



Assembly and Operating Instructions



max. 130 kg



~ 30-60 Min.



49 kg

L 125 | W 60 | H 157

FSDFACT40.01.01

Art. No. DF-CT40

DARWIN **CT40**

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Dear customer,

thank you for choosing Darwin Fitness® equipment. With Darwin Fitness equipment we offer first class home sports equipment at a great price point. Darwin Fitness exercise bikes and strength machines are easy to use, have a space-saving design and look really good. With our equipment we want to support you in reaching your athletic goals, no matter if you want to lose weight or train for the national triathlon. If you have any further questions, please contact us, we are looking forward to hearing from you and wish you lots of fun during your training!

Further information can be found at www.fitshop.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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Product and manual are subject to change. Technical data can be changed without advance notice.

FITSHOP

Europe's No.1 for Home Fitness

ABOUT THIS MANUAL

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

Due to ongoing changes and software optimisations, the manual may have to be updated. If you notice any discrepancies during assembly or use, please refer to the manual uploaded to the webshop. The latest manual is always available there.



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

Training devices must be classified according to accuracy and use. Accuracy classes are only applicable to devices that display training data.

Accuracy classes

Class A: high accuracy.

Class B: medium accuracy.

Class C: low accuracy.

The use classes explain the intended use of the training device.

Use classes

Class S (studio): professional and/or commercial use.

These training devices are intended for the use in training rooms of facilities such as sports clubs, school facilities, hotels, clubs and studios whose access and supervision is specifically regulated by the owner (person with legal responsibility).

Class H (home use): use at home.

These stationary training devices are intended for the use in private homes where access to the training device is regulated by the owner (person with legal responsibility).

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
- + wattage
- + rpm
- + heart rate

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

Recovery test:	1
Body fat test:	1

Weight and dimensions:

Article weight (gross, including packaging):	59.5 kg
Article weight (net, without packaging):	49 kg
Packaging dimensions (L x W x H):	127 cm x 40 cm x 57 cm
Set-up dimensions (L x W x H):	125 cm x 60 cm x 157 cm
Maximum user weight:	130 kg
Use class:	H

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.
- + The owner must communicate all warnings and instructions to the user.

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.
- + Remember that your device does not have a freewheel function. Therefore moving parts cannot be stopped immediately.
- + Note that the individual physical power required to perform an exercise may differ from the displayed mechanical power.
- + When ascending and descending, make sure that one of the treads is in the lowest position.
- + The equipment is strictly for use by one person at a time.
- + Keep your hands, feet and other body parts, hair, clothing, jewellery and other objects well clear of moving parts.
- + During use, wear suitable sports clothing rather than loose or baggy clothing. When wearing sports shoes, make sure they have suitable soles, preferably made of rubber or other non-slip materials. Shoes with heels, leather soles, studs or spikes are unsuitable. Never exercise barefoot.

CAUTION

- + If your equipment needs to be connected to the power supply with a mains cable, make sure that the cable is not a potential tripping hazard.
- + Make sure that nobody is within the range of motion of the equipment during training so as not to endanger you or other persons.
- + Do not insert any objects of any kind into the openings of the device.
- + Be aware that if adjustment devices are left protruding, they may impede the user's movement.

1.3 Electrical Safety

DANGER

- + In order to reduce the risk of an electric shock, always unplug the equipment from the mains socket immediately after your workout, before assembly or dismantling, and before maintenance or cleaning. Do not pull on the cable.

WARNING

- + Do not leave the equipment unattended while the mains cable is plugged into the mains socket. During your absence, the mains cable must be removed from the mains socket to prevent improper use by third parties or children.
- + If the mains cable or plug is damaged or defective, contact your contract partner. Until repair, the equipment must not be used.

ATTENTION

- + The equipment requires a mains connection of 220-230 V with 50 Hz mains voltage.
- + The equipment may only be connected directly to an earthed socket using the supplied mains cable. Extension cables must conform to VDE guidelines. Always completely unwind the mains cable.
- + The socket must be protected by a fuse with a minimum fuse rating of "16 A, slow blow".
- + Do not make any changes to the mains cable or the mains plug.
- + Keep the mains cable away from water, heat, oil and sharp edges. Do not route the mains cable underneath the equipment or under a carpet or rug, and do not place any objects on top of it.
- + If your purchased item is equipped with a TFT console, software updates must be carried out regularly. Follow the instructions on the console to perform the update(s).
- + The software systems on gym equipment with TFT consoles are set up only for the pre-installed apps. Do not install any additional apps.

NOTICE

- + The pre-installed apps on TFT consoles are produced and provided by external manufacturers. Fitshop does not take any responsibility for the availability, functionality or contents of these apps.

1.4 Set-Up Place

WARNING

- + Do not place the equipment in main corridors or escape routes.

CAUTION

- + Choose a location in which to place the equipment such that there is enough free space/clearance to the front, the rear and to the sides of the equipment.
- + 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 free area in the direction from which the exercise equipment is accessed must be at least 0.6 m larger than the exercise area.
- + 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.
- + For Class S equipment, the exercise equipment may only be used in areas where access, supervision and control are specifically regulated by the owner.

2.1 General Instructions



DANGER

- + Do not leave any tools, packaging materials such as foils or small parts lying around, as otherwise there is a danger of suffocation for children. Keep children away from the equipment during assembly.



WARNING

- + Pay attention to the instructions attached to the equipment in order to reduce the risk of injuries.



CAUTION

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



ATTENTION

- + To prevent damage to the equipment and the floor, assemble the equipment on a mat or packaging board.



