



Assembly and Operating Instructions



max. 130 kg



~ 30 Min. 



 122 kg

L 182.8 | W 92.5 | H 143.8

CSTTF70.01.09

Art. No. CST-TF70

Treadmill **TF70**

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Dear customer,

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

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

Intended Use

The equipment may only be used for its intended purpose.

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

Legal Notice

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Europe's No. 1 for home fitness

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Disclaimer



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

ABOUT THIS MANUAL

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



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:

- + time
- + speed
- + distance
- + calories
- + incline
- + heart rate

Motor output: 2.5 HP continuous output (DC motor)

Speed range: 1–18 km/h

Speed quick keys: 4

Incline range: 0–15 %

Incline quick keys: 4

Total number of training programmes: 26

Pre-set programmes: 20

User-defined programmes: 3

Heart rate-controlled programmes: 2

Running surface size (L x W): 140 cm x 50 cm

Weight and dimensions:

Article weight (gross, including packaging): 133 kg

Article weight (net, without packaging): 122 kg

Package dimensions (L x W x H) approx.: 191 cm x 97.5 cm x 40 cm

Set-up dimensions (L x W x H) approx.: 182.8 cm x 92.5 cm x 143.8 cm

Folded dimensions (L x W x H) approx.: 141.7 cm x 92.5 cm x 163.5 cm

Maximum user weight: 130 kg

1.2 Personal Safety

DANGER

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

WARNING

- + This equipment may not be used by children under the age of 14.
- + Children should not be allowed unsupervised access to the equipment.
- + Persons with disabilities must have a medical license and must be under strict observation when using the equipment.
- + The equipment is strictly for use by one person at a time.
- + If your equipment provides a safety key, the clip of the safety key must be attached to your clothing before starting your training. In the event of a fall, the EMERGENCY STOP of the equipment can be initiated.
- + 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 to prevent improper use by third parties or children.
- + If the mains cable or plug is damaged or defective, contact your contract partner. In the meantime, the equipment must not be used.

ATTENTION

- + The equipment requires a mains connection of 220-230V with 50 Hertz 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 amps, 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.

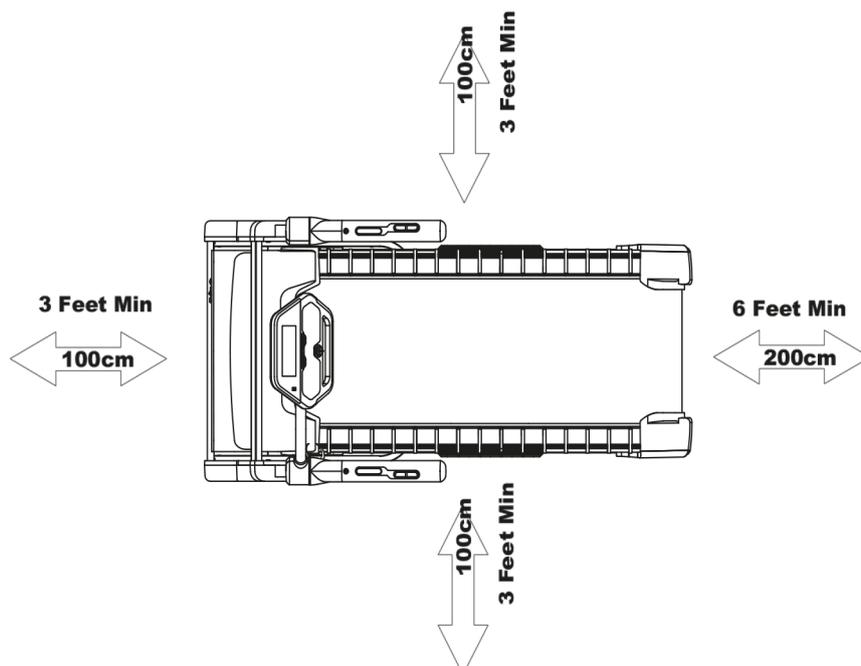


CAUTION

- + 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



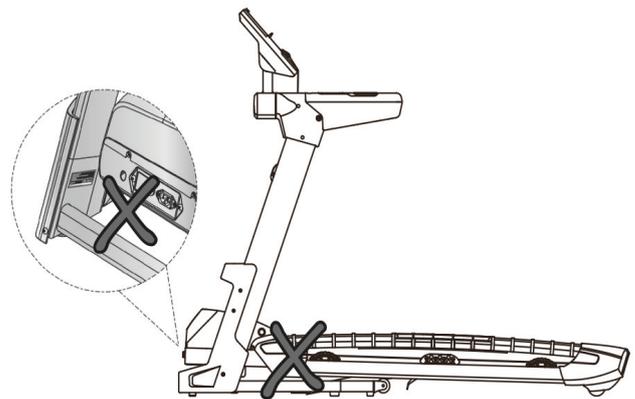
DANGER

- + 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

- + The treadmill is equipped with high-pressure shock absorbers that can cause the treadmill to suddenly open if handled incorrectly. To avoid possible personal injuries, never pull on the areas of the treadmill shown in the illustration. Never try to lift or move the treadmill at the marked areas.
- + Pay attention to the instructions attached to the equipment in order to reduce the risk of injuries.



CAUTION

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



WARNING

Around the treadmill there is a strap that prevents the treadmill from opening during transport. This strap must be removed before assembly.

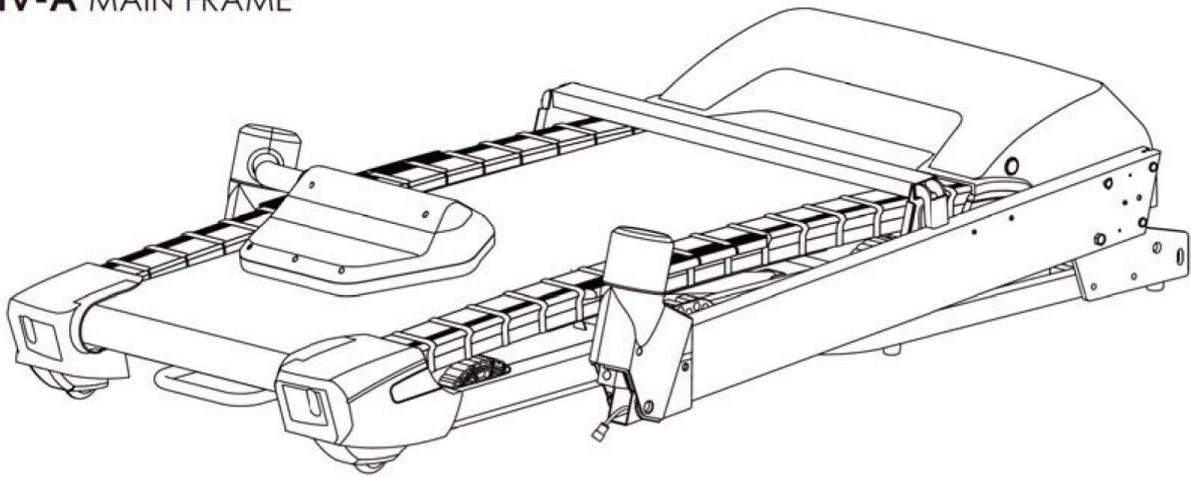
The scope of delivery consist of the following parts. At the beginning, check whether all parts and tools belonging to the device are included in the scope of delivery and whether damage has occurred. In the event of complaints, the contractual partner must be contacted directly.



