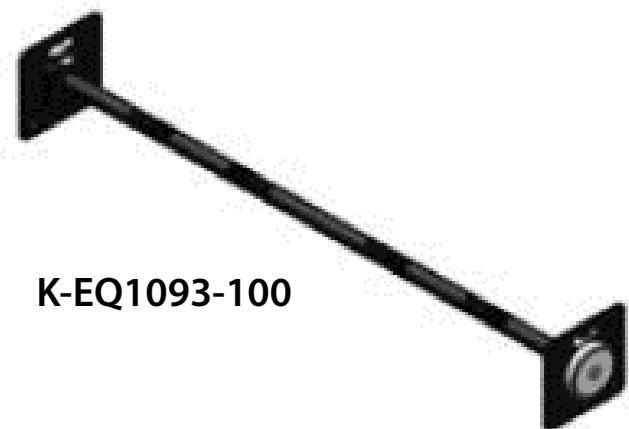


# KETTLER

## Assembly and Operating Instructions



K-EQ1090-100



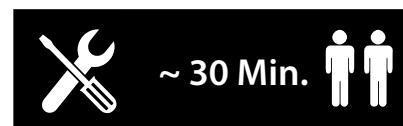
K-EQ1093-100



K-EQ1091-100



K-EQ1092-100



FSKEQ1090100.01.03  
FSKEQ1091100.01.03  
FSKEQ1092100.01.03  
FSKEQ1093100.01.03

**Variobell**



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**Dear customer,**

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

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

Further information can be found at [www.fitshop.com/kettler](http://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

### K-EQ1090-100

#### Weight and dimensions:

Article weight (gross, including packaging):	29 kg
Article weight (net, without packaging):	28 kg
Packaging dimensions (L x W x H):	45 cm x 27.2 cm x 27.7 cm
Set-up dimensions (L x W x H):	17.2 cm x 35.5 cm x 17.2 cm

### K-EQ1091-100

#### Weight and dimensions:

Article weight (gross, including packaging):	12.8 kg
Article weight (net, without packaging):	10 kg
Packaging dimensions (L x W x H):	75 cm x 55 cm x 17 cm
Set-up dimensions (L x W x H):	43 cm x 64.5 cm x 62.8 cm

### K-EQ1092-100

#### Weight and dimensions:

Article weight (gross, including packaging):	5.1 kg
Article weight (net, without packaging):	4 kg
Packaging dimensions (L x W x H):	32.4 cm x 21 cm x 30.6 cm
Set-up dimensions (L x W x H):	17.2 cm x 28 cm 24.5 cm

### K-EQ1093-100

#### Weight and dimensions:

Article weight (gross, including packaging):	9.5 kg
Article weight (net, without packaging):	8.2 kg
Packaging dimensions (L x W x H):	109 cm x 24 cm x 24.5 cm
Set-up dimensions (L x W x H):	17.2 cm x 103.5 cm 17.2 cm

#### 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.
- + 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.
- + Always start each workout with a light warm-up and end with a cool-down phase.
- + Using the machine as a support during stretching exercises or attaching resistance bands, ropes or other accessories to it, may cause injuries.

### CAUTION

- + If your equipment needs to be connected to the power supply with a mains cable, make sure that the cable is not a potential tripping hazard.
- + Make sure that nobody is within the range of motion of the equipment during training so as not to endanger you or other persons.
- + Be aware that if adjustment devices are left protruding, they may impede the user's movement.
- + The weights should remain in the user's field of vision during the entire exercise to prevent danger to third parties.
- + The safety level of the appliance can only be maintained if it is regularly checked for damage and wear.

### ATTENTION

- + Do not insert any objects of any kind into the openings of the device.

## 1.3 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.
- + If your device is to be mounted on the wall/ceiling, make sure that you use the appropriate assembly material to avoid possible damages or personal injuries. The contractual partner accepts no liability for this.

### **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.

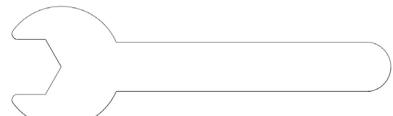
### CAUTION

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

Required tools (not part of the scope of delivery):



Multitool

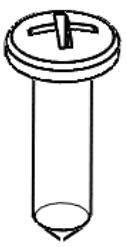
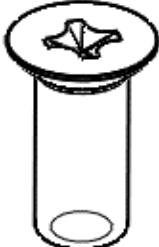
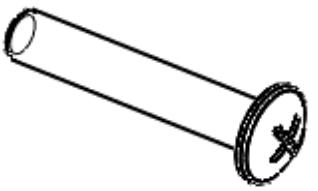
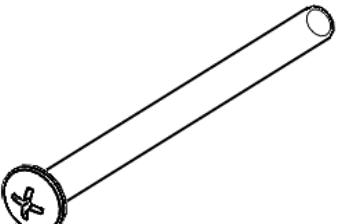
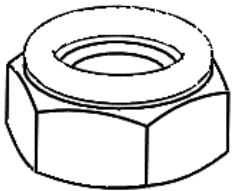
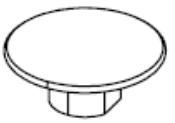


10 mm Open-end wrench

### 2.2.1 K-EQ1091-100

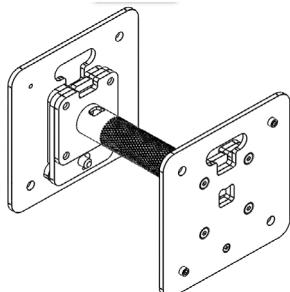
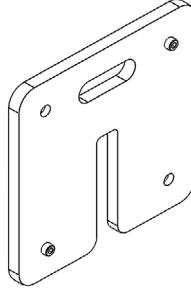
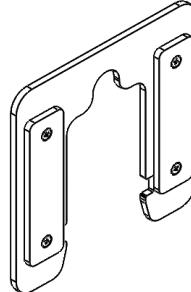
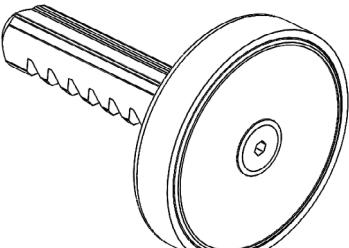
Item No.	Name	Qty
1	Stand Base	
2	Stand Right Leg	
3	Stand Left Leg	

4	Rear Tube		1
5	Barbell Resting Base		1
6	Kettlebell Handle Hook		1
7	Secure Hook Metal		1
8	Stand Base Mat		1
9	Barbell Secure Hook		1

10	Self Flat Screw M5 x 20mm		2
11	Screw M6 x 15mm		8
12	Screw M6 x 35mm		1
13	Screw M6 x 80mm		4
14	M6 Nut		13
15	EVA Cap		4

16	Screw T4 x 6mm		4
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## 2.2.2 K-EQ1090-100

Item No.	Name	Qty
1	Dumbbell handle	 1
2	Weight Plate (2KG)	 10
3	Weight Plate (1KG)	 2
4	Adjustment knob	 2

### 2.2.3 K-EQ1092-100

Item No.	Name	Qty
1	Handle bar	1
2	Adjustment knob	1

### 2.2.4 K-EQ1093-100

Item No.	Name	Qty
1	Handle bar	1
2	Adjustment knob	2

## 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.
- + To ensure stability, the training weight must be identical for the dumbbell, kettlebell and barbell.

