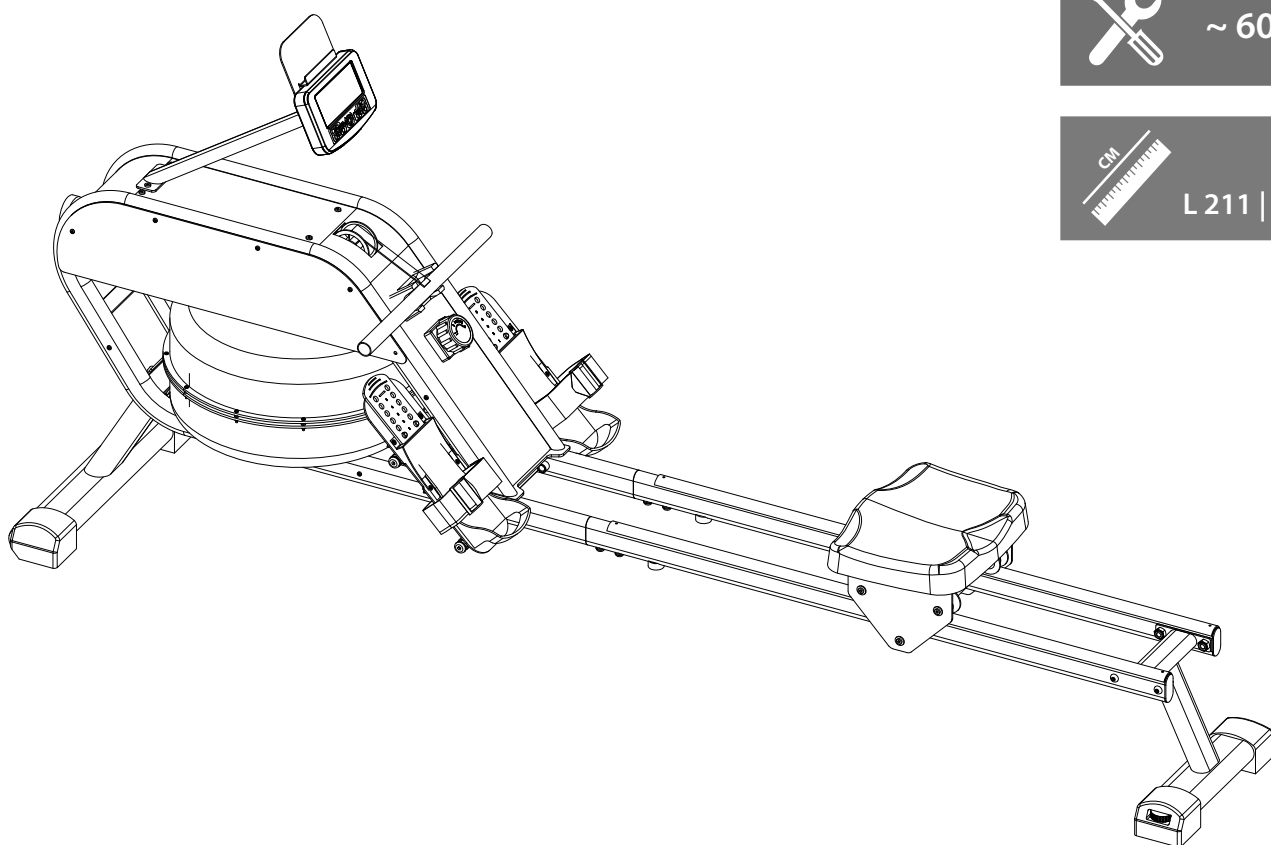




## Assembly and Operating Instructions



max. 120 kg



~ 60 Min.



