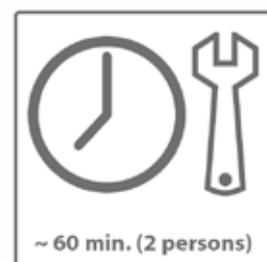
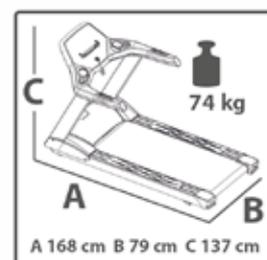




Assembly and operating instructions



Art. No. CST-TR20-2

Treadmill **TR20**

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 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.

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	9
2	ASSEMBLY INSTRUCTIONS, MAINTENANCE AND CARE	10
2.1	General instructions	10
2.2	Errors and error diagnosis	11
2.3	Error codes and troubleshooting	12
2.4	Care and maintenance	13
2.5	Maintenance and service calendar	16
3	ASSEMBLY	16
3.1	Package contents	16
3.2	Assembly instructions	18
4	OPERATING INSTRUCTIONS	25
4.1	Console display	25
4.2	Button functions	26
4.3	Programs	27
4.3.1	Pre-set programs	27
4.3.2	MAN. - manual program (pre-set and user-defined)	32
4.3.3	Heart-rate controlled training	33
4.4	Equipment settings	34
5	WORKOUT INSTRUCTIONS	35
5.1	Heart rate measuring	35
5.2	10 tips for effective running training	38
5.3	Designing a workout	39
5.4	Stretching exercises for leg & chest muscles	41
5.5	Workout journal	43
6	WARRANTY INFORMATION	44

7	DISPOSAL	46
8	ORDERING ACCESSORIES	47
9	ORDERING SPARE PARTS	48
9.1	Service hotline	48
9.2	Serial number and model name	48
9.3	Parts list	49
9.4	Exploded drawing	54

1.1 Technical data

LED display of

- + 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 power: 1.75 HP continuous output (DC - motor)

Speed range: 1 - 16 km/h

Speed hot keys: 4

Incline range: 0 - 9 %

Incline hot keys: 4

Total number of training programs:	22
Manual programs:	1
Pre-set programs:	17
Heart rate controlled programs:	2
User defined programs:	2

Running surface size (L x W): 132 x 46 cm

Weight and dimensions:

Article weight (gross, including packaging): 84 kg

Article weight (net, without packaging): 74 kg

Packaging dimensions (L x W x H): approximately 1760 mm x 830 mm x 370 mm

Set-up dimensions (L x W x H): approximately 1680 mm x 790 mm x 1370 mm

Folded dimensions (L x W x H): approximately 940 mm x 790 mm x 1530 mm

Maximum user weight: 125 kg / 275 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

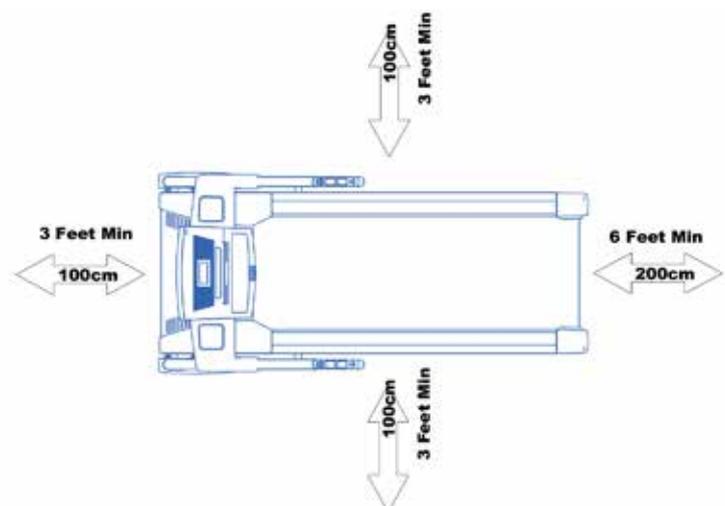
- + The equipment has an EMERGENCY STOP mechanism for your safety. The equipment may only be operated when the safety key is properly attached to the contact point of the cockpit. The equipment will automatically stop immediately if the safety key is no longer on the contact point. That is why you should 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 electronic system from the treadmill does tests continuously. If there are deviations, an error code is displayed and the normal operation will be stopped for your safety.

Please contact Sport-Tiedje for technical customer service.

Error codes description:

- + E1 - speed error
- + E2 - error reading memory
- + E6/E7 - incline error
- + E9 - disruption to the connection

Error code	Troubleshooting
E1	<p>If E1 appears, remove the safety key & insert it again to restart it. If E1 still appears, check the following:</p> <ol style="list-style-type: none"> 1. Check all cable connections. 2. The treadmill does not move after START was pressed & shows E1 - check if a part got stuck. 3. Treadmill ran shortly after START was pressed, but then stopped. 4. Check all cables and the motor. 5. Please contact the customer service if E1 cannot be repaired.
E2	<ol style="list-style-type: none"> 1. Check if the console IC chip is situated correctly. In order to solve the problem, connect the console IC chip again. 2. Check if the console IC chip is bent or connected correctly. In order to solve the problem, connect the console IC chip again. 3. Contact customer service.
E6 / E7	<p>Remove & reinsert safety key to restart the treadmill.</p> <ol style="list-style-type: none"> 1. Reset incline value: <ol style="list-style-type: none"> (1) Hold speed & press START for 3 seconds until it beeps twice. (2) If the incline position is lower than the middle, press MODE & INCLINE up. Hold both buttons and the incline will increase. Release both buttons as soon as the incline position is at the middle level. (3) If the incline position is higher than the middle, press MODE & INCLINE down. Hold both buttons and the incline will decrease. Release both buttons as soon as the incline position is at the middle level. Try it for a few minutes. If the incline does not move, contact the customer service. As soon as the incline position is in the middle position, turn off the machine and restart. If E6/E7 is still shown, contact customer service. 2. Check if the red and white incline cables are correctly connected to the MCB. 3. If the steps above do not help, contact your customer service.

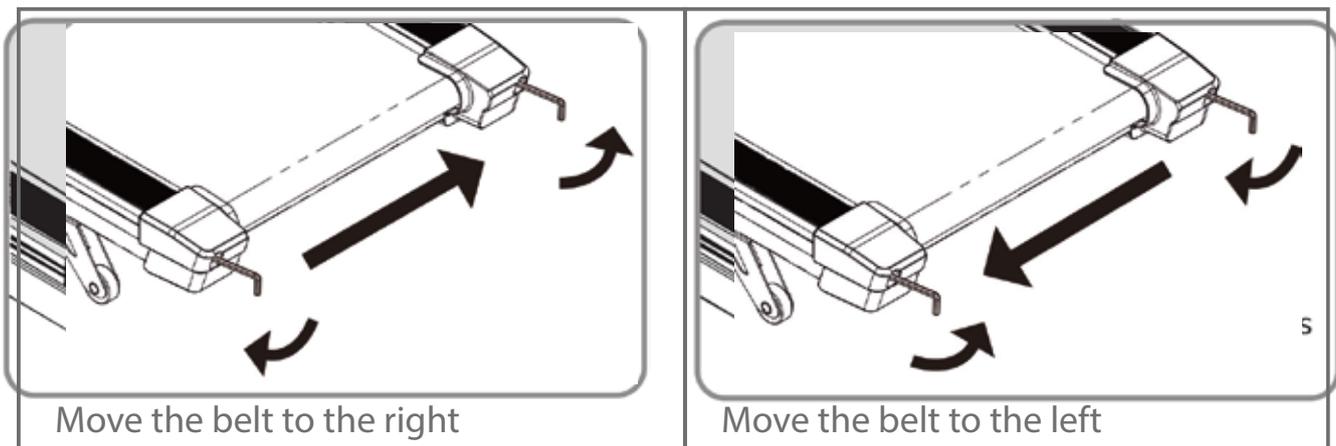
Error code	Troubleshooting
N/A	The LED on the start button glows faintly, other LEDs are not on: The machine is in power saving mode. Hold the START button for one second.
N/A	The console display is fluctuating or does not light up: Check if the treadmill is correctly connected to the power supply. Turn the power switch off and back on. Safety key is plugged in. Check all cable connections for correct connection. If the problem is still occurring, please contact customer service.
N/A	The belt does not run in the middle during usage: First check if the treadmill has a stable position, then follow the operating manual in regards to tension and adjusting the belt (the deck).
N/A	The motor appears to be overloaded or E1 appears after a few minutes of training: The silicone applied to the deck and belt has dried out and the deck must be lubricated again with silicone spray.
N/A	The running mat slips during usage. The belt must be tensioned after a certain amount of usage. Follow the belt tensioning and alignment in this manual.
N/A	Heart rate fluctuates or is not recorded: Check to see if your hands are moist, if all connections behind the console are correct and if any cables are damaged. With a chest strap, check the battery status and make sure that all electrodes are moist and correctly placed below the chest.
N/A	Silicone symbol is illuminated on the console: Lubricate the machine with 100% pure silicone. Then press speed down and START at the same time until the symbol goes out.

