# 

**Assembly and Operating Instructions** 



max. 140 kg





FSKTM1038100.01.01

Art. No. K-TM1038-100

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### Dear customer,

Thank you for choosing a Kettler fitness device. Kettler Sport represents tradition, durability, and quality like no other home fitness brand. Classic home trainers such as the Golf have accompanied users for decades. At the same time, Kettler stands for innovation and continuously develops thoughtful solutions, particularly in usability and training comfort.

Kettler Sport provides everything you need for successful training at home: cardio and strength equipment, as well as a wide range of fitness accessories.

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

### **Intended Use**

The equipment may only be used for its intended purpose.

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

# **Legal Notice**

Fitshop GmbH Europe's No. 1 for home fitness

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### Disclaimer

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



Europe's No.1 for Home Fitness

### **ABOUT THIS MANUAL**

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

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



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

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

### **Accuracy classes**

Class A: high accuracy.

Class B: medium accuracy.

Class C: low accuracy.

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

### **Use classes**

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

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

**Class H** (home use): use at home.

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

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

The following safety instructions may appear in this manual:

### ► ATTENTION

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

# **CAUTION**

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

# **↑** WARNING

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

# **↑** DANGER

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

### (i) 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

# Weight and dimensons:

Item Weight (gross, including packaging): 91 kg

Item Weight (net, without packaging): 87 kg

Packaging Dimensions (L x W x H): 199 cm x 93 cm x 41 cm

Assembled Dimensions (L x W x H): 182 cm x 85.5 cm x 143.5 cm

Maximum User Weight: 130 kg

Use Class:

# 1.2 Personal Safety

# **⚠** DANGER

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

# **↑** WARNING

- + This equipment may not be used by children under the age of 14.
- + Children should not be allowed unsupervised access to the equipment.
- + Persons with disabilities must have a medical license and must be under strict observation when using the equipment.
- + The equipment is strictly for use by one person at a time.
- + If your equipment provides a safety key, the clip of the safety key must be attached to your clothing before starting your training. In the event of a fall, the EMERGENCY STOP of the equipment can be initiated.
- + If an emergency occurs and training has to be stopped abruptly, pull out the safety key, grab both handles, jump onto the side rails and wait until the treadmill has come to a complete stop.
- 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.
- + Be aware that if adjustment devices are left protruding, they may impede the user's movement.

### ATTENTION

- + Do not insert any objects of any kind into the openings of the device.
- + To protect the equipment from use by unauthorised third parties, always remove the power cable (if existing) when not in use and store it in a safe place that is inaccessible to unauthorised persons (e.g. children).

# 1.3 Electrical Safety

# **↑** DANGER

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

# **↑** WARNING

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

### ► ATTENTION

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

### (i) NOTICE

- + The pre-installed apps on TFT consoles are produced and provided by external manufacturers. Fitshop does not take any responsibility for the availability, functionality or contents of these apps.
- Hereby, Fitshop GmbH declares that the radio equipment type Wireless Connection (2.402
   2.480 GHz) complies with Directive 2014/53/EU. The full text of the EU Declaration of Conformity is available at the following website: www.fitshop.com.

# 1.4 Set-Up Place

# **↑** WARNING

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

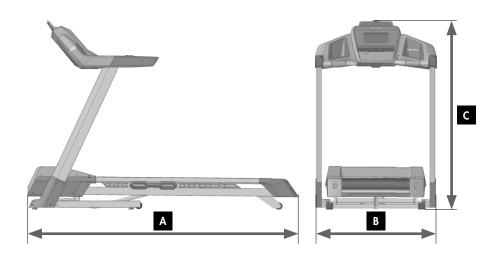
# **CAUTION**

- + Make sure that there is a safety area behind the treadmill with a length of at least 2 m and a width at least equal to the width of the treadmill.
- + The training room should be well ventilated during training and not be exposed to any draughts.
- + Choose the place in which to set up the equipment such that there is enough free space/ clearance to the front, the rear and to the sides of the equipment.
- + The free area in the direction from which the exercise equipment is accessed must be at least 0.6 m larger than the exercise area.
- + The set-up and mounting surface of the equipment should be flat, loadable and solid.

### ATTENTION

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

Recommended free zone:



# 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

- + The treadmill is equipped with highpressure shock absorbers that can cause the treadmill to suddenly open if handled incorrectly. To avoid possible personal injuries, never pull on the areas of the treadmill shown in the illustration. Never try to lift or move the treadmill at the marked areas.
- + Pay attention to the instructions attached to the equipment in order to reduce the risk of injuries.



# **CAUTION**

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

### ATTENTION

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

### (i) 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

# **↑** WARNING

There is a transportation lock that prevents the treadmill from opening during transport. This transportation lock must be removed before assembly.

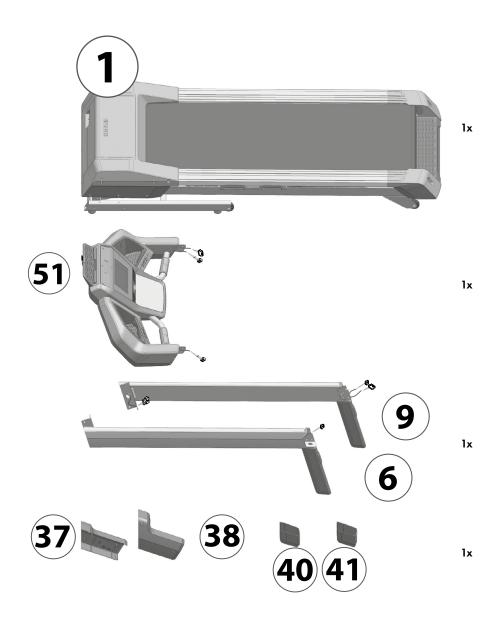
The scope of delivery consist of the following parts. At the beginning, check whether all parts and tools belonging to the device are included in the scope of delivery and whether damage has occurred. In the event of complaints, the contractual partner must be contacted directly.

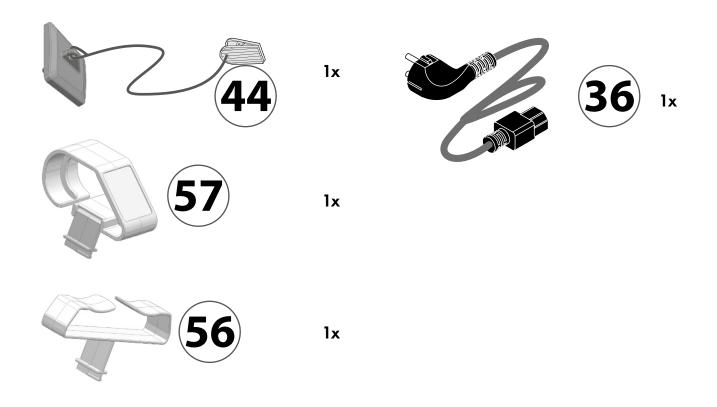
# **CAUTION**

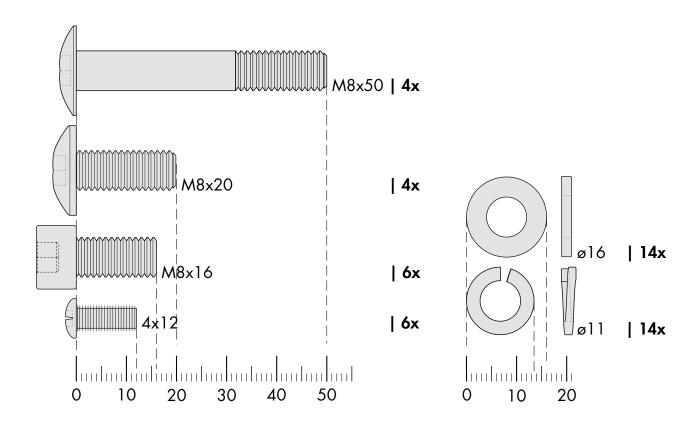
If parts of the scope of delivery are missing or damaged, the assembly must not be carried out.

