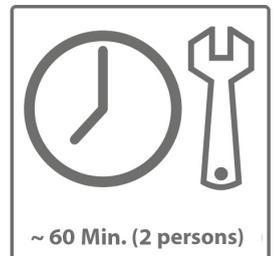
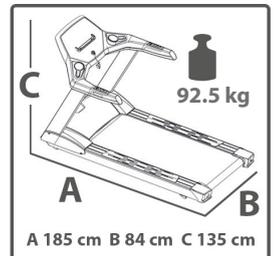




Assembly and operating instructions



CSTTX40E.02.02

Art.-Nr. CST-TX40e-2

Treadmill **TX40e**

Dear Customer,

Thank you for deciding for a high-quality training equipment of the brand cardiostrong®, the brand that makes athlete's hearts beat faster. cardiostrong® offers a wide range of home fitness equipment like elliptical cross trainers, ergometers, treadmills and rowing machines. cardiostrong® equipment is the optimal equipment for all those who want to train at home independent of goals and fitness level. For further information please visit www.sport-tiedje.com or www.cardiostrong.com.

SAFETY NOTICE



Please read all of the instructions carefully before assembly and first use. These instructions are intended to ensure speedy assembly and explain safe usage. Make sure that all people exercising with the equipment (in particular children and persons with limited physical, sensory, mental or motor capabilities) are informed about these instructions and its content in advance. In case of doubt, a responsible person 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 follow the instructions carefully 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 equipment is only suitable for use at home. The equipment is not suitable for semi-professional (e. g., hospitals, clubs, hotels, schools, etc.) and commercial or professional use (e. g., health clubs).

Retain these instructions in a safe place for future reference, maintenance or when ordering replacement parts.

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1.1 Technical data

LED display of

- + speed in km/h or mph
- + training time
- + training distance
- + calorie consumption
- + heart rate (when using the hand sensors or a chest strap)
- + incline in %

Motor output: 2.5 HP continuous output (DC motor)

Speed range:	0.8–20 km/h
Speed hot keys:	6
Incline range:	0–15%
Incline hot keys:	6

Total number of training programmes:	58
Manual programmes:	1
Pre-set programmes:	17
Challenge programmes:	12
Heart rate oriented programmes:	2
Customized Programmes:	20
Virtual simulations:	6

Running surface size (length x width): 142 cm x 51 cm

Weight and dimensions:

Item weight (net, without packaging): 92.5 kg

Package dimensions L x W x H): approx. 1910 mm x 920 mm x 350 mm

Set-up dimensions (L x W x H): approx. 1850 mm x 840 mm x 1350 mm

Folded dimensions (L x W x H): approx. 1180 mm x 840 mm x 1500 mm

Maximum user weight: 130 kg

1.2 Personal safety

- + 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.
- + Please note that working out excessively can seriously damage your health. Please also be aware that heart rate monitoring systems might be imprecise.
- + The equipment may only be used for its intended purpose; that means for running training by adults.
- + Any other usage is prohibited and potentially dangerous. The contract partner cannot be held liable for damage resulting from improper use.
- + The equipment is strictly for use by one person at a time.
- + Children should not be allowed unsupervised access to the equipment.
- + Before starting your training, make yourself familiar with all of the equipment's functions and setting options. Have an expert explain the correct usage of the product to you.
- + Make sure that nobody is in the range of motion of the equipment while exercising.
- + Keep your hands, feet and other body parts, hair, clothing, jewelry and other objects well clear of moving parts.
- + During use, wear suitable sports clothing rather than loose or baggy clothing. When selecting sports shoes, think about the suitability of the sole – preferably this should be made of rubber or other non-slip materials. Shoes with heels, leather soles, studs or spikes are not suitable. Never work out in bare feet.
- + It is also important to take note of the information given in the workout instructions for creating a workout plan.
- + At the first signs of weakness, nausea, dizziness, pain, difficulty in breathing or other abnormal symptoms, stop your workout immediately and, if necessary, consult your physician.
- + Without prior agreement from your authorized contract partner, opening the equipment is prohibited.
- + The equipment has stable steps on the sides that you can stand on in case of an emergency and leave the equipment.
- + The safety key should be inserted during all training.
- + The safety key and the power cable should be removed when you are not present in order to rule out improper usage by third parties.

Safety Key

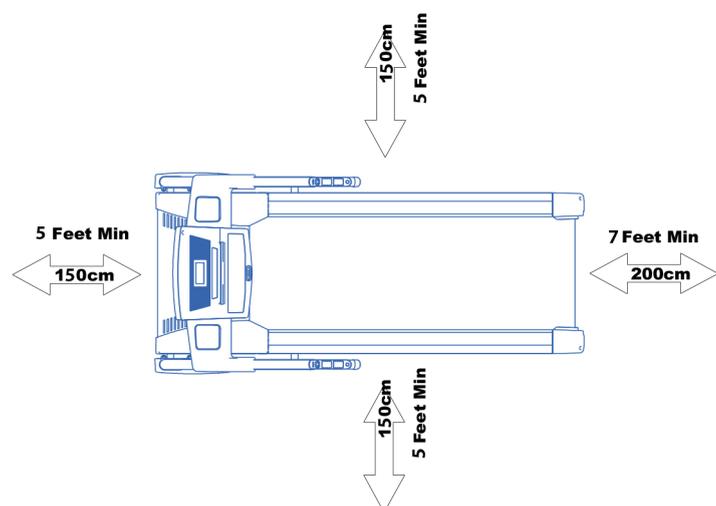
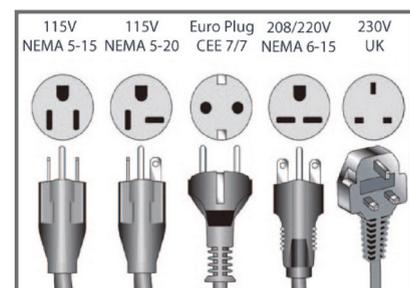
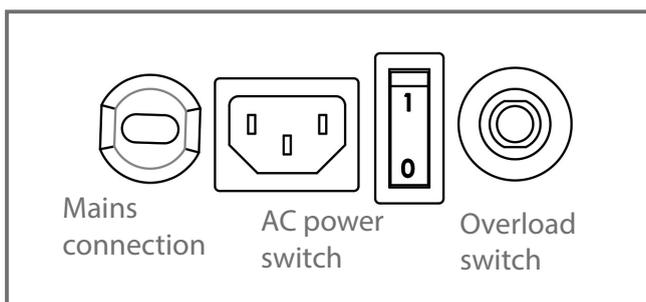
- + The equipment has an EMERGENCY STOP mechanism for your safety. The equipment may only be operated when the safety key is properly attached to the contact point of the cockpit. The equipment will automatically stop immediately if the safety key is no longer on the contact point. That is why you should attach the safety key string with the clip to your clothing before training. Remove the safety key from the cockpit with the help of the string if you would like to quickly stop the treadmill, you can no longer handle the speed or an emergency occurs.
- + In order for the safety key to be released from the cockpit contact point in the event of a fall, the clip of the safety key must be attached (fixed) to your clothing!
- + An uncontrolled usage of the equipment by third parties can be avoided by removing and storing the safety key.
- + Prevent children from having access to the safety key.

1.3 Electrical safety

- + The equipment requires a 220 - 230V / 50 Hertz mains power supply.
- + The equipment should be connected directly to a grounded plug socket only by means of the power cable supplied. The use of multi-socket adapters or similar is not recommended. Extension leads must comply with local electrical safety guidelines. Always fully unwind the power cable.
- + The outlet should be secured with a fuse with a minimum value of „16 amperes, slow“.
- + When plugged in, do not leave the equipment unattended at any time. To avoid use by anyone unfamiliar with the operation instructions, the power cable should be removed when the equipment is not in use.
- + Keep the power cable away from heat, oil and sharp edges. Do not route the power cable underneath the equipment or under a carpet or rug, and do not place any objects on top of it.
- + 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.
- + Make no modifications to either the power cable or the mains plug.
- + If the power cable or the plug are damaged or defective, contact your authorized contract partner. Do not use the equipment in the meantime.
- + Do not keep electrical devices (e. g., mobile phones) in close proximity to the console or the control electronics, otherwise display values (e. g., pulse measuring) could be inaccurate.

1.4 Set-up place

- + The equipment should only be used indoors, in a sufficiently heated and dry area (ambient temperature between 10°C and 35°C). The equipment should not be used outdoors or in rooms with high humidity (over 70%) like swimming pools. The equipment should only be stored in surroundings with an ambient temperature between 5°C and 45°C.
- + The training room should be well ventilated during training and not be exposed to any draughts.
- + 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 (at least 1.50 m). Furthermore, the equipment should not be set up in main entrances or on escape routes.
- + Always keep the power cable away from hot surfaces and grounds and make sure that the cable is not stuck somewhere or becomes a „trip hazard“.
- + No objects of any type should be inserted into the openings of the equipment.
- + The equipment should be placed on a level and solid surface, any unevenness in the floor should be leveled out.
- + 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

- + Please check if all parts and tools belonging to the equipment are included in the delivery and if there is any transport damage. If there are any complaints, please contact your contract partner directly.
- + Some of the nuts and bolts to be used in assembly are already pre-mounted in order to make set-up as easy as possible.
- + The equipment must be assembled by adults. In case of doubt, ask for assistance from another person with technical skills.
- + Keep children away from the equipment during assembly, because small parts are included in the delivery and may be swallowed.
- + Make sure that you have enough space (at least 1.50 m) in every direction during assembly.
- + Do not leave any tools and packaging materials like plastic sheeting laying around to avoid danger of suffocation for children.
- + Assemble the equipment on an underlay mat or on the cardboard packaging in order to avoid damage to the equipment and to the floor (scratches).
- + Before starting assembly, all individual parts should be placed on the floor next to each other.
- + Read the assembly instructions carefully and assemble the equipment according to the illustrations. Proceed carefully and cautiously.
- + First loosen all parts and check for their correct fitting. Then tighten the screws using a tool.
- + Modifications to the design or improper repairs may pose a hazard to the user and should not be carried out. The product warranty may be void as a result.
- + Only authorized service technicians are permitted to carry out all servicing and/or repairs – it excludes maintenance and care.
- + Damaged or worn components may impair your safety and the lifespan of the equipment. You should therefore immediately replace damaged or worn components. Please contact your contract partner in such a case. The equipment should no longer be used until it has been repaired. When needed, only use original cardiostrong® spare parts.
- + Check the tightness of all screw connections once a month.
- + In order to be able to guarantee the constructively defined safety level of this equipment, we recommend having the equipment regularly maintained (at least once a year) by specialists (contract partner service technicians).
- + The equipment may be cleaned of dust, dirt and sweat using a damp cloth. The use of solvents should be strictly avoided. Also, make sure that no liquids (e. g. sweat) get into the openings of the equipment (e. g. console).

2.2 Errors and error diagnosis

The equipment runs through regular quality controls during production. Nevertheless, errors or malfunctions on the equipment may occur. Individual parts are often the cause of faults and replacement is usually sufficient. Please use the following overview to see the six most common errors and how to repair them. If the equipment still does not work properly, please contact your contract partner.

