



Assembly and Operating Instructions



	max. 130 kg
	~ 60 Min.
	35 kg L 90 W 57 H 140

FSUKCWEB2494.01.02

SKU: CVEB2494

Upright Bike **BX30**

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Dear customer,

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

Further information can be found at www.fitshop.co.uk.

Intended Use

The equipment may only be used for its intended purpose.

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

Legal Notice

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

FITSHOP

Europe's No.1 for Home Fitness

ABOUT THIS MANUAL

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

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

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

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

Accuracy classes

Class A: high accuracy.

Class B: medium accuracy.

Class C: low accuracy.

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

Use classes

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

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

Class H (home use): use at home.

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

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

The following safety instructions may appear in this manual:

► **ATTENTION**

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

⚠ **CAUTION**

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

⚠ **WARNING**

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

⚠ **DANGER**

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

ⓘ **NOTICE**

This notice indicates further useful information.

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

1.1 Technical Data

LCD display of

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

Resistance system:	electronic magnetic brake system
Resistance level:	32
Watts:	10 - 350 watts
User memory:	4
Total number of training programs:	19
Manual programs:	1
Pre-set programs:	12
Watt-controlled programs:	1
Heart rate controlled programs:	4
User defined programs:	1
Body fat test	
Flywheel mass:	9 kg
Pedal arm length:	17 cm
Bottom bracket width:	12.5 cm

Weight and dimensions

Article weight (gross, including packaging):	39 kg
Article weight (net, without packaging):	35.2 kg
Packaging dimensions (L x W x H):	approximately 950 mm x 260 mm x 700 mm
Set-up dimensions (L x W x H):	approximately 900 mm x 570 mm x 1400 mm
Maximum user weight:	130 kg (286 lbs)
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.

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

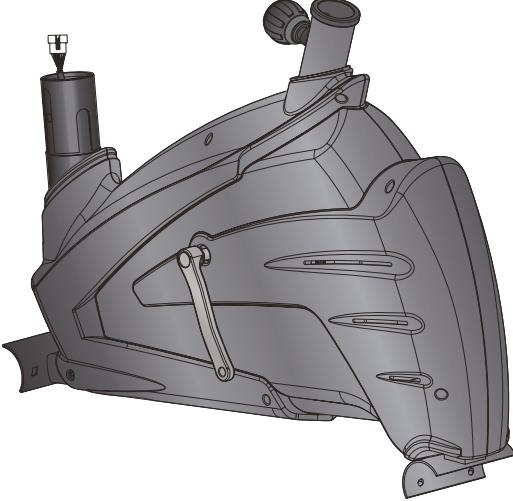
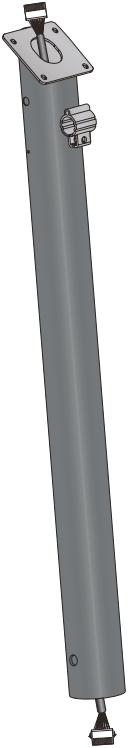
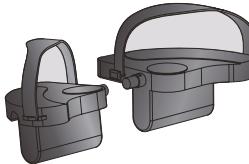
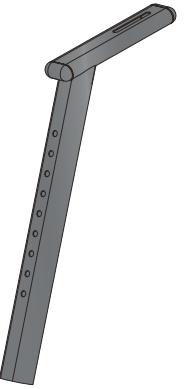
The scope of delivery consist of the following parts. At the beginning, check whether all parts and tools belonging to the device are included in the scope of delivery and whether damage has occurred. In the event of complaints, the contractual partner must be contacted directly.

⚠ CAUTION

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

ⓘ NOTICE

Required tools (included in delivery): Phillips screwdriver, spanner, Allen key

 <p>1 x1</p>	 <p>29 x1</p>
 <p>3 28 x1</p>	 <p>15 x1</p>
 <p>2 x1</p>	
 <p>36 x1</p>	<p>46L&R x1</p>  <p>9 x1</p>
 <p>38 x1</p>	 <p>10&11 x1</p>  <p>41L&R x1</p>  <p>9 x1</p>

2.3 Assembly

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

i NOTICE

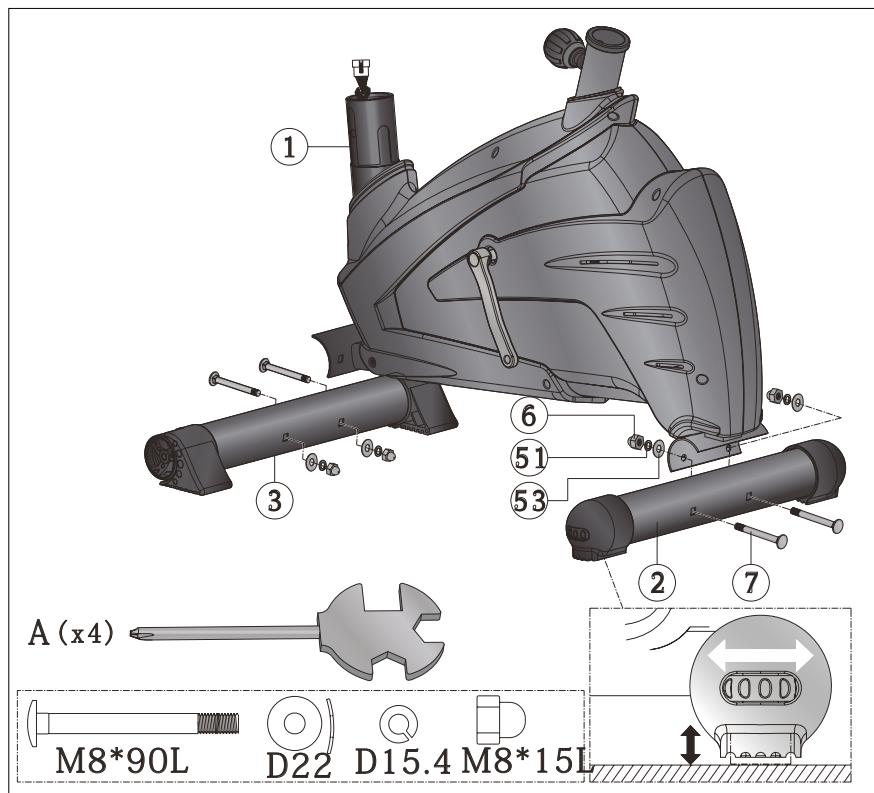
- + First loosely screw all parts together and check that they fit properly. Tighten the screws using the tool only when you are instructed to do so.
- + Do not tighten the screws and bolts with excessive force as they could be damaged.
- + If you have difficulty recognising the graphics, we recommend 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 a PDF Reader programme must be installed on your end device in order to open the file.

Step 1: Assembly of the Front and Rear Stabilizers

Attach the front and rear stabilizer (3 & 2) to the main frame (1) with two screws (7), two spring washers (53), two washers (51) and two nuts (6) each.

