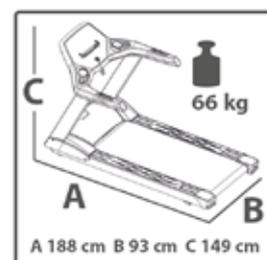




## Assembly and operating instructions



Art. No. CST-TF50

Treadmill **TF50**



**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](http://www.sport-tiedje.com) or [www.cardiostrong.de](http://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 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

### LCD - Anzeige von

- + speed in km/h
- + training time in min
- + training distance in km
- + calories burnt in kcal
- + heart rate (when using the hand sensors or a chest strap)
- + incline in %

Motor output: 2.0 HP continuous output (DC motor)

Speed range: 0 - 16 km/h

Speed hot keys: 4

Incline range: 0 - 15 %

Incline hot keys: 4

Training programmes in all: 18

Pre-set programmes: 15

User-defined programmes: 3

Size of running surface (L x W): 140 x 45 cm

### Weight and dimensions:

Product weight (gross, incl. packaging): 73 kg

Product weight (net, without packaging): 66 kg

Packaging dimensions (L x W x H): approx. 1745 mm x 770 mm x 420 mm

Set-up dimensions (L x W x H): approx. 1880 mm x 930 mm x 1490 mm

Folding dimensions (L x W x H): approx. 1200 mm x 930 mm x 1650 mm

Maximum user weight: 120 kg / 264 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 running training by 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.
- + The equipment has stable steps on the sides that you can stand on in case of an emergency and leave the equipment.
- + The safety key should be inserted during all training.
- + The safety key and the power cable should be removed when you are not present in order to rule out improper usage by third parties.

## Safety Key

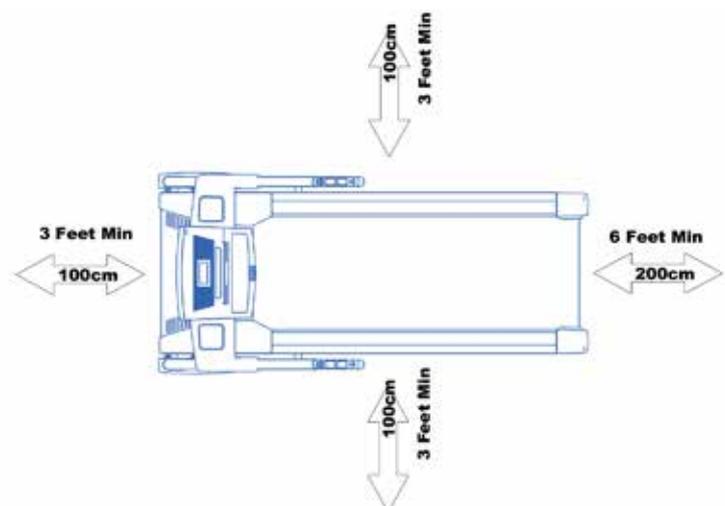
- + The equipment has an EMERGENCY STOP mechanism for your safety. The equipment may only be operated when the safety key is properly attached to the contact point of the cockpit. The equipment will automatically stop immediately if the safety key is no longer on the contact point. That is why you should attach the safety key string with the clip to your clothing before training. Remove the safety key from the cockpit with the help of the string if you would like to quickly stop the treadmill, you can no longer handle the speed or an emergency occurs.
- + In order for the safety key to be released from the cockpit contact point in the event of a fall, the clip of the safety key must be attached (fixed) to your clothing!
- + An uncontrolled usage of the equipment by third parties can be avoided by removing and storing the safety key.
- + Prevent children from having access to the safety key.

## 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 usage 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..



## 2.1 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 (contract partner service technicians).
- + 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 Errors and error diagnosis

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.

Error	Cause	Repair
Console only shows lines	Safety key missing	Check if the safety key is inserted and place it in
Running belt tilted	Running belt not aligned	Align running belt in accordance with the instructions
Running belt slips through/stops	Belt tension/lubrication not ok	Check belt tension/lubrication in accordance with the instructions
Scraping noises	Running belt scrapes, because it is not aligned	Align running belt in accordance with the instructions
Display does not show anything	Check plug connections (cables)	Mains switch on "on", make sure that the safety key is inserted
No pulse display	Sources of interference in the room	Remove sources of interference (e. g. mobile phone, speakers, etc.)
	<u>With chest strap</u> Unsuitable chest strap	Use suitable chest strap (see recommended accessories)
	Position of the chest strap incorrect	Reposition chest strap and/or moisten electrodes
	Batteries empty	Change batteries

## 2.3 Error codes and troubleshooting

The electronics of the treadmill does tests continuously. In case of deviations from the normal operation, an error code is displayed and the operation of the treadmill is stopped.

You can do the troubleshooting of many errors on your own. Please do the following three steps first:

1. Check if the safety clip is correctly inserted.
2. Turn the treadmill off on the power switch, wait a few seconds and turn it on again.
3. Check all cable connections, mainly the cables, which are connected with the console. Before you check the cable connections, the mains plug needs to be plugged out.

If these steps are not successful, please contact the technical service of your contract partner and explain your issue. Please have the product number, the serial number, and the error code ready in order to communicate it to the service team and for a very quick order processing.

### **Error codes with description:**

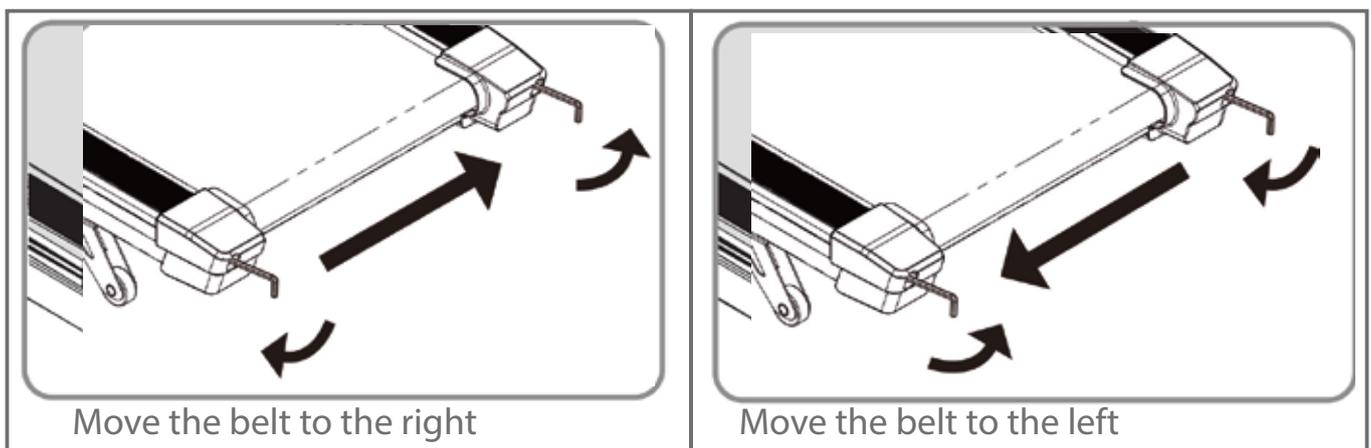
E1 and E13:	Connection error
E2:	Motor error or error of the IGBT
E3:	No speed signal
E4:	No incline signal
E5:	Mains voltage is too high
E6:	Engine damage
E10:	Damage of the voltage conversion

## 2.4 Care and maintenance

The most important maintenance measure is taking care of the running belt. This includes the adjustment, tensioning and lubrication of the running belt. Damage caused due to a lack of care or negligence will not be covered by the warranty. Thus, check for maintenance in regular intervals. Be extremely careful when adjusting and tightening the belt, because a strong over or under tension may lead to damage. The running mat is set properly in the factory before delivery. However, the running mat may get out of place during transport.

## Adjustment of the running mat

- + During training, the running belt should run as centered and straight as possible. The alignment of the running belt may change depending on the stress and load. Another reason can be the positioning of the equipment on an uneven surface.
- + While adjusting the belt, let the equipment run with a speed of approximately 5km/h. Nobody may be on the equipment during this process.
- + If the running belt drifts off to the left, turn the left setting screw on the rear end of the equipment at most 1/4 rotation clockwise and the right setting screw at most 1/4 rotation counterclockwise (fig. C).
- + If the running belt drifts off to the right, turn the right setting screw on the rear end of the equipment at most 1/4 rotation clockwise and the left setting screw at most 1/4 rotation counterclockwise (fig. D).
- + Then watch how the belt runs for approximately 30 seconds, because the change will not be visible immediately.
- + Repeat the process until the running belt runs straight again. If the running mat cannot be adjusted, please contact the contract partner.
- + If the running mat (belt) cannot be adjusted, please contact your contract partner.



