

KETTLER

Assembly and Operating Instructions



max. 130 kg



~ 45 Min.



56 kg

L 132 | B 62 | H 169

FSKCT1023400.01.01

Art. No. K-CT1023-400

KETTLER OPTIMA 400

Content

1	GENERAL INFORMATION	8
1.1	Technical Data	8
1.2	Personal Safety	9
1.3	Electrical Safety	10
1.4	Set-Up Place	11
2	ASSEMBLY	12
2.1	General Instructions	12
2.2	Scope of Delivery	13
2.3	Assembly	15
3	OPERATING INSTRUCTIONS	28
3.1	Console Display	28
3.2	Training Programme Functions	32
3.2.1	Pulse Zones	32
3.2.2	Recovery Pulse Measurement	32
3.2.3	Turning the Display Off	33
3.2.4	Software Update	33
3.2.5	Pulse Measurement	33
3.3	Wireless Connection and Fitness Apps	34
3.4	Workout tips	35
3.4.1	Training clothes	35
3.4.2	Warming up and stretching	35
3.4.3	Medication	36
3.4.4	Used muscle groups	36
3.4.5	Exercise frequency	36
3.5	Workout journal	38
4	STORAGE AND TRANSPORT	39
4.1	General Instructions	39
4.2	Transportation Wheels	39
5	TROUBLESHOOTING, CARE AND MAINTENANCE	40
5.1	General Instructions	40
5.2	Faults and Fault Diagnosis	40
5.3	Error Codes and Troubleshooting	41
5.4	Maintenance and Inspection Calendar	42
6	DISPOSAL	42

7	RECOMMENDED ACCESSORIES	43
8	ORDERING SPARE PARTS	44
8.1	Serial Number and Model Name	44
8.2	Parts List	45
8.3	Exploded Drawing	50
9	WARRANTY	51
10	CONTACT	53

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.

FITSHOP

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!

ⓘ **NOTICE**

This notice indicates further useful information.

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

1.1 Technical Data

LCD display of:

- + Training time
- + Training distance
- + Training speed
- + RPM
- + Watts
- + Burnt calories
- + Heart rate (when using the hand sensors or chest strap)

User memory:	5
Training programmes:	10
Quick start programmes:	1
Heart rate controlled programmes:	1
Brake system:	electronically adjustable magnetic brake
Resistance levels:	15

Weight and dimensions:

Article weight (gross, including packaging):	63.23 kg
Article weight (net, without packaging):	56 kg
Packaging dimensions (L x W x H):	129 cm x 47 cm x 63 cm
Set-up dimensions (L x W x H):	132 cm x 62 cm x 169 cm
Maximum user weight:	130 kg
Use class:	H

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.
- + Remember that your device does not have a freewheel function. Therefore moving parts cannot be stopped immediately.
- + Note that the individual physical power required to perform an exercise may differ from the displayed mechanical power.
- + When ascending and descending, make sure that one of the treads is in the lowest position.
- + The equipment is strictly for use by one person at a time.
- + Keep your hands, feet and other body parts, hair, clothing, jewellery and other objects well clear of moving parts.
- + During use, wear suitable sports clothing rather than loose or baggy clothing. When wearing sports shoes, make sure they have suitable soles, preferably made of rubber or other non-slip materials. Shoes with heels, leather soles, studs or spikes are unsuitable. Never exercise barefoot.

CAUTION

- + If your equipment needs to be connected to the power supply with a mains cable, make sure that the cable is not a potential tripping hazard.
- + Make sure that nobody is within the range of motion of the equipment during training so as not to endanger you or other persons.
- + Do not insert any objects of any kind into the openings of the device.
- + Be aware that if adjustment devices are left protruding, they may impede the user's movement.

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 pre-installed apps. Do not install any additional apps.



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

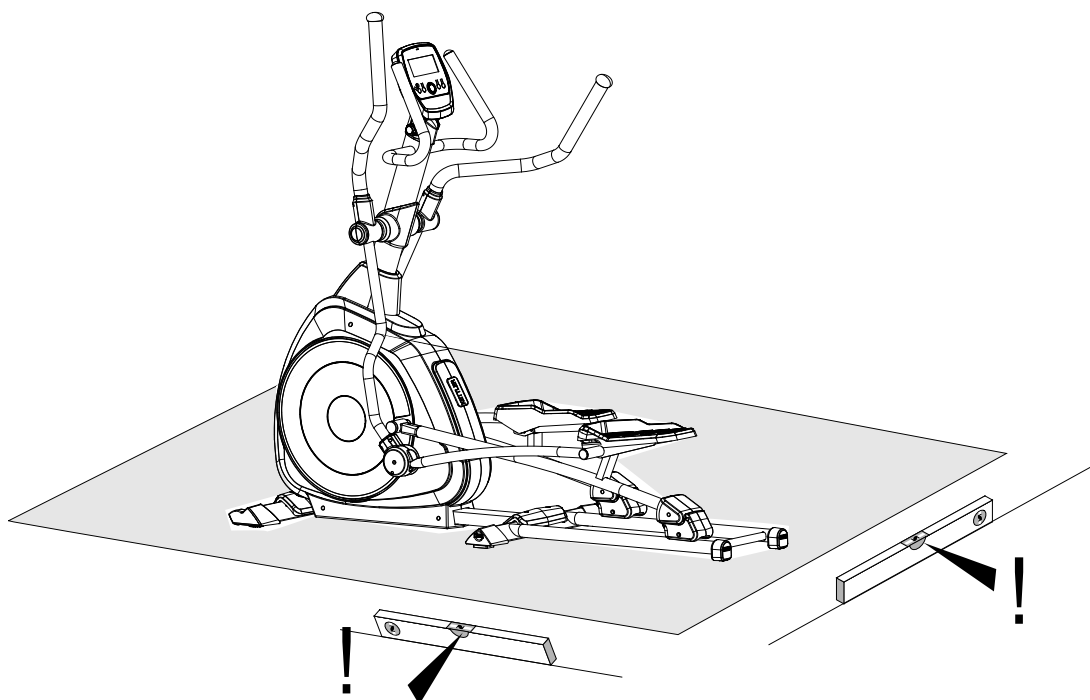
- + Do not place the equipment in main corridors or escape routes.

CAUTION

- + 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.
- + 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.



2.1 General Instructions



DANGER

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



WARNING

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



CAUTION

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



ATTENTION

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



NOTICE

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

2.2 Scope of Delivery

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



CAUTION

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

Required tools:



	Stck. 1
	1
	1
	1
	1
6x M8x20 	1
YM 6723L-11-E-S 	1
	1
2/4x M5x14 	1
	1
2x M5x16 	1
2/1x M5x14 	1

41



Pos. 44

	M8	4
		2
	M8x55	2
	M8x45	4
	M8x40	4
	M7x30	2
	M8x20	4
	M8x50	4
	ø 7x12	2
	ø 8x19	10
	ø 8	4
	ø 17,5x25	2
	ø 8,5x25	4
	ø 8x19	4
	M8	6
	ø 7	2
	ø 17	2
	3x16	11
	3x30	6

2.3 Assembly

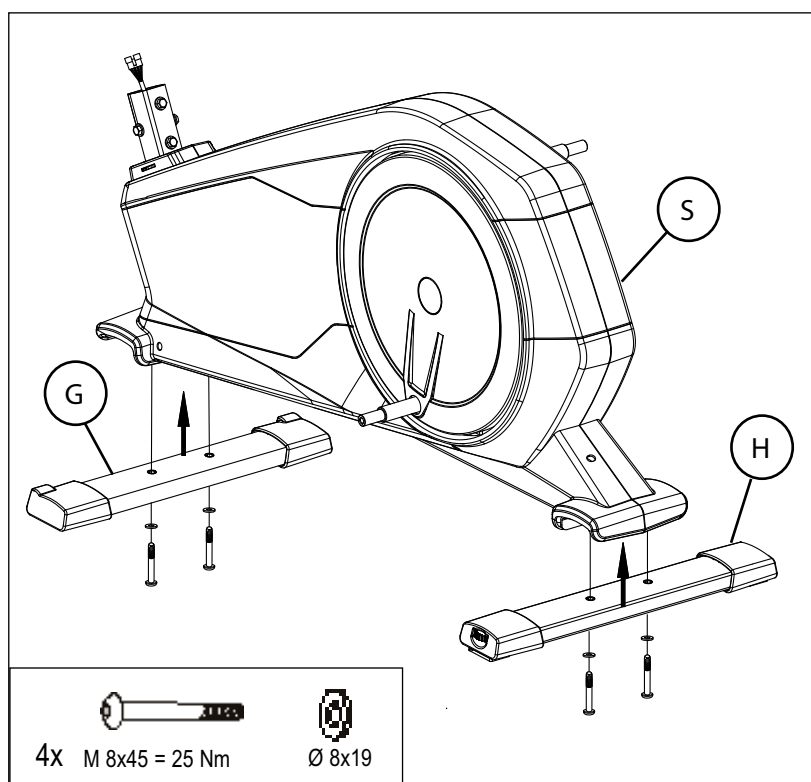
Before assembly, take a close look at the individual assembly steps shown and carry out the assembly in the order given.

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.

