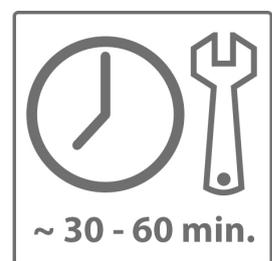
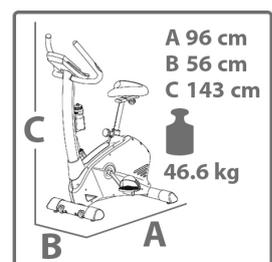




Assembly and Operating Instructions



CSTBX70i.02.02

Art. No. CST-BX70i-2

Ergometer BX70i



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 NOTICE

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 suitable for home use as well as semi-professional use (e. g., hospitals, clubs, hotels, schools, etc.). It is not suitable for commercial or professional use (e. g., commercial gyms).

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

CONTENTS

1	GENERAL INFORMATION	6
1.1	Technical data	6
1.2	Personal safety	7
1.3	Electrical safety	8
1.4	Set-up place	8
2	ASSEMBLY INSTRUCTIONS, MAINTENANCE AND CARE	9
2.1	General instructions	9
2.2	Faults and Troubleshooting	10
2.3	Maintenance and service calendar	11
3	ASSEMBLY	11
3.1	Package contents	11
3.2	Assembly instructions	13
4	OPERATING INSTRUCTIONS	19
4.1	Console display	19
4.2	Button function	21
4.3	Turning on and setting the equipment	22
4.4	Training programme	22
4.4.1	Manual mode	22
4.4.2	Program mode	24
4.4.3	H.R.C. mode	24
4.4.4	Watt mode	25
4.4.5	User program mode	25
4.4.6	Recovery	26
4.4.7	Body fat	26
4.5	iConsole+ and Fit Hi Way training apps	28
5	WORKOUT INSTRUCTIONS	29
5.1	Heart-rate measuring	29
5.2	10 tips for effective ergometer training	32
5.3	Designing a workout	33
5.4	Stretching exercises for leg and chest muscles	35
5.5	Workout journal	37

6	WARRANTY INFORMATION	38
7	DISPOSAL	40
8	ORDERING ACCESSORIES	41
9	ORDERING SPARE PARTS	42
9.1	Service hotline	42
9.2	Serial number and model name	42
9.3	Parts list	43
9.4	Exploded drawing	46

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
- + heart rate (when using the hand sensors or a chest strap)
- + watt
- + resistance level

Resistance system: electromagnetic induction brake
Resistance level: 32
Watt: 25 - 350 Watt (adjustable in 5-watt increments)

Total number of training programs: 18
Manual programs: 1
Pre-set programs: 12
Watt-controlled programs: 1
Heart rate controlled programs: 1
User defined programs: 1

Flywheel mass: 10 kg
Transmission: 1 : 8.1
Pedal arm length: 17 cm

Weight and dimensions

Article weight (gross, including packaging): 50.8 kg
Article weight (net, without packaging): 46.6 kg

Packaging dimensions (L x W x H): approximately 102 cm x 28 cm x 68 cm
Set-up dimensions (L x W x H): approximately 96 cm x 56cm x 143 cm
Maximum user weight: 150 kg/330 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 cycle training 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 five most common errors and how to repair them. If the equipment still does not work properly, please contact your contract partner.

Error	Cause	Repair
Cracking near the pedal	Loose pedals	Tighten the pedals
Equipment wobbles	Equipment is not level	Adjust the supporting feet
Handlebar/saddle wobbles	Screws are loose	Tighten screws
Display does not turn on	Power supply disrupted	Check all screw connections and see if the plug is plugged in
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 - Empty batteries 	<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

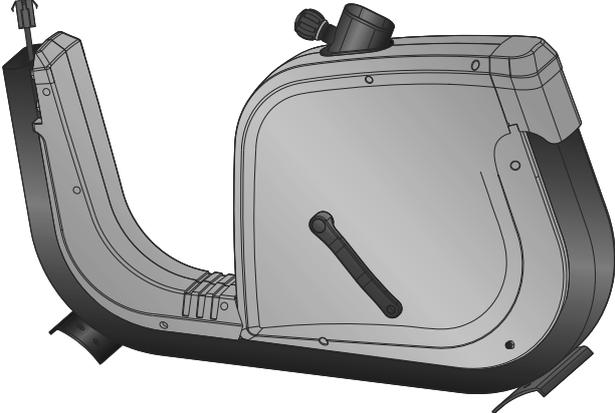
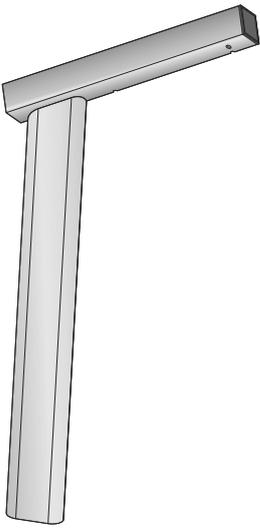
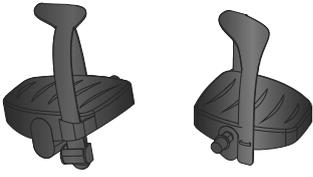
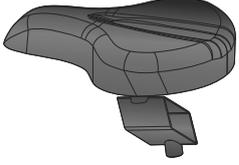
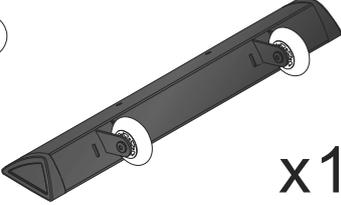
The following routine work must be done in the specified time intervals:

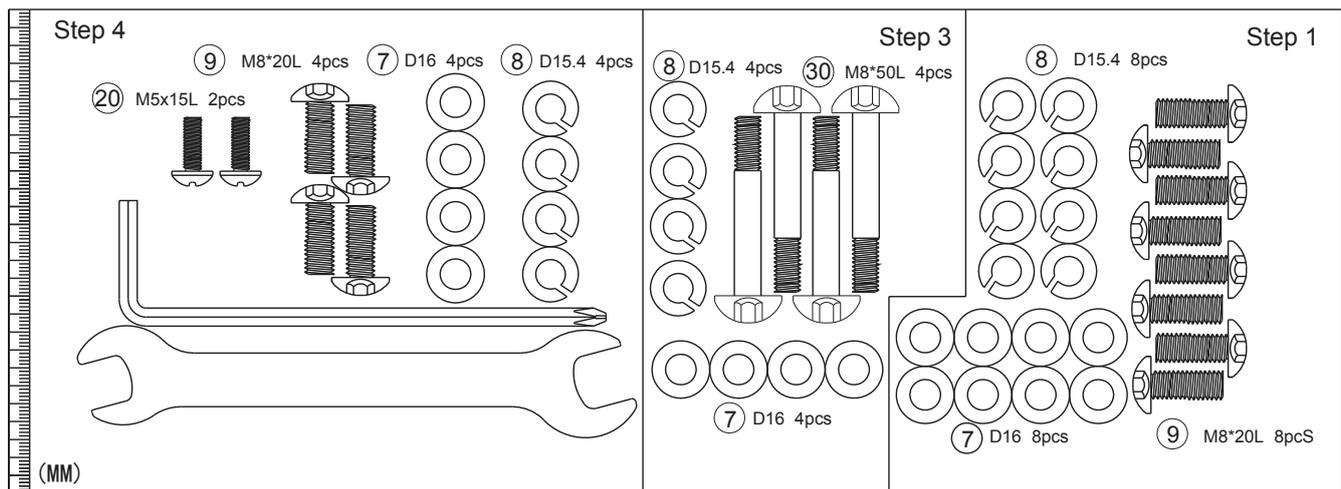
Part	Weekly	Monthly	2x annually	Annually
Display console	C	I		
Tighten the pedals			I	
Plastic covers	C	I		
Seat rail		I		
Legends: C = cleaning; I = inspect				

3 ASSEMBLY

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.

<p>①</p>  <p>x1</p>	<p>④⑦</p>  <p>x1</p>	<p>②⑧</p>  <p>x1</p>	
	<p>①⑦</p>  <p>x1</p>	<p>⑥⑤</p>  <p>x1</p>	
<p>②⑨</p>  <p>x1</p>	<p>⑥⑥</p>  <p>x1</p>	<p>③②</p>  <p>x1</p>	
		<p>⑥②&⑧⑧</p>  <p>x1</p>	<p>⑩&①①</p>  <p>x1</p>
<p>④</p>  <p>x1</p>	<p>②③</p>  <p>x2</p>	<p>①⑤</p>  <p>x1</p>	
		<p>⑧①</p>  <p>x1</p>	<p>②</p>  <p>x1</p>



