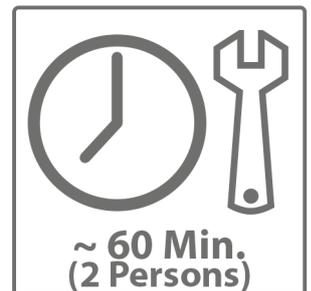
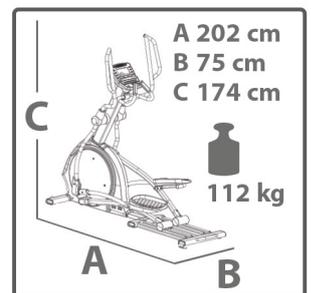
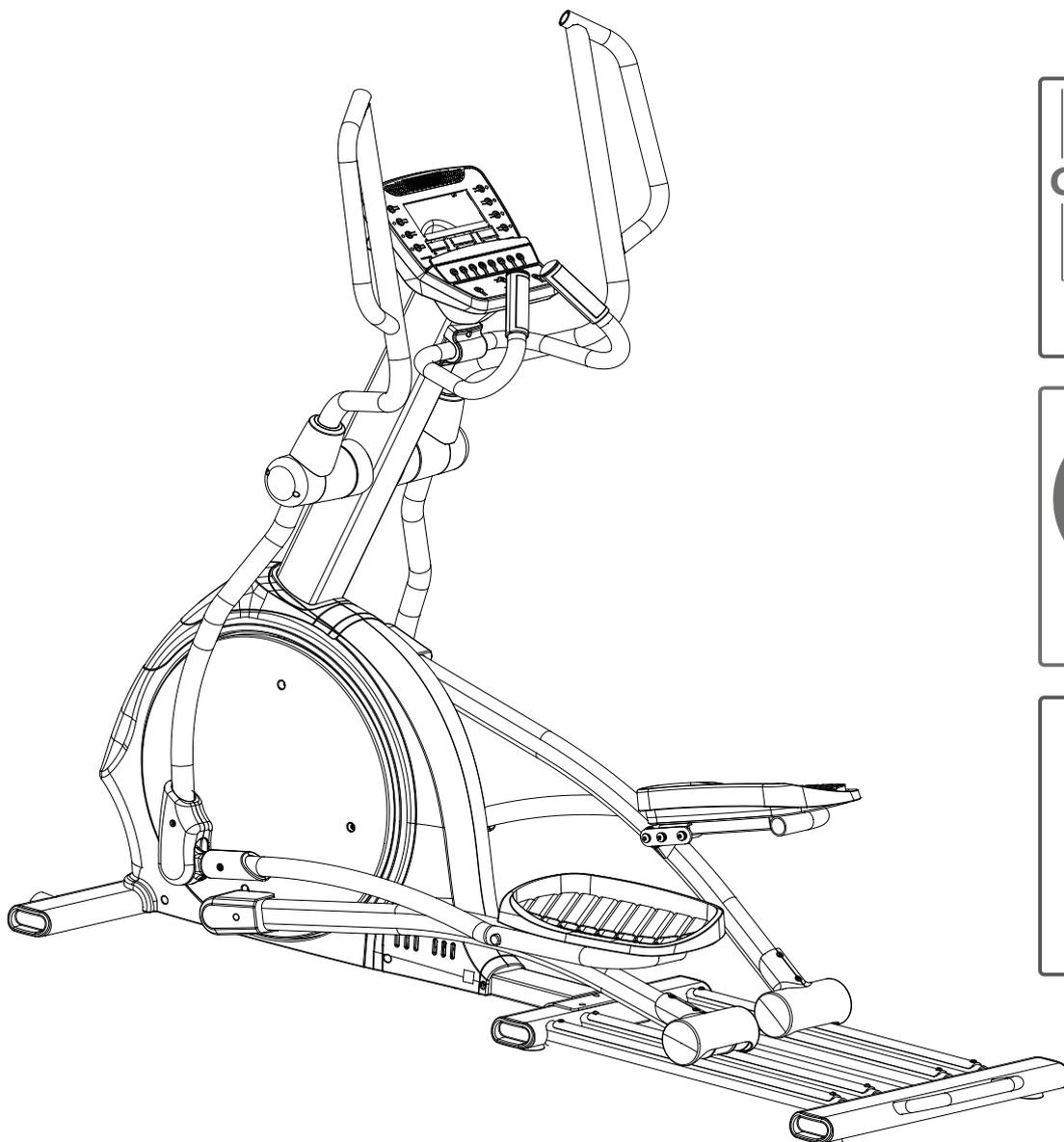




## Assembly and Operating Instructions



CSTFX90.01.01

Art. No.: CST-FX90

Elliptical cross trainer **FX90**



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## Dear customer,

Thank you for choosing a high-quality equipment of the brand cardiostrong®. cardiostrong® offers sports and fitness equipment for the sophisticated home sport and the equipment of fitness studios and business customers. With cardiostrong® fitness equipment, the focus is on what sport is all about: maximum performance! Therefore, the equipment is developed in close consultation with athletes and sports scientists. Because athletes know best what makes perfect fitness equipment.

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

### Intended Use

The equipment may only be used for its intended purpose.

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

## Legal Notice

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

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European VAT Number: DE813211547

## 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.



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:

- + Training time in min.
- + Speed in km/h
- + Training distance in km
- + Calories in kcal
- + Heart rate (when using hand pulse sensors or chest strap)

|                                   |                       |
|-----------------------------------|-----------------------|
| User memory:                      | 4                     |
| Programmes in total:              | 23                    |
| Quick-Start programmes:           | 1                     |
| Manual programmes:                | 1                     |
| Watt controlled programmes:       | 1                     |
| Heart rate controlled programmes: | 4                     |
| User-defined programmes:          | 4 (1 per user memory) |
| Pre-set profile programmes:       | 12                    |
| Heart rate recovery test:         | 1                     |
| Body fat test:                    | 1                     |

|                    |                                 |
|--------------------|---------------------------------|
| Brake system:      | Motor controlled magnetic brake |
| Resistance levels: | 32 (non-depending upon speed)   |
| Wattage:           | 10 - 350 W                      |

|                     |         |
|---------------------|---------|
| Stride length:      | 50.8 cm |
| Stride height:      | 21 cm   |
| Stride width:       | 22 cm   |
| Transmission ratio: | 1:10    |
| Flywheel:           | 9 kg    |

### Weight and Dimensions

Article weight (gross, incl. packaging): 139,5 kg  
Article weight (net, excl. packaging): 112 kg  
Package dimensions (L x W x H) approx.: 215 cm x 75 cm x 77.5 cm  
Set-up dimensions (L x W x H) approx.: 202 cm x 75 cm x 174 cm

Maximum user weight: 150 kg

## 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.

### 2.1 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**

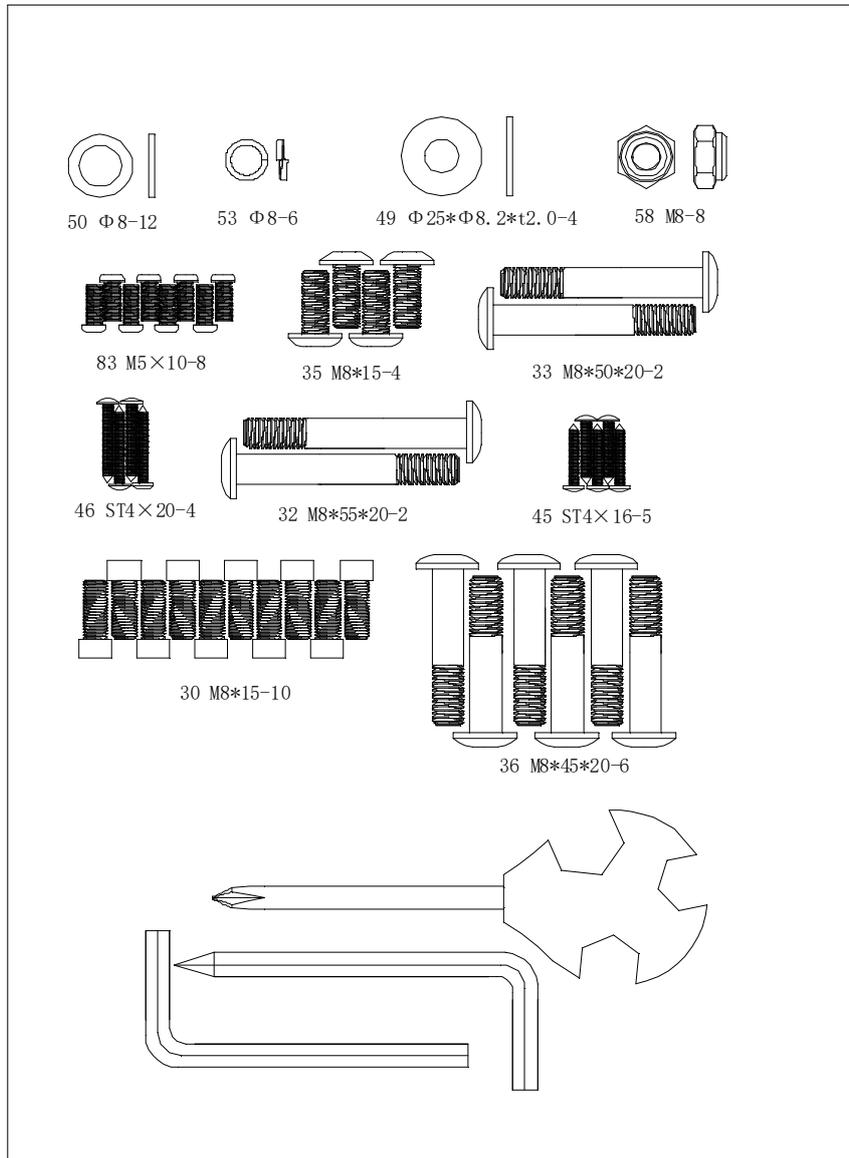
- + In order to make the assembly as simple as possible, some screws and nuts to be used can already be pre-assembled.
- + Ideally, assemble the equipment at its later set-up place.

