



Assembly and Operating Instructions



max. 130 kg



~ 30-60 Min.



44 kg

L 109 | W 55 | H 134

CSTBX60.01.06

Art. No. CST-BX60

Exercise Bike **BX60**

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Dear customer,

Thank you for choosing a high-quality equipment of the brand cardiostrong®. cardiostrong® offers sports and fitness equipment for the sophisticated home sport and the equipment of fitness studios and business customers. With cardiostrong® fitness equipment, the focus is on what sport is all about: maximum performance! Therefore, the equipment is developed in close consultation with athletes and sports scientists. Because athletes know best what makes perfect fitness equipment.

Further information can be found at www.sport-tiedje.com.

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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Europe's No. 1 for home fitness

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Disclaimer



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

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.

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 of:

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

Resistance system: electromagnetic braking system
Resistance levels: 16
Power output in watts: 10-350 watts (adjustable in 5-watt increments)

User memory: 4
Total number of workout programs: 19
Manual programs: 1
Preset programs: 12
Watt-based programs: 1
Heart-rate controlled programs: 4
User-defined programs: 1

Flywheel: 9 kg
Gear ratio: 1:7
Pedal arm length: 17 cm

Weight and dimensions

Item weight (gross, incl. packaging): 50.5 kg
Item weight (net, without packaging): 44.2 kg

Packed dimensions (length x width x height): approx. 108 cm x 35 cm x 66 cm
Set-up dimensions (length x width x height): approx. 109 cm x 55 cm x 134 cm
Maximum user weight: 130 kg

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.

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.
- + 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.

ATTENTION

- + Do not insert any objects of any kind into the openings of the device.

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.

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. Make sure that you leave at least 30 cm on each side of the equipment and at least 15 cm in front of and behind the equipment as a training zone. This is the minimum required area in order to safely use the equipment. The recommended free zone around the equipment should be at least 60 cm on each side and 45 cm in front of and behind 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 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.

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

- + Do not open the packaging when it is lying on its side.
- + 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

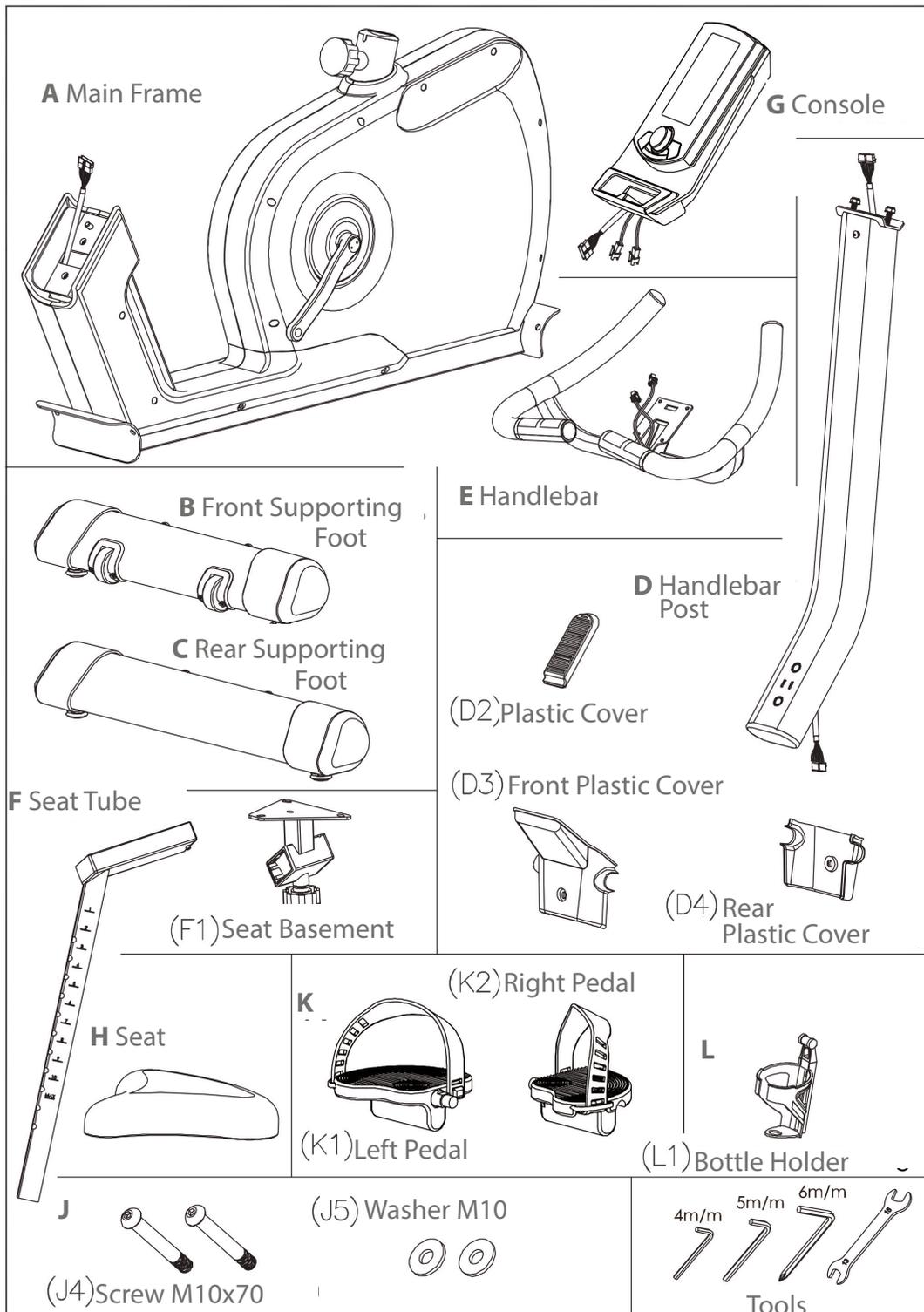
- + In order to make the assembly as simple as possible, some screws and nuts to be used can already be pre-assembled.
- + Ideally, assemble the equipment at its later set-up place.

