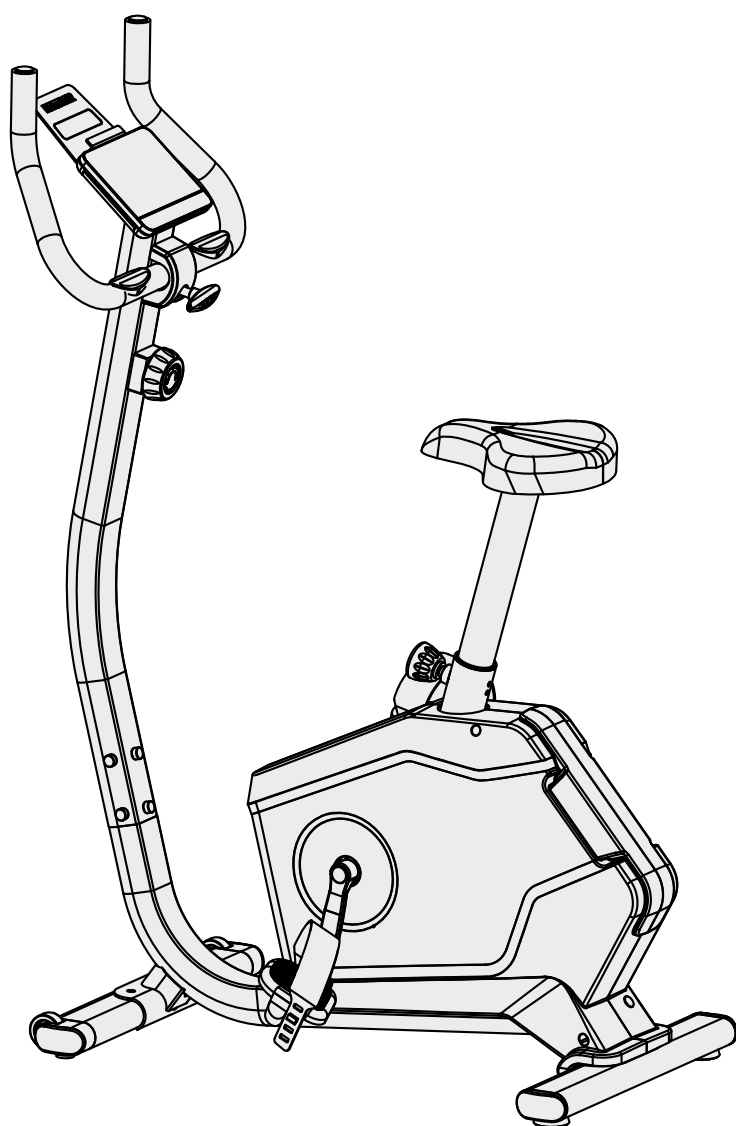


KETTLE

ASSEMBLY AND OPERATING INSTRUCTIONS



max. 130 kg



~ 60 Min. 



 26 kg

L 104 | W 52 | H 140

FSKEM2000100.01.01

Art. No. K-EM2000-100

TOUR 100

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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.

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.

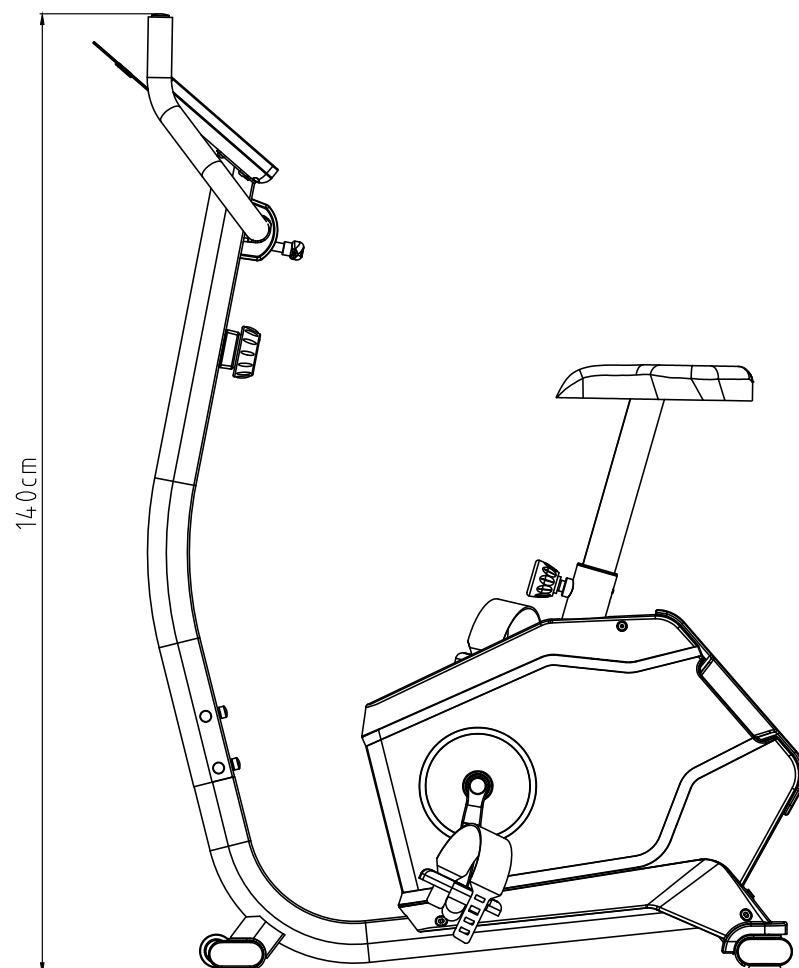
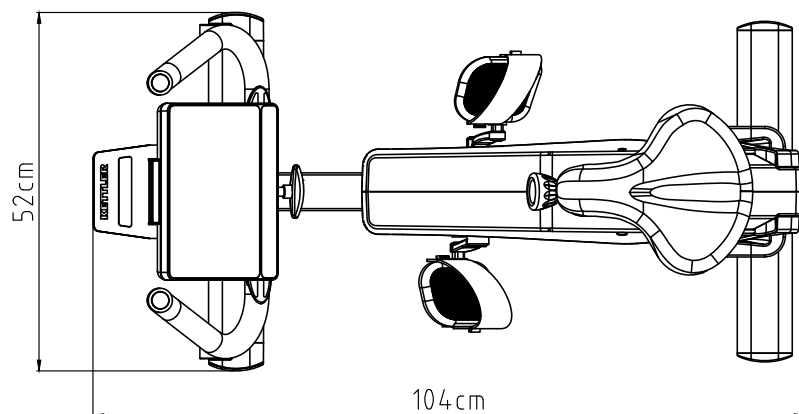
Retain these instructions in a safe place for future reference, maintenance or when ordering replacement parts.

1.1 Technical Data

Weight and dimensions	
Item weight (gross, including packaging)	29 kg
Item weight (net, without packaging)	25.5 kg
Packaging dimensions of cartons (L x W x H)	99 cm x 24.5 cm x 62 cm
Dimensions (L x W x H)	104 cm x 52 cm x 140 cm
Additional measurement data	
Q-Factor	17.6 cm
Transmission ratio	1 : 8.0
Crank length	17 cm
Maximum load	
Maximum user weight	130 kg
Technical specifications	
Flyweight	5 kg
Resistance system	Manual magnetic brake system
Resistance levels	8
Power supply	2 batteries (1.5 V) (Not in scope of delivery)
Console data	
Display	Speed
	RPM (Revolutions Per Minute)
	Calories
	Time
	Km/Mile
	Pulse
	Distance
	Interval
Display size	5.5 Inches
Display type	LCD
Wattage specifications	
Min. and max. watts at 60 RPM	30 - 250 Watt

Programme overview	
Quick start	1
Interval programme	1
Other data	
Menu language	English
Heart rate monitor	Hand pulse sensors, 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.
- + The equipment is strictly for use by one person at a time.
- + If your equipment provides a safety key, the clip of the safety key must be attached to your clothing before starting your training. In the event of a fall, the EMERGENCY STOP of the equipment can be initiated.
- + There is a risk of injury from spinning pedals and/or an exposed flywheel in the absence of a freewheel. Never get on or off the equipment when the pedals or the flywheel are still moving. Always make sure that the pedals and the flywheel have come to a complete stop.
- + Support yourself with at least one hand on the handlebar when getting on and off the equipment. Only dismount from the equipment when the pedals have come to a complete stop.
- + 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.
- + Always tighten the pedal strap before you start training to prevent your feet from slipping.
- + Be aware that if adjustment devices are left protruding, they may impede the user's movement.

 **CAUTION**

- + 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.
- + To protect the equipment from use by unauthorised third parties, always remove the power cable (if existing) when not in use and store it in a safe place that is inaccessible to unauthorised persons (e.g. children).
- + Class B and C crank training equipment is not suitable for high accuracy purposes.

1.4 Electrical Safety

- + Hereby, Fitshop GmbH declares that the radio equipment type Wireless Connection (2.402 – 2.480 GHz) complies with Directive 2014/53/EU. The full text of the EU Declaration of Conformity is available at the following website: www.fitshop.com.