36 kg

L 211 | W 48 | H 100

FSUKCSTBALTIC.03.01

SKU: CST-BALTIC-3

**Rowing Machine BALTIC**



# Content

<b>1</b>	<b>GENERAL INFORMATION</b>	<b>8</b>
1.1	Technical Data	8
1.2	Personal Safety	9
1.3	Electrical Safety	10
1.4	Set-Up Place	11
<b>2</b>	<b>ASSEMBLY</b>	<b>12</b>
2.1	General Instructions	12
2.2	Scope of Delivery	13
2.3	Assembly	16
2.4	Battery Replacement	22
2.5	Filling and Emptying the Tank	23
<b>3</b>	<b>OPERATING INSTRUCTIONS</b>	<b>24</b>
3.1	Console Display	24
3.2	Button Functions	25
3.3	Switch on and Standby Mode	27
3.4	Setting Training Values	27
3.5	Heart Rate Measurement	28
3.6	Reset Training Values	28
3.7	Workout tips	29
3.7.1	Training clothes	29
3.7.2	Warming up and stretching	29
3.7.3	Medication	30
3.7.4	Used muscle groups	30
3.7.5	Exercise frequency	30
3.8	Workout journal	32
<b>4</b>	<b>STORAGE AND TRANSPORT</b>	<b>33</b>
4.1	General Instructions	33
4.2	Transportation Wheels	33
<b>5</b>	<b>TROUBLESHOOTING, CARE AND MAINTENANCE</b>	<b>34</b>
5.1	General Instructions	34
5.2	Faults and Fault Diagnosis	35
5.3	Error Codes and Troubleshooting	35
5.4	Maintenance and Inspection Calendar	36
<b>6</b>	<b>DISPOSAL</b>	<b>36</b>

<b>7</b>	<b>RECOMMENDED ACCESSORIES</b>	<b>37</b>
<b>8</b>	<b>ORDERING SPARE PARTS</b>	<b>38</b>
8.1	Serial Number and Model Name	38
8.2	Parts List	39
8.3	Exploded Drawing	41
<b>9</b>	<b>WARRANTY</b>	<b>42</b>
<b>10</b>	<b>CONTACT</b>	<b>44</b>

**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.co.uk](http://www.fitshop.co.uk) or [www.cardiostrong.de](http://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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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:

- + Training time in minutes
- + Training time in minutes/500m
- + Distance in metres
- + Pulse in beats per minute
- + Calorie consumption in cal
- + Strokes per minute
- + Strokes
- + Total strokes

Resistance system:

Capacity of water tank:

Manual programmes:

Batteries:

Water resistance

10 L

1

2 x AAA batteries (not in scope of delivery)

### Weight and dimensions:

Article weight (gross, including packaging):

40 kg

Article weight (net, without packaging):

35.5 kg

Packaging dimensions (L x W x H):

112.5 cm x 45 cm x 43 cm

Set-up dimensions (L x W x H):

211.4 cm x 48.2 cm x 100 cm

Maximum user weight:

120 kg

Use class:

H

Brake system:

speed-dependent



## 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.
- + 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.
- + The appliance must be set up on a stable and level surface.

### **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.
- + 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.
- + The safety level of the equipment can only be maintained if it is regularly checked for damage and wear.
- + To protect the equipment from use by unauthorised third parties, always remove the power cable (if existing) when not in use and store it in a safe place that is inaccessible to unauthorised persons (e.g. children).

## 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.

## 1.4 Set-Up Place

### ⚠ WARNING

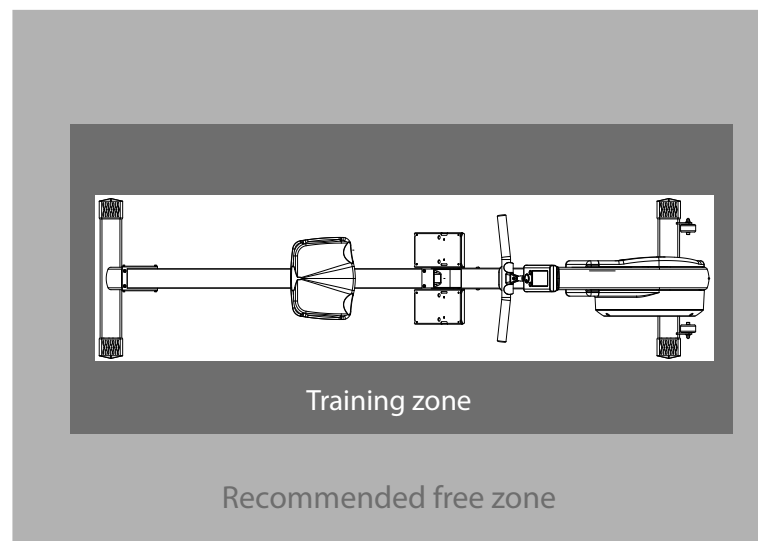
- + Do not place the equipment in main corridors or escape routes.

