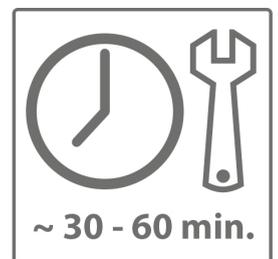
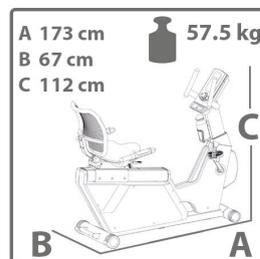




## Assembly and Operating Instructions



Art. No. CST-BC50

CSTBC50.01.03

Ergometer **BC50**



## Dear Customer,

Thank you for deciding for a high-quality training equipment of the brand cardiostrong®, the brand that makes athlete's hearts beat faster. cardiostrong® offers a wide range of home fitness equipment like elliptical cross trainers, ergometers, treadmills and rowing machines. cardiostrong® equipment is the optimal equipment for all those who want to train at home independent of goals and fitness level. For further information please visit [www.sport-tiedje.com](http://www.sport-tiedje.com) or [www.cardiostrong.de](http://www.cardiostrong.de).

## SAFETY NOTICE



Please read all of the instructions carefully before assembly and first use. These instructions are intended to ensure speedy assembly and explain safe usage. Make sure that all people exercising with the equipment (in particular children and persons with limited physical, sensory, mental or motor capabilities) are informed about these instructions and its content in advance. In case of doubt, a responsible person must supervise the use of the equipment.

This equipment has been manufactured according to the latest safety knowledge. As far as possible, potential safety hazards which could cause injury have been eliminated. Make sure to follow the instructions carefully and that all parts are securely in place. If required, read through the instructions again to correct any mistakes.

Please pay close attention to the safety and maintenance instructions given here. The contract partner cannot be held liable for damage to health, accidents or damage to the equipment when it is not used in accordance with these instructions.

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

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

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## 1.1 Technical data

### LED display

- + Speed in km/h
- + Training time in min
- + Training distance in km
- + Cadence (rotations per minute)
- + Calorie consumption
- + Heart rate (when using the hand pulse sensors or a chest strap)
- + Power output in watts
- + Resistance level

User memory:	5
Total number of workout programs:	16
Manual programs:	1
Pre-set programs:	12
Watt-based programs:	1
Heart-rate controlled programs:	1
User-defined programs:	1

Balance mass: 7 kg  
Transmission ratio: 1:8.1

### Weight and dimensions

Item weight (gross, incl. packaging): 63.5 kg  
Item weight (net, without packaging): 57.5 kg

Set-up dimensions (height x width x depth): approx. 1730 mm x 670 mm x 1120 mm  
Package dimensions (height x width x depth): approx. 1700 mm x 280 mm x 700 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 cycle training for adults.
- + Any other usage is prohibited and potentially dangerous. The contract partner cannot be held liable for damage resulting from improper use.
- + The equipment is strictly for use by one person at a time.
- + Children should not be allowed unsupervised access to the equipment.
- + Before starting your training, make yourself familiar with all of the equipment's functions and setting options. Have an expert explain the correct usage of the product to you.
- + Make sure that nobody is in the range of motion of the equipment while exercising.
- + Keep your hands, feet and other body parts, hair, clothing, jewelry and other objects well clear of moving parts.
- + During use, wear suitable sports clothing rather than loose or baggy clothing. When selecting sports shoes, think about the suitability of the sole – preferably this should be made of rubber or other non-slip materials. Shoes with heels, leather soles, studs or spikes are not suitable. Never work out in bare feet.
- + At the first signs of weakness, nausea, dizziness, pain, difficulty in breathing or other abnormal symptoms, stop your workout immediately and, if necessary, consult your physician.
- + Without prior agreement from your authorized contract partner, opening the equipment is prohibited.

## 1.3 Electrical safety

- + The equipment requires a 220 - 230V / 50 Hertz mains power supply.
- + The equipment should be connected directly to a grounded plug socket only by means of the power cable supplied. The use of multi-socket adapters or similar is not recommended. Extension leads must comply with local electrical safety guidelines. Always fully unwind the power cable.
- + The outlet should be secured with a fuse with a minimum value of „16 amperes, slow“.
- + In order to reduce the risk of an electric shock, always unplug the equipment from the mains socket immediately after your workout, before assembly or dismantling, and before maintenance or cleaning. Do not pull on the cable.
- + When plugged in, do not leave the equipment unattended at any time. To avoid use by anyone unfamiliar with the operating instructions, the power cable should be removed when the equipment is not in use.
- + Keep the power cable away from heat, oil and sharp edges. Do not route the power cable underneath the equipment or under a carpet or rug, and do not place any objects on top of it.
- + Make no modifications to either the power cable or the mains plug.
- + If the power cable or the plug are damaged or defective, contact your authorized contract partner. Do not use the equipment in the meantime.
- + Do not keep electrical devices (e. g., mobile phones) in close proximity to the console or the control electronics, otherwise display values (e. g., pulse measuring) could be inaccurate.

## 1.4 Set-up place

- + The equipment should only be used indoors, in a sufficiently heated and dry area (ambient temperature between 10°C and 35°C). The equipment should not be used outdoors or in rooms with high humidity (over 70%) like swimming pools. The equipment should only be stored in surroundings with an ambient temperature between 5°C and 45°C.
- + The training room should be well ventilated during training and not be exposed to any draughts.
- + Choose a location in which to place the equipment such that there is enough free space/ clearance to the front, the rear and to the sides of the equipment (at least 1.50 m). Furthermore, the equipment should not be set up in main entrances or on escape routes.
- + Always keep the power cable away from hot surfaces and grounds and make sure that the cable is not stuck somewhere or becomes a „trip hazard“.
- + No objects of any type should be inserted into the openings of the equipment.
- + The equipment should be placed on a level and solid surface, any unevenness in the floor should be leveled out.
- + A floor protective mat / equipment underlay can help to protect high-quality floor coverings (parquet, laminate, cork, carpets) from dents and sweat and can help to level out slight unevenness.

### 2.1 General instructions

- + Please check if all parts and tools belonging to the equipment are included in the delivery and if there is any transport damage. If there are any complaints, please contact your contract partner directly.
- + Some of the nuts and bolts to be used in assembly are already pre-mounted in order to make set-up as easy as possible.
- + The equipment must be assembled by adults. In case of doubt, ask for assistance from another person with technical skills.
- + Keep children away from the equipment during assembly, because small parts are included in the delivery and may be swallowed.
- + Make sure that you have enough space (at least 1.50 m) in every direction during assembly.
- + Do not leave any tools and packaging materials like plastic sheeting laying around to avoid danger of suffocation for children.
- + Assemble the equipment on an underlay mat or on the cardboard packaging in order to avoid damage to the equipment and to the floor (scratches).
- + Before starting assembly, all individual parts should be placed on the floor next to each other.
- + Read the assembly instructions carefully and assemble the equipment according to the illustrations. Proceed carefully and cautiously.
- + First loosen all parts and check for their correct fitting. Then tighten the screws using a tool.
- + Modifications to the design or improper repairs may pose a hazard to the user and should not be carried out. The product warranty may be void as a result.
- + Only authorized service technicians are permitted to carry out all servicing and/or repairs – it excludes maintenance and care.
- + Damaged or worn components may impair your safety and the lifespan of the equipment. You should therefore immediately replace damaged or worn components. Please contact your contract partner in such a case. The equipment should no longer be used until it has been repaired. When needed, only use original cardiostrong® spare parts.
- + Check the tightness of all screw connections once a month.
- + In order to be able to guarantee the constructively defined safety level of this equipment, we recommend having the equipment regularly maintained (at least once a year) by specialists (service technicians of your contract partner).
- + The equipment may be cleaned of dust, dirt and sweat using a damp cloth. The use of solvents should be strictly avoided. Also, make sure that no liquids (e. g. sweat) get into the openings of the equipment (e. g. console).