NOTICE

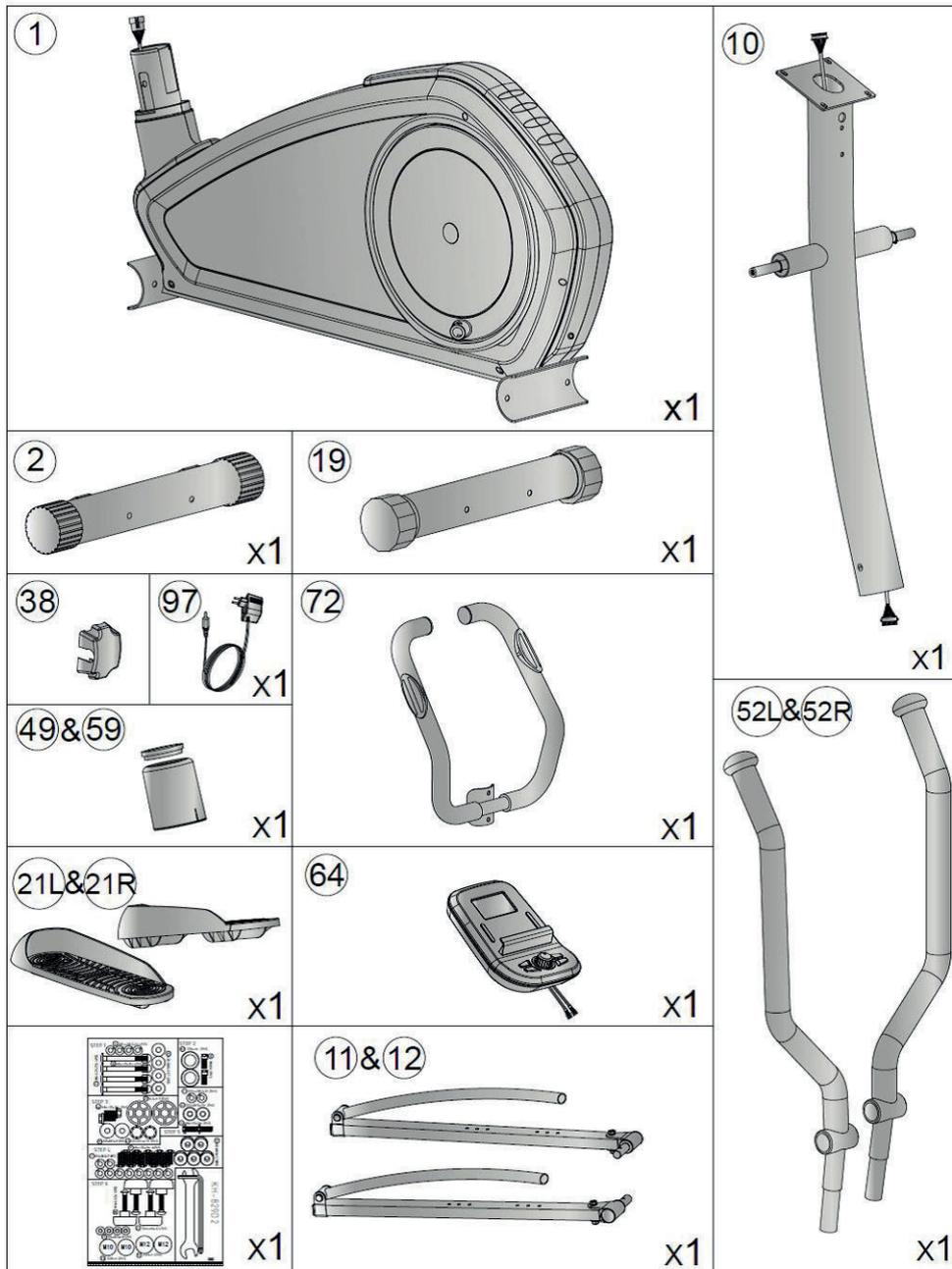
- + In order to make the assembly as simple as possible, some screws and nuts to be used can already be pre-assembled.
- + Ideally, assemble the equipment at its later set-up place.

2.2 Scope of Delivery

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

⚠ CAUTION

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



2.3 Assembly

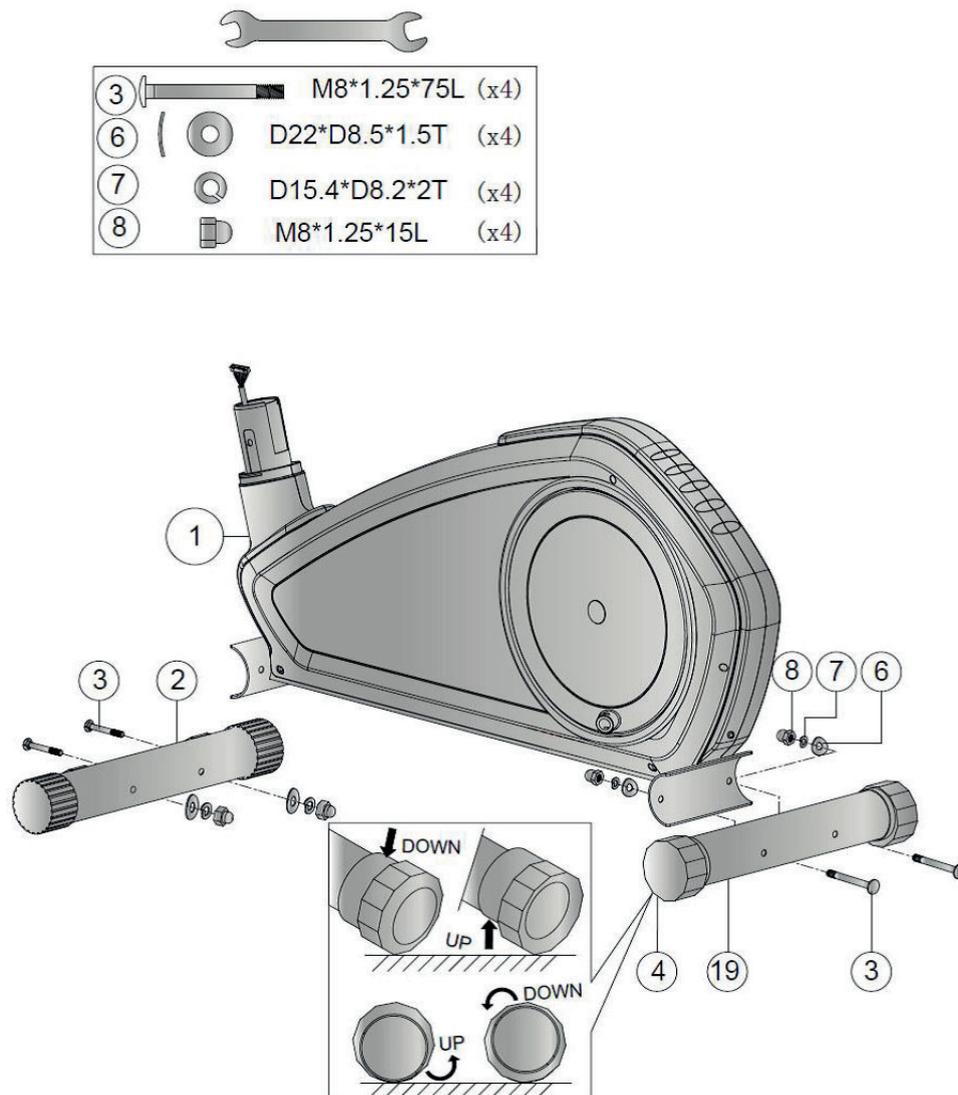
Before assembly, take a close look at the individual assembly steps shown and carry out the assembly in the order given.

NOTICE

- + First loosely screw all parts together and check that they fit properly. Tighten the screws using the tool only when you are instructed to do so.
- + If you have difficulty recognising the graphics, we recommend that you open and/or download the PDF instructions stored in the webshop on your end device (e.g. smartphone, tablet or PC). There you have the option of zooming in closer. Please note that the Adobe Acrobat Reader programme must be installed on your end device in order to open the file.

Step 1: Assembly of the Stabilizers

1. Assemble the front stabilizer (2) and the rear stabilizer (19) to the main frame (1) using a total of four allen bolts, four curved washers (6), four spring washers (7) and four domed nuts (8).
2. Compensate any unevenness in the floor using the adjustable foot caps (4) – see detail drawing.



