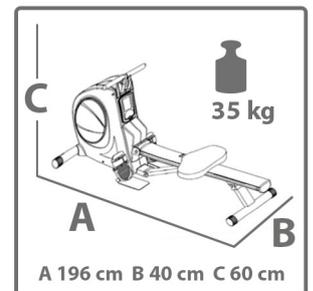
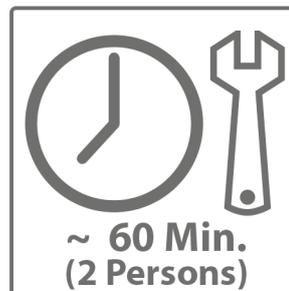




Assembly and Operating Instructions



Art. No. CST-RX40

CSTRx40.01.02

Rowing machine **RX40**

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Dear customer,

Thank you for choosing a high-quality equipment of the brand cardiostrong®. cardiostrong® offers sports and fitness equipment for the sophisticated home sport and the equipment of fitness studios and business customers. With cardiostrong® fitness equipment, the focus is on what sport is all about: maximum performance! Therefore, the equipment is developed in close consultation with athletes and sports scientists. Because athletes know best what makes perfect fitness equipment.

Further information can be found at www.sport-tiedje.com.

Intended Use

The equipment may only be used for its intended purpose.

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

Legal Notice

Sport-Tiedje GmbH
Europe's No. 1 for home fitness

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Disclaimer



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

ABOUT THIS MANUAL

Please carefully read the entire manual before installation and first use. The manual will help you to quickly set up the system and explains how to safely use it. Make sure that all persons exercising with the equipment (especially children and persons with physical, sensory, mental or motor disabilities) are informed about this manual and its contents in advance. In case of doubt, responsible persons 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 carefully follow the instructions 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 following safety instructions may appear in this manual:

► **ATTENTION**

This notice indicates potentially hazardous situations which, if not avoided, may result in property damage.

⚠ **CAUTION**

This notice indicates potentially hazardous situations which, if not avoided, may result in slight or minor injuries!

⚠ **WARNING**

This notice indicates potentially hazardous situations which, if not avoided, may result in death or serious injuries!

⚠ **DANGER**

This notice indicates potentially hazardous situations which, if not avoided, will result in death or serious injuries!

ⓘ **NOTICE**

This notice indicates further useful information.

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

1.1 Technical Data

LCD - display of

- + strokes, beats per minute
- + training time in min
- + training distance in m
- + Time/500 m: average / current
- + calories burnt
- + heart rate (when using the hand sensors or a chest strap)
- + Watt
- + resistance level

Resistance system: combination of air and magnetic resistance

Resistance level: 16

Watt: 30 - 300 Watt

| | |
|------------------------------------|----|
| User memory: | 4 |
| Total number of training programs: | 26 |
| Pacer program: | 1 |
| Pre-set programs: | 12 |
| Watt-controlled programs: | 1 |
| Heart rate controlled programs: | 4 |
| User defined programs: | 5 |

Weight and dimensions:

Article weight (gross, including packaging): 39 kg

Article weight (net, without packaging): 35 kg

Packaging dimensions (L x W x H): approximately 130 cm x 77 cm x 25 cm

Set-up dimensions (L x W x H): approximately 195.5 cm x 40.4 cm x 60 cm

Maximum user weight: 120 kg (264 lbs)

1.2 Personal Safety

DANGER

- + 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. If you are under medical treatment that affects your heart rate, medical advice is absolutely essential.
- + Note that excessive training can seriously endanger your health. Please also note that heart rate monitoring systems can be inaccurate. If you notice any signs of weakness, nausea, dizziness, pain, shortness of breath, or other abnormal symptoms, stop exercising immediately and seek advice from your doctor if necessary.

WARNING

- + This equipment may not be used by children under the age of 14.
- + Children should not be allowed unsupervised access to the equipment.
- + Persons with disabilities must have a medical license and must be under strict observation when using the equipment.
- + The equipment is strictly for use by one person at a time.
- + If your equipment provides a safety key, the clip of the safety key must be attached to your clothing before starting your training. In the event of a fall, the EMERGENCY STOP of the equipment can be initiated.
- + Keep your hands, feet and other body parts, hair, clothing, jewellery and other objects well clear of moving parts.
- + During use, wear suitable sports clothing rather than loose or baggy clothing. When wearing sports shoes, make sure they have suitable soles, preferably made of rubber or other non-slip materials. Shoes with heels, leather soles, studs or spikes are unsuitable. Never exercise barefoot.

CAUTION

- + If your equipment needs to be connected to the power supply with a mains cable, make sure that the cable is not a potential tripping hazard.
- + Make sure that nobody is within the range of motion of the equipment during training so as not to endanger you or other persons.

ATTENTION

- + Do not insert any objects of any kind into the openings of the device.

1.3 Electrical Safety

DANGER

- + 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.

WARNING

- + Do not leave the equipment unattended while the mains cable is plugged into the mains socket. During your absence, the mains cable must be removed from the mains socket to prevent improper use by third parties or children.
- + If the mains cable or plug is damaged or defective, contact your contract partner. Until repair, the equipment must not be used.

ATTENTION

- + The equipment requires a mains connection of 220-230 V with 50 Hz mains voltage.
- + The equipment may only be connected directly to an earthed socket using the supplied mains cable. Extension cables must conform to VDE guidelines. Always completely unwind the mains cable.
- + The socket must be protected by a fuse with a minimum fuse rating of "16 A, slow blow".
- + Do not make any changes to the mains cable or the mains plug.
- + Keep the mains cable away from water, heat, oil and sharp edges. Do not route the mains cable underneath the equipment or under a carpet or rug, and do not place any objects on top of it.

1.4 Set-Up Place



WARNING

- + Do not place the equipment in main corridors or escape routes.

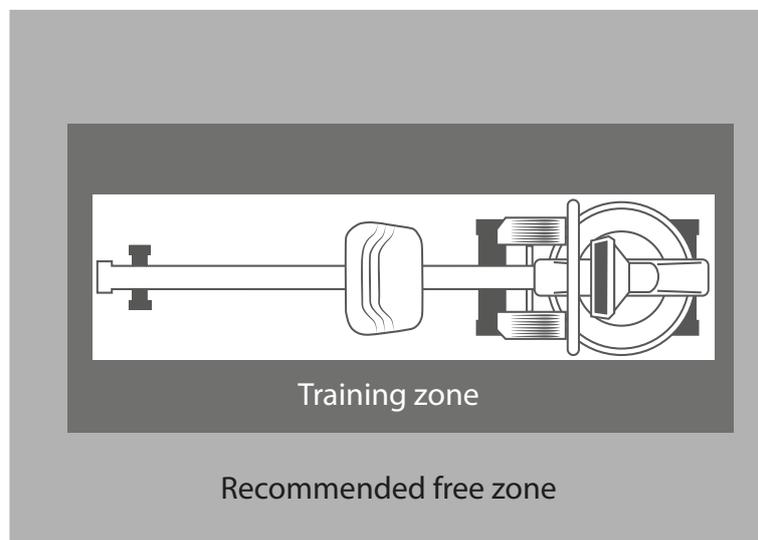


CAUTION

- + 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. Make sure that you leave at least 30 cm on each side of the equipment and at least 15 cm in front of and behind the equipment as a training zone. This is the minimum required area in order to safely use the equipment. The recommended free zone around the equipment should be at least 60 cm on each side and 45 cm in front of and behind the equipment.
- + The training room should be well ventilated during training and not be exposed to any draughts.
- + Choose the place in which to set up the equipment such that there is enough free space/clearance to the front, the rear and to the sides of the equipment.
- + The set-up and mounting surface of the equipment should be flat, loadable and solid.

ATTENTION

- + The device may only be used in one building, in sufficiently tempered and dry rooms (ambient temperatures between 10°C and 35°C). The equipment should not be used outdoors or in rooms with high humidity (over 70%) like swimming pools.
- + 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



DANGER

- + Do not leave any tools, packaging materials such as foils or small parts lying around, as otherwise there is a danger of suffocation for children. Keep children away from the equipment during assembly.



WARNING

- + Pay attention to the instructions attached to the equipment in order to reduce the risk of injuries.



CAUTION

- + Do not open the packaging when it is lying on its side.
- + Ensure to have sufficient room for movement in each direction during assembly.
- + The assembly of the equipment must be carried out by at least two adults. If in doubt, seek the help of a third technically skilled person.



ATTENTION

- + To prevent damage to the equipment and the floor, assemble the equipment on a mat or packaging board.



NOTICE

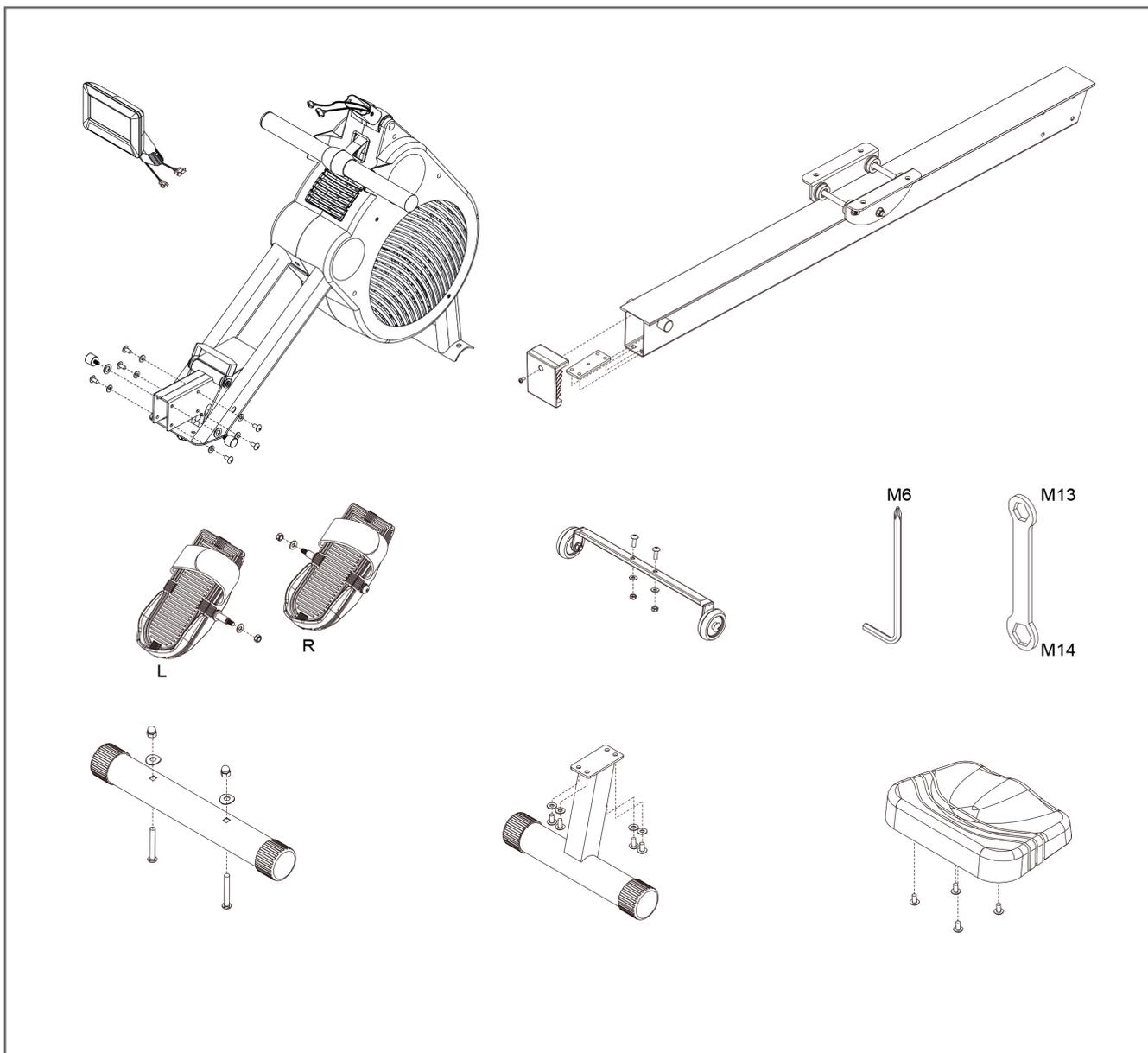
- + In order to make the assembly as simple as possible, some screws and nuts to be used can already be pre-assembled.
- + Ideally, assemble the equipment at its later set-up place.
- + **Note of manufacturer:** The pull strap is equipped with a return spring – thus the pull strap is wound up automatically. The return spring is equipped with the smallest possible power. The reason for the light return spring is to offer the user the biggest training effect for the rear thigh muscles. These muscles are demanded, when the user moves the seat forwards. If the return power would be strong, the user would be pulled.

