



## Assembly and Operating Instructions



max. 150 kg



~ 60 Min.



84 kg

L 173 | W 65 | H 183

FSCSTFX70.01.01

Art. No. CST-FX70

Crosstrainer **FX70**



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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](http://www.fitshop.com) or [www.cardiostrong.de](http://www.cardiostrong.de). We hope you enjoy your training!

Further information can be found at [www.fitshop.com](http://www.fitshop.com).

**Intended Use**

The equipment may only be used for its intended purpose.

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

**Legal Notice**

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

# **FITSHOP**

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## 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

### LCD - Data displayed

- + Speed in km/h
- + Training time in min
- + Training distance in km
- + RPM (Revolutions per Minute)
- + Calorie consumption in kcal
- + Heart rate (in conjunction with hand pulse sensors or a chest strap)
- + Watt
- + Resistance levels

Resistance system:	electronic magnetic braking system
Resistance levels:	32
Watt:	10~350 Watt

User memory:	4
Training programmes insgesamt:	19
Manual programmes:	1
Pre-set programmes:	12
Watt programmes:	1
Heart rate control programmes:	4
User programmes:	1
Recovery test:	1

Flywheel:	9 kg
Gear ratio:	1:10
Stride length:	51 cm
Stride height:	19 cm
Stride width:	9 cm

### Weight and dimensions:

Article weight (gross, incl. packaging):	97 kg
Article weight (net, without packaging):	84 kg
Packed dimensions (L x B x H):	ca. 129 cm x 49 cm x 74 cm
Set-up dimensions (L x B x H):	ca. 173 cm x 65 cm x 183 cm
Maximum user weight:	150 kg

Use class:	H
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## 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.
- + Remember that your device does not have a freewheel function. Therefore moving parts cannot be stopped immediately.
- + Note that the individual physical power required to perform an exercise may differ from the displayed mechanical power.
- + When ascending and descending, make sure that one of the treads is in the lowest position.
- + 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.
- + Do not insert any objects of any kind into the openings of the device.
- + Be aware that if adjustment devices are left protruding, they may impede the user's movement.

## 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.

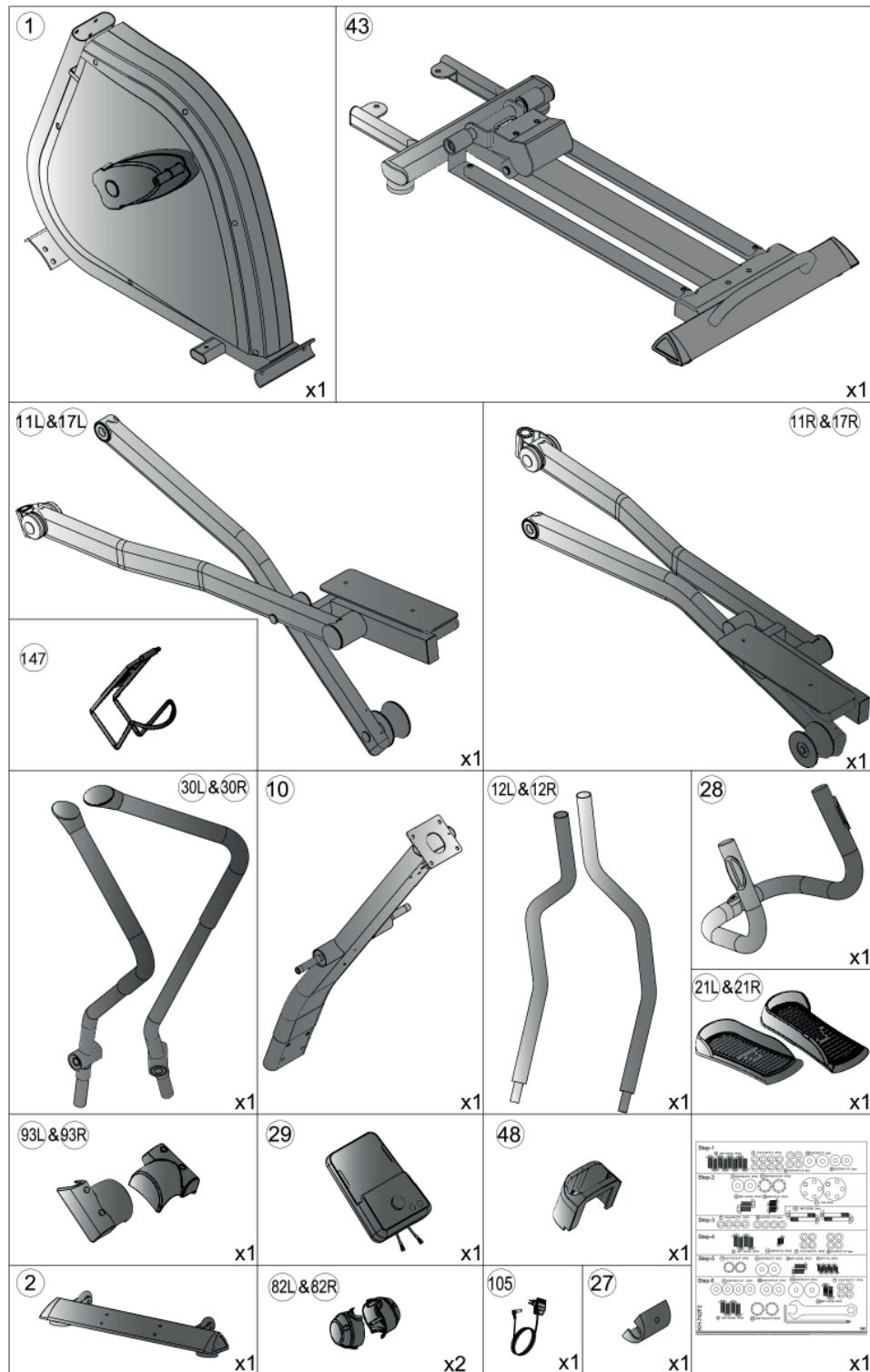
## 2.2 Scope of Delivery

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.



## 2.3 Assembly

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

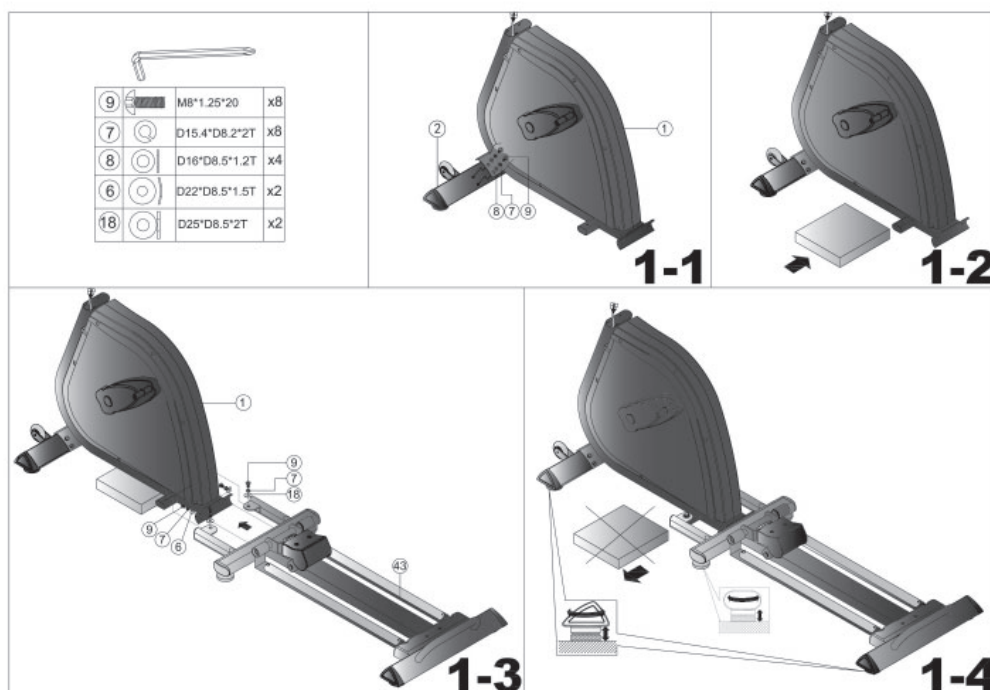
### ① NOTICE

- + 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-elliptical-cross-trainer-fx70-cst-fx70#product-assembly>. To go directly to the assembly video, you can alternatively scan the QR code.