Error	Cause	Solution
Console only shows lines	Safety key missing	Check if the safety key is inserted and place it in
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	Sources of interference in the room With chest strap Unsuitable chest strap Position of the chest strap incorrect Batteries empty	Remove sources of interference (e. g. mobile phone, speakers, WLAN, mover robot, vacuum cleaner robot etc.) Use suitable chest strap (see recommended accessories) Reposition chest strap and/or moisten electrodes Change batteries

2.3 Error codes and troubleshooting

The electronics of the treadmill does continuously tests. In case of deviations, an error code is displayed and the general operation is stopped for reasons of your safety.

Please contact your contract partner for the technical customer service.

ERR 1

1. Check the cable connections between the motor control unit and the display.
2. Turn off the treadmill on the mains plug for a few seconds. When the error is still displayed, please contact your contract partner to replace the cables.

ERR 2

1. Erratic speed – Check all cable connections of the console and make sure that they are correctly connected.
2. Check the connections of the console cable and the motor cable.
3. Turn off the treadmill on the mains plug for a few seconds. When the error is still displayed, please contact your contract partner.

ERR 4 / ERR 9

1. Error of the incline motor – Check all cable connections to the incline motor and make sure that these are correctly connected.
2. Turn off the treadmill on the mains plug for a few seconds. When the error is still displayed, please contact your contract partner.

ERR 5 / ERR 6

1. Overloading / Overcharging – Disconnect the treadmill from the power supply for a few seconds and turn it on again.
2. When the error is still displayed, please lubricate the treadmill.
3. Turn off the treadmill on the mains plug for a few seconds. When the error is still displayed, please contact your contract partner.

ERR 7

1. Invalid system parameter – Disconnect the treadmill from the power supply for a few seconds and turn it on again.
2. When the error is still displayed, please contact your contract partner.

ERR 8

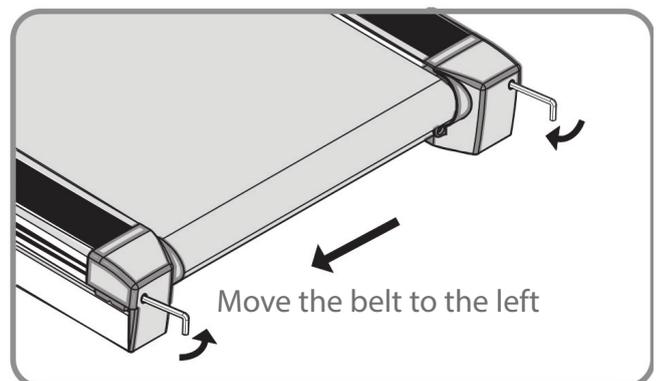
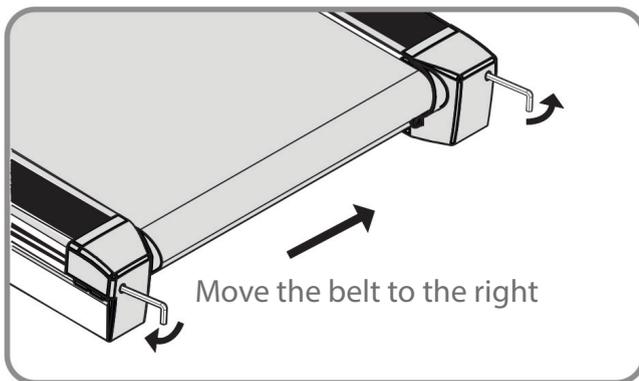
1. Check the IC chip (EPROM) of the console and make sure that it is correctly mounted.
2. Check whether the pins of the IC chip might have been bent. Connect correctly the IC chip.
3. Turn off the treadmill on the mains plug for a few seconds. When the error is still displayed, please contact your contract partner.

2.4 Care and maintenance

The most important maintenance measure is taking care of the running belt. This includes the adjustment, tensioning and lubrication of the running belt. Damage caused due to a lack of care or negligence will not be covered by the warranty. Thus, check for maintenance in regular intervals. Be extremely careful when adjusting and tightening the belt, because a strong over or under tension may lead to damage. The running mat is set properly in the factory before delivery. However, the running mat may get out of place during transport.

Adjustment of the running belt

- + During training, the running belt should run as centered and straight as possible. The alignment of the running belt may change depending on the stress and load. Another reason can be the positioning of the equipment on an uneven surface.
- + While adjusting the belt, let the equipment run with a speed of approximately 5km/h. Nobody may be on the equipment during this process.
- + If the running belt drifts off to the left, turn the left setting screw on the rear end of the equipment at most 1/4 rotation clockwise and the right setting screw at most 1/4 rotation counterclockwise (fig. C).



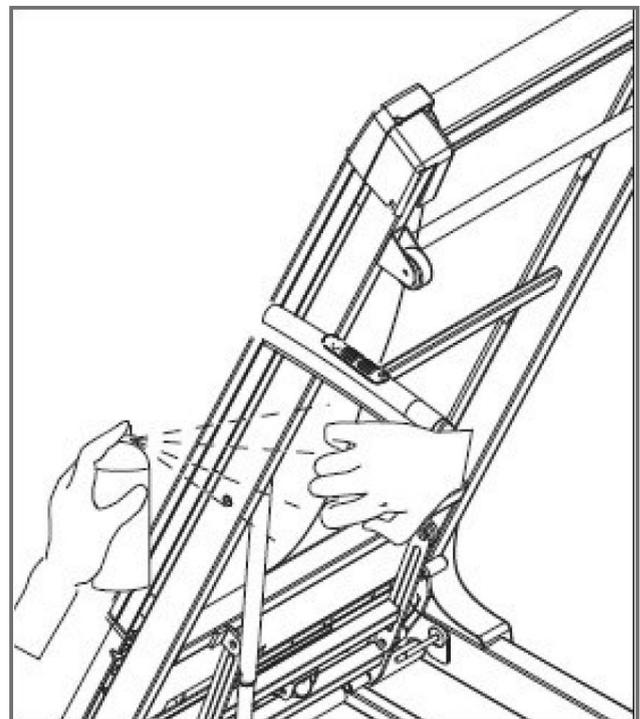
- + If the running belt drifts off to the right, turn the right setting screw on the rear end of the equipment at most 1/4 rotation clockwise and the left setting screw at most 1/4 rotation counterclockwise (fig. D).
- + Then watch how the belt runs for approximately 30 seconds, because the change will not be visible immediately.
- + Repeat the process until the running belt runs straight again. If the running mat cannot be adjusted, please contact the contract partner.
- + If the running mat (belt) cannot be adjusted, please contact your contract partner.

Tensioning the running belt again

- + If the running belt slips over the rollers during operation (if this is the case, a noticeable jerking will be noticed while running), the running belt must be tensioned again. In most cases, the cause for the slipping is a straining of the belt through usage. This is completely normal.
- + It can be tightened through the same setting screws that were used during adjustment.
- + While tightening the belt, let the equipment run at a speed of 5km/h.
- + Turn the left and right setting screws directly after each other a max. 1/4 clockwise rotation.
- + Then check if the running belt is still slipping. If this is the case, you must repeat the described process.

Lubrication of the running belt

- + If the running belt is inadequately lubricated, the friction will increase significantly and this leads to strong wear of the endless belt, running panel, motor and circuit board.
- + If you feel an increase in friction from the running belt, this is an indicator that you should lubricate the belt (however, a lubrication should be done at least every 3 months).
- + In order to be able to optimally lubricate the treadmill, the running belt must be lifted slightly. Then apply some silicone spray (free of grease) on the entire running deck. It is easiest to lubricate when the treadmill is folded up. Apply three short (approximately 1 second) sprays of silicone lubricant between the belt and the running deck.
- + The spraying tube should be held sideways in order to guarantee a moistening of the entire underside of the belt. Continue to rotate the belt by hand so that the entire area between the endless belt and running deck is lubricated. Wipe off the excess lubricant.
- + This maintenance must also be done after the equipment has not been used for a longer period of time.



2.5 Maintenance and service calendar

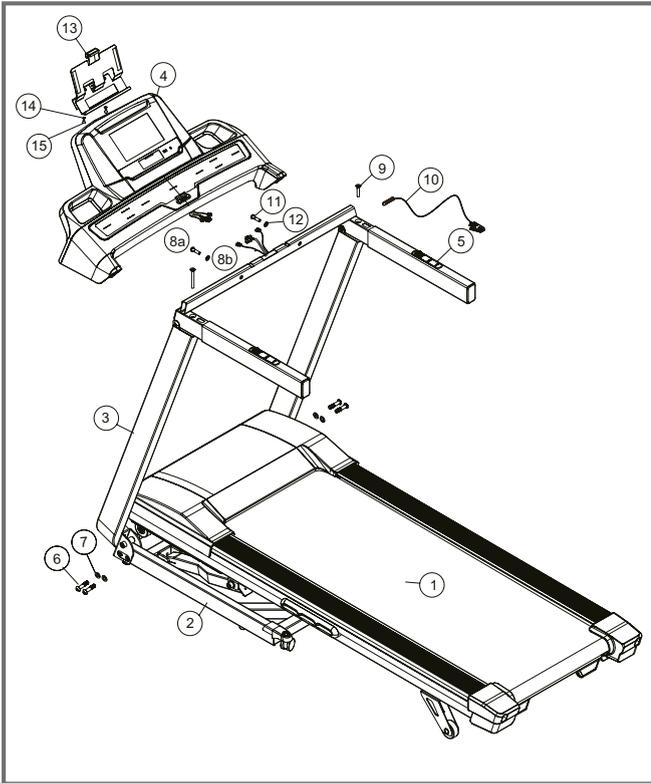
The cockpit, casing, handrails and entire frame must be cleaned after every training session with a moist towel (no solvent!) in order to avoid damage caused by sweat. After 150 hours of operation, the maintenance symbol reminds you to clean the treadmill. After you have cleaned the treadmill and checked all components, turn off the symbol by simultaneously pressing the INCLINE up and INCLINE down buttons.

The following routine work must be done in the specified time intervals:

Part	Weekly	Monthly	2x a year	Anually
Display console	C	I		
Belt tension			I	
Belt lubrication			I	
Plastic Covers	C	I		
Screws & cable connections		I		
Legends: C = cleaning; I = inspect				

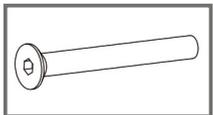
3.1 Package contents

The scope of supply consists of the components shown in the drawing below, including a power cable with mains plug. In case a part is missing or damaged, please consult your contract partner.

