



## Assembly and Operating Instructions



max. 130 kg



~ 30-60 Min.



36 kg

L 95 | W 60 | H 142

CSTBX40.01.03

Art. No. CST-BX40

Recumbent Bike **BX40**



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**Dear customer,**

thank you for choosing fitness equipment from cardiostrong®. Cardiostrong offers high-quality home fitness equipment that is optimally adapted to the conditions at home. Train at home no matter what the weather or time of the day. cardiostrong fitness equipment offers training programmes and a variety of equipment for all training levels and all training goals. Further information can be found at [www.sport-tiedje.com](http://www.sport-tiedje.com) or [www.cardiostrong.de](http://www.cardiostrong.de). We hope you enjoy your training!

Further information can be found at [www.sport-tiedje.com](http://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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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
- + cadence (rotations per minute)
- + calories burnt in kcal
- + heart rate (when using the hand sensors or a chest strap)
- + Watt
- + resistance level

Resistance system: electronic magnetic brake system

Resistance level: 16

Watt: 10 - 350 Watt

Training programmes in all: 24

Manual programmes: 1

Pre-set programmes: 12

Watt-controlled programmes: 1

Heart rate controlled programmes: 5

User-defined programmes: 4

Body fat programmes: 1

Flywheel: 10 kg

Transmission ratio: 1:8

Length of the pedal arms: 17 cm

### Weight and dimensions:

Product weight (gross, incl. packaging): 38,6 kg

Product weight (net, without packaging): 36 kg

Packaging dimensions (L x W x H): approx. 970 mm x 270 mm x 640 mm

Set-up dimensions (L x W x H): approx. 950 mm x 600 mm x 1420 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 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.
- + 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**

- + 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.

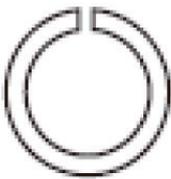
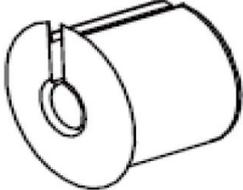
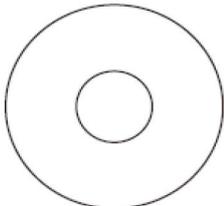
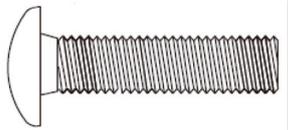
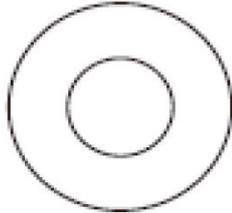
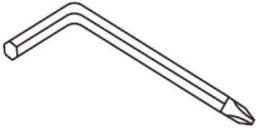
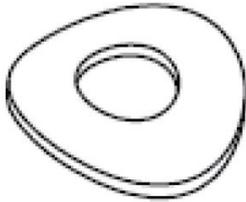
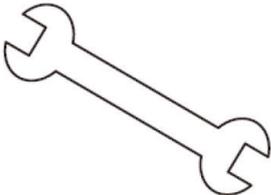
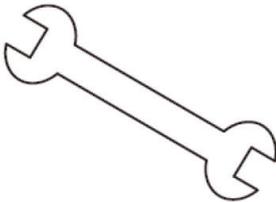
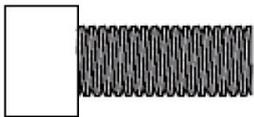
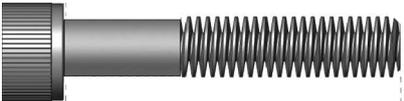
## 2.2 Scope of Delivery

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.

		
<p>(35) 5/16" x 1.5T Spring washer (11x)</p>	<p>(88) cable supporter (1x)</p>	<p>(72) 3/8 Washer (1x)</p>
		
<p>(71) 3/8" x 1-1/2" Screw (1x)</p>	<p>(41) M5 x 12mm Cross-headed screw (4x)</p>	<p>(33) 5/16" Washer (8x)</p>
		
<p>(43) M5 Allen wrench + Phillips screwdriver</p>	<p>(87) 6mm Allen wrench (1x)</p>	<p>(34) 5/16" Spring ring (3x)</p>
		
<p>(79) 14/15mm wrench</p>	<p>(96) 13/14 mm wrench</p>	<p>(32) 5/16 x 3/4" Screw (9x)</p>
		