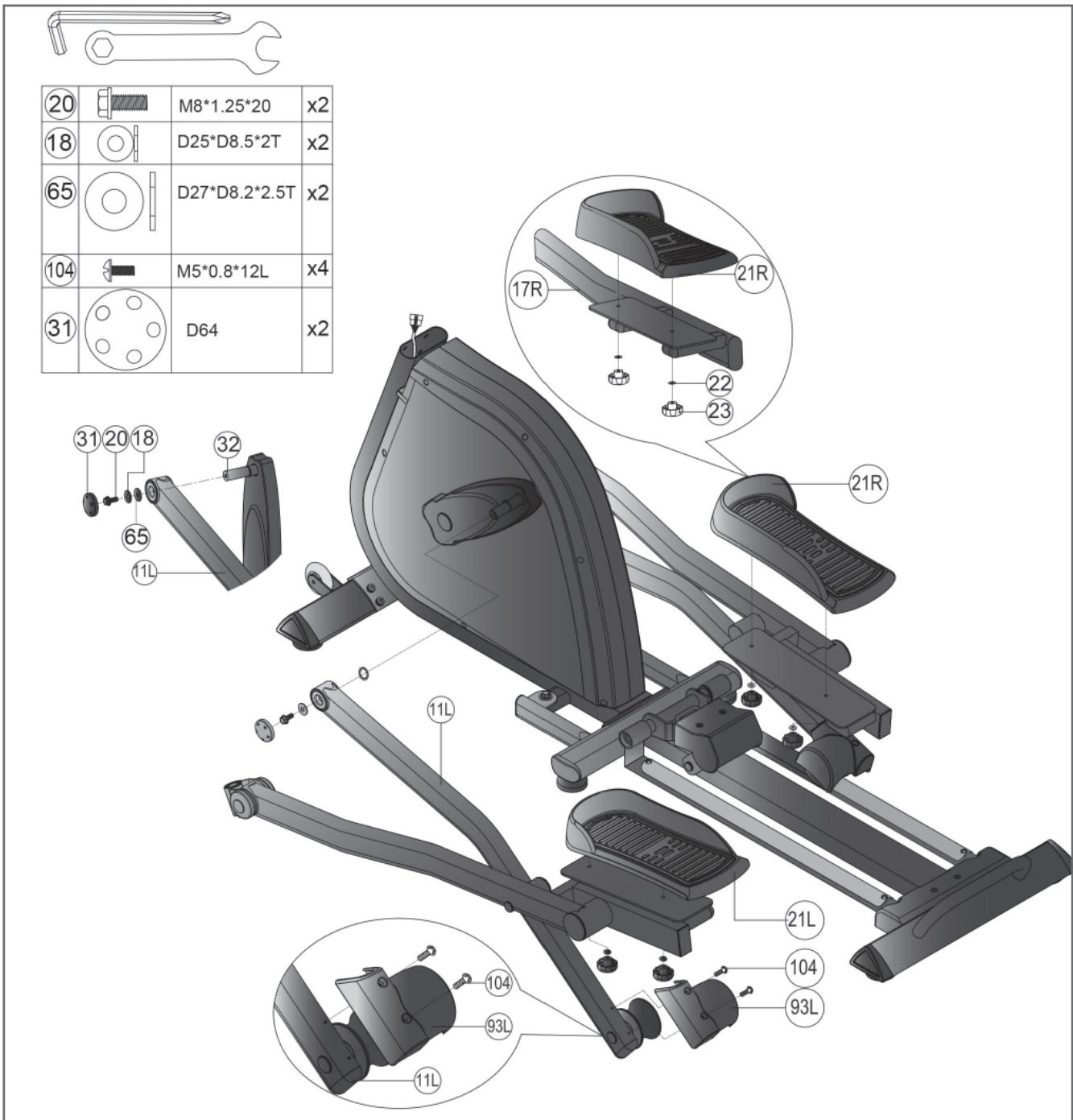
### Step 1: Assembly of the Front and Rear Stabilizers

1. Fix the front stabilizer (2) onto the main frame (1) with four screws (9), four spring washers (7) and four washers (8) ( Fig. 1-1).
2. Take the styrofoam from the packaging and place it underneath the main frame (1) (Fig. 1-2).
3. Fix the rear stabilizer welding set (43) onto the main frame (1) with two screws (9), two spring washers (7) and two flat washers (18) (Fig. 1-3).
4. Fix the rear stabilizer welding set (43) onto the main frame (1) with two screws (9), two spring washers (7) and two curved washers (6) (Fig. 1-3).
5. Remove and dispose the styrofoam (Fig. 1-4).



## Step 2: Assembly of the Supporting Tubes, the Pedals and the Round Wheel Covers

1. Fix the supporting tubes (11L & 11R) onto the crank welding set (32) with each one screw (20), one flat washer (18), one buffer (65) and one axle cover (31).
2. Fix the pedals (21L & 21R) onto the respective pedal welding set (17L & 17R) with each two knobs (23) and two flat washers (22).
3. Fix the round wheel covers (93L & 93R) onto the respective supporting tubes (11L & 11R) with each two bolts (104).





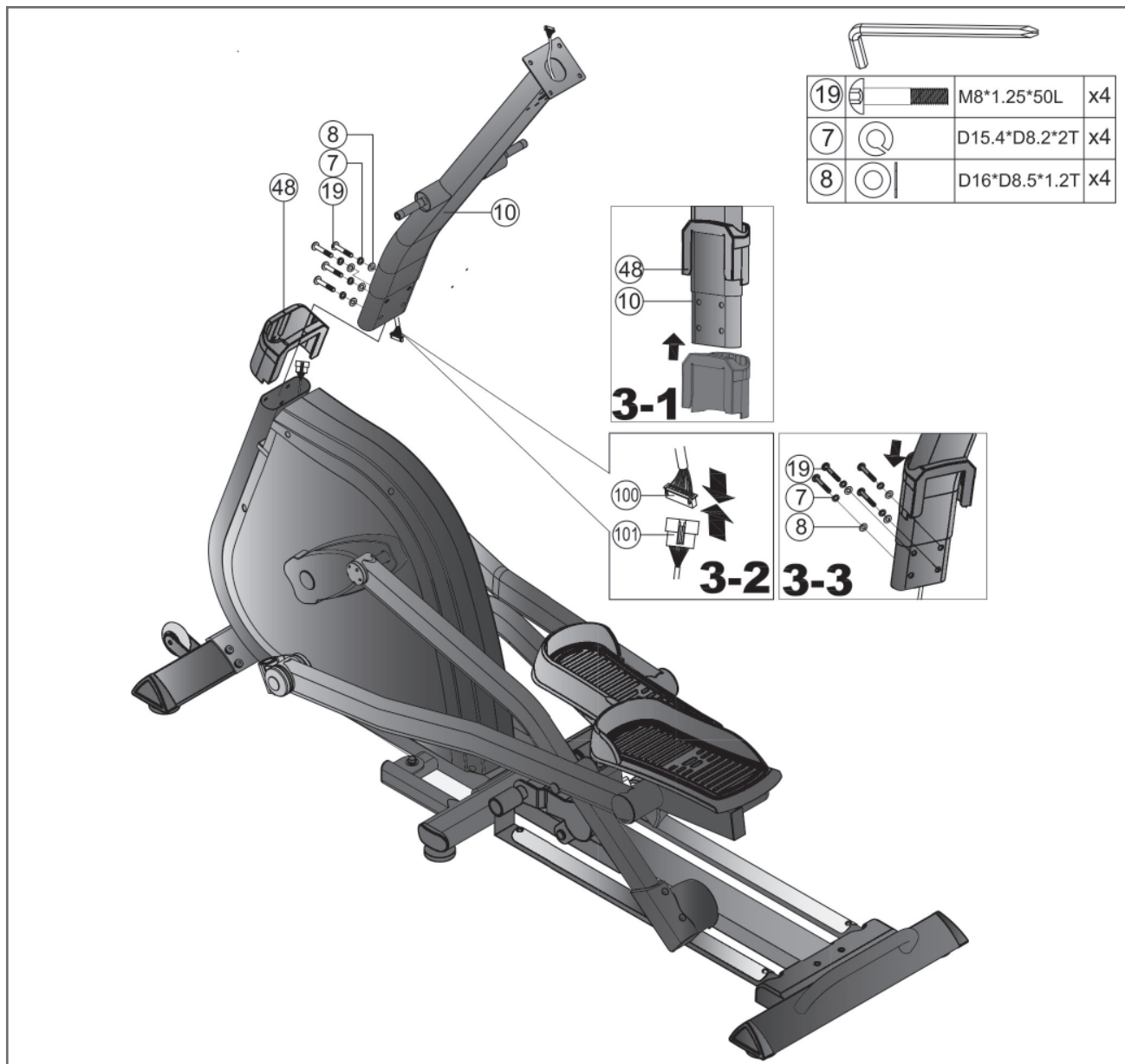
## Step 2: Assembly of the Handlebar Post Tube

1. Slide up the upper cover (48) (Fig. 3-1).
2. Connect the upper computer cable (100) with the lower computer cable (101) (Fig. 3-2).

### ► ATTENTION

Please ensure that the cables are not clamped in the next step.

3. Insert the handlebar post tube (10) into the main frame (1).
4. Fix the handlebar post tube (10) to the main frame (1) with four screws (19), four spring washers (7) and four flat washers (8) (Fig. 3-3).
5. Slide down the upper cover (48) onto the main frame (1) and make sure that the upper cover (48) locks into place.





