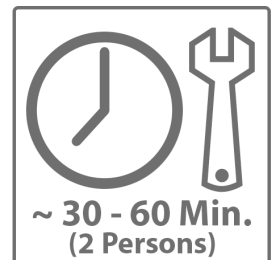
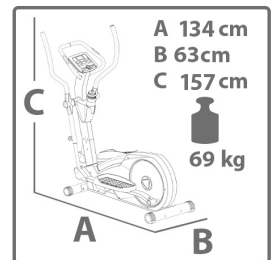


cardiostrong®

Assembly and Operating Instructions



CSTEX40.02.06

Art. No. CST-EX40-2

Elliptical cross trainer EX40

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Dear customer,

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

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

Intended Use

The equipment may only be used for its intended purpose.

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

Legal Notice

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Europe's No. 1 for home fitness

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Disclaimer



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

ABOUT THIS MANUAL

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



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

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

The following safety instructions may appear in this manual:

- **ATTENTION**

This notice indicates potentially hazardous situations which, if not avoided, may result in property damage.

- ⚠ **CAUTION**

This notice indicates potentially hazardous situations which, if not avoided, may result in slight or minor injuries!

- ⚠ **WARNING**

This notice indicates potentially hazardous situations which, if not avoided, may result in death or serious injuries!

- ⚠ **DANGER**

This notice indicates potentially hazardous situations which, if not avoided, will result in death or serious injuries!

- ⓘ **NOTICE**

This notice indicates further useful information.

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

1.1 Technical Data

LED display

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

Resistance system: electronic magnetic brake system

Resistance levels: 16

Watt: 10 - 350 Watt (adjustable in 5-Watt increments)

User memory: 4

Total number of training programs: 19

Manual programs: 1

Pre-set programs: 12

Watt-controlled program: 1

Heart rate controlled programs: 4

User defined program: 1

Balance mass: 28 kg

Gear ratio: 1: 8,75

Stride length: 40 cm

Step width: 17 cm

Step-up height: 31 cm

Adjustable pedal positions: 3

Stride-length options: 4

Weight and dimensions

Item weight (gross, incl. packaging): 75 kg

Item weight (net, without packaging): 69 kg

Package dimensions (height x width x depth): approx. 1270 mm x 420 mm x 620 mm

Set-up dimensions (height x width x depth): approx. 1450 mm x 630 mm x 1560 mm

Maximum user weight: 150 kg (330 lbs)

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

+ 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.

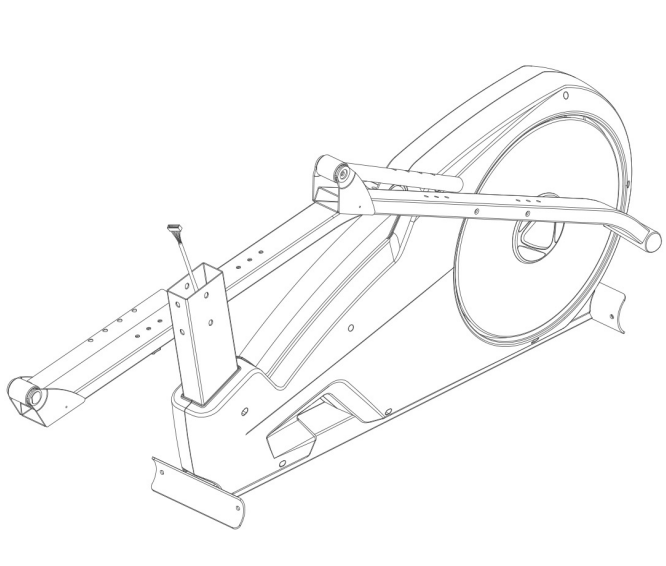
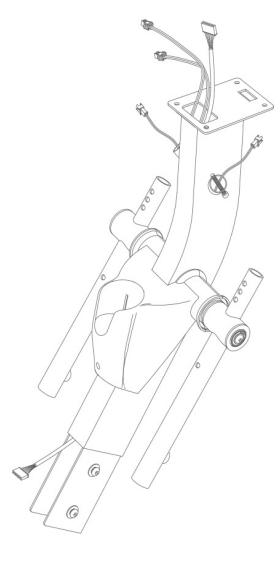
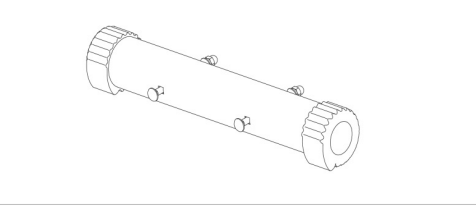
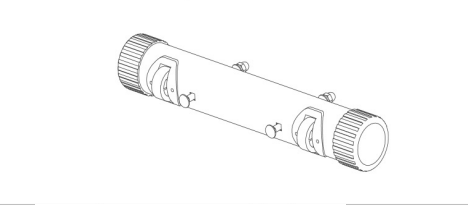
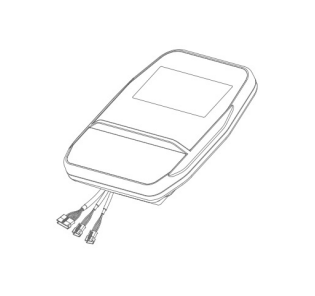

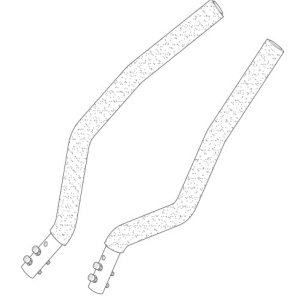
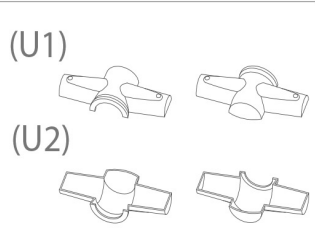
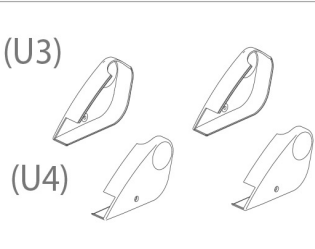
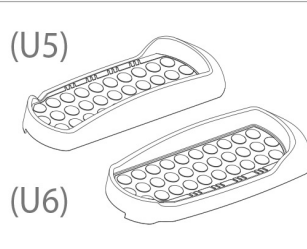
+ Ideally, assemble the equipment at its later set-up place.






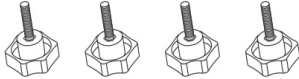
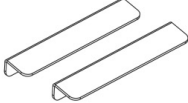
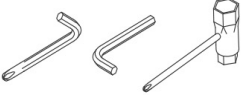
2.2 Scope of Delivery

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.

		
N-Frame		O-Console mast
		
P-Rear supporting foot	Q-Front supporting foot	
		
R-Console	S-Handles	T-Handlebars
		
(U1) (U2) U-Covers for handlebars	(U3) (U4) U-Covers for pedal bars	(U5) (U6) U-Pedals

 x 2pcs		
W1-Turning knobs	W2-Screws M5*12L	W3- Screws M5*8L
		
W4-Washer_M6	W5-Spring washers M6	W6-Turning knob
		
W10-Holders	Tools	

2.3 Assembly

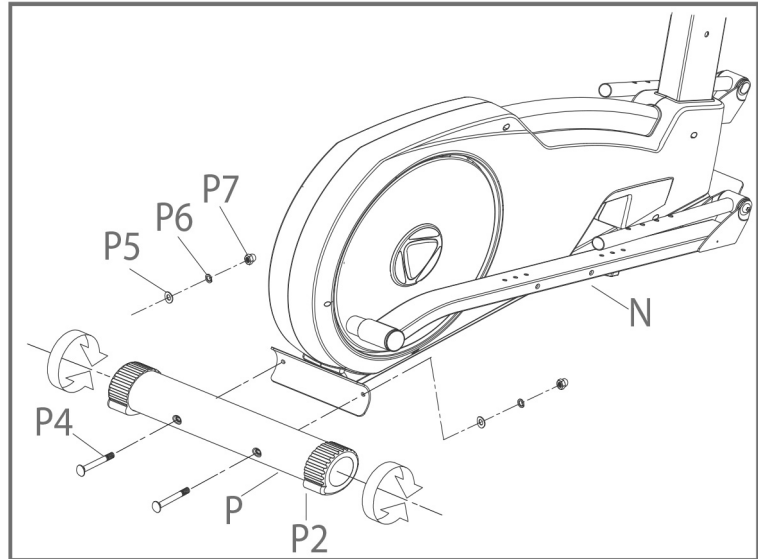
Before assembly, take a close look at the individual assembly steps shown and carry out the assembly in the order given.

① NOTICE

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

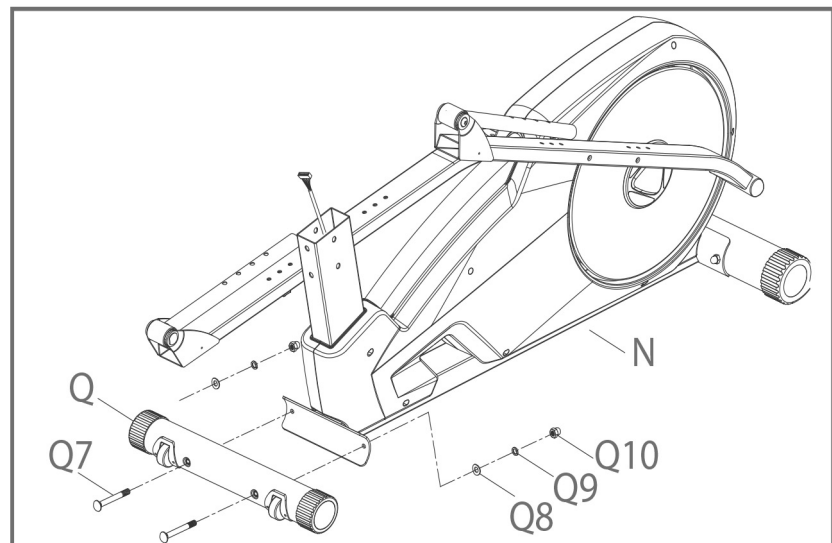
Step 1: Assembly of the rear supporting foot

1. Remove the screws (P4), washers (P5), spring washers (P6) and nuts (P7) from the rear supporting foot (P).
2. Put the screws (P4) through the rear supporting foot (P) and the bracket on the frame (N).
3. Secure the supporting foot with two washers (P5), two spring washers (P6) and two nuts (P7) and tighten the screws with the tool.



Step 2: Assembly of the front supporting foot

1. Remove the screws (Q7), washers (Q8), spring washers (Q9) and nuts (Q10) from the rear supporting foot (Q).
2. Put the screws (Q7) through the front supporting foot (Q) and the bracket on the frame (N).
3. Secure the supporting foot with two washers (Q8), two spring washers (Q9) and two nuts (Q10) and tighten the screws with the tool.



① NOTICE

If the equipment is not stable after **Step 2**, make adjustments to the adjusting screws underneath the supporting foot (P2) accordingly.