<p>(97) 5/16 x 1-3/4" Screw (2x)</p>		

## 2.3 Assembly

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

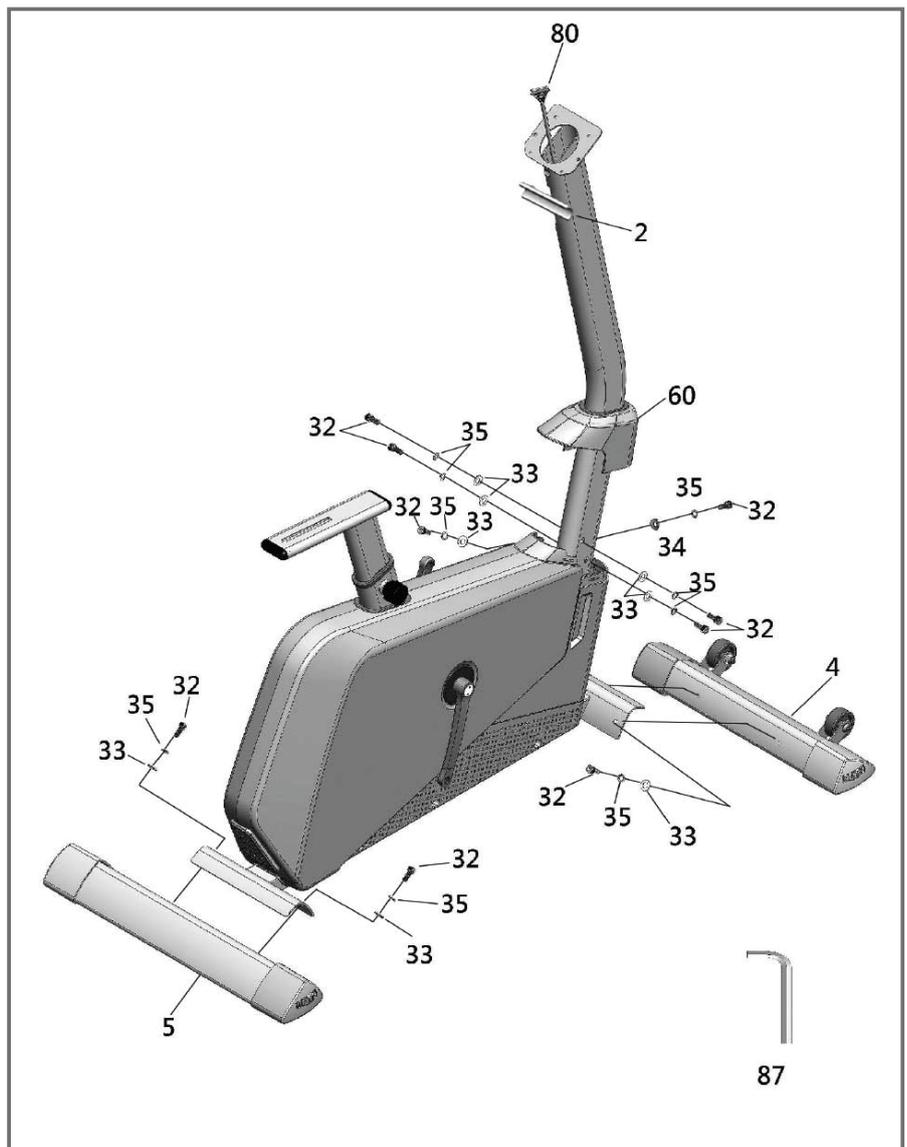
### ① NOTICE

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

### Step 1: Assembly of the console mast and the front and rear base foot

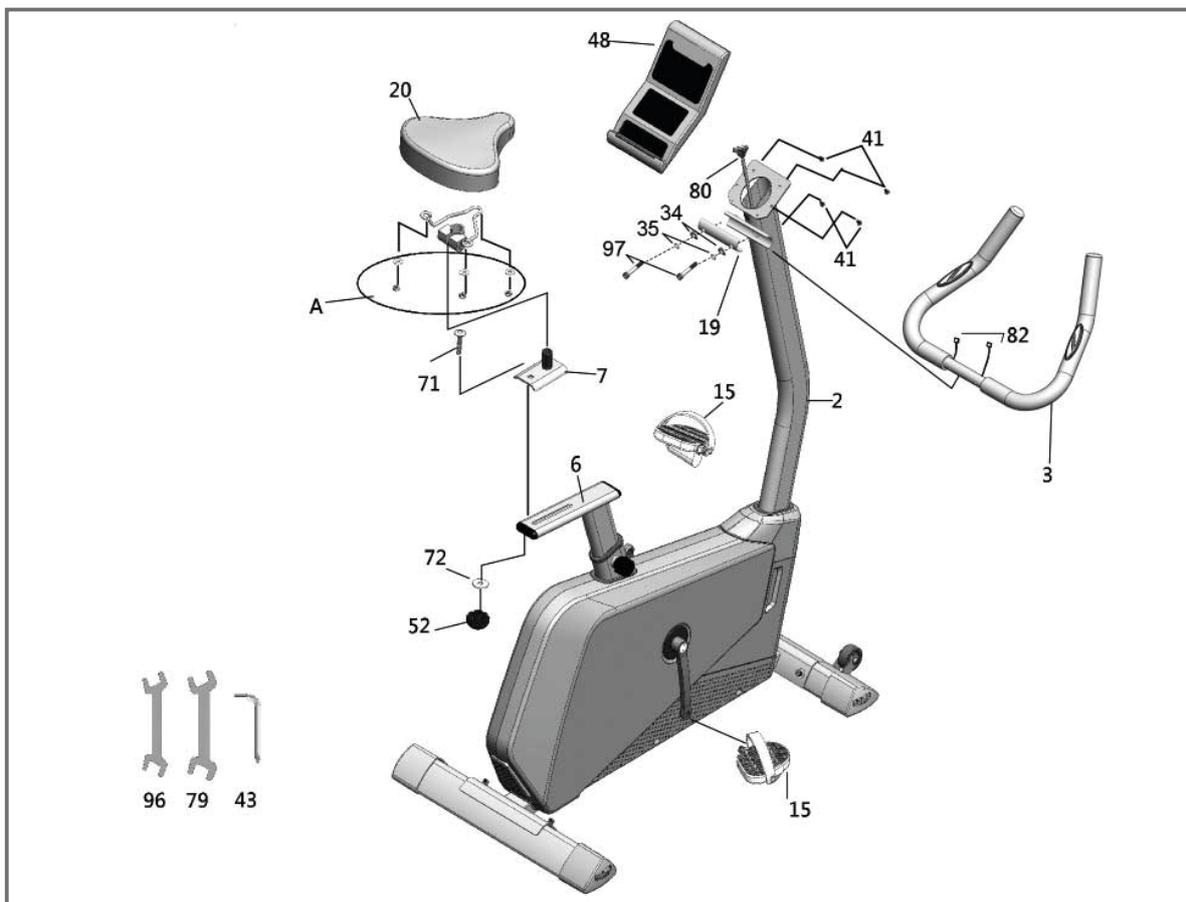
1. Slide the console mast cover (60) on the console mast (2). Make sure that the cover points in the correct direction; see image. Slide the cable harness (80) from below up through the console mast. During assembly of the console mast on the frame, make sure that the cable harness does not get stuck or damaged.
2. Mount the console mast on the frame with five screws (5/16" x 3/4") (32), four washers (5/16) (33), five spring rings (5/16) (35) and one spring washer (5/16) (34). Allow the console mast cover (60) to lock on the frame.
3. Mount the front (4) and rear base foot (5) with four screws (5/16" x 3/4") (32), four spring rings (5/16) (35) and four washers (5/16) (33).

Required tool: 6mm Allen wrench (87).



## Step 2: Assembly of handle, console and saddle

1. Place the handle (3) together with the fixing plate (19) on the console mast (2) by using two 5/16" x 1-3/4" screws (97) together with two 5/16" x 1.5T lock washers (35) and two 5/16" x 19 x 1.5T lock washers (34). Use the L-shaped Allen wrench (87) to tighten the bolts. Pull the hand pulse sensor wiring harness through the console fixing plate.
2. Connect the console cable (80) and the hand pulse sensor cable (82) with the console (48). Mount the console (48) on the console mast (2) with four M5x12L cross-headed screws (41) and the Phillips screwdriver (43).
3. Use the 13mm/15mm Allen wrench (79) to mount the pedals (15 L+R) on the pedal crank. The right pedal must be screwed tight clockwise and the left one counterclockwise.
4. Loosen the pre-mounted screws and washers under the seat (20). Place the mounting bracket under the seat and mount the parts with the previously loosened nuts and washers (three M8x7T nuts and three 8x20x1.5T washers) and a 13/14 mm wrench.
5. Move the seat (20) on to the seat bracket (7) and use the 14/15 mm wrench (79) in order to mount the seat with the nuts.
6. Insert a screw (71) through the seat (20) and the seat rail (6) and mount it with one 3/8"x30x2T washer (72) and 1x resistance knob (52).



## 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



<b>Time</b>	Display of the training time in minutes and seconds. The console automatically counts up in 1 seconds intervals from 0:00 to 99:59. You can also program a countdown with the arrow buttons. If you continue to train after the countdown has expired, a signal will sound to let you know that the training is complete.
<b>Distance (Strecke)</b>	Indicates the covered distance in kilometers.