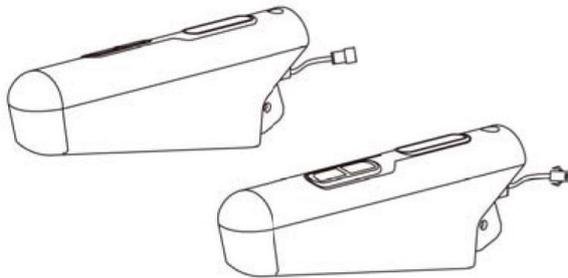
CAUTION

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

IV-A MAIN FRAME

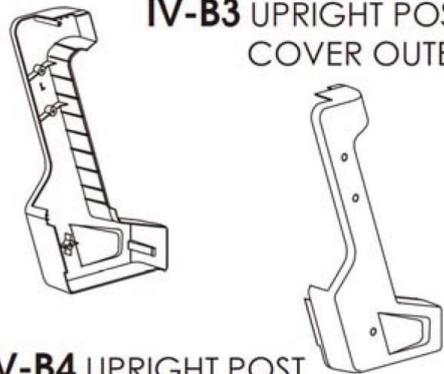


IV-B13 UPRIGHT POST (L)



IV-B14 UPRIGHT POST (R)

IV-B3 UPRIGHT POST COVER OUTER (L)

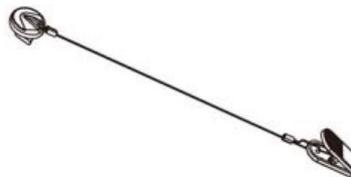


IV-B4 UPRIGHT POST COVER OUTER (R)

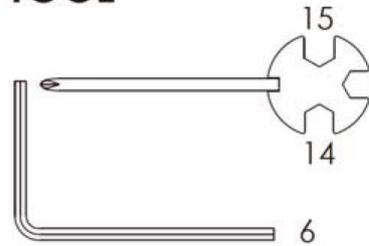
IV-B21 Water Bottle Holder



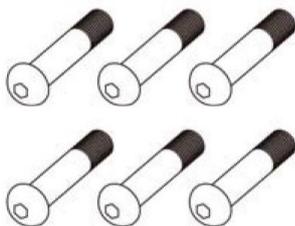
IV-C14 Safety Key



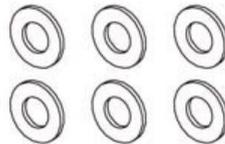
TOOL



IV-B22 Bolt (M10 x 50) x 6



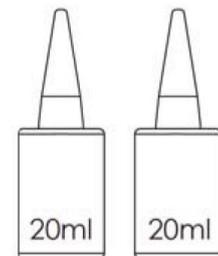
IV-B25 Washer (D10) x 6



IV-B26 Bolt (ST3.9 x 14) x 2



Silicon Oil Bottle



2.3 Assembly

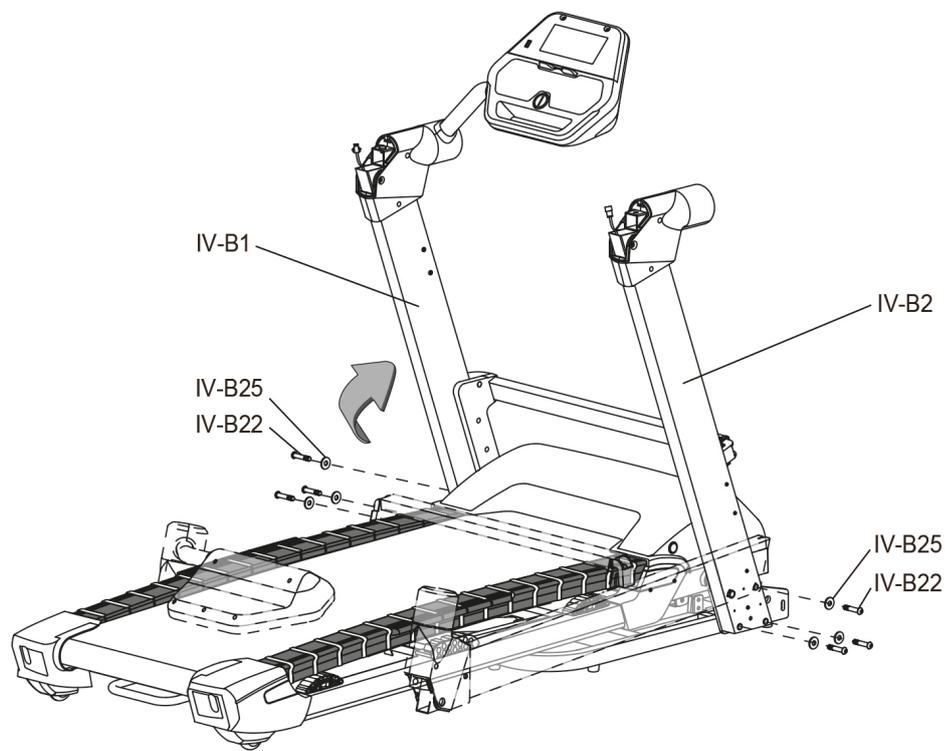
Before assembly, take a close look at the individual assembly steps shown and carry out the assembly in the order given.

① NOTICE

First loosely screw all parts together and check that they fit properly. Then tighten the screws using the tool only when you are instructed to do so.

Step 1: Mounting the console upright posts

1. At first, turn carefully both frame upright posts up for the console (**VI-B1** and **VI-B2**). Please make sure that the cables do not get clamped.
2. Align the holes of the upright posts with those of the treadmill frame.
3. Fix this position with three screws (**VI-B22**) and three washers (**VI-B25**) each on each side.
4. Tighten the screws.



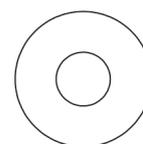
USE TOOL



IV-B22
M10 X 50 mm x 6 pcs

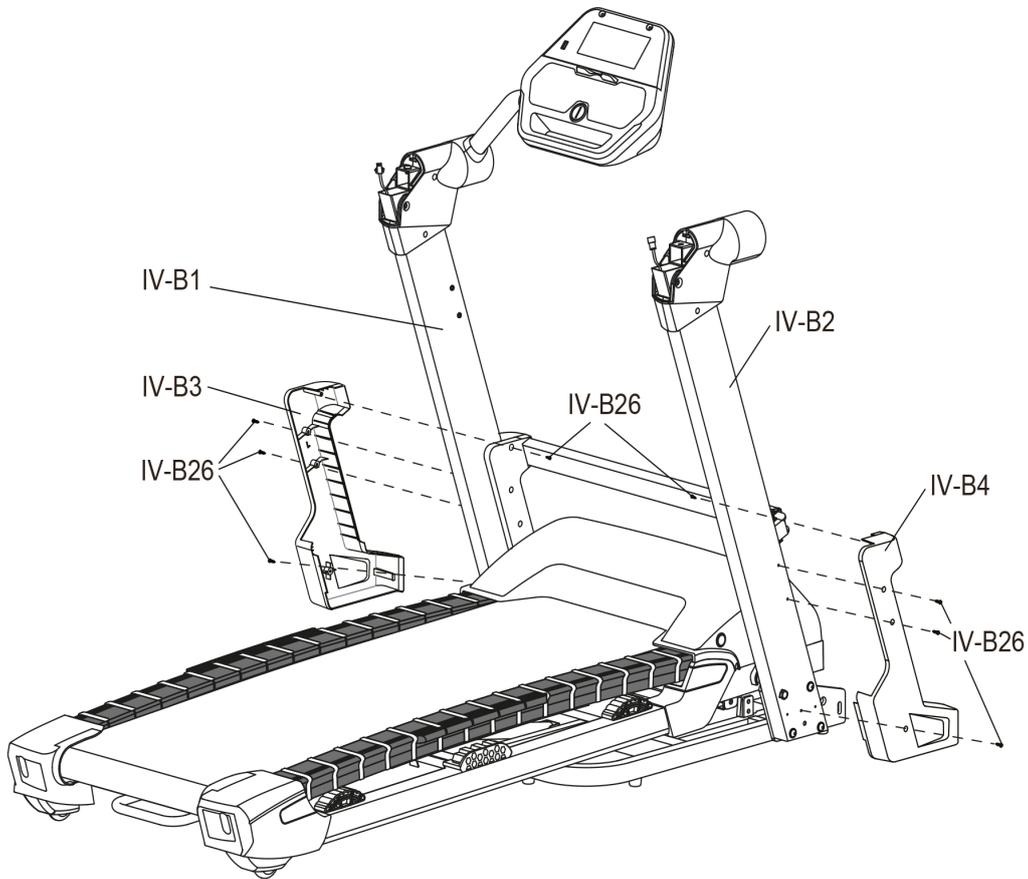


IV-B25
D10 x 6 pcs



Step 2: Mounting of the covers

1. Place both covers (**VI-B3** and **VI-B4**) on the frame and mount the frame with eight screws (**B26**).
2. Tighten the screws.



