



Assembly and Operating Instructions



max. 150 kg



~ 30-60 Min.



58 kg

L 173 | W 67 | H 112

FSCSTBC50.01.02

Art. No. CST-BC50

Recumbent Bike **BC50**

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Dear customer,

thank you for choosing fitness equipment from cardiostrong®. cardiostrong offers high-quality home fitness equipment that is optimally adapted to the conditions at home. Train at home no matter what the weather or time of the day. cardiostrong fitness equipment offers training programmes and a variety of equipment for all training levels and all training goals.

Further information can be found at www.fitshop.com or www.cardiostrong.de.

We hope you enjoy your training!

Intended Use

The equipment may only be used for its intended purpose.

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

Legal Notice

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Disclaimer

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

FITSHOP

Europe's No.1 for Home Fitness

ABOUT THIS MANUAL

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

Due to ongoing changes and software optimisations, the manual may have to be updated. If you notice any discrepancies during assembly or use, please refer to the manual uploaded to the webshop. The latest manual is always available there.



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

Training devices must be classified according to accuracy and use. Accuracy classes are only applicable to devices that display training data.

Accuracy classes

Class A: high accuracy.

Class B: medium accuracy.

Class C: low accuracy.

The use classes explain the intended use of the training device.

Use classes

Class S (studio): professional and/or commercial use.

These training devices are intended for the use in training rooms of facilities such as sports clubs, school facilities, hotels, clubs and studios whose access and supervision is specifically regulated by the owner (person with legal responsibility).

Class H (home use): use at home.

These stationary training devices are intended for the use in private homes where access to the training device is regulated by the owner (person with legal responsibility).

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

The following safety instructions may appear in this manual:

► **ATTENTION**

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

⚠ **CAUTION**

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

⚠ **WARNING**

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

⚠ **DANGER**

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

ⓘ **NOTICE**

This notice indicates further useful information.

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

1.1 Technical Data

LED display

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

User memory:	5
Total number of workout programs:	16
Manual programs:	1
Pre-set programs:	12
Watt-based programs:	1
Heart-rate controlled programs:	1
User-defined programs:	1
Balance mass:	7 kg
Transmission ratio:	1:8.1

Weight and dimensions

Item weight (gross, incl. packaging):	63.5 kg
Item weight (net, without packaging):	57.5 kg
Set-up dimensions (height x width x depth):	approx. 1730 mm x 670 mm x 1120 mm
Package dimensions (height x width x depth):	approx. 1700 mm x 280 mm x 700 mm
Maximum user weight:	150 kg (330 lbs)
Use class:	H

1.2 Personal Safety

DANGER

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

WARNING

- + This equipment may not be used by children under the age of 14.
- + Children should not be allowed unsupervised access to the equipment.
- + Persons with disabilities must have a medical license and must be under strict observation when using the equipment.
- + The equipment is strictly for use by one person at a time.
- + If your equipment provides a safety key, the clip of the safety key must be attached to your clothing before starting your training. In the event of a fall, the EMERGENCY STOP of the equipment can be initiated.
- + There is a risk of injury from spinning pedals and/or an exposed flywheel in the absence of a freewheel. Never get on or off the equipment when the pedals or the flywheel are still moving. Always make sure that the pedals and the flywheel have come to a complete stop.
- + Support yourself with at least one hand on the handlebar when getting on and off the equipment. Only dismount from the equipment when the pedals have come to a complete stop.
- + Keep your hands, feet and other body parts, hair, clothing, jewellery and other objects well clear of moving parts.
- + During use, wear suitable sports clothing rather than loose or baggy clothing. When wearing sports shoes, make sure they have suitable soles, preferably made of rubber or other non-slip materials. Shoes with heels, leather soles, studs or spikes are unsuitable. Never exercise barefoot.

CAUTION

- + If your equipment needs to be connected to the power supply with a mains cable, make sure that the cable is not a potential tripping hazard.
- + Make sure that nobody is within the range of motion of the equipment during training so as not to endanger you or other persons.
- + Always tighten the pedal strap before you start training to prevent your feet from slipping.



CAUTION

- + Be aware that if adjustment devices are left protruding, they may impede the user's movement.



ATTENTION

- + Do not insert any objects of any kind into the openings of the device.
- + To protect the equipment from use by unauthorised third parties, always remove the power cable when not in use and store it in a safe place that is inaccessible to unauthorised persons (e.g. children).
- + Class B and C crank training equipment is not suitable for high accuracy purposes.

1.3 Electrical Safety



DANGER

- + 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.



WARNING

- + Do not leave the equipment unattended while the mains cable is plugged into the mains socket. During your absence, the mains cable must be removed from the mains socket to prevent improper use by third parties or children.
- + If the mains cable or plug is damaged or defective, contact your contract partner. Until repair, the equipment must not be used.



ATTENTION

- + The equipment requires a mains connection of 220-230 V with 50 Hz mains voltage.
- + The equipment may only be connected directly to an earthed socket using the supplied mains cable. Extension cables must conform to VDE guidelines. Always completely unwind the mains cable.
- + The socket must be protected by a fuse with a minimum fuse rating of "16 A, slow blow".
- + Do not make any changes to the mains cable or the mains plug.
- + Keep the mains cable away from water, heat, oil and sharp edges. Do not route the mains cable underneath the equipment or under a carpet or rug, and do not place any objects on top of it.
- + If your purchased item is equipped with a TFT console, software updates must be carried out regularly. Follow the instructions on the console to perform the update(s).
- + The software systems on gym equipment with TFT consoles are set up only for the pre-installed apps. Do not install any additional apps.



NOTICE

- + The pre-installed apps on TFT consoles are produced and provided by external manufacturers. Fitshop does not take any responsibility for the availability, functionality or contents of these apps.

1.4 Set-Up Place



WARNING

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



CAUTION

- + Choose a location in which to place the equipment such that there is enough free space/clearance to the front, the rear and to the sides of the equipment.
- + The training room should be well ventilated during training and not be exposed to any draughts.
- + Choose the place in which to set up the equipment such that there is enough free space/clearance to the front, the rear and to the sides of the equipment.
- + The free area in the direction from which the exercise equipment is accessed must be at least 0.6 m larger than the exercise area.
- + The set-up and mounting surface of the equipment should be flat, loadable and solid.



