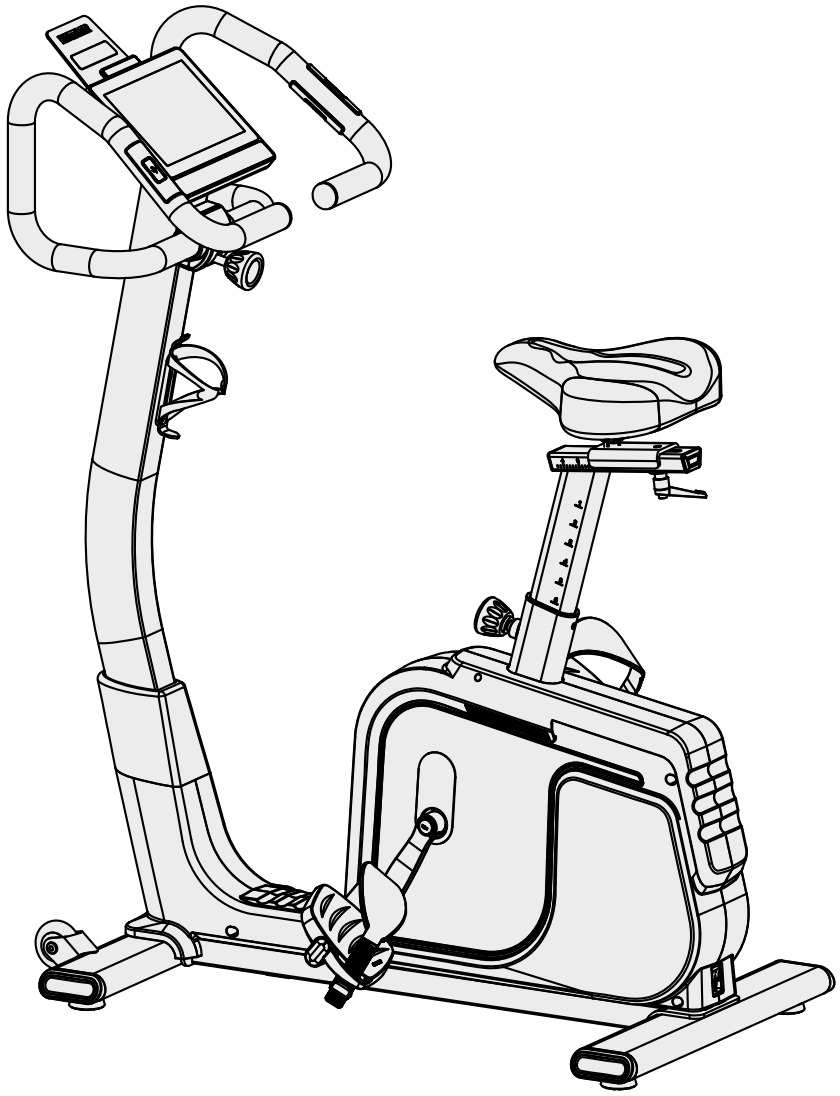
KETTLER

ASSEMBLY AND OPERATING INSTRUCTIONS



max. 160 kg

~ 60 Min.

44 kg

L 108 | W 58 | H 134

FSKEM2004100.01.03

Art. No. K-EM2004-100

TOUR 800

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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 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.

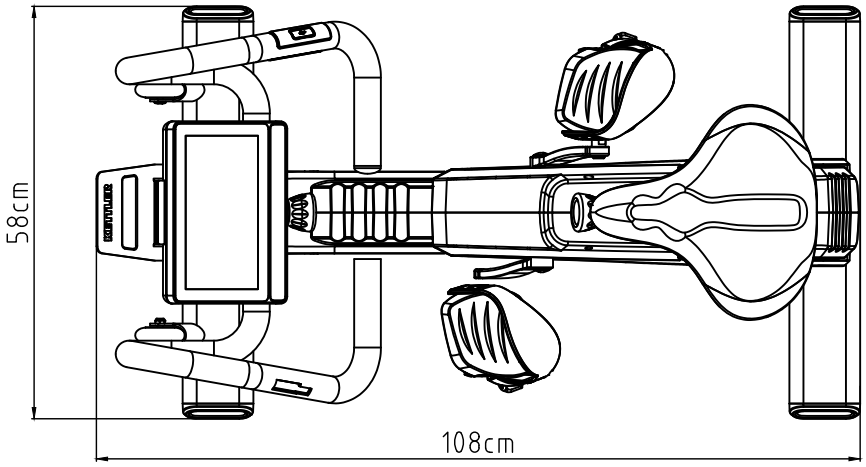
Retain these instructions in a safe place for future reference, maintenance or when ordering replacement parts.

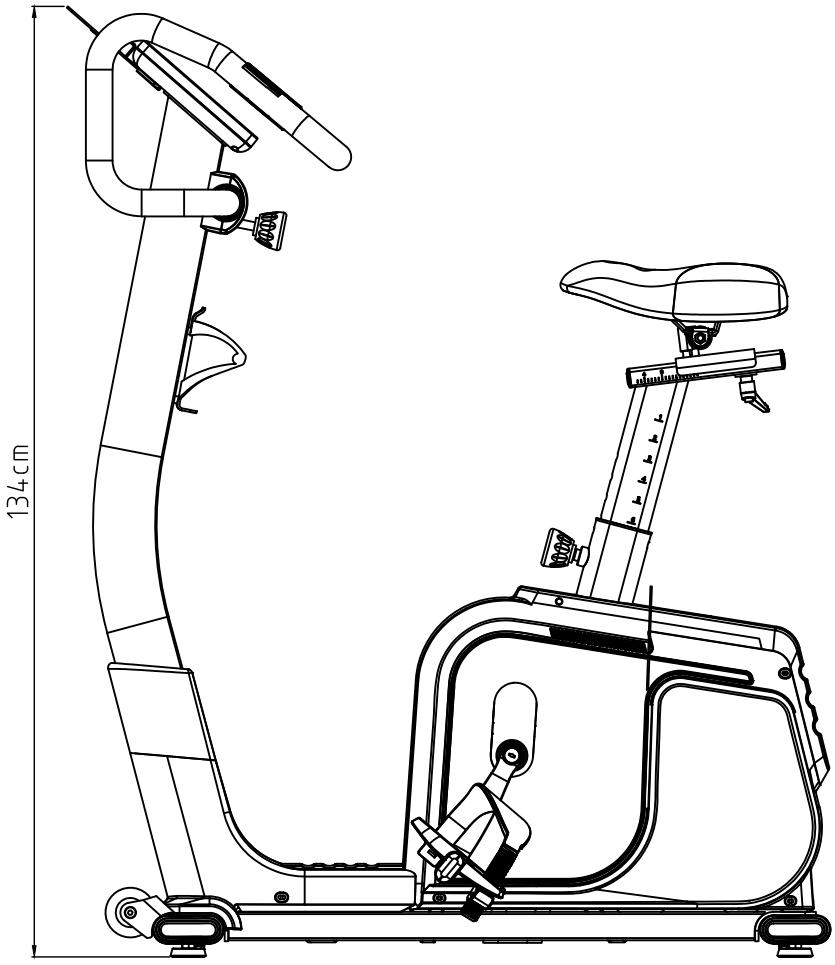
1.1 Technical Data

Weight and dimensions	
Item weight (gross, including packaging)	49 kg
Item weight (net, without packaging)	44 kg
Packaging dimensions of cartons (L x W x H)	110 cm x 31 cm x 66 cm
Dimensions (L x W x H)	108 cm x 58 cm x 134 cm
Additional measurement data	
Q-Factor	17.6 cm
Transmission ratio	1 : 8.7
Crank length	17 cm
Maximum load	
Maximum user weight	160 kg
Technical specifications	
Flyweight	10 kg
Resistance system	Induction brake system
Resistance levels	32
Power supply	Mains supply
Console data	
Display	Pulse
	Speed
	Distance
	Calories
	Time
Display size	10,1 Inches
Display type	LCD
Wattage specifications	
Min. and max. watts at 60 RPM	20 - 300 watts
Min. and max. Watt at 100 RPM	35 - 503 Watt

Programme overview	
Quick start	1
Target programmes	3
Heart rate controlled	4
Preset programmes	8
Target watt programmes	1
User programmes	4
Other data	
Menu language	English, German
Wireless connection	Yes
heart rate monitor	Hand pulse sensors, optional: chest strap
Use class	S

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

⚠ DANGER

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

⚠ WARNING

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

▶ ATTENTION

+ The equipment requires a mains connection of 220-230 V with 50 Hz mains voltage.
+ The equipment may only be connected directly to an earthed socket using the supplied mains cable. Extension cables must conform to VDE guidelines. Always completely unwind the mains cable.
+ The socket must be protected by a fuse with a minimum fuse rating of "16 A, slow blow".
+ Do not make any changes to the mains cable or the mains plug.
+ Keep the mains cable away from water, heat, oil and sharp edges. Do not route the mains cable underneath the equipment or under a carpet or rug, and do not place any objects on top of it.
+ If your purchased item is equipped with a TFT console, software updates must be carried out regularly. Follow the instructions on the console to perform the update(s).
+ The software systems on gym equipment with TFT consoles are set up only for the pre-installed apps. Do not install any additional apps.

ⓘ NOTICE

+ The pre-installed apps on TFT consoles are produced and provided by external manufacturers. Fitshop does not take any responsibility for the availability, functionality or contents of these apps.
+ Hereby, Fitshop GmbH declares that the radio equipment type Wireless Connection (2.402 – 2.480 GHz) complies with Directive 2014/53/EU. The full text of the EU Declaration of Conformity is available at the following website: www.fitshop.com.

1.5 Set-Up Place

⚠ **WARNING**

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

⚠ **CAUTION**

+ Choose a location in which to place the equipment such that there is enough free space/ clearance to the front, the rear and to the sides of the equipment.
+ The training room should be well ventilated during training and not be exposed to any draughts.
+ Choose the place in which to set up the equipment such that there is enough free space/ clearance to the front, the rear and to the sides of the equipment.
+ The free area in the direction from which the exercise equipment is accessed must be at least 0.6 m larger than the exercise area.
+ The set-up and mounting surface of the equipment should be flat, loadable and solid.

▶ **ATTENTION**

+ The device may only be used in one building, in sufficiently tempered and dry rooms (ambient temperatures between 10°C and 35°C). The equipment should not be used outdoors or in rooms with high humidity (over 70%) like swimming pools.
+ A floor protective mat/equipment underlay can help to protect high-quality floor coverings (parquet, laminate, cork, carpets) from dents and sweat and can help to level out slight unevenness.
+ For Class S equipment, the exercise equipment may only be used in areas where access, supervision and control are specifically regulated by the owner.

2.1 General Instructions

⚠ **DANGER**

+ Do not leave any tools, packaging materials such as foils or small parts lying around, as otherwise there is a danger of suffocation for children. Keep children away from the equipment during assembly.

⚠ **WARNING**

+ Pay attention to the instructions attached to the equipment in order to reduce the risk of injuries.

⚠ **CAUTION**

+ Ensure to have sufficient room for movement in each direction during assembly.
+ The assembly of the equipment must be carried out by at least two adults. If in doubt, seek the help of a third technically skilled person.

▶ **ATTENTION**

+ To prevent damage to the equipment and the floor, assemble the equipment on a mat or packaging board.

ⓘ **NOTICE**

+ In order to make the assembly as simple as possible, some screws and nuts to be used can already be pre-assembled.
+ Ideally, assemble the equipment at its later set-up place.

2.2 Scope of Delivery

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

⚠ **CAUTION**

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

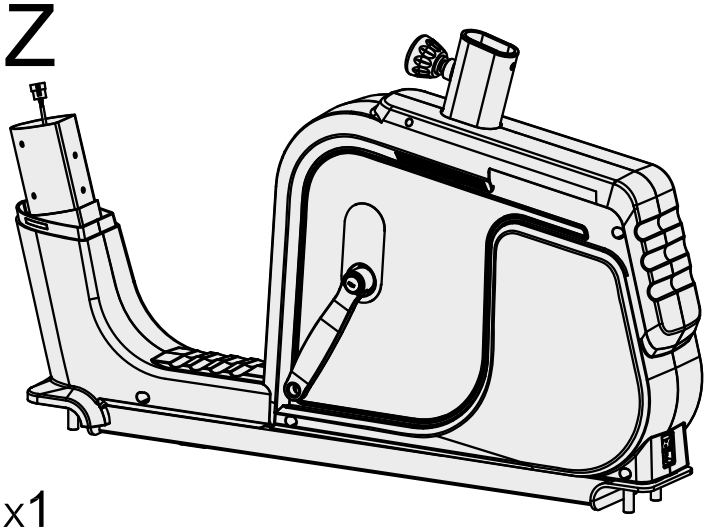
ⓘ **NOTICE**

Required tools: wrench, allen key, screwdriver

ⓘ **NOTICE**

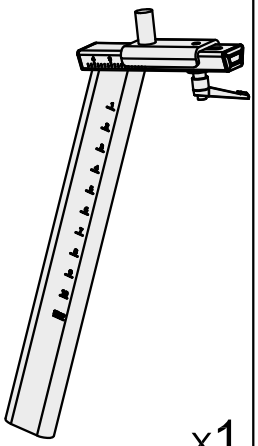
In the assembly steps, the main frame is shown as component “Z” for better clarity. However, in the exploded drawing and the parts list it is not listed as an individual part. This simplified representation is solely intended to make orientation during assembly easier.

Z



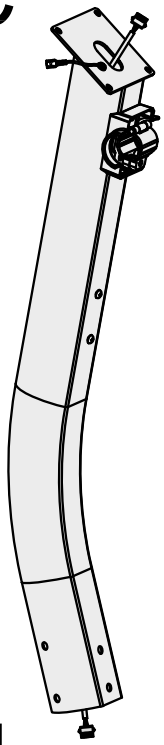
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E



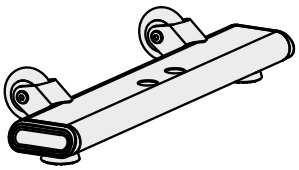
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C



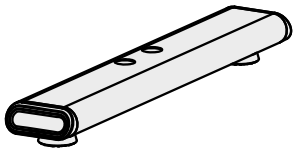
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F



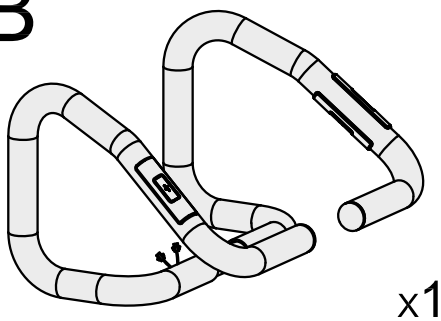
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G



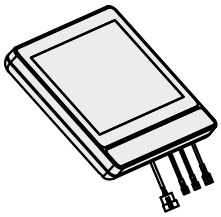
x1

B



x1

A



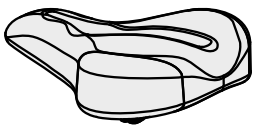
x1

R



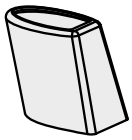
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K



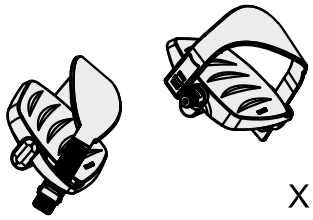
x1

S



x1

H



x1

O



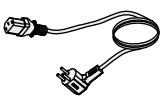
x1

P

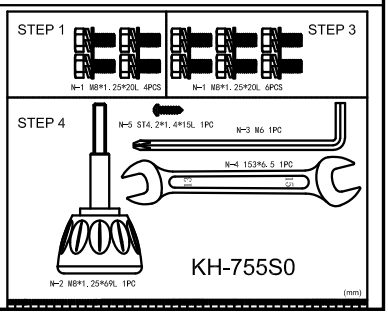


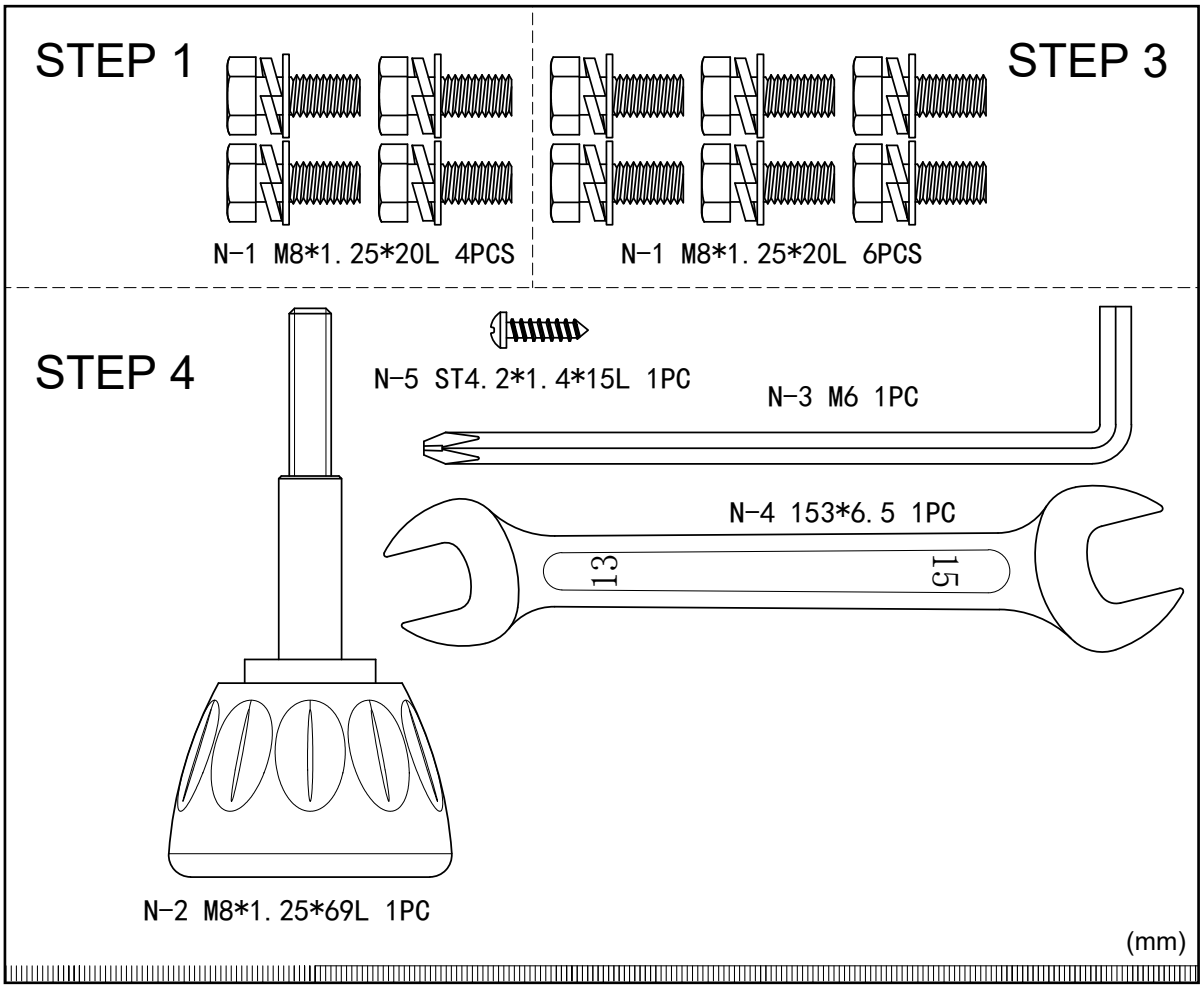
x1

U



x1




STEP 1
N-1 M8*1.25*20L 4PCS
STEP 3
N-1 M8*1.25*20L 6PCS
STEP 4
N-5 ST4.2*1.4*15L 1PC
N-3 M6 1PC
N-4 153*6.5 1PC
13
15
N-2 M8*1.25*69L 1PC
(mm)