USE TOOL

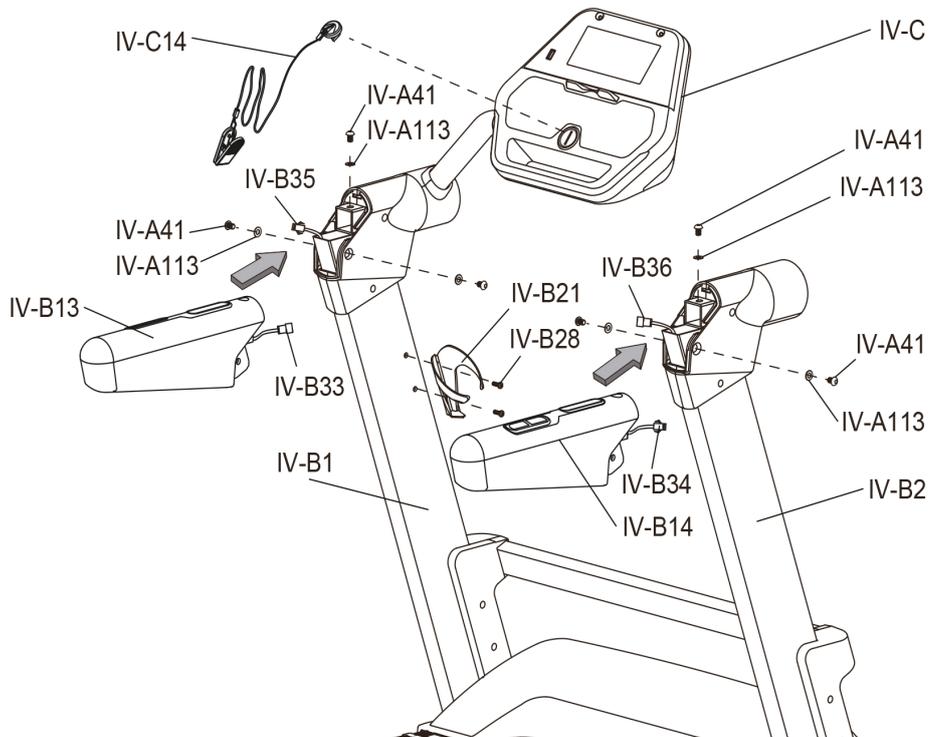


IV-B26
ST3.9 X 14 mm x 8 pcs



Step 3: Mounting the handrails

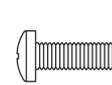
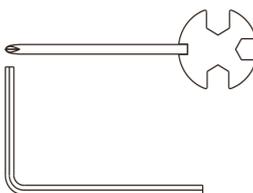
1. Remove the pre-mounted screws (**VI-A41**) and spring washers (**VI-A113**) from the console upright posts.
2. Connect the cable (**VI-B33**) of the left handrail (**VI-B13**) with the cable (**VI-B35**) of the left console upright post (**VI-B1**). Now mount the handrail on the console upright post with the previously loosened screws and spring washers. Please make sure that the cables do not get clamped.
3. Connect the cable (**VI-B34**) of the right handrail (**VI-B14**) with the cable (**VI-B36**) of the right console upright post (**VI-B2**). Now mount the handrail on the console upright post with the previously loosened screws and spring washers. Please make sure that the cables do not get clamped.
4. Mount the cup holder (**B21**) with the screws (**B28**) on the console upright post.
5. Insert the safety key (**VI-C14**).



IV-A41
M8 X 16 mm x 6 pcs

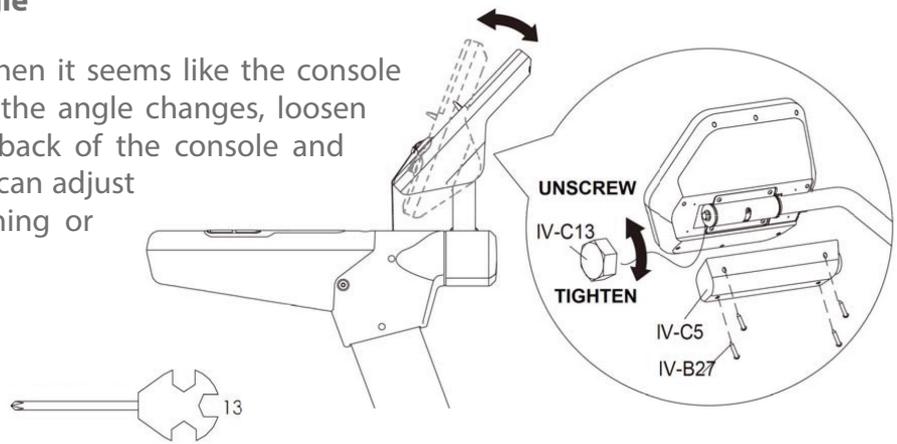
IV-A113
D8 x 6 pcs

IV-B28
M5 X 16 mm x 2 pcs



Step 4: Adjust the console angle

The angle can be adjusted. When it seems like the console is not mounted correctly and the angle changes, loosen both screws (**VI-B27**) on the back of the console and remove the cover (**VI-C5**). You can adjust the console incline by tightening or loosening the screw (**VI-C13**).



Step 5: Connecting the device to the mains supply

► **ATTENTION**

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

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

3 OPERATING INSTRUCTIONS

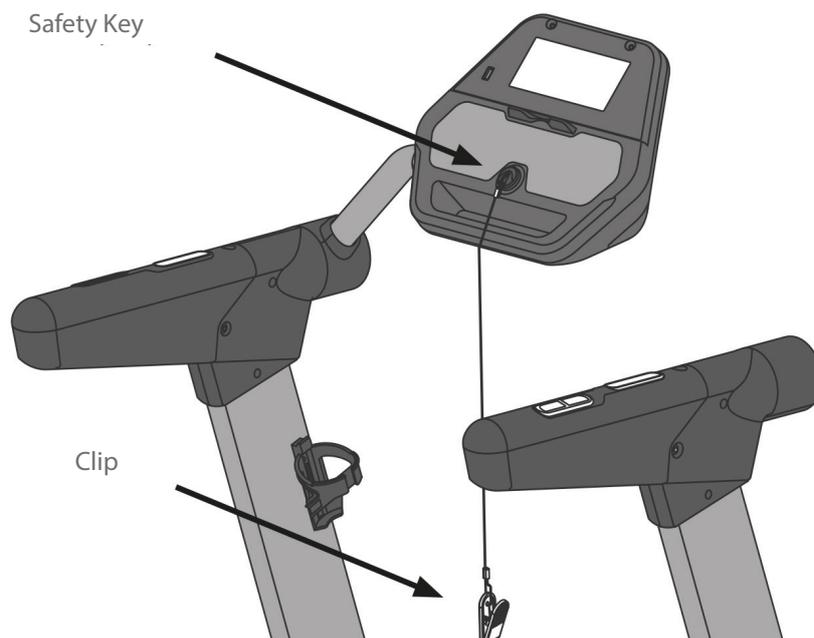
① NOTICE

Familiarise yourself with all the functions and setting options of the device before starting training. Have the proper use of this product explained to you by a specialist.

SAFETY KEY

⚠ WARNING

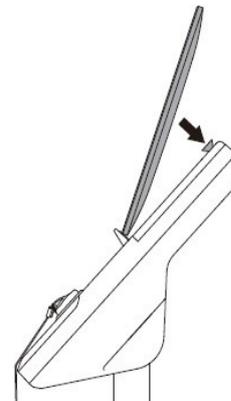
- + For your safety, the device is equipped with an EMERGENCY STOP function. The equipment can only be operated if the safety key is correctly attached to the contact point of the cockpit. If the safety key is no longer on the contact point, the equipment automatically stops. Therefore, the Safety Key cord with the clip must be attached to your clothing before every training session. If you want to quickly stop the treadmill, if you can no longer control the speed, or if another emergency occurs, remove the safety key from the cockpit using the cord.
- + To enable the safety key to detach from the contact point of the cockpit in the event of a fall, the safety key clip must be firmly attached to your clothing!
- + Make sure that the safety key is not accessible to children.



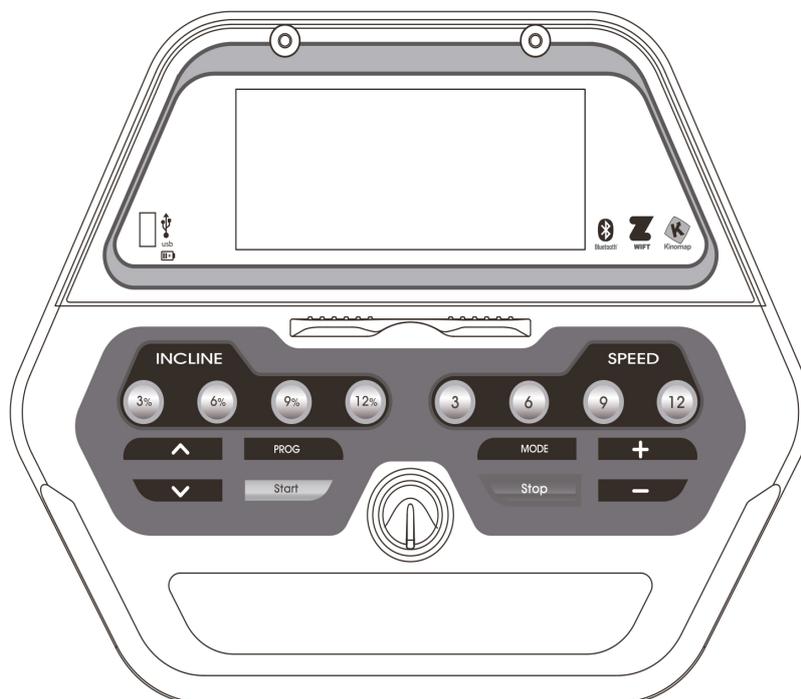
There are two suction pads above the console housing to securely fix the tablet/smartphone.