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 Sport-Tiedje.



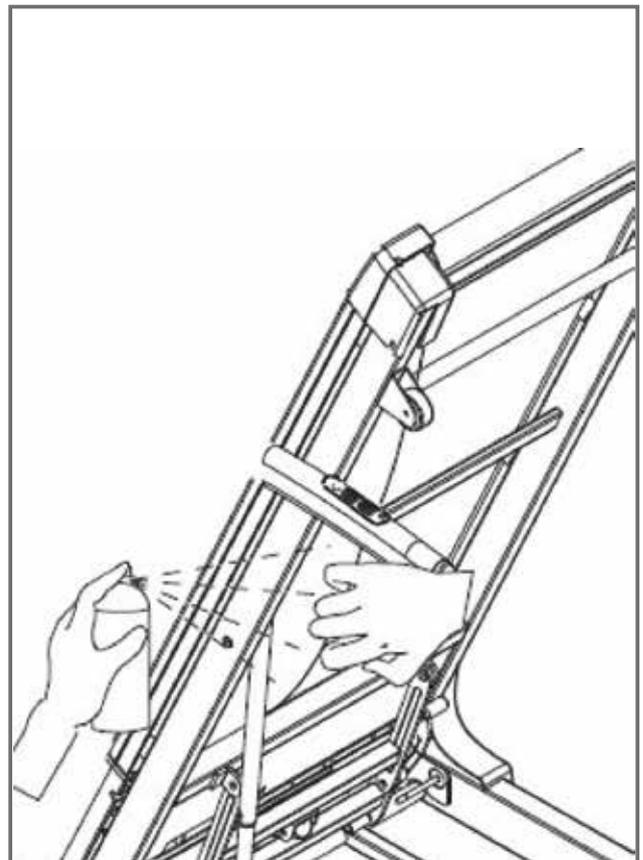
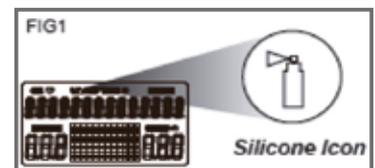
Tensioning the running belt again

- + 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

- + If the running belt is inadequately lubricated, the friction will increase significantly and this leads to strong wear of the endless belt, running panel, motor and circuit board.
- + If you feel an increase in friction from the running belt, this is an indicator that you should lubricate the belt (however, a lubrication should be done at least every 3 months).
- + The treadmill has a reminder for lubricating the treadmill: A symbol is displayed on the console every 100 operating hours. The symbol appears on the display for 5 minutes and then turns off. In order to turn off the symbol prematurely, press the INCLINE up and INCLINE down buttons at the same time.
- + In order to be able to optimally lubricate the treadmill, the running belt must be lifted slightly. Then apply some silicone spray (free of grease) on the entire running deck. It is easiest to lubricate when the treadmill is folded up. Apply three short (approximately 1 second) sprays of silicone lubricant between the belt and the running deck.



- + The spraying tube should be held sideways in order to guarantee a moistening of the entire underside of the belt. Continue to rotate the belt by hand so that the entire area between the endless belt and running deck is lubricated. Wipe off the excess lubricant.
- + This maintenance must also be done after the equipment has not been used for a longer period of time.

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.



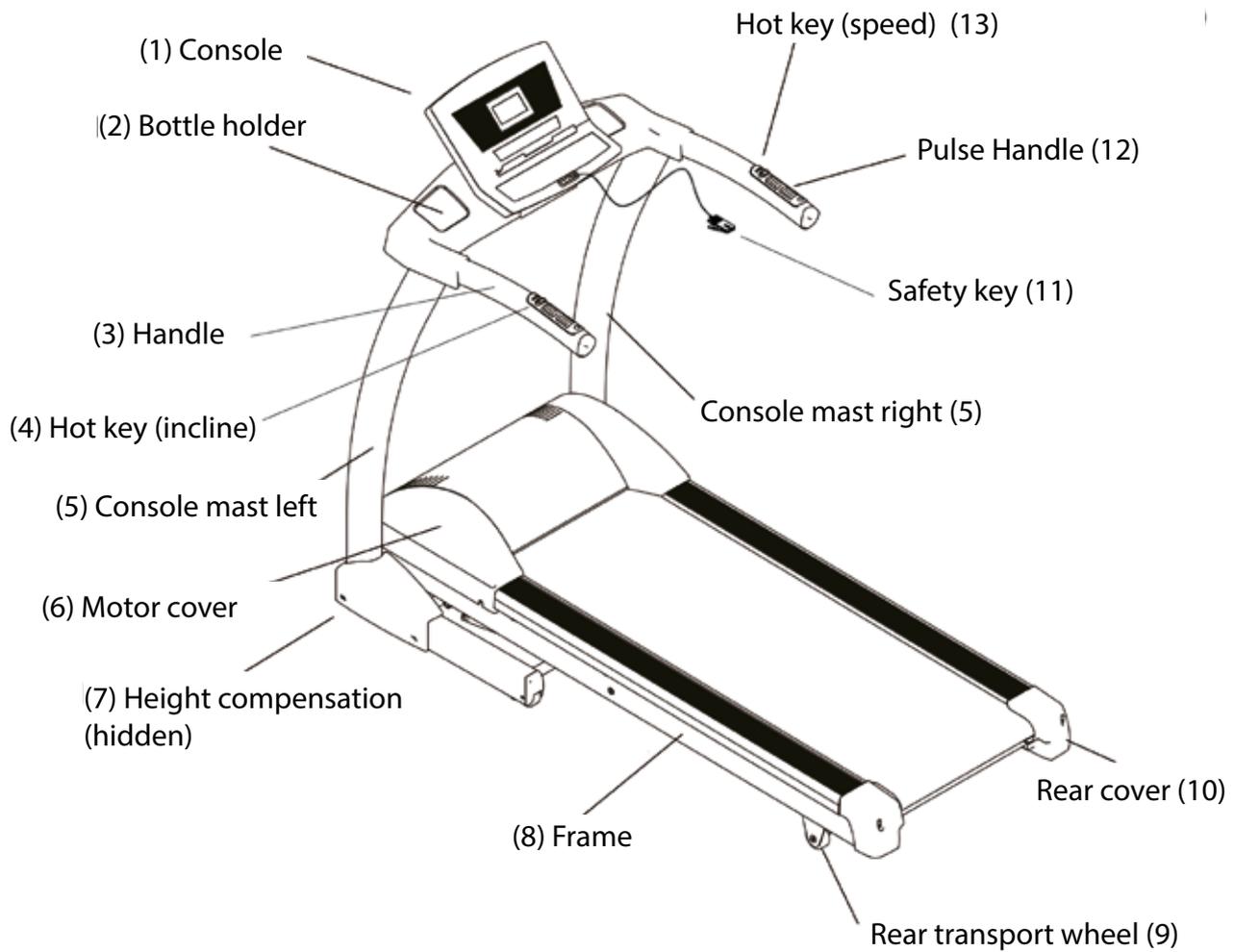
The following routine work must be done in the specified time intervals:

Part	Weekly	Monthly	2x annually	Annually
Display console	C	I		
Belt tension			I	
Belt lubrication			I	
Plastic covers	C	I		
Screws & cable connections		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.



1	Console	8	Frame
2	Bottle holder	9	Rear transport wheel
3	Handle	10	Rear cover
4	Hot key (incline)	11	Safety key
5	Console mast	12	Pulse handle
6	Motor cover	13	Hot key (speed)
7	Height compensation		

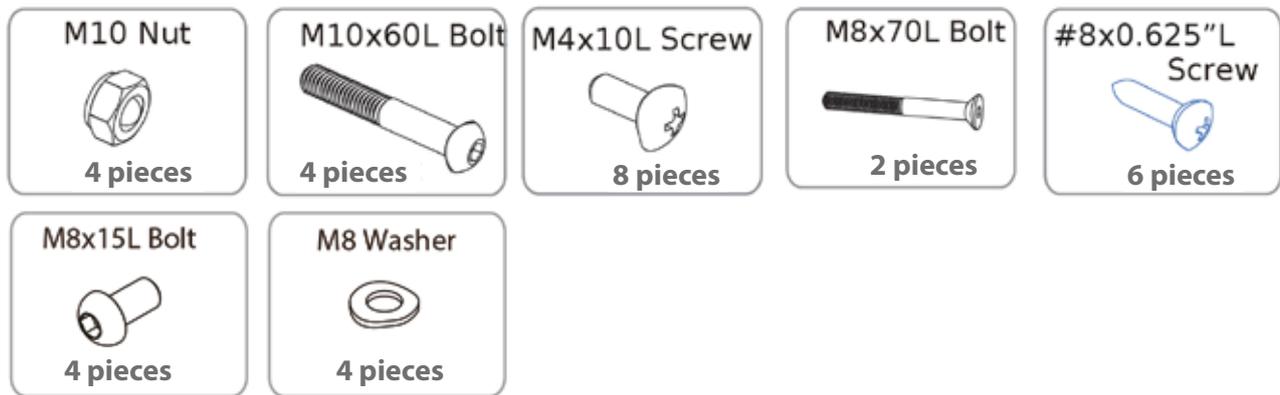
Tool and screw sets

Included in the hardware bag:



Preassembled screws:

(Screws must be removed & attached again during assembly.)