<b>RPM (cadence; rotations per minute)</b>	Indicates the cadence speed.
<b>Watt</b>	Indicates the wattage.
<b>Speed</b>	Indicates the training speed in km/h or mph.
<b>Calories (calories burned)</b>	Indicates the estimated number of burnt calories.
<b>Pulse (heart rate; heart beats per minute)</b>	Indicates your heart rate in beats per minute (BPM).
<b>Age</b>	You can set your age between 10 and 99 years.
<b>Target Heart Rate</b>	Indicates your pre-set target heart rate.
<b>Pulse Recovery</b>	<p>Continue to hold on the hand pulse sensors after training (if you are not wearing a chest strap) and press the "Pulse Recovery" button. As soon as the following countdown has reached zero, your recovery heart rate will be evaluated with a grade between F1.0 and F6.0.</p> <p>1.0      Excellent  1.0-1.9   Very good  2.0-2.9   Good  3.0-3.9   Average  4.0-5.9   Below average  6.0      Poor</p> <p><b>Note:</b> If a heart rate is not received, the console will display "P". If the console shows "Err", press "Pulse Recovery" again and make sure that you are correctly grabbing the hand pulse sensors or the chest strap is placed properly.</p>
<b>Temperature</b>	Indicates the current temperature.

## 3.2 Button functions

<b>START/ STOP</b>	<p>a) Quick Start: Start training in the manual mode without selecting a training program.</p> <p>b) Press the button during training in order to stop the training.</p> <p>c) Press the button again to continue training.</p>
<b>Up arrow</b>	<p>a) During the settings, press this button in order to set values for time, distance, calories, age and sex or to select a program.</p> <p>b) Press the button during training to increase the resistance.</p>
<b>Down arrow</b>	<p>a) During the settings, press this button in order to set values for time, distance, calories, age and sex or to select a program.</p> <p>b) Press the button during training to decrease the resistance.</p>
<b>ENTER</b>	<p>a) Press this button to confirm the settings.</p> <p>b) Hold this button for two seconds in order to reset all values to zero.</p>
<b>BODYFAT</b>	<p>Press this button to measure your body fat percentage. To do this, you need to enter your height, weight, sex and age.</p>
<b>PULSE RECOVERY</b>	<p>Press this button to determine your recovery heart rate.</p>
<b>Standby mode</b>	<p>If none of the buttons are pressed for four minutes and no signal is received, the console will change to the standby mode and the screen turns off. Simply touch the screen to turn it back on.</p>

## 3.3 Turning on the equipment

If you connect the power plug, a sound will be emitted and the console turns on.

## 3.4 Programs

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

+ Manual program:	P1
+ Different profiles for pre-set training programs:	P2 - P13
+ User-defined training program:	P14 - P17
+ Heart rate controlled programs:	P18 - P22
+ Watt-controlled training program:	P23
+ Body fat program:	P24

### 3.4.1 Manual program

P1 is a manual program. Press START/STOP in order to immediately begin training. The standard resistance is five and can be adjusted during training with the arrow buttons.

1. Use the arrow buttons to select the manual program and press ENTER to confirm.
2. Use the arrow buttons in order to set a training time and press ENTER to confirm.
3. Use the arrow buttons in order to set a training distance and press ENTER to confirm.
4. Use the arrow buttons in order to set a calorie number and press ENTER to confirm.
5. Use the arrow buttons in order to set a training heart rate and press ENTER to confirm.
6. Press START/STOP in order to begin training.

If you enter a target value for time, distance and calories, the training will stop automatically once you have achieved one of these target values. If you would just like to train according to one of these values, you simply have to enter the desired target value - you do not have to enter all other values. If you enter a target pulse, an alarm will sound once this pulse has been exceeded. The acoustic signal first stops once your pulse is no longer higher than the target pulse.