► **ATTENTION**

- + The material of the rear cover of the tablet/smartphone may affect the fixing stability.
- + Be careful when moving and/or taking off the tablet/smartphone.



3.1 Console display



CAL	Displays the burnt calories from 0 to 999. When a calories target is entered, it is counted down; otherwise, it is counted up.
TIME	Displays the training time from 0:00 to 99:59 minutes. When a time target is entered, it is counted down; otherwise, it is counted up.
HRP	Displays the current heart rate when a compatible chest strap is worn.
SPEED	Displays the current speed. Range from 1 to 18 km/h.
DISTANCE	Displays the covered distance from 0.00 to 99.9 km. When a distance target is entered, it is counted down; otherwise it is counted up.
INCLINATION	Displays the current incline from 0 to 15%

3.2 Button functions

Prog	Press the PROG button in the start menu to choose the desired programme.
Mode	Conform the current selection; switching the target settings of single programmes (time, distance, calories).
Start	Start the chosen programme. The optional setting of target settings (time, distance, calories) is skipped.
Stop	Stops the current training programme.
Speed +/-	Accelerate or slow down the treadmill.
Speed 3/6/9/12	Quick keys for speed in km/h.
Incline up/down	Increase or reduce the incline.
Incline 3/6/9/12	Quick keys for incline in %.
ODO	Press the SPEED+ and SPEED - buttons at the same time in the Standby mode for three seconds to get to the odometer. Here, the total covered distance on the treadmill is displayed. In order to reset the odometer, you press the STOP button for three seconds.
OIL	<p>► ATTENTION</p> <p>Every 100 km the warning OIL is displayed to remind you of lubricating the running mat. Press and hold the STOP button for five seconds. Proceed as described in section 5.3.3 of this manual. Press and hold the stop button for about 5 seconds to hide the message.</p>

3.3 Programmes

We recommend you to disconnect the treadmill from the power outlet everytime you are finished with your training. If you would like to start training again just reconnect the treadmill to the power outlet and press the START button to gain access to the main menu.

1. This treadmill offers you many different training modes. While you are in the main menu, you are able to choose the desired programme by pressing the PROG button repeatedly. The following training modes you can choose from are:
 - + Manual Mode: you can simply start running or achieve target values (Countdown): time, distance, calories. You have various adjustment options. The training will be stopped once one of your entered target values have been reached.
 - + 20 preset profile programmes with predefined changes of load (see table).
 - + 2 heart rate controll programmes: incline and speed.
 - + 3 user profile programmes (for each user).
 - + Body fat testing programme.
2. Quick start: to start the treadmill put the safety key into the provided socket and press the START button. Press the START button again once you enter the main menu to start your training immediately. The treadmill will start a three seconds countdown and will the motor is started. All of the training values are counted up.
3. While you are in the standby mode you are able to examine the total milage of your treadmill by pressing both of the SPEED buttons (+ and -) at the samer time for 3 seconds. If you wish to reset the total milage, please press the STOP button for three seconds.
4. You can change both the speed and the incline of the treadmill at any time while you are training. Use the SPEED + or the SPEED - button to change the speed and the INCLINE up and the INCLINE down button to adjust the treadmill's incline. Furthermore there are four quick keys provided that offer you preset settings for both speed and incline.

3.3.1 Manual programme

1. The manual programme is started automatically when you turn on the treadmill. Press the START button to start your training immediately. The treadmill starts operating slowly. You can adjust the speed and the incline with both the arrow buttons and the quick keys whenever you want. All of the training values are counted up.
2. You can also set target values for: time, distance and calories. Press the MODE button instead of the START button and you will be asked to set a running time. Instead of being counted up, the time is counted down. You may want to adjust the target time with the arrow buttons.
3. If you press the MODE button once more you will be able to set a target distance and then a target calorie consumption. You can set only one target value or more. The programm will stop once one of your target values is reached.

3.3.2 Pre-set profile programmes

1. While you are in the main menu, press the PROG button to choose from the provided programmes.
2. The length of all the programmes is pre-set to 10 minutes, but you can change the time by pressing the SPEED +/- and the INCLINE arrow buttons (range 5 to 99 minutes).
3. Press the START button to start your training.
4. The pre-set programmes are divided into 20 sections. For each section a fixed value for the speed and the incline is set. Everytime you are finished with one section you will hear a beep.
5. Use the SPEED +/- buttons, the INCLINE up/down buttons or the quickkeys, if you wish to change the speed or the incline for the current section. Once you reach another section all of the values are reset to the original pre-set settings. The following table provides you with information about programme settings.

		Speed or Incline per section (Duration = Total time/20)																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P01	SPEED	3	4	5	5	6	5	5	4	5	5	6	5	5	4	5	5	6	5	5	3
	INCLINE	2	2	3	2	3	2	3	2	3	3	2	2	3	3	2	2	3	3	2	2
P02	SPEED	3	5	6	7	7	6	6	7	7	6	6	7	7	6	6	7	7	6	5	3
	INCLINE	3	4	5	5	4	4	3	3	4	4	5	5	4	4	3	3	4	4	2	2
P03	SPEED	5	10	6	11	7	12	8	12	9	6	10	7	11	8	12	7	11	9	6	3
	INCLINE	3	4	5	6	5	4	5	6	5	4	5	6	5	4	5	6	5	4	3	2
P04	SPEED	5	7	8	9	9	9	8	8	9	9	9	8	8	9	9	9	8	8	6	5
	INCLINE	2	2	3	3	4	4	3	3	4	4	3	3	4	4	3	3	4	4	3	2
P05	SPEED	5	8	10	11	11	10	10	9	9	10	10	11	11	10	10	11	11	8	6	5
	INCLINE	3	3	4	4	5	5	4	4	5	5	4	4	5	5	4	4	5	5	3	2
P06	SPEED	4	6	7	8	9	10	10	9	9	10	10	10	9	9	10	10	10	8	6	3
	INCLINE	0	0	1	1	1	2	2	2	1	1	1	0	0	1	1	2	2	1	1	0
P07	SPEED	4	7	8	8	9	9	10	8	8	9	9	10	9	8	9	9	8	8	5	3
	INCLINE	2	5	1	4	2	6	4	6	3	0	1	5	2	6	3	0	2	5	3	1
P08	SPEED	4	6	8	9	9	8	8	9	9	9	8	8	8	9	9	9	8	7	5	3
	INCLINE	6	8	12	6	11	8	10	6	8	10	12	10	8	12	7	10	10	8	6	2
P09	SPEED	5	7	10	11	12	11	11	10	9	10	11	11	12	11	11	10	10	9	8	4
	INCLINE	2	3	4	5	6	6	5	5	4	4	5	5	6	6	5	5	4	4	3	2
P10	SPEED	6	8	10	11	12	12	11	9	10	11	12	11	10	11	12	10	12	8	8	4
	INCLINE	4	5	6	7	6	5	6	7	6	5	6	7	6	5	6	7	6	7	5	2
P11	SPEED	6	9	11	12	12	12	11	11	10	11	12	12	11	12	12	11	11	10	9	5
	INCLINE	2	4	6	8	7	6	7	8	7	6	7	8	7	6	7	8	7	6	3	2
P12	SPEED	3	6	8	8	8	9	9	8	8	8	9	9	8	8	8	9	9	7	5	3
	INCLINE	2	2	3	3	3	2	2	3	3	3	2	2	3	3	3	2	2	3	3	2

P13	SPEED	5	7	9	10	10	11	11	12	11	11	10	10	11	11	12	11	11	9	7	3
	INCLINE	3	3	4	4	5	4	4	3	4	4	5	5	4	4	3	4	4	5	4	3
P14	SPEED	5	8	9	9	9	10	10	9	9	9	10	10	9	9	9	10	10	8	5	3
	INCLINE	2	3	4	4	4	3	3	4	4	4	3	3	4	4	4	3	3	4	3	2
P15	SPEED	5	6	7	8	8	8	9	9	9	8	8	8	9	9	9	8	8	8	5	3
	INCLINE	1	1	2	3	3	3	2	2	2	3	3	3	2	2	2	3	3	3	2	1
P16	SPEED	4	5	6	6	7	7	7	8	7	7	6	6	7	7	7	8	7	7	6	3
	INCLINE	0	0	1	1	1	1	1	0	1	1	1	1	1	1	1	0	1	1	0	0
P17	SPEED	5	8	9	10	10	10	10	10	10	10	10	10	10	10	10	10	10	8	5	
	INCLINE	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
P18	SPEED	5	9	11	11	12	12	13	13	12	12	13	13	12	12	13	13	12	10	7	5
	INCLINE	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
P19	SPEED	5	10	12	12	13	13	14	14	13	13	14	14	13	13	12	12	11	11	8	5
	INCLINE	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
P20	SPEED	5	10	12	12	14	14	15	15	14	14	15	15	14	14	15	15	12	12	8	5
	INCLINE	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

3.3.3 User-defined programmes

You can choose from three freely adjustable user-defined programmes (U1 to U3). Here you can set the values (speed and incline) for each section as you desire and save your settings as your own programme.