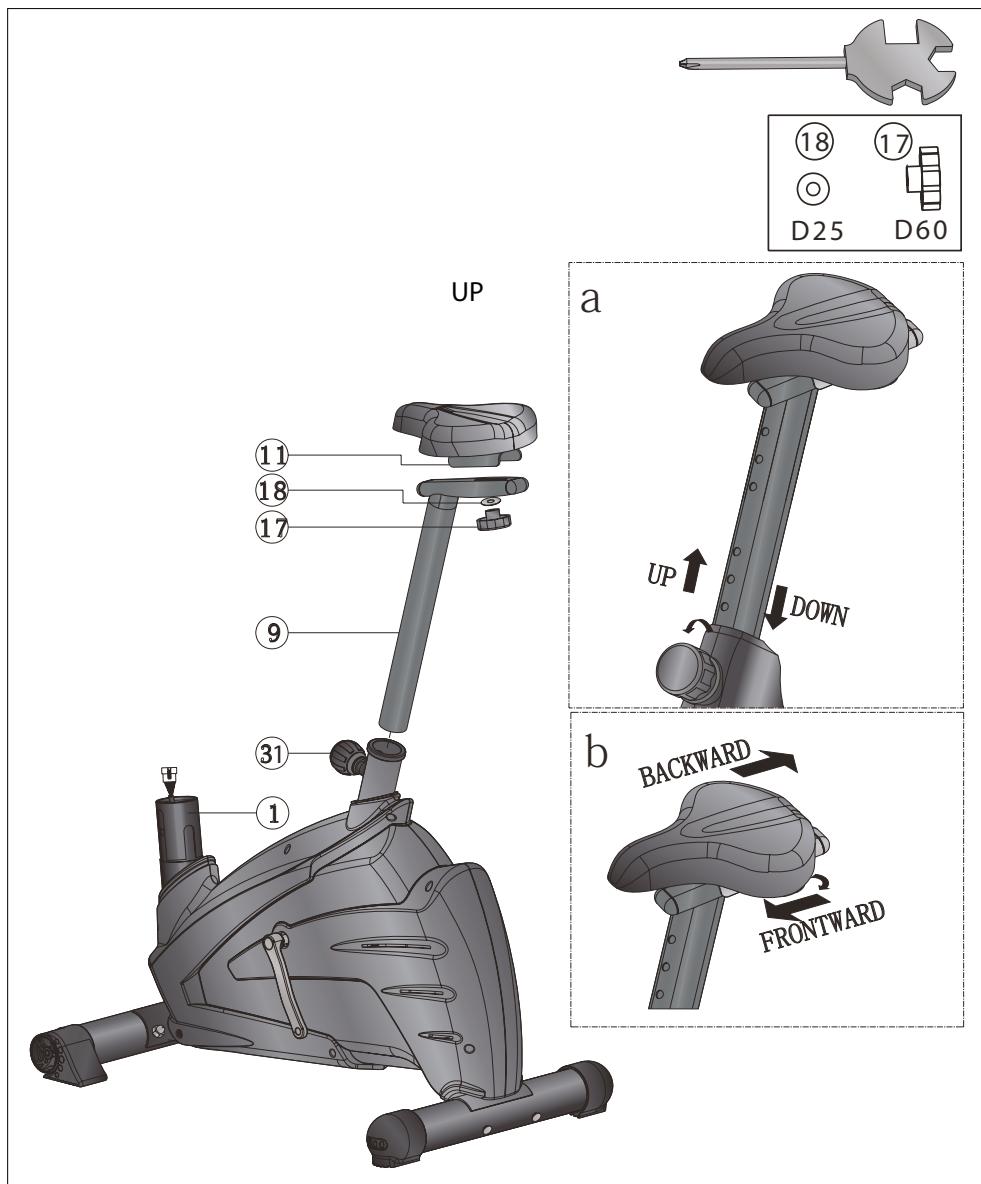
i NOTICE

If the equipment is wobbly after assembly, you can adjust the height on the underside of the rear stabilizer.



Step 2: Assembly of the saddle

1. Install the adjust seat tube (11) onto the seat post (9) by using screw knob (17) and flat washer (18).
2. Place the seat post (9) in the main frame (1). You can move the seat up and down and lock it with the adjusting knob (31); see figure a.
3. The seat (10) can be adjusted horizontally as well by moving the adjusting knob (17) as in figure b.



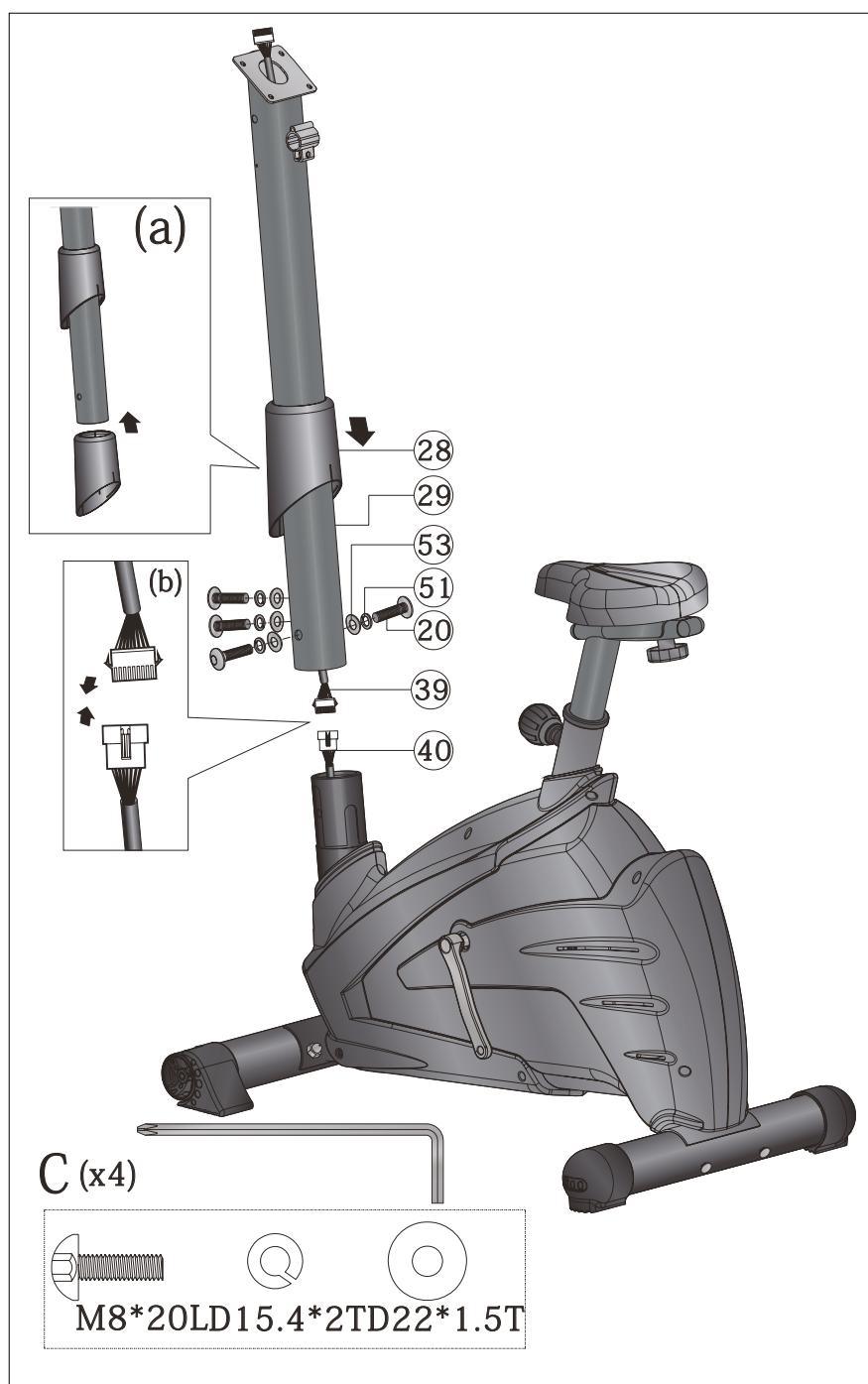
Step 3: Assembly of the console mast

1. Attach the upper cover (28) on the handlebar tube (29); see figure a.
2. Connect the upper console cable (39) with the lower console cable (40); see figure b.

► ATTENTION

Pay attention to not pinch the cable during the next step.

3. Install the handlebar tube (29) on the main frame (1) with four screws (20), four spring washers (53) and four washers (51).