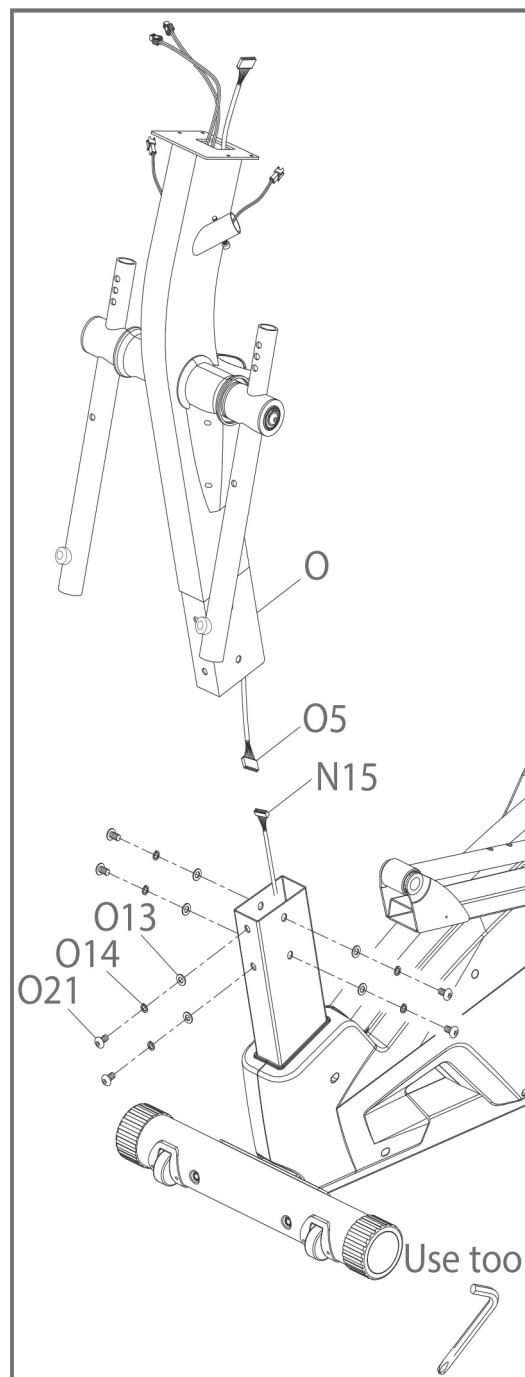
Step 3: Assembly of the console mast

1. Lift up the main frame (N) with two persons and remove the polystyrene.
2. Remove the bolts (O21), spring washers (O14) and washer (O13) from the central support tube.

• **ATTENTION**

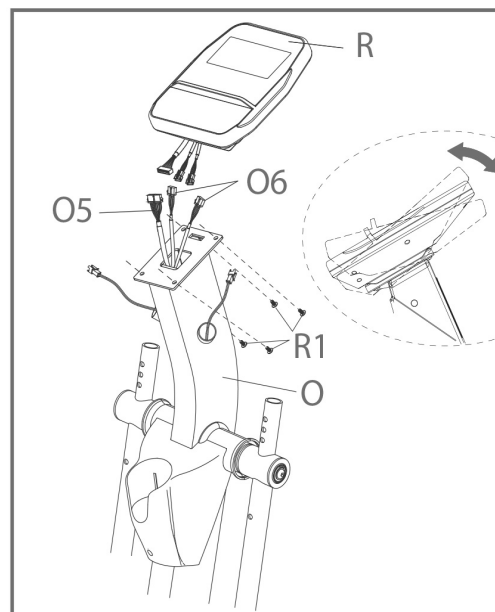
Take care to not pinch the cable during the next step.

3. Connect the cable (O5) & (N15).
4. Assemble the central support tube (O) onto the main frame (N) with six bolts (O21), spring washer (O14) and washer (O13).
5. Tighten all screws with the tool.



Step 4: Assembly of the console

Connect the sensor cables (O5 and O6) to the console cables and mount the console on the console mast plate.

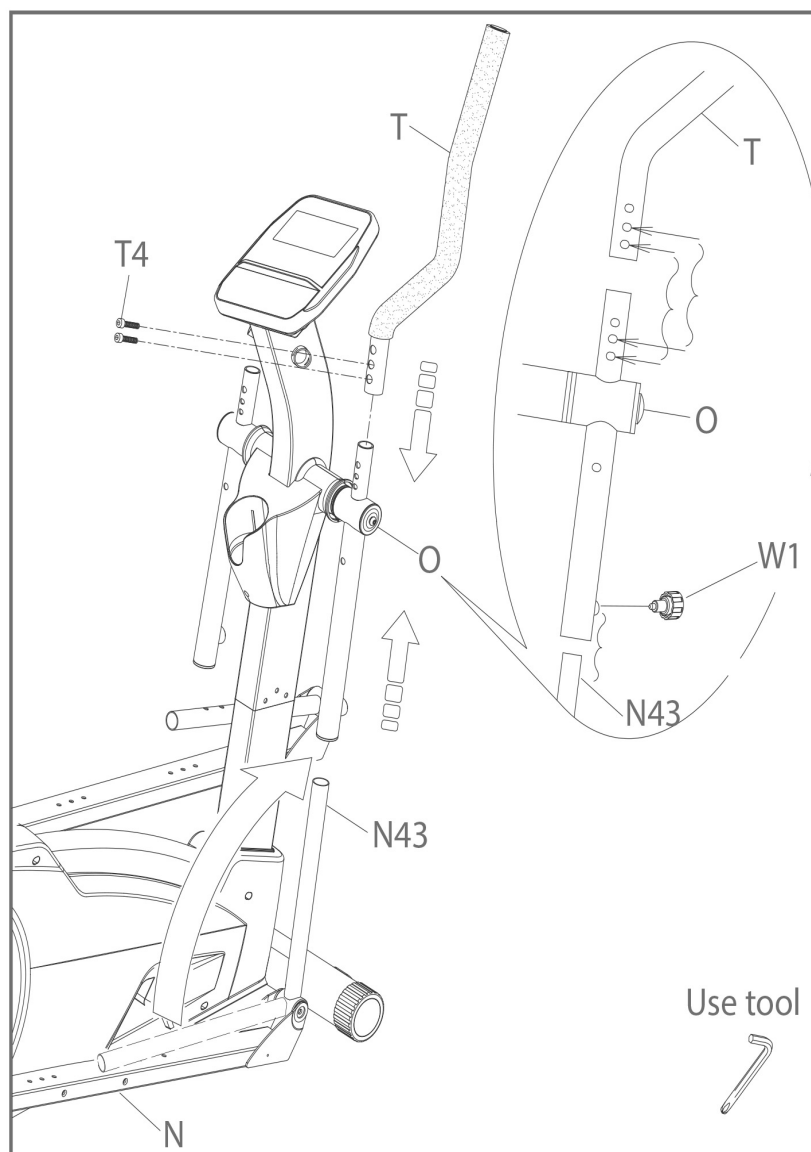


Step 5: Assembly of the handle bars

1. Lift the right pedal bar desired position on the connection tube (O) using the adjusting screw.
2. Remove the screws (T4) from the handlebar (T).
3. Push the handlebar (T) onto the connection tube and secure it with the screws (T4).
4. Repeat this process for the left side.

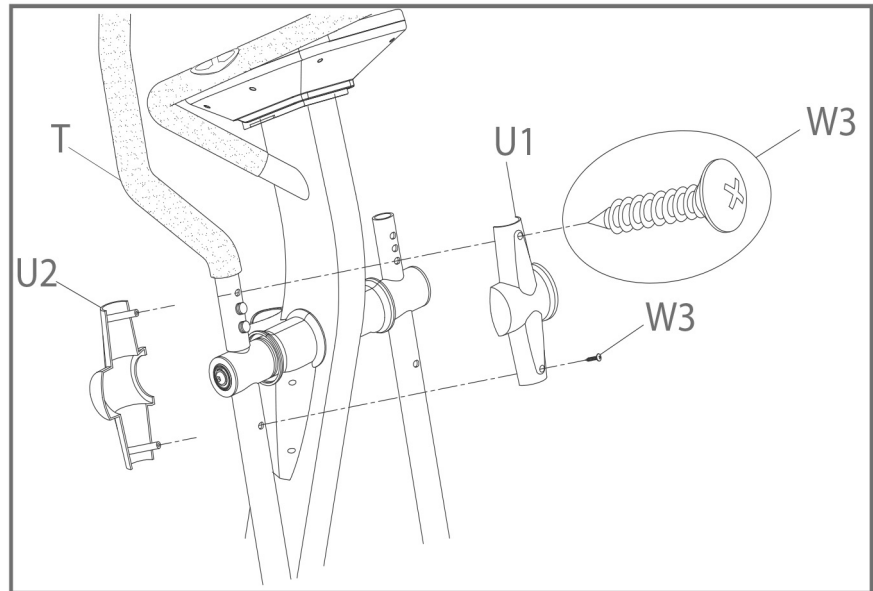
- **ATTENTION**

When assembling the handlebars, it is important to use the holes as per the illustration.



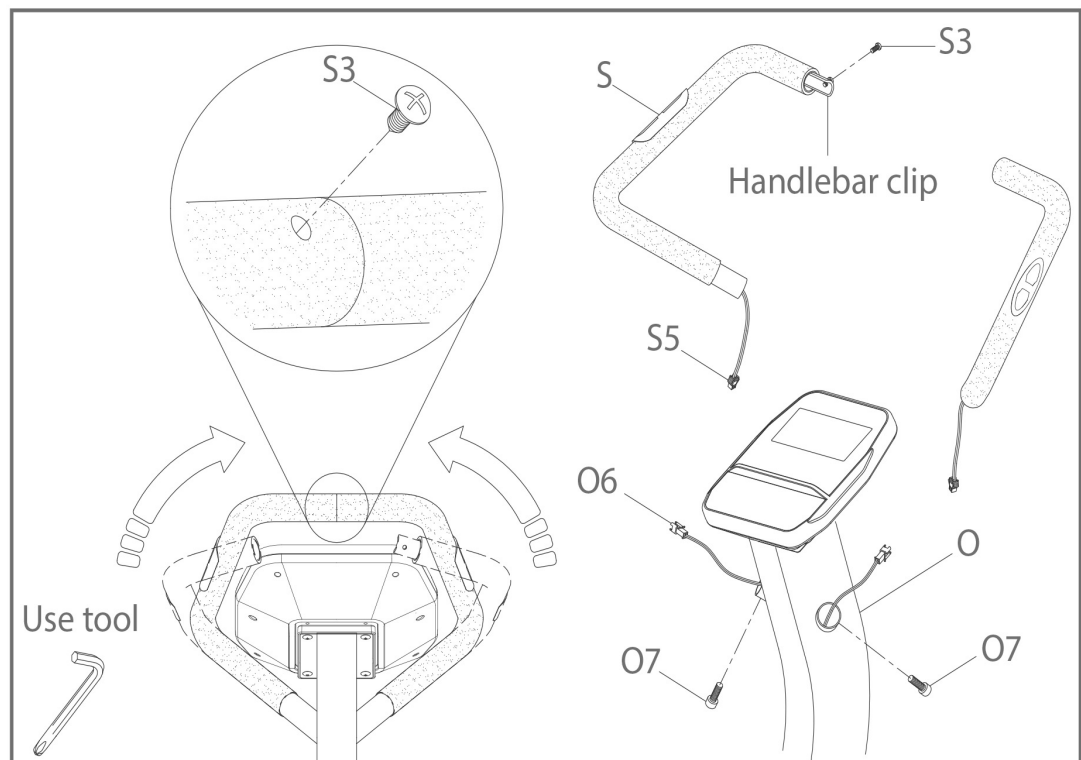
Step 6: Assembly of the handlebar covers

Secure the covers (U1 and U2) to the handlebar (T) with two screws (W3). Repeat this process for the other side.



Step 7: Assembly of the hand grips

1. Remove the screws (O7) from the console mast (O) and the screw (S3) from the hand grip (S).
2. Connect the cable from the hand grip (S5) to the sensor cable (O6).
- **ATTENTION**
Take care to not pinch the cable during the next step.
3. Insert the hand grips (S) into the console mast (O) and twist the grips together.
4. Secure the hand grips with two screws (O7) and one screw (S3) and tighten the screws with the tool.

