



Assembly and Operating Instructions



max. 150 kg



~ 60 Min.



39 kg

L 108 | W 56 | H 139

FSCSTBX50.02.02

Art. No. CST-BX50-2

Exercise bike **BX50**

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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.fitshop.com or www.cardiostrong.de.

We hope you enjoy your training!

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.

FITSHOP

Europe's No.1 for Home Fitness

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.

Training devices must be classified according to accuracy and use. Accuracy classes are only applicable to devices that display training data.

Accuracy classes

Class A: high accuracy.

Class B: medium accuracy.

Class C: low accuracy.

The use classes explain the intended use of the training device.

Use classes

Class S (studio): professional and/or commercial use.

These training devices are intended for the use in training rooms of facilities such as sports clubs, school facilities, hotels, clubs and studios whose access and supervision is specifically regulated by the owner (person with legal responsibility).

Class H (home use): use at home.

These stationary training devices are intended for the use in private homes where access to the training device is regulated by the owner (person with legal responsibility).

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

- + 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

Resistance system:	electronic magnetic brake system
Resistance level:	16
Watt:	10 - 350 watt

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

Flywheel mass:	9 kg
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Weight and dimensions

Article weight (gross, including packaging):	42.15 kg
Article weight (net, without packaging):	39 kg
Packaging dimensions (L x W x H):	approximately 106 cm x 28 cm x 65 cm
Set-up dimensions (L x W x H):	approximately 109 cm x 54.5 cm x 138.5 cm
Maximum user weight:	150 kg
Use class:	H

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.
- + The owner must communicate all warnings and instructions to the user.

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.
- + There is a risk of injury from spinning pedals and/or an exposed flywheel in the absence of a freewheel. Never get on or off the equipment when the pedals or the flywheel are still moving. Always make sure that the pedals and the flywheel have come to a complete stop.
- + Support yourself with at least one hand on the handlebar when getting on and off the equipment. Only dismount from the equipment when the pedals have come to a complete stop.
- + 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.
- + Always tighten the pedal strap before you start training to prevent your feet from slipping.

**CAUTION**

- + Be aware that if adjustment devices are left protruding, they may impede the user's movement.

► ATTENTION

- + Do not insert any objects of any kind into the openings of the device.
- + To protect the equipment from use by unauthorised third parties, always remove the power cable when not in use and store it in a safe place that is inaccessible to unauthorised persons (e.g. children).
- + Class B and C crank training equipment is not suitable for high accuracy purposes.

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.
- + If your purchased item is equipped with a TFT console, software updates must be carried out regularly. Follow the instructions on the console to perform the update(s).
- + The software systems on gym equipment with TFT consoles are set up only for the pre-installed apps. Do not install any additional apps.

**NOTICE**

- + The pre-installed apps on TFT consoles are produced and provided by external manufacturers. Fitshop does not take any responsibility for the availability, functionality or contents of these apps.

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 free area in the direction from which the exercise equipment is accessed must be at least 0.6 m larger than the exercise area.
- + 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.
- + For Class S equipment, the exercise equipment may only be used in areas where access, supervision and control are specifically regulated by the owner.

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

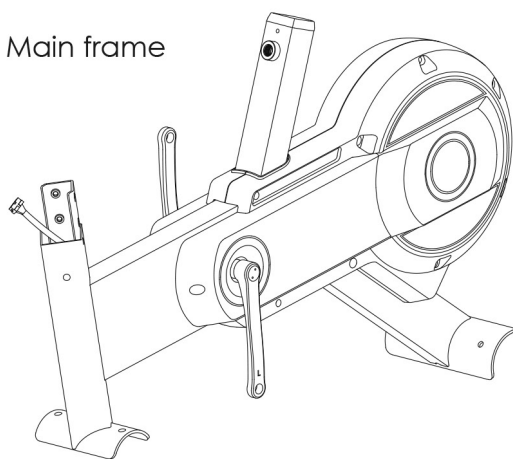
If parts of the scope of delivery are missing or damaged, the assembly must not be carried out.



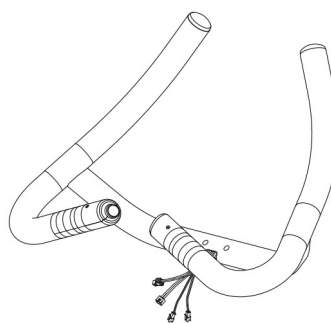
NOTICE

Batteries are not included in the scope of delivery. The following batteries are required: 2x AA

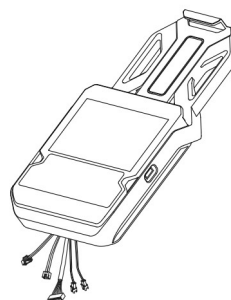
A Main frame



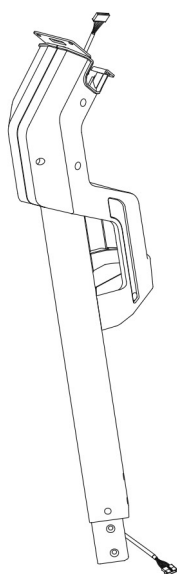
E Handle bar



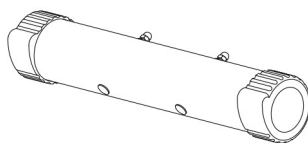
G Console



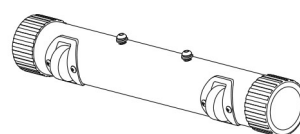
B Central supporting tube



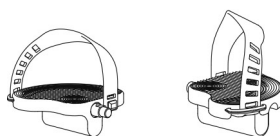
C Rear stabilizer



D Front stabilizer



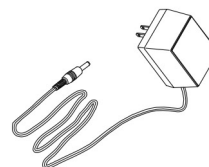
K Left pedal (K1) & Right pedal (K2)



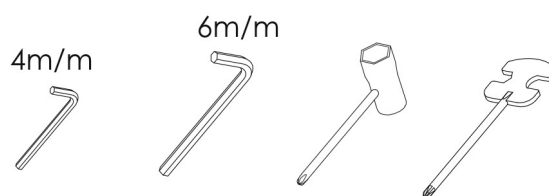
H Saddle



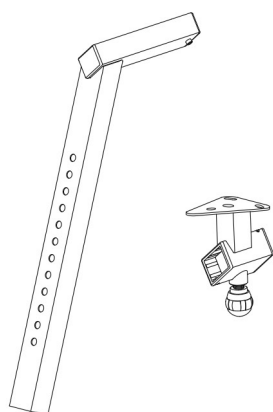
I Adaptor



Tool



F Saddle tube & Saddle basement



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

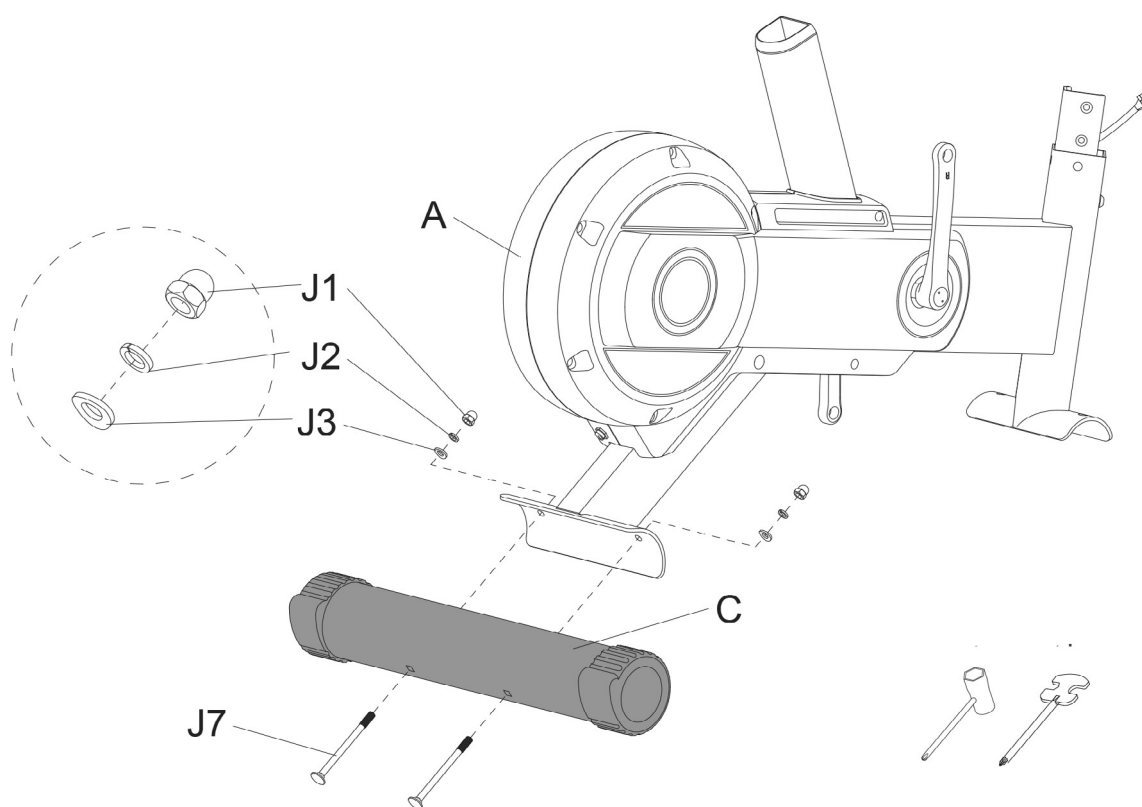
- + First loosely screw all parts together and check that they fit properly. Tighten the screws using the tool only when you are instructed to do so.
- + If you have difficulty recognising the graphics, we recommend that you open and/or download the PDF instructions stored in the webshop on your end device (e.g. smartphone, tablet or PC). There you have the option of zooming in closer. Please note that the Adobe Acrobat Reader programme must be installed on your end device in order to open the file.
- + The assembly can also be found as a video under the following link: <https://www.sport-tiedje.co.uk/cardiostrong-exercise-bike-bx50-cst-bx50-2#product-assembly>. To go directly to the assembly video, you can alternatively scan the QR-code.



Step 1: Mounting the rear stand

Required tools: Socket wrench and Multitool

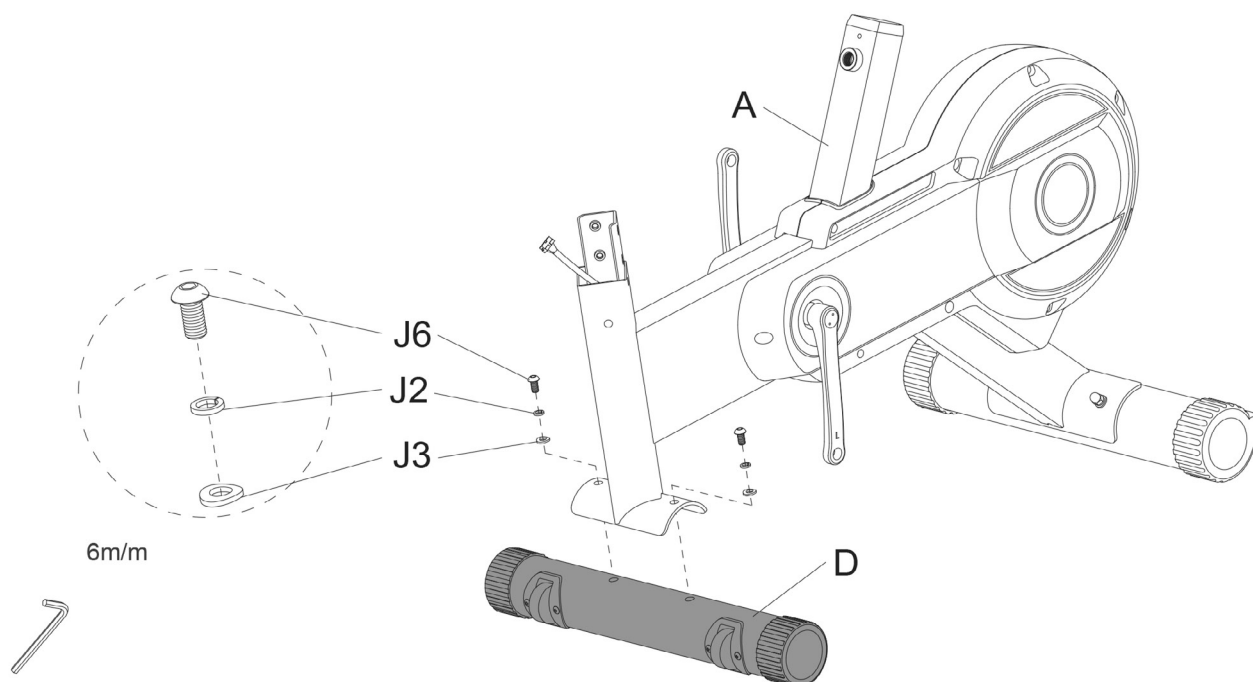
1. Remove the pre-assembled two nuts (**J1**), two spring washers (**J2**) and two washers (**J3**) from the rear stand (**C**).
2. Attach the rear stand (**C**) to the main frame (**A**) with the two nuts (**J1**), two spring washers (**J2**) and two washers (**J3**) previously removed.