1. Select the user-defined programme with the PROG button. Now press the MODE button. You can set the values for both speed and incline with the SPEED +/- and the INCLINE up/down buttons for every section. Once you are finished with one section press the MODE button to get to the next section and repeat the process until you have set all the desired values for all the 20 sections. Once you are done with all the settings, your programme will be saved.
2. Choose your programme with the PROG button and press the START button to start your training. The treadmill will start operating.

3.3.4 Heart rate controlled programmes (HRC)

⚠ 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.

There are two heart rate programmes: HP1 with a maximum speed of 10 km/h and HP2 with a maximum speed of 12 km/h.

📌 NOTICE

We recommend you to wear a chest strap with a digital heart rate sensor to transmit your heart rate correctly. You should not touch the hand pulse sensors while you are training.

To select these programmes use the PROG button. Now press the MODE button to enter your target heart rate. This table can be used as orientation:

HEART RATE REFERENCE											
BPM				BPM				BPM			
Age	Min	Def	Max	Age	Min	Def	Max	Age	Min	Def	Max
15	123	123	195	37	110	110	174	59	97	97	153
16	122	122	194	38	109	109	173	60	96	96	152
17	122	122	193	39	109	109	172	61	95	95	151
18	121	121	192	40	108	108	171	62	95	95	150
19	121	121	191	41	107	107	170	63	94	94	149
20	120	120	190	42	107	107	169	64	94	94	148
21	119	119	189	43	106	106	168	65	93	93	147
22	119	119	188	44	106	106	167	66	92	92	146
23	118	118	187	45	105	105	166	67	92	92	145
24	118	118	186	46	104	104	165	68	91	91	144
25	117	117	185	47	103	103	164	69	91	91	143
26	116	116	184	48	103	103	163	70	90	90	143
27	116	116	183	49	103	103	162	71	89	90	142
28	115	115	182	50	102	102	162	72	89	90	141
29	115	115	181	51	101	101	161	73	88	90	140
30	114	114	181	52	101	101	160	74	88	90	139
31	113	113	180	53	100	100	159	75	87	90	138
32	113	113	179	54	100	100	158	76	86	90	137
33	112	112	178	55	99	99	157	77	86	90	136

34	112	112	177	56	98	98	156	78	85	90	135
35	111	111	176	57	98	98	155	79	85	90	134
36	110	110	175	58	97	97	154	80	84	90	133

The heart rate programmes always start with a short warm-up. Afterwards the computer calculates the difference between the set target heart rate and your current heart rate. If your heart rate is lower than the target heart rate your treadmill will increase the speed in steps of 0,5 km/h until the target heart rate and your own heart rate match or the maximum speed is reached. In case your heart rate is still lower than the target heart rate when the maximum speed is reached, your treadmill will start to increase the incline. Once your heart rate is higher than the target heart rate, the treadmill will at first decrease the incline and then the speed.

3.3.5 Body fat test

1. When the treadmill is not operating, press the PROG button to get to the body fat test.
2. You will be asked to enter your: F-1 – Sex / F-2 – Age / F-3 – Height / F-4 – Weight. Set the values by using the arrow buttons. To proceed with the next value press the MODE button.
3. Once you have entered all the values, you automatically get to step F-5. Put your hands around the hand pulse sensors for a few seconds and a rating of your weight will be displayed. The following table gives an overview of the possible results.

FAT	Category	Setting/Testing data	
F-1	Sex	01-male	02- female
F-2	Age	10-99 (25)	
F-3	Height	100-200 (170)	
F-4	Weight	20-150 (70)	
F-5	Grade		
	<19	A bit slim	
	19~25	Normal	
	25~29	Overweight	
	>29	Obese	

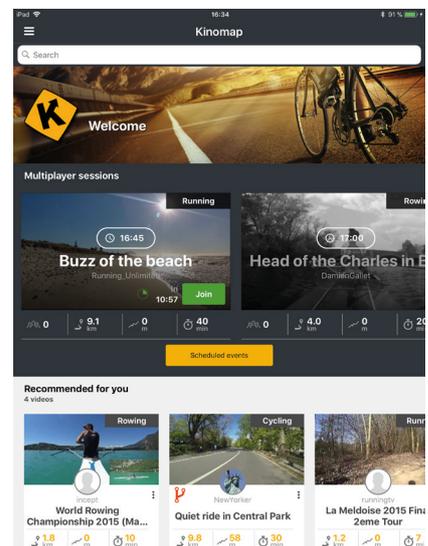
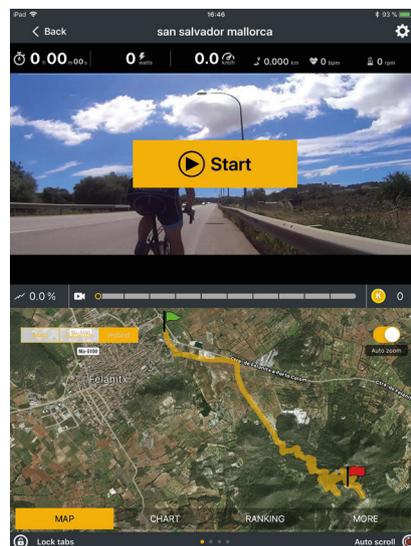
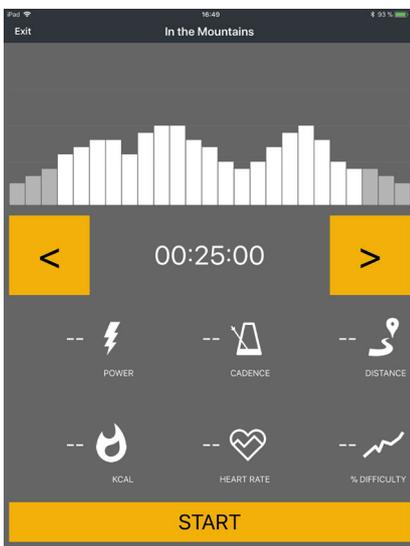
3.4 Bluetooth and Fitness Apps

NOTICE

This console is equipped with a bluetooth interface. Please take note that your mobile device needs to be compatible with the bluetooth interface of the treadmill (bluetooth 4.0).

To use training apps you will have to activate the bluetooth function on your mobile device (tablet or smart phone) and start the fitness app. Select your fitness equipment. Please follow the instructions given in the app. You will find the name of your fitness equipment on a small sticker on the back of the console.

You will find the fitness apps in the app stores of Google or Apple. There you will find the apps "Kinomap" or "Zwift". Please note that these apps are produced by an external manufacturer. Sport-Tiedje does not take any responsibility regarding the availability, functionality or contents of these programmes.



Example: Kinomap

4.1 General Instructions



WARNING

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

ATTENTION

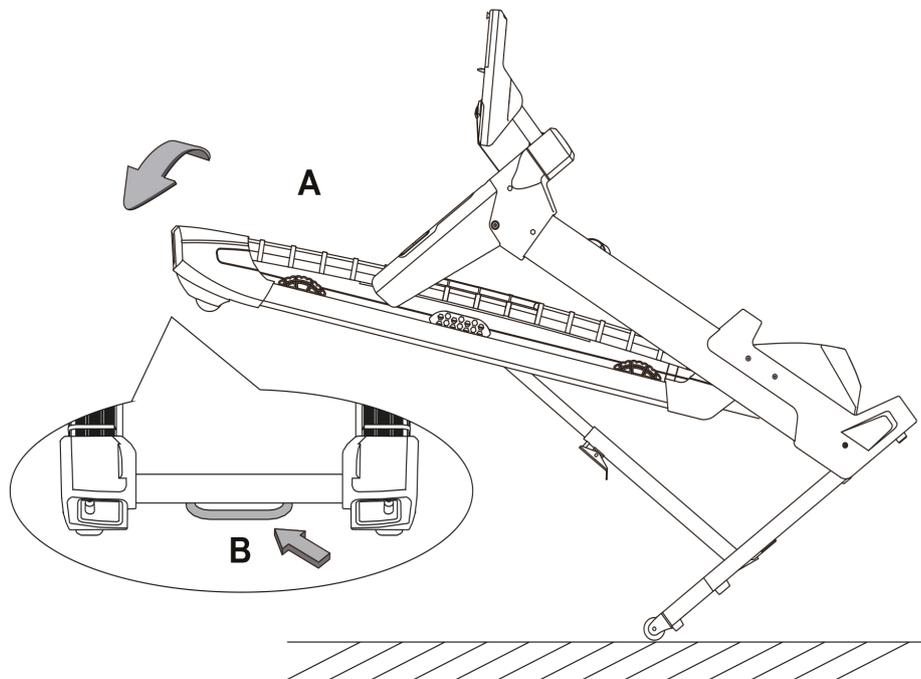
- + Make sure that the equipment is protected from moisture, dust and dirt in the selected storage location. The storage location should be dry and well ventilated and have a constant ambient temperature between 10°C and 35°C.

