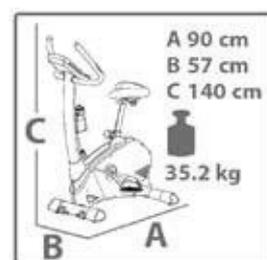




Assembly and operating instructions



Art. No. CST-BX30

Ergometer **BX30**

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.

CONTENTS

1	GENERAL INFORMATION	6
1.1	Technical data	6
1.2	Personal safety	7
1.3	Electrical safety	8
1.4	Set-up place	8
2	ASSEMBLY INSTRUCTIONS, MAINTENANCE AND CARE	9
2.1	General instructions	9
2.2	Faults and Troubleshooting	10
2.3	Maintenance and service calendar	11
3	ASSEMBLY	12
3.1	Package contents	12
3.2	Assembly instructions	13
4	OPERATING MANUAL	18
4.1	Console display	18
4.2	Button functions	20
4.3	Turning on the equipment	21
4.4	User profile	21
4.5	Programs	21
4.5.1	M - Manual program	22
4.5.2	Training program	22
4.5.3	H.R.C. - Heart rate controlled program	23
4.5.4	W - Watt controlled program	23
4.5.5	U - User defined program	24
4.5.6	Body fat test (BODY-FAT)	24
4.5.7	RECOVERY - recovery frequency	25
5	WORKOUT INSTRUCTIONS	26
5.1	Heart-rate measuring	26
5.2	10 tips for effective ergometer training	29
5.3	Designing a workout	30
5.4	Stretching exercises for leg & chest muscles	32
5.5	Workout journal	34

6	WARRANTY INFORMATION	35
7	DISPOSAL	37
8	ORDERING ACCESSORIES	38
9	ORDERING SPARE PARTS	39
9.1	Service hotline	39
9.2	Serial number and model name	39
9.3	Parts list	40
9.4	Exploded drawing	42

1.1 Technical data

LED display of

- + speed in km/h
- + training time in min
- + training distance in km
- + step rate (revolutions per minute)
- + calories burnt
- + heart rate (when using the hand sensors or a chest strap)
- + watt
- + resistance level

Resistance system: electronic magnetic brake system
Resistance level: 32
Watts: 10 - 350 watts

User memory: 4
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
Body fat test

Flywheel mass: 9 kg
Pedal arm length: 17 cm
Bottom bracket width: 12.5 cm

Weight and dimensions

Article weight (gross, including packaging): 39 kg
Article weight (net, without packaging): 35.2 kg

Packaging dimensions (L x W x H): approximately 950 mm x 260 mm x 700 mm
Set-up dimensions (L x W x H): approximately 900 mm x 570 mm x 1400 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

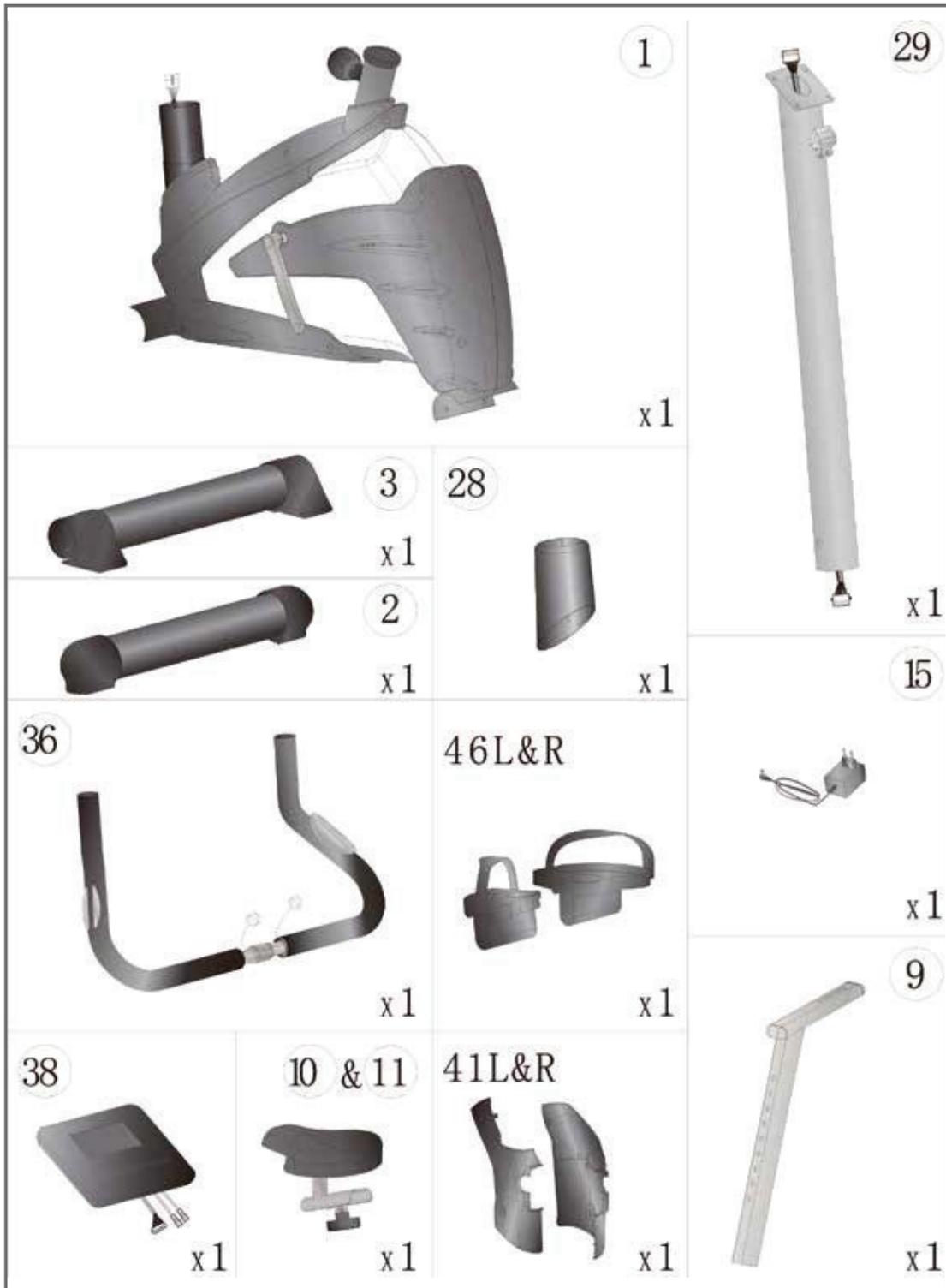
2.3 Maintenance and service calendar

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.



