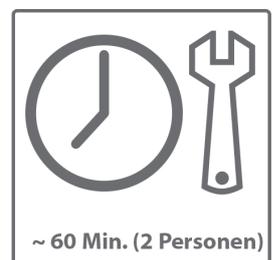
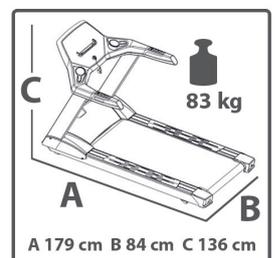




## Assembly and Operating Instructions



CSTTR30.03.03

Art. No. CST-TR30-3

Treadmill **TR30**



# Content

<b>1</b>	<b>GENERAL INFORMATION</b>	<b>7</b>
1.1	Technical Data	7
1.2	Personal Safety	8
1.3	Electrical Safety	9
1.4	Set-Up Place	10
<b>2</b>	<b>ASSEMBLY</b>	<b>11</b>
2.1	General Instructions	11
2.2	Scope of Delivery	12
2.3	Assembly instructions	14
<b>3</b>	<b>OPERATING INSTRUCTIONS</b>	<b>19</b>
3.1	Console display	20
3.2	Button functions	22
3.3	Programmes	23
3.3.1	Pre-set programmes	23
3.3.2	Challenge programmes	27
3.3.3	Customised programmes	28
3.3.4	Virtual simulations	29
3.3.5	HRC programmes (pulse control)	30
3.4	User Setting	31
<b>4</b>	<b>STORAGE AND TRANSPORT</b>	<b>32</b>
4.1	General Instructions	32
4.2	Transportation Wheels	32
4.3	Folding Mechanism	33
4.3.1	Folding Up the Treadmill	33
4.3.2	Unfolding the Treadmill	34
<b>5</b>	<b>TROUBLESHOOTING, CARE AND MAINTENANCE</b>	<b>35</b>
5.1	General Instructions	35
5.2	Faults and Fault Diagnosis	35
5.3	Error codes and troubleshooting	36
5.4	Care and Maintenance	37
5.4.1	Adjusting the Running Mat	37
5.4.2	Re-tensioning the Running Mat	38
5.4.3	Lubricating the Running Mat	38
5.5	Maintenance and Inspection Calendar	39

6	DISPOSAL	39
7	RECOMMENDED ACCESSORIES	40
8	ORDERING SPARE PARTS	41
8.1	Serial Number and Model Name	41
8.2	Parts List	42
8.3	Exploded Drawing	47
9	WARRANTY	49
10	CONTACT	51

## 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

Sport-Tiedje GmbH  
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

### LED display of

- + speed in km/h
- + training time in min
- + training distance in km
- + calories burnt in kcal
- + heart rate (when using the hand sensors or a chest strap)
- + incline in %
- + Steps
- + Programme profile

Motor output: 2.5 HP continuous output (DC motor)

Speed range: 0.8 - 18 km/h

Speed hot keys: 6

Incline range: 0 - 15 %

Incline hot keys: 6

Total number of training programmes:	58
Manual programmes:	1
Pre-set programmes:	17
Challenge Programmes:	12
Heart rate controlled programmes:	2
Virtual simulations:	6
User defined programmes:	20

Running surface size (L x W): 142 x 51 cm

### Weight and dimensions:

Article weight (gross, including packaging): 93 kg

Article weight (net, without packaging): 83 kg

Packaging dimensions (L x W x H): 1900 mm x 870 mm x 370 mm

Set-up dimensions (L x W x H): 1790 mm x 840 mm x 1360 mm

Folded dimensions (L x W x H): 990 mm x 840 mm x 1600 mm

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.
- + 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



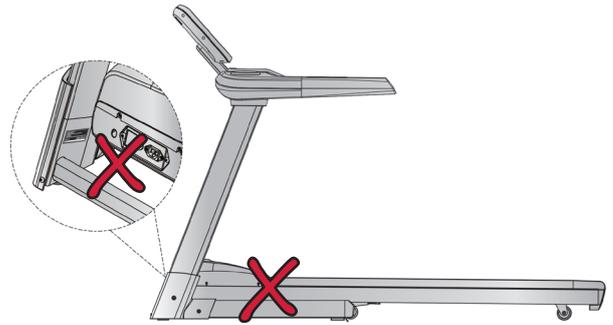
### DANGER

- + 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

- + 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 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

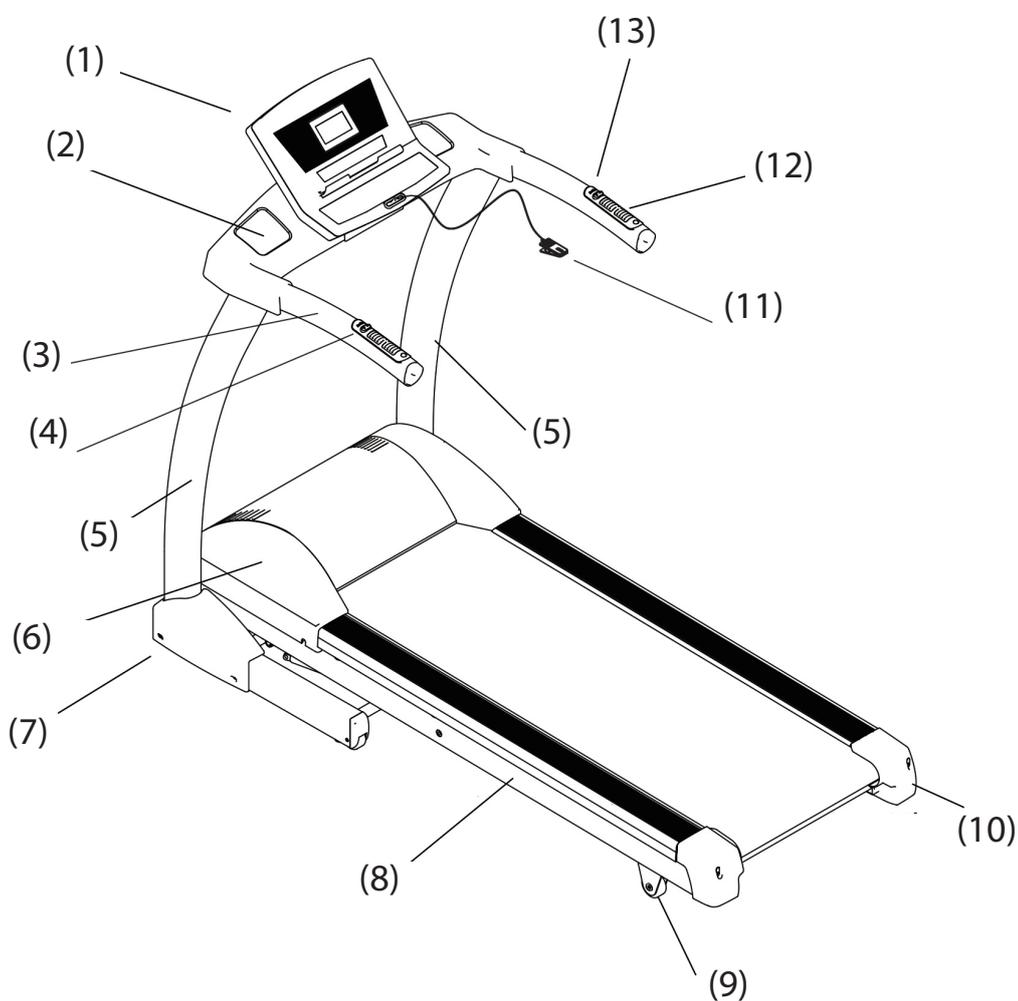
### ⚠ WARNING

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

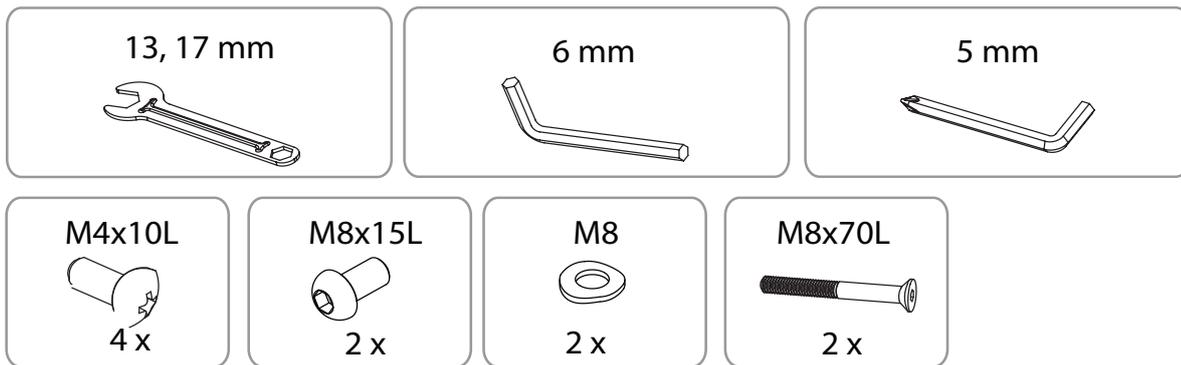
If parts of the scope of delivery are missing or damaged, the assembly must not be carried out.