2.2 Scope of Delivery

The scope of delivery consist of the following parts. At the beginning, check whether all parts and tools belonging to the device are included in the scope of delivery and whether damage has occurred. In the event of complaints, the contractual partner must be contacted directly.

 **CAUTION**

If parts of the scope of delivery are missing or damaged, the assembly must not be carried out.



2.3 Assembly

Before assembly, take a close look at the individual assembly steps shown and carry out the assembly in the order given.



CAUTION

Before unpacking the RX40, make sure you have a 2m x 2.5m working area.



NOTICE

First loosely screw all parts together and check that they fit properly. Tighten the screws using the tool only when you are instructed to do so.

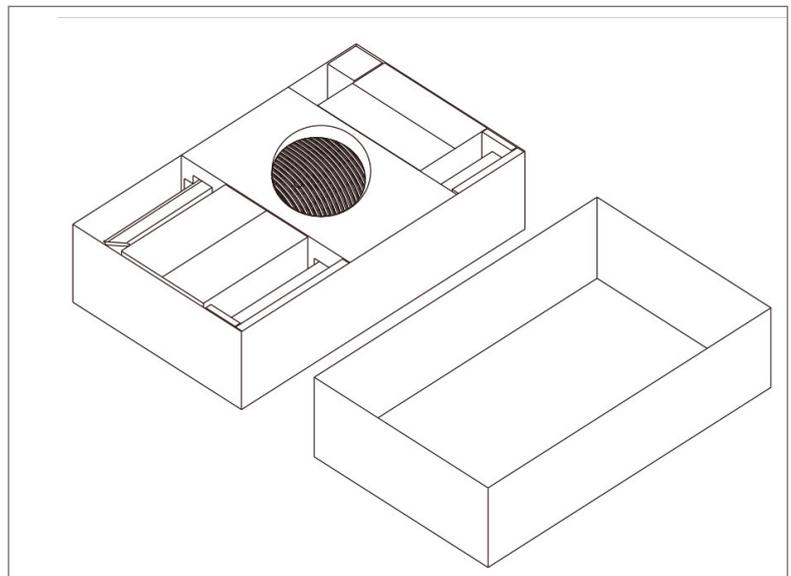
Step 1: Unpacking

Open the box as shown in the figure below.



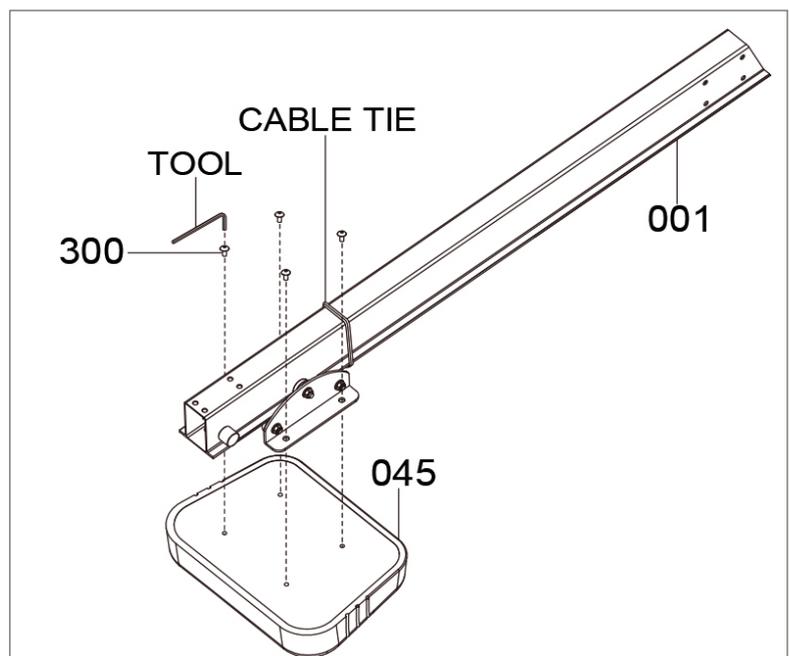
NOTICE

In order to protect the R40 rowing machine from damage as long as possible, you should only remove the protective packaging when it is necessary.



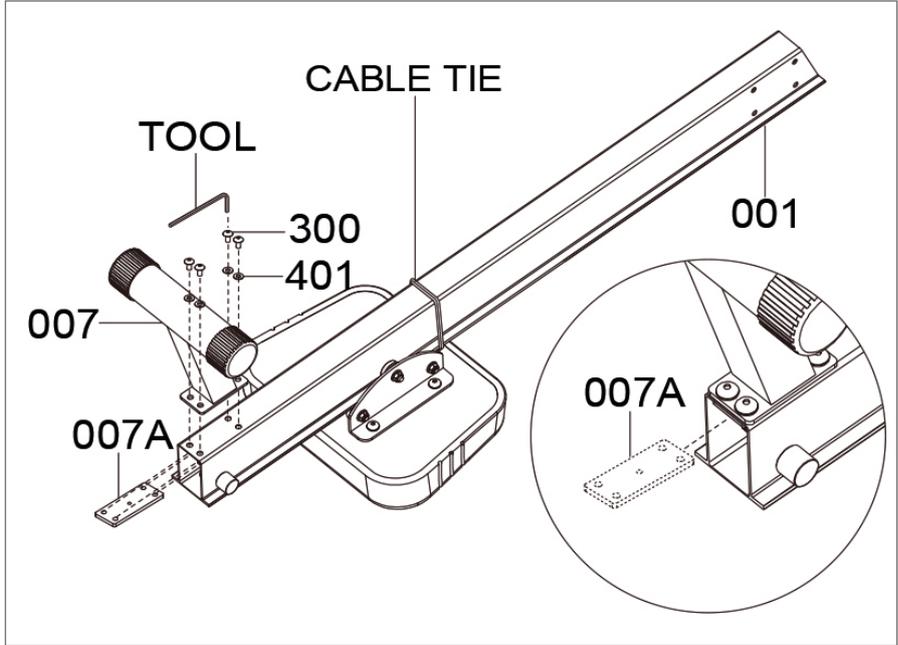
Step 2: Mounting the seat

1. Turn around the aluminum rail (001).
2. Loosen the four pre-mounted screws (300) from the seat (45) with the included tool.
3. Mount the seat (45) on the aluminum rail (001) with the previously loosened screws (300)



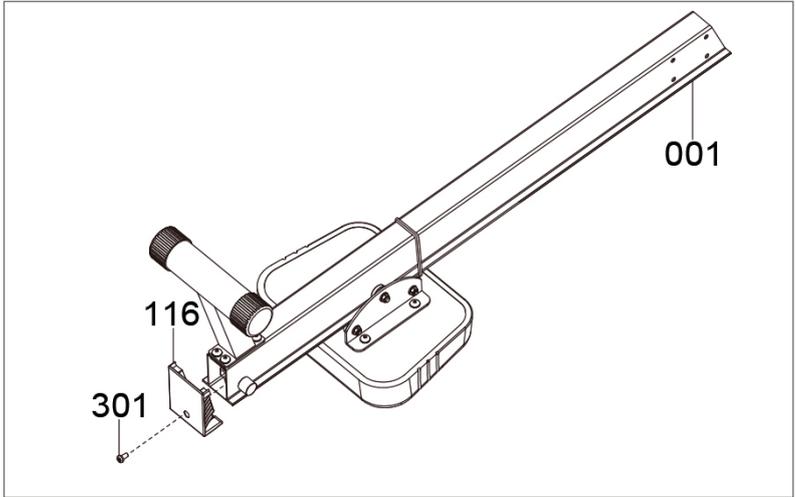
Step 3: Mounting the rear supporting foot

Mount the rear supporting foot (007) on the aluminum rail (001) with four screws (300), four washers (401) and the rear screw plate (007A).



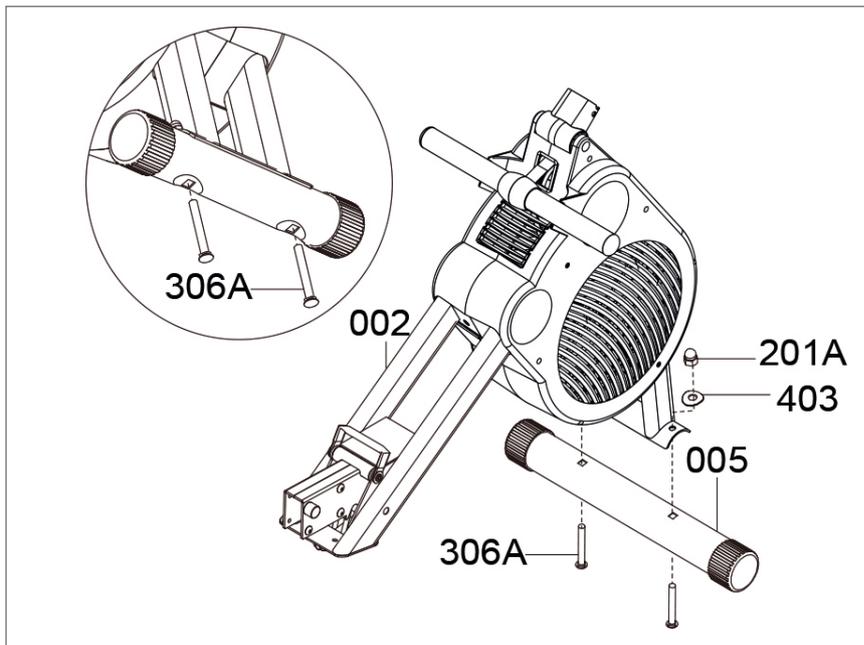
Step 4: Mounting the end cap

Mount the end cap (116) on the aluminum rail (001) with a screw (301).



