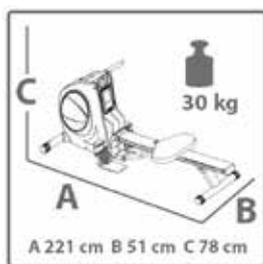
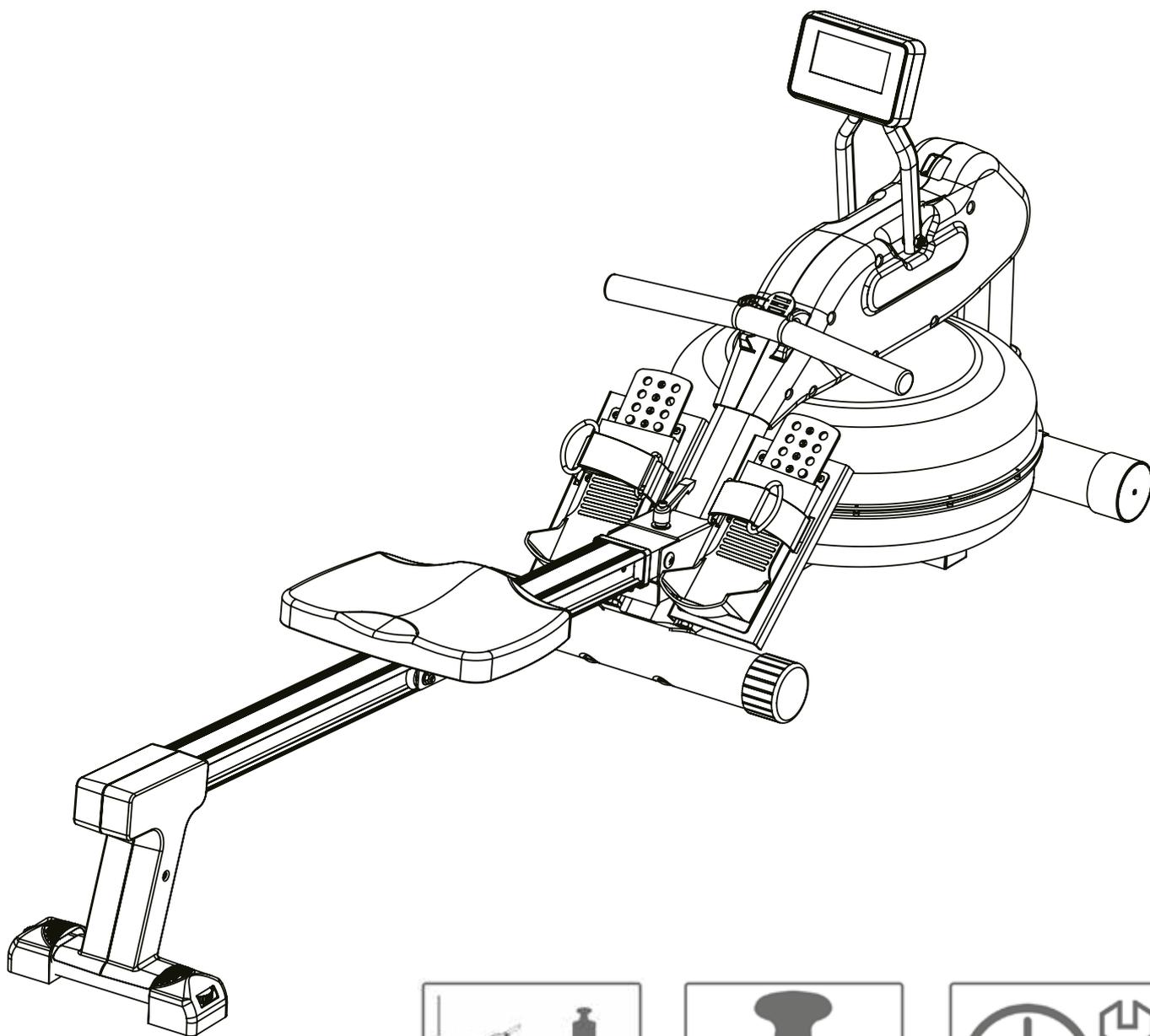




## Assembly and Operating Instructions



Art. No. CST-BALTIC

CSTBALTIC01.02

Rowing machine **BALTIC**



**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 only suitable for use at home. The equipment is not suitable for semi-professional (e. g., hospitals, clubs, hotels, schools, etc.) and commercial or professional use (e. g., health clubs).

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

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## 1.1 Technical data

### LCD - display of:

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

Resistance system: Water resistance

Total number of training programs:	3
Race programme:	1
Manual programme:	1
Recovery:	1

### Weight and dimensions:

Article weight (gross, including packaging):	Box1/2 - 37.9 kg
	Box2/2 - 3.20 kg
Article weight (net, without packaging):	30.3 kg

Verpackungsmaße (L x B x H): Box1/2 ca. 96.5 cm x 55.5 cm x 57.2 cm  
Box2/2 ca. 137.5 cm x 9 cm x 6 cm

Packaging dimensions (L x W x H): approximately 221 cm x 51 cm x 78 cm

Set-up dimensions (L x W x H): approximately 118 cm x 51 cm x 149.2 cm

Maximum user weight: 113 kg (250 lbs)

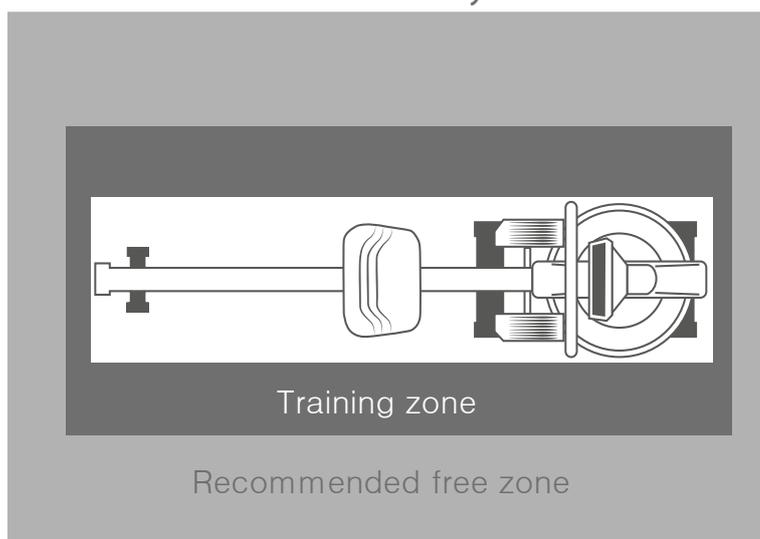
## 1.2 Personal safety

- + 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 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.
- + Please choose your place of set-up so that you have sufficient space for exercising in all directions. Make sure that there is a training zone of at least 30 cm on every side and at least 15 cm in front and behind the rowing machine. It is the minimum required space for a safe use of the equipment. The recommended free zone surrounding the equipment should be at least 60 cm to every side and 45 cm in front and behind the rowing machine.

Please also make sure that the rowing machine is not set up in main entrances or on escape routes.



### 2.1 General instructions

- + Please check if all parts and tools belonging to the equipment are included in the delivery and if there is any transport damage. If there are any complaints, please contact your contract partner directly.
- + Some of the nuts and bolts to be used in assembly are already pre-mounted in order to make set-up as easy as possible.
- + The equipment must be assembled by adults. In case of doubt, ask for assistance from another person with technical skills.
- + Keep children away from the equipment during assembly, because small parts are included in the delivery and may be swallowed.
- + Make sure that you have enough space (at least 1.50 m) in every direction during assembly.
- + Do not leave any tools and packaging materials like plastic sheeting laying around to avoid danger of suffocation for children.
- + Assemble the equipment on an underlay mat or on the cardboard packaging in order to avoid damage to the equipment and to the floor (scratches).
- + Before starting assembly, all individual parts should be placed on the floor next to each other.
- + Read the assembly instructions carefully and assemble the equipment according to the illustrations. Proceed carefully and cautiously.
- + First loosen all parts and check for their correct fitting. Then tighten the screws using a tool.
- + Modifications to the design or improper repairs may pose a hazard to the user and should not be carried out. The product warranty may be void as a result.
- + Only authorized service technicians are permitted to carry out all servicing and/or repairs – it excludes maintenance and care.
- + Damaged or worn components may impair your safety and the lifespan of the equipment. You should therefore immediately replace damaged or worn components. Please contact your contract partner in such a case. The equipment should no longer be used until it has been repaired. When needed, only use original 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).
- + **Note of manufacturer:** The pull strap is equipped with a return spring – thus the pull strap is wound up automatically. The return spring is equipped with the smallest possible power. The reason for the light return spring is to offer the user the biggest training effect for the rear thigh muscles. These muscles are demanded, when the user moves the seat forwards. If the return power would be strong, the user would be pulled.

