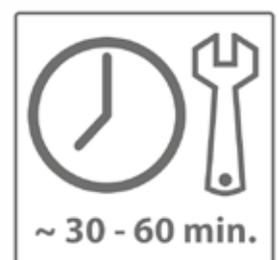
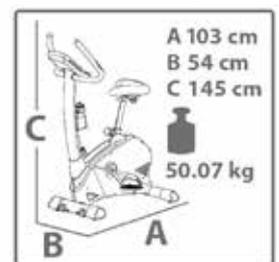




## Assembly and Operating Instructions



CSTBX90.01.02

Art. No. CST-BX90

Ergometer **BX90**



**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](http://www.sport-tiedje.com) or [www.cardiostrong.de](http://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 suitable for home use as well as semi-professional use (e. g., hospitals, clubs, hotels, schools, etc.). It is not suitable for commercial or professional use (e. g., commercial gyms).

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

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## 1.1 Technical data

### LCD display of

- + speed in km/h
- + training time in min
- + training distance in km
- + cadence (rotations 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: 24  
Watt: 10 - 350 Watt (adjustable in 5-watt increments)

Total number of training programs: 24  
Manual programs: 1  
Pre-set programs: 12  
Watt-controlled programs: 1  
Heart rate controlled programs: 4  
User defined programs: 4  
Random programs: 1

### Weight and dimensions

Article weight (gross, including packaging): 58.31 kg  
Article weight (net, without packaging): 50.07 kg

Packaging dimensions (L x W x H): approximately 98 cm x 33 cm x 88 cm  
Set-up dimensions (L x W x H): approximately 103 cm x 54 cm x 145 cm  
Maximum user weight: 150 kg/330 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.

<b>Error</b>	<b>Cause</b>	<b>Repair</b>
Cracking near the pedal	Loose pedals	Tighten the pedals
Equipment wobbles	Equipment is not level	Adjust the supporting feet
Handlebar/saddle wobbles	Screws are loose	Tighten screws
Display does not turn on	Power supply disrupted	Check all screw connections and see if the plug is plugged in
No pulse reading	<ul style="list-style-type: none"> <li>• Sources of interference in the room</li> <li>• Using a chest strap:               <ul style="list-style-type: none"> <li>- Unsuitable chest strap</li> <li>- Chest strap is incorrectly positioned</li> <li>- Empty batteries</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Eliminate sources of interference (e. g. mobile phone, loudspeaker, etc.)</li> <li>• Use a suitable chest strap (see recommended accessories)</li> <li>• Reposition the chest strap and/or moisten the electrodes</li> <li>• Change the batteries</li> </ul>

## 2.3 Maintenance and service calendar

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

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

## 2.4 Battery Pack Care & Maintenance

### **ADAPTOR: DC 9 V 1000mA AC Adaptor**

The provided AC Adaptor is the only AC Adaptor you should use to recharge the battery pack.

**WARNING:** Using anything other than the provided AC Adaptor may harm the battery pack causing toxic chemicals to leak out and possibly start a fire.

### **SMART BATTERY CHARGER**

The provided AC Adaptor is a „Smart Battery Charger“ and will stop charging when the battery pack is fully charged so it's OK to recharge the battery pack overnight. However, we DO NOT recommend leaving the AC Adaptor plugged in all of the time.

### **BATTERY PACK: DC7.4V 2200mAh 16.28Wh**

Batteries do not enjoy eternal life. All batteries have a limited lifespan. The key point is to extend the battery pack lifespan with some simple to follow guidelines listed below.

### **CHARGE THE BATTERY PACK WHILE YOU EXERCISE**

The average person exercises 20 minutes a day, 3 times a week. That is what the generator system has been designed for. At that rate the Lithium-ion (Li-ion) battery pack charge will fluctuate roughly from 40%~80% charge. It's still OK to exercise everyday, which will probably recharge the battery pack to 100% which will only slightly affect the long-term life of the Lithium-ion (Li-ion) battery pack. What the battery pack doesn't like is a 0% charge which will eventually kill the battery pack.

### **KEEP THE BATTERY PACK CHARGED 40%~80%**

Lithium-ion (Li-ion) batteries don't suffer the memory effect like the old nickel cadmium and nickel-metal hydride rechargeable batteries, so it is best to keep a charge in the batteries at all times. It is best to not let the battery pack charge drop to zero and do not recharge the battery pack to 100% all the time as it will shorten the battery pack's lifespan. To extend the life of your battery pack, you want to keep it between 40%~80% but as there is NO „battery percentage indicator“ only a „battery warning“ it's best to recharge the battery pack when the „battery warning“ displays, and then recharge the battery pack for a maximum of 20 minutes.

### **WHEN TO PARTIALLY CHARGE THE BATTERY PACK TO 80%**

When you see the „battery warning“ then recharge the battery pack for a maximum of 20 minutes.

### **WHEN TO FULLY CHARGE THE BATTERY PACK TO 100%**

Even though the Lithium-ion (Li-ion) batteries don't suffer the memory effect, experts recommend to calibrate the battery pack every 1~3 months (a „charge cycle“). Plug-in the AC Adaptor and recharge the battery pack for at least 30 minutes, or overnight just like you would recharge your Smartphone.

### **LONG-TERM STORAGE BATTERY PACK ISSUE**

The battery pack will drain at about 5~10% a month when not in use. If storing the exercise machine for a long period of time then make sure the battery pack is fully charged first. Then, fully recharge the battery pack a minimum of every 3 months. If you let the battery pack discharge completely and leave it uncharged for a long period of time it will eventually become incapable of holding a charge (i.e. dead battery pack). If this occurs you will need to contact your dealer and buy and replace the battery pack.

### **BATTERY PACK LIFESPAN**

Batteries do not enjoy eternal life. All batteries have a limited lifespan. The battery manufacturers conservative estimate rates the Lithium-ion (Li-ion) battery pack at 300~500 cycles which is normal for most Lithium-ion (Liion) batteries just like Smartphone or Laptop battery packs. However that DOES NOT mean the battery pack can only be recharged 300 times, it means if you fully discharge the battery pack to 0% and recharge the battery pack to 100%, then the battery pack will only last a minimum of 300 cycles, so it is important NOT to do that. Experts claim that Lithium-ion (Li-ion) batteries can reach 80% of their original capacity after 1,000 charges. After this point Lithium-ion (Li-ion) batteries aren't able to hold as much electricity and will power your device for increasingly shorter periods of time. It's also important to note that an aging battery pack will also decrease in performance over time. Lithium-ion (Li-ion) battery packs do not die suddenly, but the runtime gradually shortens as the capacity fades.

## **BATTERY NO-NO's**

**TOO LOW:** A 0% charge for a long period of time. If you let the battery pack discharge completely and leave it uncharged for a long period of time the battery pack will eventually become incapable of holding a charge.

**TOO COLD:** 0°C (32°F) The Lithium-ion (Li-ion) battery pack will not charge below freezing.

**TOO HOT:** 45°C (113°F) The Lithium-ion (Li-ion) battery pack will charge but you will shorten the battery pack lifespan.

**TOO WET:** High humidity (or worse rain) will cause all kinds of corrosion problems not only with the electrical equipment but also all the metal components on your exercise machine. If you have condensation on the inside of your windows then the humidity is too high. Interior window condensation is caused by excessive moisture in your home. Corrosion will void your warranty, to avoid this buy and use a dehumidifier until the condensation disappears.

### **Battery Warning Display**

When you see the „battery warning“ then recharge the battery pack for a maximum of 20 minutes.

### **Battery Warning Levels**

**40% = STANDARD NORMAL BATTERY WARNING DISPLAY**

When the LCD is fully lit and the “Battery Warning Display” appears then the battery is at 40% capacity.

On completion of your workout, recharge the battery pack for a maximum of 20 minutes.

**30% = FLASHING BATTERY WARNING DISPLAY**

When the LCD is flashing the “Battery Warning Display” then the battery is at 30% capacity and the computer is not receiving enough power, hence the LCD flashing issue.

1) You can try to finish your workout by pedaling fast enough to fully supply the computer with enough power. Then, on completion of your workout, recharge the battery pack for a maximum of 20 minutes.

2) Stop your workout and recharge the battery pack for a maximum of 20 minutes.