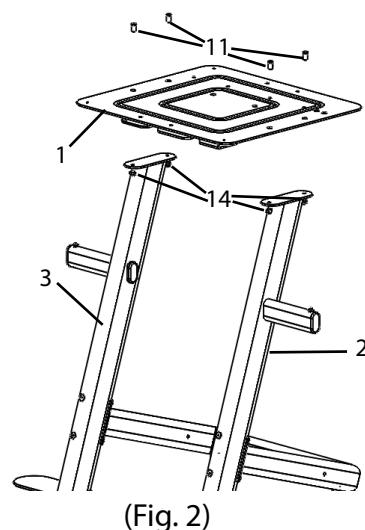
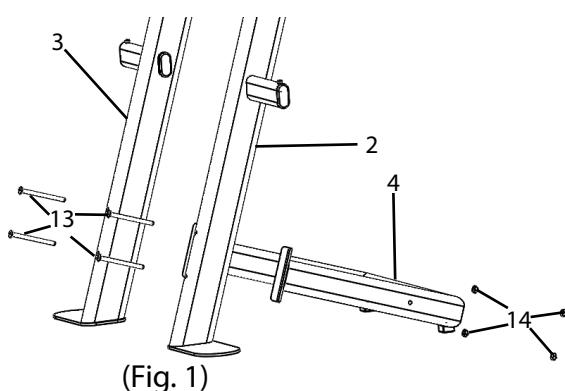
### Step 1: Assembly of the Variobell Stand

1. Fix the rear tube (4) to the stand right leg (2) and the stand left leg (3) with four screws (13) and four nuts (14) (Fig. 1).
2. Fix the stand base (1) to the stand right leg (2) and the stand left leg (3) with four screws (11) and four nuts (14) (Fig. 2).
3. Fix the kettlebell handle hook (6) below the stand base (1) with two screws (11) and two nuts (14) (Fig. 3).
4. Fix the secure hook metal (7) to the stand right leg (2) with two screws (11) and two nuts (14) (Fig. 4).
5. Fix the barbell secure hook (9) to the secure hook metal (7) with two screws (10) (Fig. 4).

### **ATTENTION**

Please note that there is double-sided adhesive tape on the back of the stand base mat (8).

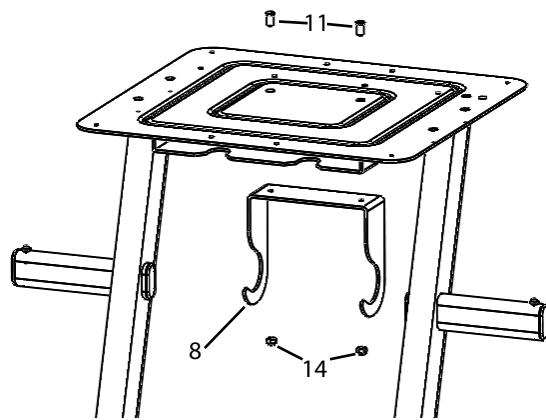
6. To secure the stand base mat (8) to the stand base (1), remove the protective film and press the stand base mat (8) firmly onto the stand base (1).
7. Fix the stand base mat (8) to the stand base (1) with four screws (16) and four EVA caps (15) (Fig. 5).



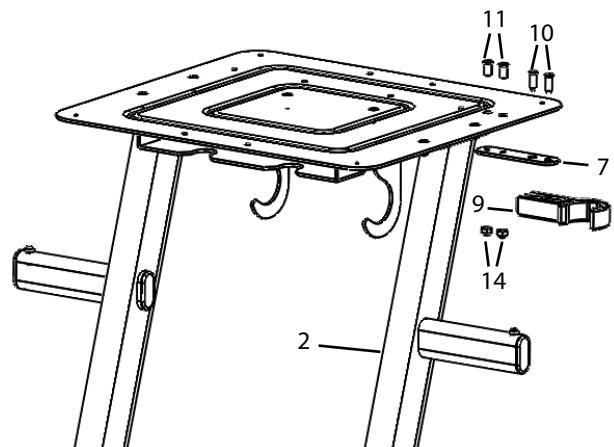
8. Fix the barbell resting base (5) to the rear tube (4) with one screw (12) and one nut (14) (Fig. 6).

► **ATTENTION**

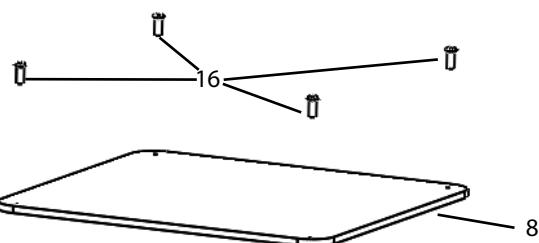
Make sure that the barbell resting base (5) stands securely on the floor.



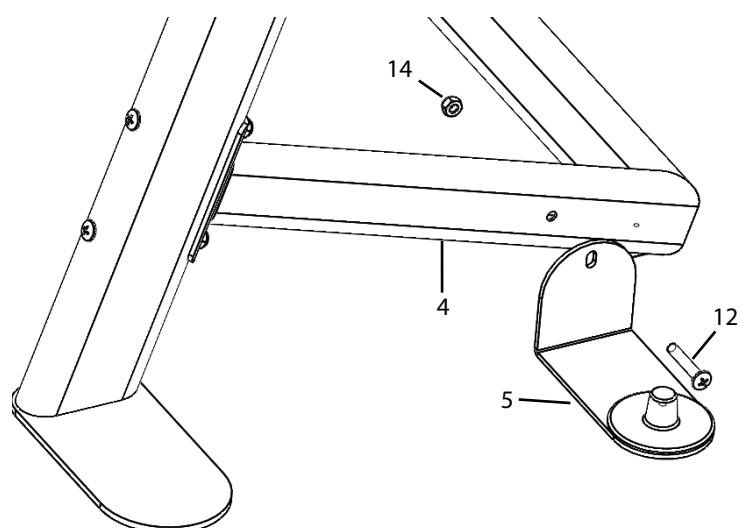
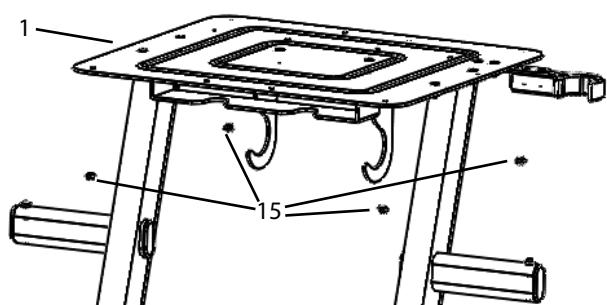
(Fig. 3)



(Fig. 4)



(Fig. 5)



(Fig. 6)

## **⚠ CAUTION**

Be careful not to pinch your fingers while adjusting the training weight.