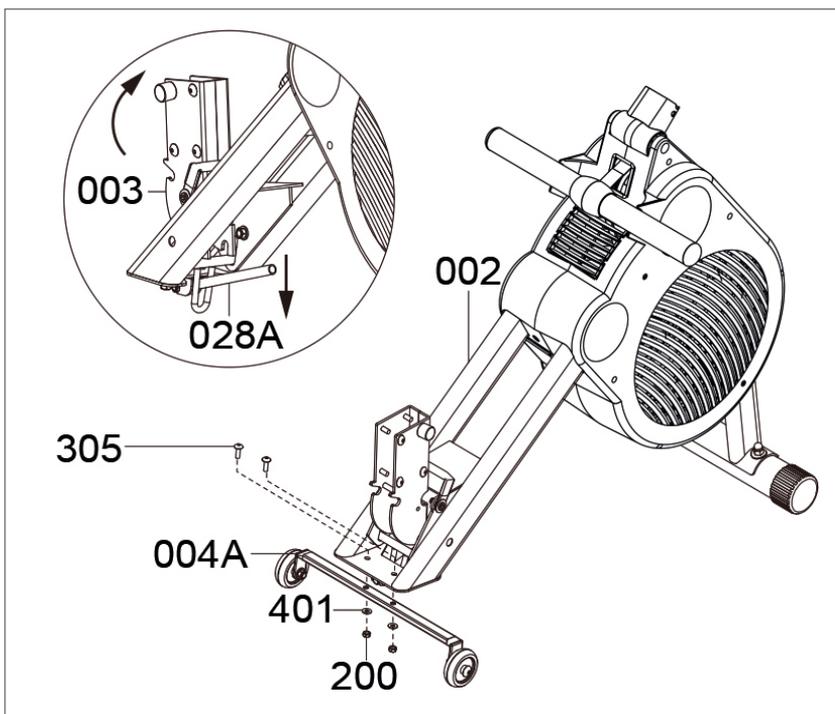
Step 5: Mounting the front supporting foot

Mount the front supporting foot (005) with two screws (306A), two nuts (201A) and two washers (403).



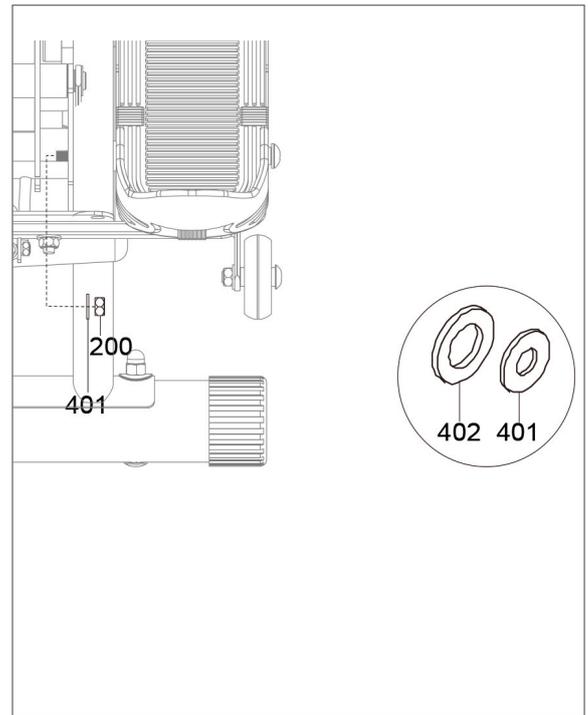
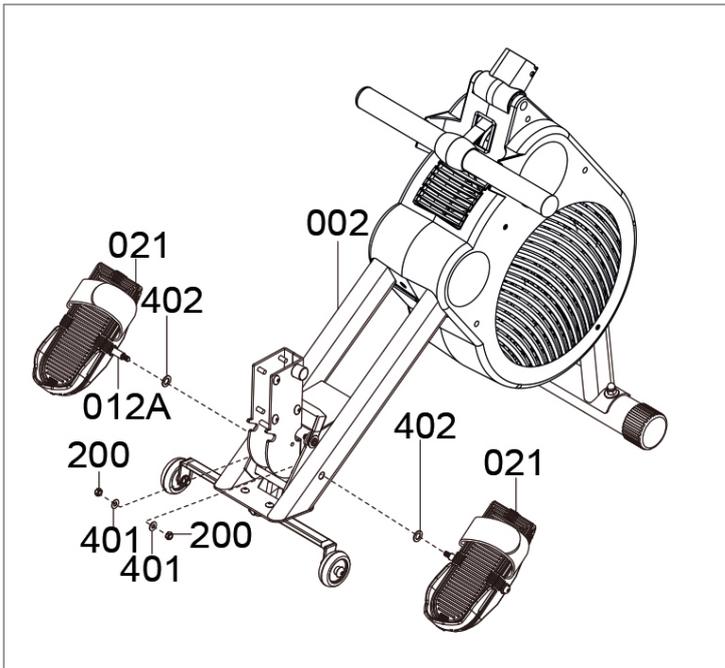
Step 6: Mounting the transport holder

1. Press the locking lever (028A) down and lift the rotation angle (003) down until you hear it click.
2. Mount the transport holder (004A) on the frame (002) with two screws (305), two washers (401) and two nuts (200).



Step 7: Mountign the footrests

1. Use the included tool to loosen a nut (200) and a washer (401) from the right base (021).
2. Mount the right base (021) with the previously loosened nut (200) and washer (401). Move the pedal axle (012A) with a washer (402) through the frame (002) and mount it with a nut (200) and a washer (401), see figure below.
3. Repeat the process for the left side.



Step 8: Connecting the two rowing machine parts

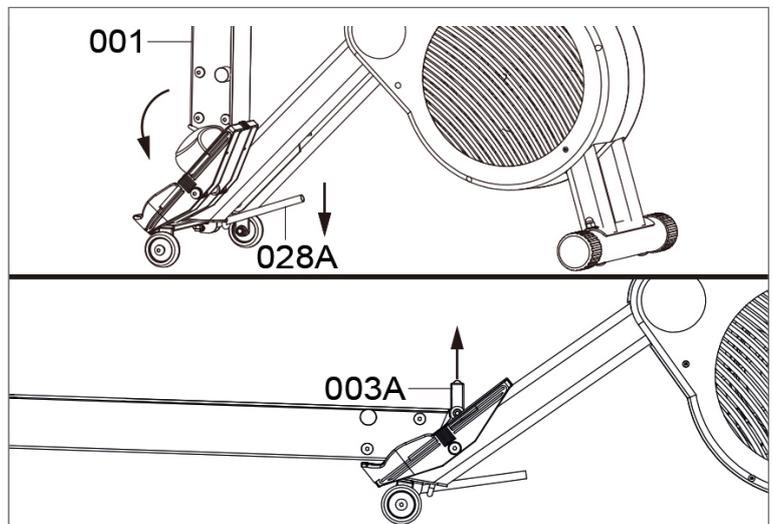
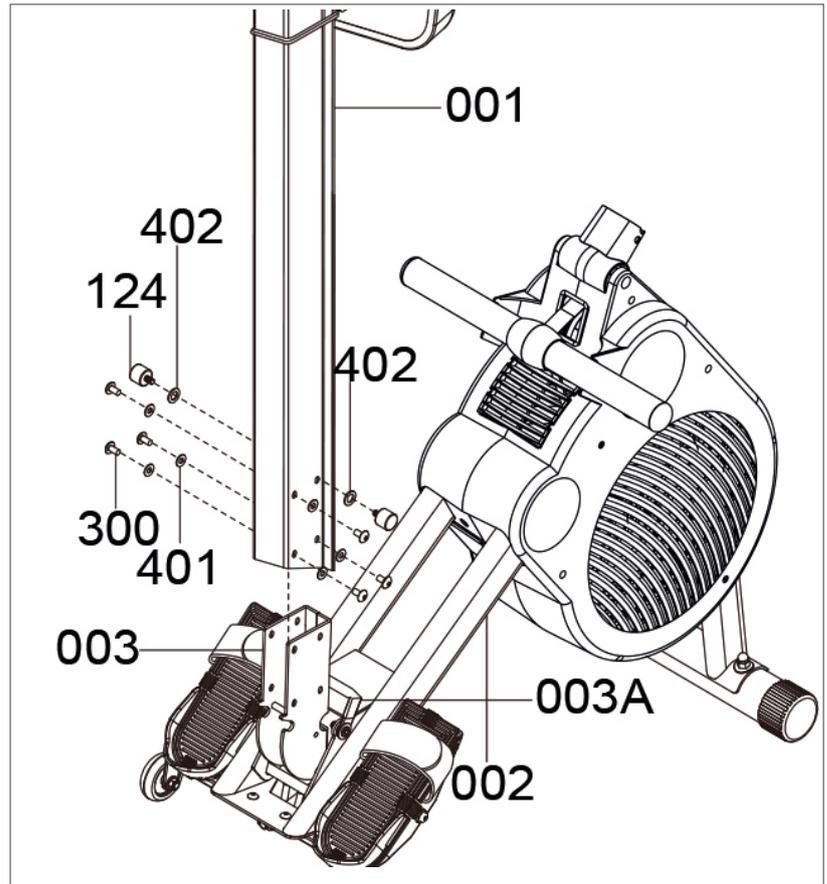
1. Loosen the six screws (300), six washers (401), two stop bumpers (124) and two washers (402) from the rotation angle (003).



CAUTION

Within the next step, make sure that the handle (003A) does not touch the rotation angle (003) in order to avoid scratches.

2. Mount the rotation angle (003) with the previously loosened six screws (300), six washers (401), two washers (402) and two stop bumpers (124) on the aluminum rail (001).
3. Press on the locking lever (028A) in order to lower the aluminum rail. Lift the locking lever in order to lift the rail again until you hear it click.

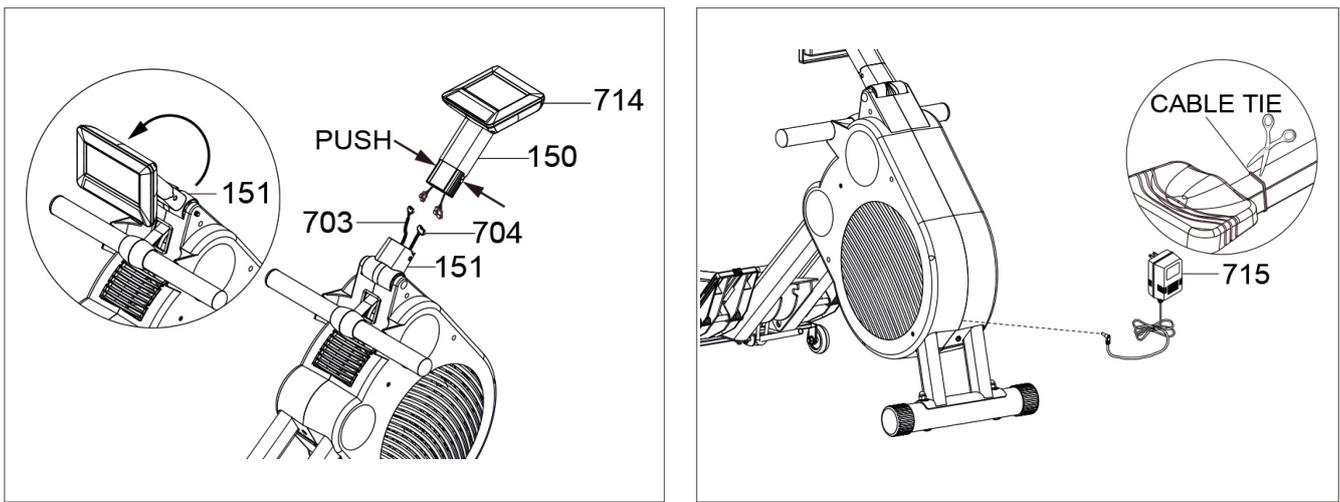


Step 9: Connecting the console

1. Connect the console cables (703+704) to the computer (714).
2. Mount the console mast (150) on the mast joint (151) by pressing the pins on the sides of the mast (150) in and then sliding the mast joint (151) until it locks.
3. Rotate the mast joint (151) on the other side as in the figure below.

NOTICE

The height of the console arm cannot be adjusted. The console can only be placed in the position illustrated below.



