cardiostrong®

Assembly and Operating Instructions

max. 136 kg

~ 60 Min.

70 kg
L 126 | W 53 | H 162

CSTEX60.01.08

Art. No. CST-EX60

Elliptical Cross Trainer EX60

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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 or www.cardiostrong.de. We hope you enjoy your training!

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

Intended Use

The equipment may only be used for its intended purpose.

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

Legal Notice

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

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Disclaimer

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

ABOUT THIS MANUAL

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

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 levels:	16
Watt:	10 - 350 Watt (adjustable in 5-Watt increments)
User memory:	5
Total number of training programs:	19
Manual programs:	1
Pre-set programs:	12
Watt-controlled program:	1
Heart rate controlled programs:	4
User defined program:	1
Two balance masses:	+ in front: 12 kg high-speed + rear: 9 kg

Weight and dimensions:

Article weight (gross, including packaging):	78.1 kg
Article weight (net, without packaging):	70 kg
Packaging dimensions (L x W x H):	approx. 141 cm x 45 cm x 73 cm
Set up dimensions (L x W x H):	approx. 126 cm x 53 cm x 162 cm
Maximum user weight:	136 kg/300 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.
+ Keep your hands, feet and other body parts, hair, clothing, jewellery and other objects well clear of moving parts.
+ During use, wear suitable sports clothing rather than loose or baggy clothing. When wearing sports shoes, make sure they have suitable soles, preferably made of rubber or other non-slip materials. Shoes with heels, leather soles, studs or spikes are unsuitable. Never exercise barefoot.

⚠ CAUTION

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

► ATTENTION

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

1.3 Electrical Safety

⚠ **DANGER**

+ In order to reduce the risk of an electric shock, always unplug the equipment from the mains socket immediately after your workout, before assembly or dismantling, and before maintenance or cleaning. Do not pull on the cable.

⚠ **WARNING**

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

► **ATTENTION**

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

1.4 Set-Up Place

⚠ WARNING

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

⚠ CAUTION

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

► ATTENTION

+ The device may only be used in one building, in sufficiently tempered and dry rooms (ambient temperatures between 10°C and 35°C). The equipment should not be used outdoors or in rooms with high humidity (over 70%) like swimming pools.
+ A floor protective mat/equipment underlay can help to protect high-quality floor coverings (parquet, laminate, cork, carpets) from dents and sweat and can help to level out slight unevenness.

2 ASSEMBLY

2.1 General Instructions

DANGER

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

WARNING

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

CAUTION

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

ATTENTION

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

NOTICE

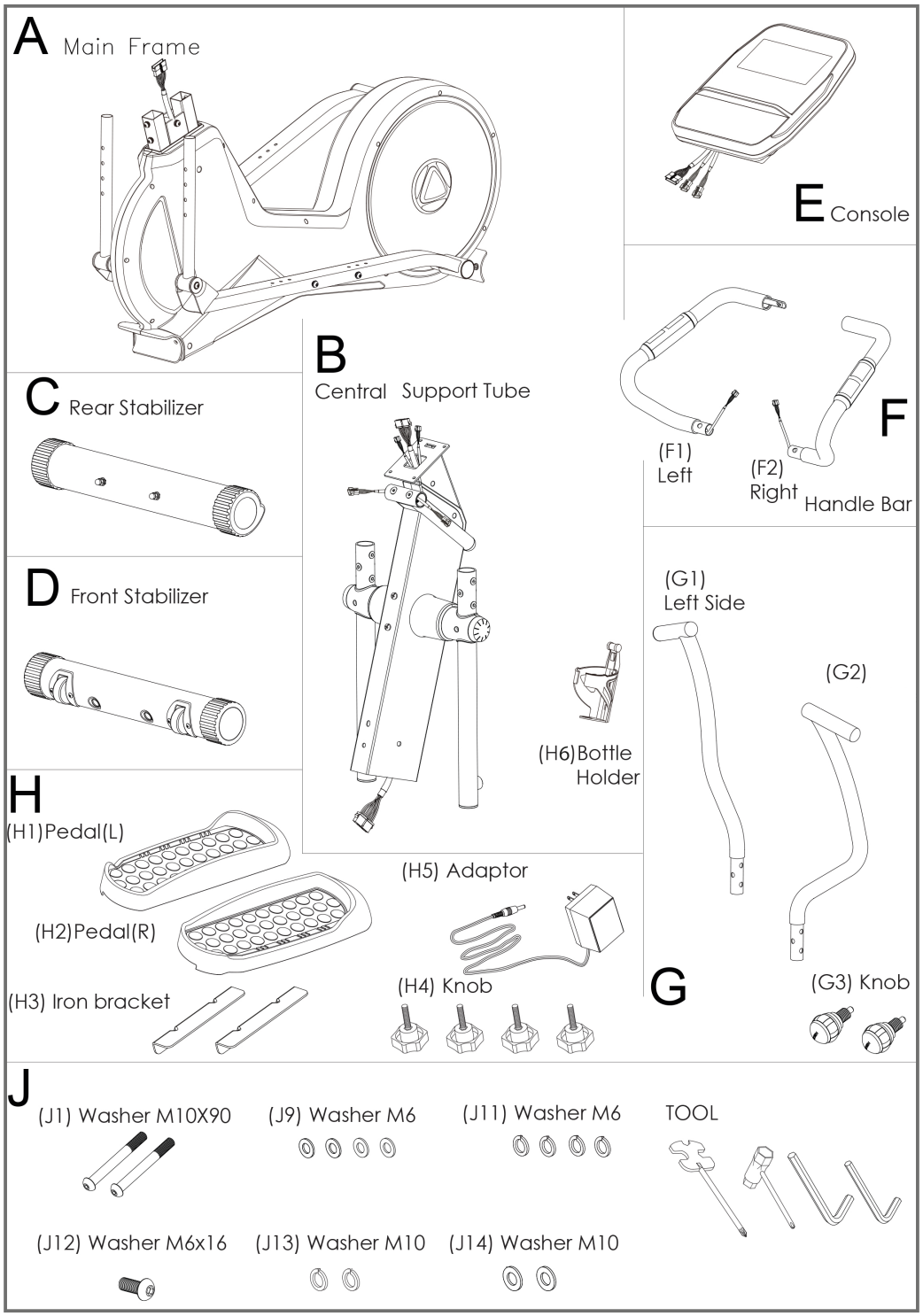
+ In order to make the assembly as simple as possible, some screws and nuts to be used can already be pre-assembled.
+ Ideally, assemble the equipment at its later set-up place.

2.2 Scope of Delivery

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

⚠ CAUTION

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



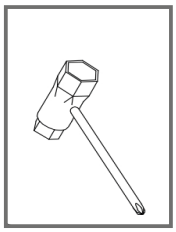
2.3 Assembly

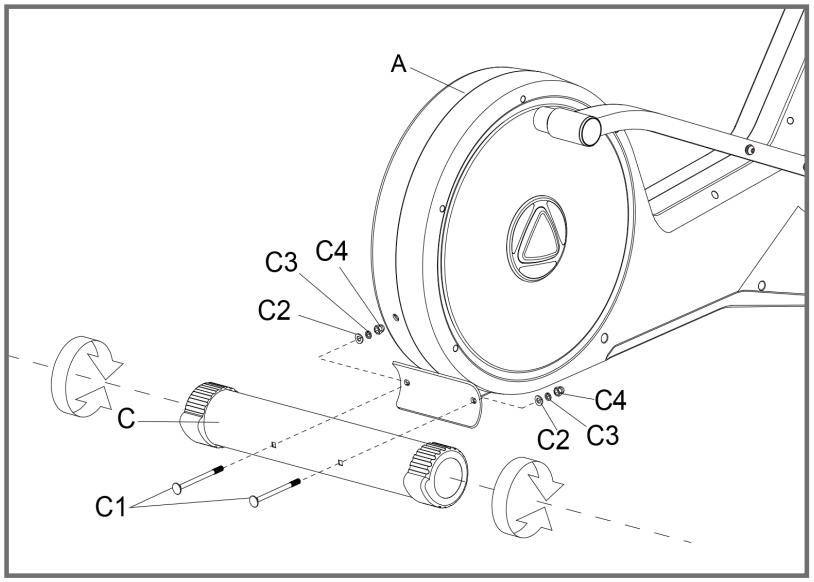
Before assembly, take a close look at the individual assembly steps shown and carry out the assembly in the order given.

ⓘ **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 rear base

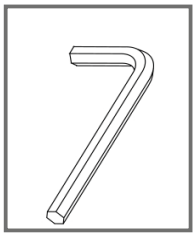
1. First remove washers (C2), spring washers (C3) and nuts (C4) from the rear base (C).
2. Mount rear base (C) on bracket of the rear frame (A) with two screws (C1). Mount with washers (C2), spring washers (C3) and nuts (C4).

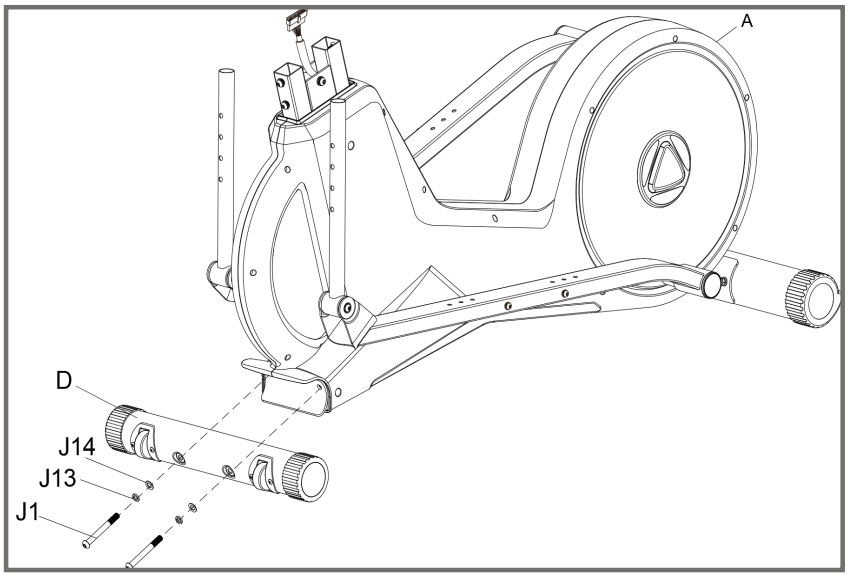




Step 2: Assembly of the front base

Mount front base (D) on main frame (A) with two screws (J1), spring washers (J13) and washers (J14).



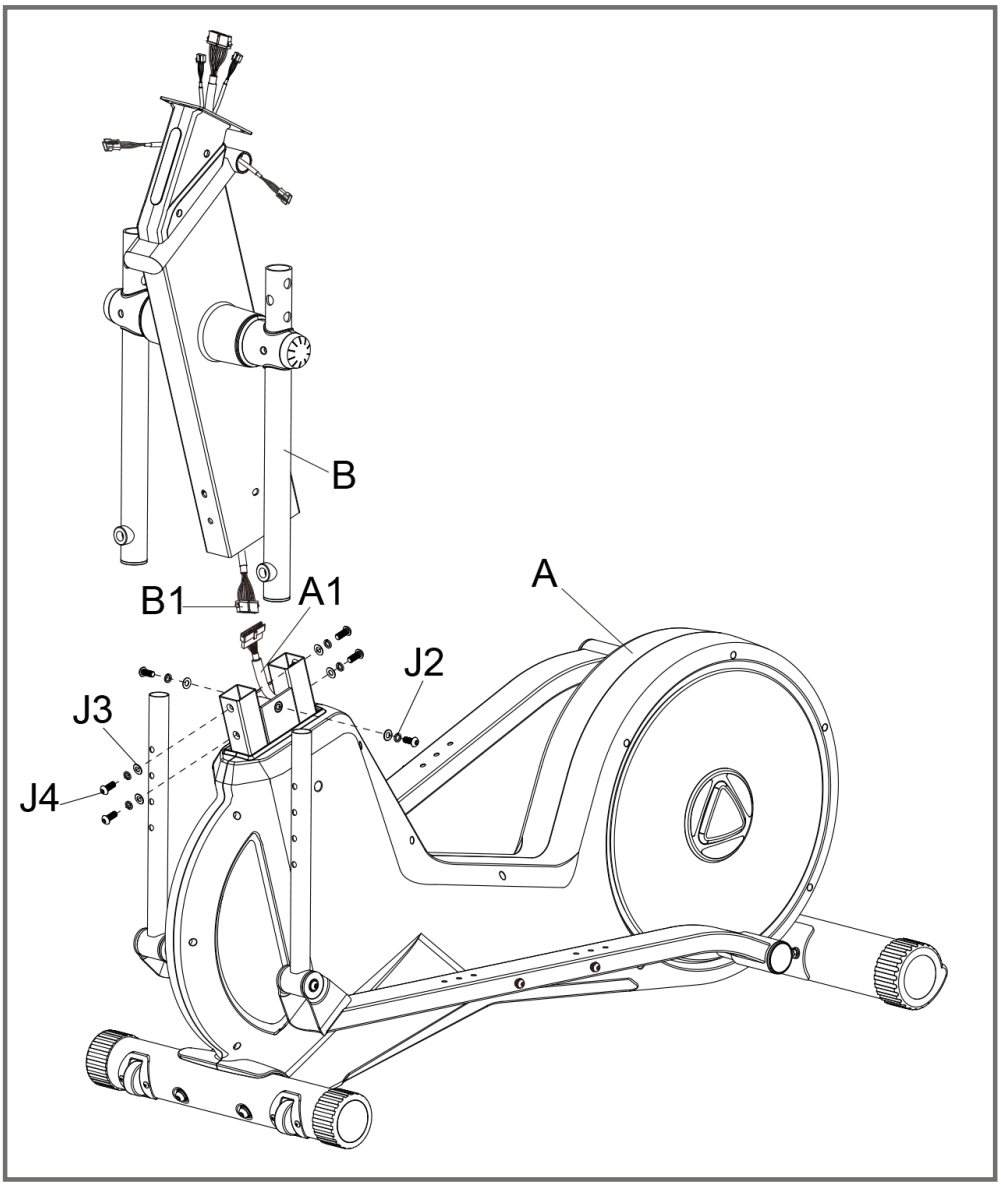


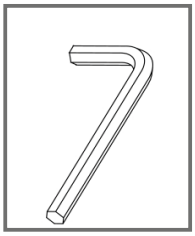
Step 3: Assembly of the console mast

1. First remove screws (J4), spring washers (J2) and washers (J3) from the frame (A).
2. Connect sensor cable (A1) with sensor cable (B1).

