cardiostrong ®

Assembly and Operating Instructions
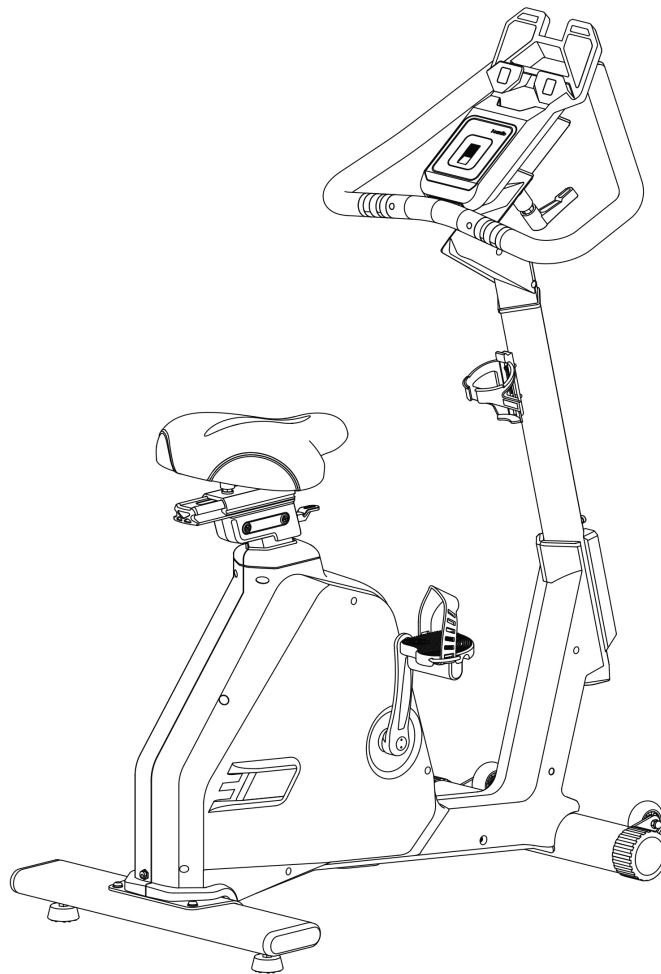
max. 130 kg

~ 60 Min.

46 kg
L 108 | W 58 | H 143
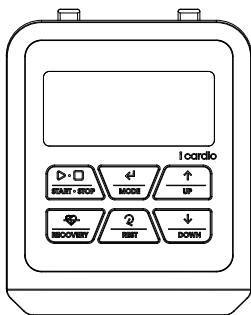
Art. No. CST-BX60-2i

FSCSTBX602i.01.02
FSCSTICLCD.01.02

START · STOP | MODE | UP
RECOVERY | RRST | DOWN

i cardio

Art. No. CST-ICLCD (optional)

Upright Bike BX60 Smart

Content

BX60 Smart

Dear customer,

thank you for choosing fitness equipment from cardiostrong®. cardiostrong offers high-quality home fitness equipment that is optimally adapted to the conditions at home. Train at home no matter what the weather or time of the day. cardiostrong fitness equipment offers training programmes and a variety of equipment for all training levels and all training goals.

Further information can be found at www.fitshop.com or www.cardiostrong.de.
We hope you enjoy your training!

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

Fitshop GmbH
Europe's No. 1 for home fitness

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Disclaimer

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

FITSHOP
Europe's No.1 for Home Fitness

ABOUT THIS MANUAL

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

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

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

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

Accuracy classes

Class A: high accuracy.
Class B: medium accuracy.
Class C: low accuracy.

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

Use classes

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

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

BX60 Smart

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.

ⓘ IMPORTANT NOTE

This unit is not equipped with a control panel. The unit is intended to be used in combination with a mobile device, such as a smartphone or tablet. The mobile device can be used to connect and control the unit with the iCardio app. Within this app, you also have access to many different programmes.

A smartphone or tablet is not included in the scope of delivery.

Alternatively, the built-in jog dial module can be exchanged for the cardiostrong iCardio LCD console for BX60 Smart. Further information on replacing the module can be found in these installation and operating instructions.

The optional LCD console is not included in the scope of delivery.
The LCD console can be purchased as an optional accessory in the Fitshop webshop.

1.1 Technical Data

ⓘ **NOTICE**
The training data and programme variety mentioned below refer to the available data when connecting the equipment with the iCardio app via your mobile smart device.

TFT 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 level:	16

Wattage
Adjustable range in the watt programme:	0 - 999 W
Min. and max. wattage at 60 RPM:	25 - 235 W
Min. and max. wattage at 100 RPM:	140 - 560 W

User memory:	4
Total number of training programmes:	66
Manual programmes:	1
Pre-set programmes:	60
Watt-controlled programmes:	1
Heart rate controlled programmes:	4

Weight and dimensions

Article weight (gross, incl. packaging) approx.:	48.9 kg
Article weight (net, without packaging) approx.:	45.5 kg

Packaging dimensions (L x W x H) approx.:	116 cm x 28.5 cm x 77.5 cm
Set-up dimensions (L x W x H) approx.:	108 cm x 58 cm x 143 cm

Flywheel mass:	8 kg
Maximum user weight:	130 kg

Use class:	H

1.2 Personal Safety

⚠ **DANGER**

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

⚠ **WARNING**

+ This equipment may not be used by children under the age of 14.
+ Children should not be allowed unsupervised access to the equipment.
+ Persons with disabilities must have a medical license and must be under strict observation when using the equipment.
+ 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.
+ There is a risk of injury from spinning pedals and/or an exposed flywheel in the absence of a freewheel. Never get on or off the equipment when the pedals or the flywheel are still moving. Always make sure that the pedals and the flywheel have come to a complete stop.
+ Support yourself with at least one hand on the handlebar when getting on and off the equipment. Only dismount from the equipment when the pedals have come to a complete stop.
+ 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.
+ Always tighten the pedal strap before you start training to prevent your feet from slipping.

BX60 Smart

⚠ **CAUTION**
+ Be aware that if adjustment devices are left protruding, they may impede the user's movement.

► **ATTENTION**
+ Do not insert any objects of any kind into the openings of the device.
+ To protect the equipment from use by unauthorised third parties, always remove the power cable when not in use and store it in a safe place that is inaccessible to unauthorised persons (e.g. children).
+ Class B and C crank training equipment is not suitable for high accuracy purposes.

1.3 Electrical Safety

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

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

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

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

1.4 Set-Up Place

⚠ **WARNING**
+ Do not place the equipment in main corridors or escape routes.

⚠ **CAUTION**
+ Choose a location in which to place the equipment such that there is enough free space/clearance to the front, the rear and to the sides of the equipment.
+ The training room should be well ventilated during training and not be exposed to any draughts.
+ Choose the place in which to set up the equipment such that there is enough free space/clearance to the front, the rear and to the sides of the equipment.
+ The free area in the direction from which the exercise equipment is accessed must be at least 0.6 m larger than the exercise area.
+ The set-up and mounting surface of the equipment should be flat, loadable and solid.

► **ATTENTION**
+ The device may only be used in one building, in sufficiently tempered and dry rooms (ambient temperatures between 10°C and 35°C). The equipment should not be used outdoors or in rooms with high humidity (over 70%) like swimming pools.
+ A floor protective mat/equipment underlay can help to protect high-quality floor coverings (parquet, laminate, cork, carpets) from dents and sweat and can help to level out slight unevenness.
+ For Class S equipment, the exercise equipment may only be used in areas where access, supervision and control are specifically regulated by the owner.

2.1 General Instructions

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

⚠ **WARNING**
+ Pay attention to the instructions attached to the equipment in order to reduce the risk of injuries.

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

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

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

2.2 Scope of Delivery

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

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

A Main Frame
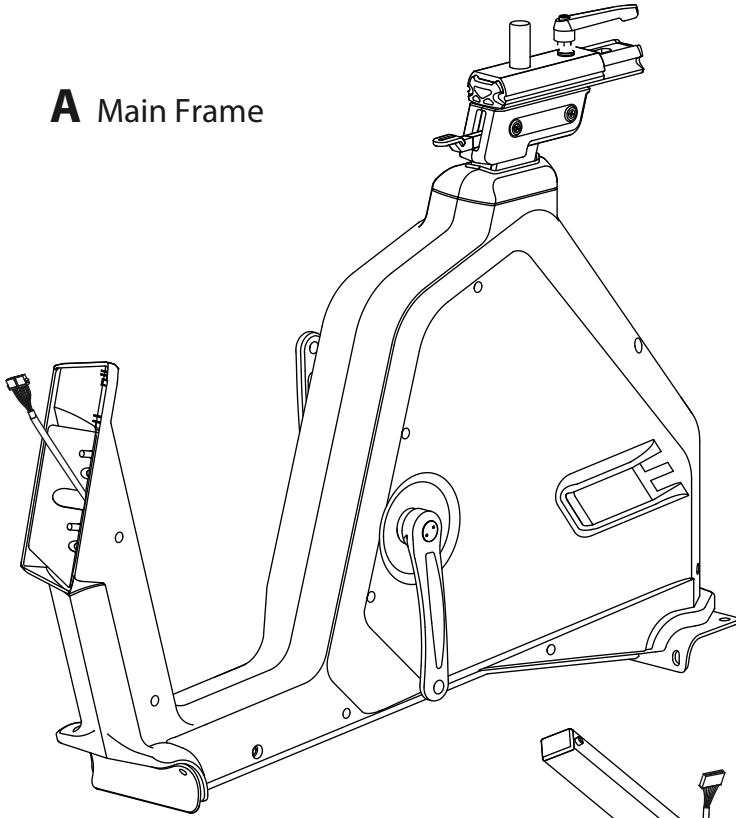
G Console

E Handle Bar

(E2) Knob
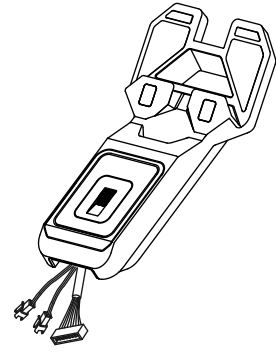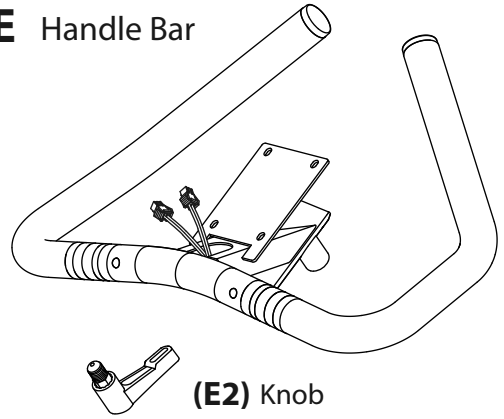
D Central Tube
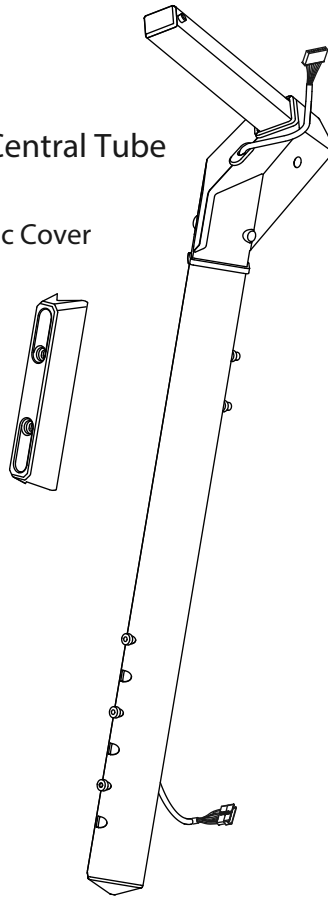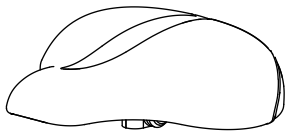
(D2) Plastic Cover
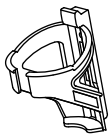
B Front Stabilizer

C Rear Stabilizer

H Seat
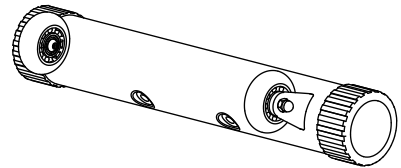
L Bottle Holder
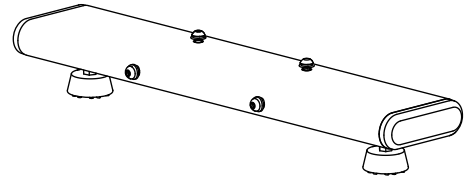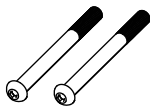
K
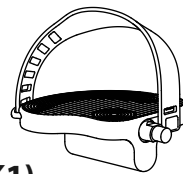
(K1) Left Pedal
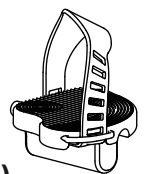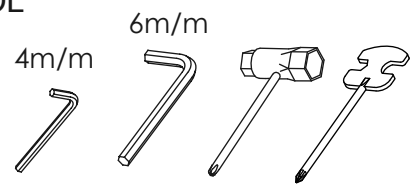
(K2) Right Pedal