1	Console	8	Frame
2	Bottle holder	9	Rear transport wheel
3	Handle	10	Rear cover
4	Hot key (incline)	11	Safety key
5	Console mast	12	Pulse handle
6	Motor cover	13	Hot key (speed)
7	Height compensation		

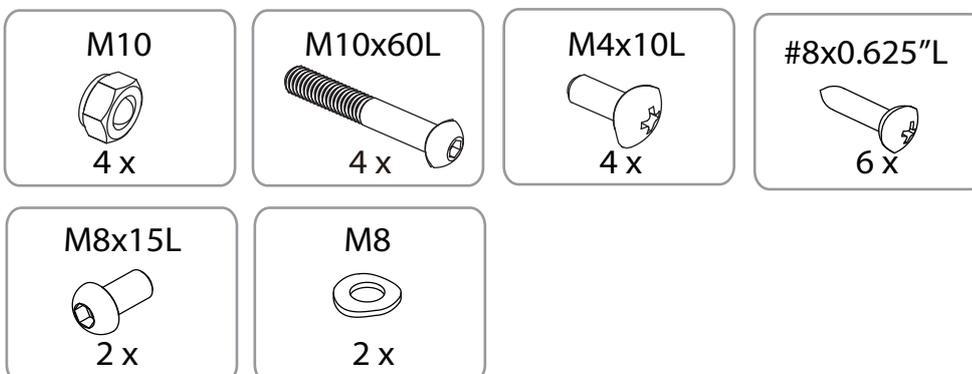
### Tool and screw sets

Included in the hardware bag:



Preassembled screws:

(Screws must be removed & attached again during assembly.)



## 2.3 Assembly instructions

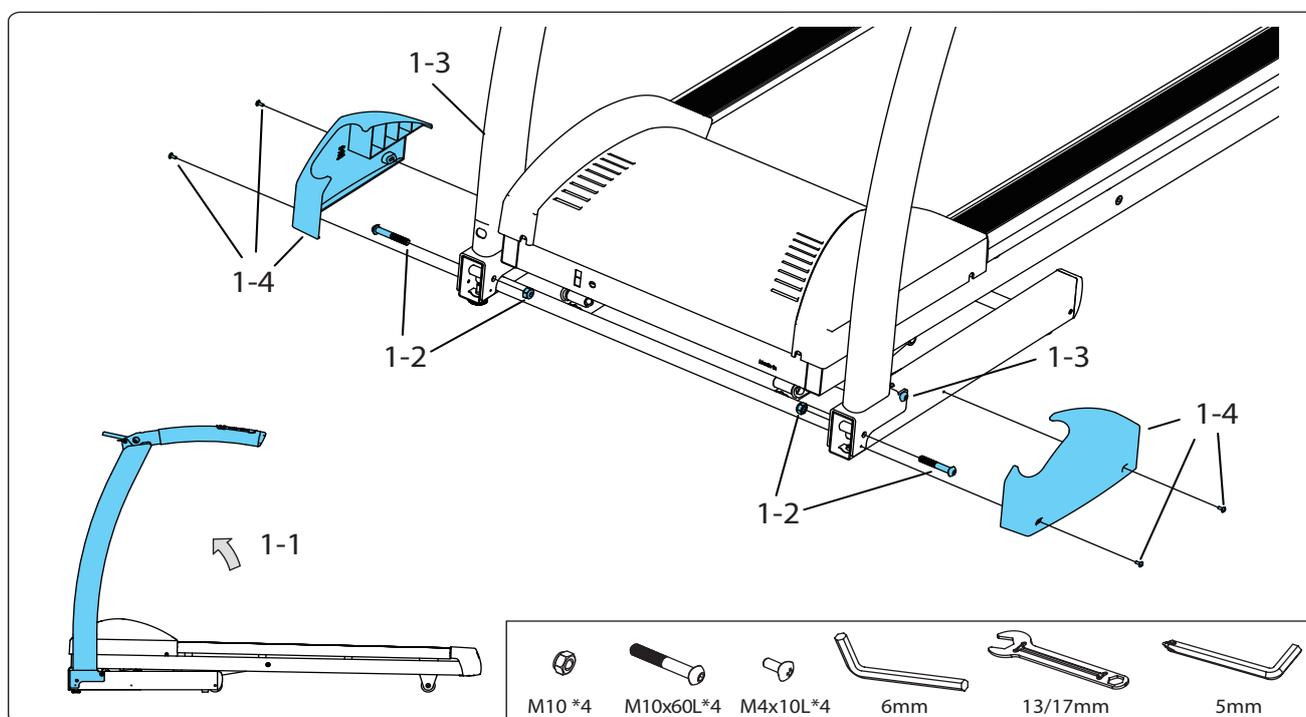
Before assembly, take a close look at the individual assembly steps shown and carry out the assembly in the order given.

### ⓘ NOTICE

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

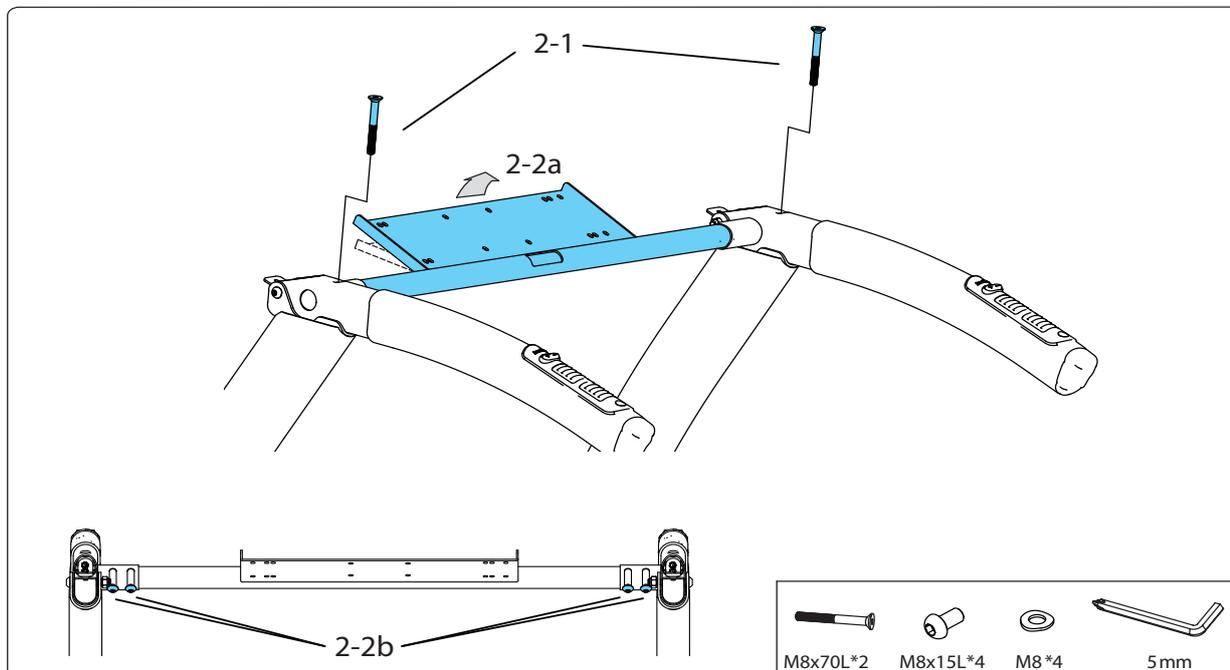
#### Step 1: Assembly of the console masts

1. Fold up the console mast (1-1).
2. Mount the two M10x60L screws with nuts (1-2).
3. Mount the two M10x60L screws with nuts (1-3).
4. Place the cover on and mount it with four M4x10L screws (1-4).



