



## Assembly and Operating Instructions



max. 136 kg



~ 90 Min.



65 kg

L 125 | W 75 | H 165

CSTEX70.04.06

Art. No. CST-EX70-4

Elliptical crosstrainer **EX70**



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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](http://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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## 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.



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

### LCD display of

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

Resistance system: electronic magnetic brake system  
Resistance level: 32  
Watt: 10 - 350 Watt

User memory: 4  
Total number of training programmes: 19  
Manual programmes: 1  
Pre-set programmes: 12  
Watt-controlled programmes: 1  
Heart rate controlled programmes: 4  
User-defined programmes: 1 (1 per user)

Flywheel: 12 kg  
Transmission ratio: 1: 16.7  
Stride length: 46–58.4 cm  
Stride width: 7 cm

### Weight and dimensions:

Product weight (gross, incl. packaging): 72 kg  
Product weight (net, without packaging): 65 kg  
Packaging dimensions (L x W x H): approx. 108 cm x 38 cm x 80 cm  
Set-up dimensions (L x W x H): approx. 125 cm x 75 cm x 165 cm

Maximum user weight: 136 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.

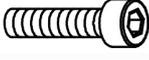
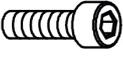
## 2.2 Scope of Delivery

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.

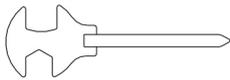
**⚠ CAUTION**

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

<p>Console (31)</p>	<p>Fixed Handlebar (32)</p>	<p>Tube Cap (35)</p>	<p>Upper Handlebar (44/45)</p>
<p>Leveler (27)</p>	<p>Support Tube (30)</p>		<p>Front Stabilizer (28)</p>
<p>Pedal (55)</p>	<p>Adaptor (63)</p>	<p>Swing arm (36/99)</p>	<p>Pivoting arm (47/48)</p>
<p>Rear stabilizer (25)</p>	<p>Pedal support arm (58)</p>		<p>Main frame (1)</p>

Hardware kit	Part no. and description	Qty.
	65 Lock washer (M8)	3x
	66 Washer (8x16x2.0t)	3x
	67 Washer (8x30x2.0t)	4x
	82 Screw, Pan head (M5xp0.8x15mm)	4x
	85 Bolt, socket head (M8xp1.25x20mm)	3x
	86 Bolt, socket head (M8xp1.25x30mm)	8x
	94 Bolt, socket head (M8x1.25x25mm)	4x

## Tools



Multi-Tool



Allen Key (6 mm)



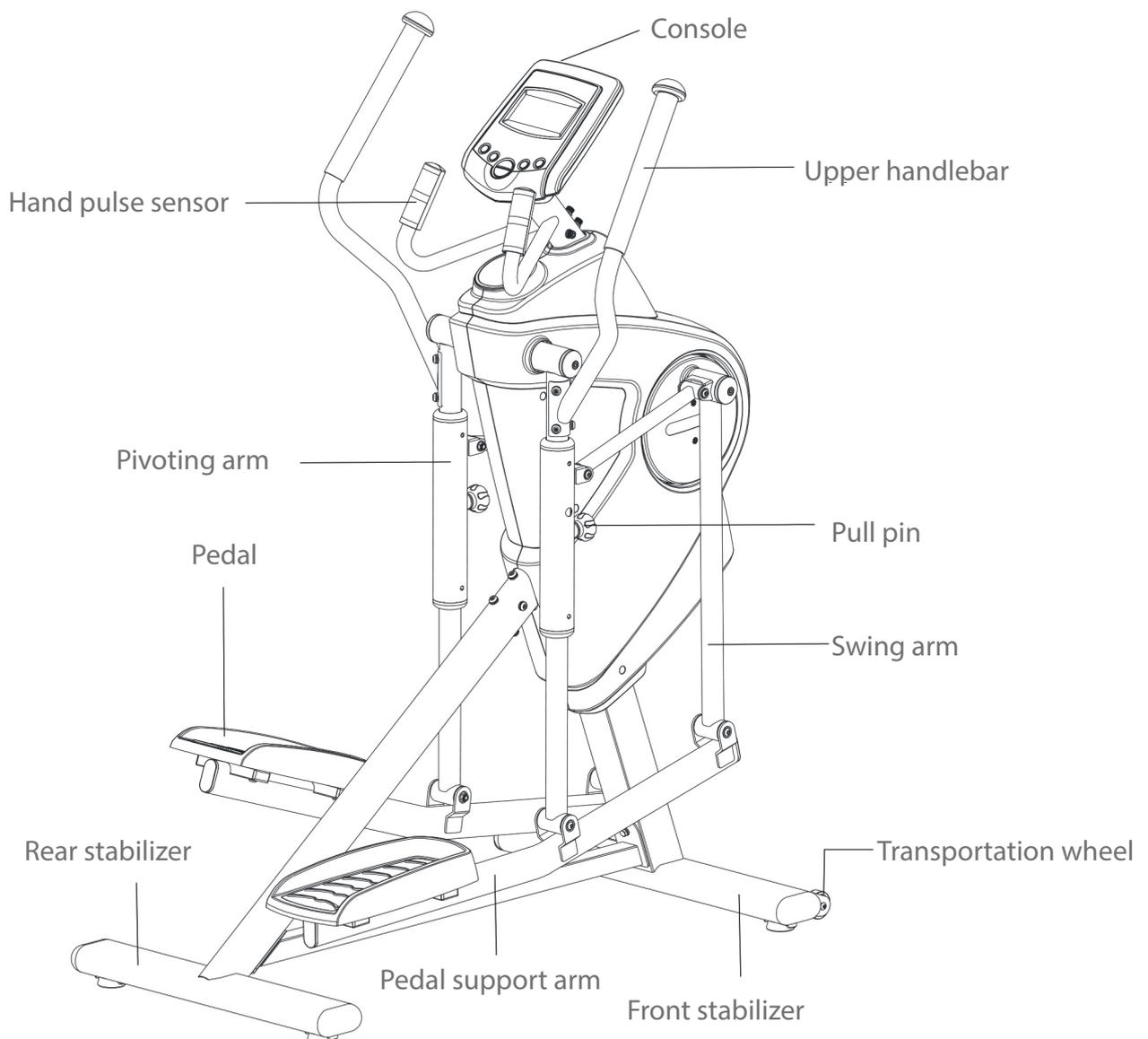
Socket spanner (17 mm)

## 2.3 Assembly

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

**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 levelers

Mount the two leveler (27) into the openings on the underside of the front stabilizer (28).

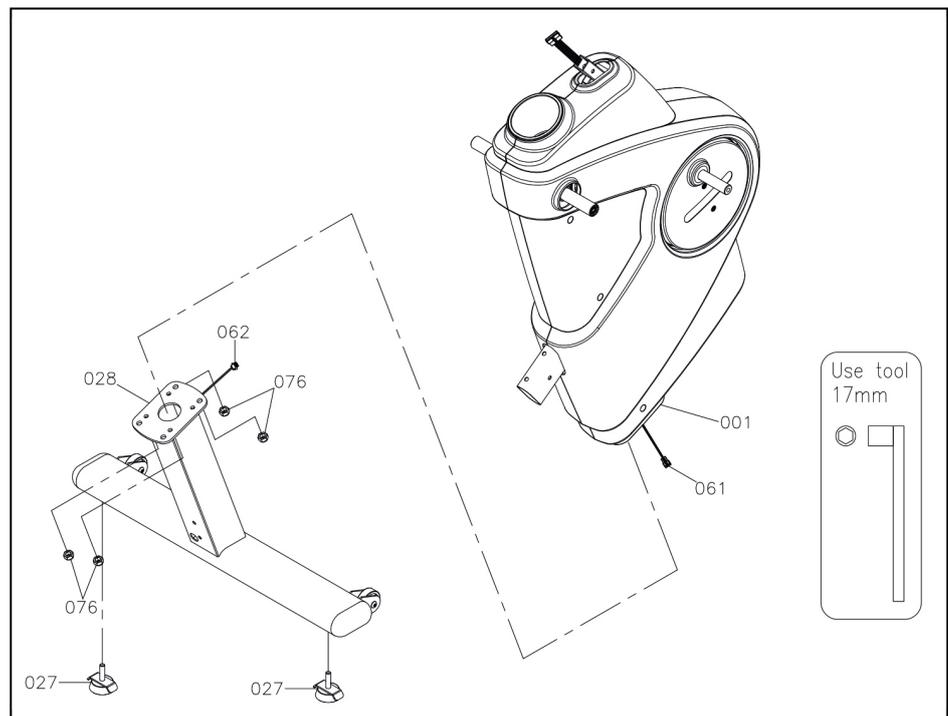
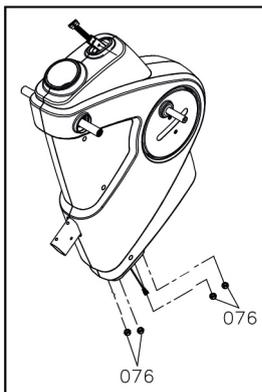
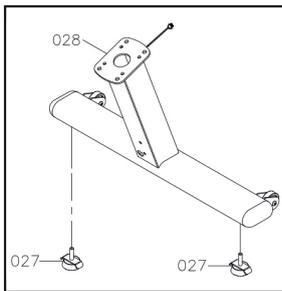
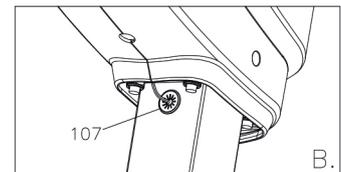
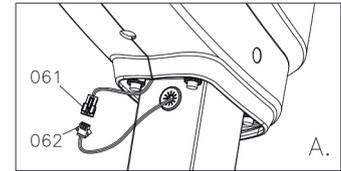
## Step 2: Assembly of the front stabilizer

1. Place the main frame (1) with the flywheel facing up on the polystyrene of the original packaging and remove the four pre-assembled nylon nuts (76) from the main frame (1).

### ► ATTENTION

Pay attention to not pinch the cable during the next step.

2. Mount the front stabilizer (28) to the main frame (1) with the four nylon nuts (76) previously removed.
3. Connect the lower adaptor connection wire (62) to the middle adaptor connection wire (61).
4. Push the cable trough the hole of the protective sleeve (107) inside the body of the main frame (1).
5. Tighten the nylon nuts with the tool.

