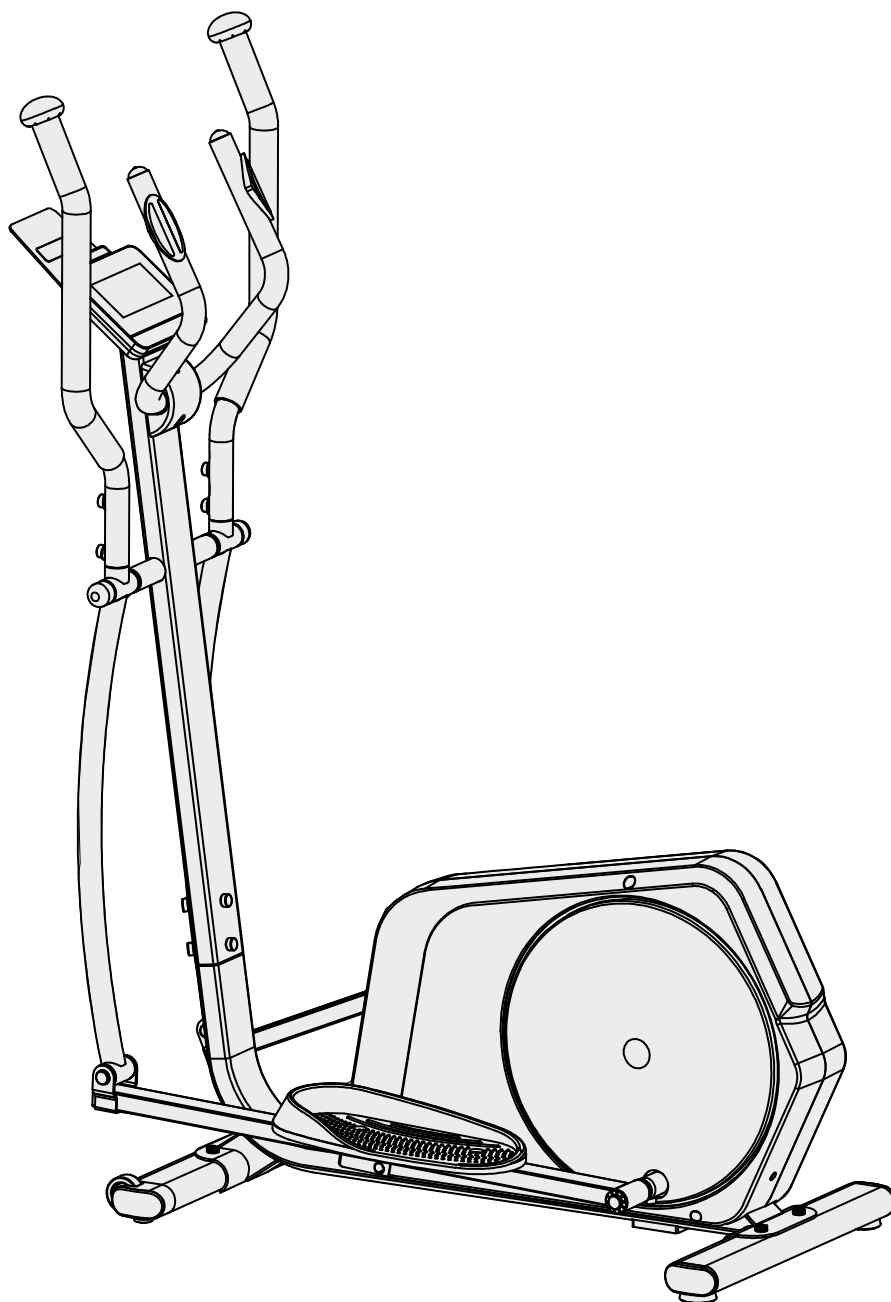


# KETTLE

## ASSEMBLY AND OPERATING INSTRUCTIONS



max. 120 kg



~ 60 Min. 



 33 kg

L 108 | W 56 | H 139

FSKCT2001100.01.01

Art. No. K-CT2001-100

**UNIX 400**



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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

International Headquarters  
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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.

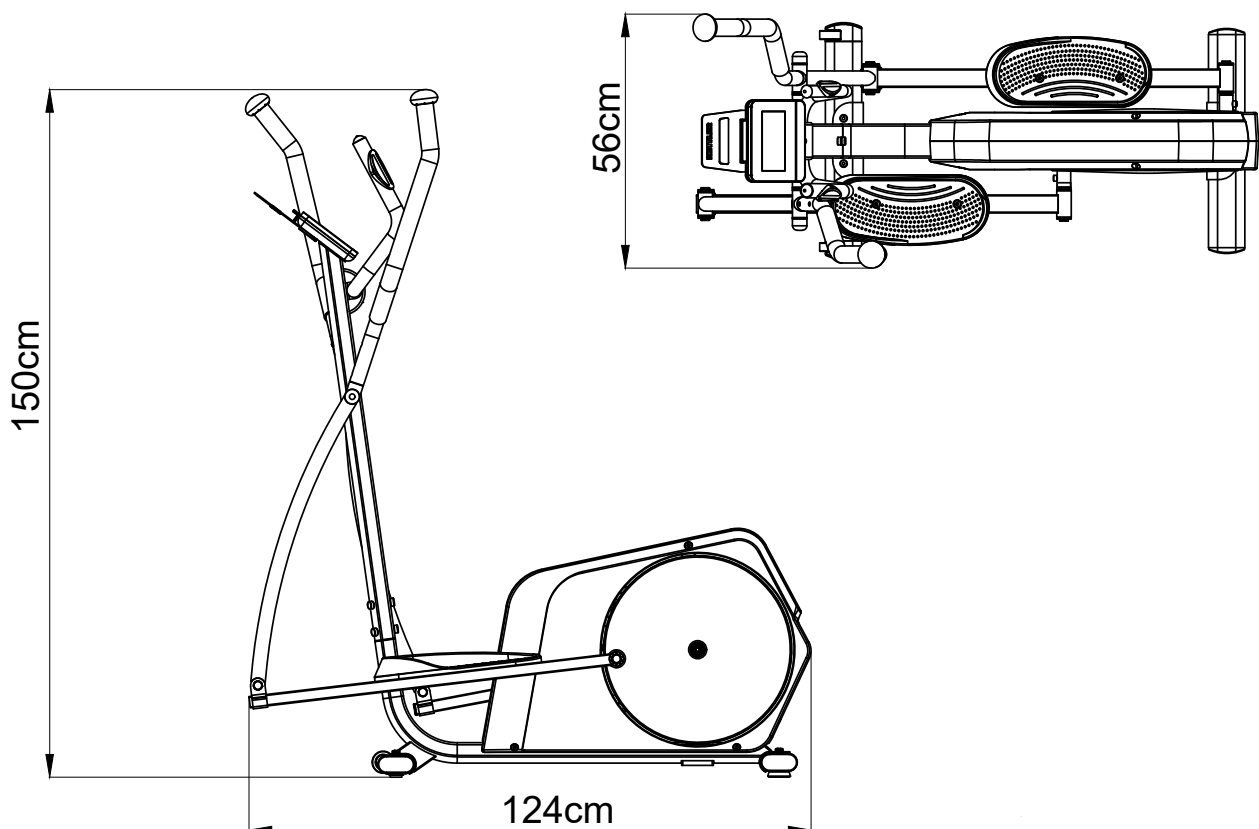
Retain these instructions in a safe place for future reference, maintenance or when ordering replacement parts.

## 1.1 Technical Data

<b>Weight and dimensions</b>	
Item weight (gross, including packaging)	43.5 kg
Item weight (net, without packaging)	38.8 kg
Packaging dimensions of cartons (L x W x H)	106 cm x 27.5 cm x 61 cm
Set up dimensions (L x W x H)	124 cm x 56 cm x 150 cm
<b>Additional measurement data</b>	
Step length	36 cm
Dimensions of the footrests	124 cm x 56 cm
<b>Maximum load</b>	
Maximum user weight	130 kg
<b>Technical specifications</b>	
Flyweight	6 kg
Transmission ratio	1 : 7.5
Resistance system	Electronic magnetic brake system
Resistance levels	32
Power supply	Generator
Power adaptor	9V
<b>Console data</b>	
Display	Distance
	Calories
	Pulse
	KM
	Speed
	Revolutions per minute (RPM)
	Time
	Level
	Watt
Display size	7 Inches
Display type	LCD
User Profiles	2

<b>Wattage specifications</b>	
Min. and max. watts at 60 RPM	40 - 250 Watt
<b>Programme overview</b>	
Quick start	1
Heart rate programmes	3
Preset programmes	30
Target watt programme	1
Custom programmes	2
Target programmes	3
<b>Other data</b>	
Menu language	English
Wireless connection	Yes
Heart rate monitor	Hand pulse sensors, optional: chest strap (Not in scope of delivery)
Use class	H

## 1.2 Technical Drawings



## 1.3 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.
- + The safety level of the appliance can only be maintained if it is regularly checked for damage and wear.

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

## 1.5 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

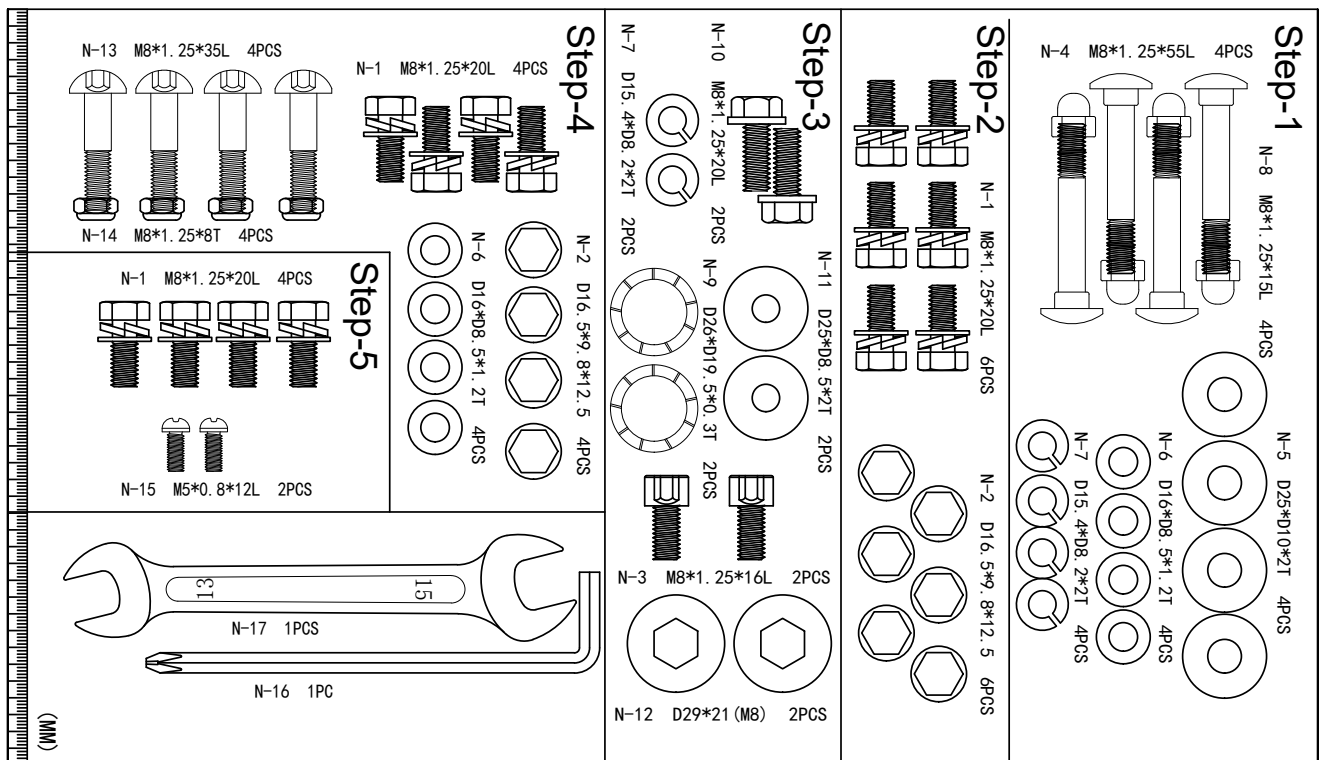
The scope of delivery consist of the following parts. At the beginning, check whether all parts and tools belonging to the device are included in the scope of delivery and whether damage has occurred. In the event of complaints, the contractual partner must be contacted directly.