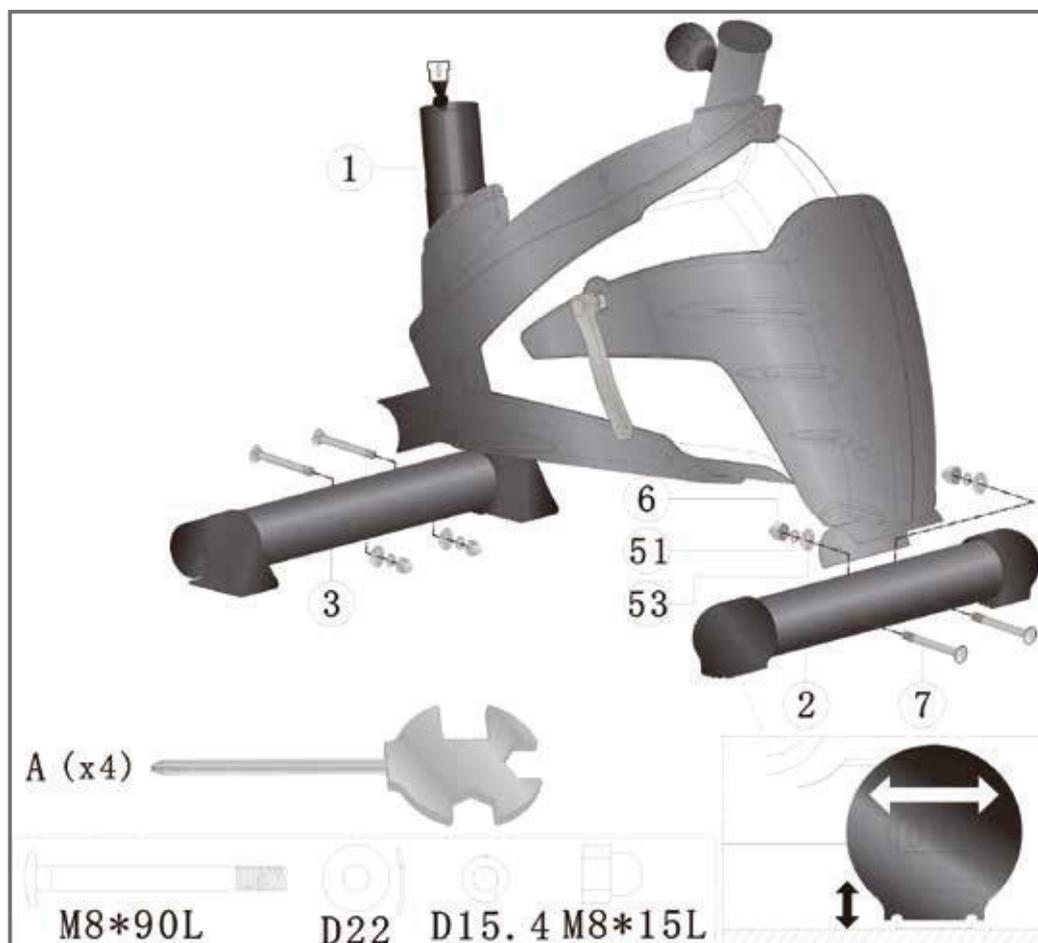
3.2 Assembly instructions

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) Secure the front (3) and rear foot (2) to the base (1) with each two screws (7), two washers (53), two spring washers (51) and two nuts (6).

(2) If the equipment is not stable after assembly, you can change the height on the underside of the underside of the rear foot.