► **ATTENTION**
Pay attention to not pinch the cable during the next step.

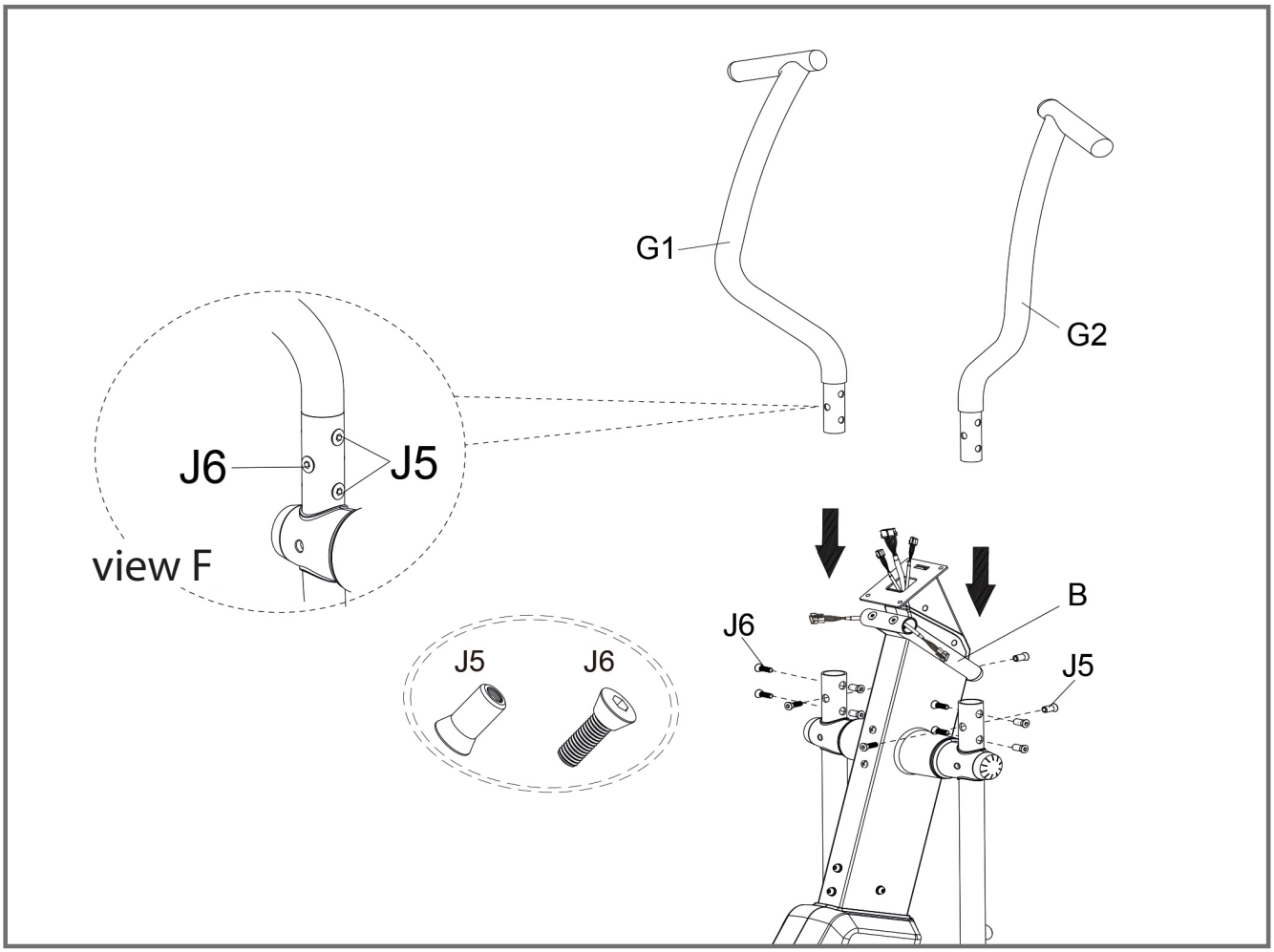
3. Then mount console mast (B) on main frame (A) with screws (J4), spring washers (J2) and washers (J3).

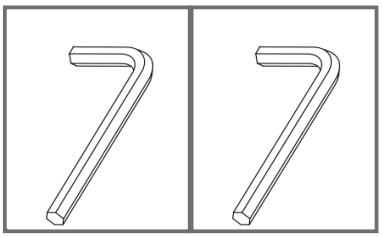




Step 4: Assembly of the handles

Mount handles (G1 and G2) on the console mast (B) with two 8mm Allen wrench and all screws (J5 and J6) (see view F).



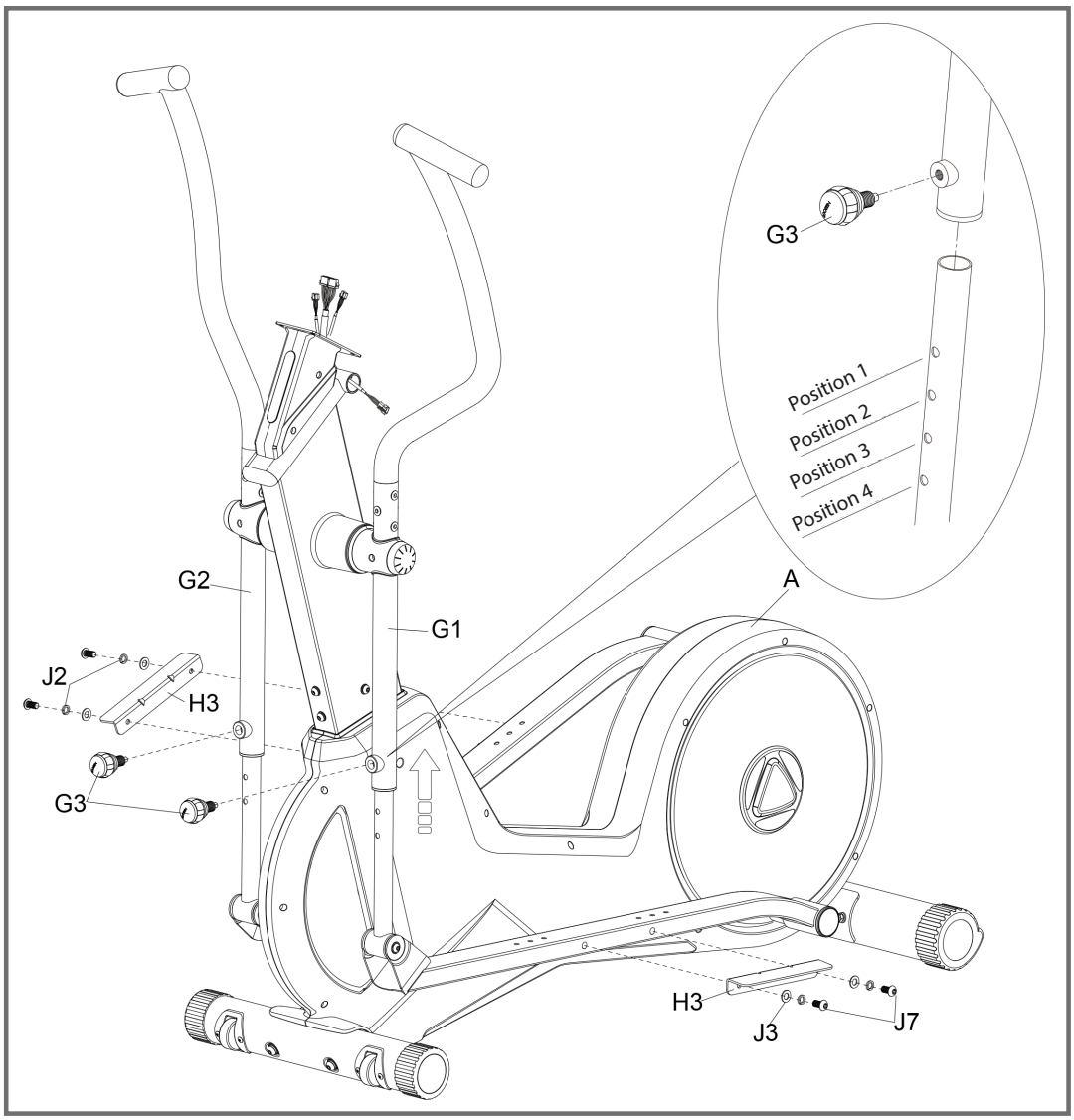


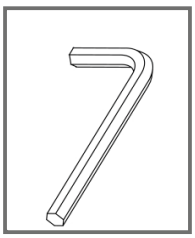
Step 5: Assembly of the pedal bars and connection of the pedal tube with the console mast

1. Remove pre-mounted screws (J7), spring washers (J2) and washers (J3). Attach iron bracket(H3) to right pedal tube and mount with screws (J7), spring washers (J2) and washers (J3).
2. Repeat point 1 on the left side with the iron bracket (H3).
3. Mount the console tubes to the pedal tubes. Adjust the fitting position using the four pre-drilled holes and using the pins (G3).

⚠ **CAUTION**

+ Make sure to tighten the pin (G3) in order to avoid falls.
+ For safety reasons, we recommend adjusting the left and right sides of the handles to the same height.



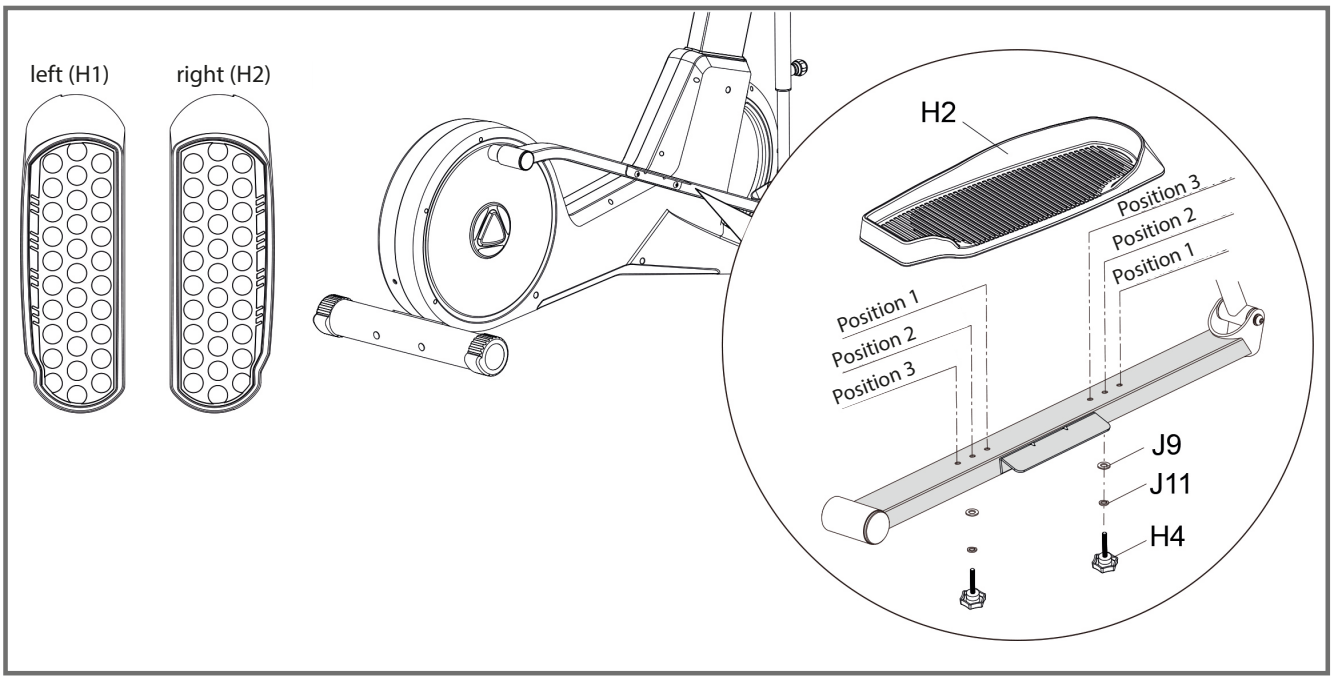


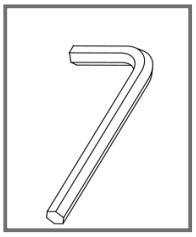
Step 6: Assembly of the pedals

Mount right pedal (H2) with washers (J9), spring washers (J11) and star grip nuts (H4). There are three positions. Repeat the step with the left pedal (H1).