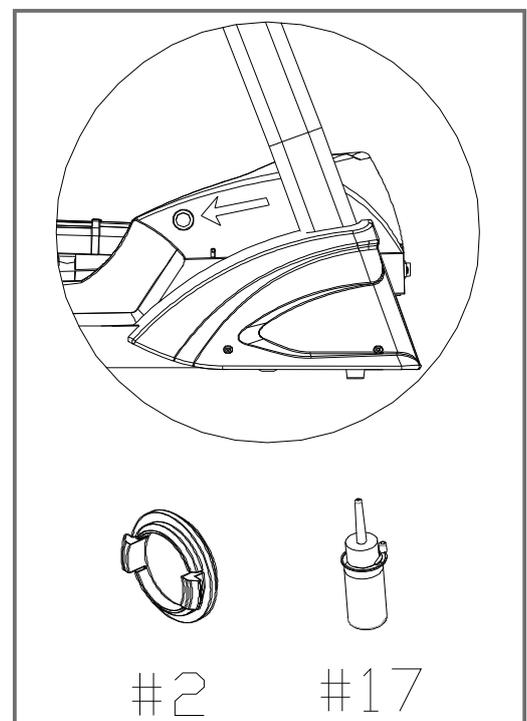
## Tensioning the running belt again

- + If the running belt slips over the rollers during operation (if this is the case, a noticeable jerking will be noticed while running), the running belt must be tensioned again. In most cases, the cause for the slipping is a straining of the belt through usage. This is completely normal.
- + It can be tightened through the same setting screws that were used during adjustment.

- + While tightening the belt, let the equipment run at a speed of 5km/h.
- + Turn the left and right setting screws directly after each other a max. 1/4 clockwise rotation.
- + Then check if the running belt is still slipping. If this is the case, you must repeat the described process.

### Lubrication of the running belt

- + When the running mat is not sufficiently lubricated, the friction between the running mat and the deck gets more. It might result in a higher wear of the treadmill quickly. The treadmill was already treated once with silicone oil at the factory before the delivery.
- + When you feel a higher friction, it is recommended to do the lubrication. The running mat should be lubricated at least every six months.
- + How to lubricate the treadmill: First, remove the small rubber cap (2) from the cover of the motor. Behind the rubber cap, there is a small synthetic tube. Fill the content of the provided silicone spray in to the tube. Put the rubber cap on again afterwards. In order to achieve a smooth lubrication, let the treadmill run at a low speed for some minutes. Please pay attention to the fact that the treadmill will not be upfolded directly after the lubrication, because the silicone oil might run out of the smaller tube.
- + Every treadmill is delivered with a small bottle of silicone oil. When your oil is used, please contact your contract partner to purchase new silicone oil.
- + Before a longer non-use of the machine, this maintenance needs to be done as well.



## 2.5 Maintenance and service calendar

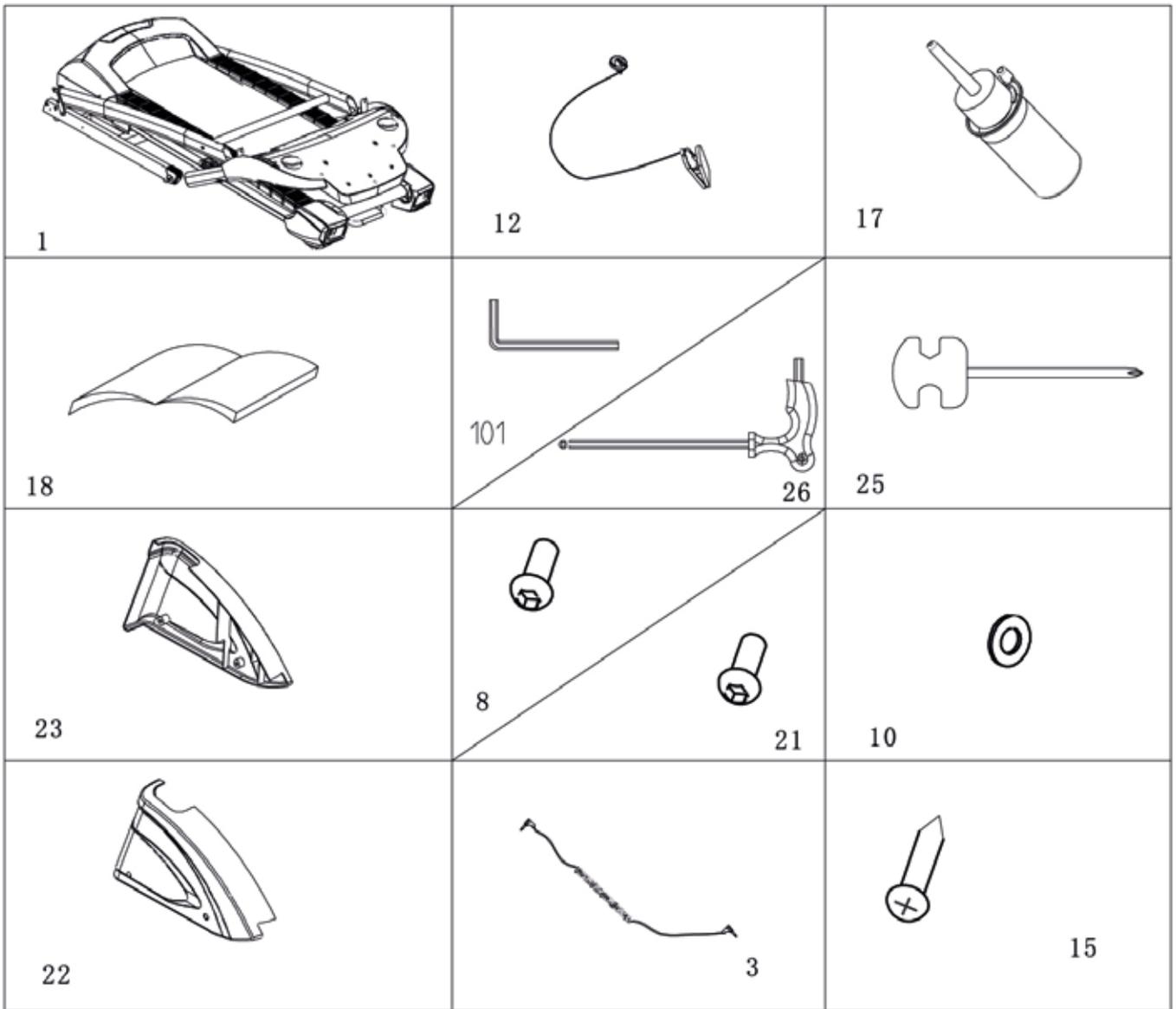
The cockpit, casing, handrails and entire frame must be cleaned after every training session with a moist towel (no solvent!) in order to avoid damage caused by sweat. After 150 hours of operation, the maintenance symbol reminds you to clean the treadmill. After you have cleaned the treadmill and checked all components, turn off the symbol by simultaneously pressing the INCLINE up and INCLINE down buttons.

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

<b>Part</b>	<b>Weekly</b>	<b>Monthly</b>	<b>2x annually</b>
Display console	C	I	
Belt tension			I
Belt lubrication			I
Plastic covers	C	I	
Screws & 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.



1	Pre-mounted treadmill	22	Cover left
12	Safety plug	23	Cover right
17	Silicone oil	8	Screws M8*16
3	MP3 cable	21	Screws M8*48*15*S6
18	User manual	10	Washers D8
26	T-key S6	15	Screws ST4.2*16
25	Wheel wrench	101	Tool S6

### 3.2 Assembly instructions

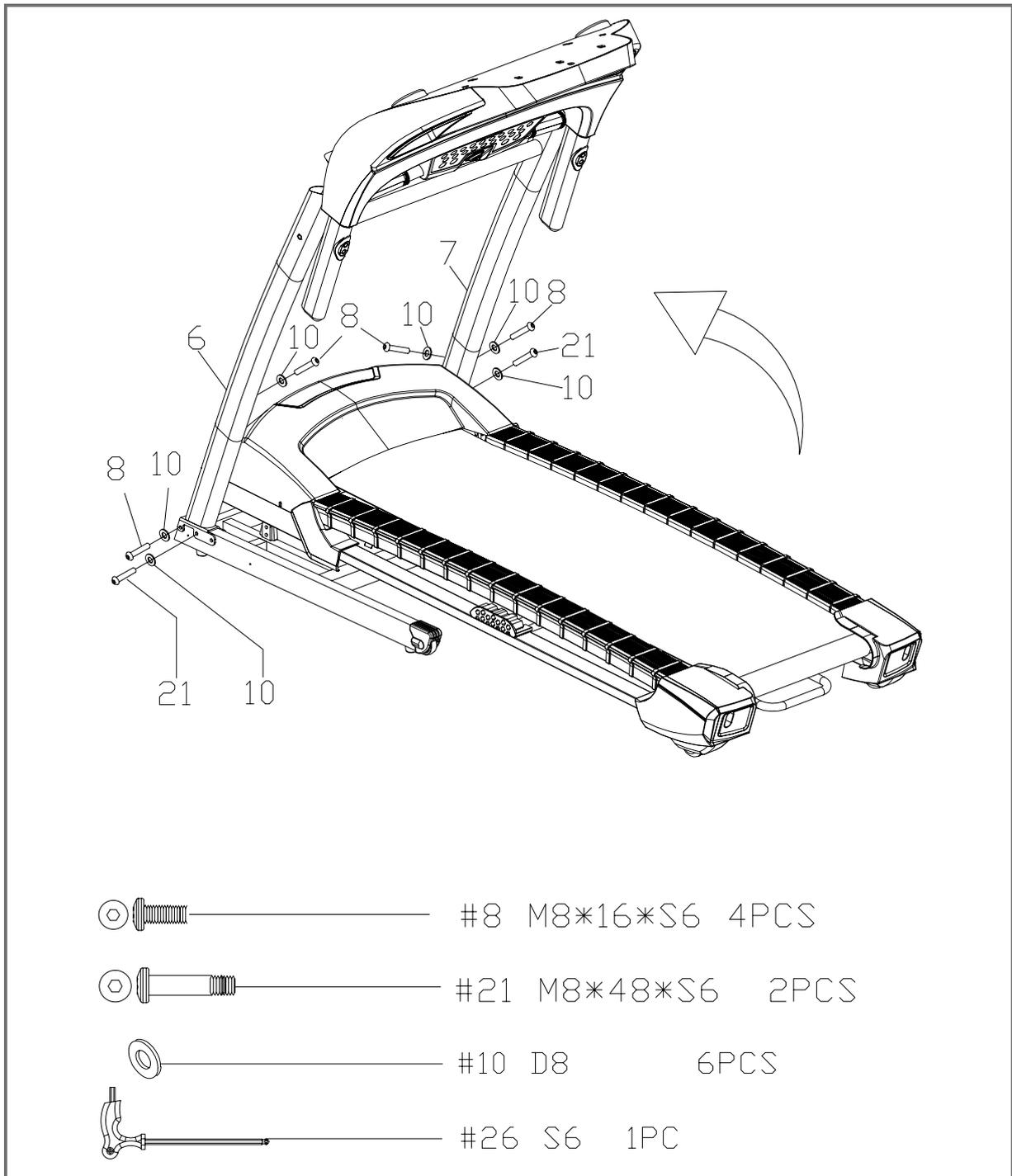
After unpacking, check if the machine is possibly damaged. If the machine is damaged or parts are missing, please contact our customer service.