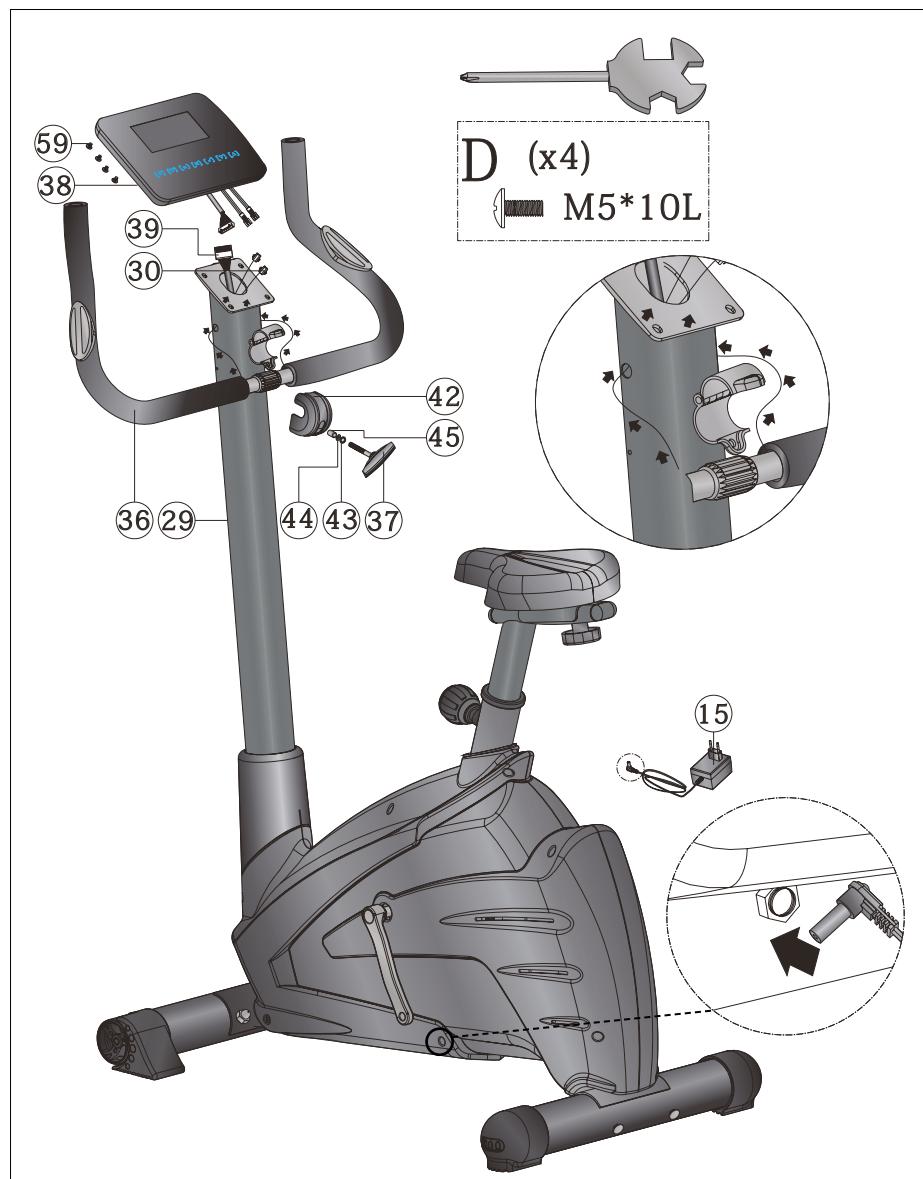


Step 4: Assembly of the handles

1. Attach the handles (36) to the handlebar tube (29) by attaching the cover (42), washers (43), spring washers (44), bushing (45) and the adjusting knob (37).
2. Connect the upper console cable (39) with the hand pulse cable (30) and the console (38). Then attach the console to the handlebar tube (29) by tightening the screws (59).
3. Insert the adaptor into the power connector.

ⓘ NOTICE

The position of the handlebars can be adjusted by pressing the adjusting knob (37).



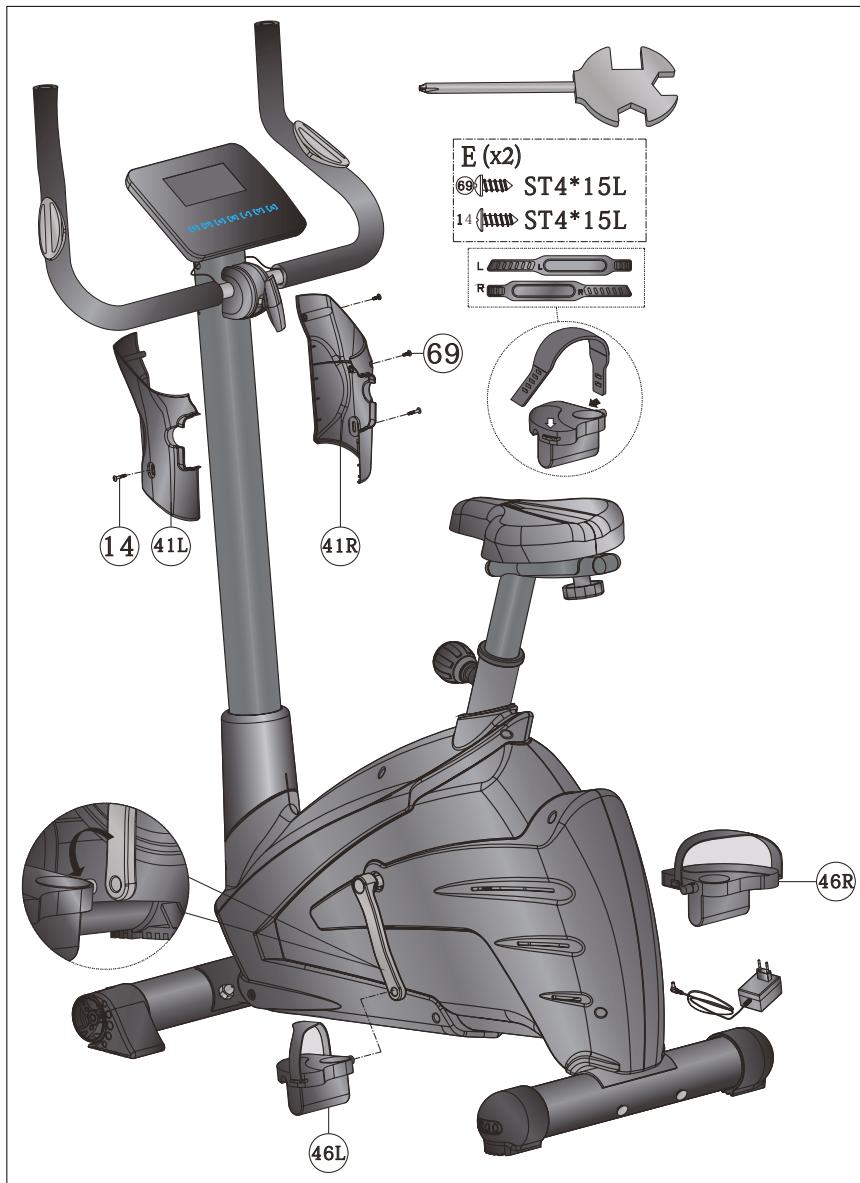
Step 5: Assembly of the console bracket and pedals

1. Attach the console bracket (41L) and (41R) to the handlebar tube with the screws (69) and (14).

⚠ CAUTION

Make sure to screw in the pedals completely

2. Attach the pedal straps onto the pedal (46L) and (46R), fix the pedal to the cranks. Left pedal fasten anti-clockwise, right pedal clockwise.



Step 6: Adjusting the seat position

1. Height adjustment:

Loosen the knob and pull it out in order to adjust the height of the saddle tube. Release the knob and make sure that it locks into one of the drill holes. Then tighten it again.

2. Horizontal adjustment:

Rotate the knob under the seat until you can move the seat forwards and backwards. Move the seat into the desired position and tighten the knob again.

