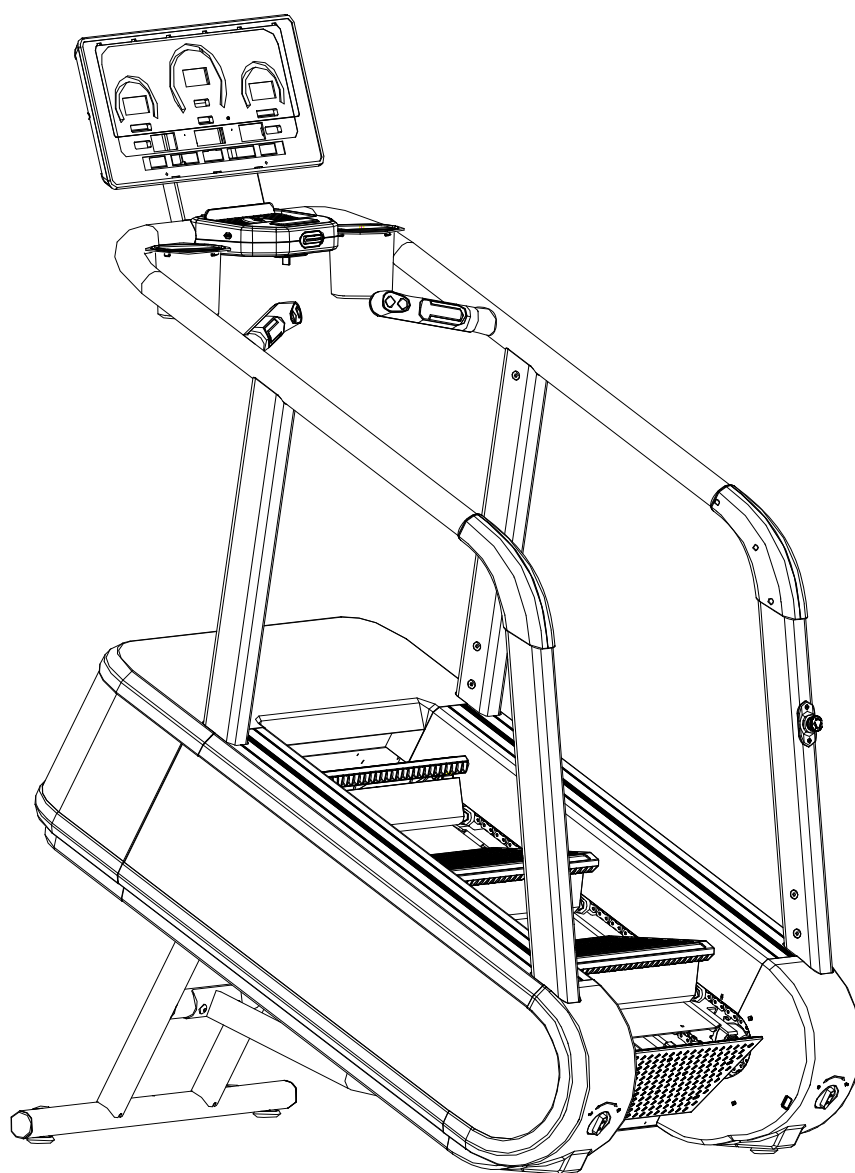


KETTLE

ASSEMBLY AND OPERATING INSTRUCTIONS



max. 130 kg



~ 60 Min.



135 kg

L 130 | B 76 | H 199

FSKST1000100.01.01

Art. No. K-ST1000-100

STAIR TRAINER

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Dear customer,

Thank you for choosing a Kettler fitness device. Kettler Sport represents tradition, durability, and quality like no other home fitness brand. Classic home trainers such as the Golf have accompanied users for decades. At the same time, Kettler stands for innovation and continuously develops thoughtful solutions, particularly in usability and training comfort.

Kettler Sport provides everything you need for successful training at home: cardio and strength equipment, as well as a wide range of fitness accessories.

Further information can be found at www.fitshop.com/kettler.

Intended Use

The equipment may only be used for its intended purpose.

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

Legal Notice

Fitshop GmbH
Europe's No. 1 for home fitness

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Disclaimer

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Product and manual are subject to change. Technical data can be changed without advance notice.

FITSHOP

Europe's No.1 for Home Fitness

ABOUT THIS MANUAL

Please carefully read the entire manual before installation and first use. The manual will help you to quickly set up the system and explains how to safely use it. Make sure that all persons exercising with the equipment (especially children and persons with physical, sensory, mental or motor disabilities) are informed about this manual and its contents in advance. In case of doubt, responsible persons must supervise the use of the equipment.

Due to ongoing changes and software optimisations, the manual may have to be updated. If you notice any discrepancies during assembly or use, please refer to the manual uploaded to the webshop. The latest manual is always available there.



This equipment has been manufactured according to the latest safety knowledge. As far as possible, potential safety hazards which could cause injury have been eliminated. Make sure to carefully follow the instructions and that all parts are securely in place. If required, read through the instructions again to correct any mistakes.

Training devices must be classified according to accuracy and use. Accuracy classes are only applicable to devices that display training data.

Accuracy classes

Class A: high accuracy.

Class B: medium accuracy.

Class C: low accuracy.

The use classes explain the intended use of the training device.

Use classes

Class S (studio): professional and/or commercial use.

These training devices are intended for the use in training rooms of facilities such as sports clubs, school facilities, hotels, clubs and studios whose access and supervision is specifically regulated by the owner (person with legal responsibility).

Class H (home use): use at home.

These stationary training devices are intended for the use in private homes where access to the training device is regulated by the owner (person with legal responsibility).

Please pay close attention to the safety and maintenance instructions given here. The contract partner cannot be held liable for damage to health, accidents or damage to the equipment when it is not used in accordance with these instructions.

The following safety instructions may appear in this manual:

► **ATTENTION**

This notice indicates potentially hazardous situations which, if not avoided, may result in property damage.

⚠ **CAUTION**

This notice indicates potentially hazardous situations which, if not avoided, may result in slight or minor injuries!

⚠ **WARNING**

This notice indicates potentially hazardous situations which, if not avoided, may result in death or serious injuries!

⚠ **DANGER**

This notice indicates potentially hazardous situations which, if not avoided, will result in death or serious injuries!

ⓘ **NOTICE**

This notice indicates further useful information.

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



CAUTION

If you are 1.90 meters tall, the ceiling height must be at least 2.50 meters.

1.1 Technical Data

LED Display

- + Calories
- + Steps
- + Distance/Height
- + Speed
- + Time
- + Pulse (when using the hand pulse sensors or a compatible chest strap)
- + BMI

Quick Start:	1
Target Programmes:	3
Customised Programmes:	3
Pre-Set Programmes:	36

Weight and dimensions:

Article weight (gross, including packaging):	147 kg
Article weight (net, without packaging):	135 kg
Packaging dimensions (L x W x H):	80 cm x 138 cm x 67 cm
Set-up dimensions (L x W x H):	76 cm x 130 cm x 199 cm
Maximum user weight:	130 kg
Height of highest step:	66,5 cm
Number of steps:	3
Use class:	S

1.2 Personal Safety

DANGER

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

WARNING

- + This equipment may not be used by children under the age of 14.
- + Children should not be allowed unsupervised access to the equipment.
- + Persons with disabilities must have a medical license and must be under strict observation when using the equipment.
- + The equipment is strictly for use by one person at a time.
- + If your equipment provides a safety key, the clip of the safety key must be attached to your clothing before starting your training. In the event of a fall, the EMERGENCY STOP of the equipment can be initiated.
- + If an emergency occurs and training has to be stopped abruptly, pull out the safety key, grab both handles, jump onto the side rails and wait until the device has 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.
- + Be aware that if adjustment devices are left protruding, they may impede the user's movement.
- + The safety level of the appliance can only be maintained if it is regularly checked for damage and wear.
- + The ceiling must be at least 60 cm higher than your height.

► **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).

1.3 Electrical Safety

 **DANGER**

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

 **WARNING**

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

► **ATTENTION**

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

 **NOTICE**

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

1.4 Set-Up Place

WARNING

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

CAUTION

- + Make sure that there is a safety area behind the stair trainer with a length of at least 2 m and a width at least equal to the width of the stair trainer.
- + 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

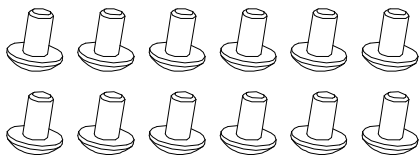
The scope of delivery consist of the following parts. At the beginning, check whether all parts and tools belonging to the device are included in the scope of delivery and whether damage has occurred. In the event of complaints, the contractual partner must be contacted directly.

⚠ CAUTION

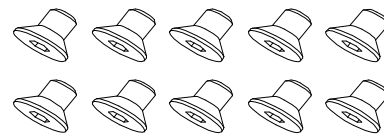
If parts of the scope of delivery are missing or damaged, the assembly must not be carried out.