Step 2: Assembly of the Handlebar Post

NOTICE

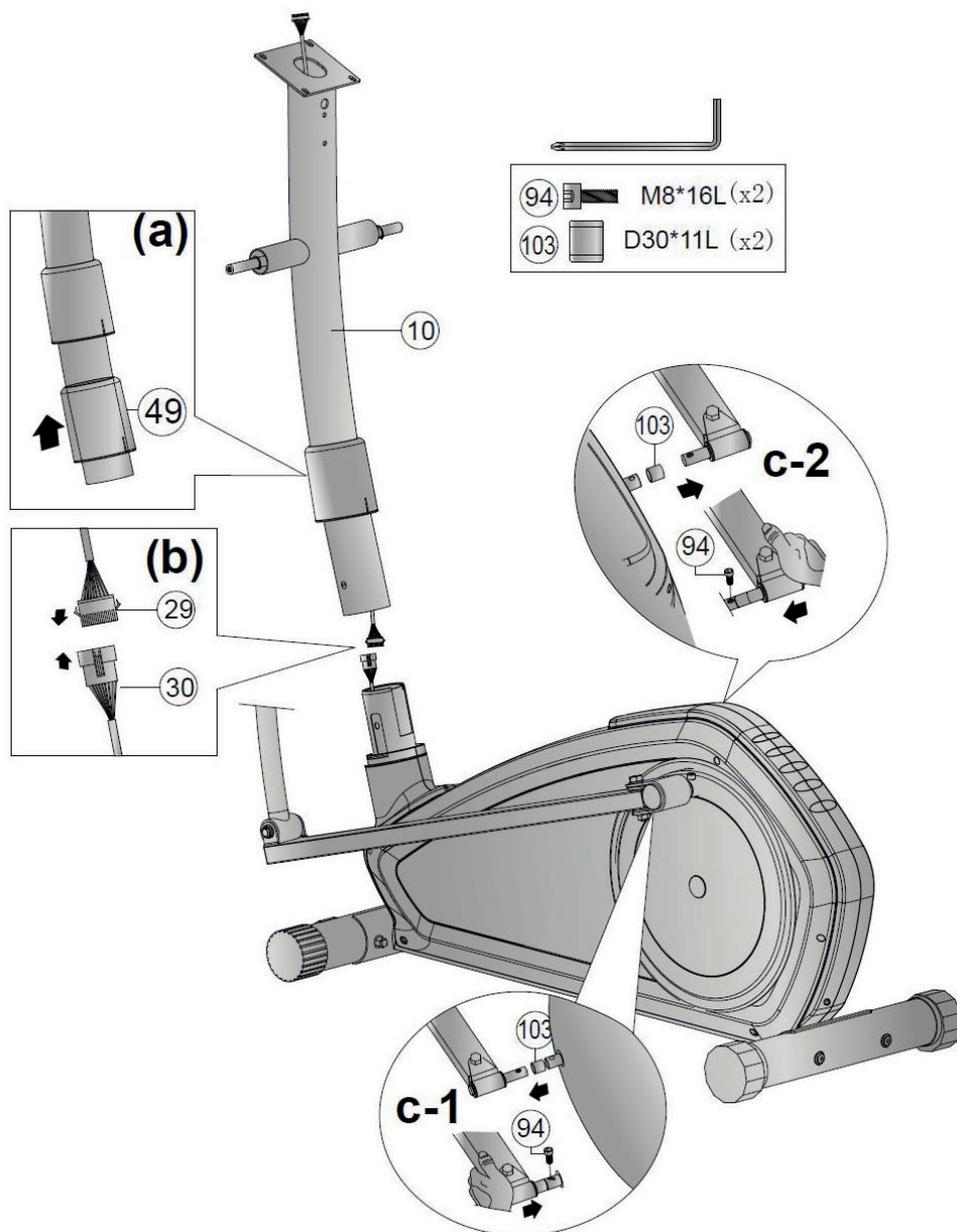
We recommend the assistance of a second person for this step.

1. First lift the upper protective cover (49) of the handle bar post (10) - fig. a.
2. Connect the upper console cable (29) with the lower computer cable (30) - fig. b.

CAUTION

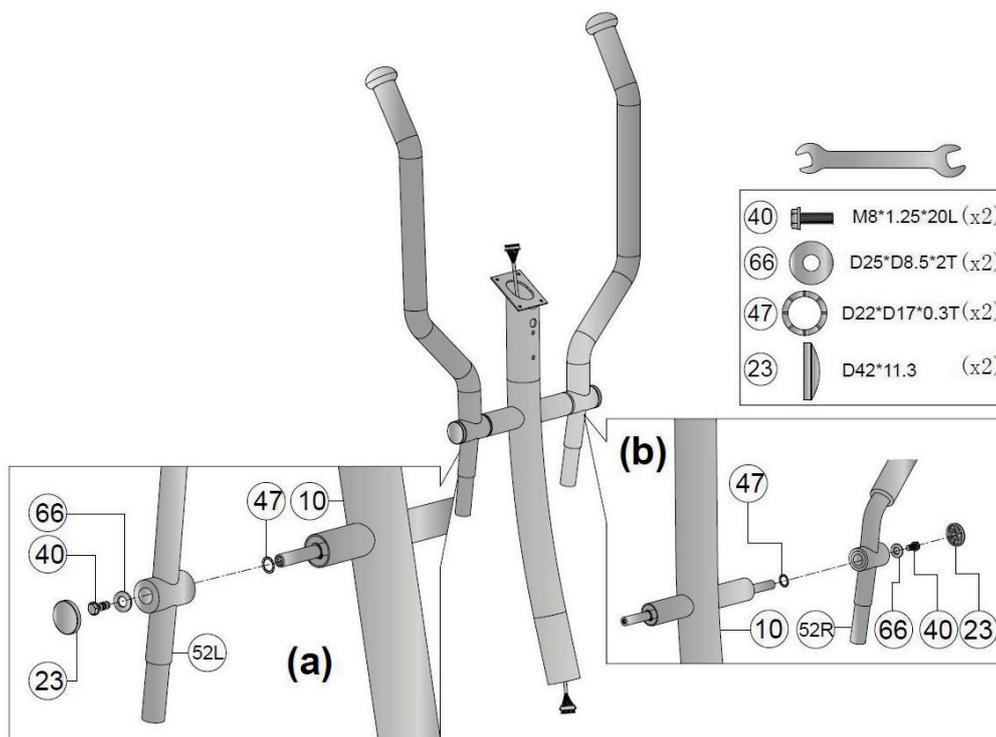
Be careful not to pinch the cables.

3. Slide the handle bar post (10) onto the main frame (1).
4. Assemble the two pedal supporting tubes (11 to the main frame (1) using two pedal axle covers (103) and two allen round head screws (94) - fig. c1 & c2.



