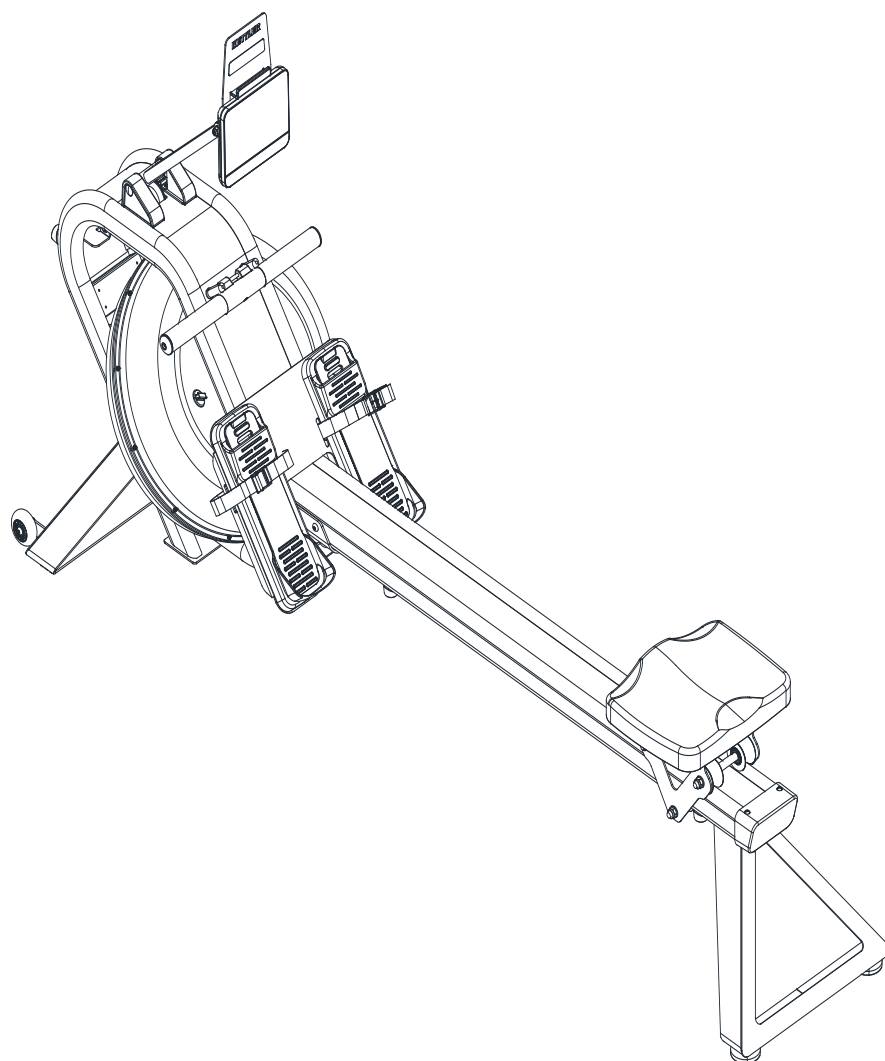


KETTLER

ASSEMBLY AND OPERATING INSTRUCTIONS



max. 150 kg



~ 45 Min. 



 37 kg

L 209 | W 52 | H 114

FSKRO2002100.01.01

Art. No. K-RO2002-100

COACH 600

Content

1	GENERAL INFORMATION	8
1.1	Technical Data	8
1.2	Technical Drawings	9
1.3	Personal Safety	10
1.4	Electrical Safety	11
1.5	Set-Up Place	12
2	ASSEMBLY	13
2.1	General Instructions	13
2.2	Scope of Delivery	14
2.3	Assembly	16
2.4	Battery Replacement	23
2.5	Filling and Emptying the Tank	24
2.6	Adjustment of the Pedal up and Straps	24
3	OPERATING INSTRUCTIONS	25
3.1	Console Display	25
3.2	Button Function	27
3.3	Display Modes	28
3.4	Displayed Values	28
3.5	Training Programmes	29
3.5.1	Quick Start	29
3.5.2	Target Programmes	30
3.5.3	Interval Programmes	31
3.5.4	Game Mode	32
4	WORKOUT TIPS	33
4.1	General Instructions	33
4.1.1	Training clothes	33
4.1.2	Warming up and stretching	33
4.1.3	Medication	34
4.1.4	Used muscle groups	34
4.1.5	Exercise frequency	34
5	STORAGE AND TRANSPORT	37
5.1	General Instructions	37
5.2	Transportation Wheels	37
6	TROUBLESHOOTING, CARE AND MAINTENANCE	38

6.1	General Instructions	38
6.2	Faults and Fault Diagnosis	39
6.3	Error Codes and Troubleshooting	39
6.4	Maintenance and Inspection Calendar	40

7	DISPOSAL	40
---	----------	----

8	RECOMMENDED ACCESSORIES	41
---	-------------------------	----

9	ORDERING SPARE PARTS	42
---	----------------------	----

9.1	Serial Number and Model Name	42
9.2	Parts List	43
9.3	Exploded Drawing	47

10	WARRANTY	48
----	----------	----

11	CONTACT	50
----	---------	----

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

International Headquarters
Flensburger Straße 55
24837 Schleswig
Germany

Management:
Christian Grau
Sebastian Campmann
Dr. Bernhard Schenkel
No. HRB 1000 SL
Local Court Flensburg
European VAT Number: DE813211547

Disclaimer

Since December 19, 2024, the trademark rights to © Kettler for fitness equipment in the EU, EFTA, and Turkey are held by Fitshop GmbH. All rights reserved. Any use of this trademark without the explicit written permission of Fitshop is prohibited.

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.

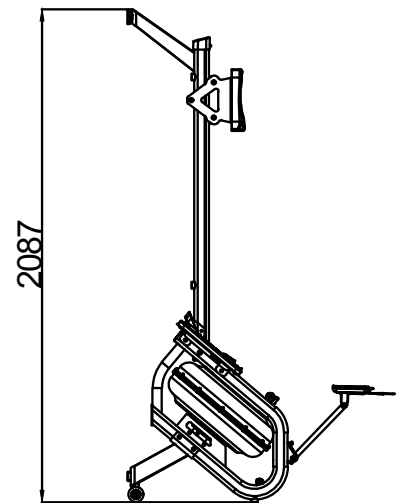
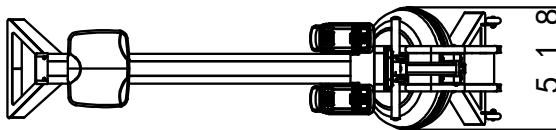
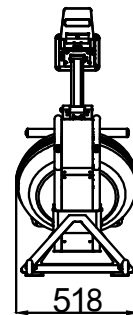
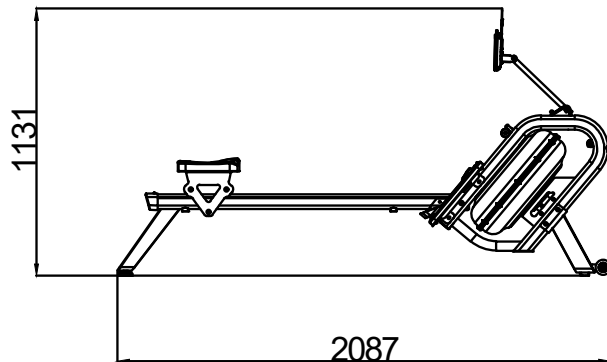
Retain these instructions in a safe place for future reference, maintenance or when ordering replacement parts.

1.1 Technical Data

Weight and Dimensions	
Item weight (gross, incl. packaging)	Box 1: 43.7 kg
	Box 2: 9.3 kg
Item weight (net, excl. packaging)	36.7 kg
Packaging dimensions of cartons (L × W × H)	Box 1: 109.5 cm x 58 cm x 53 cm
	Box 2: 150 cm x 20 cm x 16 cm
Set-up dimensions (L × W × H)	209 cm x 52 cm x 114 cm
Maximum load	
Maximum user weight	150 kg
Technical specifications	
Resistance system	Water resistance
Resistance levels	6
Water tank capacity	15.3 L
Rail length (L)	135 cm
Battery	2 AA
Console Data	
Display	Pulse
	Distance
	Calories
	Time
Display Size	5.5 Inches
Display Type	LCD
Programme Overview	
Quick Start	1
Goal Programmes	3
Interval Programmes	3
Game Mode	1

Other Data	
Menu language	English
Heart rate measurement	Optional: Chest belt (Not included)
Use class	S

1.2 Technical Drawings



1.3 Personal Safety

DANGER

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

WARNING

- + This equipment may not be used by children under the age of 14.
- + Children should not be allowed unsupervised access to the equipment.
- + Persons with disabilities must have a medical license and must be under strict observation when using the equipment.
- + The equipment is strictly for use by one person at a time.
- + If your equipment provides a safety key, the clip of the safety key must be attached to your clothing before starting your training. In the event of a fall, the EMERGENCY STOP of the equipment can be initiated.
- + 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.
- + The appliance must be set up on a stable and level surface.

CAUTION

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

ATTENTION

- + Do not insert any objects of any kind into the openings of the device.
- + The safety level of the equipment can only be maintained if it is regularly checked for damage and wear.
- + 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).

1.4 Electrical Safety

NOTICE

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

1.5 Set-Up Place

WARNING

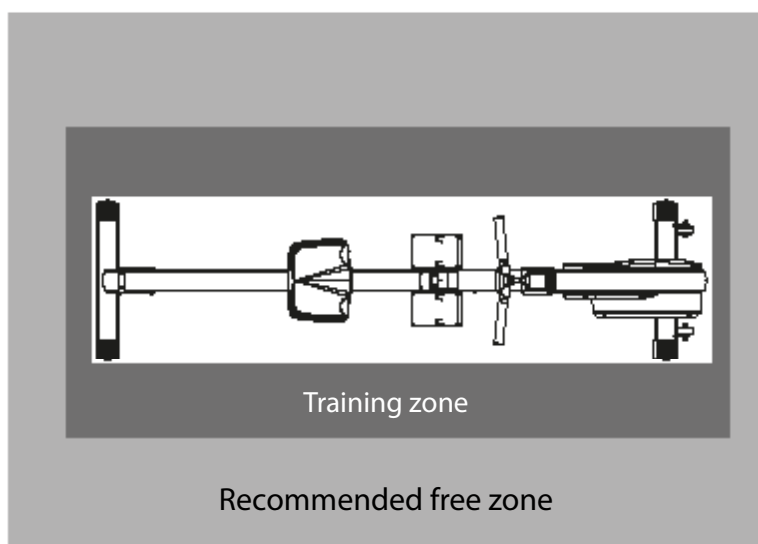
- + Do not place the equipment in main corridors or escape routes.