### **Step 2: Assembly of the Dumbbell**

#### **Increase training weight**

1. Place the dumbbell (1) on the variobell stand.
2. Press on one of the two buttons on the dumbbell (1) (Fig. 7).

## **⚠ CAUTION**

In the next step, make sure you do not remove the adjustment knob (4) completely from the dumbbell (1). Otherwise, the 2 kg weight plates (2) might fall to the ground.

3. Slightly pull out the adjustment knob (4) (Fig. 8).
4. Line up the 2 kg weight plates (2) close together on the adjustment knob (4) until you reach your desired training weight (Fig. 9).

## **ⓘ NOTICE**

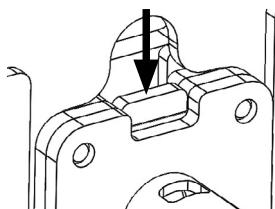
The current training weight is labelled on the adjustment knob (4).

5. Press the adjustment knob (4) into the dumbbell (1) until the adjustment knob (4) locks into place (Fig. 10 and 11).

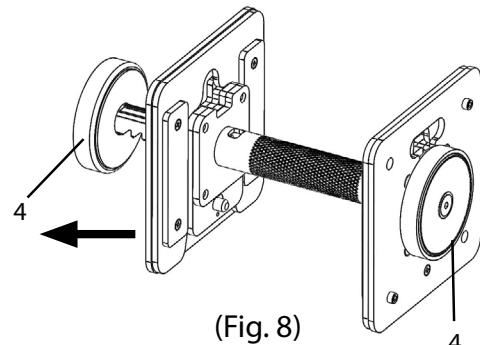
## **ⓘ NOTICE**

Once the green indicator appears on the dumbbell (1), the dumbbell is ready for use.

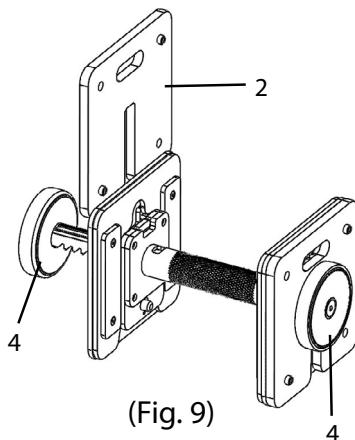
6. Repeat the steps on the other side.



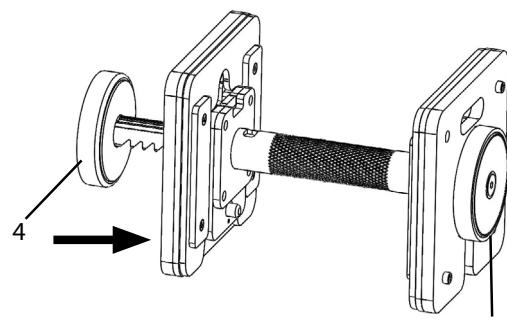
(Fig. 7)



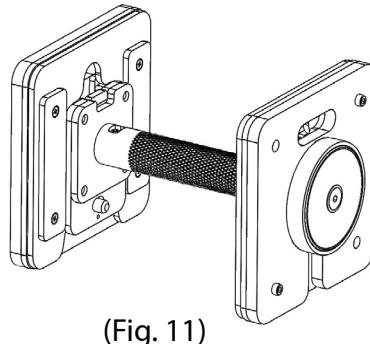
(Fig. 8)



(Fig. 9)



(Fig. 10)



(Fig. 11)

### Decrease training weight

1. Place the dumbbell (1) on the variobell stand.
2. Press on one of the two buttons on the dumbbell (1) (Fig. 7).

#### **CAUTION**

In the next step, make sure you do not remove the adjustment knob (4) completely from the dumbbell (1). Otherwise, the 2 kg weight plates (2) might fall to the ground.

3. Slightly pull out the adjustment knob (4) (Fig. 8).
4. Remove the 2 kg weight plates (2) from the adjustment knob (4) until you reach your desired training weight (Fig. 9).
5. Press the adjustment knob (4) into the dumbbell (1) until the adjustment knob (4) locks into place (Fig. 10 and 11).

#### **NOTICE**

Once the green indicator appears on the dumbbell (1), the dumbbell is ready for use.

6. Repeat the steps on the other side.

→ *The dumbbell is ready to use.*

### Remove 1 kg weight plates

1. Press and hold the button below the 1 kg weight plate (3) and push the button to the right (Fig. 12).
2. Remove the 1 kg weight plate (3) from the dumbbell (1) (Fig. 13).
3. Repeat the steps on the other side.

→ *The dumbbell is ready to use.*

### Add 1 kg weight plates

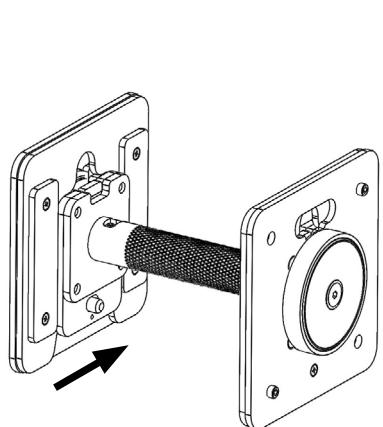
1. Press and hold the button below the 1 kg weight plate (3) and push the button to the right (Fig. 12).
2. Add the 1 kg weight plate (3) on to the dumbbell (1) (Fig. 14).

► **ATTENTION**

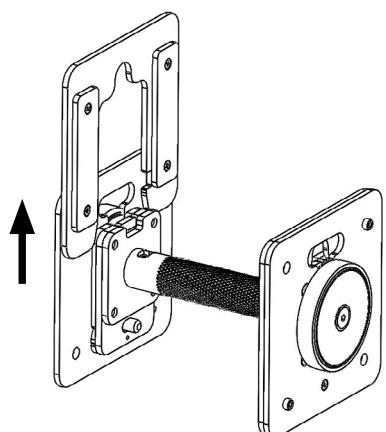
Make sure the button below the 1 kg weight plate lock into place.