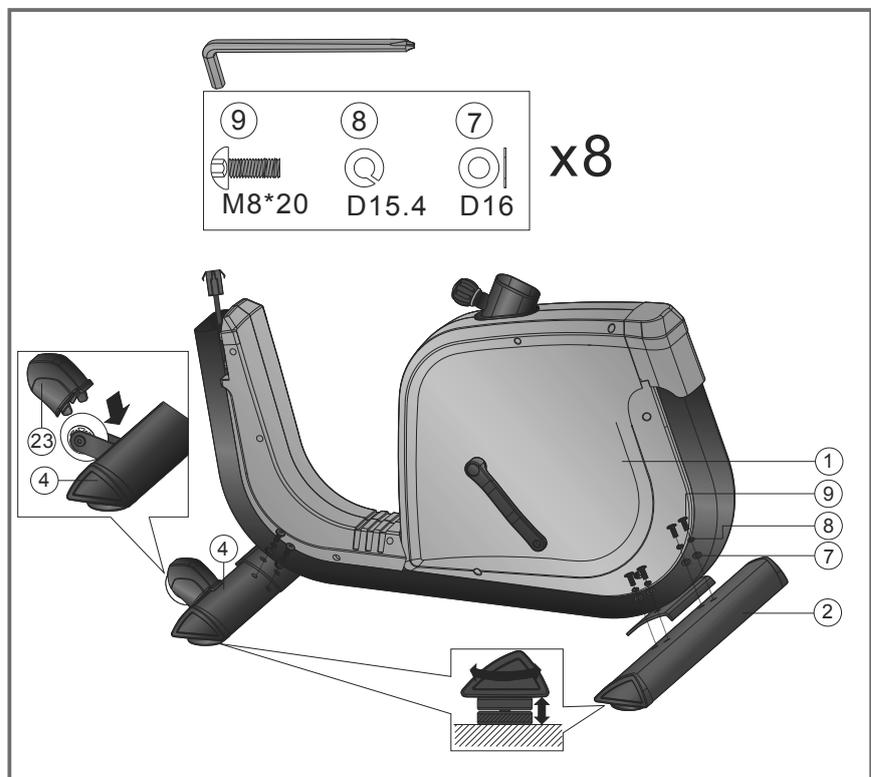
3.2 Assembly instructions

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

Step 1: Assembly of the bases

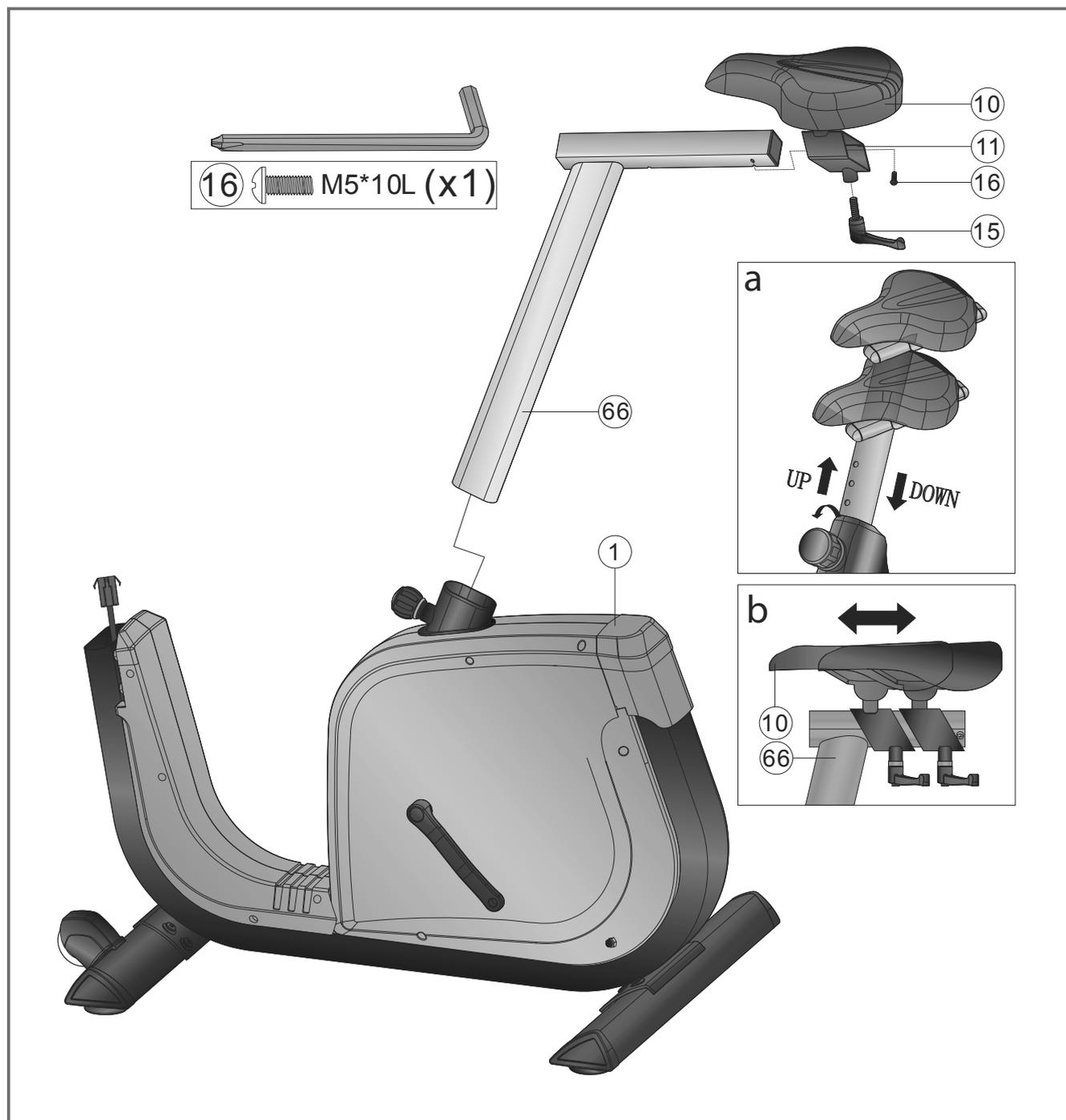
(1) Mount the front base (4) and the rear base (2) on the main frame (1) with the help of the spacer sleeve (7), spring washer (8) and socket screw (9).

(2) Turn the wheel under the foot cap in order to set the corresponding height. Tighten the screws. Mount the cover for wheel (23).



Step 2: Assembly of the saddle and seat tube

- (1) Mount the seat (10) on the adjusting tube of the seat (11).
- (2) Mount the adjusting tube on the seat post (66) with the help of the round cross screw (16) and quick-released knob (15).
- (3) The seat can be adjusted in a vertical and horizontal direction, see figure a. and b.

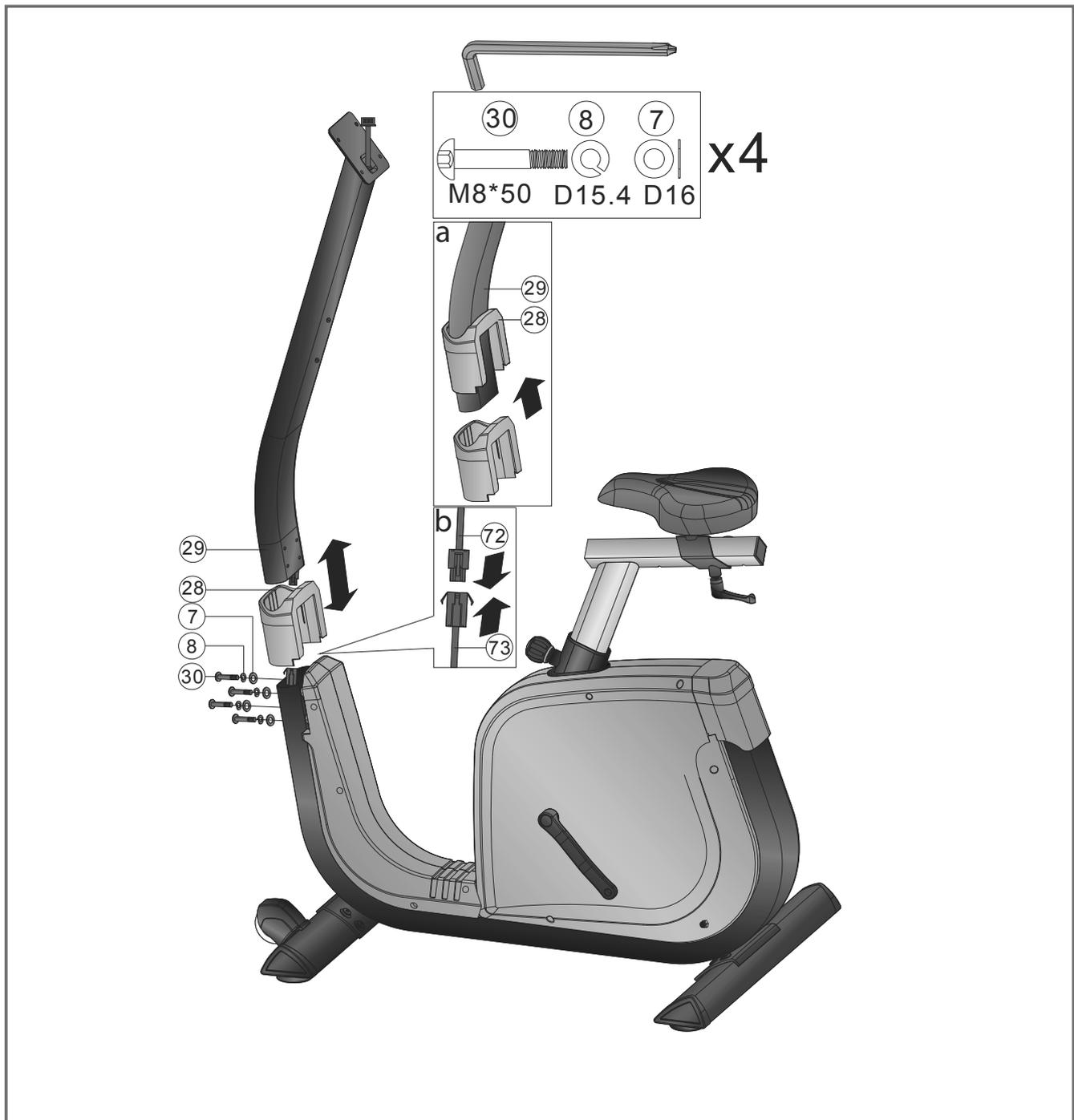


Step 3: Assembly of the handlebar tube

(1) This assembly step should be executed by at least two persons.