2.3 Assembly

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

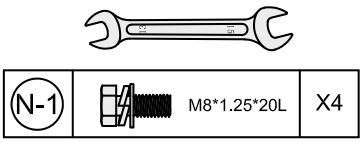
ⓘ **NOTICE**

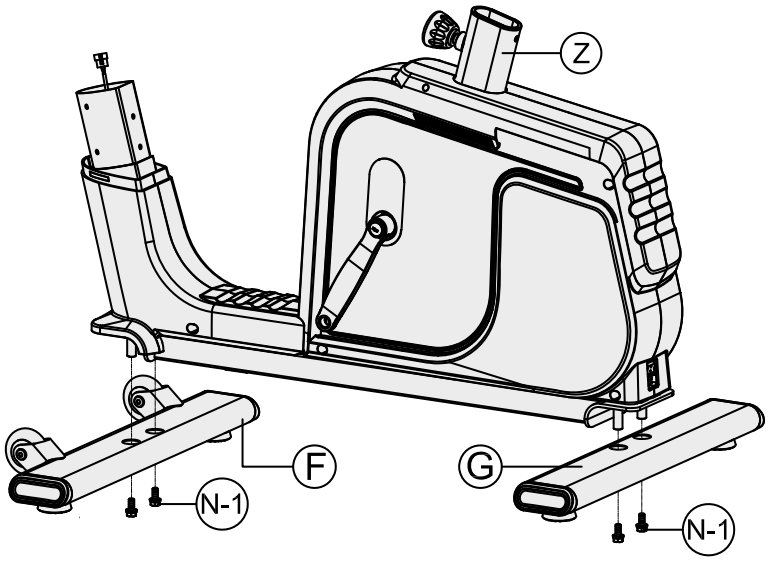
+ First loosely screw all parts together and check that they fit properly. Tighten the screws using the tool only when you are instructed to do so.
+ Do not tighten the screws and bolts with excessive force as they could be damaged.
+ If you have difficulty recognising the graphics, we recommend that 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 boltsets (N-1).
2. Attach the rear stabilizer (G) to the main frame (Z) with two boltsets (N-1).

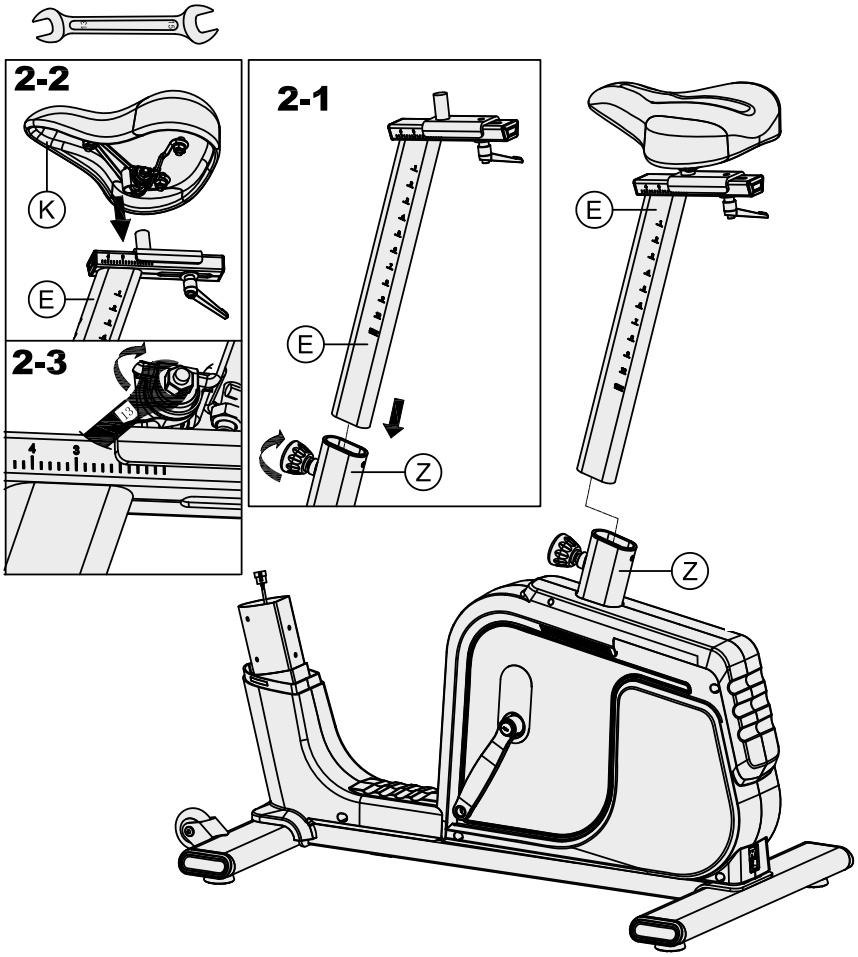




Step 2: **Assembly of the seat**

Tool: wrench

1. Loosen the knob on the main frame (Z) by turning it counterclockwise and insert the seat post (E) into the holder (Fig. 2-1).
2. Adjust the seat post (E) to the desired height.
3. Tighten the knob on the main frame (Z) by turning it clockwise.
4. Place the seat (K) onto the seat post (E) (Fig. 2-2).
5. Tighten the seat fastening (Fig. 2-3).



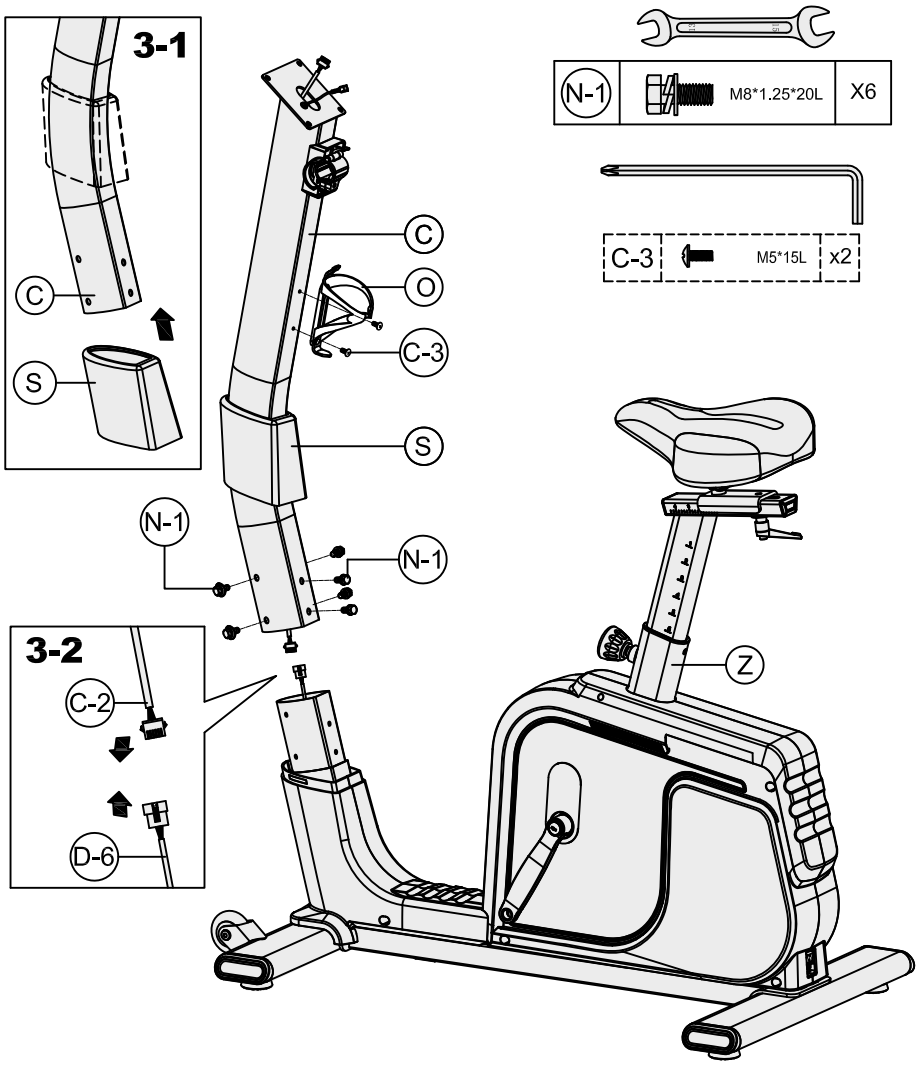
Step 3: Assembly of the handlebar post

Tool: wrench, allen key

▶ **ATTENTION**

+ Make sure not to pinch the cables in the following steps.
+ Ensure that all connectors are firmly in place.

1. Slide the upper protective cover (S) onto the handlebar post (C) (Fig. 3-1).
2. Connect cable C-2 and cable D-6 (Fig. 3-2).
3. Attach the handlebar post (C) to the main frame (Z) with six bolts (N-1).
4. Attach the bottle holder (O) to the handlebar post (C) with two screws (C-3).



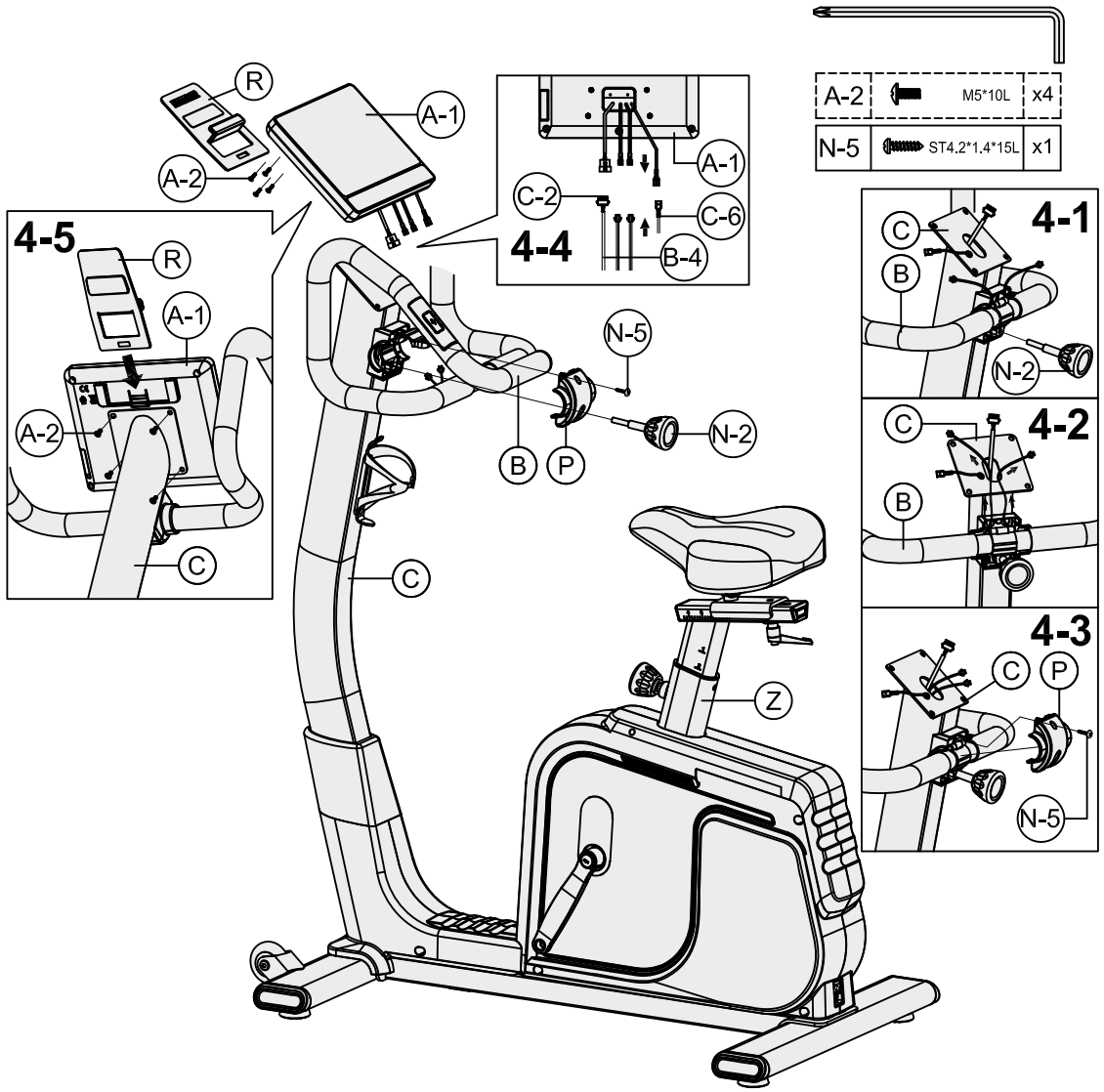
Step 4: Assembly of the console and the handlebar

Tool: allen key

▶ **ATTENTION**

+ Make sure not to pinch the cables in the following steps.
+ Ensure that all connectors are firmly in place.

1. Guide the hand pulse cables (C-2, B-4) through the opening of the handlebar post (C) (Fig. 4-1).
2. Attach the handlebar (B) together with the knob (N-2) and the screw (N-5) to the handlebar post (C) (Fig. 4-2).
3. Place the handlebar cover (P) onto the handlebar (B) and attach the handlebar cover (P) to the handlebar post (C) (Fig. 4-3).
4. Connect the hand pulse cables (C-2, B-4) and the handlebar post cable (C) to the corresponding connectors of the computer (A-1) (Fig. 4-4).
5. Attach the computer (A-1) to the handlebar post (C) with four bolts (A-2) (Fig. 4-5).
6. Insert the pad holder (R) into the computer (A-1) (Fig. 4-5).

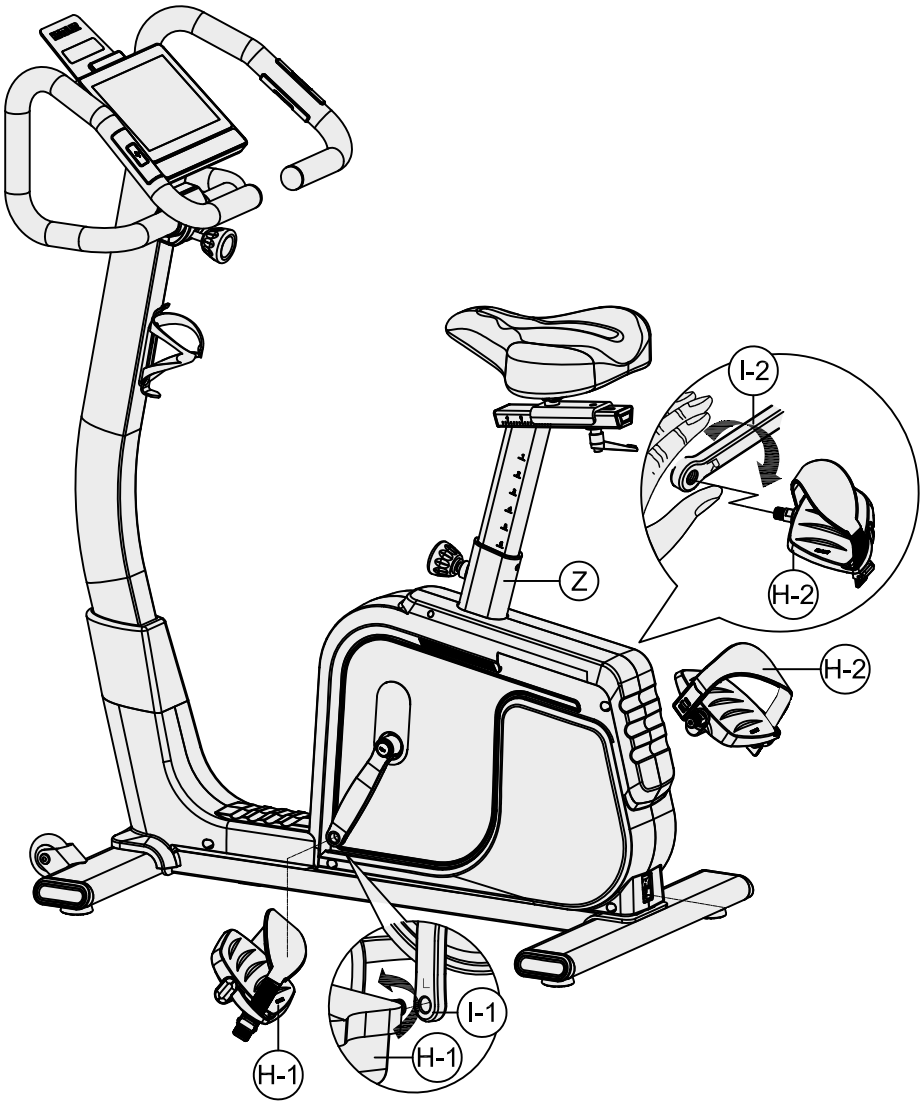


Step 5: Assembly of the pedals

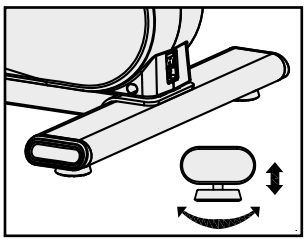
⚠ **CAUTION**
Make sure to screw in the pedals completely.