## 2.2 Faults and Troubleshooting

The equipment runs through regular quality controls during production. Nevertheless, errors or malfunctions on the equipment may occur. Individual parts are often the cause of faults and replacement is usually sufficient. Please use the following overview to see the five most common errors and how to repair them. If the equipment still does not work properly, please contact your contract partner.

Error	Cause	Repair
Crackling noise in pedal area	Loose pedals	Tighten the pedals
Equipment wobbles	Equipment is not level	Adjust the supporting feet
Handlebar/saddle wobbles	Screws are loose	Tighten screws
Display doesn't turn on	Power is disconnected	Check all screw connections and see if the plug is plugged in
No pulse reading	<ul style="list-style-type: none"> <li>• Interference in the room</li> <li>• Using a chest strap:               <ul style="list-style-type: none"> <li>- unsuitable chest strap</li> <li>- chest strap is incorrectly positioned</li> <li>- batteries are empty</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Eliminate sources of interference (e. g. mobile phone, loudspeaker, etc.)</li> <li>• Use a suitable chest strap (see recommended accessories)</li> <li>• Reposition the chest strap and/or moisten the electrodes</li> <li>• Change the batteries</li> </ul>

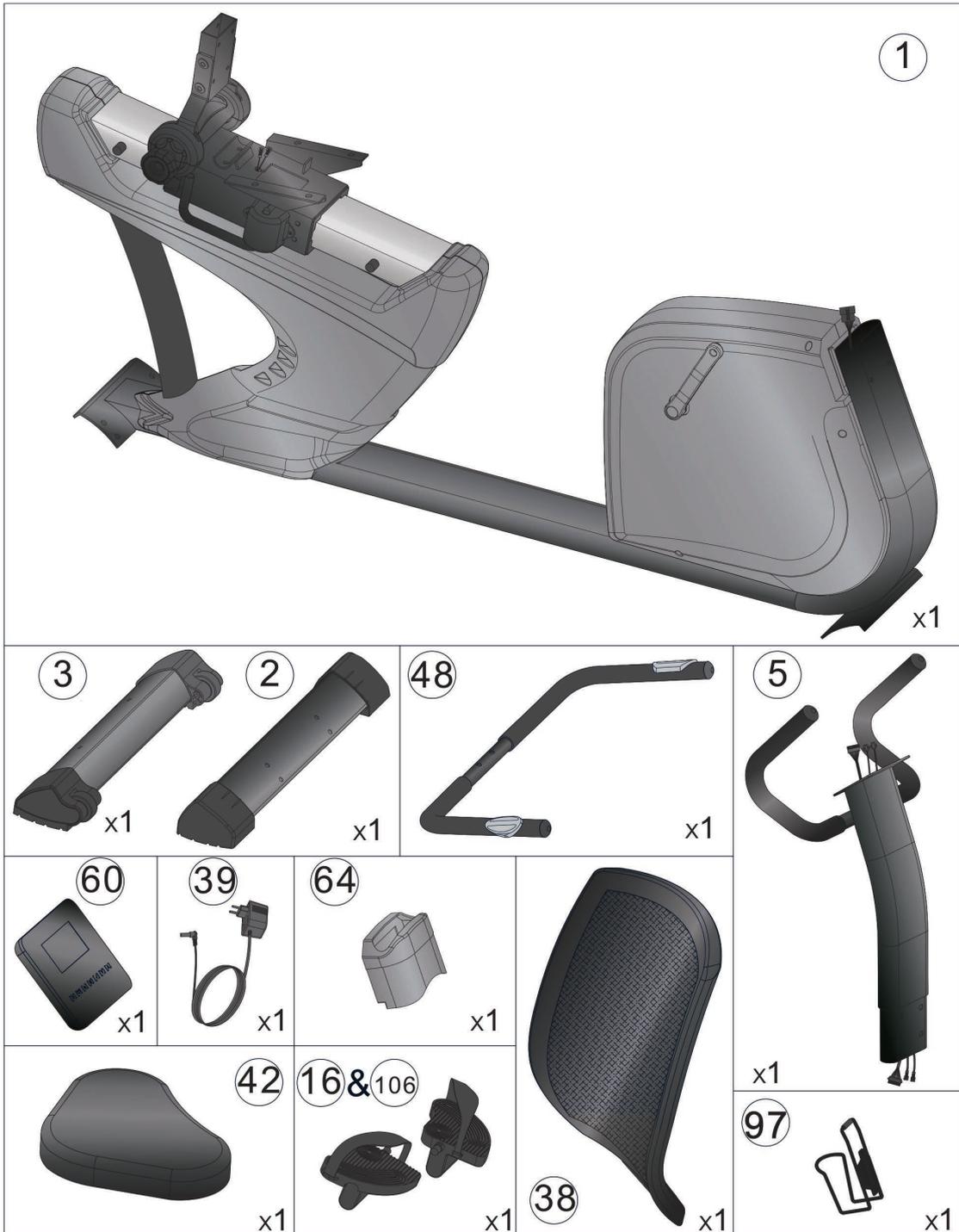
## 2.3 Maintenance and service calendar

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

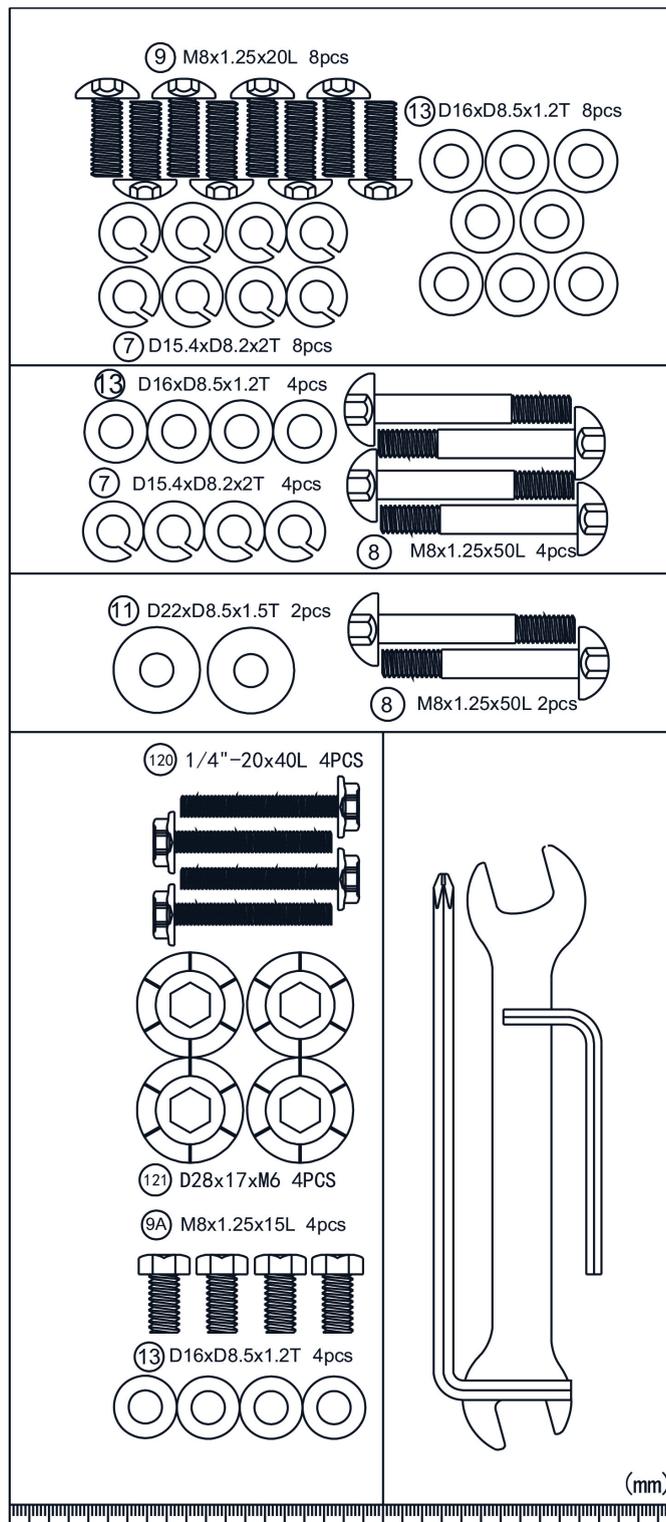
Part	Weekly	Monthly	2x annually	Annually
Display console	C	I		
Tighten the pedals			I	
Plastic covers	C	I		
Seat rail		I		
Legends: C = cleaning; I = inspect				