Step 2: Mounting the front stand

Required tool: 6 mm Allen key

1. Remove the pre-assembled two screws (**J6**), two spring washers (**J2**) and two washers (**J3**) from the front stand (**D**).
2. Attach the front stand (**D**) to the main frame (**A**) using the two screws (**J6**) previously removed, two spring washers (**J2**) and two washers (**J3**).



Step 3: Mounting the console mast

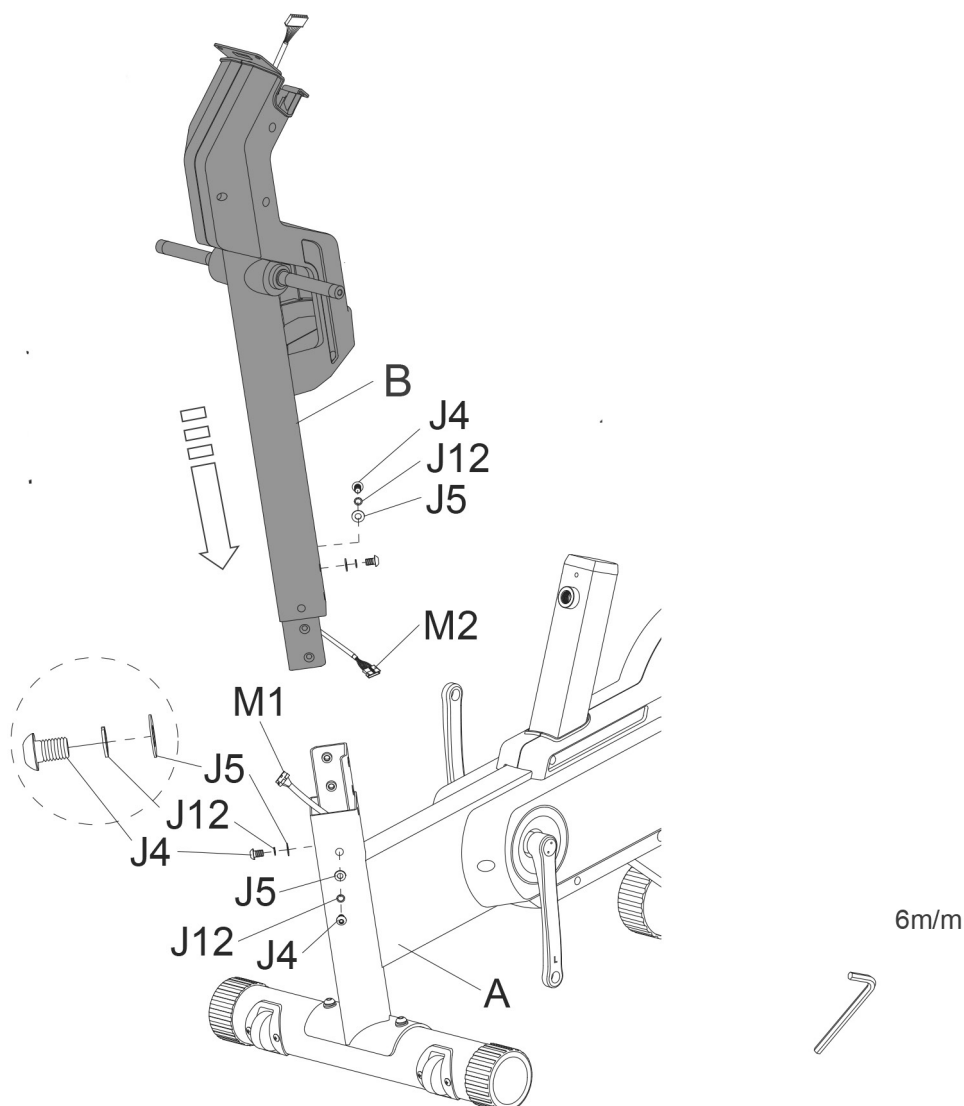
Required tool: 6 mm Allen key

1. Remove the screws (**J4**), spring washers (**J12**) and washers (**J5**) from the main frame (**A**).
2. Connect the sensor cable (**M1**) and the sensor cable (**M2**).

► **ATTENTION**

Be careful not to pinch the cables during the next step.

3. Place the console mast (**B**) on the main frame (**A**).
4. Attach the console mast (**B**) to the main frame (**A**) using the previously removed screws (**J4**), spring washers (**J12**) and washers (**J5**).



Step 4: Mounting the handlebars

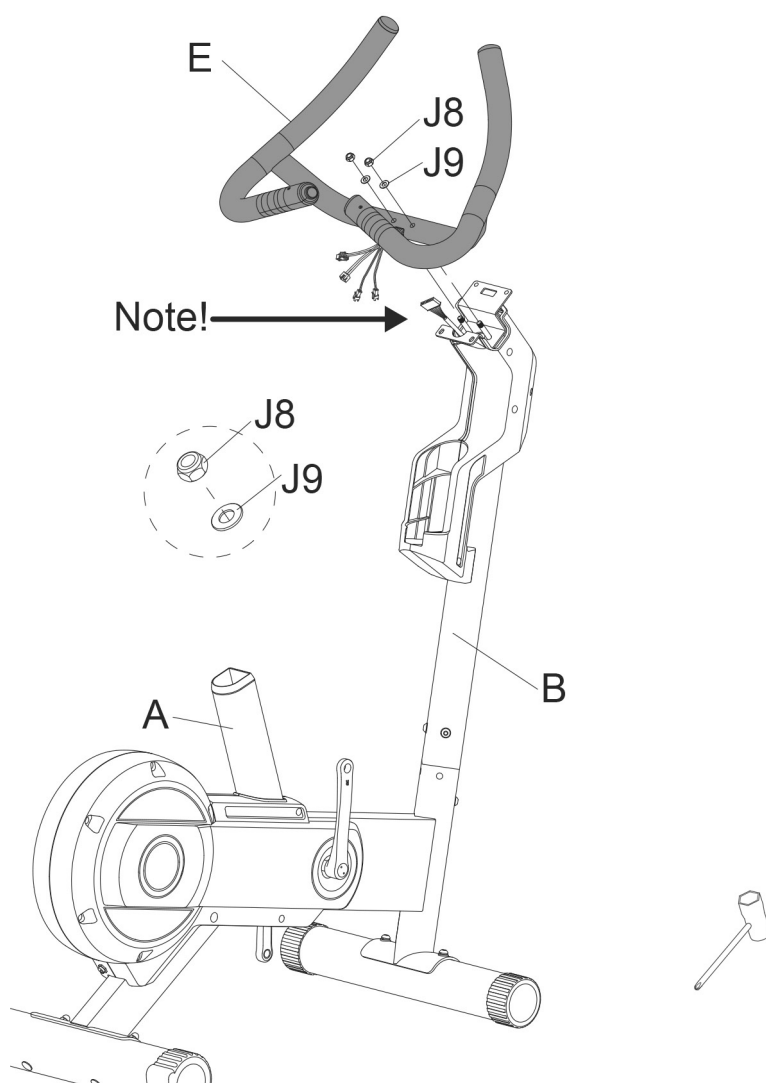
Required tools: Socket wrench

1. Remove the nuts (**J8**) and washers (**J9**) from the console mast (**B**).

► **ATTENTION**

Be careful not to pinch the cable during the next step.

2. Place the handlebar (**E**) on the console mast (**B**).
3. Attach the handlebar (**E**) to the console mast (**B**) using the nuts (**J8**) and washers (**J9**) previously removed.



Step 5: Mounting the console

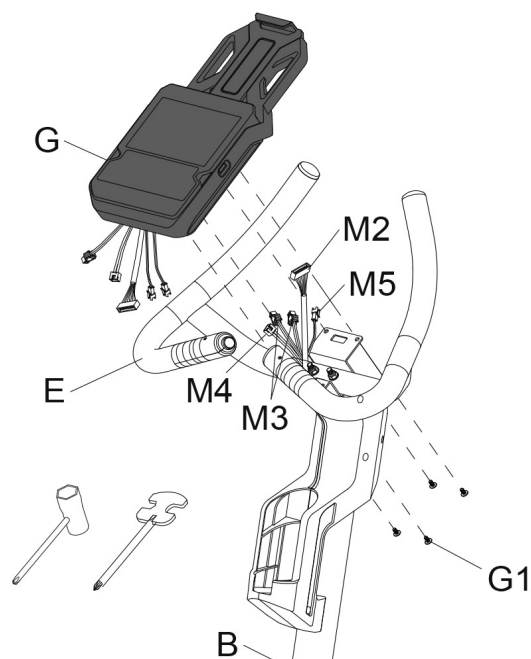
Required tools: Socket wrench and Multitool

1. Remove the screws (**G1**) on the back of the console (**G**).
2. Connect the cables (**M2**, **M4** and **M5**) and the cable (**M3**) to the corresponding slots on the console (**G**).

► **ATTENTION**

Be careful not to pinch the cable during the next step. Slide excess cable into the handlebar mounting hole (**E**).

3. Place the console (**G**) on the console mast (**B**).
4. Attach the console (**G**) to the console mast (**B**) using the screws (**G1**) previously removed.
5. Insert the batteries into the battery compartment. Please refer to the instructions given in section 3.5 of this manual.



Step 6: Assembling the saddle, the seat post and the saddle rail

Required tools: 4 mm Allen wrench and socket wrench

1. Remove the nuts (**H1**) and washers (**H2**) on from underneath the saddle (**H**).
2. Place the saddle (**H**) on the seat basement (**F2**).
3. Attach the saddle (**H**) to the seat basement (**F2**) with the nuts (**H1**) and washers (**H2**) previously removed.
4. Loosen and pull out the knob (**A46**) on the main frame (**A**) a little and slide the seat tube (**F**) into the seat post of the main frame (**A**).
5. As soon as the seat tube (**F**) has reached the desired height, release the knob (**A46**).
6. Retighten the knob (**A46**) firmly.



CAUTION

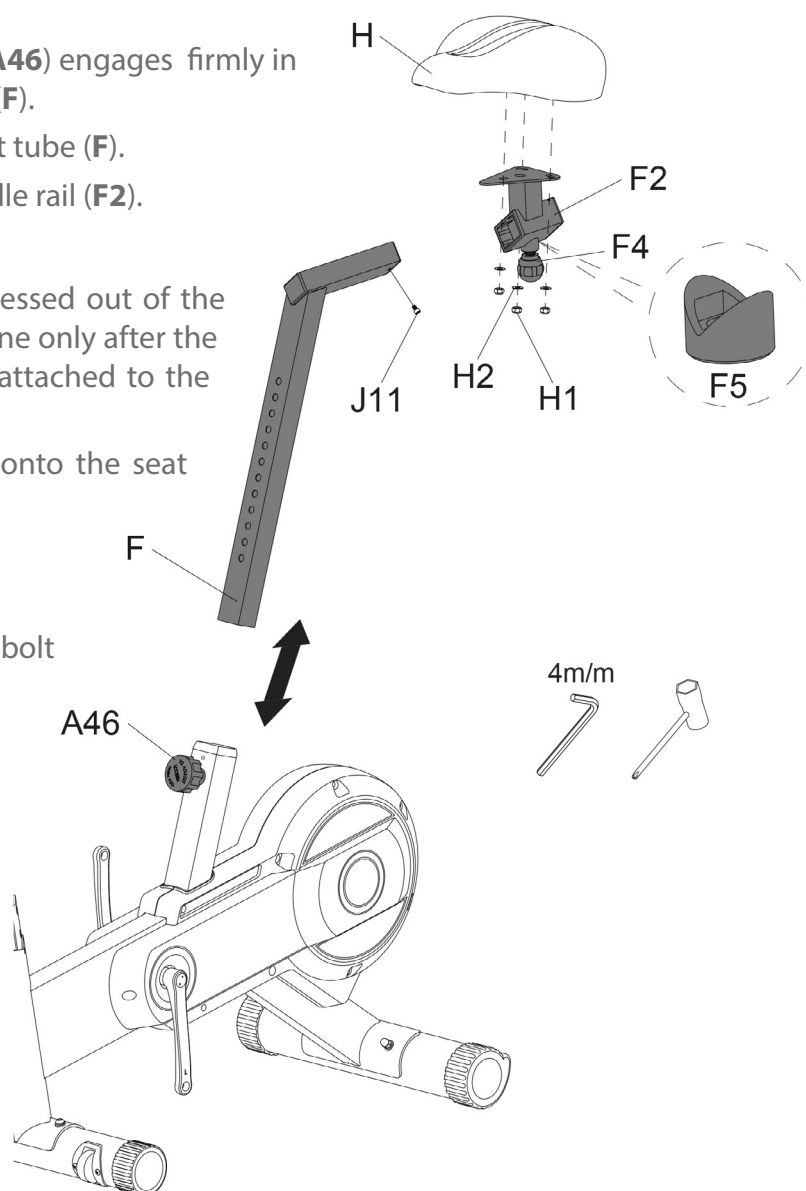
Make sure that the rotary knob (**A46**) engages firmly in one of the holes in the seat tube (**F**).

7. Remove the bolt (**J11**) on the seat tube (**F**).
8. Loosen the knob (**F4**) on the saddle rail (**F2**).

► ATTENTION

In the next step, Styrofoam is pressed out of the saddle rail. Remove the polystyrene only after the saddle basement (**F2**) has been attached to the seat tube (**F**).