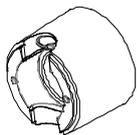
## 2.2 Scope of Delivery

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.

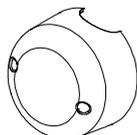
 **CAUTION**

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





(98) Middle cover  
(Handlebar) 2x



(97) Outer cover  
(Handlebar) 2x



(62) Connection case  
4x



(86) Pulley limited sleeve  
2x



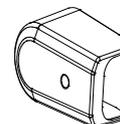
(102) Handlebar  
cover 2x



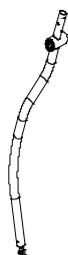
(90) Down handlebar  
cover A  
2x



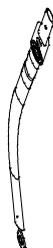
(91) Down handlebar  
cover B  
2x



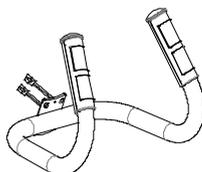
(108) Body arm cover 2x



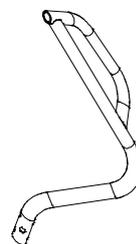
(6) Left handlebar  
1x



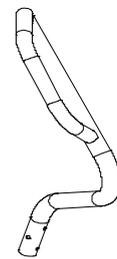
(5) Right handlebar  
1x



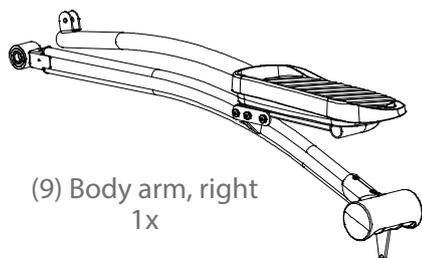
(7) Handlebar with  
pulse sensors  
1x



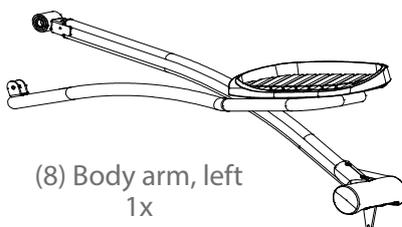
(15) Right upper  
handlebar  
1x



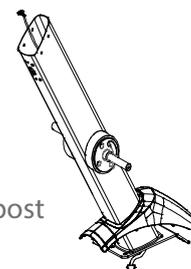
(14) Left upper  
handlebar  
1x



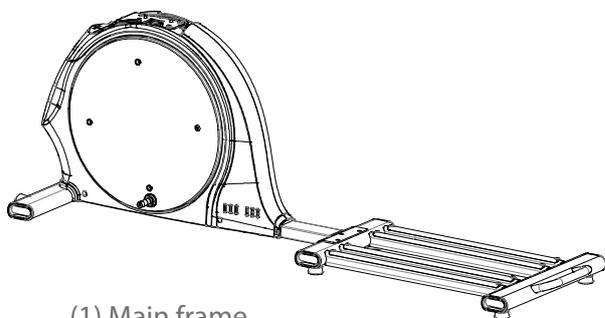
(9) Body arm, right  
