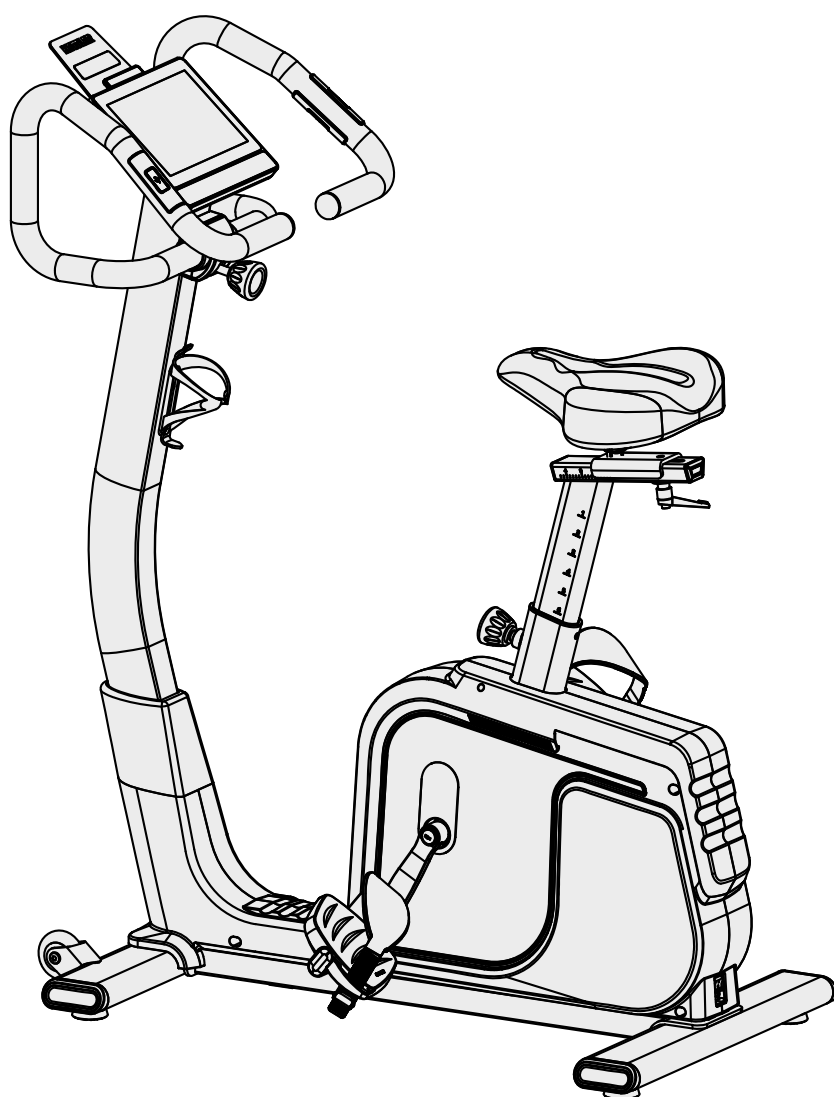


# KETTLER

## ASSEMBLY AND OPERATING INSTRUCTIONS



max. 160 kg



~ 60 Min.



44 kg

L 108 | W 58 | H 134

FSKEM2004100.01.01

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](http://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.

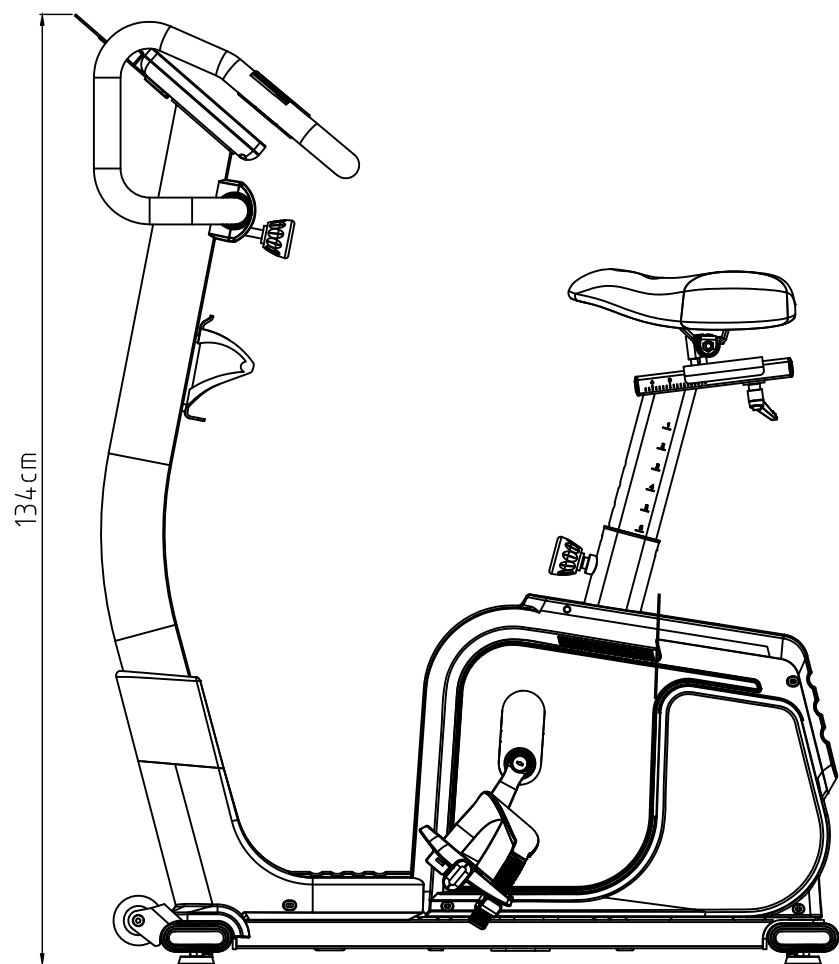
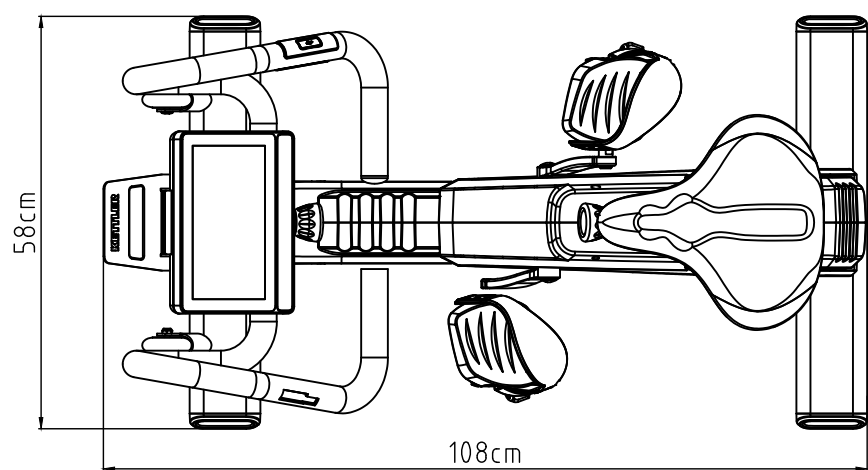
Retain these instructions in a safe place for future reference, maintenance or when ordering replacement parts.

## 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                                | Generator               |
| 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          |

| 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              | H                                         |

# 1.2 Technical Drawings



## 1.3 Personal Safety

### **DANGER**

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

### **WARNING**

- + This equipment may not be used by children under the age of 14.
- + Children should not be allowed unsupervised access to the equipment.
- + Persons with disabilities must have a medical license and must be under strict observation when using the equipment.
- + The equipment is strictly for use by one person at a time.
- + If your equipment provides a safety key, the clip of the safety key must be attached to your clothing before starting your training. In the event of a fall, the EMERGENCY STOP of the equipment can be initiated.
- + There is a risk of injury from spinning pedals and/or an exposed flywheel in the absence of a freewheel. Never get on or off the equipment when the pedals or the flywheel are still moving. Always make sure that the pedals and the flywheel have come to a complete stop.
- + Support yourself with at least one hand on the handlebar when getting on and off the equipment. Only dismount from the equipment when the pedals have come to a complete stop.
- + Keep your hands, feet and other body parts, hair, clothing, jewellery and other objects well clear of moving parts.
- + During use, wear suitable sports clothing rather than loose or baggy clothing. When wearing sports shoes, make sure they have suitable soles, preferably made of rubber or other non-slip materials. Shoes with heels, leather soles, studs or spikes are unsuitable. Never exercise barefoot.

### **CAUTION**

- + If your equipment needs to be connected to the power supply with a mains cable, make sure that the cable is not a potential tripping hazard.
- + Make sure that nobody is within the range of motion of the equipment during training so as not to endanger you or other persons.
- + Always tighten the pedal strap before you start training to prevent your feet from slipping.
- + Be aware that if adjustment devices are left protruding, they may impede the user's movement.

**CAUTION**

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

**► ATTENTION**

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

## 1.4 Electrical Safety

**DANGER**

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

**WARNING**

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

**► ATTENTION**

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

**NOTICE**

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

## 1.5 Set-Up Place



### **WARNING**

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



### **CAUTION**

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



### **ATTENTION**

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

## 2.1 General Instructions



### **DANGER**

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



### **WARNING**

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



### **CAUTION**

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



### **ATTENTION**

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



### **NOTICE**

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

## 2.2 Scope of Delivery

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



### **CAUTION**

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



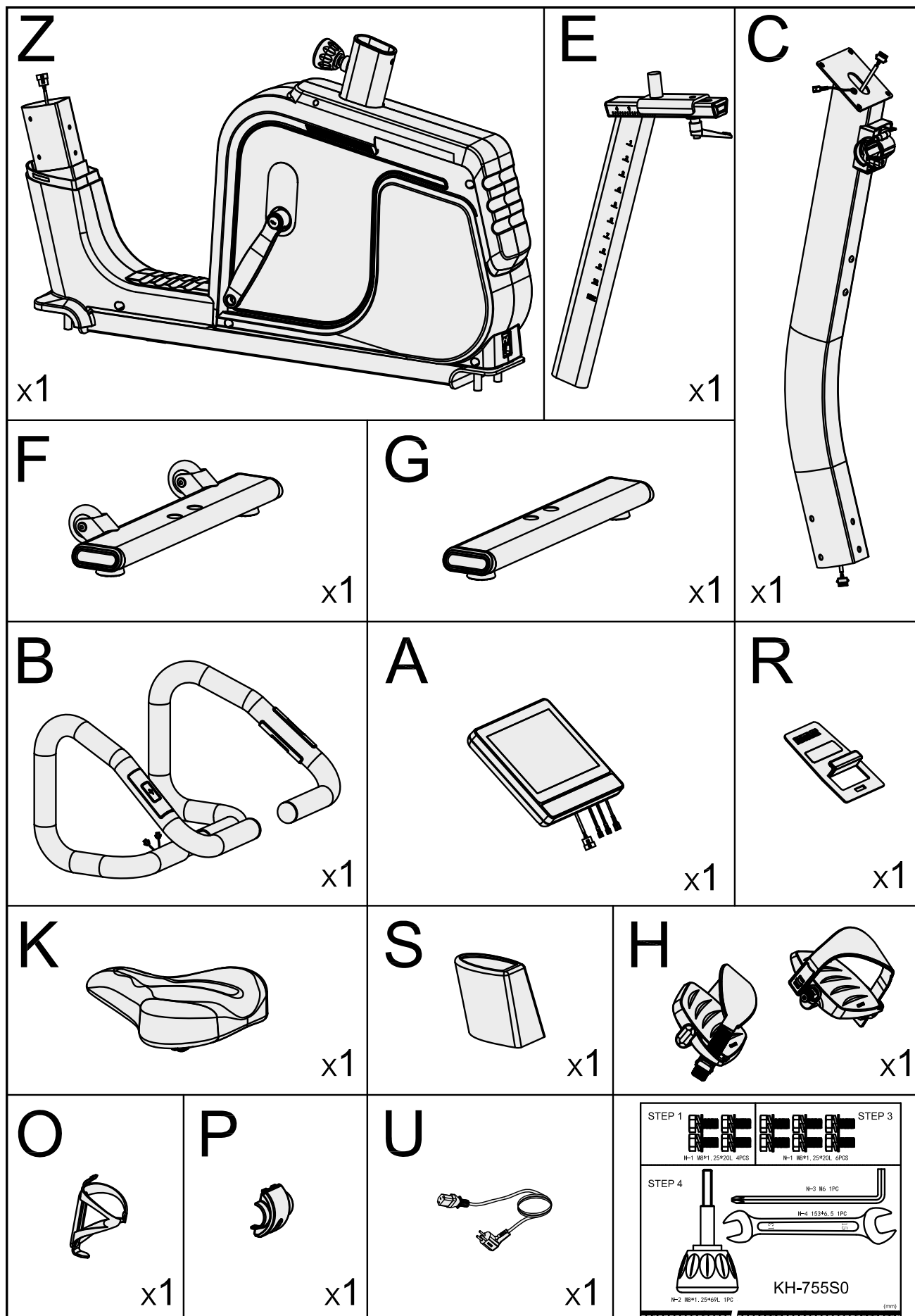
### **NOTICE**

Required tools: wrench, allen key, screwdriver

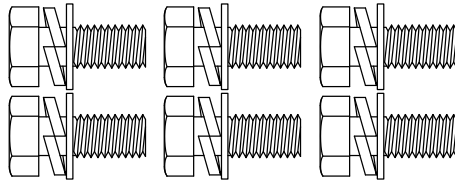


### **NOTICE**

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

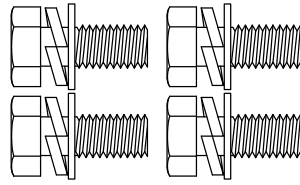


## STEP 1



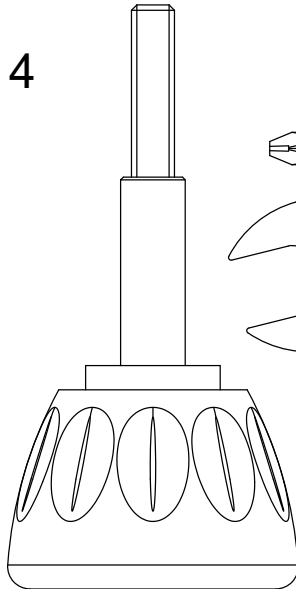
N-1 M8\*1.25\*20L 6PCS

## STEP 3

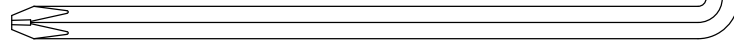


N-1 M8\*1.25\*20L 4PCS

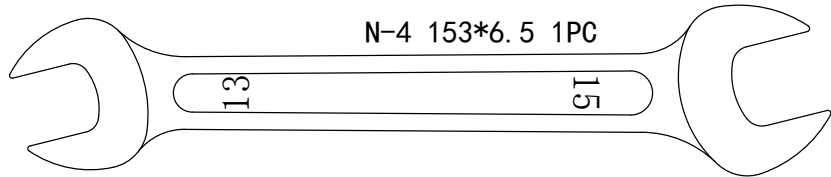
## STEP 4



N-2 M8\*1.25\*69L 1PC



N-3 M6 1PC



N-4 153\*6.5 1PC

## 2.3 Assembly

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

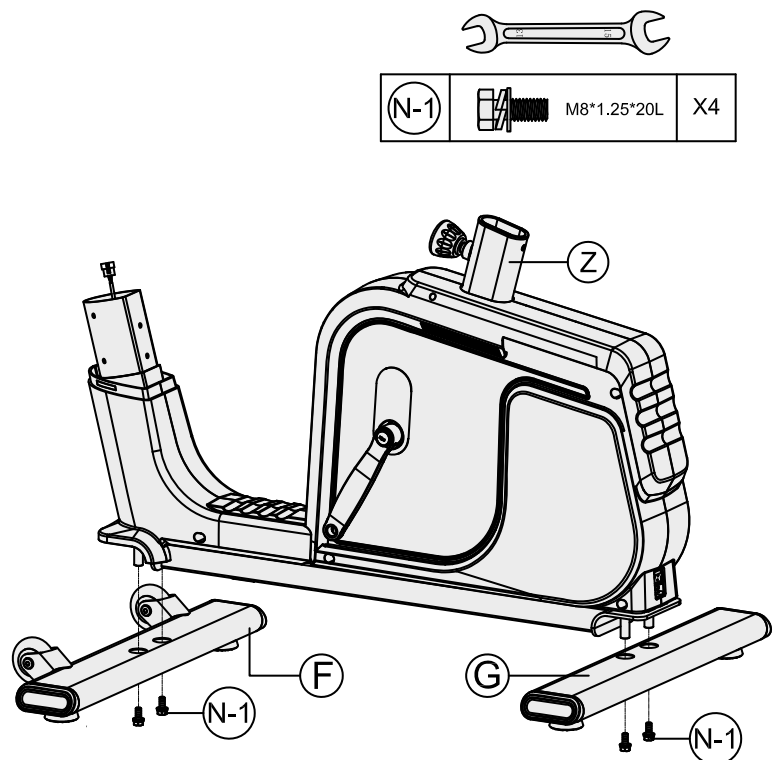
### NOTICE

- + First loosely screw all parts together and check that they fit properly. Tighten the screws using the tool only when you are instructed to do so.
- + Do not tighten the screws and bolts with excessive force as they could be damaged.
- + If you have difficulty recognising the graphics, we recommend that you open and/or download the PDF instructions stored in the webshop on your end device (e.g. smartphone, tablet or PC). There you have the option of zooming in closer. Please note that the Adobe Acrobat Reader programme must be installed on your end device in order to open the file.

