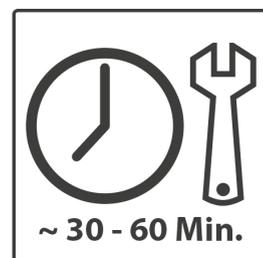
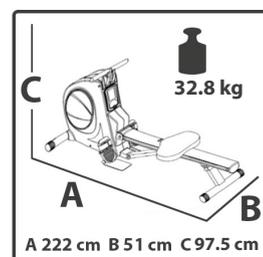
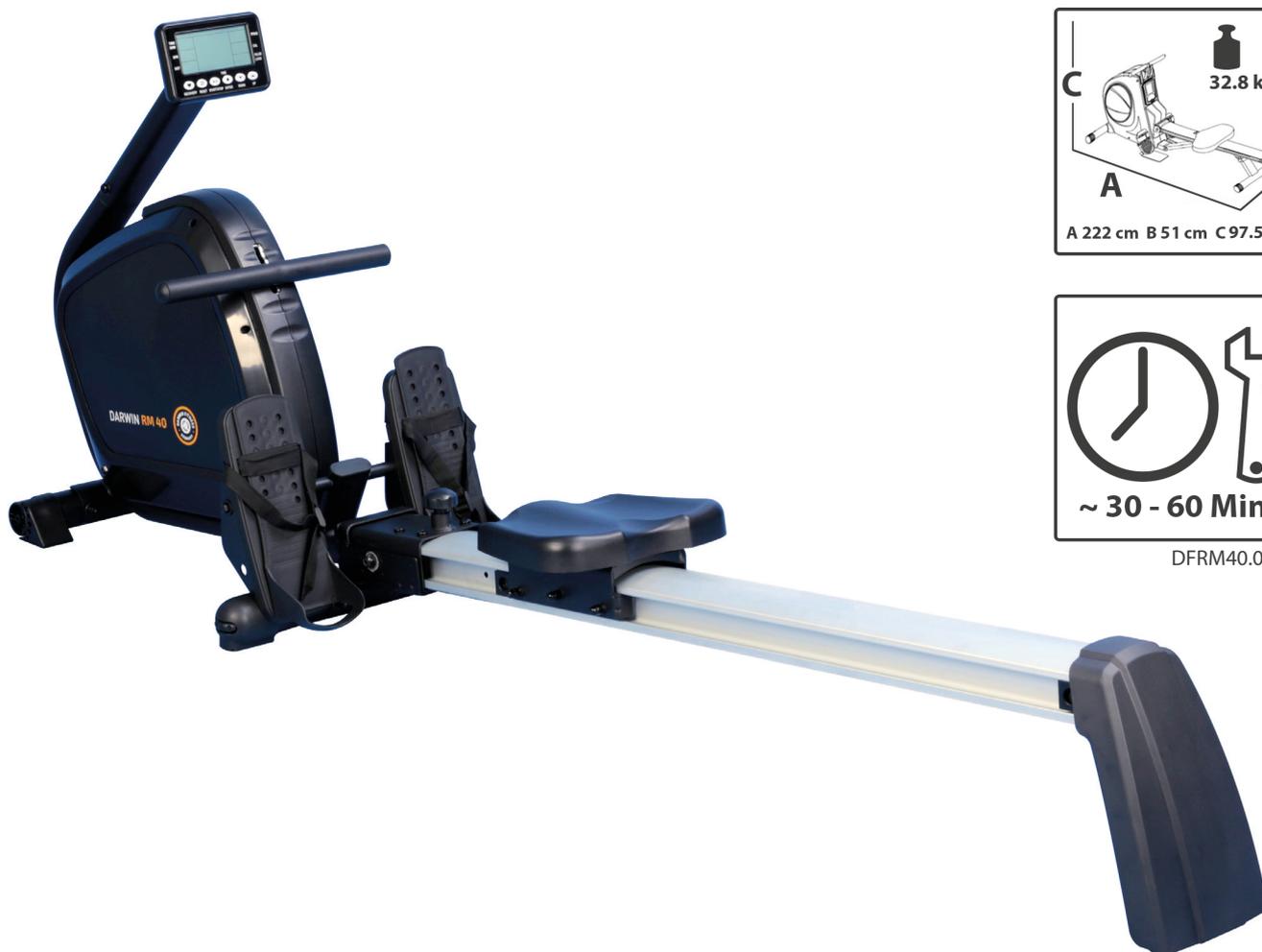




Assembly and operating instructions



DFRM40.01.02

Art.-No. DF-RM40

DARWIN **RM 40**

Dear Customer,

Thank you for deciding for a high-quality training equipment of the brand Darwin, the brand that makes athlete's hearts beat faster. Darwin offers a wide range of home fitness equipment like elliptical cross trainers, ergometers, treadmills and rowing machines. Darwin 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.

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

LCD display of

- + strokes, strokes per minute
- + training time in min
- + distance in m
- + time/500 m: average / current
- + calories burnt in kcal
- + heart rate (when using a chest strap)

Total number of training programmes:	22
User-defined programmes	12
Heart rate-oriented programmes:	4
User memory:	4

Weight and dimensions:

Article weight (gross, including packaging):	39.3 kg
Article weight (net, without packaging):	32.8 kg

Packaging dimensions (L x W x H): approx. 134 cm x 23,5 cm x 65 cm
Set-up dimensions (L x W x H): approx. 222 cm x 51 cm x 97.5 cm

Maximum user weight: 120 kg

1.2 Personal safety

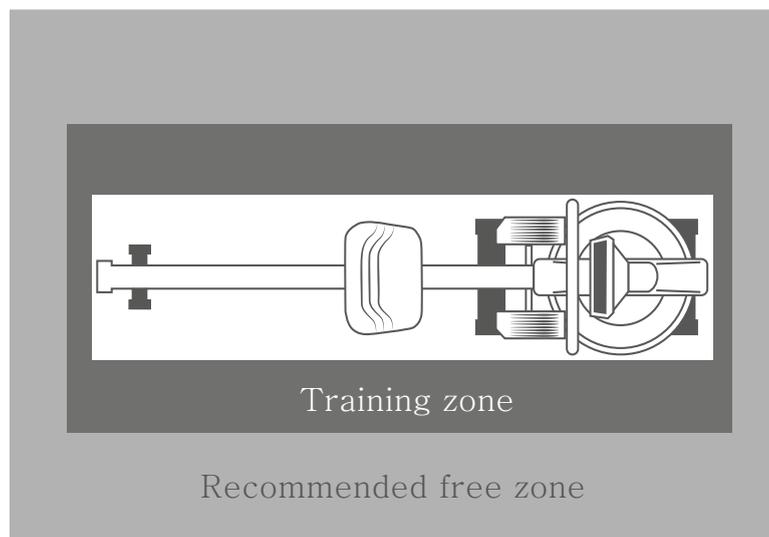
- + Before you start using the equipment, you should consult your physician that this type of exercise is suitable for you from a health perspective. Particularly affected are persons who: have a hereditary disposition to high blood pressure or heart disease, are over the age of 45, smoke, have high 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 whole body 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.
- + 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.
- + Be careful when you get on or off the equipment.

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“.
- + 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.
- + When plugged in, do not leave the equipment unattended at any time. To avoid use by anyone unfamiliar with the operating 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.
- + 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.
- + 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.
- + Choose a location in which to place the equipment such that there is enough free space/clearance to the front, the rear and to the sides of the equipment. Make sure that you leave at least 30 cm on each side of the equipment and at least 15 cm in front of and behind the equipment as a training zone. This is the minimum required area in order to safely use the equipment. The recommended free zone around the equipment should be at least 60 cm on each side and 45 cm in front of and behind the equipment. Furthermore, the equipment should not be set up in main entrances or on escape routes.



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 Darwin 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 (service technicians of your contract partner).
- + 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.

PROBLEM

Heart rate is not received

SOLUTION

1. The chest strap cannot measure a heart rate when your skin is too dry. In order to improve the transmission, please moisten the contacts of the chest strap. We recommend to put some chest strap contact gel on it for longer training sessions.
2. Make sure that you wear a compatible chest strap with a 5 kHz frequency.
3. Replace the batteries, even if the chest strap is new.
4. Regarding 5 kHz chest straps, the interference of other electrical devices might be a problem. Place your elliptical cross trainer where no other electrical devices are close to it.
5. Check the functionality of the chest strap by testing it with another equipment at your contract partner or at a gym.
6. Contact your contract partner to check the compatibility of your chest strap. When you have still not found a solution, contact your contract partner.

PROBLEM

LCD error – software error etc.

SOLUTION

1. Hold Reset to start the console again.
2. Start the console again by disconnecting the power cable for about 15 seconds.
3. Disconnect and connect again all cable connections, see assembly instructions.
4. Change the console.
5. Contact a service technician of your contract partner.

