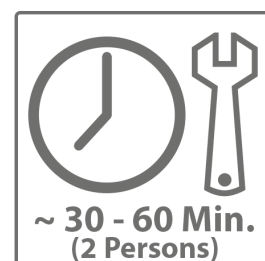
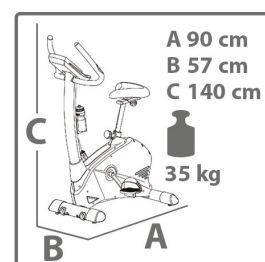




Assembly and Operating Instructions



CSTBX30.01.05

Art. No. CST-BX30

Ergometer **BX30**

Content

1	GENERAL INFORMATION	7
1.1	Technical Data	7
1.2	Personal Safety	8
1.3	Electrical Safety	9
1.4	Set-Up Place	10
2	ASSEMBLY	11
2.1	General Instructions	11
2.2	Scope of Delivery	12
2.3	Assembly	13
3	OPERATING INSTRUCTIONS	19
3.1	Console Display	19
3.2	Button Functions	21
3.3	Turning On the Equipment	21
3.4	User Profile	22
3.5	Programs	22
3.5.1	M - Manual Program	22
3.5.2	Workout Programs	23
3.5.3	H.R.C. - Heart-Rate Controlled Programs	24
3.5.4	W - Watt-Based Program	24
3.5.5	U - User-Defined Program	25
3.5.6	Body-Fat Test (BODY FAT)	25
3.5.7	RECOVERY - Recovery Rate	26
4	STORAGE AND TRANSPORT	27
4.1	General Instructions	27
4.2	Transportation Wheels	27
5	TROUBLESHOOTING, CARE AND MAINTENANCE	28
5.1	General Instructions	28
5.2	Faults and Fault Diagnosis	28
5.3	Error Codes and Troubleshooting	29
5.4	Maintenance and Inspection Calendar	29
6	DISPOSAL	29
7	RECOMMENDED ACCESSORIES	30

8	ORDERING SPARE PARTS	31
8.1	Serial Number and Model Name	31
8.2	Parts List	32
8.3	Exploded Drawing	33
9	WARRANTY	34
10	CONTACT	36

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

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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.



Due to ongoing changes and software optimisations, the manual may have to be updated. If you notice any discrepancies during assembly or use, please refer to the manual uploaded to the webshop. The latest manual is always available there.

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

LED display of

- + speed in km/h
- + training time in min
- + training distance in km
- + step rate (revolutions per minute)
- + calories burnt
- + heart rate (when using the hand sensors or a chest strap)
- + watt
- + resistance level

Resistance system: electronic magnetic brake system

Resistance level: 32

Watts: 10 - 350 watts

User memory:	4
Total number of training programs:	19
Manual programs:	1
Pre-set programs:	12
Watt-controlled programs:	1
Heart rate controlled programs:	4
User defined programs:	1
Body fat test	

Flywheel mass:	9 kg
Pedal arm length:	17 cm
Bottom bracket width:	12.5 cm

Weight and dimensions

Article weight (gross, including packaging): 39 kg

Article weight (net, without packaging): 35.2 kg

Packaging dimensions (L x W x H): approximately 950 mm x 260 mm x 700 mm

Set-up dimensions (L x W x H): approximately 900 mm x 570 mm x 1400 mm

Maximum user weight: 130 kg (286 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 to prevent improper use by third parties or children.
- + If the mains cable or plug is damaged or defective, contact your contract partner. In the meantime, the equipment must not be used.

ATTENTION

- + The equipment requires a mains connection of 220-230V with 50 Hertz 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 amps, 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

- + 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 another 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.

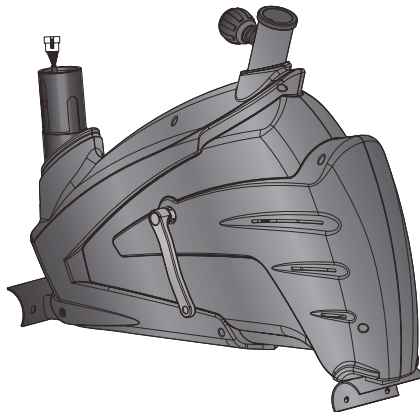
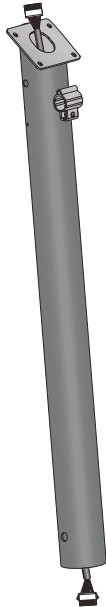


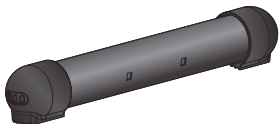
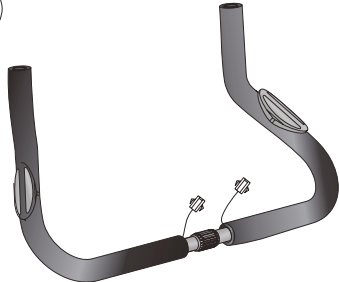

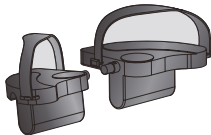
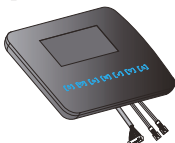

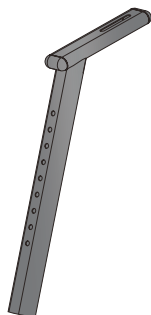
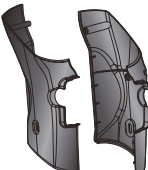
2.2 Scope of Delivery

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.

