

# KETTLER



REGATTA 300 | RO1030-100



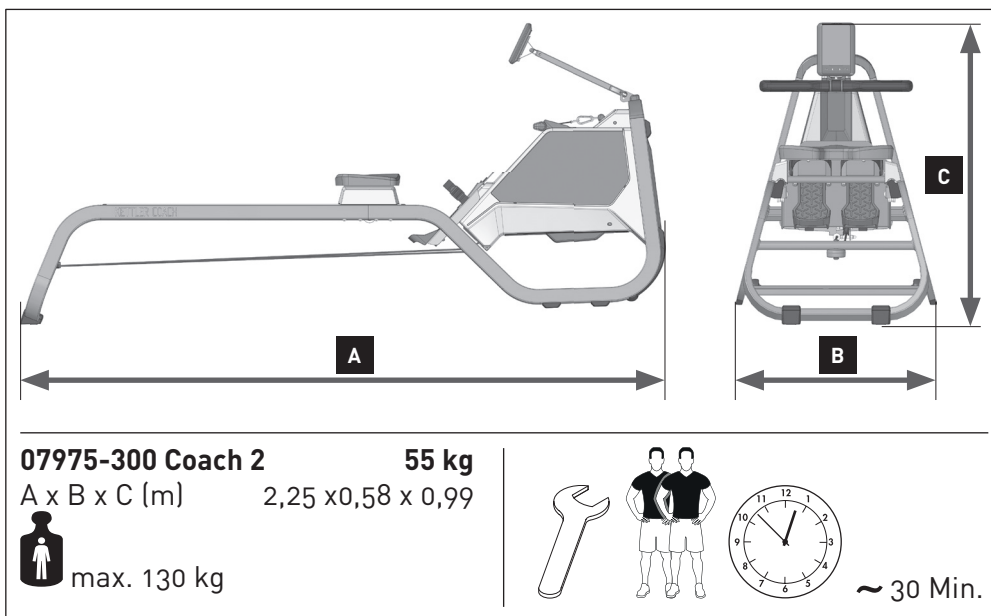
DE MONTAGEANLEITUNG

EN ASSEMBLY INSTRUCTIONS

FR INSTRUCTIONS DE MONTAGE

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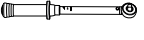
## WICHTIGE HINWEISE



**Wichtig!** Bitte lesen Sie die Anweisungen vor der Montage und der ersten Benutzung aufmerksam durch. Sie erhalten wichtige Hinweise für Ihre Sicherheit sowie den Gebrauch und die Wartung des Gerätes. Bewahren Sie diese Anleitungen zur Information bzw. für Wartungsarbeiten oder Ersatzteilbestellungen sorgfältig auf. Händigen Sie diese Anleitungen bei einem Besitzerwechsel des Gerätes mit aus.

Dieses Symbol  weist auf einen wichtigen Warnhinweis hin. Diese Anleitung kann auch unter [www.kettlersport.com](http://www.kettlersport.com) heruntergeladen werden.

### 1.0 BENUTZERINFORMATION

- **Achtung!** Beachten Sie auch unbedingt die Hinweise in den Heften „Sicherheitshinweise und Informationen zum Gebrauch“  und „Computer-/ Trainingsanleitung, Bedienung, Biomechanik“ .
- Dieses Symbol  weist auf einen Inbusschlüssel hin.
- Dieses Symbol  weist auf einen Drehmomentschlüssel hin.
- Dieses Sportgerät entspricht der DIN EN ISO 20957-1:2014, sowie ...
- ISO 20957-7:2005, Genauigkeit HB

## IMPORTANT INFORMATION

EN




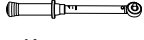


**Important!** Please read these instructions carefully before installation and first use. You will receive important information for your safety as well as for the use and maintenance of the appliance. Keep these instructions somewhere safe for information purposes or for maintenance work or ordering replacement parts. Pass these instructions on with the appliance if the owner of the appliance changes.

This symbol  indicates an important warning.

These instructions can also be downloaded at [www.kettlersport.com](http://www.kettlersport.com).


### 1.0 USER INFORMATION

- **Caution!** Please ensure you observe the instructions in the booklets “Safety Instructions and Instructions for Initial Operation and Maintenance”  and „Computer/training instructions, handling, biomechanics“ .
- This symbol  indicates an Allen key.
- This symbol  indicates a torque wrench.
- This sport appliance corresponds to DIN EN ISO 20957-1:2014, and ...
- ISO 20957-7:2005, Accuracy HB




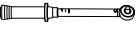
## REMARQUES IMPORTANTES



**Important !** Veuillez lire attentivement les instructions avant le montage et la première utilisation. Vous y trouverez des conseils importants pour votre sécurité ainsi que pour l'utilisation et la maintenance de l'appareil. Conservez soigneusement ces instructions à titre d'information, pour les travaux de maintenance ou la commande de pièces de rechange. En cas de changement de propriétaire de l'appareil, remettez aussi ces instructions.

