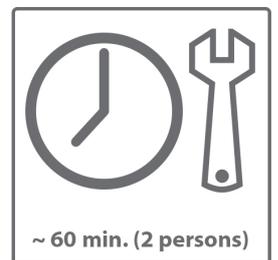
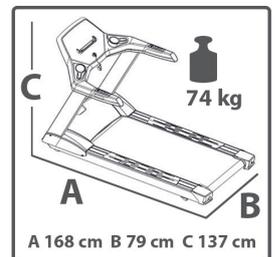




Assembly and Operating Instructions



CSTTR20.03.03

Art. No. CST-TR20-3

Treadmill **TR20**

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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.

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.

1.2 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 to prevent improper use by third parties or children.
- + If the mains cable or plug is damaged or defective, contact your contract partner. In the meantime, the equipment must not be used.

ATTENTION

- + The equipment requires a mains connection of 220-230V with 50 Hertz 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 amps, 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.

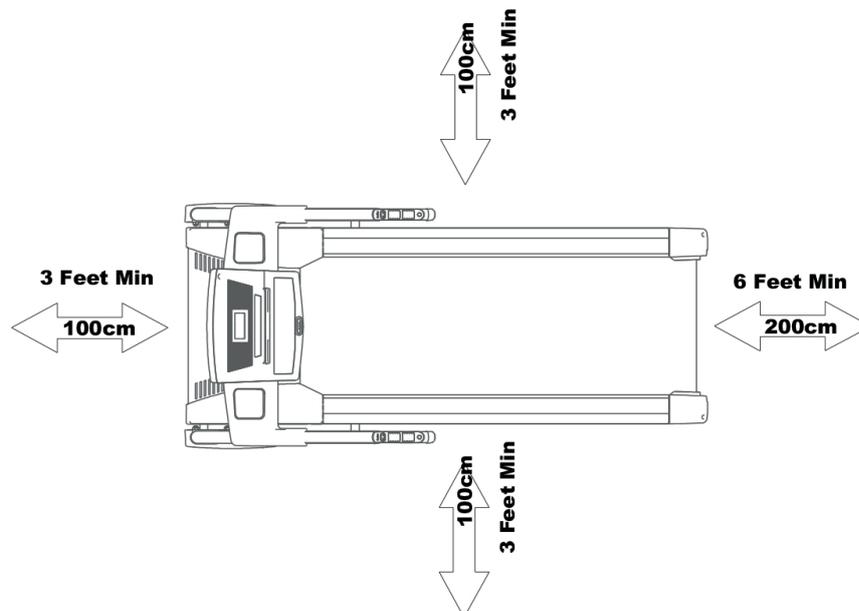


CAUTION

- + 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



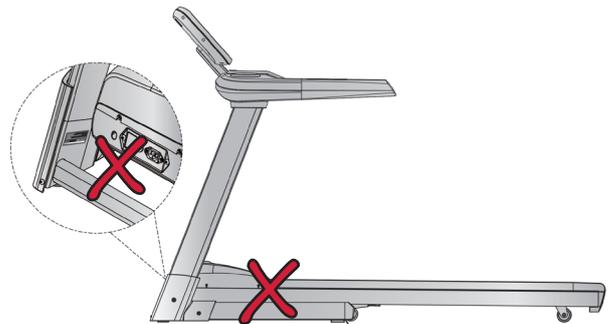
DANGER

- + 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

- + The treadmill is equipped with high-pressure shock absorbers that can cause the treadmill to suddenly open if handled incorrectly. To avoid possible personal injuries, never pull on the areas of the treadmill shown in the illustration. Never try to lift or move the treadmill at the marked areas.
- + 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 another 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

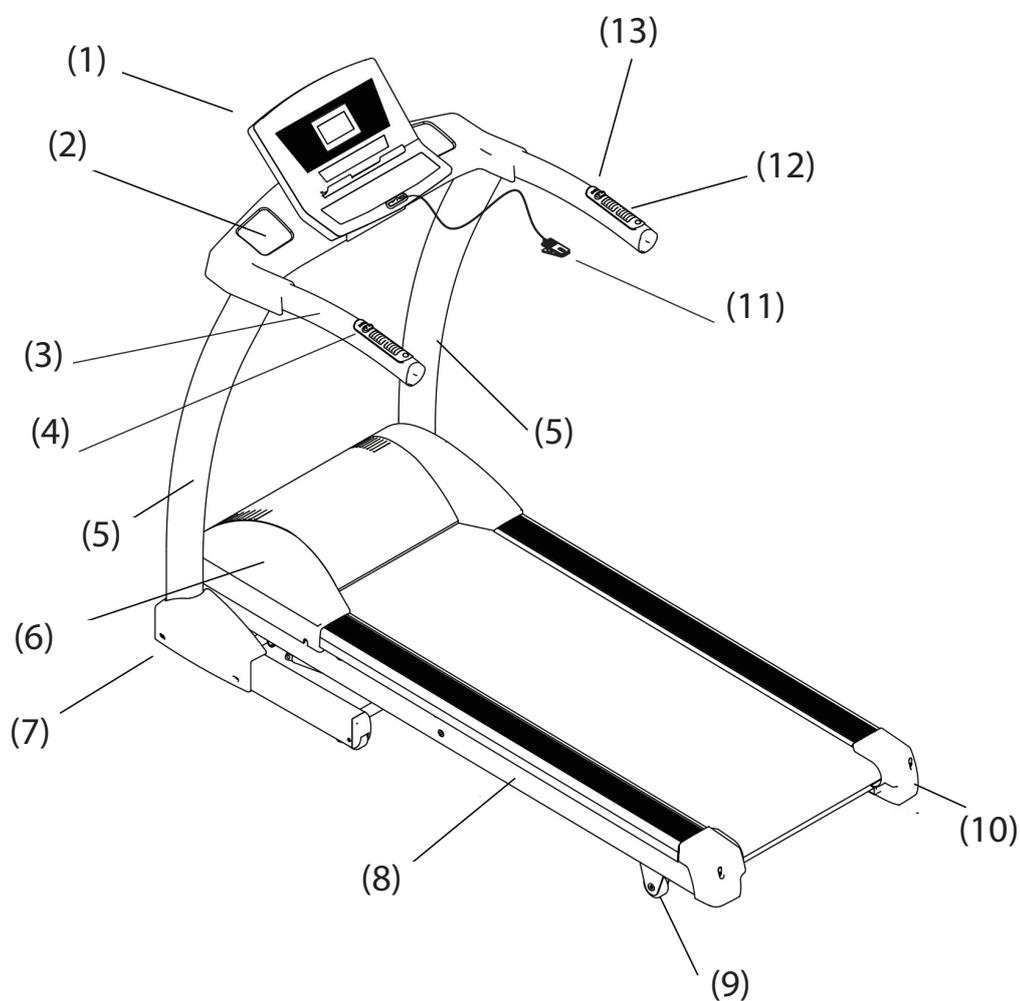
WARNING

Around the treadmill there is a strap that prevents the treadmill from opening during transport. This strap must be removed before assembly.

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

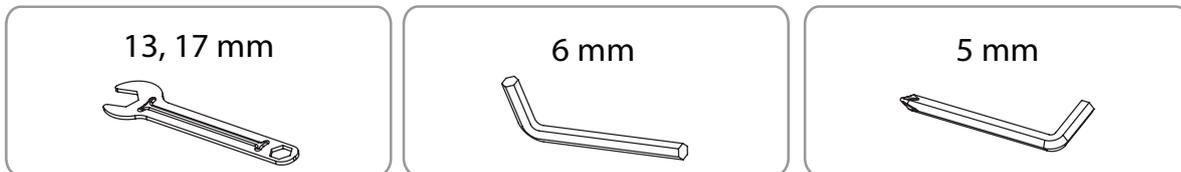
If parts of the scope of delivery are missing or damaged, the assembly must not be carried out.