1.5 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**

Batteries are not included in the scope of delivery. The following batteries are required: 2x AA 1.5 V

 **NOTICE**

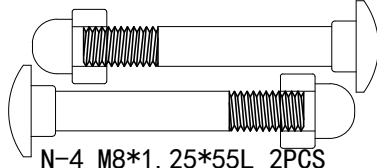
Required tools: wrench, allen key, screwdriver

 **NOTICE**

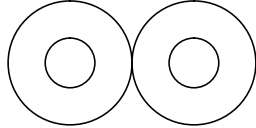
In the assembly steps, the main frame is shown as component "Z" for better clarity. However, in the exploded drawing and the parts list it is not listed as an individual part. This simplified representation is solely intended to make orientation during assembly easier.

STEP 1

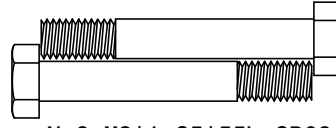
N-8 M8*1.25*15L 2PCS



N-4 M8*1.25*55L 2PCS



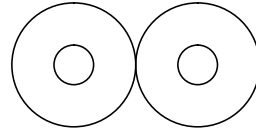
N-5 D25*D10*2.0T 2PCS



N-3 M8*1.25*55L 2PCS



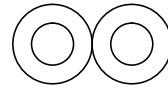
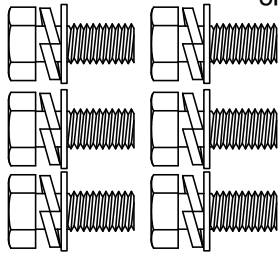
N-7 D15.4*D8.2*2T 4PCS



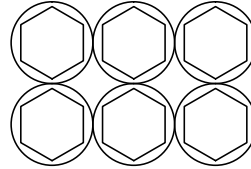
N-9 D25*D8.5*2T 2PCS

STEP 3

N-1 M8*1.25*20L
6PCS

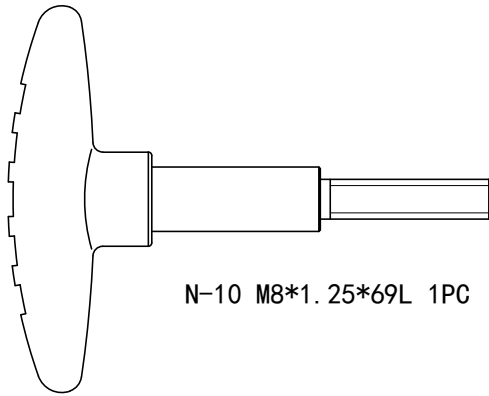


N-6 D16*D8.5*1.2T 2PCS

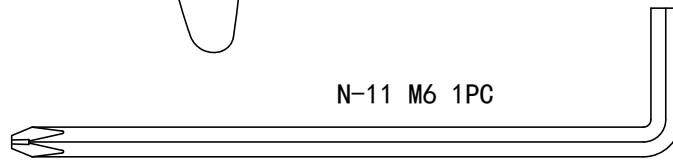


N-2 D16.5*9.8*12.5 6PCS

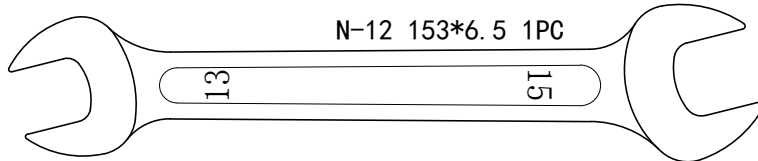
STEP 4



N-10 M8*1.25*69L 1PC



N-11 M6 1PC



N-12 153*6.5 1PC

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.

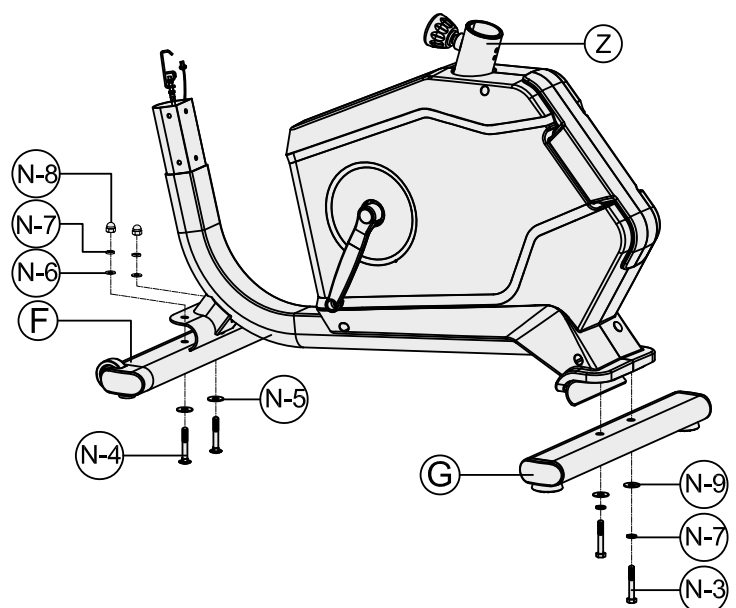
Step 1: Assembly of the stabilizers

Tool: wrench

1. Attach the front stabilizer (F) to the main frame (Z) with two bolts (N-4), two flat washers (N-5), two flat washers (N-6), two spring washers (N-7) and two domed nuts (N-8).
2. Attach the rear stabilizer (G) to the main frame (Z) with two bolts (N-3), two spring washers (N-7) and two flat washers (N-9).



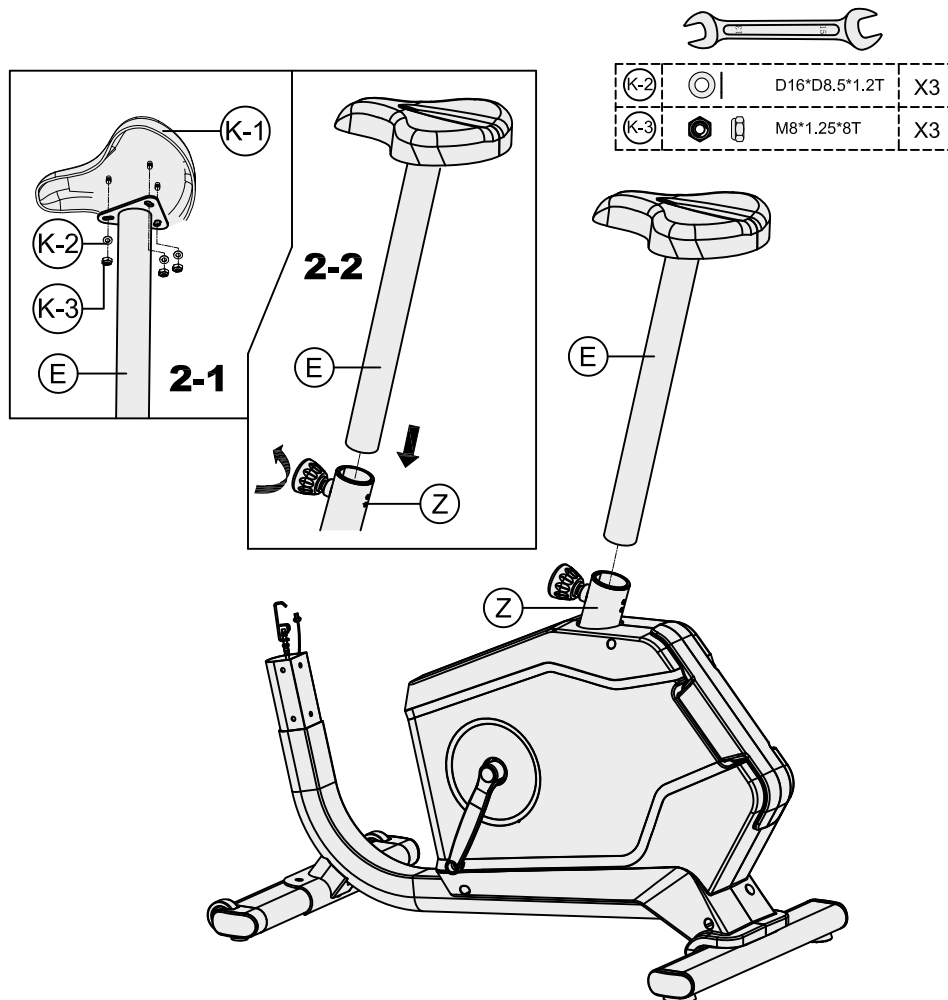
(N-3)		M8*1.25*55L	X2
(N-4)		M8*1.25*55L	X2
(N-5)		D25*D10*2.0T	X2
(N-6)		D16*D8.5*1.2T	X2
(N-7)		D15.4*D8.2*2T	X4
(N-8)		M8*1.25*15L	X2
(N-9)		D25*D8.5*2.0T	X2



Step 2: Assembly of the seat

Tool: wrench

1. Attach the seat (K-1) to the seat post assembly (E) with three flat washers (K-2) and three nylon nuts (K-3) (Fig. 2-1).
2. Loosen the knob on the main frame (Z) by turning it counterclockwise and slide the seat post assembly (E) into the receiver (Fig. 2-2).
3. Adjust the seat to the desired height.
4. Tighten the knob on the main frame (Z) by turning it clockwise.