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. Make sure that you leave at least 30 cm on each side of the equipment and at least 15 cm in front of and behind the equipment as a training zone. This is the minimum required area in order to safely use the equipment. The recommended free zone around the equipment should be at least 60 cm on each side and 45 cm in front of and behind the equipment.
- + The training room should be well ventilated during training and not be exposed to any draughts.
- + Choose the place in which to set up the equipment such that there is enough free space/clearance to the front, the rear and to the sides of the equipment.
- + The set-up and mounting surface of the equipment should be flat, loadable and solid.

ATTENTION

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



2.1 General Instructions



DANGER

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



WARNING

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



CAUTION

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



ATTENTION

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



NOTICE

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

2.2 Scope of Delivery

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



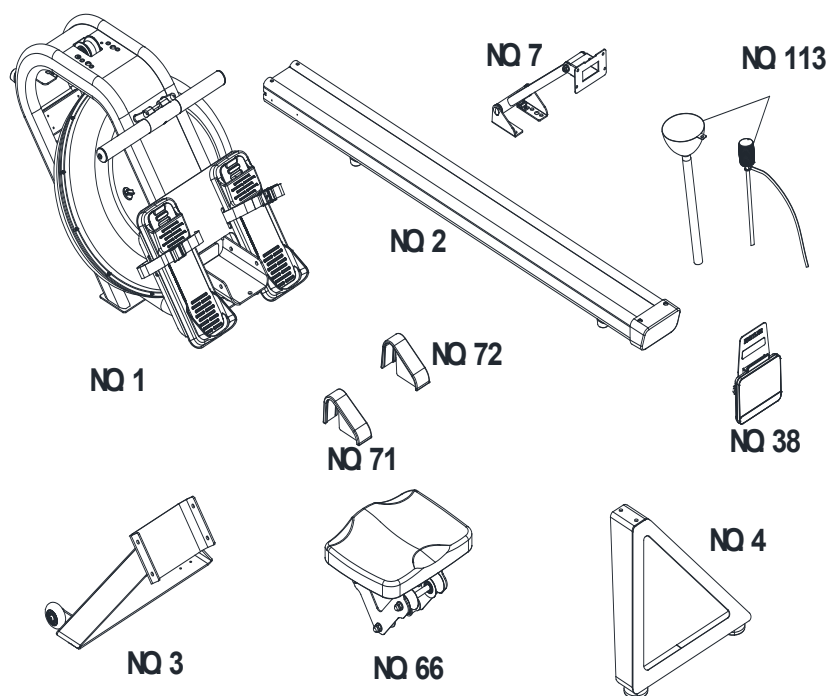
CAUTION

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

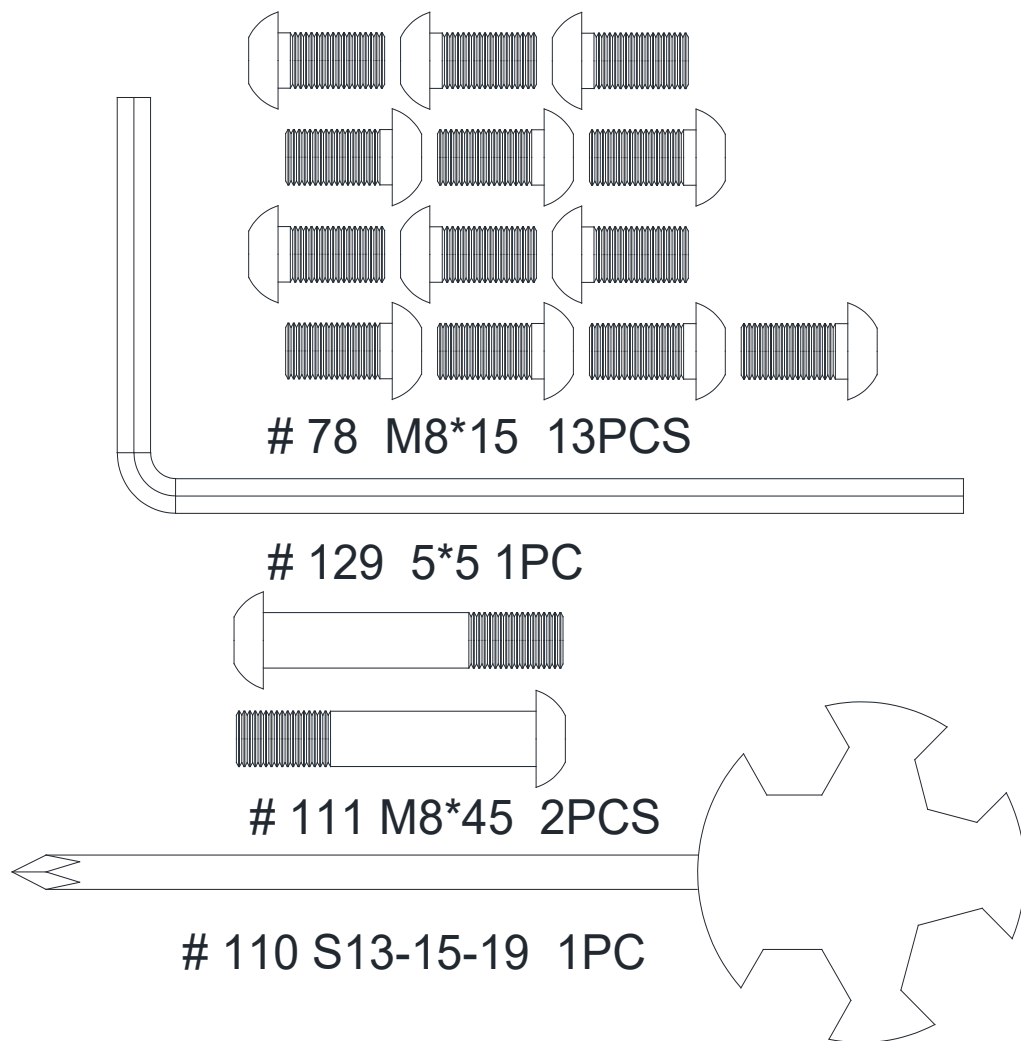


NOTICE

- + Batteries are not included. The following batteries are required: 2 × AA.
- + **Required tools:** Allen key, Phillips screwdriver.



NO.	NAME	QTY.
1	MAIN FRAME	1
2	RAIL	1
3	FRONT STABILIZER	1
4	REAR STABILIZER	1
7	SUPPORT FOR COMPUTER	1
38	CONSOLE	1
66	SEAT	1
71	LEFT COVER	1
72	RIGHT COVER	1
113	PUMP SET	1



NO.	NAME	QTY.
78	BOLTS M8*15	13
129	ALLEN KEY	1
111	BOLTS M8*45	2
110	MULTI TOOL	1

2.3 Assembly

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

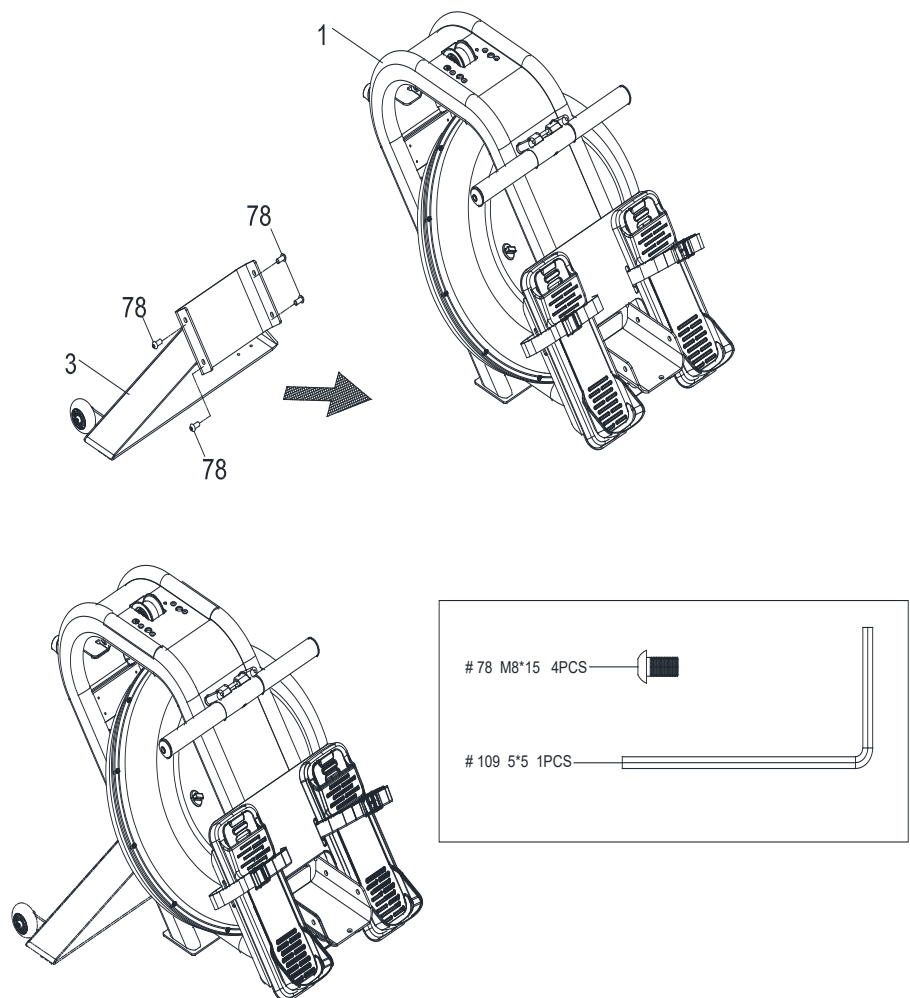
NOTICE

- + 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: Assemble the front stabilizer