4.2 Transportation Wheels

ATTENTION

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

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



4.3 Folding Mechanism

WARNING

- + The treadmill is equipped with high-pressure shock absorbers that can cause the treadmill to suddenly open if handled incorrectly. For more information, refer to the general assembly instructions.
- + Do not lift the treadmill by the running mat or the rear transporting wheels. These parts do not lock and are difficult to grab.

NOTICE

The treadmill is foldable and thus saves space when it is stored. It also makes it easier to transport.

4.3.1 Folding Up the Treadmill

WARNING

- + Do not connect the equipment to the power supply when it is folded up. Try not to operate the equipment when it is folded up.
- + The running surface must have come to a complete stop before folding.

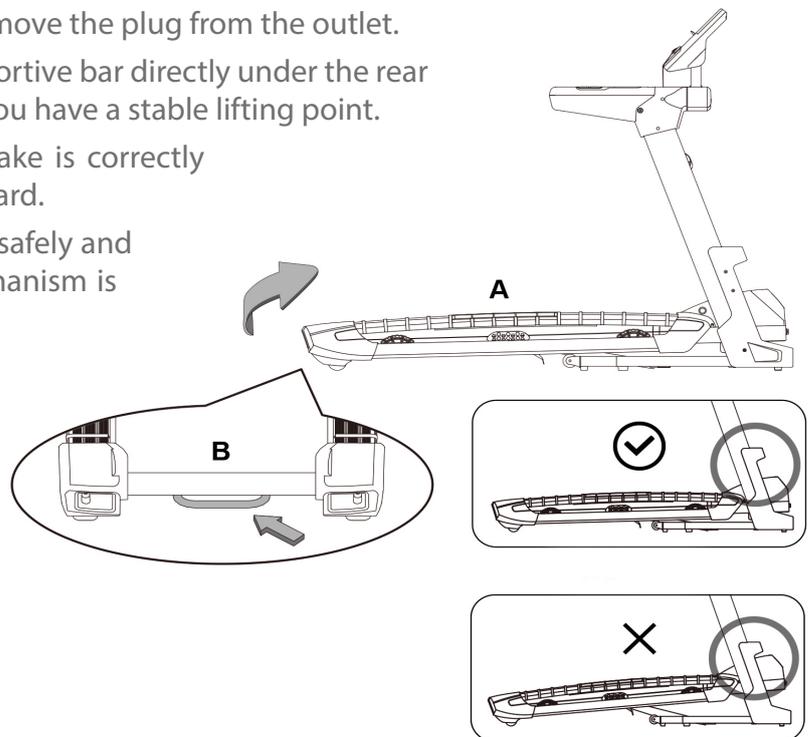
CAUTION

- + Do not lean on the equipment when it is folded and do not place anything on top of it that may make the equipment unstable or fall down.

ATTENTION

- + Make sure that nothing is standing next to or on top of the treadmill that can be spilled or thrown or that makes it impossible to fold the treadmill.

1. Turn off the on/off switch and remove the plug from the outlet.
2. Use both hands to grab the supportive bar directly under the rear part of the running mat so that you have a stable lifting point.
3. Make sure that the hydraulic brake is correctly locked and tilt the treadmill forward.
4. Make sure that you are standing safely and make sure that the locking mechanism is secure by pulling the equipment backwards and it does not move.



4.3.2 Unfolding the Treadmill

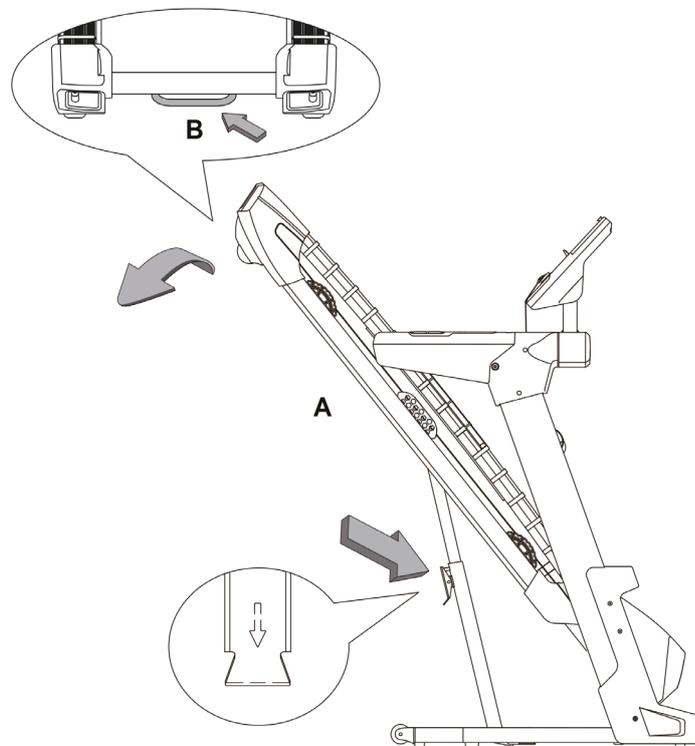
► **ATTENTION**

+ Make sure that nothing is standing next to or on top of the treadmill that can be spilled or thrown or that makes it impossible to unfold the treadmill.

1. Stand behind the treadmill and push the device slightly forward towards the display.
2. To release the hydraulic brake lock, use your left foot to push the upper part of the hydraulic brake slightly forward until the lock releases and the treadmill can be pulled back.
3. Keep holding the treadmill.

The hydraulic brake lowers itself gently downwards.

4. Once the treadmill has lowered $\frac{2}{3}$, you can let go of the treadmill.



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
Console is not responding	Safety key missing or not inserted correctly	Check whether Safety Key is inserted and insert if necessary
Running mat slanting	Running mat not centered	Adjust the running mat according to the instructions
Grinding noises		
Running mat slips through/stops	Tape tension/lubrication not correct	Check belt tension/lubrication according to instructions
Display is blank/is not working	+ Interrupted power connection + Loose cable connections	+ Power switch to on + Check whether Safety Key is plugged in + Check cable connections
No pulse display	+ Sources of interference in the room + unsuitable chest strap + Wrong position of chest strap + Chest strap defective or battery empty + Pulse display defective	+ Eliminate sources of interference (e.g. mobile phone, WLAN, lawn mower and vacuum cleaner robot, etc. ...) + Use a suitable chest strap (see RECOMMENDED ACCESSORIES). + Reposition chest strap and/or moisten electrodes + Changing batteries + Check if pulse display by hand pulse possible

5.3 Care and Maintenance

The most important maintenance measure is the care of the running mat. This includes adjustment, re-tensioning and lubrication of the running mat. Damage resulting from insufficient or neglected care is not covered by the warranty. You should therefore carry out maintenance checks at regular intervals. Be very careful when adjusting and tightening the running mat, as a strong over voltage or under voltage can cause damage to the equipment. The running mat is adjusted at the factory according to the regulations before delivery. However, it may happen that the running mat slips during transport.

5.3.1 Adjusting the Running Mat

During training, the running mat should run as centrally and straight as possible. The alignment of the running mat can change depending on the stress and load. Another reason can be the positioning of the equipment on an uneven surface.