1. As the treadmill is very heavy, we recommend to remove the upper cover of the packaging first; fold the sides downwards. Then you do not have to lift the treadmill out of the box.
2. Take all parts out of the box, before you start the assembly. Remove the plastics and place all parts on a layer in front of you. Keep the floor under the treadmill free. The rear part of the treadmill might have to be slightly lifted in order to get at the parts below.

Before the assembly, look carefully at the single illustrated assembly steps and do the assembly according to the given order.

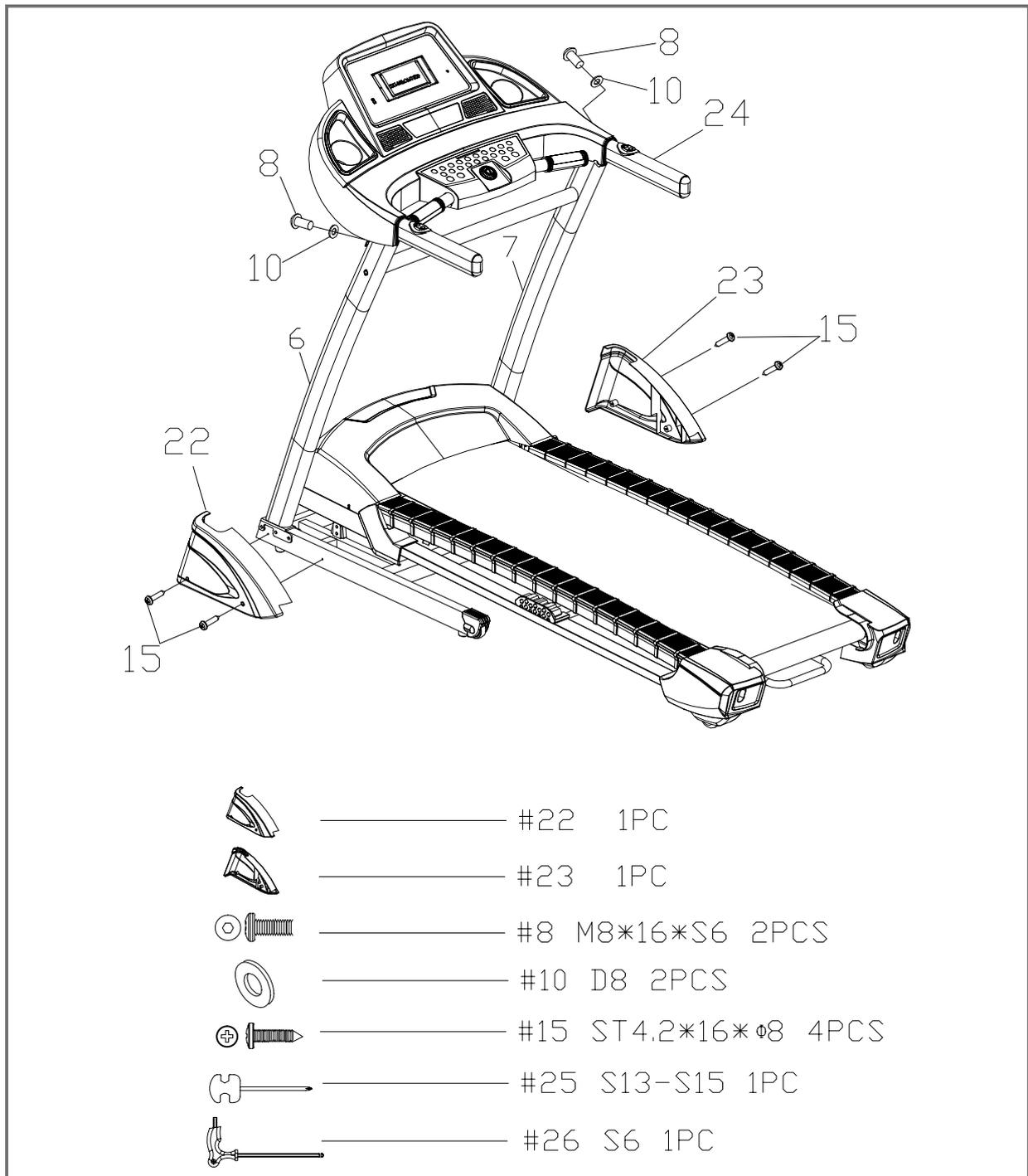
## Step 1

Set the frame tubes (6)(7) carefully upright. Please makes sure that the cables do not get damaged. Align the frame to the drillings and mount it on both sides each with two screws (8) and washers (10) as well as a screw (21) and a washer (10). Use the provided tools (26)(129) and make sure that the screws are tightened then.



## Step 2

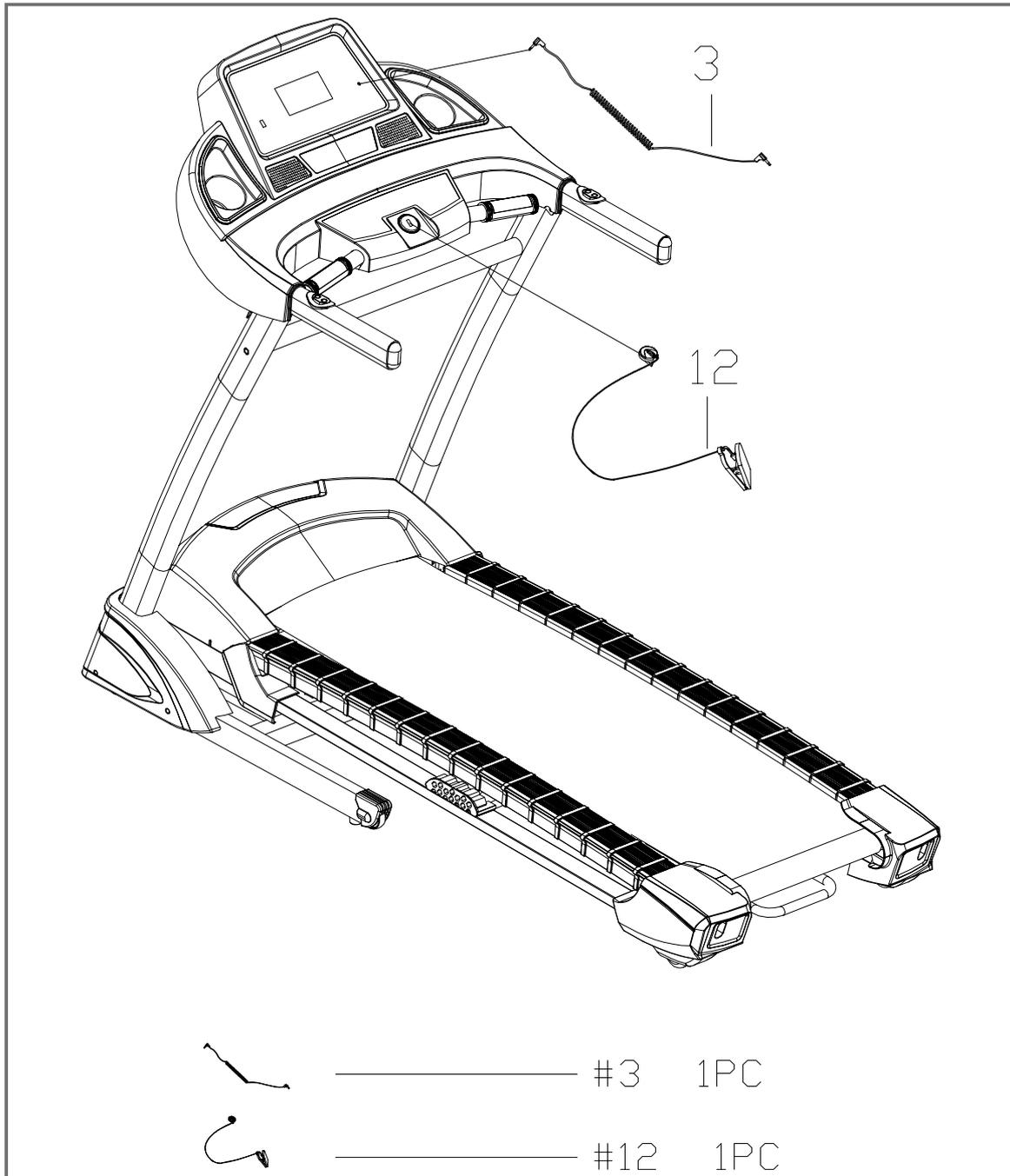
1. Set the console on the handles (24) carefully upright. Please make sure that the cables do not get damaged. Place the console on the frame tubes (6)(7), here you find shafts below the console. Mount the console on both sides each to the frame tubes (6) (7) with a screw (8) and a washer (10).
2. Place the covers (22)(23) below on the frame and mount it with two screws (15) each.