📌 NOTICE

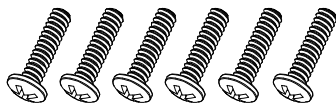
Required tools (included in the scope of delivery): L shape wrench (6*35*80), L shape wrench (5*35*85), L shape wrench (4*30*80)



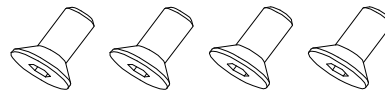
Allen Head Button Head Bolt (full thread)
(M8*15) 12 pcs



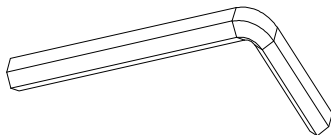
Allen Head CSK Head Bolt (full thread)
(M8*12) 10pcs



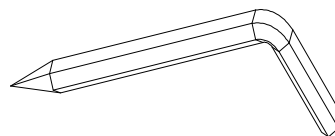
Phillips Truss Head Self-tapping Screw
(ST4*16) 6pcs



Allen Head CSK Head Bolt (full thread)
(M6*15) 4pcs



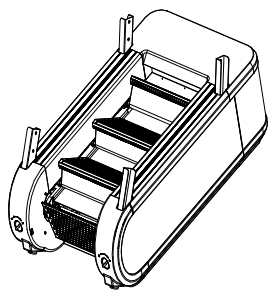
L shape wrench
(6*35*80) 1pcs



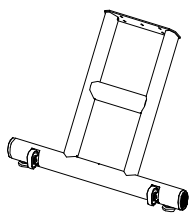
L shape wrench (5*35*85) 1pcs



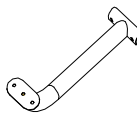
L shape wrench
(4*30*80) 1pc



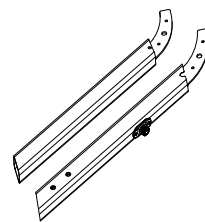
platform



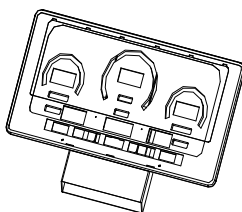
Support frame



Connector



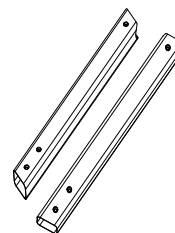
upright post(L/R)



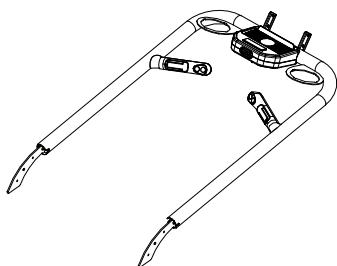
Console



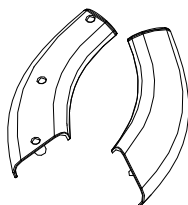
Bottle



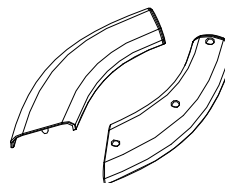
Up-right post (L)



Handlebars frame



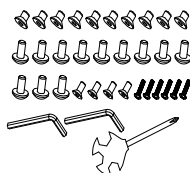
Left decoration cover



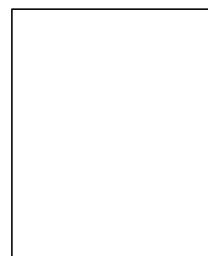
Right decoration cover



Safety key



Screw kit



Manual

2.3 Assembly

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

① NOTICE

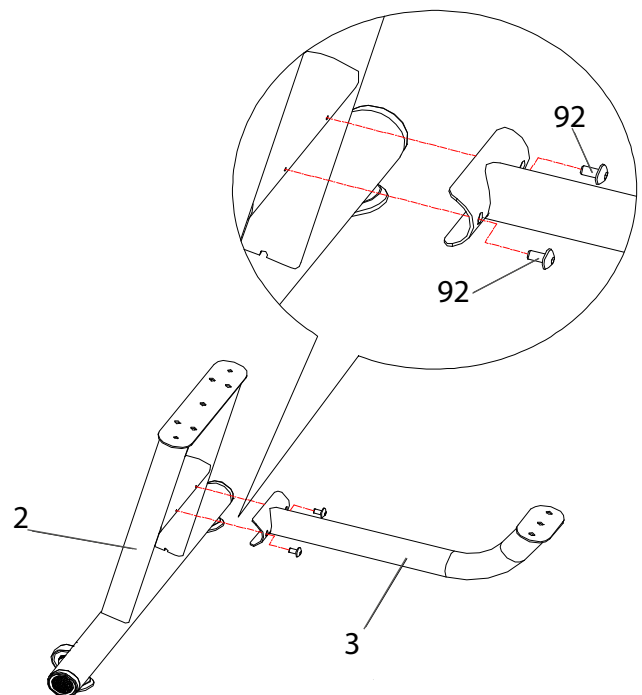
- + First loosely screw all parts together and check that they fit properly. Tighten the screws using the tool only when you are instructed to do so.
- + Do not tighten the screws and bolts with excessive force as they could be damaged.
- + If you have difficulty recognising the graphics, we recommend 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 frames

► ATTENTION

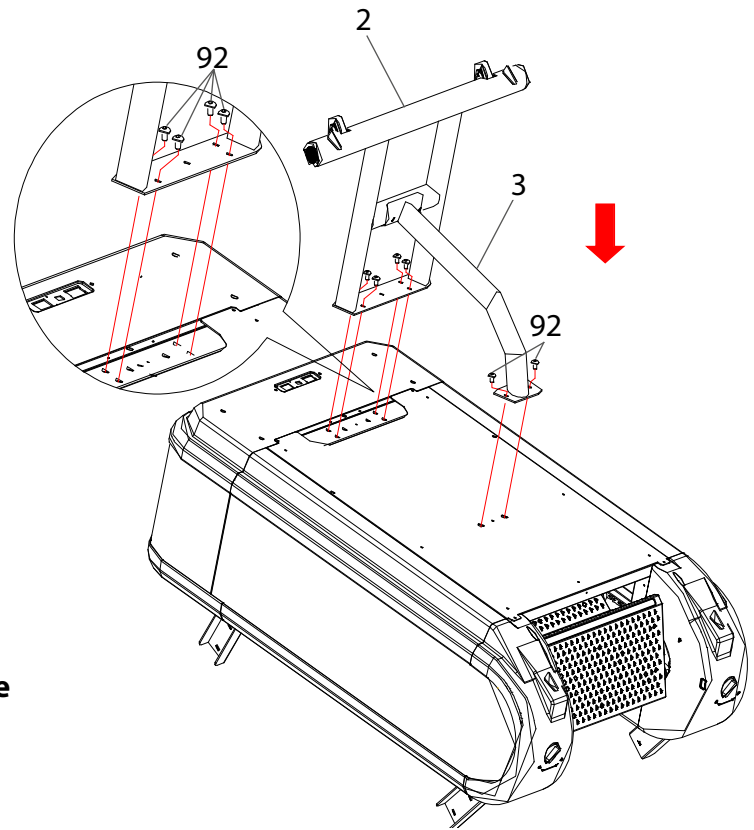
- + Do not remove the wooden pallet until the device has been installed.
- + Make sure the device is in good condition.
- + Use the wheels of the device to remove it from the wooden pallet.

1. Fix the support frame (2) to the connector (3) with two bolts (92).



Step 2: Assembly of the frames to the platform

1. Turn the platform.
2. Fix the support frame (2) and the connector (3) to the platform with six bolts (92).



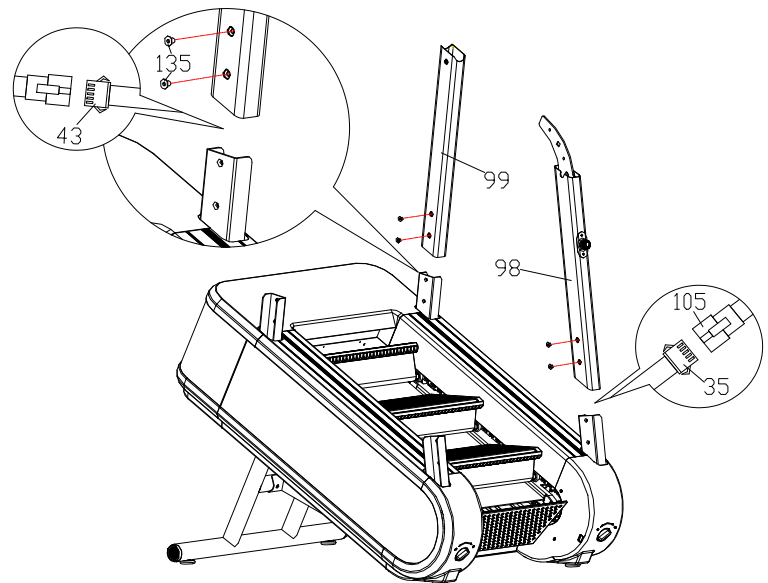
Step 3: Assembly of the wires and the right upright posts

1. Turn the platform back around.

► ATTENTION

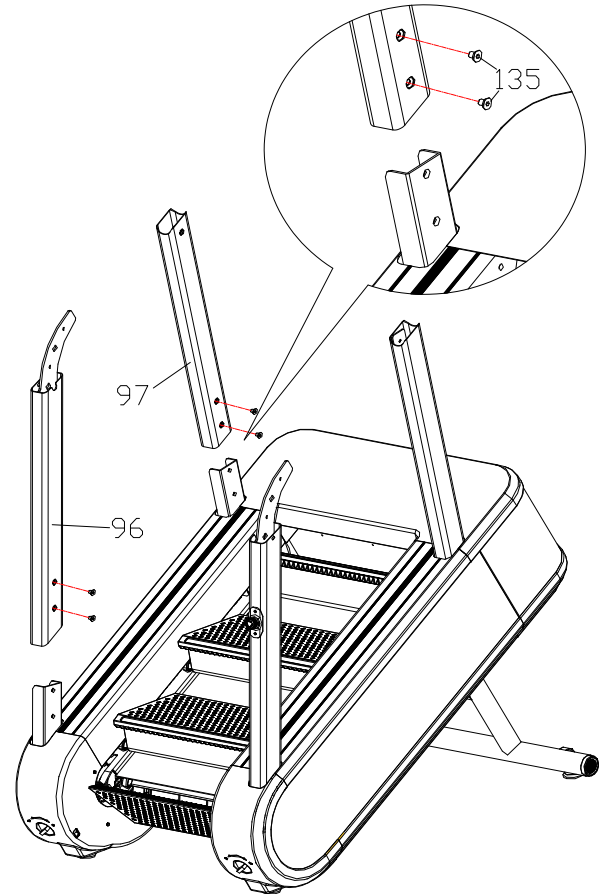
Make sure not to pinch the cables during the following steps.