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 screw connections.

→ ***The assembly is complete.***



Step 6: **Adjustment of the stabilizers**

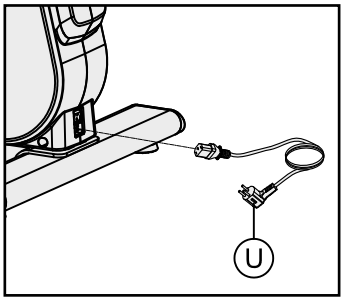


If the floor is uneven, you can stabilize the equipment by turning the two leveling screws under the front and rear stabilizer (F, G).

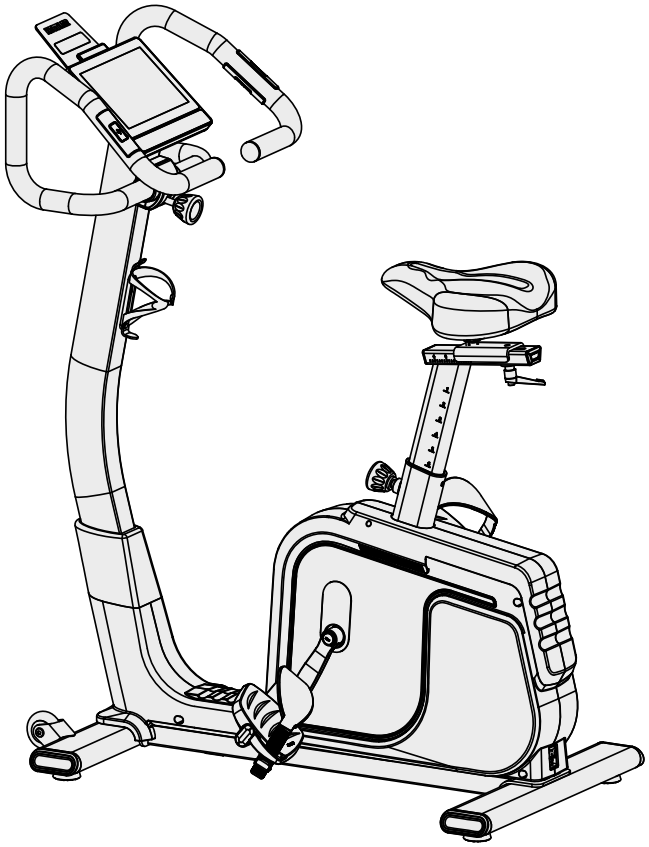
1. Lift the device on the desired side and turn the leveling screw under the stabilizer.
2. Turn the screw clockwise to extend it and raise the device.
3. Turn the screw counterclockwise to lower the device.

Step 7: **Connecting the device to the power supply**

▶ **ATTENTION**
Do not connect the device to a power strip, as this may result in insufficient power supply and technical malfunctions.



1. Insert the power cable (U) into a socket that complies with the specifications in the electrical safety chapter.



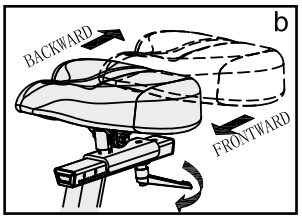
Step 8: **Adjustment of the seat position**

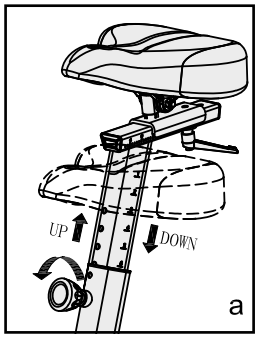
⚠ **CAUTION**
When adjusting the seat, ensure that the minimum insertion depth is not exceeded.

1. Loosen the knob by turning it counterclockwise.
2. Adjust the seat to the desired height.

⚠ **CAUTION**
Make sure the knob audibly engages into one of the adjustment holes.

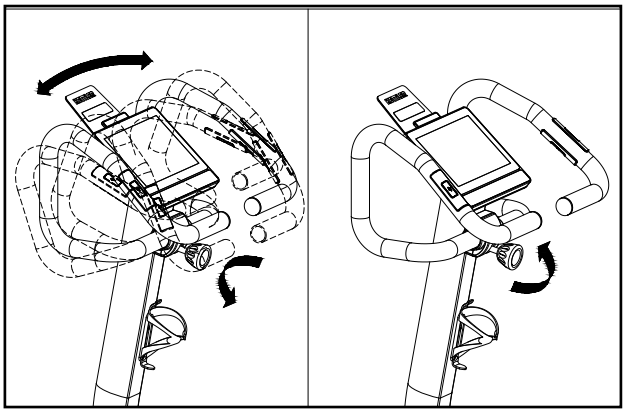
3. Tighten the knob by turning it clockwise.





Step 9: **Adjustment of the handlebar**

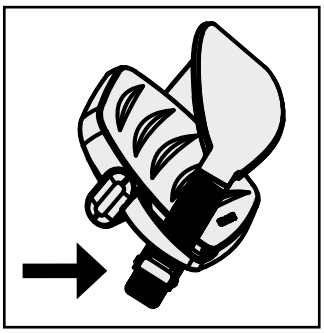
1. Loosen the knob on the handlebar by turning it counterclockwise.
2. Adjust the handlebar to the desired angle.
3. Tighten the knob by turning it clockwise.



Step 10: **Adjustment of the pedal straps**

ⓘ **NOTICE**
The strap should rest loosely over the instep and must not press uncomfortably.

1. Place your foot in the center of the pedal.
2. Guide the flexible strap over the instep 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 the bike, hold both handlebar and place your left foot on the left pedal or your right foot on the right pedal first, then step on with the other foot.
2. To dismount, hold both handlebar and place one foot next to the device, then the other.

ⓘ **NOTICE**

+ Familiarise yourself with all the functions and setting options of the device before starting training. Have the proper use of this product explained to you by a specialist.
+ Always start your training with low intensity and increase evenly and gently. End your training with a cool-down phase. If you are unsure, please consult your physician.

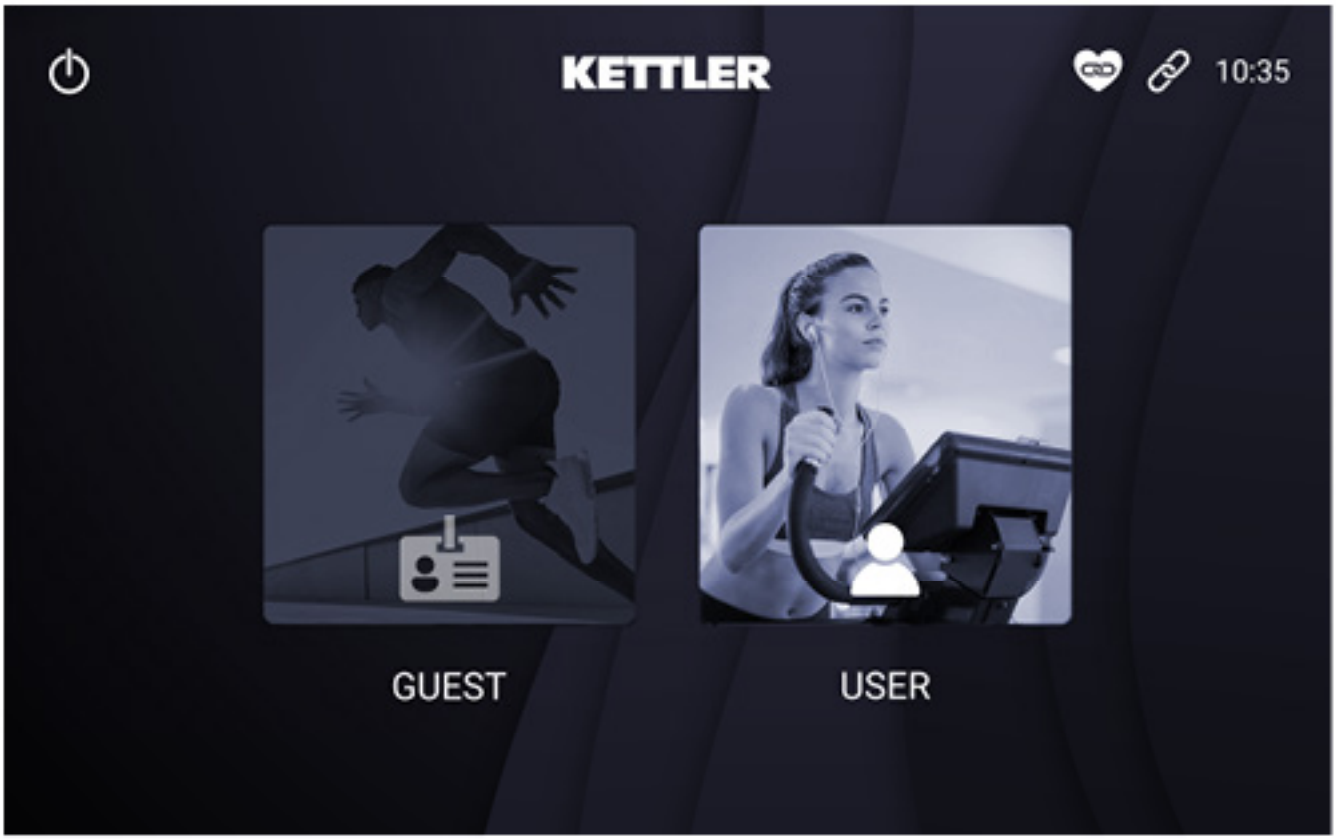
3.1 Display Overview



The following chapters provide a detailed overview of all console functions.

3.2 Start Display

The home screen is displayed after switching on the console. A guest profile and saved user profiles are available for selection.
The following chapters and subchapters provide a detailed description of the console functions.

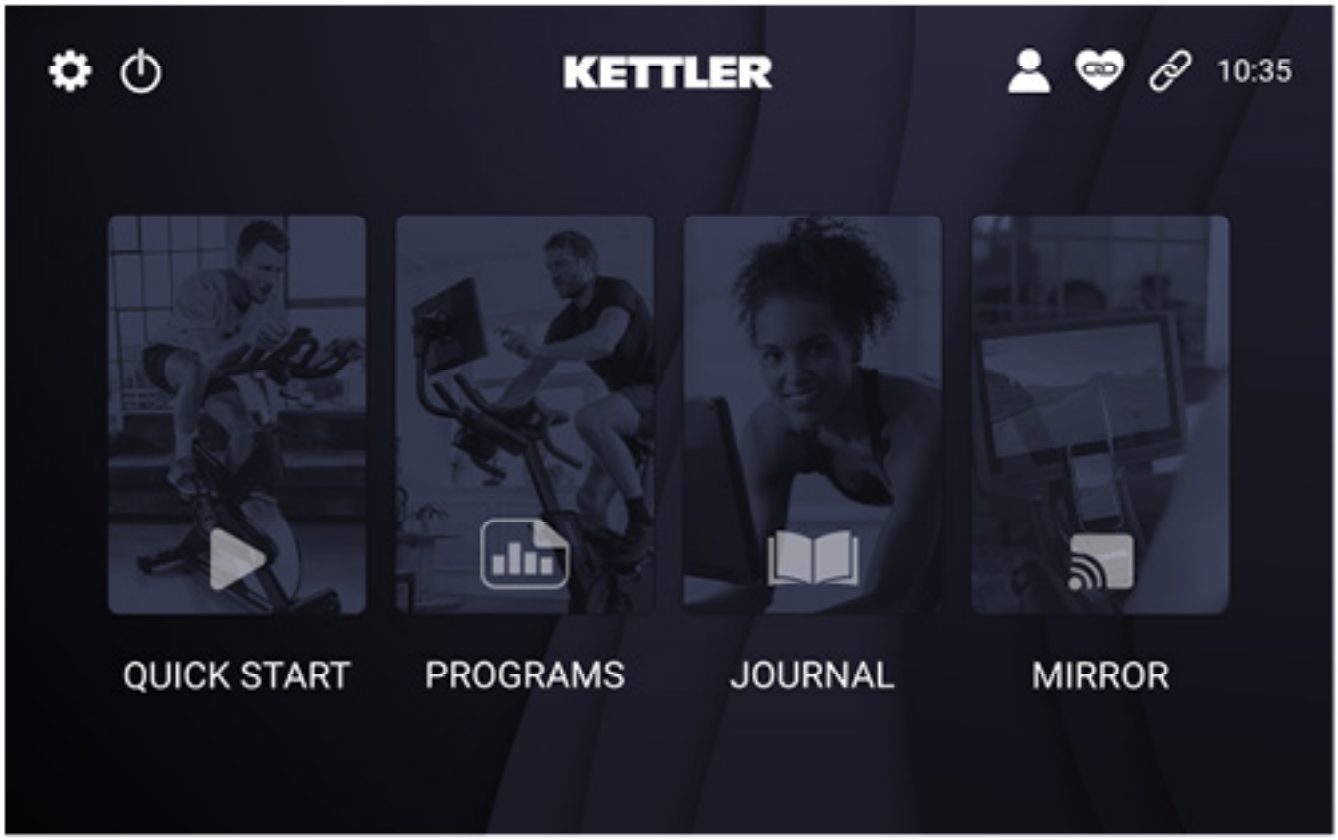


NOTICE
To start a workout, log in with a guest profile or a saved user profile. Refer to the chapter **Training profiles**.

3.3 Home

The home area provides an overview of the console functions.

***Prerequisite:** Log in with a guest profile or a user profile to access the home area. Refer to the chapter **Training profiles**.*



3.3.1 Home Selection

The following table provides an overview of the options available in the Home area.

SELECTION	DESCRIPTION
QUICKSTART	Start a workout without preset settings
PROGRAMMES	You open the programme selection
JOURNAL	You open your training log
MIRROR	Mirror your device's screen to the console

3.3.2 Menu Navigation Overview

The following table shows the top menu items.

DISPLAY	SELECTION	DESCRIPTION
	SETTINGS	Open the system and network settings
	OFF	Put the console into standby mode
	USER PROFILE / GUEST PROFILE	Open the currently logged-in guest or user profile
	CHEST STRAP CONNECTION	Indicates whether a chest strap is connected
	FTMS	Indicates whether an FTMS or wireless connection is active.

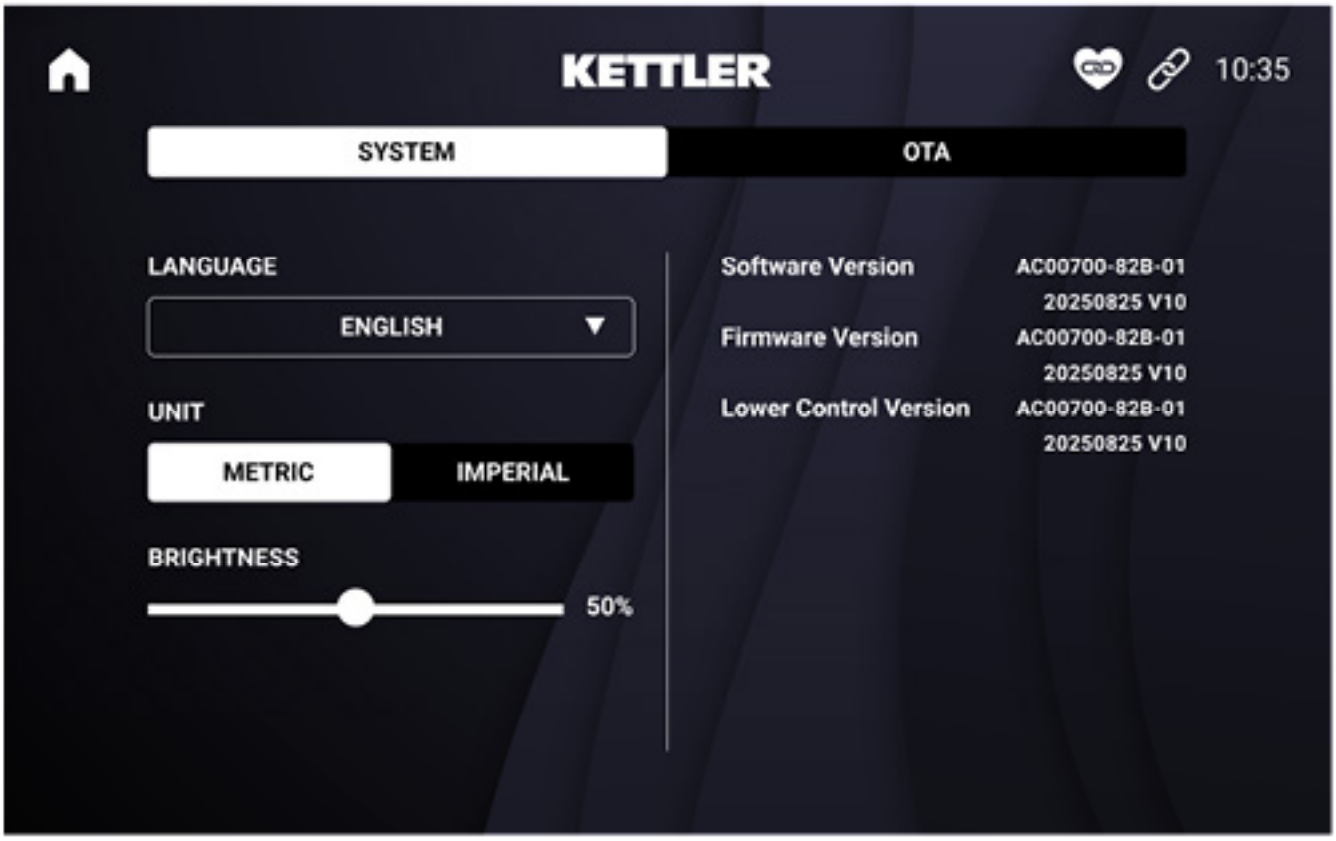
3.4 Settings

In the settings, you can adjust system settings, connect your device to Wi-Fi, and check for updates.

NOTICE

To access the settings, tap  in the Home area.

3.4.1 System Settings



NOTICE
In the system settings, you can view the software, firmware, and lower control versions.

In the system settings, you can make general adjustments:

Change language:
1. Tap the box with the currently selected language.

