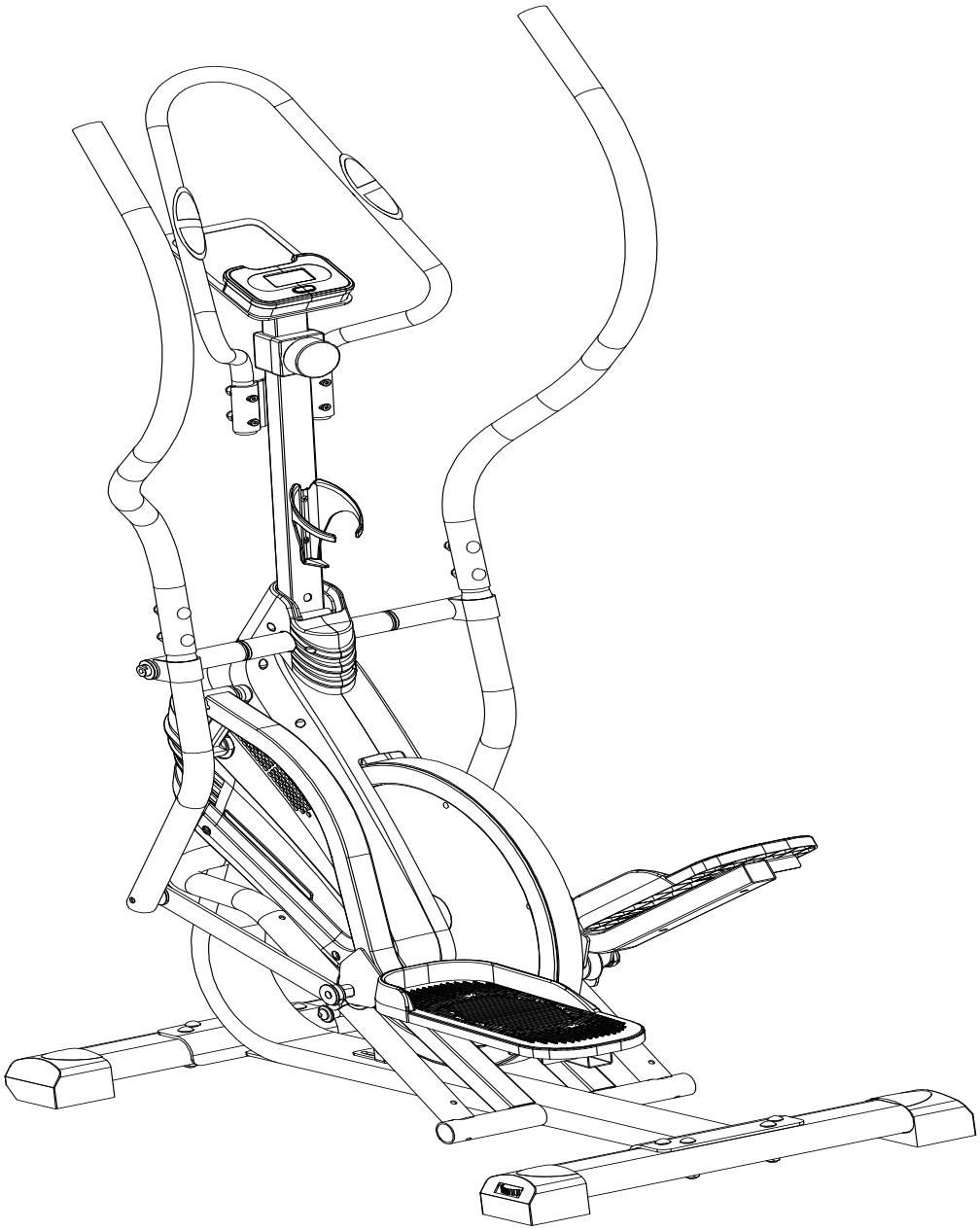
DUKEFITNESS

Assembly and Operating Instructions



max. 120 kg

~ 60 Min.

38 kg

L 96 | W 67 | H 158

DU STEPPER PLUS.01.02

Art. No. DU-STEPPER PLUS

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Dear customer,
Thank you for choosing a Duke Fitness brand fitness equipment. Duke Fitness offers you fitness equipment that makes it easy to start exercising regularly, stay fit and lose weight. We want to help you to achieve your fitness goals quickly and sustainably and hope that your new fitness equipment will help you to do so. Do not hesitate to contact us if you have any further questions about your training or fitness equipment, or if you would like to add more equipment to your existing fitness equipment. We wish you much of success!

Your Fitness Team from Sport-Tiedje and Duke Fitness

Further information can be found at www.sport-tiedje.com.

Intended Use

The equipment may only be used for its intended purpose.

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

Legal Notice

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

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Disclaimer

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

ABOUT THIS MANUAL

Please carefully read the entire manual before installation and first use. The manual will help you to quickly set up the system and explains how to safely use it. Make sure that all persons exercising with the equipment (especially children and persons with physical, sensory, mental or motor disabilities) are informed about this manual and its contents in advance. In case of doubt, responsible persons must supervise the use of the equipment.

This equipment has been manufactured according to the latest safety knowledge. As far as possible, potential safety hazards which could cause injury have been eliminated. Make sure to carefully follow the instructions and that all parts are securely in place. If required, read through the instructions again to correct any mistakes.

Please pay close attention to the safety and maintenance instructions given here. The contract partner cannot be held liable for damage to health, accidents or damage to the equipment when it is not used in accordance with these instructions.

The following safety instructions may appear in this manual:

► **ATTENTION**
This notice indicates potentially hazardous situations which, if not avoided, may result in property damage.

⚠ **CAUTION**
This notice indicates potentially hazardous situations which, if not avoided, may result in slight or minor injuries!

⚠ **WARNING**
This notice indicates potentially hazardous situations which, if not avoided, may result in death or serious injuries!

⚠ **DANGER**
This notice indicates potentially hazardous situations which, if not avoided, will result in death or serious injuries!

ⓘ **NOTICE**
This notice indicates further useful information.

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

1.1 Technical Data

LCD Display of

- Speed in km/h
- MPH
- training time in min
- training distance
- calories burnt
- heart rate

Resistance system:	manual magnetic brake system
Resistance level:	8
Maxiumm stride length:	25.4 cm
Stride height:	18 cm
Stride width:	27 cm
Flywheel mass:	7 kg

Weight and Dimensions:

Article weight (gross, incl. packaging):	42 kg
Article weight (net, without packaging):	38 kg
Packaging dimensions (L x W x H) approx.:	93.5 cm x 33 cm x 77.5 cm
Set up dimensions (L x W x H) approx.:	95.5 cm x 67.3 cm x 158 cm
Maximum user weight:	120 kg

1.2 Personal Safety

⚠ DANGER

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

⚠ WARNING

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

⚠ CAUTION

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

► ATTENTION

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

1.3 Set-Up Place

⚠ **WARNING**

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

⚠ **CAUTION**

+ Choose a location in which to place the equipment such that there is enough free space/ clearance to the front, the rear and to the sides of the equipment.
+ The training room should be well ventilated during training and not be exposed to any draughts.
+ Choose the place in which to set up the equipment such that there is enough free space/ clearance to the front, the rear and to the sides of the equipment.
+ The set-up and mounting surface of the equipment should be flat, loadable and solid.

► **ATTENTION**

+ The device may only be used in one building, in sufficiently tempered and dry rooms (ambient temperatures between 10°C and 35°C). The equipment should not be used outdoors or in rooms with high humidity (over 70%) like swimming pools.
+ A floor protective mat/equipment underlay can help to protect high-quality floor coverings (parquet, laminate, cork, carpets) from dents and sweat and can help to level out slight unevenness.