### Step 3

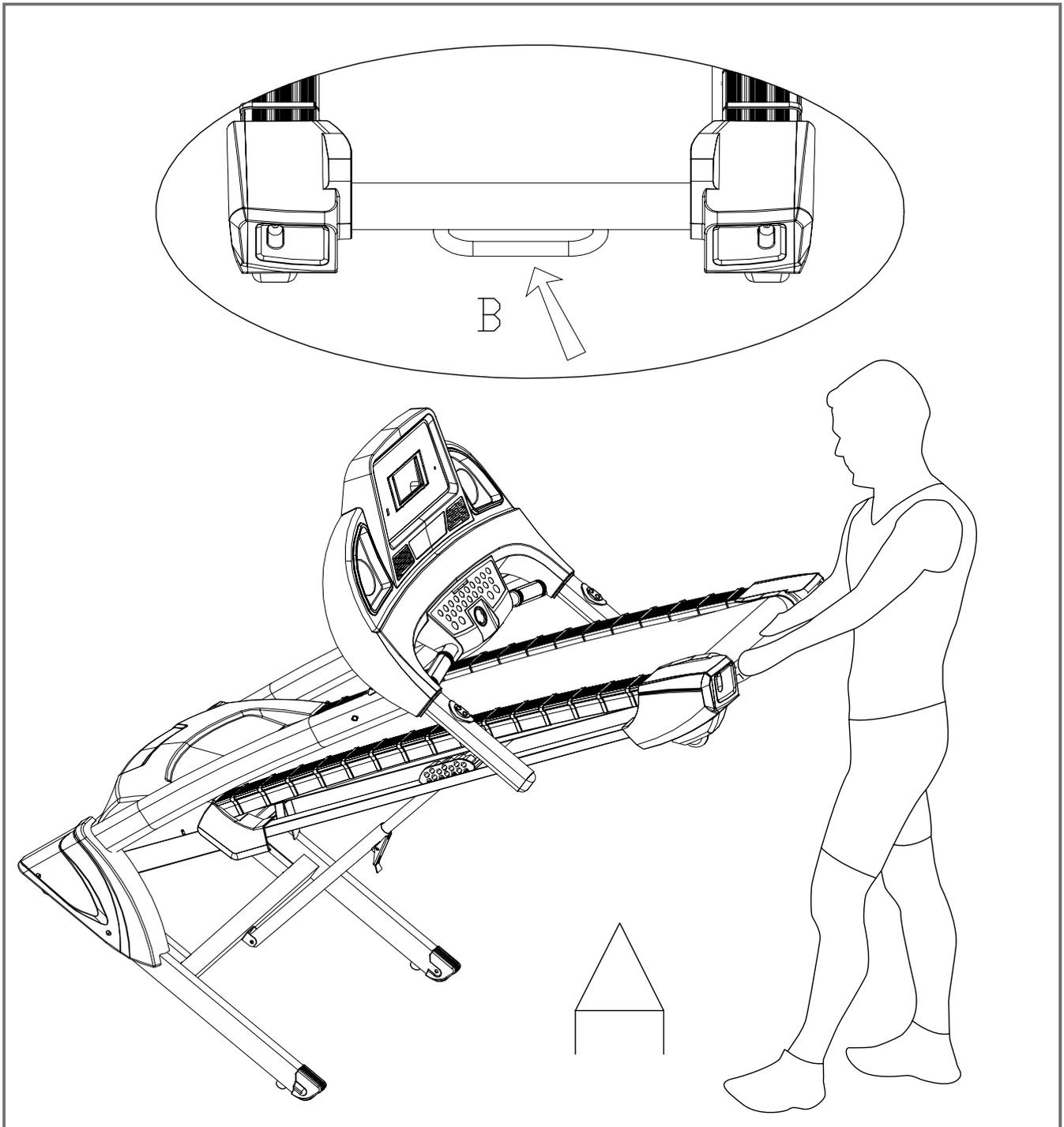
Insert the MP3 cable (3) and the safety clip (12).

**The assembly is finished, the training can start.**



## Transport and storage

The treadmill is folding and can hence be stored space-efficient. It facilitates the transport as well.



## Folding the treadmill

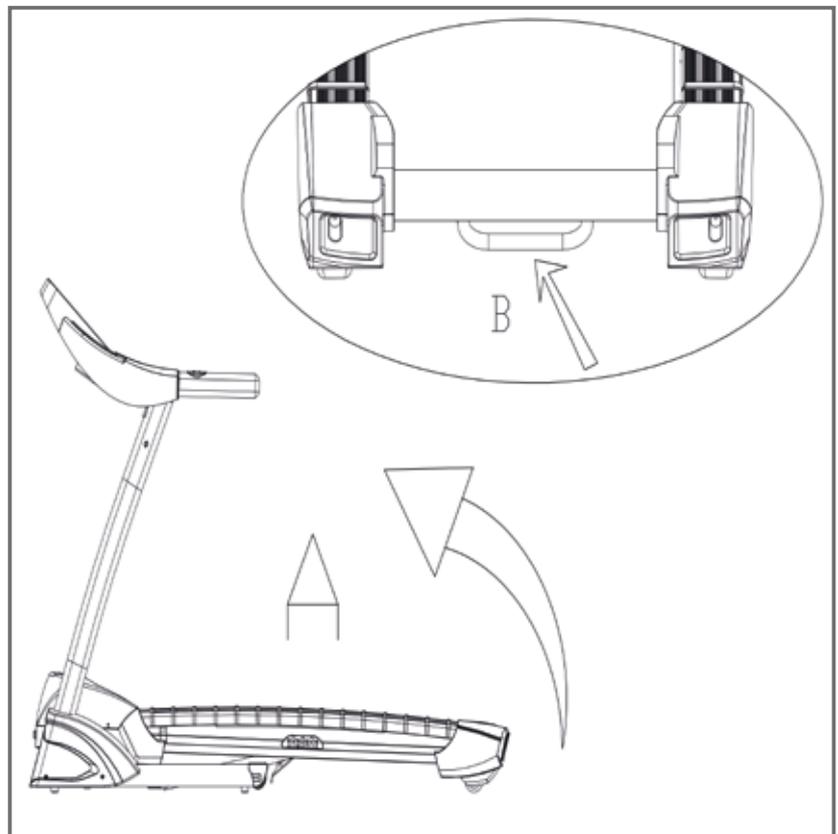
1. Turn the on/off switch off and plug out the mains plug from the socket.
2. Please make sure that nothing is on or nearby the machine, which can be poured out, knocked over or which prevents the treadmill from being folded.
3. (a.) Grasp with both hands the supporting rod directly under the rear part of the running mat – so you have a stable lifting point.  
(b.) Lift the treadmill forwards and make sure that the hydraulic brake is correctly locked.

**Attention:** Pay attention to the safety measures & lifting techniques when lifting. Bend knees & elbows, keep the back straight, and lift with both arms.

- (c.) Make sure that the locking mechanism is safe by pulling the machine backwards and it is not moving then. Make sure that you stand safely in case the locking is not locked.

### Attention:

- Do not lift the treadmill on the running mat or the rear transport wheels. These parts do not lock and are difficult to grasp. Personal damages or damages of the machine can be caused.
- Do not lean against the machine when it is folded and do not place anything on it, which makes the machine unstable or let it fall over. Personal damages might be caused.
- Do not connect the machine to electricity when it is folded. Do not try to operate the machine, when it is folded.