A dropdown menu opens.

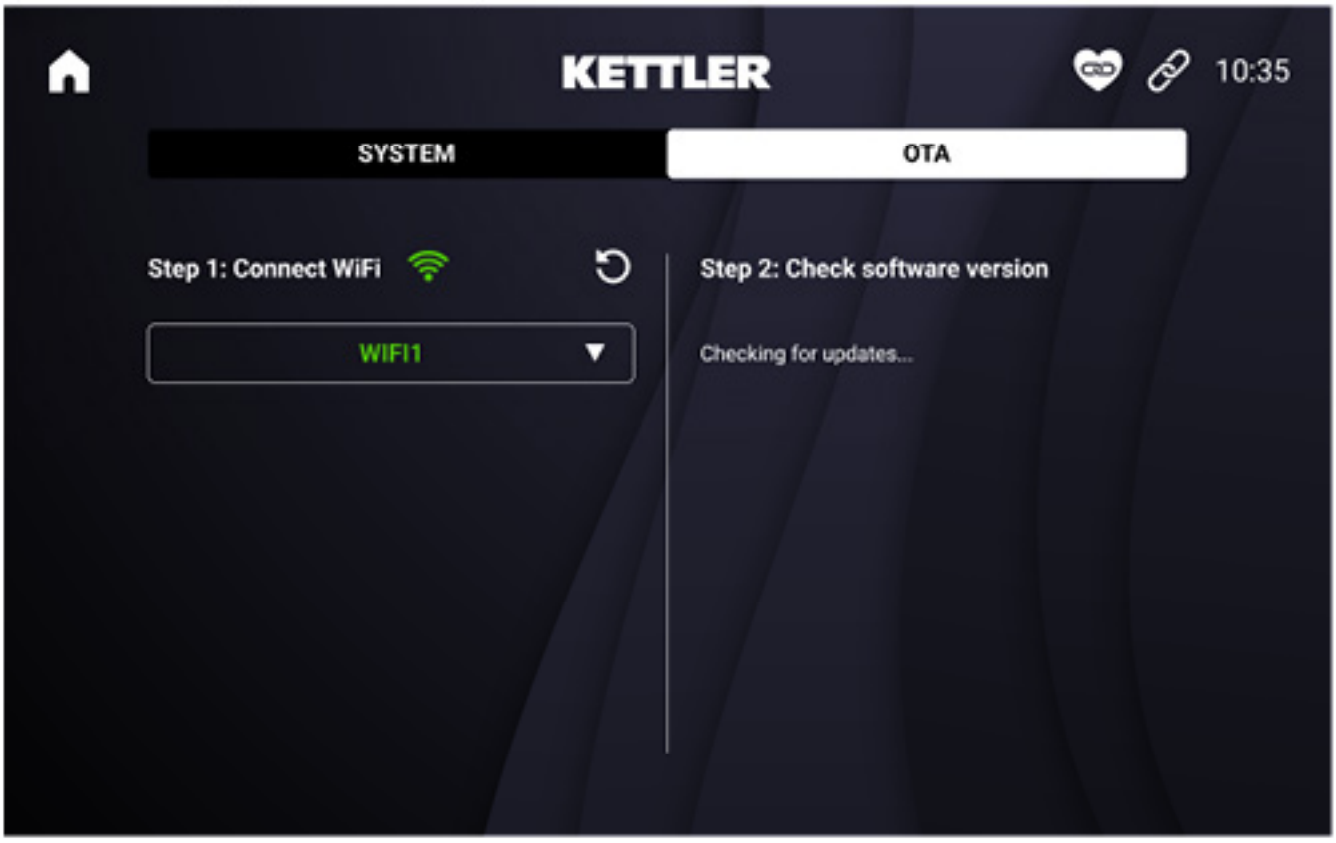
2. Select the desired language.

Change unit of measurement:
1. Choose between Metric (kilometers) and Imperial (miles).

Change brightness:
1. Adjust the slider.
2. To exit the settings and return to the Home area, tap .

→ *You are in the Home area.*

3.4.2 Settings: WIFI and Updates



Connect to Wi-Fi:
1. Tap the "Wi-Fi" field.
1.1. Tap to refresh the list.
2. Select your network.

3. Enter your Wi-Fi password.
4. Confirm the entry.

You are connected to Wi-Fi.

Update software version:

NOTICE
Please note that a Wi-Fi connection is required for the update.

1. Tap CHECK.

If an update is available, UPDATE is displayed. If no update is available, your console is up to date.

2. Tap UPDATE.

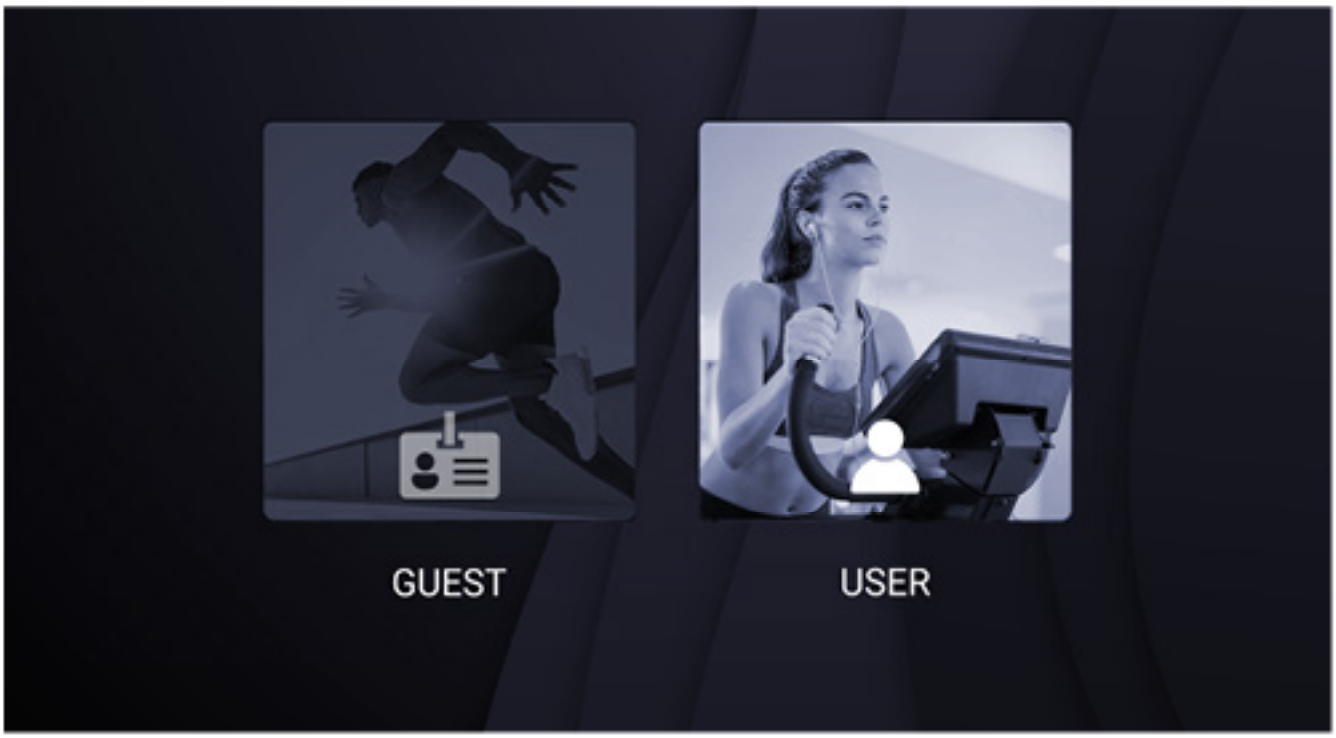
The console downloads the update.

3. To exit the settings and return to the Home area, tap ⌂.

→ ***You are in the Home area.***

3.5 Training Profiles

You can train as a guest or as a saved user. An explanation of the training profiles can be found in the following subsections.



NOTICE
When you turn on the console, you are taken to the overview of guest and user profiles.

1. Tap in the Home area to open the guest profile settings. Tap in the Home area to open the user profile selection.

Refer to the following subsections.

3.5.1 Training as a Guest

You can train using a guest profile. In the guest profile, you can enter your training data – this data is saved until the console is restarted or turned off.

NOTICE

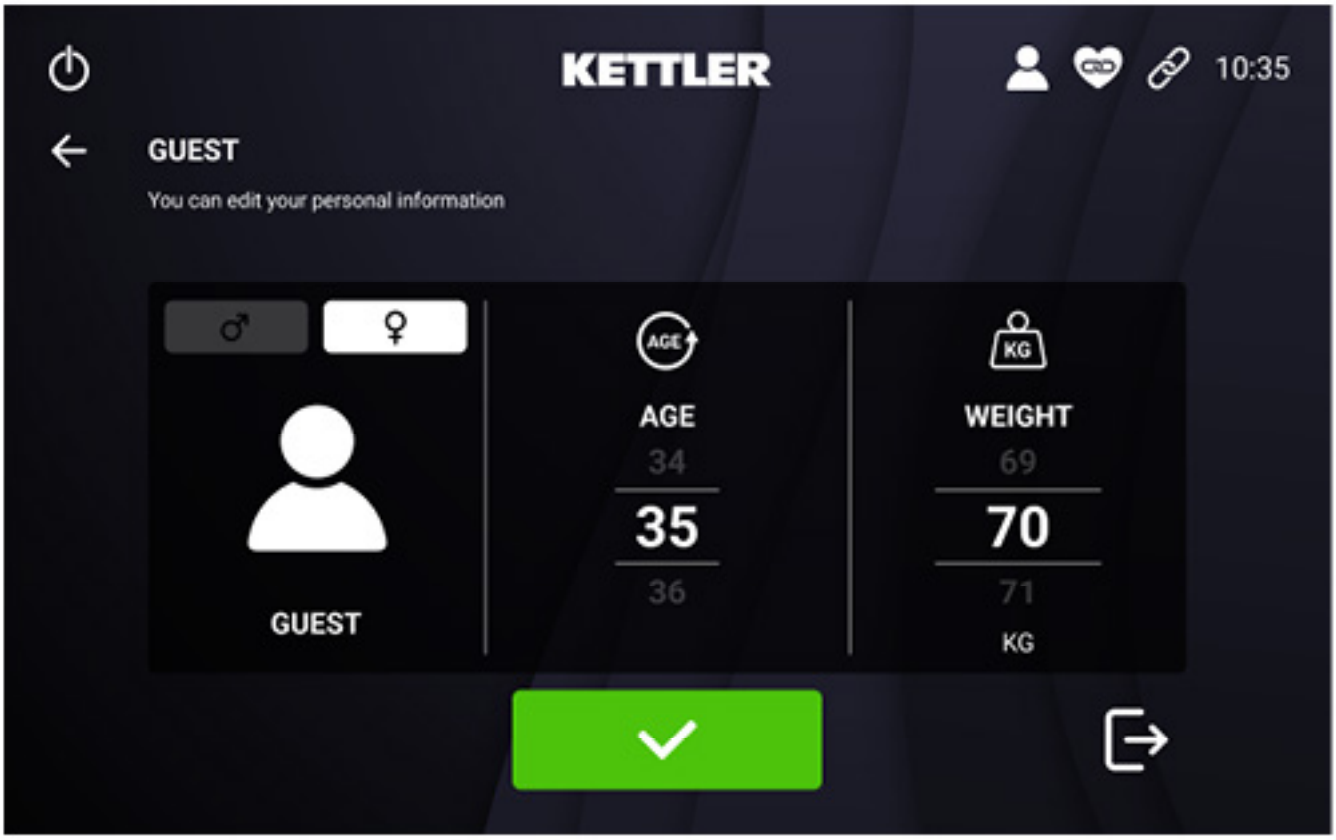
+ Your configured user programmes and training log entries remain saved.
+ To return to the start screen without saving your data, tap .

Set up guest profile:

Prerequisite: You are in the guest profile settings.

2. Enter your data.
3. Confirm with .

→ ***Your data is saved until the next restart.***



The following table shows the settings available for the guest profile:

SELECTION	DESCRIPTION
GENDER	**Selection:** + Male ♂ + Female ♀
AGE	**Selection:** 10–99
WEIGHT	**Selection:** + 20–200 kg + 44–440 lb

Log out of the guest profile:

1. Open the guest profile via .
2. Tap .

→ ***Your guest profile is logged out, and you can switch to a user profile.***

3.5.2 Training with a user profile

You can create up to four profiles that you can access at any time. Each profile can save up to four custom programmes.



Create a profile:

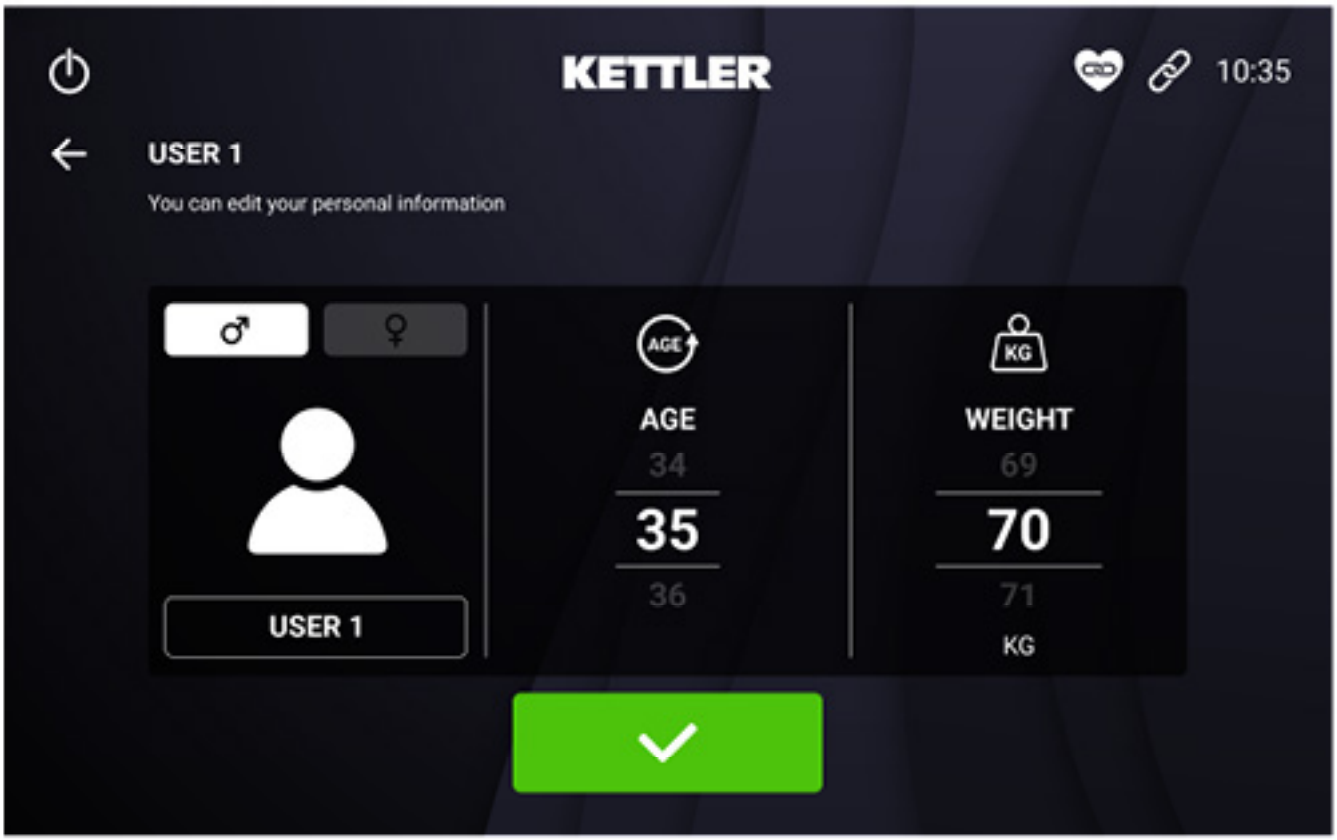
Prerequisite: You are on the start screen.

1. Tap User on the start screen.
2. Tap an unassigned user.

The profile settings open.

3. Enter your data.
4. Confirm with ✓.

→ ***Your data is saved.***



The following table shows the settings available for your user profile:

SELECTION	DESCRIPTION
GENDER	**Selection:** + Male♂ + Female♀
AGE	**Selection:** 10–99
WEIGHT	**Selection:** + 20–200 kg + 44–440 lb

Log out of the user profile:

1. Open your profile in the Home area via .
2. Tap .

→ *Your profile is logged out, and you can switch to a guest or another user profile.*

Delete a profile:

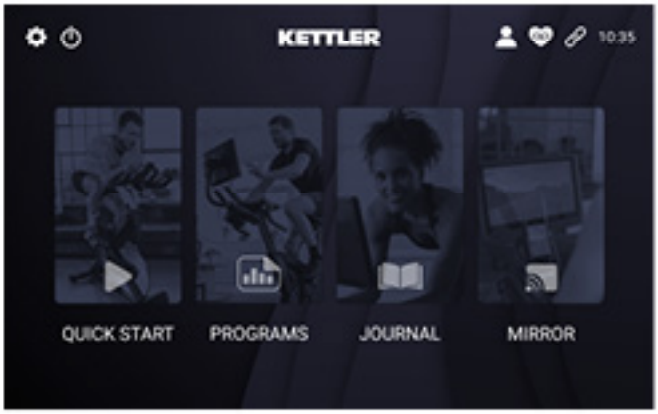
1. Open your profile via .
2. Tap .
3. Confirm the entry.

→ *The profile is deleted – you can create a new one.*

3.6 Training Programmes

Your device offers a wide range of training programmes to support you in achieving your training goals. The following is an overview of the available training programmes.