CAUTION

Make sure that you tighten the star grip nuts (H4) in order to avoid a fall.





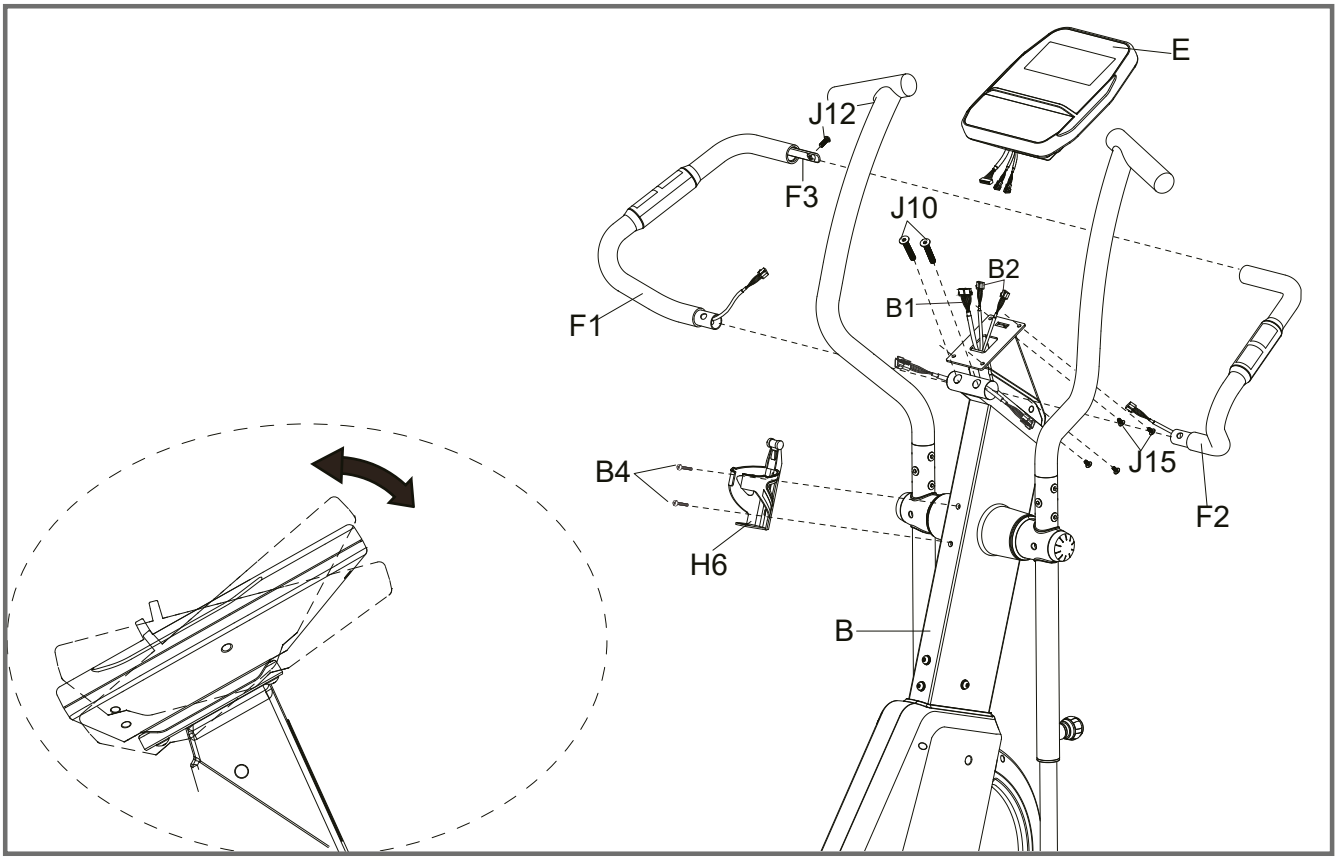
Step 7: Assembly of the console and the bottle holder

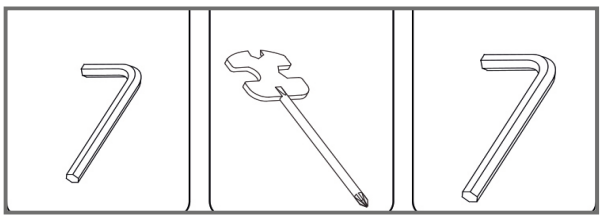
1. Connect the sensors (B1 and B2) with the cables of the console (E).

► **ATTENTION**
Pay attention to not pinch the cables during the next step.

2. Place the small handles (F1 and F2) in the fixture on the console mast and mount it with screws (J10/12) on the bar.
3. Remove pre-mounted screws (J13). Mount bottle holder (H6) on the console mast (B) with the screws (J13).

ⓘ **NOTICE**
The user can adjust the console angle according to his/her needs.





Step 8: Alignment of the feet

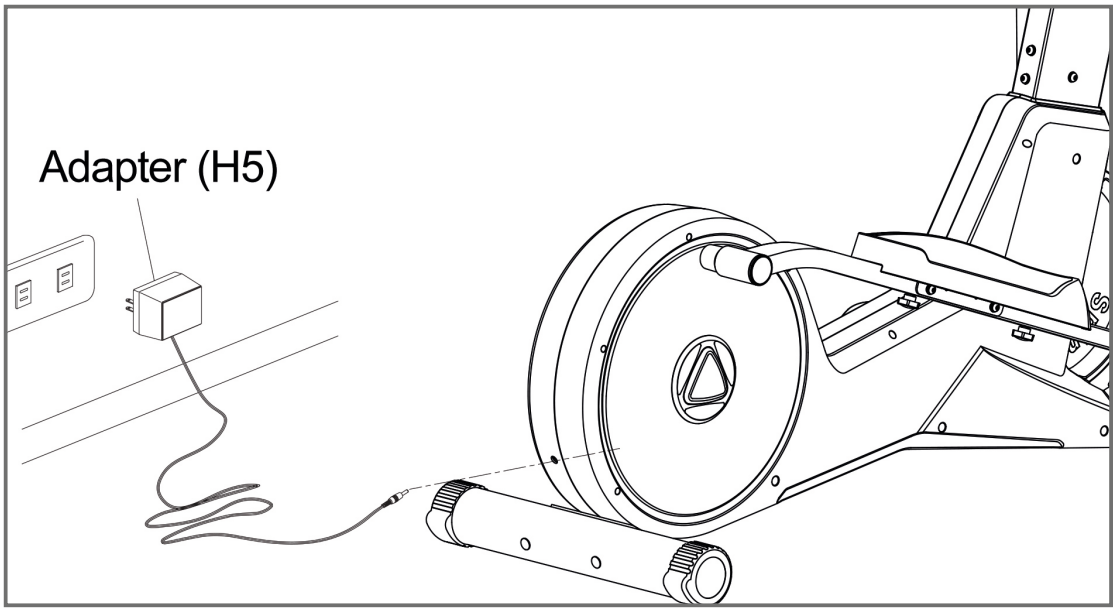
If the floor is uneven, you can stabilize the equipment by turning the two setting screws under the main frame.

1. Lift the equipment on the desired side and rotate the setting screws under the main frame.
2. Rotate the screws clockwise in order to remove them and to raise the equipment.
3. Rotate them counterclockwise in order to lower the equipment.

Step 9: Connecting the equipment to the mains supply

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

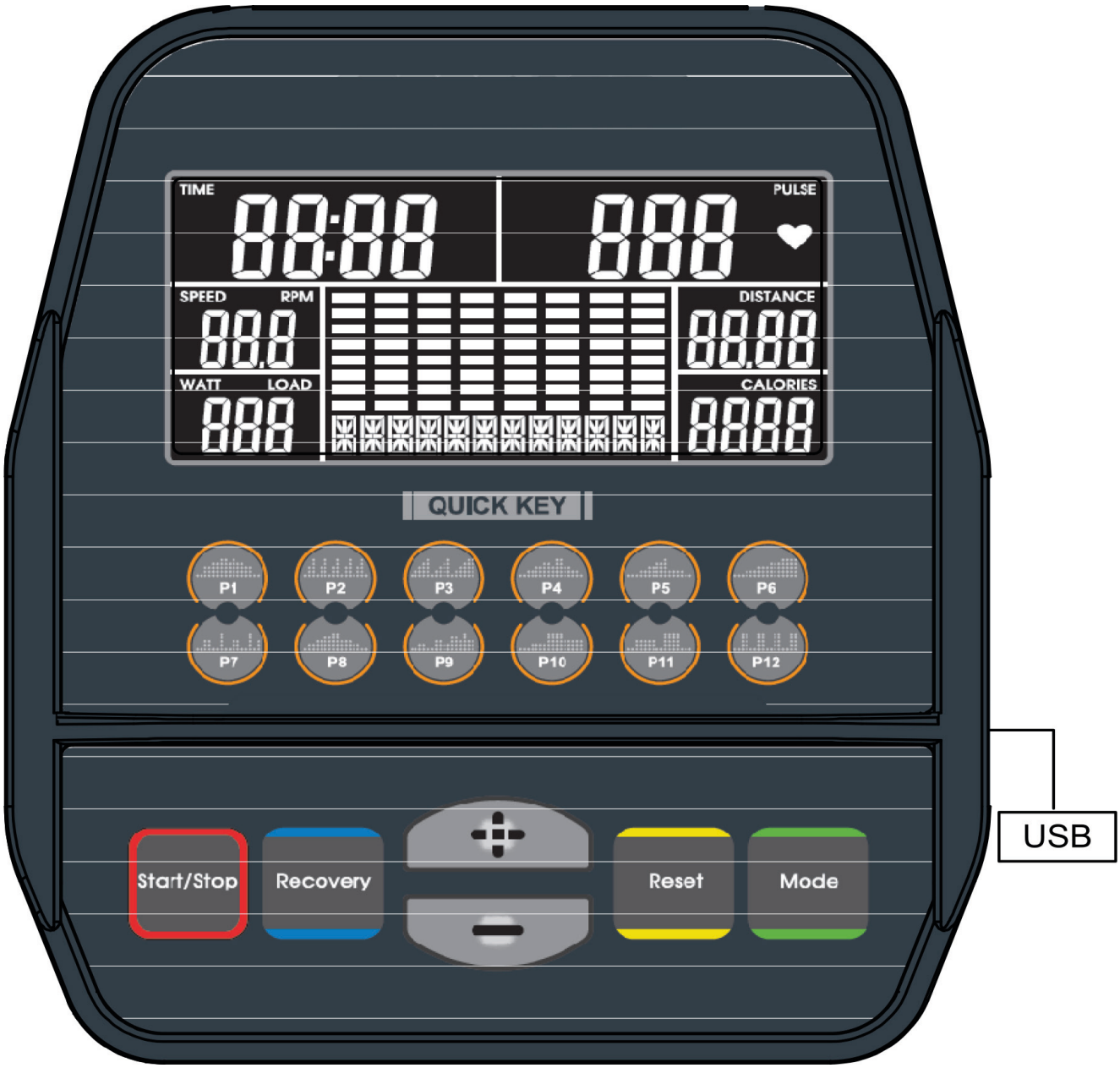
Plug the power plug into a wall outlet that complies with the instructions in the chapter on electrical safety.



3 OPERATING INSTRUCTIONS

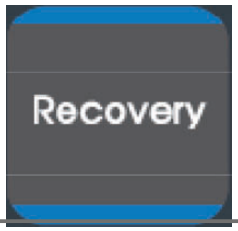
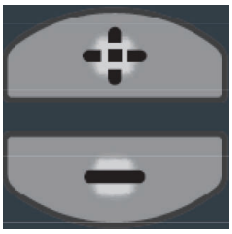
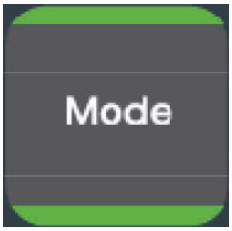
ⓘ **NOTICE**
Familiarise yourself with all the functions and setting options of the device before starting training. Have the proper use of this product explained to you by a specialist.