## 2.2 Faults and Troubleshooting

### PROBLEM

Heart rate is not received

### SOLUTION

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

### PROBLEM

LCD error – software error etc.

### SOLUTION

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

## 2.3 Maintenance and inspection calendar

The following routine works need to be done in the given intervals:

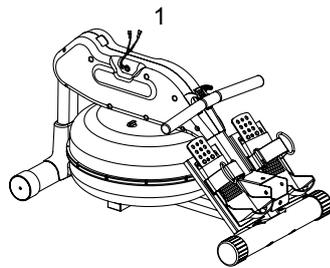
Part	Weekly	Monthly	Twice a year
Display console	C	I	
Lubricating mobile parts			I
Plastic cover	C	I	
Screws & cable connections		I	
Water tank			C
Legend : C = Clean; I = Inspect			

The stability and the quality of this rowing machine can only be maintained, when the rowing machine is regularly checked with respect to potential damages or signs of wear. Please pay a special attention to the following aspects:

- + Sit down on the seat (31) and pull the handle (8) to ensure that the water system produces a sufficient resistance. Please also pay attention the seat so that it slides smoothly and stably on the rail.
- + Clean regularly the water in the tank. The water needs to be refreshed on a regular basis by adding a water cleaning tablet (every four to six months). **NEVER** use pool chlorine (Trichlor 90 % chlorine) or chlorine bleach. The use of such products voids the warranty and causes damages to the machine.
- + Clean regularly the tank. Do NOT use any methylated spirit, chlorates, bleach or ammonia-based liquids. The use of inappropriate cleaning agents voids the warranty and causes damages to the machine.
- + Clean the wheels on the rail (3) with an absorbent cloth.
- + Please make sure that the ATTENTION sticker (106) is duly and well-to-read attached to the machine. If it is missing or damaged, please contact immediately your contract partner to get a new sticker.
- + The user/owner is obliged to do a regular maintenance.
- + Worn or damaged parts have to be replaced immediately or the rowing machine has to be sent in for repair.
- + For maintenance and repair of the rowing machine, only original cardiostrong® spare parts can be used.
- + Clean your rowing machine with an absorbent cloth after the training.
- + Apply a small amount of the included lubricate oil to a paper towel or clean cloth. Spread a thin layer of the oil evenly along the rail where the rollers move. Then, wipe off any excess oil.

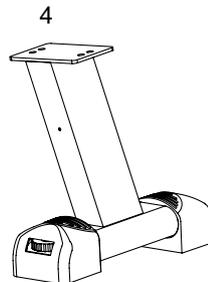
### 3.1 Packaging content

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.

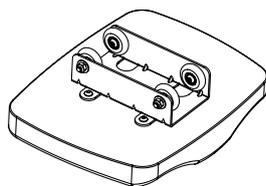


Main Frame x1

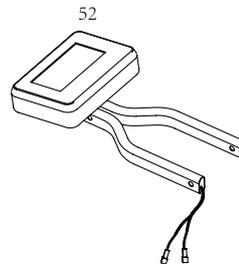
31



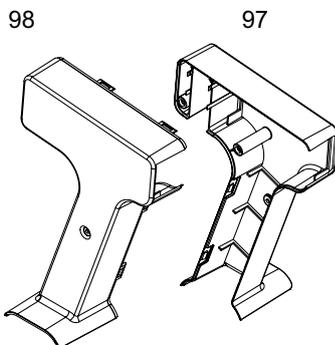
Rear Stand x 1



Seat x 1



Meter x 1

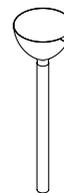


Right rear cover x 1

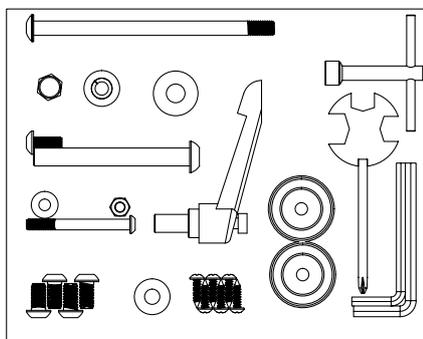
Left rear cover x 1



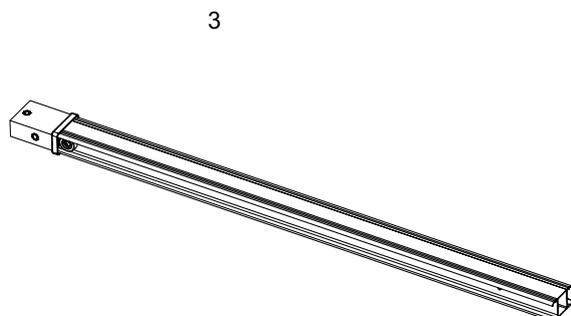
Syphon Pump x 1



Funnel x 1



Hardware pack x 1



Rail x 1

## Screws and tools

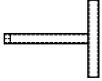
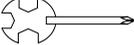
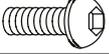
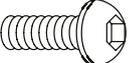
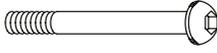
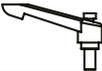
Illustration	Description	No.
	<b>Socket Wrench</b>	<b>102</b>
	<b>Allen Wrench (5mm)</b>	<b>103</b>
	<b>Allen Wrench (6mm)</b>	<b>104</b>
	<b>Combination Wrench</b>	<b>105</b>

Illustration	No.	Description	Qty.
	<b>64</b>	<b>Bolt, Button Head (M8 x 1.25 x 130mm)</b>	<b>1</b>
	<b>75</b>	<b>Screw, Round Head (M4 x 15mm)</b>	<b>6</b>
	<b>71</b>	<b>Bolt, Round Head (M6 x 1 x 15mm)</b>	<b>1</b>
	<b>69</b>	<b>Bolt, Hex Head (M8 x 1.25 x 15mm)</b>	<b>4</b>
	<b>76</b>	<b>Washer (M10)</b>	<b>1</b>
	<b>78</b>	<b>Washer (M8)</b>	<b>5</b>
	<b>79</b>	<b>Washer (M6)</b>	<b>2</b>
	<b>81</b>	<b>Lock Washer (M8)</b>	<b>1</b>
	<b>83</b>	<b>Acorn Nut (M8 x 1.25)</b>	<b>1</b>
	<b>86</b>	<b>Nylock Nut (M6 x 1)</b>	<b>1</b>
	<b>65</b>	<b>Bolt, Button Head (M6 x 58mm)</b>	<b>1</b>
	<b>28</b>	<b>Barrel Nut (M10 x 1.25 x 88mm)</b>	<b>1</b>
	<b>46</b>	<b>Fixing Lever</b>	<b>1</b>
	<b>13</b>	<b>Stopper</b>	<b>2</b>

## 3.2 Assembly instructions

Please look carefully at all illustrated assembly steps before the assembly and do the assembly according to the given order.

Before you unpack the Baltic rowing machine, make sure that you have a working space of 2 m x 2.5 m.

### Step 1:

Mount the rear base (4) with four screws (M8 x 1.25 x 15 mm) (69) and washers (78).

