

KETTTLER

Assembly and Operating Instructions



max. 130 kg



~ 45 Min. 



 58 kg

L 132 | W 62 | H 169

FSKCT1020100.01.01

Art. No. K-CT1020-100

Kettler Nova P

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	12
2.3	Assembly	14
3	OPERATING INSTRUCTIONS	25
3.1	Display	25
3.2	Display functions	27
3.2.1	Display	27
3.3	Standby	27
3.4	Quickstart Programme	28
3.5	Custom Programme	28
3.6	Manual Programme	28
3.7	Heart Rate Controlled Programme (H.R.C.)	29
3.8	Programme Mode	29
3.9	Recovery Function	30
3.10	Workout tips	31
3.10.1	Training clothes	31
3.10.2	Warming up and stretching	31
3.10.3	Medication	32
3.10.4	Used muscle groups	32
3.10.5	Exercise frequency	32
3.11	Workout journal	34
3.12	Wireless Connection and Fitness Apps	35
4	STORAGE AND TRANSPORT	36
4.1	General Instructions	36
4.2	Transportation Wheels	36
5	TROUBLESHOOTING, CARE AND MAINTENANCE	37
5.1	General Instructions	37
5.2	Faults and Fault Diagnosis	37

5.3	Error Codes and Troubleshooting	38
5.4	Maintenance and Inspection Calendar	39
6	DISPOSAL	39
7	RECOMMENDED ACCESSORIES	40
8	ORDERING SPARE PARTS	41
8.1	Serial Number and Model Name	41
8.2	Parts List	42
8.3	Exploded Drawing	46
9	WARRANTY	47
10	CONTACT	49

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

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

Disclaimer

Since December 19, 2024, the trademark rights to © Kettler for fitness equipment in the EU, EFTA, and Turkey are held by Fitshop GmbH. All rights reserved. Any use of this trademark without the explicit written permission of Fitshop is prohibited.

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
- + RPM (rotations per minute) in minutes
- + Speed in km/h
- + Distance in km
- + Burnt calories in kcal, kJ
- + Heart rate (when using the hand sensors, chest strap or ear clip)

User memory:	4
Quick Start programmes:	1
Custom programmes:	1 (per user)
Manual programmes:	1 (per user)
Heart Rate Controlled programmes:	4
Pre-set programmes:	12

Weight and dimensions:

Article weight (gross, including packaging):	63.06 kg
Article weight (net, without packaging):	58 kg
Packaging dimensions (L x W x H):	126 cm x 44 cm x 83 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

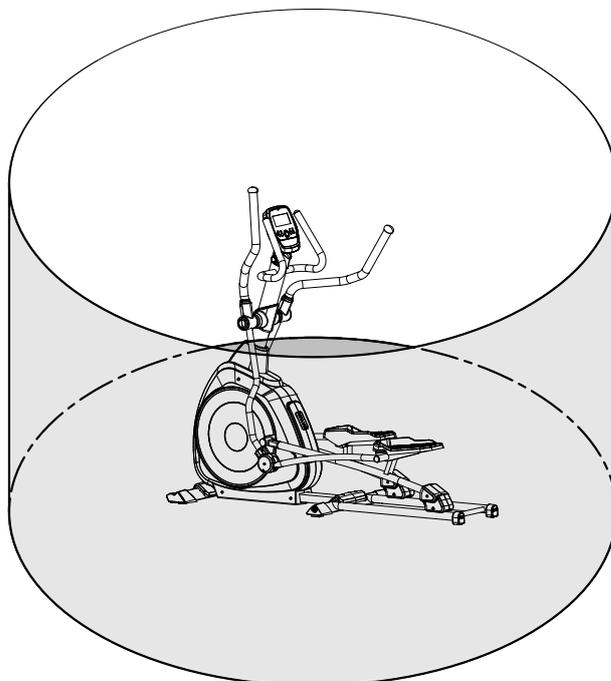
- + Do not place the equipment in main corridors or escape routes.

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.



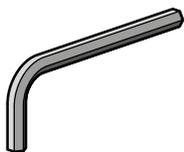
CAUTION

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

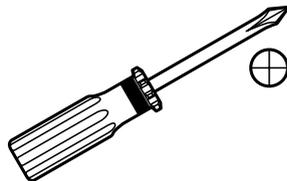
Required tools:



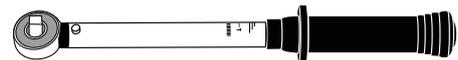
Wrench



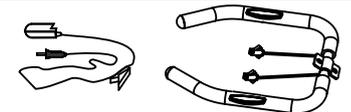
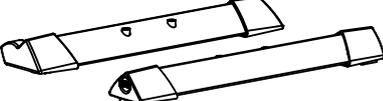
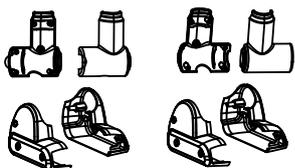
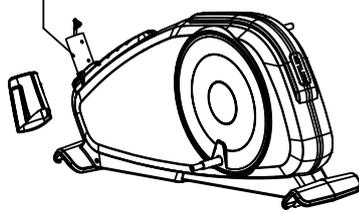
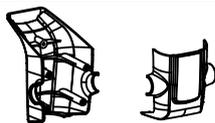
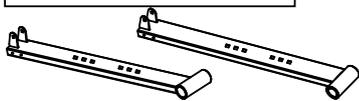
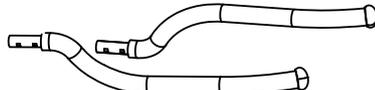
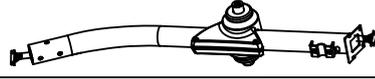
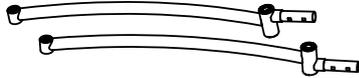
Allen key



Screwdriver



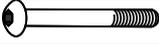
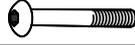
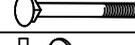
Ratchet

	No./Qty.
	Stck. B-1/1
	F-2/1 G-2/1
	H-1/1 H-4/1
	D-14/1
	1
 6x M8x20 	D-13/1
 2x M5x12  UM678X	A/1 A-2/1
	D-5/1 D-4/1
 2/4x M5x12 	H-L/1 H-R/1
	C-L/1 C-R/1
 2x M5x16 	D/1
 2/1x M5x12 	E-L/1 E-R/1

41



Pos. 44

	No.	Qty.
	M6	4
		2
	M8x60	4
	M8x55	2
	M8x40	4
	M8x25	2
	M8x20	4
	M6x50	4
	Ø8x19	4
	Ø8x25	4
	Ø8	4
	Ø17,5x25	4
	Ø8x16	6
	Ø8x19	4
	M8	6
	Ø6	4
	Ø6	4
	Ø17x22	2
	3x16	4
	3x20	12

2.3 Assembly

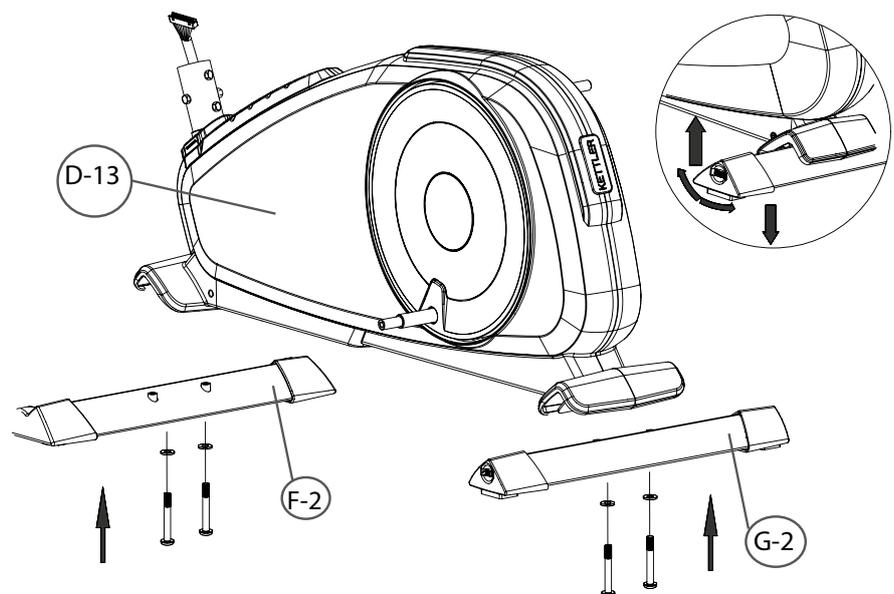
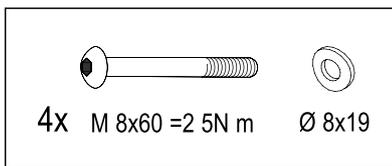
Before assembly, take a close look at the individual assembly steps shown and carry out the assembly in the order given.

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.

