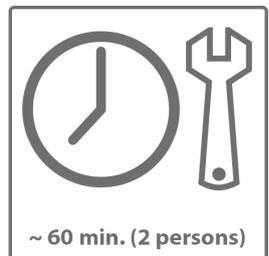
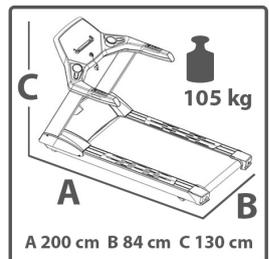


cardiostrong

Assembly and operating instructions



Art. No. CST-TX50

Treadmill TX50



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.

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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 output: 3 HP continuous output (DC motor)

Speed range:	0.8-20 km/h
Speed hot keys:	4
Incline range:	0-15 %
Incline hot keys:	4

Total number of training programs:	17
Manual programs:	1
Pre-set programs:	12
Heart-rate controlled programs:	2
User-defined programs:	2
Body-fast test	

Running surface size (length x width): 152 x 51 cm
Transport wheel diameter: 50 mm
Running belt thickness: 3 mm
Running deck thickness: 25.6 mm

Weight and dimensions:

Item weight (gross, incl. packaging):	115 kg / 253 lbs
Item weight (net, without packaging):	105 kg / 231 lbs
Package dimensions L x W x H):	approx. 2000 mm x 840 mm x 370 mm
Set-up dimensions (L x W x H):	approx. 2000 mm x 840 mm x 1300 mm
Folded dimensions (L x W x H):	approx. 950 mm x 840 mm x 1680 mm

Maximum user weight: 150 kg / 330 lbs

1.2 Personal safety

- + Before you start using the equipment, you should consult your physician that this type of exercise is suitable for you from a health perspective. Particularly affected are persons who: have a hereditary disposition to high blood pressure or heart disease, are over the age of 45, smoke, have high cholesterol values, are overweight and/or have not exercised regularly in the past year.
- + Please note that working out excessively can seriously damage your health. Please also be aware that heart rate monitoring systems might be imprecise.
- + The equipment may only be used for its intended purpose; that means for 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

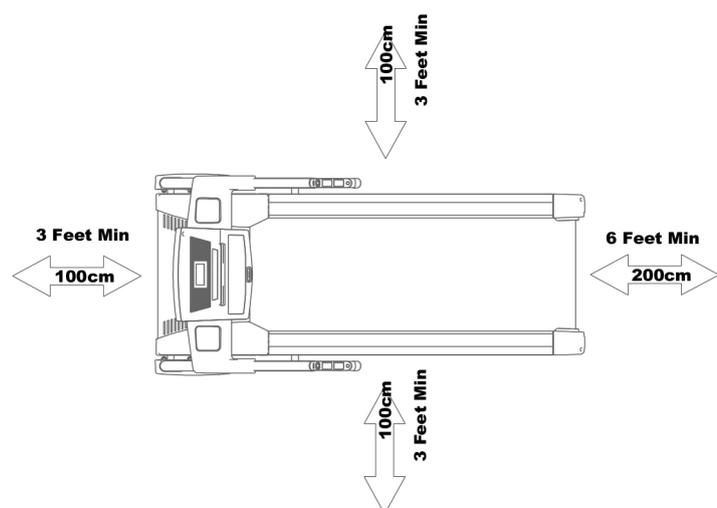
- + The equipment has an EMERGENCY STOP mechanism for your safety. The equipment may only be operated when the safety key is properly attached to the contact point of the cockpit. The equipment will automatically stop immediately if the safety key is no longer on the contact point. That is why you should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

Please contact your contract partner for technical support.

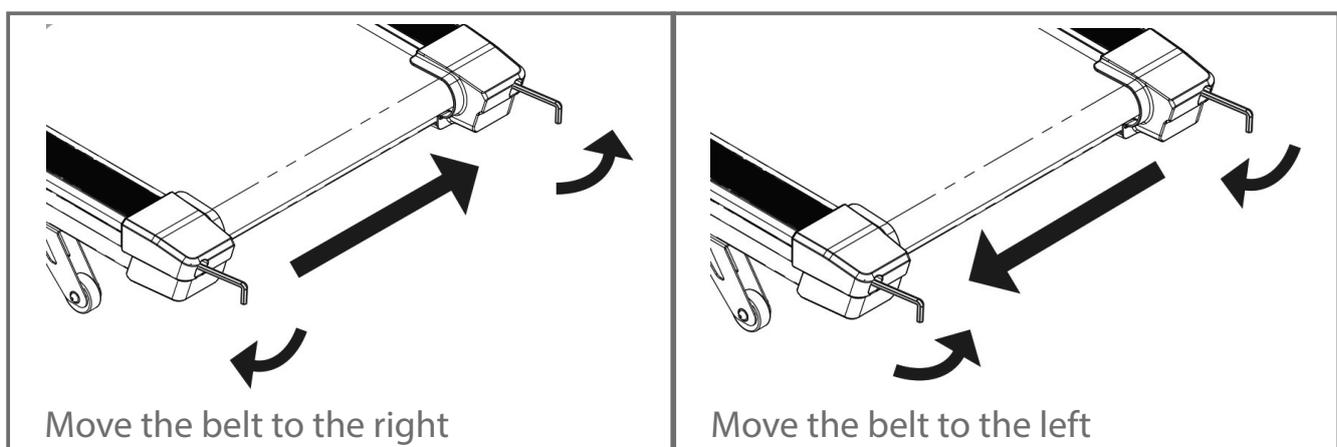
Error code	Repair
E1	<p>If E1 is displayed, remove the safety key and re-attach it to restart the treadmill. If E1 is still displayed, check the following:</p> <ol style="list-style-type: none">1. Check whether all cables and connections are properly connected.2. The treadmill shows E1 and does not start moving after START has been pressed. Check whether one of the parts is stuck.3. The treadmill starts to move for a few seconds after START has been pressed, but stops soon after. Check whether the sensor or the speed measurement cable is loose or faulty.4. Check whether the cables connected to the motor are fixed and secure.5. If the E1 error cannot be resolved, please contact the customer service of your contract partner to arrange a technical service.
E4	<p>Heart rate is not displayed in the body mass program for more than 8 seconds.</p> <ol style="list-style-type: none">1. Carry out a RESET or remove the safety key. Restart the body mass program.2. If the E4 error cannot be resolved, contact the customer service of your contract partner to arrange a technical service.
E6 / E7	<p>If E6/E7 is displayed, remove the safety key and re-attach it to restart the treadmill. If E6/E7 is still displayed, check the following or contact customer service:</p> <ol style="list-style-type: none">1. Reset the incline value. (1) If incline is lower than the middle setting, press MODE and INCLINE up. Hold both buttons and incline will be increased. Press both buttons until the incline reaches the middle setting. (2) If incline is higher than the middle setting, press MODE and INCLINE down. Hold both buttons and incline will be lowered. Press both buttons until the incline reaches the middle setting. Repeat this step several times. If the incline cannot be moved, contact your contract partner. Once the incline reaches the middle setting, switch the device off and restart it. Check to see whether E6/E7 has disappeared. If not, contact your contract partner to arrange a technical service.2. Check whether the red and white cables are correctly connected to the MCB.3. If it is not possible to RESET the incline, contact your contract partner to arrange a technical service.

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.

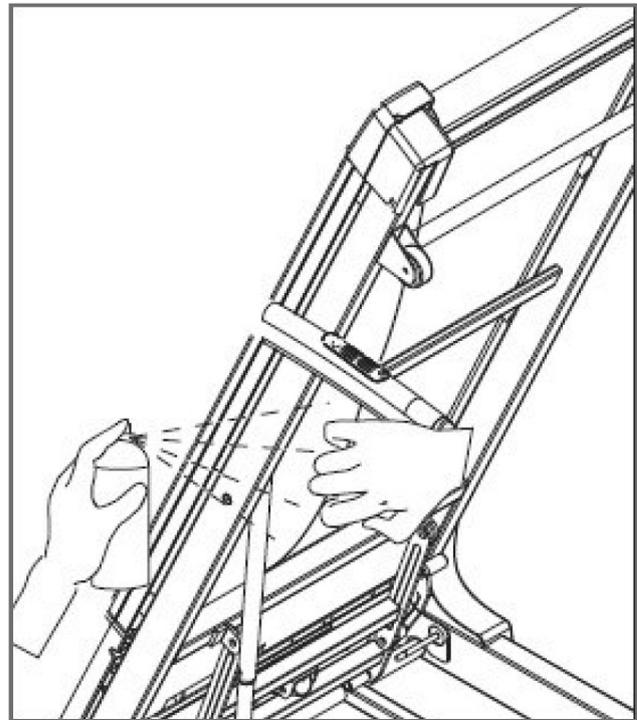
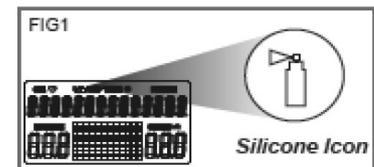


Tensioning the running belt again

- + 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

- + 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.