Step 7: Adjusting the handle

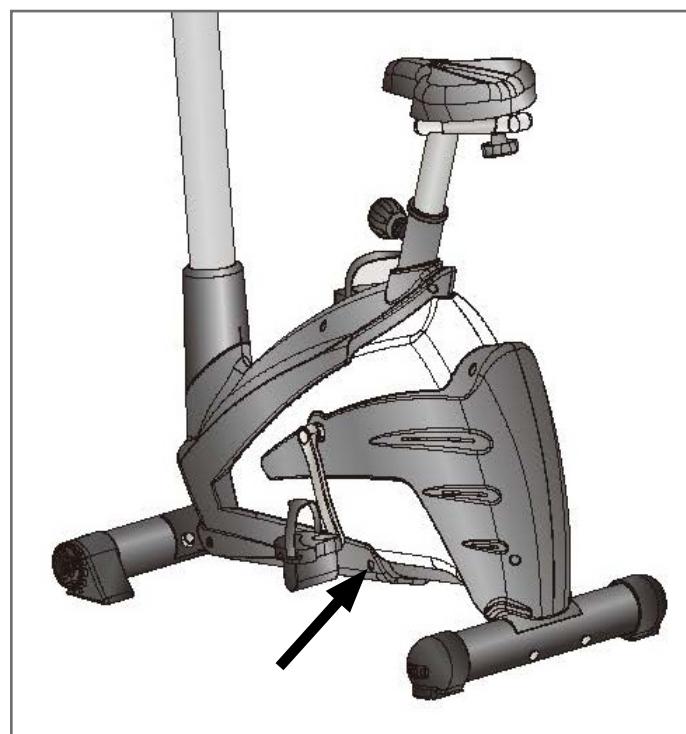
Rotate the lever on the front of the handle until you can adjust the tilt of the handle. Once the handle is in the desired position, tighten the lever again.

Step 8: Connecting the equipment to the mains supply

► ATTENTION

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

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



Correctly Getting On and Off

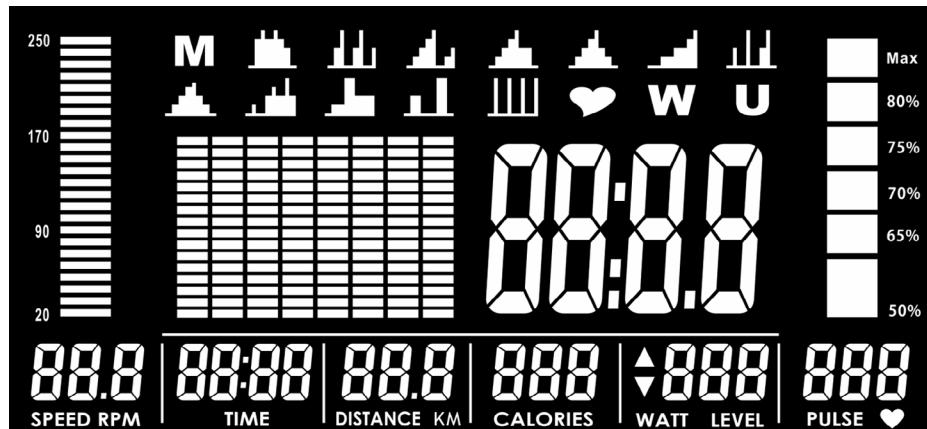
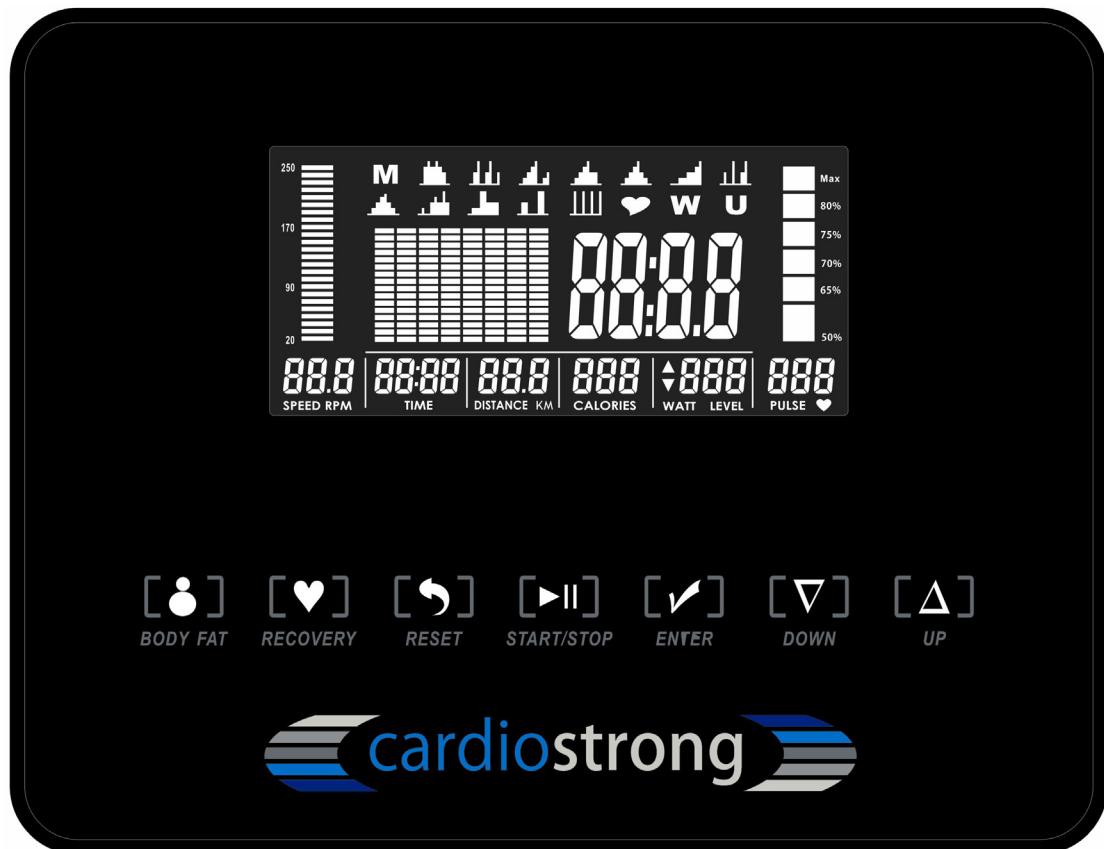
1. To get on, grip the handles with both hands and first step onto the left pedal with your left foot or onto the right pedal with your right foot and then place your foot onto the other pedal.
2. To get off, grip the handles with both hands and place one foot next to the equipment and then the other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

3 OPERATING INSTRUCTIONS

① NOTICE

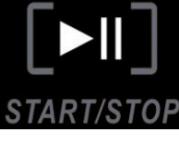
- + Familiarise yourself with all the functions and setting options of the device before starting training. Have the proper use of this product explained to you by a specialist.
- + Always start your training with low intensity and increase evenly and gently. End your training with a cool-down phase. If you are unsure, please consult your physician.

3.1 Console Display



Time	Time display, ascending between 00:00 - 99:59 or descending between 00:00 - 99:00. Setting in 1 minute increments
Speed	Speed display in km/h
RPM (cadence; revolutions per minute)	Display of the step rate with a bar chart
Distance	Distance display between 00:00 - 99.99 km; setting in 0.1 km intervals
Calories	Display of calories from 0 - 9999 calories Note on calorie measurement: The calculation of calories burned is based on a general formula. It is not possible to exactly determine individual calories burned, because diverse personal data is required for this.
Watt	Watt display from 0 - 999 watts
Pulse (heart rate; heartbeats per minute)	Display of heart rate with bar chart. The user can define a target heart rate. As soon as the entered target heart rate is exceeded, an alarm will sound.
Level	Display of the resistance level with bar chart

3.2 Button Functions

	Determine the body fat percentage: Press the „BODY FAT“ button for two seconds in order to change the user data. Gender A = AGE (age in years) H = HEIGHT (height in cm) W = WEIGHT (weight in kg)
	Testing the recovery heart rate
	Reset settings or change to the start screen
	Start and end training
	Confirming settings
	Setting values and lowering the training load. Hold the button to adjust the values quicker.
	Setting values and increasing the training load. Hold the button to adjust the values quicker.