3.2 Assembly instructions

Check the equipment for possible damage after unpacking. If it is damaged or parts are missing, please contact our customer service.

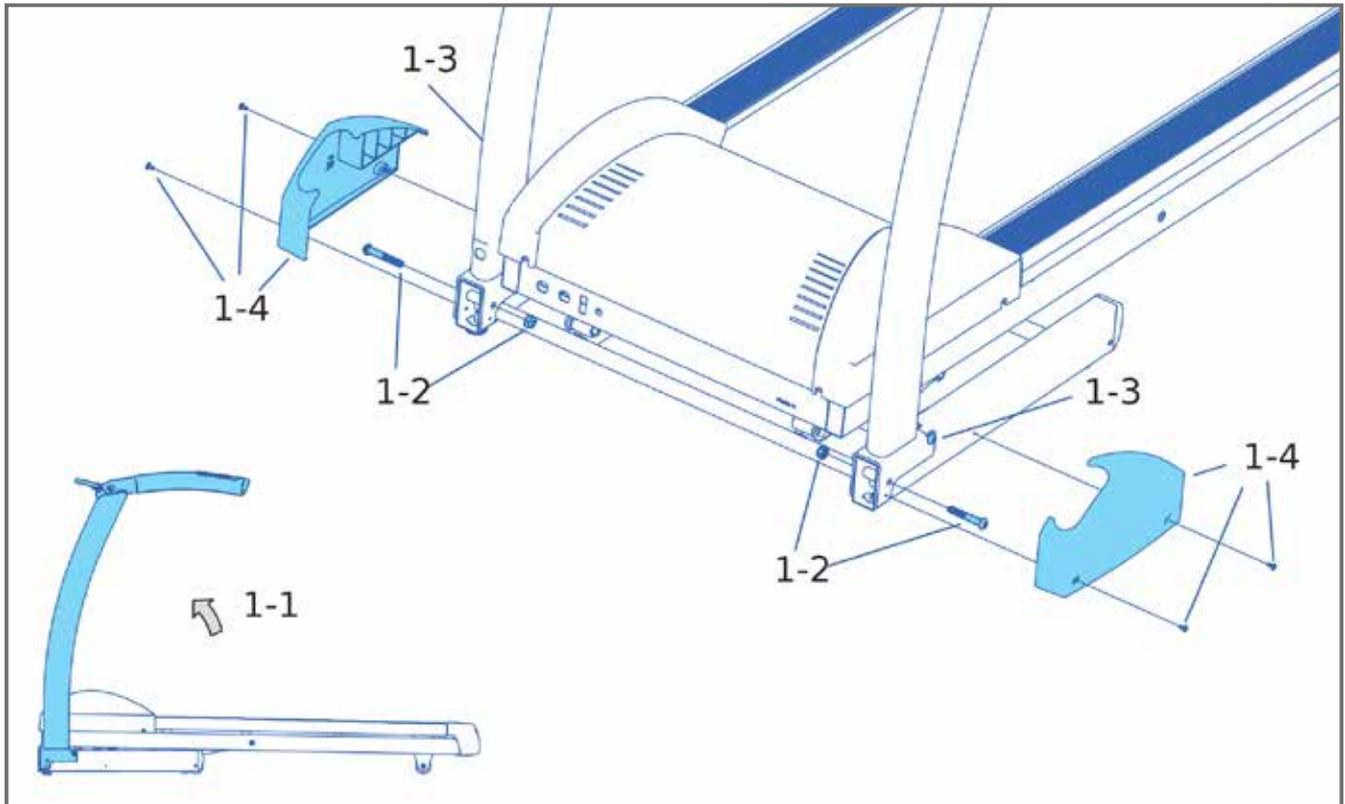
1. Since the treadmill is very heavy, we recommend initially removing the upper cover of the packaging; fold the sides downward. Then you do not have to remove the treadmill from the box.

2. Remove all parts from the box before you start the assembly. Remove the plastic and place all parts in front of you on a surface. Keep the floor under the treadmill free of objects. The rear part of the treadmill may have to be lifted in order to be able to get under the parts better.

Before assembly, take an exact look at the individual illustrated assembly steps and execute the assembly following the specified order.

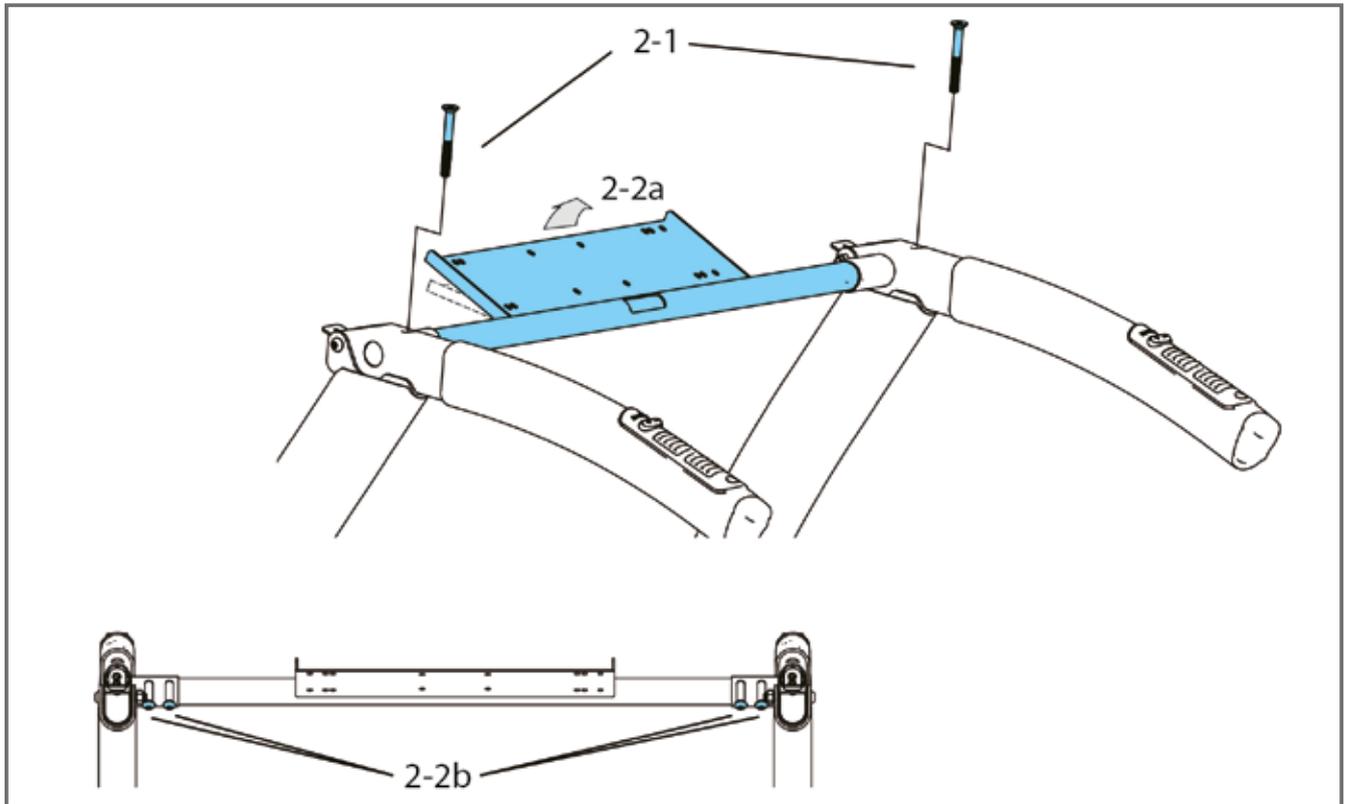
Step 1: Assembly of the console masts

1. Fold up the console mast (1-1).
2. Mount the two M10x60L screws with nuts (1-2).
3. Mount the two M10x60L screws with nuts (1-3).
4. Place the cover on and mount it with four M4x10L screws (1-4).