#### Step 4: Assembly of the Computer and the Handlebar

1. Connect the upper computer cable (100) with the respective cable of the computer (29) (Fig. 4-1).

► **ATTENTION**

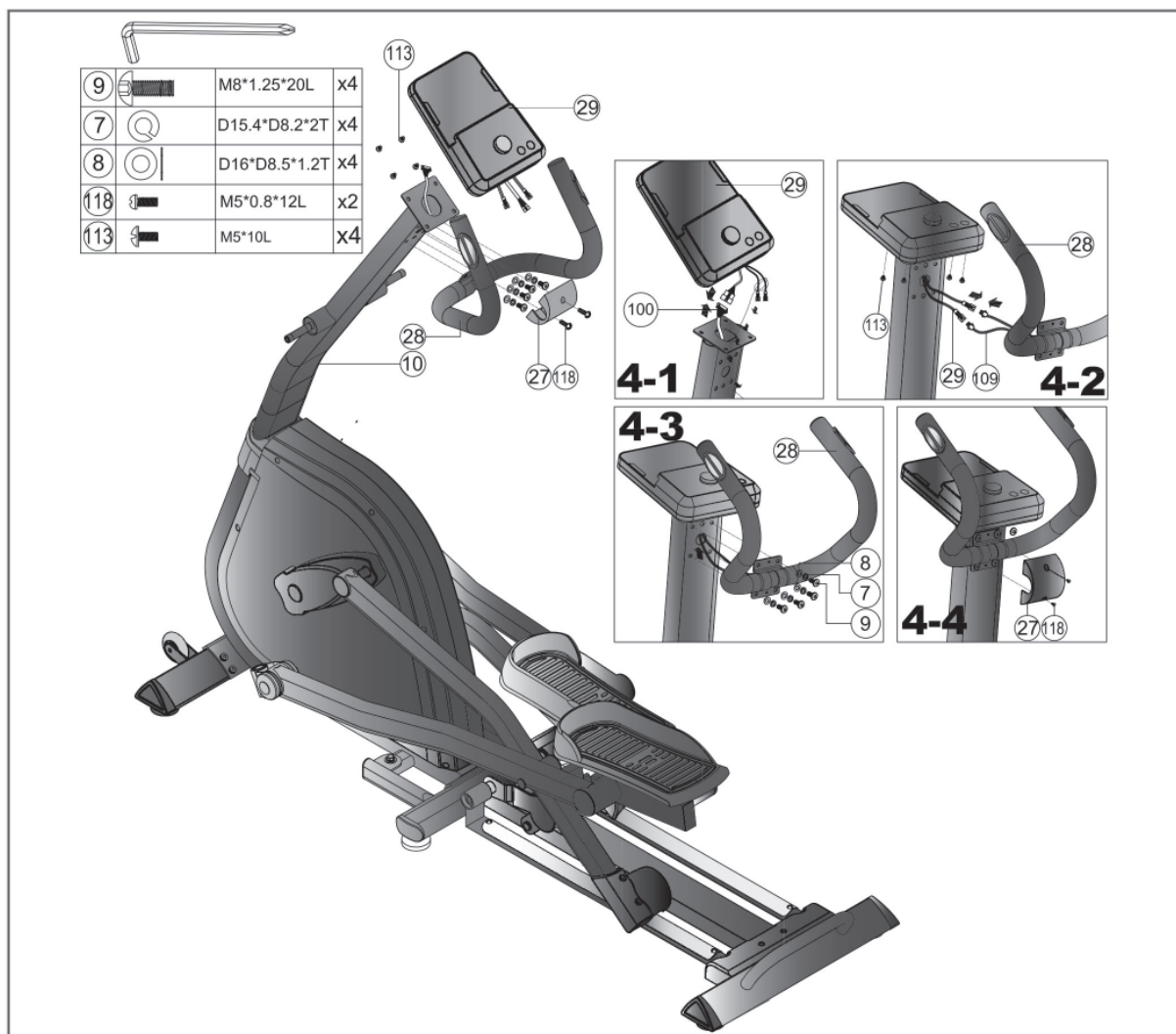
Please ensure that the cables are not clamped in the next step.

2. Fix the computer (29) onto the handlebar post tube (10) with four screws (113) (Fig. 4-2).
3. Connect the handle pulse cable (109) with the respective cable of the computer (29) (Fig. 4-2).

► **ATTENTION**

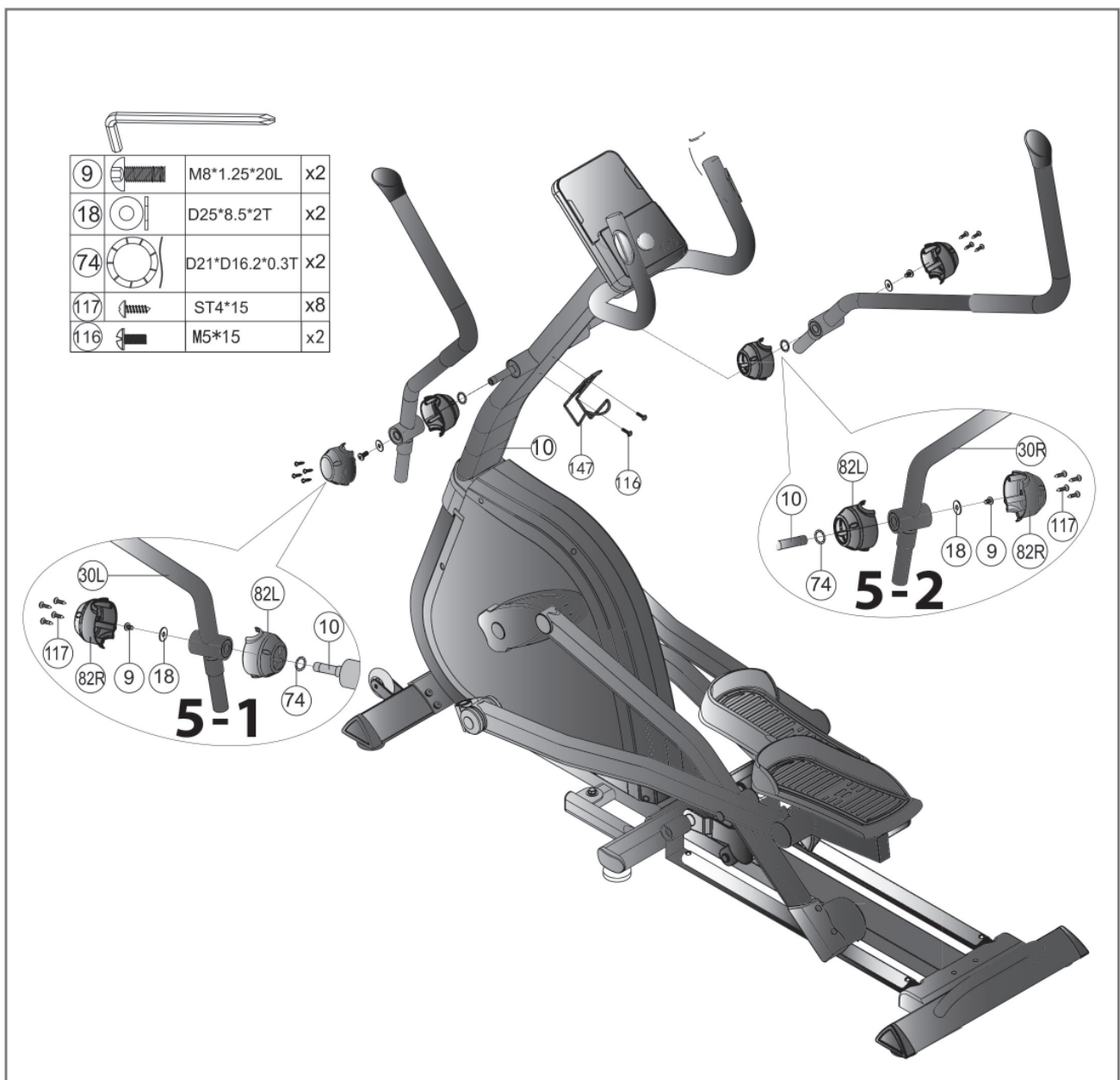
Please ensure that the cables are not clamped in the next step.

4. Fix the handlebar welding set (28) onto the handlebar post tube (10) with four screws (9), four spring washers (7) and four flat washers (8) (Fig. 4-3).
5. Fix the protective cover (27) onto the handlebar post tube (10) with two screws (118) (Fig. 4-4).