### 3.4.2 Training programs

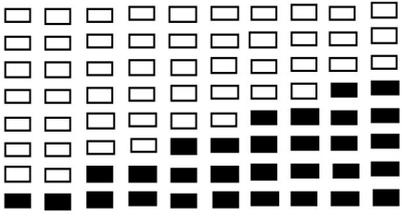
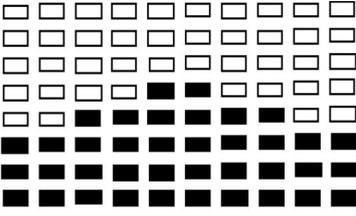
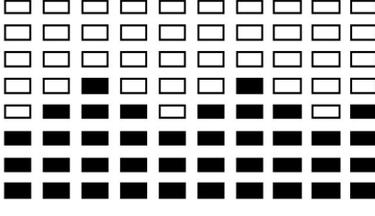
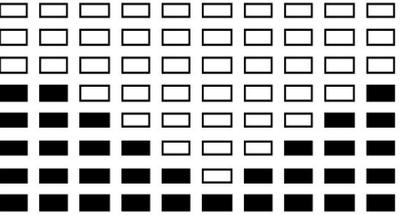
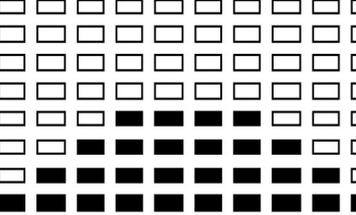
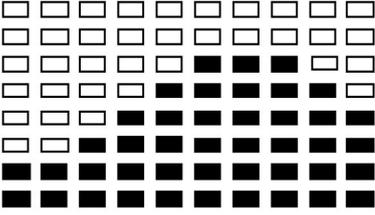
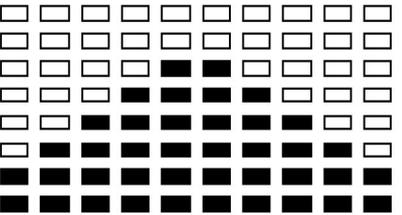
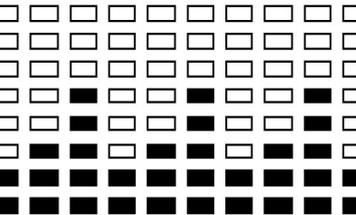
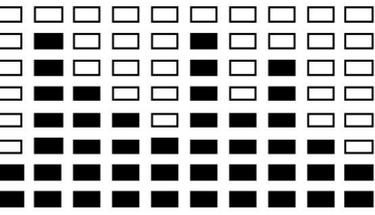
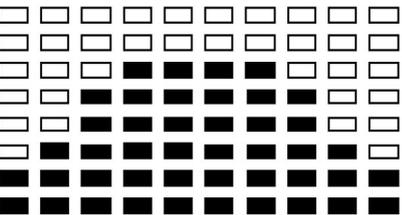
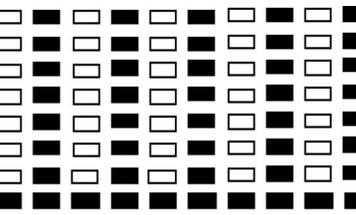
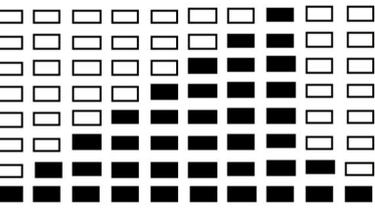
Steps, hill, rolling, valley, fat burn, ramp, mountain, intervals, random, plateau, Fartlek, Precipice.

P2-P13 are pre-set training programs. Press START/STOP in order to immediately begin training. The resistance can be adjusted during training with the arrow buttons.

1. Select a training program P2-P13 with the arrow buttons and press ENTER to confirm.
2. Use the arrow buttons in order to set a training time and press ENTER to confirm.
3. Use the arrow buttons in order to set a training distance and press ENTER to confirm.
4. Use the arrow buttons in order to set a calorie number and press ENTER to confirm.
5. Use the arrow buttons in order to set a training heart rate and press ENTER to confirm.
6. Press START/STOP in order to begin training.

If you enter a target value for time, distance and calories, the training will stop automatically once you have achieved one of these target values. If you would just like to train according to one of these values, you simply have to enter the desired target value - you do not have to enter all other values. If you enter a target pulse, an alarm will sound once this pulse has been exceeded. The acoustic signal first stops once your pulse is no longer higher than the target pulse.

## Profiles of pre-set training programs P2-P13:

Program 2: Steps	Program 3: Hill	Program 4: Rolling
		
Program 5: Valley	Program 6: Fat burn	Program 7: Ramp
		
Program 8: Mountain	Program 9: Intervals	Program 10: Random
		
Program 11: Plateau	Program 12: Fartlek	Program 13: Precipice
		

### 3.4.3 User-defined programs: User 1, User 2, User 3, User 4

P14-P17 are user programs. The user can determine the resistance for each of the 10 training sections. Then the time, distance, calories and heart rate can be defined.

1. Select a user program P14-P17 with the arrow buttons and press ENTER to confirm.
2. Use the arrow buttons in order to set the resistance for the first section and press ENTER to confirm.
3. Repeat step 2 for the remaining nine training steps.
4. After you set the resistance for all training sections, use the arrow buttons to set a training time and press ENTER to confirm.
5. Use the arrow buttons in order to set a training distance and press ENTER to confirm.
6. Use the arrow buttons in order to set a calorie number and press ENTER to confirm.
7. Use the arrow buttons in order to set a heart rate and press ENTER to confirm.
8. Press START/STOP in order to immediately begin training.

If you enter a target value for time, distance and calories, the training will stop automatically once you have achieved one of these target values. If you would just like to train according to one of these values, you simply have to enter the desired target value - you do not have to enter all other values. If you enter a target pulse, an alarm will sound once this pulse has been exceeded. The acoustic signal first stops once your pulse is no longer higher than the target pulse.

### 3.4.4 Heart rate controlled programs: 55%, 65%, 75%, 85%, target heart rate

P18-P22 are heart rate controlled programs. The console adjusts the resistance according to your current heart rate. If your heart rate is below the target heart rate, the console will increase the resistance every 20 seconds. If your heart rate is above the target heart rate, the console will decrease the resistance every 20 seconds.