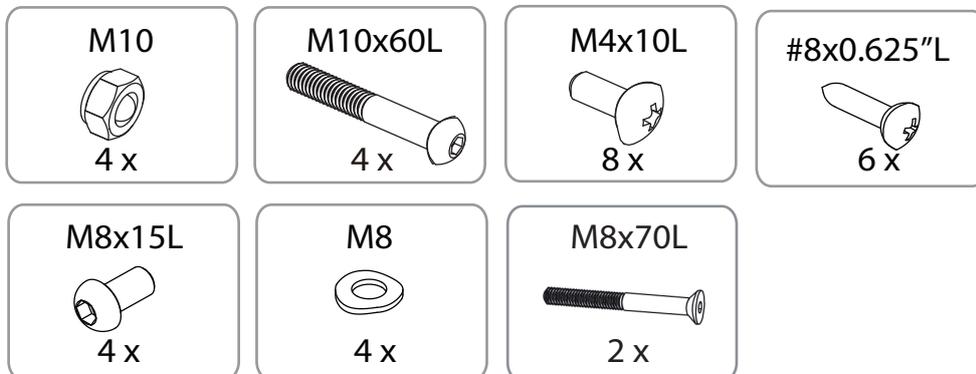
1	Console	8	Frame
2	Bottle holder	9	Rear transport wheel
3	Handle	10	Rear cover
4	Hot key (incline)	11	Safety key
5	Console mast	12	Pulse handle
6	Motor cover	13	Hot key (speed)
7	Height compensation		

Tool and screw sets

Included in the hardware bag:
Preassembled screws:



(Screws must be removed & attached again during assembly.)



2.3 Assembly instructions

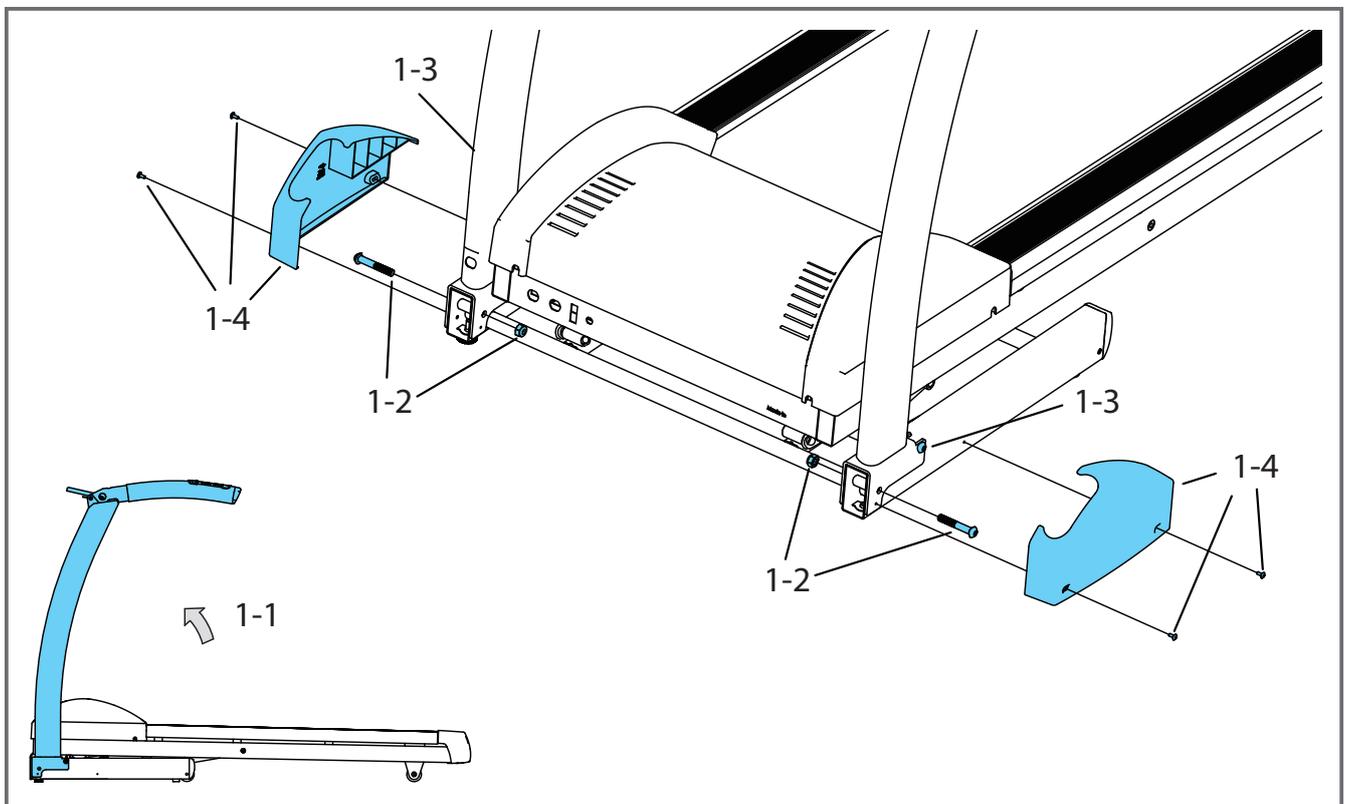
Before assembly, take a close look at the individual assembly steps shown and carry out the assembly in the order given.

① NOTICE

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

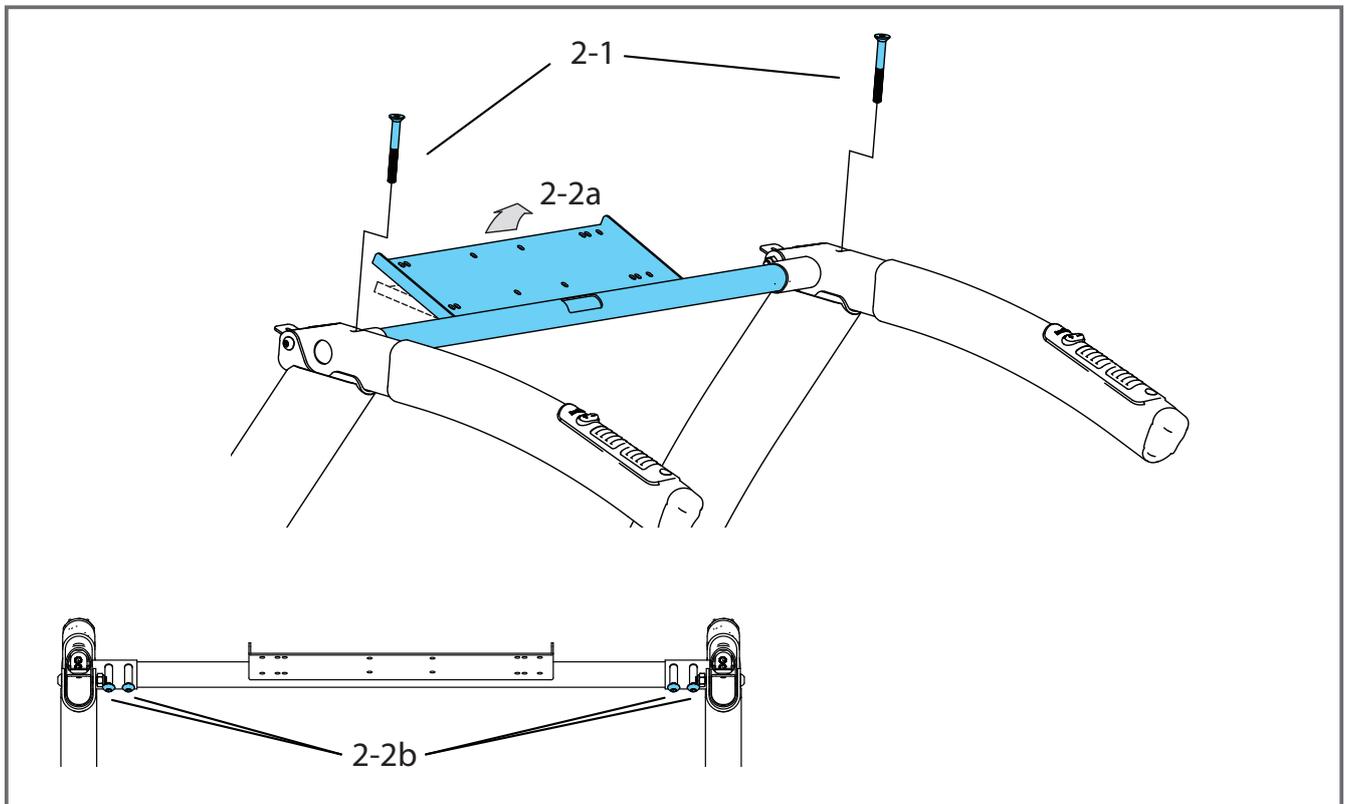
Step 1: Assembly of the console masts

1. Fold up the console mast (1-1).
2. Mount the two M10x60L screws with nuts (1-2).
3. Mount the two M10x60L screws with nuts (1-3).
4. Place the cover on and mount it with four M4x10L screws (1-4).