Tool: Allen wrench

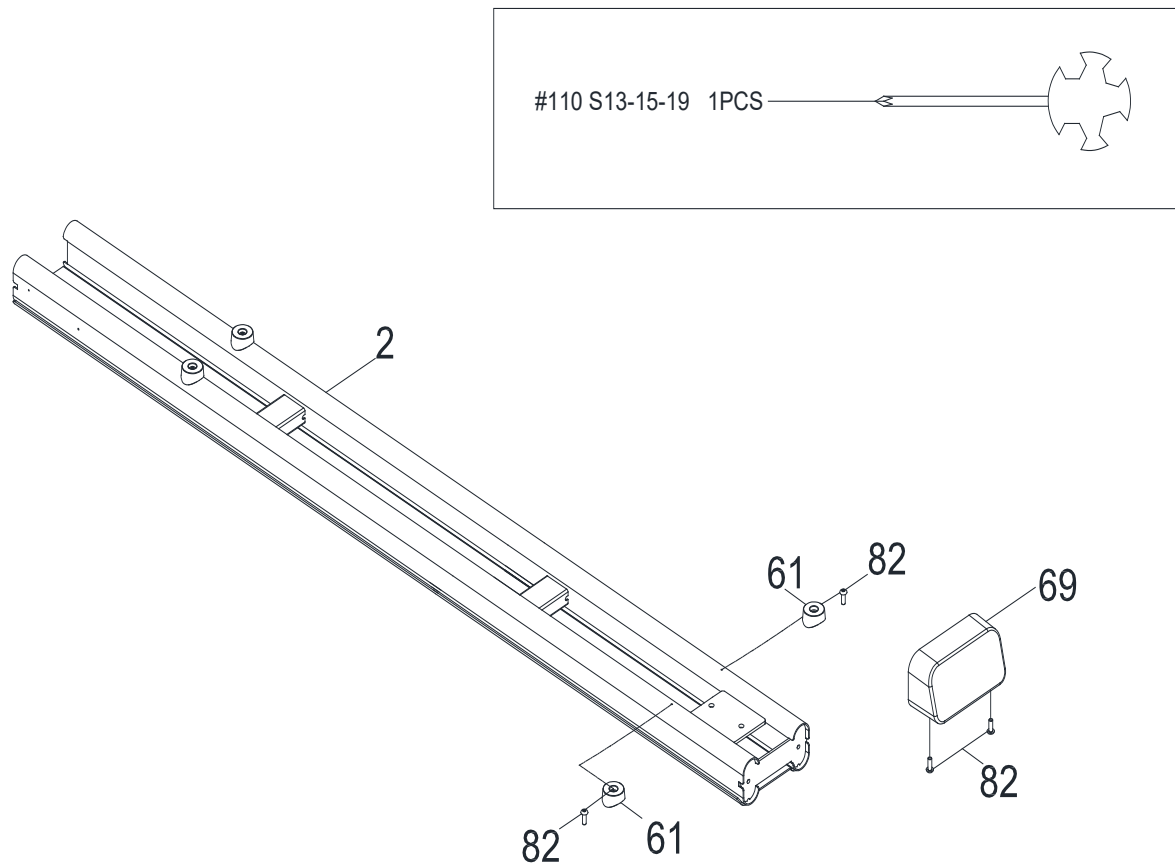
1. Attach the front stabilizer (3) to the main frame (1) using four bolts (78).
2. Tighten the bolts securely.



Step 2: Remove the cover and rubber pads

Tool: *Phillips screwdriver*

1. Loosen the four pre-assembled bolts (82) of the storage pad (61) and the rail end cap (69).

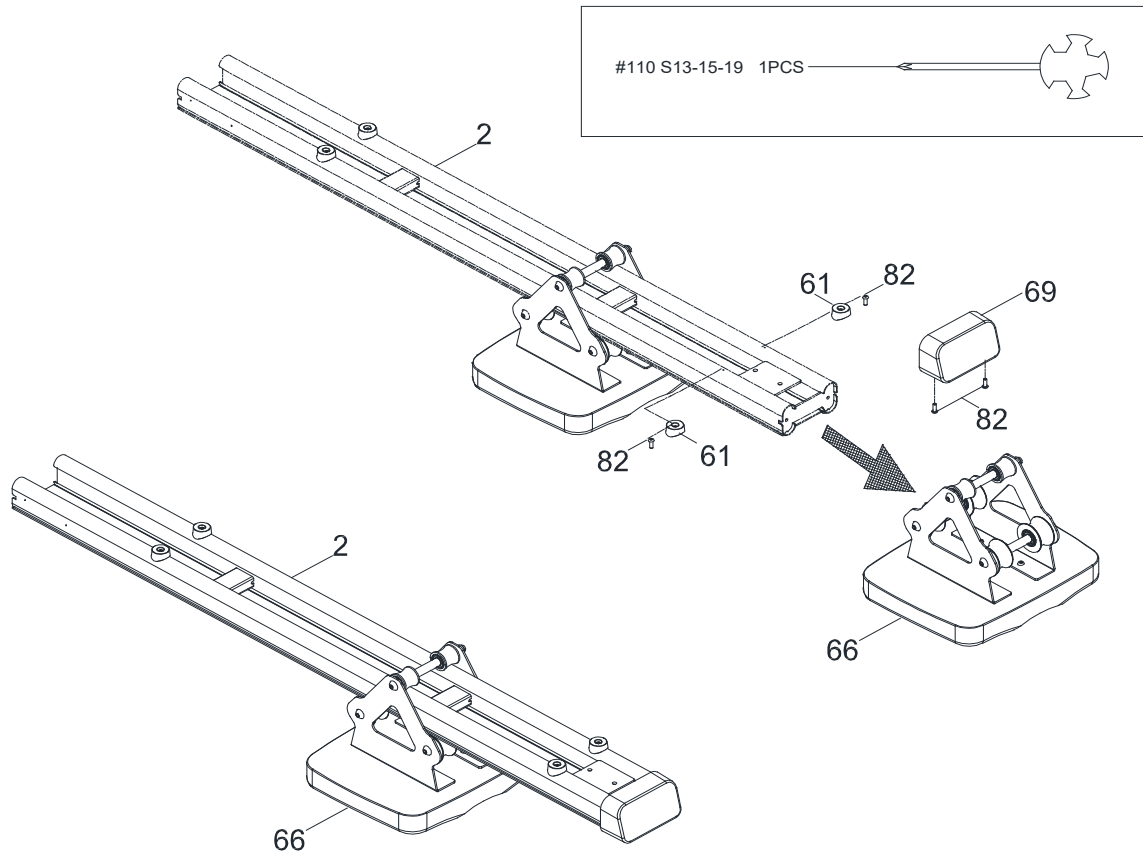


Step 3: Install the seat

Tool: Phillips screwdriver

► ATTENTION

- + Ensure the correct orientation of the seat.
 - + Hold the seat firmly during installation.
1. Slide the seat (66) onto the rail (2).
 2. Attach the storage pad (61) and the rail end cap (69) using the bolts (82) from **Step 2**.
 3. Tighten the bolts securely.