### ⚠ 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. Make sure that you leave at least 30 cm on each side of the equipment and at least 15 cm in front of and behind the equipment as a training zone. This is the minimum required area in order to safely use the equipment. The recommended free zone around the equipment should be at least 60 cm on each side and 45 cm in front of and behind 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 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.





## 2.2 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

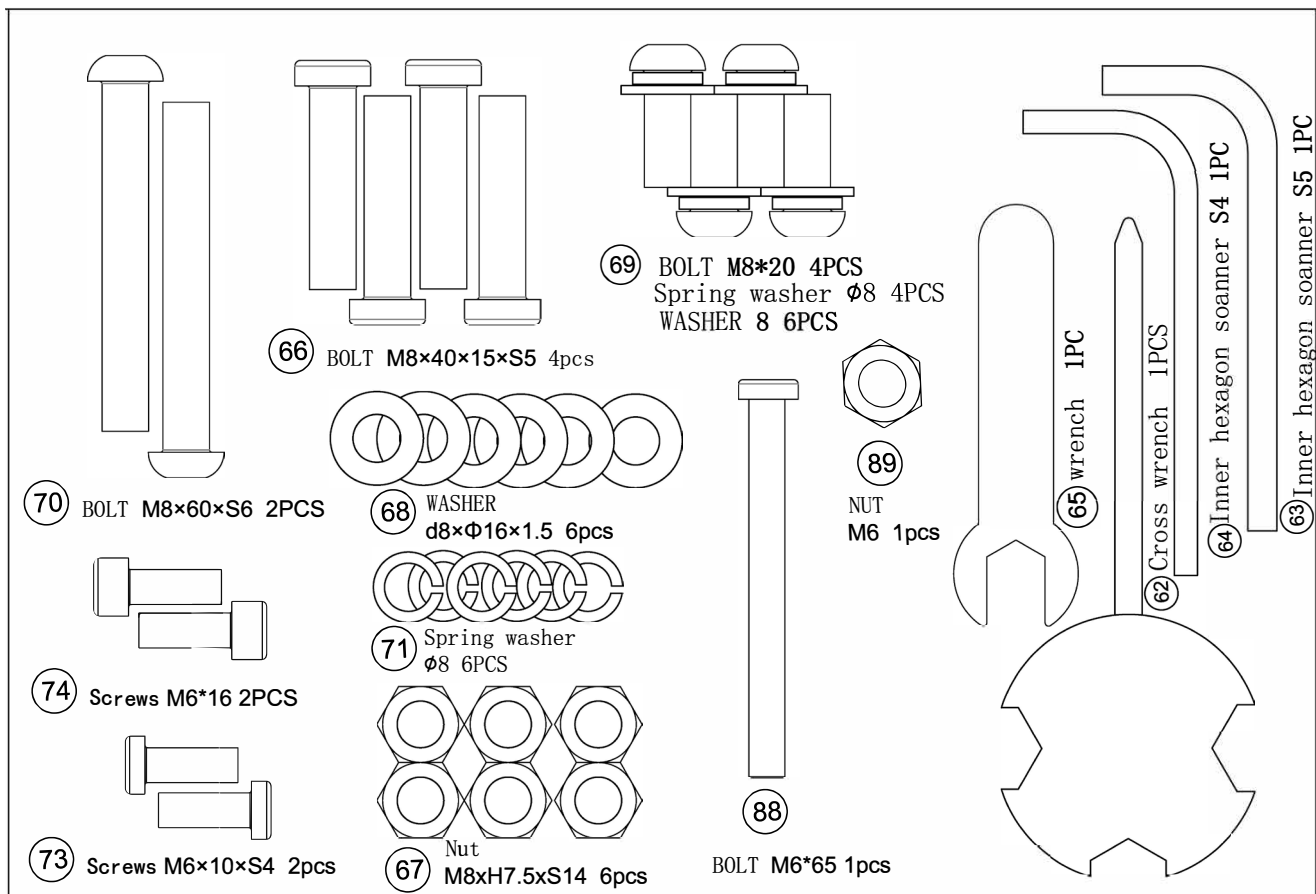
If parts of the scope of delivery are missing or damaged, the assembly must not be carried out.