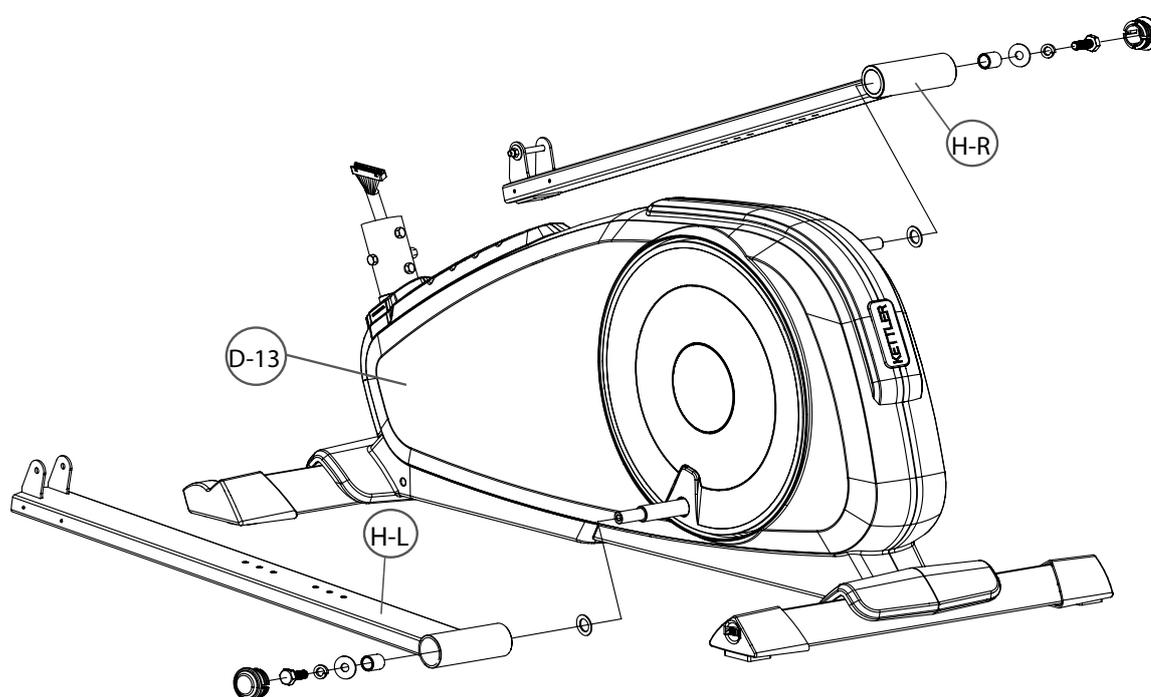
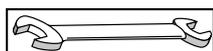
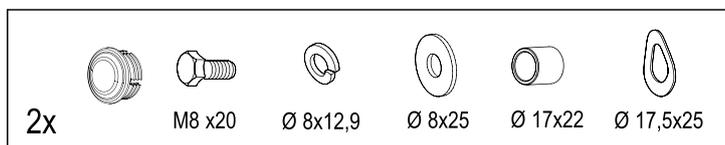
Step 1: Assembly of the Stabilizers

1. Assemble the two stabilizers (F-2 and G-2) to the mainframe (D-13) with four screws (M8x60) and four flat washers (Ø8x19).



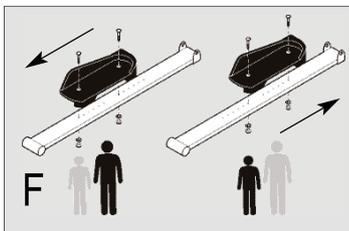
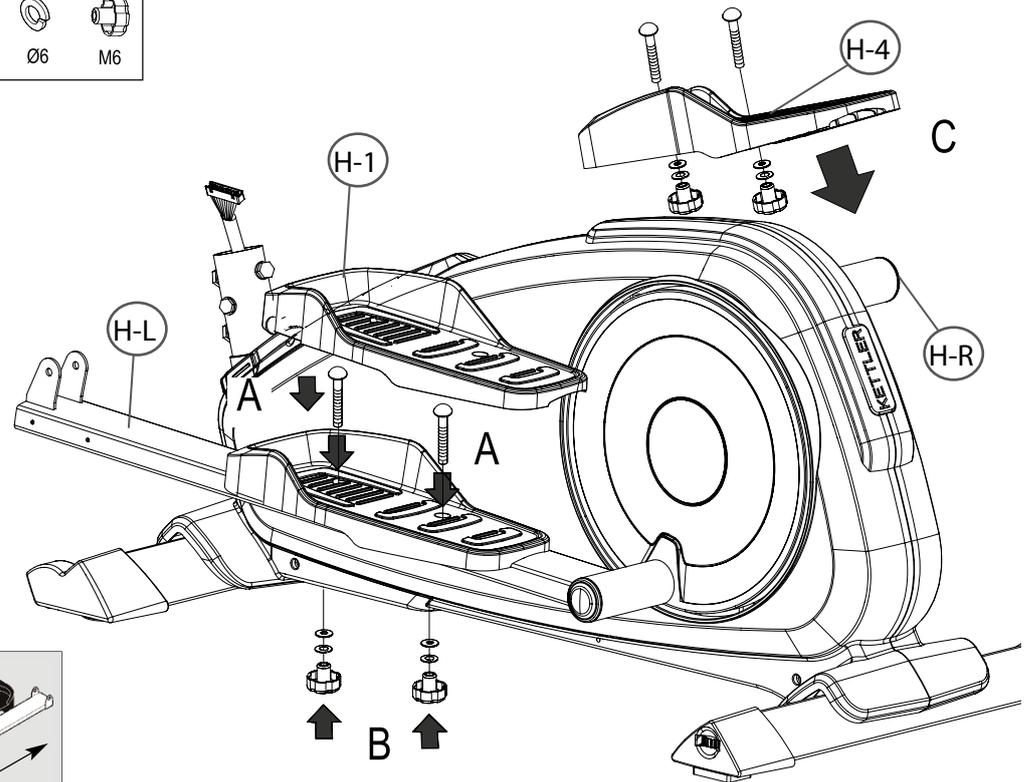
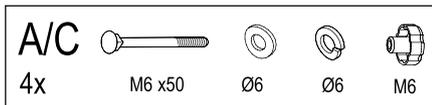
Step 2: Assembly of the Pedal Arms

1. Assemble the two pedal arms (H-L and H-R) to the mainframe (D-13) with two flat washers (Ø17,5x25), two bushings (Ø17x22), two flat washers (Ø8x25), two locking washers (Ø8x12,9), two screws (M8x20) and two end caps.



Step 3: Assembly of the Pedals

1. Assemble the two pedals (H-1 and H-4) to the pedal arms (H-L and H-R) with four bolts (M6x50), four flat washers (Ø6), four locking washers (Ø6) and four knobs (M6).



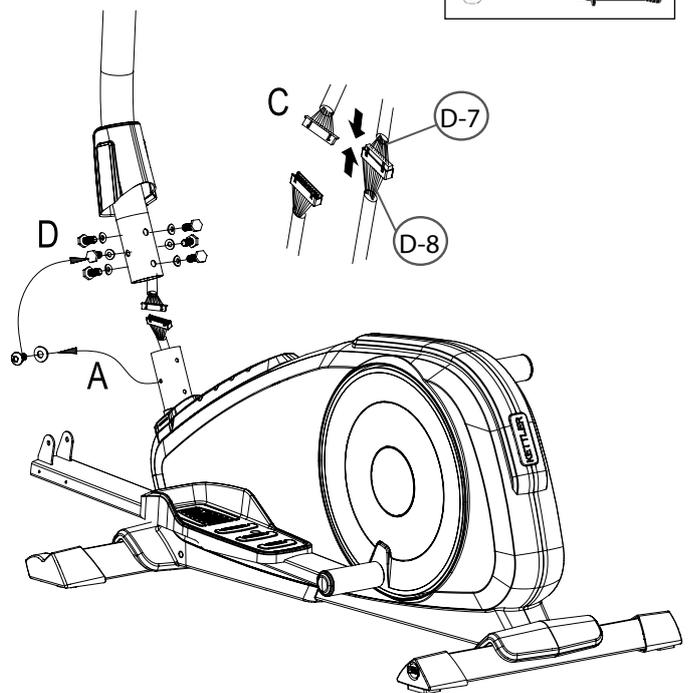
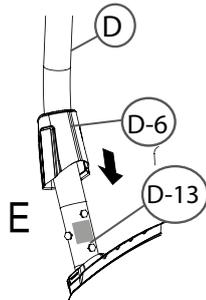
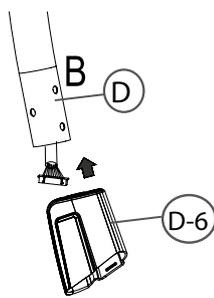
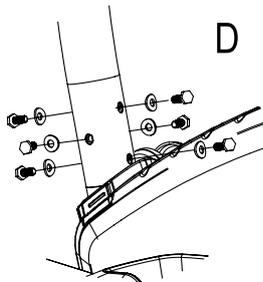
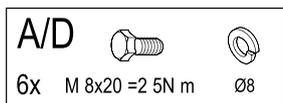
Step 4: Assembly of the Computer Mast

1. Remove the six preassembled screws (M8x20) and six flat washers (Ø8) from the mainframe (D-13) (figure A).
2. Slide the boot (D-6) onto the computer mast (D) (figure B).

► **ATTENTION**

Be careful not to pinch the cables during the following steps.

3. Connect the upper cable (D-7) with the lower cable (D-8) (figure C).
4. Assemble the computer mast (D) to the mainframe (D-13) with the six removed screws (M8x20) and six flat washers (Ø8) from the first assembly step (figure D).
5. Slide the boot (D-6) from the computer mast (D) onto the mainframe (D-13) (figure E).