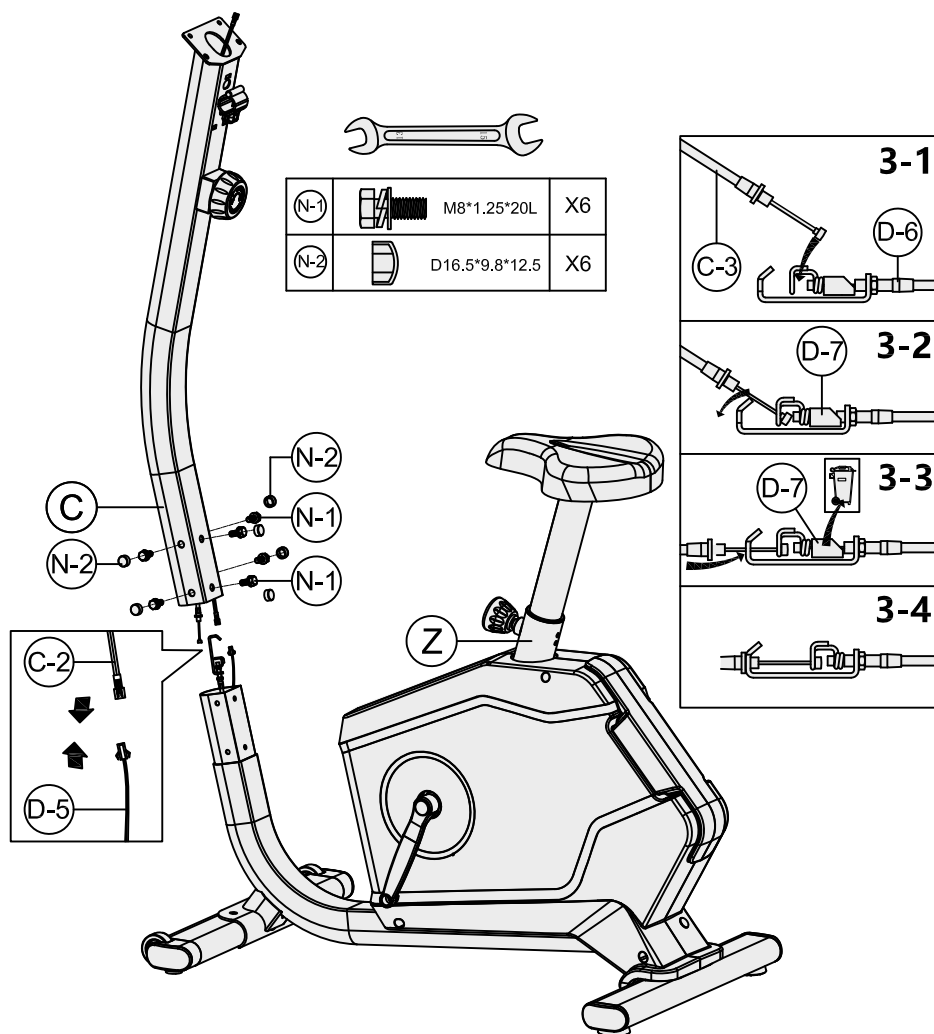
Step 3: Assembly of the console mast

Tool: wrench

► ATTENTION

- + Make sure not to pinch the cables in the following steps.
- + Make sure the connectors are fully seated.

1. Connect the upper computer cable (C-2) and the lower computer cable (D-5).
2. Connect the upper tension cable (C-3) and the brake strap (D-6) (Fig. 3-1 to 3-4). Follow these steps:
 - 2.1. Set the resistance to maximum to extend the resistance cable (C-3).
 - 2.2. Place the resistance cable (C-3) into the resistance holder.
 - 2.3. Set the resistance to minimum.
 - 2.4. Release the plastic lock (D-7). You can dispose of it.
 - 2.5. Connect the cables (C-3, D-6) together.
3. Attach the handlebar post complete assembly (C) to the main frame (D-1) with six bolts (N-1).
4. Place the six screw covers (N-2) on the six bolts (N-1).



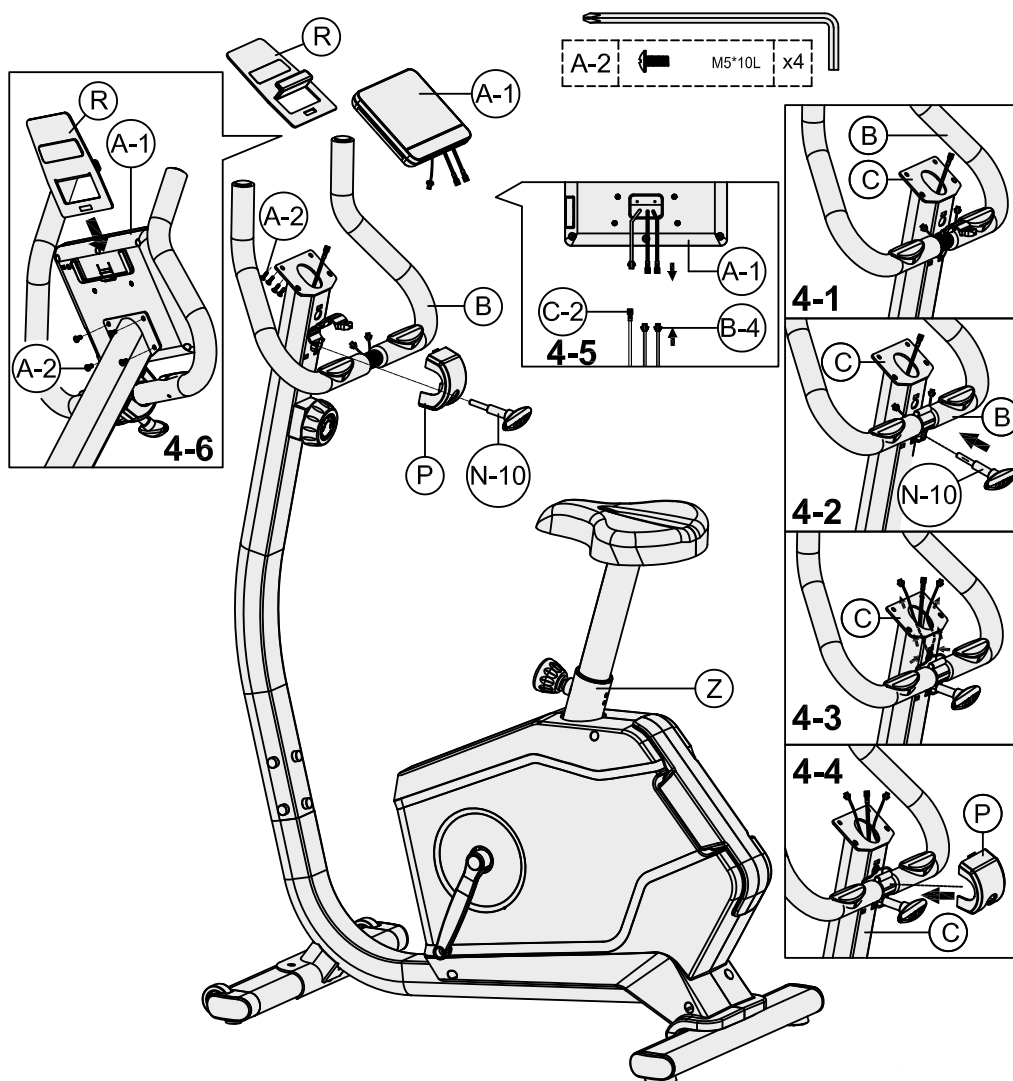
Step 4: Assembly of the console

Tool: allen key, screwdriver

► ATTENTION

- + Make sure not to pinch the cables in the following steps.
- + Make sure the connectors are fully seated.

1. Attach the handlebar (B) to the handlebar post complete assembly (C) with the knob (N-10) (Fig. 4-1, 4-2).
2. Thread the handle pulse cables (C-2, B-4) through the handlebar post complete assembly (C) (Fig. 4-3).
3. Place the handlebar cover (P) on the handlebar (B-1) and attach the handlebar cover (P) to the handlebar post complete assembly (C) (Fig. 4-4).
4. Connect the handle pulse cables (C-2, B-4) and the upper computer cable (C-2) to the corresponding connectors of the computer (A-1) (Fig. 4-5).
5. Attach the computer (A-1) to the handlebar post complete assembly (C) with four bolts (A-2) (Fig. 4-6).
6. Insert the pad holder (R) into the computer (A-1) (Fig. 4-6).