2.3 Maintenance and service calendar

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

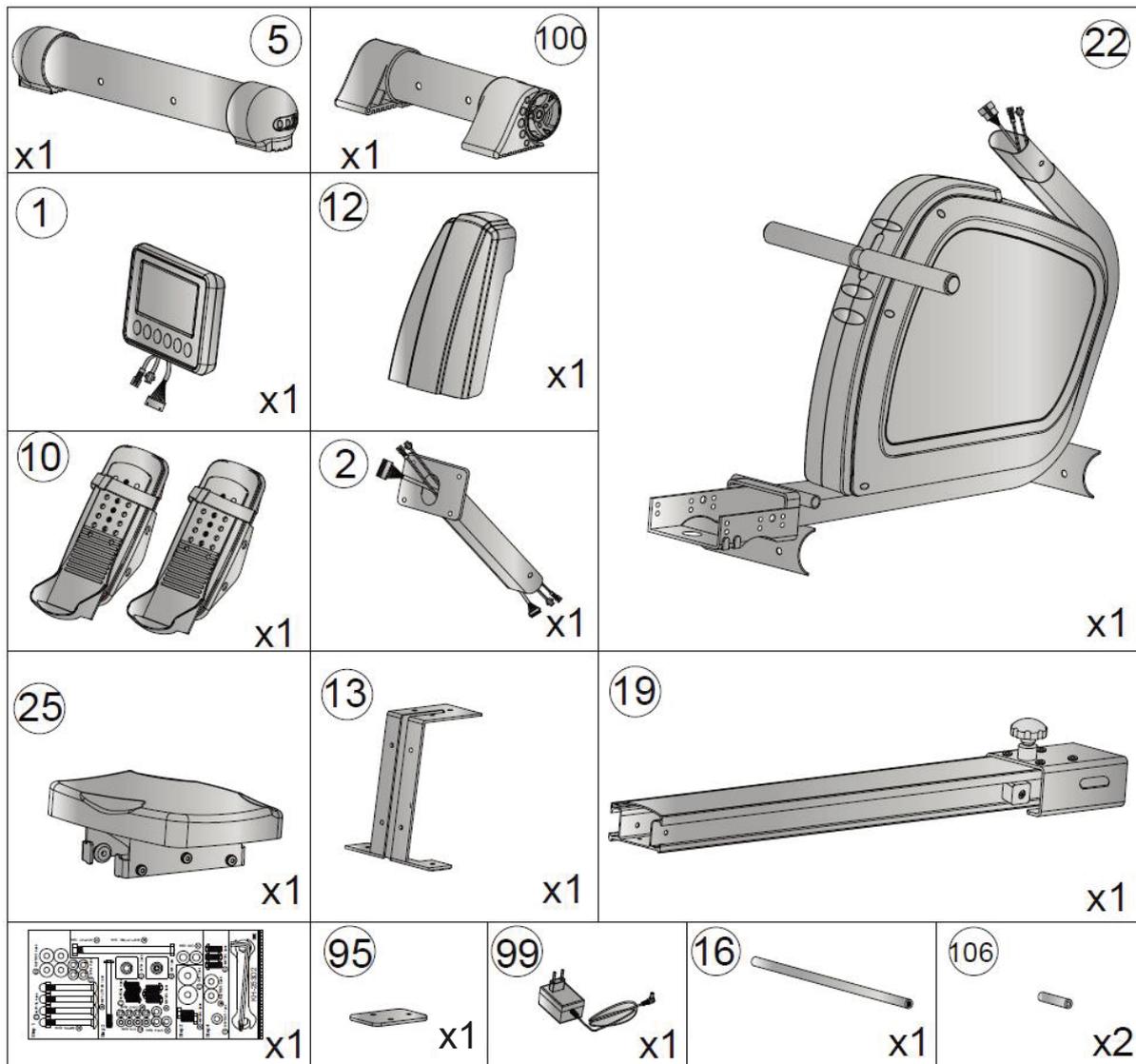
Part	Weekly	Monthly	2x annually
Display console	C	I	
Lubrication of mobile parts			I
Plastic cover	C	I	
Screws & cable connections		I	
Legends: C = cleaning; I = inspect			

The stability and the quality of this rowing machine can only be preserved when it is checked for signs of damage or wear marks on a regular basis. Please note the following aspects especially:

- + Sit down on the seat and pull on the handle to make sure that the system generates enough resistance. Also please ensure that the seat slides smoothly and solid on the rail.
- + Clean the rolls of the sliding beam with an absorbent and lint-free cloth.
- + It is the owner's responsibility to perform inspections and maintenance.
- + Worn or damaged parts need to be replaced immediately or the training machine has to be send in for repair.
- + Only original Darwin spare parts may be used for maintenance and repair.
- + Apply some lubricant on a paper towel or a clean cloth. Apply a thin layer on the rail. Remove any excess lubricant.

3.1 Package contents

The package contains the parts represented in the illustration, including a power cable with mains plug. If one of the illustrated parts is missing or damaged, please contact your contract partner.

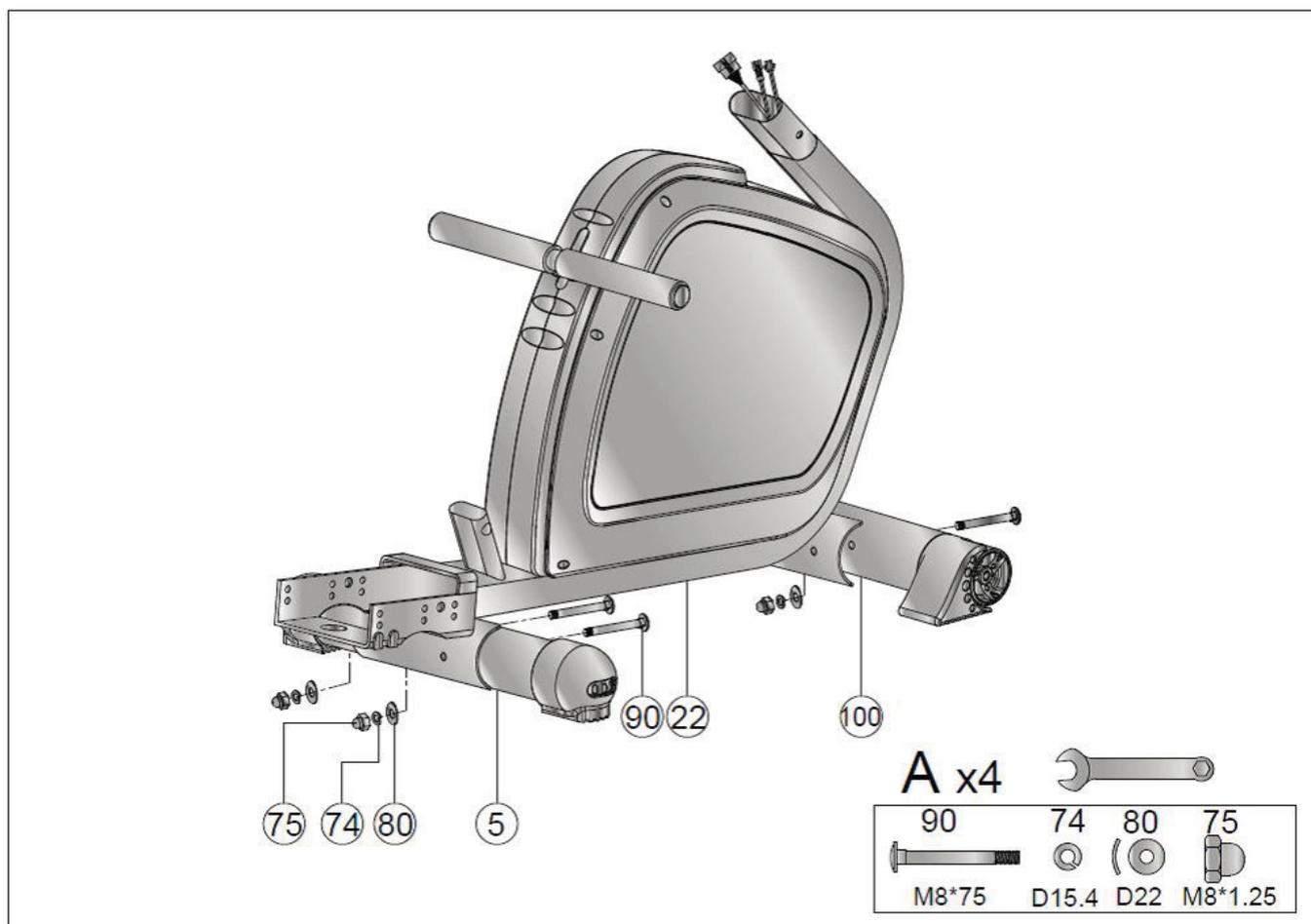


3.2 Assembly instructions

Before assembly, take an exact look at the individual illustrated assembly steps and execute the assembly following the specified order.