### 3.1 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.



# Screws and tools



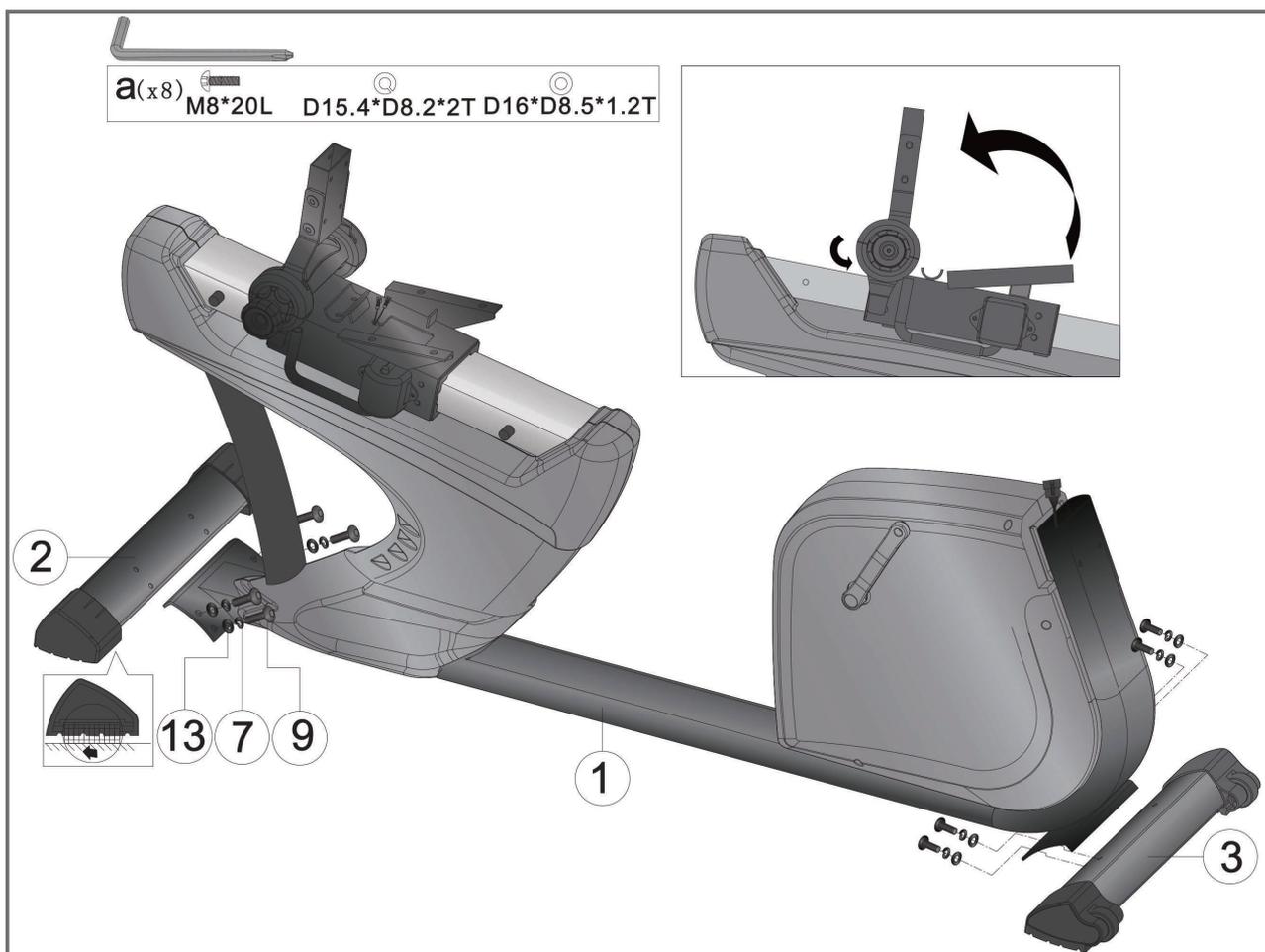
## 3.2 Assembly instructions

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

### Step 1:

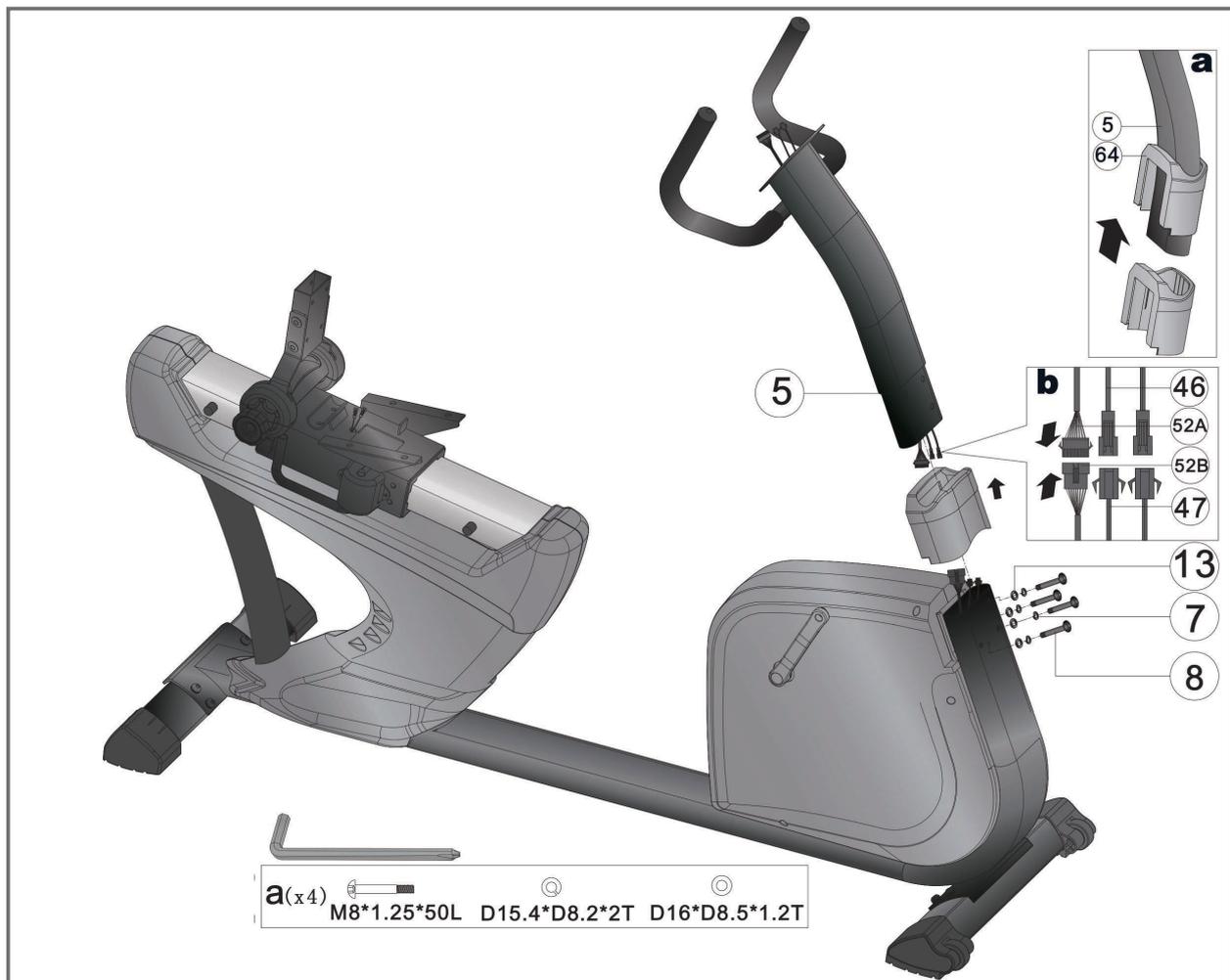
1) Install the front supporting foot (3) and the rear supporting foot (2) onto the main frame (1) with the help of the spring washer (7), the Allen screw (9) and the spacer (13).