***Prerequisite:** Log in with a guest or user profile to access the Home area.*



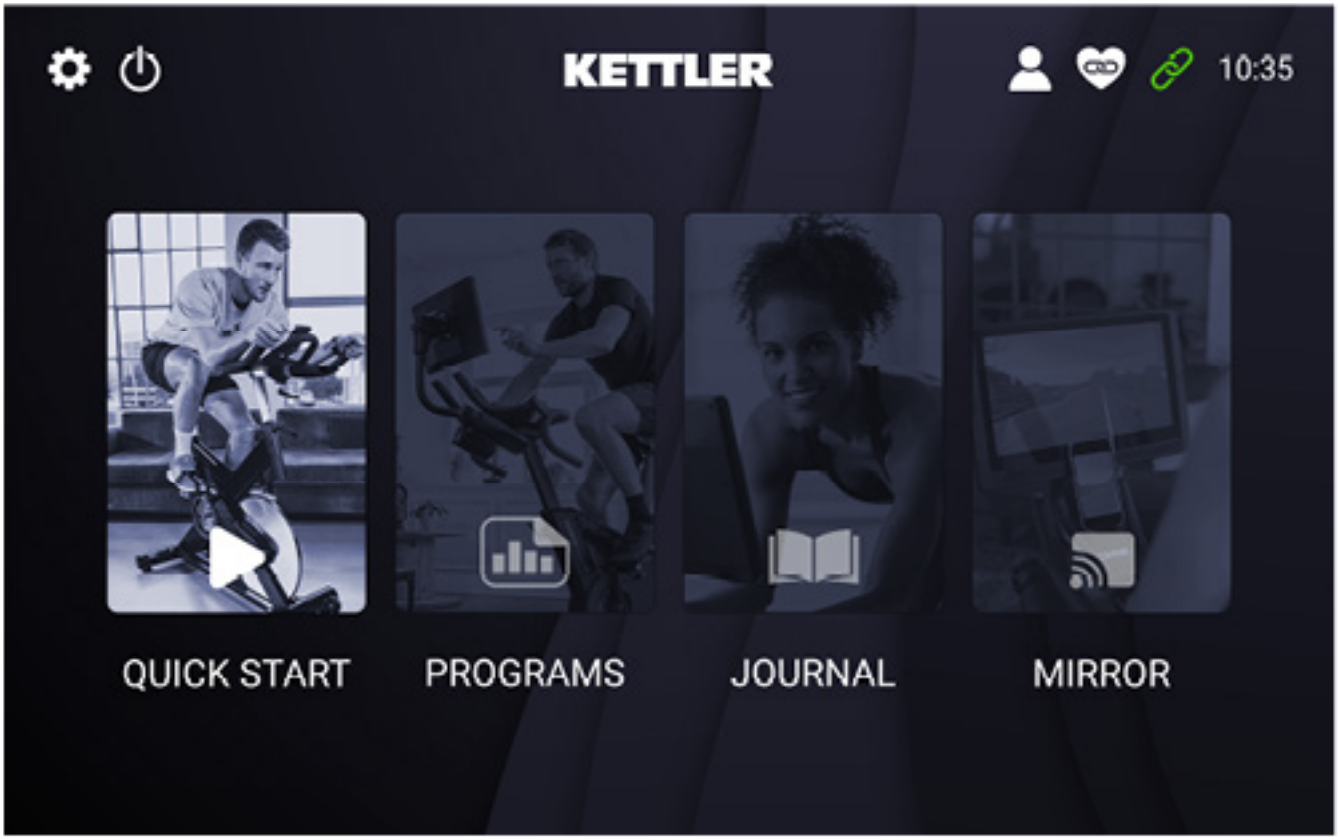


PROGRAMME	DESCRIPTION	QTY
QUICK START	Manual training without preset settings	1
GOAL	Enter a target value for your workout, which will count down	3
H.R.C	The resistance is adjusted so that you reach your target heart rate	4
WORKOUT	Training with a preset profile. Adjust the training data in advance if needed	8

WATT	The resistance is automatically adjusted to your pedaling speed to reach a specific watt value	1
CUSTOM	Create your own training programme	4

The following subsections provide a detailed description of the training programmes.

3.6.1 Quick Start



To start a workout without preset settings, select the Quick Start programme.

NOTICE
Refer to the chapter **Training Display** for an explanation of the displayed data.

To start the Quick Start programme:

1. Tap Quick Start.

1.1. Or: select Quick Start in the training programmes.

The programme starts.

2. Adjust the desired resistance.
3. Tap ⏸ to pause the programme.
4. Tap ▶ to resume the training.

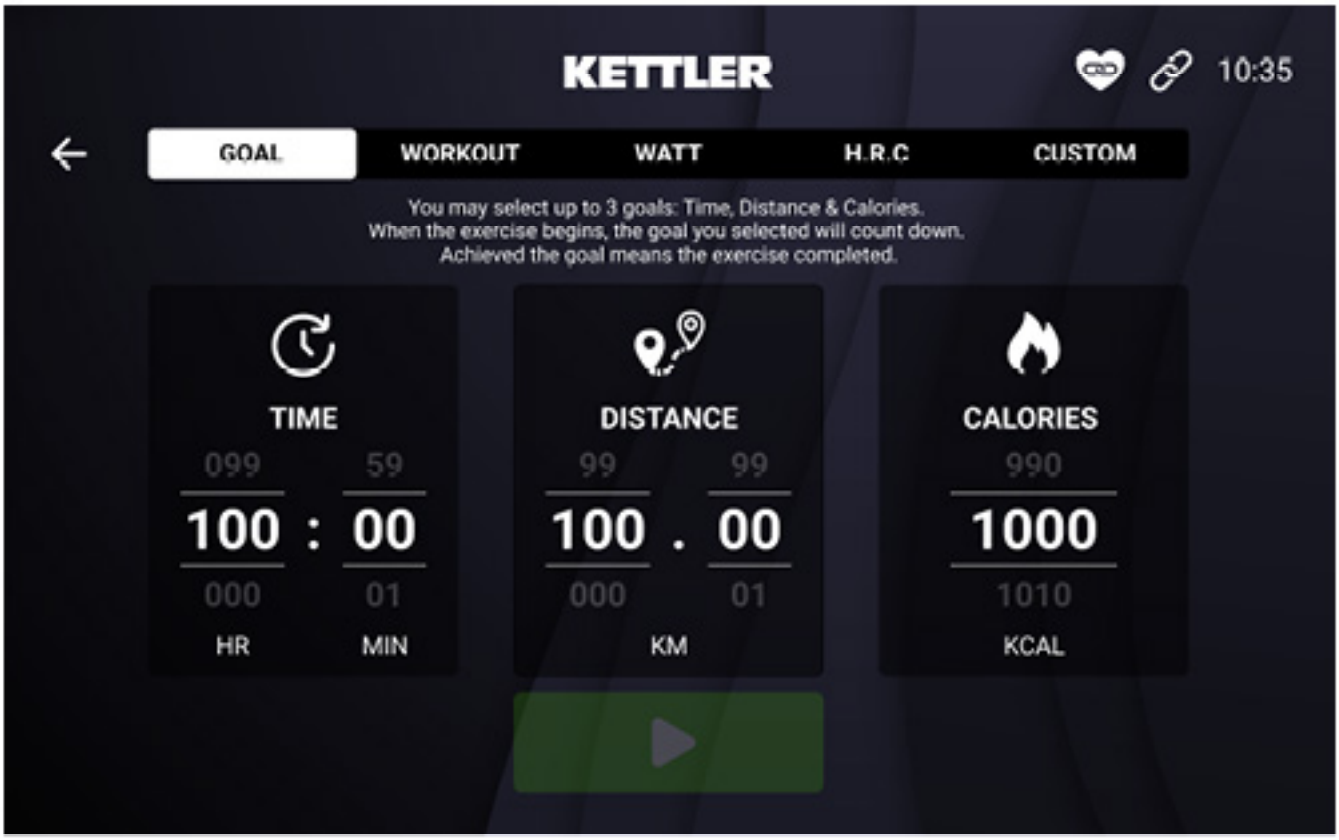
4.1. Tap [■] in pause mode to end the programme.

*After the workout is completed, a summary of your training data is displayed. Refer to the chapter **Training Summary**.*

5. Return to the Home area with [⌂].

→ ***You are in the Home area.***

3.6.2 Goal Programme



To start a workout with goals, select one of the three available goal programmes. Refer to the following overview of the goal values:

SELECTION	DESCRIPTION
TIME	+ Set a time goal value. + Adjustment range: 000:00–100:59
DISTANCE	+ Set a distance goal value. + Adjustment range: 000.00–100.99 km
CALORIES	+ Set a calorie goal value. + Adjustment range: 10–9999 kcal

NOTICE

+ Refer to the chapter **Training Display** for an explanation of the displayed data.
+ Please note that only the goal value you set last will be applied.

To start a goal programme:

1. Tap GOAL in the programme selection.
2. Set your desired goal value.
3. Tap .

The programme starts.

4. Adjust the desired resistance.
5. Tap  to pause the programme.
6. Tap  to resume the training.

6.1. Tap  in pause mode to end the programme.

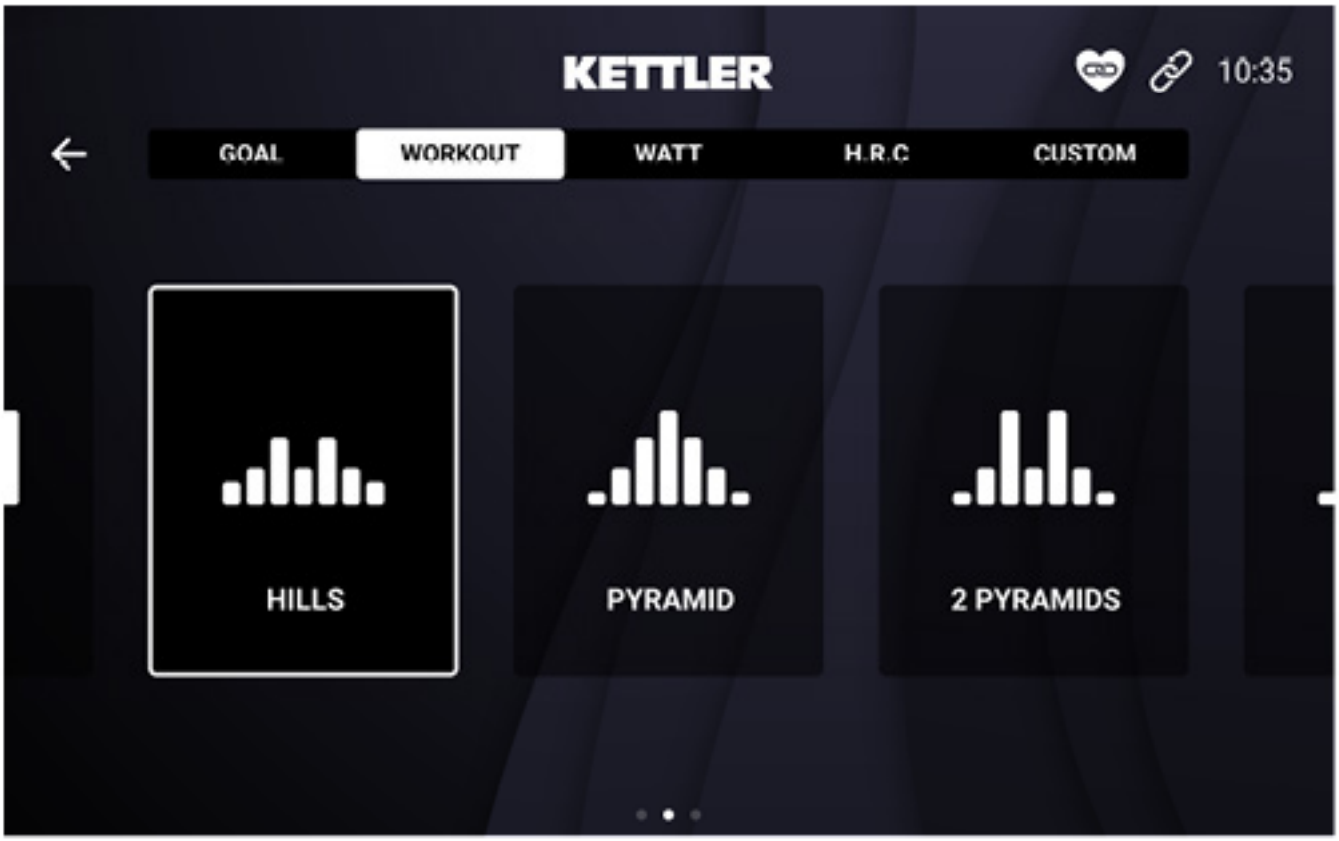
7. The programme ends automatically when your goal value is reached.

*After the workout is completed, a summary of your training data is displayed. Refer to the chapter **Training Summary**.*

8. Return to the Home area with .

→ ***You are in the Home area.***

3.6.3 Workout



To start a workout with preset settings, select one of the nine programmes. The programme segments are evenly distributed over the set time.

SELECTION	DESCRIPTION
TIME	+ Set a time target value. + Adjustment range: 000:01–100:59
MAXIMUM LEVEL	+ Set the maximum resistance. + Adjustment range: 01–32

NOTICE

+ Refer to the chapter **Training Display** for an explanation of the displayed data.
+ In this programme, the segments change automatically.

To start a preset programme:

1. Tap WORKOUT in the programme selection.
2. Enter your desired time value.
3. Enter your desired maximum resistance.
4. Tap ▶.

An overview of the training profile is displayed.

5. Tap ▶.

The programme starts.

6. Adjust the desired resistance.
7. Tap  to pause the programme.
8. Tap  to resume the training.

8.1. Tap  in pause mode to end the programme.

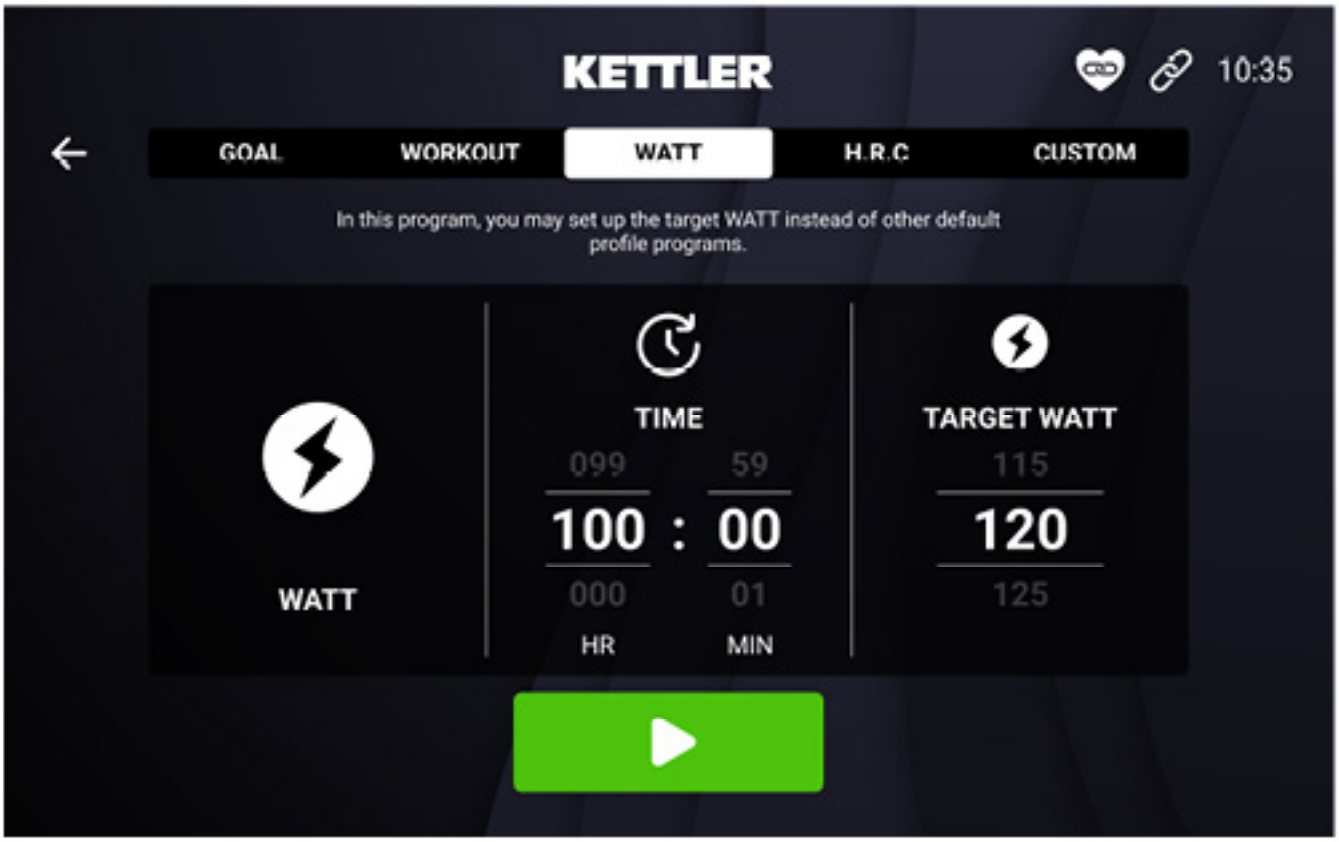
9. The programme ends automatically when your time value is reached.

*After the workout is completed, a summary of your training data is displayed. Refer to the chapter **Training Summary**.*

10. Return to the Home area with .

→ ***You are in the Home area.***

3.6.4 Watt Programme



In the watt programme, you train at a constant power level. The device automatically adjusts the resistance to keep the set watt value as constant as possible, regardless of your pedaling speed.

SELECTION	DESCRIPTION
TIME	+ Set a time target value. + Adjustment range: 000:01–100:59
TARGET WATT	+ Set your desired target watt value. + Adjustment range: 50–600

NOTICE

+ Refer to the chapter **Training Display** for an explanation of the displayed data.
+ In this programme, the resistance is adjusted automatically.

To start the target watt programme:

1. Tap WATT in the programme selection.
2. Enter your desired time value.
3. Enter your desired target watt value.
4. Tap ▶.

The programme starts.