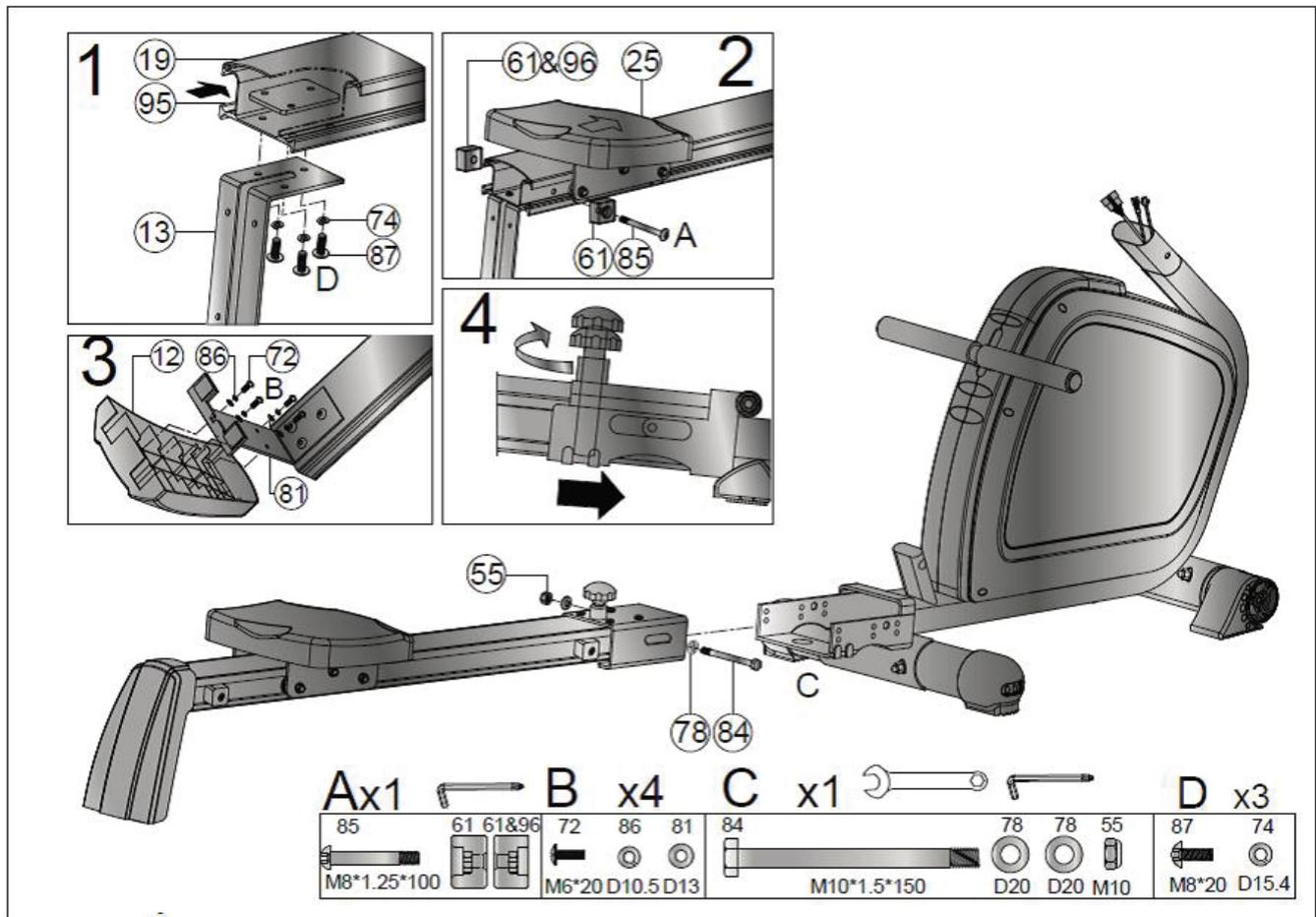
Step 1

1) Assemble the front stabilizer (100) and the stabilizer (5) to the main frame (22), using four spring washers (74), four domed bolts (75), four curved washers (80) and four allen bolts (90).



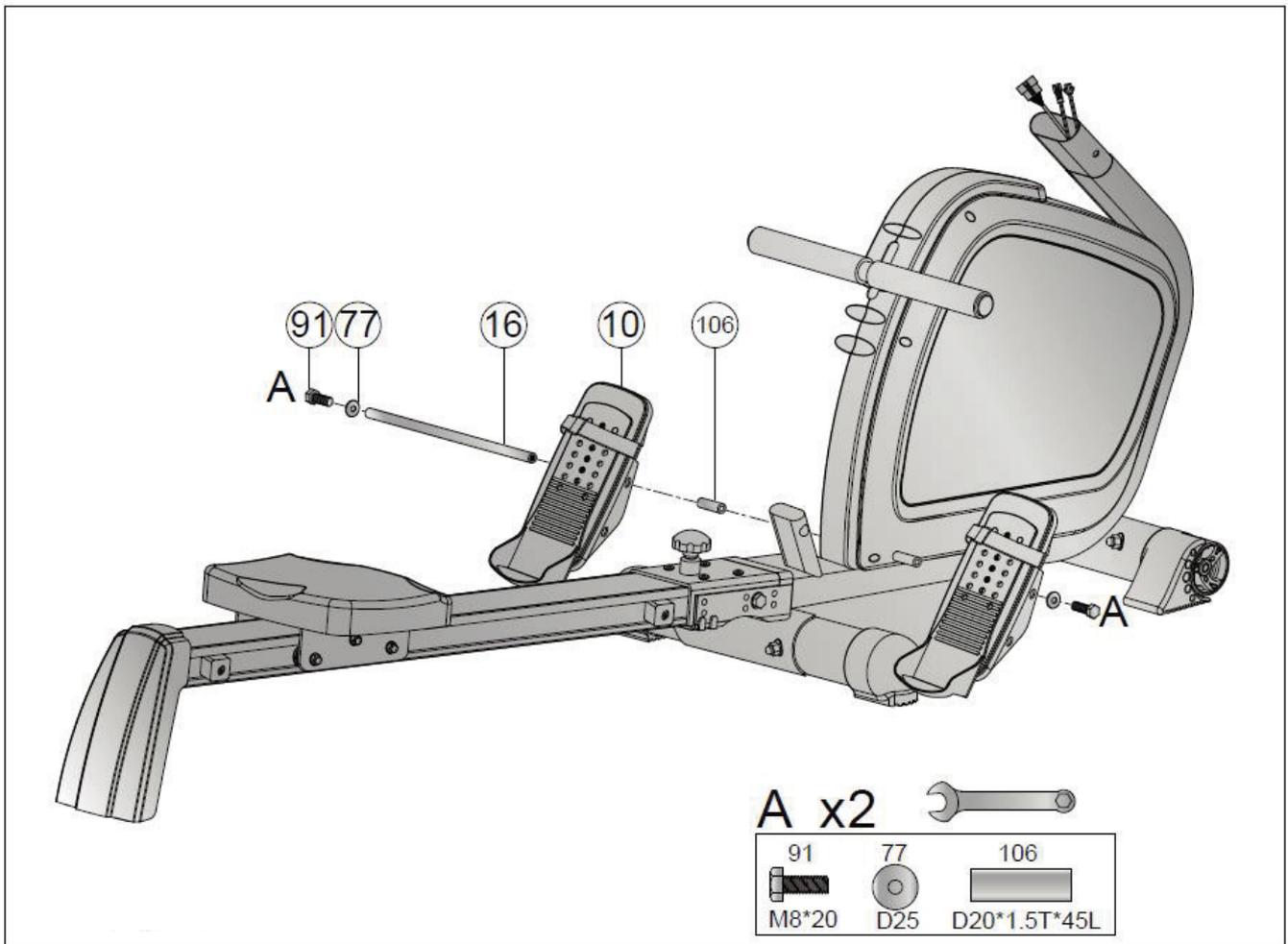
Step 2

- 1) Assemble the rear supporting bracket set (13) to the sliding beam (19), using a fixing plate (95), three spring washers (74) and three allen bolts (87) - see figure 1.
- 2) Place the seat (25) on the sliding beam (19). Now assemble the two square buffers (61) to the sliding beam (19), using a hex nut (96) and hex bolt (85) - see figure 2.
- 3) Assemble the rear cover (12) to the rear supporting bracket set (13), using four cross screws (72), four flat washers (81) and four spring washers (86) - see figure 3.
- 4) Assemble the sliding beam (19) to the main frame (22), using two flat washers (78), one bolt (84) and one Anti-loosen nut (55).