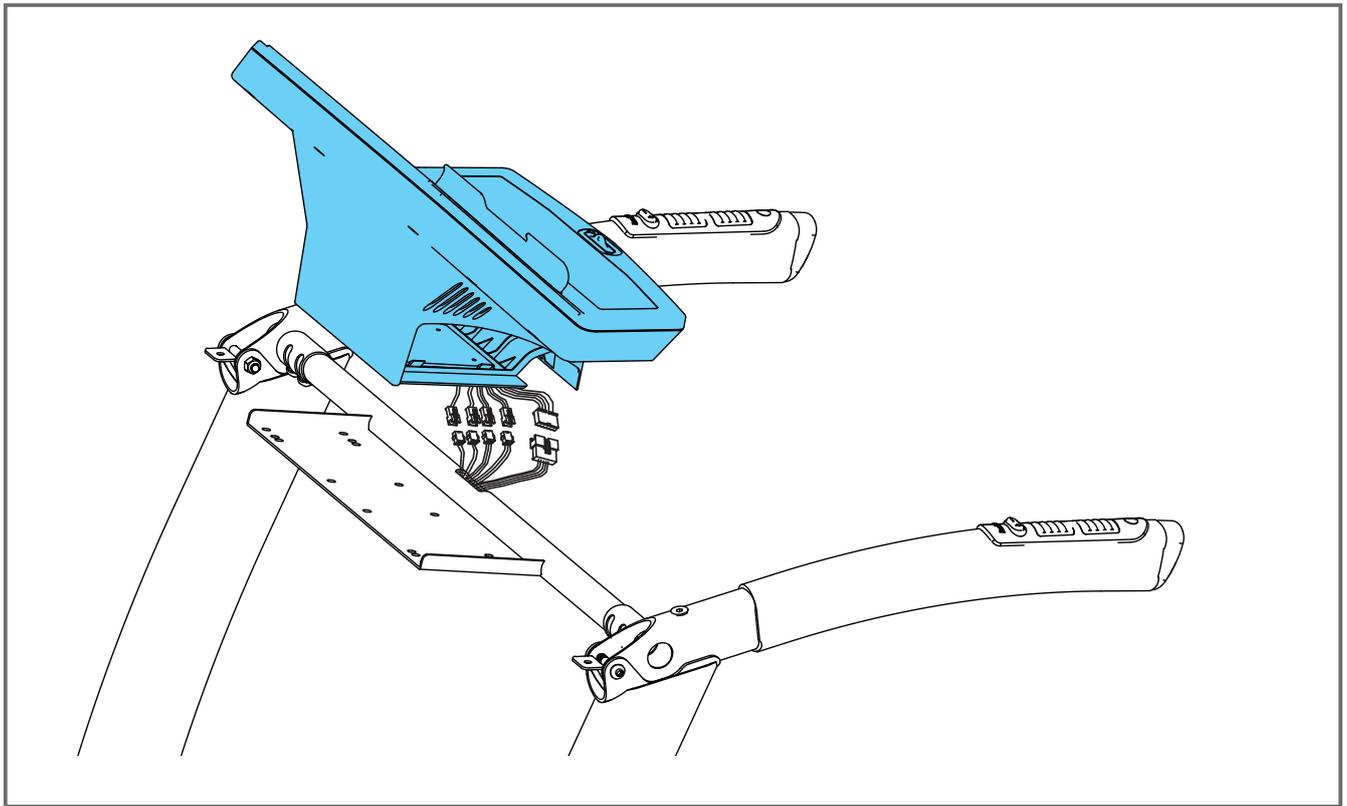
## Step 2: Mounting the handrails

1. Align the handrails.
2. Mount the handrails with two M8x70L screws.



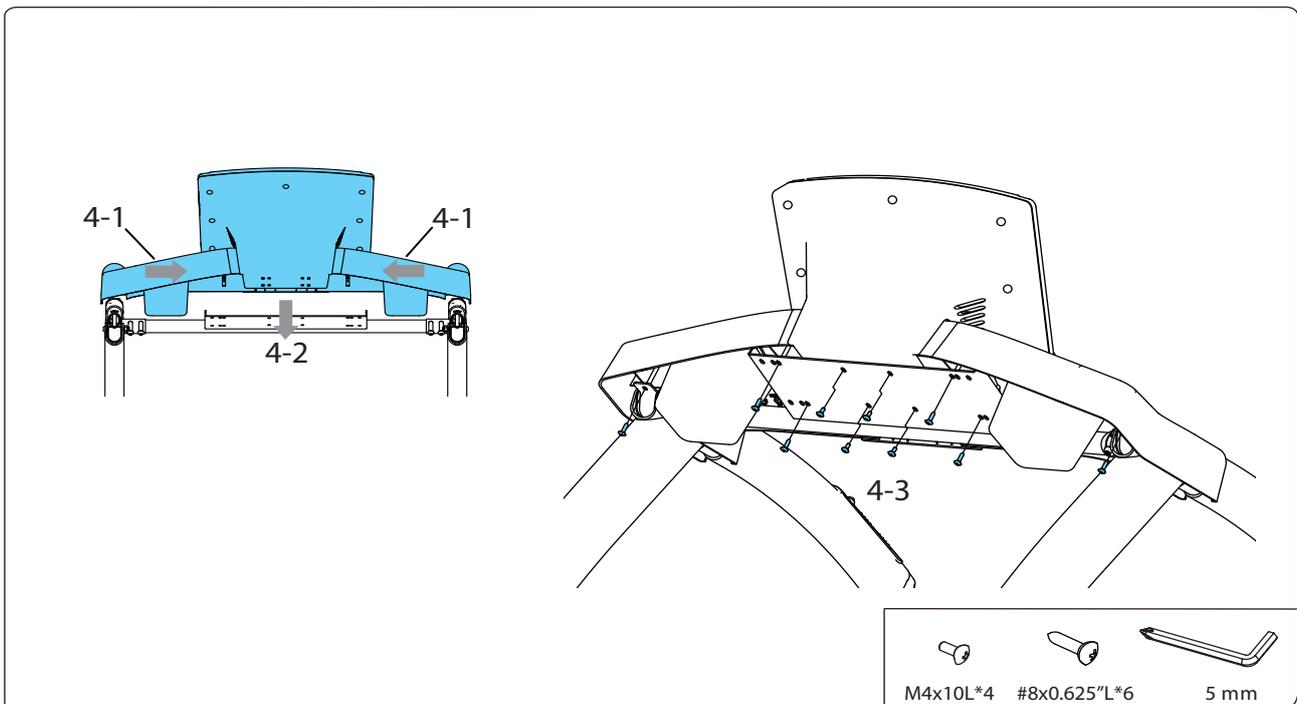
### Step 3: Connect the console

1. Connect the plugs from the console with those from the console mast.
2. Carefully place the excess cable in the crossbar of the console mast.



#### Step 4: Mounting the consoles

1. Place the bottle holders on the main console (4-1).
2. Place the entire cockpit on the designated shelf, softly press the covering on the sides so that it sits correctly (4-2).
3. Take the screws 6x #8x0.625"L and 4x M4x10L and screw them into the designated holes (4-3).



**Now tighten all the screws and bolts.**

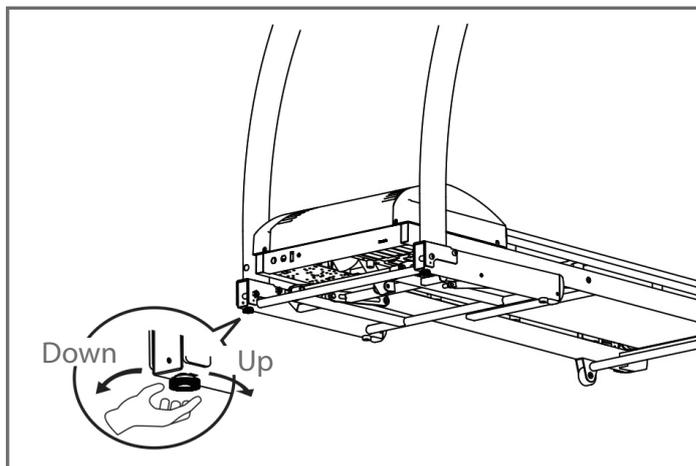
### Step 5: Adjusting the wheels

If the ground should be uneven you can fix that by using the adjusting wheels at the mainframe under the motor.