### Step 1: Assembly of the stabilizers

*Tool: wrench*

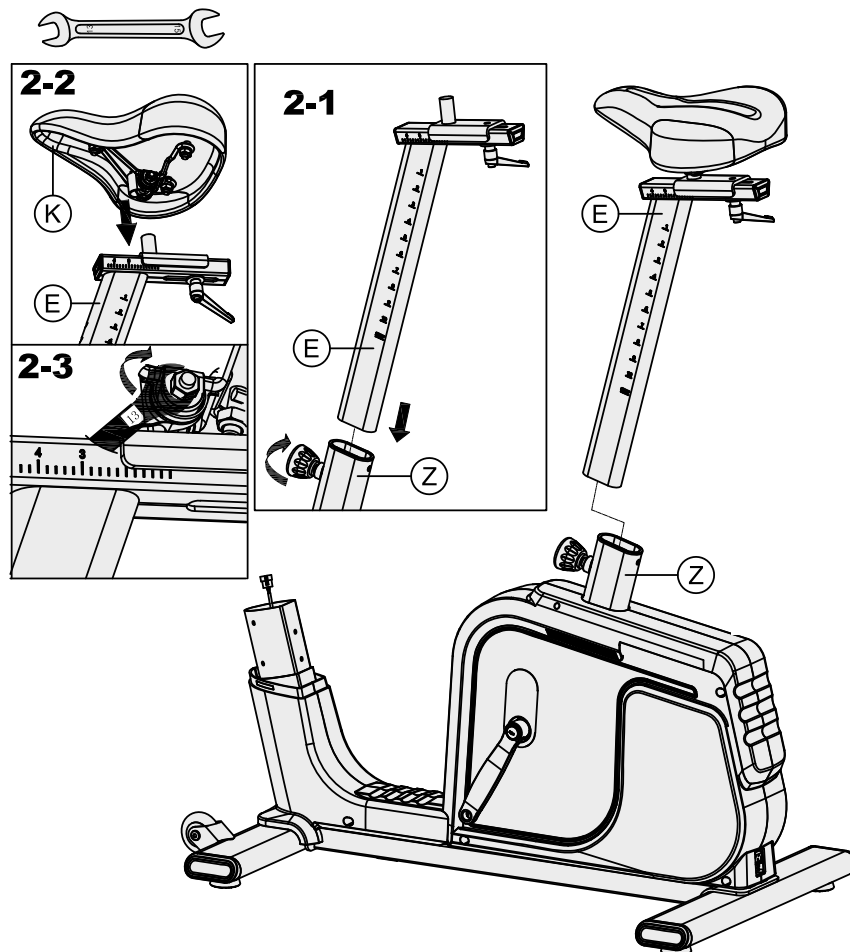
1. Attach the front stabilizer (F) to the main frame (Z) with two boltsets (N-1).
2. Attach the rear stabilizer (G) to the main frame (Z) with two boltsets (N-1).



## 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).

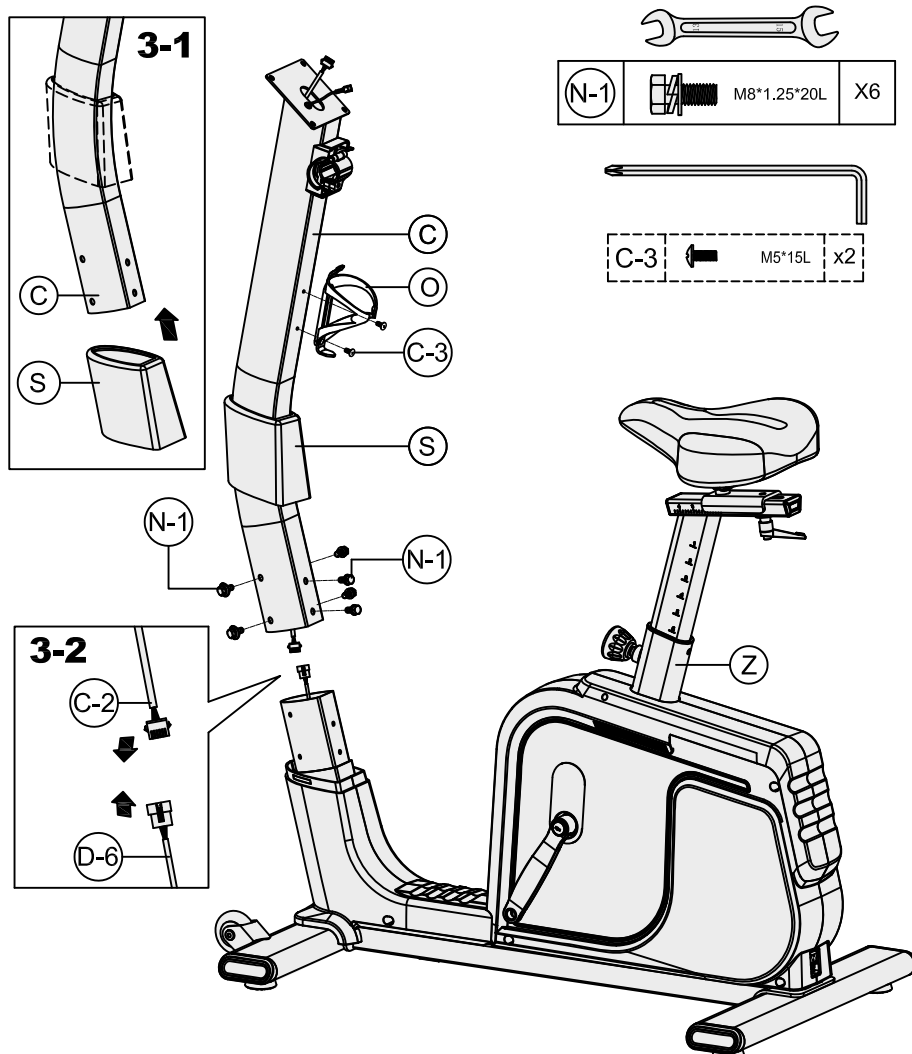


### Step 3: Assembly of the handlebar post

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).

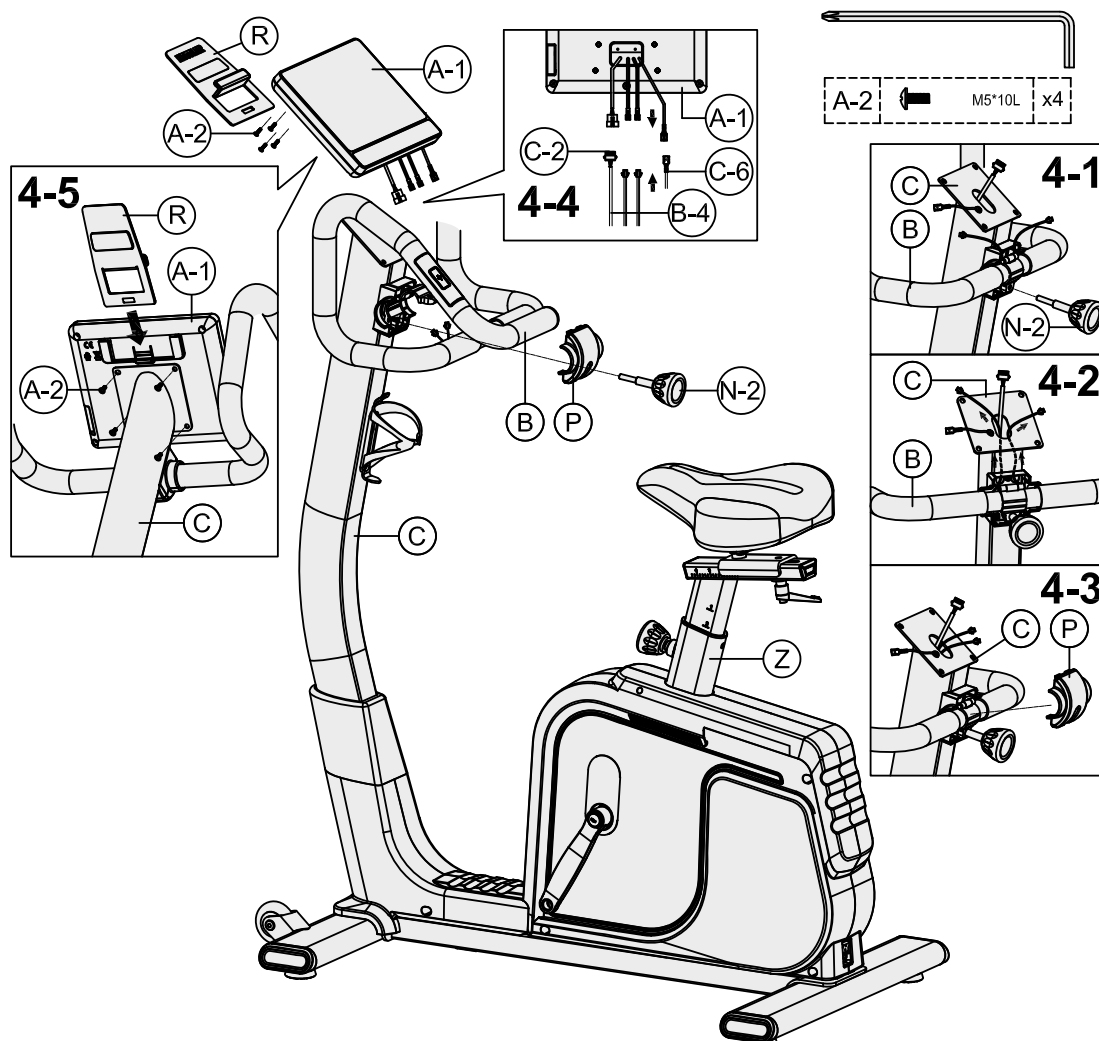


## Step 4: Assembly of the console and the handlebar

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) 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).



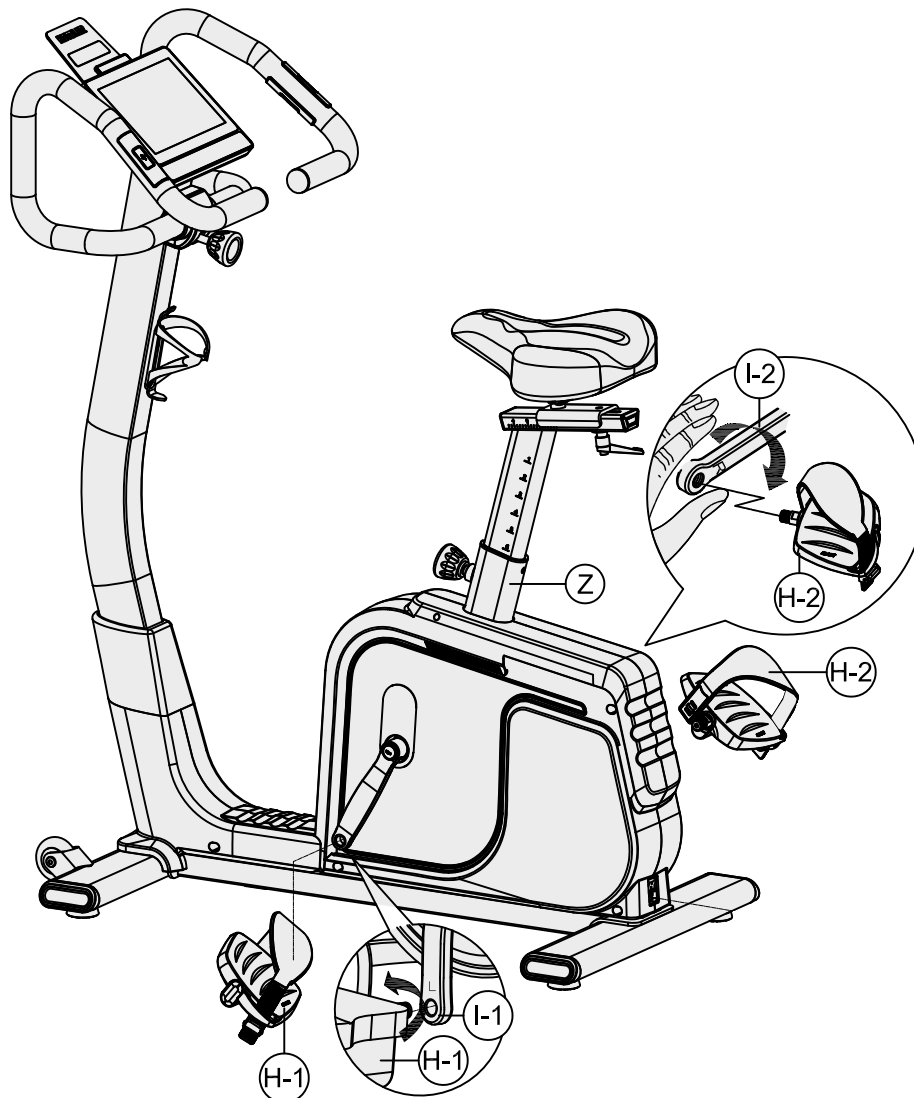
## Step 5: Assembly of the pedals

### 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.

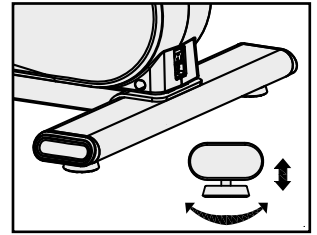
→ *The assembly is complete.*



## 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.

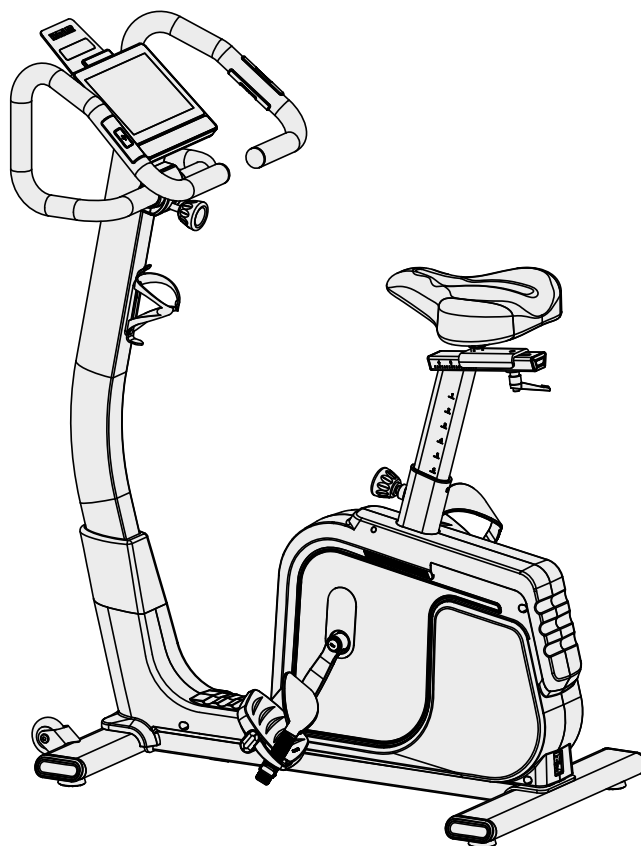
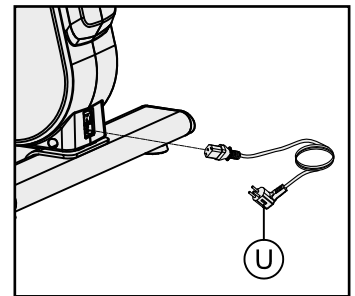