Step 3

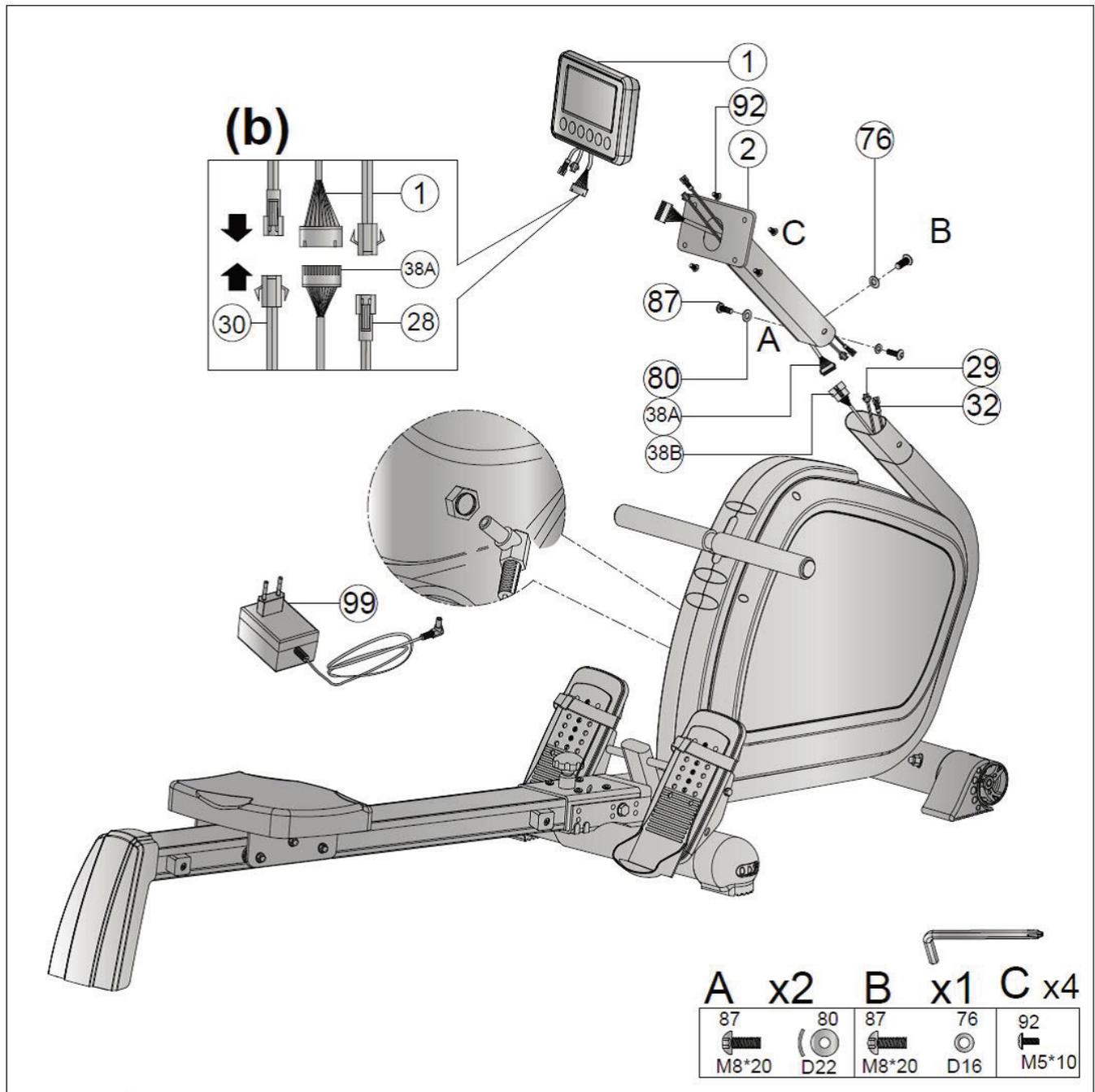
1) Assemble the foot pedals (10), using a horizontal axle (10), two sleeves (106), two flat washers (77) and two hex screws (91).



Step 4

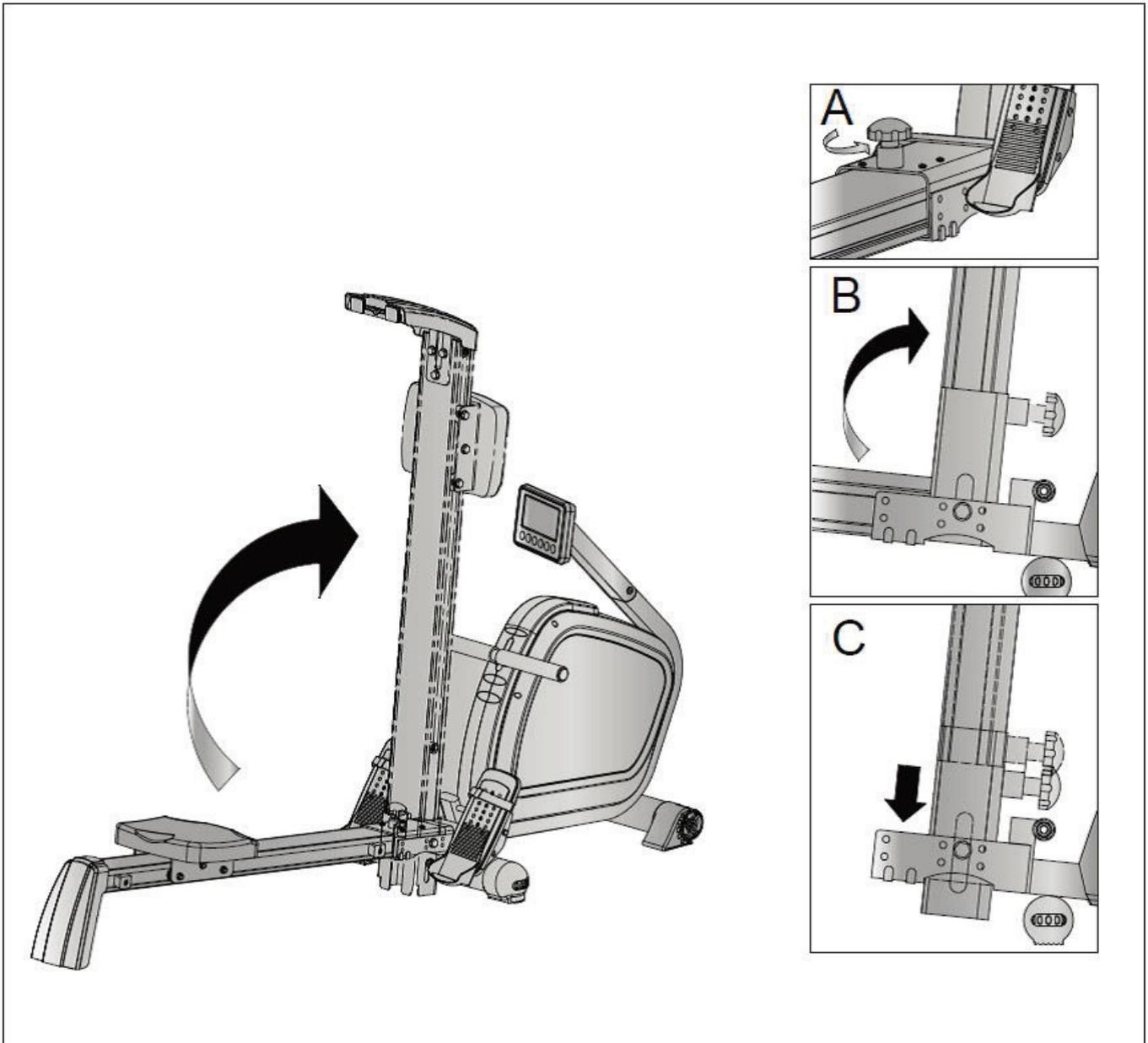
1) Connect the upper computer cable (38A) with the lower computer cable (38B). Now assemble the handlebar post welding set (2) to the main frame (22), using a spring washer (74), one curved washer (80), one flat washer (76) and one allen bolt (87) - see figure.

2) Connect the lower computer cable (I) (28), the lower computer cable (30) and the upper computer cable (38A) with the corresponding cables of the computer (1) - see fig. Now assemble the computer (1) to the handlebar post welding set (2), using four cross screws (92) - see figure.

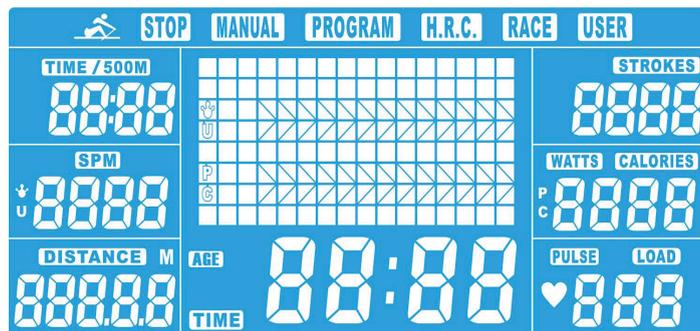
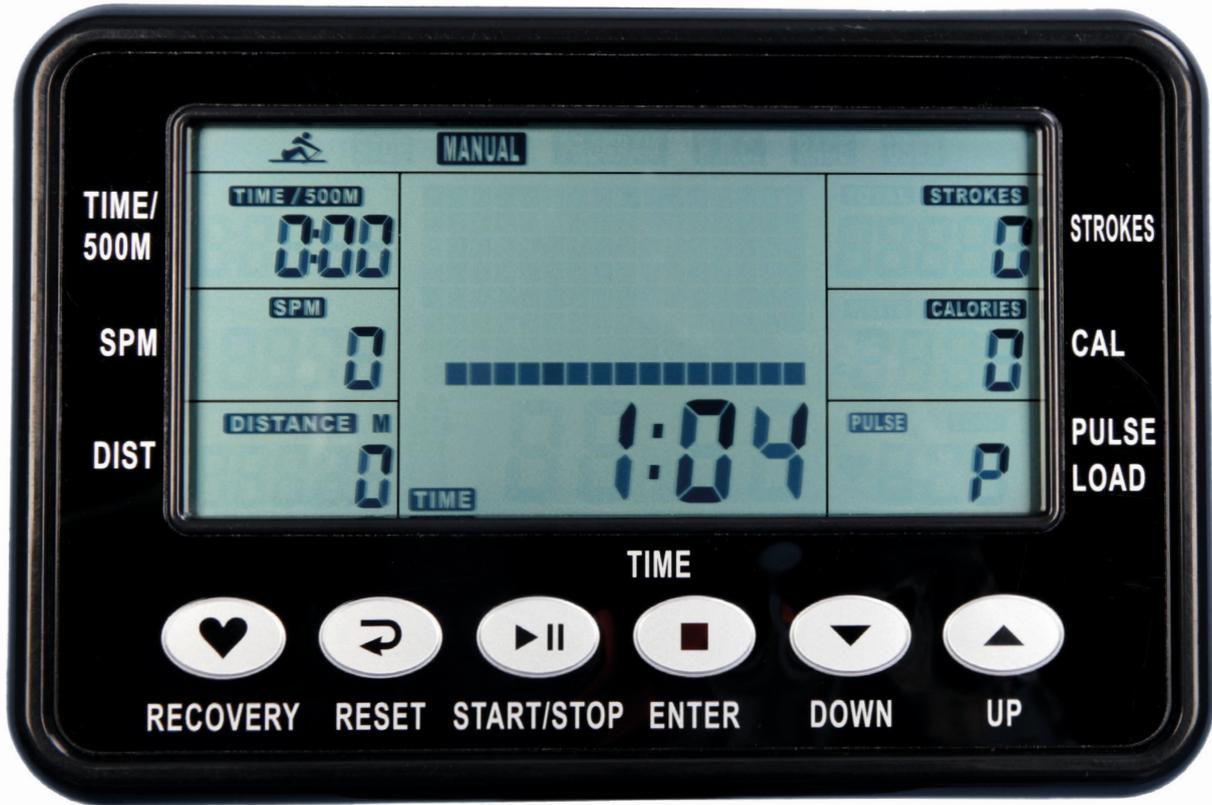