**⚠ 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.

1. Lift the treadmill at the front and turn the adjusting wheels.
2. Turn the adjusting wheels clockwise to lift the treadmill.
3. Turn the adjusting wheels counter clockwise to lower the treadmill.



### Step 6: 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

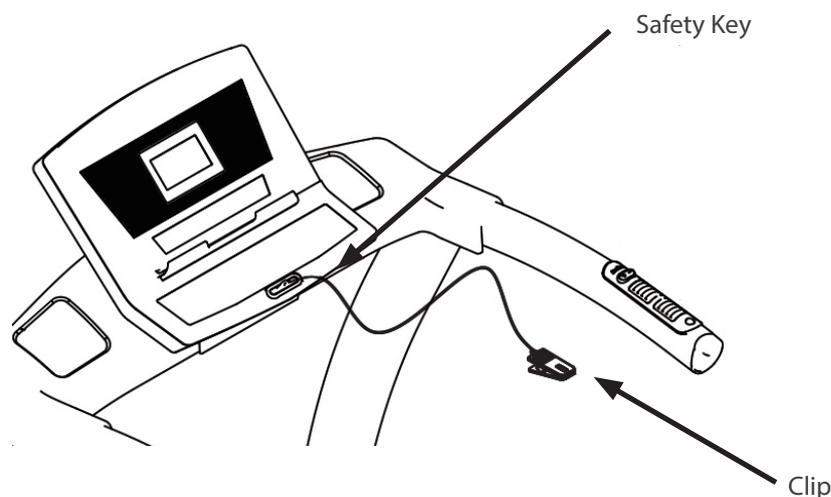
### ① NOTICE

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

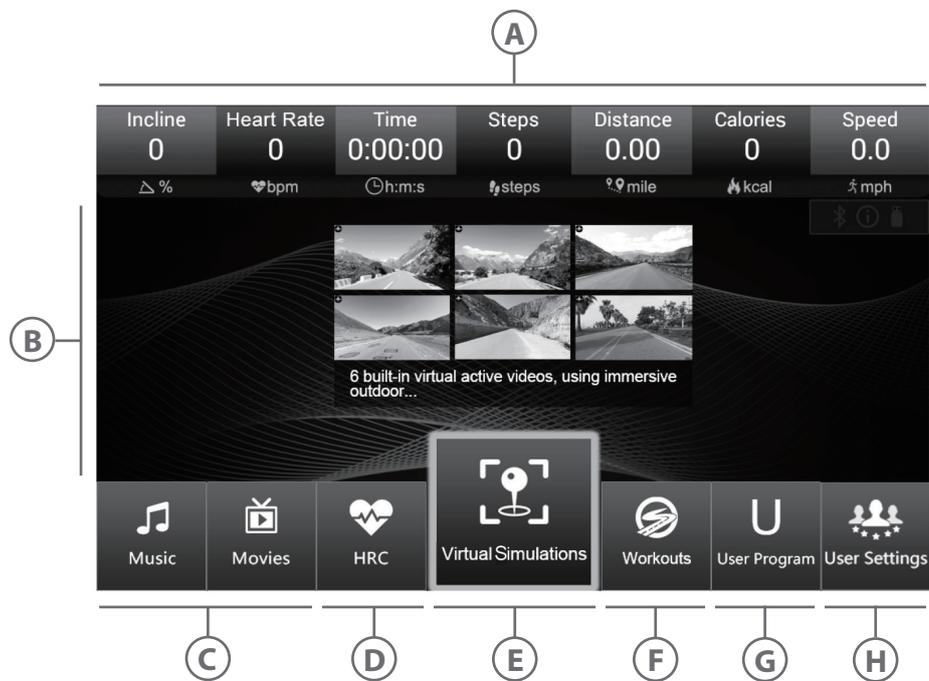
#### ⚠ WARNING

- + 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.



### 3.1 Console display

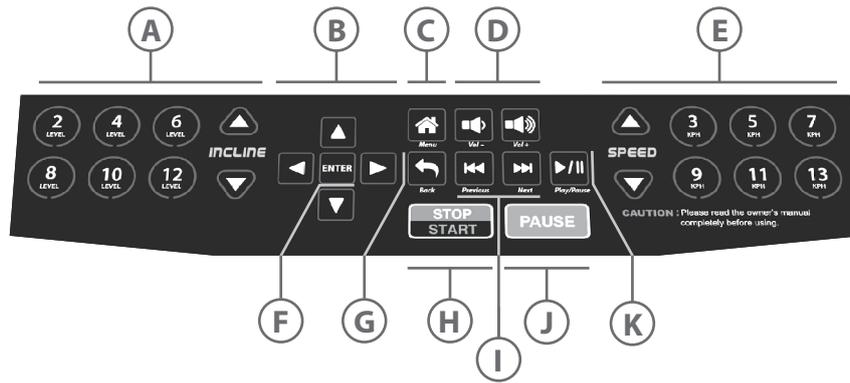




All important training information and entertainment functions are clearly displayed on the big, coloured screen. The display is divided in different zones.

<b>A – Training data display</b>	All important training data are displayed at the top of the screen
<b>B - Programme display and video screen</b>	Training videos or programme profiles are displayed in the middle. The speed or the incline are displayed as bars per time unit.
<b>C - Music/Movies</b>	When a USB stick is connected, MP3/WAV files as well as MP4/WKV/MOV/ AVI/FLV files can be played on the display/ loudspeakers.
<b>D - HRC</b>	The console offers you two HRC programmes: HRC1 as constant programme and HRC2 as interval programme. A constant pulse control is required at any time of the training to use these programmes.
<b>E - Virtual simulation</b>	Six track videos are saved on the console. The speed of the video and the treadmill are adjusted to each other.
<b>F - Workout</b>	Here you can choose from 17 pre-installed programmes as well as 12 challenge programmes, whereby you compete against computer opponents.
<b>G -User programme</b>	There are 20 individually configurable programmes, whereby you can individually choose incline and speed for each time interval.
<b>H - User Setting</b>	User settings: language, units and screen brightness

## 3.2 Button functions



<b>A – Incline up/down and hot keys</b>	Increase or reduce the incline & quick access to the incline levels 2, 4, 6, 8, 10 or 12 %.
<b>B – Arrow buttons</b>	Choose menu points, options or programmes, set target values.
<b>C - Menu</b>	Back to the main menu.
<b>D - Vol+/-</b>	Increase or reduce the volume.
<b>E - Speed up/down and hot keys</b>	Increase or reduce the speed & quick access to the speed levels 3, 5, 7, 9, 11 or 13 km/h.
<b>F - Enter</b>	Confirm the settings and get to the next menu point.
<b>G - Back</b>	Back to the last page.
<b>H - Stop/Start</b>	Starts or ends the training.
<b>I - Previous/Next</b>	Play the previous or the next song.
<b>J - Pause</b>	Pauses the training.
<b>K - Play/Pause</b>	Start or pause the media playing from the USB stick.

In principle, the selection of programmes and the target settings are done via the arrow buttons. Then they are confirmed with ENTER. When you want to skip the entering of target values, you can also immediately start any programme by pressing START.

## 3.3 Programmes

Training progress only results from diversion. When you work out at the same speed, incline, and duration every day, you will be better in the beginning – however, at some point, you will come to a standstill. You won't become any better. It's sufficient to lose weight, but when you want to get more out of yourself, you have to vary your training and to challenge continuously. Here, this treadmill supports you with a lot of different and very diversified programmes. All programmes can be started either in the incline mode or in the speed mode. There are three intensity levels each. When you choose the speed mode, the treadmill varies the speed, while the incline remains constant. The values, which are not controlled by the programme, can be adjusted by means of the arrow buttons at any time.

However, when you wish to start running immediately, just press START. The treadmill slowly starts to move and all values are counted up from zero. Using the arrow buttons or hot keys, you can individually choose the exercise parameters and change these at any time.

### 3.3.1 Pre-set programmes

All in all, there are 17 pre-defined profile programmes, which differ in duration, intensities, and the changes of intensity. When you choose a programme, you can decide whether the changes of intensity should be done by changing the incline or by changing the speed.

#### P-01: Long, slow distance

(default 40 min.)