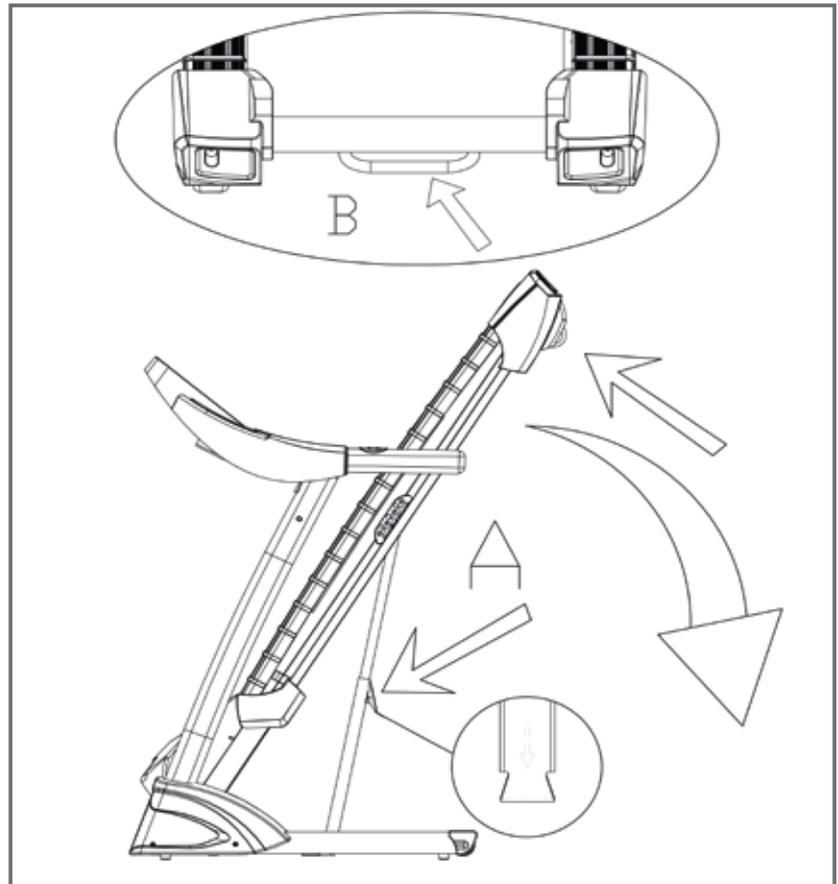
## Unfolding the treadmill

1. Make sure that there is sufficient space to set up the treadmill – at least 1 m space to both sides and to the front and at least 2 m space to the back for safety reasons. If the user is falling, he/she has sufficient space to leave the treadmill.

2. Make sure that nothing stands beside or on the treadmill, nothing is poured out, knocked over and that nothing prevents the treadmill from being unfolded.

3. Stand behind the treadmill. Push the machine slightly forwards towards the display and push the upper part of the hydraulic brake slightly forwards with the foot until the locking is released and the treadmill can be pulled backwards.

4. The hydraulic brake lowers itself softly downwards. However, hold the treadmill until it is lowered by 2/3. Pay attention to an appropriate lifting technique, bend the knees and keep your back straight.



### 4.1 Console display



<b>CAL</b>	Approximate calories consumption from 0.0 to 999.0 kcal
<b>TIME</b>	Training time from 0:00 to 99:59
<b>INCLINE</b>	Current incline from 0 to 15 %
<b>PULSE</b>	Current heart rate from 50 to 200 beats per minute
<b>SPEED</b>	Speed in km/h from 1.0 to 16.0 km/h
<b>DISTANCE</b>	Distance from 0.00 to 99.90 km
<b>Main display</b>	P1~P15, U1~U3, HP1, HP2, FAT: Display of programmes

## 4.2 Button function

<b>Start</b>	Starts the chosen programme, you also skip the objectives of the programmes and get directly to the training.
<b>STOP</b>	Stops the current training and stops the treadmill.
<b>Program</b>	When you press this button in the menu, you can choose the desired programme.
<b>Mode</b>	Button for confirming the current selection and for switching the targets of the single programmes (time, distance, calories).
<b>Speed +/-</b>	Accelerate or slow down the treadmill.
<b>Speed 3/6/9/12</b>	Hot keys for speed in km/h.
<b>Incline up/down</b>	Increase or reduce the incline.
<b>Incline 3/6/9/12</b>	Hot keys for incline in %.
<b>Volume control</b>	Set the volume of the MP3 player (not available for all console models).

## 4.3 General programme options

In principle, we recommend you to remove the safety key after every training. When you want to start training again, insert the key again and press START once to get to the menu.

a) This treadmill offers you many different training modes. When you are in the main menu, you can choose the desired programme by pressing the Prog. Button several times. The following modes can be selected:

- I) Manual Mode: Just start jogging or achieve targets (countdown): time, distance, calories, several setting possibilities, the training is finished once the first target is achieved.
- II) 15 profile programmes with pre-set changing of the load (see chart).
- III) Two heart rate programmes: Incline and speed.
- IV) Three self definable user programmes (one per user each).
- V) Body fat test.

b) Quick start: In order to start the treadmill, insert the safety key in the provided connector. Press START and – once the menu is displayed – press START again in order to start the training immediately. The treadmill counts down from three and starts the motor. All training values are counted up.

c) In the standby mode, you can call the total kilometres of your treadmill by pressing the buttons Speed+ and Speed- simultaneously for three seconds. If you want to reset the total kilometres, press the STOP button in this state for three seconds.

d) You can change the speed or the incline at any time of the training. Use the buttons Speed+ or – to change the speed and the buttons Incline+ or – in order to change the incline. In addition, four hot keys with pre-set inclines or speeds each are available.

### 4.3.1 Manual programme

- a) In order to start the manual mode, you only need to start the treadmill.
- b) In order to start the training immediately, you press START. When you want to train with target settings, press mode until the respective symbol is flashing.
- c) There are three different targets: Time, distance, calories. You can set a target value with the buttons Speed + or – as well as Incline + or -. When you press START, it is counted down from the set target value until the countdown reaches 0. The training is finished with a beep signal. When you have defined several targets, the training ends, when the first value reaches 0.

- d) You can always change the speed or the incline with the speed or incline buttons as well as with the hot keys.
- e) When you want to stop the training, press STOP and the motor slows down and brakes safely.

### 4.3.2 Pre-set profile programmes

- a) Choose one of the programmes by navigating through the programmes with Prog and stop at the desired one.
- b) The pre-set training time is 10 minutes. You can set this value between 5 to 99 minutes with the speed buttons.
- c) Start the programme with START.
- d) You can always change the speed or incline with the speed or incline buttons as well as with the hot keys.
- e) Every programme is divided in 20 sections. Every section has another load and takes 1/20 of the pre-set time. Before changing to a new section, a beep sounds.
- f) The training ends, when the set time is covered or you stop the training with STOP.

		Speed or incline per section (duration = total time/20)																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P01 Jogging	SPEED	3	4	5	5	6	5	5	4	5	5	6	5	5	4	5	5	6	5	5	3
	INCLINE	2	2	3	2	3	2	3	2	3	3	2	2	3	3	2	2	3	3	2	2
P02 Scoot	SPEED	3	5	6	7	7	6	6	7	7	6	6	7	7	6	6	7	7	6	5	3
	INCLINE	3	4	5	5	4	4	3	3	4	4	5	5	4	4	3	3	4	4	2	2
P03 Variable speed	SPEED	5	10	6	11	7	12	8	12	9	6	10	7	11	8	12	7	11	9	6	3
	INCLINE	3	4	5	6	5	4	5	6	5	4	5	6	5	4	5	6	5	4	3	2
P04 Mild running	SPEED	5	7	8	9	9	9	8	8	9	9	9	8	8	9	9	9	8	8	6	5
	INCLINE	2	2	3	3	4	4	3	3	4	4	3	3	4	4	3	3	4	4	3	2
P05 Aerobic running	SPEED	5	8	10	11	11	10	10	9	9	10	10	11	11	10	10	11	11	8	6	5
	INCLINE	3	3	4	4	5	5	4	4	5	5	4	4	5	5	4	4	5	5	3	2
P06 Road running	SPEED	4	6	7	8	9	10	10	9	9	10	10	10	9	9	10	10	10	8	6	3
	INCLINE	0	0	1	1	1	2	2	2	1	1	1	0	0	1	1	2	2	1	1	0

		Speed or incline per section (duration = total time/20)																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P06 Road running	SPEED	4	7	8	8	9	9	10	8	8	9	9	10	9	8	9	9	8	8	5	3
	INCLINE	2	5	1	4	2	6	4	6	3	0	1	5	2	6	3	0	2	5	3	1
P07 Beach running	SPEED	4	6	8	9	9	8	8	9	9	9	8	8	8	9	9	9	8	7	5	3
	INCLINE	6	8	12	6	11	8	10	6	8	10	12	10	8	12	7	10	10	8	6	2
P08 Mountain run	SPEED	5	7	10	11	12	11	11	10	9	10	11	11	12	11	11	10	10	9	8	4
	INCLINE	2	3	4	5	6	6	5	5	4	4	5	5	6	6	5	5	4	4	3	2
P09 Toning	SPEED	6	8	10	11	12	12	11	9	10	11	12	11	10	11	12	10	12	8	8	4
	INCLINE	4	5	6	7	6	5	6	7	6	5	6	7	6	5	6	7	6	7	5	2
P10 Losing weight	SPEED	6	9	11	12	12	12	11	11	10	11	12	12	11	12	12	11	11	10	9	5
	INCLINE	2	4	6	8	7	6	7	8	7	6	7	8	7	6	7	8	7	6	3	2
P12 Female	SPEED	3	6	8	8	8	9	9	8	8	8	9	9	8	8	8	9	9	7	5	3
	INCLINE	2	2	3	3	3	2	2	3	3	3	2	2	3	3	3	2	2	3	3	2
P13 Male	SPEED	5	7	9	10	10	11	11	12	11	11	10	10	11	11	12	11	11	9	7	3
	INCLINE	3	3	4	4	5	4	4	3	4	4	5	5	4	4	3	4	4	5	4	3
P14 Teenagers	SPEED	5	8	9	9	9	10	10	9	9	9	10	10	9	9	9	10	10	8	5	3
	INCLINE	2	3	4	4	4	3	3	4	4	4	3	3	4	4	4	3	3	4	3	2
P15 Middle-aged	SPEED	5	6	7	8	8	8	9	9	9	8	8	8	9	9	9	8	8	8	5	3
	INCLINE	1	1	2	3	3	3	2	2	2	3	3	3	2	2	2	3	3	3	2	1

### 4.3.3 User-defined programmes

- There are three user programmes (U1 to U3), press Prog until you get to the desired programme.
- Press MODE to confirm the selection and to get to the programming. You start the first section.
- Set the load with the speed and incline buttons. Once you have set the desired load, press MODE in order to get to the next section. Continue until all 20 sections are finished.
- This programme remains saved, even when the power supply is interrupted.
- When you have saved a programme, you just need to select it with the Prog button and you can start it with START.