		1		29
x1				x1
	3			
x1				
	2			
x1				
	36	46L&R		15
x1				x1
		x1		
	38			9
x1				x1
				
		x1		

2.3 Assembly

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

① NOTICE

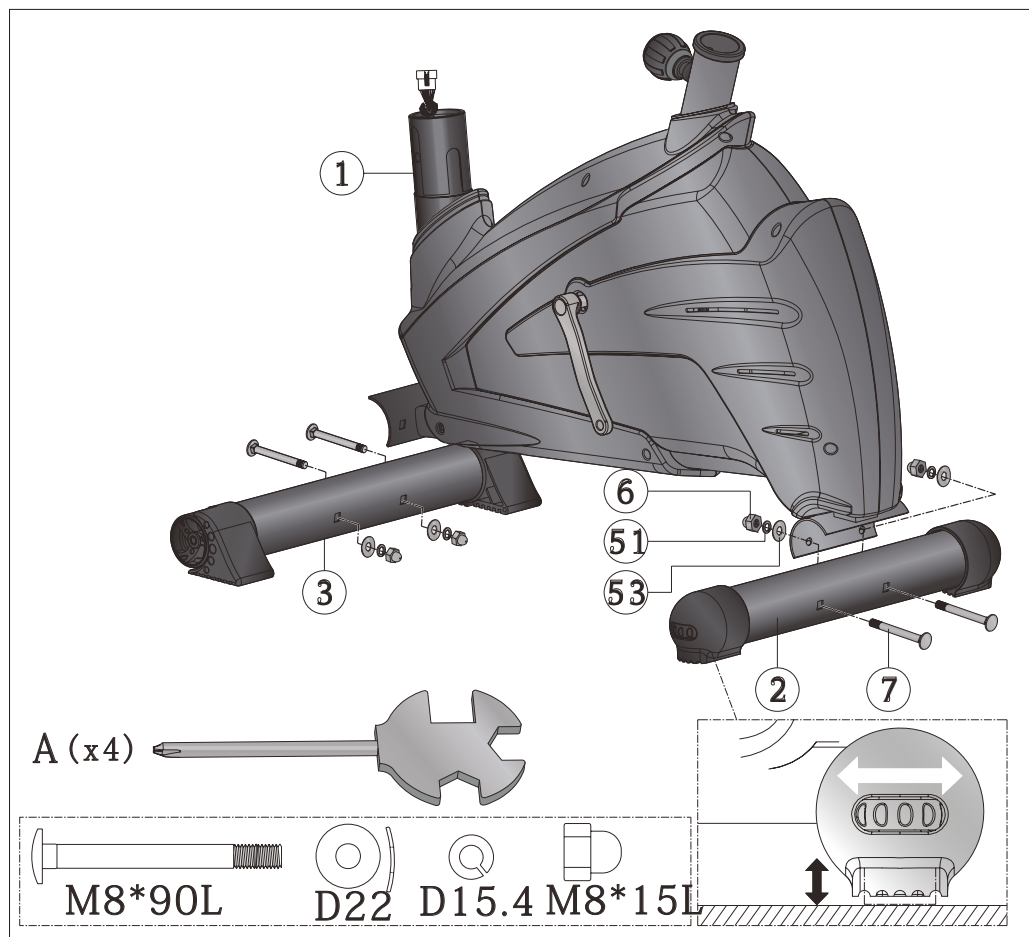
First loosely screw all parts together and check that they fit properly. Then tighten the screws using the tool only when you are instructed to do so.

Step 1: Assembly of the front and back feet

Secure the front (3) and rear foot (2) to the base (1) with each two screws (7), two washers (53), two spring washers (51) and two nuts (6).