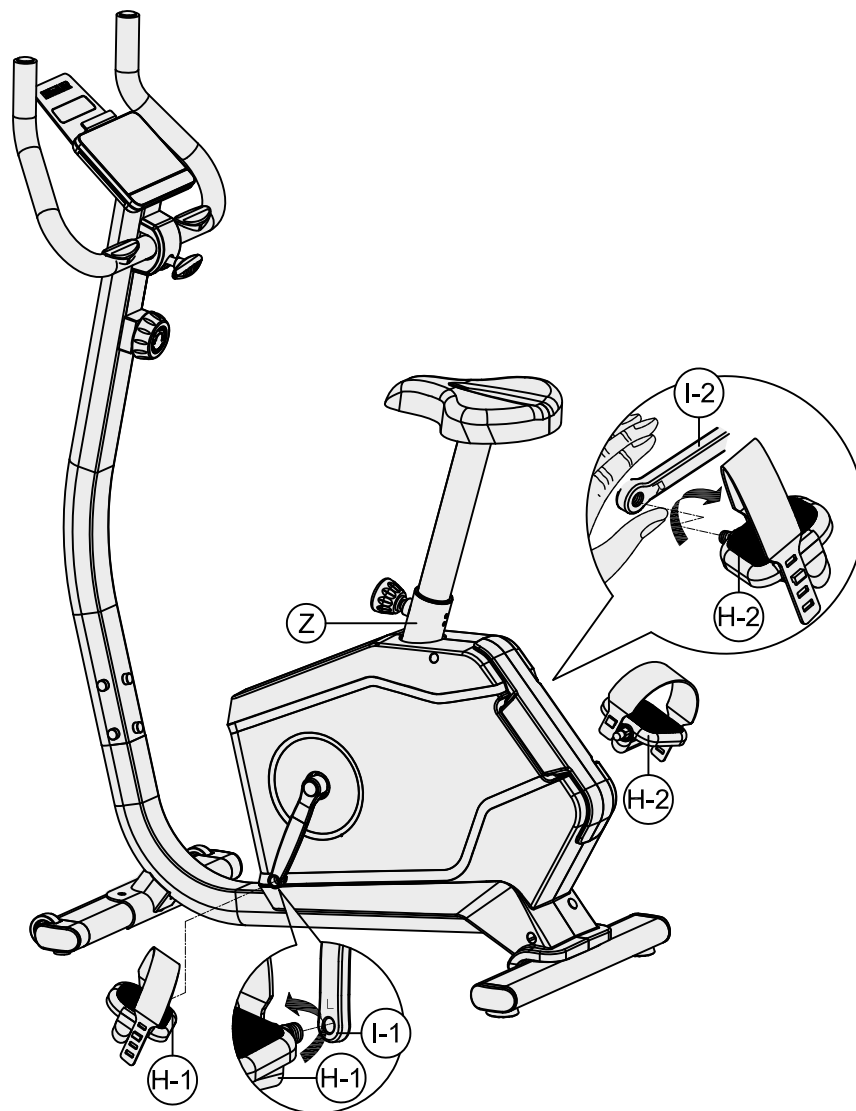
Step 5: Assembly of the pedals

CAUTION

Make sure the pedals are fully screwed in.

1. Attach the left pedal (H-1) by turning it counterclockwise into the left crank (I-1).
2. Attach the right pedal (H-2) by turning it clockwise into the right crank (I-2).
3. Tighten all screws/bolts.

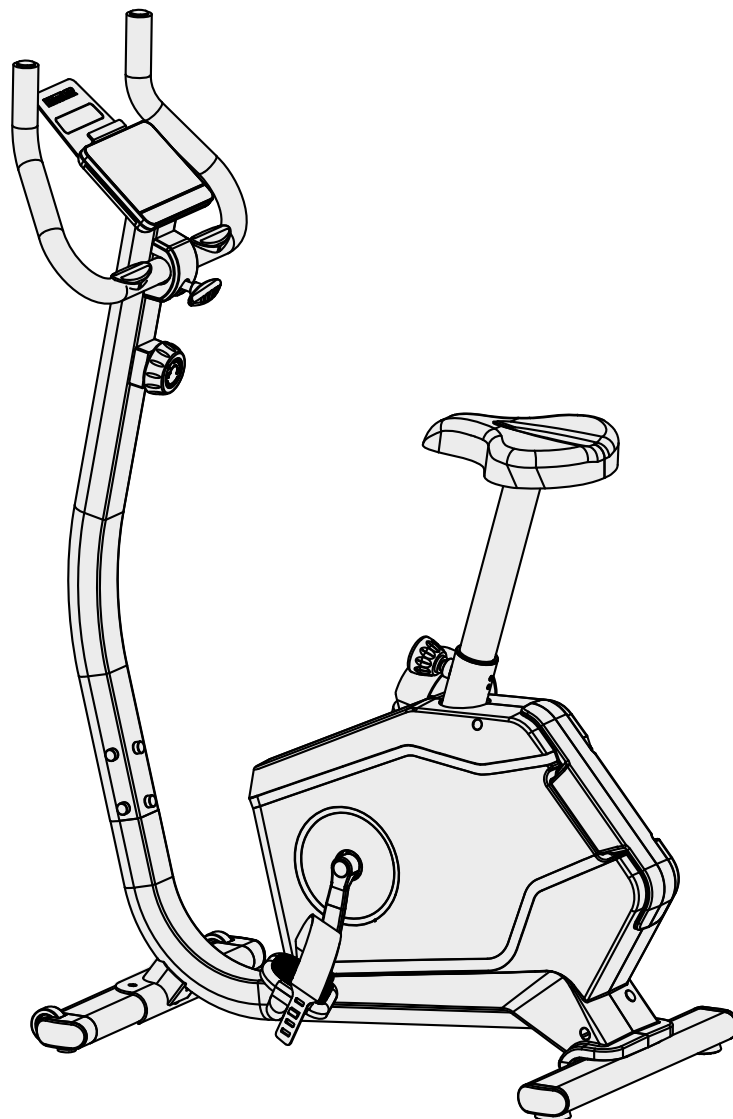
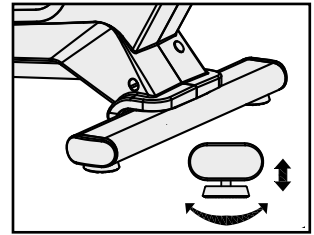
→ *The assembly is complete.*



Step 6: Adjustment of the stabilizers

If the floor is uneven, stabilize the device by turning the two adjustment screws under the rear stabilizer (G).

1. Lift the device on the desired side and turn the adjustment screw under the stabilizer.
2. Turn the screw clockwise to raise the device.
3. Turn the screw counterclockwise to lower the device.

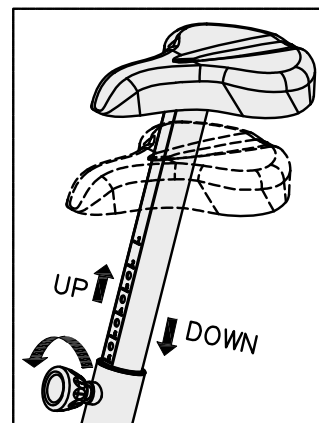


Step 7: Adjustment of the seat position

CAUTION

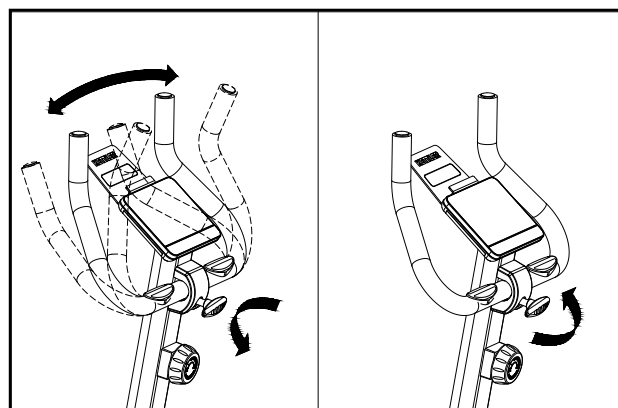
When adjusting, make sure not to exceed the minimum insertion depth.

1. Loosen the knob by turning it counterclockwise.
2. Adjust the seat to the desired height.
3. Caution
4. Make sure the knob audibly clicks into one of the adjustment holes.
5. Tighten the knob by turning it clockwise.



Step 8: Adjustment of the handlebar

1. Loosen the knob (N-10) on the handlebar (B) by turning it counterclockwise.
2. Adjust the handlebar to the desired angle.
3. Tighten the knob (N-10) by turning it clockwise.

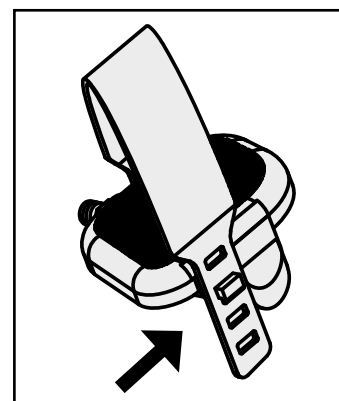


Step 9: Adjustment of the pedal straps

NOTICE

The strap should not press into your foot.

1. Place your foot in the center of the pedal.
2. Guide the flexible strap over the arch of your foot downward.
3. Pull one of the rectangular openings of the strap over the holding mechanism on the side of the pedal.



Correct mounting and dismounting

1. To mount, grasp the handlebar with both hands and step first with the left foot on the left pedal or the right foot on the right pedal, then place the other foot on the other pedal.
2. To dismount, grasp the handlebar with both hands and place one foot next to the device, then the other.