1x



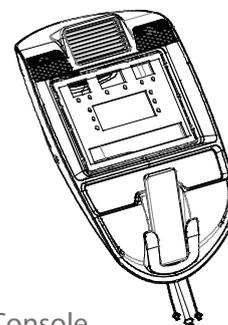
(8) Body arm, left  
1x



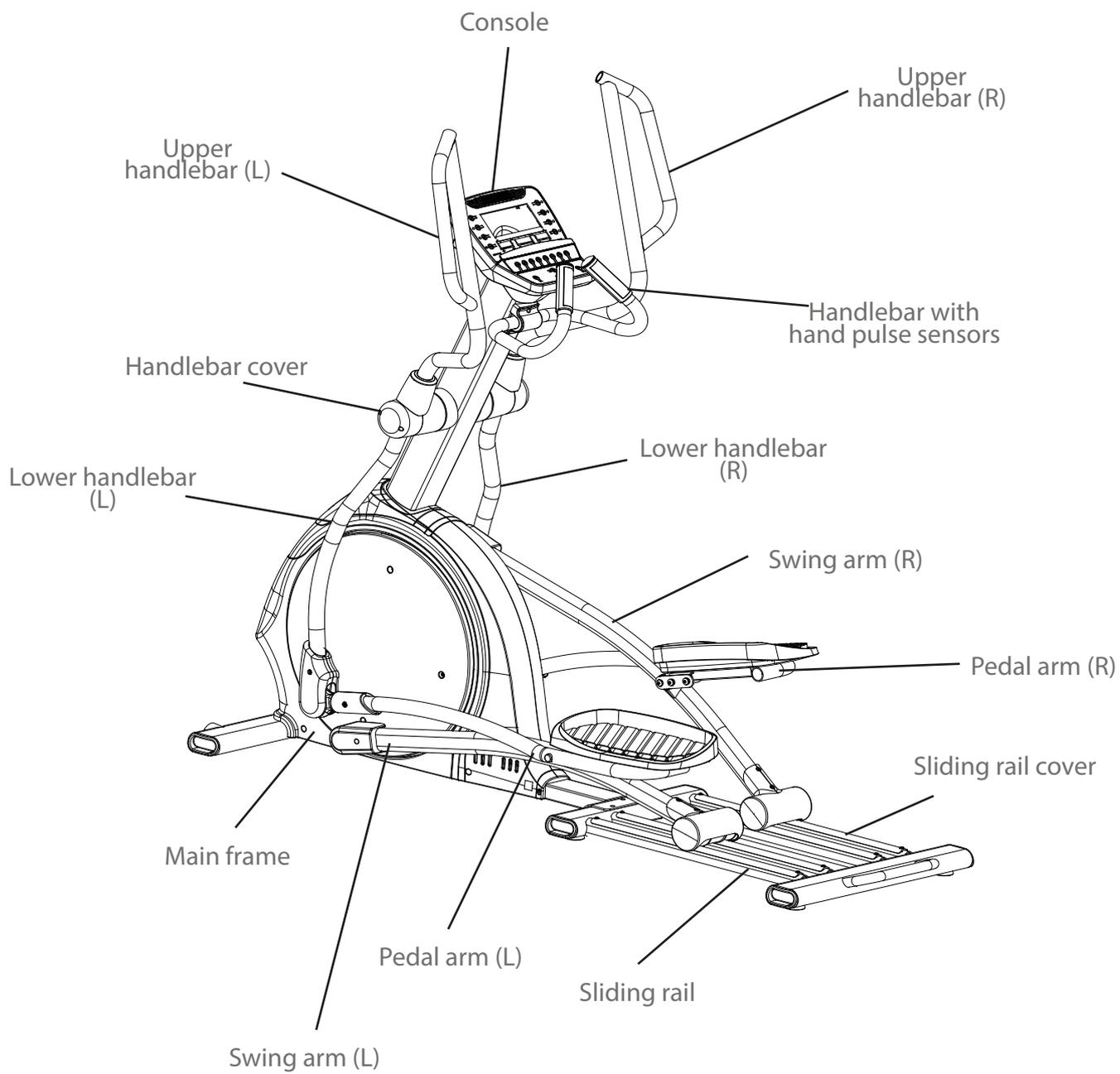
(2) Upright post  
1x



(1) Main frame  
1x



(87) Console  
1x



## 2.3 Assembly

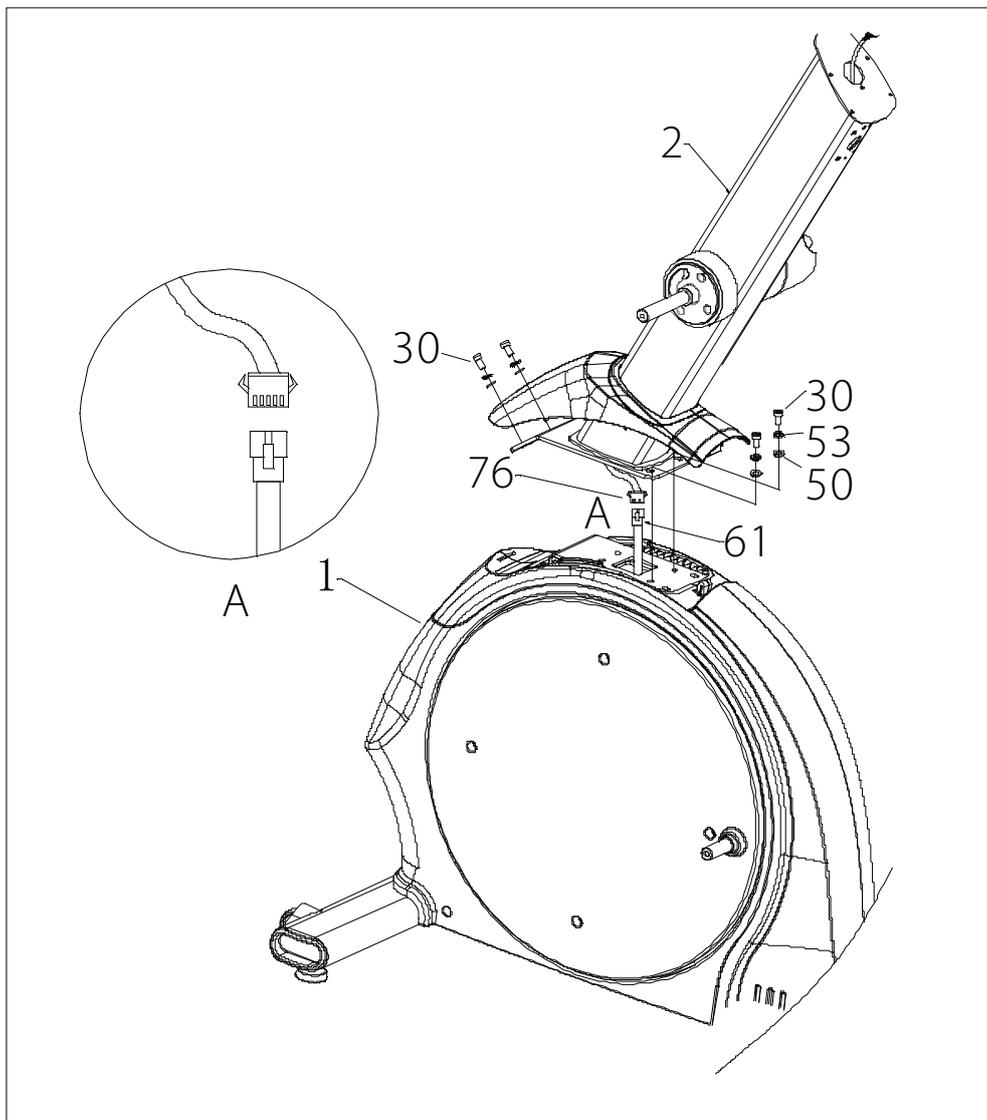
Before assembly, take a close look at the individual assembly steps shown and carry out the assembly in the order given.

### ① NOTICE

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

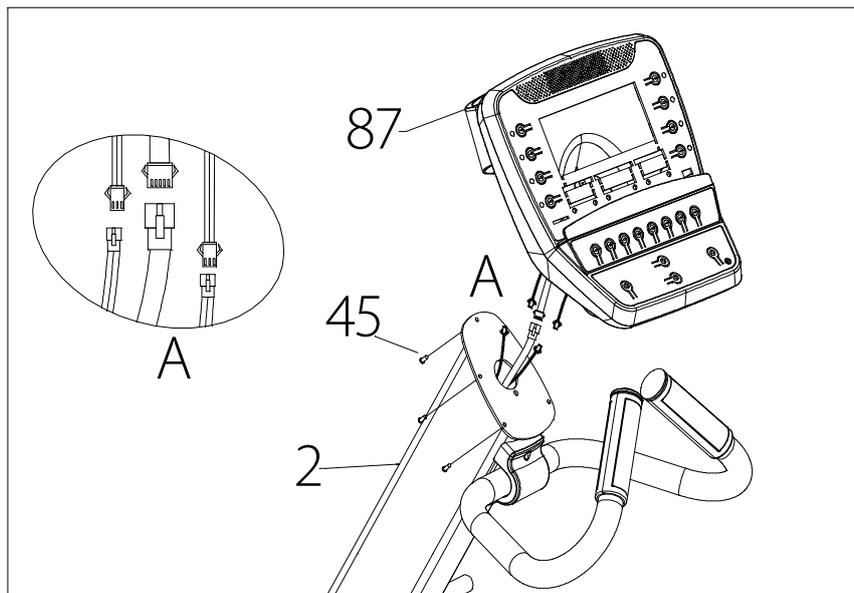
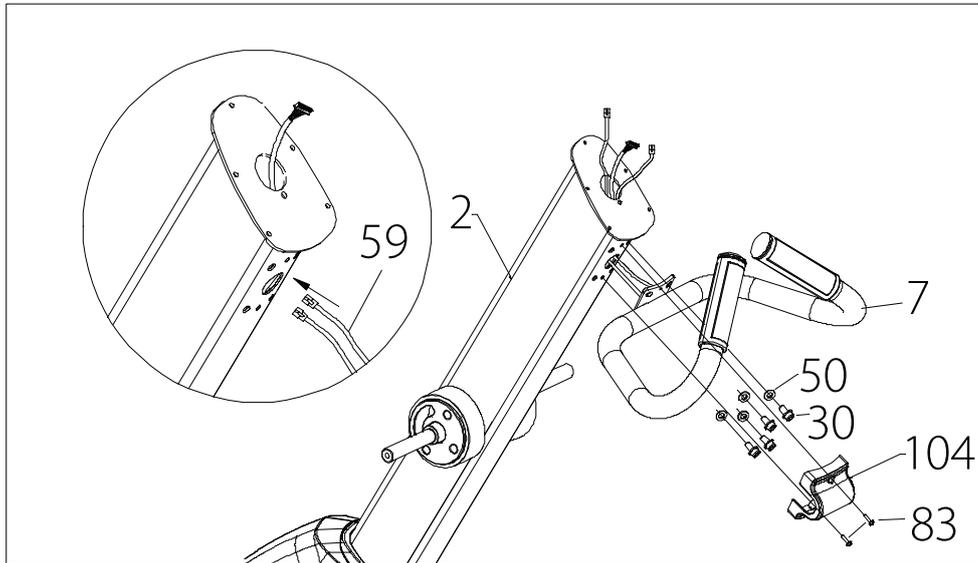
### Step 1: Assembly of the upright post

1. Connect the main frame communication cable (61) with upright post communication cable (76), see A.
2. Mount the upright post (2) to the main frame (1) with four Allen screws (30), four spring washers (53) and four washers (50).



## Step 2: Assembly of the handlebar with hand pulse sensors

1. Guide the hand pulse cables (59) through the openings on the upright post (2).
2. Mount the handlebar (7) to the upright post (2) with four Allen screws (30) and four washers (50).
3. Mount the handlebar cover (104) to the handlebar (7) with two screws (83).