ATTENTION

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

2.1 General Instructions



DANGER

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



WARNING

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



CAUTION

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



ATTENTION

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



NOTICE

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

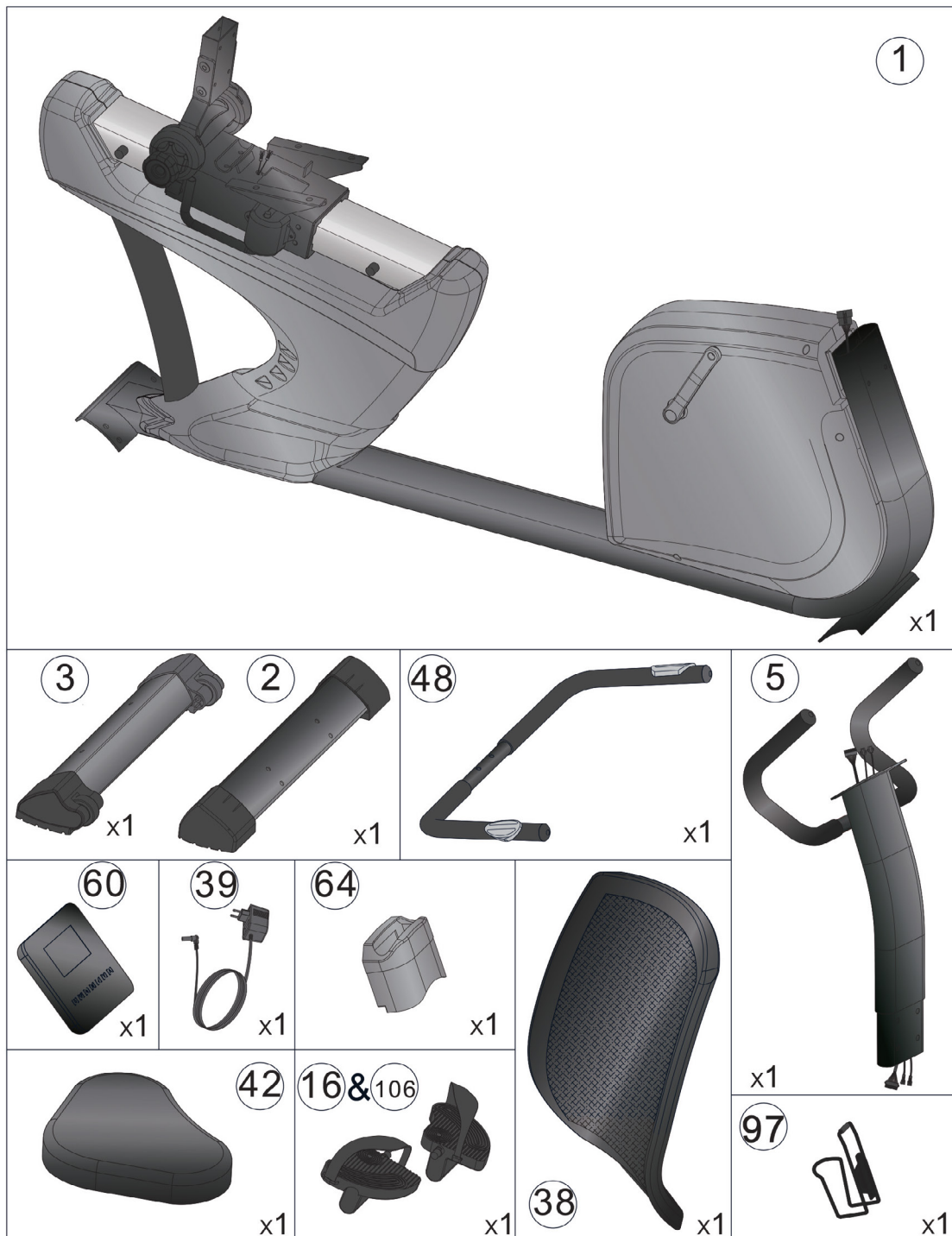
2.2 Scope of Delivery

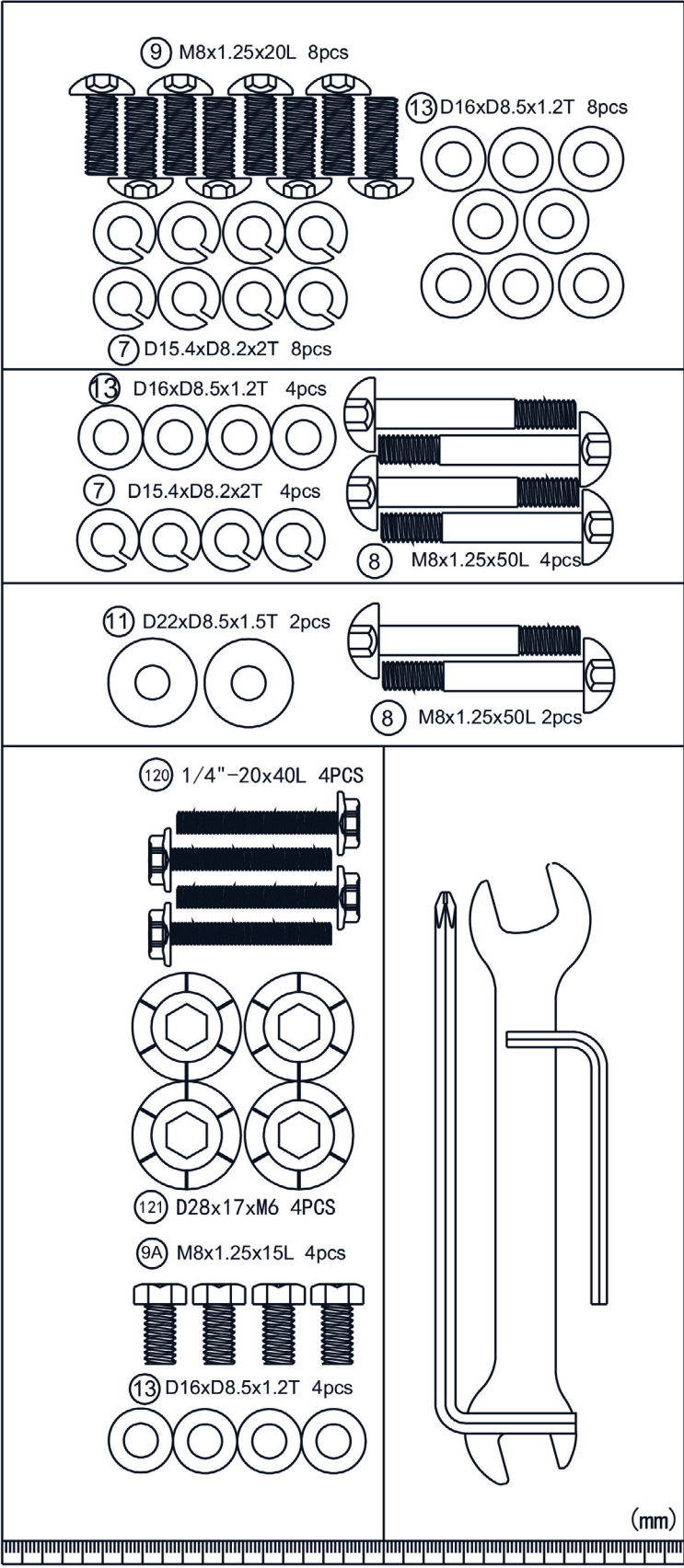
The scope of delivery consist of the following parts. At the beginning, check whether all parts and tools belonging to the device are included in the scope of delivery and whether damage has occurred. In the event of complaints, the contractual partner must be contacted directly.