J **(J5)** Screw M10x110mm   **(J6)** Washer

TOOL

6m/m

4m/m

2.3 Assembly

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

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

Step 1: Assembly of the Rear Stabilizer

1. Remove the preassembled screws (J7), spring washers (J8) and washers (J9) from the rear stabilizer (C).
2. Attach the rear stabilizer (C) to the main frame (A) with the screws (J7), spring washers (J8) and washers (J9).
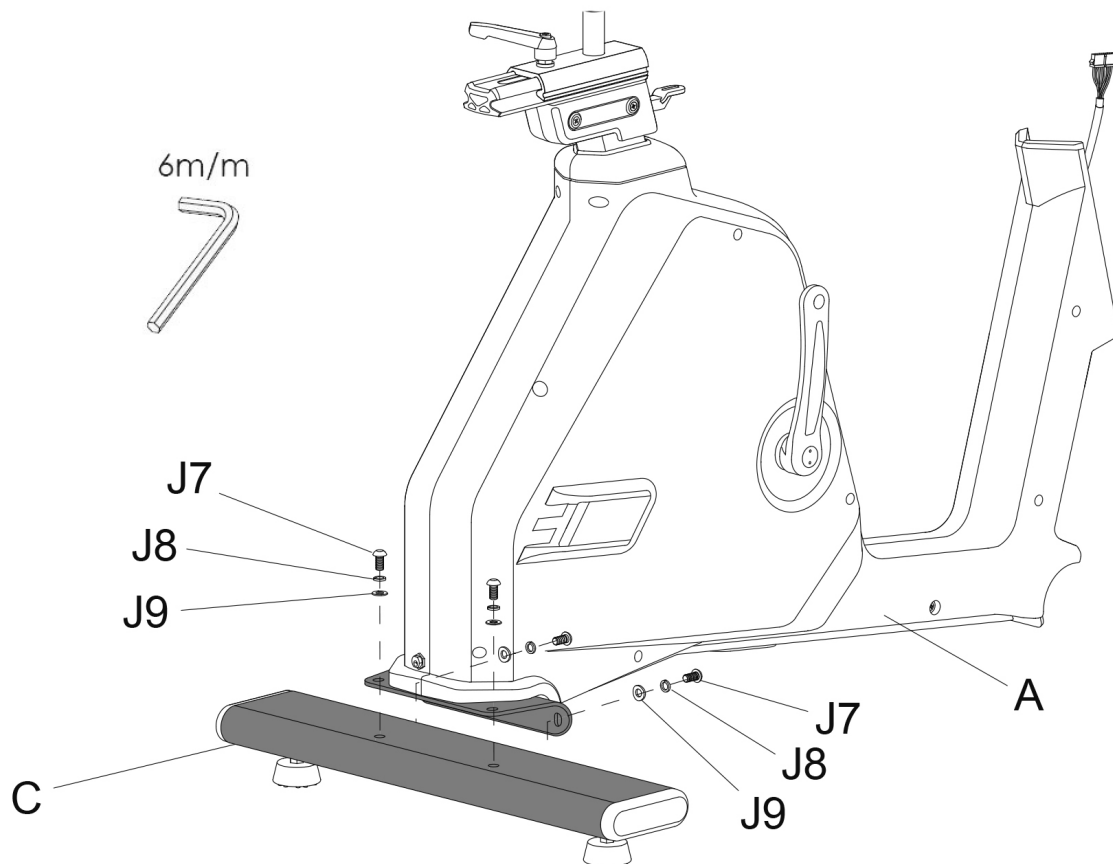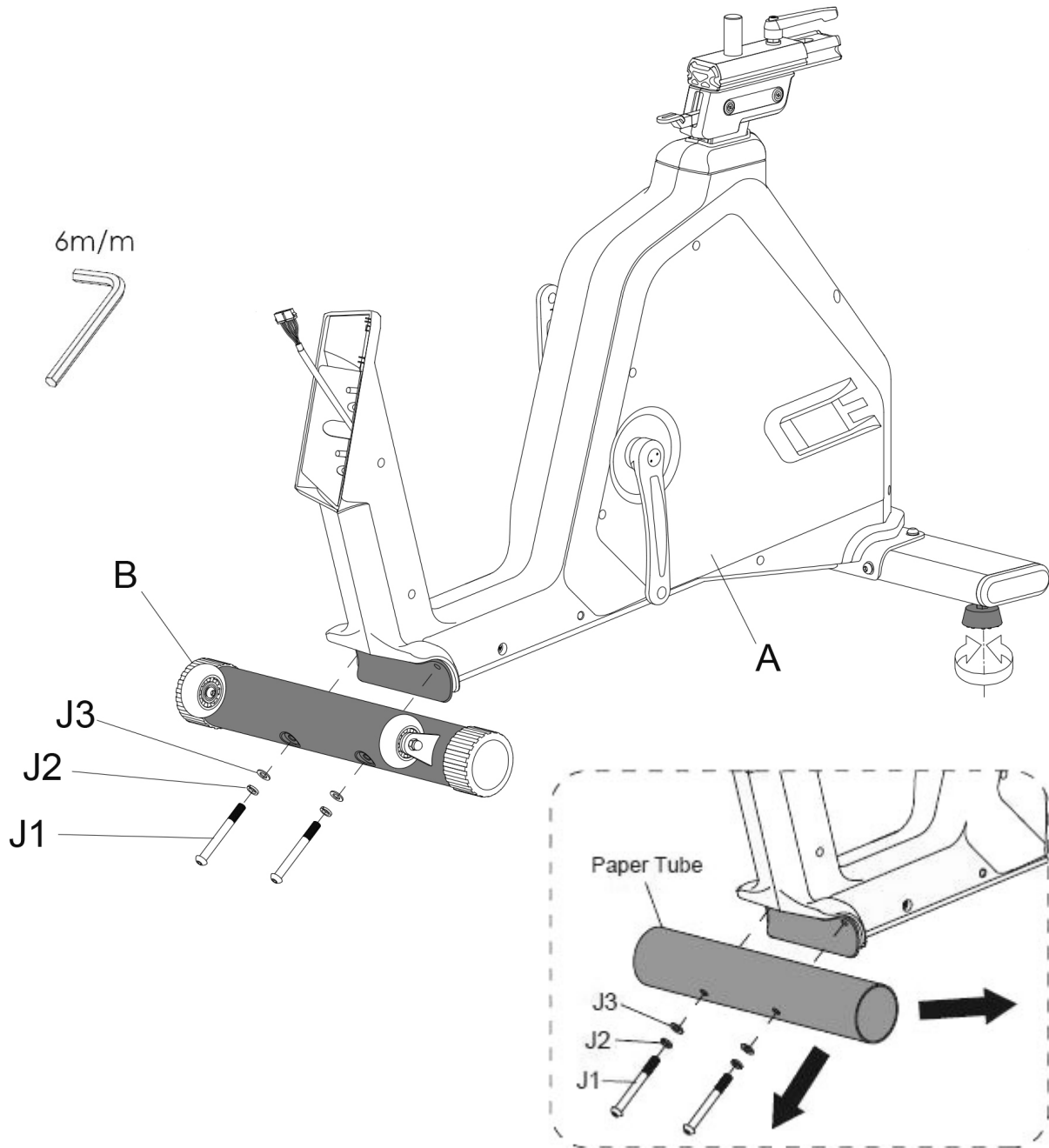
Step 2: Assembly of the Front Stabilizer

ⓘ **NOTICE**
Before starting the assembly, remove the paper tube from the front stabilizer (B).

Attach the front stabilizer (B) to the main frame (A) with two screws (J1), two spring washers (J2) and two washers (J3).

ⓘ **NOTICE**
If the machine is wobbly, you can adjust the end caps to stabilize the machine.

6m/m

B

J3

J2

J1

A

Paper Tube

J3
J2
J1

Step 3: Assembly of the Central Tube

ⓘ **NOTICE**
The central tube can be mounted at a standard or low setting according to height and personal preference. The main frame and the central tube are equipped with guiding labels for standard and low position. Align the blue lines for standard height setting (view 3-a). Align the red lines for low height setting (view 3-b).
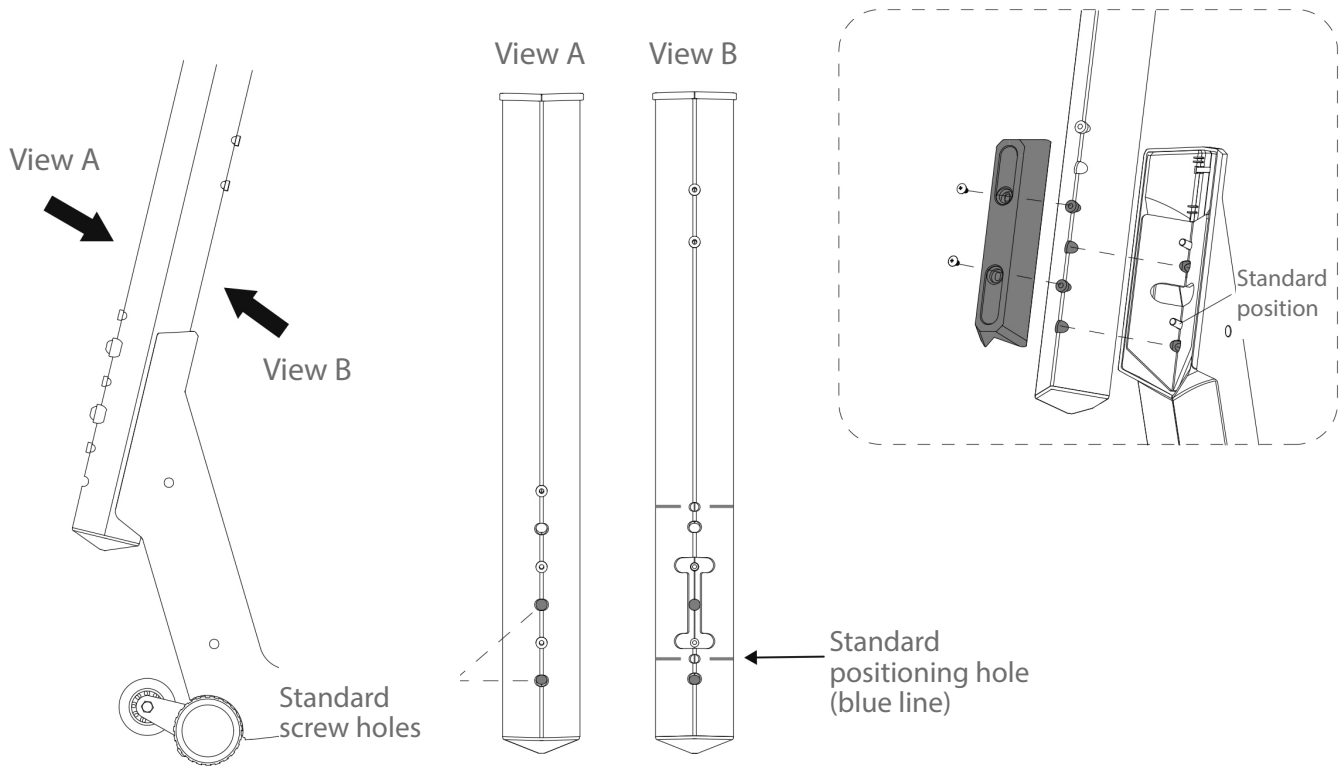
1. Connect the cables A1 and D1.