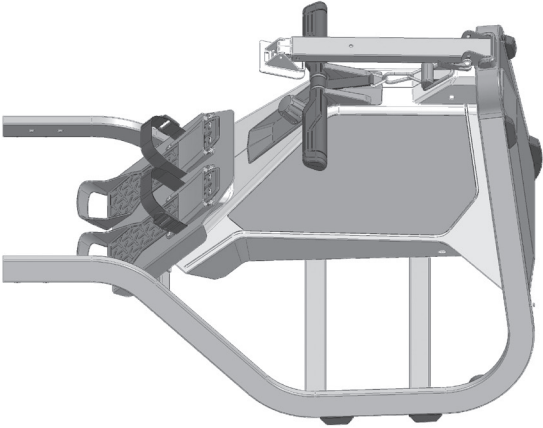
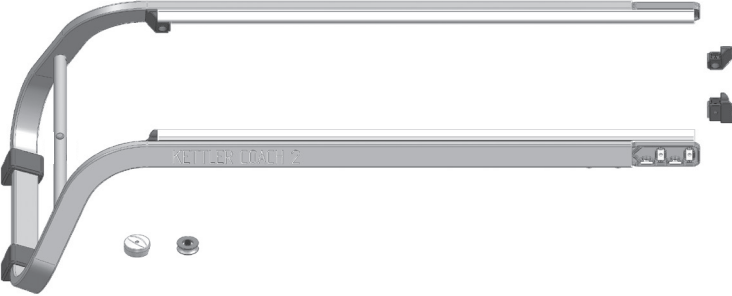
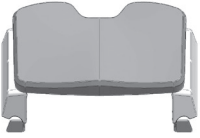

Ce symbole  attire l'attention sur un avertissement important. Ces instructions peuvent également être téléchargées sur [www.kettlersport.com](http://www.kettlersport.com)

### 1.0 INFORMATION UTILISATEUR

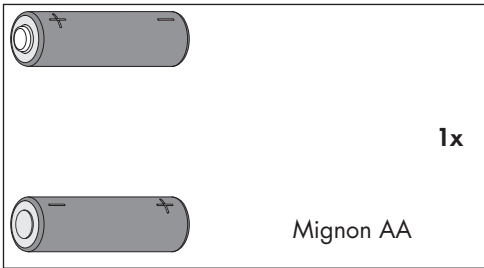
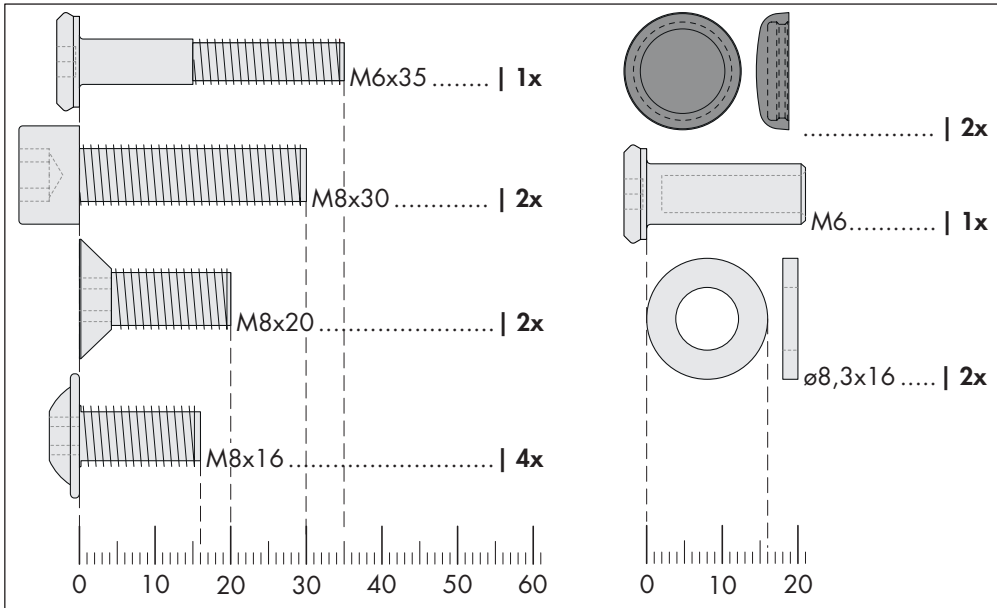
- **Attention !** Suivez aussi impérativement les conseils dans les cahiers „Conseils de sécurité et informations pour l'utilisation“  et „Instructions ayant trait à l'ordinateur / l'entraînement, utilisation, biomécanique“ .
- Ce symbole  attire l'attention sur une clé mâle à six pans.
- Ce symbole  attire l'attention sur une clé de serrage dynamique.
- Cet appareil de sport répond à la norme DIN EN ISO 20957-1:2014 ainsi que...
- ISO 20957-7:2005, précision HB

## LIEFERUMFANG

EN SCOPE OF DELIVERY  
FR FOURNITURES

 <p>A 3D rendering of the main frame assembly, showing a curved metal structure with a central platform and a handlebar. It includes a black strap and a small black component.</p>	<b>1x</b>
 <p>A 3D rendering of a horizontal bar assembly, labeled "KETTEN LOCH 2". It consists of a long metal bar with a curved end, two small black components, and two small circular components.</p>	<b>1x</b>
 <p>A 3D rendering of a seat, showing a grey, curved, padded seat with a metal frame.</p>	<b>1x</b>
 <p>A 3D rendering of a small, rectangular, grey plate or component.</p>	<b>1x</b>