5. Tap ⏸ to pause the programme.
6. Tap ▶ to resume the training.

6.1. Tap ■ in pause mode to end the programme.

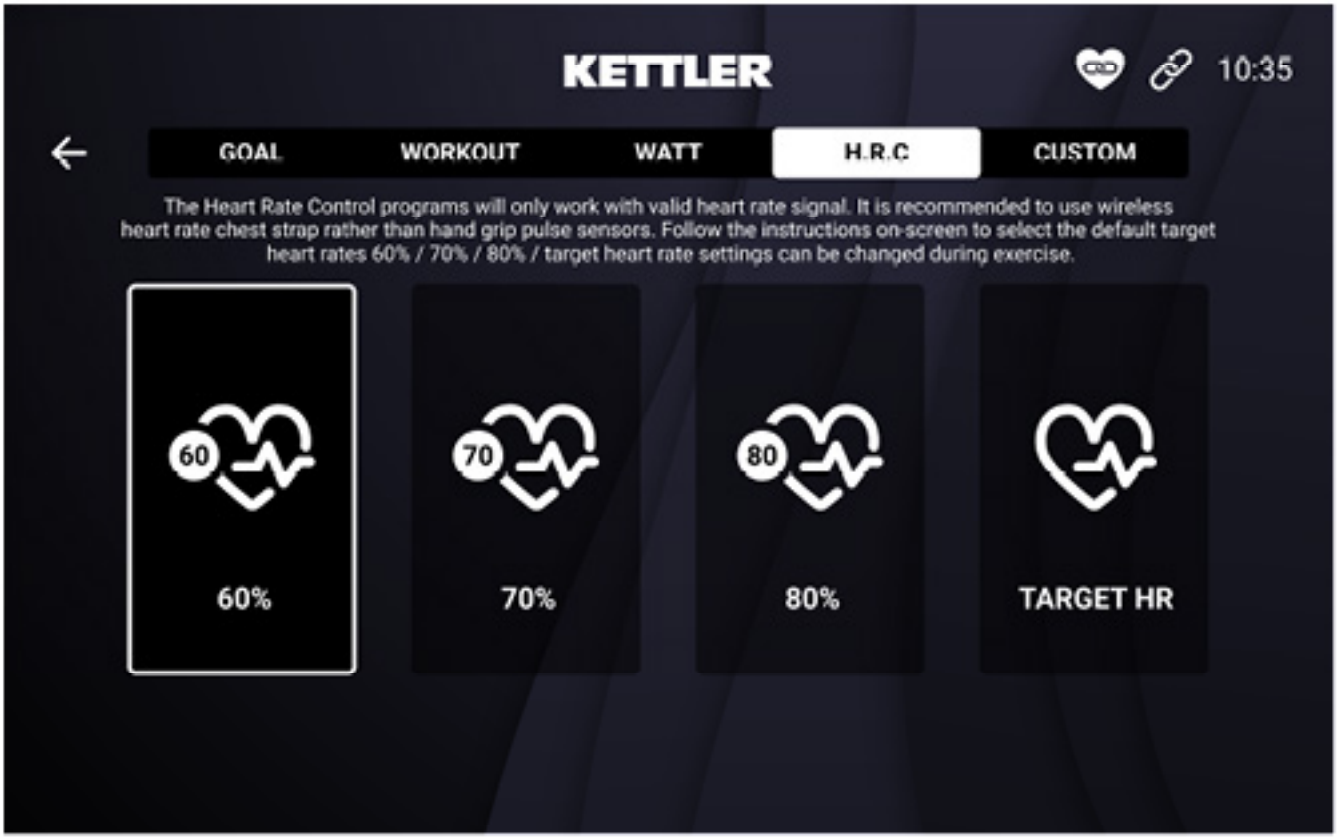
7. The programme ends automatically when your time value is reached.

*After the workout is completed, a summary of your training data is displayed. Refer to the chapter **Training Summary**.*

8. Return to the Home area with .

→ *You are in the Home area.*

3.6.5 Pulse Programme



WARNING

Your training device is not a medical device. The heart rate measurement of this device may be inaccurate. Various factors can affect the accuracy of the heart rate display. The heart rate display is intended for training purposes only.

NOTICE

+ Use the hand pulse sensors or a wireless chest strap to monitor your heart rate.
+ Refer to the chapter **Training Display** for an explanation of the displayed data.
+ If no heart rate is detected, the workout will end automatically after 30 seconds.

With the pulse programme, you train based on your heart rate. The device automatically adjusts the resistance to maintain your target heart rate. Four heart rate programmes are available:

+ 60%
+ 70%
+ 80%
+ Custom value

To start the programme:

1. Tap H.R.C in the programme selection.
2. Select a percentage value.

The settings menu for the programme opens.

NOTICE
The data from your user profile is applied. If you are logged in with a guest profile, enter your gender, age, and weight.

1. Enter the desired training time.
2. Adjust your target heart rate.
3. Tap ▶.

The programme starts.

4. The resistance is adjusted automatically to reach your target value.
5. Tap ⏸ to pause the programme.
6. Tap ▶ to resume the training.

6.1. Tap ■ in pause mode to end the programme.

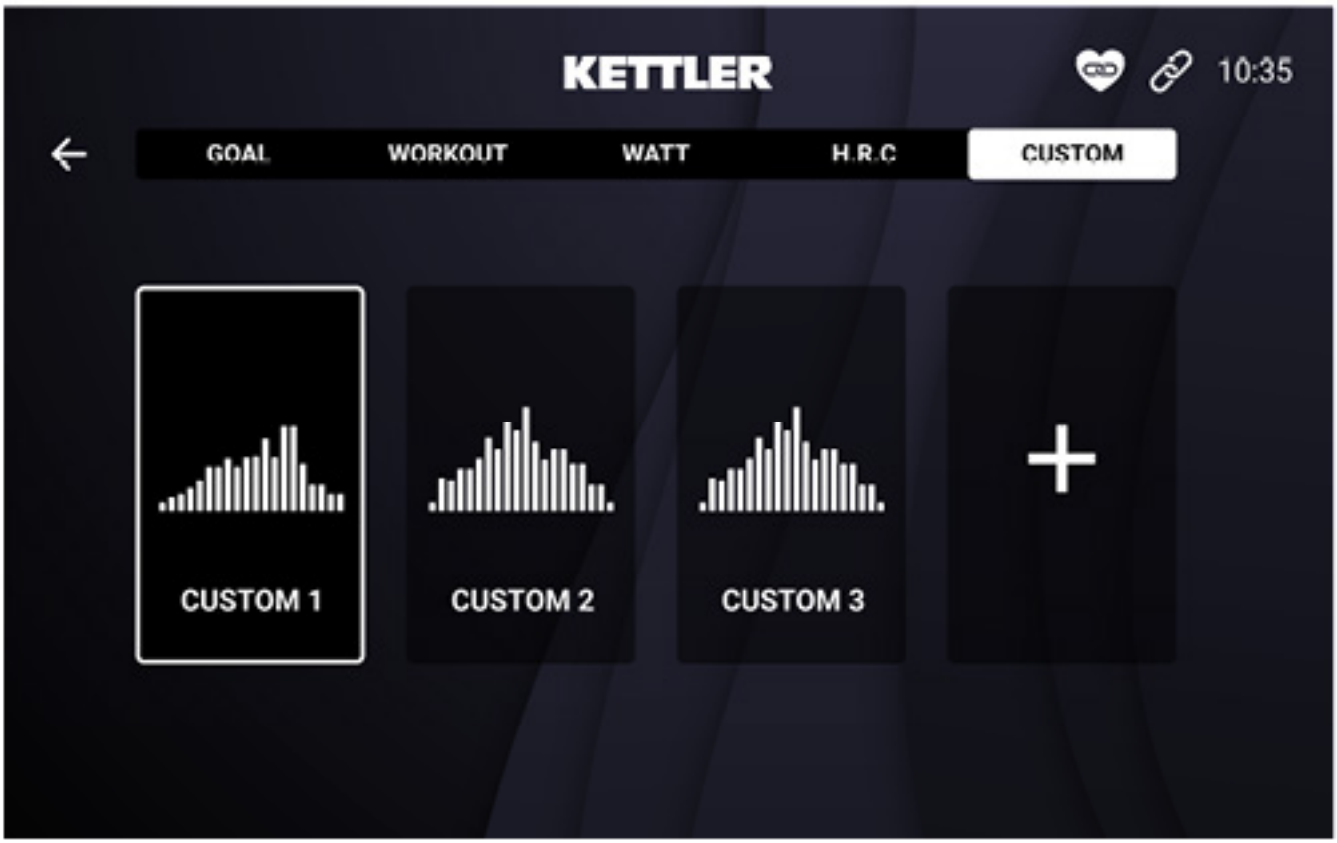
7. The programme ends automatically when your time value is reached.

*After the workout is completed, a summary of your training data is displayed. Refer to the chapter **Training Summary**.*

8. Return to the Home area with .

→ ***You are in the Home area.***

3.6.6 Custom Programme



With the custom programmes, you can create and permanently save your own training profiles. Up to four user programmes are available.

NOTICE

+ Saved custom programmes can be modified at any time.
+ The created programme is saved immediately after the workout starts and can be started at any time.
+ In the guest profile, you can save up to four custom programmes.
+ Each user can also save up to four custom programmes.
+ Refer to the chapter **Training Display** for an explanation of the displayed data.

To create a custom workout:

1. Tap CUSTOM in the selection.
2. Tap the plus icon.

NOTICE

The data from your user profile is applied. If you are logged in with a guest profile, enter your gender, age, and weight.

3. Adjust the resistance using ▼ ▲.
4. Set the duration of the segment.
5. Switch between segments using ▼ ▲.
6. Tap ▶.

The programme starts.

7. Adjust the desired resistance.
8. Tap  to pause the programme.
9. Tap  to resume the training.
9.1. Tap  in pause mode to end the programme.
10. The programme ends automatically when your time value is reached.

*After the workout is completed, a summary of your training data is displayed. Refer to the chapter **Training Summary**.*

11. Return to the Home area with .

→ ***You are in the Home area.***

3.7 Training Display

During your workout, your training data is displayed. You can choose from three views:

+ Interval view
+ Time view
+ Lap view

NOTICE

+ To switch the view, tap the corresponding button.
+ During most programmes, you can adjust the resistance in the training display.
+ Switch between the current and average value using .



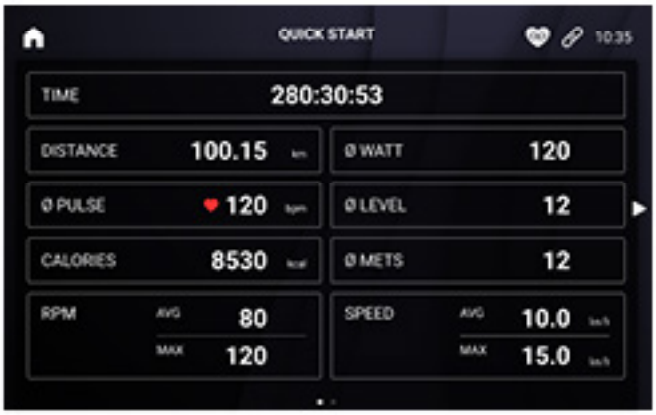
The following table provides an overview of the values displayed during the workout:

SELECTION	DESCRIPTION
TRAINING TIME	Displays the training time
DISTANCE	Displays the training distance
WATT	Displays the current or average watt value
PULSE	Displays the current or average heart rate
LEVEL	+ Displays the current resistance + Adjust the resistance
CALORIES	Displays the current or average calories burned
METS	Displays the distance covered

RPM	Displays the current or average cadence (RPM)
MAXIMUM SPEED	Displays your current or average speed

3.8 Training Summary

At the end of a workout, your training data is summarized in the following view.





SELECTION	DESCRIPTION
PROGRAMME	Displays the completed programme
TRAINING TIME	Displays your training time
DISTANCE	Displays the distance covered
AVERAGE WATT	Displays your average watt value
AVERAGE HEART RATE	Displays your average heart rate
AVERAGE RESISTANCE	Displays the average resistance level
AVERAGE CALORIES	Displays the average calories burned
AVERAGE DISTANCE	Displays the average distance covered
AVERAGE/MAX RPM	Displays your average and maximum cadence (RPM)
AVERAGE/MAX SPEED	Displays your average and maximum speed

NOTICE

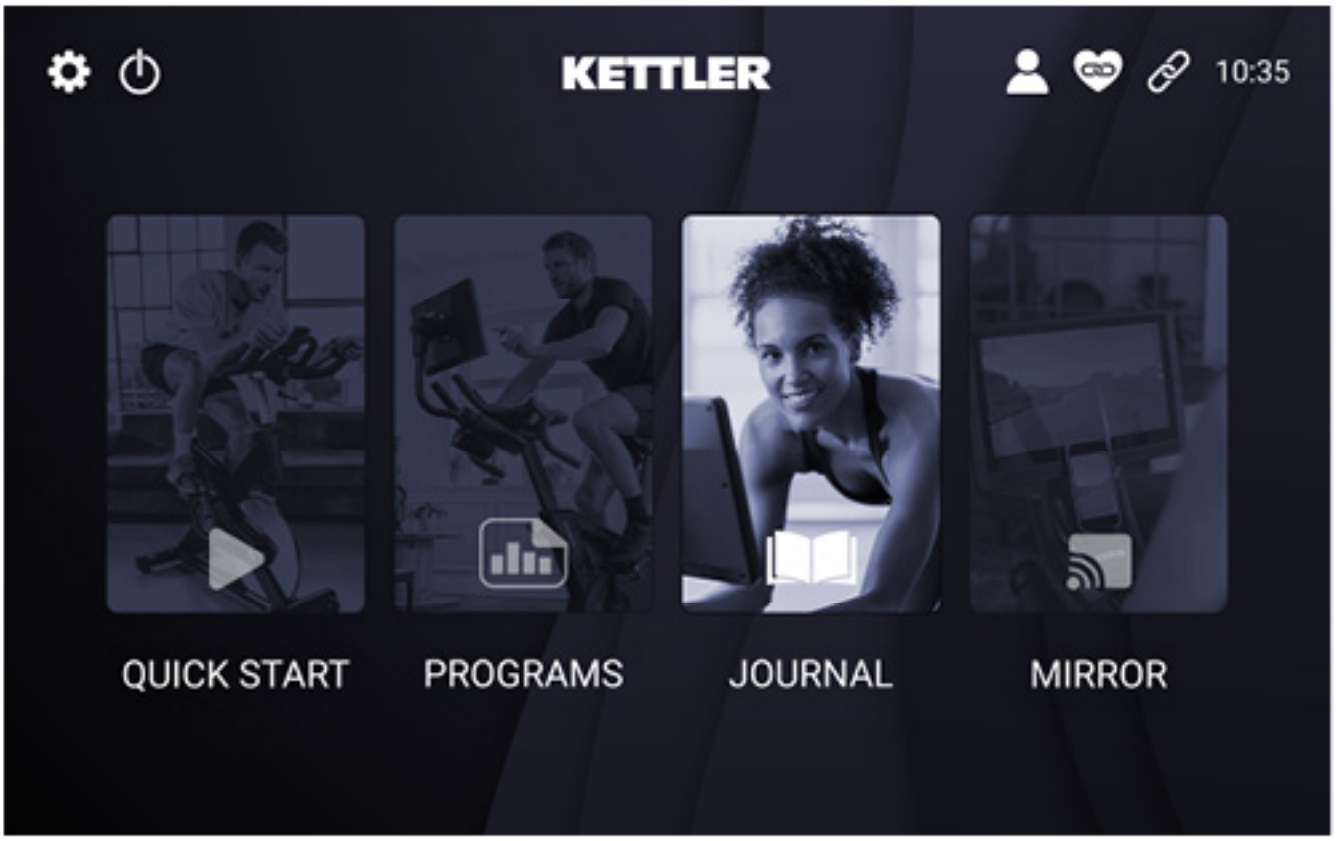
+ If no input is made for 3 minutes in the training summary, the device automatically returns to the Home area.
+ Tap ◀ ▶ to switch pages.

1. To exit the training summary, tap ⌂.

→ *You are in the Home area.*

3.9 Journal

In the journal, your collected training data is displayed. This allows you to track your training progress more easily.



Prerequisite: *You are in the Home area.*

1. Tap .

The journal opens.

NOTICE

+ The journal contains a summary of your training sessions for the week, month, and year.
+ A USB stick must be connected to the console to export your data.
+ The file is exported as a CSV file and can be opened, for example, in Excel or OpenOffice.

2. Export your training data using .

3.9.1 Journal: Period



The following table provides an overview of the data displayed in the training log:

DISPLAY		DESCRIPTION
Average values	AVG TIME	Displays the average values for this workout
	AVG DISTANCE	
	AVG CALORIES	
	AVG WATT	
	AVG RPM	
	AVG METERS	
	AVG LEVEL	
	AVG SPEED	
	AVG PULSE	
TOTAL TIME		Displays the total training time
TOTAL DISTANCE		Displays the total training distance
TOTAL CALORIES		Displays the calories burned
MATRIX		Displays the training values in a bar chart
YEAR		Displays an overview of your training year

MONTH	Displays an overview of your training month
WEEK	Displays an overview of your training week

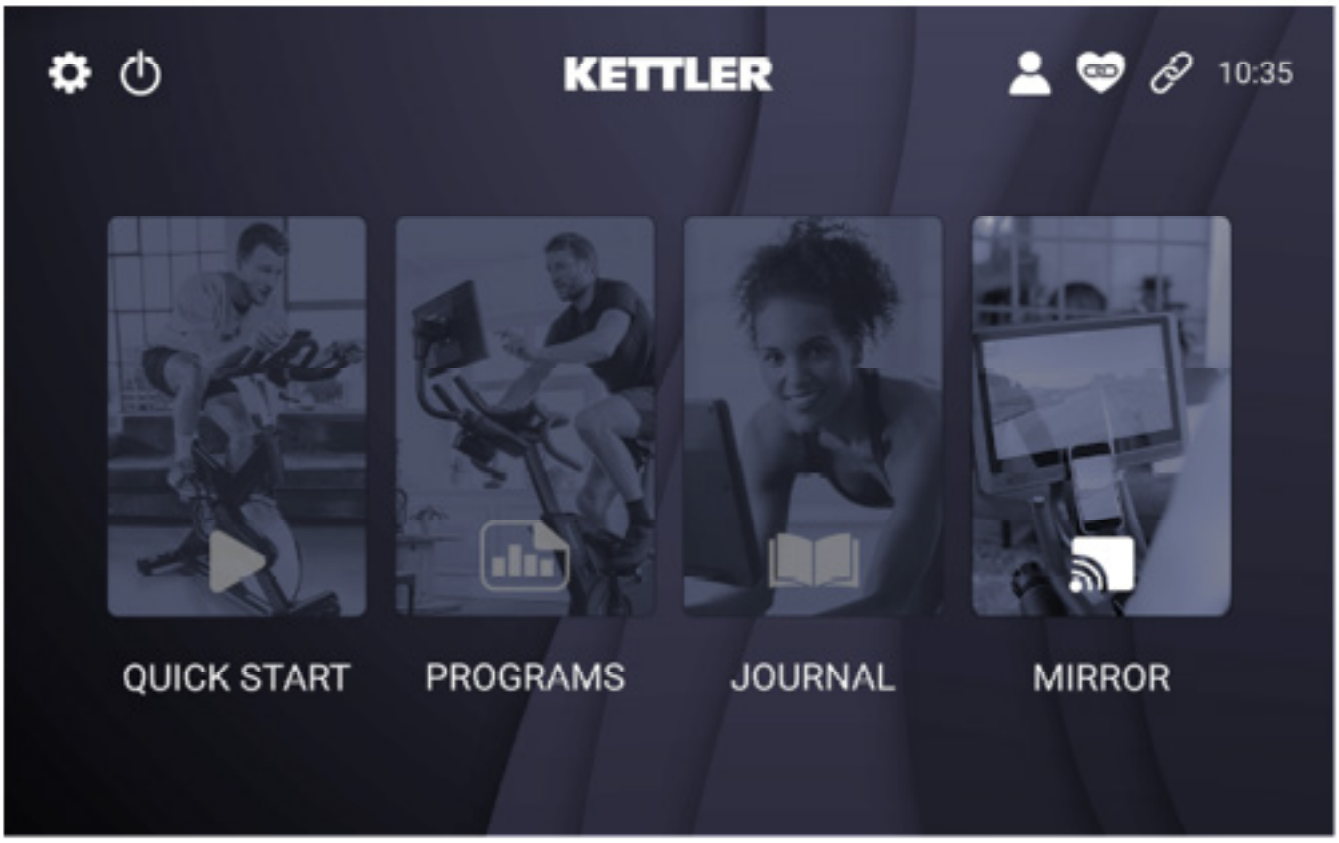
NOTICE
In the respective views, the average values for the selected period (week–month–year) are displayed.