2. Connect the emergency stop switch cable (105) to the scam switch connection cable (35).
3. Thread the scam switch connection cable (35) and the communicate wire (43) through the upper right upright post (99).
4. Fix the scam switch connection cable (35) and the communicate wire (43) to the pedal retaining clamp ring (78).
5. Fix the upper right upright post (99) to the platform with two bolts (135).
6. Fix the lower right upright post (98) to the platform with two bolts (135).



Step 4: Assembly of the left upright posts

1. Fix the upper left upright post (97) to the platform with two bolts (135).
2. Fix the lower left upright post (96) to the platform with two bolts (135).

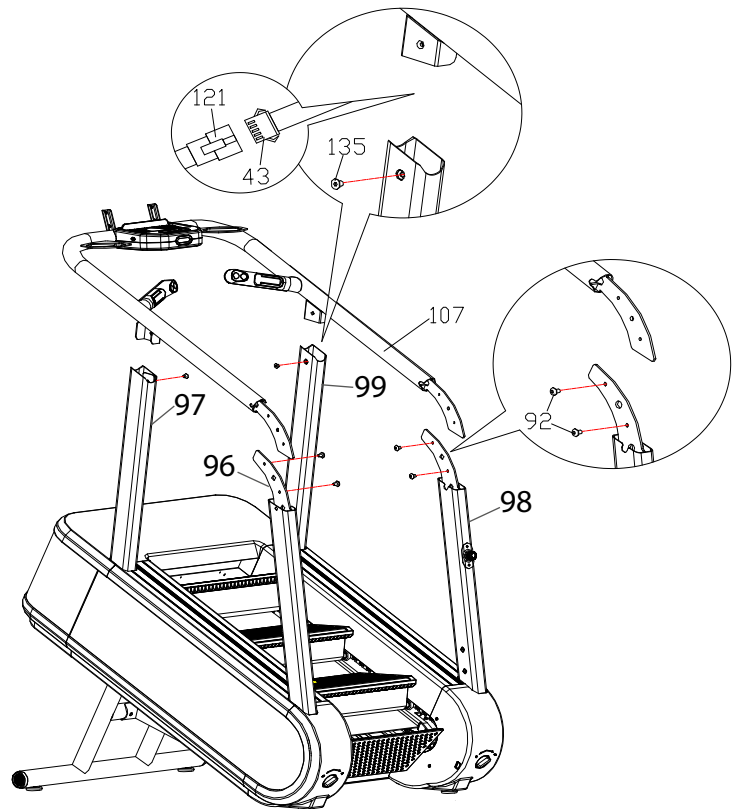


Step 5: Assembly of the handlebar frames

► **ATTENTION**

Make sure not to pinch the cables during the following steps.

1. Connect the communicate wire (43) to the connection wire (121).
2. Connect the emergency stop switch cable (105) to the scram switch connection cable (35).
3. Thread the wires into the handlebar frame (107).
4. Fix the handlebar frame (107) to the upper left (97) and right (99) upright posts with two bolts (135).
5. Fix the handlebar frame (107) to the lower left (96) and right (98) upright posts with four bolts (92).

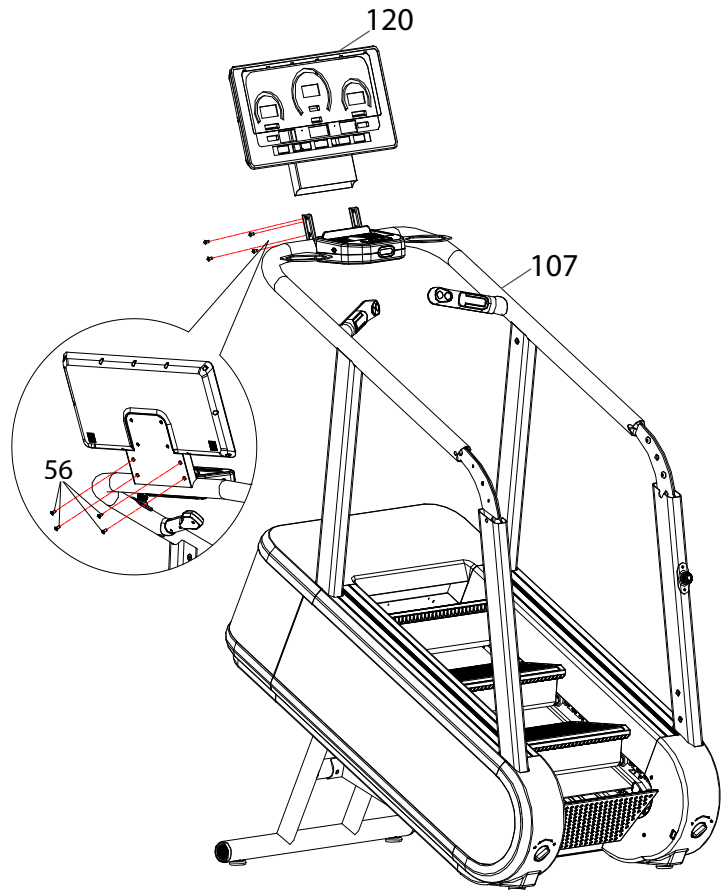


Step 6: Assembly of the console

► ATTENTION

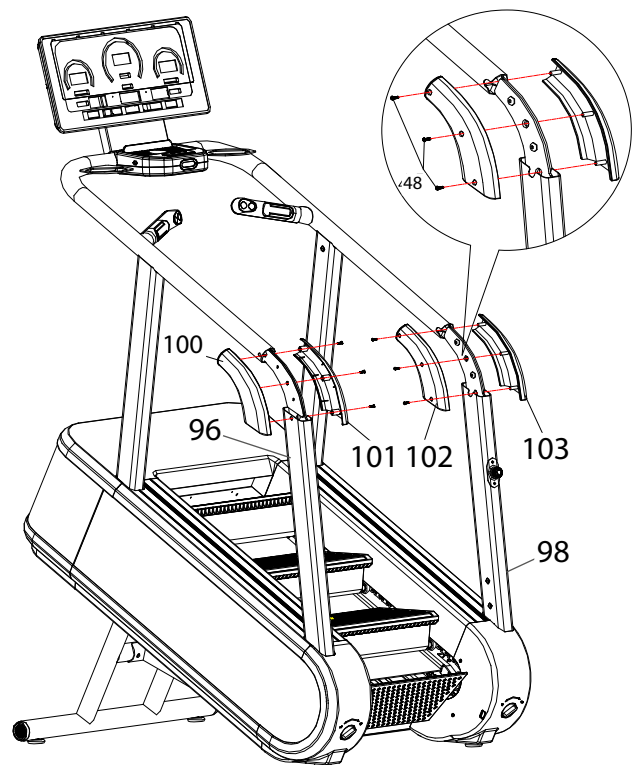
Make sure not to pinch the wires during the following steps.

1. Connect the wire of the console (120) to the wire of the platform.
2. Insert the console (120) onto the supports of the handlebar frame (107).
3. Fix the console (120) to the supports of the handlebar frame (107) with four bolts (56).