3. Repeat the steps on the other side.

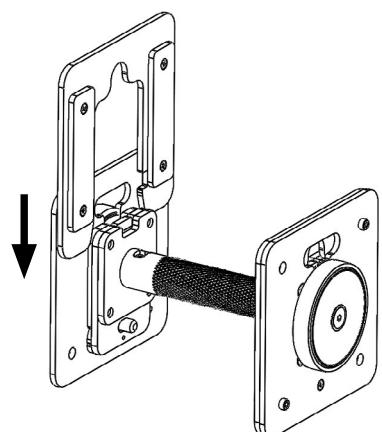
→ *The dumbbell is ready to use.*



(Fig. 12)

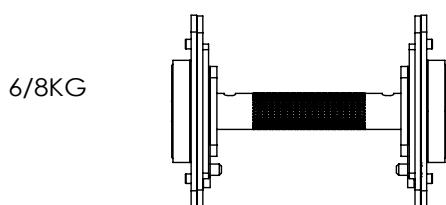


(Fig. 13)

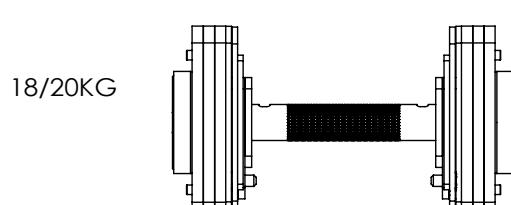


(Fig. 14)

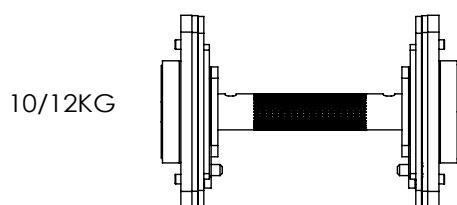
## Dumbbell Assembly



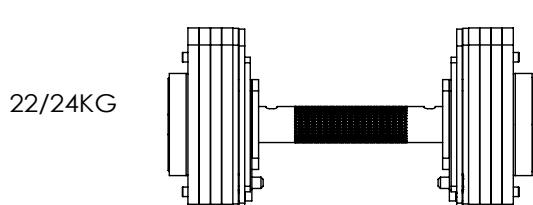
6/8KG



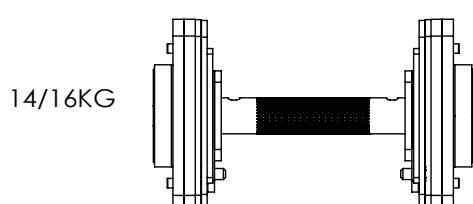
18/20KG



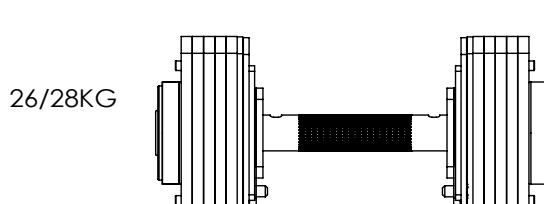
10/12KG



22/24KG



14/16KG



26/28KG

### Step 3: Assembly of the Kettlebell

#### Increase training weight

1. Place the kettlebell (1) on the variobell stand.
2. Press the button on the kettlebell (1) and grasp the kettlebell handle (Fig. 15).
3. Remove the kettlebell handle from the adjustment knob (2) (Fig. 16).
4. Line up the 2 kg weight plates (2) close together on the adjustment knob (2) until you reach your desired training weight.
5. Press the kettlebell handle onto the adjustment knob (2) to lock the handle bar into place (Fig. 17).

**i** **NOTICE**

Once the green indicator appears on the kettlebell (1), the kettlebell is ready for use.

→ *The kettlebell is ready to use.*

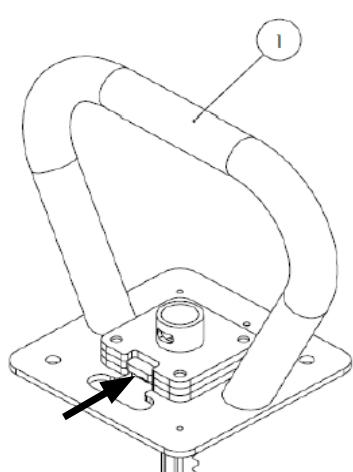
#### Decrease training weight

1. Place the kettlebell (1) on the variobell stand.
2. Press the button on the kettlebell (1) and grasp the kettlebell handle (Fig. 15).
3. Remove the kettlebell handle from the adjustment knob (2) (Fig. 16).
4. Remove the 2 kg weight plates (2) from the adjustment knob (2) until you reach your desired training weight.
5. Press the kettlebell handle onto the adjustment knob (2) to lock the kettlebell handle into place (Fig. 17).

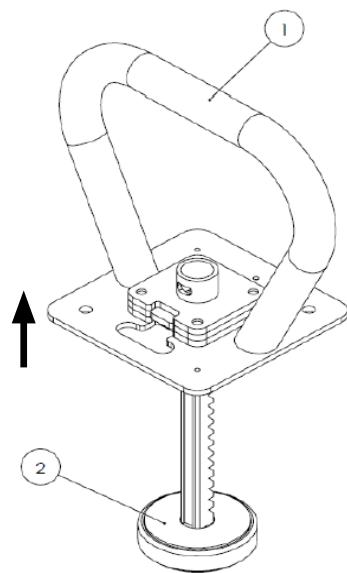
**i** **NOTICE**

Once the green indicator appears on the kettlebell (1), the kettlebell is ready for use.

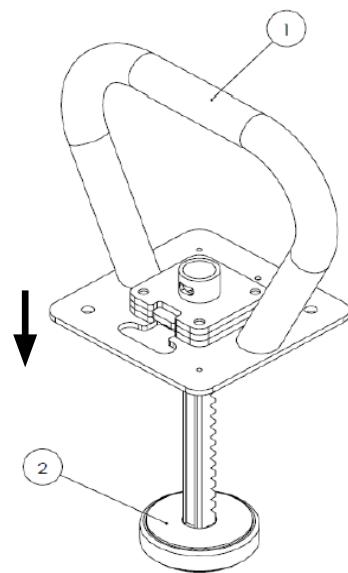
→ *The kettlebell is ready to use.*



(Fig. 15)



(Fig. 16)



(Fig. 17)

## Kettlebell Assembly



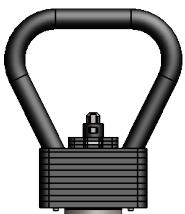
4kg



10kg



16kg



22kg



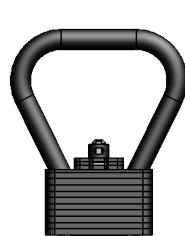
6kg



12kg



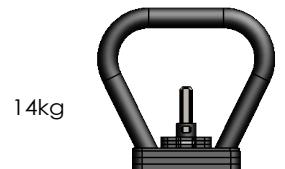
18kg



24kg



8kg



14kg



20kg

## Step 4: Assembly of the Barbell

### Increase training weight

1. Place the barbell (1) on the floor.
2. Press on one of the two buttons on the barbell (Fig. 18).

#### **CAUTION**

In the next step, make sure you do not remove the adjustment knob (2) completely from the barbell (1). Otherwise, the 2 kg weight plates (2) might fall to the ground.

