



## Assembly and Operating Instructions



max. 120 kg



~ 30 Min.



26 kg

L 214 | W 60 | H 74

CSTRX50.02.03

Art. No. CST-RX50-2

Rowing machine **RX50**



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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 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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## 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

### LCD - Display:

- + Strokes, Strokes per minute
- + Training time in minutes
- + Training distance in metres
- + Time/500m: average/current
- + Burned calories in kcal
- + Measured heart rate (when using a chest strap)
- + Watt
- + Resistance level

Resistance system:	Combined air and magnetic system
Resistance level:	16
Watt:	30 - 300 Watt

User memory:	4
Training programmes in total:	28
Quick-Start Programmes:	1
Pacer programmes:	1
Pre-set programmes:	12
Watt controlled programmes:	1
Heart rate controlled programmes:	4
User defined programmes:	4
Recovery programme:	1
Fitness test:	1

### Weight and Dimenasiions:

Article weight (gross, incl. packaging):	34 kg
Articke weight (netto, without packaging):	26 kg
Packaging dimensions (L x W x H):	approx. 126 cm x 91 cm x 28 cm
Set-up dimensions (L x W x H):	approx. 214 cm x 60 cm x 74 cm
Maximum user weight:	120 kg (264lbs)

## 1.2 Personal Safety

### **DANGER**

- + Before you start using the equipment, you should consult your physician that this type of exercise is suitable for you from a health perspective. Particularly affected are persons who: have a hereditary disposition to high blood pressure or heart disease, are over the age of 45, smoke, have high cholesterol values, are overweight and/or have not exercised regularly in the past year. If you are under medical treatment that affects your heart rate, medical advice is absolutely essential.
- + Note that excessive training can seriously endanger your health. Please also note that heart rate monitoring systems can be inaccurate. If you notice any signs of weakness, nausea, dizziness, pain, shortness of breath, or other abnormal symptoms, stop exercising immediately and seek advice from your doctor if necessary.

### **WARNING**

- + This equipment may not be used by children under the age of 14.
- + Children should not be allowed unsupervised access to the equipment.
- + Persons with disabilities must have a medical license and must be under strict observation when using the equipment.
- + The equipment is strictly for use by one person at a time.
- + If your equipment provides a safety key, the clip of the safety key must be attached to your clothing before starting your training. In the event of a fall, the EMERGENCY STOP of the equipment can be initiated.
- + Keep your hands, feet and other body parts, hair, clothing, jewellery and other objects well clear of moving parts.
- + During use, wear suitable sports clothing rather than loose or baggy clothing. When wearing sports shoes, make sure they have suitable soles, preferably made of rubber or other non-slip materials. Shoes with heels, leather soles, studs or spikes are unsuitable. Never exercise barefoot.

### **CAUTION**

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

### **ATTENTION**

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

## 1.3 Electrical Safety



### **DANGER**

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



### **WARNING**

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



### **ATTENTION**

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

## 1.4 Set-Up Place

### **WARNING**

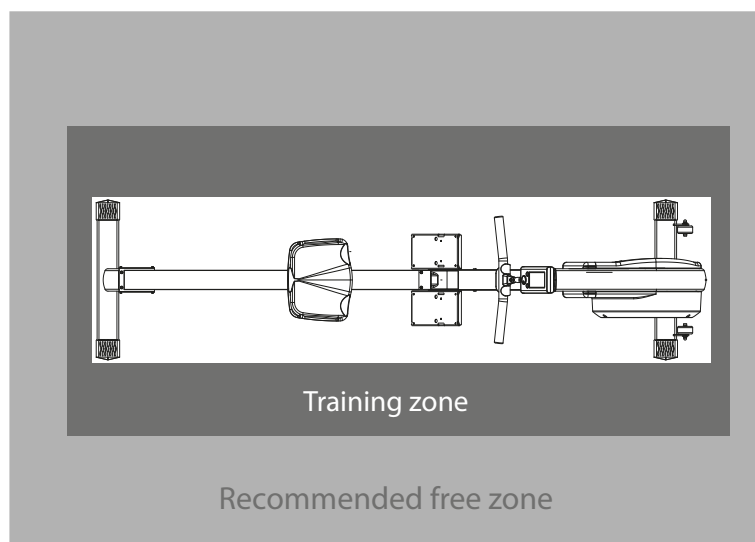
- + Do not place the equipment in main corridors or escape routes.

### **CAUTION**

- + Choose a location in which to place the equipment such that there is enough free space/clearance to the front, the rear and to the sides of the equipment. 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.

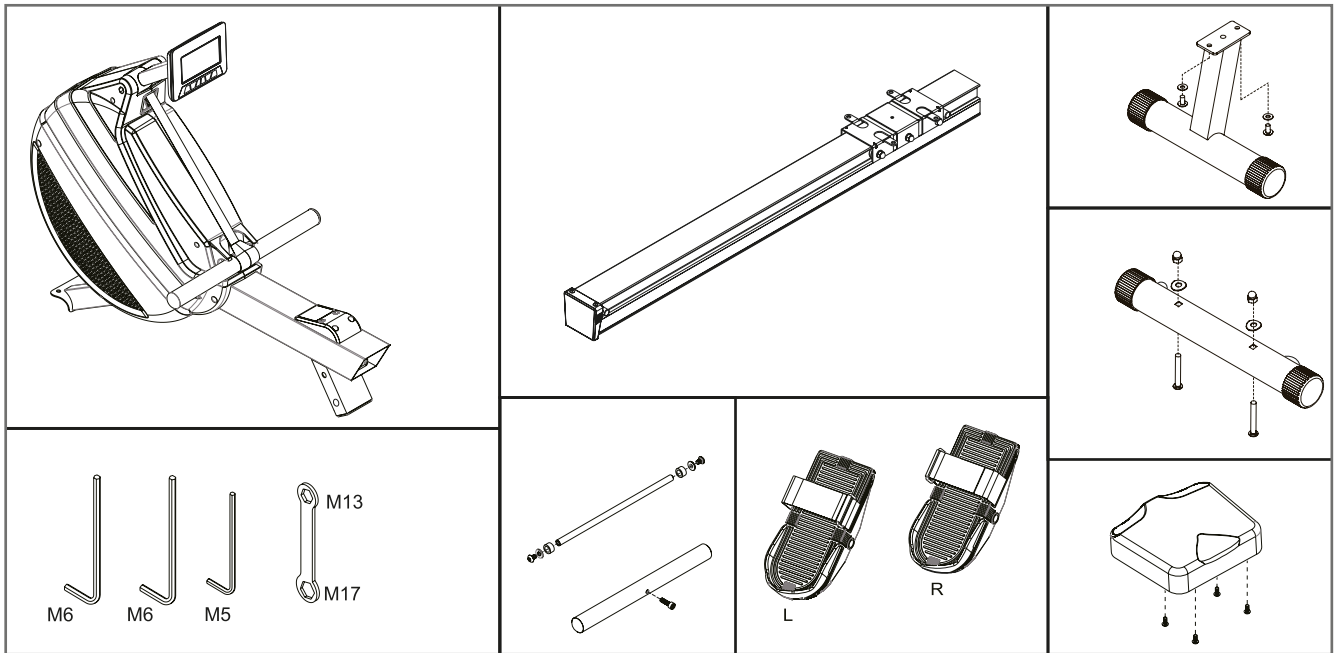
## 2.2 Scope of Delivery

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.





## 2.3 Assembly

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

### **NOTICE**

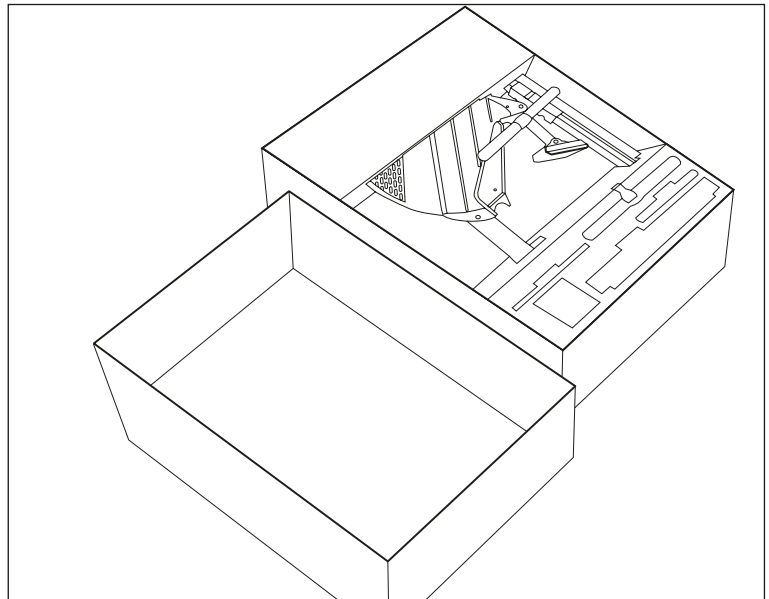
First loosely screw all parts together and check that they fit properly. Tighten the screws using the tool only when you are instructed to do so.