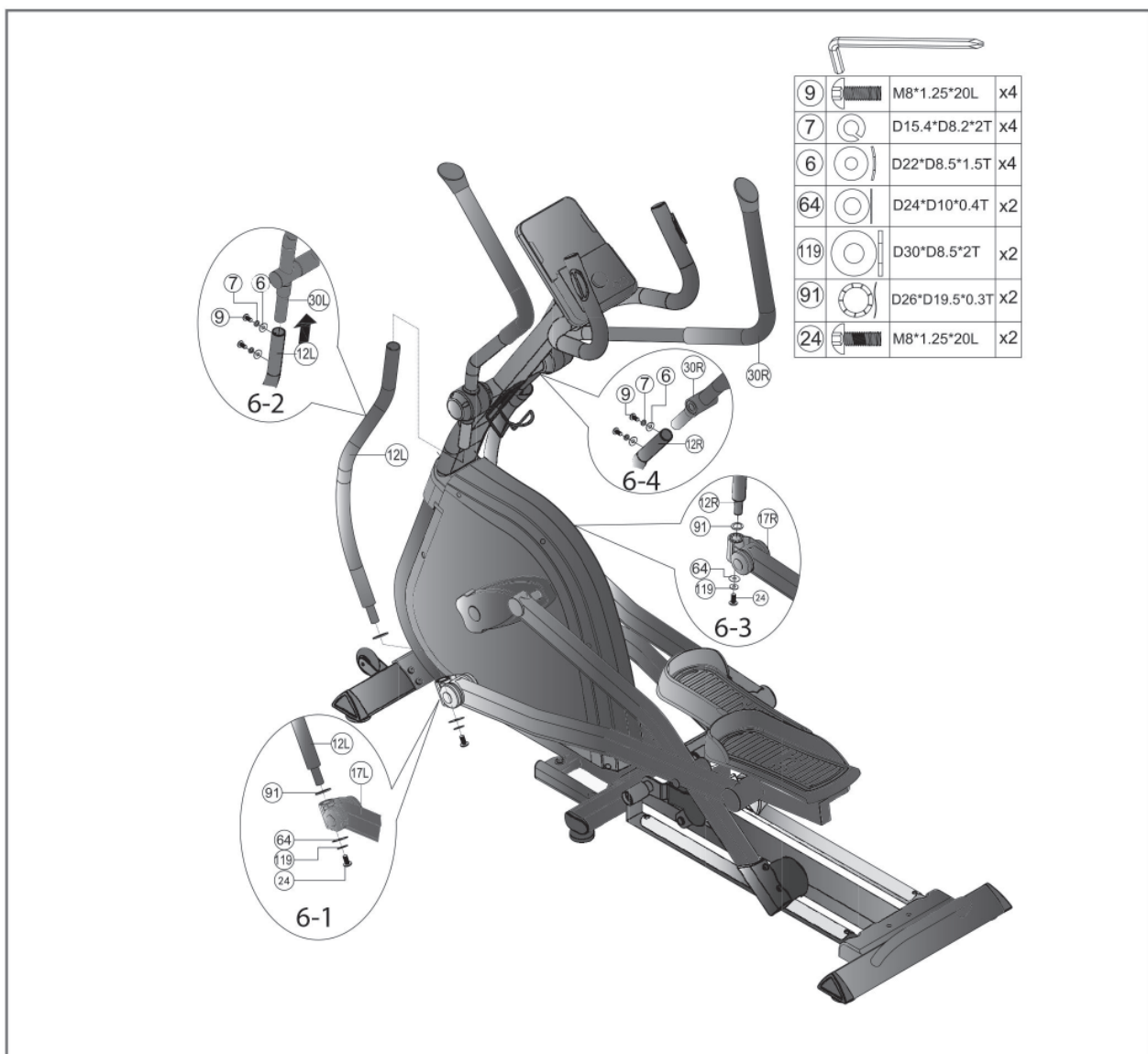
### Step 5: Assembly of the Handle Bars and Bottle Holder

1. First slide one waved washer (74) and the left upper foot cap (82L) onto the handlebar post tube (10) (Fig. 5-1).
2. Fix the left handlebar welding set (30L) onto the handlebar post tube (10) with one screw (9) and one flat washer (18) (Fig. 5-1).
3. Fix the right upper foot cap (82R) onto the left upper foot cap (82L) with four screws (117) (Fig. 5-1).
4. Repeat the steps 1-3 on the right side (Fig. 5-2).
5. Fix the bottle holder (147) onto the handlebar post tube (10) with two screws (116).



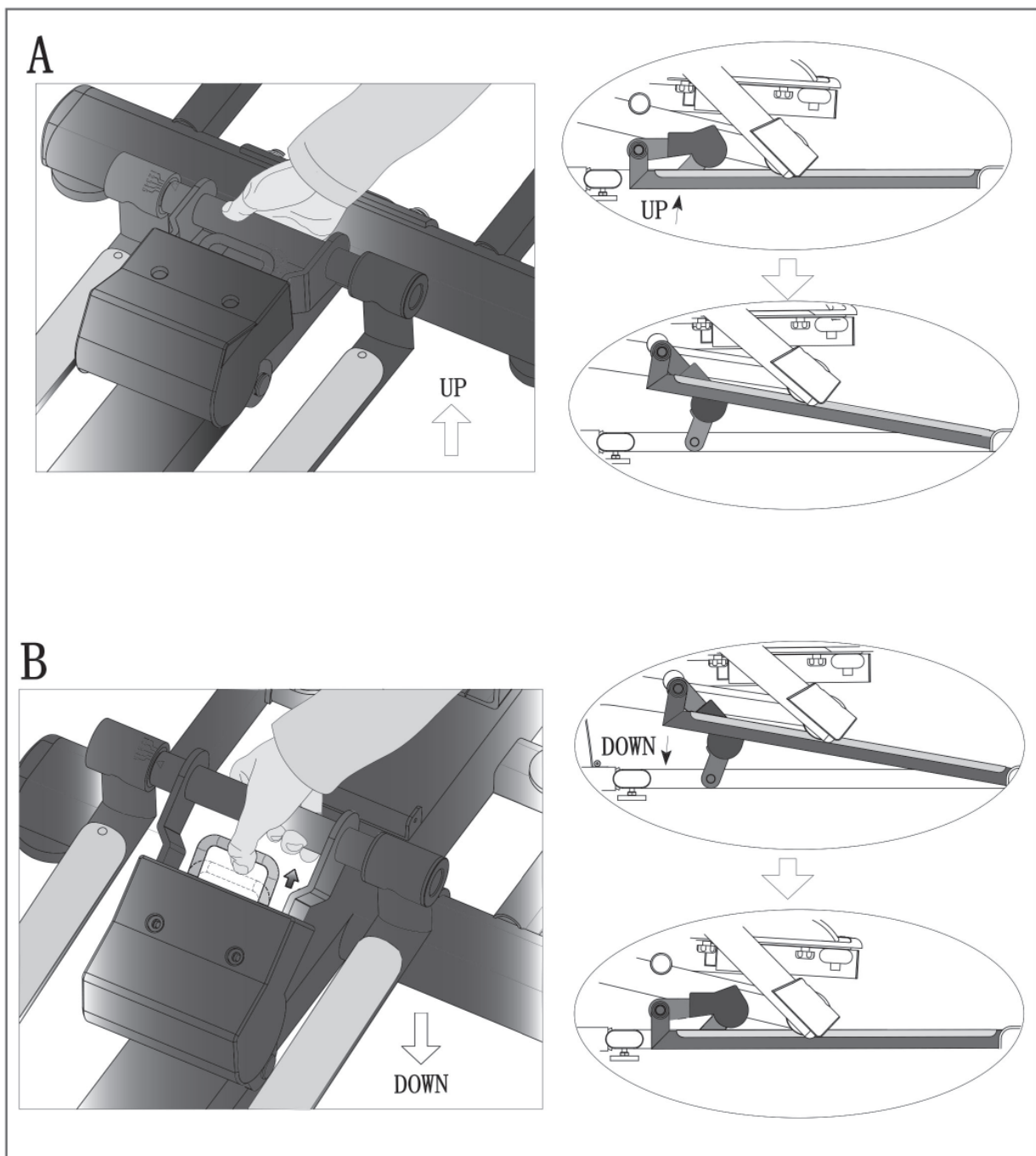
## Step 6: Assembly of the Supporting Tubes

1. Fix the left and the right supporting tube for movable handlebar (12L & 12R) onto the respective pedal welding set (17L & 17R) with each one screw (24), one waved washer (91), one flat washer (64) and one flat washer (119) (Fig. 6-1 & 6-3).
2. Fix the left and the right handlebar welding set (30L & 30R) onto the respective supporting tube (12L & 12R) with each two screws (9), two curved washers (6) and two spring washers (7) (Fig. 6-2 & 6-4).



### Step 7: Adjusting the incline

1. In order to raise the incline, grab the tube and pull the orange handle.
2. Now pull up the tube and select the desired position.
3. In order to lock in the position, release the orange handle and make sure it locks into place.
4. In order to decrease the incline, grab the tube and pull the orange handle.
5. Now pull down the tube and select the desired position.
6. In order to fix the position, release the orange handle and make sure it locks into place.