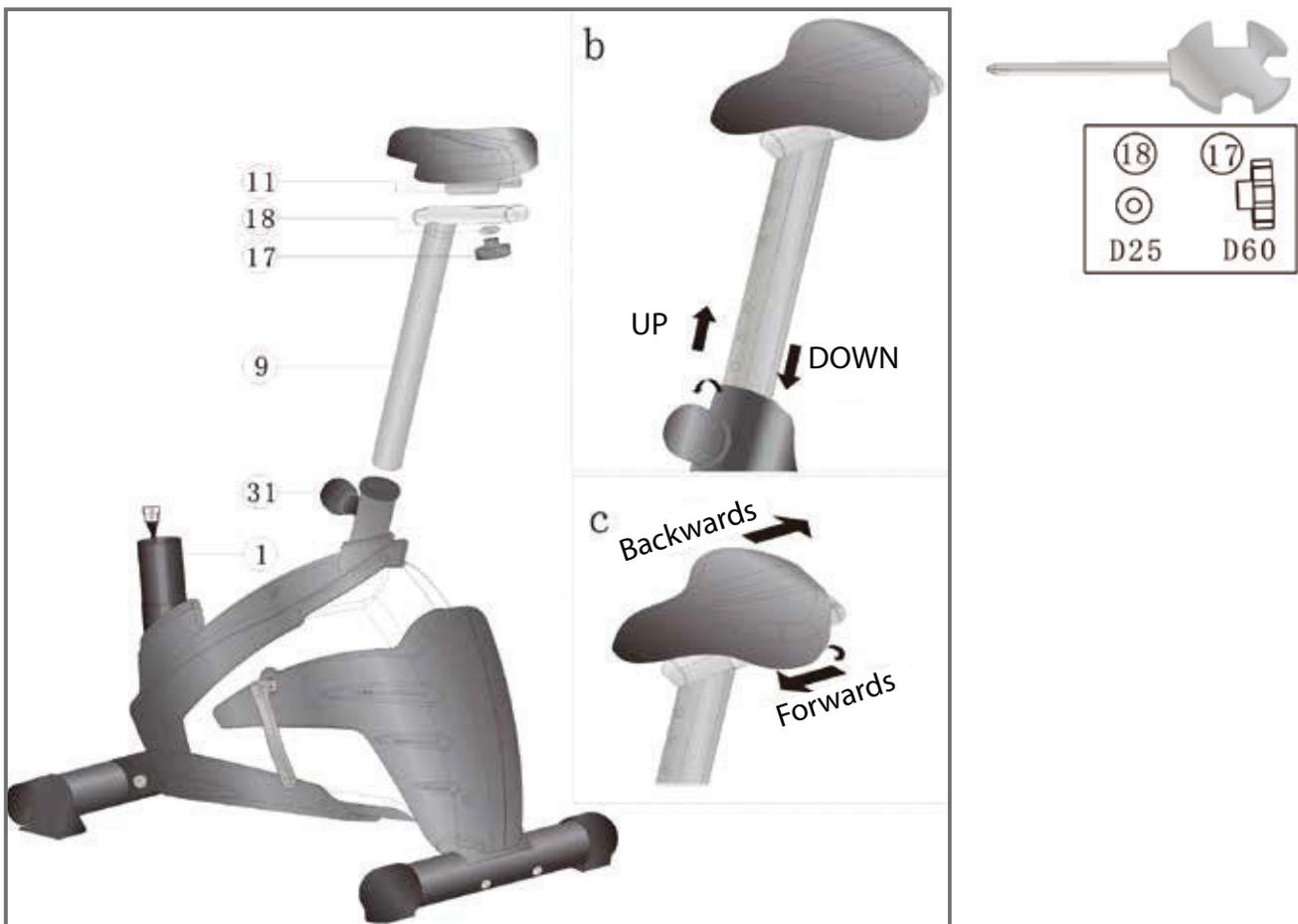


Step 2: Assembly of the saddle

(1) Install the seat (10) on the adjustable saddle tube (11) with three washers (12) and three nylon nuts (13) as in figure a.

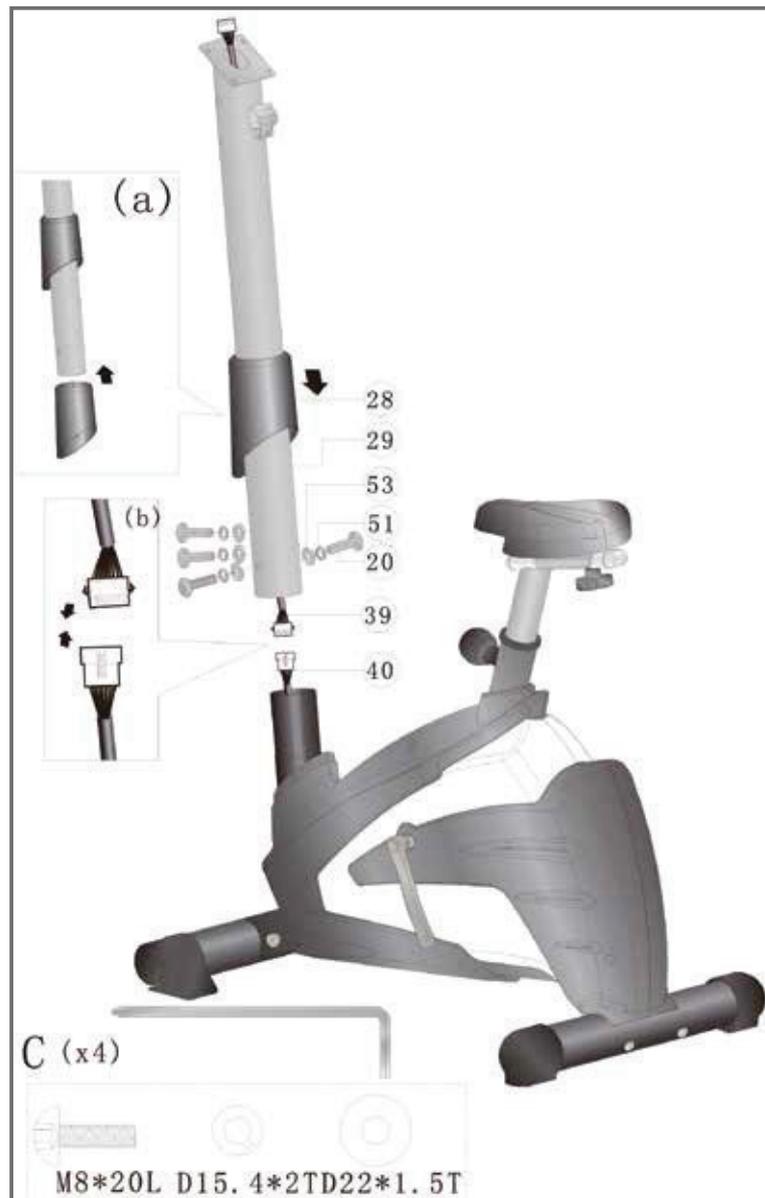
(2) Place the saddle tube (9) in the frame (1). You can move the seat up and down and lock it with the adjusting knob (31); see figure b.

(3) The seat (10) can be adjusted horizontally as well by moving the adjusting knob (17) as in figure c.



Step 3: Assembly of the console mast

- (1) Attach the upper cover (28) on the handlebar tube (29); see figure a.
- (2) Connect the upper console cable (39) with the lower console cable (40); see figure b.
- (3) Install the handlebar tube (29) on the frame (1) with four screws (20), four washers (53) and four spring washers (51).