► **ATTENTION**
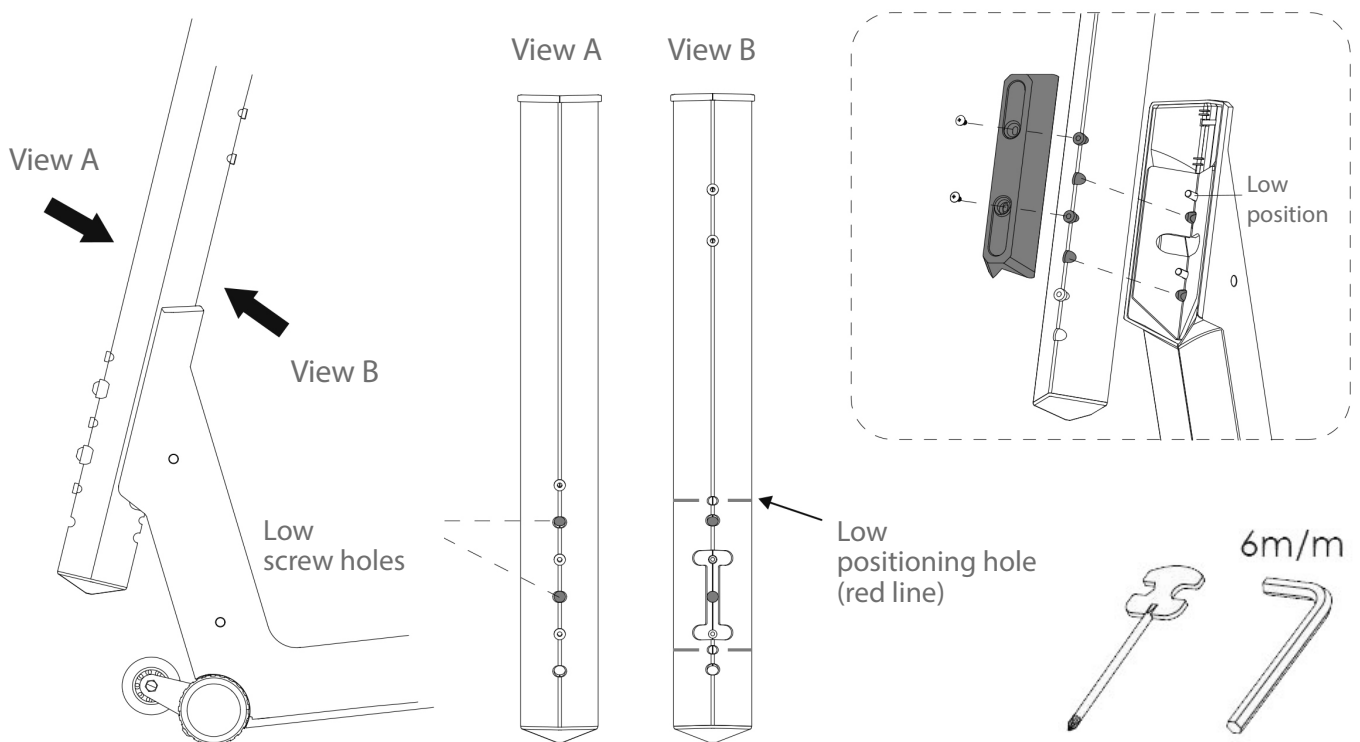Make sure not to pinch the cables during the following steps.

2. Carefully push any excess cable into the main frame (A).

3. Attach the central tube (D) to the main frame (A) with two screws (J5) and two washers (J6).

4. Attach the plastic cover (D2) to the central tube (D) with two screws (J4).

Standard

Low

Low positioning hole (red)

Low positioning pillar (red)

Standard positioning pillar (blue)

Standard positioning hole (blue)
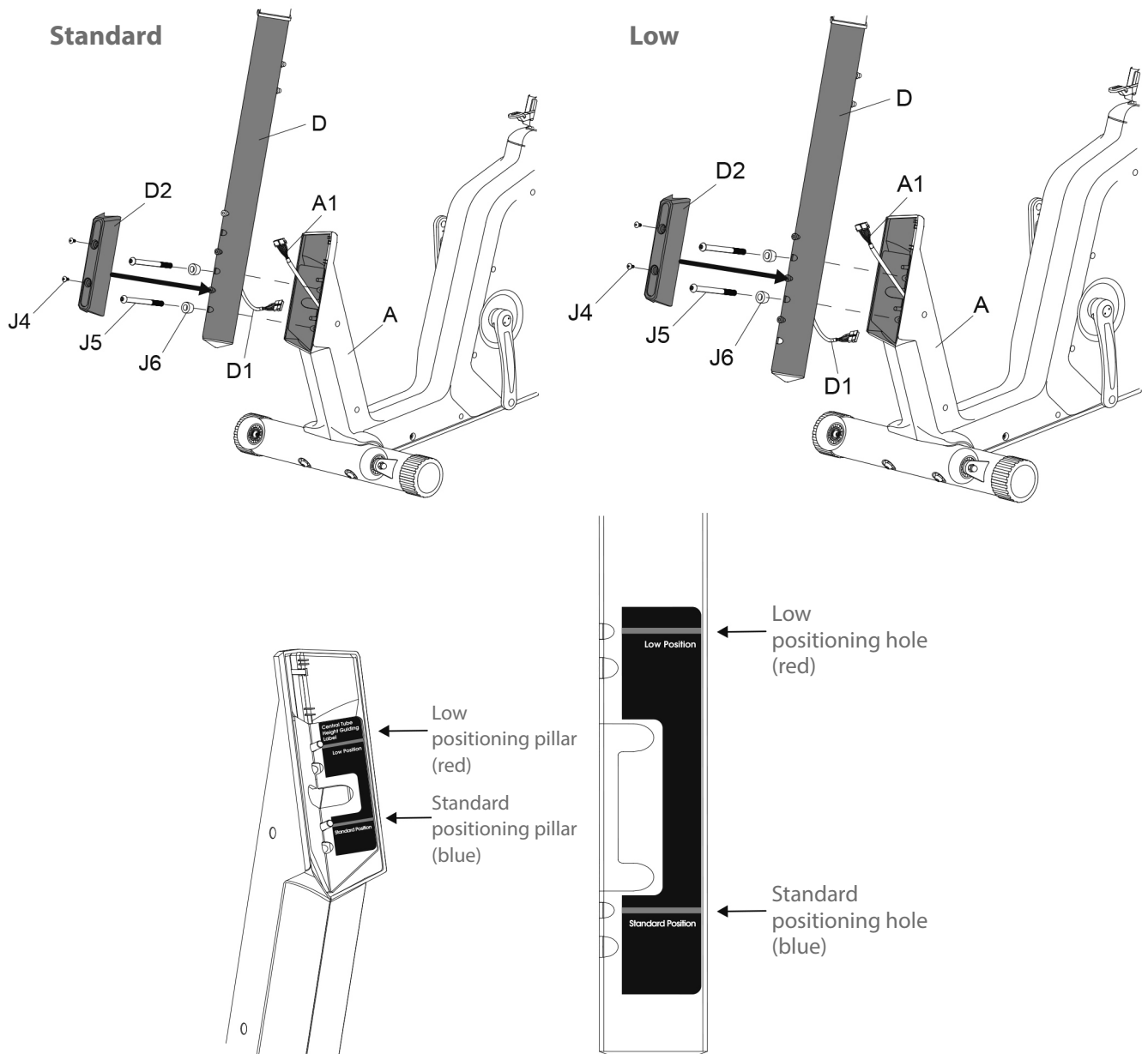
View 3-a: Standard position

View A

View B

View A

View B

Standard
screw holes

Standard
positioning hole
(blue line)

Standard
position

View 3-b: Low position

View A

View B

View A

View B

Low
screw holes

Low
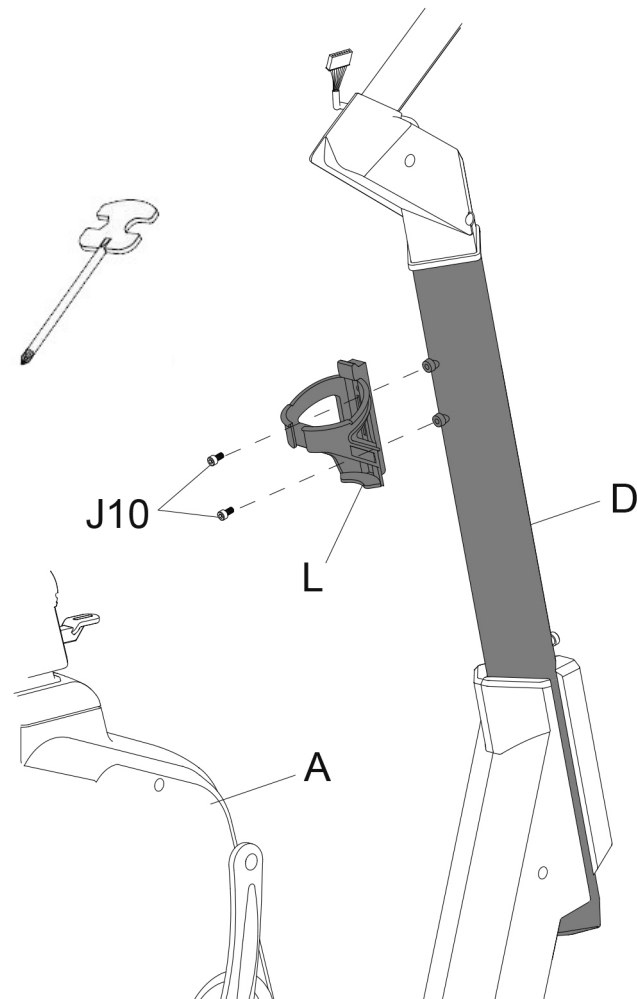positioning hole
(red line)

Low
position

6m/m

Step 4: Assembly of the Water Bottle Holder

1. Remove the preassembled screws (J10) from the central tube (D).
2. Attach the water bottle holder (L) to the central tube (D) with the screws (J10).

Step 5: Assembly of the Handle Bar

1. Remove the preassembled screw (J10) from the central tube (D).
2. Slide the handle bar (E) onto the central tube (D).
3. Fasten the handle bar (E) to the central tube (D) with one knob (E2).
4. Reattach the previously removed screw (J10) to the central tube (D).

E

J10

E2

4m/m

D
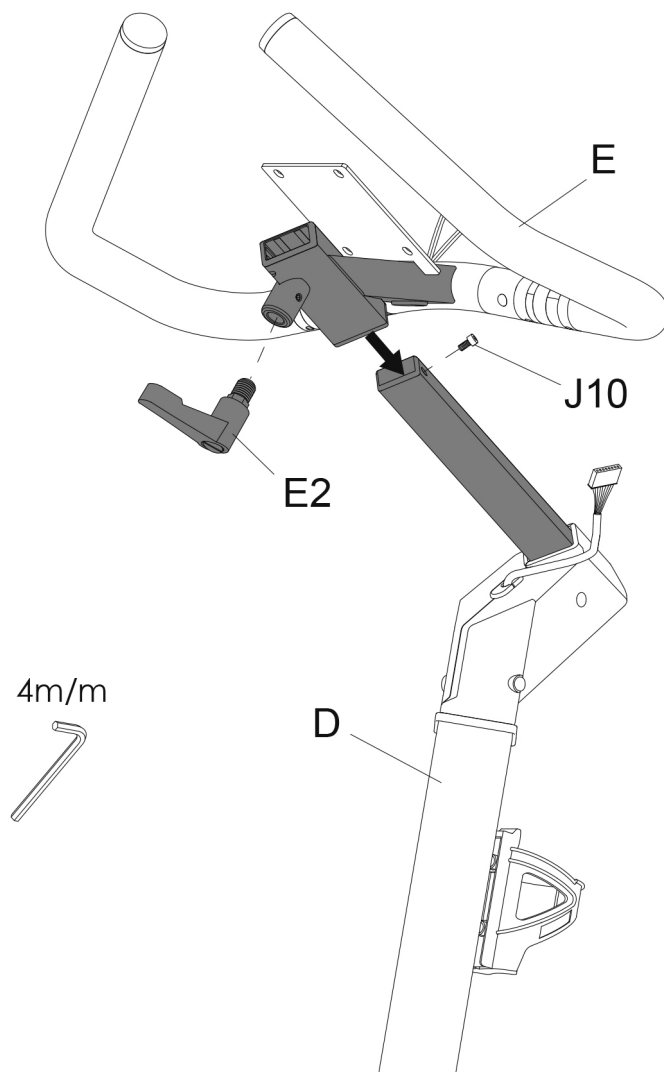
Step 6: Connecting the Cables

1. Carefully pass the cable (D1) through the hole.
2. Connect the plug (D3) to the hole of the handle bar (E).
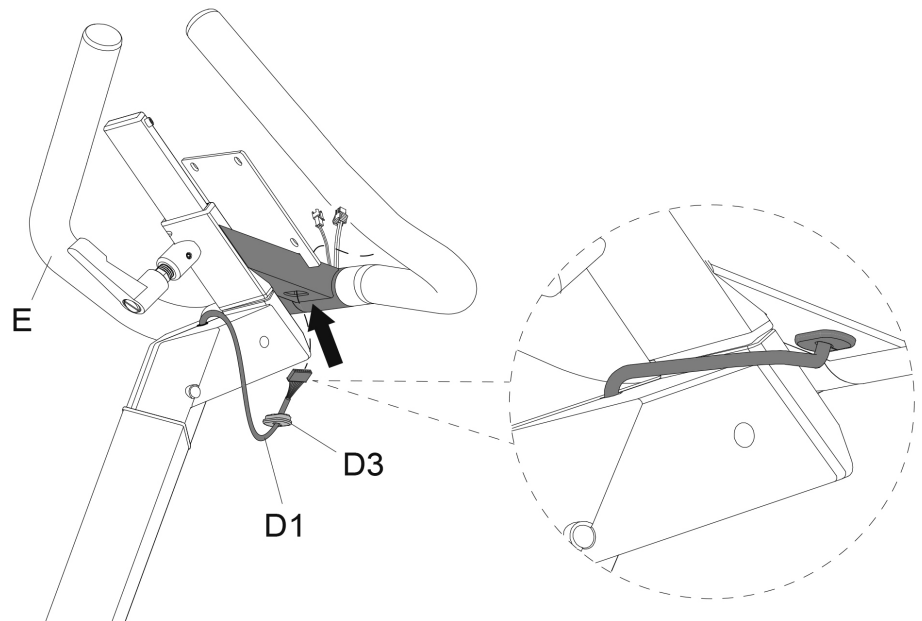
Step 7: Assembly of the Console

1. Remove the preassembled screws (G1) on the back of the console (G).
2. Connect the cables D1 and E1 with their respective components of the console (G).

