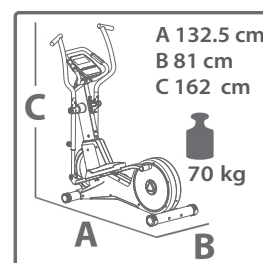
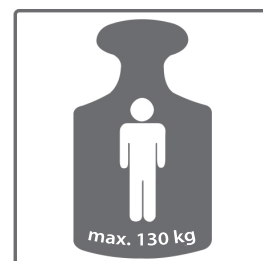


# cardiostrong®

## Assembly and operating instructions



CSTEX60.01.02

Art. No. CST-EX60

Elliptical cross trainer EX60



## Dear Customer,

Thank you for deciding for a high-quality training equipment of the brand cardiostrong®, the brand that makes athlete's hearts beat faster. cardiostrong® offers a wide range of home fitness equipment like elliptical cross trainers, ergometers, treadmills and rowing machines. cardiostrong® equipment is the optimal equipment for all those who want to train at home independent of goals and fitness level. For further information please visit [www.sport-tiedje.com](http://www.sport-tiedje.com) or [www.cardiostrong.de](http://www.cardiostrong.de).

## SAFETY INSTRUCTIONS



Please read all of the instructions carefully before assembly and first use. These instructions are intended to ensure speedy assembly and explain safe usage. Make sure that all people exercising with the equipment (in particular children and persons with limited physical, sensory, mental or motor capabilities) are informed about these instructions and its content in advance. In case of doubt, a responsible person 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 follow the instructions carefully 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 equipment is only suitable for use at home. The equipment is not suitable for semi-professional (e. g., hospitals, clubs, hotels, schools, etc.) and commercial or professional use (e. g., health clubs).

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

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# 1 GENERAL INFORMATION

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## 1.1 Technical data

### LCD display of

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

Resistance system: electronic magnetic brake system

Resistance 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

Two balance masses: + in front: 12 kg high-speed  
+ rear: 9 kg

### Weight and dimensions:

Article weight (gross, including packaging): 70 kg

Article weight (net, without packaging): 78.1 kg

Packaging dimensions (L x W x H): approximately 1430 mm x 450 mm x 840 mm

Set up dimensions (L x W x H): approximately 1325 mm x 810 mm x 1620 mm

Maximum user weight: 130 kg/286 lbs

## 1.2 Personal safety

- + 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.
- + Please note that working out excessively can seriously damage your health. Please also be aware that heart rate monitoring systems might be imprecise.
- + The equipment may only be used for its intended purpose; that means for whole body workouts for adults.
- + Any other usage is prohibited and potentially dangerous. The contract partner cannot be held liable for damage resulting from improper use.
- + The equipment is strictly for use by one person at a time.
- + Children should not be allowed unsupervised access to the equipment.
- + Before starting your training, make yourself familiar with all of the equipment's functions and setting options. Have an expert explain the correct usage of the product to you.
- + Make sure that nobody is in the range of motion of the equipment while exercising.
- + Keep your hands, feet and other body parts, hair, clothing, jewelry and other objects well clear of moving parts.
- + During use, wear suitable sports clothing rather than loose or baggy clothing. When selecting sports shoes, think about the suitability of the sole – preferably this should be made of rubber or other non-slip materials. Shoes with heels, leather soles, studs or spikes are not suitable. Never work out in bare feet.
- + It is also important to take note of the information given in the workout instructions for creating a workout plan.
- + At the first signs of weakness, nausea, dizziness, pain, difficulty in breathing or other abnormal symptoms, stop your workout immediately and, if necessary, consult your physician.
- + Without prior agreement from your authorized contract partner, opening the equipment is prohibited.

## 1.3 Electrical safety

- + The equipment requires a 220 - 230V / 50 Hertz mains power supply.
- + The equipment should be connected directly to a grounded plug socket only by means of the power cable supplied. The use of multi-socket adapters or similar is not recommended. Extension leads must comply with local electrical safety guidelines. Always fully unwind the power cable.
- + The outlet should be secured with a fuse with a minimum value of „16 amperes, slow“.
- + 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.
- + When plugged in, do not leave the equipment unattended at any time. To avoid use by anyone unfamiliar with the operating instructions, the power cable should be removed when the equipment is not in use.
- + Keep the power cable away from heat, oil and sharp edges. Do not route the power cable underneath the equipment or under a carpet or rug, and do not place any objects on top of it.
- + Make no modifications to either the power cable or the mains plug.
- + If the power cable or the plug are damaged or defective, contact your authorized contract partner. Do not use the equipment in the meantime.
- + Do not keep electrical devices (e. g., mobile phones) in close proximity to the console or the control electronics, otherwise display values (e. g., pulse measuring) could be inaccurate.

## 1.4 Set-up place

- + The equipment should only be used indoors, in a sufficiently heated and dry area (ambient temperature between 10°C and 35°C). The equipment should not be used outdoors or in rooms with high humidity (over 70%) like swimming pools. The equipment should only be stored in surroundings with an ambient temperature between 5°C and 45°C.
- + The training room should be well ventilated during training and not be exposed to any draughts.
- + 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 (at least 1.50 m). Furthermore, the equipment should not be set up in main entrances or on escape routes.
- + Always keep the power cable away from hot surfaces and grounds and make sure that the cable is not stuck somewhere or becomes a „trip hazard“.
- + No objects of any type should be inserted into the openings of the equipment.
- + The equipment should be placed on a level and solid surface, any unevenness in the floor should be leveled out.
- + 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

- + Please check if all parts and tools belonging to the equipment are included in the delivery and if there is any transport damage. If there are any complaints, please contact your contract partner directly.
- + Some of the nuts and bolts to be used in assembly are already pre-mounted in order to make set-up as easy as possible.
- + The equipment must be assembled by adults. In case of doubt, ask for assistance from another person with technical skills.
- + Keep children away from the equipment during assembly, because small parts are included in the delivery and may be swallowed.
- + Make sure that you have enough space (at least 1.50 m) in every direction during assembly.
- + Do not leave any tools and packaging materials like plastic sheeting laying around to avoid danger of suffocation for children.
- + Assemble the equipment on an underlay mat or on the cardboard packaging in order to avoid damage to the equipment and to the floor (scratches).
- + Before starting assembly, all individual parts should be placed on the floor next to each other.
- + Read the assembly instructions carefully and assemble the equipment according to the illustrations. Proceed carefully and cautiously.
- + First loosen all parts and check for their correct fitting. Then tighten the screws using a tool.
- + Modifications to the design or improper repairs may pose a hazard to the user and should not be carried out. The product warranty may be void as a result.
- + Only authorized service technicians are permitted to carry out all servicing and/or repairs – it excludes maintenance and care.
- + Damaged or worn components may impair your safety and the lifespan of the equipment. You should therefore immediately replace damaged or worn components. Please contact your contract partner in such a case. The equipment should no longer be used until it has been repaired. When needed, only use original cardiostrong® spare parts.
- + Check the tightness of all screw connections once a month.
- + In order to be able to guarantee the constructively defined safety level of this equipment, we recommend having the equipment regularly maintained (at least once a year) by specialists (service technicians of your contract partner).
- + The equipment may be cleaned of dust, dirt and sweat using a damp cloth. The use of solvents should be strictly avoided. Also, make sure that no liquids (e. g. sweat) get into the openings of the equipment (e. g. console).



## 2.2 Faults and Troubleshooting

The equipment runs through regular quality controls during production. Nevertheless, errors or malfunctions on the equipment may occur. Individual parts are often the cause of faults and replacement is usually sufficient. Please use the following overview to see the six most common errors and how to repair them. If the equipment still does not work properly, please contact your contract partner.

Problem	Cause	Solution
Drive discs wobble or make noises	Drive pulley is loose	Tighten nuts
Display does not work	No plug connection, power supply not plugged in	Check all plug connections and see if the power supply is plugged in
Footplates are creaking	Footplates are loose	Tighten up the footplate screws
Creaking noises	Screws are loose	Check screws are properly tightened
No pulse reading	<ul style="list-style-type: none"> <li>• Sources of interference in the room</li> <li>• Using a chest strap:               <ul style="list-style-type: none"> <li>- unsuitable chest strap</li> <li>- Chest strap is incorrectly positioned</li> </ul> </li> <li>- batteries are empty</li> </ul>	<ul style="list-style-type: none"> <li>• Eliminate sources of interference (e. g. mobile phone, loudspeaker, etc.)</li> <li>• Use a suitable chest strap (see recommended accessories)</li> <li>• Reposition the chest strap and/or moisten the electrodes</li> <li>• Change the batteries</li> </ul>

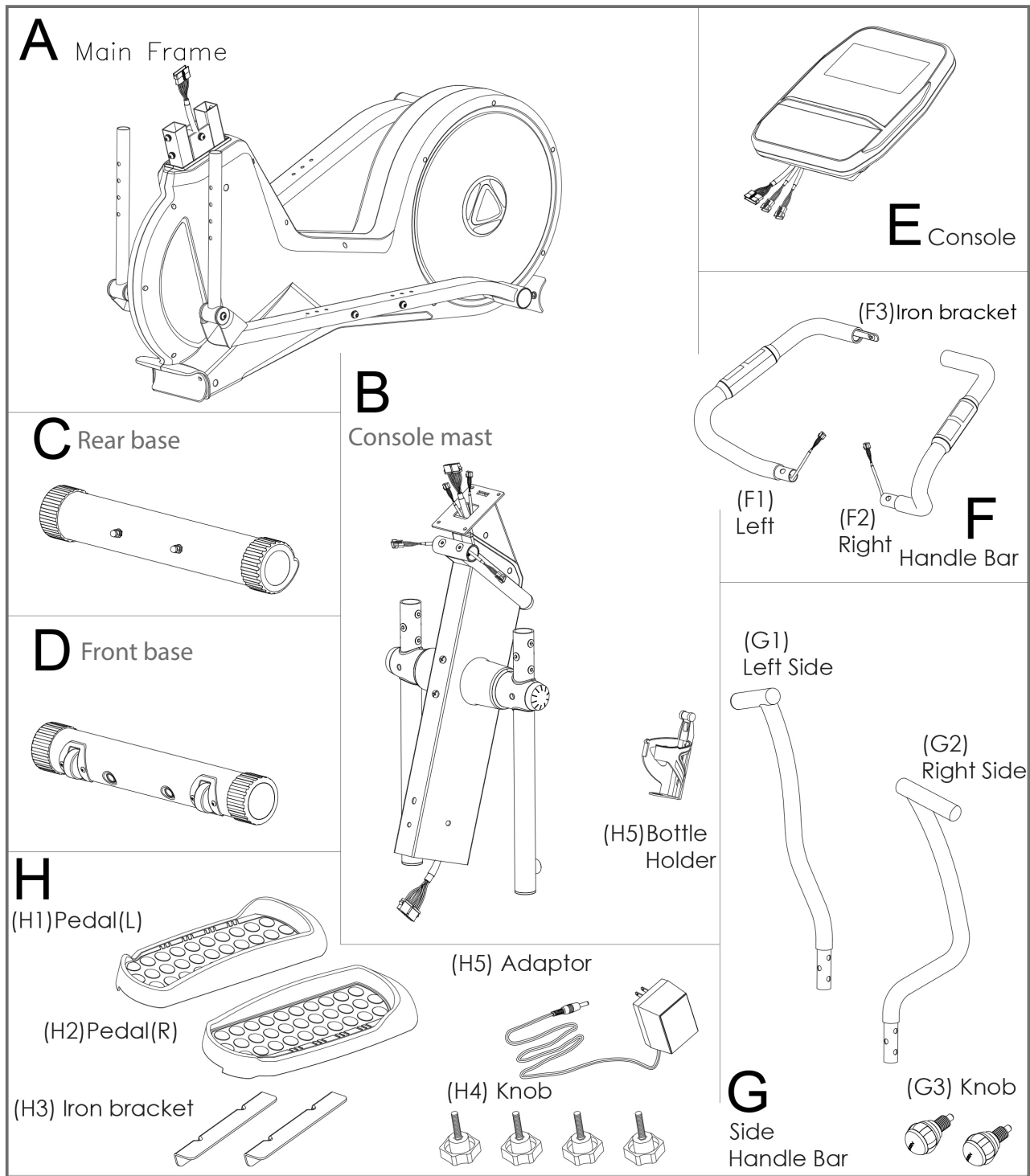
## 2.3 Maintenance and service calendar

The following routine work must be done in the specified time intervals:

Part	Weekly	Monthly	2x annually	Annually
Display console	C	I		
Lubricate the moving parts			I	
Plastic cover	C	I		
Screws and cable connections		I		
Legends: C = cleaning; I = inspect				

### 3.1 Package contents

The package contains the parts represented in the illustration, including a power cable with mains plug. If one of the illustrated parts is missing, please contact your contract partner.

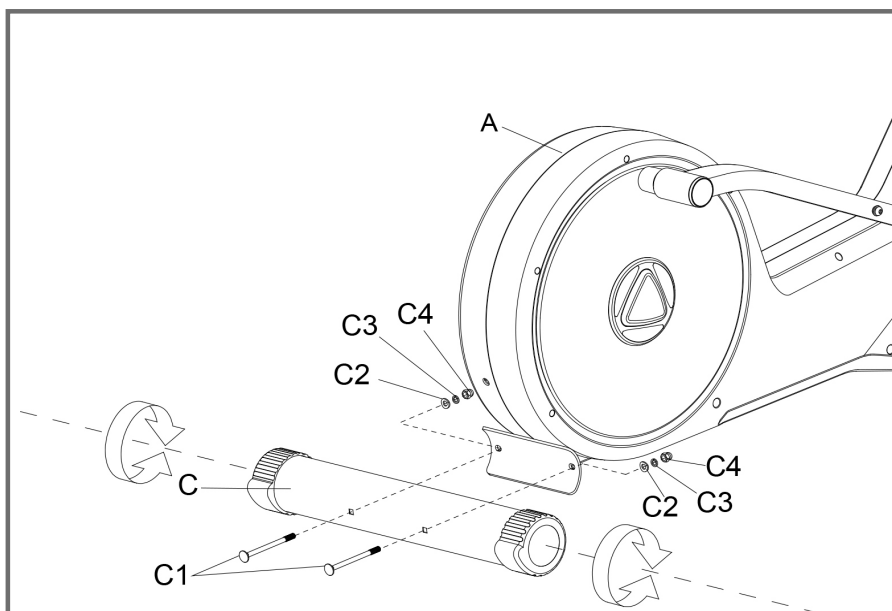
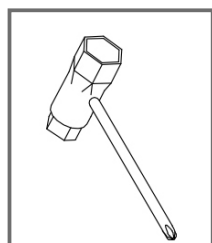


## 3.2 Assembly instructions

Before starting assembly, look carefully through the individual assembly steps shown and assemble the equipment in the order indicated.