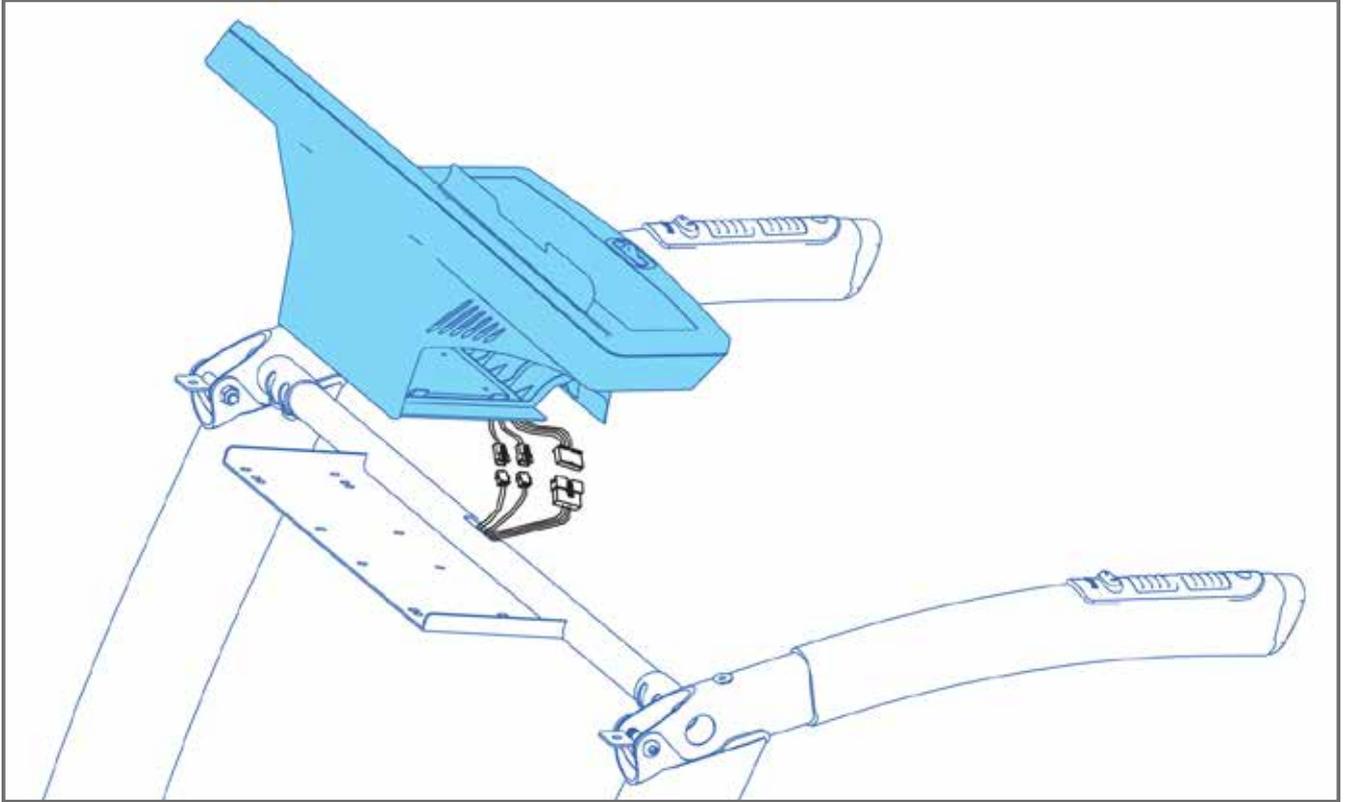
Step 2: Mounting the handrails

1. Align the handrails.
2. Mount the handrails with two M8x70L screws.



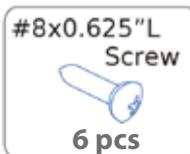
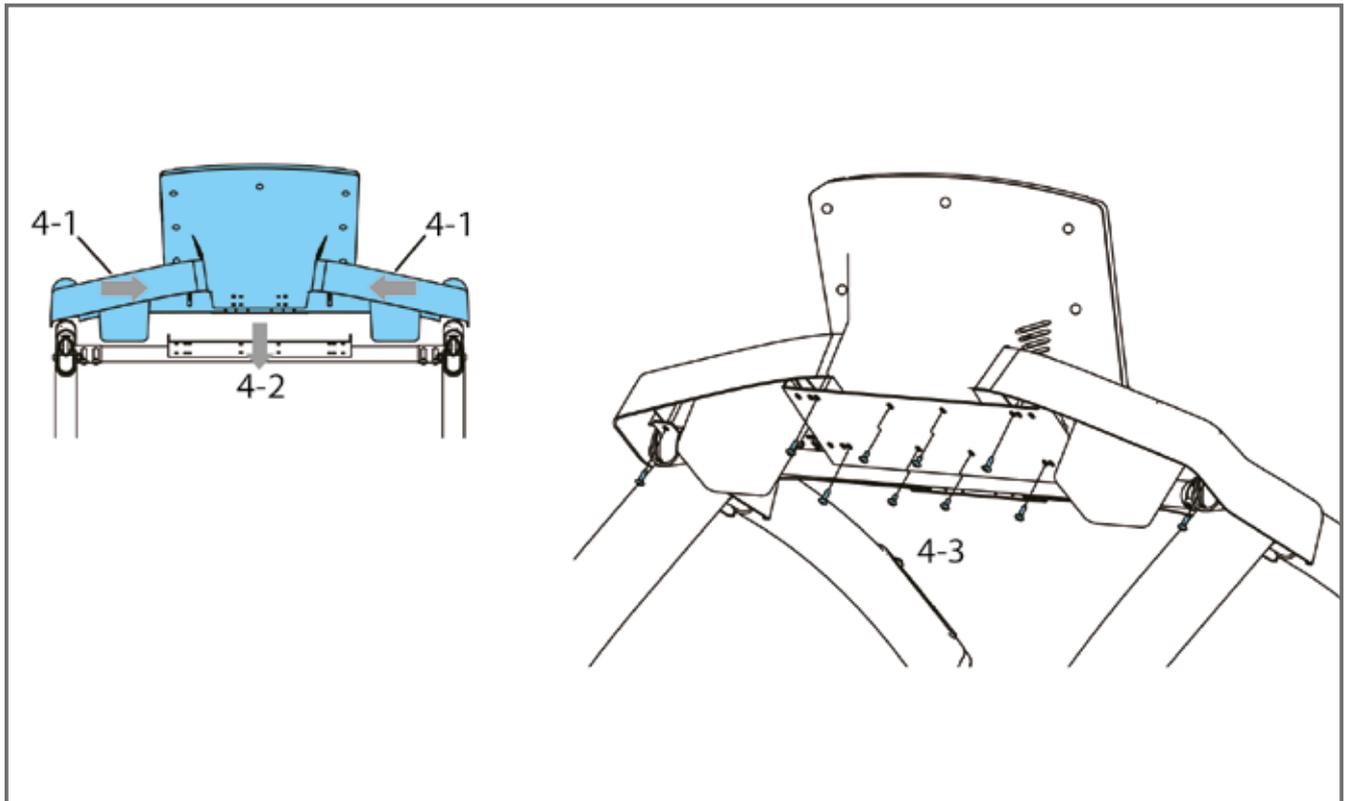
Step 3: Connect the console

1. Connect the plugs from the console with those from the console mast.
2. Carefully place the excess cable in the crossbar of the console mast.



Step 4: Mounting the consoles

1. Place the bottle holders on the main console (4-1).
2. Place the entire cockpit on the designated shelf, softly press the covering on the sides so that it sits correctly (4-2).
3. Take the screws 6x #8x0.625"L and 4x M4x10L and screw them into the designated holes (4-3).



Allen key 5 mm



Transport and storage

The treadmill is foldable and thus saves space when it is stored. It also makes it easier to transport.

Folding up the treadmill

1. Turn off the on/off switch and remove the plug from the outlet.
2. Make sure that nothing is on or next to the equipment that can be spilled or knocked over or that makes it impossible to fold up the treadmill.
3. (a.) Use both hands to grab the supportive bar directly under the rear part of the running mat so that you have a stable lifting point.
(b.) Tilt the treadmill forward and make sure that the hydraulic brake is correctly locked.

Warning: Observe the safety measures & lifting techniques while lifting. Bend your knees & elbows, keep your back straight and lift up both arms.

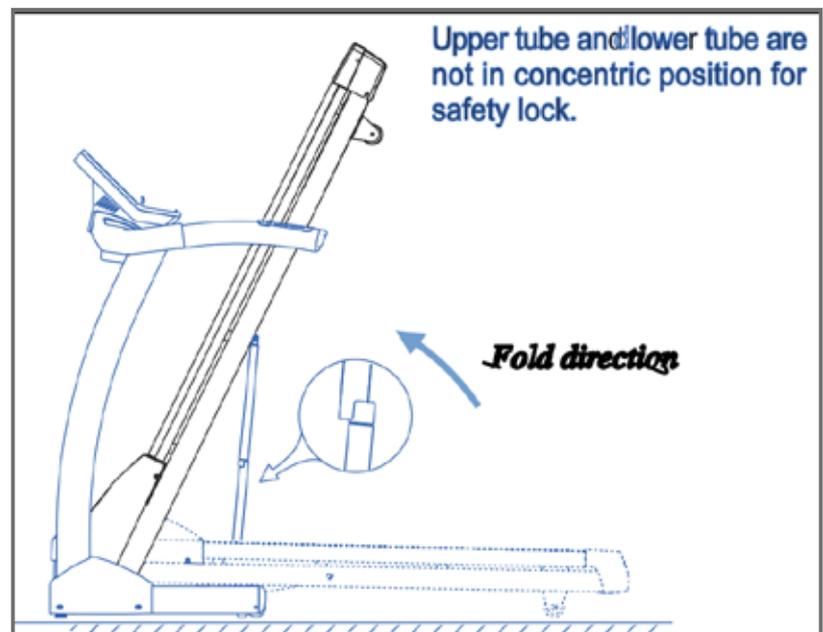
(c.) Make sure that the locking mechanism is secure by pulling the equipment back wards and it does not move. Make sure that you are standing safely if the lock has not been engaged.