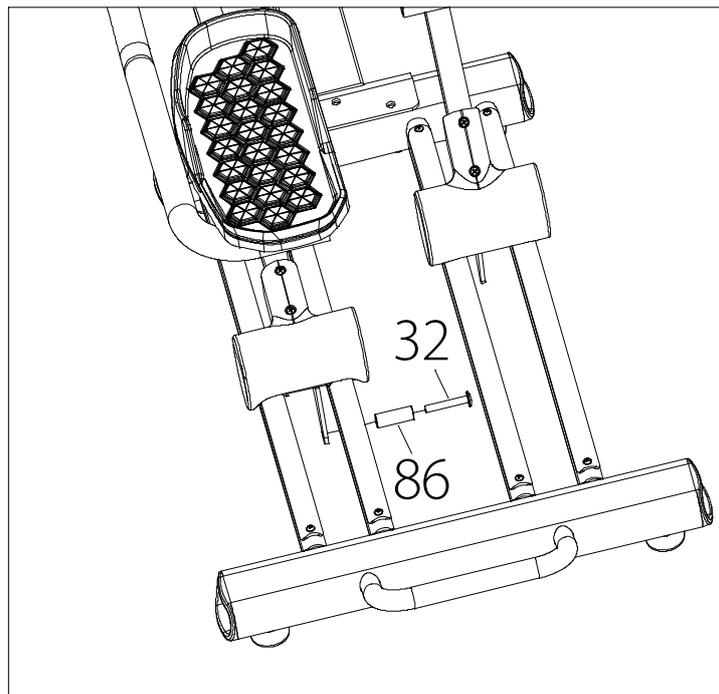
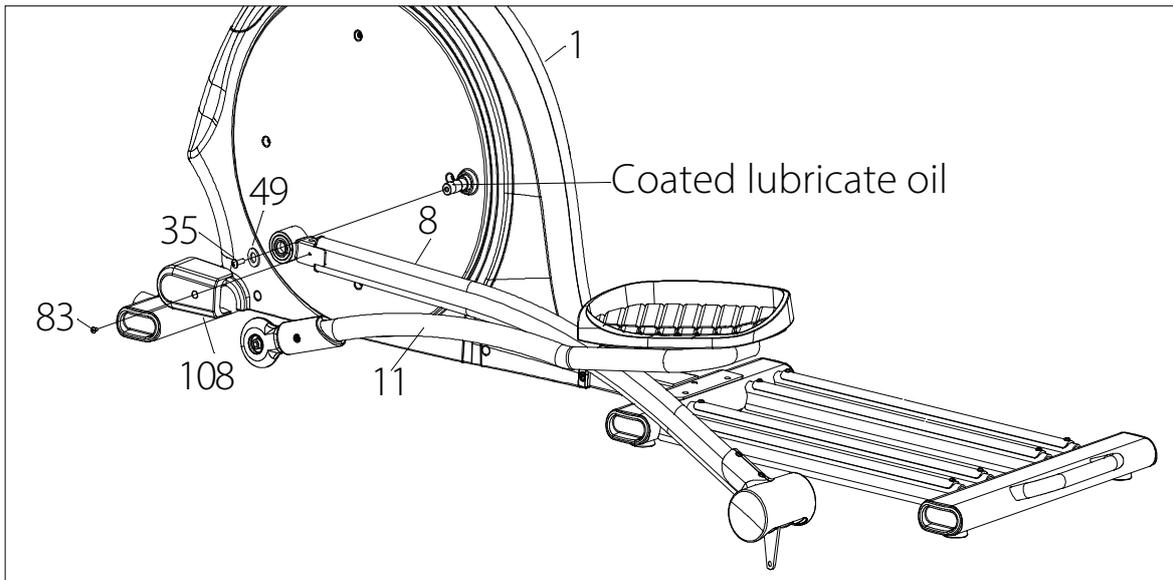


#### Step 4: Assembly of the body arms

**NOTICE**

For better performance, apply some lubricant to the axle on the main frame.

1. Mount the left body arm (8) to the axle on the main frame (1) with one Allen screw (35) and one washer (49).
2. Mount the cover (108) to the body arm (8) with one screw (83).
3. Mount the sleeve (86) to the body arm (8) with one Allen screw (32).
4. Repeat 1.–3. for the other side.