3. Slightly pull out the adjustment knob (2) (Fig. 19).
4. Line up the 2 kg weight plates (2) close together on the adjustment knob (2) until you reach your desired training weight.
5. Press the adjustment knob (2) into the barbell (1) until the adjustment knob (2) locks into place (Fig. 20).

#### **NOTICE**

Once the green indicator appears on the barbell (1), the barbell (1) is ready for use.

6. Repeat the steps on the other side.

→ *The barbell is ready to use.*

### Decrease training weight

1. Place the barbell (1) on the floor.
2. Press on one of the two buttons on the barbell (Fig. 18).

#### **CAUTION**

In the next step, make sure you do not remove the adjustment barbell (2) completely from the barbell (1). Otherwise, the 2 kg weight plates (2) might fall to the ground.

3. Slightly pull out the adjustment knob (2) (Fig. 19).
4. Remove the 2 kg weight plates (2) from the adjustment knob (2) until you reach your desired training weight.
5. Press the adjustment knob (2) into the barbell (1) until the adjustment knob (2) locks into place (Fig. 20).

#### **NOTICE**

Once the green indicator appears on the barbell (1), the barbell (1) is ready for use.

6. Repeat the steps on the other side.

→ *The barbell is ready to use.*

### Remove 1 kg weight plates

1. Press and hold the button below the 1 kg weight plate (3) and push the button to the right.
2. Remove the 1 kg weight plate (3) from the barbell (1).
3. Repeat the steps on the other side.

→ *The barbell is ready to use.*

## Add 1 kg weight plates

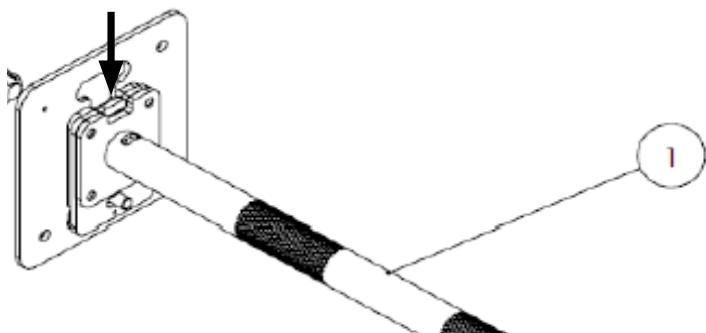
1. Press and hold the button below the 1 kg weight plate (3) and push the button to the right.
2. Add the 1 kg weight plate (3) on to the barbell (1).

### ► ATTENTION

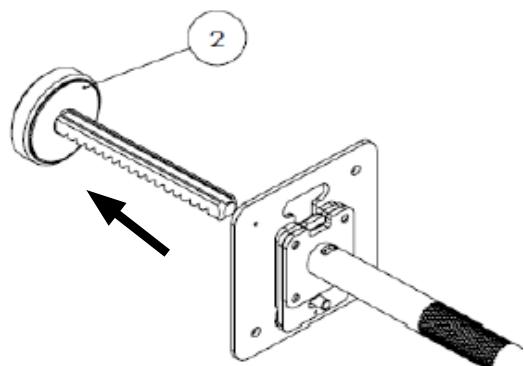
Make sure the button below the 1 kg weight plate lock into place.

3. Repeat the steps on the other side.

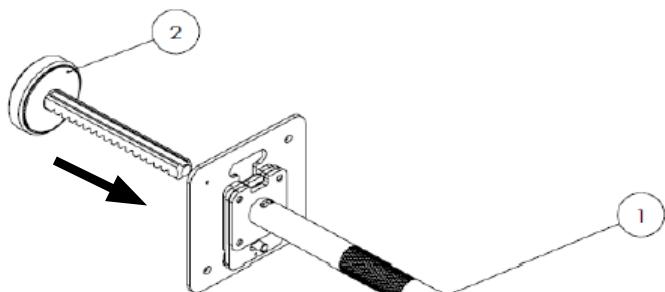
→ *The barbell is ready to use.*



(Fig. 18)



(Fig. 19)



(Fig. 20)

## Barbell Assembly

8kg



32kg



12kg



36kg



16kg



40kg



20kg



44kg



24kg



48kg



28kg



### 3.1 General Instructions

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.

#### 3.1.1 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.

#### 3.1.2 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.

### 3.1.3 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.

### 3.1.4 Used muscle groups

This training uses the following muscle groups:

- + Arm muscles
- + Pectoral muscles
- + Back 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.

### 3.1.5 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.

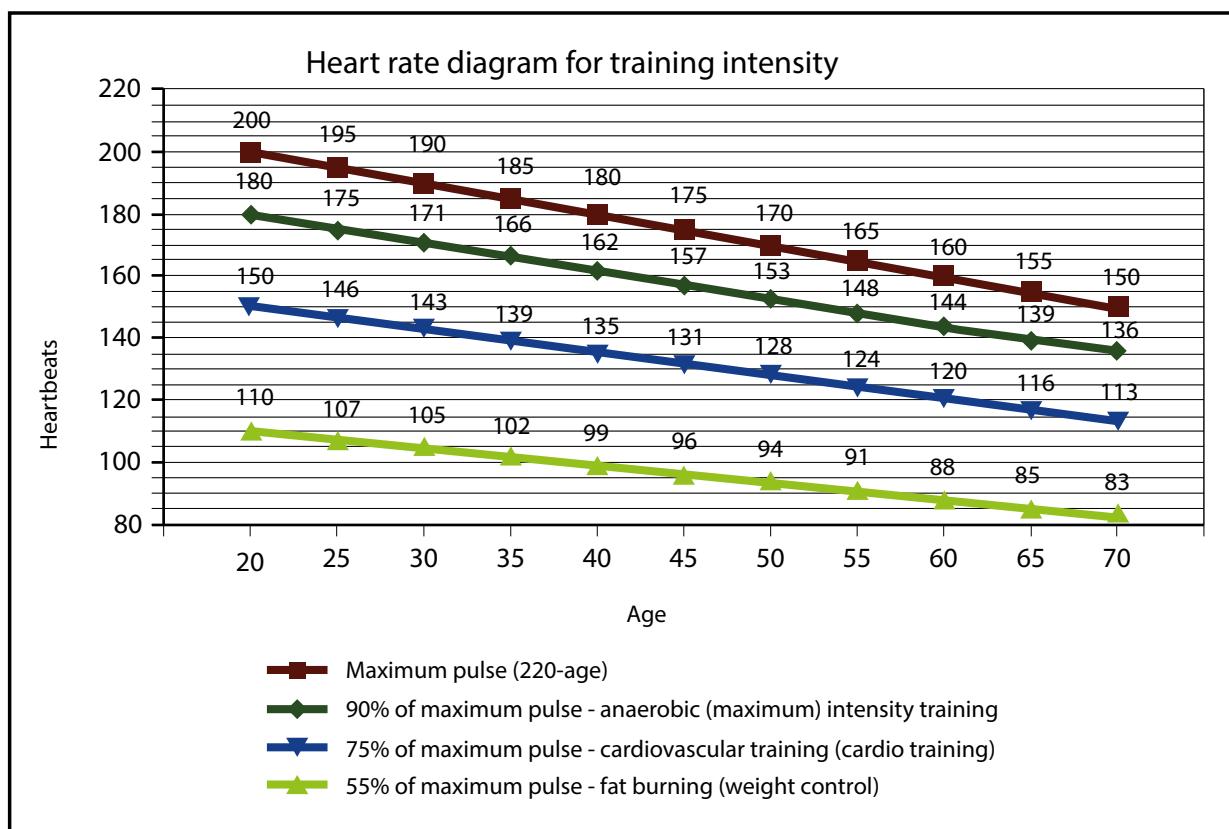
**Cardiovascular training (cardio training):** The primary goal is to increase stamina and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training period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