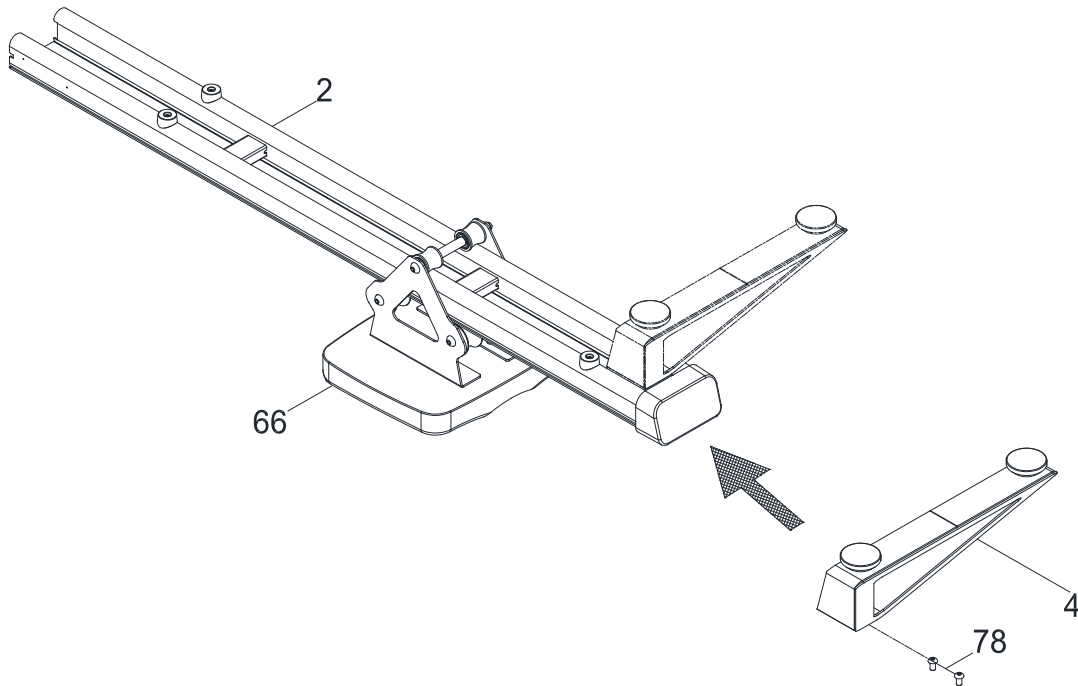
Step 4: Assemble the rear stabilizer

Tool: Allen wrench

1. Attach the rear stabilizer (4) to the rail (2) using two bolts (78).
2. Tighten the bolts securely.

78 M8*15 2PCS

109 5*5 1PCS



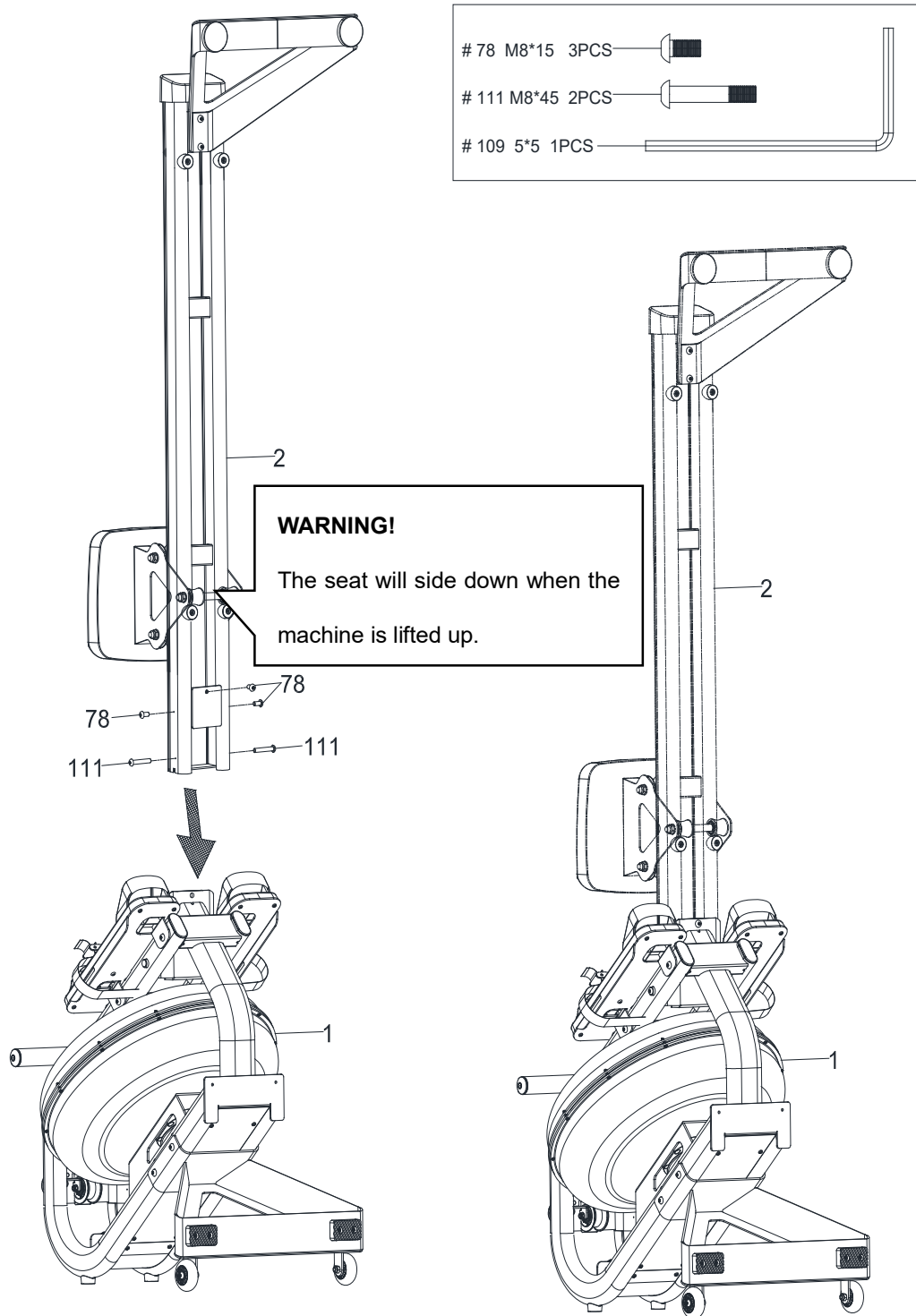
Step 5: Install the rail

Tool: Allen wrench

► ATTENTION

Hold the seat firmly while lifting the rail, as it may slide down uncontrollably.

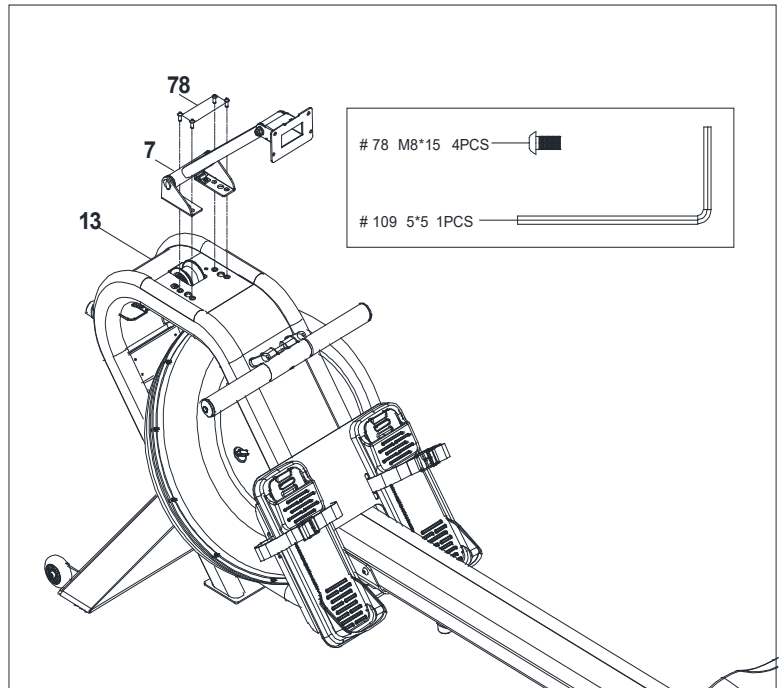
1. Attach the rail (2) to the main frame (1) using two bolts (111) and three bolts (78).
2. Tighten all bolts securely.



Step 6: Install the console bracket

Tool: Allen wrench

1. Attach the support for computer (7) to the main frame cover top (13) using four bolts (78).
2. Tighten the bolts securely.

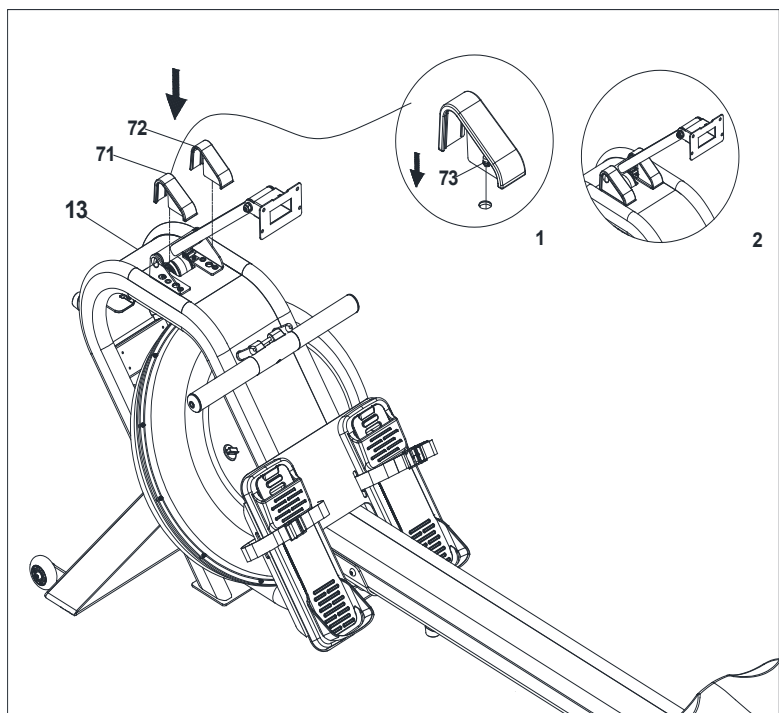


Step 7: Attach the covers

1. Attach the left and right covers (71, 72).

► **ATTENTION**

Ensure that the disc buckle (73) is flush with the recess (see Fig. 1).



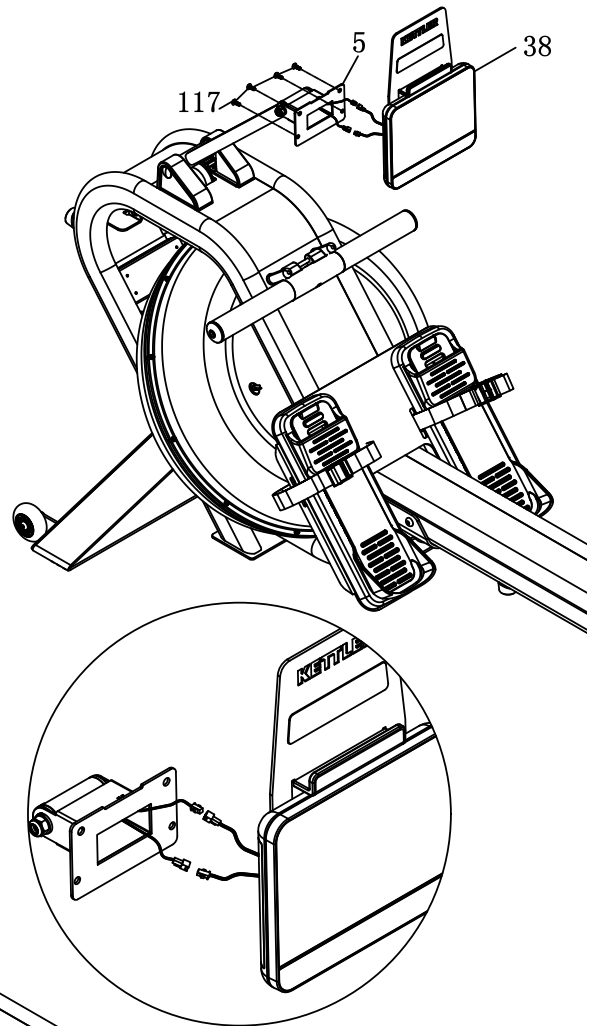
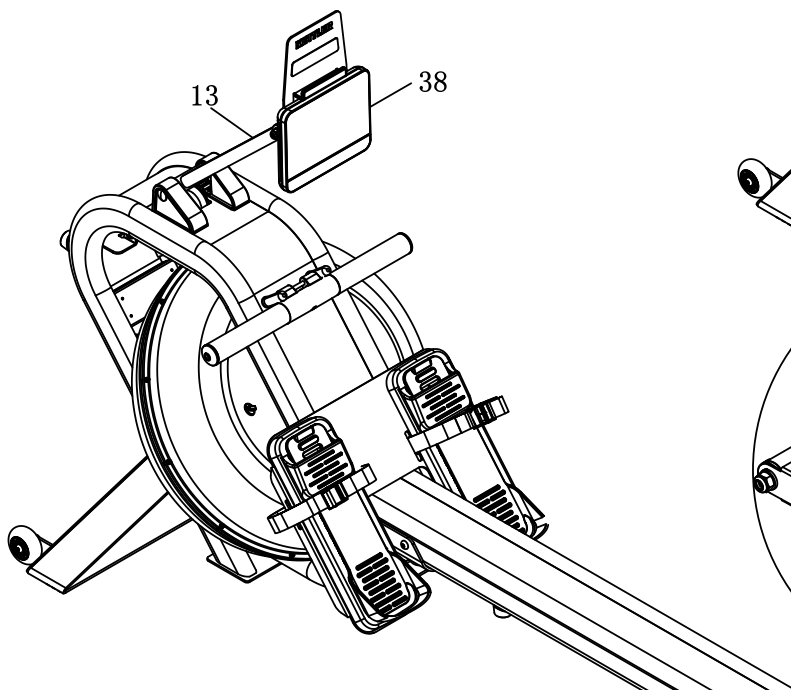
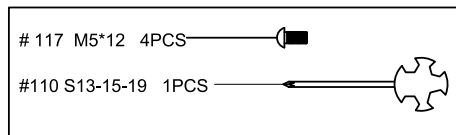
Step 8: Install the console

Tool: Phillips screwdriver

► ATTENTION

- + Ensure that the connectors are properly connected.
- + Make sure not to pinch the cables during installation.