Step 10: Connecting the equipment to the mains supply

ATTENTION

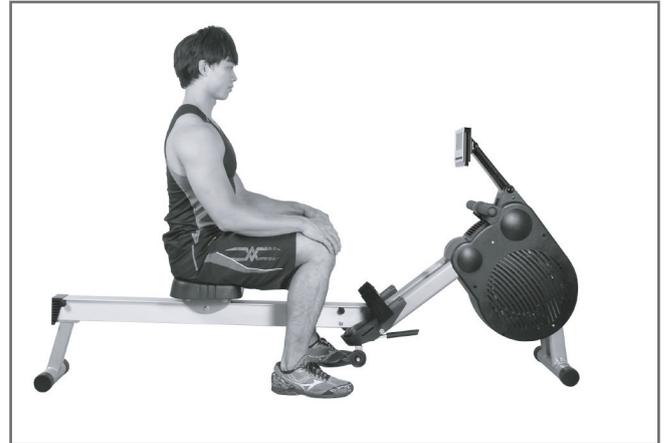
The equipment must not be connected to a multiple socket, otherwise it cannot be guaranteed that the equipment will be supplied with sufficient power. Technical errors can result.

Plug the power plug (715) into a wall outlet that complies with the instructions in the chapter on electrical safety.

2.4 Operation instructions / Adjustments

Sit safely

Sit safely on the rowing machine. Please make sure to sit directly on the seat, when it is placed under your body.



1. Stand with spread legs above the aluminum rail.
2. Place the seat directly under your body.
3. Please make sure that when you sit down that the seat remains in this position.

Tighten and release foot strap



1. Put your foot through the strap and place your foot on the footrest.
2. Pull the strap of the foot strap until your foot is fixed to the footrest and press the fastener firmly.
3. To release the foot strap again, pull the strap and release the fastener until you can release your foot from the foot strap.

Angle adjustment of the console

The console and the console arm are pivoted in order to allow you to find the appropriate adjustment of angle and height.

► **ATTENTION**

For safety reasons, please make sure while exercising that the pull rope does not touch the console.



1. Hold the console with both hands as shown in the upper figure.
2. Turn and swivel the console to the desired height and angle.

3 OPERATING INSTRUCTIONS

① NOTICE

Familiarise yourself with all the functions and setting options of the device before starting training. Have the proper use of this product explained to you by a specialist.

3.1 Console Display



| | |
|-----------------------------|---|
| BAR CHART | Here, the program profiles and text messages are displayed. 8 rows high = 16 resistance levels 16 columns long = 16 times intervals |
| ALPHANUMERIC DISPLAY | Text messages which guide you through the single programs. |
| WATTS | Estimated wattage per stroke, calibrated according to EN957. One Watt corresponds to the performance to do a mechanical work of one joule within a second. |
| LEVEL | 16 resistance levels can be selected. Level 1 = minimum resistance Level 16 = maximum resistance |
| TIME/500M | Displays your current time/500 m. |
| SPM | Strokes per minute. |

| | |
|-----------------|---|
| PULSE | <p>Your heart rate is displayed in beats per minute. A compatible chest strap with 5 kHz is separately available. The flashing heart is synchronized with your heart rate.</p> <p>NOTICE “---” means that your console does not receive a heart rate signal.</p> |
| TIME | Minutes and seconds. |
| BATTERIE | Full, half, empty |
| METERS | Covered distance is only shown in meters. |
| STROKES | Total number of strokes |
| CALORIES | <p>Measured in kilo calories (kcal)</p> <p>NOTICE The number of calories strongly depends upon your user data. Select the setting of user data in the main menu.</p> |

3.2 Button Functions

| | |
|---|--|
| MENU | <p>Press this button to get to the main menu.</p> <p>NOTICE This button only works in the menu mode and pause mode, but not in the training mode.</p> |
| RECOVERY Two functions | <ol style="list-style-type: none"> Distance sensor <p>Hold the Recovery button pressed.</p> <ol style="list-style-type: none"> Start the Recovery program <p>The Recovery program determines automatically your recovery heart rate within a minute after the training.</p> |
| ENTER Three functions | <ol style="list-style-type: none"> Before the training (menu mode) Press Enter to confirm your selection. Before the training (menu mode) Hold Enter for three seconds in order to skip the selection process. While exercising (training mode) Press Enter to change the bar chart. <p>NOTICE It only refers to the HRC programs, Watt programs, and training programs.</p> |

| | |
|---|---|
| <p>START/STOP</p> <p>Three functions</p> | <ol style="list-style-type: none"> 1. Before the training (menu mode) Press Start in order to start the training. 2. While exercising (training mode) Press Stop to stop the training. <p>① NOTICE The console changes automatically to the training final display.</p> <ol style="list-style-type: none"> 3. At any time Hold Reset for three seconds to reset the console to the main menu. <p>① NOTICE Current data are deleted. All saved data are maintained.</p> |
| <p>SELECT BUTTONS - +</p> <p>Four functions</p> | <ol style="list-style-type: none"> 1. Before the training (menu mode) Press the Select buttons (+/-) in order to scroll through the options. 2. Before the training (menu mode) Hold the Select buttons (+/-) to scroll quicker. 3. While exercising (training mode) Press the Select buttons (+/-) to set the resistance level. 4. Before the training (menu mode) Hold the Select buttons (+/-) for three seconds to set the system (metric or English). <p>① NOTICE It only refers to the user data of height and weight.</p> |

3.3 Turning on the equipment

Auto turning on

The console turns on automatically once the rowing machine is being moved or a button is pressed.

Auto Pause

The console pauses automatically when the user stops rowing.

Auto Standby

The console turns automatically in to Standby, when the equipment is no longer used for two minutes.

Auto turning off

The console turns of automatically, when the equipment is not used for about ten minutes. When you are in the training mode, the training data get lost.

Start rowing

Just start rowing, the console turns on automatically and starts the PACER program with a default setting of 2:15/500 m.

3.4 Programs

Main menu

The main menu consists of the following 11 programs:

| | |
|----------------------|---|
| 1. Pacer | 1 pace boat program |
| 2. Race | 1 race programs |
| 3. Interval | 2 interval programs, interval distance and interval time |
| 4. HRC | 4 heart rate controlled programs, 60%, 75%, 90% and target heart rate |
| 5. Watt | 1 Watt controlled program |
| 6. Profiles | 5 user programs + 12 training profiles |
| 7. Fit Test | 1 fitness test program |
| 8. User Data | enter the user data |
| 9. User Pro | creating user profiles |
| 10. User Del | delete a user |
| 11. Frequency | frequency options for the heart rate receiver |

3.4.1 Pacer program - also called Pace boat program

The pacer program offers you the possibility to row beside a pace boat, which defines a pace for the training.

There are two possibilities to program the pace:

Enter a time/500 m or Define time and distance.

1. Pace program

Choose with the Select buttons (+/-) the PACER program. Confirm with Enter.

NOTE: Press MENU to return to the main menu.

2. User selection

Choose one of four existing users (U1 – U4) or the GUEST USER with the Select buttons (+/-). Confirm with Enter.

3a. Time/500m

Choose the TIME/500m with the Select buttons (+/-) or go to step 3b. Confirm with Enter.

3b. Time and Distance

Press Enter to skip the setting TIME/500m.

Enter a time with the Select buttons (+/-). Confirm with Enter.

Enter a distance (meters) with the Select buttons (+/-). Confirm with Enter.

Press Start to start your training immediately.

4. Resistance level

Choose a resistance level with the Select buttons (+/-). Confirm with Enter.

5. Target values

Target values are optional.

Hold Enter to skip all target values. Press Enter once to skip one target value.

Set a target value with the Select buttons (+/-). Confirm with Enter.

6. Alarm settings

Alarm settings are optional.

Press Start to skip all alarms. Press the Select buttons (+/-) to skip one alarm.

Choose an alarm with the Select buttons (+/-). Confirm with Enter.

7. Ready = Start rowing

When you have come to the end of the selection process, READY flashes on the console and you can start rowing.

① NOTICE

While exercising, you can adjust the resistance level with the Select buttons (+/-).

3.4.2 Race program

The race program allows you to compete against the average time/500m of any user. Become the best in your family or row against your own average time/500m.

1. Race program

Choose the RACE program with the Select buttons (+/-). Confirm with Enter.
Press Menu to return to the main menu.

2. User selection

Choose one of four existing users (U1 – U4) or the GUEST USER with the Select buttons (+/-). Confirm with Enter.

3. User to race against

Press the Select buttons (+/-) to scroll and select a user to race against. Confirm with Enter.
Press Start to start the training immediately.

4. Resistance level

Choose a resistance level with the Select buttons (+/-). Confirm with Enter.

5. Target values

Target values are optional.

Hold Enter to skip all target values. Press Enter once to skip one target value.
Set a target value with the Select buttons (+/-). Confirm with Enter.

6. Alarm settings

Alarm settings are optional.

Press Start to skip all alarms. Press the Select buttons (+/-) to skip one alarm.
Choose an alarm with the Select buttons (+/-). Confirm with Enter.

7. Ready = Start rowing

When you have come to the end of the selection process, READY flashes on the console and you can start rowing.

① NOTICE

While exercising, you can adjust the resistance level with the Select buttons (+/-).

3.4.3 Interval distance & interval time programs

Both programs are designed for interval training – intensive training intervals alternate with short intervals of rest. It is scientifically proved that interval training burns more calories than classic cardio training. Due to an increased intensity, you should always make sure that you do not stress your body too much. Do not exceed the calculated maximum heart rate (220 – age).

INTERVAL DISTANCE PROGRAM = a training distance combined with short intervals of rest

INTERVAL TIME PROGRAM = a training distance combined with short intervals of rest

1. Interval program

Choose the INTERVAL program with the Select buttons (+/-). Confirm with Enter.

Press Menu to return to the main menu.

2. User selection

Choose one of four existing users (U1 – U4) or the GUEST USER with the Select buttons (+/-). Confirm with Enter.

3a. Interval distance program

Choose the distance program with the Select buttons (+/-). Confirm with Enter.

3b. Interval time program

Choose the time program with the Select buttons (+/-). Confirm with Enter.

4. Number of intervals

Choose the number of intervals with the Select buttons (+/-). Confirm with Enter.

5a. Interval distance program

Choose the interval distance in meters with the Select buttons (+/-). Confirm with Enter.

5b. Interval time program

Choose the interval time with the Select buttons (+/-). Confirm with Enter.

6. Time of rest

Choose the rest time with the Select buttons (+/-). Confirm with Enter.

Press Start to start the training immediately.

7. Resistance level

Choose a resistance level with the Select buttons (+/-). Confirm with Enter.

8. Target values

Target values are optional.

Hold Enter to skip all target values. Press Enter once to skip one target value.

Set a target value with the Select buttons (+/-). Confirm with Enter.

9. Alarm settings

Alarm settings are optional.

Press Start to skip all alarms. Press the Select buttons (+/-) to skip one alarm.

Choose an alarm with the Select buttons (+/-). Confirm with Enter.

10. Ready = Start rowing

When you have come to the end of the selection process, READY flashes on the console and you can start rowing.

NOTICE

While exercising, you can adjust the resistance level with the Select buttons (+/-).

3.4.4 60%, 75%, 90% heart rate controlled programs

WARNING

Your training equipment is not a medical device. The heart rate measurement of this equipment may be inaccurate. Various factors can affect the accuracy of the heart rate measurement. The heart rate measurement serves only as a training aid.

Keep your heart rate on the pre-set level with the % heart rate programs. The console compares your current heart rate with the chosen target heart rate every 10 seconds and adapts it accordingly. All heart rate programs require wearing a compatible chest strap.

These three heart rate programs work in connection with the chosen user and the respective user data. Thus it is important that you choose the correct user and have entered correct user data before you train with this program.

NOTICE

While exercising, you can still adapt the % HR to the resistance level.