Step 7: Assembly of the covers

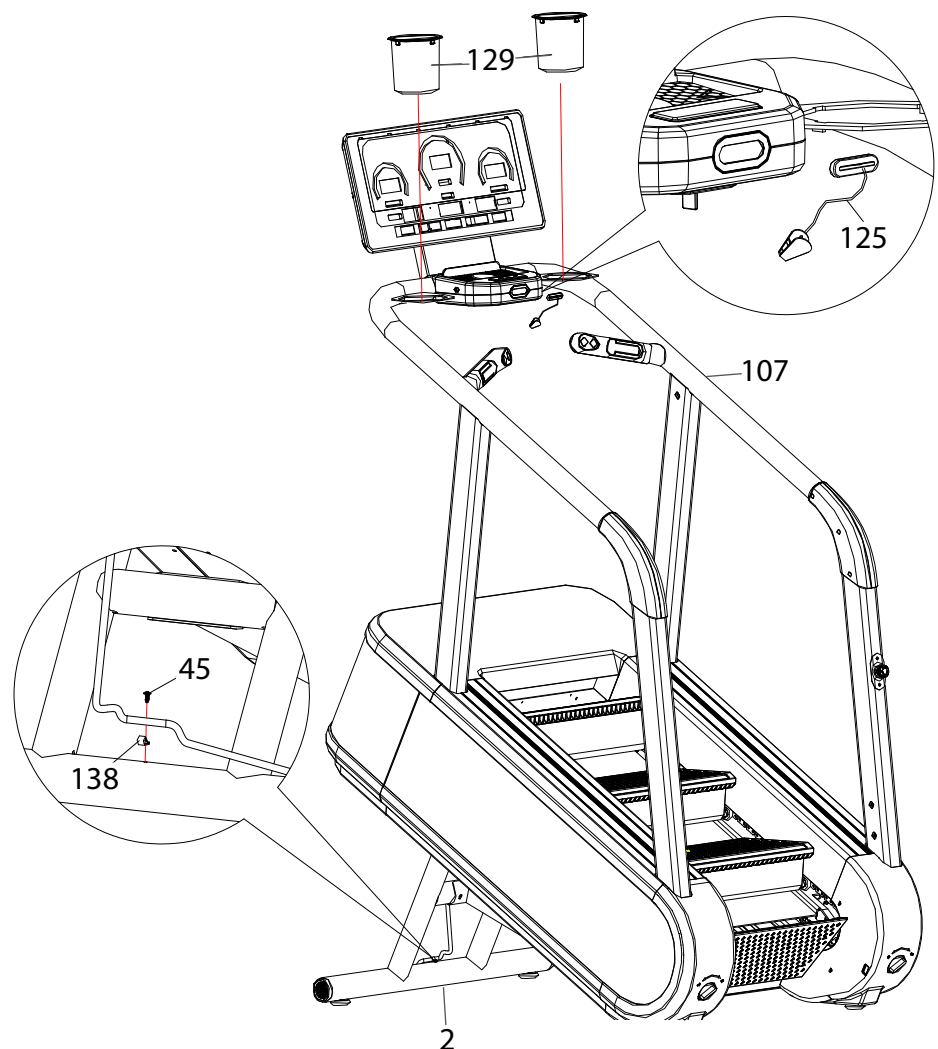
1. Fix the right covers (102 & 103) to the lower right upright post (98) with three screws (48).
2. Fix the left covers (101 & 100) to the lower left upright post (96) with three screws (48).



Step 8: Assembly of the bottle holders and safety key

1. Remove the wire clamp (138) and the screw (45) from the support frame (2).
2. Fix the power plug (139) to the support frame (2) with the wire clamp (138) and the screw (45).
3. Place the two bottles (129) in the openings of the handlebar frame (107).
4. Install the safety key (125) onto the device.
5. Tighten all bolts and screws.

→ *The assembly is completed.*



Step 9: Alignment of the feet

If the floor is uneven, you can stabilize the stair trainer by turning the two setting screws under the main frame.

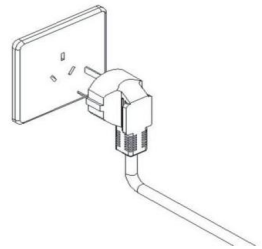
1. Lift the stair trainer on the desired side and rotate the setting screws under the main frame.
2. Rotate the screws clockwise in order to remove them and to raise the running surface.
3. Rotate them counterclockwise in order to lower the running surface.

Step 10: Connecting the equipment to the mains supply

► **ATTENTION**

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

Plug the power plug (139) into a wall outlet that complies with the instructions in the chapter on electrical safety.



Correctly Getting On and Off

1. To step onto the stair trainer, grip the handrails with both hands and step onto the treadmill one foot at a time.
2. To get off, grip the handrails with both hands and step off the stair trainer one foot at a time.

NOTICE

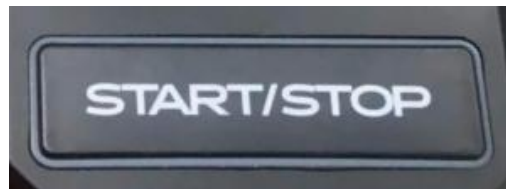
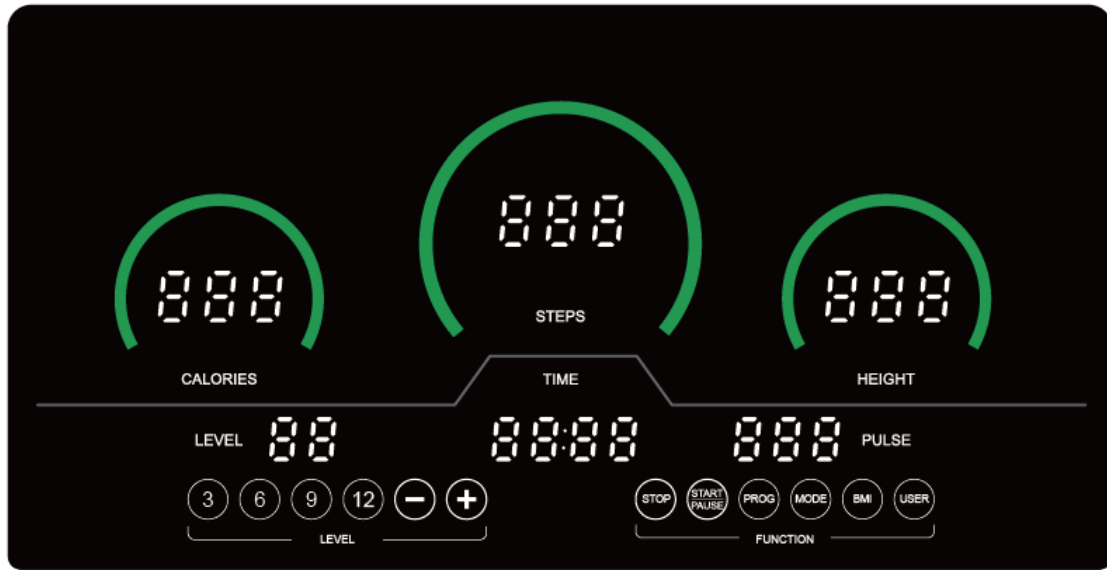
- + Familiarise yourself with all the functions and setting options of the device before starting training. Have the proper use of this product explained to you by a specialist.
- + Always start your training with low intensity and increase evenly and gently. End your training with a cool-down phase. If you are unsure, please consult your physician.
- + Please bear in mind that the noise emission under load is higher than without load.

SAFETY KEY

WARNING

- + For your safety, the device is equipped with an EMERGENCY STOP function. The equipment can only be operated if the safety key is correctly attached to the contact point of the cockpit. If the safety key is no longer on the contact point, the equipment automatically stops. Therefore, the Safety Key cord with the clip must be attached to your clothing before every training session. If you want to quickly stop the stair trainer, if you can no longer control the speed, or if another emergency occurs, remove the safety key from the cockpit using the cord.
- + To enable the safety key to detach from the contact point of the cockpit in the event of a fall, the safety key clip must be firmly attached to your clothing!
- + Make sure that the safety key is not accessible to children.

3.1 Console Display



Button	Function
START/STOP	<ul style="list-style-type: none"> + To start the workout, press this button. + To end the workout, press this button.
3/6/9/12 (Quick keys for Speed)	<ul style="list-style-type: none"> + To quickly switch between resistance levels during the workout, press a quick key button. + For safety reasons, a speed level of maximum 12 can be selected via the quick keys. For speed levels above 12, you must use +/- or the buttons on the handles
-/+	To set the workout values, press this button.
STOP	To end the workout, press this button.
START/PAUSE	<ul style="list-style-type: none"> + To start the workout, press this button. + To pause the workout, press this button.
PROG	To switch between the training programmes and user profiles in stop mode, press this button.
MODE	To switch between the countdown programmes, press this button.
BMI	To calculate your BMI, press this button.
USER	To switch quickly to the user profile U01, press this button.

3.2 Display

Display	Function
CALORIES	<ul style="list-style-type: none">+ Displays the burned calories.+ Display range: 0-999+ Setting range: 20-990 cal (in increments of 1)+ Default value: 50 cal
STEPS	<ul style="list-style-type: none">+ Displays the number of steps.+ 14-140 steps/minute+ Display range: 000-999, 01 = 1000 steps, 02 = 2000 steps, 03 = 3000 steps etc
HEIGHT	<ul style="list-style-type: none">+ Displays the accumulated height.+ Display range: 0-999
LEVEL (Speed)	<ul style="list-style-type: none">+ Displays the speed.+ Display range: 1-15+ Setting range: 1-15 (in increments of 1)+ Default value: 1
TIME	<ul style="list-style-type: none">+ Displays the workout time.+ Display range: 00:00-99:99+ Setting range: 5-99 min (in increments of 1)+ Default value: 5 min
PULSE	<ul style="list-style-type: none">+ Displays the pulse+ Display range: 30-240

3.3 Switching the Console On And Off

Switch On

1. Plug the power plug into a wall outlet.
2. Switch on the device.

NOTICE

The power switch is located on the front underside of the device.

3. Step onto the second step of the device.
4. To switch on the console, press START/STOP.

The device starts after 5 seconds.