3.3 Turning On the Equipment

Connect the power cable. An acoustic alarm will sound. The LCD display will light up completely for two seconds including „E“ (EU) and „K“ (KM) for one second.

3.4 User Profile

Use the UP and DOWN buttons to select a user profile U1 - U4 and press ENTER to confirm. Then you can enter the following values with the arrow buttons:

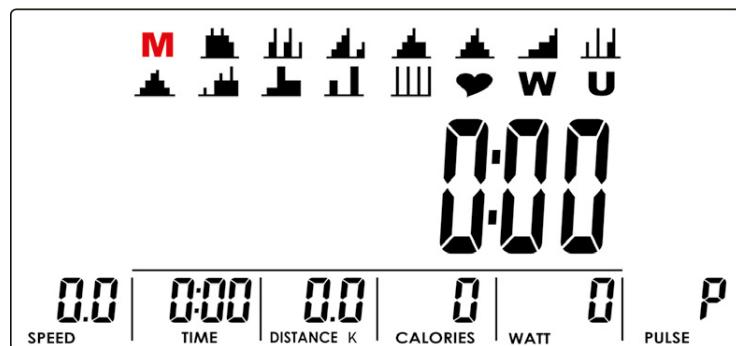
Gender	male / female
A = Age	Age in years
H = Height	Height in cm
W = Weight	Weight in kg

Confirm every setting with the ENTER button.

3.5 Programs

The LCD display shows 16 symbols to select the program from in the following order:

- + M (manual training): 1
- + Different profiles for default training programs: 12
- + Heart symbol (heart rate controlled training program): 1
- + W (watt-controlled training program) 1
- + U (user-defined training program) 1

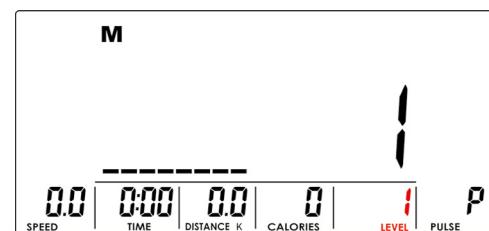


3.5.1 M - Manual Program

1. Select the manual program "M" from the program selection.
2. Adjust to the desired resistance level (Level) using the arrow buttons UP and DOWN, and press ENTER to confirm. The resistance level can be adjusted at any time during the workout.

NOTICE

If no change is made to the resistance for three seconds, the display changes to the "Watts" (power output) display.



3. Use the arrow buttons UP and DOWN to enter values for TIME, DISTANCE, CALORIES and heart rate (PULSE), one after another.

① NOTICE

- + If you enter a target value for time, distance and calories, the workout will end automatically when one of these target values is achieved. If you would like to work out taking only one of these values into account, only enter the desired target value – you do not need to enter all of the other values.
- + If you enter a target pulse rate, an alarm sounds when you exceed this pulse rate. The alarm then sounds continuously until your pulse rate is no longer higher than the target pulse rate.

4. To confirm, press ENTER after each setting.
5. Press the START/STOP button to start your workout.
6. Press the START/STOP button again to end your workout.

All workout values are stored in the memory.

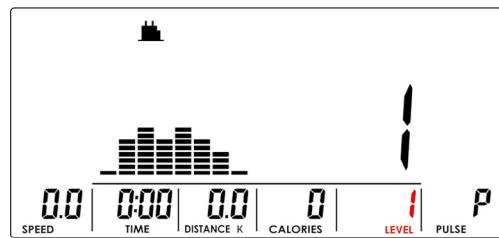
7. If you press the RESET button, you will return to the program selection.

3.5.2 Workout Programs

1. Use the arrow buttons UP and DOWN to select a program P1-P12 from the program selection.
2. Confirm your selection with the ENTER button.

The LCD display shows an appropriate workout profile.

3. Use the arrow buttons UP and DOWN to adjust the resistance level and the time. The resistance level can be adjusted at any time during the workout using the arrow buttons.



① NOTICE

If no change is made to the resistance for three seconds, the display changes to the "Watt" (power output) display.

4. After each setting, confirm your values by pressing ENTER.
5. Press the START/STOP button to start your workout.

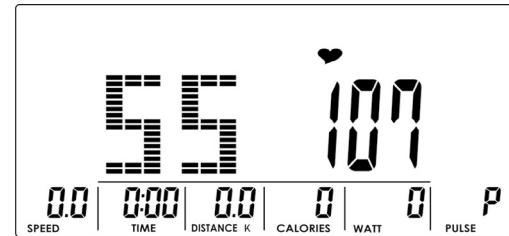
3.5.3 H.R.C. - Heart-Rate Controlled Programs

⚠️ WARNING

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

1. Use the arrow buttons UP and DOWN to select the heart symbol.
2. Use the arrow buttons UP and DOWN to select the heart-rate programs 55%, 75%, 90% or TA (TA = Target = target heart rate).

The heart-rate value is determined automatically based on the age previously entered and is then shown in the display.



- 2.1. If you select TARGET, use the arrow buttons UP and DOWN to enter a target heart rate between 30~230.
3. Press the ENTER button to confirm.
4. You can then enter the desired workout time using the arrow buttons.

ⓘ NOTICE

As soon as the selected target heart rate is exceeded, an alarm sounds. The alarm then sounds continuously until your pulse rate is no longer higher than the target pulse rate.

5. Press the START/STOP button in order to start your workout.

3.5.4 W - Watt-Based Program

1. Use the arrow buttons UP and DOWN to select the watt-based (power output) program "W".

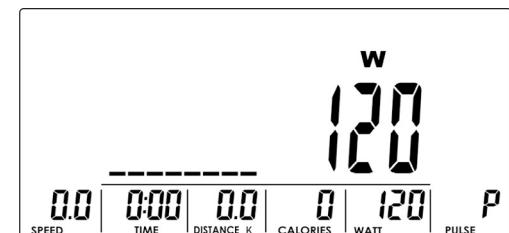
ⓘ NOTICE

The initial watts figure is a default value of 120. Use the arrow buttons UP and DOWN to change the target watts figure as required.

2. Confirm your setting with the ENTER button and then enter the time in the same manner.
3. Press the START/STOP button to start your workout.

ⓘ NOTICE

With watt-based programs, the watts figure is kept constant by automatic adjustment of the resistance. If you pedal faster, the resistance is reduced; if you pedal more slowly, the resistance increases. The watts figure can be adjusted manually during your workout.



3.5.5 U - User-Defined Program

1. Use the arrow buttons UP and DOWN to select the user program "U".
2. Use the arrow buttons UP and DOWN to prepare a USER program.
3. Use the arrow buttons to enter the resistance level for each segment and press ENTER to confirm.
4. When complete, press and hold ENTER for two seconds to move to the time selection.
5. After entering your desired workout time, start your workout by pressing the START/STOP button.



3.5.6 Body-Fat Test (BODY FAT)

i NOTICE

During the body-fat test, a heart-rate reading must be received throughout.

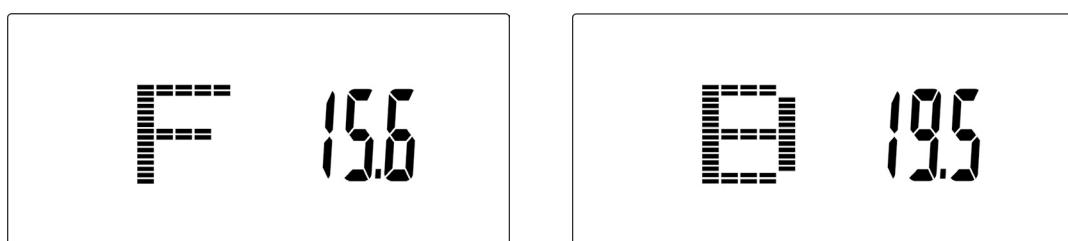
1. Press the BODY FAT button.