## 3.2 Workout journal



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.

### 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
Squeaking & cracking noises	Screw connections loosened or too tight	+ Check or lubricate screw connections*
Unit wobbles	+ Uneven ground + Loose screw connections	+ Align unit + Tighten screw connections

\* With a grease-free silicone oil or silicone spray.

## 5.3 Maintenance and Inspection Calendar

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

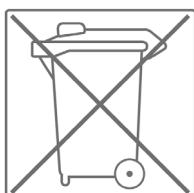
The following routine tasks must be performed at the specified intervals:

Part	Weekly	Monthly	Quarterly
Screw connections		I	

Legend: C = clean; I = inspect

## 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 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 training equipment like smith machines, weight benches or racks this could for example be a **floor mat**, which makes your fitness equipment stand more securely and also protects the floor from sweat but it could be also **additional weights, handles, foot straps** for leg exercises or **triceps ropes**. For some smith machines, there are also optional add-ons such as **leg presses** that make your workout even more intense and comprehensive.

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



floor mat

## 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:**

K-EQ1090-100
K-EQ1091-100
K-EQ1092-100
K-EQ1093-100

## 8.2 Parts List: K-EQ1090-100

No.	Name	BOM	Qty.
1	Dumbbell handle	T23DB28-ASE01-1.0	1
2	Weight Plate (2KG)	T23DB28-ASE10-1.0	10
3	Weight Plate (1KG)	T23DB28-ASE09-1.0	2
4	Adjustment knob	T23DB28-ASE04-1.0	2

## 8.3 Parts List: K-EQ1091-100

No.	Name	BOM	Qty.
1	Stand Base	T23DBST-WEL01-1.0	1
2	Stand Right Leg	T23DBST-ASE01-1.0	1
3	Stand Left Leg	T23DBST-ASE02-1.0	1
4	Rear Tube	WR12A300-00	1
5	Barbell Resting Base	T23DBST-ASE03-1.0	1
6	Kettlebell Handle Hook	T23DBST-PRE04-1.0	1
7	Secure Hook Metal	T23DBST-PRE03-1.0	1
8	Stand Base Mat	T23DBST-XXX01-1.0	1
9	Barbell Secure Hook	T21LG125-PLA02-2.00	1
10	Self Flat Screw M5 x 20mm	HAR-TP-M5Tx20-A	2
11	Screw M6 x 15mm	HAR-FP-M6x15	8
12	Screw M6 x 35mm	HAR-TP-M6x35	1
13	Screw M6 x 80mm	WR12PST0C603	4
14	M6 Nut	WR12PST0N601	13
15	EVA Cap	T23DBST-PLA05-1.0	4
16	Screw T4 x 6mm	HAR-TP-M4Tx6-B	4

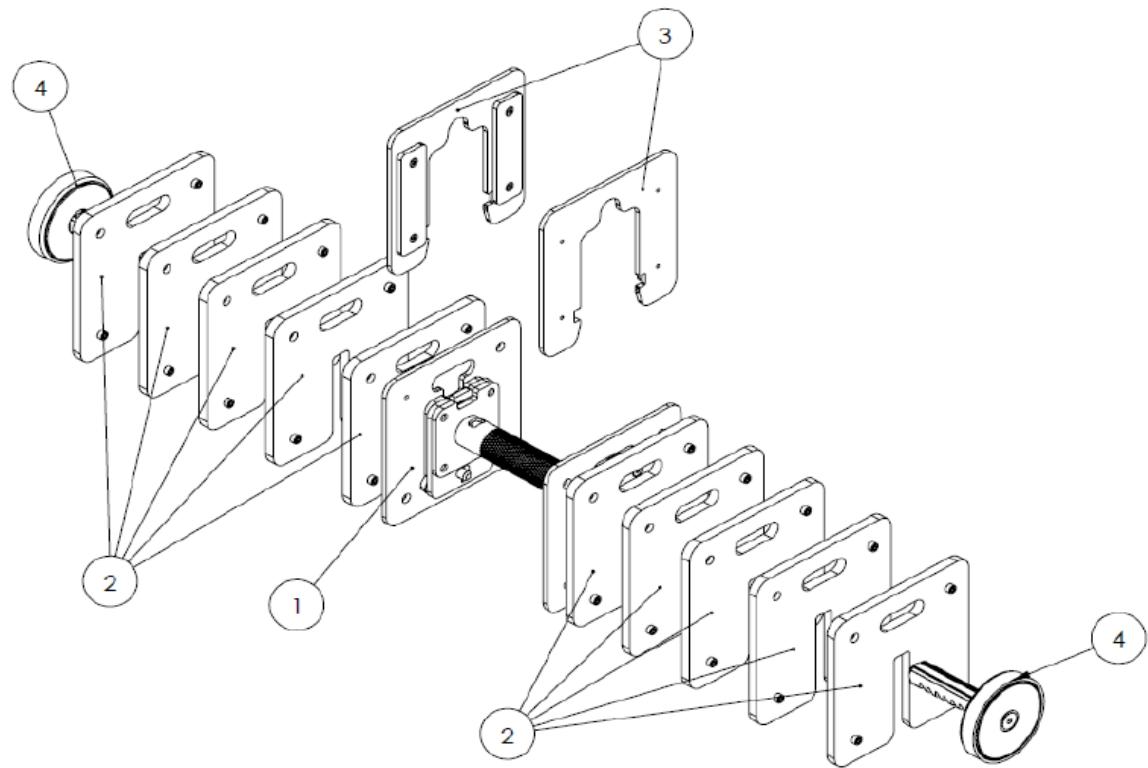
## 8.4 Parts List: K-EQ1092-100

No.	Name	BOM	Qty.
1	Handle bar	T25KB20-ASE01-1.0	1
2	Adjustment knob	T25KB28-ASE06-1.0	1

