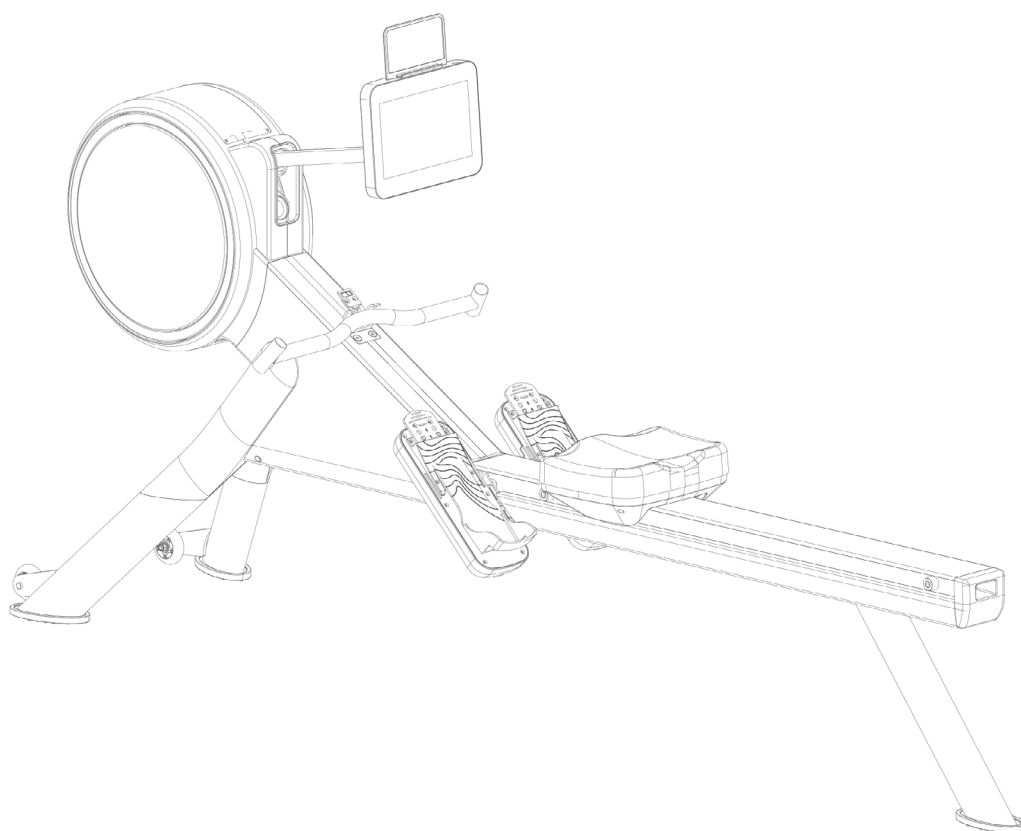


KETTLER

Assembly and Operating Instructions



max. 150 kg



~ 60 Min.



47 kg

L 241 | W 59 | H 111

FSKRO1040100.04.06

Art. No. K-RO1040-100

KETTLER Regatta 600

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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 suitable for home use and semi-professional use (e.g. hospitals, clubs, hotels, schools, etc.). The equipment is not suitable for commercial or professional use (e.g. fitness studio).

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

LED display of:

- + Time in minutes
- + Speed in strokes per minute
- + distance in metres
- + Heart rate (when using a chest strap)
- + Watt
- + calories burned in kcal
- + resistance level

Weight and dimensions:

Article weight (gross, incl. packaging):	Box 1: 48 kg Box 2: 7 kg
Article weight (net, without packaging):	47 kg
Packaging dimensions (L x W x H):	Box 1: 121 cm x 32 cm x 94 cm Box 2: 131 cm x 13 cm x 12 cm
Set-up dimensions (L x W x H):	241 cm x 59 cm x 111 cm
Set-up dimensions folded (L x W x H):	98 cm x 59 cm x 241 cm
Maximum user weight:	150 kg
Brake system:	magnetic brake system
Resistance system:	Air resistance
Resistance level:	24
Total training programmes:	60
User defined programmes:	16
Heart rate controlled programmes:	1
Preset programmes:	36
Use class:	S

1.2 Personal Safety

DANGER

- + Before you start using the equipment, you should consult your physician that this type of exercise is suitable for you from a health perspective. Particularly affected are persons who: have a hereditary disposition to high blood pressure or heart disease, are over the age of 45, smoke, have high cholesterol values, are overweight and/or have not exercised regularly in the past year. If you are under medical treatment that affects your heart rate, medical advice is absolutely essential.
- + Note that excessive training can seriously endanger your health. Please also note that heart rate monitoring systems can be inaccurate. If you notice any signs of weakness, nausea, dizziness, pain, shortness of breath, or other abnormal symptoms, stop exercising immediately and seek advice from your doctor if necessary.
- + The owner must communicate all warnings and instructions to the user.

WARNING

- + This equipment may not be used by children under the age of 14.
- + Children should not be allowed unsupervised access to the equipment.
- + Persons with disabilities must have a medical license and must be under strict observation when using the equipment.
- + The equipment is strictly for use by one person at a time.
- + 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.
- + 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.
- + Be aware that if adjustment devices are left protruding, they may impede the user's movement.

ATTENTION

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

1.3 Electrical Safety



DANGER

- + In order to reduce the risk of an electric shock, always unplug the equipment from the mains socket immediately after your workout, before assembly or dismantling, and before maintenance or cleaning. Do not pull on the cable.



WARNING

- + Do not leave the equipment unattended while the mains cable is plugged into the mains socket. During your absence, the mains cable must be removed from the mains socket to prevent improper use by third parties or children.
- + If the mains cable or plug is damaged or defective, contact your contract partner. Until repair, the equipment must not be used.



ATTENTION

- + The equipment requires a mains connection of 220-230 V with 50 Hz mains voltage.
- + The equipment may only be connected directly to an earthed socket using the supplied mains cable. Extension cables must conform to VDE guidelines. Always completely unwind the mains cable.
- + The socket must be protected by a fuse with a minimum fuse rating of "16 A, slow blow".
- + Do not make any changes to the mains cable or the mains plug.
- + Keep the mains cable away from water, heat, oil and sharp edges. Do not route the mains cable underneath the equipment or under a carpet or rug, and do not place any objects on top of it.



NOTICE

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

1.4 Set-Up Place

WARNING

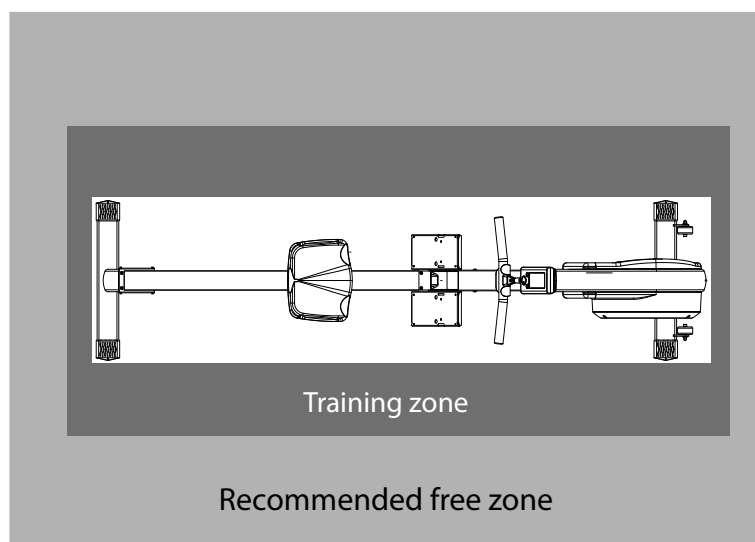
- + Do not place the equipment in main corridors or escape routes.

CAUTION

- + Choose a location in which to place the equipment such that there is enough free space/clearance to the front, the rear and to the sides of the equipment. Make sure that you leave at least 30 cm on each side of the equipment and at least 15 cm in front of and behind the equipment as a training zone. This is the minimum required area in order to safely use the equipment. The recommended free zone around the equipment should be at least 60 cm on each side and 45 cm in front of and behind 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 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.

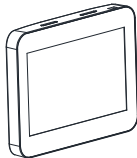
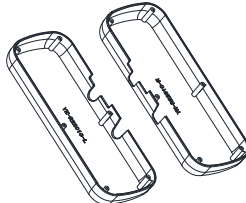
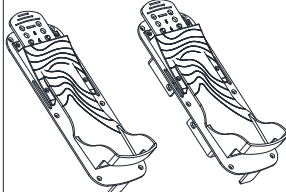
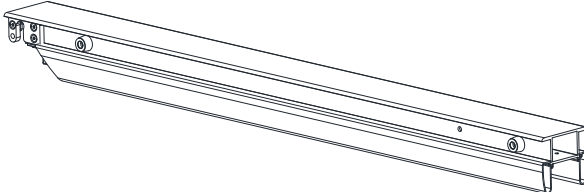
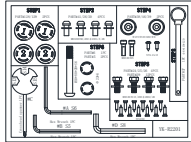
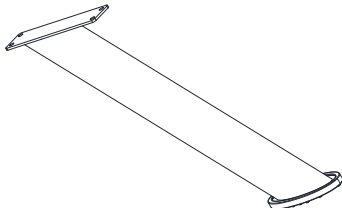
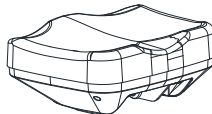
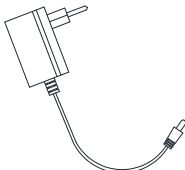
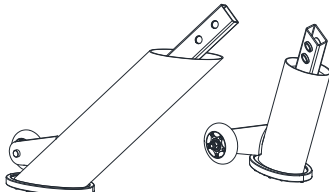
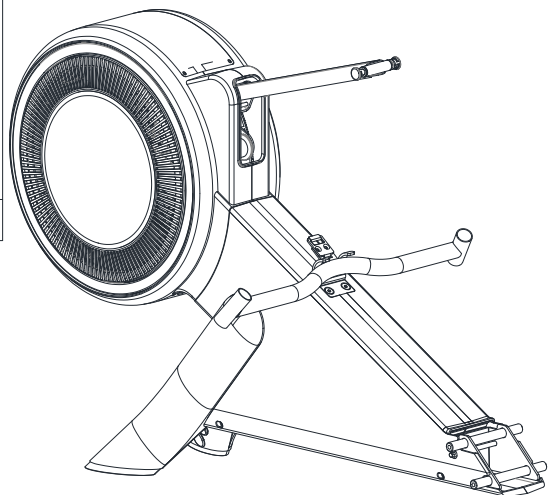
2.2 Scope of Delivery

