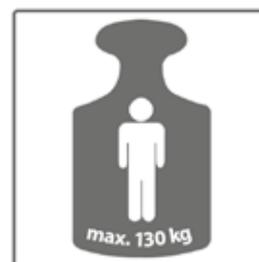




Assembly and Operating Instructions



Art. No. CST-BC70-B

CSTBC70B.01.01

Ergometer **BC70**

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.de.



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

- + Speed in km/h
- + Training time in min
- + Training distance in km
- + Cadence (rotations per minute)
- + Calorie consumption
- + Heart rate (when using the hand pulse sensors or a chest strap)
- + Power output in watts
- + Resistance level

Resistance system: electronic magnetic brake system

Resistance level: 16

Watt: 10 - 350 watt

User memory:	5
Total number of training programs:	19
Manual programs:	1
Pre-set programs:	12
Watt-controlled programs:	1
Heart rate controlled programs:	4
User defined programs:	1
Flywheel mass:	9 kg
Pedal arm length:	17 cm
Bottom bracket width:	8 cm

Weight and dimensions

Article weight (gross, including packaging): 62.5 kg

Article weight (net, without packaging): 62 kg

Packaging dimensions (L x W x H): approximately 1300 mm x 340 mm x 750 mm

Set-up dimensions (L x W x H): approximately 1430 mm x 740 mm x 1070 mm

Maximum user weight: 130 kg/286 lbs

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 cycle training for 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.

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.
- + 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 ASSEMBLY INSTRUCTIONS, MAINTENANCE AND CARE

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 (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 Faults and Troubleshooting

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 five most common errors and how to repair them. If the equipment still does not work properly, please contact your contract partner.

Error	Cause	Repair
Crackling noise in pedal area	Loose pedals	Tighten the pedals
Equipment wobbles	Equipment is not level	Adjust the supporting feet
Handlebar/saddle wobbles	Screws are loose	Tighten screws
Display doesn't turn on	Power is disconnected	Check all screw connections and see if the plug is plugged in
No pulse reading	<ul style="list-style-type: none"> • Interference in the room • Using a chest strap: <ul style="list-style-type: none"> - unsuitable chest strap - chest strap is incorrectly positioned - batteries are empty 	<ul style="list-style-type: none"> • Eliminate sources of interference (e. g. mobile phone, loudspeaker, etc.) • Use a suitable chest strap (see recommended accessories) • Reposition the chest strap and/or moisten the electrodes • Change the batteries

2.3 Maintenance and service calendar

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

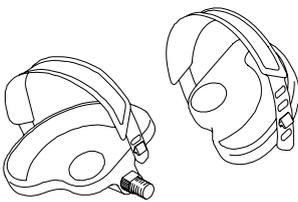
Part	Weekly	Monthly	2x annually	Annually
Display console	C	I		
Tighten the pedals			I	
Plastic covers	C	I		
Seat rail		I		
Legends: C = cleaning; I = inspect				

3.1 Package contents

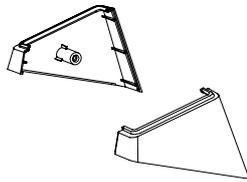
The package contains the parts represented in the illustration, including a power cable with mains plug. If one of the illustrated parts is missing, please contact your contract partner.

IV-M

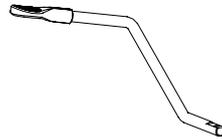
IV-M1 & IV-M2 Pedal



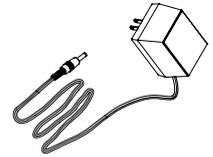
IV-M3 & IV-M4 Cover



IV-M5 Lever

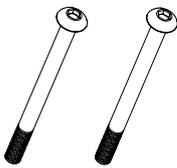


IV-M6 Plug

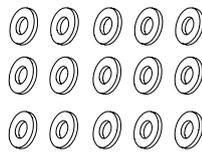


IV-N

IV-N1 Screw



IV-N2 Washer



IV-N3 Screw



IV-N4 Screw



IV-N6 Screw



IV-N7 Screw



IV-N9 Nut



IV-N10 Screw



IV-N11 Adjusting lever



IV-N13 Screw



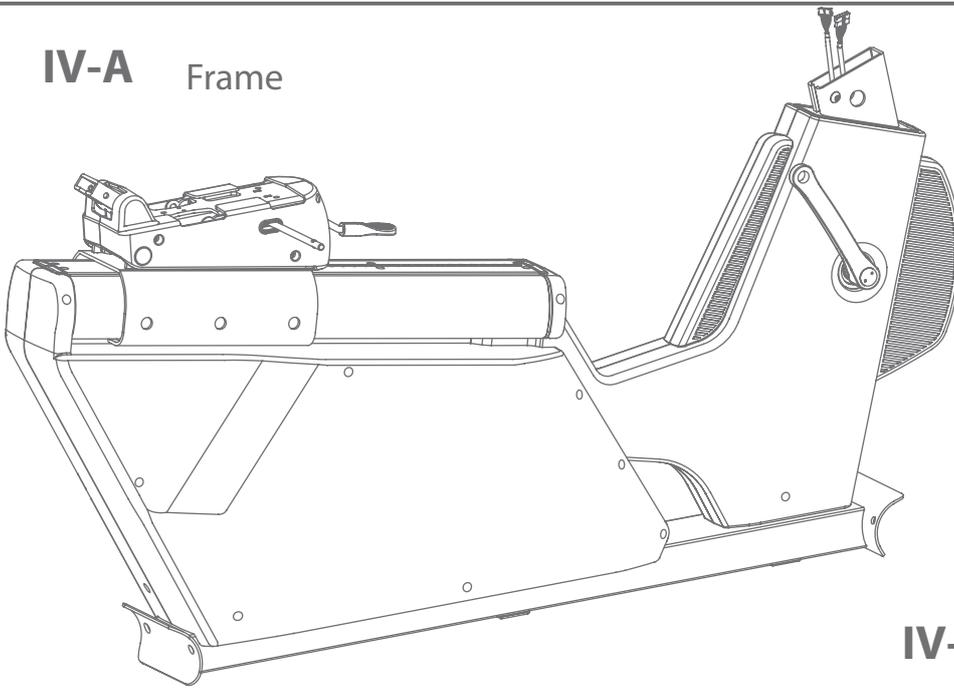
IV-N15 Spring washer



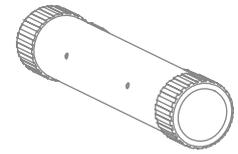
IV-N16 Screw



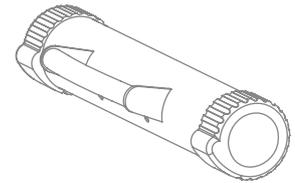
IV-A Frame



IV-B Front base foot



IV-C Rear base foot

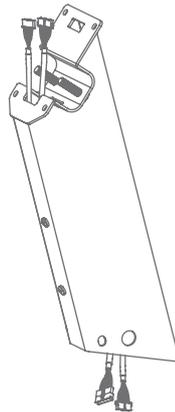
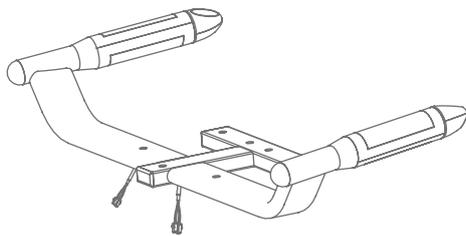


IV-D

Front handles

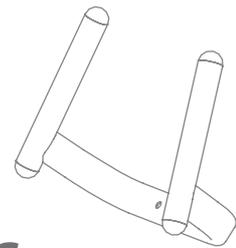
IV-E console mast

IV-F Side handles



IV-G

Backrest mast

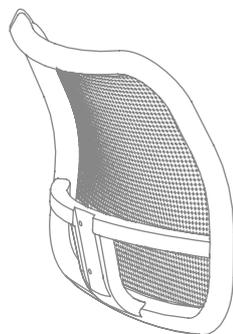
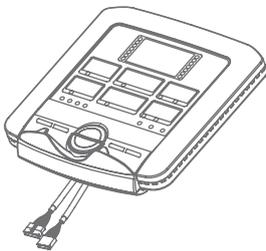


IV-K

Seat cushion

IV-L Console

IV-L Backrest



IV-J

(IV-J1) Bottle Holder



3.2 Assembly instructions

Before starting assembly, look carefully through the individual assembly steps shown and assemble the equipment in the order indicated.