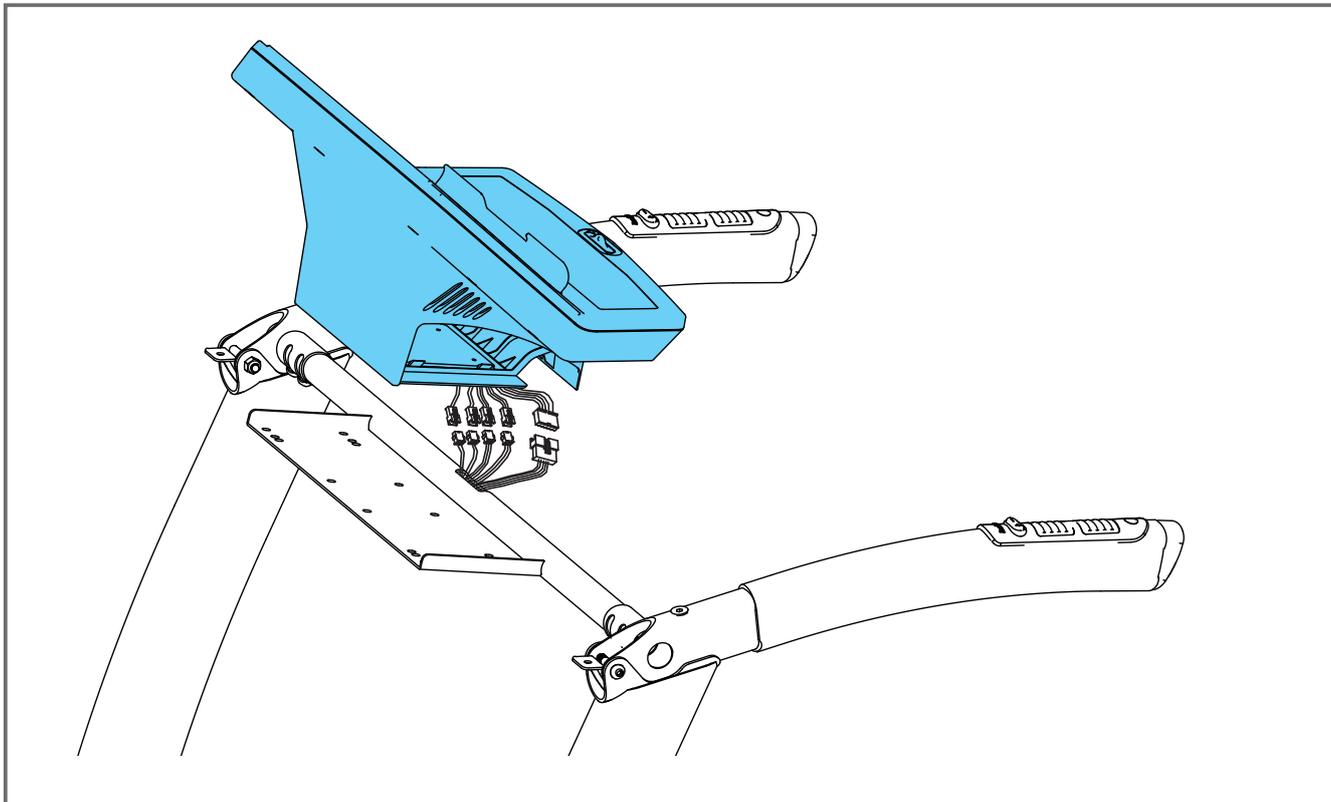
Step 2: Mounting the handrails

1. Align the handrails.
2. Mount the handrails with two M8x70L screws.



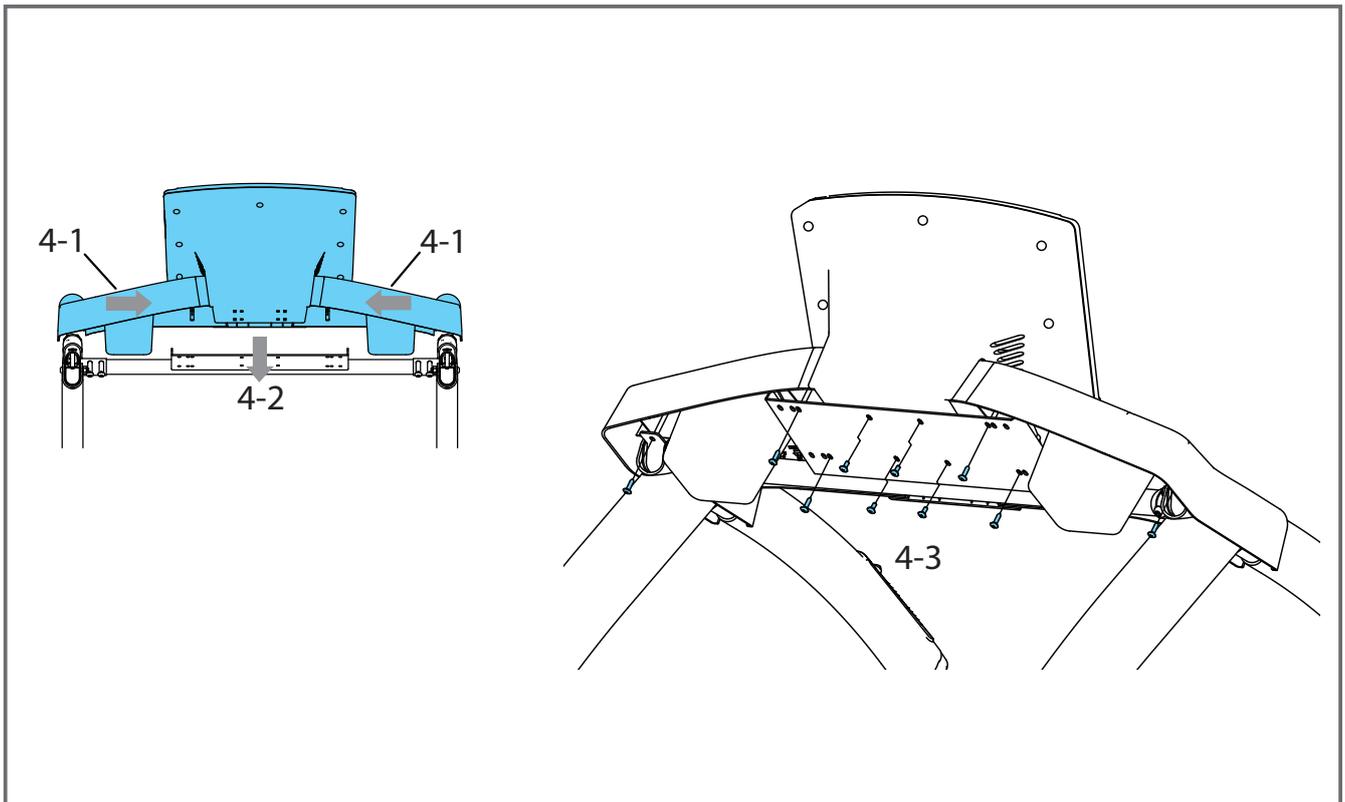
Step 3: Connect the console

1. Connect the plugs from the console with those from the console mast.
2. Carefully place the excess cable in the crossbar of the console mast.



Step 4: Mounting the consoles

1. Place the bottle holders on the main console (4-1).
2. Place the entire cockpit on the designated shelf, softly press the covering on the sides so that it sits correctly (4-2).
3. Take the screws 6x #8x0.625"L and 4x M4x10L and screw them into the designated holes (4-3).



Now tighten all the screws and bolts.

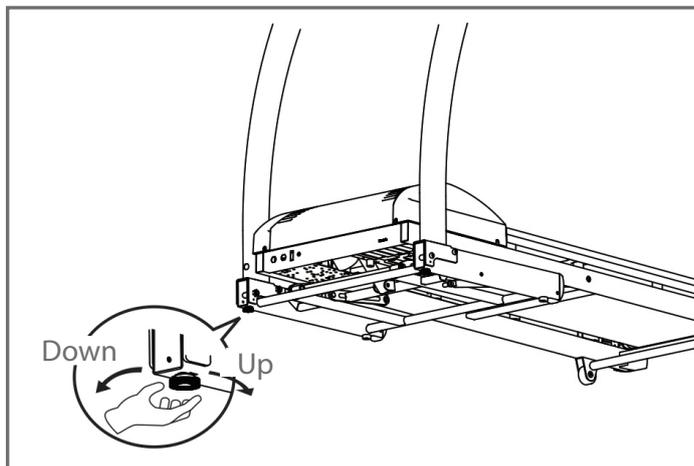
Step 5: Adjusting the feet

If the ground should be uneven you can fix that by using the adjusting wheels at the mainframe under the motor.