That's a great training for everybody. Beginners start with a light training and do this training on a weekly basis in order to maximise their cardiovascular fitness. On days, which follow a hard and intensive training, this programme is also ideal for experienced users. Once the programme is set, you go to U-1 or U-2 and press START.

#### P-02: Short interval

(default 20 min.)



Short intervals are ideal for beginners, who want to benefit from the use of an interval training, but are still not ready for the interval training with longer intensities. They are also ideal for experienced users to increase speed and anaerobic fitness. Please make sure that you vary the exercise intensity and duration to maximise the whole fitness. So just integrate some interval workouts in your weekly training.

### P-03: Moderate interval

(default 30 min.)



Once you start a regular training and have an improved fitness, you are ready to train at a moderate intensity in the interval. Please pay attention that this training includes a change between an easy recovery and a high intensity interval. Feel good while doing your training, because the next recovery interval is always coming next. This training improves your general aerobic endurance and maximises the development of your anaerobic fitness at the same time.

### Advanced programs:

#### P-04: Long interval

(40-minute default)



These exercises are perfect to maximize calorie consumption and improve anaerobic fitness. Just as with moderate intervals, you have recovery intervals after every high intensity - for constantly increasing training intensity.

#### P-05: Negative interval 1

(30-minute default)



This program offers all the advantages of training with an even speed and motivates you to achieve a gradually higher, consistent training intensity and allows you to then slowly decrease the training intensity. By improving your general health and fitness, you can slowly increase to a higher level of training intensity in this training.

#### P-06: Negative interval 2

(30-minute default)



This training begins with a slight increase in training intensity and ends with a gradual reduction of the training intensity. Training with an increase and decrease of intensity has an ideal effect on your aerobic, cardiovascular endurance. Training with a decrease in intensity is also ideal to maximize the calorie consumption - however, over a longer period of time, e. g., 40 or 50 minutes.

#### P-07: Fartlek

(30-minute default)



Varied training intensity with constantly changing interval training, that starts with an easy speed & increases to a moderate/intense speed, offers variety and offers great fitness benefits. Constantly varying intensities have a very positive effect on the improvement of brain fitness according to brain research.

### P-08: Climbing uphill

(30-minute default)



Gradually increase the training intensity with this workout. The goal here is to stimulate your body, to improve cardiovascular fitness and to maximize the muscle cell growth of the stressed muscles. The calorie consumption is maximized in the top levels. Your body can train longer and also profit from the high intensity when slowing down and returning to the initial level.

### P-09: Pyramid increase

(30-minute default)



Gradually increasing intensity is ideal to improve cardiovascular fitness and to maximize the muscle cell growth of the stressed muscles. The calorie consumption is maximized during peak intensity. Your body can train longer and profit from the high intensities with gradual slowing down.

### P-10: Plateau increase

(40-minute default)



This offers all of the benefits of other consistent workouts, however, it motivates you to maintain a higher intensity. You can improve your health and fitness and bring yourself to a higher intensity over a longer period of time.

### P-11: Ladder

(30-minute default)



Some of the best benefits are the direct, positive effects on the heart and the cardiovascular system. It is specifically developed to supply your heart and cardiovascular system with a series of increasingly difficult training intensities, which improves your aerobic endurance and also stimulates anaerobic endurance. Remember that it may be challenging for a few minutes, however, any success must be carefully built up in order to offer recovery intervals as well - so that you can motivate yourself to improve your cardiovascular fitness.

### P-12: Uphill interval

(20-minute default)



This training is unique, because the body enjoys the benefits of interval training & additionally those of the gradual increase in intensity. Start at a level that is comfortable for you and gradually increase the intensity during every max. interval & bring yourself to a higher intensity every time. During higher intensity intervals, you burn the maximum amount of calories and simultaneously work on improving your anaerobic fitness.

### P-13: Constant speed

(40-minute default)



Improve your fitness and stimulate your body to burn more fat. It is ideal support to improve your endurance. Most exercises of this type focus on maintaining load during the entire training. Your goal is to train with a low, moderate to high, moderate intensity throughout the entire workout.

### Long, slow distance

(40-minute default)



A great workout for everyone! Beginners have an easy start and should do this training at least once a week in order to maximize their cardiovascular endurance. It is also ideal for experienced users who use this training on days that follow hard, intense training.

### P-15: Cardio run

(20-minute default)



Training with a constant speed, however, with higher intensity than with "long slow distance". It is an advanced training program to motivate you to achieve a challenging, constant speed and to maintain your speed throughout the entire training. It is great to prepare for a certain event.

### P-16: Short interval

(20-minute default)



Studies prove that this training is ideal for users who would like to lose more weight and improve their cardiovascular fitness. The variation of intensity from moderately slow to high through several intervals and their repetition maximize the total number of burnt calories during training. Another benefit is the personal decision about if the high intensity should be maintained during training. The short recovery intervals allow your body to do successful training with high intensity throughout a complete training session.

### P-17: Uphill running

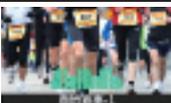
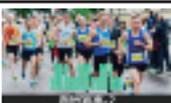
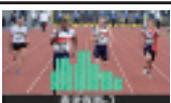
(30-minute default)



Improve your fitness and stimulate your body to burn more fat. It is ideal support to improve your endurance. Most exercises of this type focus on maintaining load during the entire training. Your goal is to train with a low, moderate to high, moderate intensity throughout the entire workout.

### 3.3.2 Challenge programmes

All in all, there are 12 challenge programmes, whereby the speed adjusts depending upon the level. The programmes come from the four zones: Special Forces, Olympic Game, Professional Game as well as Outdoor Running and each of them is available in three levels of selection.

	Special forces - 1
	Special forces - 2
	Special forces - 3
	Olympics game - 1
	Olympics game - 2
	Olympics game - 3
	Professional game - 1
	Professional game - 2
	Professional game - 3
	Outdoor running - 1
	Outdoor running - 2
	Outdoor running - 3

### 3.3.3 Customised programmes

There are 20 customised programmes, which you can individually create. Using these programmes, you determine the duration of the training programme first. Then you determine the desired speed and incline for each of these 20 time sequences. In contrast to the pre-set profile programmes, you can change speed AND incline at any time when using these programmes. Hence, incline and speed are separately displayed in the programme display, when using these programmes. On the left side of the screen, the incline is displayed; the speed is displayed on the right side.



### 3.3.4 Virtual simulations

Six virtual simulation videos are pre-installed on the console. These are shot running tracks, which you can watch on the screen during your training. At first, you choose “virtual simulations” in the main menu and confirm the selection with ENTER.

Six preview images are displayed, which represent the tracks:



**Snow Mountain Road:** An interstate across the wide plain, in the background you can see the mountains. Beside the road some cattle is grazing and little streams pass the plain.

**Across the Valley:** A winding mountain road with oncoming traffic.

**Kajun Village of Tibet:** A road across a landscape of hills.

**Anjiulashan Lake:** A tour across smaller rural towns.

**Across the Canyon:** A road across a landscape of hills with some bridges and bounding walls.

**Xiamen huandao road:** A hilly foothills' landscape.

You can choose the desired video with the arrow buttons and start the training with START.



During the training, you can change the speed and the incline with the arrow buttons or the hot keys at any time. The virtual simulation videos respond to your settings. When you change the speed on the treadmill, the playing speed of the video changes as well. Changing the incline does not influence the video. Some videos have some traffic volume. However, you do not have to pay attention to it, the traffic participants will avoid you.

When you press STOP, the treadmill stops and an overview of the training data is displayed. Press BACK to return to the main menu.

### 3.3.5 HRC programmes (pulse control)

#### WARNING

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



The constant HRC programme requires the setting of a heart rate, which is kept by the console during the training. The interval HRC programme requires that you enter both a low and a high heart rate. During the HRC programmes a chest straps needs to be worn.

Set the HRC type: There are two modes of HRC programmes, HRC1 – constant and HRC2- interval. Set the preferred HRC mode with the buttons.

Set the mode: Set the speed or the incline with the buttons.

Set the age: Enter your age with the buttons.

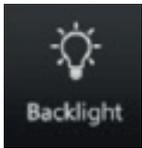
Set the target heart rate: Enter your target heart rate with the buttons.

Set the target time: Set the programme duration of your training with the buttons.

### 3.4 User Setting

In the user settings you can change the screen brightness or the language settings, for instance. Choose SAVE after your selection and press ENTER.