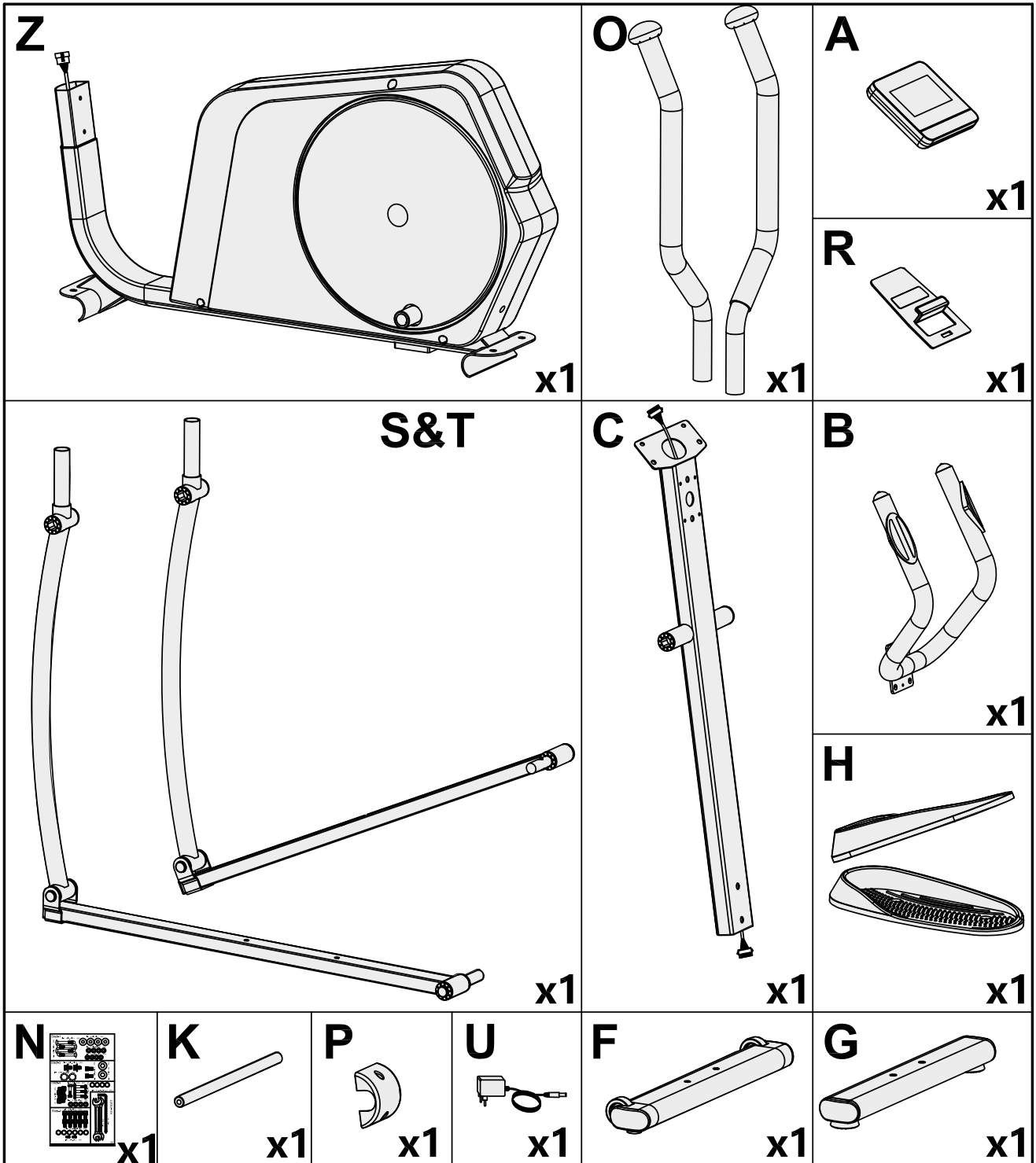
### ⚠ CAUTION

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

### 📄 NOTICE

- + Required tools: Hex wrench, open wrench
- + In the assembly steps, the main frame is shown as component "Z" for better clarity. However, in the exploded drawing and the parts list it is not listed as an individual part. This simplified representation is solely intended to make orientation during assembly easier.





## 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

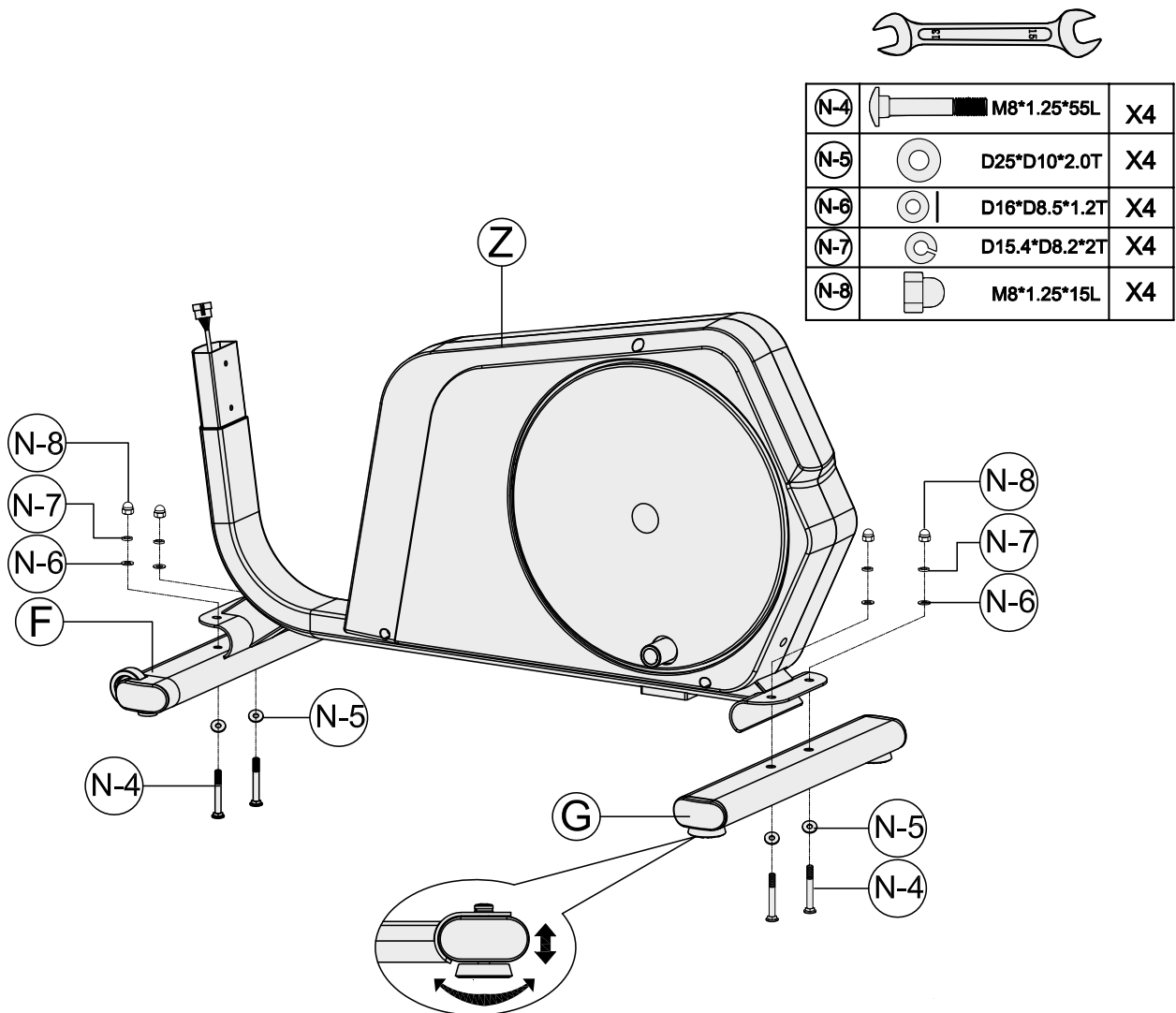
Required tool: Open wrench

1. Fix the front stabilizer (F) to the main frame (Z) with two screws (N-4), two washers (N-5), two washers (N-6), two spring washers (N-7) and two domed nuts (N-8).
2. Fix the rear stabilizer (G) to the main frame (Z) with two screws (N-4), two washers (N-5), two washers (N-6), two spring washers (N-7) and two domed nuts (N-8).

## Step 2: 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 3: Assembly of the Handlebar Post

► **ATTENTION**

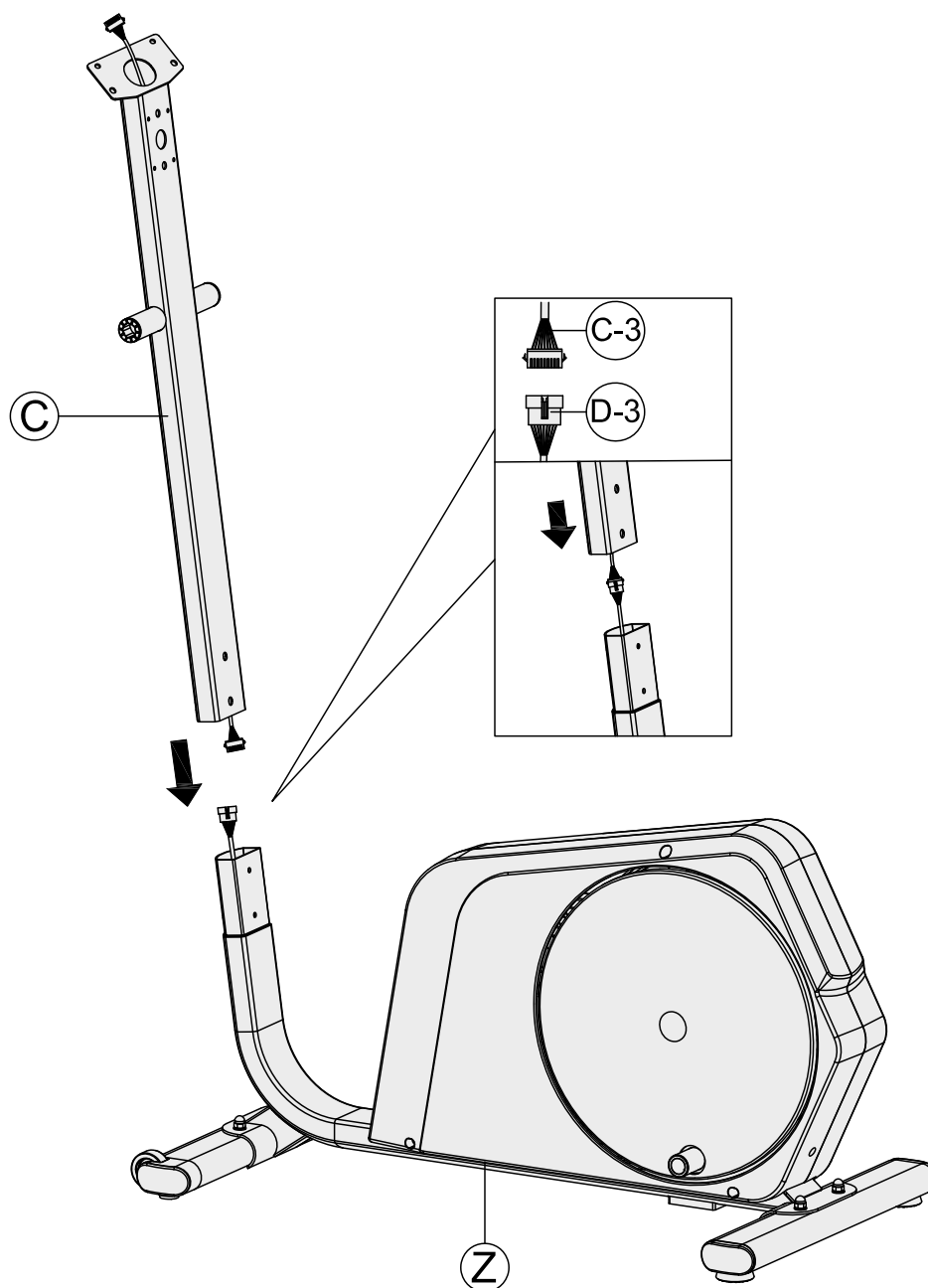
In the following step please pay attention that you don't pinch the cables.

1. Connect the upper computer cable (C-3) with the lower computer cable (D-3).

ⓘ **NOTICE**

The assembly of the handlebar post (C) continues in step 6.

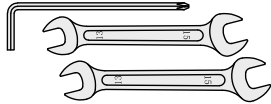
2. Place the handlebar post (C) on the main frame (Z).