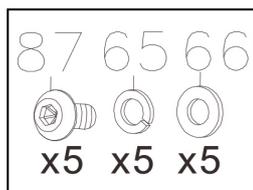
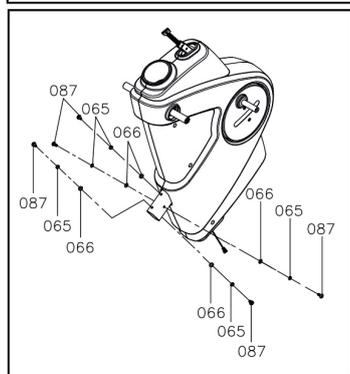
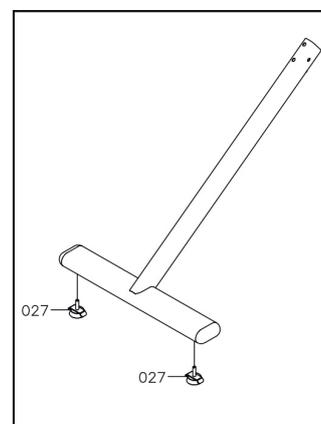
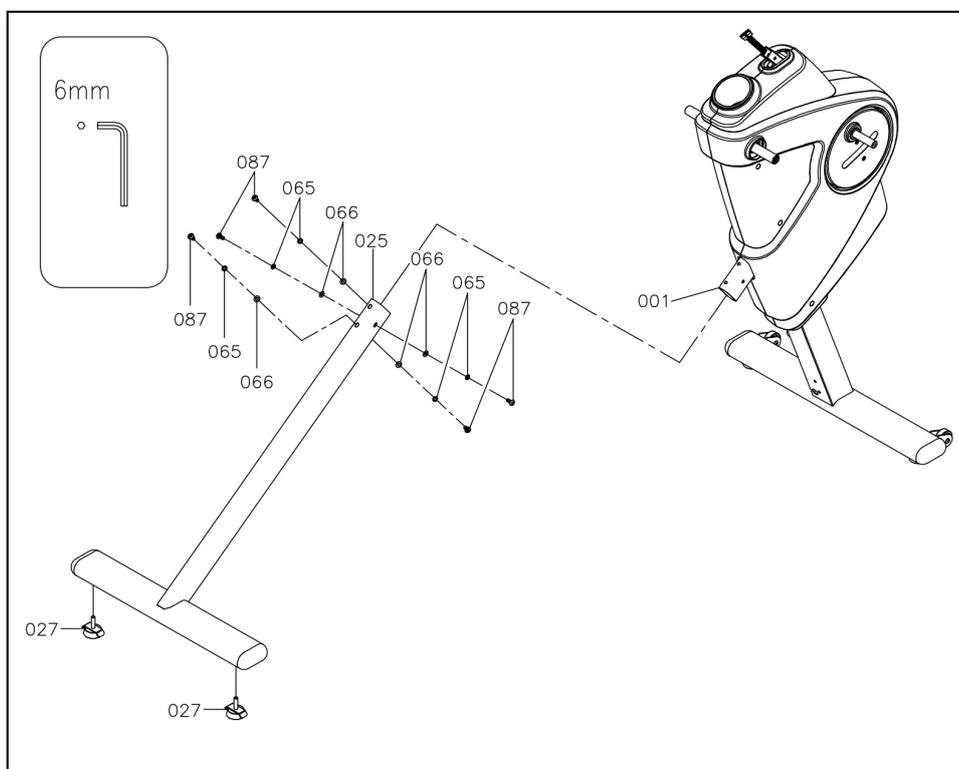


### Step 3: Assembly of the rear stabilizer

1. Mount the two leveler (27) into the openings on the underside of the rear stabilizer (25).
2. Place the main frame (1) with the flywheel down on the polystyrene of the original packaging and remove the five pre-assembled washers (66), lock washers (65) and bolts (87) from the main frame (1).
3. Mount the rear stabilizer (25) to the main frame (1) with the five washers (66), lock washers (65) and bolts (87) previously removed.

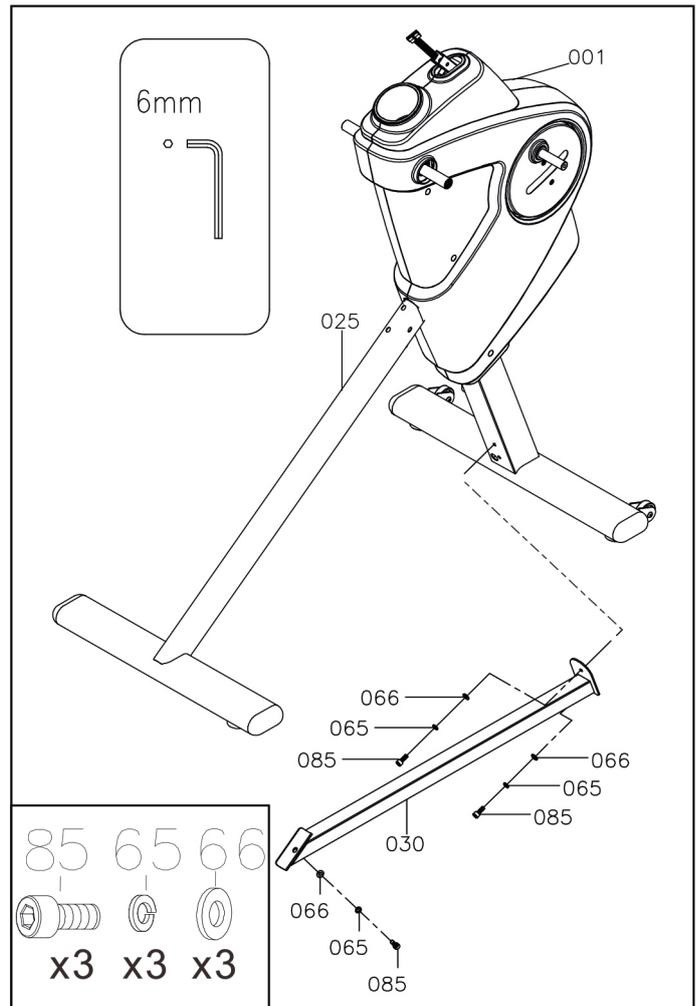
► **ATTENTION**

Do not set up the equipment until the end of **Step 4**.



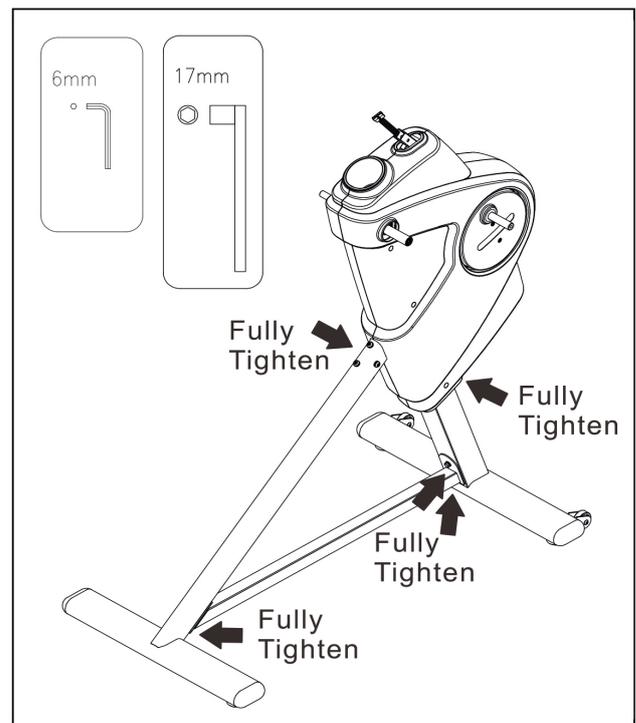
#### Step 4: Assembly of the support tube

1. First mount the support tube (30) to the upper hole of the front stabilizer (28) with one bolt (85), one lock washer (65) and one washer (66).
2. Mount the support tube (30) to the lower hole on the front stabilizer (25) with one bolt (85), one lock washer (65) and one washer (66).
3. Mount the support tube (30) to the rear stabilizer (25) with one bolt (85), one lock washer (65) and one washer (66).



#### Step 5: Tighten the bolts

Tighten all screws on the equipment from **Step 2** and **Step 3** with the tool.



## Step 6: Assembly of the swing arms

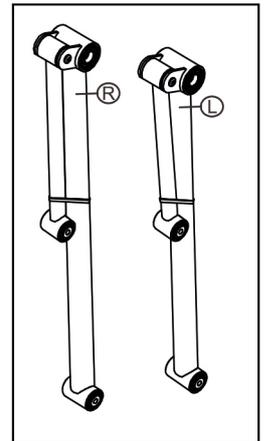
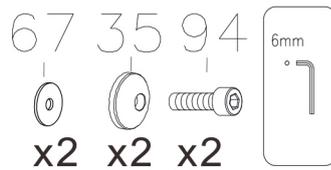
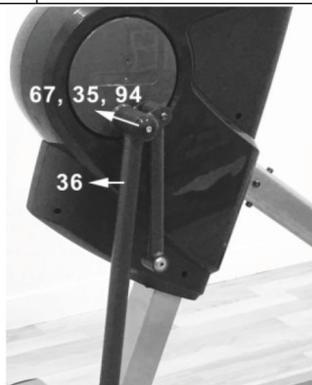
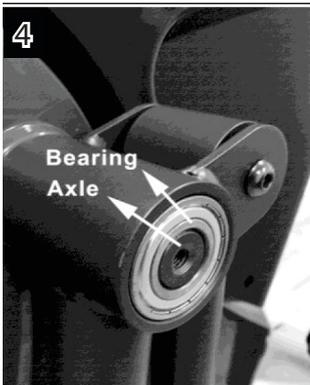
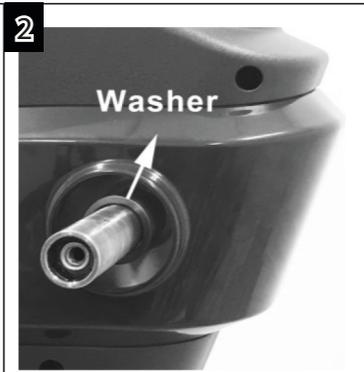
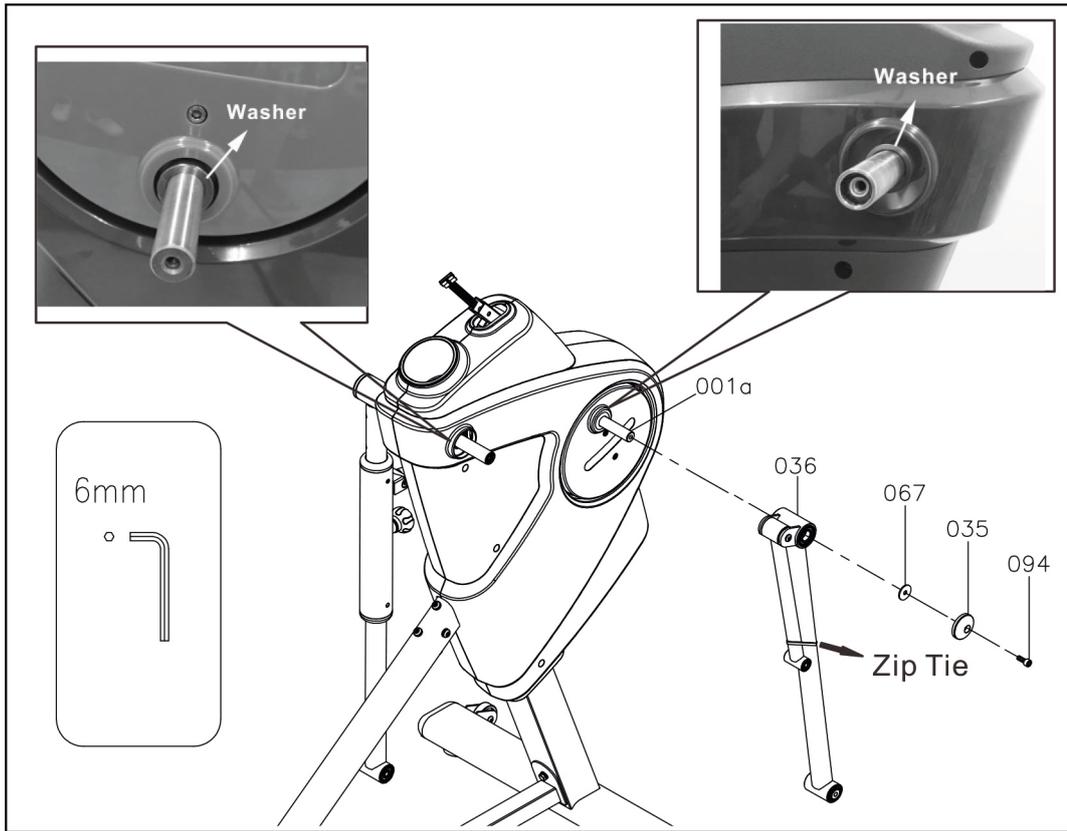
### ⓘ NOTICE

The swing arms (36/99) are marked with „R“ and „L“.