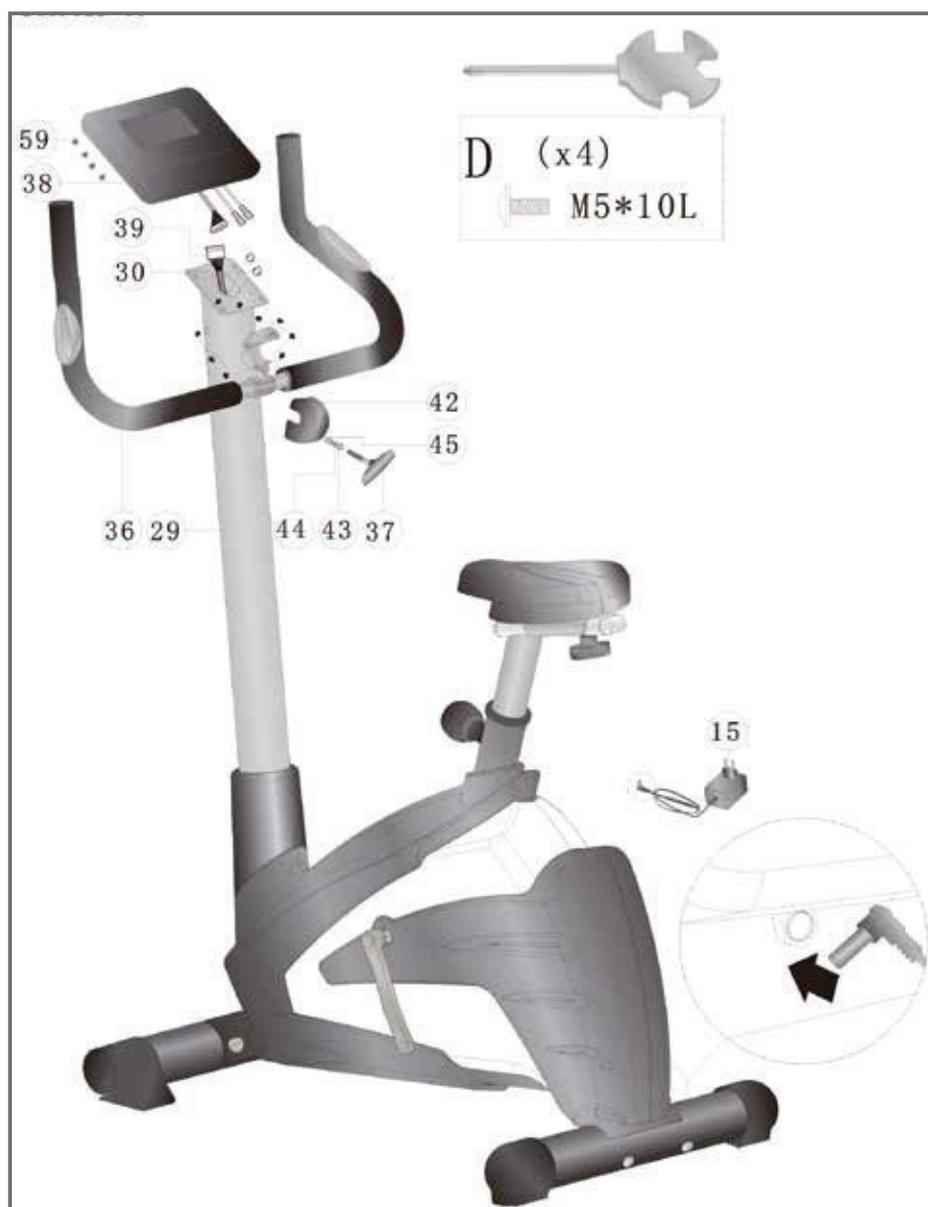


Step 4: Assembly of the handles

(1) Attach the handles (36) to the handlebar tube (29) by attaching the cover (42), washers (43), spring washers (44), connectors (45) and the adjusting knob (37).

(2) Connect the upper console cable (39) with the hand pulse cable (30) and the console (38). Then attach the console to the handlebar tube (29) by tightening the screws (59).

The position of the handlebars can be adjusted by pressing the adjusting knob (37).



Step 5: Assembly of the console bracket and pedals

(1) Attach the console bracket (41L) and (41R) to the handlebar tube with the screws (69) and (14).

(2) Attach the pedals (46L) and (46R) to the pedal cranks.



Step 6: Adjusting the seat position

(1) Height adjustment: Loosen the knob and pull it out in order to adjust the height of the saddle tube. Release the knob and make sure that it locks into one of the drill holes. Then tighten it again.

(2) Horizontal adjustment: Rotate the knob under the seat until you can move the seat forwards and backwards. Move the seat into the desired position and tighten the knob again.

Step 7: Adjusting the handle

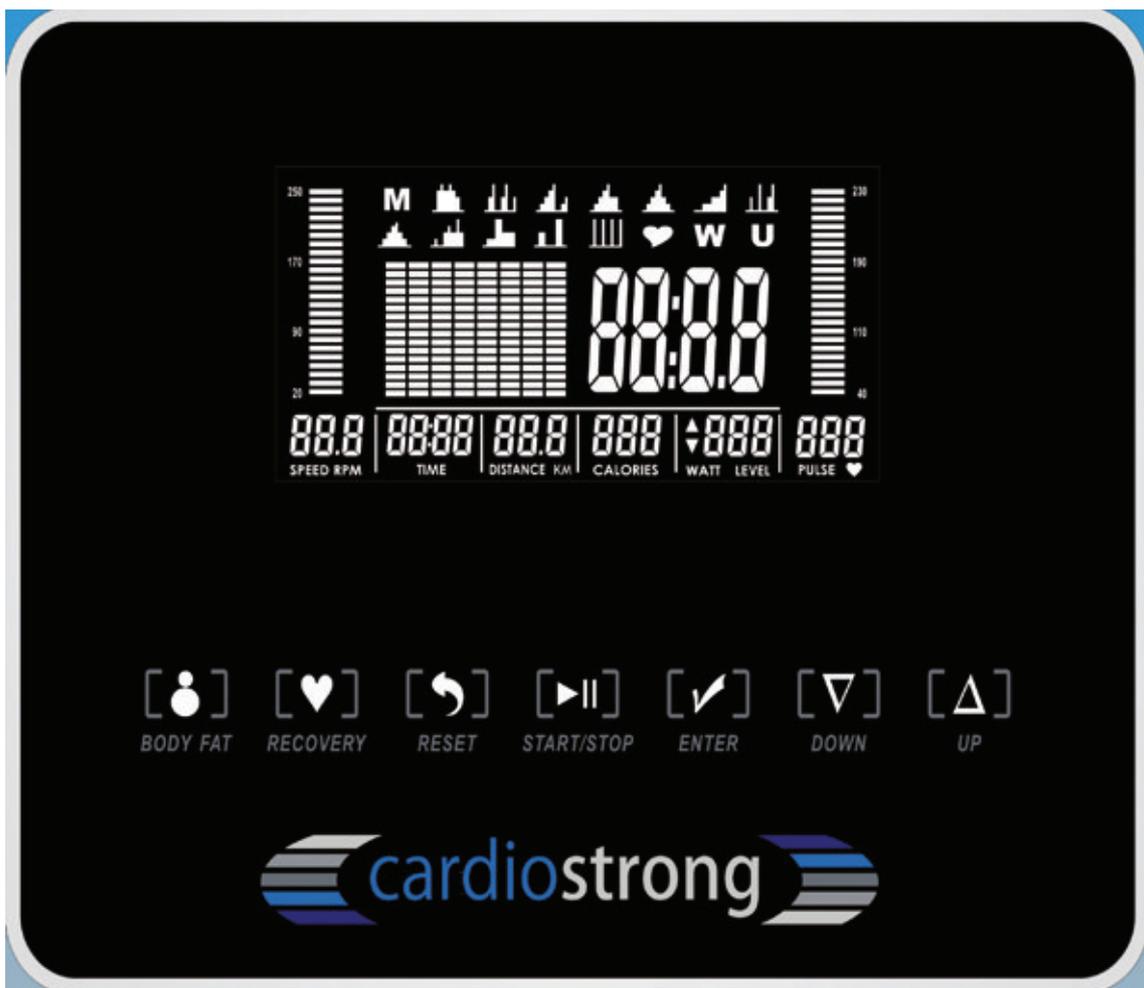
Rotate the lever on the front of the handle until you can adjust the tilt of the handle. Once the handle is in the desired position, tighten the lever again.