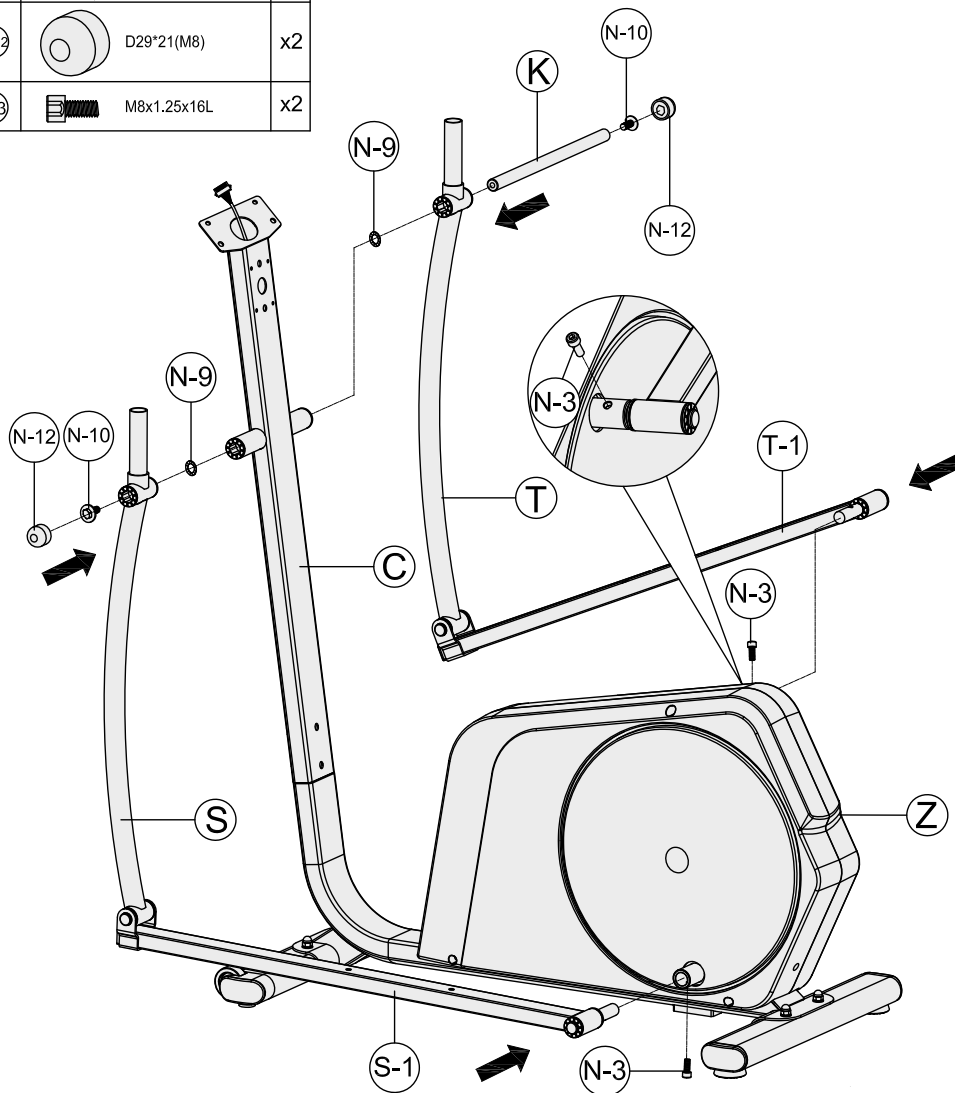
## Step 4: Assembly of the Pedal Supporting Tubes

Required tool: Hex wrench, open wrench

1. Fix the right pedal supporting tube (T) to the handlebar post (C) and the main frame (Z) with one wave washer (N-9), one handlebar axle (K), one bolt (N-10), one screw cover (N-12) and one bolt (N-3).
2. Fix the left pedal supporting tube (S) to the handlebar post (C) and the main frame (Z) with one wave washer (N-9), one bolt (N-10), one screw cover (N-12) and one bolt (N-3).



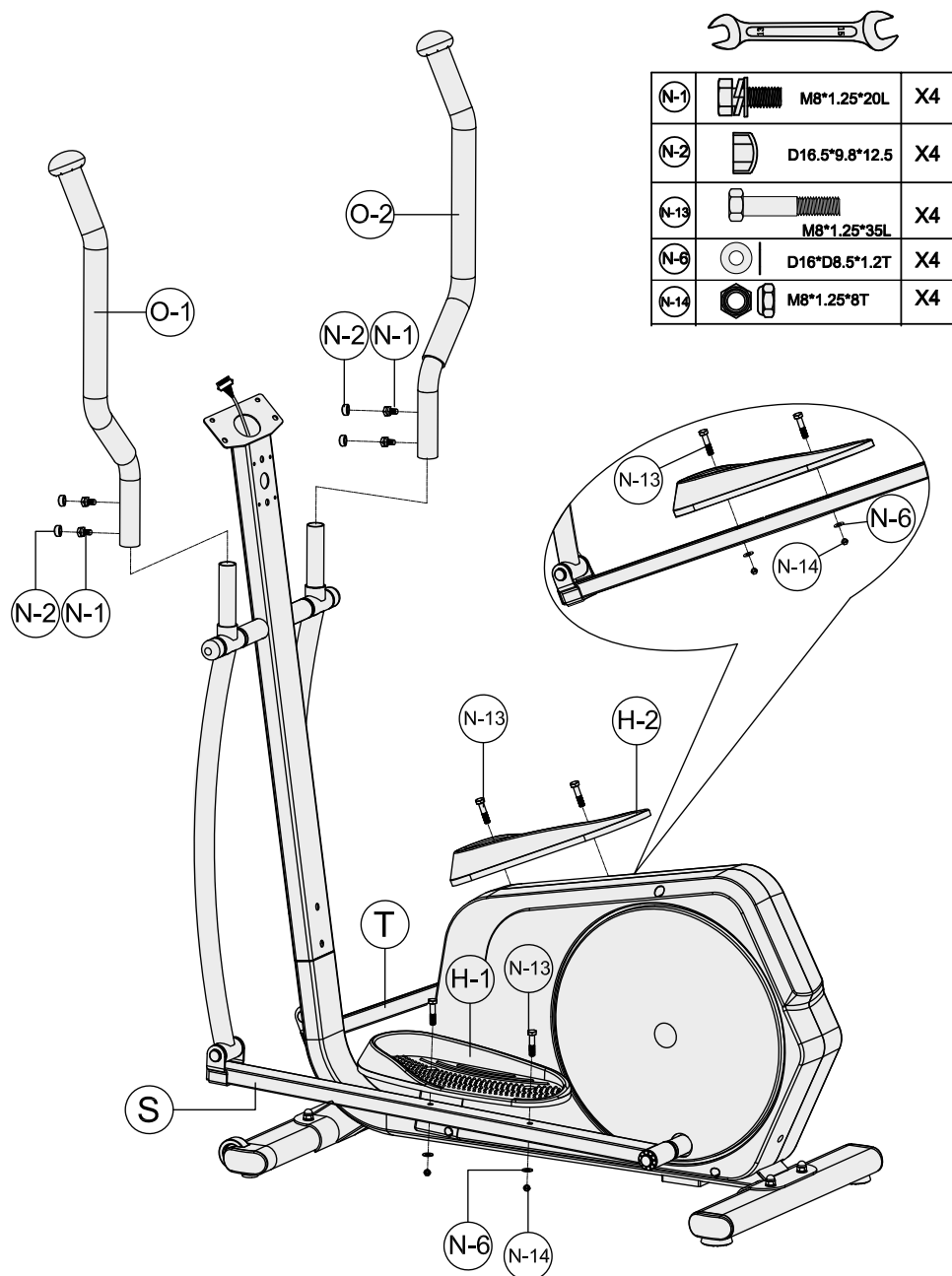
(N-10)		M8*1.25*20L	x2
(N-9)		D26*D19.5*0.3T	x2
(N-12)		D29*21(M8)	x2
(N-3)		M8x1.25x16L	x2



## Step 5: Assembly of the Handlebars and Pedals

Required tool: Hex wrench, open wrench

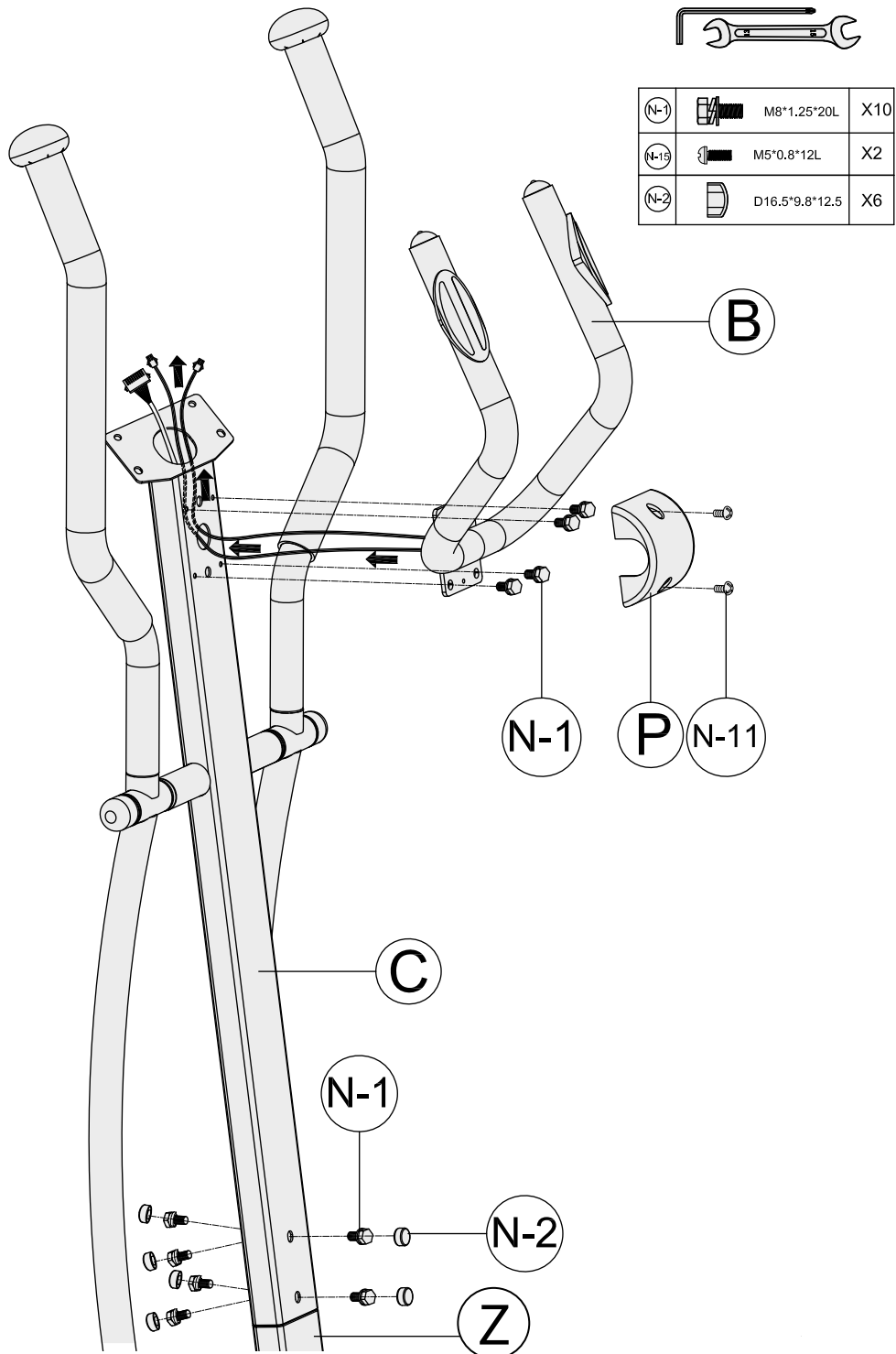
1. Fix the left handlebar (O-1) to the left pedal supporting tube (S) with two bolts (N-1) and two screw covers (N-2).
2. Fix the right handlebar (O-2) to the right pedal supporting tube (T) with two bolts (N-1) and two screw covers (N-2).
3. Fix the left pedal (H-1) to the left pedal supporting tube (S) with two bolts (N-13), two washers (N-6) and two nuts (N-14).
4. Fix the right pedal (H-2) to the right pedal supporting tube (T) with two bolts (N-13), two washers (N-6) and two nuts (N-14).



## Step 6: Assembly of the Handlebar

Required tool: Hex wrench, open wrench

1. Fix the handlebar (B) to the handlebar post (C) with four bolts (N-1), one protective cover (P) and two bolts (N-11).
2. Fix the handlebar post (C) to the main frame (Z) with six bolts (N-1) and six screw covers (N-2).



## Step 7: Assembly of the Computer and Pad Holder

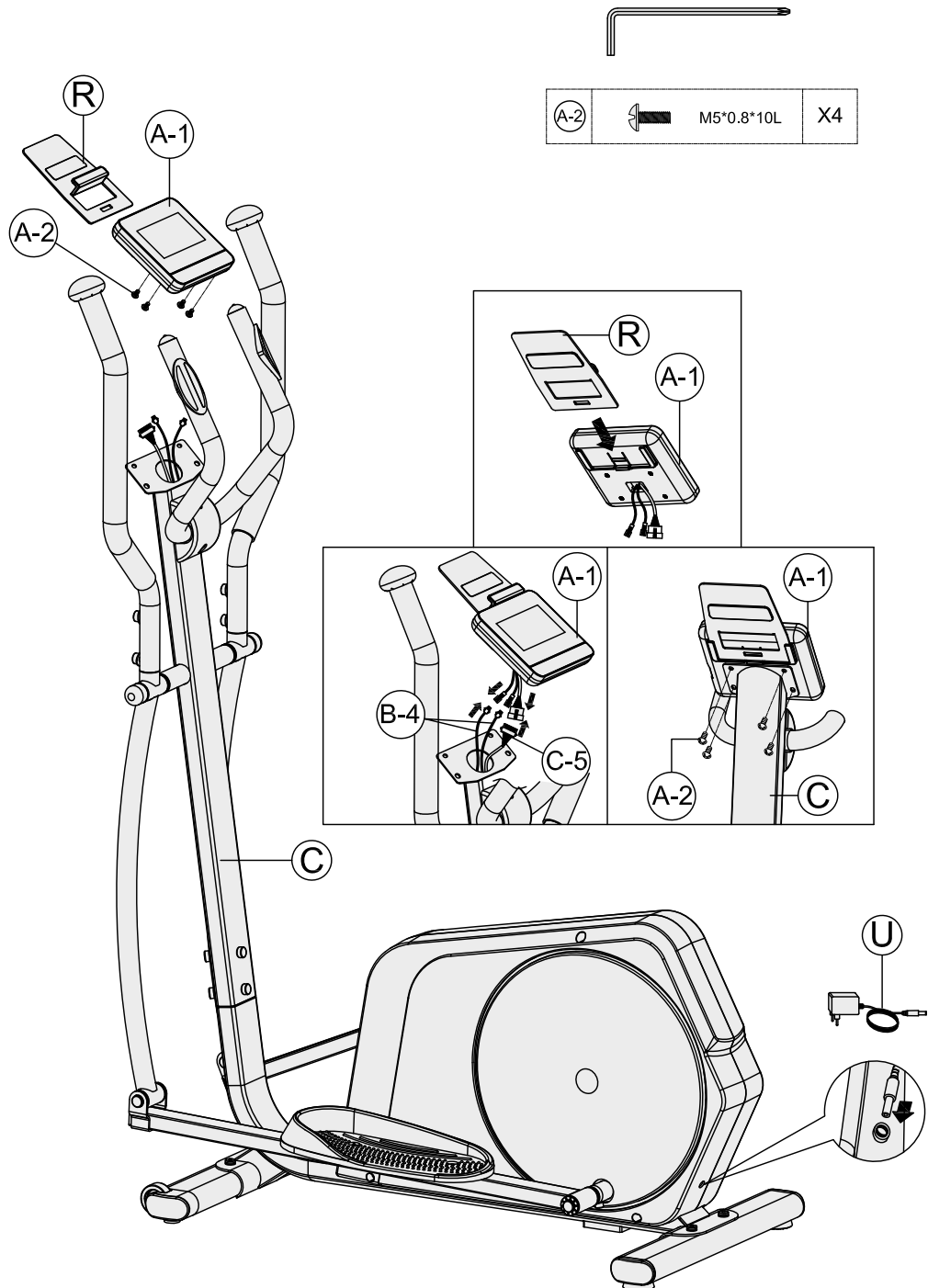
Required tool: Hex wrench

1. Fix the pad holder (R) to the computer (A-1).

► **ATTENTION**

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

2. Connect the cables of the computer (A-1) with the cables of the handlebar post (C).
3. Fix the computer (A-1) to the handlebar post (C) with four bolts (A-2).