1. Place the equipment on its feet and make sure it is level. If necessary, adjust the height under the feet using the leveler (27).
2. Before mounting, carefully remove the plastic foil from the axles on the main frame (1).

### ▶ ATTENTION

- + Be careful not to remove the washers pre-mounted on the axles when removing the plastic foil (see Figure 1-3).
  - + Make sure that the surface of the axle is below the bearing surface (see Fig. 4).
3. Slide the swing arm (36) onto the crank axle (1a) and mount the swing arm (36) with one washer (76), one tube cap (35) and one bolt (94).
  4. Remove the zip tie from the swing arm (36).
  5. Repeat the steps for the other side.



## Step 7: Assembly of the pivoting arms

### ⓘ NOTICE

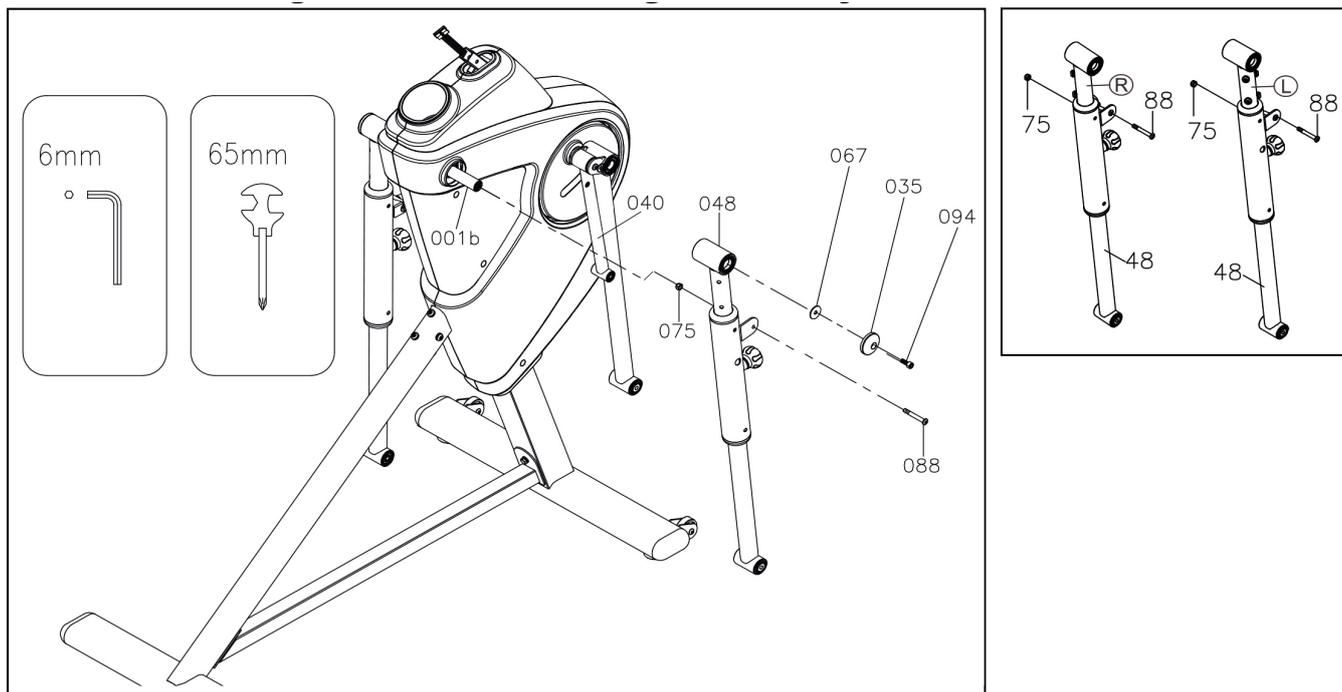
The pivoting arms (47/48) are marked with „R“ und „L“.

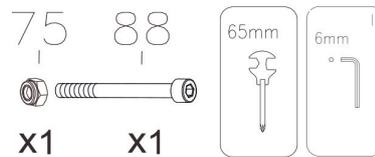
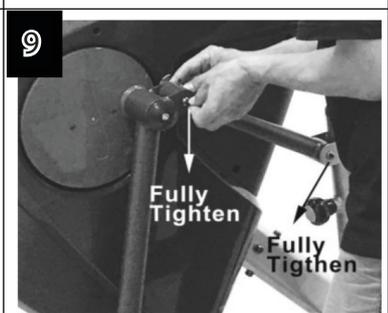
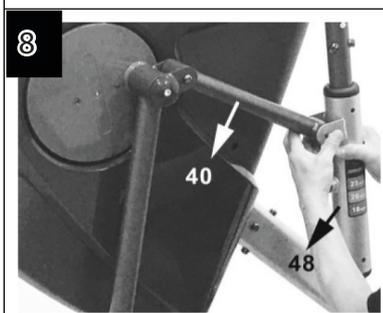
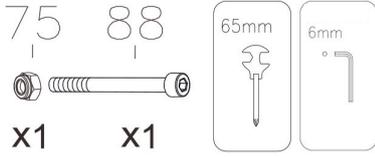
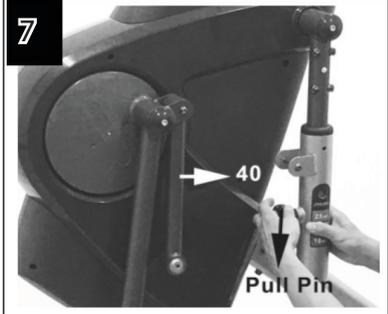
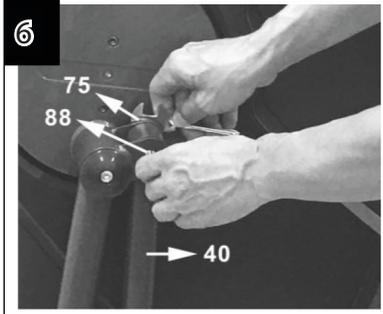
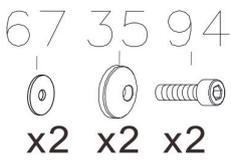
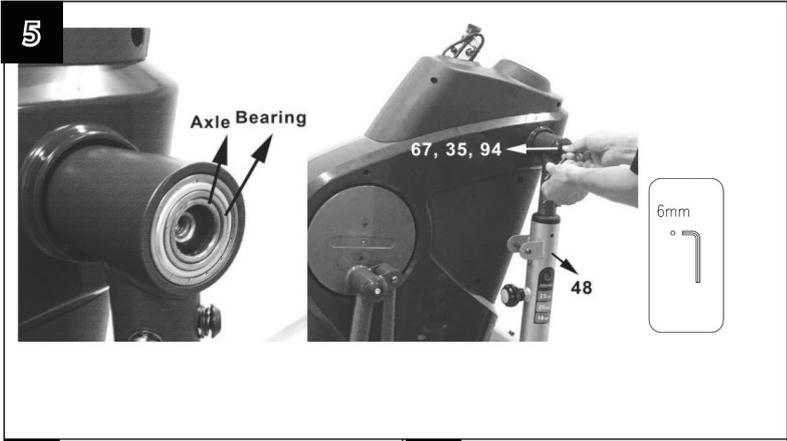
1. Remove the pre-assembled two bolts (88) and nylon nuts (75) from the pivoting arm (48)

### ▶ ATTENTION

Make sure that the surface of the axle is below the bearing surface (see Fig. 5).

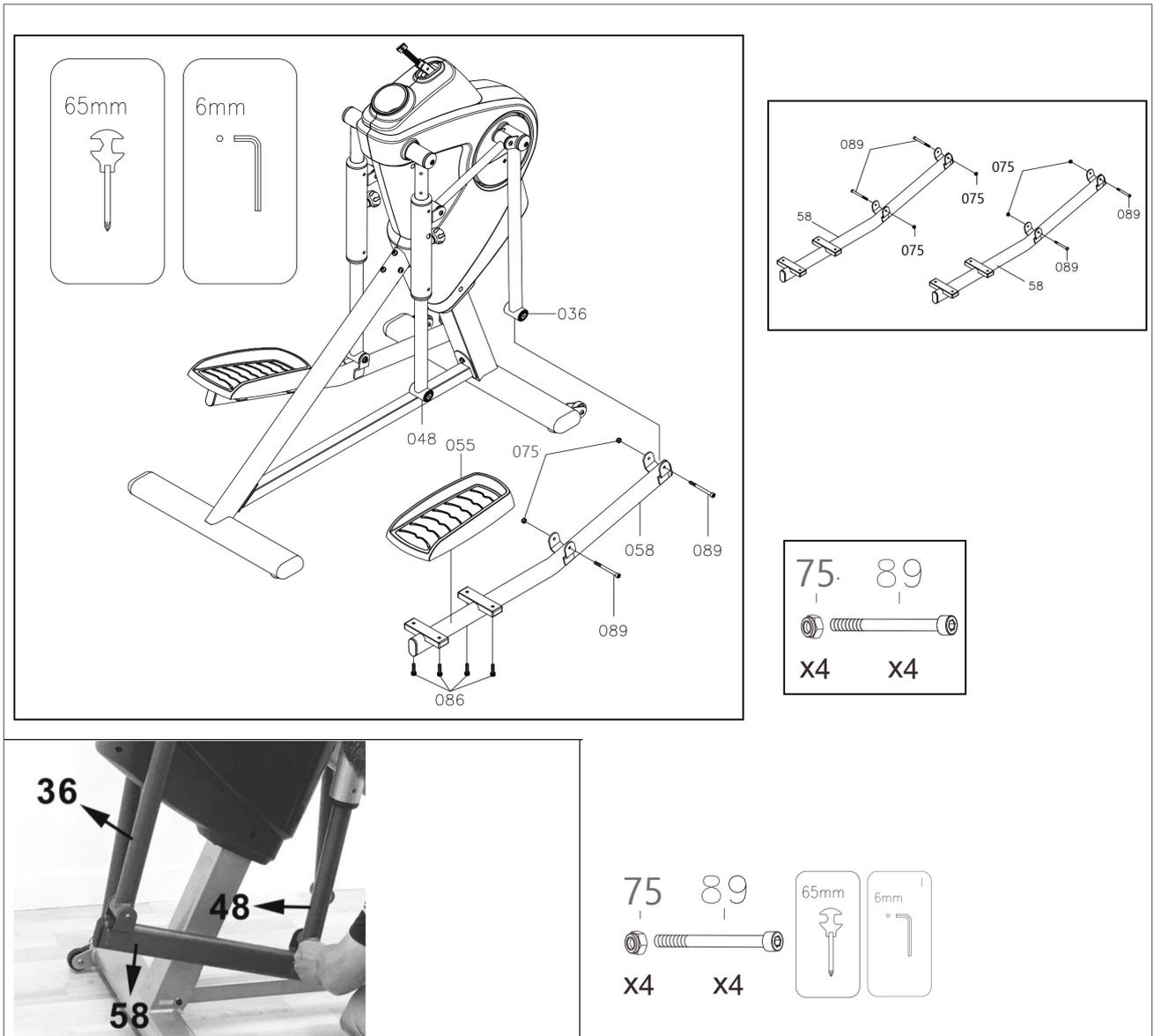
2. Slide the pivoting arm (48) onto the axle on the main frame (1b) and mount the pivoting arm (48) with one washer (67), one tube cap (35) and one bolt (94).
3. Repeat the steps for the other side.
4. Slightly loosen the bolt (88) and the nylon nut (75) on the swing arm crank linkage (40) (see Fig. 6).
5. Loosen the pull pin (54) on the swing arm (48) (see Fig. 7).
6. Mount the swing arm crank linkage (40) to the pivoting arm (48) with one bolt (88) and one nylon nut (75) previously removed (see Fig. 8).
7. Tighten all bolts and nylon nuts with the tool (see Fig. 9).
8. Repeat the steps for the other side.