CAUTION

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





2.3 Assembly

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

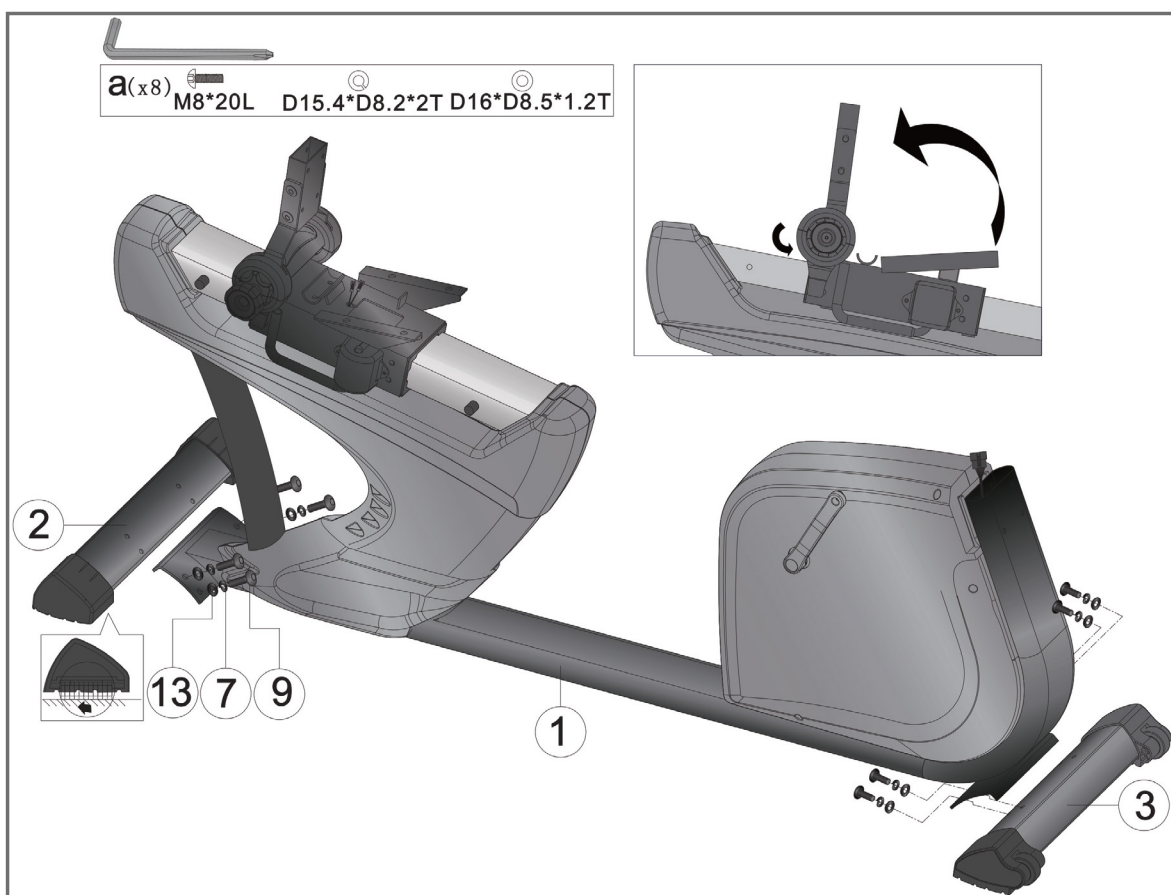
① NOTICE

- + First loosely screw all parts together and check that they fit properly. Tighten the screws using the tool only when you are instructed to do so.
- + If you have difficulty recognising the graphics, we recommend that you open and/or download the PDF instructions stored in the webshop on your end device (e.g. smartphone, tablet or PC). There you have the option of zooming in closer. Please note that the Adobe Acrobat Reader programme must be installed on your end device in order to open the file.
- + The assembly can also be found as a video under the following link: <https://www.sport-tiedje.co.uk/cardiostrong-recumbent-exercise-bike-bc50-cst-bc50#product-assembly>. To go directly to the assembly video, you can alternatively scan the QR-code.



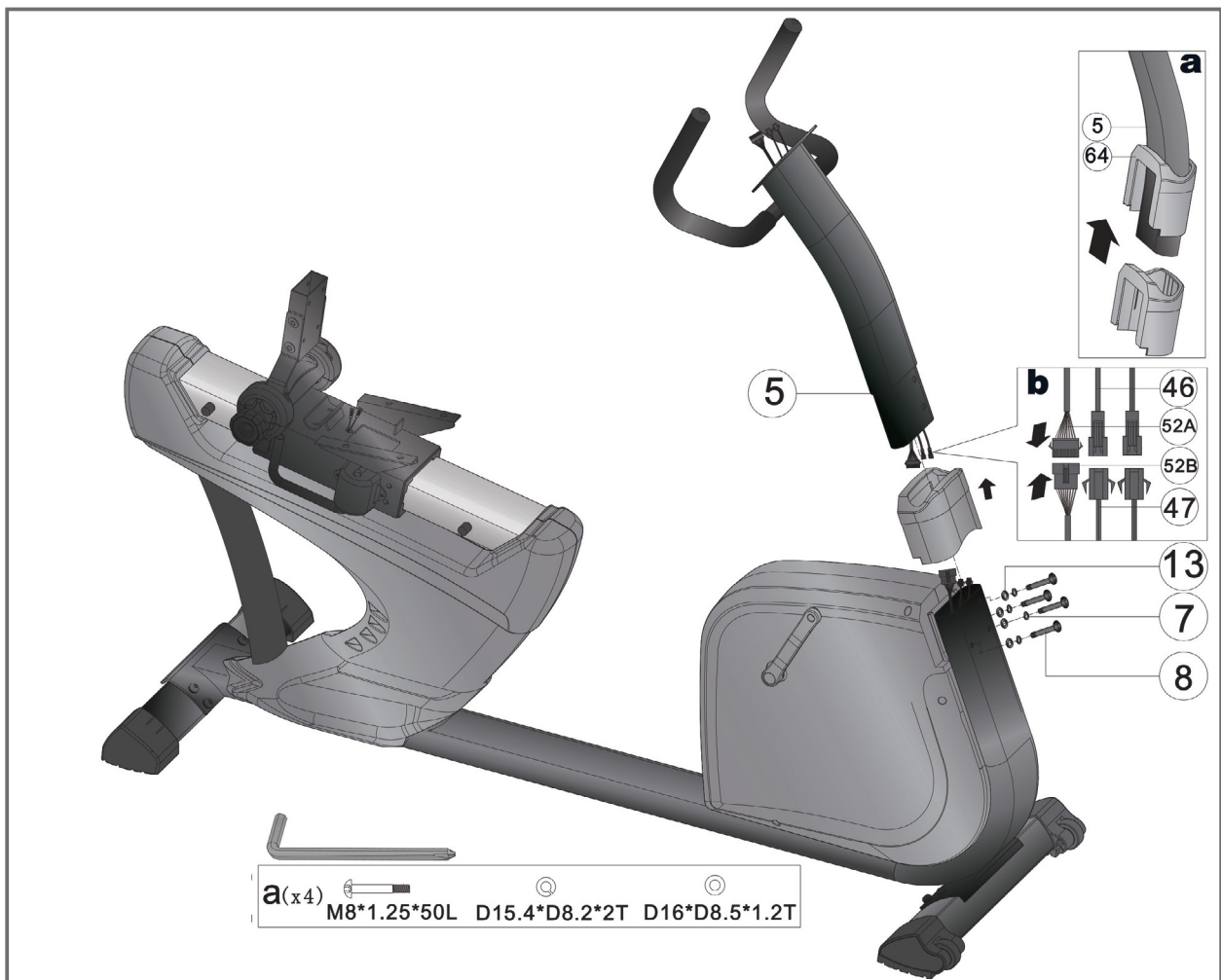
Step 1:

1. Install the front supporting foot (3) and the rear supporting foot (2) onto the main frame (1) with the help of the spring washer (7), the Allen screw (9) and the spacer (13).
2. Set the desired height by turning the wheel of the rear foot caps (29&30).



Step 2:

1. Two people are required for this assembly step.
2. First, lift up the cover of the handlebar tube (64) as in fig. (a). Then, connect the upper console cable (52A) to the lower console cable (52B) as in fig. (b).
3. Connect the upper hand pulse cable (46) to the lower hand pulse cable (47).
4. Insert the handlebar tube (5) into the main frame and fasten it with the spring washer (7), the Allen screw (8) and the spacer (13). Replace the cover of the handlebar tube (64) and fasten it to the main frame.



Step 3:

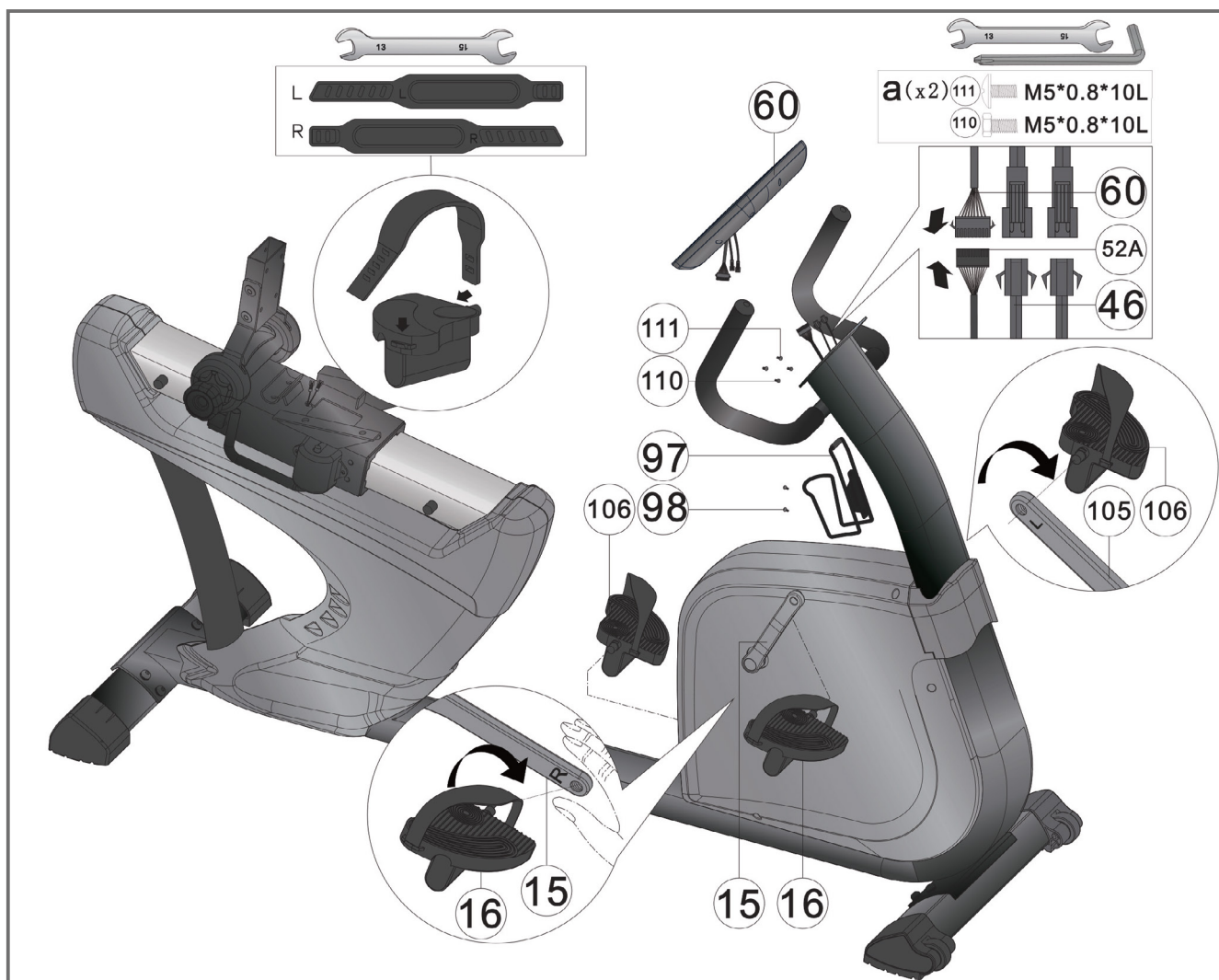
1. Attach the upper hand pulse cable (46) to the console (60).
2. Mount the console (60) on the handlebar tube (5) using the screws (111&110).