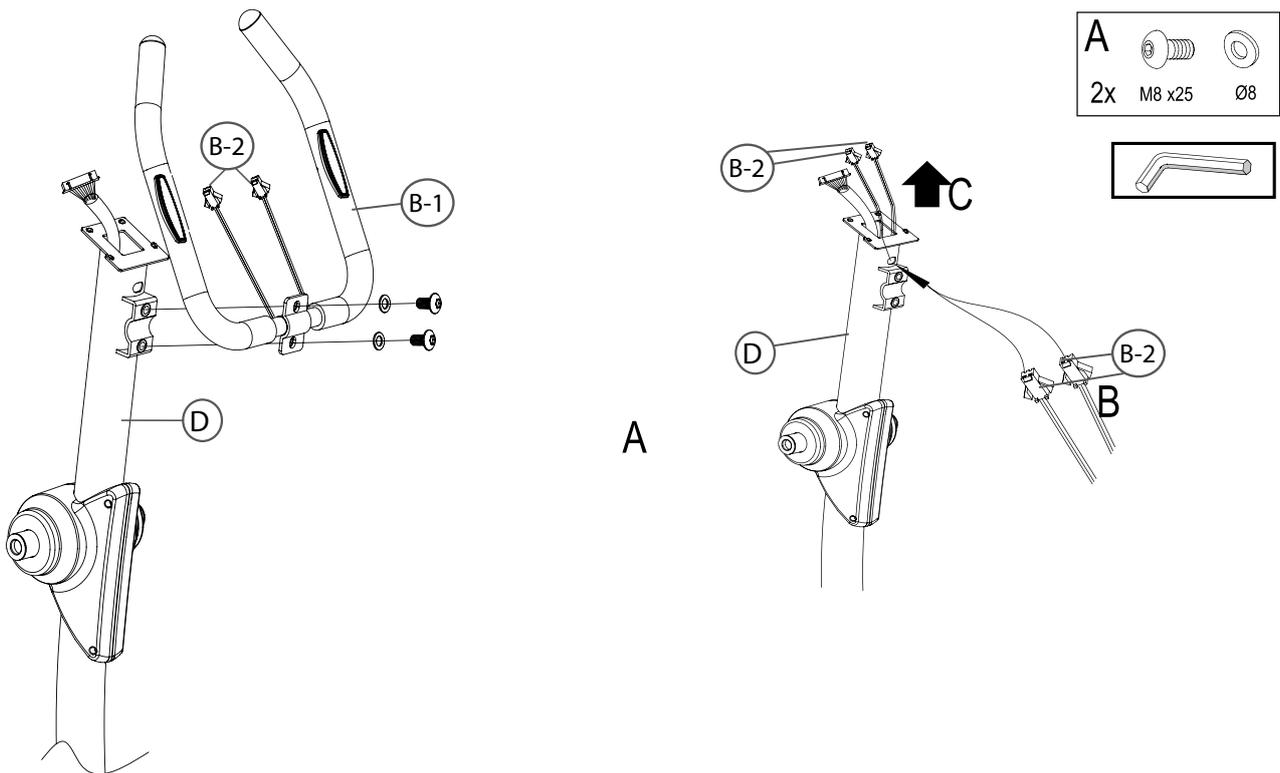
Step 5: Assembly of the Handlebar

1. Assemble the front handlebar (B-1) to the computer mast (D) with two screws (M8x25) and two flat washers (Ø8) (figure A).

► **ATTENTION**

Be careful not to pinch the wires during the following steps.

2. Pass the wires (B-2) of the front handlebar (B-1) through the opening of the computer mast (D) (figures B and C).



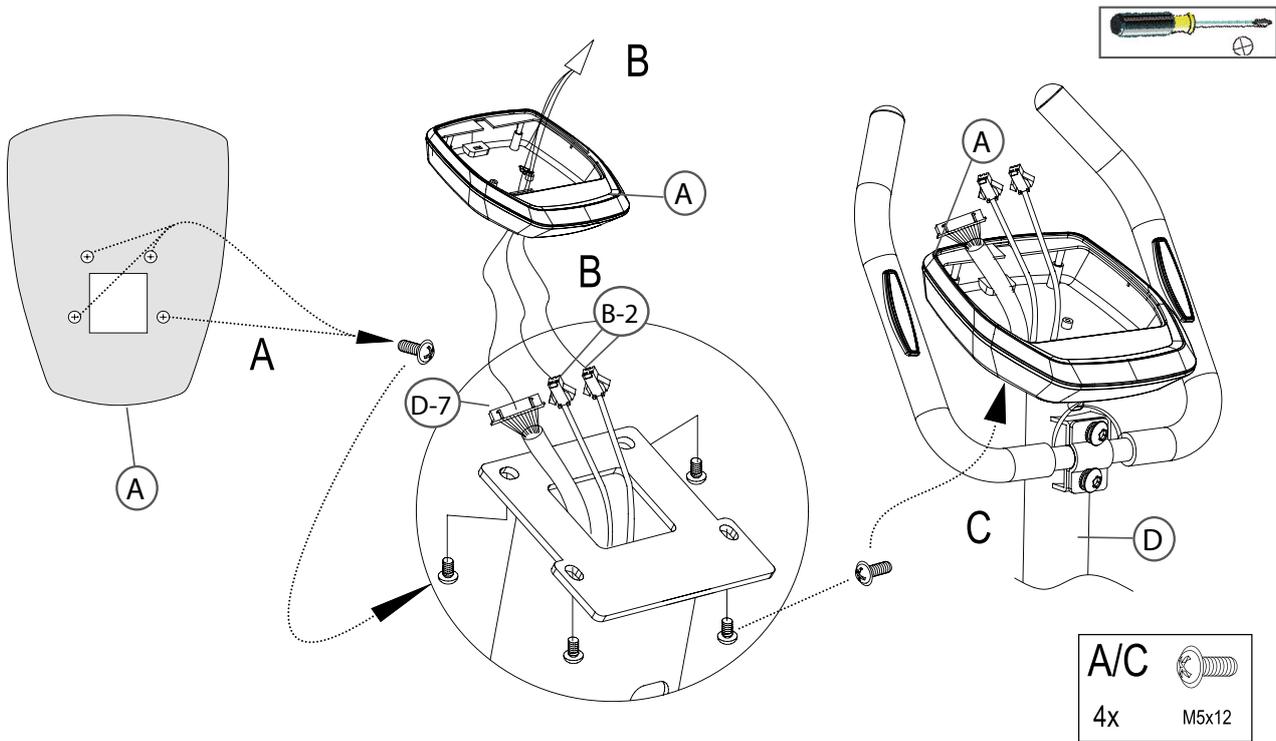
Step 6: Assembly of the Computer

1. Remove the four preassembled screws (M5x12) from the computer (A) (figure A).

► **ATTENTION**

Be careful not to pinch the wires and cables during the following steps.

2. Pass the wire (B-2) and upper cable (D-7) through the computer (A) (figure B).
3. Assemble the computer (A) to the computer mast (D) with the four removed screws (5x12) from the first assembly step (figure C).

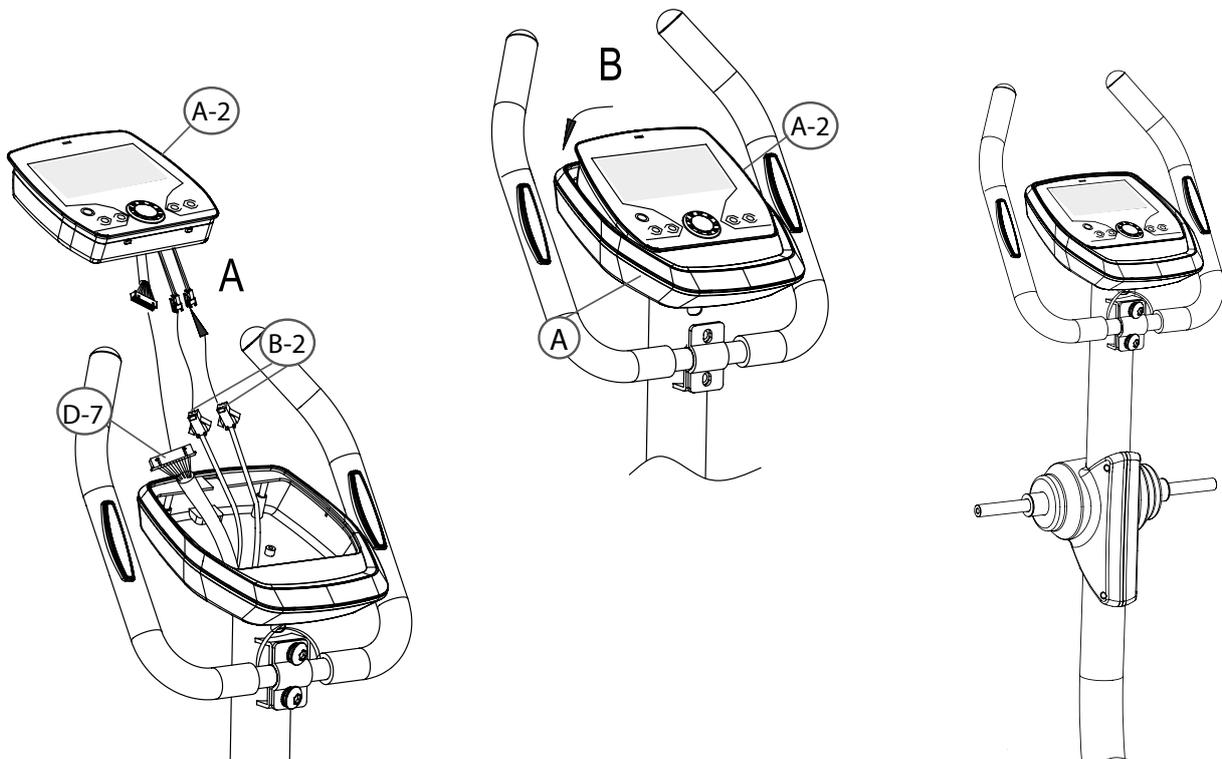


Step 7: Assembly of the Computer

► ATTENTION

Be careful not to pinch the wires and cables during the following steps.