3.1 Console Display



Time	0:00 - 99:00 minutes
Speed	0.0 - 99.9 km/h
RPM (cadence; rotations per minute)	15 - 999 RPM
Distance	0.0 - 99.95 km
Calories	0 - 990 Cal
Sex	Male/Female (m/f)
Pulse (heart rate; beats per minute)	60 - 220 BPM
Heart rate symbol	on/off - blinking
Programs	P1 - P12
User data	U1 - U4
Watt/load (output/resistance)	0 - 999 Watt; Watt control: 10 - 350 Watt
Level (resistance)	1 - 16
H.R.C. (heart rate control)	55 / 75 / 90% of the max. heart rate; manual target heart rate (TAG)
Age	10 - 99 years
Height	100 - 200 cm (default value: 160 cm)
Weight	20 - 150 kg (default value: 50 kg) / 44 – 330 lbs (default value: 121 lbs)

3.2 Button Functions

	START STOP	You can start and stop the training with this button
	RECOVERY	Check state of recovery of heart rate
	PLUS	Select training mode or increase functional value
	MINUS	Select training mode or lower functional value
	RESET	Press the button in the stop mode to return to the main menu
	QUICK KEY P1 - P12	Quick selection of the pre-set programs (12 programs)
	MODE	Confirm setting

3.3 Turning On and Setting the Equipment

1. Connect monitor to the power or press RESET for three seconds and the LCD display will show all segments with a long beep (1-second-long) and display, i. e., 78.0 (software version) (see fig. 1 and 2).
2. With the +/- buttons, the user can select the programs User 0 to 4 and confirm with MODE (see fig. 3 to 4). Then set the user data SEX, AGE, HEIGHT and WEIGHT. Press +/- to select the corresponding values (see fig. 5 to 8). Confirm the settings with MODE.

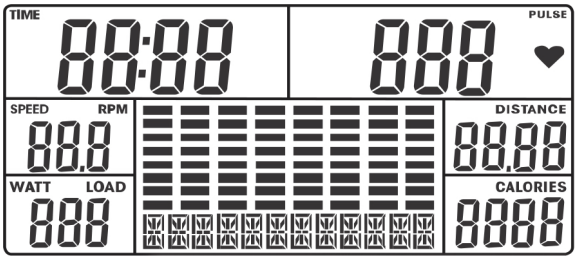


Figure 1

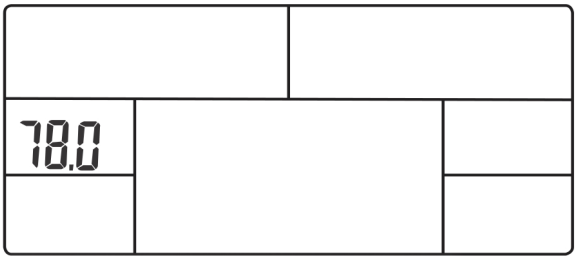


Figure 2

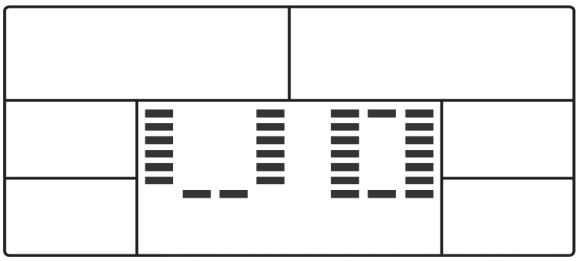


Figure 3

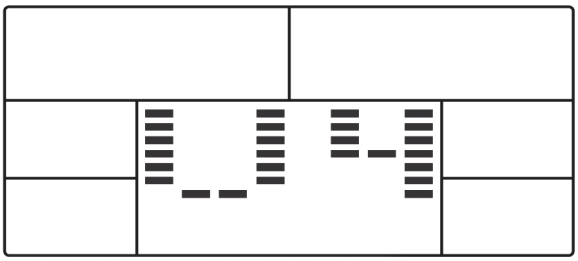


Figure 4

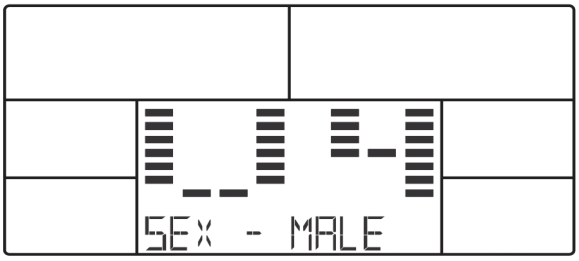


Figure 5

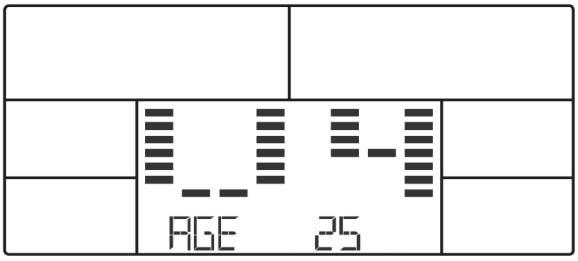


Figure 6

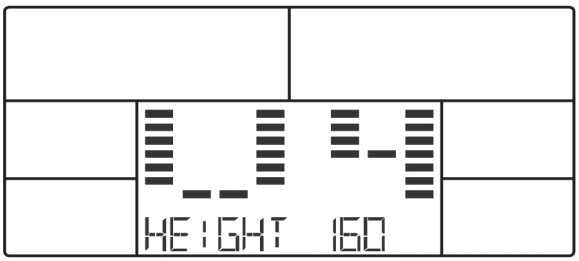


Figure 7

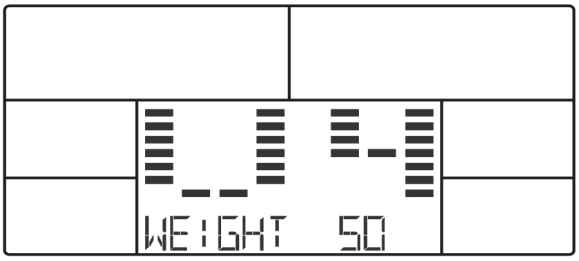


Figure 8

3.4 Programs

After the user data was entered, press MODE and press +/- in order to select the mode:

+ Manual (manual training): 1
+ Program (pre-set training programs): 12
+ User Setting (user-defined training program): 1
+ H.R.C. (heart rate controlled training programs): 4
+ Watt (Watt-controlled training program): 1
+ Recovery (fitness test)

3.4.1 MAN. - Manual Program

1. Hold RESET for 3 seconds, select user and enter data or simply press just RESET.
2. Select MANUAL mode with +/- and press MODE for the setting (see fig. 9).
3. Enter load level and confirm with MODE (see fig. 10).
4. Enter TIME, DISTANCE, CALORIES and target PULSE values (see fig. 11-14).
5. Press START to begin the training. Select load level with +/- (see fig. 15).
6. Press STOP to stop the training. Press RESET in order to return to the selected mode or press RESET for three seconds in order to return to the main menu (see fig. 16).

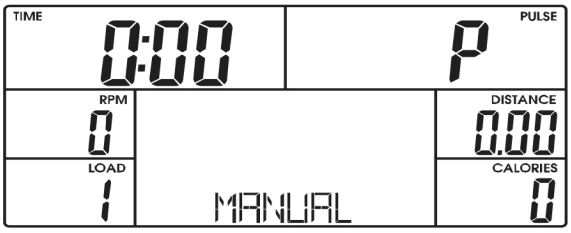


Figure 9

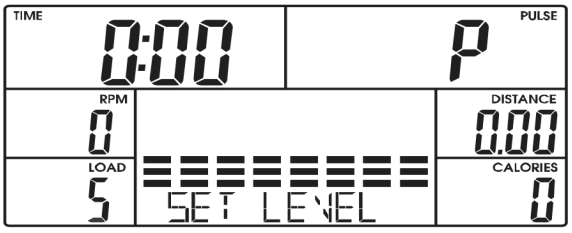


Figure 10

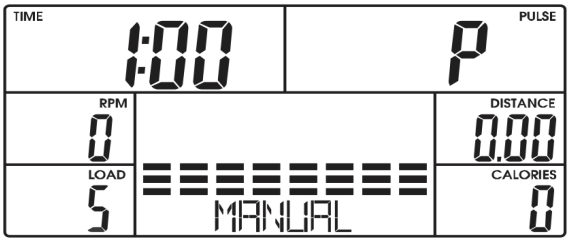


Figure 11

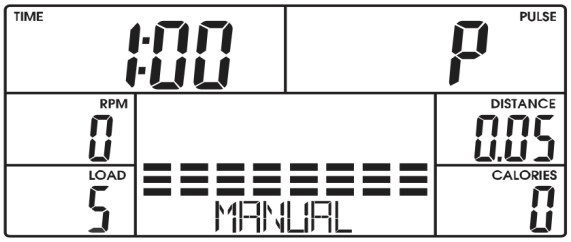


Figure 12

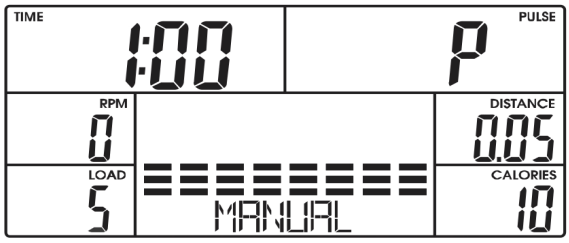


Figure 13

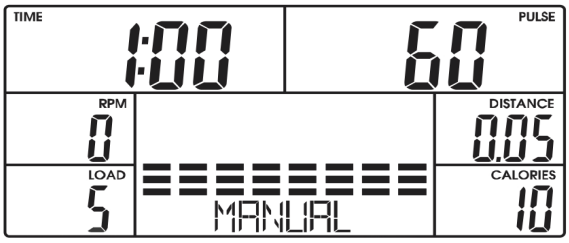


Figure 14

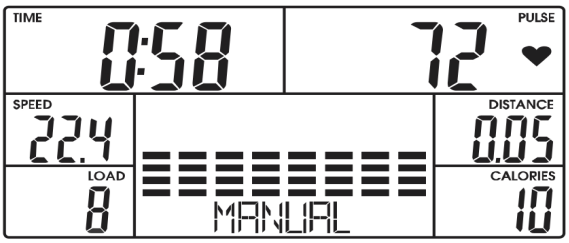


Figure 15

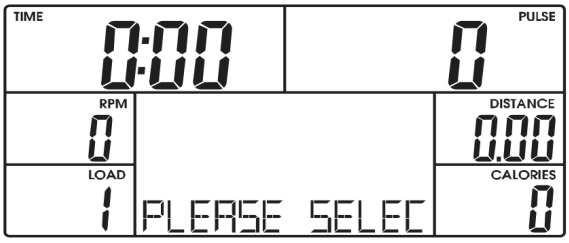
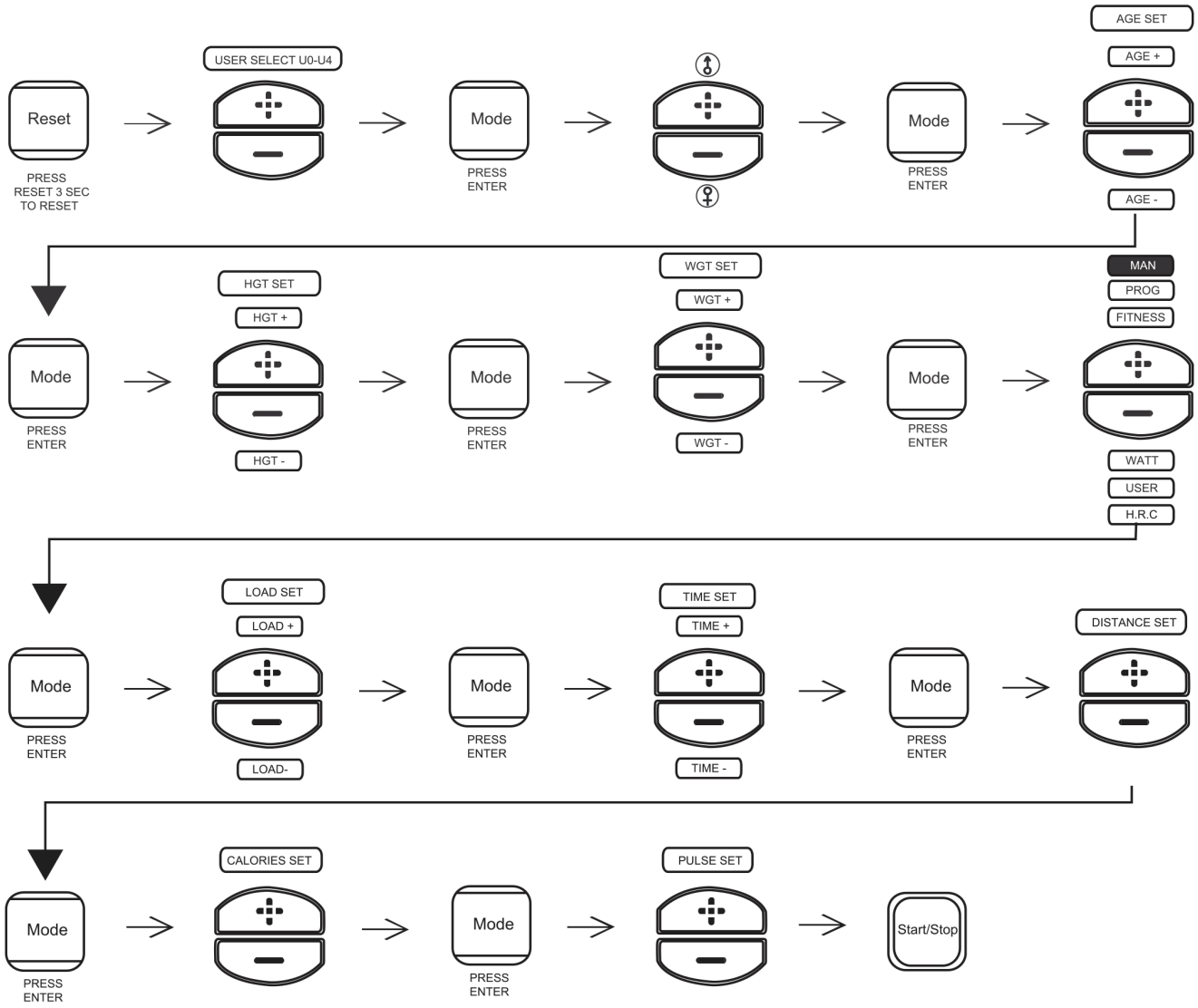


Figure 16

Procedure for setting the manual training programs:



3.4.2 PROG - Pre-Set Programs

1. Hold RESET for three seconds, select user and enter data. Alternatively, press RESET to get to the main menu.
2. Select the PROGRAM mode with +/- buttons and confirm with MODE (see fig. 17). Press +/- to select the programs 1 to 12 (figure 18) or use the hot keys "P1" - "P12".
3. Adjust load level with +/- buttons and confirm with MODE (see fig. 19).
4. Enter TIME, DISTANCE, CALORIES and target PULSE values. Confirm with MODE (see fig. 20).
5. Press START and begin training. Set load level with +/- buttons (see fig. 21-24).
6. Press STOP to stop the training. Press RESET to return to the main menu or hold for three seconds in order to get to the standby mode.