Step 8: Transport

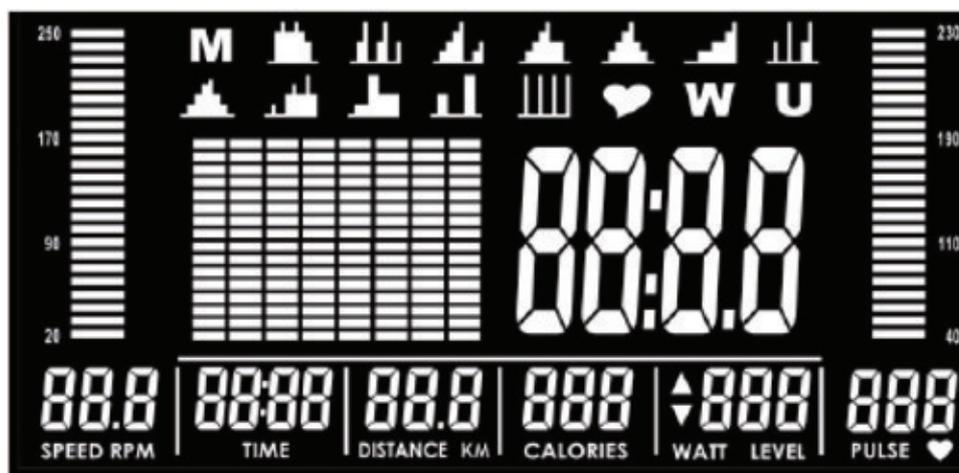
Pull the handles and tip the equipment forwards. Beneath the front supporting feet you will find transport wheels, which can be used to easily move the equipment to a different place. Tighten the lever again.

4 OPERATING MANUAL

4.1 Console display



Time	Time display, ascending between 00:00 - 99:59 or descending between 00:00 - 99:00. Setting in 1 minute increments
Speed	Speed display in km/h
RPM (cadence; revolutions per minute)	Display of the step rate with a bar chart
Distance	Distance display between 00:00 - 99.99 km; setting in 0.1 km intervals
Calories	Display of calories from 0 - 9999 calories Note on calorie measurement: The calculation of calories burned is based on a general formula. It is not possible to exactly determine individual calories burned, because diverse personal data is required for this.
Watt	Watt display from 0 - 999 watts
Pulse (heart rate; heartbeats per minute)	Display of heart rate with bar chart. The user can define a target heart rate. As soon as the entered target heart rate is exceeded, an alarm will sound.
Level	Display of the resistance level with bar chart



4.2 Button functions

	<p>Determine the body fat percentage: Press the „BODY FAT“ button for two seconds in order to change the user data.</p> <p>Gender A = AGE (age in years) H = HEIGHT (height in cm) W = WEIGHT (weight in kg)</p>
	<p>Testing the recovery heart rate</p>
	<p>Reset settings or change to the start screen</p>
	<p>Start and end training</p>
	<p>Confirming settings</p>
	<p>Setting values and lowering the training load. Hold the button to adjust the values quicker.</p>
	<p>Setting values and increasing the training load. Hold the button to adjust the values quicker.</p>

4.3 Turning on the equipment

Connect the power cable. An acoustic alarm will sound. The LCD display will light up completely for two seconds including „E“ (EU) and „K“ (KM) for one second.

4.4 User profile

Use the UP and DOWN buttons to select a user profile U1 - U4 and press ENTER to confirm. Then you can enter the following values with the arrow buttons:

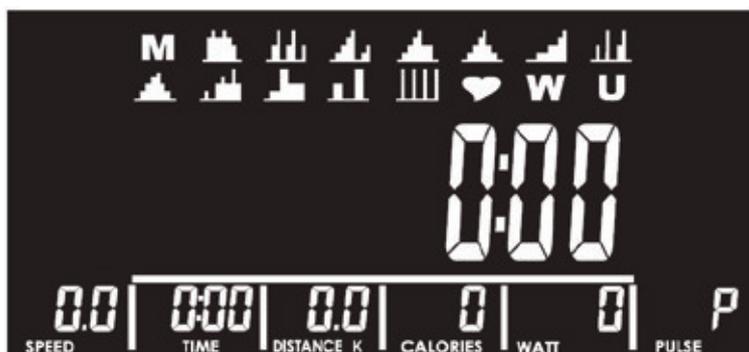
Gender	male	<input type="checkbox"/>	female	<input type="checkbox"/>
A = Age	Age in years			
H = Height	Height in cm			
W = Weight	Weight in kg			

Confirm every setting with the ENTER button.

4.5 Programs

The LCD display shows 16 symbols to select the program from in the following order:

- M (manual training): 1
- Different profiles for default training programs: 12
- Heart symbol (heart rate controlled training program): 1
- W (watt-controlled training program) 1
- U (user-defined training program) 1



4.5.1 M - Manual program

Select the manual program “M” from the program selection. Next, adjust to the desired resistance level (Level) using the arrow buttons UP and DOWN, and press ENTER to confirm. The resistance level can be adjusted at any time during the workout.

If no change is made to the resistance for three seconds, the display changes to the “Watts” (power output) display. Use the arrow buttons UP and DOWN to enter values for TIME, DISTANCE, CALORIES and heart rate (PULSE), one after another. If you enter a target value for time, distance and calories, 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, only enter the desired target value – you do not need to enter all of the other values. If you enter a target pulse rate, an alarm sounds when you exceed this pulse rate.

The alarm then sounds continuously until your pulse rate is no longer higher than the target pulse rate. To confirm, press ENTER after each setting.

Press the START/STOP button to start your workout. Press the START/STOP button again to end your workout. All workout values are stored in the memory. If you press the RESET button, you will return to the program selection.

4.5.2 Workout programs



Use the arrow buttons UP and DOWN to select a program P1-P12 from the program selection. Then confirm your selection with the ENTER button. The LCD display shows an appropriate workout profile. Use the arrow buttons UP and DOWN to adjust the resistance level and the time. After each setting,

confirm your values by pressing ENTER.

Press the START/STOP button to start your workout. The resistance level can be adjusted at any time during the workout using the arrow buttons. If no change is made to the resistance for three seconds, the display changes to the “Watt” (power output) display.

4.5.3 H.R.C. - Heart-rate controlled programs



Use the arrow buttons UP and DOWN to select the heart symbol.