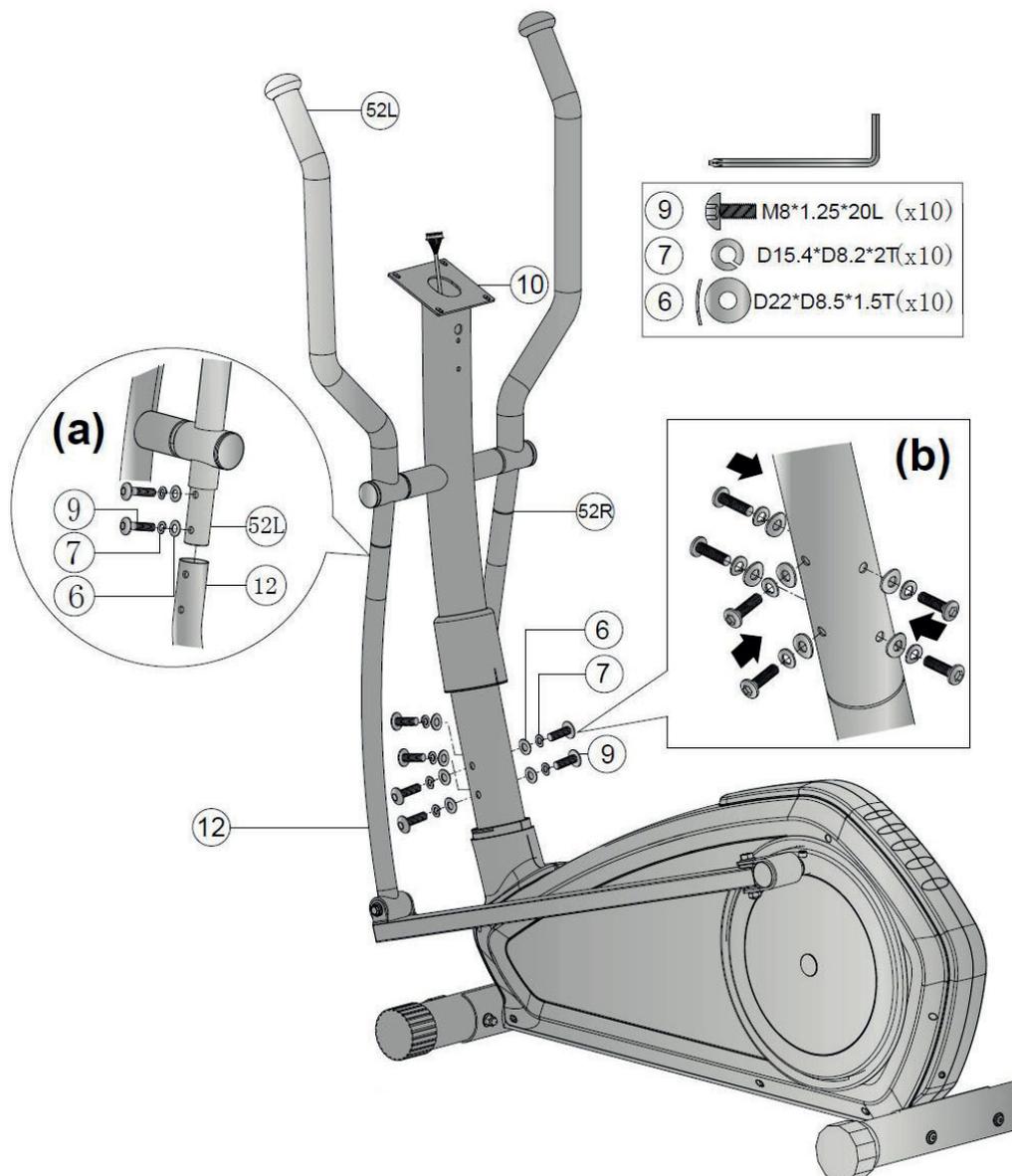
Step 3: Assembly of the Moving Handlebars, Part 1

1. Assemble the left and the right moving handlebar (52L & 52R) to the handlebar post (10) using one bolt (40), one flat washer (66) and one wave washer (47) each.
2. Attach the axle covers (23).



Step 4: Assembly of the Moving Handlebars, Part 2

1. Assemble the left and the right moving handlebar (52L & 52R) to the movable support welding sets (12) using two allen bolts (9), two spring washers (7) and two curved washers (6) each - fig. a.
2. Lift the upper protective cover (49) of the handlebar post (10) and fix the assembly using a total of six allen bolts (9), six spring washers (7) and six curved washers (6).
3. Slide the upper protective cover (49) back to its original position and ensure it engages audibly.



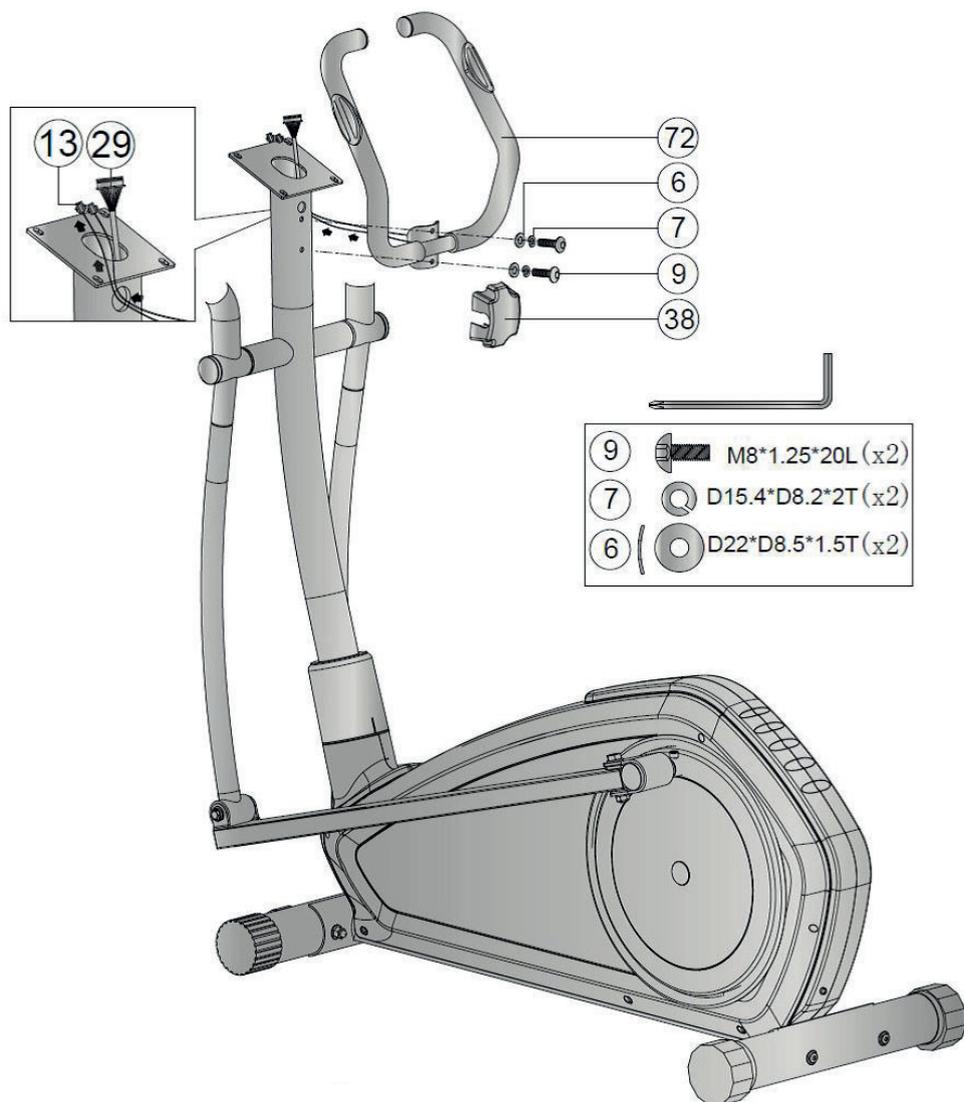
Step 5: Assembly of the Fixed Handlebar

1. Guide the handpulse cables (13) of the fixed handlebar (72) through the small hole on the side of the handlebar post (10) and then through the opening. - see detail drawing.

CAUTION

Be careful not to pinch the cables during the following steps.