(2) First take the upper protective cover (28) off (see figure a). Then connect the computer cables (72 & 73) (see figure b).

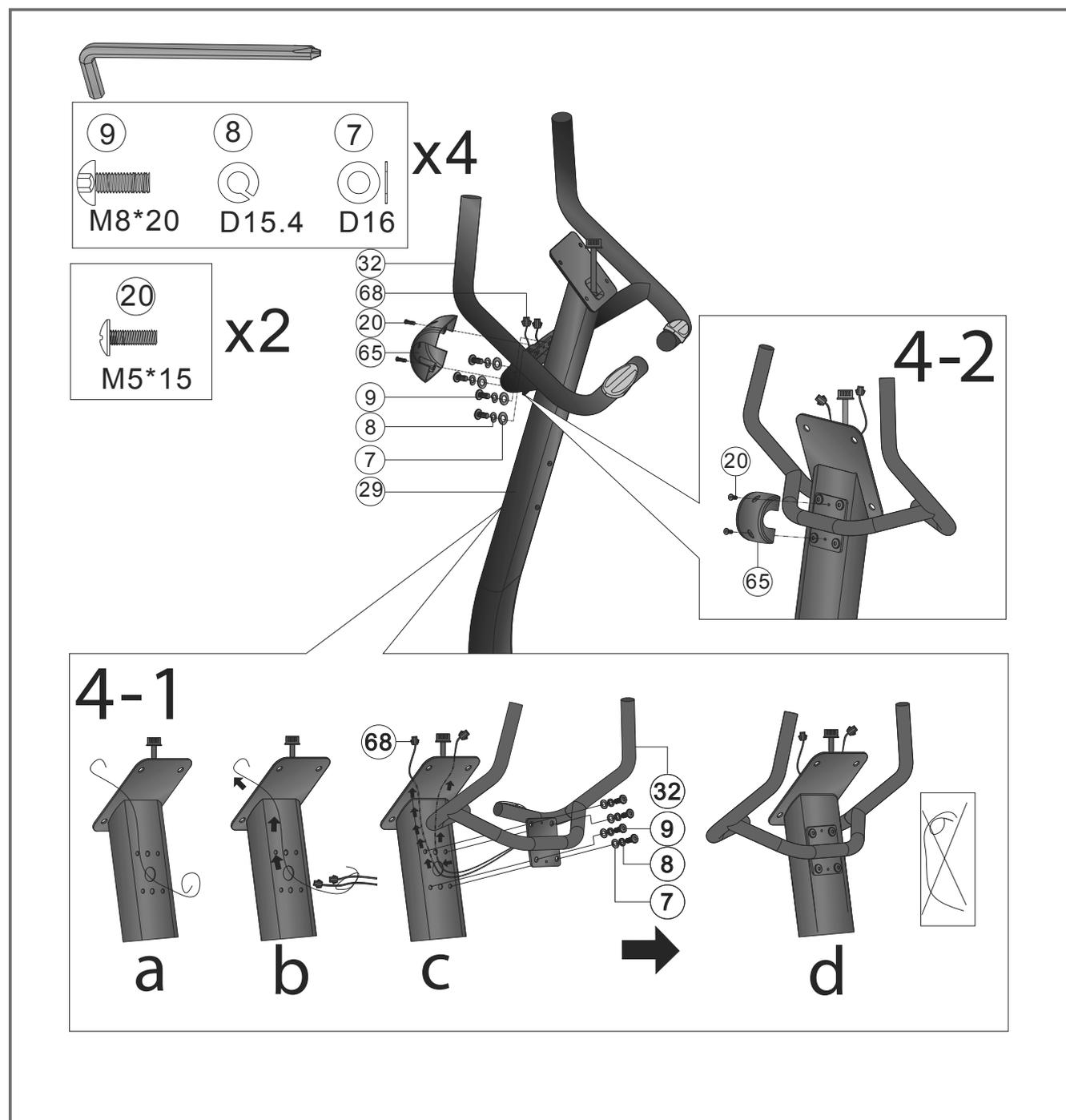
(3) Insert the handlebar tube (29) on the main frame and mount this with the spacer sleeve (7), spring washer (8) and socket screw (30). Place the upper protective cover back on and mount it on the main frame.



Step 4: Assembly of the handlebars

(1) Mount the handlebars (32) on the handlebar tube (29) by means of the protective cover (65), the spacer sleeve (7), the spring washer (8), the socket screw (9) and the screw (20).

(2) Make sure that all cables are correctly connected, see figure a, b, c, d.

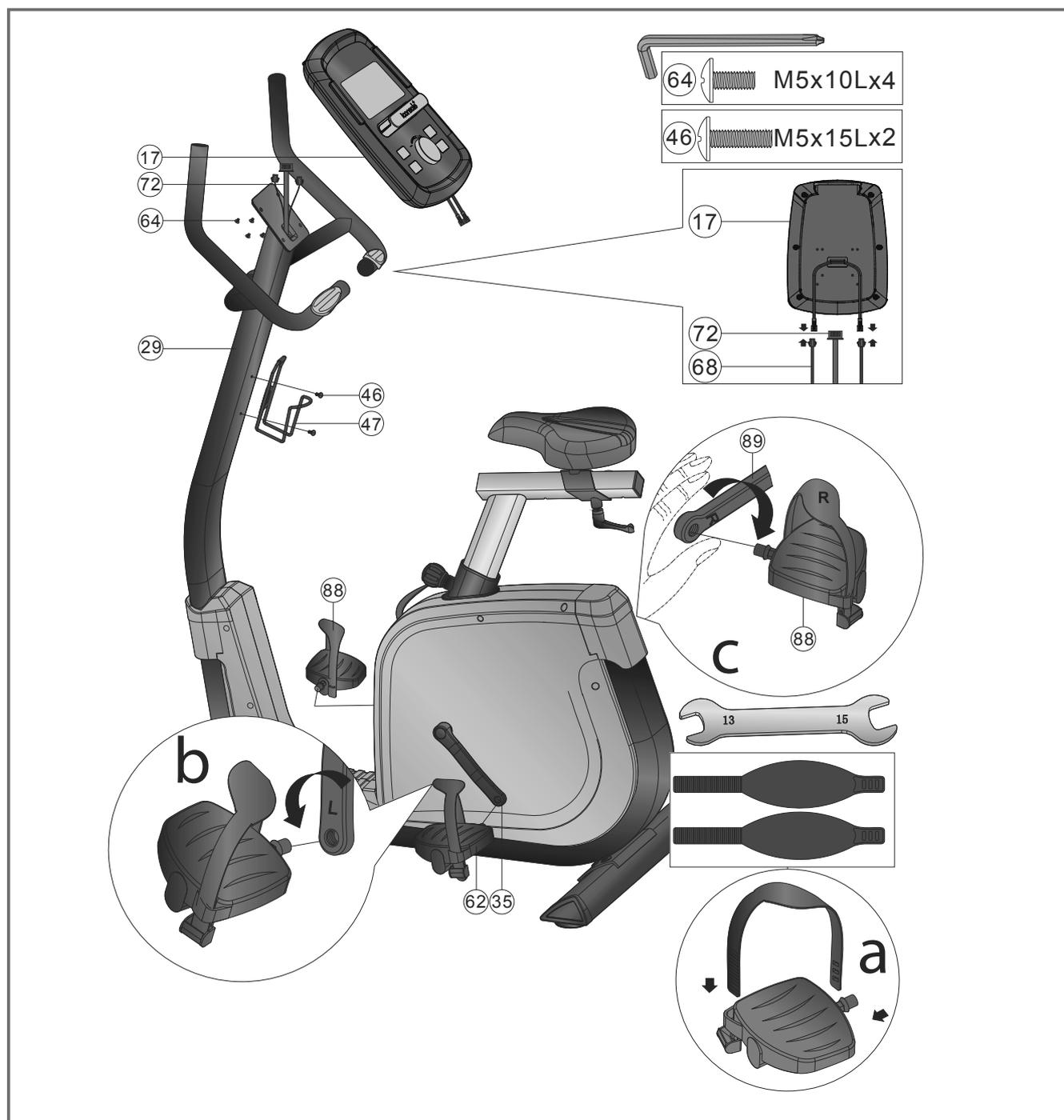


Step 5: Assembly of the console & pedals

(1) Connect the upper computer cable (72) and the hand pulse cable (68) with the computer (17) and mount the computer (17) on the handlebar tube (29) by means of the screw (64).

(2) Mount the pedal (62 & 88) to the crank (35 & 89), please see figure b,c.

Note: Tighten the right pedal clockwise, and the left pedal anti-clockwise.