9. Slide the saddle basement (**F2**) onto the seat tube holder (**F**).
10. Now remove the polystyrene.
11. Retighten the knob (**F4**).
12. Replace the previously removed bolt (**J11**) on the seat tube (**F**).



Step 7: Mounting the pedals

Required tool: Multitool

NOTICE

The two pedals are marked with an „L“ for left and an „R“ for right.

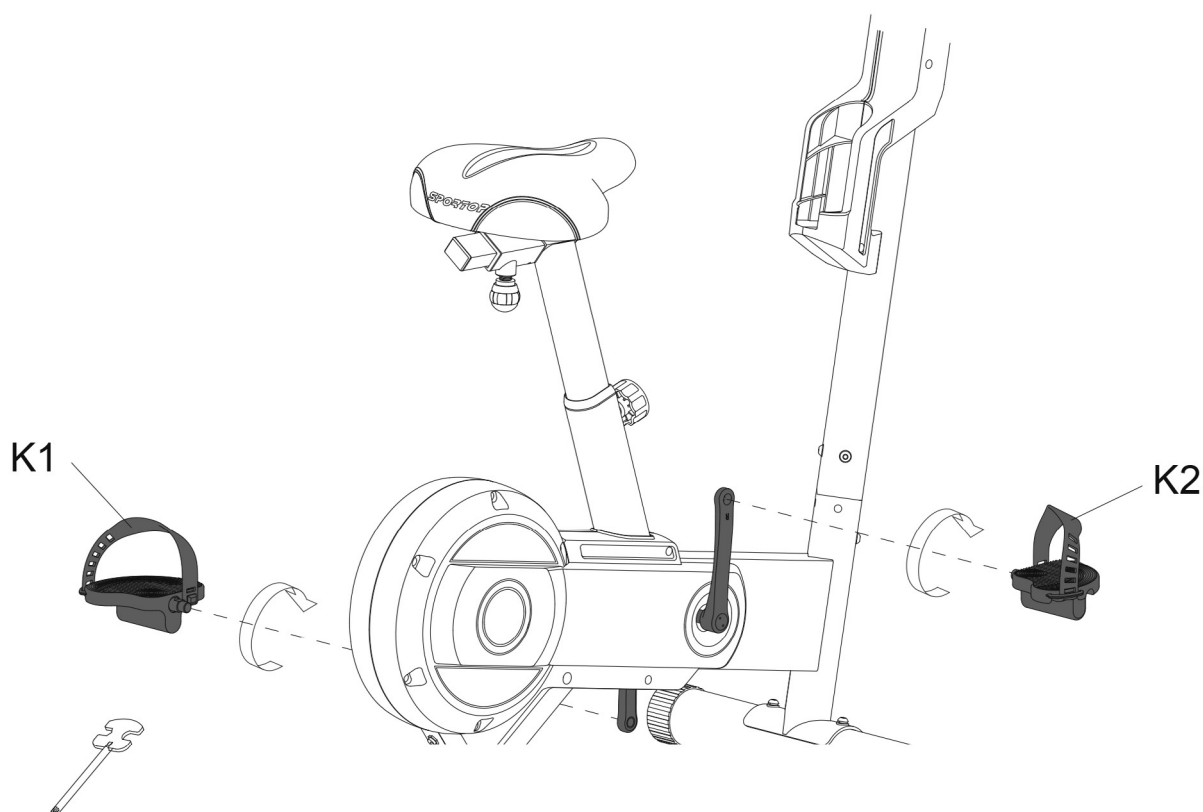
1. Mount the left pedal (**K1**) to the left crank arm of the main frame (**A**) by turning the pedal (**K1**) counterclockwise.
2. Mount the right pedal (**K2**) on the right crank arm of the main frame (**A**) by turning the pedal (**K2**) clockwise.



CAUTION

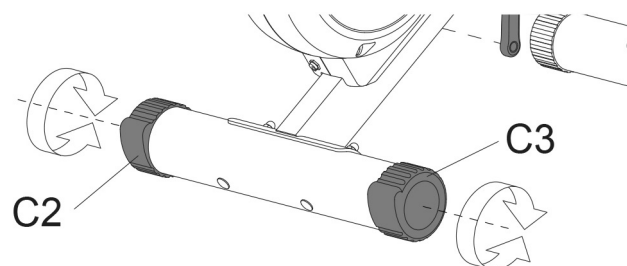
Make sure to screw in the pedals completely.

Now tighten all screws and nuts tightly!



Step 8: Alignment of the feet

To ensure that your unit is level and firmly seated on the floor, adjust the rear stand (C) adjustment caps (C1 and C2) by turning them.

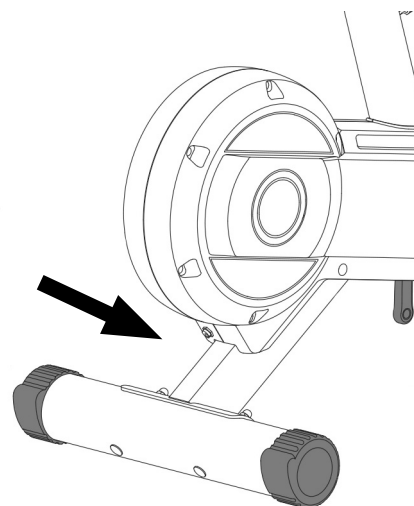


Step 9: Connecting the appliance to the mains supply

► 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.



Correctly Getting On and Off

1. To get on, grip the handles with both hands and first step onto the left pedal with your left foot or onto the right pedal with your right foot and then place your foot onto the other pedal.
2. To get off, grip the handles with both hands and place one foot next to the equipment and then the other foot.

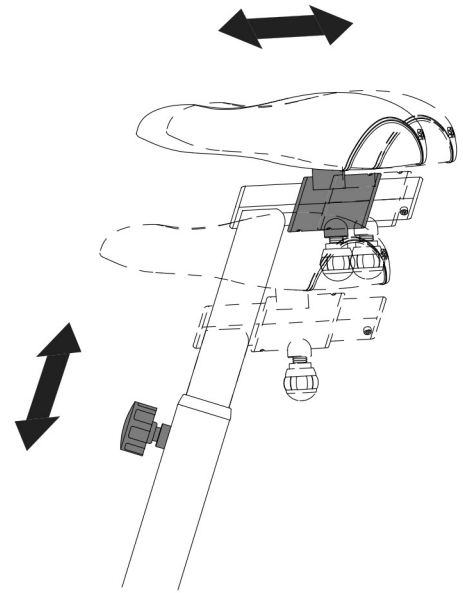
2.4 Instrument Setting

2.4.1 Horizontal Seat Adjustment

To move the saddle (**H**) forwards or backwards, first loosen the knob (**F4**) a little and then pull it out. Move the basement (**F2**) on the seat tube (**F**) to the desired position. Snap the knob back in and tighten.

2.4.2 Vertical Seat Adjustment

To adjust the seat height, first slightly loosen the knob (**A46**) on the seat tube (**F**) of the main frame (**A**). Then pull out the knob (**A46**) a little and move the seat tube (**F**) to the desired height. Then let the knob (**A46**) engage again and turn it tight again.



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.
- + Always start your training with low intensity and increase evenly and gently. End your training with a cool-down phase. If you are unsure, please consult your physician.

3.1 Console Display



Time	The time counts from 00:00 to a maximum of 99:59 in 1-minute increments.
Speed	Displays the current speed. The maximum speed is 99.9 km/h or mph.
RPM (cadence; rotations per minute)	Displays the rotations per minute. Range from 0 to 999 RPM.
Distance	Counts the total distance from 0.0 to 999.9 km or miles in increments of 0.1 kilometres or miles.
Calories (calorie consumption)	Counts the calories consumption from 0 to a maximum of 9999 calories during the training. The unit for reducing or increasing is 10 kcal. (This values serve as rough guides for comparing with different training sessions. However, they cannot be used for medical treatment.)
Pulse (heart rate; beats per minute)	Set a target pulse from 0 – 30 to 230.
Watt/Load (output/ resistance)	Displays the current training wattage. Range from 0 to 999.

3.2 Button Functions

START/STOP	Start or stop the training. Press it in the Standby mode to start Quick Start in the MANUAL programme.
DOWN	Reduce the functional values or the training resistance
UP	Increase the functional values or the training resistance
ENTER	Confirm the settings
RESET	Reset the current setting, the screen returns to the initial training mode in the selection. Hold it pressed for two seconds in the Standby mode to reset all.
RECOVERY	Activate the recovery function.
RECORDED DATA	Press in the Stop mode to check the data.
SAVE/DELETE	<p>SAVE: Press STOP to stop the training. The display asks whether you want to save the data. Press SAVE.</p> <p>DELETE: When you check the saved data, press DELETE. The system asks whether you really want to delete the data. Confirm with ENTER.</p>
PROGRAMM MODE	Quick key to enter program mode function.
HEART RATE CONTROL	Quick key to enter heart rate control function.
WATT CONSTANT	Quick key to enter Watt constant function.

3.3 Turn on the Machine and first Settings

1. Connect the training equipment to the power and press RESET for two seconds.

The LCD screen displays all segments for two seconds and a signal sounds (see fig. 1).

2. Go to the settings of calendar and time (fig. 2 to 5).
3. Set the time and the calendar with the UP/DOWN buttons.
4. Confirm with ENTER.



Fig. 1

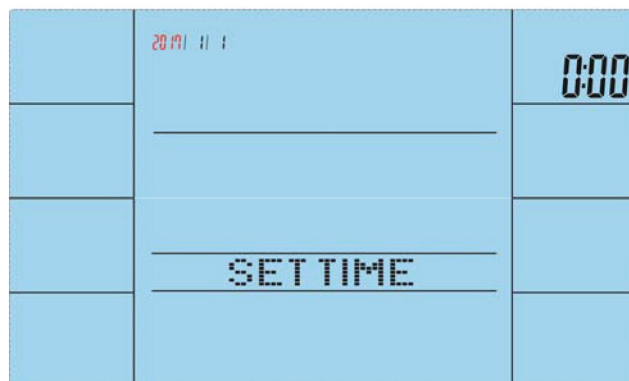


Fig. 2



Fig. 3



Fig. 4



Fig. 5

5. To choose the user (U) form 1 to 4, press the UP/DOWN buttons.
6. Confirm with ENTER (fig. 6).
7. Enter the user data for gender, age, height, and weight (fig. 7 to 10).

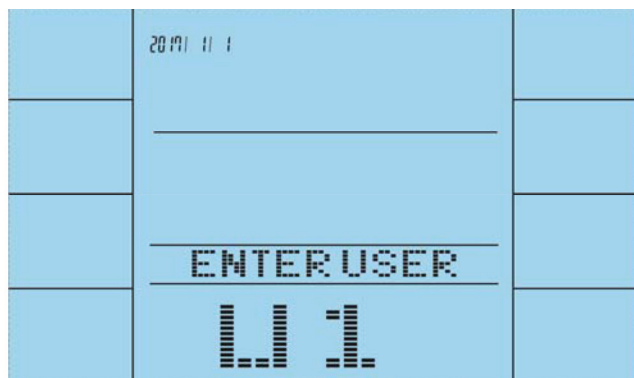


Fig. 6

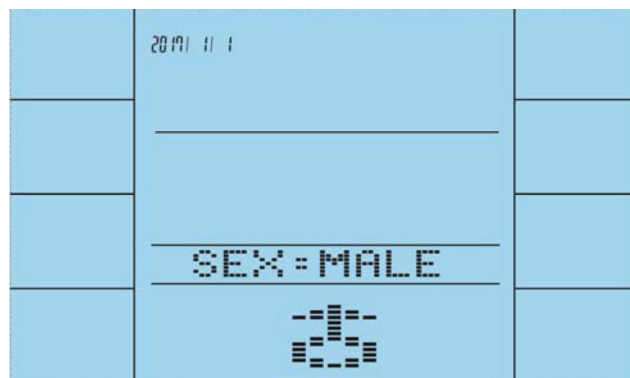


Fig. 7

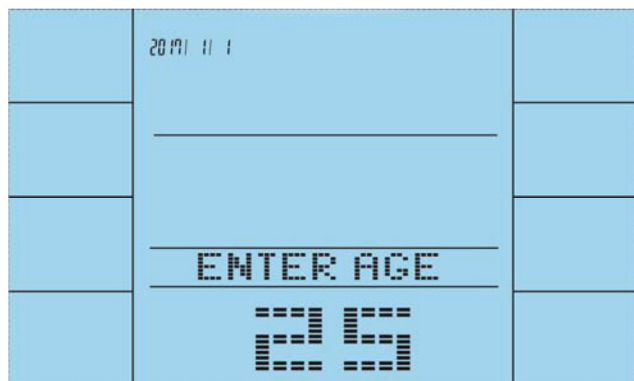


Fig. 8

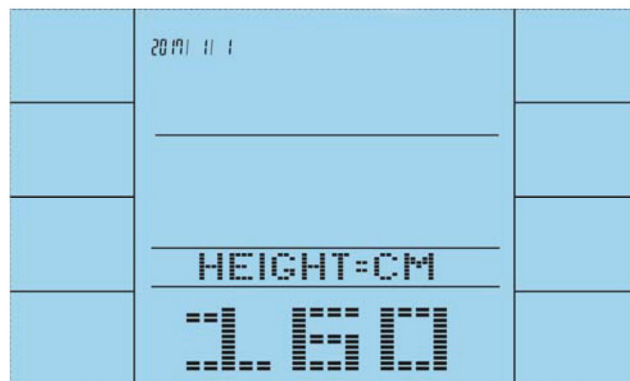


Fig. 9



Fig. 10

3.4 Programmes

The programmes can be chosen as followed:
MANUAL - PROGRAM - USER PROG - WATT - H.R.C. (fig. 11 to 15).