Step 5: Folding

Your rowing machine can be folded space-savily. To do this, loosen the rotary knob (see figure A) and pull it upwards slightly. Now you can fold the sliding beam (19) upwards (see figure B). Please make sure that the sliding beam (19) engages audibly (see figure C). To fold the sliding beam (19) down again, please pull it up until it releases audibly. Now lower the sliding beam (19) back to the ground and fasten the rotary knob again.



4.1 Console display



WATTS	Displays the current output in watt, display range: 0 - 999
CALORIES	Displays your calorie consumption in kcal, display range: 0 - 9999; adjustment range: 0 - 9990
DISTANCE	Displays your covered distance in metres, display range: 0 - 9999 m
PULSE	Displays the pulse beats per minute (BPM), display range: 30 - 230 BPM
TIME/500M	Displays your training time and time/500 m, display range: 0:00 - 99:00 minutes; displays how long it will take to reach 500 m at maintaining speed.
SPM	Displays the strokes per minute, display range: 0 - 99
STROKES	Displays the number of strokes during your training, display range: 0 - 9999
LOAD	Displays the load level, adjustment range: 1 - 16
TIME	Displays your training time
MANUAL	Manual Programme
PROGRAM	Pre-set programmes (P1 - P12)
H.R.C.	Heart rate-oriented programmes
RACE	Competition between the user and the computer
USER	User-defined programmes

4.2 Button functions

START/STOP	With this button you can start, stop or pause your training.
UP	With this button you can increase a value or Funktionswert erhöhen oder select a setting.
DOWN	With this button you can decrease a value or select a setting.
ENTER	With this button you can confirm your choices and settings.
RESET	<ol style="list-style-type: none"> 1. Press and hold this button for 2 seconds to restart the computer. 2. Press this button to delete values. 3. Press this button after your training is finished and you will return to the main menu.
RECOVERY	Press this button and your recovery heart rate will be displayed.

4.3 How to turn on the rowing machine and first settings

Plug the adaptor into the socket (or press and hold the reset button for 2 seconds). The console will start along with an acoustical signal. All segments will be displayed on the screen (fig. 1). Now you will be taken to the user menu (USER). Choose a user between U1 and U4 with the UP and DOWN buttons and confirm your choice with the ENTER button. You will now enter the training menu. No matter where the motor comes to a stop it will always return to position 1.

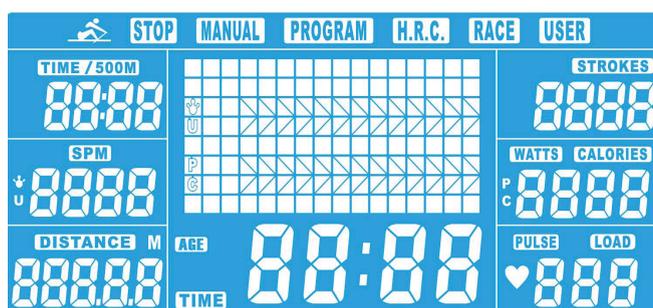


figure 1

4.4 Training programmes

4.4.1 Sleep mode

The LCD display will shut down when the console does not receive any signal for 4 minutes (No movement and no pulse). The motor will return to zero. The system will stop and all calculated values will be saved.

4.4.2 Function selection

Once you are in the main menu MANUAL will appear on the display. Use the UP and DOWN buttons to choose a programme mode: Manual --> Program --> H.R.C. --> Race --> User. Confirm with the ENTER button.

4.4.3 Manual programme (MANUAL)

1. Press the START/STOP button when you are in the main menu to start a training session in the manual mode immediately.
2. Press the UP or the DOWN button to select the manual programme mode. Confirm with the ENTER button.
3. Press the UP or the DOWN button to set a target value for TIME/DISTANCE/CALORIES and PULSE. Confirm each entry with the ENTER button (fig. 2); TIME and DISTANCE can not be set simultaneously.
4. Press the START/STOP button to start your training (fig. 3). The set values will be counted down. You can adjust the resistance level (1 - 16) by using the UP and the DOWN button.
5. As soon as one of the pre-set values reaches zero the console will stop. The function will be displayed in 1Hz and an acoustical signal will be heard for 8 seconds. The average value will be displayed. Press any button to stop the signal. TIME will return to the priorly set target value.
6. Press the RESET button to return to the main menu.

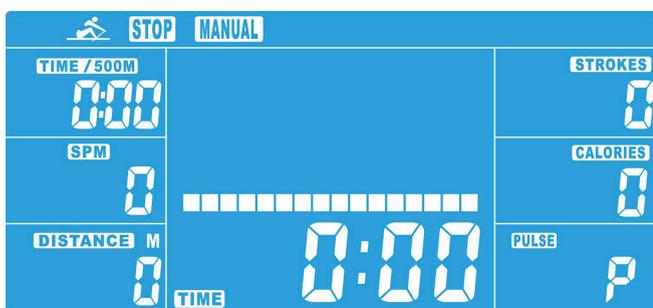


figure 2

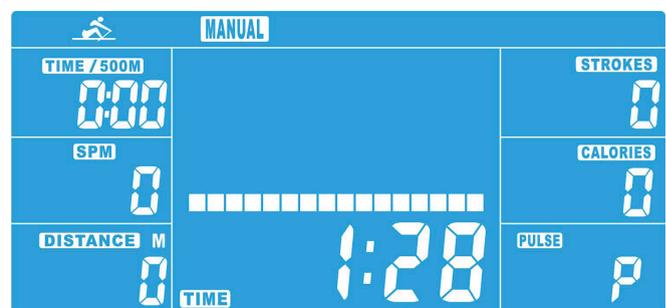


figure 3

4.4.4 Pre-set programmes (PROGRAM)

1. Press the UP or DOWN button to select the pre-set programme mode. Confirm with the ENTER button.
2. Press the UP or the DOWN button to select a profile (P1-P12, fig. 4). Confirm with the ENTER button.
3. Press the UP or the DOWN button to set a value for TIME (fig. 5). Confirm with the ENTER button.
4. Press the START/STOP button to start your training. You can adjust the resistance level (1 - 16) by using the UP and the DOWN button.
5. When the pre-set value for TIME reaches zero the console will stop. An acoustical signal will be heard for 8 seconds. The average value will be displayed. Press any button to stop the signal. TIME will return to the priorly set target value.
6. Press the RESET button to return to the main menu.