## Step 7: Connecting the device to the power supply

### ► 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

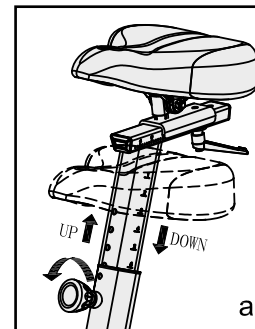
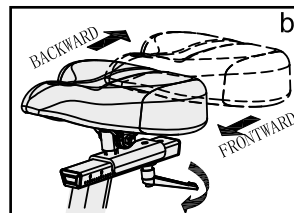
When adjusting the seat, ensure that the minimum insertion depth is not exceeded.

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

### ⚠ CAUTION

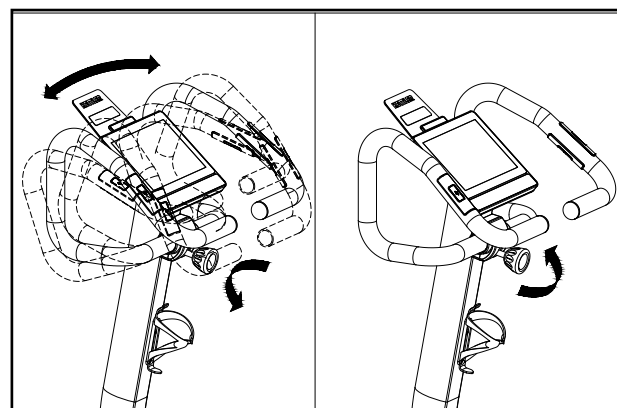
Make sure the knob audibly engages into one of the adjustment holes.

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.

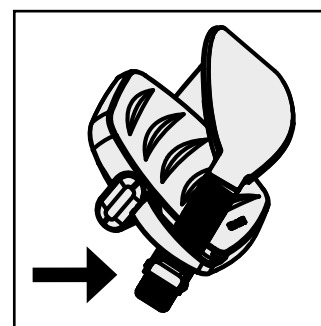


## Step 10: Adjustment of the pedal straps

### ⓘ 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.

### ① NOTICE

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

### 3.1 Display Overview

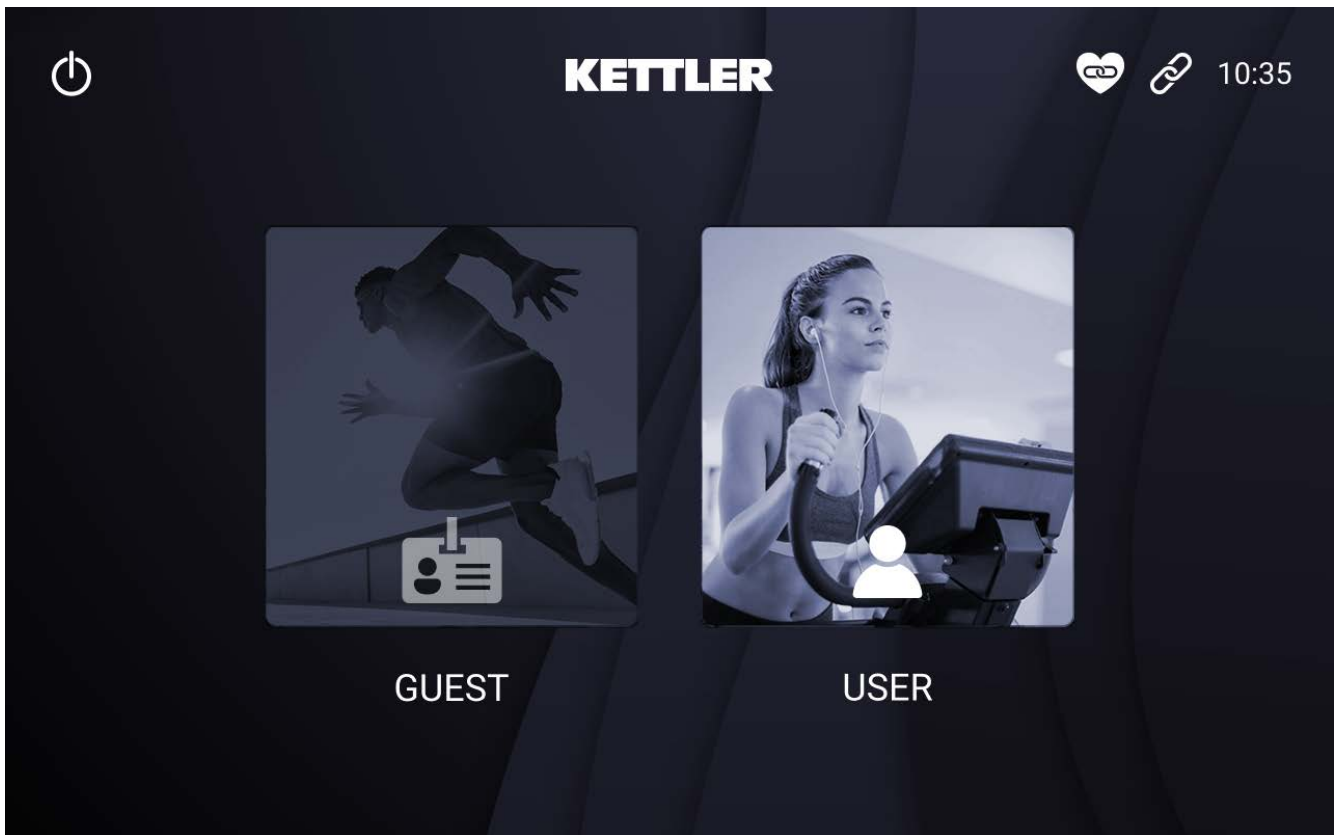


The following chapters provide a detailed overview of all console functions.

## 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.



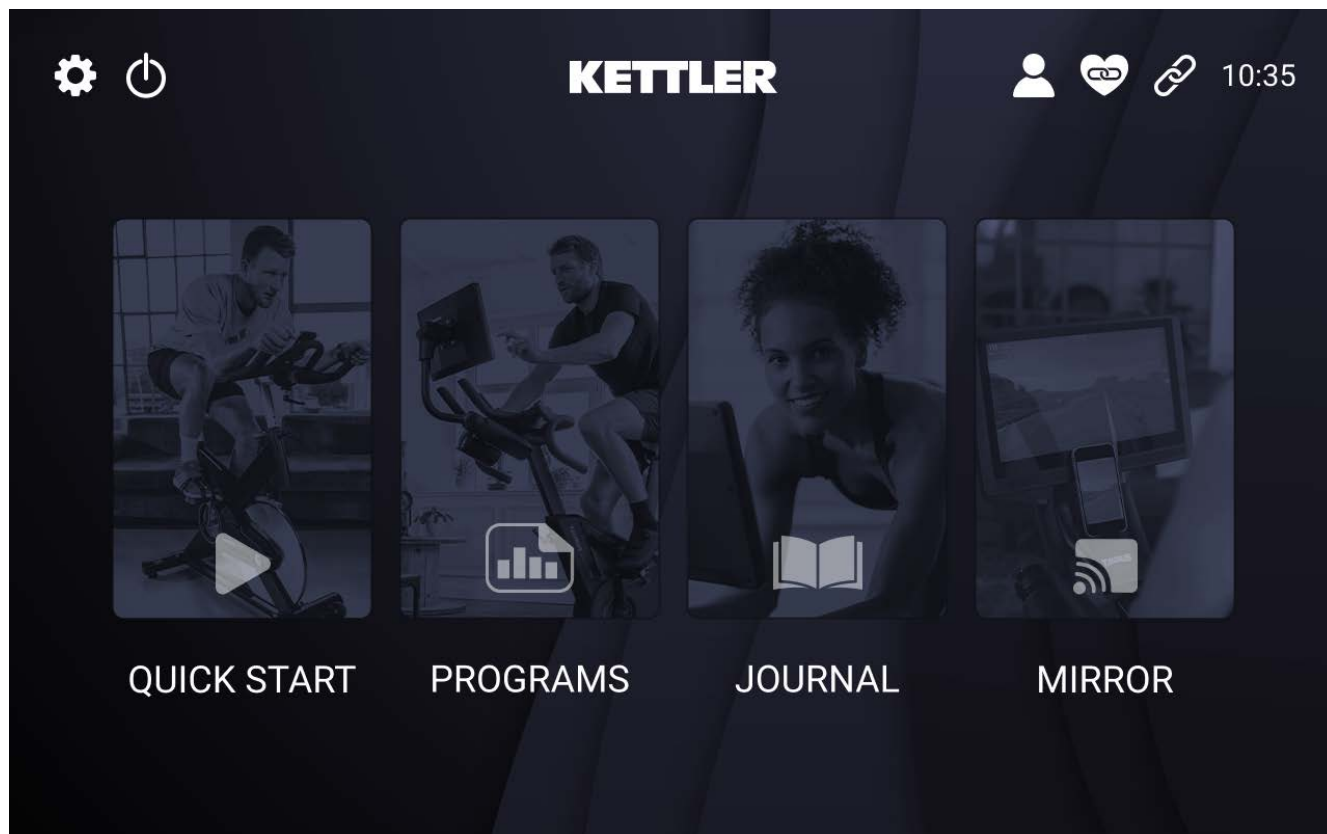
### NOTICE

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*.