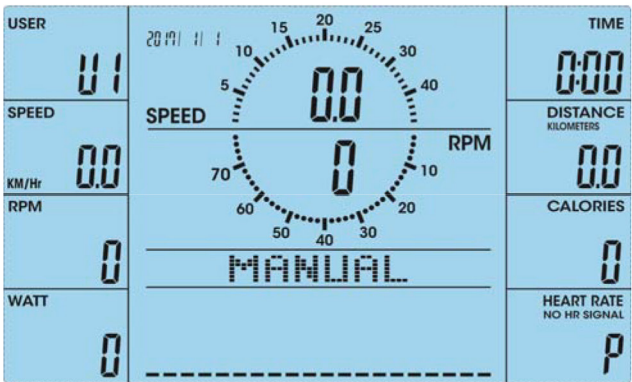


Fig. 11

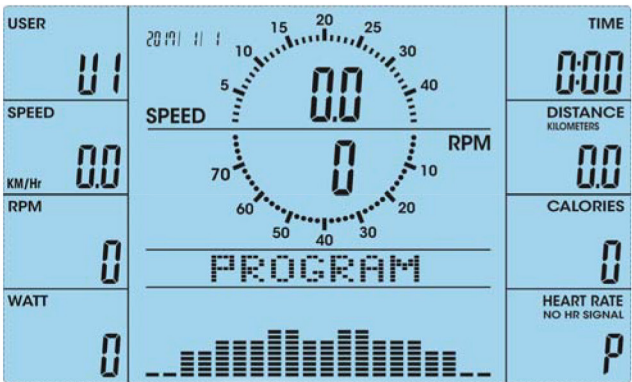


Fig. 12



Fig. 13

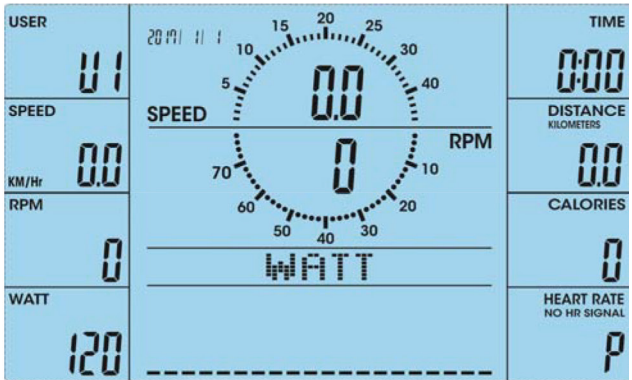


Fig. 14

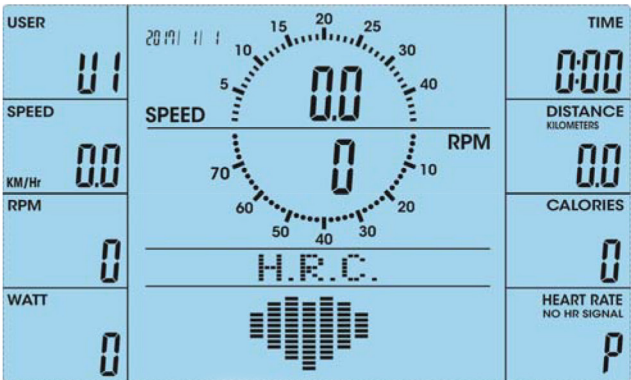


Fig. 15

3.4.1 QUICK START in the Manual Programme

1. Press ENTER in the MANUAL programme (fig. 19).
2. Press START/STOP to start the training (fig. 20). The resistance can be adjusted during the training.
3. Press START/STOP to stop the training.

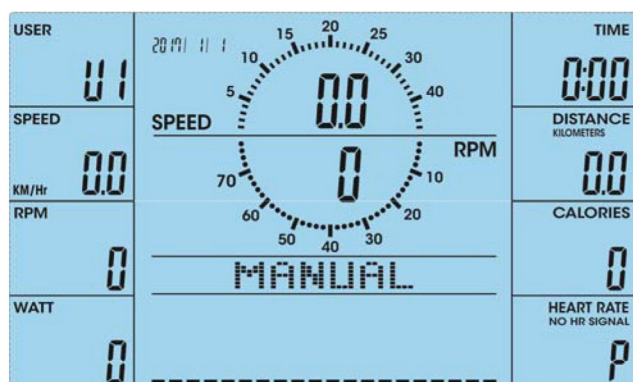


Fig. 16

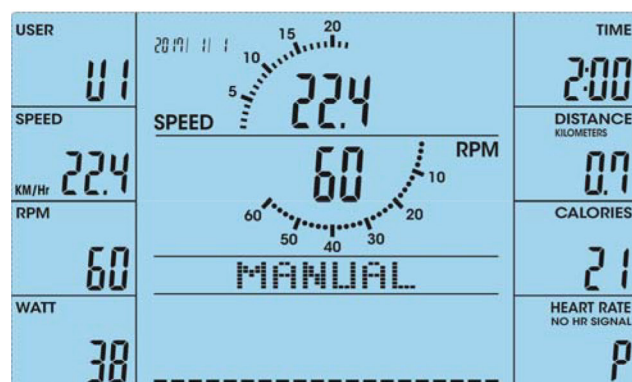


Fig. 17

3.4.2 Manual Mode

4. Choose the MANUAL mode and confirm with ENTER (fig. 16).
5. Increase or reduce the intensity level (from 1 to 6) with the UP/DOWN buttons.
6. Confirm with ENTER.
7. Target values for TIME/DISTANCE/CALORIES/PULSE can be pre-set.
8. To start the training, press START/STOP (fig. 17).
9. To return to the MANUAL mode, press RESET.
10. The resistance can be adjusted during the training.

3.4.3 Profile Programmes

1. After entering the PROGRAM mode (fig. 18) you can choose one of the 12 hill programs with the UP/DOWN buttons (fig. 19 to 30). Confirm with ENTER.

NOTICE

The TIME can be pre-set.

2. Press START/STOP to start the training (fig. 31).

After the training starts, the time is counted down. When the time reaches zero, the screen lights up and a signal sounds.