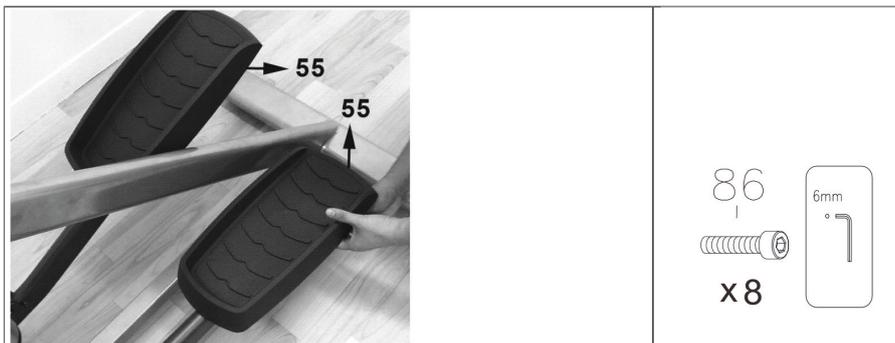
### Step 8: Assembly of the pedal support arms

1. Remove the pre-assembled two nylon nuts (75) and bolts (89) from the pedal support arm (58).
2. Mount the pedal support arm (58) to the swing arm (36) and the pivoting arm (48) with the two bolts (89) and nylon nuts (75) previously removed.
3. Repeat the steps for the other side.



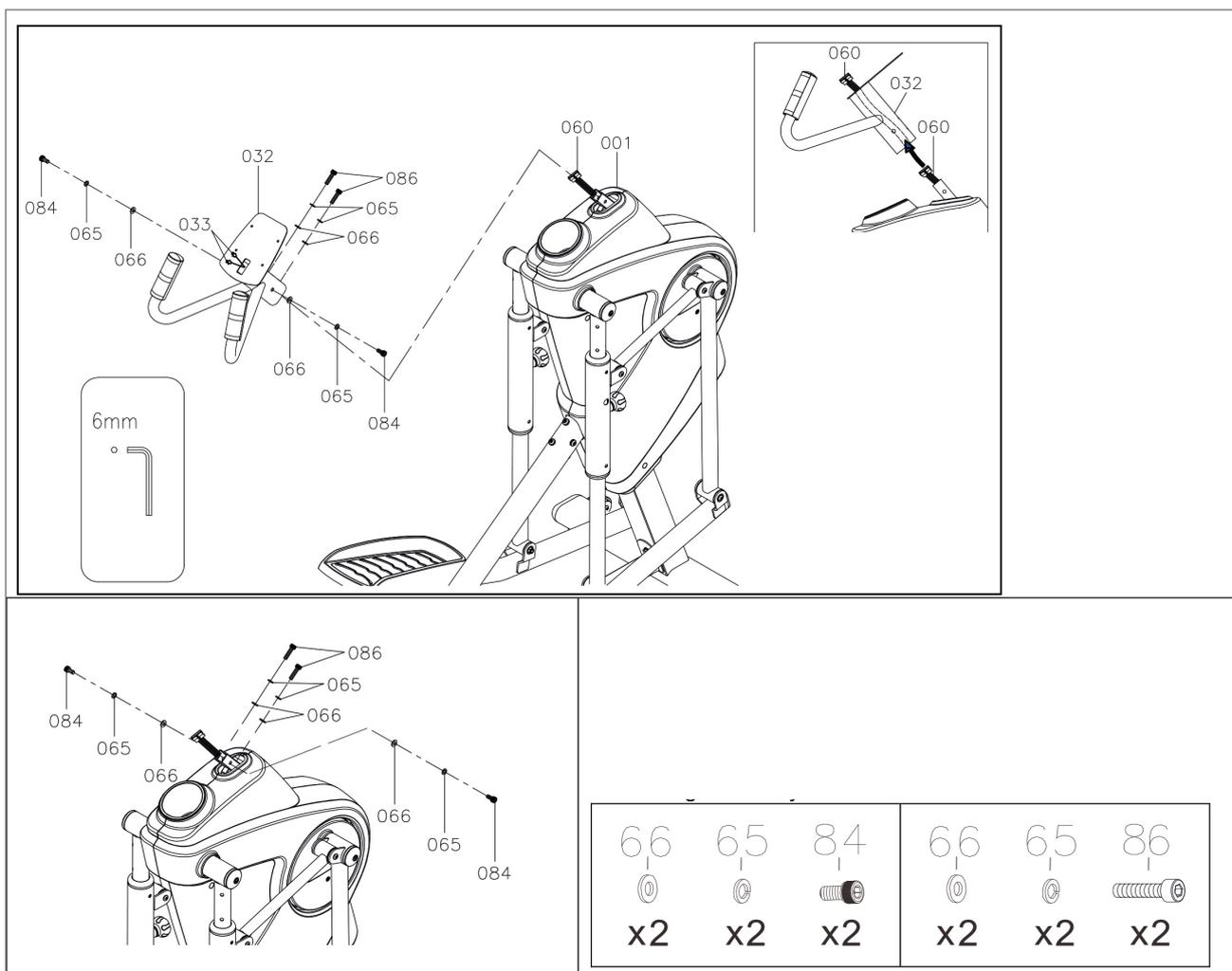
### Step 9: Assembly of the pedals

1. Mount the pedal (55) to the pedals support arm (58) with four bolts (86).
2. Repeat the step for the other side.



### Step 10: Assembly of the handlebar with the hand pulse sensors

1. Remove the pre-assembled four washers (66), four lock washers (65), two bolts (84) and two bolts (85) from the main frame (1).
2. Guide the upper connection wire (60) through the handlebar (32).
3. Mount the handlebar (32) to the main frame (1) on the sides each with one washer (66), one lock washer (65) and one bolt (84).
4. Mount the handlebar (32) to the main frame (1) on the front with two washers (66), two lock washers (65) and two bolts (86).



## Step 11: Assembly of the console

### ① NOTICE

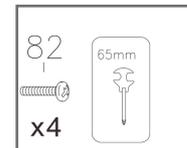
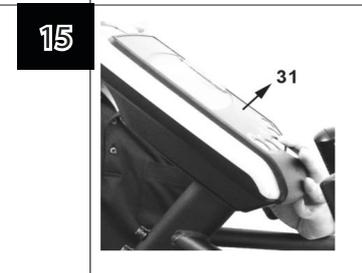
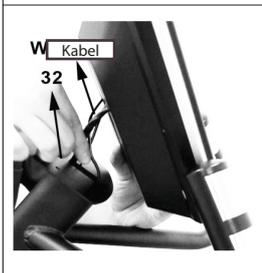
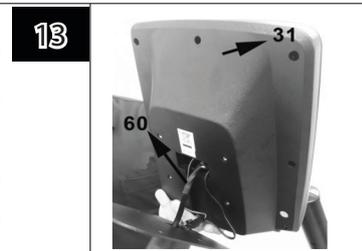
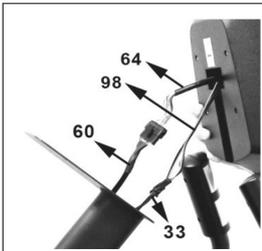
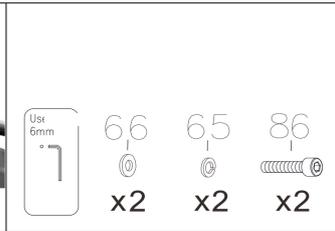
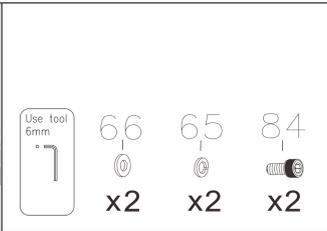
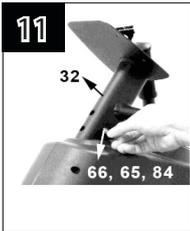
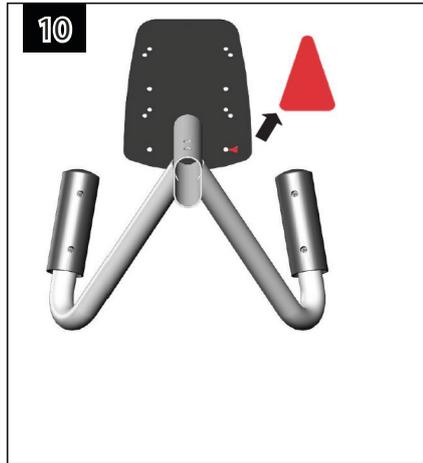
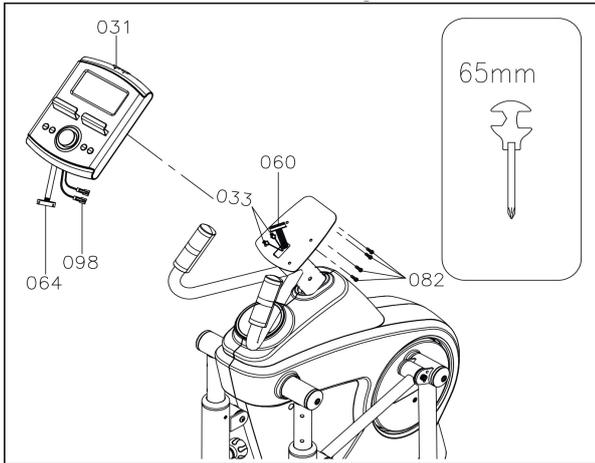
Refer to figure 10, to correctly mount the console. First secure the first screw (82) of the console. Then you can securely and correctly attach the other three screws (82) of the console (see Fig. 10).