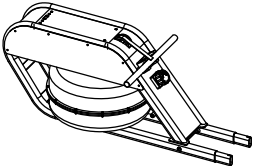
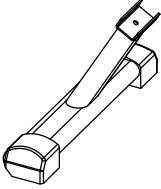
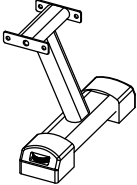
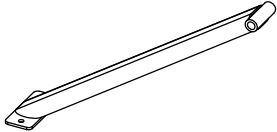
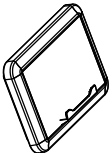
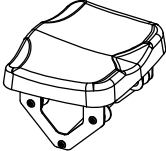

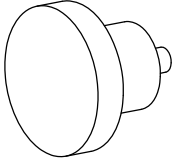
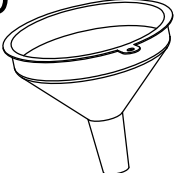
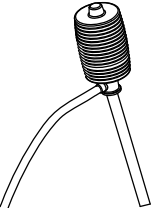
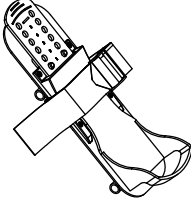




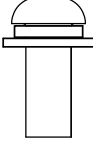
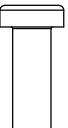
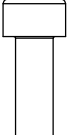
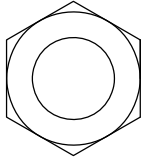

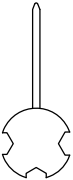

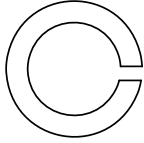



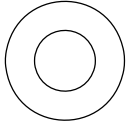

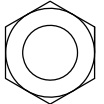
### NOTICE

Batteries are not included in the scope of delivery. The following batteries are required:  
2 x AAA batteries

Required tools: In the hardware pack

Solid wrench (62), Allen wrench (63), Allen wrench (64), solid wrench (65).



1 	3 	4 	8 
7 	54 	9 	46 
60 	61 	5 	6 
22 	70 	66 	69 
73 	74 	67 	14 
62 	63 	71 	65 
88 	64 	68 	48 
	89 		

<b>Art. No.</b>	<b>Description</b>	<b>Specification</b>	<b>Qty.</b>
1	Mainframe		1
3	Front stabilizer assembly		1
4	Rear stabilizer		1
8	Display support assembly		1
7	Display		1
54	Saddle		1
9	Guide rail		2
46	Rubber foot pad		1
60	Funnel		1
61	Manual pumper		1
5	Left pedal assembly		1
6	Right pedal assembly		1
22	Pedal shaft		4
70	Inner hex pan head bolt	M8×60×S6	2
66	Inner hex flat head bolt	M8×40×15	4
69	Inner hex pan head assembly	M8×20	4
73	Inner hex flat head bolt	M6×10×S4	2
74	Inner hex cylinder head bolt	M6*16 S5	2
67	Nylon nut	M8xH7.5	6
14	Tablet holder		1
62	Solid wrench	13,14,15	1
63	Allen wrench S5	30*80*5 S5	1
64	Allen wrench S4	25*80*4 S4	1
71	Spring washer	D8	6
65	Solid wrench	10	1
88	Inner hex flat head bolt	M6*65	1
89	Nylon nut	M6	1
68	Washer	D8	10
48	Limitation block		2