### Step 1: Unpacking the equipment

1. Open the package as shown.

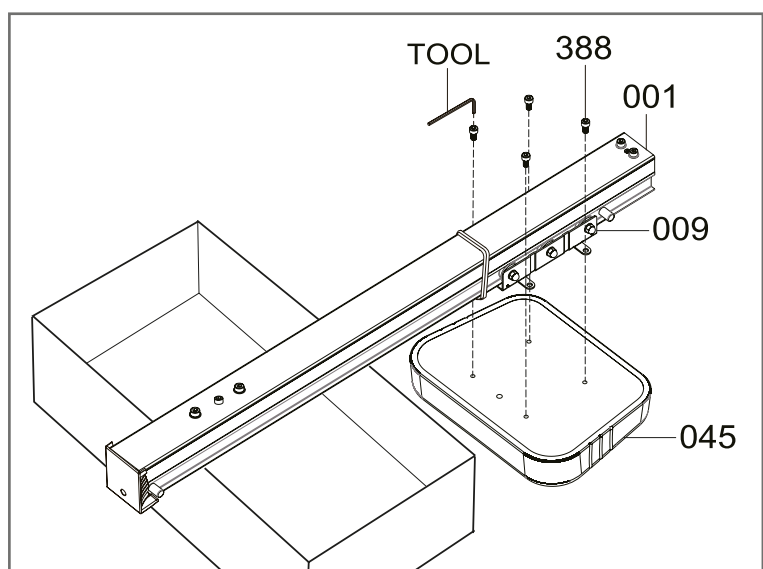
#### ► **ATTENTION**

In order to protect the RX50 rowing machine from damage for as long as possible, you should only remove the protective packaging when absolutely necessary.



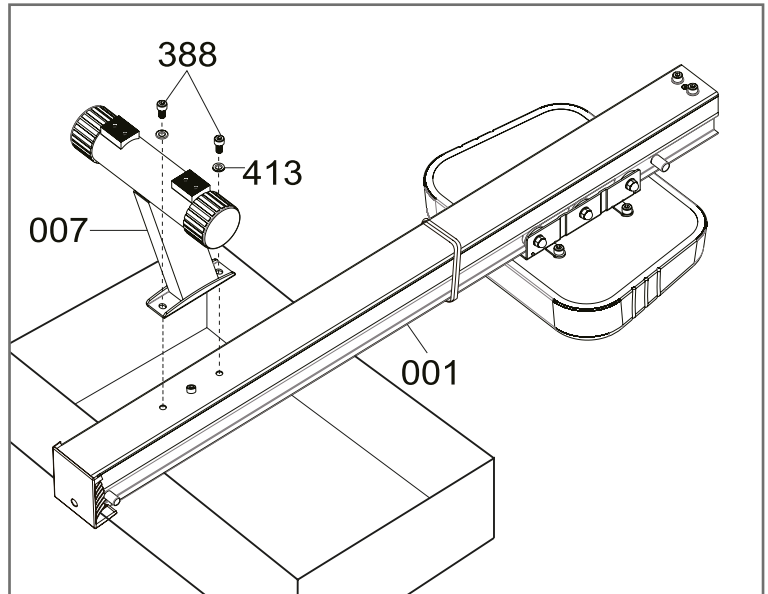
### Step 2: Assemble the seat

1. Turn the aluminium beam (001) over and place it on the carton, see illustration.
2. Remove the four pre-assembled screws (388) from the seat (045).
3. Mount the seat (045) to the seat carriage (009) using the previously removed screws (388).
4. Tighten the screws with the tool.

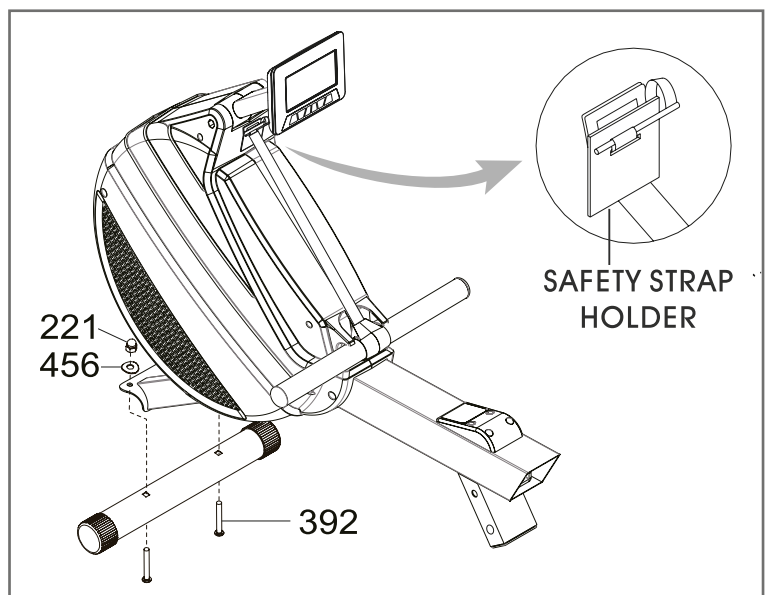


### Step 3: Assemble the front and rear stabilizer

1. Mount the rear stabilizer (007) to the aluminium beam (001) using two screws (388) and two washers (413).

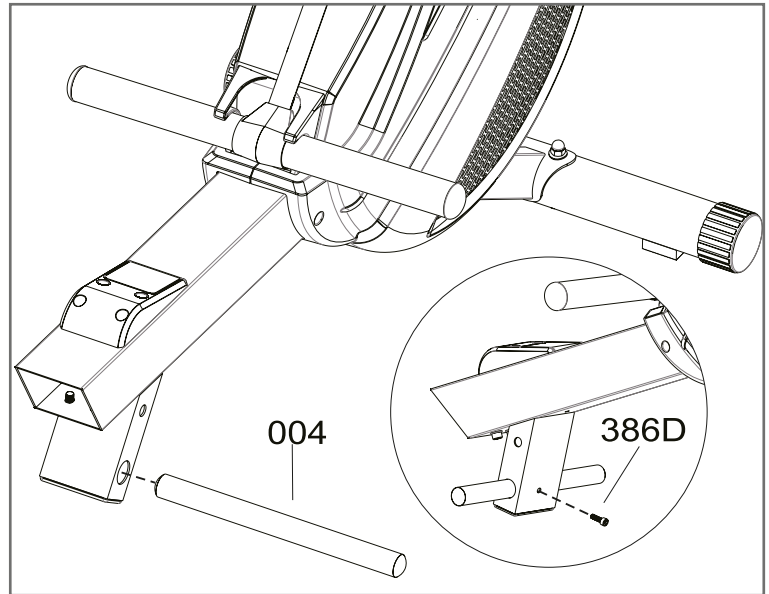


2. Mount the front stabilizer (005) to the main frame (002) using two screws (392), two washers (456), and two nuts (221).
3. Tighten all screws with the tool.
4. Loosen the safety strap holder and place the handle in the holder.

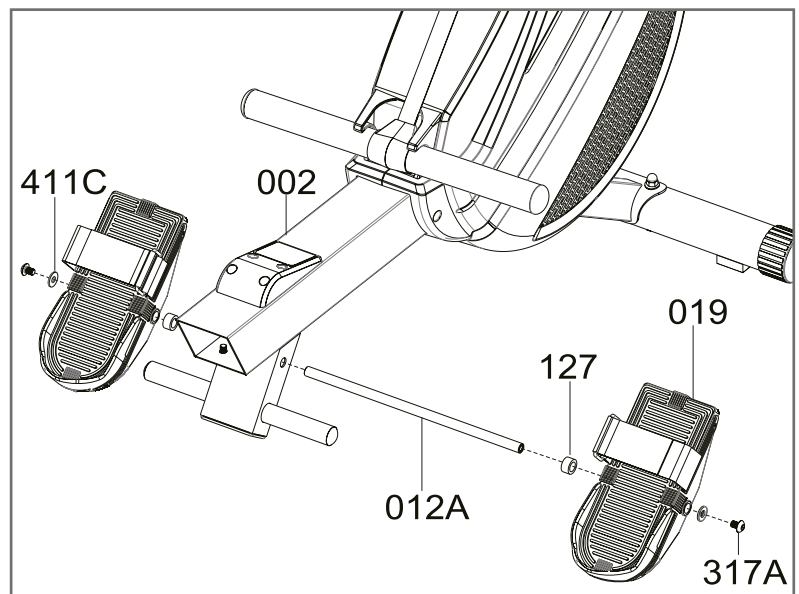


#### Step 4: Assemble the foot pedals

1. Insert the metal support (004) into the lower opening on the main frame (002) and secure the metal support (004) to the main frame (002) with a screw (386D).