Though it is very important to increase the heart rate while exercising, you should make sure that it is not too high. We recommend to exercise with 60% of the maximum heart rate at the beginning and only increase the level, when your fitness has been improved.

NOTICE

The recommend maximum heart rate is $220 - \text{age}$.

1. HRC program

Choose the HRC program in the main menu with the Select buttons (+/-). Confirm with Enter. Press Menu to return to the main menu.

2. User selection

Choose one of four existing users (U1 – U4) or the GUEST USER with the Select buttons (+/-). Confirm with Enter.

3. 60% 75% 90% HRC program

Press the Select buttons (+/-) to select 60% HRC, 75% HRC or 90% HRC.

The console automatically shows the target heart rate.

Confirm with Enter.

Press start to start the training immediately.

4. Target values

Target values are optional.

Hold Enter to skip all target values. Press Enter once to skip one target value.

Set a target value with the Select buttons (+/-). Confirm with Enter.

5. Alarm settings

Alarm settings are optional.

Press Start to skip all alarms. Press the Select buttons (+/-) to skip one alarm.

Choose an alarm with the Select buttons (+/-). Confirm with Enter.

6. Ready = Start rowing

When you have come to the end of the selection process, READY flashes on the console and you can start rowing.

NOTICE

While exercising, you can adjust the resistance level with the Select buttons (+/-).

3.4.5 THR – target heart rate program

WARNING

Your training equipment is not a medical device. The heart rate measurement of this equipment may be inaccurate. Various factors can affect the accuracy of the heart rate measurement. The heart rate measurement serves only as a training aid.

GUEST User is possible

Keep your heart rate at the pre-set level with the target heart rate program. The console compares your current heart rate with the chosen target heart rate every 10 seconds and adapts it accordingly. Adapt your target heart rate with the Select buttons (+/-) while exercising.

NOTICE

The resistance level cannot be adapted while exercising.

All heart rate programs require wearing a compatible chest strap.

Though it is very important to increase the heart rate while exercising, you should make sure that it is not too high. We recommend to exercise with 60% of the maximum heart rate at the beginning and only increase the level, when your fitness has been improved.

NOTICE

The recommended maximum heart rate is 220 – age. Choose a target heart rate between 30 – 220 bpm (in 1 bpm increments).

1. HCR program

From the main menu, press the Select buttons (+/-) to scroll and select the HRC program. Confirm with Enter.

Press Menu to return to the main menu.

2. User selection

Choose one of four existing users (U1 – U4) or the GUEST USER with the Select buttons (+/-). Confirm with Enter.

3. THR program

Press the Select buttons (+/-) to scroll and select the THR program. Confirm with Enter.

4. THR control value

Press the Select buttons (+/-) to scroll and select Target Heart Rate "COTNROL" value. Confirm with Enter.

Press Start to start the training immediately.

5. Target values

Target values are optional.

Hold Enter to skip all target values. Press Enter once to skip one target value.

Set a target value with the Select buttons (+/-). Confirm with Enter.

6. Alarm settings

Alarm settings are optional.

Press Start to skip all alarms. Press the Select buttons (+/-) to skip one alarm.

Choose an alarm with the Select buttons (+/-). Confirm with Enter.

7. Ready = Start rowing

When you have come to the end of the selection process, READY flashes on the console and you can start rowing.

① NOTICE

While exercising, you can adjust the target heart rate with the Select buttons (+/-).

3.4.6 Watt program

Keep your wattage at the pre-set level with the Watt program. The console compares your current wattage with your pre-set watt number every 10 seconds and adapts the resistance level automatically. While exercising, you can adapt the watt number with the Select buttons (+/-).

① NOTICE

The resistance level cannot be adapted while exercising. Watt setting: 10 – 995 Watt (in 5-Watt increments)

1. Watt program

Choose the Watt program with the Select buttons (+/-). Confirm with Enter.
Press Menu to return to the main menu.

2. User selection

Choose one of four existing users (U1 – U4) or the GUEST USER with the Select buttons (+/-). Confirm with Enter.

3. Watt setting

Choose the Watt number (Control) with the Select buttons (+/-). Confirm with Enter.
Press Start to start the training immediately.

4. Target values

Target values are optional.
Hold Enter to skip all target values. Press Enter once to skip one target value.
Set a target value with the Select buttons (+/-). Confirm with Enter.

5. Alarm settings

Alarm settings are optional.
Press Start to skip all alarms. Press the Select buttons (+/-) to skip one alarm.
Choose an alarm with the Select buttons (+/-). Confirm with Enter.

6. Ready = Start rowing

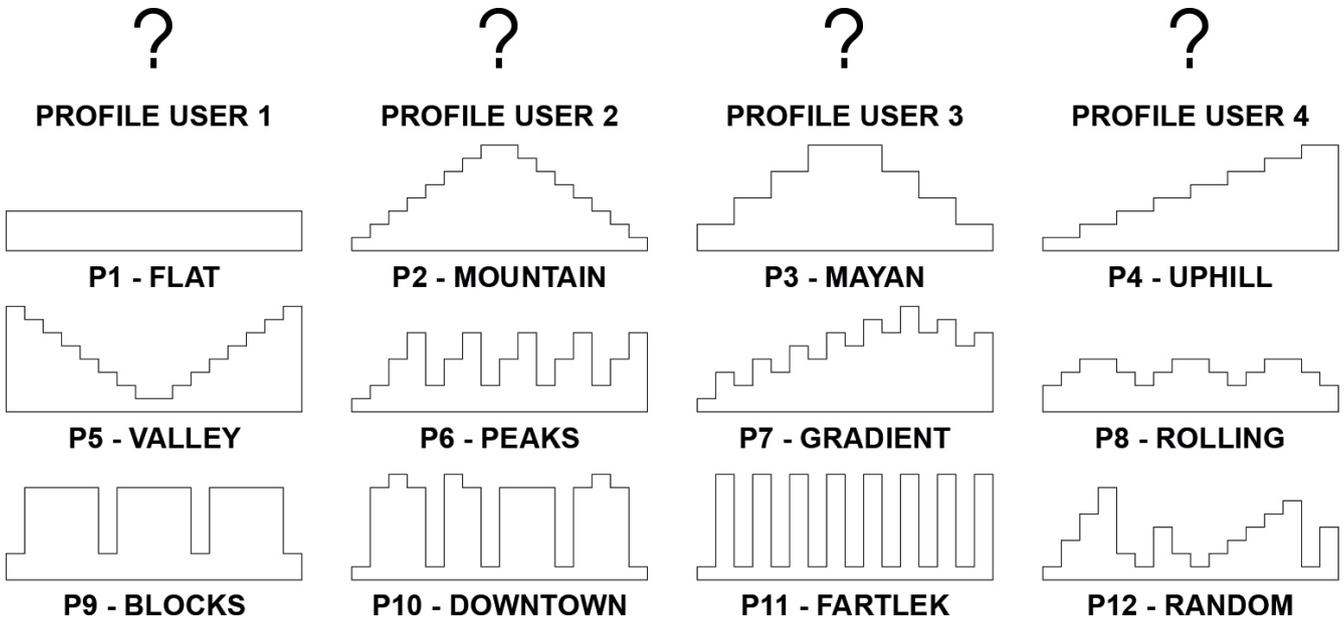
When you have come to the end of the selection process, READY flashes on the console and you can start rowing.

① NOTICE

While exercising, you can adjust the Watt number with the Select buttons (+/-).

3.4.7 Training programs

The console adapts automatically the resistance level to the chosen training program. You can choose from 16 different training programs.



FARTLEK

Fartlek is a Swedish word for speed play and is a training type, which was developed in the 30ies of the 20th century. The running pace is increased and reduced several times throughout the training.

RANDOM

Before you confirm your random profile with Enter, the console switches automatically the random profile every three seconds.

1. Training programs

Choose PROFILES (training programs) with the Select buttons (+/-). Confirm with Enter. Press Menu to return to the main menu.

2. User selection

Choose one of four existing users (U1 – U4) or the GUEST USER with the Select buttons (+/-). Confirm with Enter.

3. Program selection

Choose a training program with the Select buttons (+/-). Confirm with Enter.

4. Program adjustment

Adjust the resistance of the total profile with the Select buttons (+/-). Confirm with Enter.

NOTE: Press Start to start the training immediately.

5. Resistance level

Choose a resistance level with the Select buttons (+/-). Confirm with Enter.

6. Target values

Target values are optional.

Hold Enter to skip all target values. Press Enter once to skip one target value.

Set a target value with the Select buttons (+/-). Confirm with Enter.

7. Alarm settings

Alarm settings are optional.

Press Start to skip all alarms. Press the Select buttons (+/-) to skip one alarm.

Choose an alarm with the Select buttons (+/-). Confirm with Enter.

8. Ready = Start rowing

When you have come to the end of the selection process, READY flashes on the console and you can start rowing.

① NOTICE

While exercising, you can adjust the resistance level with the Select buttons (+/-).

3.4.8 Performance Test

Fitness Test

A fitness test of five minutes, which evaluates your fitness based upon your recovery heart rate. You need to wear a chest strap for heart rate transmission throughout the test. Row as quickly as you can to achieve your maximum heart rate. Then the console measures the recovery heart rate for a minute.

| FITNESS TEST RESULTS | |
|----------------------|--------|
| SUPER FIT | 90~100 |
| EXTREMELY FIT | 80~89 |
| VERY FIT | 70~79 |
| GOOD FITNESS | 60~69 |
| AVERAGE FITNESS | 50~59 |
| FAIR FITNESS | 40~49 |
| POOR FITNESS | 30~39 |
| UNFIT | 20~29 |
| VERY UNFIT | 10~19 |
| EXTREMELY UNFIT | 0~9 |

1. Fitness test program

Choose the Fit Test program with the Select buttons (+/-). Confirm with Enter.

NOTE: Press Menu to return to the main menu.

2. Start rowing

Stop rowing after exactly five minutes.

① NOTICE

You cannot adjust the resistance while doing the fitness test, because the program adjusts the resistance automatically.

Recovery program

Recovery program is activated by pressing the Recovery button

The Recovery Program is an excellent indicator for your cardiovascular fitness.

It is very useful when you wish to check your improvement.

The Recovery Program evaluates your fitness by measuring how quickly your heart rate recovers within a minute after the training. During the test of 60 seconds, it is required that the console receives your heart rate via a compatible chest strap. Then the console displays a recovery value from 0 to 100.

| RECOVERY TEST RESULTS | |
|-----------------------|--------|
| SUPER FIT | 90~100 |
| EXTREMELY FIT | 80~89 |
| VERY FIT | 70~79 |
| GOOD FITNESS | 60~69 |
| AVERAGE FITNESS | 50~59 |
| FAIR FITNESS | 40~49 |
| POOR FITNESS | 30~39 |
| UNFIT | 20~29 |
| VERY UNFIT | 10~19 |
| EXTREMELY UNFIT | 0~9 |

1. Activating the recovery program

Press the recovery button right after the training.

2. Returning to main menu

Press the menu button to return to the main menu.

3.4.9 User Data

Create a new user and enter the user data.

The console can save user data for four different users. The saved information is used in combination with the % heart rate programs as well as for calculating the calorie consumption. Furthermore, they are used for determining the BMI, BMR, and TDEE.

The console saves your selection for every program as well in order to facilitate the selection process.

① NOTICE

It is important to keep your user data up to date. Otherwise the console cannot calculate exactly the values like BMI, BMR, and TDEE.