2.1 General Instructions

DANGER

+ Do not leave any tools, packaging materials such as foils or small parts lying around, as otherwise there is a danger of suffocation for children. Keep children away from the equipment during assembly.

WARNING

+ Pay attention to the instructions attached to the equipment in order to reduce the risk of injuries.

CAUTION

+ Ensure to have sufficient room for movement in each direction during assembly.
+ The assembly of the equipment must be carried out by at least two adults. If in doubt, seek the help of a third technically skilled person.

ATTENTION

+ To prevent damage to the equipment and the floor, assemble the equipment on a mat or packaging board.

NOTICE

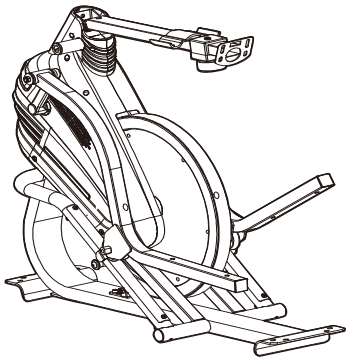
+ In order to make the assembly as simple as possible, some screws and nuts to be used can already be pre-assembled.
+ Ideally, assemble the equipment at its later set-up place.

2.2 Scope of Delivery

The scope of delivery consist of the following parts. At the beginning, check whether all parts and tools belonging to the device are included in the scope of delivery and whether damage has occurred. In the event of complaints, the contractual partner must be contacted directly.