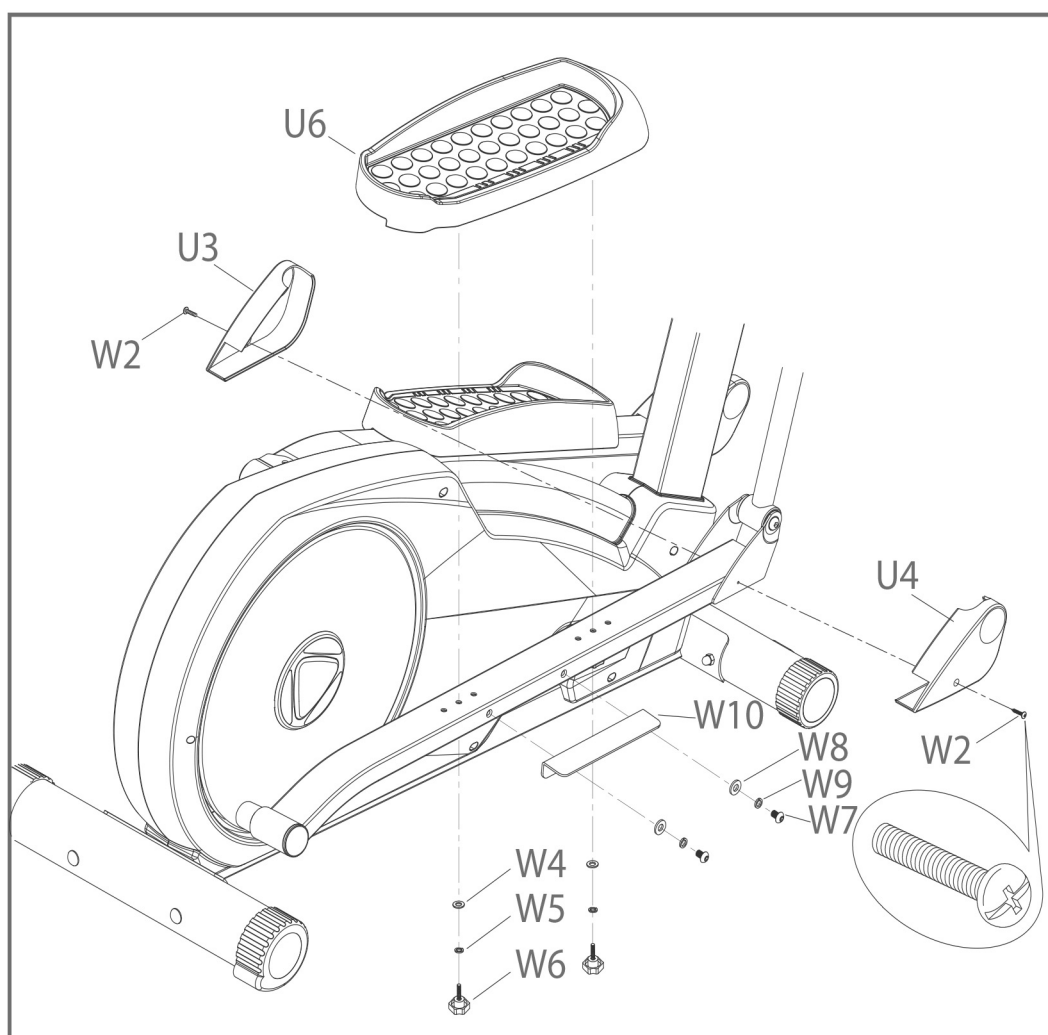


Step 8: Assembly of the pedal-arm covers

Mount the covers (U3 and U4) on the pedal arms using screw (W2). Repeat this process for the other side.

Step 9: Assembly of the pedals

1. Fix the bracket (W10) to the pedal rod using screw (W7), spring washer (W9) and washers (W8). Repeat the process on the other side.
2. Install the right pedal (U6) using washers (W4), spring washers (W5) and adjusting knobs (W6).
3. The pedals can be mounted in any of the three positions. Repeat this process for the left pedal (U5).
4. Tighten all screws with the tool.

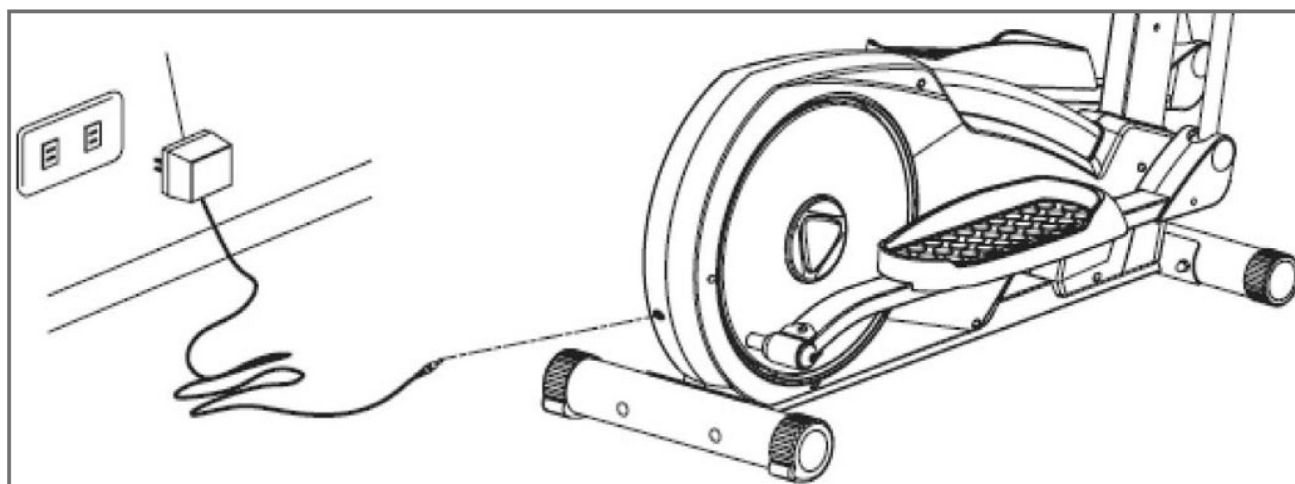


Step 10: Connecting the equipment to the mains supply

- **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.

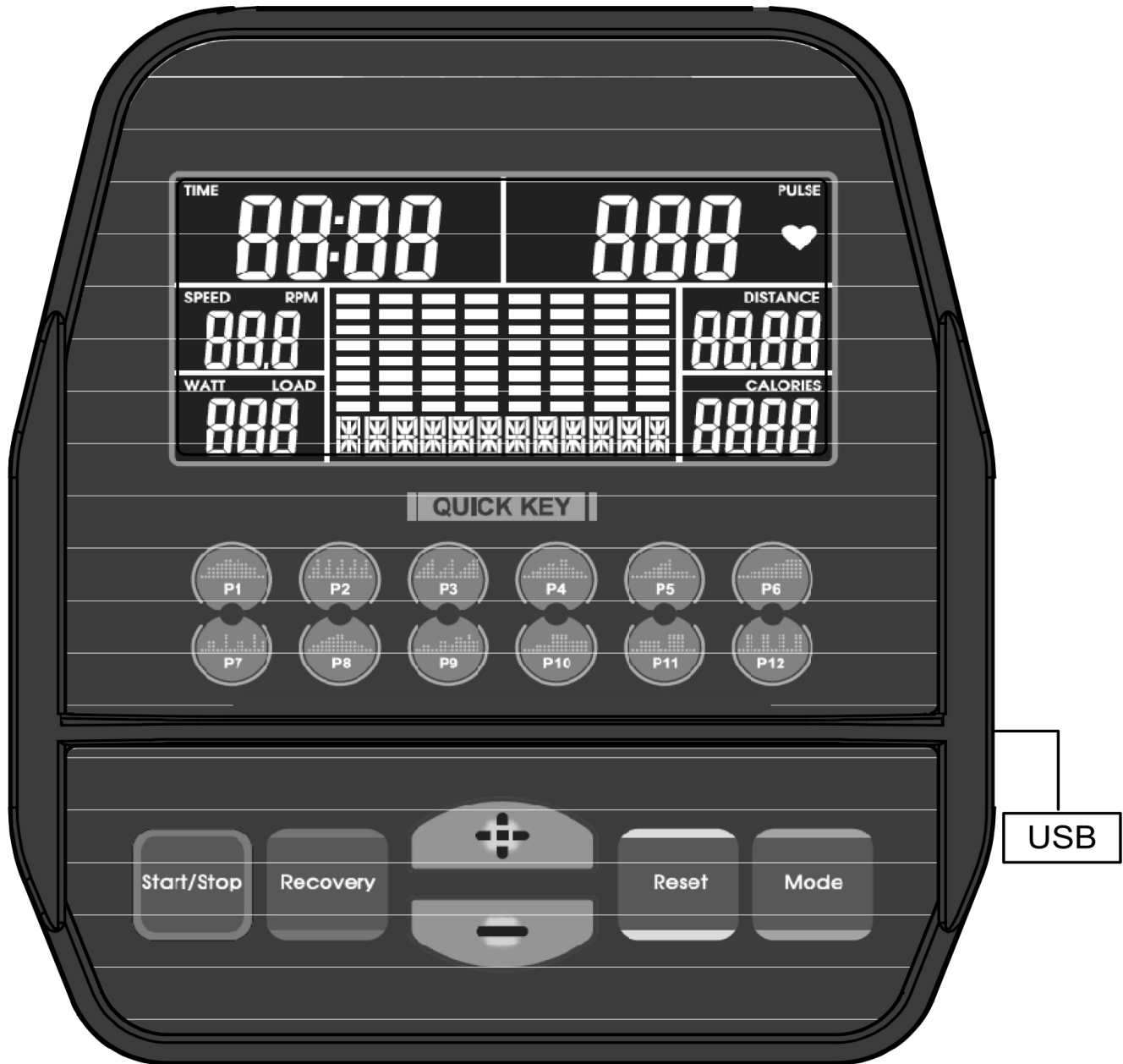


3 OPERATING INSTRUCTIONS

NOTICE



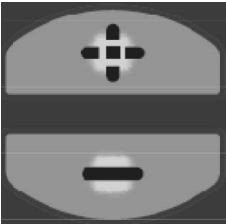



Familiarise yourself with all the functions and setting options of the device before starting training. Have the proper use of this product explained to you by a specialist.

3.1 Console Display



Time	0:00 - 99:00 minutes
Speed	0.0 - 99.9 km/h
RPM (cadence; rotations per minute)	15 - 999 RPM
Distance	0.0 - 99.95 km
Calories	0 - 990 Cal
Sex	Male/Female (m/f)
Pulse (heart rate; beats per minute)	60 - 220 BPM
Heart rate symbol	on/off - blinking
Programs	P1 - P12
User data	U1 - U4
Watt/load (output/resistance)	0 - 999 Watt; Watt control: 10 - 350 Watt
Level (resistance)	1 - 16
H.R.C. (heart rate control)	55 / 75 / 90% of the max. heart rate; manual target heart rate (TAG)
Age	10 - 99 years
Height	100 - 200 cm (default value: 160 cm)
Weight	20 - 150 kg (default value: 50 kg) / 44 - 330 lbs (default value: 121 lbs)

3.2 Button Functions

	<p>START STOP</p>	<p>You can start and stop the training with this button</p>
	<p>RECOVERY</p>	<p>Check state of recovery of heart rate</p>
	<p>PLUS</p>	<p>Select training mode or increase functional value</p>
	<p>MINUS</p>	<p>Select training mode or lower functional value</p>
	<p>RESET</p>	<p>Press the button in the stop mode to return to the main menu</p>
	<p>QUICK KEY P1 - P12</p>	<p>Quick selection of the pre-set programs (12 programs)</p>
	<p>MODE</p>	<p>Confirm setting</p>

3.3 Turning On and Setting the Equipment

1. Connect monitor to the power or press RESET for three seconds and the LCD display will show all segments with a long beep (1-second-long) and display, i. e., 78.0 (software version) (see fig. 1 and 2).
2. With the +/- buttons, the user can select the programs User 0 to 4 and confirm with MODE (see fig. 3 to 4). Then set the user data SEX, AGE, HEIGHT and WEIGHT. Press +/- to select the corresponding values (see fig. 5 to 8). Confirm the settings with MODE.