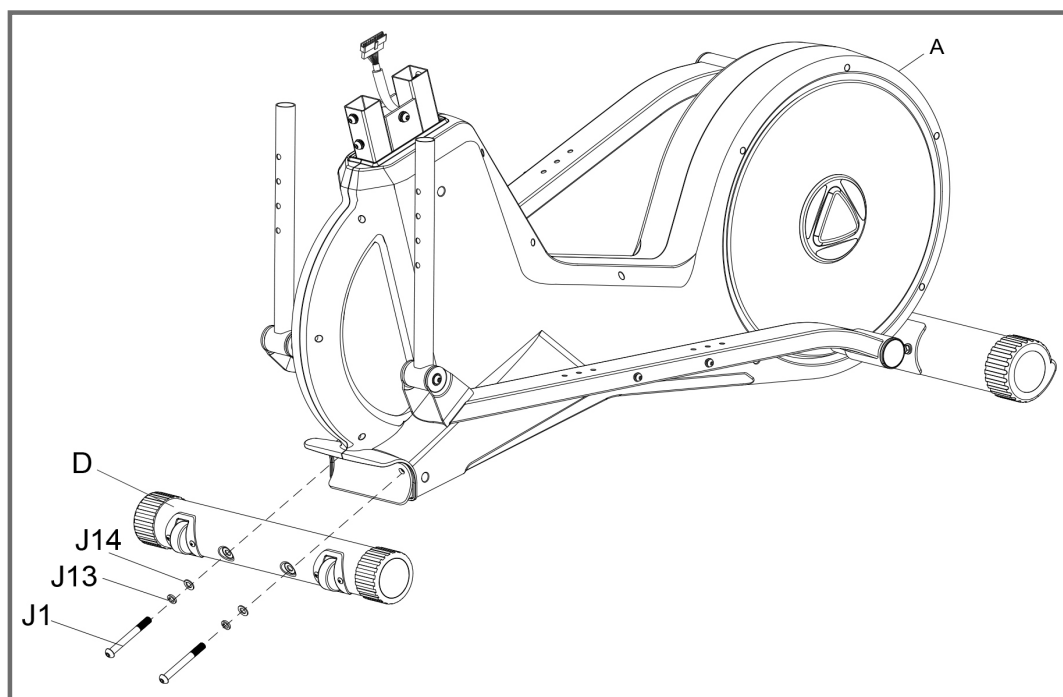
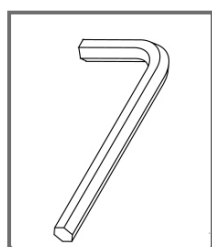
### Step 1: Assembly of the rear base

First remove washers (C2), spring washers (C3) and nuts (C4) from the rear base (C). Mount rear base (C) on bracket of the rear frame (A) with two screws (C1). Mount with washers (C2), spring washers (C3) and nuts (C4).



### Step 2: Assembly of the front base

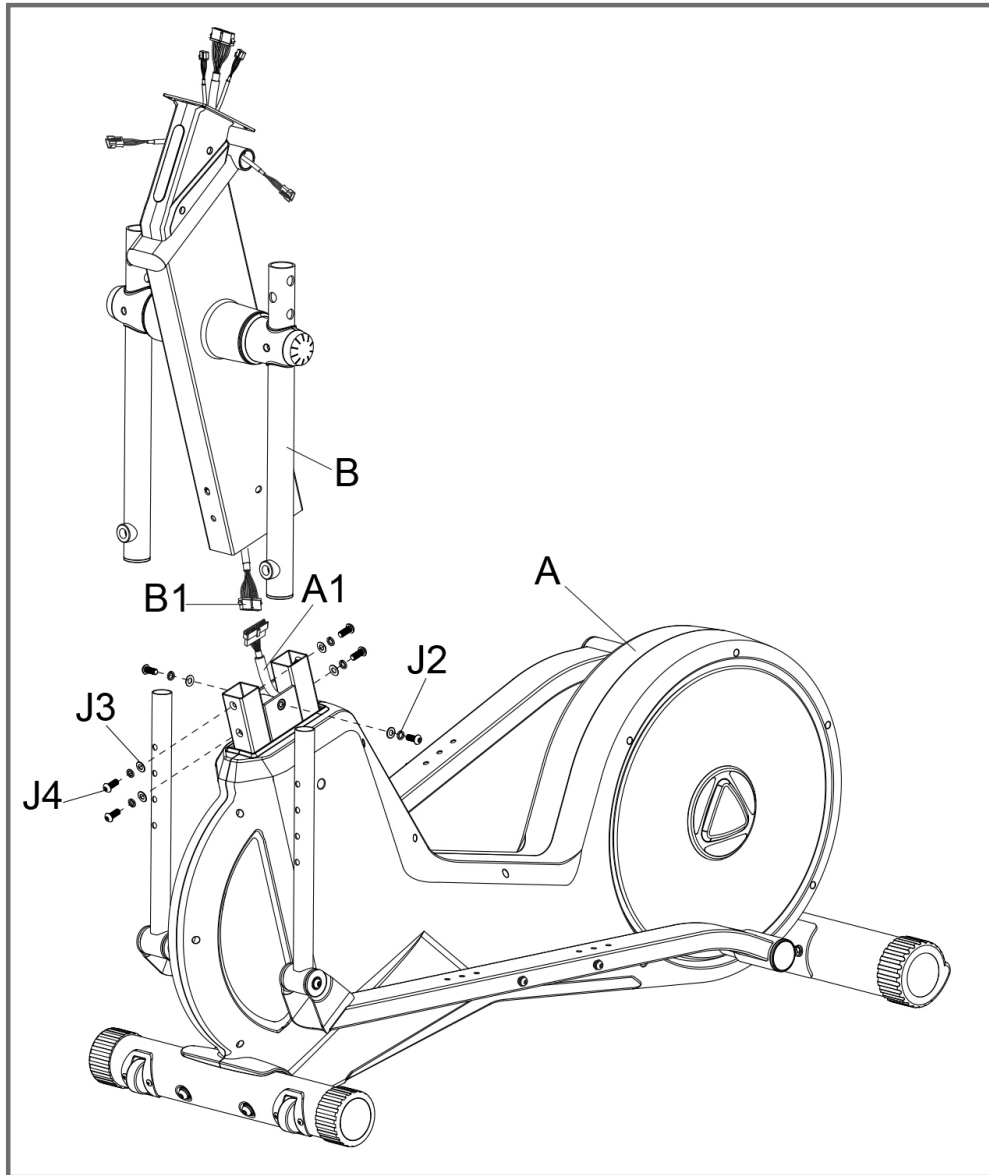
Mount front base (D) on main frame (A) with two screws (J1), spring washers (J13) and washers (J14).



### Step 3: Assembly of the console mast

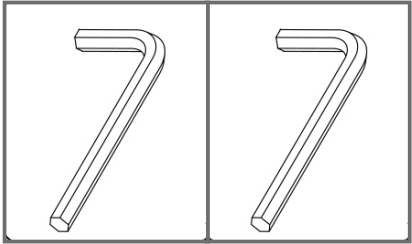
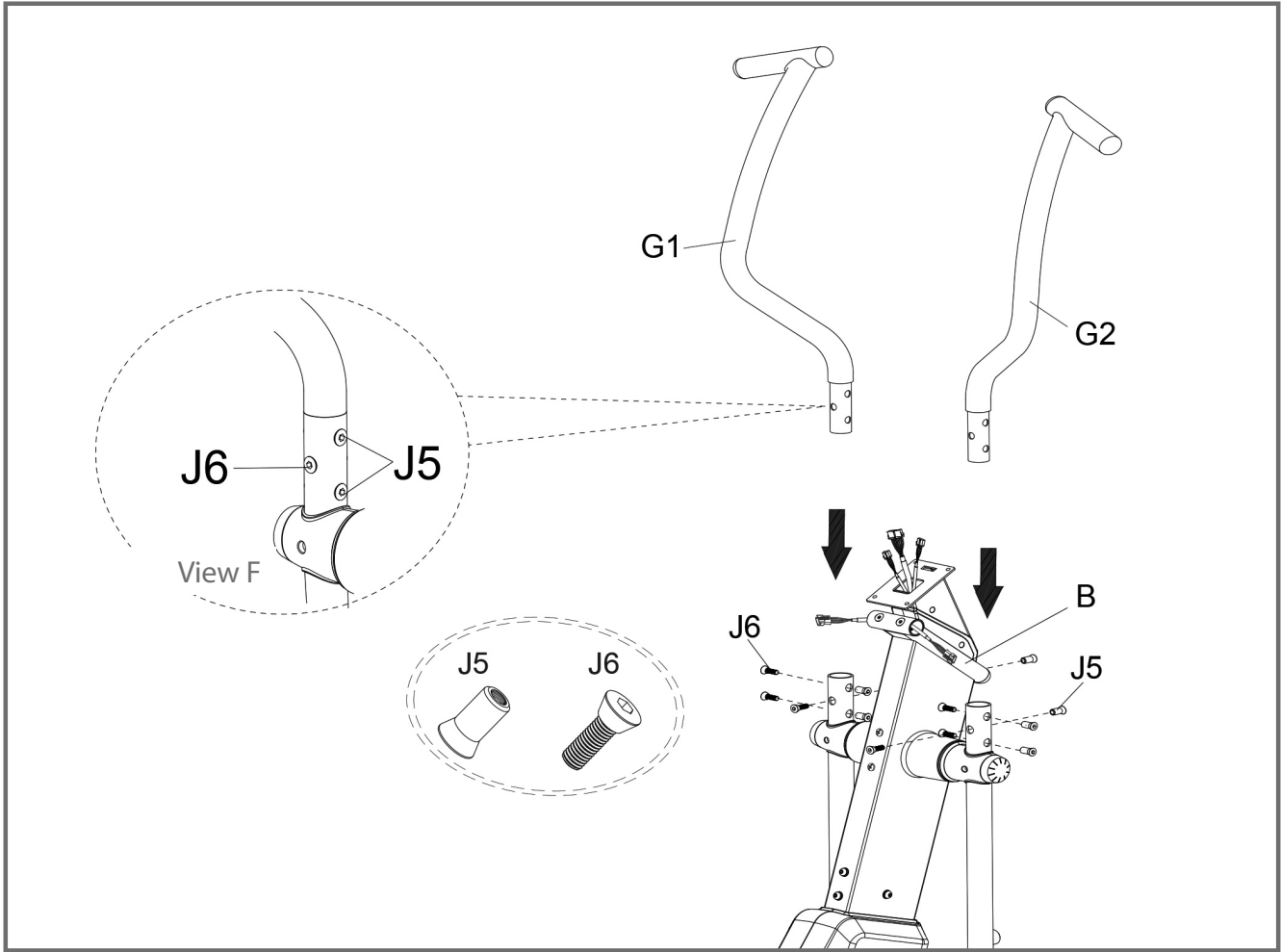
First remove screws (J4), spring washers (J2) and washers (J3) from the frame (A). Connect sensor cable (A1) with sensor cable (B1). Then mount console mast (B) on main frame (A) with screws (J4), spring washers (J2) and washers (J3).

**NOTE:** Make sure that no cables are squeezed when pushed together.



**Step 4: Assembly of the handles**

Mount handles (G1 and G2) on the console mast (B) with two 8mm Allen wrench and all screws (J5 and J6) (see view F).

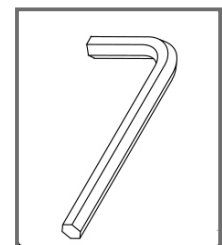
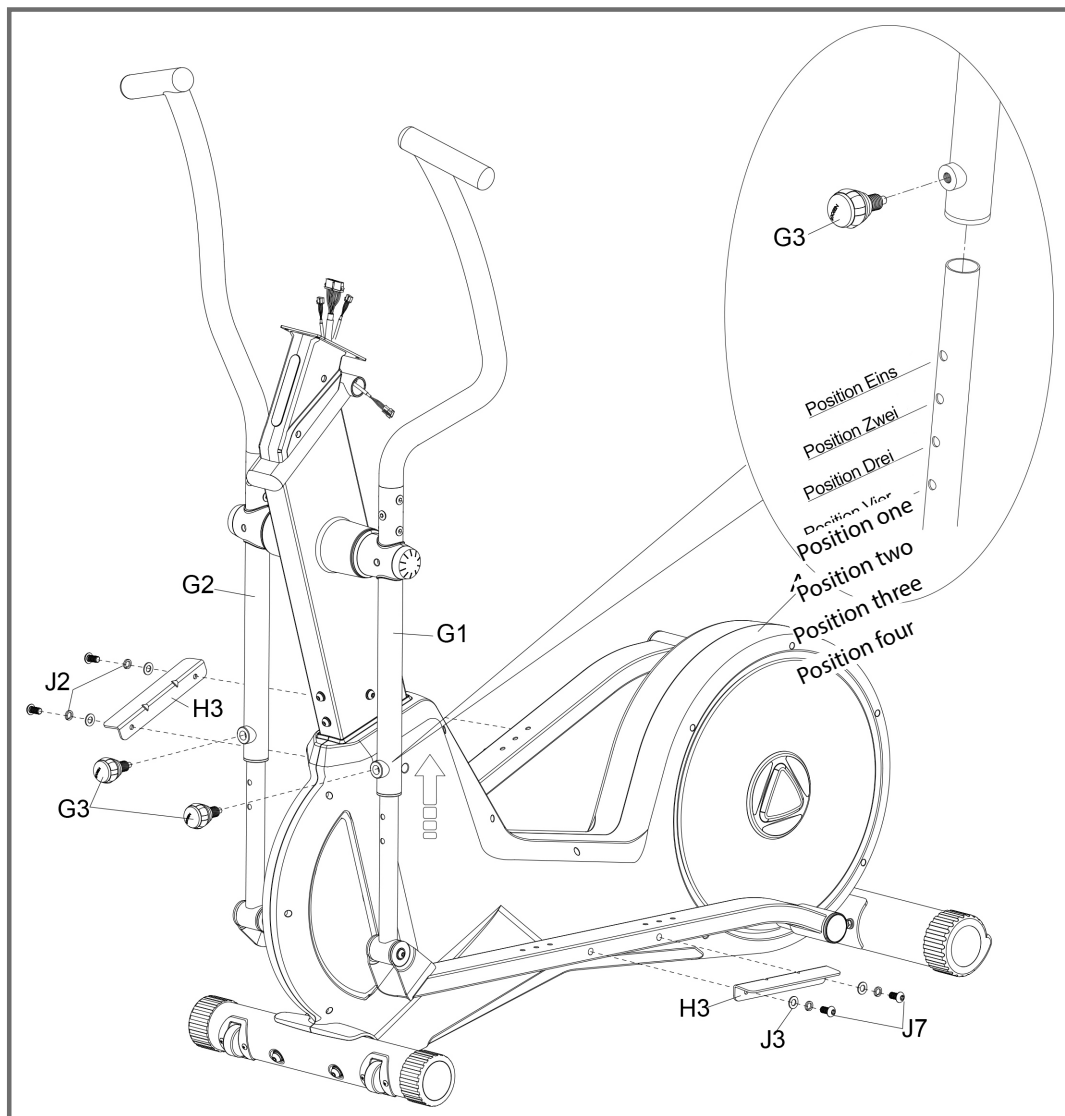