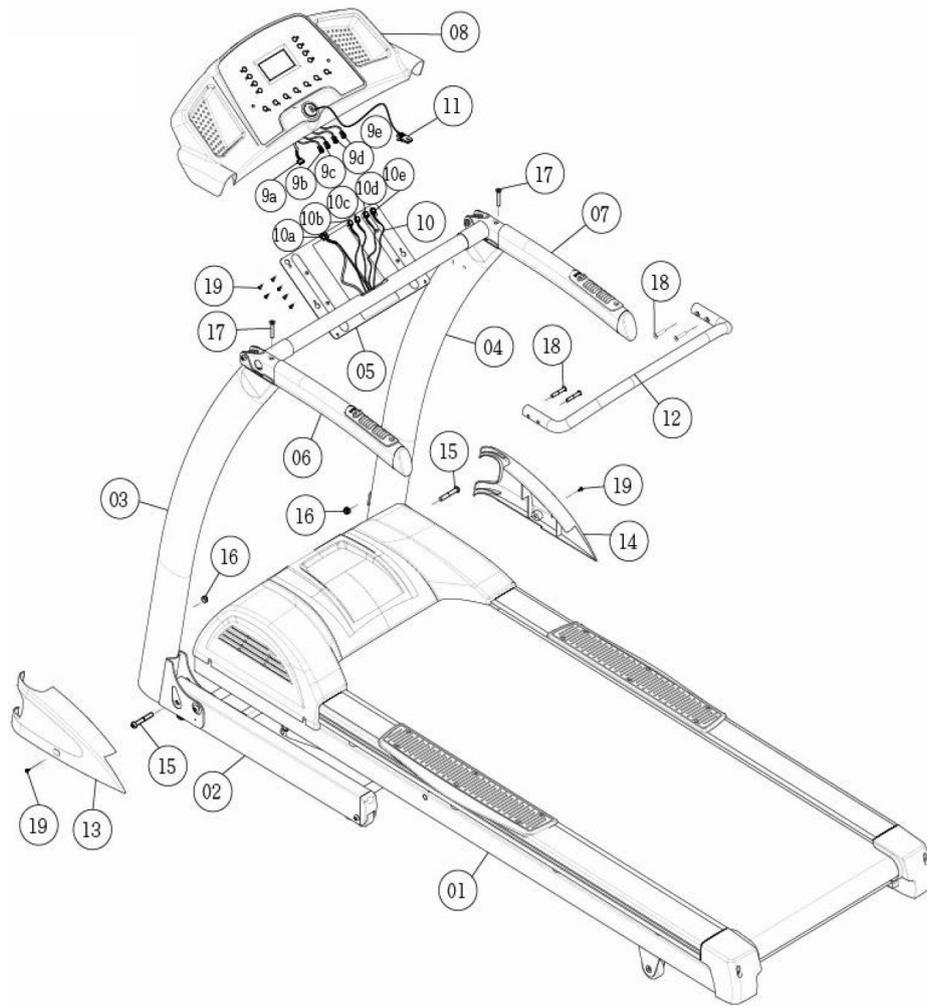
The following routine work must be done in the specified time intervals:

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

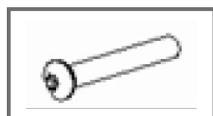
The package contains the parts represented in the illustration, including a power cable with mains plug. If one of the illustrated parts is missing, please contact your contract partner.



1	Frame (running deck)	10b	Speed cable
2	Base frame*****	10c	Incline cable
3	Cockpit post (left)	10d	Hand pulse cable
4	Cockpit post (right)	10e	Hand pulse cable A
5	Console bracket	11	Safety key
6	Handle, left	12	Grip bar
7	Handle, right	13	Frame cover (left)
8	Computer console	14	Frame cover (right)
9a	Pulse cable (PCB)	15	M10 x 60L screw
9b	Speed cable	16	M10 x 10 nylon nut
9c	Incline cable	17	M8 x 70L screw
9d	Hand pulse cable	18	M8 x 45L screw
9e	Hand pulse cable A connection	19	M4 x 10L screw
10a	Pulse cable (PCB)		

Tools and screw sets

Pre-mounted screws:



M10*60L (2PCS)



M10 (2PCS)



M4*10L (6PCS)

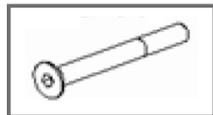


M8*15L (4PCS)

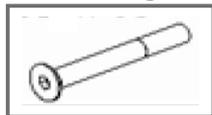


M8 (4PCS)

Screws in the plastic bag:



M8*70L (2PCS)

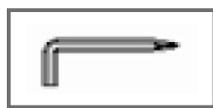


M8*45L (4PCS)



M4*10L (2PCS)

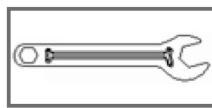
Tools:



M5 (1PCS)



M6 (1PCS)



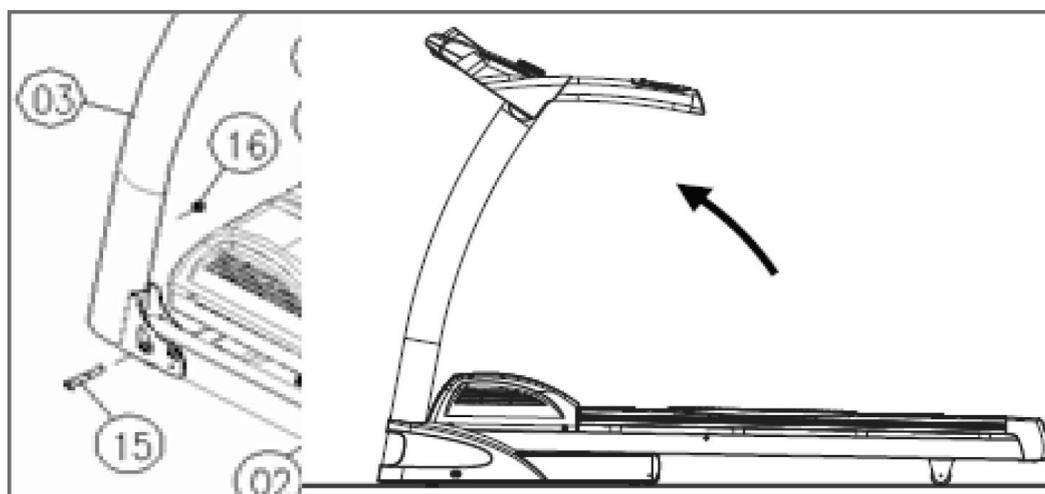
13*17 (1PCS)

Tip: Remove the upper part of the box. Cut through the corners of the lower box and fold the ends to the sides. By doing this, the heavy treadmill does not need to be lifted out of the box.

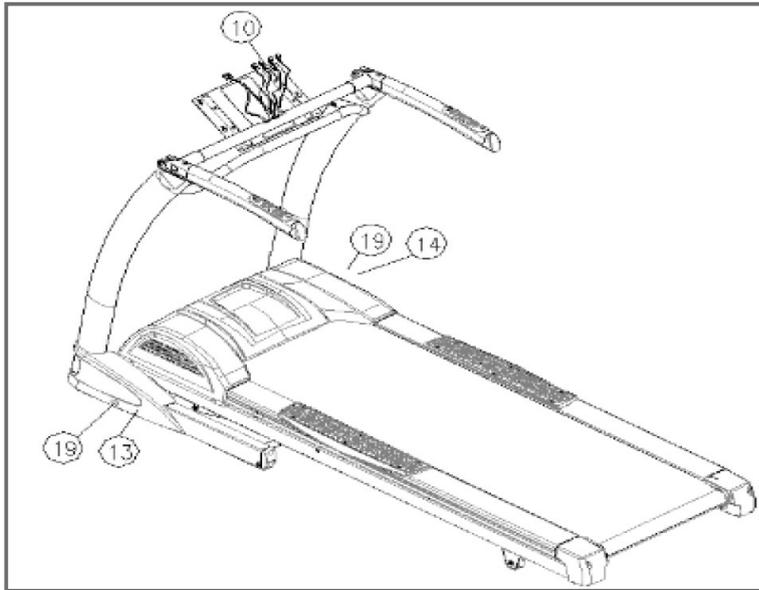
3.2 Assembly instructions

Step 1: Assembly of the handle bracket (post)

Remove the screw (15) and the nut (16) from the right and left side of the base frame (02) (left figure). Place the cockpit posts and the handles upright (right figure). Re-attach and tighten the screws (15) and the nuts (16) on both sides of the base frame.