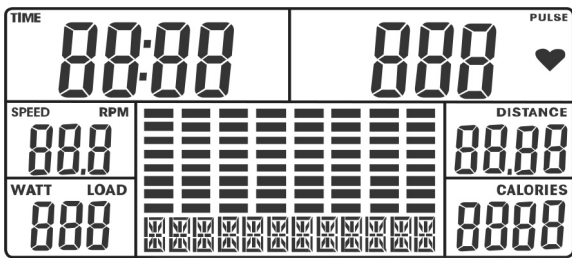


Figure 1

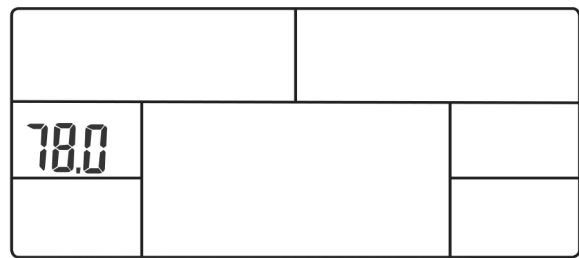


Figure 2

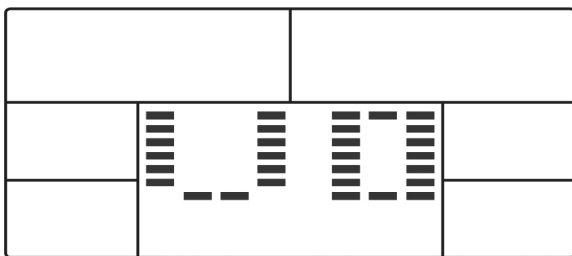


Figure 3

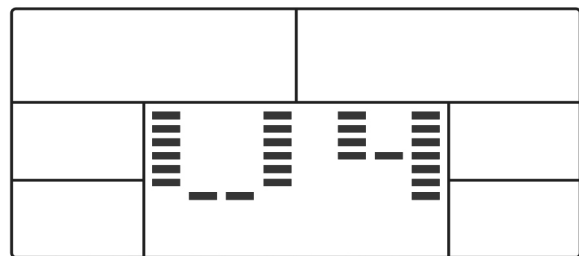


Figure 4



Figure 5

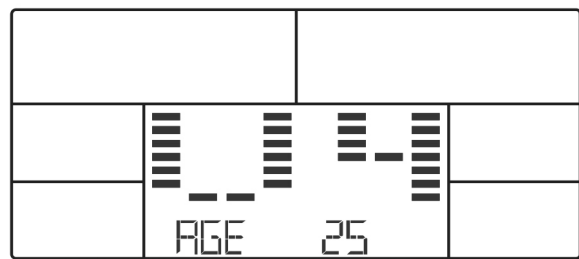


Figure 6

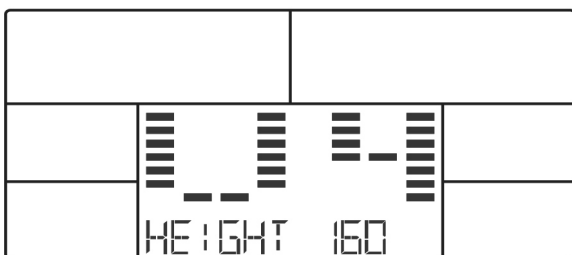


Figure 7



Figure 8

3.4 Programs

After the user data was entered, press MODE and press +/- in order to select the mode:

- + Manual (manual training): 1
- + Program (pre-set training programs): 12
- + User Setting (user-defined training program): 1
- + H.R.C. (heart rate controlled training programs): 4
- + Watt (Watt-controlled training program): 1
- + Recovery (fitness test)

3.4.1 MAN. - Manual Program

1. Hold RESET for 3 seconds, select user and enter data or simply press just RESET.
2. Select MANUAL mode with +/- and press MODE for the setting (see fig. 9).
3. Enter load level and confirm with MODE (see fig. 10).
4. Enter TIME, DISTANCE, CALORIES and target PULSE values (see fig. 11-14).
5. Press START to begin the training. Select load level with +/- (see fig. 15).
6. Press STOP to stop the training. Press RESET in order to return to the selected mode or press RESET for three seconds in order to return to the main menu (see fig. 16).



Figure 9



Figure 10

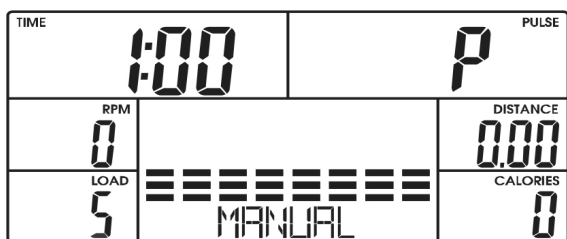


Figure 11

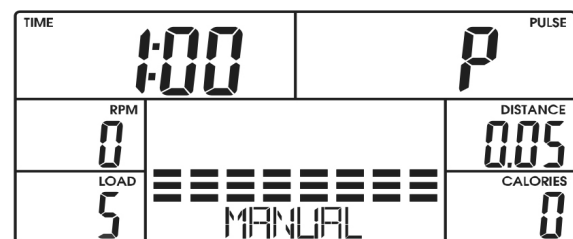


Figure 12

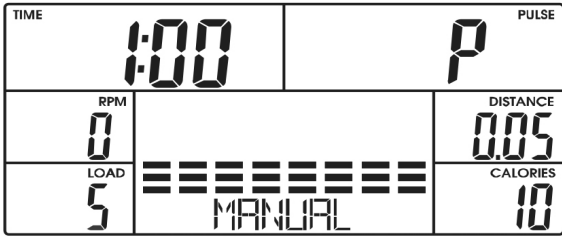


Figure 13

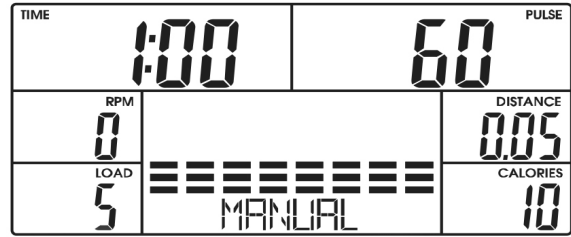


Figure 14

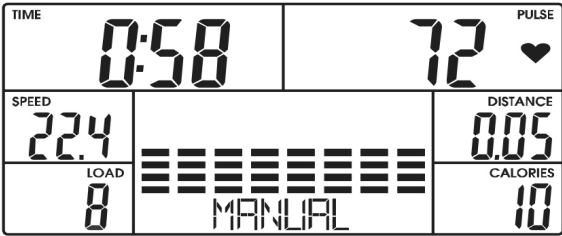
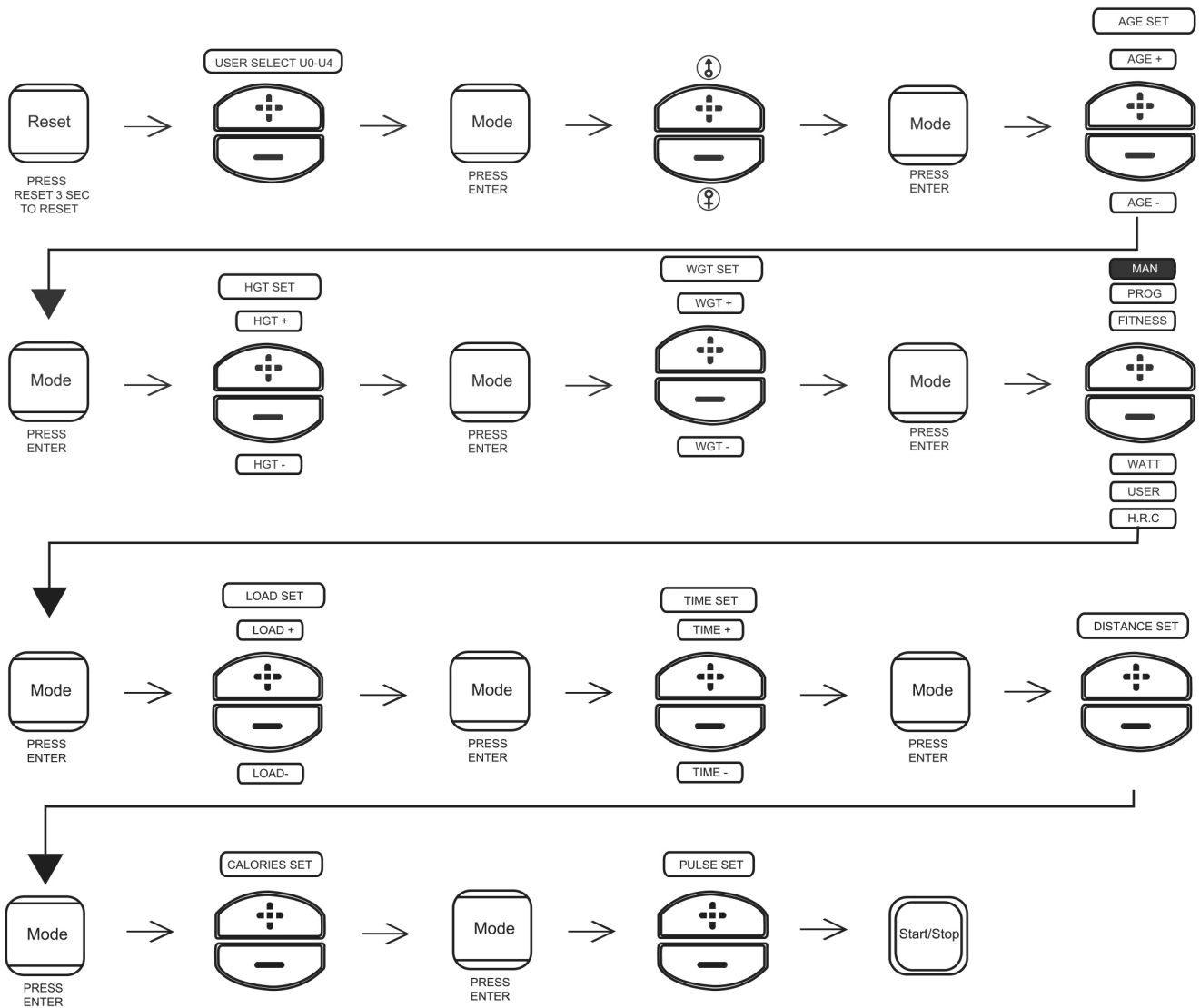


Figure 15



Figure 16

Procedure for setting the manual training programs:



3.4.2 PROG - Pre-Set Programs

1. Hold RESET for three seconds, select user and enter data. Alternatively, press RESET to get to the main menu.
2. Select the PROGRAM mode with +/- buttons and confirm with MODE (see fig. 17). Press +/- to select the programs 1 to 12 (figure 18) or use the hot keys "P1" - "P12".
3. Adjust load level with +/- buttons and confirm with MODE (see fig. 19).
4. Enter TIME, DISTANCE, CALORIES and target PULSE values. Confirm with MODE (see fig. 20).
5. Press START and begin training. Set load level with +/- buttons (see fig. 21-24).
6. Press STOP to stop the training. Press RESET to return to the main menu or hold for three seconds in order to get to the standby mode.



Figure 17



Figure 18

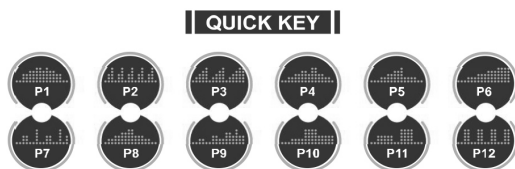


Figure 19



Figure 20



Figure 21



Figure 22



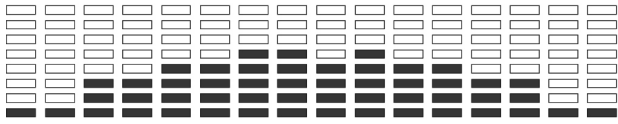
Figure 23



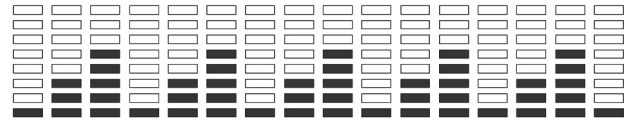
Figure 24

Profiles from pre-set training programs:

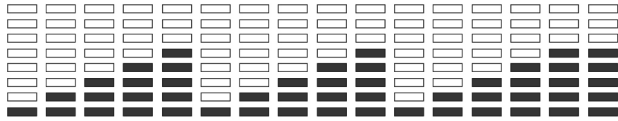
P1



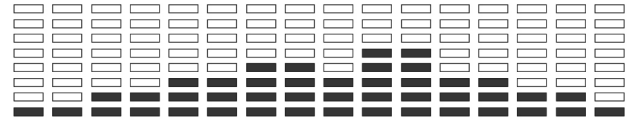
P2



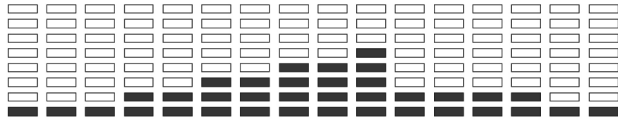
P3



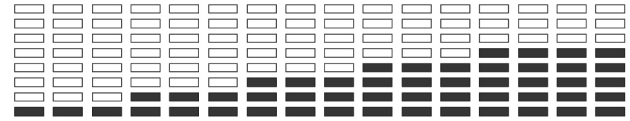
P4



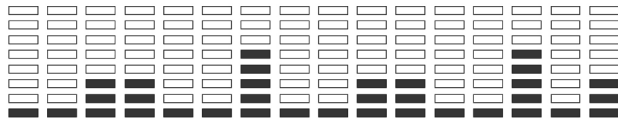
P5



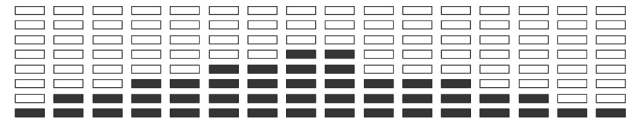
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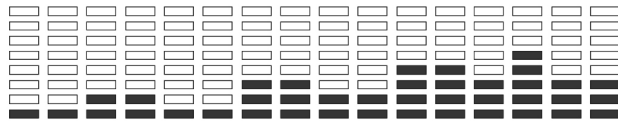
P7



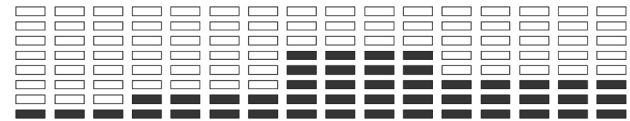
P8



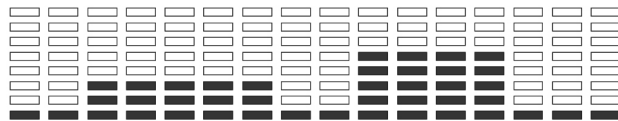
P9



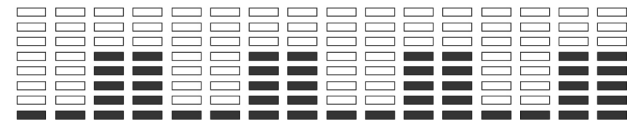
P10



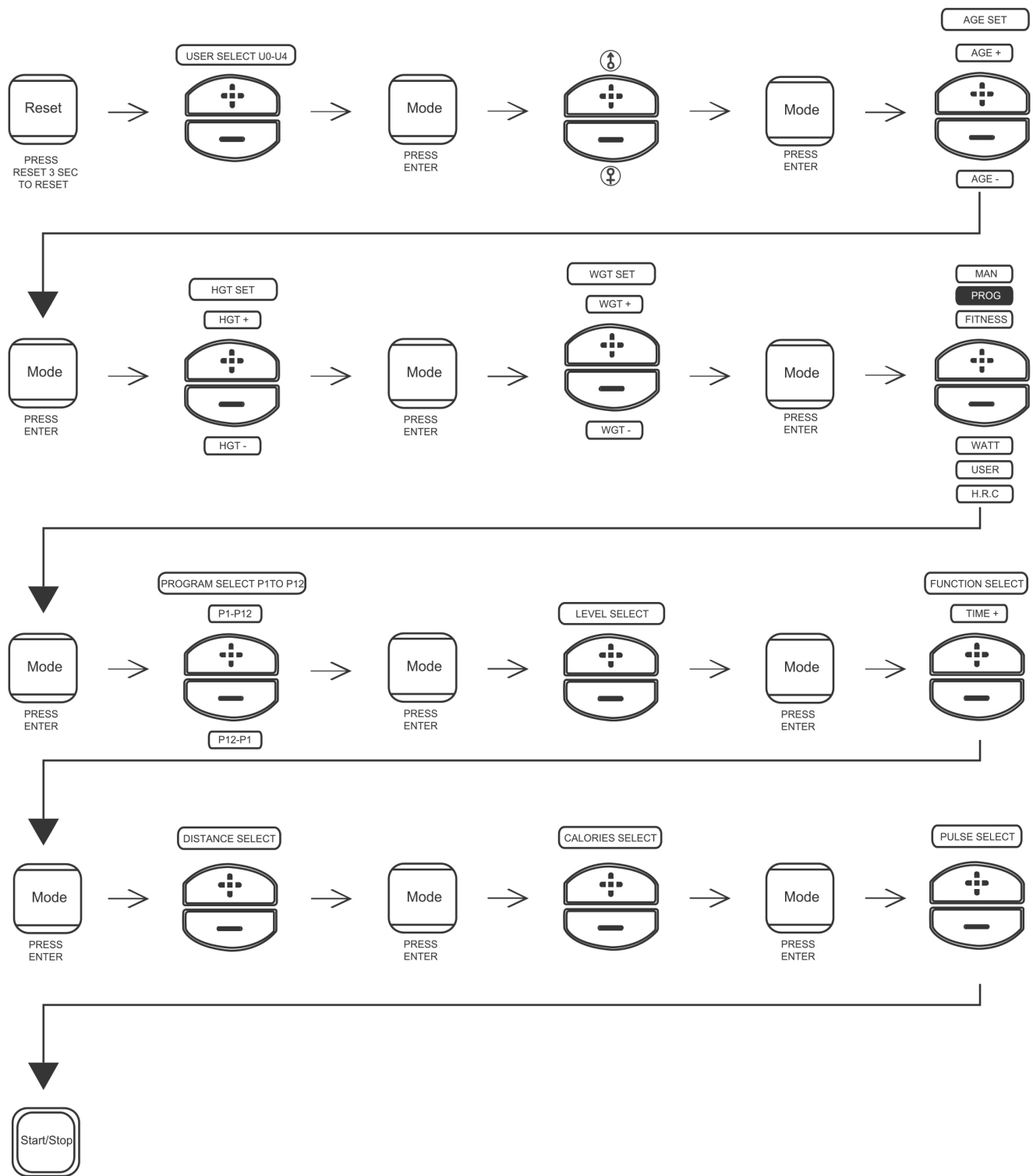
P11



P12



Procedure for setting the pre-set training programs:



3.4.3 RECOVERY - Fitness Test

1. Hold RESET for three seconds, select user and enter data. Alternatively, press RESET to return to the main menu.
2. Select the FITNESS mode with +/- buttons and confirm with MODE (see fig. 25-26).
3. Press START to begin the training. Set load level with +/- buttons.
4. After 12 minutes, the display will automatically show the training results.
5. Press STOP to stop the training. Press RESET to return to the main menu or hold for three seconds to get to the standby mode.

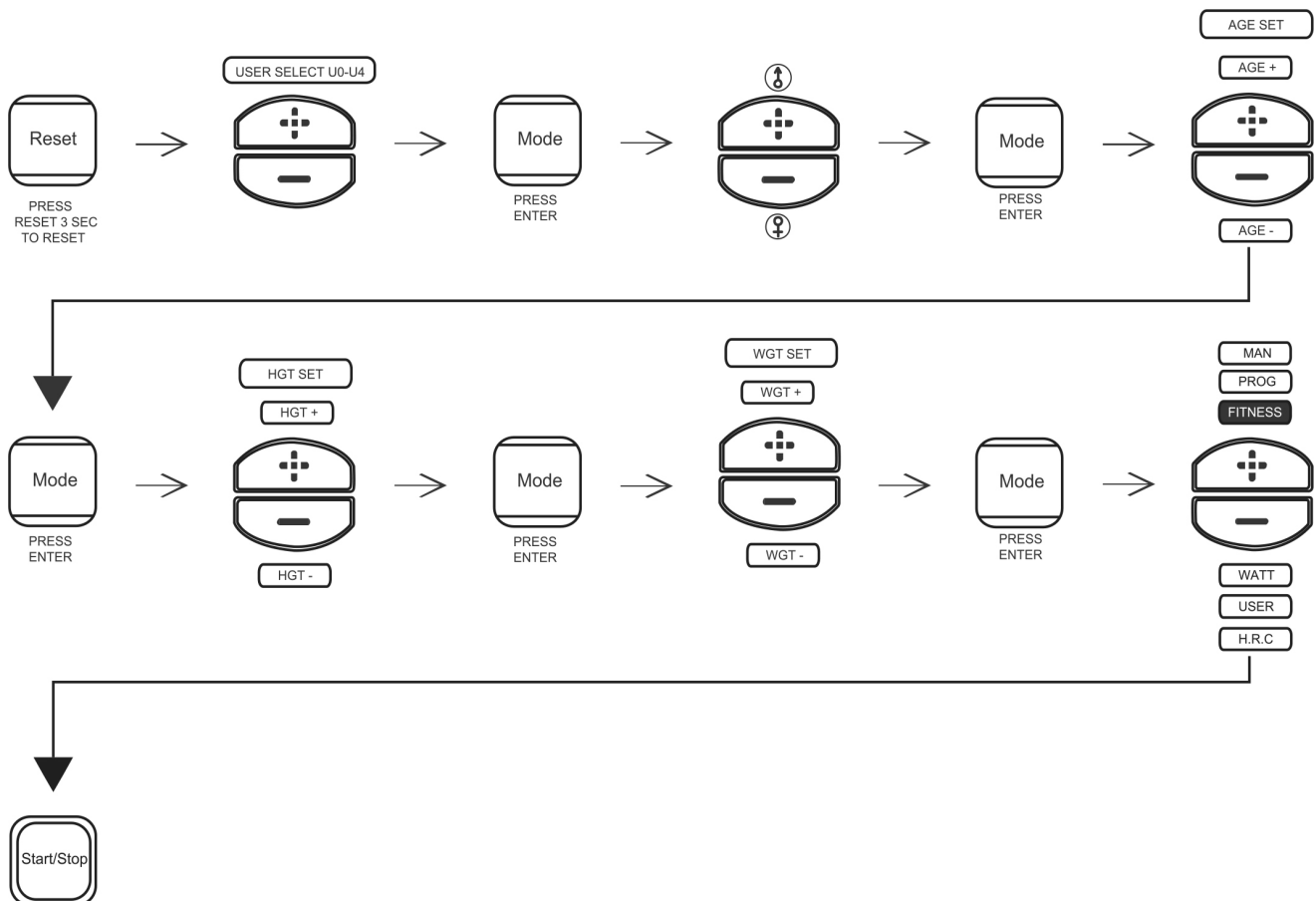


Figure 25



Figure 26

Procedure for setting the fitness test:



3.4.4 WATT - Watt Controlled Program

1. Hold RESET for three seconds, select the user and enter data. Alternatively press RESET to return to the main menu.
2. Select the WATT mode with +/- buttons and confirm with MODE (see fig. 27).
3. Enter the target value in Watt with +/- buttons and confirm with MODE (see fig. 28).
4. Enter TIME, DISTANCE, CALORIES and target PULSE values. Confirm with MODE (see fig. 29-32).
5. Press START to begin the training. Watt can be adjusted through +/- buttons.
6. Press STOP to stop the training. Press RESET to return to the main menu or hold for three seconds to get to the standby mode.