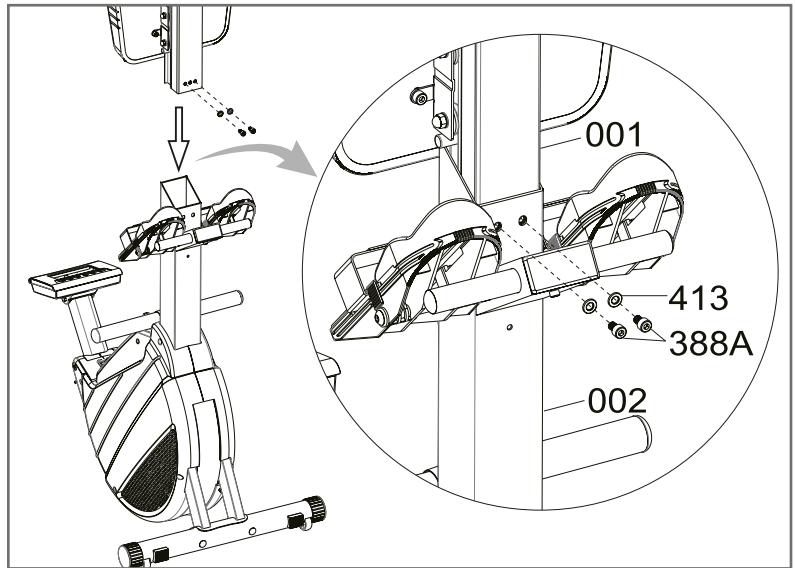


2. Insert the bar for the foot pedals (012A) into the upper opening on the main frame (002).
3. Slide a plastic ring (127) over the bar (012A) at both ends.
4. Slide a foot pedal (019) onto both ends of the bar (012A) and mount each foot pedal (019) with a washer (411C) and screw (317A).
5. Tighten all screws with the tool.



### Step 5: Connecting the main frame to the beam

1. Place the main frame (002) upright and insert the aluminium beam (001) into the opening on the main frame (002).
2. Mount the aluminium beam (001) to the main frame (002) with two washers (413) and two screws (388A).
3. Tighten the screws using the tool.

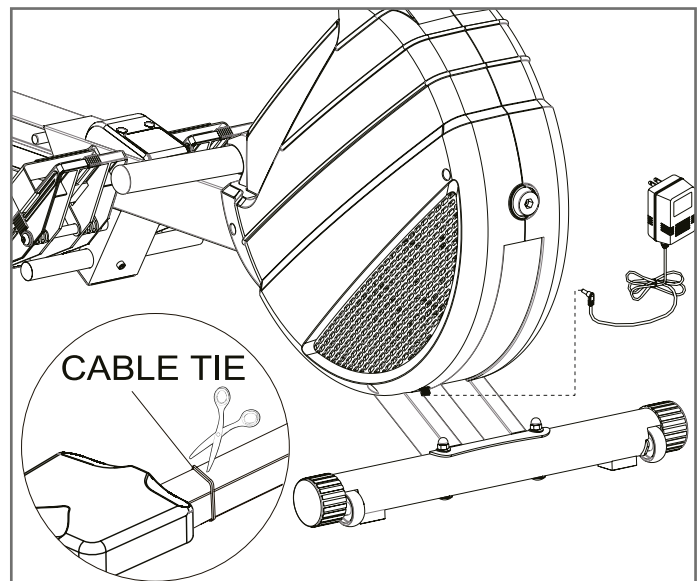


### Step 6: Connecting the equipment to the mains supply

#### ► 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.

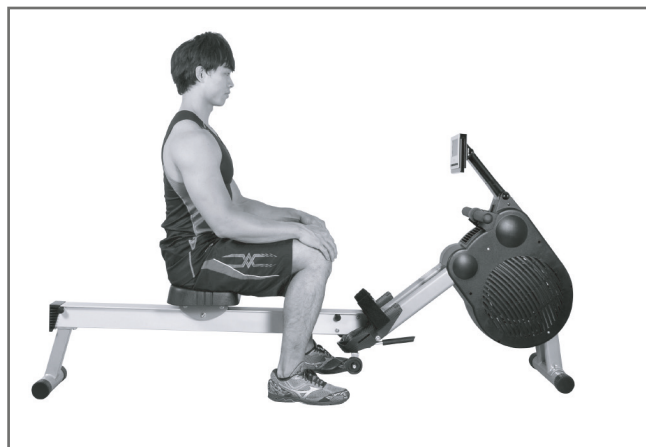
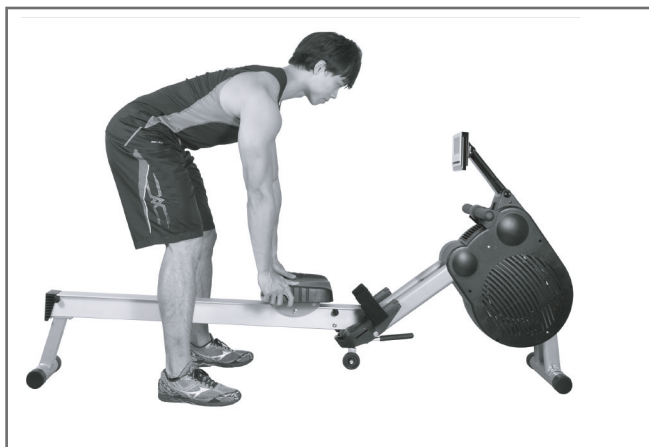
1. Remove the cable tie from the aluminium beam (001).
2. Connect the device to the power plug and plug the power plug into a wall outlet that complies with the instructions in the chapter on electrical safety.



## 2.4 Operation instructions / Adjustments

### Sit safely

Sit safely on the rowing machine. Please make sure to sit directly on the seat, when it is placed under your body.



1. Stand with spread legs above the aluminum rail.
2. Place the seat directly under your body.
3. Please make sure that when you sit down that the seat remains in this position.

### Tighten and release foot strap



1. Put your foot through the strap and place your foot on the footrest.
2. Pull the strap of the foot strap until your foot is fixed to the footrest and press the fastener firmly.
3. To release the foot strap again, pull the strap and release the fastener until you can release your foot from the foot strap.

## Angle adjustment of the console

The console and the console arm are pivoted in order to allow you to find the appropriate adjustment of angle and height.

► **ATTENTION**

For safety reasons, please make sure while exercising that the pull rope does not touch the console.



1. Hold the console with both hands as shown in the upper figure.
2. Turn and swivel the console to the desired height and angle.



## 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>BAR CHART</b>	Here, the program profiles and text messages are displayed. 8 rows high = 16 resistance levels 16 columns long = 16 times intervals
<b>ALPHANUMERIC DISPLAY</b>	Text messages which guide you through the single programs.
<b>WATTS</b>	Estimated wattage per stroke, calibrated according to EN957. One Watt corresponds to the performance to do a mechanical work of one joule within a second.
<b>LEVEL</b>	16 resistance levels can be selected. Level 1 = minimum resistance Level 16 = maximum resistance
<b>TIME/500M</b>	Displays your current time/500 m.
<b>SPM</b>	Strokes per minute.

<b>PULSE</b>	<p>Your heart rate is displayed in beats per minute. A compatible chest strap with 5 kHz is separately available. The flashing heart is synchronized with your heart rate.</p> <p><b>① NOTICE</b>  "---" means that your console does not receive a heart rate signal.</p>
<b>TIME</b>	Minutes and seconds.
<b>BATTERIE</b>	Full, half, empty
<b>METERS</b>	Covered distance is only shown in meters.
<b>STROKES</b>	Total number of strokes
<b>CALORIES</b>	<p>Measured in kilo calories (kcal)</p> <p><b>① NOTICE</b>  The number of calories strongly depends upon your user data. Select the setting of user data in the main menu.</p>

## 3.2 Button Functions

<b>MENU</b>	<p>Press this button to get to the main menu.</p> <p><b>① NOTICE</b>  This button only works in the menu mode and pause mode, but not in the training mode.</p>
<b>RECOVERY</b>  <b>Two functions</b>	<ol style="list-style-type: none"> <li>Distance sensor</li> </ol> <p>Hold the Recovery button pressed.</p> <ol style="list-style-type: none"> <li>Start the Recovery program</li> </ol> <p>The Recovery program determines automatically your recovery heart rate within a minute after the training.</p>
<b>ENTER</b>  <b>Three functions</b>	<ol style="list-style-type: none"> <li>Before the training (menu mode) Press Enter to confirm your selection.</li> <li>Before the training (menu mode) Hold Enter for three seconds in order to skip the selection process.</li> <li>While exercising (training mode) Press Enter to change the bar chart.</li> </ol> <p><b>① NOTICE</b>  It only refers to the HRC programs, Watt programs, and training programs.</p>



<p><b>START/STOP</b></p> <p><b>Three functions</b></p>	<ol style="list-style-type: none"> <li>1. Before the training (menu mode) Press Start in order to start the training.</li> <li>2. While exercising (training mode) Press Stop to stop the training.</li> </ol> <p>① <b>NOTICE</b> The console changes automatically to the training final display.</p> <ol style="list-style-type: none"> <li>3. At any time Hold Reset for three seconds to reset the console to the main menu.</li> </ol> <p>① <b>NOTICE</b> Current data are deleted. All saved data are maintained.</p>
<p><b>SELECT BUTTONS - +</b></p> <p><b>Four functions</b></p>	<ol style="list-style-type: none"> <li>1. Before the training (menu mode) Press the Select buttons (+/-) in order to scroll through the options.</li> <li>2. Before the training (menu mode) Hold the Select buttons (+/-) to scroll quicker.</li> <li>3. While exercising (training mode) Press the Select buttons (+/-) to set the resistance level.</li> <li>4. Before the training (menu mode) Hold the Select buttons (+/-) for three seconds to set the system (metric or English).</li> </ol> <p>① <b>NOTICE</b> It only refers to the user data of height and weight.</p>

### 3.3 Turning on the equipment

#### Auto turning on

The console turns on automatically once the rowing machine is being moved or a button is pressed.

