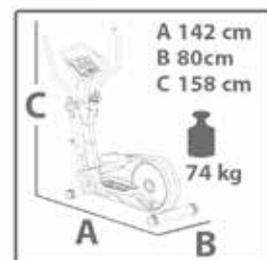
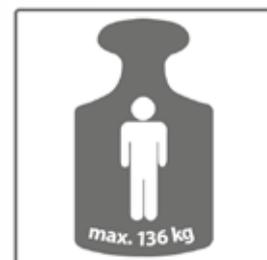




Assembly and operating instructions



Art. No. CST-EX60

Elliptical cross trainer **EX60**

Dear Customer,

Thank you for deciding for a high-quality training equipment of the brand cardiostrong, the brand that makes athlete's hearts beat faster. cardiostrong offers a wide range of home fitness equipment like elliptical cross trainers, ergometers, treadmills and rowing machines. cardiostrong equipment is the optimal equipment for all those who want to train at home independent of goals and fitness level. For further information please visit www.sport-tiedje.com or www.cardiostrong.de.



SAFETY INSTRUCTIONS

Please read all of the instructions carefully before assembly and first use. These instructions are intended to ensure speedy assembly and explain safe usage. Make sure that all people exercising with the equipment (in particular children and persons with limited physical, sensory, mental or motor capabilities) are informed about these instructions and its content in advance. In case of doubt, a responsible person must supervise the use of the equipment.

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 follow the instructions carefully and that all parts are securely in place. If required, read through the instructions again to correct any mistakes.

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

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

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1.1 Technical data

LED display of

- + speed in km/h
- + training time in min
- + training distance in km
- + cadence (rotations per minute)
- + calories burnt in kcal
- + heart rate (when using the hand sensors or a chest strap)
- + Watt
- + resistance level

Resistance system: electronic magnetic brake system
Resistance levels: 16
Watt: 10 - 350 Watt (adjustable in 5-Watt increments)

User memory: 4
Total number of training programs: 19
Manual programs: 1
Pre-set programs: 12
Watt-controlled program: 1
Heart rate controlled programs: 4
User defined program: 1

Two balance masses: + in front: 12 kg high-speed
+ rear: 9 kg

Weight and dimensions:

Article weight (gross, including packaging): 78 kg
Article weight (net, without packaging): 68.5 kg
Packaging dimensions (L x W x H): approximately 1410 mm x 450 mm x 730 mm
Set up dimensions (L x W x H): approximately 1420 mm x 800 mm x 1585 mm
Maximum user weight: 130 kg/286 lbs

1.2 Personal safety

- + 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.
- + Please note that working out excessively can seriously damage your health. Please also be aware that heart rate monitoring systems might be imprecise.
- + The equipment may only be used for its intended purpose; that means for whole body workouts for adults.
- + Any other usage is prohibited and potentially dangerous. The contract partner cannot be held liable for damage resulting from improper use.
- + The equipment is strictly for use by one person at a time.
- + Children should not be allowed unsupervised access to the equipment.
- + Before starting your training, make yourself familiar with all of the equipment's functions and setting options. Have an expert explain the correct usage of the product to you.
- + Make sure that nobody is in the range of motion of the equipment while exercising.
- + Keep your hands, feet and other body parts, hair, clothing, jewelry and other objects well clear of moving parts.
- + During use, wear suitable sports clothing rather than loose or baggy clothing. When selecting sports shoes, think about the suitability of the sole – preferably this should be made of rubber or other non-slip materials. Shoes with heels, leather soles, studs or spikes are not suitable. Never work out in bare feet.
- + It is also important to take note of the information given in the workout instructions for creating a workout plan.
- + At the first signs of weakness, nausea, dizziness, pain, difficulty in breathing or other abnormal symptoms, stop your workout immediately and, if necessary, consult your physician.
- + Without prior agreement from your authorized contract partner, opening the equipment is prohibited.

1.3 Electrical safety

- + The equipment requires a 220 - 230V / 50 Hertz mains power supply.
- + The equipment should be connected directly to a grounded plug socket only by means of the power cable supplied. The use of multi-socket adapters or similar is not recommended. Extension leads must comply with local electrical safety guidelines. Always fully unwind the power cable.
- + The outlet should be secured with a fuse with a minimum value of „16 amperes, slow“.
- + 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.
- + When plugged in, do not leave the equipment unattended at any time. To avoid use by anyone unfamiliar with the operating instructions, the power cable should be removed when the equipment is not in use.
- + Keep the power cable away from heat, oil and sharp edges. Do not route the power cable underneath the equipment or under a carpet or rug, and do not place any objects on top of it.
- + Make no modifications to either the power cable or the mains plug.
- + If the power cable or the plug are damaged or defective, contact your authorized contract partner. Do not use the equipment in the meantime.
- + Do not keep electrical devices (e. g., mobile phones) in close proximity to the console or the control electronics, otherwise display values (e. g., pulse measuring) could be inaccurate.

1.4 Set-up place

- + The equipment should only be used indoors, in a sufficiently heated and dry area (ambient temperature between 10°C and 35°C). The equipment should not be used outdoors or in rooms with high humidity (over 70%) like swimming pools. The equipment should only be stored in surroundings with an ambient temperature between 5°C and 45°C.
- + The training room should be well ventilated during training and not be exposed to any draughts.
- + 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 (at least 1.50 m). Furthermore, the equipment should not be set up in main entrances or on escape routes.
- + Always keep the power cable away from hot surfaces and grounds and make sure that the cable is not stuck somewhere or becomes a „trip hazard“.

- + No objects of any type should be inserted into the openings of the equipment.
- + The equipment should be placed on a level and solid surface, any unevenness in the floor should be leveled out.
- + 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.

2 ASSEMBLY INSTRUCTIONS, MAINTENANCE AND CARE

2.1 General instructions

- + Please check if all parts and tools belonging to the equipment are included in the delivery and if there is any transport damage. If there are any complaints, please contact your contract partner directly.
- + Some of the nuts and bolts to be used in assembly are already pre-mounted in order to make set-up as easy as possible.
- + The equipment must be assembled by adults. In case of doubt, ask for assistance from another person with technical skills.
- + Keep children away from the equipment during assembly, because small parts are included in the delivery and may be swallowed.
- + Make sure that you have enough space (at least 1.50 m) in every direction during assembly.
- + Do not leave any tools and packaging materials like plastic sheeting laying around to avoid danger of suffocation for children.
- + Assemble the equipment on an underlay mat or on the cardboard packaging in order to avoid damage to the equipment and to the floor (scratches).
- + Before starting assembly, all individual parts should be placed on the floor next to each other.
- + Read the assembly instructions carefully and assemble the equipment according to the illustrations. Proceed carefully and cautiously.
- + First loosen all parts and check for their correct fitting. Then tighten the screws using a tool.
- + Modifications to the design or improper repairs may pose a hazard to the user and should not be carried out. The product warranty may be void as a result.
- + Only authorized service technicians are permitted to carry out all servicing and/or repairs – it excludes maintenance and care.
- + Damaged or worn components may impair your safety and the lifespan of the equipment. You should therefore immediately replace damaged or worn components. Please contact your contract partner in such a case. The equipment should no longer be used until it has been repaired. When needed, only use original cardiostrong spare parts.

- + Check the tightness of all screw connections once a month.
- + In order to be able to guarantee the constructively defined safety level of this equipment, we recommend having the equipment regularly maintained (at least once a year) by specialists (service technicians of your contract partner).
- + The equipment may be cleaned of dust, dirt and sweat using a damp cloth. The use of solvents should be strictly avoided. Also, make sure that no liquids (e. g. sweat) get into the openings of the equipment (e. g. console).

2.2 Faults and Troubleshooting

The equipment runs through regular quality controls during production. Nevertheless, errors or malfunctions on the equipment may occur. Individual parts are often the cause of faults and replacement is usually sufficient. Please use the following overview to see the six most common errors and how to repair them. If the equipment still does not work properly, please contact your contract partner.

Problem	Cause	Solution
Drive discs wobble or make noises	Drive pulley is loose	Tighten nuts
Display does not work	No plug connection, power supply not plugged in	Check all plug connections and see if the power supply is plugged in
Footplates are creaking	Footplates are loose	Tighten up the footplate screws
Creaking noises	Screws are loose	Check screws are properly tightened
Guide rails are squeaking	Guide rails or rollers are dirty or the guide rails are dry	Clean the guide rails, then lubricate with a non greasy silicone
No pulse reading	<ul style="list-style-type: none"> • Sources of interference in the room • Using a chest strap: <ul style="list-style-type: none"> - unsuitable chest strap - Chest strap is incorrectly positioned - batteries are empty 	<ul style="list-style-type: none"> • Eliminate sources of interference (e. g. mobile phone, loudspeaker, etc.) • Use a suitable chest strap (see recommended accessories) • Reposition the chest strap and/or moisten the electrodes • Change the batteries

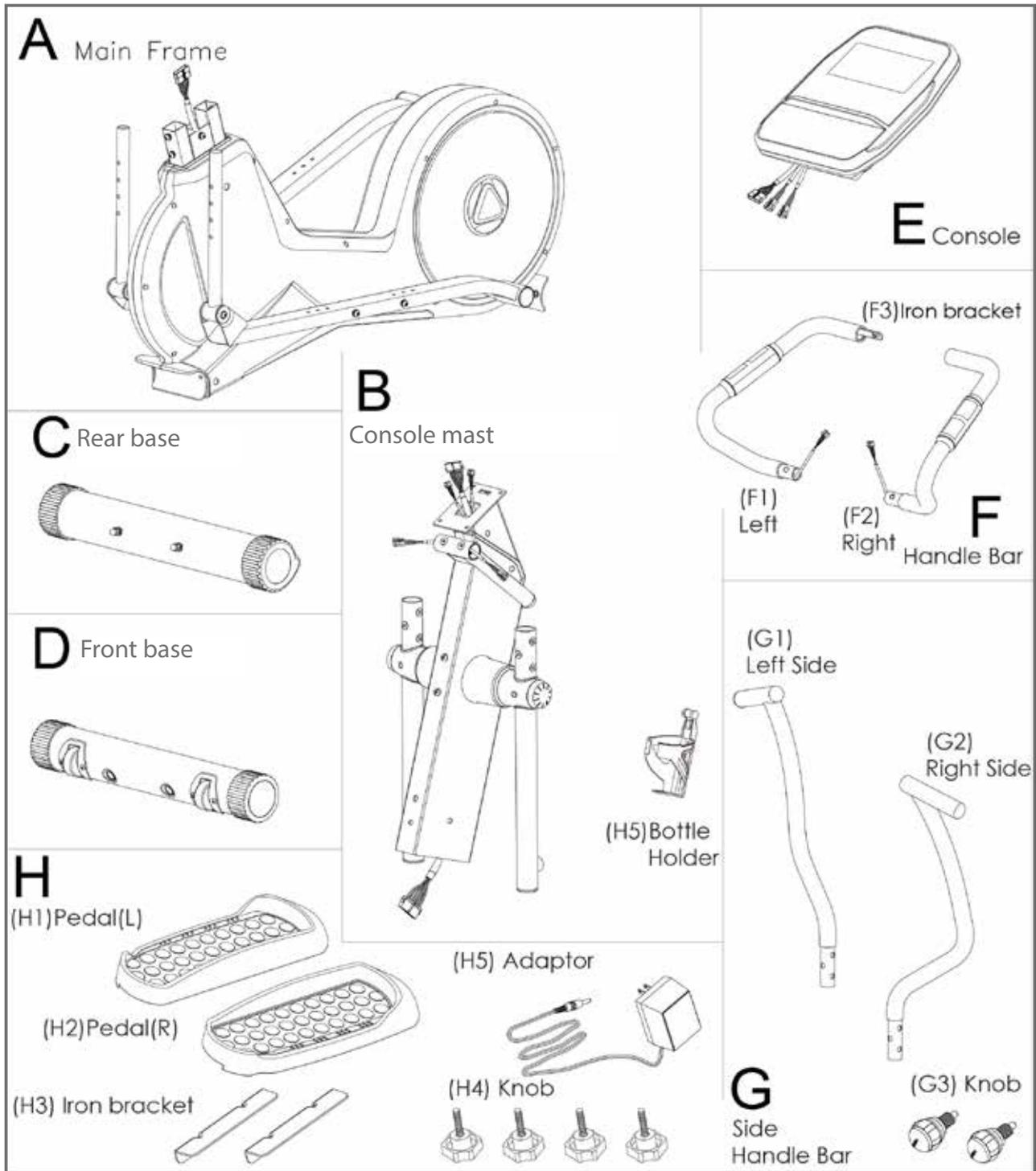
2.3 Maintenance and service calendar

The following routine work must be done in the specified time intervals:

Part	Weekly	Monthly	2x annually	Annually
Display console	C	I		
Lubricate the moving parts			I	
Plastic cover	C	I		
Screws and cable connections		I		
Legends: C = cleaning; I = inspect				

3.1 Package contents

The package contains the parts represented in the illustration, including a power cable with mains plug. If one of the illustrated parts is missing, please contact your contract partner.