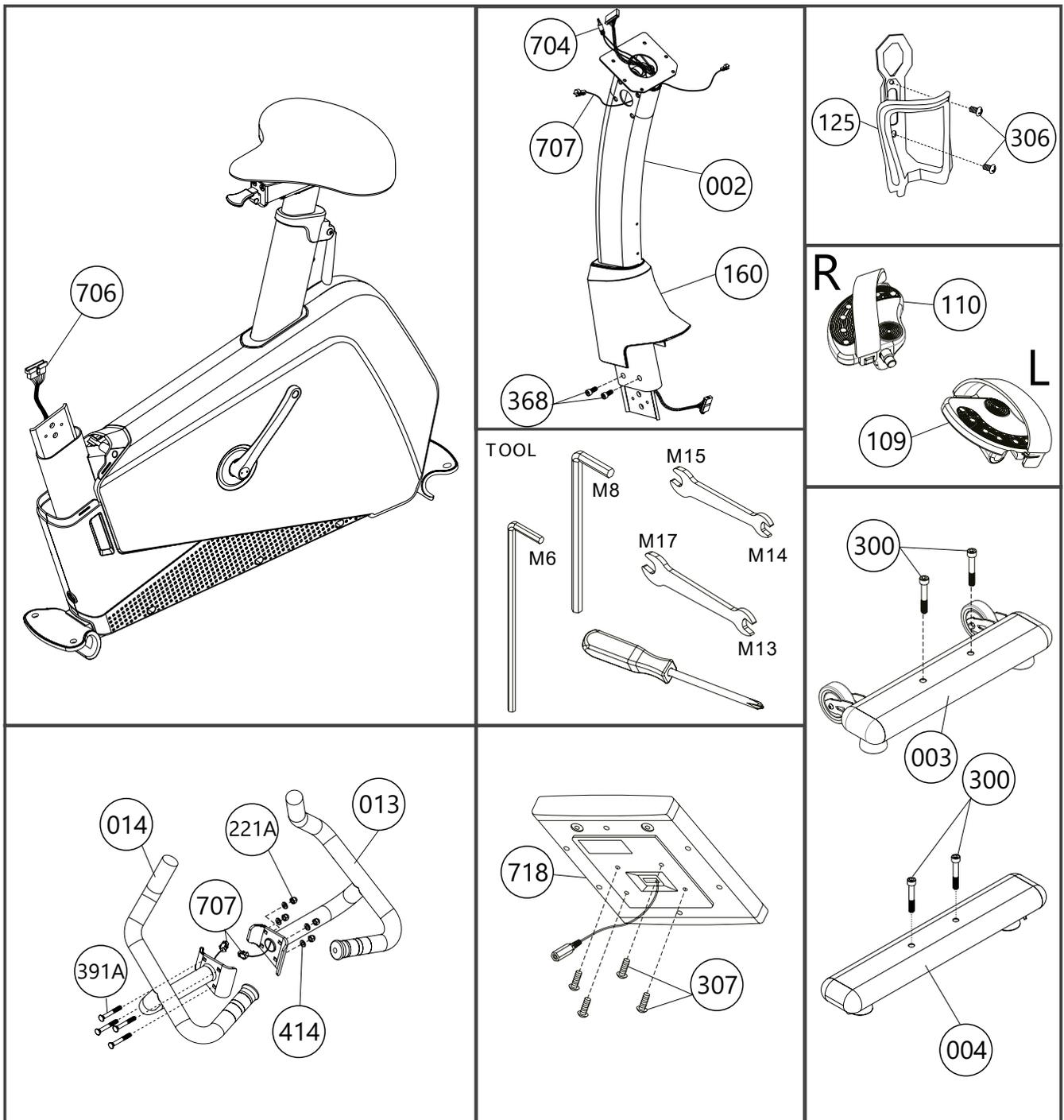
**20% = GHOST BATTERY WARNING DISPLAY**

When the LCD is not lit and only a “Ghost Battery Warning Display” is barely visible then the battery is at 20%.

Stop your workout and recharge the battery pack for a maximum of 20 minutes.

### 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.

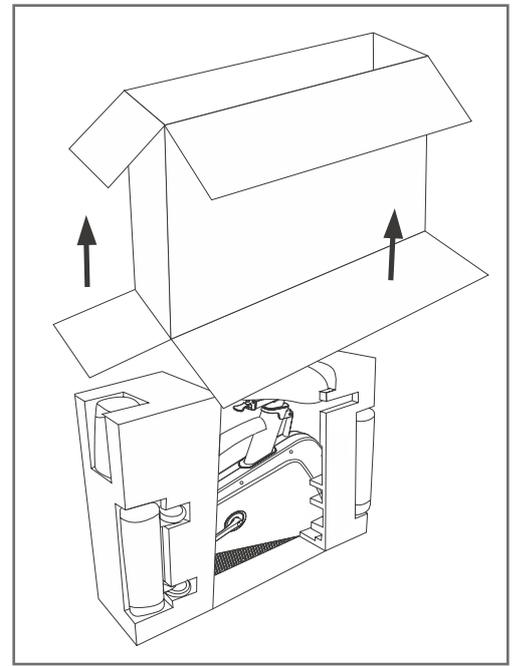
### Step 1

a) Use a sharp knife, open the carton and lay it flat on the floor.

b) Remove all loose components.

c) Refer to the checklist and check that everything is present.

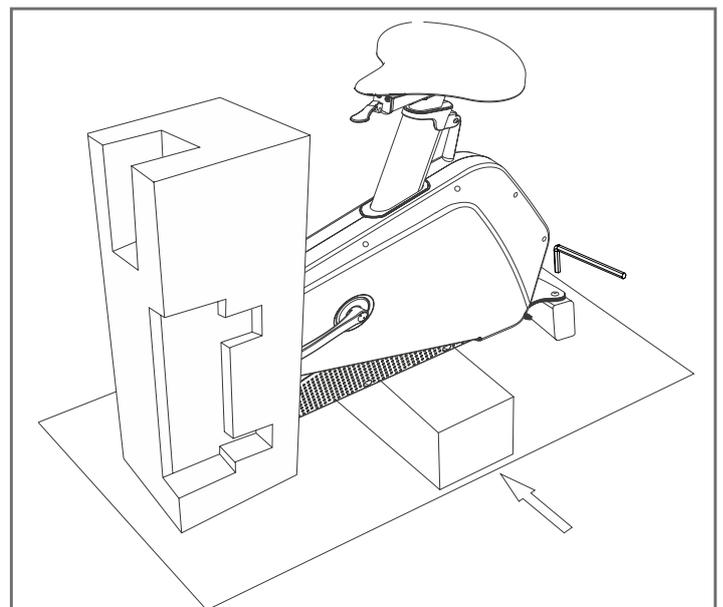
**NOTE:** To protect the BX90 while assembling we suggest that you do not remove the Protective Packing Material until it is absolutely necessary.



### Step 2

a) Lift the rear of the machine off the floor and slide a polystyrene block under the rear-end remove packing material.

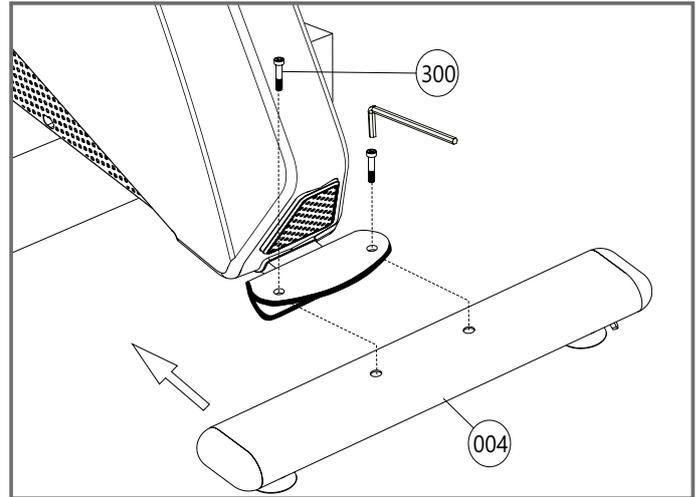
b) Undo 2 x BOLT and remove the transportation tube.



### Step 3

a) Assemble the STABILIZER-BACK [004] with 2 x BOLT [300] tighten firmly.