2) Set the desired height by turning the wheel of the rear foot caps (29&30).



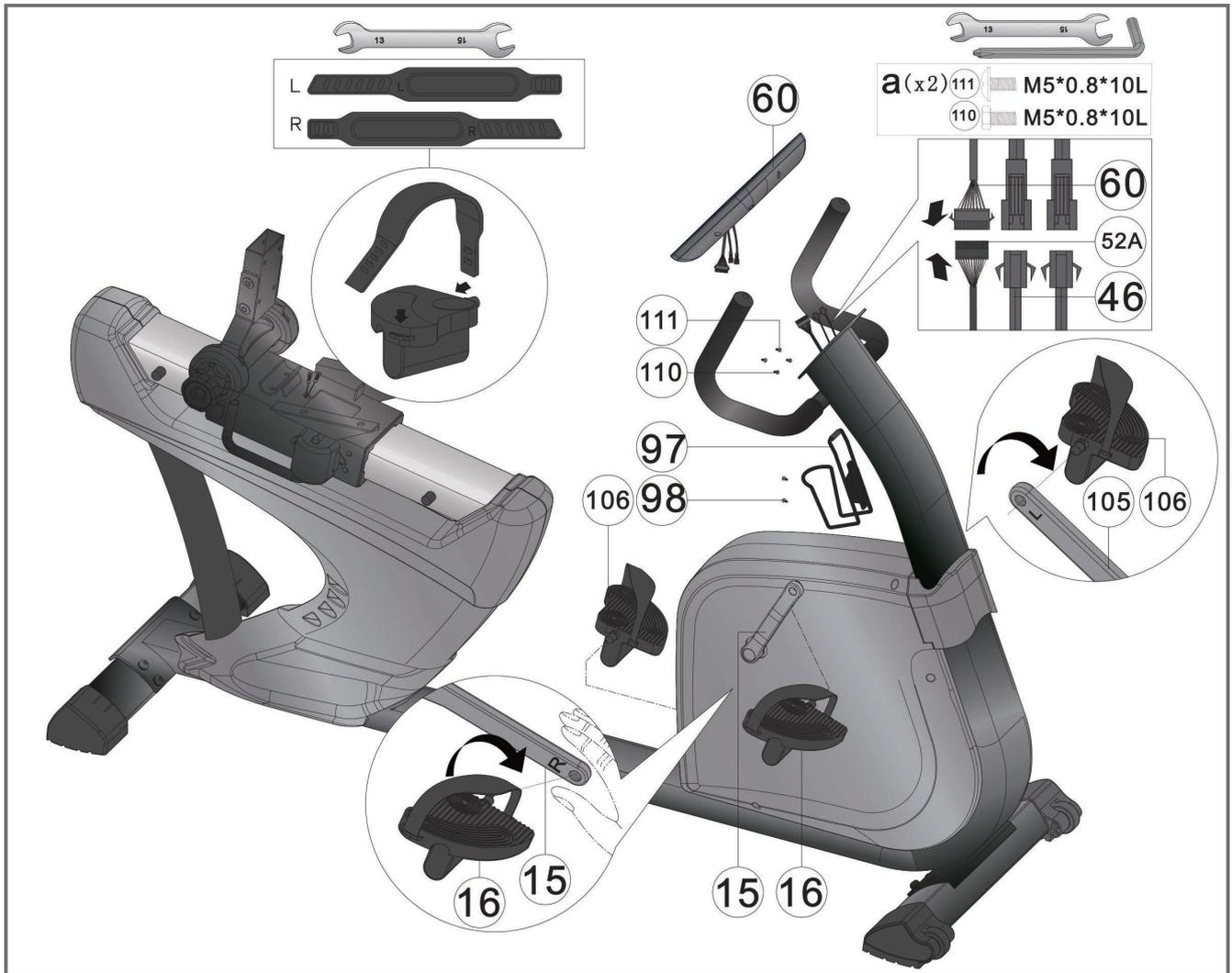
## Step 2:

- 1) Two people are required for this assembly step.
- 2) First, lift up the cover of the handlebar tube (64) as in fig. (a). Then, connect the upper console cable (52A) to the lower console cable (52B) as in fig. (b).
- 3) Connect the upper hand pulse cable (46) to the lower hand pulse cable (47).
- 4) Insert the handlebar tube (5) into the main frame and fasten it with the spring washer (7), the Allen screw (8) and the spacer (13). Replace the cover of the handlebar tube (64) and fasten it to the main frame.



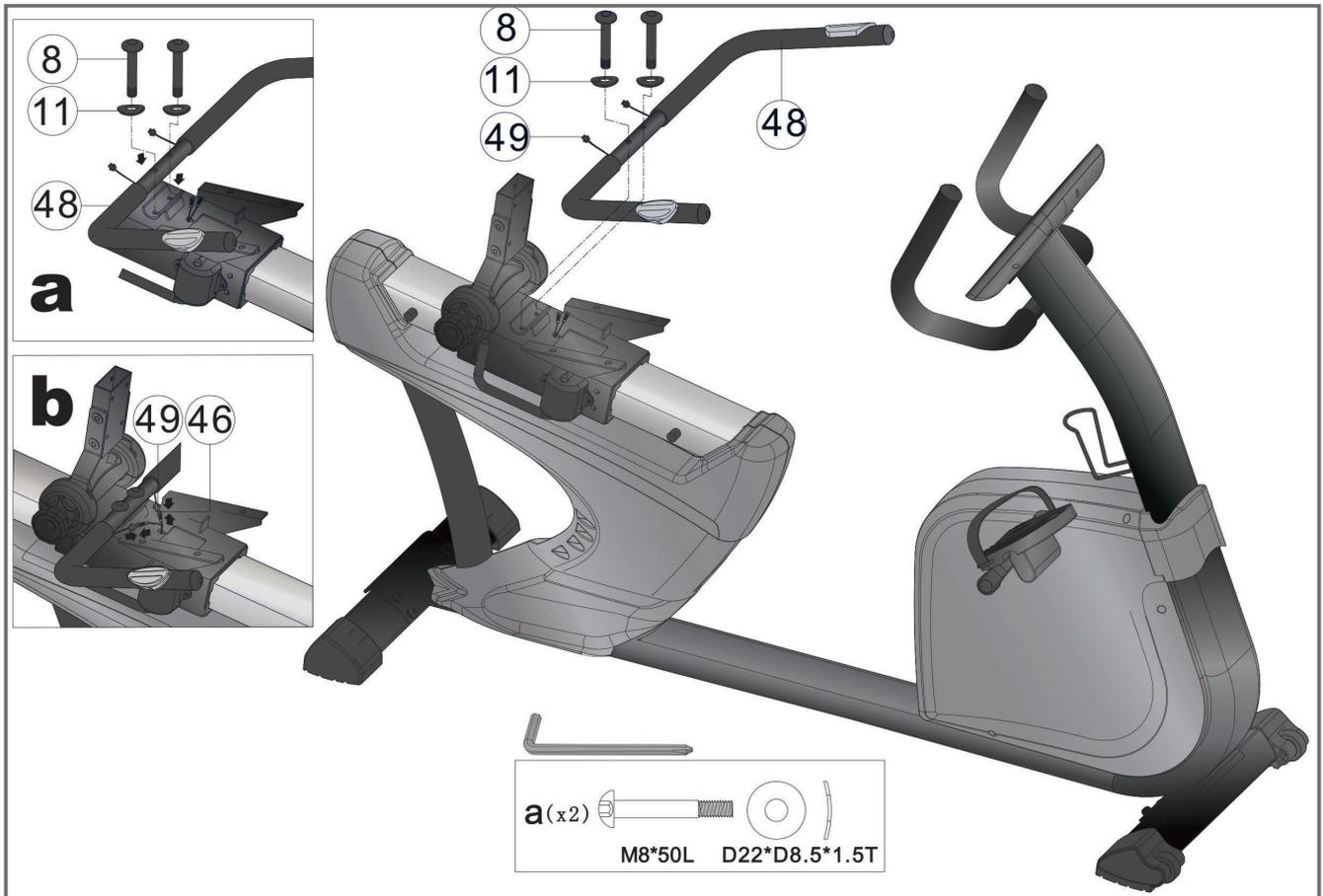
### Step 3:

- 1) Attach the upper hand pulse cable (46) to the console (60).
- 2) Mount the console (60) on the handlebar tube (5) using the screws (111&110).
- 3) Connect the left and right pedals (16&106) to the cranks (105 & 15).