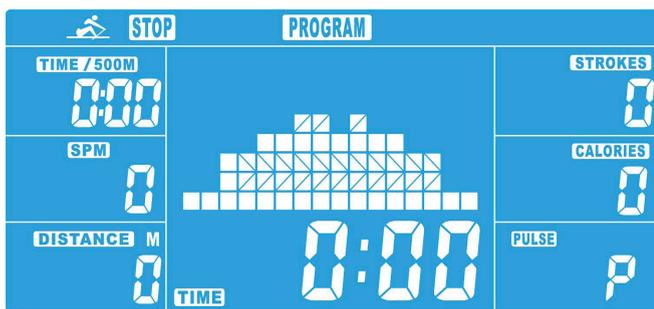


figure 4

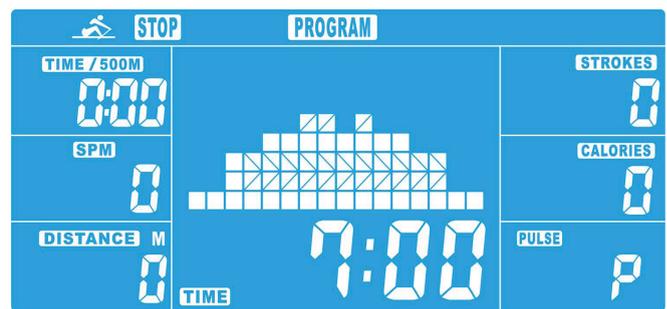
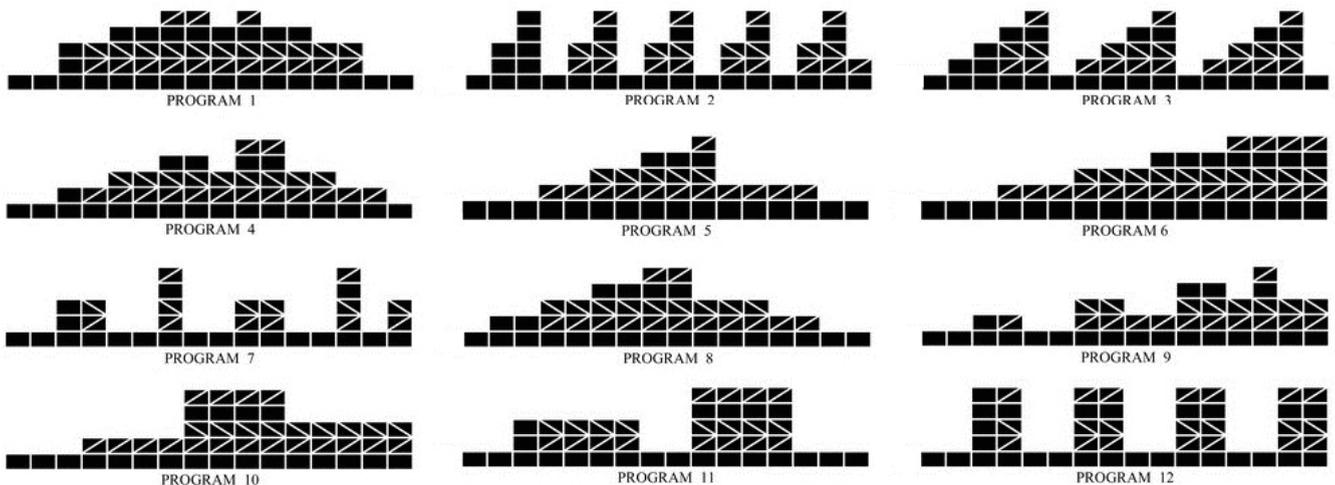


figure 5

Programmes P1-P12



4.4.5 Heart rate-oriented programmes (H.R.C.)

1. Press the UP or the DOWN button to select the heart rate-oriented programme mode. Confirm with the ENTER button.
2. Press the UP or DOWN button to set your age (it is preset to 25, fig. 6). Confirm with the ENTER button.
3. Press the UP or DOWN button to choose between 55%, 75%, 90% or target heart rate (fig. 7). For 55% the pre-set value will be 107bpm, for 75% 146bpm and for 90% 175bpm. If you would like to set a target value on your own, please choose TAG. The value is pre-set to 100bpm (fig. 8) but you can adjust it by using the UP or DOWN button (30-230bpm).
4. Press the UP or DOWN button to to set a value for TIME (fig 9).
5. Press the START/STOP button to start your training. As soon as the console receives a signal the time will be counted down until zero is reached. Then an acoustical signal will be heard for about 8 seconds. Press any button to stop the signal.
6. If your pulse does not reach the set heart rate value, the system will increase the resistance level every 30 seconds (up to level 16). If your pulse is higher than the set heart rate value, the system will decrease the resistance level every 15 seconds along with an alarm which will be heard all 2 seconds. In case your pulse is still higher than the set heart rate value when the lowest resistance level (1) is reached, the console will stop automatically for your own safety.
7. Press the RESET button to return to the main menu.



figure 6

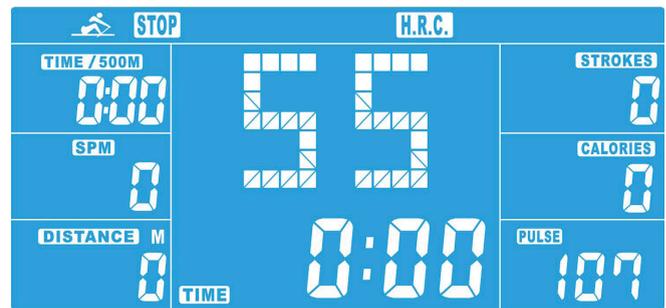


figure 7

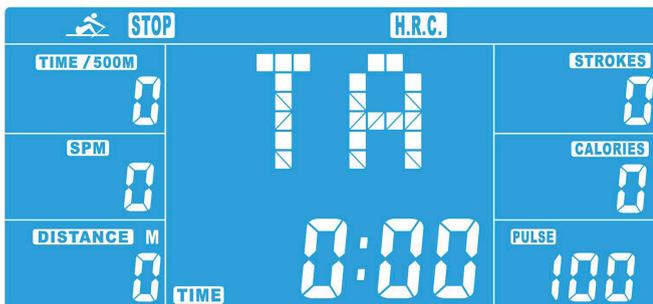


figure 8



figure 9

4.4.6 Race programme (RACE)

1. Press the UP or DOWN button to select the race programme mode (fig. 10). Confirm with the ENTER button.
2. Press the UP or DOWN button to set a value for SPM (the pre-set value is 10) and DISTANCE (the pre-set value is 500) (fig. 11). Confirm with the ENTER button.
Levels: 15; L1 = 1:00 TIME/500M, L15 = 8:00 TIME/500M; steps (pre-set): 0:30 TIME/500M
3. Press the START/STOP button to start your training. The status of the USER and the PC will be displayed (fig. 12). The distance of the PC will appear in the PC column and the USER's in the USER column (fig. 13).
4. As soon as one of the pre-set values is reached the console will stop. The data for the PC or for the USER will be displayed (fig. 14). A signal will be heard. Press any button to stop the signal.
5. Press the RESET button to return to the main menu.

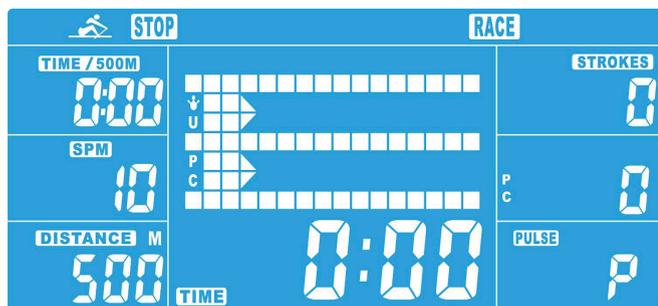


figure 10

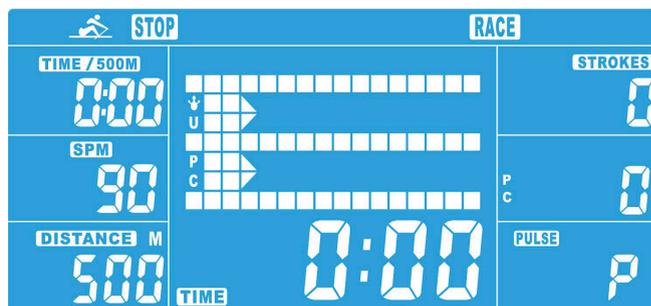


figure 11

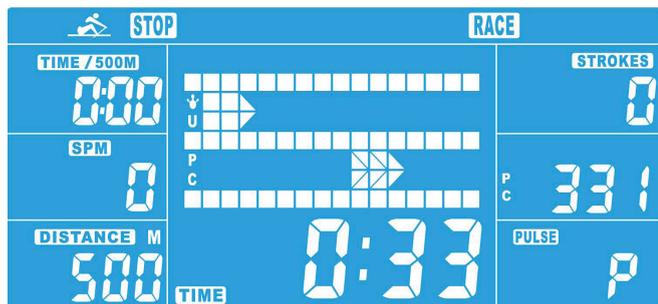


figure 12

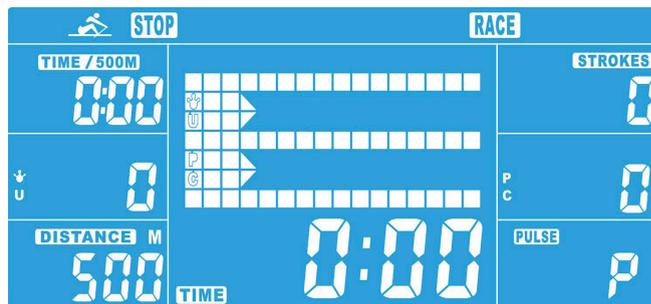


figure 13

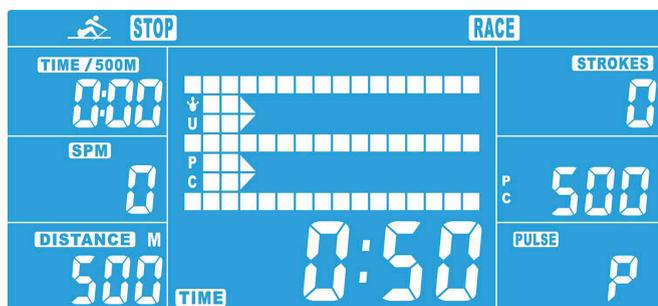


figure 14

4.4.7 User-defined programme (USER)

1. Press the UP or DOWN button to select the user-defined programme mode (fig. 10). Confirm with the ENTER button.
2. Press the UP or DOWN button to set the resistance level for each section (fig. 15). Confirm every entry with the ENTER button. Press and hold the MODE button when you are done.
3. Press the UP or DOWN button to set a value for TIME (fig. 16). Confirm with the ENTER button.
4. Press the START/STOP button to start your training. You can adjust the resistance level (1 - 16) by using the UP and the DOWN buttons.
5. When the pre-set value reaches zero, the console will stop and an acoustical signal will be heard for 8 seconds. Press any button to stop the signal.
6. Press the START/STOP button to pause your training.
7. Press the RESET button to return to the main menu.