The display shows "UX" for two seconds before the test starts.

2. Grip the hand pulse sensors on the equipment with both hands.

After a short time, the proportion of body-fat (in %) and the BMI are displayed.

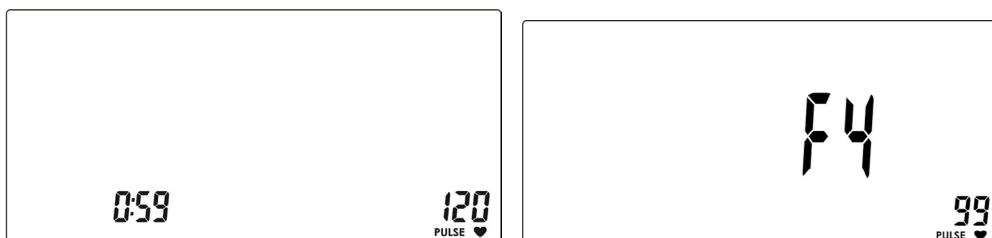
3. If you press and hold the BODY FAT button for two seconds, you can adjust the values in the user profile for sex, age (A), height (H) and weight (W).
4. Press ENTER to start the body-fat test.



3.5.7 RECOVERY - Recovery Rate

The RECOVERY function can be used as long as a heart-rate reading is received throughout the workout. After finishing your workout, you can press the RECOVERY button to start a 60-second countdown, during which a heart-rate reading also needs to be received. During this period, the user's current heart rate is displayed.

As soon as the countdown reaches 0:00, the display shows the result in form of a (workout or fitness) score between 1 and 6.



Result	Fitness level	Heart-rate per minute
F1	Very good	75-84
F2	Good	85-94
F3	Average	95-119
F4	Satisfactory	120-129
F5	Poor	130-135
F6	Very poor	135

Press the RECOVERY button again to return to the main menu.

4.1 General Instructions

When training, it is important to perform the exercises correctly in order to avoid injuries and achieve the desired training effect. Make sure you use the correct technique and train at an appropriate intensity level. Always consult an expert such as a trainer or doctor if you are unsure or have health problems. Always start your training with a low load and increase it evenly and gently. End your training with a cool-down phase. If you have any questions or uncertainties, contact your doctor.

4.1.1 Training clothes

During training, wear appropriate sports clothing that is comfortable and breathable. Avoid clothing that restricts you or is uncomfortable. Make sure that your shoes are suitable and offer you sufficient support. In addition, always carry a towel with you to wipe away sweat and keep the equipment clean.

4.1.2 Warming up and stretching

It is important to warm up and stretch properly before training to avoid injury and improve performance. Stretching helps to loosen muscles and improve flexibility. Be sure to incorporate a short stretching routine before each workout.

Warm-up exercise:

1. Stand upright with your feet about shoulder-width apart.
2. Start with gentle arm circles by slowly moving your arms forwards in small circles in a controlled manner.
3. Perform arm circles backwards to loosen your shoulders and arms.
4. Do squats by slowly squatting down and then straightening up again. Make sure that your knees do not extend beyond your toes.



CAUTION

Do not exercise with sore muscles or take it easy on the affected muscles, as this can lead to injuries.



4.1.3 Medication

If you regularly take medication and want to exercise, it is important to be aware of possible side effects. Ask your doctor whether your medication affects your workout.

4.1.4 Used muscle groups

This training uses the following muscle groups:

- + Gluteal muscle
- + Leg muscles

Make sure you keep your back straight during training. Do not hunch over and do not arch your back.

4.1.5 Exercise frequency

Regular exercise is crucial to making progress and staying healthy in the long term. Continuous exercise can strengthen muscles, improve endurance and enhance overall well-being. Remember that even small workouts can be done regularly to achieve long-term results.

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.

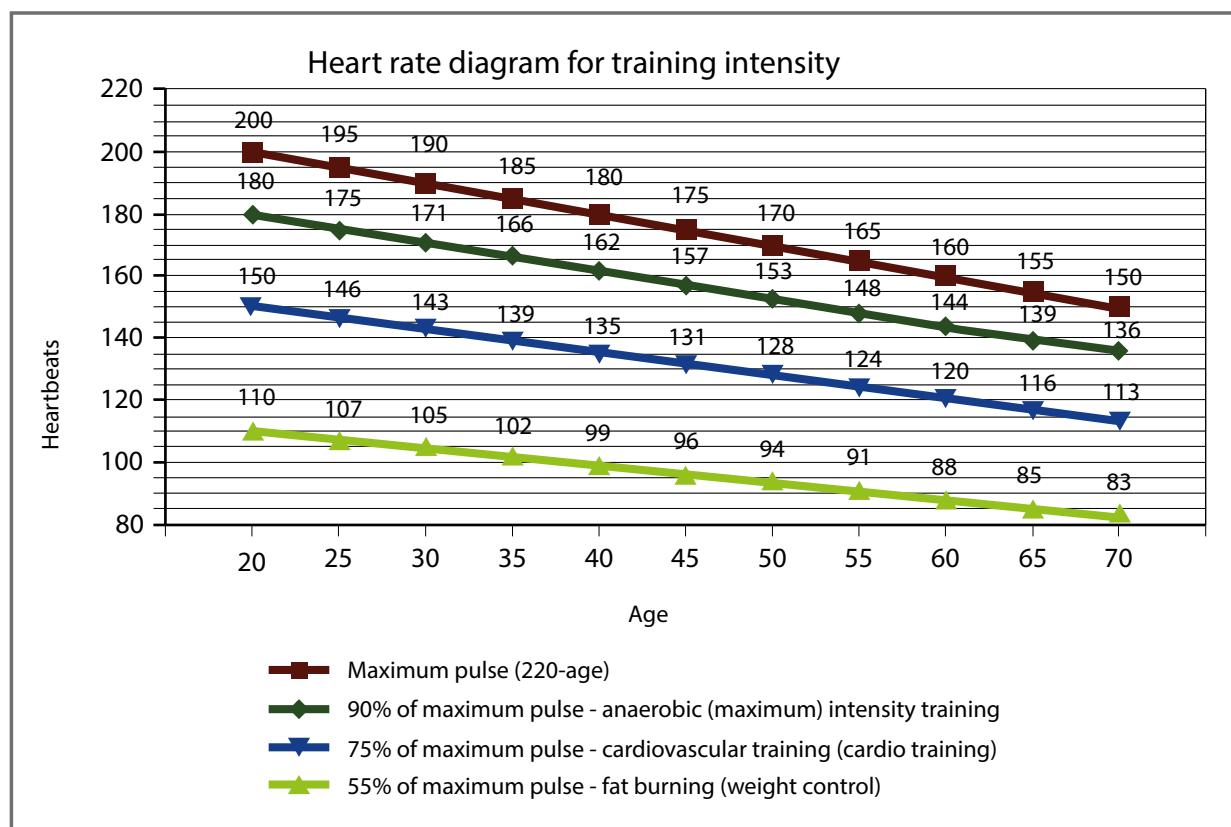
Cardiovascular training (cardio training): The primary goal is to increase stamina and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training period 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, 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. = $(220 - \text{age}) \times 0.9$.



4.2 Workout journal



Date



Distance



Time (min.)



Resistance level



Training weight



Ø Pulse



Calories burnt



I feel ...



Body weight

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.

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	<ul style="list-style-type: none">+ Sources of interference in the room+ unsuitable chest strap+ Wrong position of chest strap+ Chest strap defective or battery empty+ Pulse display defective	<ul style="list-style-type: none">+ Eliminate sources of interference (e.g. mobile phone, WLAN, lawn mower and vacuum cleaner robot, etc. ...)+ Use a suitable chest strap (see "RECOMMENDED ACCESSORIES")+ Reposition chest strap and/or moisten electrodes+ Changing batteries+ Check if pulse display by hand pulse possible

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.