WARNING

The treadmill is equipped with high-pressure shock absorbers that can cause the treadmill to suddenly open if handled incorrectly. For more information, refer to the general assembly instructions.

1. Lift the treadmill at the front and turn the adjusting wheels.
2. Turn the adjusting wheels clockwise to lift the treadmill.
3. Turn the adjusting wheels counter clockwise to lower the treadmill.



Step 6: Connecting the device to the mains supply

► **ATTENTION**

The device must not be connected to a multiple socket, otherwise it cannot be guaranteed that the device 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

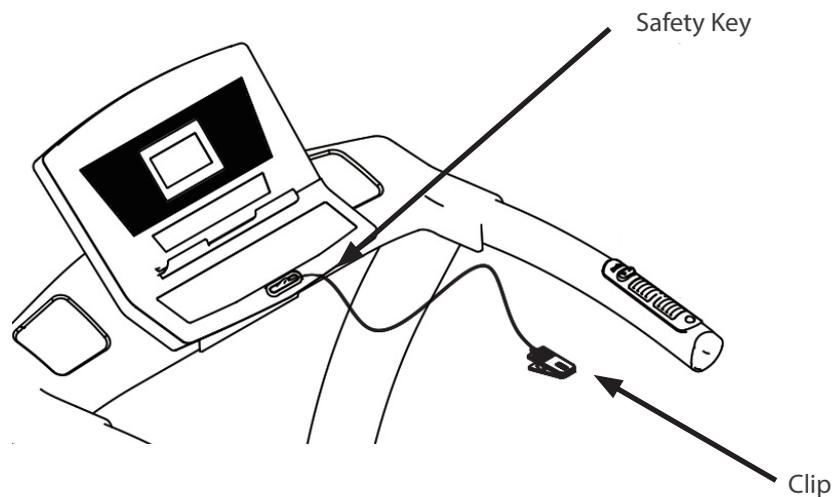
① NOTICE

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.

SAFETY KEY

⚠ WARNING

- + For your safety, the device is equipped with an EMERGENCY STOP function. The equipment can only be operated if the safety key is correctly attached to the contact point of the cockpit. If the safety key is no longer on the contact point, the equipment automatically stops. Therefore, the Safety Key cord with the clip must be attached to your clothing before every training session. If you want to quickly stop the treadmill, if you can no longer control the speed, or if another emergency occurs, remove the safety key from the cockpit using the cord.
- + To enable the safety key to detach from the contact point of the cockpit in the event of a fall, the safety key clip must be firmly attached to your clothing!
- + Make sure that the safety key is not accessible to children.



3.1 Console display



CALORIES	Approximate calorie consumption since the beginning of training
TIME	Training time
INCLINE	Incline in %
PULSE	Heart rate
SPEED	Speed in km/h or mph
DISTANCE	Training distance in km or miles
PROG.	Indicates preset program on P01 to P17, U01 to U02, H01 to H02.
AGE	Age for the HR programs
WEIGHT	Weight for exact calorie calculation

3.2 Button functions

<p>MODE</p>	<p>With MODE/ENTER, you can select any value that you need to set the program, e. g., program, level, time and your weight (for more exact calculation of burnt calories). MODE serves to change between the training display.</p>
<p>START / STOP</p>	<ul style="list-style-type: none"> · Press START in order to start manual training without personal data. When the program starts, the time will begin at 00:00 and the incline or speed can be adjusted manually during training. · When you wish to stop your training, press STOP. Press START to restart the exercise. The console will change to 0 after 90 seconds of inactivity. The Auto-reset extends to 300 seconds in technical mode. · If nothing is lit in the display, press the START button for two seconds to turn the display on.
<p>Speed</p>	<p>With the buttons for speed and incline, you can set both values during training and adjust the values during the program setting. If you use a pre-set program, you can adjust the program profile with these buttons (easier or more difficult). Example: Incline program, increase the incline level from the complete program by pressing the incline button.</p>
<p>Quick Selection</p>	<p>There are 6 hot keys for speed and incline. Then you can directly make the desired setting and you do not have to scroll through everything.</p>
<p>Bluetooth</p>	<p>The Bluetooth button is used to turn the Bluetooth feature on or off (Optional).</p>

3.3 Programs

NOTICE

Remember if you train daily with the same speed and duration, your physical fitness will only improve within this scope. In order to get the most out of your training time, this treadmill has a wide selection of training programs. All programs are available under “Speed” or “Incline” with three intensity levels, which you can choose from while making settings. If you select the “Speed” mode, the belt speed varies and the incline remains constant. In the “Incline” mode, the speed remains the same and the incline adjusts to the program. In both modes, you have complete control over the input that is not controlled by the program. You can also use one of the two heart rate programs or create your own program in order to complete the pre-set programs.

3.3.1 Preset programs

P-01: Long, slow distance

(40-minute default)



This is a great training program for everyone. Beginners start with an easy training and include this program in their weekly training in order to maximize their cardiovascular endurance. Days that follow a hard, intense training make this program also ideal for experienced users. Once the program is set, go to U-1 or U-2 and press START.

P-02: Short Interval

(20-minute default)



Short intervals are ideal for beginners who would like to profit from the benefits of interval training, but are not yet prepared for interval training with longer intensity. They are also ideal for experienced users in order to increase speed and anaerobic fitness. Make sure to vary the training intensity and duration in order to maximize your overall fitness level. Include a few interval exercises in your weekly training.

P-03: Moderate interval

(30-minute default)



As soon as you train on a regular basis and have an improved fitness level, you are ready to train with moderate intensity in intervals. Please note that this training includes a change between a simple recovery and high intensity interval. Feel comfortable while training, because the next recovery interval always follows. This training improves your general aerobic endurance and simultaneously maximizes the development of your anaerobic fitness level.

Advanced programs:

P-04: Long interval

(40-minute default)



These exercises are perfect to maximize calorie consumption and improve anaerobic fitness. Just as with moderate intervals, you have recovery intervals after every high intensity - for constantly increasing training intensity.

P-05: Negative interval 1

(30-minute default)



This program offers all the advantages of training with an even speed and motivates you to achieve a gradually higher, consistent training intensity and allows you to then slowly decrease the training intensity. By improving your general health and fitness, you can slowly increase to a higher level of training intensity in this training.

P-06: Negative interval 2

(30-minute default)



This training begins with a slight increase in training intensity and ends with a gradual reduction of the training intensity. Training with an increase and decrease of intensity has an ideal effect on your aerobic, cardiovascular endurance. Training with a decrease in intensity is also ideal to maximize the calorie consumption - however, over a longer period of time, e. g., 40 or 50 minutes.

P-07: Fartlek

(30-minute default)



Varied training intensity with constantly changing interval training, that starts with an easy speed & increases to a moderate/intense speed, offers variety and offers great fitness benefits. Constantly varying intensities have a very positive effect on the improvement of brain fitness according to brain research.

P-08: Climbing uphill

(30-minute default)



Gradually increase the training intensity with this workout. The goal here is to stimulate your body, to improve cardiovascular fitness and to maximize the muscle cell growth of the stressed muscles. The calorie consumption is maximized in the top levels. Your body can train longer and also profit from the high intensity when slowing down and returning to the initial level.

P-09: Pyramid increase

(30-minute default)



Gradually increasing intensity is ideal to improve cardiovascular fitness and to maximize the muscle cell growth of the stressed muscles. The calorie consumption is maximized during peak intensity. Your body can train longer and profit from the high intensities with gradual slowing down.

P-10: Plateau increase

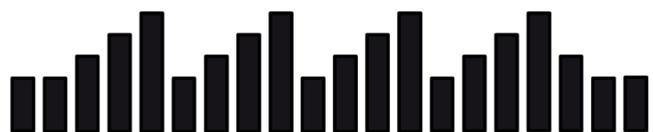
(40-minute default)



This offers all of the benefits of other consistent workouts, however, it motivates you to maintain a higher intensity. You can improve your health and fitness and bring yourself to a higher intensity over a longer period of time.

P-11: Ladder

(30-minute default)



Some of the best benefits are the direct, positive effects on the heart and the cardiovascular system. It is specifically developed to supply your heart and cardiovascular system with a series of increasingly difficult training intensities, which improves your aerobic endurance and also stimulates anaerobic endurance. Remember that it may be challenging for a few minutes, however, any success must be carefully built up in order to offer recovery intervals as well - so that you can motivate yourself to improve your cardiovascular fitness.

P-12: Uphill interval

(20-minute default)



This training is unique, because the body enjoys the benefits of interval training & additionally those of the gradual increase in intensity. Start at a level that is comfortable for you and gradually increase the intensity during every max. interval & bring yourself to a higher intensity every time. During higher intensity intervals, you burn the maximum amount of calories and simultaneously work on improving your anaerobic fitness.

