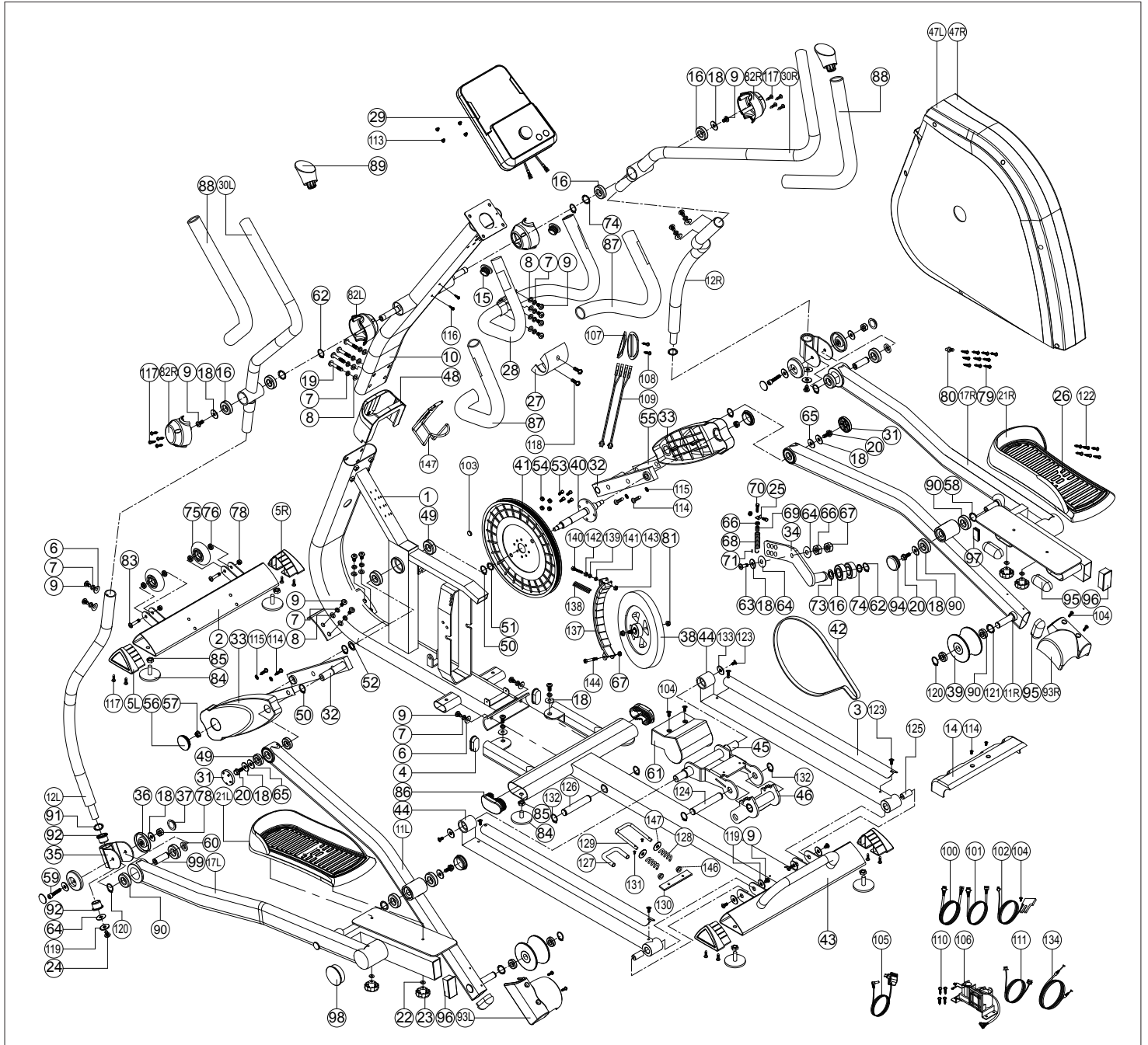
No.	Description	Specifications	Qty.
26	Pedal Pad	354.9*134.5*9	2
27	Protective Cover	100*81*40.8	1
28	Handlebar Welding Set		1
29	Computer	SM-1610-71	1
30L	Left Handlebar Welding Set		1
30R	Right Handlebar Welding Set		1
31	Axle Cover	D46*14.8	2
32	Crank Welding Set		2
33	Crank Cover	339*102.6*29.9	2
34	Fixing Plate For Idle Wheel		1
35	Pedal Bottom Bracket Welding Set		2
36	Axle Cover	D60*13.5L	4
37	Side Cap	D29.1*13L	4
38	Flywheel Set		1
39	Roller Wheel	D87.2*55L	2
40	Crank Axle Welding Set		1
41	Belt Wheel	D305x19.5	1
42	Belt	460 PJ6	1
43	Rear Stabilizer Welding Set		1
44	Slide Beam Welding Set		2
45	Adjustable Pole Welding Set		1
46	Circumgyrate Axle Welding Set		1
47L	Left Chain Cover	698.8*597*71.9	1
47R	Right Chain Cover	698.8*597*67.5	1
48	Upper Cover	137.1*121*73.4	1
49	Bearing	#6004ZZ	14
50	C Ring	D22.5*D18.5*1.2T	4
51	Waved Washer	D27*D20.3*0.5T	1
52	Flat Washer	D26*D21*1.5T	1
53	Bolt	M6x1.0x15L	5