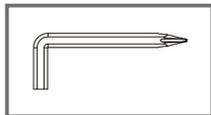


No.	Parts
1	Running belt
2	Frame base
3	Support post
4	Console
5	Handrails
6	Hexagon head screw (M10*50L)
7	Washer (M10)
8a	Console and pulse cable - upper part
8b	Console and pulse cable - lower part
9	Flat-head screw (M8*70L)
10	Safety key
11	Hexagon head screw (M8*35L)
12	Washer (M8)
13	Holder
14	Washer (M4)
15	Screw (M4x10L)

Tools



2x Flat-head screw

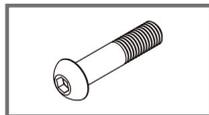


1x Allen wrench

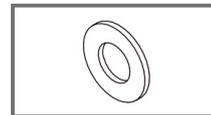


1x Allen wrench

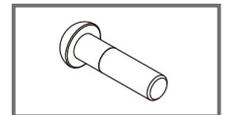
Pre-assembled



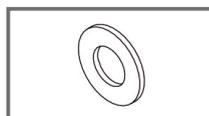
4x Hexagon head screw (M10*50L)



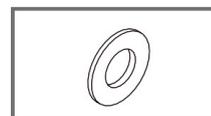
2x Washer (M10)



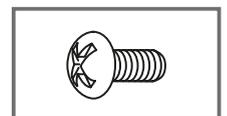
2x Hexagon head screw (M8*35L)



4x Washer (M8)



2x Washer (M4)

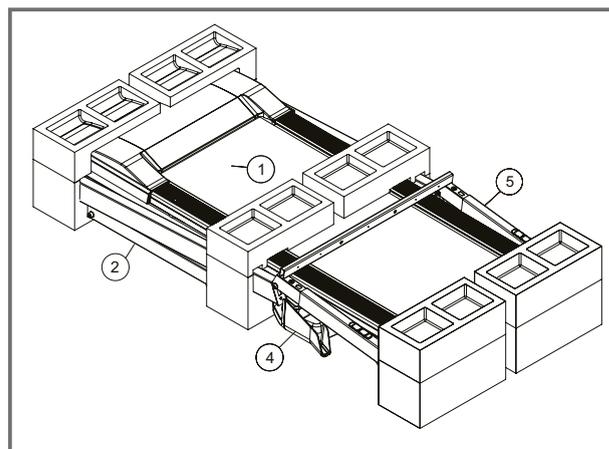


2x Screw (M4*10L)

3.2 Assembly instructions

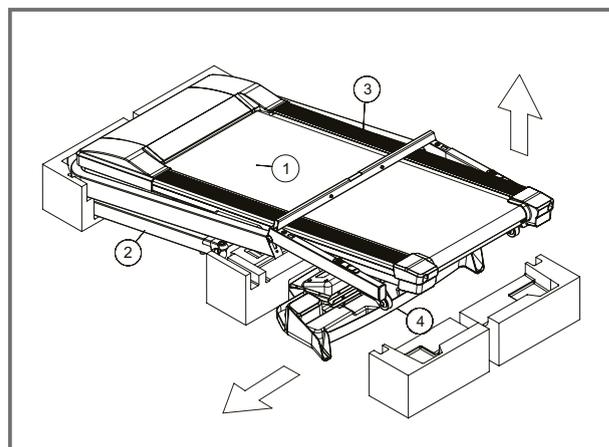
Step 1

1. Open the cardboard and lay it flat on the floor.
2. Take the operating instructions, the hardware package, and the power cable. Read carefully the operating instructions before the assembly.



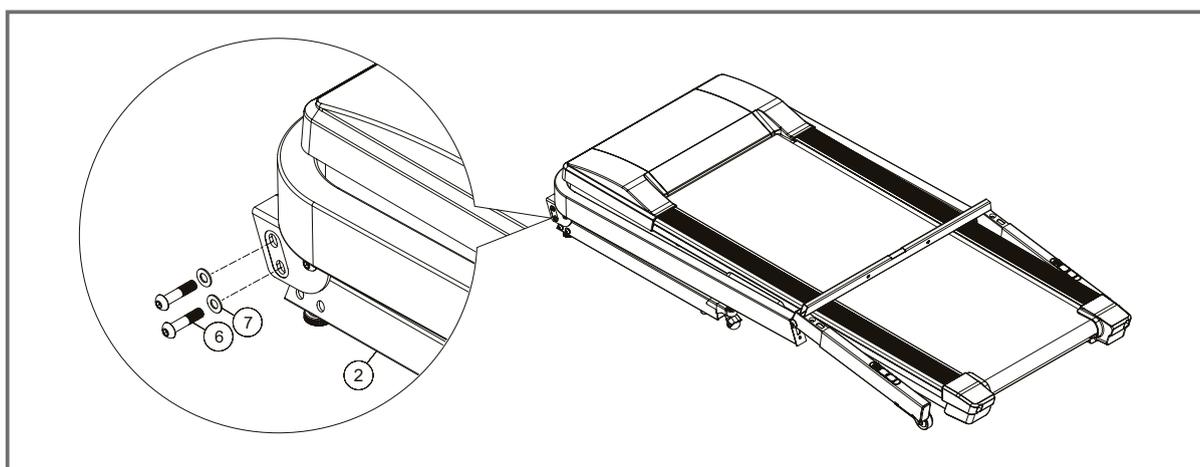
Step 2

1. Lift the rear side of the treadmill.
2. Take the assembly of the console (4) below the machine by lifting the main frame.



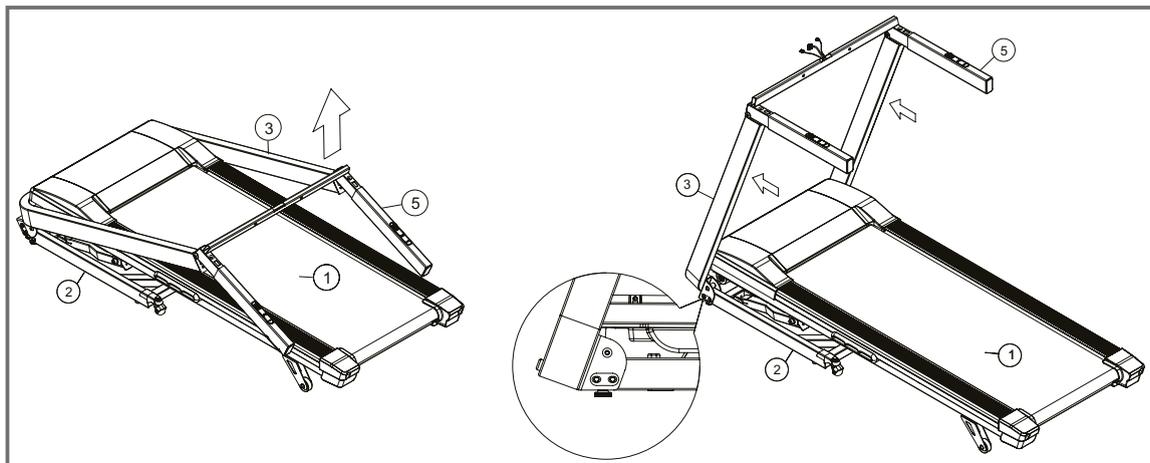
Step 3

1. Remove the plastic foil and the polystyrene. Then place the main frame carefully on the floor.
2. Loosen two screws (6) and two washers (7) on the left side of the main frame (2).
3. Loosen two screws (6) and two washers (7) on the right side of the main frame (2). Keep all screws and washers for the further use.



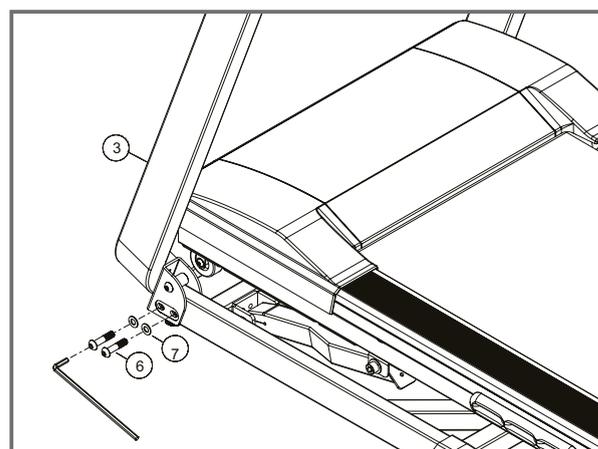
Step 4

1. Lift the supporting frame (3) and the assembly of the handles (5).
2. Align the supporting frame so that the holes of it correspond to those of the main frame (2).



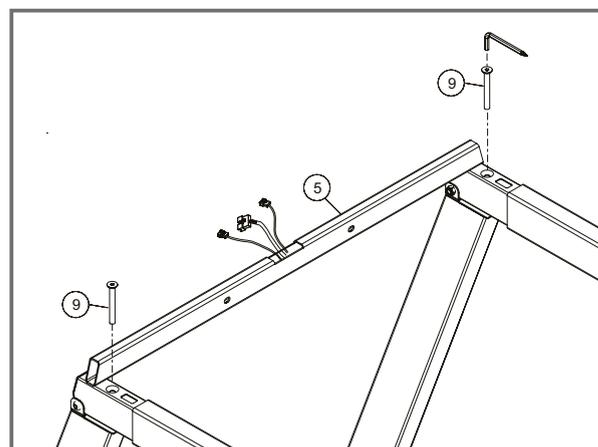
Step 5

1. Mount two screws (6) and two washers (7) with the M6 wrench on the supporting frame (3).



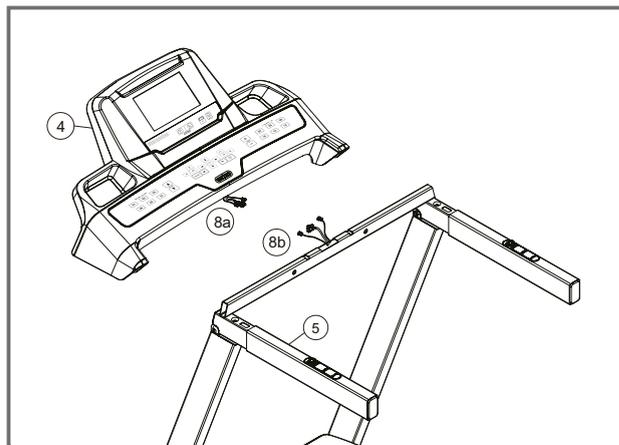
Step 6

1. Take two screws (9) and the M5 wrench from the hardware package.
2. Mount the screws (9) on the assembly of the handles (5).



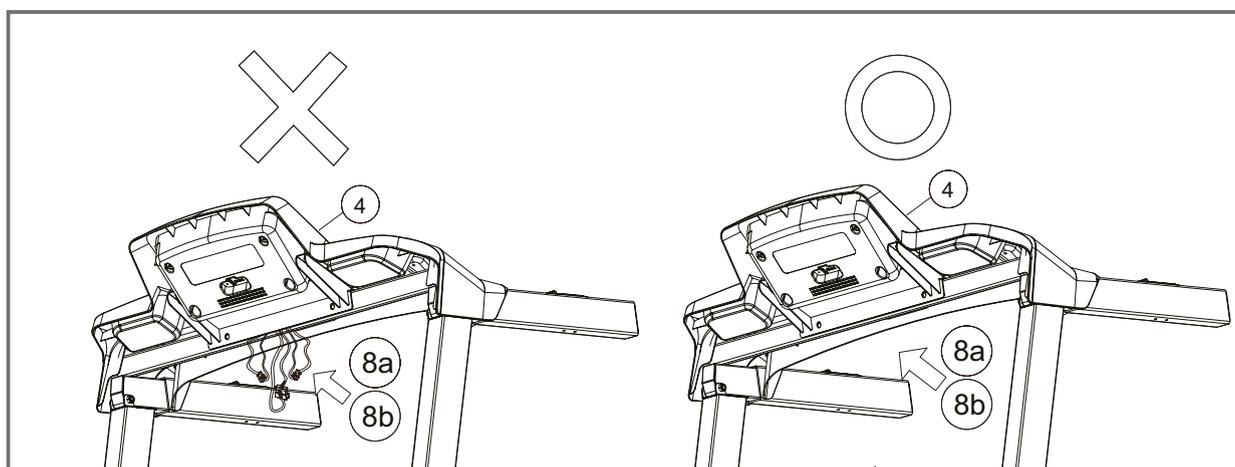
Step 7

1. Connect the console with the pulse cables (8a and 8b).
2. Place the assembly of the console (4) on the assembly of the handles (5).