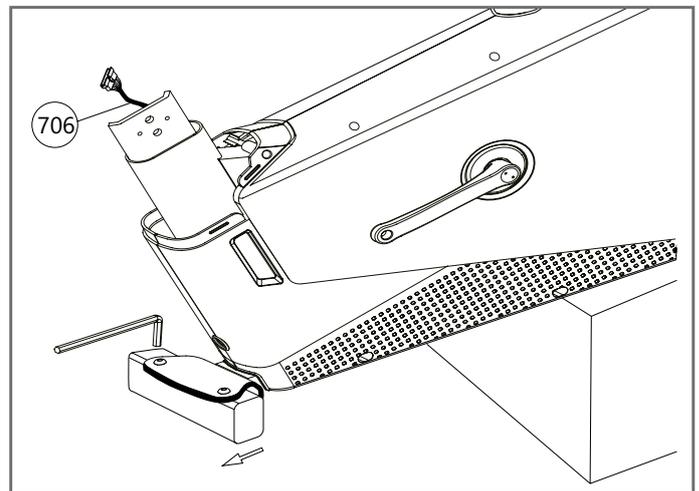
b) Remove the polystyrene block and place it under the front end of the machine.



### Step 4

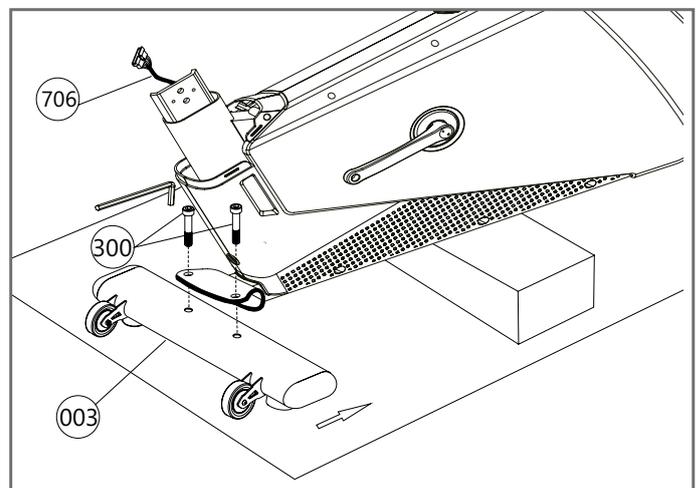
a) With the front end now raised off the floor remove packing material.

b) Undo 2 x BOLT and remove the transportation tube.



### Step 5

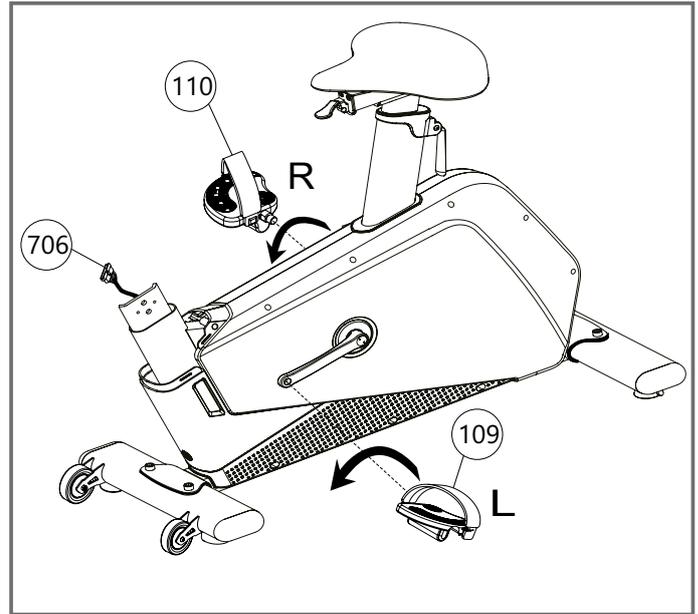
a) Assemble the STABILIZER-FRONT [003] with 2 x BOLT [300] tighten firmly.



## Step 6

**a) Warning:** Do NOT force the pedals into their sockets, if they do not screw in easily you may be trying to fit the wrong pedal or you are rotating the pedal in the wrong direction.

b) Thread the pedals onto the crank arms. The pedals are marked with R and L at the screw. Tighten the left pedal anti-clockwise and the right pedal clockwise.

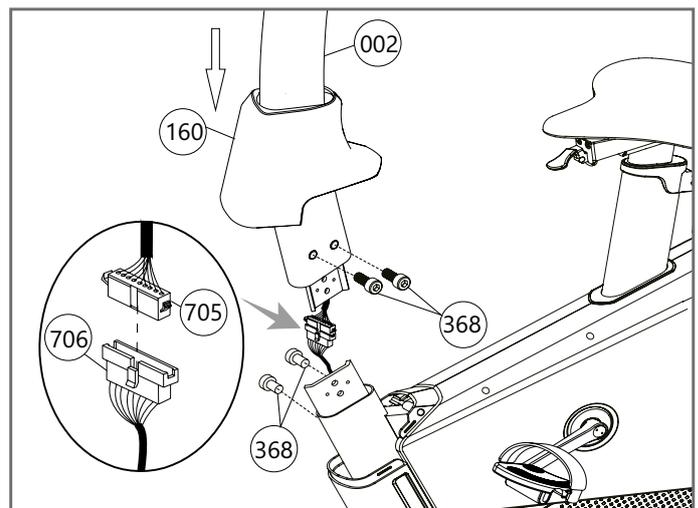


## Step 7

**a)** Hold the HANDLE BAR POST [002] in the correct position over the MAIN FRAME [001] and join the RESISTANCE COMPUTER - CABLE [705] & COMPUTER CABLE [706].

**b)** Carefully slide the HANDLE BAR POST [002] into the MAIN FRAME [001]. Take care not to damage the COMPUTER - CABLE [705] & COMPUTER - CABLE [706].

**c)** Lift the HAT COVER [160] out of the way and align the holes and fit 4 x BOLT [368] then firmly tighten 4 x BOLT [368]. Slide down the HAT COVER [160] and push firmly.

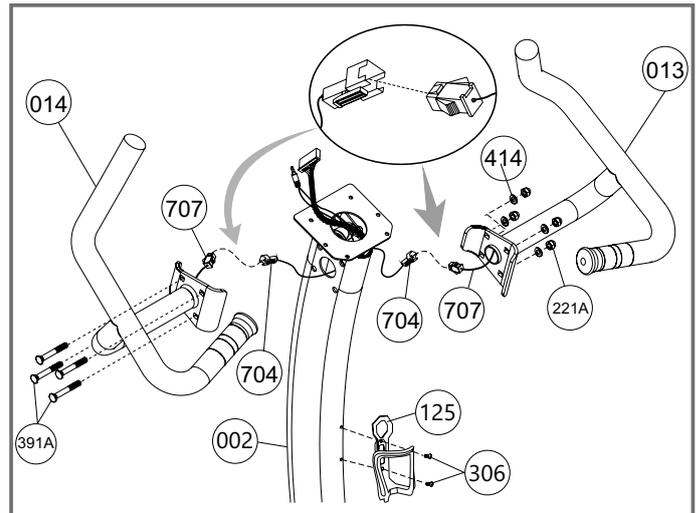


## Step 8

**a)** Connect the HANDLE BAR HAND PULSE CABLE [707] to HANDLEBAR and HAND PULSE CABLE [704] to COMPUTER.

**b)** Slide the HANDLE BAR - RIGHT [013] and the HANDLE BAR - LEFT [014] into HANDLE BAR POST [002] and secure with 4 x BOLT [391A] + 4 x NUT [221A] + 4 x WASHER [414].

**c)** Remove 2 x BOLT [306] from HANDLE BAR POST [002]. Align WATER BOTTLE HOLDER [125] and fasten with the same 2 x BOLT [306].