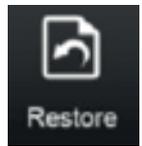
Symbols are displayed at the top right of the screen. When a USB stick is plugged in, the USB symbol is displayed here; in addition, the maintenance symbol is displayed here every 300 km to remind you to do a little service.



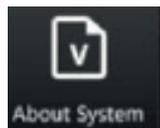
Set the screen brightness



Language selection as well as units (metric or imperial)



Reset to default settings



Information about system software and hardware parameters

#### Information symbol:



USB drive is displayed, when you plug in the USB stick



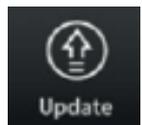
Maintenance symbol: is displayed every 300 km

#### ▶ ATTENTION

The following functions are only to be used by service technicians.



Development environment (only to be used by the service technician)



Update function (only to be used by the service technician)

## 4.1 General Instructions

► **ATTENTION**

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

⚠ **WARNING**

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

## 4.2 Transportation Wheels

► **ATTENTION**

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

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

## 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.

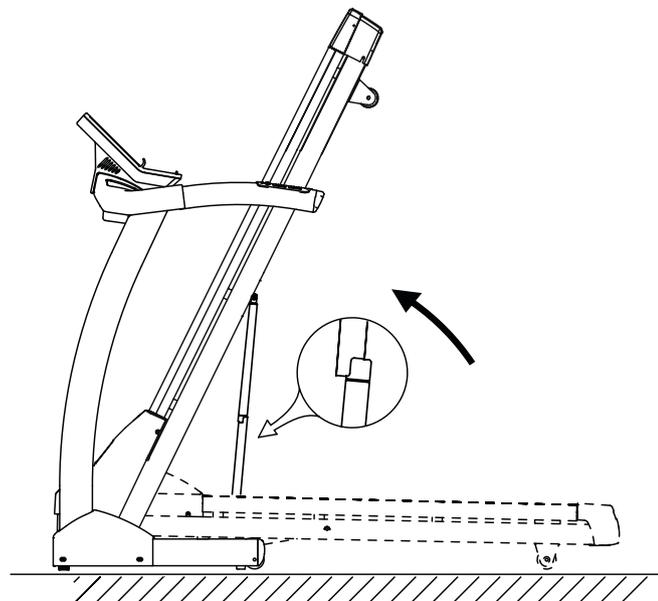
#### **CAUTION**

- + 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

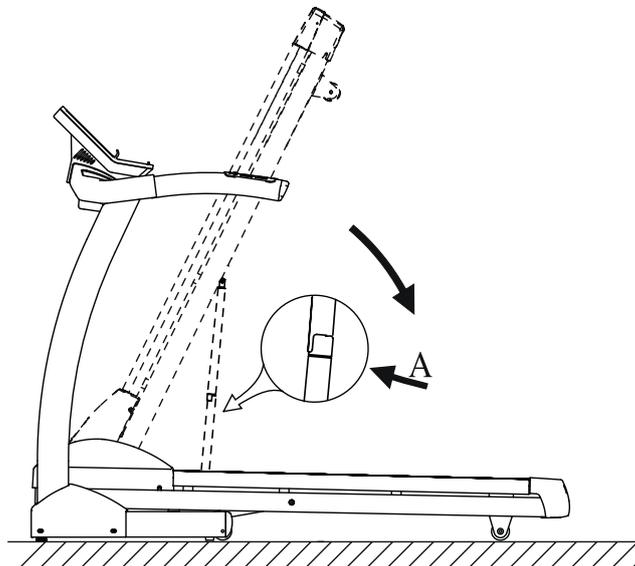
► **ATTENTION**

+ 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 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
Running belt tilted	Running belt not aligned	Laufmatte gemäß Anleitung zentrieren
Running belt slips through/stops	Belt tension/lubrication not ok	Check belt tension/lubrication in accordance with the instructions
Scraping noises	Running belt scrapes, because it is not aligned	Align running belt in accordance with the instructions
Display does not show anything	Check plug connections (cables)	Mains switch on "on", make sure that the safety key is inserted
No pulse display	<ul style="list-style-type: none"> <li>+ Sources of interference in the room</li> <li>+ Unsuitable chest strap</li> <li>+ Position of the chest strap incorrect</li> <li>+ Batteries empty</li> </ul>	<ul style="list-style-type: none"> <li>+ Remove sources of interference (e. g. mobile phones, speakers, WLAN, mowers, robot vacuum etc.)</li> <li>+ Use suitable chest strap (see recommended accessories)</li> <li>+ Reposition chest strap and/or moisten electrodes</li> <li>+ Change batteries</li> </ul>

## 5.3 Error codes and troubleshooting

The electronics of the treadmill does continuously tests. In case of deviations, an error code is displayed and the general operation is stopped for reasons of your safety.

Please contact your contract partner for the technical customer service.

### ERR 1

1. Check the cable connections between the motor control unit and the display.
2. Turn off the treadmill on the mains plug for a few seconds. When the error is still displayed, please contact your contract partner to replace the cables.

### ERR 2

1. Erratic speed – Check all cable connections of the console and make sure that they are correctly connected.
2. Check the connections of the console cable and the motor cable.
3. Turn off the treadmill on the mains plug for a few seconds. When the error is still displayed, please contact your contract partner.

### ERR 4 / ERR 9

1. Error of the incline motor – Check all cable connections to the incline motor and make sure that these are correctly connected.
2. Turn off the treadmill on the mains plug for a few seconds. When the error is still displayed, please contact your contract partner.

### ERR 5 / ERR 6

1. Overloading / Overcharging – Disconnect the treadmill from the power supply for a few seconds and turn it on again.
2. When the error is still displayed, please lubricate the treadmill.
3. Turn off the treadmill on the mains plug for a few seconds. When the error is still displayed, please contact your contract partner.

### ERR 7

1. Invalid system parameter – Disconnect the treadmill from the power supply for a few seconds and turn it on again.
2. When the error is still displayed, please contact your contract partner.

### ERR 8

1. Check the IC chip (EPROM) of the console and make sure that it is correctly mounted.
2. Check whether the pins of the IC chip might have been bent. Connect correctly the IC chip.
3. Turn off the treadmill on the mains plug for a few seconds. When the error is still displayed, please contact your contract partner.

## 5.4 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.

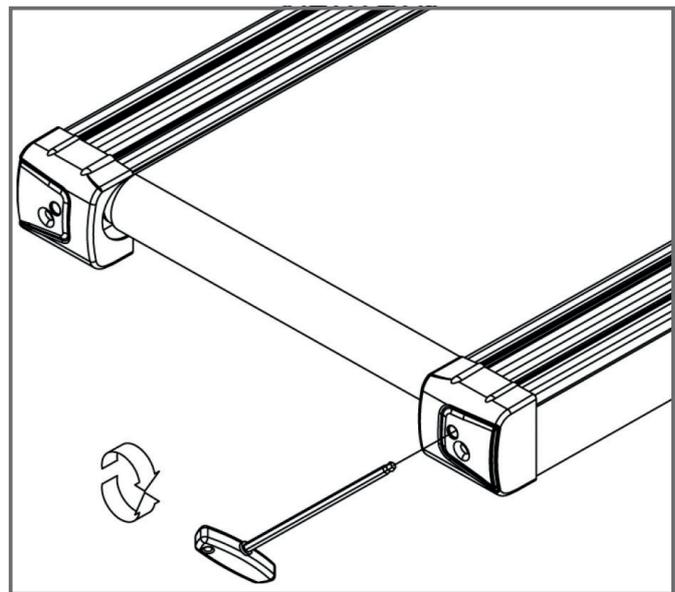
### 5.4.1 Adjusting the Running Mat

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.



## 5.4.2 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.

### ① 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.

## 5.4.3 Lubricating the Running Mat

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.