### 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.

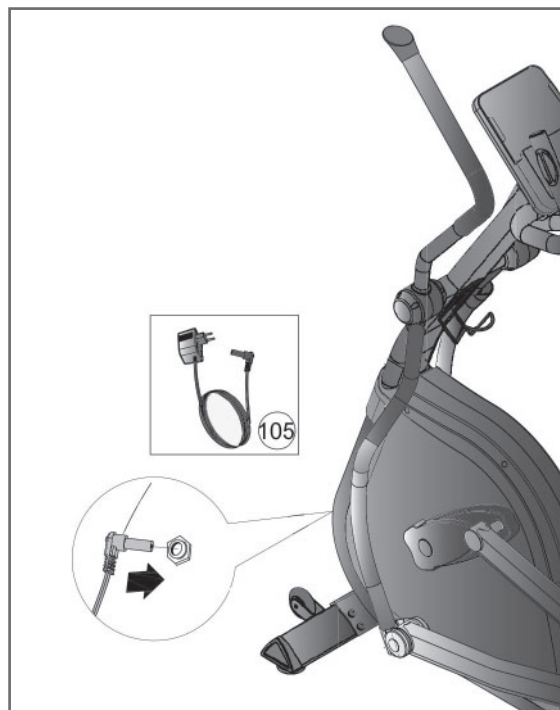
### Step 9: Connecting the equipment to the mains supply

#### ► 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.

Plug in the adaptor (105) on the front of the crosstrainer.



## 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.



### 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



<b>TIME</b>	<ul style="list-style-type: none"> <li>+ Display of the elapsed training time in minutes</li> <li>+ Display range: 00:00–99:59</li> <li>+ Setting range: 00:00–99:00 (in 1-min. increments)</li> </ul>
<b>SPEED</b>	<ul style="list-style-type: none"> <li>+ Display of the current speed in km/h</li> <li>+ Display range: 00,0–99,9</li> </ul>
<b>RPM</b>	<ul style="list-style-type: none"> <li>+ Display of the current revolutions per minute</li> <li>+ Display range: 0-15–999</li> </ul>
<b>DISTANCE</b>	<ul style="list-style-type: none"> <li>+ Display of the training distance in km</li> <li>+ Display range: 0,00–99,99</li> <li>+ Setting range: 0,00–99,99 (in 0,1km increments)</li> </ul>

<b>CALORIES</b>	<ul style="list-style-type: none"> <li>+ Display of the calorie consumption in kcal</li> <li>+ Display range: 0–9999</li> </ul> <p><b>ⓘ NOTICE</b> This information is meant for comparing your training sessions, it is not meant for use in medical purposes.</p>
<b>PULSE</b>	<ul style="list-style-type: none"> <li>+ Display of the heart rate</li> <li>+ Display range: 0–230</li> <li>+ Setting range: 30–230</li> </ul> <p><b>ⓘ NOTICE</b> You will hear a signal during training when your heart rate raises over the set target heart rate.</p>
<b>WATT</b>	<ul style="list-style-type: none"> <li>+ Display of the Watt value</li> <li>+ Display range: 0-999</li> </ul>
<b>M</b>	+ Manual programme
	+ 12 pre-set profile programmes are available to choose from
	+ Heart rate controlled programme
<b>W</b>	<ul style="list-style-type: none"> <li>+ Watt controlled programme</li> </ul> <p><b>ⓘ NOTICE</b> The resistance will change automatically depending on your RPM, so that you train to a constant (Watt) level. That means, the faster you train, the lower the resistance</p>
<b>U</b>	+ User defined programme
<b>R</b>	+ Fitness test
<b>F</b>	+ Body fat analysis



## 3.2 Button functions

<b>Encoder (+)</b>	<ul style="list-style-type: none"><li>+ Increase resistance</li><li>+ Increase value</li><li>+ Choose programme</li></ul>
<b>Encoder (-)</b>	<ul style="list-style-type: none"><li>+ Decrease resistance</li><li>+ Decrease value</li><li>+ Choose programme</li></ul>
<b>Press encoder</b>	<ul style="list-style-type: none"><li>+ Confirm entry or selection</li></ul>
<b>Reset</b>	<ul style="list-style-type: none"><li>+ Press and hold for two seconds to restart the console and to begin with the user entry.</li><li>+ Press quickly whilst in stop mode or whilst entering training values to return to the main menu.</li></ul>
<b>Start/Stop</b>	<ul style="list-style-type: none"><li>+ Start or pause training (stop mode)</li></ul>

### 3.3 Turning on and Setting up the Crosstrainer

1. Insert the power cord plug into the wall socket.

*The console turns on and shows all segments of the LCD display for two seconds. (Fig. 1).*

1. Choose a user profile (U1 - U4) with the encoder.
2. Enter your gender, age, height and weight (Fig. 2) and confirm each value with the encoder.

*Once you have entered your user details, the main menu will be displayed (Fig. 3).*

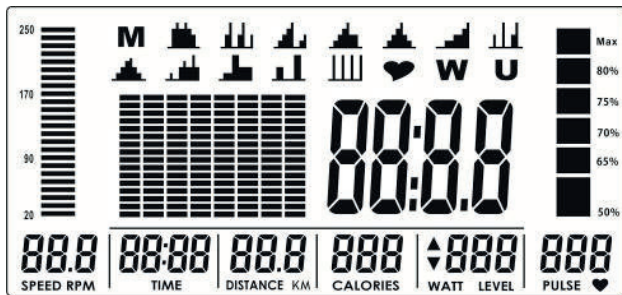


Figure 1

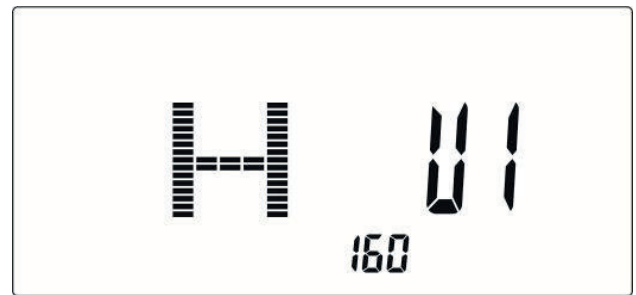


Figure 2

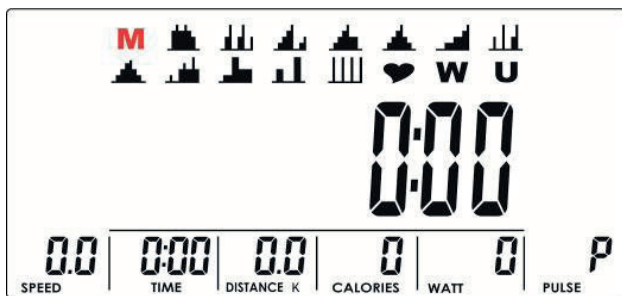


Figure 3

### 3.4 Energy save mode

The console goes into energy save mode when the pedals have not moved or no pulse can be read after four minutes. Press any button to start the console again.

#### ① NOTICE

Should the console not react, disconnect and re-insert the power cord.

## 3.5 Programmes

There are a total of 20 programmes available to choose from:

+ Quick-Start programmes:	1
+ Target programmes:	1
+ Pre-set programmes:	12
+ Heart rate controlled programmes:	4
+ Watt controlled programmes:	1
+ User defined programmer:	1 (each user)

Use the encoder to choose one of the programmes M (target programme) → pre-set programme 1–12 → ♥ (heart rate controlled programme) → W (Watt controlled programme) → U (user defined programme) and confirm your choice with the encoder.

### 3.5.1 Quick-Start programme

1. Choose the target programme (M) and confirm your choice with the encoder.
2. To start the Quick-Start programme, press the START/STOP-button while in target programme (M).-

*All values will start counting upwards.*

#### ① NOTICE

The resistance level can be changed with the encoder during training.

3. To pause the programme, press the START/STOP-button again.
4. To end the programme, press the RESET-button.

*The display will change to the main menu.*

### 3.5.2 Target programme (M)

#### WARNING

This crosstrainer is not medical equipment. The heart rate measurement of the crosstrainer can be unprecise. Different factors can influence the heart rate reading. The heart rate readings are only meant as a guide for training.

For target programmes, the values for time, distance, calories or heart rate can be set. You can decide if you want to train with a singular or multiple target settings.

1. Choose the target programme (M) and confirm your choice with the encoder.
2. Choose the resistance level with the encoder and confirm your entry with the encoder (Fig. 1).
3. Choose a value for time, distance, calories and/or heart rate with the encoder and confirm each entry with the encoder (Fig. 6–8).

#### NOTICE

To skip setting a value, press the encoder.

4. To start the program, press the START/STOP button.

*The target values count down and the other values count upwards (Fig. 9).*

*As soon as the first target value is reached, a signal will be heard.*

#### NOTICE

The resistance level can be changed with the encoder during training.