### Step 2:

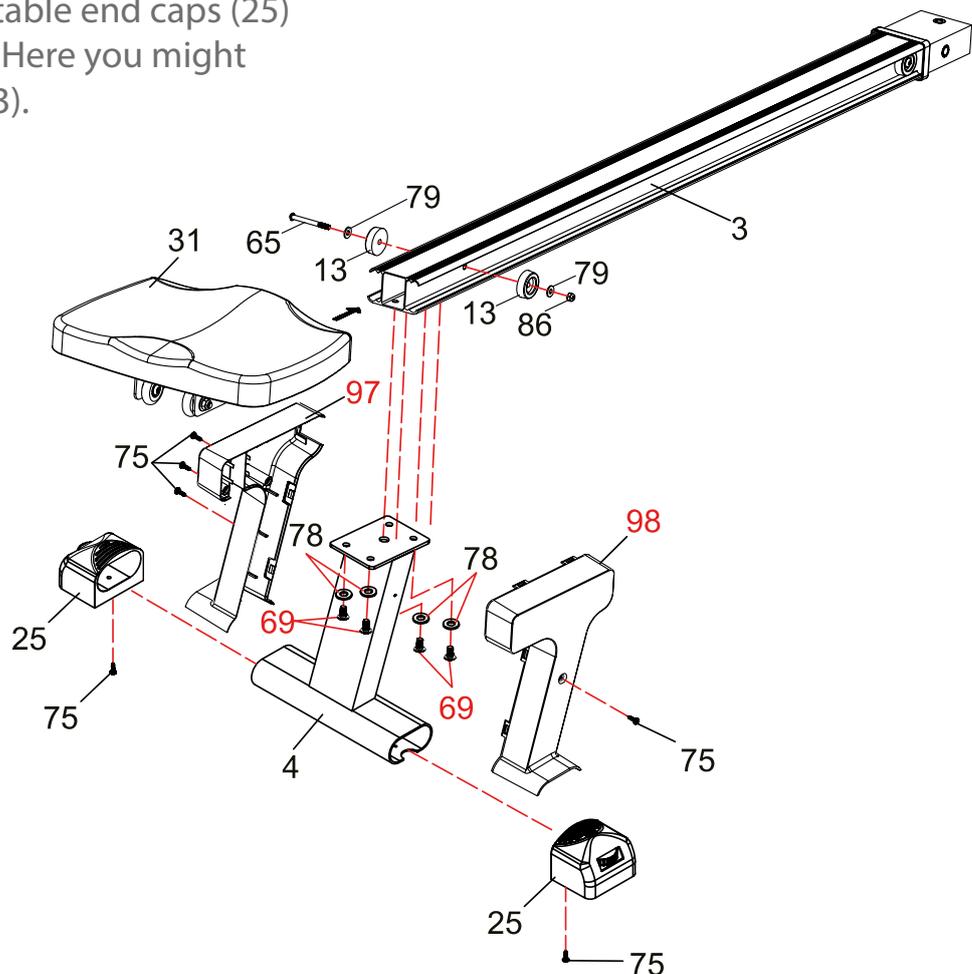
Slide the seat (31) on the rail (3). Mount both stoppers (13) on the rail (3) with a screw (65), two washers (79), and a nut (86).

### Step 3:

Mount the left/right cover (97/98) on the rear base (4) with four screws (75). Remove the two adjustable end caps (25) beforehand.

### Step 4:

Mount the two adjustable end caps (25) with two screws (75). Here you might have to turn the rail (3).



### Step 5:

Mount the rail (3) with screw (M6 x 1 x 15 mm) (71) and nut (M10 x 1.25 x 88mm) (28) on the main frame (2). Lock the rail (3) in the unfolded position with the adjusting lever (46) and the washer (M10) (76).

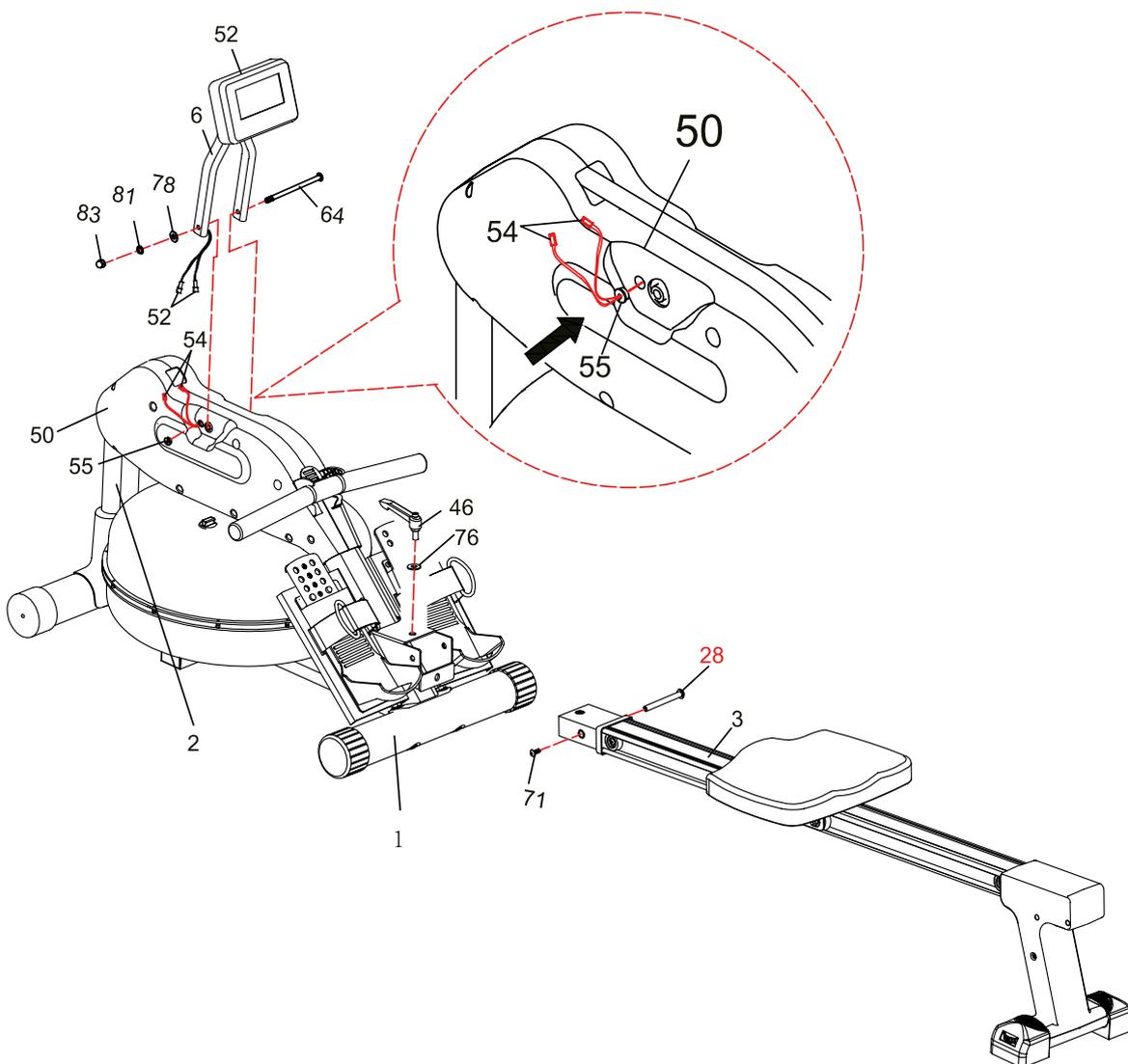
**NOTE:** When you have tightened the lever (46), the rear base of the frame (1) might be slightly lifted. That is absolutely normal and will lower, when you sit down on the rowing machine.

### Step 6:

Place two AA batteries in the display (52). Mount the display holder (6) with a screw (M8 x 1.25 x 130 mm) (64), a washer (M8) (78), a lock washer (M8) (81), and a nut (M8 x 1.25) (83) on the frame (2).

### Step 7:

See detailed illustration. Clamp the eye (55) on both sensor cables (54). Then push the eye (55) in the left cover (50). Connect the sensor cables (54) with the connection cables of the display (52). Push the remaining cable in the left cover (50).