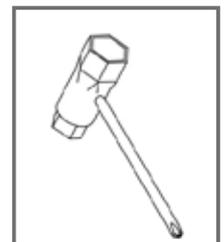
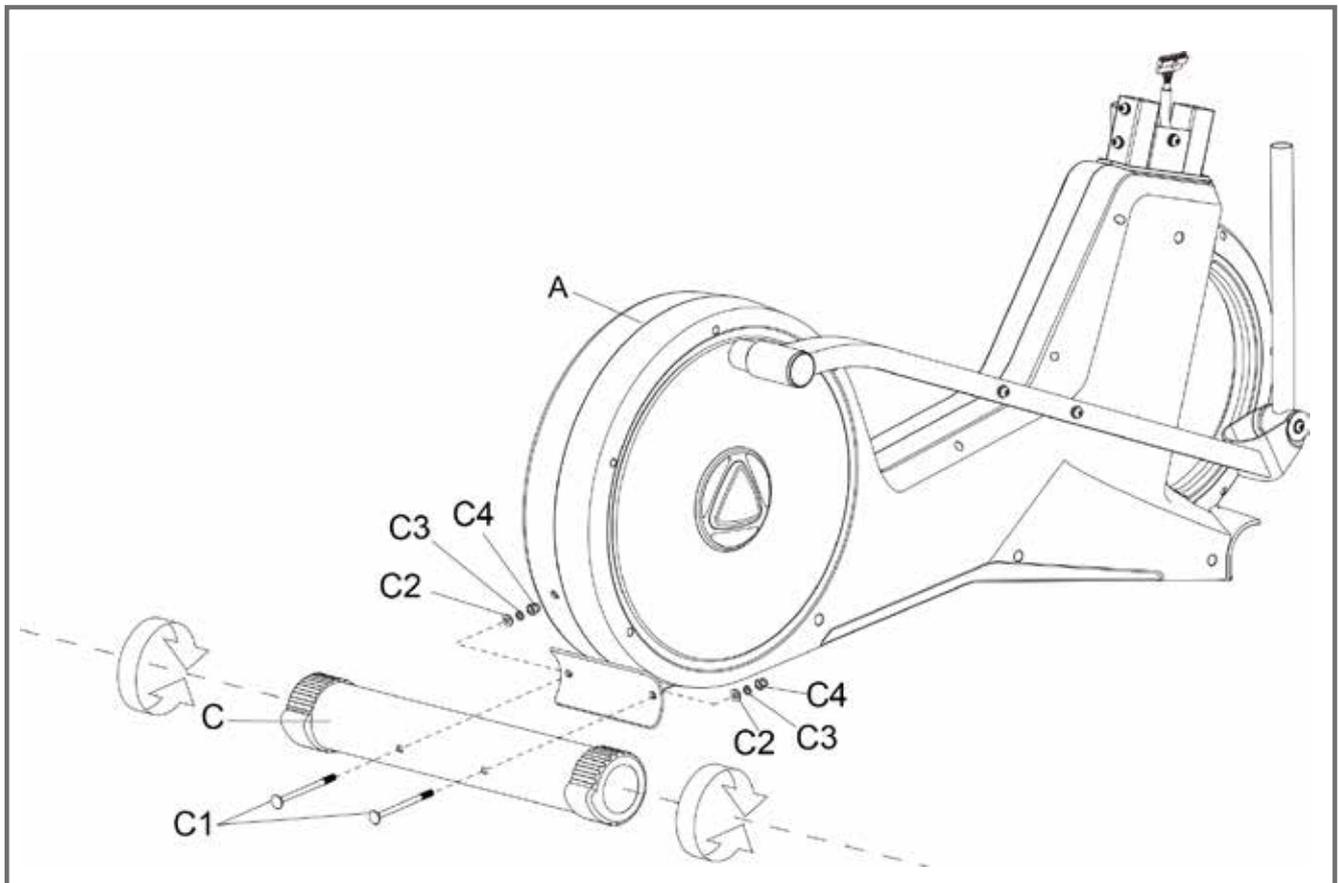


3.2 Assembly instructions

Before starting assembly, look carefully through the individual assembly steps shown and assemble the equipment in the order indicated.

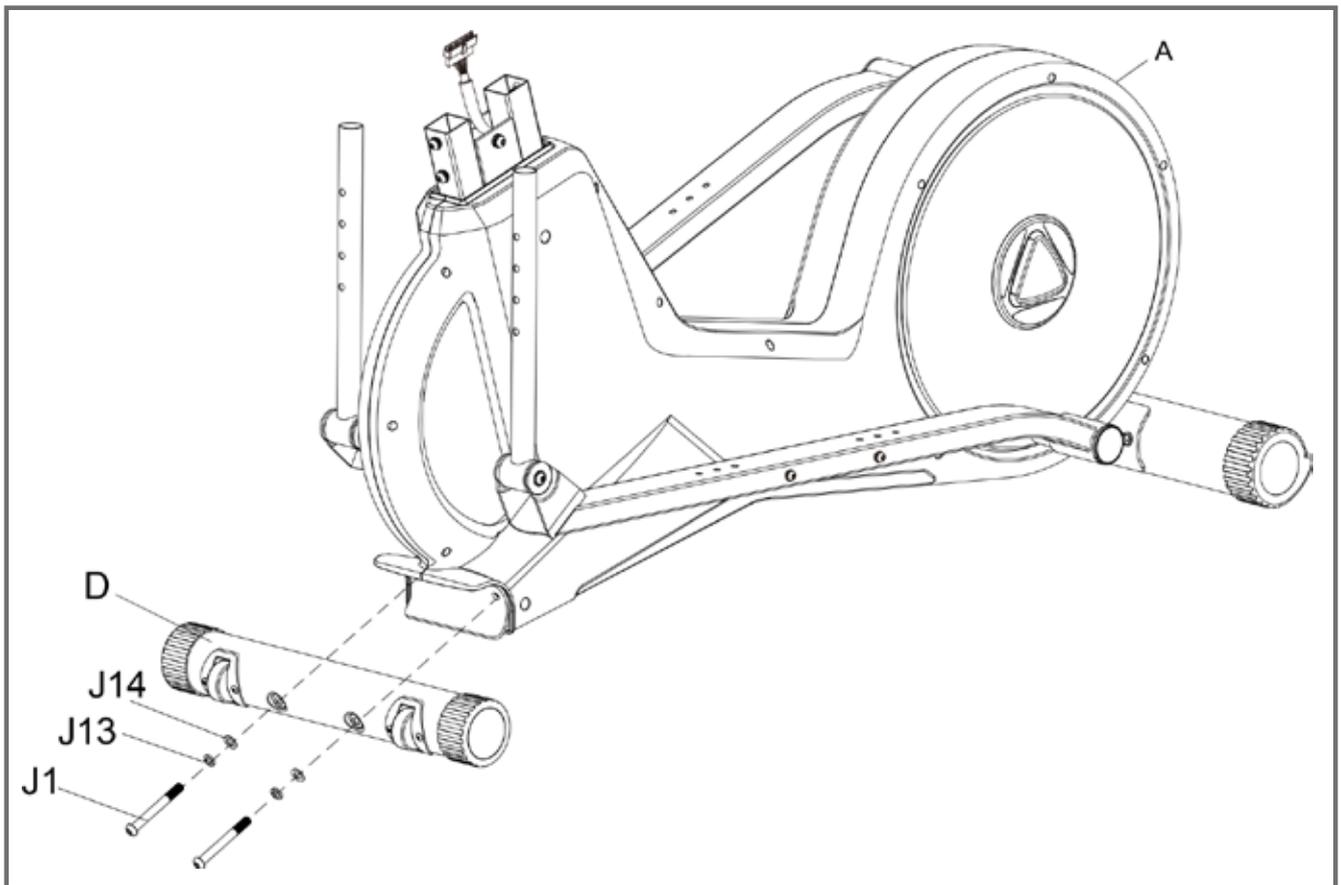
Step 1: Assembly of the rear base

First remove washers (C2), spring washers (C3) and nuts (C4) from the rear base (C). Mount rear base (C) on bracket of the rear frame (A) with two screws (C1). Mount with washers (C2), spring washers (C3) and nuts (C4).



Step 2: Assembly of the front base

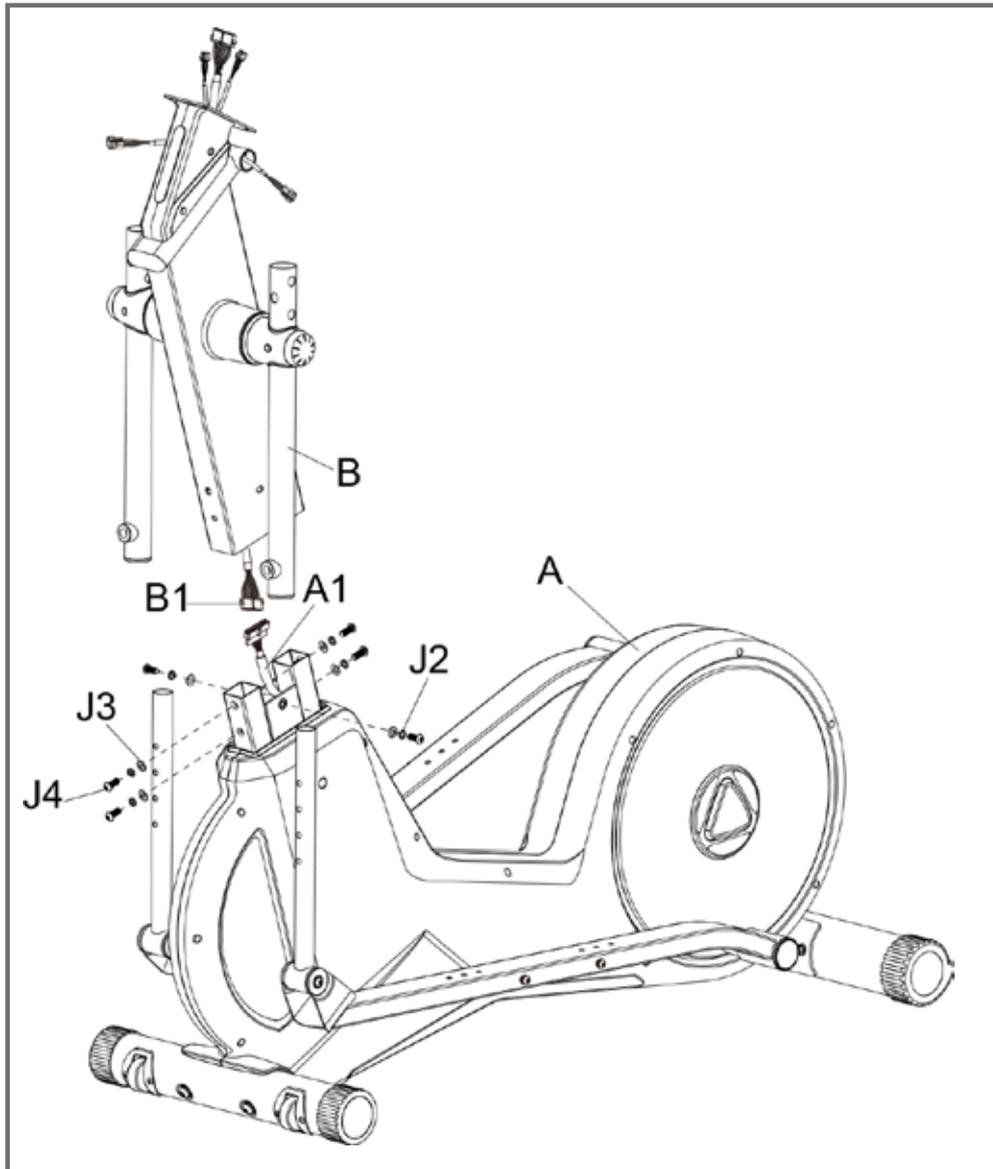
Mount front base (D) on main frame (A) with two screws (J1), spring washers (J13) and washers (J14).



Step 3: Assembly of the console mast

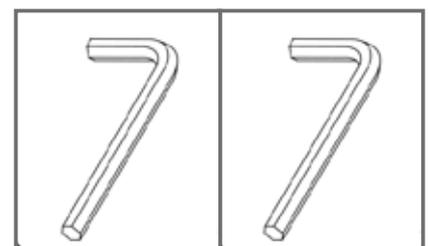
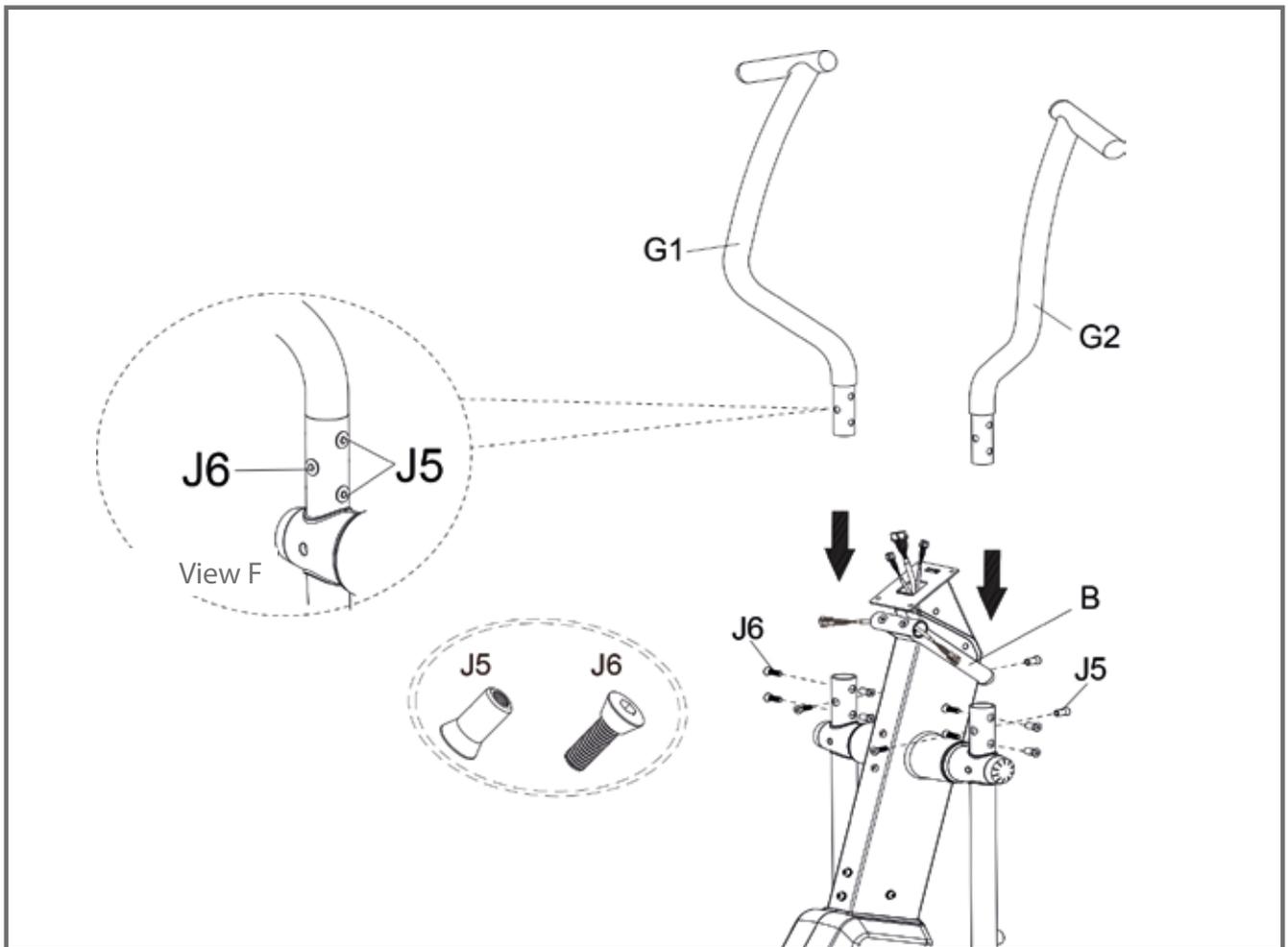
First remove screws (J4), spring washers (J2) and washers (J3) from the frame (A). Connect sensor cable (A1) with sensor cable (B1). Then mount console mast (B) on main frame (A) with screws (J4), spring washers (J2) and washers (J3).