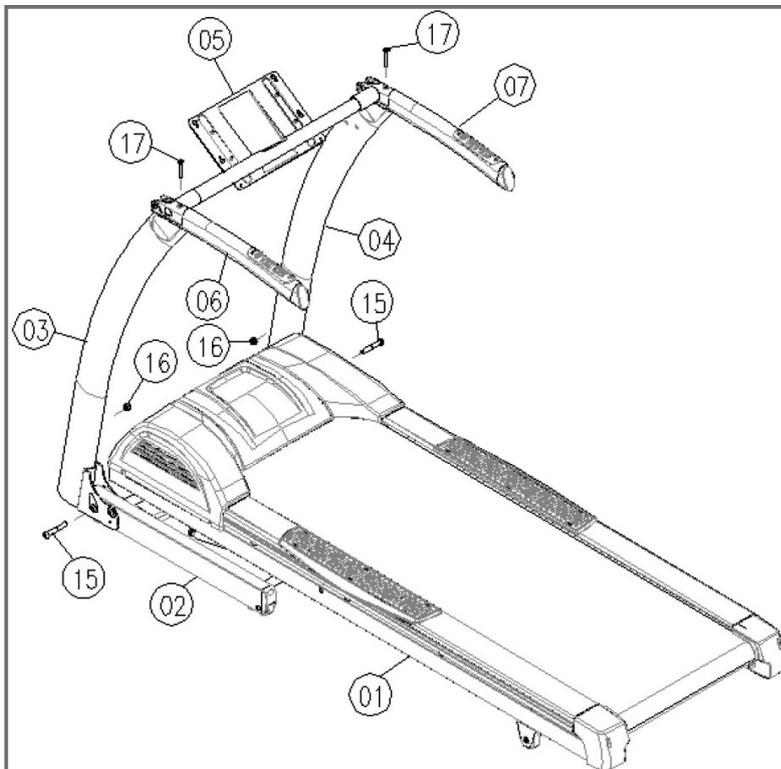


Step 2: Assembly of the frame covers



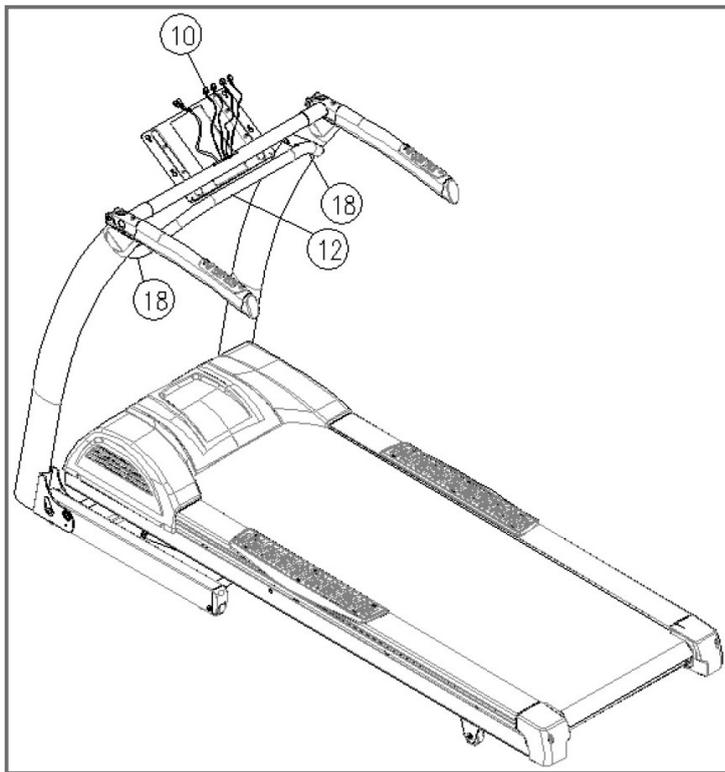
Mount the left frame cover (13) to the frame and secure using the screws (19). Repeat this process on the right-hand side.

Step 3: Assembly of the handles



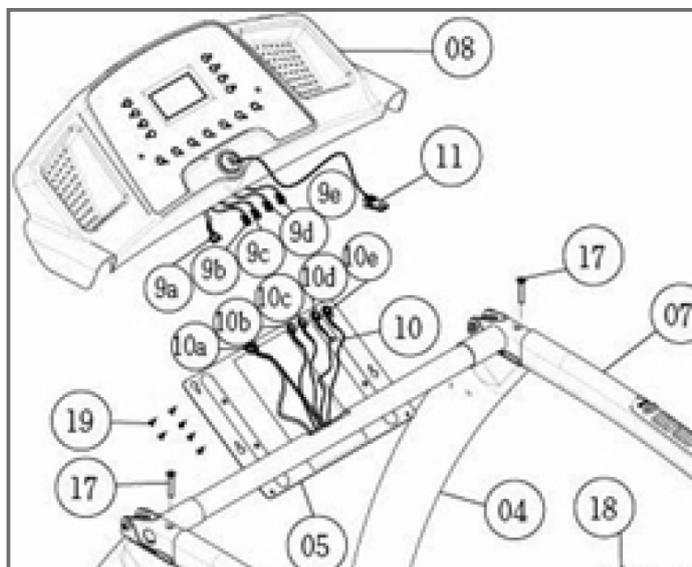
Mount the handles in position on the bracket post. Secure the left and right handles to the bracket post using the screws (17). Turn the console tube until the console mount (5) is in the right position.

Step 4: Assembly of the grip bar



Mount the safety bar (12) to the bracket post using the screws (18).

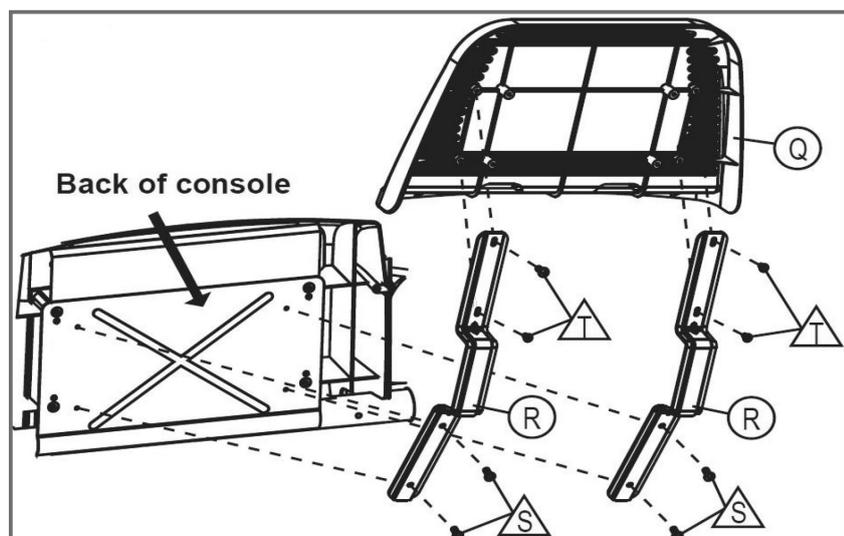
Step 5: Fitting the console



Remove the screws (19) that are attached to the bracket. Place the console (D) on the console mount. Connect PCB cables 9a and 10a. Connect hand pulse cables 9d and 10d. Connect hand pulse cables A 9e and 10e. Connect speed measurement cables 9b and 10b. Connect incline control cables 9c and 10c. Mount the console to the bracket using the 4 screws (19).

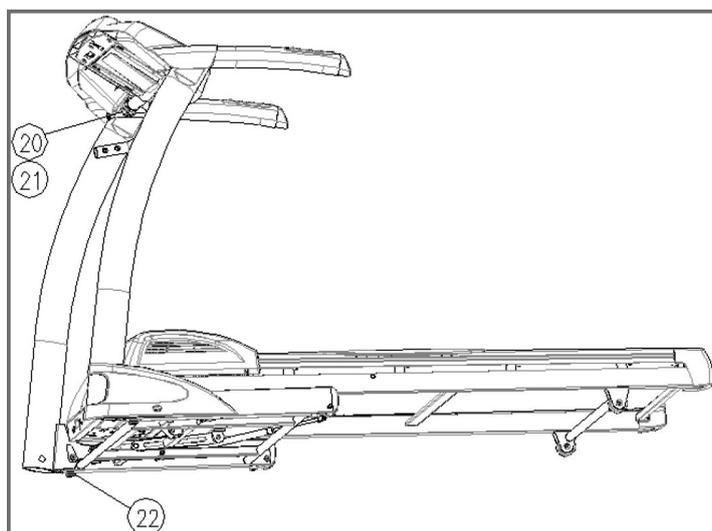
Warning: Check that no cables are pinched during console assembly.

Step 6: Fitting the book holder



Mount the fastening arms (R) on the back of the console using four screws (S). Next, mount the book holder (Q) on the fastening arms (R) using four screws (T).

Step 7: Finish assembly and adjust stability



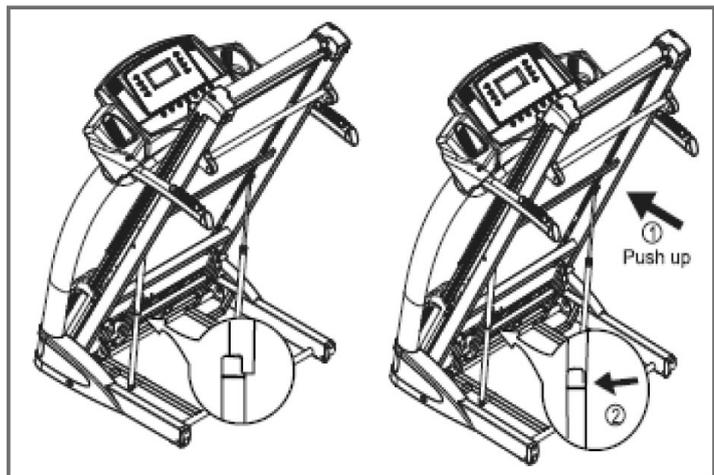
Check that the screws (20) and washers (21) which are pre-mounted in the console are properly tightened. In order to improve the stability of the treadmill on the floor, the treadmill has a height levelling. Lift the treadmill on one side, so that you can adjust the screw (22) under the base frame to the desired height. One turn clockwise lifts the treadmill; one turn anticlockwise lowers it. If necessary, repeat this process for the other side of the treadmill.

Warning: Due to the considerable weight of the equipment, this procedure should be carried out by two persons.

When assembly is complete, check to ensure that all of the screws are screwed tightly!

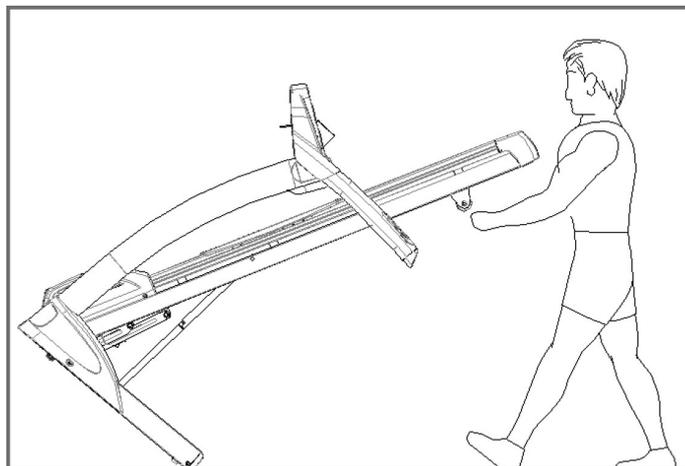
Folding mechanism

After your workout you can fold up the treadmill to an upright position. To do this, pull up the rear of the treadmill until you hear it click into place (left figure). To release the treadmill from the upright position, push the running surface with your hand towards the cockpit, and touch the upper area of the lower left suspension strut gently with your foot (right figure). The treadmill then slowly lowers itself.