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

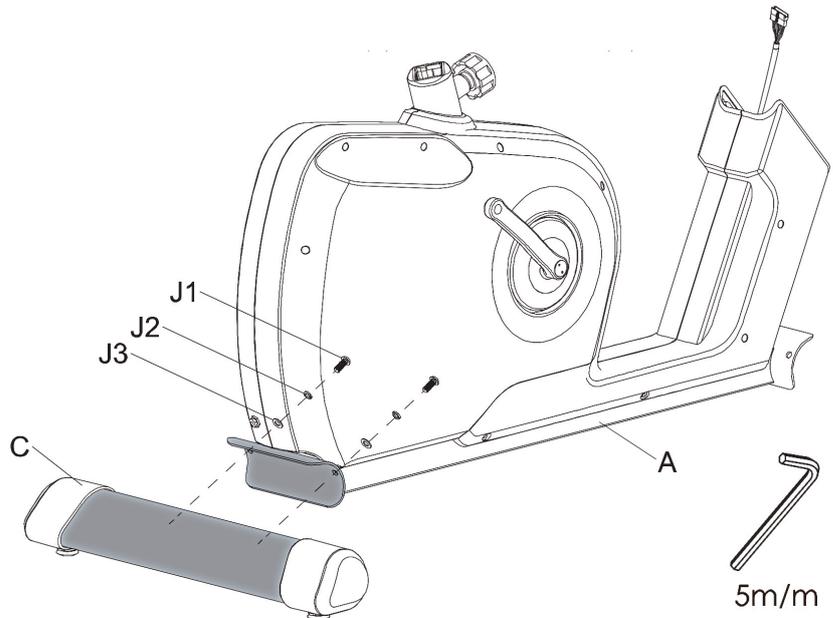
Before assembly, take a close look at the individual assembly steps shown and carry out the assembly in the order given.

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.

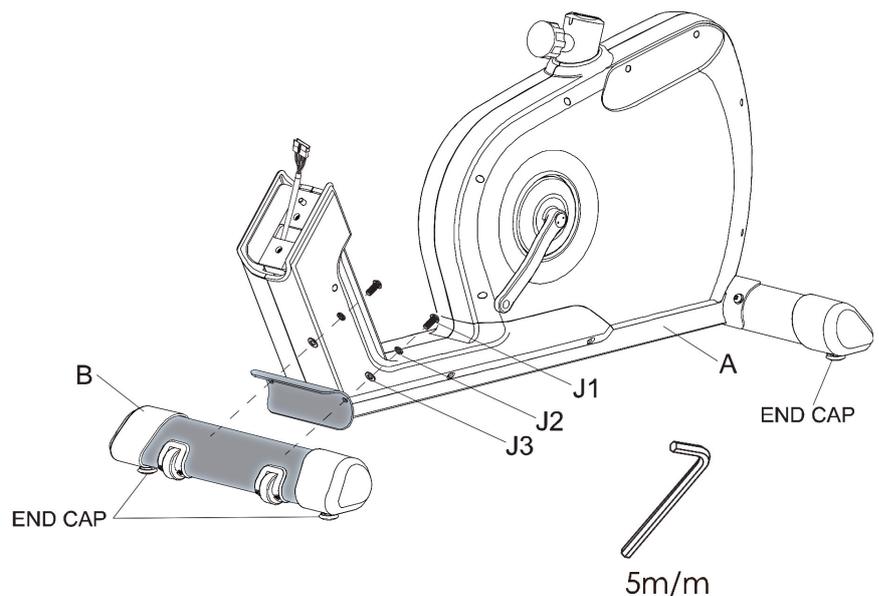
Step 1: Assembly of the rear supporting foot

1. Remove the pre-mounted screws (J1), spring washers (J2) and washers (J3) from the rear supporting foot (C).
2. Mount the rear supporting foot (C) on the main frame (A) using the screws (J1), spring washers (J2) and washers (J3).
3. Use a 5 mm Allen key to tighten the screws.



Step 2: Assembly of the front supporting foot

1. Remove the pre-mounted screws (J1), spring washers (J2) and washers (J3) from the front supporting foot (B).
2. Mount the front supporting foot (B) on the main frame (A) using the screws (J1), spring washers (J2) and washers (J3).
3. Use a 5 mm Allen key to tighten the screws.



Step 3: Assembly of the handlebar post

NOTICE

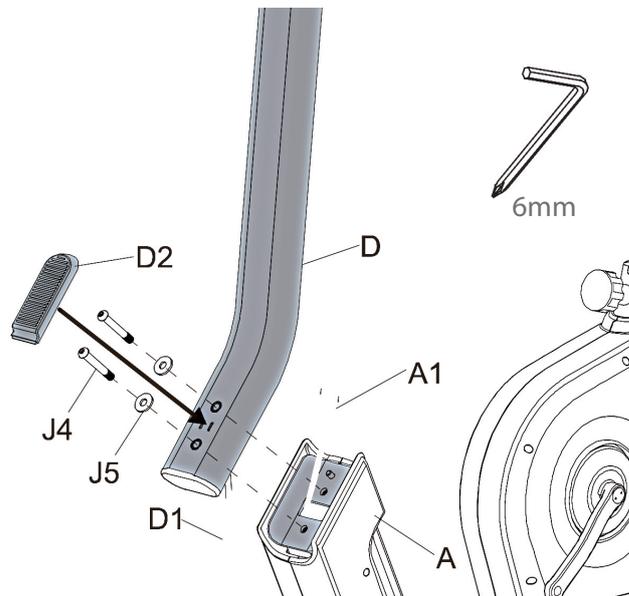
It may be helpful to have extra assistance when connecting the cable and stabilising the handlebar post (D).

1. Put cable (A1) and cable (D1) in place and connect together. Make sure that you connect the cables correctly.

ATTENTION

Take care not to bend the cables when you connect the handlebar post (D) to the main frame (A).

2. Hold the handlebar post (D) in place against the main frame (A) and connect them together using the screws (J4) and the washers (J5).
3. Use a 6 mm Allen key to tighten the screws (J4).
4. Put the plastic cover (D2) on the handlebar post (D) and connect them together using the clip under the plastic cover (D2).



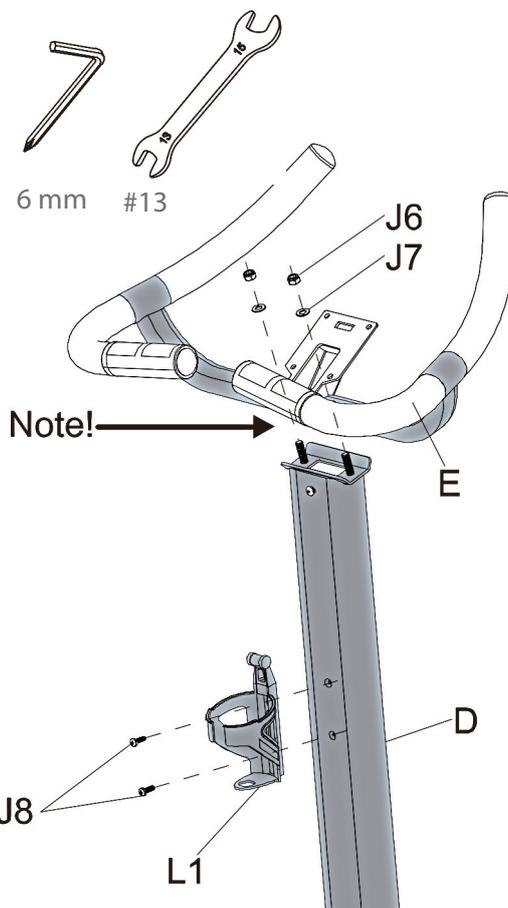
Step 4: Assembly of the front handlebar

1. Remove the nuts (J6) and the washers (J7) from the handlebar post (D).
2. Connect the handlebar assembly (E) to the handlebar post (D) using the nuts (J6) and washers (17).