1. Tighten the two washers (66), two lock washers (65) and two bolts (84) on both sides of the handlebar (32) (see Fig. 11).
2. Tighten the two washers (66), two lock washers (65) and two bolts (86) on the front of the handlebar (32) (see Fig. 12).

### ▶ ATTENTION

Pay attention to not pinch the cables during the next steps (see Fig. 13).

3. Connect the connection wire (64) with the upper connection wire (60).
4. Connect the pulse connection wire (98) with the pulse sensor wire (33).
5. Insert the upper connection wire (60) into the console (31) (see Fig. 14).
6. Insert the remaining cable into the handlebar (32) (see Fig. 15).
7. Carefully mount the console (31) to the handlebar (31) with four screws (82) and tighten the screws (see Fig. 16).

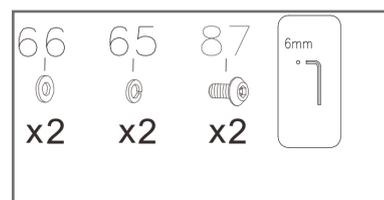
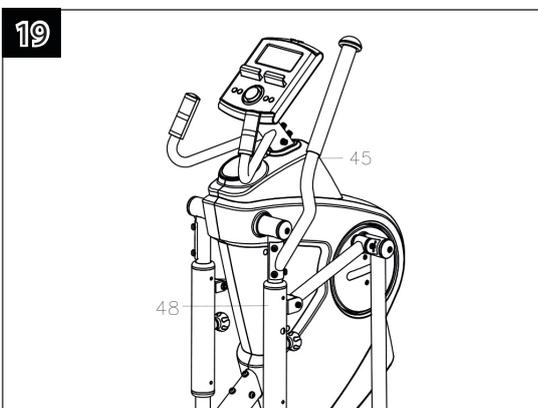
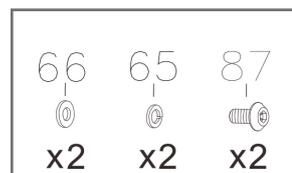
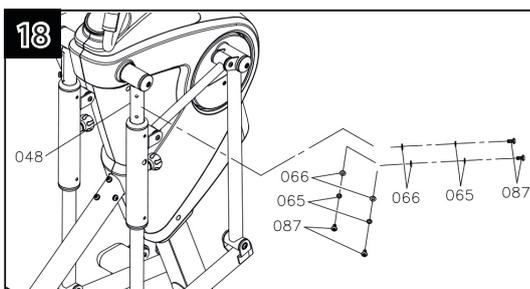
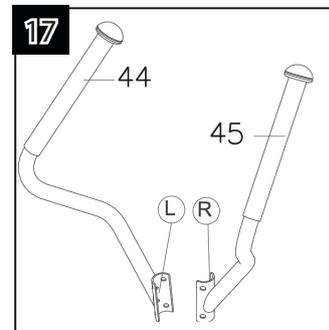
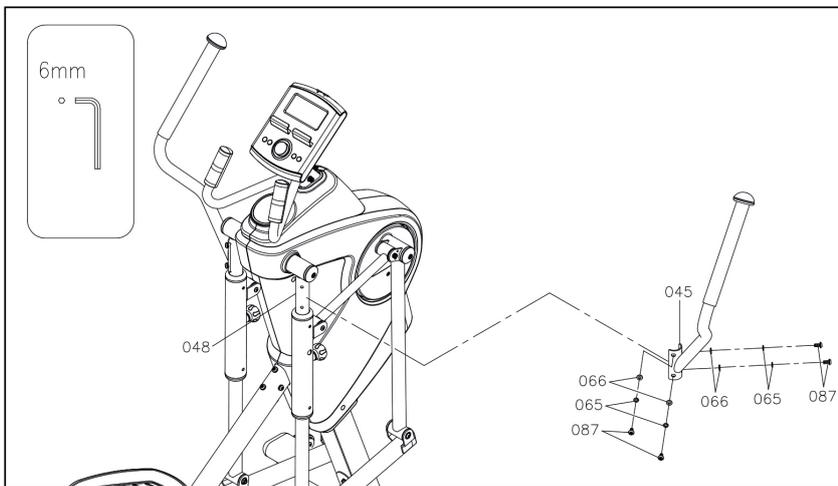


## Step 12: Assembly of the upper handlebars

### NOTICE

- + The upper handlebars (44 and 45) are marked with „R“ und „L“ (see Fig. 17).
- + Two bolts (87) and two lock washers (65) as well as two washers (66) are pre-assembled on the pivoting arm (48) (see Fig. 18).

1. Remove the above mentioned bolts and washers from the pivoting arm (48) (see Fig. 18).
2. Mount the upper right handlebar (45) to the right pivoting arm (48) and tighten the assembly with two screws (87) and two lock washers (65) as well as two washers (66) (see Fig. 19).
3. Repeat the steps for the other side.
4. Complete the assembly step and ensure that all parts are securely tightened before using the equipment.



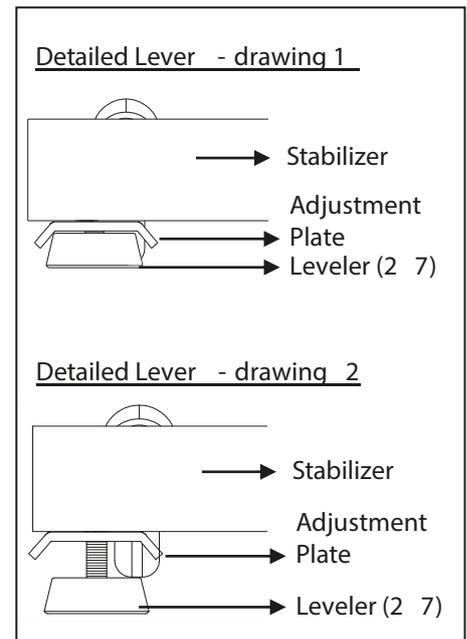
### Step 13: Alignment of the feet

If the floor is uneven, you can stabilize the equipment by turning the leveler (27) under the main frame.

► **ATTENTION**

During alignment, make sure that the adjustment plate above the leveler is always in contact with the base of the equipment (see drawing).

1. Lift the equipment on the desired side and rotate the leveler (27) under the main frame.
2. Loosen the leveler (27) to loosen the adjustment plate under the main frame.
3. Rotate the leveler (27) clockwise in order to remove them and to raise the equipment.
4. Rotate them counterclockwise in order to lower the equipment.
5. When finished, check that the adjustment plate is firmly attached to the bottom of the equipment and turn it tight if necessary.



### Step 14: 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.

## Step 15: Adjusting the stride length

The equipment offers three adjustable stride lengths from 18" (45.7 cm) to 23" (58.4 cm). Each stride length is marked in its own color on the equipment itself:

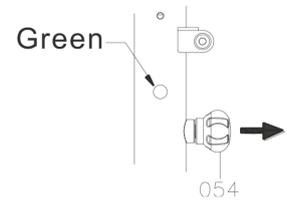
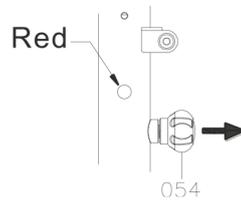
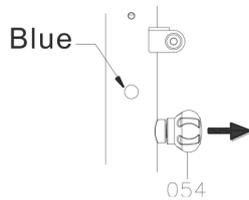
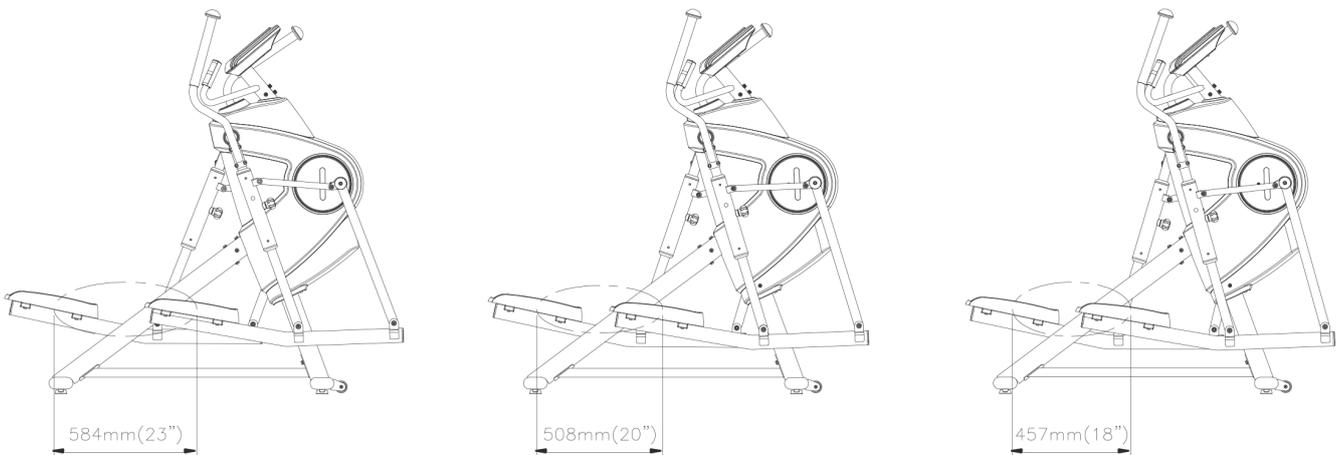
Green: 18" / 45.7 cm

Red: 20" / 50.8 cm

Blue: 23" / 58.4 cm

### CAUTION

- + Always adjust the right and left side at the same length.
  - + Make sure to tighten the pull pins properly before exercising.
1. To adjust the stride length, loosen and pull the pull pin (54).
  2. Move the telescoping bar (50) to the desired position.
  3. Release the pull pin (54) and make sure it engages with the adjustment hole on the telescoping bar (50).
  4. Tighten the pull pin (54).
  5. Repeat the steps 1 - 4 on the other side.