P-13: Constant speed

(40-minute default)



Improve your fitness and stimulate your body to burn more fat. It is ideal support to improve your endurance. Most exercises of this type focus on maintaining load during the entire training. Your goal is to train with a low, moderate to high, moderate intensity throughout the entire workout.

P-14: Long, slow distance

(40-minute default)



A great workout for everyone! Beginners have an easy start and should do this training at least once a week in order to maximize their cardiovascular endurance. It is also ideal for experienced users who use this training on days that follow hard, intense training.

P-15: Cardio run

(20-minute default)



Training with a constant speed, however, with higher intensity than with “long slow distance”. It is an advanced training program to motivate you to achieve a challenging, constant speed and to maintain your speed throughout the entire training. It is great to prepare for a certain event.

P-16: Short interval

(20-minute default)



Studies prove that this training is ideal for users who would like to lose more weight and improve their cardiovascular fitness. The variation of intensity from moderately slow to high through several intervals and their repetition maximize the total number of burnt calories during training. Another benefit is the personal decision about if the high intensity should be maintained during training. The short recovery intervals allow your body to do successful training with high intensity throughout a complete training session.

P-17: Uphill running

(30-minute default)



Improve your fitness and stimulate your body to burn more fat. It is ideal support to improve your endurance. Most exercises of this type focus on maintaining load during the entire training. Your goal is to train with a low, moderate to high, moderate intensity throughout the entire workout.

3.3.2 MAN. - Manual program

Press START to begin training as quickly as possible. To do this, select the manual program & the time counts up from 00:00. You can also press ENTER in order to select the manual program. With ENTER, set a certain duration and your weight (for more exact calorie calculation).

Start pre-set program

1. Select program. Press the arrow buttons to select your desired program. Confirm the setting with ENTER.
2. Select program mode. You can run any program in the incline and speed mode. Press the speed button in order to select the speed mode (the same applies for incline). Confirm with ENTER.
3. Select program level. There are three intensity levels for each pre-set program (1 - the easiest, 3 - the most difficult). Make a selection with the arrow buttons and confirm with ENTER.
4. Set time. Set the time with the arrow buttons and confirm with ENTER.
5. Enter weight. Enter the weight with the arrow buttons to better calculate the calories and confirm with ENTER.
6. Press START to begin with the training.

3.3.3 User defined programs

User programs must be set before training. Steps as follows:

1. Select USER1 or USER2 program. Press U - 1 or U -2 and confirm with ENTER.
2. Set level. Set a level for each segment of the training program. Press ENTER and execute this for all 20 segments.
3. Set time. Set the time with the arrow buttons and confirm with ENTER.
4. Enter weight. Enter the weight with the arrow buttons to better calculate the calories and confirm with ENTER.
5. Start. Press START.

Once the program has been set, go to U-1 or U-2 and press START.

3.3.4 Heart rate controlled training

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.

In this program, you have to set a heart rate that the console will maintain during training. For the interval, you must enter a LOW and a HIGH heart rate. You either have to hold on to the pulse handles with both hands or wear a chest strap during training.

HRC - constant

1. Select HRC1. Select H-1 with the arrow buttons and confirm with ENTER.
2. Select program mode. Press the speed or incline/arrow button up in order to select the respective mode. Confirm with ENTER.
3. Set time. Set the time with the arrow buttons and confirm with ENTER. Remember that the program includes a three-minute warm up.
4. Set age. Enter the age with the arrow buttons and confirm with ENTER.
5. Set target heart rate. Set with the arrow buttons and confirm with ENTER.
6. Enter weight. Enter the weight with the arrow buttons and confirm with ENTER.
7. Press START to begin with the training.

HRC - interval

1. Select HRC2. Select H-2 with the arrow buttons and confirm with ENTER.
2. Select program mode. Press the speed or incline/arrow button up in order to select the respective mode. Confirm with ENTER.
3. Set time. Set the time with the arrow buttons and confirm with ENTER. Remember that the program includes a three-minute warm up.
4. Set age. Enter the age with the arrow buttons and confirm with ENTER.
5. Enter HIGH target heart rate. Enter the HIGH interval frequency with the arrow buttons and confirm with ENTER.
6. Enter LOW target heart rate. Enter the LOW interval frequency with the arrow buttons and confirm with ENTER.
7. Enter weight. Enter the weight with the arrow buttons and confirm with ENTER.
8. Press START to begin with the training.

NOTICE

The speed and incline can be changed with the arrow buttons while training. Press START to stop the training program. You can reset the data with RESET (hold STOP for three seconds).

3.4 Equipment settings

Personal settings	Information on the display
<p>Hold MODE/ENTER and then press SPEED up in order to get to the technical mode. The first display shows the software version. Then press MODE/ENTER to get to the next display for personal settings or to show the factory settings.</p>	<p>100 Eng MODE</p>
<p>Metric (Si) or English (EN) measurements. Press SPEED up or down in order to change. Press MODE/ENTER to accept the setting and go to the next display.</p>	<p>En or Si</p>
<p>Set break times. Set the duration for which the treadmill can be stopped until it is automatically reset. You can choose between 90, 180 or 300 seconds before the console resets. Press SPEED up or down to change this. Press MODE/ENTER to accept the setting and go to the next display.</p>	<p>PT 90 or 180 or 300</p>
<p>Turn on and off acoustic alarm WARNING: The acoustic alarm was set by the manufacturer in order to warn users when the treadmill starts or the speed changes. The user may turn off the alarm at their own risk.</p>	<p>bz ON or OFF</p>
<p>Set the beginning speed of the treadmill after the pause button was pressed: 0 indicates that the treadmill will start at the lowest speed. 1 indicates that the treadmill will start at the speed at which the treadmill was set before the pause button was pressed. Press SPEED up or down to change this. Press MODE/ENTER to accept the entry and go to the next display.</p>	<p>init 0 or 1</p>

4.3 Folding Mechanism

WARNING

- + The treadmill is equipped with high-pressure shock absorbers that can cause the treadmill to suddenly open if handled incorrectly. For more information, refer to the general assembly instructions.
- + Do not lift the treadmill by the running mat or the rear transporting wheels. These parts do not lock and are difficult to grab.

NOTICE

The treadmill is foldable and thus saves space when it is stored. It also makes it easier to transport.

4.3.1 Folding Up the Treadmill

WARNING

- + Do not connect the equipment to the power supply when it is folded up. Try not to operate the equipment when it is folded up.
- + The running surface must have come to a complete stop before folding.

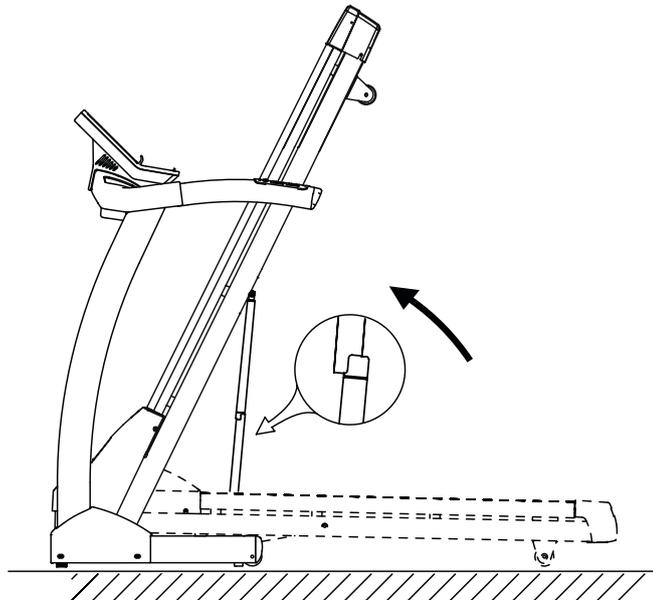
CAUTION

- + Do not lean on the equipment when it is folded and do not place anything on top of it that may make the equipment unstable or fall down.

ATTENTION

- + Make sure that nothing is standing next to or on top of the treadmill that can be spilled or thrown or that makes it impossible to fold the treadmill.

1. Turn off the on/off switch and remove the plug from the outlet.
2. Use both hands to grab the supportive bar directly under the rear part of the running mat so that you have a stable lifting point.
3. Make sure that the hydraulic brake is correctly locked and tilt the treadmill forward.
4. Make sure that you are standing safely and make sure that the locking mechanism is secure by pulling the equipment backwards and it does not move.