NOTICE

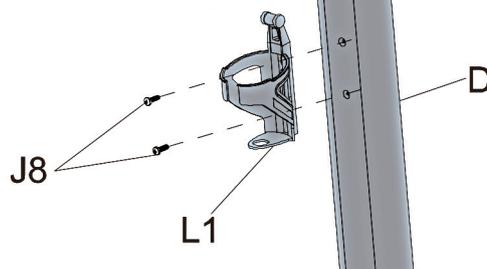
Pull the cable (D1) and the cable for the hand pulse sensors through the mounting hole on the handlebar set (E). Take care not to bend the cable.

3. Use a 13 mm spanner to tighten the nuts (J6).



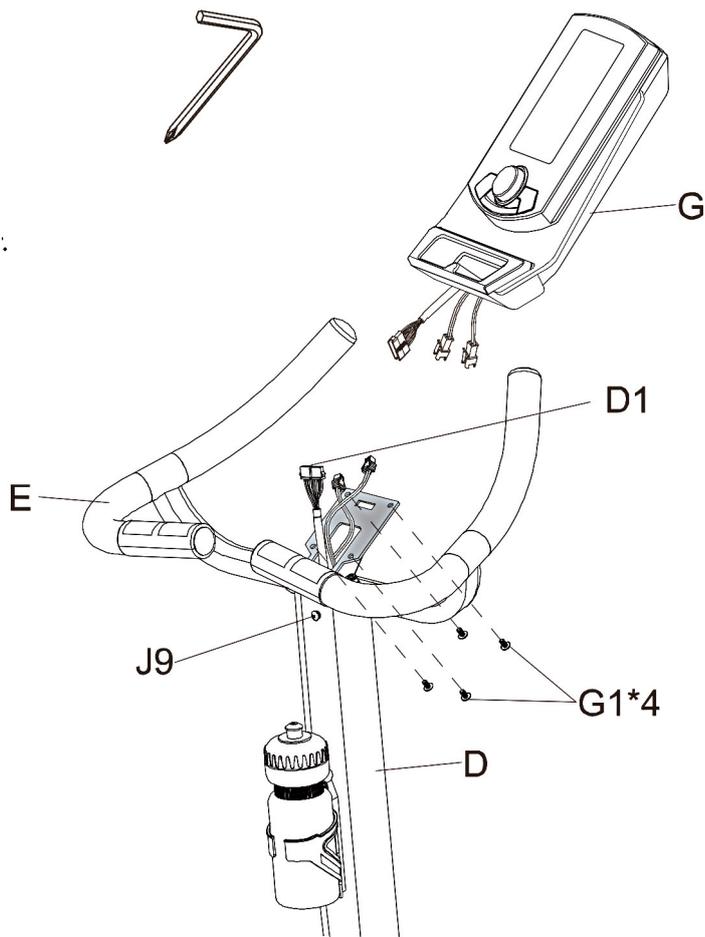
Assembly of the bottle holder

4. Remove the screws (18) from the handlebar post (D).
5. Using a screwdriver, secure the bottle holder (L1) to the handlebar post (D) using the screws (J8).



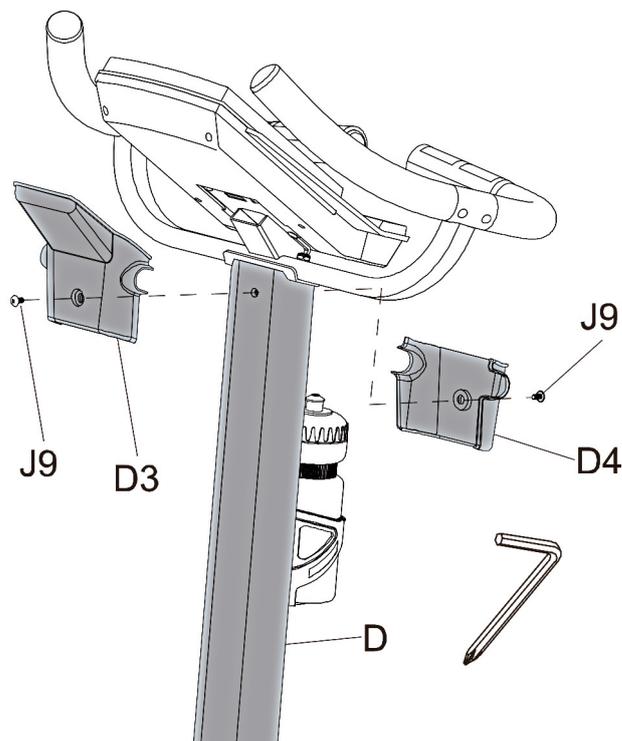
Step 5: Assembly of the console

1. Remove the four screws (G1) on the reverse of the console (G).
2. Connect the cable (D1) and the cable for the hand pulse sensors to the console. The cables for the hand pulse sensors are interchangeable.
3. Slide the console gently onto the console housing (E). Always take care not to bend the cables. Any projecting cables should be carefully pushed into the mounting hole on the handlebar set (E). Slide the console as far as it will go.
4. Using a screwdriver, secure the console (G) using the screws (G1).