# (i) NOTE

Required tools: Allen key, Philips screw driver, Scissor







# 2.3 Assembly

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

### (i) NOTICE

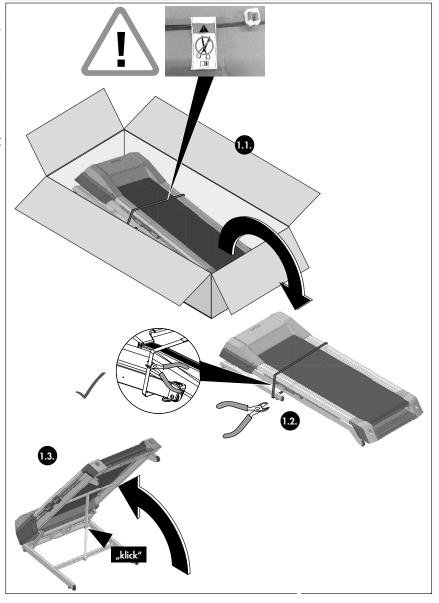
- + First loosely screw all parts together and check that they fit properly. Tighten the screws using the tool only when you are instructed to do so.
- + Do not tighten the screws and bolts with excessive force as they could be damaged.
- + If you have difficulty recognising the graphics, we recommend that you open and/or download the PDF instructions stored in the webshop on your end device (e.g. smartphone, tablet or PC). There you have the option of zooming in closer. Please note that the Adobe Acrobat Reader programme must be installed on your end device in order to open the file.

# **Step 1: Preparing for Assembly**

### (i) NOTE

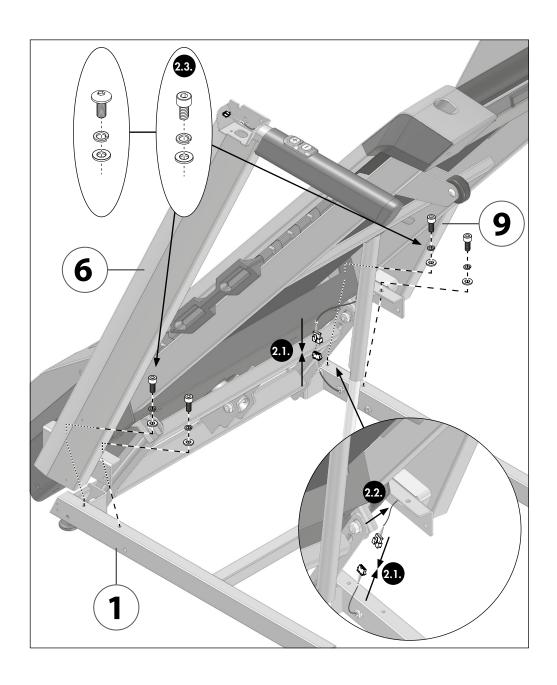
Please note that assembly is intended for two people.

- 1. Remove the treadmill from the packaging.
- 2. Release the transport lock.
- 3. Fold up the treadmill until it audibly clicks.



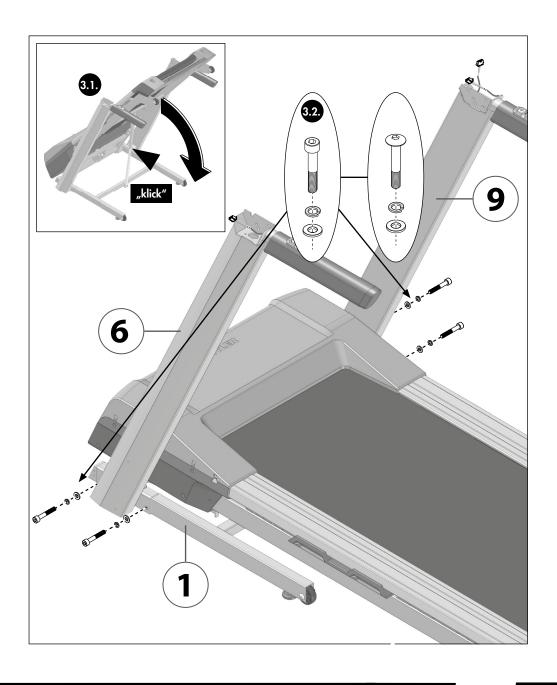
# **Step 2: Assembling the Arm Supports**

- 1. Connect the console cables.
- 2. Attach the left and right arm supports (6 and 9) to the base frame (1) using two screws (M8x16 & M8x20), two spring washers (Ø 11), and two washers (Ø 16) each.



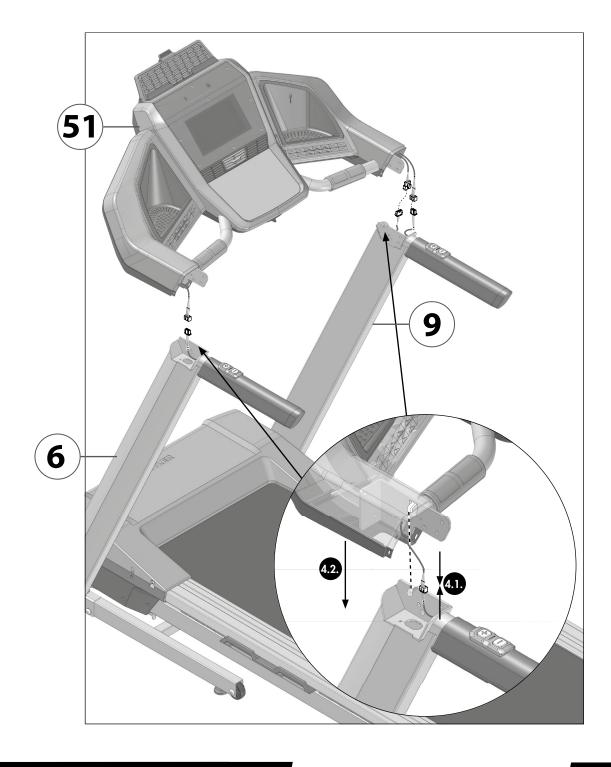
# **Step 3: Securing the Arm Supports**

- 1. Fold down the treadmill.
- 2. Secure the left and right arm supports (6 and 9) to the base frame (1) using two screws (M8x45 & M8x50), two spring washers (Ø13,5), and two washers (Ø17) each.