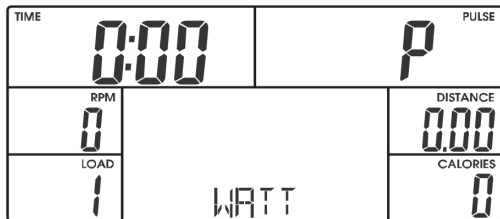


Figure 27

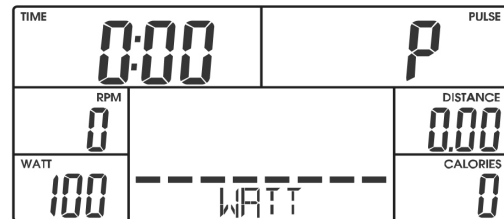


Figure 28

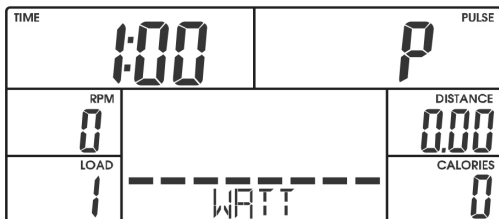


Figure 29

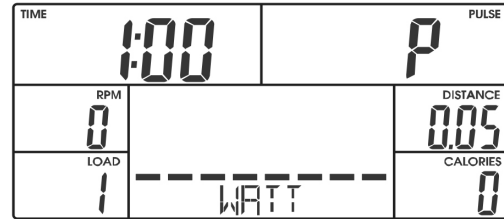


Figure 30

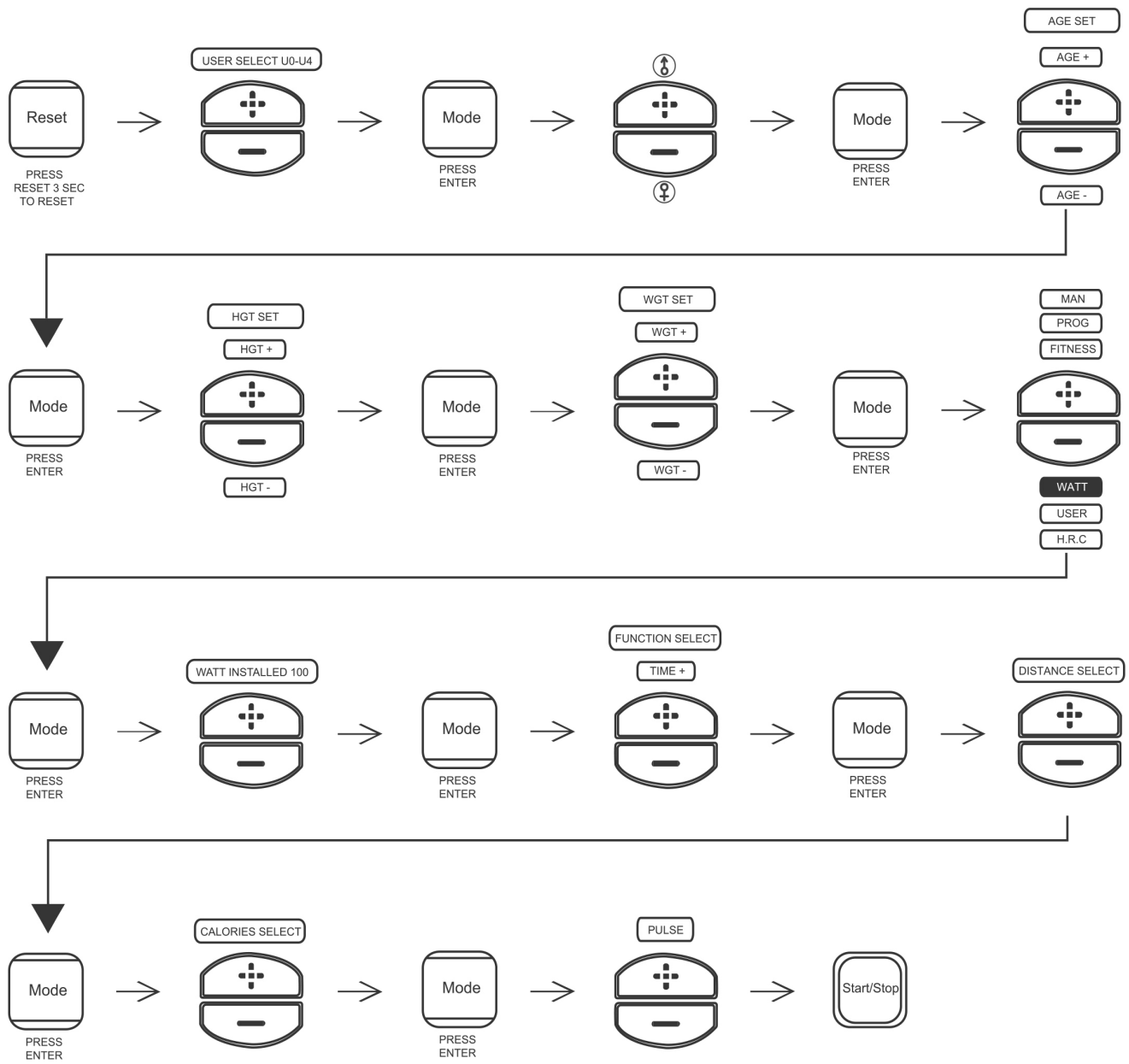


Figure 31



Figure 32

Procedure for setting the Watt-controlled program:



3.4.5 USER - User Defined Program

1. Hold RESET for three seconds, select the user and enter data. Alternatively press RESET to return to the main menu.
2. Select the USER mode with +/- buttons and confirm with MODE (see fig. 33).
3. Enter every load level with +/- buttons. Press MODE to get to the next column (see fig. 34). After all settings, press MODE for three seconds to confirm.
4. Enter TIME, DISTANCE, CALORIES and target PULSE values. Confirm with MODE (see fig. 35-38).
5. Press START to begin the training. Adjust load level with +/- buttons.
6. Press STOP to stop the training. Press RESET to return to the main menu or hold for three seconds to get to the standby mode.



Figure 33

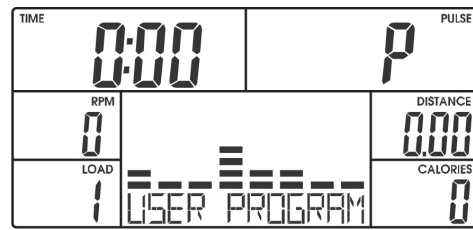


Figure 34

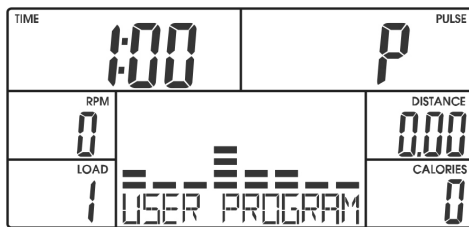


Figure 35

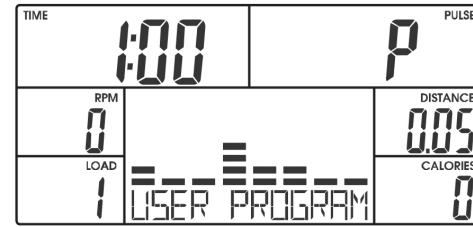


Figure 36

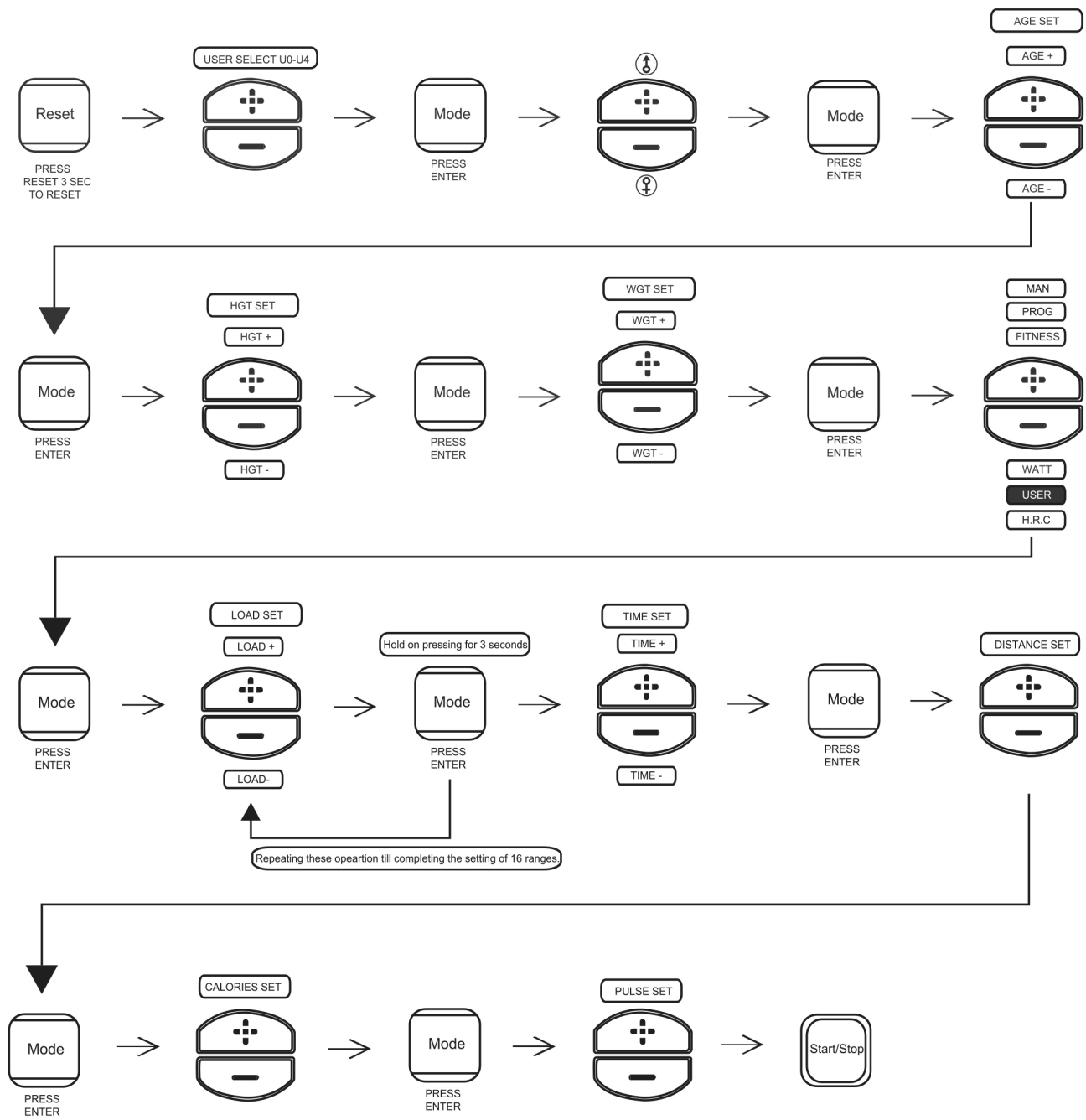


Figure 37



Figure 38

Procedure for setting the user-defined program:



3.4.6 H.R.C. - Heart Rate Controlled Programs

⚠ 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.

1. Hold RESET for three seconds, select user and enter data. Alternatively, press RESET to return to the main menu.
2. Select the HRC mode with +/- buttons and confirm with MODE (see fig. 39).
3. Select different heart rates from 55% / 75% / 90% / or target heart rate with +/- buttons (figure 40-43). The heart rate value will be different depending on the setting of age.
4. If you select target heart rate, you must enter your target heart rate with the +/- buttons.
5. Enter TIME, DISTANCE, CALORIES and target PULSE values. Confirm with MODE (see fig. 44-46).
6. Press START to begin the training. Load level adjusts to your current heart rate.
7. Press STOP to stop the training. Press RESET to return to the main menu or hold for three seconds to get to the standby mode.