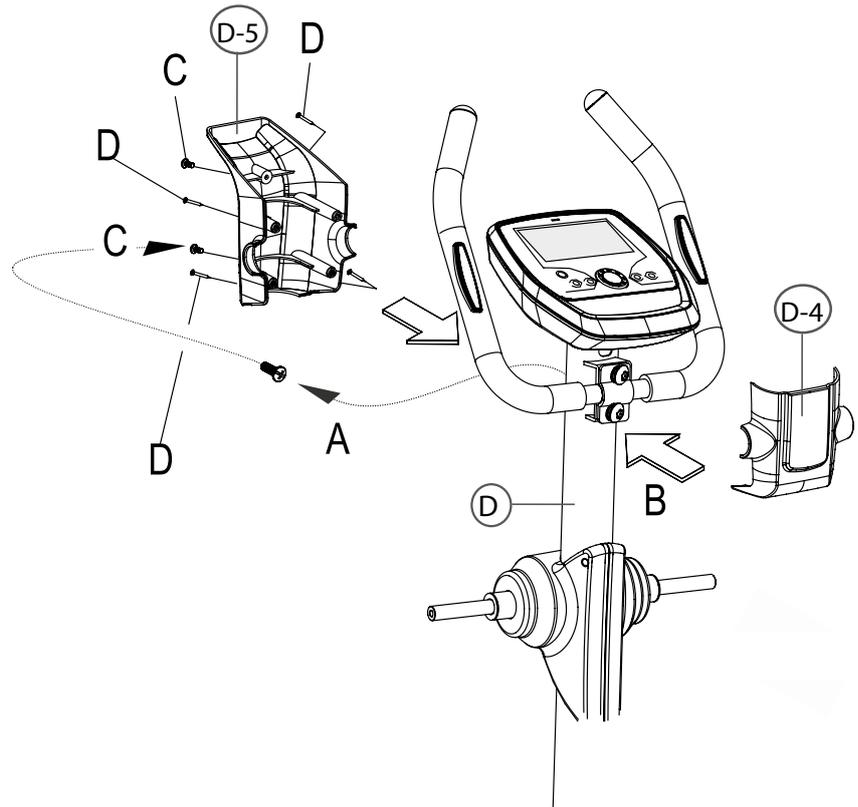
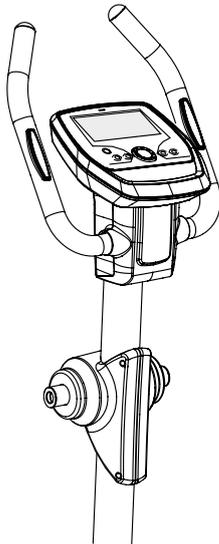
1. Connect the wire (B-2) and the upper cable (D-7) with the cables of the computer cover (A-2) (figure A).
2. Place the computer cover (A-2) on the computer (A) (figure B).



Step 8: Assembly of the Caps

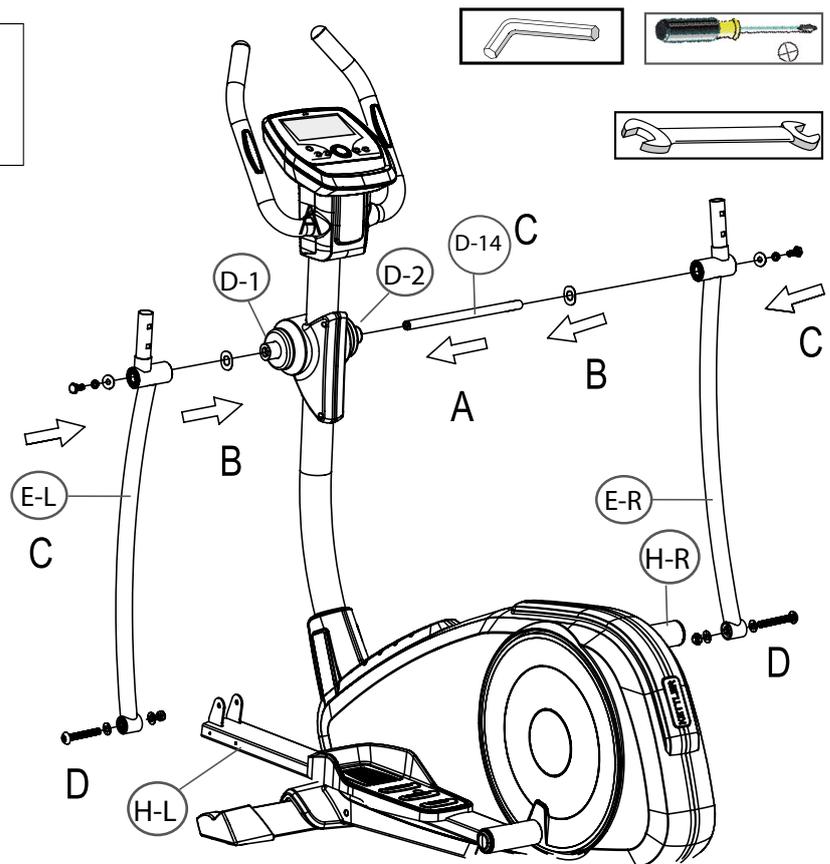
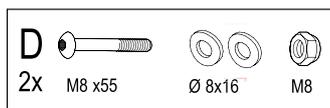
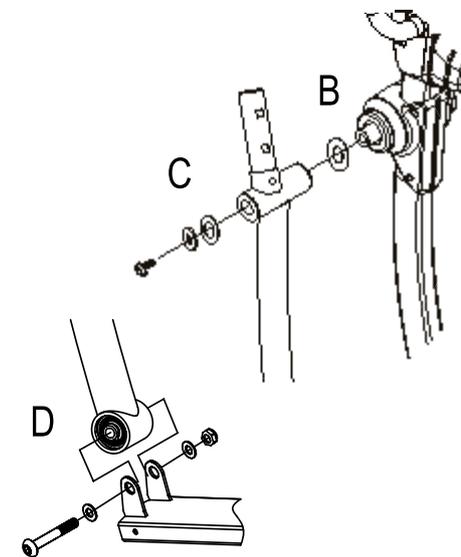
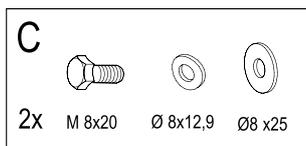
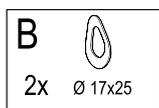
1. Remove the two preassembled screws (M5x16) from the computer mast (D) (figure A).
2. Assemble the cap (D-5) to the computer mast (D) with the two removed screws (M5x16) from the first assembly step and four screws (3X16) (figure A, C and D).
3. Apply the cap (D-4) to the computer mast (D) (figure B).

A/C		D	
2x	M5x16	4x	3x16



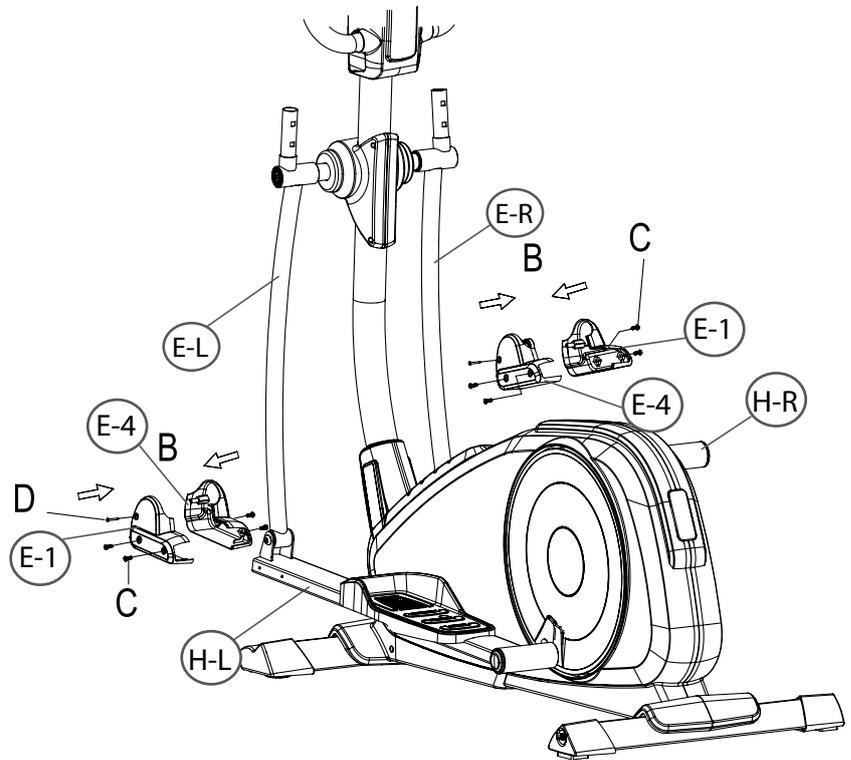
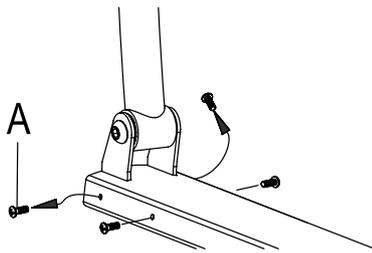
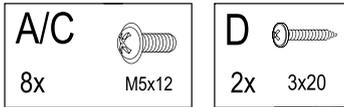
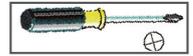
Step 9: Assembly of the Handlebars