CAUTION

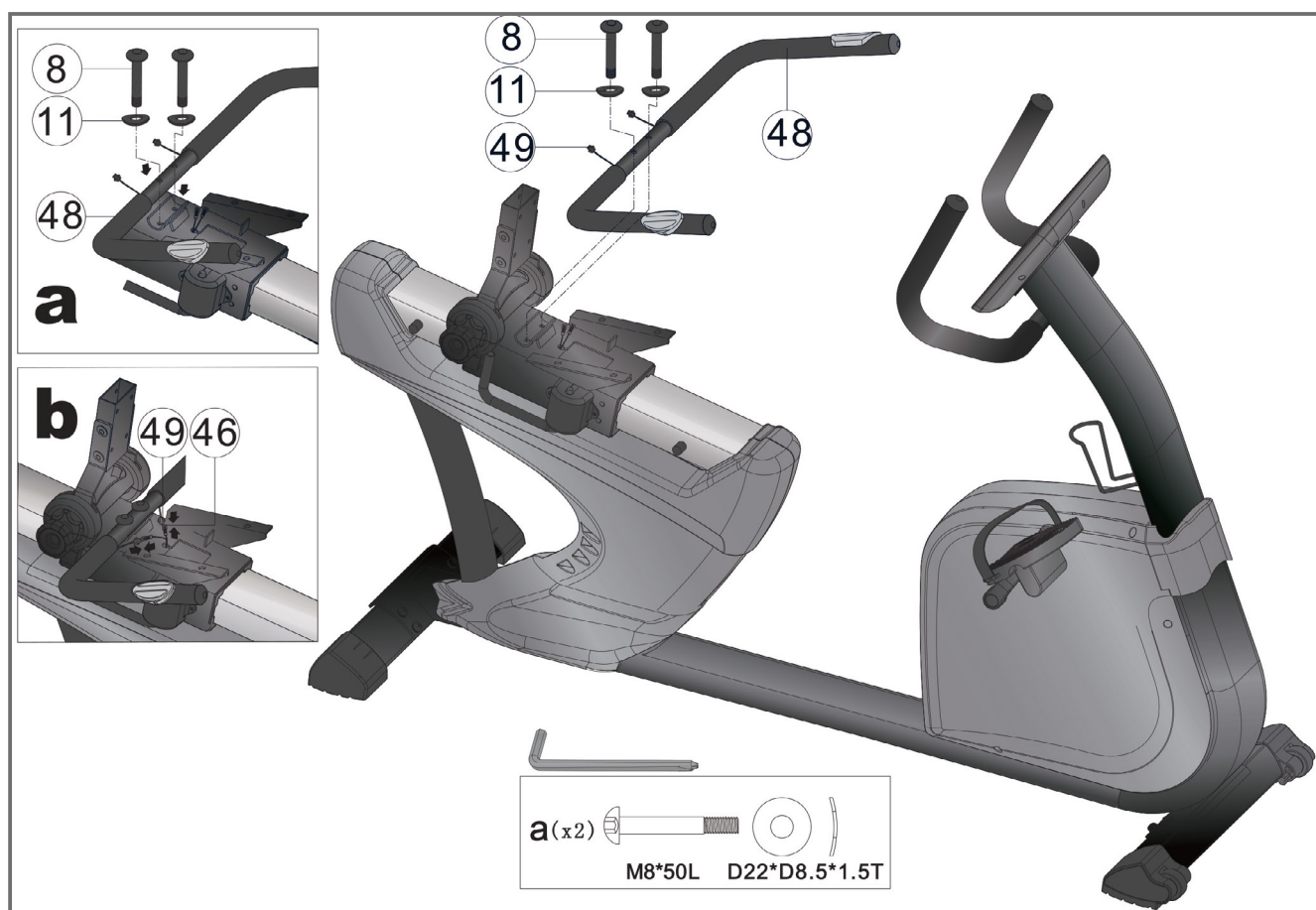
Make sure to screw in the pedals completely.

3. Connect the left and right pedals (16&106) to the cranks (105 & 15).



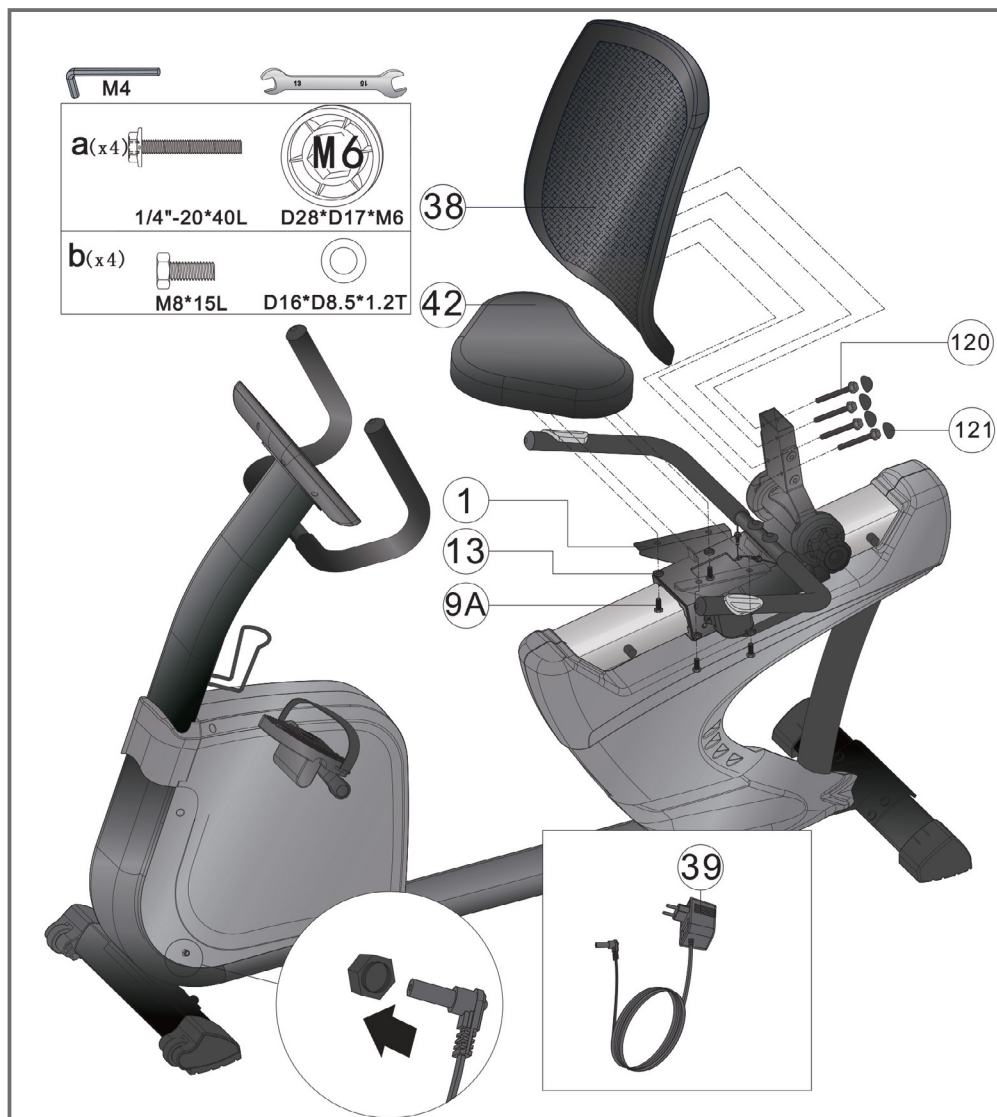
Step 4:

1. Mount the handlebar (48) onto the main frame (1) using the Allen screw (8) and the curved washer (11).
2. Connect the plug of the lower hand pulse cable (47) to the upper hand pulse cable (46).