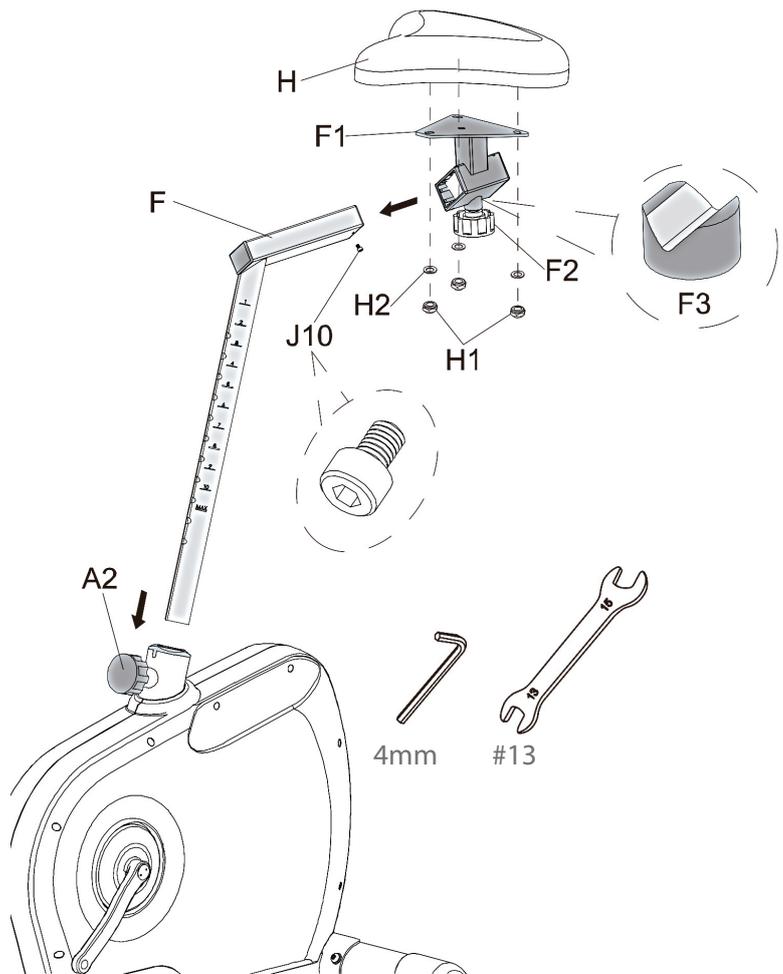
Step 6: Assembly of the console cover

1. Remove the two screws (J9) from the handlebar post (D).
2. Connect the front plastic cover (D3) and the rear plastic cover (D4) to the handlebar post (D).
3. Screw in the screws (J9) firmly using a screwdriver.



Step 7: Assembly of the saddle and the seat post

1. Remove the nuts (H1) and the washers (H2) from the underside of the saddle (H).
2. Place the saddle (H) on the sliding seat base (F1) and secure it in place using the nuts (H1) and the washers (H2).
3. After loosening the seat-height adjusting knob (A2), pull on this adjusting knob (A2) so that the seat post (F) can slide down into the slot in the frame designed to hold it. Once the seat post (F) is in the desired position, release the seat-height adjusting knob (A2) and tighten the knob so that the seat post (F) is secure.
4. Remove the screw (J10) on the seat post (F).
5. Loosen the seat adjusting knob (F2) and slide the sliding seat base (F1) gently onto the seat post (F). The foam on the inside can therefore now be pushed slowly to the outside. Next, secure the screw (J10) back onto the seat post (F).



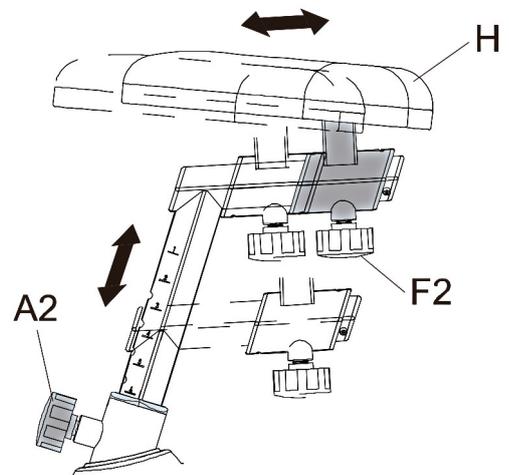
ⓘ NOTICE

Do not remove the foam on the inside before carrying out Step 5, this holds the stopper (F3) in the sliding seat base in the correct position.

Tools required: 4 mm Allen key, 13 mm spanner

Adjusting the seat position

The position and height of the ergometer's seat are adjusted by loosening the adjusting knobs (A2) and (F2). Make adjustments to the adjusting knobs to suit the user, tightening each grip to prevent movement in the saddle.



Step 8: Pedal assembly

NOTICE

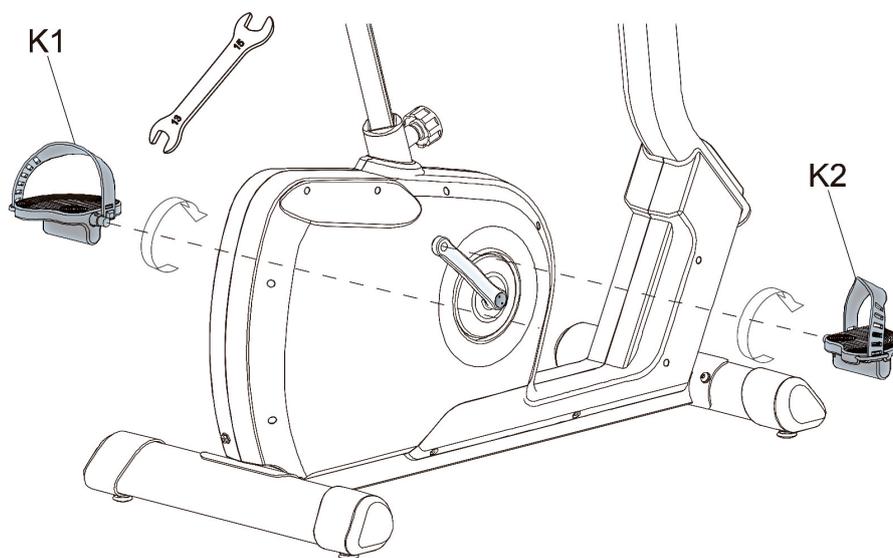
Locate the left and right pedals. Right and left are marked on each pedal and each pedal strap so that they can be distinguished from one another.

CAUTION

Make sure to screw in the pedals completely.

1. Secure the left pedal (K1) counter-clockwise to the left crank arm, and the right pedal (K2) clockwise to the right crank arm. Tighten each pedal as much as possible using a 15 mm screwdriver.
2. Insert the pedal straps into each pedal. Adjust the straps to suit the shoe size of the user whilst sitting on the ergometer.

Tools required: 15 mm spanner



Step 9: Alignment of the feet

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 10: Connecting the equipment to the mains supply

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.

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.

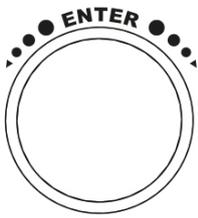
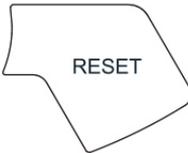
3.1 Console display



Time	0:00-99:00 minutes
Speed	0.0-99.9 km/h
RPM (cadence; rotations per minute)	0-999 RPM
Distance	0.0-99.9 km
Calories (calorie consumption)	0-990 Cal
Sex	Male/Female
Pulse (heart rate; heart beats per minute)	30-230 BPM

Heart-rate symbol	Flashing on and off
Programs	P1-P12
User data	U1-U4
Watt/Load (output/resistance)	0-999 watts; watt control: 10-350 watts
Level (resistance)	1-16
H.R.C. (heart-rate control)	55 / 75 / 90% of the maximum heart rate; manual target pulse (TAG)
Age	1-99 years
Height	100-250 cm
Weight	20-150 kg

3.2 Button functions

	CONTROL KNOB TO THE RIGHT	With this button you can adjust settings or increase resistance.
	CONTROL KNOB TO THE LEFT	With this button you can adjust settings or decrease resistance.
	CONTROL KNOB ENTER	Your various settings are confirmed using this button.
	START STOP	With this button you can start and stop your workout.
	RESET	With this button you can reset the current settings and return to the start.
	RECOVERY	With this button you can carry out the fitness test after your workout.