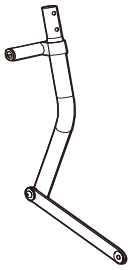
⚠ **CAUTION**

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

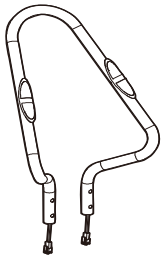


NO. 1 / 9L / 9R / 39
Main Fame x 1set

NO. 29L / 25
Left Swing Rod with Connect metal x 1set

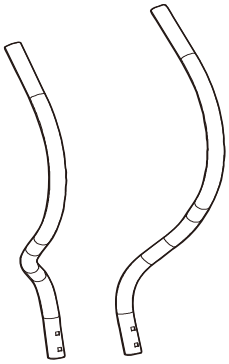


NO. 29R / 25
Right Swing Rod with Connect metal x 1set

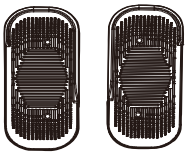


NO. 86
Middle Handlebar x 1set

NO. 49
Long Axis x 1pc



NO. 34L / 34R
L&R Handlebar x 1set



NO. 10L / 10 R
Pedal (L/R) x 1set

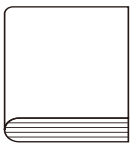
NO. 41
Monitor x 1pc

NO. 86
Pedal Subplate x 1set

NO. 89
Bottle Holder x 1pc

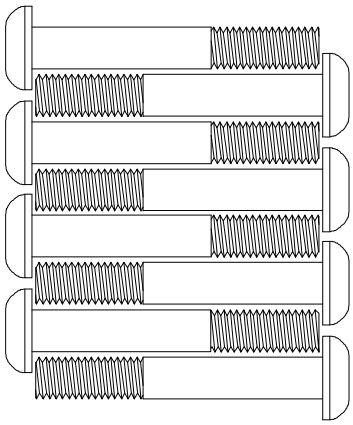
NO. 2
Front Bottom Tube x 1pc

NO. 3
Rear Bottom Tube x 1pc

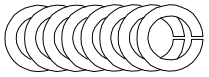


User Manual x 1pc

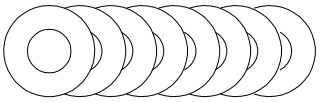
Step 1



Screw M8*55 (4)-8

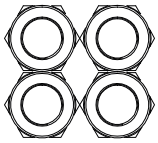


Spring Washer D8 (5)-8

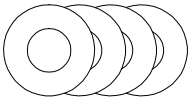


Washer D8 (6)-8

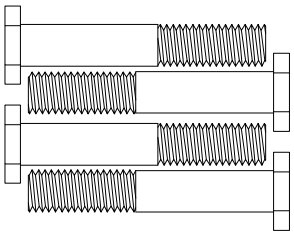
Step 2



Nylon Nut M8 (12)-4

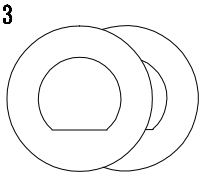


Washer D8 (6)-4

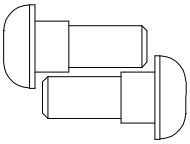


Bolt M8*50 (11)-4

Step 3

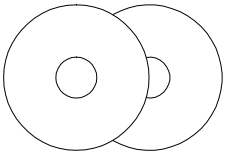


Washer Φ16*Φ28
(30)-2

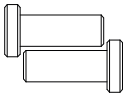


Bolt M8*9 (26)-2

Spring Washer D8
(32)-2



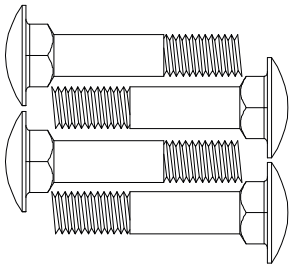
Washer D8*Φ28
(31)-2



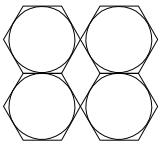
Screw M8*16
(33)-2

Wave washer ⌀26*⌀16*0.3
(95)-2

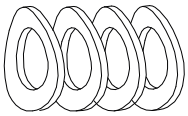
Step 4



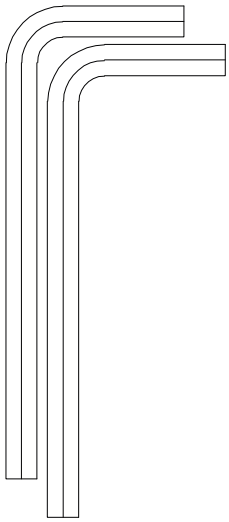
Bolt M8*40 (35)-4



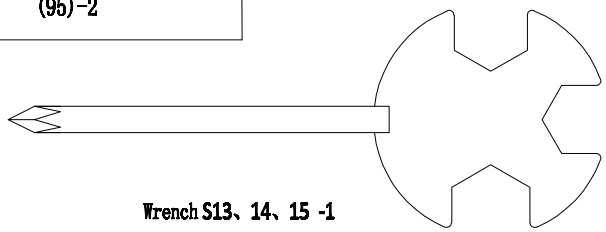
Nut M8 (37)-4



Washer D8 (36)-4

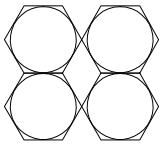


Wrench S6-2

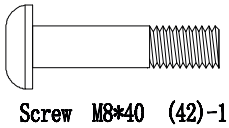


Wrench S13、14、15 -1

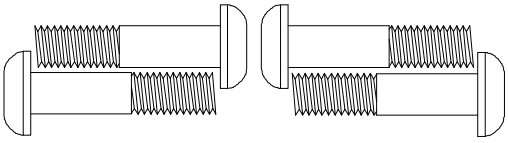
Step 5



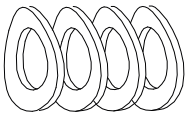
Nut M8 (37)-4



Screw M8*40 (42)-1



Screw M8*35 (87)-4



Washer D8 (36)-4

2.3 Assembly

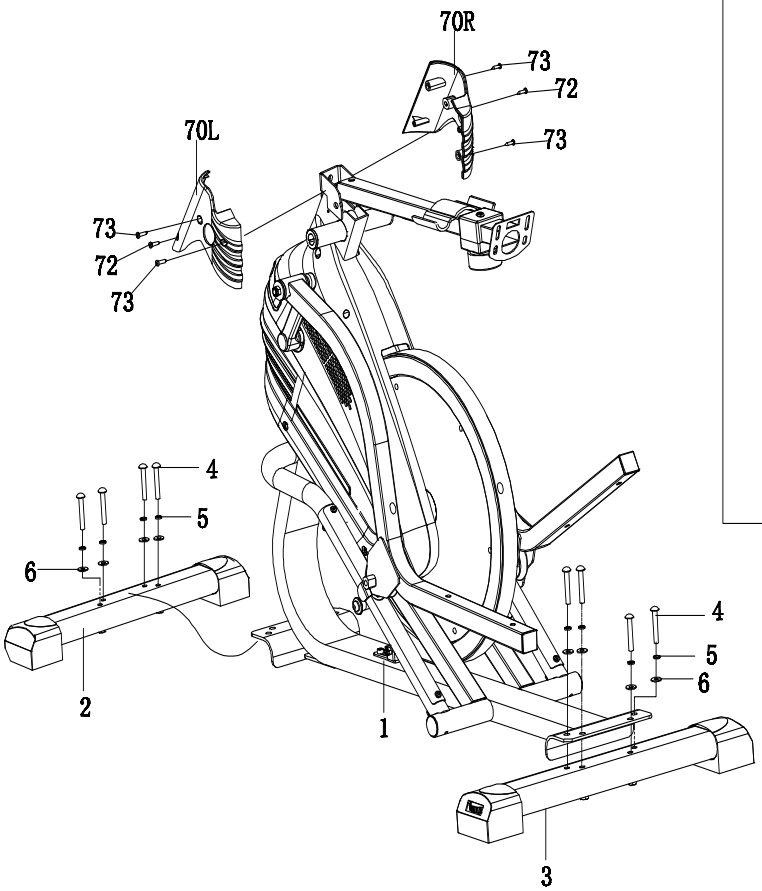
Before assembly, take a close look at the individual assembly steps shown and carry out the assembly in the order given.

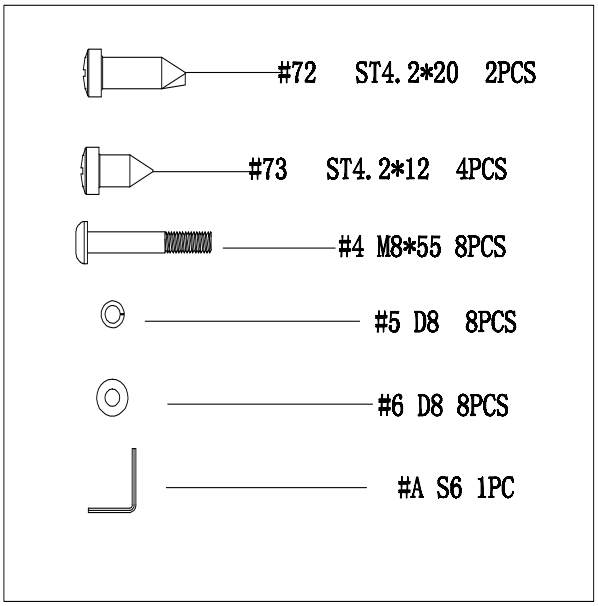
NOTICE

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

Step 1: Assembly of the Stabilizers and the Covers

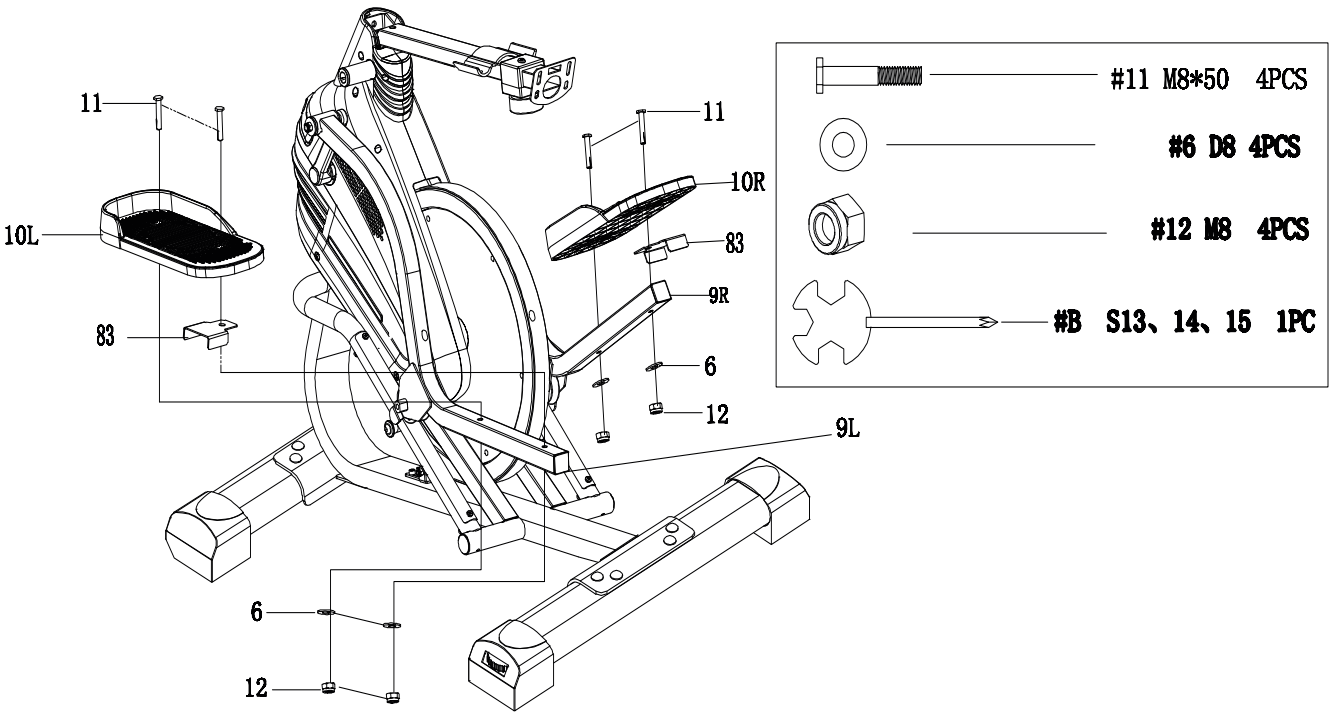
1. Mount the front stabilizer (2) and the rear stabilizer (3) to the main frame (1) with four screws (4), four spring washers (5) and four washers (6) on each of the stabilizers (2 & 3).
2. Mount the left and right decorative covers (70L & 70R) to the main frame (1) with two screws (73) and one screw (72) on each side.