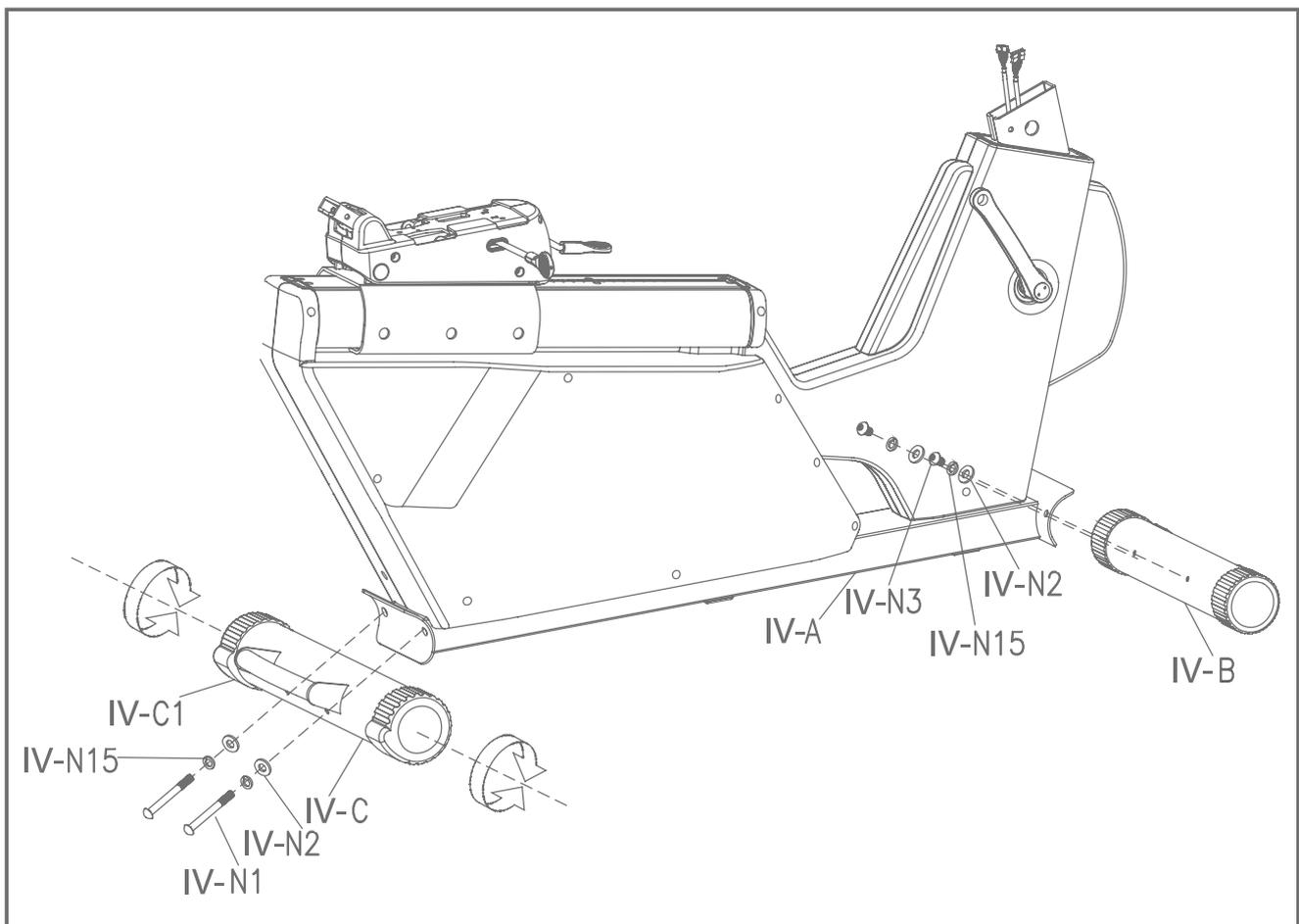
Step 1: Assembly of the front and back feet

(1) Mount the rear base foot (IV-C) on the frame (A) with two washers (IV-N2), two spring washers (IV-N15) and two screws (IV-N1).

(2) Then mount the front base foot (IV-B) on the frame (A) with two washers (IV-N2), two spring washers (IV-N15) and two screws (IV-N3).

Stabilization of the equipment:

If the equipment is not stable after construction, adjust the setting screws on the underside of the base foot (IV-C1) correspondingly.



Step 2: Assembly of the console mast

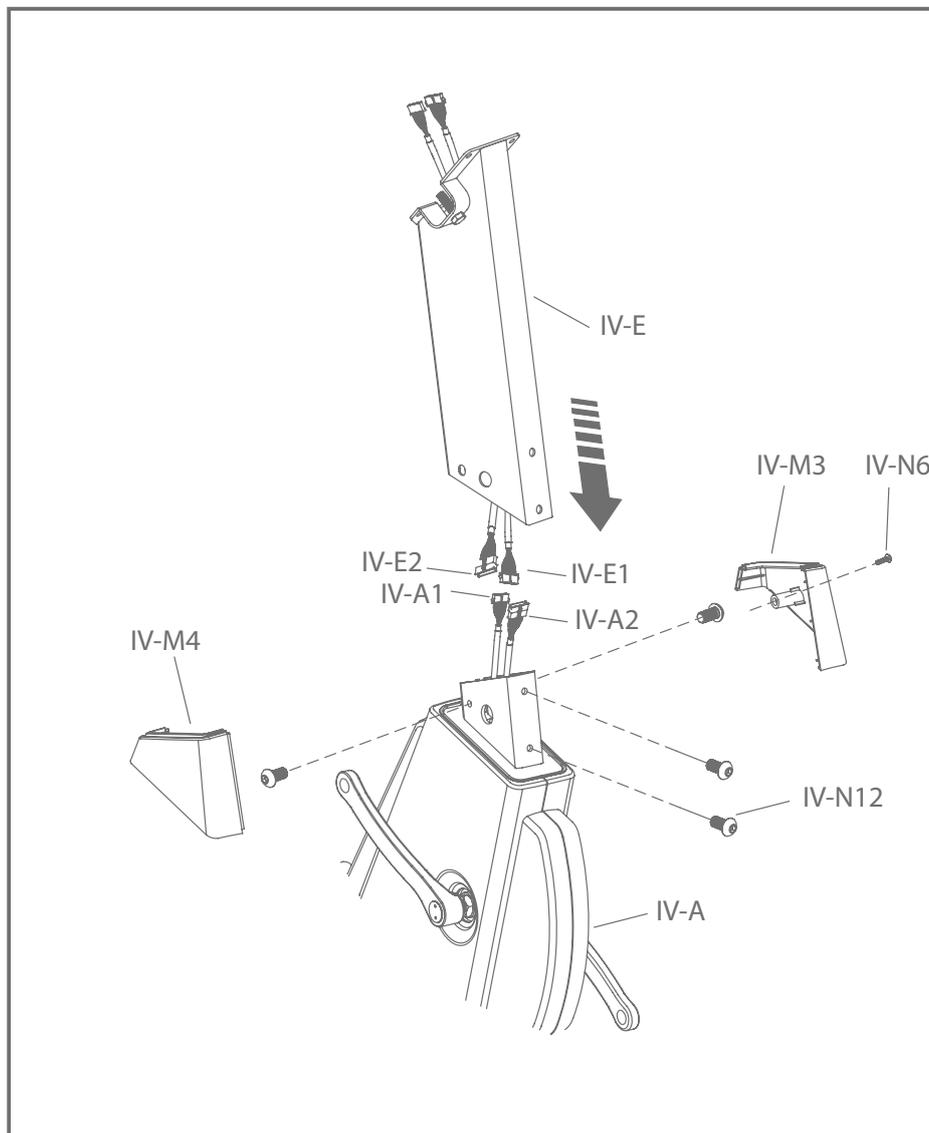
First loosen the screws (IV-N12) from the frame.

(1) Connect the sensor cables (IV-E1 and IV-E2) from the console mast with the sensor cables (IV-A1 and IV-A2) from the frame.

(2) Mount the console mast (IV-E) on the frame (IV-A) with two screws (IV-N12).

(3) Slide the covers (IV-M3 and IV-M4) on the frame (IV-A) and mount with two screws (IV-N6).

Warning: Make sure that the cables are not stuck when they are pushed together.



Step 3: Assembly of the upper handles and the console

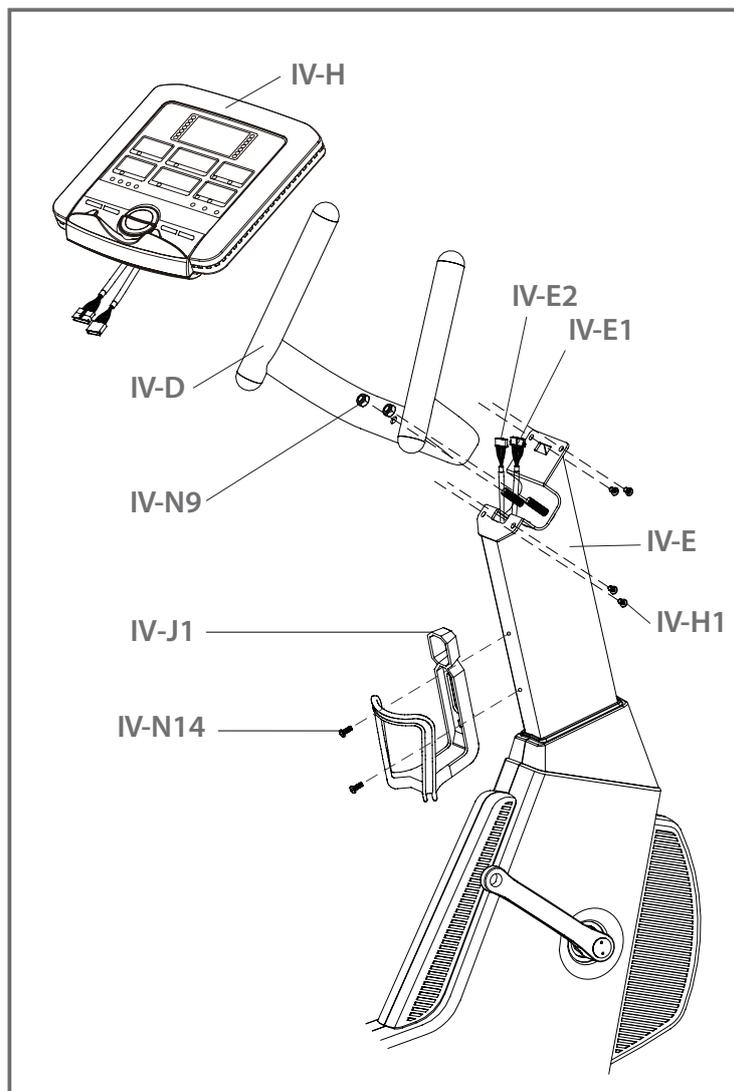
(1) Set the upper handles (IV-D) on the iron plate of the console mast (IV-E) and mount with two nuts (IV-N9).