5. To pause the programme, press the START/STOP-button again.
6. To end the programme, press the RESET-button.

*The display will change to the main menu.*

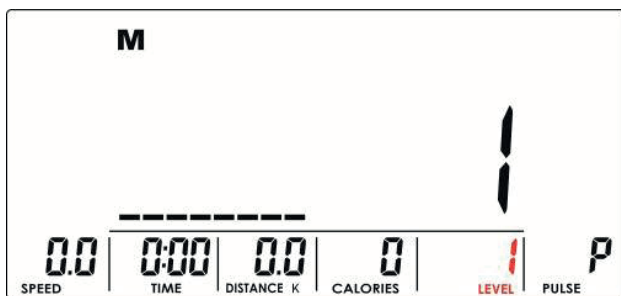


Figure 4

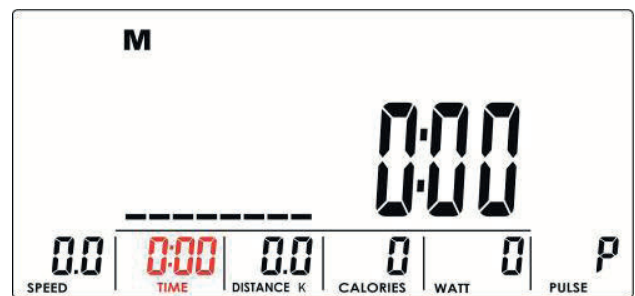


Figure 5



Figure 6



Figure 7

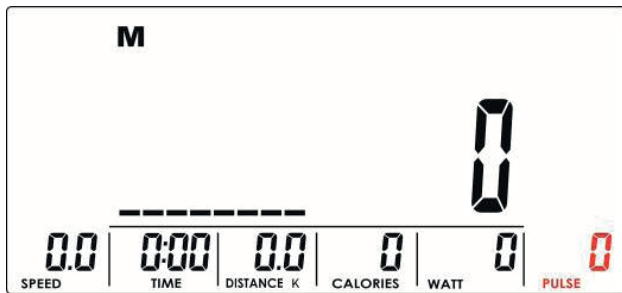


Figure 8

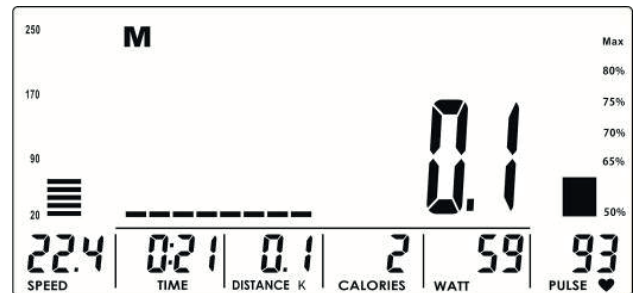


Figure 9

### 3.5.3 Pre-set profile programmes

There are a total of 12 pre-set programmes available to choose from.

1. Choose one of the pre-set programmes and confirm your choice with the encoder.
2. Choose the resistance level with the encoder and confirm your entry with the encoder.

#### ① NOTICE

The standard value is 1 (Fig. 10).

3. Set the training time with the encoder and confirm your entry with the encoder.
4. To start the programme, press the START/STOP-button.

#### ① NOTICE

The resistance level can be changed with the encoder during training.

*At the end of the programme, a signal will be heard.*

5. To pause the programme, press the START/STOP-button again.
6. To end the programme, press the RESET-button.

*The display will change to the main menu.*

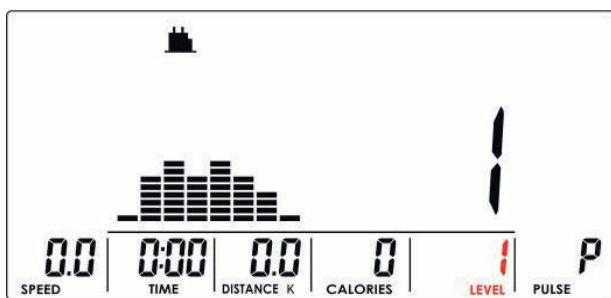


Figure 10

### 3.5.4 Heart rate controlled programmes (♥)

#### ⚠ WARNING

This crosstrainer is not medical equipment. The heart rate measurement of the crosstrainer can be unprecise. Different factors can influence the heart rate reading. The heart rate readings are only meant as a guide for training.

There are four heart rate programmes available to choose from. You can choose from three pre-set heart rate targets (55%, 75% or 90% of your maximum heart rate) or choose TA (Target heart rate) and manually set a different value. Your maximum heart rate is calculated by the console and is depending on the age settings.

1. Choose the heart rate programme (♥) and confirm your choice with the encoder.
2. Choose your desired heart rate programme (55%, 75%, 90% or TA) with the encoder and confirm your choice with the encoder (Fig. 11 - 14).
- 2.1. If you should choose the target heart rate (TA), set your desired heart rate (30 - 230) with the encoder and confirm with the encoder.
3. Set the training time with the encoder and confirm your entry with the encoder.
4. To start the programme, press the START/STOP-button.

*At the end of the programme, a signal will be heard.*

1. To pause the programme, press the START/STOP-button again.
2. To end the programme, press the RESET-button.

*The display will change to the main menu.*

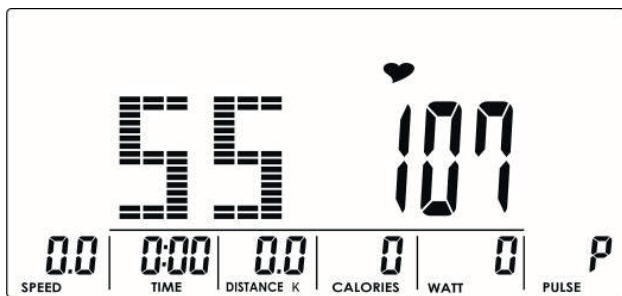


Figure 11

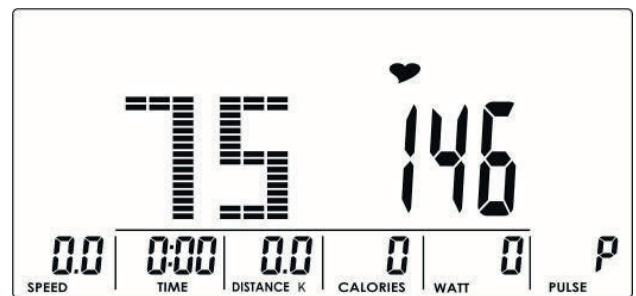


Figure 12

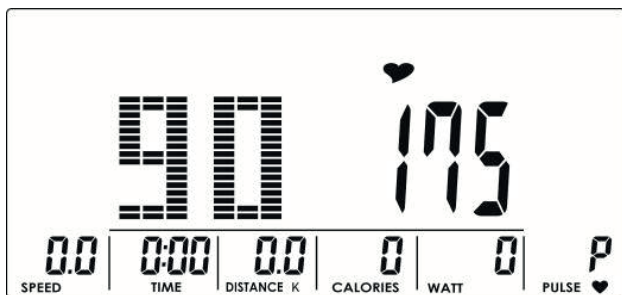


Figure 13

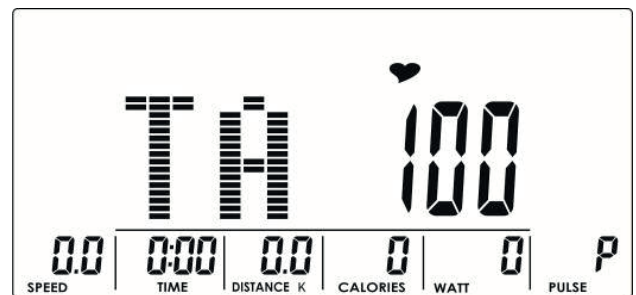


Figure 14

### 3.5.5 Watt controlled programme (W)

1. Choose the watt controlled programme (W) and confirm with the encoder.
2. Set a Watt value with the encoder and confirm your entry with the encoder.

**① NOTICE**

The standard value is 120 (Fig. 15)

3. Set the training time with the encoder and confirm your entry with the encoder.
4. To start the programme, press the START/STOP-button.

**① NOTICE**

- + The resistance level changes automatically in accordance to the set Watt value.
- + The Watt value can be changed with the encoder during training.

*At the end of the programme, a signal will be heard.*

1. To pause the programme, press the START/STOP-button again.
2. To end the programme, press the RESET-button.

*The display will change to the main menu.*

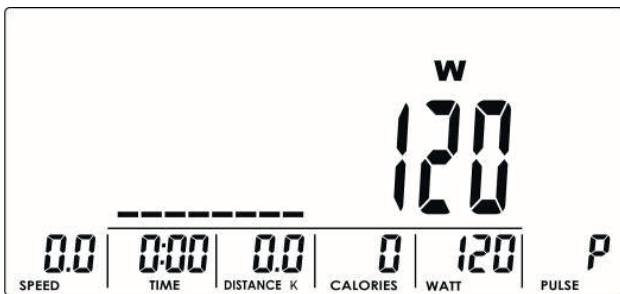


Figure 15

### 3.5.6 User defined programmes (U)

Each user has one user defined programme with eight segments available to set.

1. Choose the user defined programme (U) and confirm your choice with the encoder.
2. Set the resistance level for each segment with the encoder and confirm each segment with the encoder (Fig. 16).

**① NOTICE**

To cancel the programme while setting, press and hold the encoder for two seconds.