4.3.2 Unfolding the Treadmill

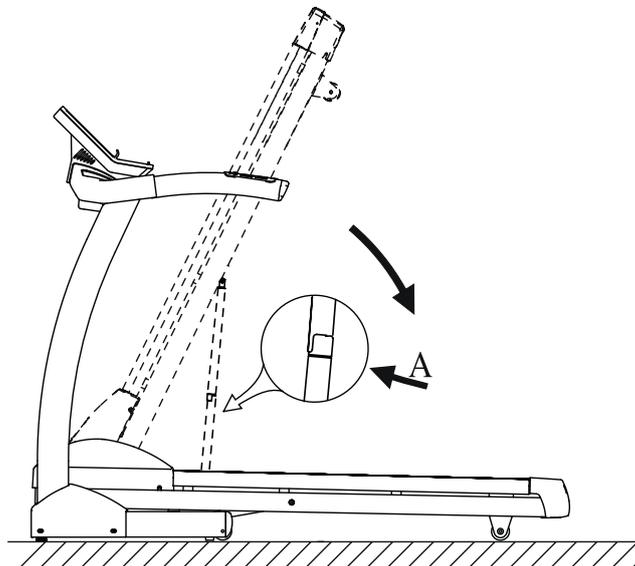
► **ATTENTION**

+ Make sure that nothing is standing next to or on top of the treadmill that can be spilled or thrown or that makes it impossible to unfold the treadmill.

1. Stand behind the treadmill and push the device slightly forward towards the display.
2. To release the hydraulic brake lock, use your left foot to push the upper part of the hydraulic brake slightly forward until the lock releases and the treadmill can be pulled back.
3. Keep holding the treadmill.

The hydraulic brake lowers itself gently downwards.

4. Once the treadmill has lowered 2/3, you can let go of the treadmill.



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
Running belt tilted	Running belt not aligned	Laufmatte gemäß Anleitung zentrieren
Running belt slips through/stops	Belt tension/lubrication not ok	Check belt tension/lubrication in accordance with the instructions
Scraping noises	Running belt scrapes, because it is not aligned	Align running belt in accordance with the instructions
Display does not show anything	Check plug connections (cables)	Mains switch on "on", make sure that the safety key is inserted
No pulse display	<ul style="list-style-type: none"> + Sources of interference in the room + Unsuitable chest strap + Position of the chest strap incorrect + Batteries empty 	<ul style="list-style-type: none"> + Remove sources of interference (e. g. mobile phones, speakers, WLAN, mowers, robot vacuum etc.) + Use suitable chest strap (see recommended accessories) + Reposition chest strap and/or moisten electrodes + Change batteries

5.3 Error codes and troubleshooting

The electronic system from the treadmill does tests continuously. If there are deviations, an error code is displayed and the normal operation will be stopped for your safety.

Please contact Sport-Tiedje for technical customer service.

Error codes description:

- + E1 - speed error
- + E2 - error reading memory
- + E6/E7 - incline error
- + E9 - disruption to the connection

Error code	Troubleshooting
E1	<p>If E1 appears, remove the safety key & insert it again to restart it. If E1 still appears, check the following:</p> <ol style="list-style-type: none"> 1. Check all cable connections. 2. The treadmill does not move after START was pressed & shows E1 - check if a part got stuck. 3. Treadmill ran shortly after START was pressed, but then stopped. 4. Check all cables and the motor. 5. Please contact the customer service if E1 cannot be repaired.
E2	<ol style="list-style-type: none"> 1. Check if the console IC chip is situated correctly. In order to solve the problem, connect the console IC chip again. 2. Check if the console IC chip is bent or connected correctly. In order to solve the problem, connect the console IC chip again. 3. Contact customer service.
E6 / E7	<p>Remove & reinsert safety key to restart the treadmill.</p> <ol style="list-style-type: none"> 1. Reset incline value: <ol style="list-style-type: none"> (1) Hold speed & press START for 3 seconds until it beeps twice. (2) If the incline position is lower than the middle, press MODE & INCLINE up. Hold both buttons and the incline will increase. Release both buttons as soon as the incline position is at the middle level. (3) If the incline position is higher than the middle, press MODE & INCLINE down. Hold both buttons and the incline will decrease. Release both buttons as soon as the incline position is at the middle level. Try it for a few minutes. If the incline does not move, contact the customer service. As soon as the incline position is in the middle position, turn off the machine and restart. If E6/E7 is still shown, contact customer service. 2. Check if the red and white incline cables are correctly connected to the MCB. 3. If the steps above do not help, contact your customer service.

N/A	The LED on the start button glows faintly, other LEDs are not on: The machine is in power saving mode. Hold the START button for one second.
N/A	The console display is fluctuating or does not light up: Check if the treadmill is correctly connected to the power supply. Turn the power switch off and back on. Safety key is plugged in. Check all cable connections for correct connection. If the problem is still occurring, please contact customer service.
N/A	The belt does not run in the middle during usage: First check if the treadmill has a stable position, then follow the operating manual in regards to tension and adjusting the belt (the deck).
N/A	The motor appears to be overloaded or E1 appears after a few minutes of training: The silicone applied to the deck and belt has dried out and the deck must be lubricated again with silicone spray.
N/A	The running mat slips during usage. The belt must be tensioned after a certain amount of usage. Follow the belt tensioning and alignment in this manual.
N/A	Heart rate fluctuates or is not recorded: Check to see if your hands are moist, if all connections behind the console are correct and if any cables are damaged. With a chest strap, check the battery status and make sure that all electrodes are moist and correctly placed below the chest.
N/A	Silicone symbol is illuminated on the console: Lubricate the machine with 100% pure silicone. Then press speed down and START at the same time until the symbol goes out.

5.4 Care and Maintenance

The most important maintenance measure is the care of the running mat. This includes adjustment, re tensioning and lubrication of the running mat. Damage resulting from insufficient or neglected care is not covered by the warranty. You should therefore carry out maintenance checks at regular intervals. Be very careful when adjusting and tightening the running mat, as a strong over voltage or under voltage can cause damage to the equipment. The running mat is adjusted at the factory according to the regulations before delivery. However, it may happen that the running mat slips during transport.

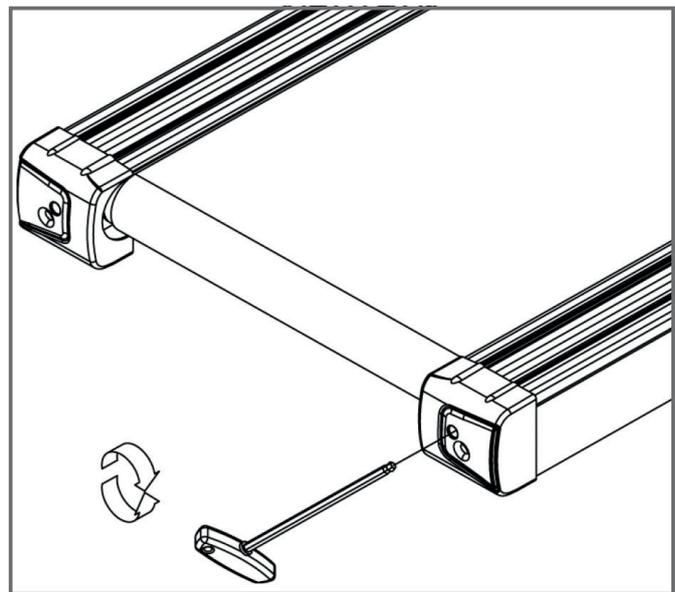
5.4.1 Adjusting the Running Mat

During training, the running mat should run as centrally and straight as possible. The alignment of the running mat can change depending on the stress and load. Another reason can be the positioning of the equipment on an uneven surface.

CAUTION

During the following maintenance nobody must be on the treadmill!

1. Let the treadmill run at a speed of 5 km/h.
2. If the running mat deviates to the left, turn the left adjusting screw at the rear end of the device max. one $\frac{1}{4}$ turn clockwise and the right adjusting screw max. one $\frac{1}{4}$ turn anticlockwise.
3. If the running mat deviates to the right, turn the right adjusting screw at the rear end of the device max. $\frac{1}{4}$ turn clockwise and the left adjusting screw max. $\frac{1}{4}$ turn anticlockwise.
4. Then observe the mat for about 30 seconds, as the change is not immediately visible.
5. Repeat this procedure until the running mat is straight again. If the running mat cannot be adjusted, please contact your contract partner.



5.4.2 Re-tensioning the Running Mat

If the running mat slips over the rollers during operation (if this is the case, there is a noticeable jerk during running), the running mat must be re tightened.