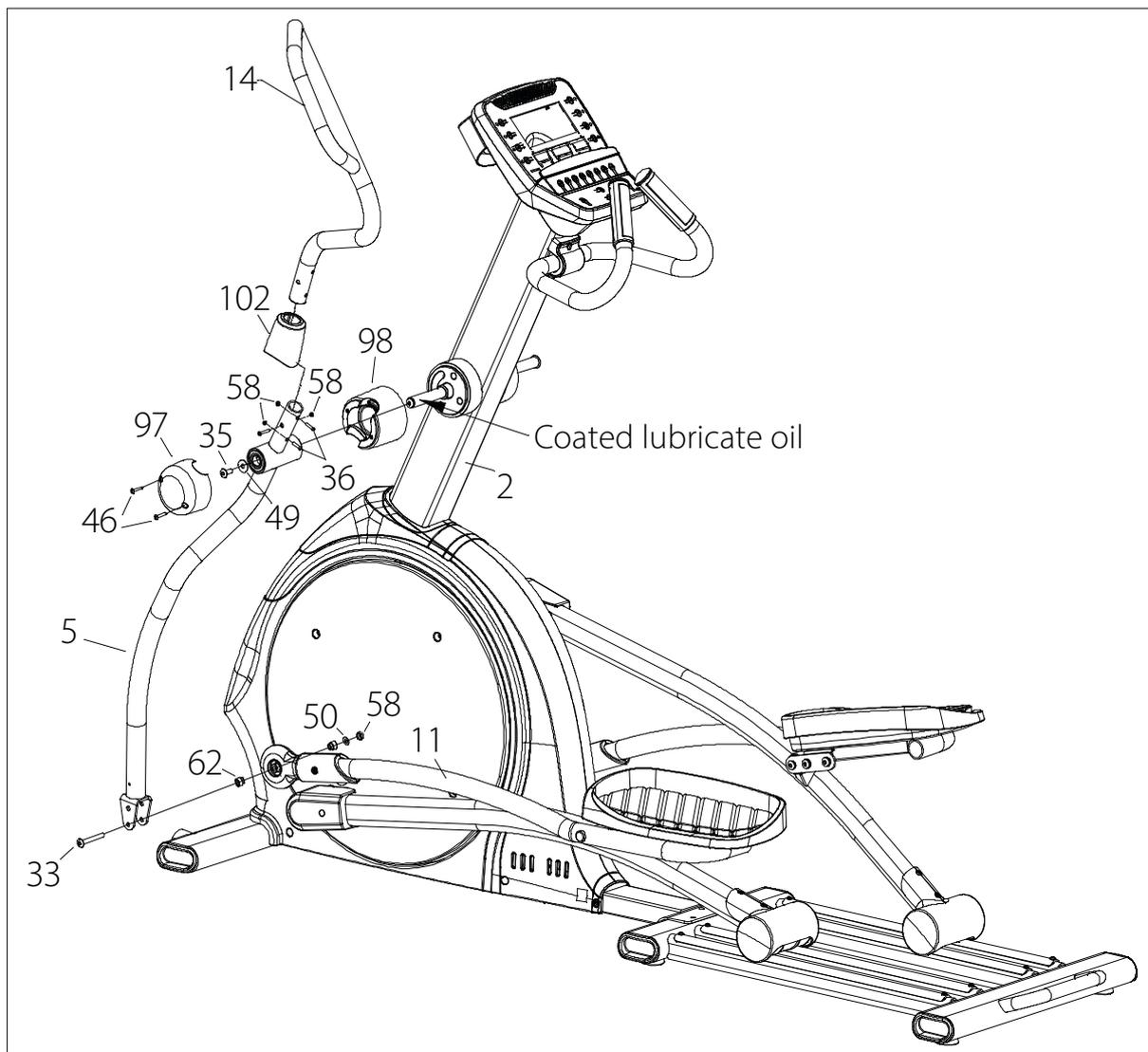


## Step 5: Assembly of the handlebars

### ⓘ NOTICE

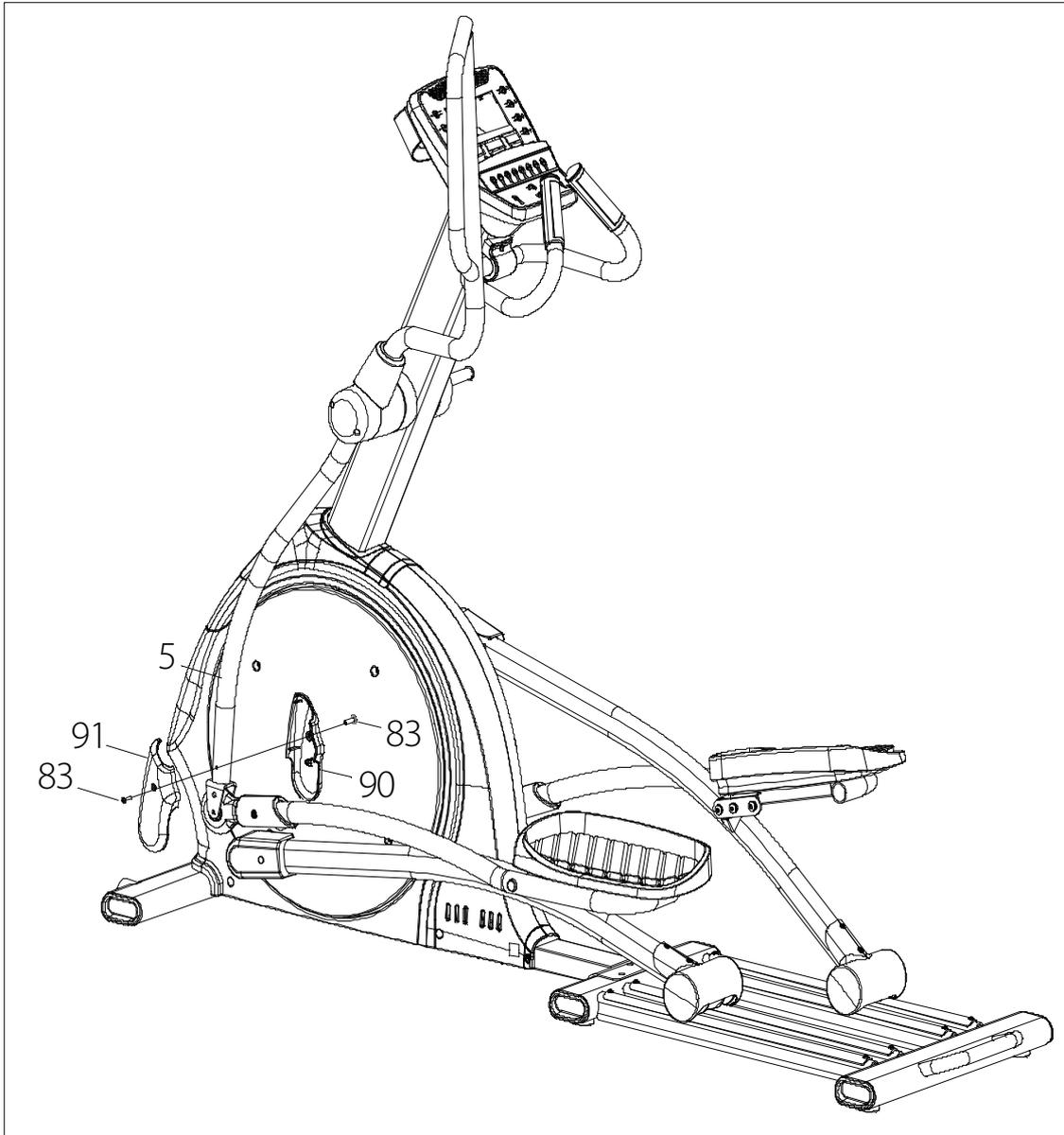
For better performance, apply some lubricant to the axle on the upright post.

1. Place the cover (98) on the axle on the upright post (2).
2. Mount the lower handlebar (5) to the axle on the upright post (2) with one Allen screw (35) and one washer (49).
3. Mount the lower handlebar (5) to the swing arm (11) with one Allen screw (33), two connection cases (62), one washer (50) and one self-locking nut (58).
4. Mount the cover (97) to the lower part of the handlebar (5) with two screws (46).
5. Slide the cover (102) onto the upper handlebar (14) and connect the upper handlebar (14) with the lower handlebar (5) with three Allen screws (36) and three self-locking nuts (58).
6. Repeat 1.–5. for the other side.



## Step 6: Attaching the covers

1. Mount cover A (90) and cover B (91) to both sides of the lower handlebar (5) with each one screw (83)
2. Repeat the previous step for the other side.



### Step 7: Alignment of the feet

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

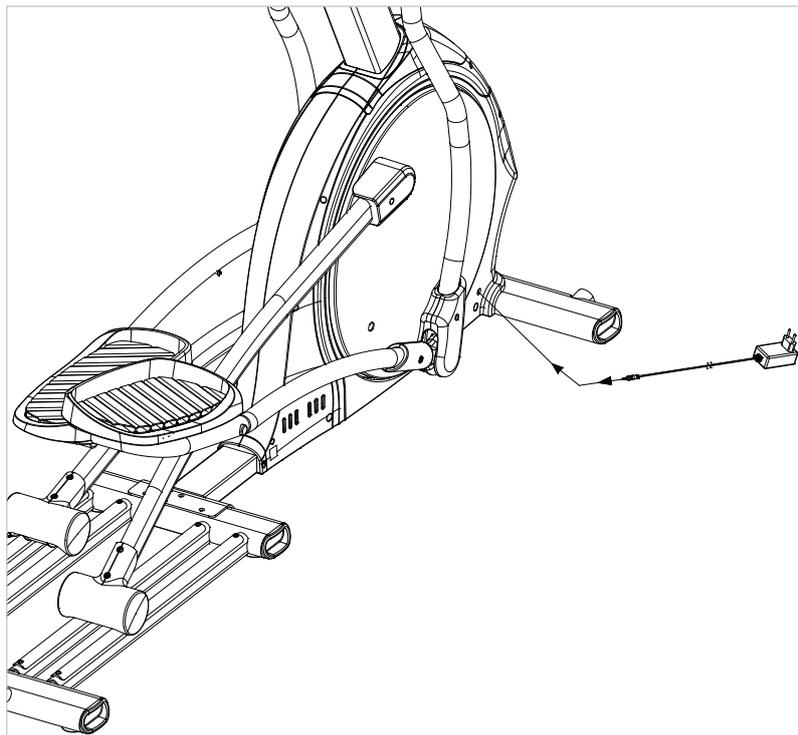
1. Lift the equipment on the desired side and rotate the setting screws under the main frame.
2. Rotate the screws clockwise in order to remove them and to raise the running surface.
3. Rotate them counterclockwise in order to lower the running surface.

### Step 8: Connecting the equipment to the mains supply

► **ATTENTION**

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

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



## 3 OPERATING INSTRUCTIONS

### ① NOTICE

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

### 3.1 Console Display



|                   |   |
|-------------------|---|
| <b>RPM</b>        | <ul style="list-style-type: none"> <li>+ Display of rotations per minute</li> <li>+ Display range: 0–999</li> </ul>   |
| <b>TIME</b>       | <ul style="list-style-type: none"> <li>+ Display of training time in minutes</li> <li>+ Display range: 0:00–99:59</li> <li>+ Setting range: 0:00–99:00</li> </ul>   |
| <b>RESISTANCE</b> | <ul style="list-style-type: none"> <li>+ Display of training time in minutes</li> <li>+ Display range: 0:00–99:59</li> <li>+ Setting range: 0:00–99:00</li> </ul>   |
| <b>PULSE</b>      | <p><b>⚠ WARNING</b><br/>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.</p> <ul style="list-style-type: none"> <li>+ Display of calories in kcal</li> <li>+ Display range: 0–9999</li> <li>+ Setting range: 0–9990</li> </ul> |

|                  |   |
|------------------|---|
| <b>M/P/U/♥/W</b> | <ul style="list-style-type: none"> <li>+ Display of the currently selected programme:</li> <li>+ Manual programme (M)</li> <li>+ Pre-set profile programmes (P)</li> <li>+ User-defined programmes (U)</li> <li>+ Heart Rate Controlled programmes (♥)</li> <li>+ Watt controlled programmes (W)</li> </ul> |
| <b>DISTANCE</b>  | <ul style="list-style-type: none"> <li>+ Display of training distance in km</li> <li>+ Display range: 0.0–999.9 km</li> <li>+ Setting range: 0.0–999.0 km</li> </ul>  |
| <b>CALORIES</b>  | <ul style="list-style-type: none"> <li>+ Display of calories in kcal</li> <li>+ Display range: 0–9999</li> <li>+ Setting range: 0–9990</li> </ul>   |
| <b>WATT</b>      | <ul style="list-style-type: none"> <li>+ Display of watts</li> <li>+ Display range: 0–999</li> <li>+ Setting range: 10–350 (in 5 W increments)</li> </ul>   |
| <b>SPEED</b>     | <ul style="list-style-type: none"> <li>+ Display of speed in km/h</li> <li>+ Display range: 0.0–99.9 km/h</li> </ul>  |

### 3.2 Button Functions

|                   |  |
|-------------------|--|
| <b>RESET</b>      | <ul style="list-style-type: none"> <li>+ Press briefly in the paused program or during settings to return to the main menu</li> <li>+ Press and hold for two seconds to restart the console and return to user selection.</li> </ul> |
| <b>RECOVERY</b>   | Starting the recovery programme  |
| <b>MODE</b>       | Confirm a selection or a value   |
| <b>PROGRAM</b>    | Selecting one of the 12 preset profile programs (P1-P12)   |
| <b>BODY FAT</b>   | Start the program to calculate the body fat percentage (FAT% 5.0%-50%) and the BMI (0-50).   |
| <b>UP (+)</b>     | <ul style="list-style-type: none"> <li>+ Selecting a programme or function</li> <li>+ Increase a value</li> </ul>  |
| <b>DOWN (-)</b>   | <ul style="list-style-type: none"> <li>+ Selecting a program or function</li> <li>+ Decrease a value</li> </ul>  |
| <b>START/STOP</b> | Starting or stopping/pausing a programme   |

### 3.3 Switching on the Device

As soon as the console is started, a beep sounds for one second and the display lights up, see Figure 1. The display will then show the device settings as shown in Figure 2. You can then select the user.