## **Step 8: 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 (U) into a wall outlet that complies with the instructions in the chapter on electrical safety.

### **Correctly Getting On and Off**

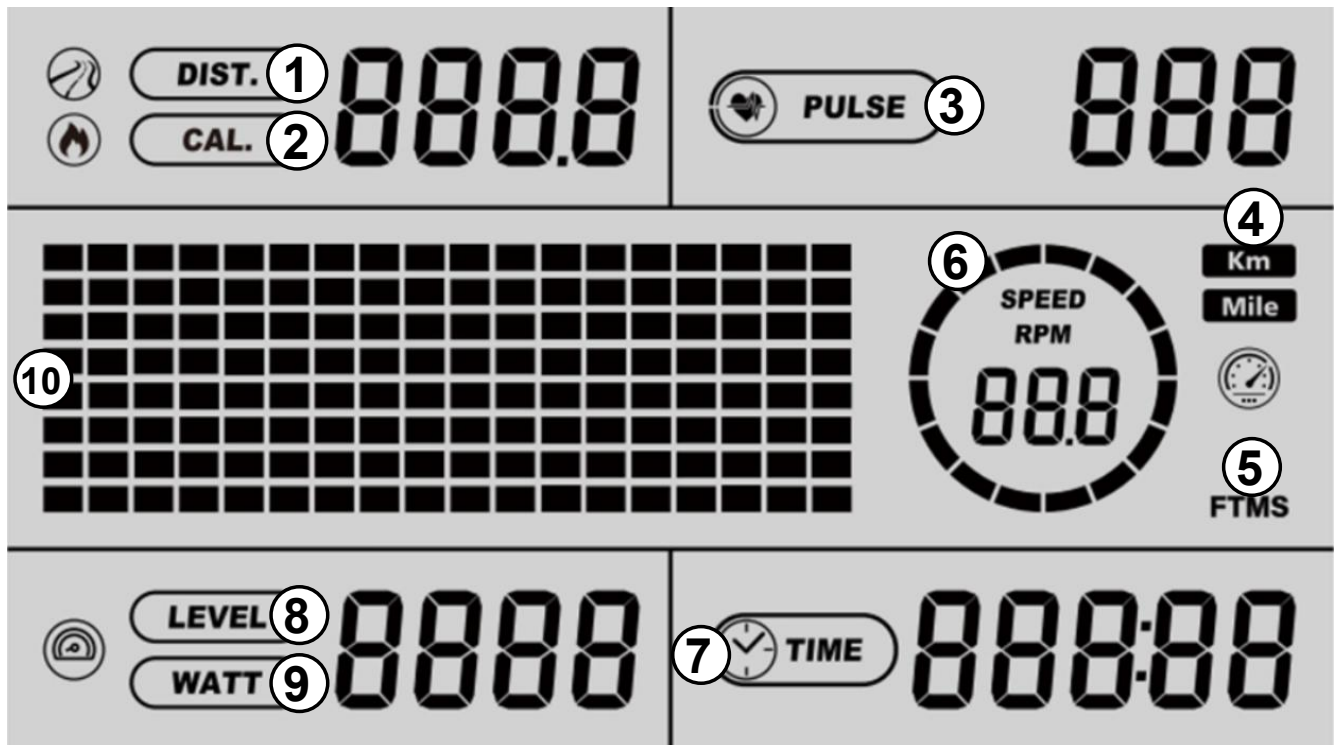
1. To get on, grip the handles with both hands and first step onto the left pedal with your left foot or onto the right pedal with your right foot and then place your foot onto the other pedal.
2. To get off, grip the handles with both hands and place one foot next to the equipment and then the other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

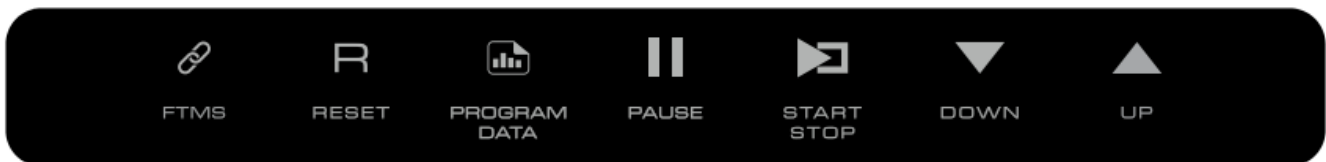
### 3.1 Console Overview










NO.	DISPLAY	NAME	FUNCTION
1	DIST.	Distance	<ul style="list-style-type: none"> <li>+ Displays the training distance.</li> <li>+ Display range: 0.0–999.9</li> <li>+ Setting range: 0.0–999.9</li> <li>+ Counts down in the target programme.</li> </ul>
2	CAL.	Calories	<ul style="list-style-type: none"> <li>+ Displays the burned calories.</li> <li>+ Display range: 0.0–9999</li> <li>+ Setting range: 10.0–9990</li> <li>+ Counts down in the target programme.</li> </ul>
3	PULSE	Pulse	Displays your pulse if the hand pulse sensors or the chest strap are in use. (Chest strap not included)
4	KM/MILE	Kilometers/Miles	Displays the measurement unit.

5	<b>FTMS</b>	<b>FTMS</b>	Displays whether a wireless connection is established.
6	<b>SPEED/ RPM</b>	<b>Speed/RPM</b>	Displays the speed in RPM and km/h. + Display range: 0.0–99.9 km/h + Display range: 0–999 RPM
7	<b>TIME</b>	<b>Time</b>	+ Displays the training time. + Display range: 0:00–999:59 + Setting range: 10:00–999:00 + Counts down in the target programme.
8	<b>LEVEL</b>	<b>Level</b>	+ Displays the resistance level. + Level: 1–32
9	<b>WATT</b>	<b>Watt</b>	Displays how many watts are being generated.
10	<b>MATRIX</b>	<b>Message window/ Performance profile</b>	Displays messages, programme parameters, and performance profiles.

### 3.2 Button Function



DISPLAY	BUTTON	FUNCTION
 FTMS	<b>FTMS</b>	Establish an FTMS or a wireless connection with your mobile device.
 RESET	<b>RESET</b>	+ Reset the entered value. + Return to standby when you are in the training overview.
 PROGRAM DATA	<b>PROGRAM DATA</b>	+ Select a training programme. + Switch the displayed data during training.
 PAUSE	<b>PAUSE</b>	Pause the training session.
 START STOP	<b>START/STOP</b>	+ Start a training session. + Stop the active training session.

	<b>DOWN</b>	<ul style="list-style-type: none"> <li>+ Navigate down in a selection.</li> <li>+ Decrease the level during training.</li> <li>+ Decrease a value.</li> </ul>
	<b>UP</b>	<ul style="list-style-type: none"> <li>+ Navigate up in a selection.</li> <li>+ Increase the level during training.</li> <li>+ Increase a value.</li> </ul>

### 3.3 Display Modes

The following table provides an overview of the various display modes of the console.

<b>MODE</b>	<b>FUNCTION</b>
<b>STANDBY MODE</b>	<ul style="list-style-type: none"> <li>+ No training programme is in use. All values display 0.</li> <li>+ After 5 minutes of inactivity in training mode, the console enters standby mode.</li> <li>+ Choose a training programme.</li> </ul>
<b>SLEEP MODE</b>	<ul style="list-style-type: none"> <li>+ This is the sleep mode that the console enters after 5 minutes of inactivity in standby mode.</li> <li>+ The console is not lit up and no data is displayed.</li> <li>+ To exit sleep mode, press any button on the device.</li> </ul>
<b>TRAINING MODE</b>	<ul style="list-style-type: none"> <li>+ This display appears during the training session.</li> <li>+ Your training data is displayed in training mode.</li> <li>+ The displayed data switches every 5 seconds.</li> <li>+ Complete/Stop the training session to enter standby mode.</li> </ul>
<b>PAUSE MODE</b>	<ul style="list-style-type: none"> <li>+ This display appears in pause mode.</li> <li>+ To exit pause mode, continue your training.</li> </ul>
<b>TRAINING OVERVIEW</b>	<ul style="list-style-type: none"> <li>+ Displays an overview of your training data.</li> <li>+ After 5 minutes of inactivity in training mode, the console enters standby mode.</li> </ul>

### 3.4 Displayed Values

This chapter provides a description of the displayed values on the console.

VALUE	DESCRIPTION
<b>WATT</b>	+ Displays the current power output. + Displays the training intensity – regardless of the cadence or resistance combination.
<b>RPM</b>	RPM (revolutions per minute) indicates the cadence – the number of pedal revolutions completed per minute.

#### Alternating the displayed values:

**NOTICE**

The following data is displayed in training mode:

- + **DIST./LEVEL/SPEED & CAL./WATT/RPM**
- + To switch the display, press PROGRAM DATA.

### 3.5 Training Programmes

Your device offers a selection of training programmes to help you achieve your training goals. The following training programmes can be accessed:

PROGRAMME	DESCRIPTION	QUANTITY
<b>QUICK START</b>	Manual training without preset settings.	1
<b>TARGET PROGRAMMES</b>	Set a target value for your training session. The selected value starts to count down.	3
<b>HEART RATE CONTROLLED PROGRAMMES</b>	The level is set according to your target heart rate.	3
<b>PRESET PROGRAMMES</b>	Training with preset profiles. Adjust the training data in advance, if desired.	30
<b>TARGET-WATT PROGRAMME</b>	The level is set automatically based on your cadence, so a certain watt value can be reached.	1
<b>USER-DEFINED PROGRAMMES</b>	Create a personal training programme.	2

In the following subchapters you will find detailed descriptions of the training programmes.

### 3.5.1 Quick Start

To start a training session without preset settings, select quick start.

#### Starting the programme:

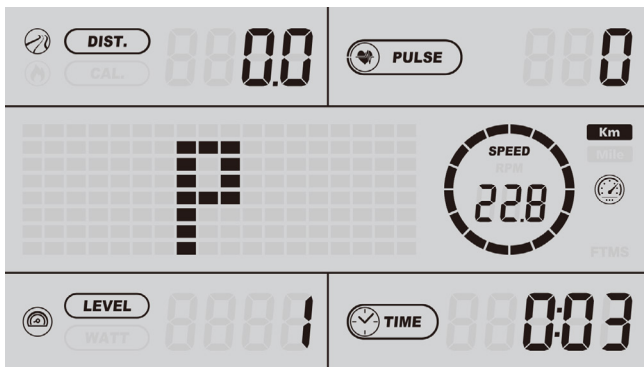
1. Press START/STOP in standby mode.

*Time counts up.*

2. Set your desired level with  $\wedge/v$ .

**NOTICE**  
Switch the displayed data with PROGRAM DATA.

3. To pause the training session, press PAUSE.



4. To continue the training session, press START/STOP.
5. To end the training session, press START/STOP in training mode.

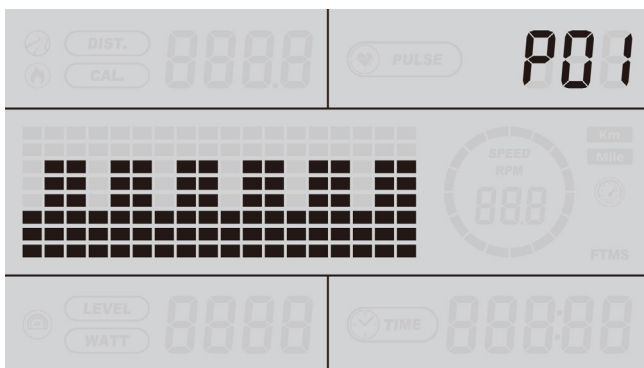
→ *The console has entered standby mode.*

### 3.5.2 Preset Programmes

To start a training session with presets, select one of the 30 preset programmes. Without a set training time, each training segment lasts one minute. If you set the time, it is divided by 18 and displayed by the segments.