3. Set the training time with the encoder and confirm your entry with the encoder.
4. To start the programme, press the START/STOP-button.

**① NOTICE**

The resistance level can be changed with the encoder during training.

*At the end of the programme, a signal will be heard.*

5. To pause the programme, press the START/STOP-button again.
6. To end the programme, press the RESET-button.

*The display will change to the main menu.*



Figure 16



### 3.6 Fitness test (R)

The recovery function (fitness test) measures your heart recovery rate after a training session.

1. Choose the fitness test (R) and confirm your choice with the encoder.
2. Hold onto the hand pulse sensors with both hands.

*The display shows a countdown that runs from 00:60 down to 00:00 (Fig. 17).*

*When the measuring has finished, the display will show a value between F1 (very good) up to F6 (very bad) (Fig. 18).*

3. To end the fitness test, press the RESET-button.

*The display will change to the main menu.*



Figure 17



Figure 18

## 4.1 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.

## 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.

## 5.1 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
Drive disks wobble/ make noises	Drive disk loose	Tighten nut (pay attention to left-hand / right-hand thread)
Display is blank/is not working	Loose cable connections	Check cable connections
Equipment wobbles	Equipment is not level	Align the feet
Creaking noises on the stepping area	Loose screws on stepping area	Tighten the screws on the stepping area
Creaking noises	Screw connections loosened or too tight	Check screw connections
Squeaking noises on the guide rails	Guide rails or rollers dirty or guide rails dry	Clean the guide rails and then lubricate them with a suitable lubricant

No pulse display	<ul style="list-style-type: none"> <li>+ Sources of interference in the room</li> <li>+ unsuitable chest strap</li> <li>+ Wrong position of chest strap</li> <li>+ Chest strap defective or battery empty</li> <li>+ Pulse display defective</li> </ul>	<ul style="list-style-type: none"> <li>+ Eliminate sources of interference (e.g. mobile phone, WLAN, lawn mower and vacuum cleaner robot, etc. ...)</li> <li>+ Use a suitable chest strap (see RECOMMENDED ACCESSORIES).</li> <li>+ Reposition chest strap and/or moisten electrodes</li> <li>+ Changing batteries</li> <li>+ Check if pulse display by hand pulse possible</li> </ul>
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## 5.3 Error Codes and Troubleshooting

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

**Please contact the contract partner for technical support.**

## 5.4 Maintenance and Inspection Calendar

To avoid damage from 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.

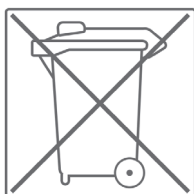
Please note that the video may not be available in your language or with appropriate subtitles.

If you cannot scan QR-codes, you can access all Fitshop videos on YouTube by first opening YouTube and entering "Fitshop" 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!



chest strap



floor mat



silicone spray



chest strap contact gel

## 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.

### ① 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	Specification	Qty.
1	Main Frame		1
2	Front Stabilizer		1
3	Sliding Beam Guiding Plate	R19.1*681*1.5T	2
4	Oval Cap	25*50*26L	2
5R	Left Triangle Foot Cap	95.7*57.2*51.3	2
5L	Right Triangle Foot Cap	95.7*57.2*51.3	2
6	Curved Washer	D22xD8.5x1.5T	6
7	Spring Washer	D15.4xD8.2x2T	20
8	Flat Washer	D16xD8.5x1.2T	12
9	Allen Bolt	M8x1.25x20L	26
10	Handlebar Post Tube		1
11L	Supporting Tube For Left Pedal		1
11R	Supporting Tube For Right Pedal		1
12L	Supporting Tube For Left Movable Handlebar		1
12R	Supporting Tube For Right Movable Handlebar		1
13	xx		x
14	Cover For Rear Stabilizer	316*80.1*47.5	1
15	Mushroom Cap	D1 1/4"*29L	2
16	Bearing	#99502	6
17L	Left Pedal Welding Set		1
17R	Right Pedal Welding Set		1
18	Flat Washer	D25*D8.5*2T	13
19	Bolt	M8*1.25*50L	4
20	Bolt	M8*1.25*20L	4
21L	Left Pedal	410.7*173.9*70	1
21R	Right Pedal	410.7*173.9*70	1
22	Flat Washer	D14xD6.5x0.8T	4
23	Knob	D40*M6*12	4
24	Bolt	M8*1.25*20L	2
25	Fixing Plate	30*27*4T	1
26	Pedal Pad	354.9*134.5*9	2



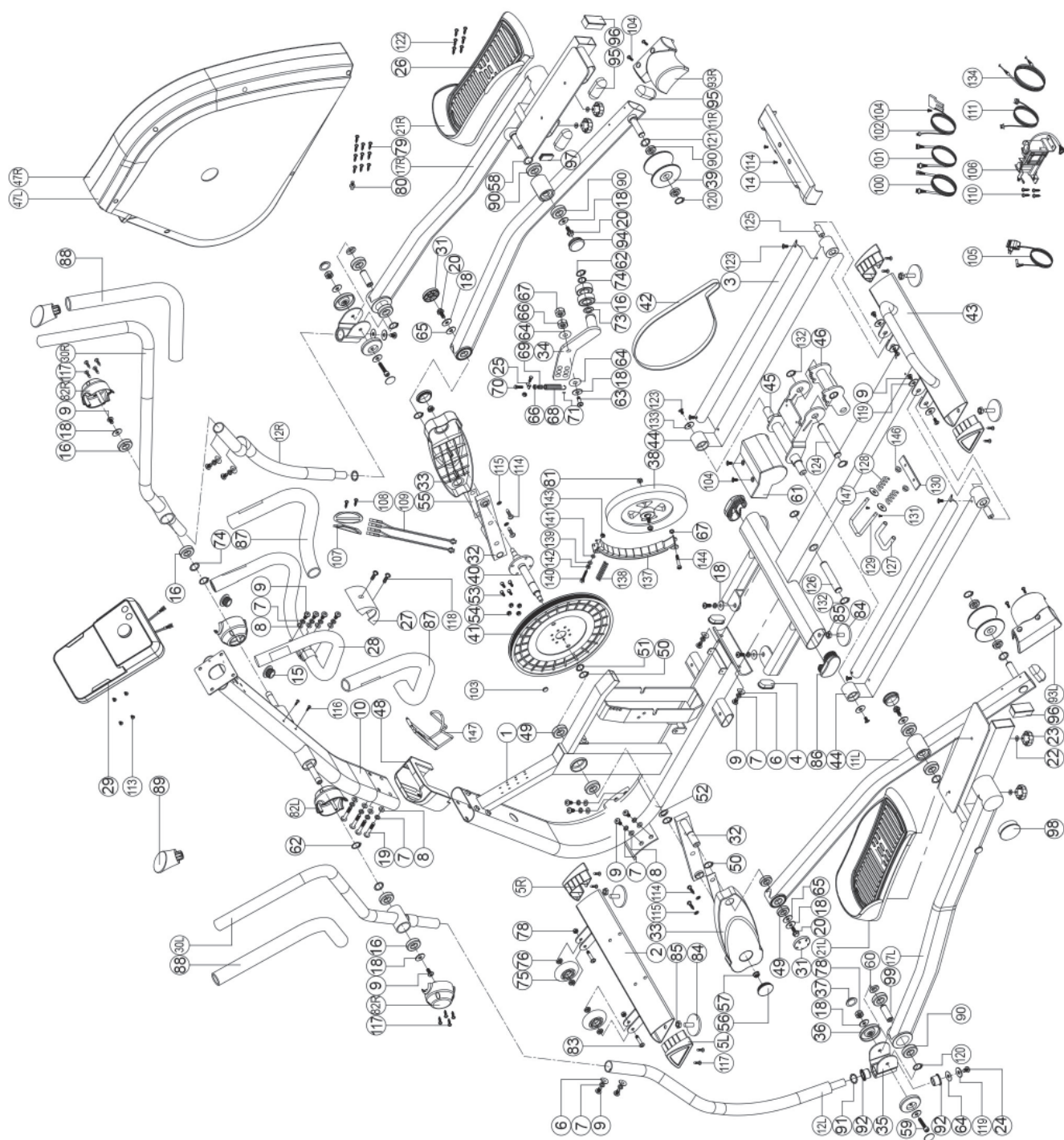
27	Protective Cover	100*81*40.8	1
28	Handlebar Welding Set		1
29	Computer	SM-8210-71	1
30L	Left Handlebar Welding Set		1
30R	Right Handlebar Welding Set		1
31	Axle Cover	D46*14.8	2
32	Crank Welding Set		2
33	Crank Cover	339*102.6*29.9	2
34	Fixing Plate For Idle Wheel		1
35	Pedal Bottom Bracket Welding Set		2
36	Axle Cover	D60*13.5L	4
37	Side Cap	D29.1*13L	4
38	Flywheel Set		1
39	Roller Wheel	D87.2*55L	2
40	Crank Axle Welding Set		1
41	Belt Wheel	D305x19.5	1
42	Belt	460 PJ6	1
43	Rear Stabilizer Welding Set		1
44	Slide Beam Welding Set		2
45	Adjustable Pole Welding Set		1
46	Circumgyrate Axle Welding Set		1
47L	Left Chain Cover	698.8*597*71.9	1
47R	Right Chain Cover	698.8*597*67.5	1
48	Upper Cover	137.1*121*73.4	1
49	Bearing	#6004ZZ	14
50	C Ring	D22.5*D18.5*1.2T	4
51	Waved Washer	D27*D20.3*0.5T	3
52	Flat Washer	D26*D21*1.5T	1
53	Bolt	M6x1.0x15L	5
54	Anti-Loose Nut	M6x1.0x6T	5
56	Side Cap	D36x14	2
57	Anti-Slip Nut	M10*1.25*7T	2
58	Plastic Flat Gasket	D27xD18X1.0T	2
59	Hexagon Socket Cap Screws	M8x1.25x75L2	2