3.3 Turning on and setting up the equipment

1. Connect the power cable to the equipment or press and hold the RESET button for two seconds.
An alarm sounds for two seconds and the figure 78.0 is displayed in the lower window on the left (see fig. 1 and fig. 2).
2. There are four user accounts in the console (U1-U4). Turn the control knob to select a user (1-4) and press ENTER to confirm (see fig. 3 and fig. 4).
3. Using the control knob and the ENTER button, make adjustments to the settings for SEX (choose male or female), AGE (in years), HEIGHT (in cm) and WEIGHT (in kg) (see fig. 5-8).

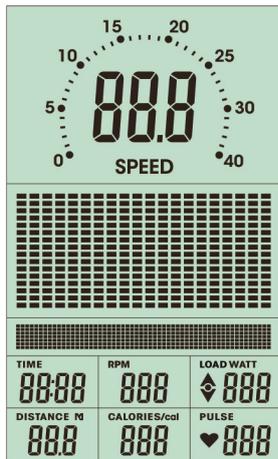


Figure 1

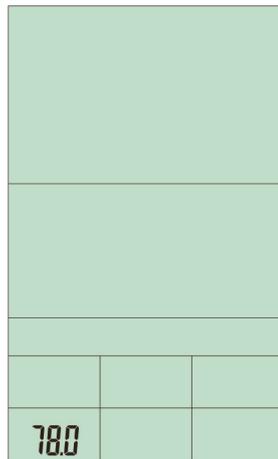


Figure 2

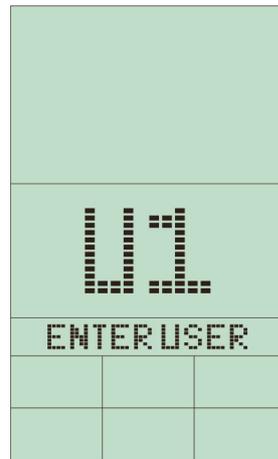


Figure 3

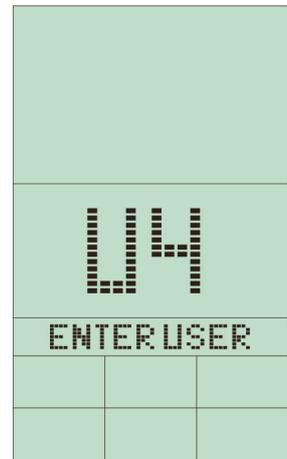


Figure 4

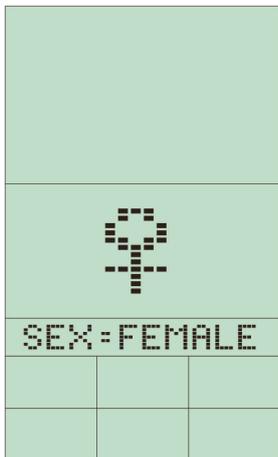


Figure 5

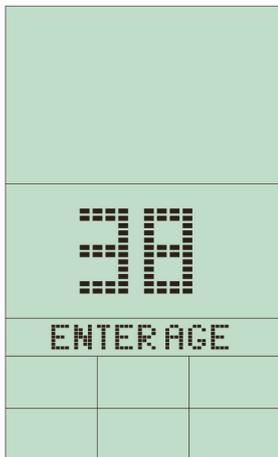


Figure 6

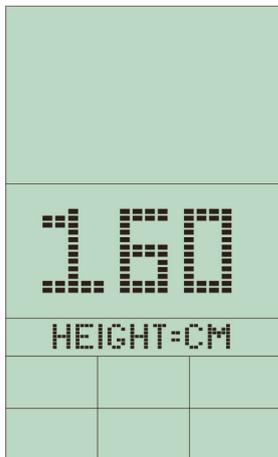


Figure 7



Figure 8

3.4 Programs

After you have entered all of the values you can use the control wheel to select one of the five program categories (see figs. 9-13). In total the equipment has 19 programs and a fitness test.

- + Manual (manual workout): 1
- + Program (preset workout programs): 12
- + User setting (user-defined workout program): 1
- + H.R.C. (heart-rate controlled workout programs): 4
- + Watt (watt-based workout program): 1
- + Recovery (fitness test)

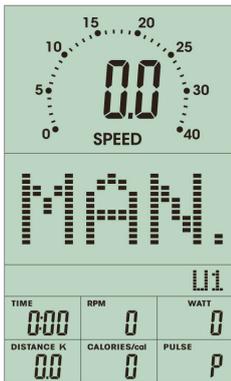


Figure 9

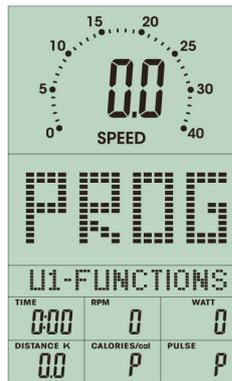


Figure 10

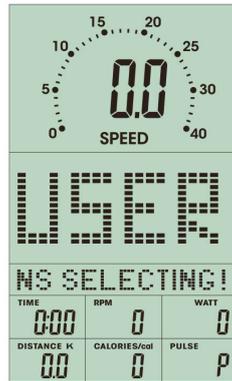


Figure 11



Figure 12

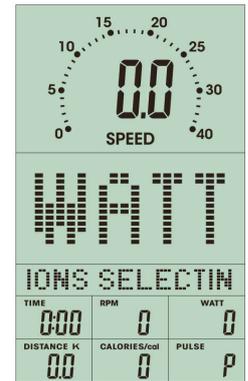


Figure 13

3.4.1 Quick-Start

1. To select quick-start, press the START/STOP button and the workout will start.

The manual program will be automatically selected.

2. The level of resistance can be adjusted during the workout.
3. Press the START/STOP button to end your workout.

3.4.2 MAN. - Manual program

After you have selected the manual program and confirmed your selection using the ENTER button, you can use the control wheel to enter the values for resistance level (1-16), time, distance, calories and 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 reached. 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.

1. Enter the target values.
2. To confirm, press ENTER after each setting.
3. After you have entered all of the values (or the selected value), press the START/STOP button to start your workout.
4. The resistance level can be adjusted during the workout.
5. As soon as you press and hold the RESET button for longer, the console returns to the program selection.

Procedure for setting the manual program:

Set program mode		Set resistance		Enter workout data		
						
Turn the knob to the left or right	Press Enter	Turn the knob to the left or right	Press Enter	Turn the knob to the left or right	Press Enter	Press Start/Stop

3.4.3 PROG - Preset programs

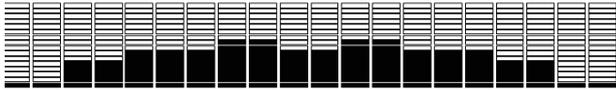
1. Select one of the preset programs (P1-P12) using the control wheel.
2. Confirm your selection with the ENTER button. Now enter the workout time and press ENTER to confirm.
3. Then you can press the START/STOP button to start the workout.
4. The resistance level can be adjusted during the workout.