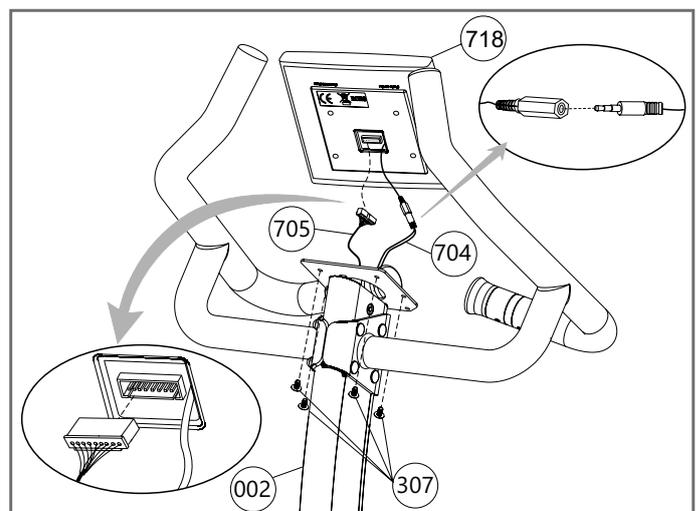
## Step 9

**a)** Connect the HAND PULSE CABLE to COMPUTER [704] and RESISTANCE ADJUSTMENT - CABLE [705] to the COMPUTER [718].

**b)** Feed excess cable into the hole in the HANDLE BAR POST [002]. Make sure the cable remain undamaged.

**c)** Check that all connections are correct.

**d)** Slide the computer onto the mounting plate and secure using the 4 x BOLT [307].



## Step 10

a) Plug the AC ADAPTOR [715] into the mains power socket.

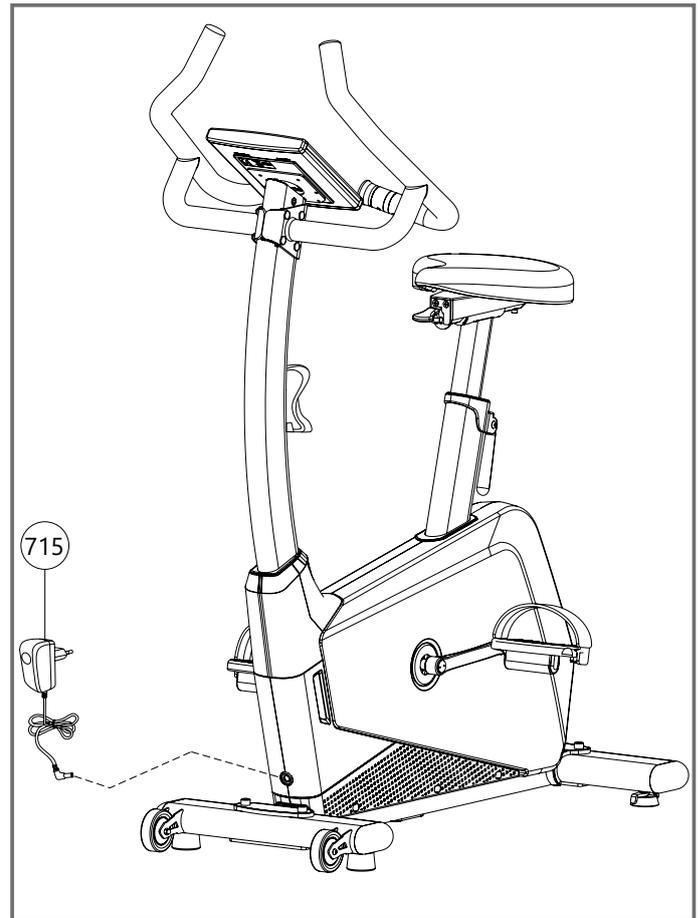
b) Connect the ADAPTOR [715] into the ADAPTOR SOCKET at the front of the machine.

c) The COMPUTER [718] should now be working. If not the re-plug all the COMPUTER CABLE as shown in steps 8 & 10.

**NOTE: BEFORE YOU START - Recharge the Battery** because your exercise machine is NEW!

The BATTERY needs to be Charged.

The battery pack was fully charged when this exercise machine was manufactured. however since then the battery pack has undoubtedly lost some or all of it's charge making it important to recharge the battery pack ASAP. Use the provided AC Adaptor to recharge the battery for at least 30 minutes or longer.



## Power Functions

**Adaptor:** DC 9 V 1000mA AC Adaptor. Once your exercise machine is fully assembled and correctly positioned then insert the plug-in adaptor socket. The computer should automatically power up and all the LCD segments will briefly light up. If there are any problems then please refer to the Trouble Shooting Guide on the last page of these instructions for help.

**Auto power up:** The computer will automatically power up when the exercise machine is in use, or when any Keys on the computer are pressed.

**Auto power down:** The computer will automatically power down when the exercise machine is not in use after approximately 1 minutes.

## Resistance and Generator System

This exercise machine is equipped with:

**Eddy Current Brake Motorized Resistance System:** The Flywheel is lined with an Aluminum Strip and a Bank of Magnets are moved by a Geared Electric Motor. The closer the Magnets are to the moving Aluminum Strip the more „Eddy Currents“ are created causing drag.

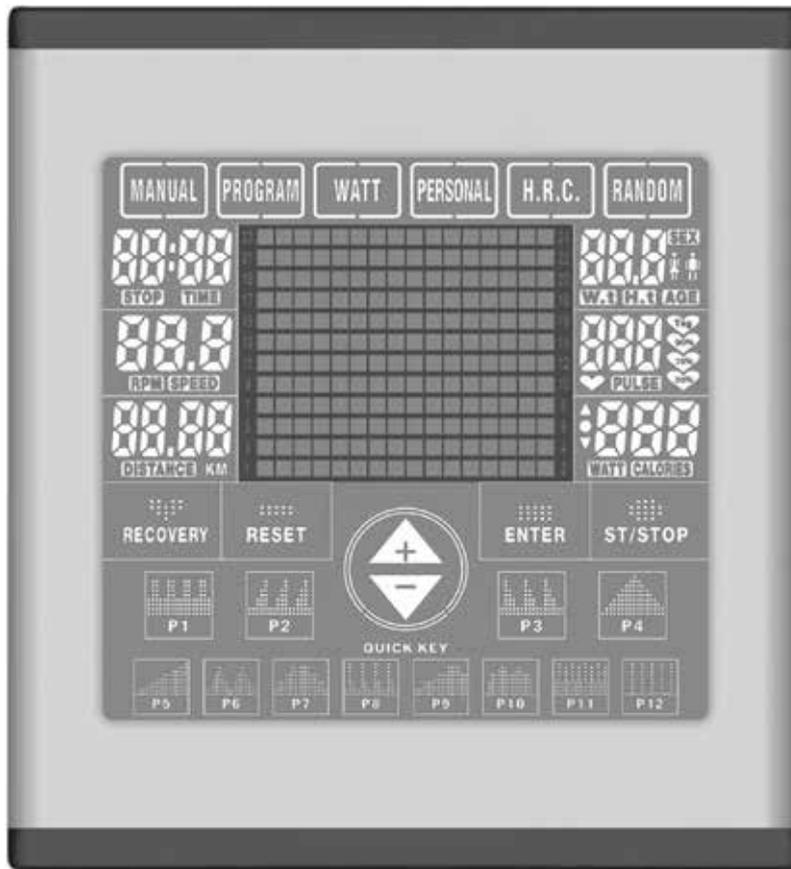
**Mini Generator:** Basically just an Electric Motor that is powered by the moving Flywheel.

**Generator Controller:** A sophisticated electronic device that supply's the Computer and/or the Battery Pack with the correct electrical charge.

**Battery Pack:** The rechargeable Lithium-ion (Li-ion) battery pack is a battery in which lithium ions move from the negative electrode to the positive electrode during discharge and back when charging.

**WARNING:** The battery pack is filled with toxic chemicals and must be disposed of in a competent manner by recycling.

### 4.1 Console display



<b>TIME</b>	Training time displayed during training. Minutes and seconds
<b>STOP MODE</b>	The STOP MODE Indicator will be lit when you Pause or Stop your workout.
<b>RPM and SPEED</b>	RPM: Revolutions Per Minute SPEED: kilometers per hour (km/h) or miles per hour (mph) Units of measurements (either metric or imperial) depends on your countries standard measurement system. NOTE: RPM and SPEED share the same display. The display will alternate every six seconds.
<b>DISTANCE</b>	kilometers or miles (KM or M) Units of measurements (either metric or imperial) depends on your countries standard measurement system.