1. Pass the axle (D-14) through the opening of the handlebar caps (D-1 and D-2) (figure A).
2. Assemble the lower handlebars (E-L and E-R) to the handlebar caps (D-1 and D-2) and the pedal arms (H-L and H-R) with
 - + two flat washers (Ø17x25) (figure B),
 - + two screws (M8x20), two locking washers (Ø8x12,9), two flat washers (Ø8x25) (figure C),
 - + two screws (M8x55), two flat washers (Ø8x16) and two nylon nuts (M8).



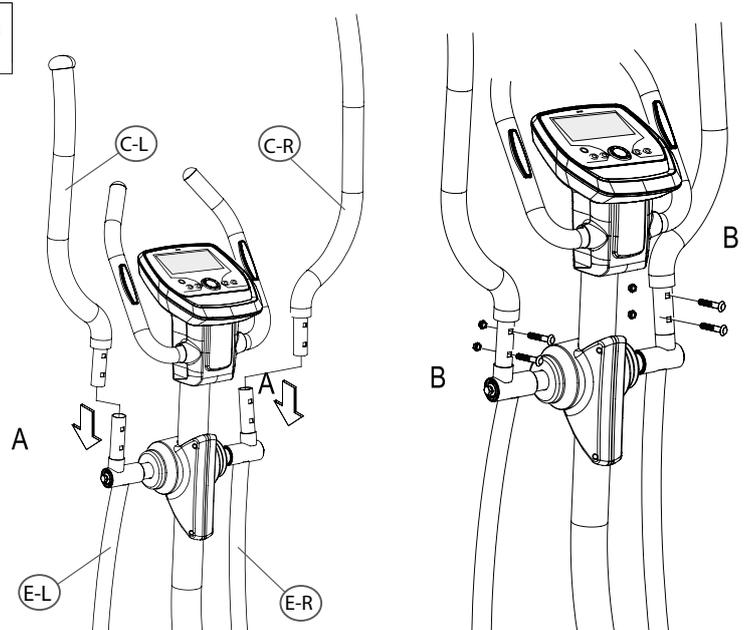
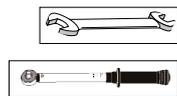
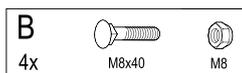
Step 10: Assembly of the Pedal arm caps

1. Remove the eight preassembled screws (M5x12) from the pedal arms (H-L and H-R) (figure A).
2. Assemble the four pedal arm caps (E-1 and E-4) to the pedal arms (H-L and H-R) and lower handlebars (E-L and E-R) with the eight removed screws (M5x12) from the first assembly step and two screws (3x20) (figures B, C and D).



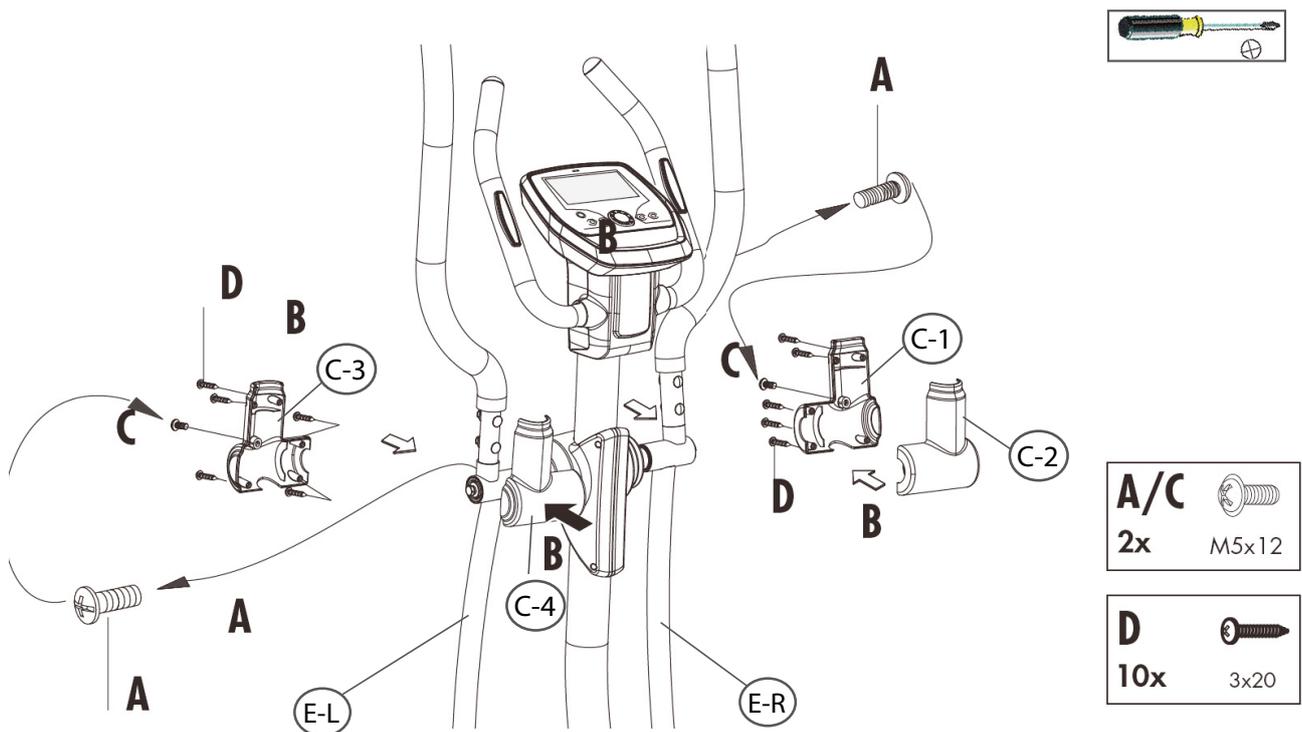
Step 11: Assembly of the Handlebars

1. Insert the upper handlebars (C-L and C-R) into the lower handlebars (E-L and E-R) (figure A).
2. Fix the upper handlebars (C-L and C-R) with four bolts (M8x40) and four nylon nuts (M8) (figure B).



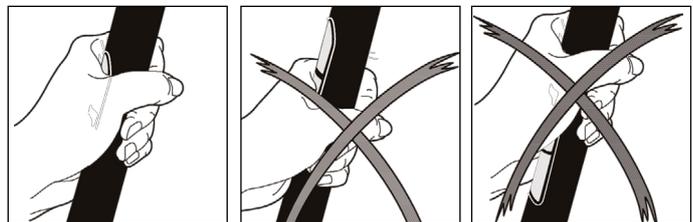
Step 12: Assembly of Handlebar Covers

1. Remove the two screws (M5x12) from the lower handlebars (E-L and E-R) (figure A).
2. Assemble the four handlebar covers (C-3 and C-4, C-1 and C-2) with the two screws (M5x12) from the first assembly step and ten screws (3x20).



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.



Step 13: Alignment of the feet

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

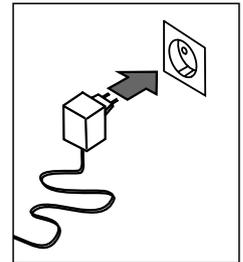
1. Lift the equipment on the desired side and rotate the setting screws under the main frame.
2. Rotate the screws clockwise in order to remove them and to raise the equipment.
3. Rotate them counterclockwise in order to lower the equipment.

Step 14: 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.