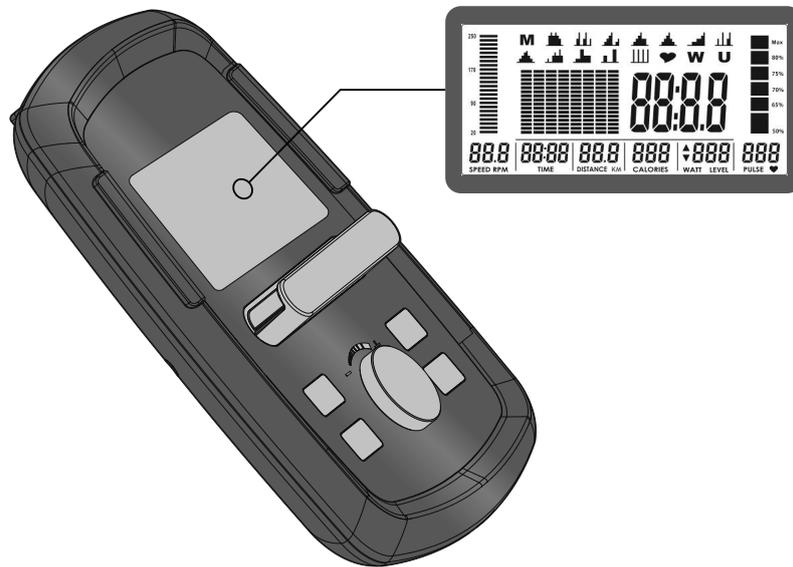


Step 6: Power connection

(1) Connect the adapter (81) with the adapter access on the rear part of the equipment.



4.1 Console display



<p>Time</p>	<p>When no target is set, the time counts up from 00:00 to a maximum of 99:59. When you work out with a pre-set time, the time counts from the pre-set time down to 00:00. Every pre-set increment is one minute from 00:00 to 99:00.</p>
<p>Speed</p>	<p>Displays the current training speed from 00.0 to 99.9 km/h or mph.</p>
<p>RPM</p>	<p>Displays the rotations per minute. RPM range: 0 – 15 – 999.</p>
<p>Distance</p>	<p>Counts the distance from 0.00 to 99.99 km or miles. A target value for the distance can be set with the UP/DOWN buttons. The desired distance can be set from 0.00 to 99.99 in increments of 0.1 km or miles.</p>
<p>Calories</p>	<p>Counts the calorie consumption during the training from 0 to a maximum of 9999 calories. (These data serve as rough guide for comparing different training sessions. However, it cannot be used for medical treatment.)</p>

Pulse	A target value for pulse can be set from 30 to 230. A signal sounds on the computer, when the current heart rate exceeds the target heart rate during the training.
Watts	Displays the current Watt of the training. Watt range: 0 to 999. In the Watt controlled mode, the Watt value can be set from 25 to 270.
Manual	Manual training mode.
Program	Select from 12 programmes.
User Program	Create and save your own profile programme.
H.R.C.	Target heart rate training mode.
Watt Program	Watt programme, the resistance is adjusted according to your pedalling speed, so that you train at a constant performance (Watt). The quicker you pedal, the lower is the resistance.

4.2 Button function

Up	Increase the resistance level. Increase values. Choose a programme.
Down	Reduce the resistance level. Reduce the values. Choose a programme.
Mode / Enter	Confirm setting of selection.
Reset	Hold pressed for two seconds to reboot the computer and to start with the user settings. Press shortly to return to the Stop mode or enter the training values in the main menu.
Start / Stop	Start or pause the training (Stop mode).
Recovery	Test the heart rate recovery pulse.
Body fat	Press the button in the stop mode to measure the body fat. During the measuring, the user holds the handles with both hands. The LCD displays "--"---"---" for eight seconds until the computer has finished the measuring. The LCD displays alternately BMI, FAT% every three seconds

4.3 Turning on and setting the equipment

Plug the adapter in the socket and the computer turns on. It displays all segments on the LCD screen for two seconds (fig. 1).

Then you start setting the user data. Select U1 to U4 with the UP or DOWN buttons. Enter gender, age, height (fig. 2), and the weight. Confirm the settings with MODE/ENTER. When you have entered the profile of the user data, the console switches to the main menu (fig. 3).

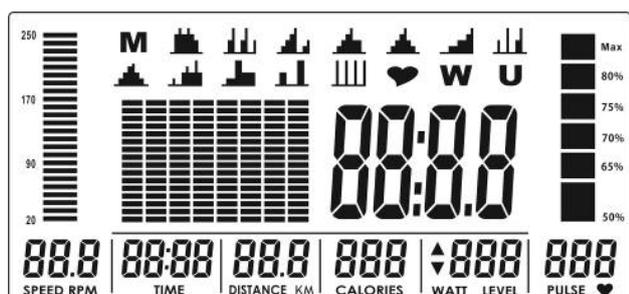


Figure 1

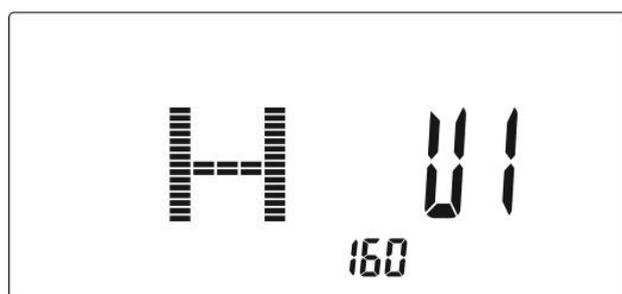


Figure 2

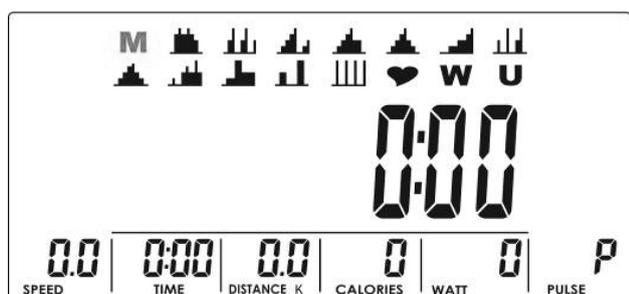


Figure 3

4.4 Training programme

Select the training with the UP or DOWN buttons: M (Manual) → P (Programme 1 to 12) → H.R.C. (heart rate controlled) → W (Watts) → U (User). Confirm the programme with MODE/ENTER.

4.4.1 MANUAL MODE

Press START in the main menu to start directly the training in the manual mode.

(1) Select a training programme with the UP or DOWN buttons. Select M and confirm with MODE/ENTER.

- (2) Set the intensity level with the UP or DOWN buttons (fig. 4). The default value is 1.
- (3) Enter the time (fig. 5), the distance (fig. 6), the calories (fig. 7), and the pulse (fig. 8) with the UP or DOWN buttons. Confirm your settings with MODE/ENTER.
- (4) Press START/STOP to start the training. During the training, the intensity level can be adjusted with the UP or DOWN buttons. When the intensity level is displayed in the WATT window, the value cannot be adjusted for three seconds. It switches to the display WATT (fig. 9).
- (5) Press START/STOP to pause the training. Press RESET to return to the main menu.

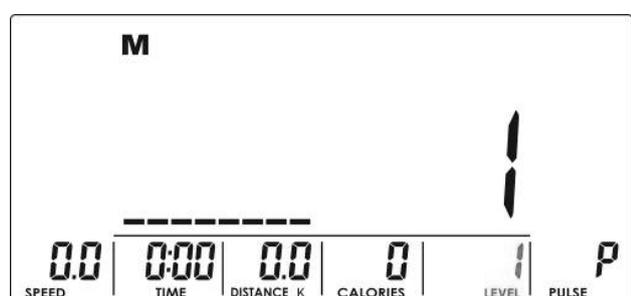


Figure 4

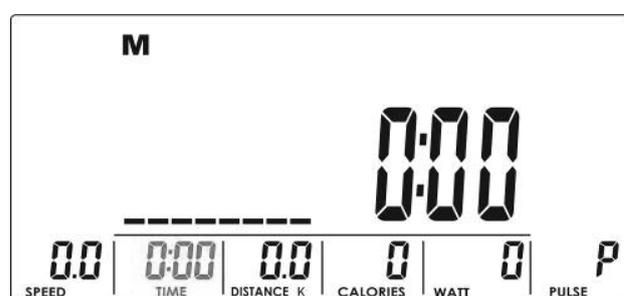


Figure 5

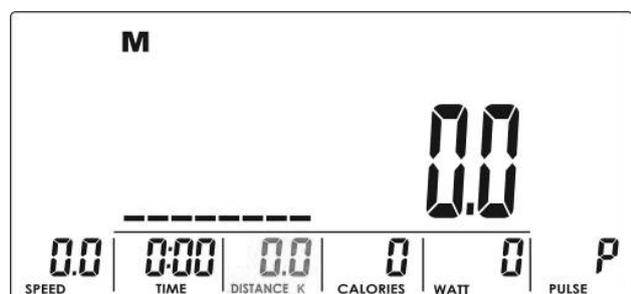


Figure 6

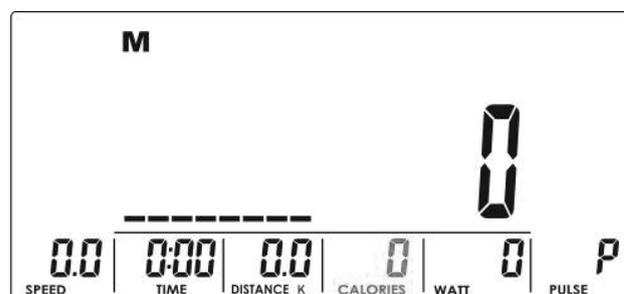


Figure 7

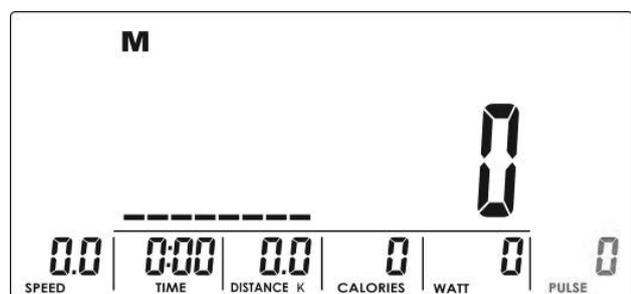


Figure 8

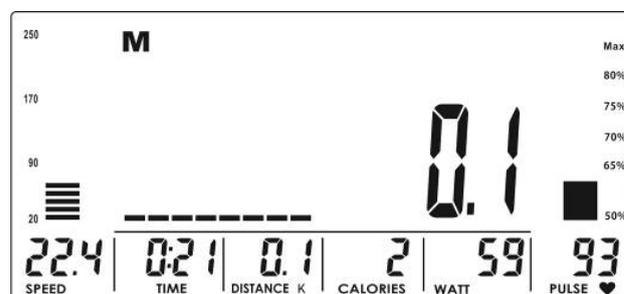


Figure 9

4.4.2 PROGRAM MODE

- (1) Select a training programme with the UP or DOWN buttons. Select P01, P02, P03, etc. and confirm your settings with MODE/ENTER.
- (2) Set the intensity level with the UP or DOWN buttons (fig. 10). The default value is 1.
- (3) Enter the time with the UP or DOWN buttons.
- (4) Press START/STOP to start the training. During the training, the intensity level can be adjusted with the UP or DOWN buttons.
- (5) Press START/STOP to pause the training. Press RESET to return to the main menu.