### Step 5: Assembly of the pedal bars and connection of the pedal tube with the console mast

- (1) Remove pre-mounted screws (J7), spring washers (J2) and washers (J3). Attach iron bracket(H3) to right pedal tube and mount with screws (J7), spring washers (J2) and washers (J3).
- (2) Repeat point 1 on the left side with the iron bracket (H3).
- (3) Mount handle tubes (G1 and G2) to pedal tubes. Adjust the fitting position with four pre-drilled holes and by loosening the pin (G3). Lock as soon as you have found the suitable position.

**Warning:** Make sure to tighten the pin (G3) in order to avoid falls.

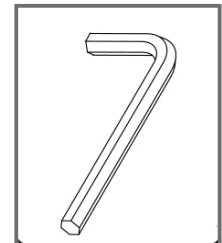
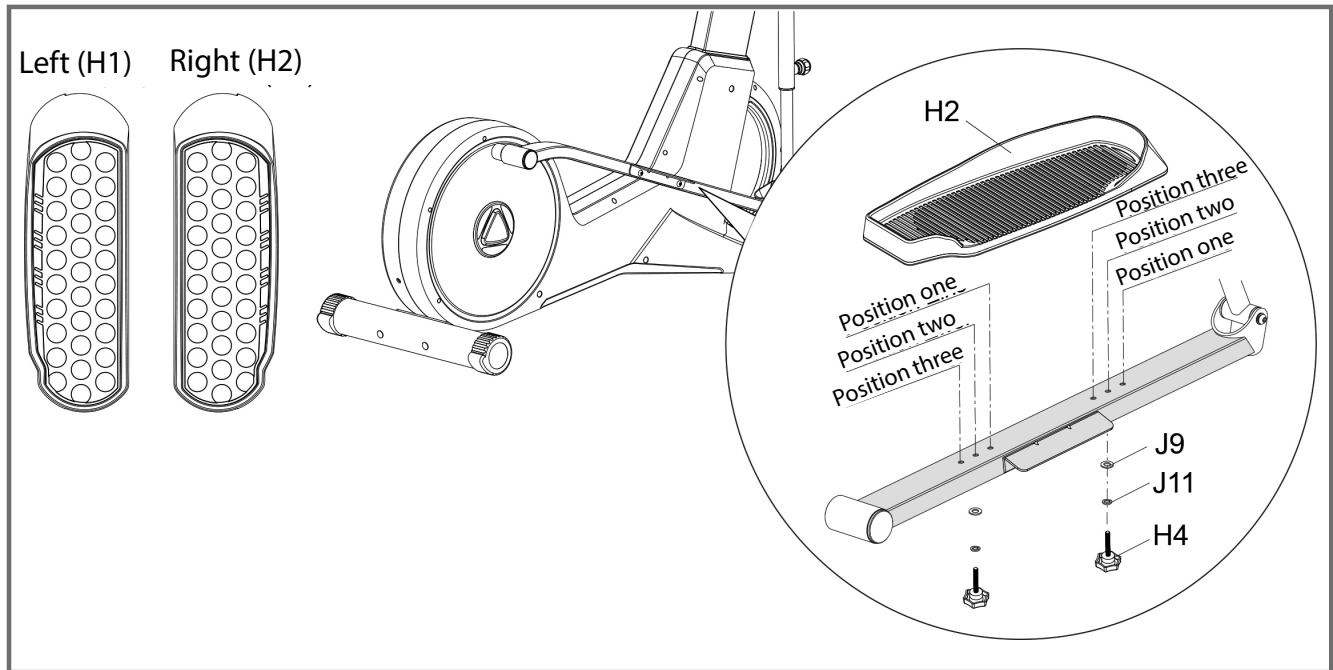
**Note:** For safety reasons, we recommend adjusting the left and right sides of the handles to the same height.



## Step 6: Assembly of the pedals

Mount right pedal (H2) with washers (J9), spring washers (J11) and star grip nuts (H4). There are three positions. Repeat the step with the left pedal (H1).

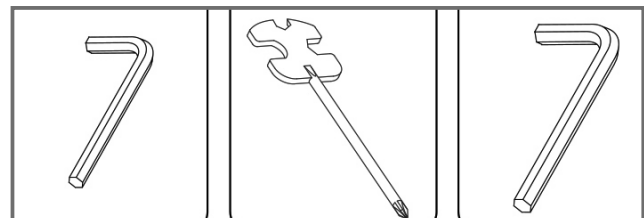
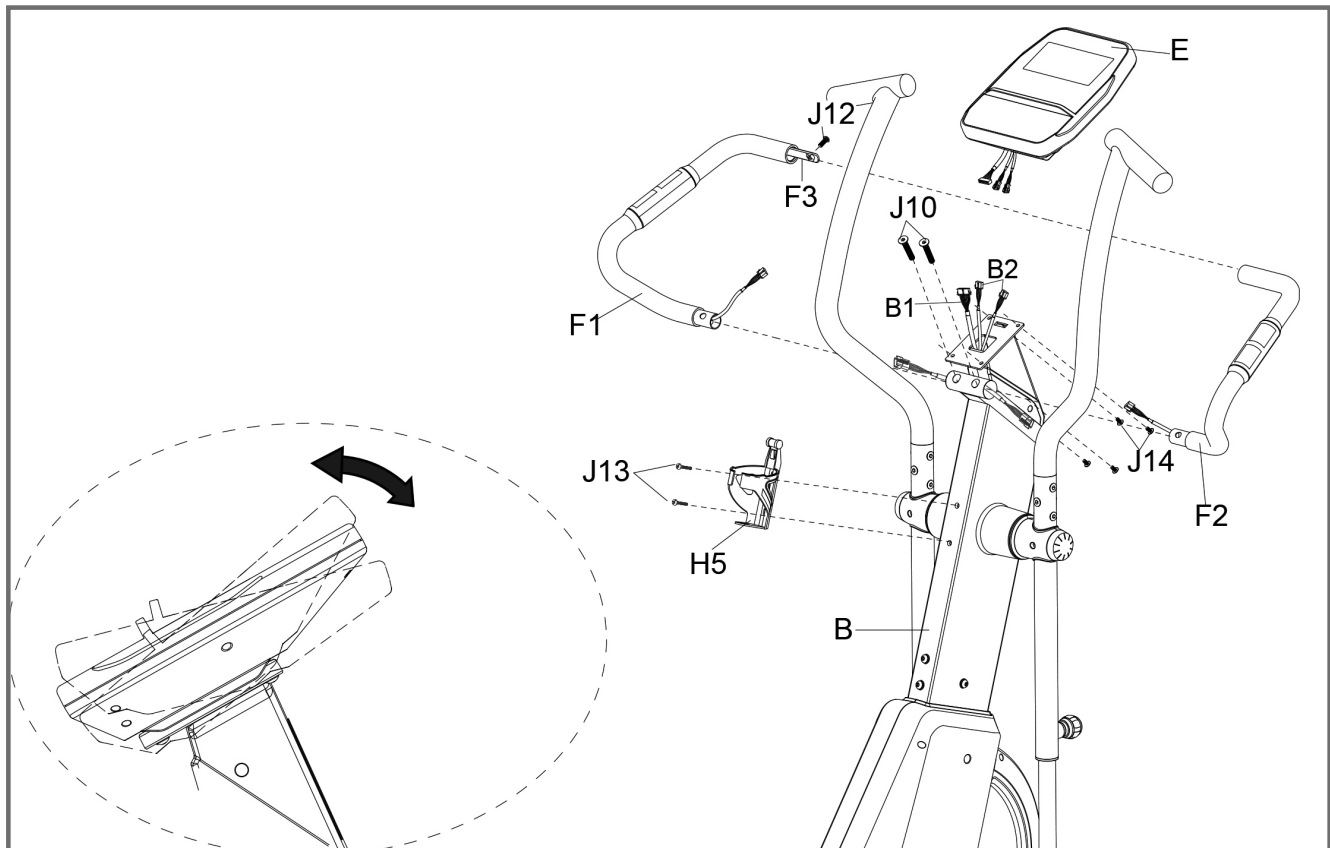
**Warning:** Make sure that you tighten the star grip nuts (H4) in order to avoid a fall.



### Step 7: Assembly of the console and the bottle holder

- (1) Connect the sensors (B1 and B2) with the cables of the console (E).
- (2) Place the small handles (F1 and F2) in the fixture on the console mast and mount it with screws (J10/12) on the bar.
- (3) Remove pre-mounted screws (J13). Mount bottle holder (H5) on the console mast (B) with the screws (J13).

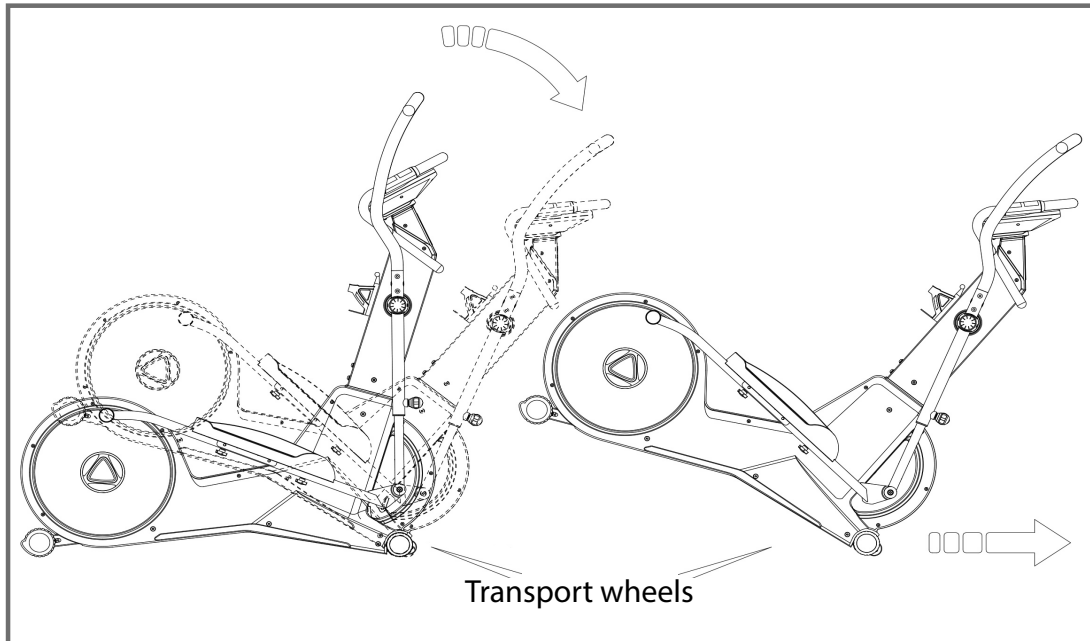
**Note:** Do not squish cable! The user can adjust the console angle according to his/her needs.





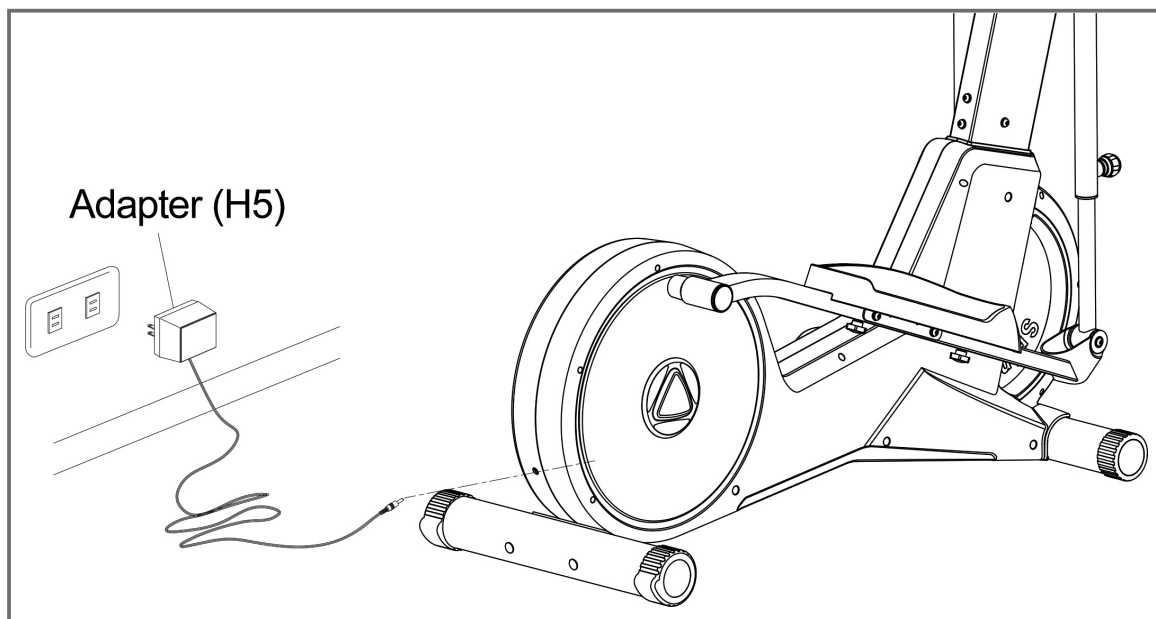
### Step 8: Transport

The front base has integrated transport wheels. In order to move the equipment, stand in front of it and lift it up until the weight of the equipment is on the transport wheels. Now you can easily move the equipment.