(2) Loosen the four screws (IV-H1) from the console (IV-H)

(3) Connect the sensor cables (IV-E1 and IV-E2) from the console mast with the cables from the console. Make sure that the cables are properly connected with each other.

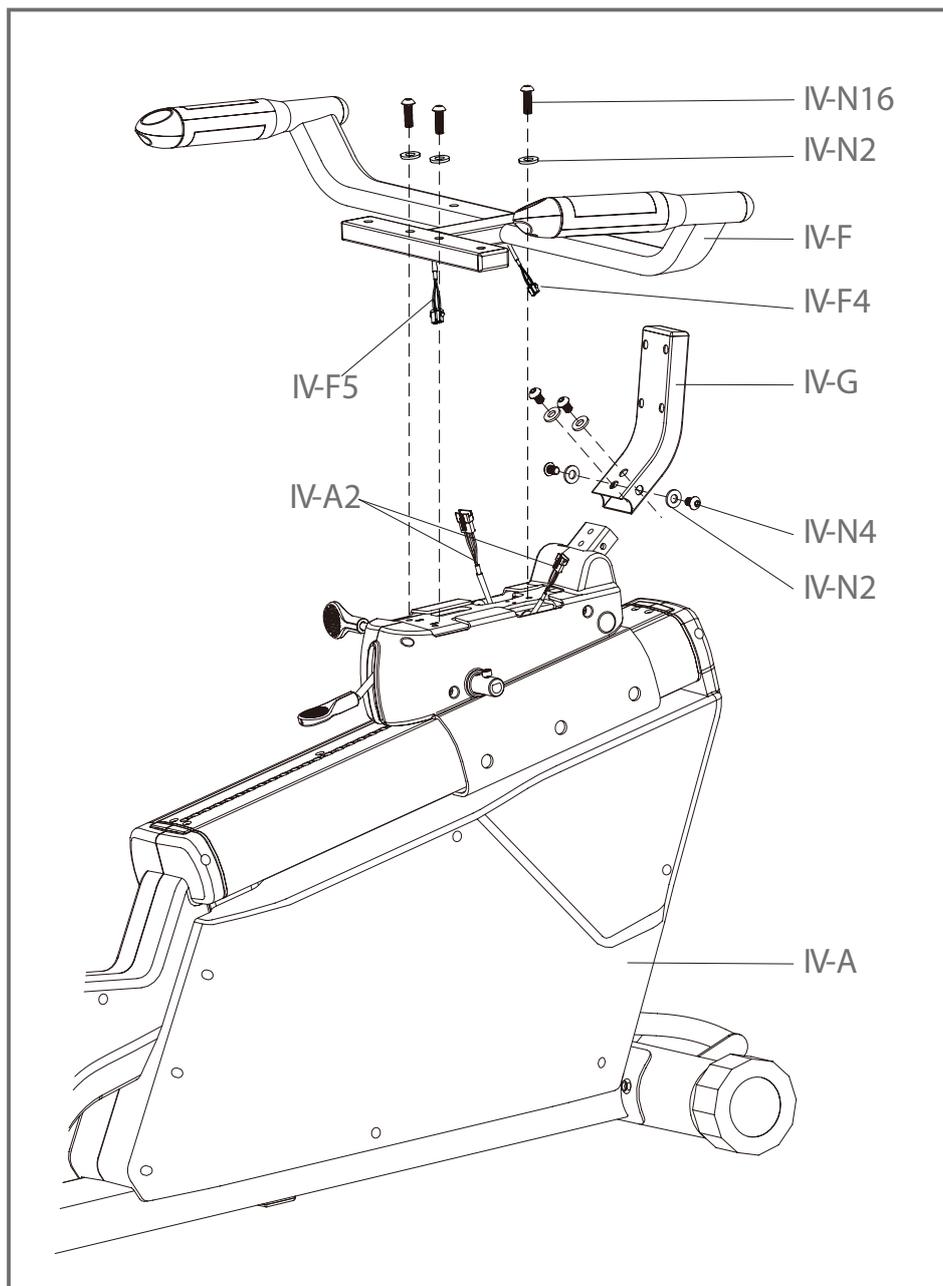
(4) Push the cable carefully into the console mast and mount the console (IV-H) on the console mast (IV-E) with two screws (IV-H1).

(5) Release the two screws (IV-N14) from the central tube (IV-E), equip the bottle holder (IV-J1) with the central tube (IV-E) by the two screws (IV-N14).



Step 4: Assembly of the backrest mast and the side handles

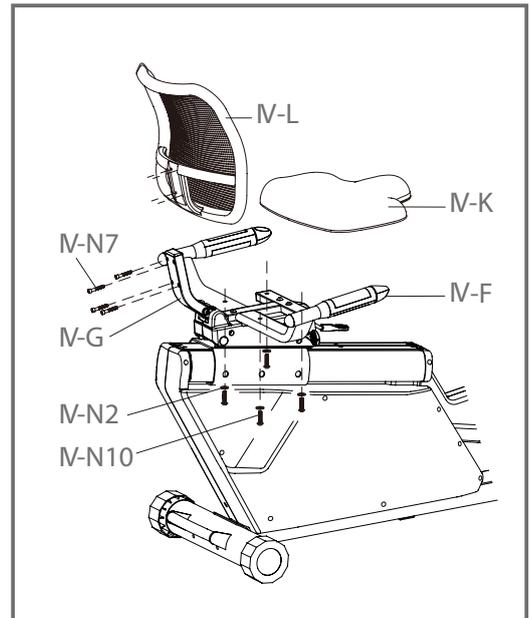
- (1) Mount the backrest mast (IV-G) on the frame (IV-A) with two screws (IV-N4) and spring washers (IV-N2).
- (2) Connect the sensor cables (IV-F5 and IV-F4) from the handle with the sensor cables (IV-A2) from the frame.
- (3) Move the side handles (IV-F) on the frame (IV-A) and mount the parts with three screws (IV-N16) and three washers.



Step 5: Assembly of the backrest and the seat cushion

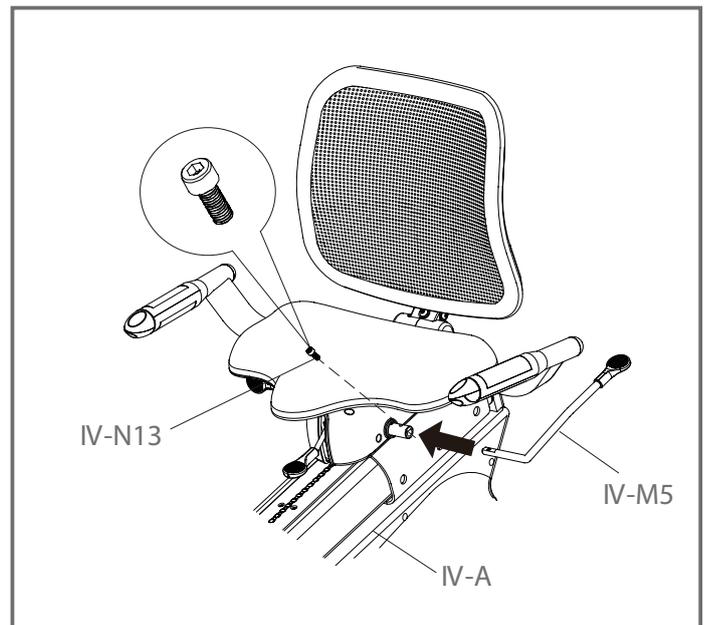
(1) Mount the backrest (IV-L) on the backrest mast (IV-G) with four screws (IV-N7).

(2) Mount the seat cushion (IV-K) on the frame of the side handles (IV-F) with four washers (IV-N2) and four screws (IV-N10).