#### Auto Pause

The console pauses automatically when the user stops rowing.

#### Auto Standby

The console turns automatically in to Standby, when the equipment is no longer used for two minutes.

#### Auto turning off

The console turns of automatically, when the equipment is not used for about ten minutes. When you are in the training mode, the training data get lost.

#### Start rowing

Just start rowing, the console turns on automatically and starts the PACER program with a default setting of 2:15/500 m.

## 3.4 Programs

### Main menu

The main menu consists of the following 11 programs:

<b>1. Pacer</b>	1 pace boat program
<b>2. Race</b>	1 race programs
<b>3. Interval</b>	2 interval programs, interval distance and interval time
<b>4. HRC</b>	4 heart rate controlled programs, 60%, 75%, 90% and target heart rate
<b>5. Watt</b>	1 Watt controlled program
<b>6. Profiles</b>	5 user programs + 12 training profiles
<b>7. Fit Test</b>	1 fitness test program
<b>8. User Data</b>	enter the user data
<b>9. User Pro</b>	creating user profiles
<b>10. User Del</b>	delete a user
<b>11. Frequency</b>	frequency options for the heart rate receiver

### 3.4.1 Pacer program - also called Pace boat program

The pacer program offers you the possibility to row beside a pace boat, which defines a pace for the training.

There are two possibilities to program the pace:

Enter a time/500 m or Define time and distance.

#### 1. Pace program

Choose with the Select buttons (+/-) the PACER program. Confirm with Enter.

NOTE: Press MENU to return to the main menu.

#### 2. User selection

Choose one of four existing users (U1 – U4) or the GUEST USER with the Select buttons (+/-). Confirm with Enter.

#### 3a. Time/500m

Choose the TIME/500m with the Select buttons (+/-) or go to step 3b. Confirm with Enter.

### **3b. Time and Distance**

Press Enter to skip the setting TIME/500m.

Enter a time with the Select buttons (+/-). Confirm with Enter.

Enter a distance (meters) with the Select buttons (+/-). Confirm with Enter.

Press Start to start your training immediately.

### **4. Resistance level**

Choose a resistance level with the Select buttons (+/-). Confirm with Enter.

### **5. Target values**

Target values are optional.

Hold Enter to skip all target values. Press Enter once to skip one target value.

Set a target value with the Select buttons (+/-). Confirm with Enter.

### **6. Alarm settings**

Alarm settings are optional.

Press Start to skip all alarms. Press the Select buttons (+/-) to skip one alarm.

Choose an alarm with the Select buttons (+/-). Confirm with Enter.

### **7. Ready = Start rowing**

When you have come to the end of the selection process, READY flashes on the console and you can start rowing.

#### **① NOTICE**

While exercising, you can adjust the resistance level with the Select buttons (+/-).

### 3.4.2 Race program

The race program allows you to compete against the average time/500m of any user. Become the best in your family or row against your own average time/500m.

#### 1. Race program

Choose the RACE program with the Select buttons (+/-). Confirm with Enter.  
Press Menu to return to the main menu.

#### 2. User selection

Choose one of four existing users (U1 – U4) or the GUEST USER with the Select buttons (+/-). Confirm with Enter.

#### 3. User to race against

Press the Select buttons (+/-) to scroll and select a user to race against. Confirm with Enter.  
Press Start to start the training immediately.

#### 4. Resistance level

Choose a resistance level with the Select buttons (+/-). Confirm with Enter.

#### 5. Target values

Target values are optional.

Hold Enter to skip all target values. Press Enter once to skip one target value.

Set a target value with the Select buttons (+/-). Confirm with Enter.

#### 6. Alarm settings

Alarm settings are optional.

Press Start to skip all alarms. Press the Select buttons (+/-) to skip one alarm.

Choose an alarm with the Select buttons (+/-). Confirm with Enter.

#### 7. Ready = Start rowing

When you have come to the end of the selection process, READY flashes on the console and you can start rowing.

#### ① NOTICE

While exercising, you can adjust the resistance level with the Select buttons (+/-).

### 3.4.3 Interval distance & interval time programs

Both programs are designed for interval training – intensive training intervals alternate with short intervals of rest. It is scientifically proved that interval training burns more calories than classic cardio training. Due to an increased intensity, you should always make sure that you do not stress your body too much. Do not exceed the calculated maximum heart rate (220 – age).

INTERVAL DISTANCE PROGRAM = a training distance combined with short intervals of rest

INTERVAL TIME PROGRAM = a training distance combined with short intervals of rest

#### 1. Interval program

Choose the INTERVAL program with the Select buttons (+/-). Confirm with Enter.

Press Menu to return to the main menu.

#### 2. User selection

Choose one of four existing users (U1 – U4) or the GUEST USER with the Select buttons (+/-). Confirm with Enter.

#### 3a. Interval distance program

Choose the distance program with the Select buttons (+/-). Confirm with Enter.

#### 3b. Interval time program

Choose the time program with the Select buttons (+/-). Confirm with Enter.

#### 4. Number of intervals

Choose the number of intervals with the Select buttons (+/-). Confirm with Enter.

#### 5a. Interval distance program

Choose the interval distance in meters with the Select buttons (+/-). Confirm with Enter.

#### 5b. Interval time program

Choose the interval time with the Select buttons (+/-). Confirm with Enter.

#### 6. Time of rest

Choose the rest time with the Select buttons (+/-). Confirm with Enter.

Press Start to start the training immediately.

#### 7. Resistance level

Choose a resistance level with the Select buttons (+/-). Confirm with Enter.

## 8. Target values

Target values are optional.

Hold Enter to skip all target values. Press Enter once to skip one target value.

Set a target value with the Select buttons (+/-). Confirm with Enter.

## 9. Alarm settings

Alarm settings are optional.

Press Start to skip all alarms. Press the Select buttons (+/-) to skip one alarm.

Choose an alarm with the Select buttons (+/-). Confirm with Enter.

## 10. Ready = Start rowing

When you have come to the end of the selection process, READY flashes on the console and you can start rowing.

### NOTICE

While exercising, you can adjust the resistance level with the Select buttons (+/-).

### 3.4.4 60%, 75%, 90% heart rate controlled programs



#### **WARNING**

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

Keep your heart rate on the pre-set level with the % heart rate programs. The console compares your current heart rate with the chosen target heart rate every 10 seconds and adapts it accordingly. All heart rate programs require wearing a compatible chest strap.

These three heart rate programs work in connection with the chosen user and the respective user data. Thus it is important that you choose the correct user and have entered correct user data before you train with this program.



#### **NOTICE**

While exercising, you can still adapt the % HR to the resistance level.

Though it is very important to increase the heart rate while exercising, you should make sure that it is not too high. We recommend to exercise with 60% of the maximum heart rate at the beginning and only increase the level, when your fitness has been improved.



#### **NOTICE**

The recommend maximum heart rate is  $220 - \text{age}$ .

#### **1. HRC program**

Choose the HRC program in the main menu with the Select buttons (+/-). Confirm with Enter. Press Menu to return to the main menu.

#### **2. User selection**

Choose one of four existing users (U1 – U4) or the GUEST USER with the Select buttons (+/-). Confirm with Enter.

#### **3. 60% 75% 90% HRC program**

Press the Select buttons (+/-) to select 60% HRC, 75% HRC or 90% HRC.

The console automatically shows the target heart rate.

Confirm with Enter.

Press start to start the training immediately.

#### 4. Target values

Target values are optional.

Hold Enter to skip all target values. Press Enter once to skip one target value.

Set a target value with the Select buttons (+/-). Confirm with Enter.

#### 5. Alarm settings

Alarm settings are optional.

Press Start to skip all alarms. Press the Select buttons (+/-) to skip one alarm.

Choose an alarm with the Select buttons (+/-). Confirm with Enter.

#### 6. Ready = Start rowing

When you have come to the end of the selection process, READY flashes on the console and you can start rowing.

##### NOTICE

While exercising, you can adjust the resistance level with the Select buttons (+/-).

### 3.4.5 THR – target heart rate program

#### 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.

GUEST User is possible

Keep your heart rate at the pre-set level with the target heart rate program. The console compares your current heart rate with the chosen target heart rate every 10 seconds and adapts it accordingly. Adapt your target heart rate with the Select buttons (+/-) while exercising.

##### NOTICE

The resistance level cannot be adapted while exercising.

All heart rate programs require wearing a compatible chest strap.

Though it is very important to increase the heart rate while exercising, you should make sure that it is not too high. We recommend to exercise with 60% of the maximum heart rate at the beginning and only increase the level, when your fitness has been improved.

##### NOTICE

The recommended maximum heart rate is 220 – age. Choose a target heart rate between 30 – 220 bpm (in 1 bpm increments).



### **1. HCR program**

From the main menu, press the Select buttons (+/-) to scroll and select the HRC program. Confirm with Enter.

Press Menu to return to the main menu.

### **2. User selection**

Choose one of four existing users (U1 – U4) or the GUEST USER with the Select buttons (+/-). Confirm with Enter.

### **3. THR program**

Press the Select buttons (+/-) to scroll and select the THR program. Confirm with Enter.

### **4. THR control value**

Press the Select buttons (+/-) to scroll and select Target Heart Rate “COTNROL” value.

Confirm with Enter.

Press Start to start the training immediately.