3. To stop the signal, press any button.

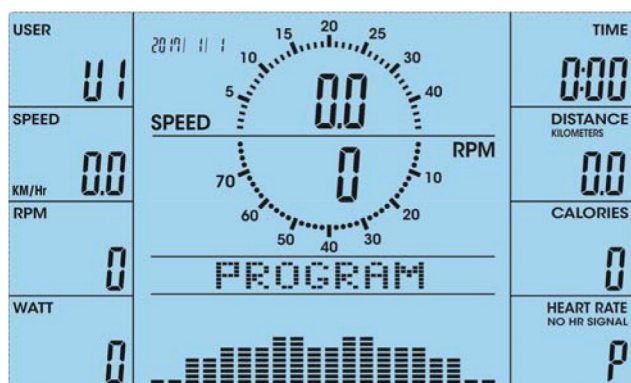


Fig. 18

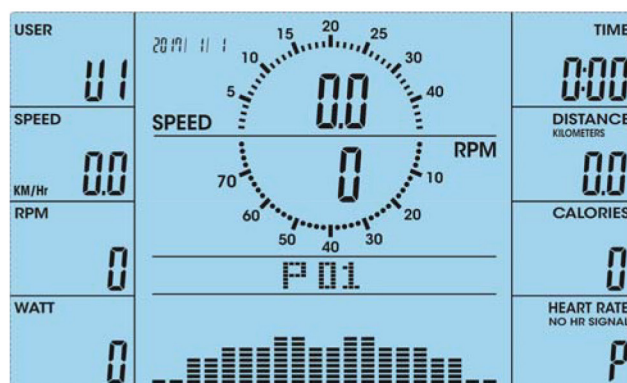


Fig. 19

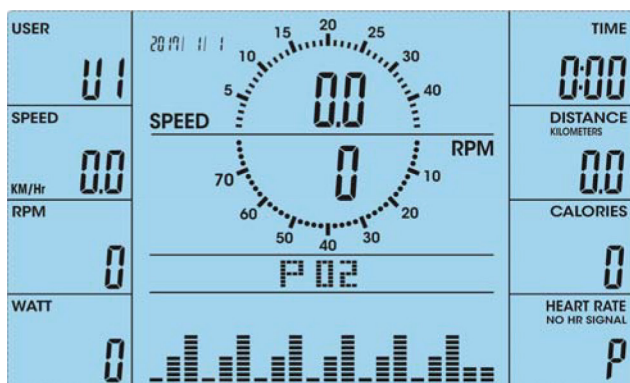


Fig. 20

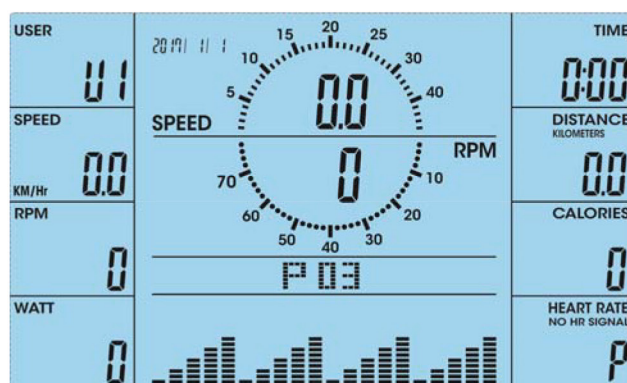


Fig. 21

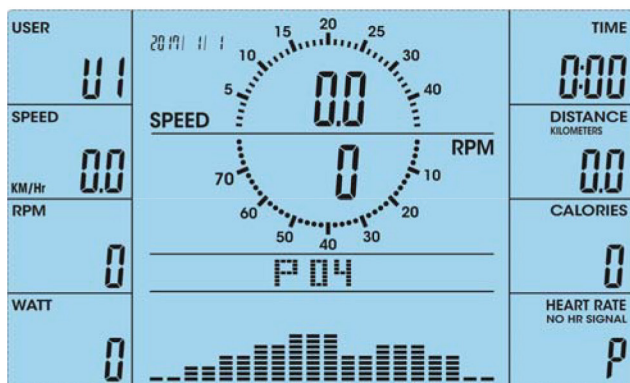


Fig. 22

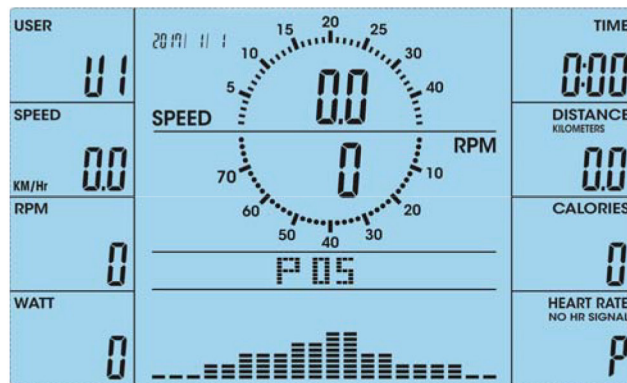


Fig. 23

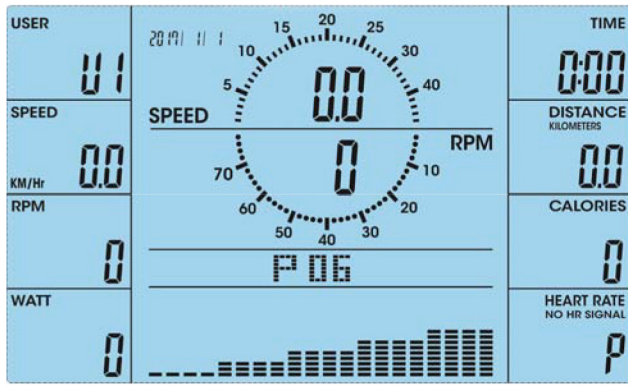


Fig. 24

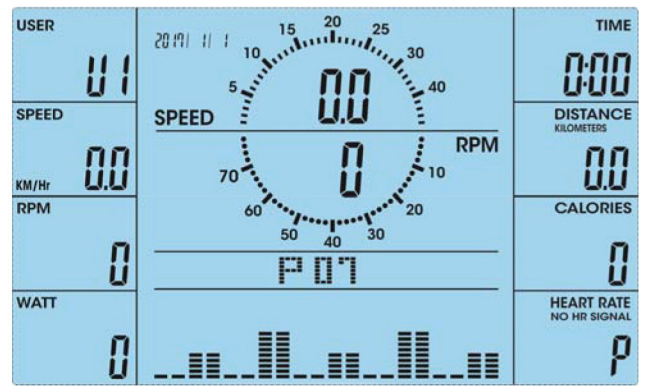


Fig. 25

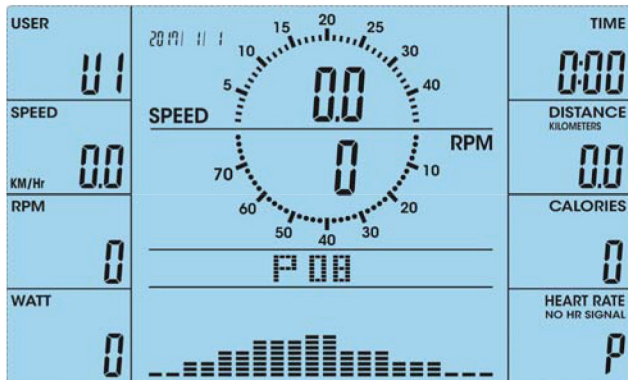


Fig. 26

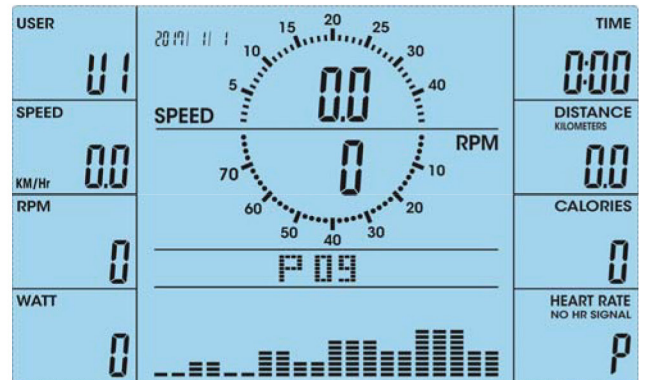


Fig. 27

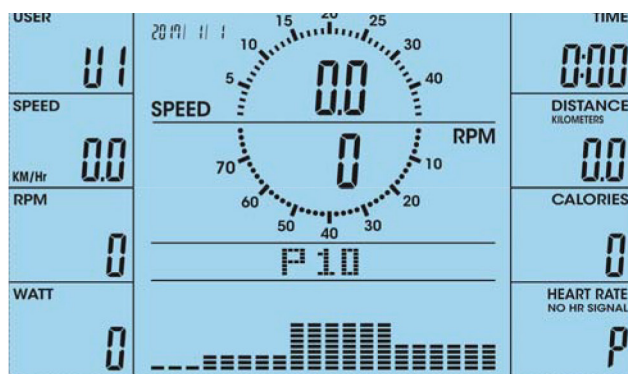


Fig. 28

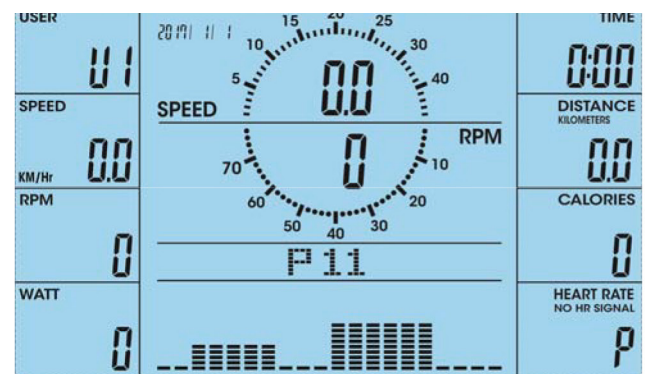


Fig. 29

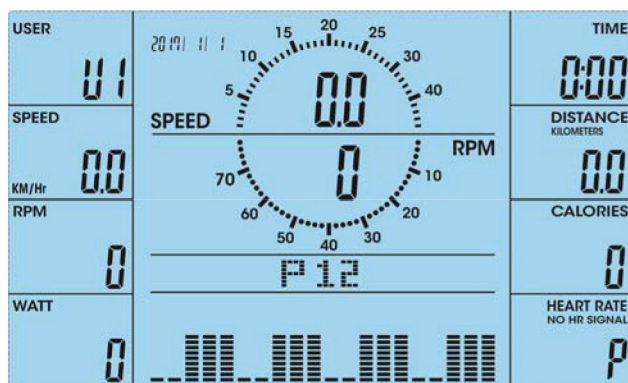


Fig. 30

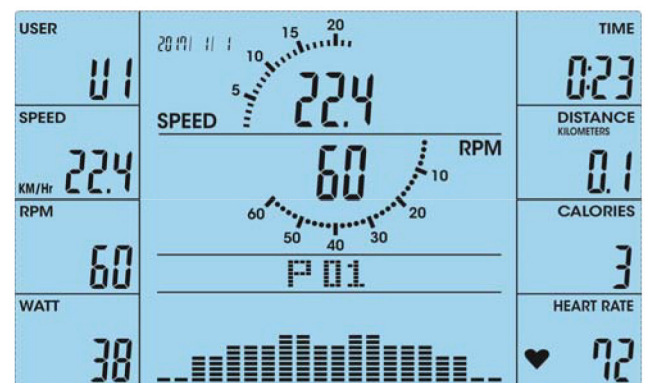


Fig. 31

3.4.4 User-Defined Programmes

1. Enter the USER PROG (PROGRAM mode, fig. 32).

When you entered the USER PROG (PROGRAM mode, fig. 32) the first section blinks (fig. 33).

2. You can increase or reduce the intensity level (from 1 to 6) with the UP/DOWN buttons for all the 20 sections.
3. If you set the intensity level for all sections, press and hold ENTER for two seconds.

The profile program will now be saved and you can continue by entering the training time.

4. You can enter target values for TIME, DISTANCE, CALORIES and PULSE.

The training will automatically be ended when the target value is reached.

5. To skip the target entering and immediately start with the training, press START/STOP (fig. 43).
6. To return to the settings in the MANUAL mode, press RESET.

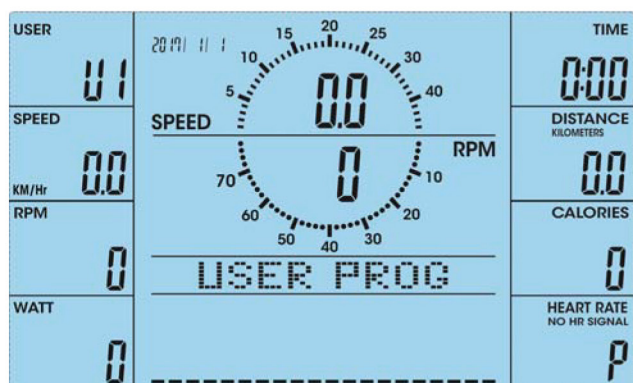


Fig. 32



Fig. 33

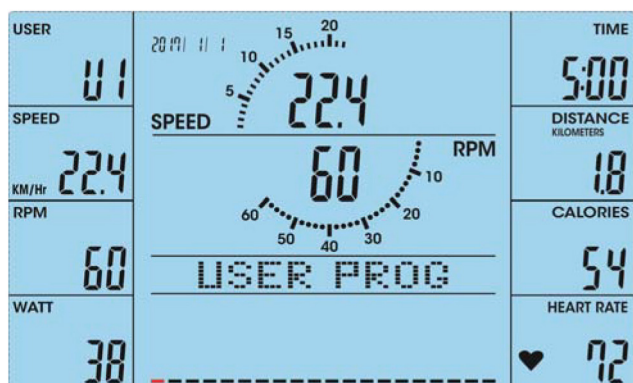


Fig. 34

3.4.5 Watt-Controlled Programme

1. Enter the watt-controlled program (WATT mode).

When you entered the watt-controlled program (WATT mode), the pre-set value of 120 Watt blinks. You can set the value between 10 and 350 Watt with the UP/DOWN buttons.

2. To set the target values, press ENTER.
3. To immediately start the training, press START.
4. You can enter target values for TIME, DISTANCE and CALORIES.

The training will automatically be ended when the target value is reached.

5. To skip the target entering and immediately start with the training, press START/STOP.

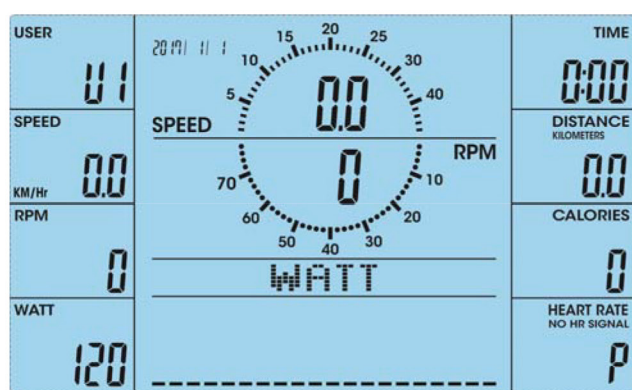


Fig. 35 --

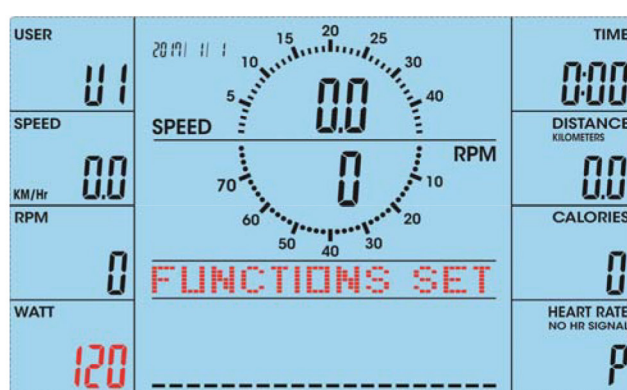


Fig. 36

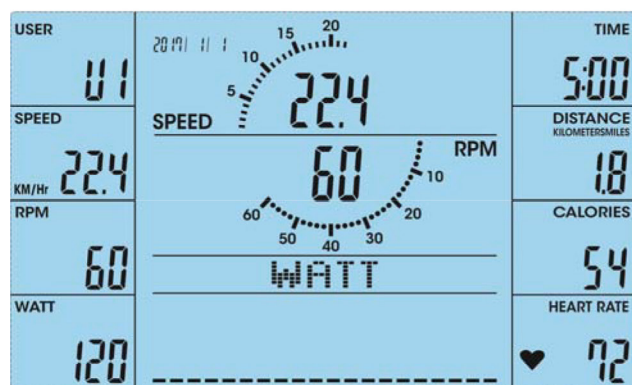


Fig. 37

3.4.6 Heart Rate Control

⚠ 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. In the H.R.C. mode (fig. 38), the screen displays 55%, 75%, 90%, and TARGET (fig. 32 to 35). Choose the preferred heart rate with the UP/DOWN buttons.

① NOTICE

The time can be pre-set.

- To start the training, press START/STOP.

After the training starts, the time is counted down. When zero is reached, the screen lights up and a signal sounds.

- To stop the signal, press any button.

① NOTICE

When there is no pulse for six seconds, the LCD screen displays PULSE INPUT as reminder until a pulse is set (fig. 43).