Warning:

- Do not lift the treadmill from the running belt or the rear transport wheels. These parts do not lock and are difficult to grab. This may cause personal injury or damage to the equipment.

- Do not lean on the equipment when it is folded and do not place anything on top of it that may make the equipment unstable or fall down. This may result in personal injury.

- Do not connect the equipment to the power supply when it is folded up. Try not to operate the equipment when it is folded up.



Unfolding the treadmill

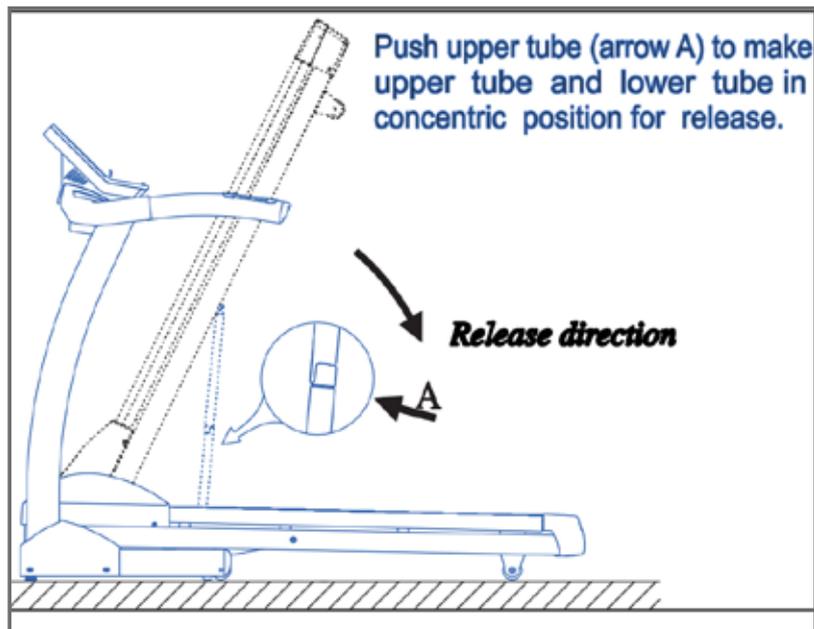
1. Make sure there is enough space to set up the treadmill: at least 1 m on both sides and to the front and at least 2 m behind the equipment for safety reasons. If the user starts to fall, there is enough space to leave the treadmill.

2. Make sure that nothing is standing next to or on top of the treadmill that can be spilled or thrown or that makes it impossible to unfold the treadmill.

3. Stand behind the treadmill.

Press the equipment slightly forward towards the display and slightly press the upper part of the hydraulic brake forward with your left foot until the lock releases and the treadmill can be pulled backward.

4. The hydraulic brake will slowly lower independently. You should still hold on to the treadmill until it has lowered 2/3 of the way. Pay attention to an appropriate lifting technique, bend your knees and keep your back straight.



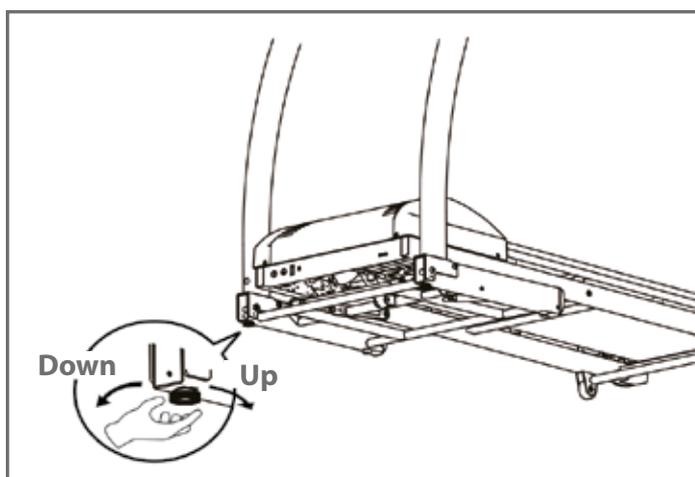
Horizontal alignment

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

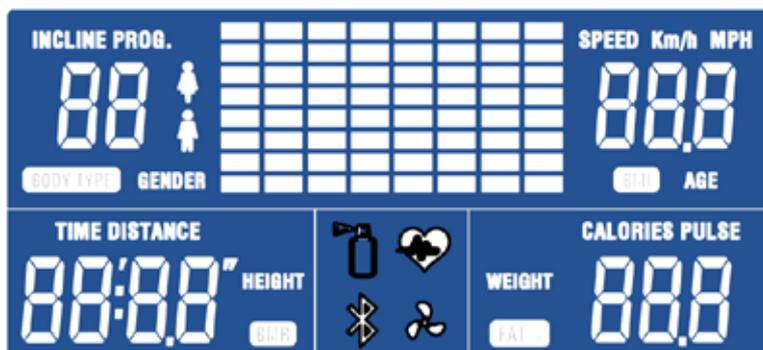
1. Lift the treadmill on the desired side and rotate the setting screws under the main frame.

2. Rotate the screws clockwise in order to remove them and to raise the running surface.

3. Rotate them counterclockwise in order to lower the running surface.



4.1 Console display



CALORIES	Approximate calorie consumption since the beginning of training
TIME	Training time
INCLINE	Incline in %
PULSE	Heart rate
SPEED	Speed in km/h
DISTANCE	Training distance in km
PROG.	Indicates preset program on P01 to P17, U01 to U02, H01 to H02.
AGE	Age for the HR programs
WEIGHT	Weight for exact calorie calculation

4.2 Button functions

<p>MODE</p>	<p>With MODE/ENTER, you can select any value that you need to set the program, e. g., program, level, time and your weight (for more exact calculation of burnt calories). MODE serves to change between the training display.</p>
<p>START / STOP</p>	<ul style="list-style-type: none"> · Press START in order to start manual training without personal data. When the program starts, the time will begin at 00:00 and the incline or speed can be adjusted manually during training. · When you wish to stop your training, press STOP. Press START to restart the exercise. The console will change to 0 after 90 seconds of inactivity. The Auto-reset extends to 300 seconds in technical mode. · If nothing is lit in the display, press the START button for two seconds to turn the display on.
<p>Speed</p>	<p>With the buttons for speed and incline, you can set both values during training and adjust the values during the program setting. If you use a pre-set program, you can adjust the program profile with these buttons (easier or more difficult). Example: Incline program, increase the incline level from the complete program by pressing the incline button.</p>
<p>Quick Selection</p>	<p>There are 4 to 6 hot keys for speed and incline. Then you can directly make the desired setting and you do not have to scroll through everything.</p>

4.3 Programs

Advanced programs

Remember if you train daily with the same speed and duration, your physical fitness will only improve within this scope. In order to get the most out of your training time, this treadmill has a wide selection of training programs. All programs are available under "Speed" or "Incline" with three intensity levels, which you can choose from while making settings. If you select the "Speed" mode, the belt speed varies and the incline remains constant. In the "Incline" mode, the speed remains the same and the incline adjusts to the program. In both modes, you have complete control over the input that is not controlled by the program. You can also use one of the two heart rate programs or create your own program in order to complete the pre-set programs.

4.3.1 Preset programs

P-01: Long, slow distance

(40-minute default)



This is a great training program for everyone. Beginners start with an easy training and include this program in their weekly training in order to maximize their cardiovascular endurance. Days that follow a hard, intense training make this program also ideal for experienced users. Once the program is set, go to U-1 or U-2 and press START.

P-02: Kurzes Intervall

(20-minute default)



Short intervals are ideal for beginners who would like to profit from the benefits of interval training, but are not yet prepared for interval training with longer intensity. They are also ideal for experienced users in order to increase speed and anaerobic fitness. Make sure to vary the training intensity and duration in order to maximize your overall fitness level. Include a few interval exercises in your weekly training.

P-03: Moderate interval

(30-minute default)

As soon as you train on a regular basis and have an improved fitness level, you are ready to train with moderate intensity in intervals. Please note that this training includes a change between a simple recovery and high intensity interval. Feel comfortable while training, because the next recovery interval always follows. This training improves your general aerobic endurance and simultaneously maximizes the development of your anaerobic fitness level.



Advanced programs:

P-04: Long interval

(40-minute default)

These exercises are perfect to maximize calorie consumption and improve anaerobic fitness. Just as with moderate intervals, you have recovery intervals after every high intensity - for constantly increasing training intensity.



P-05: Negative interval 1

(30-minute default)

This program offers all the advantages of training with an even speed and motivates you to achieve a gradually higher, consistent training intensity and allows you to then slowly decrease the training intensity. By improving your general health and fitness, you can slowly increase to a higher level of training intensity in this training.