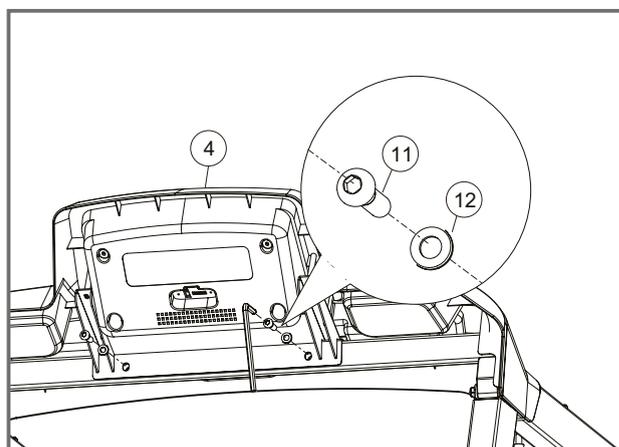
Step 8

1. Plug the cables (8a and 8b) at the back in the assembly of the console (4).



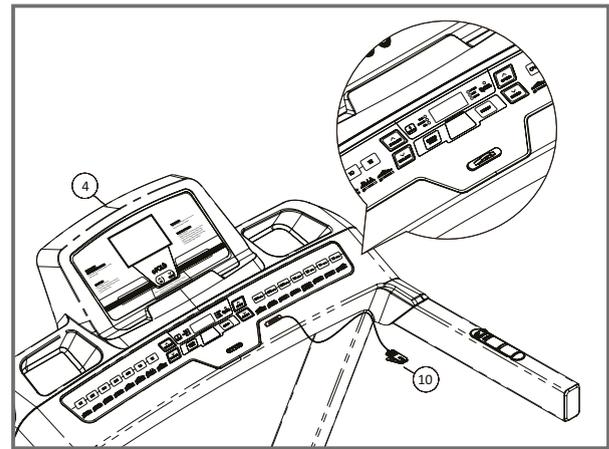
Step 9

1. Mount two screws (11) and two washers (12) with the M5 wrench.



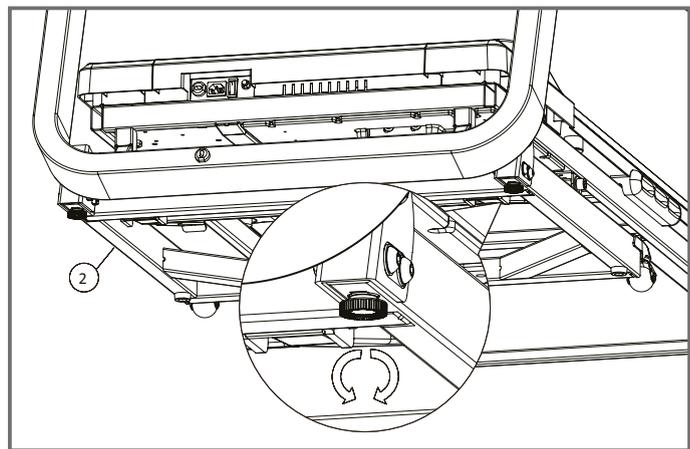
Step 10

1. Insert the safety key (10) in the assembly of the console.



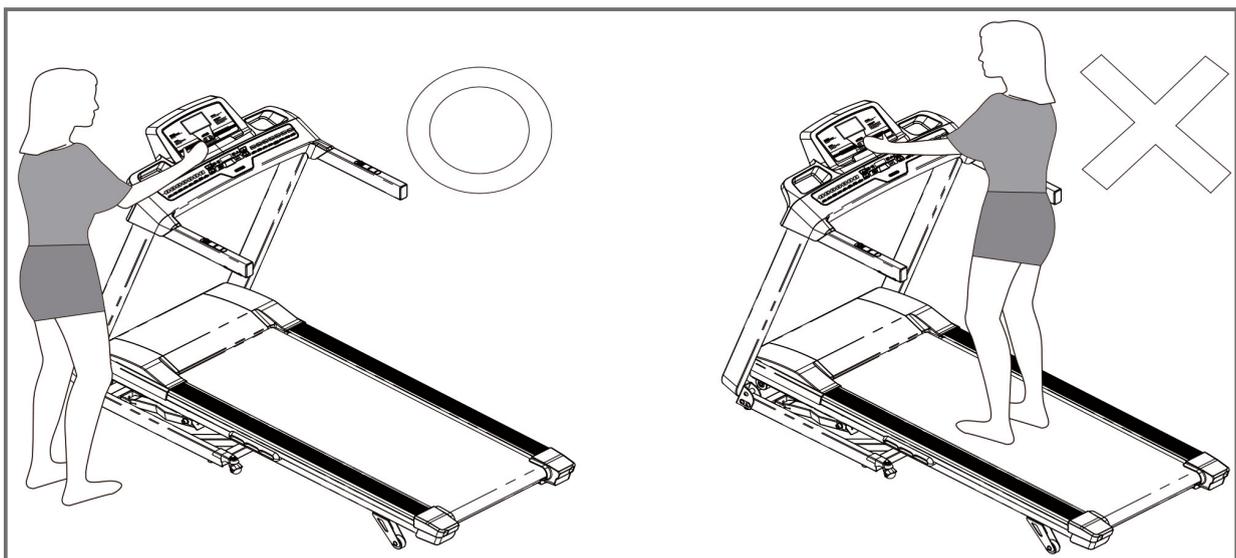
Step 11

1. Adjust the height by means of the levelling feet below the machine, so that it stands stable on the floor.

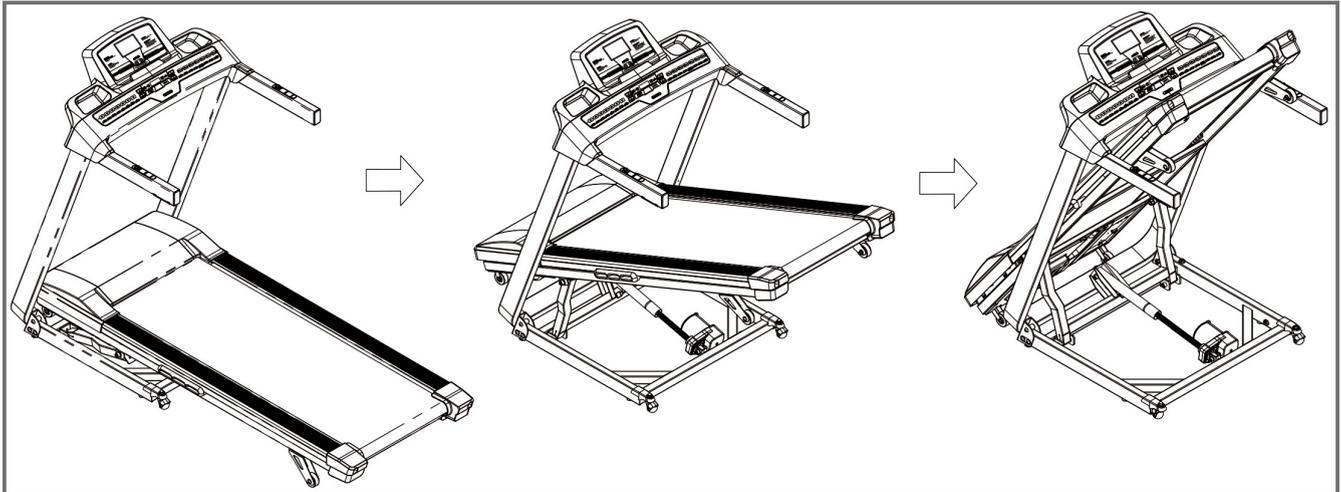


How to fold the treadmill up and down

1. Do not stand on the treadmill when eFOLD is in use. Please stand at the side of the treadmill when you are using eFOLD.



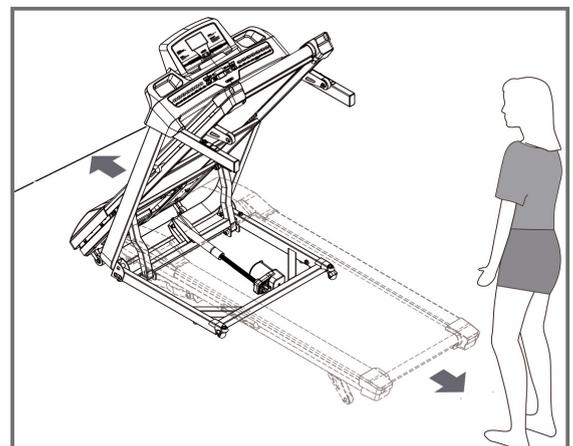
1. Press and hold eFOLD for two to three seconds to fold the treadmill. During this process an acustical signal will be heard all two to three seconds. This signal will stop once the treadmill is folded up completely.
2. Press and hold eFOLD for two to three seconds again to fold the treadmill down again. During this process an acustical signal will be heard all two to three seconds. This signal will stop once the treadmill is folded down completely.



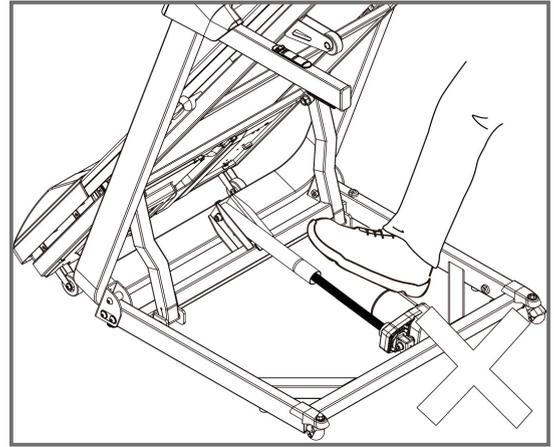
NOTE:

- eFOLD kann only be used when the treadmill is in standby mode. The motor must not be running.
- During this process an acustical signal will be heard all two to three seconds. This signal will stop once the treadmill has reached its end position.
- In case there is a power failure while the treadmill is being folded, please restart the treadmill and start the eFOLD function again.
- If there is an emergency, please press the STOP button or remove the safety key to stop the eFOLD function immediately.

1. Make sure that there is enough space around the treadmill.
2. The minimum safety distance around the treadmill should be 1m.