### 3.3 Adjusting / setting the rowing machine

#### Fill and empty the tank

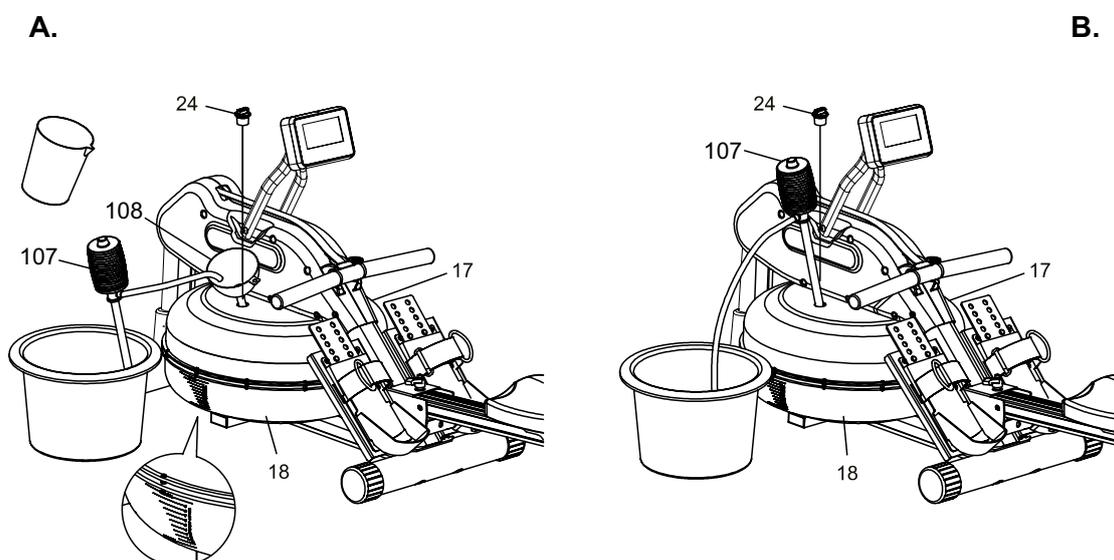
- 1) Remove the fill plug (24) from the upper tank (17).
- 2) See figure A – Filling with water. Place the funnel (108) in the tank. Fill the tank with a cup of water or a syphon pump (107) and a bucket. Please pay attention to the water level indicator on the side of the tank to fill the water in the tank at the desired level.
- 3) See figure B – Emptying the tank. Place the bucket beside the rowing machine. Pump the water with the syphon pump (107) out of the tank into the bucket.
- 4) Once the tank is completely empty, put the fill plug (24) back in the upper tank (17). Wipe any remaining water from the frame after having filled/emptied the tank.

#### NOTE:

- 1) Fill the tank exclusively with mains water. Do not use any well water. If mains water is not available, please use pure water and add a water cleaning tablet. NEVER use pool chlore or chlorine bleach. See maintenance for further tips for water treatment.
- 2) The water in the tank cannot be intaken by human beings or animals. Dispose of the water after emptying the tank.

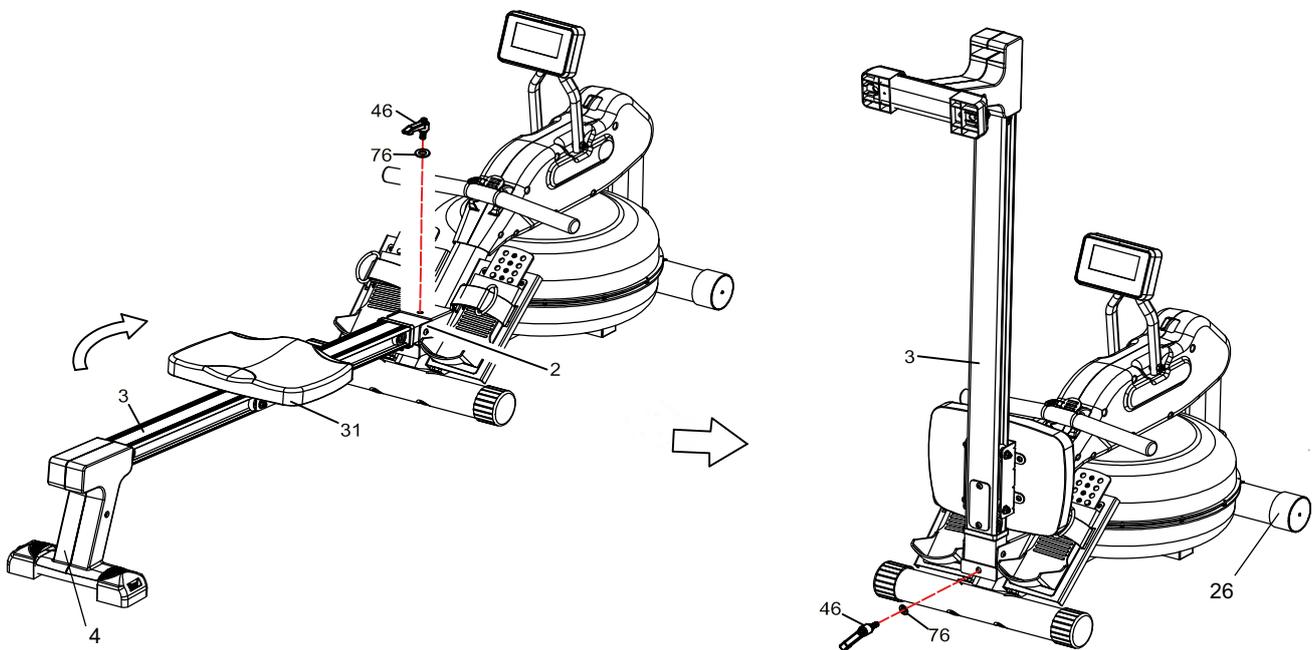
#### Water level

See detailed illustration A. The water level indicator is on the side of the tank. The maximum level for filling is 10. Do NOT fill the tank above the maximum level - it might void the warranty. The standard level is 9. The resistance is given by the water capacity in the tank. Example: Level 3 for a light resistance, level 9 for the highest resistance.



## Storage

- 1) Store the rowing machine in a dry and clean place.
- 2) When you store the rowing machine for a year or longer, please remove the batteries to avoid potential damages to the electronics.
- 3) Transport the rowing machine with the mobile wheel end caps (26) in front of the frame (1). Grasp the rear base (4) to transport the rowing machine. Do not use the seat (31) to transport the rowing machine. The seat (31) might move and your hands and fingers might get pinched on the seat frame (5).
- 4) When you store the rowing machine longer than a month without use, please empty the tank.
- 5) Please pay attention to the following steps to fold the rowing machine (see figure for easy storage).
  - a) Remove the adjusting lever (46) and the washer (76) from the main frame (2).
  - b) Fold the rail (3) and lock it in the folded position with the adjusting lever (46) and the washer (76). Please make sure that the rail (3) is safely locked and that it cannot fall down.

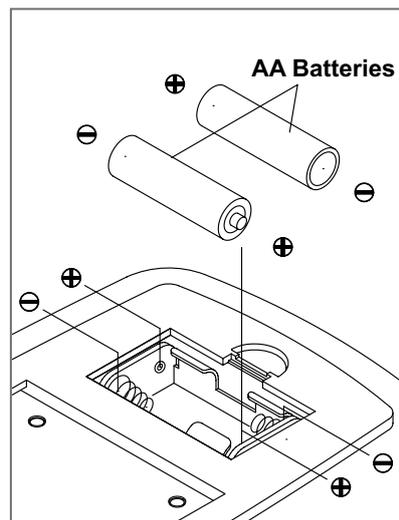


## Insert and change batteries

1. Remove the cover at the back of the display (52).
2. The display (52) requires two AA batteries. Batteries are not included in delivery. Please follow the illustration to insert or change the batteries.

### NOTE:

1. Always replace both batteries at the same time. Do not mix old batteries with new ones.
2. Use the same types of batteries. Do not mix alkaline batteries with other batteries.
3. Rechargeable batteries are not recommended.
4. Dispose of batteries according to your municipal regulation.
5. Do not burn batteries.