2. Assemble the fixed handlebar (72) to the handlebar post (10) using two allen bolts (9), two spring washers (7) and two curved washers (6).
3. Attach the protective cover (38).



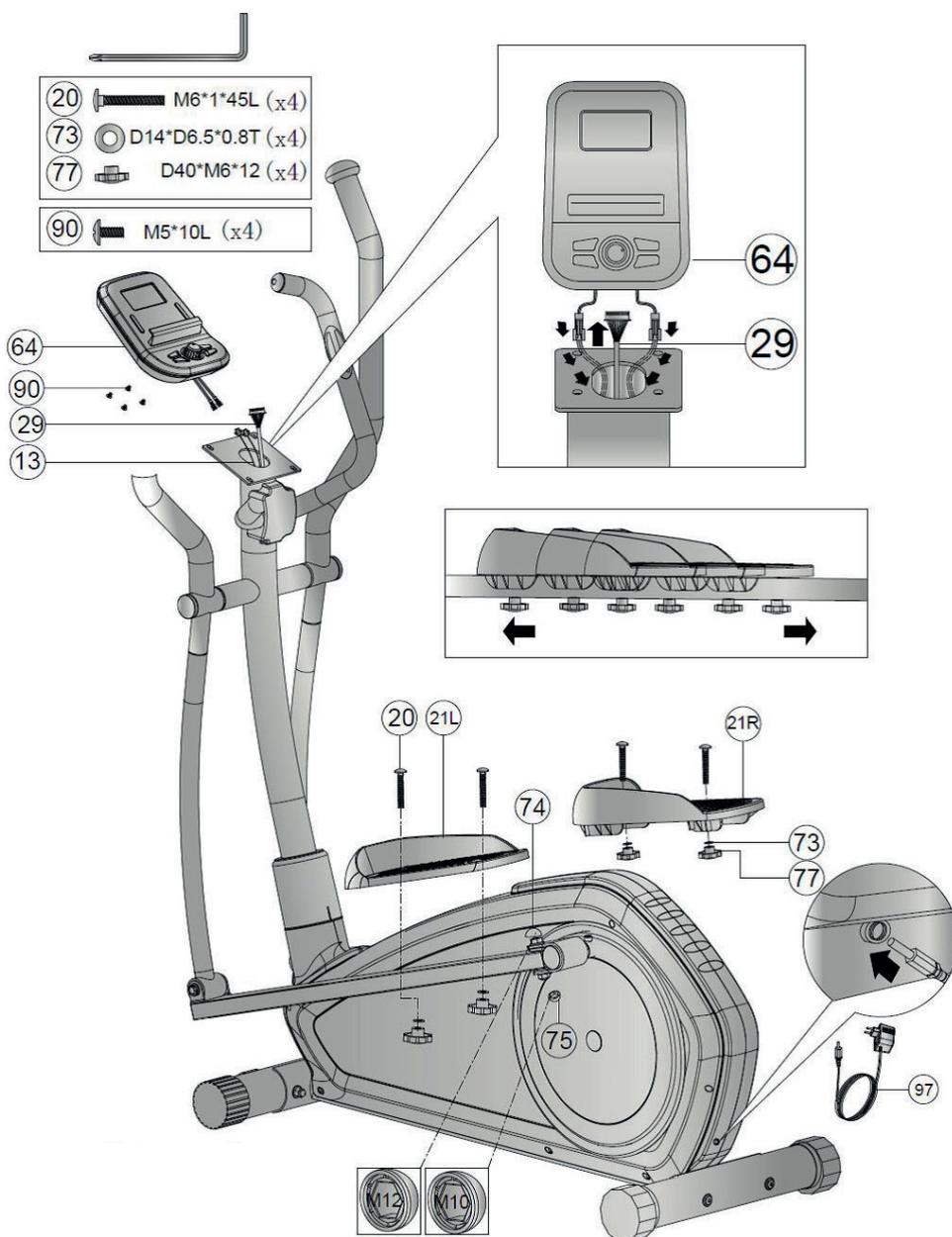
Step 6: Assembly of the Console

1. Connect the handpulse cable (13) with the corresponding cables of the console (64).
2. Plug the upper console cable (29) into the console (64). Thread any excess cable into the opening of the handlebar post (10) before you place the console (64) on top.

CAUTION

Be careful not to pinch the cables during the following steps.

3. Assemble the console (64) to the handlebar post (10) using four cross bolts (90).
4. Assemble the left and the right pedal (20L & 20R) to the pedal supporting tubes (11) using four square bolts (20), four flat washers (73) and four knobs (77).
5. Fix the bolt covers (74 & 75).
6. Plug the adaptor (97) into the training machine and connect it to the power supply - see detail drawing. Only use the provided original adaptor.



Step 7: Connecting the equipment to the mains supply

▶ **ATTENTION**

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

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

Correctly Getting On and Off

1. To get on, grip the handles with both hands and first step onto the left pedal with your left foot or onto the right pedal with your right foot and then place your foot onto the other pedal.
2. To get off, grip the handles with both hands and place one foot next to the equipment and then the other foot.

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.
- + Always start your training with low intensity and increase evenly and gently. End your training with a cool-down phase. If you are unsure, please consult your physician.

3.1 Console display



TIME	Displays your training time
SPEED	Displays your current speed, display range: 0.0 - 99.0 km/h or ml/h
DISTANCE	Displays your covered distance in km or ml, display range: 0 - 99.00
RPM	Displays the rotations per minute (step frequency) , display range: 0 - 999
PULSE	Displays your pulse (BPM), display range: 30 - 230 BPM
CALORIES	Displays your calorie consumption in kcal, display range: 0 - 9999; adjustment range: 0 - 9990
WATT	Displays the current load in Watt, display range: 0 - 999
MANUAL	Manual workout mode
BEGINNER	Selection of four beginner pre-set programmes
ADVANCE	Selection of four advanced pre-set programmes
SPORTY	Selection of four sporty pre-set programmes
CARDIO	Heart rate training mode
WATT PROGRAM	Watt constant training mode
USER PROGRAM	User-defined programme mode

3.2 Button functions

START/STOP	Press this button to start, stop or pause your training.
Rotary knob (UP)	Turn right to increase values and/or to choose between settings.
Rotary knob (DOWN)	Turn left to decrease values and/or to choose between settings.
MODE	Press the rotary knob to confirm your entry or settings.
RESET	<ul style="list-style-type: none">+ Press and hold for 2 seconds to restart the computer.+ Press to delete values.+ Press after your training to return to the main menu.
RECOVERY	Press this button to test your recovery heart rate.
BODY FAT	Press this button to see your body fat measurements.

3.3 How to Turn on the Device and Initial Settings

Once you connect the power cable to the power supply, the computer will turn on and the LCD display will show all the segments for 2 seconds (Fig. 1). Use the rotary knob to select a user (U1 - U4) and confirm with MODE. You will enter setting mode where you can set your age, sex, height and weight.

NOTICE

The computer will enter sleep mode when the elliptical cross trainer is not in use or your heart rate can not be detected for 4 minutes. Press any button to return to the menu.

3.4 Training Programmes

The console offers a variety of different workout modes to help you reach your training goals. These include a manual workout mode (MANUAL), pre-set programmes divided into three fitness levels (BEGINNER, ADVANCE and SPORTY), a heart rate controlled mode (CARDIO), a watt constant mode (WATT) and a user defined mode (USER PROGRAM).