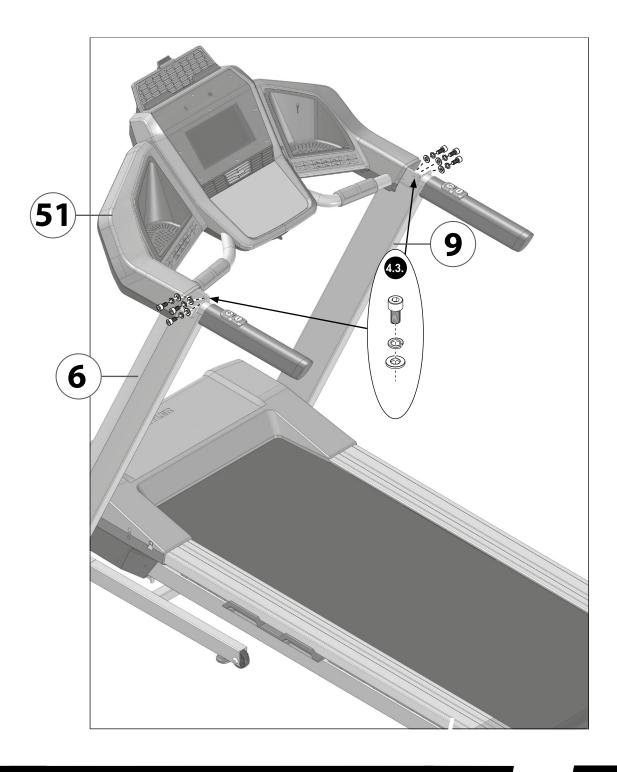
# **Step 4: Connecting the Console Cables**

- 1. Connect the console cables.
- 2. Place the console (51) onto the console arms (6 and 9).



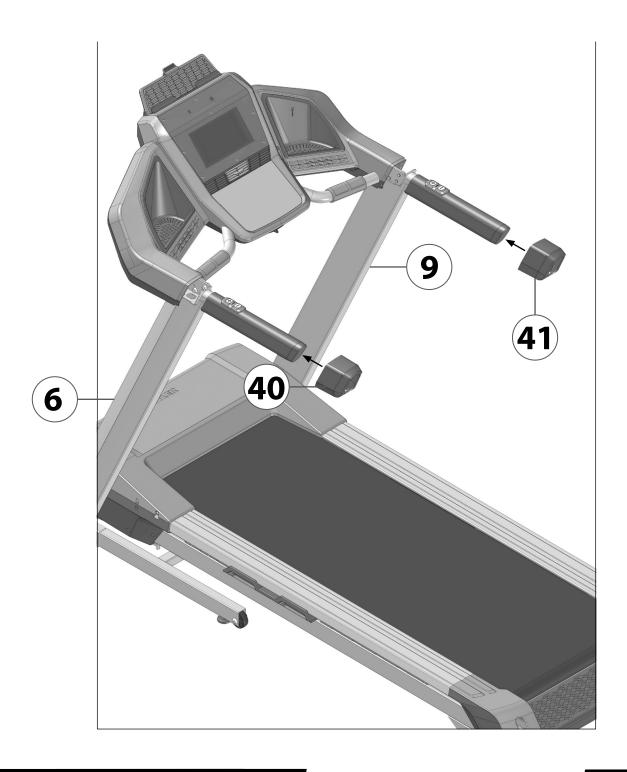
# **Step 5: Assembling the Console**

1. Attach the console (51) to the left and right support arms (6 and 9) using three screws (M8x16), three spring washers (Ø13,5), and three washers (Ø17) each.



# **Step 6: Attaching the Covers**

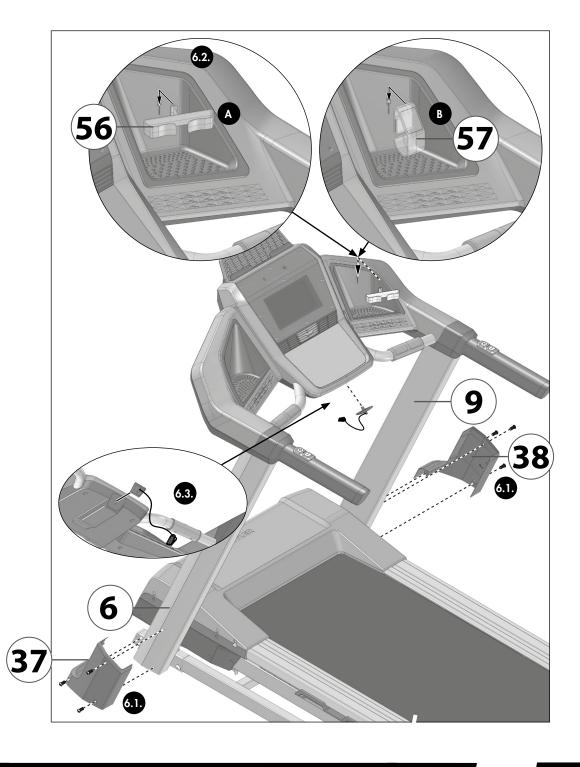
1. Slide the covers (40 and 41) onto the left and right arm supports (6 and 9).



# **Step 7: Attaching Accessories**

- 1. Attach the arm support covers (37 and 38) to the left and right arm supports (6 and 9) using three screws (4x12) each.
- 2. Attach the brackets (56 and 57) to the console (51).
- 3. Attach the EMERGENCY STOP plug to the console (51).

The treadmill is now fully assembled.



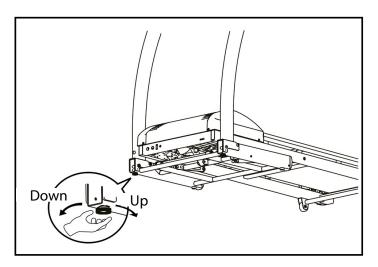
# **Step 8: Alignment of the feet**

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

### **↑** WARNING

The treadmill is equipped with high-pressure shock absorbers that can cause the treadmill to suddenly open if handled incorrectly. For more information, refer to the section 2.1 of this manual.

- Lift the treadmill on the desired side and rotate the setting screws under the main frame.
- Rotate the screws clockwise in order to remove them and to raise the running surface.
- Rotate them counterclockwise in order 3. to lower the running surface.



# Step 9: 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.

# **Correctly Getting On and Off**

- To step onto the treadmill, grip the handrails with both hands and step onto the treadmill one foot at a time.
- 2. To get off, grip the handrails with both hands and step off the treadmill one foot at a time.