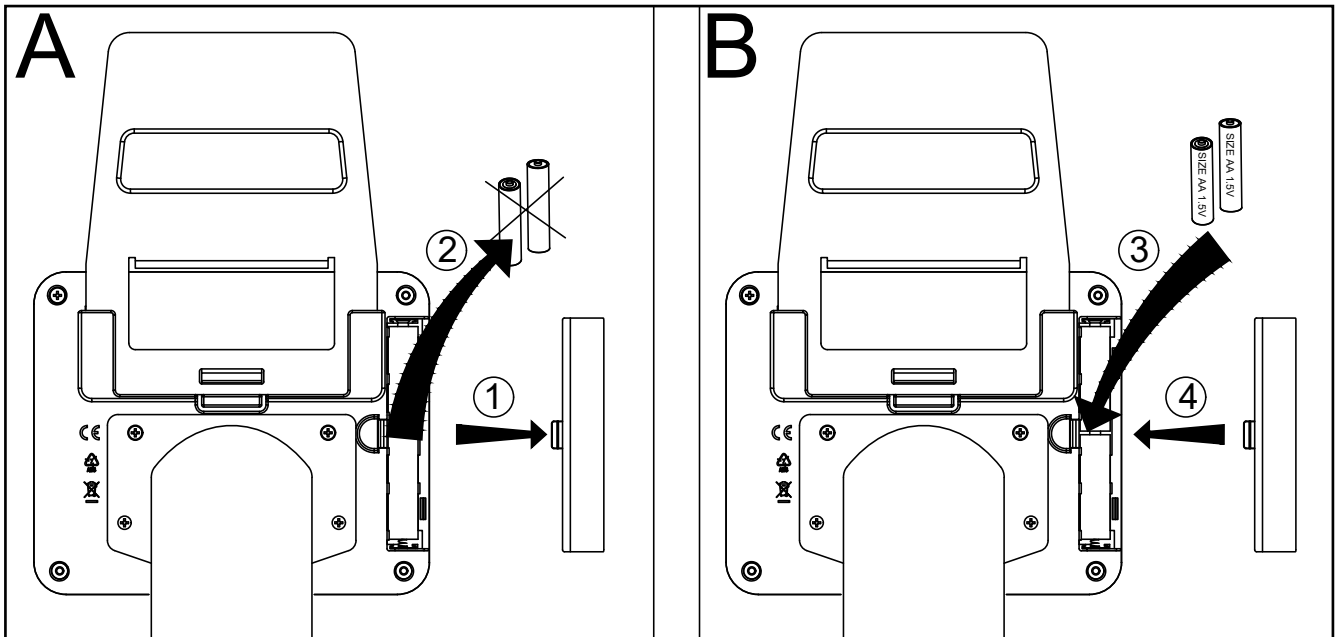
2.1 Battery replacement

NOTICE

Batteries are not included.

Required batteries: 2x AA 1.5 V

1. Open the battery compartment.
2. Remove the batteries (Fig. A).
3. Insert new batteries (Fig. B).
4. Close the battery compartment.

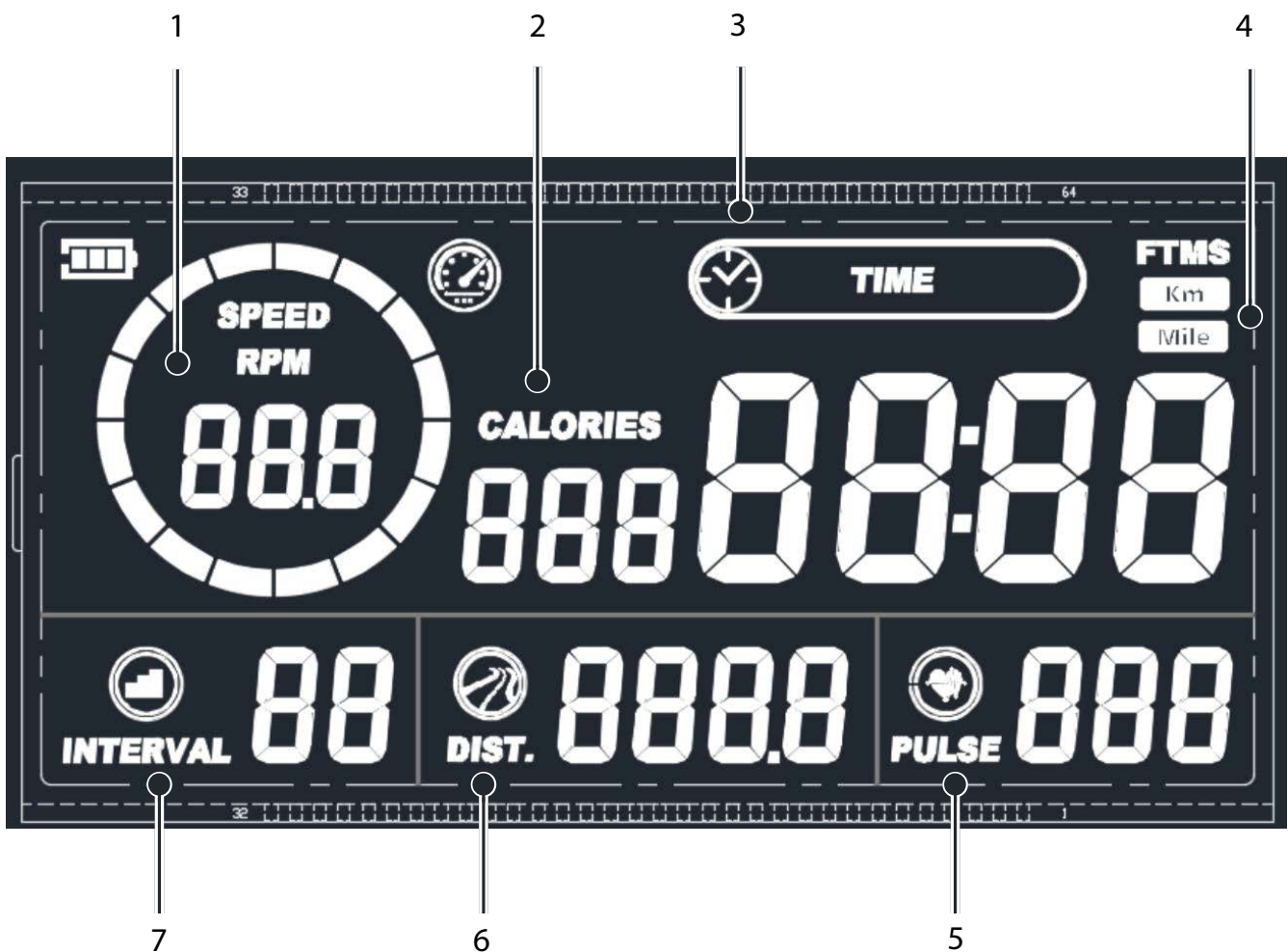


3 OPERATING INSTRUCTIONS

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.

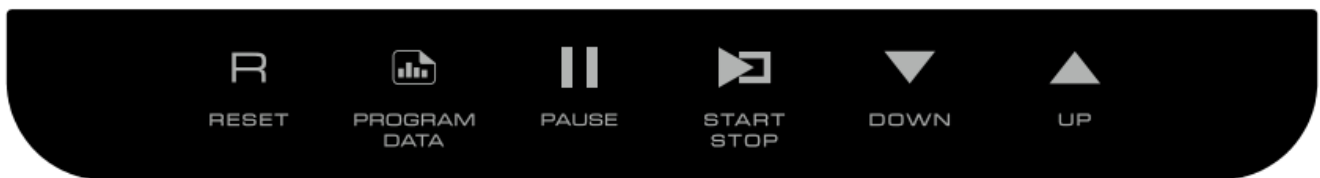
3.1 Console Overview


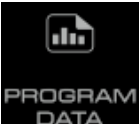







NO.	DISPLAY	NAME	FUNCTION
1	SPEED/ RPM	Speed/RPM	Displays speed in km/h and cadence in RPM alternately. + Display range: 0.0–99.9 km/h
2	CALORIES	Calories	+ Displays the calories burned. + Display range: 0–9999

3	TIME	Time	+ Displays your training time. + Display range: 00:00–99:59
4	KM/MILE	Kilometre/Miles	Indicates the unit in which the data is displayed.
5	PULSE	Pulse	Displays your heart rate when using the sensors or a chest strap.
6	DIST.	Distance	+ Displays the distance travelled. + Display range: 0.0–9999
7	INTERVAL	Interval	+ Divide the training into intervals. + Setting range: 0–99

3.2 Button Function



DISPLAY	BUTTON	FUNCTION
	RESET	Reset the training values.
	PROGRAM DATA	Select the interval mode.
	PAUSE	Pause the current workout.
	START/STOP	+ Start the workout. + End the workout.
	DOWN	Select from a drop-down menu.
	UP	Select from a selection at the top.

	Manual Resistance	Use this knob to set the resistance level.
---	--------------------------	--

3.3 Display Modes

The following table provides an overview of the console display modes. This overview will help you navigate the training programmes.

