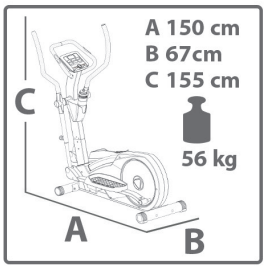
cardiostrong®

Assembly and Operating Instructions



CSTEX20B.01.01

Art. No. CST-EX20-B

Elliptical cross trainer EX20

Dear Customer,

Thank you for deciding for a high-quality training equipment of the brand cardiostrong®, the brand that makes athlete's hearts beat faster. cardiostrong® offers a wide range of home fitness equipment like elliptical cross trainers, ergometers, treadmills and rowing machines. cardiostrong® equipment is the optimal equipment for all those who want to train at home independent of goals and fitness level. For further information please visit www.sport-tiedje.com or www.cardiostrong.de.

SAFETY INSTRUCTIONS

Please read all of the instructions carefully before assembly and first use. These instructions are intended to ensure speedy assembly and explain safe usage. Make sure that all people exercising with the equipment (in particular children and persons with limited physical, sensory, mental or motor capabilities) are informed about these instructions and its content in advance. In case of doubt, a responsible person must supervise the use of the equipment.

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

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

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

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

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1.1 Technical data

LCD display

+ Speed in km/h /cadence (rotations per minute)
+ training time in min
+ training distance in km
+ calories burnt in kcal
+ heart rate (when using the hand sensors or a chest strap)
+ Watts/Resistance level

Resistance system:	electronic magnetic brake system
Resistance level:	16
Watt:	10 - 350 Watt (adjustable in 5 Watt increments)

Total number of training programmes:	19
Manual programme:	1
Preset programmes:	12
Watt-controlled programme:	1
Heart rate controlled programmes:	4
User defined programme:	1

Balance mass:	24 kg
Transmission ratio:	1 : 8.82
Stride length:	38 cm
Stride width:	18 cm
Stride height:	23 cm
Adjustable pedal position:	3
Length setting of pedal arms:	4

Weight and dimensions:
Article weight (gross, including packaging): 62 kg
Article weight (net, without packaging): 56 kg
Packaging dimensions (L x W x H): approximately 1320 mm x 380 mm x 650 mm
Setup dimensions (L x W x H): approximately 1500 mm x 670 mm x 1550 mm
Maximum user weight: 130 kg/286 lbs

1.2 Personal safety

+ Before you start using the equipment, you should consult your physician that this type of exercise is suitable for you from a health perspective. Particularly affected are persons who: have a hereditary disposition to high blood pressure or heart disease, are over the age of 45, smoke, have high cholesterol values, are overweight and/or have not exercised regularly in the past year.
+ Please note that working out excessively can seriously damage your health. Please also be aware that heart rate monitoring systems might be imprecise.
+ The equipment may only be used for its intended purpose; that means for whole body workouts for adults.
+ Any other usage is prohibited and potentially dangerous. The contract partner cannot be held liable for damage resulting from improper use.
+ The equipment is strictly for use by one person at a time.
+ Children should not be allowed unsupervised access to the equipment.
+ Before starting your training, make yourself familiar with all of the equipment's functions and setting options. Have an expert explain the correct usage of the product to you.
+ Make sure that nobody is in the range of motion of the equipment while exercising.
+ Keep your hands, feet and other body parts, hair, clothing, jewelry and other objects well clear of moving parts.
+ During use, wear suitable sports clothing rather than loose or baggy clothing. When selecting sports shoes, think about the suitability of the sole – preferably this should be made of rubber or other non-slip materials. Shoes with heels, leather soles, studs or spikes are not suitable. Never work out in bare feet.
+ It is also important to take note of the information given in the workout instructions for creating a workout plan.
+ At the first signs of weakness, nausea, dizziness, pain, difficulty in breathing or other abnormal symptoms, stop your workout immediately and, if necessary, consult your physician.
+ Without prior agreement from your authorized contract partner, opening the equipment is prohibited.

1.3 Electrical safety

+ The equipment requires a 220 - 230V / 50 Hertz mains power supply.
+ The equipment should be connected directly to a grounded plug socket only by means of the power cable supplied. The use of multi-socket adapters or similar is not recommended. Extension leads must comply with local electrical safety guidelines. Always fully unwind the power cable.
+ The outlet should be secured with a fuse with a minimum value of „16 amperes, slow".
+ In order to reduce the risk of an electric shock, always unplug the equipment from the mains socket immediately after your workout, before assembly or dismantling, and before maintenance or cleaning. Do not pull on the cable.
+ When plugged in, do not leave the equipment unattended at any time. To avoid use by anyone unfamiliar with the operating instructions, the power cable should be removed when the equipment is not in use.
+ Keep the power cable away from heat, oil and sharp edges. Do not route the power cable underneath the equipment or under a carpet or rug, and do not place any objects on top of it.
+ Make no modifications to either the power cable or the mains plug.
+ If the power cable or the plug are damaged or defective, contact your authorized contract partner. Do not use the equipment in the meantime.
+ Do not keep electrical devices (e. g., mobile phones) in close proximity to the console or the control electronics, otherwise display values (e. g., pulse measuring) could be inaccurate.

1.4 Set-up place

+ The equipment should only be used indoors, in a sufficiently heated and dry area (ambient temperature between 10°C and 35°C). The equipment should not be used outdoors or in rooms with high humidity (over 70%) like swimming pools. The equipment should only be stored in surroundings with an ambient temperature between 5°C and 45°C.
+ The training room should be well ventilated during training and not be exposed to any draughts.
+ Choose a location in which to place the equipment such that there is enough free space/clearance to the front, the rear and to the sides of the equipment (at least 1.50 m). Furthermore, the equipment should not be set up in main entrances or on escape routes.
+ Always keep the power cable away from hot surfaces and grounds and make sure that the cable is not stuck somewhere or becomes a „trip hazard".
+ No objects of any type should be inserted into the openings of the equipment.
+ The equipment should be placed on a level and solid surface, any unevenness in the floor should be leveled out.
+ A floor protective mat / equipment underlay can help to protect high-quality floor coverings (parquet, laminate, cork, carpets) from dents and sweat and can help to level out slight unevenness.

2.1 General instructions

+ Please check if all parts and tools belonging to the equipment are included in the delivery and if there is any transport damage. If there are any complaints, please contact your contract partner directly.
+ Some of the nuts and bolts to be used in assembly are already pre-mounted in order to make set-up as easy as possible.
+ The equipment must be assembled by adults. In case of doubt, ask for assistance from another person with technical skills.
+ Keep children away from the equipment during assembly, because small parts are included in the delivery and may be swallowed.
+ Make sure that you have enough space (at least 1.50 m) in every direction during assembly.
+ Do not leave any tools and packaging materials like plastic sheeting laying around to avoid danger of suffocation for children.
+ Assemble the equipment on an underlay mat or on the cardboard packaging in order to avoid damage to the equipment and to the floor (scratches).
+ Before starting assembly, all individual parts should be placed on the floor next to each other.
+ Read the assembly instructions carefully and assemble the equipment according to the illustrations. Proceed carefully and cautiously.
+ First loosen all parts and check for their correct fitting. Then tighten the screws using a tool.
+ Modifications to the design or improper repairs may pose a hazard to the user and should not be carried out. The product warranty may be void as a result.
+ Only authorized service technicians are permitted to carry out all servicing and/or repairs – it excludes maintenance and care.
+ Damaged or worn components may impair your safety and the lifespan of the equipment. You should therefore immediately replace damaged or worn components. Please contact your contract partner in such a case. The equipment should no longer be used until it has been repaired. When needed, only use original cardiostrong® spare parts.
+ Check the tightness of all screw connections once a month.
+ In order to be able to guarantee the constructively defined safety level of this equipment, we recommend having the equipment regularly maintained (at least once a year) by specialists (service technicians of your contract partner).
+ The equipment may be cleaned of dust, dirt and sweat using a damp cloth. The use of solvents should be strictly avoided. Also, make sure that no liquids (e. g. sweat) get into the openings of the equipment (e. g. console).

2.2 Faults and Troubleshooting

The equipment runs through regular quality controls during production. Nevertheless, errors or malfunctions on the equipment may occur. Individual parts are often the cause of faults and replacement is usually sufficient. Please use the following overview to see the six most common errors and how to repair them. If the equipment still does not work properly, please contact your contract partner.