### Step 4:

- 1) Mount the handlebar (48) onto the main frame (1) using the Allen screw (8) and the curved washer (11).
- 2) Connect the plug of the lower hand pulse cable (47) to the upper hand pulse cable (46).

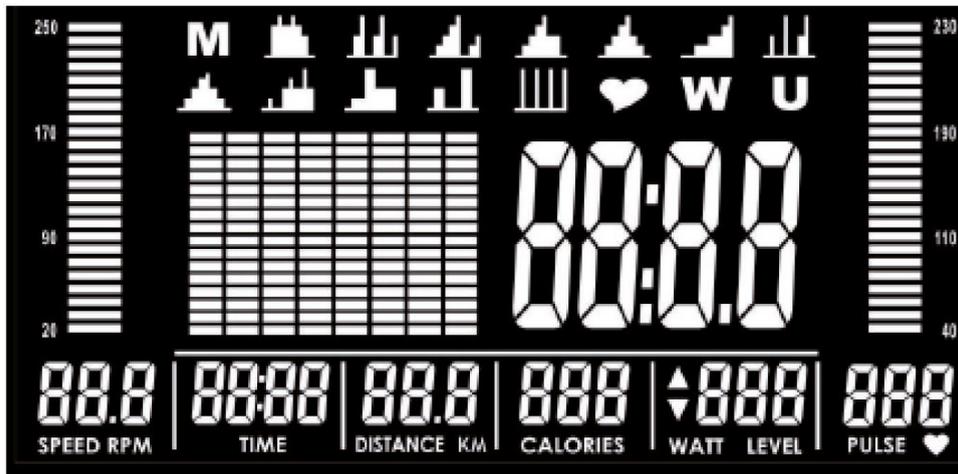
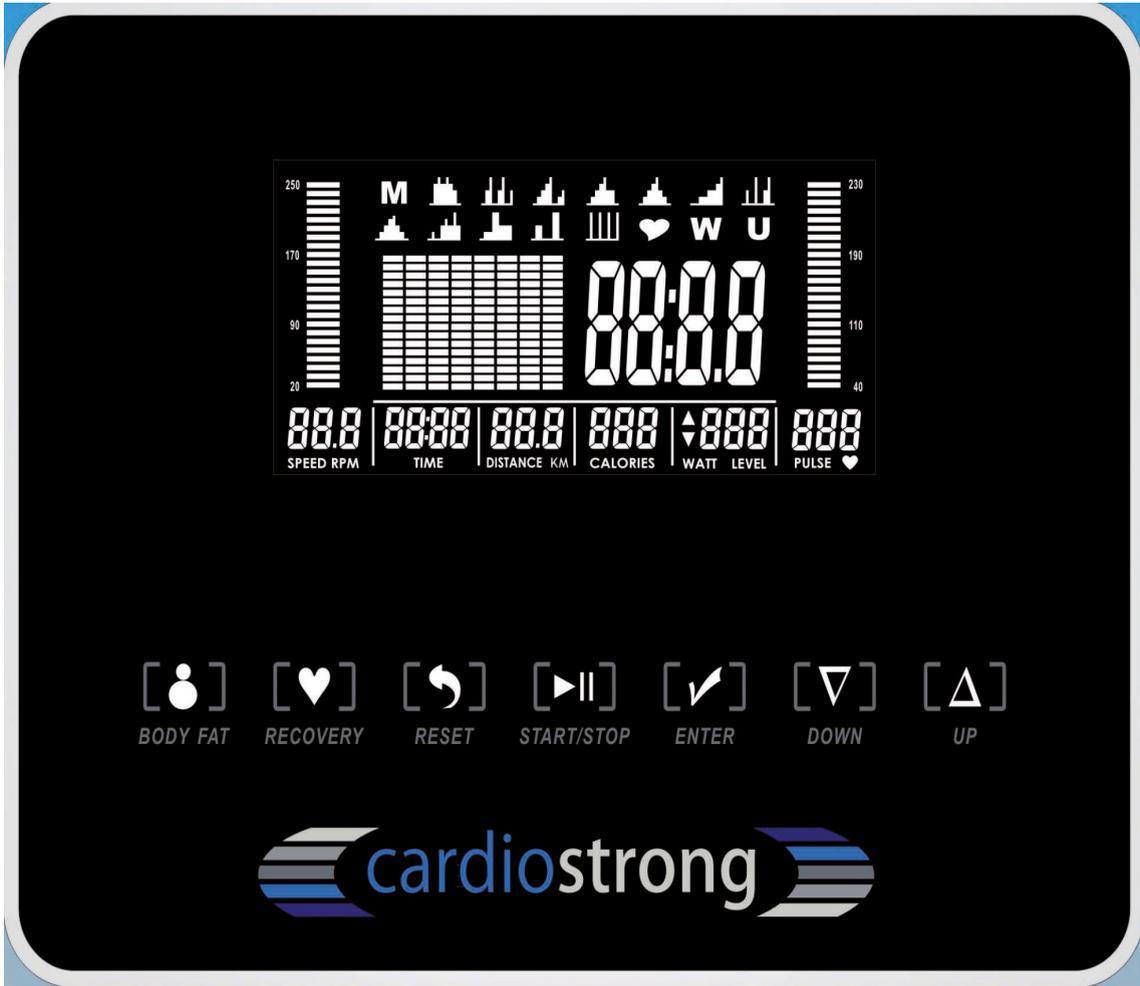


## Step 5:

- 1) Install the seat (42) on the seat post using the Allen screw (9A) and the spacer (13).
- 2) Mount the backrest (38) on the backrest supporting post using screw (120) and screw (121).
- 3) Connect the adapter (39) to the adapter input at the front of the equipment.
- 4) The backrest can be adjusted to the desired angle using the adjusting knob (35).
- 5) The seat can be adjusted horizontally to suit your height using the adjustment lever (41).



### 4.1 Console display



<b>Time</b>	Time display, ascending from 00:00-99:59 or descending from 99:00-00:00. 1-minute increments
<b>Speed</b>	Speed, given in km/h
<b>RPM (rotations per minute)</b>	RPM displayed in a bar chart
<b>Distance</b>	Distance display, from 00:00-99.99 km; 0.1 km increments
<b>Calories</b>	Indicates the calories burnt, from 0-9999 calories  <b>Note regarding measurement of calorie consumption:</b> 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.
<b>Watt</b>	Power output display, from 0-999 watts
<b>Pulse (heart rate; heart beats per minute)</b>	Heart rate displayed in a bar chart. The user can specify a target heart rate. As soon as the selected target heart rate is exceeded, an alarm sounds.
<b>Level (resistance)</b>	Level of resistance displayed in a bar chart

## 4.2 Button functions

	<p>Determining body fat percentage: Press and hold the BODY FAT button for two seconds, in order to change user data.</p> <p>Sex A = AGE (in years) H = HEIGHT (in cm) W = WEIGHT (in kg)</p>
	<p>Testing the recovery heart rate</p>
	<p>Reset the settings or switch to the start-up screen</p>
	<p>Start and end workout</p>
	<p>Confirmation of settings</p>
	<p>Adjustment of values and reduction of the training load. To adjust values more quickly, press and hold the button.</p>
	<p>Adjustment of values and increase in the training load. To adjust values more quickly, press and hold the button.</p>

## 4.3 Turning on the equipment

Connect the power cable. An alarm will then sound. The LCD display fully illuminates for two seconds, including – for one second – “E” (EU) and “K” (KM).