► **ATTENTION**
   Make sure not to pinch the cables during the following step.

3. Carefully push any excess cable into the mounting hole of the handle bar (E).
4. Carefully slide the console (G) onto the console housing.
5. Attach the console (G) to the console housing on the handle bar (E) with the previously removed screws (G1).
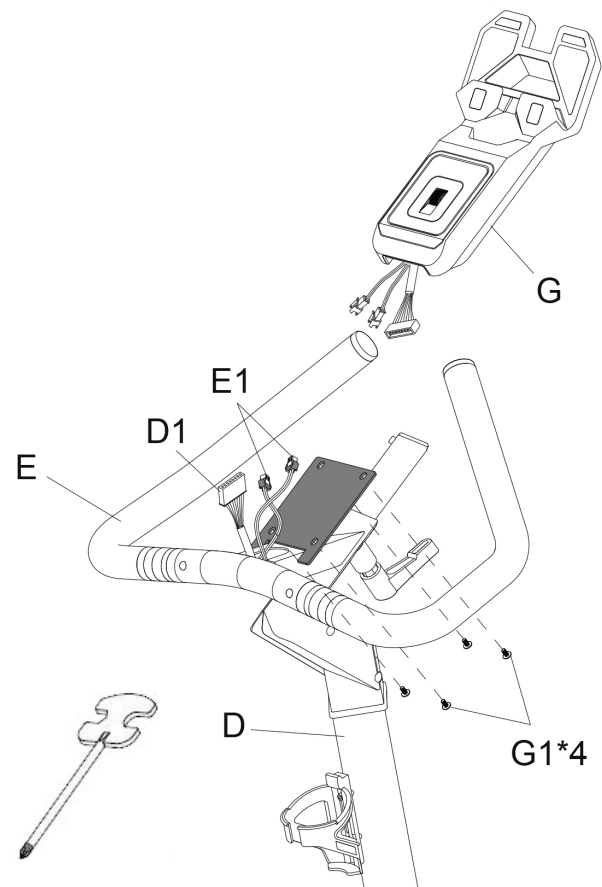
Step 8: Assembly of the Seat

Position the seat (H) onto the seat basement (H4) and tighten it with the tool.
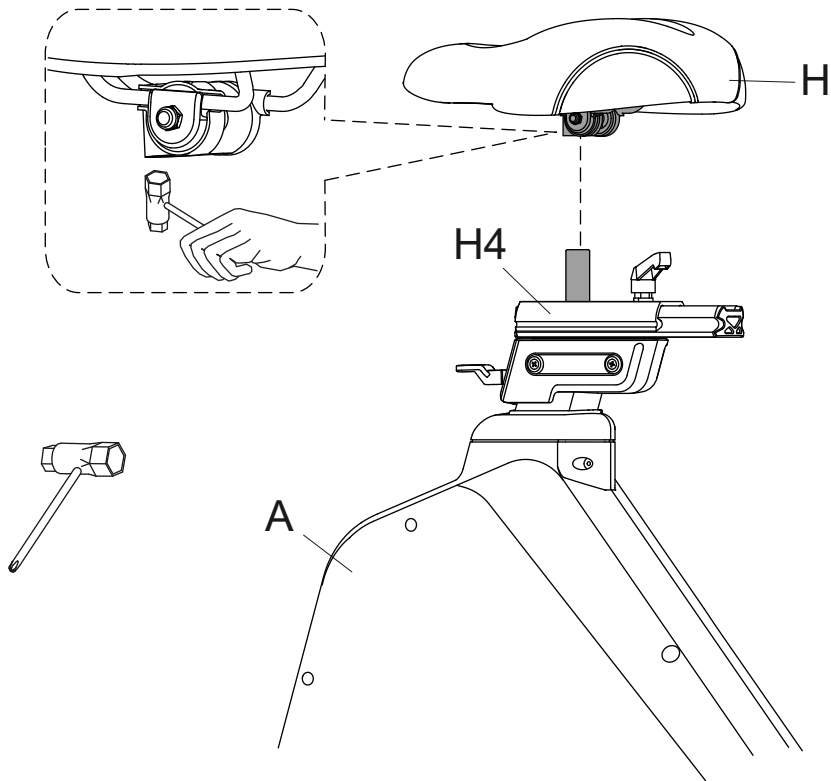
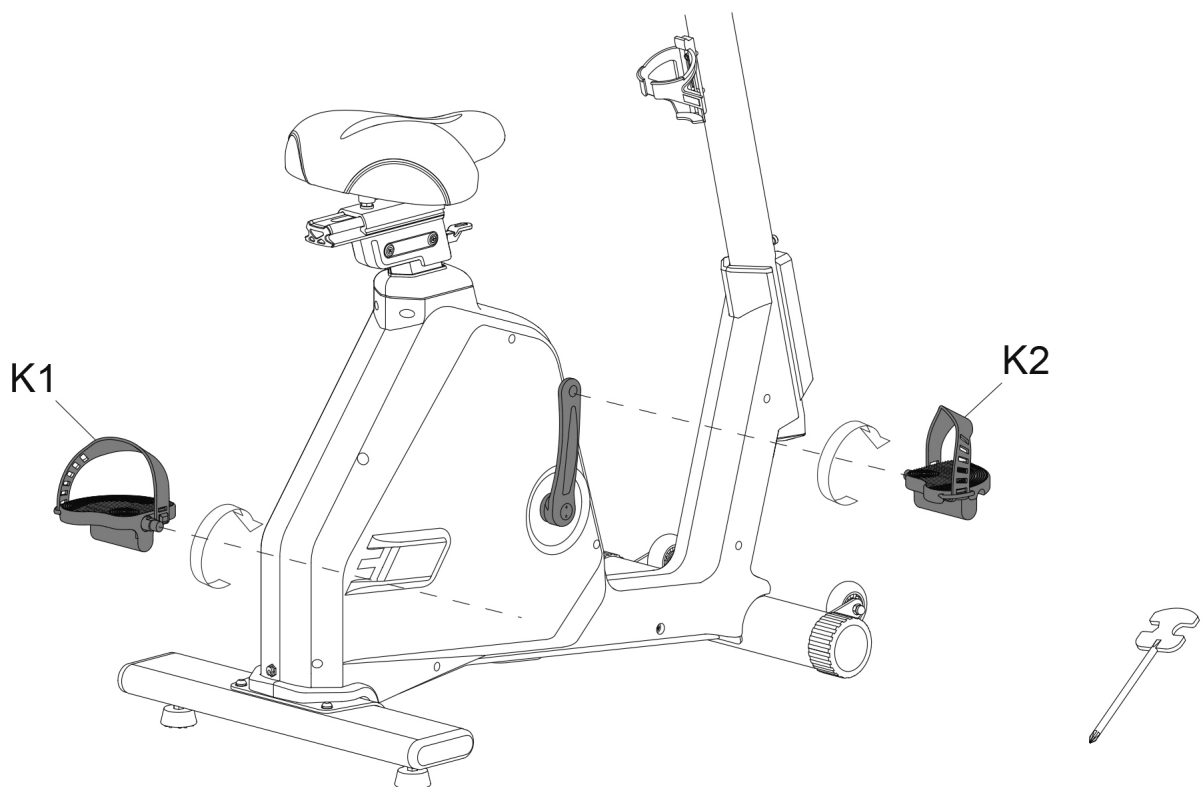**Step 9: Assembly of the Pedals**

ⓘ **NOTICE**
The pedals and pedal straps are marked as left and right.

1. Attach the right pedal (K2) to the right crank arm on the main frame (A) by turning the pedal (K2) clockwise.

2. Attach the left pedal (K1) to the left crank arm on the main frame (A) by turning the pedal (K1) counterclockwise.

⚠ **CAUTION**
Make sure to screw in the pedals completely.

Step 10: Alignment of the Feet

If the floor is uneven, you can stabilize the equipment by turning the two setting screws under the main frame.

1. Lift the equipment on the desired side and rotate the setting screws under the main frame.

2. Rotate the screws clockwise in order to remove them and to raise the equipment.

3. Rotate them counterclockwise in order to lower the equipment

Step 11: 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.

Adaptor (M)
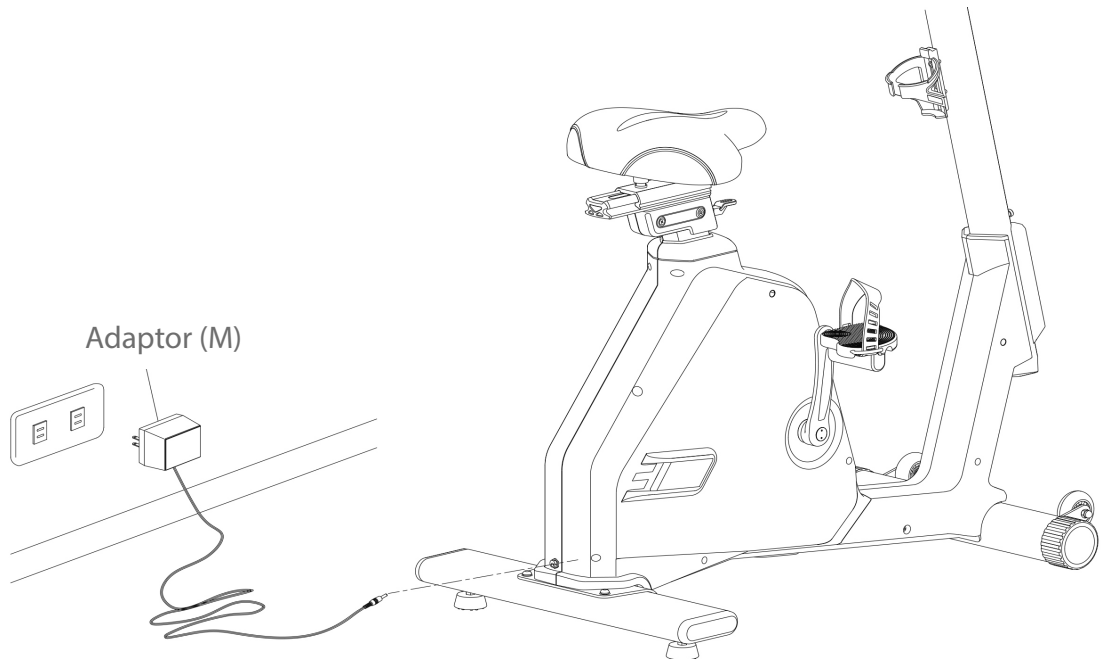
Correctly Getting On and Off

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

2. To get off, grip the handles with both hands and place one foot next to the equipment and then the other foot

Adjustment of the Seat

1.   To adjust the seat (H) vertically, lift the wrench (F1) and adjust the seat (H) to the desired height.
2.   To adjust the seat (H) horizontally, loosen the knob (F2) and slide the seat (H) into the desired position.
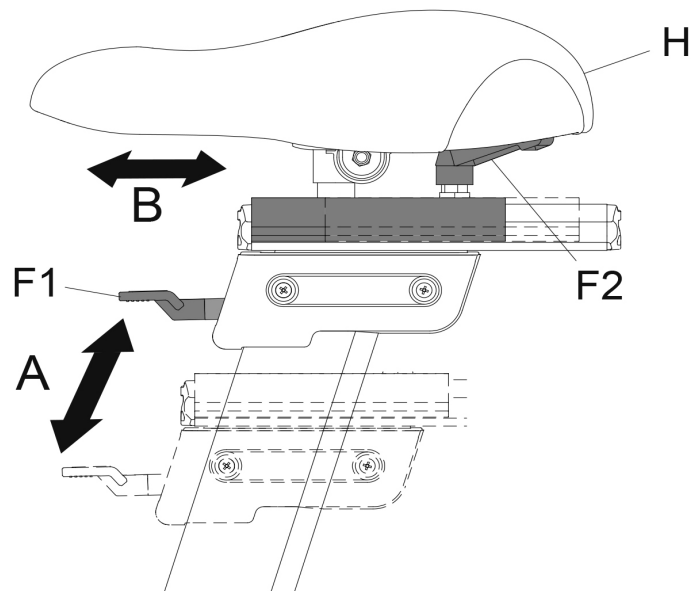
Adjustment of the Handle Bar:
The height of the handle bar can be adjusted individually.