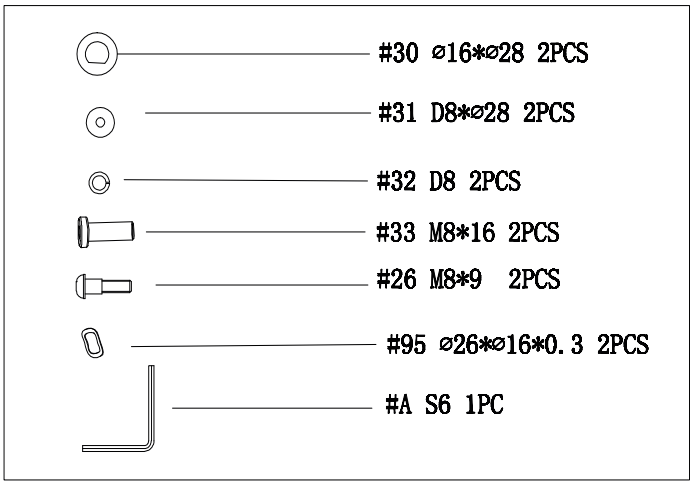
Step 2: Assembly of the Pedals

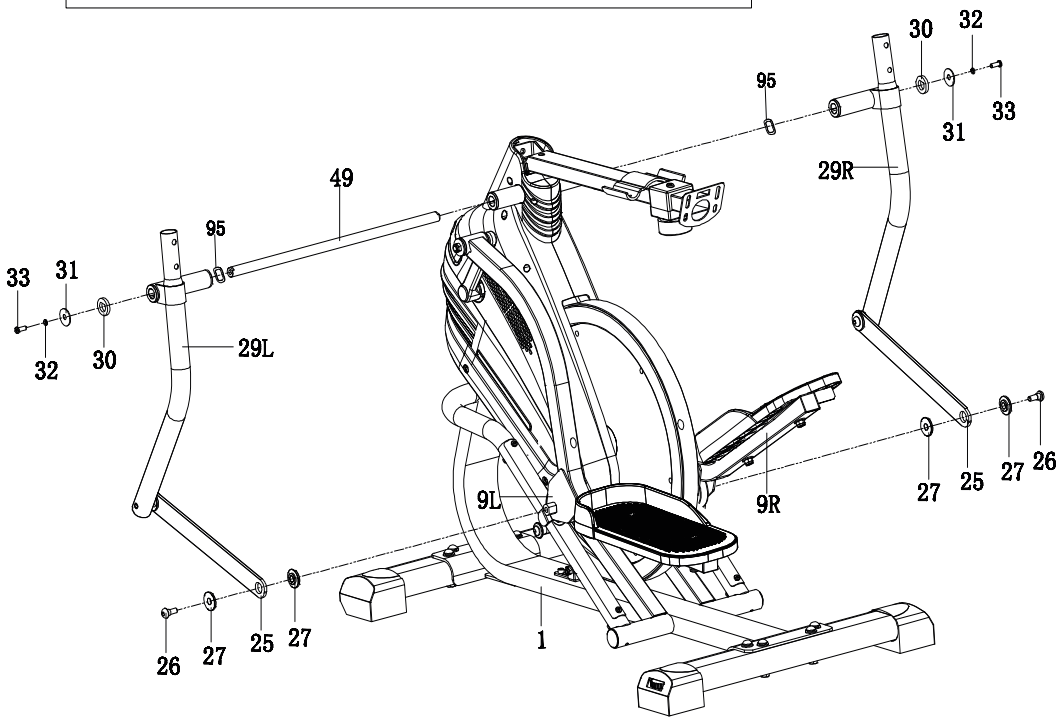
1. Place one pedal plate (83) on each of the pedal welds (9R & 9L).
2. Mount the pedals (10R & 10L) to their respective pedal weld (9R & 9L) with two screws (11), two washers (6) and two nylon nuts (12) on each side.



Step 3: Assembly of the Swing Rods

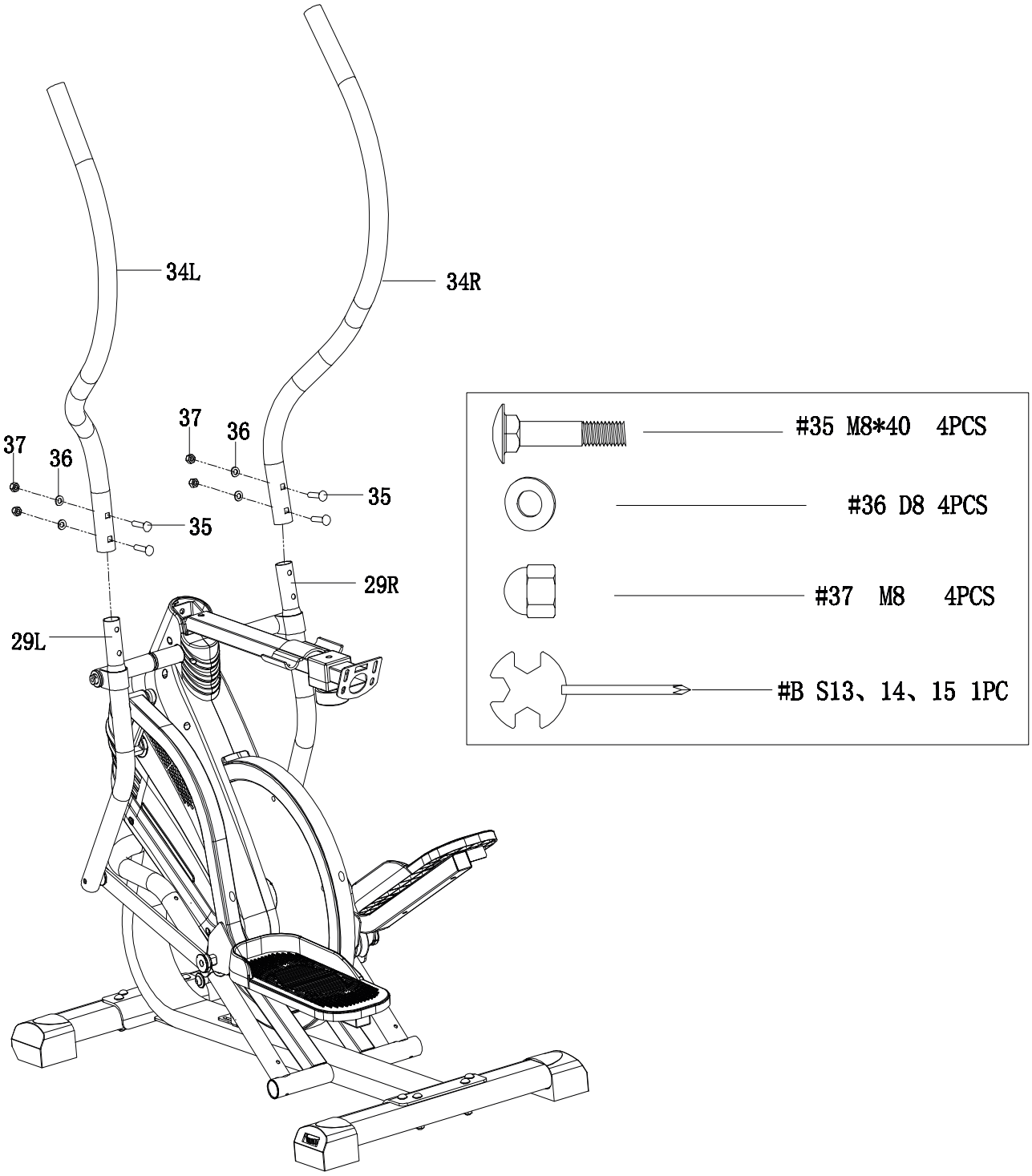
1. Slide the long axis (49) through the connection at the top centre of the main frame (1).
2. Mount the right swing rod (29R) to the right of the long axis (49) with one screw (33), one spring washer (32), one washer (31), one washer (30) and one wave washer (95).
3. Mount the connect metal of the right swing rod (25) to the right pedal weld (9R) with one screw (26) and two washers (27).
4. Repeat the steps 2 and 3 on the left side.