P-06: Negative interval 2

(30-minute default)

This training begins with a slight increase in training intensity and ends with a gradual reduction of the training intensity. Training with an increase and decrease of intensity has an ideal effect on your aerobic, cardiovascular endurance. Training with a decrease in intensity is also ideal to maximize the calorie consumption - however, over a longer period of time, e. g., 40 or 50 minutes.

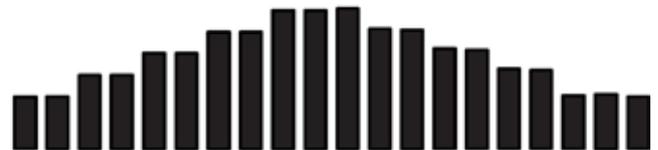


P-07: Fartlek
(30-minute default)



Varied training intensity with constantly changing interval training, that starts with an easy speed & increases to a moderate/intense speed, offers variety and offers great fitness benefits. Constantly varying intensities have a very positive effect on the improvement of brain fitness according to brain research.

P-08: Climbing uphill
(30-minute default)



Gradually increase the training intensity with this workout. The goal here is to stimulate your body, to improve cardiovascular fitness and to maximize the muscle cell growth of the stressed muscles. The calorie consumption is maximized in the top levels. Your body can train longer and also profit from the high intensity when slowing down and returning to the initial level.

P-09: Pyramid increase
(30-minute default)



Gradually increasing intensity is ideal to improve cardiovascular fitness and to maximize the muscle cell growth of the stressed muscles. The calorie consumption is maximized during peak intensity. Your body can train longer and profit from the high intensities with gradual slowing down.

P-10: Plateau increase
(40-minute default)



This offers all of the benefits of other consistent workouts, however, it motivates you to maintain a higher intensity. You can improve your health and fitness and bring yourself to a higher intensity over a longer period of time.

P-11: Ladder
(30-minute default)



Some of the best benefits are the direct, positive effects on the heart and the cardiovascular system. It is specifically developed to supply your heart and cardiovascular system with a series of increasingly difficult training intensities, which improves your aerobic endurance and also stimulates anaerobic endurance. Remember that it may be challenging for a few minutes, however, any success must be carefully built up in order to offer recovery intervals as well - so that you can motivate yourself to improve your cardiovascular fitness.

P-12: Uphill interval
(20-minute default)



This training is unique, because the body enjoys the benefits of interval training & additionally those of the gradual increase in intensity. Start at a level that is comfortable for you and gradually increase the intensity during every max. interval & bring yourself to a higher intensity every time. During higher intensity intervals, you burn the maximum amount of calories and simultaneously work on improving your anaerobic fitness.

P-13: Constant speed
(40-minute default)



Improve your fitness and stimulate your body to burn more fat. It is ideal support to improve your endurance. Most exercises of this type focus on maintaining load during the entire training. Your goal is to train with a low, moderate to high, moderate intensity throughout the entire workout.

P-14: Long, slow distance
(40-minute default)



A great workout for everyone! Beginners have an easy start and should do this training at least once a week in order to maximize their cardiovascular endurance. It is also ideal for experienced users who use this training on days that follow hard, intense training.

P-15: Cardio run
(20-minute default)



Training with a constant speed, however, with higher intensity than with “long slow distance”. It is an advanced training program to motivate you to achieve a challenging, constant speed and to maintain your speed throughout the entire training. It is great to prepare for a certain event.

P-16: Short interval
(20-minute default)



Studies prove that this training is ideal for users who would like to lose more weight and improve their cardiovascular fitness. The variation of intensity from moderately slow to high through several intervals and their repetition maximize the total number of burnt calories during training. Another benefit is the personal decision about if the high intensity should be maintained during training. The short recovery intervals allow your body to do successful training with high intensity throughout a complete training session.

P-17: Uphill running
(30-minute default)



Improve your fitness and stimulate your body to burn more fat. It is ideal support to improve your endurance. Most exercises of this type focus on maintaining load during the entire training. Your goal is to train with a low, moderate to high, moderate intensity throughout the entire workout.

4.3.2 MAN. - Manual program

Press **START** to begin training as quickly as possible. To do this, select the manual program & the time counts up from 00:00. You can also press **ENTER** in order to select the manual program. With **ENTER**, set a certain duration and your weight (for more exact calorie calculation).

Start pre-set program

1. **Select program.** Press the arrow buttons to select your desired program. Confirm the setting with **ENTER**.
2. **Select program mode.** You can run any program in the incline and speed mode. Press the speed button in order to select the speed mode (the same applies for incline). Confirm with **ENTER**.
3. **Select program level.** There are three intensity levels for each pre-set program (1 - the easiest, 3 - the most difficult). Make a selection with the arrow buttons and confirm with **ENTER**.
4. **Set time.** Set the time with the arrow buttons and confirm with **ENTER**.
5. **Enter weight.** Enter the weight with the arrow buttons to better calculate the calories and confirm with **ENTER**.
6. Press **START** to begin with the training.

User defined programs

User programs must be set before training. Steps as follows:

1. **Select USER1 or USER2 program.** Press U - 1 or U -2 and confirm with **ENTER**.
2. **Set level.** Set a level for each segment of the training program. Press **ENTER** and execute this for all 20 segments.
3. **Set time.** Set the time with the arrow buttons and confirm with **ENTER**.
4. **Enter weight.** Enter the weight with the arrow buttons to better calculate the calories and confirm with **ENTER**.
5. **Start.** Press **START**.

Once the program has been set, go to U-1 or U-2 and press **START**.

4.3.3 Heart rate controlled training

In this program, you have to set a heart rate that the console will maintain during training. For the interval, you must enter a LOW and a HIGH heart rate. You either have to hold on to the pulse handles with both hands or wear a chest strap during training.

HRC - constant

1. **Select HRC1.** Select H-1 with the arrow buttons and confirm with ENTER.
2. **Select program mode.** Press the speed or incline/arrow button up in order to select the respective mode. Confirm with ENTER.
3. **Set time.** Set the time with the arrow buttons and confirm with ENTER. Remember that the program includes a three-minute warm up.
4. **Set age.** Enter the age with the arrow buttons and confirm with ENTER.
5. **Set target heart rate.** Set with the arrow buttons and confirm with ENTER.
6. **Enter weight.** Enter the weight with the arrow buttons and confirm with ENTER.
7. Press **START** to begin with the training.

HRC - interval

1. **Select HRC2.** Select H-2 with the arrow buttons and confirm with ENTER.
2. **Select program mode.** Press the speed or incline/arrow button up in order to select the respective mode. Confirm with ENTER.
3. **Set time.** Set the time with the arrow buttons and confirm with ENTER. Remember that the program includes a three-minute warm up.
4. **Set age.** Enter the age with the arrow buttons and confirm with ENTER.
5. **Enter HIGH target heart rate.** Enter the HIGH interval frequency with the arrow buttons and confirm with ENTER.
6. **Enter LOW target heart rate.** Enter the LOW interval frequency with the arrow buttons and confirm with ENTER.
7. **Enter weight.** Enter the weight with the arrow buttons and confirm with ENTER.
8. Press **START** to begin with the training.

NOTES: The speed and incline can be changed with the arrow buttons while training. Press START to stop the training program. You can reset the data with RESET (hold STOP for three seconds).

4.4 Equipment settings

Personal settings	Information on the display
<p>Hold MODE/ENTER and then press SPEED up in order to get to the technical mode. The first display shows the software version. Then press MODE/ENTER to get to the next display for personal settings or to show the factory settings.</p>	<p>100 Eng MODE</p>
<p>Metric (Si) or English (EN) measurements. Press SPEED up or down in order to change. Press MODE/ENTER to accept the setting and go to the next display.</p>	<p>En or Si</p>
<p>Set break times. Set the duration for which the treadmill can be stopped until it is automatically reset. You can choose between 90, 180 or 300 seconds before the console resets. Press SPEED up or down to change this. Press MODE/ENTER to accept the setting and go to the next display.</p>	<p>PT 90 or 180 or 300</p>
<p>Turn on and off acoustic alarm WARNING: The acoustic alarm was set by the manufacturer in order to warn users when the treadmill starts or the speed changes. The user may turn off the alarm at their own risk.</p>	<p>bz ON or OFF</p>
<p>Set the beginning speed of the treadmill after the pause button was pressed: 0 indicates that the treadmill will start at the lowest speed. 1 indicates that the treadmill will start at the speed at which the treadmill was set before the pause button was pressed. Press SPEED up or down to change this. Press MODE/ENTER to accept the entry and go to the next display.</p>	<p>init 0 or 1</p>

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.