Transport wheels

The treadmill has transport wheels to make it easier to move. Before you move the treadmill, check that the main power switch is turned off and that the plug is removed from the plug socket. Lift the frame of the treadmill up and then move the treadmill to the desired place.



4.1 Console display



Energy saving indication



energieeffizient



1. In standby mode, if no buttons are pressed for 10 minutes, the console switches to energy saving mode. The LED light on the START button turns on.
2. To leave the energy saving mode, press the START button for one second, until all of the LED lights turn on. Release the button and the LED light on the Start button will turn off. The console will be back in standby mode.

CALORIES	Energy consumption in kcal Note regarding measuring calorie consumption A general formula is used to calculate energy consumption. It is not possible to accurately determine individual energy consumption as a lot of personal data would be required.
TIME	Training time
INCLINE	Incline in %
PULSE	Heart rate
SPEED	Speed in km/h
DISTANCE	Training distance in km

4.2 Tastenfunktion

MODE	Button to confirm settings; changes the indication of the display
START / STOP	Button to start a program; stops the treadmill or resets all values (if held down for three seconds)
RESET	Resets all values and takes you to the start screen.
Program profiles	Displays the selected training profile
Incline Up	Button to select a program; increases the incline by one unit.
Incline Down	Button to select a program; decreases the incline by one unit.
Speed Up	Increases the speed by one unit.
Speed Down	Decreases the speed by one unit.
Incline hot key	Hot key to set incline quickly.
Speed hot key	Hot key to set speed quickly.

4.3 Turning on the equipment

After you have switched the equipment on using the ON/OFF switch on the motor cover, the equipment will go into standby mode.

To start a pre-set training program, select a suitable training profile using the **INCLINE** arrow buttons. To start your workout immediately, without selecting a training program, simply press the **START** button.

4.4 Program selection

You can select one of the following program categories using the ARROW BUTTONS:

- + Manual program: 1
- + Pre-set training programs: 12
 - + Speed programs: P1-P6
 - + Incline programs: P7-P10
 - + Distance program: P11
 - + Step counter program: P12
- + User-defined training programs: 2 (U01, U02)
- + Heart-rate controlled training programs: 2 (H01, H02)

4.4.1 Manual program

After **START** is pressed, the motor starts automatically after a three seconds countdown. The treadmill starts at the minimum speed of this treadmill. If you have not set a time beforehand, the time display starts at 00:00 and counts up.

If you have pressed the **MODE** button in standby mode, you can set a countdown time for your workout. The time display then counts down.

The speed can be set in 0.1 km/h increments. To enter a speed, press the **SPEED** arrow buttons on the console or select the hot keys.

The incline can be set in 1 % increments. To set an incline, press the **INCLINE** arrow buttons on the console or select the **hot keys**.

If the equipment receives a pulse signal during the workout, the pulse rate will be shown on the display (you will find out more information about heart-rate measuring in the following pages).

If you press the **STOP** button while running, the motor and the incline motor will stop. If you press the **START** button again, after a three-second countdown the motor will restart at the same speed and incline as before the stoppage.

If you hold the **STOP** button for three seconds during the stoppage, the equipment will return to the start screen.

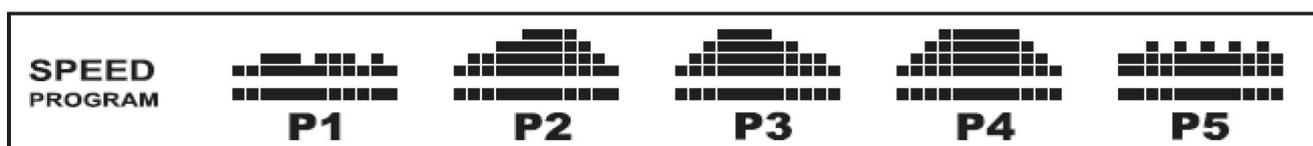
When the training is finished, the training values will be displayed for around 30 seconds. The display will then return to the start screen.

4.4.2 Pre-set programs

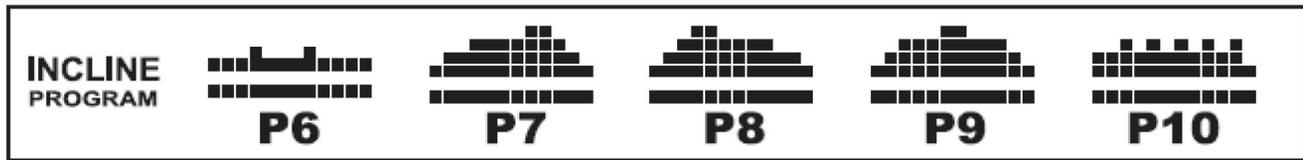
Select one of the pre-set training programs using the **INCLINE/SPEED** arrow buttons and confirm your setting with **MODE**. Next, you will move on to set the resistance level (L1-L5), where L1 is the easiest and L5 is the most difficult setting. To set the desired resistance level, press the appropriate arrow buttons. Confirm your setting with **MODE** and move on to enter the time. Enter your desired training duration using the arrow buttons. The shortest allowed time is 12 minutes, the longest allowed time is 99 minutes. The training duration can be set in 1 minute increments (you will reach the desired setting faster if you press and hold the arrow buttons). Then press the **START** button in order to start your workout.

Note: You can, of course, adjust speed and incline using the appropriate buttons on the hand rail as needed during your workout.

When using the speed programs, the speed changes automatically during the training profile. The speed setting can, of course, also be changed by the user during the program. However, this change only lasts until the next workout session. The incline is set individually by the user via the cockpit. There is more information about the precise speed profiles in the table at the end of these instructions.



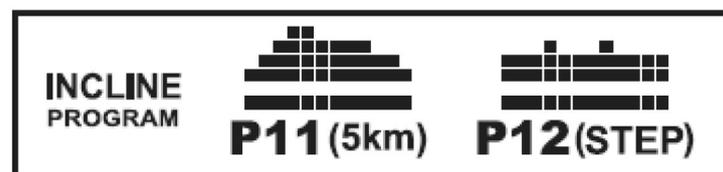
When using the incline programs, the incline changes automatically during the training profile. The incline setting can, of course, also be changed by the user during the program. However, this change only lasts until the next workout session. The speed is set individually by the user via the cockpit. There is more information about the precise incline profiles in the table at the end of these instructions.



The interval program (P10) allows you to enter two incline settings: a minimum value and a maximum value. The program controls the settings in terms of incline between these values.

The distance program (P11) allows for individual specifications for distance. The program counts backwards from the specified value.

The step counter program (P12) allows to select the number of steps that you would like to cover during your workout (from 1,000 to 99,000 in 1,000 steps increments). This is particularly recommended if you are following a 10,000 steps a day program or if you are using a step counter throughout the day. The program counts every step on the running mat. This program is based upon the innovative INTELLI STEP feature.



INTELLI STEP feature

An innovation in this model is the built-in step counter (INTELLI STEP), which measures every single step and shows it on the display. The background of this unique innovation are scientific studies, which prove that health benefits can be enjoyed from only 10,000 steps per day.

Note: Various factors, such as running smoothness, user weight and usage characteristics, can affect the counting mechanism. For example, measurement is less precise in cases of low user weight, high incline and low speeds.

INTELLI GUARD feature

This equipment is fitted with the INTELLI GUARD safety feature. This feature stops the equipment after 20 seconds if you are no longer walking or running on the equipment. However, the INTELLI GUARD feature is automatically turned off at speeds below 2.4 km/h or at inclines over 5 %. If these parameters are met, a symbol flashes on the display to remind you of the automatic turning off.

Note: After 20 seconds of „automatic stoppage“ an alarm sounds for five seconds. Please note that the INTELLI GUARD feature does not replace the use of the safety key or the need to switching the treadmill off properly.