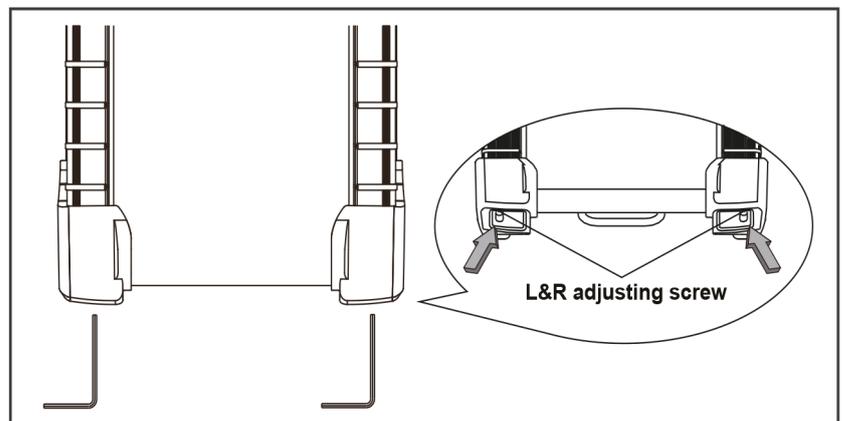


CAUTION

During the following maintenance nobody must be on the treadmill!

1. Let the treadmill run at a speed of 5 km/h.
2. If the running mat deviates to the left, turn the left adjusting screw at the rear end of the device max. one $\frac{1}{4}$ turn clockwise and the right adjusting screw max. one $\frac{1}{4}$ turn anticlockwise.

3. If the running mat deviates to the right, turn the right adjusting screw at the rear end of the device max. $\frac{1}{4}$ turn clockwise and the left adjusting screw max. $\frac{1}{4}$ turn anticlockwise.
4. Then observe the mat for about 30 seconds, as the change is not immediately visible.
5. Repeat this procedure until the running mat is straight again. If the running mat cannot be adjusted, please contact your contract partner.



5.3.2 Re-tensioning the Running Mat

If the running mat slips over the rollers during operation (if this is the case, there is a noticeable jerk during running), the running mat must be re-tightened.

In most cases, the slipping is caused by stretching of the mat through use. This is perfectly normal.



NOTICE

Re-tensioning is carried out using the same adjusting screws that are used for adjustment.

1. Let the treadmill run at a speed of 5km/h.
2. Turn the left and right adjusting screws directly one after the other, max. one ¼ turn clockwise.
3. Then check whether the running mat continues to slip. If this is the case, you must perform the described procedure again.

5.3.3 Lubricating the Running Mat (Tube)

If the running mat is not sufficiently lubricated, friction increases significantly and this leads to heavy wear of the endless belt, running plate, motor and circuit board. If you feel an increased friction of the running mat, this is an indication that you should lubricate the mat. However, lubrication should be carried out at least every 3 months or every 50 operating hours. Whichever case comes first.

ⓘ NOTICE

This maintenance must also be carried out after prolonged non-use of the equipment.

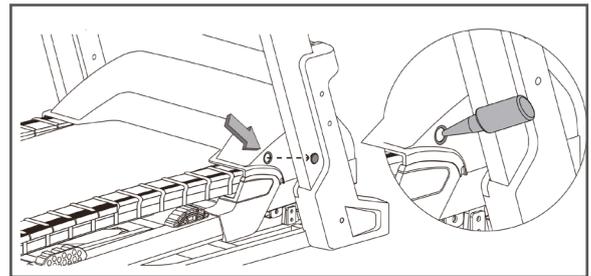
1. First, remove the small rubber cap from the cover of the motor. Behind the rubber cap, there is a small synthetic tube.
2. Fill the content of the provided silicone oil in to the tube. Put the rubber cap on again afterwards. In order to achieve a smooth lubrication, let the treadmill run at a low speed for some minutes.

▶ ATTENTION

Please pay attention to the fact that the treadmill will not be upfolded directly after the lubrication, because the silicone oil might run out of the smaller tube.

ⓘ NOTICE

Alternatively the lubrication of the running mat can also be carried out manually with silicone spray. Please refer to the following section on how to carry out lubrication manually. Every treadmill is delivered with a small bottle of silicone oil. When your oil is used, please contact your contract partner to purchase new silicone oil.



5.3.4 Lubricating the Running Mat (Running Deck)

If the running mat is not sufficiently lubricated, friction increases significantly and this leads to heavy wear of the endless belt, running plate, motor and circuit board. If you feel an increased friction of the running mat, this is an indication that you should lubricate the mat. However, lubrication should be carried out at least every 3 months or every 50 operating hours. Whichever case comes first.

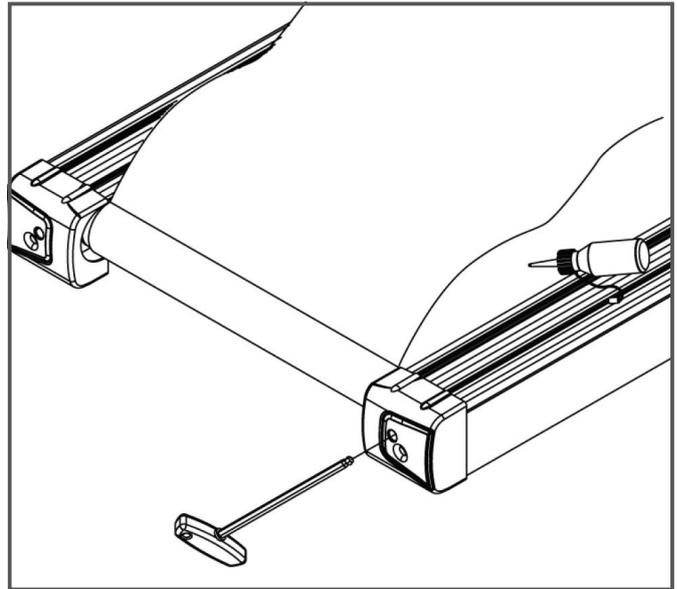
ⓘ NOTICE

- + This maintenance must also be carried out after prolonged non-use of the equipment.
- + If your treadmill is equipped with a folding mechanism, you can also lubricate it manually when it is folded.

1. Raise the running mat slightly.
2. Apply some lubricating oil or silicone spray to the entire deck and distribute evenly.
3. Continue turning the belt by hand so that the entire surface between the endless belt and the running plate is lubricated.
4. Wipe off the excess lubricating oil or silicone spray.

ⓘ NOTICE

This maintenance must also be carried out after prolonged non-use of the equipment.



5.4 Maintenance and Inspection Calendar

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

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

Part	Weekly	Monthly	Quarterly	Half-yearly	Yearly
Display console	C	I			
Tension of the running mat				I	
Lubrication of the running mat			I		
Plastic covers	C	I			
Screws and cable connections		I			
Legend: C = clean; I = inspect					

6 DISPOSAL

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



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

7 RECOMMENDED ACCESSORIES

To make your training experience even more efficient and pleasant, we recommend that you add suiting accessories to your fitness equipment. 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



silicone spray



chest strap contact gel



towels

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.
IV-A	BASE FRAME	1	IV-A36	REAR RUNNING BELT ROLLER	1
IV-A1	MAIN FRAME	1	IV-A37	PLATE	2
IV-A2	RUNNING DECK 1283*520*6T	1	IV-A38	NOISE REDUCTION CUSHION	2
IV-A3	RUNNING BELT 3020*500*2.0T	1	IV-A39	NOISE REDUCTION CUSHION	2
IV-A5	FRONT SUPPORTING TUBE	1	IV-A40	CAP	1
IV-A6	MOTOR COVER UPPER	1	IV-A41	SCREW M8X16MM	10
IV-A7	MOTOR COVER LOWER	1	IV-A42	SPRING STEEL	2
IV-A8	BASE FRAME (SMALL)	1	IV-A43	SUPPORTING STEEL	2
IV-A9	BASE FRAME (LARGE)	1	IV-A44	NOISE REDUCTION CUSHION OF SUPPORTING ST	2
IV-A10	MOTOR	1	IV-A45	THE FIRST (1st) RUNNING BOARD	1
IV-A11	Power Incline Motor	1	IV-A46	THE SECOND(2nd) RUNNING BOARD	1
IV-A12	LOWER CONTROL BOARD ASSEMBLY	1	IV-A47	THE MIDDLE (3rd -15th) RUNNING BOARD	13
IV-A13	FRONT RUNNING BELT ROLLER	1	IV-A48	THE END (16th) RUNNING BOARD	1
IV-A14	BELT 210 J6	1	IV-A49	DECORATION COVER (the last 16th) 52L	2
IV-A15	POWER SOCKET	1	IV-A50	DECORATION COVER (the middle 2nd ~6th/middle 12th ~ 15t 76L)	18
IV-A16	ON/OFF ROCKER SWITCH	1	IV-A51	DECORATION COVER (the middle 8th~10th)	6
IV-A17	CIRCUIT BREAKER MODULE	1	IV-A52	DECORATION COVER (the middle 7th)	2
IV-A18	SIDE RAIL 57. *52. *1100L	2	IV-A53	DECORATION COVER (the middle 11th)	2
IV-A19	RUBBER WASHER(BIG)	2	IV-A54	RUBBER SPACER	30
IV-A20	RUBBER WASHER(SMALL)	4	IV-A55	TUBE φ14*φ10*350L	1
IV-A21	MOVING WHEEL	2	IV-A56	R TYPE CLIP φ14	4
IV-A22	MOVING WHEEL φ8.2*φ55*T27 BK	2	IV-A57	WASHER φ8.5*φ38*2T	32
IV-A23	RUBBER WASHER	6	IV-A58	SCREW M8*35*S15L	16
IV-A24	Gas Cylinder Assembly	1	IV-A59	SCREW M8*42*S15L	16
IV-A29	DECORATION COVER (the 1st one) 62L	2	IV-A60	PLATE 25*50*2T	2
IV-A30	MOTOR SIDE COVER (L)	1	IV-A61	SCREW M6*35	4
IV-A31	MOTOR SIDE COVER (R)	1	IV-A62	PLATE 20*50*2T	2
IV-A32	SIDE COVER INNER (L)	1			
IV-A33	SIDE COVER INNER (R)	1			
IV-A34	SIDE COVER OUTER (L)	1			
IV-A35	SIDE COVER OUTER (R)	1			