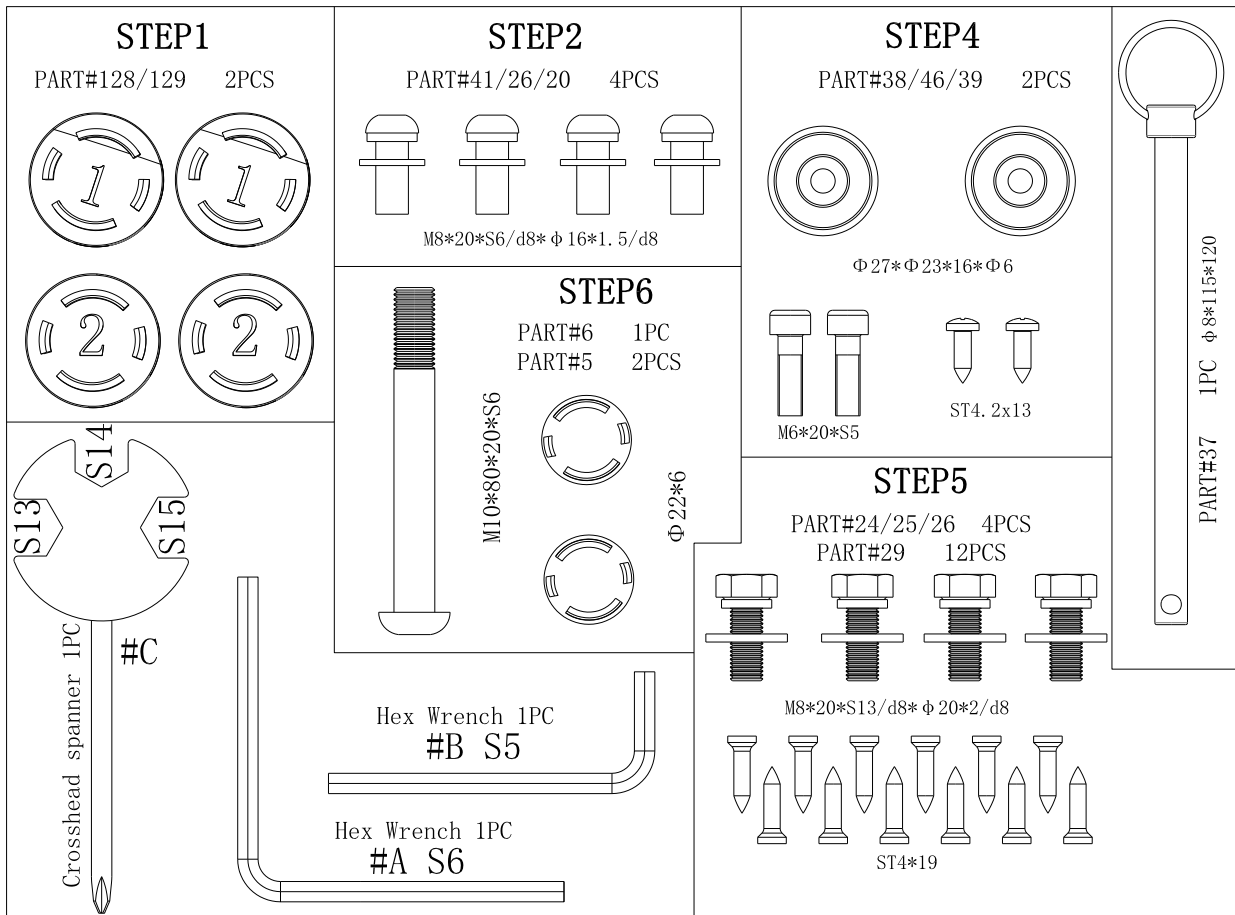
The scope of delivery consist of the following parts. At the beginning, check whether all parts and tools belonging to the device are included in the scope of delivery and whether damage has occurred. In the event of complaints, the contractual partner must be contacted directly.



CAUTION

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

			
#1 display 1PC	#7 Tablet # / ipau holder 1PC	#27L/R pedal cover 2PCS	#28L/R pedal 2PCS
			
#43 guide rail		Blister card 1PC	
			
#45 Rear cover1PC	#47 rear stabilizer 1PC	#56 saddle 1PC	#124 #11 / plate 1PC
			
#107 adaptor 1PC	#17L/R front stabilizer 1 pair		
#93 mainframe 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.
- + 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.

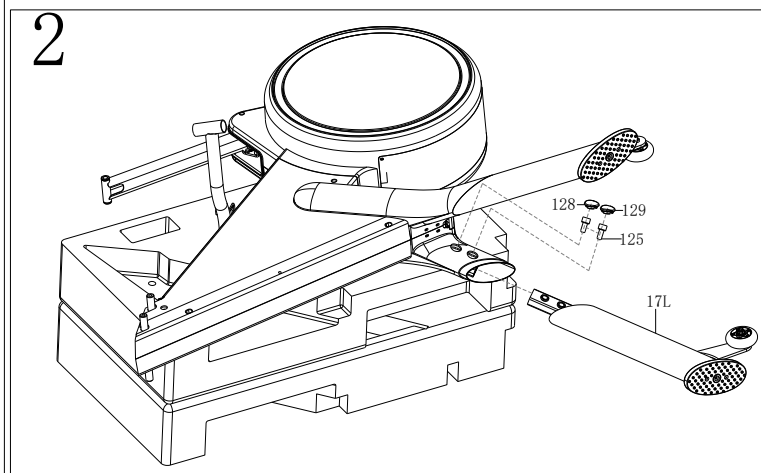
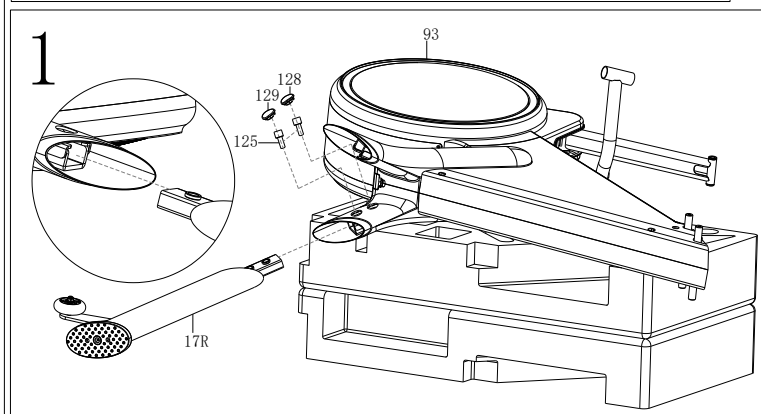
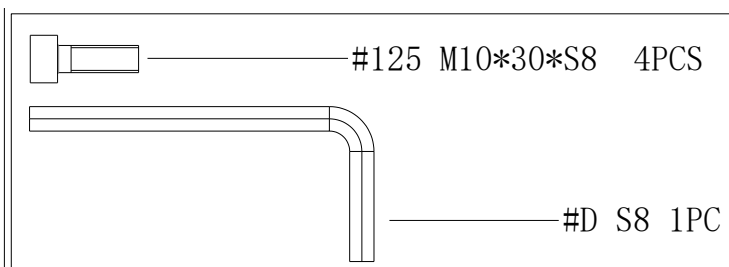
Step 1: Unpacking the Rowing Machine

1. Use two large pieces of polystyrene from the packing material to support the mainframe (93).
2. Remove the package tube from the mainframe (93). (see figure 1)
3. Fit the feet assembly (17R) to the mainframe (93).
4. Fix the feet assembly (17R) to the main frame (93) with a right limited block (127), an end cap for hole 1 (128) and an end cap for hole 2 (129). (see Figure 1)

Use the allen wrench S8 (D) for this step.

5. Turn the mainframe (93) over.
6. Fasten the feet assembly (17L) to the mainframe (93) with a right limited block (127), an end cap for hole 1 (128) and an end cap for hole 2 (129). (see Figure 2)

Use the allen wrench S8 (D) for this step.

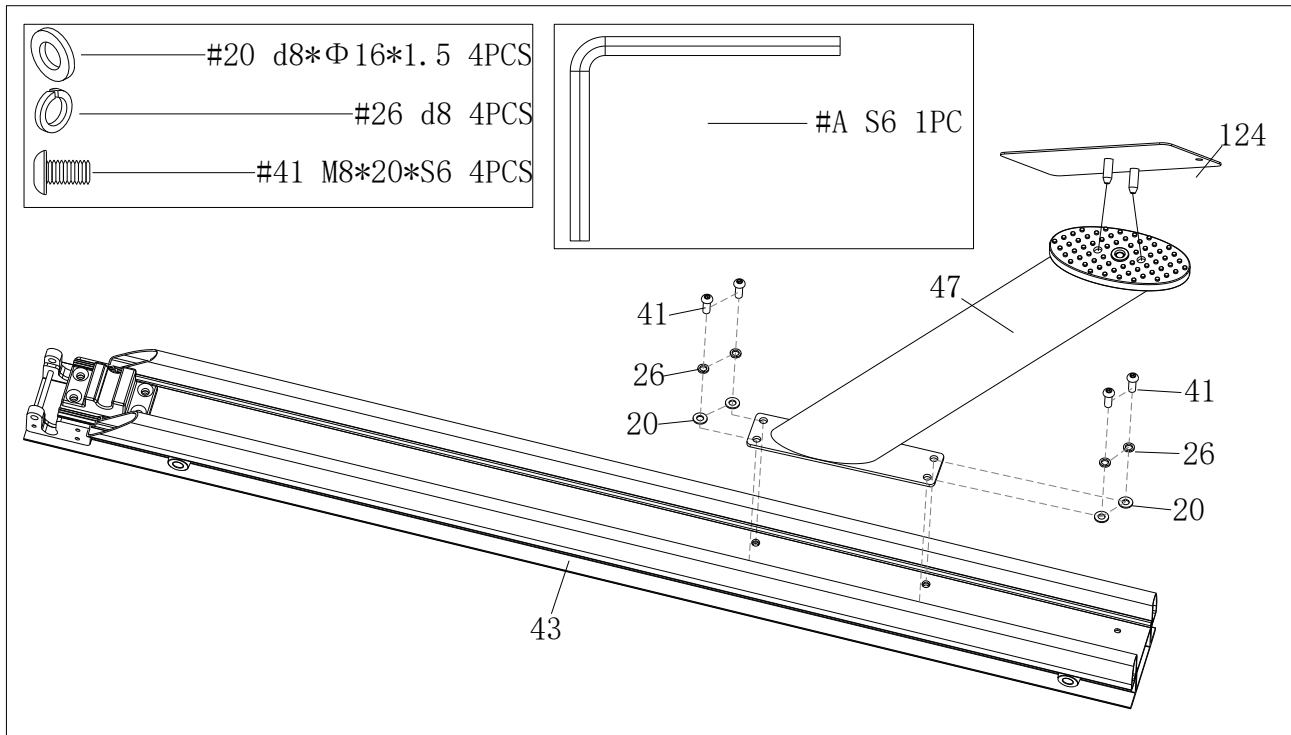


Step 2: Fitting of the Feet

1. Attach the rear stabiliser assembly (47) to the aluminium guide rail (43) using an inner hex pan head bolt M8*20 (41), a spring washer (26), and a washer (20).

Use the allen wrench S6 (A) for this step.