<b>USER SELECT</b>	<p>Select one of four Users U1 U2 U3 U4.  NOTE: U0 = Guest User. All input data will not be retained.  SEX: Male or Female  AGE: in Years only  HEIGHT: in centimeters or inches (cm or in)  WEIGHT: in kilograms or pounds (kg or lbs)  Units of measurements (either metric or imperial) depends on your countries standard measurement system.  NOTE: Your selected User and input User Data will effect Calorie calculations.  Also, the % Heart Rate Programs work in conjunction with your selected User and input User Data.</p>
<b>PULSE</b>	<p>Your heart rate/pulse is displayed in beats per minute (bpm), either via the Hand Pulse Sensors or a 5 kHz Chest Band.  NOTE: The letter „P“ indicates that the computer is NOT receiving a heart rate/pulse signal.</p>
<b>WATT and CALORIES</b>	<p>WATT: one watt is equal to a power rate of one joule of work per second of time (W).  CALORIES: measured in kilocalories (kcal).  Also known as large Calories and food Calories.  NOTE: Your selected User and input User Data will effect Calorie calculations. WATT and CALORIES share the same display. The display will alternate every six seconds.</p>
<b>BAR GRAPH</b>	<p>Program Profiles and Text Messages are shown here.  12 x Rows = 24 x Resistance Levels.  16 x Columns = 16 time intervals.</p>
<b>RESISTANCE LEVEL</b>	<p>24 x Resistance Levels to choose from  Level 1 = minimum resistance  Level 24 = maximum resistance</p>

## 4.2 Button functions

<p><b>RECOVERY</b></p>	<p>To activate the RECOVERY PROGRAM that will automatically evaluate your heart rate recovery for one minute immediately after your workout.            F1 = Super Fit            F6 = Very Unfit            NOTE: Be sure to provide the computer with a pulse signal either via the Hand Pulse Sensors or a Chest Band.            NOTE: To exit Recovery simply press the RECOVERY Key again.</p>
<p><b>RESET</b></p>	<p>Two functions:            1. Reset: Press the RESET Key to reset the computer back to the Main Menu.            2. Total Reset: Press and hold the RESET Key for two seconds to totally reset the computer. This is useful if the computer is not responding.</p>
<p><b>UP and DOWN</b></p>	<p>Press and hold the UP and DOWN Keys to FAST TRACK two functions:            1. Before your workout: Press the UP and DOWN Keys to scroll through the available selection.            2. During your workout: Press the UP and DOWN Keys to adjust the Resistance Levels or Watts Target Value.            NOTE: The UP and DOWN Keys are disabled in all the Heart Rate Control Programs (i.e. H.R.C.).</p>
<p><b>PROGRAM Keys</b></p>	<p>MANUAL: 1 x Manual Program            PROGRAM: 12 x Profile Programs            WATT: 1 x Watts Control Program            PERSONAL: 4 x User Profile Programs U1 U2 U3 U4            H.R.C. : 4 x Heart Rate Programs 55% 75% 90% TAG            RANDOM: An infinite number of Random Profile Programs created by the computer</p>
<p><b>PROFILE PROGRAM QUICK Keys</b></p>	<p>Shortcut Keys to access any one of the 12 x Profile Programs directly</p>

<p><b>START/STOP</b></p>	<p>Three functions:</p> <ol style="list-style-type: none"> <li>1. QUICK START the Manual Program: You can bypass all the input selection process by pressing the START Key to begin the Manual Program.</li> <li>2. Before your workout(i.e. Workout Mode): After inputting your Program Selection Data press the START Key to begin your workout.</li> <li>3. During your workout: Press the STOP Key to pause/end your workout.</li> </ol> <p>NOTE: Pause Mode ~ after four minutes the computer will Auto Power Down, however your workout will remain Paused indefinitely.</p>
<p><b>ENTER</b></p>	<p>Three functions:</p> <ol style="list-style-type: none"> <li>1. Before your workout (i.e. Workout Mode): Press the ENTER Key to confirm your selection.</li> <li>2. Paused workout (i.e. Stop Mode): Press the ENTER Key to scroll through the available Target Value selections.</li> <li>3. USER Profile Program: Press and hold the ENTER Key for two seconds to bypass the Profile selection process.</li> </ol> <p>NOTE: The ENTER Key will NOT function in Workout Mode.</p>

## 4.3 User settings

When the computer powers up the LCD Display will be flashing and requesting data input for the following:

### USER SELECT U0 or U1~U4

The computer can store four sets of personal user data. This stored information will be used in conjunction with the % Heart Rate Programs and to more accurately calculate Calories (kcal).

**NOTE:** U0 = Guest User. The computer will not memorize any input User Data or input Personal Profile Program.

- 1) Press the UP and DOWN Keys to select either U0 U1 U2 U3 U4
- 2) Pressing the ENTER Key will confirm your User selection and begin the User Data Entry process.

### USER DATA ENTRY

- 1) SEX ~ Press the UP and DOWN Keys to select either MALE or FEMALE. Then press the ENTER Key to confirm your selection.
- 2) AGE ~ Press the UP and DOWN Keys to select your Age (in years). Then press the ENTER Key to confirm your selection.
- 3) HEIGHT ~ Press the UP and DOWN Keys to select your Height in either centimeters (cm) or inches (,) depending on your countries standard measurement system. Then press the ENTER Key to confirm your selection.
- 4) WEIGHT ~ Press the UP and DOWN Keys to select your Weight in kilograms (kg) or pounds (lbs) depending on your countries standard measurement system. Then press the ENTER Key to confirm your selection.

Now you will be at the Main Menu.

## 4.4 Programmes

This Computer has the following Programs:

1 x MANUAL PROGRAM

12 x PROFILE PROGRAMS

1 x WATT PROGRAM

4 x PERSONAL PROFILE PROGRAMS one per user stored in the computers memory

4 x HEART RATE CONTROL PROGRAMS 55% 75% 90% Target Heart Rate

1 x RANDOM PROFILE PROGRAMS

1 x RECOVERY PROGRAM

From the MAIN MENU press any one of the six PROGRAM Keys at the top of the LCD, or press one of the twelve PROFILE PROGRAM QUICK Keys, or press the START Key to immediately start the MANUAL PROGRAM.

If at anytime you wish to return to the Main Menu then simply press the RESET Key. To return to the Main Menu during a workout, you must first press the STOP Key. Then press the RESET Key.

If that fails then press and hold the RESET Key for two seconds to start over.

### 4.4.1 Manual Program

The MANUAL PROGRAM is a simple program that has a flat profile and is preset at Resistance Level one. Before and during your workout you can adjust the Resistance Levels by pressing the UP and DOWN Keys.

#### QUICK START

Press the START Key to immediately begin your workout.

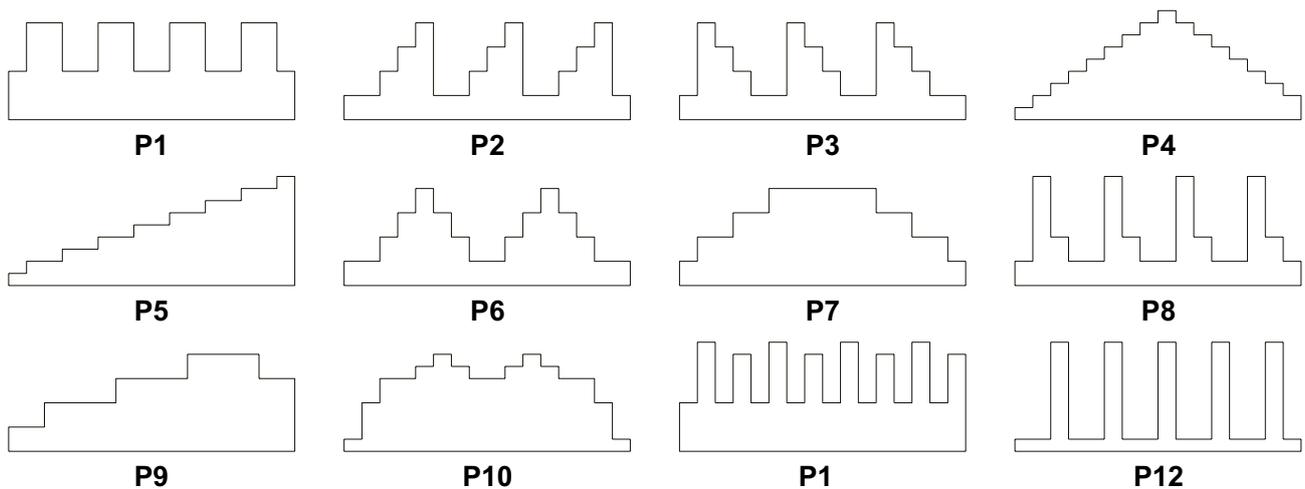
#### NORMAL START with Target Value options

- 1) From the Main Menu, press the MANUAL Key to select the MANUAL PROGRAM.
- 2) Press the UP and DOWN Keys to select your Resistance Level. Then press the ENTER Key to confirm your selection.
- 3) To select Target Values TIME-DISTANCE-CALORIES and/or Pulse Alarm, repetitively press the ENTER Key to scroll and select your Target. Then press the UP and DOWN Keys to select your Target Values.  
Then press the ENTER Key to confirm your selection.  
**NOTE:** To return to the Main Menu press the RESET Key.
- 4) Press the START Key when you are ready to begin your workout.  
During your workout you can adjust the Resistance Levels by pressing the UP and DOWN Keys.