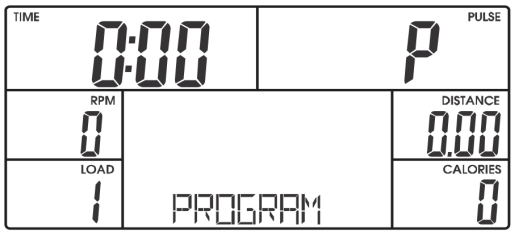


Figure 17

Figure 18

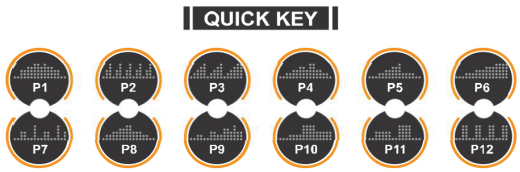


Figure 19

Figure 20

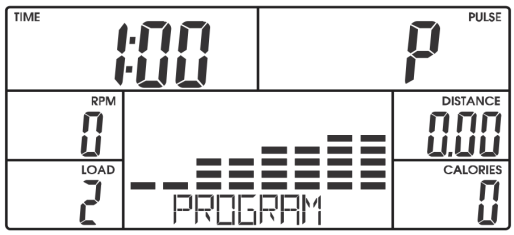


Figure 21

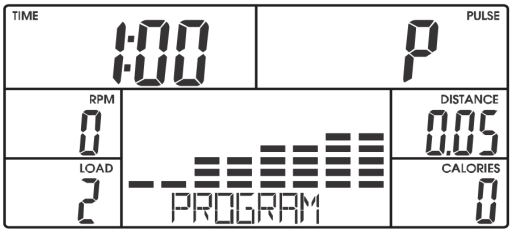


Figure 22

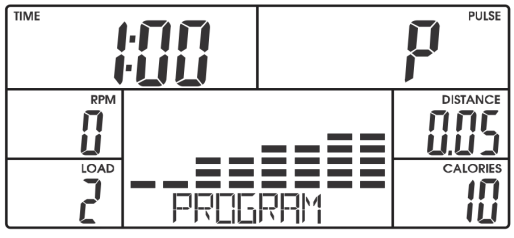


Figure 23

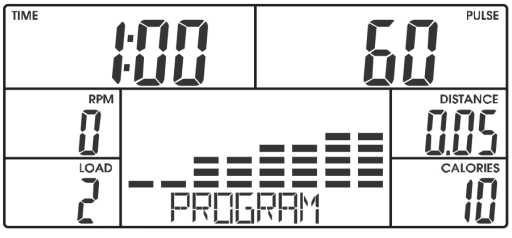
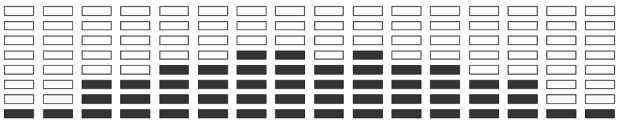


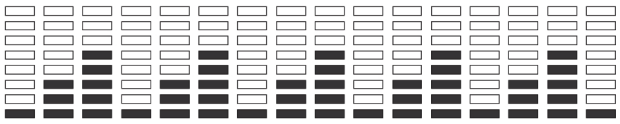
Figure 24

Profiles from pre-set training programs:

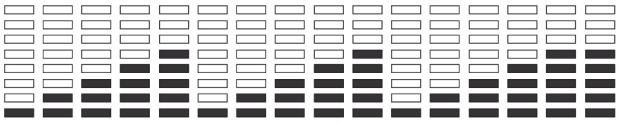
P1



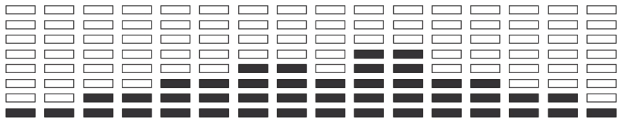
P2



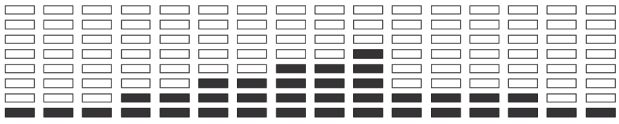
P3



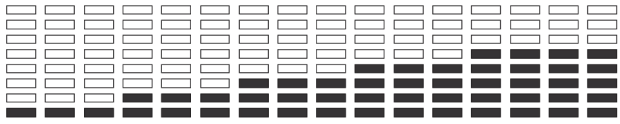
P4



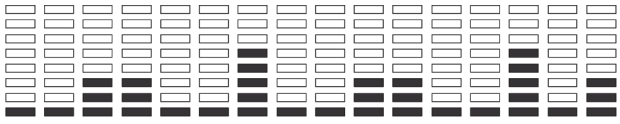
P5



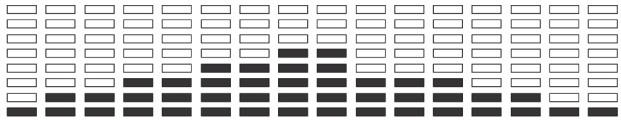
P6



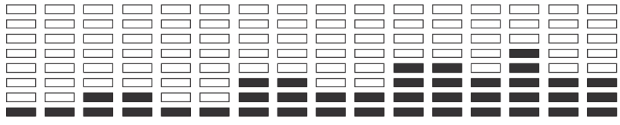
P7



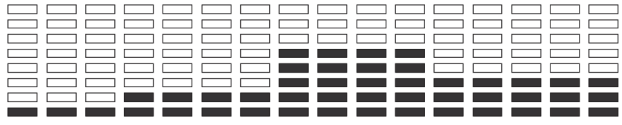
P8



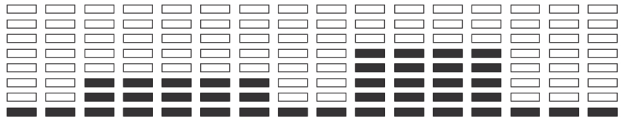
P9



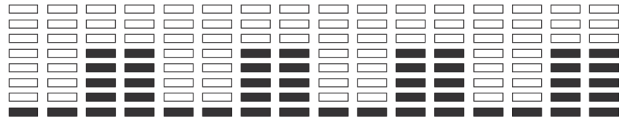
P10



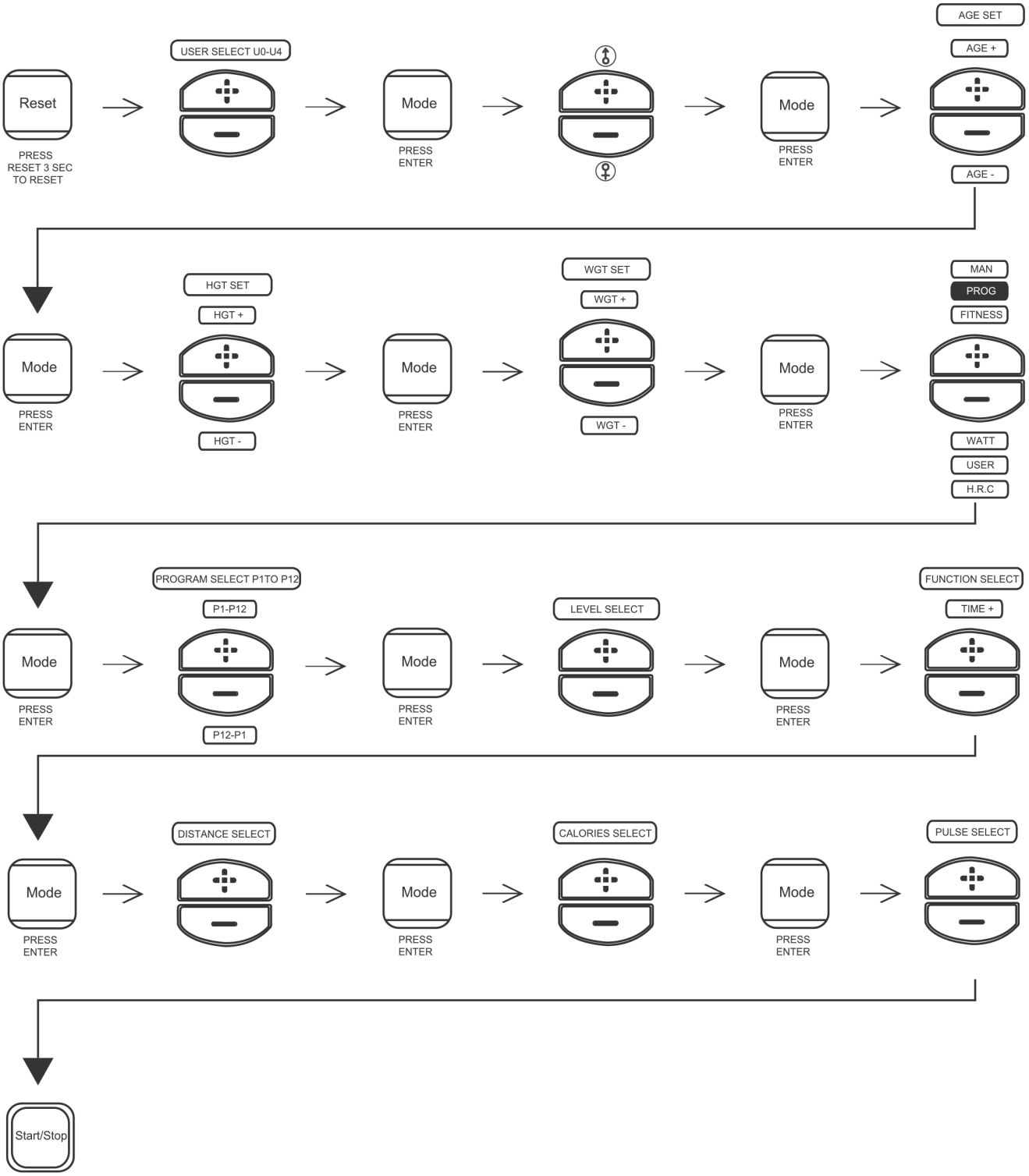
P11



P12



Procedure for setting the pre-set training programs:



3.4.3 RECOVERY - Fitness Test

1. Hold RESET for three seconds, select user and enter data. Alternatively, press RESET to return to the main menu.
2. Select the FITNESS mode with +/- buttons and confirm with MODE (see fig. 25-26).
3. Press START to begin the training. Set load level with +/- buttons.