- + "E-1" – if no heart-rate reading is received.
- + "E-4" – if the body-fat percentage (F) is not between 5-50 or BMI (B) is not between 5-50.

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	Quarterly	Half-yearly	Yearly
Display console	C	I			
Tighten pedals				I	
Plastic covers	C	I			
Screws and cable connections		I			
Seat rail		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.

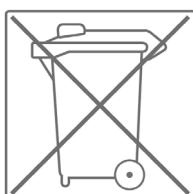
If you cannot scan QR codes, you can access all Fitshop videos on YouTube by first opening YouTube and entering "Fitshop" in the search field.



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.

8 RECOMMENDED ACCESSORIES

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. Alternatively, you can use the QR code provided. Of course, you can also contact our customer service: by telephone, e-mail, in one of our branches or via our social media channels. We will be happy to advise you!



chest strap



floor mat



lubricant

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:

Model Name:

SKU:

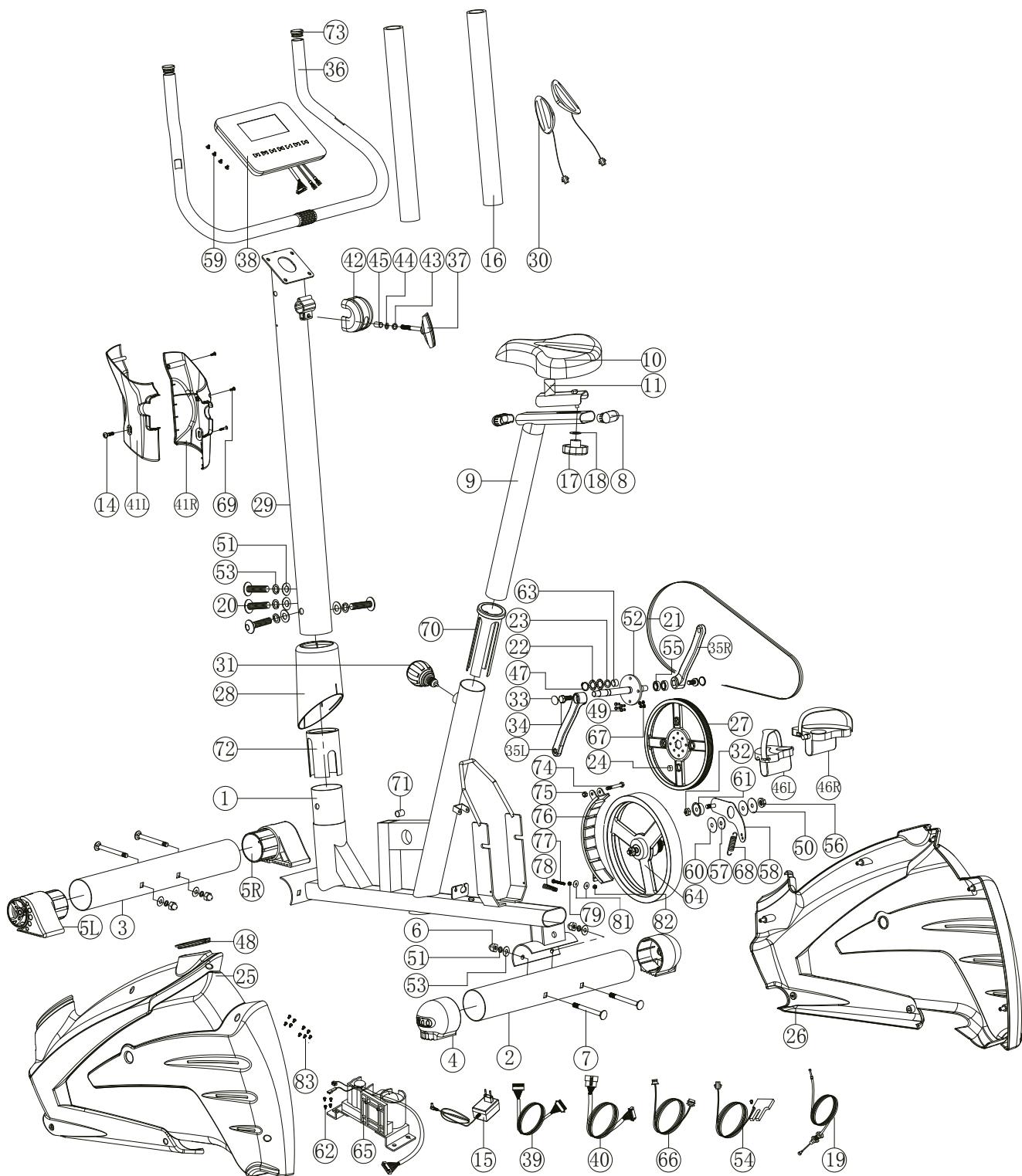
9.2 Parts List

No.	Name	Supplier Parts No.	Specification	Qty.
1	Main frame	805E2-3-1000-JA		1
2	Rear stabilizer	70501-6-2107-J1	D76*1.5T*480L,2300	1
3	Front stabilizer	70501-6-2101-J1	D76*1.5T*480L	1
4	Adjustable foot cap	55486-L-0076-31	D76*86(Black+Grey 6C)	2
5L	Left foot cap	554C0-H-0076-31	D76*120L(Black+Grey 6C)	1
5R	Right foot cap	554C0-R-0076-31	D76*120L(Black+Grey 6C)	1
6	Domed nut M8*1.25*15L	55208-6-2015-FA	M8*1.25*15L,8.8	4
7	Square neck bolt M8*1.25*90L	50508-5-0090-F3	M8*1.25*90L,8.8	4
8	Oval cap 25*50*28L	55328-3-2550-B1	25*50*28L	2
9	Seat post	805E2-3-2200-J2		1
10	Seat	58001-6-1351-B0	LS-A28,with seat lock	1
11	Adjustable seat tube	18300-3-4000-J2		1
14	Screw ST4*15L	52804-2-0015-D0	ST4*15L	2
15	Adapter	196E0-6-2584-40	9V500MA	1
16	Foam (HDR) D30*3T*575L	58015-6-1139-B1	D30*3T*575L	2
17	Screw knob D60*32L (M8*1.25)	52008-2-0022-B0	D60*32L(M8*1.25)	1
18	Flat washer D25*D8.5*2T	55108-1-2520-CA	D25*D8.5*2T	1
19	Tension control cable D1.5*250L	74500-6-2601-00	D1.5*250L*56	1
20	Allen bolt M8*1.25*20L	50308-5-0020-F0	M8*1.25*20L,8.8	4
21	Multi-groove belt	58004-6-1030-01	440(1118)PJ5	1
22	Waved washer D22*D17*0.3T	55117-5-2203-DA	D22*D17*0.3T	2
23	Flat washer D23*D17.2*1.5T	55117-1-2315-NA	D23*D17.2*1.5T	1
24	Round magnet	174R4-6-2574-00	M02	1
25	Left chain cover	80500-6-4501-BZ0	Matt black	1
26	Right chain cover	80500-6-4502-BZ0	Matt black	1
27	Pulley Wheel	58008-6-1039-D1	D250*17*3T	1
28	Upper protective cover	80500-6-4580-BZ0	Matt black	1
29	Handlebar post	805S0-3-2000-J4	2300	1
30	Handle pulse	71600-6-2478-B1	PE18	2