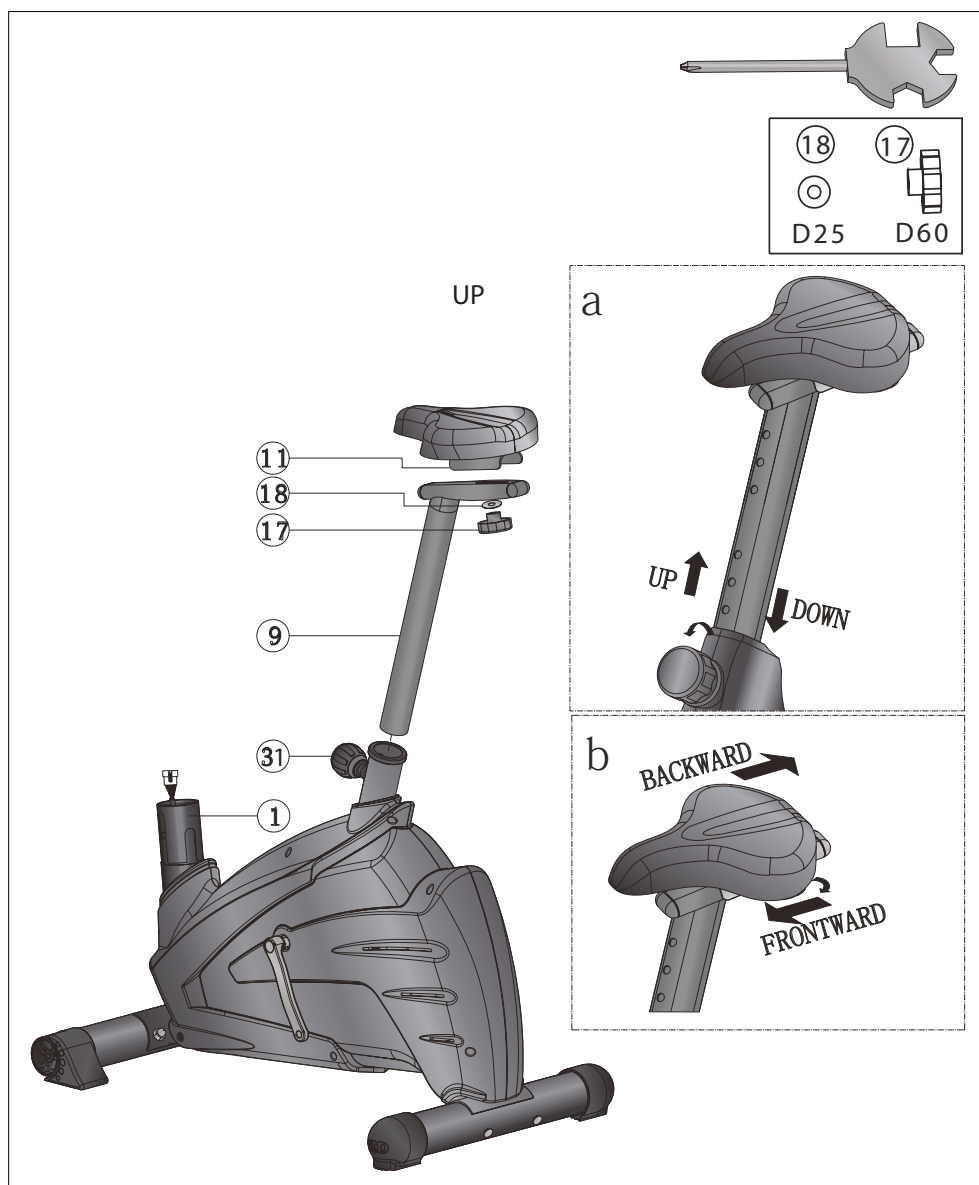
① NOTICE

If the equipment is not stable after assembly, you can change the height on the underside of the rear foot.



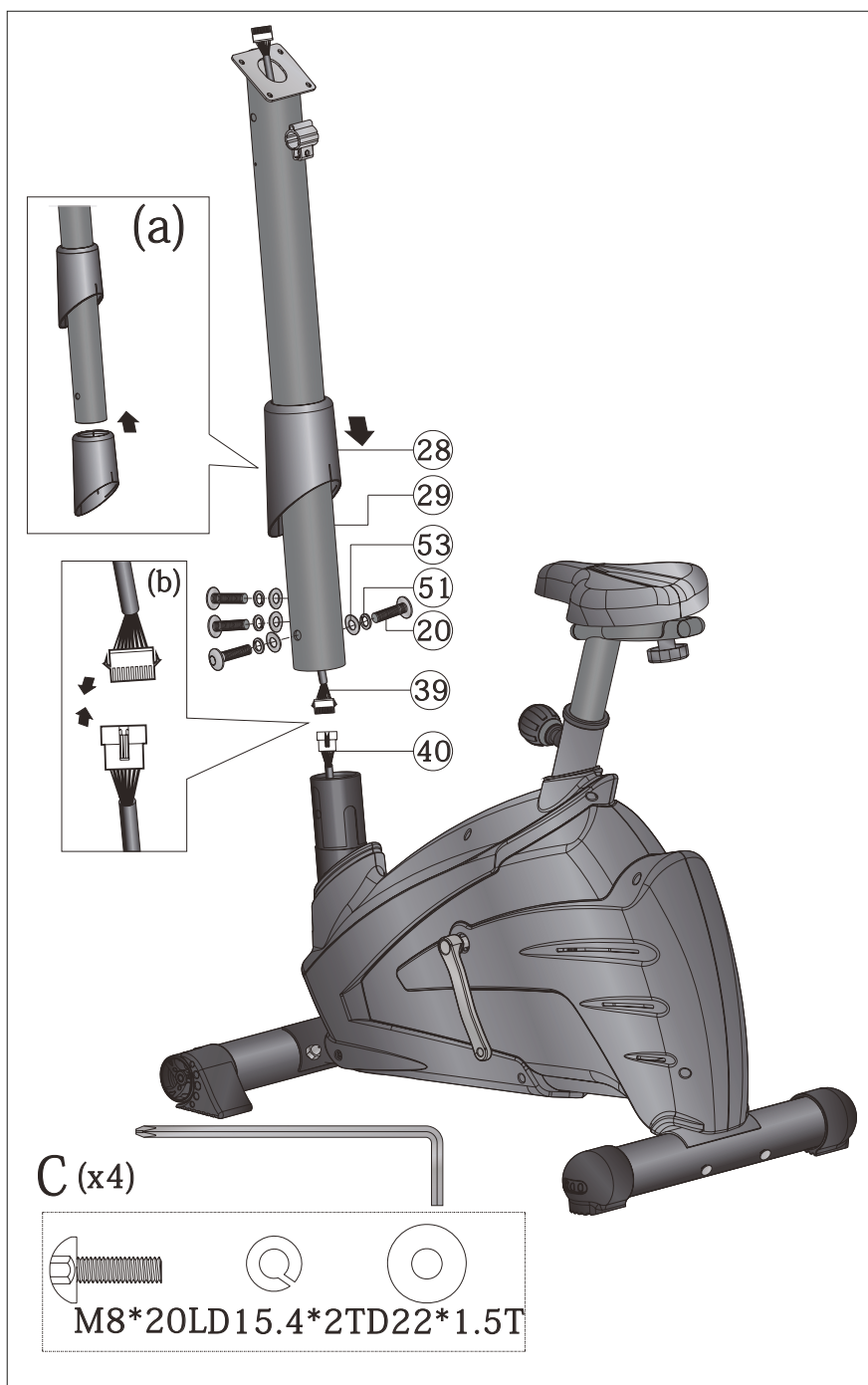
Step 2: Assembly of the saddle

1. Install the adjust seat tube (11) onto the seat post (9) by using screw knob (17) and flat wash (18).
2. Place the saddle tube (9) in the frame (1). You can move the seat up and down and lock it with the adjusting knob (31); see figure a.
3. The seat (10) can be adjusted horizontally as well by moving the adjusting knob (17) as in figure b.