P18: 55% of the maximum heart rate. Target heart rate =  $(220 - \text{age}) \times 55\%$

P19: 65% of the maximum heart rate. Target heart rate =  $(220 - \text{age}) \times 65\%$

P20: 75% of the maximum heart rate. Target heart rate =  $(220 - \text{age}) \times 75\%$

P21: 85% of the maximum heart rate. Target heart rate =  $(220 - \text{age}) \times 85\%$

P22: User-defined target heart rate

1. Select a heart rate controlled program P18-P22 with the arrow buttons and press ENTER to confirm.
2. Use the arrow buttons to set your age.
3. In program 22, use the arrow buttons to enter your target heart rate between 80 and 180.
4. Use the arrow buttons in order to set a training time and press ENTER to confirm.
5. Use the arrow buttons in order to set a training distance and press ENTER to confirm.
6. Use the arrow buttons in order to set a calorie number and press ENTER to confirm.
7. Press START/STOP in order to immediately begin training.

If you enter a target value for time, distance and calories, the training will stop automatically once you have achieved one of these target values. If you would just like to train according to one of these values, you simply have to enter the desired target value - you do not have to enter all other values.

### **3.4.5 Watt-controlled program**

P23 is a watt-controlled program. During training, the resistance can be held constant and not be adjusted. If you pedal too slow, the resistance increases; if you pedal too fast, the resistance decreases.

1. Use the arrow buttons to select the watt-controlled program and press ENTER to confirm.
2. Use the arrow buttons in order to set a training time and press ENTER to confirm.
3. Use the arrow buttons in order to set a training time and press ENTER to confirm.
4. Use the arrow buttons in order to set a watt number and press ENTER to confirm. You can increase or decrease the watt number at all times during training.
5. Use the arrow buttons in order to set a calorie number and press ENTER to confirm.
6. Use the arrow buttons in order to set a heart rate and press ENTER to confirm.
7. Press START/STOP in order to immediately begin training.

If you enter a target value for time, distance and calories, the training will stop automatically once you have achieved one of these target values. If you would just like to train according to one of these values, you simply have to enter the desired target value - you do not have to enter all other values. If you enter a target pulse, an alarm will sound once this pulse has been exceeded.

### 3.4.6 Body fat program

P24 is a special program to determine the body fat percentage of the user. The results are divided into three body types:

Type 1: Body fat percentage  $> 27\%$

Type 2:  $27\% \geq$  body fat percentage  $\geq 20\%$

Type 3: Body fat percentage  $< 20\%$

The console indicates the body fat percentage, BMI and BMR (basal metabolic rate).

1. Use the arrow buttons to select the body fat program P24 and press ENTER to confirm.
2. Use the arrow buttons in order to set your height and press ENTER to confirm.
3. Use the arrow buttons in order to set your weight and press ENTER to confirm.
4. Use the arrow buttons in order to set your sex and press ENTER to confirm.
5. Use the arrow buttons in order to set your age and press ENTER to confirm.
6. Press START/STOP to start the body fat measuring. If the console displays "E", make sure that you have correctly grasped the hand pulse sensors or the chest strap is being worn correctly. Then press the START/STOP button again.
7. Once the measuring is completed, the console will display BMR, BMI and the body fat percentage. Furthermore, the console shows a training profile for your body type.
8. Press START/STOP to start the training.

**BMI (Body Mass Index):** BMI evaluates your body fat percentage based on your height and your weight.

**BMR (Basal Metabolic Rate):** Your BMR indicates the calorie number that your body uses at rest.



## 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
Cracking in the pedal area	Pedals loose	Tighten the pedals
Equipment wobbles	Equipment is not level	Align the feet
Handlebar/saddle wobbles	Loose screws	Tighten screws firmly
Display is blank/is not working	Batteries empty or loose cable connection	Replace batteries or check cable connections
No pulse display	<ul style="list-style-type: none"> <li>+ Sources of interference in the room</li> <li>+ unsuitable chest strap</li> <li>+ Wrong position of chest strap</li> <li>+ Chest strap defective or battery empty</li> <li>+ Pulse display defective</li> </ul>	<ul style="list-style-type: none"> <li>+ Eliminate sources of interference (e.g. mobile phone, WLAN, lawn mower and vacuum cleaner robot, etc. ...)</li> <li>+ Use a suitable chest strap (see RECOMMENDED ACCESSORIES)</li> <li>+ Reposition chest strap and/or moisten electrodes</li> <li>+ Changing batteries</li> <li>+ Check if pulse display by hand pulse possible</li> </ul>

### 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.

**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
Display console	C	I
Plastic covers	C	I
Screws and cable connections		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