1. Please ensure that there are no kids or animals on or underneath the treadmill when the eFOLD function is in use.
2. Do not step onto the incline motor or the incline linkage.



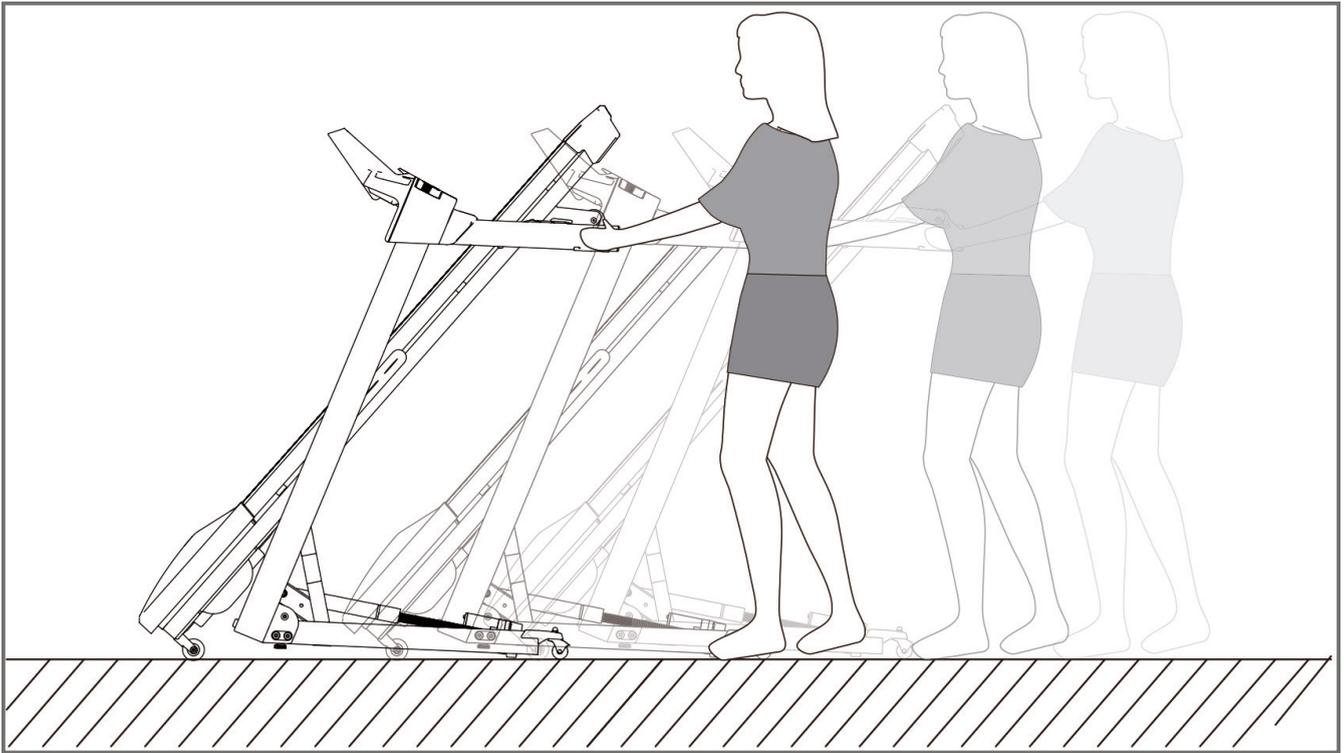
Transport und Storage

The treadmill is equipped with a folding mechanism, which saves space. You can move the treadmill very easily when it is not in use.

1. Please ensure that the treadmill is turned off and disconnect the power cable from both the treadmill and the socket.
2. Please remove any objects on and behind the treadmill that could spill, or might be run over or will keep the treadmill from folding completely.
3. There are 4 transport wheels. Put your hands around the handles and push or pull the treadmill to move it.

Note:

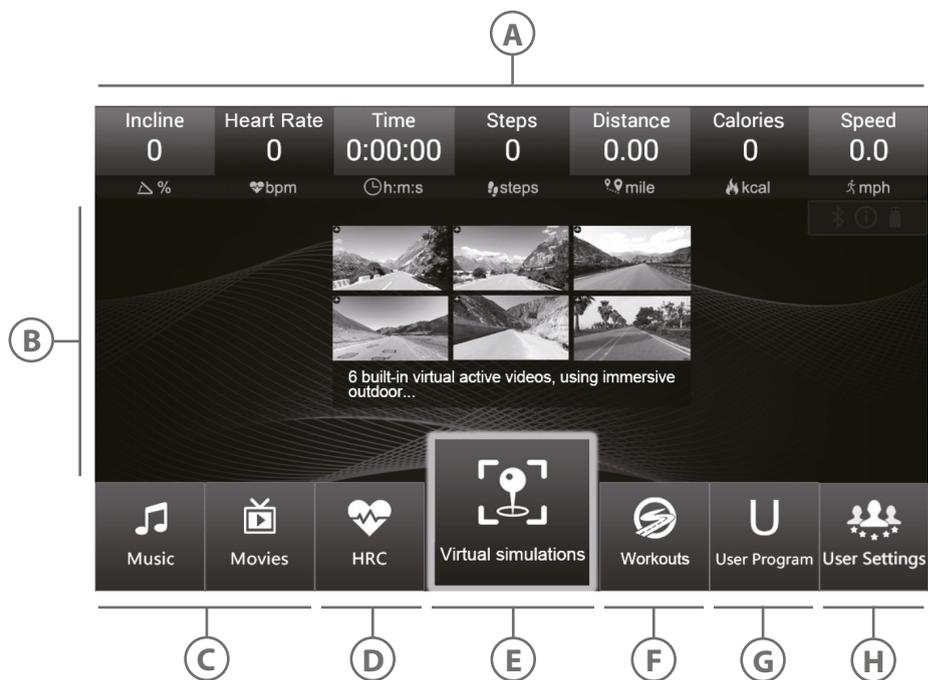
- Do not lean against the treadmill, as soon as it is folded. Do not put anything on the treadmill that might cause it to fall over or make it unstable. This can lead to severe personal damage.
- Do not connect the treadmill to the socket when it is folded. Do not use the treadmill in its folded position.



Put your hands around the handles and push or pull the treadmill to move it.

4.1 Console display

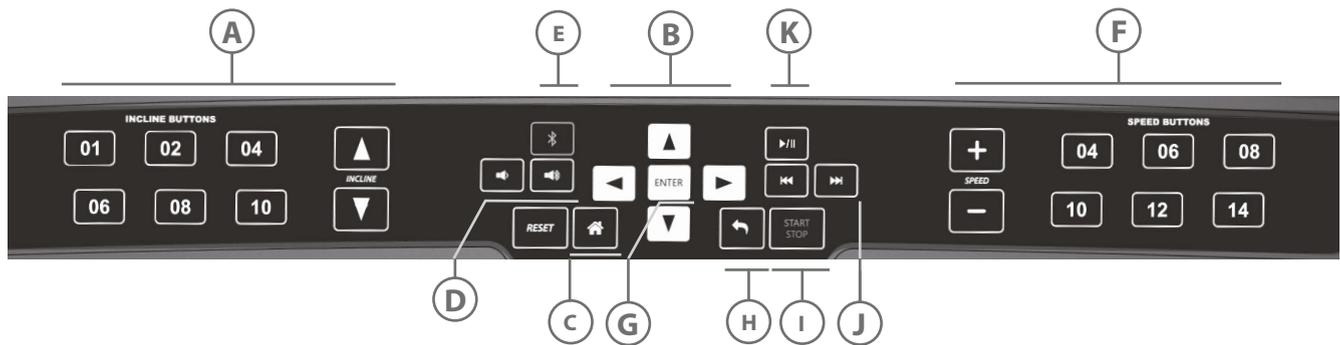




All important training information and entertainment functions are clearly displayed on the big, coloured screen. The display is divided in different zones.

A – Training data display	All important training data are displayed at the top of the screen
B – Programme display and video screen	Training videos or programme profiles are displayed in the middle. The speed or the incline are displayed as bars per time unit.
C – Music/movies	When a USB stick is connected, MP3/WAV files as well as MP4/WKV/MOV/AVI/FLV files can be played on the display/loudspeakers.
D – HRC	The console offers you two HRC programmes: HRC1 as constant programme and HRC2 as interval programme. A constant pulse control is required at any time of the training to use these programmes.
E – Virtual simulation	Six track videos are saved on the console. The speed of the video and the treadmill are adjusted to each other.
F – Workout	Here you can choose from 17 pre-installed programmes as well as 12 Challenge programmes, whereby you compete against computer opponents.
G – User programme	There are 12 individually configurable programmes, whereby you can individually choose incline and speed for each time interval.
H – User setting	User settings for language, units, screen brightness

4.2 Button functions



A – Incline up/down and hot keys	Increase or reduce the incline & quick access to the incline levels 2, 4, 6 or 8 %.
B – Arrow buttons	Choose menu points, options or programmes, set target values.
C – Menu	Back to the main menu.
D – Vol +/-	Increase or reduce the volume.
E – Bluetooth	Connects the treadmill with your mobile device (not for this model)
F – Speed up/down and hot keys	Increase or reduce the speed & quick access to the speed levels 3, 5, 7, 9, 11 or 13 km/h.
G – Enter	Confirm the settings and get to the next menu point.
H – Back	Back to the last page.
I – Stop/Start	Starts or ends the training.
J – Previous/Next	Play the previous or the next song.
K – Play/Pause	Start or pause the media playing from the USB stick.

In principle, the selection of programmes and the target settings are done via the arrow buttons. Then they are confirmed with ENTER. When you want to skip the entering of target values, you can also immediately start any programme by pressing START.

4.3 Programmes

Training progress only results from diversion. When you work out at the same speed, incline, and duration every day, you will be better in the beginning – however, at some point, you will come to a standstill. You won't become any better. It's sufficient to lose weight, but when you want to get more out of yourself, you have to vary your training and to challenge continuously. Here, this treadmill supports you with a lot of different and very diversified programmes. All programmes can be started either in the incline mode or in the speed mode. There are three intensity levels each. When you choose the speed mode, the treadmill varies the speed, while the incline remains constant. The values, which are not controlled by the programme, can be adjusted by means of the arrow buttons at any time.

However, when you wish to start running immediately, just press START. The treadmill slowly starts to move and all values are counted up from zero. Using the arrow buttons or hot keys, you can individually choose the exercise parameters and change these at any time.

4.3.1 Pre-set programmes

All in all, there are 17 pre-defined profile programmes, which differ in duration, intensities, and the changes of intensity. When you choose a programme, you can decide whether the changes of intensity should be done by changing the incline or by changing the speed.

P-01: Long, slow distance

(default 40 min.)



That's a great training for everybody. Beginners start with a light training and do this training on a weekly basis in order to maximise their cardiovascular fitness. On days, which follow a hard and intensive training, this programme is also ideal for experienced users. Once the programme is set, you go to U-1 or U-2 and press START.