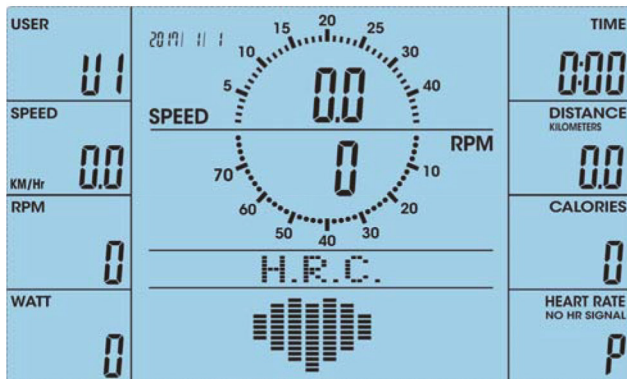


Fig. 38

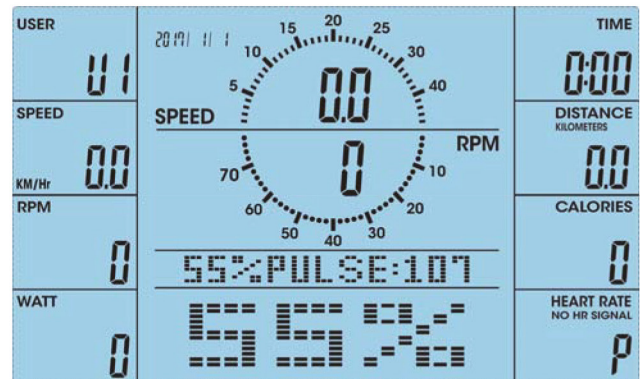


Fig. 39

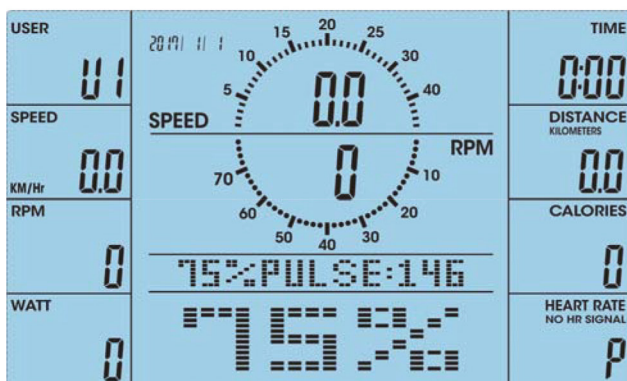


Fig. 40

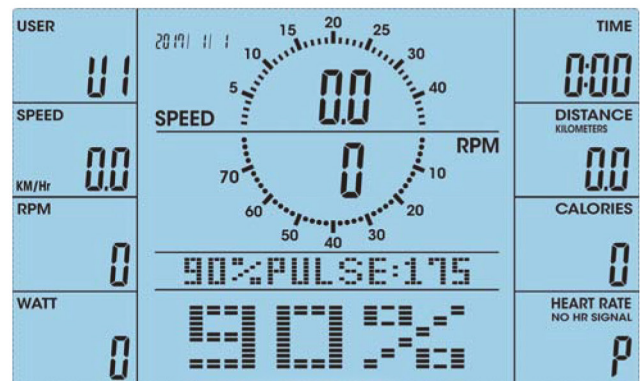


Fig. 41

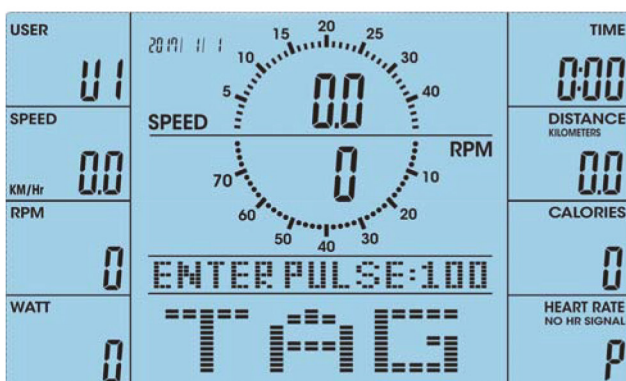


Fig. 42

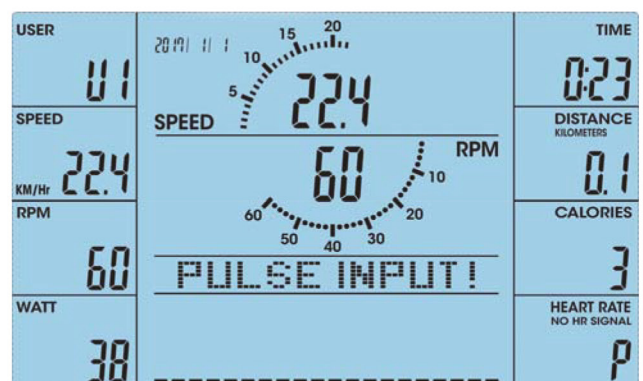


Fig. 43

3.4.7 Recovery

1. Press RECOVERY after the pure training time and grasp both handles.

All function displays stop except for TIME. It counts down from 00:60 to 00:00 (fig. 44).

① NOTICE

When the console detects a pulse signal, the LCD screen displays RECOVERY SCANNING. When the console does not detect a pulse signal, the LCD screen reminds of it by displaying PULSE INPUT! The screen displays your recovery pulse status with F1 to F6 (fig. 45). F1 stands for the best value, F6 for the worst. Continue training to improve your recovery pulse.

2. Press RECOVERY again to return to the main display.

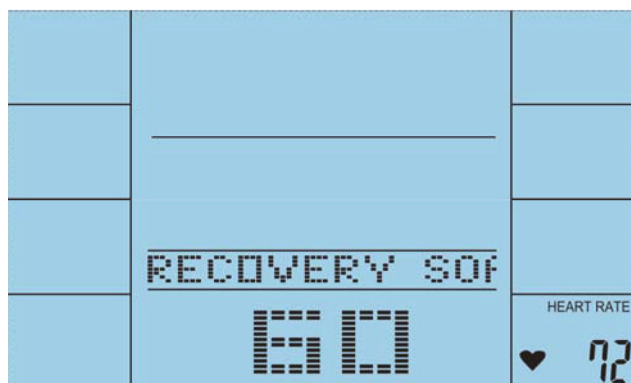


Fig. 44

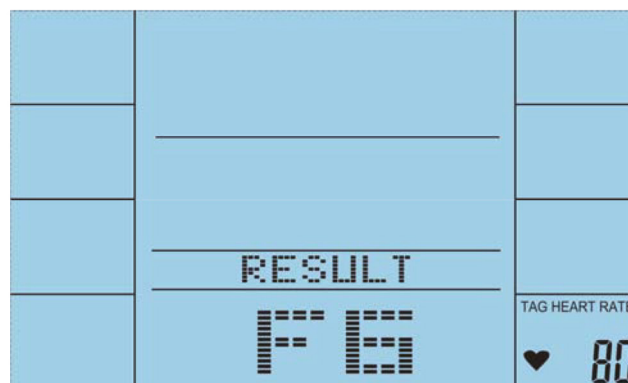


Fig. 45

3.4.8 Save Data

1. When you want to check the data, press the mode selection in the main programme and press RECORDED DATA. Then press UP/DOWN to see the previously saved data (fig. 57).
2. Choose the date and press SAVE.DELETE. Confirm the deletion of the saving with ENTER (fig. 58).
3. Delete all data: Press SAVE.DELETE for six seconds in the calendar setting or in the RECORDED DATA control. DELETE ALL! is displayed (fig. 59). Confirm with ENTER.

→ *All data are deleted (fig. 60).*

① NOTICE

The computer reboots after 15 seconds and returns to the calendar default 20170101.

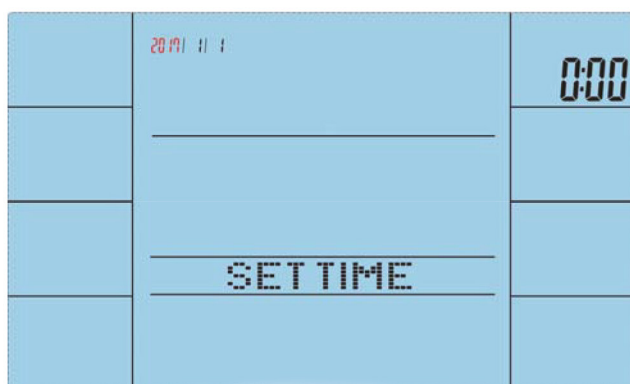


Fig. 46

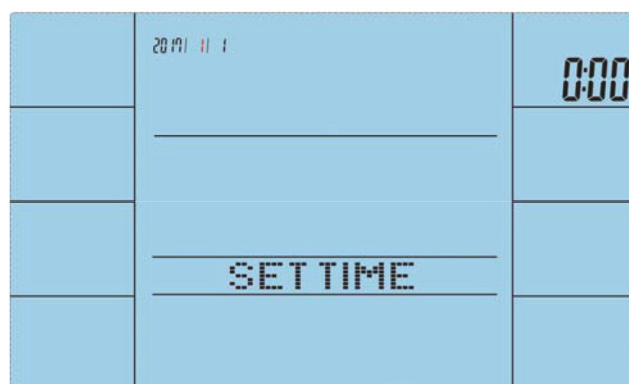


Fig. 47

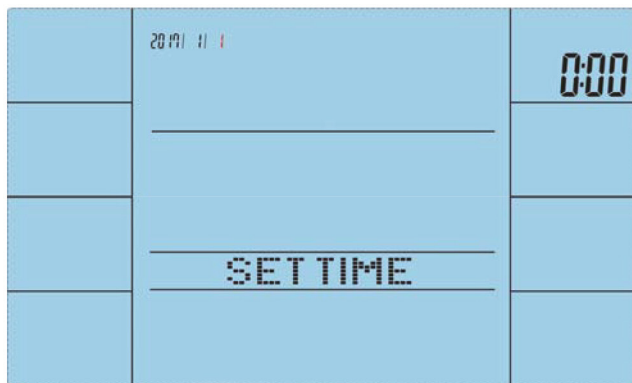


Fig. 48

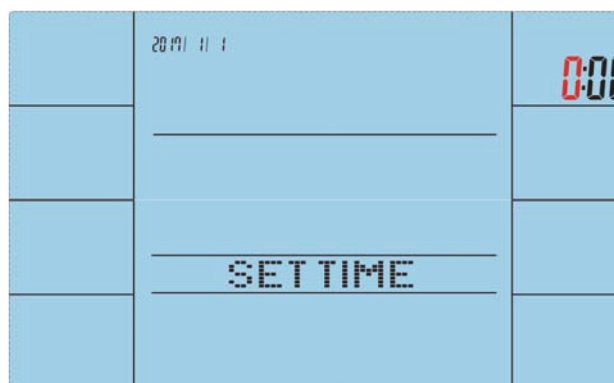


Fig. 49

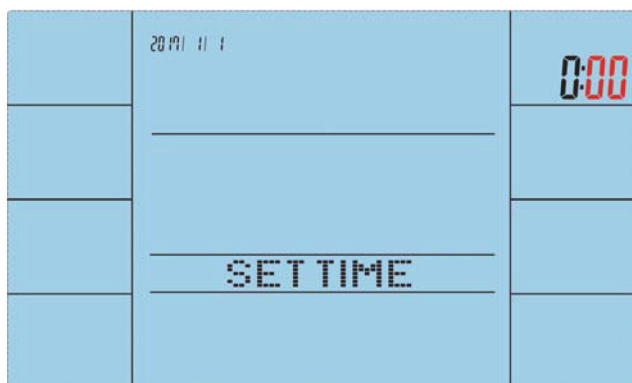


Fig. 50

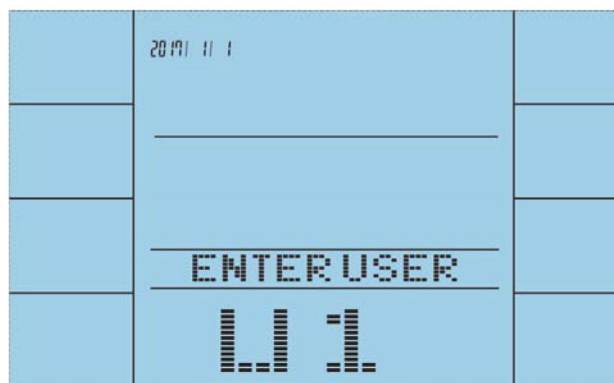


Fig. 51

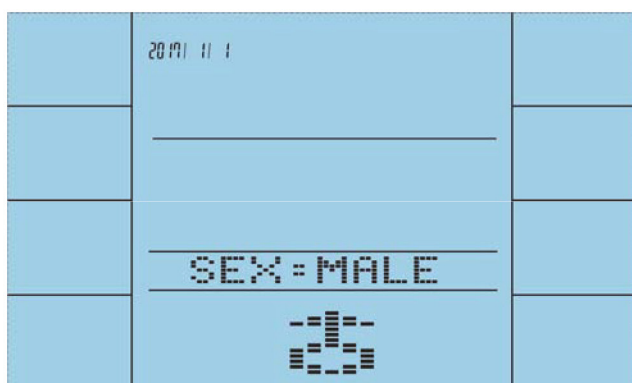


Fig. 52

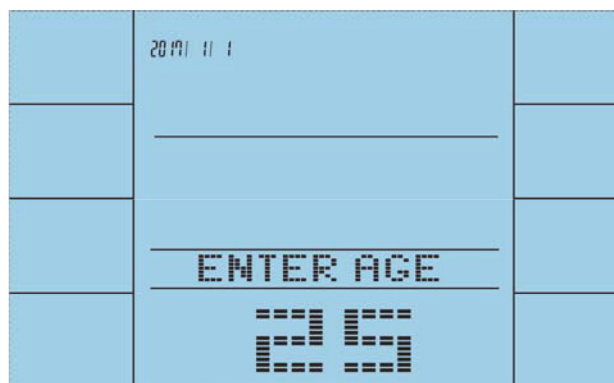


Fig. 53

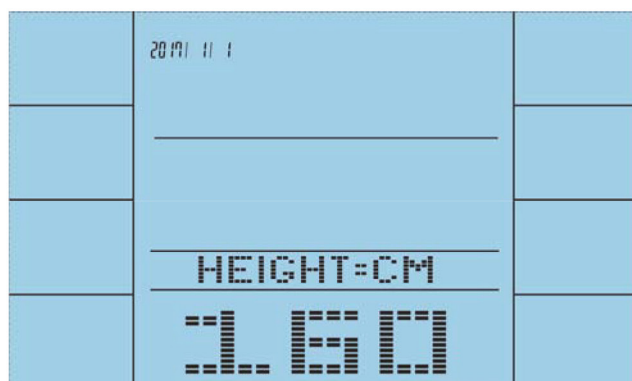


Fig. 54

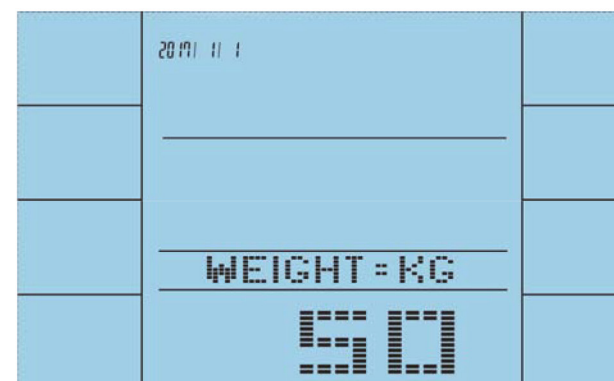


Fig. 55

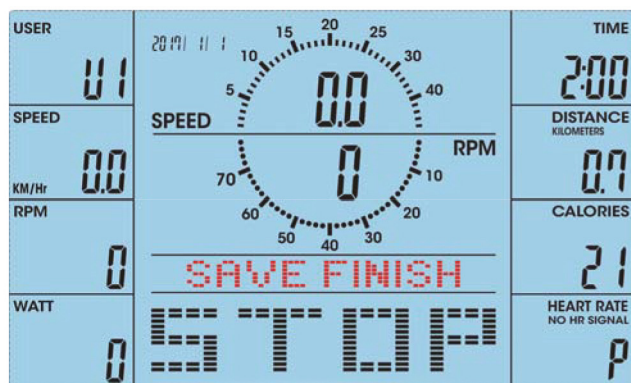


Fig. 56

3.4.9 Check or Delete Saved Data

1. When you want to check the data, press the mode selection in the main programme and press RECORDED DATA. Then press UP/DOWN to see the previously saved data (fig. 57).
2. Choose the data and press SAVE/DELETE. Confirm the deletion of the data with ENTER (fig. 58).
3. Delete all data: Press SAVE/DELETE for six seconds in the calendar setting or in the RECORDED DATA control. DELETE ALL! is displayed (fig. 59). Confirm with ENTER.