### 1.3.1 Home Selection

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

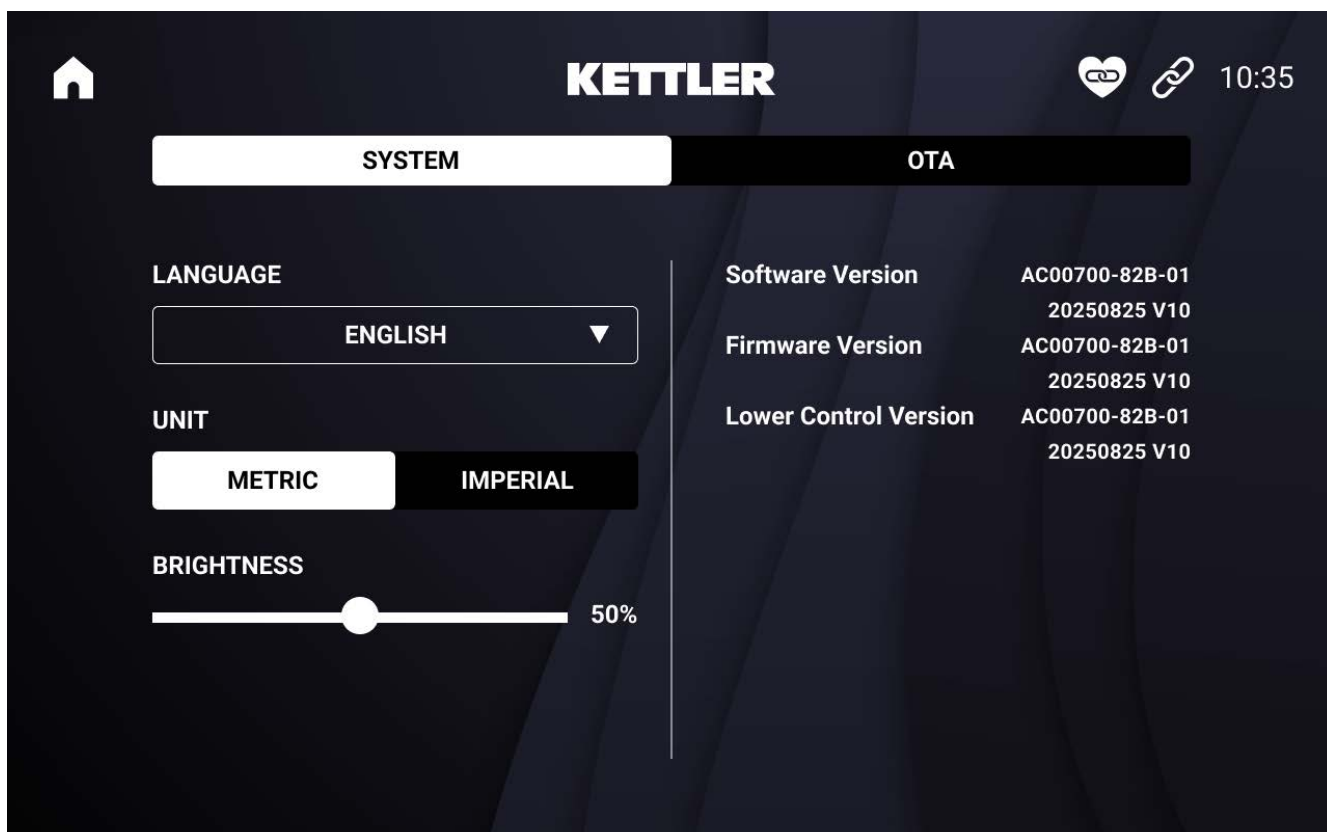
## 3.4 Settings

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:**

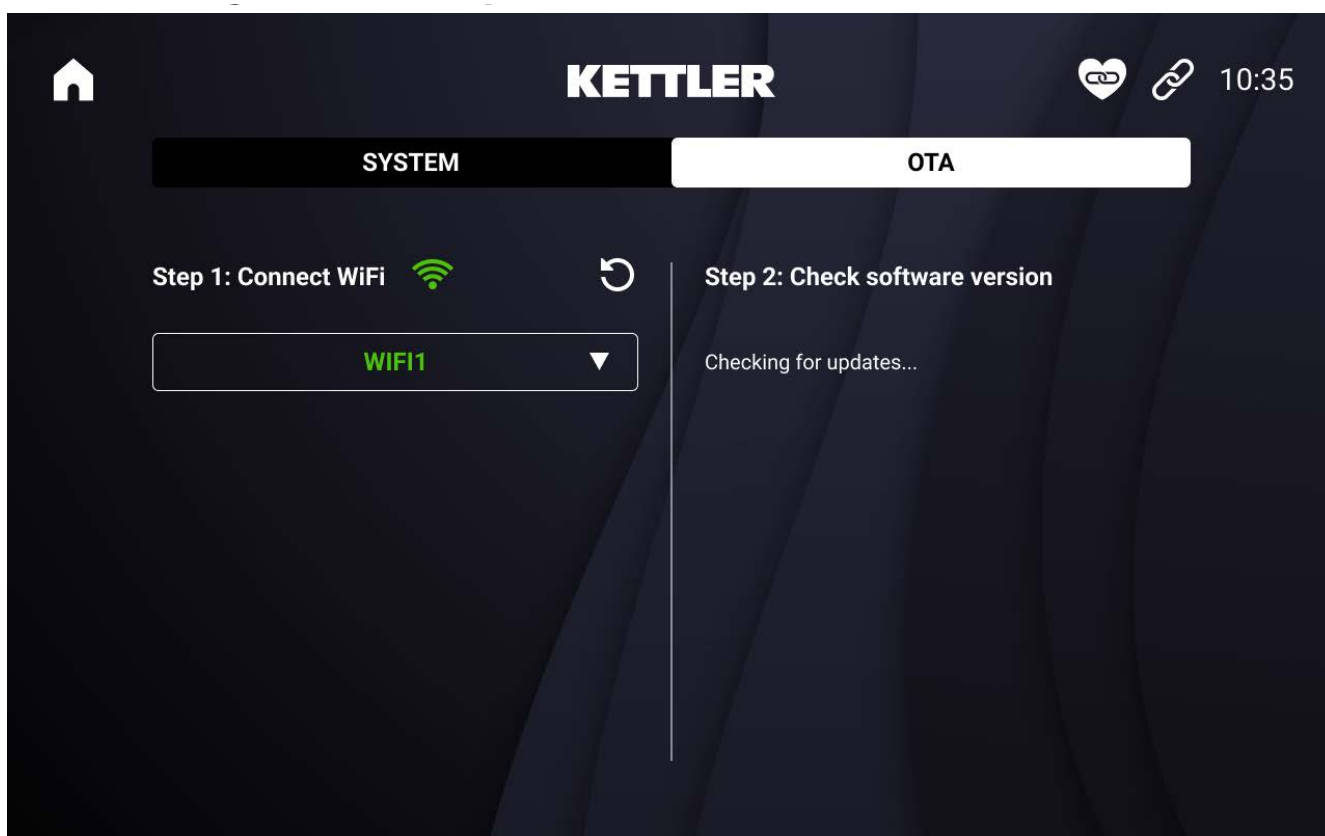
1. Choose between Metric (kilometers) and Imperial (miles).

#### **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:**

##### **① 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.

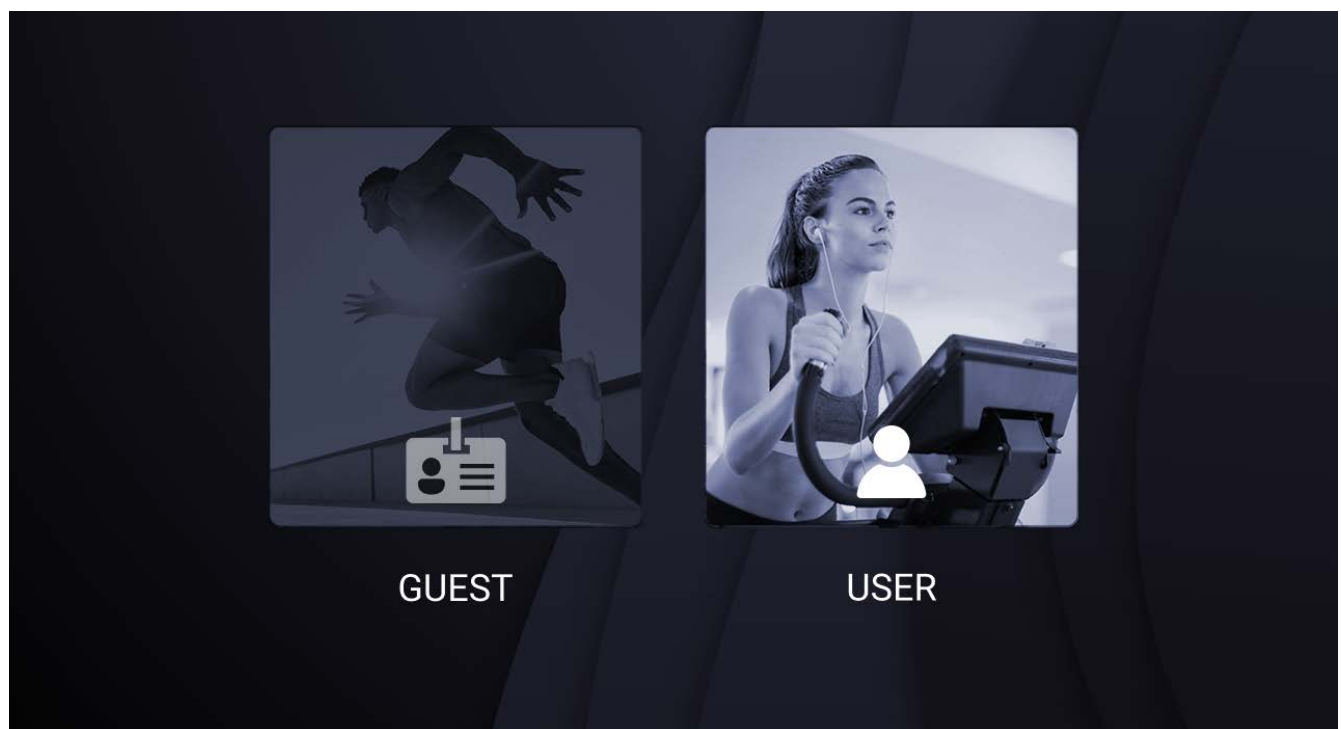
*The console downloads the update.*

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.



##### **① 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

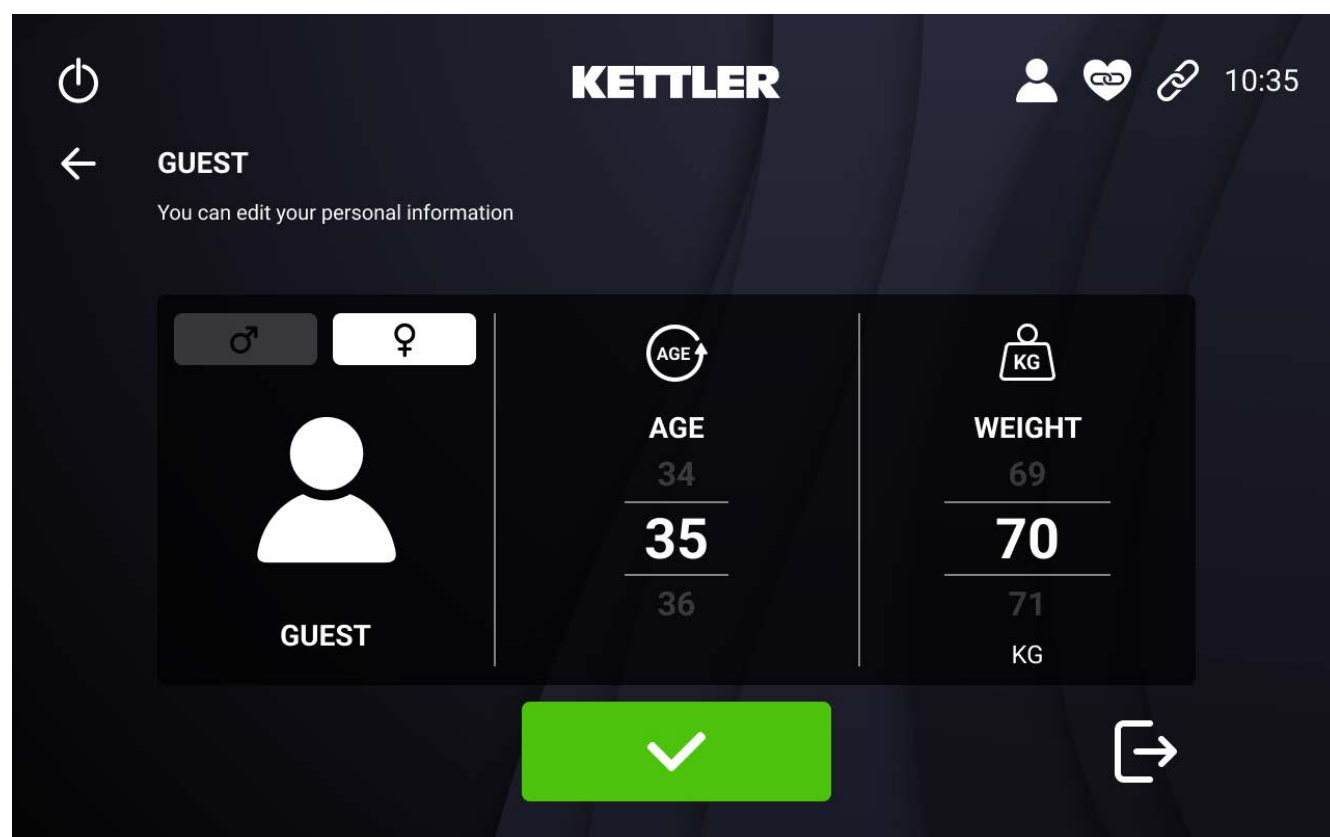
- + Your configured user programmes and training log entries remain saved.
- + To return to the start screen without saving your data, tap .

#### 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 screenshot shows the KETTLER guest profile settings interface. At the top, there's a power icon, the KETTLER logo, and icons for user, heart, and link, along with the time 10:35. Below this is a back arrow and the word 'GUEST' with the subtitle 'You can edit your personal information'. The main area contains three columns: gender selection (male/female), age selection (34/35/36), and weight selection (69/70/71 KG). A large green checkmark button is at the bottom center, and a share icon is at the bottom right.

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

| SELECTION     | DESCRIPTION                                     |
|---------------|-------------------------------------------------|
| <b>GENDER</b> | <b>Selection:</b><br>+ Male ♂<br>+ Female ♀     |
| <b>AGE</b>    | <b>Selection:</b><br>10–99                      |
| <b>WEIGHT</b> | <b>Selection:</b><br>+ 20–200 kg<br>+ 44–440 lb |

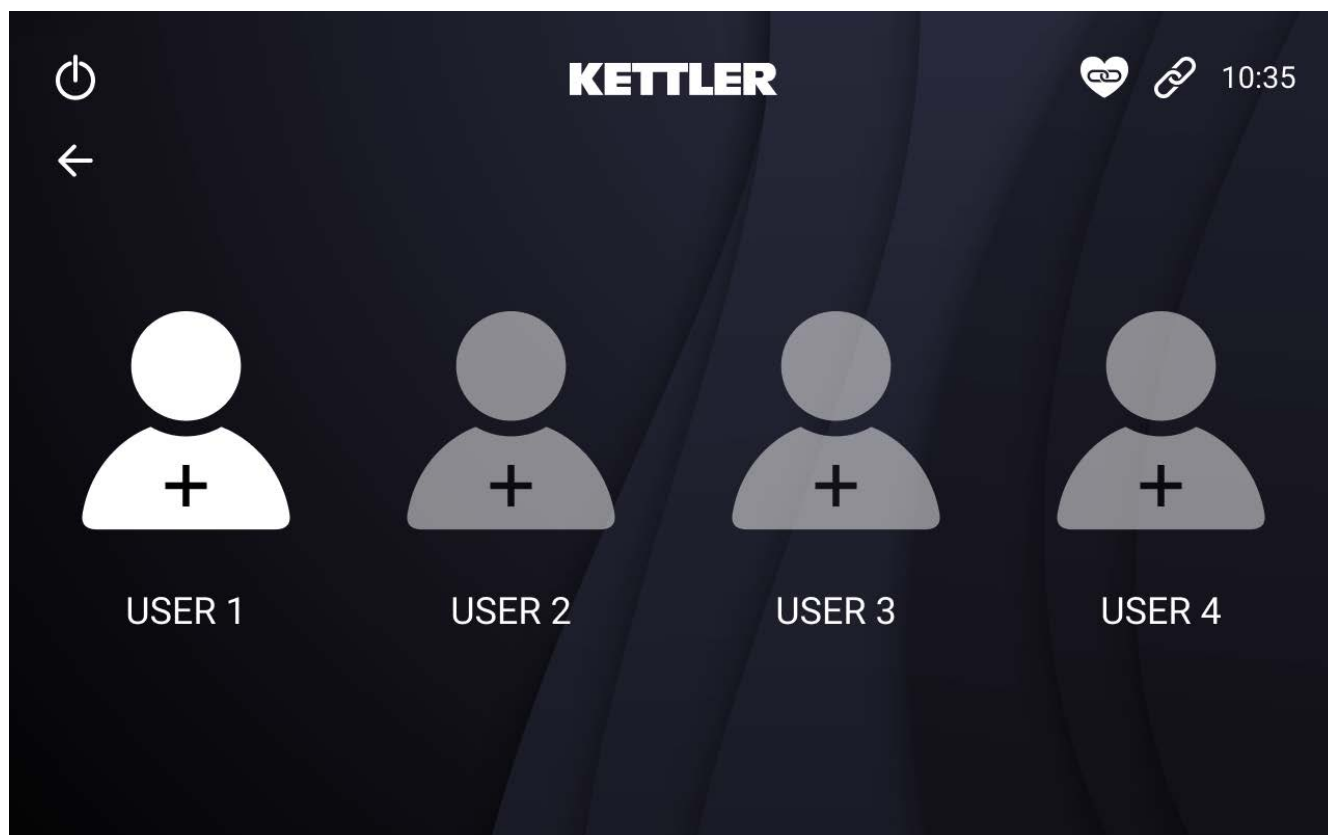
#### Log out of the guest profile:

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:

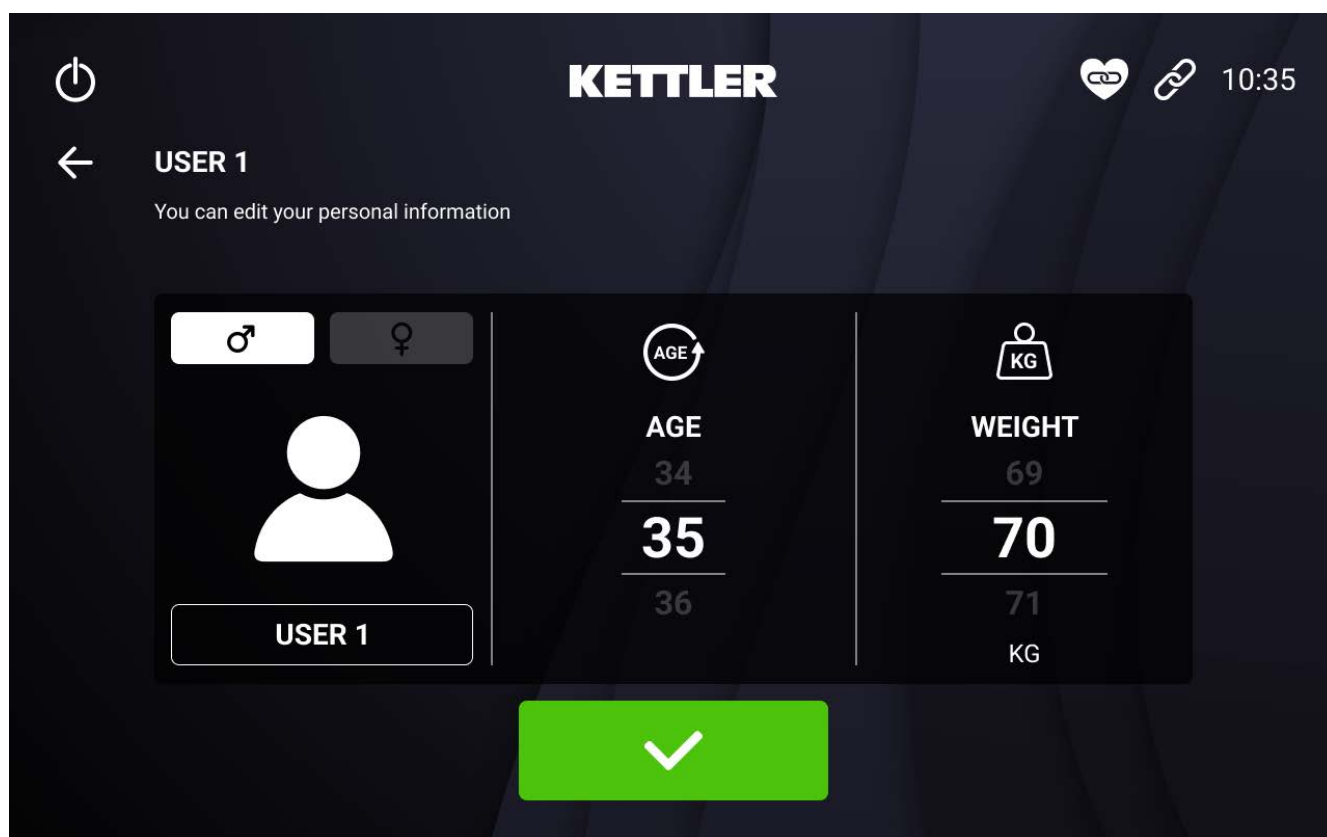
*Prerequisite: You are on the start screen.*