km/h	Interval	1	2	3	4	5	6	7	8	9	10	11	12
	Level												
Speed P1	L1	2.0	2.0	3.0	4.0	3.0	2.0	3.0	4.0	3.0	2.0	3.0	2.0
	L2	3.0	3.0	4.0	5.0	4.0	3.0	4.0	5.0	4.0	3.0	4.0	3.0
	L3	4.0	4.0	5.0	6.0	5.0	4.0	5.0	6.0	5.0	4.0	5.0	4.0
	L4	5.0	5.0	6.0	7.0	6.0	5.0	6.0	7.0	6.0	5.0	6.0	5.0
	L5	6.0	6.0	7.0	8.0	7.0	6.0	7.0	8.0	7.0	6.0	7.0	6.0
Speed P2	L1	2.0	3.0	4.0	5.0	6.0	7.0	7.0	8.0	8.0	6.0	4.0	2.0
	L2	3.0	4.0	5.0	6.0	7.0	8.0	8.0	9.0	9.0	7.0	5.0	3.0
	L3	4.0	5.0	6.0	7.0	8.0	9.0	9.0	10.0	10.0	8.0	6.0	4.0
	L4	5.0	6.0	7.0	8.0	9.0	10.0	10.0	11.0	11.0	9.0	7.0	5.0
	L5	6.0	7.0	8.0	9.0	10.0	11.0	11.0	12.0	12.0	10.0	8.0	6.0
Speed P3	L1	2.0	4.0	6.0	8.0	8.0	7.0	7.0	6.0	5.0	4.0	3.0	2.0
	L2	3.0	5.0	7.0	9.0	9.0	8.0	8.0	7.0	6.0	5.0	4.0	3.0
	L3	4.0	6.0	8.0	10.0	10.0	9.0	9.0	8.0	7.0	6.0	5.0	4.0
	L4	5.0	7.0	9.0	11.0	11.0	10.0	10.0	9.0	8.0	7.0	6.0	5.0
	L5	6.0	8.0	10.0	12.0	12.0	11.0	11.0	10.0	9.0	8.0	7.0	6.0
Speed P4	L1	1.0	3.0	6.0	7.0	7.0	8.0	8.0	7.0	7.0	6.0	3.0	1.0
	L2	2.0	4.0	7.0	8.0	8.0	9.0	9.0	8.0	8.0	7.0	4.0	2.0
	L3	3.0	5.0	8.0	9.0	9.0	10.0	10.0	9.0	9.0	8.0	5.0	3.0
	L4	4.0	6.0	9.0	10.0	10.0	11.0	11.0	10.0	10.0	9.0	6.0	4.0
	L5	5.0	7.0	10.0	11.0	11.0	12.0	12.0	11.0	11.0	10.0	7.0	5.0
Speed P5	Preset	LOW	LOW	HIGH	LOW	HIGH	LOW	HIGH	LOW	HIGH	LOW	HIGH	LOW
Incline P6	L1	2.0	2.0	3.0	4.0	3.0	2.0	3.0	4.0	3.0	2.0	3.0	2.0
	L2	3.0	3.0	4.0	5.0	4.0	3.0	4.0	5.0	4.0	3.0	4.0	3.0
	L3	4.0	4.0	5.0	6.0	5.0	4.0	5.0	6.0	5.0	4.0	5.0	4.0
	L4	5.0	5.0	6.0	7.0	6.0	5.0	6.0	7.0	6.0	5.0	6.0	5.0
	L5	6.0	6.0	7.0	8.0	7.0	6.0	7.0	8.0	7.0	6.0	7.0	6.0
Incline P7	L1	2.0	3.0	4.0	5.0	6.0	7.0	7.0	8.0	8.0	6.0	4.0	2.0
	L2	3.0	4.0	5.0	6.0	7.0	8.0	8.0	9.0	9.0	7.0	5.0	3.0
	L3	4.0	5.0	6.0	7.0	8.0	9.0	9.0	10.0	10.0	8.0	6.0	4.0
	L4	5.0	6.0	7.0	8.0	9.0	10.0	10.0	11.0	11.0	9.0	7.0	5.0
	L5	6.0	7.0	8.0	9.0	10.0	11.0	11.0	12.0	12.0	10.0	8.0	6.0
Incline P8	L1	2.0	4.0	6.0	8.0	8.0	7.0	7.0	6.0	5.0	4.0	3.0	2.0
	L2	3.0	5.0	7.0	9.0	9.0	8.0	8.0	7.0	6.0	5.0	4.0	3.0
	L3	4.0	6.0	8.0	10.0	10.0	9.0	9.0	8.0	7.0	6.0	5.0	4.0
	L4	5.0	7.0	9.0	11.0	11.0	10.0	10.0	9.0	8.0	7.0	6.0	5.0
	L5	6.0	8.0	10.0	12.0	12.0	11.0	11.0	10.0	9.0	8.0	7.0	6.0
Incline P9	L1	1.0	3.0	6.0	7.0	7.0	8.0	8.0	7.0	7.0	6.0	3.0	1.0
	L2	2.0	4.0	7.0	8.0	8.0	9.0	9.0	8.0	8.0	7.0	4.0	2.0
	L3	3.0	5.0	8.0	9.0	9.0	10.0	10.0	9.0	9.0	8.0	5.0	3.0
	L4	4.0	6.0	9.0	10.0	10.0	11.0	11.0	10.0	10.0	9.0	6.0	4.0
	L5	5.0	7.0	10.0	11.0	11.0	12.0	12.0	11.0	11.0	10.0	7.0	5.0
Incline P10	Preset	LOW	LOW	HIGH	LOW	HIGH	LOW	HIGH	LOW	HIGH	LOW	HIGH	LOW
Incline P11 5km	L1	2.0	4.0	6.0	8.0	8.0	7.0	7.0	6.0	5.0	4.0	3.0	2.0
	L2	3.0	5.0	7.0	9.0	9.0	8.0	8.0	7.0	6.0	5.0	4.0	3.0
	L3	4.0	6.0	8.0	10.0	10.0	9.0	9.0	8.0	7.0	6.0	5.0	4.0
	L4	5.0	7.0	9.0	11.0	11.0	10.0	10.0	9.0	8.0	7.0	6.0	5.0
	L5	6.0	8.0	10.0	12.0	12.0	11.0	11.0	10.0	9.0	8.0	7.0	6.0
Incline P12 Step	L1	2.0	2.0	3.0	4.0	3.0	2.0	3.0	4.0	3.0	2.0	3.0	2.0
	L2	3.0	3.0	4.0	5.0	4.0	3.0	4.0	5.0	4.0	3.0	4.0	3.0
	L3	4.0	4.0	5.0	6.0	5.0	4.0	5.0	6.0	5.0	4.0	5.0	4.0
	L4	5.0	5.0	6.0	7.0	6.0	5.0	6.0	7.0	6.0	5.0	6.0	5.0
	L5	6.0	6.0	7.0	8.0	7.0	6.0	7.0	8.0	7.0	6.0	7.0	6.0

4.4.3 Heart-rate controlled programs

After selecting the **H01 program**, provide your AGE using the arrow buttons and the **MODE** button. The pre-set value is 30 years and can be varied between 12 and 80 years using the arrow buttons. Next, specify your target heart rate using the arrow buttons. The pre-set value is 113 BPM (beats per minute) and can be varied between 60 and 180 BPM.

Now enter the maximum speed (from 0.8-20 km/h) and the maximum incline (from 0-15 %) using the arrow buttons. Next, enter your desired training duration (from 10-99 minutes) using the arrow buttons.

After pressing the **START** button, a three-minute warm-up phase begins at 3 km/h and an incline of 5 %.

Check that you are either holding the hand pulse sensors on the handles with both hands or that you wear a chest strap instead. The treadmill will stop after 30 seconds if the equipment cannot measure a heart rate.

The treadmill maintains the incline until the heart rate is reached. If it is not reached, the speed is increased in 1 km/h increments.

Note: After the warm-up phase, the program checks the current heart rate against the target heart rate every 12-15 seconds. If the current heart rate is lower than the target heart rate, the speed is increased by 0.2 km/h up to five times; the incline is increased by 1 %. If the current heart rate is higher than the target heart rate, the speed is reduced by 0.2 km/h up to five times. The incline is reduced by 1 %.

If the speed is increased to the maximum target speed, the speed cannot be increased any further, even if the current heart rate is lower than the target heart rate. If the heart-rate signal is not detected within 30 seconds of the warm-up finishing, the treadmill will stop in the run-end mode.

The **H02 (interval) program** is set in almost the same way as the **HR01 program**. Instead of the target heart rate, you need to enter an upper and a lower heart rate. During the workout, speed and incline can be adjusted with the arrow buttons.

4.4.4 User-defined programs (User 1-2)

When using a user-defined program, you can create your own workout. There are up to 12 individual profile segments available (Se01 to Se12) to which you can assign individual time and resistance settings. You can enter your desired specifications for each profile segment using the **arrow buttons**. Using the **MODE** button you can confirm your settings and switch to the next profile segment. After you have set up your individual workout program, start the workout using the **START** button.

Of course, you do not need to program all 12 segments, just as many as you want to. Start the program you have set up using the **START** button.

The individual changes that you have made to the USER workout programs will be saved by the console and will therefore also be kept after the end of the workout.

4.4.5 Body mass mode

Body Mass Index (BMI) acts as a guide to the ratio between your height and your weight. It is a general – rather vague – guide value for health risks. Thus, e. g., a competitive athlete with a high percentage of muscle and a low percentage of body fat can be classed as overweight, because certain values like muscle percentage, bone density, etc. are not taken into account. The following table contains the general groupings in terms of BMI measurement:

Under 20	Underweight – If you are not a sportsman/woman, you are recommended to put on weight through your diet or through exercise.
Between 21 and 24	Ideal – A healthy amount of body fat and therefore the lowest risk of serious illness.
Between 25 and 29	Slightly overweight – Increased risk of various illnesses. You are recommended to lose weight by dieting or exercising.
Over 30	Overweight – Indicates an unhealthy physical state, with increased risk of heart conditions, diabetes, high blood pressure, gall bladder diseases and various types of cancer. You are strongly recommended to lose weight by dieting or doing lots of exercise.

Start the body mass program

Press the arrow buttons until you reach the **body mass** program. Then press **MODE**. Next, select your gender (0 = female; 1 = male) and press **MODE** again to enter your height. The pre-set value for height setting is 170 cm; it can be set between 130 and 240 cm with the arrow buttons. Confirm your setting with **MODE**. Next, you can enter your age. Using the arrow buttons, select your age (between 13 and 80 years) and confirm again with **MODE**. Once you have entered all of the values, press **MODE** again and place both hands on the pulse sensors on the handles. It will now take the equipment a few seconds to calculate all of the values. If the display does not show any values after 10 seconds, there is insufficient contact with the hand pulse sensors. This problem can usually be resolved by the user running for three to four minutes on the treadmill to raise the heart rate and improve the transmission of the signal.

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. 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

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.