**Attention:** In order to use a user-defined programme, you need to define all 20 sections.

### 4.3.4 Body fat test

- a) In order to start the body fat test, you choose it by pressing Prog.
- b) The values, which need to be set, are now displayed in the speed display: F1 – Gender, F2 – Age, F3 – Height, F4 – Weight.
- c) Choose the value with the speed or incline buttons and confirm your setting with MODE. The chart below shows you the selectable ranges of value.
- d) When you come to point F5, place both hands on the hand pulse sensors. After a few seconds, your body fat value is displayed. The ideal value is between 19 and 25. Below 19 means underweight, above 25 means light overweight; strong overweight is given, when the value is higher than 29.

**Attention:** This is an approximate value – these are not any medically usable data!

FAT	Category	Value range	
F-1	Gender	01- man	02- woman
F-2	Age	10-99 (25)	
F-3	Height	100-200 (170)	
F-4	Weight	20-150 (70)	
F-5	<b>Mark</b>		
	<19	Underweight	
	19~25	Normal weight	
	25~29	Light overweight	
	>29	Strong overweight	

### 4.3.5 Heart rate programmes

- a) In order to start a programme, press the button PROG in the start menu until you get to the desired programme (HP1/HP2). The maximum speed for HP1 is 10 km/h; the maximum speed for HP2 is 12 km/h. Press START and the programme starts with the default of the age (30 years) and a target pulse of 114 bpm.
- b) When you wish to enter another age, press MODE instead of START. The pre-set value is 30 years. You can set the age from 15 to 80 years using the SPEED buttons.
- c) When you have entered your age, press MODE. The computer proposes a target heart rate. You can change this value with the SPEED buttons. Please find the proposed highest value (H) or lowest value (L) in the chart.
- d) Now, press START to start the training immediately – or press MODE to set the training time with the SPEED buttons. When you have set the time, you can start the training with START or MODE.

e) The first minute of the programme is a warm-up. You can adjust speed and incline with the SPEED or INCLINE buttons at any time. The system will increase the speed by 0.5 km/h after each interval until the top speed of the programme or your target heart rate are achieved. When the top speed is achieved and your pulse is still below the target heart rate, the programme will increase the incline step by step. If the target heart rate is exceeded for more than 30 seconds, speed and incline will be reduced until your heart rate returns to the set value.

**The adjusting zone of the heart rate control: High (H) – Low (L)  
Default (D)**

PULSE VALUE REFERENCE											
BPM				BPM				BPM			
Age	H	D	L	Age	H	D	L	Age	H	D	L
15	195	123	123	31	180	113	113	47	164	103	103
16	194	122	122	32	179	113	113	48	163	103	103
17	193	122	122	33	178	112	112	49	162	103	103
18	192	121	121	34	177	112	112	50	162	102	102
19	191	121	121	35	176	111	111	51	161	101	101
20	190	120	120	36	175	110	110	52	160	101	101
21	189	119	119	37	174	110	110	53	159	100	100
22	188	119	119	38	173	109	109	54	158	100	100
23	187	118	118	39	172	109	109	55	157	99	99
24	186	118	118	40	171	108	108	58	154	97	97
25	185	117	117	41	170	107	107	59	153	97	97
26	184	116	116	42	169	107	107	60	152	96	96
27	183	116	116	43	168	106	106	61	151	95	95
28	182	115	115	44	167	106	106	62	150	95	95
29	181	115	115	45	166	105	105	63	149	94	94
30	181	114	114	46	165	104	104	64	148	94	94

PULSE VALUE REFERENCE											
BPM				BPM				BPM			
Age	H	D	L	Age	H	D	L	Age	H	D	L
65	147	93	93	70	143	90	90	75	138	90	87
66	146	92	92	71	142	90	89	76	137	90	86
67	145	92	92	72	141	90	89	77	136	90	86
68	144	91	91	73	140	90	88	78	135	90	85
69	143	91	91	74	139	90	88				

## 4.4 Other

### 4.4.1 Energy save mode

When you do not push a button for 10 minutes, the treadmill turns into the energy save mode automatically.

### 4.4.2 MP3/USB function (not for all models)

You can connect a music device via the MP3 interface to the treadmill, the music will then be played via the loudspeakers of the treadmill. The USB connection only serves as power source in order to charge your mobile device.

### 4.4.3 Turn off

Ideally, you turn the treadmill off on the mains switch after every training or plug out the mains plug.

## 5.1 Heart rate measuring

### Pulse measurement through 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

Your treadmill 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.

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.

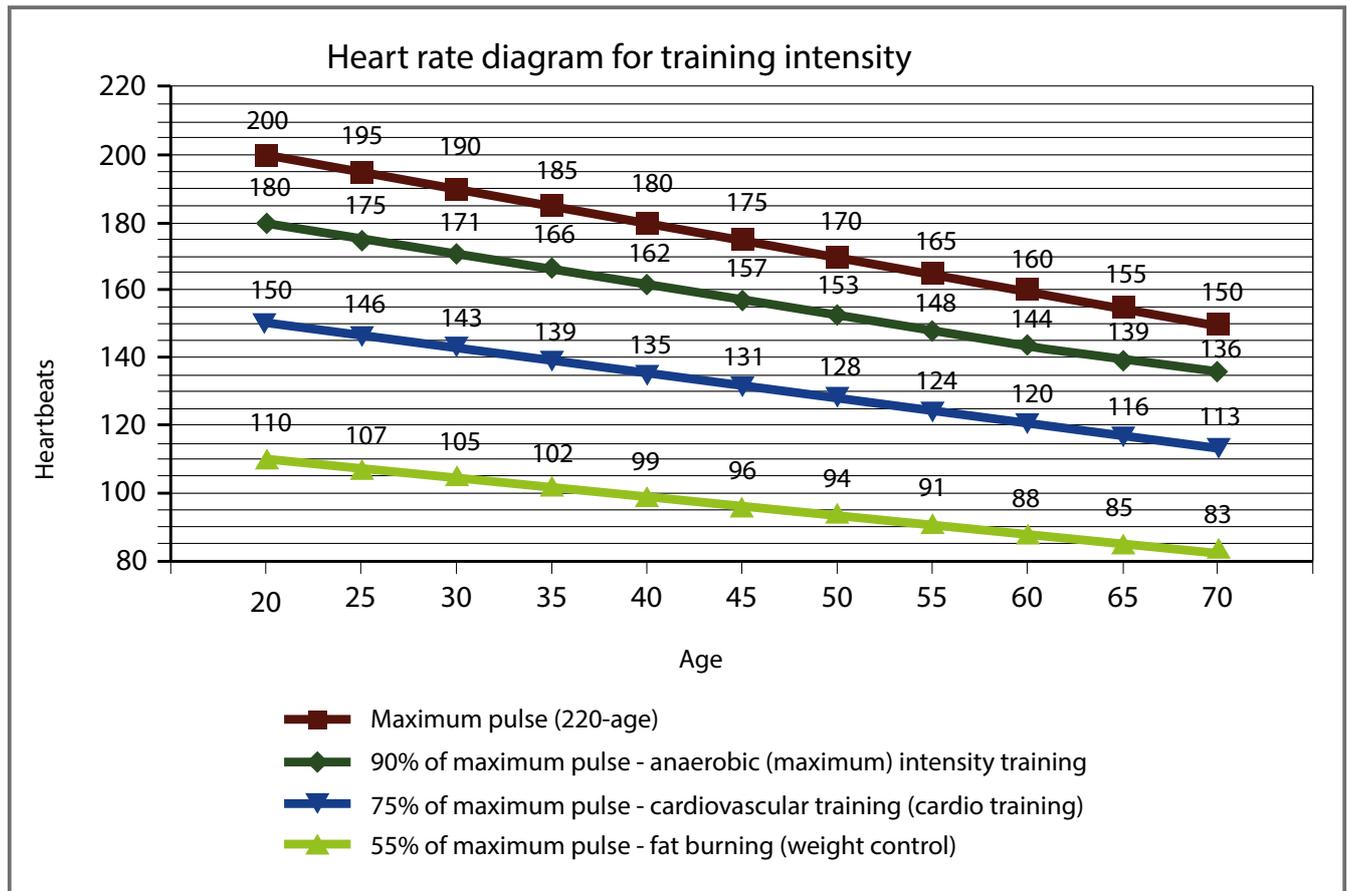
**Cardiovascular training (cardio training):** The primary goal is to increase endurance and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training 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 - age) x 0.55.
- The cardio target zone (75%) is at approximately 131 beats/min.  
= (220 - age) x 0.75.
- The maximum heart rate for an anaerobic load training (90%) is at approximately 157 beats/min. = (220 - age) x 0.9.