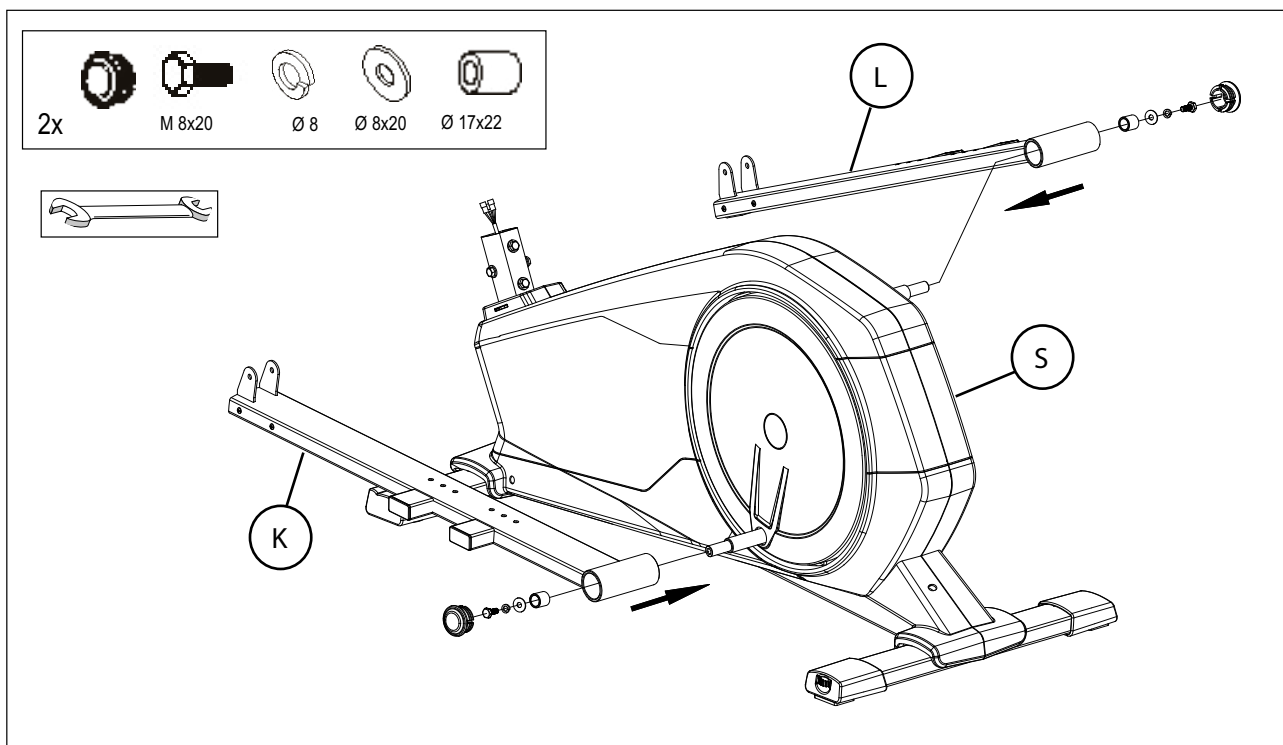
Step 1: Assembly of the Stabilizers

1. Assemble the front stabilizer (G) and rear stabilizer (H) to the frame (S) with four screws (T) and four washers (T-1) in total.



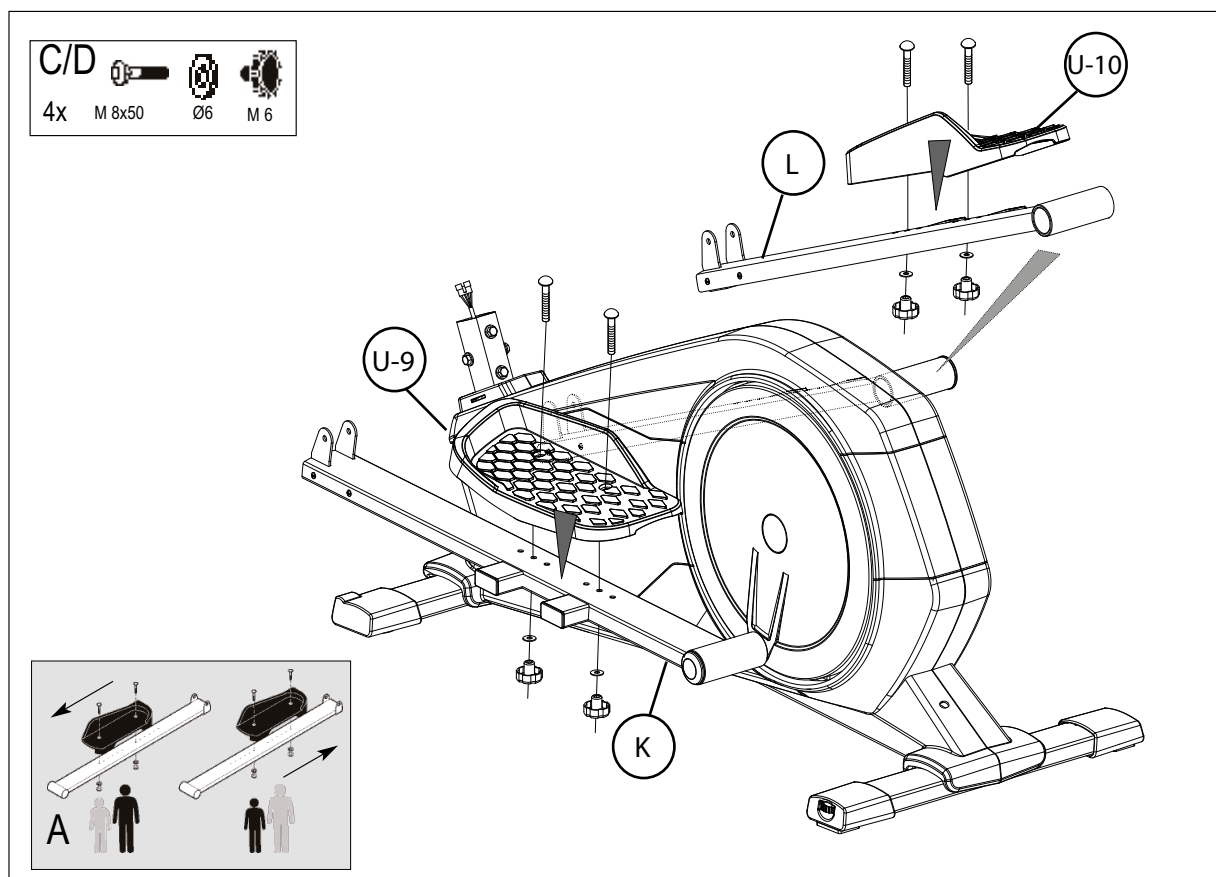
Step 2: Assembly of the Pedal Tubes

1. Assemble the left pedal tube (K) and right pedal tube (L) to the frame (S) with two screws (T-10), two spring washers (T-11), two flat washers (T-12), two sleeves (T-15) and two caps (T-16) in total.



Step 3: Assembly of the Pedals

1. Assemble the left pedal (U-9) to the left pedal tube (K) with two screws (T-6), two washers (T-1) and two knobs (T-17).
2. Assemble the right pedal (U-10) to the right pedal tube (L) with two screws (T-6), two washers (T-1) and two knobs (T-17).