Step 3: Assembly of the console mast

1. Attach the upper cover (28) on the handlebar tube (29); see figure a.
2. Connect the upper console cable (39) with the lower console cable (40); see figure b.
- **ATTENTION**
Pay attention to not pinch the cable during the next step.
3. Install the handlebar tube (29) on the frame (1) with four screws (20), four washers (53) and four spring washers (51).



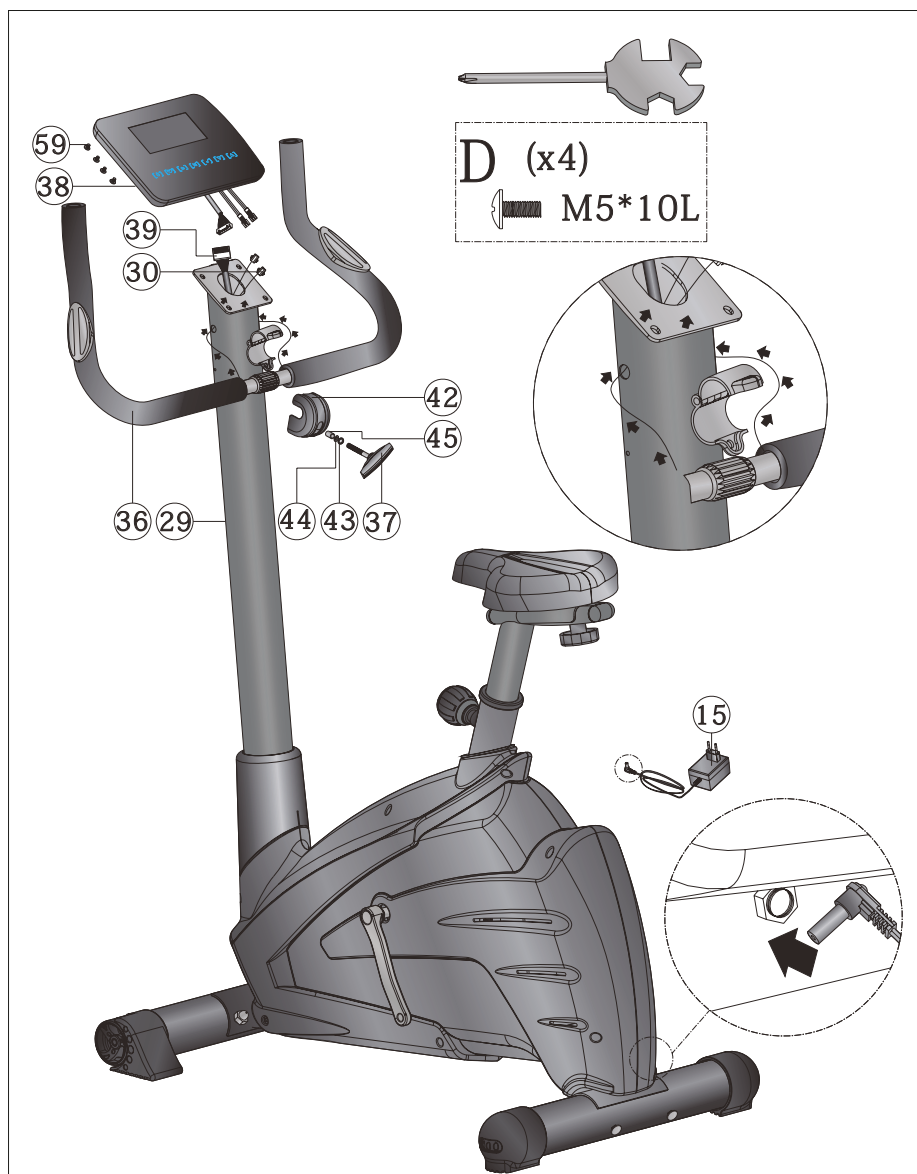
Step 4: Assembly of the handles

1. Attach the handles (36) to the handlebar tube (29) by attaching the cover (42), washers (43), spring washers (44), connectors (45) and the adjusting knob (37).
2. Connect the upper console cable (39) with the hand pulse cable (30) and the console (38). Then attach the console to the handlebar tube (29) by tightening the screws (59).

① NOTICE

The position of the handlebars can be adjusted by pressing the adjusting knob (37).