## 2.3 Assembly

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

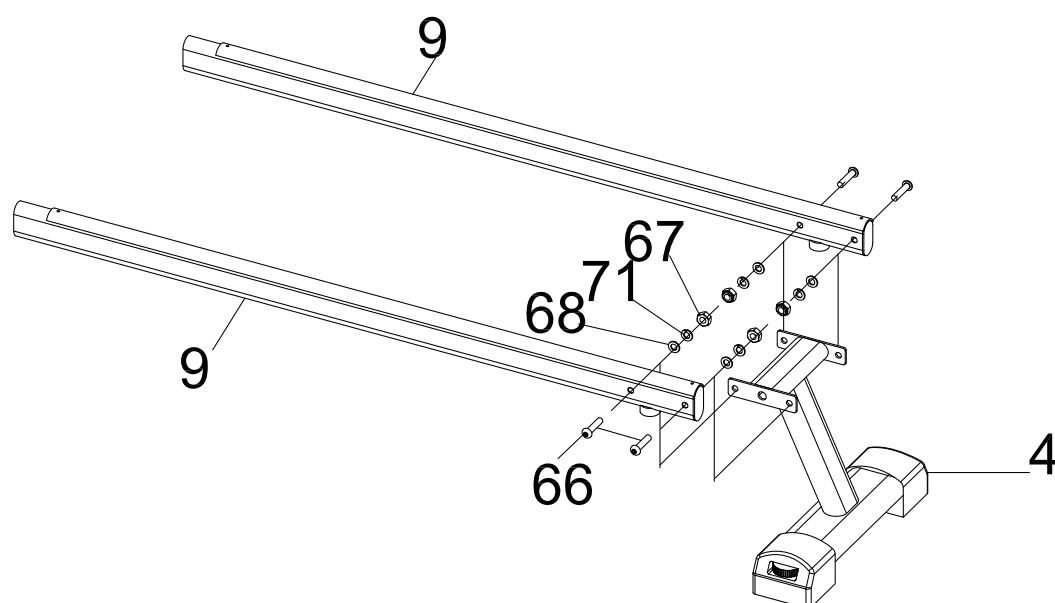
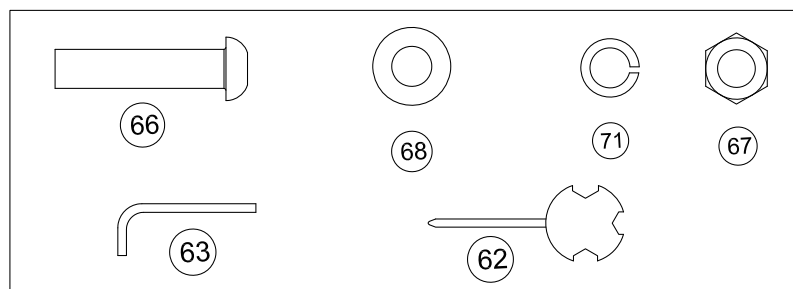
### ① NOTICE

- + First loosely screw all parts together and check that they fit properly. 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 Rails

1. Assemble the two rail assemblies (9) to the rear stabilizer assembly (4) with four inner hex flat head bolts (66), four spring washers (71), four washers (68) and four nylon nuts (67).