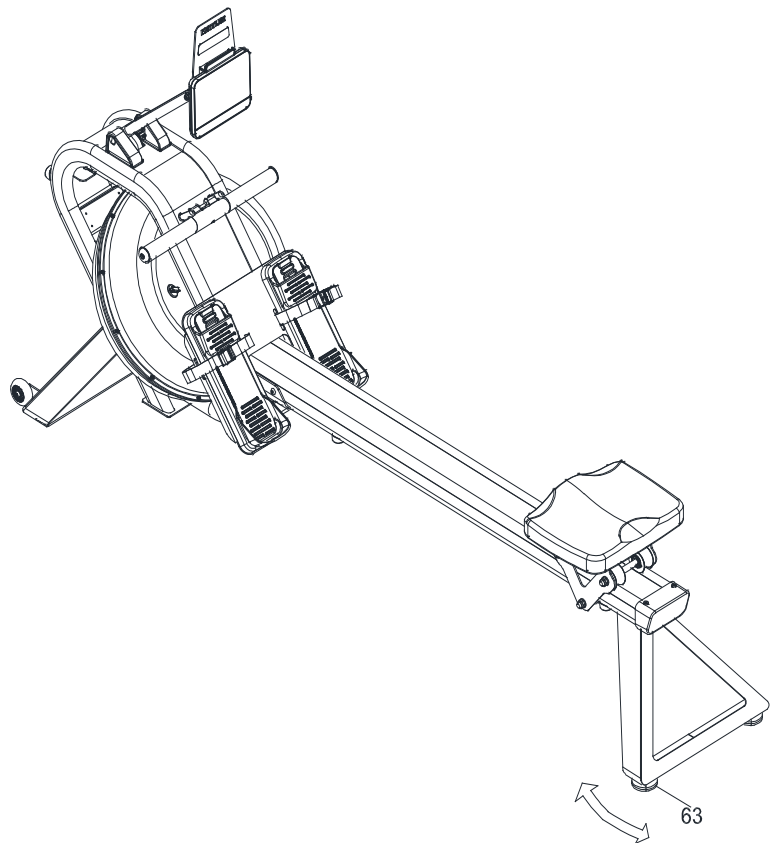
1. Connect the console cables.
2. Attach the computer (38) to the main frame cover top (13) using four bolts (117).



Step 9: Adjust the stabilizers

If the floor is uneven, you can stabilize the equipment by adjusting the two stabilizers.

1. Lift the equipment on the desired side and turn the adjustment screw under the main frame.
2. Turn the Adjustable Knob (63) clockwise to extend it and raise the equipment.
3. Turn it counterclockwise to lower the equipment.



2.4 Battery Replacement

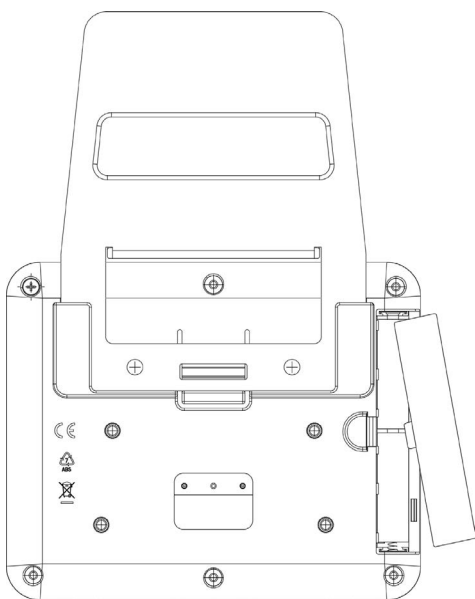


NOTICE

Batteries are not included.

Required batteries: 2x type AA

1. Open the battery compartment.
2. Remove the batteries.
3. Insert two new batteries.
4. Close the battery compartment.
5. Dispose of the old batteries properly.



2.5 Filling and Emptying the Tank



CAUTION

The water inside the tank must not be drunk and must be disposed of after use.

ATTENTION

- + Fill the tank only with tap water. Do not use distilled water.
- + Do not fill the water tank above the maximum capacity, this may void the warranty.

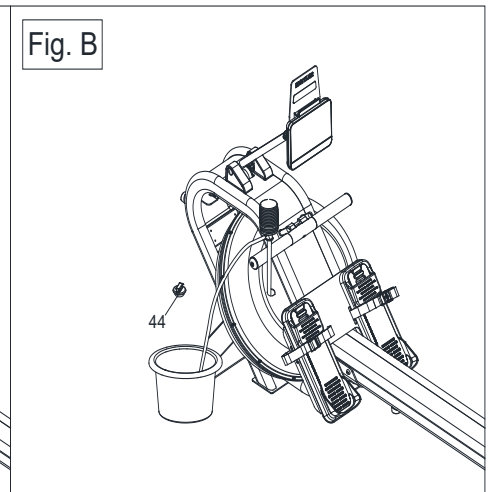
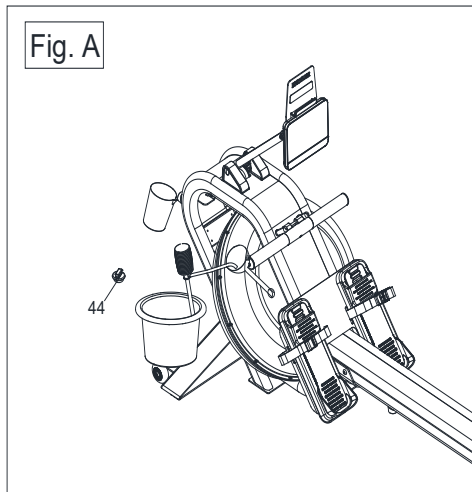
1. Remove the plug from the water tank.

1.1. Filling the tank (Fig. A): Place the funnel in the tank opening and fill the tank using the manual pumper or a measuring cup and a bucket.

1.2. Emptying the tank

(Fig. B): Place a bucket next to the rowing machine and pump the water with the manual pumper from the tank into the bucket.

2. After filling or emptying the tank, insert the plug (56) into the tank and wipe off excess water from the frame.



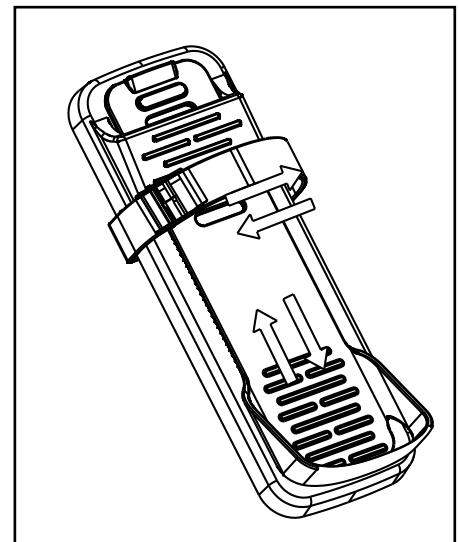
Water level

The water level indicator is located on the tank. The more water there is in the tank, the higher the resistance.

2.6 Adjustment of the Pedal up and Straps

There are multiple settings for the pedal ups (75). Before starting your training, adjust the pedal ups (75) correctly.

1. Release the strap by opening the buckle and place your foot on the pedal up (75) through the strap.
2. Pull the tab of the pedal up (75) upwards so that your heel is supported and the strap is over the widest part of your foot.
3. Tighten the foot strap at the loose end of the buckle.

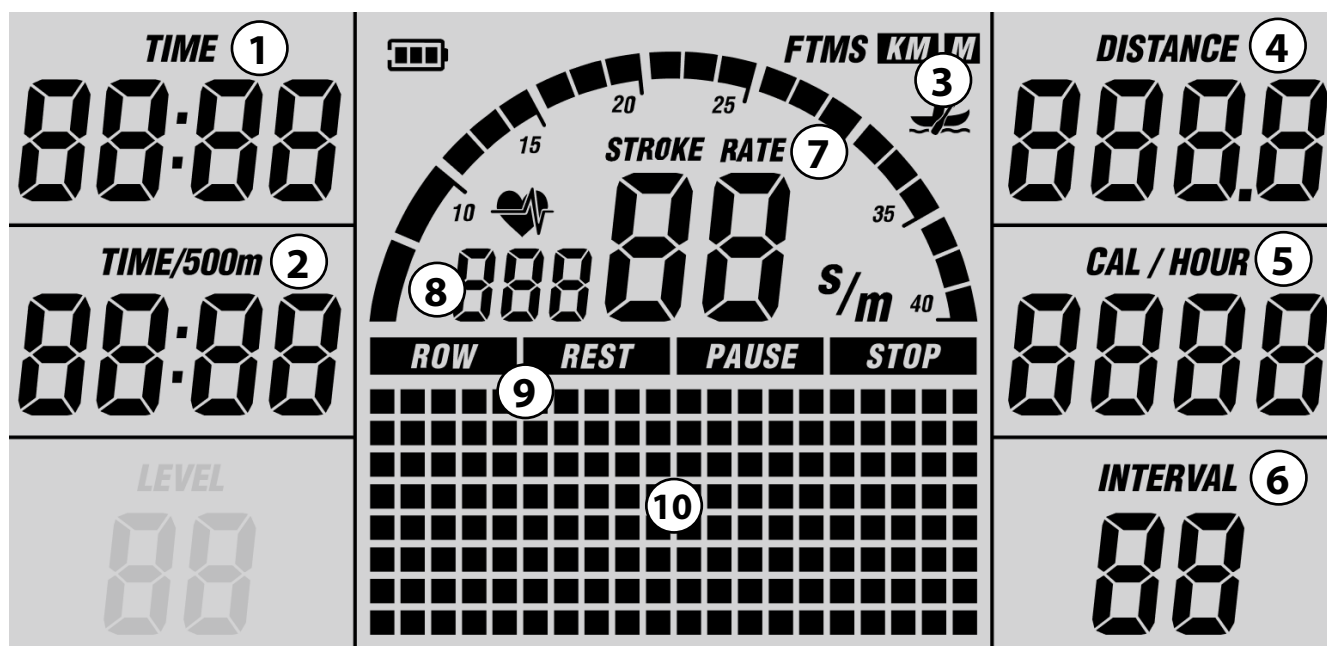


3 OPERATING INSTRUCTIONS

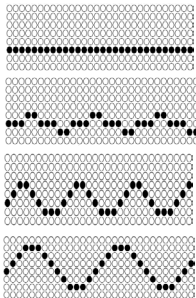
① NOTICE

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

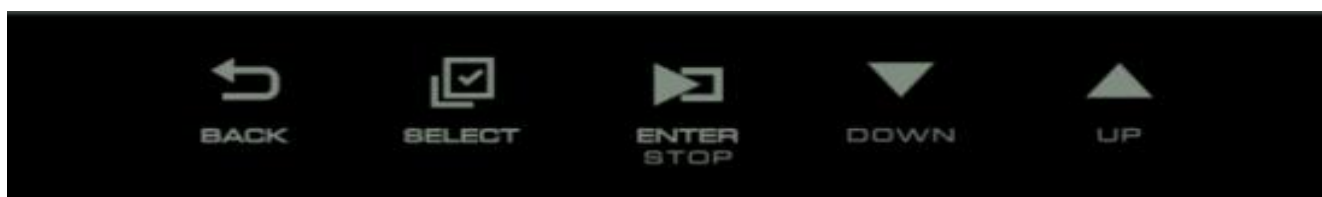
3.1 Console Display

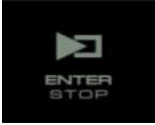


NO.	DISPLAY	NAME	FUNCTION
1	TIME	Time	+ Displays the training time. + Display range: 00:00–99:59 + Setting range: 0:00–99:00 (in interval mode: 10–99)
2	TIME/500m	Time/500m	+ Displays the time required to reach 500m at the current speed. + Display range: 00:00–99:59
3	KM/MILE	Kilometre/Miles	Displays the unit in which the data is set.
4	DISTANCE	Distance	+ Displays the distance travelled. + Display range: 0.0–9999 + Setting range: 100–9999