Figure 39



Figure 40



Figure 41

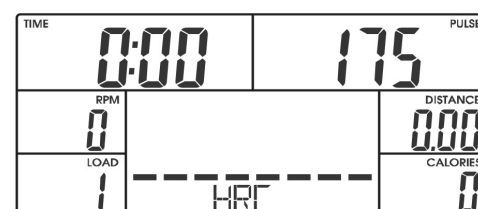


Figure 42



Figure 43



Figure 44

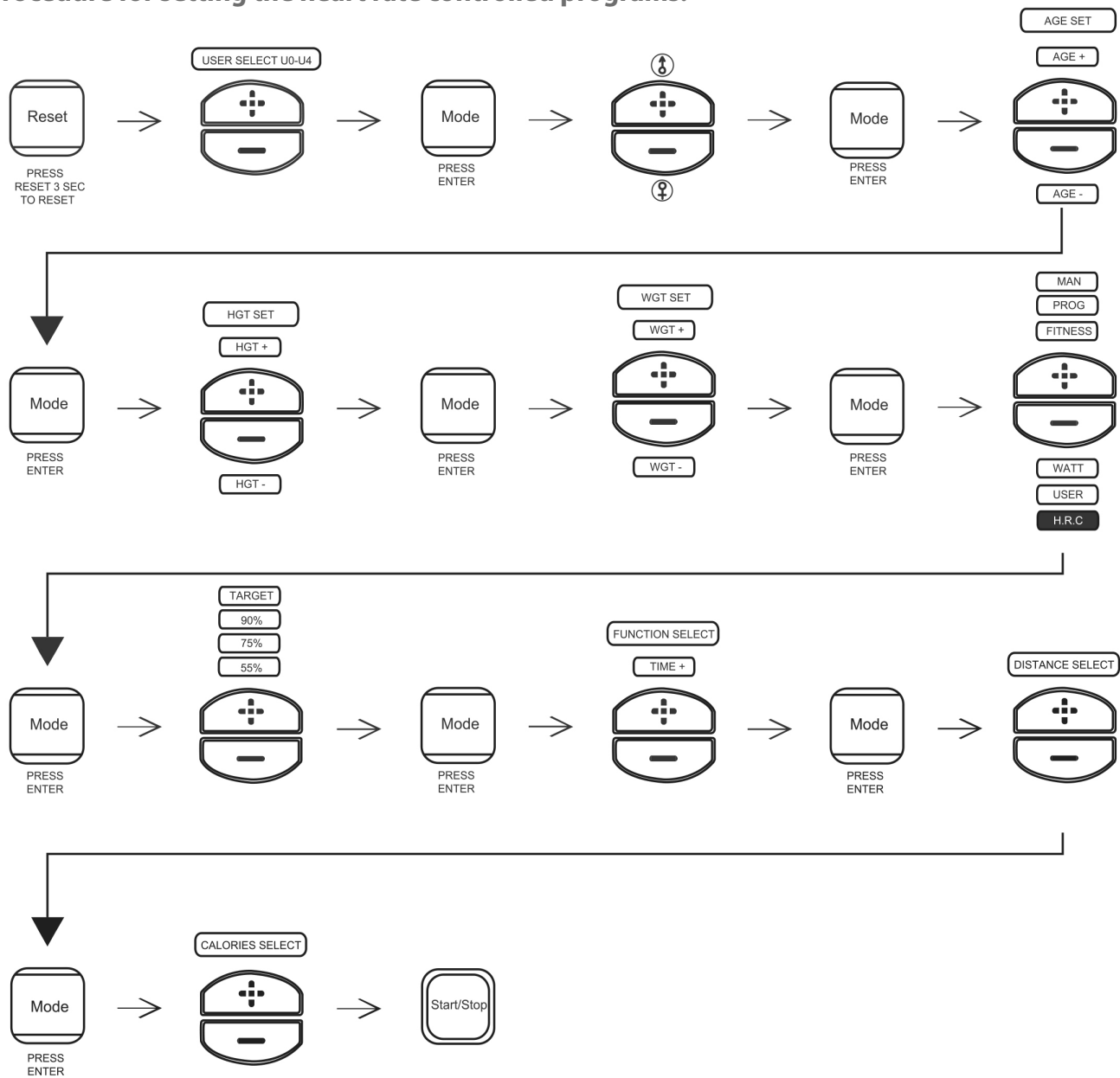


Figure 45



Figure 46

Procedure for setting the heart rate controlled programs:



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**

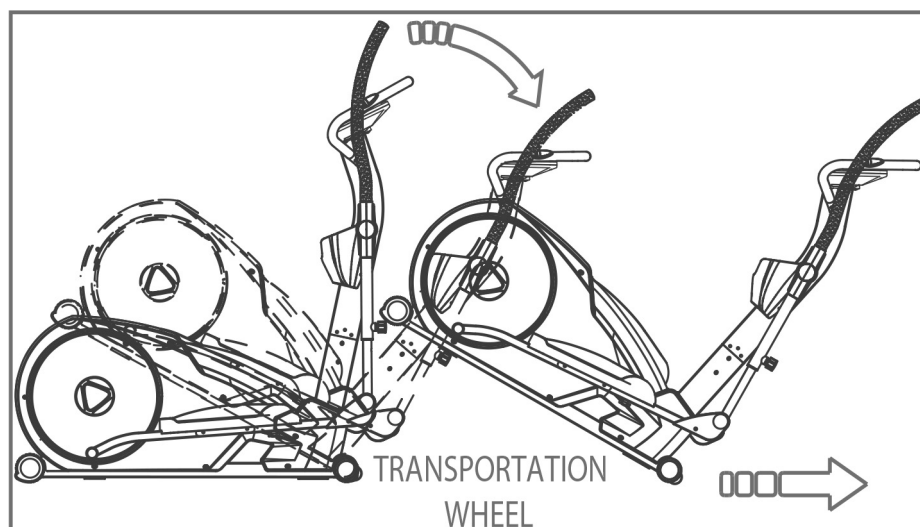
- + The storage location should be chosen so that improper use by third parties or children can be prevented.
- + If your equipment does not have transportation wheels, the equipment must be disassembled before transportation.

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 in front of 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
Crackling noise in pedal area	Loose pedals	Tighten the pedals
Equipment wobbles	Equipment is not level	Adjust the supporting feet
Handlebar/saddle wobbles	Screws are loose	Tighten screws
Display doesn't turn on	Power is disconnected	Check all screw connections and see if the plug is plugged in
No pulse reading	<ul style="list-style-type: none"> + Interference in the room + unsuitable chest strap + chest strap is incorrectly positioned + batteries are empty 	<ul style="list-style-type: none"> + Eliminate sources of interference (e. g. mobile phone, loudspeaker, etc.) + Use a suitable chest strap (see recommended accessories) + Reposition the chest strap and/or moisten the electrodes + Change the batteries

5.3 Maintenance and Inspection Calendar

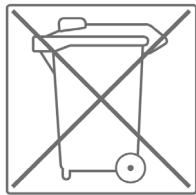
To avoid damage from body sweat, the equipment must be cleaned with a damp towel (no solvents!) after each training session.

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

Part	Weekly	Monthly	Quarterly	Half-yearly	Yearly
Display console	C	I			
Lubrication of movable parts				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



chest strap contact gel



towels



silicone spray



8.1 Serial Number and Model Name

In order to provide you with the best possible service, please have the model name, article number, serial number, exploded drawing and parts list ready. The corresponding contact options can be found in chapter 10 of this operating manual.

NOTICE

The serial number of your equipment is unique. It's located on a white sticker. The exact position of this sticker is shown in the following illustration.



Enter the serial number in the appropriate field.

Serial number:

Brand / Category:

cardiostrong / crosstrainer

Model Name:

EX40

Article Number:

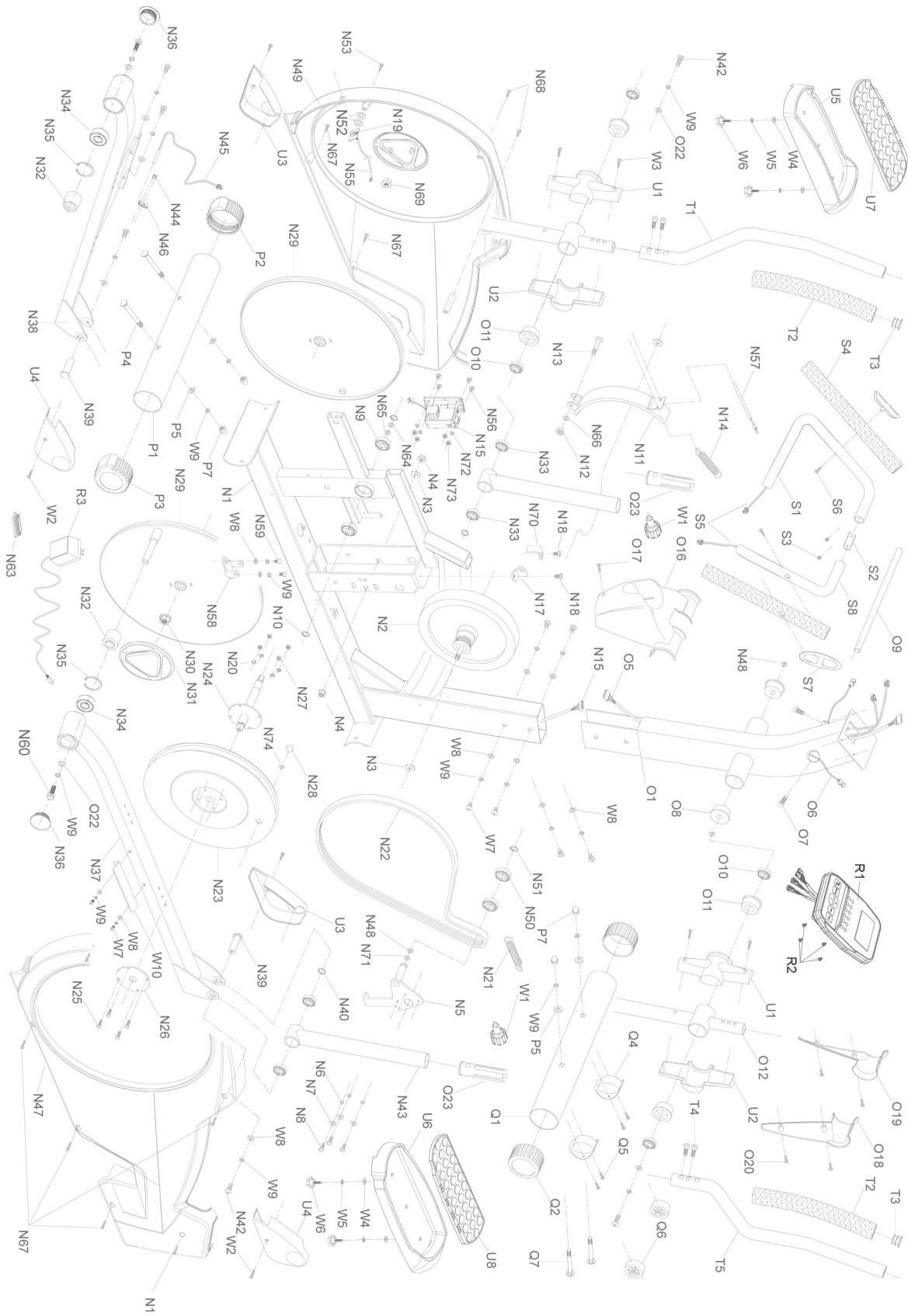
CST-EX40-2

8.2 Parts List

No.	Name	Supplier Parts No.	Specification	Qty.	
N1	1	Main Frame	N34	2	Bearing
N2	1	Magnetic Flywheel	N35	2	Clip
N3	2	Flat Washer	N36	2	Screw Cover
N4	2	Nut	N37	1	Pedal Tube
N5	1	Tension Pulley	N38	2	Pedal Tube
N6	3	Pipe	N39	2	Screw
N7	3	Flat Washer	N40	2	Flat Washer
N8	3	Screw	N42	3	Screw
N9	4	Bearing	N43	2	Connect Pipe
N10	3	Clip	N44	1	Screw
N11	1	Magnetic Housing	N45	1	Sensor Wire
N12	1	Nut	N46	1	Fixing House
N13	1	Screw	N47	1	Right Cover
N14	1	Spring	N48	3	Wave Washer
N15	1	Motor	N49	1	Left Cover
N16	2	Spring Washer	N50	2	Bearing
N17	1	Spring Fixing Housing	N51	1	Clip
N18	1	Screw	N52	2	Flat Washer
N19	1	Fixing Housing	N53	1	Screw
N20	2	Screw	N54	8	Tapping Screw
N21	1	Spring	N55	1	Power Cord Sensor
N22	1	Belt	N56	4	Screw
N23	1	Belt Pulley	N57	1	Tension Cable
N24	1	Pulley Axle	N58	1	Magnetic Housing Base
N25	4	Screw	N59	2	Screw
N26	1	Plane	N60	2	Screw
N27	4	Nut	N61	2	Spring Washer
N28	1	Magnet	N63	1	End Cap
N29	2	Turning Plate	N64	1	Flat Washer
N30	2	Nut	N65	1	Wave Washer
N31	2	Decoration Cover	N66	1	Flat Washer
N32	2	Pipe	N67	2	Screw
N33	2	Bearing	N68	2	Screw

N69	1	Nut	Q6	2	Transport Wheel
N70	1	Iron Bracket	Q7	2	Screw
N71	1	Flat Washer	R1	1	Monitor
N72	4	Flat Washer	R2	4	Screw
N73	1	Nut	R3	1	Adaptor
N74	1	Flat Washer	S1	1	Front Handle Bar (L)
O1	1	Central Support Tube	S2	1	Handlebar Clip
O5	1	Sensor Wire	S4	2	Foam Grip
O6	2	Hand Pulse Sensor Wire	S5	2	Sensor
O7	2	Bolt	S6	2	Screw
O8	2	Bushing	S7	2	Handle Pulse
O9	1	Shaft	S8	1	Front Handle Bar (R)
O10	4	Bearing	T1	1	Side Handle Bar (L)
O11	4	Bushing	T2	2	Foam Grip
O12	2	Connect Tube	T3	2	End Cap
O16	1	Bottle Housing	T4	4	Screw
O17	1	Screw	T5	1	Side Handle Bar (R)
O18	1	Decoration Bottle Housing(L)	U1 & U2	4	Decoration Cover
O19	1	Decoration Bottle Housing(R)	U3 & U4	4	Pedal Joint Cover
O20	4	Screw	U5 & U6	1	Pedal (L & R)
O22	4	Flat Washer	U7 & U8	1	Cushion Pad (L & R)
O23	2	Plastic Insert	W1	2	Knob
P1	1	Rear Stabilizer	W2	4	Screw
P2	1	End cap (L)	W3	4	Screw
P3	1	End cap (R)	W4	4	Flat Washer
P4	2	Bolt	W5	4	Spring Washer
P5	4	Flat Washer	W6	4	Knob
P7	4	Nut	W7	8	Screw
Q1	1	Front Stabilizer	W8	14	Washer
Q2	2	End cap	W9	22	Spring Washer
Q4	2	Transmit Wheel Housing	W10	2	Iron Bracket
Q5	4	Screw			

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.