1.   To adjust the height of the handle bar (E), first loosen the knob (E2).
2.   Slide the handle bar (E) to the desired position and then tighten the knob (E2) again.
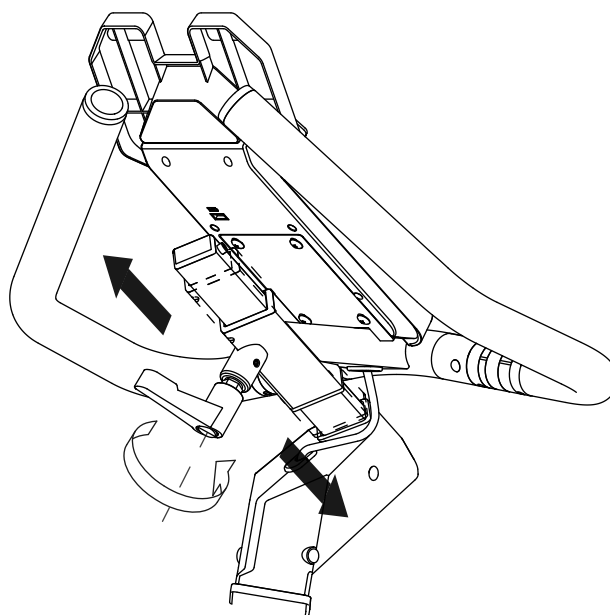
ⓘ **NOTICE**
+ Familiarise yourself with all the functions and setting options of the device before starting training. Have the proper use of this product explained to you by a specialist.
+ Always start your training with low intensity and increase evenly and gently. End your training with a cool-down phase. If you are unsure, please consult your physician.

3.1 Overview

Android QR code

iOS QR code

i cardio

Jog dial
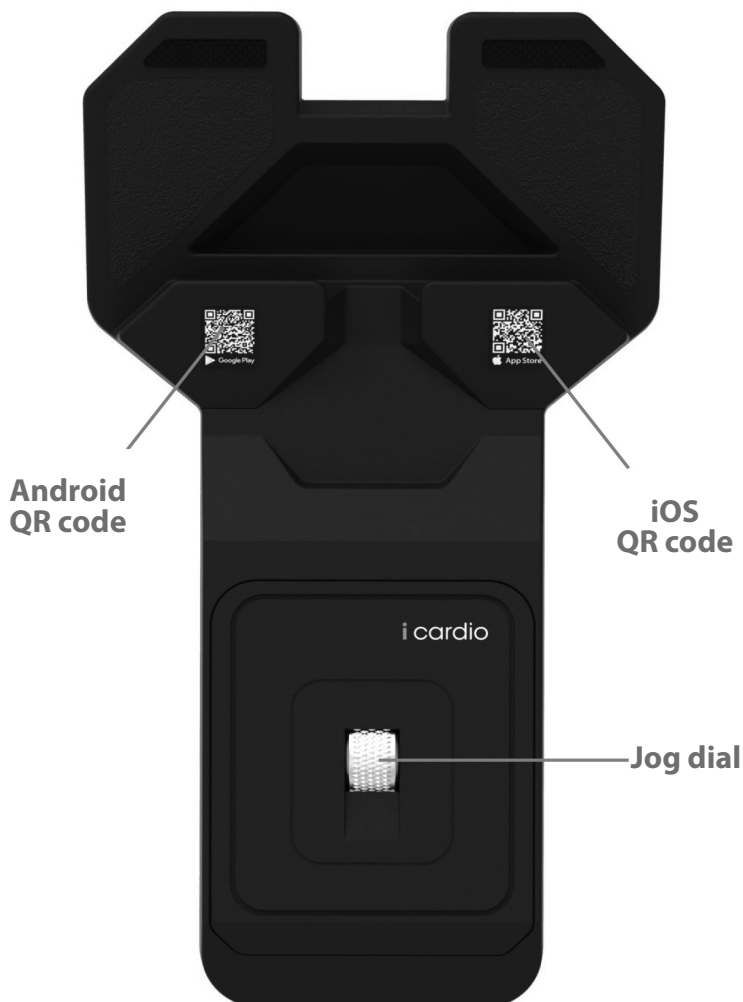
Tablet holder
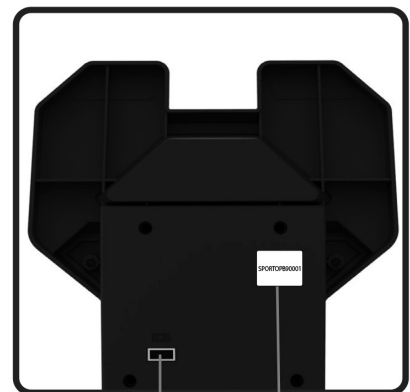
Wireless number

USB power charge

3.2 Initial Connection with iCardio

ⓘ **NOTE**
The following app is programmed and provided by external manufacturers. Changes and availability within the app might occur. Fitshop does not take any responsibility and can not be held liable for the availability, functionality or contents of this app.

This device is intended to be used in combination with the iCardio app. To do so, use your smartphone or tablet.

1. Download the iCardio app from the App Store or Google PlayStore. Alternatively, you can scan the corresponding QR code on the unit or in these operating instructions.

ⓘ **NOTICE**
An operating system of at least Android 9 or iOS 13 is required to use the iCardio app.

2. Open the wireless technology settings of your smartphone or tablet and make sure that wireless technology is switched on.

3. Open the iCardio app.

4. Enter the password "iCARDIO" and then log in (Fig. 1).

ⓘ **NOTICE**
The password only needs to be entered when connecting for the first time.
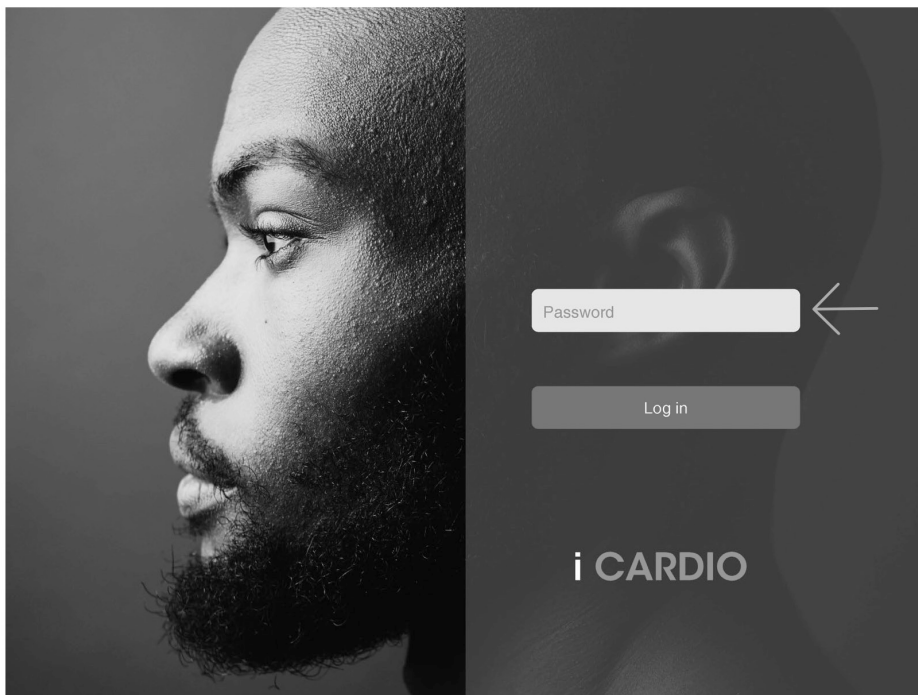
iOS

Android

Fig. 1

3.3 Establishing the Wireless Technology Connection

1. Tap the small wheel symbol at the bottom left of the screen (fig. 2).

This will take you to the settings. There you can, among other things, change the language of the app and open the operating instructions for the app.

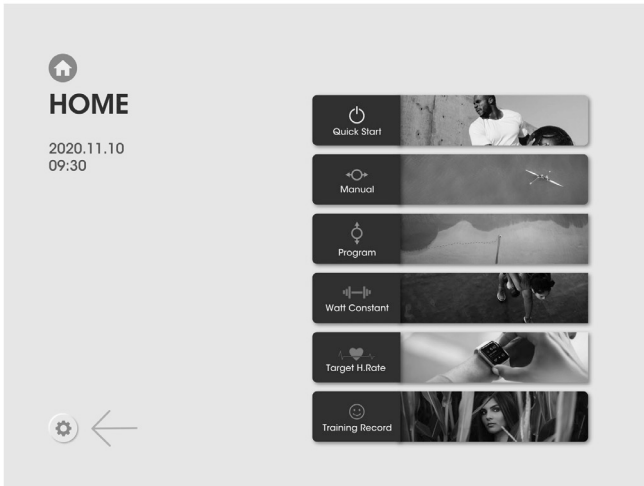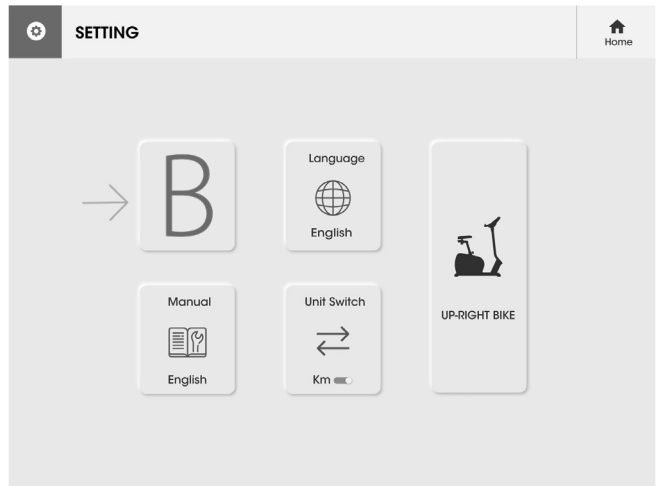2. Tap the wireless technology symbol (fig. 3).

Fig. 2

Fig. 3

3. Check if the wireless technology number on the back of the console appears in the "MY DEVICE" list within 15 seconds (fig. 4).

3.1. Wireless technology number appears

Tap the corresponding number to pair the device via wireless technology.

3.2. wireless technology number does not appear

a) Tap the arrow symbol at the bottom right of the screen.
b) If point a does not work, briefly disconnect the unit from the power supply and reconnect the power plug.
c) If point b does not work either, restart your mobile device.

Fig. 4

An optional iCardio LCD console is available for this specific equipment and can be purchased separately in the Fitshop webshop. The LCD console is exchangeable and can be swapped with the built-in jog dial module. The LCD console offers its own variety of programmes and training data.

ⓘ   **NOTICE**
The exchange of the module does not affect the compatibility with the iCardio app.