#### Starting the programme:

1. Press PROGRAM DATA in standby mode.
2. Select one of the programmes P01–P30 with  $\wedge/v$ .



**NOTICE**

- + To exit the programme setting and return to standby mode, you can press RESET at any given moment.
  - + Skip the programme setting or values by pressing PROGRAM DATA.
  - + To start the programme immediately, press START/STOP.
3. To enter the programme settings, press PROGRAM DATA.

*AGE appears in the message window.*

4. To set your age, press ^/v.
5. To confirm your setting, press PROGRAM DATA.

*WEIGHT appears in the message window.*

6. To set your weight, press ^/v.
7. To confirm your setting, press PROGRAM DATA.

*TIME appears in the message window.*

8. To set your training time, press ^/v.

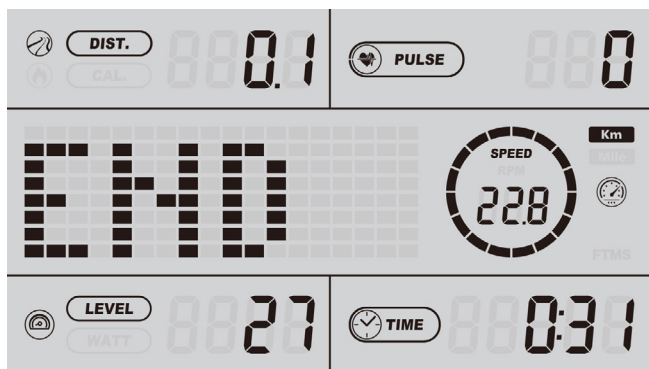


9. To confirm your setting and start the programme, press START/STOP or to edit the programme settings, press PROGRAM DATA.

*The programme starts.*

10. To pause the training session, press PAUSE.
11. To continue the training session, press START/STOP.
12. To end the training session, press START/STOP in training mode.
13. If the set time has been reached, a signal sounds.

*END appears in the message window.*



→ *The training overview displays your training data.*

### 3.5.3 Target Programmes

To start a training session with target values, select one of the three target programmes.

#### Starting the programme:

1. Press PROGRAM DATA in standby mode.
2. Select the programme P00 with ^/v.

#### **i** NOTICE

- + To exit the programme setting and return to standby mode, you can press RESET at any given moment.
  - + Skip the programme setting or values by pressing PROGRAM DATA.
  - + To start the programme immediately, press START/STOP.
3. To enter the programme settings, press PROGRAM DATA.

*AGE appears in the message window.*

4. To set your age, press ^/v.
5. To confirm your setting, press PROGRAM DATA.

*WEIGHT appears in the message window.*

6. To set your weight, press ^/v.
7. To confirm your setting, press PROGRAM DATA.

*TIME appears in the message window.*

8. To set your training time, press ^/v.
- 8.1. If you do not want to set a target time, set the value to 0 and press PROGRAM DATA.



*DISTANCE* appears in the message window.

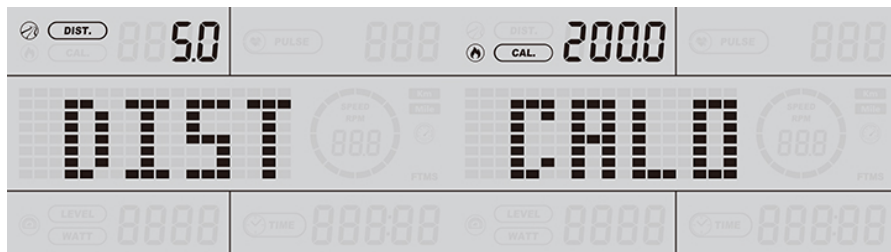
9. To set your target distance, press  $\wedge/v$ .

9.1. If you do not want to set a target distance, set the value to 0 and press PROGRAM DATA.

*CALORIE* appears in the message window.

10. To set your calorie target, press  $\wedge/v$ .

10.1. If you do not want to set a calorie target, set the value to 0.



11. To confirm your setting and start the programme, press START/STOP or to edit the programme settings, press PROGRAM DATA.

*The programme starts.*

12. Set your training resistance.

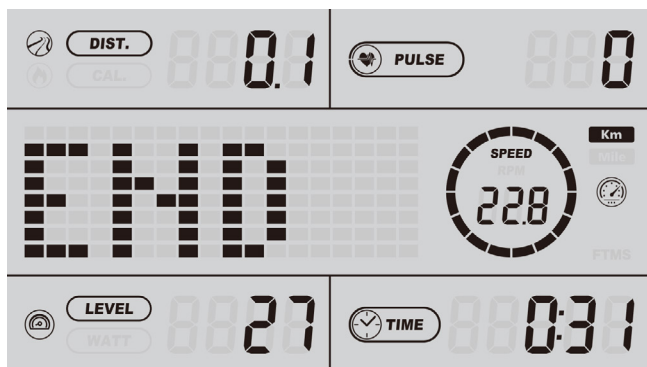
13. To pause the training session, press PAUSE.

14. To continue the training session, press START/STOP.

15. To end the training session, press START/STOP in training mode.

16. If the set time has been reached, a signal sounds.

*END* appears in the message window.



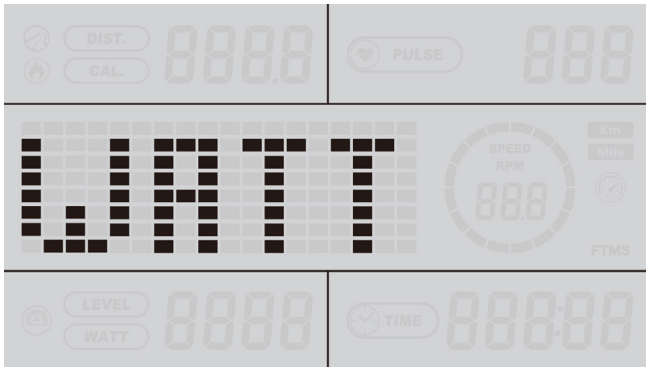
→ *The training overview displays your training data.*

### 3.5.4 Target-Watt Programme

In the target-watt programme you train with a constant power output. The device automatically adjusts the resistance to keep the set watt target as constant as possible, regardless of cadence.

#### Starting the programme:

1. Press PROGRAM DATA in standby mode.
2. Select the programme WATT with ^/v.

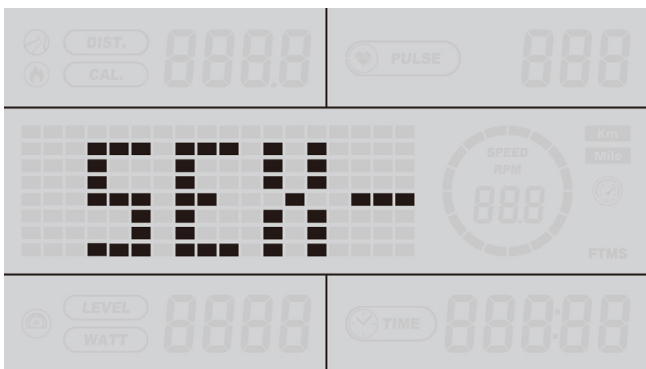


#### ⓘ NOTICE

- + To exit the programme setting and return to standby mode, you can press RESET at any given moment.
  - + Skip the programme setting or values by pressing PROGRAM DATA.
  - + To start the programme immediately, press START/STOP.
3. To enter the programme settings, press PROGRAM DATA.

*MALE/FEMALE appears in the message window.*

4. To set your gender, press ^/v.
5. To confirm your setting, press PROGRAM DATA.



*AGE appears in the message window.*

6. To set your age, press ^/v.
7. To confirm your setting, press PROGRAM DATA.

*WEIGHT appears in the message window.*

8. To set your weight, press ^/v.
9. To confirm your setting, press PROGRAM DATA.

*TIME* appears in the message window.

10. To set your training time, press  $\wedge/v$ .

10.1. If you do not want to set a target time, set the value to 0 and press PROGRAM DATA.



*TARGET WATT* appears in the message window.

11. To set your target watt, press  $\wedge/v$ .

12. To confirm your setting and start the programme, press START/STOP or to edit the programme settings, press PROGRAM DATA.

*The programme starts.*

**NOTICE**

The device automatically adjusts the resistance to achieve the set target watt and maintain it as consistently as possible.

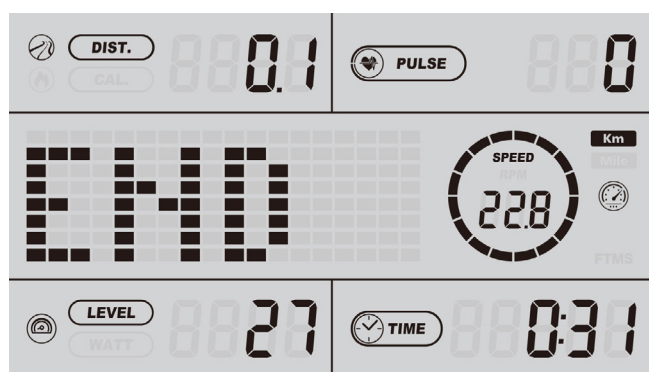
13. To pause the training session, press PAUSE.

14. To continue the training session, press START/STOP.

15. To end the training session, press START/STOP in training mode.

16. If the set time is reached, a signal sounds.

*END* appears in the message window.



→ *The training overview displays your training data.*

### 3.5.5 Heart Rate Controlled Programmes

#### **WARNING**

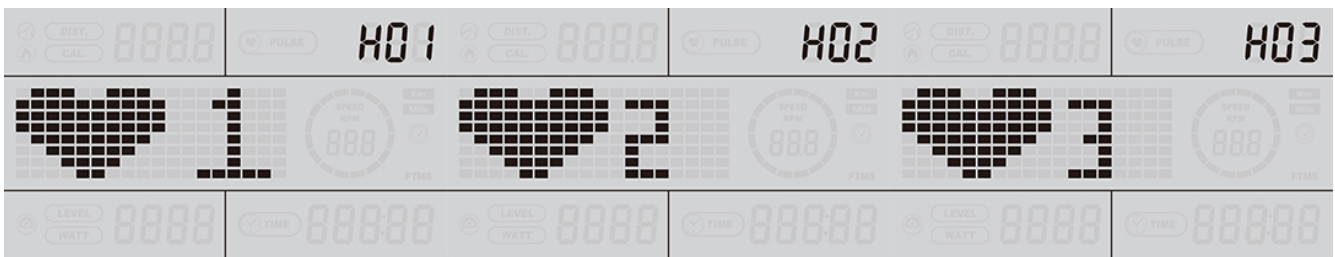
Your training equipment is not a medical device. The heart rate measurement of this equipment may be inaccurate. Various factors can affect the accuracy of the heart rate measurement. The heart rate measurement serves only as a training aid.

With the heart rate programmes, you train based on your heart rate. The level is automatically adjusted to maintain the target heart rate. You can choose between three programmes:

- + HRC1: 60 % of the target pulse
- + HRC2: 75 % of the target pulse
- + HRC3: 85 % of the target pulse

#### **Starting the programme:**

1. Press PROGRAM DATA in standby mode.
2. To select between the programmes H01-H03, press ^/v.



#### **NOTICE**

- + To exit the programme setting and return to standby mode, you can press RESET at any given moment.
  - + Skip the programme setting or values by pressing PROGRAM DATA.
  - + To start the programme immediately, press START/STOP.
3. To enter the programme settings, press PROGRAM DATA.

*AGE appears in the message window.*

4. To set your age, press ^/v.
5. To confirm your setting, press PROGRAM DATA.

*WEIGHT appears in the message window.*

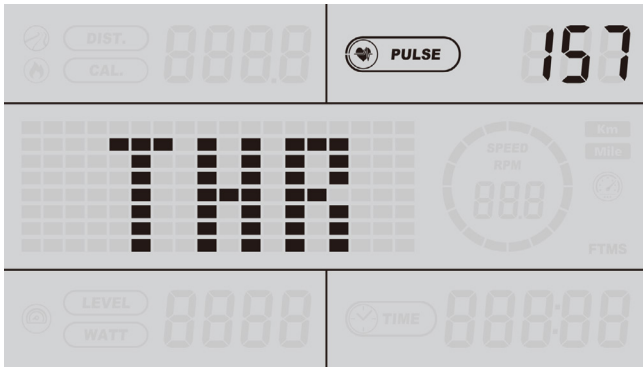
6. To set your weight, press ^/v.
7. To confirm your setting, press PROGRAM DATA.

*TIME appears in the message window.*

8. To set your training time, press ^/v.
  - 8.1. If you do not want to set a target time, set the value to 0 and press PROGRAM DATA.



*THR appears in the message window.*



9. To set your target heart rate, press  $\wedge/v$ .
10. To start the programme, press START/STOP or press PROGRAM DATA to set the settings again.