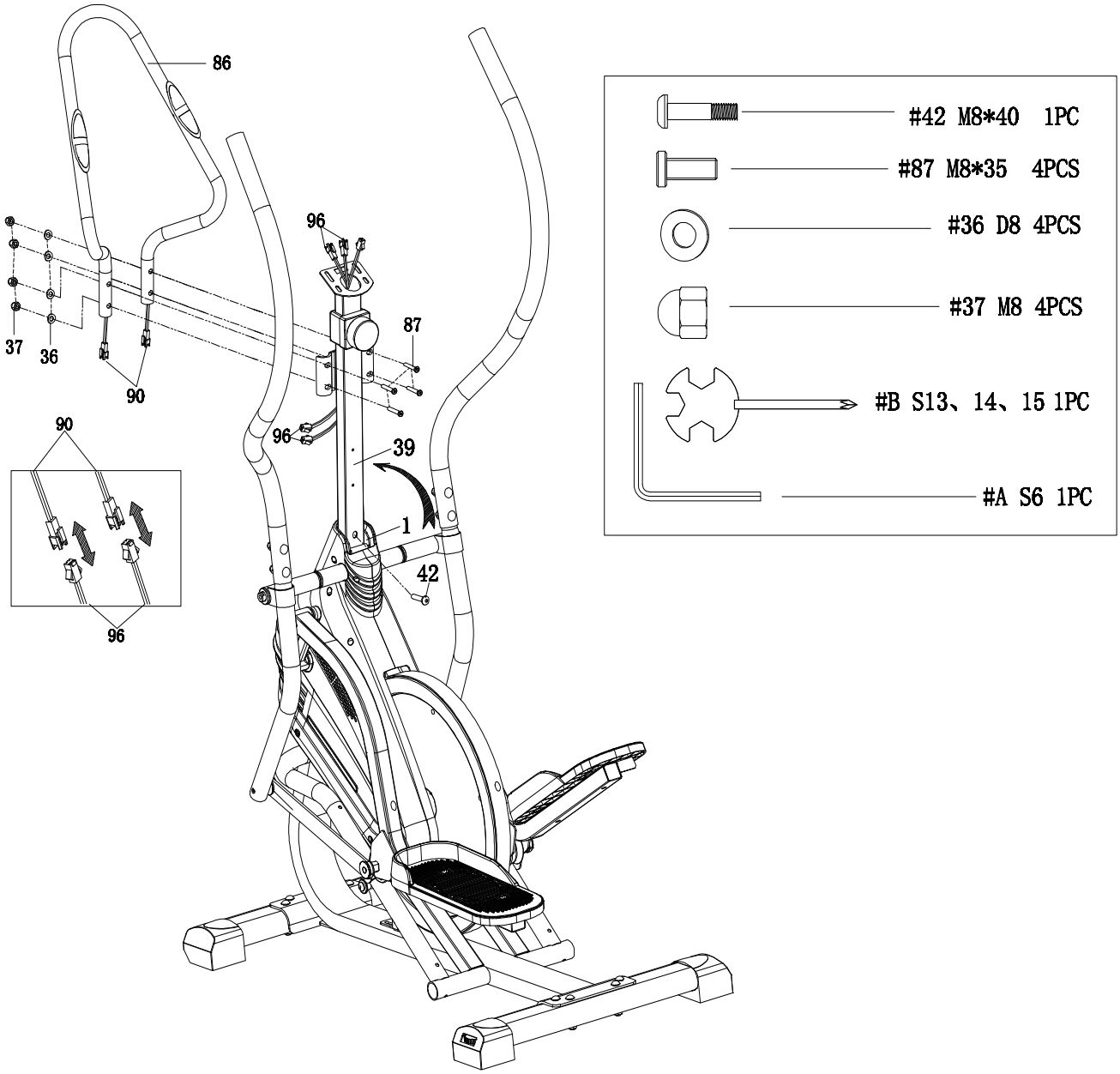
Step 4: Assembly of the Handlebars

Mount the left and right handlebars (34L & 34R) to their respective swing rod (29L & 29R) with two screws (35), two washers (36) and two nuts (37) on each side.



Step 5: Assembly of the Middle Handlebar

1. Slide the mid handlebar weld (39) into the main frame (1).
2. Mount the mid handlebar weld (39) to the main frame (1) with one screw (42).
3. Mount the middle handlebar (86) to the mid handlebar weld (39) with four screws (87), four washers (36) and four nuts (37).
4. Connect the hand pulse sensors of the middle handlebar (90) to the lower cables of the mid handlebar weld (96).



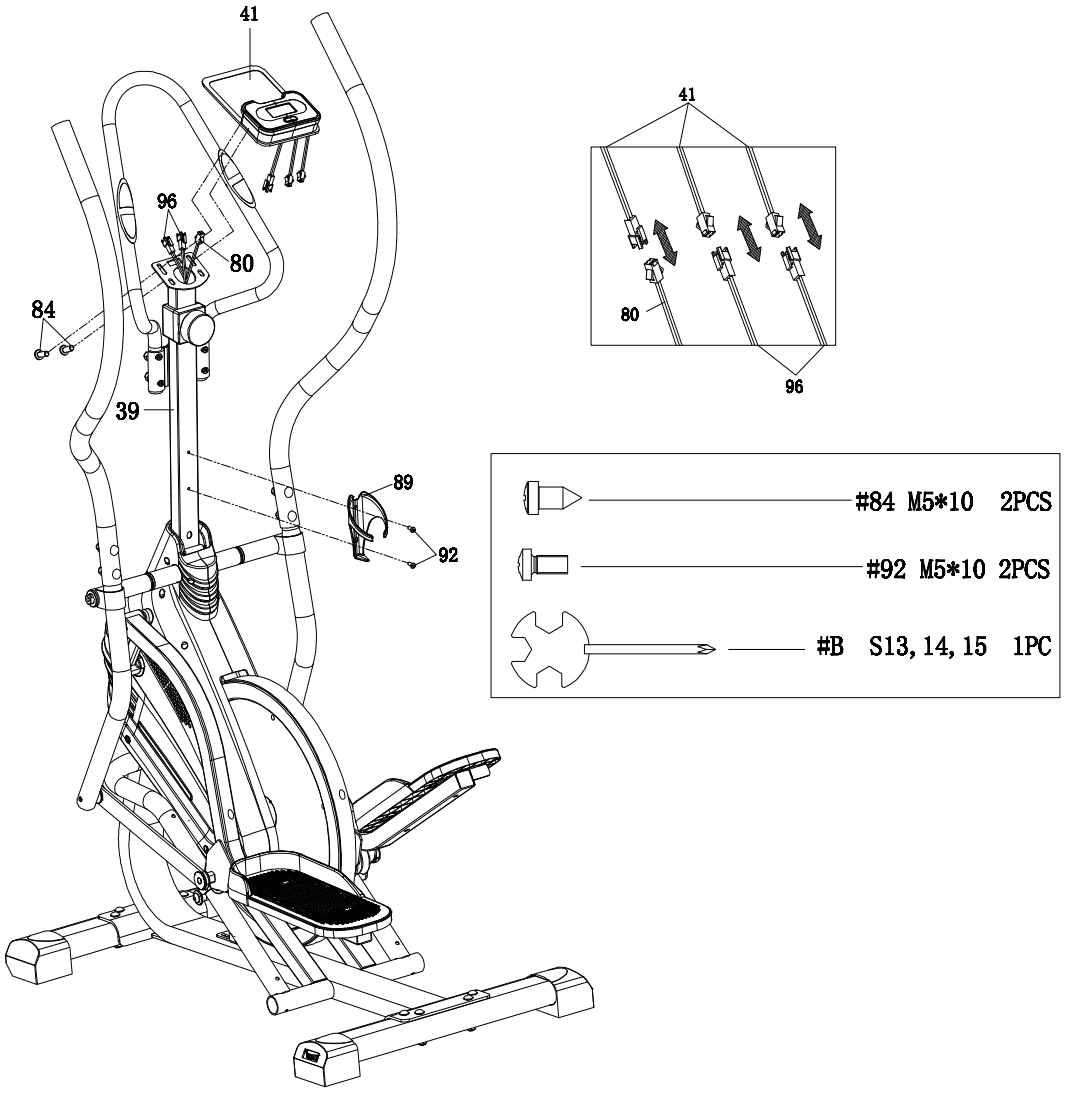
Step 6: Assembly of the Monitor and the Bottle Holder

1. Connect the cables of the mid handlebar weld (80 & 96) to the cables of the monitor (41).

► **ATTENTION**
Make sure not to pinch the cables during the following step.