3.4.1 Manual Programme (MANUAL)

There are two different ways to enter the manual training mode.

1. In the main menu, press the START/STOP button to start the manual programme mode directly.
or
1. To select the manual programme mode (MANUAL), use the rotary knob and confirm with MODE.
2. Set the values for TIME, DISTANCE, CALORIES and PULSE and confirm each entry with MODE.
3. If you want to skip some or all of the settings, press the START/STOP button and your training will begin immediately.

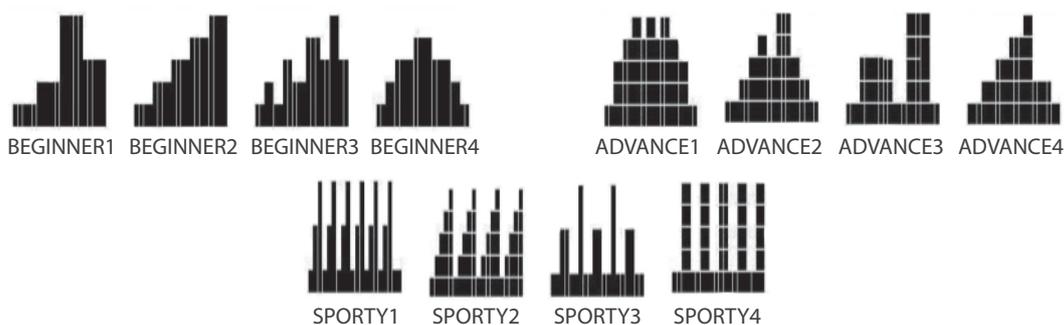
NOTICE

The resistance level can be adjusted during workout by using the rotary knob.

4. To pause or end your training, press the START/STOP button. While the training is paused, you can press the RESET button to return to the main menu.

3.4.2 Beginner, Advance and Sporty Mode

The console offers a total of twelve pre-set profile programmes divided into three different levels: Beginner, Advance and Sporty. Each level offers four programmes (Beginner 1-4; Advance 1-4, Sporty 1-4).



1. To select one of the three modes (BEGINNER, ADVANCE, SPORTY), use the rotary knob and confirm with MODE.
2. Choose one of the four programmes (1-4) within the mode and confirm with MODE.
3. Set the values for TIME and confirm with MODE.
4. To start the workout, press the START/STOP button.

NOTICE

The resistance level can be adjusted during workout by using the rotary knob.

- To pause or end your training, press the START/STOP button. While the training is paused, you can press the RESET button to return to the main menu.

3.4.3 Heart Rate-oriented Mode (CARDIO)

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.

A heart rate oriented training programme is a helpful way to improve your cardio. You can train with 55%, 75% or 90% of your maximum heart rate. The maximum heart rate is 220 - age. You can also set an individual target heart rate (TAG).

- To select the heart rate-oriented programme mode (CARDIO), use the rotary knob and confirm with MODE.
- To set your age, use the rotary knob and confirm with MODE.
- Select one of the heart rate-oriented programmes: CARDIO 55%, CARDIO 75%, CARDIO 90% or TAG (target heart rate, standard value = 100) and confirm with MODE.
- Set the value for TIME and confirm with MODE.
- To start the workout, press the START/STOP button.
- To pause or end your training, press the START/STOP button. While the training is paused, you can press the RESET button to return to the main menu.

3.4.4 Watt Programme (WATT)

- To select the watt programme (WATT), use the rotary knob and confirm with MODE.

You have entered the settings of the programme. The default value is 120 W.



- To adjust the watt value, use the rotary knob and confirm with MODE.
- Set the value for TIME and confirm with MODE.
- To start the workout, press the START/STOP button.

NOTICE

- + The wattage will automatically be adjusted according to your step frequency (RPM).
- + You can also adjust the wattage manually during training.

- To pause or end your training, press the START/STOP button. While the training is paused, you can press the RESET button to return to the main menu.

3.4.5 User-defined Programme Mode (USER PROGRAM)

With the user-defined programmes, users can design their own profile programme by setting a load level for each of up to 20 segments. For each of the four user profiles (U1-U4), there can be designed one user programme.

1. To select the user programme (USER PROGRAM), use the rotary knob and confirm with MODE
2. To select a user profile (U1-U4), use the rotary knob and confirm with MODE.
3. To set the load level for each segment, use the rotary knob and confirm each entry with MODE. Repeat until you have reached the desired number of segments.

NOTICE

To quit during setting, press and hold MODE for two seconds.

4. Set the value for TIME and confirm with MODE.
5. To start the workout, press the START/STOP button.

NOTICE

The resistance level can be adjusted during workout by using the rotary knob.

6. To pause or end your training, press the START/STOP button. While the training is paused, you can press the RESET button to return to the main menu.

3.5 Recovery Test

The console allows you to test your heart rate recovery status after a workout with the recovery mode. The recovery status will be displayed as F1 - F6, with F1 being the best and F6 the worst result. You can improve your heart rate recovery status by exercising regularly.

NOTICE

For more precise results, you can also use a compatible chest strap.

1. To start the recovery status after finishing your workout, place your hands on the hand pulse sensors and press the RECOVERY button once the pulse is displayed.

All display functions stop except for TIME which counts down from 00:60 to 00:00.

Keep your hands on the hand pulse sensors during the 60 seconds.

→ *Your heart rate recovery status is displayed as F1 - F6.*

2. To return to the main menu, press the RECOVERY button.

1.0	OUTSTANDING
1.0 < F < 2.0	EXCELLENT
2.0 < F < 2.9	GOOD
3.0 < F < 3.9	FAIR
4.0 < F < 5.9	BELOW AVERAGE
6.0	POOR

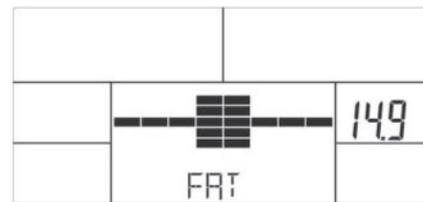
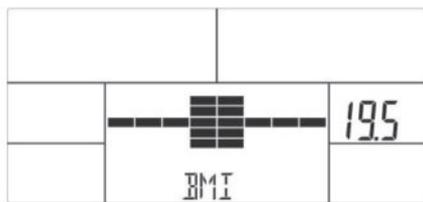
3.6 Body Fat Test

One method of keeping track of your training results and improvements is to measure your body fat and/or body mass index (BMI). You can do this by using the body fat test on the console.

1. In stop mode, press the BODY FAT button.
2. Select a user U1-U4.
3. To set your values for GENDER, HEIGHT and WEIGHT, use the rotary knob and confirm each entry with MODE.
4. Place both hands on the hand grips.

The measurement starts and " = = " = " is displayed during the eight seconds long measurement. Keep both hands on the hand grips until the computer finishes.

→ Your body fat percentage (FAT) and body mass index (BMI) are displayed for 30 seconds.



NOTICE

If the error message E-1 occurs, it means that no heart rate is detected.

If the error message E-4 occurs, your body fat percentage is <5 or >50 and/or body mass index <5 or >50.