*The training session starts with the lowest resistance.*

*The resistance is automatically adjusted throughout the training session to ensure that the set target heart rate is maintained.*

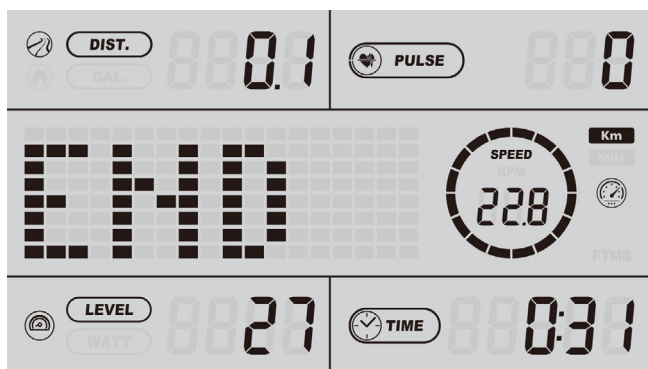
11. To adjust the target heart rate during the training session, press  $\wedge/v$ .

**① NOTICE**

The heart rate controlled programme can be started without a heart rate signal. If no heart rate signal is detected within a short time, the device automatically ends the training session.

12. To pause the training session, press PAUSE.
13. To continue the training session, press START/STOP.
14. To end the training session, press START/STOP in training mode.
15. If the set time has been reached, a signal sounds.

*END appears in the message window.*



→ The training overview displays your training data.

### 3.5.6 User-Defined Programmes

The user-programmes allow you to create and save individual training profiles. The device offers two user-programmes.

#### Starting the programme:

1. Press PROGRAM DATA in standby mode.
2. To select between the programmes U01-U02, press ^/v.

#### ⓘ NOTICE

- + To exit the programme setting and return to standby mode, you can press RESET at any given moment.
- + Skip the programme setting or values by pressing PROGRAM DATA.
- + To start the programme immediately, press START/STOP.

3. To enter the programme settings, press PROGRAM DATA.

*AGE appears in the message window.*

4. To set your age, press ^/v.
5. To confirm your setting, press PROGRAM DATA.

*WEIGHT appears in the message window.*

6. To set your weight, press ^/v.
7. To confirm your setting, press PROGRAM DATA.

*TIME appears in the message window.*

8. To set your training time, press ^/v.
- 8.1. If you do not want to set a target time, set the value to 0 and press PROGRAM DATA.



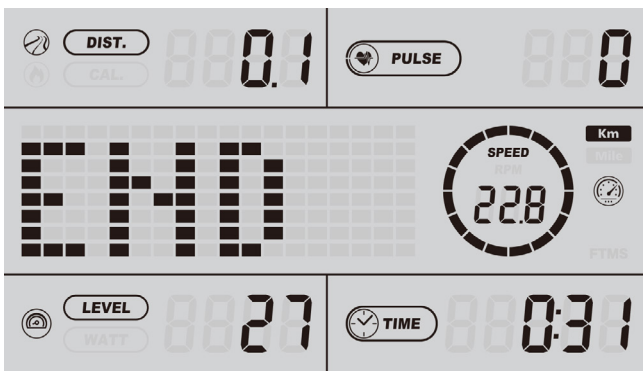
*LEVEL* appears in the message window.

9. Set the resistance for each segment with  $\wedge/v$ .
10. Confirm the segment with PROGRAM DATA.
11. To confirm your setting and start the programme, press START/STOP or to edit the programme settings, press PROGRAM DATA.

**NOTICE**

- + The set resistance profile is saved and remains stored until it is changed again.
  - + The training session consists of multiple consecutive segments using the resistance levels you set.
12. To adjust the resistance during the training session, press  $\wedge/v$ .
  13. To pause the training session, press PAUSE.
  14. To continue the training session, press START/STOP.
  15. To end the training session, press START/STOP in training mode.

*END* appears in the message window.



→ The training overview displays your training data.

### 3.6 Training Overview

The following data is displayed in the training overview:

**NOTICE**

- + The training overview is displayed only after a programme has reached a target value or the set time. If a programme is stopped prior to reaching one of the values, you will be redirected to standby mode.
- + To exit the training overview, press RESET.

DISPLAY	DESCRIPTION	FUNCTION
DIST.	Distance	Displays the training distance.
PULSE	Pulse	Displays the average pulse.
SPEED	Speed	Displays the average speed.

<b>WATT</b>	<b>Watt</b>	Displays your generated watt input.
<b>TIME</b>	<b>Time</b>	Displays the trained time.
<b>LEVEL</b>	<b>Level</b>	Displays the average resistance level.
<b>CAL.</b>	<b>Calories</b>	Displays the burned calories.

## 3.7 USB-C Connection

### ① NOTICE

- + You can plug your mobile device into the console to charge your device.
- + You need a USB-C cable. (Not included)

### 3.8 Watt Table

This table provides an overview of the generated watt values in relation to the resistance and cadence.

RESISTANCE/RPM	20	30	40	50	60	70	80	90	100	110	120
Level 1	7	14	22	33	40	55	69	85	100	115	132
Level 2	8	15	26	38	46	64	80	99	117	134	153
Level 3	9	17	29	43	52	73	92	113	133	153	174
Level 4	10	19	32	48	58	83	104	127	149	172	195
Level 5	10	21	36	53	64	92	115	141	166	191	215
Level 6	11	23	39	58	70	101	127	155	182	209	236
Level 7	12	25	43	63	76	110	139	169	198	228	257
Level 8	13	27	46	68	82	120	150	183	214	247	278
Level 9	14	29	49	73	89	129	162	197	231	266	299
Level 10	15	31	53	78	96	138	174	211	247	285	320
Level 11	16	33	56	83	103	147	185	225	263	304	341
Level 12	17	35	59	88	110	157	197	239	279	323	362
Level 13	18	37	63	93	117	166	209	253	296	342	383
Level 14	18	39	66	98	124	175	220	267	312	360	404
Level 15	19	41	70	103	131	184	232	281	328	379	424
Level 16	20	42	73	108	138	194	244	295	345	398	445
Level 17	21	44	76	113	145	203	255	309	361	417	466
Level 18	22	46	80	118	152	212	267	323	377	436	487
Level 19	23	48	83	123	159	221	279	338	393	455	508
Level 20	24	50	87	128	166	231	290	352	410	474	529
Level 21	25	52	90	133	173	240	302	366	426	492	550
Level 22	26	54	93	138	180	249	314	380	442	511	571
Level 23	26	56	97	143	187	258	325	394	458	530	592
Level 24	27	58	100	148	194	268	337	408	475	549	613
Level 25	28	60	104	153	201	277	349	422	491	568	633
Level 26	29	62	107	158	208	286	360	436	507	587	654
Level 27	30	64	110	163	215	295	372	450	524	606	675
Level 28	31	66	114	168	222	305	383	464	540	625	696
Level 29	32	68	117	173	229	314	395	478	556	643	717
Level 30	33	70	121	178	236	323	407	492	572	662	738
Level 31	34	72	124	183	243	332	418	506	589	681	759
Level 32	34	74	127	188	250	342	430	520	605	700	780

## 4.1 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.

### 4.1.1 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.

### 4.1.2 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.

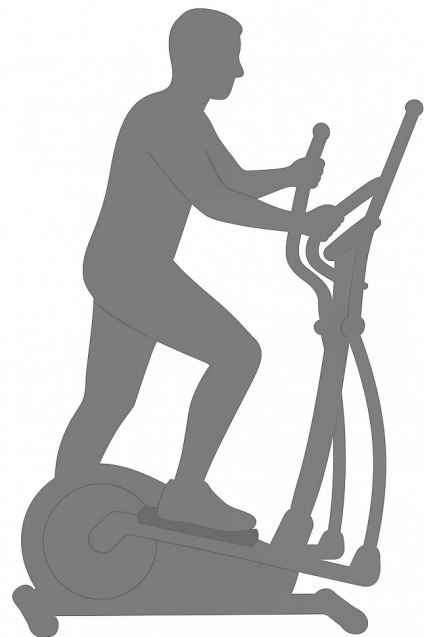
#### Warm-up exercise:

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.



### 4.1.3 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.

### 4.1.4 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.

### 4.1.5 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.

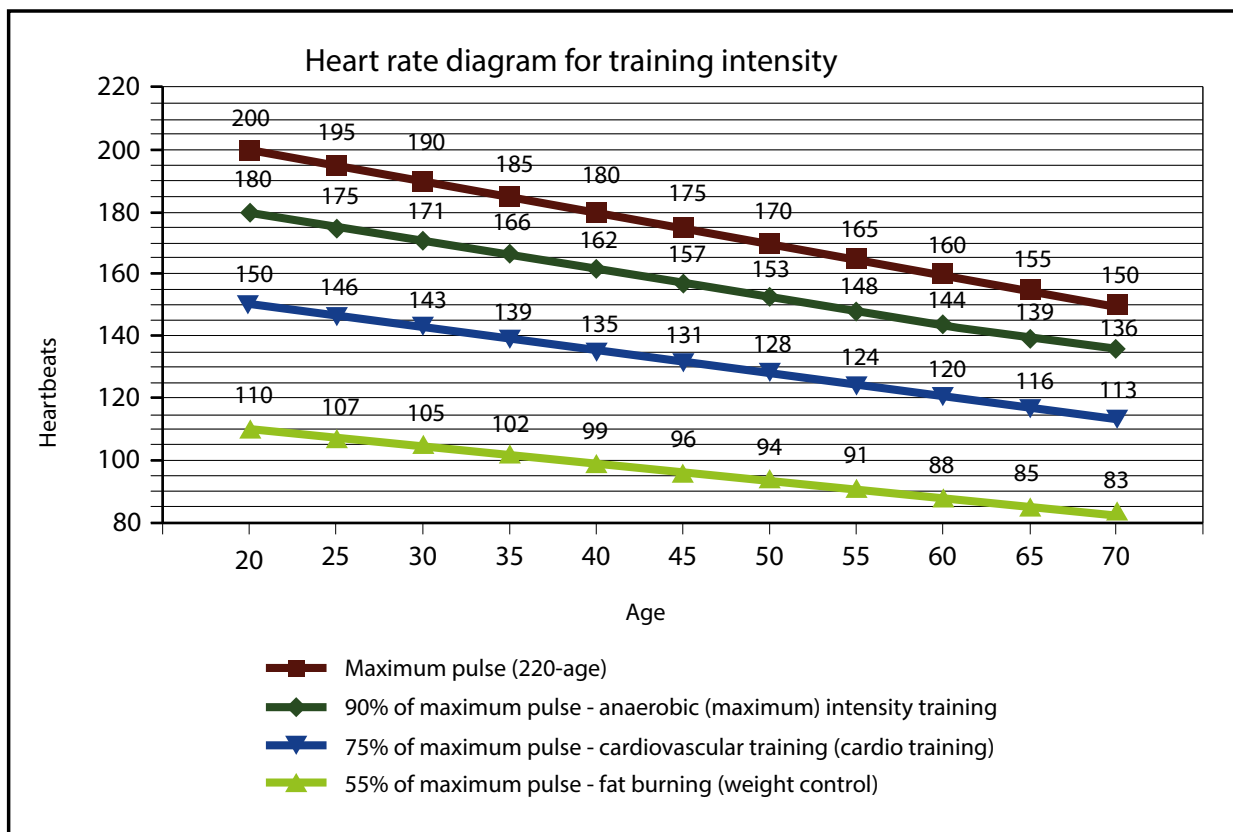
**Cardiovascular training (cardio training):** The primary goal is to increase stamina and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training period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





### 4.3 Wireless Connection and Fitness Apps

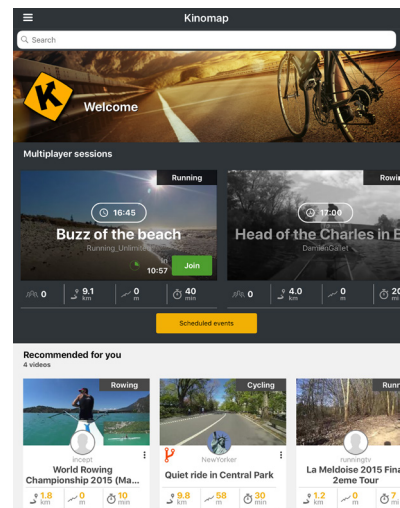
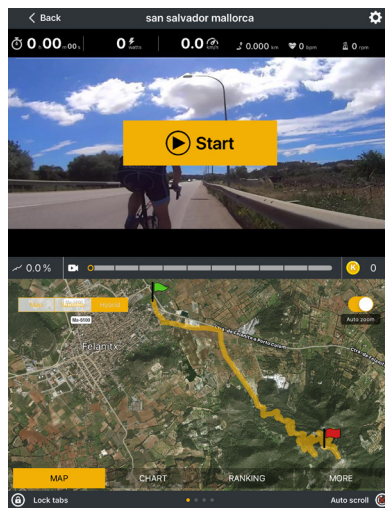
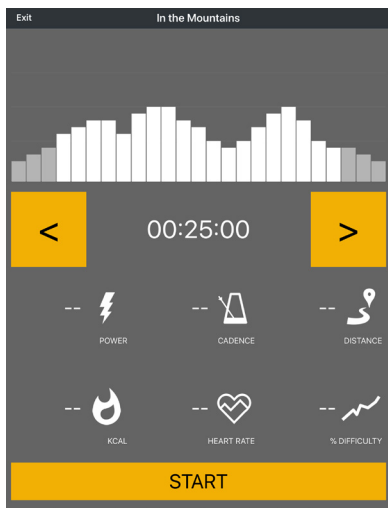
This console is equipped with a wireless interface. Please take note that your mobile device needs to be compatible with the wireless interface of the treadmill.