2. Mount the monitor (41) to the mid handlebar weld (39) with two screws (84).
3. Mount the bottle holder (89) to the mid handlebar weld (39) with two screws (92).
4. Now tighten all screw joints with the necessary tools.

→ *The assembly of the equipment is completed.*



Step 7: Alignment of the Feet

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

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

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

3.1 Console Display

Scan	Displays a different training value every six seconds
TIME	Displays the remaining or elapsed training time (00:00 -99:59 min.)
SPEED	Displays the current training speed (0 - 999.9 km/h)
DIST	Displays the remaining distance or the distance traveled (0 - 9999 km)
ODO	Displays the total amount of distance traveled since first use (0 - 9999 km)
CAL	Displays the total amount of burned calories (0 - 9999 kcal)

PULSE RATE	Displays the current heart rate ⚠ **WARNING** Your training equipment is not a medical device. The heart rate measurement of this equipment may be inaccurate. Various factors can affect the accuracy of the heart rate measurement. The heart rate measurement serves only as a training aid.
BATTERY	AAA Battery (2x)
OPERATING TEMPERATURE	0~40°C (32 °F-104 °F)
STORAGE TEMPERATURE	-10~60°C

3.1.2 Functions Button

Functions Button	+ By pressing the functions button, you can choose between functions, such as TIME - SPEED - DIST - CALORIES(CAL) - ODO - PULSE RATE wechseln + In order to reset a value, press and then hold the respective button for 3 seconds

3.1.3 Hibernation

The console enters hibernation mode automatically if the sensor does not receive a signal.
The console will turn on again once the functions button is pressed or the sensor receives a signal.

4.1 General Instructions

⚠ **WARNING**

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

► **ATTENTION**

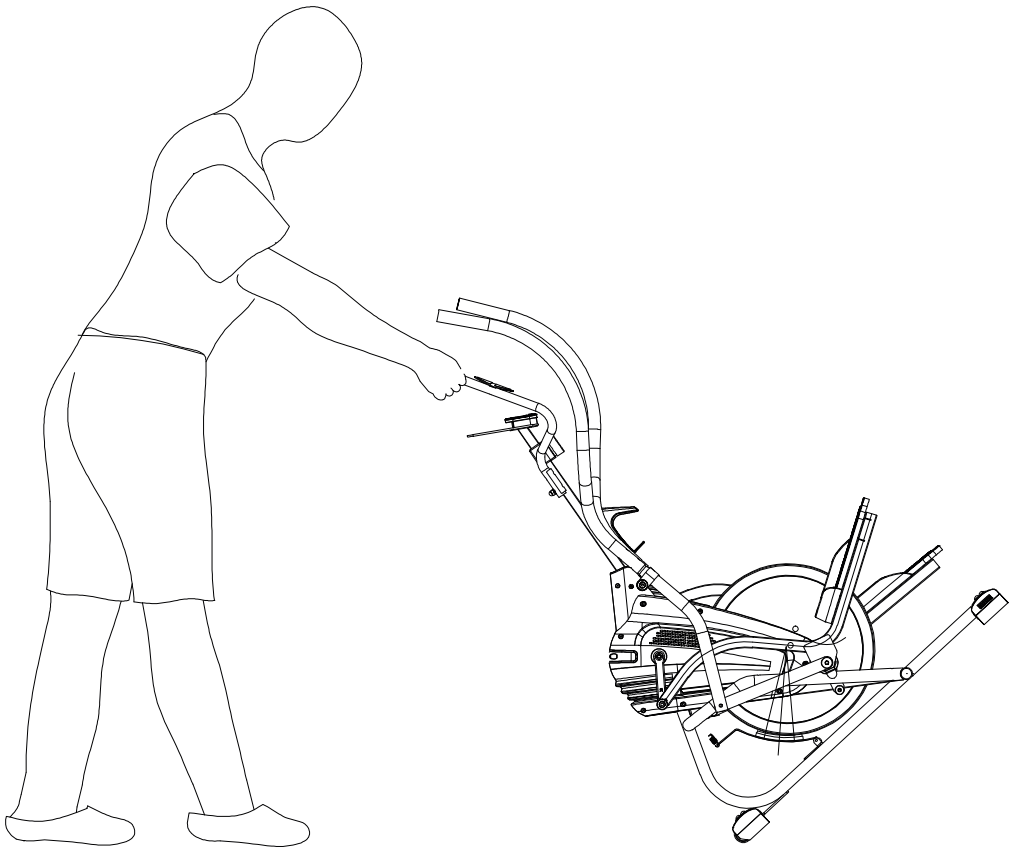
+ Make sure that the equipment is protected from moisture, dust and dirt in the selected storage location. The storage location should be dry and well ventilated and have a constant ambient temperature between 10°C and 35°C.

4.2 Transportation Wheels

► **ATTENTION**

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

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



5.1 General Instructions

⚠ **WARNING**

+ Do not make any improper changes to the equipment.

⚠ **CAUTION**

+ Damaged or worn components may affect your safety and the life of the equipment. Therefore, immediately replace damaged or worn components. In such a case, contact the contract partner. The equipment must not be used until it has been repaired. If necessary, use only original spare parts.

► **ATTENTION**

+ In addition to the instructions and recommendations for maintenance and care given here, additional service and/or repair work may be necessary; this must only be carried out by authorised service technicians.

5.2 Faults and Fault Diagnosis

The equipment undergoes regular quality controls during production. Nevertheless, faults or malfunctions may occur. Frequently, individual parts are responsible for these disturbances, an exchange is usually sufficient. Please refer to the following overview for the most common errors and how to correct them. If the equipment still does not function properly, contact your contract partner.

Fault	Cause	Solution
Drive disks wobble/ make noises	Drive disk loose	Tighten nut (pay attention to left-hand / right-hand thread)
Display is blank/is not working	Loose cable connections	Check cable connections
Equipment wobbles	Equipment is not level	Align the feet
Creaking noises on the stepping area	Loose screws on stepping area	Tighten the screws on the stepping area
Creaking noises	Screw connections loosened or too tight	Check screw connections
Squeaking noises on the guide rails	Guide rails or rollers dirty or guide rails dry	Clean the guide rails and then lubricate them with a suitable lubricant

No pulse display	+ Sources of interference in the room + unsuitable chest strap + Wrong position of chest strap + Chest strap defective or battery empty + Pulse display defective	+ Eliminate sources of interference (e.g. mobile phone, WLAN, lawn mower and vacuum cleaner robot, etc. ...) + Use a suitable chest strap (see RECOMMENDED ACCESSORIES). + Reposition chest strap and/or moisten electrodes + Changing batteries + Check if pulse display by hand pulse possible

5.3 Error Codes and Troubleshooting

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

Please contact Sport-Tiedje for technical support.