### **(i) NOTICE**

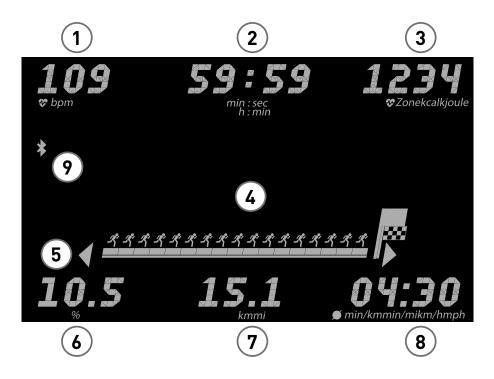
- + Familiarise yourself with all the functions and setting options of the device before starting training. Have the proper use of this product explained to you by a specialist.
- Always start your training with low intensity and increase evenly and gently. End your training with a cool-down phase. If you are unsure, please consult your physician.
- Most new treadmills make a knocking noise caused by the running mat sliding over the rollers. The time it takes for the noise to subside depends on the intensity of use, the temperature and the humidity around the treadmill.
- Please bear in mind that the noise emission under load is higher than without load.

### **SAFETY KEY**

### **↑** WARNING

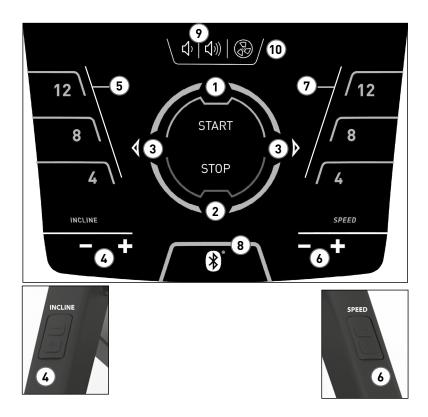
- For your safety, the device is equipped with an EMERGENCY STOP function. The equipment can only be operated if the safety key is correctly attached to the contact point of the cockpit. If the safety key is no longer on the contact point, the equipment automatically stops. Therefore, the Safety Key cord with the clip must be attached to your clothing before every training session. If you want to quickly stop the treadmill, if you can no longer control the speed, or if another emergency occurs, remove the safety key from the cockpit using the cord.
- + To enable the safety key to detach from the contact point of the cockpit in the event of a fall, the safety key clip must be firmly attached to your clothing!
- + Make sure that the safety key is not accessible to children.

# 3.1 Console Display



No.	Display	Function	
1	Heart Frequency	Displays the current heart rate.	
2	Training time	Displays the total training time.	
3	Burned Calories or Heart rate zone	Depending on the setting, shows the total calorie consumption or the current heart rate zone.	
4	Training matrix	Displays the current training profile.	
5	Training animation	Displays the training progress.	
6	Incline	Displays the average and current incline.	
7	Distance	Displays the distance covered.	
8	Speed or Pace	<ul><li>+ Displays the current and average speed.</li><li>+ Displays the current and average pace.</li></ul>	
9	Bluetooth	Indicates whether a Bluetooth connection is established.	

# 3.2 Console



	Button	Function
1	START	Starts or confirms settings.
2	STOP	Stops or cancels settings. Hold the button to turn off the display.
3	Arrow keys	Switches the selection.
4	Incline adjustment	Adjusts the incline.
5	Shortcut button: Incline	Preset values for quick incline adjustment.
6	Speed adjustement	Adjusts the speed.
7	Shortcut button: Speed	Preset values for quick speed adjustment.
8	Bluetooth	Set up a Bluetooth connection.
9	Volume control	Adjusts the volume.
10	Fan	Activates or deactivates the fan. It has 3 levels.

# 3.3 Starting Menu

Navigate in the main menu using the Left/Right buttons. Select an option by pressing START.

No.	Display	Function
1		<ul> <li>Quick Start</li> <li>In Quick Start, you can quickly and easily begin a free workout without any preset options.</li> <li>In this case, your data will not be associated with any user account.</li> </ul>
2		<ul> <li>Select User</li> <li>In this menu, up to four individually created users can be selected. These are intended as personal user accounts for individuals who train regularly.</li> <li>Personal settings can be made in the account, and training results can be saved.</li> <li>Individual user accounts are identified by the first letter of your first name.</li> </ul>
3		<ul> <li>Select Guest User</li> <li>The guest user is a pre-configured user profile. It offers the option to use all training programs (with the exception of HRC training) without any presets.</li> <li>No training results are saved in the guest user profile. Additionally, no personal settings can be made.</li> </ul>
4		Create New User     In this menu, a new individual user can be created.     When selecting this menu item, the name, age, and individual training level will be requested.
5		Device Settings  Here, you can adjust all device settings that apply to all users:  Language, measurement unit, device data, key sound, update, reset.
6	APP HODE	<ul> <li>APP Mode         <ul> <li>Connect your training display to a smartphone or tablet to access additional training.</li> </ul> </li> <li>This program is a higher-level mode, and the training data is not associated with any user account.</li> </ul>

# 3.4 User Menu

The user menu appears once you have selected a user. Navigate in the user menu using the Left/Right buttons. Select an option by pressing START.

_		
1	<ul> <li>Repeat Last Workout</li> <li>By selecting this menu item, you will be taken directly to the most recent workout.</li> <li>This menu item is always pre-selected when entering the user menu, making the last workout just one click away.</li> </ul>	
2	Training Programs  This menu item contains all the available training runs on your KETTLER treadmill.	
3	<ul> <li>Create New Workout</li> <li>With this workout configurator, you can easily create your own custom workout.</li> <li>Simply enter the desired incline and speed for each training segment.</li> </ul>	
4	My Results In this menu item, you will find your personal overall performance, the result of your last workout, as well as your personal bests for 3 km, 5 km, and 10 km.	
5	<ul> <li>Personal Settings</li> <li>Under personal settings, you can make all user-specific adjustments (e.g., changes to age or training level).</li> <li>Changes in this menu will not affect the settings of other users and are therefore tailored to your individual preferences.</li> </ul>	

# 3.5 Wireless Connection

The treadmill can be paired with a chest strap for heart rate monitoring. Additionally, the device can connect to smartphones, tablets, or PCs to access a wide range of training options through compatible programs or apps.

# 3.6 Connecting to a Heart Rate Sensor

# **↑** 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.

- 1. Briefly press the Bluetooth button to open the Bluetooth setup menu.
- 2. Use the < > buttons to select the detected sensor.
- 3. A connected sensor can also be deleted in the setup menu.

After a successful connection, a confirmation will appear on the display.

Press the Bluetooth button again to return to the main menu.

# 3.6.1 Using the Heart Rate Sensor During Training

2. Start your workout.

The heart rate will be detected automatically, so no manual reconnection is necessary.

### NOTE **(i)**

The Bluetooth setup menu is not accessible during a workout.

# 3.6.2 Deactivating or Deleting a Heart Rate Sensor Connection

### **(i)** NOTE

- + If the connection is interrupted, the message "Device disconnected" will appear an automatic reconnection will occur.
- + If you move the sensor more than 6 meters away or deactivate it, "Device disconnected" will also appear.
- + Use the Bluetooth setup menu to manage or delete the connection.