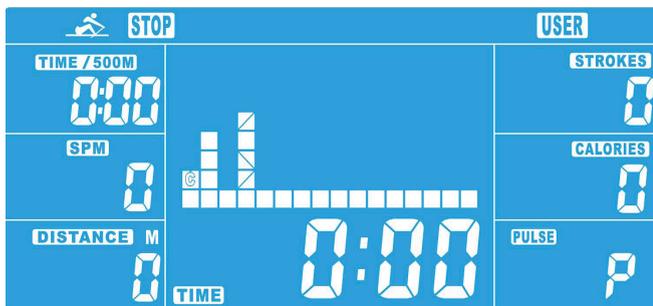


figure 15

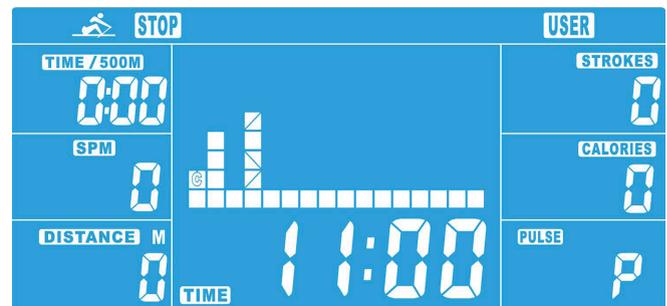


figure 16

4.4.8 Recovery mode (RECOVERY)

1. For the recovery mode you will have to wear a chest strap. As soon as your pulse is displayed on the console, please press the RECOVERY button and the measurement will begin.
2. All functions except for TIME and PULSE (fig. 17) will not be displayed. A countdown of 60 seconds will start.
3. When the time is up, the console will display your status of heart rate recovery. Your status will be displayed in F1 to F6 (fig. 18), see table below.



figure 17

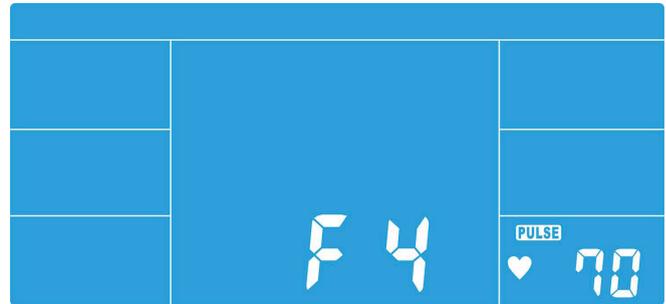


figure 18

1.0	OUTSTANDING
1.0 < F < 2.0	EXCELLENT
2.0 < F < 2.9	GOOD
3.0 < F < 3.9	FAIR
4.0 < F < 5.9	BELOW AVERAGE
6.0	POOR

Troubleshooting

When the console displays the error E-2, please examine the cable connections and check if there are any damages.

4.5 Heart rate measurement

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.

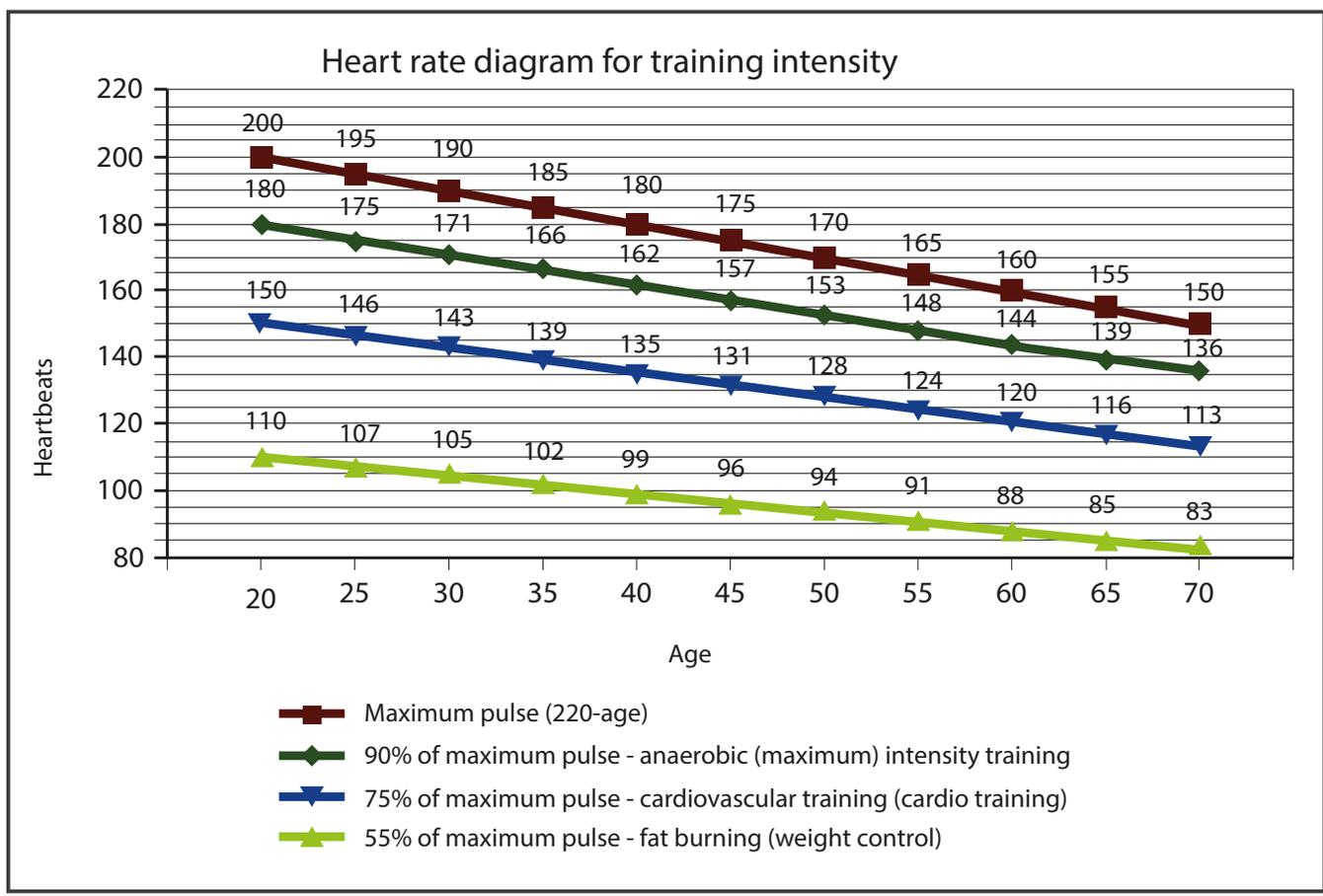
Cardiovascular training (cardio training): The primary goal is to increase endurance and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training period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

Darwins'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
RM40	Home use	24 months

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

	Protective Mat size XL ArtNo. ST-FM-XL
	Polar Transmitter Chest Strap T34 uncoded ArtNo. T34
	Chest strap contact gel 250ml ArtNo. BK-250
	Fitness Equipment care kit ArtNo. HF-500