Step 6: Assembly of the adjusting lever

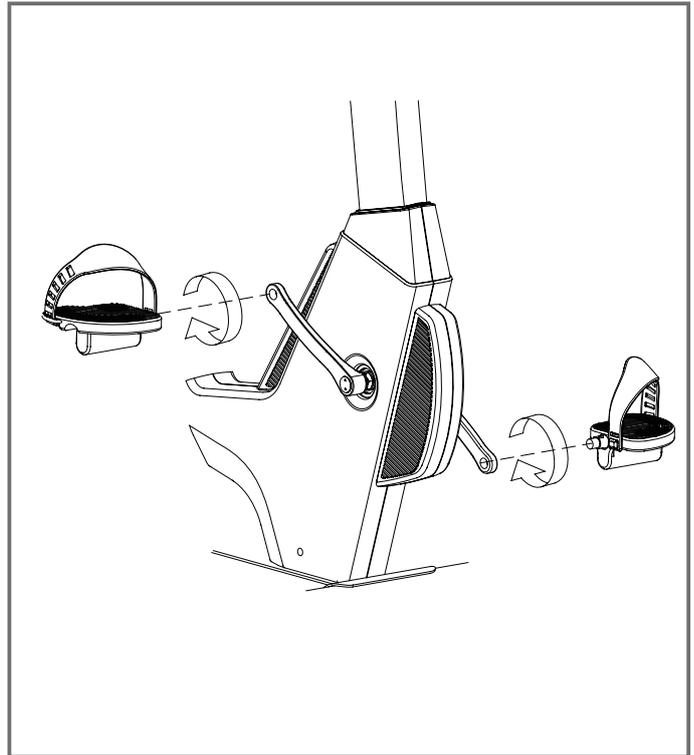
Push the adjusting lever (IV-M5) into the frame (IV-A) and mount it with a stop screw (IV-N13).



Step 7: Assembly of the pedals

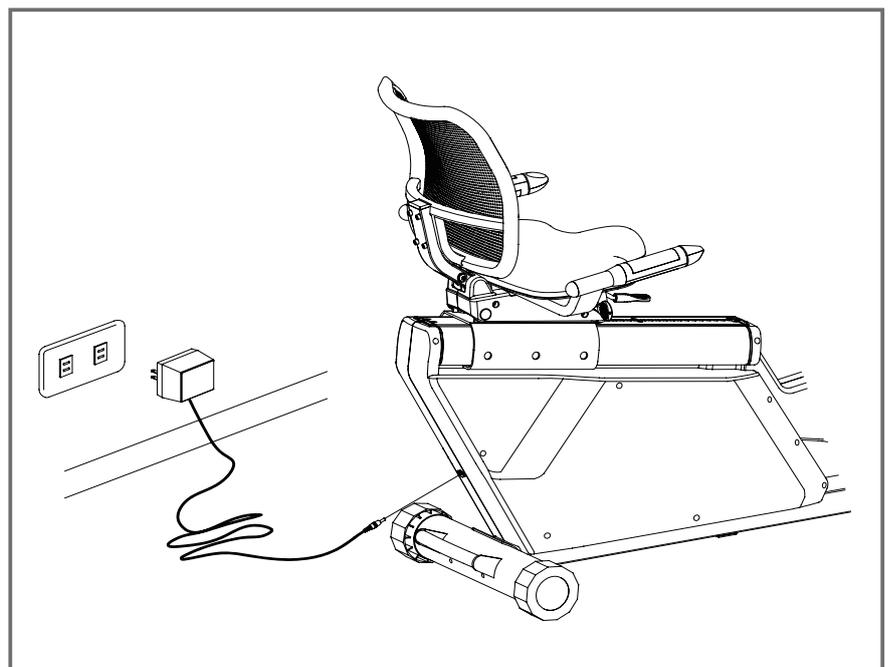
(1) Move the right pedal on to the right crank and mount it by turning the pedal clockwise.

(2) Move the left pedal on to the left crank and mount it by turning the pedal clockwise.



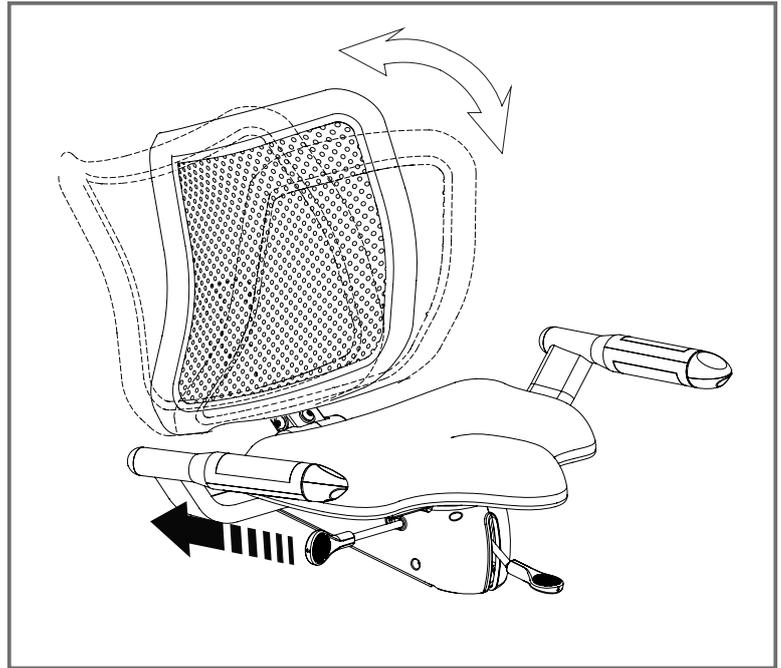
Step 8: Connecting the power cable

The plug for the power cable is located on the back end of the frame. Insert the power plug into an outlet.



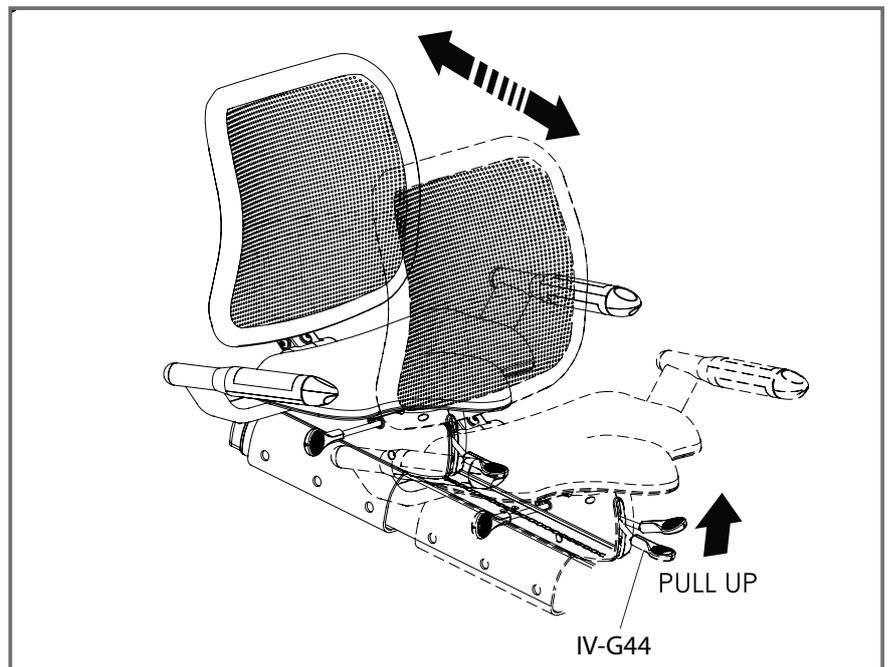
Step 9: Adjusting the backrest

Press the adjusting lever back, move the seat to the desired position and move the adjusting lever back to the front.



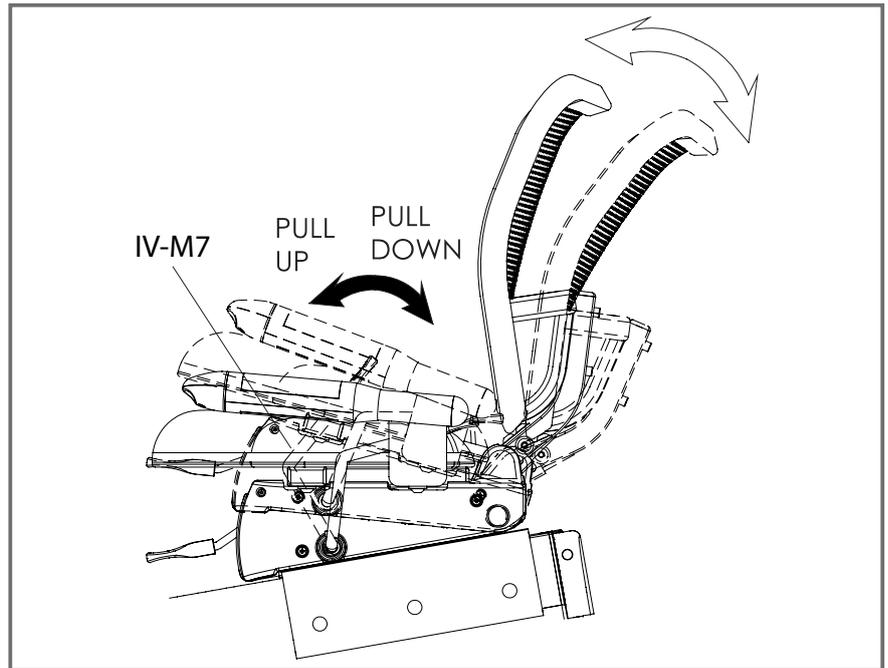
Step 10: Adjustment of the seat

Pull the lever (IV-G44) up, place the seat at the desired distance and move the lever back down.