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                                     |
|---------------|-------------------------------------------------|
| <b>GENDER</b> | <b>Selection:</b><br>+ Male♂<br>+ Female♀       |
| <b>AGE</b>    | <b>Selection:</b><br>10–99                      |
| <b>WEIGHT</b> | <b>Selection:</b><br>+ 20–200 kg<br>+ 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:

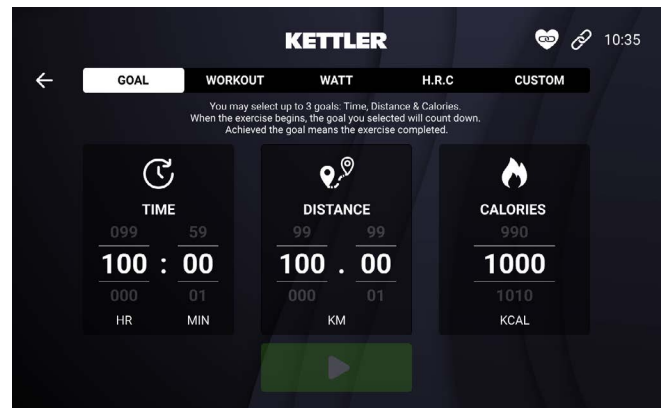
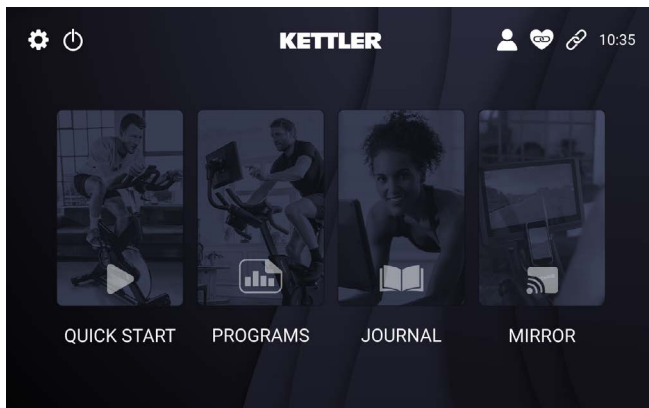
1. Open your profile via .
2. Tap .
3. Confirm the entry.

→ 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.*

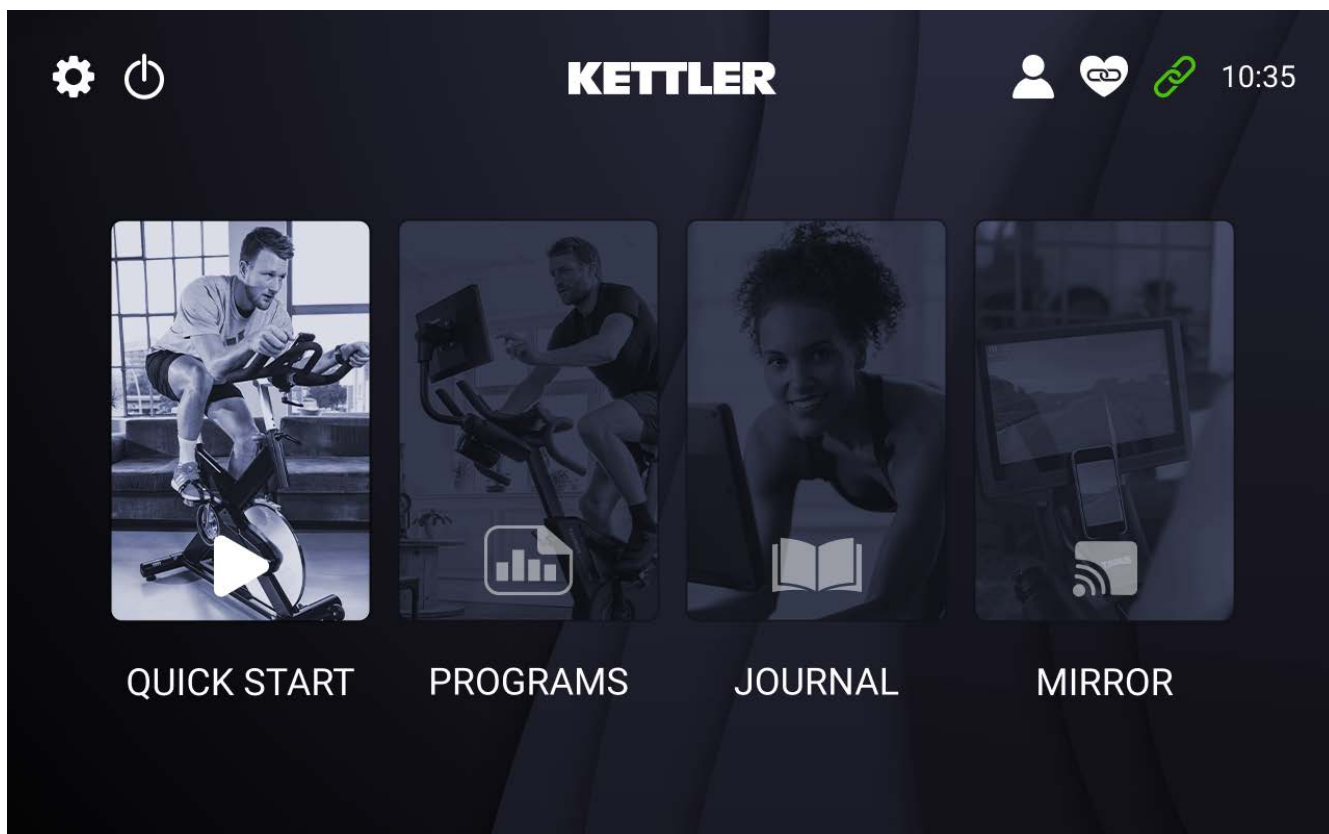


| PROGRAMME   | DESCRIPTION                                                                   | QTY |
|-------------|-------------------------------------------------------------------------------|-----|
| QUICK START | Manual training without preset settings                                       | 1   |
| 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   |

|               |                                                                                                |   |
|---------------|------------------------------------------------------------------------------------------------|---|
| <b>WATT</b>   | The resistance is automatically adjusted to your pedaling speed to reach a specific watt value | 1 |
| <b>CUSTOM</b> | 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.

#### ① 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.

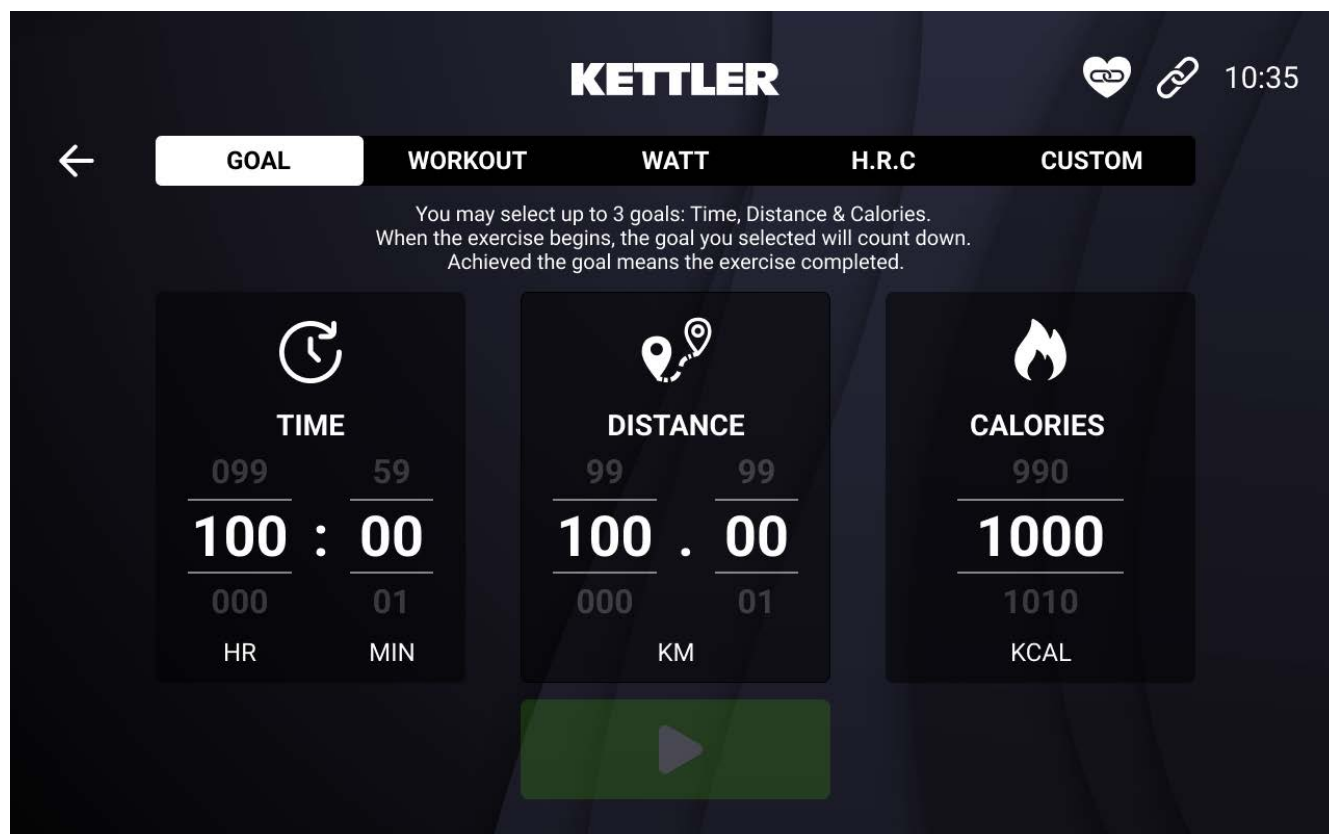
4.1. Tap  in pause mode to end the programme.

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.*

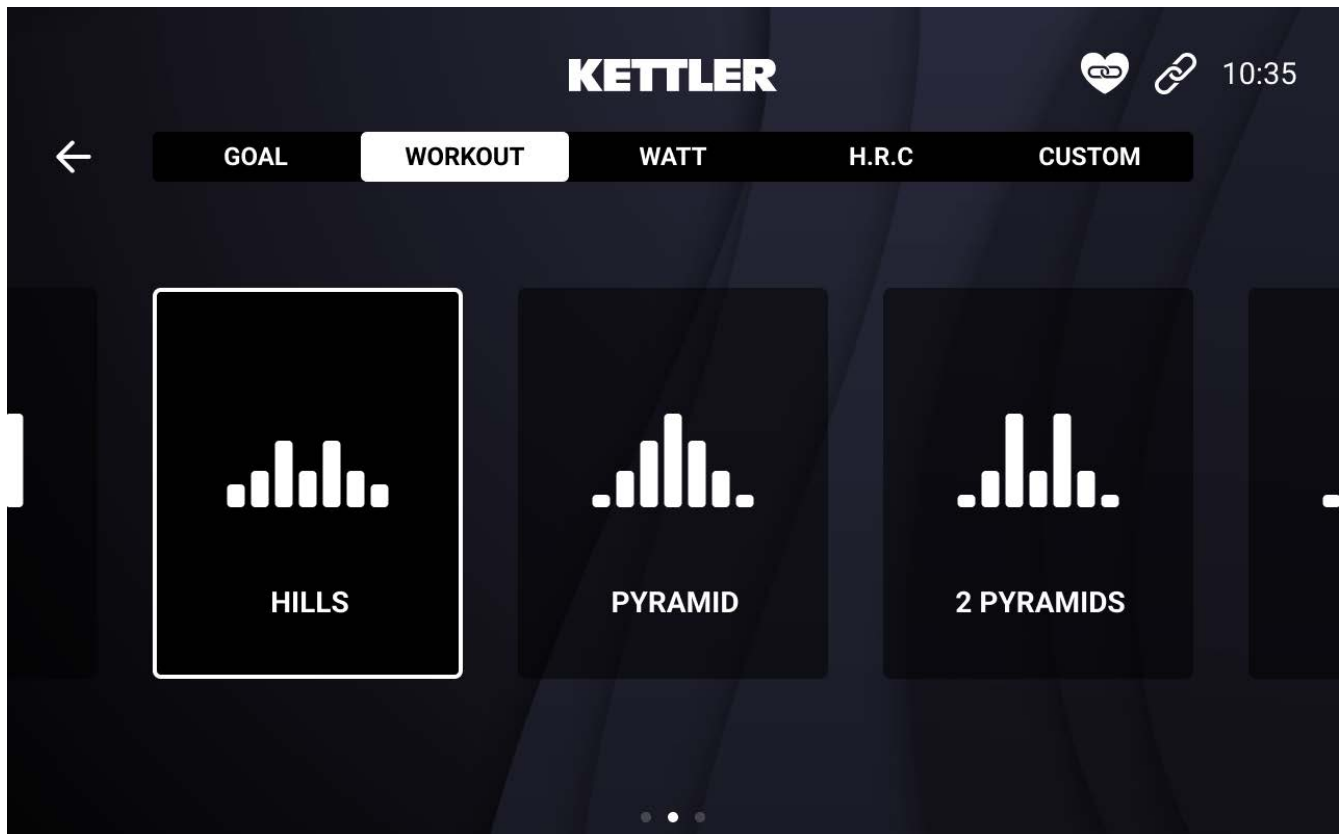
4. Adjust the desired resistance.
5. Tap  to pause the programme.
6. Tap  to resume the training.
- 6.1. Tap  in pause mode to end the programme.
7. The programme ends automatically when your goal value is reached.