Problem	Cause	Solution
Drive discs wobble or make noises	Drive pulley is loose	Tighten nuts
Display does not work	No plug connection, power supply not plugged in	Check all plug connections and see if the power supply is plugged in
Footplates are creaking	Footplates are loose	Tighten up the footplate screws
Creaking noises	Screws are loose	Check screws are properly tightened
Guide rails are squeaking	Guide rails or rollers are dirty or the guide rails are dry	Clean the guide rails, then lubricate with a non greasy silicone
No pulse reading	• Sources of interference in the room • Using a chest strap: - unsuitable chest strap - Chest strap is incorrectly positioned - batteries are empty	• Eliminate sources of interference (e. g. mobile phone, loudspeaker, etc.) • Use a suitable chest strap (see recommended accessories) • Reposition the chest strap and/or moisten the electrodes • Change the batteries

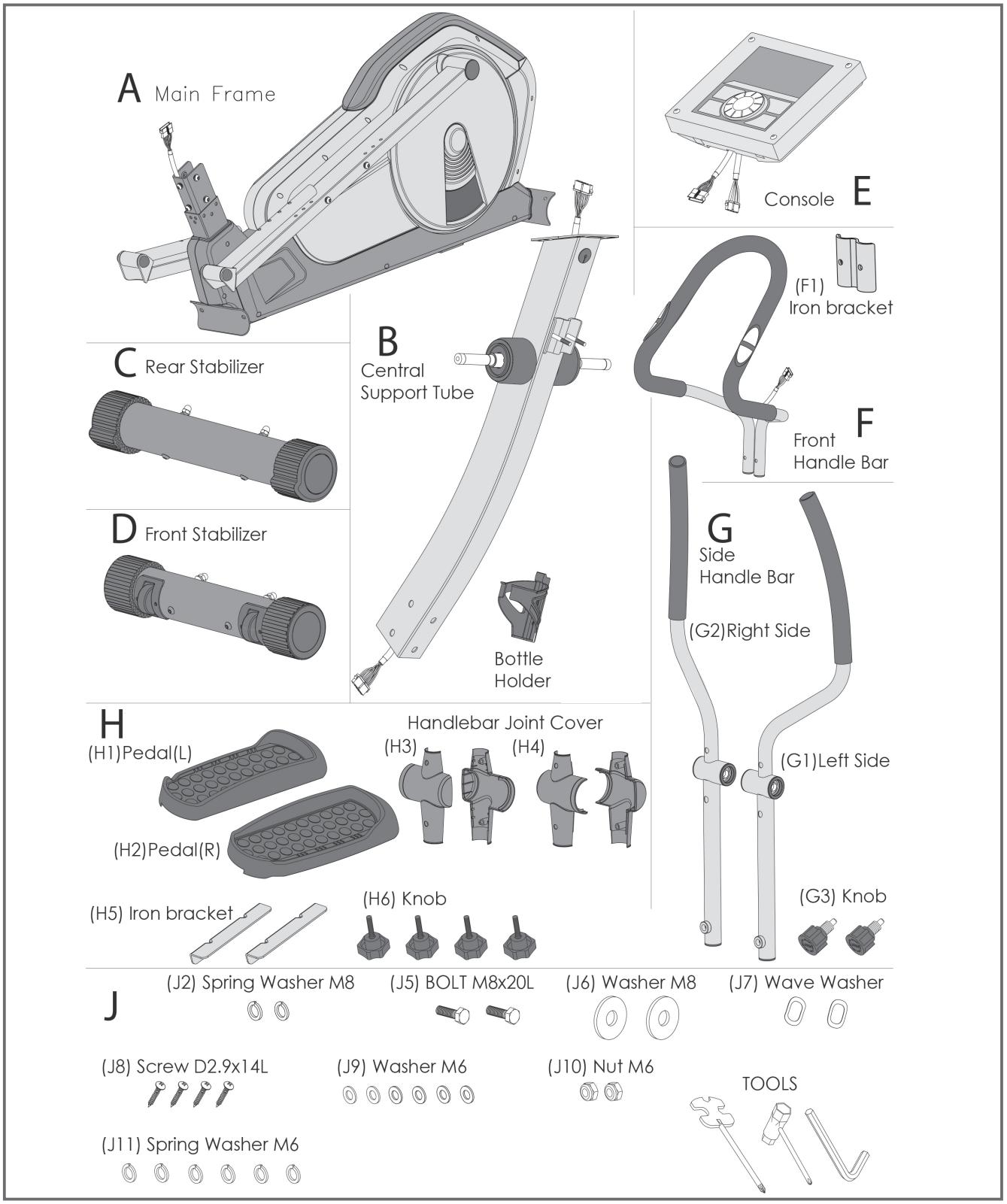
2.3 Maintenance and service calendar

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

Part	Weekly	Monthly	2x annually	Annually
Display console	C	I		
Lubricate the moving parts			I	
Plastic cover	C	I		
Screws and cable connections		I		
Legends: C = cleaning; I = inspect				

3.1 Package contents

The package contains the parts represented in the illustration, including a power cable with mains plug. If one of the illustrated parts is missing, please contact your contract partner.

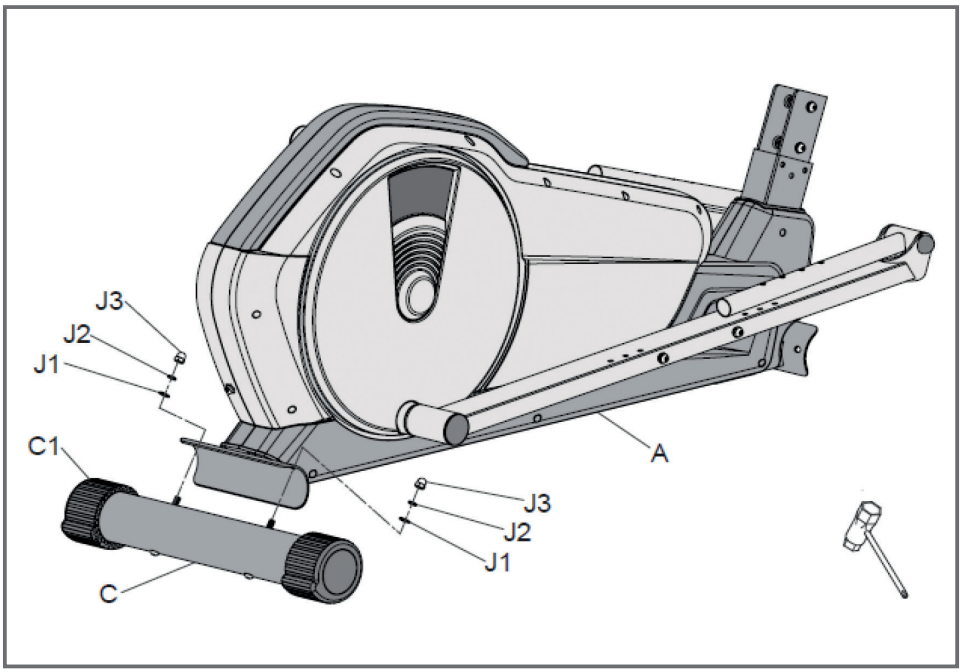


3.2 Assembly instructions

Before starting assembly, look carefully through the individual assembly steps shown and assemble the equipment in the order indicated.

Step 1: Assembly of rear base foot

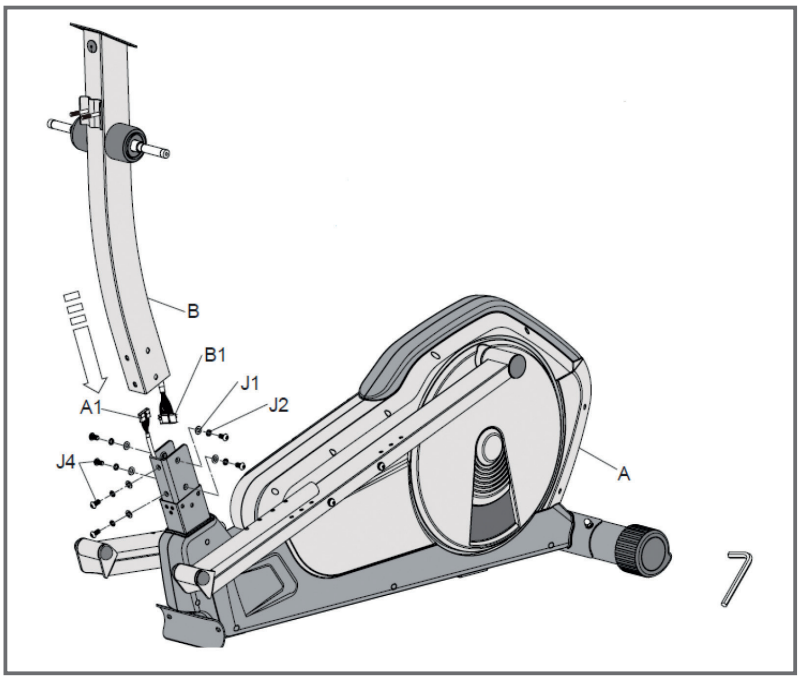
First remove the washers (J1), spring washers (J2), and nuts (J3) from the rear base (C). Mount the rear base (C) on the bracket of the frame (A) with the pre-mounted screws and the previously loosened washers (J1), spring washers (J2) and nuts (J3).