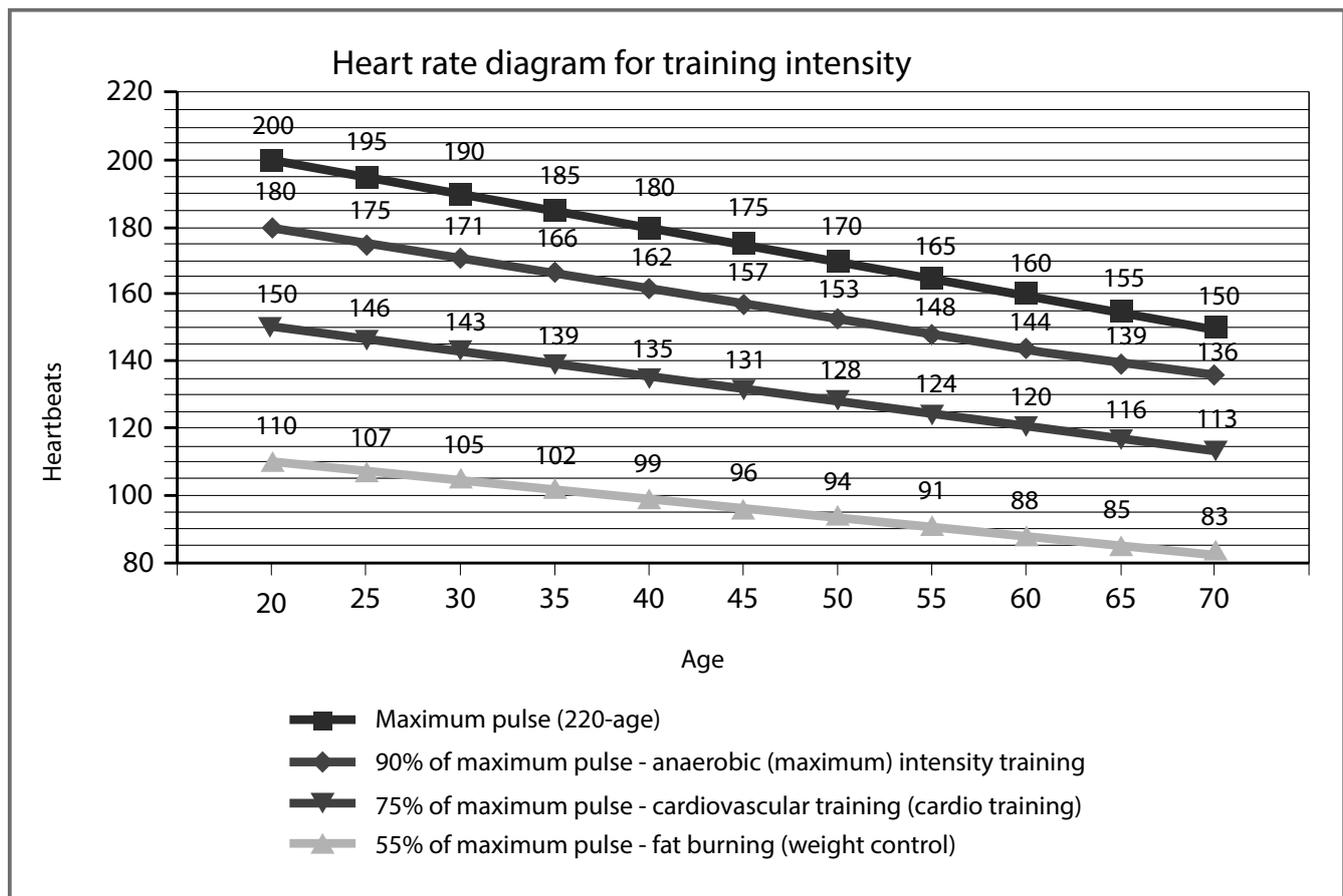
Cardiovascular training (cardio training): The primary goal is to increase endurance and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training period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



5.2 10 tips for effective 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

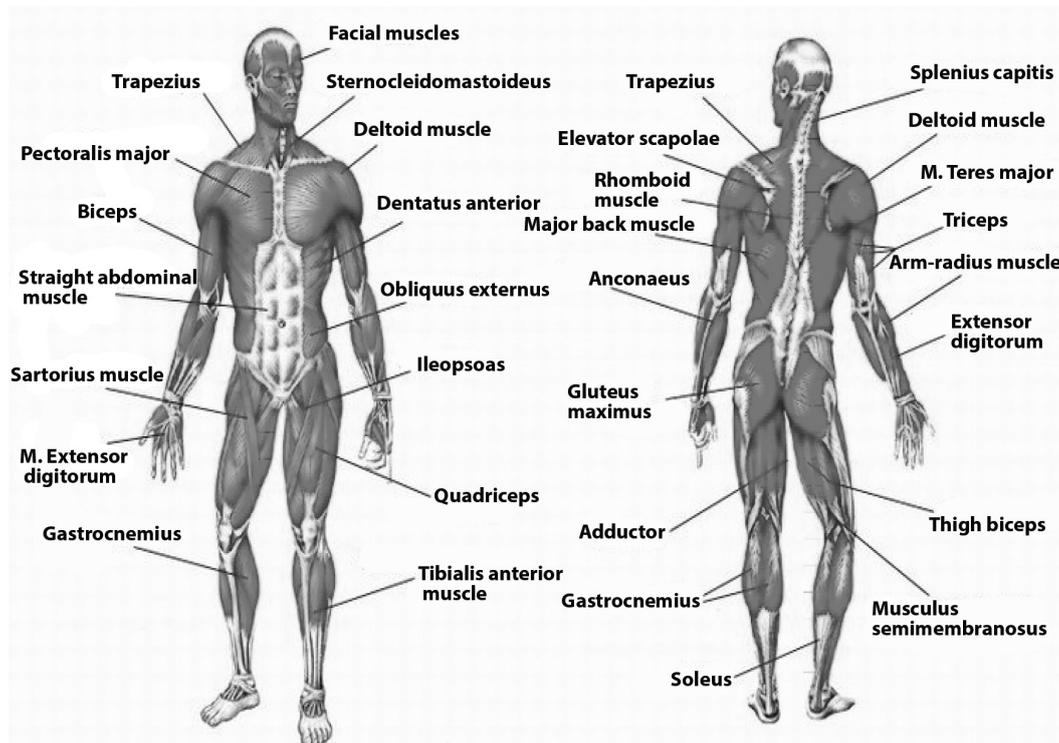
Fri	25 min.	After every 10 min. run for 1 min.	35 min.	Running at a moderate speed
In the fourth week, run for two minutes after every 10 minutes. Maintain your heart rate.			In the fourth week, increase the speed for one minute each. Maintain your heart rate.	

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.	

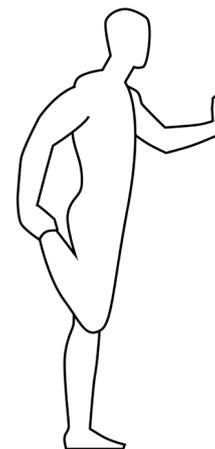
Cool-down approximately five minutes Finish your training at low resistance and at slow speed. Allow your body to gently slow back down.

5.4 Stretching exercises for leg & chest muscles



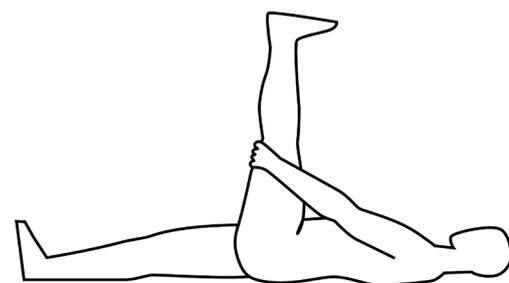
1. Exercise: Stretching of front thigh / leg extension (quadriceps)

- 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



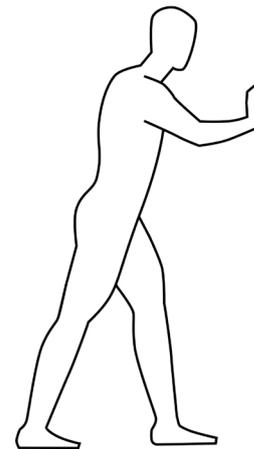
2. Exercise: Stretching the back thigh / leg curl (hamstring)

- 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



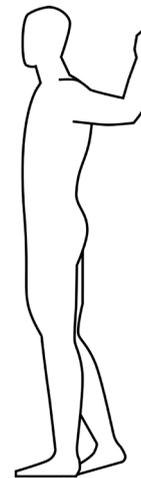
3. Exercise: Stretching the calf muscles (gastrocnemius)

- 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!

6 GUARANTEE INFORMATION

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

Error descriptions

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

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

Your statutory rights are not affected.

Warranty

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

Warranty periods

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

Model	Usage	Full warranty	Frame	Motor
TX50	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.