*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                                                     |
|----------------------|-----------------------------------------------------------------|
| <b>TIME</b>          | + Set a time target value.<br>+ Adjustment range: 000:01–100:59 |
| <b>MAXIMUM LEVEL</b> | + Set the maximum resistance.<br>+ 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.*

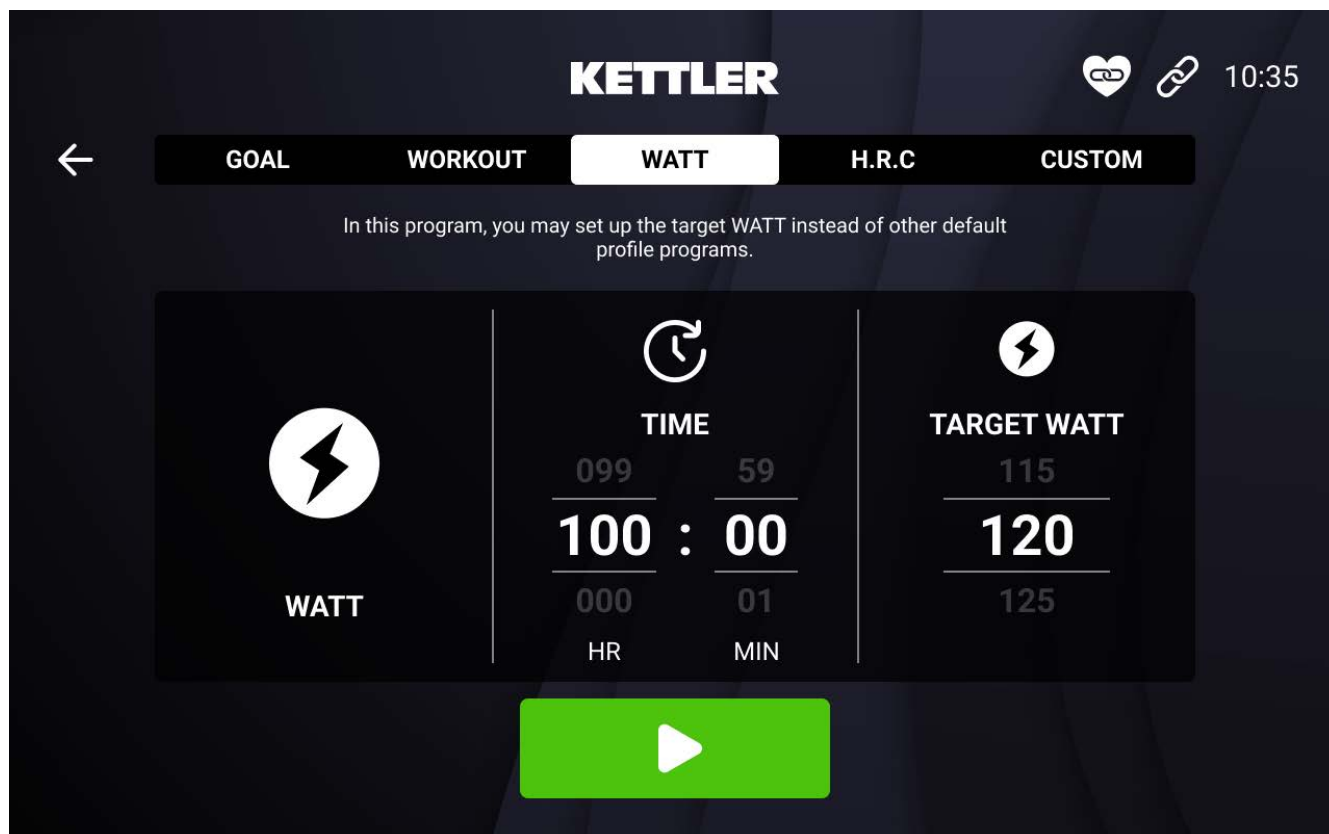
6. Adjust the desired resistance.
7. Tap  to pause the programme.
8. Tap  to resume the training.
- 8.1. Tap  in pause mode to end the programme.
9. The programme ends automatically when your time value is reached.

*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.<br>+ Adjustment range: 000:01–100:59     |
| TARGET WATT | + Set your desired target watt value.<br>+ 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.

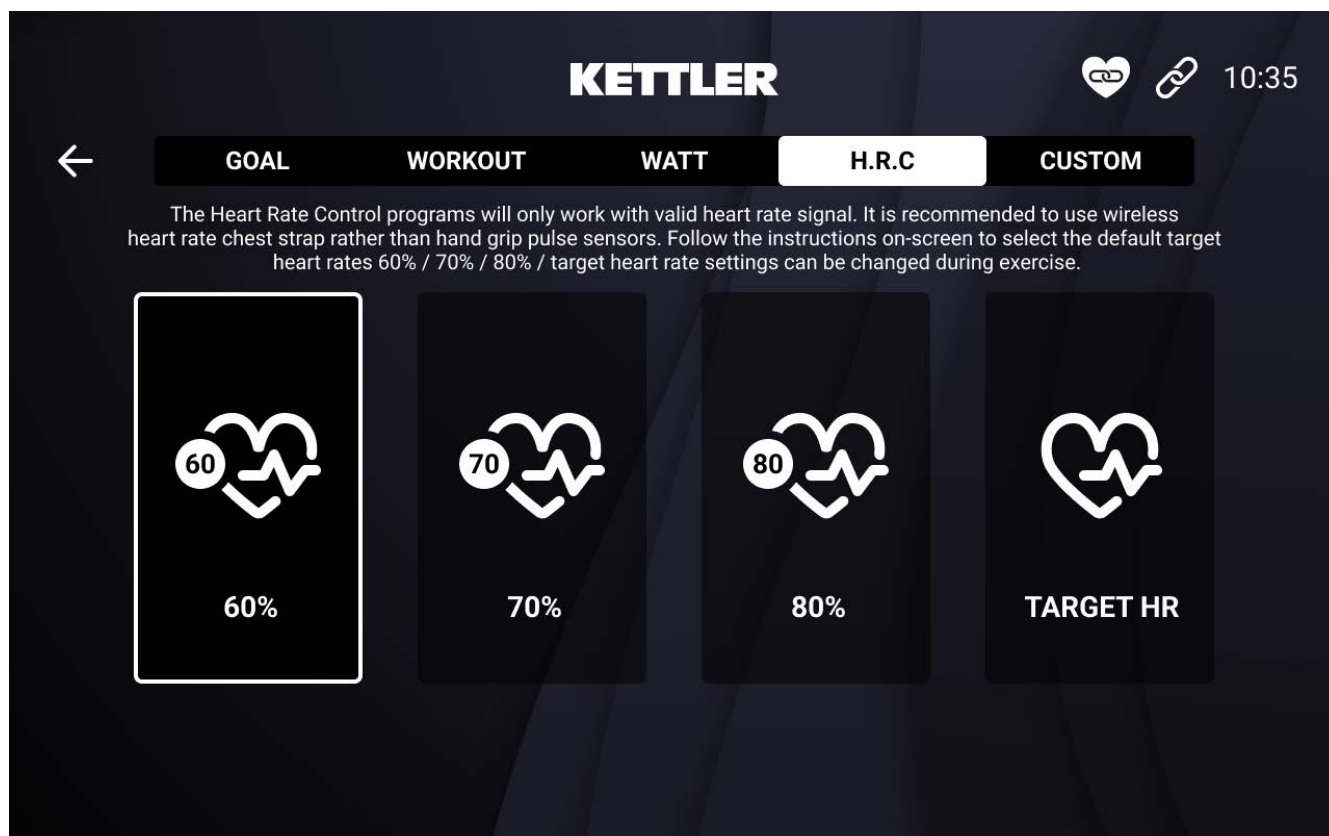
7. The programme ends automatically when your time value is reached.

*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.*

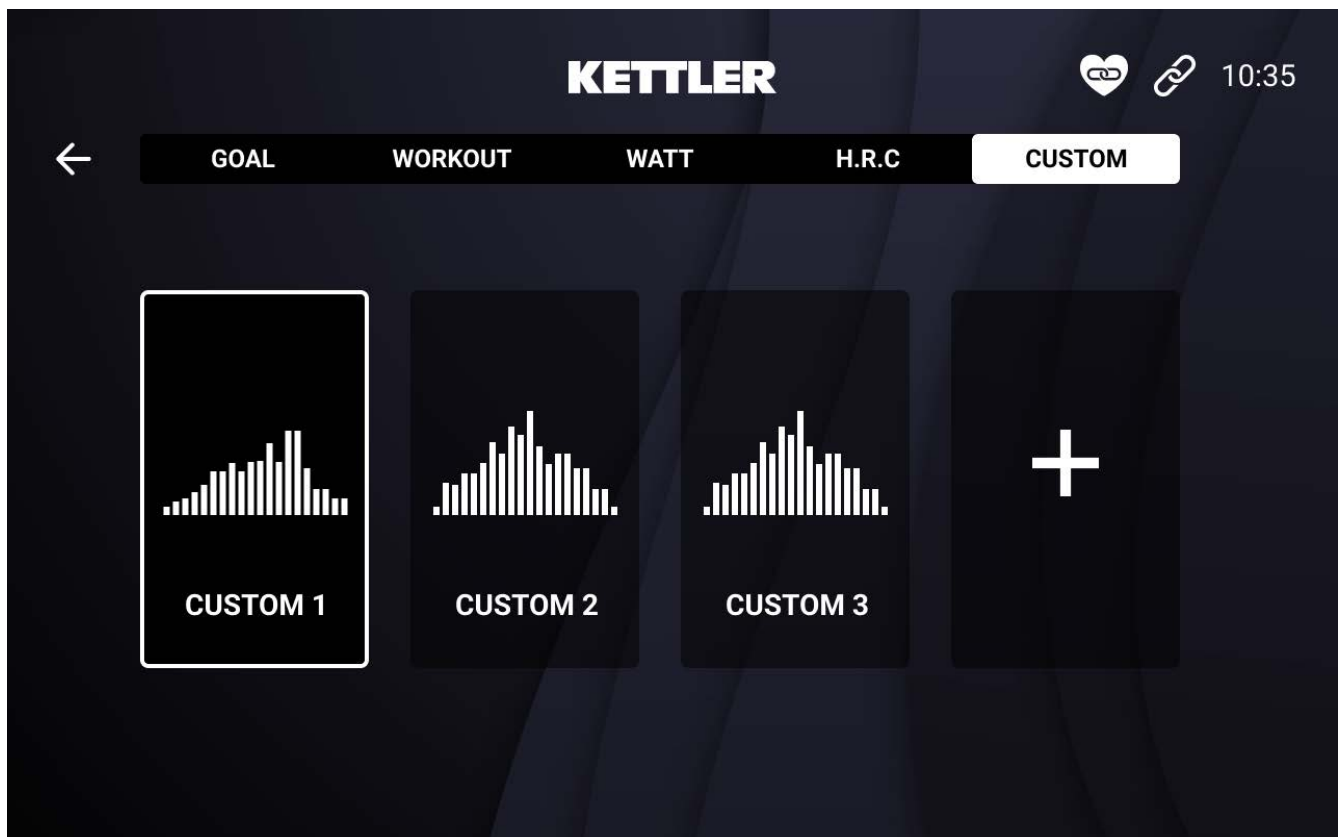
4. The resistance is adjusted automatically to reach your target value.
5. Tap  to pause the programme.
6. Tap  to resume the training.
- 6.1. Tap  in pause mode to end the programme.
7. The programme ends automatically when your time value is reached.

*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.*

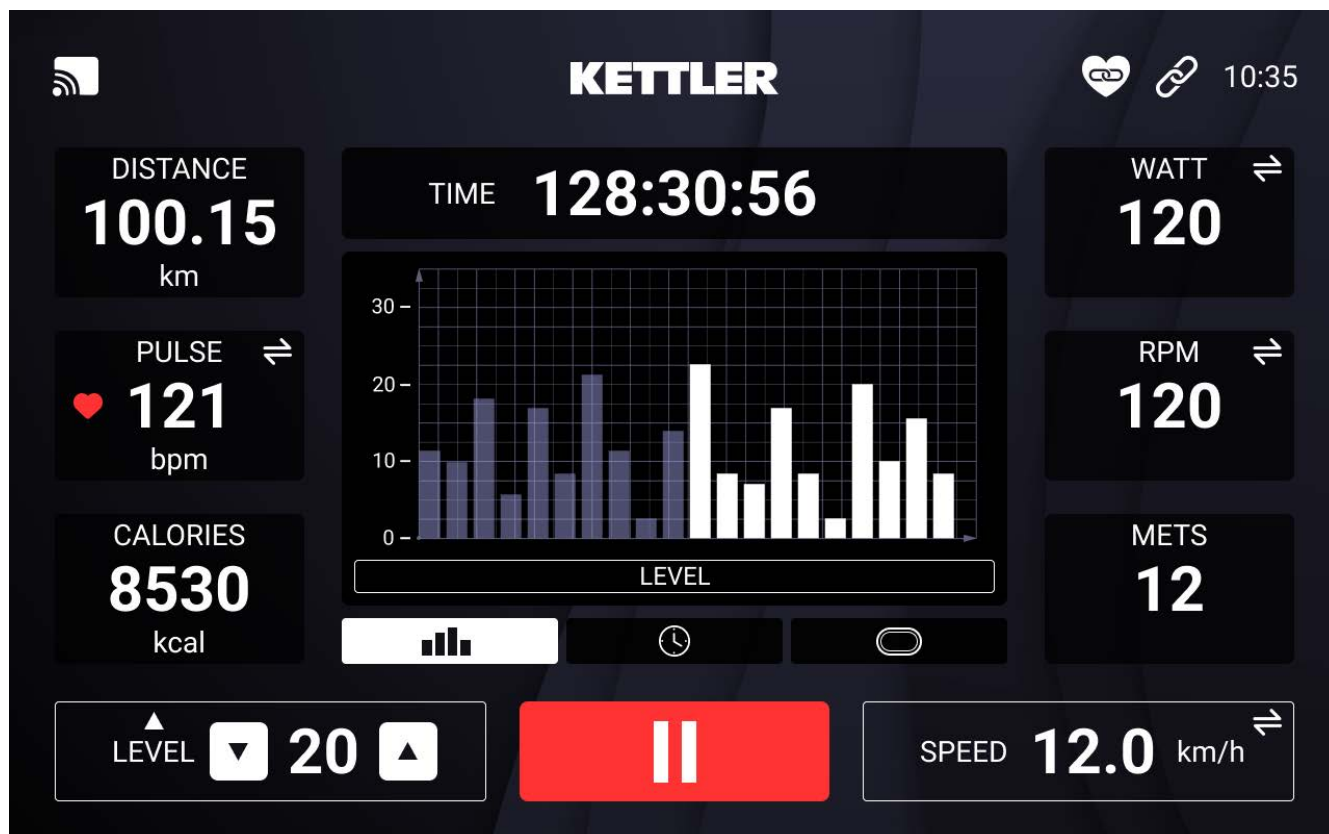
### 3.7 Training Display

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 .