When your workout starts, the time set will run backwards. As soon as the countdown reaches zero, the screen starts to flash and an alarm sounds.

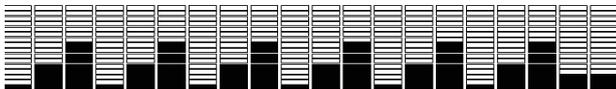
5. Press any button to turn off the alarm.

Profiles for the preset programs:

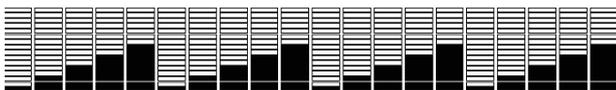
P01



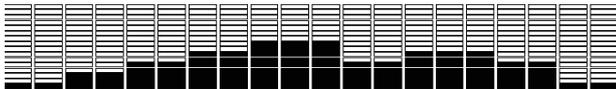
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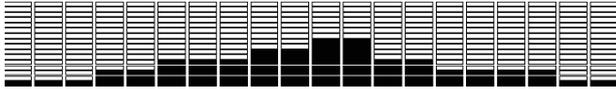
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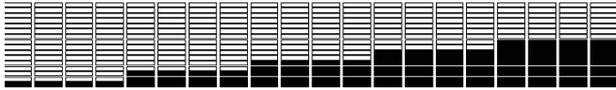
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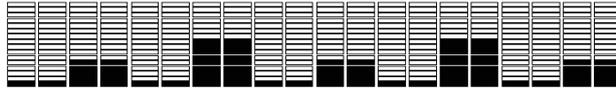
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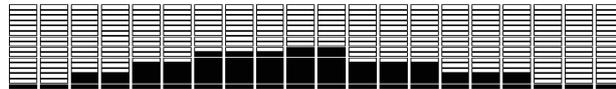
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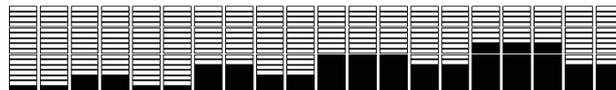
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P08



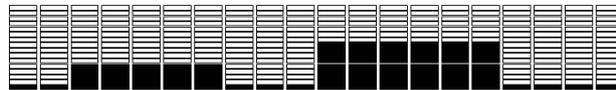
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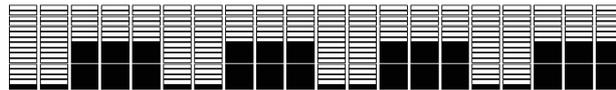
P10



P11



P12



Procedure for setting the preset workout programs:

Set program mode		Select a program (P1-P12)		Enter workout time		
Turn the knob to the left or right	Press Enter	Turn the knob to the left or right	Press Enter	Turn the knob to the left or right	Press Enter	Press Start/Stop

3.4.4 USER - User-defined program

1. When you have selected the program, you can set each of the segments of the profile using the control wheel.
2. For each segment select a resistance level from 1-16, confirm the setting by pressing ENTER and continue with the next segment.

You will be able to see which segment you are in when you see the segment flashing.

3. When you have set each of the 20 segments, press and hold ENTER for two seconds in order to move on to enter the time.
4. As soon as you have selected the appropriate value, press the START/STOP button to start your workout.
5. The level of resistance in the individual segment can be adjusted again during the workout.

The user-defined program will be saved in the selected user account after it has been entered.

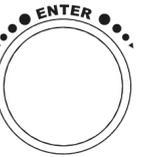
6. If you press the RESET button during profile set-up, the console returns to the program selections.

When your workout starts, the time set will run backwards.

As soon as the countdown reaches zero, the screen starts to flash and an alarm sounds.

7. Press any button to turn off the alarm.

Procedure for setting the user-defined workout program:

Set program mode		Set resistance	Press and hold for two seconds	Enter workout time	
					
Turn the knob to the left or right	Press Enter	Turn the knob to the left or right	Press Enter and repeat the process 20 times until all of the segments have been set	Turn the knob to the left or right	Press Start/Stop

3.4.5 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.

The console has an integrated heart-rate receiver. Heart rate can be measured via the hand pulse sensors; however, a chest strap is recommended for heart-rate measurement as this measurement technique gives far more accurate values.

1. After you have selected the program you can enter the desired target heart rate. Either choose one of the three target heart rates (55%, 75% or 90% of your maximum heart rate) or select "TAG" and enter a target heart rate manually.

Your maximum heart rate is determined by the console based on your age (which you have entered in the user account).

2. Confirm your selection with the ENTER button.
3. Next, you can enter the workout time using the control wheel, and press the START/STOP button to start your workout.

When your workout starts, the time set will run backwards.

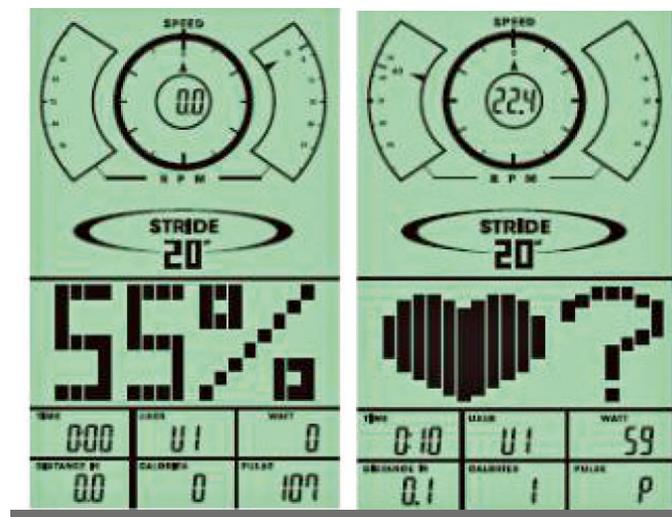
An alarm sounds if you exceed the selected target heart rate. The alarm then sounds continuously until your heart rate exceeds the set limit again. If your heart rate stays above the set rate for a long time, the program will stop automatically.

As soon as the countdown reaches zero, the screen starts to flash and an alarm sounds.

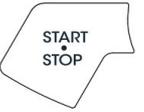
4. Press any button to turn off the alarm.

NOTICE

If no heart-rate signal is received for five seconds, a heart symbol with a question mark is displayed. This symbol disappears once a heart-rate signal is received again.



Procedure for setting the heart-rate controlled programs:

Set program mode		Set workout heart rate		Enter workout time	
					
Turn the knob to the left or right	Press Enter	Turn the knob to the left or right	Press Enter	Turn the knob to the left or right	Press Start/Stop

3.4.6 WATT - Watts-based program

1. When you have selected the program, use the control wheel to enter the desired watts value (from 10 to 350 watts) at which you would like to work out. The default value is 120 watts.
2. Confirm your setting with the ENTER button.
3. You can then enter the desired workout time.
4. Confirm your setting with the ENTER button.
5. As soon as you have selected the appropriate value, press the START/STOP button to start your workout.