### Step 9: Power cable

Plug adapter (H5) into the adapter connection on the back of the equipment.



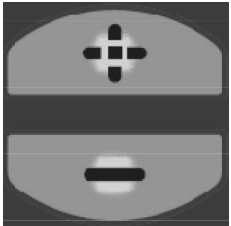
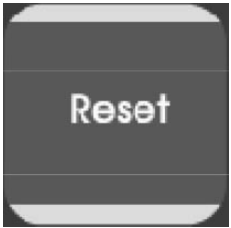




### 4.1 Console display



<b>Time</b>	0:00 - 99:00 minutes
<b>Speed</b>	0.0 - 99.9 km/h
<b>RPM (cadence; rotations per minute)</b>	15 - 999 RPM
<b>Distance</b>	0.0 - 99.95 km
<b>Calories</b>	0 - 990 Cal
<b>Sex</b>	Male/Female (m/f)
<b>Pulse (heart rate; beats per minute)</b>	60 - 220 BPM
<b>Heart rate symbol</b>	on/off - blinking
<b>Programs</b>	P1 - P12
<b>User data</b>	U1 - U4
<b>Watt/load (output/resistance)</b>	0 - 999 Watt; Watt control: 10 - 350 Watt
<b>Level (resistance)</b>	1 - 16
<b>H.R.C. (heart rate control)</b>	55 / 75 / 90% of the max. heart rate; manual target heart rate (TAG)
<b>Age</b>	10 - 99 years
<b>Height</b>	100 - 200 cm (default value: 160 cm)
<b>Weight</b>	20 - 150 kg (default value: 50 kg) / 44 - 330 lbs (default value: 121 lbs) <b>Please note that maximum user weight is 136 kg/300 lbs</b>

## 4.2 Button functions

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

### 4.3 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 figures 1 and 2).
2. With the +/- buttons, the user can select the programs User 0 to 4 and confirm with MODE (figures 3 to 4). Then set the user data SEX, AGE, HEIGHT and WEIGHT. Press +/- to select the corresponding values (figures 5 to 8). Confirm the settings with MODE.

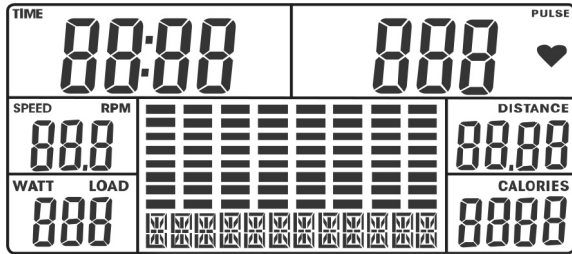


Figure 1

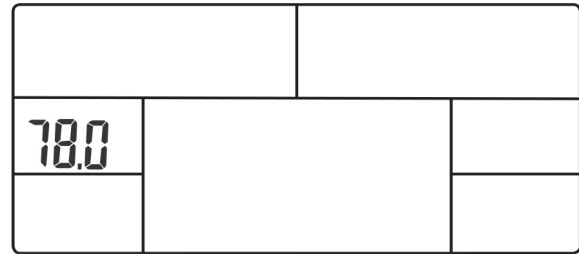


Figure 2

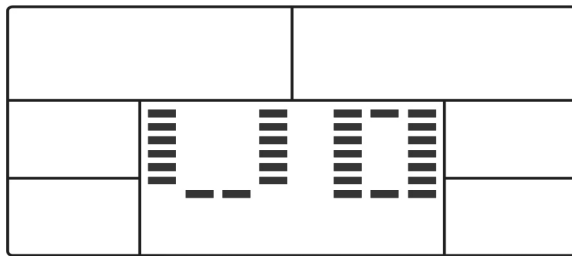


Figure 3

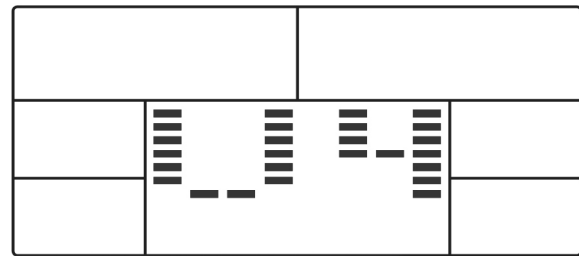


Figure 4

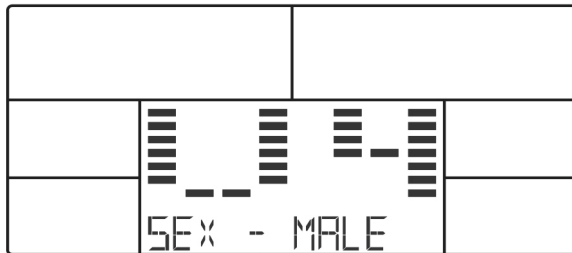


Figure 5

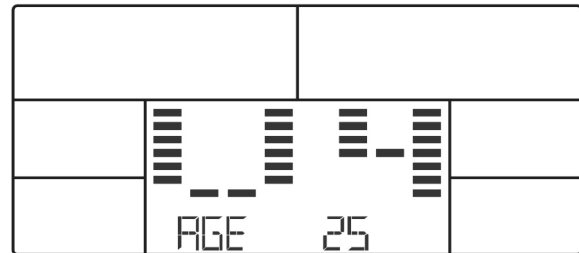


Figure 6

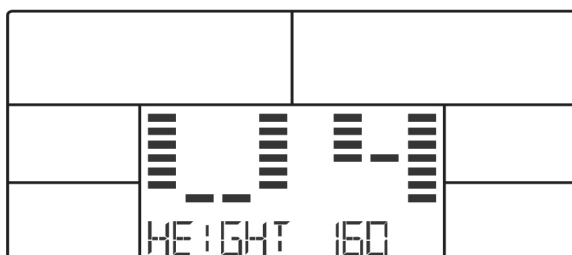


Figure 7

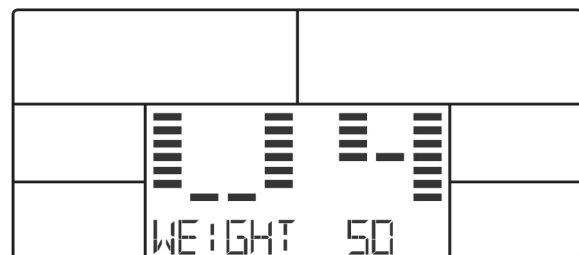


Figure 8

## 4.4 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)

### 4.4.1 MAN. - Manual program

- (1) Hold RESET for three seconds, select user and enter data or simply press just RESET.
- (2) Select MANUAL mode with +/- and press MODE for the setting (figure 9).
- (3) Enter load level and confirm with MODE (Figure 10).
- (4) Enter TIME, DISTANCE, CALORIES and target PULSE values (figure 11-14).
- (5) Press START to begin the training. Select load level with +/- (figure 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 (figure 16).



Figure 9



Figure 10

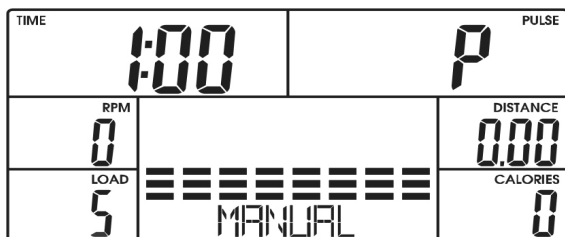


Figure 11

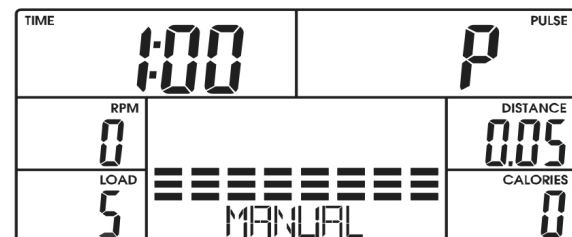


Figure 12

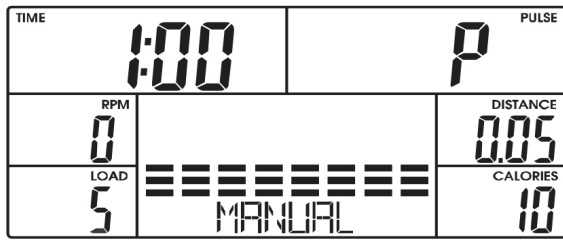


Figure 13

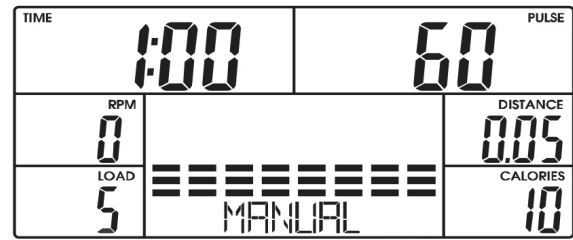


Figure 14

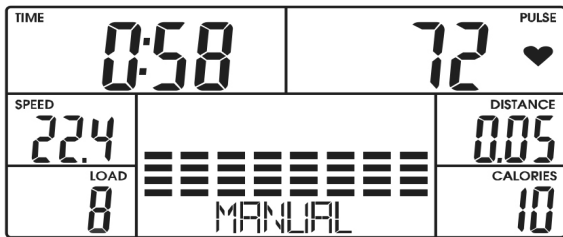


Figure 15

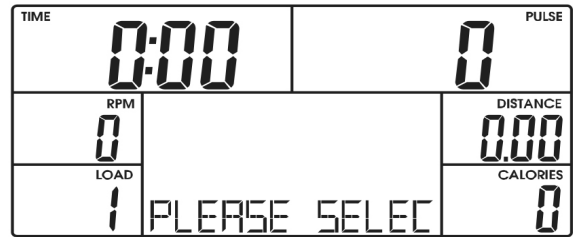
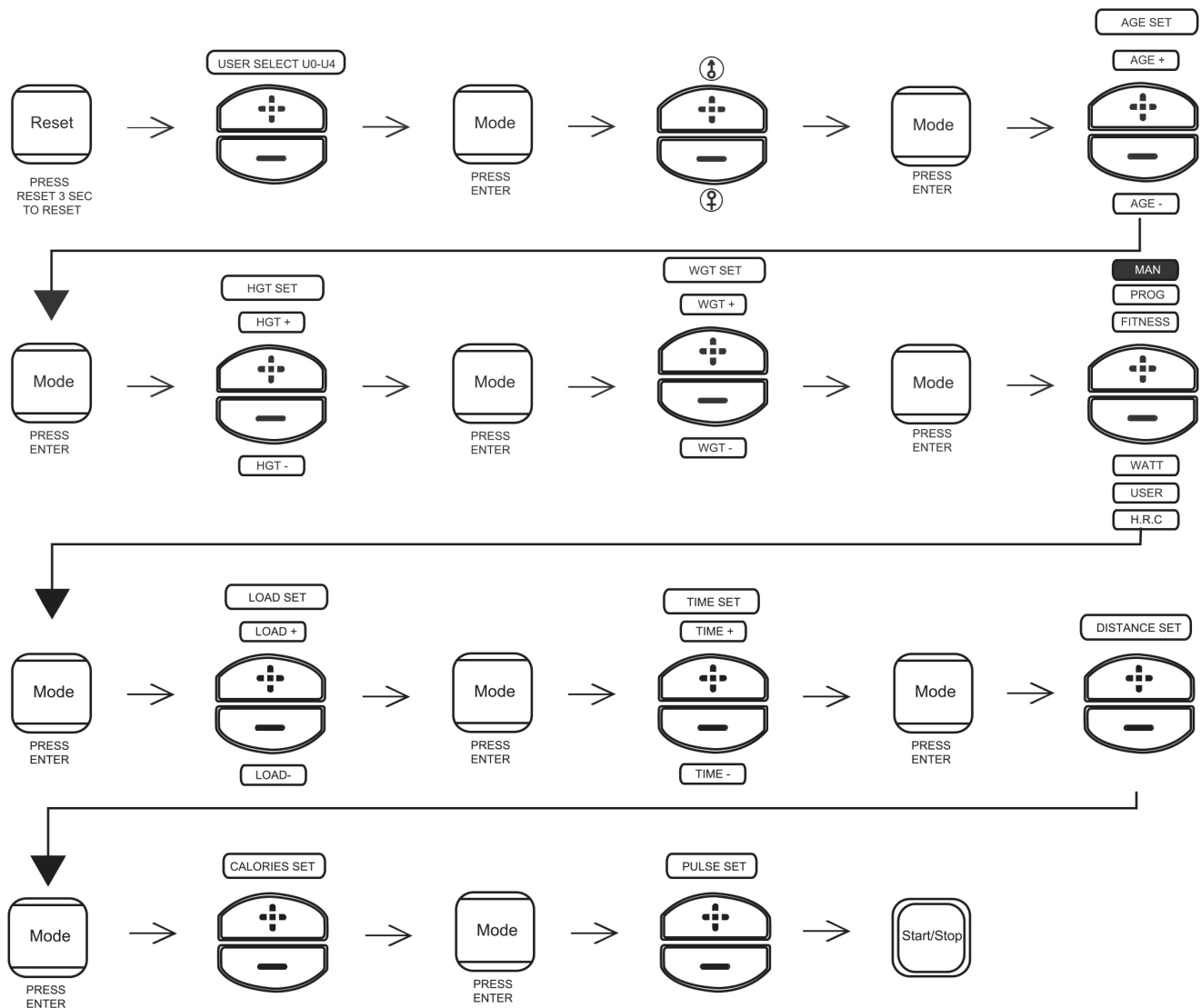