MODE	FUNCTION
STANDBY MODE	+ No training programme is in use. All values display 0. + Start the quick start programme.
SLEEP MODE	+ This is the sleep mode that the console enters after one minute of inactivity in standby mode. + The console is not lit up and no data is displayed. + To exit sleep mode, press any button on the device.
TRAINING MODE	+ Your training data is displayed in training mode. + After 30 seconds of inactivity in training mode, the console enters standby mode. + The displayed data switches every 5 seconds. + Complete/Stop the training session to enter standby mode.
PAUSE MODE	+ The pause display is the screen that appears when you pause your workout. + The RPM and SPEED values are set to 0. + Resume your workout within 30 seconds to exit the display.

3.4 Displayed Values

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

VALUE	DESCRIPTION
RPM	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 during training:

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

3.5 Training Modes

Your device offers two training modes to help you achieve your training goals. The following table describes the modes:

PROGRAMME	DESCRIPTION	QUANTITY
QUICK START	Manual training without preset settings.	1
INTERVAL TRAINING	Divide the training into intervals.	1

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

3.5.1 Quick Start

With Quick Start, you can begin a workout immediately without configuring any programme settings beforehand. All training values automatically count up.

NOTICE

- + The display automatically switches between **RPM** and **SPEED** every 5 seconds.
- + When you grip the hand pulse sensors, the current heart rate is displayed.

To start Quick Start:

1. Press the START/STOP button in standby mode to start the Quick Start programme.
 - 1.1. Alternatively, begin pedaling to start the programme.

The workout begins and the values start counting up.

2. To pause the workout, press the PAUSE button.

In pause mode, the training values achieved up to that point are displayed.

3. To resume the workout, press the START/STOP button.
4. To end the workout, press the START/STOP button while in training mode.

The training values are shown on the display.

NOTICE

If no pedaling occurs and no button is pressed for 30 seconds, the workout will end automatically and a signal tone will sound.

→ *The device returns to standby mode.*

3.5.2 Interval Mode

In Interval Mode, you divide your workout into self-selected intervals. This allows you to track your training progress. You can divide your workout into up to 99 intervals.

NOTICE

- + The display automatically switches between **RPM** and **SPEED** every 5 seconds.
- + When you grip the hand pulse sensors, the current heart rate is displayed.

To start Interval Mode:

1. Press the START/STOP button in standby mode to enter training mode.

The workout starts and the values begin counting up.

2. Press the PROGRAM DATA button to set the first interval segment.

The current interval segment number (1–99) is displayed under INTERVAL.

3. In Interval Mode: Press the PROGRAM DATA button to switch to the next interval segment.

NOTICE

You can switch to the next interval segment as often as desired until you reach your preferred number of intervals.

In each interval segment, the values continue counting up.

4. To pause the workout, press the PAUSE button.

In pause mode, the training values achieved up to that point are displayed. SPEED and RPM show 0. INTERVAL displays the current interval segment number (1–99).

NOTICE

If no pedaling occurs and no button is pressed for 30 seconds, the workout will end automatically and a signal tone will sound.

5. To resume the workout, press the START/STOP button.

6. To end the workout, press the START/STOP button.

A summary of the values from all interval segments is displayed.

7. Press the PROGRAM DATA button to view the overview of the individual interval segments.

8. To return to standby mode, press the START/STOP button, the RESET button, or wait 30 seconds without pressing any buttons.

→ *The device returns to standby mode.*

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.

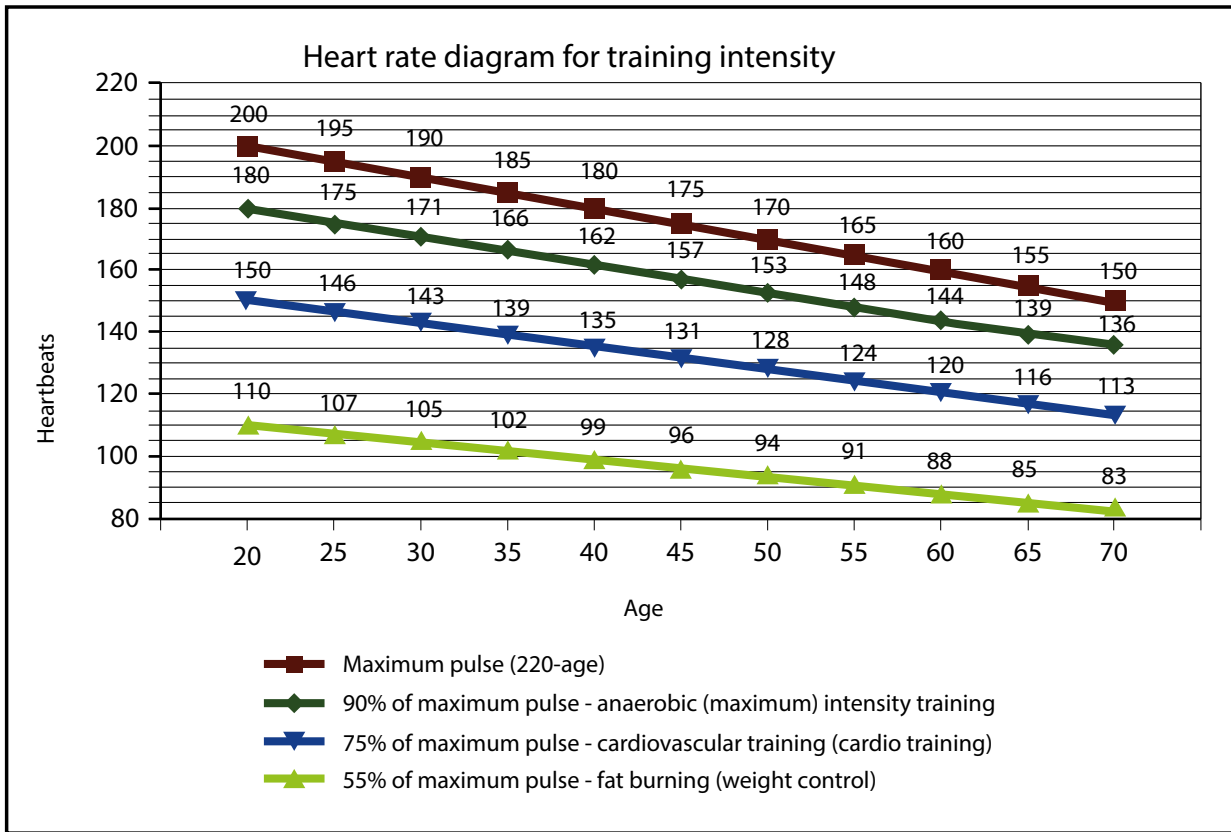
Cardiovascular training (cardio training): The primary goal is to increase stamina and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training period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



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

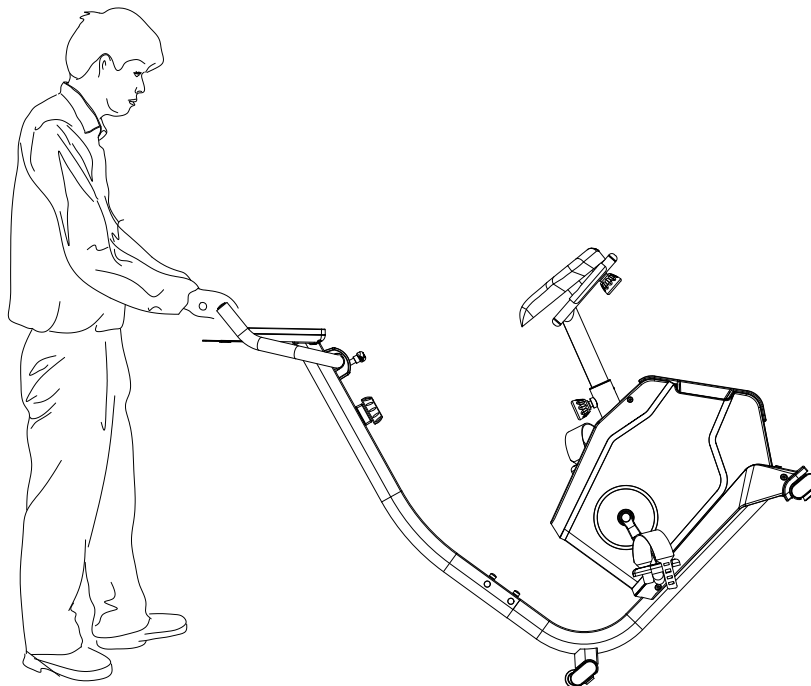
- + Make sure that the equipment is protected from moisture, dust and dirt in the selected storage location. The storage location should be dry and well ventilated and have a constant ambient temperature between 10°C and 35°C.

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 1.4 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
Cracking in the pedal area	Pedals loose	Tighten the pedals
Equipment wobbles	Equipment is not level	Align the feet
Handlebar/saddle wobbles	Loose screws	Tighten screws firmly
Display is blank/is not working	Batteries empty or loose cable connection	Replace batteries or check cable connections
No pulse display	<ul style="list-style-type: none"> + Sources of interference in the room + unsuitable chest strap + Wrong position of chest strap + Chest strap defective or battery empty + Pulse display defective 	<ul style="list-style-type: none"> + Eliminate sources of interference (e.g. mobile phone, WLAN, lawn mower and vacuum cleaner robot, etc. ...) + Use a suitable chest strap (see RECOMMENDED ACCESSORIES) + Reposition chest strap and/or moisten electrodes + Changing batteries + Check if pulse display by hand pulse possible

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 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
Display console	C	I
Plastic covers	C	I
Screws and cable connections		I
Check pedals for tightness		I
Legend: C = clean; I = inspect		

By scanning the QR-code with the camera function or QR-code scanner app of your smartphone/tablet, a video on general maintenance of an exercise bike opens on YouTube. The video serves to illustrate the maintenance points described in this manual.