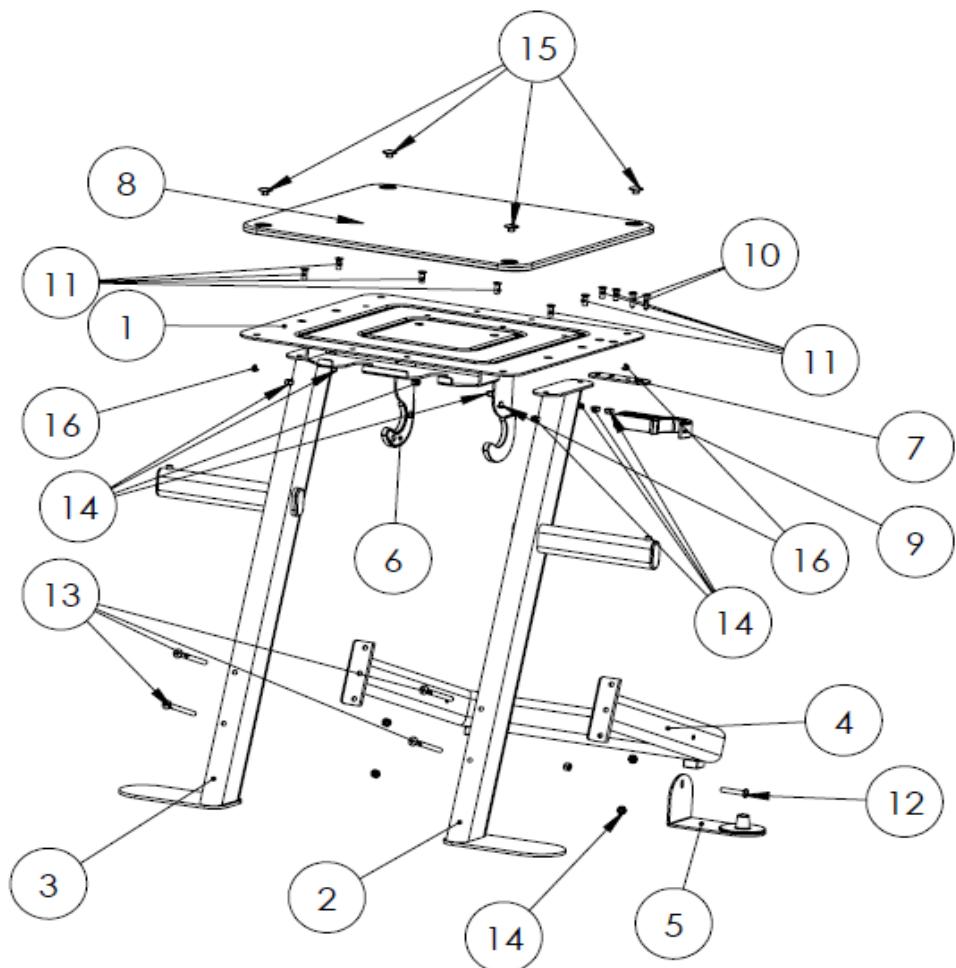
## 8.5 Parts List: K-EQ1093-100

No.	Name	BOM	Qty.
1	Handle bar	T25BB48-ASE01-1.0	1
2	Adjustment knob	T25DB28-ASE06-1.0	2