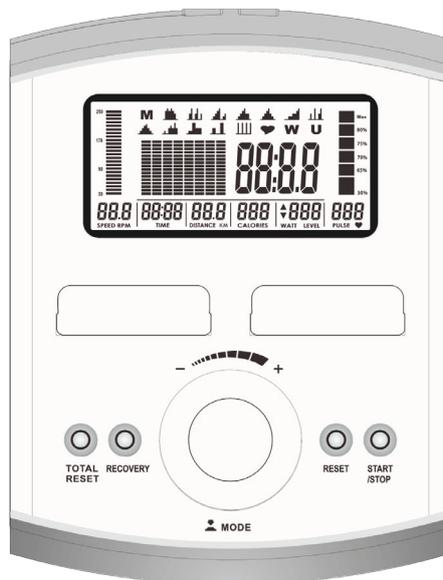


## 3 OPERATING INSTRUCTIONS

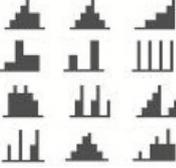
### ① NOTICE

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



<b>TIME</b>	<ul style="list-style-type: none"> <li>+ Display of training time in minutes</li> <li>+ Display range: 00:00–99:59</li> <li>+ Setting range: 00:00–99:00 (in 1 min steps)</li> </ul>
<b>SPEED</b>	<ul style="list-style-type: none"> <li>+ Display of speed in km/h</li> <li>+ Display range: 00.0–99.9</li> </ul>
<b>RPM</b>	<ul style="list-style-type: none"> <li>+ Display of rotations per minute</li> <li>+ Display range: 0-15–999</li> </ul>
<b>DISTANCE</b>	<ul style="list-style-type: none"> <li>+ Display of distance in km</li> <li>+ Display range: 0.00–99.99</li> <li>+ Setting range: 0.00–99.99 (in 0,1km steps)</li> </ul>
<b>PULSE</b>	<ul style="list-style-type: none"> <li>+ Display of heart rate</li> <li>+ Display range: 0–230</li> <li>+ Setting range: 30–230</li> </ul> <p>① <b>NOTICE</b> A signal sounds when your current heart rate exceeds the target heart rate during exercise.</p>

<b>WATT</b>	<ul style="list-style-type: none"> <li>+ Display of watt</li> <li>+ Display range: 0-999</li> </ul>
<b>M</b>	+ Manual programme
	+ 12 preset profile programmes to choose from
	+ Heart rate controlled programme
<b>W</b>	<ul style="list-style-type: none"> <li>+ Watt controlled programme</li> <li><b>ⓘ NOTICE</b> The resistance is adjusted according to your cadence, so that you train with constant power (Watt). The faster you move, the lower the resistance.</li> </ul>
<b>U</b>	+ User-defined programme

### 3.2 Button Functions

<b>Encoder (+)</b>	<ul style="list-style-type: none"> <li>+ Increase resistance level</li> <li>+ Increase values</li> <li>+ Select programmes</li> </ul>
<b>Encoder (-)</b>	<ul style="list-style-type: none"> <li>+ Reduce resistance level</li> <li>+ Decrease values</li> <li>+ Select programmes</li> </ul>
<b>Mode</b>	+ Confirm entry or selection
<b>Reset</b>	+ Press to return to the main menu while in stop mode or during entering training values.
<b>Start/Stop</b>	+ Start or pause training (stop mode)
<b>Total Reset</b>	+ Press and hold for two seconds to restart the console and start user input.
<b>Recovery</b>	+ Press to start the recovery heart rate test.

### 3.3 Turning On and Setting the Equipment

1. Plug the adapter into the socket.

The console turns on and displays all segments on the LCD screen for two seconds (fig. 1).

2. Select U1 to U4 with the encoder.
3. Enter gender, age, height (fig. 2), and the weight.
4. Confirm the settings with the MODE button.

When you have entered the profile of the user data, the console switches to the main menu (fig. 3).

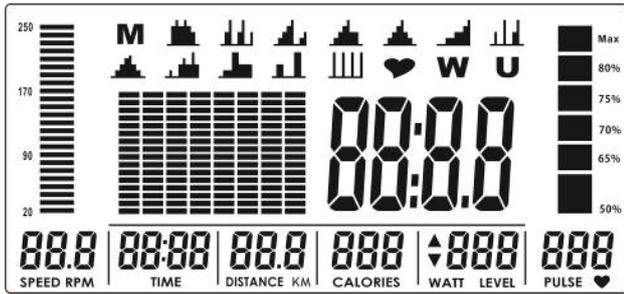


Figure 1

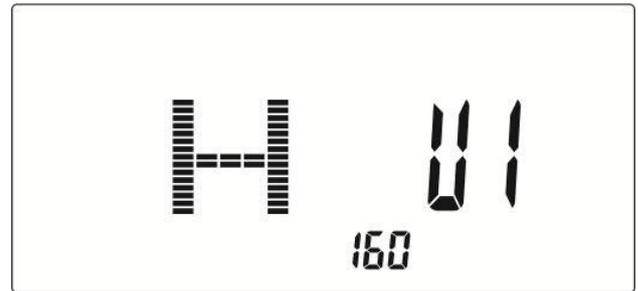


Figure 2

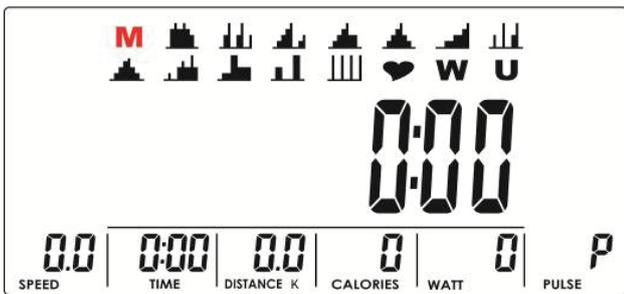


Figure 3

### 3.4 Energy-Saving Mode

If the pedals are not used for 4 minutes or if no pulse is detected for 4 minutes, the console enters energy-saving mode. Press any button to start the console.

#### NOTICE

If the console does not respond correctly, unplug and reconnect the adapter.

## 3.5 Programmes

A total of 19 programmes are available:

+ Quick Start programme:	1
+ Manual programmes:	1
+ Pre-set profile programmes:	12
+ Heart rate controlled programmes:	4
+ Watt controlled programmes:	1
+ User-defined programmes:	1 (per user)

Use the encoder to select one of the programmes: M (Manual programme) → Pre-set profile programmes 1–12 → ♥ (heart rate controlled programmes) → W (Watt controlled programme) → U (user-defined programme). Confirm the programme with the MODE button.

### 3.5.1 Quick Start Programme

1. Select the manual programme (M) and confirm the selection with the MODE button.
2. To start the Quick-Start programme, press the START/STOP button in the manual programme (M).

*All values are counted up.*

#### ⓘ NOTICE

The resistance can be adjusted during training with the encoder.

3. To pause the programme, press the START/STOP button again.
4. To end the programme, press the RESET button.

*The display changes to the main menu.*

### 3.5.2 Manual Programme

**⚠ 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.

For the manual programme, the value for time, distance, calories and/or heart rate can be set. So you can decide for yourself whether you want to exercise based on just one or more values.

1. Select the manual programme (M) and confirm the selection with the MODE button.
2. Set the resistance with the encoder and confirm with the MODE button (fig. 1).
3. Set the value for time, distance, calories and/or heart rate with the encoder and confirm with the MODE button (fig. 6-8).

**📄 NOTICE**

To skip settings, use the MODE button.

4. To start the programme, press the START/STOP button.

*The set values are counted down and the remaining values are counted up (Fig. 9).*

*As soon as the first target value is reached, a signal sounds.*

**📄 NOTICE**

The resistance can be adjusted during training with the encoder.

5. To pause the programme, press the START/STOP button again.
6. To end the programme, press the RESET button.

*The display changes to the main menu.*

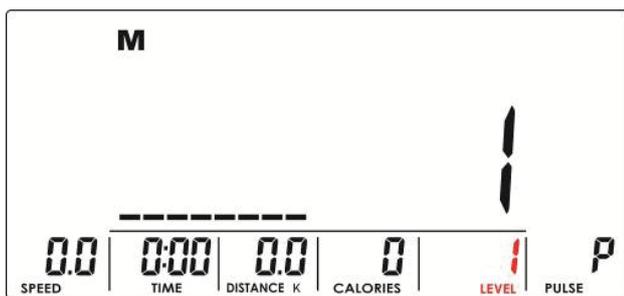


Figure 4

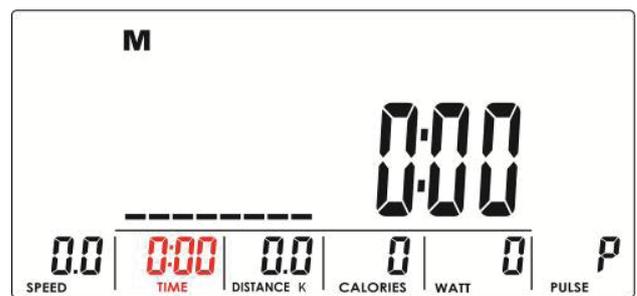


Figure 5

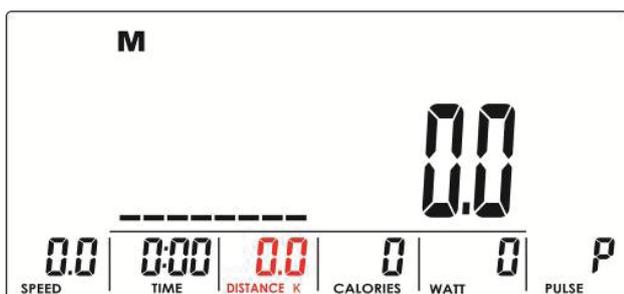


Figure 6

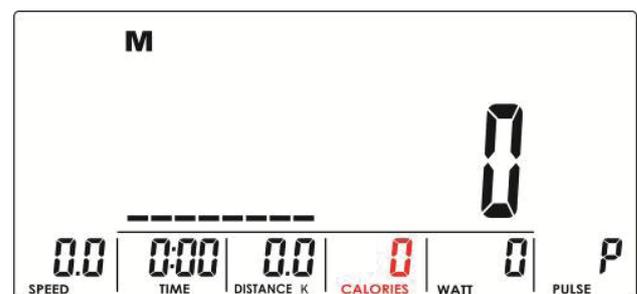


Figure 7

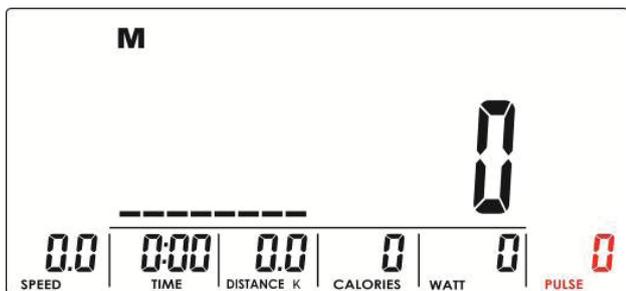


Figure 8

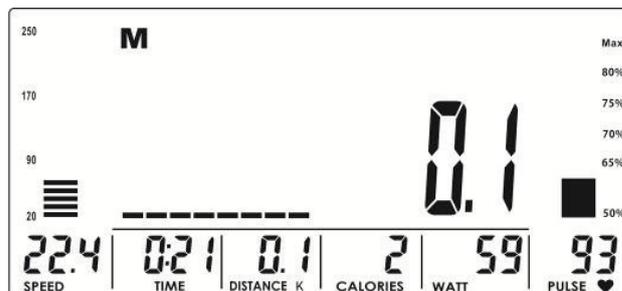


Figure 9

### 3.5.3 Pre-Set Profile Programmes

A total of 12 preset programmes are available.