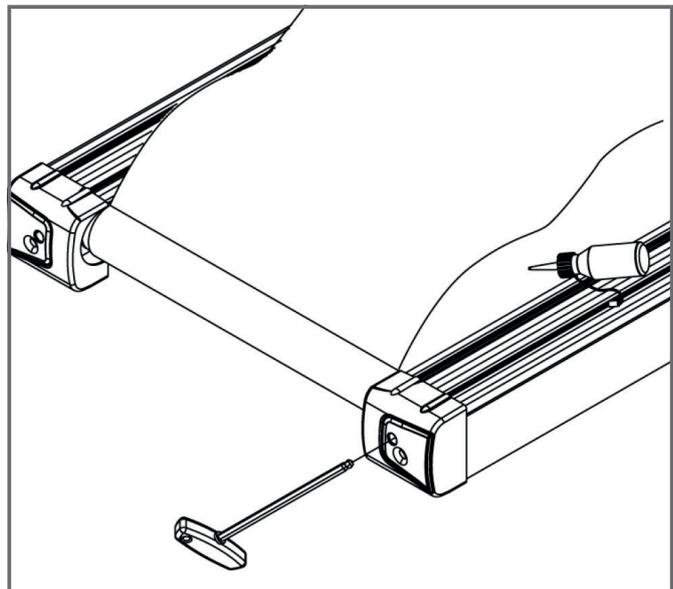
### ① NOTICE

If your treadmill is equipped with a folding mechanism, you can also lubricate it 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.

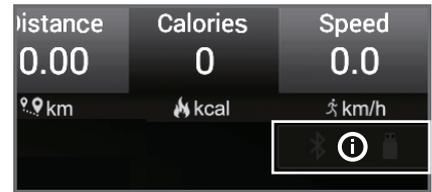
### ① NOTICE

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



## 5.5 Maintenance and Inspection Calendar

The cockpit, casing, handrails and entire frame must be cleaned after every training session with a moist towel (no solvent!) in order to avoid damage caused by sweat. After 150 hours of operation, the maintenance symbol reminds you to clean the treadmill. After you have cleaned the treadmill and checked all components, turn off the symbol by simultaneously pressing the INCLINE up and INCLINE down buttons.



The following routine work must be done in the specified time 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



towels



silicone spray



chest strap contact gel

## 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.	Part number	Name
(01)	8000003096	Main frame set
(02)	81TB31500201A21	Base Frame-TR1200
(03) 1	8000003226	Base incline bracket
2	205112081806001	Sleeve
3	511212006200134	Hexagonal socket screw
4	541113026200114	Washer
5	531212001200114	Nylon Nut
(04) 1	8000003228	Incline Base
2	205112081806001	Sleeve
3	511212003200134	Hexagonal socket screw
4	541113026200114	Washer
5	331410002003301	Pulley
6	530010001000112	Nut
7	531212001200114	Nylon Nut
(05) 1	8000003223	Supporting post-L
2	8000003224	Supporting post-R
3	511410006000114	Socket Screw
4	531210001000114	Nylon Nut
(06) 1	8000003236	Handrail-Left
2	8000003237	Handrail-Right
3	83T061105004	Incline Set
4	83T061205004	Speed Set
5	7000000339	Foam
6	326213006001004	Handrail end cap
(07) 1	8000003239	Console bracket
3	542108016150114	Wave washer
2	511408001500114	Screw
(08)	8000003229	Folding Shock Set

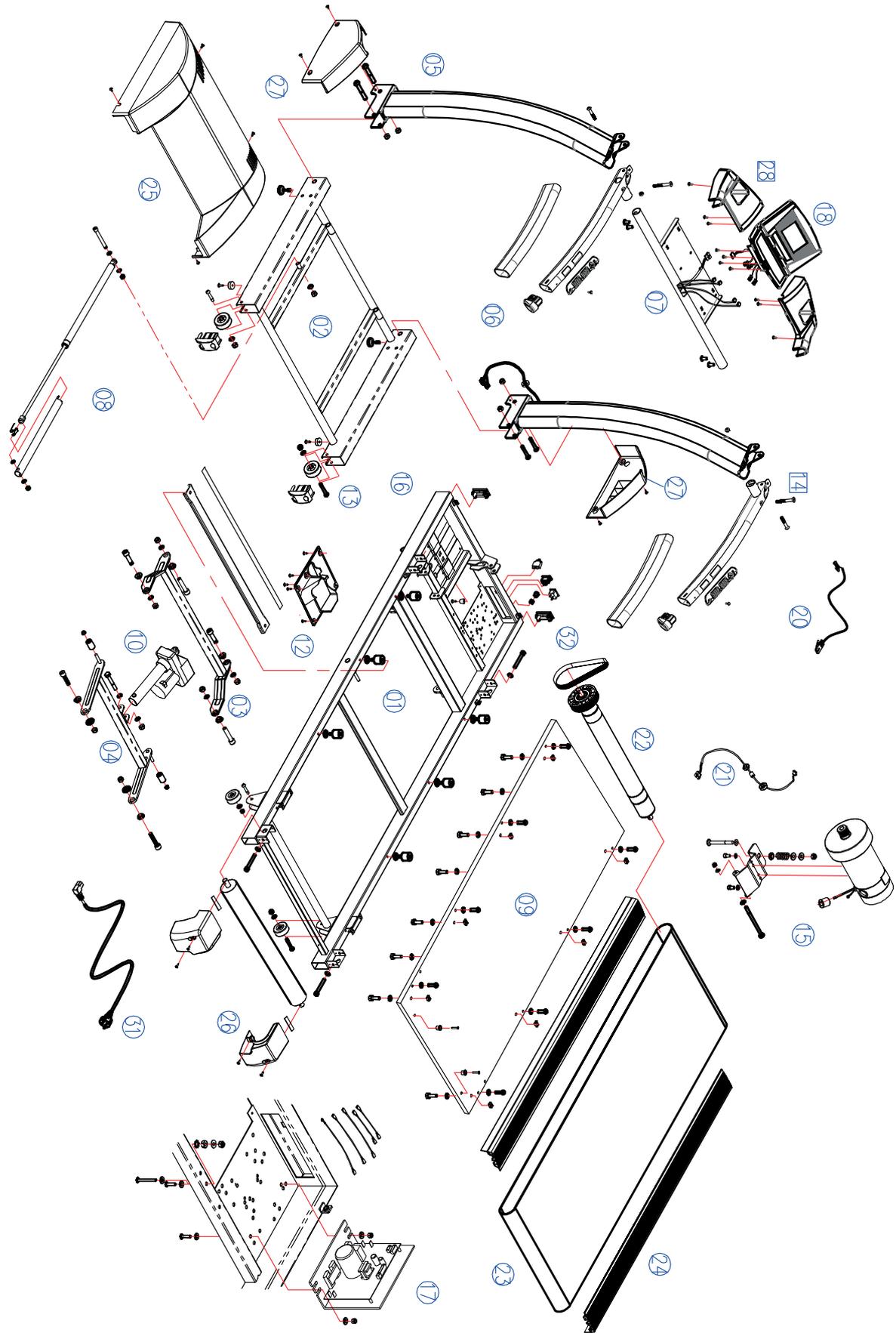
1	210130007134507	Folding Shock
2	2000002735	Folding fixed tube
3	550140240390115	Twin Spring
6	541108016150114	Washer
7	542108016150114	Wave washer
8	531208000800114	Nut
(09) 1	206218065312151	Running Deck
4	2000002785	Reinforcing Tube
5	591101350660011	One-sided Adhesive
6	511408002500114	Screw
7	511408003000114	Screw
8	541108016150114	Washer
9	531208000800114	Nut
10	591130150055011	One sided adhesive
11	511608003000114	Screw
12	531408000800111	T-nut
13	511408003500114	Socket Screw
(10) 1	401240071004410	Incline Motor-220V
2	511610004500114	Hexagonal cap screw
3	511610006200114	Hexagonal Cap Screw
4	541110020150114	Washer
5	531210001000114	Nylon Nut
(12) 1	322213006001004	End Cap
2	342008003003001	Rubber cushion
3	342008003002501	Rubber cushion
4	341305202202001	Space Pad
5	331808205602301	Wheel
6	311TA1150090004	Incline Motor Lower Cover
7	592400000000001	Power Cord Buckle
8	592200000000002	Wire clipper
10	541108016150114	Washer
11	531208000800114	Nut