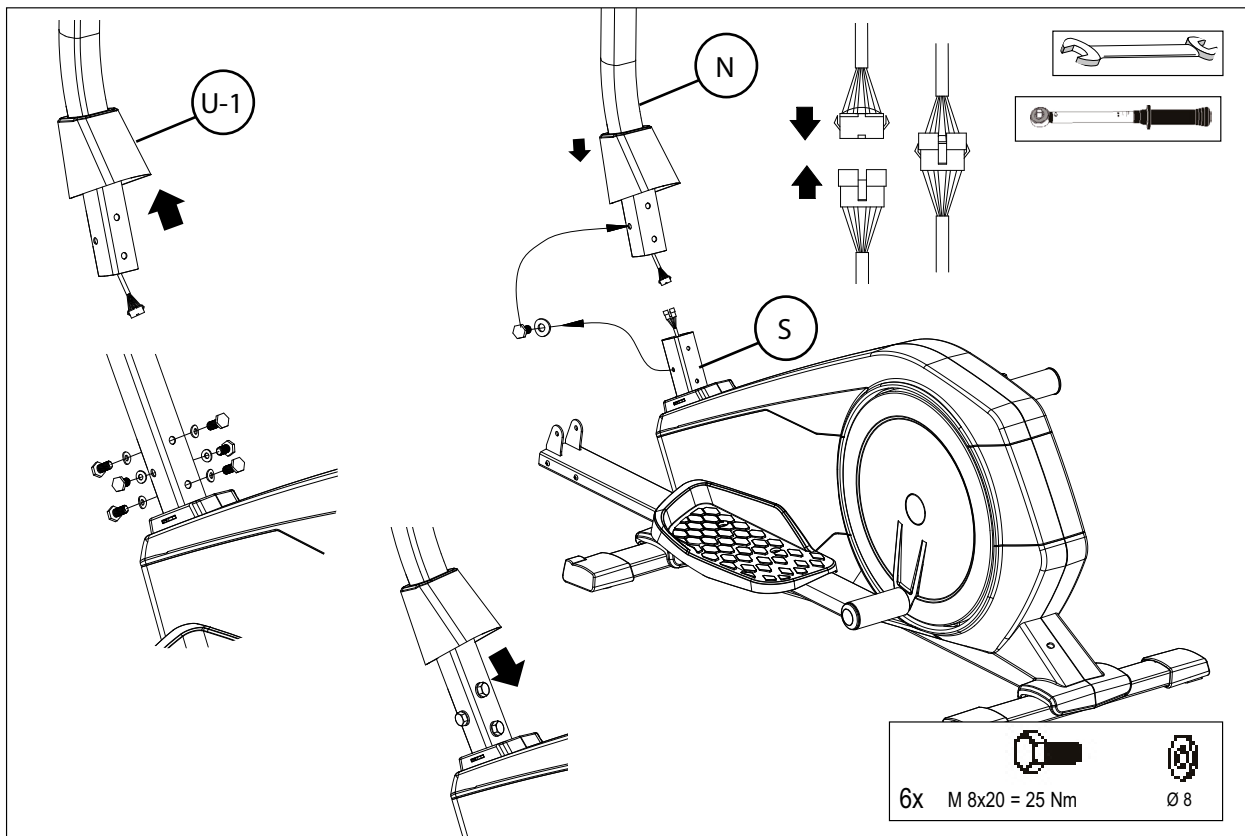
Step 4: Assembly of the Handlebar Post

1. Remove the pre-assembled screw from the frame (S).
2. Slide the cover (U-1) onto the handlebar post (N).

► **ATTENTION**

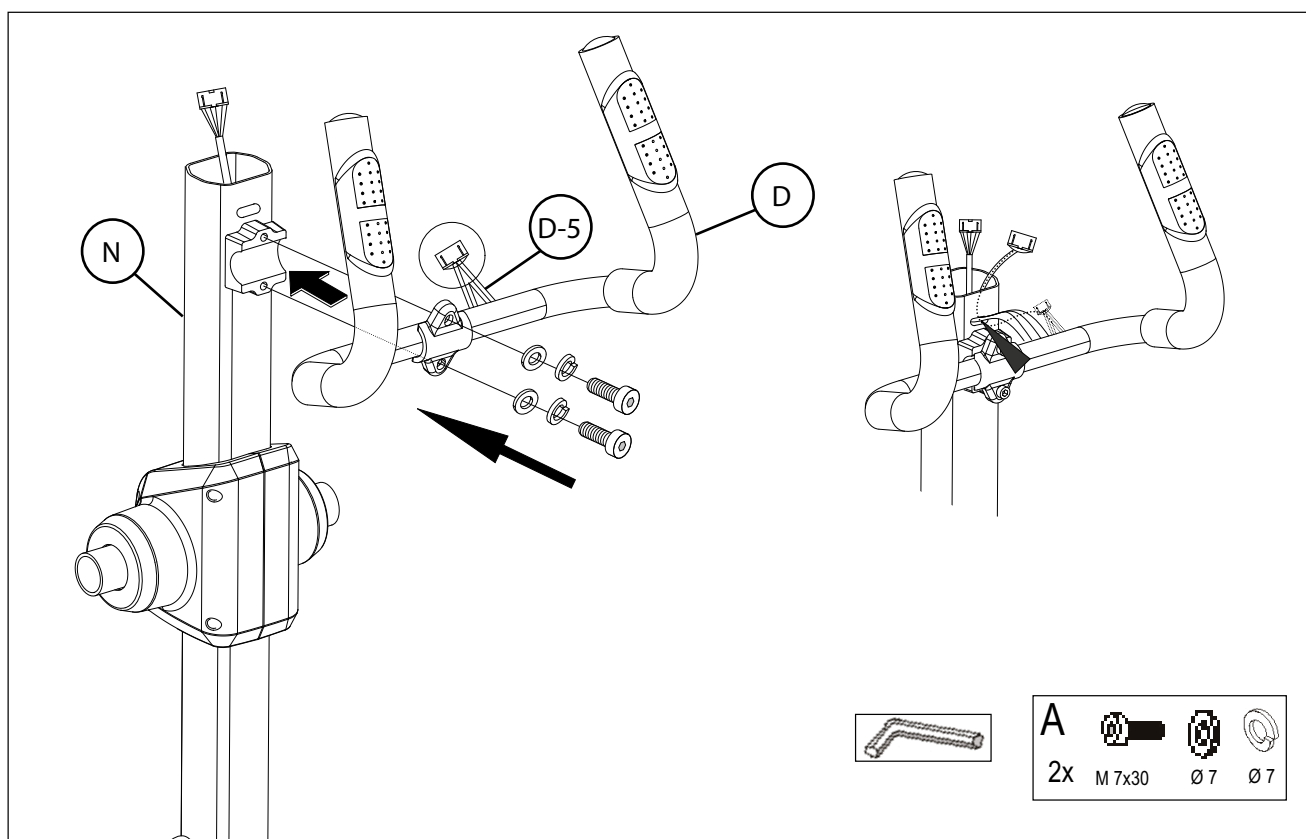
In the following step please pay attention that you don't pinch the cables.

3. Connect the upper cable with the lower cable.
4. Assemble the handlebar post (N) to the frame (S) with six screws (S-15) and six washers (S-16).
5. Slide the cover (U-1) downwards.



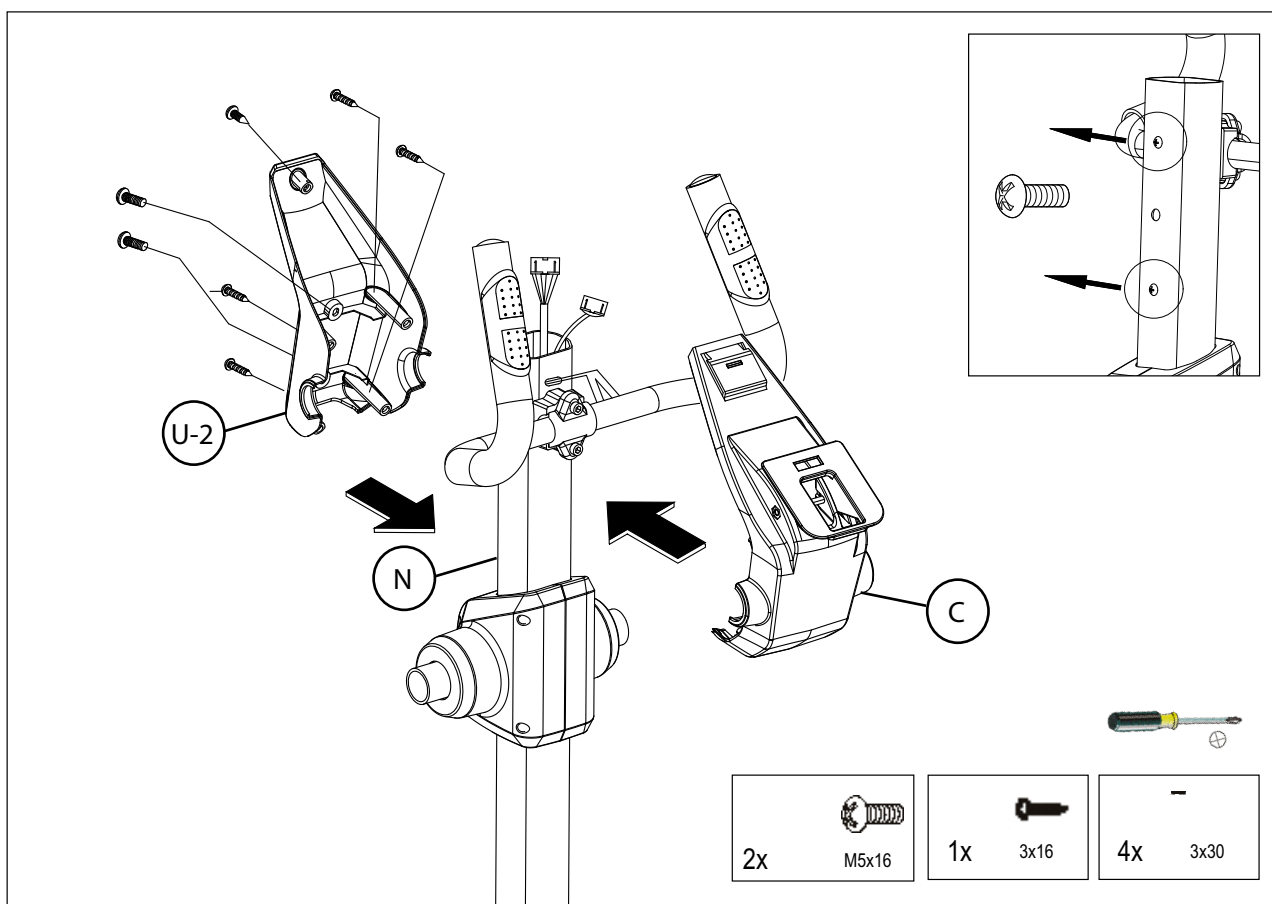
Step 5: Assembly of the Handlebar

1. Assemble the handlebar (D) to the handlebar post (N) with two screws (T-2), two spring washers (T-4) and two washers (T-3).
2. Guide the cable (D-5) of the handlebar through the handlebar post (N).



Step 6: Assembly of the Back Cover

1. Assemble the back cover (T-10) to the handlebar post (N) with two screws (U-2), one screw (T-18) and four screws (T-5).



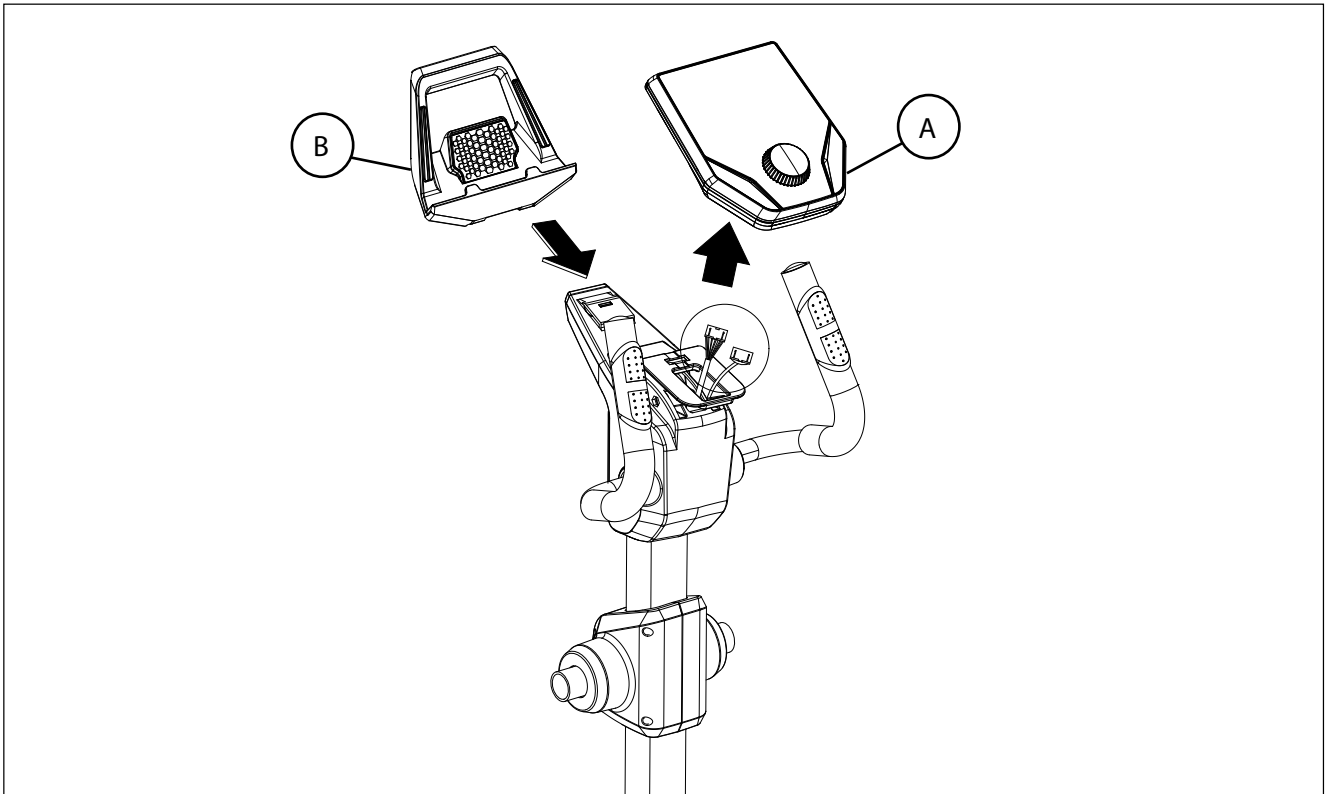
Step 7: Assembly of the Computer and Tablet Holder