NOTICE

The device only starts once it detects load.

Switch Off

1. To stop the workout, press START/STOP.

ATTENTION

The device stops.

2. Step off the device.
3. Switch off the device.

NOTICE

The power switch is located on the front underside of the device.

4. Unplug the power plug from the wall outlet.

3.4 Step Specification

The step window only displays three digits (01-999 steps). As soon as more than 999 steps have been counted, the digit 01 appears for three seconds in the step window. 01 marks 1000 steps. Three seconds later the digit 01 jumps back to 0 and counts up to 999 steps. This process is then repeated for all subsequent thousands of steps.

Display example:

Display in the step window	Meaning
01-999	01-999 steps are counted
01	1000 steps were counted
01-999	1001-1999 steps are counted
02	2000 steps were counted

3.5 Workout Programmes

The console offers a wide variety of different workout options and programmes. These include a quick start function for immediate training, countdown programmes, user-defined programmes and pre-set programmes.

① NOTICE

The workout programmes can only be accessed in stop mode.

3.5.1 Manual Programme

In manual mode you can choose between three workout options.

Quick Start

The burned calories and workout time are counted up. Aside from the speed value, no other parameter can be set in this workout programme.

Calorie Countdown

In the calorie countdown you set the speed value and your desired calories value.

Time Countdown

In the time countdown you set the speed value and your desired time value.

1. To choose the manual programme, press START/STOP.
2. To choose a workout programme, press MODE until your desired workout option appears.
3. To adjust the value, press +/-.
4. To start the workout, press START/STOP.

A countdown of five seconds and five signal sounds appears. The steps are set in motion and the workout begins. The chosen countdown appears on the display.

5. To adjust the speed value, press +/- or one of the quick keys.
6. To pause the workout, press START/PAUSE.
7. To continue the workout, press START/PAUSE.

The device stops once the workout programme is completed.

→ *The workout is complete.*

8. To stop the active workout ahead of the countdown completion, press START/STOP.

① NOTICE

If the workout is stopped before the countdown is complete, all values will reset to their default settings.

3.5.2 User-Defined Programmes

There are a total of three customisable user profiles (U01-U03). The user-defined programmes allow users to customise their own profile programme. The concept is similar to the pre-set programmes, except that users can individually define the speed level for each of the 10 segments in the programme.

① NOTICE

The device saves the set parameters of each user profile.

1. To choose a user-defined programme, press PROG repeatedly until the desired user profile appears.
- 1.1. To choose the user profile U01, press USER.
2. To access the speed setting, press MODE.
3. To adjust the speed value for the segment, press +/- or one of the quick keys.
4. To switch to the next segment, press MODE.
5. Repeat the steps 3 and 4 for the remaining segments.
6. To set the workout time, press MODE.
7. To adjust the workout value, press +/-.
8. To start the workout, press START/STOP.

The parameters of the chosen user profile are saved on the device. The steps are set in motion and the workout begins.

9. To pause the workout, press START/PAUSE.
10. To continue the workout, press START/PAUSE.

The device stops once the workout programme is completed.

→ ***The workout is complete.***

11. To stop the active workout ahead of the countdown completion, press START/STOP.

① NOTICE

For the next user-defined training, you can select your user profile via PROG. You simply set the training time.

3.5.3 Pre-Set Programmes

You can choose between 36 pre-set programmes (P1 - P36). Each programme consists of 10 segments. The duration of each segment depends on the workout time. The programme automatically ends when the workout time has elapsed.

① NOTICE

The pre-set programmes can only be accessed in stop mode.

1. To choose the pre-set programmes, press PROG.
2. Press PROG repeatedly until the desired programme appears.

The setting windows flashes.

- To adjust the workout time, press +/-.

NOTICE

The default workout time is 30 minutes.

- To reset the workout time to the default workout time, press MODE.
- To start the workout, press START/STOP.

The steps are set in motion and the workout begins. Three signal sounds appear whenever the device switches to the next segment.

- To pause the workout, press START/PAUSE.
- To continue the workout, press START/PAUSE.
- A signal sound appears once all workout segments are completed.

The device stops.

→ **The workout is completed.**

- To stop the active workout ahead of the completion, press START/STOP.

NOTICE

If the workout is stopped before the countdown is complete, all values will reset to their default settings.

3.6 Body Mass Index

The console is equipped with an in-built Body Mass Index (in short: BMI) calculator. You can set the following parameters:

Parameter	Setting Range	Default Value
F1 (Sex)	1 = male 2 = female	1
F2 (Age)	1 - 99 (Years)	25 (Years)
F3 (Height)	100 - 220 (cm)	170 (cm)
F4 (Weight)	20 - 200 (kg)	70 (kg)

WARNING

- + This data is for reference only and must not be considered as medical data.
- + The BMI calculation does not distinguish between fat or muscle mass.

- To choose the BMI programme, press PROG repeatedly until FAT appears on the display.

The parameters F1-F5 appear in the level window.

- To choose a parameter, press MODE.

The set values appear in the pulse window.

3. To adjust a value, press +/-.
4. Repeat the steps 2 and 3 for the remaining parameters (F2-F4).

The parameter F5 (BMI) appears in the level window. All values have been set.

5. To determine the BMI, place both hands on the hand pulse sensors for min. 8 seconds.

Your BMI result appears on the display.

- + <18: Underweight
- + 18 - 24: Normal weight
- + 25 - 28: Overweight
- + >29: Obesity

→ *The BMI test is completed.*

3.7 Measuring the Pulse

With the hand pulse sensors you can measure your pulse.

1. Switch on the device.
2. Step on the second step.
3. To measure the pulse, grasp both hand pulse sensors for a few seconds.

The pulse appears on the display.

→ *The pulse test is completed.*

3.7.1 Wireless Connection And Measuring the Pulse

This console is equipped with a wireless interface. Please take note that your wireless device (chest strap) needs to be compatible with the wireless interface of the device.

WARNING

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

1. Attach your wireless device to a suitable spot on your body.
2. Switch on the wireless connection on your wireless device.
3. Switch on the treadmill.

The wireless interface of the device automatically scans for wireless devices and connects to them.

The heart rate appears on the console.

→ *The connection is complete.*

Pre-Set Programmes

Program \ Class		Seg.									
		1	2	3	4	5	6	7	8	9	10
P1	LEVEL	1.0	3.0	5.0	5.0	5.0	7.0	7.0	5.0	3.0	2.0
P2	LEVEL	2.0	3.0	5.0	6.0	5.0	5.0	6.0	6.0	4.0	3.0
P3	LEVEL	2.0	3.0	6.0	6.0	5.0	5.0	5.0	6.0	4.0	3.0
P4	LEVEL	2.0	2.0	5.0	7.0	7.0	6.0	7.0	5.0	3.0	2.0
P5	LEVEL	3.0	4.0	6.0	5.0	4.0	4.0	5.0	5.0	4.0	3.0
P6	LEVEL	3.0	4.0	6.0	7.0	7.0	7.0	6.0	6.0	5.0	3.0
P7	LEVEL	3.0	4.0	4.0	3.0	4.0	3.0	4.0	4.0	3.0	2.0
P8	LEVEL	3.0	5.0	7.0	7.0	3.0	5.0	7.0	5.0	5.0	1.0
P9	LEVEL	3.0	3.0	3.0	4.0	5.0	6.0	5.0	4.0	5.0	1.0
P10	LEVEL	3.0	5.0	6.0	7.0	6.0	6.0	5.0	5.0	3.0	3.0
P11	LEVEL	4.0	5.0	3.0	3.0	6.0	7.0	7.0	6.0	6.0	1.0
P12	LEVEL	4.0	6.0	5.0	3.0	4.0	7.0	7.0	3.0	2.0	1.0
P13	LEVEL	2.0	4.0	6.0	6.0	6.0	8.0	8.0	6.0	4.0	3.0
P14	LEVEL	3.0	4.0	6.0	5.0	6.0	6.0	7.0	6.0	5.0	4.0
P15	LEVEL	3.0	4.0	8.0	8.0	6.0	6.0	6.0	4.0	5.0	4.0
P16	LEVEL	3.0	3.0	6.0	5.0	4.0	3.0	4.0	5.0	4.0	3.0
P17	LEVEL	4.0	5.0	6.0	7.0	6.0	5.0	4.0	3.0	2.0	2.0
P18	LEVEL	4.0	5.0	7.0	7.0	5.0	5.0	4.0	4.0	3.0	1.0
P19	LEVEL	4.0	5.0	5.0	4.0	5.0	6.0	5.0	4.0	3.0	3.0
P20	LEVEL	4.0	6.0	7.0	8.0	7.0	6.0	5.0	6.0	5.0	2.0
P21	LEVEL	4.0	4.0	7.0	7.0	5.0	5.0	6.0	5.0	4.0	3.0
P22	LEVEL	4.0	6.0	5.0	4.0	3.0	3.0	4.0	4.0	3.0	2.0
P23	LEVEL	5.0	6.0	6.0	6.0	7.0	7.0	8.0	8.0	7.0	4.0
P24	LEVEL	5.0	7.0	5.0	5.0	6.0	6.0	8.0	5.0	5.0	3.0
P25	LEVEL	3.0	5.0	7.0	6.0	5.0	6.0	6.0	5.0	5.0	2.0
P26	LEVEL	4.0	5.0	7.0	8.0	7.0	7.0	8.0	5.0	6.0	2.0
P27	LEVEL	4.0	5.0	4.0	5.0	6.0	7.0	6.0	5.0	6.0	3.0
P28	LEVEL	4.0	4.0	7.0	7.0	8.0	8.0	7.0	7.0	5.0	4.0
P29	LEVEL	5.0	6.0	8.0	8.0	7.0	6.0	5.0	6.0	6.0	5.0
P30	LEVEL	5.0	6.0	8.0	9.0	9.0	9.0	8.0	8.0	7.0	5.0
P31	LEVEL	5.0	6.0	6.0	8.0	6.0	8.0	6.0	8.0	5.0	4.0
P32	LEVEL	5.0	7.0	9.0	8.0	5.0	7.0	9.0	7.0	6.0	4.0
P33	LEVEL	5.0	9.0	8.0	7.0	9.0	8.0	7.0	6.0	5.0	3.0
P34	LEVEL	5.0	7.0	8.0	9.0	8.0	8.0	9.0	8.0	6.0	5.0
P35	LEVEL	6.0	7.0	7.0	8.0	8.0	9.0	8.0	7.0	8.0	4.0
P36	LEVEL	6.0	8.0	8.0	7.0	7.0	9.0	9.0	6.0	6.0	3.0