B.M.I. (Body mass index) integrated

B.M.I SCALE	LOW	LOW/MED	MEDIUM	MED/HIGH
RANGE	<20	20-24	24.1-26.5	>26.5

BODY FAT:

SYMBOL	—	+	▲	
FAT% SEX	LOW	LOW/MED	MEDIUM	MED/HIGH
MALE	<13%	13%-25.9%	26%-30%	>30%
FEMALE	<23%	23%-35.9%	36%-40%	>40%

3.7 General notes

- + When the pedals are not used for 4 minutes, the computer will go into sleep mode. All settings and training data will be saved until you return to your training.
- + In case the computer functions abnormally, disconnect the elliptical cross-trainer from its power supply and reconnect it again.
- + Each time when you turn the rotary knob (UP/DOWN) the value will either increase or decrease in one level. If you press the rotary knob for 1.5 seconds the value will either increase or decrease in eight levels. This function will stop once you let go of the rotary knob.

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.

5.1 General Instructions



WARNING

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



CAUTION

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

ATTENTION

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

5.2 Faults and Fault Diagnosis

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

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

No pulse display	<ul style="list-style-type: none"> + Sources of interference in the room + unsuitable chest strap + Wrong position of chest strap + Chest strap defective or battery empty + Pulse display defective 	<ul style="list-style-type: none"> + 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
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5.3 Error Codes and Troubleshooting

The electronics of the equipment continuously carries out tests. In case of deviations, an error code appears on the display and normal operation is stopped for your safety.

Please contact the contract partner for technical support.

5.4 Maintenance and Inspection Calendar

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

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

Part	Weekly	Monthly	Quarterly
Display console	C	I	
Slide rails*		C	
Lubrication of slide rails and moving parts*			I
Plastic covers	C	I	
Screws and cable connections		I	
Legend: C = clean; I = inspect			

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

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



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

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

6 DISPOSAL

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



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

To make your training experience even more efficient and pleasant, we recommend that you add suiting accessories to your fitness equipment. For elliptical cross trainers this could for example be a **floor mat**, which makes your fitness equipment stand more securely and also protects the floor from sweat 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.

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!



chest strap



floor mat



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.

Enter the serial number in the appropriate field.

Serial number:

Brand / Category:

Model Name:

Article Number:

8.2 Parts List

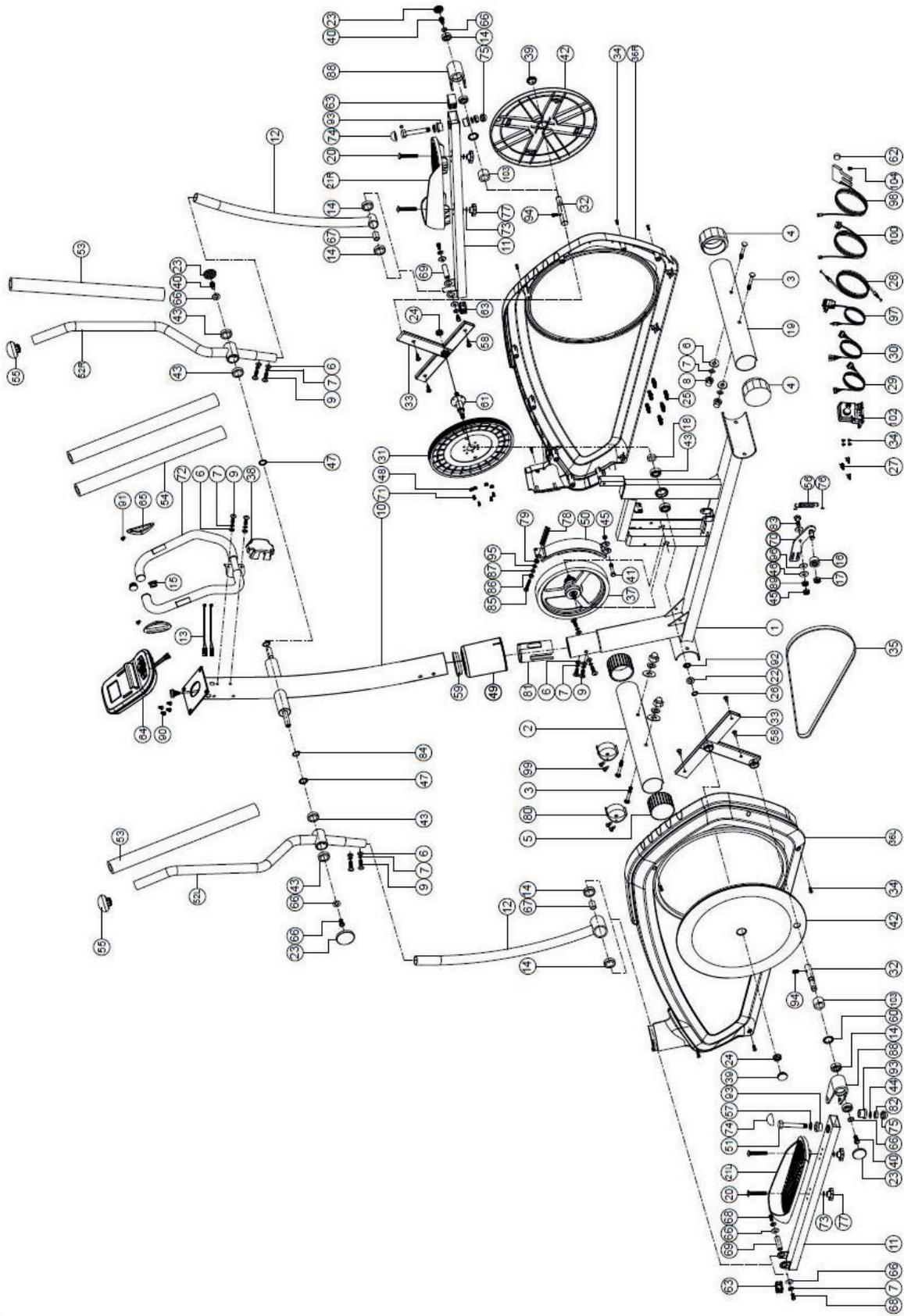
No.	Name	Specification	Qty.
1	Main frame	829E2-3-1000-J0	1
2	Front stabilizer	16100-6-2101-J1	1
3	Allen bolt	50508-5-0075-F3	4
4	Adjustable foot cap	55450-5-0060-B1	2
5	Front foot cap	55443-1-0060-B3	2
6	Curved washer	55108-3-2215-FA	16
7	Spring washer	55108-2-1520-FA	20
8	Domed nut	55208-6-2015-FA	4
9	Allen bolt	50308-5-0020-F0	12
10	Handlebar post	829D2-3-2000-J0	1
11	Pedal supporting tube	829D2-3-3800-J0	2
12	Movable support welding set	829D2-3-3700-J0	2
13	handpulse cable	81800-6-2479-00	2
14	bearing	58006-6-1016-00	8
15	end cap (semi-ball)	553F0-1-0031-B3	2
16	idle wheel	74550-6-1671-00	1
17	nylon nut	55210-1-2010-CA	1
18	spacer	80700-6-2781-00	1
19	Rear stabilizer	19000-6-2101-J5	1
20	Square bolt	50506-2-0045-F0	4
21L	Left pedal	58029-6-1063-B0	1
21R	Right pedal	58029-6-1064-B0	1
22	Flat washer	55117-1-2315-NA	1
23	axle cover	196A0-6-3876-B0	4
24	Anti-loose nut	18600-6-2775-N2	2
25	Pin	71600-6-4586-60	6
26	C ring	55517-1-0010-00	1
27	adhesive fixing clamp	39000-6-5871-00	2
28	upper tension cable	833B2-6-2603-00	1
29	upper console cable	73002-6-2572-00	1
30	lower console cable	73002-6-2573-00	1