1. Attach the tablet holder (B) to the handlebar post (N).

► **ATTENTION**

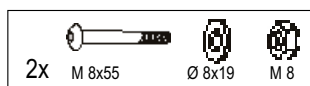
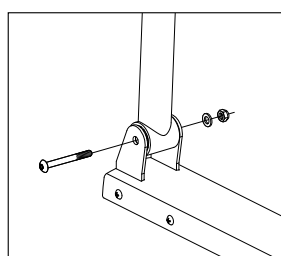
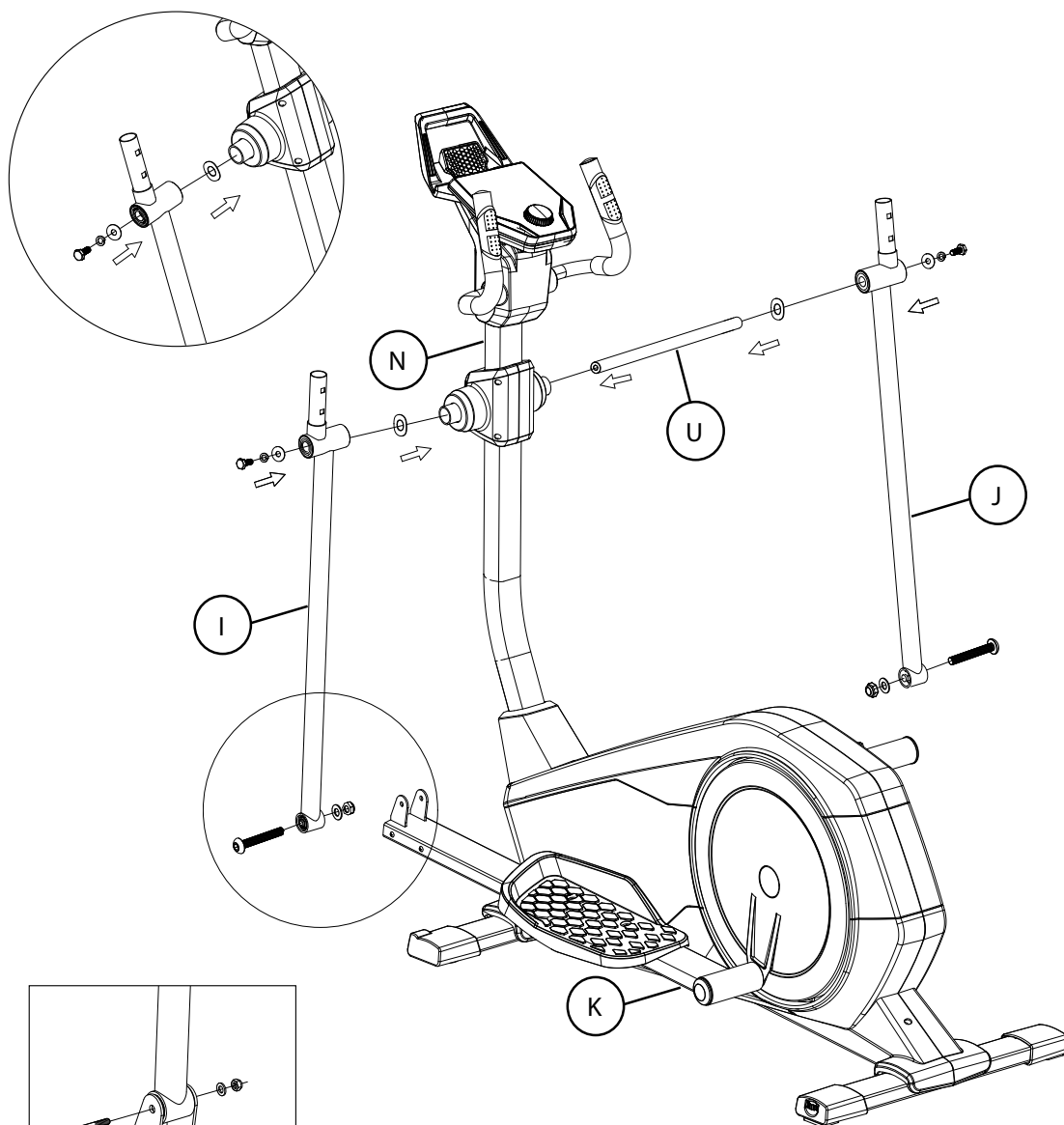
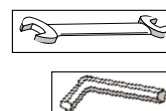
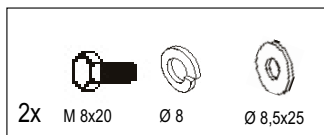
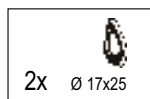
In the following step please pay attention that you don't pinch the cables.

2. Connect the cables of the handlebar post (N) to the computer (A)
3. Attach the computer (A) to the handlebar post (N).



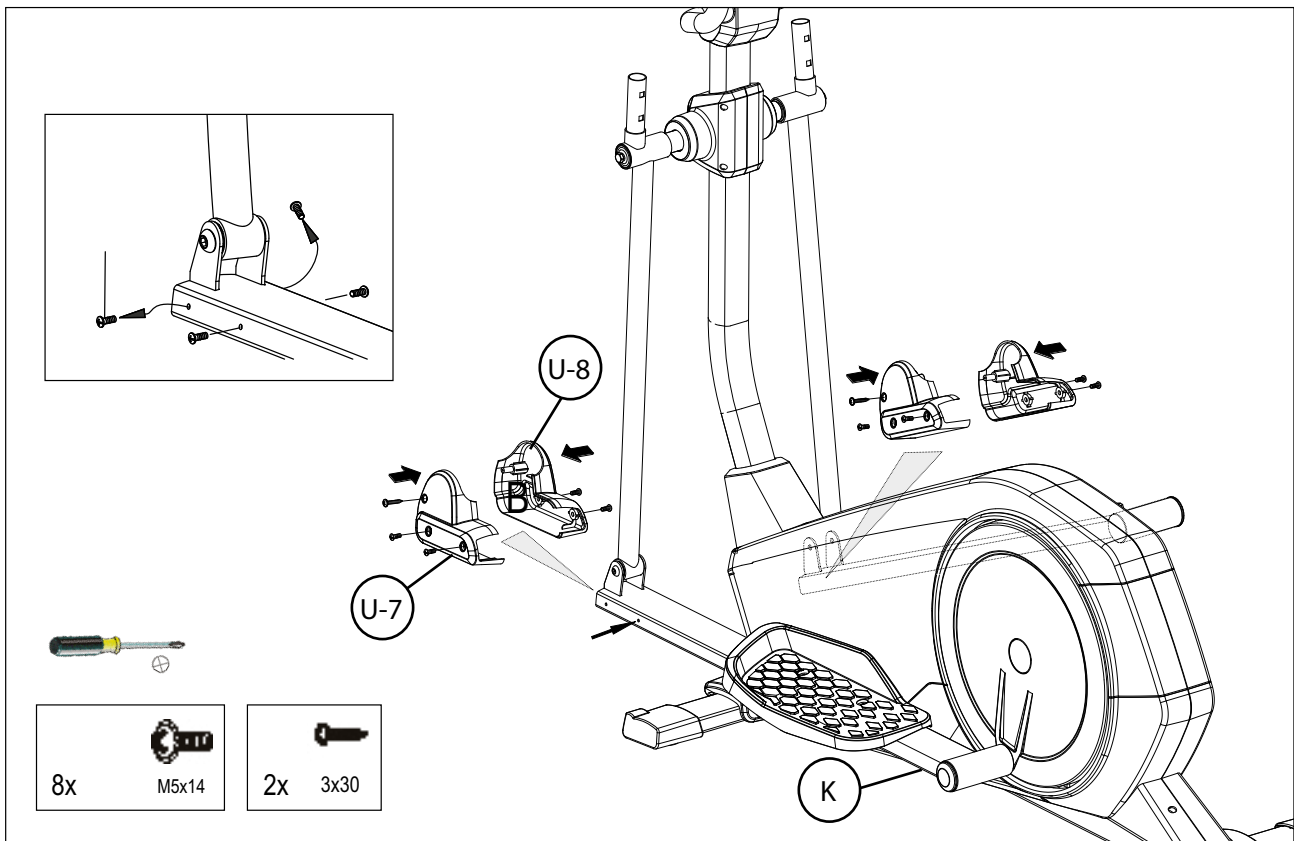
Step 8: Assembly of the Pedal Arms

1. Assemble the left pedal arm (I) and right pedal arm (J) to the handlebar post (N) with one central axle (U), two screws (T-10), two spring washers (T-11), two washers (T-12) and two wavy washers (T-13).
2. Assemble the left pedal arm (I) and right pedal arm (J) to the left pedal tube (K) and right pedal tube (L) with two screws (T-14), two washers (T-1) and two nuts (T-9).