Step 2: Assembly - console mast

First remove the screws (J4), spring washers (J2), and washers (J1) from the frame (A). Then connect the sensor cable (A1) with the sensor cable (B1). Mount the console mast (B) on the frame (A) with screws (J4), spring washers (J2), and washers (J1).

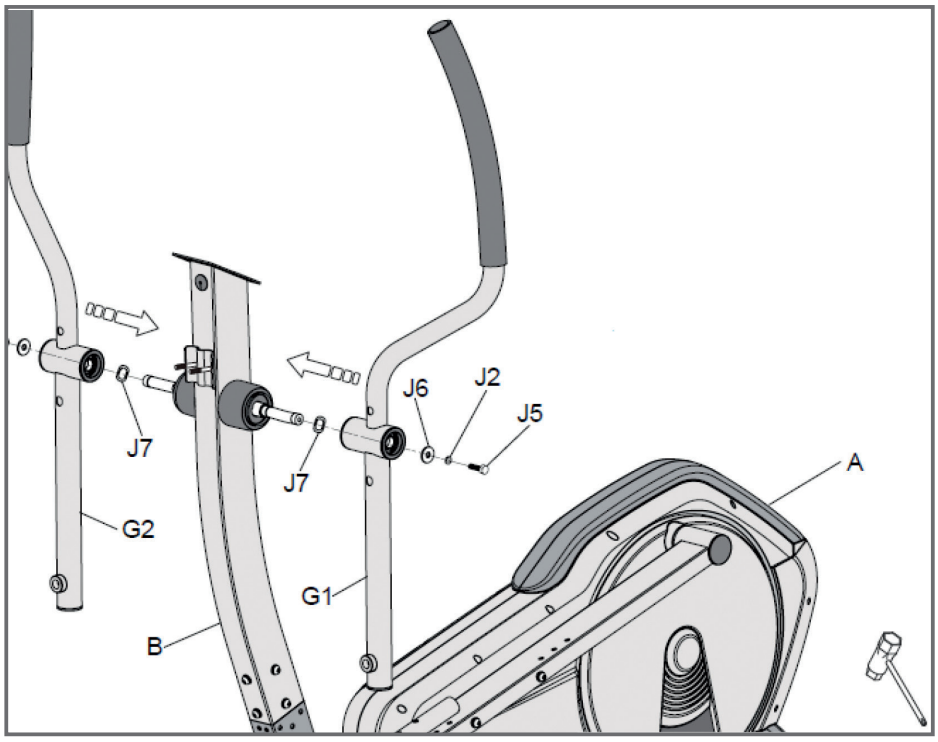
Note: When pushing together the parts, make sure that the cables are not stuck.



Step 3: Assembly - railing

Slide the washers (J7) in the axle on the console mast (B). Slide the left handle (G1) into the axle and mount it with washers (J6), spring washers (J2), and screws (J5).

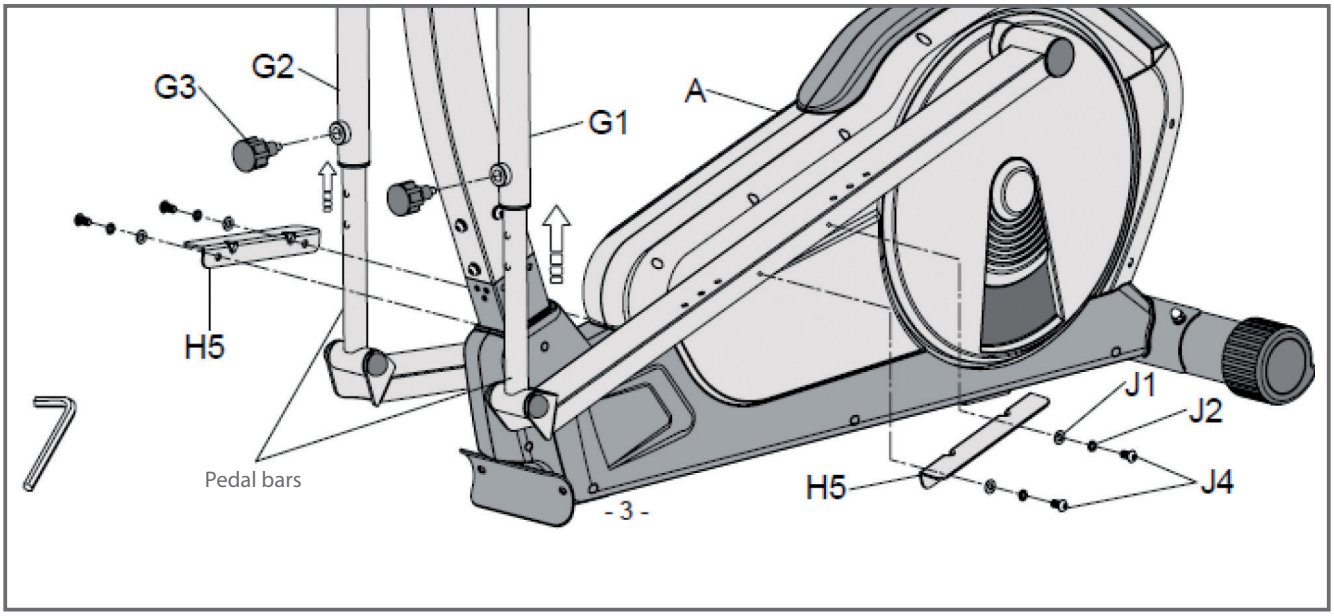
Repeat the step for the right handle (G2).



Step 4: Assembly - pedal bars

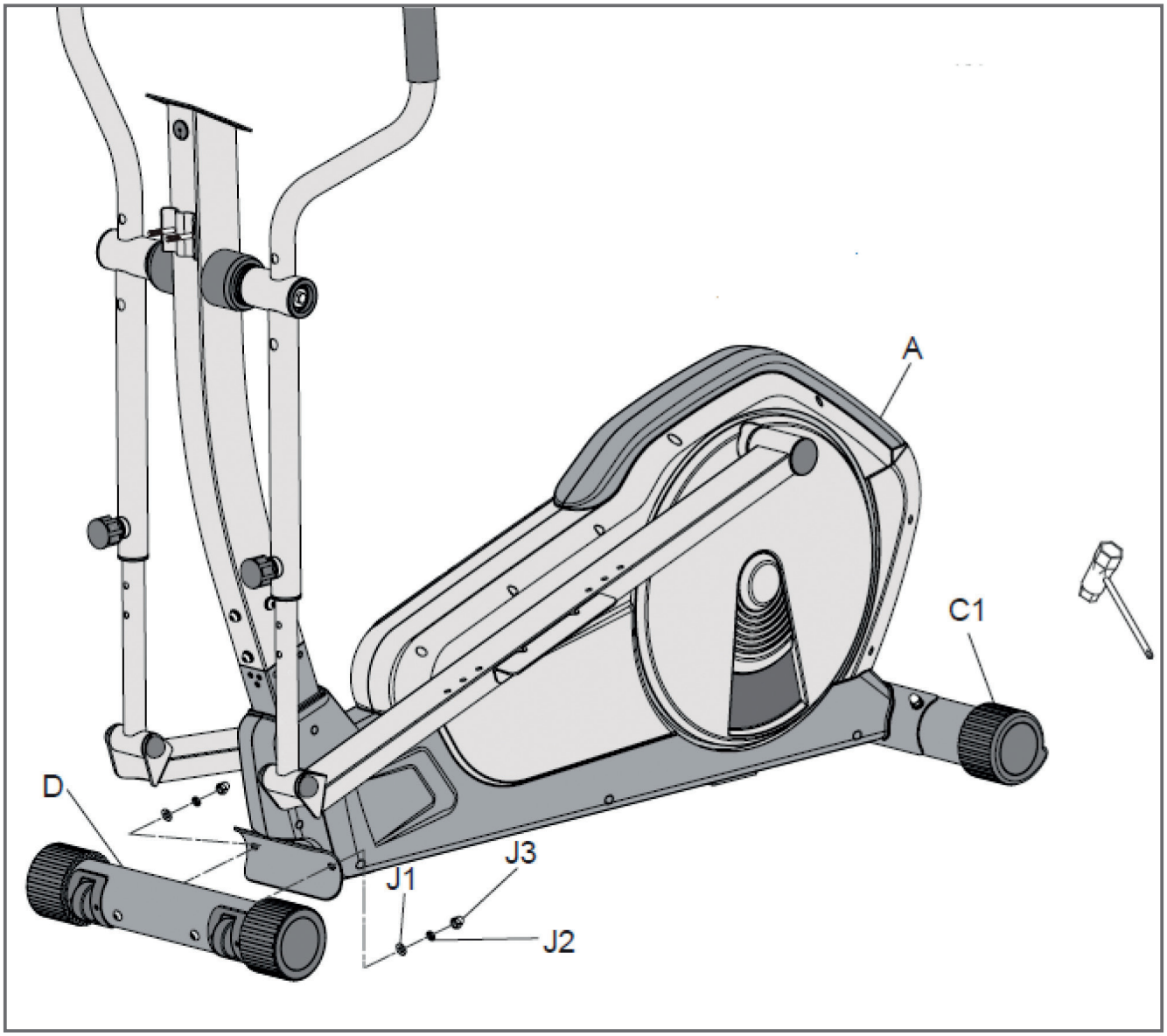
Loosen the pre-mounted screws (J4), spring washers (J2), and washers (J1). Mount the bracket (H5) on the pedal bar with screws (J4), spring washers (J2), and washers (J1).