2. Attach the assembly assistance plate (124) to the rear stabiliser assembly (47).

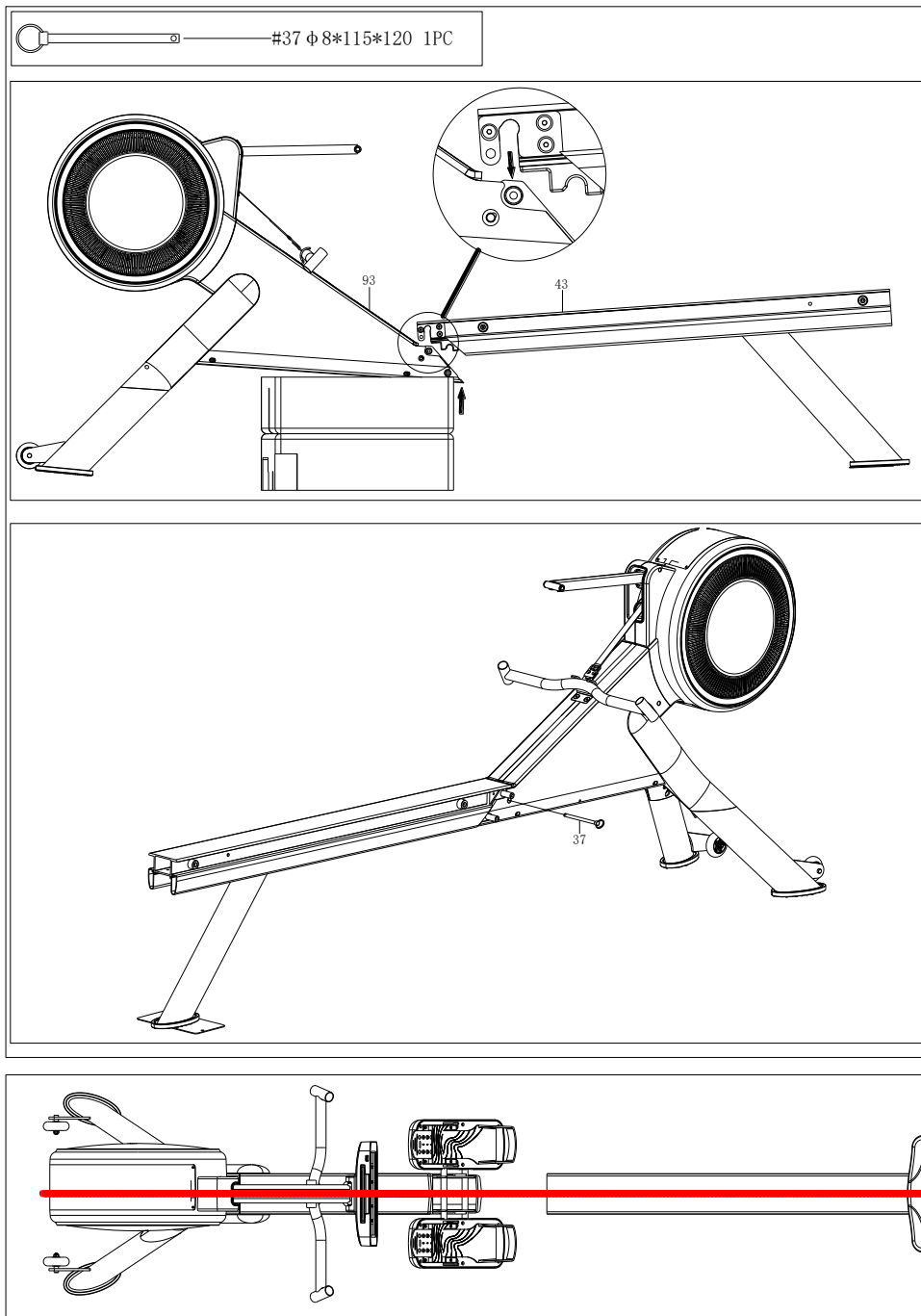


Step 3: Mounting the Main Frame

NOTE

Ensure that the mainframe (93) and the aluminium guide rail (43) are well secured during assembly.

1. Align the mainframe (93) and the aluminium guide rail (43) as shown in the illustration below.
2. Insert the connectors of the mainframe (93) and the aluminium guide rail (43) into each other. (see illustration)
3. Fasten the connection with the pinball pin (37).



Step 4: Fitting the Saddle

1. Attach the saddle (56) to the aluminium guide rail (43).

Ensure that the saddle (43) is correctly aligned.

2. Attach the limited block (39) to the aluminium guide rail (43) with an inner hex cylinder head bolt M6*20 (38). Use the Allen wrench S6 (B) for this.

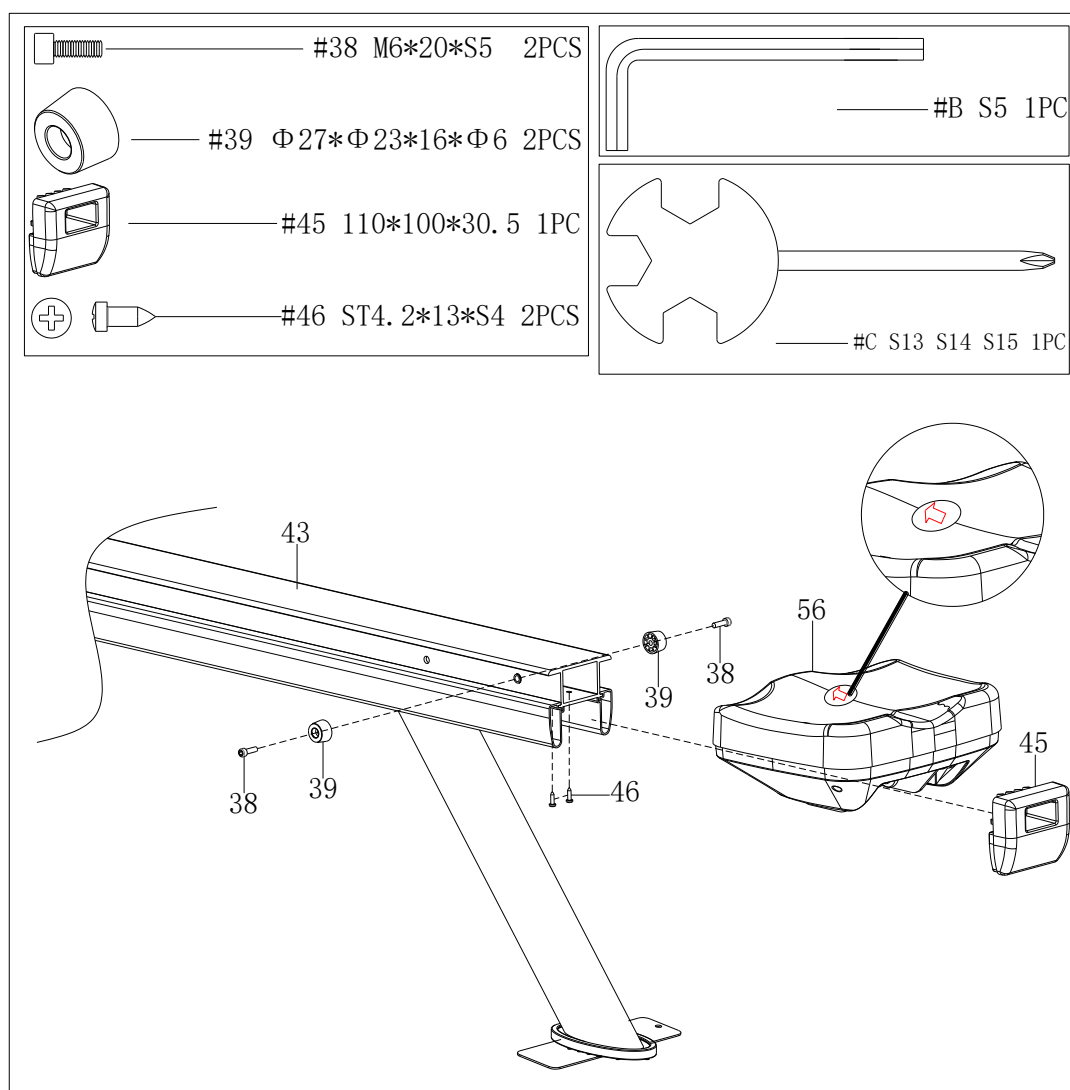
Use the allen wrench S5 (B) for this step.

3. Fasten the aluminum guide rail rear cover (45) to the aluminium guide rail (43) with a cross pan head self-drilling screw ST4.2 (46). Use the solid wrench (C) to do this.

Use the screwdriver S13 (C) for this step.

NOTE

When dismantling the rowing machine, the pinball pin (37) can be inserted into the opening provided on the aluminium guide rail (43) to prevent the saddle (56) from moving.

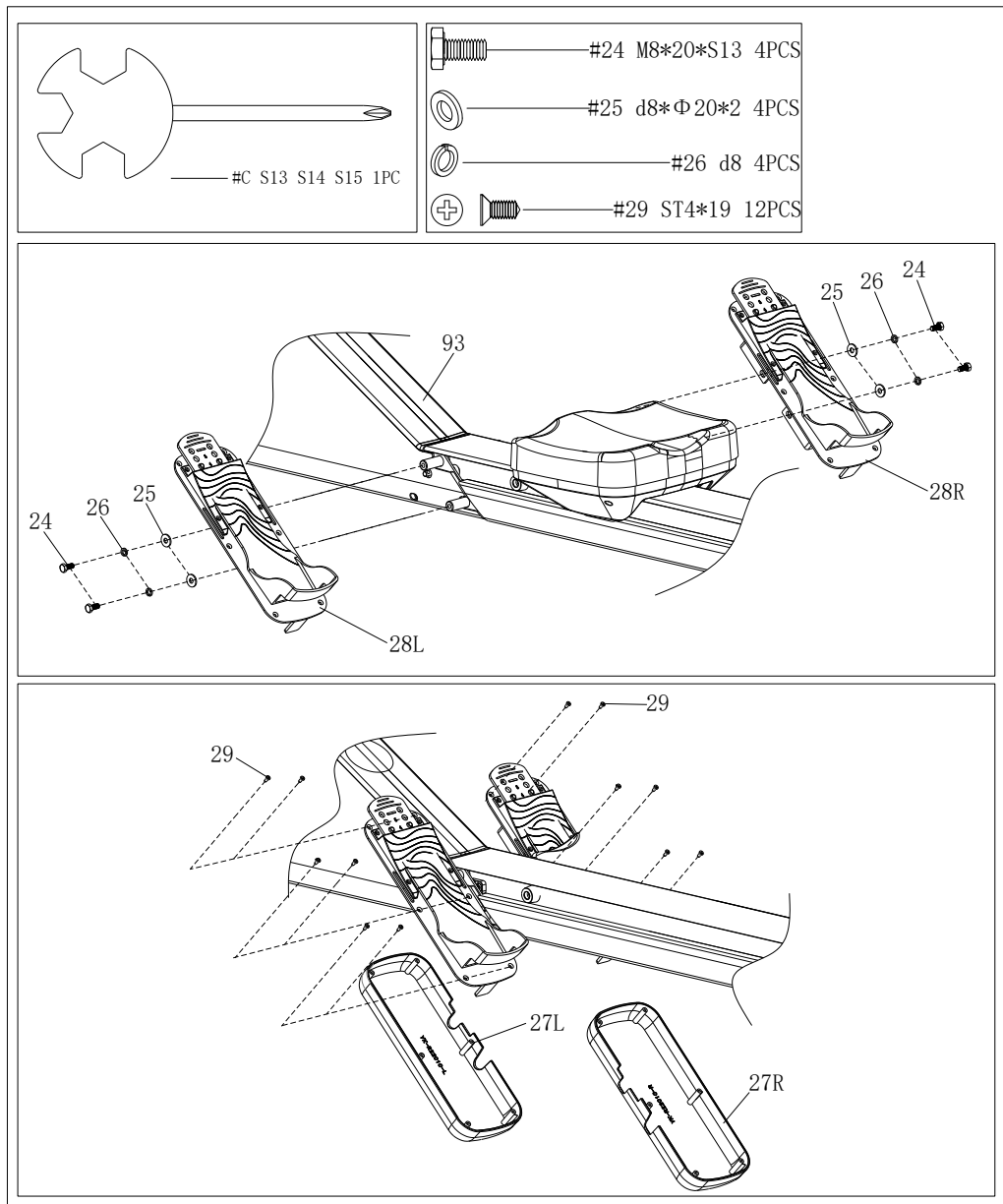


Step 5: Fitting the Pedals

1. Attach the two pedal supports (28L and 28R) to the mainframe (93) with four hex bolt M8*20 (24), four spring washers (26), and four washers (25). Use the solid wrench (C) for this.