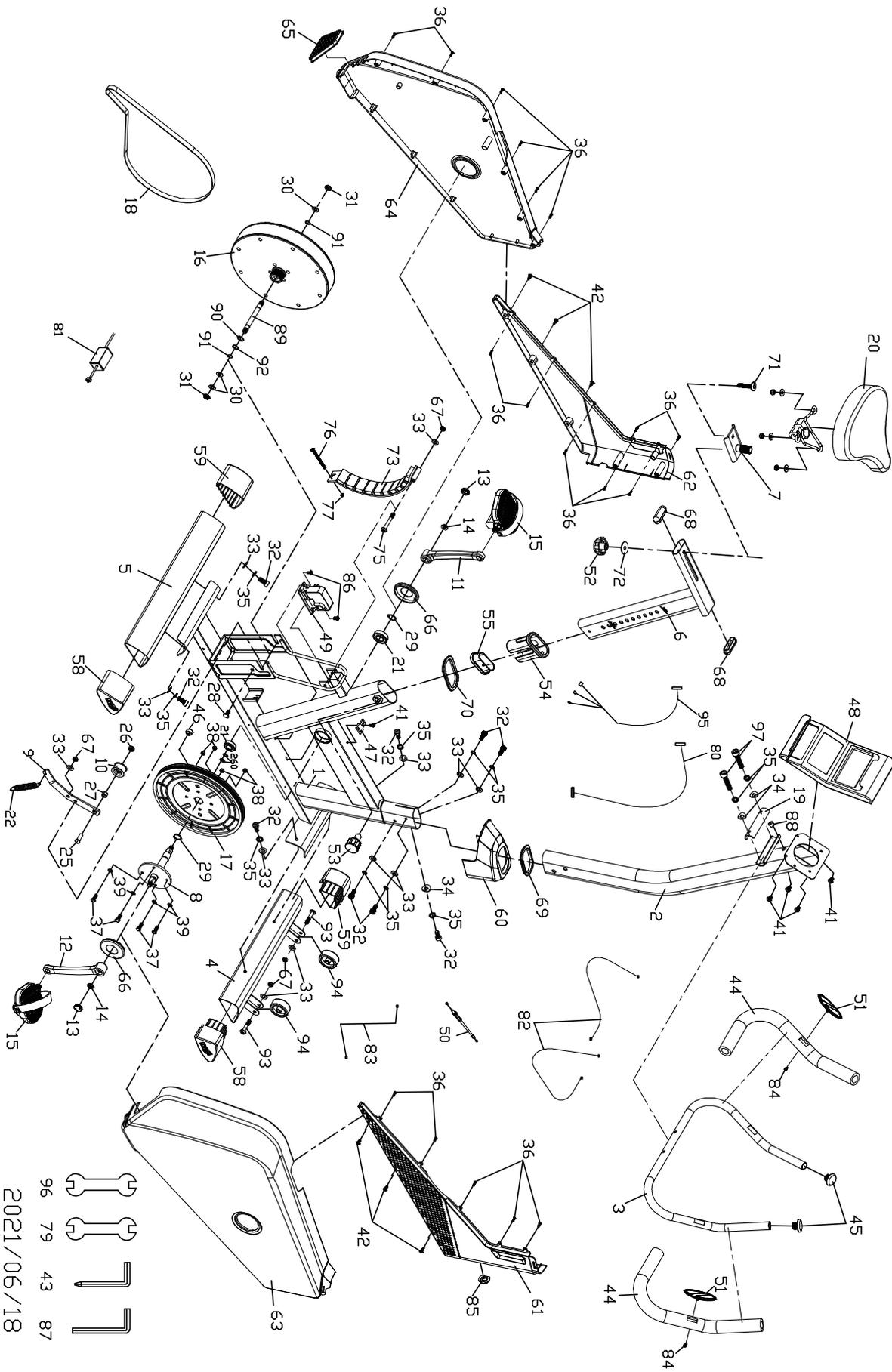


## 8.2 Parts List

No.	Qty	Name	No.	Qty	Name
1	1	Main Frame	32	9	5/16" × 3/4" _Socket Head Cap Bolt
2	1	Console Mast	33	12	5/16" × 18 × 1.5T _Flat Washer
3	1	Handle Bar	34	3	5/16" × 19 × 1.5T _Curved Washer
4	1	Front Stabilizer	35	11	5/16" × 1.5T _Split Washer
5	1	Rear Stabilizer	36	18	4 × 12L _Sheet Metal Screw
6	1	Inner Slide	37	4	1/4" × 5/8" _Hex Head Bolt
7	1	Sliding Seat Mount	38	4	1/4" × 5.5L _Nyloc Nut
8	1	Crank Axle	39	4	1/4" × 13 × 1T _Flat Washer
9	1	Idler Bracket	40	4	1/4" _Split Washer
10	1	Idler Wheel	41	1	M5 × 12L _Phillips Head Screw
11	1	Crank Arm (L)	42	6	5 × 16L _Tapping Screw
12	1	Crank Arm (R)	43	1	Combination M5 Allen Wrench & Phillips Head Screw Driver
13	2	Crank Arm End Cap	44	2	Handgrip Foam
14	2	M10 × 7T _Nut	45	2	Button Head Plug
15	1	Pedal	46	1	Magnet
16	1	Flywheel	47	1	300m/m _Sensor W/Cable
17	1	Drive Pulley	48	1	Console
18	1	Belt	49	1	Gear Motor
19	1	Fixing Plate	50	1	Steel Cable
20	1	Seat	51	2	Handpulse Sensor (w/o wire)
21	2	6004 _Bearing	52	1	Brake Tension Knob
22	1	Spring	53	1	Locking Knob
25	1	3/8" × 28L _Carriage Bolt	54	1	Center spatial wrap
26	1	3/8" × 7T _Nyloc Nut	55	1	Slide Spacer
27	1	Sleeve	58	2	Rear Adjustment Base (R)
28	1	5/16" × 20L _Carriage Bolt	59	2	Rear Adjustment Base (L)
29	2	20m/m _C Ring	60	1	Console Mast Cover

30	3	3/8" × Ø19 × 1.5T_Flat Washer	61	1	Front Shroud (R)
31	2	3/8" × 26UNF × 7T_Nut	62	1	Front Shroud (L)
63	1	Rear Shroud (R)	81	1	Adaptor
64	1	Rear Shroud (L)	82	2	Handpulse Wire
65	1	Bottom Cover	83	1	600m/m_DC Power Cord
66	2	Crank Arm Cover	84	2	4 × 20L_Sheet Metal Screw
67	4	5/16" × 6T_Nyloc Nut	85	1	Power Bracket
68	2	End Cap	86	2	M5 × 12L_Phillips Head Screw
69	1	Console Mast End Cap	87	1	L Allen Wrench
70	1	Seat Post Cover	88	1	HGP Wire Grommet
71	1	3/8" × 1-1/2" _Carriage Bolt	89	1	Axle
72	1	Ø3/8" × Ø30 × 2T_Flat Washer	90	1	Ø12.4 × Ø19 × 0.5T_Flat Washer