Repeat the process for the other side.



Step 5: Assembly - front base

First remove the washers (J1), spring washers (J2), and nuts (J3) from the front base (D). Mount the front base (D) on the bracket of the frame (A) with the previously loosened screws and the previously loosened washers (J1), spring washers (J2), and nuts (J3).

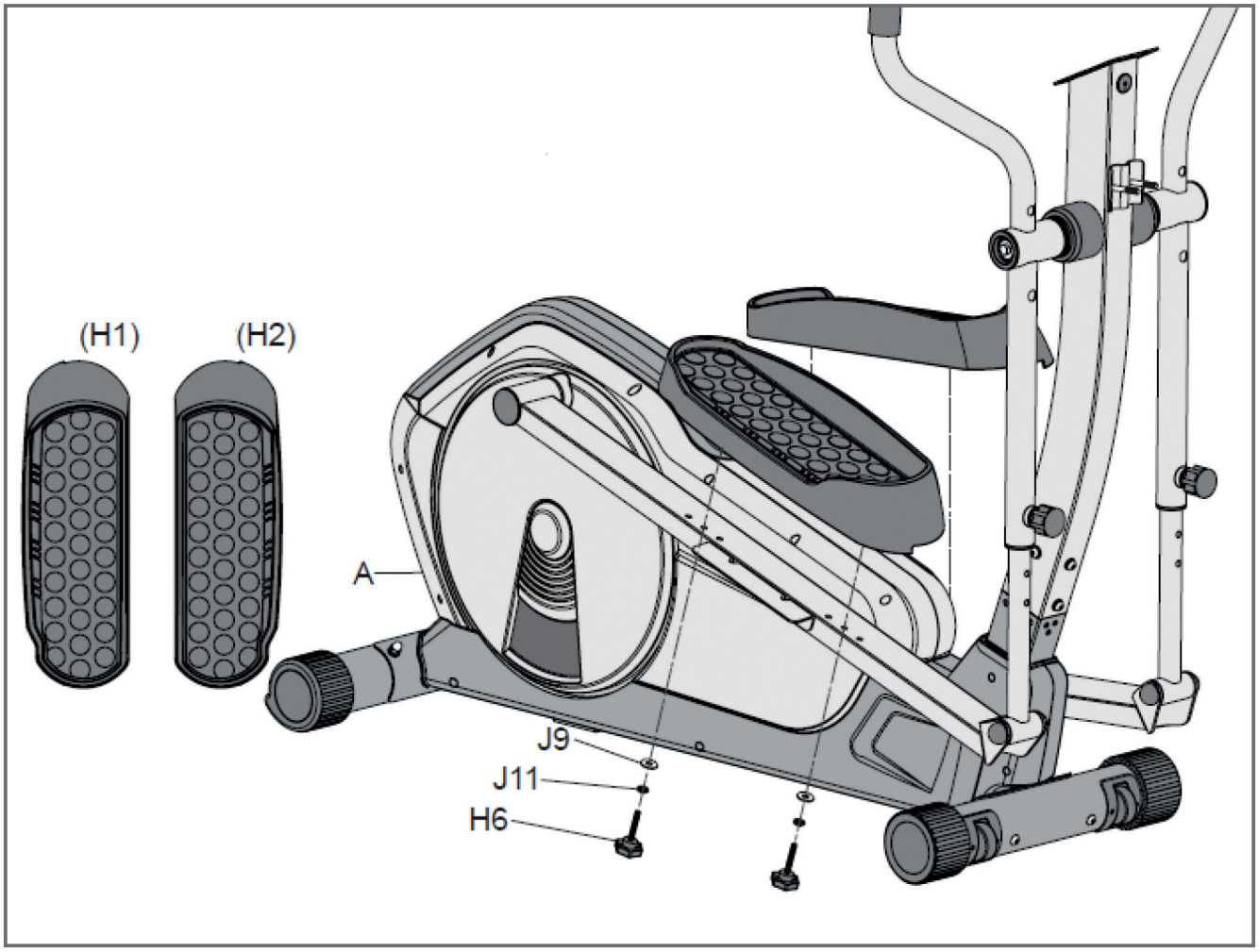


Step 6: Assembly - pedals

Fasten the right pedal (H2) with the washers (J9), spring washers (J11), and rotating buttons (H6). There are three different position settings for the pedals.

Repeat the process for the left pedal (H1).

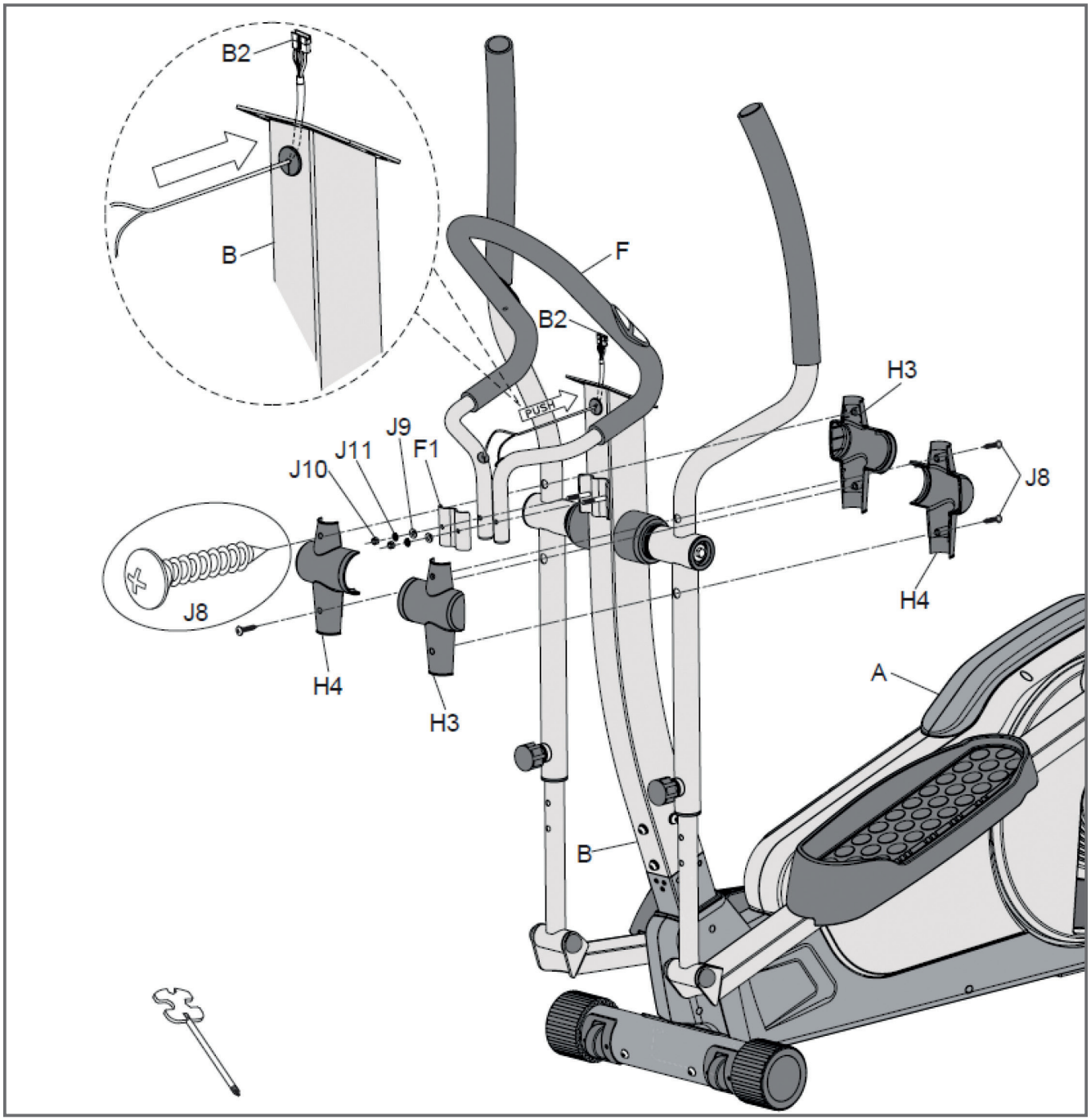
Warning: Make sure that the rotating buttons (H6) are tightened.