5.4 Maintenance and Inspection Calendar

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

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

Part	Weekly	Monthly	Quarterly
Display console	C	I	
Slide rails			C
Lubrication of slide rails and moving parts			I
Plastic covers	C	I	
Screws and cable connections		I	
Legend: C = clean; I = inspect			

6 DISPOSAL

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

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

7 RECOMMENDED ACCESSORIES

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

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

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

floor mat

chest strap

chest strap contact gel

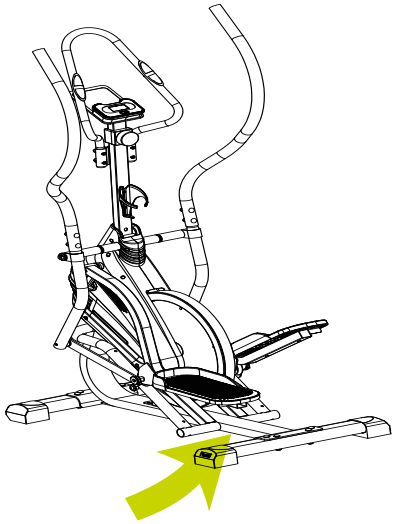
silicone spray

towels

8.1 Serial Number and Model Name

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

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



Enter the serial number in the appropriate field.

Serial number:

Brand / Category:

Duke Fitness / Elliptical Trainer

Model Name:

Elliptical Trainer Stepper Plus

Article Number:

DU-STEPPER-PLUS

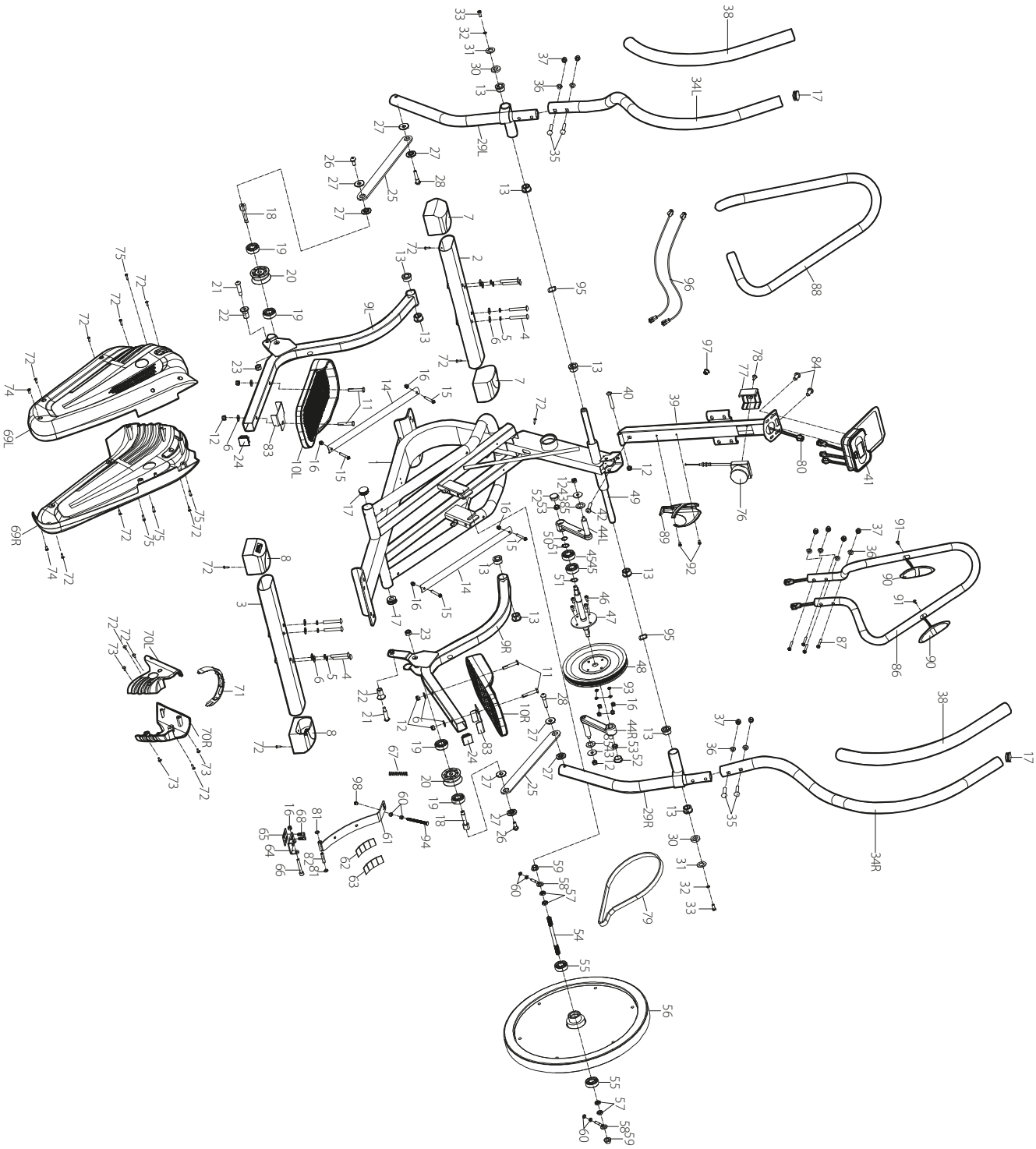
8.2 Parts List

No.	Name	Qty.
1	Main Frame	1
2	Front Bottom Tube	1
3	Rear Bottom Tube	1
4	Screw M8*55	8
5	Spring washer D8	8
6	Washer D8*Φ16*15*1.5	12
7	Feet Cap	2
8	Adjust Feet Cap	2
9L/R	Pedal Weld	2
10L/R	Pedal	2
11	Bolt M8*50	4
12	Nylon Nut M8	7
13	Axis Cap	10
14	Slider Board	2
15	Screw M6*45	4
16	Nylon M6	9
17	Round Tube Cap	4
18	Screw	2
19	Axis 6200Z	4
20	Slider Wheel	2
21	Bolt M8*12*Φ10*32	2
22	Sub Wheel	2
23	Nylon M10	2
24	Square Cap	2
25	Connect metal	2
26	Bolt M8*9*Φ10*12	2
27	Sleeve	8
28	Bolt M8*12*Φ10*12*Φ8*31	2
29L/R	L&R Swing Rod	2
30	D Washer	2
31	Washer D8*Φ28*2	2
32	Spring Washer D8	2

33	Screw M8*16	2
34L/R	L&R Handlebar	2
35	Bolt M8*40	4
36	Washer D8	8
37	Nut M8	8
38	Foam	2
39	Mid Handlebar Weld	1
40	Screw M8*55	1
41	Monitor	1
42	Screw M8*40	1
43	Washer D8*Φ28*2	2
44L/R	L&R Crank	2
45	Axis 6203ZZ	2
46	Screw M6*15	4
47	Mid Axis	1
48	Belt wheel	1
49	Long Axis	1
50	Washer Φ21*Φ17.5*0.3	1
51	Snap Ring D17	2
52	Crank Cap	2
53	Nut M10*1.25	2
54	Flywheel Axis	1
55	Axis 6000RS	2
56	Flywheel	1
57	Nut M10	2
58	Chain Bolt	1
59	Nut M10*1	2
60	Nut M6	6
61	Brake Weld	1
62	Magnetic Metal Board	1
63	Magnetic	4
64	Brake Fix Seat	1
65	Brake Shock Pad	1
66	Screw M6*50	1