### **5. Target values**

Target values are optional.

Hold Enter to skip all target values. Press Enter once to skip one target value.

Set a target value with the Select buttons (+/-). Confirm with Enter.

### **6. Alarm settings**

Alarm settings are optional.

Press Start to skip all alarms. Press the Select buttons (+/-) to skip one alarm.

Choose an alarm with the Select buttons (+/-). Confirm with Enter.

### **7. Ready = Start rowing**

When you have come to the end of the selection process, READY flashes on the console and you can start rowing.

#### **① NOTICE**

While exercising, you can adjust the target heart rate with the Select buttons (+/-).

### 3.4.6 Watt program

Keep your wattage at the pre-set level with the Watt program. The console compares your current wattage with your pre-set watt number every 10 seconds and adapts the resistance level automatically. While exercising, you can adapt the watt number with the Select buttons (+/-).

#### **NOTICE**

The resistance level cannot be adapted while exercising. Watt setting: 10 – 995 Watt (in 5-Watt increments)

#### **1. Watt program**

Choose the Watt program with the Select buttons (+/-). Confirm with Enter.

Press Menu to return to the main menu.

#### **2. User selection**

Choose one of four existing users (U1 – U4) or the GUEST USER with the Select buttons (+/-). Confirm with Enter.

#### **3. Watt setting**

Choose the Watt number (Control) with the Select buttons (+/-). Confirm with Enter.

Press Start to start the training immediately.

#### **4. Target values**

Target values are optional.

Hold Enter to skip all target values. Press Enter once to skip one target value.

Set a target value with the Select buttons (+/-). Confirm with Enter.

#### **5. Alarm settings**

Alarm settings are optional.

Press Start to skip all alarms. Press the Select buttons (+/-) to skip one alarm.

Choose an alarm with the Select buttons (+/-). Confirm with Enter.

#### **6. Ready = Start rowing**

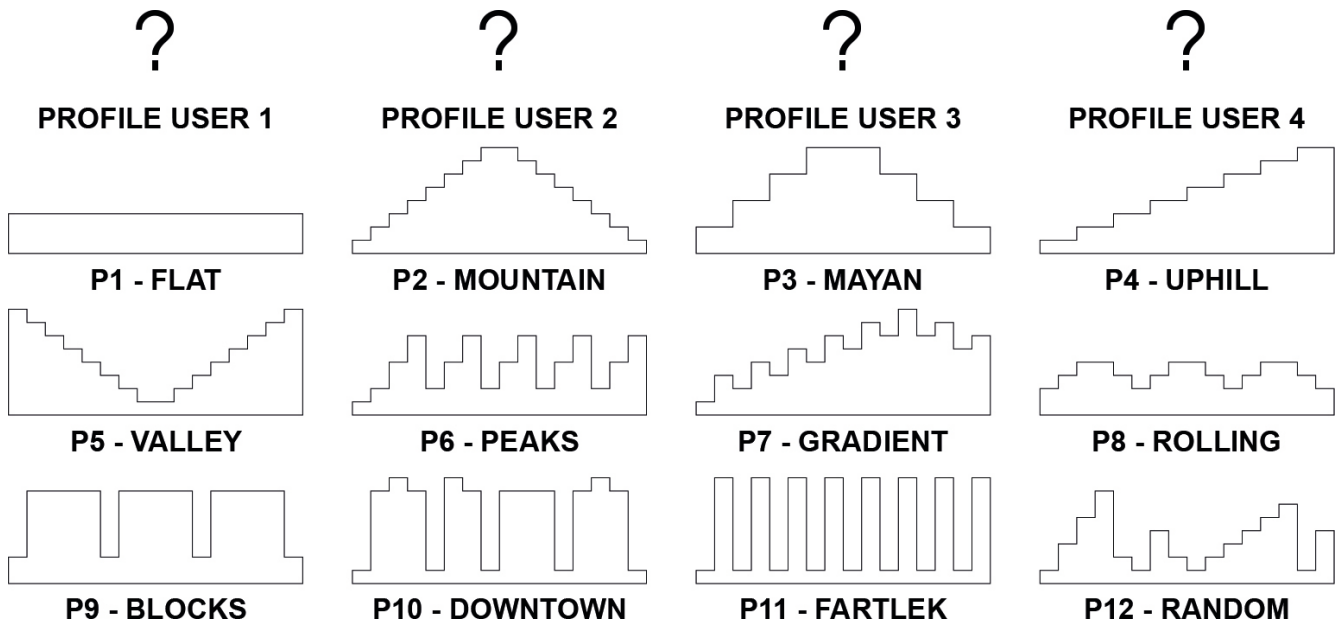
When you have come to the end of the selection process, READY flashes on the console and you can start rowing.

#### **NOTICE**

While exercising, you can adjust the Watt number with the Select buttons (+/-).

### 3.4.7 Training programs

The console adapts automatically the resistance level to the chosen training program.  
You can choose from 16 different training programs.



#### FARTLEK

Fartlek is a Swedish word for speed play and is a training type, which was developed in the 30ies of the 20th century. The running pace is increased and reduced several times throughout the training.

#### RANDOM

Before you confirm your random profile with Enter, the console switches automatically the random profile every three seconds.

#### 1. Training programs

Choose PROFILES (training programs) with the Select buttons (+/-). Confirm with Enter.  
Press Menu to return to the main menu.

#### 2. User selection

Choose one of four existing users (U1 – U4) or the GUEST USER with the Select buttons (+/-). Confirm with Enter.

### 3. Program selection

Choose a training program with the Select buttons (+/-). Confirm with Enter.

### 4. Program adjustment

Adjust the resistance of the total profile with the Select buttons (+/-). Confirm with Enter.

NOTE: Press Start to start the training immediately.

### 5. Resistance level

Choose a resistance level with the Select buttons (+/-). Confirm with Enter.

### 6. Target values

Target values are optional.

Hold Enter to skip all target values. Press Enter once to skip one target value.

Set a target value with the Select buttons (+/-). Confirm with Enter.

### 7. Alarm settings

Alarm settings are optional.

Press Start to skip all alarms. Press the Select buttons (+/-) to skip one alarm.

Choose an alarm with the Select buttons (+/-). Confirm with Enter.

### 8. Ready = Start rowing

When you have come to the end of the selection process, READY flashes on the console and you can start rowing.

#### NOTICE

While exercising, you can adjust the resistance level with the Select buttons (+/-).

### 3.4.8 Performance Test

#### Fitness Test

A fitness test of five minutes, which evaluates your fitness based upon your recovery heart rate. You need to wear a chest strap for heart rate transmission throughout the test. Row as quickly as you can to achieve your maximum heart rate. Then the console measures the recovery heart rate for a minute.

FITNESS TEST RESULTS	
SUPER FIT	90~100
EXTREMELY FIT	80~89
VERY FIT	70~79
GOOD FITNESS	60~69
AVERAGE FITNESS	50~59
FAIR FITNESS	40~49
POOR FITNESS	30~39
UNFIT	20~29
VERY UNFIT	10~19
EXTREMELY UNFIT	0~9

#### 1. Fitness test program

Choose the Fit Test program with the Select buttons (+/-). Confirm with Enter.

NOTE: Press Menu to return to the main menu.

#### 2. Start rowing

Stop rowing after exactly five minutes.

#### ① NOTICE

You cannot adjust the resistance while doing the fitness test, because the program adjusts the resistance automatically.

## Recovery program

Recovery program is activated by pressing the Recovery button

The Recovery Program is an excellent indicator for your cardiovascular fitness.

It is very useful when you wish to check your improvement.

The Recovery Program evaluates your fitness by measuring how quickly your heart rate recovers within a minute after the training. During the test of 60 seconds, it is required that the console receives your heart rate via a compatible chest strap. Then the console displays a recovery value from 0 to 100.

RECOVERY TEST RESULTS	
SUPER FIT	90~100
EXTREMELY FIT	80~89
VERY FIT	70~79
GOOD FITNESS	60~69
AVERAGE FITNESS	50~59
FAIR FITNESS	40~49
POOR FITNESS	30~39
UNFIT	20~29
VERY UNFIT	10~19
EXTREMELY UNFIT	0~9

### 1. Activating the recovery program

Press the recovery button right after the training.

### 2. Returning to main menu

Press the menu button to return to the main menu.

### 3.4.9 User Data

Create a new user and enter the user data.

The console can save user data for four different users. The saved information is used in combination with the % heart rate programs as well as for calculating the calorie consumption. Furthermore, they are used for determining the BMI, BMR, and TDEE.

The console saves your selection for every program as well in order to facilitate the selection process.

**① NOTICE**

It is important to keep your user data up to date. Otherwise the console cannot calculate exactly the values like BMI, BMR, and TDEE.

**① NOTICE**

The console does not save settings for the guest user.

Entering the user data	
NAME	Eight signs are available. Hold Enter to skip it.
SEX	Choose between male and female.
AGE	Age in years
HEIGHT	Height in cm or feet and inches (in order to switch, please see selection of system)
WEIGHT	Weight in kg or lbs (in order to switch, please see selection of system)
ACTIVE FACTOR	How active you are, influences your metabolism and your metabolism influences, how many calories you burn while exercising. Your active factor adapts the calorie calculation and the value of the total daily metabolism. 0 times a week = SITTING office work with less or no daily training. Twice a week = LIGHT ACTIVE light training once to three times a week. Four times a week = MODERATE ACTIVE moderate training three to five times a week. Seven times a week = VERY ACTIVE hard training six to seven times a week. Nine times a week = EXTREMELY ACTIVE daily, extremely active or marathon athlete.