Figure 16

**Procedure for setting the manual training programs:**



## 4.4.2 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 (figure 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 (figure 19).
- (4) Enter TIME, DISTANCE, CALORIES and target PULSE values. Confirm with MODE (figure 20).
- (5) Press START and begin training. Set load level with +/- buttons (figure 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

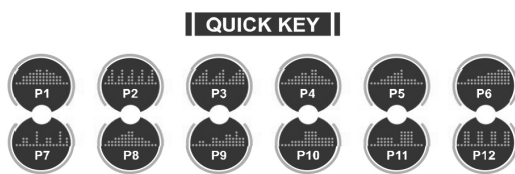


Figure 19



Figure 20



Figure 21



Figure 22



Figure 23

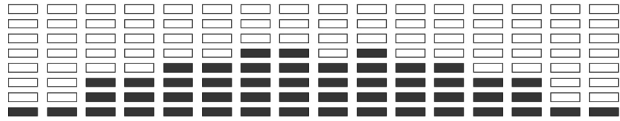


Figure 24

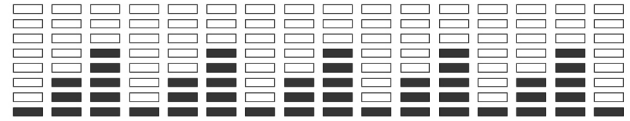


Profiles from pre-set training programs:

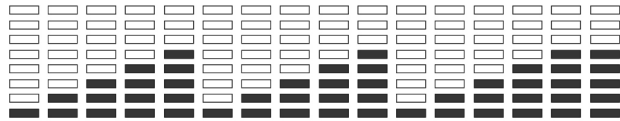
P1



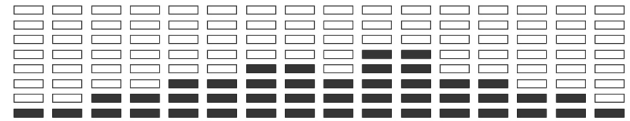
P2



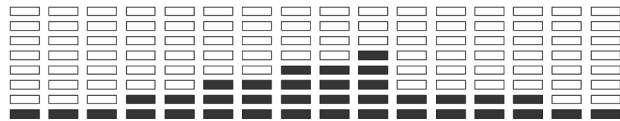
P3



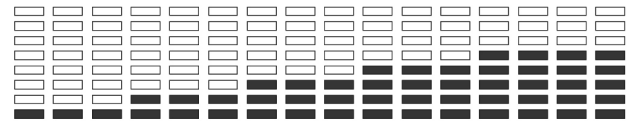
P4



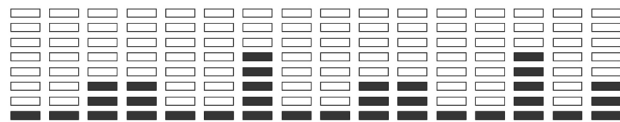
P5



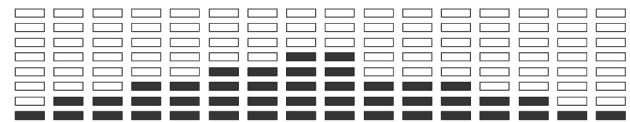
P6



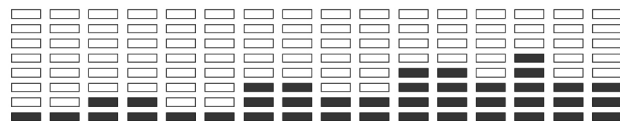
P7



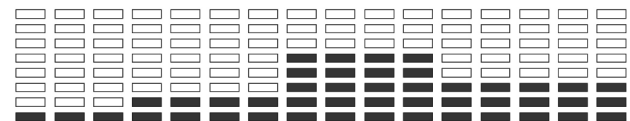
P8



P9



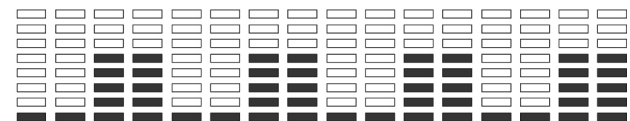
P10



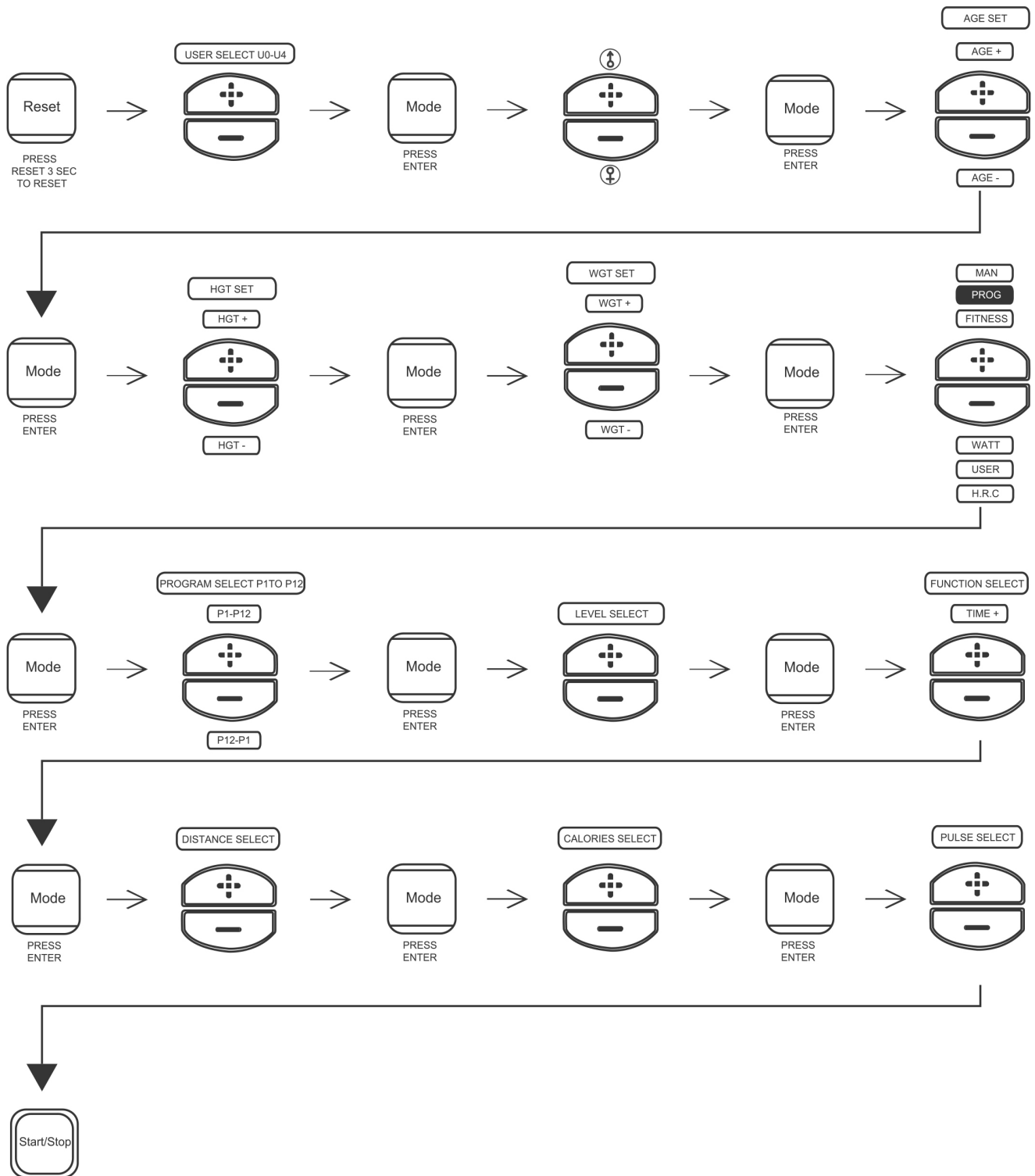
P11



P12



## Procedure for setting the pre-set training programs:



### 4.4.3 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 (figure 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.

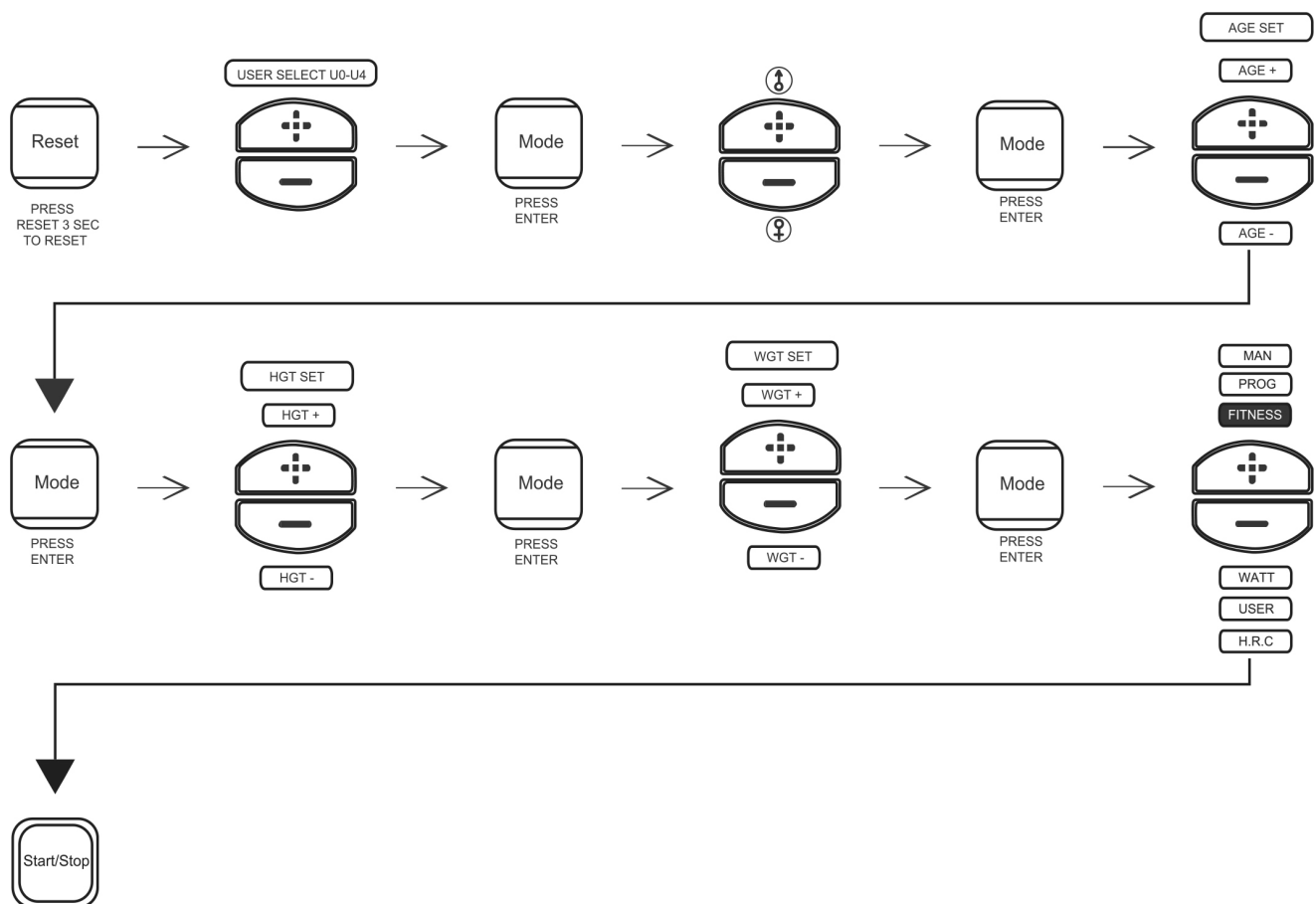


Figure 25



Figure 26

#### Procedure for setting the Watt-controlled program:



#### 4.4.4 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 (figure 27).
- (3) Enter the target value in Watt with +/- buttons and confirm with MODE (figure 28).
- (4) Enter TIME, DISTANCE, CALORIES and target PULSE values. Confirm with MODE (figure 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.