## 5.2 10 tips for effective running training

### 1. Set goals

What would you like to achieve with your training? Weight regulation, improved endurance, 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. Correct movement

When you do the movement, you should start at a moderate speed and hold on the handles if needed. The speed can then be increased gradually. The adjustment of your natural running style will occur relatively quickly. Beginners and overweight people should start with a walking program in order to not overload their joints in the beginning.

### 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.	Brisk walking	30 min.	Running at a slow speed
Wed	20 min.	Brisk walking	30 min.	Running at a slow speed
Fri	20 min.	Brisk walking	30 min.	Running at a slow speed
Increased speed for two to three minutes in between in the second week. Maintain your heart rate.			Increase the speed in between in the second week. Maintain your heart rate.	

WEEK 3 + 4				
	Beginner		Advanced	
Days	Duration	Intensity	Duration	Intensity
Mon	25 min.	After every 10 min. run for 1 min.	35 min.	Running at a moderate speed
Wed	25 min.	After every 10 min. run for 1 min.	35 min.	Running at a moderate speed

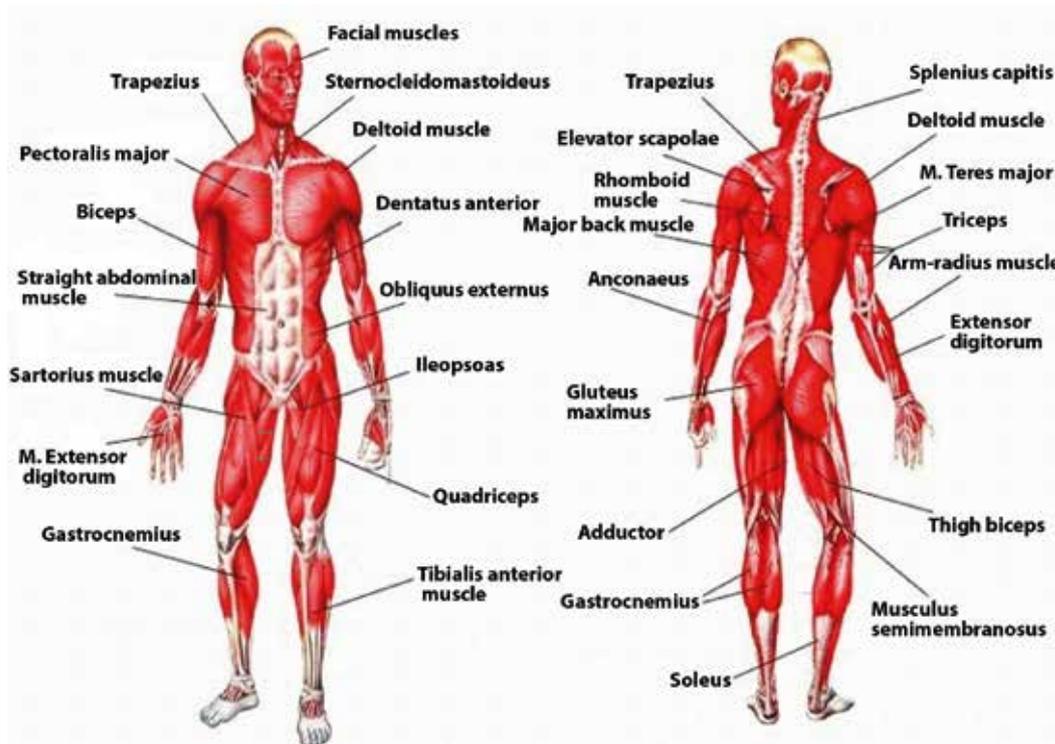
Fri	25 min.	After every 10 min. run for 1 min.	35 min.	Running at a moderate speed
In the fourth week, run for two minutes after every 10 minutes. Maintain your heart rate.			In the fourth week, increase the speed for one minute each. Maintain your heart rate.	

WEEK 5 + 6				
	Beginner		Advanced	
Days	Duration	Intensity	Duration	Intensity
Mon	30 min.	Alternate walking and running	40 min.	Running according to heart rate
Wed	30 min.	Alternate walking and running	40 min.	Running according to heart rate
Fri	30 min.	Alternate walking and running	40 min.	Running according to heart rate
In the fifth week, run for three minutes after every eight minutes. In the sixth week, run for three minutes after every six minutes. Maintain your heart rate.			Pay attention to your heart rate.	

WEEK 7 + 8				
	Beginner		Advanced	
Days	Duration	Intensity	Duration	Intensity
Mon	35 min.	Walk 8 minutes, run 5 minutes	45 min.	Running according to heart rate
Wed	35 min.	Walk 8 minutes, run 5 minutes	45 min.	Running according to heart rate
Fri	35 min.	Walk 8 minutes, run 5 minutes	45 min.	Running according to heart rate
Increase in the eight week: Walk five minutes, run seven minutes. Maintain your heart rate.			If you feel comfortable, then include a few steps or hills in your training.	

**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.

<b>Model</b>	<b>Usage</b>	<b>Full warranty</b>
FT50	Home use	24 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 specialist supplier. We know how important it is to you as a user of the fitness equipment to have problems solved quickly and simply, so you can enjoy working out with minimal interruption. For that reason, we also want to resolve your queries quickly and in a straightforward manner. Thus, please always keep your customer number and the serial number of the faulty equipment handy.

## **7** DISPOSAL

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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.

	<p>Sport-Tiedje floor mat size XXL</p> <p>Art. No. ST-FM-XXL</p>
	<p>Polar transmitter chest strap T34 non-coded</p> <p>Art. No. T34</p>
	<p>Togu Senso Walking Trainer</p> <p>Art. No. TOGU-470501</p>
	<p>Chest strap contact gel 250ml</p> <p>Art. No. BK-250</p>
	<p>Fitness equipment care set</p> <p>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:

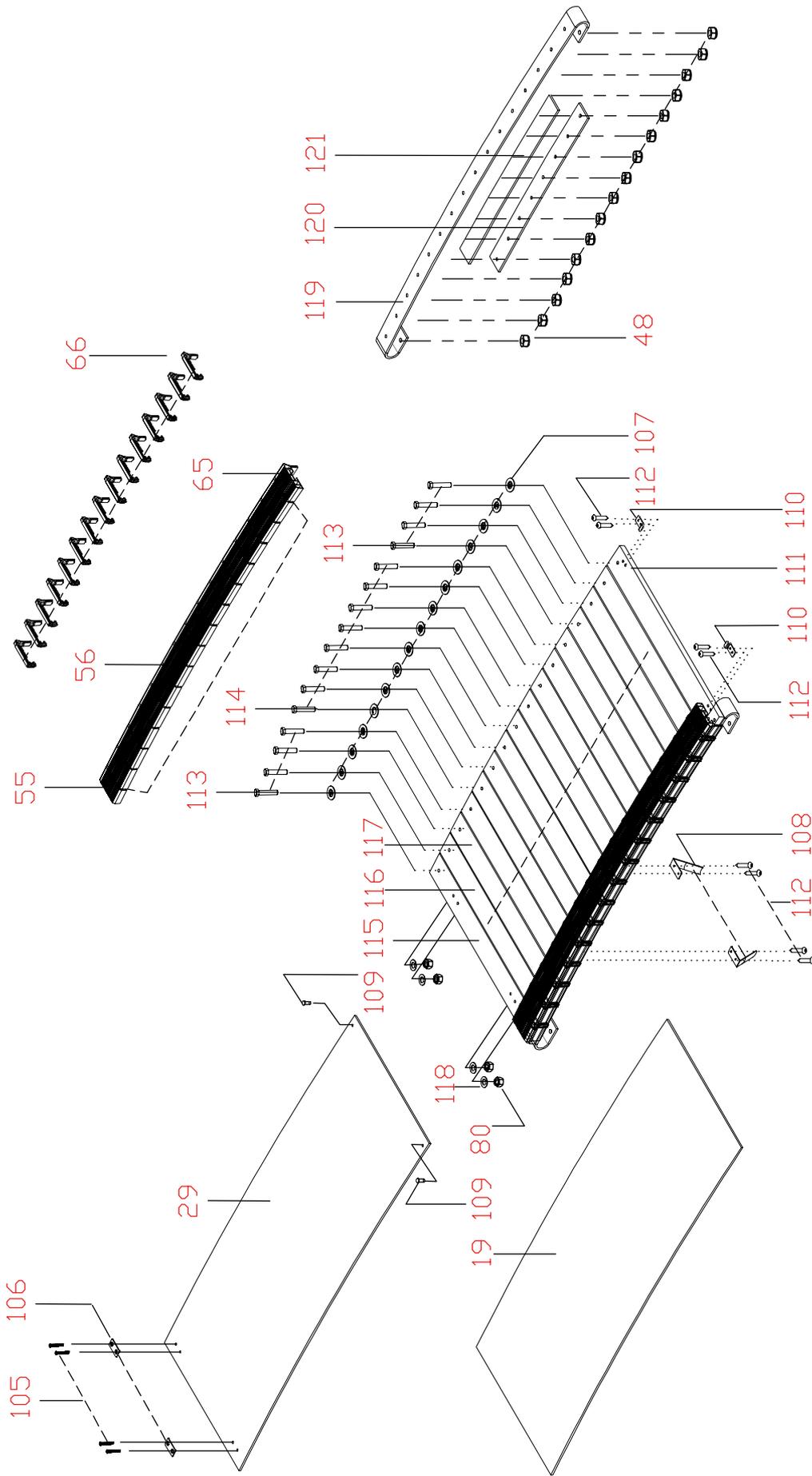
## 9.3 Parts list

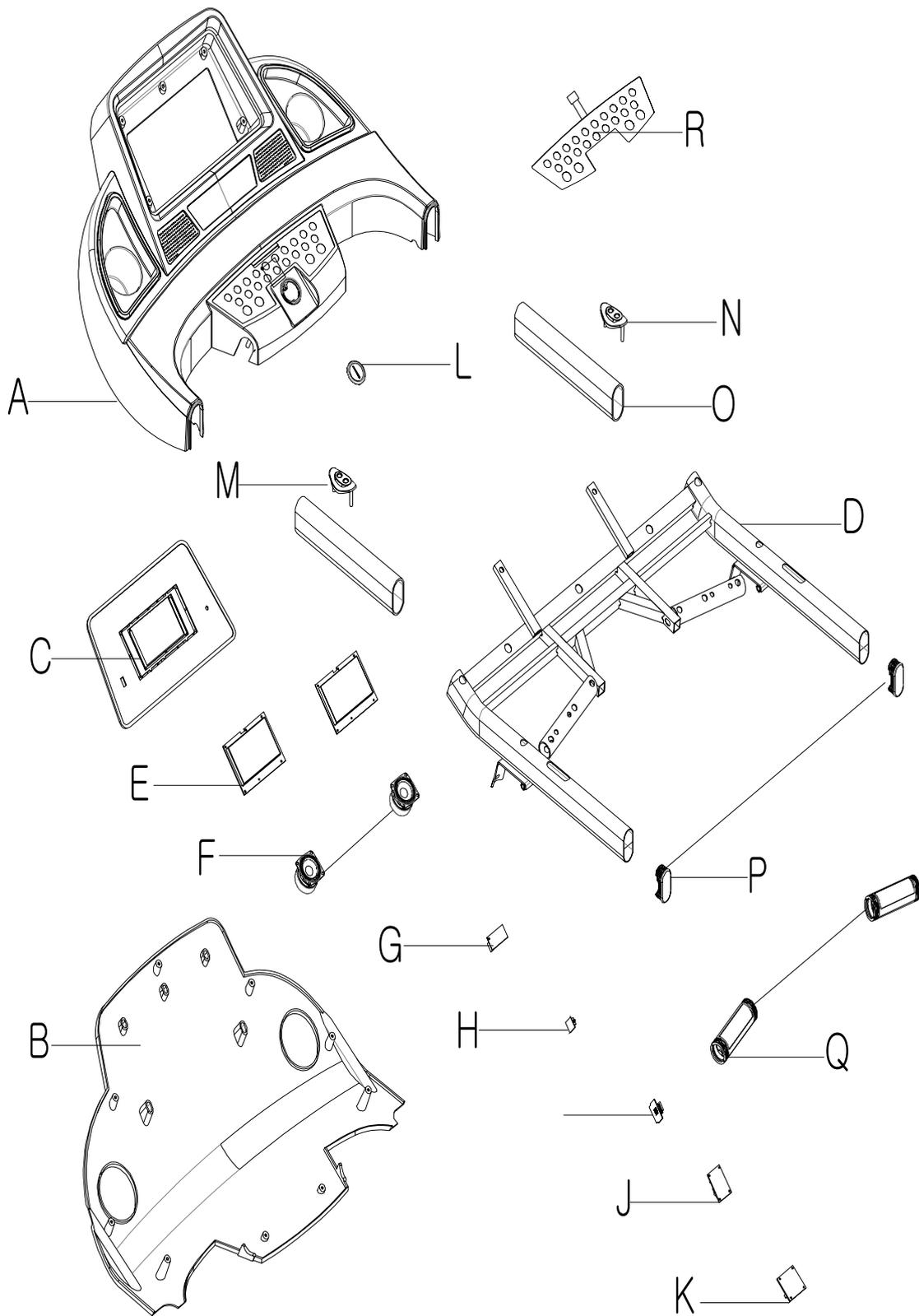
No.	Description	Qty.	No.	Description	Qty.
1	Bottom Frame	1	27	Bolt M5*8*φ10	6
2	End Cap φ24*7.5	1	28	Motor Cover	1
3	MP3 Cable	1	29	Thin Running Board	1
4	Main frame	1	30	Screw ST4.2*16	2
5	Bottom Frame	1	31	Single cable(Down)	1
6	Side Supporting Tube(L)	1	32	Power connect wire	1
7	Side Supporting Tube ( R )	1	33	Wire button	1
8	Bolt M8*16	6	34	Bolt M8*70*S6	3
9	Signal Cable(Upper)	1	35	Power Cable	1
10	Washer D8	10	36	Front Roller	1
11	Bolt M8*70*40*S6	2	37	Driving Belt	1
12	Safety key	1	38	Bolt ST3*5	2
13	Nut	2	39	Sensor Block	1
14	Screw ST4.2*16	28	40	Bolt M4*10	2
15	Screw ST4.2*16	4	41	Washer D4	2
16	Horizontal Supporting Tube	1	42	Washer D4	2
17	Silicone Oil	1	43	Sensor Block Support	1
18	User's Manual	1	44	DC Motor	1
19	Thin Running Board Noise Reduction Cushion	1	45	Washer D8	2
20	Plug	1	46	Spring Washer D8	2
21	Bolt M8*48*15*S6	6	47	Screw M8*12	2
22	Front Cover(L)	1	48	Nylon Nut M8	52
23	Front Cover ( R )	1	49	Washer d8*Φ20*2	4
24	Console fixture	1	50	Motor Cabinet	1
25	Cross Wrench	1	51	Rubber Pad	4
26	T Wrench	1	52	Bolt M8*25 H5	4

No.	Description	Qty.	No.	Description	Qty.
53			80	Nylon Nut M6	1
54			81	Bushing	1
55	Side Rail 1	2	82	Bolt M8*42*10*S6	1
56	Side Rail 2	28	83	Sleeve	1
57	Power Connective Cable	2	84	Air Spring	1
58	Power	1	85	Side Cover L	1
59	Over current Protector	1	86	Side Cover R	1
60	Screw ST4.2*19	2	87	Oil Tube Support	1
61	Control Board (Down)	1	88	Screw ST4.2*12	2
62	Noise reduction pad EVA	2	89	Cushion	2
63	Covering board	1	90	Rear Cover1 L	1
64	Screw	2	91	Rear Cover1 R	1
65	Side Rail 3	2	92	Running Board	1
66	Silicone Crash Pad	30	93	R Cable Clamp	2
67	Magnetic	2	94	Screw ST4.2*13*Ø8	2
68	Nylon Drive pipe	1	95	Oil Pipe	1
69	Cushion	4	96	Running Belt	1
70	Screw ST4.2*25	4	97	Screw M8*40*20*S6	8
71	Transfer Wheel Cover (L)	1	98	Yellow Wax tube	1
72	Transfer Wheel Cover(R))	1	99	Main Frame Roller	2
73	Bolt M8*40*18*S6	4	100	Rear Roller	1
74	Transfer Wheel	2	101	Tool S6	1
75	Bolt M8*48*10*S6	1	102	Noise Reduction Cushion	2
76	Spring	1	103	Rear Cover 2 L	1
77	Bolt M6*35*S10	1	104	Rear Cover2 R	1
78	Pedal Tube	1	105	Bolt M6*32*S4	4
79	Sleeve Set	1	106	Thin Running Board	2

No.	Description	Qty.	No.	Description	Qty.
107	Side Rail Fixed Plate	32	A	Upper cover for computer	1
108	Belt Adjusted Bar	2	B	Below cover for computer	1
109	Rivet	2	C	Panel	1
110	Running Board Rear Plate	2	D	Main frame for computer	1
111	The End Running Board	1	E	Table core	1
112	Screw ST4.2*13*Φ8	8	F	Loudspeaker	2
113	Bolt M8*35*S14	16	G	Bluetooth module	1
114	Bolt M8*40*S14	16	H	MP3 connector	1
115	The first Running Board	1	I	USB connector	1
116	The Second Running Board	1	J	Power amplifiers	1
117	The Middle Running Board	13	K	Keysets	1
118	Washer d6*Φ20*2	4	L	Safe lock seat	1
119	Spring Steel	2	M	Incline shortcut key	1
120	Supporting Steel	2	N	Speed shortcut key	1
121	Noise Reduction Cushion of Supporting Steel	2	O	Foam grip	2
122	Incline motor	1	P	End cap 30*60	2
123	Bolt M10*40*15*S6A	1	Q	Handle pulse	2
124	Nylon nut	4	R	Membrane button	1
125	Bolt M10X45X15XS6A	2			
126	Screw M10X98X20XS6A	1			
127	Caps	2			
128	Caps	2			







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