# 3.7 Workout tips

When training, it is important to perform the exercises correctly in order to avoid injuries and achieve the desired training effect. Make sure you use the correct technique and train at an appropriate intensity level. Always consult an expert such as a trainer or doctor if you are unsure or have health problems. Always start your training with a low load and increase it evenly and gently. End your training with a cool-down phase. If you have any questions or uncertainties, contact your doctor.

# 3.7.1 Training clothes

During training, wear appropriate sports clothing that is comfortable and breathable. Avoid clothing that restricts you or is uncomfortable. Make sure that your shoes are suitable and offer you sufficient support. In addition, always carry a towel with you to wipe away sweat and keep the equipment clean.

# 3.7.2 Warming up and stretching

It is important to warm up and stretch properly before training to avoid injury and improve performance. Stretching helps to loosen muscles and improve flexibility. Be sure to incorporate a short stretching routine before each workout.

# Warm-up exercise:

- 1. Stand upright with your feet about shoulder-width apart.
- 2. Start with gentle arm circles by slowly moving your arms forwards in small circles in a controlled manner.
- 3. Perform arm circles backwards to loosen your shoulders and arms.
- 4. Do squats by slowly squatting down and then straightening up again. Make sure that your knees do not extend beyond your toes.

### **↑** CAUTION

Do not exercise with sore muscles or take it easy on the affected muscles, as this can lead to injuries.

# 3.7.3 Medication

If you regularly take medication and want to exercise, it is important to be aware of possible side effects. Ask your doctor whether your medication affects your workout.

# 3.7.4 Used muscle groups

Running uses the following muscle groups:

- + Gluteal muscle
- Leg muscles

Make sure you keep your back straight during training. Do not hunch over and do not arch your back. Do not fully extend your legs, but keep a slight bend in the backwards movement.

# 3.7.5 Exercise frequency

Regular exercise is crucial to making progress and staying healthy in the long term. Continuous exercise can strengthen muscles, improve endurance and enhance overall well-being. Remember that even small workouts can be done regularly to achieve long-term results.

### **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.

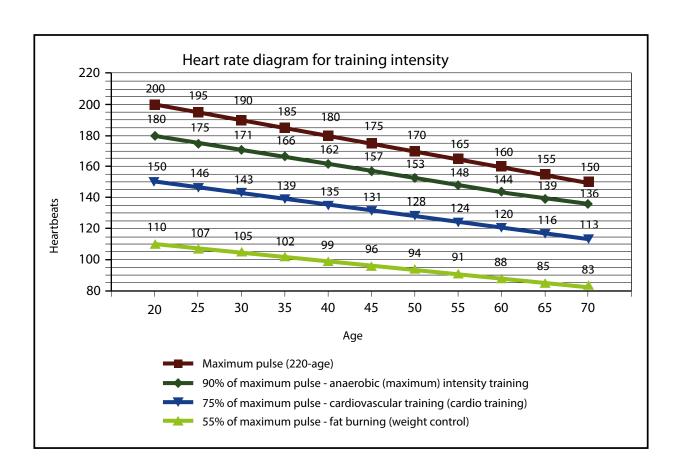
**Cardiovascular training (cardio training):** The primary goal is to increase stamina and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training period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

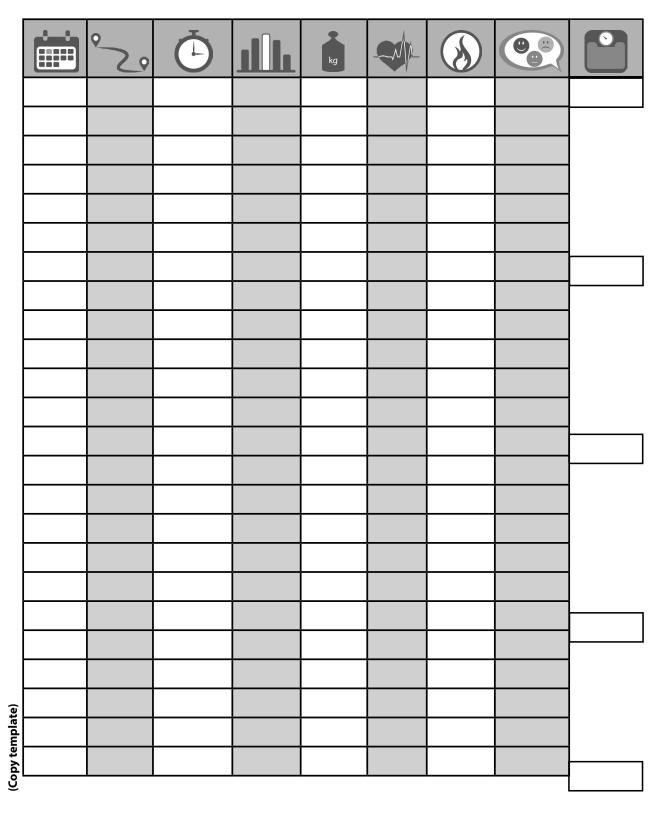
# **Example:**

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

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



# 3.8 Workout journal





















Distance

Resistance level

I feel ...

# 3.9 Wireless Connection and Fitness Apps

This console is equipped with a wireless interface. Please take note that your mobile device needs to be compatible with the wireless interface of the treadmill.

To use training apps you will have to activate the wireless connection function on your mobile device (tablet or smart phone) and start the fitness app. Select your fitness equipment. Please follow the instructions given in the app. You will find the name of your fitness euqipment on a small sticker on the back of the console.

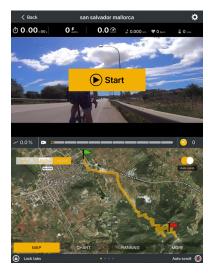
You will find the fitness apps in the app stores of Google or Apple. There you will find the apps "Kinomap" or "Zwift". Please note that these apps are produced by an external manufacturer. Fitshop does not take any responsibility regarding the availability, functionality or contents of these programmes.

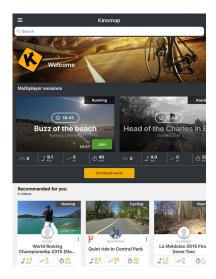
### **IMPORTANT NOTE**

The pre-installed apps are produced and provided by external manufacturers. Changes and availability within these apps might occur. Fitshop does not take any responsibility and can not be held liable for the availability, functionality or contents of these apps. To make sure the pre-installed apps are working correctly, they must be updated regularly. If needed, the respective app will notify you to do so. To update the app, you need a google account. A google email is sufficient. Just follow the instructions on the screen to perform the update.

Please note: The system is set up only for the pre-installed apps. Do not install any additional apps as their proper functionality can not be guaranteed. The installation of other apps might cause technical issues.