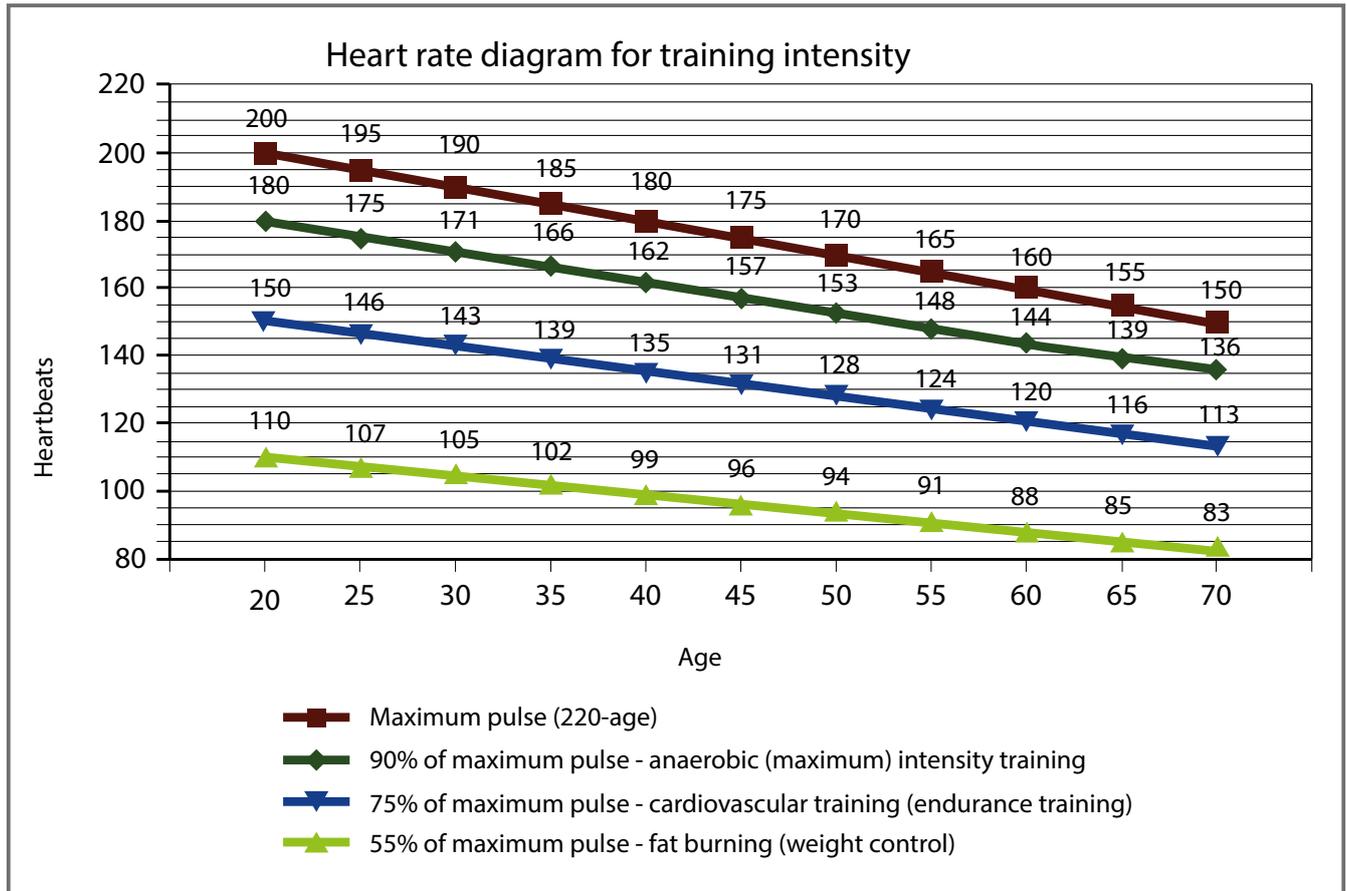
Cardiovascular training (cardio training): The primary goal is to increase endurance and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training period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

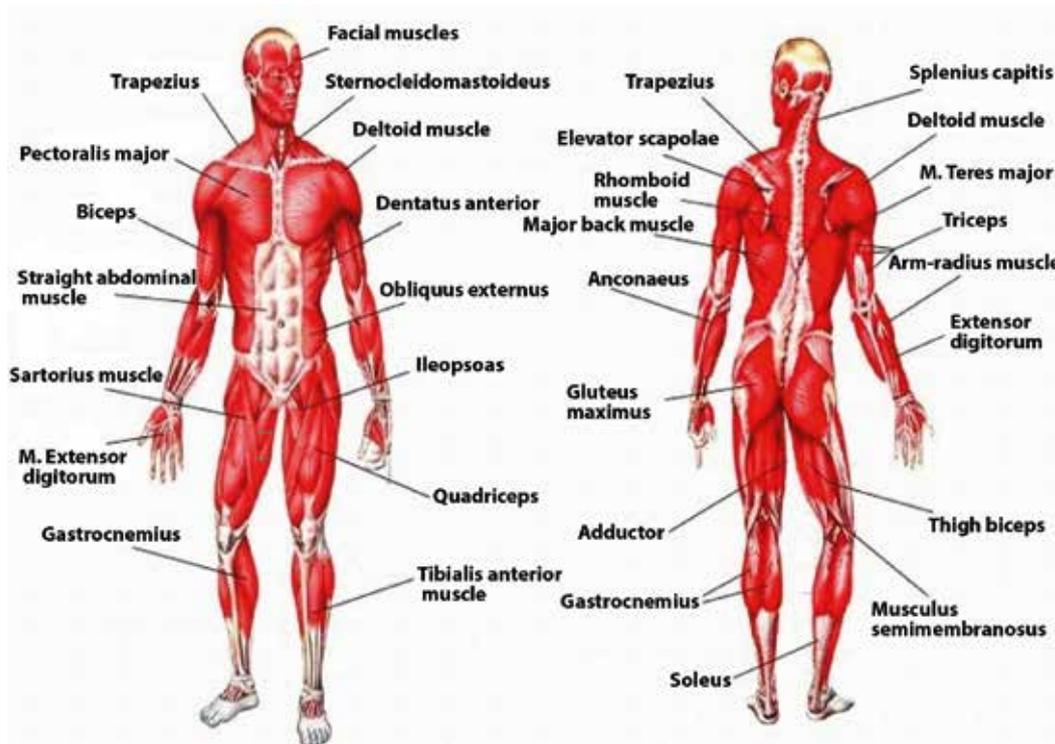
Fri	25 min.	After every 10 min. run for 1 min.	35 min.	Running at a moderate speed
In the fourth week, run for two minutes after every 10 minutes. Maintain your heart rate.			In the fourth week, increase the speed for one minute each. Maintain your heart rate.	

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.

Model	Usage	Full warranty	Frame	Motor
TR20	Home use	24 months	30 years	10 years

Repair costs

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

The terms of use are defined as follows:

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

Warranty service

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

Warranty conditions

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

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

Warranty claims are invalid in case of damage resulting from:

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

Proof of purchase and serial number

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

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

Service outside of the warranty period

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

Communication

Many problems can be solved just by speaking to us as your 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



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 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>Sport-Tiedje silicone spray</p> <p>Art. No. ST-1003</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

+49 4621 4210 0

+49 4621 4210 699

service@sport-tiedje.de

Mon - Fri 8:00 am - 6:00 pm

Sat 9:00 am - 6:00 pm

NL

+31 172 619961

info@fitshop.nl

Mon - Thu 9 am - 5 pm

Fri 9 am - 9 pm

Sat 10 am - 5 pm

UK

+44 141 876 3972

orders@powerhousefitness.co.uk

Mon - Fri 9 am - 5 pm

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.	Part number	Description
(01)	8000001200	Main Frame
(02)	81TB31100201A21	Frame Base
(03)	80TA11100401	Incline Bracket Set
1	81TA11250040A04	Incline Bracket
2	205112081806001	Sleeve
3	511212006200134	Hexagonal socket screw
4	541113026200114	Washer
5	531212001200114	Nylon Nut
(04)	80TA11100301	Incline Base Set
1	81TA11250030A04	Incline Base
2	205112081806001	Sleeve
3	511212003200134	Hexagonal socket screw
4	541113026200114	Washer
5	331410002003301	Pulley
6	530010001000112	Nut
7	531212001200114	Nylon Nut
(05)	8000000991	Supporting Post sets
1	8000000992	Supporting Post-Left
2	8000000993	Supporting Post-Right
3	511410006000114	Socket Screw
4	531210001000114	Nylon Nut
(06)	8000000994	Handrail sets
1	8000000995	Handrail-Left
2	8000000996	Handrail-Right
3	83T061106004	Incline Set
4	83T061206004	Speed Set
5	753049030405003	Foam
6	326213006001004	Handrail end cap
(07)	8000000997	Console bracket set
1	8000000998	Console bracket
2	511408001500114	Screw

No.	Part number	Description
(08)	80TA11100701A07	Folding shock set
1	201TA8125010A07	Folding fixed tube
2	210130007134502	Folding Shock
3	203TA0150030B04	Ball Screw
4	550140260410115	Twin Spring
5	511208007500114	Hexagonal socket screw
6	541108016150114	Washer
7	531208000800114	Nut
(09)	8000001202	Running deck set
1	2000000985	Running deck
2	511408002500114	Screw
3	521205102500114	Screw
4	541108016150114	Washer
5	314TA2150010004	Bumper
6	511608003000114	Screw
7	201TA1110020A04	Supporting Tube
8	591101350600011	One-sided Adhesive
9	511408003000114	Screw
10	531408000800111	T-nut
(10)	80TA11101401000	Incline Motor Set-220v
1	401240070804610	Incline Motor-220V
2	511610004500114	Hexagonal cap screw
3	511610006200114	Hexagonal Cap Screw
4	541110020150114	Washer
5	531210001000114	Nylon Nut
(12)	8000001203	Main Frame attachment set
1	322213006001004	End Cap
2	342008003003001	Rubber cushion
3	342008003002501	Rubber cushion
4	341305202202001	Space Pad
5	521205501900114	Screw
6	331808205602301	Wheel
7	511408004000114	Screw