### 4.1 Console display



<b>TIME</b>	Set target time with UP and DOWN buttons (1 min – 99 min). 1-minute increments.
<b>TIME/500M</b>	Your average 500 m time is automatically displayed and is permanently updated.
<b>SPM</b>	Strokes per minute.
<b>DISTANCE</b>	Set target distance with UP and DOWN buttons (10 – 99900 m). 100-m increments.
<b>STROKES</b>	Set target value with UP and DOWN buttons (10 – 9990 strokes). 10-strokes increments.
<b>TOTAL STROKES</b>	Counts the total strokes from 0 to 9999.
<b>CALORIES</b>	Set calorie target value with UP and DOWN buttons (10 Cal – 9990 Cal). 10-Cal increments

<b>PULSE</b>	Set target value with UP and DOWN buttons (30 – 240). 1 BPM increments. The display shows the heart rate while exercising. The pulse is exclusively measured with a chest strap.
<b>CALENDAR</b>	In the sleeping mode, the display shows the year, the month, and the day.
<b>TEMPERATURE</b>	In the sleeping mode, the display shows the current room temperature.
<b>CLOCK</b>	In the sleeping mode, the display shows the current time.

## 4.2 Functions of the buttons

<b>UP▲/ DOWN▼</b>	Select settings / values. Increase or reduce function values.
<b>ENTER</b>	Confirm selection. Press it while exercising to scan each display function.
<b>START / STOP</b>	Start or stop the selected training programme.
<b>RESET</b>	Reset the computer to the main menu.
<b>RECOVERY</b>	Activate the recovery programme, which evaluates automatically your fitness right after the training.

### 4.3 Turn on the machine

1. Insert two AA batteries. A signal of two seconds sounds while a segment test is done (fig. 1). The display turns to the CLOCK & CALENDAR mode (fig. 2).

2. First you set the year (STROKES); the month (CALORIES); the day (PULSE) in the time window. After the confirmation, ALARM flashes. Press UP to set ON/OFF, the alarm signal. When the signal is not displayed, press ENTER to get to the next. When the alarm signal shows ON, press ENTER to set the alarm times (like time setting). After the setting, you switch to the sport figures (fig. 3).

3. When you are in the SPORT figures, MANUAL & RACE flash for being selected.



fig. 1



fig. 2



fig. 3

Press UP or DOWN to select and confirm all settings with ENTER.

## 4.4 Programmes

### 4.4.1 Manual programme

1. In the MANUAL mode, press UP to set the time. Confirm with ENTER. Press UP to set distance, strokes, calories, pulse, and time. (Once the time is set, the distance can no longer be set. Enter the time with /16 to change the display, when you are at START. Once the distance is set, the time can no longer be set. Enter the distance with /16 to change the display, when you are at START.) You can change the display every 100 metres insofar neither time nor distance have been set.

2. Press START to start the training. STOP is no longer displayed. Press UP or DOWN to select functions. When the selected function has counted down to zero or you have pressed stop, the display stops and shows an average value.

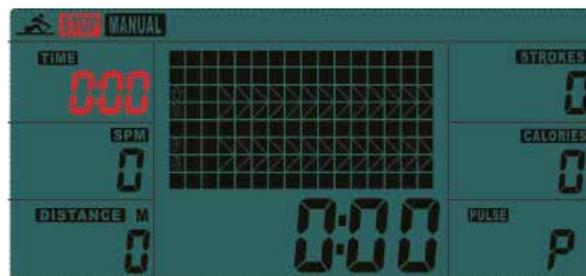


fig. 4

### 4.4.2 Race programme

1. In the RACE mode, L1 flashes, the TIME/500M is displayed with 8:00. Press UP or DOWN to set L1 to L15 right now. Confirm with ENTER. Then you can set the distance of the race (500 m to 10,000 m) while DISTANCE is lighting up. Press ENTER and the RACE figure is shown on the display.

The values of time TIME/500M are as follows:

L1	L2	L3	L4	L5	L6	L7	L8	L9	L10	L11	L12	L13	L14	L15
8:00	7:30	7:00	6:30	6:00	5:30	5:00	4:30	4:00	3:30	3:00	2:30	2:00	1:30	1:00



fig. 5

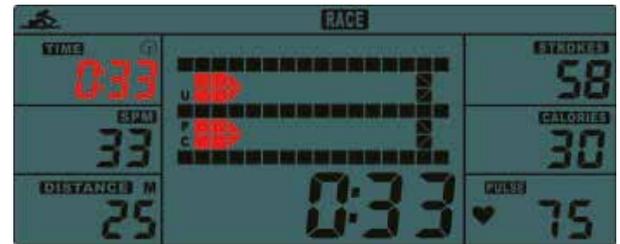


fig. 6

2. Press START to start the training. STOP is no longer displayed. USER & PC is shown on the display (fig. 6). The display stops once you have reached the distance of the race previously set. Then „PC WIN“ or „USER WIN“ (fig. 7) is displayed and the energy level is also displayed after six seconds.



fig. 7

3. Once the race is finished, press START to start a new race. Press RESET to leave the RACE mode.

#### 4.4.3 RECOVERY - Fitness test

Keep wearing the chest strap after the training and press RECOVERY. All function displays stop. Only TIME starts counting down from 00:60 to 00:00. The screen displays your heart rate recovery level with F1, F2,... to F6. F1 stands for the best mark, F6 stands for the worst result. Continue exercising to improve your heart rate recovery level. (Press RECOVERY again to return to the main menu.)

### 5.1 Heart-rate measuring only with a chest strap

**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 rowing machine is already equipped with a heart rate receiver as standard. Using a chest strap makes it possible for you to have a wireless heart rate measuring. This optimal and ECG-precise type of measuring reads the heart rate directly from the skin through a transmitting chest strap. The chest strap then sends the impulse to the receiver integrated in the console.

#### **Positioning the chest strap and moistening the electrodes:**

Place the belt directly below the chest, while the transmitter should be placed on the middle of the chest. The chest strap should sit comfortably, but not too loose. If the belt is too loose, the contact to the electrodes may be disrupted or the belt may slip while exercising. The transmitter turns on automatically once it is put on. In order to allow for a precise measuring, you should moisten the rubber electrodes. This is best done with a special chest strap contact gel, which is also used for ultrasound scans.

#### **Note:**

If you have not been active in doing sports for a longer period of time, you should first go to your physician in order to discuss your training with them. You should also contact your physician in advance in the event of heart problems, high/low blood pressure and obesity.

#### **Training with heart rate orientation**

Heart rate orientation guarantees an extremely effective and healthy training. Through your age and the following table, you can quickly and easily read and determine the optimal pulse for your training. An acoustic alarm will sound if your heart rate exceeds the set target heart rate. Which target heart rate is important for which training goal can be found out in the following.

**Fat burning (weight management):** The main goal here is to burn deposits of fat. In order to achieve this training goal, a low training intensity (approximately 55% of the maximum heart rate) and a longer training period are required.