## 4.4 User profile

Use the UP and DOWN buttons to select a user profile U1-U4 and press ENTER to confirm. You can then enter the following values with the arrow buttons:

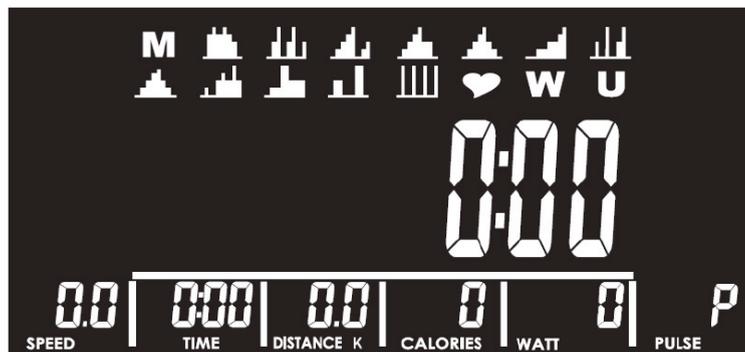
Sex	male, female
A = AGE	Age in years
H = HEIGHT	Height in cm
W = WEIGHT	Weight in kg

Confirm each setting with the ENTER button.

## 4.5 Program selection

16 program selection symbols are indicated on the LCD display, as follows:

- M (manual workout): 1
- Different profiles for preset workout programs: 12
- Heart symbol (heart-rate controlled workout program): 1
- W (watt-based workout program): 1
- U (user-defined workout program): 1



## 4.5.1 M - Manual program

Select the manual program “M” from the program selection. Next, adjust to the desired resistance level (Level) using the arrow buttons UP and DOWN, and press ENTER to confirm. The resistance level can be adjusted at any time during the workout.

If no change is made to the resistance for three seconds, the display changes to the “Watts” (power output) display. Use the arrow buttons UP and DOWN to



enter values for TIME, DISTANCE, CALORIES and heart rate (PULSE), one after another. If you enter a target value for time, distance and calories, the workout will end automatically when one of these target values is achieved. If you would like to work out taking only one of these values into account, only enter the desired target value – you do not need to enter all of the other values. If you enter a target pulse rate,

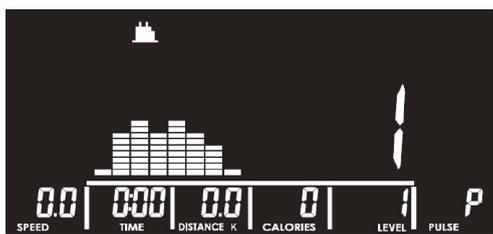
an alarm sounds when you exceed this pulse rate.

The alarm then sounds continuously until your pulse rate is no longer higher than the target pulse rate. To confirm, press ENTER after each setting.

Press the START/STOP button to start your workout. Press the START/STOP button again to end your workout. All workout values are stored in the memory. If you press the RESET button, you will return to the program selection.

## 4.5.2 Workout programs

Use the arrow buttons UP and DOWN to select a program P1-P12 from the program selection. Then confirm your selection with the ENTER button. The LCD display shows an appropriate workout profile. Use the arrow buttons UP and DOWN to adjust the resistance level and the time. After each setting, confirm your values by pressing ENTER.



Press the START/STOP button to start your workout. The resistance level can be adjusted at any time during the workout using the arrow buttons. If no change is made to the resistance for three seconds, the display changes to the “Watt” (power output) display.

### 4.5.3 H.R.C. - Heart-rate controlled programs



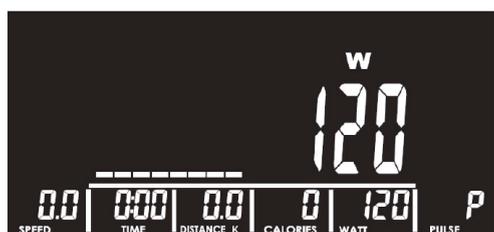
Use the arrow buttons UP and DOWN to select the heart symbol.

Use the arrow buttons UP and DOWN to select the heart-rate programs 55%, 75%, 90% or TA (TA = Target = target heart rate). The heart-rate value is determined automatically based on the age previously entered and is then shown in the display. If you select TARGET, use the arrow buttons UP

and DOWN to enter a target heart rate between 30~230. Press the ENTER button to confirm. You can then enter the desired workout time using the arrow buttons. As soon as the selected target heart rate is exceeded, an alarm sounds. The alarm then sounds continuously until your pulse rate is no longer higher than the target pulse rate. Then press the START/STOP button in order to start your workout.

### 4.5.4 W - Watt-based program

Use the arrow buttons UP and DOWN to select the watt-based (power output) program "W". The initial watts figure is a default value of 120. Use the arrow buttons UP and DOWN to change the target watts figure as required. Confirm your setting with the ENTER button and then enter the time in the same manner.



Then press the START/STOP button to start your workout. With watt-based programs, the watts figure is kept constant by automatic adjustment of the resistance. If you pedal faster, the resistance is reduced; if you pedal more slowly, the resistance increases. The watts figure can be adjusted manually during your workout.

## 4.5.5 U - User-defined program



Use the arrow buttons UP and DOWN to select the user program "U". Use the arrow buttons UP and DOWN to prepare a USER program. Using the arrow buttons, enter the resistance level for each segment and press ENTER to confirm. When complete, press and hold ENTER for two seconds to move to the time selection. After entering your desired workout time, start your workout by pressing the START/STOP button.

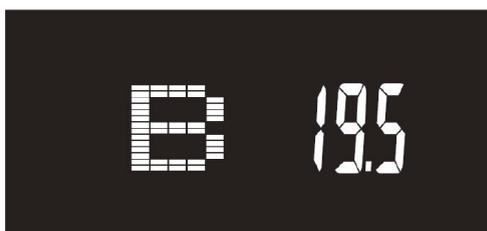
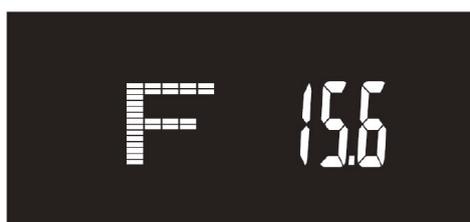
## 4.5.6 Body-fat test (BODY FAT)

Important: During the body-fat test, a heart-rate reading must be received throughout.

Press the BODY FAT button. The display shows "UX" for two seconds before the test starts. Grip the hand pulse sensors on the equipment with both hands. After a short time, the proportion of body-fat (in %) and the BMI are displayed. If you press and hold the BODY FAT button for two seconds, you can adjust the values in the user profile for sex, age (A), height (H) and weight (W). Finally, press ENTER to start the body-fat test.

Error messages:

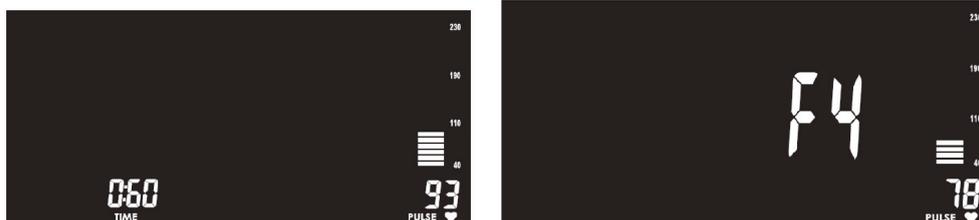
- "E-1" – if no heart-rate reading is received.
- "E-4" – if the body-fat percentage (F) is not between 5-50 or BMI (B) is not between 5-50.



## 4.5.7 RECOVERY - Recovery rate

The RECOVERY function can be used as long as a heart-rate reading is received throughout the workout. After finishing your workout, you can press the RECOVERY button to start a 60-second countdown, during which a heart-rate reading also needs to be received. During this period, the user's current heart rate is displayed.

As soon as the countdown reaches 0:00, the display shows the result in form of a (workout or fitness) score between 1 and 6.