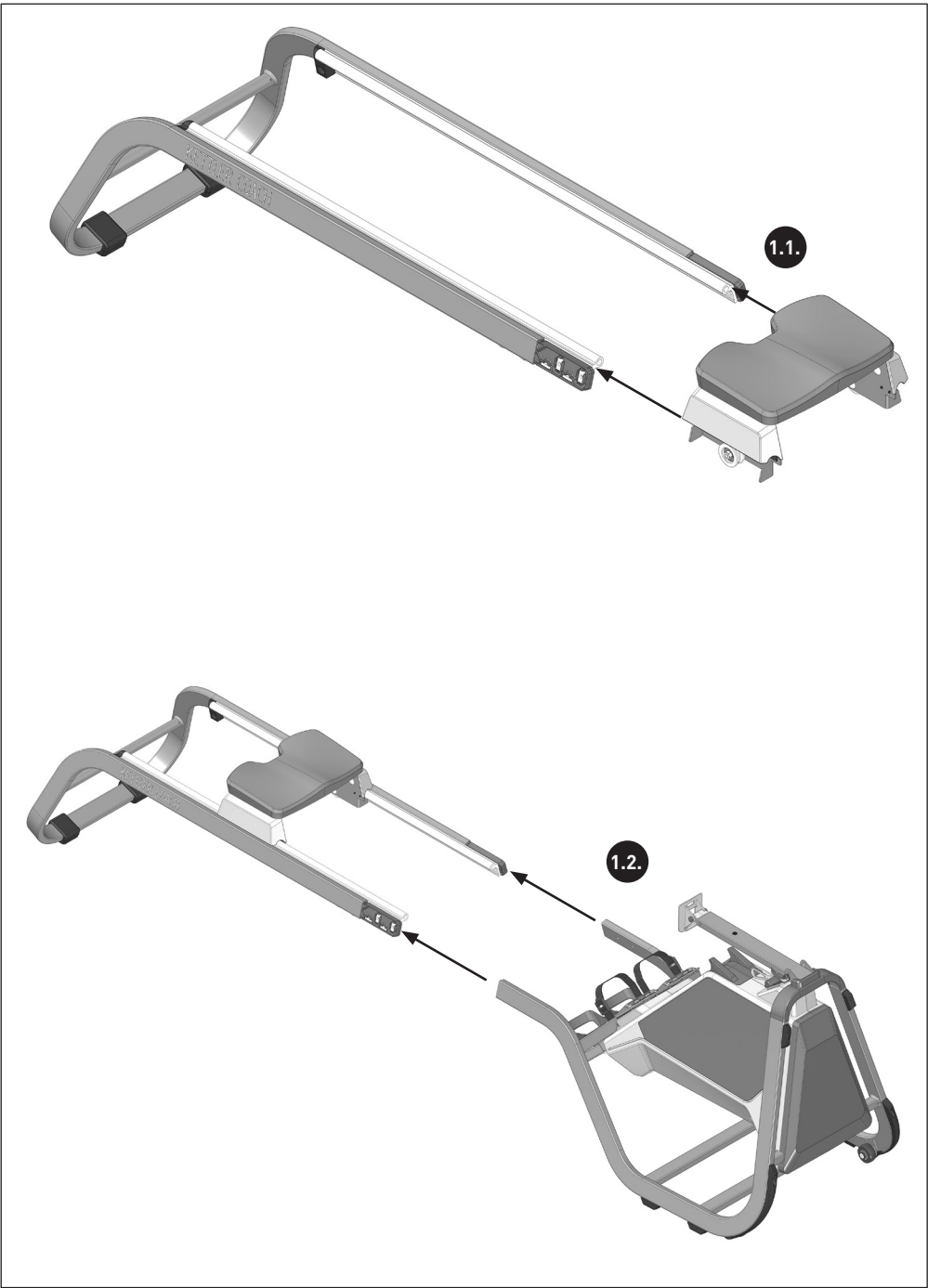
## LIEFERUMFANG



- DE** Benötigtes Werkzeug – Gehört nicht zum Lieferumfang.
- EN** Tools required – Not included.
- FR** Outils nécessaires – Ne fait pas partie du domaine de livraison.




1.