5	CALORIES CAL/HOUR	Calories Calories per hour	+ Displays the burned calories. + Displays the average calories burned per hour. + Display range: 0–9999 + Setting range: 10–990
6	INTERVAL	Interval	+ Divide the training into intervals. + Setting range: 1–99
7	STROKE RATE	Stroke rate	Displays the strokes per minute.
8	PULSE	Pulse	Displays your heart rate when using a chest strap (not included).
9	EXCERCISE STATUS	Exercise status	+ PAUSE is displayed when paused. + STOP is displayed when the workout is ended. + In interval modes: + ROW is displayed during exercise intervals + REST is displayed during rest intervals.
10		Matrix display	Wave illustrations: + Static wave - no rowing + Stage 1 - slow rowing + Stage 2 - medium rowing + Stage 3 - fast rowing

3.2 Button Function



DISPLAY	BUTTON	FUNCTION
	BACK	+ Return to standby. + Return to the previous setting step in the programme settings.
	SELECT	Select a programme.
	ENTER/STOP	+ Enter programme settings. + Pause the workout. + End the workout and return to standby mode.
	DOWN	Decrease values.
	UP	Increase values.

3.3 Display Modes

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

MODE	FUNCTION
STANDBY MODE	+ No training programme is in use. + Start the quick start programme. + After 30 seconds of inactivity in training mode, the console enters standby mode.
SLEEP MODE	+ This is the sleep mode that the console enters after two minute of inactivity in standby mode - One exception is the interval mode, here the workout will not pause even if no rowing action is detected. + The console is not lit up and no data is displayed. + To exit sleep mode, press any button on the device.
TRAINING MODE	+ Your training data is displayed in training mode. + Complete/Stop the training session to enter standby mode.

3.4 Displayed Values

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

VALUE	DESCRIPTION
CALORIES	Calories indicates the calories that are burned during the training.
CAL/HOUR	Calories per hour indicates the average calories burned per hour.

Alternating the displayed values:

NOTICE

- + The following data is displayed during training: **CALORIES, CAL/HOUR**
- + Press SELECT to alternate between the values.

3.5 Training Programmes

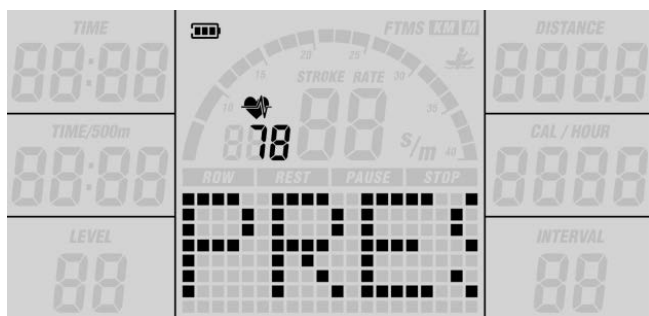
Your device offers a selection of training programmes to help you achieve your training goals. The following training programmes can be accessed:

PROGRAMME	DESCRIPTION	QUANTITY
QUICK START	Manual training without presets.	1
TARGET PROGRAMMES	Set a target value for your training session. The selected value starts to count down.	3
GAME MODE	Simulates virtual obstacles in a game like setting.	1
INTERVAL PROGRAMMES	Training with preset profiles. Adjust the intervals in advance, if desired.	3

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

3.5.1 Quick Start

To start a training session without presets, select Quick Start.



Starting the Quick Start programme:

1. Start rowing.

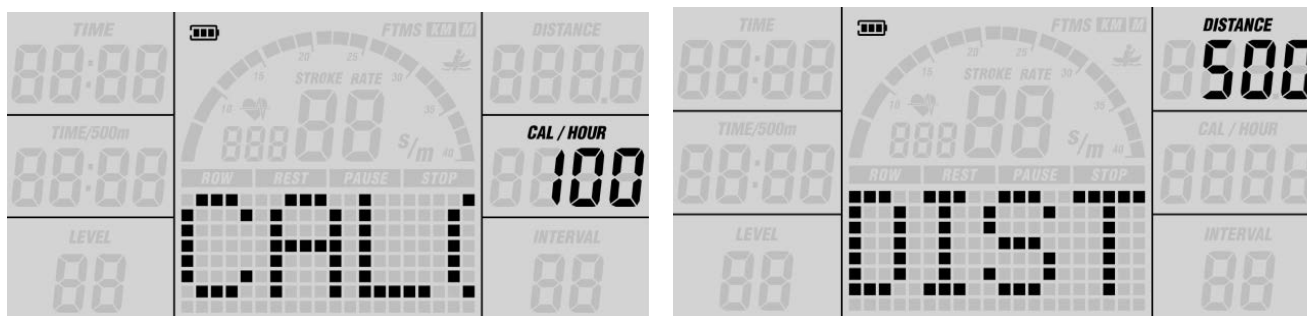
All values count up.

2. To pause the training session, press ENTER/STOP.
 - 2.1. To continue the training session, start rowing again.
3. To end the training session, press ENTER/STOP when in pause mode.

→ *The console enters standby mode.*

3.5.2 Target Programmes

To start a training session with target values, select one of the three target programmes.



Starting the target programmes:

1. To select the time, distance or calories target programme (CALORIES, TIME, DISTANCE), press SELECT in standby mode.

The console enters the programme settings.

NOTICE

To exit the programme settings and return to standby mode, you can press BACK at any time.

2. To set the target value, press ^/v.
3. To start the programme, start rowing.

The set target value counts down, the remaining values count up.

4. To pause the training session, press ENTER/STOP.
- 4.1. To continue the training session start rowing again.
5. To end the training session, press ENTER/STOP in pause mode.

When the target value reaches 0, the programme is stopped automatically and the training summary is displayed.

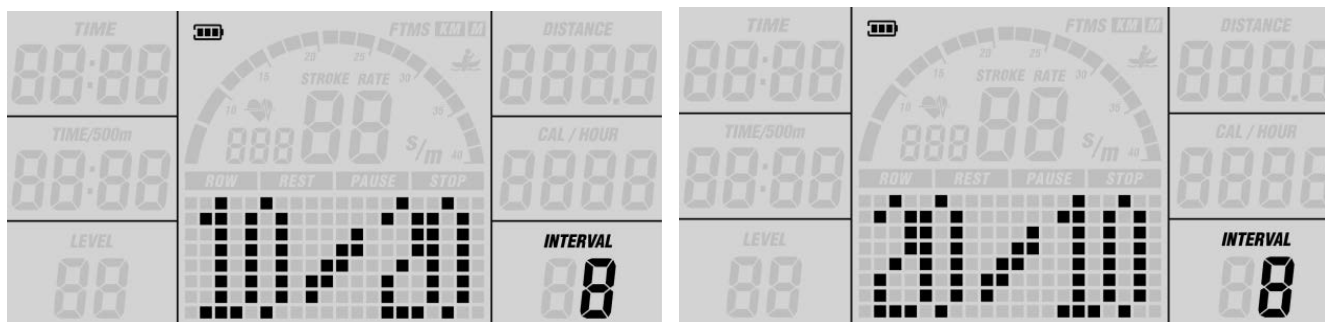


6. Press BACK or ENTER/STOP to return to standby mode.

→ *The console enters standby mode.*

3.5.3 Interval Programmes

In interval mode, you divide your workout into recovery and high-intensity phases. There are two pre-set interval programmes and one customizable interval programme.



Starting the interval programmes:

1. To select the 10/20, 20/10 or customizable interval programme, press SELECT in standby mode.

The console enters the programme settings.

① NOTICE

To exit the programme settings and return to standby mode, you can press BACK at any time.

2. Custom interval programme:

- 2.1. To set the desired duration of the work and pause phases, press ^/v.
- 2.2. To confirm each setting, press ENTER.
- 2.3. To set the number of intervals, press ^/v.
- 2.4. To start the programme, start rowing.

The set number of intervals counts up.

3. To pause the training session, press ENTER/STOP.
- 3.1. To continue the training session, start rowing again.
4. To end the training session, press ENTER/STOP in pause mode.

When the number of intervals is reached, the programme ends and the training summary is displayed.



5. Press BACK or ENTER/STOP to return to standby mode.

→ *The console enters standby mode.*

3.5.4 Game Mode

In this mode, virtual obstacles are simulated, which you must avoid by increasing or decreasing your rowing intensity.



Starting the Game Mode:

1. To select the game mode, press SELECT in standby mode.
2. To start the programme, start rowing.

The time counts down, the remaining values count up.

3. To pause the training session, press ENTER/STOP.
- 3.1. To continue the training session, start rowing again.
4. To end the training session, press ENTER/STOP in pause mode.

When the time reaches 0, the programme is stopped automatically and the training summary is displayed.



5. Press BACK or ENTER/STOP to return to standby mode.

→ *The console enters standby mode.*

4.1 General Instructions

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

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

To get tips for a safe and effective training, use the QR-code provided.



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.