4.1 Exchanging the Control Module

1. Remove the four screws (G1) at the back of the console (G).
2. Carefully disconnect the cables (D1 & E1).
3. Remove the lower mid screw at the back of the console (G).
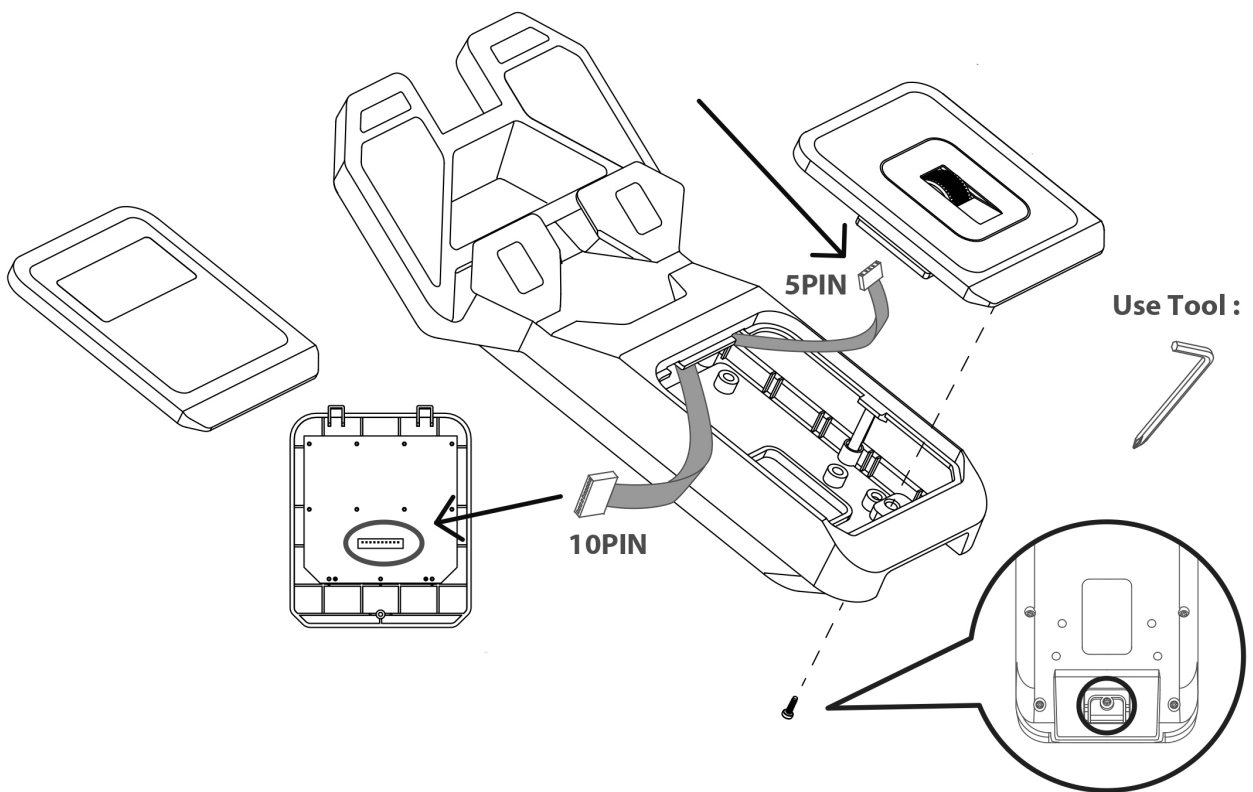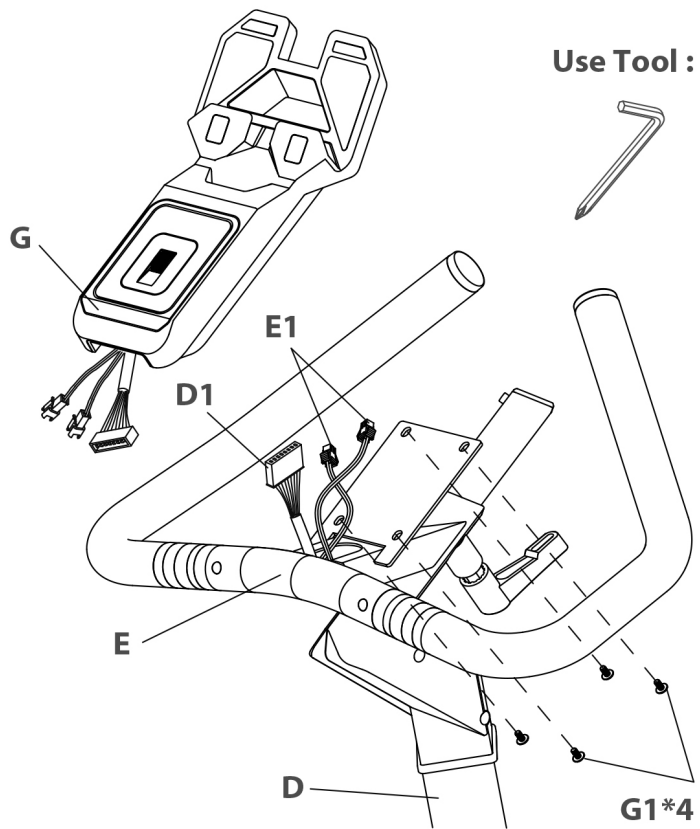4. Now carefully pull out the jog dial module a bit.

▶   **ATTENTION**
The 5-pin cable is compatible with the jog dial module. The 10-pin cable is compatible with the LCD console.

5. Disconnect the 5-pin cable from the jog dial module.
6. Carefully store the 5-pin cable inside the console (G).
7. Connect the 10-pin cable to the LCD console.
8. Place the LCD console in the console (G).
9. Attach the LCD console to the console (G) with the previously removed lower mid screw.
10. Reconnect the cables (D1 & E1) with their respective components of the console (G).
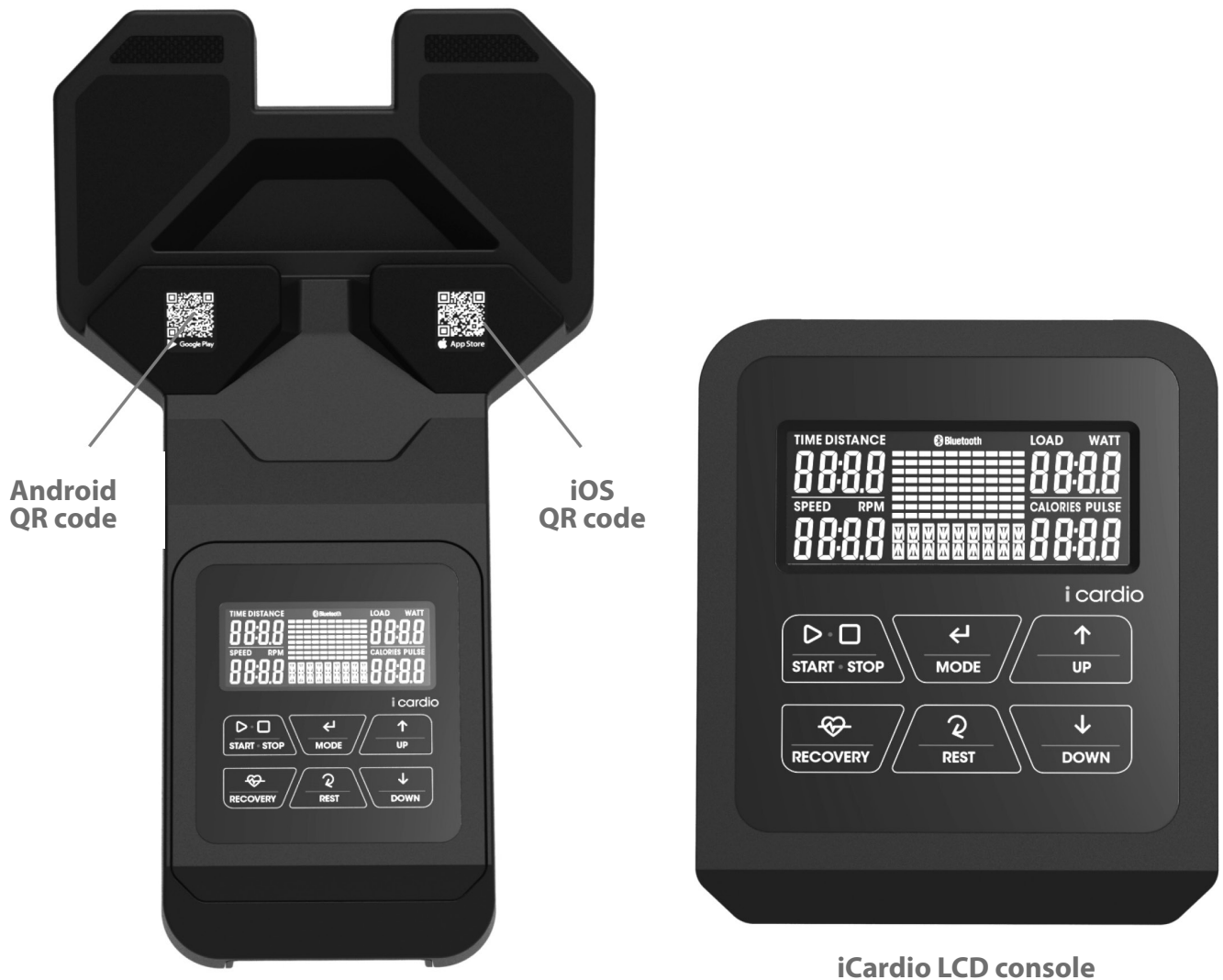
▶   **ATTENTION**
Make sure not to pinch the cables during the following step.

11. Reattach the console (G) to the handle bar (E) with the previously removed screws (G1).

Use Tool :

G

E1

D1

E

D

G1*4

5PIN

10PIN

Use Tool :

4.2 Console Display

Android QR code

iOS QR code

iCardio LCD console

Time	+ Display of the training time + Display range 0:00-99:59 minutes
Speed	+ Display of the current speed + Display range 0.0-99.9 km/h or ml/h
RPM (cadence; rotations per minute)	+ Display of the rotation per minute + Display range 0-999 RPM
Distance	+ Display of the total distance + Display range 0.0-99.9 km or ml
Calories (calorie consumption)	+ Display of calories burnt + Display range 0-9999 Cal

Watt	+ Display of the current wattage + Display range 0-999
Pulse (heart rate; heart beats per minute)	+ Display of the current pulse + Display range 0-230 BPM
U1 - U4	Display of the user profile
MANUAL	Manual workout mode
WATTS	Watts workout mode
H.R.C	Heart rate controlled workout mode
USER	User-defined workout mode
PROGRAM	Pre-set programme mode
Resistance	Display of the restistance level (1 - 16)
Wireless Technology	Wireless Technology connection

4.3 Button Functions

UP	Press to increase values.
DOWN	Press the reduce values.
MODE	Press to confirm settings and/or selection.
RESET	+ Press and hold for 2 seconds to reset the console. + Press to return to main menu during pause mode.
START/STOP	Press to start or stop workout.
RECOVERY	Press to start heart rate recovery status.

4.4 Turning on and Setting up the Equipment

1. To turn on the equipment, connect the power cable to the equipment or press and hold the RESET button for two seconds.

The console is powered on and displays all segments for 2 seconds.

The wheel diameter and KM or ML is displayed for 1 second and resistance shows LOAD = 1.

The console now enters the user settings.

2. To select one of the four user profiles (U1 - U4), use the UP/DOWN buttons and confirm with MODE.

3. To enter the values for SEX, AGE, HEIGHT and WEIGHT, use the UP/DOWN buttons and confirm each value with MODE.

Once all values have been confirmed, the console enters the workout selection.

4.5 Programmes

The console has five programme modes (fig. 5-9). There are 19 programmes in total and one fitness test.

+ Manual (manual programme):   1
+ Program (preset programmes):   12
+ User (user-defined programme):   1 (per user)
+ H.R.C. (heart-rate controlled programmes): 4
+ Watt (watt-controlled programme):   1
+ Recovery (fitness test):   1
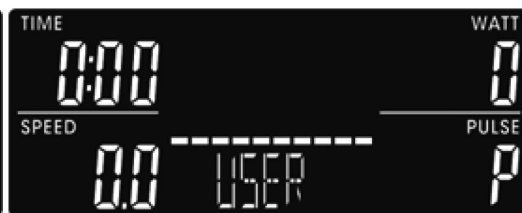

Fig. 5

Fig. 6

Fig. 7

Fig. 8

Fig. 9

4.5.1 Manual Programme Mode (MANUAL)

There are two ways to enter the manual mode:

Without settings
1.	To select quick-start and start training immediately, press START/STOP.

You automatically enter the manual programme.

The resistance level can be adjusted during the workout.

2.	To pause the workout, press START/STOP.
3.	To end the workout, press START/STOP again.

With settings
If you enter a target value for time, distance and calories, the workout automatically ends when one of these target values is reached. If you want to train according to only one target value, you must only enter the desired target value. The remaining values can be ignored.

1.	To select MANUAL, use the UP/DOWN buttons and confirm with MODE.
2.	To set the resistance level (LOAD), use the UP/DOWN buttons and confirm with MODE.
3.	To set the values for TIME, DISTANCE, CALORIES and PULSE, use the UP/DOWN buttons and confirm each entry with MODE.
4.	To start the workout, press START/STOP.

The workout starts.

The resistance level can be adjusted during the workout.

5.	To return to the workout mode selection, press RESET.
6.	To pause the workout, press START/STOP.
7.	To end the workout, press START/STOP again.

4.5.2 Pre-set Programme Mode (PROGRAM)

1. To select PROGRAM mode, use the UP/DOWN buttons and confirm with MODE.
2. To select one of the twelve pre-set programmes (P01 - P12), use the UP/DOWN buttons and confirm your selection with MODE.

The selected programme flashes in the display. The default load value (1) flashes until confirmed (fig. 10 & 11).