1. To return to the Home area, tap .

→ ***You are in the Home area.***

3.10 Mirror

Mirror your device's screen to the console.



► **CAUTION**
Please note that some apps do not support screen mirroring. If you experience issues, contact the app provider.

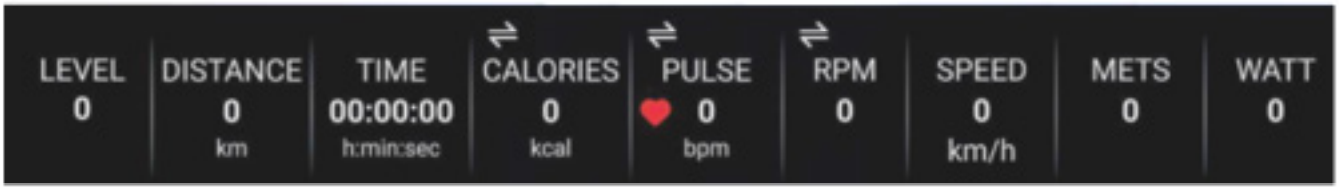
1. Tap .

ⓘ **NOTICE**
Refer to the instructions for your iOS or Android device.

2. Once your device is connected, tap .

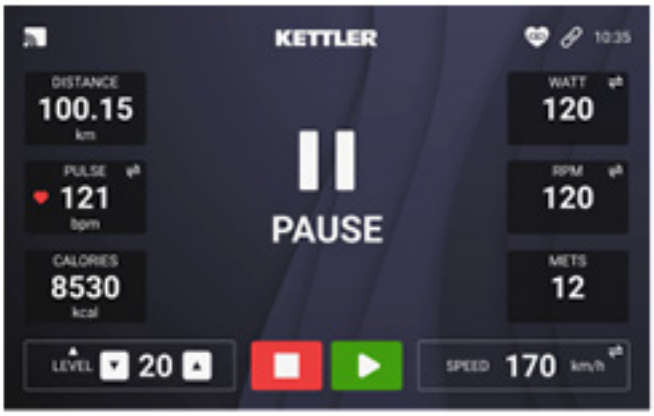


The workout starts.



3. Tap to switch between training views.
4. To display the training data, tap .
5. To return to the mirrored screen, tap .

NOTICE
To stop the mirroring function, go to the settings on your device.



6. Tap to pause the programme.
7. Tap to resume the training.

7.1. Tap in pause mode to end the programme.

*After the workout is completed, a summary of your training data is displayed. Refer to the chapter **Training Summary**.*

8. Return to the Home area with .

→ ***You are in the Home area.***

3.11 USB-C Port

This console has a USB-C port which you can use to charge your device.

NOTICE

+ Charge your device via the console – you will need a USB-C cable to do this.
+ A USB-C cable is not included.

3.12 Watt Table

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

RESISTANCE/RPM	20	30	40	50	60	70	80	90	100	110	120
Level 1	5	8	12	15	20	23	27	30	35	38	43
Level 2	7	12	17	22	29	33	39	44	50	55	61
Level 3	9	16	23	29	38	44	51	57	65	71	79
Level 4	11	20	29	37	47	54	63	71	80	88	97
Level 5	13	23	34	44	56	65	75	85	95	105	115
Level 6	16	27	40	51	65	75	87	99	110	121	133
Level 7	18	31	46	59	74	86	99	112	125	138	152
Level 8	20	35	51	66	83	97	112	126	140	155	170
Level 9	22	39	57	73	92	107	124	140	155	171	188
Level 10	24	43	63	81	101	118	136	153	170	188	206
Level 11	26	47	69	88	110	128	148	167	186	205	224
Level 12	29	51	74	95	119	139	160	181	201	221	242
Level 13	31	55	80	103	128	149	172	194	216	238	261
Level 14	33	59	86	110	137	160	184	208	231	255	279
Level 15	35	62	91	117	146	170	196	222	246	271	297
Level 16	37	66	97	125	155	181	208	235	261	288	315
Level 17	39	70	103	132	164	191	220	249	276	305	333
Level 18	42	74	109	139	173	202	233	263	291	321	351
Level 19	44	78	114	147	182	213	245	276	306	338	369
Level 20	46	82	120	154	191	223	257	290	321	355	388
Level 21	48	86	126	161	200	234	269	304	337	371	406
Level 22	50	90	131	169	209	244	281	317	352	388	424
Level 23	52	94	137	176	218	255	293	331	367	405	442
Level 24	55	98	143	183	227	265	305	345	382	421	460
Level 25	57	101	149	191	236	276	317	358	397	438	478
Level 26	59	105	154	198	245	286	329	372	412	455	496
Level 27	61	109	160	206	254	297	341	386	427	471	515
Level 28	63	113	166	213	263	307	354	399	442	488	533
Level 29	65	117	171	220	272	318	366	413	457	505	551
Level 30	68	121	177	228	281	329	378	427	472	521	569
Level 31	70	125	183	235	290	339	390	440	488	538	587
Level 32	72	129	188	242	300	350	402	454	503	555	605

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.

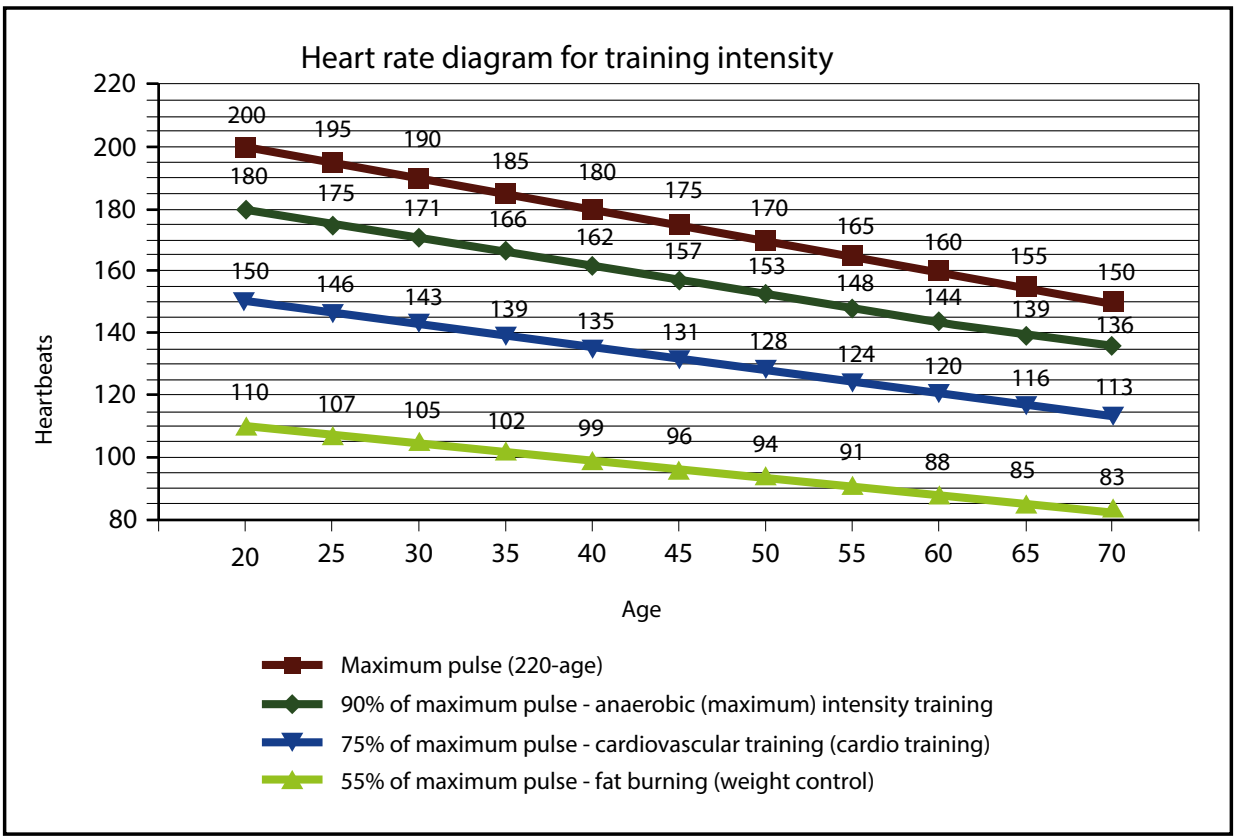
Fat burning (weight management): The main goal here is to burn deposits of fat. In order to achieve this training goal, a low training intensity (approximately 55% of the maximum heart rate) and a longer training period are required.

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 - age) x 0.55.
+ The cardio target zone (75%) is at approximately 131 beats/min. = (220 - age) x 0.75.
+ The maximum heart rate for an anaerobic load training (90%) is at approximately 157 beats/min. = (220 - age) x 0.9.



4.2 Workout journal

				kg				

(Copy template)

Date

Distance

Time (min.)

Resistance level

Training weight

Ø Pulse

Calories burnt

I feel ...

Body weight

4.3 Wireless Connection and Fitness Apps

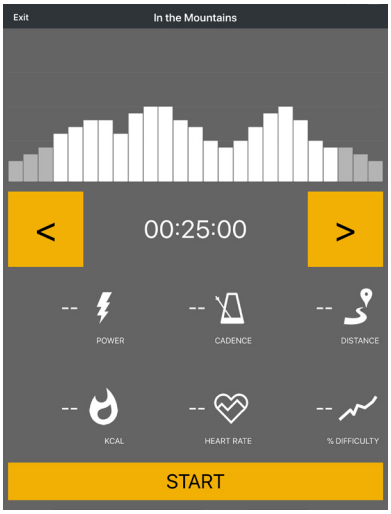
This console is equipped with a wireless interface. Please take note that your mobile device needs to be compatible with the wireless interface of the treadmill.

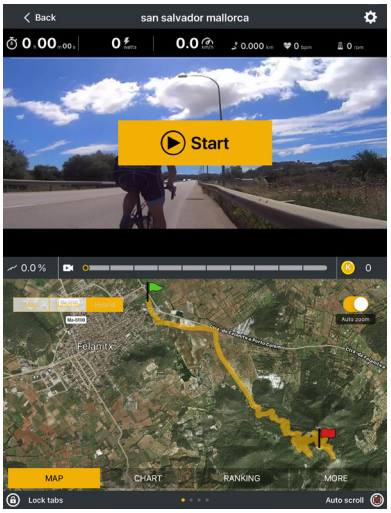
To use training apps you will have to activate the wireless connection function on your mobile device (tablet or smart phone) and start the fitness app. Select your fitness equipment. Please follow the instructions given in the app. You will find the name of your fitness euqipment on a small sticker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

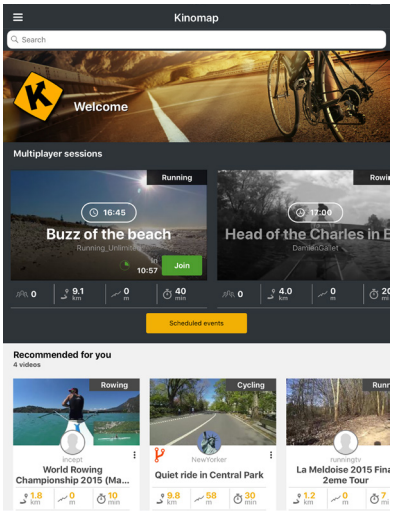
You will find the fitness apps in the app stores of Google or Apple. There you will find the apps “Kinomap” or “Zwift”. Please note that these apps are produced by an external manufacturer. Fitshop does not take any responsibility regarding the availability, functionality or contents of these programmes.

ⓘ IMPORTANT NOTE

Some entertainment apps are provided and maintained by third-party providers. Pre-installed apps may change, be updated, or be removed over time. These changes are normal and do not affect your statutory warranty rights. To make sure the pre-installed apps are working correctly, they must be updated regularly. If needed, the respective app will notify you to do so. To update the app, you need a google account. A google email is sufficient. Just follow the instructions on the screen to perform the update. Please note: The system is set up only for the pre-installed apps. Do not install any additional apps as their proper functionality can not be guaranteed. The installation of other apps might cause technical issues.







Example: Kinomap

5.1 General Instructions

⚠ **WARNING**

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

▶ **ATTENTION**

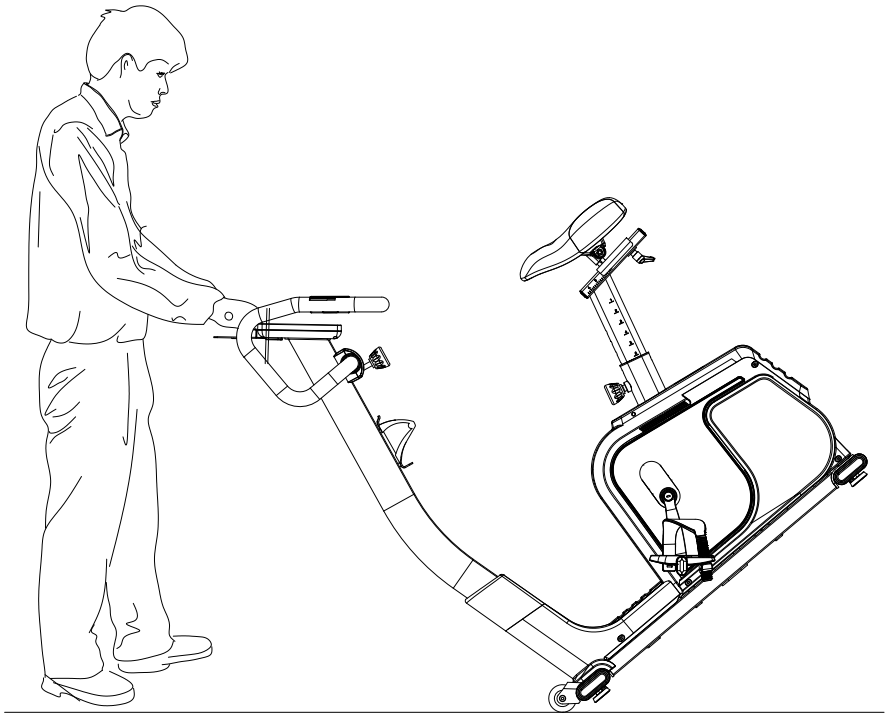
+ Make sure that the equipment is protected from moisture, dust and dirt in the selected storage location. The storage location should be dry and well ventilated and have a constant ambient temperature between 10°C and 35°C.

5.2 Transportation Wheels

▶ **ATTENTION**

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

1. Stand behind the equipment and lift it until the weight is transferred to the transportation wheels. After that, you easily can move the equipment to a new position. For long transport distances the equipment should be disassembled and safely packed.
2. Select the new location by following the instructions in the section 1.5 of this manual.



6.1 General Instructions

⚠ **WARNING**

+ Do not make any improper changes to the equipment.

⚠ **CAUTION**

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

▶ **ATTENTION**

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

6.2 Faults and Fault Diagnosis

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

Fault	Cause	Solution
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	+ Sources of interference in the room + unsuitable chest strap + Wrong position of chest strap + Chest strap defective or battery empty + Pulse display defective	+ 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

Wi-Fi cannot be connected	+ Incorrect password + Special characters in the password + Wi-Fi frequency not suitable	+ Change Wi-Fi password + Establish Internet connection via a hotspot + The date, time and time zone must be set correctly

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		

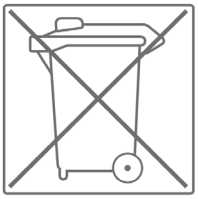
By scanning the QR-code with the camera function or QR-code scanner app of your smartphone/tablet, a video on general maintenance of an exercise bike opens on YouTube. The video serves to illustrate the maintenance points described in this manual.