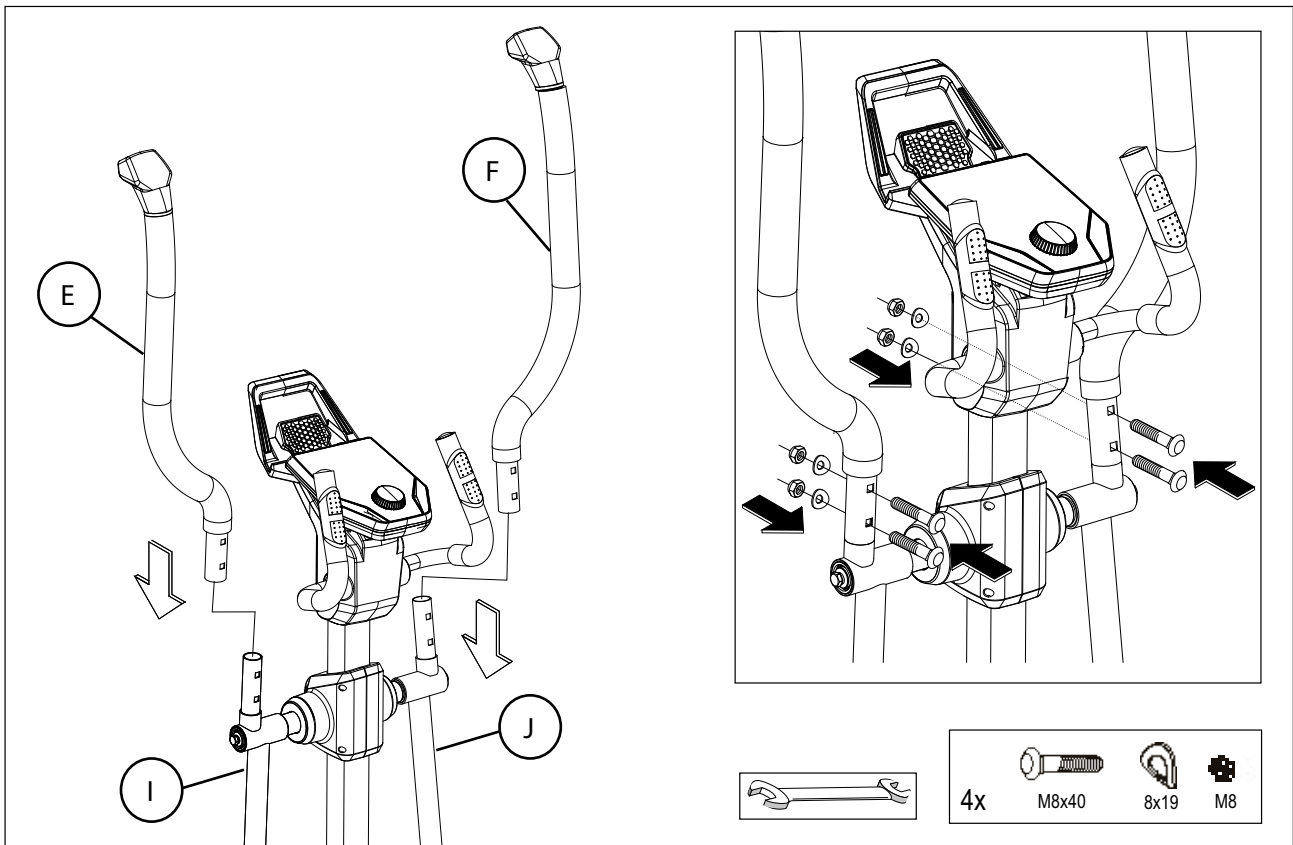
Step 9: Assembly of the Covers for the Pedal Tubes

1. Assemble the left cover (U-7) and right cover (U-8) to the left pedal tube (K) with four screws (K-4) and one screw (T-19).
2. Assemble the left cover (U-7) and right cover (U-8) to the right pedal tube (L) with four screws (L-4) and one screw (T-19).



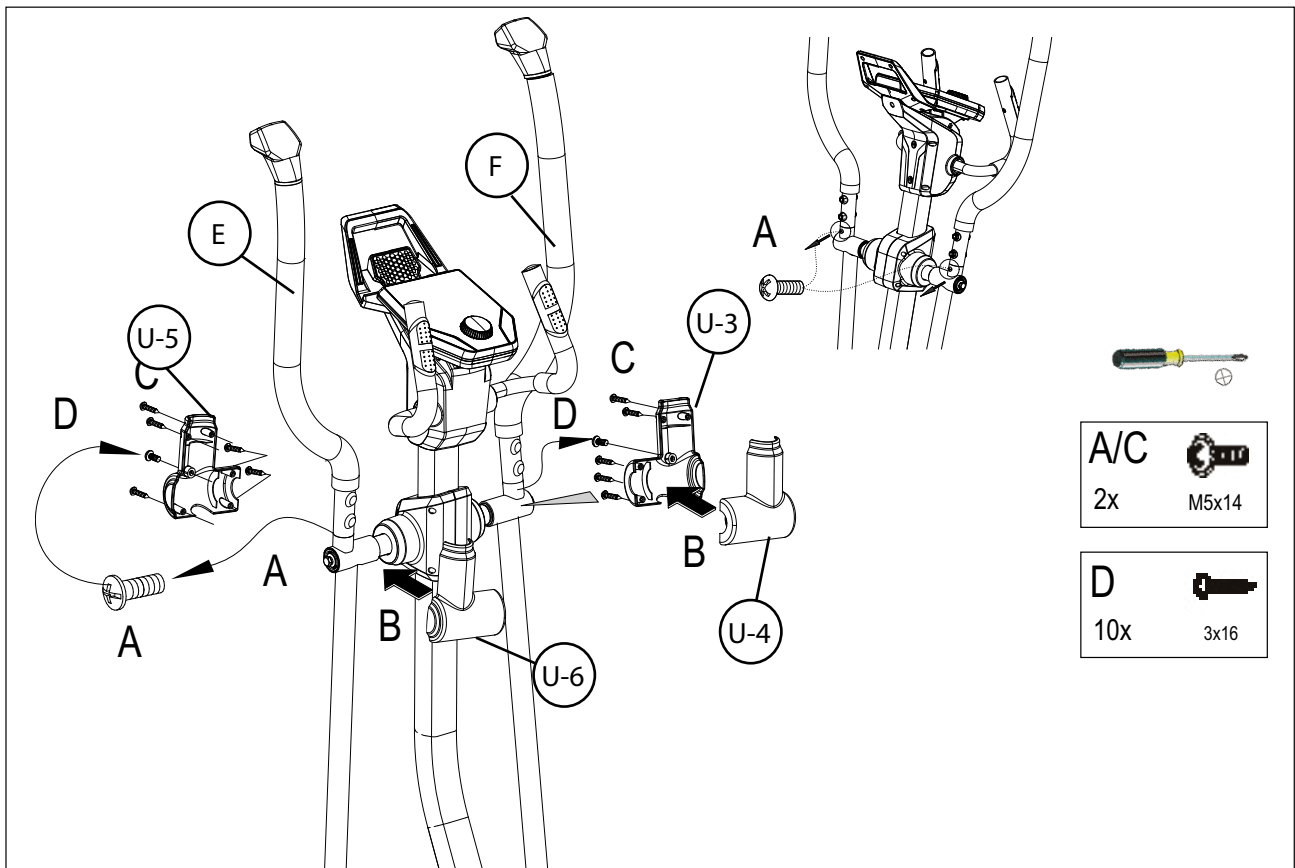
Step 10: Assembly of the Handlebars

1. Assemble the left handlebar (E) to the left pedal arm (I) with two screws (T-7), two washers (T-8) and two nuts (T-9).
2. Assemble the right handlebar (F) to the right pedal arm (J) with two screws (T-7), two washers (T-8) and two nuts (T-9).



Step 11: Assembly of the Covers for the Pedal Arms

1. Assemble the left upper cover (U-5) and the left lower cover (U-6) to the left handlebar (E) with five screws (T-18) and one screw (I-7).
2. Assemble the right upper cover (U-3) and the right lower cover (U-4) to the right handlebar (F) with five screws (T-18) and one screw (J-7).



Step 12: Alignment of the feet

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

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

Step 13: 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

1. To get on, grip the handles with both hands and first step onto the left pedal with your left foot or onto the right pedal with your right foot and then place your foot onto the other pedal.
2. To get off, grip the handles with both hands and place one foot next to the equipment and then the other foot.

Using the Hand Pulse Sensors

1. Enclose the entire hand around the hand pulse sensors.
2. Make sure that the palm of your hand surrounds the hand pulse sensors.








NOTICE





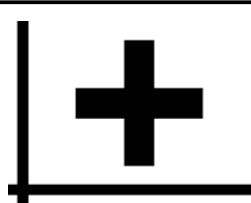
- + Familiarise yourself with all the functions and setting options of the device before starting training. Have the proper use of this product explained to you by a specialist.
- + Always start your training with low intensity and increase evenly and gently. End your training with a cool-down phase. If you are unsure, please consult your physician.