### 4.4.2 Profile Programs

The computer will automatically adjust the Resistance Levels according to the PROFILE PROGRAM you select. During your workout you can adjust the Resistance Levels by pressing the UP and DOWN Keys.

There are 12 x PROFILE PROGRAMS to choose from as shown in the diagrams below:



1) **QUICK SELECT:** Press one of the 12 x PROFILE PROGRAM QUICK Keys.

**NOTE:** To immediately start your workout press the START Key.

**NOTE:** To return to the Main Menu press the RESET Key.

- 2) To select a Target Value, press the ENTER Key then press the UP and DOWN Keys to select your Target Value/Values. Then press the ENTER Key to confirm your selection. Repeat this step for all desired Target Values.
- 3) Press the START Key when you are ready to begin your workout.  
During your workout you can adjust the Resistance Levels by pressing the UP and DOWN Keys.

### 4.4.3 Watt Program

The WATT PROGRAM is designed to keep your watt output at a constant level you have selected. During your workout you can adjust the WATT Target Value by pressing the UP and DOWN Keys.

**NOTE:** During your workout you cannot adjust the Resistance Levels.

WATT TARGET VALUE CHOICE: 10~350 W (in 5 watt steps)

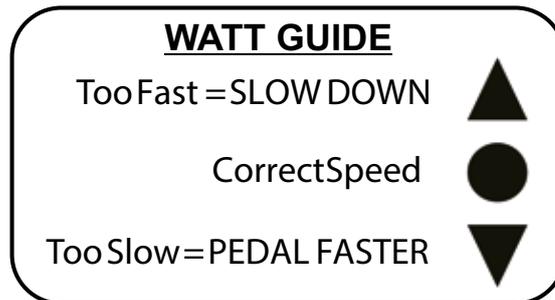
- 1) From the Main Menu, press the WATT Key to select the WATT PROGRAM.
- 2) Press the UP and DOWN Keys to select your WATT Target Value.  
**NOTE:** To immediately start your workout press the START Key.
- 3) To select a Target Value press the UP and DOWN Keys to scroll and select your Target. Then press the ENTER Key to confirm your selection. Repeat this step for all desired Target Values.  
**NOTE:** To return to the Main Menu press the RESET Key.

4) Press the START Key when you are ready to begin your workout.

During your workout you can adjust the WATT Target Value by pressing the UP and DOWN Keys.

### **WATT ALARM**

The WATT PROGRAM has an alarm that will sound, and flash three dashes (i.e. ) when you exceed the limitations of the 24 x Resistance Levels versus the WATT Target Value you have chosen reminding you to either PEDAL FASTER or SLOW DOWN accordingly, or change the WATT Target Value by pressing the Up and DOWN Keys.



### **4.4.4 User Profile Programs**

The computer will automatically adjust the Resistance Levels according to the USER PROFILE PROGRAM you design. All four Users have their own USER PROFILE PROGRAM which can only be accessed through the User Select process. During your workout if you adjust the Resistance Levels by pressing the UP and DOWN Keys.

**NOTE:** If during your workout if you adjust the Resistance Levels you will be changing the stored USER PROFILE PROGRAM as well.

1) From the Main Menu, press the PERSONAL Key to select the USER PROFILE PROGRAM.

**NOTE:** To immediately start your workout press the START Key.

2) Profile Selection: There are 16 columns, each with a choice of 24 Resistance Levels. Press the Up and DOWN Keys to select your desired Resistance Level for each column. Then press the ENTER Key to confirm your selection. Repeat this process for all 16 columns.

**NOTE:** To bypass the Profile Selection process, press and hold the ENTER Key for two seconds. Then the computer will take you directly to Target Value selections.

**NOTE:** To immediately start your workout press the START Key.

3) To select Target Values press and hold the ENTER Key for two seconds. Then press the UP and DOWN Keys to scroll and select your Target Value. Then press the ENTER Key to confirm your selection. Repeat this step for all desired Target Values.

4) Press the START Key when you are ready to begin your workout.

## 4.4.5 Random Profile Programs

The computer will automatically adjust the Resistance Levels according to the RANDOM PROFILE PROGRAM you select.

During your workout if you adjust the Resistance Levels by pressing the UP and DOWN Keys.

1) From the Main Menu, press and keep pressing the RANDOM Key to scroll through an infinite number of RANDOM PROFILE PROGRAMS.

**NOTE:** To immediately start your workout press the START Key.

**NOTE:** To return to the Main Menu press the RESET Key.

2) To select a Target Value, press the ENTER Key then press the UP and DOWN Keys to select your Target Value/Values. Then press the ENTER Key to confirm your selection. Repeat this step for all desired Target Values.

3) Press the START Key when you are ready to begin your workout.

During your workout you can adjust the Resistance Levels by pressing the UP and DOWN Keys.

## 4.4.6 Heart Rate Programs

The % HEART RATE PROGRAMS are designed to keep your heart rate/pulse at the constant level you have selected. Every 30 x seconds the computer will check your heart rate/pulse against what you have selected and will automatically adjust the Resistance Levels accordingly.

All Heart Rate Programs require a heart rate signal either via a compatible international standard 5 kHz bandwidth Chest Band or by holding the Hand Pulse Sensors.

These three % HEART RATE PROGRAMS work in conjunction with your selected User and the User Data you have input, therefore it is important that you select the correct User and have input the correct User Data before you begin any of the three % HEART RATE PROGRAM.

**NOTE:** During your workout you cannot adjust the Resistance Levels.

To select a heart rate that is optimal for you, see CALCULATING TARGET HEART RATE on this page.

While increasing your heart rate is an important part of exercise, it is also important that your heart rate is not too high. To be safe we suggest that you start your workouts at the 55% and increase your heart rate % as your fitness improves.

**NOTE:** The recommended absolute Maximum Heart Rate is equal to 220 bpm minus your age.

1) From the Main Menu, press the H.R.C Key to select the H.R.C. PROGRAMS.

2) Press the UP and DOWN Keys to scroll and select either the 55% 75% 90% HEART RATE PROGRAM. Press the ENTER Key to confirm your selection. The computer will automatically calculate your target heart rate based on your selected User and input User Data.

**NOTE:** To immediately start your workout press the START Key.

**NOTE:** To return to the Main Menu press the RESET Key.

3) To select a Target Value, press the ENTER Key then press the UP and DOWN Keys to select your Target Value/Values. Then press the ENTER Key to confirm your selection. Repeat this step for all desired Target Values.

4) Press the START Key when you are ready to begin your workout.

### 4.4.7 Target Heart Rate Program

The TARGET HEART RATE PROGRAM is designed to keep your heart rate/pulse at the constant level you have selected. Every 30 x seconds the computer will check your heart rate against what you have selected and will automatically adjust the Resistance Levels accordingly.

All Heart Rate Programs require a heart rate signal either via a compatible international standard 5 kHz bandwidth Chest Band or by holding the Hand Pulse Sensors.

**NOTE:** During your workout you cannot adjust the Resistance Levels.

To select a heart rate that is optimal for you, see CALCULATING TARGET HEART RATE on this page.