Step 7: Assembly - handles

Mount the handle (F) on the console mast (B) with the bracket (F1), washers (J9), spring washers (J11), and nuts (J10). Then pull the hand pulse cable (B2) through the opening in the console mast (B) as in the image below. Fasten the two arm bar covers (H3 and H4) on the left arm bar with four screws (J8).

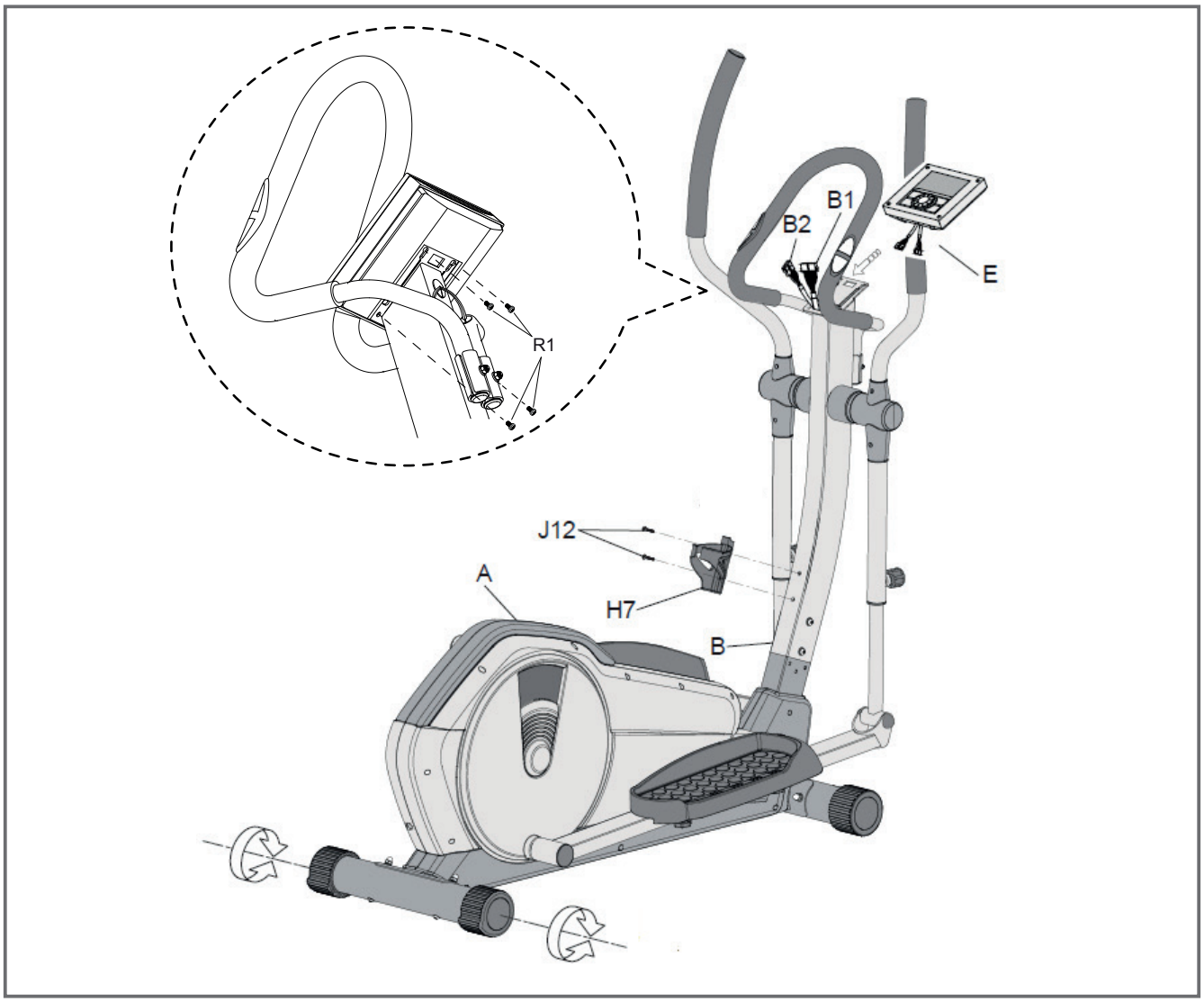
Repeat the process for the right side.



Step 8: Assembly - console and cup holder

Connect the sensor cable (B1 and B2) with the console cables and slide the console on the designated plate.

First loosen the pre-mounted screws (J12). Mount the cup holder (H7) on the console mast (B) with the screws (J12).

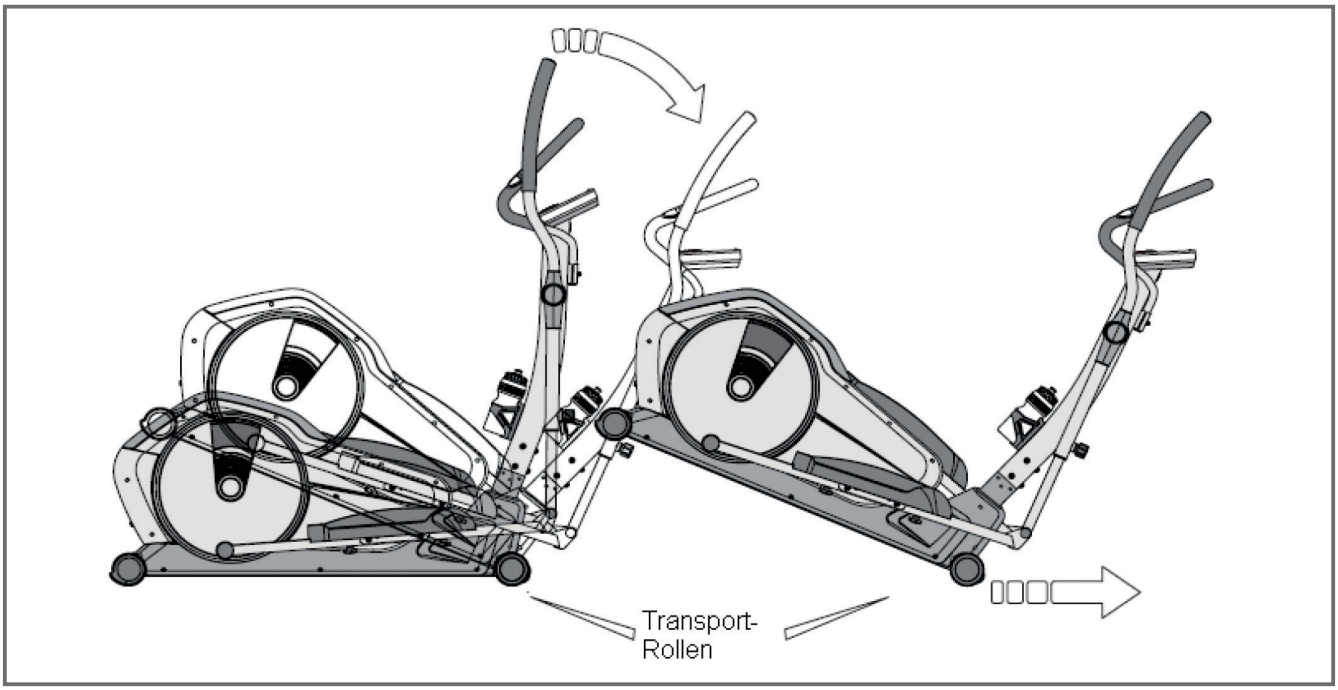


Stabilise the equipment:
** Rotate the two end caps on the rear base in order to compensate for any unevenness in the ground.

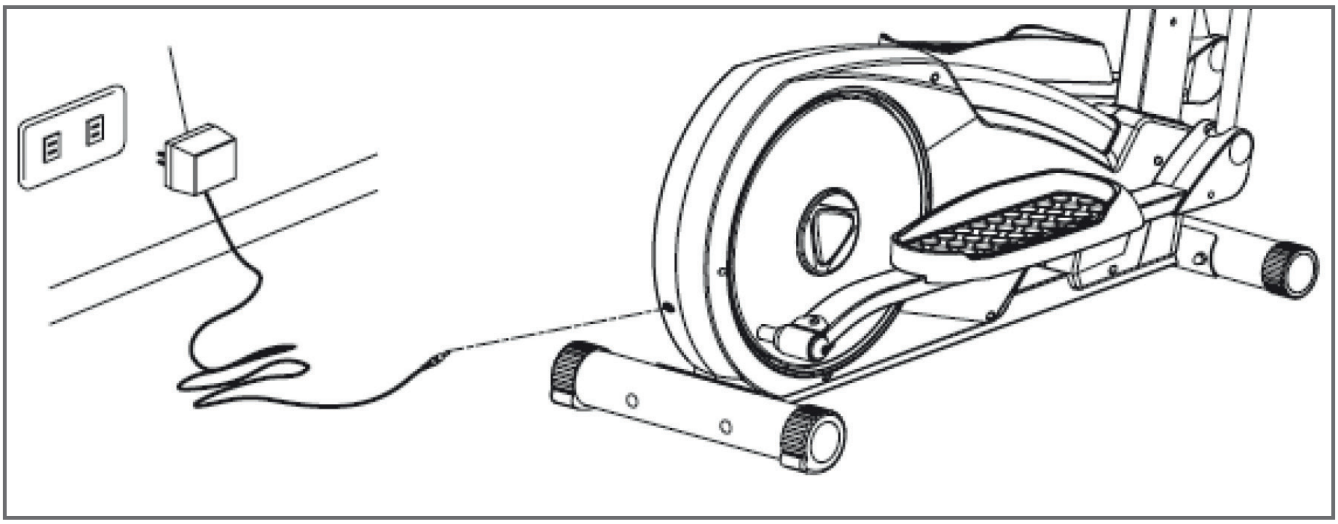
After complete construction, make sure that all screws are tight !