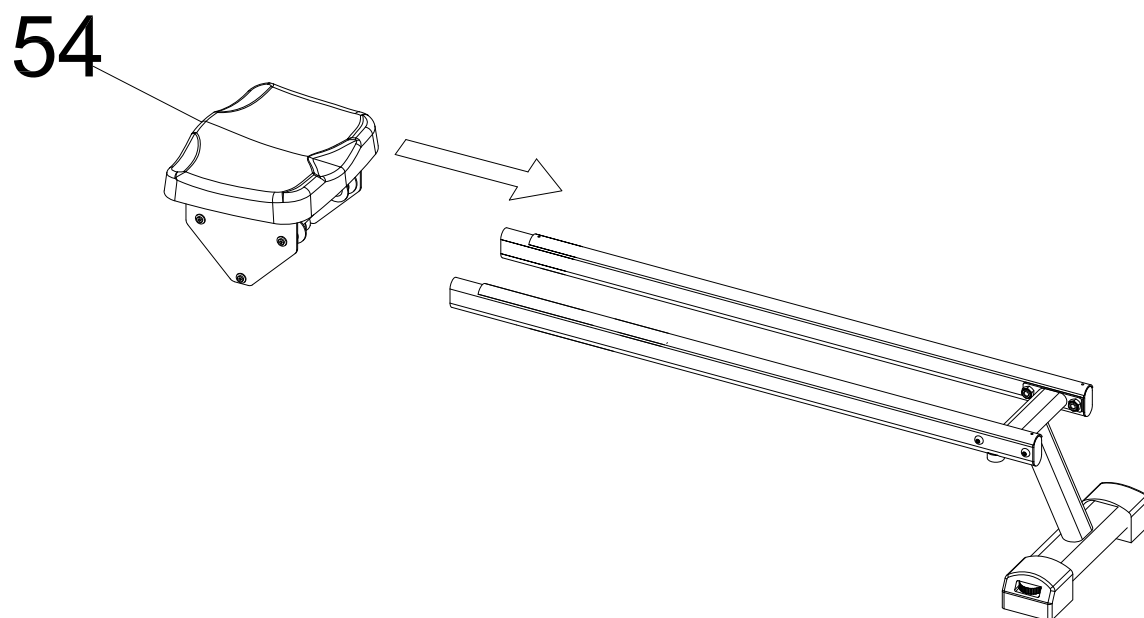
Use the Allen wrench (63) and the solid wrench (62).





## Step 2: Assembly of the Saddle

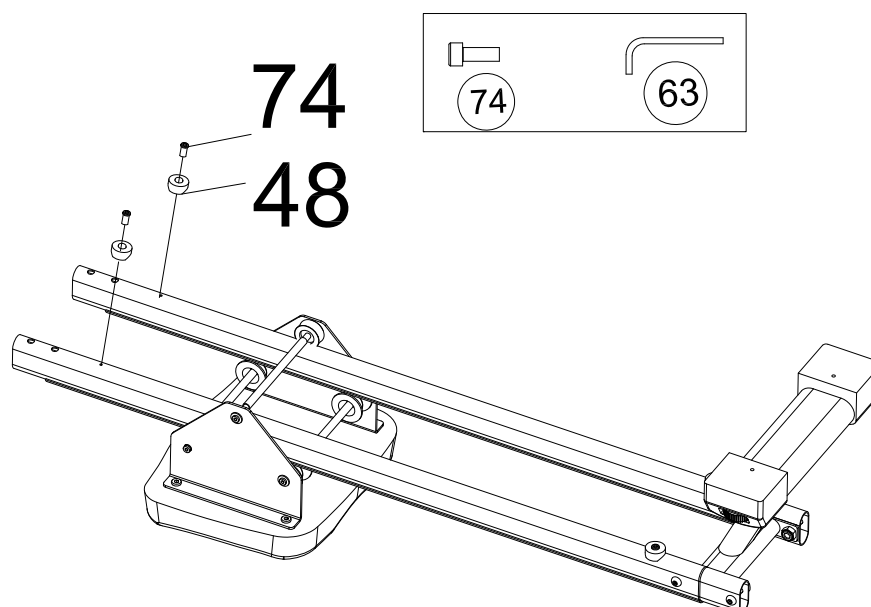
1. Slide the saddle (54) onto the rail assemblies (9).



## Step 3: Assembly of the Limitation Blocks

1. Turn the assembly around.
2. Assemble the two limitation blocks (48) to the rail assemblies (9) with two inner hex cylinder head bolts (74).