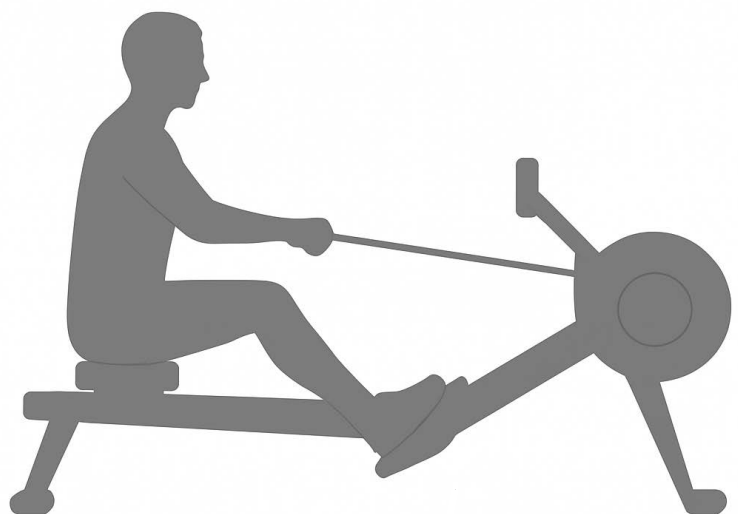
Warm-up exercise:

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:

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



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

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.

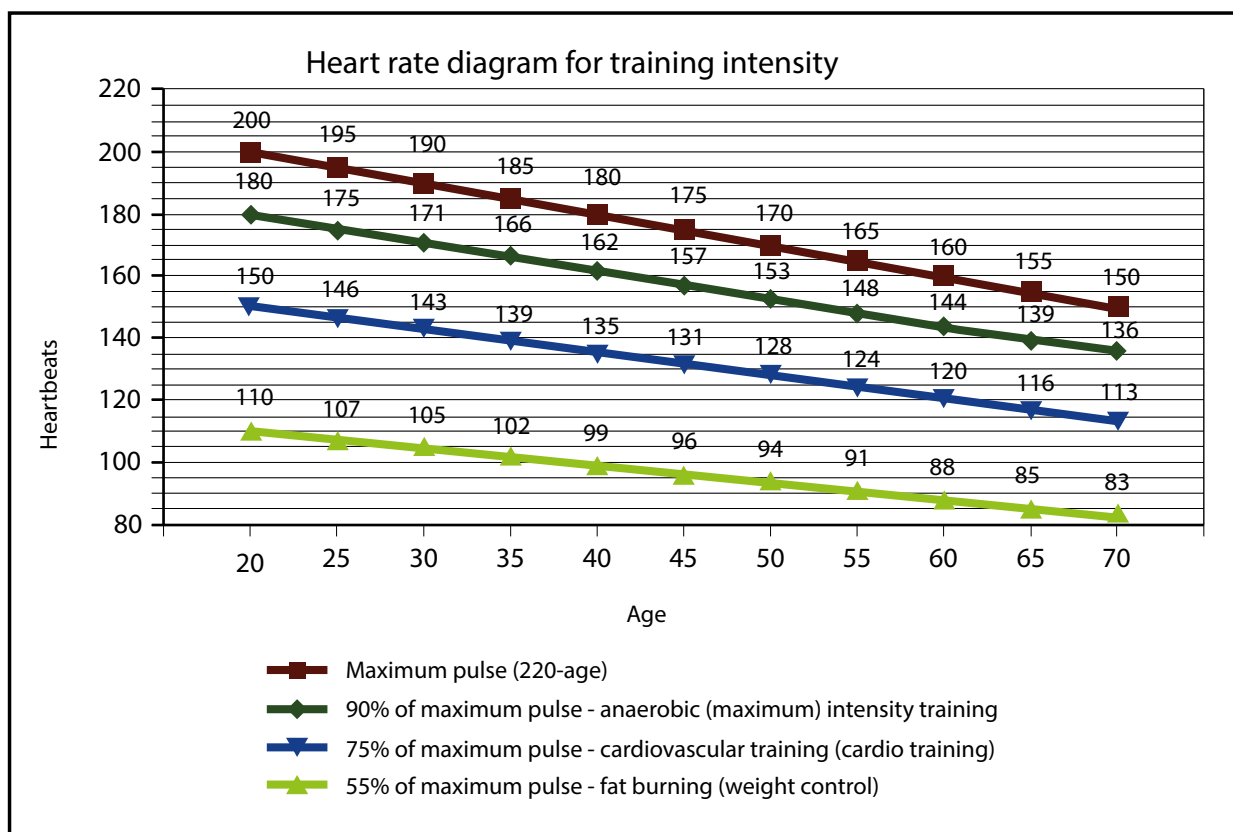
Cardiovascular training (cardio training): The primary goal is to increase stamina and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training period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

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

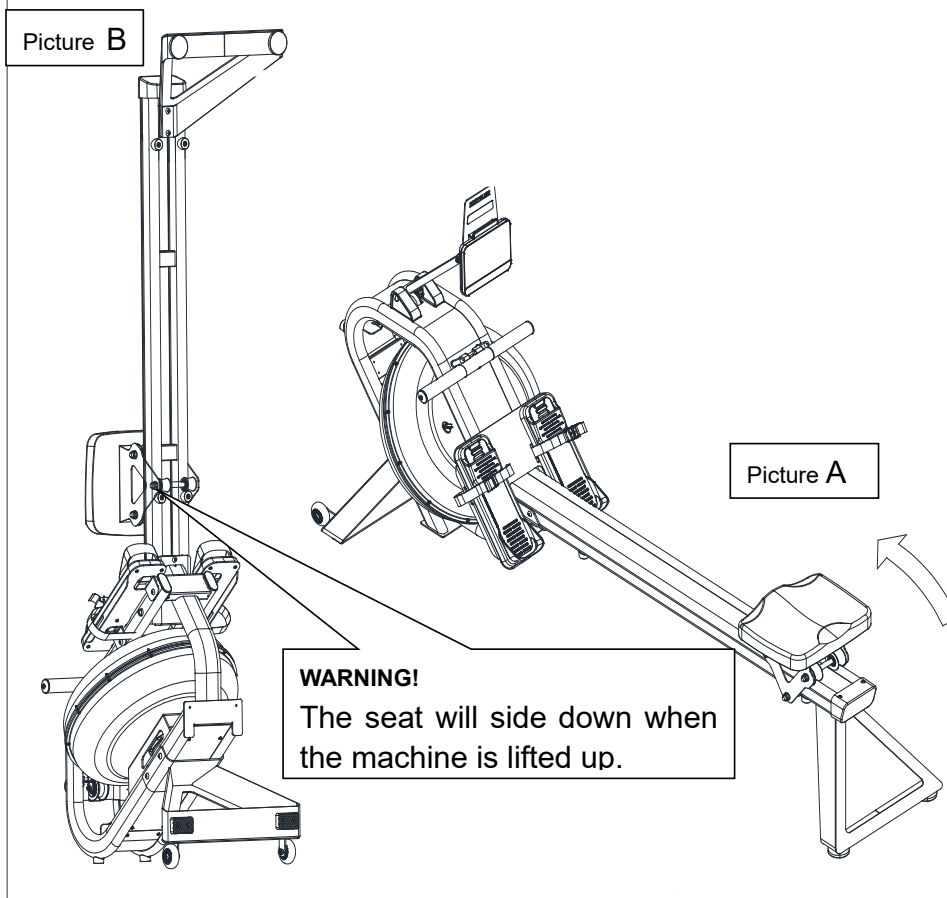
- + Make sure that the equipment is protected from moisture, dust and dirt in the selected storage location. The storage location should be dry and well ventilated and have a constant ambient temperature between 10°C and 35°C.

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.
- + To maintain the safety level of the equipment, it must be checked regularly for damage and wear - especially on the foot straps, fasteners, handle hoses and seat.



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
Heart rate is not received	+ Sources of interference in the room + unsuitable chest strap + Wrong position of chest strap + Batteries empty	+ Eliminate sources of interference (e.g. mobile phones, loudspeakers, WLAN, lawn mower and vacuum cleaner robots ...) + Use a suitable chest strap (see recommended accessories). + Reposition chest strap and/or moisten electrodes + Changing batteries
LCD error – software error etc.	Console has no power supply	+ Disconnect and connect again all cable connections, see assembly instructions. + Contact a service technician of your contract partner.
Squeaking noises on the guide rails	Guide rails or rollers dirty or guide rails dry	Clean the guide rails and then lubricate them with a suitable lubricant

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	Half-yearly
Display console	C	I		
Cleaning and lubrication of slide rail and moving parts*		C/I		
Cushions	C			
Plastic covers	C	I		
Screws and cable connections		I		
Water colour/Chlorine**				I
Legend: C = clean; I = inspect				

*Make sure to always clean the slide rails and moving parts before re-lubricating.

** To avoid algae formation and deposits in the tank, chlorine tablets must be used regularly. This should be done approx. every 3-6 months and depends, among other things, on the direct sunlight. In general, the brighter the set-up location, the more frequently you must put a chlorine tablet into the tank. The water does not need to be changed.

Water colour for rowing machines can be purchased as an optional accessory to colour the water in the water tank. Please note that the water colour already contains chlorine. Therefore, do not use water colour with additional chlorine tablets, as these neutralise the colour.

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 rowing machines this could for example be a **floor mat**, which makes your fitness equipment stand more securely and also protects the floor from sweat or **silicone spray** to keep moving parts in good shape. We also recommend the use of **rowing gloves**. For rowing machines with water resistance, be sure to purchase chlorine tablets.

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

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



floor mat



chest strap



chest strap contact gel



rowing gloves



silicone spray

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.

① NOTICE

The serial number of your equipment is unique. It's located on a white sticker.

Enter the serial number in the appropriate field.