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

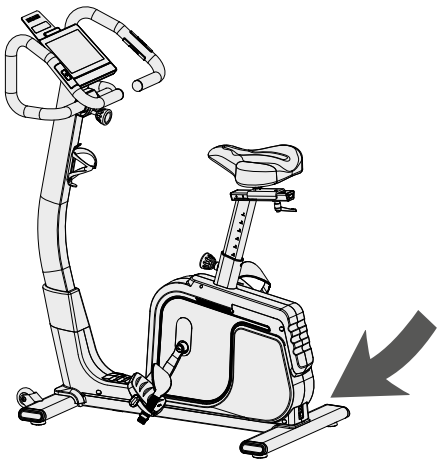


silicone spray

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:

Kettler / Exercise bike

Model Name:

Kettler Tour 800

Article Number:

K-EM2004-100

9.2 Parts List

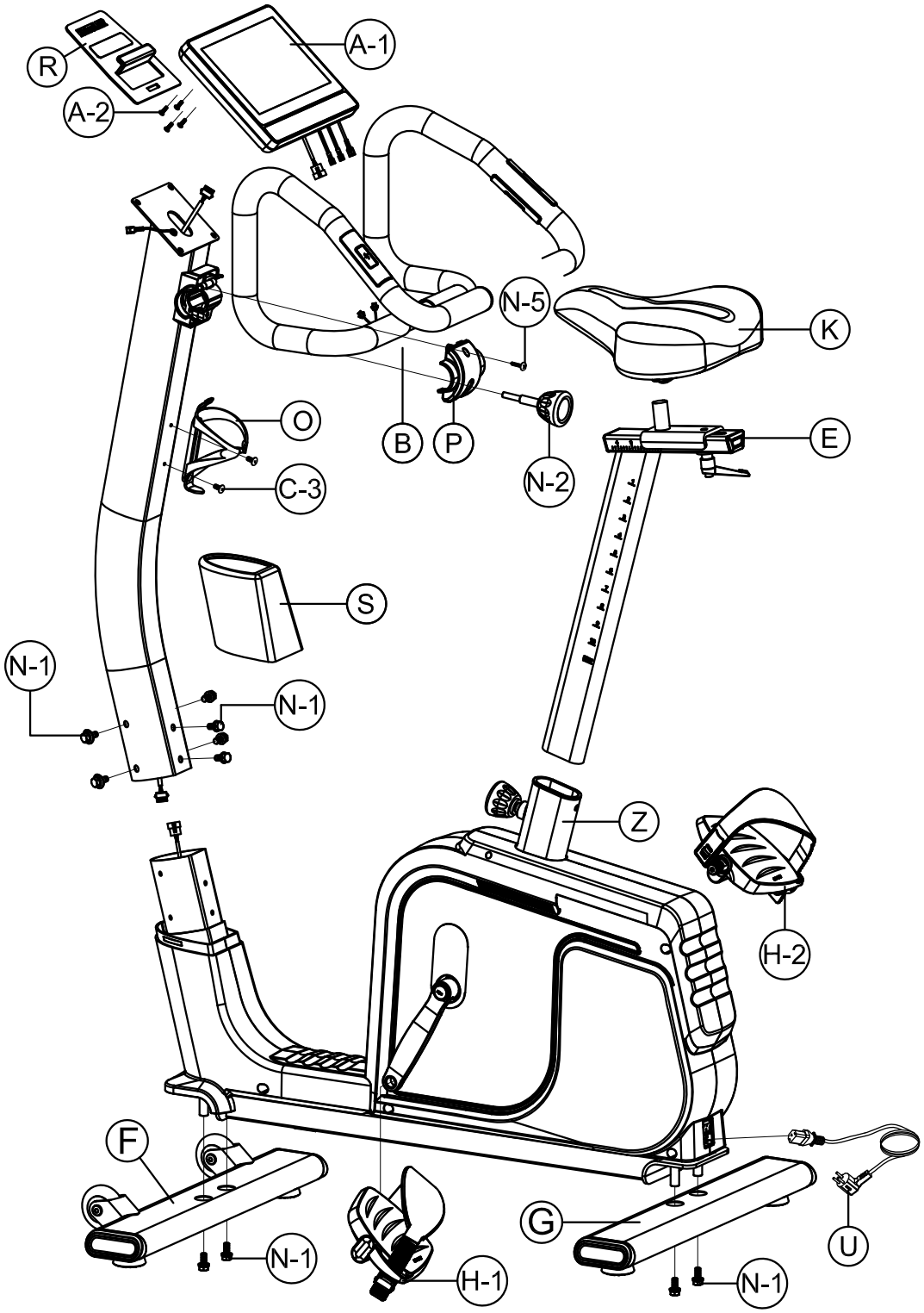
No.	Name	Supplier Parts No.	Qty.
A	Computer set		1
A-1	Computer	755S0-6-2501-B1	1
A-2	Bolt M5x0.8x10L	52605-2-0010-F0	4
B	Handlebar complete assembly		1
B-1	Handlebar welding set	755S0-3-2400-B0	1
B-2	Screw ST3.5x1.41x15L	50935-2-0015-F0	2
B-3	Lower fixing plate for handle pulse	737L6-6-2492-B0	2
B-4	Hand pulse cable 900L	755S0-6-2479-00	2
B-5	Handle pulse	737L6-6-2478-00	4
B-6	Upper fixing plate for handle pulse	737L6-6-2491-B0	2
C	Handlebar post complete assembly		1
C-1	Handlebar post welding set	755S0-3-2000-J3	1
C-2	Upper computer cable 1000L	755S0-6-2572-02	1
C-3	Screw M5*0.8*15L	52605-2-0015-F0	2
C-4	Handlebar cover plate	755S0-6-3780-B0	1
C-5	Screw ST4.2*15L	52842-2-0015-F0	2
C-6	Grounding wire 50L	766S0-6-3486-00	1
D-15	Screw M5*0.8*10L	54805-2-0010-N0	1
D	Main frame set		1
D-1	Main frame	755S0-3-1000-J3	1
D-2	Bearing 6203-2RS	58006-6-1026-01	2
D-3	Knob D54*M16*1.5*26*D8	75402-6-1072-B0	1
D-4	Right inner sleeve	75402-6-1071-B0	1
D-5	left inner sleeve	75402-6-1093-B0	1
D-6	Lower computer cable 1450L	755S0-6-2573-01	1
D-7	Live wire 700L	755S0-6-3480-01	1
D-8	Neutral wire 700L	755S0-6-3479-01	1
D-9	Flexible conduit	755RS-6-3483-00	1
D-10	Sensor cable 450L	815G0-6-2576-00	1
D-11	Screw ST4*1.41*13L,D10	54704-2-0013-F0	2
D-12	Screw M6*1*12L	54806-2-0012-N0	2

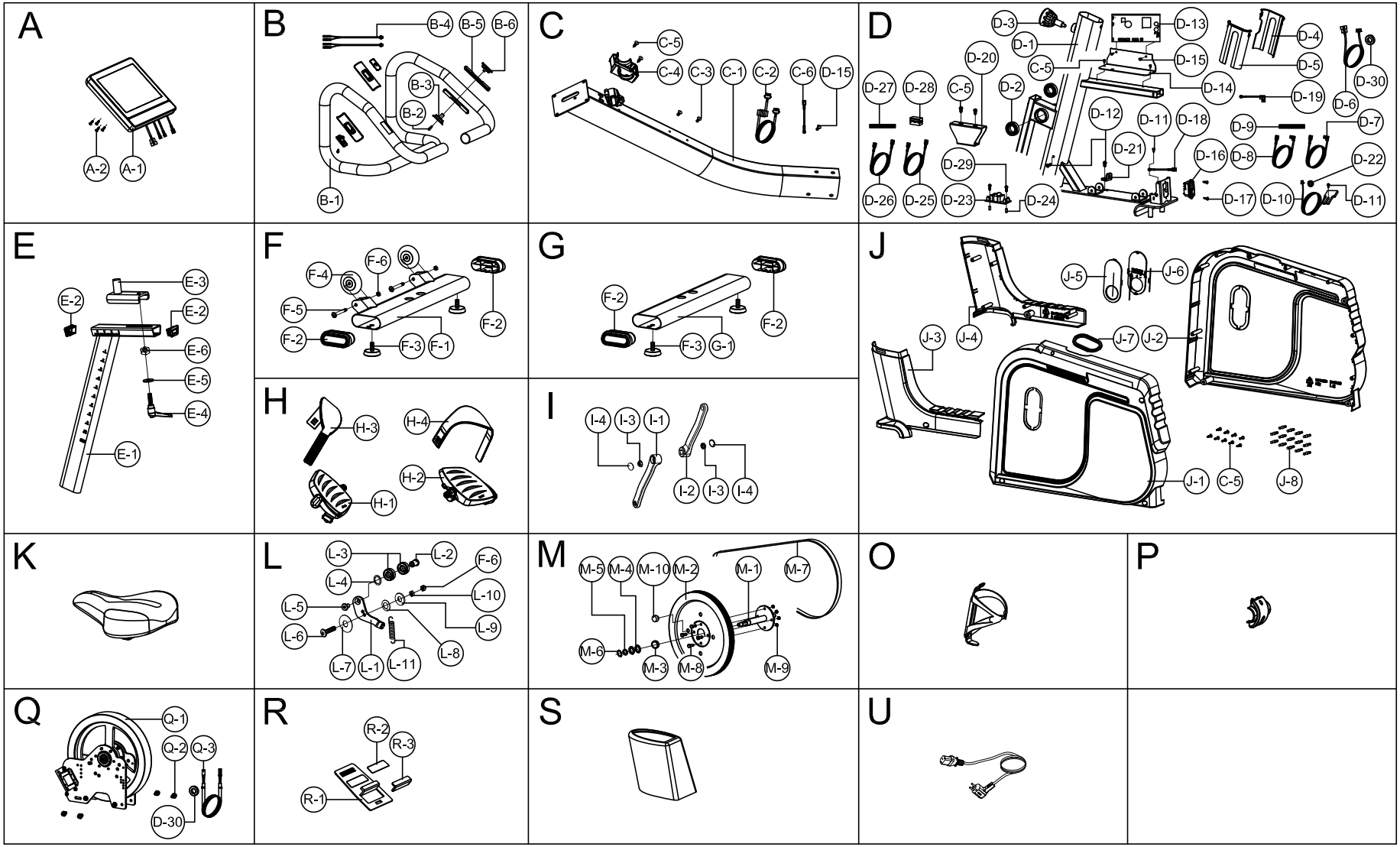
D-13	Control board	734S5-6-2597-00	1
D-14	Fixing plate for control board	755S0-6-1085-N0	1
D-15	Screw M5*0.8*10L	54805-2-0010-N0	2
D-16	Switching mode power supplier	755S0-6-2559-00	1
D-17	Screw M3*0.5*10L	53203-2-0010-N0	2
D-18	Grounding wire 100L*4.8	755S0-6-3486-00	1
D-19	Grounding wire 2 100L	26100-6-1788-00	1
D-20	Chain cover fixing tube	755S0-6-1043-J0	1
D-21	Fixing plate	815G0-6-1673-N0	1
D-22	Magnetic ring (small)	755S0-6-2977-00	1
D-23	Filter	755S0-6-3289-00	1
D-24	Bushing	755S0-6-2288-00	2
D-25	Live wire 450L	261A2-6-1789-00	1
D-26	Neutral wire 450L	261A2-6-1791-00	1
D-27	Magnetic ring (Square)	755S0-6-2978-00	1
D-28	Flexible conduit	85402-6-3483-01	1
D-29	Screw ST3*20L	50903-2-0020-D0	2
D-30	Magnetic ring (big)	755S0-6-2979-00	1
C-5	Screw ST4.2*15L	52842-2-0015-F0	4
E	Seat post assembly set		1
E-1	Seat post	755S0-3-2200-J2	1
E-2	End cap	85702-6-2087-B0	2
E-3	Seat adjustment tube	85702-3-4000-J0	1
E-4	Knob M10*35L	52710-1-0035-N0	1
E-5	Flat washer D31.8*D10.5*3T	55110-1-3135-FA	1
E-6	Nylon nut M10*1.5*10T	55210-1-2010-NA	1
F	Front stabilizer assembly set		1
F-1	Front stabilizer	755S0-3-2100-J0	1
F-2	Oval cap	755S0-6-2173-B0	2
F-3	Adjustable wheel	76100-6-2174-B0	2
F-4	Round wheel	846C2-6-2175-00	2
F-5	Bolt M8*1.25*40L	50308-5-0040-F3	2
F-6	Nylon nut M8*1.25*8T	55208-1-2008-FA	2
G	Rear stabilizer assembly set		1

G-1	Rear stabilizer	755S0-3-2112-J0	1
F-2	Oval cap	755S0-6-2173-B0	2
F-3	Adjustable wheel	76100-6-2174-B0	2
H	Pedal set	58029-6-1105-B0	1
H-1	Left Pedal	58029-6-1105-B0-L	1
H-2	Right Pedal	58029-6-1105-B0-R	1
H-3	Left Pedal Strap	58029-6-1105-00-L	1
H-4	Right Pedal Strap	58029-6-1105-00-R	1
I	Crank set		1
I-1	Left crank	58007-6-1082-D0	1
I-2	Right crank	58007-6-1081-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	755S0-6-4501-B0	1
J-2	Right chain cover	755S0-6-4502-B0	1
J-3	Front left decorative cover	755S0-6-4514-B0	1
J-4	Front right decorative cover	755S0-6-4515-B0	1
J-5	Crank hole cover(left)	755S0-6-4544-B0	1
J-6	Crank hole cover(right)	755S0-6-4545-B0	1
J-7	Gasket	755S0-6-4510-B0	1
J-8	Pin	71600-6-4586-60	14
C-5	Screw ST4.2*15L	52842-2-0015-F0	9
K	Seat	58001-6-1351-B0	1
L	Idle wheel fixing plate set		1
L-1	Fixing plate of idle wheel	742G0-6-1601-N1	1
L-2	Idle wheel axle	731S1-6-1602-01	1
L-3	Bearing #99502	58006-6-1016-00	2
L-4	Flat washer D24*D16*1.5T	55116-1-2415-NA	1
L-5	Bolt M8*1.25*16L	51608-5-0016-F0	1
L-6	Bolt M8*1.25*30L	50308-5-0030-C0	1
L-7	Plastic washer D50*D10*1.0T	55110-1-5010-BF	1
L-8	Plastic washer D10*D24*0.4T	55110-1-2404-BF	1
L-9	Flat washer D28*D8.5*3T	55108-1-2830-NA	1

L-10	Nut M8*1.25*6T	55208-2-2006-NA	1
L-11	Spring D2.2*D14*65L	58003-6-1024-N1	1
F-6	Nylon nut M8*1.25*8T	55208-1-2008-FA	1
M	Belt wheel set		1
M-1	Crank axle welding set	75402-3-2903-00	1
M-2	Belt wheel	58008-6-1040-D1	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 430(1092) PJ6	58004-6-1066-00	1
M-8	Bolt M6*1.0*15L	50206-5-0015-C0	4
M-9	Nylon nut M6x1.0x6T	55206-1-2006-CA	4
M-10	Magnet	742G0-6-2574-00	1
N	Assembly kit	755S0-3-5100-00	1
N-1	Bolt M8x1.25x20L	75402-6-3191-F0	10
N-2	Knob	75402-6-2488-B0	1
N-3	Hex wrench M6	58030-6-1031-N1	1
N-4	Open wrench 153*6.5T	58030-6-1050-C0	1
N-5	Screw ST4.2*1.4*15L	53342-2-0015-F0	1
O	Bottle holder	848B2-6-2074-00	1
P	Handlebar cover	75402-6-3781-B1	1
Q	Flywheel set		1
Q-1	EMS magnet system	815S5-2-3100-02	1
Q-2	Screw M6*1.0P*16L	815S1-6-3191-F0	4
Q-3	System connecting cable 500L	738G0-6-3177-00	1
D-30	Magnetic ring (big)	755S0-6-2979-00	1
R	Pad holder Set		1
R-1	Pad holder	75402-6-2466-J0	1
R-2	Buffer strip 1	75402-6-2088-B0	1
R-3	Buffer strip 2	75402-6-2089-B0	1
S	Upper Protective Cover	73402-6-4580-B0	1
U	Power cable 1700L	26100-6-1775-02	1

9.3 Exploded Drawing




A
A-2
A-1
B
B-4
B-5
B-6
B-3
B-2
B-1
C
C-5
C-4
C-3
C-1
C-2
C-6
D-15
D
D-3
D-1
D-20
C-5
D-2
D-27
D-28
C-5
D-29
D-26
D-25
D-23
D-24
D-13
D-15
D-14
D-12
D-11
D-18
D-21
D-16
D-17
D-4
D-5
D-19
D-9
D-8
D-10
D-30
D-6
D-7
D-22
D-11
E
E-3
E-2
E-2
E-6
E-5
E-4
E-1
F
F-4
F-6
F-5
F-2
F-3
F-1
F-2
G
F-2
F-3
G-1
F-2
H
H-3
H-4
H-2
H-1
I
I-4
I-3
I-1
I-2
I-3
I-4
J
J-5
J-6
J-3
J-4
J-7
J-2
J-1
C-5
J-8
K
L
L-3
L-2
F-6
L-4
L-10
L-5
L-9
L-6
L-7
L-1
L-11
L-8
M
M-5
M-4
M-10
M-2
M-1
M-7
M-6
M-3
M-8
M-9
O
P
Q
Q-1
Q-2
Q-3
D-30
R
R-2
R-3
R-1
S
U

10 WARRANTY

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

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

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

Your statutory rights are not affected.

Warrantee
The warrantee 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 warrantee 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

TECHNIK

+49 4621 4210-900
+49 4621 4210-698
technik@fitshop.de
Öffnungszeiten entnehmen Sie unserer Homepage.

SERVICE

0800 20 20277 (kostenlos)
04621 4210 - 0
info@fitshop.de
Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statita

DK

TEKNIK OG SERVICE

80 90 16 50
+49 4621 4210-945
info@fitshop.dk
Åbningstider kan findes på hjemmesiden: https://stg.fit/statit7

EN

CUSTOMER SUPPORT

00800 2020 2772
+494621 4210 944
service@fitshop.com
You can find the opening hours on our homepage: https://fsg.fit/en

FR

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

BE

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

TECNOLOGÍA Y SERVICIOS

911 238 029
info@fitshop.es
Consulta nuestro horario de apertura en la página web: https://stg.fit/statit5

NL

TECHNISCHE DIENST & SERVICE

+31 172 619961
service@fitshop.nl
De openingstijden vindt u op onze homepage: https://stg.fit/statit3

INT

TECHNICAL SUPPORT & SERVICE

+49 4621 4210-944
service-int@fitshop.de
You can find the opening hours on our homepage: https://stg.fit/statita

PL

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

AT

TECHNIK & SERVICE

0800 20 20277 (Freecall)
+49 4621 42 10-0
info@fitshop.at
Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statitb

CH

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

KETTLER

WEBSHOP AND SOCIAL MEDIA

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

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

FIT SHOP	www.fitshop.com/kettler www.kettlersport.com
	www.facebook.com/fitshopgroup/
	www.instagram.com/fitshopgroup/
	www.linkedin.com/company/fitshop-gmbh
	www.stg.fit/YouTube_DE

Kettler is part of the Fitshop Group.

Notes

KETTLER

TOUR 800