① NOTICE

The console does not save settings for the guest user.

| Entering the user data | |
|------------------------|---|
| NAME | Eight signs are available. Hold Enter to skip it. |
| SEX | Choose between male and female. |
| AGE | Age in years |
| HEIGHT | Height in cm or feet and inches (in order to switch, please see selection of system) |
| WEIGHT | Weight in kg or lbs (in order to switch, please see selection of system) |
| ACTIVE FACTOR | How active you are, influences your metabolism and your metabolism influences, how many calories you burn while exercising. Your active factor adapts the calorie calculation and the value of the total daily metabolism. 0 times a week = SITTING office work with less or no daily training. Twice a week = LIGHT ACTIVE light training once to three times a week. Four times a week = MODERATE ACTIVE moderate training three to five times a week. Seven times a week = VERY ACTIVE hard training six to seven times a week. Nine times a week = EXTREMELY ACTIVE daily, extremely active or marathon athlete. |

1. User data

Choose USER DATA in the main menu with the Select buttons (+/-) and confirm with Enter. Press Menu to return to the main menu.

2. User

Choose New User or one of the four existing users with the Select buttons (+/-) and confirm with Enter.

3. Name

Choose a letter or number with the Select buttons (+/-) and confirm with Enter. Repeat the step until your name is complete and then hold Enter to continue with the next setting.

4. Sex

Choose your sex with the Select buttons (+/-) and confirm with Enter. Confirm with Enter.

5. Age

Choose your age with the Select buttons (+/-) and confirm with Enter. Confirm with Enter.

6. Height (in cm or inches – see selection of system)

Choose your height with the Select buttons (+/-) and confirm with Enter. Confirm with Enter.

7. Weight (in kg or lbs – see selection of system)

Choose your weight with the Select buttons (+/-) and confirm with Enter. Confirm with Enter.

8. Active factor

Choose your active factor with the Select buttons (+/-) and confirm with Enter. Confirm with Enter.

User programs

Create your own program.

Four different users can be set. Every user can create a user program so that a total of four user programs is possible. All profiles are displayed as bar charts with 8 rows (= 16 resistance levels) and 16 columns (= 16 time intervals). These user programs are very helpful and allow you to create a program profile that corresponds to your needs. Thus you get an infinite diversion and keep motivated.

While exercising, the console adapts the resistance level automatically to your profile. You can still adjust the resistance level on your own while exercising.

1. User profile

Choose the USER PRO with the Select buttons (+/-) and confirm with Enter.

NOTE: Press Menu to return to the main menu.

2. User selection

Choose one of the four possible user profiles with the Select buttons (+/-) and confirm with Enter.

① NOTICE

If there are no user profiles displayed, you can create them in "User Data".

3. Create a training profile

Choose the resistance level with the Select buttons (+/-) and confirm with Enter. Repeat this step until the training profile is complete.

① NOTICE

Hold Enter to skip the remaining segments. This function is very practical, when you only want to make small changes of your training profile.

Delete a user

Delete an existing user.

1. Delete user

Choose USER DEL in the main menu with the Select buttons (+/-) and confirm with Enter.
Press Menu to return to the main menu.

2. User selection

Choose one of the four possible existing users with the Select buttons (+/-) and confirm with Enter.

3. Confirm delete

Press Enter to confirm the deletion.

3.4.10 Further information

Display training end

At the end of the training, the following is displayed on the console.

END All total training values.

AVERAGE Your average training values

BMI The Body Mass Index is a very good type to find out whether obesity is a risk of health.

| Number | Classification | Risk |
|-------------|----------------|----------------|
| Below 18 | Underweight | Low risk |
| 19 - 25 | Normal | Average risk |
| 26 - 30 | Overweight | High risk |
| 31 and more | Obesity | Very high risk |

BODY FAT % Your estimated body fat in %

| Classification | Women (% fat) | Men (% fat) |
|----------------|---------------|-------------|
| Essential fat | 10-13% | 2-4% |
| Very low | 14-20% | 6-13% |
| Low | 21-24% | 14-17% |
| Average | 25-31% | 18-25% |
| Obese | 32% plus | 26% plus |

BMR Your basal metabolic rate is the minimum amount of energy, a body needs a day at complete rest to maintain its functions.

TDEE Your total energy metabolic rate is an estimate of the daily required number of calories. If you try to lose weight, the total energy metabolic rate is a good guideline.

Calorie calculation for weight reduction

When you count calories, which you consume daily, you deduct the total energy metabolic rate and the result shows you whether you have to lose weight or increase your weight. When you try to lose weight, you have to reduce the intake of calories. However, it should not happen too quickly, because it might affect your metabolism in a negative way.

Target values

Target values for time, distance, strokes, and calories are optional. When you do not choose a target value, the console counts starting from zero. When you set one or several of those target values, the console counts down to zero.

The console stops the training and an alarm sounds once the first target value is achieved.

| | |
|----------|---|
| TIME | 1:00 to 99:00 minutes (in 1 minute increments) |
| DISTANCE | 100 to 9900 meters (in 100 m increments) |
| STROKES | 10 to 9900 strokes (in 10 strokes increments) |
| CALORIES | 10 to 9990 calories (in 10 calories increments) |

Selection of the units Metric or Imperial

The user data HEIGHT and WEIGHT can be entered in metric or imperial units:

The size is given in centimeters (metric) or inches (imperial).
The weight is given in kilograms (metric) or pounds (imperial).

Selection of units

1. Press and hold both SELECT buttons for 3 seconds.
2. Use the SELECT buttons to select METRIC or IMPERIAL.
3. Press ENTER to confirm.

Alarms

Maximum alarms are optional. Alarms can be very helpful, however we recommend to use only one to two alarms at a time.

When an alarm is given, a signal sounds and a visual display is shown in order to show which of those four alarms is given. (HEART RATE (PULSE), SPM, TIME/500m, or WATT).

| | |
|------------|--|
| HEART RATE | 30 to 220 BPM (in 1 BPM increments) |
| SPM | 15 to 60 SPM (in 1 SPM increments) |
| TIME/500m | 01:00 9:55 minutes and seconds (in 5 seconds increments) |
| WATT | 10 to 995 Watt (in 5 Watt increments) |

Maximum alarms are optional.

Hold Enter to skip all alarms.

Press Enter to skip one alarm.

Choose an alarm with the Select buttons (+/-) and confirm with Enter.

Default settings

The console includes default settings to facilitate the settings for the user.

Pacer Program

| | |
|-----------------------------|--|
| PACE BOAT TIME/500m TIME | 2:15 (1:00 to 9:55 minutes and seconds in 5 seconds increments) 20:00 minutes (1:00 to 99:00 minutes and seconds in 1 minute increments) |
| DISTANCE | 2000 m (100 to 9900 m in 100 m increments) |

Interval Programs

| | |
|-------------------|---|
| INTERVALS | 10 (2 to 99 in 1 interval increments) |
| INTERVAL DISTANCE | 500 m (100 to 9900 m in 100 m increments) |
| INTERVAL TIME | 1:00 minute (0:30 to 10:00 in 5 seconds increments) |
| REST TIME | 30 seconds (0:30 to 10:00 in 5 seconds increments) |

THR target heart rate program

| | |
|-------------------|---|
| TARGET HEART RATE | 140 BPM (30 to 220 BPM in 1 BPM increments) |
|-------------------|---|

Watt program

| | |
|------|---|
| WATT | 100 (10 to 995 Watt in 5 Watt increments) |
|------|---|

User data

| | |
|-----------------|--|
| SEX | Female (female or male) |
| AGE | 35 (10 to 99 years in 1 year increments) |
| HEIGHT METRIC | Female 163 cm or male 178 cm (90 to 240 cm in 1 cm increments) |
| WEIGHT METRIC | Female 60 kg or male 86 kg (30 to 200 kg in 1 kg increments) |
| HEIGHT IMPERIAL | Female 64 inches/5'4" (36" to 96" / 3' to 8' in 1 inches increments) |
| WEIGHT IMPERIAL | Female 135 lbs or male 190 lbs (60 to 440 lbs in 1 lbs increments) |
| ACTIVE FACTOR | Twice a week 0 times a week = SITTING office work with less or no daily training Twice a week = LIGHT ACTIVE light training once to three times a week Four times a week = MODERATE ACTIVE moderate training three to five times a week Seven times a week = VERY ACTIVE hard training six to seven times a week Nine times a week = EXTREMELY ACTIVE daily, extremely active or physical work |

Resistance selection

RESISTANCE LEVEL 6 (1 to 6 in 1 level increments)

Target values

TIME 20 minutes
(1:00 to 99:00 minutes and seconds in 1 minute increments)

DISTANCE 2000 m (100 to 9900 m in 100 m increments)

STROKES 300 strokes (10 to 9990 strokes in 10 strokes increments)

CALORIES 160 calories (10 to 9990 calories in 10 calories increments)

Maximum alarm

HEART RATE 140 BPM (30 to 220 BPM in 1 BPM increments)

SPM 25 SPM (15 to 60 SPM in 1 SPM increments)

TIME/500m 2:15 (01:00 to 9:55 minutes and seconds in 5 seconds increments)

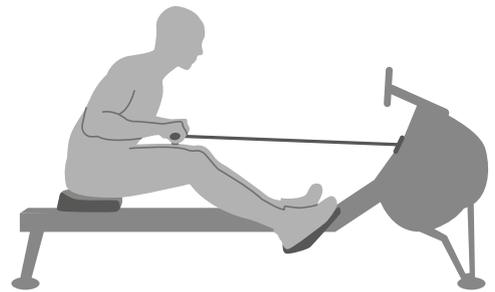
WATT 100 (10 to 995 Watt in 5 Watt increments)

3.5 Notes on correct rowing

Body moves towards the handle

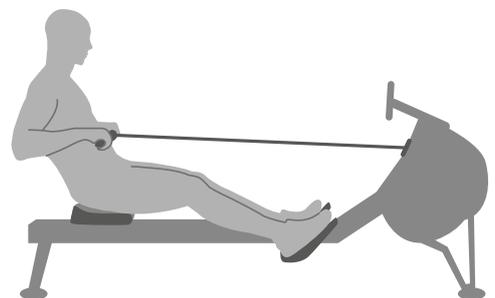
Wrong

At the end of the movement, the body will be pulled forwards towards the handles instead the handles to the body.



Right

At the end of the movement, the user slightly leans back, holds the legs down, keeps the upper body straight and pulls the handle to the body.



Straddled elbows

Wrong

The user's elbows are straddled from the body at the end of the movement and the handle is at the height of the breast.



Right

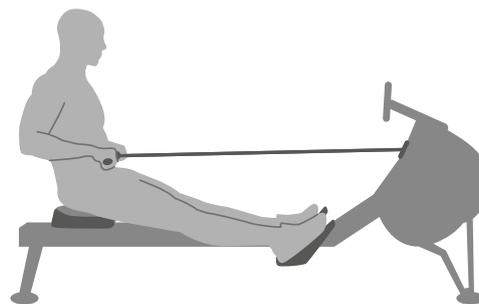
Pull the handle to the body with straight wrists and the elbows close to the body. The elbows are brought behind the head while the handle is pulled to your waist.



Do not completely extend

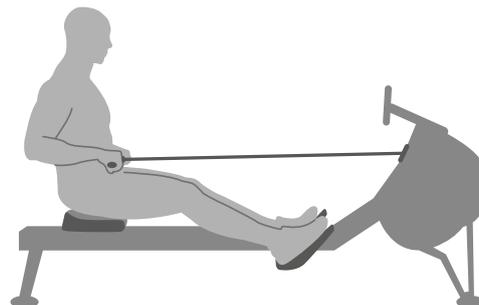
Wrong

At the end of the movement, the user completely stretches the leg and knee.