Use the arrow buttons UP and DOWN to select the heart-rate programs 55%, 75%, 90% or TA (TA = Target = target heart rate). The heart-rate value is determined automatically based on the age

previously entered and is then shown in the display. If you select TARGET, use the arrow buttons UP and DOWN to enter a target heart rate between 30~230. Press the ENTER button to confirm. You can then enter the desired workout time using the arrow buttons. As soon as the selected target heart rate is exceeded, an alarm sounds. The alarm then sounds continuously until your pulse rate is no longer higher than the target pulse rate. Then press the START/STOP button in order to start your workout.

4.5.4 W - Watt-based program



Use the arrow buttons UP and DOWN to select the watt-based (power output) program "W". The initial watts figure is a default value of 120. Use the arrow buttons UP and DOWN to change the target watts figure as required. Confirm your setting with the ENTER button and then enter the time in the same

manner. Then press the START/STOP button to start your workout. With watt-based programs, the watts figure is kept constant by automatic adjustment of the resistance. If you pedal faster, the resistance is reduced; if you pedal more slowly, the resistance increases. The watts figure can be adjusted manually during your workout.

4.5.5 U - User-defined program



Use the arrow buttons UP and DOWN to select the user program “U”. Use the arrow buttons UP and DOWN to prepare a USER program. Using the arrow buttons, enter the resistance level for each segment and press ENTER to confirm. When complete, press and hold ENTER for two seconds to move to the time selection. After entering your desired workout time, start your workout by pressing the START/STOP button.

4.5.6 Body-fat test (BODY FAT)

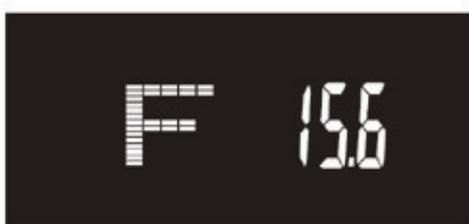
Important: During the body-fat test, a heart-rate reading must be received throughout.

Press the BODY FAT button. The display shows “UX” for two seconds before the test starts. Grip the hand pulse sensors on the equipment with both hands. After a short time, the proportion of body-fat (in %) and the BMI are displayed. If you press and hold the BODY FAT button for two seconds, you can adjust the values in the user profile for sex, age (A), height (H) and weight (W).

Finally, press ENTER to start the body-fat test.

Error messages:

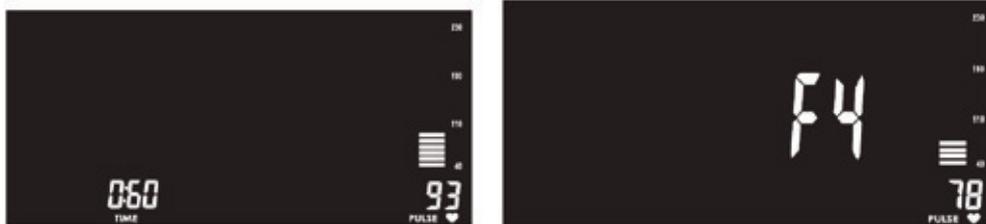
- “E-1” – if no heart-rate reading is received.
- “E-4” – if the body-fat percentage (F) is not between 5-50 or BMI (B) is not between 5-50.



4.5.7 RECOVERY - Recovery rate

The RECOVERY function can be used as long as a heart-rate reading is received throughout the workout. After finishing your workout, you can press the RECOVERY button to start a 60-second countdown, during which a heart-rate reading also needs to be received. During this period, the user's current heart rate is displayed.

As soon as the countdown reaches 0:00, the display shows the result in form of a (workout or fitness) score between 1 and 6.



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

Press the RECOVERY button again to return to the main menu.

5.1 Heart-rate measuring

Pulse measuring via hand sensors

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

Note:

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

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

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

Telemetric heart rate measuring

This 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. You can use a special chest strap contact gel, which is also used for ultrasound scans.

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.

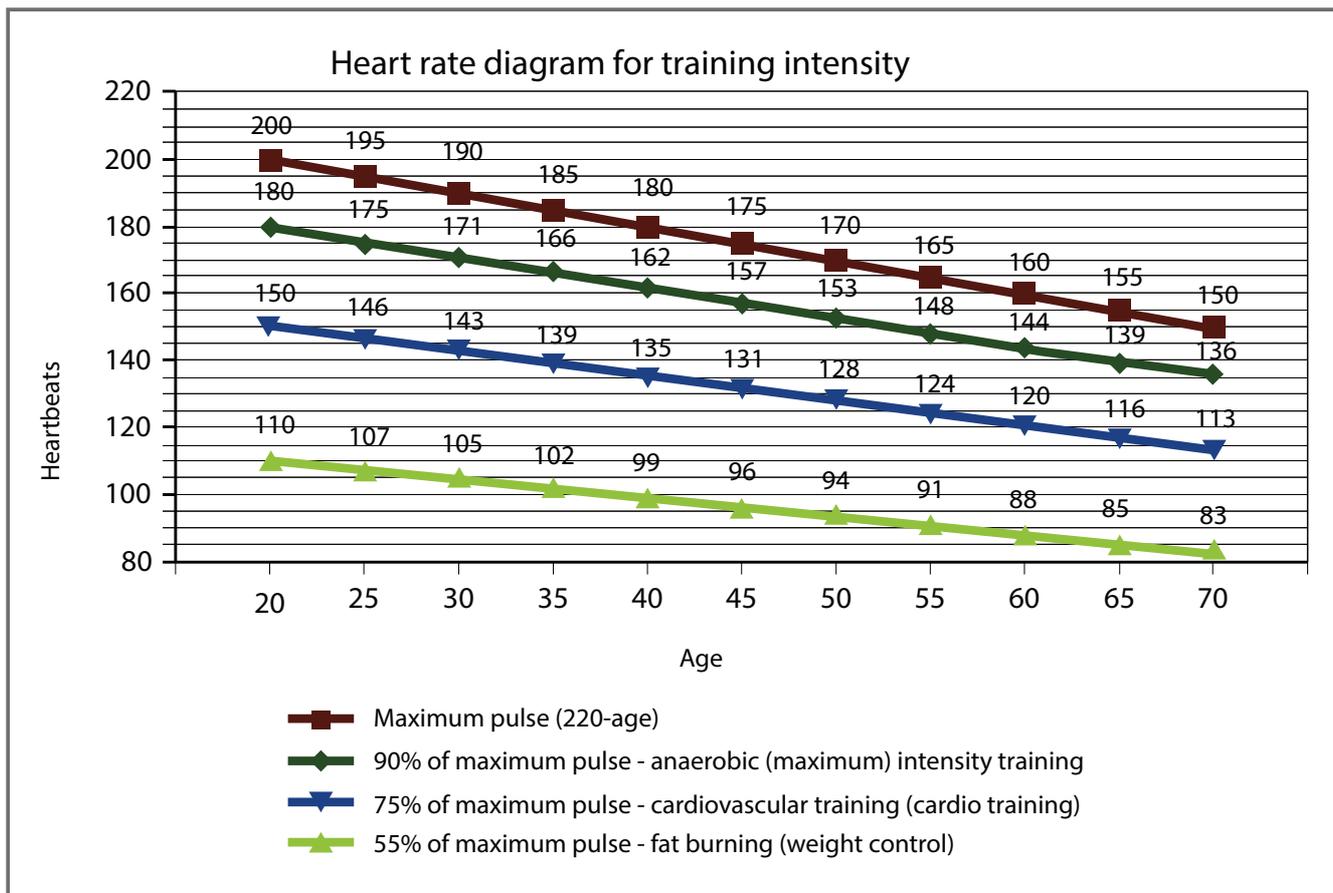
Cardiovascular training (cardio training): The primary goal is to increase stamina and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training period 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 be shifted slightly forward 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 to three training sessions a week. There should be a five-minute warm-up phase before every training. The training ends 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