3 OPERATING INSTRUCTIONS

① 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 Display

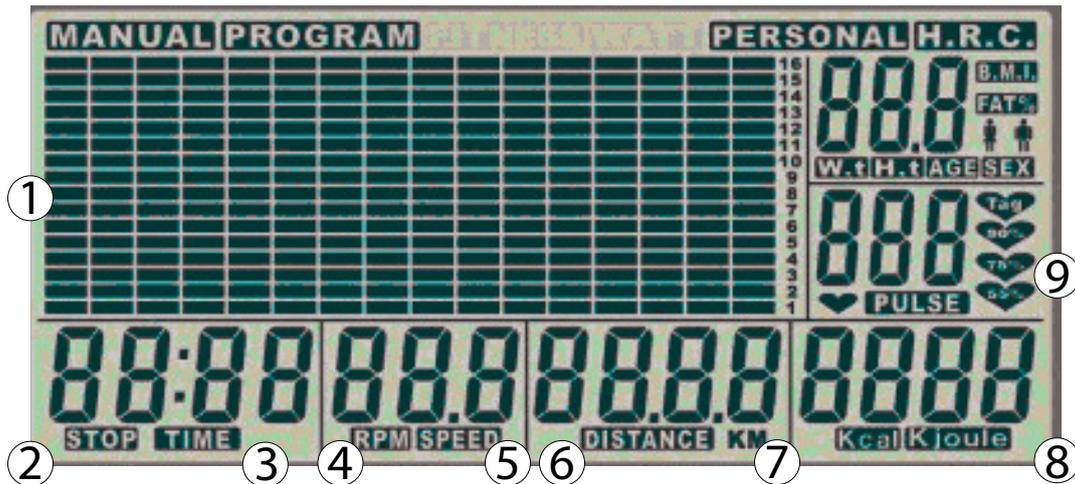


Button	Function
Recovery	Recovery Pulse with Fitness Score: <ul style="list-style-type: none"> + Starts the recovery pulse function during active pulse measurement. + Determines a fitness score.
Reset	<ul style="list-style-type: none"> + Short press before training: Clears the current display. + Press and hold: Clears the display for a restart.

Start/Stop	<ul style="list-style-type: none"> + Starts the training: The training time counts up. + Pauses the training: The display shows "STOP," and the training time stops. + The average resistance level (Ø) is briefly displayed.
Quickstart	<ul style="list-style-type: none"> + Starts the "MANUAL" programme. + The training time counts up.
Knob	<p>Turn right</p> <ul style="list-style-type: none"> + In selection: Moves to the next menu item. + In input mode: Increases the value. <p>Turn left</p> <ul style="list-style-type: none"> + In selection: Moves to the previous menu item. + In input mode: Decreases the value. <p>Short press</p> <ul style="list-style-type: none"> + Confirms the selection or input. + Opens the next menu item. <p>Long press</p> <ul style="list-style-type: none"> + Displays the training selection for the current user. + Alternatively: Clears the display and allows the selection of a programme or user. <p>RESET + rotary knob (press simultaneously)</p> <ul style="list-style-type: none"> + Switches the energy consumption display between kilojoules and kilocalories.
Heart Rate Measurement	<p> WARNING</p> <p>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.</p> <p>Heart rate measurement can be performed using three methods:</p> <ul style="list-style-type: none"> + Ear clip + Hand pulse sensors + Chest strap



3.2 Display functions



Display	Function
Manual	+ Set the resistance levels manually.
PROGRAM	+ 12 programmes (profiles) adjust the resistance levels.
PERSONAL	+ Create your own training programme with a custom resistance profile.
HRC	+ The programme for heart rate training with a specified training heart rate.

3.2.1 Display

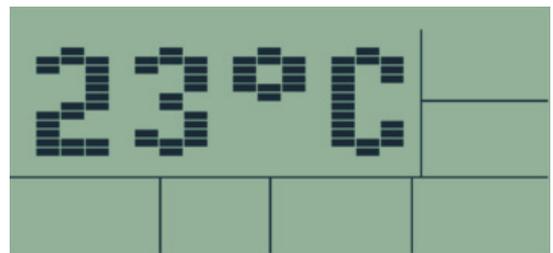
- + 1) Resistance Profile: Adjustment range for training intensity.
- + 2) Time: Display and adjustment range for training time.
- + 3) STOP: Indicates whether the device is in STOP mode.
- + 4) RPM: Displays the revolutions per minute.
- + 5) SPEED: Displays the training speed.
- + 6) DISTANCE: Displays the set or achieved distance.
- + 7) KM: Displays the distance in kilometers.
- + 8) KCAL/KJOULE: Displays the calories or kilojoules burned.
- + 9) PULSE: Displays the target heart rate or the current heart rate.

3.3 Standby

In standby mode, the room temperature is displayed.

ⓘ NOTICE

Please note that the displayed temperature may differ from the actual temperature.



3.4 Quickstart Programme

How to start a simple workout:

1. Press QUICKSTART to begin a workout without preset values.
 - 1.1. Alternatively, select MANUAL using the rotary knob.
2. Start the workout with START/STOP.

The values count up.

3. Adjust the resistance using the rotary knob.

The training segments change every 15 seconds.

4. To pause the workout, press START/STOP.

The average resistance level (Ø) is displayed.

5. To end the workout, press RESET in STOP mode.
6. To resume the workout in STOP mode, press START/STOP again.

3.5 Custom Programme

How to create your own training programmes:

1. Select PERSONAL.
2. Set the resistance profile.
3. Set the training time.
4. Repeat this process for the other values.
5. To skip a value, confirm it without making any adjustments.
6. Save the presets and the programme by holding the rotary knob.
7. Start the workout with START/STOP.

The set values count down.

8. To pause the workout, press START/STOP.

The average resistance level (Ø) is displayed.

9. To end the workout, press RESET in STOP mode.
10. To resume the workout in STOP mode, press START/STOP again.

3.6 Manual Programme

How to start a simple workout:

1. Select MANUAL.
2. Set the resistance profile.
3. Select the training time. You can set or skip more training parameters.
4. Start the workout with START/STOP.

The values count down.

5. To pause the workout, press START/STOP.

The average resistance level (Ø) is displayed.

6. To end the workout, press RESET in STOP mode.
7. To resume the workout in STOP mode, press START/STOP again.

3.7 Heart Rate Controlled Programme (H.R.C.)

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.

In H.R.C. mode, the resistance is automatically adjusted to your current heart rate:

NOTE

- + If the current heart rate is lower than the target heart rate, the resistance increases by one level after 30 seconds.
 - + If the current heart rate is higher than the target heart rate, the resistance decreases by one level after 15 seconds.
1. Select HRC.
 2. The following target heart rate values are available:
 - + 55% (recovery training)
 - + 75% (endurance training)
 - + 90% (intensive training)
 - + TAG (customizable value)
 3. Select TAG to set your own value.
 4. Select the training time.
 5. You can adjust other training parameters or skip them.
 6. Start the workout with START/STOP.
 7. To pause the workout, press START/STOP.

The average resistance level (Ø) is displayed.

8. To end the workout, press RESET in STOP mode.
9. To resume the workout in STOP mode, press START/STOP again.

The workout ends when the training time has elapsed.

3.8 Programme Mode

You can choose from 12 pre-set programmes:

1. Select PROGRAM.
2. Choose from the 12 programmes with their own resistance profiles.
3. Confirm your selection by pressing the rotary knob.

4. Select the training time. You can set or skip more training parameters
5. To skip a value, confirm it without making any adjustments.

The set training time is converted into 16 profile bars. Without a specified time, the bar changes every 15 seconds.

6. You can adjust the resistance during the workout.
7. Press START/STOP to pause the workout.

The average resistance level (Ø) is displayed.

8. To resume the workout, press START/STOP again.
9. To end the workout, press RESET.

3.9 Recovery Function

The RECOVERY function can be used after each training programme. It measures your pulse recovery and provides a fitness score.

1. Once you have reached your target values, the workout is complete.
2. Press RECOVERY twice.
3. Place your hands on the hand pulse sensors.

A 60-second countdown starts.

After the time has elapsed, a value between F1 and F6 will be displayed:

- + F1: Best fitness status
 - + F6: Weakest fitness status
4. Press RECOVERY again or RESET to end the function.

► **CAUTION**

Please note that the fitness test does not replace a medical evaluation, and the results may be inaccurate.

3.10 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.

3.10.1 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.

3.10.2 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.

3.10.3 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.

3.10.4 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.

3.10.5 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.