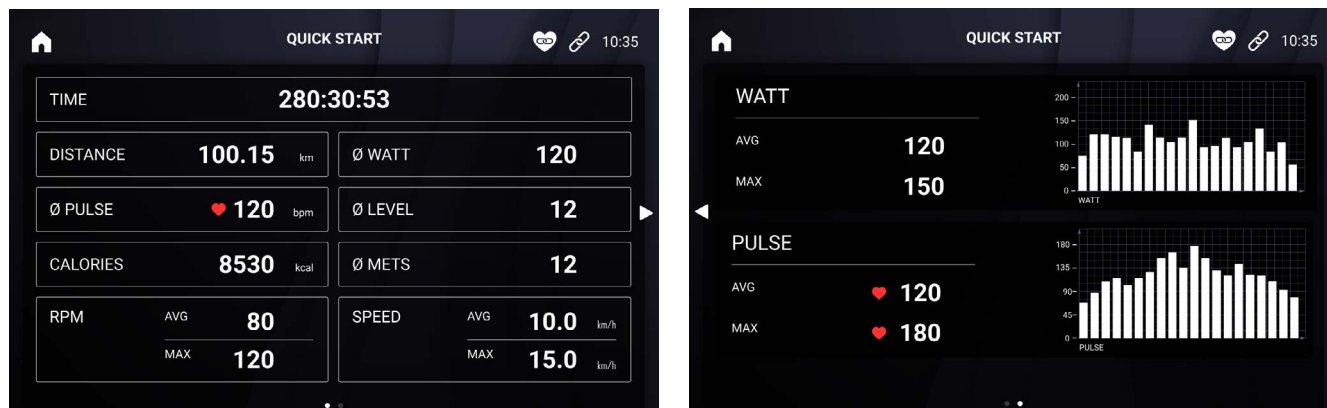
The following table provides an overview of the values displayed during the workout:

| 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<br>+ Adjust the resistance |
| CALORIES      | Displays the current or average calories burned              |
| METS          | Displays the distance covered                                |

|                      |                                               |
|----------------------|-----------------------------------------------|
| <b>RPM</b>           | Displays the current or average cadence (RPM) |
| <b>MAXIMUM SPEED</b> | 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

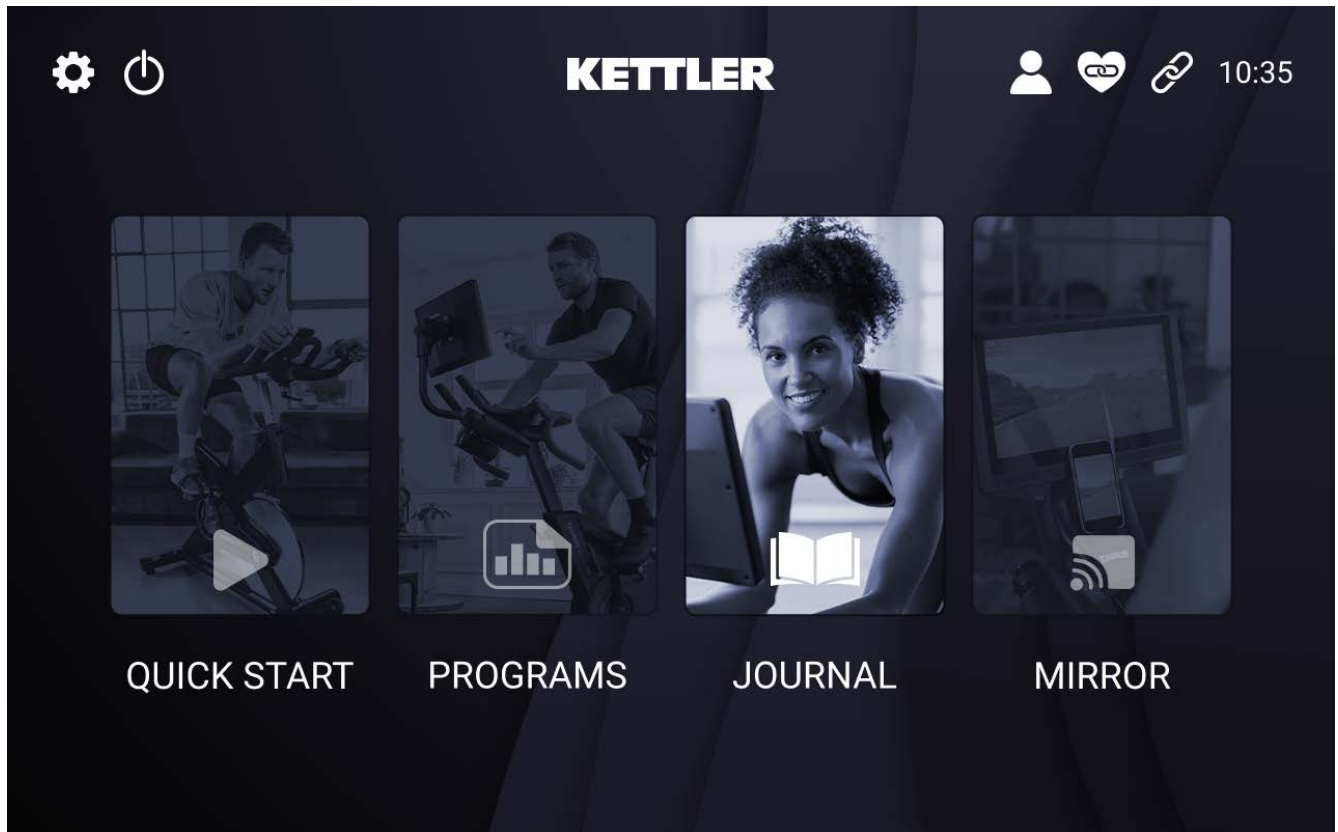
- + If no input is made for 3 minutes in the training summary, the device automatically returns to the Home area.
- + Tap   to switch pages.

- 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.

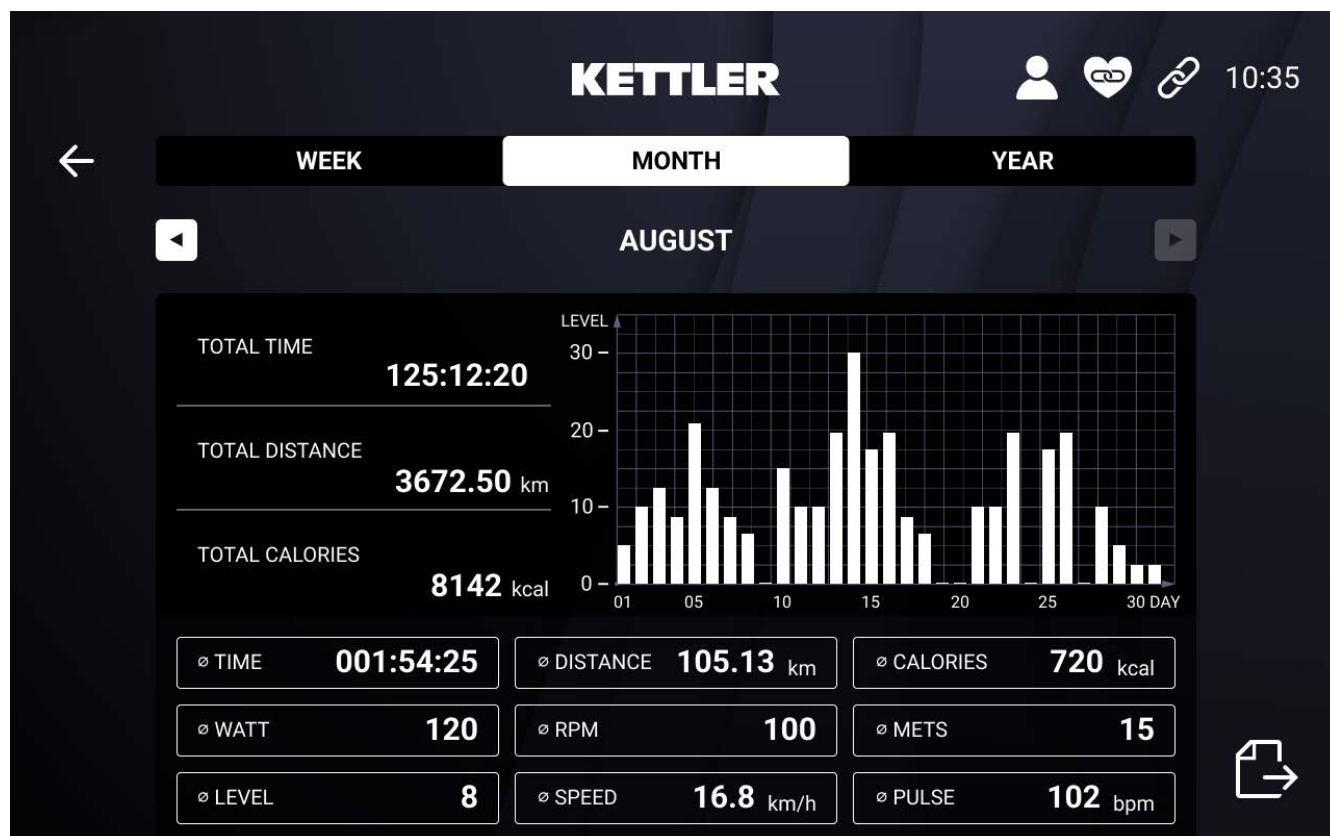
1. Tap .

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   |

|              |                                             |
|--------------|---------------------------------------------|
| <b>MONTH</b> | Displays an overview of your training month |
| <b>WEEK</b>  | Displays an overview of your training week  |

**① NOTICE**

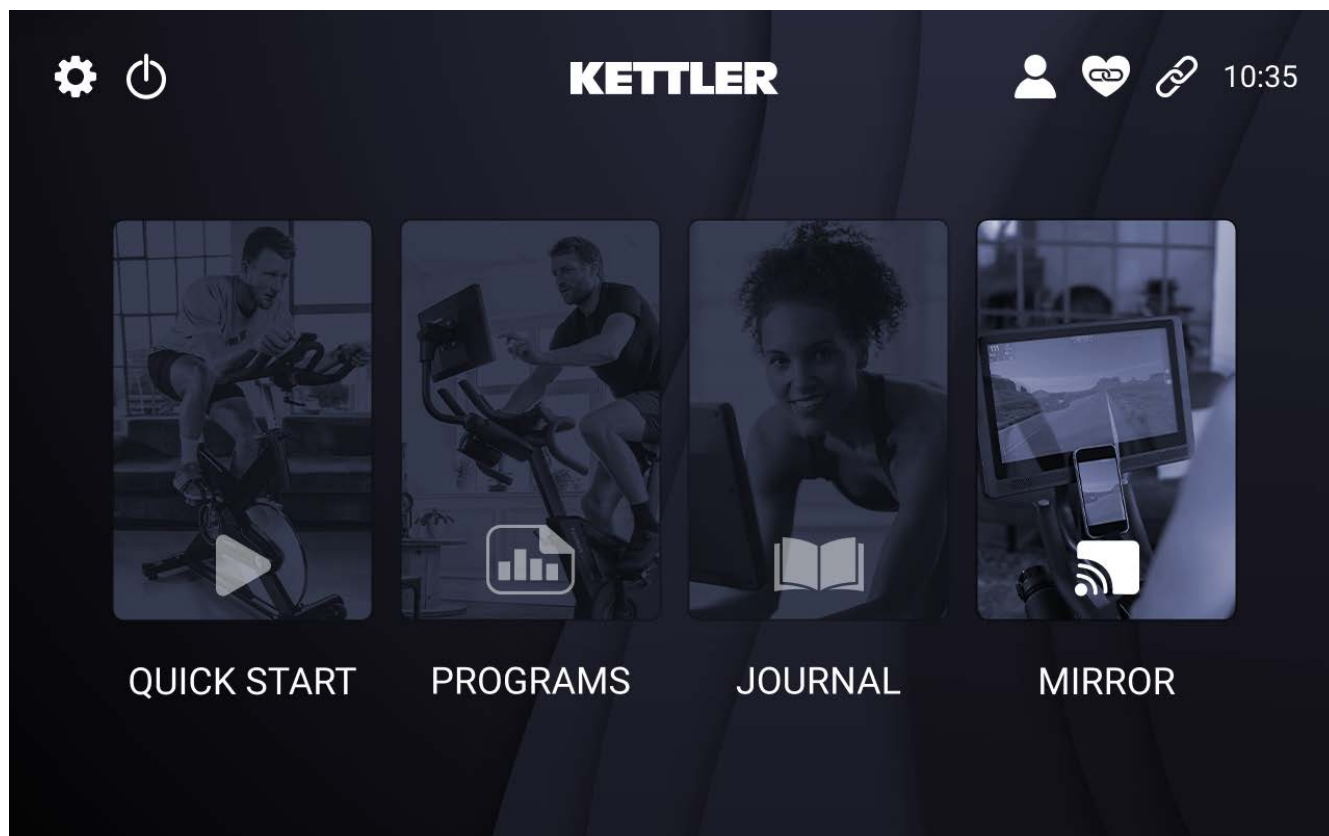
In the respective views, the average values for the selected period (week–month–year) are displayed.

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**

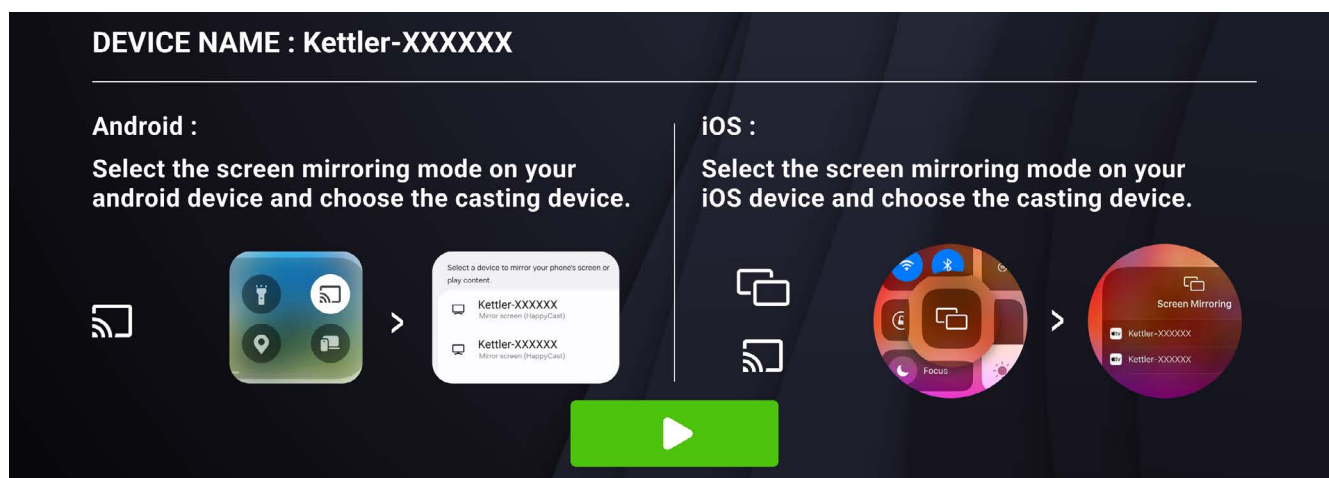
Please note that some apps do not support screen mirroring. If you experience issues, contact the app provider.

1. Tap .

❗ **NOTICE**

Refer to the instructions for your iOS or Android device.

2. Once your device is connected, tap .



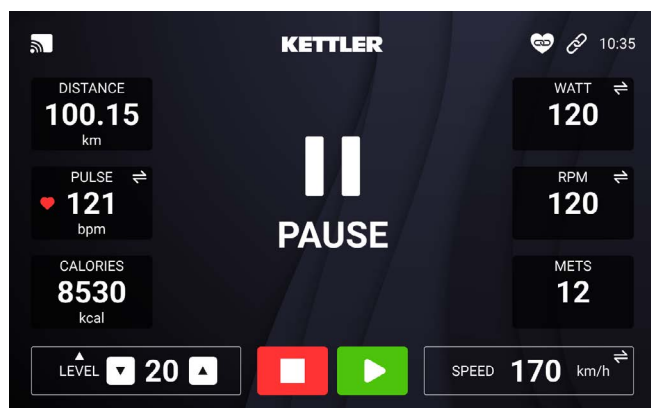
*The workout starts.*

|            |                     |                               |                            |                        |               |                    |           |           |
|------------|---------------------|-------------------------------|----------------------------|------------------------|---------------|--------------------|-----------|-----------|
| LEVEL<br>0 | DISTANCE<br>0<br>km | TIME<br>00:00:00<br>h:min:sec | ⇌<br>CALORIES<br>0<br>kcal | ⇌<br>PULSE<br>0<br>bpm | ⇌<br>RPM<br>0 | SPEED<br>0<br>km/h | METS<br>0 | WATT<br>0 |
|------------|---------------------|-------------------------------|----------------------------|------------------------|---------------|--------------------|-----------|-----------|

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.