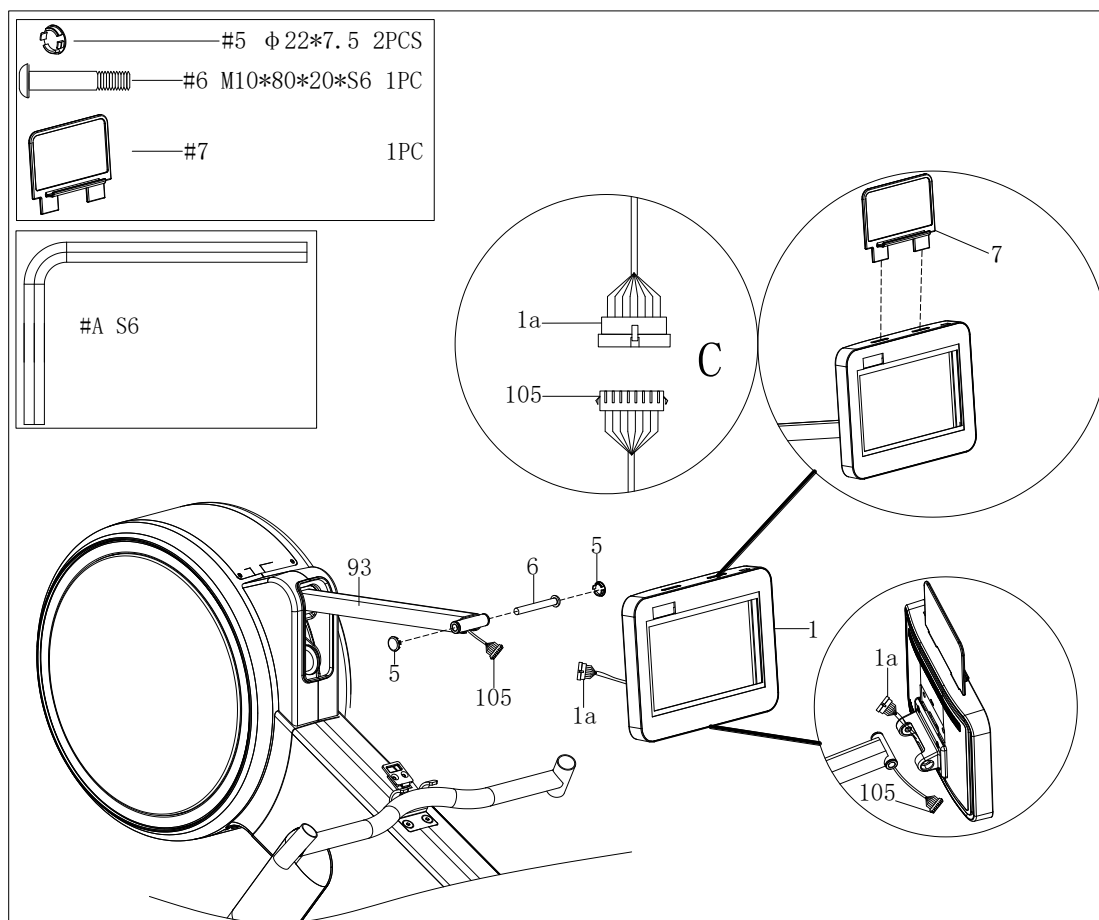
Use the screwdriver S13 (C) for this step.

2. Fasten the pedal covers (27L and 27R) to the pedal supports (28L and 28R) using twelve cross countersunk self-drilling screws (29).



Step 6: Mounting the Display

1. Attach the display (1) to the mainframe (93) with an inner hex pan head bolt M10*80*20*S6 (6).
2. Push the end cap (5) onto the inner hex pan head bolts M10*80*20*S6 (5).
3. Connect the screen wire (1A) to the extension wire 2 (105).
4. Plug the connected cable into the mainframe (93).
5. Attach the tablet holder (7) to the display (1).



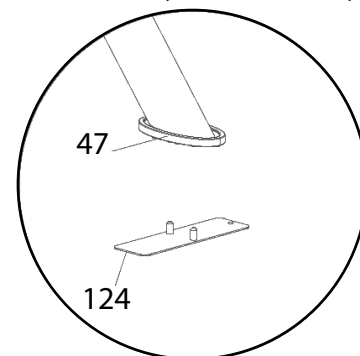
Step 7: Removing the Assembly Assistance Plate

1. fasten all the screws.

NOTE

Remove the assembly assistance plate (124) from the rear stabiliser assembly (47) before you start training.

→ *The machine is ready to use.*



Step 8: Connecting the equipment to the mains supply

► ATTENTION

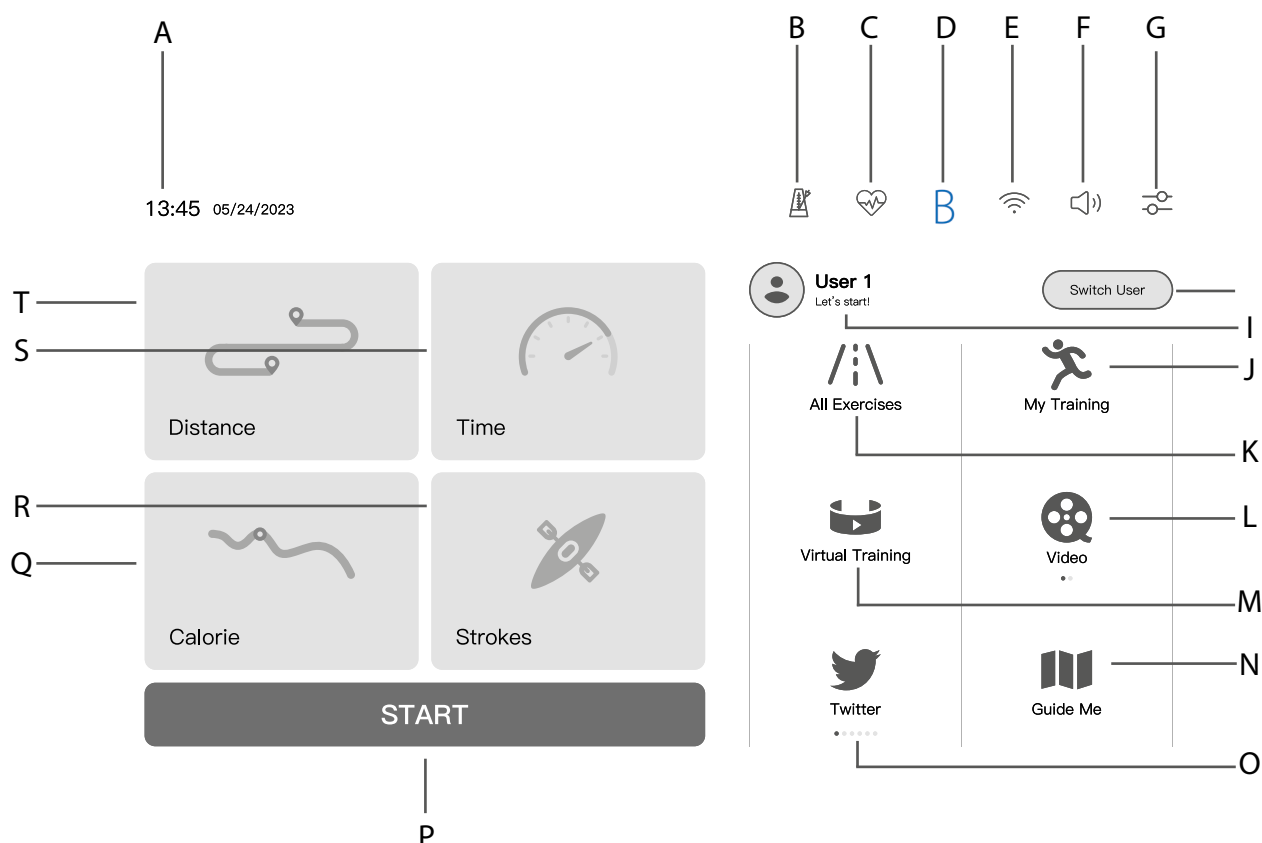
The equipment must not be connected to a multiple socket, otherwise it cannot be guaranteed that the equipment will be supplied with sufficient power. Technical errors can result.

Plug the power plug into a wall outlet that complies with the instructions in the chapter on electrical safety.

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 Display



Symbol	Function
A	Date & Time
B	Target Stroke Rate
C	Pulse
D	Wireless Technology

E	Wi-Fi	+ This icon lights up when the rowing machine is connected to the wi-fi.
F	Volume	+ You can adjust the volume here.
G	Settings	+ You can check and adjust the settings here.
H	Switch User	+ Use this function to quickly switch between users.
I	User	+ Shows the current user.
J	MyTraining	+ Here, you have access to your user profile and your training data. You can also access the user programmes, the fitness tests, and the body fat test via this button.
K	All Exercises	+ This button takes you to the heart rate programmes, the user-defined programmes, and the preset programmes.
L	Video	+ Tap here to play music or videos.
M	Virtual Training	+ Tap here to go to the virtual trainings.
N	Guide Me	+ Here you will find the user manual.
O	Apps	+ Here you will find more apps such as Twitter, Youtube, etc.
P	Start	+ Use this button to start training.
Q	Calories	+ Tap here to go to the Calories target programme.
R	Strokes	+ Tap here to go to the Strokes target rate programme.
S	Time	+ Tap here to go to the Time target programme.
T	Distance	+ Tap here to go to the Distance target programme.

3.2 Programmes

A wide range of programmes are available to you.

These include:

- + Quick start programme: 1
- + Profile programmes: 36
- + User programmes: 6

This console also offers you several virtual rowing courses. You can also access various apps as well as your own videos and music.

3.2.1 Quick Start Programme

A quick start programme is available.

1. To start the training programme, press the START/STOP button.

The training programme starts.

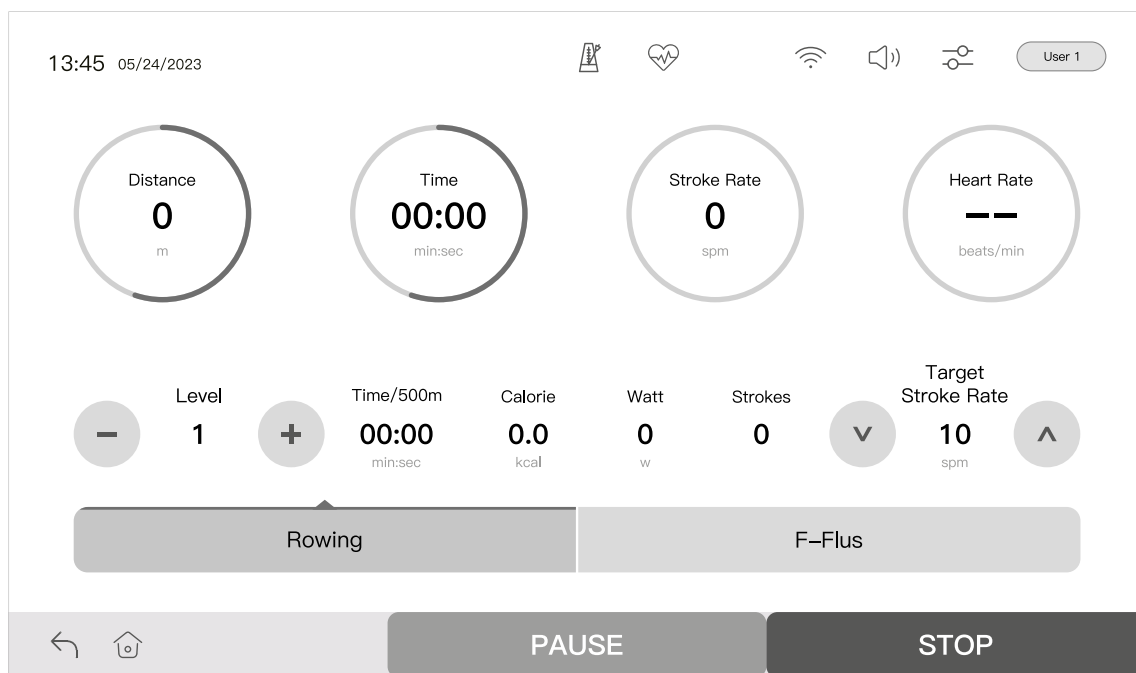
All values are counted up.

2. To adjust the resistance level, press the level + / - buttons.
3. To adjust the target stroke rate, press the Target Stroke Rate $\wedge$ $\vee$ buttons.

NOTE

Alternatively, you can adjust the resistance level and the target stroke rate using the corresponding quick selection buttons on the console.

4. To end the training session, press the START/STOP button again.



3.2.2 Target programmes

A total of four target programmes are available: Distance, Time, Calories and Stroke Rate.

Distance

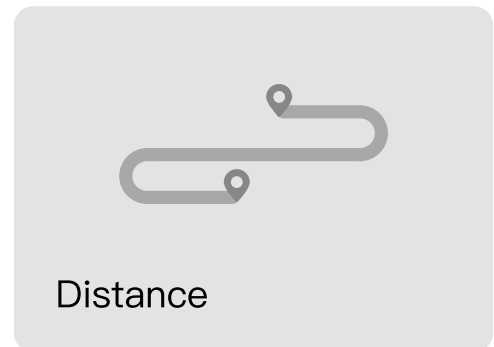
1. To select the distance mode, tap the distance symbol in the main menu.
2. Choose between 500 m, 1000 m, 1500 m, 3000 m, 5000 m or customise for a user-defined value.
3. To start the training session, tap START.