IV-A64	SCREW $\phi 6 \times 5$.	2	IV-A113	WASHER $\phi 8.5 \times \phi 17 \times 2T$	25
IV-A66	NUT M8	46	IV-A115	SQUARE END CAP	2
IV-A67	WASHER $\phi 6.5 \times \phi 13 \times 1.5T$	4	IV-A116	INDUCTANCE	1
IV-A68	NUT M6	4	IV-A117	ELECTRIC FILTER	1
IV-A69	BOLT M8*70*S6	3	IV-A118	INDUCTANCE PLATE 100*45*2T	1
IV-A70	SCREW ST4.8*19	12	IV-B	LEFT & RIGHT UPRIGHT POST SET	2
IV-A71	SCREW ST4.2*16	6			
IV-A72	SCREW M8*45*S15L	2	IV-B1	UPRIGHT POST (L)	1
IV-A73	SCREW M4*10	9	IV-B2	UPRIGHT POST (R)	1
IV-A74	SPRING WASHER M4	11	IV-B3	UPRIGHT POST COVER OUTER (L)	1
IV-A75	WASHER M4	11			
IV-A77	SCREW M8*30*S15L	1	IV-B4	UPRIGHT POST COVER OUTER (R)	1
IV-A78	SCREW M8*50*S10L	1	IV-B5	UPRIGHT POST COVER INNER (L)	1
IV-A81	BOLT M10*50*S20L	2			
IV-A83	FLAT SCREW M10*22	2	IV-B6	UPRIGHT POST COVER INNER (R)	1
IV-A84	SCREW M8*40*S18L	10			
IV-A87	POWER CONNECT WIRE 100L BLUE	1	IV-B7	FRONT HANDLE BAR COVER OUTER	2
IV-A88	POWER CONNECT WIRE 350L BROWN	1	IV-B8	FRONT HANDLE BAR COVER INNER	2
IV-A89	POWER CABLE	1	IV-B9	CONSOLE TUBE COVER INNER (L)	1
IV-A90	POWER CONNECT WIRE 350L BLUE	2			
IV-A91	GROUND WIRE	1	IV-B10	CONSOLE TUBE COVER OUTER (L)	1
IV-A92	PLATE	1	IV-B11	HANDLE BAR COVER LOWER	2
IV-A94	PLATE	1	IV-B12	HANDLE BAR SUPPORTING TUBE	2
IV-A95	SCREW M4*15	2	IV-B13	HANDLE BAR COVER UPPER (L)	1
IV-A96	BOLT M10*65*S20L	1	IV-B14	HANDLE BAR COVER UPPER (R)	1
IV-A97	BOLT M10*50*S20L	1	IV-B15	HANDLE PULSE HOUSING (L)	1
IV-A98	MAGNET $\phi 31 \times \phi 19 \times 13T$	1	IV-B16	HANDLE PULSE HOUSING (R)	1
IV-A99	SENSOR BLOCK L500/3PIN	1	IV-B17	HANDLE PULSE (L)	2
IV-A100	SCREW ST2.9*8	2	IV-B18	HANDLE PULSE (R)	2
IV-A101	MOTOR CABINET	1	IV-B19	HANDLE BAR BUTTON PANEL (L)	1
IV-A102	SCREW M8*16	4			
IV-A103	SCREW M8*12	2	IV-B20	HANDLE BAR BUTTON PANEL (R)	1
IV-A108	SENSOR BLOCK SUPPORT	1			

IV-B21	BOTTLE HOLDER	1	IV-C	CONSOLE	1
IV-B22	SCREW M10*50*S15L	6	IV-C1-V2	Computer cover -top	1
IV-B23	SCREW M10*60*S15L	2	IV-C2	LCD+UPPER CONTROL BOARD ASSEMBLY	1
IV-B24	NUT M10	6			
IV-B25	WASHER D10*φ20*2T	12	IV-C3	Computer cover -upper	1
IV-B26	SCREW ST3.9*14	79	IV-C4	FIXED PIPE	1
IV-B27	SCREW ST2.9*10	26	IV-C5	Computer cover	1
IV-B28	SCREW M5*16	2	IV-C6	BUSHING	2
IV-B29	SCREW ST3.9*12	6	IV-C7	SCREW ST4.8x12	4
IV-B30	SCREW PIN	2	IV-C8	SCREW M5x12	1
IV-B31	CONSOLE TUBE COVER INNER (R)	1	IV-C9	BUSHING SLEEVE	1
IV-B32	CONSOLE TUBE COVER OUTER (R)	1	IV-C10	WASHER φ8*φ45*2T	1
IV-B33	HANDLE BAR Cable(L) L400/5PIN	1	IV-C11	SPRING WASHER M8	7
IV-B34	HANDLE BAR Cable(R) L400/5PIN	1	IV-C13	BOLT M8*30	2
IV-B35	HANDLE BAR Cable(M) L850/5PIN	1	IV-C14	Safe key clip + cotton string	1
IV-B36	UPRIGHT POST Cable(R) L1500/5PIN	1	IV-C15-V2	COMPUTER STICKER UPPER	1
IV-B37	UPRIGHT POST Cable(L) L2000/5PIN	1	IV-C16	COMPUTER STICKER LOWER	1
IV-B38	UPRIGHT POST Cable(L) L2000/5PIN	1	IV-C17	COMPUTER MEMBRANE SWITCH	1
IV-B39	Computer Cable L1300/5PIN*2	1	IV-C18	SPEED MEMBRANE SWITCH	1
			IV-C19	INCLINE MEMBRANE SWITCH	1

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

Error Descriptions

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

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

Your statutory rights are not affected.

Warrantee

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

Warranty period

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

Repair Costs

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

The terms of use are defined as follows:

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

Warranty Service

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

Warranty Conditions

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

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

Warranty claims are invalid in case of damage resulting from:

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

Proof of Purchase and Serial Number

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

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

Service outside of the Warranty Period

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

Communication

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

DE	DK	FR
<p>TECHNICAL SUPPORT</p> <p> +49 4621 4210-900</p> <p> +49 4621 4210-698</p> <p> technik@sport-tiedje.de</p> <p> Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p> <p>SERVICE</p> <p> 0800 20 20277 (Freecall)</p> <p> info@sport-tiedje.de</p> <p> Mo - Fr 08:00 - 21:00 Sa 09:00 - 21:00 So 10:00 - 18:00</p>	<p>TECHNICAL SUPPORT & SERVICE</p> <p> 80 90 16 50</p> <p>+49 4621 4210-945</p> <p> info@fitshop.dk</p> <p> Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p>	<p>TECHNICAL SUPPORT & SERVICE</p> <p> +33 (0) 172 770033</p> <p>+49 4621 4210-933</p> <p> service-france@fitshop.fr</p> <p> Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p>
	PL	BE
	<p>TECHNICAL SUPPORT & SERVICE</p> <p> 22 307 43 21</p> <p>+49 4621 42 10-948</p> <p> info@fitshop.pl</p> <p> Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p>	<p>TECHNICAL SUPPORT & SERVICE</p> <p> 02 732 46 77</p> <p>+49 4621 42 10-932</p> <p> info@fitshop.be</p> <p> Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p>

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

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

www.sport-tiedje.com/en/stores

WE LIVE FITNESS

WEBSHOP AND SOCIAL MEDIA

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

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!