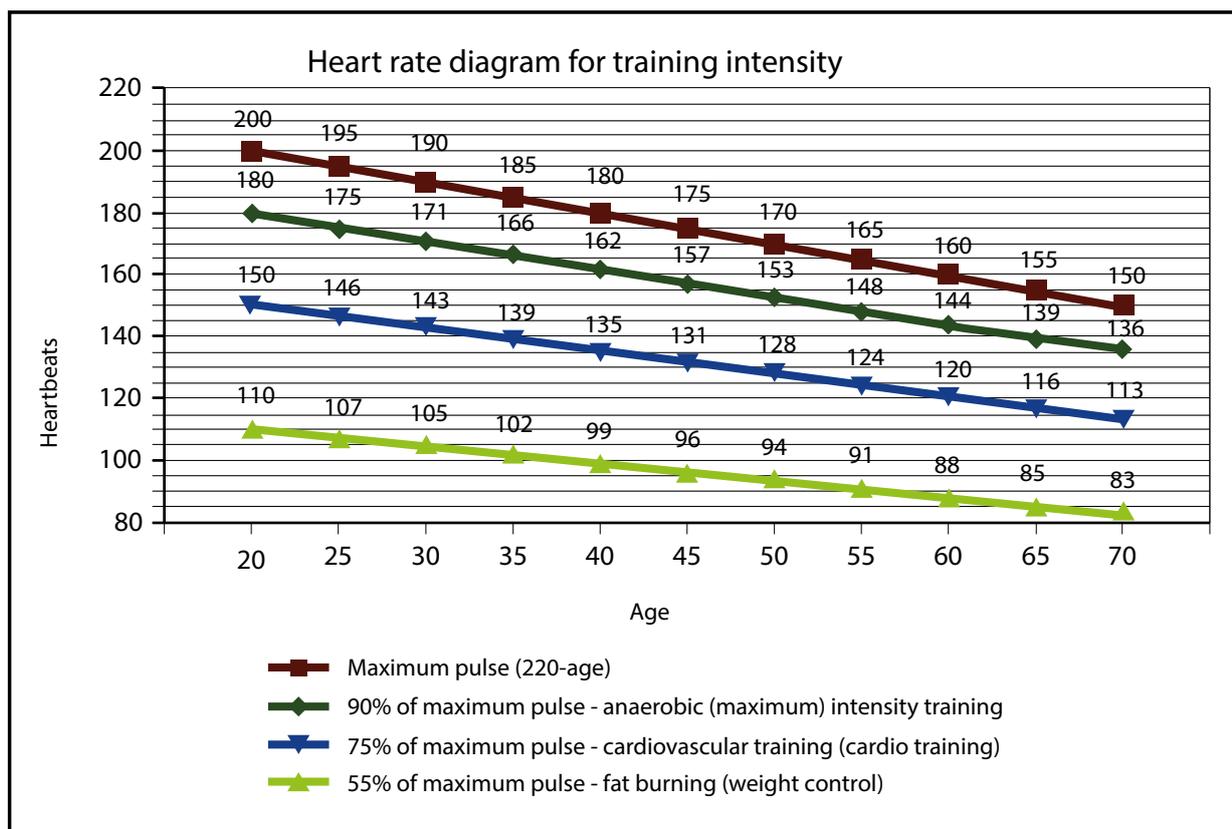
Cardiovascular training (cardio training): The primary goal is to increase stamina and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training period 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. = $(220 - \text{age}) \times 0.55$.
- + 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. = $(220 - \text{age}) \times 0.9$.



3.12 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.

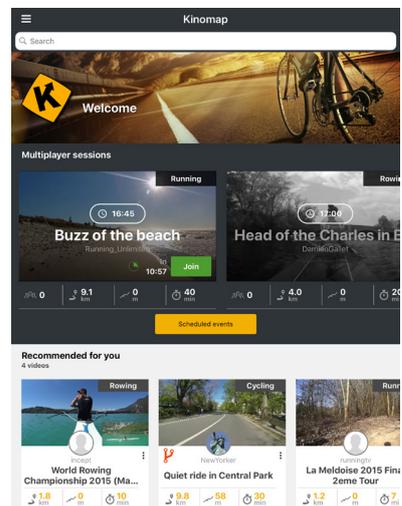
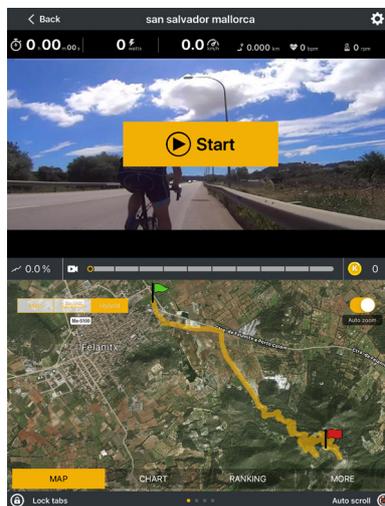
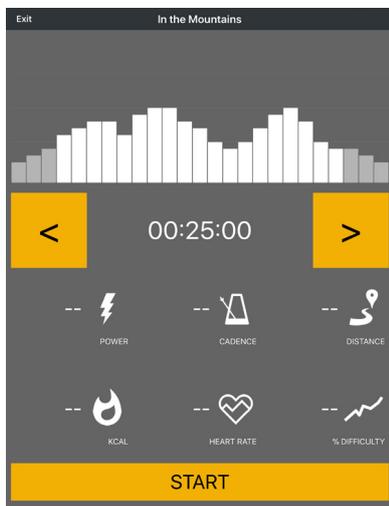
To use training apps you will have to activate the wireless connection function on your mobile device (tablet or smart phone) and start the fitness app. Select your fitness equipment. Please follow the instructions given in the app. You will find the name of your fitness equipment on a small sticker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

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
------------------	---	--

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.

Enter the serial number in the appropriate field.

Serial number:

Brand / Category:

Model Name:

Article Number:

8.2 Parts List

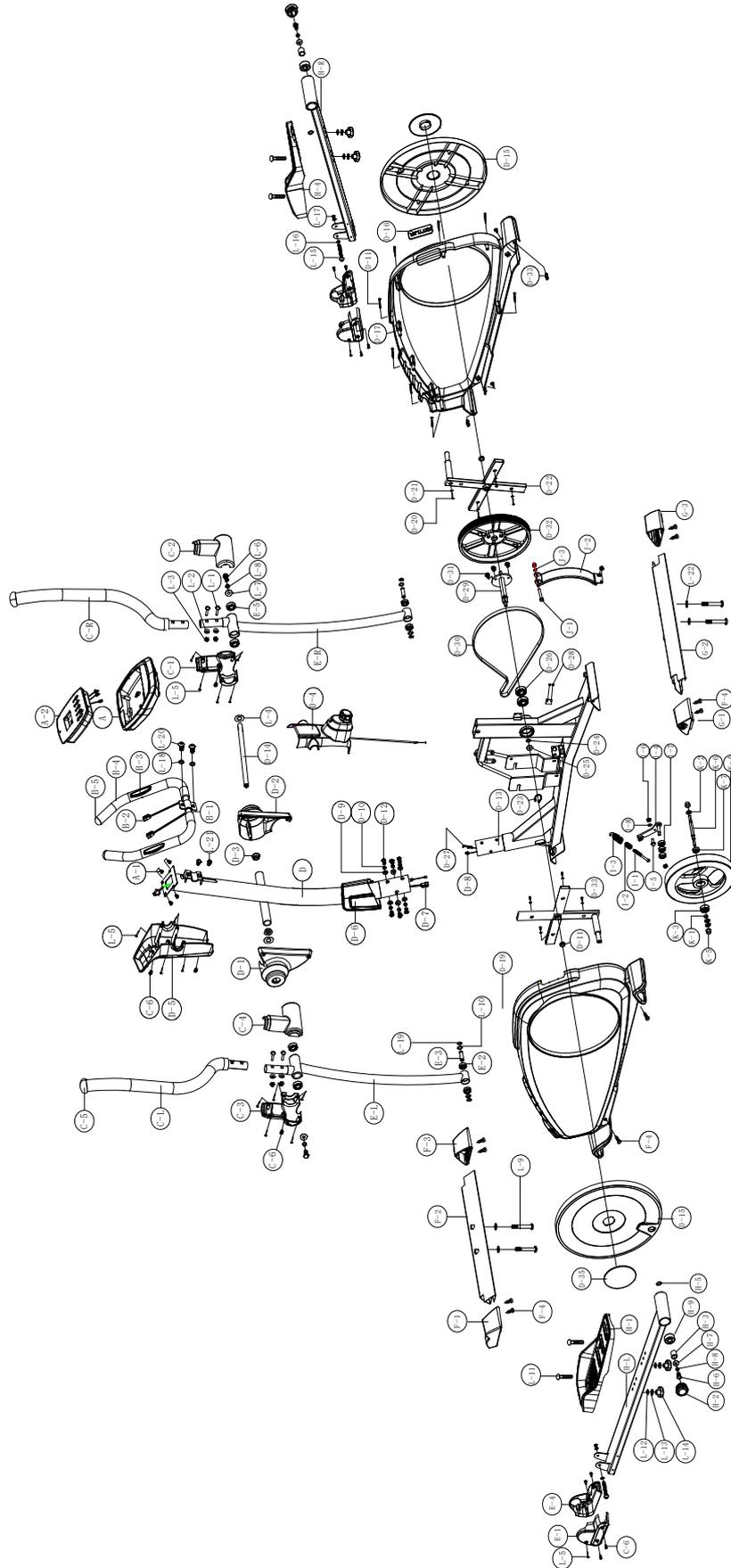
No.	Name	BOM	Supplier Parts No.	Qty.
A	Computer with backlight		68008957	1
A-1	Cross-cone head screw		68008957	4
A-2	computer cover		68008957	1
B-1	front handlebar	4KE02XM011400	68009331	1
B-2	Pulse wire, middle section	2BD30800001	68009331	2
B-3	Pulse sensor	2BD07290001	68009331	2
B-4	Foam grip	2BF06190001	68009331	2
B-5	End cap	2BB00170001	68009331	2
C-R	upper handlebar (right)	5KE02XM01G15	68009332	1
	foam grip (black)	2BF06200001	68009332	1
C-L	upper handlebar (left)	5KE02XM01G14	68009333	1
	foam grip (black)	2BF06200001	68009333	1
C-1	cover for upper handlebar (right-front)	2BB18830155A-	70001204	1
C-2	cover for upper handlebar (right-rear)	2BB18840155A-	70001204	1
C-3	cover for upper handlebar (left-front)	2BB18850155A-	70001205	1
C-4	cover for upper handlebar (left-rear)	2BB18860155A-	70001205	1
C-5	End cap	2BB13620001	68009107	2
C-6	Cross-cone head screw	3SS009BA		2
D	Computer mast	4KE02XM010700	68009381	1
D-3	bushing	2BB07970001	68009381	2
D-1	Cap for handlebar post (front)	2BB18790155A	70001206	1
D-2	Cap for handlebar post (rear)	2BB18800155A	70001206	1
D-4	Cap underneath computer, front	2BB19460155A	70001207	1
D-5	Cap underneath computer, Rear	2BB19030155A	70001208	1
D-6	Boot	2BB18750159A	70001209	1
D-7	cable upper	2BD00390001A	68009113	1
D-8	cable lower	2BD30830001	68009114	1
D-13	Mainframe	4KE02XM010100		1
D-9	flat washer	3HS015B		6
D-10	2203 Universal bearing	3PL033		2
D-12	Truss-hex socket cap screw	3LJ057BB		6