The training starts.

The selected value for distance is counted down, and the remaining values are counted up.

4. To adjust the resistance, tap on Level + / -.
5. To adjust the target stroke rate, tap stroke rate $\wedge \vee$.
6. To pause the training, tap PAUSE.
7. To end the training session, tap STOP.

→ *The console displays a summary of the training data.*



Time

1. To select the time mode, tap the corresponding symbol in the main menu.
2. Choose between 10 min, 20 min, 30 min, 40 min, 60 min or customise for a user-defined value.
3. To start the training session, tap START.

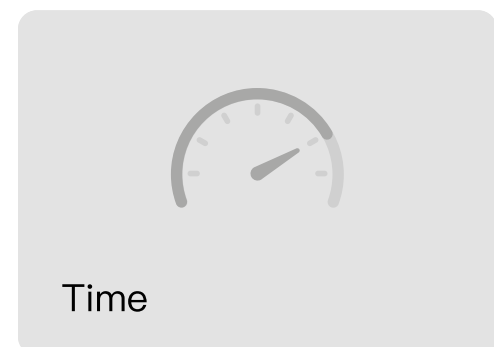
The training starts.

The selected value for time is counted down, and the remaining values are counted up.

4. To adjust the resistance, tap on Level + / -.
5. To adjust the target stroke rate, tap stroke rate $\wedge \vee$.
6. To pause the training, tap PAUSE.

To end the training session, tap STOP.

The console displays a summary of the training data.



Calories

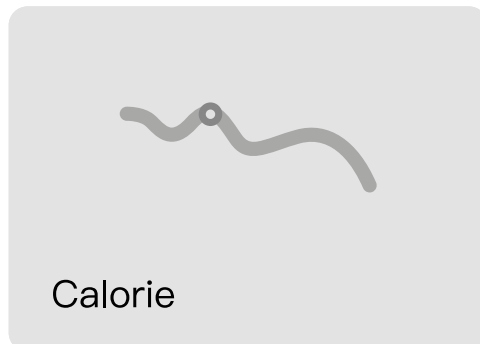
1. To select the Calories mode, tap the Calories icon in the main menu.
2. Choose between 150 kcal, 300 kcal, 500 kcal, 800 kcal, 1000 kcal or customise for a user-defined value.
3. To start training, tap START.

The training starts.

The selected value for calories is counted down, and the remaining values are counted up.

4. To adjust the resistance, tap on Level + / -.
5. To adjust the target stroke rate, tap stroke rate $\wedge \vee$.
6. To pause the training, tap PAUSE.
7. To end the training session, tap STOP.

→ *The console displays a summary of the training data.*



Strokes

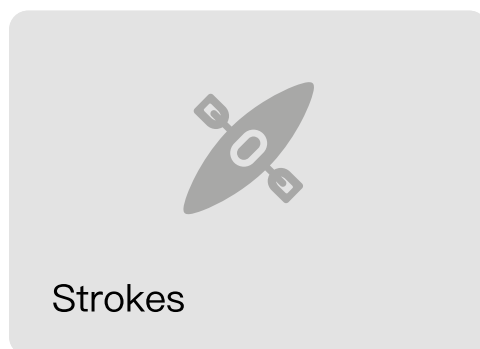
1. To select the strokes mode, tap the strokes icon in the main menu.
2. Choose between 50, 100, 300, 500, 1000 or customise for a user-defined value.
3. To start the workout, tap START.

The training starts.

The selected value for strokes is counted down, and the remaining values are counted up.

4. To adjust the resistance, tap on Level + / -.
5. To adjust the target stroke rate, tap stroke rate $\wedge \vee$.
6. To pause the training, tap PAUSE.
7. To end the training session, tap STOP.

→ *The console displays a summary of the training data.*



3.2.3 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.

There is one heart rate controlled programme.

1. To select the heart rate controlled programme, slightly tap on 'HRC' in the menu.

You will be forwarded to the HRC settings.

2. Set your desired values for target heart rate, training time, maximum speed and intensity by swiping on the respective setting bars.

NOTICE

The age value can not be set here and must be set in the user settings.

3. To start the training, tap on START.

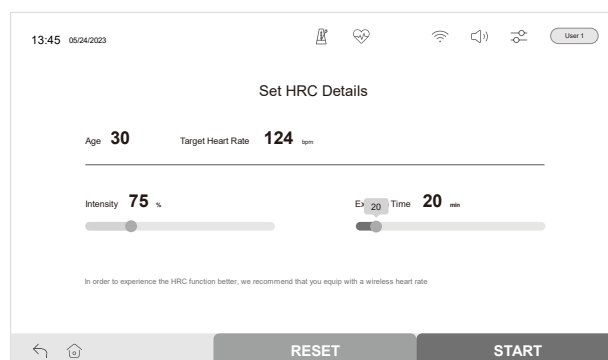
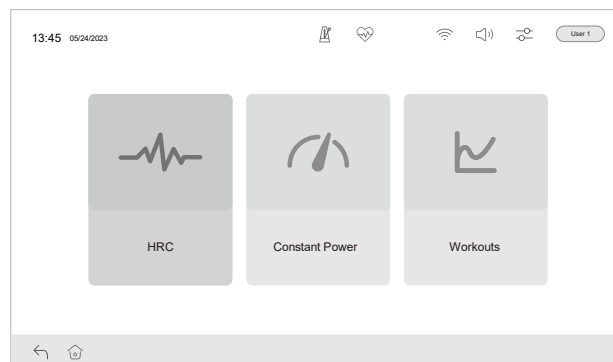
The training starts.

All values will be counted upwards.

The pink line shows the maximum heart rate, the blue line shows the target heart rate, and the red line shows your current heart rate.

4. To adjust the resistance, tap on Level + / -.
5. To adjust the target stroke rate, tap stroke rate $\wedge \vee$.
6. To pause the training, tap PAUSE.
7. To end the training session, tap STOP.

➔ *The console displays a summary of the training data.*



3.2.4 Constant Power (Watt Target Programme)

A 'Constant Power' programme is available. In this mode, you hold a previously specified watt value.

1. To select the constant power programme, tap on 'Constant Power' in the menu. (see Fig. 1)

You will be redirected to the Constant Power settings.

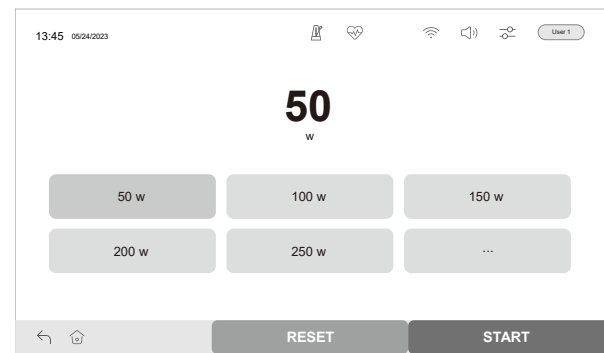
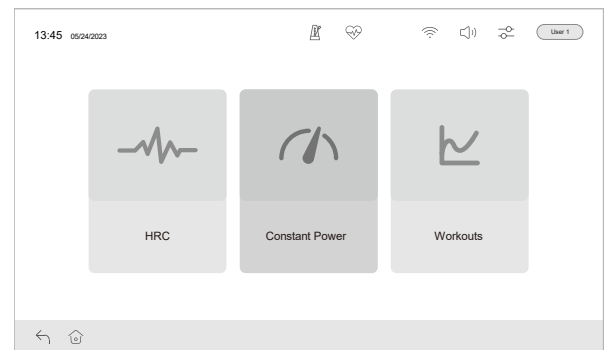
2. Set the target Watt value. (see Fig. 2)

NOTE

The value for age cannot be set here, but is set in the user settings.

3. To start training, tap START.
4. To adjust the watt value, tap on Level + / -.
5. To end the training session, tap STOP.

→ *The console shows you the maximum, minimum, and actual heart rate. (see Fig. 3)*



3.2.5 Workouts Programme

A 'Workouts' programme is available to you. In this mode, you will find preset training programmes.

1. To select the Workouts programme, tap on 'Workouts' in the menu. (see Fig. 1)

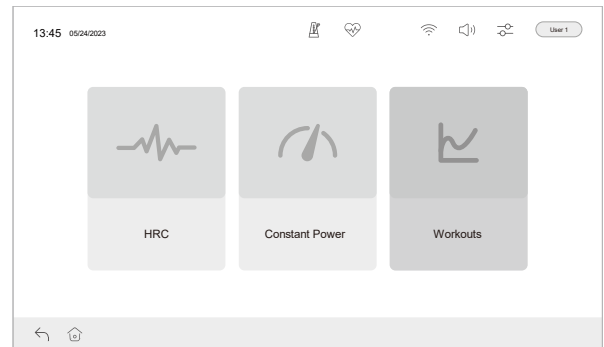
You will be redirected to the Workouts settings.

2. Set up a training programme. (see Fig. 2)

NOTE

Training classes: A1-A4 (beginner), B1-B4 (normal), C1-C4 (advanced). (see Fig. 2)

3. Select the training duration.
4. To start training, tap START.



→ **The console displays the following training data:**

- + 1: The current resistance level and target stroke rate.
- + 2: The top rowing boat shows your virtual opponent. The lower one is you.
- + 3: Displays the current heart rate.



3.2.6 Overview of the workout programmes

There are several preset profile programmes (A1 - C4) available.

			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Beginners	A1	Level	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
		TSR	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20
	A2	Level	8	8	8	1	8	8	8	1	8	8	8	1	8	8	8	1	8	8	8	1
		TSR	25	25	25	20	25	25	25	20	25	25	25	20	25	25	25	20	25	25	25	20
	A3	Level	24	24	24	18	24	24	24	18	24	24	24	18	24	24	24	18	24	24	24	18
		TSR	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20
	A4	Level	16	16	16	8	16	16	16	8	16	16	16	8	16	16	16	8	16	16	16	8
		TSR	25	25	25	20	25	25	25	20	25	25	25	20	25	25	25	20	25	25	25	20
Normal	B1	Level	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
		TSR	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20
	B2	Level	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12
		TSR	30	30	30	25	30	30	30	25	30	30	30	25	30	30	30	25	30	30	30	25
	B3	Level	24	24	24	18	24	24	24	18	24	24	24	18	24	24	24	18	24	24	24	18
		TSR	25	25	25	20	25	25	25	20	25	25	25	20	25	25	25	20	25	25	25	20
	B4	Level	24	24	24	16	24	24	24	16	24	24	24	16	24	24	24	16	24	24	24	16
		TSR	25	25	25	20	25	25	25	20	25	25	25	20	25	25	25	20	25	25	25	20
Performance	C1	Level	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
		TSR	25	25	25	25	25	25	25	25	25	25	25	25	25	25	25	25	25	25	25	25
	C2	Level	24	24	24	12	24	24	24	12	24	24	24	12	24	24	24	12	24	24	24	12
		TSR	35	35	35	30	35	35	35	30	35	35	35	30	35	35	35	30	35	35	35	30
	C3	Level	H*	H*	H*	24	H*	H*	H*	24	H*	H*	H*	24	H*	H*	H*	24	H*	H*	H*	24
		TSR	30	30	30	25	30	30	30	25	30	30	30	25	30	30	30	25	30	30	30	25
	C4	Level	24	24	H*	H*	24	24	H*	H*	24	24	H*	H*	24	24	H*	H*	24	24	H*	H*
		TSR	35	25	30	30	35	25	30	30	35	25	30	30	35	25	30	30	35	25	30	30

*H stands for 'High level'