#### 1. User data

Choose USER DATA in the main menu with the Select buttons (+/-) and confirm with Enter. Press Menu to return to the main menu.

#### 2. User

Choose New User or one of the four existing users with the Select buttons (+/-) and confirm with Enter.

#### 3. Name

Choose a letter or number with the Select buttons (+/-) and confirm with Enter. Repeat the step until your name is complete and then hold Enter to continue with the next setting.

#### 4. Sex

Choose your sex with the Select buttons (+/-) and confirm with Enter. Confirm with Enter.

#### 5. Age

Choose your age with the Select buttons (+/-) and confirm with Enter. Confirm with Enter.

#### 6. Height (in cm or inches – see selection of system)

Choose your height with the Select buttons (+/-) and confirm with Enter. Confirm with Enter.

#### 7. Weight (in kg or lbs – see selection of system)

Choose your weight with the Select buttons (+/-) and confirm with Enter. Confirm with Enter.

#### 8. Active factor

Choose your active factor with the Select buttons (+/-) and confirm with Enter. Confirm with Enter.

### User programs

Create your own program.

Four different users can be set. Every user can create a user program so that a total of four user programs is possible. All profiles are displayed as bar charts with 8 rows (= 16 resistance levels) and 16 columns (= 16 time intervals). These user programs are very helpful and allow you to create a program profile that corresponds to your needs. Thus you get an infinite diversion and keep motivated.

While exercising, the console adapts the resistance level automatically to your profile. You can still adjust the resistance level on your own while exercising.

#### 1. User profile

Choose the USER PRO with the Select buttons (+/-) and confirm with Enter.

NOTE: Press Menu to return to the main menu.

#### 2. User selection

Choose one of the four possible user profiles with the Select buttons (+/-) and confirm with Enter.

##### ① NOTICE

If there are no user profiles displayed, you can create them in "User Data".

#### 3. Create a training profile

Choose the resistance level with the Select buttons (+/-) and confirm with Enter. Repeat this step until the training profile is complete.

##### ① NOTICE

Hold Enter to skip the remaining segments. This function is very practical, when you only want to make small changes of your training profile.



## Delete a user

Delete an existing user.

### 1. Delete user

Choose USER DEL in the main menu with the Select buttons (+/-) and confirm with Enter.  
Press Menu to return to the main menu.

### 2. User selection

Choose one of the four possible existing users with the Select buttons (+/-) and confirm with Enter.

### 3. Confirm delete

Press Enter to confirm the deletion.

### 3.4.10 Further information

Display training end

At the end of the training, the following is displayed on the console.

END All total training values.  
AVERAGE Your average training values  
BMI The Body Mass Index is a very good type to find out whether obesity is a risk of health.

Number	Classification	Risk
Below 18	Underweight	Low risk
19 - 25	Normal	Average risk
26 - 30	Overweight	High risk
31 and more	Obesity	Very high risk

BODY FAT % Your estimated body fat in %

Classification	Women (% fat)	Men (% fat)
Essential fat	10-13%	2-4%
Very low	14-20%	6-13%
Low	21-24%	14-17%
Average	25-31%	18-25%
Obese	32% plus	26% plus

**BMR** Your basal metabolic rate is the minimum amount of energy, a body needs a day at complete rest to maintain its functions.

**TDEE** Your total energy metabolic rate is an estimate of the daily required number of calories. If you try to lose weight, the total energy metabolic rate is a good guideline.

#### Calorie calculation for weight reduction

When you count calories, which you consume daily, you deduct the total energy metabolic rate and the result shows you whether you have to lose weight or increase your weight. When you try to lose weight, you have to reduce the intake of calories. However, it should not happen too quickly, because it might affect your metabolism in a negative way.

## Target values

Target values for time, distance, strokes, and calories are optional. When you do not choose a target value, the console counts starting from zero. When you set one or several of those target values, the console counts down to zero.

The console stops the training and an alarm sounds once the first target value is achieved.

TIME	1:00 to 99:00 minutes (in 1 minute increments)
DISTANCE	100 to 9900 meters (in 100 m increments)
STROKES	10 to 9900 strokes (in 10 strokes increments)
CALORIES	10 to 9990 calories (in 10 calories increments)

## Selection of the units Metric or Imperial

The user data HEIGHT and WEIGHT can be entered in metric or imperial units:

The size is given in centimeters (metric) or inches (imperial).

The weight is given in kilograms (metric) or pounds (imperial).

### Selection of units

1. Press and hold both SELECT buttons for 3 seconds.
2. Use the SELECT buttons to select METRIC or IMPERIAL.
3. Press ENTER to confirm.

## Alarms

Maximum alarms are optional. Alarms can be very helpful, however we recommend to use only one to two alarms at a time.

When an alarm is given, a signal sounds and a visual display is shown in order to show which of those four alarms is given. (HEART RATE (PULSE), SPM, TIME/500m, or WATT).

HEART RATE	30 to 220 BPM (in 1 BPM increments)
SPM	15 to 60 SPM (in 1 SPM increments)
TIME/500m	01:00 9:55 minutes and seconds (in 5 seconds increments)
WATT	10 to 995 Watt (in 5 Watt increments)

Maximum alarms are optional.

Hold Enter to skip all alarms.

Press Enter to skip one alarm.

Choose an alarm with the Select buttons (+/-) and confirm with Enter.

## Default settings

The console includes default settings to facilitate the settings for the user.

### Pacer Program

PACE BOAT TIME/500m	2:15 (1:00 to 9:55 minutes and seconds in 5 seconds increments)
TIME	20:00 minutes (1:00 to 99:00 minutes and seconds in 1 minute increments)
DISTANCE	2000 m (100 to 9900 m in 100 m increments)

### Interval Programs

INTERVALS	10 (2 to 99 in 1 interval increments)
INTERVAL DISTANCE	500 m (100 to 9900 m in 100 m increments)
INTERVAL TIME	1:00 minute (0:30 to 10:00 in 5 seconds increments)
REST TIME	30 seconds (0:30 to 10:00 in 5 seconds increments)

### THR target heart rate program

TARGET HEART RATE	140 BPM (30 to 220 BPM in 1 BPM increments)
-------------------	---

### Watt program

WATT	100 (10 to 995 Watt in 5 Watt increments)
------	---

### User data

SEX	Female (female or male)
AGE	35 (10 to 99 years in 1 year increments)
HEIGHT METRIC	Female 163 cm or male 178 cm (90 to 240 cm in 1 cm increments)
WEIGHT METRIC	Female 60 kg or male 86 kg (30 to 200 kg in 1 kg increments)
HEIGHT IMPERIAL	Female 64 inches/5'4" (36" to 96" / 3' to 8' in 1 inches increments)
WEIGHT IMPERIAL	Female 135 lbs or male 190 lbs (60 to 440 lbs in 1 lbs increments)
ACTIVE FACTOR	Twice a week 0 times a week = SITTING office work with less or no daily training Twice a week = LIGHT ACTIVE light training once to three times a week Four times a week = MODERATE ACTIVE moderate training three to five times a week Seven times a week = VERY ACTIVE hard training six to seven times a week Nine times a week = EXTREMELY ACTIVE daily, extremely active or physical work

## Resistance selection

RESISTANCE LEVEL 6 (1 to 6 in 1 level increments)

## Target values

TIME 20 minutes  
(1:00 to 99:00 minutes and seconds in 1 minute increments)

DISTANCE 2000 m (100 to 9900 m in 100 m increments)

STROKES 300 strokes (10 to 9990 strokes in 10 strokes increments)

CALORIES 160 calories (10 to 9990 calories in 10 calories increments)

## Maximum alarm

HEART RATE 140 BPM (30 to 220 BPM in 1 BPM increments)

SPM 25 SPM (15 to 60 SPM in 1 SPM increments)

TIME/500m 2:15 (01:00 to 9:55 minutes and seconds in 5 seconds increments)

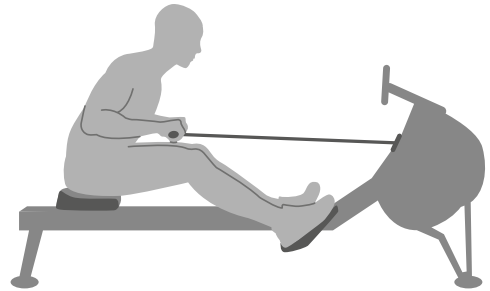
WATT 100 (10 to 995 Watt in 5 Watt increments)

## 3.5 Notes on correct rowing

### Body moves towards the handle

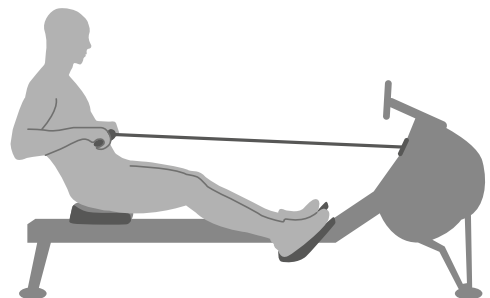
#### Wrong

At the end of the movement, the body will be pulled forwards towards the handles instead the handles to the body.