3.1 Console Display



Button	Function
Turning knob	<ul style="list-style-type: none"> + Press: Press the centre button to confirm the selected item. You jump to the selected menu item or the selected training programme. + Turn: Change the selection in the respective menu. The semi-circular display in the lower display area indicates additional selection options. Turn during the workout to change the resistance.
Left button	<ul style="list-style-type: none"> + Go back to the higher-level menu item. Any changes you have made will not be saved. + End the training session and start the recovery heart rate measurement. Press again to return to training.
Right button	<ul style="list-style-type: none"> + Call up the context information. The meaning of the menu item is explained in more detail. + Display of average values. When the button is pressed, average values are displayed for a few seconds.

Display	Function
	Device settings <ul style="list-style-type: none"> + In this menu item, you can make all cross-user device settings (e.g. change the device language, change the unit of measurement, etc.).
	Connection with Bluetooth <ul style="list-style-type: none"> + In this menu item, you can connect the device to your smartphone or tablet via Bluetooth. + You can find more detailed explanations on this in the section Establishing a connection with a smartphone or tablet.
	Guest user <ul style="list-style-type: none"> + The guest user is a preset user profile. It offers the option of training without presetting. + No training results are saved in the guest user profile. In addition, no personal settings can be made.
	Individually created users (named) <ul style="list-style-type: none"> + Up to 4 individually created users appear to the right of the guest user. They are designed as personal user accounts for people who train regularly. Personal settings can be made in the account and personal training results can be saved.
	Create new user <ul style="list-style-type: none"> + A new individual user (see point 3) can be created in this menu. When this menu item is selected, the name and age are requested. The user can also choose a profile face. The new user is then added to the start menu.

Display	Function
	Device settings <ul style="list-style-type: none"> + In this menu item, you can make all user-specific settings (e.g. changing the age). Changes in this menu have no effect on the data of other users.
	My Results <ul style="list-style-type: none"> + Under 'My Results' the personal overall performance achieved, and the results from the last training session, can be read.
	My Last Training Session <ul style="list-style-type: none"> + When this Menu item is selected, you are taken directly to the last training session which was begun. This Menu item is always preselected when you arrive at the User Menu. Thus the last training session is only a click away.
	My Training Programme List <ul style="list-style-type: none"> + In this list you will find all training sessions which have been saved on the machine. The various Training Program types are described below.
	Training Programme Configurator <ul style="list-style-type: none"> + With the Training Program Configurator, an individual training profile may be set. Once you have set it, the profile will be stored in the Training Program List. + For each user, there is storage space for an individually-configured Training Program. Through configuration of a new Training Program, the previous Training Program is overridden.

Display	Function
	<p>Quick Start</p> <ul style="list-style-type: none"> + Start a training session simply, without any further entry options. All values are set at zero. + You decide about training programme duration and intensity. This training programme is preset upon entry into the Menu 'My Training Programs List'.
	<p>Training Programmes with target values</p> <ul style="list-style-type: none"> + Turn left from the quick start and you will reach the 3 training sessions with target objectives. Set yourself a personal target value for the Training Session, for time, distance, or a calorie value that you wish to burn off. During the Training Session the selected value will count down to zero.
	<p>Heart-Rate-Oriented Training (HRC Training)</p> <ul style="list-style-type: none"> + To the far left of the selection list is the HRC Training. This is the ideal training type for training in a targeted manner for a certain heart rate range. Before the training, set your target heart rate. The device will then set the brake resistor in the training session so that you reach this specified heart rate and maintain it. The graphic on the display shows you during the session whether you are training within the target range, or whether you are above or under the target range. + TIP: In the menu under 'Personal Settings' > 'HRC Start Level' you can set the brake level you want to begin the HRC Training. <p>NOTICE Advanced athletes tend to select a higher start level. Beginners usually select a lower setting.</p>
	<p>Profile Training Sessions</p> <ul style="list-style-type: none"> + Beginning at quick start and turning to the right, you will arrive at profile trainings 1 – 6. In profile trainings the device automatically adjusts the brake level according the profile. The brake resistance in the profiles 1-3 is moderate, in the profiles 4-6 more substantial. After choosing a profile training, set the time length for the session and start training. + TIP: By turning the central key (3) during the Training Session, you can push the entire Profile up or down.
	<p>Exercising with the self-configured Profile</p> <ul style="list-style-type: none"> + To the far right of the selection list, the storage space for your individually-set profile can be found.

3.2 Training Programme Functions

3.2.1 Pulse Zones



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.

5 pulse zones Z1-Z5 are displayed. They are calculated based on the age entered.

- + Maximal training pulse (HR Max) = $220 - \text{age}$
- + Z1 = 50- 60% of the HR Max = WARM-UP
- + Z2 = 61- 70% of the HR Max = FAT BURNING
- + Z3 = 71- 80% of the HR Max = ENDURANCE
- + Z4 = 81- 90% of the HR Max = INTENSIVE ENDURANCE
- + Z5 = 91-100% of the HR Max = MAXIMUM RANGE

The Pulse Zones are displayed in the text space if the function is activated under "Personal Settings>Pulse Zones".

3.2.2 Recovery Pulse Measurement

1. Press the Recovery Pulse key during the training session and active pulse measurement. The measurement will start after 10 seconds.
2. The device will measure your pulse in a 60-second countdown.

The recovery pulse grade is displayed.

→ *The display will be ended after 20 seconds or by pressing the Recovery Pulse key.*



NOTICE

An error message will appear if no pulse is registered at the beginning or end of the countdown.

3.2.3 Turning the Display Off

If there is no activity for 4 minutes or after long-pressing the left button, the display will turn off.

3.2.4 Software Update

Kettler provides software updates for the console device in irregular occurrences. More information can be found at www.kettlersport.com.

3.2.5 Pulse Measurement

The pulse can be measured via 2 options:

- + Hand pulse: The connection is located on the back side of the display;
- + Chest strap: The input is located on the back side of the display.

Chest straps are not part of the scope of delivery. For heartrate-oriented training programmes, a chest strap is recommended.

3.3 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.

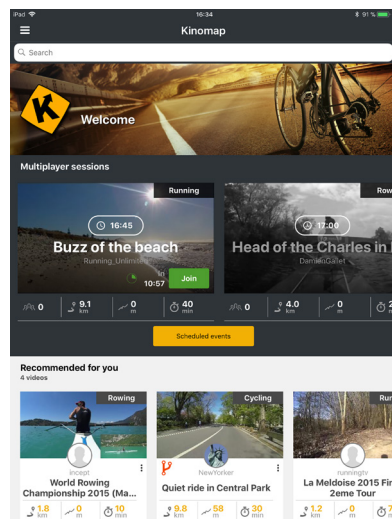
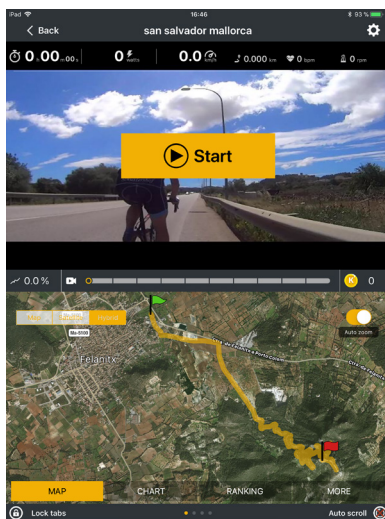
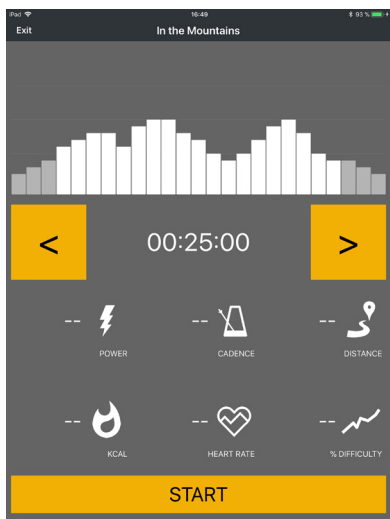
To use training apps you will have to activate the wireless connection function on your mobile device (tablet or smart phone) and start the fitness app. Select your fitness equipment. Please follow the instructions given in the app. You will find the name of your fitness equipment on a small sticker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

3.4 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.

3.4.1 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.

3.4.2 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.

3.4.3 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.

3.4.4 Used muscle groups

This training 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.

3.4.5 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.

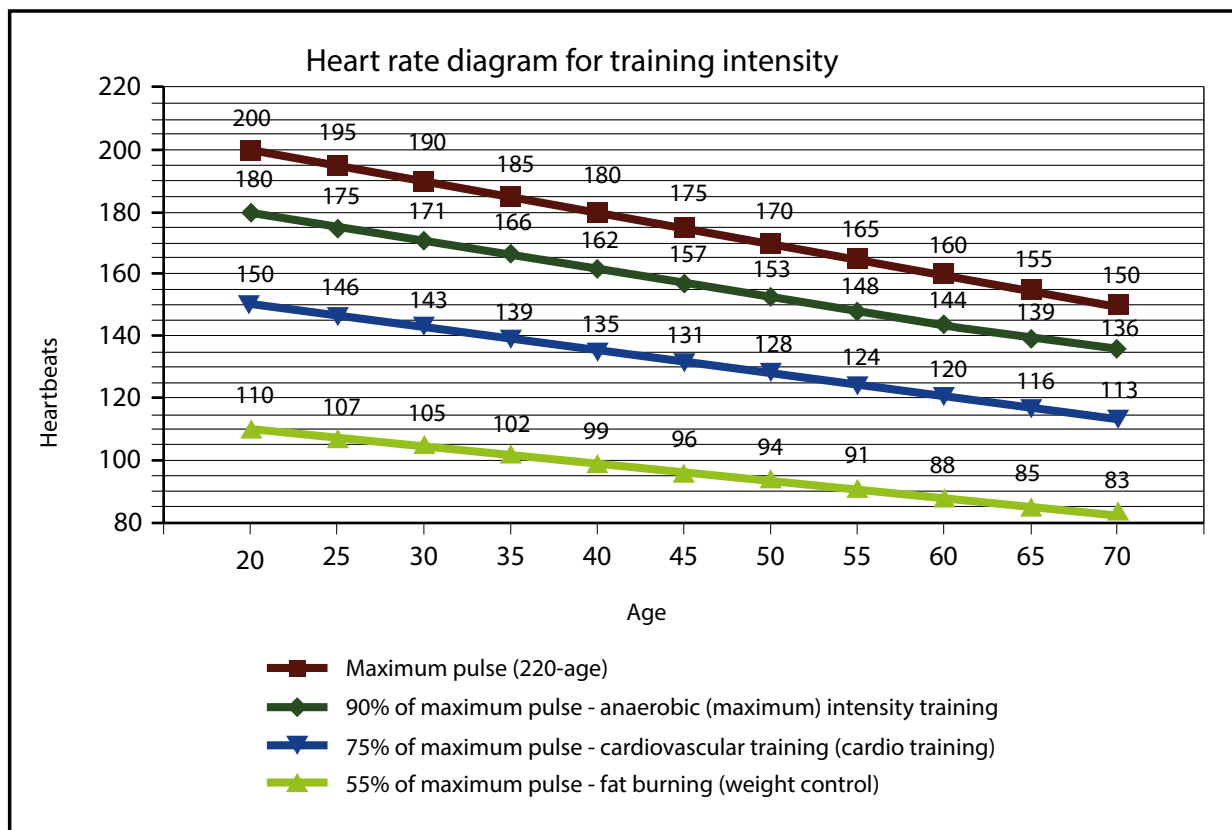
Cardiovascular training (cardio training): The primary goal is to increase stamina and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training period 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 or woman, the maximum heart rate is 175 ($220 - 45 = 175$).