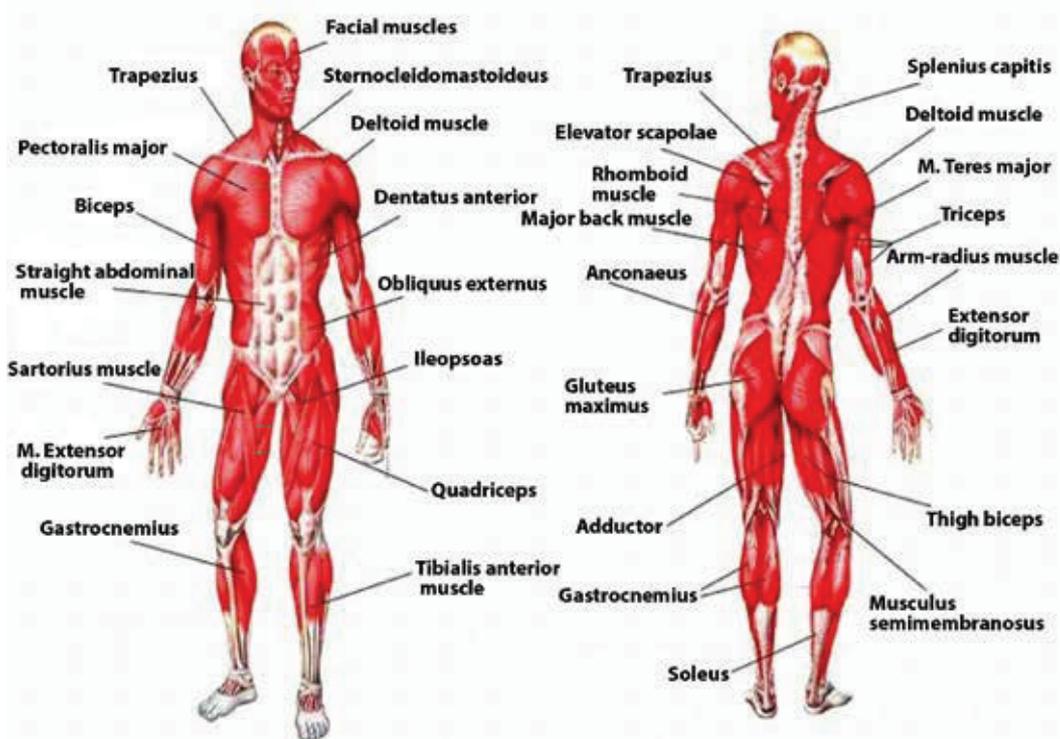
WEEK 3 + 4				
	Beginner		Advanced	
Days	Duration	Intensity	Duration	Intensity
Mon	25 min.	Slow speed, no resistance	35 min.	Vary speed, keep resistance low
Wed	25 min.	Slow speed, no resistance	35 min.	Vary speed, keep resistance low
Fri	25 min.	Slow speed, no resistance	35 min.	Vary speed, keep resistance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

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

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	Frame
BX30	Home use	24 months	30 years

Repair costs

According to our choice, there will either be a repair, a replacement of individual damaged parts or a complete replacement. Spare parts, that have to be mounted while assembling the equipment, have to be replaced by the 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 L</p> <p>Art.No. ST-FM-L</p>
	<p>Sport-Tiedje transmitter chest strap Art. No. ST1000</p> <p>Sport-Tiedje comfort chest strap premium Art. No. ST1050</p>
	<p>Vitalis Uni-FitViewer</p> <p>Art. No. VIT-80104</p>
	<p>Chest strap contact gel 250ml</p> <p>Art. No. BK-250</p>
	<p>Fitness equipment care set</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 +49 4621 4210-0 +49 4621 4210-699 service@sport-tiedje.de

Mon - Fri 8:00 am - 6:00 pm

Sat 9:00 am - 6:00 pm

NL +31 172 619961 info@fitshop.nl

Mon - Thu 9 am - 5 pm

Fri 9 am - 9 pm

Sat 10 am - 5 pm

UK +44 141 876 3972 orders@powerhousefitness.co.uk

Mon - Fri 9 am - 5 pm

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:

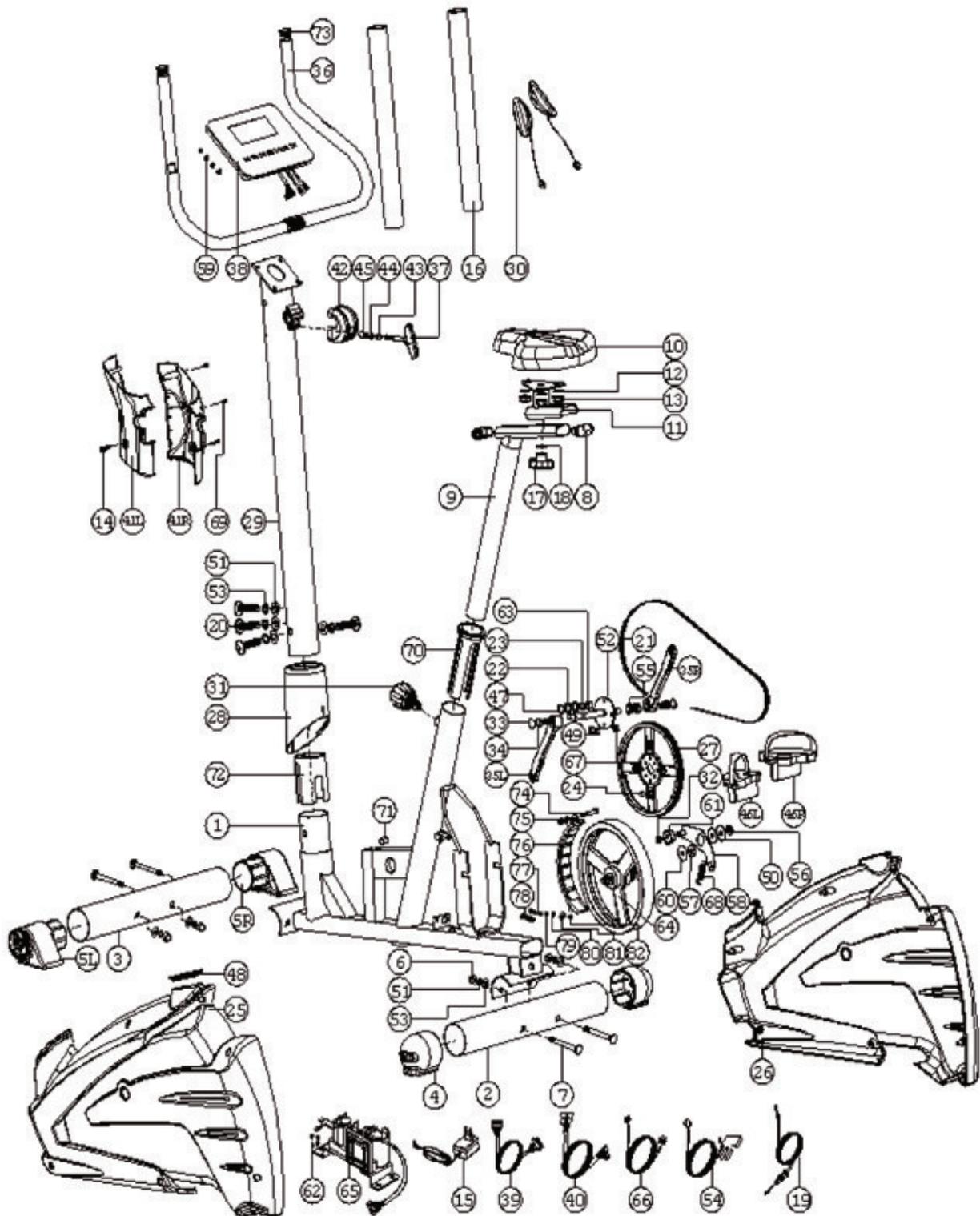
Model name:

9.3 Parts list

No.	Qty.	Description	No.	Qty.	Description
1	1	Main frame	28	1	Upper protective cover
2	1	Rear stabilizer	29	1	Handlebar post
3	1	Front stabilizer	30	2	Handle pulse
4	2	Adjustable foot cap		2	Handle pulse cable 600L
5L	1	Left foot cap	31		Ball knob D50*M16*22*D8 1
5R	1	Right foot cap	32	1	Nylon nut M10*1.5*10T
6	4	Domed nut M8*1.25*15L	33	2	Bolt cap D23*6.5
7	4	Square neck bolt M8*1.25*90L	34	2	Bolt M8*1.25*25
8	2	Oval cap 25*50*32L	35L	1	Left crank
9	1	Seat post	35R	1	Right crank
10	1	Seat	36	1	Handlebar
11	1	Adjustable seat tube	37	1	T-shaped knob M8*1.25*65
12	3	Flat washer D16*D8.5*1.2T	38	1	Computer SM-7669-71
13	3	Nylon nut M8*1.25*8T	39	1	Upper computer cable 1000L
14	2	Screw ST4*1.41*20L	40	1	Lower computer cable 300L
15	1	Adapter	41L	1	Left computer bracket
16	2	Foam (HDR) D30*3.0T*590L	41R	1	Right computer bracket
17	1	Screw knob D60*32L (M8*1.25)	42	1	Cover 80.6*56*52.5
18	1	Flat washer D25*D8.5*2T	43	1	Flat washer D16*D8.5*1.2T
19	1	Tension control cable D1.5*230L	44	1	Spring washer D15.4*D8.2*2T
20	4	Allen bolt M8*1.25*20L	45	1	Bushing D8.2*D12.7*33
21	1	Multi-groove belt	46L/46R	1	Pedal
22	2	Waved washer D22*D17*0.3T	47	1	C-ring S-17 (1T)
23	1	Flat washer D23*D17.2*1.5T	48	1	Protective ring for chain cover
24	1	Round magnet	49	4	Bolt M6*1.0*15L
25	1	Left chain cover	50	1	Flat washer D50*D10*2.0T
26	1	Right chain cover	51	8	Curved washer D22*D8.5*1.5T
27	1	Pulley Wheel	52	1	Crank axle

No.	Qty.	Description	No.	Qty.	Description
53	8	Spring washer D15.4*D8.2*2T	68	1	Spring D2.2*D14*55L
54	1	Sensor cable 100L	69	2	Screw ST4*1.41*15L
55	2	Bearing #6003ZZ	70	1	Inner tube D66*D50.3*170L
56	2	Nylon nut 3/8"-26UNF*6.5T	71	1	Buffer D9*D5.8*13 1
57	1	Flat washer D30*D10*3.0T	72	1	Inner tube D71.5*108L
58	1	Fixing plate for idle wheel	73	2	Mushroom Cap D1/1/4"*29L
59	4	Bolt M5*0.8*10L	74	1	Bolt M8*52L
60	2	Plastic flat washer D50*D10*1.0T	75	1	Anti-loose nut M8*1.25*8T
61	1	Idle wheel D23.8*D38*24	76	1	Magnetic fixed plate
62	4	Screw ST4.2*1.41*15L	77	1	Bolt M6*55L
63	1	Spacer D22.5*D17.2*6.4T	78	1	Spring D1.2*55L
64	1	Magnetic system	79	1	Nut M6*1*6T
65	1	Motor	80	1	Flat washer D13*D6.5*1.0T
66	1	Electric cable 350L	81	1	Nylon washer D6*D19*1.5T
67	4	Anti-loose nut M6*1.0*6T	82	1	Anti-loose nut M6*1*6T

9.4 Exploded drawing



CONTACT

Company head office

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24837 Schleswig
Germany

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Hotline for Technical Information

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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.

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

www.sport-tiedje.com/en/stores