#### Right

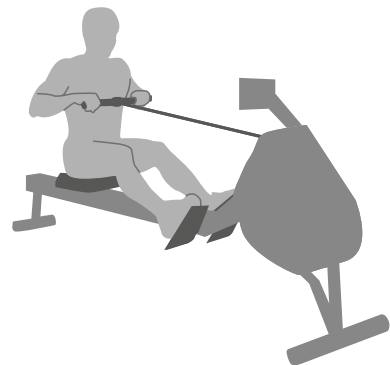
At the end of the movement, the user slightly leans back, holds the legs down, keeps the upper body straight and pulls the handle to the body.



### Straddled elbows

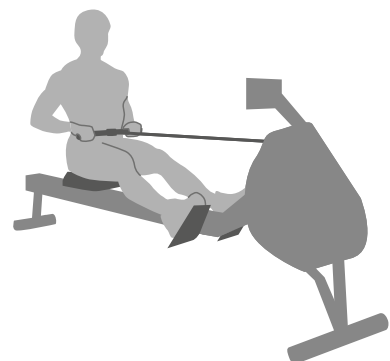
#### Wrong

The user's elbows are straddled from the body at the end of the movement and the handle is at the height of the breast.



#### Right

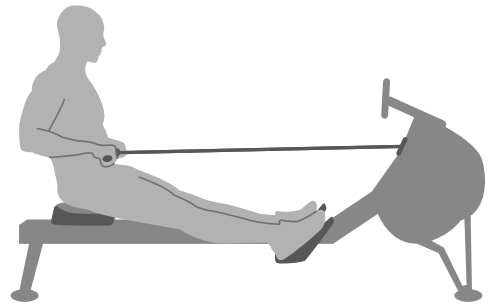
Pull the handle to the body with straight wrists and the elbows close to the body. The elbows are brought behind the head while the handle is pulled to your waist.



## Do not completely extend

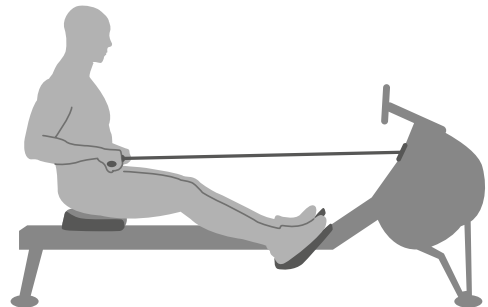
### Wrong

At the end of the movement, the user completely stretches the leg and knee.



### Right

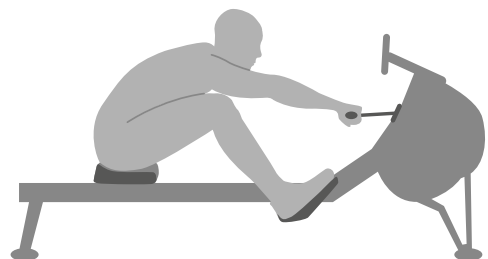
Keep your knee slightly bent at all times even at the end of the movement instead of stretching it completely.



## Leaning too far forward

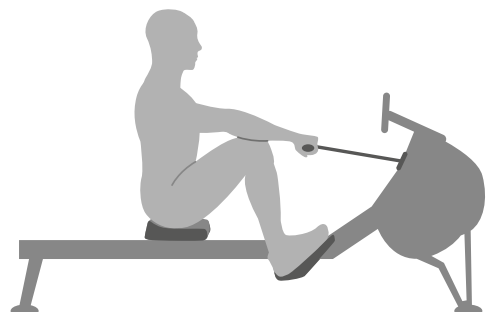
### Wrong

The body is bent too far forward. The shins are no longer vertical. The head and shoulders are facing the feet. The body is therefore in a weak position to execute the movement.



### Right

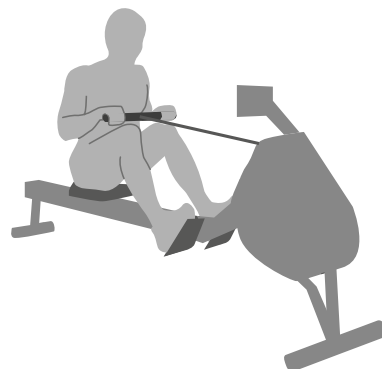
The shins are vertical. The body is pressed against the legs, the arms are completely stretched out in front and the body is slight bent forward. This position should be pleasant.



## Rowing with bent arms

### Wrong

The user begins the movement with the arms instead of first pressing with the legs.



### Right

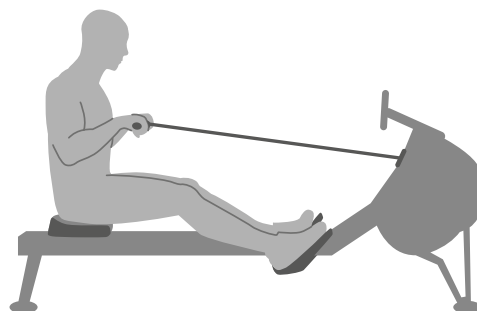
The user begins by stretching out the legs, relaxing the back and stretching the arms.



## Bent wrists

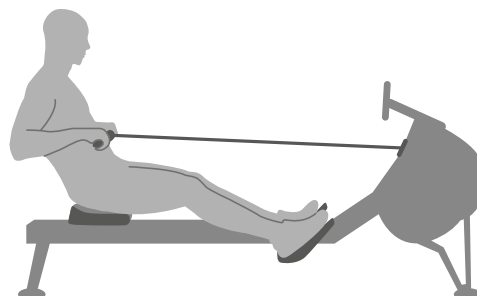
### Wrong

The user bends the wrists during the movement.



### Right

Always execute the rowing movement with straight wrists.





## 4.1 General Instructions

### ► ATTENTION

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

### ⚠ WARNING

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

## 4.2 Transportation Wheels

### ► ATTENTION

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

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

## 4.3 Storage

To save space when the unit is not in use, the RX50 can be placed upright as shown in the illustration.



## 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
Display shows nothing	Console has no power	<ul style="list-style-type: none"> <li>+ Press and hold the RESET button to restart the console</li> <li>+ Disconnect the device from the power supply for approx. 15 seconds.</li> <li>+ Contact a service technician and have the console replaced if necessary.</li> </ul>
Heart rate not received	<ul style="list-style-type: none"> <li>+ Sources of interference in the room</li> <li>+ unsuitable chest strap</li> <li>+ Batteries empty</li> </ul>	<ul style="list-style-type: none"> <li>+ Eliminate sources of interference (e.g. mobile phone, loudspeakers, WLAN, lawn mower and vacuum cleaner robot)</li> <li>+ Use a suitable chest strap (see recommended accessories).</li> <li>+ Reposition chest strap and/or moisten electrodes</li> <li>+ Changing batteries</li> </ul>
Grinding noises on the guide rail	Guide rail not lubricated	Clean the guide rail with a towel (without solvent!) and apply a small amount of suitable lubricant to the guide rail. Remove excess residue.
Creaking noises	Loose screw connections	Check that all screws are tight

## 5.3 Maintenance and Inspection Calendar

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

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

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

### Pull strap

The pull strap is made of high-quality nylon fabric and extremely resilient. It is nearly impossible to tear the pull strap. Nevertheless, it is important to inspect it for wear. Make sure that there are no cuts or frays or other types of damage. Also check the seam on the handle. If you determine any impairments, you should no longer use the rowing machine until you have replaced the pull strap.

### Footrest

The footrest has many mobile parts and it is important that they are always in a good state. Check if the buckle and the foot loop are connected with each other. Check to see if the locking mechanism from the footrest works properly as well. Make sure that all screws are tight. If you determine any errors, contact your contract partner immediately and use the rowing machine again only after it has been repaired.