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



3.5 Workout journal

[illegible]

Date _____



Distance



Time (min.)



Resistance level



Training weight



Ø Pulse



Calories burnt



I feel ...



Body weight

4.1 General Instructions

WARNING

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

ATTENTION

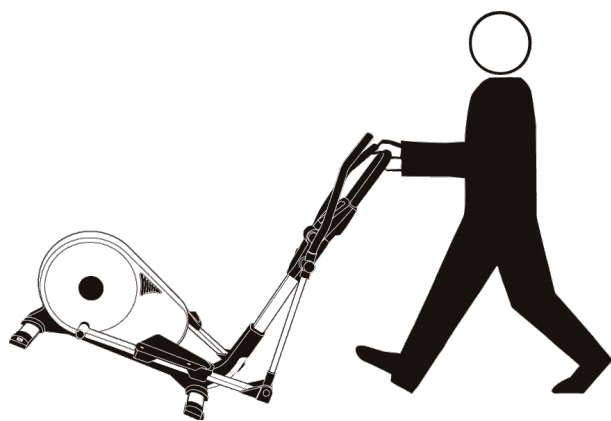
- + Make sure that the equipment is protected from moisture, dust and dirt in the selected storage location. The storage location should be dry and well ventilated and have a constant ambient temperature between 10°C and 35°C.

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.



5.1 General Instructions



WARNING

- + Do not make any improper changes to the equipment.



CAUTION

- + Damaged or worn components may affect your safety and the life of the equipment. Therefore, immediately replace damaged or worn components. In such a case, contact the contract partner. The equipment must not be used until it has been repaired. If necessary, use only original spare parts.



ATTENTION

- + In addition to the instructions and recommendations for maintenance and care given here, additional service and/or repair work may be necessary; this must only be carried out by authorised service technicians.

5.2 Faults and Fault Diagnosis

The equipment undergoes regular quality controls during production. Nevertheless, faults or malfunctions may occur. Frequently, individual parts are responsible for these disturbances, an exchange is usually sufficient. Please refer to the following overview for the most common errors and how to correct them. If the equipment still does not function properly, contact your contract partner.

Fault	Cause	Solution
Drive disks wobble/ make noises	Drive disk loose	Tighten nut (pay attention to left-hand / right-hand thread)
Display is blank/is not working	Loose cable connections	Check cable connections
Equipment wobbles	Equipment is not level	Align the feet
Creaking noises on the stepping area	Loose screws on stepping area	Tighten the screws on the stepping area
Creaking noises	Screw connections loosened or too tight	Check screw connections
Squeaking noises on the guide rails	Guide rails or rollers dirty or guide rails dry	Clean the guide rails and then lubricate them with a suitable lubricant

No pulse display	<ul style="list-style-type: none"> + Sources of interference in the room + unsuitable chest strap + Wrong position of chest strap + Chest strap defective or battery empty + Pulse display defective 	<ul style="list-style-type: none"> + Eliminate sources of interference (e.g. mobile phone, WLAN, lawn mower and vacuum cleaner robot, etc. ...) + Use a suitable chest strap (see RECOMMENDED ACCESSORIES). + Reposition chest strap and/or moisten electrodes + Changing batteries + Check if pulse display by hand pulse possible
App cannot be updated	<ul style="list-style-type: none"> + Outdated version + Other Error 	<ul style="list-style-type: none"> + Uninstall and reinstall the app.
Wi-Fi cannot be connected	<ul style="list-style-type: none"> + Incorrect password + Special characters in the password + Wi-Fi frequency not suitable 	<ul style="list-style-type: none"> + Change Wi-Fi password. + Establish Internet connection via a hotspot. + The date, time and time zone must be set correctly.

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 Maintenance and Inspection Calendar

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

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

Part	Weekly	Monthly	Quarterly
Display console	C	I	
Slide rails*		C	
Lubrication of slide rails and moving parts*			I
Plastic covers	C	I	
Screws and cable connections		I	
Legend: C = clean; I = inspect			

*Make sure to always clean the slide rails and moving parts before re-lubricating.

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 crosstrainer opens on YouTube. The video serves to illustrate the maintenance points described in this manual.

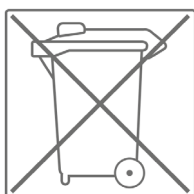
Please note that the video may not be available in your language or with appropriate subtitles.

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. Alternatively, you can use the QR-code provided. Of course, you can also contact our customer service: by telephone, e-mail, in one of our branches or via our social media channels. We will be happy to advise you!



chest strap



floor mat



silicone spray



chest strap contact gel

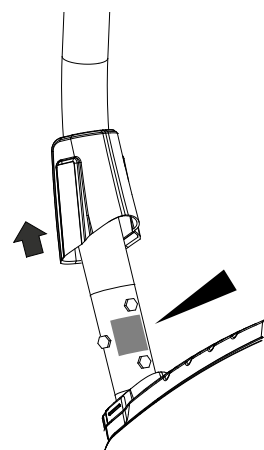
8.1 Serial Number and Model Name

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

NOTICE

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

Enter the serial number in the appropriate field.



Serial number:

Brand / Category:

Model Name:

Article Number:

8.2 Parts List

No.	Name	Qty.
A	Computer	1
B	Tablet holder for KB08	1
C	front cover for computer tray	1
C-1	screw	1
C-2	flat washer	1
C-3	spring washer	1
C-4	adjuster holder for KB07	1
C-5	tray sleeve for KB05	1
C-6	Hex screw	1
D	fixed handlebar for KE07	1
D-1	foam grip	2
D-2	STR 7/8"-2T end cap	2
D-3	12B handpulse	2
D-4	screw	2
D-5	handpulse cable	1
E	handlebar L for KE07	1
E-1	cover for handlebar	1
E-2	foam grip	1
F	handlebar R for KE07	1
F-1	cover for handlebar	1
F-2	foam grip	1
G	front stabilizer for KE08M	1
G-1	front stabilizer cap L for KB07	1
G-2	front stabilizer cap R for KB07	1
G-3	screw	4
H	rear stabilizer	1
H-1	rear stabilizer cap	2
H-2	screw	4
I	pedal arm L for KE08M	1
I-1	bearing	2
I-2	bearing	2