Step 5:

1. Install the seat (42) on the seat post using the Allen screw (9A) and the spacer (13).
2. Mount the backrest (38) on the backrest supporting post using screw (120) and screw (121).
3. Connect the adapter (39) to the adapter input at the front of the equipment.
4. The backrest can be adjusted to the desired angle using the adjusting knob (35).
5. The seat can be adjusted horizontally to suit your height using the adjustment lever (41).



Step 6:

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

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

Step 7:

► **ATTENTION**

The equipment must not be connected to a multiple socket, otherwise it cannot be guaranteed that the equipment will be supplied with sufficient power. Technical errors can result.

Plug the power plug into a wall outlet that complies with the instructions in the chapter on electrical safety.

Correctly Getting On and Off

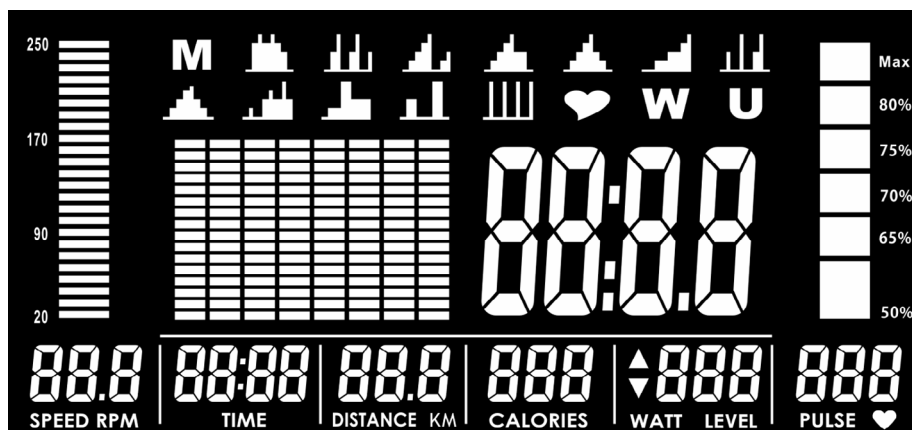
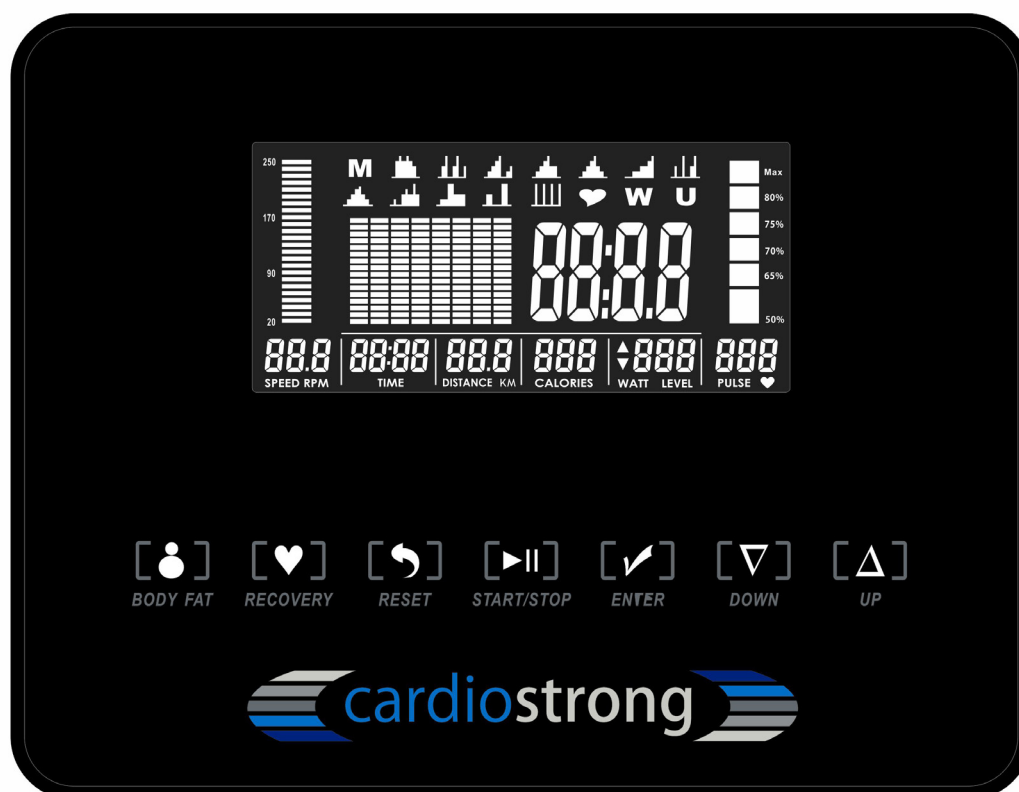
1. To get on, grip the handles with both hands and first step onto the left pedal with your left foot or onto the right pedal with your right foot and then place your foot onto the other pedal.
2. To get off, grip the handles with both hands and place one foot next to the equipment and then the other foot.

3 OPERATING INSTRUCTIONS

① NOTICE








- + Familiarise yourself with all the functions and setting options of the device before starting training. Have the proper use of this product explained to you by a specialist.
- + Always start your training with low intensity and increase evenly and gently. End your training with a cool-down phase. If you are unsure, please consult your physician.

3.1 Console display



Time	Time display, ascending from 00:00-99:59 or descending from 99:00-00:00. 1-minute increments
Speed	Speed, given in km/h
RPM (rotations per minute)	RPM displayed in a bar chart
Distance	Distance display, from 00:00-99.99 km; 0.1 km increments
Calories	<p>Indicates the calories burnt, from 0-999 calories</p> <p>Note regarding measurement of calorie consumption: A general formula is used to calculate energy consumption. It is not possible to accurately determine individual energy consumption as a lot of personal data would be required.</p>
Watt	Power output display, from 0-999 watts
Pulse (heart rate; heart beats per minute)	Heart rate displayed in a bar chart. The user can specify a target heart rate. As soon as the selected target heart rate is exceeded, an alarm sounds.
Level (resistance)	Level of resistance displayed in a bar chart

3.2 Button functions

	Determining body fat percentage: Press and hold the BODY FAT button for two seconds, in order to change user data. Sex A = AGE (in years) H = HEIGHT (in cm) W = WEIGHT (in kg)
	Testing the recovery heart rate
	Reset the settings or switch to the start-up screen
	Start and end workout
	Confirmation of settings
	Adjustment of values and reduction of the training load. To adjust values more quickly, press and hold the button.
	Adjustment of values and increase in the training load. To adjust values more quickly, press and hold the button.

3.3 Turning on the equipment

Connect the power cable. An alarm will then sound. The LCD display fully illuminates for two seconds, including – for one second – “E” (EU) and “K” (KM).

3.4 User profile

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

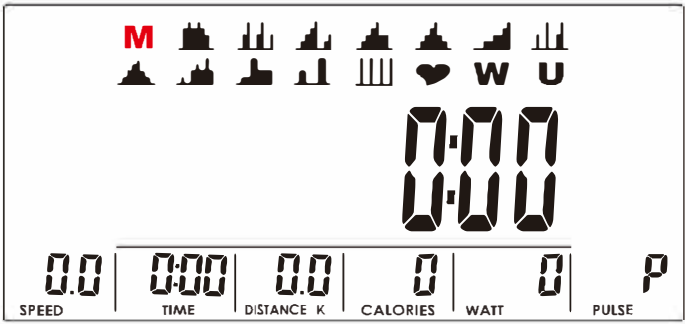
Sex	male, female
A = AGE	Age in years
H = HEIGHT	Height in cm
W = WEIGHT	Weight in kg

Confirm each setting with the ENTER button.