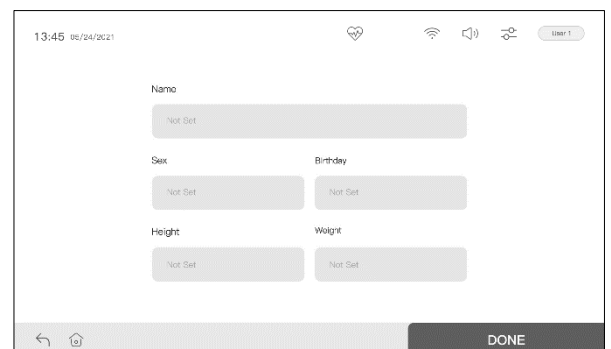
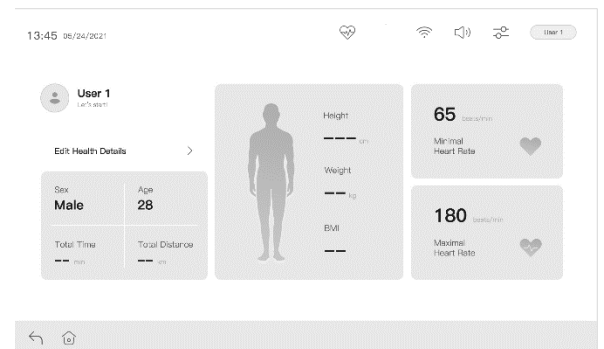
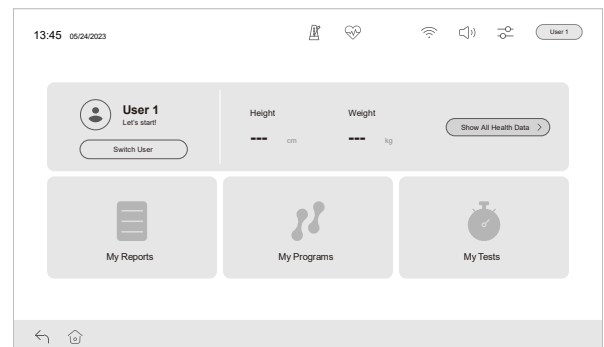
3.2.7 Health Data - Health data

To be able to use your device to its full extent, it is recommended that you enter a user along with your data.

1. Click on 'Show All Health Data'. (see Fig. 1)

If you already have a registered account, you can log in with it.

2. Click on 'Edit Health Details'. (see fig. 2)
3. Fill in the fields with your information. (p. Fig. 3)
4. To confirm your entries, click on 'Done'.



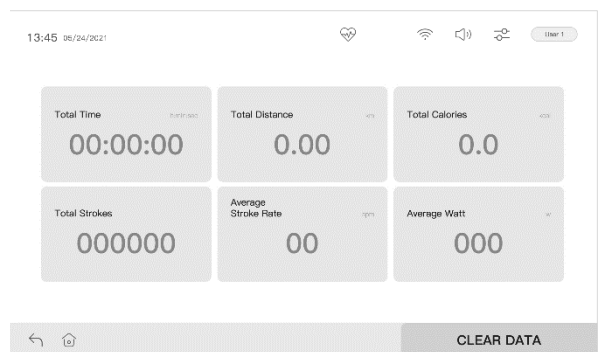
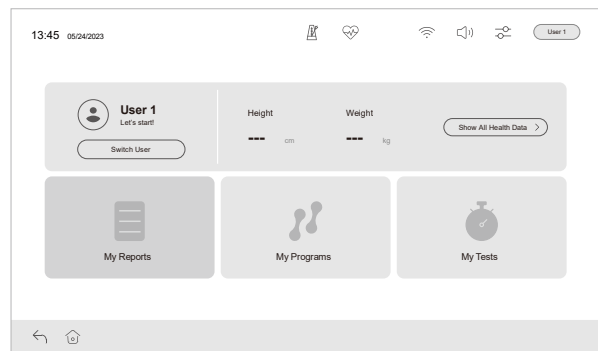
3.2.8 My Reports - Training reports

An overview of your performance and training data is available.

1. Click on 'My Reports'

Your training data is displayed.

2. To delete your training data, click on 'Clear Data'.



3.2.9 My Programs - User-Defined Programmes

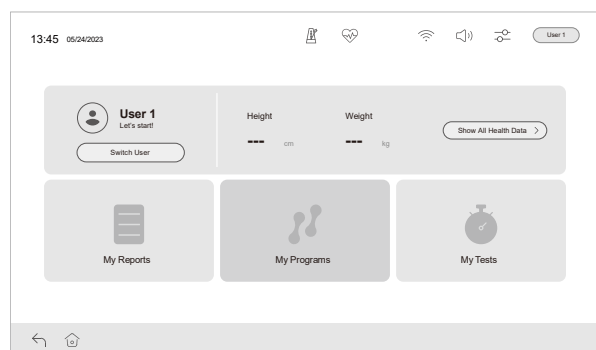
A total of six user-defined programmes are available to every user.

With a user-defined programme, you can put together a training session yourself by setting the levels and target stroke rate for a total of 20 segments.

1. To select one of the user-defined programmes, tap on 'My Programmes' in the menu.

The current user is highlighted in the top bar as U1 - U6.

2. Set a value for the levels and target stroke rate for each of the 20 segments.
3. Click on 'Level'.
4. To adjust the value, tap on Level + / - (see Fig. 2)
5. Click on 'target stroke rate'.
6. To adjust the value, tap on Level + / -.
7. Click on 'Time'.



8. Adjust the training time.
9. To start training, click on 'Start'.

→ *The console shows you the maximum, minimum and actual heart rate. (see Fig. 3)*



3.3 Body Fat Test (BFI)

There is one body fat test. This test calculates your body fat percentage within 8 seconds.

NOTICE

The test only works with a compatible chest strap.

10. Tap on 'Body Fat' in the menu.
11. Set your personal data such as sex, birthdate, height and weight.
12. Place both of your hands firmly on the hand pulse sensors.

Your body fat percentage will be calculated within 8 seconds.

→ *The result will be displayed on the screen.*

NOTICE

Based on the following table, you can see which body fat percentage results in the different results.

BFI in %	Results
<19	THIN
(20-25)	NORMAL
(26-29)	WEIGHT (slight overweight)
>30	FAT (overweight)

3.4 Virtual Training

Several virtual training tracks are available to you. In these videos, the console simulates various environments in which you can train virtually.

1. To select the virtual training tracks, tap on 'Virtual Training' in the menu.
2. Select the desired video by swiping to the right or left.
3. To start the training, tap START.

The training starts.

All values are counted up.

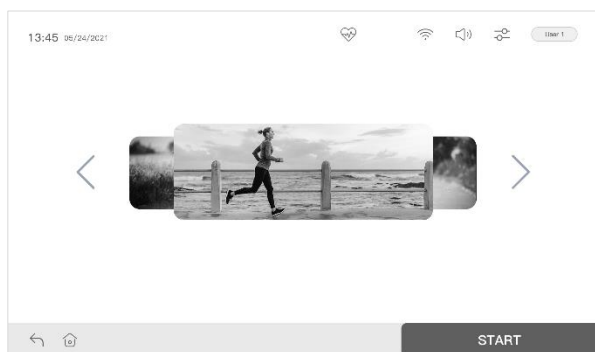
4. To start the training session, tap START.
5. To adjust the watt value, tap on Level + / -.

NOTE

You can show or hide the training parameters. To do this, tap the arrow in the bottom left-hand corner of the screen.

6. To pause the training, tap PAUSE.
7. To end the training session, tap STOP.

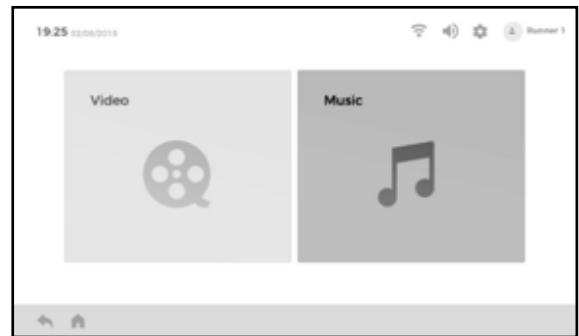
→ *The console will show you a summary of the training data.*



3.5 Multimedia

You have access to a wide range of apps in the multimedia section. You can also access private videos and music. The apps on this console include:

- + YouTube
- + Facebook
- + Google Chrome
- + Twitter
- + Netflix
- + Spotify
- + Amazon Prime

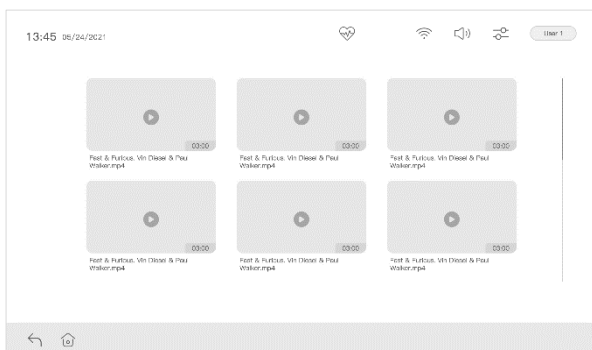


Formats: .mp3, .ape, .mp4, .mov (or other common video and music formats)

NOTICE

In order to play your own music and videos, you need a USB-stick with the respective files. Insert the USB-stick into the USB-slot of the console.

1. Select between video and music.



2. Select the desired music or video file.
3. To start the training, tap on START.

The training starts.

All values will be counted upwards.

4. To adjust the levels, tap on + / -.

NOTICE

The training data can be shown or hidden. For this, tap on the arrow in the lower left corner of the screen.

① NOTICE

The video or music tab can be minimised or maximised.

1. To pause the training, tap on PAUSE.
2. To end the training, tap on STOP.

→ *The console displays a summary of the training data.*

3.6 Workout tips

When training, it is important to perform the exercises correctly in order to avoid injuries and achieve the desired training effect. Make sure you use the correct technique and train at an appropriate intensity level. Always consult an expert such as a trainer or doctor if you are unsure or have health

problems. Always start your training with a low load and increase it evenly and gently.

End your training with a cool-down phase. If you have any questions or uncertainties, contact your doctor.



3.6.1 Training clothes

During training, wear appropriate sports clothing that is comfortable and breathable. Avoid clothing that restricts you or is uncomfortable. Make sure that your shoes are suitable and offer you sufficient support. In addition, always carry a towel with you to wipe away sweat and keep the equipment clean.

3.6.2 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.

Do not exercise with sore muscles or take it easy on the affected muscles, as this can lead to injuries. Do not hollow your back or arch your back. Do not fully extend your legs, but keep a slight bend in the backwards movement.

3.6.3 Medication

If you regularly take medication and want to exercise, it is important to be aware of possible side effects. Ask your doctor whether your medication affects your workout.

3.6.4 Used muscle groups

Rowing uses the following muscle groups:

- + Back muscles
- + Shoulder muscles
- + Arm muscles
- + Abdominal muscles
- + Leg muscles

Make sure you keep your back straight during training. Do not hunch over and do not arch your back. Do not fully extend your legs, but keep a slight bend in the backwards movement.



3.6.5 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.