NOTE: Make sure that no cables are squeezed when pushed together.



Step 4: Assembly of the handles

Mount handles (G1 and G2) on the console mast (B) with two 8mm Allen wrench and all screws (J5 and J6) (see view F).



Step 5: Assembly of the pedal bars and connection of the pedal tube with the console mast

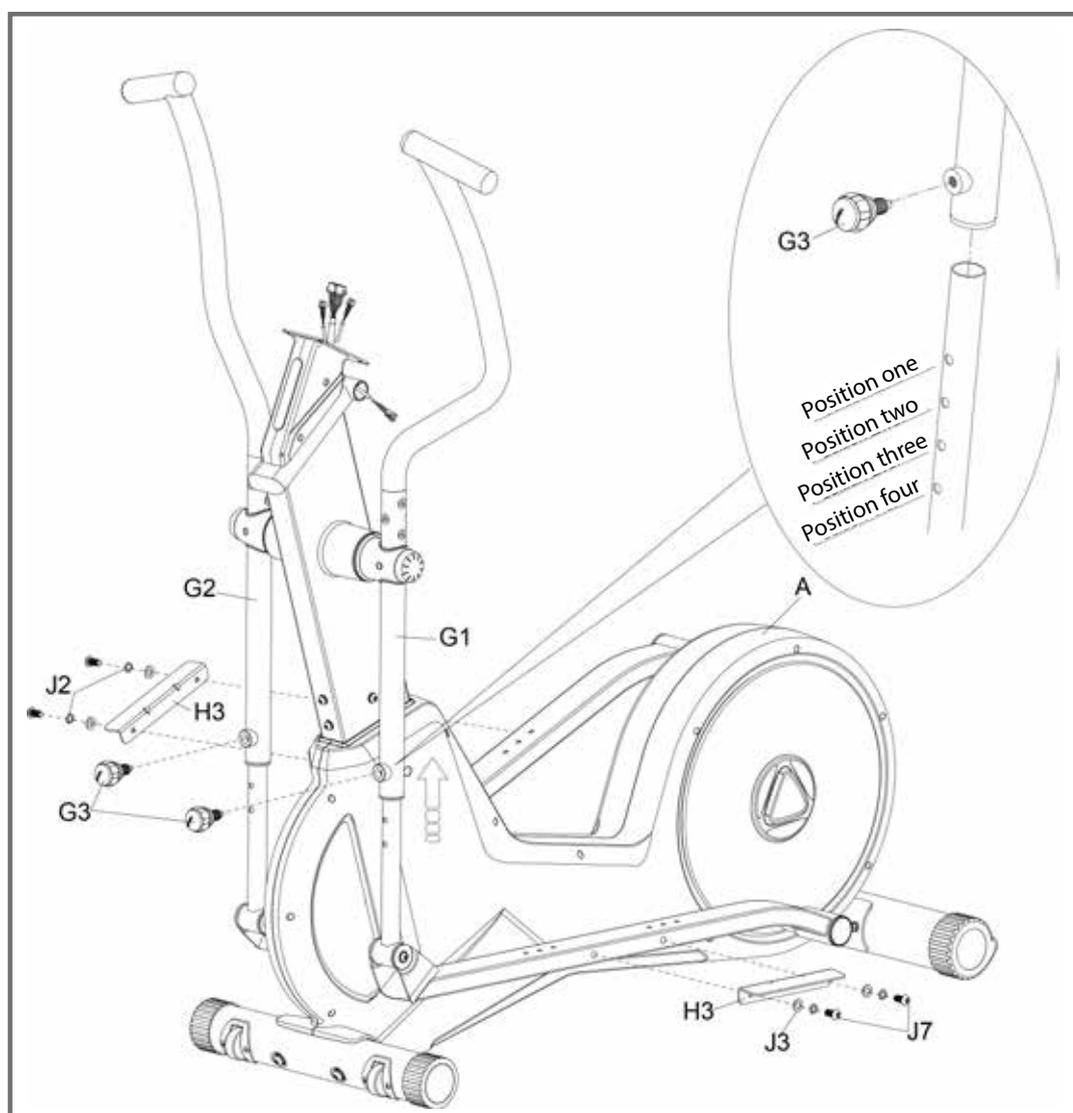
(1) Remove pre-mounted screws (J7), spring washers (J2) and washers (J3). Attach iron bracket(H3) to right pedal tube and mount with screws (J7), spring washers (J2) and washers (J3).

(2) Repeat point 1 on the left side with the iron bracket (H3).

(3) Mount handle tubes (G1 and G2) to pedal tubes. Adjust the fitting position with four pre-drilled holes and by loosening the pin (G3). Lock as soon as you have found the suitable position.

Warning: Make sure to tighten the pin (G3) in order to avoid falls.

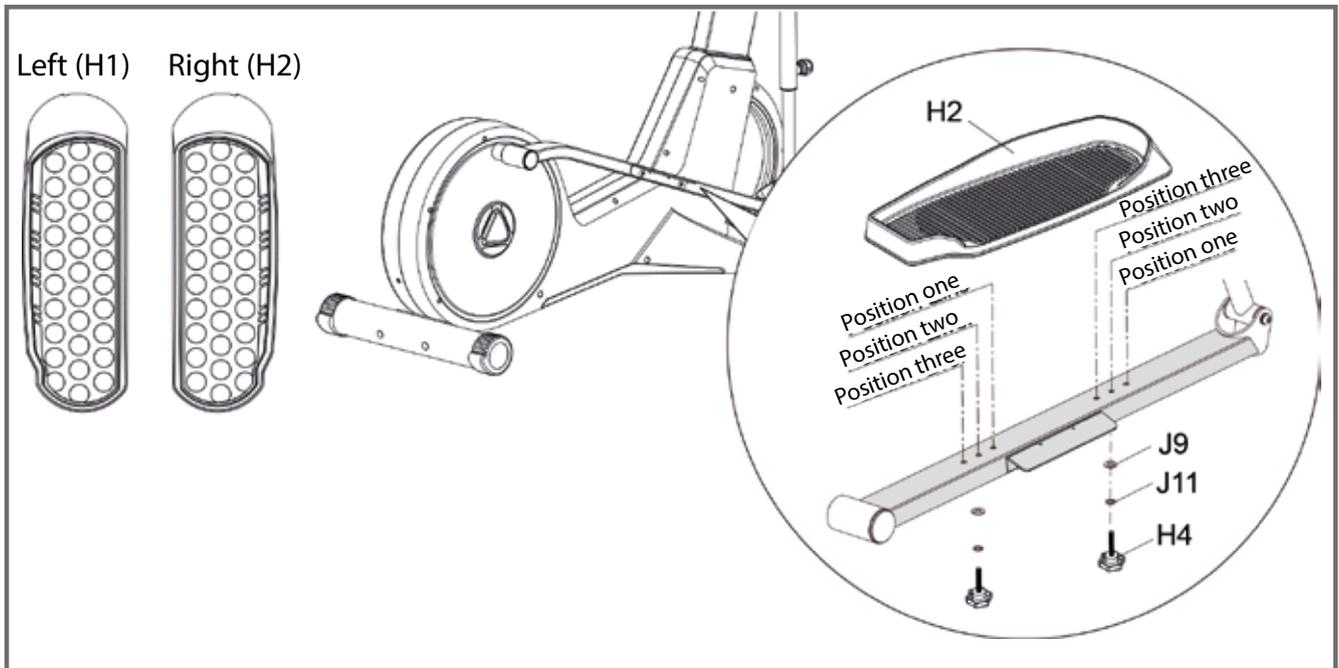
Note: For safety reasons, we recommend adjusting the left and right sides of the handles to the same height.



Step 6: Assembly of the pedals

Mount right pedal (H2) with washers (J9), spring washers (J11) and star grip nuts (H4). There are three positions. Repeat the step with the left pedal (H1).

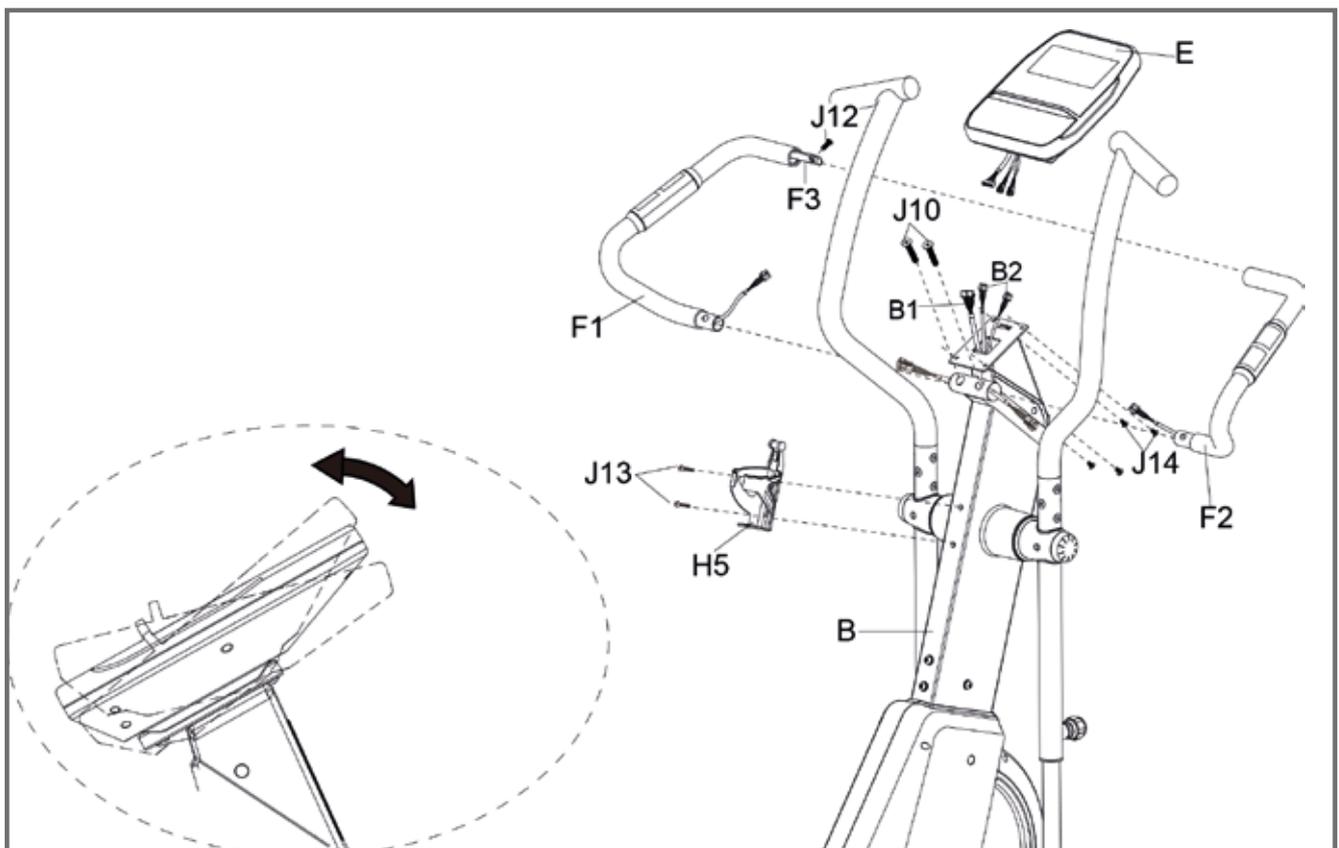
Warning: Make sure that you tighten the star grip nuts (H4) in order to avoid a fall.