3.5 Program selection

16 program selection symbols are indicated on the LCD display, as follows:

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



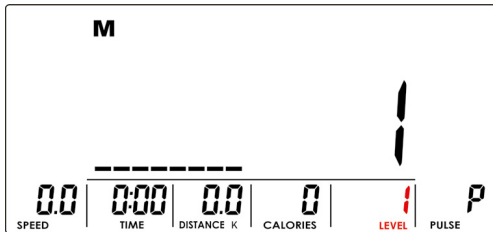
3.5.1 M - Manual program

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

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

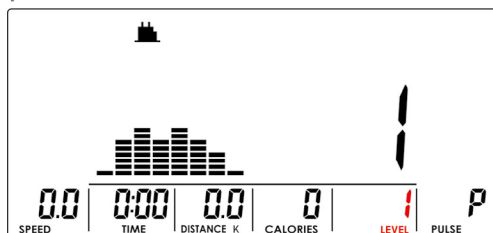
The alarm then sounds continuously until your pulse rate is no longer higher than the target pulse rate. To confirm, press ENTER after each setting.

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



3.5.2 Workout programs

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



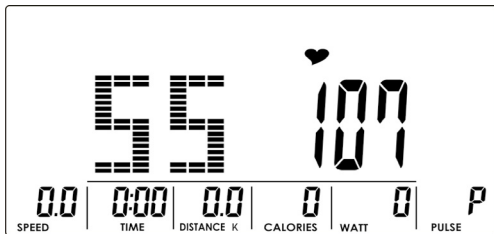
Press the START/STOP button to start your workout. The resistance level can be adjusted at any time during the workout using the arrow buttons. If no change is made to the resistance for three seconds, the display changes to the “Watt” (power output) display.

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



WARNING

Your training equipment is not a medical device. The heart rate measurement of this equipment may be inaccurate. Various factors can affect the accuracy of the heart rate measurement. The heart rate measurement serves only as a training aid.

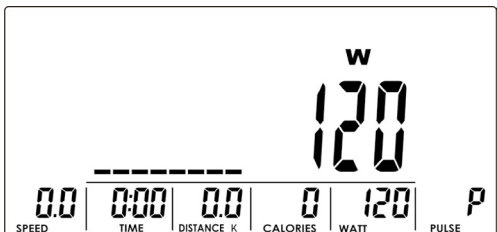


Use the arrow buttons UP and DOWN to select the heart symbol.

Use the arrow buttons UP and DOWN to select the heart-rate programs 55%, 75%, 90% or TA (TA = Target = target heart rate). The heart-rate value is determined automatically based on the age previously entered and is then shown in the display. If you select TARGET, use the arrow buttons UP

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

3.5.4 W - Watt-based program



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

figure is kept constant by automatic adjustment of the resistance. If you pedal faster, the resistance is reduced; if you pedal more slowly, the resistance increases. The watts figure can be adjusted manually during your workout.

3.5.5 U - User-defined program



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

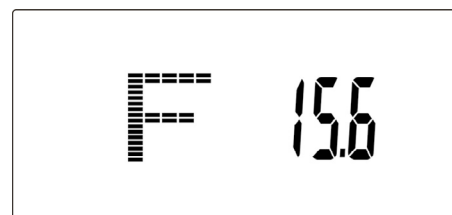
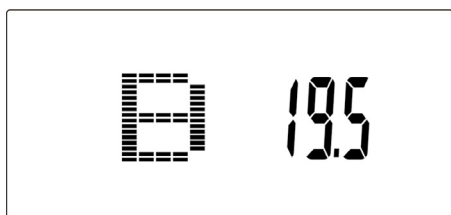
3.5.6 Body-fat test (BODY FAT)

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

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

Error messages:

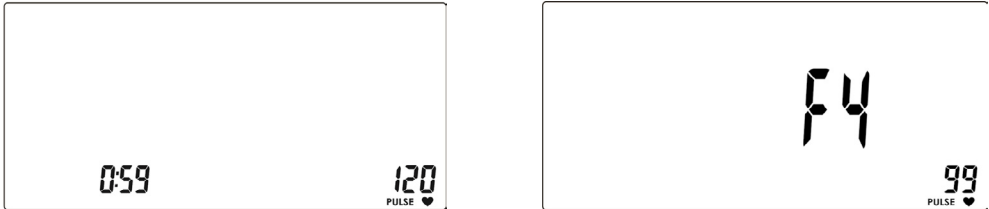
- "E-1" – if no heart-rate reading is received.
- "E-4" – if the body-fat percentage (F) is not between 5-50 or BMI (B) is not between 5-50.



3.5.7 RECOVERY - Recovery rate

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

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



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

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

3.6 Heart-rate measuring

Pulse measuring via hand sensors

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

Note:

For some people, the skin resistance change caused by the heart rate is so minimal that the measurements do not allow for usable values. Strong callus or sweat on the hands may also impair a correct measurement. In such cases, the heart rate will not be shown at all or only incorrectly. If the measurement is incorrect or not taken at all, please check if it happens to only one person or to several people. If the pulse display only does not work in a single case, the equipment is not defective. In this case, we recommend using a chest strap to achieve a permanently correct heart rate display..

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

Telemetric heart rate measuring

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

Positioning the chest strap and moistening the electrodes:

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

Note:

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

Training with heart rate orientation

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

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

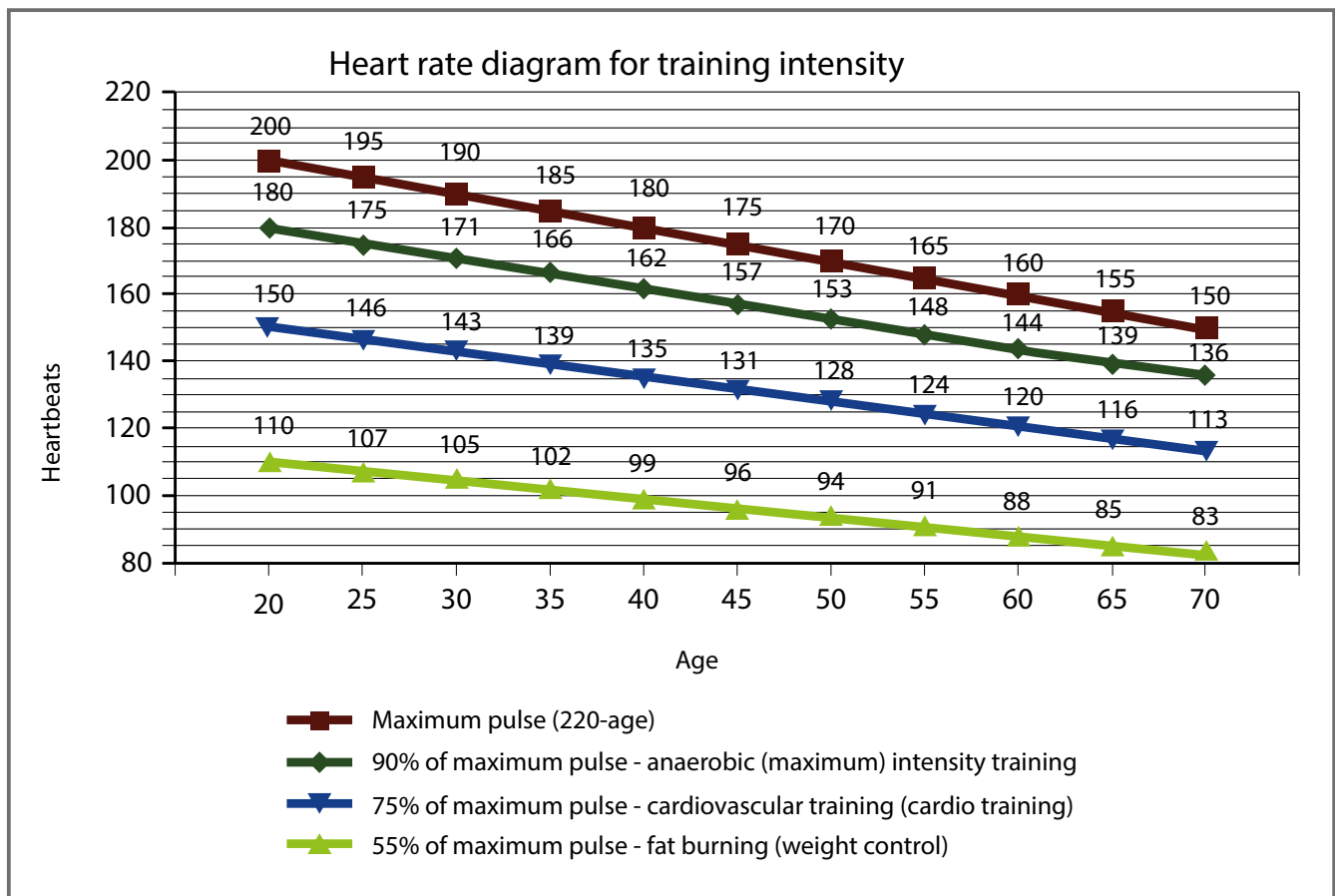
Cardiovascular training (cardio training): The primary goal is to increase stamina and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training period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