Warranty

The warranty 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
Ex40	Home use	24 Months

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 warranty person 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.

10 CONTACT

DE		DK		FR	
TECHNICAL SUPPORT  +49 4621 4210-900  +49 4621 4210-698  technik@sport-tiedje.de  Mo - Fr 08:00 - 18:00  Sa 09:00 - 18:00		TECHNICAL SUPPORT & SERVICE  80 90 16 50 +49 4621 4210-945  info@fitshop.dk  Mo - Fr 08:00 - 18:00  Sa 09:00 - 18:00		TECHNICAL SUPPORT & SERVICE  +33 (0) 172 770033 +49 4621 4210-933  service-france@fitshop.fr  Mo - Fr 08:00 - 18:00  Sa 09:00 - 18:00	
SERVICE  0800 20 20277 (Freecall)  info@sport-tiedje.de  Mo - Fr 08:00 - 21:00  Sa 09:00 - 21:00  So 10:00 - 18:00		PL		BE	
		TECHNICAL SUPPORT & SERVICE  22 307 43 21 +49 4621 42 10-948  info@fitshop.pl  Mo - Fr 08:00 - 18:00  Sa 09:00 - 18:00		TECHNICAL SUPPORT & SERVICE  02 732 46 77 +49 4621 42 10-932  info@fitshop.be  Mo - Fr 08:00 - 18:00  Sa 09:00 - 18:00	
UK		NL		INT	
TECHNICAL SUPPORT  +44 141 876 3986  support@powerhousefitness.co.uk		TECHNICAL SUPPORT & SERVICE  +31 172 619961  info@fitshop.nl  Ma - Do 09:00 - 17:00  Vr 09:00 - 21:00  Za 10:00 - 17:00		TECHNICAL SUPPORT & SERVICE  +49 4621 4210-944  service-int@sport-tiedje.de  Mo - Fr 8am - 6pm  Sat 9am - 6pm	
SERVICE  +44 141 876 3972  Mo - Fr 9am - 5pm		AT		CH	
		TECHNICAL SUPPORT & SERVICE  0800 20 20277 (Freecall) +49 4621 42 10-0  info@sport-tiedje.at  Mo - Fr 08:00 - 18:00  Sa 09:00 - 18:00		TECHNICAL SUPPORT & SERVICE  0800 202 027 +49 4621 42 10-0  info@sport-tiedje.ch  Mo - Fr 08:00 - 18:00  Sa 09:00 - 18:00	

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

www.sport-tiedje.com/en/stores

WE LIVE FITNESS

WEBSHOP AND SOCIAL MEDIA

Sport-Tiedje is Europe's largest specialist store for home fitness equipment with currently 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!



www.sport-tiedje.co.uk
www.sport-tiedje.de/blog



www.facebook.com/SportTiedje



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www.youtube.com/user/sporttiedje

TAURUS

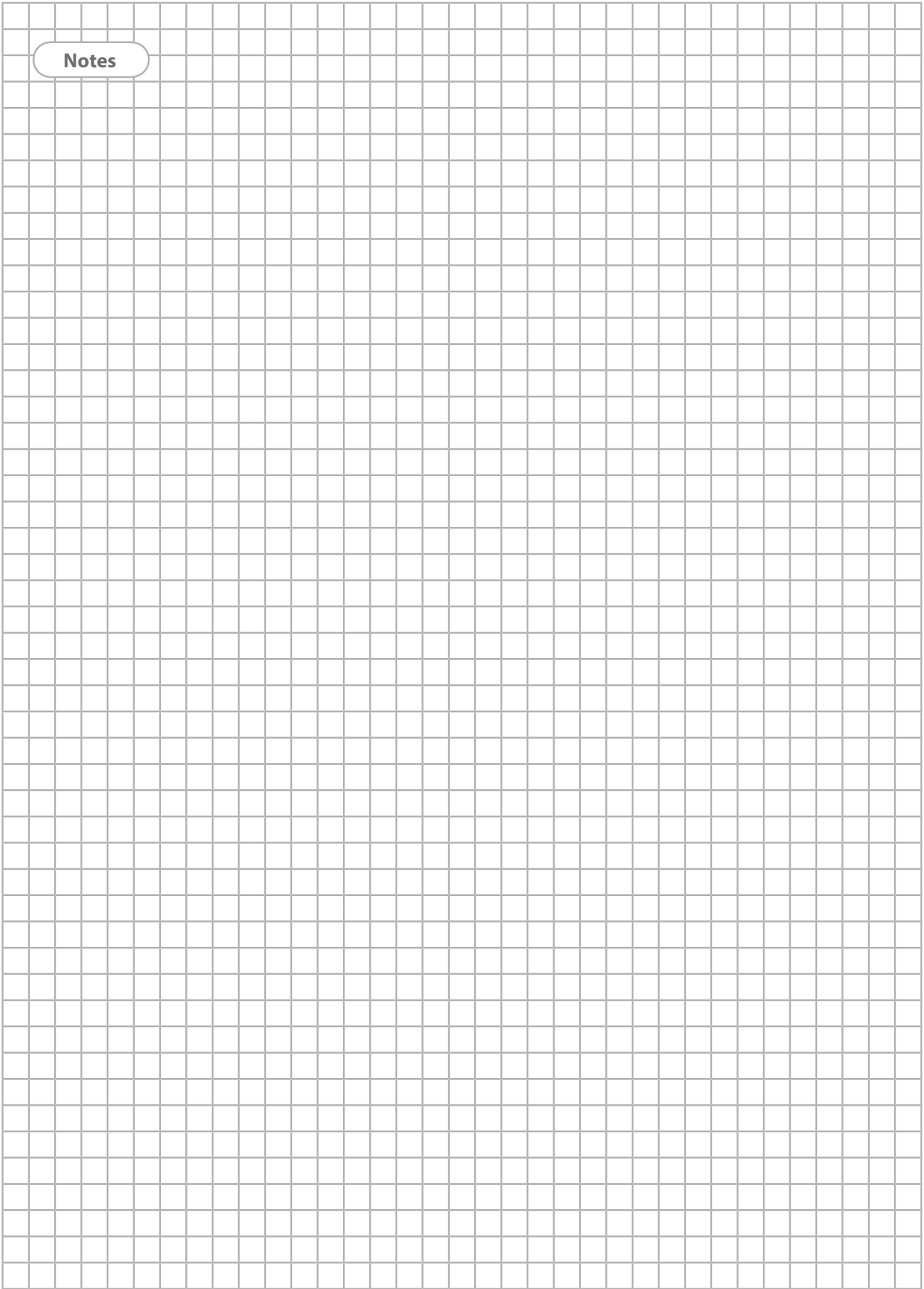
cardiostrong

BODYCRAFT

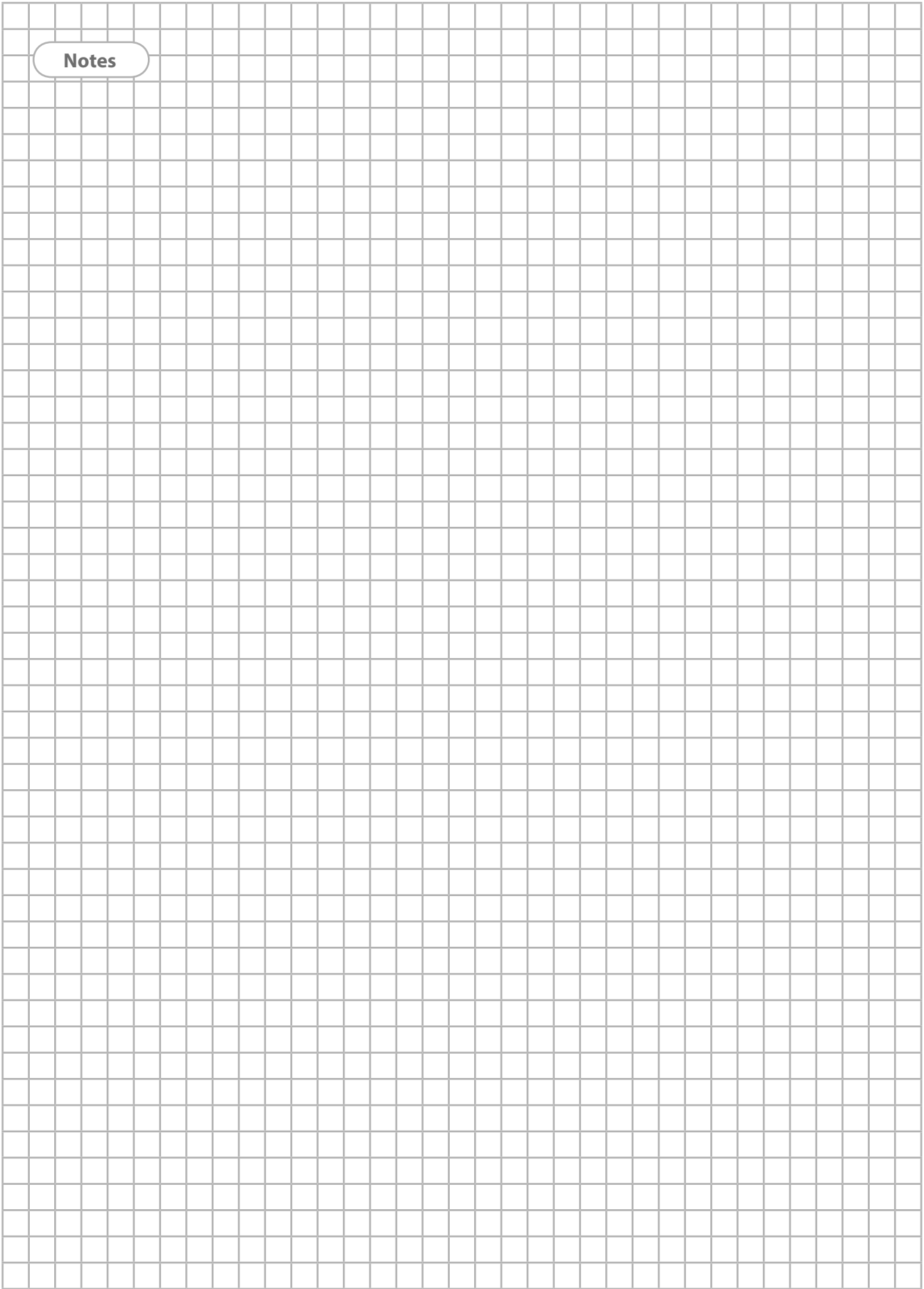
cardiojump



Notes



Notes





Elliptical cross trainer EX40