Step 7: Assembly of the console and the bottle holder

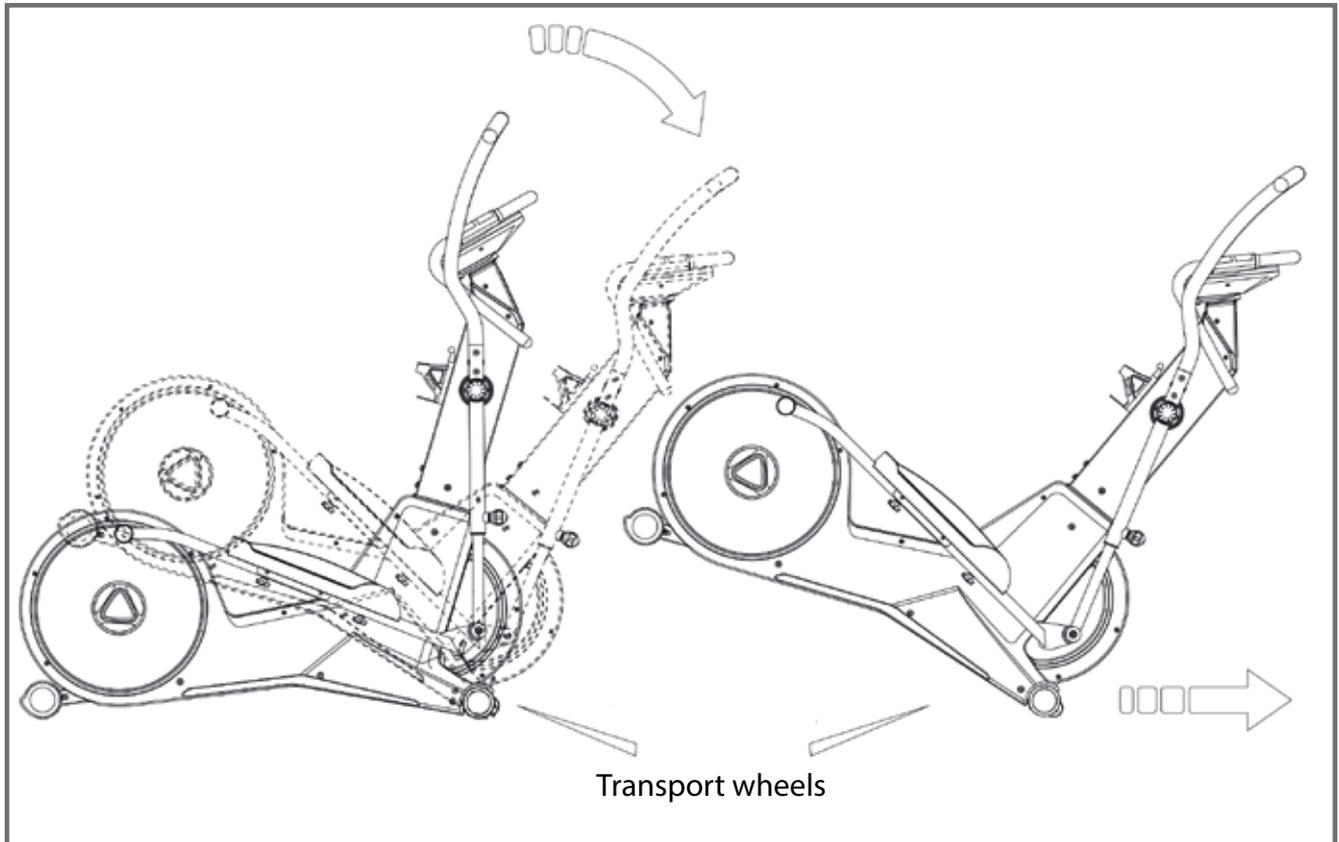
- (1) Connect the sensors (B1 and B2) with the cables of the console (E).
- (2) Place the small handles (F1 and F2) in the fixture on the console mast and mount it with screws (J10/12) on the bar.
- (3) Remove pre-mounted screws (J13). Mount bottle holder (H5) on the console mast (B) with the screws (J13).

Note: Do not squish cable! The user can adjust the console angle according to his/her needs.



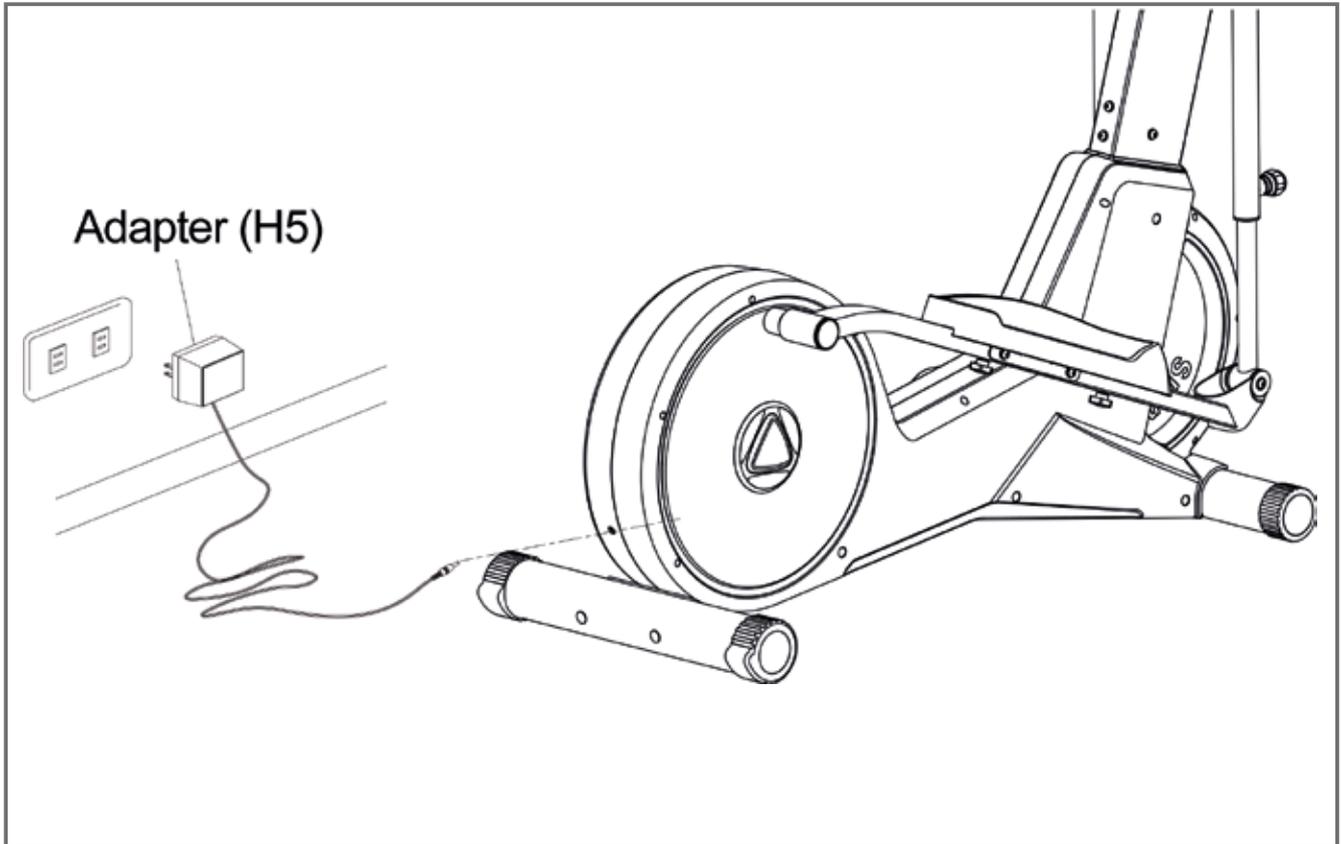
Step 8: Transport

The front base has integrated transport wheels. In order to move the equipment, stand in front of it and lift it up until the weight of the equipment is on the transport wheels. Now you can easily move the equipment.

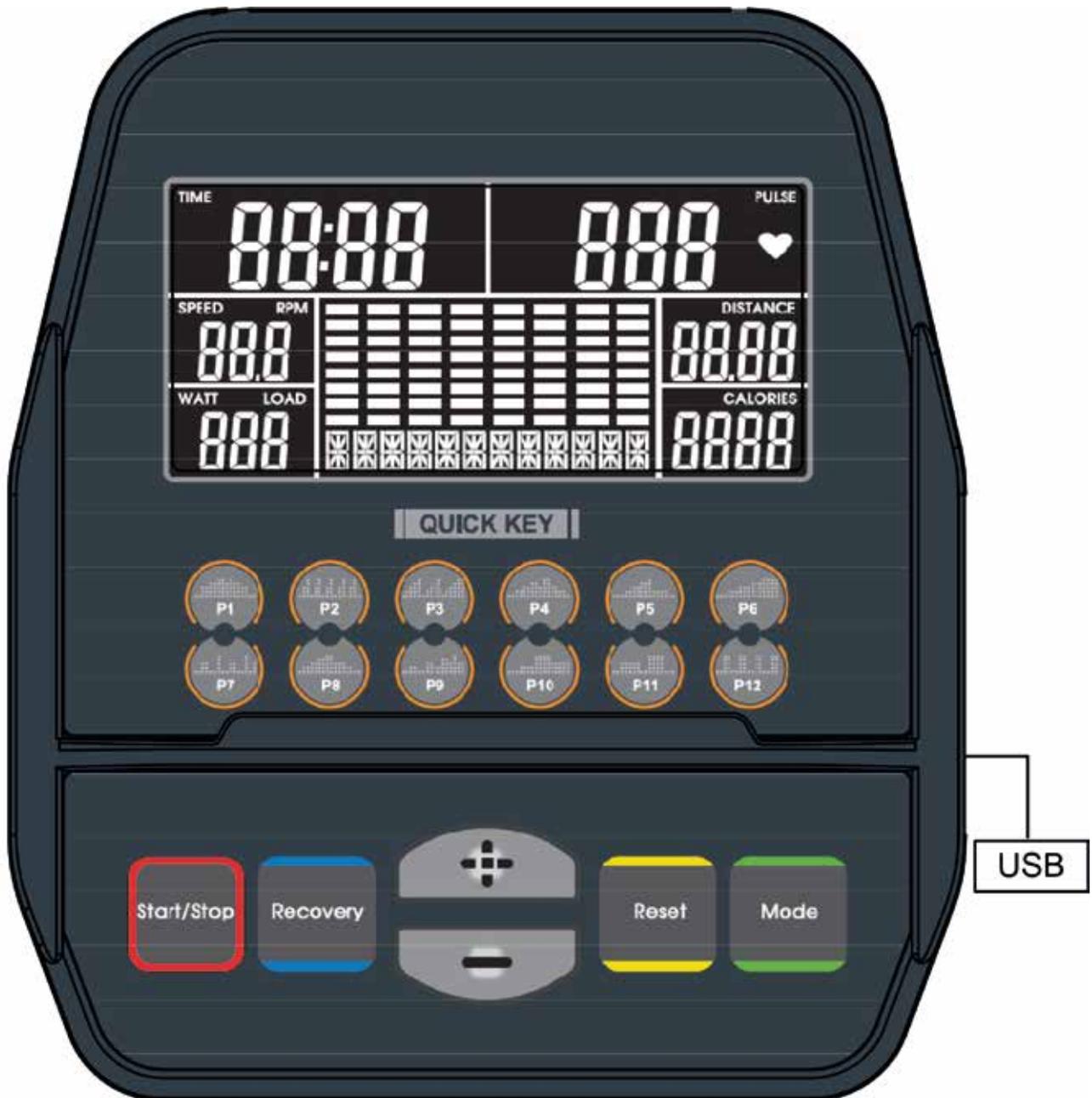


Step 9: Power cable

Plug adapter (H5) into the adapter connection on the back of the equipment.

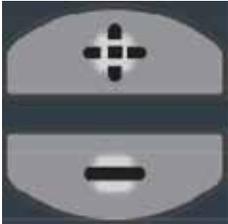
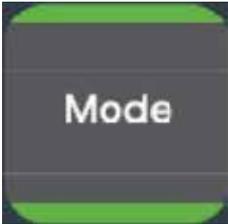


4.1 Console display



Time	0:00 - 99:00 minutes
Speed	0.0 - 99.9 km/h
RPM (cadence; rotations per minute)	15 - 999 RPM
Distance	0.0 - 99.9 km
Calories	0 - 999 Cal
Sex	Male/Female (m/f)
Pulse (heart rate; beats per minute)	60 - 220 BPM
Heart rate symbol	on/off - blinking
Programs	P1 - P12
User data	U1 - U4
Watt/load (output/resistance)	0 - 999 Watt; Watt control: 10 - 350 Watt
Level (resistance)	1 - 16
H.R.C. (heart rate control)	55 / 75 / 90% of the max. heart rate; manual target heart rate (TAG)
Age	1 - 99 years
Height	100 - 250 cm (default value: 163 cm)
Weight	20 - 150 kg (default value: 55 kg) / 44 – 330 lbs (default value: 121 lbs)

4.2 Button functions

	START STOP	You can start and stop the training with this button
	RECOVERY	Check state of recovery of heart rate
	PLUS	Select training mode or increase functional value
	MINUS	Select training mode or lower functional value
	RESET	Press the button in the stop mode to return to the main menu
	QUICK KEY P1 - P12	Quick selection of the pre-set programs (12 programs)
	MODE	Confirm setting

4.3 Turning on and setting the equipment

1. Connect monitor to the power or press RESET for three seconds and the LCD display will show all segments with a long beep (1-second-long) and display, i. e., 78.0 (software version) (see figures 1 and 2).

2. With the +/- buttons, the user can select the programs User 0 to 4 and confirm with MODE (figures 3 to 4). Then set the user data SEX, AGE, HEIGHT and WEIGHT. Press +/- to select the corresponding values (figures 4 to 7). Confirm the settings with MODE.