In most cases, the slipping is caused by stretching of the mat through use. This is perfectly normal.

① NOTICE

Re-tensioning is carried out using the same adjusting screws that are used for adjustment.

1. Let the treadmill run at a speed of 5km/h.
2. Turn the left and right adjusting screws directly one after the other, max. one ¼ turn clockwise.
3. Then check whether the running mat continues to slip. If this is the case, you must perform the described procedure again.

5.4.3 Lubricating the Running Mat

If the running mat is not sufficiently lubricated, friction increases significantly and this leads to heavy wear of the endless belt, running plate, motor and circuit board. If you feel an increased friction of the running mat, this is an indication that you should lubricate the mat. However, lubrication should be carried out at least every 3 months or every 50 operating hours. Whichever case comes first.

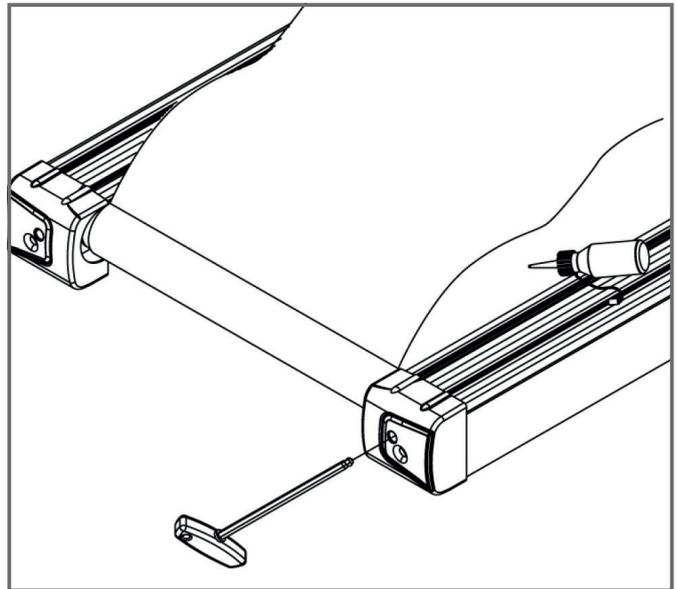
① NOTICE

If your treadmill is equipped with a folding mechanism, you can also lubricate it when it is folded.

1. Raise the running mat slightly.
2. Apply some lubricating oil or silicone spray to the entire deck and distribute evenly.
3. Continue turning the belt by hand so that the entire surface between the endless belt and the running plate is lubricated.
4. Wipe off the excess lubricating oil or silicone spray.

① NOTICE

This maintenance must also be carried out after prolonged non-use of the equipment.



5.5 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			
Tension of the running mat				I	
Lubrication of the running mat			I		
Plastic covers	C	I			
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.

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



towels



silicone spray



chest strap contact gel

8.1 Serial Number and Model Name

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

NOTICE

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



Enter the serial number in the appropriate field.

Serial number:

Brand / Category:

cardiostrong / treadmill

Model Name:

TR20

Article Number:

CST-TR20-3

8.2 Parts List

No.	Part number	Name
(01)	8000003020	Main Frame
(02)	81TB31100201A21	Frame Base
(03)	8000003189	Incline Motor Bracket Set
1	8000003190	Incline Motor Bracket
2	205112081806001	Sleeve
3	511212006200134	Hexagonal socket screw
4	541113026200114	Washer
5	531212001200114	Nylon Nut
(04)	8000003211	Incline motor base set
1	8000003212	Incline motor base
2	205112081806001	Sleeve
3	511212003200134	Hexagonal socket screw
4	541113026200114	Washer
5	331410002003301	Pulley
6	530010001000112	Nut
7	531212001200114	Nylon Nut
(05)	8000003222	Support handle post set
1	8000003223	Support handle post - L
2	8000003224	Support handle post - R
3	511410006000114	Socket Screw
4	531210001000114	Nylon Nut
(06)	8000003213	Handlebar set
1	8000003214	Handlebar - L
2	8000003215	Handlebar - R
3	83T061105004	Incline quick buttons Set
4	83T061205004	Speed quick button Set
5	753049030405003	Foam
6	326213006001004	Handrail end cap
(07)	8000003216	Console bracket set
1	8000003217	Console bracket
2	511408001500114	Screw

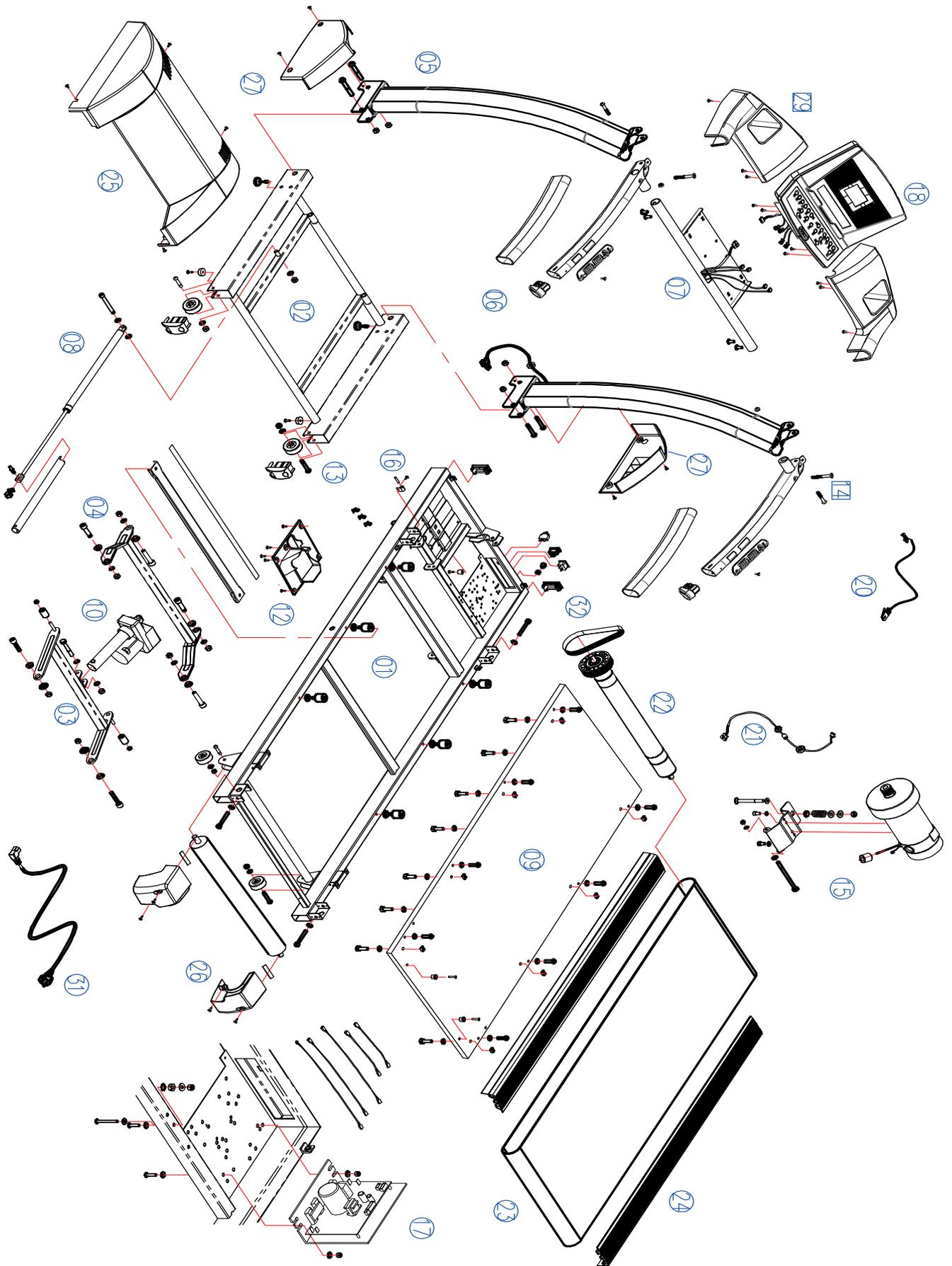
(08)	8000003218	Folding Shock set
1	2000002731	Fold shock locking tube
2	210130007134502	Folding Shock
3	203TA0150030B04	Ball Screw
4	550140260410115	Twin Spring
5	511208007500114	Hexagonal socket screw
6	541108016150114	Washer
7	531208000800114	Nut
(09)	8000003219	Running Deck set
1	2000000985	Running Deck
2	511408002500114	Screw
4	541108016150114	Washer
6	511608003000114	Screw
7	2000002732	Support bar for deck
8	591101350600011	One-sided Adhesive
9	511408003000114	Screw
10	5000000208	Nut
11	591130150055011	One sided adhesive
12	531208000800114	Nut
(10)	80TA11101401000	Incline Motor Set-220v
1	401240070804610	Incline Motor-220V
2	511610004500114	Hexagonal cap screw
3	511610006200114	Hexagonal Cap Screw
4	541110020150114	Washer
5	531210001000114	Nylon Nut
(12)	8000003093	Frame attachment set
1	322213006001004	End Cap
2	342008003003001	Rubber cushion
3	342008003002501	Rubber cushion
4	341305202202001	Space Pad
5	521205501900114	Screw
6	331808205602301	Wheel
7	511408004000114	Screw