→ All data are deleted (fig. 60).

① NOTICE

The computer reboots after 15 seconds and returns to the calendar default 20170101.

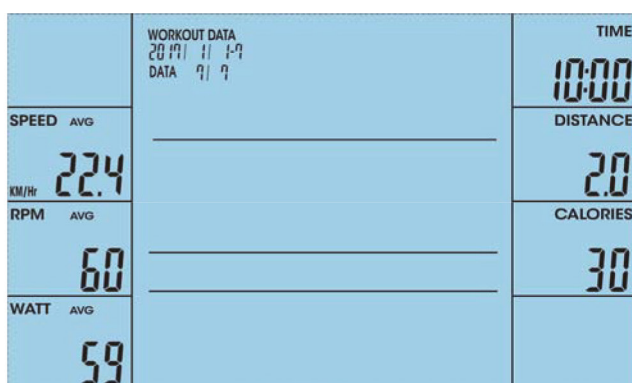


Fig. 57

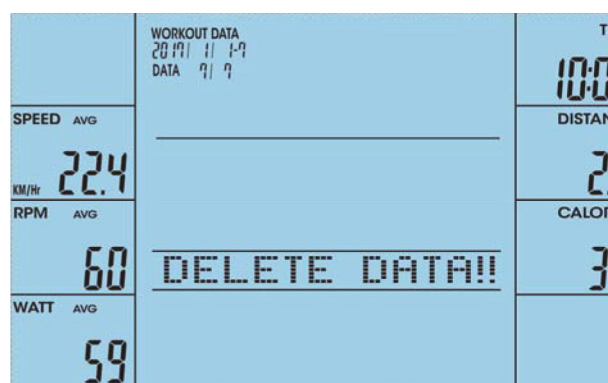


Fig. 58

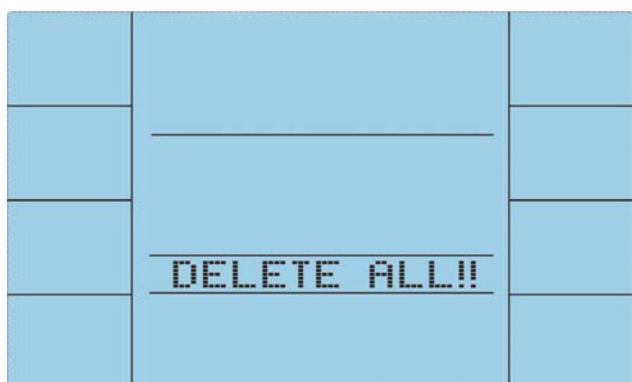


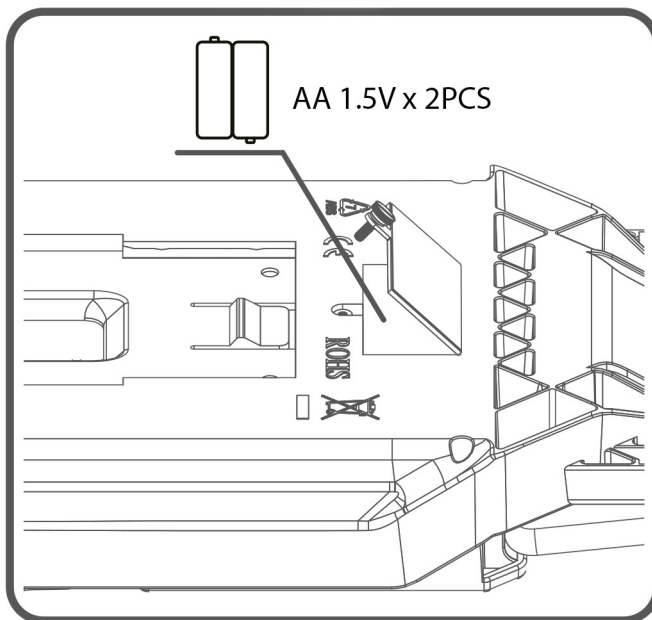
Fig. 59



Fig. 60

3.5 Battery Compartment

The battery runs the calendar. If you want to set the calendar, remove the battery and restart the console (fig. 61).



1. Loosen the screw at the battery compartment.
2. Remove the battery compartment coverage.
3. Insert the battery and close the battery compartment by tighten up the screw again.

NOTICE

- + If you interrupt the treading for more than four minutes, the computer enters the sleep mode. All entries and training values remain stored till you resume the training.
- + If the computer is not working, please pull the plug and plug it in again.

4.1 General Instructions

When training, it is important to perform the exercises correctly in order to avoid injuries and achieve the desired training effect. Make sure you use the correct technique and train at an appropriate intensity level. Always consult an expert such as a trainer or doctor if you are unsure or have health problems. Always start your training with a low load and increase it evenly and gently.

End your training with a cool-down phase. If you have any questions or uncertainties, contact your doctor.

4.1.1 Training clothes

During training, wear appropriate sports clothing that is comfortable and breathable. Avoid clothing that restricts you or is uncomfortable. Make sure that your shoes are suitable and offer you sufficient support. In addition, always carry a towel with you to wipe away sweat and keep the equipment clean.

4.1.2 Warming up and stretching

It is important to warm up and stretch properly before training to avoid injury and improve performance. Stretching helps to loosen muscles and improve flexibility. Be sure to incorporate a short stretching routine before each workout.

Warm-up exercise:

1. Stand upright with your feet about shoulder-width apart.
2. Start with gentle arm circles by slowly moving your arms forwards in small circles in a controlled manner.
3. Perform arm circles backwards to loosen your shoulders and arms.
4. Do squats by slowly squatting down and then straightening up again. Make sure that your knees do not extend beyond your toes.



CAUTION

Do not exercise with sore muscles or take it easy on the affected muscles, as this can lead to injuries.



4.1.3 Medication

If you regularly take medication and want to exercise, it is important to be aware of possible side effects. Ask your doctor whether your medication affects your workout.

4.1.4 Used muscle groups

Rowing uses the following muscle groups:

- + Gluteal muscle
- + Leg muscles

Make sure you keep your back straight during training. Do not hunch over and do not arch your back.

4.1.5 Exercise frequency

Regular exercise is crucial to making progress and staying healthy in the long term. Continuous exercise can strengthen muscles, improve endurance and enhance overall well-being. Remember that even small workouts can be done regularly to achieve long-term results.

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.

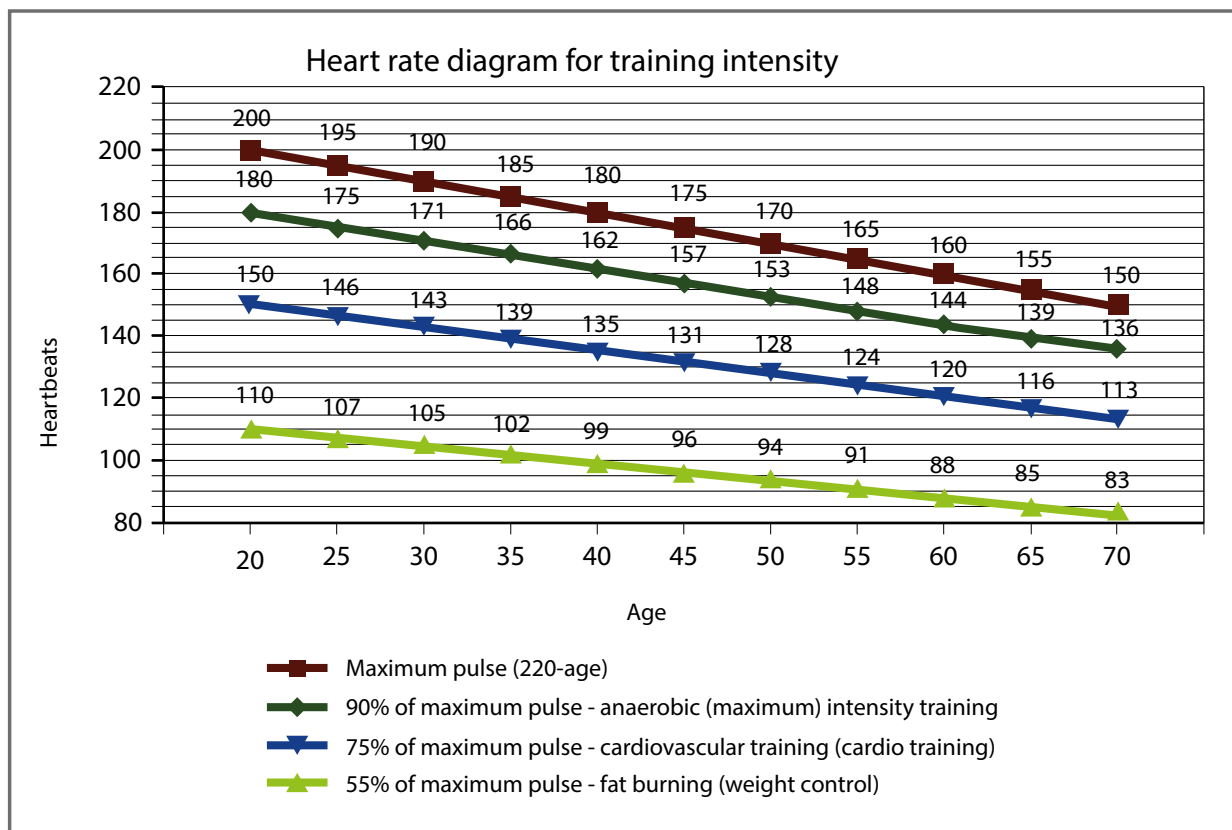
Cardiovascular training (cardio training): The primary goal is to increase stamina and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training period 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, 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. = $(220 - \text{age}) \times 0.9$.



4.2 Workout journal

[illegible]

Date _____



Distance



Time (min.)



Resistance level



Training weight



Ø Pulse



Calories burnt



I feel ...



Body weight

5.1 General Instructions

⚠ 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.

► ATTENTION

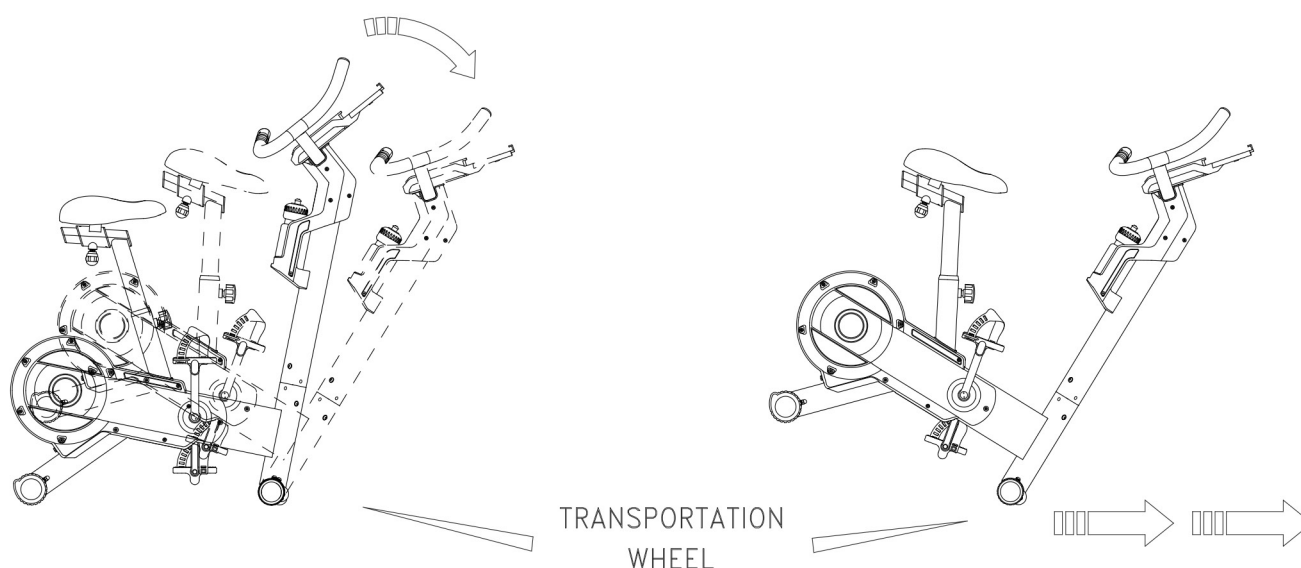
- + Make sure that the equipment is protected from moisture, dust and dirt in the selected storage location. The storage location should be dry and well ventilated and have a constant ambient temperature between 10°C and 35°C.