**2.**

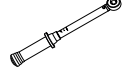
**2.1.**   
4x | M8x16

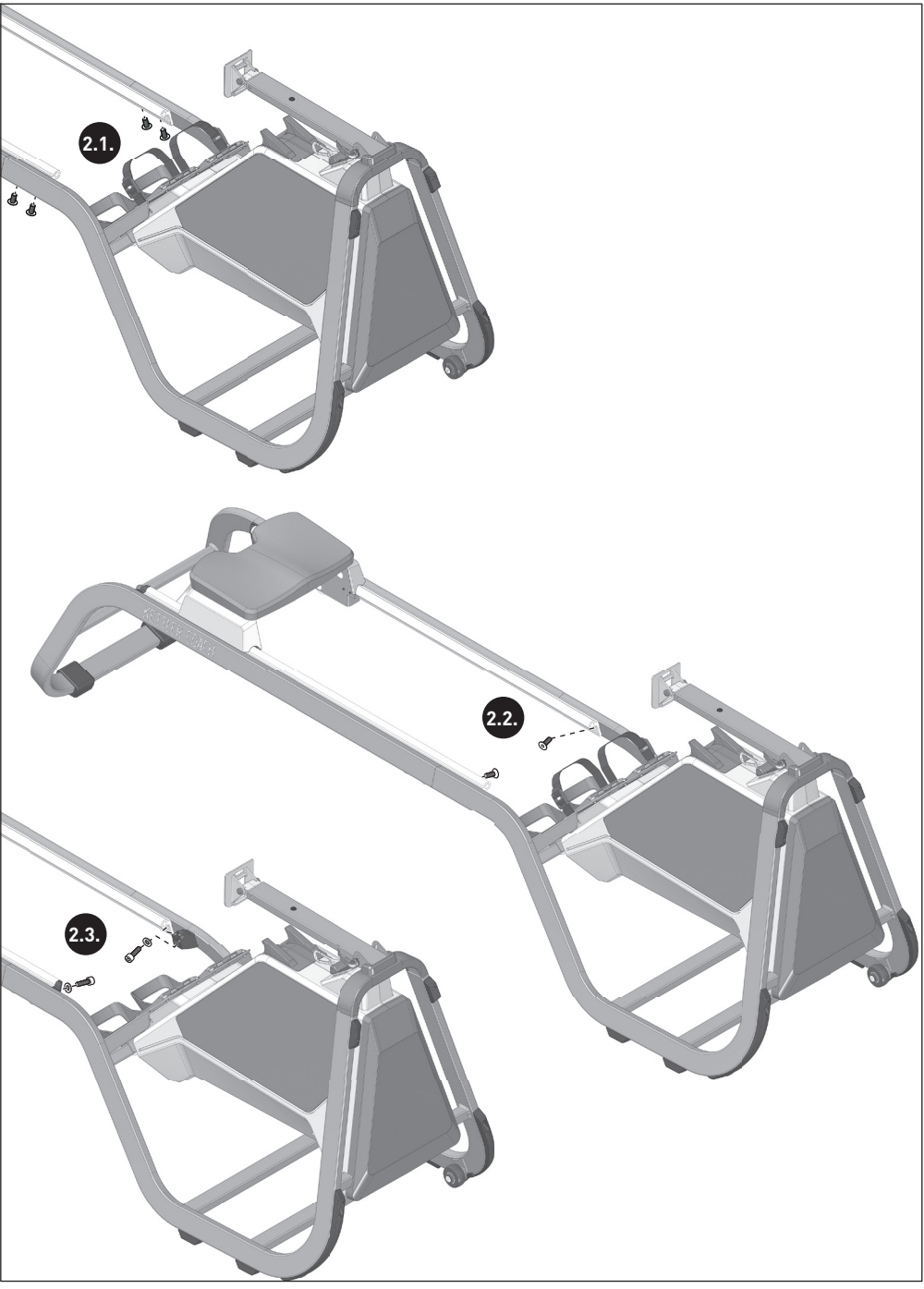
**2.2.**   
2x | M8x20

**2.3.**   
2x | M8x30

  
ø8,3x16

  
SW6

  
 $\vec{M} = 15 \text{ Nm}$



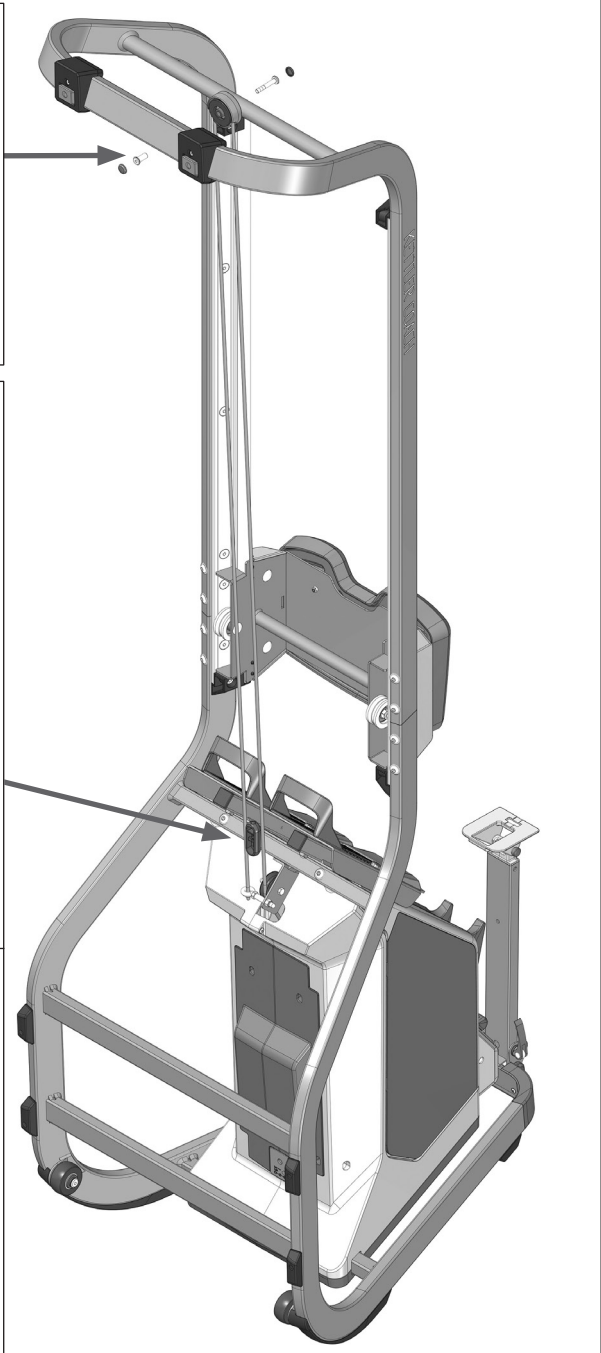
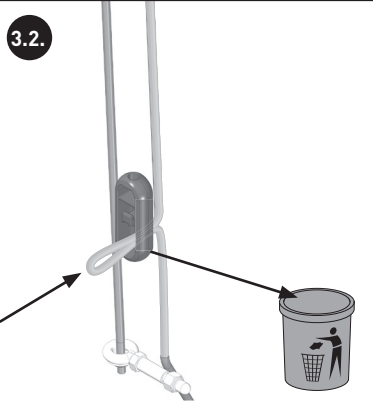
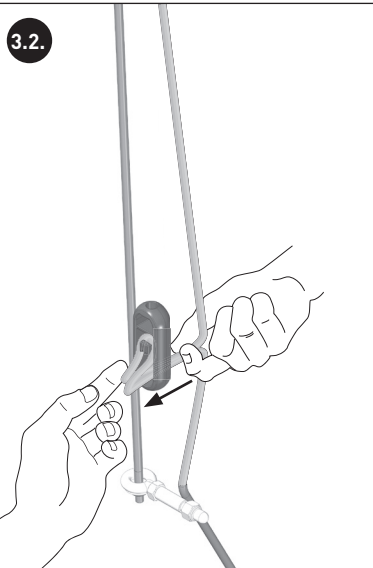
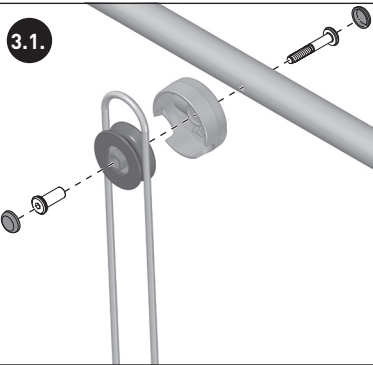
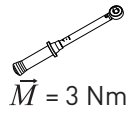
**3.**