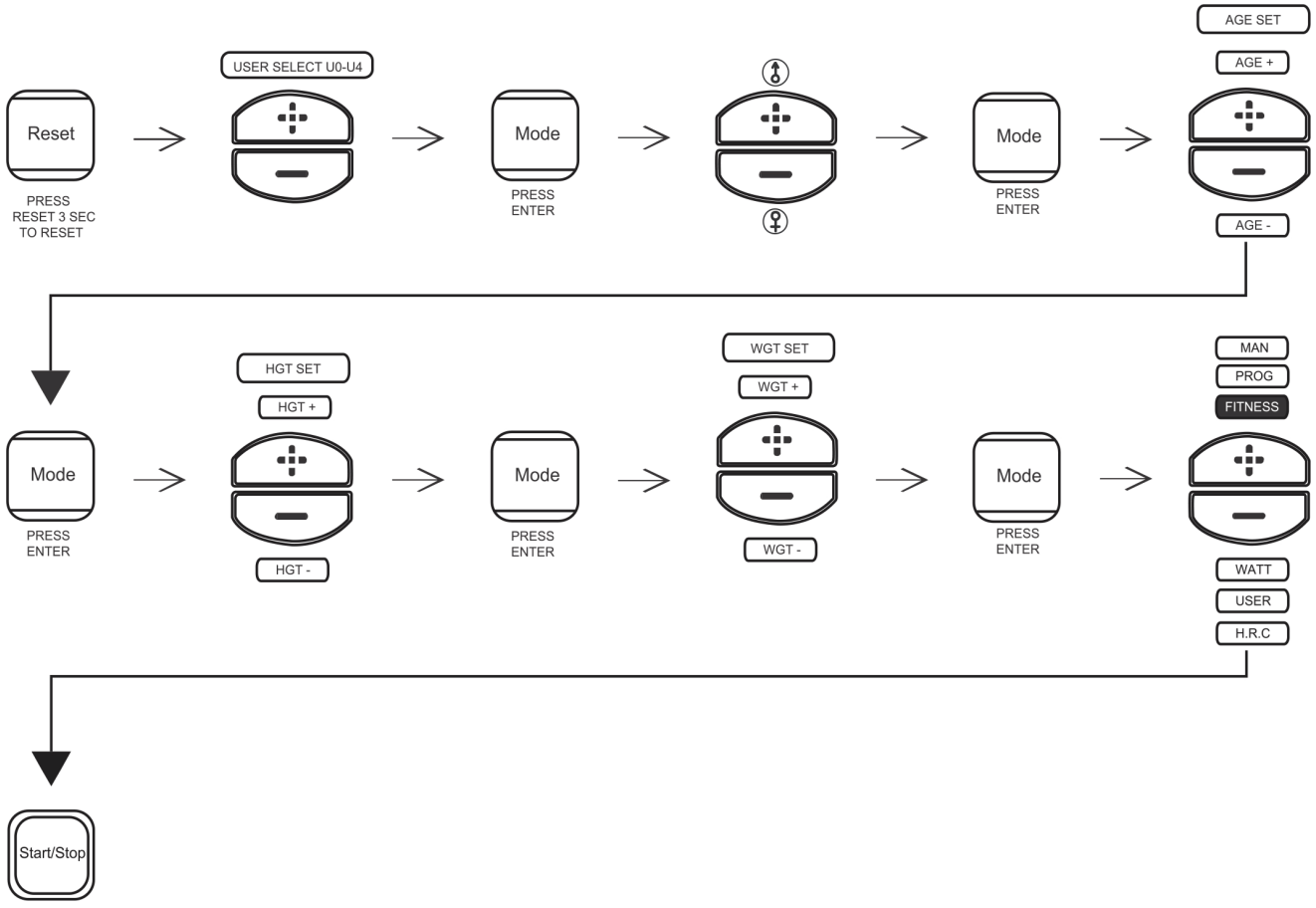
After 12 minutes, the display will automatically show the training results.

4. Press STOP to stop the training. Press RESET to return to the main menu or hold for three seconds to get to the standby mode.

Figure 25

Figure 26

Procedure for setting the fitness test:



3.4.4 WATT - Watt Controlled Program

1. Hold RESET for three seconds, select the user and enter data. Alternatively press RESET to return to the main menu.
2. Select the WATT mode with +/- buttons and confirm with MODE (see fig. 27).
3. Enter the target value in Watt with +/- buttons and confirm with MODE (see fig. 28).
4. Enter TIME, DISTANCE, CALORIES and target PULSE values. Confirm with MODE (see fig. 29-32).
5. Press START to begin the training. Watt can be adjusted through +/- buttons.
6. Press STOP to stop the training. Press RESET to return to the main menu or hold for three seconds to get to the standby mode.

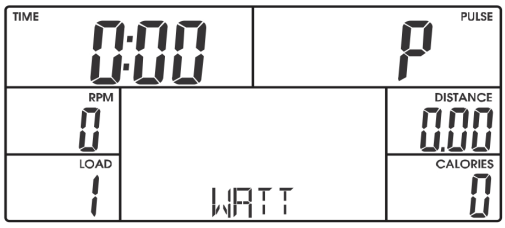


Figure 27

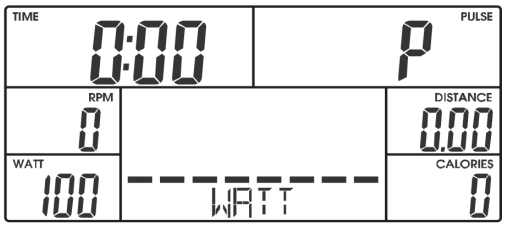


Figure 28

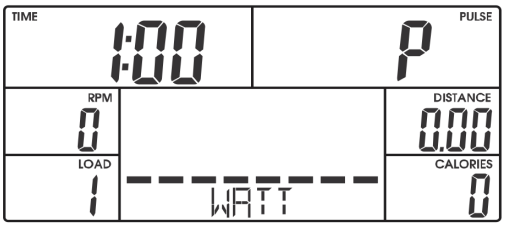


Figure 29

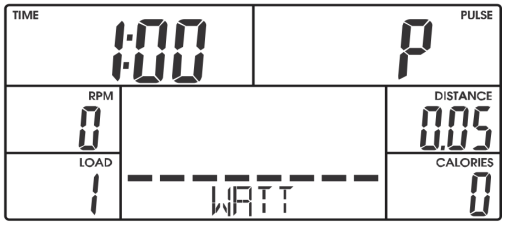


Figure 30

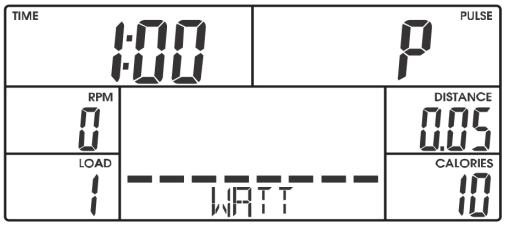


Figure 31

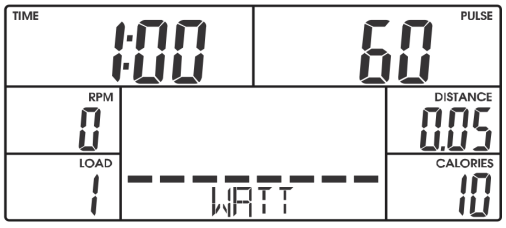
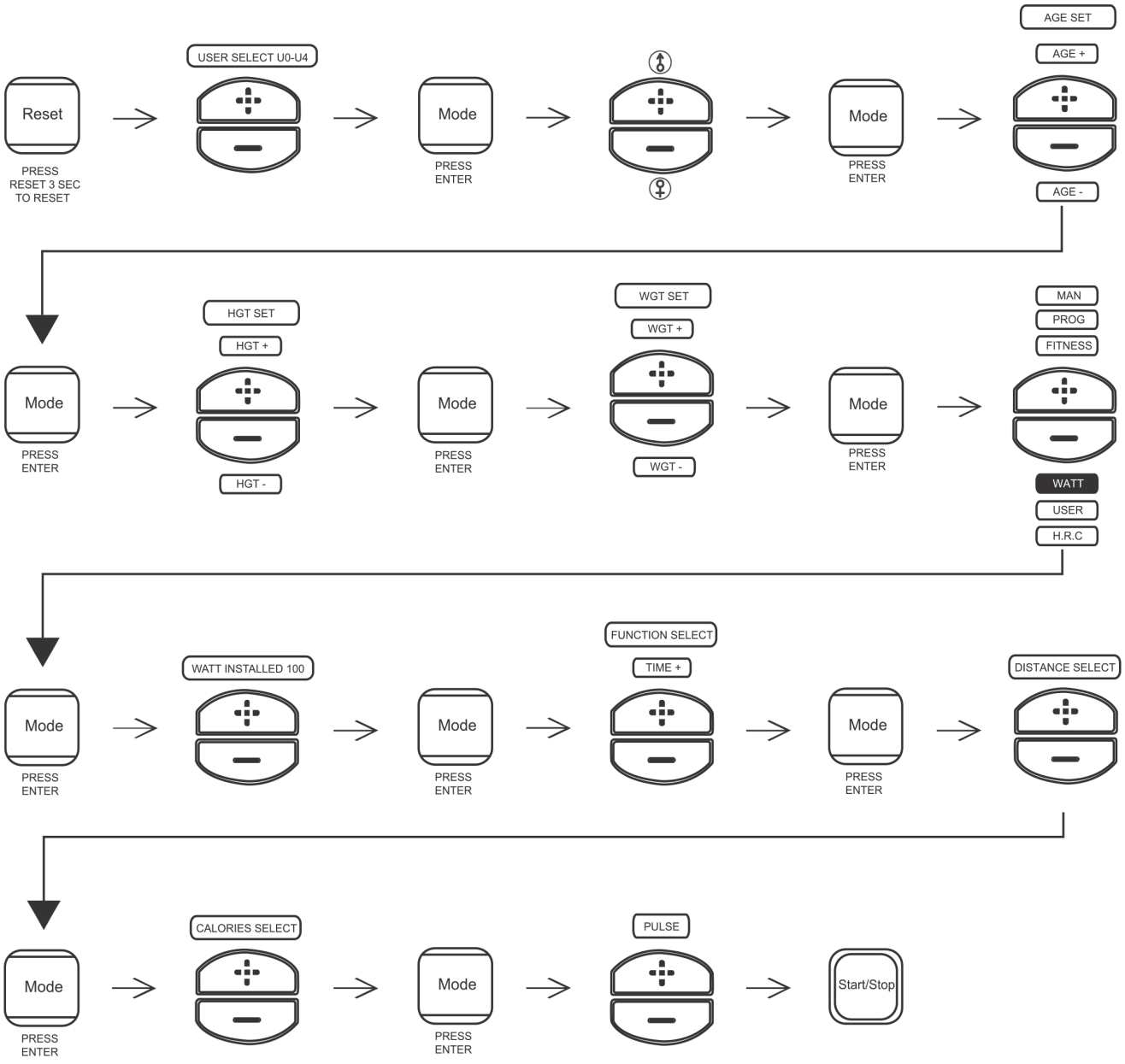


Figure 32

Procedure for setting the Watt-controlled program:



3.4.5 USER - User Defined Program

1. Hold RESET for three seconds, select the user and enter data. Alternatively press RESET to return to the main menu.
2. Select the USER mode with +/- buttons and confirm with MODE (see fig. 33).
3. Enter every load level with +/- buttons. Press MODE to get to the next column (see fig. 34). After all settings, press MODE for three seconds to confirm.
4. Enter TIME, DISTANCE, CALORIES and target PULSE values. Confirm with MODE (see fig. 35-38).
5. Press START to begin the training. Adjust load level with +/- buttons.
6. Press STOP to stop the training. Press RESET to return to the main menu or hold for three seconds to get to the standby mode.