Result	Fitness level	Heart-rate per minute
F1	Very good	75-84
F2	Good	85-94
F3	Average	95-119
F4	Satisfactory	120-129
F5	Poor	130-135
F6	Very poor	135

Press the RECOVERY button again to return to the main menu.

## 4.6 Heart-rate measuring

### Pulse measuring via hand sensors

The hand sensors integrated in the handles beside the seat allow you to determine your heart rate. You can measure your heart rate by lightly grasping the sensors with both hands at the same time. Blood pressure changes occur due to the heartbeat. The sensors measure the changes to the electric skin resistance caused by it. These values are then used to create an average and are displayed on the screen of the console as a heart rate.

#### Note:

For some people, the skin resistance change caused by the heart rate is so minimal that the measurements do not allow for usable values. Strong callus or sweat on the hands may also impair a correct measurement. In such cases, the heart rate will not be shown at all or only incorrectly. If the measurement is incorrect or not taken at all, please check if it happens to only one person or to several people. If the pulse display only does not work in a single case, the equipment is not defective. In this case, we recommend using a chest strap to achieve a permanently correct heart rate display..

**CAUTION: Your training equipment is not a medical device. Different factors may influence the accuracy of the heart rate display. The heart rate display only serves as a training aid.**

### Telemetric heart rate measuring

This recumbent ergometer is already equipped with a heart rate receiver as standard. Using a chest strap makes it possible for you to have a wireless heart rate measuring. This optimal and ECG-precise type of measuring reads the heart rate directly from the skin through a transmitting chest strap. The chest strap then sends the impulse to the receiver integrated in the console.

#### Positioning the chest strap and moistening the electrodes:

Place the belt directly below the chest, while the transmitter should be placed on the middle of the chest. The chest strap should sit comfortably, but not too loose. If the belt is too loose, the contact to the electrodes may be disrupted or the belt may slip while exercising. The transmitter turns on automatically once it is put on. In order to allow for a precise measuring, you should moisten the rubber electrodes. This is best done with a special chest strap contact gel, which is also used for ultrasound scans.

#### Note:

If you have not been active in doing sports for a longer period of time, you should first go to your physician in order to discuss your training with them. You should also contact your physician in advance in the event of heart problems, high/low blood pressure and obesity.

### Training with heart rate orientation

Heart rate orientation guarantees an extremely effective and healthy training. Through your age and the following table, you can quickly and easily read and determine the optimal pulse for your training. An acoustic alarm will sound if your heart rate exceeds the set target heart rate. Which target heart rate is important for which training goal can be found out in the following.

**Fat burning (weight management):** The main goal here is to burn deposits of fat. In order to achieve this training goal, a low training intensity (approximately 55% of the maximum heart rate) and a longer training period are required.

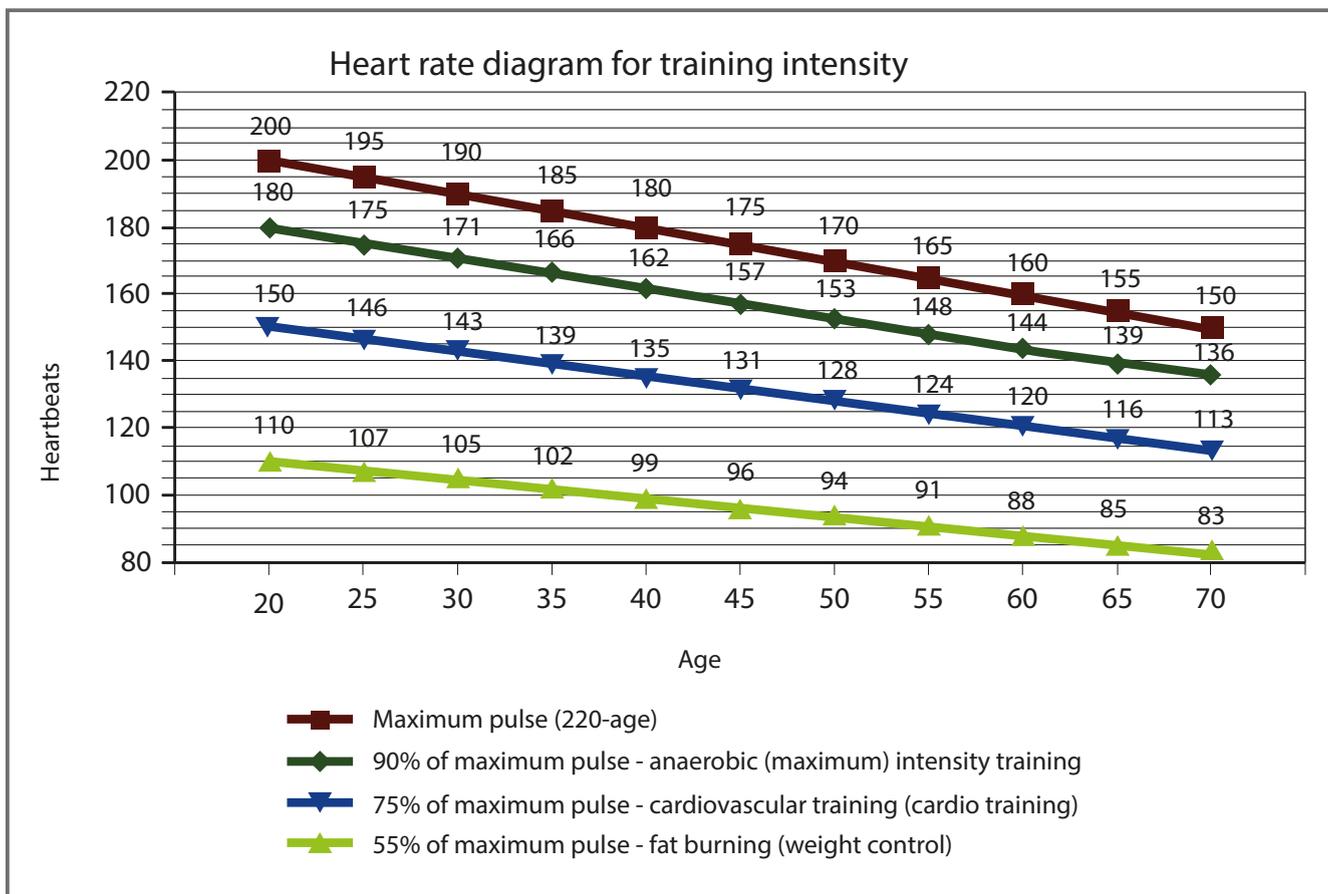
**Cardiovascular training (cardio training):** The primary goal is to increase stamina and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training period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

**Anaerobic (maximum) load training:** The main goal of maximum load training is to improve recovery after short, intense loads in order to be able to quickly return to the aerobic zone. In order to achieve this training goal, a high intensity (approximately 90% of the maximum heart rate) with short, intense load is required, which is followed by a recovery phase in order to prevent muscle fatigue.

**Example:**

For a 45-year-old man or woman, the maximum heart rate is 175 ( $220 - 45 = 175$ ).

- The fat burning target zone (55%) is at approximately 96 beats/min.  
=  $(220 - \text{age}) \times 0.55$ .
- The cardio target zone (75%) is at approximately 131 beats/min.  
=  $(220 - \text{age}) \times 0.75$ .
- The maximum heart rate for an anaerobic load training (90%) is at approximately 157 beats/min.  
=  $(220 - \text{age}) \times 0.9$ .



## 5 WARRANTY INFORMATION

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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 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.

<b>Model</b>	<b>Use</b>	<b>Full warranty</b>
BC50	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 person personally and are not a part of repair. After the expiration of the warranty period for repair costs, a pure parts warranty applies, which does not include the repair, installation and delivery costs.

**The terms of use are defined as follows:**

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

### **Warranty service**

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

### **Warranty conditions**

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

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

### **Warranty claims are invalid in case of damage resulting from:**

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

### **Proof of purchase and serial number**

Please make sure that you are able to provide the appropriate receipt when claiming on your warranty. So that we can clearly identify the model of your equipment, and for the purposes of our quality control, you will need to give the serial number of your equipment, when contacting the service team. Where possible please have your serial number and your customer number ready when you call our service hotline. It will help us to deal with your request swiftly. If you cannot find the serial number on your fitness equipment, our service team is at your disposal to offer further information.