3. To adjust the LOAD, use the UP/DOWN buttons and confirm with MODE.

ⓘ **NOTICE**
    Adjusting the LOAD will increase the set resistance levels of all the segments throughout.

4. To set the values for TIME, DISTANCE, CALORIES and PULSE, use the UP/DOWN buttons and confirm with MODE.
5. To start the workout, press START/STOP.

The resistance level can be adjusted during the workout.

6. To return to the workout mode selection, press RESET.
7. To pause the workout, press START/STOP.
8. To stop the workout before the set training time has elapsed, press START/STOP again.
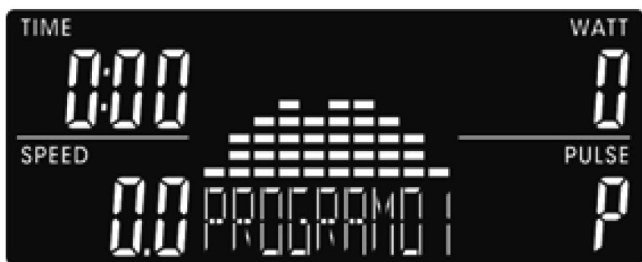
Fig. 10   Fig. 11

4.5.3 User-Defined Programme Mode (USER)

The user-defined programme allows you to create your own profile programme by individually setting the resistance level for up to 10 segments. Each user profile can set one user-defined programme.

1. To select the USER mode, use the UP/DOWN buttons and confirm with MODE.
2. To set the resistance level for a segment, use the UP/DOWN buttons and confirm with MODE (fig. 12 & 13).
3. Repeat the process until you have set all segments.
4. To set the training time, use the UP/DOWN buttons and confirm with MODE.
5. To start the workout, press START/STOP.

The resistance level can be adjusted during the workout.

6. To return to the workout mode selection, press RESET.
7. To pause the workout, press START/STOP.
8. To stop the workout before the set training time has elapsed, press START/STOP again.

Fig. 12   Fig. 13

4.5.4 Heart Rate Controlled Programme Mode (H.R.C)

⚠️ **WARNING**

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

The console has an integrated heart-rate receiver. Heart rate can be measured via the hand pulse sensors; however, a chest strap is recommended for heart-rate measurement as this measurement technique gives far more accurate values.

ⓘ **NOTICE**

If you do not use a chest strap, both hands must permanently grip the hand pulse sensors during workout.

You can choose between four programmes: 55%, 75% or 90% of your maximum heart rate and "TARGET" (fig. 14 - 17), where you manually set a target heart rate value between 30 and 230.

1. To select H.R.C, use the UP/DOWN buttons and confirm with MODE.

2. To select one of the four programmes (55%, 75%, 90% or TARGET), use the UP/DOWN buttons and confirm with MODE.

Your maximum heart rate is determined based on your age which you set in your user profile (220 - age).

3. If you selected TARGET, use the UP/DOWN buttons to set the target value and confirm with MODE.

4. To set the training time, use the UP/DOWN buttons and confirm with MODE.

5. To start the workout, press START/STOP.

The workout starts.

6. To return to the workout mode selection, press RESET.

7. To pause the workout, press START/STOP.

8. To stop the workout before the set training time has elapsed, press START/STOP again.

Fig. 14

Fig. 15

Fig. 16

Fig. 17

4.5.5 Watt Controlled Programme Mode (WATT)

1.   To select the WATT mode, use the UP/DOWN buttons and confirm with MODE.

The preset wattage 120 flashes in the display.

2.   To set the desired wattage between 10 and 350 watts, use the UP/DOWN buttons and confirm with MODE.
3.   To set the training time, use the UP/DOWN buttons and confirm with MODE.
4.   To start the workout, press START/STOP.

The workout starts.

The load will automatically be adjusted according to the user's training speed.

The wattage can be adjusted during the workout.

5.   To return to the workout mode selection, press RESET.
6.   To pause the workout, press START/STOP.
7.   To stop the workout before the set training time has elapsed, press START/STOP again.

4.6 RECOVERY - Fitness Test

After finishing any workout, you can use the recovery function to measure your recovery heart rate.

ⓘ   **NOTICE**
You will get more accurate results by using a compatible cheast strap.

1.   To measure your recovery heart rate, press RECOVERY after finishing your workout.
2.   Grasp the hand pulse sensors with both hands, if you are not wearing a chest strap.

A countdown of 60 seconds starts. During this time, your heart rate is displayed.

➔ *After the countdown, the console determines a fitness score between F1 and F6 based on your heart rate.*

3.   To return to the main menu, press RECOVERY again.

Exercise regularly to improve your recovery heart rate.

Result	Fitness level
F1	Very good
F2	Good
F3	Average
F4	Satisfactory
F5	Poor
F6	Very poor

5 STORAGE AND TRANSPORT

5.1 General Instructions

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

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

5.2 Transportation Wheels

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

1. Stand behind the equipment and lift it until the weight is transferred to the transportation wheels. After that, you easily can move the equipment to a new position. For long transport distances the equipment should be disassembled and safely packed.

2. Select the new location by following the instructions in the section 1.4 of this manual.

TRANSPORTATION
WHEEL
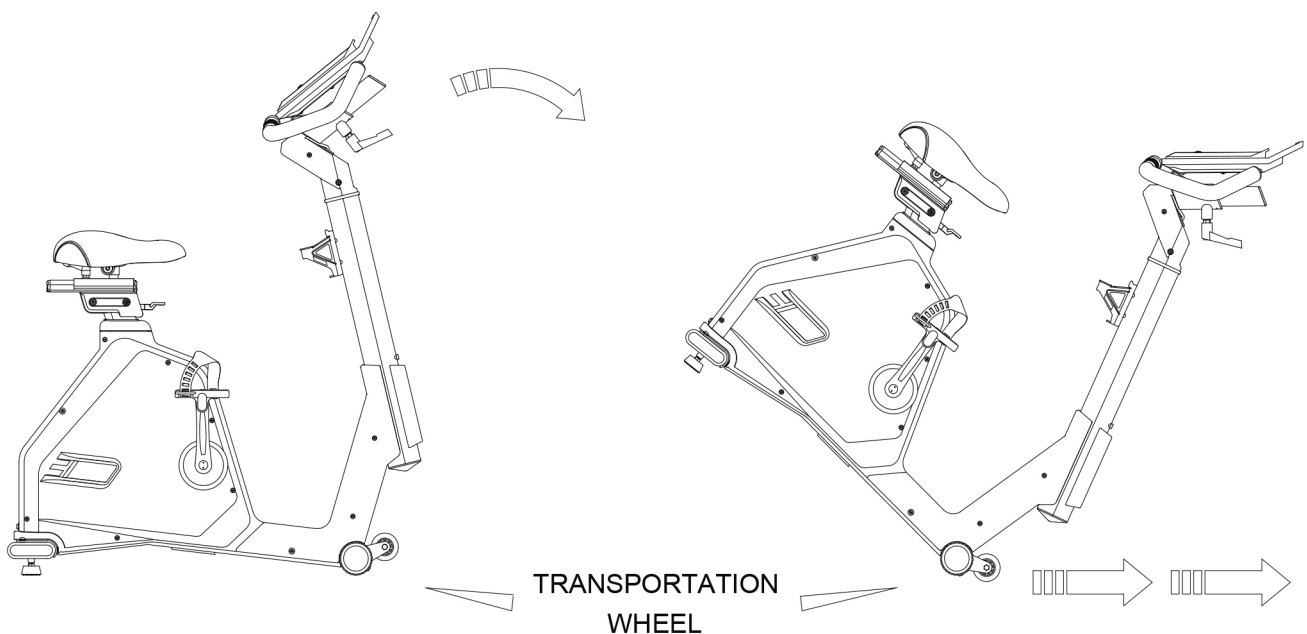
6.1 General Instructions

⚠ **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.

6.2 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
Cracking in the pedal area	Pedals loose	Tighten the pedals
Equipment wobbles	Equipment is not level	Align the feet
Handlebar/saddle wobbles	Loose screws	Tighten screws firmly
Display is blank/is not working	Batteries empty or loose cable connection	Replace batteries or check cable connections
No pulse display	+ Sources of interference in the room + unsuitable chest strap + Wrong position of chest strap + Chest strap defective or battery empty + Pulse display defective	+ Eliminate sources of interference (e.g. mobile phone, WLAN, lawn mower and vacuum cleaner robot, etc. ...) + Use a suitable chest strap (see RECOMMENDED ACCESSORIES) + Reposition chest strap and/or moisten electrodes + Changing batteries + Check if pulse display by hand pulse possible

6.3 Error Codes and Troubleshooting

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

Please contact the contract partner for technical support.

6.4 Maintenance and Inspection Calendar

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

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

Part	Weekly	Monthly
Display console	C	I
Plastic covers	C	I
Screws and cable connections		I
Check pedals for tightness		I
Legend: C = clean; I = inspect		

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

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

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

7 DISPOSAL

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

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

To make your training experience even more efficient and pleasant, we recommend that you add suiting accessories to your fitness equipment. For exercise bikes this could for example be a **floor mat**, which makes your fitness equipment stand more securely and also protects the floor from sweat or **silicone spray** to keep moving parts in good shape. For many exercise bikes it is possible to replace the **saddle** or **pedals**, as these are usually the same mounts used on bicycles.

If you have purchased a fitness machine with pulse training and want to train your heart rate, we strongly recommend that you use a compatible **chest strap**, as this ensures optimum transmission of the heart rate.

Our range of accessories offers the highest quality and makes training even better. If you would like to find out more about compatible accessories, please go to the detail page of the product in our webshop (the easiest way is to enter the article number in the search field above) and go to the recommended accessories on this page. Of course, you can also contact our customer service: by telephone, e-mail, in one of our branches or via our social media channels. We will be happy to advise you!

chest strap

saddle cover

chest strap contact gel

floor mat

saddle

silicone spray

9.1 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 11 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.
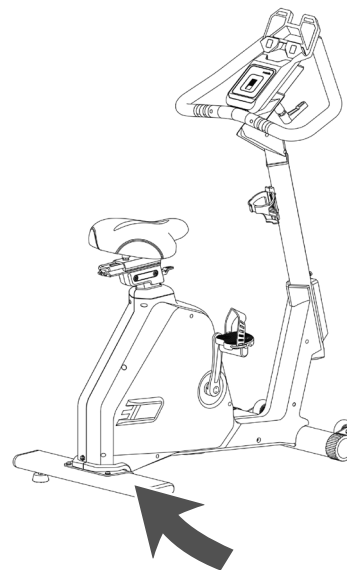
Enter the serial number in the appropriate field.

Serial number:

Brand / Category:

cardiostrong / upright bike

Model Name:

BX60 Smart

iCardio LCD console for BX60 Smart (optional)

Article Number:

CST-BX60-2i

CST-ICLCD (optional)

9.2 Parts List

No.	Name	Qty.	No.	Name	Qty.
A	MAIN FRAME	1	A31	BEARING 6004ZZ	2
A1	SENSOR WIRE 850mm	1	A32	BUSH Φ20.2xΦ26x26.5L	1
A2	CHAIN COVER-L	1	A33	BUSH Φ20.5xΦ26x5L	1
A3	CHAIN COVER-R	1	A34	SMALL BELT WHEEL Φ41	1
A4	FRONT CHAIN COVER - L	1	A35	PARALLEL KEY	1
A5	FRONT CHAIN COVER - R	1	A36	WASHER Φ10xΦ30x2T	1
A6	PLASTIC COVER - L	1	A37	BUSH Φ20.2xΦ26x18.5L	1
A7	PLASTIC COVER - R	1	A38	SCREW M10x20L	1
A8	SCREW M4x14L	18	A39	IDLER WHEEL FRAME	1
A10	SCREW Φ8xΦ5xx29mm	4	A40	BOLT M8X45mm	1
A11	CRANK-L	1	A41	NUT M8	3
A12	CRANK-R	1	A42	WASHER Φ8xΦ22x1T	4
A13	END CAP Φ23x5mm	2	A43	BEARING 6202ZZ	2
A14	DC JACK	1	A44	WASHER Φ6xΦ19x2T	1
A15	SCREW M4x16mm	2	A46	SCREW M6X10L	2
A16	SCREW M5x16L	1	A47	FLY WHEEL Φ250	1
A17	SCREW M4x10L	2	A48	MAGNETIC HOUSING 11pcs	1
A18	SENSOR WIRE HOUSING	1	A49	SCREW M8x55L	1
A19	SENSOR WIRE	1	A50	SCREW M8x20mm	1
A20	SCREW M8x12mm	6	A51	IDLER WHEEL FRAME	1
A21	AXLE Φ80xΦ17x150mm	1	A52	BEARING 6000ZZ	2
A22	BELT WHEEL Φ115	2	A53	IDLER WHEEL	1
A23	AXLE Φ20x92.5L	1	A54	NUT 3/8"-26x7T	5
A24	MAGNETIC	1	A55	WASHER FIXED PLATE	2
A25	SPACER Φ17xΦ22x10L	1	A56	SCREW M6x10mm	2
A26	BEARING 6203ZZ	2	A57	BEARING 6000ZZ	2
A27	WAVE WASHER Φ17.5XΦ25X0.3T	1	A58	PULLEY Φ38	1
			A59	BEARING 6003ZZ	2
A28	C CLIP	1	A60	BEARING 6300ZZ	1
A29	BELT 260 7PJ	1	A61	AXLE	1
A30	BELT 350 6PJ	1	A63	MOTOR	1