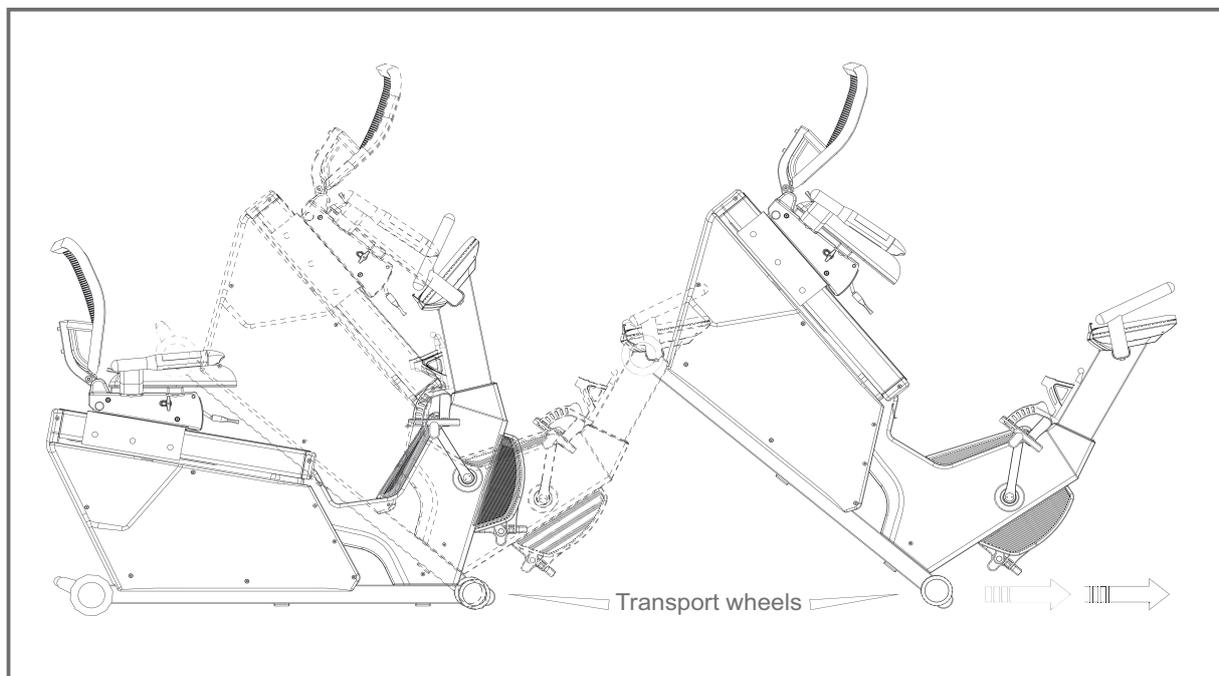
Step 11: Adjusting the backrest

Pull the lever (IV-M7) up in order to increase the seat angle and press it down to lower the seat angle



Step 12: Transport

The front base has transport wheels. Stand behind the machine and lift it up until the weight is placed on the transport wheels. After this, you can easily move the machine to a new position.



4.1 Console display



Time	0:00-99:59 minutes
Speed	0.0-99.9 km/h
RPM (cadence; rotations per minute)	0-999 RPM
Distance	0.0-99.99 km
Calories (calorie consumption)	0-9999 Cal
Sex	Male (m)/Female (f)
Pulse (heart rate; beats per minute)	30-240 BPM
Heart-rate symbol	Flashing on and off
Programs	P1-P12
User data	U0-U4
Watt/Load (output/resistance)	0-999 Watt; Watt control: 10-350 Watt
Level (resistance)	1-16
H.R.C. (heart-rate control)	55 / 75 / 90% of the maximum heart rate; manual target pulse (TAG)
Age	1-99 years
Height	100-200 cm (default: 160 cm)
Weight	220-150 kg (default: 50 kg)/44-330 lbs (default: 110 lbs)
Temperature (displayed in rest mode)	0-60°C

4.2 Button functions



- + **START/STOP:** Press this button to start, pause or end the workout.
- + **RECOVERY:** After your workout, you can measure your recovery heart rate using this button. When you have completed your workout, press the Recovery button and grasp the hand pulse sensors, if you are not wearing a chest strap. A one-minute countdown then begins. Only the countdown and the heart rate are displayed during this time. When the minute is up, the console calculates a fitness level from F1-F6, based on your heart rate.

Result	Fitness level	Heart rate per minute
F1	Very good	75-84
F2	Good	85-94
F3	Average	95-119
F4	Satisfactory	120-129
F5	Poor	130-135
F6	Very poor	135

- + **ARROW BUTTONS (+ & -):**
 - Select the user (U0-U4)
 - Enter personal details (sex, age, height, weight)
 - Select the program
 - After selecting the program, the resistance level can be set (1-16)
 - Enter time, distance, calories, level and pulse
 - Using HRC programs: select and enter the target heart rate (55%, 75%, 90% or target pulse)
 - Using user-defined programs: select the user-defined program and set the workout profile.

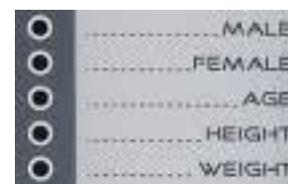
- + **RESET:** If you press the RESET button, the console returns to program selection. If you press and hold this button for two seconds, the console returns to the start screen where you can select the user.
- + **ENTER:** Your various settings are confirmed using this button.
- + **QUICK KEYS:** The QUICK KEYS can be used to jump directly to the programs displayed on the console. Underneath you will find the H.R.C. programs and 11 further preset workout programs. Simply press the relevant image with your finger to select one of the programs.



4.3 User memory

After switching on the equipment, you will be directed as standard to user memory U1. There are four user accounts in the console (U0-U4). You can now choose the desired user account using the ARROW BUTTONS. After making your selection, press the ENTER button to confirm.

Next, you can enter your sex (male/female), age, height and weight. This data allows the equipment to make a more accurate calculation of your calorie consumption.

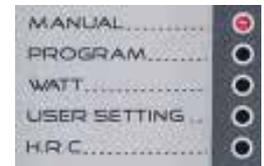


When the equipment is turned off or the RESET button is pressed, the data in U0 is deleted. The data in U1 to U4 are saved. Likewise, the last figures entered in U1 to U4 for time, distance, calories, pulse and level are saved. If you would like to change the user, press and hold the RESET button for two seconds and the equipment will automatically switch back to the user memory selection.

4.4 Program selection

After entering all of the user values, you can select one of the following program categories using the ARROW BUTTONS:

- Manual (manual workout program): 1
- Program (pre-set workout programs): 12
- Watt (Watt-based workout program): 1
- User setting (user-defined workout program): 1
- H.R.C. (heart-rate controlled workout programs): 4



4.4.1 MAN. - Manual program

After selecting the manual program and confirming using ENTER, you can adjust the resistance level (Level) for your workout using the ARROW BUTTONS. The resistance level can be adjusted upwards or downwards at any time during the workout, irrespective of your original choice. The program will not be interrupted during this process. There are also further adjustment options for time, distance, calories and pulse. The values will also be displayed in this order. The value currently selected will flash on the display. To confirm, press the ENTER button after each setting. For high-speed mode, press and hold the ARROW BUTTONS. After you have entered all of the values, press the START/STOP button to start your workout. If you have entered a target value for time, distance, calories and pulse, the workout will end automatically when one of these target values is achieved. If you would like to work out taking only one of these values into account (time, distance, calories or pulse), only enter the desired target value. You do not need to enter the other values. The workout then ends automatically when the given value for time, distance, calories, target pulse is achieved. At the end of the workout, the display shows all of the data recorded (time, distance, calories). If you are wearing a chest strap or if you grasp the pulse sensors, your pulse will also be displayed.



4.4.2 Preset programs

Select one of the workout programs (P1-P12) using the ARROW BUTTONS.

The workout programs will be shown in the Watt/Level display.



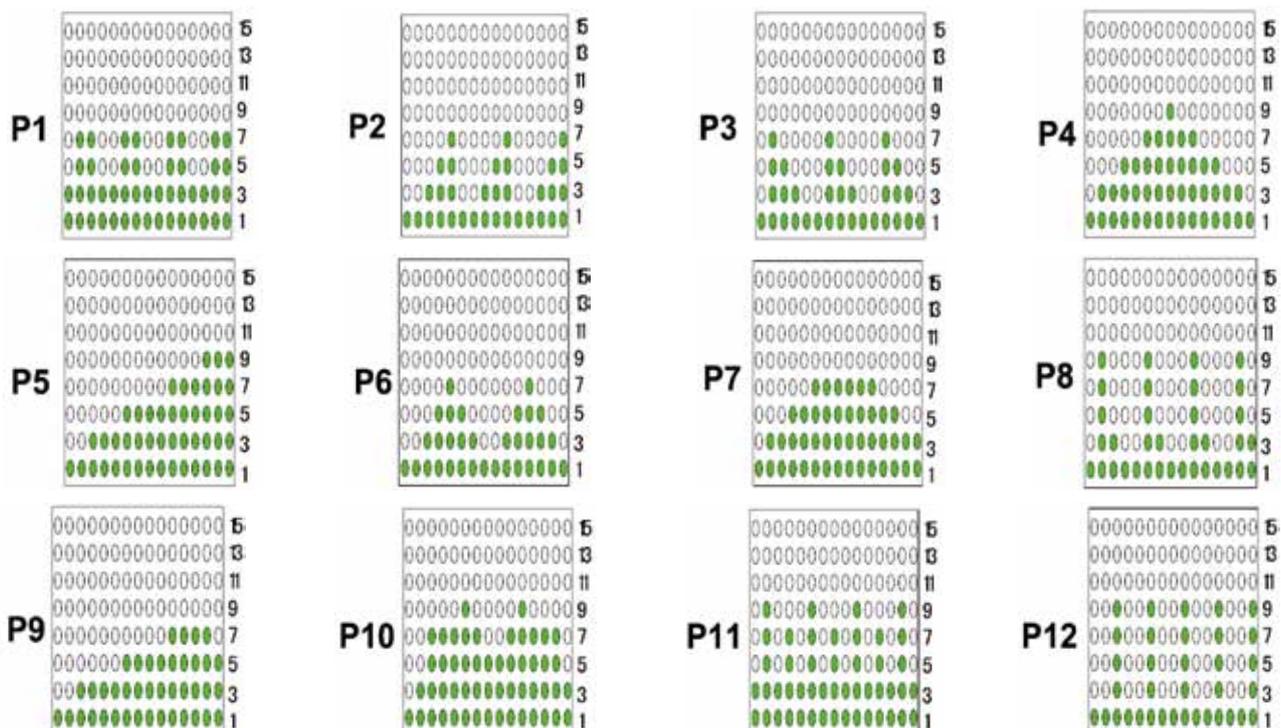
You can then use the ARROW BUTTONS to enter the values for resistance level, time, distance, calories and pulse, one after another. After each setting, press ENTER to confirm and to move on to the next value. The workout program will be adjusted according to the data entered. After you have entered all of the values, press the START/STOP button to start your workout.