Serial number:

Brand / Category:

Model Name:

Article Number:

9.2 Parts List

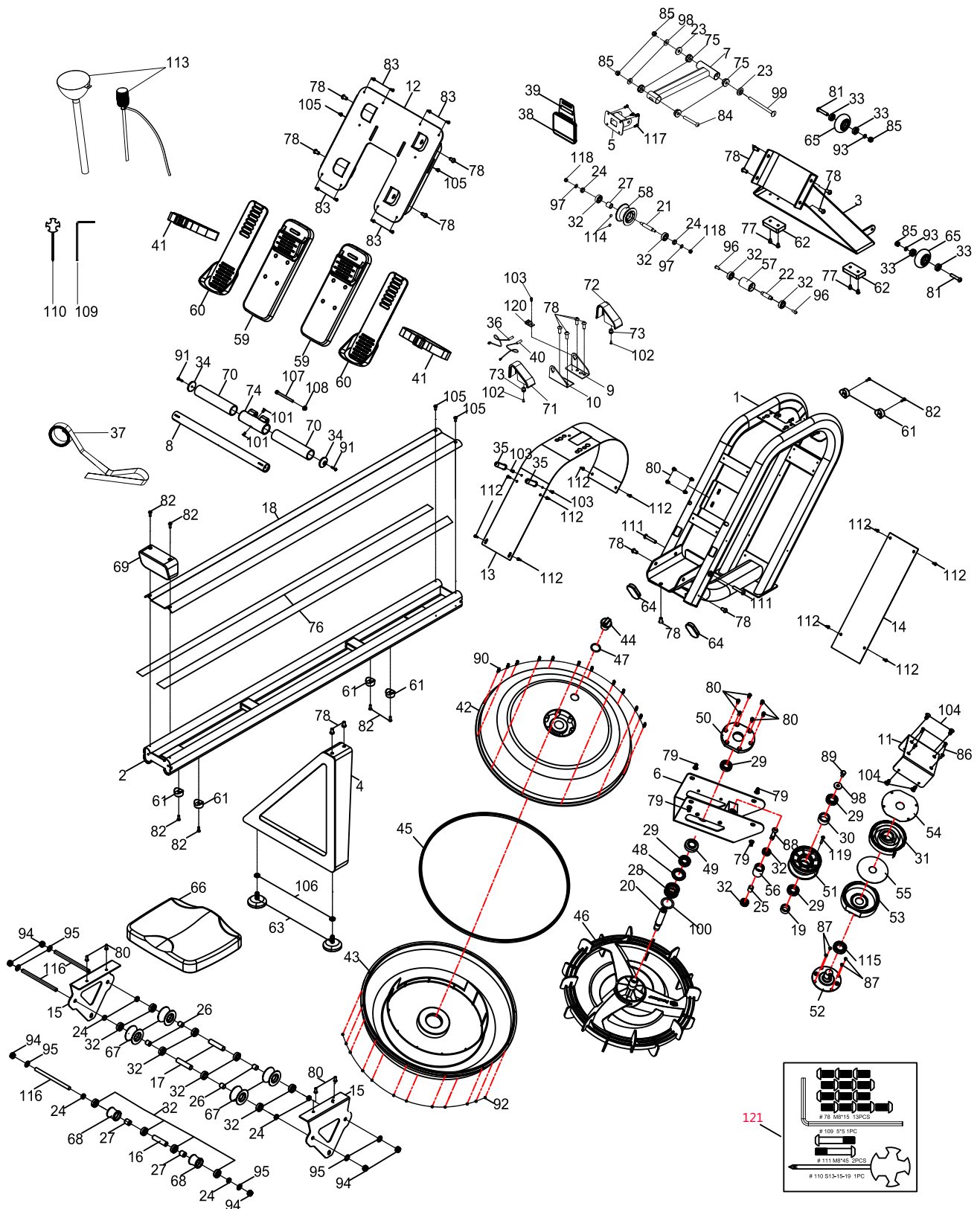
No.	Name	Supplier Parts No.	Qty.
1	Main frame	K-RO2002-100-1	1
2	Slide Rail	K-RO2002-100-2	1
3	Front Stabilizer	K-RO2002-100-3	1
4	Rear Stabilizer	K-RO2002-100-4	1
5	Support Plate	K-RO2002-100-5	1
6	Lower tank plate	K-RO2002-100-6	1
7	Support for Computer	K-RO2002-100-7	1
8	Handlebar	K-RO2002-100-8	1
9	Bracket Fixed Plate Right	K-RO2002-100-9	1
10	Bracket Fixed Plate Left	K-RO2002-100-10	1
11	Spring Fixed Plate	K-RO2002-100-11	1
12	Pedal Plate	K-RO2002-100-12	1
13	Main Frame Cover Top	K-RO2002-100-13	1
14	Main Frame Cover Lower	K-RO2002-100-14	1
15	Seat Carriage	K-RO2002-100-15	2
16	Bushing for Lower Roller for Rail	K-RO2002-100-16	1
17	Bushing for seat roller	K-RO2002-100-17	2
18	Aluminum Plate	K-RO2002-100-18	1
19	Spacer for mesh belt wheel	K-RO2002-100-19	1
20	Impeller Shaft	K-RO2002-100-20	1
21	Mesh Belt Wheel Shaft	K-RO2002-100-21	1
22	Guide Roller Shaft	K-RO2002-100-22	1
23	Powder gasket	K-RO2002-100-23	2
24	Spacer for Belt Wheel	K-RO2002-100-24	8
25	Spacer for Guide Roller	K-RO2002-100-25	1
26	Spacer for Seat Roller	K-RO2002-100-26	4
27	Spacer for Belt Wheel	K-RO2002-100-27	3
28	Mechanical seal set	K-RO2002-100-28	1
29	Bearing	K-RO2002-100-29	4
30	One-way Bearing	K-RO2002-100-30	1
31	Volute Spring	K-RO2002-100-31	1
32	Bearing	K-RO2002-100-32	18

33	Bearing	K-RO2002-100-33	4
34	Handlebar Cap	K-RO2002-100-34	2
35	Handlebar seat	K-RO2002-100-35	2
36	Sensor Wire 1	K-RO2002-100-36	1
37	Ribbon	K-RO2002-100-37	1
38	Computer	K-RO2002-100-38	1
39	Console bracket	K-RO2002-100-39	1
40	Sensor Wire 2	K-RO2002-100-40	1
41	Pedal Straps	K-RO2002-100-41	2
42	Upper Tank	K-RO2002-100-42	1
43	Lower Tank	K-RO2002-100-43	1
44	Fill Plug	K-RO2002-100-44	1
45	Rubber sealing ring	K-RO2002-100-45	1
46	Impeller	K-RO2002-100-46	1
47	O Shape Ring	K-RO2002-100-47	1
48	Fixed ring	K-RO2002-100-48	1
49	Lower Bearing base	K-RO2002-100-49	1
50	Bearing Seat	K-RO2002-100-50	1
51	Mesh Belt Wheel	K-RO2002-100-51	1
52	Axle for Volute Spring	K-RO2002-100-52	1
53	Base of Volute Spring	K-RO2002-100-53	1
54	PC Board	K-RO2002-100-54	1
55	Outer PC Board	K-RO2002-100-55	1
56	Guide Roller	K-RO2002-100-56	1
57	webbing guide wheel	K-RO2002-100-57	1
58	Belt Wheel	K-RO2002-100-58	1
59	Pedal support	K-RO2002-100-59	2
60	Pedal up	K-RO2002-100-60	2
61	Storage Pad	K-RO2002-100-61	6
62	Skid Pad	K-RO2002-100-62	2
63	Adjustable Knob	K-RO2002-100-63	2
64	Oval End cap	K-RO2002-100-64	2
65	Moving Wheel	K-RO2002-100-65	2
66	Seat	K-RO2002-100-66	1
67	Seat Roller	K-RO2002-100-67	4

68	Lower Roller for Rail	K-RO2002-100-68	2
69	Rail End Cap	K-RO2002-100-69	1
70	Foam grip for handlebar	K-RO2002-100-70	2
71	Rotating Shaft Trim Cover L	K-RO2002-100-71	1
72	Rotating Shaft Trim Cover R	K-RO2002-100-72	1
73	Disc Buckle	K-RO2002-100-73	2
74	handlebar ribbon connecting sleeve	K-RO2002-100-74	1
75	Plastic Bushing	K-RO2002-100-75	4
76	Track EVA pad	K-RO2002-100-76	2
77	Flat Head Hexagon Socket Head Screw	K-RO2002-100-77	4
78	Flat Head Hexagon Socket Head Screw	K-RO2002-100-78	17
79	Flat head Screw	K-RO2002-100-79	4
80	Flat Head Hexagon Socket Head Screw	K-RO2002-100-80	14
81	Flat Head Hexagon Socket Head Screw	K-RO2002-100-81	2
82	cross round head screw	K-RO2002-100-82	8
83	Self-tapping screw	K-RO2002-100-83	8
84	Flat Head Hexagon Socket Head Screw	K-RO2002-100-84	1
85	Nylon nut	K-RO2002-100-85	4
86	Flat head Screw	K-RO2002-100-86	4
87	Flat head Screw	K-RO2002-100-87	4
88	Flat Head Hexagon Socket Head Screw	K-RO2002-100-88	1
89	hex head screw	K-RO2002-100-89	1
90	cross round head screw	K-RO2002-100-90	12
91	cross round head screw	K-RO2002-100-91	2
92	Flange Nut	K-RO2002-100-92	12
93	Washer	K-RO2002-100-93	2
94	Nylon nut	K-RO2002-100-94	6
95	Washer	K-RO2002-100-95	6
96	hex head screw	K-RO2002-100-96	2
97	Washer	K-RO2002-100-97	2
98	Washer	K-RO2002-100-98	3
99	Carriage Bolts	K-RO2002-100-99	1
100	Sealing ring gasket	K-RO2002-100-100	4
101	Phillips Pan Head Screws	K-RO2002-100-101	2
102	Cross head Screw	K-RO2002-100-102	2

103	cross round head screws	K-RO2002-100-103	3
104	Phillips countersunk screw	K-RO2002-100-104	4
105	Phillips truss head	K-RO2002-100-105	4
106	Hex nut	K-RO2002-100-106	2
107	Hexagonal socket screw with cylindrical head	K-RO2002-100-107	1
108	Nylon nut	K-RO2002-100-108	1
109	Allen wrench	K-RO2002-100-109	1
110	Spanner	K-RO2002-100-110	1
111	Flat Head Hexagon Socket Head Screw	K-RO2002-100-111	2
112	Self-tapping screw	K-RO2002-100-112	10
113	Water Pumping Set	K-RO2002-100-113	1
114	Magnet	K-RO2002-100-114	2
115	Bearing	K-RO2002-100-115	1
116	seat cushion pivot	K-RO2002-100-116	3
117	cross round head screw	K-RO2002-100-117	4
118	Flange Nut	K-RO2002-100-118	2
119	cross round head screws	K-RO2002-100-119	1
120	sensor mounting bracket	K-RO2002-100-120	1
121	parts pack	K-RO2002-100-121	1

9.3 Exploded Drawing



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

Error Descriptions

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

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

Your statutory rights are not affected.

Warranty

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

Warranty period

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

Repair Costs

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

The terms of use are defined as follows:

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

Warranty Service

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

Warranty Conditions

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

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

Warranty claims are invalid in case of damage resulting from:

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

Proof of Purchase and Serial Number

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

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

Service outside of the Warranty Period

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

Communication

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

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

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

www.fitshop.com/en/stores

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!



www.fitshop.com/kettler
www.kettlersport.com



www.facebook.com/fitshopgroup/



www.instagram.com/fitshopgroup/



www.linkedin.com/company/fitshop-gmbh



www.stg.fit/YouTube_DE

Kettler is part of the Fitshop Group.

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KETTLE

COACH 600