No.	Description	Specifications	Qty.
54	Anti-Loose Nut	M6x1.0x6T	5
56	Side Cap	D36x14	2
57	Anti-Slip Nut	M10*1.25*7T	2
58	Plastic Flat Gasket	D27xD18x1.0T	2
59	Hexagon Socket Cap Screws	M8x1.25x75L	2
60	Lantern Ring	D21xD17.1x5T	2
62	C Ring	S-16(1T)	3
63	Bolt	M8x1.25x30L	1
61	Chainring Protective Cover	125.4x128.5x90.1	1
64	Flat Washer	D10xD24x0.4T	4
65	Buffer	D27xD8.2x2.5T	2
66	Nut	M8x1.25x6T	2
67	Anti-Loose Nut	M8x1.25x8T	2
68	Spring	D3xD19x67L	1
69	Nut	D15x13L	1
70	Bolt	M8x1.25x50L	1
71	Plastic Cover	D3x30L	1
73	Flat Washer	D24xD16x1.5T	1
74	Waved Washer	D21xD16.2x0.3T	3
75	Round Moving Wheel	D70.5x23	2
76	Bushing	D22.2xD8.2x7T	4
77	Xx		x
78	Anti-Loose Nut	M8x1.25x8T	4
79	Screw	ST4.2x1.4x20L	10
80	Pin	D6x26.5x7.7	1
81	Anti-Loose Nut	3/8"-26UNFx6.5T	2
82L	Left Upper Foot Cap	80x55x87	2
82R	Right Upper Foot Cap	80x50x87	2
83	Inner Allen Bolt	M8x1.25x40L	2
84	Adjustable Round Wheel	D38xM10x1.5	6
85	Nut	M10x1.5x8T	6
86	Cap	40x80x33	2
87	Hdr Foam	D30x3Tx530L	2
88	Hdr Foam	D30x3Tx680L	2

No.	Description	Specifications	Qty.
89	Handlebar Cap	95.8*50.8	2
90	Bearing	#6003ZZ	12
91	Waved Washer	D26*D19.5*0.3T	2
92	Spacer Bushing	D19.15x(D25.6x32)xL(17+3)	4
93L	Round Wheel Cover(Left)	143.1*113.3*65	1
93R	Round Wheel Cover(Right)	143.1*113.3*65	1
94	Round Cap	D45*15	2
95	Elliptical Cap	30*70*10.5	2
96	Square Cap	30*60*15	2
97	Cap	25*50*14	6
98	Round Cap	D60*14	2
99	Short Axle	D17*48L	2
100	Upper Computer Cable	1050L	1
101	Lower Computer Cable	400L	1
102	Sensor Cable	150L	1
103	Round Magnet	M02	1
104	Bolt	M5*0.8*12L	7
105	Adaptor	9V.500MA	1
106	Motor		1
107	Handle Pulse	PE18	2
108	Screw	ST4x25L	2
109	Handle Pulse Cable	700L	2
110	Screw	ST4.2*1.4*15L	4
111	Power Cable	550L	1
113	Bolt	M5*0.8*10L	4
114	Screw	ST4*1.41*15L	6
115	Flat Washer	D15*D5.2*1.0T	4
116	Bolt	M5*0.8*15L	2
117	Screw	ST4*1.41*15L	8
118	Bolt	M5*0.8*12L	2

No.	Description	Specifications	Qty.
119	Flat Washer	D30*D8.5*2T	6
120	C Ring	S-17(1T)	4
121	Waved Washer	D22xD17x0.3T	2
122	Screw	ST4*1.41*14L	12
123	Bolt	M6*1*15L	6
124	Circumgyrate Axle	D19*114.7L	1
125	Fixed Axle	D23.6*56L	2
126	Front Pedal Axle	D19*101.7L	1
127	Dip Foam	D7.8*1.5T*140L	1
128	Spring	D1*D10.5*20.5L	2
129	Hand Grip	D8*95L	1
130	Lock Plate	112*22*4T	1
131	Screw	M4x0.7x12L	2
132	C Ring	D21.5xD17.5x1.2T	4
133	Flat Washer	D28xD6.5x2.0T	2
134	Tension Cable	D1.5*130L	1
137	Magnet Fixing Bracket Set		1
138	Spring	D1.2*55L	1
139	Flat Washer	D14*D6.5*0.8T	1
140	Bolt	M6*65L	1
141	Nylon Washer	D6*D19*1.5T	1
142	Nut	M6*1*6T	1
143	Nylon Nut	M6*1*6T	1
144	Bolt	M8*52L	1
145	Cone-Shaped Washer	D14*D8.5*4T	2
146	Flat Washer	D18*D8.5*1.2T	2
147	Bottle holder		1