73	1	Flywheel Magnets Mounting Plate	91	2	Ø12_C Ring (Blackfast)
75	1	5/16" × 65L_Button Head Socket Bolt	92	1	Ø12_Wave Washer (Blackfast)
76	1	M5-75L_Phillips Head Screw	93	2	5/16" × 1-3/4" _Button Head Socket Bolt
77	1	M5-5T_Nyloc Nut	94	2	Action Roller
79	1	14/15m/m_Wrench	95	1	900m/m_Computer Cable (Lower)
80	1	1150m/m_Computer Cable(Upper/ Lower)	96	1	13/14m/m_Wrench ( 2)
260	2	Rubber Pad	97	2	5/16" × 1-3/4" _Socket Head Cap Bolt

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

#### **Warranty period**

The warranty periods, shown on our web shop, begin on delivery of the fitness equipment. The respective warranty periods for your equipment can be found on its product website.

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

UK	NL	INT
<p><b>TECHNICAL SUPPORT</b></p> <p> +44 141 876 3986   support@powerhousefitness.co.uk</p> <p><b>SERVICE</b></p> <p> +44 141 876 3972   Mo - Fr 9am - 5pm</p>	<p><b>TECHNICAL SUPPORT &amp; SERVICE</b></p> <p> +31 172 619961   info@fitshop.nl</p> <p> Ma - Do 09:00 - 17:00   Vr 09:00 - 21:00   Za 10:00 - 17:00</p>	<p><b>TECHNICAL SUPPORT &amp; SERVICE</b></p> <p> +49 4621 4210-944   service-int@sport-tiedje.de</p> <p> Mo - Fr 8am - 6pm   Sat 9am - 6pm</p>
	AT	CH
	<p><b>TECHNICAL SUPPORT &amp; SERVICE</b></p> <p> 0800 20 20277  (Freecall)  +49 4621 42 10-0   info@sport-tiedje.at</p> <p> Mo - Fr 08:00 - 18:00   Sa 09:00 - 18:00</p>	<p><b>TECHNICAL SUPPORT &amp; SERVICE</b></p> <p> 0800 202 027  +49 4621 42 10-0   info@sport-tiedje.ch</p> <p> 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](http://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 over 70 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!



[www.sport-tiedje.co.uk](http://www.sport-tiedje.co.uk)  
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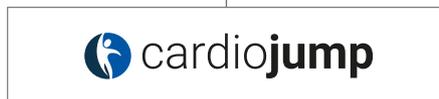
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Notes

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