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

Rowing uses the following muscle groups:

- + Gluteal muscle
- + Leg muscles

Make sure you keep your back straight during training. Do not hunch over and do not arch your back.

4.1.5 Exercise frequency

Regular exercise is crucial to making progress and staying healthy in the long term. Continuous exercise can strengthen muscles, improve endurance and enhance overall well-being. Remember that even small workouts can be done regularly to achieve long-term results.

Training with heart rate orientation

Heart rate orientation guarantees an extremely effective and healthy training. Through your age and the following table, you can quickly and easily read and determine the optimal pulse for your training. An acoustic alarm will sound if your heart rate exceeds the set target heart rate. Which target heart rate is important for which training goal can be found out in the following.

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

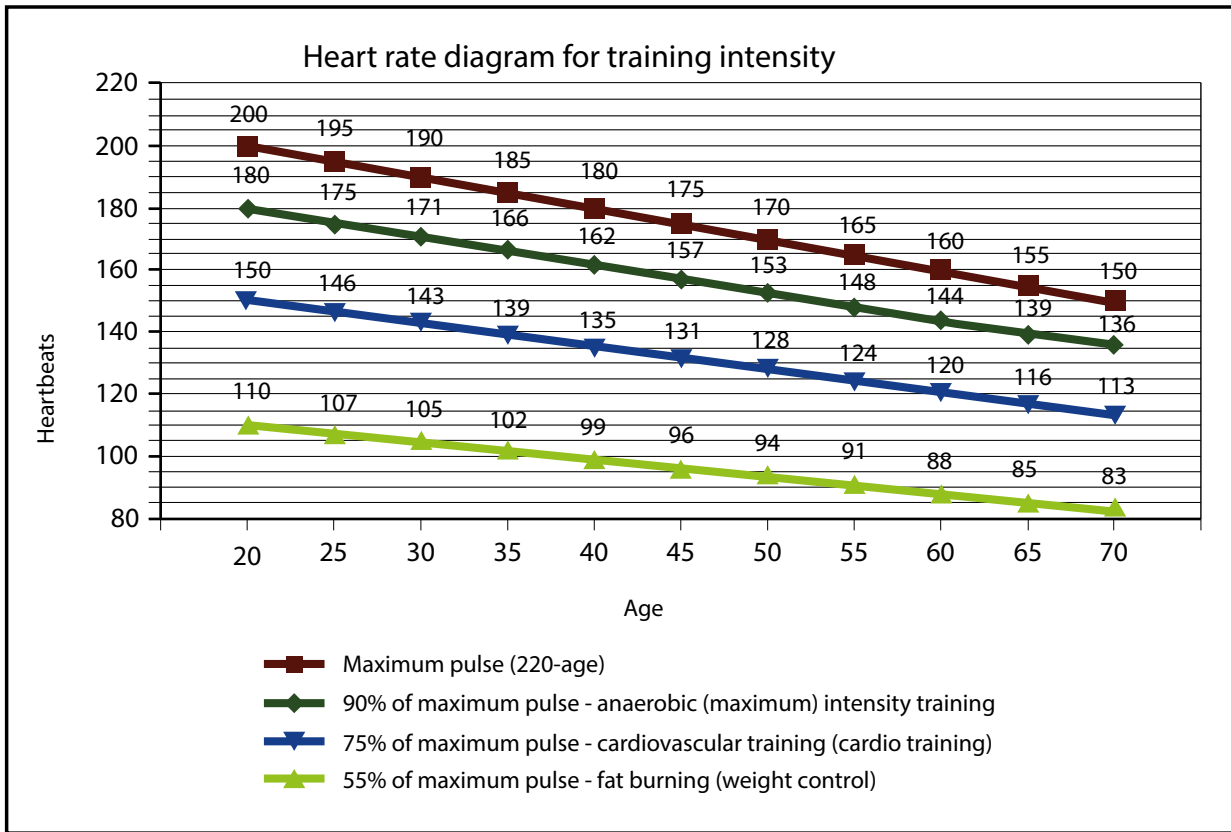
Cardiovascular training (cardio training): The primary goal is to increase stamina and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training period is required.

Anaerobic (maximum) load training: The main goal of maximum load training is to improve recovery after short, intense loads in order to be able to quickly return to the aerobic zone. In order to achieve this training goal, a high intensity (approximately 90% of the maximum heart rate) with short, intense load is required, which is followed by a recovery phase in order to prevent muscle fatigue.

Example:

For a 45-year-old man, the maximum heart rate is 175 ($220 - 45 = 175$).

- + The fat burning target zone (55%) is at approximately 96 beats/min. = $(220 - \text{age}) \times 0.55$.
- + The cardio target zone (75%) is at approximately 131 beats/min. = $(220 - \text{age}) \times 0.75$.
- + The maximum heart rate for an anaerobic load training (90%) is at approximately 157 beats/min. = $(220 - \text{age}) \times 0.9$.



5.1 General Instructions

⚠ WARNING

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

▶ ATTENTION

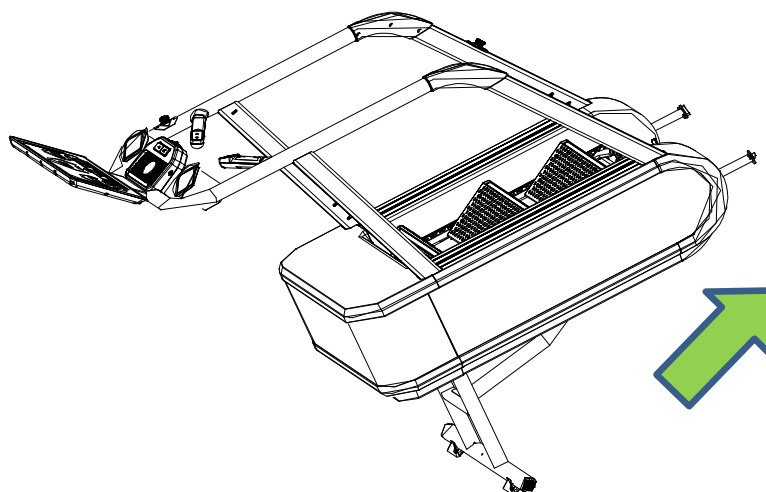
- + Make sure that the equipment is protected from moisture, dust and dirt in the selected storage location. The storage location should be dry and well ventilated and have a constant ambient temperature between 10°C and 35°C.

5.2 Transportation Wheels

▶ ATTENTION

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

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



6.1 General Instructions



WARNING

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



CAUTION

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

► ATTENTION

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

6.2 Faults and Fault Diagnosis

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

Fault	Cause	Solution
Console is not responding	Safety key missing or not inserted correctly	Check whether Safety Key is inserted and insert if necessary
Display is blank/is not working	+ Interrupted power connection + Loose cable connections	+ Power switch to on + Check whether Safety Key is plugged in + Check cable connections
No pulse display	+ Sources of interference in the room + Unsuitable chest strap + Wrong position of chest strap + Chest strap defective or battery empty + Pulse display defective	+ Eliminate sources of interference (e.g. mobile phone, WLAN, lawn mower and vacuum cleaner robot, etc. ...) + Use a suitable chest strap (see RECOMMENDED ACCESSORIES). + Reposition chest strap and/or moisten electrodes + Changing batteries + Check if pulse display by hand pulse possible

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	Quarterly
Display console	C	I	
Plastic covers	C	I	
Steps	C	I	
Frame	C	I	
Screws and cable connections			I
Lubricate chains*			C/I
Legend: C = clean; I = inspect			

*Clean and lightly lubricate with silicone spray or silicone oil on a lint-free cloth.

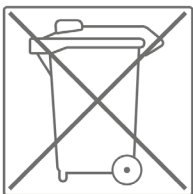


WARNING

Always unplug the power cord before performing the maintenance steps.