P-02: Short interval

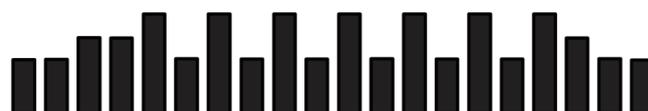
(default 20 min.)



Short intervals are ideal for beginners, who want to benefit from the use of an interval training, but are still not ready for the interval training with longer intensities. They are also ideal for experienced users to increase speed and anaerobic fitness. Please make sure that you vary the exercise intensity and duration to maximise the whole fitness. So just integrate some interval workouts in your weekly training.

P-03: Moderate interval

(default 30 min.)



Once you start a regular training and have an improved fitness, you are ready to train at a moderate intensity in the interval. Please pay attention that this training includes a change between an easy recovery and a high intensity interval. Feel good while doing your training, because the next recovery interval is always coming next. This training improves your general aerobic endurance and maximises the development of your anaerobic fitness at the same time.

Advanced programmes:

P-04: Long interval

(default 40 min.)



These exercises are excellent to maximise the calorie consumption and to improve the anaerobic fitness. Like for the moderate intervals, you have recovery intervals after each high intensity – for a constantly increasing training intensity.

P-05: Negative interval 1

(default 30 min.)



This programme offers all advantages of a training at a constant pace and motivates you to achieve a gradually higher, constant exercise intensity and allows to slowly reduce the exercise intensity then. By improving your general health and fitness, you can slowly improve to a higher level of the exercise intensity of the training.

P-06: Negative interval 2

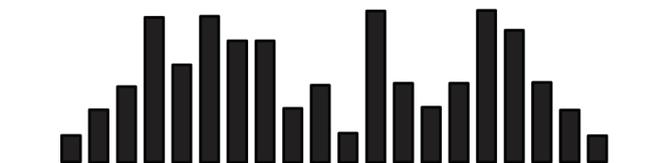
(default 30 min.)



This training starts with a slight increase in the exercise intensity and ends with a gradual reduction of the exercise intensity. A training with an increase in and a reduction of the exercise intensity has an ideal effect on your aerobic, cardiovascular fitness. A training with the reduction of the exercise intensity is also ideal to maximise the calorie consumption – however, it needs to be over a longer period of time, for instance 40 or 50 minutes.

P-07: Fartlek

(default 30 min.)



A varying exercise intensity with a constantly changing interval training, which starts at a light pace and increases to a moderate/intensive pace, offers diversion and great fitness benefits. Constantly varying intensities have a very positive effect on the improvement of the brain health according to brain research.

P-08: Climb uphill

(default 30 min.)



Increase gradually the exercise intensity with this workout. The target is to stimulate the body to improve the cardiovascular fitness and to maximise the muscle cell growth of the trained muscles. The calorie consumption is maximised in the top levels. Your body can work out longer and can still benefit from the high intensity when getting slower and returning to the starting level.

P-09: Pyramid climb

(default 30 min.)



The gradual increase of the intensity is ideal to improve the cardiovascular fitness and to maximise the muscle cell growth of the trained muscles. The calorie consumption is maximised during the top intensity. Your body can work out longer and benefits from the high intensities while slowing down gradually.

P-10: Plateau climb

(default 40 min.)



It offers all advantages of other constant workouts. However it also motivates you to keep a higher intensity. You improve your fitness and health and get yourself to a higher intensity over a longer period.

P-11: Ladder

(default 30 min.)



One of the biggest advantages are the direct positive effects on the heart and the cardiovascular system. It has especially been developed to supply your heart and cardiovascular system with a series of increasingly more difficult exercise intensities. This improves your aerobic fitness and stimulates the anaerobic fitness as well. Please pay attention that it is challenging for some minutes. However each progress has to be carefully created in order to offer a recovery interval as well – that's how you motivate yourself to improve your cardiovascular fitness.

P-12: Uphill interval

(default 20 min.)



This training is unique, because the body benefits from the advantages of an interval training and of a gradual increase in intensity in addition. Start at a level, at which you feel comfortable, and increase gradually the intensity during each maximum interval and get yourself to a higher intensity each time. During the higher intensity intervals, you burn the maximum of calories and work on improving your anaerobic fitness at the same time.

P-13: Constant pace

(default 40 min.)



Improve your fitness and stimulate your body to burn more fat. It is an ideal support to improve your fitness. Most of these exercises of this kind focus on maintaining an intensity during the whole training. Your target is to work out at a low, moderate to high, moderate intensity during the whole training.

P-14: Long, slow distance

(default 40 min.)



An outstanding workout for everybody! Starters get an easy access and should do this training at least once a week to maximise their cardiovascular fitness. It is also ideal for experienced users, who do this training on days, which follow a hard, intensive training.

P-15: Cardio run

(default 20 min.)



It's a training at a constant pace but still at a higher intensity than that of "long slow distance". It is an advanced training in order to motivate to achieve a more challenging, constant pace and to keep this pace during the whole training. It is great as a preparation for a certain event.

P-16: Short interval

(default 20 min.)



Studies prove that this training is ideal for users, who want to lose more weight and who want to improve their cardiovascular fitness. Varying the intensity from moderate, slow to high over several intervals and their repetitions maximise the total number of burnt calories during the training. Another advantage is the personal decision whether the high intensity is kept during the training. The short recovery intervals allow the body to successfully do the exercises at a high intensity during a complete exercise duration.

P-17: Uphill run

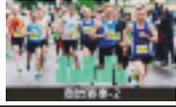
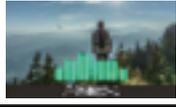
(default 30 min.)



Improve your fitness and stimulate your body to burn more fat. It is an ideal support to improve your fitness. Most of the exercises of this kind focus on keeping an intensity during the whole training. Your target is to train at a low, moderate to high, moderate intensity during the whole workout.

4.3.2 Challenge programmes

All in all, there are 12 challenge programmes, whereby the speed adjusts depending upon the level. The programmes come from the four zones: Special Forces, Olympic Game, Professional Game as well as Outdoor Running and each of them is available in three levels of selection.

	Special forces - 1
	Special forces - 2
	Special forces - 3
	Olympics game - 1
	Olympics game - 2
	Olympics game - 3
	Professional game - 1
	Professional game - 2
	Professional game - 3
	Outdoor running - 1
	Outdoor running - 2
	Outdoor running - 3

4.3.3 Customized programmes

There are 20 customized programmes, which you can individually create. Using these programmes, you determine the duration of the training programme first. Then you determine the desired speed and incline for each of these 20 time sequences. In contrast to the pre-set profile programmes, you can change speed AND incline at any time when using these programmes. Hence, incline and speed are separately displayed in the programme display, when using these programmes. On the left side of the screen, the incline is displayed; the speed is displayed on the right side.



4.3.4 Virtual simulations

Six virtual simulation videos are pre-installed on the console. These are shot running tracks, which you can watch on the screen during your training. At first, you choose “virtual simulations” in the main menu and confirm the selection with ENTER.

Six preview images are displayed, which represent the tracks:



Snow Mountain Road: An interstate across the wide plain, in the background you can see the mountains. Beside the road some cattle is grazing and little streams pass the plain.

Across the Valley: A winding mountain road with oncoming traffic.

Kajun Village of Tibet: A road across a landscape of hills.

Anjiulashan Lake: A tour across smaller rural towns.

Across the Canyon: A road across a landscape of hills with some bridges and bounding walls.

Xiamen huandao road: A hilly foothills' landscape.

You can choose the desired video with the arrow buttons and start the training with START.



During the training, you can change the speed and the incline with the arrow buttons or the hot keys at any time. The virtual simulation videos respond to your settings. When you change the speed on the treadmill, the playing speed of the video changes as well. Changing the incline does not influence the video. Some videos have some traffic volume. However, you do not have to pay attention to it, the traffic participants will avoid you.

When you press STOP, the treadmill stops and an overview of the training data is displayed. Press BACK to return to the main menu.

4.3.5 HRC programmes (pulse control)

The constant HRC programme requires the setting of a heart rate, which is kept by the console during the training. The interval HRC programme requires that you enter both a low and a high heart rate. During the HRC programmes a chest straps needs to be worn. werden.



Set the HRC type: There are two modes of HRC programmes, HRC1 – constant and HRC2- interval. Set the preferred HRC mode with the buttons.

Set the mode: Set the speed or the incline with the buttons.

Set the age: Enter your age with the buttons.

Set the target heart rate: Enter your target heart rate with the buttons.

Set the target time: Set the programme duration of your training with the buttons.

WARNING: The heart rate measuring can be imprecise. Any overexertion can cause serious injuries. When you feel weak or uncomfortable, stop the training immediately.

4.4 User settings

In the user settings you can change the screen brightness or the language settings, for instance. Choose SAVE after your selection and press ENTER.

Symbols are displayed at the top right of the screen. When a USB stick is plugged in, the USB symbol is displayed here; in addition, the maintenance symbol is displayed here every 300 km to remind you to do a little service.



Backlight

Set the screen brightness



Switch

Language selection as well as units (metric or imperial)



Project Settings

Development environment (only to be used by the service technician)

4.5 Heart rate measurement

Pulse measurement through hand sensors

The hand sensors integrated in the handles allow you to determine your heart rate. You can measure your heart rate by lightly grasping the sensors with both hands at the same time. Blood pressure changes occur due to the heartbeat. The sensors measure the changes to the electric skin resistance caused by it. These values are then used to create an average and are displayed on the screen of the console as a heart rate.

Note:

For some people, the skin resistance change caused by the heart rate is so minimal that the measurements do not allow for usable values. Strong callus or sweat on the hands may also impair a correct measurement. In such cases, the heart rate will not be shown at all or only incorrectly.

If the measurement is incorrect or not taken at all, please check if it happens to only one person or to several people. If the pulse display only does not work in a single case, the equipment is not defective. In this case, we recommend using a chest strap to achieve a permanently correct heart rate display.

CAUTION: Your training equipment is not a medical device. Different factors may influence the accuracy of the heart rate display. The heart rate display only serves as a training aid.

Telemetric heart rate measuring

Your treadmill is already equipped with a heart rate receiver as standard. Using a chest strap makes it possible for you to have a wireless heart rate measuring. This optimal and ECG-precise type of measuring reads the heart rate directly from the skin through a transmitting chest strap. The chest strap then sends the impulse to the receiver integrated in the console.

Positioning the chest strap and moistening the electrodes:

Place the belt directly below the chest, while the transmitter should be placed on the middle of the chest. The chest strap should sit comfortably, but not too loose. If the belt is too loose, the contact to the electrodes may be disrupted or the belt may slip while exercising. The transmitter turns on automatically once it is put on. In order to allow for a precise measuring, you should moisten the rubber electrodes. This is best done with a special chest strap contact gel, which is also used for ultrasound scans.

Note:

If you have not been active in doing sports for a longer period of time, you should first go to your physician in order to discuss your training with them. You should also contact your physician in advance in the event of heart problems, high/low blood pressure and obesity.

Training with heart rate orientation

Heart rate orientation guarantees an extremely effective and healthy training. Through your age and the following table, you can quickly and easily read and determine the optimal pulse for your training. An acoustic alarm will sound if your heart rate exceeds the set target heart rate. Which target heart rate is important for which training goal can be found out in the following.