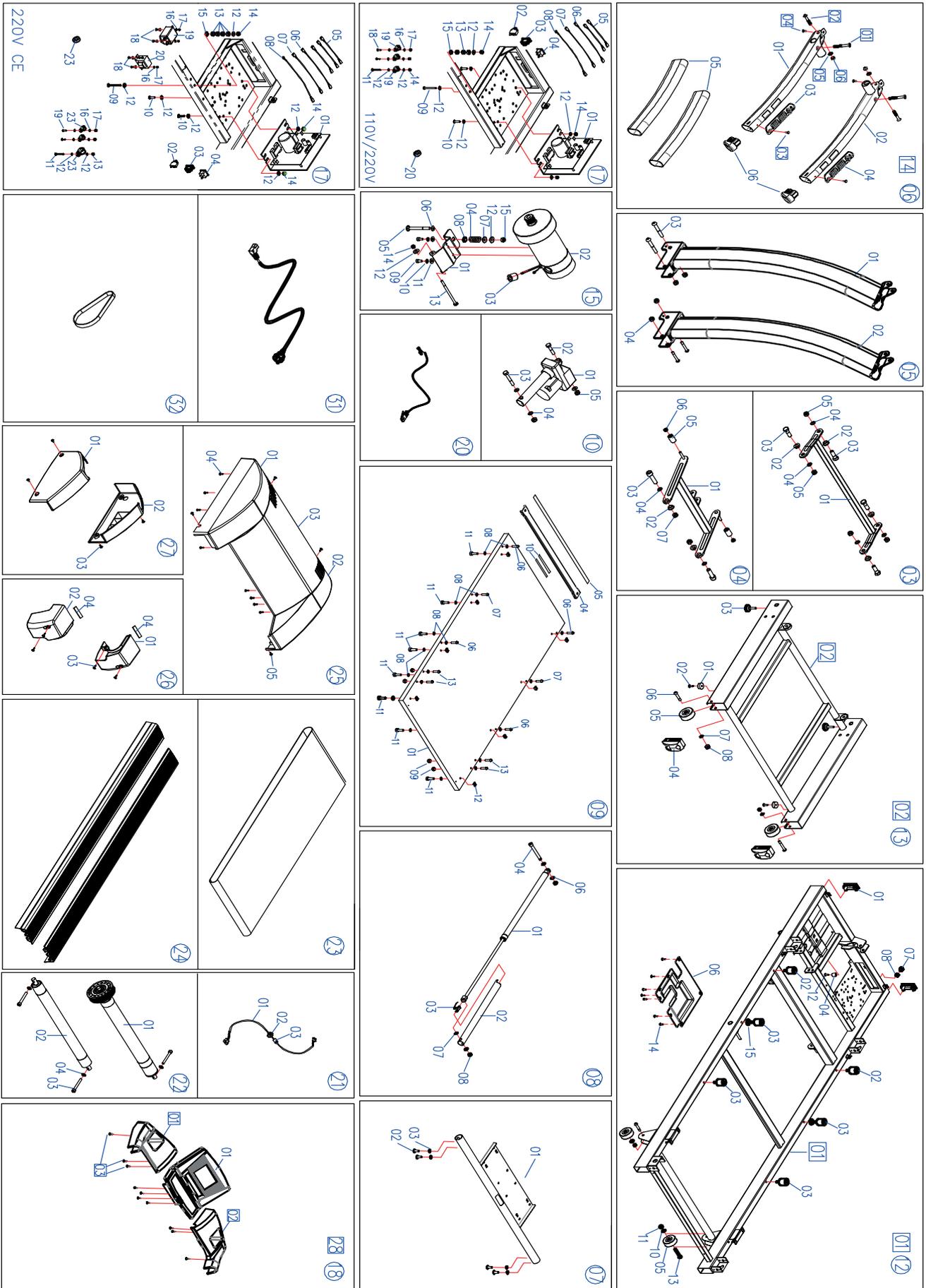
12	521205501900114	Screw
13	511408004000114	Screw
14	521204101000114	Socket
15	541108030300111	Washer
(13) 1	341306402601001	Space Pad
2	521205501200114	Screw
3	351706403001101	DESK BASE FOOT, ASJUSTABLE
4	325214008001004	End Cap
5	331808205603601	Wheel
6	511408005000114	Screw
7	541108016150114	Washer
8	531208000800114	Nut
(14) 1	511908007000124	Socket Screw
2	511408005000114	Screw
3	522504115900114	Screw
4	521204105000114	Screw
5	541108016150114	Washer
6	531208000800114	Nut
(15) 1	2000002733	Motor bracket
2	401121504703501	Motor
3	205213828628501	Core
4	551320220450131	Tension Spring
5	511810007500111	Carriage screw
6	541210020200114	Rubber Washer
7	341001102500701	Washer
8	341001102501101	Washer
9	511208001500115	Hexagonal socket screw
10	544182016200115	Spring Washer
11	541108016150114	Washer
12	541110026200114	Washer
13	512607913000111	Screw
14	532207900800111	Nylon Nut

15	531210001000114	Nylon Nut
(17) 1	4000000698	MCB-220V
2	407101250100001	Overload switch
3	407302250160001	Switch-AC Power
4	407202250150001	POWER SOCKET
5	405301010301001	Wire(Black)
6	405301010201502	White Cable
7	405301010202502	White Cable
8	405301010201503	Cable-Yellow-Green
9	511505005500113	Flat Head Corss Screw
10	511505002500111	Screw
11	511505004000113	Screw
12	541105010100211	Flat Washer
13	531105000400111	Nut
14	531205000500111	Nylon Nut
15	543105010060111	Washer
16	541105010100111	Washer
17	531204000500111	Hexagonal nut
18	511504001000113	Screw
19	511504001500111	Truss head cross screw
20	406222005231502	Choke
21	4000000387	Filter
22	592400000000013	Fixer
23	205234620812701	Core
(18)	5000000335	computer set (w. overlay)
(21) 1	4000000663	Cable-5P
2	592400000000000	Power Cord Buckle
3	592200000000002	Wire clipper
(20)	ST200101007	Safety key
1	204TB2100190B01	Conducting Foil
(22)	80TA21250601B05	Roller Group
1	207117060006002	Front Roller Set
2	207217050006001	Rear Roller Set

3	512207906400115	Hexagonal socket screw
4	541108014150114	Washer
(23)	2000002831	Running belt
(24)	2000001462	Side rail
(25)	STB32002501003	Motor cover set
1	311TB3200031003	"MOTOR COVER - LEFT "
2	311TB3200021003	MOTOR COVER - RIGHT
3	311TB3200011003	MOTOR COVER - MIDDLE
4	521204112700114	Screw
5	512506401300114	Screw
(26) 1	3000000539	End Cap-Left
2	3000000540	End Cap-Right
3	521204112700114	Screw
4	591210150050011	Adhesive tape
(27)	STB32002701003	Side Cover Set
1	311TB3200111003	Side Cover-Left
2	311TB3200101003	Side Cover-Right
3	511504001000114	Screw
(28) 1	3000000373	Bottle holder-Left
2	3000000374	Bottle holder-Right
3	521204115900114	Screw
(31)	###	AC Power Cord - EU type
(31)	###	AC Power Cord - UK type
(32)	2000000952	Drive belt

## 8.3 Exploded Drawing





Training equipment from cardiostrong® 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 periods

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

Model	Usage	Full Warranty	Frame	Motor
CST-TR30-3	Home use	24 Months	30 Years	10 Years

### Repair Costs

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

### The terms of use are defined as follows:

- + Home use: solely for private use in private households up to 3 hours per day
- + Semi-professional use: up to 6 hours per day (e. g. rehabilitation 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>TECHNICAL SUPPORT</b></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><b>SERVICE</b></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><b>TECHNICAL SUPPORT &amp; SERVICE</b></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><b>TECHNICAL SUPPORT &amp; SERVICE</b></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><b>TECHNICAL SUPPORT &amp; SERVICE</b></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><b>TECHNICAL SUPPORT &amp; SERVICE</b></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><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> Mo - Fr 9am - 5pm</p>	<p><b>TECHNICAL SUPPORT &amp; SERVICE</b></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><b>TECHNICAL SUPPORT &amp; SERVICE</b></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><b>TECHNICAL SUPPORT &amp; SERVICE</b></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><b>TECHNICAL SUPPORT &amp; SERVICE</b></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](http://www.sport-tiedje.com/en/stores)

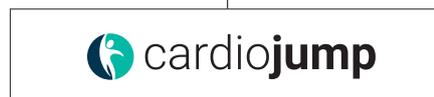
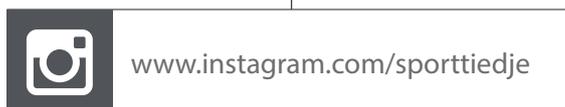
# WE LIVE FITNESS

## 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

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