3. Insert the adaptor into the power hole.



Step 5: Assembly of the console bracket and pedals

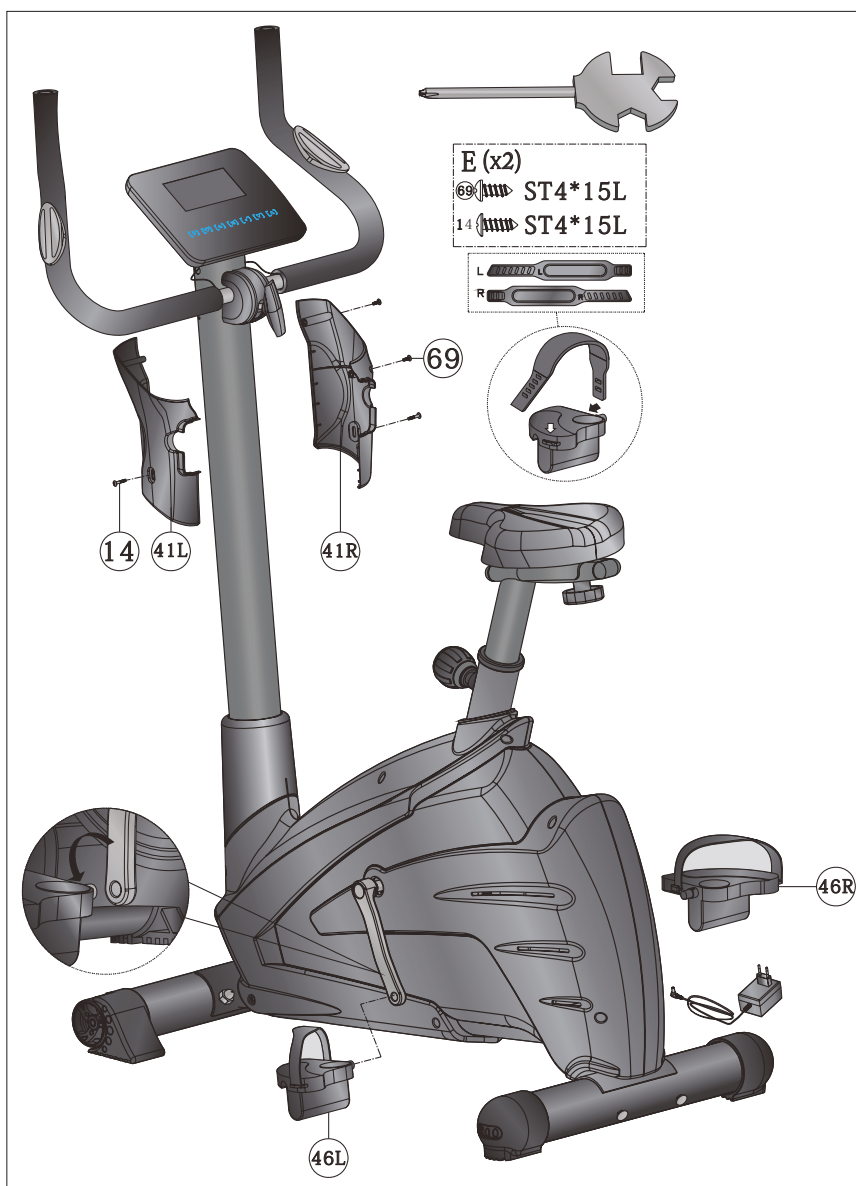
1. Attach the console bracket (41L) and (41R) to the handlebar tube with the screws (69) and (14).



CAUTION

Make sure to screw in the pedals completely

2. Attach the pedals straps onto the pedal (46L) and (46R), fix the pedal to the cranks. Left pedal fasten anti-clockwise, right pedal clockwise.



Step 6: Adjusting the seat position

1. Height adjustment:
Loosen the knob and pull it out in order to adjust the height of the saddle tube. Release the knob and make sure that it locks into one of the drill holes. Then tighten it again.
2. Horizontal adjustment:
Rotate the knob under the seat until you can move the seat forwards and backwards. Move the seat into the desired position and tighten the knob again.

Step 7: Adjusting the handle

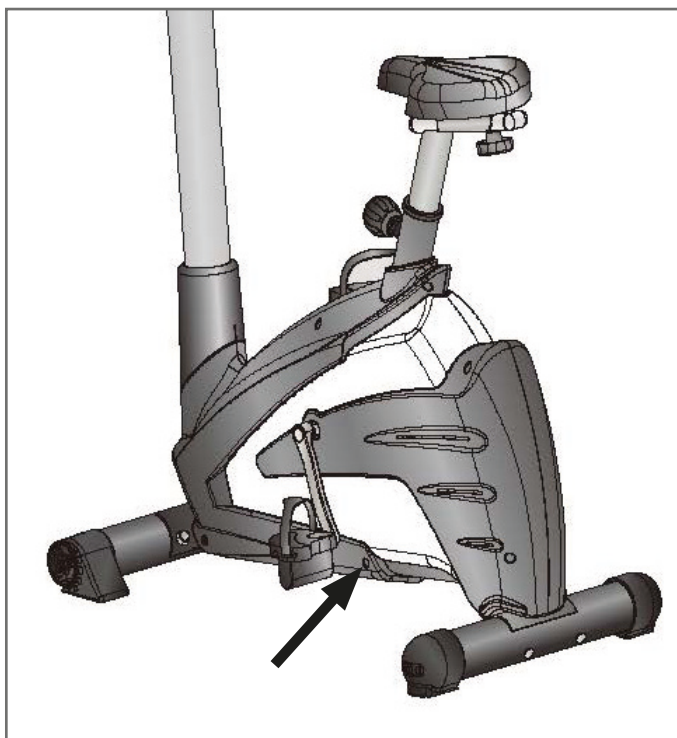
Rotate the lever on the front of the handle until you can adjust the tilt of the handle. Once the handle is in the desired position, tighten the lever again.

Step 8: 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 into a wall outlet that complies with the instructions in the chapter on electrical safety.