1. Select one of the preset programmes and confirm your selection with the MODE button.
2. Set the resistance with the encoder and confirm with the MODE button.

**NOTICE**

The default value is 1 (Fig. 10).

3. Set the time with the encoder and confirm with the MODE button.
4. To start the programme, press the START/STOP button.

**NOTICE**

The resistance can be adjusted during training with the encoder.

*A signal sounds at the end of the programme.*

5. To pause the programme, press the START/STOP button again.
6. To end the programme, press the RESET button.

*The display changes to the main menu.*

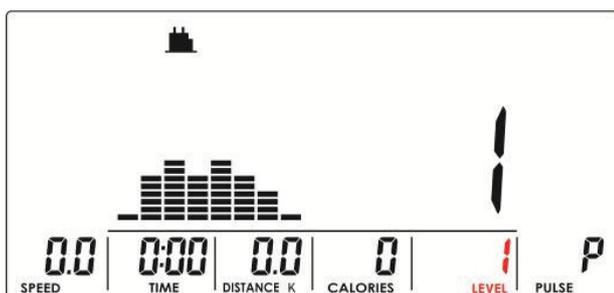


Figure 10

### 3.5.4 Heart Rate Controlled Programme (♥)

#### ⚠ 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.

Four heart rate programmes are available. Either select one of the three preset target heart rates (55%, 75% or 90% of your maximum heart rate) or select TA (target heart rate) and manually enter a different target heart rate. Your maximum heart rate is determined by the console based on your entered age.

1. Select the heart rate programme (♥) and confirm your selection with the MODE button.
2. Select the desired heart rate programme (55%, 75%, 90% or TA) with the encoder and confirm the selection with the MODE button (Fig. 11-14).
  - 2.1. If you have chosen the target heart rate (TA), set the desired heart rate (30-230) with the encoder and confirm with the MODE button.
3. Set the time with the encoder and confirm with the MODE button.
4. To start the programme, press the START/STOP button.

*A signal sounds at the end of the programme.*

5. To pause the programme, press the START/STOP button again.
6. To end the programme, press the RESET button.

*The display changes to the main menu.*

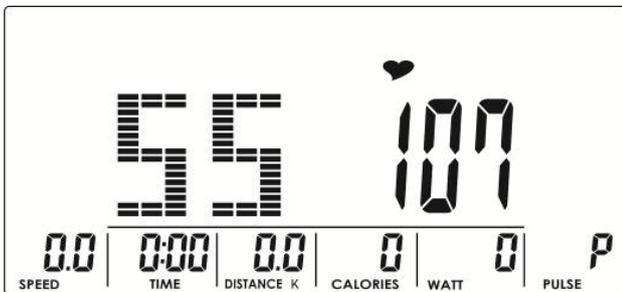


Figure 11

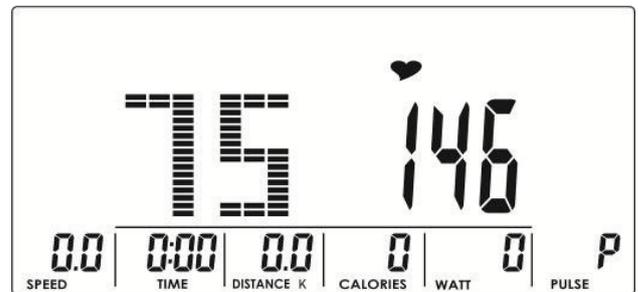


Figure 12

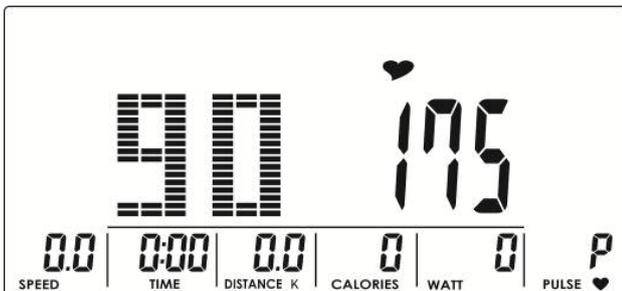


Figure 13

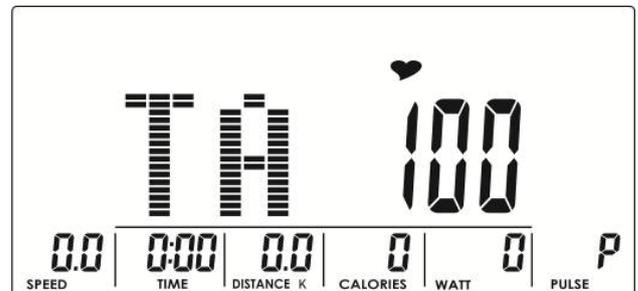


Figure 14

### 3.5.5 Watt-Controlled Programme (W)

1. Select the watt controlled programme (W) and confirm the selection with the MODE button.
2. Set the watt value with the encoder and confirm with the MODE button.

① **NOTICE**

The default value is 120 (Fig. 15).

3. Set the time with the encoder and confirm with the MODE button.
4. To start the programme, press the START/STOP button.

① **NOTICE**

- + The resistance is automatically adjusted to the watt value.
- + The watt value can be adjusted during training with the encoder.

*A signal sounds at the end of the programme.*

5. To pause the programme, press the START/STOP button again.
6. To end the programme, press the RESET button.

*The display changes to the main menu.*

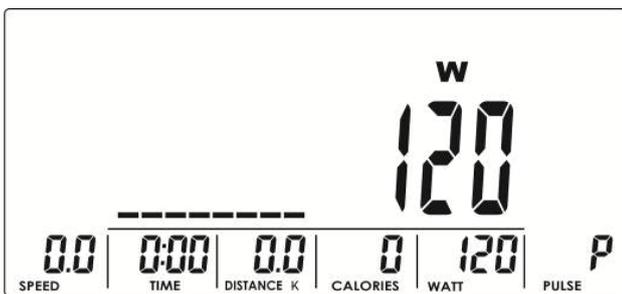


Figure 15

### 3.5.6 User-Defined Programme (U)

A user-defined programme with eight segments each is available to each user.

1. Select the user-defined programme (U) and confirm the selection with the MODE button.
2. Set the resistance for each segment with the encoder and confirm each segment with the MODE button (Fig. 16).

**① NOTICE**

To exit the programme during setting, press and hold the MODE button for two seconds.

3. Set the time with the encoder and confirm with the MODE button.
4. To start the programme, press the START/STOP button.

**① NOTICE**

The resistance can be adjusted during training with the encoder.

*A signal sounds at the end of the programme.*

5. To pause the programme, press the START/STOP button again.
6. To end the programme, press the RESET button.

*The display changes to the main menu..*



Figure 16

### 3.6 Recovery Function

The recovery function measures your recovery heart rate after a workout.

1. After the training session, press the RECOVERY button and hold the hand pulse sensors with both hands.

*The display will show a countdown from 00:60-00:00 (Fig. 17).*

*Once the measurement is complete, the display will show a value between F1 (very good) and F6 (very bad) (Fig. 18).*

2. To exit the programme, press the RECOVERY button again.

*The display changes to the main menu.*



Figure 17



Figure 18

## 4.1 General Instructions

### ⚠ WARNING

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

### ▶ ATTENTION

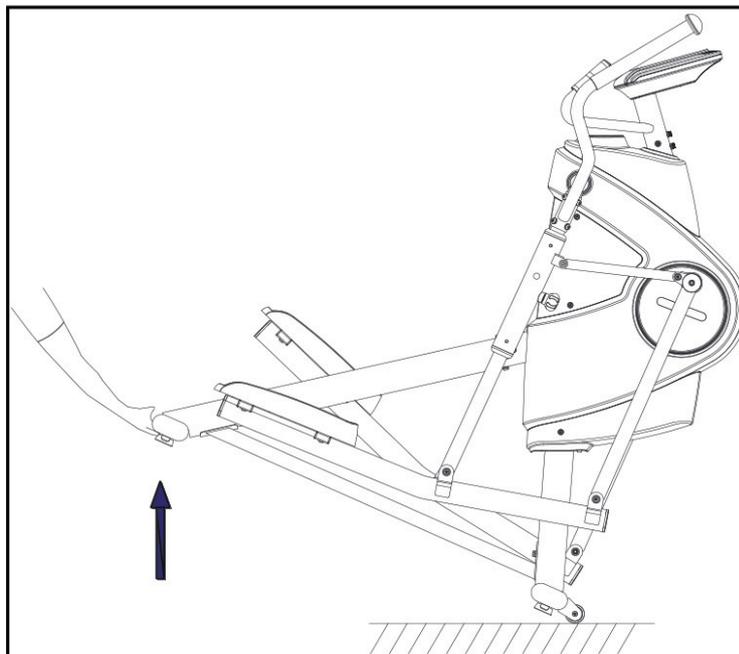
- + Make sure that the equipment is protected from moisture, dust and dirt in the selected storage location. The storage location should be dry and well ventilated and have a constant ambient temperature between 5°C and 45°C.

## 4.2 Transportation Wheels

### ▶ ATTENTION

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

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



## 5.1 General Instructions



### WARNING

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



### CAUTION

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



### ATTENTION

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

## 5.2 Faults and Fault Diagnosis

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

Fault	Cause	Solution
Drive disks wobble/ make noises	Drive disk loose	Tighten nut (pay attention to left-hand / right-hand thread)
Display is blank/is not working	Loose cable connections	Check cable connections
Equipment wobbles	Equipment is not level	Align the feet
Creaking noises on the stepping area	Loose screws on stepping area	Tighten the screws on the stepping area
Creaking noises	Screw connections loosened or too tight	Check screw connections
Squeaking noises on the guide rails	Guide rails or rollers dirty or guide rails dry	Clean the guide rails and then lubricate them with a suitable lubricant

No pulse display	+ Sources of interference in the room	+ Eliminate sources of interference (e.g. mobile phone, WLAN, lawn mower and vacuum cleaner robot, etc. ...)
	+ unsuitable chest strap	+ Use a suitable chest strap (see RECOMMENDED ACCESSORIES).
	+ Wrong position of chest strap	+ Reposition chest strap and/or moisten electrodes
	+ Chest strap defective or battery empty	+ Changing batteries
	+ Pulse display defective	+ Check if pulse display by hand pulse possible

### 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
Display console	C	I	
Slide rails			C
Lubrication of slide rails and moving parts			I
Plastic covers	C	I	
Screws and cable connections		I	
Legend: C = clean; I = inspect			

\*Make sure to always clean the slide rails and moving parts before re-lubricating.

By scanning the QR code with the camera function or QR code scanner app of your smartphone/tablet, a video on general maintenance of a crosstrainer opens on YouTube. The video serves to illustrate the maintenance points described in this manual.

Please note that the video may not be available in your language or with appropriate subtitles.

If you cannot scan QR codes, you can access all Sport-Tiedje videos on YouTube by first opening YouTube and entering "Sport-Tiedje" in the search field.