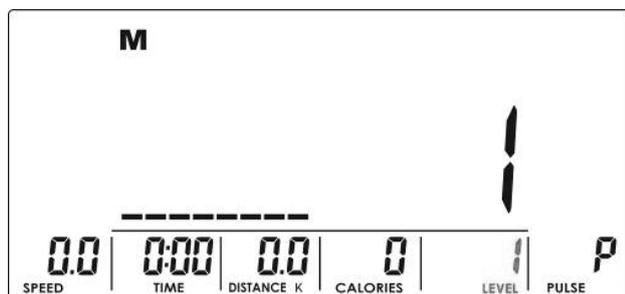


Figure 10

4.4.3 H.R.C. MODE

- (1) Select a training programme with the UP or DOWN buttons. Select H.R.C. and confirm with MODE/ENTER.
- (2) Select 55 % (fig. 11), 75 % (fig. 12) 90% (fig. 13) or TAG (target heart rate, default value: 100) (fig. 14) with the UP or DOWN buttons. When you select TAG, enter a value from 30 to 230 with the UP or DOWN buttons.
- (3) Enter the time with the UP or DOWN buttons.
- (4) Press START/STOP to start or pause the training. Press RESET to return to the main menu.

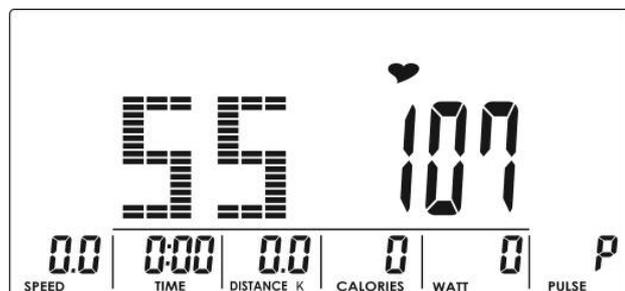


Figure 11



Figure 12

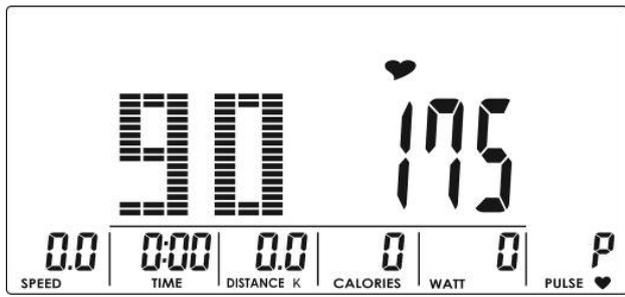


Figure 13

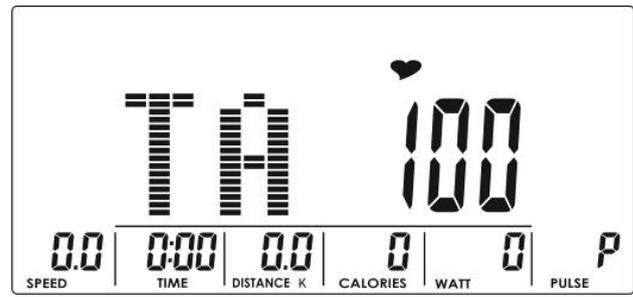


Figure 14

4.4.4 WATT MODE

- (1) Select a training programme with the UP or DOWN buttons. Select W and confirm with MODE/ENTER.
- (2) Set the WATT target (default value: 120, fig. 15) with the UP or DOWN buttons.
- (3) Enter the time with the UP or DOWN buttons.
- (4) Press START/STOP to start the training. During the training, the system adjusts automatically the intensity level according to the pedalling speed to keep the wattage (resistance) constant. Adjust the target WATT level with the UP or DOWN buttons during the training.
- (5) Press START/STOP to pause the training. Press RESET to return to the main menu.

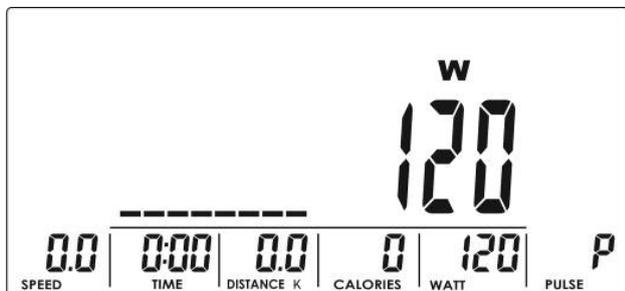


Figure 15

4.4.5 USER PROGRAM MODE

- (1) Select a training programme with the UP or DOWN buttons. Select U and confirm with MODE/ENTER.
- (2) Create a user profile (fig. 16) with the UP or DOWN buttons. All in all, there are eight columns. The user can set the intensity level of every column. Press MODE/ENTER for two seconds to finish it during the setting.
- (3) Enter the time with the UP or DOWN buttons.

- (4) Press START/STOP to start the training. During the training, the intensity level can be adjusted with the UP or DOWN buttons.
- (5) Press START/STOP to pause the training. Press RESET to return to the main menu.

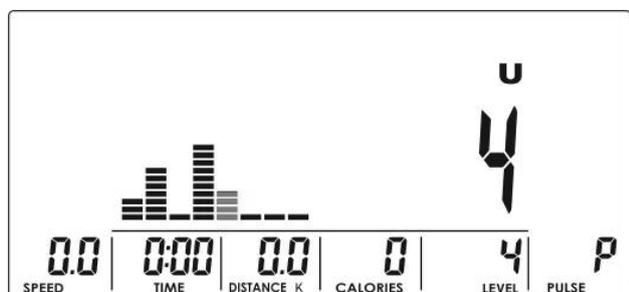


Figure 16

4.4.6 RECOVERY

After the training, you hold the handles with both hands or wear a chest strap and press the RECOVERY button. The display of all functions is stopped except for TIME. The time starts to count down from 00:60 to 00:00 (fig. 17). The screen displays your heart rate recovery state with F1, F2, to F6 (fig. 18). F1 stands for the best value, F6 stands for the worst. Continue exercising to improve your heart rate recovery state. (Press RECOVERY again to return to the main display.)



Figure 17

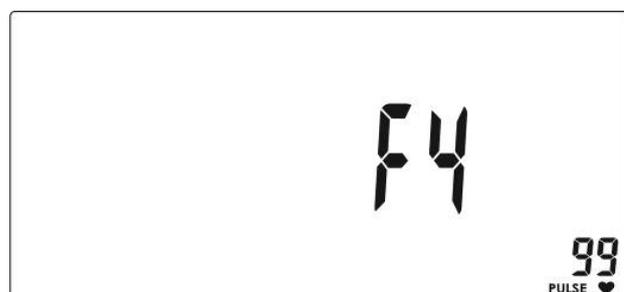


Figure 18

4.4.7 BODY FAT

- (1) Press BODY FAT in the STOP mode to start the measuring of your body fat.
- (2) The console displays UX (fig. 19) and starts to measure (fig. 20 to 21).
- (3) Hold the handles with both hands during the measuring. Once the console has detected the pulse, the LCD screen displays === for eight seconds (fig. 22) until the measuring is finished.

(4) The LCD screen displays the BMI (fig. 23), the fat percentage (FAT %, fig. 24), and the body fat symbol (BODY FAT, fig. 25).

(5) Error message:

* The display shows == => The handles are not correctly grasped with both hands.

* E1 -> There is no heart rate signal.

* E4 -> It is displayed, when the values of FAT % and BMI are less than 5 or higher than 50.