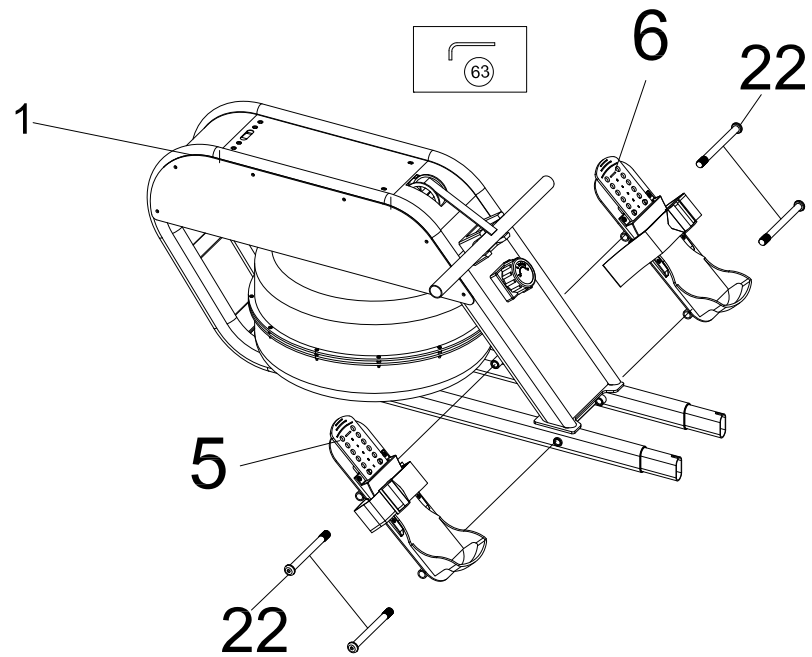
*Use the Allen wrench (63).*



#### Step 4: Assembly of the Pedals

1. Assemble the left and right pedal assemblies (5 & 6) to the mainframe assembly (1) with two pedal shafts (22) each.

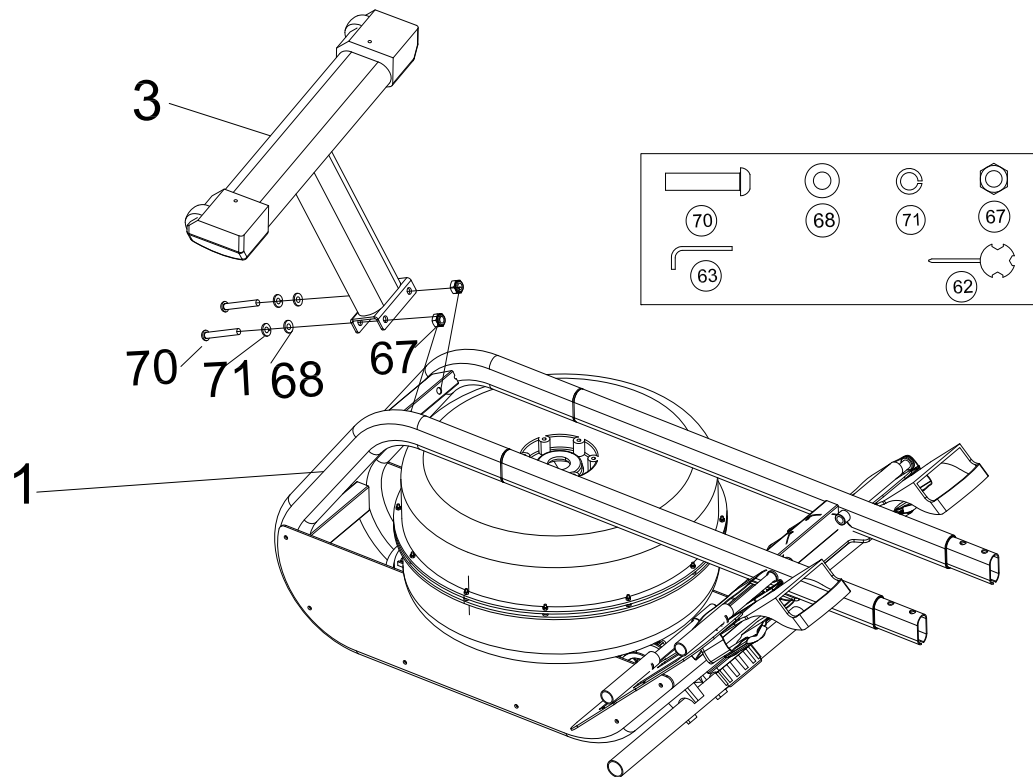
Use the Allen wrench (63).