**Example: Kinomap** 

# 4.1 General Instructions

# **MARNING**

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

### ► ATTENTION

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

# 4.2 Transportation Wheels

### ATTENTION

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

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

# 4.3 Folding Mechanism

### **↑** WARNING

- + The treadmill is equipped with high-pressure shock absorbers that can cause the treadmill to suddenly open if handled incorrectly. For more information, refer to the section 2.1 of this manual.
- + Do not lift the treadmill by the running mat or the rear transporting wheels. These parts do not lock and are difficult to grab.

### (i) NOTICE

The treadmill is foldable and thus saves space when it is stored. It also makes it easier to transport.

# 4.3.1 Folding Up the Treadmill

### **↑** WARNING

- + Do not connect the equipment to the power supply when it is folded up. Try not to operate the equipment when it is folded up.
- + The running surface must have come to a complete stop before folding.

### **A** CAUTION

+ Do not lean on the equipment when it is folded and do not place anything on top of it that may make the equipment unstable or fall down.

### ATTENTION

- Make sure that nothing is standing next to or on top of the treadmill that can be spilled or thrown or that makes it impossible to fold the treadmill.
- 1. Turn off the on/off switch and remove the plug from the outlet.
- 2. Use both hands to grab the supportive bar directly under the rear part of the running mat so that you have a stable lifting point.
- 3. Make sure that the hydraulic brake is correctly locked and tilt the treadmill forward.
- 4. Make sure that you are standing safely and make sure that the locking mechanism is secure by pulling the equipment backwards and it does not move.

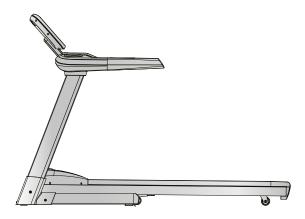
# 4.3.2 Unfolding the Treadmill

## ATTENTION

- + Make sure that nothing is standing next to or on top of the treadmill that can be spilled or thrown or that makes it impossible to unfold the treadmill.
- 1. Stand behind the treadmill and push the device slightly forward towards the display.
- 2. To release the hydraulic brake lock, use your left foot to push the upper part of the hydraulic brake slightly forward until the lock releases and the treadmill can be pulled back.
- 3. Keep holding the treadmill.

The hydraulic brake lowers itself gently downwards.

4. Once the treadmill has lowered ¾, you can let go of the treadmill.





# 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	
Console is not Safety key missing or not responding inserted correctly		Check whether Safety Key is inserted and insert if necessary	
Running mat slanting Grinding noises	Running mat not centered	Adjust the running mat according to the instructions	
Running mat slips through/stops	Tape tension/lubrication not correct	Check belt tension/lubrication according to instructions	
Display is blank/is not working	+ Interrupted power connection + Loose cabel connections	<ul> <li>+ Power switch to on</li> <li>+ Check whether Safety Key is plugged in</li> <li>+ Check cable connections</li> </ul>	
No pulse display	<ul> <li>+ Sources of interference in the room</li> <li>+ unsuitable chest strap</li> <li>+ Wrong position of chest strap</li> <li>+ Chest strap defective or battery empty</li> <li>+ Pulse display defective</li> </ul>	<ul> <li>Eliminate sources of interference (e.g. mobile phone, WLAN, lawn mower and vacuum cleaner robot, etc)</li> <li>Use a suitable chest strap (see RECOMMENDED ACCESSORIES).</li> <li>Reposition chest strap and/or moisten electrodes</li> <li>Changing batteries</li> <li>Check if pulse display by hand pulse possible</li> </ul>	

# **5.3 Error Codes and Troubleshooting**

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

Please contact the contract partner for technical support.

# 5.4 Care and Maintenance

The most important maintenance measure is the care of the running mat. This includes adjustment, re tensioning and lubrication of the running mat. Damage resulting from insufficient or neglected care is not covered by the warranty. You should therefore carry out maintenance checks at regular intervals. Be very careful when adjusting and tightening the running mat, as a strong over voltage or under voltage can cause damage to the equipment. The running mat is adjusted at the factory according to the regulations before delivery. However, it may happen that the running mat slips during transport.

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



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

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

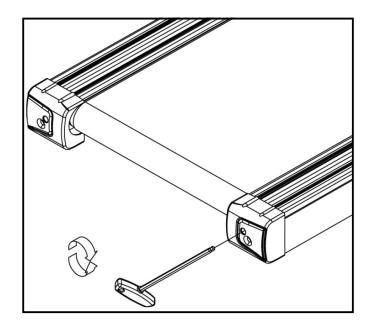
# 5.4.1 Adjusting the Running Mat

During training, the running mat should run as centrally and straight as possible. The alignment of the running mat can change depending on the stress and load. Another reason can be the positioning of the equipment on an uneven surface.

# **CAUTION**

During the following maintenance nobody must be on the treadmill!

- 1. Let the treadmill run at a speed of 5 km/h.
- 2. If the running mat deviates to the left, turn the left adjusting screw at the rear end of the device max. one ¼ turn clockwise and the right adjusting screw max. one ¼ turn anticlockwise.
- 3. If the running mat deviates to the right, turn the right adjusting screw at the rear end of the device max. 1/4 turn clockwise and the left adjusting screw max. 1/4 turn anticlockwise.
- Then observe the mat for about 30 4. seconds, as the change is not immediately visible.
- 5. Repeat this procedure until the running mat is straight again. If the running mat cannot be adjusted, please contact your contract partner.



# 5.4.2 Re-tensioning the Running Mat

If the running mat slips over the rollers during operation (if this is the case, there is a noticeable jerk during running), the running mat must be re tightened.

In most cases, the slipping is caused by stretching of the mat through use. This is perfectly normal.

## (i) NOTICE

Re-tensioning is carried out using the same adjusting screws that are used for adjustment.

- 1. Let the treadmill run at a speed of 5km/h.
- 2. Turn the left and right adjusting screws directly one after the other, max. one ¼ turn clockwise.
- 3. Then check whether the running mat continues to slip. If this is the case, you must perform the described procedure again.

# 5.4.3 Lubricating the Running Mat

If the running mat is not sufficiently lubricated, friction increases significantly and this leads to heavy wear of the endless belt, running plate, motor and circuit board. If you feel an increased friction of the running mat, this is an indication that you should lubricate the mat. However, lubrication should be carried out at least every 3 months or every 50 operating hours. Whichever case comes first.

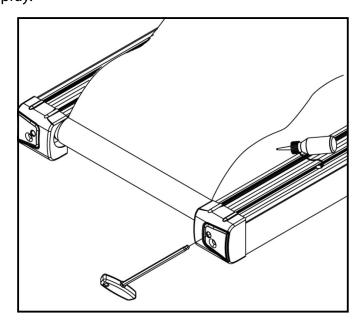
# (i) NOTICE

If your treadmill is equipped with a folding mechanism, you can also lubricate it when it is folded.

- 1. Raise the running mat slightly.
- 2. Apply some silicone oil or silicone spray to the entire deck and distribute evenly.
- 3. Continue turning the belt by hand so that the entire surface between the endless belt and the running plate is lubricated.
- 4. Wipe off the excess silicone oil or silicone spray.

### (i) NOTICE

This maintenance must also be carried out after prolonged non-use of the equipment.