## 6 DISPOSAL

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



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

## 7 RECOMMENDED ACCESSORIES

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

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

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



floor mat



chest strap



chest strap contact gel



towels



silicone spray

## 8.1 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:**

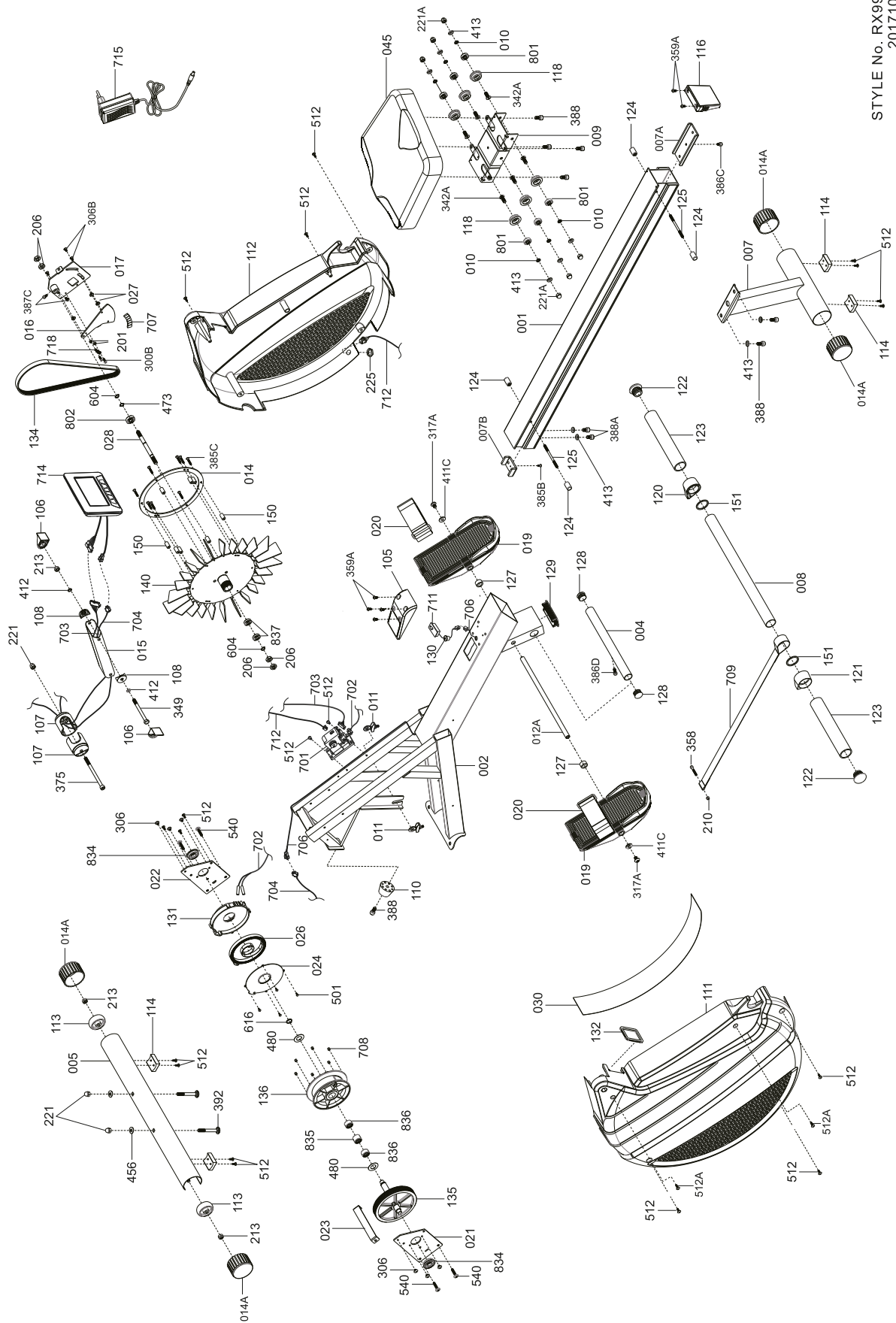
**Article Number:**

## 8.2 Parts List

No.	Qty.	Name	No.	Qty.	Name
001	1	ALUMINUM BEAM	110	1	SUPPORT PAD
002	1	MAIN FRAME	111	1	MAIN COVER- LEFT
004	1	METAL SUPPORT	112	1	MAIN COVER- RIGHT
005	1	STABILIZER TUBE - FRONT	113	2	TRANSPORTATION WHEEL
007	1	STABILIZER TUBE - REAR	114	4	STABILIZER FOOT
007A	1	REAR THREADED PLATE	116	1	END CAP
007B	1	FRONT THREADED PLATE	118	6	SEAT CARRIAGE-ROLLER
008	1	HANDLE BAR	120	1	STRAP COVER- RIGHT
009	1	SEAT CARRIAGE	121	2	STRAP COVER- LEFT
010	6	RING	122	2	PLUG
011	2	BELT ADJUSTMENT SET	123	4	FOAM GRIP
012A	1	FOOT PEDAL BAR	124	2	SEAT CARRIAGE STOPPER
014	1	ALUMINUM RING	125	2	DOUBLE END BOLT
014A	4	STANDARD CAP	127	2	PLASTIC RING
015	1	COMPUTER ARM	128	1	PLUG
016	1	MAGNET HOLDER	129	1	PLUG
017	1	MAGNET BRACKET	130	1	GABLE PLUG
019	2	FOOT PEDAL	131	1	RETURN SPRING • HOLDER
020	2	FOOT STRAP	132	1	STRAP SLOT TRIM
021	1	BEARING BRACKET-LEFT	134	1	POLY „V“ DRIVE BELT
022	1	BEARING BRACKET-RIGHT	135	1	DRIVE PULLEY
023	1	BEARING BRACKET-TOP	136	1	STRAP DRUM
024	1	RETURN SPRING-COVER	140	1	FAN SET
026	1	RETURN SPRING	150	8	PLASTIC BUSHING
027	3	BUSHING	151	2	PLASTIC WASHER
028	1	FLYWHEEL SHAFT	201	2	NUT- M4
030	1	MESH	206	4	NUT- 3/8"
045	1	SEAT	210	1	NUT - 3/16"
105	1	RECEIVER COVER	213	3	NUT- MS
106	1	COMPUTER CASE PLUG	221	3	NUT- MS
107	2	COMPUTER ARM • PIVOT	221A	6	NUT- MS
108	2	COMPUTER ARM • SPACER	225	1	NUT- 1/2"-26UNF

300B	2	BOLT • M4x12mm	512	19	SCREW • M4x12mm
306	6	BOLT - M5x6mm	512A	2	SCREW • M4x12.7mm
306B	3	BOLT - M5x6mm	540	4	SCREW- 1/4" x 1 1/4"
317A	2	BOLT • M8x12mm	604	2	RETAINING RING
342A	6	BOLT - M8x20mm	616	1	RETAINING RING
349	1	BOLT • M8x90mm	701	1	MOTOR
358	1	BOLT • 3/16" x 1 1/4"	702	1	SENSOR with GABLE • 4PIN
359A	6	BOLT • M5x10mm	703	1	COMPUTER GABLE • 9PIN
375	1	BOLT • M8x120mm	704	1	COMPUTER GABLE • 3PIN
385B	1	BOLT - M4x10mm	706	1	COMPUTER GABLE • 3PIN
385C	8	BOLT • M4x25mm	707	6	MAGNET
386C	1	BOLT • M6x8mm	708	6	MAGNET
386D	1	BOLT - M6x20mm	709	1	DRIVE STRAP
387C	2	BOLT - M5x8mm	711	1	CHEST BAND RECEIVER
388	7	BOLT • M8x16mm	712	1	AC ADAPTOR GABLE with NUT
388A	2	BOLT - M8x12mm	714	1	COMPUTER
392	2	BOLT • M8x70mm	715	1	AC ADAPTOR
411C	2	WASHER • M8x020x2T	718	1	SPRING
412	2	WASHER • M8x020x1T	801	6	BEARING - 60822
413	10	WASHER • M8x016x1.5T	802	1	BEARING • 6000
456	2	WASHER • M8x019x1.5T	834	2	BEARING • 620122
473	1	WASHER- 3/8"	835	1	BEARING • Fc1616
480	2	WASHER • M16x031x0.5T	836	2	BEARING • Hk1612
501	4	SCREW • M3x10mm	837	2	BEARING - 6900

## 8.3 Exploded Drawing



STYLE NO. RX99  
201710



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.**

### **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 person 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
<b>TECHNIK</b>  +49 4621 4210-900  +49 4621 4210-698  technik@sport-tiedje.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.	<b>TECHNIQUE &amp; SERVICE</b>  +33 (0) 172 770033 +49 4621 4210-933  service-france@fitshop.fr  Vous trouverez les heures d'ouverture sur notre site Internet.
	PL	BE
<b>SERVICE</b>  0800 20 20277 (kostenlos)  info@sport-tiedje.de  Öffnungszeiten entnehmen Sie unserer Homepage.	<b>TECHNIKA I SERWIS</b>  22 307 43 21 +49 4621 42 10-948  info@fitshop.pl  Godziny otwarcia można znaleźć na stronie głównej.	<b>TECHNIQUE &amp; SERVICE</b>  02 732 46 77 +49 4621 42 10-932  info@fitshop.be  Vous trouverez les heures d'ouverture sur notre site Internet.

UK	NL	INT
<b>TECHNICAL SUPPORT</b>  +44 141 876 3986  support@powerhousefitness.co.uk	<b>TECHNISCHE DIENST &amp; SERVICE</b>  +31 172 619961  info@fitshop.nl  De openingstijden vindt u op onze homepage.	<b>TECHNICAL SUPPORT &amp; SERVICE</b>  +49 4621 4210-944  service-int@sport-tiedje.de  You can find the opening hours on our homepage.
	AT	CH
<b>SERVICE</b>  +44 141 876 3972  You can find the opening hours on our homepage.	<b>TECHNIK &amp; SERVICE</b>  0800 20 20277 (Freecall) +49 4621 42 10-0  info@sport-tiedje.at  Öffnungszeiten entnehmen Sie unserer Homepage.	<b>TECHNIK &amp; SERVICE</b>  0800 202 027 +49 4621 42 10-0  info@sport-tiedje.ch  Öffnungszeiten entnehmen Sie unserer Homepage.

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!



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



[www.facebook.com/SportTiedje](http://www.facebook.com/SportTiedje)



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[www.youtube.com/user/sporttiedje](http://www.youtube.com/user/sporttiedje)

**TAURUS**

**cardiostrong**

**BODYCRAFT**

**cardiojump**



Notes

Notes





Rowing machine **RX50**