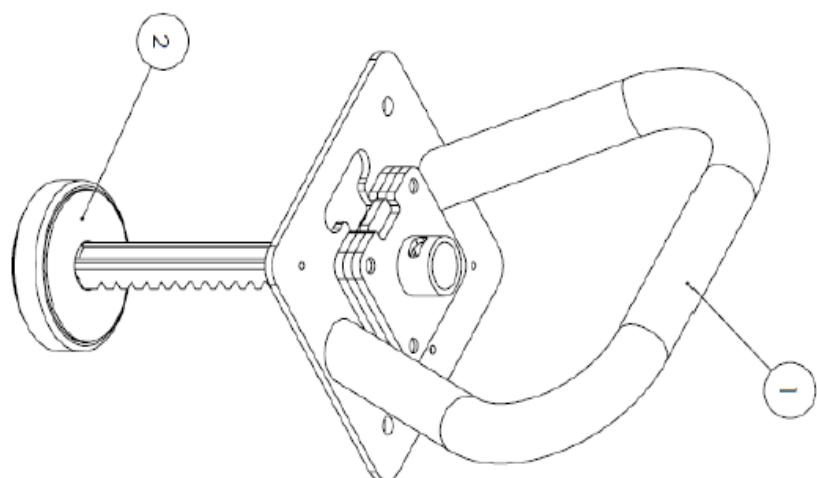
## 8.6 Exploded Drawing: K-EQ1090-100



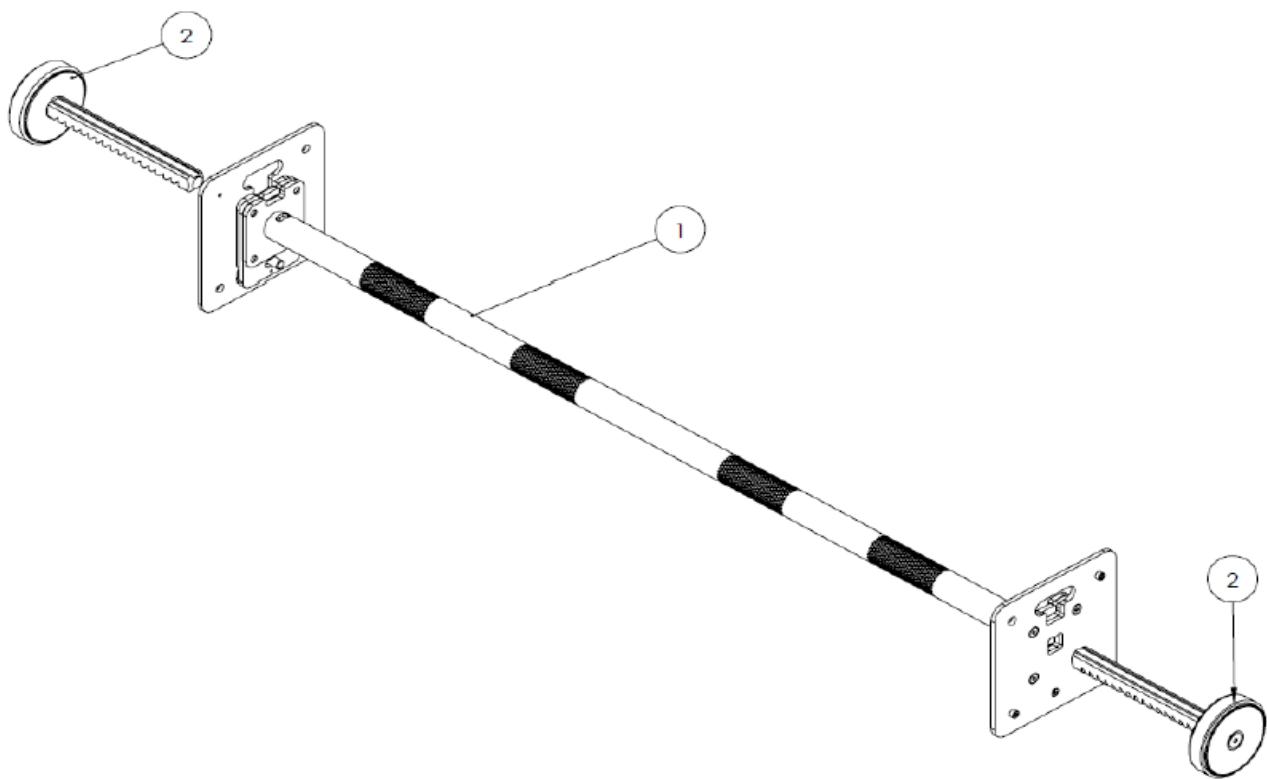
## 8.7 Exploded Drawing: K-EQ1091-100



## 8.8 Exploded Drawing: K-EQ1092-100



## 8.9 Exploded Drawing: K-EQ1093-100



## 9 WARRANTY

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

### Error Descriptions

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

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

### Your statutory rights are not affected.

### Warrantees

The warrantees 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 warrantees 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><b>TECHNIK</b></p> <p> +49 4621 4210-900</p> <p> +49 4621 4210-698</p> <p> technik@fitshop.de</p> <p> Öffnungszeiten entnehmen Sie unserer Homepage: <a href="https://stg.fit/statit7">https://stg.fit/statit7</a></p> <p><b>SERVICE</b></p> <p> 0800 20 20277 (kostenlos)</p> <p> 04621 4210 - 0</p> <p> info@fitshop.de</p> <p> Öffnungszeiten entnehmen Sie unserer Homepage: <a href="https://stg.fit/statita">https://stg.fit/statita</a></p>	<p><b>TEKNIK OG SERVICE</b></p> <p> 80 90 16 50</p> <p> +49 4621 4210-945</p> <p> info@fitshop.dk</p> <p> Åbningstider kan findes på hjemmesiden: <a href="https://stg.fit/statit7">https://stg.fit/statit7</a></p>	<p><b>CUSTOMER SUPPORT</b></p> <p> 00800 2020 2772</p> <p> +494621 4210 944</p> <p> info@fitshop.co.uk</p> <p> You can find the opening hours on our homepage: <a href="https://stg.fit/statitc">https://stg.fit/statitc</a></p>
	<b>FR</b>	<b>BE</b>
	<p><b>TECHNIQUE &amp; SERVICE</b></p> <p> +33 (0) 189 530984</p> <p> +49 4621 42 10 933</p> <p> info@fitshop.fr</p> <p> Vous trouverez les heures d'ouverture sur notre site Internet: <a href="https://stg.fit/statit4">https://stg.fit/statit4</a></p>	<p><b>TECHNIQUE &amp; SERVICE</b></p> <p> 02 732 46 77</p> <p> +49 4621 4210 933</p> <p> info@fitshop.be</p> <p> Vous trouverez les heures d'ouverture sur notre site Internet: <a href="https://stg.fit/statit8">https://stg.fit/statit8</a></p>
ES	NL	INT
<p><b>TECNOLOGÍA Y SERVICIOS</b></p> <p> 911 238 029</p> <p> info@fitshop.es</p> <p> Consulta nuestro horario de apertura en la página web: <a href="https://stg.fit/statit5">https://stg.fit/statit5</a></p>	<p><b>TECHNISCHE DIENST &amp; SERVICE</b></p> <p> +31 172 619961</p> <p> service@fitshop.nl</p> <p> De openingstijden vindt u op onze homepage: <a href="https://stg.fit/statit3">https://stg.fit/statit3</a></p>	<p><b>TECHNICAL SUPPORT &amp; SERVICE</b></p> <p> +49 4621 4210-944</p> <p> service-int@fitshop.de</p> <p> You can find the opening hours on our homepage: <a href="https://stg.fit/statita">https://stg.fit/statita</a></p>
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<p><b>DZIAŁ TECHNICZNY I SERWIS</b></p> <p> 22 307 43 21</p> <p> +49 4621 42 10-948</p> <p> info@fitshop.pl</p> <p> Godziny otwarcia można znaleźć na stronie głównej: <a href="https://stg.fit/statit6">https://stg.fit/statit6</a></p>	<p><b>TECHNIK &amp; SERVICE</b></p> <p> 0800 20 20277 (Freecall)</p> <p> +49 4621 42 10-0</p> <p> info@fitshop.at</p> <p> Öffnungszeiten entnehmen Sie unserer Homepage: <a href="https://stg.fit/statitb">https://stg.fit/statitb</a></p>	<p><b>TECHNIK &amp; SERVICE</b></p> <p> 0800 202 027</p> <p> +49 4621 42 10-0</p> <p> info@fitshop.ch</p> <p> Öffnungszeiten entnehmen Sie unserer Homepage: <a href="https://stg.fit/statit9">https://stg.fit/statit9</a></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](http://www.fitshop.com/en/stores)

# KETTLER

## WEBSHOP AND SOCIAL MEDIA

Since 2024 Kettler sports equipment is part of the Fitshop brand family, Europe's largest specialist retailer for home fitness equipment. Kettler equipment such as treadmills, cross trainers, and rowing machines have always played an important role in Fitshop's more than 40-year history. Kettler stands for the highest product quality, reliability, and tradition. Kettler sports equipment helps you lead an active and healthy life. They make exercise fun for young and old. As part of the Fitshop Group, Kettler Sport remains true to these values.

Visit us also on our social media platforms or our online shop!



[www.fitshop.com/kettler](http://www.fitshop.com/kettler)  
[www.kettlersport.com](http://www.kettlersport.com)



[www.facebook.com/fitshopgroup/](http://www.facebook.com/fitshopgroup/)



[www.instagram.com/fitshopgroup/](http://www.instagram.com/fitshopgroup/)



[www.linkedin.com/company/fitshop-gmbh](http://www.linkedin.com/company/fitshop-gmbh)



[www.stg.fit/YouTube\\_DE](http://www.stg.fit/YouTube_DE)

Kettler is part of the Fitshop Group.



# KETTLER

**Variobell**