The profile of the selected workout program will be shown using the green dots in the upper display. Confirm your workout program selection with the ENTER button.



The resistance level (Level) can be adjusted upwards or downwards at any time during the workout, irrespective of your previous choice. The program will not be interrupted during this process. A workout program always consists of 15 segments. The higher the number of an individual segment, the higher the resistance level. The individual resistance profiles of the twelve workout programs are shown below.

Profiles of the preset workout programs:



4.4.3 Watt-based program

When you have selected the Watt-based program, use the ARROW BUTTONS to enter the desired watt value at which you would like to work out.

The Watt value will be shown in the Watt/Level display. Confirm your selection with the ENTER button.



You can then use the ARROW BUTTONS to enter the values for time, distance, calories and pulse. Confirm each selection with the ENTER button. As soon as you have entered all of the values, press the START/STOP button to start your workout. The Watt value can be adjusted upwards or downwards during the workout using the ARROW BUTTONS.

4.4.4 User-defined program

When you have selected the user-defined program, you can set each of the 15 segments of the profile using the ARROW BUTTONS. For each segment select a resistance level (Level 1-16). After you have entered a resistance level for the first segment, confirm the setting by pressing the ENTER button. You will then be automatically moved on to the next segment. Use the same procedure for the remaining 14 segments. The segment currently selected will flash so that you can see which segment you are in. When you have set each of the 15 segments, press and hold ENTER for two seconds in order to move on to enter the resistance level, time, distance, calories and pulse. As soon as you have entered all of the values, press the START/STOP button to start your workout. The resistance level can be adjusted upwards or downwards at any time during the workout, irrespective of your previous choice. The program will not be interrupted during this process. The user-defined program will be saved in the selected user account after it has been entered.

4.4.5 Heart-rate controlled programs

After you have selected the H.R.C. program you can enter the desired target heart rate.

Either choose one of the three preset target heart rates (55%, 75% or 90% of your maximum heart rate) or select „TAG“ and enter a target heart rate manually. Your maximum heart rate is determined by the console based on the age that you have entered.



If you select one of the preset target heart rate values, the equipment calculates your target heart rate using the data previously entered in your user profile. The resulting target heart rate is shown in the „pulse“ display.



Confirm your target heart rate selection with the ENTER button. Next, you can use the ARROW BUTTONS to enter the values for time, distance and calories. Confirm each selection with the ENTER button. You do not need to enter a value for the resistance level because the resistance (Level) is automatically set by the equipment so as not to exceed the selected heart rate. As soon as you have entered all of the values, press the START/STOP button to start your workout.

5.1 Heart-rate measuring

Pulse measuring via hand sensors

The hand sensors integrated in the handles beside the seat 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

This recumbent ergometer 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.

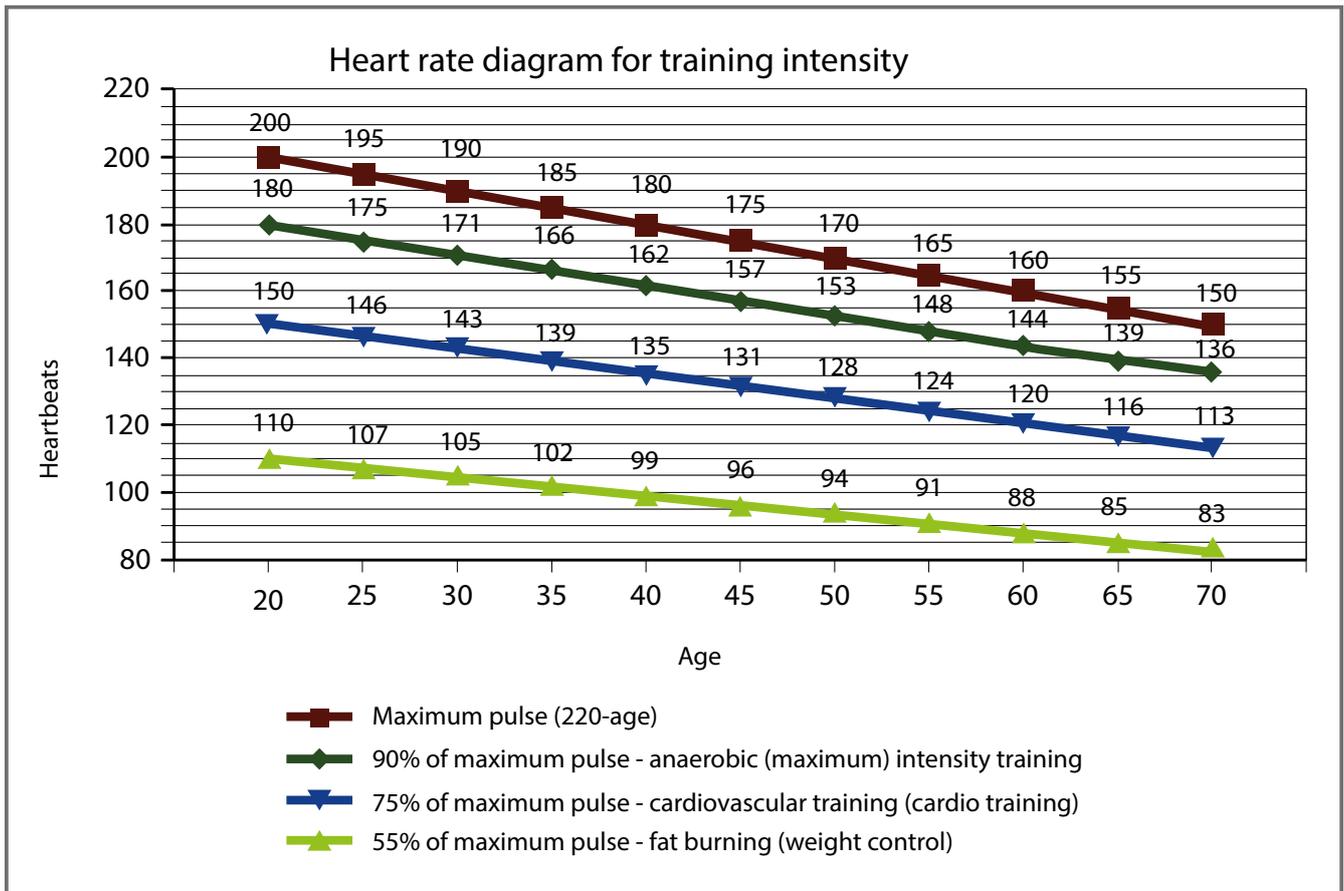
Cardiovascular training (cardio training): The primary goal is to increase stamina and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training period 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. $= (220 - \text{age}) \times 0.9$.



5.2 10 tips for effective ergometer training

1. Set goals

What would you like to achieve with your training? Weight regulation, improved stamina, prevent risk of disease, more mobility, cardiovascular training, etc. In order to achieve your long-term training goal, set individual partial goals, e. g., weekly or monthly goals.

2. Concentration on training

Try to only dedicate yourself to your training unit and do not be distracted.

3. Position yourself correctly while exercising

As you pedal, your upper body should align with the backrest and your back held straight. Avoid side-to-side motion in the hips and back.

4. Correct breathing / appropriate resistance level

Do not overexert yourself physically and mentally by starting with resistance levels that are too high. Start slowly and increase the resistance steadily. Aim for regular and calm breathing.

5. Keep yourself properly hydrated

Drink, drink, drink! Have a drinking bottle close by during your workout.

6. Sufficient recovery periods

Allow your body and your muscles enough time to recover after your workout. Only a relaxed muscle will be fully operational again.

7. Choose a diversified program

Switch your focus between different muscle groups and different levels of intensity during your workout.

8. Creating the right workout

Every training session should have a warm-up phase, a cool-down phase and a targeted stretching. It increases physical and mental performance and prevents injuries and sore muscles.