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

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

#### ⓘ IMPORTANT NOTE

Some entertainment apps are provided and maintained by third-party providers. Pre-installed apps may change, be updated, or be removed over time. These changes are normal and do not affect your statutory warranty rights. 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

### 5.1 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**

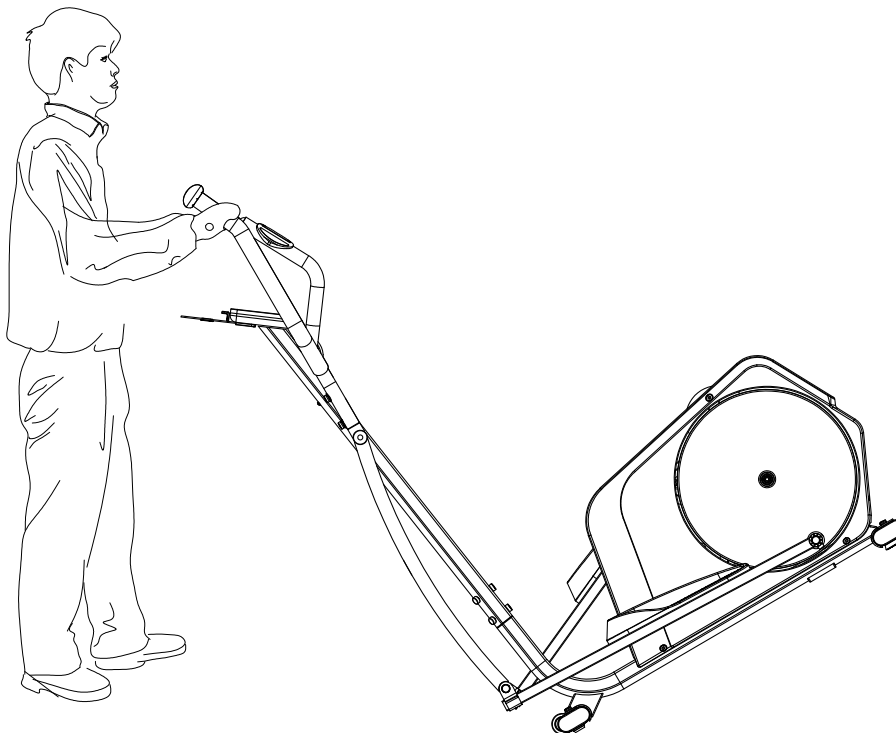
- + Make sure that the equipment is protected from moisture, dust and dirt in the selected storage location. The storage location should be dry and well ventilated and have a constant ambient temperature between 10°C and 35°C.

### 5.2 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 1.5 of this manual.



## 6.1 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.

## 6.2 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"> <li>+ Sources of interference in the room</li> <li>+ unsuitable chest strap</li> <li>+ Wrong position of chest strap</li> <li>+ Chest strap defective or battery empty</li> <li>+ Pulse display defective</li> </ul>	<ul style="list-style-type: none"> <li>+ Eliminate sources of interference (e.g. mobile phone, WLAN, lawn mower and vacuum cleaner robot, etc. ...)</li> <li>+ Use a suitable chest strap (see RECOMMENDED ACCESSORIES).</li> <li>+ Reposition chest strap and/or moisten electrodes</li> <li>+ Changing batteries</li> <li>+ Check if pulse display by hand pulse possible</li> </ul>
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### 6.3 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.**

## 6.4 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.



## 7 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.

## 8 RECOMMENDED ACCESSORIES

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

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

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



chest strap



chest strap contact gel



floor mat



silicone spray

## 9.1 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 11 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:**

## 9.2 Parts List

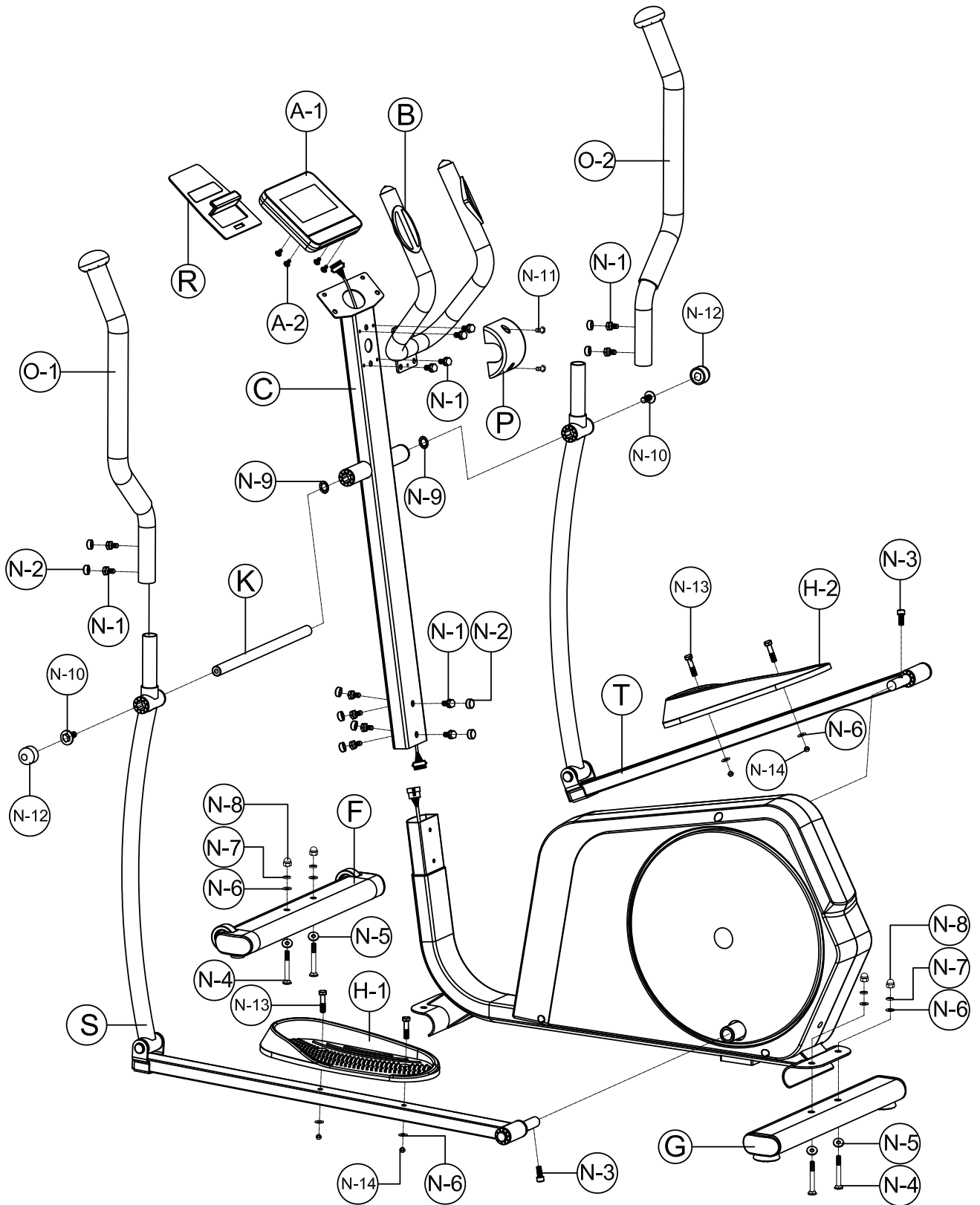
No.	Name	Supplier Parts No.	Qty.
A	Computer set		1
A-1	Computer	76502-6-2501-B1	1
A-2	Bolt M5x0.8x10L	52605-2-0010-F0	4
B	Handlebar complete assembly		1
B-1	Handlebar welding set	76501-3-2400-J0	1
B-2	Foam	58015-6-1463-B0	2
B-3	Handle pulse	16800-6-2478-00	2
B-4	Hand pulse cable 600L	76501-6-2479-00	2
B-5	Screw ST4x1.41x20L	50904-2-0020-D0	2
B-6	Half ball cap	553F0-1-0031-B3	2
C	Handlebar post complete assembly		1
C-1	Handlebar post welding set	76502-3-2000-J0	1
C-2	Bushing D19.15x(D25.6x32)xL(17+3)	58002-6-1051-B0	2
C-3	Upper computer cable 1000L	75700-6-2572-01	1
D	Main frame set		1
D-1	Main frame	76501-3-1000-J1	1
D-2	Bearing 6003-2RS	58006-6-1018-01	2
D-3	Lower computer cable 1050L	76502-6-2573-01	1
D-4	Screw ST4*1.41*13L,D10	54704-2-0013-F0	1
D-5	Tension cable D1.2*350L	75402-6-2601-00	1
D-6	Sensor cable 200L	75402-6-2576-00	1
D-7	Power cable 200L	76502-6-2596-00	1
D-8	Motor	75402-6-2571-00	1
D-9	Screw ST4.2*15L	52842-2-0015-F0	2
E	Magnet Fixing plate set		1
E-1	Fixing plate for the magnet	705D1-3-3200-N0	1
E-2	Magnet grid	58020-6-1004-B0	9
E-3	Magnet	58009-6-1009-00	10
E-4	Spring D1.2*55L	58003-6-1035-01	1
E-5	Nylon nut M8*1.25*8T	55208-1-2008-NA	1
E-6	Bolt M6*65L	50106-5-0065-N0	1
E-7	Nylon washer D6*D19*1.5T	55106-1-1915-B1	2

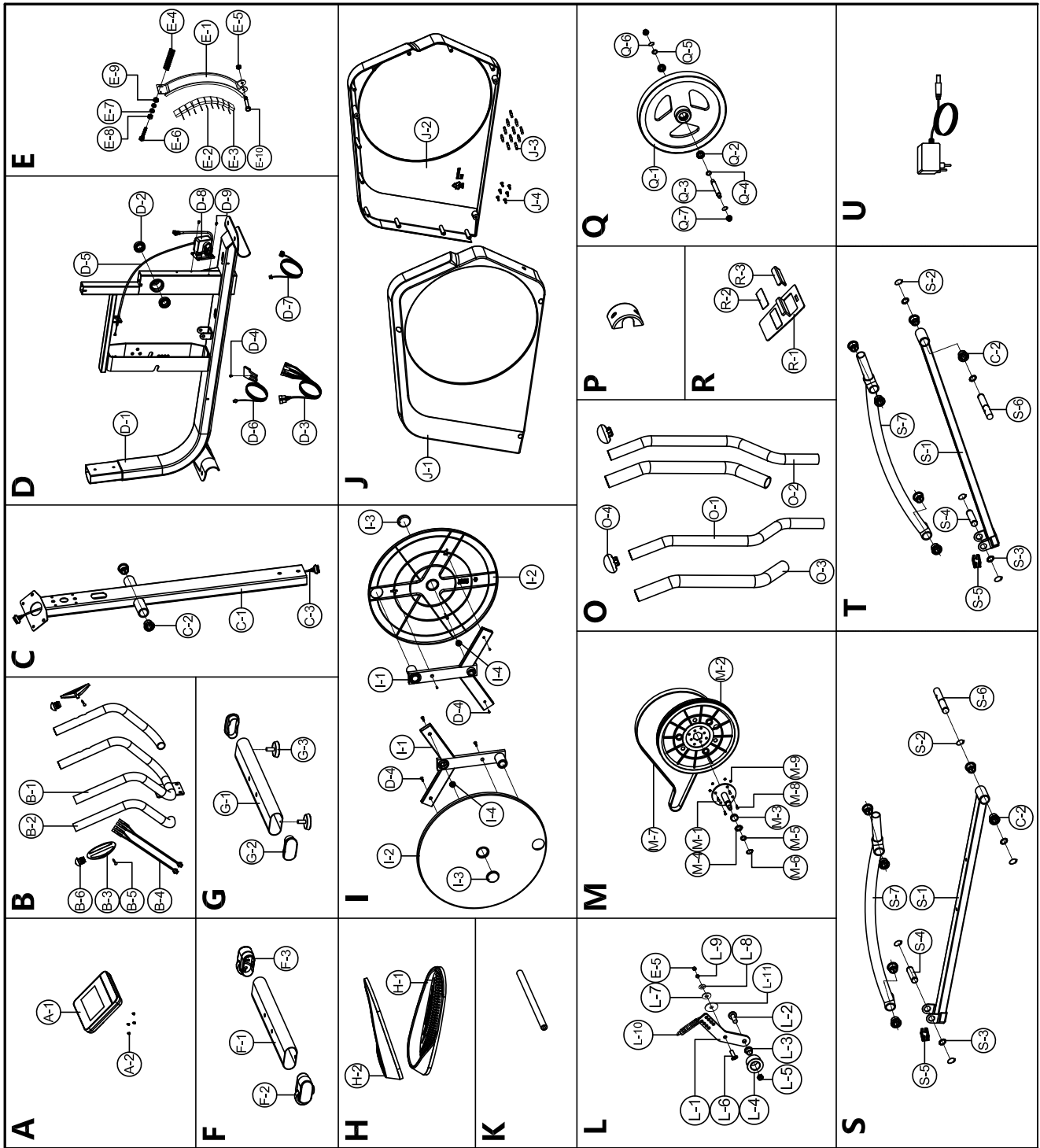
E-8	Hex nut M6*1*6T	55206-2-2006-NA	1
E-9	Nylon nut M6*1*6T	55206-1-2006-NA	1
E-10	Bolt M8*52L	50108-5-0052-N3	1
F	Front stabilizer assembly set	015-252B2-V50	1
F-1	Front stabilizer	75402-6-2101-J0	1
F-2	Front left foot cap set	75402-6-2185-B0	1
F-3	Front right foot cap set	75402-6-2195-B0	1
G	Rear stabilizer assembly set		1
G-1	Rear stabilizer	75402-6-2107-J0	1
G-2	Oval cap 40*80*33L	55333-3-4080-B8	2
G-3	Adjustable wheel	76100-6-2174-B0	2
H	Pedal set		1
H-1	Left Pedal	58029-6-1176-B0	1
H-2	Right Pedal	58029-6-1177-B0	1
I	Crank set		1
I-1	Crank welding set	76501-3-2700-J1	2
I-2	Round disk	76501-6-4506-B0	2
I-3	Side cover	70200-6-4582-B1	2
I-4	Anti-loosen nut M10*1.25*7T	18600-6-2775-N2	2
D-4	Screw ST4*1.41*13L	54704-2-0013-F0	6
J	Chain cover set		1
J-1	Left chain cover	76501-6-4501-B0	1
J-2	Right chain cover	76501-6-4502-B0	1
J-3	Pin D6*26.5*7.7	71600-6-4586-60	11
J-4	Screw ST4.2*15L	52842-2-0015-F0	6
K	Moveable handlebar axle	76501-6-3771-N0	1
L	Idle wheel fixing plate set		1
L-1	Fixing plate of idle wheel	706MB-6-1601-N0	1
L-2	Bolt M10*35L	50310-5-0035-C3	1
L-3	Bushing D13.5*D10*9T	58002-6-1081-01	1
L-4	Idle wheel	745S0-6-1671-00	1
L-5	Nylon nut M10x1.5x10T	55210-1-2010-CA	1
L-6	Bolt M8*1.25*30L	50108-5-0030-C4	1
L-7	Plastic washer D10*D24*0.4T	55110-1-2404-BF	1
L-8	Flat washer D30*D8.5*2.0T	55108-1-3020-NA	1