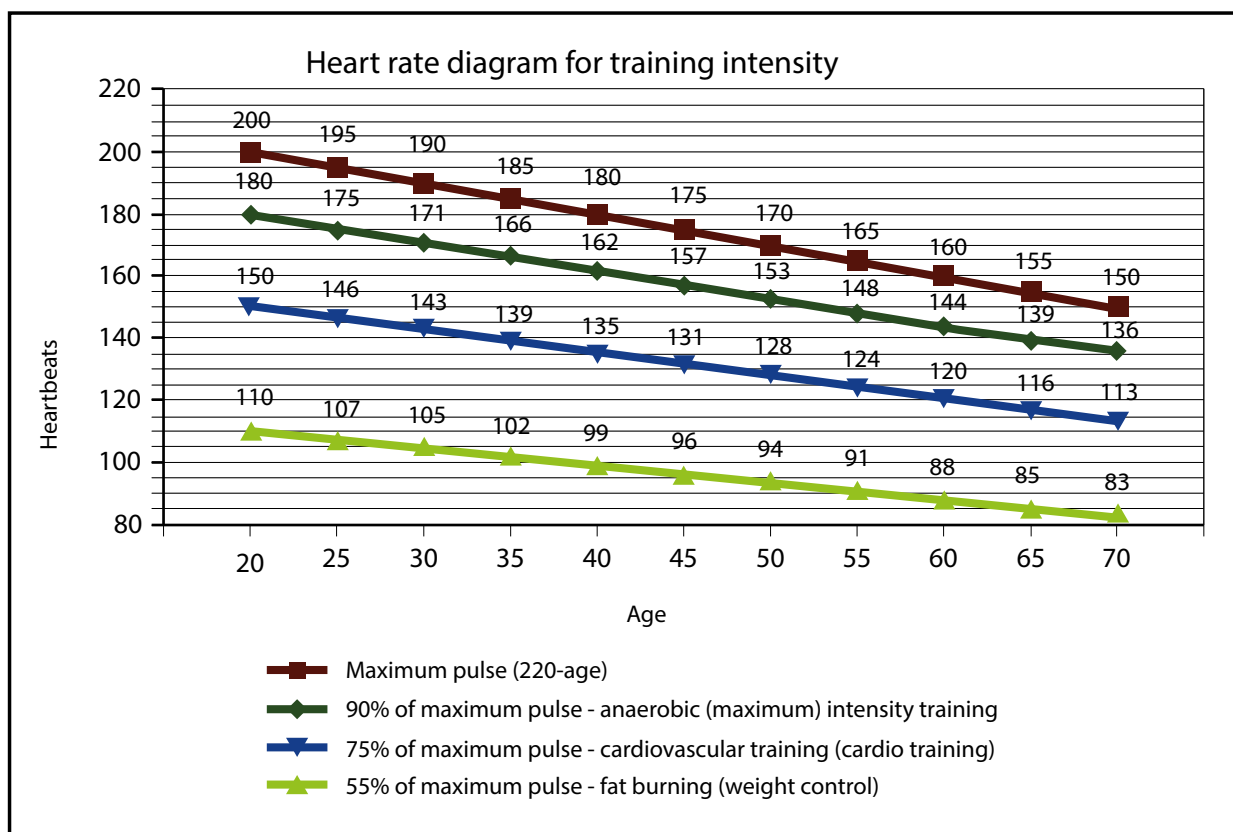
Cardiovascular training (cardio training): The primary goal is to increase stamina and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training period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



4.1 General Instructions



WARNING

- + The storage location should be chosen so that improper use by third parties or children can be prevented.
- + If your equipment does not have transportation wheels, the equipment must be disassembled before transportation.



ATTENTION

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

4.2 Transportation Wheels



ATTENTION

If you want to transport your equipment over particularly sensitive and soft floor coverings, such as parquet, planks or laminate, lay out the transport route with cardboard or similar to avoid possible floor damage.

1. Stand behind the equipment and lift it until the weight is transferred to the transportation wheels. After that, you easily can move the equipment to a new position. For long transport distances the equipment should be disassembled and safely packed.
2. Select the new location by following the instructions in the section 1.4 of this manual.

5.1 General Instructions



WARNING

- + Do not make any improper changes to the equipment.



CAUTION

- + Damaged or worn components may affect your safety and the life of the equipment. Therefore, immediately replace damaged or worn components. In such a case, contact the contract partner. The equipment must not be used until it has been repaired. If necessary, use only original spare parts.

► ATTENTION

- + In addition to the instructions and recommendations for maintenance and care given here, additional service and/or repair work may be necessary; this must only be carried out by authorised service technicians.

5.2 Faults and Fault Diagnosis

The equipment undergoes regular quality controls during production. Nevertheless, faults or malfunctions may occur. Frequently, individual parts are responsible for these disturbances, an exchange is usually sufficient. Please refer to the following overview for the most common errors and how to correct them. If the equipment still does not function properly, contact your contract partner.

Fault	Cause	Solution
Heart rate is not received	+ Sources of interference in the room + unsuitable chest strap + Wrong position of chest strap + Batteries empty	+ Eliminate sources of interference (e.g. mobile phones, loudspeakers, WLAN, lawn mower and vacuum cleaner robots ...) + Use a suitable chest strap (see recommended accessories). + Reposition chest strap and/or moisten electrodes + Changing batteries
LCD error – software error etc.	Console has no power supply	+ Hold Reset to start the console again. + Start the console again by disconnecting the power cable for about 15 seconds. + Disconnect and connect again all cable connections, see assembly instructions. + Contact a service technician of your contract partner.
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

5.3 Error Codes and Troubleshooting

The electronics of the equipment continuously carries out tests. In case of deviations, an error code appears on the display and normal operation is stopped for your safety.

Please contact the contract partner for technical support.

5.4 Maintenance and Inspection Calendar

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

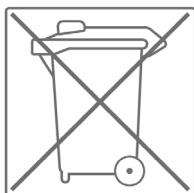
The following routine tasks must be performed at the specified intervals:

Part	Weekly	Monthly	Quarterly	Half-yearly
Display console	C	I		
Cleaning and lubrication of slide rail and moving parts*		C/I		
Cushions	C			
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.

6 DISPOSAL

At the end of its operational life, this equipment cannot be disposed of in normal household waste. Instead, it must be disposed of via an electricals recycling centre. Further information can be obtained from your local authority's recycling service.



The materials can be recycled as per their symbols. Through the reuse, recycling of materials or other forms of recovery of old equipment, you make an important contribution to the protection of the environment.

7 RECOMMENDED ACCESSORIES

To make your training experience even more efficient and pleasant, we recommend that you add suiting accessories to your fitness equipment. For rowing machines 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. We also recommend the use of **rowing gloves**. For rowing machines with water resistance, be sure to purchase chlorine tablets.

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

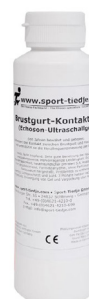
Our range of accessories offers the highest quality and makes training even better. If you would like to find out more about compatible accessories, please go to the detail page of the product in our webshop (the easiest way is to enter the article number in the search field above) and go to the recommended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



floor mat



chest strap



chest strap contact gel



rowing gloves



silicone spray

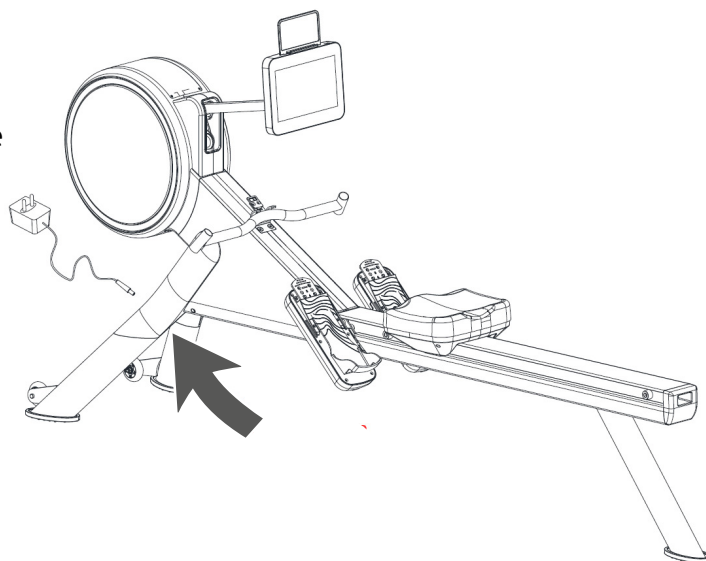
8.1 Serial Number and Model Name

In order to provide you with the best possible service, please have the model name, article number, serial number, exploded drawing and parts list ready. The corresponding contact options can be found in chapter 10 of this operating manual.

NOTICE

The serial number of your equipment is unique. It's located on a white sticker. The exact position of this sticker is shown in the following illustration.

Enter the serial number in the appropriate field.



Serial number:

Brand / Category:

Model Name:

Article Number:

8.2 Parts List

No.	Name	Qty.
1	Display	1
2	Display seat assembly	1
3	Display bottom cover	1
4	Cross pan head screw M5*20	4
5	End cap	2
6	Inner hex pan head bolt M10*80*20*S6	1
7	Tablet Holder	1
8	Powder metallurgy sleeve $\phi 18$	2
9	Handlebar holder	1
10	Inner hex countersunk bolt M8*20*S5	4
11	Pulling belt	1
12	Handlebar	1
13	Cross countersunk screw M5*10	2
14		
15	Rear cover	1
16L/R	Feet cover L/R	1pair
17L/R	Feet assembly	1pair
18	Bearing 608	4
19	Wheel	2
20	Washer	14
21	Nylon nut M8	9
22	Feet pad	3
23	Inner hex pan head self-drilling screw	3
24	Hex bolt M8*20	5
25	Washer D8* $\Phi 20$	11
26	Spring washer	11
27L/R	Pedal cover	1pair
28L/R	Pedal support	1pair
29	Cross countersunk self-drilling screw	12
30L/R	Pedal	1pair
31	Pedal fixation block	2

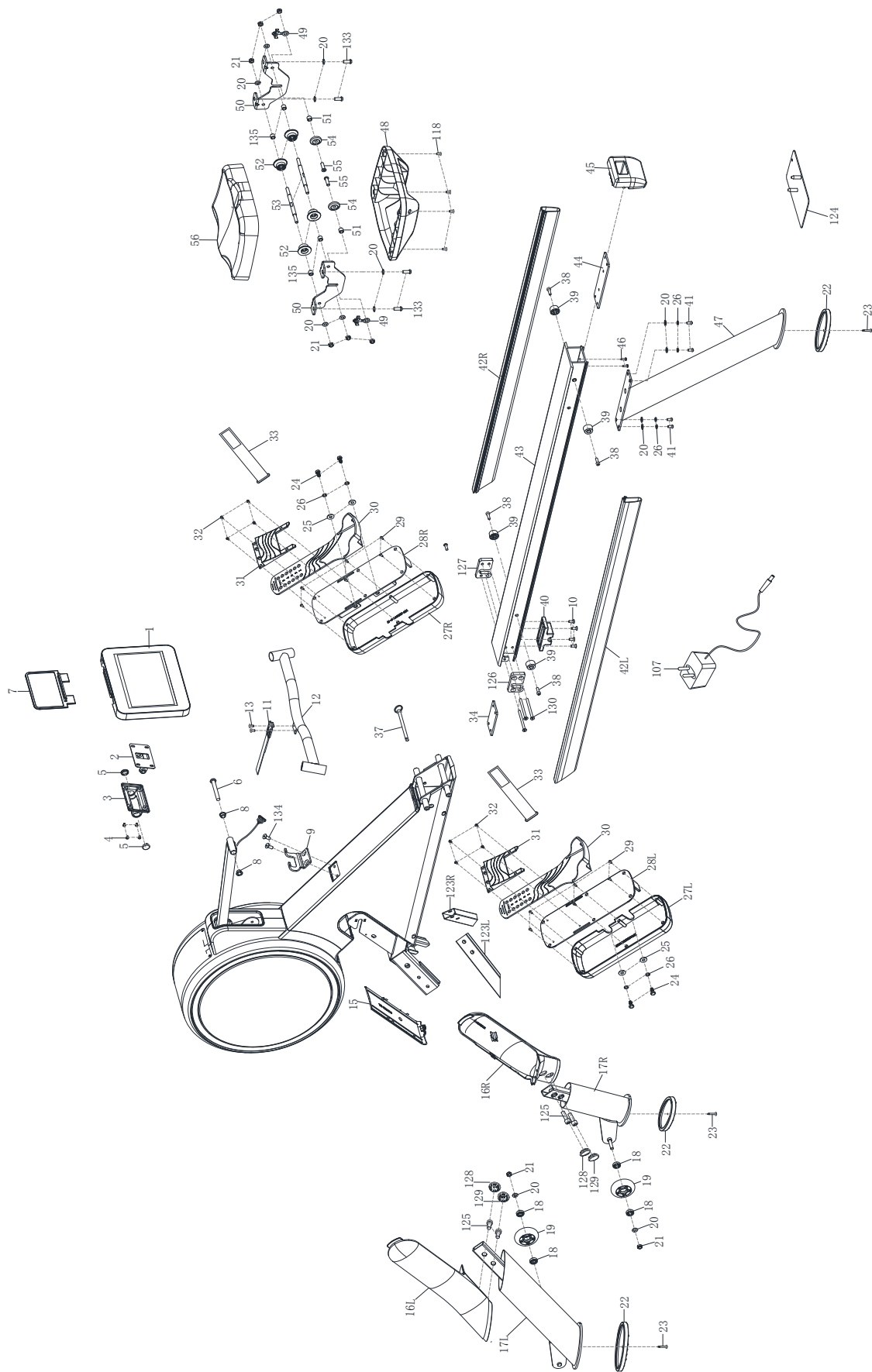
32	Cross pan head screw M4*6	8
33	Pedal strap	2
34	Nut plate 1	1
35		
36		
37	Pinball pin	1
38	Inner hex cylinder head bolt M6*20	4
39	Limited block	4
40	Bottom fixation block	1
41	Inner hex pan head bolt M8*20	10
42L/R	Aluminum guiding rail cover L/R	1
43	Aluminum guide rail	1
44	Nut plate 2	1
45	Aluminum guide rail rear cover	1
46	Cross pan head self-drilling screw ST4.2	2
47	Rear stabilizer assembly	1
48	Saddle cover	1
49	Adjustable chain assembly	3
50	Saddle frame	2
51	Bush $\Phi 12.5 \times \Phi 8.2 \times 11.3$	2
52	Wheel $\Phi 40$	4
53	Shaft $\Phi 10 \times 150$	2
54	Wheel $\Phi 34$	2
55	Inner hex pan head bolt M8*32	2
56	Saddle	1
57	Powder metallurgy sleeve	2
58	Display rotation shaft	1
59	Display frame assembly	1
60	Motor	2
61	Fan wheel shaft	1
62	Bearing 6203	2
63	Cross countersunk screw M4*8	14
64	Circlip	1
65	Aluminum plate D17	1