D-17	Chain cover, right	2BB1873300202A	7001210	1
D-19	Chain cover, left	2BB1874300202A	7001210	1
D-16	Cap for logo	2BT256000	7001210	1
D-33	Connection shaft for cover	2BB22750003A	7001210	2
D-34	Cross-truss head self tapping screw	3SS048BA	7001210	9
D-35	DC cable	2BD30820001A	68009116	1
D-22	Cross bar	4KE02XM232316	68009394	2
D-15	Disc	2BB18763002A	70001211	2
D-11	Patterned nut	3DM006BB		2
D-20	Cross-truss head self tapping screw	3SS041BA		8
D-21	flat washer	3HS030B		8
D-35	Cap for disc	2BB18770155A-	70001212	2
D-32	Big pulley	2BA0270	68009120	1
D-29	Shaft	2BA0413C	68009120	1
D-31	Hex bolt	3LJ013EA	68009120	3
D-26	bearing	3PL012	68009120	2
D-23	C-type ring	3HS009E	68009120	2
D-24	wave washer	3HS021E	68009120	1
D-25	flat washer	3HS090E	68009120	1
D-30	Belt	2BF0345	68009121	1
D-27	Sensor box	2BD30810001	68009122	1
D-28	Screws for sensor box	3SQ008BA	68009122	2
D-14	Axle for handlebar	2BA1360B	68009123	1
E-R	Lower handlebar (right)	4KE02XM011900	68009388	1
E-3	bushing	2BA1361B	68009388	1
E-5	bearing	3PL007	68009388	2
E-2	bearing	3PL079	68009388	2
E-L	Lower handlebar (left)	4KE02XM011800	68009389	2
E-3	bushing	2BA1361B	68009389	1
E-5	bearing	3PL007	68009389	2
E-2	bearing	3PL079	68009389	2
E-1	Front cap for pdal arm (left)	2BB18810155A-	70001213	1
E-4	Front cap for pdal arm (right)	2BB18820155A-	70001213	1
F-2	stabilizer	4KE02XM231216	68009347	1
F-3	End cap of front stablizer (right)	2BH04710001A	68009018	1

F-1	End cap of front stablizer (left)	2BH04700001A	68009018	1
G-2	stabilizer	4KE02XM231216	68009348	1
G-3	End cap of rear stablizer (right)	2BB19730001A	68009021	1
G-1	End cap of rear stablizer (left)	2BB19720001A	68009021	1
F-4	Cross-truss head screw	3SS060BA		1
H-R	pedal arm (right)	4KE02XM012200	68009390	1
H-3	bushing	2BA1362B	68009390	1
H-6	Cross-truss head screw	3LJ058BB	68009390	1
H-5	flat washer	3HS019E	68009390	1
H-7	flat washer	3HS055B	68009390	1
H-8	locking washer	3HS027B	68009390	1
H-L	pedal arm(left)	4KE02XM012100	68009391	1
H-3	bushing	2BA1362B	68009391	1
H-6	Cross-truss head screw	3LJ058BB	68009391	1
H-5	flat washer	3HS019E	68009391	1
H-7	flat washer	3HS055B	68009391	1
H-8	locking washer	3HS027B	68009391	1
H-2	End cap for pedal arm	2BB18780085	68009135	2
H-4	pedal (right)	2BB18930085	68009136	1
H-1	pedal (left)	2BB18920085	68009137	1
I-4	idler	4KE01XT010600	68009138	1
I-7	bearing	3PL045	68009138	3
I-5	Hex bolt	3LJ057BA	68009138	1
I-8	flat washer	2BB13400001	68009138	1
I-6	nylon nut	3DM027BB	68009138	1
I-1	Hex bolt	3LJ094BA	68009138	1
I-2	socket for spring	2BA1349B	68009138	1
I-3	spring	2BA1350C	68009138	1
J-1	Hex bolt	3LJ028BB	68009139	1
J-2	Magnetic control unit	2BH0474	68009139	1
J-3	flat washer	3HS050B	68009139	1
J-4	Speed control cable	2SBH04860001A	68009139	1
	Servo motor	2BD4346A	68009985	1
K-4	flywheel	2BL0093	68009140	1

K-6	axle for flywheel	2BA1382C	68009140	1
K-3	bearing	3PL023	68009140	1
K-7	bearing	3PL004	68009140	1
K-1	bushing	2BB1975	68009140	1
K-2	nut	3DM016BA	68009140	3
K-5	Pattern nut	3DM007BA	68009140	2
L-1	carriage bolt	3MC007BA		4
L-9	Cross-truss head screw	3SS152BA		4
L-15	Cross-truss head screw	3SS081BA		2
L-20	Round head, hex socket screw	3SS070BA		2
L-10	flat washer	3HS017E		4
L-6	Nylok screw	3LJ058BB		2
L-11	carriage bolt	3MC004BA		4
L-5	Cross-truss head self tapping screw	3WS030BA		12
L-4	flat washer	3HS019E		2
L-7	flat washer	3HS055B		2
L-8	locking washer	3HS027B		2
L-22	flat washer	3HS050B		4
L-2	wave washer	3HS015B		4
L-18	flat washer	3HS047B		2
L-16	flat washer	3HS050B		4
L-12	flat washer	3HS040B		4
L-13	locking washer	3HS024B		4
L-19	C-type ring	3HS004E		4
L-3	nylon nut	3DM027BA		4
L-17	nylon nut	3DM027BA		2
L-14	knob for pedal	2BH01870085		4
L-21	M8 rivet nut	3LM003BA		2
D-11	adaptor	2BD30740001	68009376	1
	Earclip	2BD30930001A	68003531	
	Hardwarekit	4KE01XT0127A	68009392	
	Plastic Sleeve		68009073	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.

10 CONTACT

DE	DK	UK
<p>TECHNIK</p> <p>☎ +49 4621 4210-900 ☎ +49 4621 4210-698 ✉ technik@fitshop.de 🕒 Öffnungszeiten entnehmen Sie unserer Homepage.</p> <p>SERVICE</p> <p>☎ 0800 20 20277 (kostenlos) ☎ 04621 4210 - 0 ✉ info@fitshop.de 🕒 Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statita</p>	<p>TEKNIK OG SERVICE</p> <p>☎ 80 90 16 50 ☎ +49 4621 4210-945 ✉ info@fitshop.dk 🕒 Åbningstider kan findes på hjemmesiden: https://stg.fit/statit7</p>	<p>CUSTOMER SUPPORT</p> <p>☎ 00800 2020 2772 ☎ +494621 4210 944 ✉ info@fitshop.co.uk 🕒 You can find the opening hours on our homepage: https://stg.fit/statitc</p>
	FR	BE
	<p>TECHNIQUE & SERVICE</p> <p>☎ +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</p>	<p>TECHNIQUE & SERVICE</p> <p>☎ 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</p>
ES	NL	INT
<p>TECNOLOGÍA Y SERVICIOS</p> <p>☎ 911 238 029 ✉ info@fitshop.es 🕒 Consulta nuestro horario de apertura en la página web: https://stg.fit/statit5</p>	<p>TECHNISCHE DIENST & SERVICE</p> <p>☎ +31 172 619961 ✉ service@fitshop.nl 🕒 De openingstijden vindt u op onze homepage: https://stg.fit/statit3</p>	<p>TECHNICAL SUPPORT & SERVICE</p> <p>☎ +49 4621 4210-944 ✉ service-int@fitshop.de 🕒 You can find the opening hours on our homepage: https://stg.fit/statita</p>
PL	AT	CH
<p>DZIAŁ TECHNICZNY I SERWIS</p> <p>☎ 22 307 43 21 ☎ +49 4621 42 10-948 ✉ info@fitshop.pl 🕒 Godziny otwarcia można znaleźć na stronie głównej: https://stg.fit/statit6</p>	<p>TECHNIK & SERVICE</p> <p>☎ 0800 20 20277 (Freecall) ☎ +49 4621 42 10-0 ✉ info@fitshop.at 🕒 Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statitb</p>	<p>TECHNIK & SERVICE</p> <p>☎ 0800 202 027 ☎ +49 4621 42 10-0 ✉ info@fitshop.ch 🕒 Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statit9</p>

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!

	www.fitshop.co.uk www.fitshop.de/blog
---	--

	www.facebook.com/fitshopgroup
---	--

	www.instagram.com/fitshopgroup/
---	--

	www.youtube.com/@fitshop_uk
--	--

KETTLER

TAURUS

 cardiostrong

BODYCRAFT

 cardiojump

 **DUKEFITNESS**

DARWIN

KETTTLER