	Handle pulse cable 600L	80400-6-2479-00	600L	2
31	Ball knob D50*M16*22*D8	52916-2-0022-G1	D50*M16*22*D8(426U)	1
32	Nylon nut M10*1.5*10T	55210-1-2010-NA	M10*1.5*10T	1
33	Bolt cap D23*6.5	170LR-6-2779-B0	D23*6.5	2
34	Bolt M8*1.25*25	50108-2-0025-U0	M8*1.25*25	2
35L	Left crank	58007-6-1056-03	61/2"**9/16"-20UNF	1
35R	Right crank	58007-6-1057-03	61/2"**9/16"-20UNF	1
36	Handlebar	80502-6-2401-C1	D31.8*1.5T*550*363	1
37	T-shaped knob M8*1.25*65	51908-2-0065-B1	M8*1.25*65	1
38	Computer SM52012A-31	805E2-6-2501-B2	SM52012A-31	1
39	Upper computer cable 1000L	73002-6-2572-00	1000L	1
40	Lower computer cable 300L	805E2-6-2573-00	300L	1
41L	Left computer bracket	80500-6-2592-B0		1
41R	Right computer bracket	80500-6-2593-B0		1
42	Cover 80.6*56*52.5	80502-6-2481-B0	80.6*56*52.5	1
43	Flat washer D16*D8.5*1.2T	55108-1-1612-FA	D16*D8.5*1.2T	1
44	Spring washer D15.4*D8.2*2T	55108-2-1520-FA	D15.4*D8.2*2T	1
45	Bushing D8.2*D12.7*33	58002-6-1026-D0	D8.2*D12.7*33	1
46 L/R	Pedal	58029-6-1032-B0	JD-22A,9/16"	1
47	C-ring S-17 (1T)	55517-1-0010-00	S-17(1T)	1
48	Protective ring for chain cover	80500-6-4503-B0	60.5*72*7T	1
49	Bolt M6*1*15L	50106-5-0015-C0	M6*1*15L,8.8	4
50	Flat washer D30*D8.5*2T	55108-1-3020-NA	D30*D8.5*2T	1
51	Curved washer D22*D8.5*1.5T	55108-3-2215-FA	D22*D8.5*1.5T	8
52	Crank axle	803MC-3-2903-00		1
53	Spring washer D15.4*D8.2*2T	55108-2-1520-FA	D15.4*D8.2*2T	8
54	Sensor cable 150L	80202-6-2576-00	150L	1
55	Bearing #6003-2RS	58006-6-1018-01	6003-2RS	2
56	Nylon nut 3/8"-26UNF*6.5T	18600-6-3175-N1	3/8"-26UNF*6.5T	2
57	Flat washer D10*D24*0.4T	55110-1-2404-BF	D10*D24*0.4T	1
58	Fixing plate for idle wheel	24500-6-2674-N1	156*62.2*5T	1
60	Plastic flat washer D50*D10*1.0T	55110-1-5010-BF	D50*D10*1.0T	2

61	Idle wheel D42*D38*24	745S0-6-1671-00	D42*D38*24	1
62	Screw ST4.2*1.41*15L	53342-2-0015-N0	ST4.2*1.4*15L	4
63	Spacer D22.5*D17.2*6.4T	80700-6-2781-00	D22.5*D17.2*6.4T	1
64	Magnetic system	805E2-2-3100-00		1
65	Motor	73002-6-2571-00	26*105	1
66	Electric cable 350L	180E1-6-2596-00	350L	1
67	Anti-loose nut M6*1.0*6T	55206-1-2006-CA	M6*1*6T	4
68	Spring D2.2*D14*55L	58003-6-1013-N1	D2.2*D14*55L	1
69	Screw ST4*1.41*15L	50904-2-0015-D0	ST4*1.41*15L	2
70	Inner tube DD66*D52*170L	67500-6-1071-B1	D66*D52*170L	1
71	Buffer D9*D5.8*13	55306-4-0013-B9	D9*D5.8*13	1
72	Inner tube D71.5*108L	70802-6-1071-B0	D71.5*108L	1
73	Mushroom Cap D11/4**29L	553K0-1-0029-B3	D11/4**29L	2
74	Bolt M8*1.25*52L	50108-5-0052-N3	M8*1.25*52L	1
75	Anti-loose nut M8*1.25*8T	55208-1-2008-NA	M8*1.25*8T	1
76	Magnetic fixed plate	84002-3-3200-J1		1
77	Bolt M6*1*65L	50106-5-0065-N0	M6*1*65L,8.8	1
78	Spring D1.0*55L	58003-6-1054-N0	D1.0*55L	1
79	Nut M6*1*6T	55206-2-2006-NA	M6*1*6T	1
81	Nylon washer D6*D19*1.5T	55106-1-1915-B1	D6*D19*1.5T	1
82	Anti-loose nut M6*1*6T	55206-1-2006-NA	M6*1*6T	1
83	Screw ST4.2x1.4x20L	53342-2-0020-F0	ST4.2*1.4*20L	9

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.

Warranty periods

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

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.

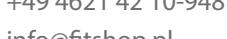
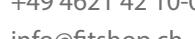
Service outside of the Warranty Period

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.

11 CONTACT

DE	DK	UK
<p>TECHNIK</p> <p> +49 4621 4210-900</p> <p> +49 4621 4210-698</p> <p> technik@fitshop.de</p> <p> Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statit7</p> <p>SERVICE</p> <p> 0800 20 20277 (kostenlos)</p> <p> 04621 4210 - 0</p> <p> info@fitshop.de</p> <p> Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statita</p>	<p>TEKNIK OG SERVICE</p> <p> 80 90 16 50</p> <p> +49 4621 4210-945</p> <p> info@fitshop.dk</p> <p> Åbningstider kan findes på hjemmesiden: https://stg.fit/statit7</p>	<p>CUSTOMER CARE</p> <p> +44 141 737 2249 or +44 141 876 3972</p> <p> customercare@fitshop.co.uk</p> <p> You can find the opening hours on our homepage: https://stg.fit/statitd</p>
	<p>FR</p> <p>TECHNIQUE & SERVICE</p> <p> +33 (0) 189 530984</p> <p> +49 4621 42 10 933</p> <p> info@fitshop.fr</p> <p> Vous trouverez les heures d'ouverture sur notre site Internet: https://stg.fit/statit4</p>	<p>BE</p> <p>TECHNIQUE & SERVICE</p> <p> 02 732 46 77</p> <p> +49 4621 4210 933</p> <p> info@fitshop.be</p> <p> Vous trouverez les heures d'ouverture sur notre site Internet: https://stg.fit/statit8</p>
<p>ES</p> <p>TECNOLOGÍA Y SERVICIOS</p> <p> 911 238 029</p> <p> info@fitshop.es</p> <p> Consulta nuestro horario de apertura en la página web: https://stg.fit/statit5</p>	<p>NL</p> <p>TECHNISCHE DIENST & SERVICE</p> <p> +31 172 619961</p> <p> service@fitshop.nl</p> <p> De openingstijden vindt u op onze homepage: https://stg.fit/statit3</p>	<p>INT</p> <p>TECHNICAL SUPPORT & SERVICE</p> <p> +49 4621 4210-944</p> <p> service-int@fitshop.de</p> <p> You can find the opening hours on our homepage: https://stg.fit/statita</p>
<p>PL</p> <p>DZIAŁ TECHNICZNY I SERWIS</p> <p> 22 307 43 21</p> <p> +49 4621 42 10-948</p> <p> info@fitshop.pl</p> <p> Godziny otwarcia można znaleźć na stronie głównej: https://stg.fit/statit6</p>	<p>AT</p> <p>TECHNIK & SERVICE</p> <p> 0800 20 20277 (Freecall)</p> <p> +49 4621 42 10-0</p> <p> info@fitshop.at</p> <p> Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statitb</p>	<p>CH</p> <p>TECHNIK & SERVICE</p> <p> 0800 202 027</p> <p> +49 4621 42 10-0</p> <p> info@fitshop.ch</p> <p> Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statit9</p>

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

www.fitshop.co.uk/storelocator

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WEBSHOP AND SOCIAL MEDIA

The Fitshop Group is Europe's largest specialist for home fitness equipment with currently 65 stores and one of the world's most renowned online mail order companies for fitness equipment.

Fitshop UK is part of the Fitshop Group. Private customers order via the 25 web shops in the respective national language or have their desired equipment assembled on site. In addition, the company supplies fitness studios, hotels, sports clubs, companies and physio practices with professional equipment for endurance and strength training.

The Fitshop group 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.

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Notes

Notes



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