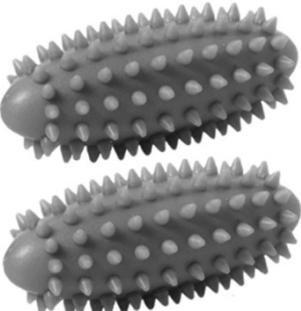
7 DISPOSAL



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
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9.2 Serial number and model name

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

Serial number:

Brand / category:

Model name:

9.3 Parts list

No.	Qty.	Part number	Description
(01)	1	81TA32500010A26	Main frame set
(02)	4	342008003002001	Rubber Cushion
(03)	4	342008003002501	middle isolator
(04)	1	341305202202001	Space Pad
(05)	2	331808205602301	Wheel
(06)	1	312TA2150011004	Incline Lower Cover
(07)	2	592400000000001	Power Cord Buckle
(08)	3	362710002501000	Separate cover
(09)	1	81TA32000040A26	Frame Base Set
(10)	2	341306402601001	desk base foot
(11)	2	351706403001101	desk base foot, adjustable
(12)	2	325214008001004	End Cap
(13)	2	331808205603601	Wheel
(14)	1	81TA32000030A26	Base incline bracket
(15)	6	205112081806001	Powder Bushing
(16)	1	81TA32000020A26	Incline bracket set
(17)	2	331410002003301	Pulley
(18)	1	81TA32000050A26	Support post-L
(19)	1	81TA32000060A26	Support post-R
(20)	1	81TA21250051A26	Handlebar-L
(21)	1	81TA21250061A26	Handlebar-R
(22)	1	311TA1150050003	Quick Button Bracket-Incline
(23)	2	311TA1150060003	Quick Button
(24)	4	204TA1150070000	heart sensor
(25)	4	551040460120110	Tension Spring
(26)	1	405114170310005	cable
(27)	4	591405180028012	Twin adhesive tape
(28)	1	311TA1150070003	Quick Button Bracket-Speed
(29)	1	405114170310004	cable
(30)	2	753049030405003	Foam
(31)	2	326213006002003	

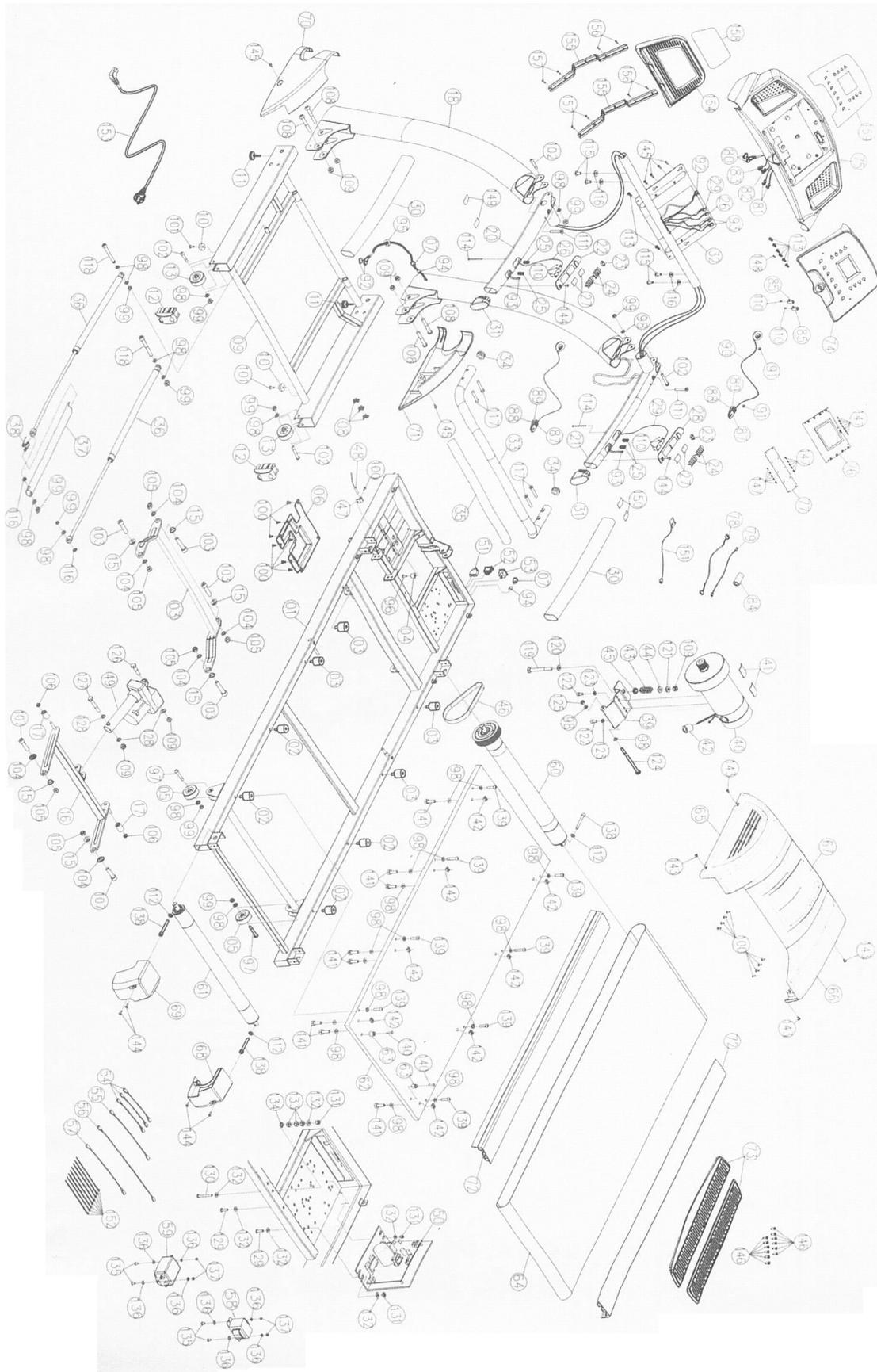
No.	Qty.	Part number	Description
(32)	1	81TA21250071A26	User interface frame
(33)	1	201TA3200010A26	Front handle bar
(34)	2	321310032003004	Plug front transverse handle bar
(35)	1	75303203076000	Foam grips
(36)	2	210130007132502	Folding Shock
(37)	1	201TA4175020A07	Locking Tube
(38)	1	550140240390115	Twin Spring
(39)	1	204TB4200011A07	Motor Bracket
(40)	1	401122504703501	Motor-220V
(41)	2	591130350035011	One-Sided Adhesive
(42)	1	205213828628501	Core
(43)	1	551350220450111	Tension spring
(44)	1	341001102500701	Washer
(45)	1	341001102501101	Washer
(46)	1	209107010483001	Drive Belt
(47)	1	592400000000009	Speed sensor bracket
(48)	1	405503470210001	Speed sensor
(49)	1	401240101204401	Incline Motor-220v
(50)	1	403123000200002	MCB-220v
(51)	1	407101250120001	Overload Switch
(52)	1	407302250160001	Power Switch
(53)	1	407202250150001	Power Socket
(54)	3	405301010201001	Black Cable
(55)	1	405301010201502	White Cable
(56)	1	405301010202502	White Cable
(57)	1	405301010201503	Cable-Yellow-Green
(58)	1	406222010701501	Choke
(59)	1	406125008450001	Filter
(60)	1	207117063306001	Front Roller Set
(61)	1	207217050006001	Rear Roller Set
(62)	1	206225065313151	Running deck
(63)	2	314TA2150010004	Bumper
(64)	1	206130500310131	Running Belt

No.	Qty.	Part number	Description
(64)	1	206130500310131	Running Belt
(65)	1	311TA3200020F16	Motor hood-left
(66)	1	311TA3200030F16	Motor hood-right
(67)	1	311TA3200040F16	Motor hood-Mid
(68)	1	311TA3200060003	Rear Cover-Right
(69)	1	311TA3200050003	Rear Cover-Left
(70)	1	311TA3200070003	Side Cover-Left
(71)	1	311TA3200080003	Side Cover-Right
(72)	2	213006021309102	Side Rail-Alluminum
(73)	2	312TA3200010004	Anti-slip Pad
(74)	1	311TA2150012004	Console Upper Cover
(75)	1	311TA2125020004	Console lower cover
(76)	1	81TA32000081000	PCB Board set
(77)	1	404200020010200	Button PCB
(78)	1	405158582302001	Cable-6P
(79)	1	405103550202001	Cable-200mm
(80)	1	405108241503501	"Connection Cable upper "
(81)	1	405105020408001	CABLE
(82)	1	405104130303004	CABLE
(83)	1	405104130303005	CABLE
(84)	1	205210018028001	Core
(85)	2	204TA2150080000	Conducting Foil
(86)	1	311TA2150060007	Emergency cape
(87)	1	311TA2110100006	Upper safety piece
(88)	1	311TA2110110006	Lower safety piece
(89)	1	204TA2110070005	Shrapnel
(90)	1	592100000000001	Nylon string
(91)	2	204TB2100200B06	Cord bracket
(92)	1	405121091524501	"Connection Cable Lower"
(93)	2	405112010210001	Cable-1000mm
(94)	2	592200000000002	Wire clipper
(95)	1	205234620812701	Core
(96)	1	521205501900114	Screw

No.	Qty.	Part number	Description
(97)	2	511408004000114	Screw
(98)	30	541108016150114	Washer
(99)	10	531208000800114	Nut
(100)	16	521204101000114	Socket
(101)	2	521205501200114	Screw
(102)	4	511408005000114	Screw
(103)	4	511212006200134	Screw(M12*32)
(104)	6	541113026200114	Washer
(105)	6	531212001200114	Nylon Nut
(106)	2	530010001000112	Nut
(107)	2	511212003200134	Socket screw
(108)	4	511410006000114	Socket Screw
(109)	7	531210001000114	Nylon Nut
(110)	10	521102000600112	Screw M2*6L
(111)	2	511908007000124	Socket Screw
(112)	3	541108014150114	Washer
(113)	8	521204115900114	Screw
(114)	2	521204105000114	Screw
(115)	4	511408001500114	Screw
(116)	6	542108016150114	Wave washer
(117)	4	511908004500114	Screw (M8x45)
(118)	2	511208009500114	Socket Screw
(119)	1	511810009500111	Carriage screw
(120)	1	541210020200114	Rubber Washer
(121)	1	541110026200114	Washer
(122)	2	511208001500115	Screw
(123)	2	544182016200115	Spring Washer
(124)	1	512607913000111	Screw
(125)	1	532207900800111	Nylon Nut
(126)	1	511610004500114	Screw
(127)	1	511610006200114	Hexagonal Cap Screw
(128)	3	541110020150114	Washer
(129)	2	511505001500113	Screw