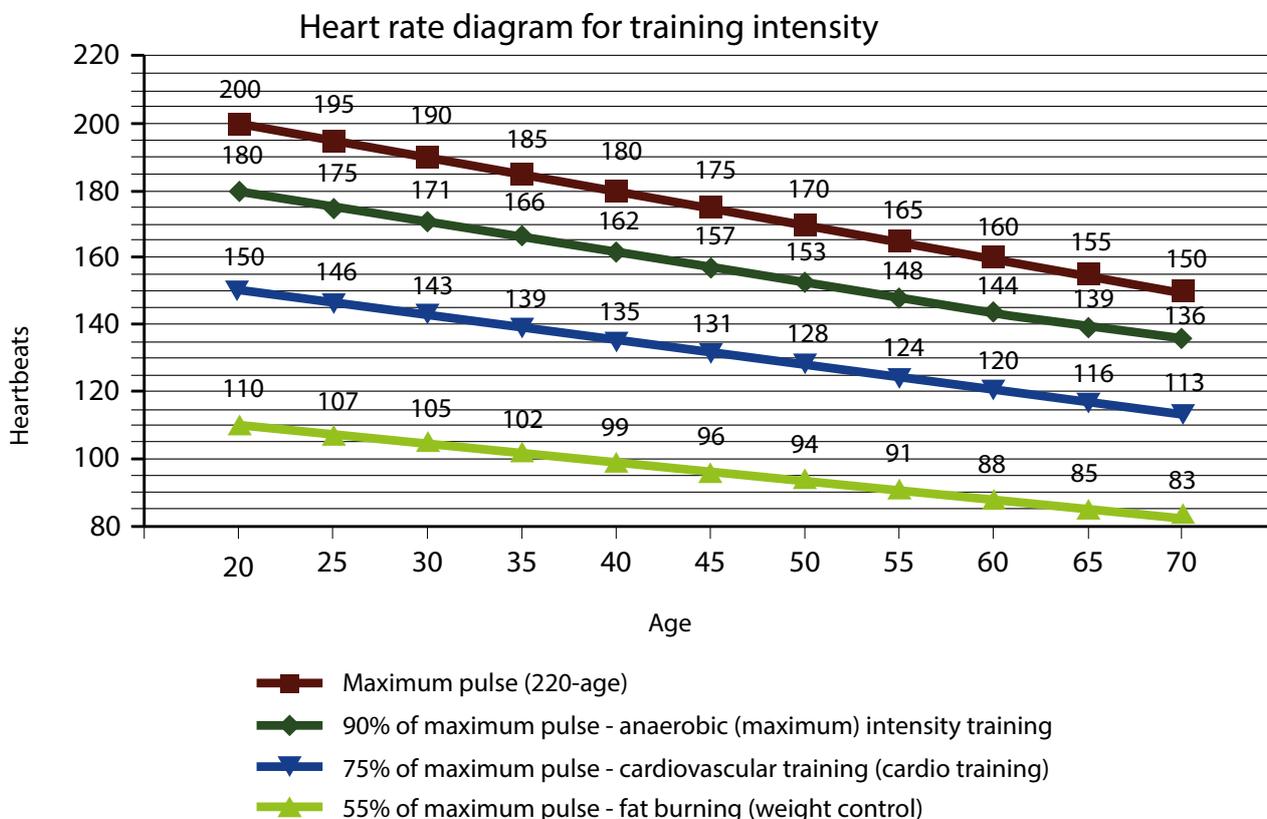
**Cardiovascular training (cardio training):** The primary goal is to increase endurance and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training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

**Anaerobic (maximum) load training:** The main goal of maximum load training is to improve recovery after short, intense loads in order to be able to quickly return to the aerobic zone. In order to achieve this training goal, a high intensity (approximately 90% of the maximum heart rate) with short, intense load is required, which is followed by a recovery phase in order to prevent muscle fatigue.

**Example:**

For a 45-year-old man or woman, the maximum heart rate is 175 ( $220 - 45 = 175$ ).

- The fat burning target zone (55%) is at approximately 96 beats/min.  
=  $(220 - \text{age}) \times 0.55$ .
- The cardio target zone (75%) is at approximately 131 beats/min.  
=  $(220 - \text{age}) \times 0.75$ .
- The maximum heart rate for an anaerobic load training (90%) is at approximately 157 beats/min. =  $(220 - \text{age}) \times 0.9$ .

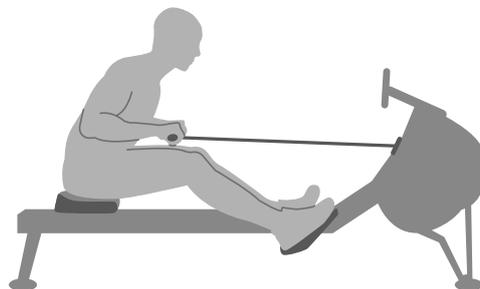


## 5.2 Instructions for correct rowing

### Pull the handle bar towards the body

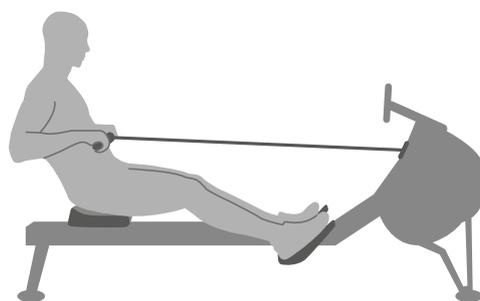
#### Incorrect

At the end, the user pulls himself/herself forwards to the handlebar instead of the handlebar towards the body.



#### Correct

At the end, the user slightly leans backwards, keeps legs down and pulls the handlebar towards the body, while the upper body serves as firm stand.



### Keep elbows tight to the body

#### Incorrect

Elbows protrude from the body and the handle is on chest height.



#### Correct

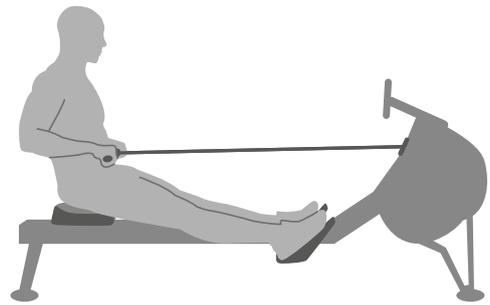
Pull the handle bar towards the body. Wrists are flat and the elbows pass tightly the body. Elbows go beyond the body, when the handle bar is pulled on waist height.



## Knees slightly bent

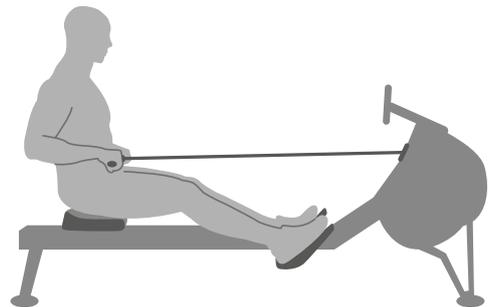
### **Incorrect**

At the end of the stroke, the user stretches the knees and legs.



### **Correct**

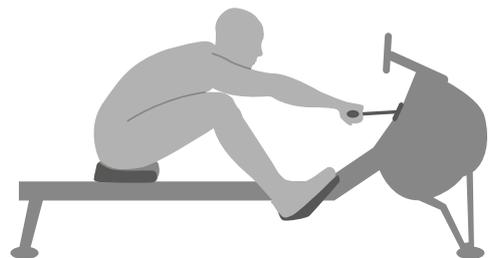
Keep your legs slightly bent even in the fully accomplished position.



## Leaning too far forward

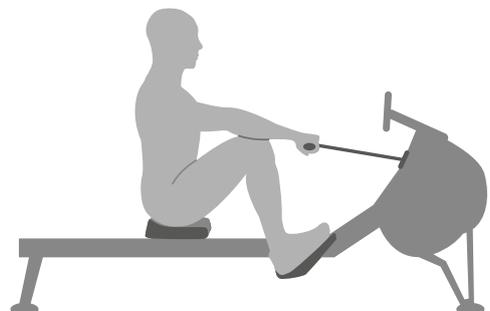
### **Incorrect**

The body is bent too far forward. The shins are no longer vertical. The head and shoulders are facing the feet. The body is therefore in a weak position to execute the movement.



### **Correct**

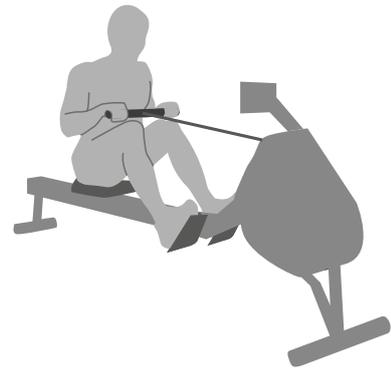
The shins are vertical. The body is pressed against the legs, the arms are completely stretched out in front and the body is slight bent forward. This position should be pleasant.



## Rowing with bent arms

### **Incorrect**

The user begins the movement with the arms instead of first pressing with the legs.