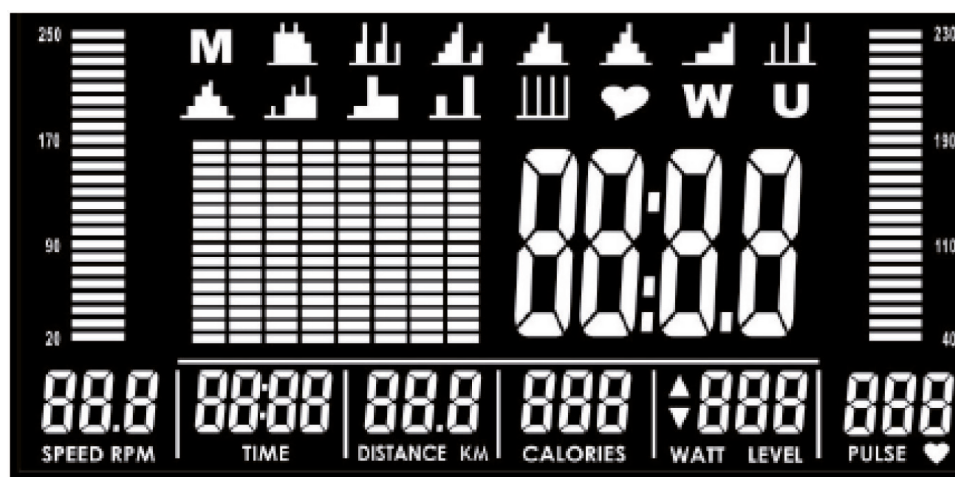


3 OPERATING INSTRUCTIONS

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



Time	Time display, ascending between 00:00 - 99:59 or descending between 00:00 - 99:00. Setting in 1 minute increments
Speed	Speed display in km/h
RPM (cadence; revolutions per minute)	Display of the step rate with a bar chart
Distance	Distance display between 00:00 - 99.99 km; setting in 0.1 km intervals
Calories	<p>Display of calories from 0 - 9999 calories</p> <p>Note on calorie measurement: The calculation of calories burned is based on a general formula. It is not possible to exactly determine individual calories burned, because diverse personal data is required for this.</p>
Watt	Watt display from 0 - 999 watts
Pulse (heart rate; heartbeats per minute)	Display of heart rate with bar chart. The user can define a target heart rate. As soon as the entered target heart rate is exceeded, an alarm will sound.
Level	Display of the resistance level with bar chart

3.2 Button Functions

	<p>Determine the body fat percentage: Press the „BODY FAT“ button for two seconds in order to change the user data.</p> <p>Gender A = AGE (age in years) H = HEIGHT (height in cm) W = WEIGHT (weight in kg)</p>
	<p>Testing the recovery heart rate</p>
	<p>Reset settings or change to the start screen</p>
	<p>Start and end training</p>
	<p>Confirming settings</p>
	<p>Setting values and lowering the training load. Hold the button to adjust the values quicker.</p>
	<p>Setting values and increasing the training load. Hold the button to adjust the values quicker.</p>

3.3 Turning On the Equipment

Connect the power cable. An acoustic alarm will sound. The LCD display will light up completely for two seconds including „E“ (EU) and „K“ (KM) for one second.

3.4 User Profile

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

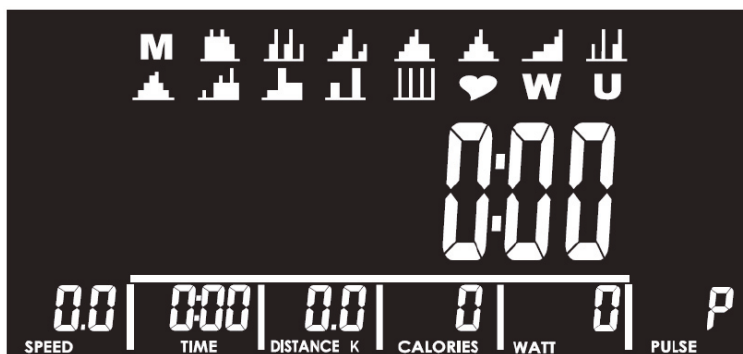
Gender	male / female
A = Age	Age in years
H = Height	Height in cm
W = Weight	Weight in kg

Confirm every setting with the ENTER button.

3.5 Programs

The LCD display shows 16 symbols to select the program from in the following order:

- + M (manual training): 1
- + Different profiles for default training programs: 12
- + Heart symbol (heart rate controlled training program): 1
- + W (watt-controlled training program) 1
- + U (user-defined training program) 1



3.5.1 M - Manual Program

1. Select the manual program "M" from the program selection.
2. 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.



NOTICE

If no change is made to the resistance for three seconds, the display changes to the "Watts" (power output) display.

3. Use the arrow buttons UP and DOWN to enter values for TIME, DISTANCE, CALORIES and heart rate (PULSE), one after another.

① NOTICE

- + 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.
4. To confirm, press ENTER after each setting.
 5. Press the START/STOP button to start your workout.
 6. Press the START/STOP button again to end your workout.

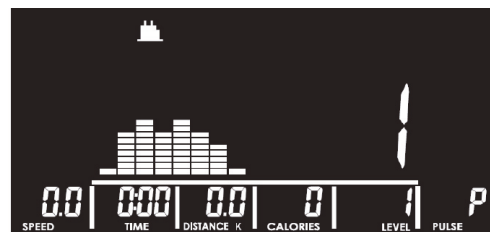
All workout values are stored in the memory.

7. If you press the RESET button, you will return to the program selection.

3.5.2 Workout Programs

1. Use the arrow buttons UP and DOWN to select a program P1-P12 from the program selection.
2. Confirm your selection with the ENTER button.

The LCD display shows an appropriate workout profile.



3. Use the arrow buttons UP and DOWN to adjust the resistance level and the time. The resistance level can be adjusted at any time during the workout using the arrow buttons.

① NOTICE

If no change is made to the resistance for three seconds, the display changes to the “Watt” (power output) display.

4. After each setting, confirm your values by pressing ENTER.
5. Press the START/STOP button to start your workout.

3.5.3 H.R.C. - 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.

1. Use the arrow buttons UP and DOWN to select the heart symbol.
2. 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.