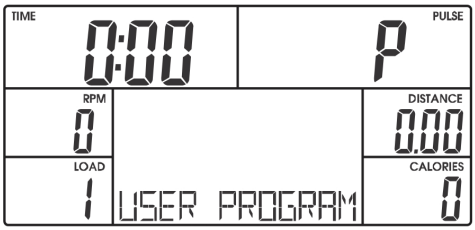


Figure 33

Figure 34

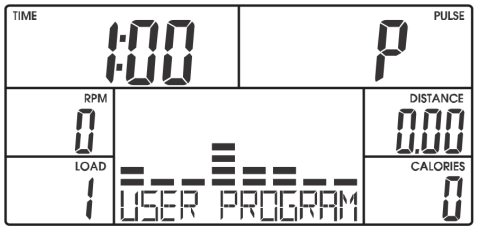


Figure 35

Figure 36

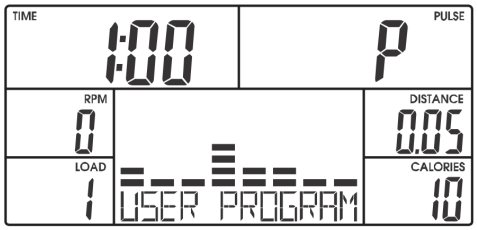
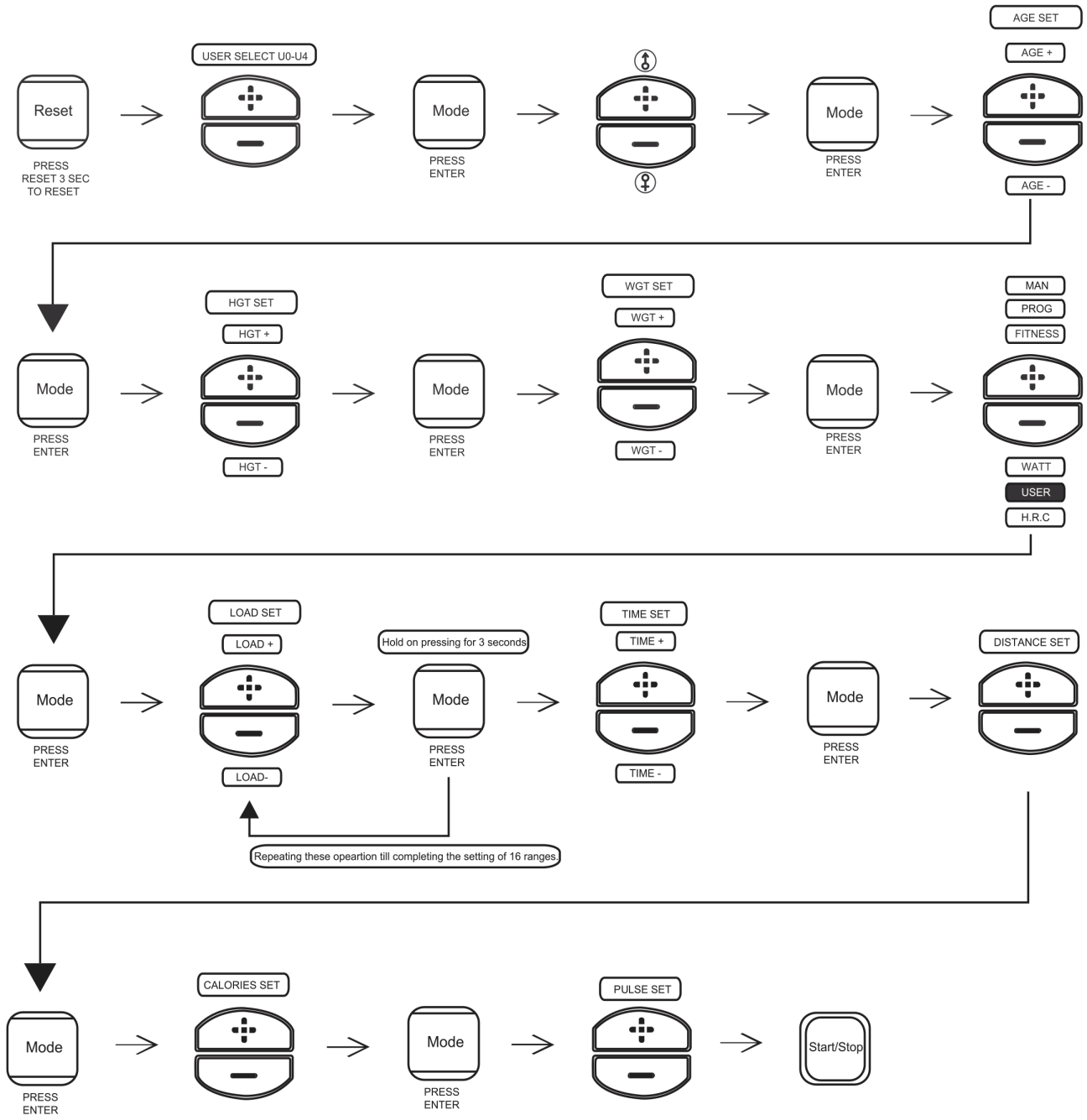


Figure 37

Figure 38

Procedure for setting the user-defined program:



3.4.6 H.R.C. - Heart Rate Controlled Programs

WARNING

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

1. Hold RESET for three seconds, select user and enter data. Alternatively, press RESET to return to the main menu.
2. Select the HRC mode with +/- buttons and confirm with MODE (see fig. 39).
3. Select different heart rates from 55% / 75% / 90% / or target heart rate with +/- buttons (figure 40-43). The geart rate value will be different depending on the setting of age.
4. If you select target heart rate, you must enter your target heart rate with the +/- buttons.
5. Enter TIME, DISTANCE, CALORIES and target PULSE values. Confirm with MODE (see fig. 44-46).
6. Press START to begin the training. Load level adjusts to your current heart rate.
7. Press STOP to stop the training. Press RESET to return to the main menu or hold for three seconds to get to the standby mode.

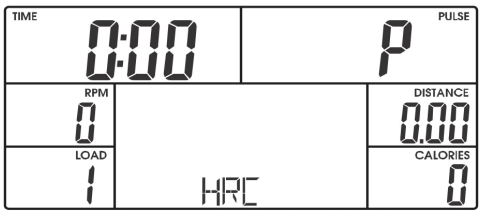


Figure 39

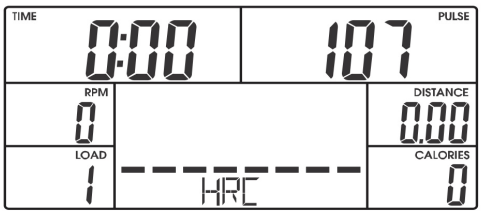


Figure 40

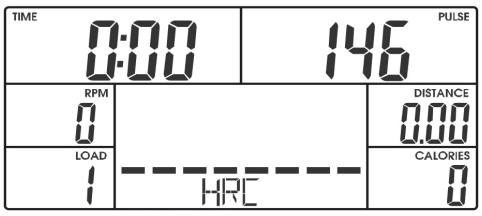


Figure 41

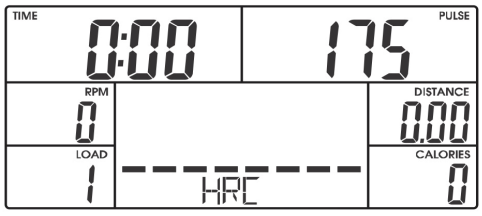


Figure 42

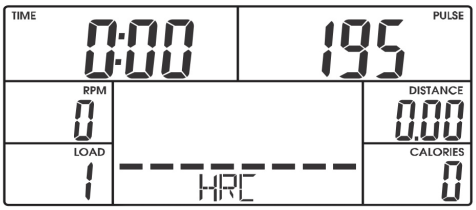


Figure 43

Figure 44

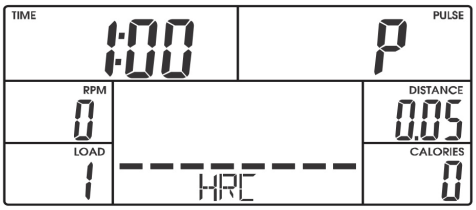
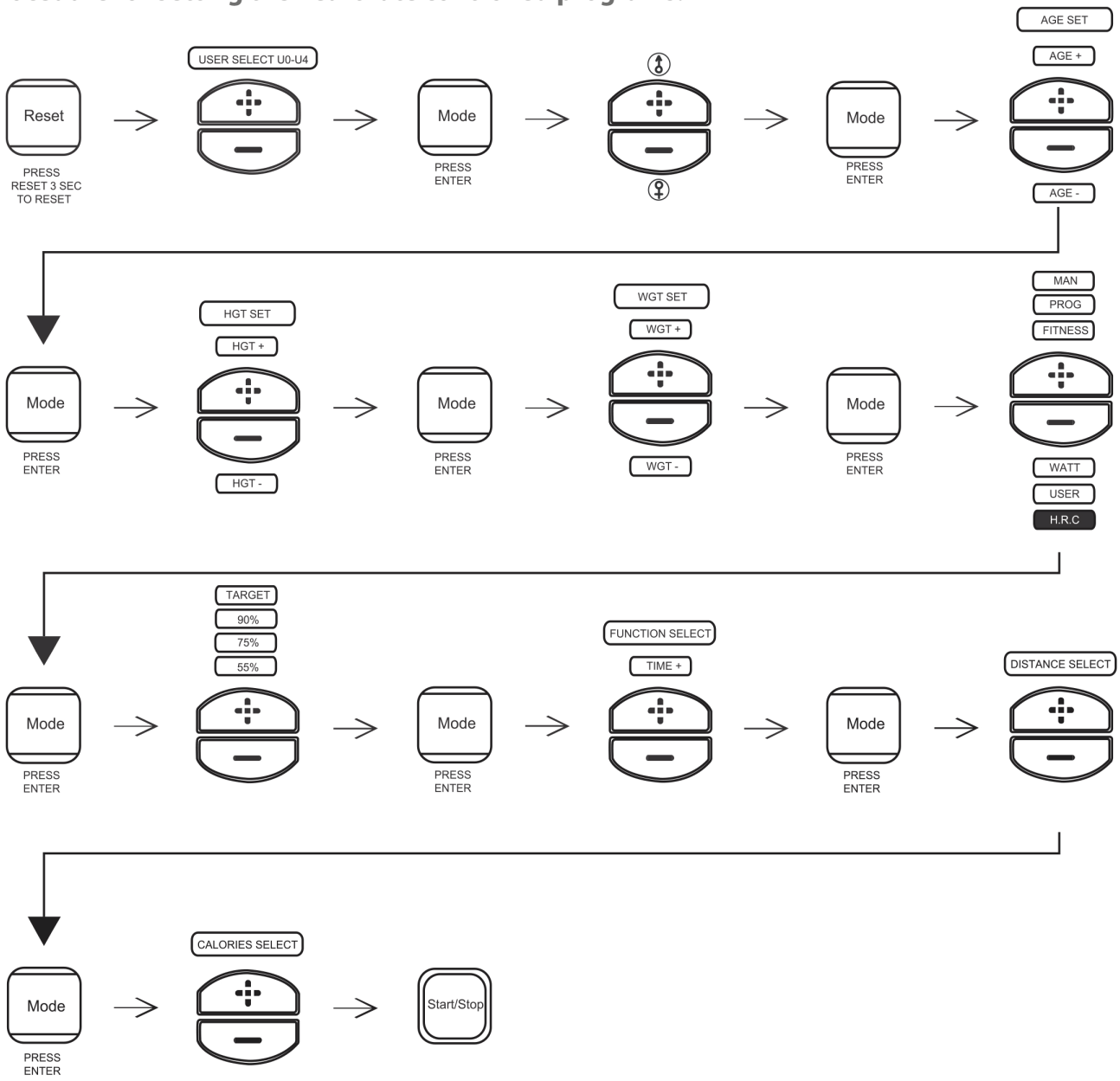


Figure 45

Figure 46

Procedure for setting the heart rate controlled programs:



4.1 General Instructions

► **ATTENTION**

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

⚠ **WARNING**

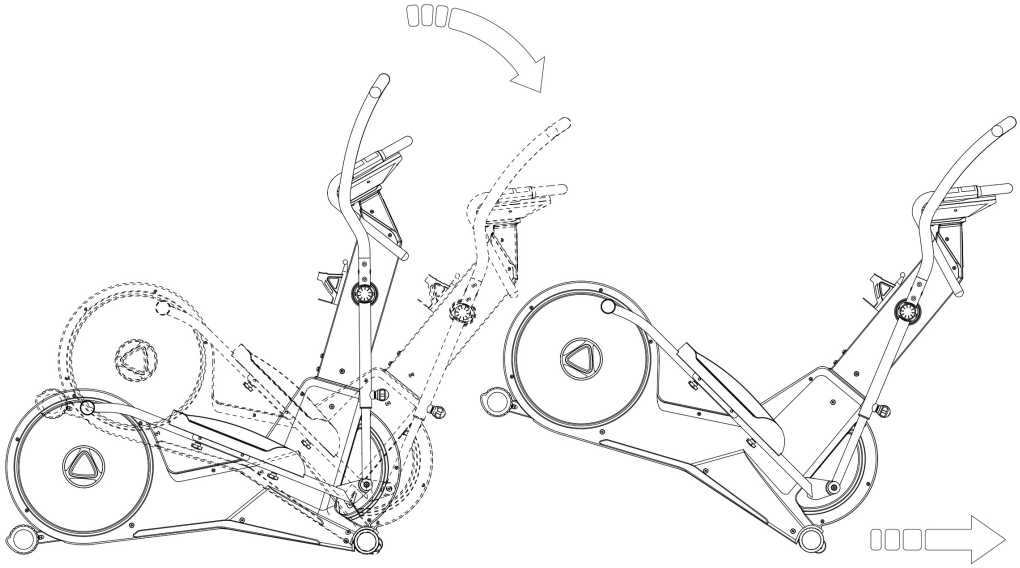
+ The storage location should be chosen so that improper use by third parties or children can be prevented.
+ If your equipment does not have transportation wheels, the equipment must be disassembled before transportation.

4.2 Transportation Wheels

► **ATTENTION**

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

1. 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.



5 TROUBLESHOOTING, CARE AND MAINTENANCE

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	Loose cable connection	Check cable connections
No pulse display	+ Sources of interference in the room + unsuitable chest strap + Wrong position of chest strap + Chest strap defective or battery empty + Pulse display defective	+ 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

5.3 Maintenance and Inspection Calendar

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

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

Part	Weekly	Monthly	Quarterly
Display console	C	I	
Slide rails*		C	
Lubrication of slide rails and moving parts*			I
Plastic covers	C	I	
Screws and cable connections		I	
Legend: C = clean; I = inspect			

*Make sure to always clean the slide rails and moving parts before re-lubricating.

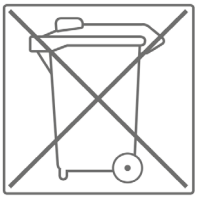
By scanning the QR code with the camera function or QR code scanner app of your smartphone/tablet, a video on general maintenance of a crosstrainer opens on YouTube. The video serves to illustrate the maintenance points described in this manual.

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 Sport-Tiedje videos on YouTube by first opening YouTube and entering "Sport-Tiedje" in the search field.

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. For elliptical cross trainers 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.