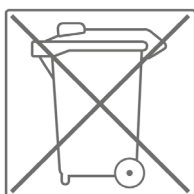
Please note that the video may not be available in your language or with appropriate subtitles.

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!



saddle cover



chest strap



chest strap contact gel



floor mat



saddle



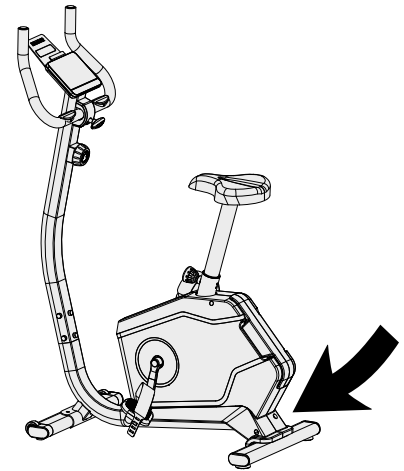
silicone spray

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. 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:

9.2 Parts List

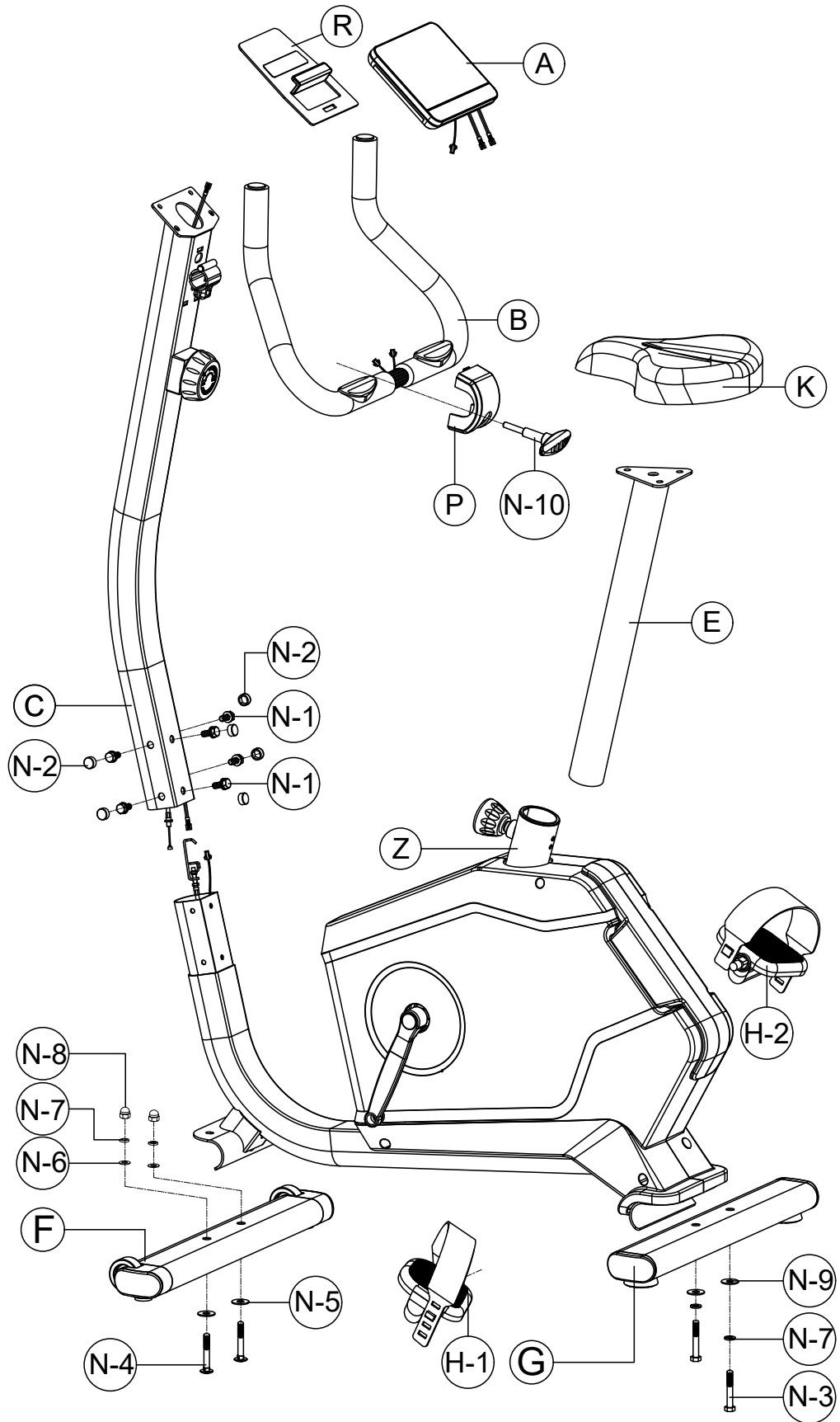
No.	Name	Supplier Parts No.	Qty.
A	Computer set		1
A-1	Computer	75701-6-2501-B0	1
A-2	Bolt M5x0.8x10L	52605-2-0010-F0	4
B	Handlebar complete assembly		1
B-1	Handlebar welding set	75700-6-2401-N0	1
B-2	Foam	58015-6-1452-B1	2
B-3	Cap	553D7-1-0017-B1	2
B-4	Hand pulse cable 300L	75402-6-2479-00	2
B-5	Handle pulse	16800-6-2478-00	2
B-6	Screw ST4x1.41x20L	50904-2-0020-D0	2
C	Handlebar post complete assembly		1
C-1	Handlebar post welding set	75701-3-2000-J1	1
C-2	Upper computer cable 1000L	75701-6-2572-00	1
C-3	Upper tension cable	75701-6-2601-B0	1
C-4	Screw M5*0.8*50L	50805-2-0050-F3	1
C-5	Washer D15*D5.2*1.0T	55105-1-1510-DA	1
D	Main frame set		1
D-1	Main frame	75700-3-1000-J1	1
D-2	Bearing 6003-2RS	58006-6-1018-01	2
D-3	Knob D54*M16*1.5*26*D8	75402-6-1072-B0	1
D-4	Inner sleeve	75700-6-1071-B0	1
D-5	Lower computer cable 900L	75701-6-2573-00	1
D-6	Lower tension cable	75701-6-2602-01	1
D-7	Brake strap	71500-6-2674-B1	1
D-8	Screw ST4*1.41*13L,D10	54704-2-0013-F0	1
D-9	Screw M6*1*12L	54806-2-0012-N0	1
E	Seat post assembly set	75701-3-2200-J0	1
F	Front stabilizer assembly set		1
F-1	Front stabilizer	75402-6-2101-J0	1
F-2	Front left foot cap set	75402-6-2185-B1	1
F-3	Front right foot cap set	75402-6-2195-B1	1