- 2.1. If you select TARGET, use the arrow buttons UP and DOWN to enter a target heart rate between 30~230.
3. Press the ENTER button to confirm.
4. You can then enter the desired workout time using the arrow buttons.

NOTICE

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.

5. Press the START/STOP button in order to start your workout.

3.5.4 W - Watt-Based Program

1. Use the arrow buttons UP and DOWN to select the watt-based (power output) program "W".

NOTICE

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.

2. Confirm your setting with the ENTER button and then enter the time in the same manner.
3. Press the START/STOP button to start your workout.

NOTICE

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.



3.5.5 U - User-Defined Program

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

3.5.6 Body-Fat Test (BODY FAT)

① NOTICE

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

1. Press the BODY FAT button.

The display shows "UX" for two seconds before the test starts.

2. 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.

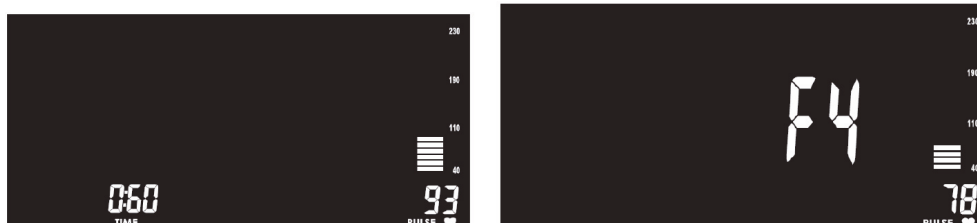
3. If you press and hold the BODY FAT button for two seconds, you can adjust the values in the user profile for sex, age (A), height (H) and weight (W).
4. Press ENTER to start the body-fat test.



3.5.7 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.

4.1 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 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. Pull the handle and lift the equipment 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.
2. 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
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 does not 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"> + Interference in the room + unsuitable chest strap + chest strap is incorrectly positioned + batteries are empty 	<ul style="list-style-type: none"> + Eliminate sources of interference (e. g. mobile phone, loudspeaker, etc.) + Use a suitable chest strap (see recommended accessories) + Reposition the chest strap and/or moisten the electrodes + Change the batteries

5.3 Error Codes and Troubleshooting

The electronics of the equipment continuously carries out tests. In case of deviations, an error code appears on the display and normal operation is stopped for your safety.

- + “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.

Please contact Sport-Tiedje for technical support.

5.4 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			
Tighten pedals				I	
Plastic covers	C	I			
Screws and cable connections		I			
Seat rail		I			
Check pedals for tightness		I			
Legend: C = clean; I = inspect					

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:

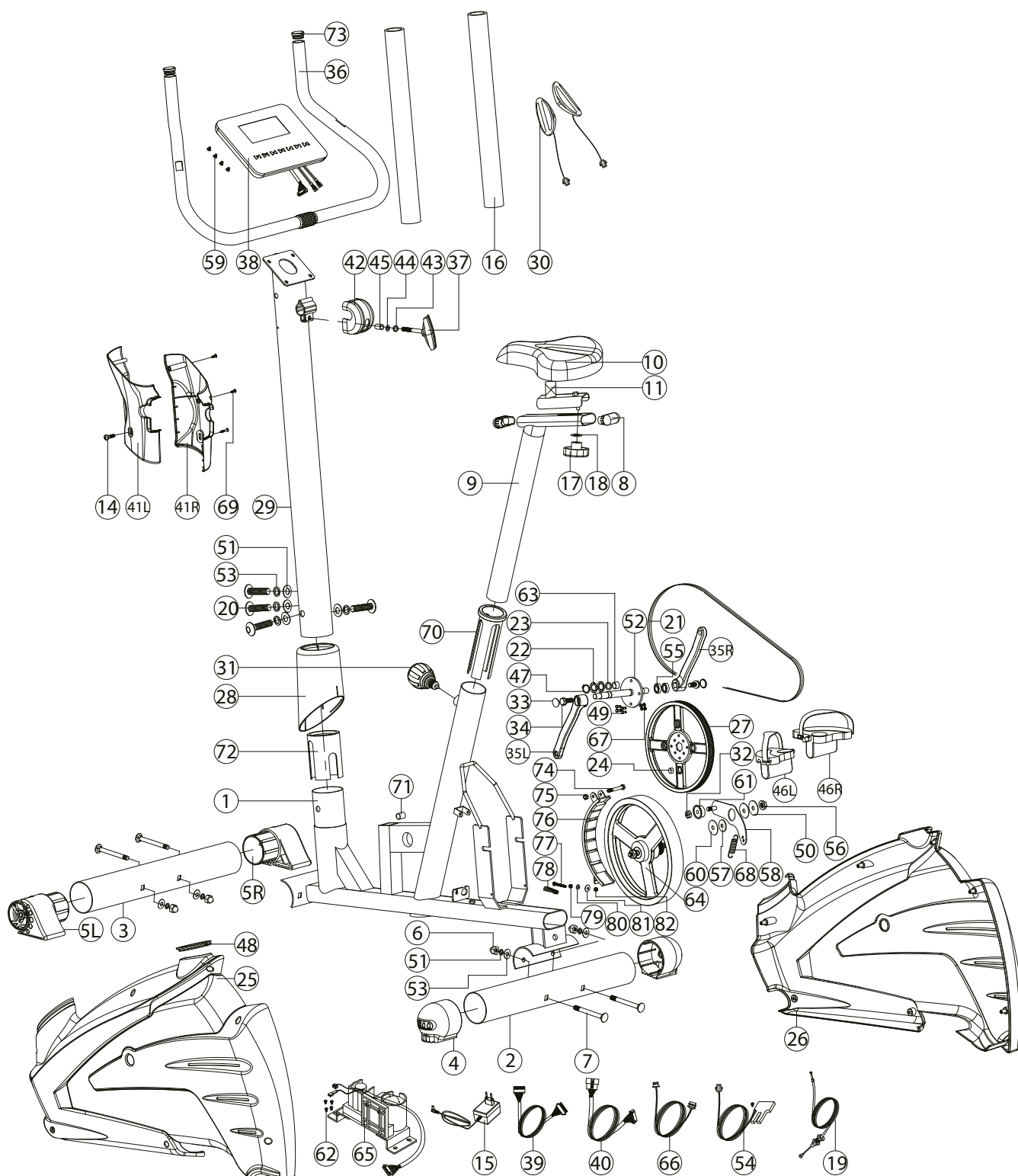
Article Number:

8.2 Parts List

No.	Name	Supplier Parts No.	Specification	Qty.
1	1	Main frame	31	Ball knob D50*M16*22*D8 1
2	1	Rear stabilizer	32	1 Nylon nut M10*1.5*10T
3	1	Front stabilizer	33	2 Bolt cap D23*6.5
4	2	Adjustable foot cap	34	2 Bolt M8*1.25*25
5L	1	Left foot cap	35L	1 Left crank
5R	1	Right foot cap	35R	1 Right crank
6	4	Domed nut M8*1.25*15L	36	1 Handlebar
7	4	Square neck bolt M8*1.25*90L	37	1 T-shaped knob M8*1.25*65
8	2	Oval cap 25*50*32L	38	1 Computer SM-7669-31
9	1	Seat post	39	1 Upper computer cable 1000L
10	1	Seat	40	1 Lower computer cable 300L
11	1	Adjustable seat tube	41L	1 Left computer bracket
12	3	Flat washer D16*D8.5*1.2T	41R	1 Right computer bracket
13	3	Nylon nut M8*1.25*8T	42	1 Cover 80.6*56*52.5
14	2	Screw ST4*1.41*20L	43	1 Flat washer D16*D8.5*1.2T
15	1	Adapter	44	1 Spring washer D15.4*D8.2*2T
16	2	Foam (HDR) D30*3.0T*590L	45	1 Bushing D8.2*D12.7*33
17	1	Screw knob D60*32L (M8*1.25)	46L/46R	1 Pedal
18	1	Flat washer D25*D8.5*2T	47	1 C-ring S-17 (1T)
19	1	Tension control cable D1.5*230L	48	1 Protective ring for chain cover
20	4	Allen bolt M8*1.25*20L	49	4 Bolt M6*1.0*15L
21	1	Multi-groove belt	50	1 Flat washer D50*D10*2.0T
22	2	Waved washer D22*D17*0.3T	51	8 Curved washer D22*D8.5*1.5T
23	1	Flat washer D23*D17.2*1.5T	52	1 Crank axle
24	1	Round magnet	53	8 Spring washer D15.4*D8.2*2T
25	1	Left chain cover	54	1 Sensor cable 100L
26	1	Right chain cover	55	2 Bearing #6003ZZ
27	1	Pulley Wheel	56	2 Nylon nut 3/8"-26UNF*6.5T
28	1	Upper protective cover	57	1 Flat washer D30*D10*3.0T
29	1	Handlebar post	58	1 Fixing plate for idle wheel
30	2	Handle pulse	59	4 Bolt M5*0.8*10L
	2	Handle pulse cable 600L	60	2 Plastic flat washer D50*D10*1.0T

61	1	Idle wheel D23.8*D38*24	72	1	Inner tube D71.5*108L
62	4	Screw ST4.2*1.41*15L	73	2	Mushroom Cap D1 1/4"*29L
63	1	Spacer D22.5*D17.2*6.4T	74	1	Bolt M8*52L
64	1	Magnetic system	75	1	Anti-loose nut M8*1.25*8T
65	1	Motor	76	1	Magnetic fixed plate
66	1	Electric cable 350L	77	1	Bolt M6*55L
67	4	Anti-loose nut M6*1.0*6T	78	1	Spring D1.2*55L
68	1	Spring D2.2*D14*55L	79	1	Nut M6*1*6T
69	2	Screw ST4*1.41*15L	80	1	Flat washer D13*D6.5*1.0T
70	1	Inner tube D66*D50.3*170L	81	1	Nylon washer D6*D19*1.5T
71	1	Buffer D9*D5.8*13 1	82	1	Anti-loose nut M6*1*6T

8.3 Exploded Drawing



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

Warranty periods

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

Model	Usage	Full Warranty
BX30	Home use	24 Months

Repair Costs

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

The terms of use are defined as follows:

- + Home use: solely for private use in private households up to 3 hours per day
- + Semi-professional use: up to 6 hours per day (e. g. rehabilitation 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
TECHNICAL SUPPORT +49 4621 4210-900 +49 4621 4210-698 technik@sport-tiedje.de Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00	TECHNICAL SUPPORT & SERVICE 80 90 16 50 +49 4621 4210-945 info@fitshop.dk Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00	TECHNICAL SUPPORT & SERVICE +33 (0) 172 770033 +49 4621 4210-933 service-france@fitshop.fr Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00
	PL	BE
SERVICE 0800 20 20277 (Freecall) info@sport-tiedje.de Mo - Fr 08:00 - 21:00 Sa 09:00 - 21:00 So 10:00 - 18:00	TECHNICAL SUPPORT & SERVICE 22 307 43 21 +49 4621 42 10-948 info@fitshop.pl Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00	TECHNICAL SUPPORT & SERVICE 02 732 46 77 +49 4621 42 10-932 info@fitshop.be Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00

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

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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