7 DISPOSAL

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



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

8 RECOMMENDED ACCESSORIES

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

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

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



chest strap



chest strap contact gel



floor mat



silicone spray

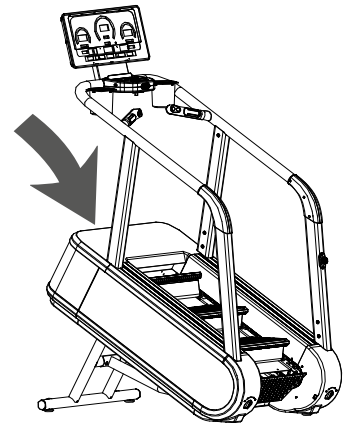
9.1 Serial Number and Model Name

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

NOTICE

The serial number of your equipment is unique. It's located on a white sticker. 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	Specification	Qty.
1	Main frame		1
2	support frame welds		1
3	connecting parts of main frame		1
4	Left handle fixed frame welds		1
5	Right handle fixed frame welds		1
6	Expansion pipe welds		2
7	Electric control mounting board		1
8	Ground pedal parts		1
9	Switch strip		1
10	Foot separator	t2.5*690*440	1
11	Handle block	Φ45*t2.0	2
12	Hand grip	41*10*10	2
13	side cover plate	T1.2*1020*286	2
14	back plate	t1.2*1196*317	1
15	Side strip fastening plate	T3.0*1164*81.5	2
16	fixed support	T3.0*618*45	2
17	Left Connecting bracket	T3.0*335*50	1
18	Right Connecting bracket	T3.0*335*50	1
19	Pedal	435*230*36*t3.0	6
20	Pedal cover	430*27*93.5*t2.5	6
21	Pedal bracket	95*20*55*t2.5	12
22	Pedal sleeve	Φ20*60*t2.5	12
23	Ground wheel set	Φ55*25.8	2
24	Power line fastener		1
25	"hillips large flat head full thread bolt	M3x10	4
26	Foot pad		4
27	Drivepipe	Φ14*φ10.5*10	2
28	Square Head Plug	Φ50*t1.5	2
29	controller		1
30	Reciprocal inductiontransmitter	34*20*11	1
31	sensor receiver	34*20*11	1
32	Inductive receiving connection cable	L1500mm	1

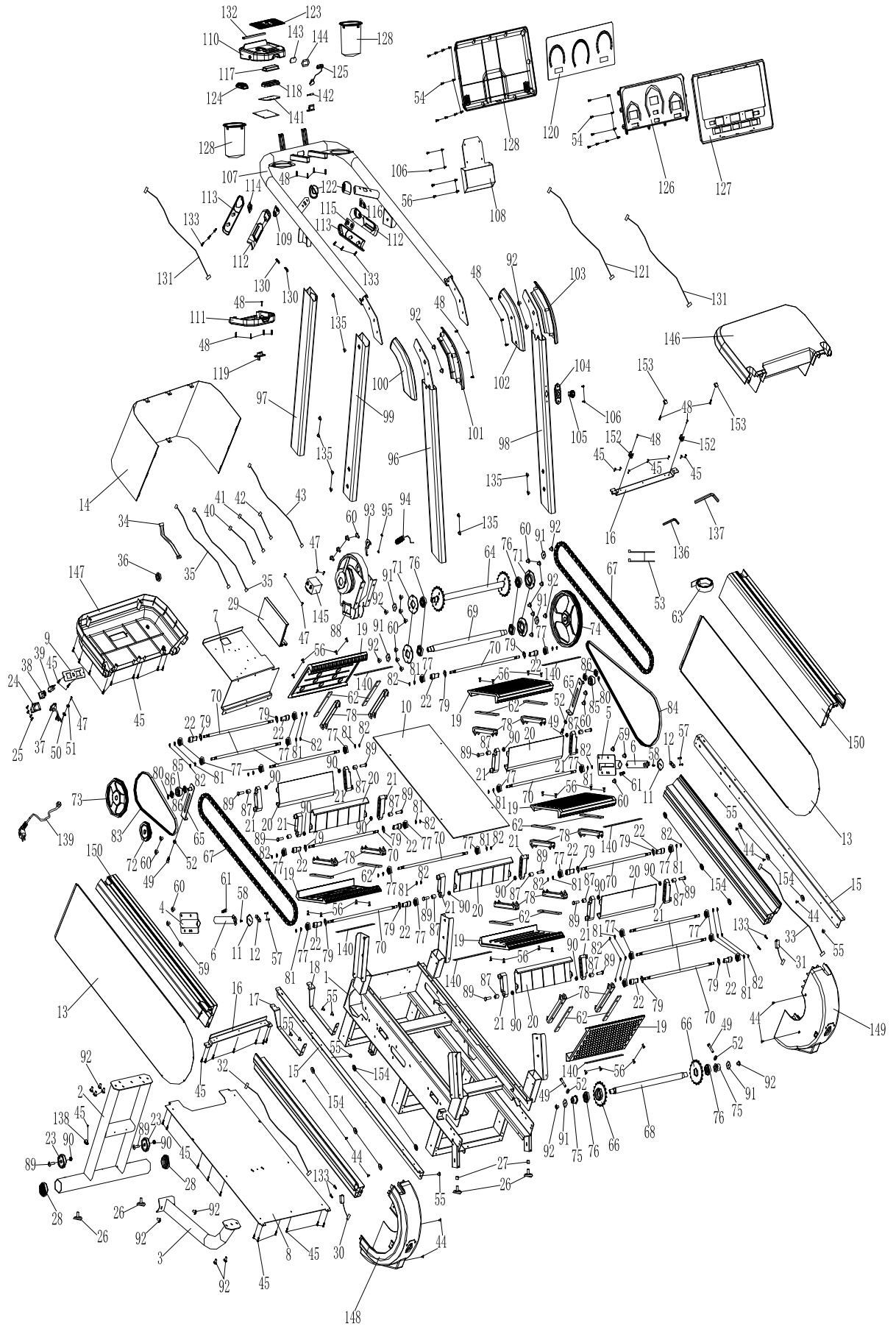
33	Inductive emission connection cable	L1500mm	1
34	Inductor adapter	L150mm	1
35	Scram switch connection cable	L1500mm	1
36	magnetic ring	Φ31*φ19*t16	1
37	Power socket		1
38	Switch		1
39	Self-reset switch		1
40	Power cable	L-500mm/red	1
41	Power cable	L-500mm/black	1
42	Power cable	L-100mm/18# red	1
43	Communicate wire	L1500mm	1
44	Phillips countersunk head full thread bolt	M4x12	20
45	Philips C.K.S full thread screw	M4x10 black	23
46	Philips C.K.S sharp full thread screw	M4x16	6
47	Philips C.K.S full thread screw	M4x10	5
48	Philips C.K.S self-tapping screw	ST4x16	48
49	Allen cylindrical head full thread screw	M8x65 black	4
50	Serrated lock washers	Φ5	1
51	spring washer	Φ5	1
52	hex nut	M8	4
53	cable ties	3*100	10
54	Philips C.K.S Cutting tail tapping screws	ST4*10	24
55	Allen C.K.S full thread screw	M6x15(6.8grade)	8
56	Allen countersunk head full thread screw	M6x15(8.8grade)	28
57	Philips countersunk full thread screw	M4x30(6.8grade)	4
58	Phillips C.K.S full thread screw	M4x8 (6.8grade)	2
59	Allen C.K.S full thread screw	M8x20 (8.8grade)	4
60	Allen C.K.S full thread screw	M8x10 (6.8grade)	22
61	Allen Cylindrical head full thread screw	M8x15 (8.8grade)	2
62	Pedal EVA	T3.0*155*25	12
63	EVA	T1.0*30*90	12
64	Rear sprocket welds		1
65	Press-tape bracket parts		2
66	Front sprocket		2
67	Pedal chains		2

68	front axle		1
69	Middle axle		1
70	pedal shaft		12
71	bearing housing	Φ42xφ50x14	4
72	driving wheel S	"Φ 75x φ 42x φ 17x23.5"	1
73	driving wheel M	"Φ 153x φ 42x φ 17x23.5"	1
74	driving wheel L	Φ222xφ42xφ17x26	1
75	Drive pipe	Φ33xφ26xφ17x28	2
76	Deep groove ball bearing	6000ZZ	6
77	PU wheels for horizontal sets	Φ35.7×13	24
78	Pedal retaining clamp ring	J30*50*t2.5*158	12
79	external circlip	Φ15	12
80	external circlip	Φ10	2
81	external circlip	Φ8	12
82	external circlip	Φ7	12
83	Motor belt	330JP6	1
84	Motor belt	560JP6	1
85	pinch roller	Φ38*22	2
86	deep groove ball bearing	6000ZZ	4
87	drive pipe	Φ14*φ8.2*25	12
88	Magneto-resistive device		1
89	Allen pan head half-thread bolt	M8×40×20	14
90	hex lock nut	M8	14
91	flat washer	Φ8xφ30xt3.0	5
92	Allen C.K.S head full-thread bolt	M8x15 (8.8grade)	29
93	Auto-sensing stand		1
94	Inductor		1
95	Phillips pan head full-thread bolt	M5x6 (6.8 grade)	2
96	Lower Upright-post weldment L		1
97	Upper Upright-post weldment L		1
98	Lower Upright-post weldment R		1
99	Upper Upright-post weldment R		1
100	trim cover L of upright post L	268*87*30*T3.0	1