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



6.1 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.

6.2 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"> + Sources of interference in the room + unsuitable chest strap + Wrong position of chest strap + Chest strap defective or battery empty + Pulse display defective 	<ul style="list-style-type: none"> + Eliminate sources of interference (e.g. mobile phone, WLAN, lawn mower and vacuum cleaner robot, etc. ...) + Use a suitable chest strap (see „RECOMMENDED ACCESSORIES“) + Reposition chest strap and/or moisten electrodes + Changing batteries + Check if pulse display by hand pulse possible

6.3 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 the contract partner for technical support.

6.4 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		

By scanning the QR-code with the camera function or QR-code scanner app of your smartphone/tablet, a video on general maintenance of an exercise bike opens on YouTube. The video serves to illustrate the maintenance points described in this manual.

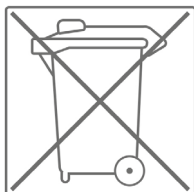
Please note that the video may not be available in your language or with appropriate subtitles.

If you cannot scan QR-codes, you can access all Fitshop videos on YouTube by first opening YouTube and entering "Fitshop" in the search field.



7 DISPOSAL

At the end of its operational life, this equipment cannot be disposed of in normal household waste. Instead, it must be disposed of via an electricals recycling centre. Further information can be obtained from your local authority's recycling service.



The materials can be recycled as per their symbols. Through the reuse, recycling of materials or other forms of recovery of old equipment, you make an important contribution to the protection of the environment.

8 RECOMMENDED ACCESSORIES

To make your training experience even more efficient and pleasant, we recommend that you add suiting accessories to your fitness equipment. For exercise bikes this could for example be a **floor mat**, which makes your fitness equipment stand more securely and also protects the floor from sweat or **silicone spray** to keep moving parts in good shape. For many exercise bikes it is possible to replace the **saddle** or **pedals**, as these are usually the same mounts used on bicycles.

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.



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!



saddle cover



chest strap



chest strap contact gel



floor mat



saddle



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:

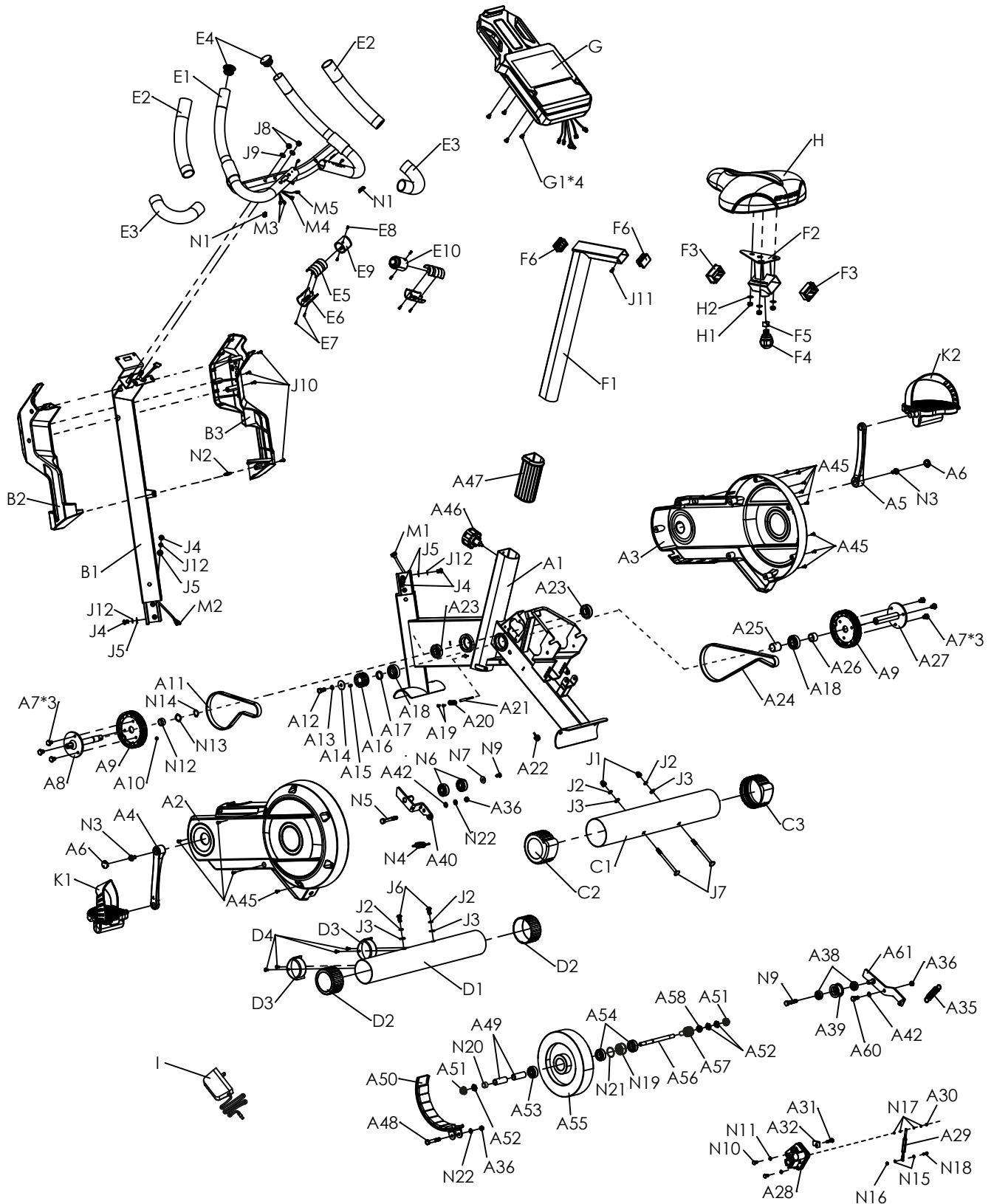
Article Number:

8.2 Parts List

No.	Name	Qty.	No.	Name	Qty.
A1	MAIN FRAME	1	A32	FIX PLATE	1
A2	CHAIN COVER-L	1	A35	SPRING	1
A3	CHAIN COVER-R	1	A36	NUT M8	3
A4	CRANK-L	1	A38	BEARING 6000	2
A5	CRANK-R	1	A39	IDLER WHEEL	1
A6	END CAP	2	A40	IDLER WHEEL FRAME	1
A7	SCREW M8x12	3	A42	WASHER M8	4
A8	AXLE	1	A45	SCREW M4x13	12
A9	BELT WHEEL Φ 115mm	2	A46	KNOB	1
A10	MAGNET	1	A47	PLASTIC INSERT	1
A11	BELT 220 7PJ	1	A48	SCREW M8x50	1
A12	SCREW M8x20	1	A49	BUSH Φ 10* Φ 15.8*9mm (PA66)	1
A13	SPRING WASHER M8	1	A50	MAGNETIC HOUSING	1
A14	WASHER M8	1	A51	NUT	2
A15	PARALLEL KEY	1	A52	NUT	3
A16	SMALL BELT WHEEL	1	A53	BEARING 6300	1
A17	SPACER	1	A54	BEARING 6003	2
A18	BEARING 6004	2	A55	FLY WHEEL	1
A19	SCREW M4x11.5	2	A56	AXLE	1
A20	SENSOR WIRE HOUSING	1	A57	PULLEY Φ 38	1
A21	SENSOR WIRE	1	A58	BEARING 6000	1
A22	DC JACK	1	A59	SCREW M8x40	1
A23	BEARING 6203	2	A60	SCREW M8x20	1
A24	BELT 310J	1	A61	IDLER WHEEL FRAME	1
A25	BUSH	1	B1	CENTRAL SUPPORTING TUBE	1
A26	BUSH	1	B2	BOTTLE HOLDER COVER-L	1
A27	AXLE	1	B3	BOTTLE HOLDER COVER-R	1
A28	MOTOR	1	C1	REAR STABILIZER	1
A29	BOLT	1	C2	END CAP-L	1
A30	NUT M3	1	C3	END CAP-R	1
A31	SCREW M5x25	1	D1	FRONT STABILIZER	1

D2	END CAP	2	J9	WASHER M8	2
D3	TRANSPORTATION WHEEL	2	J10	SCREW M4x16	4
D4	SCREW M5x12	4	J11	SCREW M5x8	1
E1	HANDLE BAR TUBE	1	J12	SPRING WASHER	4
E2	SPONGE HDR	2	K1	PEDAL-L	1
E3	SPONGE HDR	2	K2	PEDAL-R	1
E4	END CAP	2	M1	SENSOR WIRE 650mm	1
E5	UPPER HANDLE PULSE HOUSING	2	M2	SENSOR WIRE 850mm	1
E6	LOWER HANDLE PULSE HOUSING	2	M3	SENSOR WIRE 600mm	2
E7	SCREW M3x10	4	M4	SENSOR WIRE 650mm	1
E8	SCREW M3x10	4	M5	SENSOR WIRE 650mm	1
E9	TOGGLE LOAD -	1	N1	HANDLE BAR COVER	2
E10	TOGGLE LOAD +	1	N2	BOLT	1
F1	SEAT TUBE	1	N3	SCREW M8X16	2
F2	SEAT BASEMENT	1	N4	SPRING	1
F3	PLASTIC PIPE	2	N5	BOLT M8X55	1
F4	KNOB	1	N6	BEARING 6202	2
F5	GAP BLOCK	1	N7	WASHER M6	1
F6	END CAP	2	N9	SCREW M6X10	2
G	CONSOLE	1	N10	SCREW M6X10	2
G1	SCREW M5x10	4	N11	WASHER M6	2
H	SADDLE	1	N12	SPACER $\Phi 17.2 \times \Phi 22.6 \times 10T$	1
H1	NUT M8	3	N13	WAVE WASHER $\Phi 17.5 \times \Phi 25 \times 0.3T$	1
H2	WASHER M8	3	N14	C CLIP	1
I	ADAPTER	1	N15	WASHER $\Phi 4 \times \Phi 8 \times 1T$	2
J1	NUT M8	2	N16	NUT M4	1
J2	SPRING WASHER M8	4	N17	WASHER $\Phi 3 \times \Phi 6 \times 0.5T$	4
J3	WASHER M8	4	N18	SCREW M4X16	1
J4	SCREW M8x12	4	N19	ONE WAY BEARING	1
J5	WASHER M8	4	N20	BUSH $\Phi 10 \times \Phi 15.8 \times 6mm$	1
J6	SCREW M8x16	2	N21	WASHER $\Phi 30 \times \Phi 34 \times 0.8T$	1
J7	SCREW M8x105	2	N22	WASHER $\Phi 8 \times \Phi 19 \times 2T$	1
J8	NUT M8	2			

8.3 Exploded Drawing



Products from cardiostrong® are 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.

Warrantee

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 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 warrantee personally and are not a part of repair. After the expiration of the warranty period, the responsibility for parts costs, repair costs, installation costs and delivery costs lies with the warranty holder.

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	UK
TECHNIK  +49 4621 4210-900  +49 4621 4210-698  technik@fitshop.de  Öffnungszeiten entnehmen Sie unserer Homepage.	TEKNIK OG SERVICE  80 90 16 50 +49 4621 4210-945  info@fitshop.dk  Åbningstider kan findes på hjemmesiden: https://stg.fit/statit7	CUSTOMER SUPPORT  00800 2020 2772 +494621 4210 944  info@fitshop.co.uk  You can find the opening hours on our homepage: https://stg.fit/statitc
SERVICE	FR	BE
	TECHNIQUE & SERVICE  +33 (0) 189 530984 +49 4621 42 10 933  info@fitshop.fr  Vous trouverez les heures d'ouverture sur notre site Internet: https://stg.fit/statit4	TECHNIQUE & SERVICE  02 732 46 77 +49 4621 4210 933  info@fitshop.be  Vous trouverez les heures d'ouverture sur notre site Internet: https://stg.fit/statit8
ES	NL	INT
TECNOLOGÍA Y SERVICIOS  911 238 029  info@fitshop.es  Consulta nuestro horario de apertura en la página web: https://stg.fit/statit5	TECHNISCHE DIENST & SERVICE  +31 172 619961  service@fitshop.nl  De openingstijden vindt u op onze homepage: https://stg.fit/statit3	TECHNICAL SUPPORT & SERVICE  +49 4621 4210-944  service-int@fitshop.de  You can find the opening hours on our homepage: https://stg.fit/statita
PL	AT	CH
DZIAŁ TECHNICZNY I SERWIS  22 307 43 21 +49 4621 42 10-948  info@fitshop.pl  Godziny otwarcia można znaleźć na stronie głównej: https://stg.fit/statit6	TECHNIK & SERVICE  0800 20 20277 (Freecall) +49 4621 42 10-0  info@fitshop.at  Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statitb	TECHNIK & SERVICE  0800 202 027 +49 4621 42 10-0  info@fitshop.ch  Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statit9

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

www.fitshop.com/en/stores











WE LIVE FITNESS

WEBSHOP AND SOCIAL MEDIA

Fitshop 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.

Fitshop 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.fitshop.co.uk www.fitshop.de/blog
	www.facebook.com/fitshop.co.uk
	www.instagram.com/fitshop_uk
	www.youtube.com/@fitshop_uk
	
	
	
	
	
	

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Exercise bike **BX50**