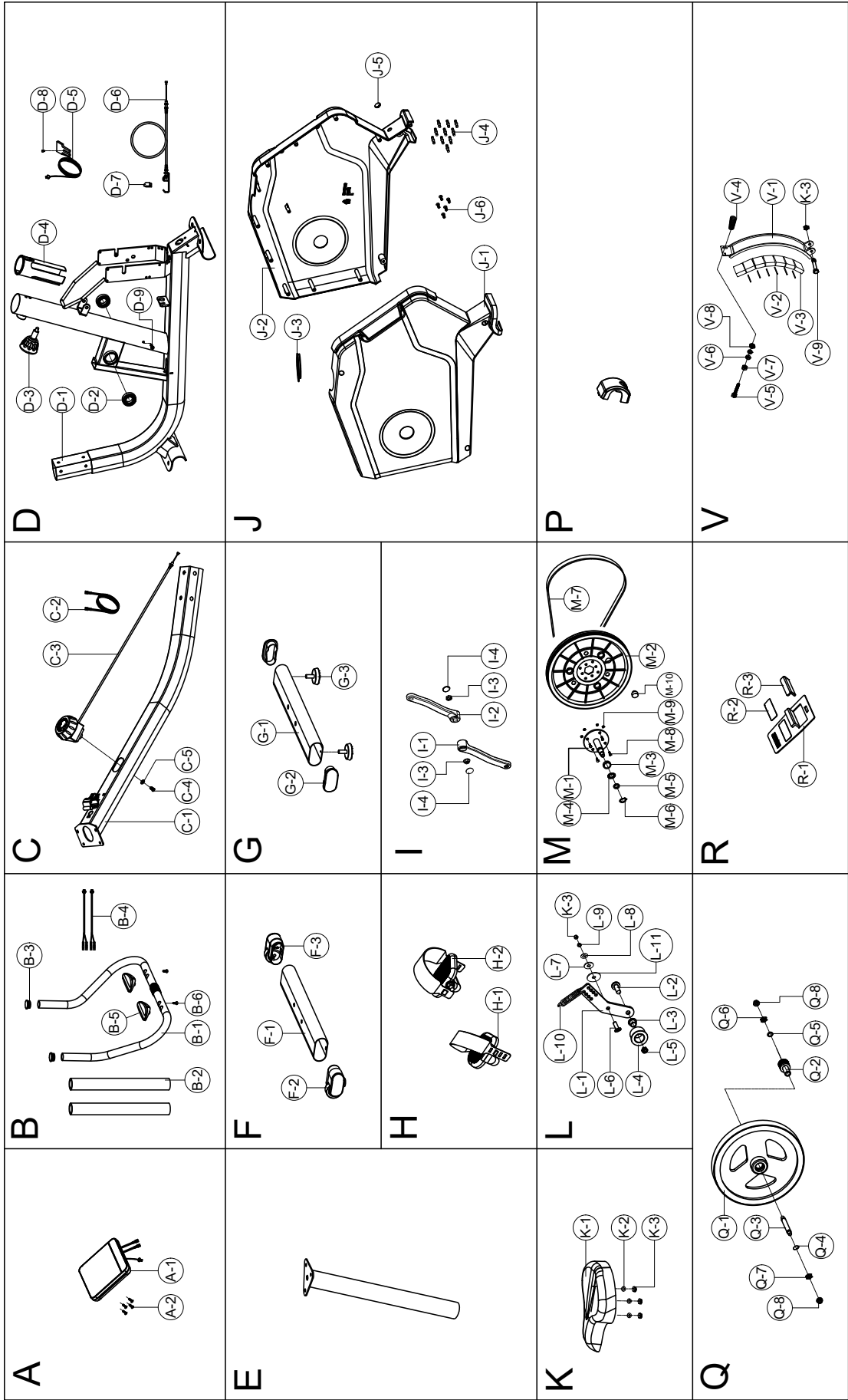
G	Rear stabilizer assembly set		1
G-1	Rear stabilizer	75402-6-2107-J0	1
G-2	Oval cap 40*80*33	55333-3-4080-B8	2
G-3	Adjustable wheel	76100-6-2174-B0	2
H	Pedal set		1
H-1	Left Pedal	58029-6-1171-B0-L	1
H-2	Right Pedal	58029-6-1171-B0-R	1
I	Crank set		1
I-1	Left crank	58007-6-1103-D0	1
I-2	Right crank	58007-6-1104-D0	1
I-3	Anti-loosen nut M10*1.25*10T	70501-6-2775-N0	2
I-4	Screw cover	81502-6-2779-B0	2
J	Chain cover set		1
J-1	Left chain cover	75700-6-4501-B0	1
J-2	Right chain cover	75700-6-4502-B0	1
J-3	Gasket	67900-6-4503-B0	1
J-4	Pin	71600-6-4586-60	10
J-5	Hole plug	75701-6-4585-B0	1
J-6	Screw ST4.2*15L	52842-2-0015-F0	5
K	Seat		1
K-1	Seat	58001-6-1042-B2	1
K-2	Flat washer D16xD8.5x1.2T	55108-1-1612-NA	3
K-3	Nylon nut M8*1.25*8T	55208-1-2008-NA	3
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*65L	58003-6-1024-N1	1

L-11	Plastic washer D50*D10*1.0T	55110-1-5010-BF	1
K-3	Nylon nut M8*1.25*8T	55208-1-2008-NA	1
M	Belt wheel set		1
M-1	Crank axle welding set	75402-3-2903-00	1
M-2	Belt wheel	58008-6-1012-05	1
M-3	Spacer D22.5*D17.2*6.4T	80700-6-2781-00	1
M-4	Waved washer D22xD17x0.3T	55117-5-2203-DA	2
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(1092)	58004-6-1038-00	1
M-8	Bolt M6x1.0x15L	50106-5-0015-C0	4
M-9	Nylon nut M6x1.0x6T	55206-1-2006-CA	4
M-10	Magnet	742G0-6-2574-00	1
N	Assembly kit	75701-3-5100-00	1
N-1	Bolt M8x1.25x20L	75402-6-3191-F0	6
N-2	Screw cover	75402-6-2779-B0	6
N-3	Bolt M8*1.25*55L	50108-2-0055-F3	2
N-4	Bolt M8*1.25*55L	50508-5-0055-F3	2
N-5	Flat washer D25*D10*2.0T	55110-1-2520-FA	2
N-6	Flat washer D16xD8.5x1.2T	55108-1-1612-FA	2
N-7	Spring washer D15.4xD8.2x2T	55108-2-1520-FA	4
N-8	Domed nut M8x1.25x15L	55208-6-2015-FA	2
N-9	Flat washer D25*D8.5*2T	55108-1-2520-FA	2
N-10	Knob M8x1.25x69L	75700-6-2279-B0	1
N-11	Hex wrench M6	58030-6-1031-N1	1
N-12	Open wrench 153*6.5T	58030-6-1050-C0	1
P	Handlebar cover	75700--6-3781-B0	1
Q	Flywheel set		1
Q-1	Flywheel	81000-6-3101-00	1
Q-2	Small flywheel	801B2-6-3173-01	1
Q-3	Flywheel axle	808A1-6-3171-00	1
Q-4	C ring S-10(1T)	55510-1-0010-00	1
Q-5	Fixed ring D13*D10*1.9T	71600-6-3178-B0	1
Q-6	Hex nut D9.5x8T	55295-2-3008-NA	1

Q-7	Hex nut D9.5x4T	55295-2-3004-NA	1
Q-8	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
V	Magnet Fixing plate set		1
V-1	Fixing plate for the magnet	70702-3-3200-J1	1
V-2	Magnet grid	58020-6-1003-M0	6
V-3	Magnet	58009-6-1007-01	7
V-4	Spring D1.0*55L	58003-6-1054-N0	1
V-5	Bolt M6*65L	50106-5-0065-N0	1
V-6	Nylon washer D6*D19*1.5T	55106-1-1915-B1	2
V-7	Hex nut M6*1*6T	55206-2-2006-NA	1
V-8	Nylon nut M6*1*6T	55206-1-2006-NA	1
V-9	Bolt M8*52L	50108-5-0052-N3	1
K-3	Nylon nut M8*1.25*8T	55208-1-2008-NA	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>TECHNIK</p> <p>☎ +49 4621 4210-900 📠 +49 4621 4210-698 ✉ technik@fitshop.de 🕒 Öffnungszeiten entnehmen Sie unserer Homepage.</p> <p>SERVICE</p> <p>☎ 0800 20 20277 (kostenlos) ☎ 04621 4210 - 0 ✉ info@fitshop.de 🕒 Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statit7</p>	<p>TEKNIK OG SERVICE</p> <p>☎ 80 90 16 50 +49 4621 4210-945 ✉ info@fitshop.dk 🕒 Åbningstider kan findes på hjemmesiden: https://stg.fit/statit7</p>	<p>CUSTOMER SUPPORT</p> <p>☎ 00800 2020 2772 +494621 4210 944 ✉ service@fitshop.com 🕒 You can find the opening hours on our homepage: https://fsg.fit/en</p>
	FR	BE
	<p>TECHNIQUE & SERVICE</p> <p>☎ +33 (0) 189 530984 +49 4621 42 10 933 ✉ info@fitshop.fr 🕒 Vous trouverez les heures d'ouverture sur notre site Internet: https://stg.fit/statit4</p>	<p>TECHNIQUE & SERVICE</p> <p>☎ 02 732 46 77 +49 4621 4210 933 ✉ info@fitshop.be 🕒 Vous trouverez les heures d'ouverture sur notre site Internet: https://stg.fit/statit8</p>
ES	NL	INT
<p>TECNOLOGÍA Y SERVICIOS</p> <p>☎ 911 238 029 ✉ info@fitshop.es 🕒 Consulta nuestro horario de apertura en la página web: https://stg.fit/statit5</p>	<p>TECHNISCHE DIENST & SERVICE</p> <p>☎ +31 172 619961 ✉ service@fitshop.nl 🕒 De openingstijden vindt u op onze homepage: https://stg.fit/statit3</p>	<p>TECHNICAL SUPPORT & SERVICE</p> <p>☎ +49 4621 4210-944 ✉ service-int@fitshop.de 🕒 You can find the opening hours on our homepage: https://stg.fit/statita</p>
PL	AT	CH
<p>DZIAŁ TECHNICZNY I SERWIS</p> <p>☎ 22 307 43 21 +49 4621 42 10-948 ✉ info@fitshop.pl 🕒 Godziny otwarcia można znaleźć na stronie głównej: https://stg.fit/statit6</p>	<p>TECHNIK & SERVICE</p> <p>☎ 0800 20 20277 (Freecall) +49 4621 42 10-0 ✉ info@fitshop.at 🕒 Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statitb</p>	<p>TECHNIK & SERVICE</p> <p>☎ 0800 202 027 +49 4621 42 10-0 ✉ info@fitshop.ch 🕒 Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statit9</p>

Please find a detailed overview including address and opening hours for all stores of the Fitshop Group in Germany and abroad on the following website:

www.fitshop.com/en/stores

KETTTLER

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!

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Kettler is part of the Fitshop Group.

Notes

KETTTLER

TOUR 100