60	Lantern Ring	D21xD17.1x5T	2
62	C Ring	S-16(1T)	3
63	Bolt	M8x1.25x30L	1
61	Chainring Protective Cover	125.4*128.5*90.1	1
64	Flat Washer	D10*D24*0.4T	4
65	Buffer	D27xD8.2x2.5T	2
66	Nut	M8*1.25*6T	2
67	Anti-Loose Nut	M8*1.25*8T	2
68	Spring	D3*D19*67L	1
69	Nut	D15*13L	1
70	Bolt	M8*1.25*50L	1
71	Plastic Cover	D3*30L	1
73	Flat Washer	D24*D16*1.5T	1
74	Waved Washer	D21xD16.2x0.3T	3
75	Round Moving Wheel	D70.5*23	2
76	Bushing	D22.2*D8.2*7T	4
77	xx		x
78	Anti-Loose Nut	M8*1.25*8T	2
79	Screw	ST4.2x1.4x20L	10
80	Pin	D6*26.5*7.7	1
81	Anti-Loose Nut	3/8"-26UNFx6.5T	2
82L	Left Upper Foot Cap	80*55*87	2
82R	Right Upper Foot Cap	80*50*87	2
83	Inner Allen Bolt	M8*1.25*40L	2
84	Adjustable Round Wheel	D59*M10*40L	6
85	Nut	M10*1.5*8T	6
86	Cap	40*80*33	2
87	Hdr Foam	D30x3Tx530L	2
88	Hdr Foam	D30x3Tx680L	2
89	Handlebar Cap	95.8*50.8	2
90	Bearing	#6003ZZ	12
91	Waved Washer	D26*D19.5*0.3T	2
92	Spacer Bushing	D19.15x(D25.6x32) xL(17+3)	4
93L	Round Wheel Cover(Left)	143.1*113.3*65	1

93R	Round Wheel Cover(Right)	143.1*113.3*65	1
94	Round Cap	D45*15	2
95	Elliptical Cap	30*70*10.5	2
96	Square Cap	30*60*15	2
97	Cap	25*50*14	6
98	Round Cap	D60*14	2
99	Short Axle	D17*48L	2
100	Upper Computer Cable	1050L	1
101	Lower Computer Cable	400L	1
102	Sensor Cable	150L	1
103	Round Magnet	M02	1
104	Bolt	M5*0.8*12L	7
105	Adaptor	9V.500MA	1
106	Motor		1
107	Handle Pulse	PE18	2
108	Screw	ST4x25L	2
109	Handle Pulse Cable	700L	2
110	Screw	ST4.2*1.4*15L	4
111	Power Cable	550L	1
113	Bolt	M5*0.8*10L	4
114	Screw	ST4*1.41*15L	6
115	Flat Washer	D15*D5.2*1.0T	4
116	Bolt	M5*0.8*15L	2
117	Screw	ST4*1.41*15L	8
118	Bolt	M5*0.8*12L	2
119	Flat Washer	D30*D8.5*2T	6
120	C Ring	S-17(1T)	6
121	Waved Washer	D22xD17x0.3T	10
122	Screw	ST4*1.41*14L	12
123	Bolt	M6*1*15L	6
124	Circumgyrate Axle	D19*114.7L	1
125	Fixed Axle	D23.6*56L	2
126	Front Pedal Axle	D19*101.7L	1
127	Dip Foam	D7.8*1.5T*140L	1

128	Spring	D1*D10.5*20.5L	2
129	Hand Grip	D8*95L	1
130	Lock Plate	112*22*4T	1
131	Screw	M4x0.7x12L	2
132	C Ring	D21.5xD17.5x1.2T	4
133	Flat Washer	D28xD6.5x2.0T	2
134	Tension Cable	D1.5*130L	1
137	Magnet Fixing Bracket Set		1
138	Spring	D1.2*55L	1
139	Flat Washer	D14*D6.5*0.8T	1
140	Bolt	M6*65L	1
141	Nylon Washer	D6*D19*1.5T	1
142	Nut	M6*1*6T	1
143	Nylon Nut	M6*1*6T	1
144	Bolt	M8*52L	1
145	Cone-Shaped Washer	D14*D8.5*4T	2
146	Flat Washer	D18*D8.5*1.2T	2
147	Bottle holder		1

## 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.**

### Warranty

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

#### Warranty period

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

### Repair Costs

According to our choice, there will either be a repair, a replacement of individual damaged parts or a complete replacement. Spare parts, that have to be mounted while assembling the equipment, have to be replaced by the warranty holder 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
<b>TECHNIK</b>  +49 4621 4210-900  +49 4621 4210-698  technik@fitshop.de  Öffnungszeiten entnehmen Sie unserer Homepage.	<b>TEKNIK OG SERVICE</b>  80 90 16 50 +49 4621 4210-945  info@fitshop.dk  Åbningstider kan findes på hjemmesiden: <a href="https://stg.fit/statit7">https://stg.fit/statit7</a>	<b>CUSTOMER SUPPORT</b>  00800 2020 2772 +494621 4210 944  info@fitshop.co.uk  You can find the opening hours on our homepage: <a href="https://stg.fit/statitc">https://stg.fit/statitc</a>
	FR	BE
<b>SERVICE</b>  0800 20 20277 (kostenlos)  04621 4210 - 0  info@fitshop.de  Öffnungszeiten entnehmen Sie unserer Homepage: <a href="https://stg.fit/statita">https://stg.fit/statita</a>	<b>TECHNIQUE &amp; SERVICE</b>  +33 (0) 189 530984 +49 4621 42 10 933  info@fitshop.fr  Vous trouverez les heures d'ouverture sur notre site Internet: <a href="https://stg.fit/statit4">https://stg.fit/statit4</a>	<b>TECHNIQUE &amp; SERVICE</b>  02 732 46 77 +49 4621 4210 933  info@fitshop.be  Vous trouverez les heures d'ouverture sur notre site Internet: <a href="https://stg.fit/statit8">https://stg.fit/statit8</a>
ES	NL	INT
<b>TECNOLOGÍA Y SERVICIOS</b>  911 238 029  info@fitshop.es  Consulta nuestro horario de apertura en la página web: <a href="https://stg.fit/statit5">https://stg.fit/statit5</a>	<b>TECHNISCHE DIENST &amp; SERVICE</b>  +31 172 619961  service@fitshop.nl  De openingstijden vindt u op onze homepage: <a href="https://stg.fit/statit3">https://stg.fit/statit3</a>	<b>TECHNICAL SUPPORT &amp; SERVICE</b>  +49 4621 4210-944  service-int@fitshop.de  You can find the opening hours on our homepage: <a href="https://stg.fit/statita">https://stg.fit/statita</a>
PL	AT	CH
<b>DZIAŁ TECHNICZNY I SERWIS</b>  22 307 43 21 +49 4621 42 10-948  info@fitshop.pl  Godziny otwarcia można znaleźć na stronie głównej: <a href="https://stg.fit/statit6">https://stg.fit/statit6</a>	<b>TECHNIK &amp; SERVICE</b>  0800 20 20277 (Freecall) +49 4621 42 10-0  info@fitshop.at  Öffnungszeiten entnehmen Sie unserer Homepage: <a href="https://stg.fit/statitb">https://stg.fit/statitb</a>	<b>TECHNIK &amp; SERVICE</b>  0800 202 027 +49 4621 42 10-0  info@fitshop.ch  Öffnungszeiten entnehmen Sie unserer Homepage: <a href="https://stg.fit/statit9">https://stg.fit/statit9</a>

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](http://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!

	<a href="http://www.fitshop.co.uk">www.fitshop.co.uk</a> <a href="http://www.fitshop.de/blog">www.fitshop.de/blog</a>
	<a href="http://www.facebook.com/fitshop.co.uk">www.facebook.com/fitshop.co.uk</a>
	<a href="http://www.instagram.com/fitshop_uk">www.instagram.com/fitshop_uk</a>
	<a href="http://www.youtube.com/@fitshop_uk">www.youtube.com/@fitshop_uk</a>
	
	
	
	
	
	

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