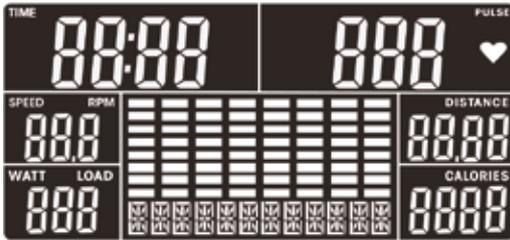


Figure 1

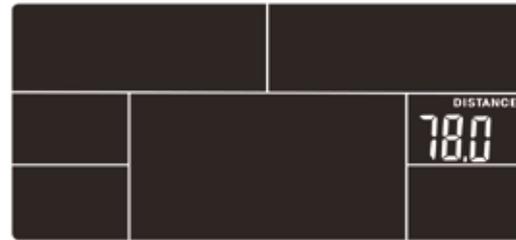


Figure 2

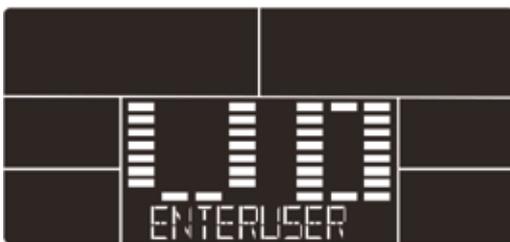


Figure 3

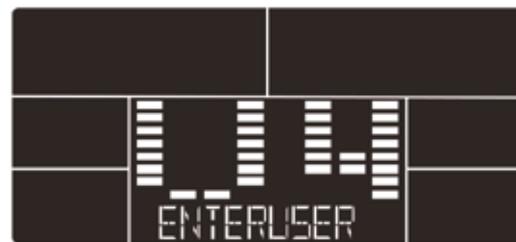


Figure 4



Figure 5



Figure 6



Figure 7

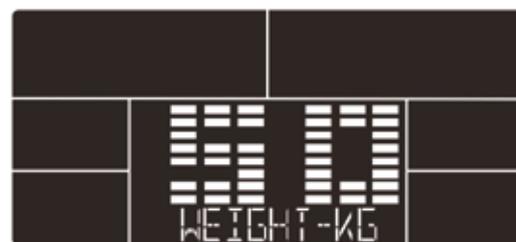


Figure 8

4.4 Programs

After the user data was entered, press MODE and press +/- in order to select the mode:

- Manual (manual training): 1
- Program (pre-set training programs): 12
- User Setting (user-defined training program): 1
- H.R.C. (heart rate controlled training programs): 4
- Watt (Watt-controlled training program): 1
- Recovery (fitness test)

4.4.1 MAN. - Manual program

- (1) Hold RESET for three seconds, select user and enter data or simply press just RESET.
- (2) Select MANUAL mode with +/- and press MODE for the setting.
- (3) Enter load level and confirm with MODE.
- (4) Enter TIME, DISTANCE, CALORIES and target PULSE values.
- (5) Press START to begin the training. Select load level with +/- (figure 19).
- (6) Press STOP to stop the training. Press RESET in order to return to the selected mode or press RESET for three seconds in order to return to the main menu (figure 20).



Figure 13



Figure 14



Figure 15



Figure 16

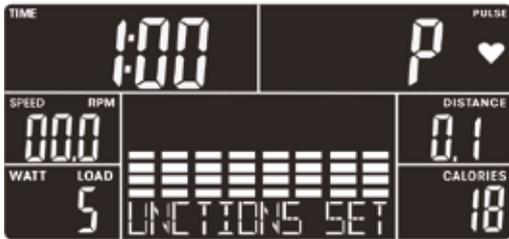


Figure 17

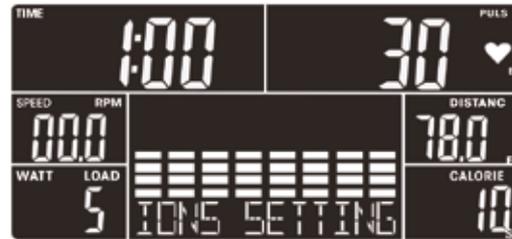


Figure 18

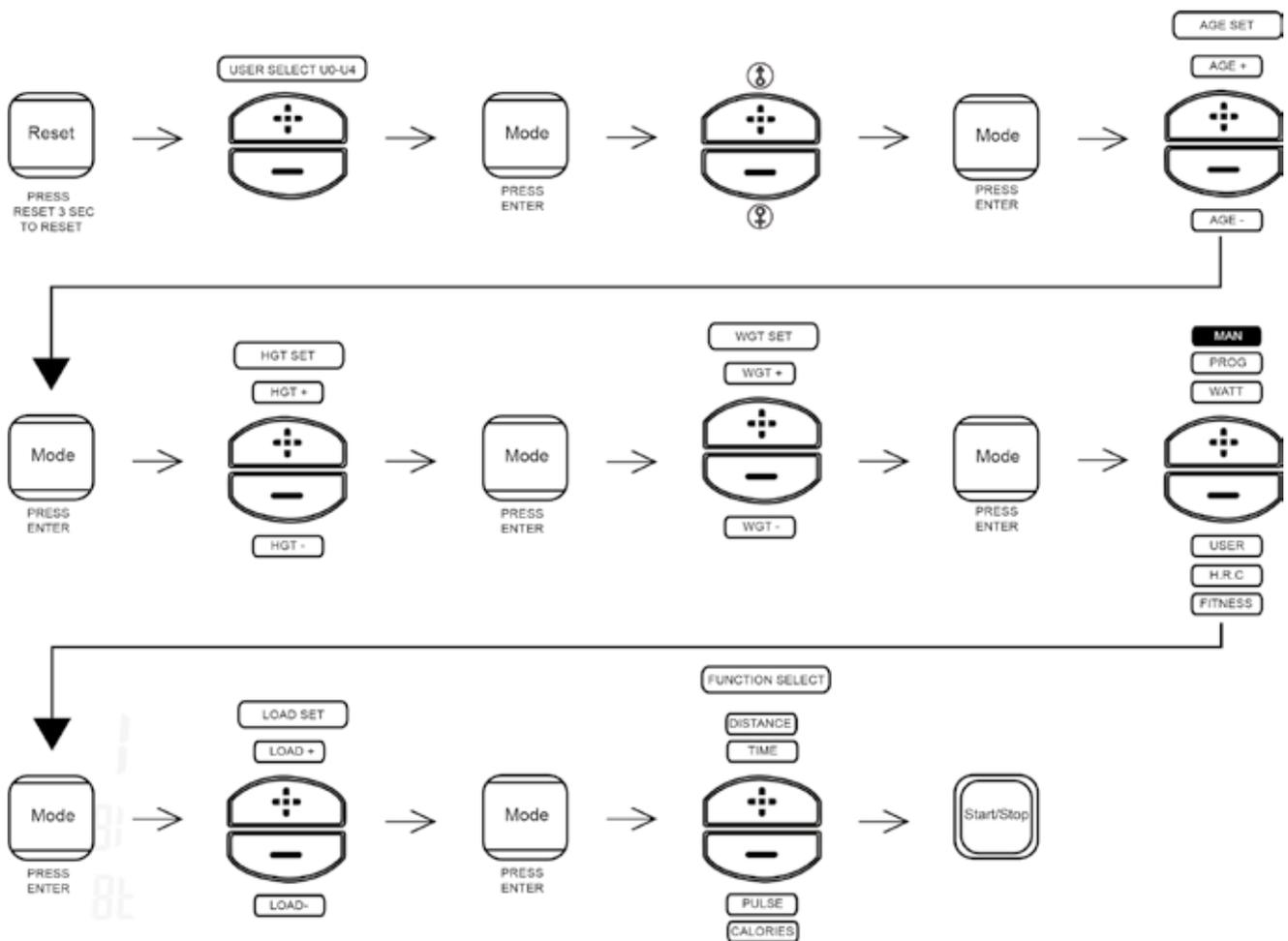


Figure 19



Figure 20

Procedure for setting the manual training programs:



4.4.2 PROG - pre-set programs

- (1) Hold RESET for three seconds, select user and enter data. Alternatively, press RESET to get to the main menu.
- (2) Select the PROGRAM mode with +/- buttons and confirm with MODE. Press +/- to select the programs 1 to 12 or use the hot keys "P1" ~ "P12".
- (3) Adjust load level with +/- buttons and confirm with MODE.
- (4) Enter TIME, DISTANCE, CALORIES and target PULSE values. Confirm with MODE.
- (5) Press START and begin training. Set load level with +/- buttons.
- (6) Press STOP to stop the training. Press RESET to return to the main menu or hold for three seconds in order to get to the standby mode.



Figure 21



Figure 22

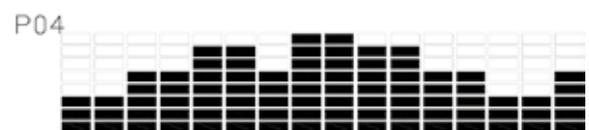
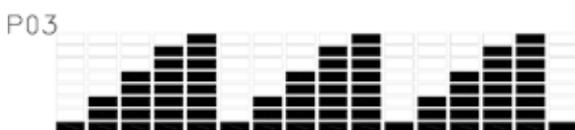


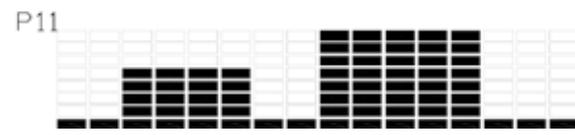
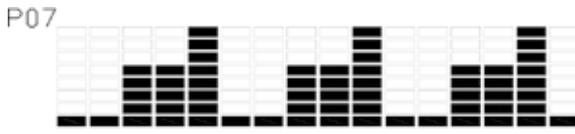
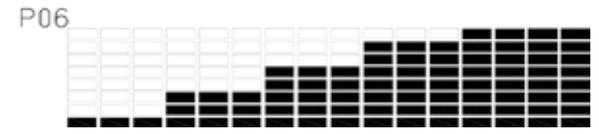
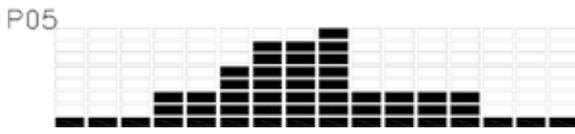
Figure 23



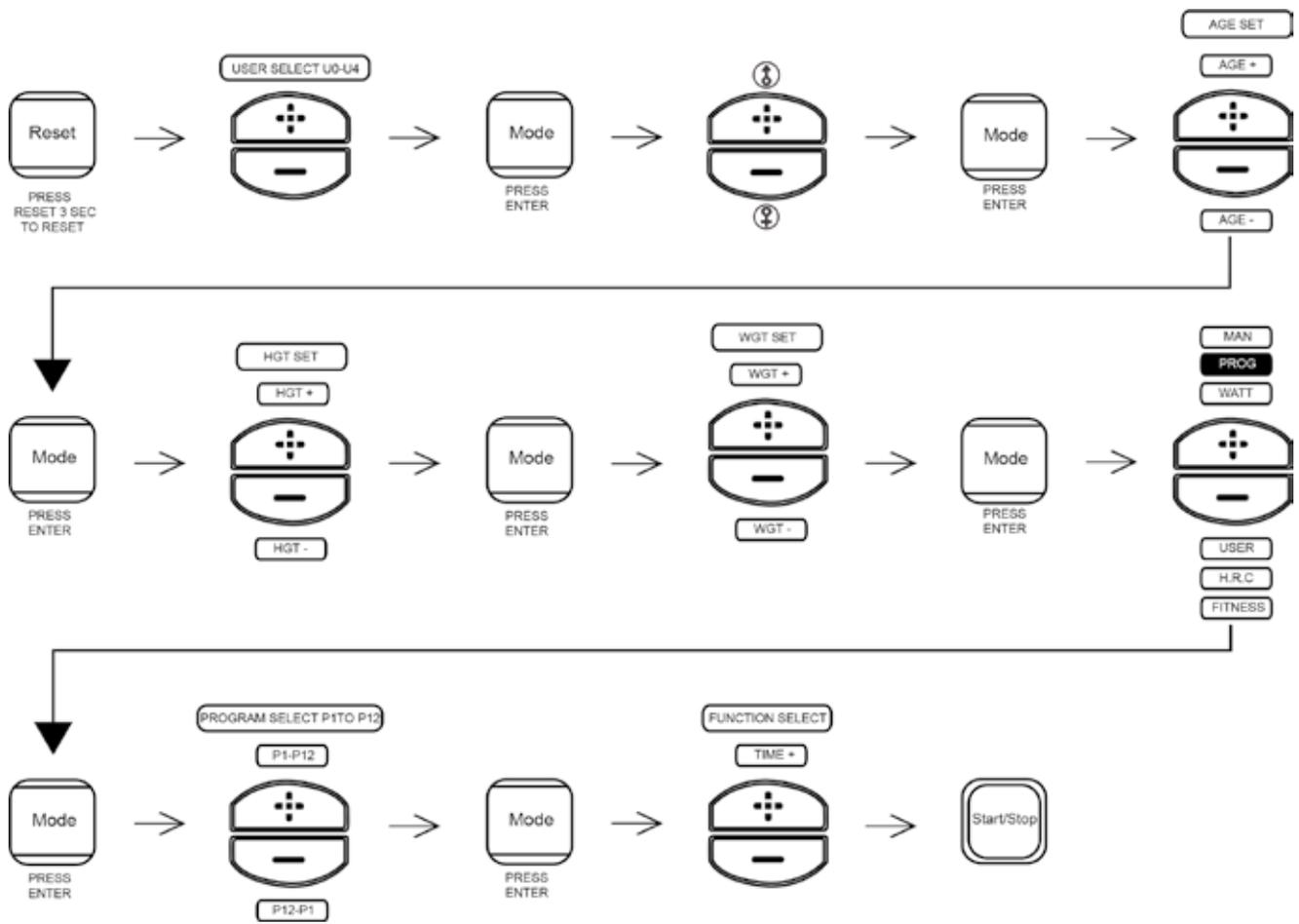
Figure 24

Profiles from pre-set training programs:





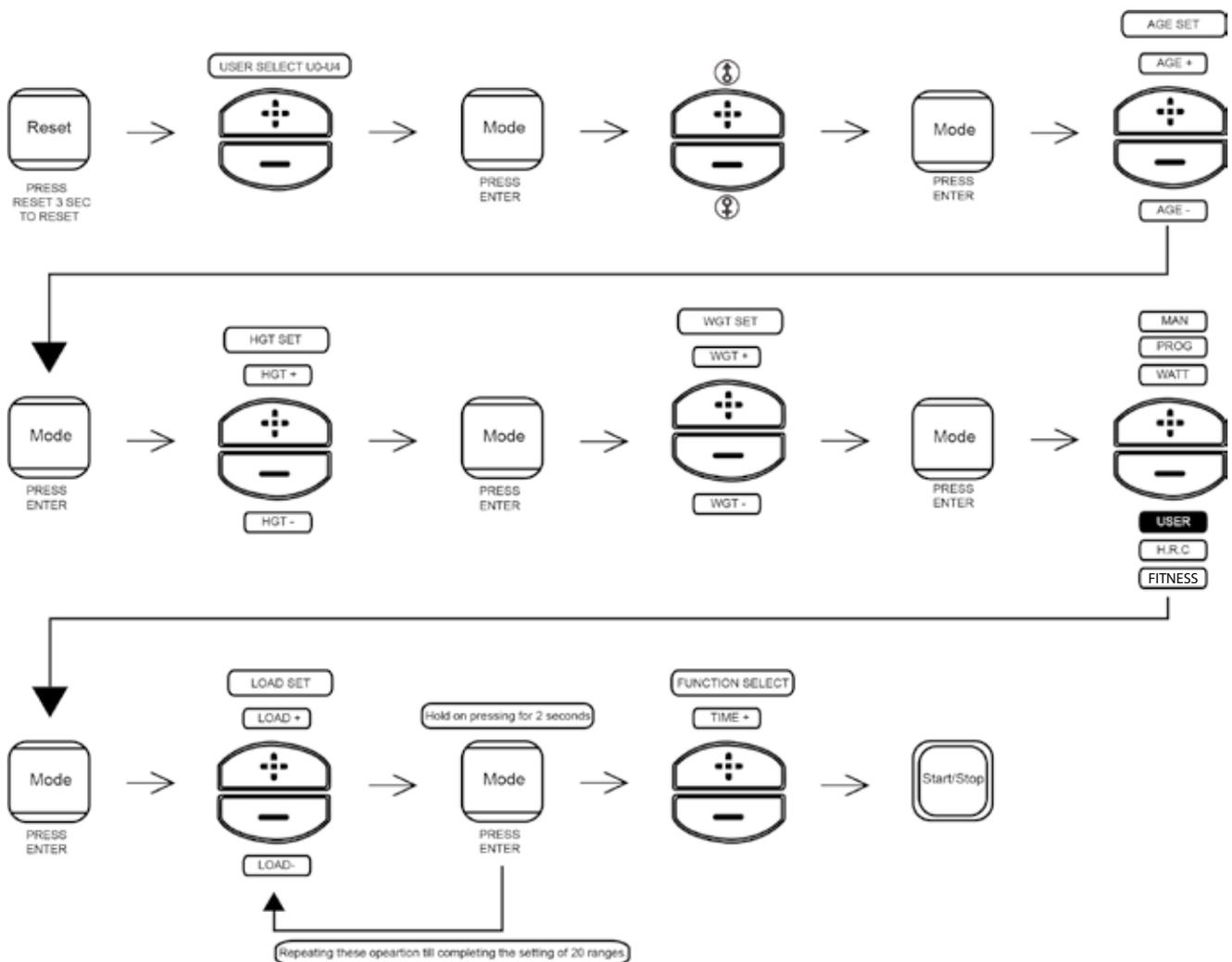
Procedure for setting the pre-set training programs:



4.4.3 USER - user defined program

- (1) Hold RESET for three seconds, select the user and enter data. Alternatively press RESET to return to the main menu.
- (2) Select the USER mode with +/- buttons and confirm with MODE.
- (3) Enter every load level with +/- buttons. Press MODE to get to the next column. After all settings, press MODE for three seconds to confirm.
- (4) Enter TIME, DISTANCE, CALORIES and target PULSE values. Confirm with MODE.
- (5) Press START to begin the training. Adjust load level with +/- buttons.
- (6) Press STOP to stop the training. Press RESET to return to the main menu or hold for three seconds to get to the standby mode.

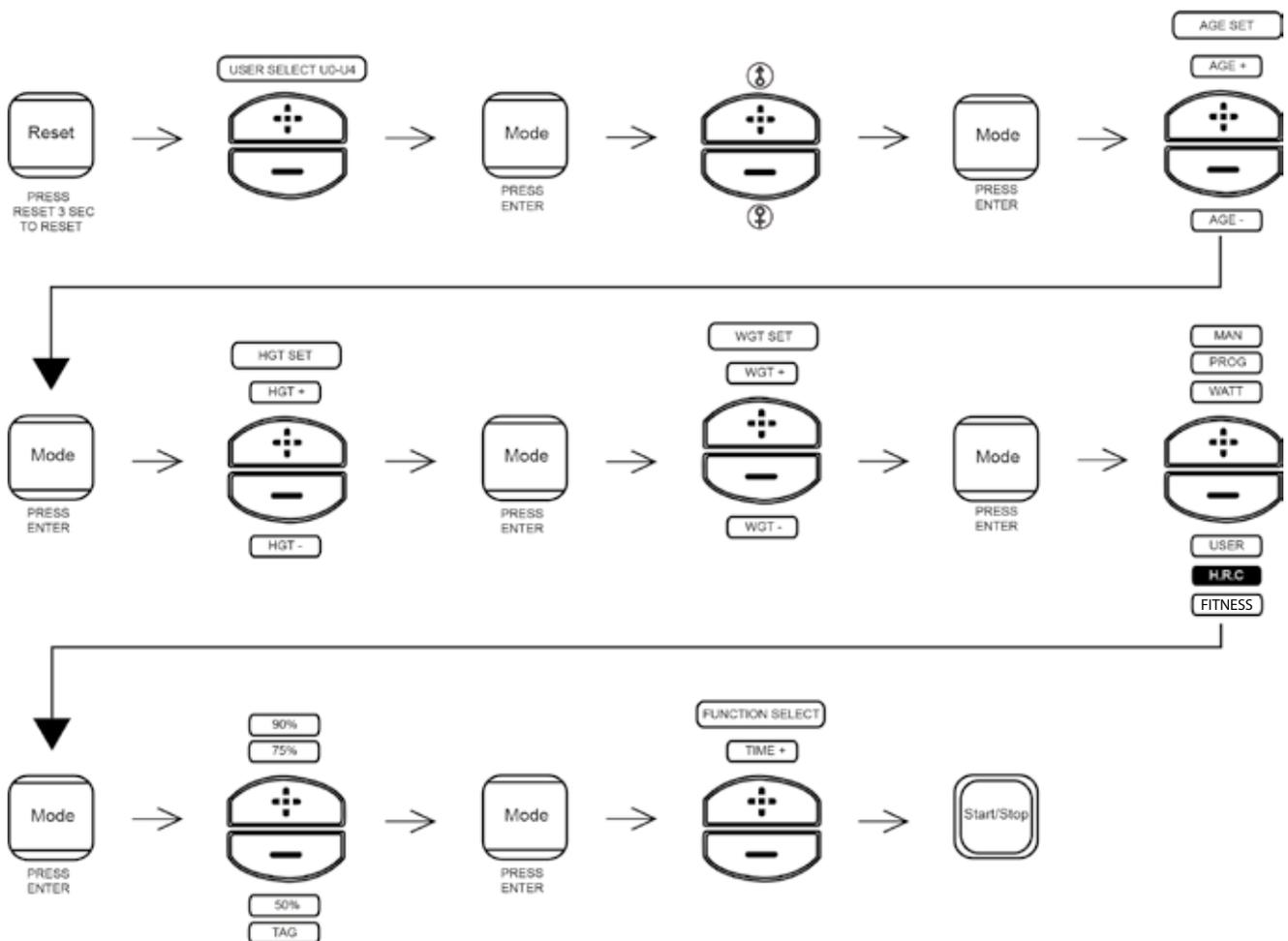
Procedure for setting the user-defined program:



4.4.4 H.R.C. - Heart rate controlled programs

- (1) Hold RESET for three seconds, select user and enter data. Alternatively, press RESET to return to the main menu.
- (2) Select the HRC mode with +/- buttons and confirm with MODE.
- (3) Select different heart rates from 55% / 75% / 90% / or target heart rate with +/- buttons.
- (4) If you select target heart rate, you must enter your target heart rate with the +/- buttons.
- (5) Enter TIME, DISTANCE, CALORIES and target PULSE values. Confirm with MODE.
- (6) Press START to begin the training. Load level adjusts to your current heart rate.
- (7) Press STOP to stop the training. Press RESET to return to the main menu or hold for three seconds to get to the standby mode.

Procedure for setting the heart rate controlled programs:



4.4.5 WATT - Watt controlled program

- (1) Hold RESET for three seconds, select the user and enter data. Alternatively press RESET to return to the main menu.
- (2) Select the WATT mode with +/- buttons and confirm with MODE.
- (3) Enter the target value in Watt with +/- buttons and confirm with MODE.
- (4) Enter TIME, DISTANCE, CALORIES and target PULSE values. Confirm with MODE.
- (5) Press START to begin the training. Watt can be adjusted through +/- buttons.
- (6) Press STOP to stop the training. Press RESET to return to the main menu or hold for three seconds to get to the standby mode