When your workout starts, the time set will run backwards. As soon as the countdown reaches zero, the screen starts to flash and an alarm sounds.

6. Press any button to turn off the alarm.
7. The watts value can be adjusted using the control wheel during the workout.

The following three symbols will be displayed to you if the watts figure or the speed should be increased or reduced:

	The watts figure is currently more than 25% above the set watts figure – user should slow down.
	The watts figure is currently in the range of the set watts figure – user should maintain this speed.
	The watts figure is currently more than 25% below the set watts figure – user should increase speed.

Procedure for setting the watt-based program:

Set program		Set watt figure		Enter workout time	
					
Turn the knob to the left or right	Press Enter	Turn the knob to the left or right	Press Enter	Turn the knob to the left or right	Press Start/Stop

3.4.7 RECOVERY - Fitness test

After your workout, you can measure your recovery heart rate using this button. When you have completed your workout, press the RECOVERY button and grip the hand pulse sensors, if you are not wearing a chest strap. A one-minute countdown then begins. Only the countdown and the heart rate are displayed during this time. When the minute is up, the console calculates a fitness level from F1-F6, based on your heart rate.

Result	Fitness level
F1	Very good
F2	Good
F3	Average
F4	Satisfactory
F5	Poor
F6	Very poor



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

NOTICE

If you stop pedaling for more than four minutes, the console switches to energy-saving mode. All settings and workout data will be saved until the next workout starts.

4.1 General Instructions

▶ 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 5°C and 45°C.

⚠ WARNING

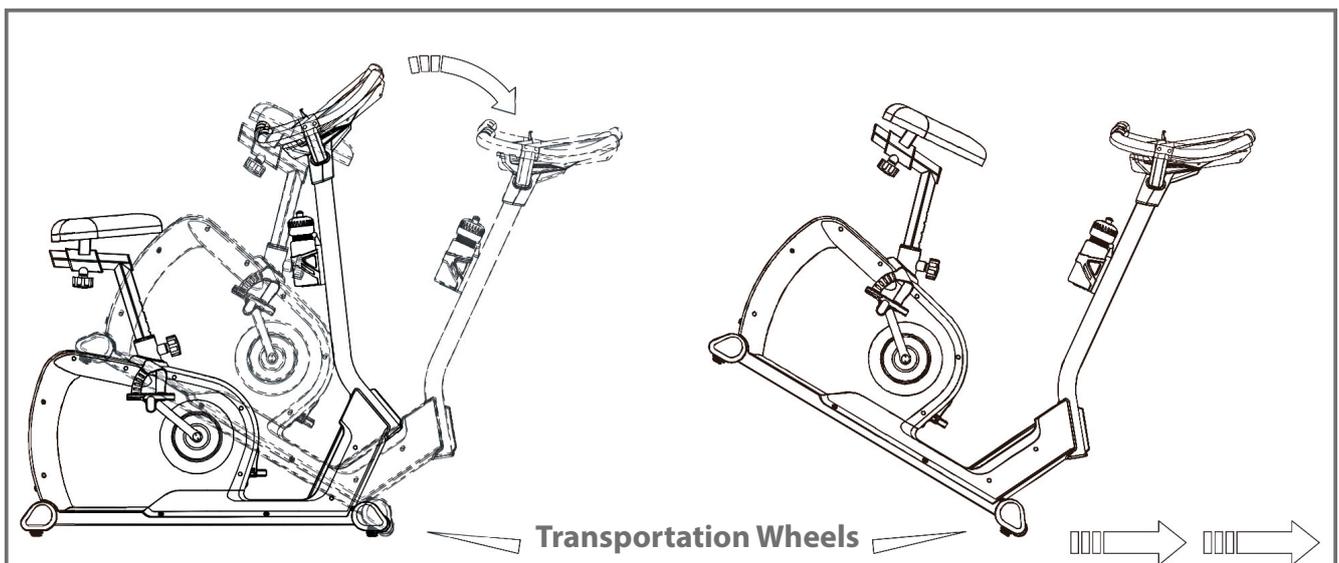
- + The storage location should be chosen so that improper use by third parties or children can be prevented.
- + If your equipment does not have transportation wheels, the equipment must be disassembled before transportation.

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 noise in pedal area	Loose pedals	Tighten pedals
Device wobbles	Device does not stand straight	Align feet
Handlebar/saddle wobbles	Loose screws	Tighten screws
Display does not turn on	Loose cable connections	Check plug connections and power supply unit
No pulse display	<ul style="list-style-type: none"> + Sources of interference in the room + unsuitable chest strap + Wrong position of chest strap 	<ul style="list-style-type: none"> + Check whether pulse display by hand pulse possible 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 + Sources of interference in the house / environment + Chest strap defective / battery empty

5.3 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	Quarterly	Half-yearly	Yearly
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.

To make your training experience even more efficient and pleasant, we recommend that you add suiting accessories to your fitness equipment. This could be a floor mat, for example, which makes your fitness equipment stand more securely and also protects the **floor from** falling sweat, but it could also be additional handrails on some treadmills or **silicone spray** to keep moving parts in good shape.

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. You may want to buy additional **grips** or **weights** for multi gyms.

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!



floor mat



chest strap



chest strap contact gel



towels



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.

NOTICE

The serial number of your equipment is unique. It's located on a white sticker. The exact position of this sticker is shown in the following illustration.



Enter the serial number in the appropriate field.

Serial number:

Brand / Category:

Model Name:

Article Number:

8.2 Parts List

No.	Qty.	Name	No.	Qty.	Name
IV-A	1	MAIN FRAME	IV-A-15	1	AXLE
IV-A1	1	SENSOR WIRE 650mm	IV-A-16	4	AXLE BOLT
IV-A2	1	KNOB	IV-A-17	4	AXLE NUT
IV-A3	1	MOTOR	IV-A-18	2	BEARING 6203zz
IV-A3-1	4	MOTOR SCREW	IV-A-19	1	C-CLIP C17
IV-A4	1	SENSOR WIRE 150mm	IV-A-20	1	CRANK (LEFT)
IV-A4-1	1	SENSOR HOUSING	IV-A-21	1	CRANK (RIGHT)
IV-A4-2	1	SENSOR HOUSING SCREW	IV-A-22	2	CRANK BOLT
IV-A5	1	DC LINE 750mm	IV-A-23	2	CRANK END CAP
IV-A6	1	MOTOR CABLE	IV-A-24	1	PRESSING PLATE
IV-A7	1	SPRING	IV-A24-1	2	BEARING 6001zz
IV-A8	1	MAGNET HOUSING	IV-A24-2	1	WASHER
IV-A8-1	1	BOLT	IV-A24-3	1	C-CLIP
IV-A8-2	1	NUT	IV-A24-4	1	BOLT
IV-A9	1	IRON BRACKET	IV-A24-5	1	WASHER
IV-A10	1	SCREW	IV-A24-6	1	WASHER
IV-A11	1	MAGNETIC WHEEL SET	IV-A24-7	1	NUT
IV-A11-1	1	NUT(3t)	IV-A25	1	SPRING
IV-A11-2	1	MAGNETIC WHEEL	IV-A26	1	GAP BLOCK
IV-A11-3	1	CENTER AXLE	IV-A27	1	SPRING
IV-A11-4	1	PULLEY	IV-A28	1	SUPPORTING PIPE
IV-A11-5	2	SINGLE-WAY BEARING	IV-A29	1	CHAIN COVER (LEFT)
IV-A11-6	1	BEARING 6300zz	IV-A30	1	CHAIN COVER (RIGHT)
IV-A11-7	1	BEARING 6003zz	IV-A31	1	FRONT COVER (LEFT)
IV-A11-8	1	BEARING 6000zz	IV-A32	1	FRONT COVER (RIGHT)
IV-A11-9	2	C-CLIP	IV-A33	4	END CAP (SCREW)
IV-A11-10	1	WAVED WASHER	IV-A34	4	END CAP (WASHER)
IV-A11-11	2	FLANGE NUT	IV-A35	1	WAVE WASHER
IV-A11-12	1	NUT(5t)	IV-B	1	FRONT STABILIZER
IV-A12	1	BELT 1143 J6	IV-B1	1	END CAP (LEFT)
IV-A-13	1	PLASTIC BELT WHEEL	IV-B2	1	END CAP (RIGHT)
IV-A-14	1	BUSH	IV-B3	2	TRANSPORTATIONWHEEL

IV-B4	4	SCREW	IV-F4	2	END CAP
IV-C	1	REAR STABILIZER	IV-F5	2	PLASTIC PIPE
IV-C1	1	END CAP (=B2)	IV-G	1	CONSOLE
IV-C2	1	END CAP (=B1)	IV-G1	4	CONSOLE SCREW
IV-D	1	CENTRAL TUBE	IV-H	1	SEAT
IV-D1	1	SENSOR WIRE 900mm	IV-H1	3	SEAT NUT
IV-D2	1	PLASTIC COVER	IV-H2	3	SEAT WASHER
IV-D3	1	FRONT PLASTIC COVER	IV-J1	4	SCREW M8x20
IV-D4	1	REAR PLASTIC COVER	IV-J2	4	SPRING WASHER M8
IV-D5	1	END CAP	IV-J3	4	WASHER M8
IV-E	1	HANDLE BAR	IV-J4	2	SCREW M10x70
IV-E1	2	HAND PULSE SENSOR WIRE	IV-J5	2	WASHER M10
IV-E2	2	SPACED RING	IV-J6	2	NUT M8
IV-E3	2	HAND PULSE SENSOR	IV-J7	2	WASHER M8
IV-E4	2	SENSOR HOUSING	IV-J8	2	BOTTLE HOLDER SCREW
IV-E5	4	SCREW	IV-J9	2	SCREW M5x10
IV-E6	2	END CAP	IV-J10	1	SCREW M5
IV-E7	2	SPONGE (SHORT)	IV-J11	20	CHAIN COVER SCREW M4x20
IV-E8	2	SPONGE (LONG)	IV-K1	1	PEDAL (LEFT)
IV-E9	2	END CAP	IV-K2	1	PEDAL (RIGHT)
IV-F	1	SEAT TUBE	IV-L1	1	BOTTLE HOLDER
IV-F1	1	SEAT BASEMENT	IV-L2	1	WATER BOTTLE
IV-F2	1	KNOB	IV-L3	1	ADAPTOR
IV-F3	1	GAP BLOCK			

Training equipment from Taurus® is 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.

Warrantee

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

Warranty 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 warrantee personally and are not a part of repair. After the expiration of the warranty period for repair costs, a pure parts warranty applies, which does not include the repair, installation and delivery costs.

The terms of use are defined as follows:

- + Home use: solely for private use in private households up to 3 hours per day
- + Semi-professional use: up to 6 hours per day (e. g. rehabilitation 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	FR
<p>TECHNICAL SUPPORT</p> <p>☎ +49 4621 4210-900 ☎ +49 4621 4210-698 ✉ technik@sport-tiedje.de 🕒 Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p> <p>SERVICE</p> <p>☎ 0800 20 20277 (Freecall) ✉ info@sport-tiedje.de 🕒 Mo - Fr 08:00 - 21:00 Sa 09:00 - 21:00 So 10:00 - 18:00</p>	<p>TECHNICAL SUPPORT & SERVICE</p> <p>☎ 80 90 16 50 +49 4621 4210-945 ✉ info@fitshop.dk 🕒 Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p>	<p>TECHNICAL SUPPORT & SERVICE</p> <p>☎ +33 (0) 172 770033 +49 4621 4210-933 ✉ service-france@fitshop.fr 🕒 Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p>
	PL	BE
	<p>TECHNICAL SUPPORT & SERVICE</p> <p>☎ 22 307 43 21 +49 4621 42 10-948 ✉ info@fitshop.pl 🕒 Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p>	<p>TECHNICAL SUPPORT & SERVICE</p> <p>☎ 02 732 46 77 +49 4621 42 10-932 ✉ info@fitshop.be 🕒 Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p>

UK	NL	INT
<p>TECHNICAL SUPPORT</p> <p>☎ +44 141 876 3986 ✉ support@powerhousefitness.co.uk</p> <p>SERVICE</p> <p>☎ +44 141 876 3972 🕒 Mo - Fr 9am - 5pm</p>	<p>TECHNICAL SUPPORT & SERVICE</p> <p>☎ +31 172 619961 ✉ info@fitshop.nl 🕒 Ma - Do 09:00 - 17:00 Vr 09:00 - 21:00 Za 10:00 - 17:00</p>	<p>TECHNICAL SUPPORT & SERVICE</p> <p>☎ +49 4621 4210-944 ✉ service-int@sport-tiedje.de 🕒 Mo - Fr 8am - 6pm Sat 9am - 6pm</p>
	AT	CH
	<p>TECHNICAL SUPPORT & SERVICE</p> <p>☎ 0800 20 20277 (Freecall) +49 4621 42 10-0 ✉ info@sport-tiedje.at 🕒 Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p>	<p>TECHNICAL SUPPORT & SERVICE</p> <p>☎ 0800 202 027 +49 4621 42 10-0 ✉ info@sport-tiedje.ch 🕒 Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p>

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

www.sport-tiedje.com/en/stores

WE LIVE FITNESS

WEBSHOP AND SOCIAL MEDIA

Sport-Tiedje is Europe's largest specialist store for home fitness equipment with currently 80 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.

Sport-Tiedje 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!