Right

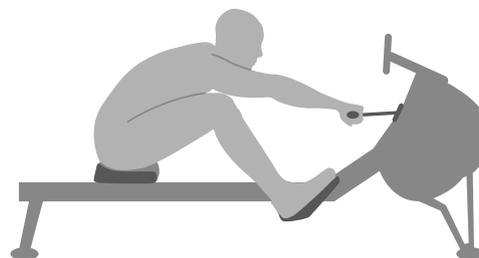
Keep your knee slightly bent at all times even at the end of the movement instead of stretching it completely.



Leaning too far forward

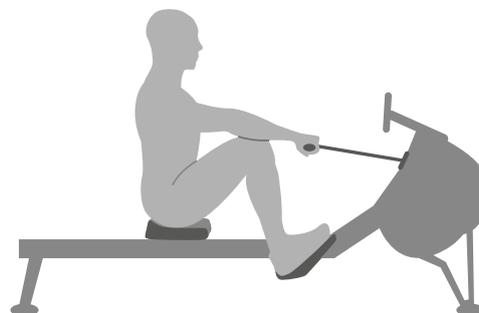
Wrong

The body is bent too far forward. The shins are no longer vertical. The head and shoulders are facing the feet. The body is therefore in a weak position to execute the movement.



Right

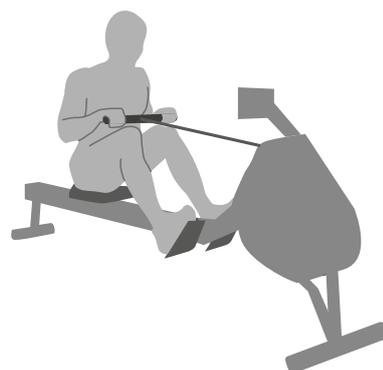
The shins are vertical. The body is pressed against the legs, the arms are completely stretched out in front and the body is slight bent forward. This position should be pleasant.



Rowing with bent arms

Wrong

The user begins the movement with the arms instead of first pressing with the legs.



Right

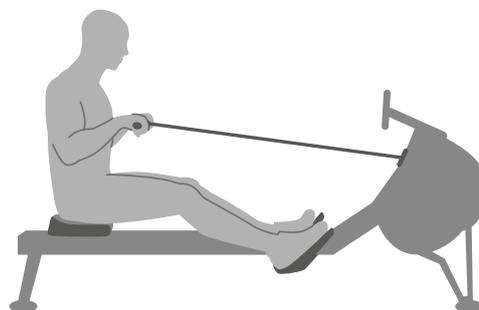
The user begins by stretching out the legs, relaxing the back and stretching the arms.



Bent wrists

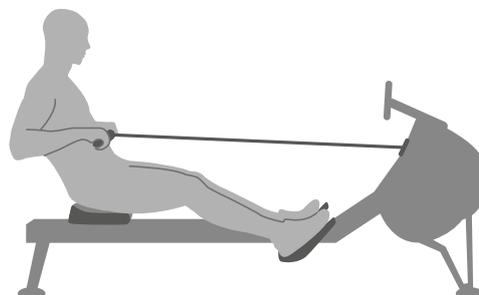
Wrong

The user bends the wrists during the movement.



Right

Always execute the rowing movement with straight wrists.



4.1 General Instructions

▶ ATTENTION

- + Make sure that the equipment is protected from moisture, dust and dirt in the selected storage location. The storage location should be dry and well ventilated and have a constant ambient temperature between 5°C and 45°C.

⚠ WARNING

- + The storage location should be chosen so that improper use by third parties or children can be prevented.
- + If your equipment does not have transportation wheels, the equipment must be disassembled before transportation.

4.2 Folding Mechanism

⚠ WARNING

Keep fingers and hands away from folding hinges while folding and opening the rowing machine in order to avoid serious injuries.

ⓘ NOTICE

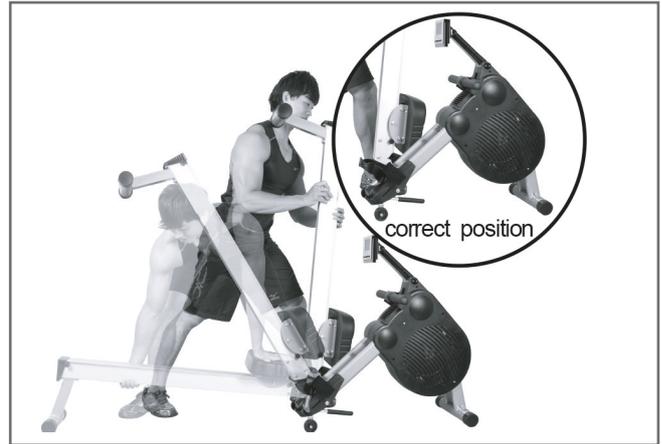
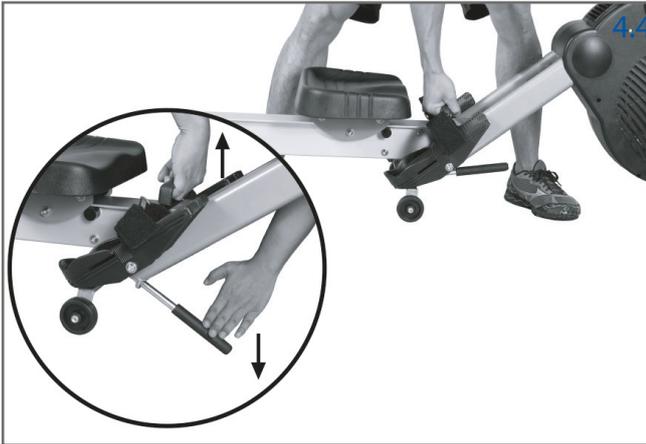
The rowing machine is foldable and thus saves space when it is stored. It also makes it easier to transport.

4.2.1 Unfolding the rowing machine



1. Step on the Pivot lock bar lever with one hand supporting the aluminum rail.
2. Slightly lower the aluminum rail down on the floor.
3. Lift up the aluminum rail by pulling up the pivot lever until a click sound is heard.
4. Lock the pivot lock bar lever in the correct position.

4.3.1 Folding the rowing machine



1. Hold the pivot lever with the right hand and raise up the aluminum rail.
2. Push down the pivot lock bar lever with the left hand to release the folding hinge and slowly let the transportation wheels reach the floor.
3. Pull the aluminum rail up to the folding position until a click sound is heard.
4. Lock the pivot lock bar lever in the correct position.

4.3 Transportation Wheels

► ATTENTION

If you want to transport your equipment over particularly sensitive and soft floor coverings, such as parquet, planks or laminate, lay out the transport route with cardboard or similar to avoid possible floor damage.

1. Fold the rowing machine.
2. Stand behind the equipment and pull it until the weight is transferred to the transportation wheels. After that, you easily can move the equipment to a new position. For long transport distances the equipment should be disassembled and safely packed.
3. Select the new location by following the instructions in the section 1.4 of this manual.



5.1 General Instructions



WARNING

- + Do not make any improper changes to the equipment.



CAUTION

- + Damaged or worn components may affect your safety and the life of the equipment. Therefore, immediately replace damaged or worn components. In such a case, contact the contract partner. The equipment must not be used until it has been repaired. If necessary, use only original spare parts.

▶ ATTENTION

- + In addition to the instructions and recommendations for maintenance and care given here, additional service and/or repair work may be necessary; this must only be carried out by authorised service technicians.

5.2 Faults and Fault Diagnosis

The equipment undergoes regular quality controls during production. Nevertheless, faults or malfunctions may occur. Frequently, individual parts are responsible for these disturbances, an exchange is usually sufficient. Please refer to the following overview for the most common errors and how to correct them. If the equipment still does not function properly, contact your contract partner.

| Fault | Cause | Solution |
|---------------------------------|---|--|
| Heart rate is not received | <ul style="list-style-type: none"> + Sources of interference in the room + unsuitable chest strap + Wrong position of chest strap + Batteries empty | <ul style="list-style-type: none"> + Eliminate sources of interference (e.g. mobile phones, loudspeakers, WLAN, lawn mower and vacuum cleaner robots ...) + Use a suitable chest strap (see recommended accessories). + Reposition chest strap and/or moisten electrodes + Changing batteries |
| LCD error – software error etc. | Console has no power supply | <ul style="list-style-type: none"> + Hold Reset to start the console again. + Start the console again by disconnecting the power cable for about 15 seconds. + Disconnect and connect again all cable connections, see assembly instructions. + Contact a service technician of your contract partner. |

5.3 Maintenance and Inspection Calendar

To avoid damage from body sweat, the equipment must be cleaned with a damp towel (no solvents!) after each training session.

The following routine tasks must be performed at the specified intervals:

| Part | Weekly | Monthly | Quarterly | Half-yearly | Yearly |
|--------------------------------|--------|---------|-----------|-------------|--------|
| Display console | C | I | | | |
| Lubrication of moving parts | | | I | | |
| Plastic covers | C | I | | | |
| Screws and cable connections | | I | | | |
| Legend: C = clean; I = inspect | | | | | |

Pull strap

The pull strap [709] is made of high-quality nylon fabric and extremely resilient. It is nearly impossible to tear the pull strap. Nevertheless, it is important to inspect it for wear. Make sure that there are no cuts or frays or other types of damage. Also check the seam on the handle. If you determine any impairments, you should no longer use the rowing machine until you have replaced the pull strap.

Footrest

The footrest has many mobile parts and it is important that they are always in a good state. Check if the buckle and the foot loop are connected with each other. Check to see if the locking mechanism from the footrest [126] works properly as well.

Make sure that all screws are tight. If you determine any errors, contact your contract partner immediately and use the rowing machine again only after it has been repaired.

6 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.

7 RECOMMENDED ACCESSORIES

To make your training experience even more efficient and pleasant, we recommend that you add suiting accessories to your fitness equipment. This could be a floor mat, for example, which makes your fitness equipment stand more securely and also protects the floor from falling sweat, but it could also be additional handrails on some treadmills or silicone spray to keep moving parts in good shape.

If you have purchased a fitness machine with pulse training and want to train your heart rate, we strongly recommend that you use a compatible chest strap, as this ensures optimum transmission of the heart rate. You may want to buy additional grips or weights for multi gyms.

Our range of accessories offers the highest quality and makes training even better. If you would like to find out more about compatible accessories, please go to the detail page of the product in our webshop (the easiest way is to enter the article number in the search field above) and go to the recommended accessories on this page. Alternatively, you can use the QR code provided. Of course, you can also contact our customer service: by telephone, e-mail, in one of our branches or via our social media channels. We will be happy to advise you!



floor mat



chest strap



chest strap contact gel



towels



silicone spray

8.1 Serial Number and Model Name

In order to provide you with the best possible service, please have the model name, article number, serial number, exploded drawing and parts list ready. The corresponding contact options can be found in chapter 10 of this operating manual.

NOTICE

The serial number of your equipment is unique. It's located on a white sticker. The exact position of this sticker is shown in the following illustration.



Enter the serial number in the appropriate field.