**NOTICE**

By default, U1 is displayed at the beginning, see Figure 3.

1. To select a user (U1–U4), use the UP/DOWN buttons and confirm with the MODE button.
2. Select your gender (SEX - Female/Male), age (AGE - 1–99), height (HEIGHT - 100–200 cm) and weight (WEIGHT - 20–150 kg) and confirm each entry with the MODE button.

*After the last input, the LEDs for programme selection light up.*

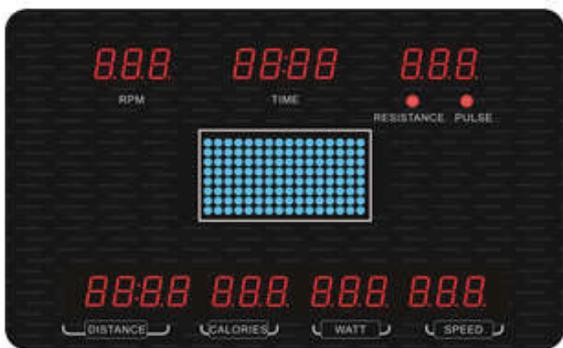


Figure 1



Figure 2



Figure 3

## 3.4 Standby Mode

As soon as the console receives no signal for at least 4 minutes, it goes into standby mode. To exit standby mode, start moving the pedals or make an entry on the console.

## 3.5 Programmes

The following programmes are available:

|                                     |    |
|-------------------------------------|----|
| + Quick Start programmes:           | 1  |
| + Manual programme:                 | 1  |
| + Pre-set programmes:               | 12 |
| + User-defined programmes:          | 3  |
| + Heart Rate Controlled programmes: | 4  |
| + Watt controlled programmes:       | 1  |

### 3.5.1 Quick Start Programme

1. Press the DOWN button once and confirm with the MODE button.

*You are in the 'manual' programme.*

2. To start the Quick Start programme, press the START/STOP button.

*All values will be counted up.*

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

### 3.5.2 Manual Programme (M)

The manual programme can be used based on one or more target values.

1. Use the UP/DOWN buttons to select the manual programme (M) and confirm with the MODE button.

*You can now set the values for time, distance, calories and/or pulse in this order.*

#### **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.



Figure 4

2. To skip values that are not required, press the MODE button.
3. Set the desired target value with the UP/DOWN buttons and confirm with the MODE button.
4. To start the programme, press the START/STOP button.

#### **NOTICE**

During the workout it is possible to adjust the resistance level with the UP/DOWN buttons.

*Set values are counted down, the other values are counted up.*

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

### 3.5.3 Pre-Set Profile Programmes (P)

A total of 12 pre-set profile programmes are available.

1. Use the UP/DOWN buttons to select pre-set programmes (P) and confirm with the MODE button.
2. To select one of the preset programmes (P1–P12), use the UP/DOWN buttons and confirm with the MODE button, see Figure 5.
3. Use the UP/DOWN buttons to set the training time, distance, calories and/or pulse and press the MODE button to confirm.
4. To skip values that are not required, press the MODE button.
5. To start the programme, press the START/STOP button.

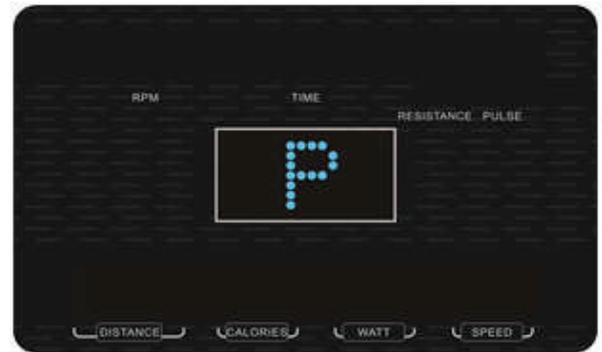


Figure 5

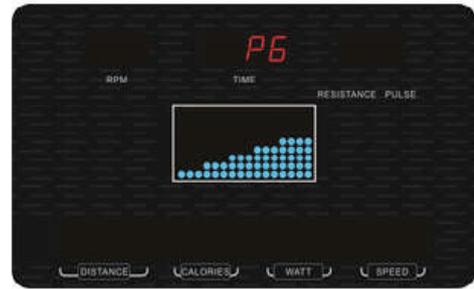
#### ⓘ NOTICE

During the workout it is possible to adjust the resistance level for all segments with the UP/DOWN buttons.

6. To pause the programme, press the START/STOP button again.
7. To end the programme, briefly press the RESET button in the paused programme.

### Programme sequences





### 3.5.4 User-Defined Programmes (U)

A total of four user-defined programmes with each 16 segments can be stored.

1. Select the user-defined programme (U) with the UP/DOWN buttons and confirm with the MODE button.

*The first LED segment in the display flashes.*

2. To set the resistance levels (1–32) for the individual segments, use the UP/DOWN buttons and confirm each of the 16 segments with the MODE button.

**NOTICE**

One LED corresponds to four resistance levels.

3. To start the programme, press the START/STOP button.

**NOTICE**

During the workout it is possible to adjust the resistance level for each segment with the UP/DOWN buttons.

4. To pause the programme, press the START/STOP button again.
5. To end the programme, briefly press the RESET button in the paused programme.

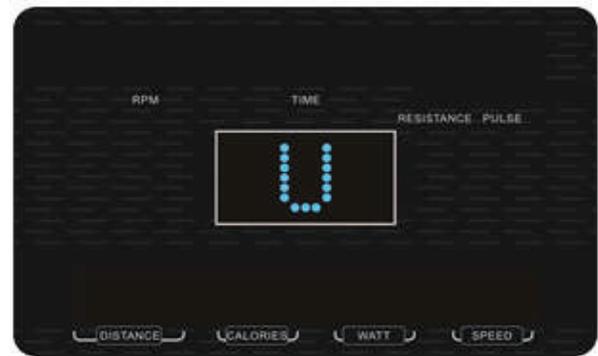


Figure 6

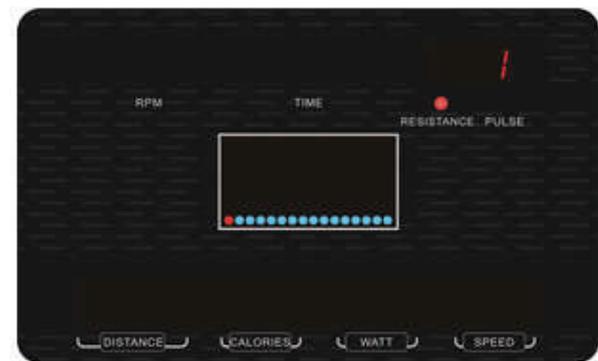


Figure 7

### 3.5.5 Heart Rate Controlled Programmes (♥)

#### ⚠ 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.

Four heart rate programs are available. Either select one of the three pre-set target heart rates (55%, 75% or 90% of your maximum heart rate) or select TARGET and manually enter a different target heart rate. Your maximum heart rate is determined by the console based on your entered age.

1. Use the UP/DOWN buttons to select the heart rate controlled programme (♥) and confirm with the MODE button.

*The value 55% flashes in the display, see figure 5.*

2. Select one of the pre-stored target heart rates or TARGET with the UP/DOWN buttons and confirm with the MODE button.
  - 2.1. If you have chosen TARGET, set the target heart rate with the UP/DOWN buttons and confirm with the MODE button.
3. To start the programme, press the START/STOP button and place your hands on the hand pulse sensors.



Figure 8

*The current heart rate is displayed during the workout.*

#### ⓘ NOTICE

When the heart rate exceeds the set heart rate, a signal sounds.

4. To pause the programme, press the START/STOP button again.
5. To end the programme, briefly press the RESET button in the paused programme.



Figure 9

### 3.5.6 Watt Controlled Programme (W)

1. Use the UP/DOWN buttons to select the watt controlled programme (W) and confirm with the MODE button.
2. Set the desired target value with the UP/DOWN buttons and confirm with the MODE button.

① **NOTICE**

The default value is 120, see Figure 6.

3. Set the time value with the UP/DOWN buttons and confirm with the MODE button.
4. To start the programme, press the START/STOP button.
5. To pause the programme, press the START/STOP button again.
6. To end the programme, briefly press the RESET button in the paused programme.