**3.1.**

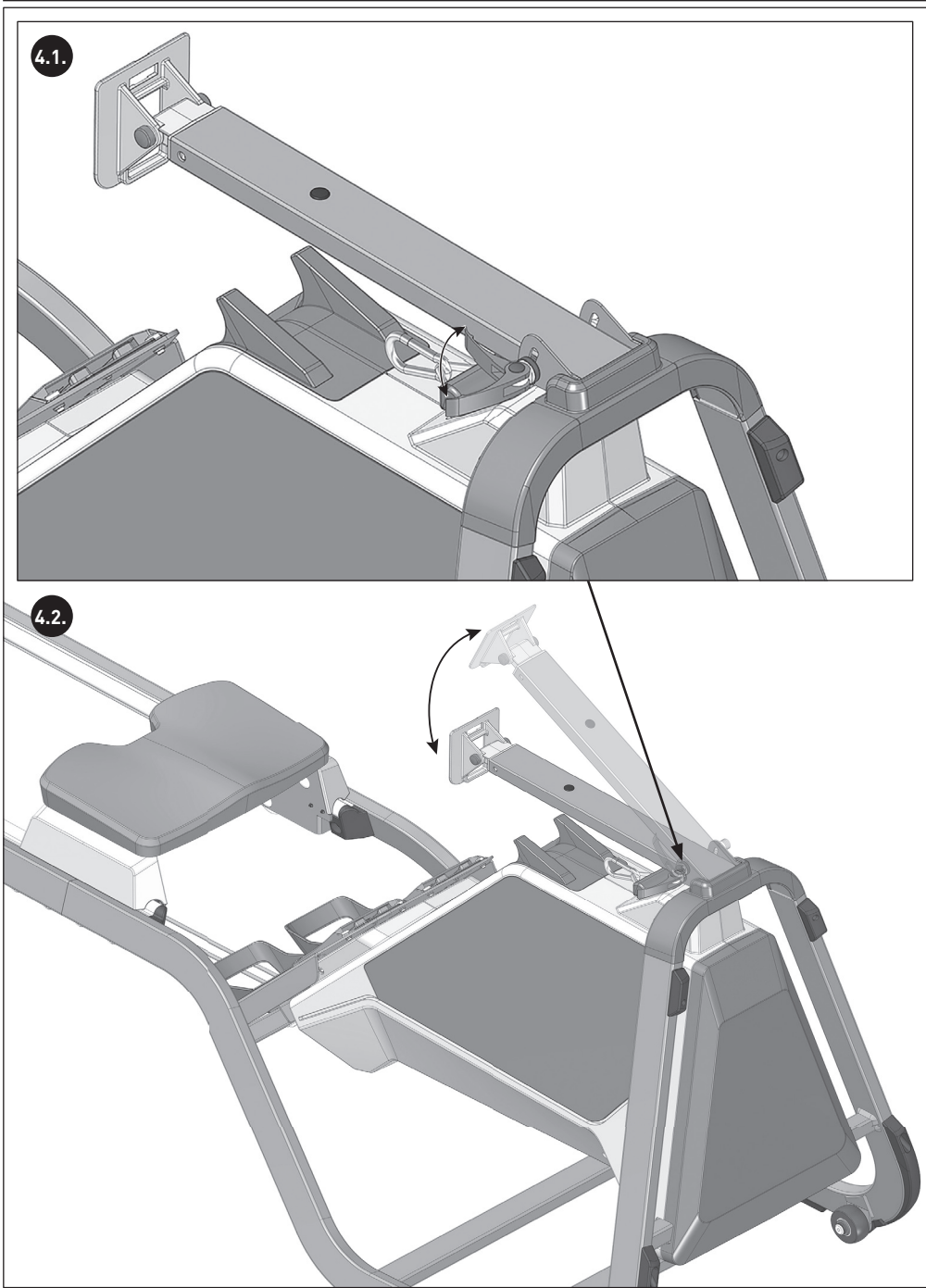
1x |

M6x38

M6



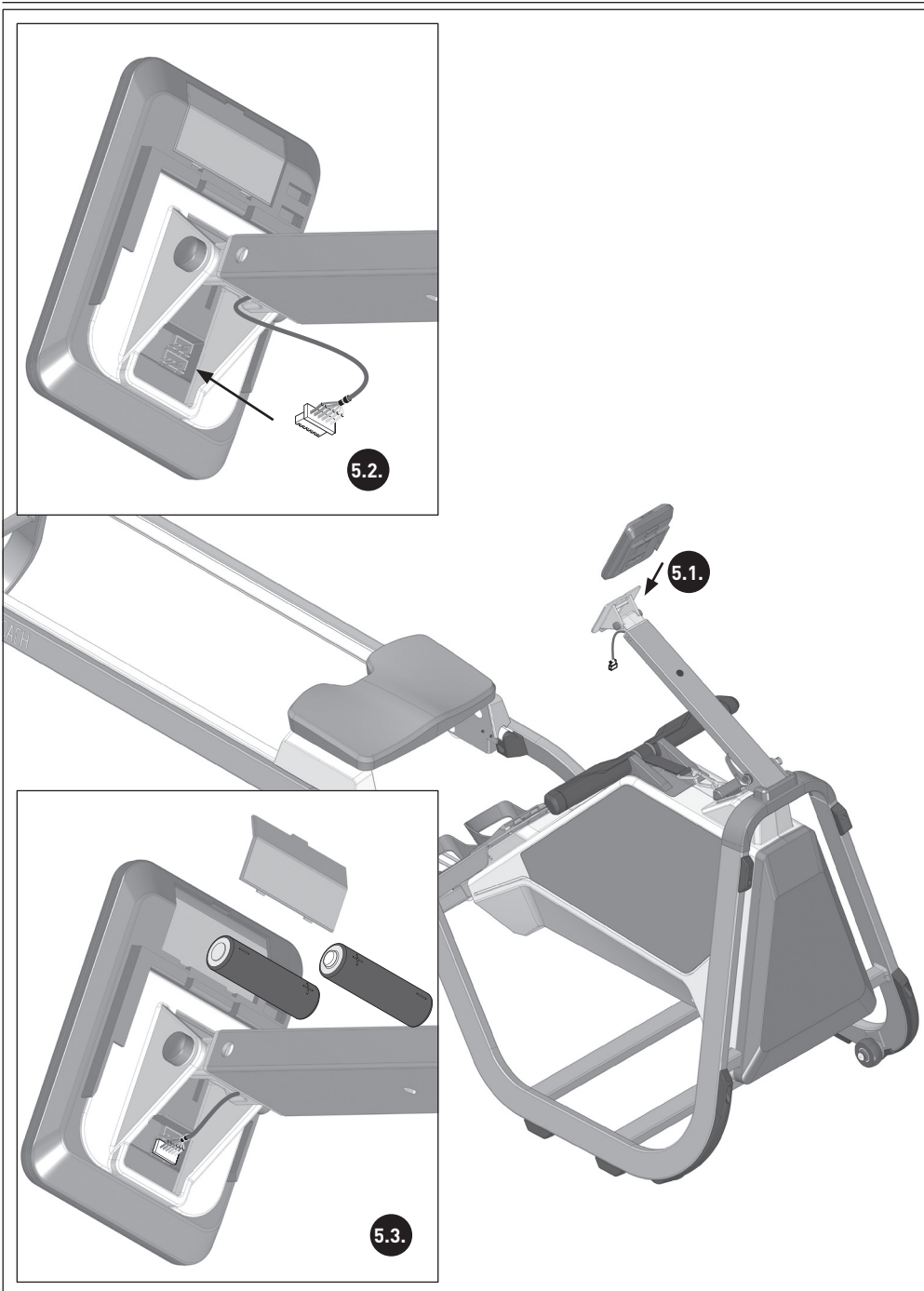
4.



5.

5.3.

2x | Mignon AA

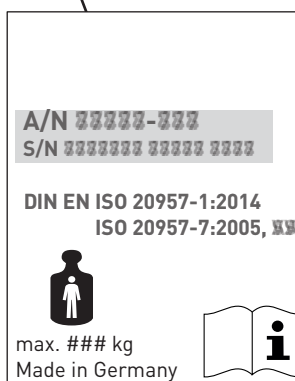
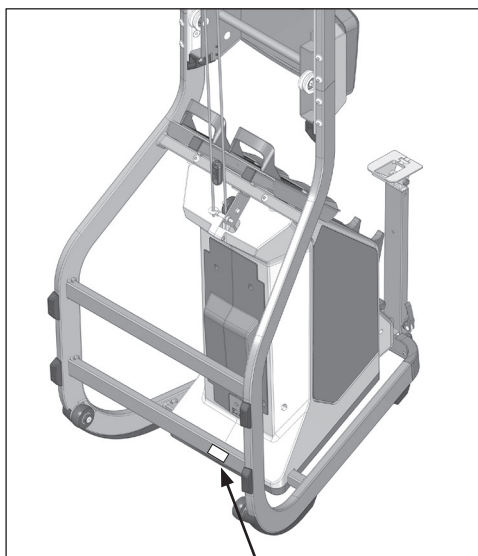


## ZUBEHÖRBESTELLUNG

- DE** Passendes Zubehör finden Sie unter [www.kettlersport.com](http://www.kettlersport.com)  
**EN** You can find the matching accessories by going to [www.kettlersport.com](http://www.kettlersport.com)  
**FR** Vous trouverez des accessoires compatibles sur [www.kettlersport.com](http://www.kettlersport.com)

## TYPENSCHILD

- DE** Beispiel Typenschild  
- Seriennummer  
**EN** Example Type label - Serial  
number  
**FR** Example Plaque signalétique -  
Numéro de serie