Step 9: Transporting the equipment

The front base has transport wheels. Stand behind the equipment and lift it up until the weight is placed on the transport wheels. After this, you can easily move the equipment to a new position.



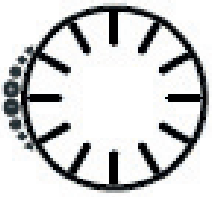
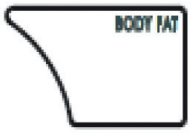
Step 10: Power cable



4.1 Console display

Time	Time runs ascending from 0:00 - 99:59 minutes. If you define a training time, the time will run descending to 0:00.
Speed	Indicates the current training speed between 0.0 - 99.9 km/h or mph.
RPM (cadence; rotations per minute)	Indicates current rotations per minute.
Distance	Distance shows ascending from 0.00 - 99.90 km/mi. If you define a training distance, the distance will count ascending to 0:00.
Calories	Calories count ascending from 0 - 999. If you define a calorie number, the calories will count descending to 0.
Pulse (heart rate; heart beats per minute)	As soon as you hold the hand pulse sensors, the console will indicate your current heart rate.
Recovery	After training, press the RECOVERY button and hold the hand pulse sensors. Then a 60-second countdown will start. After the countdown, your recovery heart rate will be displayed with F1-F6, whereby F1 is the best and F6 is the worst. Press the RECOVERY button again in order to return to the main menu.
Temperature	In the standby mode, the console indicates the room temperature.
Calender	In the standby mode, the console indicates the date.
Clock	In the standby mode, the console indicates the time.

4.2 Button functions

	ENTER (press button)	Press this button to confirm a setting.
	ENTER (rotate button)	With this button, you can set training values and select the training mode.
	RESET	Press this button to reset all entered values and to return to the main menu.
	START/STOP	Press this button to start or stop the training.
	BODY FAT	Press this button to start the body fat test programme.
	RECOVERY	Press this button to measure your recovery heart rate.

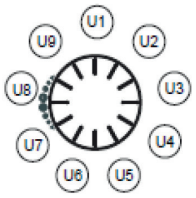
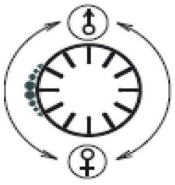
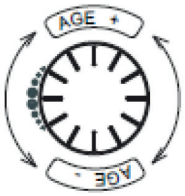
1. Turn the equipment on and a sound will be heard for two seconds.
With the rotating button, select a user U1 - U9 and enter the following user data: gender, age, height, and weight. Use the rotating button to set the respective value and press the button to confirm.

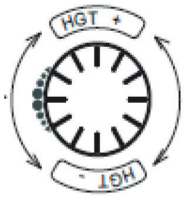
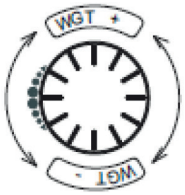
2. Set the date and time with the enter button.

3. Use the enter button to select a training mode (Manual), Program, User Program, HRC, Watt and press enter to confirm.

4.3 Selecting and setting the user account

The console has nine user accounts (U1 - U9). Rotate the adjusting knob in order to select a user and press ENTER to confirm. Use the adjusting knob or the ENTER button to make settings for gender, age, height, and weight.

User selection U1 to U9		**Setting gender**		**Setting age**	
					
Turn left or right	Press enter	Turn left or right	Press enter	Turn left or right	Press enter

Setting height		**Setting weight**	
			
Turn left or right	Press enter	Turn left or right	Press enter

4.4 Programs

Once you have entered all user values, you can select one of the following programme categories with the ARROW BUTTONS:

- Manual training programme: 1
- Pre-set training programmes: 12
- User-defined programme: 1
- Heart rate controlled training programme: 1
- Watt-controlled training programmes: 4

4.4.1 Manual programme

1. Select "Manual" with the enter button and press Enter to confirm.

2. Then use the enter button to set a resistance level between 1 and 16.

3. After you have set the resistance level, you can define values for the time, distance, calories, and heart rate. To do this, turn the enter button and press it to confirm.

4. Press the start button to start the training.

Programme selection		Setting of resistance		Setting of training values		
Turn left or right	Press enter	Turn left or right	Press enter	Turn left or right	Press enter	Start training

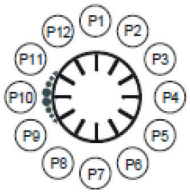
4.4.2 Training programme

1. Select "Program" with the enter button and press Enter to confirm.

2. Then select a training programme between P1-P12 and press Enter to confirm. After two seconds, the training profile will be displayed.

3. After you have selected the training programme, you can select a resistance level between 1 and 16, which can be adjusted while training at any time.

4. Press the start button to start the training.

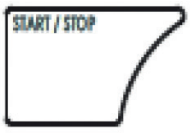
Programme selection		**Training programme selection**		
				
Turn left or right	Press enter	Turn left or right	Press enter	Start training

Training profiles

4.4.3 User-defined programme

1. Select "User Program" with the enter button and press Enter to confirm.

2. Then you can set the resistance level for each of the 20 profile segments. Set the resistance with the rotating button and press enter to confirm.

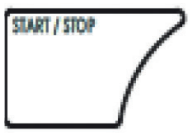
Programme selection		Setting resistance for 20 profile segments		
				
Turn left or right	Press enter	Turn left or right	Press enter	Start training

4.4.4 Heart rate oriented programmes

1. Select "HRC Program" with the enter button and press Enter to confirm.

2. Then set your age with the enter button and press Enter to confirm. The console automatically calculates your maximum heart rate.

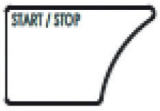
3. Now select your training heart rate (55%, 75%, 90% or target heart rate).

Programme selection		Setting of the training heart rate		
				
Turn left or right	Press enter	Turn left or right	Press enter	Start training

4.4.5 Watt-controlled programme

1. Select "Watt Program" with the enter button and press Enter to confirm.

2. Set the wattage with the rotating button that you would like to train with (10 to 350).

Programme selection		**Setting the wattage**		
				
Turn left or right	Press enter	Turn left or right	Press enter	Start training

4.4.6 Body Fat Programme

1. Make sure that you have correctly entered your user data.

2. Press the body fat button and grab the hand pulse sensors.

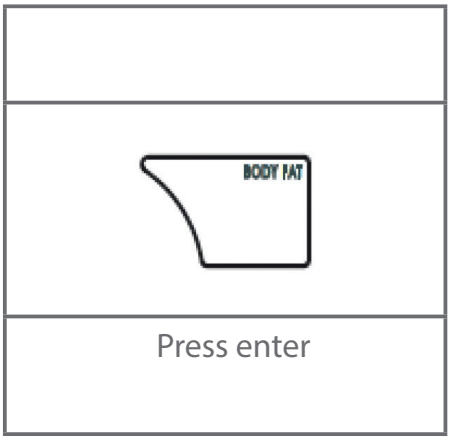
3. On the display, "---------" will be displayed for eight seconds while the test is being executed. After eight seconds, your body fat percentage will be displayed in percent (*1) and your BMI (*2).

Note: If you see "E-1"on the display, you have not correctly grabbed the hand pulse sensors.

Then press the body fat button to return to the training mode. The measurements are no longer displayed. If you would like to execute the test for another person, press the RESET button for four seconds. Then you can select or enter new user data and execute the test again.

*1 - BODY FAT - The console calculates your body fat percentage based on the user data and the measurement through the hand pulse sensors.
*2 - BMI - The body mass index evaluates the body weight of a person in relationship to their body size.

These values provide a rough guideline to evaluate your health.



Notes:

1. If the console does not receive a signal for four minutes, it will turn off automatically while all training values are saved. Press any button to turn the console back on.