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!

floor mat

chest strap

chest strap contact gel

silicone spray

towels

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:

cardiostrong / elliptical cross trainer

Model Name:

EX60

Article Number:

CST-EX60

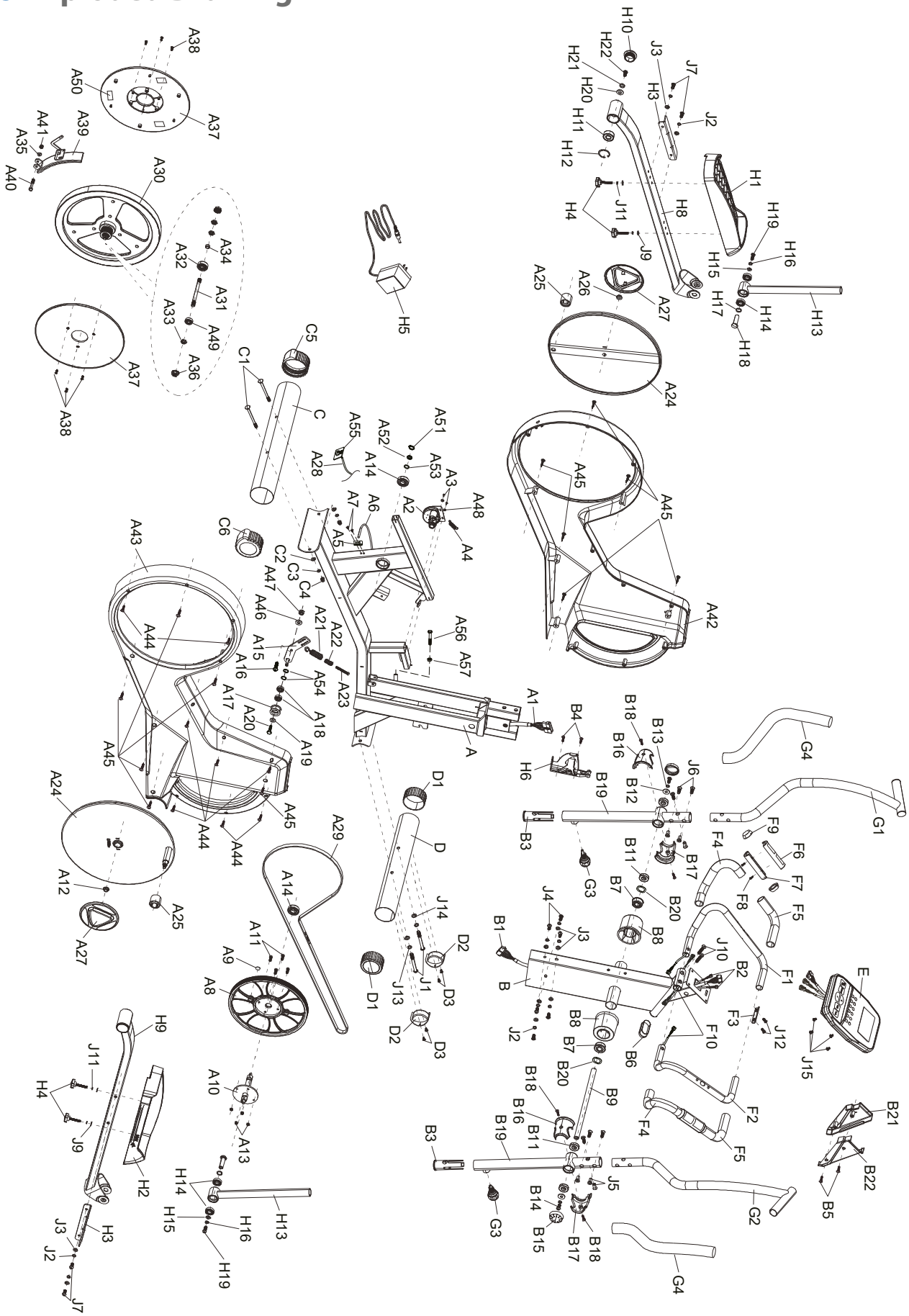
8.2 Parts List

No.	Description	Qty.	No.	Description	Qty.
A	M AIN FRAME	1	A 31	AXLE 3/8"*26* Φ10*128L	1
A 1	SENSOR W IRE 1000mm	1	A 32	BEARING 6300 2RS	1
A 2	M OTOR	1	A 33	WASHER 3/8"-26*3.8T	3
A 3	SCR EW M5xP0.8x12L	2	A 34	BUSH Φ10xΦ15.8x9mm	1
A 4	SPRING Φ1xΦ8.5x48L	1	A 35	W ASHER Φ8xΦ19x2T	1
A 5	SENSOR W IRE HOU SIN G	1	A 36	NUT 2/8"-26x7T	2
A 6	SENSOR W IRE 900mm	1	A 37	PLATE COV ER	2
A 7	SCR EW M5x10mm	2	A 38	SCREW ST3.5x16 L	6
A 8	PULL EY Φ30*8	1	A 39	M AGN ET IC HO USING	1
A 9	M AN G ET Φ15*2	1	A 40	SCR EW M8xP1.25x55LxS17	1
A 10	AXLE Φ20*154.5L	1	A 41	NUT M8x7T	1
A 11	SCREW M6xP1.30x16L	4	A 42	M AIN CHAIN COVER (L)	1
A 12	NUT M10xP1.25-LH x10T	1	A 43	M AIN CHAIN COVER (R)	1
A 13	NUT M6X5.5T	4	A 44	SCR EW 3/4	8
A 14	BEARING 6004 2ZZ	2	A 45	SCR EW	12
A 15	PRESSING PLARE	1	A 46	W ASHER Φ8xΦ16x2T	1
A 16	SCR EW M8xP1.25x20L	1	A 47	NUT M8x7T	1
A 17	BEARING HOU SING	1	A 48	W ASHER Φ5.5xΦ12x2T	2
A 18	BEARING 6000 2ZZ	2	A 49	BEARING 6000 2RS	1
A 19	W ASHER Φ6.5xΦ13x2T	1	A 50	EVA PAD STICKER 20X60X1.5T	6
A 20	SCR EW M6x10L	1	A 51	CL IP Φ18.5xΦ22.5x1T	1
A 21	SPRING Φ20xΦ4x12N	1	A 52	WASHER Φ20.3xΦ30x0.5T	1
A 22	NUT M6 Φ14.4x30L	1	A 53	WAVE WASHER Φ20.5xΦ30x0.3T	2
A 23	SCR EW M6xP1.0x60L	1	A 54	WAVE WASHER Φ10.2xΦ13x0.3T	2
A 24	TURNIN G PLATE	2	A 55	FIXING SHEET	1
A 25	PIPE	2	A 56	SCR EW M8x55LxS25L	1
A 26	NUT M10xP1.25x10T	1	A 57	NUT M8x6T	1
A 27	DECORDATION COVE	2	B	CENTRAL SUPPORT TUBE	1
A 28	DC W IRE 1000L	1	B 1	SENSOR WIRE 800L	1
A 29	BELT 900J6	1	B 2	SENSOR WIRE 350L	2
A 30	MAGNETIC FLYWHEEL Φ400 32W11KG	1	B 3	END CAP	2
			B 4	SCREW M5x16L	2

B 5	SCREW ST3.9x20L	2
B 6	END CAP	1
B 7	END CAP	2
B 8	DECORATION COVER	2
B 9	AXLE Φ17x365L(M8)	1
B 11	BEARING 6003 2ZZ	4
B 12	WASHER Φ8xΦ22x2T	2
B 13	SPRING W ASHER Φ8.5x13.5x2.5T	2
B 14	SCREW M8xP1.25x20L	2
B 15	END CAP	2
B 16	DECORATION COVER OF HAN DLE BAR	2
B 17	DECORATION COVER OF HAN DLE BAR	2
B 18	SCR EW M5x12L	4
B 19	SW ING HAN DLE BAR TUBE	2
B 20	WAVE WASHER Φ17.5xΦ25x0.3T	2
B 21	CENTRAL COVER (L)	1
B 22	CENTRAL COVER (R)	1
C	REAR STABILIZER 70HDV	1
C 1	SCREW M 8 xP 1.25 x1 02xS20L	2
C 2	W ASHER Φ8xΦ16x2T	2
C 3	SPRING WASHER Φ8.5xΦ13.5x2.5T	2
C 4	NUT M 8	2
C 5	END CAP (L)	1
C 6	END CAP (R)	1
D	FRONT STABILIZER	1
D 1	END CAP 90HDV	2
D 2	W HEEL Φ76	2
D 3	SCR EW M5x16	4
E	CONSOLE	1
F1	HAN DLE BAR (L) Φ25.4x1.5Tx660L	1
F2	HAN DLE BAR (R) Φ25.4x1.5Tx660L	1
F3	IRON BRACKET 2.5T	1
F4	HAN DLE BAR SPONGE Φ23x3Tx280L STR	2
F5	HAN DLE BAR SPONGE Φ23x3Tx220L STR	2
F6	HAN DLE PLUSE SENSOR	2
F7	SENSOR HOUSING	2
F8	SCR EW ST2.9x20L	4
F9	SPACED RING	4
F10	SENSOR WIRE 600L	2
G 1	SIDE HAN DLE BAR (L)	1
G 2	SIDE HAN DLE BAR (R)	1
G 3	KN OB M16xP1.5x19L	2
G 4	SIDE HANDLE BAR SPONGE Φ30x3Tx450L STR	2
H 1	PEDAL (L)	1
H 2	PEDAL (R)	1
H 3	IRON BRACKET	2
H 4	KN OB	4
H 5	ADAPTOR	1
H 6	BOTTLE HOLD ER	1
H 8	PEDAL TUBE (L)	1
H 9	PEDAL TUBE (R)	1
H 10	END CAP	2
H 11	BEARING 2203 2RS	2
H 12	CLIP Φ43.5xΦ37.3x1.5T	2
H 13	CONNECT TUBE	2
H 14	BEARING 6002 2ZZ	4
H 15	W ASH ER Φ8xΦ16x2T	2
H 16	SPRING WASHER Φ8.5xΦ13.5x2.5T	2
H 17	BUSH Φ15.2xΦ20x3L	2
H 18	AXLE Φ15x50.5L(M8)	2
H 19	SCR EW M8xP1.25x20L	2
H 20	W ASH ER Φ8xΦ22x2T	2
H 21	SPRING W ASHER Φ8.1x8.5x2.5T	2
H 22	SCREW M8xP1.25x20L	2
J1	SCREW M8xP1.25 x 90L x S20L	2
J2	SPRING W ASHER Φ8.5x13.5x2.5T	10
J3	WASHER Φ8.1xΦ16x2T	10

J4	SCREW M 8 x 20mm	6
J5	SCREW M8x16mm	6
J6	SCREW M8x20mm	6
J7	SCREW M8xP1.25x20L	4
J9	WASHER Φ6xΦ12x1.5T	4
J10	SCREW M8x40mm	2
J11	SPRING W ASHER Φ6.1x1.6T	4
J12	SCREW M5x12mm	2
J13	SPRING WASHER Φ8.5xΦ13.5x2.5T	2
J14	W ASHER Φ8xΦ16x2T	2
J15	SCREW	4

8.3 Exploded Drawing



9 WARRANTY

Training equipment from Taurus® 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.

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 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.

10 CONTACT

DE

TECHNIK

+49 4621 4210-900
+49 4621 4210-698
technik@sport-tiedje.de
Öffnungszeiten entnehmen Sie unserer Homepage.

SERVICE

0800 20 20277
(kostenlos)
info@sport-tiedje.de
Öffnungszeiten entnehmen Sie unserer Homepage.

DK

TEKNIK OG SERVICE

80 90 16 50
+49 4621 4210-945
info@fitshop.dk
Åbningstider kan findes på hjemmesiden.

FR

TECHNIQUE & SERVICE

+33 (0) 172 770033
+49 4621 4210-933
service-france@fitshop.fr
Vous trouverez les heures d'ouverture sur notre site Internet.

PL

TECHNIKA I SERWIS

22 307 43 21
+49 4621 42 10-948
info@fitshop.pl
Godziny otwarcia można znaleźć na stronie głównej.

BE

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+49 4621 42 10-932
info@fitshop.be
Vous trouverez les heures d'ouverture sur notre site Internet.

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support@powerhousefitness.co.uk

SERVICE

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NL

TECHNISCHE DIENST & SERVICE

+31 172 619961
info@fitshop.nl
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INT

TECHNICAL SUPPORT & SERVICE

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service-int@sport-tiedje.de
You can find the opening hours on our homepage.

AT

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0800 20 20277
(Freecall)
+49 4621 42 10-0
info@sport-tiedje.at
Öffnungszeiten entnehmen Sie unserer Homepage.

CH

TECHNIK & SERVICE

0800 202 027
+49 4621 42 10-0
info@sport-tiedje.ch
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Please find a detailed overview including address and opening hours for all stores of the Sport-Tiedje Group in Germany and abroad on the following website:

www.sport-tiedje.com/en/stores

WE LIVE FITNESS

WEBSHOP AND SOCIAL MEDIA

Sport-Tiedje is Europe's largest specialist store for home fitness equipment with currently 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
www.sport-tiedje.de/blog

www.facebook.com/SportTiedje

www.instagram.com/sporttiedje

www.youtube.com/user/sporttiedje

TAURUS

cardiostrong

BODYCRAFT

cardiojump

DUKEFITNESS

DARWIN

Notes

Notes

cardiostrong®

Elliptical Cross Trainer EX60