# 8.4 Exploded drawing





## CONTACT

### Company head office

Sport-Tiedje GmbH  
Flensburger Str. 55  
24837 Schleswig

### Hotline for Technical Information

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

[www.sport-tiedje.com](http://www.sport-tiedje.com)  
[www.cardiostrong.de](http://www.cardiostrong.de)

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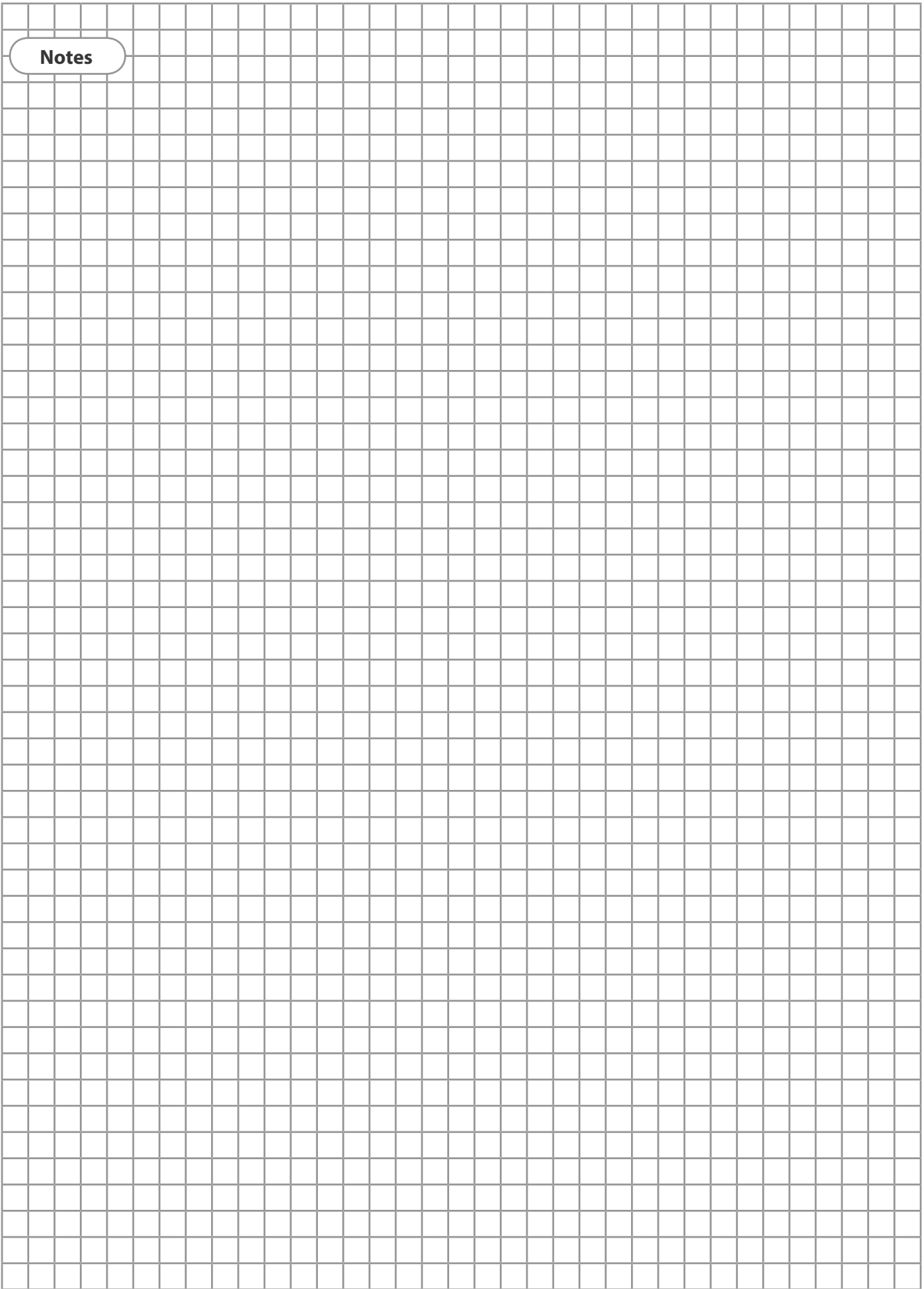
Product and manual are subject to change. Technical data can be changed without advance notice.

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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](http://www.sport-tiedje.com/en/stores)

Notes







Elliptical cross trainer FX70