31	pulley	D240x21	1
32	pedal axle	D19*118.5L	2
33	crank welding set		2
34	cross screw	ST4.2x1.4x20L	13
35	belt	390 PJ5	1
36L	left chaincover	1096.4*527.5*65.9	1
36R	right chaincover	1096.4*527.5*61.6	1
37	flywheel	D260*69.5L*7KG	1
38	protective cover	114*76*43	1
39	side cover	D36*14	2
40	bolt	M8x1.25x20	4
41	Allen bolt	M8*1.25*55L	1
42	round cover	D377x20.5T	2
43	bearing	#6003ZZ	6
44	Flat washer	D20*D11*2.0T	2
45	nylon nut	M8*1.25*8T	2
46	Flat washer	D30*D8.5*2.0T	1
47	wave washer	D17*D22*0.3T	2
48	nylon nut	M6x1.0x6T	4
49	upper protective cover		1
50	magnet fixing bracket		1
51	ladder bolt	M10*1.5*58L	2
52L	left moving handlebar		1
52R	right moving handlebar		1
53	foam	D30x3Tx500L	2
54	foam	D23*4T*560L,HDR with hole	2
55	mushroom cap	D1 1/4"*45L	2
56	spring	D2.6*D15*66L	1
57	Flat washer	D24*D13.5*2.5T	2
58	cross screw	ST4*1.41*12L	6
59	cover gasket	D85*D61*8.2T	1
60	wave washer	D21*D16*0.3T	2
61	crank axle welding set		1

62	round magnet	M02 with base	2
63	square cap	30*60*15	1
64	console	SM-3730-67	1
65	handpulse	PE18	2
66	Flat washer	D25xD8.5x2T	1
67	bushing	D22.2*33.3L	2
68	bolt	M8x1.25x20L	2
69	front pedal axle	D15.83*62.7L	1
70	idle wheel fixing plate		4
71	bolt	M6x1.0x15L	1
72	fixed handlebar		1
73	Flat washer	D14xD6.5x0.8T	4
74	bolt cover	D30*17(M12)	1
75	bolt cover	D28*17(M10)	19
76	plastic cover	D3*30L	10
77	knob	D40*M6*12	17
78	spring	D1.2*55L	2
79	nylon nut	M6*1*6T	3
80	foot cap	D60x54.5L	7
81	insert	D60*109L	6
82	nylon nut	M10*1.5*10T	4
83	bolt	M8*25 tooth 15MM	1
84	c ring	S-17(1T)	2
85	bolt	M6*60L	1
86	nut	M6*1*6T	2
87	Flat washer	D13*D6.5*1.0T	4
88	pedal revolving tube		12
89	nut	M8*1.25*6T	4
90	cross bolt	M5x0.8x10L	6
91	round cross screw	ST4.0x1.41x20L	4
92	wave washer	D22xD17x0.3T	2
93	bushing	D29*D11.9*9T	4
94	allen round head screw	M8*1.25*16L	1

95	nylon flat washer	55106-1-1915-B1	1
96	plastic flat washer	55110-1-2404-BF	2
97	adaptor	804C2-6-2584-01	1
98	sensor cable	829E2-6-2576-00	1
99	cross screw	52804-2-0012-F0	4
100	electrical cable	73102-6-2596-00	1
102	motor	180B2-6-2571-00	1
103	pedal axle cover	71801-6-2905-B1	2
104	cross bolt	52605-2-0012-N0	1
\	allen spanner	58030-6-1031-N1	1
\	opening spanner	58030-6-1035-N1	1

8.3 Exploded Drawing



Products from Darwin Fitness® are 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, the responsibility for parts costs, repair costs, installation costs and delivery costs lies with the warranty holder.

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	UK
<p style="text-align: center;">TECHNIK</p> <p> +49 4621 4210-900</p> <p> +49 4621 4210-698</p> <p> technik@fitshop.de</p> <p> Öffnungszeiten entnehmen Sie unserer Homepage.</p> <p style="text-align: center;">SERVICE</p> <p> 0800 20 20277 (kostenlos)</p> <p> 04621 4210 - 0</p> <p> info@fitshop.de</p> <p> Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statita</p>	<p style="text-align: center;">TEKNIK OG SERVICE</p> <p> 80 90 16 50</p> <p>+49 4621 4210-945</p> <p> info@fitshop.dk</p> <p> Åbningstider kan findes på hjemmesiden: https://stg.fit/statit7</p>	<p style="text-align: center;">CUSTOMER SUPPORT</p> <p> 00800 2020 2772</p> <p>+494621 4210 944</p> <p> info@fitshop.co.uk</p> <p> You can find the opening hours on our homepage: https://stg.fit/statitic</p>
	FR	BE
	<p style="text-align: center;">TECHNIQUE & SERVICE</p> <p> +33 (0) 189 530984</p> <p>+49 4621 42 10 933</p> <p> info@fitshop.fr</p> <p> Vous trouverez les heures d'ouverture sur notre site Internet: https://stg.fit/statit4</p>	<p style="text-align: center;">TECHNIQUE & SERVICE</p> <p> 02 732 46 77</p> <p>+49 4621 4210 933</p> <p> info@fitshop.be</p> <p> Vous trouverez les heures d'ouverture sur notre site Internet: https://stg.fit/statit8</p>
ES	NL	INT
<p style="text-align: center;">TECNOLOGÍA Y SERVICIOS</p> <p> 911 238 029</p> <p> info@fitshop.es</p> <p> Consulta nuestro horario de apertura en la página web: https://stg.fit/statit5</p>	<p style="text-align: center;">TECHNISCHE DIENST & SERVICE</p> <p> +31 172 619961</p> <p> service@fitshop.nl</p> <p> De openingstijden vindt u op onze homepage: https://stg.fit/statit3</p>	<p style="text-align: center;">TECHNICAL SUPPORT & SERVICE</p> <p> +49 4621 4210-944</p> <p> service-int@fitshop.de</p> <p> You can find the opening hours on our homepage: https://stg.fit/statita</p>
PL	AT	CH
<p style="text-align: center;">DZIAŁ TECHNICZNY I SERWIS</p> <p> 22 307 43 21</p> <p>+49 4621 42 10-948</p> <p> info@fitshop.pl</p> <p> Godziny otwarcia można znaleźć na stronie głównej: https://stg.fit/statit6</p>	<p style="text-align: center;">TECHNIK & SERVICE</p> <p> 0800 20 20277 (Freecall)</p> <p>+49 4621 42 10-0</p> <p> info@fitshop.at</p> <p> Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statitb</p>	<p style="text-align: center;">TECHNIK & SERVICE</p> <p> 0800 202 027</p> <p>+49 4621 42 10-0</p> <p> info@fitshop.ch</p> <p> Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statit9</p>

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

www.fitshop.com/en/stores



DARWIN **CT40**