No.	Qty.	Part number	Description
(130)	1	511505005000113	Screw
(131)	3	531205000500111	Nylon Nut
(132)	6	541105010100211	Flat Washer
(133)	3	531105000400111	Nut
(134)	1	543105010060111	Washer
(135)	4	511504001000113	Screw
(136)	8	541105010100111	Washer
(137)	4	531204000500111	Nylon Nut
(138)	3	512207906400115	Socket Screw
(139)	8	511408003500114	Socket Screw
(140)	2	521205102500114	Screw
(141)	8	511608003500114	Screw
(142)	8	531408000800111	T-nut
(143)	4	512506401300114	Screw
(144)	6	522504115900114	Screw
(145)	6	511504001000114	Screw
(146)	12	522404115900114	Screw
(147)	17	523103000600113	Screw
(148)	1	523103000800113	Screw
(149)	2	6341TW001001	Label
(150)	2	6341TW001002	Label
(151)	1	406300525053002	Built-in Receiver
(152)	8	592100000000002	Lock Ties
(153)	1	80TA32002301000	AC Power Cord
(154)	1	311TA3110020004	Book holder
(155)	2	204TA2125010A26	Book Holder Bracket
(156)	4	511504000800114	Screw
(157)	4	511505001000114	Screw
(158)	1	6391TW001002	Book holder sticker
(159)	1	61TA21500120101	Overlay

9.4 Exploded drawing



CONTACT

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DISCLAIMER



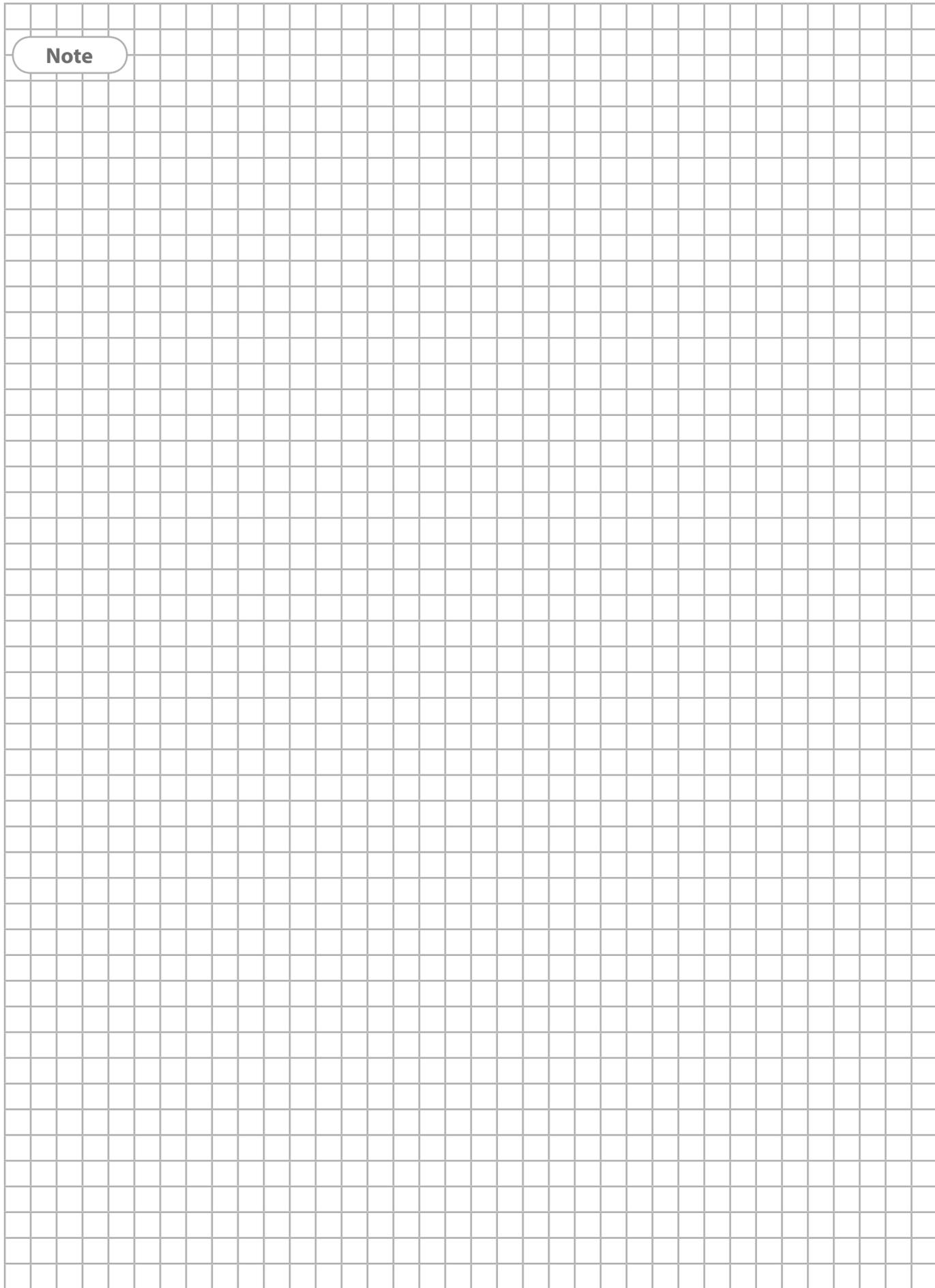
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Product and manual are subject to change. Technical data can be changed without advance notice.

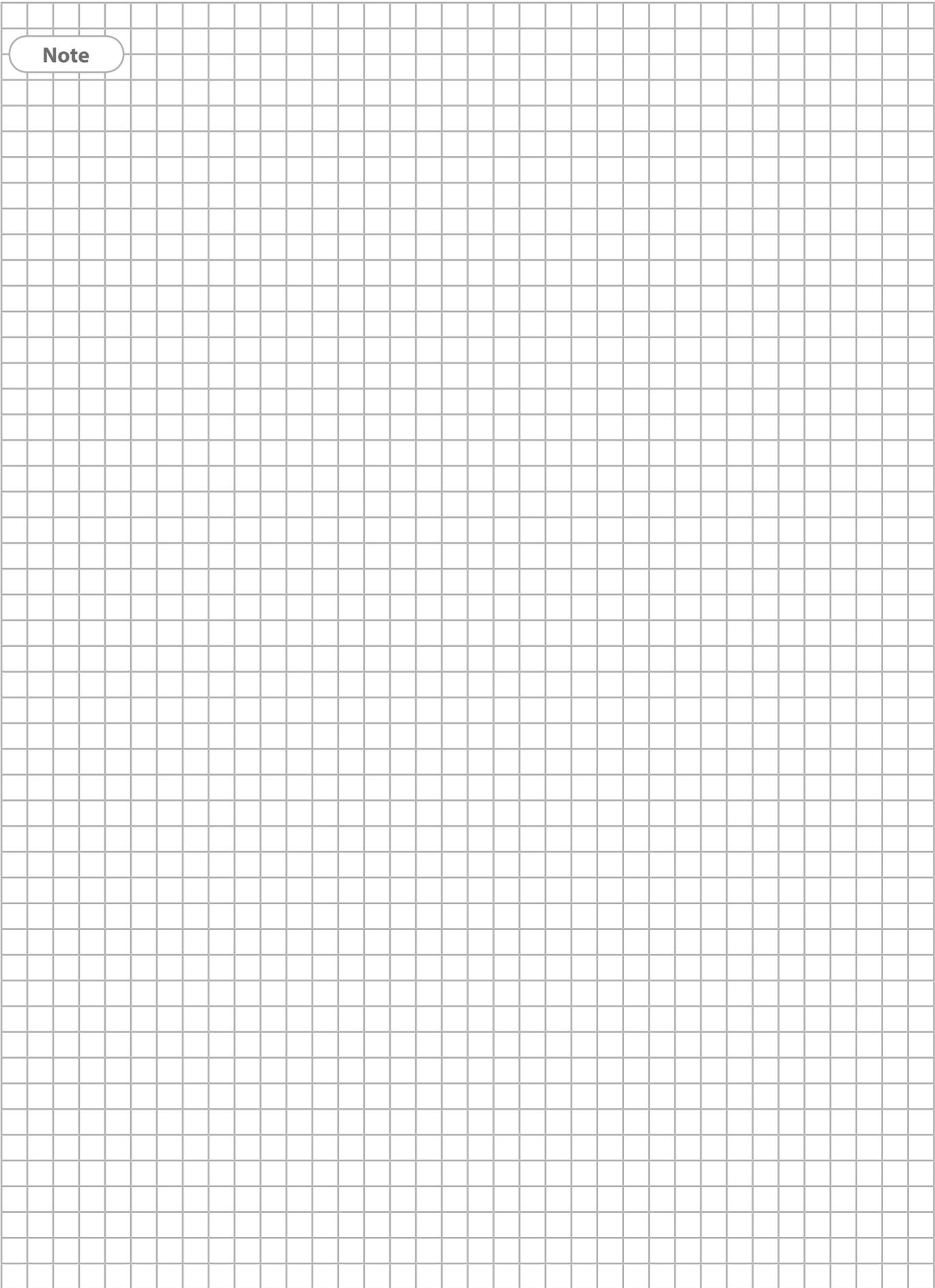
Please find a detailed overview including address and opening hours for all specialist fitness stores of the Sport-Tiedje Group in Germany and abroad on the following website.

www.sport-tiedje.com/filialen

Note



Note





Treadmill TX50