# 5.5 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	С	I	
Tension of the running mat			I
Lubrication of the running mat			I
Plastic covers	С	I	
Screws and cable connections			I
Legend: C = clean; I = inspect	-		

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



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

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

# 6

# **DISPOSAL**

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



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

# 7

# RECOMMENDED ACCESSORIES

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

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

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



# 8.1 Serial Number and Model Name

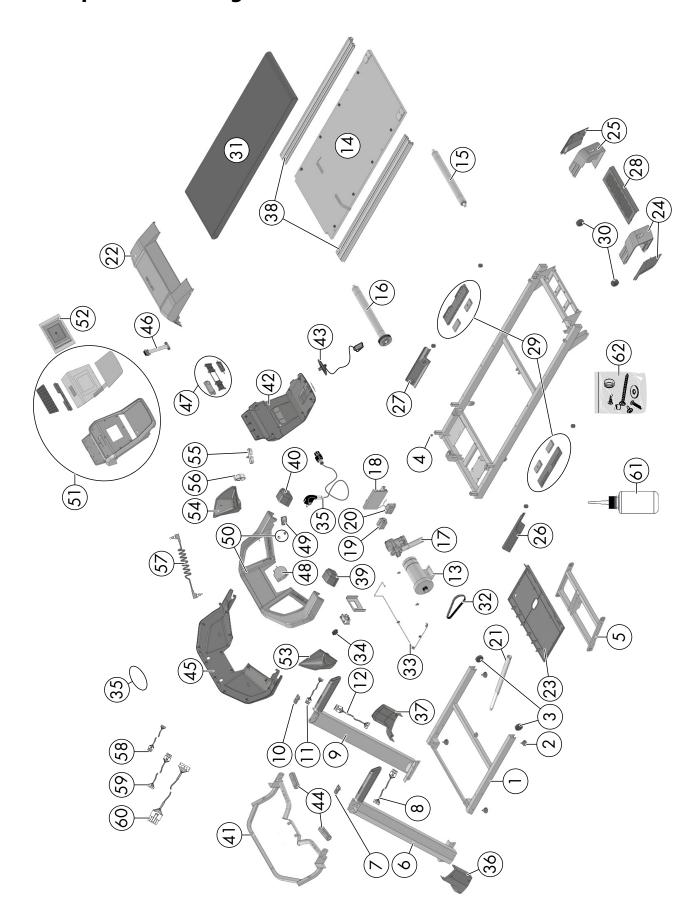
In order to provide you with the best possible service, please have the model name, article number, serial number, exploded drawing and parts list ready. The corresponding contact options can be found in chapter 10 of this operating manual.

NOTICE The serial number of your equipment is unique. It's located on a white sticker.
Enter the serial number in the appropriate field.
Serial number:
Brand / Category:
Kettler / treadmill
Model Name:
Model Name: Alpha Run 200

# 8.2 Parts List

No.	Qty.	Supplier Parts No.	No.	Qty.	Supplier Parts No.
1	1x	68001680	33	1x	68001 <i>7</i> 12
2	1x	68001681	34	1x	68001713
3	1x	68001682	35	1x	68001714
4	1x	68001683	36	1x	68001715
5	1x	68001684	37	1x	68001716
6	1x	68001685	38	1x	68001717
7	1x	68001686	39	1x	68001718
8	1x	68001687	40	1x	68001719
9	1x	68001688	41)	1x	68001720
10	1x	68001689	42	1x	68001721
11	1x	68001690	43	1x	68001722
12	1x	68001691	44	1x	68001723
13	1x	68001692	45	1x	68001724
14	1x	68001693	46	1x	68001725
15	1x	68001694	47	1x	68001726
16	1x	68001695	48	1x	68001727
17	1x	68001696	49	1x	68668876
18	1x	68001697	50	1x	68001729
19	1x	68001698	<b>(51)</b>	1x	68001730
20	1x	68001699	52	1x	68001731
21)	1x	68001700	53	1x	68001732
22	1x	68001701	54	1x	68001733
23	1x	68001702	55	1x	68001734
24	1x	68001703	56	1x	68001735
25	1x	68001704	<b>57</b>	1x	68001736
26	1x	68001705	58	1x	68001737
26 27	1x	68001706	59	1x	68001738
28	1x	68001707	60	1x	68001739
29	1x	68001708	61	1x	68001740
30	1x	68001709	62	1x	68001741
31)	1x	68001710	63	1x	68001742
32	1x	68001711			

# 8.3 Exploded Drawing



# 9 WARRANTY

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

# **Error Descriptions**

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

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

# Your statutory rights are not affected.

### 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, the responsibility for parts costs, repair costs, installation costs and delivery costs lies with the warranty holder.

# The terms of use are defined as follows:

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

# **Warranty Service**

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

# **Warranty Conditions**

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

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

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

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

# **Proof of Purchase and Serial Number**

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

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

# **Service outside of the Warranty Period**

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

### Communication

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

DE	DK	UK
TECHNIK	TEKNIK OG SERVICE	CUSTOMER SUPPORT
+49 4621 4210-900  +49 4621 4210-698  technik@fitshop.de  Offnungszeiten entnehmen Sie unserer Homepage.  SERVICE  0800 20 20277	**Bo 90 16 50  +49 4621 4210-945  info@fitshop.dk  Abningstider kan findes på hjemmesiden: https://stg.fit/statit7	O0800 2020 2772 +494621 4210 944  info@fitshop.co.uk  You can find the opening hours on our homepage: https://stg.fit/statitc
(kostenlos)	TECHNIQUE & SERVICE	TECHNIQUE & SERVICE
<ul> <li>○ 04621 4210 - 0</li> <li>○ info@fitshop.de</li> <li>○ Öffnungszeiten entnehmen Sie unserer Homepage: <a href="https://stg.fit/statita">https://stg.fit/statita</a></li> </ul>	+33 (0) 189 530984 +49 4621 42 10 933 info@fitshop.fr  Vous trouverez les heures d'ouverture sur notre site Internet: https://stg.fit/statit4	<ul> <li>♦ 02 732 46 77         <ul> <li>+49 4621 4210 933</li> </ul> </li> <li>info@fitshop.be</li> <li>Vous trouverez les heures d'ouverture sur notre site Internet:</li></ul>
ES	NL	INT
TECNOLOGÍA Y SERVICIOS	TECHNISCHE DIENST & SERVICE	TECHNICAL SUPPORT & SERVICE
<b>&amp;</b> 911 238 029	& +31 172 619961	& +49 4621 4210-944
info@fitshop.es	service@fitshop.nl	service-int@fitshop.de
Consulta nuestro horario de apertura en la página web: <a href="https://stg.fit/statit5">https://stg.fit/statit5</a>	De openingstijden vindt u op onze homepage: <a href="https://stg.fit/statit3">https://stg.fit/statit3</a>	You can find the opening hours on our homepage: <a href="https://stg.fit/statita">https://stg.fit/statita</a>
PL	AT	СН
DZIAŁ TECHNICZNY I SERWIS	TECHNIK & SERVICE	TECHNIK & SERVICE
<ul> <li>22 307 43 21         <ul> <li>+49 4621 42 10-948</li> </ul> </li> <li>info@fitshop.pl</li> <li>Godziny otwarcia można znaleźć</li> </ul>	<ul> <li>№ 0800 20 20277 (Freecall)</li> <li>+49 4621 42 10-0</li> <li>info@fitshop.at</li> <li>Öffnungszeiten entnehmen</li> </ul>	<ul> <li>♦ 0800 202 027</li> <li>+49 4621 42 10-0</li> <li>♠ info@fitshop.ch</li> <li>♠ Öffnungszeiten entnehmen</li> </ul>
na stronie głównej:  https://stg.fit/statit6	Sie unserer Homepage: https://stg.fit/statitb	Sie unserer Homepage: https://stg.fit/statit9