101	trim cover R of upright post L	268*87*30*T3.0	1
102	trim cover L of upright post R	268*87*30*T3.0	1
103	trim cover R of upright post R	268*87*30*T3.0	1
104	Curved emergency stop trim cover	t2.0x45x83	1
105	Emergency stop switch		1
106	Philips countersunk head self-tapping screw	ST4x15	6
107	Handlebars frame		1
108	Console head connecting frame		1
109	Start/Stop button overlay	T2.0*83*48.5	1
110	Central control upper cover		1
111	Central control lower cover		1
112	Handrail upper shell		2
113	Handrail lower shell		2
114	Handrail start/stop		1
115	Handle level +/-		1
116	Resistance +/- button overlay		1
117	Keypad		1
118	Keypad frame		1
119	Safety key clamp		1
120	Console		1
121	Connection wire	L1000mm	1
122	Handrail trim cover		2
123	Wireless charger pad	200*100*13	1
124	Wireless charging fastener		1
125	Safety key (with rope)		1
126	frontpanel	571*277*10.8	1
127	Display fixing frame		1
128	Rear cover of console		1
129	Bottle		2
130	Stopper	Φ20	2
131	Handrail connection wire	L700mm	2
132	Centre control EVA		1
133	Philips C.K.S. pan head	ST3x25	8
	self-tapping screw		
134	Philips C.K.S. pan head self-tapping screw	ST3x15	2

135	Allen countersunk head full thread bolt	M8x12 (8.8 grade)	10
136	L shape wrench	6x35x80	1
137	L shape wrench	5x35x85	1
138	Wire clamp		1
139	Power plug		1
140	Warning label of pedal		6
141	Keypad PCB		1
142	dry reed		1
143	Steel of Safety key		1
144	Warning label		1
145	Filter		1
146	Upper shell		1
147	Lower shell		1
148	Left front cover		1
149	Right front cover		1
150	Upper side rail		2
151	Lower side rail		2
152	pipe clamp		2
153	Guard securing tube		2
154	Round guide block	Φ25xφ5x4.5	16

9.3 Exploded Drawing



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

Error Descriptions

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

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

Your statutory rights are not affected.

Warranty

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

Warranty period

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

Repair Costs

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

The terms of use are defined as follows:

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

Warranty Service

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

Warranty Conditions

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

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

Warranty claims are invalid in case of damage resulting from:

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

Proof of Purchase and Serial Number

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

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

Service outside of the Warranty Period

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

Communication

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

11 CONTACT

DE	DK	UK
<p>TECHNIK</p> <p>☎ +49 4621 4210-900 📠 +49 4621 4210-698 ✉ technik@fitshop.de 🕒 Öffnungszeiten entnehmen Sie unserer Homepage.</p> <p>SERVICE</p> <p>☎ 0800 20 20277 (kostenlos) ☎ 04621 4210 - 0 ✉ info@fitshop.de 🕒 Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statit7</p>	<p>TEKNIK OG SERVICE</p> <p>☎ 80 90 16 50 +49 4621 4210-945 ✉ info@fitshop.dk 🕒 Åbningstider kan findes på hjemmesiden: https://stg.fit/statit7</p>	<p>CUSTOMER SUPPORT</p> <p>☎ 00800 2020 2772 +494621 4210 944 ✉ info@fitshop.co.uk 🕒 You can find the opening hours on our homepage: https://stg.fit/statitc</p>
	FR	BE
	<p>TECHNIQUE & SERVICE</p> <p>☎ +33 (0) 189 530984 +49 4621 42 10 933 ✉ info@fitshop.fr 🕒 Vous trouverez les heures d'ouverture sur notre site Internet: https://stg.fit/statit4</p>	<p>TECHNIQUE & SERVICE</p> <p>☎ 02 732 46 77 +49 4621 4210 933 ✉ info@fitshop.be 🕒 Vous trouverez les heures d'ouverture sur notre site Internet: https://stg.fit/statit8</p>
ES	NL	INT
<p>TECNOLOGÍA Y SERVICIOS</p> <p>☎ 911 238 029 ✉ info@fitshop.es 🕒 Consulta nuestro horario de apertura en la página web: https://stg.fit/statit5</p>	<p>TECHNISCHE DIENST & SERVICE</p> <p>☎ +31 172 619961 ✉ service@fitshop.nl 🕒 De openingstijden vindt u op onze homepage: https://stg.fit/statit3</p>	<p>TECHNICAL SUPPORT & SERVICE</p> <p>☎ +49 4621 4210-944 ✉ service-int@fitshop.de 🕒 You can find the opening hours on our homepage: https://stg.fit/statita</p>
PL	AT	CH
<p>DZIAŁ TECHNICZNY I SERWIS</p> <p>☎ 22 307 43 21 +49 4621 42 10-948 ✉ info@fitshop.pl 🕒 Godziny otwarcia można znaleźć na stronie głównej: https://stg.fit/statit6</p>	<p>TECHNIK & SERVICE</p> <p>☎ 0800 20 20277 (Freecall) +49 4621 42 10-0 ✉ info@fitshop.at 🕒 Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statitb</p>	<p>TECHNIK & SERVICE</p> <p>☎ 0800 202 027 +49 4621 42 10-0 ✉ info@fitshop.ch 🕒 Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statit9</p>

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

www.fitshop.com/en/stores

KETTTLER

WEBSHOP AND SOCIAL MEDIA

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

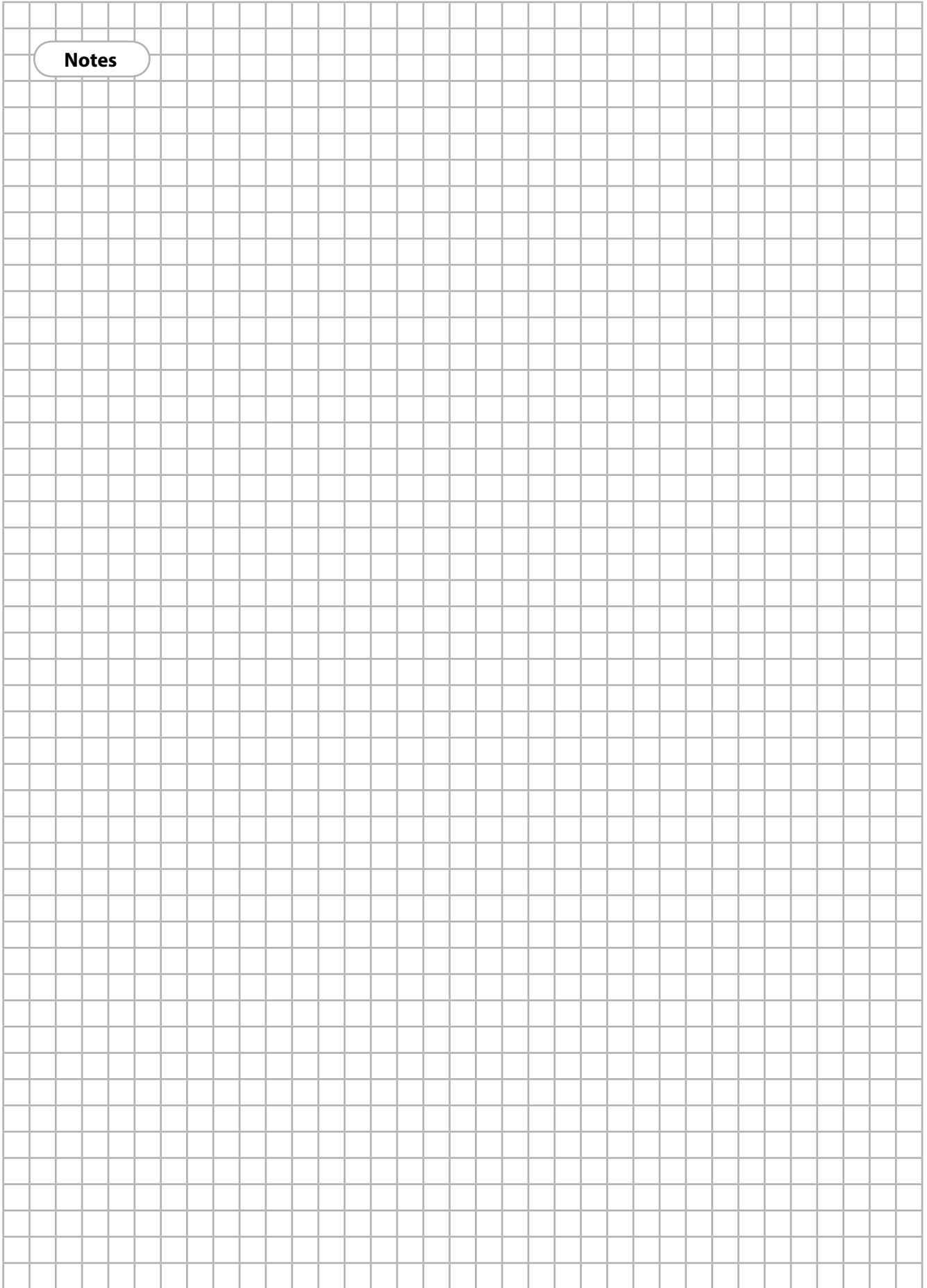
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Notes

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STAIR TRAINER