While increasing your heart rate is an important part of exercise, it is also important that your heart rate is not too high. We suggest that you start off slowing and increase your THR as your fitness level improves.

**NOTE:** The recommended absolute Maximum Heart Rate is equal to 220 bpm minus your age.

1) From the Main Menu, press the H.R.C Key to select the H.R.C.PROGRAMS.

2) Press the Up and DOWN Keys to scroll and select H.R.C. TAG. Then press the ENTER Key to confirm your selection.

3) Press the Up and DOWN Keys to scroll and select your Target Heart Rate between 30~240 bpm. Press the ENTER Key to confirm your selection.

**NOTE:** To immediately start your workout press the START Key.

**NOTE:** To return to the Main Menu press the RESET Key.

4) To select a Target Value, press the ENTER Key then press the UP and DOWN Keys to select your Target Value/Values. Then press the ENTER Key to confirm your selection. Repeat this step for all desired Target Values.

5) Press the START Key when you are ready to begin your workout.

## 4.4.8 Recovery Program

The RECOVERY PROGRAM is a good way of checking your cardiovascular fitness level as your fitness improves. The RECOVERY PROGRAM will evaluate your cardiovascular fitness level by measuring how quickly your heart rate recovers over a period of one minute immediately at the end of your workout. For the entire sixty second countdown it is essential that you provide the computer with a heart rate signal either via the hand pulse sensors or a chest band. Then the computer will display your cardiovascular Fitness recovery score from F1~F6. If you are already at a stable cardiovascular fitness level then this RECOVERY PROGRAM is not much help. However, if you are in the process of improving your cardiovascular fitness level then the RECOVERY PROGRAM is an excellent cardiovascular fitness level indicator.

- 1) Immediately upon completing your workout press the RECOVERY Key.
- 2) The computer will analyze your heart rate recovery for one minute and display a result as follows.

**NOTE:** To cancel RECOVERY press the RECOVERY Key again.

Result	Fitness level
F1	SUPER FIT
F2	VERY FIT
F3	FIT
F4	FAIR
F5	UNFIT
F6	VERY UNFIT

## 4.4.9 Further information

### Target Values

TIME - DISTANCE - CALORIES Target Values are optional. If you do not select any of these optional Target Values then the computer will count from zero upwards. If you select one or more of these optional Target Values then the computer will countdown from your selection. The computer will stop your workout and sound an alarm for once the FIRST Target Value has been achieved.

**NOTE:** Pressing the STOP Key will stop the alarm.

TIME: 1:00 ~ 99:00 minutes (in 1 minute steps).

DISTANCE: 0.5 ~ 99.5 kilometers (in 0.5 steps).

CALORIES: 10 ~ 990 (in 10 calorie steps).

## ENTER Key and Target Values

The ENTER Key has multiply functions. To access Target Values use the ENTER Key.

- 1) From the MAIN MENU choose a workout Program.
- 2) Then keep pressing the ENTER Key to access the workout Programs Target Values.
- 3) Press the START Key to begin your workout.

See page 2 for more information about the ENTER Key.

## Pulse Alarm

The Pulse Alarm is a maximum bpm warning. The Manual Program, Profile Programs, Watt Program, User

Profile Program and Random Programs all have optional Pulse Alarm.

PULSE: 30~240 bpm (in single steps).

## 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 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.

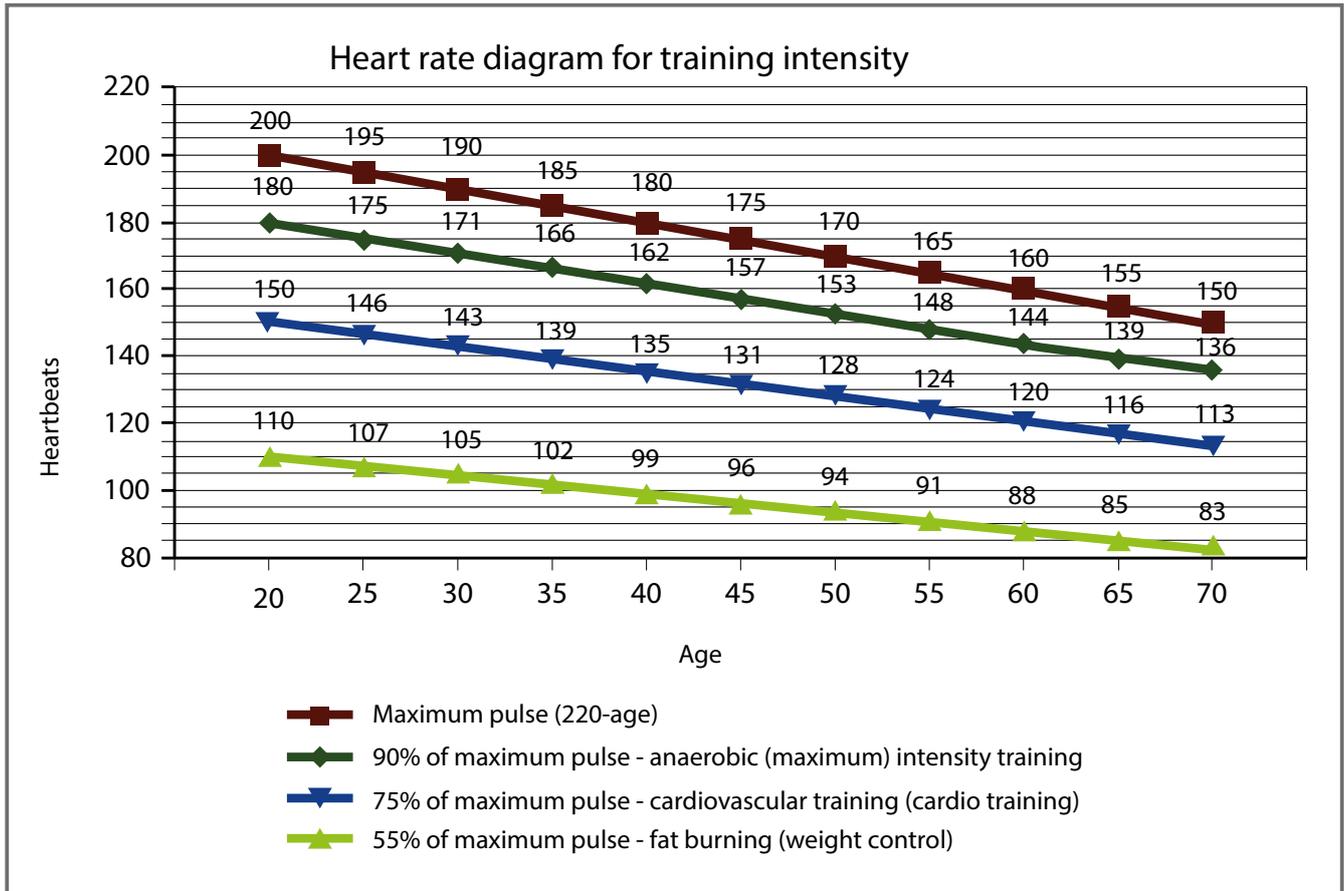
**Cardiovascular training (cardio training):** The primary goal is to increase stamina and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training period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

Different program functions of your training console support you in doing this. For example, you can complete an interval, incline or step counting training session.

### 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 larger muscle groups at low intensity. The body core temperature rises and the metabolism process starts quicker.