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

Example:

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

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



4.1 General Instructions



WARNING

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



ATTENTION

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

4.2 Transportation Wheels



ATTENTION

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

1. Stand behind the equipment and lift it until the weight is transferred to the transportation wheels. After that, you easily can move the equipment to a new position. For long transport distances the equipment should be disassembled and safely packed.
2. Select the new location by following the instructions in the section 1.4 of this manual.

5.1 General Instructions



WARNING

- + Do not make any improper changes to the equipment.



CAUTION

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



ATTENTION

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

5.2 Faults and Fault Diagnosis

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

Fault	Cause	Solution
Cracking in the pedal area	Pedals loose	Tighten the pedals
Equipment wobbles	Equipment is not level	Align the feet
Handlebar/saddle wobbles	Loose screws	Tighten screws firmly
Display is blank/is not working	Batteries empty or loose cable connection	Replace batteries or check cable connections
No pulse display	<ul style="list-style-type: none"> + Sources of interference in the room + unsuitable chest strap + Wrong position of chest strap + Chest strap defective or battery empty + Pulse display defective 	<ul style="list-style-type: none"> + Eliminate sources of interference (e.g. mobile phone, WLAN, lawn mower and vacuum cleaner robot, etc. ...) + Use a suitable chest strap (see RECOMMENDED ACCESSORIES) + Reposition chest strap and/or moisten electrodes + Changing batteries + Check if pulse display by hand pulse possible

5.3 Error Codes and Troubleshooting

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

Please contact the contract partner for technical support.

5.4 Maintenance and Inspection Calendar

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

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

Part	Weekly	Monthly
Display console	C	I
Plastic covers	C	I
Screws and cable connections		I
Check pedals for tightness		I
Legend: C = clean; I = inspect		

6 DISPOSAL

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



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

7 RECOMMENDED ACCESSORIES

To make your training experience even more efficient and pleasant, we recommend that you add suiting accessories to your fitness equipment. For exercise bikes this could for example be a **floor mat**, which makes your fitness equipment stand more securely and also protects the floor from sweat or **silicone spray** to keep moving parts in good shape. For many exercise bikes it is possible to replace the **saddle** or **pedals**, as these are usually the same mounts used on bicycles.

If you have purchased a fitness machine with pulse training and want to train your heart rate, we strongly recommend that you use a compatible **chest strap**, as this ensures optimum transmission of the heart rate.



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



saddle cover



chest strap



chest strap contact gel



floor mat



saddle



silicone spray

8.1 Serial Number and Model Name

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

① NOTICE

The serial number of your equipment is unique. It's located on a white sticker.

Enter the serial number in the appropriate field.

Serial number:

Brand / Category:

Model Name:

Article Number:

8.2 Parts List

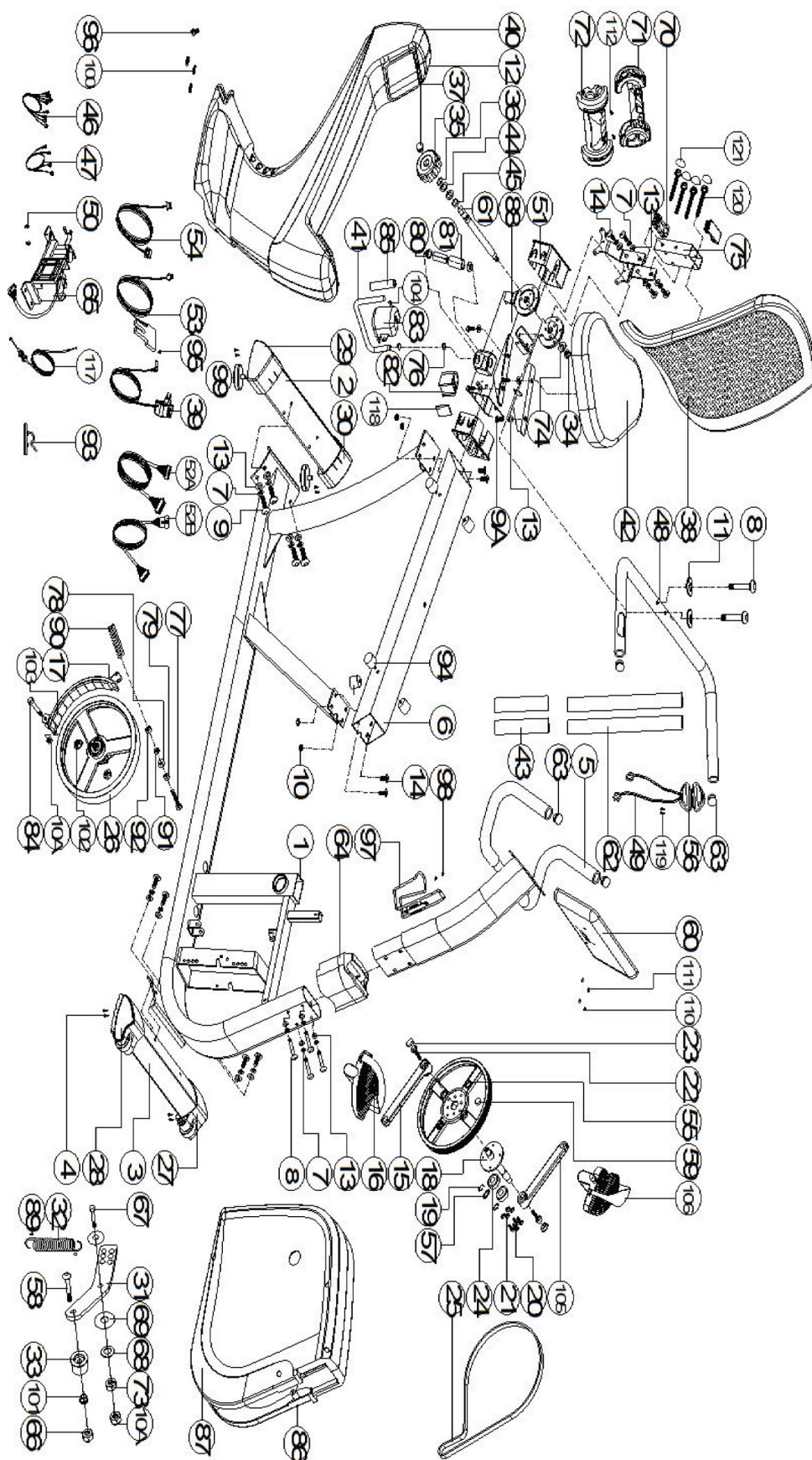
No.	Name	Material	Specification	Qty.
1	Main frame			1
2	Rear stabilizer	Q195	95.4*50.6*2.0Tx500L	1
3	Front stabilizer	Q295	95.4*50.6*2.0T*450	1
4	Screw	10#	ST4*1.41*15L	8
5	Handlebar post tube			1
6	Sliding beam	Q195	50*100*1.8T*740L	1
7	Spring washer	70#	D15.4 XD8.2x2T	16
8	Allen bolt(anti-loosen)	35#	M8*1.25*50L,8.8grade	6
9	Allen bolt	35#	M8x1.25x20L,8.8grade	8
9A	Bolt	35#	M8x1.25x15L,8.8grade	4
10	Nylon Nut	Q235A	M8*1.25*8T	4
10A	Nylon nut	Q235A	M8*1.25*8T	2
11	curved washer	Q235A	D22xD8.5x1.5T	2
12	Rear chain cover (left)	PS		1
13	Flat washer	Q235A	D16*D8.5*1.2T	20
14	Allent bolt	35#	M8x1.25x15L,8.8grade	8
15	Right crank	1015A	170Lx9/16"-20BC	1
16	Left pedal	PP+Q235A	JD-22A 9/16"	1
17	Magnet fixed welding set			1
18	Crank axle welding set			1
19	C ring	65Mn	S-17(1T)	2
20	Allen bolt	35#	M6x1.0x15L 8.8grade	4
21	Nut	Q235A	M6x1.0x6T	4
22	Anti-loose nut	35#	M8x1.0x25,10.9grade	2
23	Screw cap	PE	D26*11L	2
24	Bearing	GCr15	6203-2RS	2
25	Poly belt		410 (1041) PJ5	1
26	flywheel			1
27	Front foot cap(left)	PP	123*70*110	1
28	Front foot cap(right)	PP	123*70*110	1
29	Rear foot cap(right)	PP	103*68*83	1