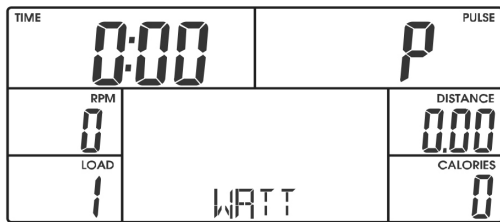


Figure 27

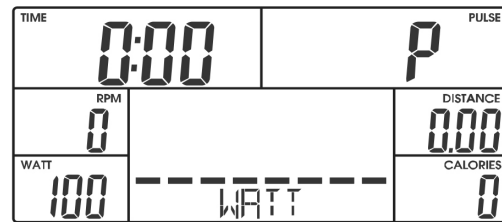


Figure 28

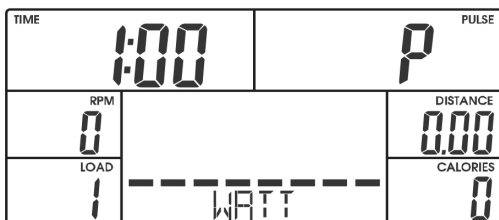


Figure 29

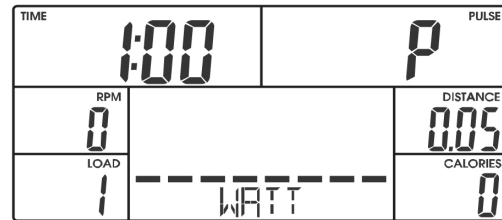


Figure 30

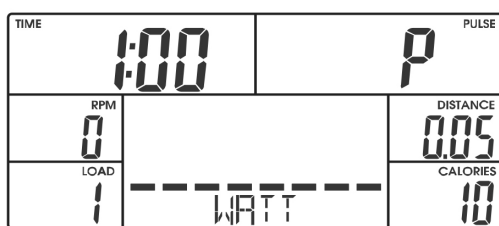


Figure 31

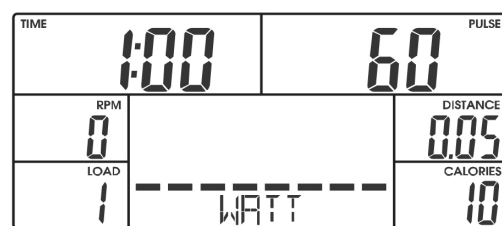
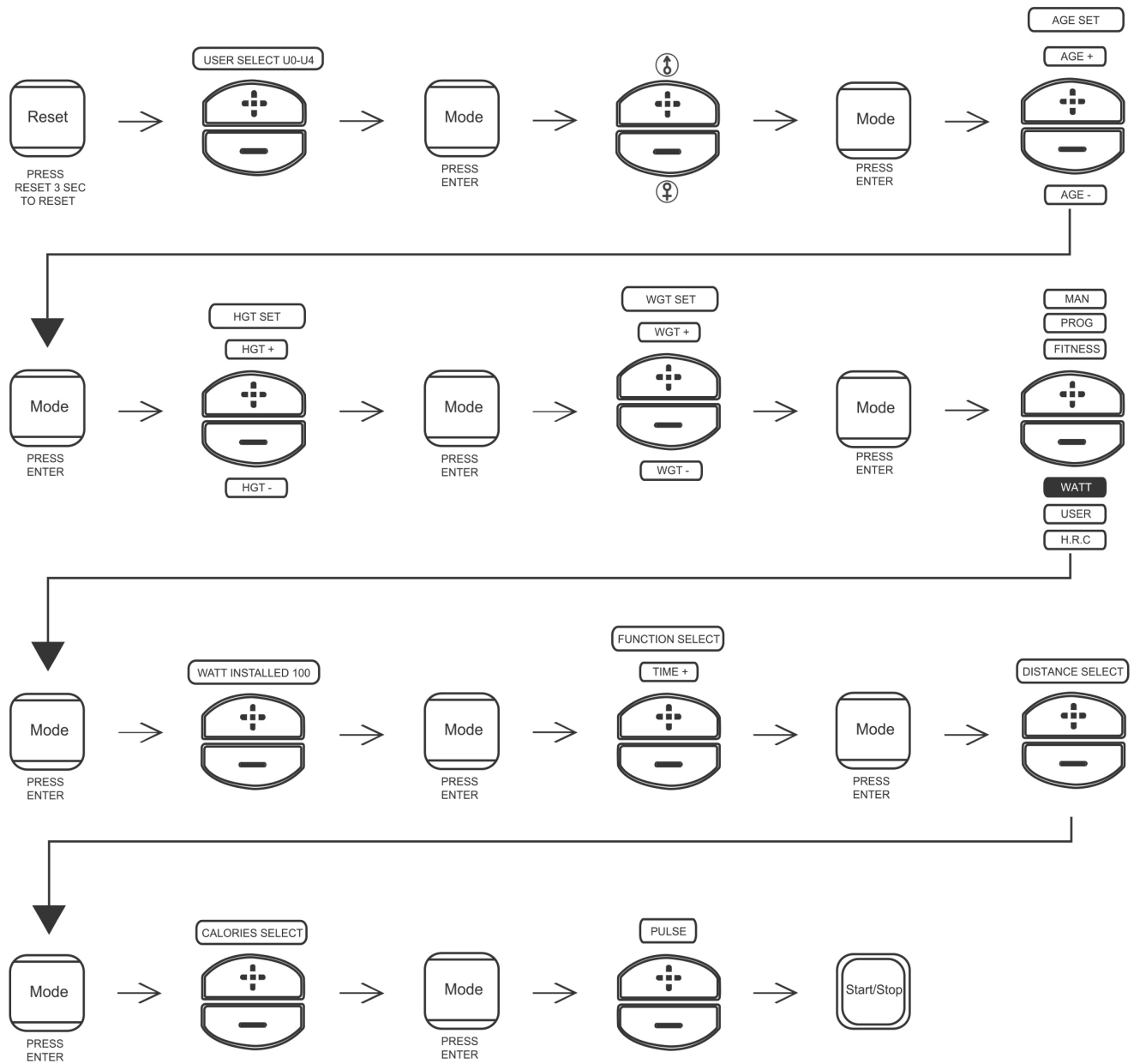


Figure 32

## Procedure for setting the Watt-controlled program:



## 4.4.5 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 (figure 33).
- (3) Enter every load level with +/- buttons. Press MODE to get to the next column (figure 34). After all settings, press MODE for three seconds to confirm.
- (4) Enter TIME, DISTANCE, CALORIES and target PULSE values. Confirm with MODE (figure 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

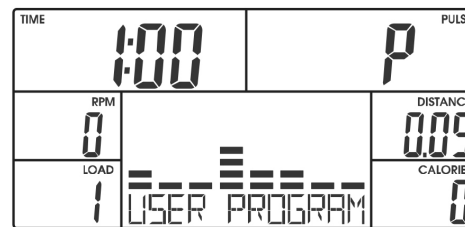


Figure 36

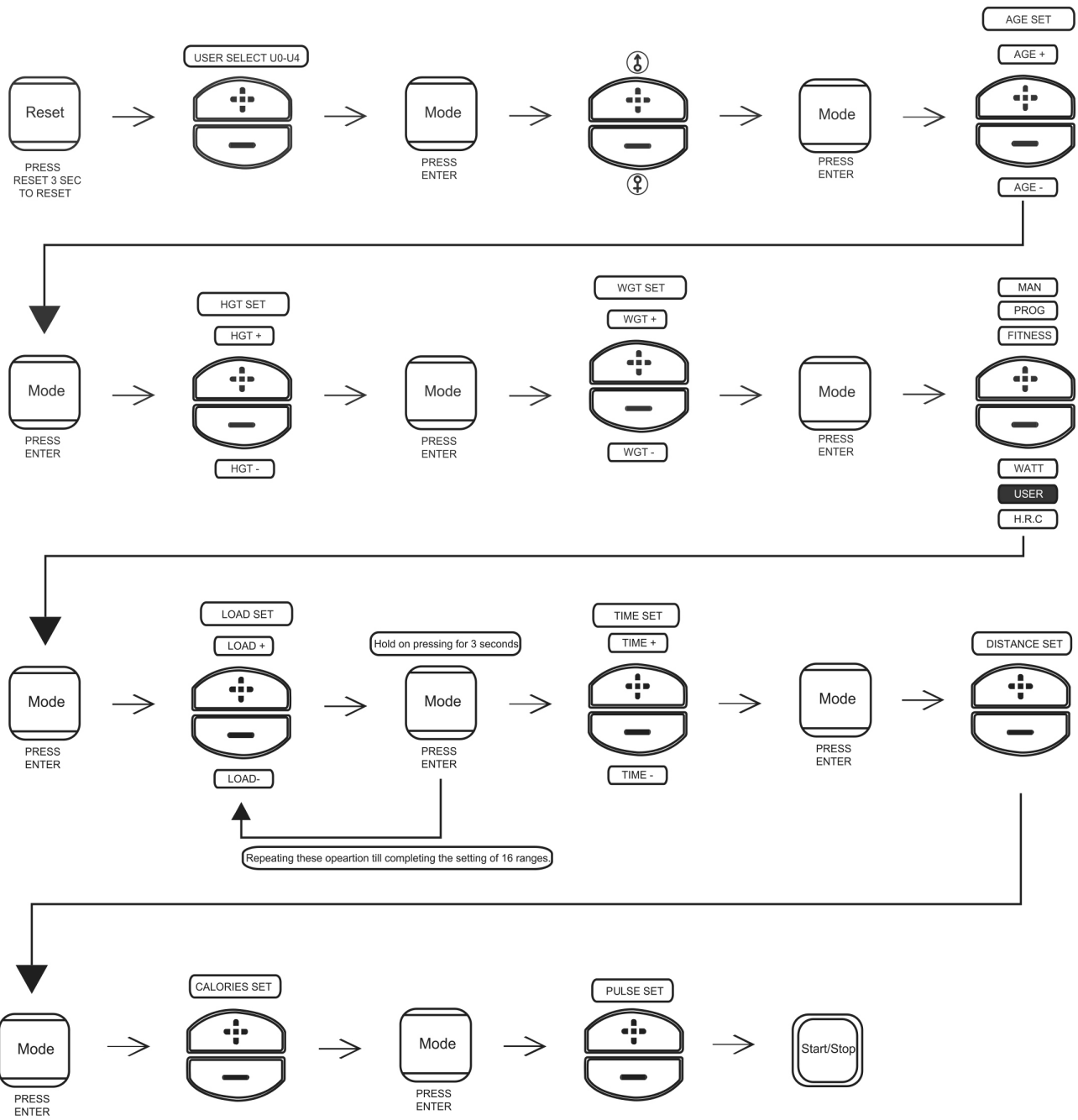


Figure 37



Figure 38

## Procedure for setting the user-defined program:



## 4.4.6 H.R.C. - Heart rate controlled programs

- (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 (figure 39).
- (3) Select different heart rates from 55% / 75% / 90% / or target heart rate with +/- buttons (figure 40-43). The gear 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 (figure 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



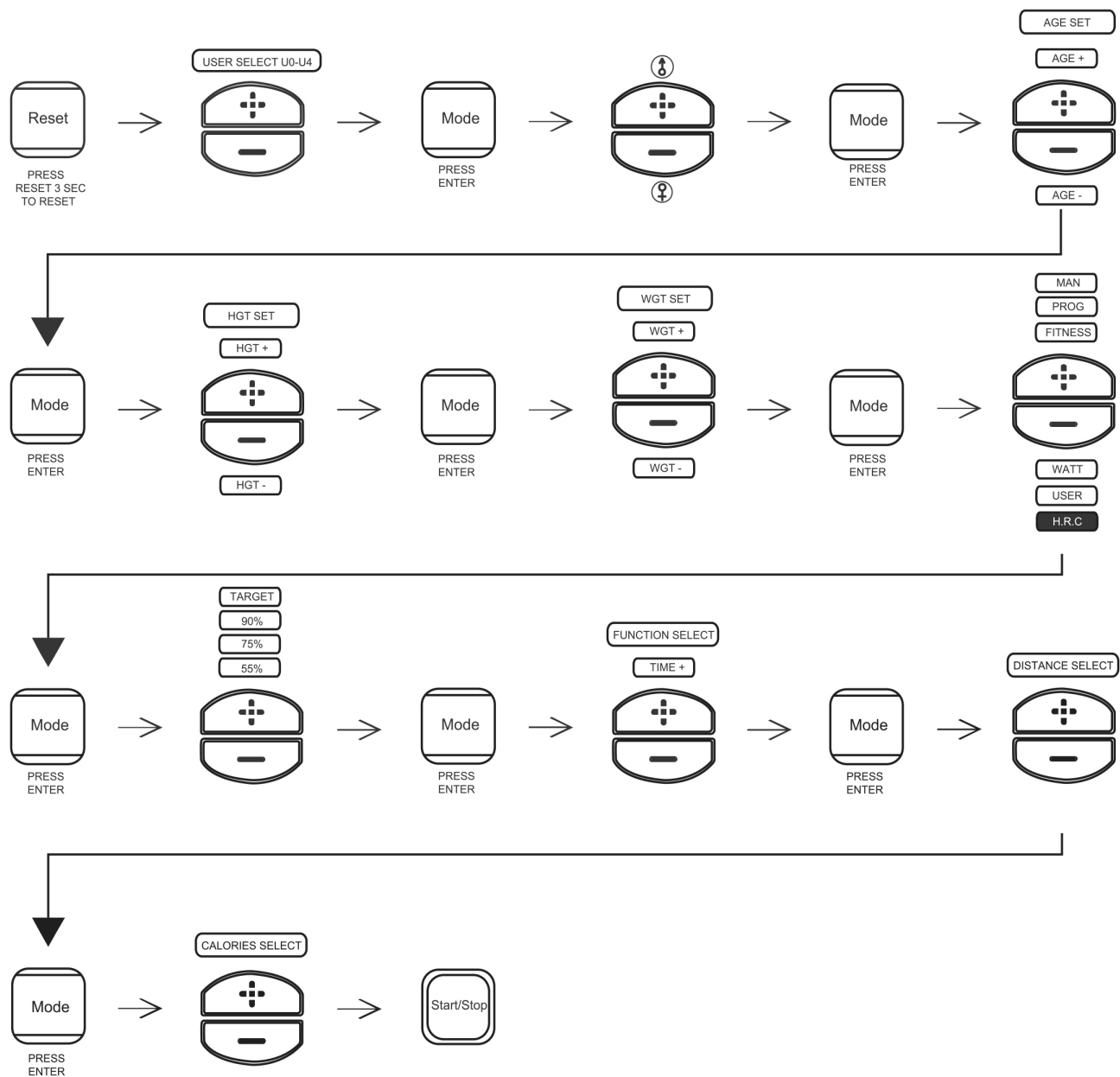
Figure 45



Figure 46



## Procedure for setting the heart rate controlled programs:



## 4.5 Heart-rate measuring

### Pulse measuring via hand sensors

The hand sensors integrated in the handles allow you to determine your heart rate. You can measure your heart rate by lightly grasping the sensors with both hands at the same time. Blood pressure changes occur due to the heartbeat. The sensors measure the changes to the electric skin resistance caused by it. These values are then used to create an average and are displayed on the screen of the console as a heart rate.

#### Note:

For some people, the skin resistance change caused by the heart rate is so minimal that the measurements do not allow for usable values. Strong callus or sweat on the hands may also impair a correct measurement. In such cases, the heart rate will not be shown at all or only incorrectly.

If the measurement is incorrect or not taken at all, please check if it happens to only one person or to several people. If the pulse display only does not work in a single case, the equipment is not defective. In this case, we recommend using a chest strap to achieve a permanently correct heart rate display.

**CAUTION: Your training equipment is not a medical device. Different factors may influence the accuracy of the heart rate display. The heart rate display only serves as a training aid.**

### Telemetric heart rate measuring

This elliptical cross trainer is already equipped with a heart rate receiver as standard. Using a chest strap makes it possible for you to have a wireless heart rate measuring. This optimal and ECG-precise type of measuring reads the heart rate directly from the skin through a transmitting chest strap. The chest strap then sends the impulse to the receiver integrated in the console.