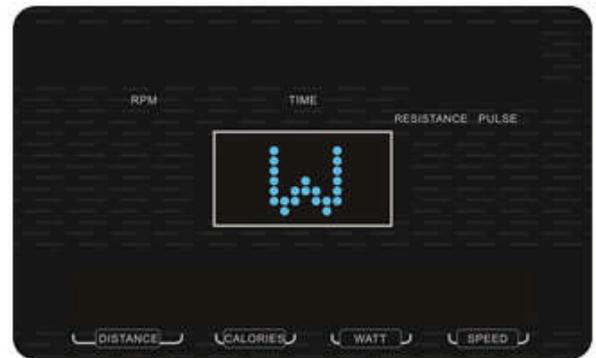


Figure 10



Figure 11

### 3.6 Heart Rate Recovery Test (RECOVERY)

Use the recovery function after a workout to measure your recovery heart rate.

To start the recovery programme, press the RECOVERY button and hold the hand pulse sensors.

The display will show a countdown counting down from 00:60 to 00:00 (see Figure 12).

**NOTICE**

To exit the recovery function prematurely, press the RECOVERY button again.

Based on your end pulse, you will receive a fitness score from F1 to F6 at the end of the countdown:



Figure 12



Figure 13

|    |            |
|----|------------|
| F1 | Very Good  |
| F2 | Good       |
| F3 | Average    |
| F4 | Sufficient |
| F5 | Bad        |
| F6 | Very bad   |

### 3.7 Body Fat Test (BODY FAT)

To start the body fat test, press the BODY FAT button and place your hands on the hand pulse sensors.

The display shows a loading screen for approx. 8 seconds, see Figure 14 and Figure 15.



Figure 14

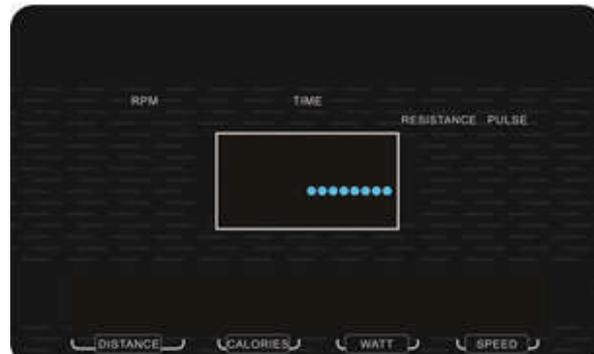


Figure 15

**NOTICE**

If you do not properly hold the hand pulse sensors, the display will show error code E-1.

**NOTICE**

To exit the body fat test earlier and return to the previous program, press the BODY FAT button again.

After completion, the values for the fat percentage (FAT%) and your BMI will be displayed.

**NOTICE**

If the value for the body fat percentage is not in the 5%–50% range, the display shows the error code E-4.

## 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

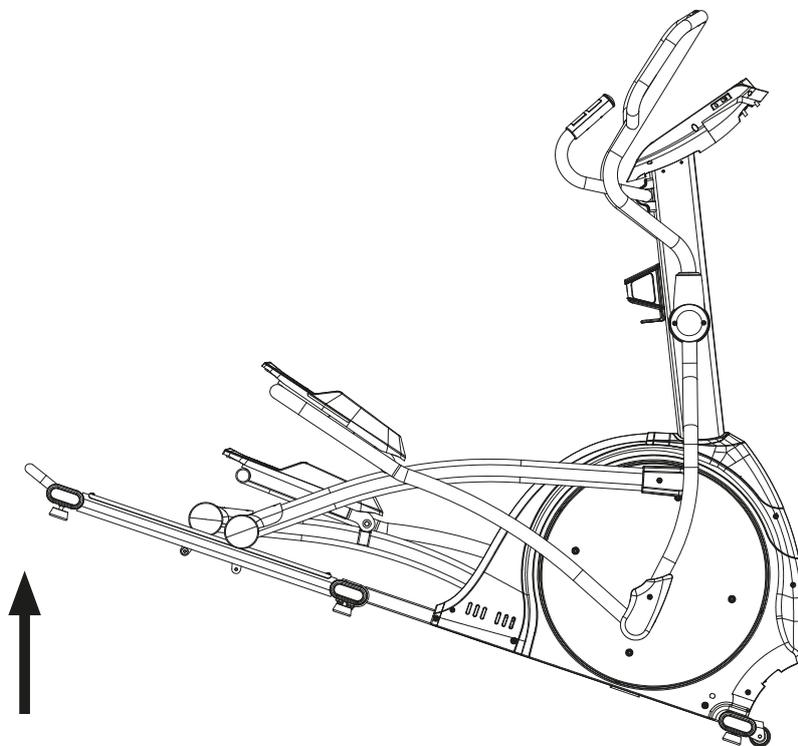
- + Make sure that the equipment is protected from moisture, dust and dirt in the selected storage location. The storage location should be dry and well ventilated and have a constant ambient temperature between 5°C and 45°C.

## 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 or make noises | Drive disk loose   | Tighten nut (pay attention to left-hand / right-hand thread)  |
| Display does not work             | Plug connections are not plugged in correctly  | Check all plug connections  |
| Pedals creak                      | Pedals loose   | Tighten the screws on the pedals  |
| Creaking noises                   | Screw connections loosened or too tight  | Check screw connections   |
| Slide rails squeak                | Slide rails or rollers dirty or slide rails dry  | Clean the slide rails with lubricating with grease-free silicone.   |
| 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> </ul> | <ul style="list-style-type: none"> <li>+ Eliminate sources of interference (e.g. mobile phone, WLAN, lawn mower and vacuum cleaner robots, etc.) ...</li> <li>+ Use a suitable chest strap (see recommended accessories).</li> <li>+ Reposition chest strap and/or moisten electrodes</li> <li>+ Check if pulse display by hand pulse possible</li> <li>+ Changing batteries</li> </ul> |

## 5.3 Error Codes and Troubleshooting

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

- + **E-1:** Console does not receive hand pulse sensor signal during body fat programme  
Make sure that there is enough contact to the hand pulse sensors. Check the cable connections of the hand pulse sensors and/or the console. If the problem persists, contact technical support.
- + **E-2/E-7:** Problem with cable connection on motor detected  
Check the cable connections. If the problem persists, contact technical support.
- + **E-3:** Console does not receive signal from motor, speed sensor, power connection  
Check the cable connections. If the problem persists, contact technical support.
- + **E-4:** The body fat percentage value is not in the 5%–50% range.  
Check the user settings (age and weight). If the problem persists, contact Technical Support.
- + **E-5:** Motor fault detected  
Contact technical support.

**Please contact Sport-Tiedje for technical support.**

## 5.4 Maintenance and Inspection Calendar

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

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

| Part                           | Weekly | Monthly | Quarterly | Half-yearly | Yearly |
|--------------------------------|--------|---------|-----------|-------------|--------|
| Display console                | C      | I       |           |             |        |
| Plastic covers                 | C      | I       |           |             |        |
| Moving parts                   |        |         | I/C       |             |        |
| Screws and cable connections   |        | I       |           |             |        |
| Legend: C = clean; I = inspect |        |         |           |             |        |

## 6 DISPOSAL

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



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

To make your training experience even more efficient and pleasant, we recommend that you add suiting accessories to your fitness equipment. This could be a floor mat, for example, which makes your fitness equipment stand more securely and also protects the floor from falling sweat, but it could also be additional handrails on some treadmills or silicone spray to keep moving parts in good shape.

If you have purchased a fitness machine with pulse training and want to train your heart rate, we strongly recommend that you use a compatible chest strap, as this ensures optimum transmission of the heart rate. You may want to buy additional grips or weights for multi gyms.

Our range of accessories offers the highest quality and makes training even better. If you would like to find out more about compatible accessories, please go to the detail page of the product in our webshop (the easiest way is to enter the article number in the search field above) and go to the recommended accessories on this page. Alternatively, you can use the QR code provided. Of course, you can also contact our customer service: by telephone, e-mail, in one of our branches or via our social media channels. We will be happy to advise you!



floor mat



chest strap



chest strap contact gel



towels



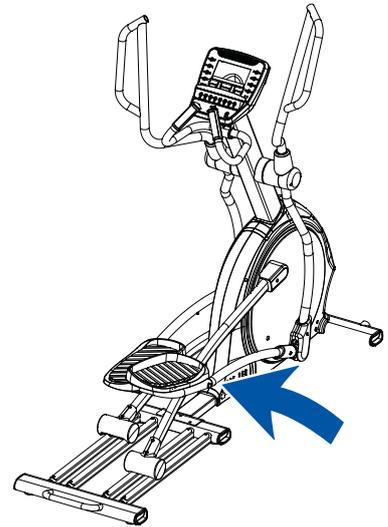
silicone spray

## 8.1 Serial Number and Model Name

In order to provide you with the best possible service, please have the model name, article number, serial number, exploded drawing and parts list ready. The corresponding contact options can be found in chapter 10 of this operating manual.

**NOTICE**

The serial number of your equipment is unique. It's located on a white sticker. The exact position of this sticker is shown in the following illustration.



Enter the serial number in the appropriate field.