L-9	Hex nut M8*1.25*6T	55208-2-2006-NA	1
L-10	Spring D2.2*D14*55L	58003-6-1013-N1	1
L-11	Plastic washer D50*D10*1.0T	55110-1-5010-BF	1
E-5	Nylon nut M8*1.25*8T	55208-1-2008-NA	1
M	Belt wheel set		1
M-1	Crank axle welding set	76501-3-2903-00	1
M-2	Belt wheel	58008-6-1044-B0	1
M-3	Spacer D22.5*D17.2*6.4T	80700-6-2781-00	1
M-4	Waved washer D17*D22*0.3T	55117-5-2203-DA	1
M-5	Flat washer D23*D17.2*1.5T	55117-1-2315-NA	1
M-6	C ring S-17(1T)	55517-1-0010-00	1
M-7	Belt (PJ5) 430, PJ5	58004-6-1140-00	1
M-8	Bolt M6*1.0*15L	50106-5-0015-C0	4
M-9	Nylon nut M6x1.0x6T	55206-1-2006-CA	4
N	Assembly kit	76502-3-5100-00	1
N-1	Bolt M8x1.25x20L	75402-6-3191-F0	14
N-2	Screw cover	75402-6-2779-B0	10
N-3	Bolt M8*1.25*16L	54008-5-0016-UF0	2
N-4	Screw M8*1.25*55L	50508-5-0055-F3	4
N-5	Flat washer D25*D10*2.0T	55110-1-2520-FA	4
N-6	Flat washer D16xD8.5x1.2T	55108-1-1612-FA	8
N-7	Spring washer D15.4xD8.2x2T	55108-2-1520-FA	4
N-8	Domed nut M8x1.25x15L	55208-6-2015-FA	4
N-9	Waved washer D26*D19.5*0.3T	55119-5-2603-DA	2
N-10	Bolt M8*1.25*20	76501-6-3191-U0	2
N-11	Bolt M5*0.8*12L	50805-2-0012-D0	2
N-12	Screw cover	18600-6-2171-B0	2
N-13	Bolt M8x1.25x35L	50108-5-0035-F3	4
N-14	Nylon nut M8x8T	55208-1-2008-FA	4
N-15	Hex wrench M6	58030-6-1031-N1	1
N-16	Open wrench 153*6.5T	58030-6-1050-C0	2
O	Moveable handlebar set		
O-1	Handlebar(Left)	76501-6-3773-J0	1
O-2	Handlebar(Right)	76501-6-3774-00	1
O-3	Foam	58015-6-1236-B0	2

O-4	Handlebar cap	553K0-1-0045-B0	2
P	Protective cover	81000-6-2481-B0	1
Q	Flywheel set		1
Q-1	Flywheel	76702-6-3101-00	1
Q-2	Bearing #6001-2RS	58006-6-1038-00	2
Q-3	Flywheel axle	71800-6-3171-02	1
Q-4	Fixed ring D13*D10*1.9	71600-6-3178-B0	1
Q-5	Flat washer D22*D10*2T	55110-1-2220-NA	1
Q-6	C ring D15.5*D10.8*1T	55512-1-0015-D0	2
Q-7	Anti-loosen nut 3/8"-26UNFx6.5T	18600-6-3175-N1	2
R	Pad holder Set		
R-1	Pad holder	75402-6-2466-J0	1
R-2	Buffer strip 1	75402-6-2088-B0	1
R-3	Buffer strip 2	75402-6-2089-B0	1
s	Left Pedal supporting tube set		1
S-1	Left pedal welding set	76501-3-3800-J1	1
S-2	C ring D21.5xD17.5x1.2T	55518-1-2212-DA	4
S-3	Waved washer D26*D19.5*0.3T	55119-5-2603-DA	2
S-4	Front pedal axle	183A0-6-3872-N7	1
S-5	End cap 40*25*15L	55315-2-2540-B8	1
S-6	Pedal axle	829D2-6-3871-N0	1
S-7	Supporting tube for moveable handlebar	703L4-3-3700-J0	1
C-2	Bushing D19.15x(D25.6x32)xL(17+3)	58002-6-1051-B0	6
T	Right Pedal supporting tube set		1
S-1	Right pedal welding set	76501-3-3800-J1	1
S-2	C ring D21.5xD17.5x1.2T	55518-1-2212-DA	4
S-3	Waved washer D26*D19.5*0.3T	55119-5-2603-DA	2
S-4	Front pedal axle	183A0-6-3872-N7	1
S-5	End cap 40*25*15L	55315-2-2540-B8	1
S-6	Pedal axle	829D2-6-3871-N0	1
S-7	Supporting tube for moveable handlebar	703L4-3-3700-J0	1
C-2	Bushing D19.15x(D25.6x32)xL(17+3)	58002-6-1051-B0	6
U	Adaptor OUTPUT:9VM 1.5A	75700-6-2584-00	1

### 9.3 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.

# 11 CONTACT

DE	DK	EN
<p><b>TECHNIK</b></p> <p>☎ +49 4621 4210-900            📠 +49 4621 4210-698            ✉ technik@fitshop.de            🕒 Öffnungszeiten entnehmen Sie unserer Homepage.</p> <p><b>SERVICE</b></p> <p>☎ 0800 20 20277 (kostenlos)            ☎ 04621 4210 - 0            ✉ info@fitshop.de            🕒 Öffnungszeiten entnehmen Sie unserer Homepage:  <a href="https://stg.fit/statit7">https://stg.fit/statit7</a></p>	<p><b>TEKNIK OG SERVICE</b></p> <p>☎ 80 90 16 50            +49 4621 4210-945            ✉ info@fitshop.dk            🕒 Åbningstider kan findes på hjemmesiden:  <a href="https://stg.fit/statit7">https://stg.fit/statit7</a></p>	<p><b>CUSTOMER SUPPORT</b></p> <p>☎ 00800 2020 2772            +494621 4210 944            ✉ service@fitshop.com            🕒 You can find the opening hours on our homepage:  <a href="https://fsg.fit/en">https://fsg.fit/en</a></p>
	FR	BE
	<p><b>TECHNIQUE &amp; SERVICE</b></p> <p>☎ +33 (0) 189 530984            +49 4621 42 10 933            ✉ info@fitshop.fr            🕒 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            +49 4621 4210 933            ✉ info@fitshop.be            🕒 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>☎ 938 805 790            ✉ info@fitshop.es            🕒 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            ✉ service@fitshop.nl            🕒 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            ✉ service-int@fitshop.de            🕒 You can find the opening hours on our homepage:  <a href="https://stg.fit/statita">https://stg.fit/statita</a></p>
PL	AT	CH
<p><b>DZIAŁ TECHNICZNY I SERWIS</b></p> <p>☎ 22 307 43 21            +49 4621 42 10-948            ✉ info@fitshop.pl            🕒 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)            +49 4621 42 10-0            ✉ info@fitshop.at            🕒 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            +49 4621 42 10-0            ✉ info@fitshop.ch            🕒 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)

# KETTLE

## 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.

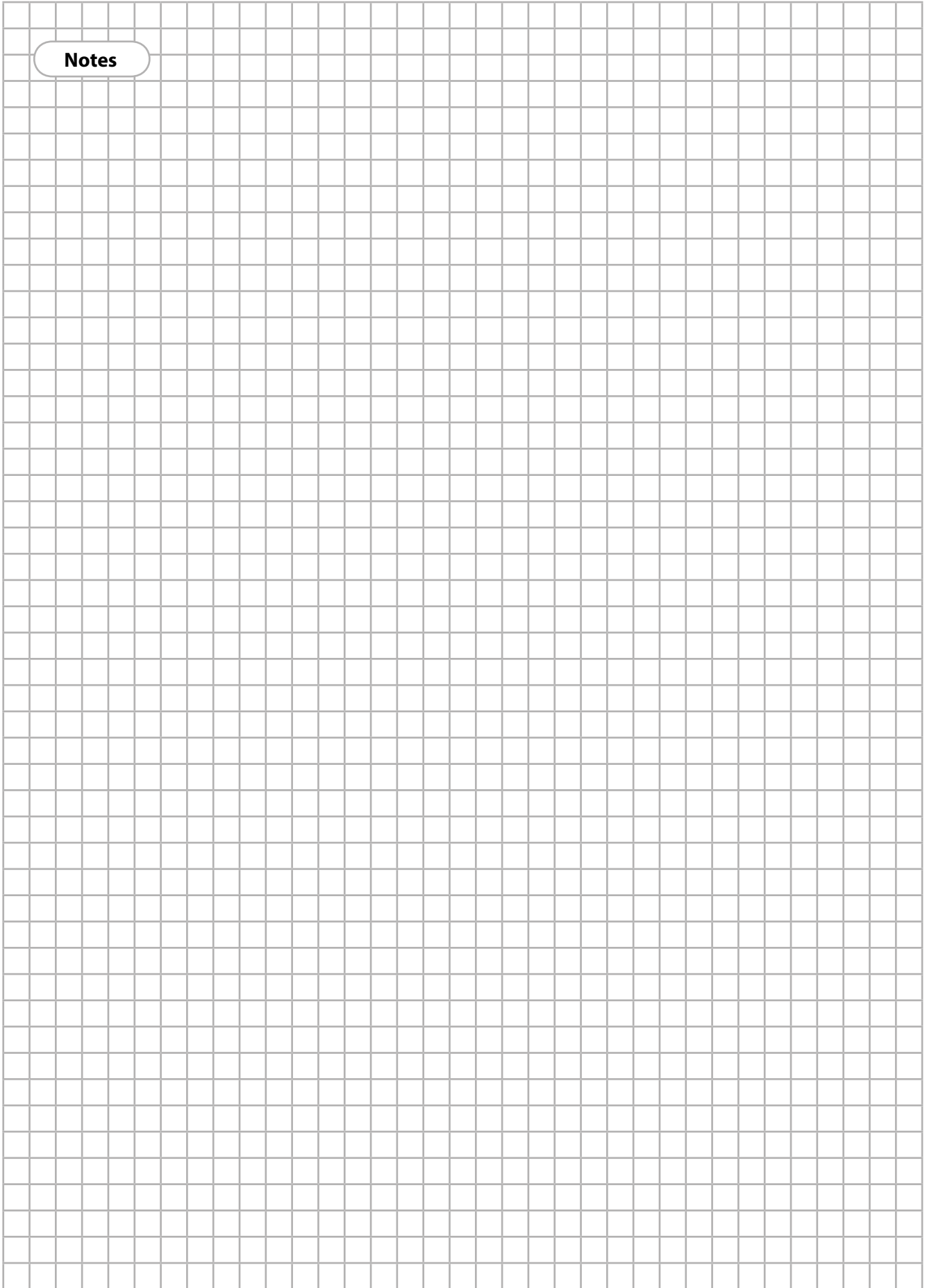
Visit us also on our social media platforms or our online shop!

	<a href="http://www.fitshop.com/kettler">www.fitshop.com/kettler</a> <a href="http://www.kettlersport.com">www.kettlersport.com</a>
	<a href="http://www.facebook.com/fitshopgroup/">www.facebook.com/fitshopgroup/</a>
	<a href="http://www.instagram.com/fitshopgroup/">www.instagram.com/fitshopgroup/</a>
	<a href="http://www.linkedin.com/company/fitshop-gmbh">www.linkedin.com/company/fitshop-gmbh</a>
	<a href="http://www.stg.fit/YouTube_DE">www.stg.fit/YouTube_DE</a>

Kettler is part of the Fitshop Group.

**Notes**

**Notes**





# KETTTLER