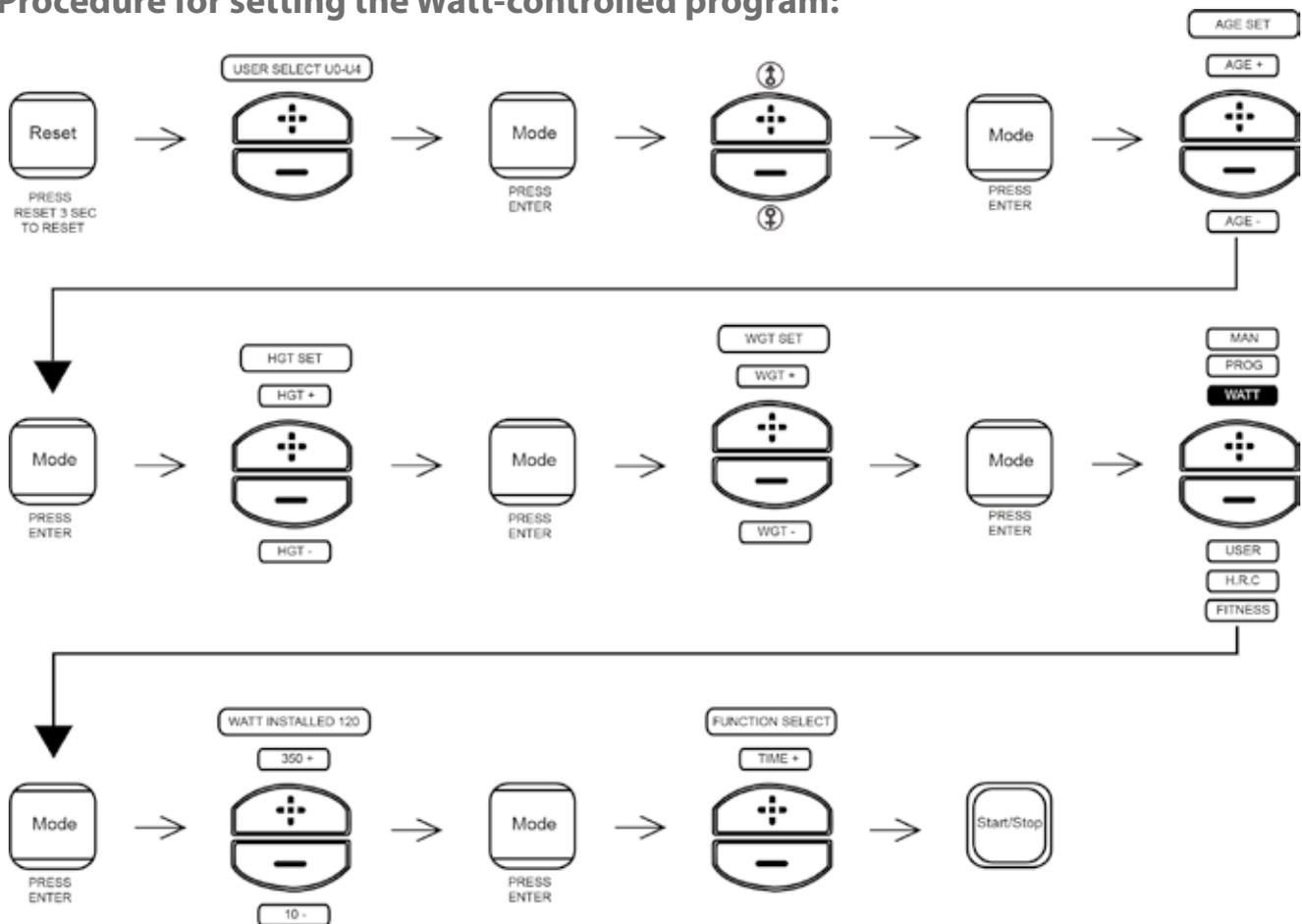


Figure 25



Figure 26

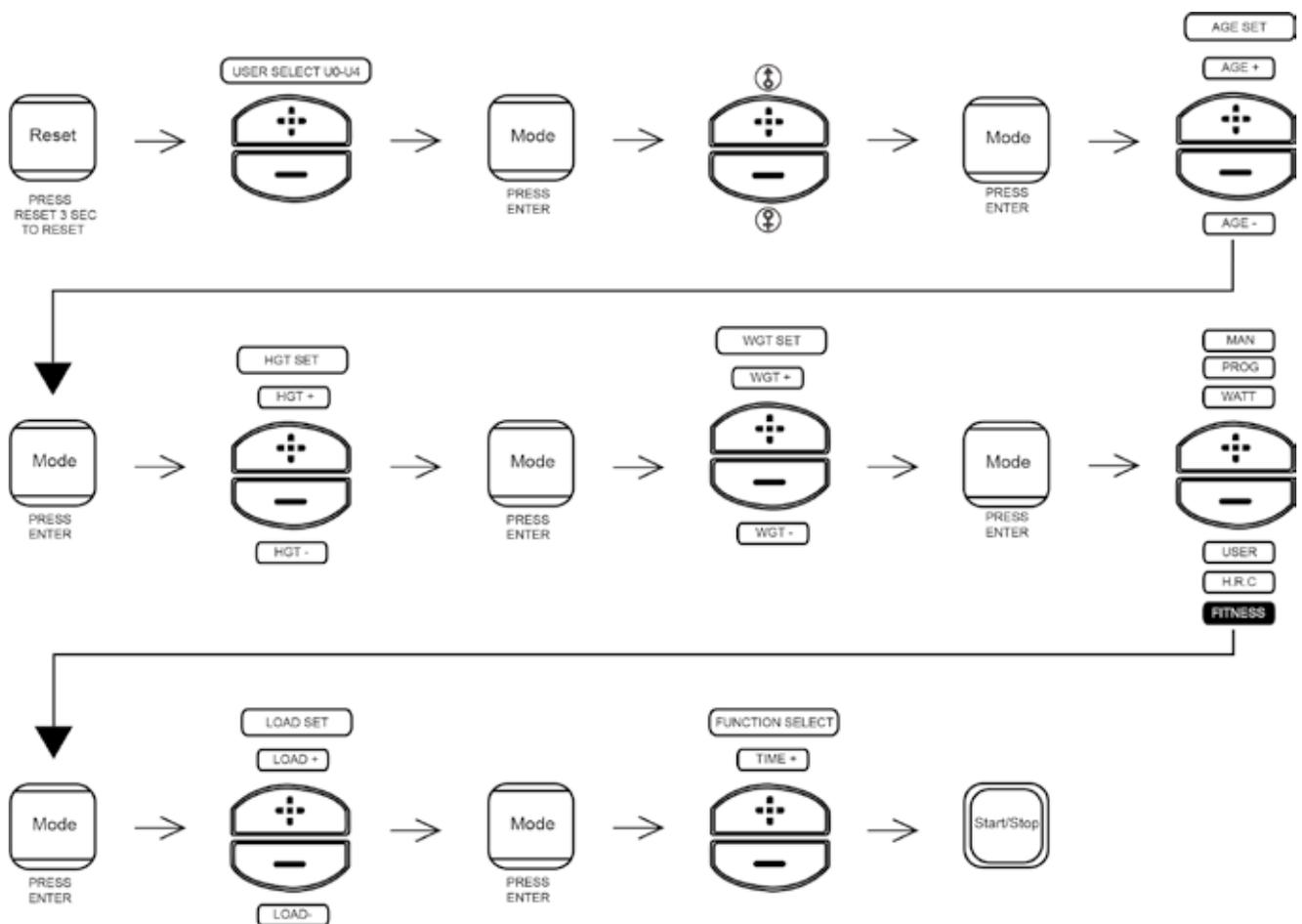
Procedure for setting the Watt-controlled program:



4.4.6 RECOVERY - fitness test

- (1) Hold RESET for three seconds, select user and enter data. Alternatively, press RESET to return to the main menu.
- (2) Select the FITNESS mode with +/- buttons and confirm with MODE.
- (3) Press START to begin the training. Set load level with +/- buttons.
- (4) After 12 minutes, the display will automatically show the training results.
- (5) Press STOP to stop the training. Press RESET to return to the main menu or hold for three seconds to get to the standby mode.

Procedure for setting the Watt-controlled program:



5.1 Heart-rate measuring

Pulse measuring via hand sensors

The hand sensors integrated in the handles allow you to determine your heart rate. You can measure your heart rate by lightly grasping the sensors with both hands at the same time. Blood pressure changes occur due to the heartbeat. The sensors measure the changes to the electric skin resistance caused by it. These values are then used to create an average and are displayed on the screen of the console as a heart rate.

Note:

For some people, the skin resistance change caused by the heart rate is so minimal that the measurements do not allow for usable values. Strong callus or sweat on the hands may also impair a correct measurement. In such cases, the heart rate will not be shown at all or only incorrectly.

If the measurement is incorrect or not taken at all, please check if it happens to only one person or to several people. If the pulse display only does not work in a single case, the equipment is not defective. In this case, we recommend using a chest strap to achieve a permanently correct heart rate display.

CAUTION: Your training equipment is not a medical device. Different factors may influence the accuracy of the heart rate display. The heart rate display only serves as a training aid.

Telemetric heart rate measuring

This elliptical cross trainer is already equipped with a heart rate receiver as standard. Using a chest strap makes it possible for you to have a wireless heart rate measuring. This optimal and ECG-precise type of measuring reads the heart rate directly from the skin through a transmitting chest strap. The chest strap then sends the impulse to the receiver integrated in the console.

Positioning the chest strap and moistening the electrodes:

Place the belt directly below the chest, while the transmitter should be placed on the middle of the chest. The chest strap should sit comfortably, but not too loose. If the belt is too loose, the contact to the electrodes may be disrupted or the belt may slip while exercising. The transmitter turns on automatically once it is put on. In order to allow for a precise measuring, you should moisten the rubber electrodes. This is best done with a special chest strap contact gel, which is also used for ultrasound scans.

Note:

If you have not been active in doing sports for a longer period of time, you should first go to your physician in order to discuss your training with them. You should also contact your physician in advance in the event of heart problems, high/low blood pressure and obesity.

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.

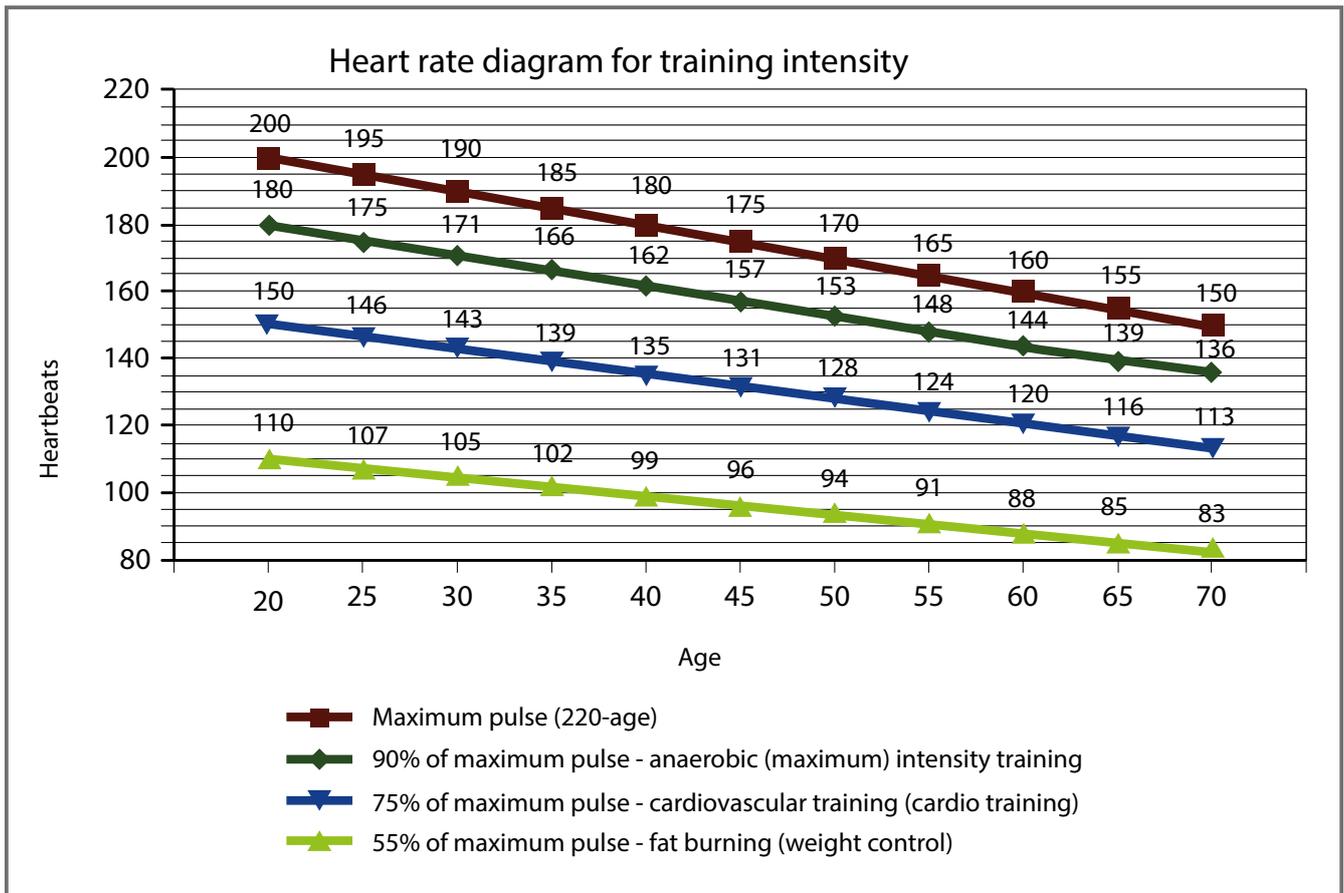
Cardiovascular training (cardio training): The primary goal is to increase stamina and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training period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



5.2 10 tips for effective elliptical cross training

1. Set goals

What would you like to achieve with your training? Weight regulation, improved stamina, prevent risk of disease, more mobility, cardiovascular training, etc. In order to achieve your long-term training goal, set individual partial goals, e. g., weekly or monthly goals.

2. Concentration on training

Try to only dedicate yourself to your training unit and do not be distracted.

3. Position yourself correctly while exercising

As you step, your upper body should be shifted slightly forward and your back held straight. Avoid side-to-side motion in the hips and back.

4. Correct breathing / appropriate resistance level

Do not overexert yourself physically and mentally by starting with resistance levels that are too high. Start slowly and increase the resistance steadily. Aim for regular and calm breathing.

5. Keep yourself properly hydrated

Drink, drink, drink! Have a drinking bottle close by during your workout.

6. Sufficient recovery periods

Allow your body and your muscles enough time to recover after your workout. Only a relaxed muscle will be fully operational again.

7. Choose a diversified program

Switch your focus between different muscle groups and different levels of intensity during your workout.

8. Creating the right workout

Every training session should have a warm-up phase, a cool-down phase and a targeted stretching. It increases physical and mental performance and prevents injuries and sore muscles.

9. Workout journal

Keep a record of your training sessions. Note the date, resting pulse, active pulse, recovery pulse, resistance level, time, distance, calories burnt and fitness level.

10. Reward yourself

Do something good for you and your body after training or after achieving a partial goal. Go to the sauna or a swimming pool. Mix a protein shake or enjoy a delicious salad.

5.3 Designing a workout

We recommend two or three workouts per week. Warm up for about five minutes before starting each workout. Finish the workout with a cool-down and targeted stretching.

Warm-up approx. five minutes Dynamic movement of large muscle groups at a low intensity. Core body temperature increases and the metabolic process is speeded up.

WEEK 1 + 2				
	Beginner		Advanced	
Days	Duration	Intensity	Duration	Intensity
Mon	20 min.	Slow speed, no resistance	30 min.	Moderate speed, keep resistance low
Wed	20 min.	Slow speed, no resistance	30 min.	Moderate speed, keep resistance low
Fri	20 min.	Slow speed, no resistance	30 min.	Moderate speed, keep resistance low
In the first week, increase the speed in between for two-minutes. Maintain heart rate.			In the second week, increase the speed for brief periods.	

WEEK 3 + 4				
	Beginner		Advanced	
Days	Duration	Intensity	Duration	Intensity
Mon	25 min.	Slow speed, no resistance	35 min.	Vary speed, keep resistance low
Wed	25 min.	Slow speed, no resistance	35 min.	Vary speed, keep resistance low

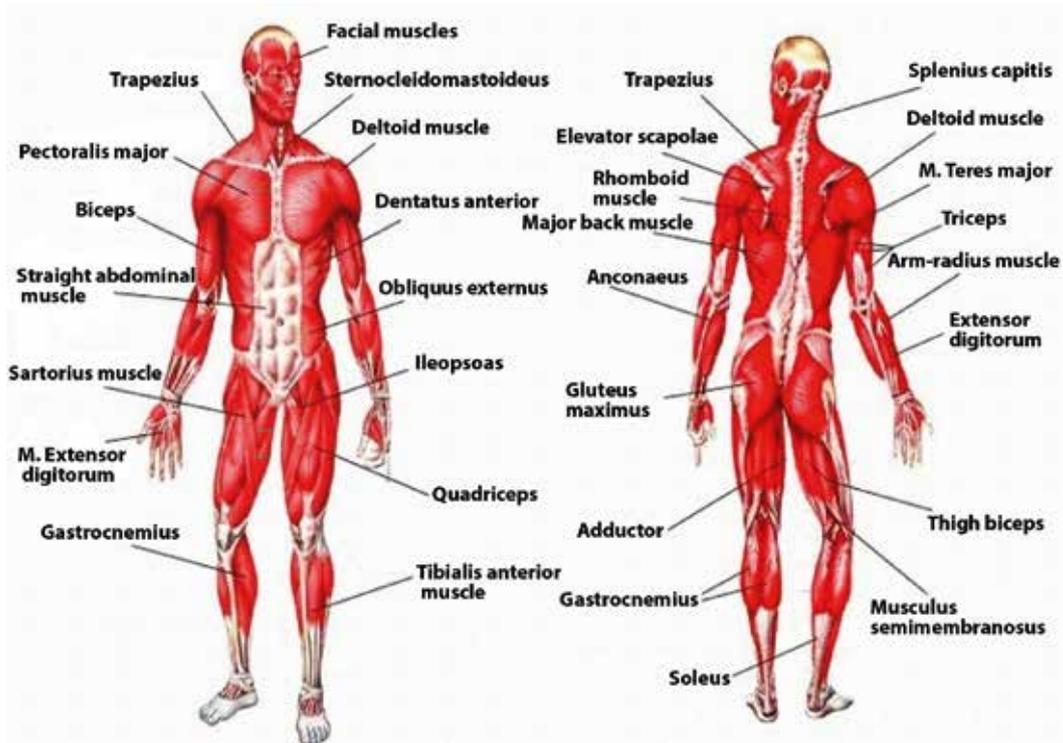
Fri	25 min.	Slow speed, no resistance	35 min.	Vary speed, keep resistance low
In the third week, increase the resistance slightly.			In the fourth week, combine forwards and backwards movements.	