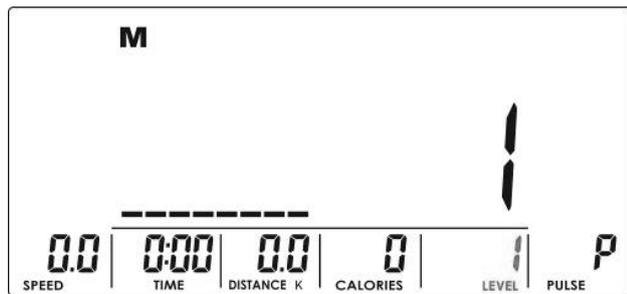


Figure 19

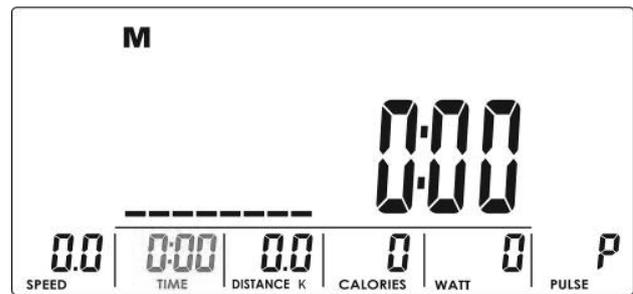


Figure 20

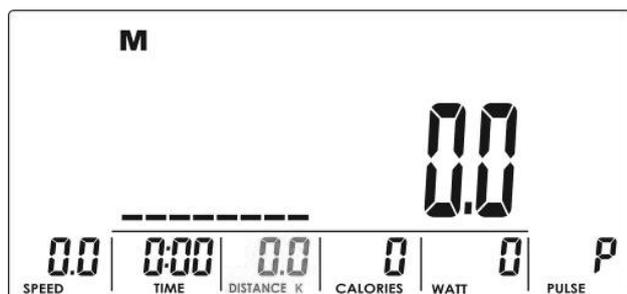


Figure 21

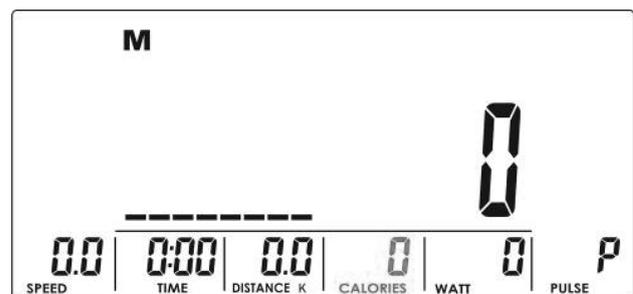


Figure 22

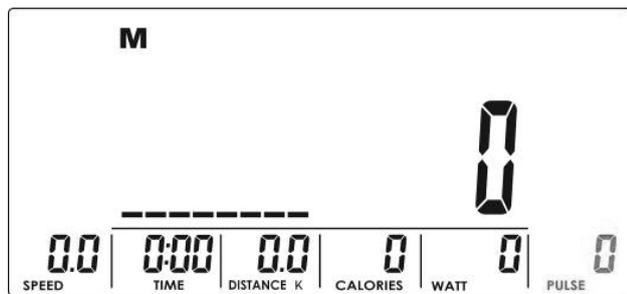


Figure 23

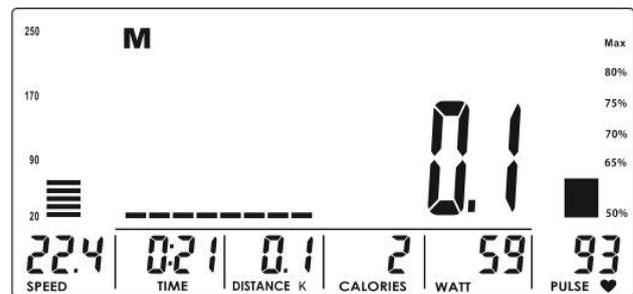


Figure 24

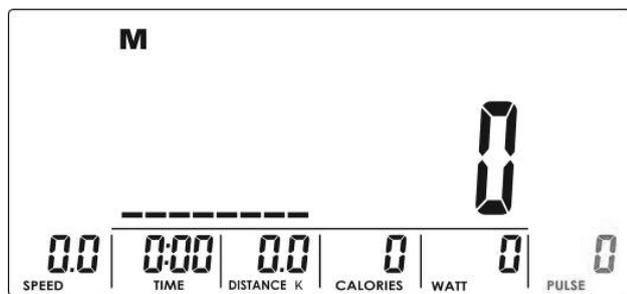


Figure 25

NOTE:

(1) After 4 minutes without pedaling or pulse input, console will enter into power saving mode. Press any key may wake the console up.

(2) When computer act abnormal, please plug out the adaptor and plug in again.

4.5 iConsole+ and Fit Hi Way training apps

Turn on the bluetooth connection on your tablet or smartphone and connect your mobile device with the fitness equipment.

Start your preferred fitness app (iConsole+ or Fit Hi Way) on your smartphone, connect the app with the equipment again if required.



NOTE:

1. The control of the console is turned off once the app is connected with your equipment.
2. When you leave the fitness app and turn off the bluetooth connection of your mobile device, the console turns on again

Find detailed instructions for the iConsole+ app here:

<http://www.chang-yow.com.tw/downloadfile.php?file=manual/iConsole-manual-eng.pdf>

Find detailed instructions for the Fit Hi Way app here:

<http://www.chang-yow.com.tw/downloadfile.php?file=manual/FitHiWay-manual-eng.pdf>

5.1 Heart-rate measuring

Pulse measuring via hand sensors

The hand sensors integrated in the handles beside the seat 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 ergometer 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.

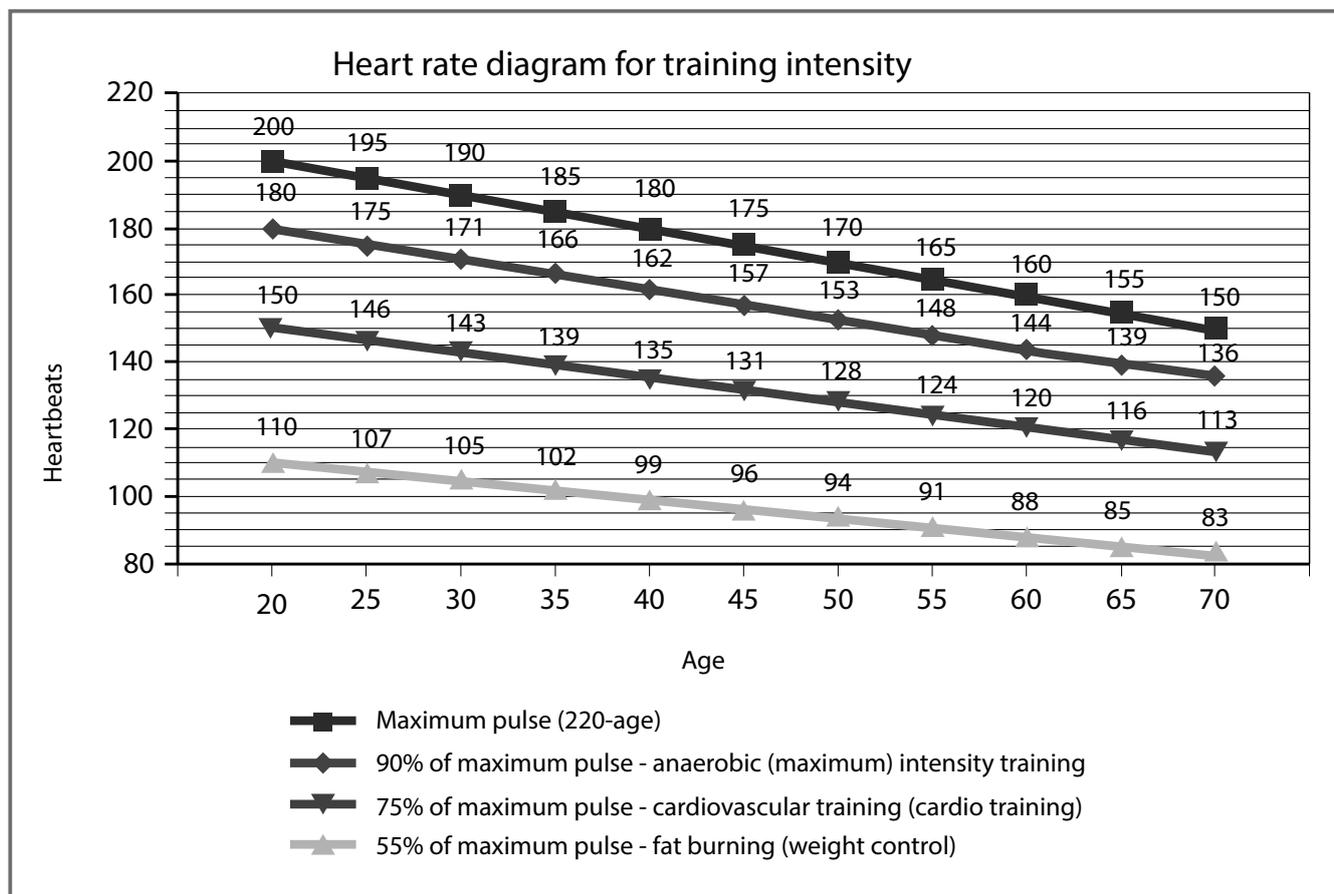
Cardiovascular training (cardio training): The primary goal is to increase stamina and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training period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

Different program functions of your training console support you in doing this. For example, you can complete an interval, incline or step counting training session.

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 to three training sessions a week. There should be a five-minute warm-up phase before every training. The training ends with a cool-down and targeted stretching.

Warm-Up approx. five min. Dynamic movement of larger muscle groups at low intensity. The body core temperature rises and the metabolism process starts quicker.