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

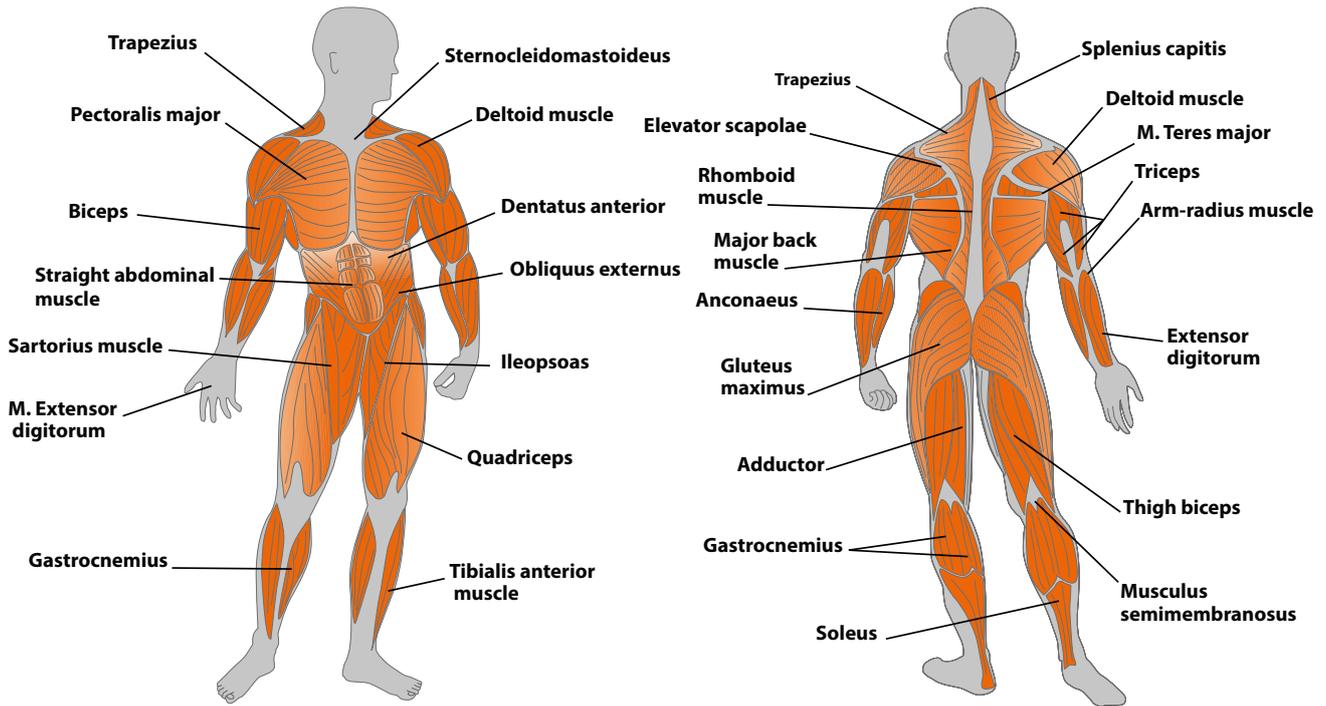
WEEK 3 + 4				
	Beginner		Advanced	
Days	Duration	Intensity	Duration	Intensity
Mon	25 min.	Slow speed no resistance	35 min.	Vary speed, keep resistance low
Wed	25 min.	Slow speed no resistance	35 min.	Vary speed, keep resistance low
Fri	25 min.	Slow speed no resistance	35 min.	Vary speed, keep resistance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

#### **Warrantee**

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

#### **Warranty periods**

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

<b>Model</b>	<b>Use</b>	<b>Full warranty</b>
BX90	Home use	24 months
	Semi-professional use	12 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 warrantee personally and are not a part of repair. After the expiration of the warranty period for repair costs, a pure parts warranty applies, which does not include the repair, installation and delivery costs.

## **The terms of use are defined as follows:**

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

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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.

## 8 ORDERING ACCESSORIES

	<p>Sport-Tiedje floor mat, size L</p> <p>Art. no. ST-FM-L</p>
	<p>Polar Transmitter Chest Strap T34 uncoded</p> <p>Art. no. T34</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.	Description	Qty.	No.	Description	Qty.
001	MAIN FRAME	1	110	PEDAL - RIGHT	1
002	HANDLE BAR POST	1	112	FLYWHEEL	1
003	STABILIZER - FRONT	1	113	J - BOLT	1
004	STABILIZER - BACK	1	114	PLUG	1
005	HORIZONTAL SEAT ADJUSTER	1	115	DRIVE PULLEY	1
006	SEAT POST	1	118	SEAT POST ADJUSTER- SLIDERPLUG	1
007	SEAT HOLDER	1	119	SEAT	1
008	CRANK - LEFT	1	122	POLY V DRVE BELT J2	1
009	CRANK - RIGHT	1	123	POLY V DRVE BELT J6	1
010	HORIZONTAL SEAT ADJUSTER- NUT	1	124	SENSOR - HOLDER	1
011	GENERATOR BRACKET	1	125	WATER BOTTLE HOLDER	1
012	MAIN AXLE	1	129	CRANK PLUG	2
013	HANDLE BAR - RIGHT	1	133	PLUG	2
014	HANDLE BAR - LEFT	1	134	STABILIZER PADS	2
015	HORIZONTAL SEAT ADJUSTER - HANDLE	1	135	STABILIZER LEVELER	2
016	VERTICAL SEAT ADJUSTER - BUSHING	2	149	BUSHING	2
017	CASING	1	160	HAT COVER	1
018	HORIZONTAL SEAT ADJUSTER - SLIDER	1	161	SHROUD SMALL - FRONT RIGHT	1
019	BALL BEARING	1	162	SHROUD SMALL - FRONT LEFT	1
020	TENSION WHEEL BRACKET	1	163	SHROUD LARGE- FRONT RIGHT	1
021	HORIZONTAL SEAT ADJUSTER - SPACER	1	164	SHROUD LARGE- FRONT LEFT	1
022	EMS CONTROLLER	1	165	SHROUD - INSERT	1
023	COMPUTER METAL PLATE	1	166	SHROUD - CRANK INSERT	2
024	MAGNET HOLDER WITH MAGNET	1	169	HAT COVER - INSERT	1
025	SEAT POST ADJUSTER - HANDLE	1	170	SHROUD - SEAT POST INSERT	1
026	SEAT POST ADJUSTER - CLAMP BLOCKS	2	174	PLUG	4
027	SEAT POST ADJUSTER - THREADED SPACER	1	185	RESISTANCE ADJUSTMENT- A/C CABLE HOLDER	1
028	HORIZONTAL SEAT ADJUSTER - ROD	2	190	TRANSPORTATION WHEEL	2
132	HAND PULSE ASSEMBLY	2	203	NUT	2
133	STABILIZER RUBBER MOUNTING	2	205	NUT	1
108	SEAT POST ADJUSTER - CAP	1	206	NUT	4
109	PEDAL - LEFT	1	212	NUT	2

No.	Description	Qty.	No.	Description	Qty.
212A	NUT	1	423A	WASHER	1
213	NUT	3	433A	WASHER	3
220	NUT	2	473	WASHER	1
221	NUT	1	501	SCREW	4
221A	NUT	1	503	SCREW	12
224	NUT	1	508	SCREW	7
230	NUT	2	511	SCREW	8
231	NUT	2	517	SCREW	2
300	BOLT	4	518	SCREW	6
306	BOLT	2	610	TENSION WHEEL- SPRING	2
307	BOLT	4	700	TENSION CABLE	1
312	BOLT	2	701	MOTOR WITH CABLE	1
334C	BOLT	2	702	COMPUTER CABLE WITH SENSOR	1
341A	BOLT	1	704	HAND PULSE CABLE	1
342A	BOLT	1	705	COMPUTER CABLE	1
344A	BOLT	1	706	COMPUTER CABLE	1
344B	BOLT	1	707	HANDLEBAR HAND PULSE CABLE	2
346A	BOLT	1	708	DC & MOTOR CABLE	1
360A	BOLT	1	709	SENSOR - MAGNET	1
360B	BOLT	1	711	BATTERY WITH CABLE	1
362A	BOLT	1	712	A/C ADAPTOR CABLE	1
363	BOLT	1	712A	BATTERY & AC ADAPTOR CABLE	1
364	BOLT	1	713	HORIZONTAL SEAT ADJUSTER - SPRING	1
368	BOLT	4	713A	SEAT ADJUSTER - SPRING	1
371A	BOLT	1	714	SEAT POST ADJUSTER - SPRING	1
387	BOLT	2	715	A/C ADAPTOR	1
388A	BOLT	4	716	GENERATOR WITH CABLE	1
391A	BOLT	4	718	COMPUTER	1
411A	WASHER	1	798	SEAT POST ADJUSTER - THICK PLATE	1
411B	WASHER	2	799	SEAT POST ADJUSTER - THIN S/S PLATE	1
413	WASHER	3	801	BEARING 6004ZZ	2
414	WASHER	4	802	BEARING 6200ZZ	2



## CONTACT

### Company head office

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### Hotline for Technical Information

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

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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](http://www.sport-tiedje.com/en/stores)