WEEK 5 + 6				
Beginner			Advanced	
Days	Duration	Intensity	Duration	Intensity
Mon	30 min.	Moderate speed, keep resistance low	40 min.	Vary speed, keep resistance low
Wed	30 min.	Moderate speed, keep resistance low	40 min.	Vary speed, keep resistance low
Fri	30 min.	Moderate speed, keep resistance low	40 min.	Vary speed, keep resistance low
In the fifth week, increase the resistance slightly at moderate speed.			In the sixth week, alternate between forwards and backwards movements.	

WEEK 7 + 8				
Beginner			Advanced	
Days	Duration	Intensity	Duration	Intensity
Mon	35 min.	Vary speed, keep resistance low	45 min.	Vary speed, increase resistance
Wed	35 min.	Vary speed, keep resistance low	45 min.	Vary speed, increase resistance
Fri	35 min.	Vary speed, keep resistance low	45 min.	Vary speed, increase resistance
In the seventh week, include short sprints.			In the eighth week, alternate between forwards and backwards movements.	

Cool-down approximately five minutes Finish your training at low resistance and at slow speed. Allow your body to gently slow back down.

5.4 Stretching exercises for leg & chest muscles



1. Exercise: Stretching of front thigh / leg extension (quadriceps)

- Stable position, grab arches of feet
- Pull heel towards buttocks, knee points downwards (no abduction)
- Straight upper body, avoid tilting the pelvic forward (hollow back) by tensing the abdominal muscles
- Change legs



2. Exercise: Stretching the back thigh / leg curl (hamstring)

- Pull thigh towards upper body with both hands
- Stretch through increased stretching in the knee joint
- The lower leg maintains contact with the floor, keep hips bent
- Change legs



3. Exercise: Stretching the calf muscles (gastrocnemius)

- Place feet parallel to each other pointing forward, the heels touch the floor
- Support yourself on a chair coming from a lunge
- Move your body weight to the front leg, press your heel from the rear leg towards the floor and hold the contact
- Slowly stretch your knee of the rear leg until you feel the stretch in your calves
- Change legs



4. Exercise: Stretching the chest muscles (pectoralis major)

- Stand parallel to a wall
- Place your forearm at 90° to the wall with the elbow just above shoulder height
- Turn your head and upper body gradually to the opposite sides until you feel a stretch in the front chest, of the shoulder being leaned on
- Pay attention to tension in your abdominal and gluteal muscles
- Your weight is on your front leg
- Change legs



All recommendations of these instructions apply solely to healthy persons and are not suitable for those with heart or cardiovascular problems. All of the tips are intended only as a guide to help you create a workout. Your physician can offer appropriate advice for particular, personal requirements.

We hope you enjoy your workout and have a lot of success!

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

Error descriptions

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

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

Your statutory rights are not affected.

Warrantee

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

Warranty periods

The following warranty periods begin on delivery of the fitness equipment.

Model	Use	Full warranty	Frame
EX60	Home use	24 months	30 years

Repair costs

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

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 centers, 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 centers
- unauthorized 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 contract partner. 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.

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.



Sport-Tiedje floor mat, size XL

Art. no. ST-FM-XL



Sport-Tiedje 122 kHz chest strap

Art. no. ST1030



Sport-Tiedje silicone spray

Art. No. ST-1003



Chest-strap contact gel 250ml

Art. no. BK-250



Fitness equipment care kit

Art. no. HF-500

9.1 Service hotline

So that we can give you the best possible service, please have your **model name, part number, serial number, exploded drawing and parts list** ready.

SERVICE-HOTLINE

<div style="text-align: center; margin-bottom: 10px;">DE</div> <div style="border: 1px solid black; border-radius: 15px; padding: 10px;"> <p> +49 4621 4210-0</p> <p> +49 4621 4210-699</p> <p> service@sport-tiedje.de</p> <p>Mon - Fri 8:00 am - 6:00 pm</p> <p>Sat 9:00 am - 6:00 pm</p> </div>	<div style="text-align: center; margin-bottom: 10px;">NL</div> <div style="border: 1px solid black; border-radius: 15px; padding: 10px;"> <p> +31 172 619961</p> <p> info@fitshop.nl</p> <p>Mon - Thu 9 am - 5 pm</p> <p>Fri 9 am - 9 pm</p> <p>Sat 10 am - 5 pm</p> </div>	<div style="text-align: center; margin-bottom: 10px;">UK</div> <div style="border: 1px solid black; border-radius: 15px; padding: 10px;"> <p> +44 141 876 3972</p> <p> orders@powerhousefitness.co.uk</p> <p>Mon - Fri 9 am - 5 pm</p> </div>
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9.2 Serial number and model name

Before assembling your equipment, find the serial number on the white sticker and enter it in the appropriate space.

Serial number:

Brand / category:

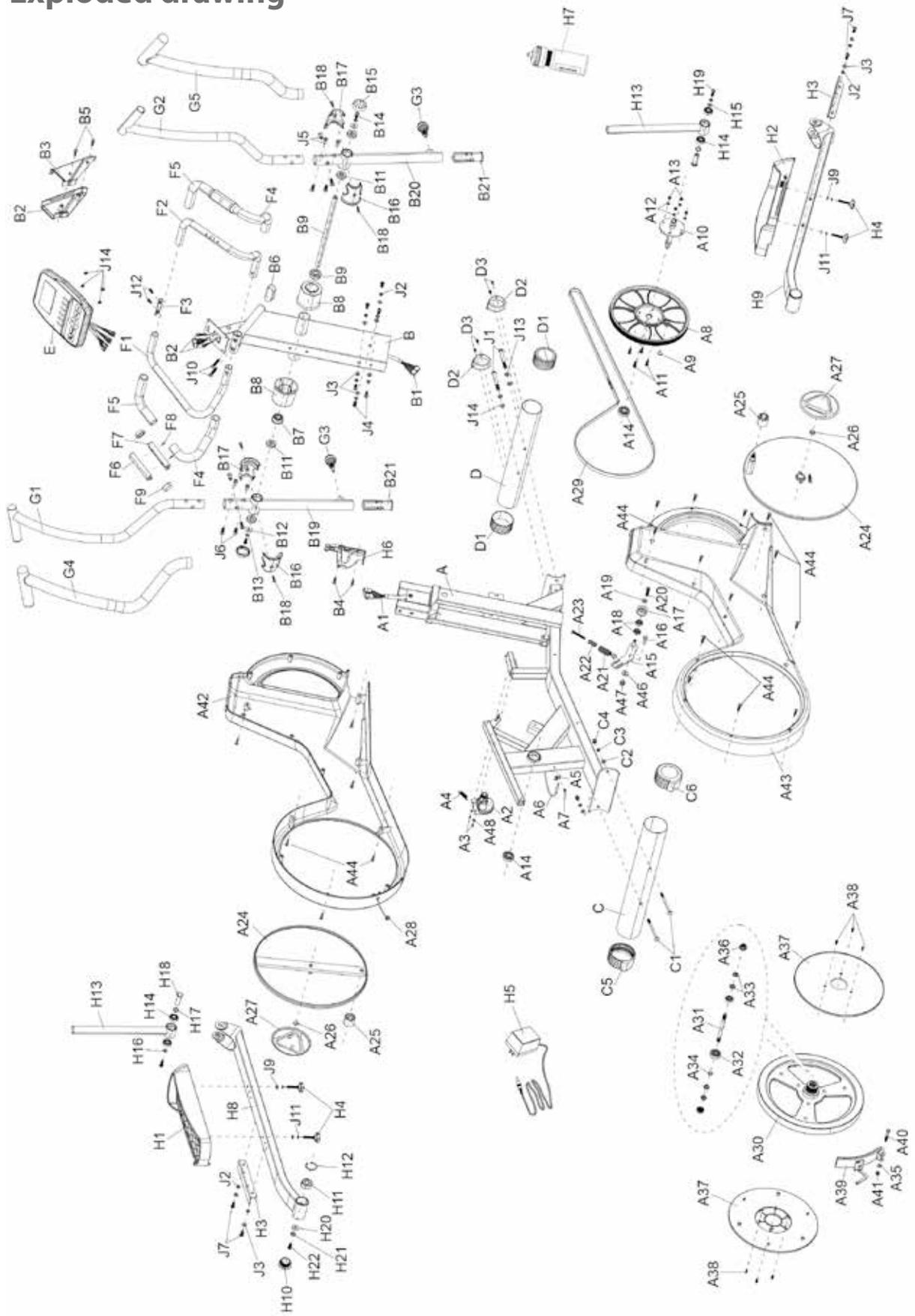
Model name:

9.3 Parts list

No.	Description	Qty.	No.	Description	Qty.
A	MAIN FRAME	1	A32	BEARING	2
A1	SENSOR WIRE	1	A33	NUT	4
A2	MOTOR	1	A34	BUSH	1
A3	SCREW	2	A35	WASHER	1
A4	SPRING	4	A36	SCREW	2
A5	SENSOR WIRE HOUSING	1	A37	PLATE COVER	2
A6	SENSOR WIRE	1	A38	SCREW	6
A7	SCREW	1	A39	MAGNETIC HOUSING	1
A8	PULLEY	1	A40	SCREW	1
A9	MANGET	1	A41	NUT	1
A10	AXLE	1	A42	MAIN CHAIN COVER (L)	1
A11	SCREW	4	A43	MAIN CHAIN COVER (R)	1
A12	WASHER	4	A44	SCREW	12
A13	NUT	4	A45	SCREW	8
A14	BEARING	2	A46	WASHER	1
A15	PRESSING PLARE	1	A47	NUT	1
A16	SCREW	1	A48	WASHER	2
A17	BEARING HOUSING	1	B	CENTRAL SUPPORT TUBE	1
A18	BEARING	2	B1	SENSOR WIRE	1
A19	WASHER	1	B2	CENTRAL COVER (L)	1
A20	SCREW	1	B3	CENTRAL COVER (R)	1
A21	SPRING	1	B4	SCREW	2
A22	NUT	1	B5	SCREW	2
A23	SCREW	1	B6	END CAP	1
A24	TURNING PLATE	2	B7	END CAP	2
A25	PIPE	2	B8	DECORATION COVER	2
A26	NUT	2	B9	AXLE	1
A27	DECORDATION COVER	2	B10		
A28	DC WIRE	1	B11	BEARING	4
A29	BELT	1	B12	WASHER	2
A30	MAGNETIC FLYWHEEL	1	B13	SPRING WASHER	2
A31	AXLE	1	B14	SCREW	2

No.	Description	Qty.	No.	Description	Qty.
B15	END CAP	2	H2	PEDAL (R)	1
B16	DECORATION COVER OF HANDLE BAR	2	H3	IRON BRACKET	2
B17	DECORATION COVER OF HANDLE BAR	2	H4	KNOB	4
B18	SCREW	4	H5	ADAPTOR	1
B19	SWING HANDLE BAR TUBE (L)	1	H6	BOTTLE HOLDER	1
B20	SWING HANDLE BAR TUBE (R)	1	H7	WATER BOTTLE	1
B21	END CAP	2	H8	PEDAL TUBE (L)	1
C	REAR STABILIZER	1	H9	PEDAL TUBE (R)	1
C1	SCREW M8 x 105	2	H10	END CAP	2
C2	WASHER M8	2	H11	BEARING	2
C3	SPRING WASHER M8	2	H12	CLIP	2
C4	NUT M8	2	H13	CONNECT TUBE	2
C5	END CAP (L)	1	H14	BEARING	4
C6	END CAP (R)	1	H15	WASHER	2
D	FRONT STABILIZER	1	H16	WASHER	2
D1	END CAP	2	H17	BUSH	2
D2	WHEEL	2	H18	AXLE	2
D3	SCREW	4	H19	SCREW	2
E	CONSOLE	1	H20	WASHER	2
F1	HANDLE BAR (L)	1	H21	SPRING WASHER	2
F2	HANDLE BAR (R)	1	H22	SCREW	2
F3	IRON BRACKET	1	J1	SCREW M8 x 90	2
F4	HANDLE BAR SPONGE	2	J2	SPRING WASHER M8	6
F5	HANDLE BAR SPONGE	2	J3	WASHER M8	6
F6	HANDLE PLUS SENSOR	2	J4	SCREW M8 x 20	6
F7	SENSOR HOUSING	2	J5	SCREW M8	6
F8	SCREW	4	J6	SCREW M8 x 28	6
F9	SPACED RING	4	J7	SCREW	4
G1	SIDE HANDLE BAR (L)	1	J9	WASHER M6	4
G2	SIDE HANDLE BAR (R)	1	J10	SCREW M8 x 45	2
G3	KNOB	2	J11	SPRING WASHER M6	4
G4	SIDE HANDLE BAR SPONGE (L)	1	J12	SCREW M6 x 16	2
G5	SIDE HANDLE BAR SPONGE (R)	1	J13	SPRING WASHER M10	2
H1	PEDAL (L)	1	J14	WASHER M10	2

9.4 Exploded drawing



CONTACT

Company head office

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24837 Schleswig
Germany

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✉ orders@powerhousefitness.co.uk

Hotline for Technical Information

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☎ +49 4621 4210 699
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NL ☎ +31 172 619961
✉ info@fitshop.nl

UK ☎ +44 141 876 3986
✉ support@powerhousefitness.co.uk

www.sport-tiedje.com
www.cardiostrong.de

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

Please find a detailed overview including address and opening hours for all specialist fitness stores of the Sport-Tiedje Group in Germany and abroad on the following website.

www.sport-tiedje.com/en/stores