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

www.fitshop.com/en/stores

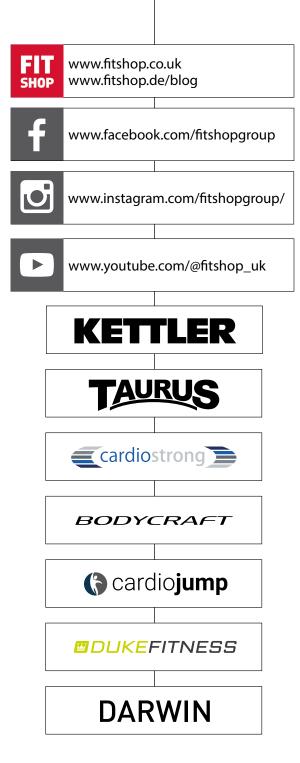
# WE LIVE FITNESS

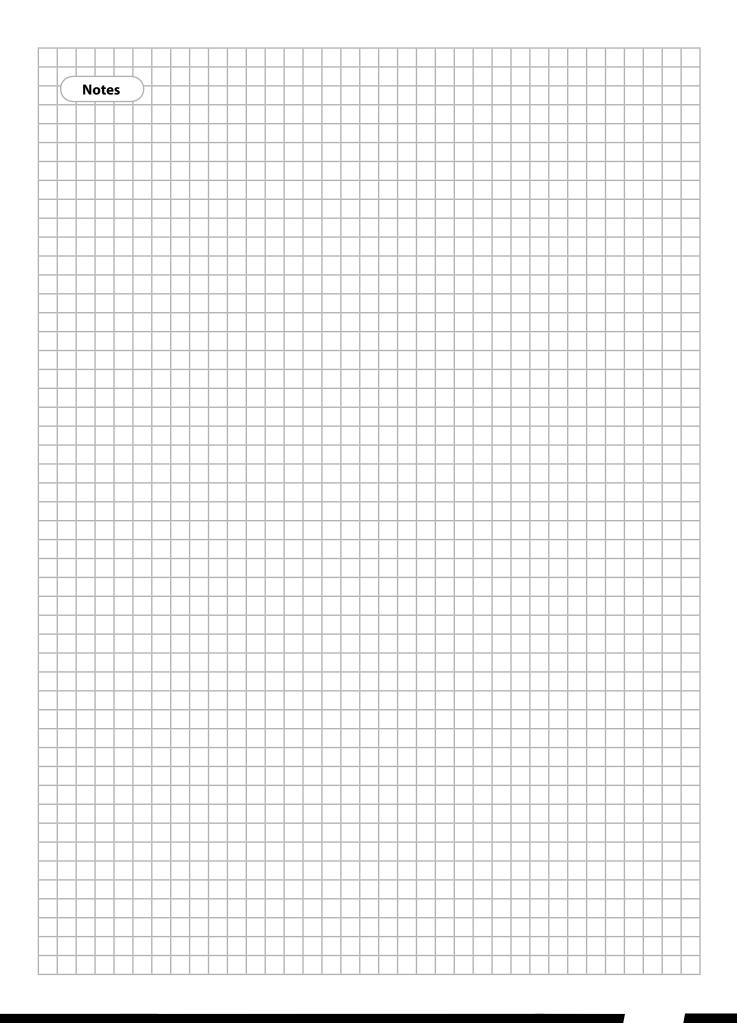
# WEBSHOP AND SOCIAL MEDIA

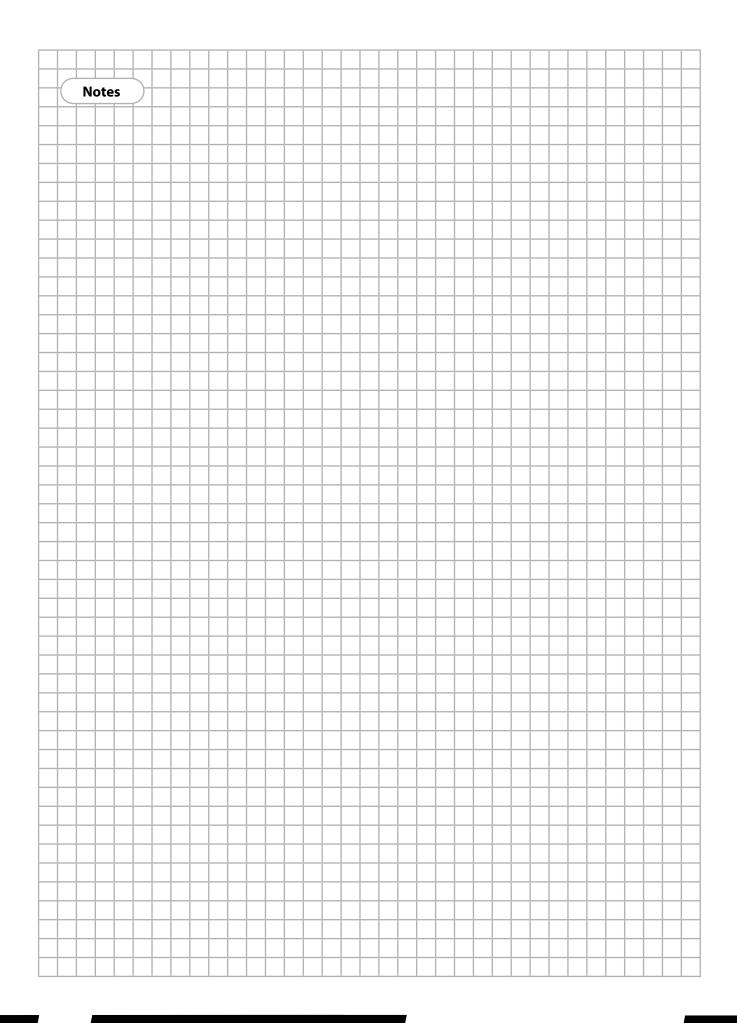
Fitshop is Europe's largest specialist store for home fitness equipment with currently over 70 stores and one of the world's most renowned online mail order companies for fitness equipment. Private customers order via the 25 web shops in the respective national language or have their desired equpiment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

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

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







# KETTLER