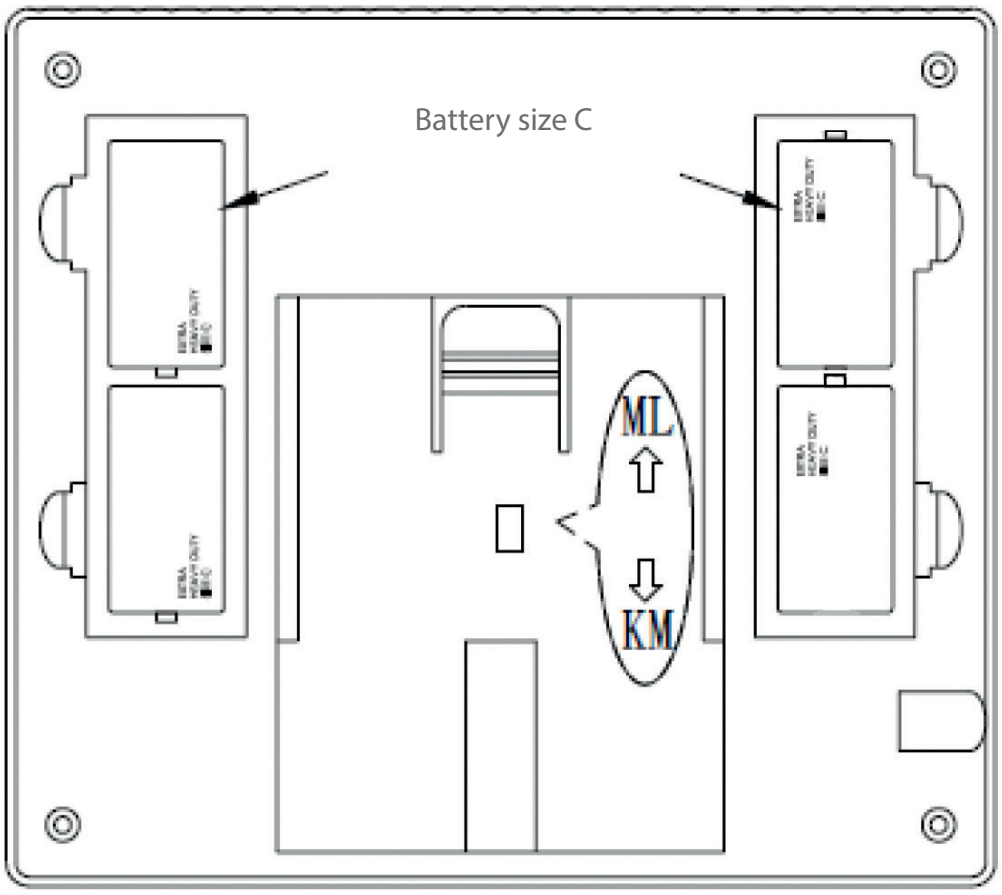
2. The console can save preset training values for four users.
If you turn on the console again, the last user will be displayed.
For users U1-U4, the preset training values for time, distance, calories, and Watt (in the manual training) or heart rate will be displayed. Only the user will be displayed for users U5-U9.

3. Body fat table:

Symbol				
Gender / body fat %	Low	Low/medium	Medium	Medium/high
Male	<13%	13%-25,8%	26%-30%	>30%
Female	<23%	23%-35,8%	36%-40%	>40%

Battery installation

The console needs four "C" batteries, which you can install in the back side of the console as follows.



KM/ML switch:

With this switch, you can choose between metric and English units. After this, you must remove the plug and restart the console.

4.5 Heart-rate measuring

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

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

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

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

Telemetric heart rate measuring
This elliptical cross trainer 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.

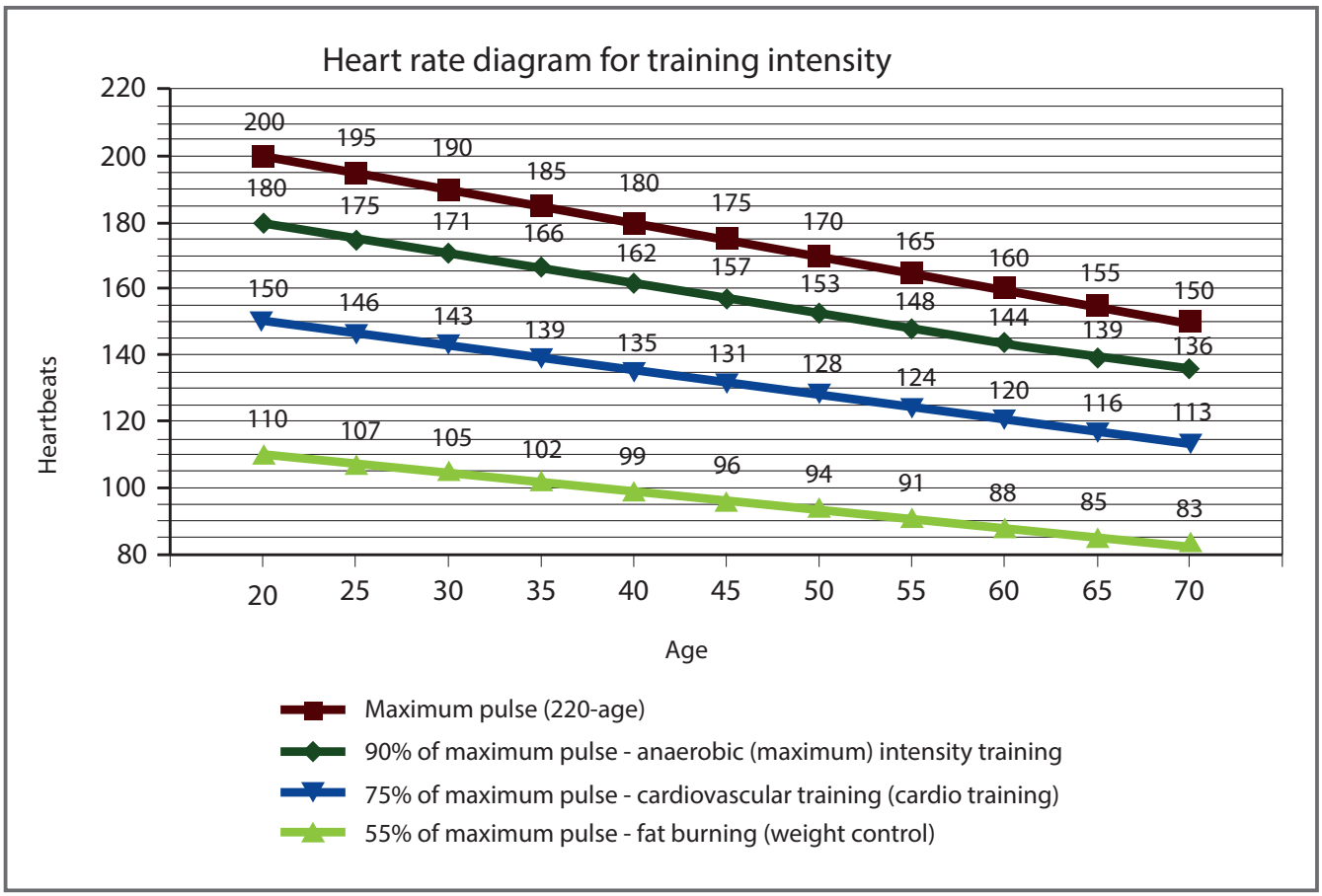
Fat burning (weight management): The main goal here is to burn deposits of fat. In order to achieve this training goal, a low training intensity (approximately 55% of the maximum heart rate) and a longer training period are required.

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 - age) x 0.55.
- The cardio target zone (75%) is at approximately 131 beats/min. = (220 - age) x 0.75.
- The maximum heart rate for an anaerobic load training (90%) is at approximately 157 beats/min. = (220 - age) x 0.9.



5 WARRANTY INFORMATION

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

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

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

Your statutory rights are not affected.

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

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

Model	Use	Full warranty	Frame
EX20	Home use	24 months	30 years

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

The terms of use are defined as follows:

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

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

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

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

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

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

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

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

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 expercience even more efficient and pleasant, we recommend you to add suiting accessories to your training machine. This could be a **floor mat** that ensures that your product stands absolutely securely and protects your floor from sweat. Another example is the option of extended handrails that can be combined with some of our treadmills or **silicone spray** to keep moving parts in perfect condition.

In case you purchased a training machine that provides heart rate oriented training programmes, we highly recommend you to make use of a compatible chest strap. This ensures that your pulse is transmitted optimally. As for multi-gyms you might acquire a liking for **additional handles** or **weights**.