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

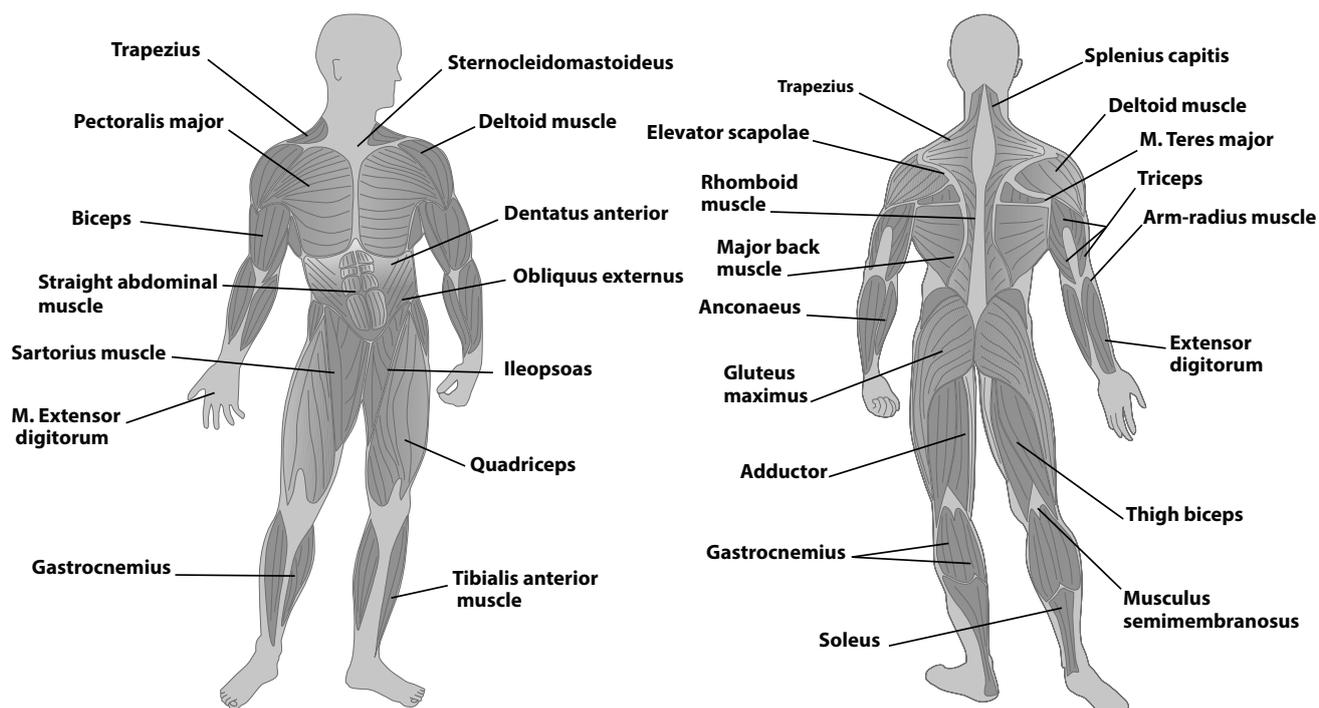
WEEK 3 + 4				
	Beginner		Advanced	
Days	Duration	Intensity	Duration	Intensity
Mon	25 min.	Slow speed no resistance	35 min.	Vary speed, keep resistance low
Wed	25 min.	Slow speed no resistance	35 min.	Vary speed, keep resistance low
Fri	25 min.	Slow speed no resistance	35 min.	Vary speed, keep resistance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

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

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

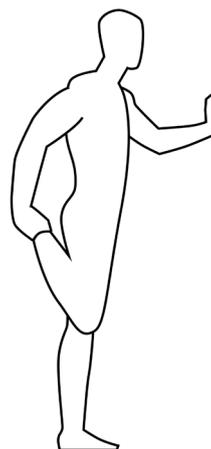
Cool-down approximately five minutes Finish your training at low resistance and at slow speed. Allow your body to gently slow back down.

5.4 Stretching exercises for leg & chest muscles



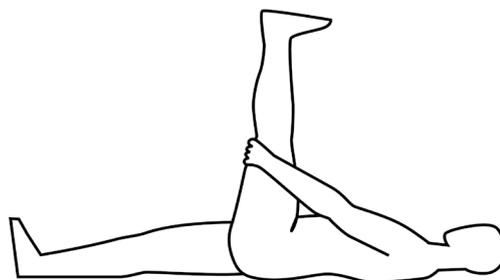
1. Exercise: Stretching of front thigh / leg extension (quadriceps)

- 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



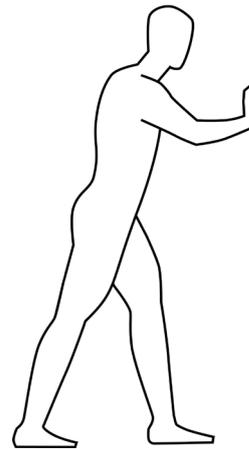
2. Exercise: Stretching the back thigh / leg curl (hamstring)

- 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



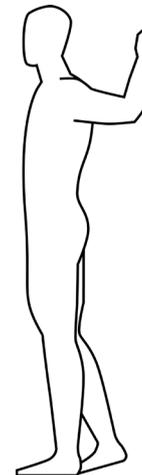
3. Exercise: Stretching the calf muscles (gastrocnemius)

- 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!

6 WARRANTY INFORMATION

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.

Warranty

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

Warranty periods

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

Model	Use	Full warranty
BX70i-2	Home use	24 months
	Semi-professional use	12 months

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.

8 ORDERING ACCESSORIES

	<p>Sport-Tiedje floor mat, size L Art. no. ST-FM-L</p>
	<p>Polar Transmitter Chest Strap T34 uncoded Art. no. T34</p>
 	<p>Chest-strap contact gel 250ml Art. no. BK-250</p>
	<p>Fitness equipment care kit Art. no. HF-500</p>

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

DE	DK	FR
<p>☎ +49 4621 4210-0</p> <p>☎ +49 4621 4210-699</p> <p>✉ service@sport-tiedje.de</p> <p>Mo. - Fr. 8:00 - 18:00</p> <p>Sa. 9:00 - 18:00</p>	<p>☎ 80 90 16 50</p> <p>☎ +49 4621 4210-945</p> <p>✉ info@t-fitness.dk</p> <p>Ma. - Fr. 8:00 - 18:00</p> <p>Lø. 9:00 - 18:00</p>	<p>☎ +33 (0) 172 770033</p> <p>☎ +49 4621 4210-933</p> <p>✉ service-france@sport-tiedje.fr</p> <p>Lun. - Ven. 8:00 - 18:00</p> <p>Sam. 9:00 - 18:00</p>
NL	UK	INT
<p>☎ +31 172 619961</p> <p>✉ info@fitshop.nl</p> <p>Ma. - Do. 9:00 - 17:00</p> <p>Vr. 9:00 - 21:00</p> <p>Za. 10:00 - 17:00</p>	<p>☎ +44 141 876 3972</p> <p>✉ orders@powerhousefitness.co.uk</p> <p>Mon. - Fri. 9:00 - 17:00</p>	<p>☎ +49 4621 4210-0</p> <p>✉ service-int@sport-tiedje.de</p> <p>Mon - Fri 8:00 - 18:00</p> <p>Sat 9:00 - 18:00</p>

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:

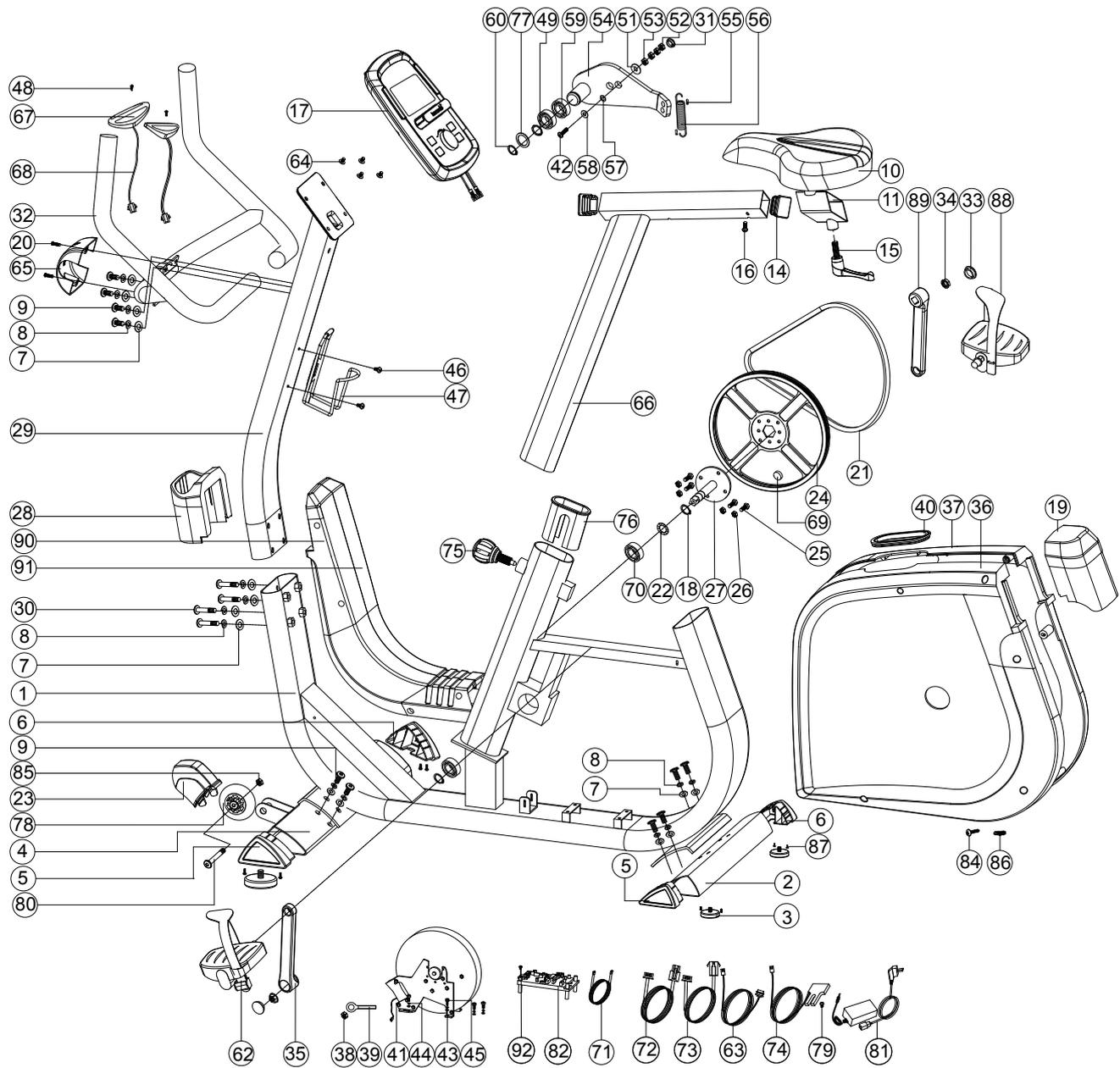
9.3 Parts list

No.	Qty.	Description	Drawing no.	Specification
1	1	Main frame	815S0-3-1000-J2	
2	1	Rear stabilizer	709S0-6-2107-J2	95.4*50.6*2.0Tx500L
3	4	Adjustable wheel	709S0-6-2174-B0	D59*M10*40L
4	1	Front stabilizer	832S0-3-2100-J0	
5	2	Tri-angle cap(left)	55357-B-5095-B8	95.7*57.2*51.3
6	2	Tri-angle cap(right)	55357-A-5095-B8	95.7*57.2*51.3
7	16	Flat washer D16*D8.5*1.2T	55108-1-1612-FA	D16*D8.5*1.2T
8	16	Spring washer D15.4 XD8.2x2T	55108-2-1520-FA	D15.4 XD8.2x2T
9	12	Allen bolt M8x1.25x20L	50308-5-0020-F0	M8x1.25x20L
10	1	Seat LS-A28	58001-6-1351-B0	LS-A28
11	1	Seat adjustment tube	84802-3-4000-J0	
14	2	Oval cap	55318-2-3838-B8	38x38x18L
15	1	quick-released knob	52712-2-0025-BA	M12*25L
16	2	round cross screw	50805-2-0010-N0	M5*0.8*10L
17	1	Computer SE-2560-31	815S1-6-2501-B1	SE-2560-31
18	2	C-clip D22.5*D18.5*1.2T	55519-1-2312-DA	D22.5*D18.5*1.2T
19	1	Rear cover	81502-6-2430-V20	137.2*61.2*158.3
20	2	Bolt M5x0.8x15L	50805-2-0015-F0	M5x0.8x15L
21	1	Belt	58004-6-1041-00	995 J6
22	1	Waved washer D27*D21*0.3T	55120-5-2703-DA	D27*D21*0.3T
23	2	Cover for wheel	832S0-6-2176-B0	93.2*64.7*62
24	1	pulley	58008-6-1017-03	D260*19
25	4	Bolt M6x1.0x15L	50106-5-0015-C0	M6x1.0x15L
26	4	Nylon nut M6x1.0x6T	55206-1-2006-CA	M6x1.0x6T
27	1	Crank axle	817S0-3-2903-00	
28	1	Upper protective cover	81800-6-4580-V20	137.1*121*73.4
29	1	Handlebar post	815S1-3-2000-J1	
30	4	Allen bolt M8*1.25*50L	50308-5-0050-UF3	M8*1.25*50L
31	1	bolt cover	18600-6-2171-B0	D29*21(M8)
32	1	Fixed handlebar	81000-3-2400-B2	
33	2	Screw cover D26*11L	81502-6-2779-B0	D26*11L

No.	Qty.	Description	Drawing no.	Specification
34	2	Anti-loosen nut M10*1.25*10T	70501-6-2775-N0	M10*1.25*10T
35	1	Left crank	58007-6-1082-D0	170Lx9/16"-20BC
36	1	Left chain cover	81502-6-4501-V20	534.7*502*78.1
37	1	Right chain cover	81502-6-4502-V20	534.7*502*82.7
38	2	Allen nut M6*1.0*6T	55206-2-2006-NA	M6*1*6T
39	1	Adjustable bolt	84302-6-3302-N0	M6*1.0*46
40	1	Round cycle for chain cover	81502-6-4503-B0	117*58*9.3
41	1	EMS system	80150-3-3102-05	D265*86
42	1	Allen bolt M8x1.25x50L	50308-5-0050-C0	M8x1.25x50L
43	4	Flat washer D13*D6.5*1.0T	55106-1-1310-NA	D13*D6.5*1.0T
44	4	Spring washer D10.5*D6.1*1.3T	55106-2-1013-NA	D10.5*D6.1*1.3T
45	4	Allen screw M6*1.0*15L	54006-5-0015-D0	M6*1.0*15L
46	2	Bolt M5*0.8*15L	52605-5-0015-F0	M5*0.8*15L
47	1	Water bottle holder	186N3-6-2074-J1	
48	2	Screw ST4*25L	50904-2-0025-D0	ST4*25L
49	1	Waved washer D21xD16.2x0.3T	55116-5-2103-DA	D21xD16.2x0.3T
51	1	Plastic washer	55110-1-5010-BF	D50*D10*1.0T
52	2	Nylon nut M8*1.25*8T	55208-1-2008-NA	M8*1.25*8T
53	2	Nut M8*1.25*6T	55208-2-2006-NA	M8*1.25*6T
54	1	Fixing plate for idle wheel	742G0-3-1600-N0	
55	2	Plastic cover	803K0-6-1082-00	D3*30L
56	1	Spring D2.2*D14*65L	58003-6-1024-N0	D2.2*D14*65L
57	1	Plastic washer D10*D24*0.4T	55110-1-2404-BF	D10*D24*0.4T
58	1	Flat washer D28*D8.5*3T	55108-1-2830-NA	D28*D8.5*3T
59	2	Bearing #99502	58006-6-1016-00	#99502
60	1	C-clip S-16(1T)	55516-1-0010-00	S-16(1T)
60	1	C-clip S-16(1T)	65Mn	65Mn
62	1	Left pedal	58029-6-1105-B0	JD-36A 9/16"
63	1	Electric cable	81550-6-2596-01	1250L
64	4	Bolt M5x10L		M5x10L
65	1	Protective cover	81000-6-2481-B0	100*81*40.8
66	1	Seat post	81551-3-2200-C0	
67	2	Handle pulse sensor	16800-6-2478-00	PE18

No.	Qty.	Description	Drawing no.	Specification
68	2	Handle pulse cable	81800-6-2479-00	700L
69	1	Round magnet	174R4-6-2574-00	M02
70	2	Bearing #6004-2RS(C0)	58006-6-1040-01	#6004-2RS(C0)
71	1	Connecting cable	82050-6-3177-00	350L
72	1	Upper computer cable	80150-6-2572-01	1000L
73	1	Lower computer cable	81550-6-2573-00	1800L
74	1	Sensor cable	81850-6-2576-00	450L
75	1	Knob	52916-2-0022-G1	D50xM16x22xD8
76	1	Inner tube	195E5-6-1071-B0	40x80x129
77	1	Flat washer D24*D16*1.5T	55116-1-2415-NA	D24*D16*1.5T
78	2	Round wheel	84302-6-2175-00	D70.5*23
79	1	Bolt M5x0.8x12L	52605-2-0012-N0	M5x0.8x12L
80	2	Allen bolt M8*1.25*40L	50308-5-0040-F3	M8*1.25*40L
81	1	Adaptor	81750-6-2584-00	OUTPUT 26V,2.3A
82	1	Controller	81750-6-2597-00	EMS2500-A01
84	13	Screw ST4.2x1.4x20L	53342-2-0020-N0	ST4.2x1.4x20L
85	2	Nylon nut M8*1.25*8T	55208-1-2008-FA	M8*1.25*8T
86	3	pin	71600-6-4586-60	D6*26.5*7.7
87	8	screw	52804-2-0012-N0	ST4*1.41*12L
88	1	right pedal	58029-6-1105-B0	JD-36A 9/16"
89	1	right crank	58007-6-1081-D0	170Lx9/16"-20BC
90	1	front left decorative cover	81502-6-4514-V20	338.3*72.2*420.5
91	1	front right decorative cover	81502-6-4515-V20	338.3*68*420.5
92	2	screw	53342-2-0015-N0	ST4.2x1.4x15L
/	1	allen cross wrentch	58030-6-1031-N1	M6
/	1	open-end wrentch	58030-6-1035-N1	155*30*5T

9.4 Exploded drawing



CONTACT

Company head office

Sport-Tiedje GmbH
Flensburger Str. 55
24837 Schleswig

Hotline for Technical Information

DE	DK	FR
 +49 4621 4210-0	 80 90 16 50	 +33 (0) 172 770033
 +49 4621 4210-698	 +49 4621 4210-945	 +49 4621 4210-933
 technik@sport-tiedje.de	 info@t-fitness.dk	 service-france@sport-tiedje.fr
NL	UK	INT
 +31 172 619961	 +44 141 876 3986	 +49 4621 4210-0
 info@fitshop.nl	 support@powerhousefitness.co.uk	 service-int@sport-tiedje.de

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

DISCLAIMER



©2010 cardiostrong® is a registered brand of the company Sport-Tiedje GmbH. All rights reserved. Any use of this trademark without the explicit written permission of Sport-Tiedje is prohibited.

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

 cardiostrong  [®]

 Ergometer BX70i 