#### Positioning the chest strap and moistening the electrodes:

Place the belt directly below the chest, while the transmitter should be placed on the middle of the chest. The chest strap should sit comfortably, but not too loose. If the belt is too loose, the contact to the electrodes may be disrupted or the belt may slip while exercising. The transmitter turns on automatically once it is put on. In order to allow for a precise measuring, you should moisten the rubber electrodes. This is best done with a special chest strap contact gel, which is also used for ultrasound scans.

#### Note:

If you have not been active in doing sports for a longer period of time, you should first go to your physician in order to discuss your training with them. You should also contact your physician in advance in the event of heart problems, high/low blood pressure and obesity.

### Training with heart rate orientation

Heart rate orientation guarantees an extremely effective and healthy training. Through your age and the following table, you can quickly and easily read and determine the optimal pulse for your training. An acoustic alarm will sound if your heart rate exceeds the set target heart rate. Which target heart rate is important for which training goal can be found out in the following.

**Fat burning (weight management):** The main goal here is to burn deposits of fat. In order to achieve this training goal, a low training intensity (approximately 55% of the maximum heart rate) and a longer training period are required.

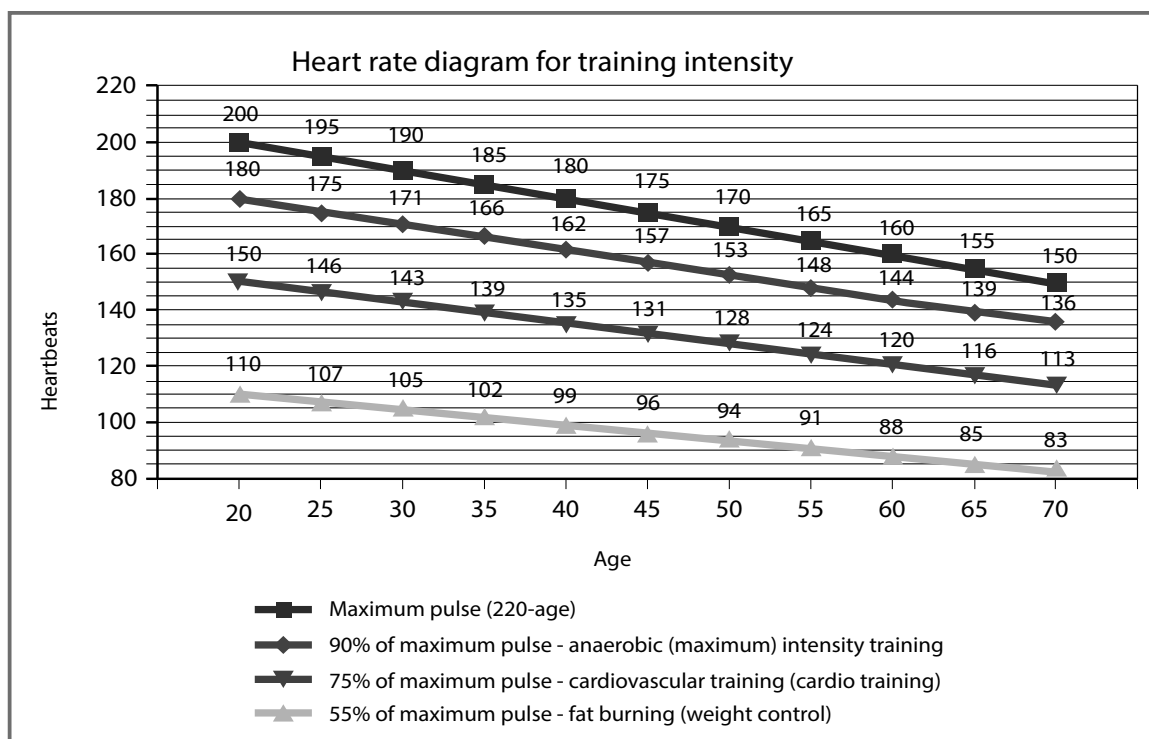
**Cardiovascular training (cardio training):** The primary goal is to increase stamina and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training period is required.

**Anaerobic (maximum) load training:** The main goal of maximum load training is to improve recovery after short, intense loads in order to be able to quickly return to the aerobic zone. In order to achieve this training goal, a high intensity (approximately 90% of the maximum heart rate) with short, intense load is required, which is followed by a recovery phase in order to prevent muscle fatigue.

**Example:**

For a 45-year-old man or woman, the maximum heart rate is 175 ( $220 - 45 = 175$ ).

- The fat burning target zone (55%) is at approximately 96 beats/min.  
=  $(220 - \text{age}) \times 0.55$ .
- The cardio target zone (75%) is at approximately 131 beats/min.  
=  $(220 - \text{age}) \times 0.75$ .
- The maximum heart rate for an anaerobic load training (90%) is at approximately 157 beats/min.  
=  $(220 - \text{age}) \times 0.9$ .



## 5 WARRANTY INFORMATION

cardiostrong's fitness equipment is subject to strict quality controls. 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.

<b>Model</b>	<b>Use</b>	<b>Full warranty</b>	<b>Frame</b>
EX60	Home use	24 months	30 years

### **Repair costs**

According to our choice, there will either be a repair, a replacement of individual damaged parts or a complete replacement. Spare parts, that have to be mounted while assembling the equipment, have to be replaced by the 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 centers, 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 centers
- unauthorized 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.

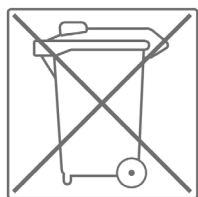
### **Service outside of the warranty period**

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 contract partner. 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.

## 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 you to add suiting accessories to your training machine. This could be a **floor mat** that ensures that your product stands absolutely securely and protects your floor from sweat. Another example is the option of extended handrails that can be combined with some of our treadmills or **silicone spray** to keep moving parts in perfect condition.

In case you purchased a training machine that provides heart rate oriented training programmes, we highly recommend you to make use of a compatible chest strap. This ensures that your pulse is transmitted optimally. As for multi-gyms you might acquire a liking for **additional handles** or **weights**.

Our range of accessories offers you the highest quality and improves your training even more. If you would like to get information about compatible accessories, please visit our online store and look up the detailed page of your product. To do this, simply type in your training machine's article number in the search bar at the top of your screen. Now scroll down until you find the appropriate accessories. Alternatively you can contact our customer service either by telephone, e-mail or in person in one of our stores. We will be happy to advise you!



floor mat



chest strap



gym towels

## 8 ORDERING SPARE PARTS

### 8.1 Service hotline

So that we can give you the best possible service, please have your **model name, part number, serial number, exploded drawing and parts list** ready.

#### SERVICE-HOTLINE

<b>DE</b> ☎ +49 4621 4210-0 ☎ +49 4621 4210-699 ✉ service@sport-tiedje.de Mo. - Fr. 8:00 - 18:00 Sa. 9:00 - 18:00	<b>DK</b> ☎ 80 90 16 50 ☎ +49 4621 4210-945 ✉ info@t-fitness.dk Ma. - Fr. 8:00 - 18:00 Lø. 9:00 - 18:00	<b>FR</b> ☎ +33 (0) 172 770033 ☎ +49 4621 4210-933 ✉ service-france@sport-tiedje.fr Lun. - Ven. 8:00 - 18:00 Sam. 9:00 - 18:00
<b>NL</b> ☎ +31 172 619961 ✉ info@fitshop.nl Ma. - Do. 9:00 - 17:00 Vr. 9:00 - 21:00 Za. 10:00 - 17:00	<b>UK</b> ☎ +44 141 876 3972 ✉ orders@powerhousefitness.co.uk Mon. - Fri. 9:00 - 17:00	<b>INT</b> ☎ +49 4621 4210-0 ✉ service-int@sport-tiedje.de Mon - Fri 8:00 - 18:00 Sat 9:00 - 18:00

### 8.2 Serial number and model name

Before assembling your equipment, find the serial number on the white sticker and enter it in the appropriate space.

Serial number:

Brand / category:

Model name:

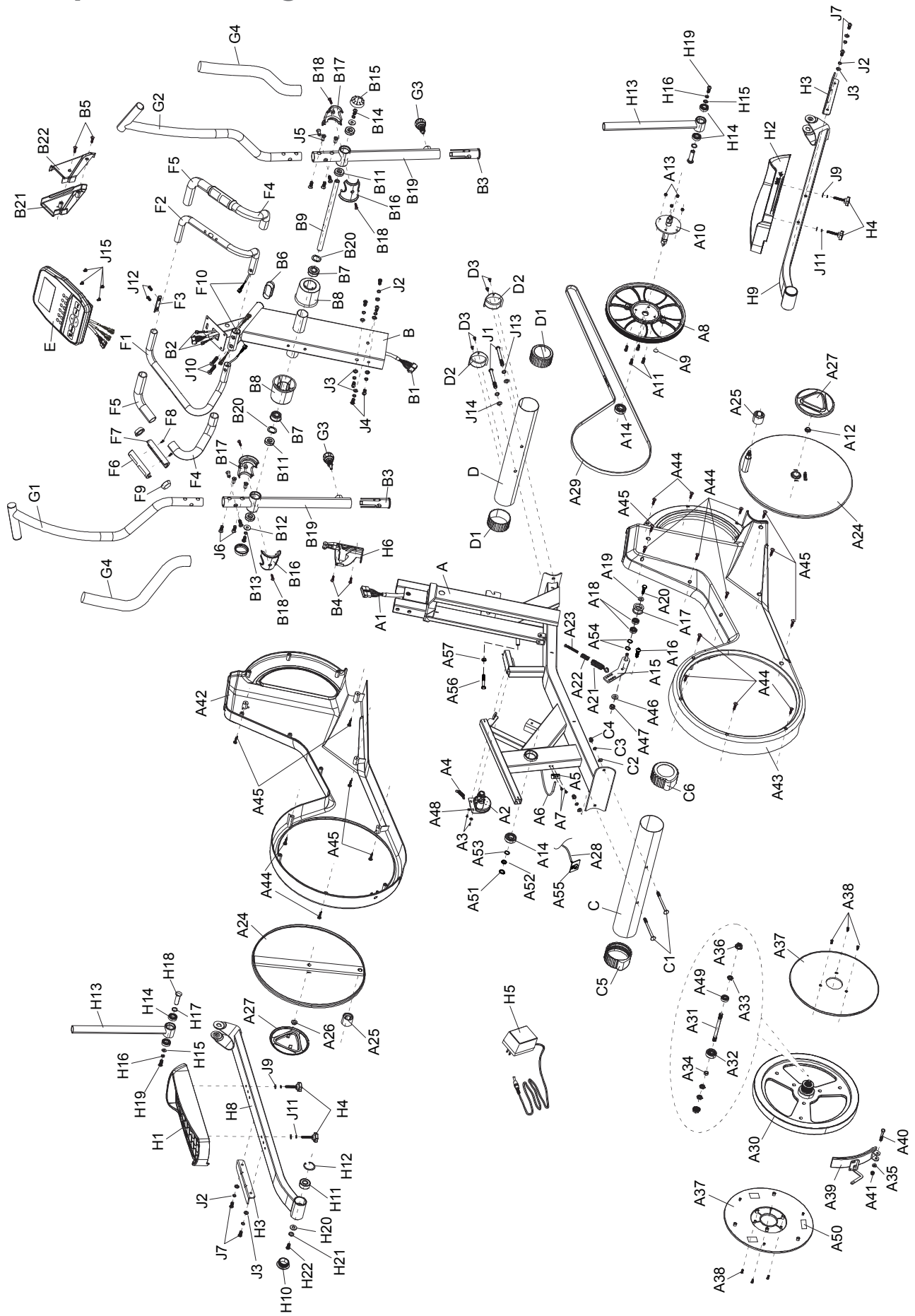
## 8.3 Parts list

No.	Description	Qty.	No.	Description	Qty.
A	MAIN FRAME	1	A51	CLIP $\Phi 18.5 \times \Phi 22.5 \times 1T$	1
A1	SENSOR WIRE 1000mm	1	A52	WASHER $\Phi 20.3 \times \Phi 30 \times 0.5T$	1
A2	MOTOR	1	A53	WAVE WASHER $\Phi 20.5 \times \Phi 30 \times 0.3T$	1
A3	SCREW M5xP0.8x12L	2	A54	WAVE WASHER $\Phi 10.2 \times \Phi 13 \times 0.3T$	2
A4	SPRING $\Phi 1 \times \Phi 8.5 \times 48L$	1	A55	FIXING SHEET	1
A5	SENSOR WIRE HOUSING	1	A56	SCREW M8x55LxS25L	1
A6	SENSOR WIRE 900mm	1	A57	NUT M8x6T	1
A7	SCREW M5x10mm	2	B	CENTRAL SUPPORT TUBE	1
A8	PULLEY $\Phi 30 \times 8$	1	B1	SENSOR WIRE 800L	1
A9	MANGET $\Phi 15 \times 2$	1	B2	SENSOR WIRE 350L	2
A10	AXLE $\Phi 20 \times 154.5L$	1	B3	END CAP	2
A11	SCREW M6xP1.30x16L	4	B4	SCREW M5x16L	2
A12	NUT M10xP1.25-LH x10T	1	B5	SCREW ST3.9x20L	2
A13	NUT	4	B6	END CAP	1
A14	BEARING 6004 2ZZ	2	B7	END CAP	2
A15	PRESSING PLARE	1	B8	DECORATION COVER	2
A16	SCREW M8xP1.25x20L	1	B9	AXLE $\Phi 17 \times 365L(M8)$	1
A17	BEARING HOUSING	1	B11	BEARING 6003 2ZZ	4
A18	BEARING 6000 2ZZ	2	B12	WASHER $\Phi 8 \times \Phi 22 \times 2T$	2
A19	WASHER $\Phi 6.5 \times \Phi 13 \times 2T$	1	B13	SPRING WASHER $\Phi 8.5 \times 13.5 \times 2.5T$	2
A20	SCREW M6x10L	1	B14	SCREW M8xP1.25x20L	2
A21	SPRING $\Phi 20 \times \Phi 4 \times 12N$	1	B15	END CAP	2
A22	NUT M6 $\Phi 14.4 \times 30L$	1	B16	DECORATION COVER OF HANDLE BAR	2
A23	SCREW M6xP1.0x60L	1	B17	DECORATION COVER OF HANDLE BAR	2
A24	TURNING PLATE	2	B18	SCREW M5x12L	4
A25	PIPE	2	B19	SWING HANDLE BAR TUBE	2
A26	NUT M10xP1.25x10T	1	B20	WAVE WASHER $\Phi 17.5 \times \Phi 25 \times 0.3T$	2
A27	DECORDATION COVE	2	B21	CENTRAL COVER ( L )	1
A28	DC WIRE 1000L	1	B22	CENTRAL COVER ( R )	1
A29	BELT 900J6	1	C	REAR STABILIZER 70HDV	1
A30	MAGNETIC FLYWHEEL $\Phi 400$ 32W11KG	1	C1	SCREW M8xP1.25x102xS20L	2
A31	AXLE $3/8'' \times 26''$ $\Phi 10 \times 128L$	1	C2	WASHER $\Phi 8 \times \Phi 16 \times 2T$	2
A32	BEARING 6300 2RS	1	C3	SPRING WASHER $\Phi 8.5 \times \Phi 13.5 \times 2.5T$	2
A33	WASHER	3	C4	NUT M8	2
A34	BUSH $\Phi 10 \times \Phi 15.8 \times 9mm$	1	C5	END CAP ( L )	1
A35	WASHER $\Phi 8 \times \Phi 19 \times 2T$	1	C6	END CAP ( R )	1
A36	NUT	2	D	FRONT STABILIZER	1
A37	PLATE COVER	2	D1	END CAP 90HDV	2
A38	SCREW ST3.5x16L	6	D2	WHEEL $\Phi 76$	2
A39	MAGNETIC HOUSING	1	D3	SCREW M5x16	4
A40	SCREW M8xP1.25x55LxS17	1	E	CONSOLE	1
A41	NUT M8x7T	1	F1	HANDLE BAR ( L ) $\Phi 25.4 \times 1.5T \times 660L$	1
A42	MAIN CHAIN COVER ( L )	1	F2	HANDLE BAR ( R ) $\Phi 25.4 \times 1.5T \times 660L$	1
A43	MAIN CHAIN COVER ( R )	1	F3	IRON BRACKET 2.5T	1
A44	SCREW 3/4	12	F4	HANDLE BAR SPONGE $\Phi 23 \times 3T \times 280L$ STR	2
A45	SCREW	8	F5	HANDLE BAR SPONGE $\Phi 23 \times 3T \times 220L$ STR	2
A46	WASHER $\Phi 8 \times \Phi 16 \times 2T$	1	F6	HANDLE PLUSE SENSOR	2
A47	NUT M8x7T	1	F7	SENSOR HOUSING	2
A48	WASHER $\Phi 5.5 \times \Phi 12 \times 2T$	2	F8	SCREW ST2.9x20L	4
A49	BEARING 6000 2RS	1	F9	SPACED RING	4
A50	EVA PAD STICKER 20X60X1.5T	6	F10	SENSOR WIRE 600L	2



No.	Description	Qty.	No.	Description	Qty.
G1	SIDE HANDLE BAR ( L )	1	H18	AXLE $\Phi 15 \times 50.5L(M8)$	2
G2	SIDE HANDLE BAR ( R )	1	H19	SCREW M8xP1.25x20L	2
G3	KNOB M16xP1.5x19L	2	H20	WASHER $\Phi 8 \times \Phi 22 \times 2T$	2
G4	SIDE HANDLE BAR SPONGE $\Phi 30 \times 3T \times 450L$ STR	2	H21	SPRING WASHER $\Phi 8.1 \times 8.5 \times 2.5T$	2
H1	PEDAL ( L )	1	H22	SCREW M8xP1.25x20L	2
H2	PEDAL ( R )	1	J1	SCREW M8xP1.25 x 90L x S20L	2
H3	IRON BRACKET	2	J2	SPRING WASHER $\Phi 8.5 \times 13.5 \times 2.5T$	10
H4	KNOB	4	J3	WASHER $\Phi 8.1 \times \Phi 16 \times 2T$	10
H5	ADAPTOR	1	J4	SCREW M8 x 20mm	6
H6	BOTTLE HOLDER	1	J5	SCREW M8x16mm	6
H8	PEDAL TUBE ( L )	1	J6	SCREW M8x20mm	6
H9	PEDAL TUBE ( R )	1	J7	SCREW M8xP1.25x20L	4
H10	END CAP	2	J9	WASHER $\Phi 6 \times \Phi 12 \times 1.5T$	4
H11	BEARING 2203 2RS	2	J10	SCREW M8x40mm	2
H12	CLIP $\Phi 43.5 \times \Phi 37.3 \times 1.5T$	2	J11	SPRING WASHER $\Phi 6.1 \times 1.6T$	4
H13	CONNECT TUBE	2	J12	SCREW M5x12mm	2
H14	BEARING 6002 2ZZ	4	J13	SPRING WASHER $\Phi 8.5 \times \Phi 13.5 \times 2.5T$	2
H15	WASHER $\Phi 8 \times \Phi 16 \times 2T$	2	J14	WASHER $\Phi 8 \times \Phi 16 \times 2T$	2
H16	SPRING WASHER $\Phi 8.5 \times \Phi 13.5 \times 2.5T$	2	J15	SCREW	4
H17	BUSH $\Phi 15.2 \times \Phi 20 \times 3L$	2			

# 8.4 Exploded drawing



## CONTACT

### Company head office

Sport-Tiedje GmbH  
Flensburger Str. 55  
24837 Schleswig

### Hotline for Technical Information

<b>DE</b> ☎ +49 4621 4210-0 ☎ +49 4621 4210-698 ✉ technik@sport-tiedje.de	<b>DK</b> ☎ 80 90 16 50 ☎ +49 4621 4210-945 ✉ info@t-fitness.dk	<b>FR</b> ☎ +33 (0) 172 770033 ☎ +49 4621 4210-933 ✉ service-france@sport-tiedje.fr
<b>NL</b> ☎ +31 172 619961 ✉ info@fitshop.nl	<b>UK</b> ☎ +44 141 876 3986 ✉ support@powerhousefitness.co.uk	<b>INT</b> ☎ +49 4621 4210-0 ✉ service-int@sport-tiedje.de

[www.sport-tiedje.com](http://www.sport-tiedje.com)  
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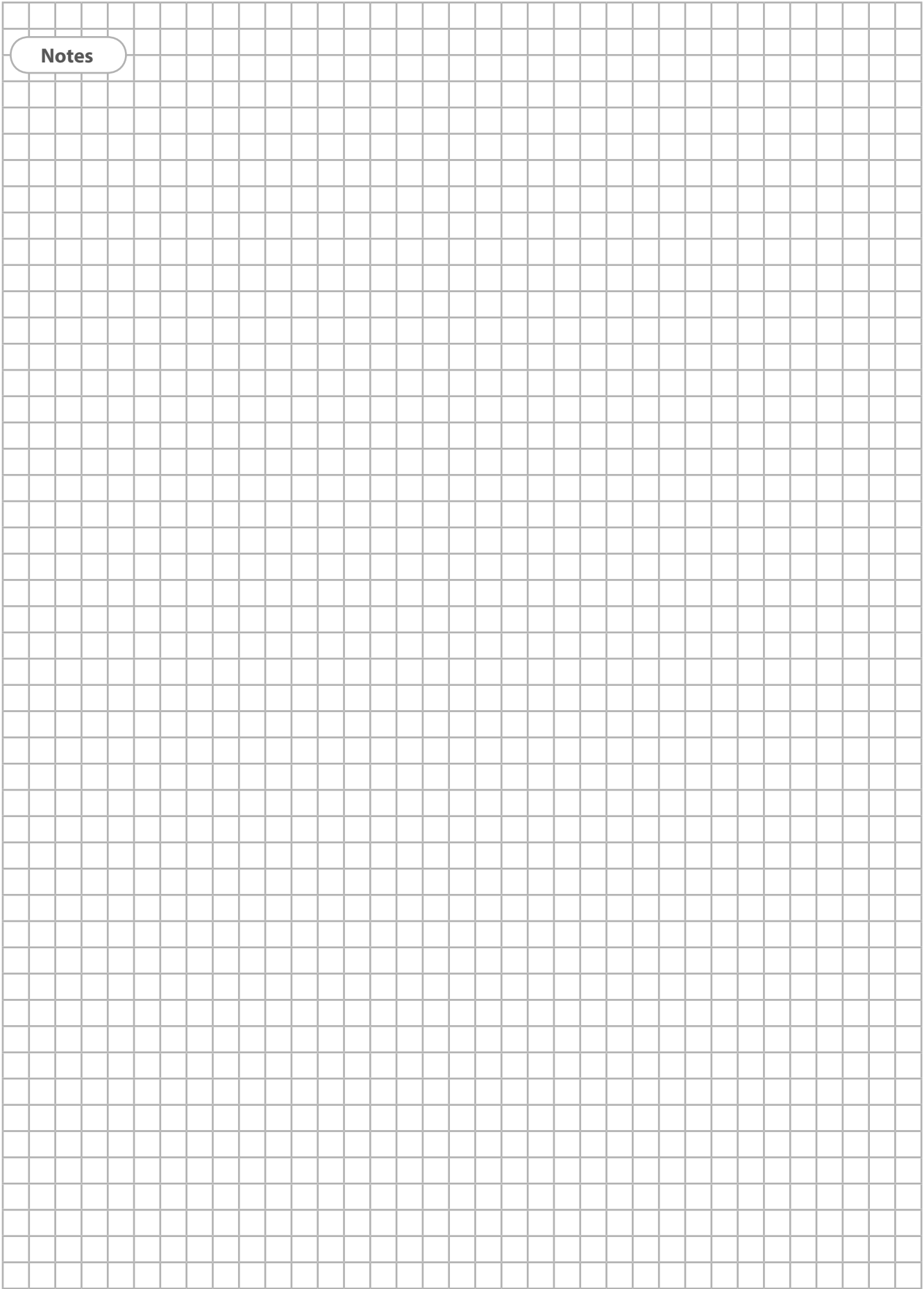
Product and manual are subject to change. Technical data can be changed without advance notice.

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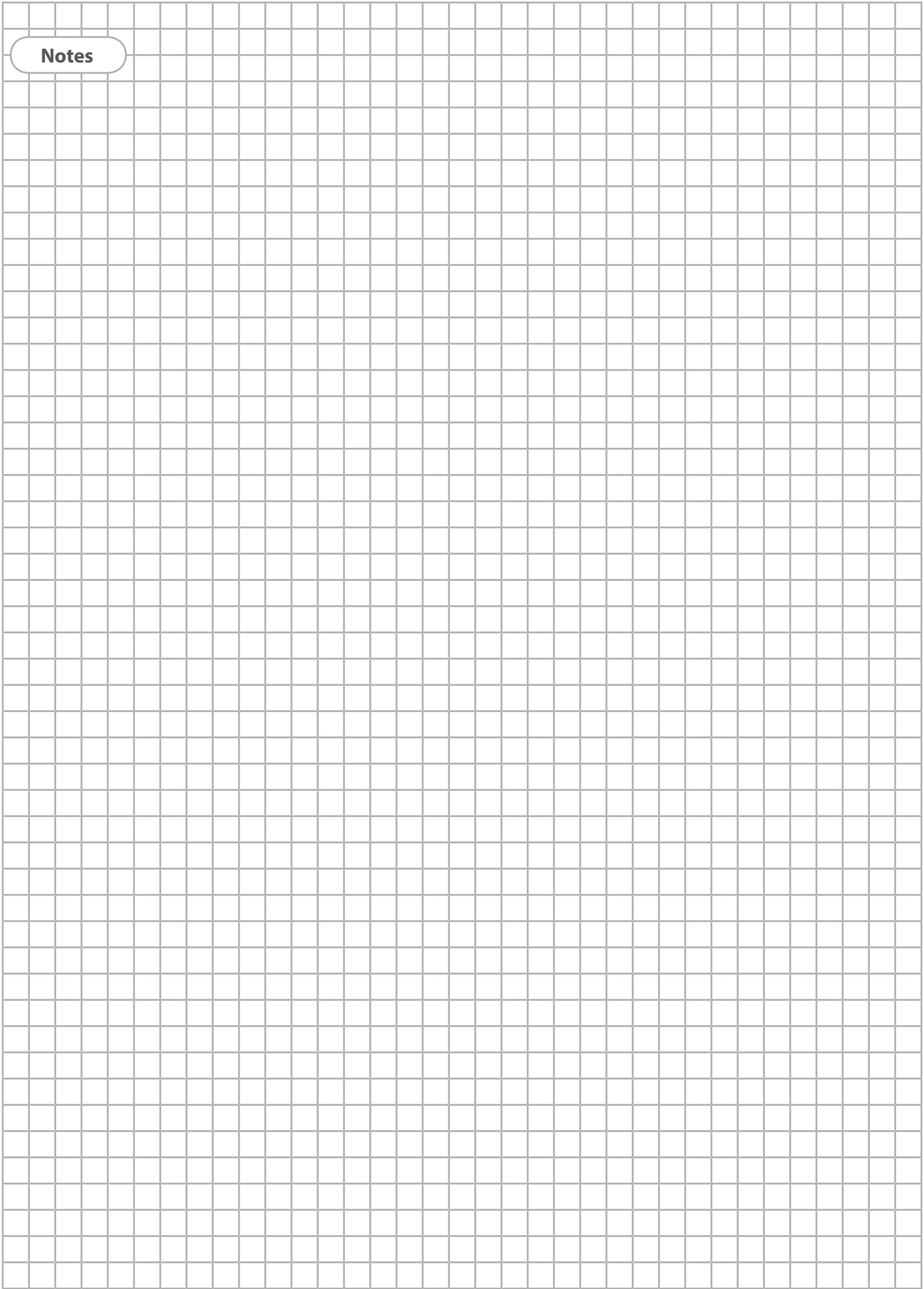
Please find a detailed overview including address and opening hours for all specialist fitness stores of the Sport-Tiedje Group in Germany and abroad on the following website.

[www.sport-tiedje.com/en/stores](http://www.sport-tiedje.com/en/stores)

Notes



Notes



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