### **Service outside of the warranty period**

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

### **Communication**

Many problems can be solved just by speaking to us as your contract partner. We know how important it is to you as a user of the fitness equipment to have problems solved quickly and simply, so you can enjoy working out with minimal interruption. For that reason, we also want to resolve your queries quickly and in a straightforward manner. Thus, please always keep your customer number and the serial number of the faulty equipment handy.

## 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 ORDERING ACCESSORIES

	Floor mat, size L Art. no. ST-FM-L
	Chest strap Art. no. ST1050
	Chest-strap contact gel 250ml Art. no. BK-250
	Fitness equipment care kit Art. no. HF-500

## 8.1 Service hotline

So that we can give you the best possible service, please have your **model name, part number, serial number, exploded drawing and parts list** ready.

### SERVICE-HOTLINE

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

## 8.2 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:

## 8.3 Parts list

No.	Description	Material	Specification	Qty.
1	Main frame			1
2	Rear stabilizer	Q195	95.4*50.6*2.0T*500L	1
3	Front stabilizer	Q295	95.4*50.6*2.0T*450	1
4	Screw	10#	ST4*1.41*15L	8
5	Handlebar post tube			1
6	Sliding beam	Q195	50*100*1.8T*740L	1
7	Spring washer	70#	D15.4 XD8.2x2T	16
8	Allen bolt(anti-loosen)	35#	M8*1.25*50L,8.8grade	6
9	Allen bolt	35#	M8x1.25x20L,8.8grade	8
9A	Bolt	35#	M8x1.25x15L,8.8grade	4
10	Nylon Nut	Q235A	M8*1.25*8T	4
10A	Nylon nut	Q235A	M8*1.25*8T	2
11	curved washer	Q235A	D22xD8.5x1.5T	2
12	Rear chain cover (left)	PS		1
13	Flat washer	Q235A	D16*D8.5*1.2T	20
14	Allent bolt	35#	M8x1.25x15L,8.8grade	8
15	Right crank	1015A	170Lx9/16"-20BC	1
16	Left pedal	PP+Q235A	JD-22A 9/16"	1
17	Magnet fixed welding set			1
18	Crank axle welding set			1
19	C ring	65Mn	S-17(1T)	2
20	Allen bolt	35#	M6x1.0x15L 8.8grade	4
21	Nut	Q235A	M6x1.0x6T	4
22	Anti-loose nut	35#	M8x1.0x25,10.9grade	2
23	Screw cap	PE	D26*11L	2
24	Bearing	GCr15	6203-2RS	2
25	Poly belt		410 (1041) PJ5	1
26	flywheel			1
27	Front foot cap(left)	PP	123*70*110	1
28	Front foot cap(right)	PP	123*70*110	1
29	Rear foot cap(right)	PP	103*68*83	1

No.	Description	Material	Specification	Qty.
30	Rear foot cap(left)	PP	103*68*83	1
31	Idle wheel fixing plate	Q235A	156*62.2*5T	1
32	Spring	72A	D2.2*D14*55L	1
33	Idle wheel	NL+33% Fibre	D23.8xD38x24	1
34	Nylon nut	Q235A	M10x1.5x10T	1
35	Club knob	Q235A+ABS	D61*46	1
36	C ring	65Mn	S-16(1T)	2
37	Round side cap	PE	6/8"x17	1
38	Backrest	NL+fibre	500*470	1
39	Adaptor		OUT:9V,500MA	1
40	Rear chain cover (right)	PS		1
41	Adjustable pole	Q235A	D12*122*162	1
42	Seat	PU	382*272*52	1
43	Foam	NBR	D30*3T*480L,PAHS	2
44	Flat washer	Q235A	D24xD16x1.5T	2
45	Spacer		D19*D13.1*4T	1
46	Upper handle pulse cable		600L	4
47	Lower handle pulse cable		1750L	2
48	Handlebar			1
49	Handle pulse cable		500L	2
50	cross screw	10#	ST4.2*1.4*15L	2
51	Bushing	NL	125*75*53	2
52A	Upper computer cable		600L	1
52B	Lower computer cable		650L	1
53	Sensor cable		150L	1
54	Electric cable		620L	1
55	pulley	ZL102	D260*19	1
56	Handle pulse		PE18	2
57	Waved washer	65Mn	D17*D22*0.3T	1
58	allen bolt	35#	M10*35L	1
59	round magnet		M02	1
60	Computer		SM-7669-31	1
61	Axle	45	D15.9*D13*219L	1

No.	Description	Material	Specification	Qty.
62	Foam (HDR)	NBR	D30*3T*520L,with hole,REACH	2
63	mushroom cap	PVC	D1 1/4"*29L	4
64	Upper protective cover	HIPS	137.1*121*73.4	1
65	Motor			1
66	nylon nut	Q235A	M10x1.5x10T	1
67	Allen bolt	35#	M8*25 15MM,8.8grade	1
68	flat washer	Q235A	D21*D8.5*1.5T	1
69	Plastic flat washer	NL66	D10*D24*0.4T	2
70	Side cap	PE	30*70*17L	2
71	Front decorative cover	PS	D91*220L	1
72	Rear decorative cover	PS	D91*220L	1
73	Nut	Q235A	M8*1.25*6T	1
74	Flat washer	Q235A	D24*D13.5*2.5T	1
75	Back support tube	Q195	30*70*2.0T*130L	1
76	C ring	65Mn	S-12(1T)	2
77	Bolt	35#	M6*60L 8.8grade	1
78	Nylon washer	NL66	D6*D19*1.5T	1
79	Nut	Q235A	M6*1*6T	1
80	Bushing		D29*D11.9*9T	2
81	Axle (1)		D26*41	1
82	Stopper	ABS	53*41*38	1
83	Protective cover	PS	95.4*69*49.3	1
84	Bolt	35#	M8*52L,15MM	1
85	Foam	NBR	D10*3T*220L,HDR	1
86	Left chain cover	HIPS	534.7*502*82.7 (with electric hole)	1
87	Right chain cover	HIPS	534.7*502*78.1	1
88	Seat post tube			1
89	Plastic cover	PVC	D3*30L	2
90	Spring	72A	D1.0*55L	1
91	Flat washer	Q235A	D13*D6.5*1.0T	1
92	Nylon Nut	Q235A	M6*1*6T	1
93	sticking clamp	NL	16*16*6.8L	1
94	Buffer	NBR+Q235A	D20*10L*M8*1.25	4

No.	Description	Material	Specification	Qty.
95	cross Bolt	Q235A	M5x0.8x12L	1
96	Screw	10#	ST4.2x1.4x20L	19
97	water bottle	Q235A		1
98	cross screw	10#	M5*0.8*15L	2
99	Adjustable round wheel	Q235A+ABS	D59*M10*40L	2
100	Pin	ABS	D6*26.5*7.7	3
101	bushing	F101J	D20*D14*11.5T	1
102	Anti-loose nut	Q23A	3/8"-26UNFx6.5T	2
103	magnet	NDFEB	39.5*10*25	8
104	cross screw	Q235A	M5x0.8x10L	2
105	Left crank	1015A	170Lx9/16"-20BC	1
106	Left pedal	PP+Q235A	JD-22A 9/16"	1
110	bolt		M5*0.8*10L	2
111	cross bolt		M5*0.8*10L	2
112	round-head cross screw	10#	ST4x20L	2
117	tension cable		D1.5*200L	1
118	buffer	NBR	40.5*28.5*6T	1
119	round-head cross screw	10#	ST4*1.41*25L	2
120	screw	35#	1/4"-20*40L,8.8grade	4
121	screw	PVC	D28*17(M6)	4
/	open-end wrentch	Q235A	155*30*5T	1
/	Inner six angle cross wrench	35#	M6,8.8grade	1
/	Inner six angle wrench (M4)	Q235A	M4*68L	1



## CONTACT

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

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

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

[www.sport-tiedje.com/en/stores](http://www.sport-tiedje.com/en/stores)

Notes

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