## ERSATZ / BAUTEILBESTELLUNG

Item number	Description	QTY
A	Console	1
B	Handpost	1
B-1	Screw	1
B-2	Flat washer	3
B-3	Bushing	4
B-4	Nylon nut	2
B-5	Quick release	1
B-6	Supporter	1
B-7	Screw sleeve	2
B-8	Screw	1
B-9	Console adjustment	1
C	Front supporter of frame	1
C-1	Frame cover	1
C-2	Screw	12
C-3	Cap	6
C-4	Stabilizer cap L	1
C-5	Stabilizer cap R	1
C-6	Roller	2
C-7	Roller sleeve	4
C-8	Screw	2
C-9	Front wheel sleeve	2
C-10	Screw	1
C-11	Screw	8
C-12	Sleeve	2
C-13	Rope pulley	1
C-14	Sleeve	2
C-15	Ring	1
C-16	Hex nut	1
B-2	Flat washer	1
B-4	Nylon nut	2
D	Belt roller	2
D-1	Bearing	4
D-2	Screw	2
D-3	Flat washer	4
D-4	Nylon nut	2
C-12	Bushing	4
E	Magnetic welding	1
E-1	Magnet	10
E-2	Magnetic holder	5
E-3	Screw	5
E-4	Spring	1
E-5	Tension cable holder	1
E-6	Screw	1
E-7	Screw	1
E-8	Resistance plate	1
E-9	Screw	2
E-10	Enhance plate	1
D-3	Flat washer	4
C-16	Hex nut	2
D-4	Nylon nut	1
F	Frame	1
F-1	Cap	2
G	Rear frame	1
G-1	Rail R	1
G-2	Rail L	1
G-3	Rail cover	2
G-4	Rail cover	2
G-5	Screw	4
D-3	Flat washer	4
G-6	Rubber mat	4

Item number	Description	QTY
G-7	Screw	10
G-8	Cap	6
G-9	Screw	8
G-10	Connector plate	16
G-11	Connector	2
G-12	Rear decoration cover R	1
G-13	Rear decoration cover R	1
G-14	Rear decoration cover L	1
G-15	Rear decoration cover L	1
G-16	Cap	2
G-17	Screw cap	2
G-18	Screw	1
G-19	Roller cover	1
G-20	Screw	1
C-12	Sleeve	2
C-13	Rope pulley	1
G-21	Screw	2
L-4	Screw	2
H	Saddle	1
H-1	Seat supporter	1
H-2	Screw	6
H-3	Rail wheel	4
H-4	Rail wheel sleeve	6
H-5	Anti slip	4
H-6	Seat cover	2
H-7	Rail cover	2
H-8	Flat washer	6
H-9	Nylon nut	4
H-10	Flat washer	4
D-4	Nylon nut	6
I	Pedal	2
I-1	Pedal cover R	1
I-2	Pedal strap	2
I-3	Pedal cover L	1
I-4	Screw	8
I-5	Pedal supporter	1
I-6	Screw	4
J	Middle cover	1
J-1	Cap	1
J-2	Tension knob	1
J-3	Tension cover	1
J-4	Tension level plate	1
J-5	Tension cover lower	1
J-6	Tension cable holder	1
J-7	Tension cable dish	1
J-8	PCB supporter	1
J-9	Spring	2
J-10	Ball	2