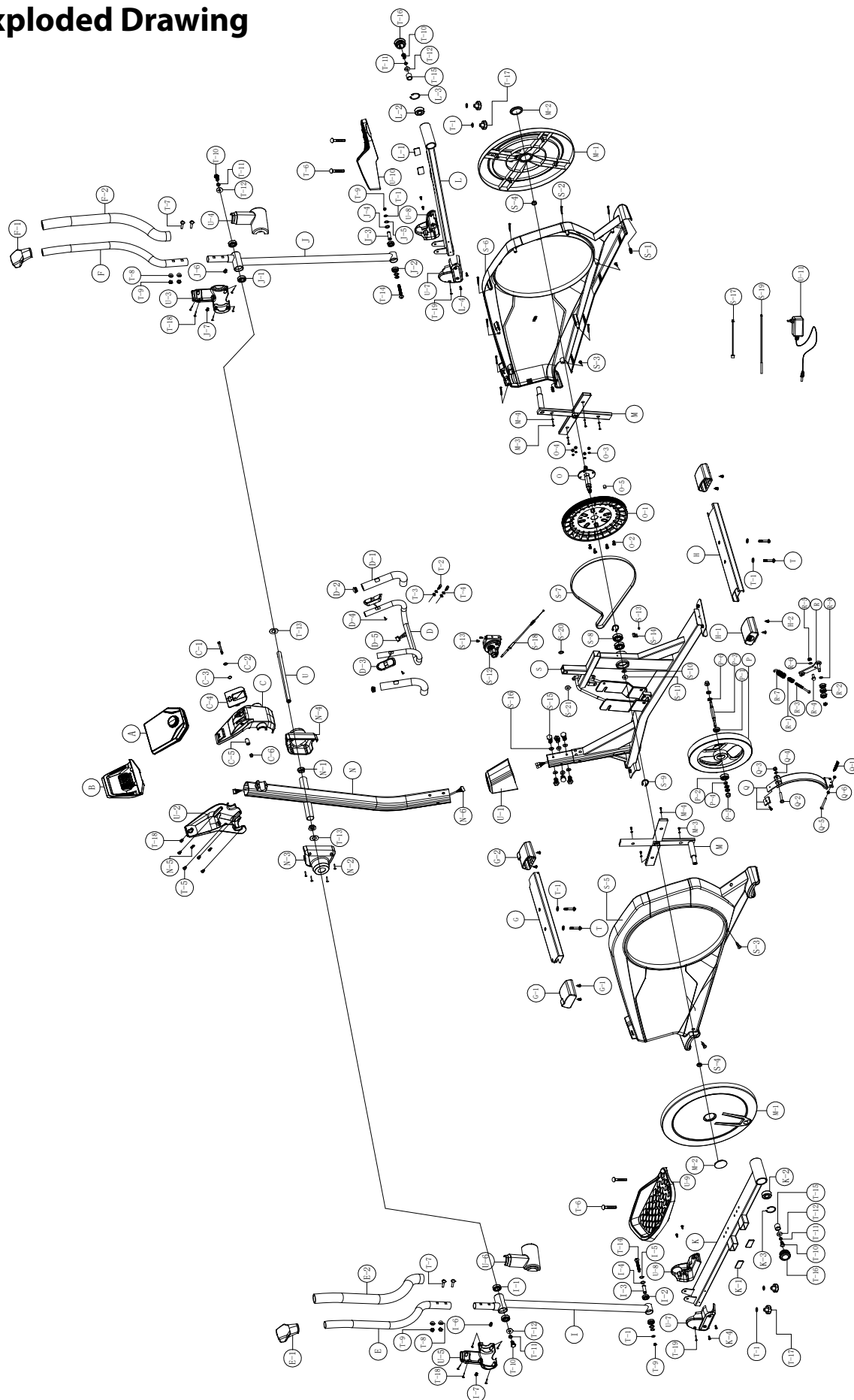
I-3	pedal tube connector sleeve	1
I-4	wavy washer	2
I-5	C-type clip	2
I-6	rivet nut	1
I-7	screw	1
J	pedal arm R for KE08M	1
J-1	bearing	2
J-2	bearing	2
J-3	pedal tube connector sleeve	1
J-4	wavy washer	2
J-5	C-type clip	2
J-6	rivet nut	1
J-7	screw	1
K	pedal tube L for KE08M	1
K-1	end cap 25*50	2
K-2	bearing	1
K-3	C-type clip	1
K-4	screw	4
L	pedal tube R for KE08M	1
L-1	end cap 25*50	2
L-2	bearing	1
L-3	C-type clip	1
L-4	screw	4
M	cross for KE02M	2
M-1	wheel cover for KE08	2
M-2	decorative cover for KE07	2
M-3	screw	8
M-4	flat washer	8
N	handlebar post for KE08M	1
N-1	plastic sleeve for KE01	2
N-2	screw	4
N-3	decorative cover L for central axle	1
N-4	decorative cover R for central axle	1
N-5	screw	2

N-6	cable upper	1
O	shaft	1
O-1	pulley	1
O-2	screw	4
O-3	spring washer	4
O-4	nylon nut	4
O-5	M51 magnetic core	1
P	flywheel	1
P-1	bearing	1
P-2	bearing	1
P-3	axle for flywheel	1
P-4	plastic sleeve	1
P-5	nut	2
P-6	hex nut	4
Q	magnetic set	1
Q-1	spring for magnetic set	1
Q-2	screw	1
Q-3	nylon nut	1
Q-4	flat washer	1
Q-5	screw	1
Q-6	hex nut	2
R	idler bar	1
R-1	screw	1
R-2	bearing	3
R-3	screw	1
R-4	screw	1
R-5	nylon nut	2
R-6	flat washer	1
R-7	idler spring	1
R-8	wavy washer	1
S	frame	1
S-1	pull bar	2
S-2	screw	8
S-3	screw	4

S-4	nut	2
S-5	cover L	1
S-6	Cover R	1
S-7	belt	1
S-8	bearing	2
S-9	C-type clip	2
S-10	wavy washer	1
S-11	flat washer	1
S-12	motor with cable	1
S-13	screw	3
S-14	B42 holder	1
S-15	screw	6
S-16	flat washer	6
S-17	DC cable	1
S-18	motor tension cable	1
S-19	sensor cable	1
S-20	absorb washer	1
S-21	absorb washer	1
T	screw	4
T-1	flat washer	10
T-2	screw	2
T-3	flat washer	2
T-4	spring washer	2
T-5	screw	6
T-6	screw	4
T-7	screw	4
T-8	semicircle washer	4
T-9	nylon nut	6
T-10	screw	4
T-11	spring washer	4
T-12	flat washer	4
T-13	wavy washer	2
T-14	screw	2
T-15	pedal tube axle sleeve	2

T-16	universal cap	2
T-17	knob for pedal	4
T-18	screw	11
U	central axle	1
U-1	cover for handlebar post	1
U-2	cover for computer tray	1
U-3	cover R for pedal arm (upper)	1
U-4	cover R for pedal arm (lower)	1
U-5	cover L for pedal arm (upper)	1
U-6	cover L for pedal arm (lower)	1
U-7	cover L for pedal arm	2
U-8	cover R for pedal arm	2
U-9	pedal L	1
U-10	pedal R	1
U-11	adapter	1

8.3 Exploded Drawing



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.

Warranty

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

Warranty 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 warranty holder 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  +49 4621 4210-900  +49 4621 4210-698  technik@fitshop.de  Öffnungszeiten entnehmen Sie unserer Homepage.	TEKNIK OG SERVICE  80 90 16 50 +49 4621 4210-945  info@fitshop.dk  Åbningstider kan findes på hjemmesiden: https://stg.fit/statit7	CUSTOMER SUPPORT  00800 2020 2772 +494621 4210 944  info@fitshop.co.uk  You can find the opening hours on our homepage: https://stg.fit/statitc
	FR	BE
SERVICE  0800 20 20277 (kostenlos)  04621 4210 - 0  info@fitshop.de  Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statita	TECHNIQUE & SERVICE  +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	TECHNIQUE & SERVICE  02 732 46 77 +49 4621 4210 933  info@fitshop.be  Vous trouverez les heures d'ouverture sur notre site Internet: https://stg.fit/statit8
ES	NL	INT
TECNOLOGÍA Y SERVICIOS  911 238 029  info@fitshop.es  Consulta nuestro horario de apertura en la página web: https://stg.fit/statit5	TECHNISCHE DIENST & SERVICE  +31 172 619961  service@fitshop.nl  De openingstijden vindt u op onze homepage: https://stg.fit/statit3	TECHNICAL SUPPORT & SERVICE  +49 4621 4210-944  service-int@fitshop.de  You can find the opening hours on our homepage: https://stg.fit/statita
PL	AT	CH
DZIAŁ TECHNICZNY I SERWIS  22 307 43 21 +49 4621 42 10-948  info@fitshop.pl  Godziny otwarcia można znaleźć na stronie głównej: https://stg.fit/statit6	TECHNIK & SERVICE  0800 20 20277 (Freecall) +49 4621 42 10-0  info@fitshop.at  Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statitb	TECHNIK & SERVICE  0800 202 027 +49 4621 42 10-0  info@fitshop.ch  Öffnungszeiten entnehmen 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

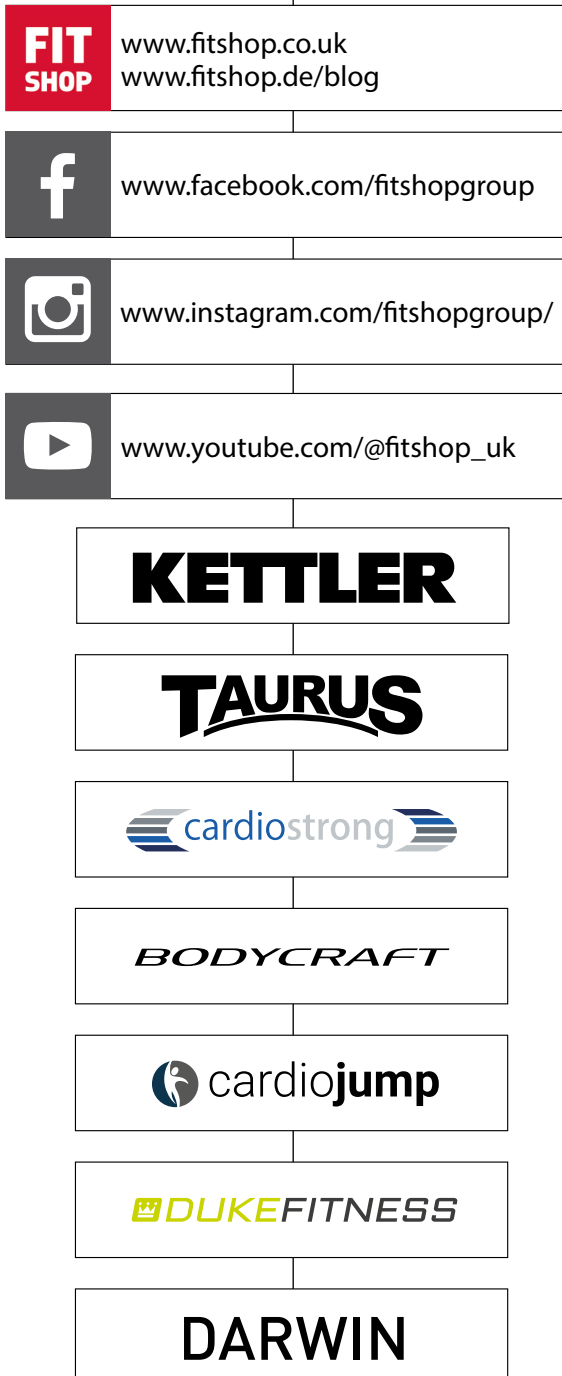
WE LIVE FITNESS

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 equipment assembled on site. In addition, the company supplies fitness studios, hotels, sports clubs, companies and physio practices with professional equipment for endurance and strength training.

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

KETTLER OPTIMA 400