Our range of accessories offers you the highest quality and improves your training even more. If you would like to get information about compatible accessories, please visit our online store and look up the detailed page of your product. To do this, simply type in your training machine's article number in the search bar at the top of your screen. Now scroll down until you find the appropriate accessories. Alternatively you can contact our customer service either by telephone, e-mail or in person in one of our stores. We will be happy to advise you!

floor mat

chest strap

gym towels

8.1 Service hotline

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

SERVICE-HOTLINE

DE

+49 4621 4210-0
+49 4621 4210-699
service@sport-tiedje.de
Mo. - Fr. 8:00 - 18:00
Sa. 9:00 - 18:00

DK

80 90 16 50
+49 4621 4210-945
info@t-fitness.dk
Ma. - Fr. 8:00 - 18:00
Lø. 9:00 - 18:00

FR

+33 (0) 172 770033
+49 4621 4210-933
service-france@sport-tiedje.fr
Lun. - Ven. 8:00 - 18:00
Sam. 9:00 - 18:00

NL

+31 172 619961
info@fitshop.nl
Ma. - Do. 9:00 - 17:00
Vr. 9:00 - 21:00
Za. 10:00 - 17:00

UK

+44 141 876 3972
orders@powerhousefitness.co.uk
Mon. - Fri. 9:00 - 17:00

INT

+49 4621 4210-0
service-int@sport-tiedje.de
Mon - Fri 8:00 - 18:00
Sat 9:00 - 18:00

8.2 Serial number and model name

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

Serial number:

Brand / category: cardiostrong elliptical cross trainer

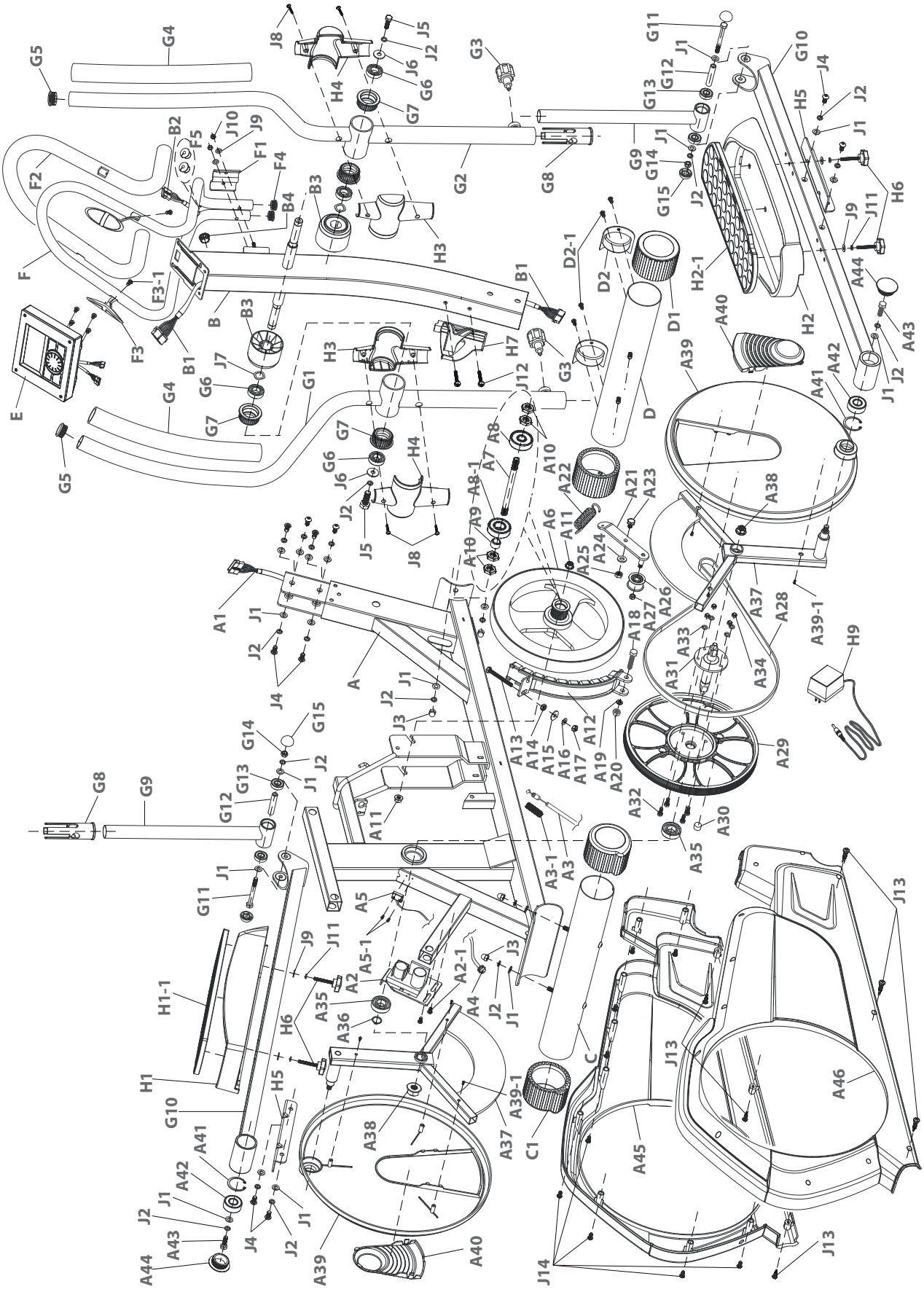
Model name: EX20

8.3 Parts list

No.	Qty.	Description	No.	Qty.	Description
A	1	Main Frame	A27	1	Nylon Nut
A1	1	Sensor Wire 1500Mm	A28	1	Belt
A2	1	Motor	A29	1	Driving Pully
A2-1	2	Motor-Screw	A30	1	Magnetic
A3	1	Tension Cable	A31	1	Crank Axle
A3-1	1	Spring	A32	4	Bolt M6x16l
A4	1	Dc Line 350Mm	A33	4	Spring Washer M6
A5	1	Sensor Wire 350Mm	A34	4	Nylon Nut M6
A5-1	2	Sensor Screw	A35	2	Bearing 6004Zz
A6	1	Flywheel	A36	2	C-Clip
A7	1	Axle	A37	2	Crank
A8	1	Bearing 6000Z	A38	2	Flange Nut M10
A8-1	1	Bearing 6300Z	A39	2	Plate Cover
A9	1	Bush M10x14x9t	A39-1	6	Screw
A10	4	Nut M10	A39-2	6	Washer
A11	2	Flange Nut M8	A40	2	Plastic Cover
A12	1	Magnetic Housing	A41	2	C-Clip
A13	1	Bolt M6x55l	A42	2	Bearing 2203Zz
A14	1	Nut M6	A43	2	Bolt M8
A15	1	Washer M6x19x1.5t	A44	2	End Cap
A16	1	Washer M6x14x1.2t	A45	1	Left Chain Cover
A17	1	Nylon Nut M6	A46	1	Right Chain Cover
A18	1	Bolt M8x45l	B	1	Central Support Tube
A19	1	Washer M8	B1	1	Sensor Wire 900Mm
A20	1	Nylon Nut M8	B2	1	Hand Pulse Wire 650Mm
A21	1	Pressing Tagger	B3	2	End Cap
A22	1	Spring	B4	1	End Plug
A23	1	Bolt M8x20l	C	1	Rear Stabilizer
A24	1	Washer M8x22x1t	C1	2	End Cap
A25	1	Nylon Nut M8	D	1	Front Stabilizer
A26	1	Pressing Pully	D1	2	End Cap

No.	Qty.	Description	No.	Qty.	Description
D2	2	Transportation Wheel	H1	1	Left Pedal
D2-1	4	Screw	H1-1	1	Left Pedal Pad
E	1	Console	H2	1	Right Pedal
F	1	Front Handle Bar	H2-1	1	Richt Pedal Pad
F1	1	Iron Bracket	H3	2	Handle Bar Join Cover
F2	1	Sponge	H4	2	Handle Bar Join Cover
F3	2	Hand Pulse Sensor	H5	2	Iron Bracket
F3-1	2	Sensor Screw	H6	4	Knob
F4	2	End Cap	H7	1	Bottle Holder
F5	2	End Plug	H9	1	Adopter
G1	1	Left Side Handle Bar	J1	20	Washer M8
G2	1	Right Side Handle Bar	J2	16	Spring Washer M8
G3	2	Knob	J3	4	Nut M8
G4	2	Sponge	J4	10	Screw M8x16l
G5	2	End Cap	J5	2	Bolt M8x20l
G6	4	Bearing 6003Zz	J6	2	Washer M8x25x2.3t
G7	4	Bearing Housing	J7	2	Wave Washer
G8	2	Plastic Insert	J8	4	Screw D2.9x14l
G9	2	Pedal Connect Tube	J9	6	Washer M6
G10	2	Pedal Tube	J10	2	Nylon Nut M6
G11	2	Bolt M8x80l	J11	6	Spring Washer M6
G12	2	Bush M8x12x58.8t	J12	2	Bottle Holder Screw M5
G13	4	Bearing 6001Zz	J13	6	Chain Cover Screw
G14	2	Nylon Nut M8	J14	9	Chain Cover Screw
G15	4	End Cap			

8.4 Exploded drawing



CONTACT

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Sport-Tiedje GmbH
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DE

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+33 (0) 172 770033

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NL

+31 172 619961

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UK

+44 141 876 3986

support@powerhousefitness.co.uk

INT

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service-int@sport-tiedje.de

www.sport-tiedje.com
www.cardiostrong.de

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

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

www.sport-tiedje.com/en/stores

Notes

cardiostrong®

Elliptical cross trainer EX20