A64	FIX PLATE	1	E3	SPONGE HDR	1
A65	SCREW M5x25mm	1	E4	SPONGE HDR	1
A67	SCREW M6X10mm	2	E5	END CAP Φ37.5	2
A68	BOLT	1	E6	END CAP	2
A69	NUT M3	1	E7	BUSH Φ19x29mm	1
A70	SCREW M4X16mm	1	E8	UPPER HANDLE PULSE HOUSING	2
A71	WASHER Φ5xΦ10x1T	2			
A72	NUT M4	1	E9	LOWER HANDLE PULSE HOUSING	2
A73	SOCKET Φ10xΦ15.8x9mm	2			
A74	NUT	3	E10	SCREW M3x10	4
A76	WASHER Φ6xΦ12x2T	2	E11	SCREW M6	1
A77	WASHER Φ3xΦ6x0.5T	4	F	SEAT TUBE	1
B	FRONT STABILIZER	1	F1	WRENCH COVER	1
B1	END CAP Φ76	2	F2	KNOB M10	1
B2	TRANSPORTATION WHEEL	2	F3	SCREW M4x8mm	1
B3	SCREW M8X40mm	2	F4	ADJUSTING HANDLE	1
B4	NUT M8	2	F5	BUSH Φ12xΦ4x43mm	1
B5	WASHER Φ8xΦ14x2T	2	F6	BUSH Φ16xΦ12x25mm	1
C	REAR STABILIZER	1	F7	ADJUSTING BASE	1
C1	END CAP	2	F8	NUT M8	1
C2	ADJUSTED NUT M10	2	F9	SCREW M6x10mm	2
C3	KNOB Φ49	2	F10	SCREW M4x3mm	4
D	CENTRAL TUBE	1	F11	ADJUSTING LINKAGE	1
D1	SENSOR WIRE 1000mm	1	F13	C CLIP Φ7.4xΦ9.38x0.8T	1
D2	PLASTIC COVER	1	F14	BUSH Φ12xΦ8x10mm	1
D3	END CAP	2	F15	SCREW M12x18.2mm	1
D4	CENTRAL TUBE COVER - L	1	F16	PLASTIC PIPE	1
D5	CENTRAL TUBE COVER - R	1	F17	PLASTIC INSERT	1
D6	SCREW M4X20L	2	F18	PLASTIC INSERT	1
D7	END CAP	1	F19	STICKER	1
D8	END CAP	1	F20	LIMIT BLOCK	1
E	HANDLE BAR TUBE	1	F21	AXLE	2
E1	SENSOR WIRE 250mm	2	F22	SOCKET	2
E2	KNOB Φ16	1	F23	BUSH Φ16xΦ12x25mm	1

F24	C CLIP Φ11xΦ13.6x1T	2		N5	WAVE WASHER Φ10.2xΦ13x0.3T	2
F26	SPRING	1		N6	ONE WAY BEARING Φ35x17L	1
F27	END CAP	1		N7	WASHER Φ30XΦ34X0.8T	1
F28	LATCH	2		N8	WAVE WASHER Φ17.5XΦ22X0.3T	1
G	CONSOLE	1				
H	SADDLE	1		N9	WASHER Φ6.5XΦ13X2T	1
H1	SCREW SLEEVE M10x7mm	1		N10	SPRING	1
H2	WASHER M10	1				
H4	SLIDE RAILS	1				
H5	END CAP	2				
H6	STICKER	1				
H7	LEVER COVER - L	1				
H8	LEVER COVER - R	1				
H9	SCREW M5x10mm	4				
J1	SCREW M8x88L	2				
J2	SPRING WASHER Φ8.1x14.5x2.4T	2				
J3	WASHER Φ8xΦ16x1.5T	2				
J4	SCREW M5x10mm	6				
J5	SCREW M10x110mm	2				
J6	WASHER Φ22x12	2				
J7	SCREW M8x20L	4				
J8	SPRING WASHER Φ8.1x14.5x2.4T	4				
J9	WASHER Φ8xΦ19x2T	2				
J10	SCREW M5x10mm	3				
J11	WASHER Φ8xΦ19x2T	2				
K1	PEDAL - L	1				
K2	PEDAL - R	1				
L	BOTTLE HOLDER	1				
M	ADAPTER	1				
N1	SPRING	1				
N2	SCREW M8x20L	2				
N3	NUT M5	1				
N4	WASHER Φ17.5xΦ25xΦ0.3T	1				

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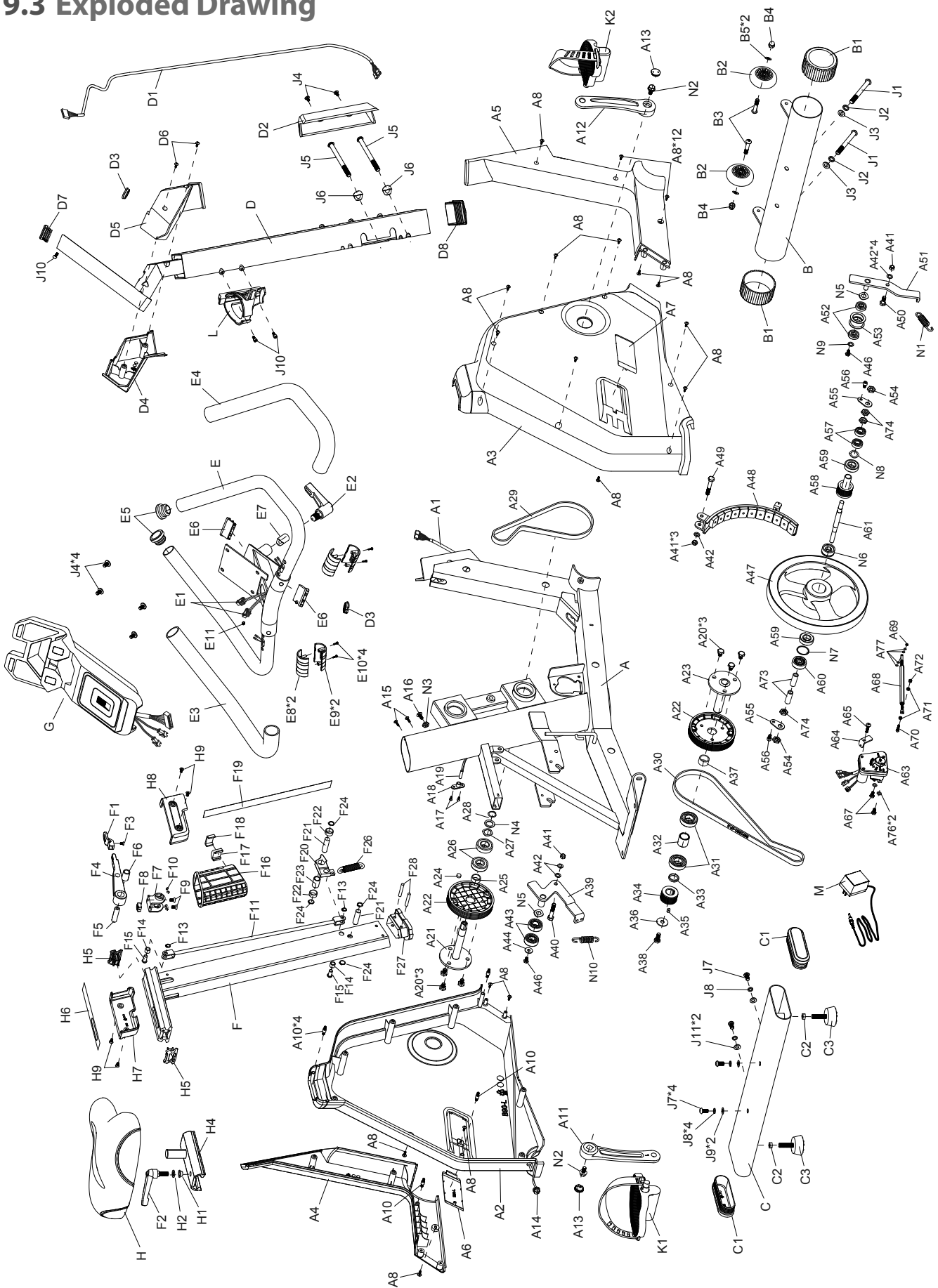
Products from cardiostrong® are subject to strict quality control. However, if a fitness equipment purchased from us does not work perfectly, we take it very seriously and ask you to contact our customer service as indicated. We are happy to help you by phone via our service hotline.

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

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

Your statutory rights are not affected.

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

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

Repair Costs
According to our choice, there will either be a repair, a replacement of individual damaged parts or a complete replacement. Spare parts, that have to be mounted while assembling the equipment, have to be replaced by the warrantee personally and are not a part of repair. After the expiration of the warranty period, the responsibility for parts costs, repair costs, installation costs and delivery costs lies with the warranty holder.

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

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

Warranty Conditions

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

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

Warranty claims are invalid in case of damage resulting from:

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

Proof of Purchase and Serial Number

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

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

Service outside of the Warranty Period

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

Communication

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

DE	DK	UK
TECHNIK	**TEKNIK OG SERVICE**	**CUSTOMER SUPPORT**
📞 +49 4621 4210-900	📞 80 90 16 50	📞 00800 2020 2772
📠 +49 4621 4210-698	+49 4621 4210-945	+494621 4210 944
✉ technik@fitshop.de	✉ info@fitshop.dk	✉ info@fitshop.co.uk
🕐 Öffnungszeiten entnehmen Sie unserer Homepage.	🕐 Åbningstider kan findes på hjemmesiden: https://stg.fit/statit7	🕐 You can find the opening hours on our homepage: https://stg.fit/statitc

DE	FR	BE
SERVICE	**TECHNIQUE & SERVICE**	**TECHNIQUE & SERVICE**
📞 0800 20 20277 (kostenlos)	📞 +33 (0) 189 530984	📞 02 732 46 77
📞 04621 4210 - 0	+49 4621 42 10 933	+49 4621 4210 933
✉ info@fitshop.de	✉ info@fitshop.fr	✉ info@fitshop.be
🕐 Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statita	🕐 Vous trouverez les heures d'ouverture sur notre site Internet: https://stg.fit/statit4	🕐 Vous trouverez les heures d'ouverture sur notre site Internet: https://stg.fit/statit8

ES	NL	INT
TECNOLOGÍA Y SERVICIOS	**TECHNISCHE DIENST & SERVICE**	**TECHNICAL SUPPORT & SERVICE**
📞 911 238 029	📞 +31 172 619961	📞 +49 4621 4210-944
✉ info@fitshop.es	✉ service@fitshop.nl	✉ service-int@fitshop.de
🕐 Consulta nuestro horario de apertura en la página web: https://stg.fit/statit5	🕐 De openingstijden vindt u op onze homepage: https://stg.fit/statit3	🕐 You can find the opening hours on our homepage: https://stg.fit/statita

PL	AT	CH
DZIAŁ TECHNICZNY I SERWIS	**TECHNIK & SERVICE**	**TECHNIK & SERVICE**
📞 22 307 43 21	📞 0800 20 20277 (Freecall)	📞 0800 202 027
+49 4621 42 10-948	+49 4621 42 10-0	+49 4621 42 10-0
✉ info@fitshop.pl	✉ info@fitshop.at	✉ info@fitshop.ch
🕐 Godziny otwarcia można znaleźć na stronie głównej: https://stg.fit/statit6	🕐 Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statitb	🕐 Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statit9

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

www.fitshop.com/en/stores

WE LIVE FITNESS

WEBSHOP AND SOCIAL MEDIA

Fitshop is Europe's largest specialist store for home fitness equipment with currently over 70 stores and one of the world's most renowned online mail order companies for fitness equipment. Private customers order via the 25 web shops in the respective national language or have their desired equpiment 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.

Fitshop 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!

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youtube www.youtube.com/@fitshop_uk

TAURUS

cardiostrong

BODYCRAFT

cardiojump

DUKEFITNESS

DARWIN

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