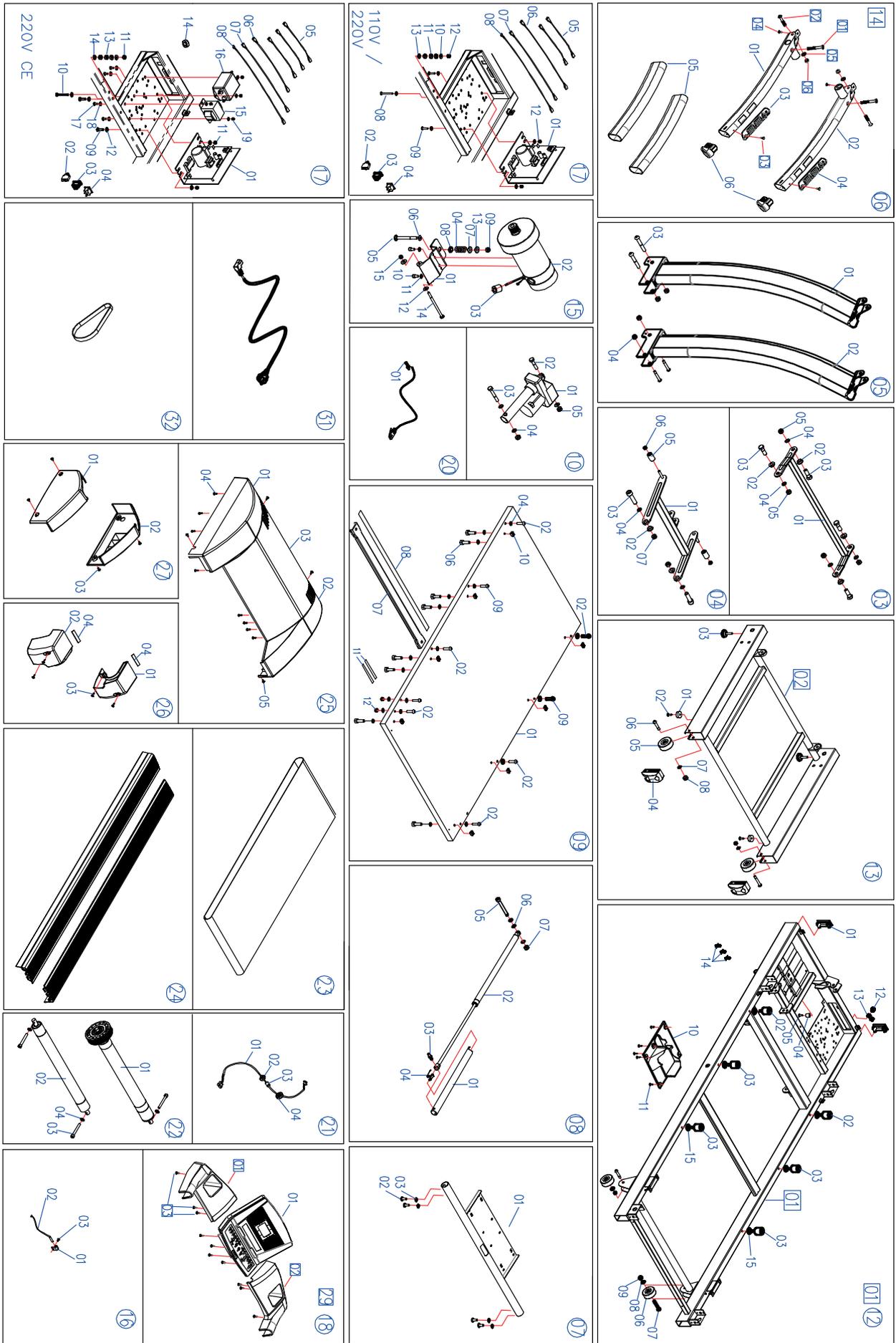
8	541108016150114	Washer
9	531208000800114	Nut
10	311TA1125110004	Incline bottom cover
11	521204101000114	Socket
12	592400000000001	Power Cord Buckle
13	592200000000002	Wire clipper
14	362710002501000	Separate cover
15	541108030200114	Washer
(13)	80TA11109002004	Base Frame Attachment Set
1	341306402601001	Space Pad
2	521205501200114	Screw
3	351706403001101	DESK BASE FOOT, ASJUSTABLE
4	325214008001004	End Cap
5	331808205603601	Wheel
6	511408005000114	Screw
7	541108016150114	Washer
8	531208000800114	Nut
(14)	80TA11109003000	Side Handrail Attachement Set
1	511908007000124	Socket Screw
2	511408005000114	Screw
3	522504115900114	Screw
4	521204105000114	Screw
5	541108016150114	Washer
6	531208000800114	Nut
(15)	8000003220	Motor set
1	2000002733	Motor bracket
2	4000000304	Motor 2.0hp
3	205213828628501	Core
4	551320220450131	Tension Spring
5	511810007500111	Carriage screw
6	541210020200114	Rubber Washer
7	341001102500701	Washer
8	341001102501101	Washer

9	531210001000114	Nylon Nut
10	511208001500115	Hexagonal socket screw
11	544182016200115	Spring Washer
12	541108016150114	Washer
13	541110026200114	Washer
14	512607913000111	Screw
15	532207900800111	Nylon Nut
(16)	80TA11101601000	Sensor Set
1	592400000000009	Speed sensor bracket
2	405503470210001	SENSOR
3	521204101000114	Socket
(17)	8000002873	MCB set
1	4000000292	MCB-220V
2	407101250080001	POWER SWITCH
3	407302250160001	Switch-AC Power
4	407202250150001	POWER SOCKET
5	405301010201001	Black Cable
6	405301010201502	White Cable
7	405301010202502	White Cable
8	405301010201503	Cable-Yellow-Green
9	511505001500113	Screw
10	511505005500113	Flat Head Corss Screw
11	531205000500111	Nylon Nut
12	541105010100211	Flat Washer
13	531105000400111	Nut
14	543105010060111	Washer
15	406222005231502	Choke
16	4000000387	Filter
17	511504001000113	Screw
18	541105010100111	Washer
19	531204000500111	Hexagonal nut
(18)	S000000334	Console set
(20)	83T200101007	Safety key
1	204TB2100190B01	Conducting Foil

(21)	8000001296	Cable set
1	405117061324501	Cable-5P
2	592400000000001	Power Cord Buckle
3	592200000000002	Wire clipper
4	205234620812701	Core
(22)	83T220600001	Roller Set
1	207117060005502	Front roller
2	207215050005501	Rear roller set
3	512207906400115	Hexagonal socket screw
4	541108014150114	Washer
(23)	2000002830	Running belt w/Logo
(24)	2000001431	Side rail
(25)	80TB31102501003	Motor cover set
1	311TB3200031003	"MOTOR COVER - LEFT "
2	311TB3200021003	MOTOR COVER - RIGHT
3	311TB3110011003	Motor cover-middle
4	521204112700114	Screw
5	512506401300114	Screw
(26)	8000001808	End Cap Set
1	3000000539	End Cap-Left
2	3000000540	End Cap-Right
3	521204112700114	Screw
4	591210150050011	Adhesive tape
(27)	80TB32002701003	Side Cover Set
1	311TB3200111003	Side Cover-Left
2	311TB3200101003	Side Cover-Right
3	511504001000114	Screw
(29)	8000001068	Bottle holder set
1	3000000373	Bottle holder-Left
2	3000000374	Bottle holder-Right
3	521204115900114	Screw
(31)	8000002876	Power Cord Buckle
(32)	2000000952	Drive belt

8.3 Exploded Drawing





Training equipment from cardiostrong® 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 periods

The following warranty periods begin on delivery of the fitness equipment.

Model	Usage	Full Warranty	Frame	Motor
CST-TR20-3	Home use	24 Months	30 Years	10 Years

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

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

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.

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