### **Correct**

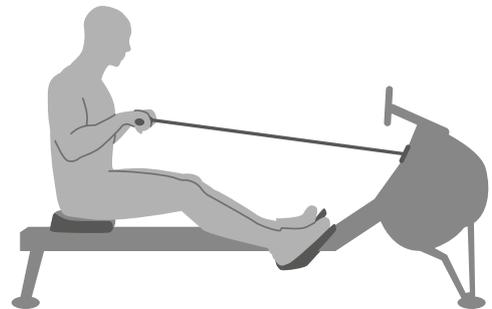
The user begins by stretching out the legs, relaxing the back and stretching the arms.



## Bent Wrists

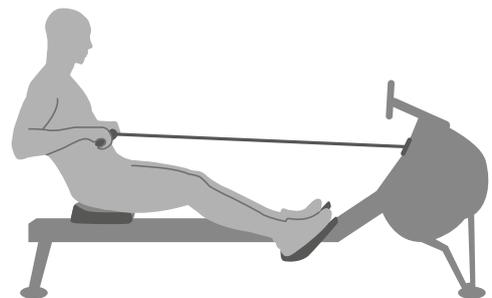
### **Incorrect**

The user bents the wrists during the movement.



### **Correct**

Always execute the rowing movement with straight wrists.



## 5.3 10 tips for effective rowing training

### 1. Set goals

What would you like to achieve with your training? Weight regulation, improved endurance, 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

Make sure your movements are correct. This makes your workout more efficient and you avoid a false posture. Please see our recommendations for better rowing in the chapter before.

### 4. Correct breathing

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.

## 5.4 Designing a workout

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

**Warm-up** approx. five minutes 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

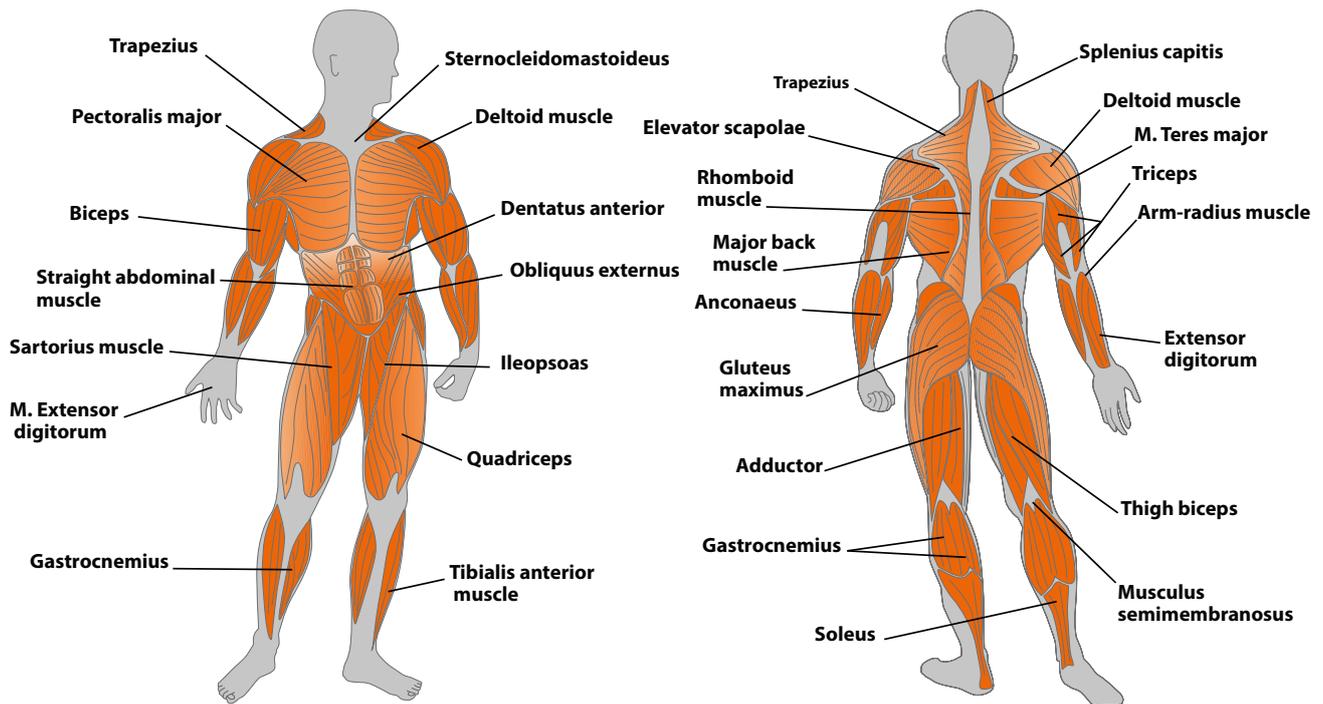
WEEK 3 + 4				
	Beginner		Advanced	
Days	Duration	Intensity	Duration	Intensity
Mon	25 min.	Slow speed, no resistance	35 min.	Vary speed, keep resistance low
Wed	25 min.	Slow speed, no resistance	35 min.	Vary speed, keep resistance low
Fri	25 min.	Slow speed, no resistance	35 min.	Vary speed, keep resistance 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** approx. five minutes Finish your training at low resistance and at slow speed. Allow your body to gently slow back down.

## 5.5 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.

<b>Model</b>	<b>Use</b>	<b>Full warranty</b>
Baltic	Home use	24 months

#### **Repair costs**

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

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

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

## **Warranty service**

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

## **Warranty conditions**

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

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

## **Warranty claims are invalid in case of damage resulting from:**

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

## **Proof of purchase and serial number**

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

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

## Service outside of the warranty period

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

## Communication

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

## 7 DISPOSAL

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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.

### Note for battery disposal

Do not dispose of used batteries in the household waste. Being the end-user, you are obliged to dispose of used batteries at a commercial or municipal collection point. You can also give the batteries, which you received from us, to one of our stores or send these to our warehouse postage free (see contact details at the end of these instructions).

Pb = Battery contains more than 0.004 percent by weight of lead.

Cd = Battery contains more than 0.002 percent by weight of cadmium.

Hg = Battery contains more than 0.0005 percent by weight of mercury.

	<p>Sport-Tiedje floor mat, size XXXL</p> <p>Art. No. ST-FM-XXXL</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>Sport-Tiedje Chlorine Tablets Value Pack (10 pcs.)</p> <p>Art. No. ST-CT167</p>

## 9.1 Service hotline

So that we can give you the best possible service, please have your **model name, part number, serial number, exploded drawing and parts list** ready.

### SERVICE-HOTLINE

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

## 9.2 Serial number and model name

Before assembling your equipment, find the serial number on the white sticker and enter it in the appropriate space.

Serial number:

Brand / category:

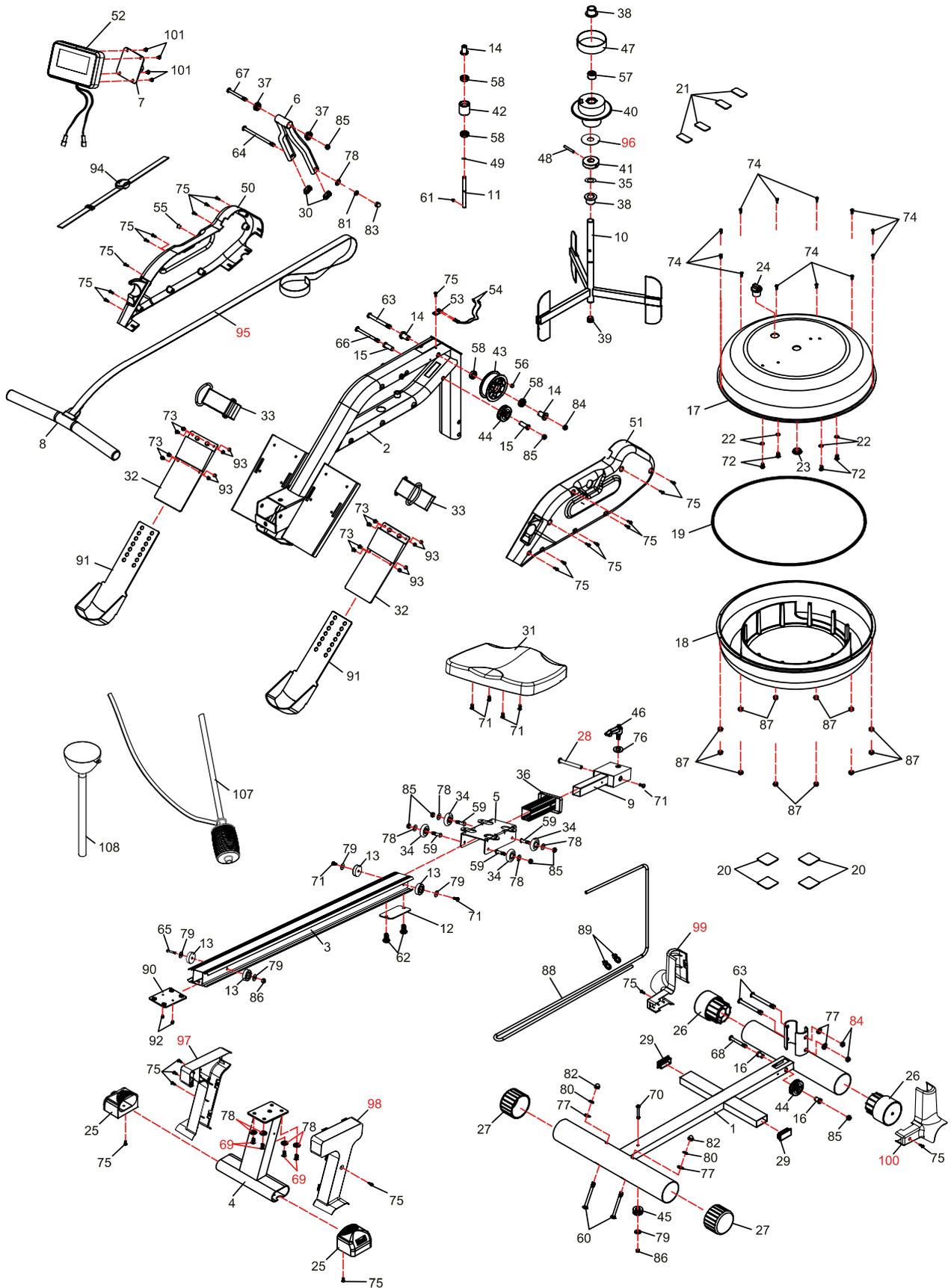
Model name:

## 9.3 Parts list

No.	Qty.	Description	No.	Qty.	Description
1	1	Base Frame	33	2	Pedal Strap
2	1	Main Frame	34	4	Roller
3	1	Rail	35	1	Plastic Washer(\$40*\$20.5*2.0)
4	1	Rear Stand	36	1	Front endcap
5	1	Seat Carriage	37	2	Plastic Bushing
6	1	Meter Post	38	2	Strap/Bungee Pulley Bushing
7	1	Support Plate	39	1	Round Plug (ø20mm)
8	1	Handlebar	40	1	Strap/Bungee Pulley
9	1	Rail connector	41	1	Shaft Retainer
10	1	Impeller	42	1	Idle Roller
11	1	Impeller Shaft	43	1	Strap Pulley
12	1	Rail Support Plate	44	2	Bungee Pulley
13	4	Stopper	45	1	Small Bungee Pulley
14	3	Strap Pulley Bushing	46	1	Fixing Lever
15	2	Bungee Cord Pulley Bushing	47	1	Hook Pad
16	2	Small Bungee Cord Pulley Bushing	48	1	Spring Pin (ø6 x 57mm)
17	1	Upper Tank	49	1	E Ring (ø10mm)
18	1	Lower Tank	50	1	Left Cover
19	1	Rubber Ring Seal	51	1	Right Cover
20	4	Lower Pad (50*50*T2.0)	52	1	Meter
21	4	Upper Pad (25*50*T2.0)	53	1	Sensor Holder
22	4	Plastic Washer (\$13*\$6.5*1.5)	54	2	Sensor Wire
23	1	Impeller Shaft Seal	55	1	Grommet
24	1	Fill Plug	56	1	Magnet
25	2	Adjustable Endcap (oval 40mm x 80mm)	57	1	One-way Bearing (FCB-20)
26	2	Wheel Endcap (ø76mm)	58	4	Bearing (6000zz)
27	2	Round Endcap (ø76mm)	59	4	Bolt, Round Head(M8 x 32mm)
28	1	Barrel Nut(M10x1.25x88mm)	60	2	Carriage Bolt (M10 x 1.25 x 85mm)
29	2	Rectangular Plug (25mm x 50mm)	61	1	Set Screw (M5 x 0.8 x 8mm)
30	2	Oval Plug (15mm x 30mm)	62	2	Bolt, Round Head(M8 x 20mm)
31	1	Seat	63	3	Bolt, Round Head (M10 x 1.5 x 95mm)
32	2	Pedal Support	64	1	Bolt, Button Head (M8 x 1.25 x 135mm)

No.	Qty.	Description	No.	Qty.	Description
65	1	Bolt, Button Head (M6 x 58mm)	87	12	Stainless Nylock Nut (M3 x 0.5)
66	1	Bolt, Button Head (M8 x 1.25 x 95mm)	88	1	Bungee Cord
67	1	Bolt, Round Head (M8 x 1.25 x 65mm)	89	2	Nylon Strap
68	1	Bolt, Button Head (M8 x 1.25 x 65mm)	90	1	Plate
69	4	Bolt, Hex Head (M8 x 1.25 x 15mm)	91	2	Pedal Cap
70	1	Bolt, Button Head (M6 x 1 x 50mm)	92	2	Bolt, Flat Socket Head (M4x 1.25 x 12mm)
71	7	Bolt, Round Head (M6 x 1 x 15mm)	93	8	Nylock Nut (M5 x 0.8)
72	4	Stainless Bolt, Button Head (M6 x 1 x 15mm)	94	1	Manual
73	8	Bolt, Round Head (M5 x 0.8 x 12mm)	95	1	Strap
74	12	Stainless Screw, Round Head (M3 x 0.5 x 20mm)	96	1	Plastic Washer (ø20.5 x ø60 x 2mm thick)
75	25	Screw, Round Head (M4 x 16mm)	97	1	Left rear cover
76	1	Washer (M10)	98	1	Right rear cover
77	4	Arc Washer (M10)	99	1	Left front Cover
78	9	Washer (M8)	100	1	Right front cover
79	4	Washer (M6)	101	4	bolts (M5*10)
80	2	Lock Washer (M10)	102	1	Socket Wrench
81	1	Lock Washer (M8)	103	1	Allen Wrench(5mm)
82	2	Acorn Nut (M10 x 1.5)	104	1	Allen Wrench(6mm)
83	1	Acorn Nut (M8 x 1.25)	105	1	Combination Wrench
84	3	Nylock Nut (M10 x 1.5)	106	1	Caution Lable
85	7	Nylock Nut (M8 x 1.25)	107	1	Syphon Pump
86	2	Nylock Nut (M6 x 1)	108	1	Funnel

# 9.4 Exploded drawing



## CONTACT

### Company head office

Sport-Tiedje GmbH  
Flensburger Str. 55  
24837 Schleswig

### Hotline for Technical Information

#### DE

☎ +49 4621 4210-0  
📠 +49 4621 4210-698  
✉ technik@sport-tiedje.de

#### DK

☎ 80 90 16 50  
☎ +49 4621 4210-945  
✉ info@t-fitness.dk

#### FR

☎ +33 (0) 172 770033  
☎ +49 4621 4210-933  
✉ service-france@sport-tiedje.fr

#### NL

☎ +31 172 619961  
✉ info@fitshop.nl

#### UK

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

#### INT

☎ +49 4621 4210-0  
✉ service-int@sport-tiedje.de

[www.sport-tiedje.com](http://www.sport-tiedje.com)  
[www.cardiostrong.de](http://www.cardiostrong.de)

## DISCLAIMER



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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)