Fat burning (weight management): The main goal here is to burn deposits of fat. In order to achieve this training goal, a low training intensity (approximately 55% of the maximum heart rate) and a longer training period are required.

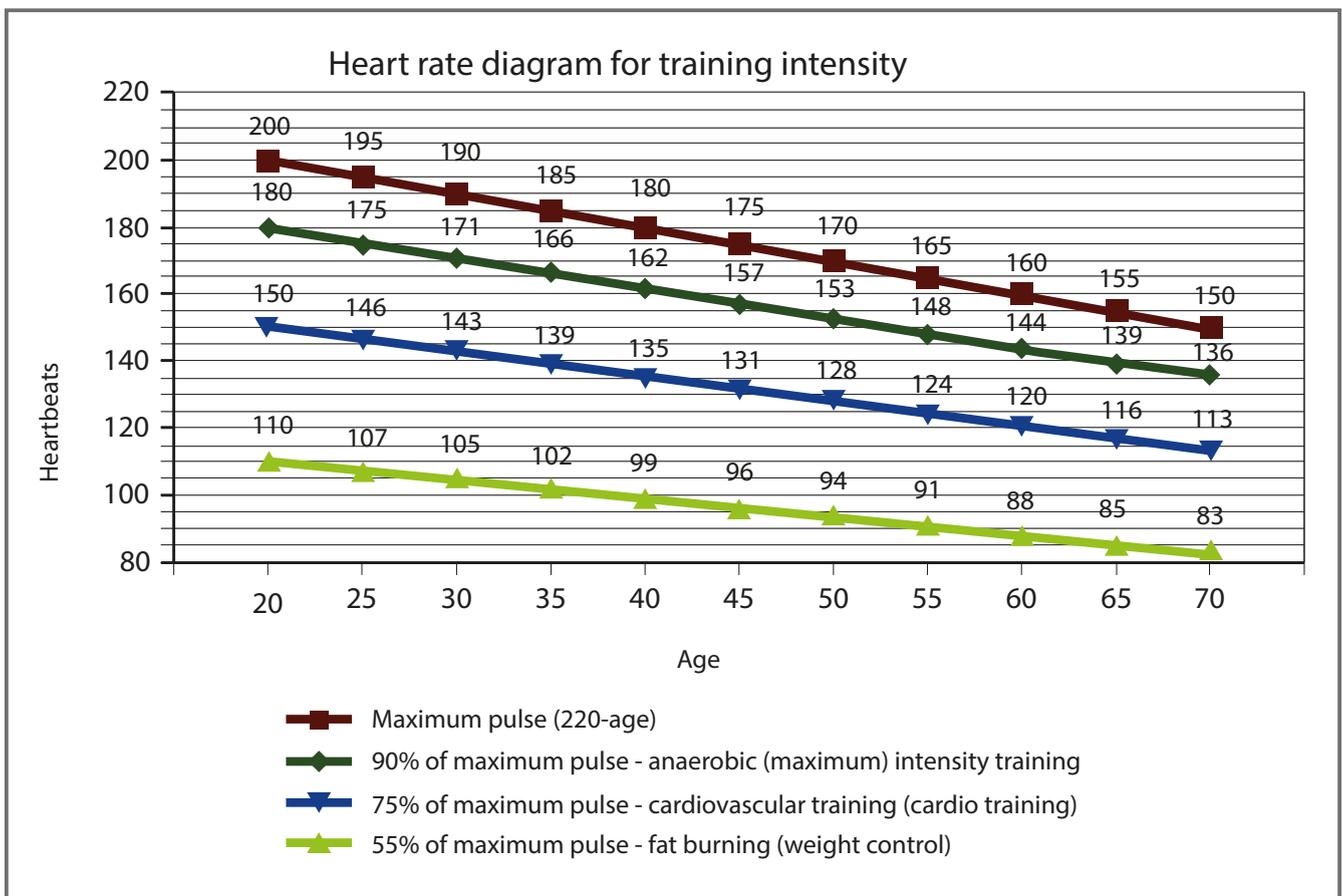
Cardiovascular training (cardio training): The primary goal is to increase endurance and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training period is required.

Anaerobic (maximum) load training: The main goal of maximum load training is to improve recovery after short, intense loads in order to be able to quickly return to the aerobic zone. In order to achieve this training goal, a high intensity (approximately 90% of the maximum heart rate) with short, intense load is required, which is followed by a recovery phase in order to prevent muscle fatigue.

Example:

For a 45-year-old man or woman, the maximum heart rate is 175 ($220 - 45 = 175$).

- The fat burning target zone (55%) is at approximately 96 beats/min.
= $(220 - \text{age}) \times 0.55$.
- The cardio target zone (75%) is at approximately 131 beats/min.
= $(220 - \text{age}) \times 0.75$.
- The maximum heart rate for an anaerobic load training (90%) is at approximately 157 beats/min.
= $(220 - \text{age}) \times 0.9$.



5 WARRANTY INFORMATION

cardiostrong's fitness equipment is subject to strict quality controls. 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 periods

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

Model	Usage	Full warranty	Frame	Motor
TX40e-2	Home use	24 months	30 years	10 years

Repair cost

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 centers, 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 centers
- unauthorized 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.

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 ORDERING ACCESSORIES

		<p>Taurus floor mat size XXL</p> <p>Art. No. ST-FM-XXL</p>	
		<p>Polar transmitter chest strap T34 non-coded</p> <p>Art. No. T34</p>	
		<p>Togu Senso Walking Trainer</p> <p>Art. No. TOGU-470501</p>	
		<p>Chest strap contact gel 250ml</p> <p>Art. No. BK-250</p>	<p>Silicone spray</p> <p>Art. No. ST-1003</p>
		<p>Fitness equipment care set</p> <p>Art. No. HF-500</p>	

8.1 Service hotline

So that we can give you the best possible service, please have your model name, part number, serial number, exploded drawing and parts list ready.

SERVICE HOTLINE

<p>DE</p> <p>☎ +49 4621 4210-0 ☎ +49 4621 4210-699 ✉ service@sport-tiedje.de Mo. - Fr. 8:00 - 18:00 Sa. 9:00 - 18:00</p>	<p>DK</p> <p>☎ 80 90 16 50 ☎ +49 4621 4210-945 ✉ info@t-fitness.dk Ma. - Fr. 8:00 - 18:00 Lø. 9:00 - 18:00</p>	<p>FR</p> <p>☎ +33 (0) 172 770033 ☎ +49 4621 4210-933 ✉ service-france@sport-tiedje.fr Lun. - Ven. 8:00 - 18:00 Sam. 9:00 - 18:00</p>
<p>NL</p> <p>☎ +31 172 619961 ✉ info@fitshop.nl Ma. - Do. 9:00 - 17:00 Vr. 9:00 - 21:00 Za. 10:00 - 17:00</p>	<p>UK</p> <p>☎ +44 141 876 3972 ✉ orders@powerhousefitness.co.uk Mon. - Fri. 9:00 - 17:00</p>	<p>INT</p> <p>☎ +49 4621 4210-0 ✉ service-int@sport-tiedje.de Mon - Fri 8:00 - 18:00 Sat 9:00 - 18:00</p>

8.2 Serial number and model name

Before assembling your equipment, find the serial number on the white sticker and enter it in the appropriate space.

Serial number:

Brand / category

Model name

8.3 Parts list

No.	Qty.	Part number	Description
(01)	1	8000003165	Main frame set
(02)	1	8000003158	Frame Base Set
(04)	1	8000003160	Incline Base
	2	511212008000114	"Round head hexagonal socket screw "
	3	541112026200114	Washer
	4	511212007000114	"Round head hexagonal socket screw "
	5	531212001200114	Nylon Nut
(05)	1	8000003161	Support post set
	1	8000003162	Support post
	2	511410005000114	"Oval head hexagonal socket screw "
	3	541110020150114	Washer
	4	511212005500114	Hexagonal socket screw
	5	531212001200114	Nylon Nut
	6	541113026200114	Washer
(06)	1	8000003163	Handrail set
(07)	1	8000003156	console bracket
	2	511408003500114	Socket Screw
	3	541108016150114	Washer
	4	521204101000114	Socket
(09)	1	8000003252	Running deck set
	1	206218068012651	Running deck
	2	531408000800111	T-nut
	3	511608003000114	Screw
	4	511408002500114	Screw
	5	541108014150114	Washer
	6	2000002588	Reinforcing bar
	7	511408003000214	Screw bolt
	8	5000000150	Foam adhesive
(10)	1	STC41501002000	Incline motor set
	1	401240132309910	Incline motor
	3	511610004000114	Hexagonal cap screw