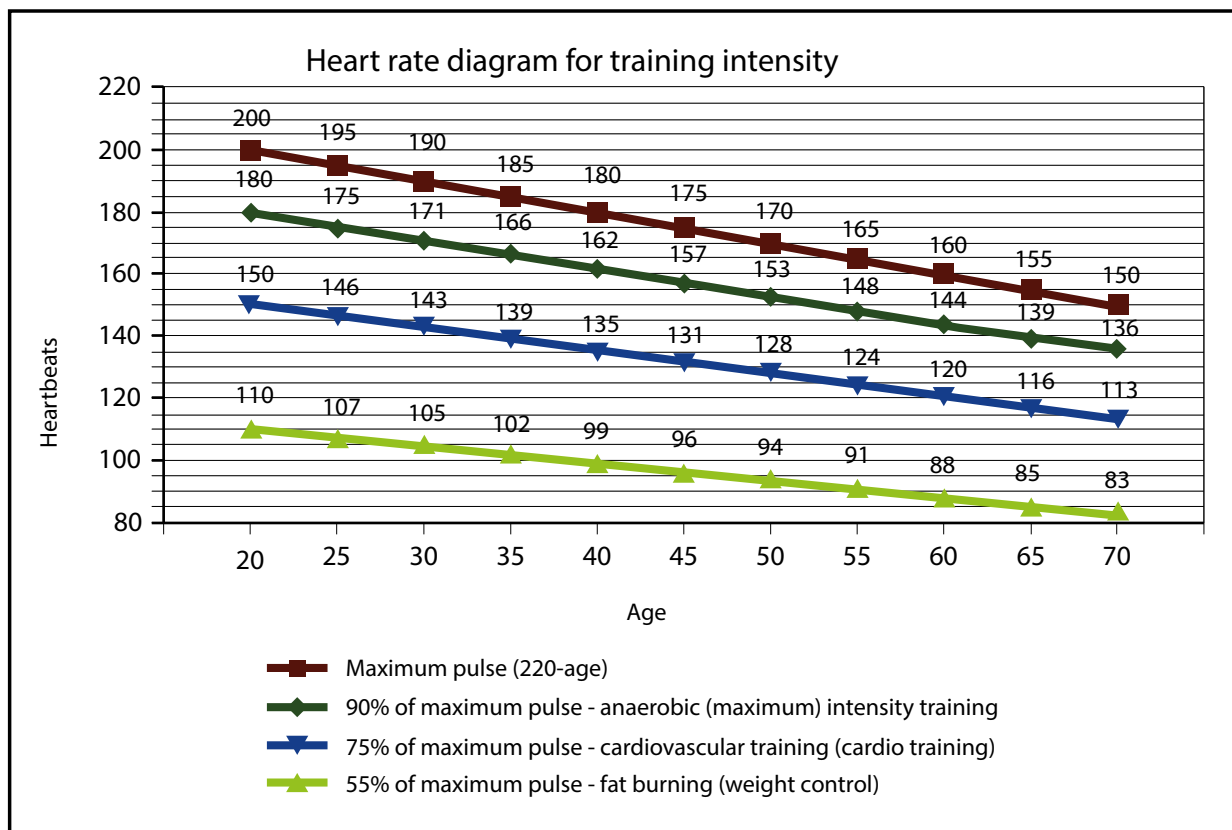
**Cardiovascular training (cardio training):** The primary goal is to increase stamina and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training period 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. =  $(220 - \text{age}) \times 0.55$ .
- + 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. =  $(220 - \text{age}) \times 0.9$ .



## 4.2 Workout journal

[illegible]

Date \_\_\_\_\_



Distance



Time (min.)



Resistance level



Training weight



Ø Pulse



Calories burnt



I feel ...



Body weight

## 4.3 Wireless Connection and Fitness Apps

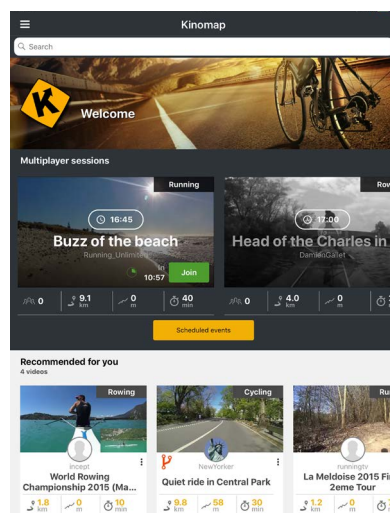
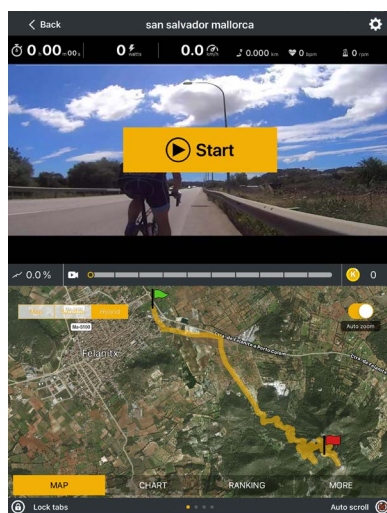
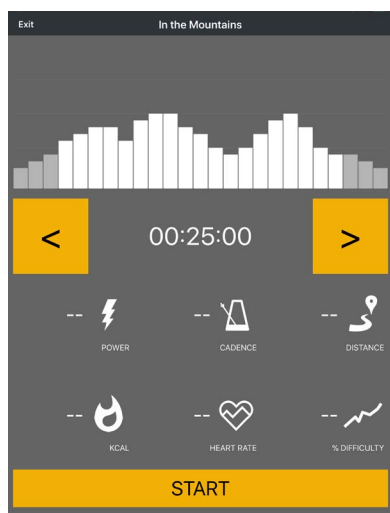
This console is equipped with a wireless interface. Please take note that your mobile device needs to be compatible with the wireless interface of the treadmill.

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 equipment 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**

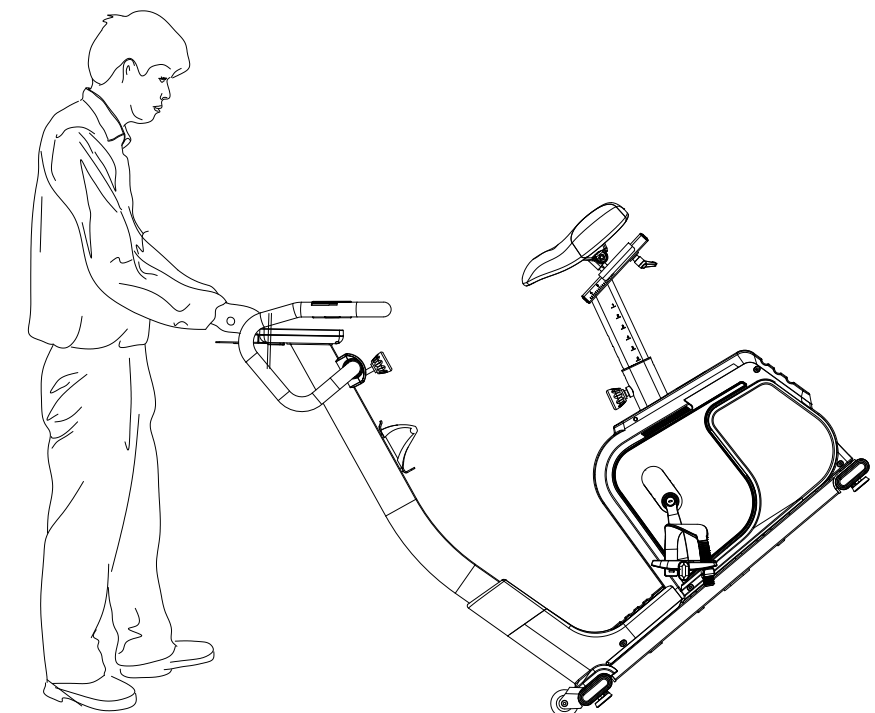
- + Make sure that the equipment is protected from moisture, dust and dirt in the selected storage location. The storage location should be dry and well ventilated and have a constant ambient temperature between 10°C and 35°C.

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

|                           |                                                                                                                                                              |                                                                                                                                                                                                |
|---------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Wi-Fi cannot be connected | <ul style="list-style-type: none"> <li>+ Incorrect password</li> <li>+ Special characters in the password</li> <li>+ Wi-Fi frequency not suitable</li> </ul> | <ul style="list-style-type: none"> <li>+ Change Wi-Fi password</li> <li>+ Establish Internet connection via a hotspot</li> <li>+ The date, time and time zone must be set correctly</li> </ul> |
|---------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

## 6.3 Error Codes and Troubleshooting

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

**Please contact the contract partner for technical support.**

## 6.4 Maintenance and Inspection Calendar

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

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

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

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

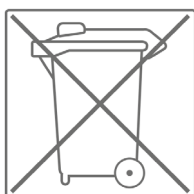
Please note that the video may not be available in your language or with appropriate subtitles.

If you cannot scan QR-codes, you can access all Fitshop videos on YouTube by first opening YouTube and entering "Fitshop" in the search field.



## 7 DISPOSAL

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



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

## 8 RECOMMENDED ACCESSORIES

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

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

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



saddle cover



chest strap



chest strap contact gel



floor mat



saddle



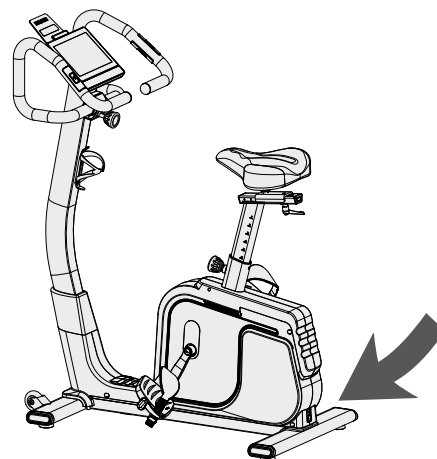
silicone spray

## 9.1 Serial Number and Model Name

In order to provide you with the best possible service, please have the model name, article number, serial number, exploded drawing and parts list ready. The corresponding contact options can be found in chapter 11 of this operating manual.

### NOTICE

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



Enter the serial number in the appropriate field.

**Serial number:**

**Brand / Category:**

**Model Name:**

**Article Number:**

## 9.2 Parts List

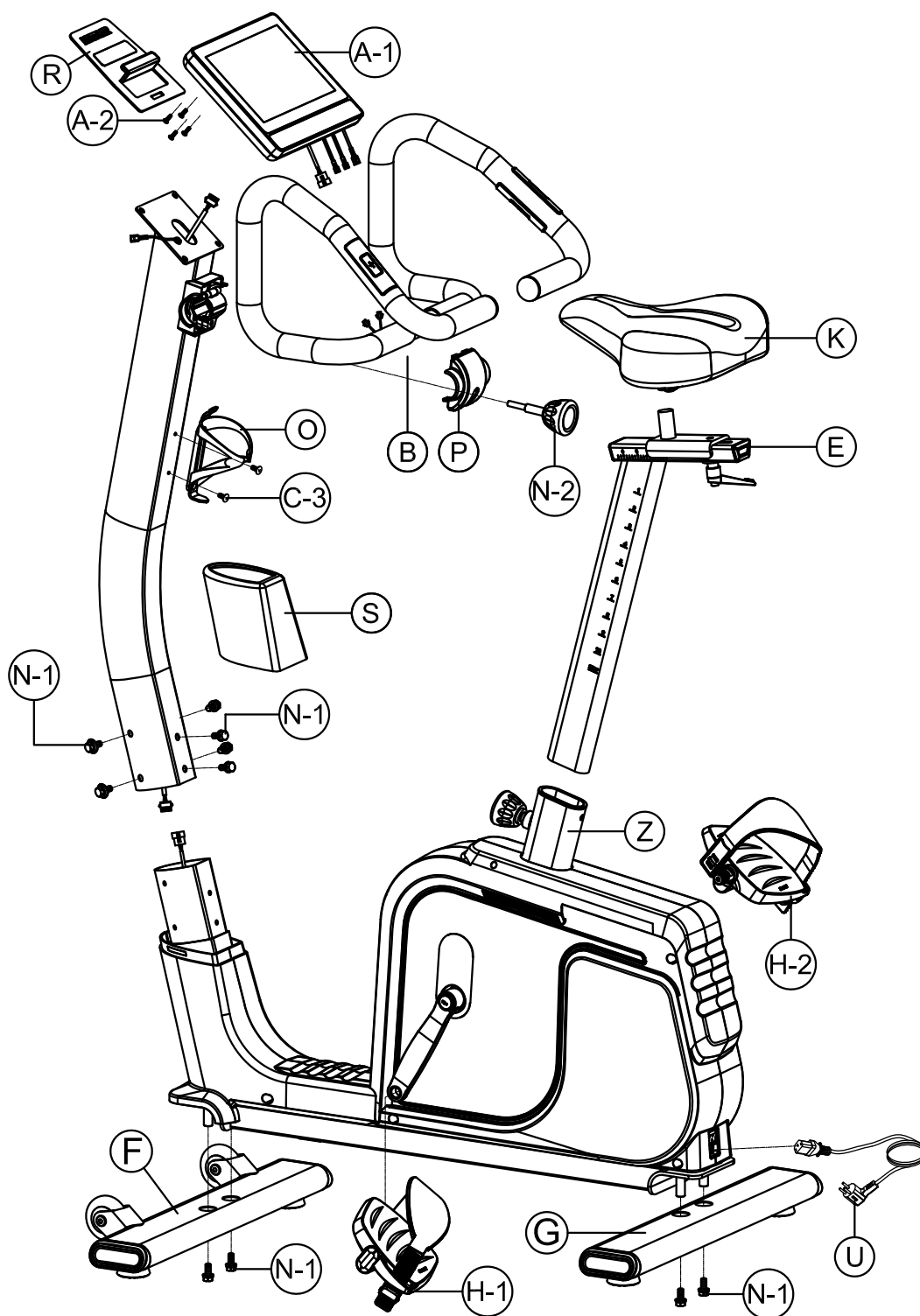
| No.  | Name                                | Supplier Parts No. | Qty. |
|------|-------------------------------------|--------------------|------|
| A    | Computer set                        |                    | 1    |
| A-1  | Computer                            | 755S0-6-2501-B1    | 1    |
| 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    | 3    |
| 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  |
| O    | Bottle holder                | 848B2-6-2074-00 | 1  |
| P    | Handlebar cover              | 75402-6-3781-B0 | 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



|                 |                 |                 |                 |
|-----------------|-----------------|-----------------|-----------------|
| <p><b>A</b></p> | <p><b>B</b></p> | <p><b>C</b></p> | <p><b>D</b></p> |
| <p><b>E</b></p> | <p><b>F</b></p> | <p><b>G</b></p> | <p><b>J</b></p> |
| <p><b>K</b></p> | <p><b>L</b></p> | <p><b>M</b></p> | <p><b>O</b></p> |
| <p><b>Q</b></p> | <p><b>R</b></p> | <p><b>S</b></p> | <p><b>U</b></p> |

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 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.

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

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

[www.fitshop.com/en/stores](http://www.fitshop.com/en/stores)

# KETTLER

## WEBSHOP AND SOCIAL MEDIA

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

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

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

Kettler is part of the Fitshop Group.

Notes



# KETTLER

**TOUR** 800