**Serial number:**

**Brand / Category:**

**Model Name:**

**Article Number:**

## 8.2 Parts List

| No. | Name   | Qty. |
|-----|--|------|
| 1   | Main frame                                       | 1    |
| 2   | Upright post                                     | 1    |
| 3   | Sliding rail                                     | 1    |
| 4   | Crank  | 2    |
| 5   | Right handlebar                                  | 1    |
| 6   | Left handlebar                                   | 1    |
| 7   | Pulse circular tube                              | 1    |
| 8   | body arm Left                                    | 1    |
| 9   | body arm Right                                   | 1    |
| 10  | Swing arm right                                  | 1    |
| 11  | Swing arm Left                                   | 1    |
| 12  | Sliding rail Aluminum plate                      | 4    |
| 13  | Cover decoration                                 | 1    |
| 14  | Left upper handlebar                             | 1    |
| 15  | Right upper handlebar                            | 1    |
| 16  | Bearing base                                     | 2    |
| 17  | Circlip for shaft $\Phi$ 20                      | 1    |
| 18  | Upright post connection plate (1)                | 1    |
| 19  | Pedal axis                                       | 2    |
| 20  | Belt fixed wheel                                 | 1    |
| 21  | Magnet fix                                       | 1    |
| 22  | Magnet control fixed axis $\Phi$ 12 $\times$ 50  | 1    |
| 23  | Hex full thread screw M5*60                      | 1    |
| 24  | Allen cylinder head half thread screw M10*100*50 | 1    |
| 25  | Hex full thread screw M6*15                      | 2    |
| 26  | Hex full thread screw M10*75*20                  | 2    |
| 27  | Allen C.K.S. hollow screw $\Phi$ 8*33*M6*15      | 2    |
| 28  | Allen C.K.S. full thread screw M6*15             | 18   |
| 29  | Allen cylinder head full thread screw M6*10      | 8    |
| 30  | Allen cylinder head full thread screw M8*15      | 13   |
| 31  | Allen cylinder head full thread screw M8*20      | 4    |

|    |  |    |
|----|--|----|
| 32 | Allen pan head full thread screw M8*55*20        | 2  |
| 33 | Allen C.K.S. hollow screw $\Phi$ 9.4x23.5-M6     | 2  |
| 34 | Flat key 5x50x20                                 | 1  |
| 35 | Allen C.K.S. full thread screw M8*15             | 10 |
| 36 | Allen C.K.S. half thread screw M8*45*20          | 6  |
| 37 | Allen C.K.S. full thread screw M10*70*20         | 3  |
| 38 | Small belt pulley                                | 1  |
| 39 | Hex nut M5                                       | 2  |
| 40 | Allen countersunk head full thread screw M8*15   | 2  |
| 41 | Philips C.K.S. full thread screw M5*15           | 8  |
| 42 | Philips countersunk head full thread screw M5*15 | 2  |
| 43 | Hex nut M10                                      | 6  |
| 44 | Allen C.K.S. half thread screw M10*50*20         | 2  |
| 45 | Philips C.K.S. self-tapping screw ST4*16         | 50 |
| 46 | Philips C.K.S. self-tapping screw ST4*20         | 13 |
| 47 | Philips pan head self-tapping screw ST3*30       | 4  |
| 48 | Allen countersunk head full thread screw M6*15   | 1  |
| 49 | Flat washer $\Phi$ 8.2x $\Phi$ 25xt2.0           | 8  |
| 50 | Flat washer $\Phi$ 8                             | 16 |
| 51 | Flat washer $\Phi$ 10                            | 8  |
| 52 | Spring washer $\Phi$ 6                           | 2  |
| 53 | Spring washer $\Phi$ 8                           | 18 |
| 54 | Spring washer $\Phi$ 10                          | 3  |
| 55 | Flat key 8*10*18                                 | 2  |
| 56 | Flat washer $\Phi$ 8* $\Phi$ 30*t3.0             | 3  |
| 57 | Hex self-locking nut M10                         | 4  |
| 58 | Hex self-locking nut M8                          | 11 |
| 59 | Handle pulse connecting wire                     | 2  |
| 60 | Magnet motor                                     | 1  |
| 61 | Main frame communication cable                   | 1  |
| 62 | Bushing  | 4  |
| 63 | Brake tension spring $\Phi$ 11.5x $\Phi$ 1.2x13  | 1  |
| 64 | EVA pad  | 4  |
| 65 | Spring washer $\Phi$ 12                          | 2  |

|    |   |   |
|----|---|---|
| 66 | bearings M12                            | 2 |
| 67 | Deep groove ball bearing 6201ZZ         | 4 |
| 68 | Deep groove ball bearing 6004ZZ         | 8 |
| 69 | Deep groove ball bearing 6005ZZ         | 2 |
| 70 | Hex nut M12×P1.75                       | 2 |
| 71 | Belt pulley axle                        | 1 |
| 72 | Belt pulley                             | 1 |
| 73 | Hex nut M12                             | 2 |
| 74 | Fly wheel                               | 1 |
| 75 | Motor belt                              | 1 |
| 76 | Upright post communication wiring       | 1 |
| 77 | Outer cover-left                        | 1 |
| 78 | Outer cover-right                       | 1 |
| 79 | Crank cover                             | 2 |
| 80 | Pedal-left                              | 1 |
| 81 | Pedal-right                             | 1 |
| 82 | Circlip for shaftΦ17                    | 1 |
| 83 | Philips pan head full tread screw M5*10 | 8 |
| 84 | Outer cover end plug                    | 1 |
| 85 | Pulley                                  | 4 |
| 86 | Pulley limited sleeve                   | 2 |
| 87 | Console                                 | 1 |
| 88 | Sundries box                            | 1 |
| 89 | Deep groove ball bearing R10ZZ          | 4 |
| 90 | Down handlebar cover A                  | 2 |
| 91 | Down handlebar cover B                  | 2 |
| 92 | End cap                                 | 4 |
| 93 | Wheel bearing clearance set             | 2 |
| 94 | Belt clamp powder set                   | 2 |
| 95 | Wheels decoration cover                 | 2 |
| 96 | Handle pulse set                        | 2 |
| 97 | Handlebar Outer cover                   | 2 |
| 98 | Handlebar middle cover                  | 2 |
| 99 | Handlebar inner cover                   | 2 |

|     |   |   |
|-----|---|---|
| 100 | Foot pads   | 6 |
| 101 | Wheels  | 2 |
| 102 | Handlebar decorative cover                          | 2 |
| 103 | End cap   | 2 |
| 104 | Handlebar cover                                     | 1 |
| 105 | Upright post cover                                  | 1 |
| 106 | Elliptical tube plug                                | 6 |
| 107 | Crank clearance set three                           | 1 |
| 108 | Body arm cover                                      | 2 |
| 109 | Flat washer $\Phi 12.5 \times \Phi 22 \times t 2.0$ | 2 |
| 110 | Crank clearance set one                             | 1 |
| 111 | Crank clearance set two                             | 1 |
| 112 | Power communication wire                            | 1 |
| 113 | Magnetic sensor                                     | 1 |
| 114 | Power adapter                                       | 1 |
| 115 | Brake line  | 1 |
| 116 | Flywheel axis                                       | 1 |
| 117 | Deep groove ball bearing 6203ZZ                     | 2 |
| 118 | Handle bar axle sleeve clearance set                | 2 |
| 119 | Switching bearing clearance set                     | 2 |
| 120 | Crank bearing clearance set                         | 1 |
| 121 | Swing arm bearing clearance set                     | 2 |



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.

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

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

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

[www.sport-tiedje.com/en/stores](http://www.sport-tiedje.com/en/stores)

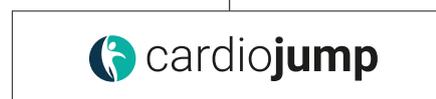
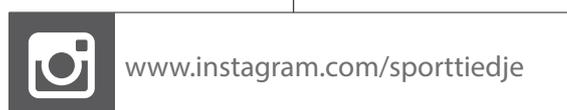
# WE LIVE FITNESS

## WEBSHOP AND SOCIAL MEDIA

Sport-Tiedje is Europe's largest specialist store for home fitness equipment with currently 80 stores and one of the world's most renowned online mail order companies for fitness equipment. Private customers order via the 25 web shops in the respective national language or have their desired equipment assembled on site. In addition, the company supplies fitness studios, hotels, sports clubs, companies and physio practices with professional equipment for endurance and strength training.

Sport-Tiedje offers a wide range of fitness equipment from renowned manufacturers, high-quality in-house developments and comprehensive services, such as a build-up service and sports scientific advice before and after the purchase. The company employs numerous sports scientists, fitness trainers and competitive athletes.

Visit us also on our social media platforms or our blog!



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