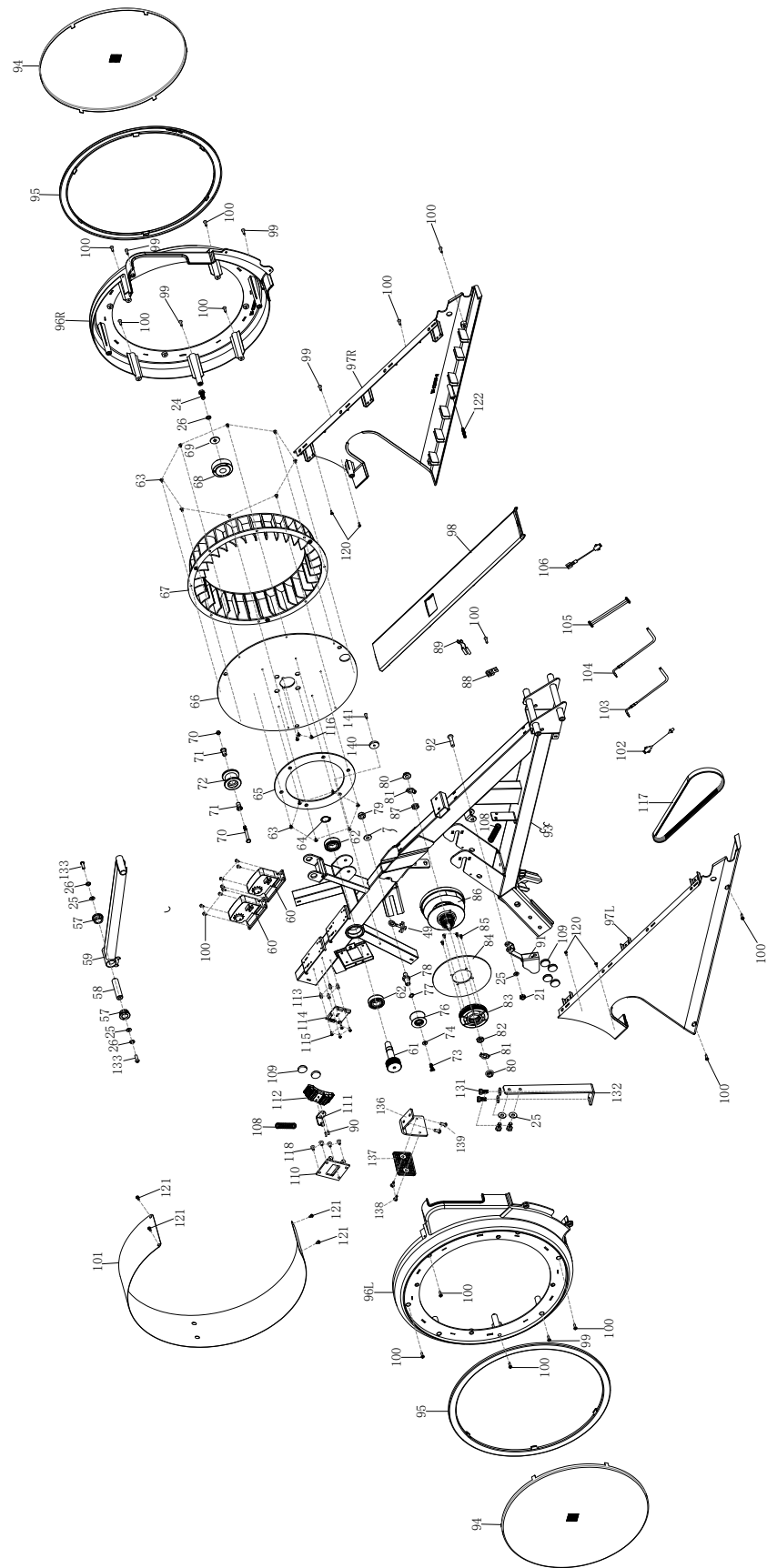
66	Fan sheel fixation plate	1
67	Fan wheel	1
68	Fan wheel sleeve	1
69	Washer D6	1
70	Hex bolt M6*10	1
71	Belt bush	2
72	Belt pulley	1
73	Hex bolt M6*55	1
74	Washer D6	1
75		
76	Arc free wheel	1
77	Corrugated washer D12	1
78	Free wheel shaft	1
79	Nylon nut M10	1
80	Hex flange nut M10	2
81	Postining piece	2
82	Tappered hex thin nut M10	1
83	Small belt wheel	1
84	Aluminum ring	1
85	Cross countersunk screw ST4.2	4
86	Belt wheel	1
87	Hex thin nut M10	1
88	Double head sensor	1
89	Pin sensor	2
90	Cross pan head screw	2
91	Magnet board frame	1
92	Inner hex pan head bolt M8	1
93	Mainframe	1
94	Plastic plate	2
95	Decoration ring	2
96L/R	Chain cover	2
97L/R	Side cover	2
98	Top cover	1
99	Cross pan head self-drilling screw	5

100	Cross pan head self-drilling screw	21
101	Arc steel net	1
102	Wire	1
103	Resistance wire 1	1
104	Resistance wire 2	1
105	Extension wire 2	1
106	Power extension wire	1
107	Adaptor	1
108	Pressing spring	2
109	Round magnet	7
110	Magnet frame	1
111	Pulling wire seat	1
112	Magnetic plate	1
113	Connection collumn	4
117	Belt	1
114	Bottom PCB	1
115	Cross pan head screw M3	4
116	Hex bolt M5	3
118	Cross pan head screw M5	8
119		
120	Cross pan head self-drilling screw	4
121	Cross big head self-drilling screw	4
122	Connection collumn	1
123L/R	Package tube	pair
124	Assembly assistance plate	1
125	Inner hex pan head bolt M10*30	4
126	Left limited block	1
127	Right limited block	1
128	End cap for hole 1	2
129	End cap for hole 2	2
130	Inner hex countersunk bolt M6*85	3
131	Right limited block	1
132	Connection plate	1
133	Inner hex pan head bolt M8x*20	6

134	Inner hex countersunk bolt M6*15	2
135	Bush	4
136	Supporting frame	1
137	Rubber pad	1
138	Cross pan head screw	2
139	Inner hex pan head bolt	2
140	Round magnet	1
141	Cross countersunk screw ST4.2*13	1
A	Allen wrench S5	1
B	Allen wrench S6	1
C	Solid wrench	1
D	Allen wrench S8	1

8.3 Exploded Drawing





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

Error Descriptions

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

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

Your statutory rights are not affected.

Warranty

The warranty is the first/original buyer and/or any person who received a newly purchased product as a gift from the original buyer.

Warranty period

The warranty periods, shown on our web shop, begin on delivery of the fitness equipment. The respective warranty periods for your equipment can be found on its product website.

Repair Costs

According to our choice, there will either be a repair, a replacement of individual damaged parts or a complete replacement. Spare parts, that have to be mounted while assembling the equipment, have to be replaced by the warranty holder personally and are not a part of repair. After the expiration of the warranty period, the responsibility for parts costs, repair costs, installation costs and delivery costs lies with the warranty holder.

The terms of use are defined as follows:

- + Home use: solely for private use in private households up to 3 hours per day
- + Semi-professional use: up to 6 hours per day (e. g. rehabilitation centres, hotels, clubs, company gyms)
- + Professional use: more than 6 hours per day (e. g. commercial gyms)

Warranty Service

Within the warranty period, equipment which develops faults as a result of material or manufacturing defects, will be repaired or replaced at our discretion. Ownership of equipment or parts of equipment which have been replaced is transferred to us. The warranty period is not extended nor does a new warranty period begin following repair or replacement under the warranty.

Warranty Conditions

For the warranty to be valid, the following steps must be taken:

Please contact our customer service by email or phone. If the product under warranty has to be sent in for repair, the seller bears costs. After expiry of the warranty, the buyer bears the costs of transport and insurance. If the fault is covered by our warranty, you will receive a new or repaired equipment in return.

Warranty claims are invalid in case of damage resulting from:

- + misuse or improper handling
- + environmental influences (moisture, heat, electrical surge, dust, etc.)
- + failure to follow the current safety measures for the equipment
- + failure to follow the operating instructions
- + use of force (e. g. hitting, kicking, falling)
- + interventions which were not carried out by one of our authorized service centres
- + unauthorised repair attempts

Proof of Purchase and Serial Number

Please make sure that you are able to provide the appropriate receipt when claiming on your warranty. So that we can clearly identify the model of your equipment, and for the purposes of our quality control, you will need to give the serial number of your equipment, when contacting the service team. Where possible please have your serial number and your customer number ready when you call our service hotline. It will help us to deal with your request swiftly.

If you cannot find the serial number on your fitness equipment, our service team is at your disposal to offer further information.

Service outside of the Warranty Period

We are also happy to issue an individual cost estimate if there is a problem with your fitness equipment after the warranty has expired, or in cases which do not fall under the terms of the warranty, e. g. normal wear and tear. Please contact our customer service team to find a quick and cost-effective solution to your problem. In such a case you will be responsible for the delivery costs.

Communication

Many problems can be solved just by speaking to us as your specialist supplier. We know how important it is to you as a user of the fitness equipment to have problems solved quickly and simply, so you can enjoy working out with minimal interruption. For that reason, we also want to resolve your queries quickly and in a straightforward manner. Thus, please always keep your customer number and the serial number of the faulty equipment handy.

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

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

www.fitshop.com/en/stores

WE LIVE FITNESS

WEBSHOP AND SOCIAL MEDIA

Fitshop is Europe's largest specialist store for home fitness equipment with currently over 70 stores and one of the world's most renowned online mail order companies for fitness equipment. Private customers order via the 25 web shops in the respective national language or have their desired equipment assembled on site. In addition, the company supplies fitness studios, hotels, sports clubs, companies and physio practices with professional equipment for endurance and strength training.

Fitshop offers a wide range of fitness equipment from renowned manufacturers, high-quality in-house developments and comprehensive services, such as a build-up service and sports scientific advice before and after the purchase. The company employs numerous sports scientists, fitness trainers and competitive athletes.

Visit us also on our social media platforms or our blog!

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