30	Rear foot cap(left)	PP	103*68*83	1
31	Idle wheel fixing plate	Q235A	156*62.2*5T	1
32	Spring	72A	D2.2*D14*55L	1
33	Idle wheel	NL+33% Fibre	D23.8xD38x24	1
34	Nylon nut	Q235A	M10x1.5x10T	1
35	Club knob	Q235A+ABS	D61*46	1
36	C ring	65Mn	S-16(1T)	2
37	Round side cap	PE	6/8"x17	1
38	Backrest	NL+fibre	500*470	1
39	Adaptor		OUT:9V,500MA	1
40	Rear chain cover (right)	PS		1
41	Adjustable pole	Q235A	D12*122*162	1
42	Seat	PU	382*272*52	1
43	Foam	NBR	D30*3T*480L,PAHS	2
44	Flat washer	Q235A	D24xD16x1.5T	2
45	Spacer		D19*D13.1*4T	1
46	Upper handle pulse cable		600L	4
47	Lower handle pulse cable		1750L	2
48	Handlebar			1
49	Handle pulse cable		500L	2
50	cross screw	10#	ST4.2*1.4*15L	2
51	Bushing	NL	125*75*53	2
52A	Upper computer cable		600L	1
52B	Lower computer cable		650L	1
53	Sensor cable		150L	1
54	Electric cable		620L	1
55	pulley	ZL102	D260*19	1
56	Handle pulse		PE18	2
57	Waved washer	65Mn	D17*D22*0.3T	1
58	allen bolt	35#	M10*35L	1
59	round magnet		M02	1
60	Computer		SM52012A-31	1
61	Axle	45	D15.9*D13*219L	1

62	Foam (HDR)	NBR	D30*3T*520L,with hole,REACH	2
63	mushroom cap	PVC	D1 1/4"*29L	4
64	Upper protective cover	HIPS	137.1*121*73.4	1
65	Motor			1
66	nylon nut	Q235A	M10x1.5x10T	1
67	Allen bolt	35#	M8*25 15MM,8.8grade	1
68	flat washer	Q235A	D21*D8.5*1.5T	1
69	Plastic flat washer	NL66	D10*D24*0.4T	2
70	Side cap	PE	30*70*17L	2
71	Front decorative cover	PS	D91*220L	1
72	Rear decorative cover	PS	D91*220L	1
73	Nut	Q235A	M8*1.25*6T	1
74	Flat washer	Q235A	D24*D13.5*2.5T	1
75	Back support tube	Q195	30*70*2.0T*130L	1
76	C ring	65Mn	S-12(1T)	2
77	Bolt	35#	M6*60L 8.8grade	1
78	Nylon washer	NL66	D6*D19*1.5T	1
79	Nut	Q235A	M6*1*6T	1
80	Bushing		D29*D11.9*9T	2
81	Axle (1)		D26*41	1
82	Stopper	ABS	53*41*38	1
83	Protective cover	PS	95.4*69*49.3	1
84	Bolt	35#	M8*52L,15MM	1
85	Foam	NBR	D10*3T*220L,HDR	1
86	Left chain cover	HIPS	534.7*502*82.7 (with electric hole)	1
87	Right chain cover	HIPS	534.7*502*78.1	1
88	Seat post tube			1
89	Plastic cover	PVC	D3*30L	2
90	Spring	72A	D1.0*55L	1
91	Flat washer	Q235A	D13*D6.5*1.0T	1
92	Nylon Nut	Q235A	M6*1*6T	1

93	sticking clamp	NL	16*16*6.8L	1
94	Buffer	NBR+Q235A	D20*10L*M8*1.25	4
95	cross Bolt	Q235A	M5x0.8x12L	1
96	Screw	10#	ST4.2x1.4x20L	19
97	water bottle	Q235A		1
98	cross screw	10#	M5*0.8*15L	2
99	Adjustable round wheel	Q235A+ABS	D59*M10*40L	2
100	Pin	ABS	D6*26.5*7.7	3
101	bushing	F101J	D20*D14*11.5T	1
102	Anti-loose nut	Q23A	3/8"-26UNFx6.5T	2
103	magnet	NDFEB	39.5*10*25	8
104	cross screw	Q235A	M5x0.8x10L	2
105	Left crank	1015A	170Lx9/16"-20BC	1
106	Left pedal	PP+Q235A	JD-22A 9/16"	1
110	bolt		M5*0.8*10L	2
111	cross bolt		M5*0.8*10L	2
112	round-head cross screw	10#	ST4x20L	2
117	tension cable		D1.5*200L	1
118	buffer	NBR	40.5*28.5*6T	1
119	round-head cross screw	10#	ST4*1.41*25L	2
120	screw	35#	1/4"-20*40L,8.8grade	4
121	screw	PVC	D28*17(M6)	4
/	open-end wrentch	Q235A	155*30*5T	1
/	Inner six angle cross wrench	35#	M6,8.8grade	1
/	Inner six angle wrench (M4)	Q235A	M4*68L	1

8.3 Exploded Drawing



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

Error Descriptions

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

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

Your statutory rights are not affected.

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 period

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

Repair Costs

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

The terms of use are defined as follows:

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

Warranty Service

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

Warranty Conditions

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

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

Warranty claims are invalid in case of damage resulting from:

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

Proof of Purchase and Serial Number

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







































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

Service outside of the Warranty Period

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

Communication

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

DE	DK	UK
TECHNIK  +49 4621 4210-900  +49 4621 4210-698  technik@fitshop.de  Öffnungszeiten entnehmen Sie unserer Homepage.	TEKNIK OG SERVICE  80 90 16 50 +49 4621 4210-945  info@fitshop.dk  Åbningstider kan findes på hjemmesiden: https://stg.fit/statit7	CUSTOMER SUPPORT  00800 2020 2772 +494621 4210 944  info@fitshop.co.uk  You can find the opening hours on our homepage: https://stg.fit/statitc
	FR	BE
SERVICE  0800 20 20277 (kostenlos)  04621 4210 - 0  info@fitshop.de  Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statita	TECHNIQUE & SERVICE  +33 (0) 189 530984 +49 4621 42 10 933  info@fitshop.fr  Vous trouverez les heures d'ouverture sur notre site Internet: https://stg.fit/statit4	TECHNIQUE & SERVICE  02 732 46 77 +49 4621 4210 933  info@fitshop.be  Vous trouverez les heures d'ouverture sur notre site Internet: https://stg.fit/statit8
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DZIAŁ TECHNICZNY I SERWIS  22 307 43 21 +49 4621 42 10-948  info@fitshop.pl  Godziny otwarcia można znaleźć na stronie głównej: https://stg.fit/statit6	TECHNIK & SERVICE  0800 20 20277 (Freecall) +49 4621 42 10-0  info@fitshop.at  Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statitb	TECHNIK & SERVICE  0800 202 027 +49 4621 42 10-0  info@fitshop.ch  Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statit9

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

www.fitshop.com/en/stores












WE LIVE FITNESS

WEBSHOP AND SOCIAL MEDIA

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

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

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

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Notes

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