67	Spring	1
68	Screw M5*12	2
69L/R	L&R Chain Cover	2
70L/R	L&R Decoration Cover	2
71	Decorative Strip	1
72	Screw ST4.2*20	13
73	Screw ST4.2*12	4
74	Screw ST4.8*19	2
75	Screw ST4.2*20	5
76	Tension Control	1
77	Tension Control Back Cover	1
78	Screw M5*20	1
79	Belt	1
80	Sensor Wire	1
81	Washer Φ8.5*Φ19*2	2
82	Tube Pad	1
83	Pedal Plate	2
84	Screw M5*10	2
85	Washer D16	2
86	Middle Handlebar	1
87	Screw M8*35	4
88	Foam	1
89	Bottle Holder	1
90	Hand Pulse Sensor	2
91	Screw 4.2*18	2
92	Screw M5*10	2
93	Spring Washer D6	4
94	Screw M6*70	1
95	Wave washer Φ26*Φ16*0.3	2
96	Plug wire	1
97	Plug	1
98	Tube plug	1
A	Wrench S6	2
B	Wrench S13,14,15	1

8.3 Exploded Drawing



9 WARRANTY

Training equipment from Duke Fitness® is subject to strict quality control. However, if a fitness equipment purchased from us does not work perfectly, we take it very seriously and ask you to contact our customer service as indicated. We are happy to help you by phone via our service hotline.

Error Descriptions
Your fitness equipment is developed for long-term, high-quality training. However, should a problem arise, please first read the operating instructions. For further assistance, please contact your contract partner or call our service hotline. To ensure your problem is solved as quickly as possible, please describe the defect as exactly as possible.

In addition to the statutory warranty, we provide a warranty for every fitness equipment purchased from us according to the following provisions.

Your statutory rights are not affected.

Warrantee
The warrantee is the first/original buyer and/or any person who received a newly purchased product as a gift from the original buyer.

Warranty period
The warranty periods, shown on our web shop, begin on delivery of the fitness equipment. The respective warranty periods for your equipment can be found on its product website.

Repair Costs
According to our choice, there will either be a repair, a replacement of individual damaged parts or a complete replacement. Spare parts, that have to be mounted while assembling the equipment, have to be replaced by the warrantee personally and are not a part of repair. After the expiration of the warranty period for repair costs, a pure parts warranty applies, which does not include the repair, installation and delivery costs.

The terms of use are defined as follows:

+ Home use: solely for private use in private households up to 3 hours per day
+ Semi-professional use: up to 6 hours per day (e. g. rehabilitation centres, hotels, clubs, company gyms)
+ Professional use: more than 6 hours per day (e. g. commercial gyms)

Warranty Service
Within the warranty period, equipment which develops faults as a result of material or manufacturing defects, will be repaired or replaced at our discretion. Ownership of equipment or parts of equipment which have been replaced is transferred to us. The warranty period is not extended nor does a new warranty period begin following repair or replacement under the warranty.

Warranty Conditions
For the warranty to be valid, the following steps must be taken:

Please contact our customer service by email or phone. If the product under warranty has to be sent in for repair, the seller bears costs. After expiry of the warranty, the buyer bears the costs of transport and insurance. If the fault is covered by our warranty, you will receive a new or repaired equipment in return.

Warranty claims are invalid in case of damage resulting from:

+ misuse or improper handling
+ environmental influences (moisture, heat, electrical surge, dust, etc.)
+ failure to follow the current safety measures for the equipment
+ failure to follow the operating instructions
+ use of force (e. g. hitting, kicking, falling)
+ interventions which were not carried out by one of our authorized service centres
+ unauthorised repair attempts

Proof of Purchase and Serial Number
Please make sure that you are able to provide the appropriate receipt when claiming on your warranty. So that we can clearly identify the model of your equipment, and for the purposes of our quality control, you will need to give the serial number of your equipment, when contacting the service team. Where possible please have your serial number and your customer number ready when you call our service hotline. It will help us to deal with your request swiftly.

If you cannot find the serial number on your fitness equipment, our service team is at your disposal to offer further information.

Service outside of the Warranty Period
We are also happy to issue an individual cost estimate if there is a problem with your fitness equipment after the warranty has expired, or in cases which do not fall under the terms of the warranty, e. g. normal wear and tear. Please contact our customer service team to find a quick and cost-effective solution to your problem. In such a case you will be responsible for the delivery costs.

Communication
Many problems can be solved just by speaking to us as your specialist supplier. We know how important it is to you as a user of the fitness equipment to have problems solved quickly and simply, so you can enjoy working out with minimal interruption. For that reason, we also want to resolve your queries quickly and in a straightforward manner. Thus, please always keep your customer number and the serial number of the faulty equipment handy.

10 CONTACT

DE

TECHNICAL SUPPORT

+49 4621 4210-900
+49 4621 4210-698
technik@sport-tiedje.de
Mo - Fr 08:00 - 18:00
Sa 09:00 - 18:00

SERVICE

0800 20 20277
(Freecall)
info@sport-tiedje.de
Mo - Fr 08:00 - 21:00
Sa 09:00 - 21:00
So 10:00 - 18:00

DK

TECHNICAL SUPPORT & SERVICE

80 90 16 50
+49 4621 4210-945
info@fitshop.dk
Mo - Fr 08:00 - 18:00
Sa 09:00 - 18:00

FR

TECHNICAL SUPPORT & SERVICE

+33 (0) 172 770033
+49 4621 4210-933
service-france@fitshop.fr
Mo - Fr 08:00 - 18:00
Sa 09:00 - 18:00

PL

TECHNICAL SUPPORT & SERVICE

22 307 43 21
+49 4621 42 10-948
info@fitshop.pl
Mo - Fr 08:00 - 18:00
Sa 09:00 - 18:00

BE

TECHNICAL SUPPORT & SERVICE

02 732 46 77
+49 4621 42 10-932
info@fitshop.be
Mo - Fr 08:00 - 18:00
Sa 09:00 - 18:00

UK

TECHNICAL SUPPORT

+44 141 876 3986
support@powerhousefitness.co.uk

SERVICE

+44 141 876 3972
Mo - Fr 9am - 5pm

NL

TECHNICAL SUPPORT & SERVICE

+31 172 619961
info@fitshop.nl
Ma - Do 09:00 - 17:00
Vr 09:00 - 21:00
Za 10:00 - 17:00

INT

TECHNICAL SUPPORT & SERVICE

+49 4621 4210-944
service-int@sport-tiedje.de
Mo - Fr 8am - 6pm
Sat 9am - 6pm

AT

TECHNICAL SUPPORT & SERVICE

0800 20 20277
(Freecall)
+49 4621 42 10-0
info@sport-tiedje.at
Mo - Fr 08:00 - 18:00
Sa 09:00 - 18:00

CH

TECHNICAL SUPPORT & SERVICE

0800 202 027
+49 4621 42 10-0
info@sport-tiedje.ch
Mo - Fr 08:00 - 18:00
Sa 09:00 - 18:00

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

www.sport-tiedje.com/en/stores

WE LIVE FITNESS

WEBSHOP AND SOCIAL MEDIA

Sport-Tiedje is Europe's largest specialist store for home fitness equipment with currently over 70 stores and one of the world's most renowned online mail order companies for fitness equipment. Private customers order via the 25 web shops in the respective national language or have their desired equipment assembled on site. In addition, the company supplies fitness studios, hotels, sports clubs, companies and physio practices with professional equipment for endurance and strength training.

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

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

www.sport-tiedje.co.uk
www.sport-tiedje.de/blog

www.facebook.com/SportTiedje

www.instagram.com/sporttiedje

www.youtube.com/user/sporttiedje

TAURUS

cardiostrong

BODYCRAFT

cardiojump

DUKEFITNESS

DARWIN

Notes

DUKEFITNESS

DUKE STEPPER PLUS