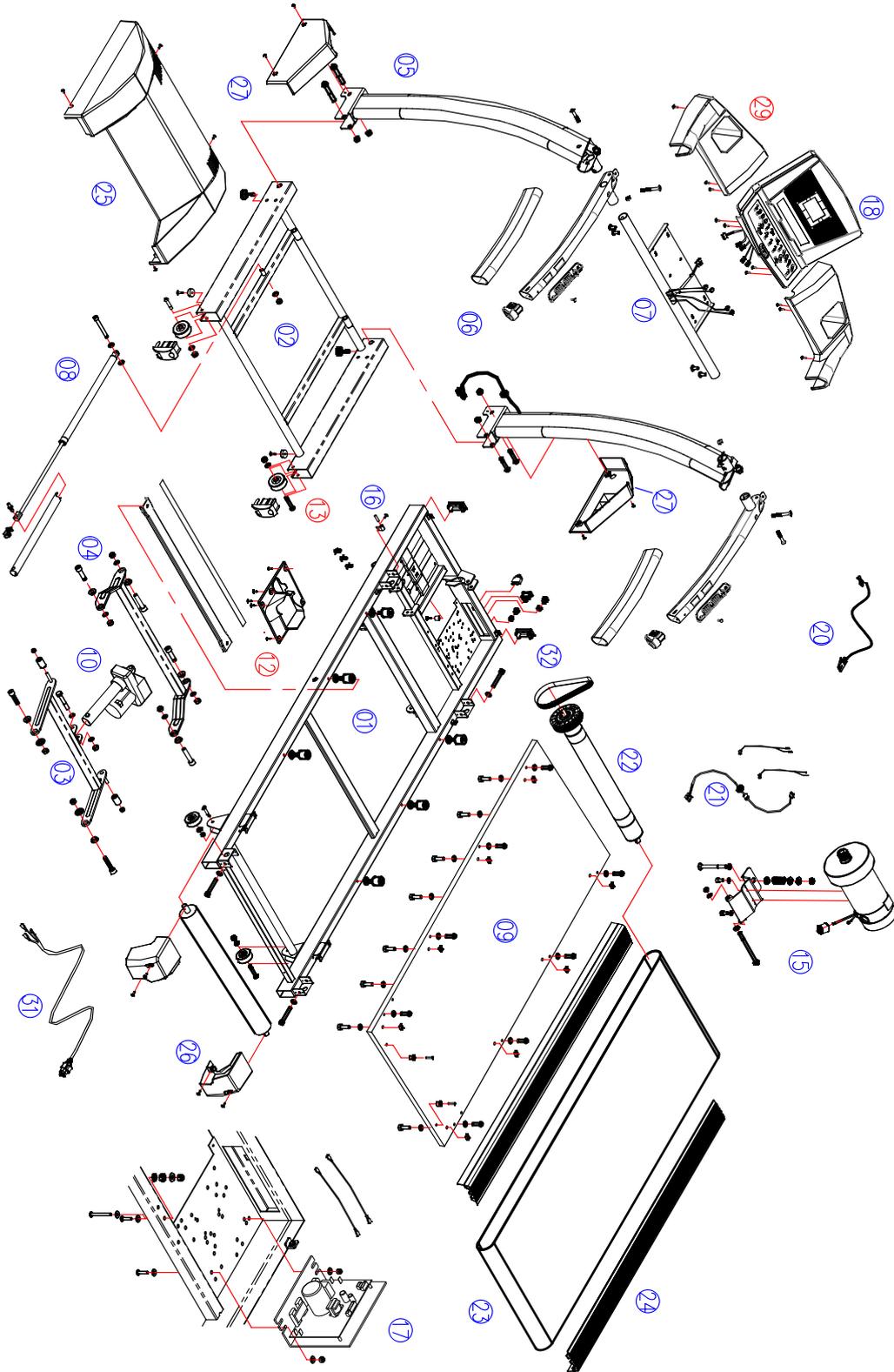
No.	Part number	Description
8	541108016150114	Washer
9	531208000800114	Nut
10	311TA1125110004	Incline bottom cover
11	521204101000114	Socket
12	5924000000000001	Power Cord Buckle
13	5922000000000002	Wire clipper
14	362710002501000	Separate cover
15	541108030200114	Washer
(13)	80TA11109002004	Base Attachment Set
1	341306402601001	Space Pad
2	521205501200114	Screw
3	351706403001101	DESK BASE FOOT, ASJUSTABLE
4	325214008001004	End Cap
5	331808205603601	Wheel
6	511408005000114	Screw
7	541108016150114	Washer
8	531208000800114	Nut
(14)	80TA11109003000	Side Handrail Attachement
1	511908007000124	Socket Screw
2	511408005000114	Screw
3	522504115900114	Screw
4	521204105000114	Screw
5	541108016150114	Washer
6	531208000800114	Nut
(15)	8000001308	Motor set
1	204TA2150050A07	Motor bracket
2	4000000304	Motor
3	205213828628501	Core
4	551320220450131	Tension Spring
5	511810008500111	Carriage screw
6	541210020200114	Rubber Washer
7	341001102500701	Washer
8	341001102501101	Washer

No.	Part number	Description
9	531210001000114	Nylon Nut
10	511208001500115	Hexagonal socket screw
11	544182016200115	Spring Washer
12	541108016150114	Washer
13	541110026200114	Washer
14	512607913000111	Screw
15	532207900800111	Nylon Nut
(16)	80TA11101601000	Sensor Set
1	592400000000009	Speed sensor bracket
2	405503470210001	SENSOR
3	521204101000114	Socket
(17)	8000001285	MCB set
1	4000000292	MCB
2	405301010301001	Wire(Black)
3	405301010301501	Black Cable
4	407302250160001	Switch-AC Power
5	407101250080001	POWER SWITCH
6	511505005500113	Flat Head Corss Screw
7	511505001500113	Screw
8	541105010100211	Flat Washer
9	531105000400111	Nut
10	531205000500111	Nylon Nut
11	543105010060111	Washer
12	406222005231502	Choke
13	406125005300001	Filter
14	205234620812701	Core
15	405301010302102	White Cable
16	405301030302503	Cable-Yellow Green
17	511504001000113	Screw
18	541105010100111	Washer
19	531204000500111	Nylon Nut
(18)	8000001290	Console set
(19)	8000001042	Overlay set

No.	Part number	Description
1	6000000493	console overlay
2	6000000494	keypad overylay
(20)	83T200101007	Safety key
(21)	8000001296	Cable set
1	405117061324501	Cable
2	592400000000001	Power Cord Buckle
3	592200000000002	Wire clipper
4	205234620812701	Core
(22)	83T220600001	Roller Set
1	207117060005502	Roller,Front
2	207215050005501	Rear roller set
3	512207906400115	Hexagonal socket screw
4	541108016150114	Washer
(23)	206114460269121	Running Belt
(24)	213003011103103	Side rail
(25)	80TB31102501003	Motor cover set
1	311TB3200031003	"MOTOR COVER - LEFT"
2	311TB3200021003	MOTOR COVER - RIGHT
3	311TB3110011003	Motor cover-middle
4	521204112700114	Screw
5	512506401300114	Screw
(26)	80TA32001301003	Rear End Cap Set
1	311TA3200060003	Rear End Cap-Right
2	311TA3200050003	Rear End Cap-Left
3	521204115900114	Screw
(27)	80TB32002701003	Side Cover Set
1	311TB3200111003	Side Cover-Left
2	311TB3200101003	Side Cover-Right
3	511504001000114	Screw
(29)	8000001068	Bottle holder sets
1	3000000373	Bottle holder - Left
2	3000000374	Bottle holder - Right
3	521204115900114	Screw

No.	Part number	Description
(31)	405402130318501	AC power cord
(32)	2000000488	Drive Belt

9.4 Exploded drawing



CONTACT

Company head office

Sport-Tiedje GmbH
Flensburger Str. 55
24837 Schleswig
Germany

GENERAL INFORMATION:

DE ☎ +49 4621 4210 0
✉ info@sport-tiedje.com

NL ☎ +31 172 619961
✉ info@fitshop.nl

UK ☎ +44 141 876 3972
✉ orders@powerhousefitness.co.uk

Hotline for Technical Information

DE ☎ +49 4621 4210 0
☎ +49 4621 4210 699
✉ service@sport-tiedje.de

NL ☎ +31 172 619961
✉ info@fitshop.nl

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

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

DISCLAIMER



©2009 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/filialen