## 6 DISPOSAL

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



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

## 7 RECOMMENDED ACCESSORIES

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:**

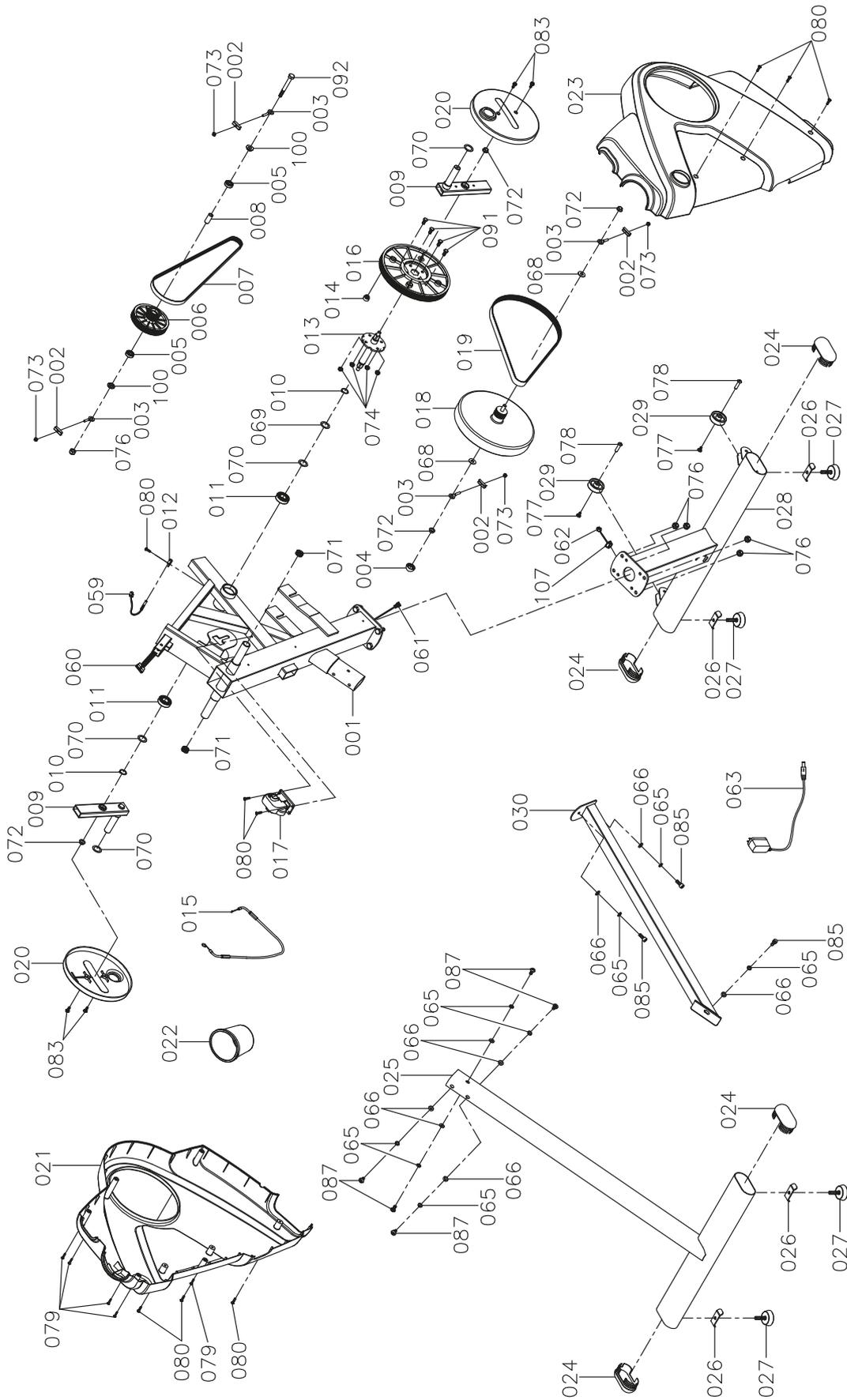
**Article Number:**

## 8.2 Parts List

No.	Name	Qty.	No.	Name	Qty.
1	Main Frame	1	32	Fixed Handlebar	1
2	Tension Bracket	4	33	Pulse Sensor Top Housing w/ Wire	2
3	Eye Bolt	4	34	Pulse Sensor Bottom Housing	2
4	Screw Cap	1	35	Tube Cap	4
5	Bearing (6000)	2	36	Right Swing Arm	1
6	Pulley (120-42mm)	1	37	Bearing (6201)	16
7	Belt (1092J6)	1	38	Spacer (8x14x40mm) for Telescoping Bar	4
8	Spacer (10x14x32mm)	1	39	Spacer (6x8x22mm)	2
9	Crank	2	40	Crank Linkage	2
10	C-Ring	2	41	Spacer (8x14x28mm) for Crank Linkage	4
11	Bearing (6004)	6	42	Handheld Plug	2
12	Sensor Stand	1	43	Foam Grip for Upper Handlebar	2
13	Crank Axle	1	44	Left Upper Handlebar	1
14	Magnet	1	45	Right Upper Handlebar	1
15	Cable	1	46	Bearing (6905)	4
16	Pulley (235mm)	1	47	Left Pivoting Arm	1
17	Motor	1	48	Right Pivoting Arm	1
18	Flywheel	1	49	Stride Length Adjustment Plate	2
19	Belt (1059J8)	1	50	Telescoping Bar	2
20	Crank Cover	2	51	Connection Plug (60x38)	4
21	Left Cover	1	52	Left Adjustment Tube	1
22	Accessory Tray	1	53	Right Adjustment Tube	1
23	Right Cover	1	54	Pull Pin	2
24	EndCap	4	55	Pedal	2
25	Rear Stabilizer	1	56	Oval Plug (30x60)	4
26	Fixed Plate for Leveler	4	57	Square Plug (20x40)	8
27	Leveler	4	58	Pedal Support Arm	2
28	Front Stabilizer	1	59	Sensor Wire	1
29	Transportation Wheel	2	60	Upper Connection Wire	1
30	Support Tube	1	61	Middle Adaptor Connection Wire	1
31	Console (with built-in receiver)	1			

62	Lower Adaptor Connection Wire	1	83	Bolt (M6×p1.0×12mm)	4
63	Adaptor	1	84	Bolt (M8×p1.25×16mm)	2
64	Connection Wire to Console	1	85	Bolt (M8×p1.25×20mm)	3
65	Lock Washer (M8)	20	86	Bolt (M8×p1.25×30mm)	10
66	Washer (8×16×2.0t)	20	87	Bolt (M8×p1.25×16mm)	13
67	Washer (8×30×2.0t)	4	88	Bolt (M8×p1.25×65mm)	4
68	Washer (10×23×2.0t)	2	89	Bolt (M8×p1.25×80mm)	4
69	Washer (21×30×0.5t)	1	90	Bolt (M5×32mm)	2
70	Washer (21×30×1.0t)	4	91	Bolt (M8×p1.25×15mm)	4
71	Tube Connector Nut	2	92	Bolt (M10×p1.5×85mm)	1
72	Flange Nut (M10xp1.25)	4	93	Washer (26×34×1.0t)	2
73	Nylon Nut (M6xp1.0)	4	94	Bolt (M8×p1.25×25mm)	4
74	Thin Nylon Nut (M8xp1.25)	8	95	Bolt (M8×p1.25×45mm)	4
75	Nylon Nut (M8xp1.25)	8	96	Screw (M5×p0.8×15mm)	2
76	Nylon Nut (M10xp1.5)	5	97	Axle Cap	8
77	Bolt (M6×p1.0×12mm)	2	98	Pulse Connection Wire to Console	1
78	Bolt (L=30mm)	2	99	Left Swing Arm Set	1
79	Screw (M4×20mm)	5	100	Pedal Wheel Bearing Adapter	2
80	Screw (M5×20mm)	11	101	Crank Linkage Cap	8
81	Screw (M3×p0.5×16mm)	4	107	Protective Sleeve	1
82	Screw (M5×p0.8×15mm)	4			

# 8.3 Exploded Drawing





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><b>TECHNIK</b></p> <p> +49 4621 4210-900</p> <p> +49 4621 4210-698</p> <p> technik@sport-tiedje.de</p> <p> Öffnungszeiten entnehmen Sie unserer Homepage.</p> <p><b>SERVICE</b></p> <p> 0800 20 20277 (kostenlos)</p> <p> info@sport-tiedje.de</p> <p> Öffnungszeiten entnehmen Sie unserer Homepage.</p>	<p><b>TEKNIK OG SERVICE</b></p> <p> 80 90 16 50</p> <p>+49 4621 4210-945</p> <p> info@fitshop.dk</p> <p> Åbningstider kan findes på hjemmesiden.</p>	<p><b>TECHNIQUE &amp; SERVICE</b></p> <p> +33 (0) 172 770033</p> <p>+49 4621 4210-933</p> <p> service-france@fitshop.fr</p> <p> Vous trouverez les heures d'ouverture sur notre site Internet.</p>
	PL	BE
	<p><b>TECHNIKA I SERWIS</b></p> <p> 22 307 43 21</p> <p>+49 4621 42 10-948</p> <p> info@fitshop.pl</p> <p> Godziny otwarcia można znaleźć na stronie głównej.</p>	<p><b>TECHNIQUE &amp; SERVICE</b></p> <p> 02 732 46 77</p> <p>+49 4621 42 10-932</p> <p> info@fitshop.be</p> <p> Vous trouverez les heures d'ouverture sur notre site Internet.</p>

UK	NL	INT
<p><b>TECHNICAL SUPPORT</b></p> <p> +44 141 876 3986</p> <p> support@powerhousefitness.co.uk</p> <p><b>SERVICE</b></p> <p> +44 141 876 3972</p> <p> You can find the opening hours on our homepage.</p>	<p><b>TECHNISCHE DIENST &amp; SERVICE</b></p> <p> +31 172 619961</p> <p> info@fitshop.nl</p> <p> De openingstijden vindt u op onze homepage.</p>	<p><b>TECHNICAL SUPPORT &amp; SERVICE</b></p> <p> +49 4621 4210-944</p> <p> service-int@sport-tiedje.de</p> <p> You can find the opening hours on our homepage.</p>
	AT	CH
	<p><b>TECHNIK &amp; SERVICE</b></p> <p> 0800 20 20277 (Freecall)</p> <p>+49 4621 42 10-0</p> <p> info@sport-tiedje.at</p> <p> Öffnungszeiten entnehmen Sie unserer Homepage.</p>	<p><b>TECHNIK &amp; SERVICE</b></p> <p> 0800 202 027</p> <p>+49 4621 42 10-0</p> <p> info@sport-tiedje.ch</p> <p> Öffnungszeiten entnehmen Sie unserer Homepage.</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](http://www.sport-tiedje.com/en/stores)

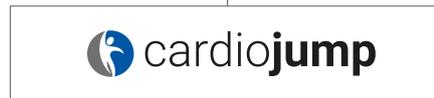
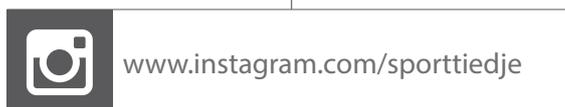
# WE LIVE FITNESS

## 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!



Notes

Notes





Elliptical crosstrainer **EX70**