Serial number:

Brand / Category:

Model Name:

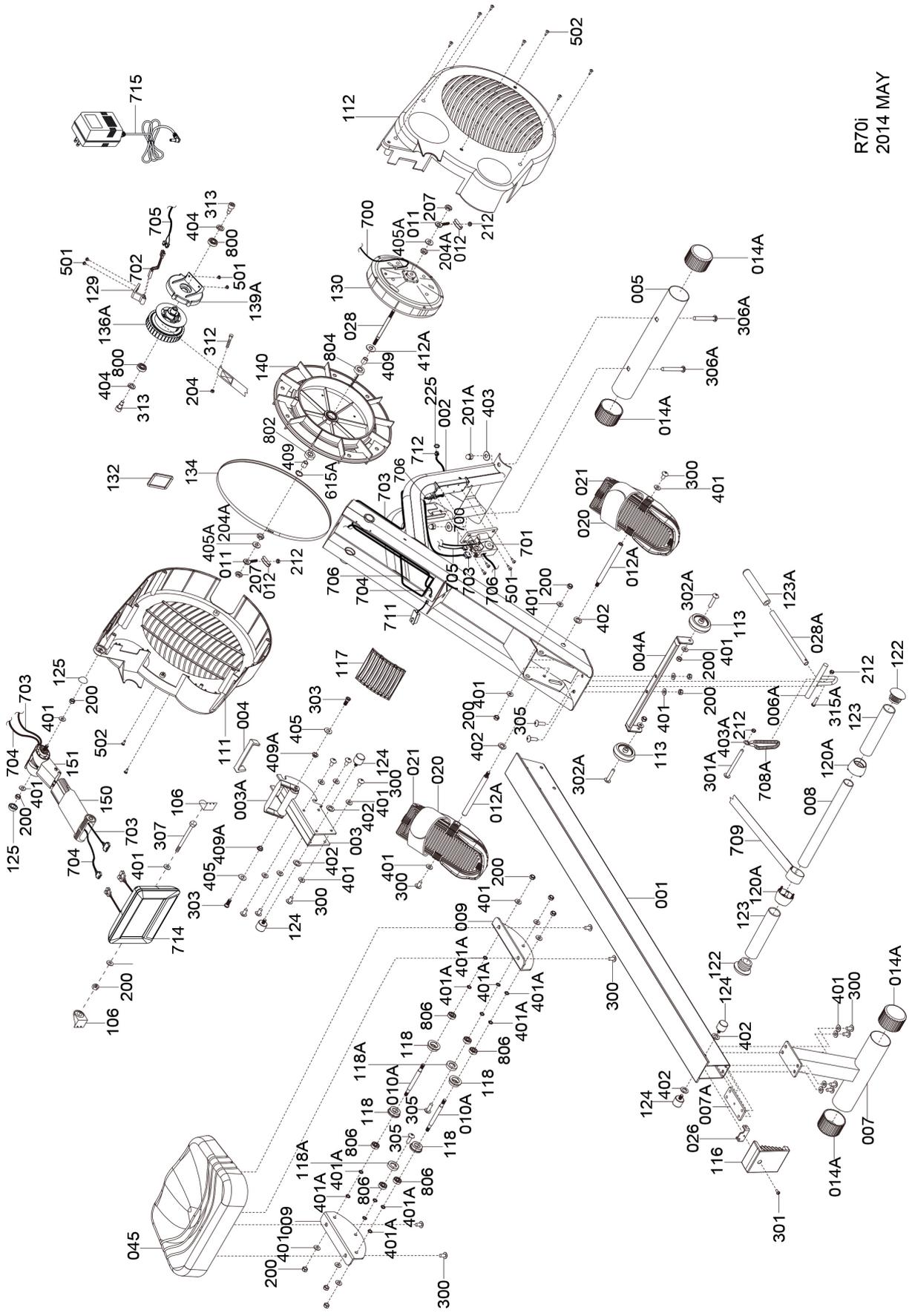
Article Number:

8.2 Parts List

| No. | Qty | Name | No. | Qty. | Name |
|------|-----|-------------------------------|------|------|---------------------------------|
| 001 | 1 | ALUMINUM BEAM | 118A | 1 | SEAT CARRIAGE - GUIDE ROLLER |
| 002 | 1 | MAIN FRAME | 120A | 2 | STRAP COVER |
| 003 | 1 | PIVOT BRACKET | 122 | 2 | PLUG |
| 003A | 1 | PIVOT HANDLE | 123 | 2 | FOAM GRIP |
| 004 | 1 | HANDLE GRIP | 123A | 1 | PIVOT LOCK BAR HANDLE COVER 1 |
| 004A | 1 | TRANSPORTATION BRACKET | 124 | 4 | SEAT CARRIAGE STOPPER |
| 005 | 1 | STABILIZER - FRONT | 125 | 2 | NUT COVER |
| 006A | 1 | PIVOT LOCK BAR | 129 | 1 | SENSOR HOLDER |
| 007 | 1 | STABILIZER - REAR | 130 | 1 | RESISTANCE HUB |
| 007A | 1 | REAR THREADED PLATE | 132 | 1 | STRAP SLOT TRIM |
| 008 | 1 | ALI HANDLE BAR | 134 | 1 | POLY "V" DRIVE BELT |
| 009 | 2 | SEAT CARRIAGE - SIDE PLATE | 136A | 1 | STRAP DRUM + DRIVE PULLEY SET 1 |
| 010A | 2 | SEAT CARRIAGE - SHAFT | 139A | 1 | RETURN SPRING SET |
| 011 | 2 | BELT ADJUSTMENT BOLT | 140 | 1 | FAN SET |
| 012 | 2 | BELT ADJUSTMENT PLATE | 150 | 1 | COMPUTER ARM |
| 012A | 2 | FOOT PEDAL BAR | 151 | 1 | COMPUTER ARM PIVOT |
| 014A | 4 | STANDARD CAP | 200 | 15 | NUT |
| 020 | 2 | FOOT STRAP | 201A | 2 | NUT |
| 021 | 2 | FOOT PEDAL | 204 | 1 | NUT |
| 026 | 1 | SEAT CARRIAGE STOPPER BRACKET | 204A | 2 | NUT |
| 028 | 1 | FLYWHEEL SHAFT | 207 | 2 | NUT |
| 028A | 1 | PIVOT LOCK BAR HANDLE | 212 | 4 | NUT |
| 045 | 1 | SEAT | 225 | 1 | NUT |
| 106 | 2 | COMPUTER CASE PLUG | 300 | 16 | BOLT |
| 111 | 1 | MAIN COVER - LEFT | 301 | 1 | BOLT |
| 112 | 1 | MAIN COVER - RIGHT | 301A | 1 | BOLT |
| 113 | 2 | TRANSPORTATION WHEEL | 302A | 2 | BOLT |
| 116 | 1 | ALI END CAP | 303 | 2 | BOLT |
| 117 | 1 | COVER VENT | 305 | 4 | BOLT |
| 118 | 4 | SEAT CARRIAGE - ROLLER | 306A | 2 | BOLT |

| | | | | | |
|------|----|---------------|------|---|-----------------------|
| 307 | 1 | BOLT | 615A | 1 | RETAINING RING |
| 312 | 1 | BOLT | 700 | 1 | TENSION CABLE |
| 313 | 2 | BOLT | 701 | 1 | MOTOR |
| 315A | 1 | BOLT | 702 | 2 | SENSOR with CABLE |
| 401 | 28 | WASHER | 703 | 1 | COMPUTER CABLE |
| 401A | 12 | WASHER | 704 | 1 | COMPUTER CABLE |
| 402 | 6 | WASHER | 705 | 1 | SENSOR CABLE |
| 403A | 1 | WASHER | 706 | 1 | COMPUTER CABLE |
| 403 | 2 | WASHER | 708A | 1 | PIVOT LOCK BAR SPRING |
| 404 | 2 | SPRING WASHER | 709 | 1 | DRIVE STRAP ASSEMBLY |
| 405 | 2 | WASHER | 711 | 1 | CHEST BAND RECEIVER |
| 405A | 2 | WASHER | 712 | 1 | AC ADAPTOR CABLE |
| 409 | 2 | SPACER | 714 | 1 | COMPUTER |
| 409A | 2 | SPACER | 715 | 1 | AC ADAPTOR |
| 412A | 1 | WASHER | 800 | 2 | BALL BEARING |
| 501 | 8 | SCREW | 802 | 1 | BALL BEARING |
| 502 | 9 | SCREW | 804 | 1 | BALL BEARING |
| 508 | 2 | SCREW | 806 | 6 | BALL BEARING |

8.3 Exploded Drawing



R70i
2014 MAY

Training equipment from cardiostrong® is subject to strict quality control. 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 warranty 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 |
|-------|----------|---------------|
| RX40 | Home use | 24 Months |

Repair Costs

According to our choice, there will either be a repair, a replacement of individual damaged parts or a complete replacement. Spare parts, that have to be mounted while assembling the equipment, have to be replaced by the warranty 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 centres, 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 centres
- + unauthorised 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.

| DE | DK | FR |
|--|---|--|
| <p>TECHNICAL SUPPORT</p> <p>☎ +49 4621 4210-900 ☎ +49 4621 4210-698 ✉ technik@sport-tiedje.de 🕒 Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p> <p>SERVICE</p> <p>☎ 0800 20 20277 (Freecall) ✉ info@sport-tiedje.de 🕒 Mo - Fr 08:00 - 21:00 Sa 09:00 - 21:00 So 10:00 - 18:00</p> | <p>TECHNICAL SUPPORT & SERVICE</p> <p>☎ 80 90 16 50 +49 4621 4210-945 ✉ info@fitshop.dk 🕒 Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p> | <p>TECHNICAL SUPPORT & SERVICE</p> <p>☎ +33 (0) 172 770033 +49 4621 4210-933 ✉ service-france@fitshop.fr 🕒 Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p> |
| | PL | BE |
| | <p>TECHNICAL SUPPORT & SERVICE</p> <p>☎ 22 307 43 21 +49 4621 42 10-948 ✉ info@fitshop.pl 🕒 Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p> | <p>TECHNICAL SUPPORT & SERVICE</p> <p>☎ 02 732 46 77 +49 4621 42 10-932 ✉ info@fitshop.be 🕒 Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p> |

| UK | NL | INT |
|---|--|--|
| <p>TECHNICAL SUPPORT</p> <p>☎ +44 141 876 3986 ✉ support@powerhousefitness.co.uk</p> <p>SERVICE</p> <p>☎ +44 141 876 3972 🕒 Mo - Fr 9am - 5pm</p> | <p>TECHNICAL SUPPORT & SERVICE</p> <p>☎ +31 172 619961 ✉ info@fitshop.nl 🕒 Ma - Do 09:00 - 17:00 Vr 09:00 - 21:00 Za 10:00 - 17:00</p> | <p>TECHNICAL SUPPORT & SERVICE</p> <p>☎ +49 4621 4210-944 ✉ service-int@sport-tiedje.de 🕒 Mo - Fr 8am - 6pm Sat 9am - 6pm</p> |
| | AT | CH |
| | <p>TECHNICAL SUPPORT & SERVICE</p> <p>☎ 0800 20 20277 (Freecall) +49 4621 42 10-0 ✉ info@sport-tiedje.at 🕒 Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p> | <p>TECHNICAL SUPPORT & SERVICE</p> <p>☎ 0800 202 027 +49 4621 42 10-0 ✉ info@sport-tiedje.ch 🕒 Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p> |

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

www.sport-tiedje.com/en/stores

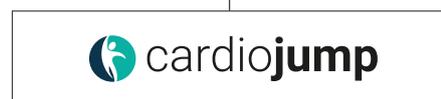
WE LIVE FITNESS

WEBSHOP AND SOCIAL MEDIA

Sport-Tiedje is Europe's largest specialist store for home fitness equipment with currently 80 stores and one of the world's most renowned online mail order companies for fitness equipment. Private customers order via the 25 web shops in the respective national language or have their desired equipment assembled on site. In addition, the company supplies fitness studios, hotels, sports clubs, companies and physio practices with professional equipment for endurance and strength training.

Sport-Tiedje offers a wide range of fitness equipment from renowned manufacturers, high-quality in-house developments and comprehensive services, such as a build-up service and sports scientific advice before and after the purchase. The company employs numerous sports scientists, fitness trainers and competitive athletes.

Visit us also on our social media platforms or our blog!



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