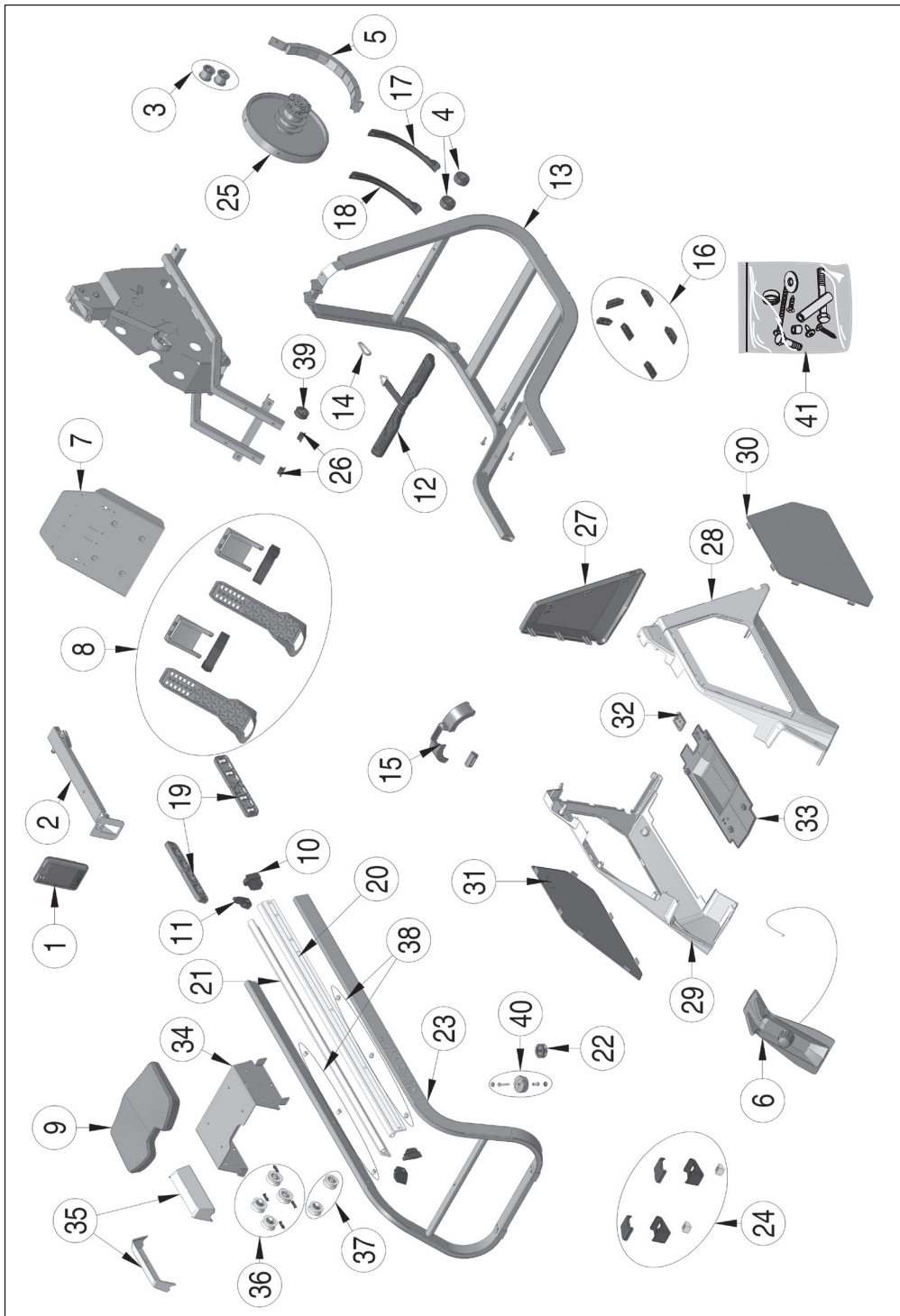
## ERSATZ / BAUTEILBESTELLUNG

Item number	Description	QTY
J-11	Screw	5
J-12	Screw	1
J-13	Gear wheel	1
J-14	PCB	1
J-15	Screw	2
J-16	Display	1
J-17	Tension cable	1
K	Handlebar	1
K-1	Handgrip	2
K-2	Belt holder	2
K-3	Belt	1
K-4	Screw	2
K-5	Safety clip	1
M	Main roller	1
M-1	Flywheel	1
M-2	Flywheel axle	1
M-3	Bearing	2
M-4	Metal cap	1
M-5	Jump ring	1
M-6	Clutch	1
M-7	Bearing	2
M-8	Flywheel cover(metal)	2
M-9	C clip	2
M-10	Screw	6
M-11	Magnet	1
M-12	Hex nut	1
M-13	Clip	1
M-14	Screw	1
M-15	Belt	1
M-16	Stopper	1
		2
		1
M-17	Flexible rope	1
M-18	Flat washer	1
M-19	Flywheel sleeve	1
N	Sensor	1
N-1	Sensor supporter	1
N-2	Screw	2
N-3	Sensor cable	1
N-4	Resistance cable upper	1
N-5	Resistance cable lower	1
L	Main cover	1
L-1	Main cover	1
L-2	Screw	10
L-3	Adaptor cover	3
L-4	Screw	8
L-5	Small cover	1
L-6	Front cover	1
L-7	Small cover	1

Item number	Description	QTY
L-8	Bottom cover	1
L-9	DC cap	1
	Screw bag	1



ERSATZTEILBESTELLUNG





<b>DE</b>	<b>DK</b>	<b>UK</b>
<p style="text-align: center;"><b>TECHNIK</b></p> <p>☎ +49 4621 4210-900          📠 +49 4621 4210-698          ✉ technik@fitshop.de          🕒 Öffnungszeiten entnehmen Sie unserer Homepage.</p> <p style="text-align: center;"><b>SERVICE</b></p> <p>☎ 0800 20 20277 (kostenlos)          ☎ 04621 4210 - 0          ✉ info@fitshop.de          🕒 Öffnungszeiten entnehmen Sie unserer Homepage:  <a href="https://stg.fit/statit4">https://stg.fit/statit4</a></p>	<p style="text-align: center;"><b>TEKNIK OG SERVICE</b></p> <p>☎ 80 90 16 50          +49 4621 4210-945          ✉ info@fitshop.dk          🕒 Åbningstider kan findes på hjemmesiden:  <a href="https://stg.fit/statit7">https://stg.fit/statit7</a></p>	<p style="text-align: center;"><b>CUSTOMER SUPPORT</b></p> <p>☎ 00800 2020 2772          +494621 4210 944          ✉ info@fitshop.co.uk          🕒 You can find the opening hours on our homepage:  <a href="https://stg.fit/statitc">https://stg.fit/statitc</a></p>
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Auf dieser Webseite finden Sie eine detaillierte Übersicht inkl. Anschrift und Öffnungszeiten für alle Filialen der Fitshop Group im In- sowie im Ausland:

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](http://www.fitshop.com)



## IMPRESSUM

Fitshop GmbH  
Europas Nr. 1 für Heimfitness

International Headquarters  
Flensburger Straße 55  
24837 Schleswig  
Deutschland

Geschäftsführer:  
Christian Grau  
Sebastian Campmann  
Dr. Bernhard Schenkel  
Handelsregister HRB 1000 SL  
Amtsgericht Flensburg  
Umsatzsteuer-IdNr.: DE813211547

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# FITSHOP

Europas Nr.1 für Heimfitness

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Fitshop GmbH  
Europe's No. 1 for home fitness

International Headquarters  
Flensburger Straße 55  
24837 Schleswig

Germany Management:  
Christian Grau  
Sebastian Campmann  
Dr. Bernhard Schenkel  
No. HRB 1000 SL  
Local Court Flensburg  
European VAT Number: DE813211547

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

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Europe's No.1 for Home Fitness



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