9. Workout journal

Keep a record of your training sessions. Note the date, resting pulse, active pulse, recovery pulse, resistance level, time, distance, calories burnt and fitness level.

10. Reward yourself

Do something good for you and your body after training or after achieving a partial goal. Go to the sauna or a swimming pool. Mix a protein shake or enjoy a delicious salad.

5.3 Designing a workout

We recommend two or three workouts per week. Warm up for about five minutes before starting each workout. Finish the workout with a cool-down and targeted stretching.

Warm-Up approx. five min. Dynamic movement of large muscle groups at a low intensity. Core body temperature increases and the metabolic process is speeded up.

WEEK 1 + 2				
	Beginner		Advanced	
Days	Duration	Intensity	Duration	Intensity
Mon	20 min.	Slow speed, no resistance	30 min.	Moderate speed, keep resistance low
Wed	20 min.	Slow speed, no resistance	30 min.	Moderate speed, keep resistance low
Fri	20 min.	Slow speed, no resistance	30 min.	Moderate speed, keep resistance low

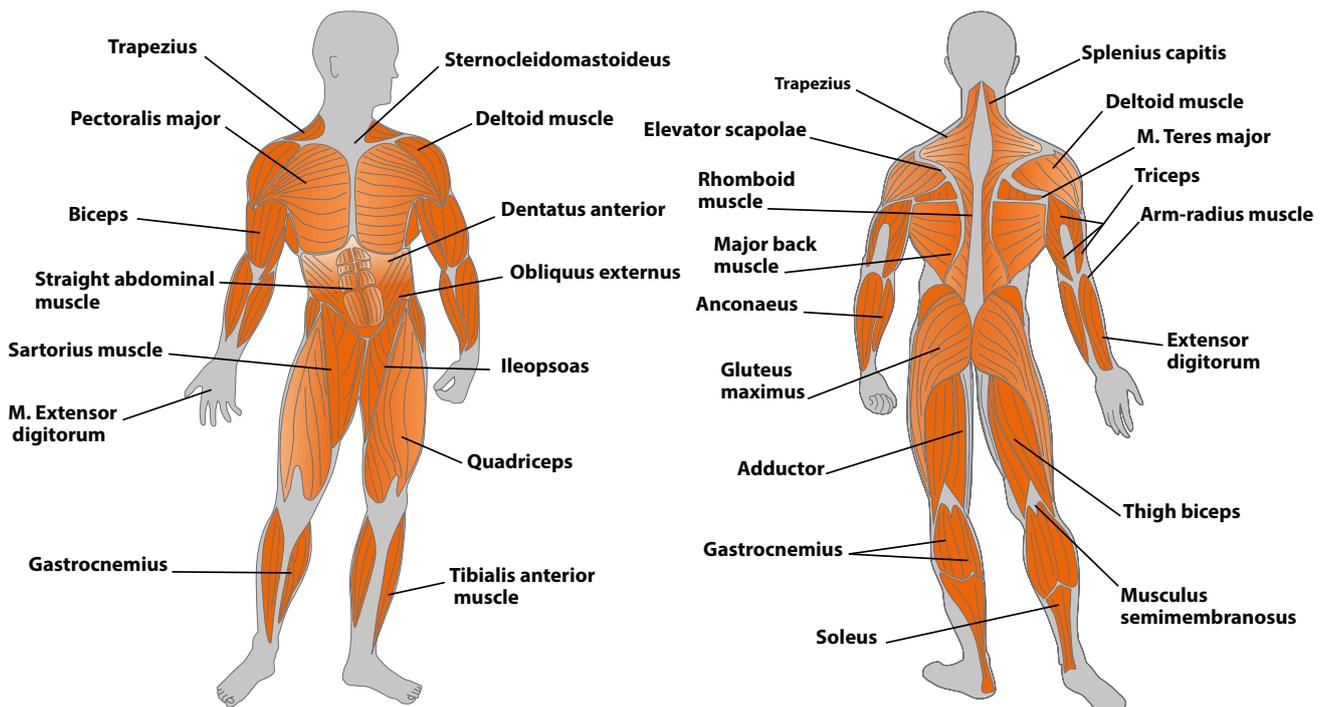
WEEK 3 + 4				
	Beginner		Advanced	
Days	Duration	Intensity	Duration	Intensity
Mon	25 min.	Slow speed, no resistance	35 min.	Vary speed, keep resistance low
Wed	25 min.	Slow speed, no resistance	35 min.	Vary speed, keep resistance low
Fri	25 min.	Slow speed, no resistance	35 min.	Vary speed, keep resistance low

WEEK 5 + 6				
	Beginner		Advanced	
Days	Duration	Intensity	Duration	Intensity
Mon	30 min.	Moderate speed, keep resistance low	40 min.	Vary speed, increase resistance
Wed	30 min.	Moderate speed, keep resistance low	40 min.	Vary speed, increase resistance
Fri	30 min.	Moderate speed, keep resistance low	40 min.	Vary speed, increase resistance

WEEK 7 + 8				
	Beginner		Advanced	
Days	Duration	Intensity	Duration	Intensity
Mon	35 min.	Vary speed, keep resistance low	45 min.	Vary speed, increase resistance
Wed	35 min.	Vary speed, keep resistance low	45 min.	Vary speed, increase resistance
Fri	35 min.	Vary speed, keep resistance low	45 min.	Vary speed, increase resistance

Cool-down approximately five minutes Finish your training at low resistance and at slow speed. Allow your body to gently slow back down.

5.4 Stretching exercises for leg & chest muscles



1. Exercise: Stretching of front thigh / leg extension (quadriceps)

- Stable position, grab arches of feet
- Pull heel towards buttocks, knee points downwards (no abduction)
- Straight upper body, avoid tilting the pelvic forward (hollow back) by tensing the abdominal muscles
- Change legs



2. Exercise: Stretching the back thigh / leg curl (hamstring)

- Pull thigh towards upper body with both hands
- Stretch through increased stretching in the knee joint
- The lower leg maintains contact with the floor, keep hips bent
- Change legs



3. Exercise: Stretching the calf muscles (gastrocnemius)

- Place feet parallel to each other pointing forward, the heels touch the floor
- Support yourself on a chair coming from a lunge
- Move your body weight to the front leg, press your heel from the rear leg towards the floor and hold the contact
- Slowly stretch your knee of the rear leg until you feel the stretch in your calves
- Change legs



4. Exercise: Stretching the chest muscles (pectoralis major)

- Stand parallel to a wall
- Place your forearm at 90° to the wall with the elbow just above shoulder height
- Turn your head and upper body gradually to the opposite sides until you feel a stretch in the front chest, of the shoulder being leaned on
- Pay attention to tension in your abdominal and gluteal muscles
- Your weight is on your front leg
- Change legs



All recommendations of these instructions apply solely to healthy persons and are not suitable for those with heart or cardiovascular problems. All of the tips are intended only as a guide to help you create a workout. Your physician can offer appropriate advice for particular, personal requirements.

We hope you enjoy your workout and have a lot of success!

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	Use	Full warranty
BC70-B	Home use	24 months

Repair costs

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

The terms of use are defined as follows:

- Home use: solely for private use in private households up to 3 hours per day
- Semi-professional use: up to 6 hours per day (e. g. rehabilitation 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 contract partner. 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.

7 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.

	<p>Sport-Tiedje floor mat, size XL</p> <p>Art. no. ST-FM-XL</p>
	<p>Sport-Tiedje 122 kHz chest strap</p> <p>Art. no. ST1030</p>
	<p>Chest-strap contact gel 250ml</p> <p>Art. no. BK-250</p>
	<p>Fitness equipment care kit</p> <p>Art. no. HF-500</p>

9.1 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

DE	DK	FR
<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>☎ 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>☎ +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>
NL	UK	INT
<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>☎ +44 141 876 3972</p> <p>✉ orders@powerhousefitness.co.uk</p> <p>Mon. - Fri. 9:00 - 17:00</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>

9.2 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:

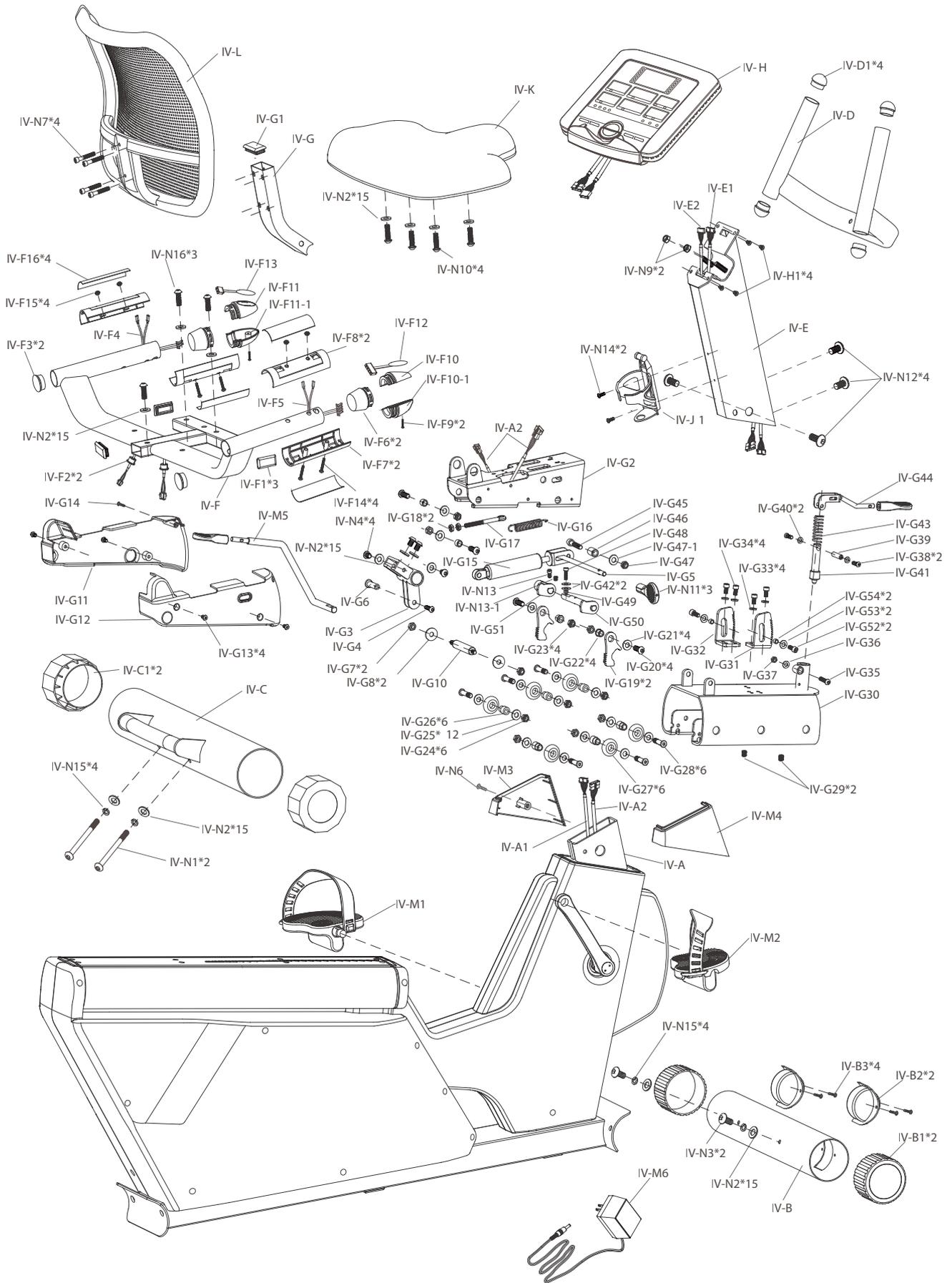
9.3 Parts list

No.	Qty.	Description	No.	Qty.	Description
IV-A	1	Main Frame	IV-A32	2	Steel Shield
IV-A1	1	Sensor(1100Mm)	IV-A33	1	Magnetic Housing
IV-A2	1	Sensor(1350Mm)	IV-A34	1	Nut
IV-A3	1	Motor	IV-A35	1	Screw
IV-A4	4	Sensor Housing	IV-A36	1	Screw
IV-A5	1	Sensor(950Mm)	IV-A37	1	Nut
IV-A6	1	Screw	IV-A38	1	Washer
IV-A7	1	Sensor Holder	IV-A39	1	Washer
IV-A8	2	Bearing	IV-A40	1	Nut
IV-A9	1	Bush	IV-A41	1	Strip Of Tracking Housing
IV-A10	1	Nut	IV-A42	8	Screw
IV-A11	4	Screw	IV-A43	4	Screw
IV-A12	1	Tension Cable	IV-A44	2	Aluminum Housing
IV-A13	2	Screw	IV-A45	1	Aluminum Track
IV-A14	2	Washer	IV-A47	1	Aluminum Housing (Rear)
IV-A15	1	Magnetic Housing	IV-A48	1	Aluminum Housing (Front)
IV-A16	1	Senore Wire(950Mm)	IV-A49	4	Screw
IV-A17	1	Belt	IV-A50	8	Screw
IV-A18	1	Magnetic	IV-A50-1	4	Screw
IV-A19	1	Axle	IV-A51	1	Nut
IV-A20	2	Bearing	IV-A52	1	Driving Wheel
IV-A21	1	One Way Bearing	IV-A53	1	Magnetic
IV-A22	1	Bearing	IV-A54	1	Axle
IV-A23	1	Pully	IV-A55	4	Screw
IV-A24	1	Washer	IV-A56	2	Bearing
IV-A25	1	Bearing	IV-A57	1	Pulley Housing (L)
IV-A26	2	C Clip	IV-A58	1	Pulley Housing (R)
IV-A27	1	Nut	IV-A59	8	Screw
IV-A29	2	Screw	IV-A60	1	Nut
IV-A30	2	Nut	IV-A60-1	1	Nut
IV-A31	2	Nut	IV-A61	4	Washer

No.	Qty.	Description	No.	Qty.	Description
IV-A62	4	Screw	IV-F10	2	Control Box(Below)
IV-A63	2	Nut	IV-F11	2	Control Box(Above)
IV-A64	2	End Cap	IV-F12	1	Mylar Button(R)
IV-A65	1	Front Chain Cover(L)	IV-F13	1	Mylar Button (L)
IV-A66	1	Front Chain Cover(R)	IV-F14	4	Screw
IV-A67	1	Rear Chain Cover(R)	IV-F16	4	Sensor Sheet Metal
IV-A68	1	Rear Chain Cover(L)	IV-G1	1	Back Pad Support Tube
IV-A69	16	Screw	IV-G2	1	End Cap
IV-A70	1	Crank(L)	IV-G3	1	Saddle Basement
IV-A71	1	Crank(R)	IV-G4	1	Rotate Reciprocator
IV-A72	1	Spring	IV-G5	1	Screw
IV-B	1	Front Stabilizer	IV-G6	1	Washer
IV-B1	2	End Cap	IV-G7	1	Nut
IV-B2	2	Wheel	IV-G8	2	Screw
IV-B3	4	Screw	IV-G9	2	Washer
IV-C	1	Rear Stabilizer	IV-G10	2	Powder Metallurgy
IV-C1	1	End Cap	IV-G11	1	Bush
IV-C1-1	1	End Cap	IV-G12	1	Cover Of Seat Tube (L)
IV-D	1	Front Handle Bar	IV-G13	1	Cover Of Seat Tube (R)
IV-D1	4	End Cap	IV-G14	4	Screw
IV-E	1	Central Support Tube	IV-G15	1	Screw
IV-E1	1	Sensor Wire(500Mm)	IV-G16	1	Gas Cylindner
IV-E2	1	Sensor Wire(500Mm)	IV-G17	1	Spring
IV-F	1	Side Handke Bar	IV-G18	1	Screw
IV-F1	2	End Cap	IV-G19	2	Nut
IV-F2	1	End Cap	IV-G20	2	Bracket
IV-F3	2	End Cap	IV-G21	4	Screw
IV-F4	1	Sensor Wire(L)(650Mm)	IV-G23	4	Washer
IV-F5	1	Sensor Wire(L)(650Mm)	IV-G24	4	Washer
IV-F6	2	End Cap	IV-G25	6	Nut
IV-F7	2	Sensor Box(Below)	IV-G26	6	Washer
IV-F8	2	Sensor Box(Above)	IV-G27	6	Bush
IV-F9	2	Screw	IV-G28	6	Wheel

No.	Qty.	Description	No.	Qty.	Description
IV-G29	2	Screw	IV-H	1	Console
IV-G30	1	Moving Basement	IV-H1	4	Screw
IV-G31	1	Sliding Housing (R)	IV-J2	1	Bottle Holder
IV-G32	1	Sliding Housing (L)	IV-K	1	Saddle
IV-G33	4	Washer	IV-L	1	Back Pad
IV-G34	4	Screw	IV-M1	1	Pedal(L)
IV-G35	1	Screw	IV-M2	1	Pedal(R)
IV-G36	1	Washer	IV-M3	1	Central Supporting Tube Cover (L)
IV-G37	1	Nut	IV-M4	1	Central Supporting Tube Cover (R)
IV-G38	1	Screw	IV-M5	1	Bar
IV-G39	1	Bush	IV-M6	1	Adaptor
IV-G40	2	Washer	IV-N1	2	Screw M8x100
IV-G41	1	Axle	IV-N2	15	Washer M8x16
IV-G42	1	Nut	IV-N3	2	Screw M8*20
IV-G43	1	Spring	IV-N4	4	Screw M8x15
IV-G44	1	Rotate Shaft	IV-N6	1	Screw M4x20
IV-G45	1	Screw	IV-N7	4	Screw 1/4X40
IV-G46	1	Bush	IV-N9	2	Nut M8
IV-G47	1	Nut	IV-N10	4	Screw M8x35
IV-G48	1	Screw	IV-N11	3	Adjust Handle
IV-G49	1	Nut	IV-N12	4	Screw
IV-G50	1	Axle Grip	IV-N13	1	Screw
IV-G51	1	Adjusting Axle	IV-N13-1	1	Screw
IV-G51-1	1	Bracket	IV-N14	2	Screw M5*15
IV-G52	1	Bush	IV-N15	4	Spring Washer M8
IV-G53	2	Spring Washer	IV-N16	3	Screw M8x30
H	1	Console			

9.4 Exploded drawing



CONTACT

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www.cardiostrong.de

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

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www.sport-tiedje.com/en/stores

Note