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

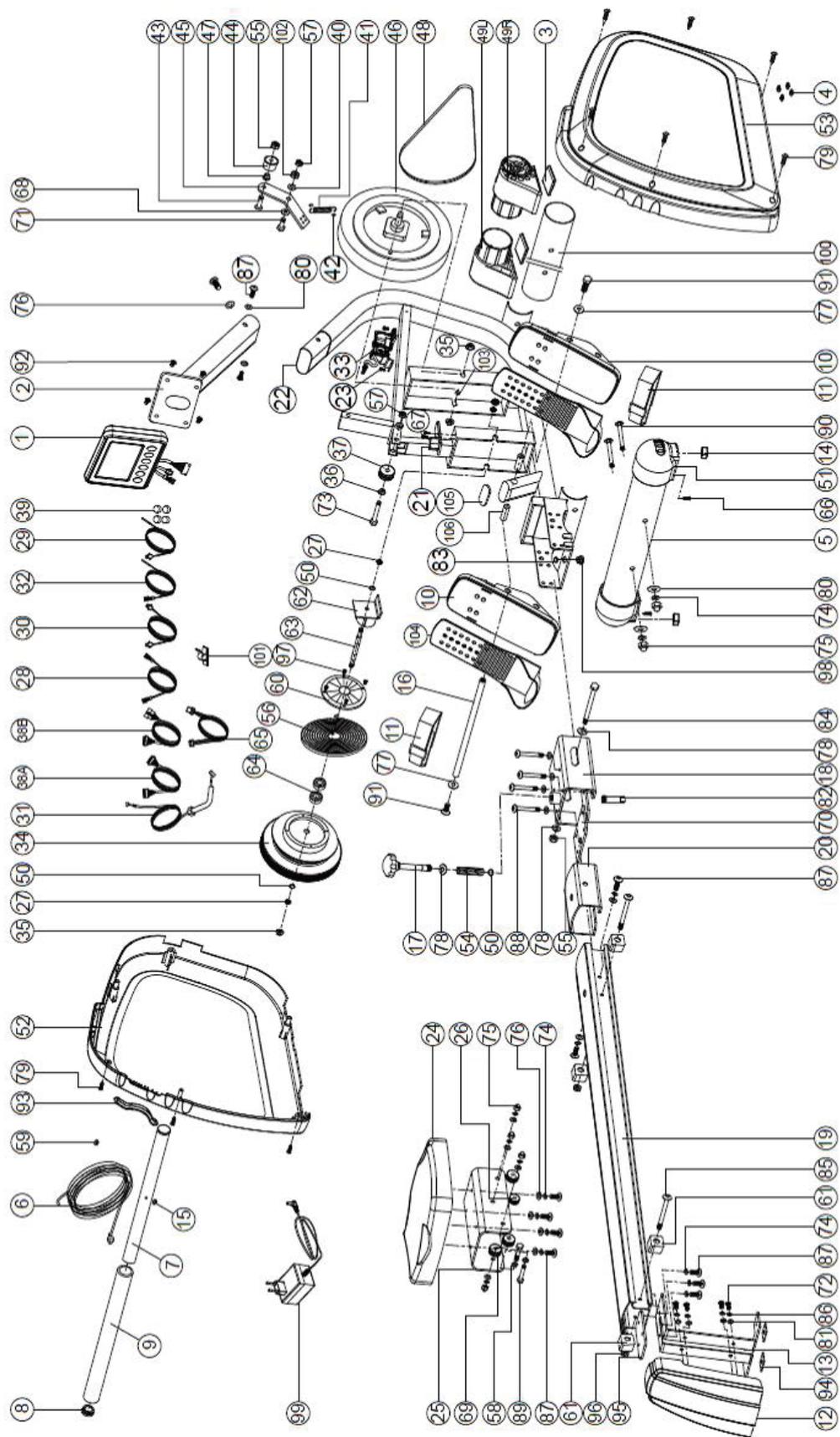
No.	Description	Drawing No.	Qty.
1	Computer	253E2-6-2501-B0	1
2	Handlebar post welding set	253E2-3-2700-J0	1
3	Front anti-slip pad	253D2-6-1981-B0	2
4	Pin	71600-6-4586-60	2
5	stabilizer	70201-6-2107-J0	1
6	Pulling rope	24600-6-2201-B0	1
7	Foam roller	24600-6-2471-J1	1
8	Half-ball cap	553F0-1-0031-B3	2
9	Foam	58015-6-1244-B0	1
10	Foot pedal	252A2-6-1085-B0	2
11	Strap	252A2-6-1089-B0	2
12	Rear cover	25100-6-2430-B0	1
13	Rear supporting bracket set	25100-3-2800-J1	1
14	Rear anti-slip pad	253D2-6-1982-B0	2
15	Bushing	58002-6-1084-B1	1
16	Horizontal axle	252A2-6-1073-N0	1
17	Ball knob	52610-2-0116-BB	1
18	Pulley bracket	24500-3-1125-J5	1
19	Sliding beam	24600-6-1001-02	1
20	Supporting fixing set	24500-6-1003-N1	1
21	Fixing set for sensor	24600-6-2582-02	1
22	Main frame	253E2-3-2600-J0	1
23	Cross bolt ST4.2*15L	53342-2-0015-F0	2
24	Seat	58001-6-1311-B0	1
25	Supporting bracket for seat	25300-3-1585-J0	1
26	Pulley	220A0-6-1578-00	2
27	Hex nut D9.5x5T	55295-2-3005-NA	3
28	Lower computer cable (I)	25100-6-2585-B0	1
29	Sensor (I)	25300-6-2576-B0	1
30	Lower computer cable	25100-6-2573-B0	1
31	Tension cable	741J2-6-2601-01	1

No.	Description	Drawing No.	Qty.
32	Sensor	25300-6-2583-B0	1
33	Motor	253E2-6-2571-00	1
34	Wheel for pulling rope	24900-6-2101-B0	1
35	Anti-loosen nut 3/8"-26UNFx6.5T	18600-6-3175-N1	4
36	Bushing	58002-6-1081-01	2
37	Pulley	24500-6-2271-B0	1
38A	Upper computer cable	25300-6-2572-00	1
38B	Lower computer cable	804G2-6-2573-00	1
39	Round magnet	174R4-6-2574-00	4
40	Plastic flat washer D10*D24*0.4T	55110-1-2404-BF	1
41	Spring D2.2*D14*65L	58003-6-1024-N0	1
42	Plastic cover D3*30L	803K0-6-1082-00	2
43	Allen bolt M10*35L	50310-5-0035-C3	1
44	Idle wheel	745S0-6-1671-00	1
45	Fixing plate for Idle wheel	24500-6-2674-N1	1
46	Magnet system	24500-6-2672-04	1
47	Bushing D20*D14*11.5	58002-6-1067-01	1
48	Belt	58004-6-1070-00	1
49L	Front foot cap (L)	55483-H-0060-BB1	1
49R	Front foot cap (R)	55483-R-0060-BB1	1
50	C-ring S-10(1T)	55510-1-0010-00	3
51	Adjustable footcap	55479-L-0060-BB1	2
52	Left chain cover	25300-6-2426-B0	1
53	Right chain cover	25300-6-2427-B0	1
54	Spring	58003-6-1042-N0	1
55	Anti-loosen nut M10x1.5x10T	55210-1-2010-CA	2
56	Volute spring 20*0.8T	58003-6-1051-02	1
57	Anti-loosen nut M8*1.25*8T	55208-1-2008-NA	2
58	Bushing of pulley axle	220A0-6-1577-00	6
59	Buffer	24500-6-2175-G1	1
60	Fixing plate for spring	24600-6-2171-B1	1

No.	Description	Drawing No.	Qty.
61	Square buffer	25100-6-2175-B0	2
62	Tube of revolving axle	24600-3-2125-N3	1
63	Flywheel axle	24600-6-2173-N0	1
64	Bearing #6000ZZ	58006-6-1001-00	2
65	Electrical cable	195E5-6-2596-00	1
66	Cross screw	53304-2-0010-N0	2
67	Cross screw M5*0.8*10L	50805-2-0010-D0	2
68	Flat washer D21*D8.5*1.5T	55108-1-2115-CA	1
69	Pulley	24500-6-1578-01	4
70	Reinforce plate	24500-6-1017-J1	1
71	Hex bolt	50108-5-0025-N3	1
72	Cross screw M6*1.0*20L	52606-2-0020-F0	4
73	Ladder screw M8*1.25*55.5L	24600-6-2177-N1	1
74	Spring washer D15.4*D8.2*2T	55108-2-1520-FA	19
75	Domed bolt M8*1.25*15L	55208-6-2015-FA	10
76	Flat washer D16xD8.5x1.2T	55108-1-1612-FA	17
77	Flat washer D25*D8.5x2.0T	55108-1-2520-FA	2
78	Flat washer D20*D11*2T	55110-1-2020-FA	3
79	Cross screw ST4.2*1.4*20L	53342-2-0020-N0	7
80	Curved washer D22*D8.5*1.5T	55108-3-2215-FA	6
81	Flat washer D13*D6.5*1.0T	55106-1-1310-FA	4
82	Connecting axle cover	24500-6-1027-N0	1
83	C ring S-16(1T)	55516-1-0010-00	2
84	bolt M10*1.5*150L	50110-2-0150-F5	1
85	Hex bolt M8*1.25*100L	50308-5-0100-F4	2
86	Spring washer D10.5*D6.1*1.3T	55106-2-1013-FA	4
87	Allen bolt M8*1.25*20L	50308-5-0020-F0	12
88	Allen bolt M8*1.25*75L	50308-5-0075-F4	4
89	Hex bolt M8*1.25*35L	50108-5-0035-F3	6
90	Allen bolt M8x1.25x75L	50508-5-0075-F3	4
91	Hex screw M8*1.25*20L	50108-5-0020-F0	2
92	cross screw M5*0.8*10L	52605-2-0010-F0	4
93	Guide plate of pull cable	25300-3-2660-C0	1

No.	Description	Drawing No.	Qty.
94	Square buffer	25300-6-2175-B0	4
95	Fixing plate	24600-6-1904-J0	1
96	Hex nut M8*P1.25*6T	55208-2-2006-FA	2
97	cross screw ST4.2*15L	52842-2-0015-N0	4
98	Fixing nut M10*1.5*13	253C2-6-1103-F0	1
99	Adaptor	804C2-6-2584-01	1
100	Front stabilizer	25300-6-1931-J0	1
101	Adhesive fixed clamp	39000-6-5871-00	1
102	Allen nut	55208-2-2006-NA	1
103	Small spacer	58002-6-1001-00	1
104	Pedal pad	252A2-6-1086-B0	2
105	Oval end cap	55311-3-3070-B8	1
106	sleeve	253E2-6-2680-J0	2
/	spanner	58030-6-1028-N2	2
/	Allen cross spanner	58030-6-1031-N1	1

8.4 Exploded drawing



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

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

www.sport-tiedje.com/en/stores



DARWIN **RM 40**