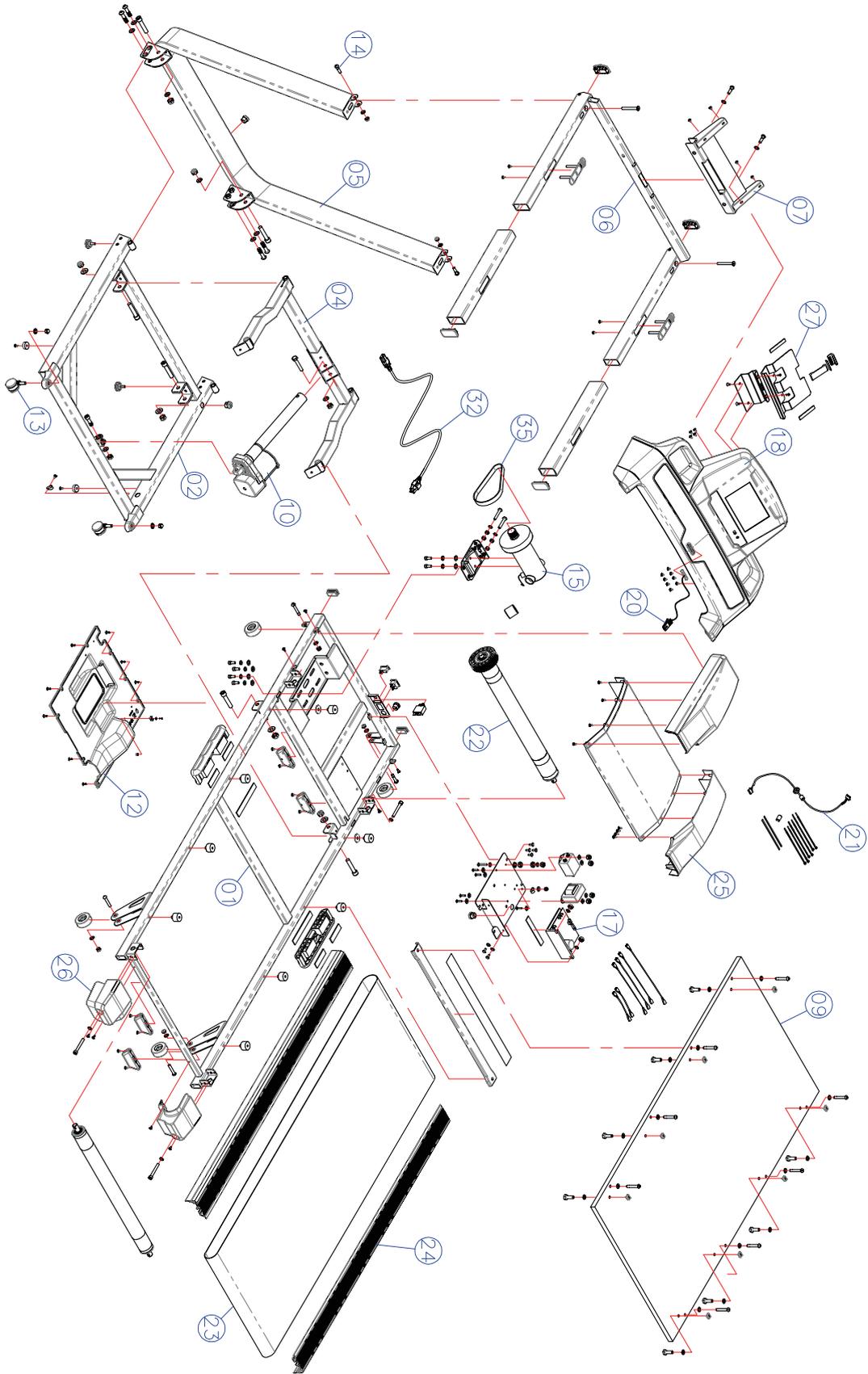
No.	Qty.	Part number	Description	
4	1	511610006500114	Hexagonal cap screw	
5	2	531210001000114	Nylon Nut	
6	2	541110020150114	Washer	
(12)	1	6	342008003002001	Rubber Cushion
2	2	342008003001802	Desk isolator-18t	
3	4	331808205602301	Wheel	
4	4	511408004000114	Screw	
5	4	541108016150114	Washer	
6	4	531208000800114	Nut	
7	8	521504115900114	Truss Head Cross Threading Die Screw	
8	1	312TC4150011004	Motor Cover-Lower	
9	2	3000000788	Cushion	
10	2	541108030200114	Washer	
11	2	322312004001004	End cap	
(13)	1	4	312TC4150021004	"Infrared sensor set (front cover) "
2	4	312TC4150031004	"Infrared sensor set (rear cover) "	
3	1	4000000465	Infrared PC board	
4	1	4000000459	Infrared receiver - Left	
5	1	4000000460	Infrared receiver - Right	
6	1	4000000463	Infrared Transmitter - Left	
7	1	4000000464	Infrared Transmitter - Right	
8	1	4000000458	Cable-3P	
9	1	4000000493	Cable-5P	
10	2	4000000461	Cable-2P	
11	1	4000000462	Cable-3P	
12	16	521102000600112	Screw M2*6L	
13	2	531204000500111	Hexagonal nut	
14	2	511504001500111	Truss head cross screw	
15	4	541105010100111	Washer	
16	8	521204112700114	Screw	
17	16	521103000800111	Screw	
14	4	591110300050011	One sided adhesive	

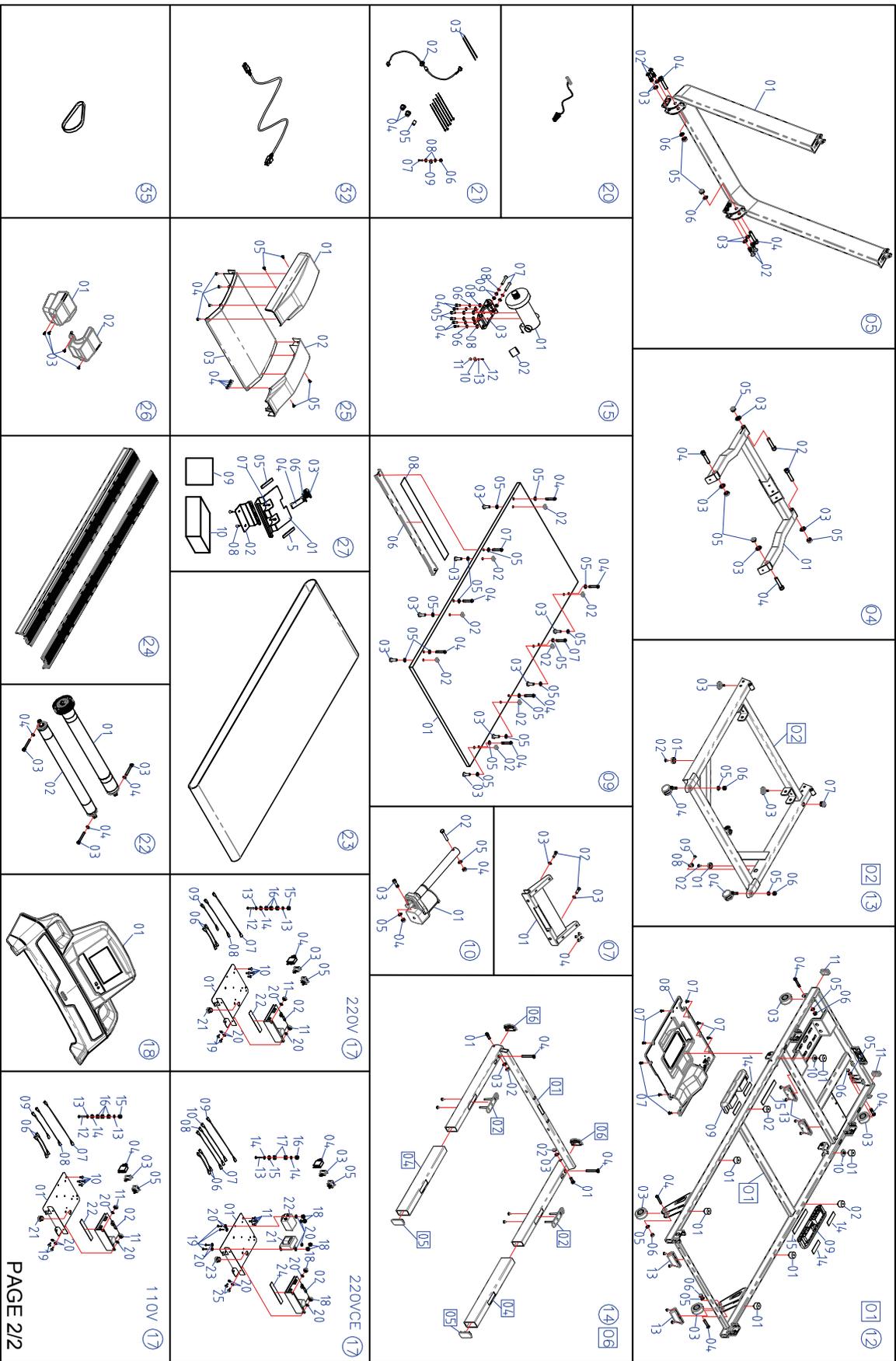
No.	Qty.	Part number	Description
15	2	5000000041	One sided adhesive
(13)	1	341306402601001	Space Pad
2	2	521205501900114	Screw
3	2	351706403001101	DESK BASE FOOT, ASJUSTABLE
4	2	331200004005801	Pulley
5	2	544110018200114	Washer
6	2	532009501700114	Hexagonal nut
7	1	592400000000001	Power Cord Buckle
8	1	592400000000013	Fixer
9	1	522204101600115	screws
(14)	1	511408004700114	Hexagonal Socket Screw
2	2	531208000800114	Nut
3	2	541108016150114	Washer
4	2	511908007000124	Socket Screw
(15)	1	8000003253	Motor Set
1	1	401121104903510	Motor-220V
2	1	205213828628501	Core
3	1	2000002589	Motor Bracket
4	4	511208001500214	Hexagonal socket screw
5	2	511208001200115	"Round Head Hexagonal Socket Screw "
6	6	544182016200114	Spring washer
7	2	511608004500214	Hexagonal cap screw
8	8	541108016150114	Washer
9	4	531108000800114	Hexagonal nut
10	1	592400000000006	Bracket
11	1	531203000400111	Nylon Nut
12	1	511303000800114	Round head cross screw
13	1	541103007100111	Flat Washer
(17)	1	8000003182	MCB set
1	1	2000002730	Control board fixer
2	1	4000000689	MCB-220V
3	1	407302250160001	Switch-AC Power

No.	Qty.	Part number	Description	
4	1	407101250100001	Overload switch	
5	1	407202250150001	POWER SOCKET	
6	2	405301010300801	Black Cable	
7	1	405301010301501	Black Cable	
8	1	405301010301502	Wire(White)	
9	1	405301010302102	White Cable	
10	1	405301010301503	Cable-yellow/green	
11	4	512506401300111	Truss head cross screw	
13	1	511505002500111	Screw	
14	2	541105010100211	Flat Washer	
15	1	543105010060111	Washer	
16	1	531205000500111	Nylon Nut	
17	2	531105000400111	Nut	
18	6	531204000500111	Hexagonal nut	
19	4	511504001000111	Screw	
20	12	541105010100111	Washer	
21	1	406222005231502	Choke	
22	1	4000000387	Filter	
23	1	592400000000001	Power Cord Buckle	
24	1	591410350070012	Twin Adhesive	
25	2	511504002500111	Screw	
(18)	1	S000000323	Console set (w. overlay)	
(20)	1	ST200101007	Safety key	
1	1	204TB2100190B01	Conducting Foil	
(21)	2	1	205234620812701	Core
3	2	592100000000010	tie	
4	2	592400000000001	Power Cord Buckle	
5	2	592200000000002	Wire clipper	
6	1	531204000500111	Hexagonal nut	
7	1	511504001500111	Truss head cross screw	
8	2	541105010100111	Washer	
9	1	592400000000013	Fixer	

No.	Qty.	Part number	Description
(22)	1	ST220600003	Roller Set
1	1	207117060006002	Front Roller Set
2	1	207217050006001	Rear Roller Set
3	3	512207906400115	Hexagonal socket screw
4	3	541108016150114	Washer
(23)	1	2000002848	Running Belt
(24)	2	213024011265104	Side rail
(25)	1	STC41502501004	Motor cover set
1	1	311TC4150071004	Motor cover-left
2	1	311TC4150081004	Motor cover-right
3	1	311TC4150091004	Motor cover-middle
4	8	521204101000114	Socket
5	4	512506401300114	Screw
6	2	5000000328	"Foam type single-sided adhesive "
(26)	1	STC41502601004	Rear End Cap Set
1	1	311TC4150051004	Rear End Cap-Left
2	1	311TC4150061004	Rear End Cap-Right
3	4	521204101000114	Socket
(27)	1	8000002288	Tablet holder set
1	1	8000002289	Tablet holder
2	1	8000002290	Tablet holder bracket
3	1	8000002291	Table fixed hook
4	1	5000000005	Tension band
5	4	5000000006	Skidfoam
6	3	5000000007	Skidfoam
7	2	5000000021	Screw
8	2	511504001000114	Screw
9	1	732035023005001	Plastic bag
10	1	7000000050	Carton
(32)	1	405403130318501	AC power cord - EU type
(32)	1	4000000249	AC power cord - UK type
(35)	1	2000000952	Drive belt

8.4 Exploded drawing





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Notes

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