#### Step 5: Assembly of the Front Stabilizer

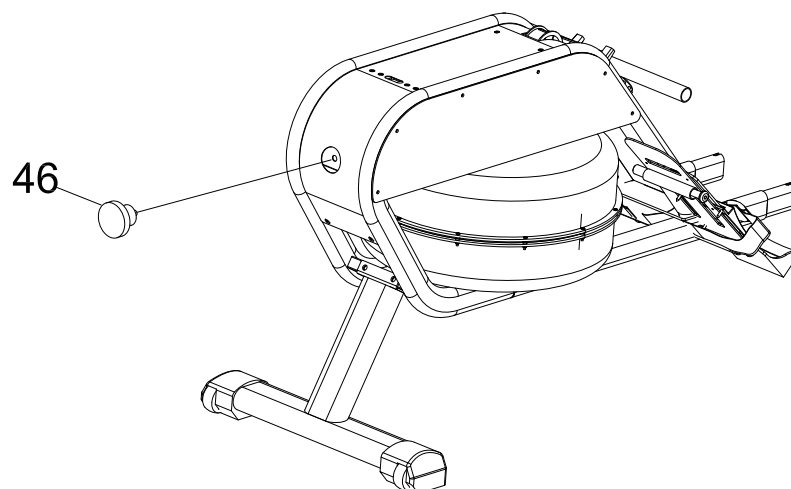
1. Turn the mainframe assembly (1) around.
2. Assemble the front stabilizer (3) to the mainframe assembly (1) with two inner hex pan head bolts (70), two spring washers (71), two washers (68) and two nylon nuts (67).

Use the Allen wrench (63) and the solid wrench (62).



### Step 6: Assembly of the Rubber Foot Pad

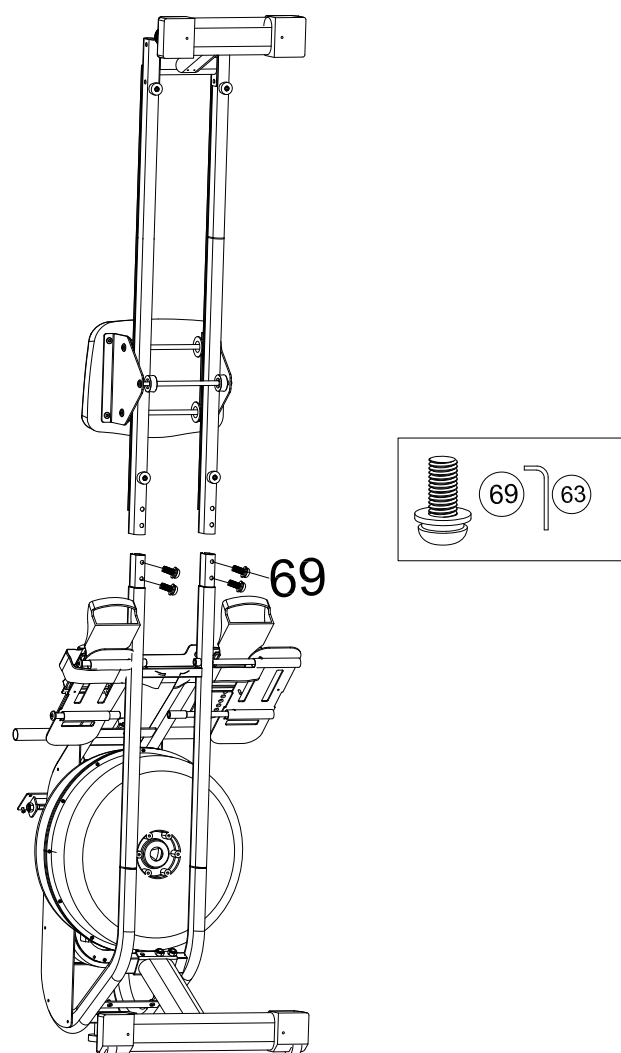
1. Fix the rubber foot pad (46) to the water tank.



### Step 7: Assembly of the Rails

1. Assemble the mainframe assembly (1) to rail assemblies (9) with two inner hex pan head assembly bolts (69).

*Use the Allen wrench (63).*



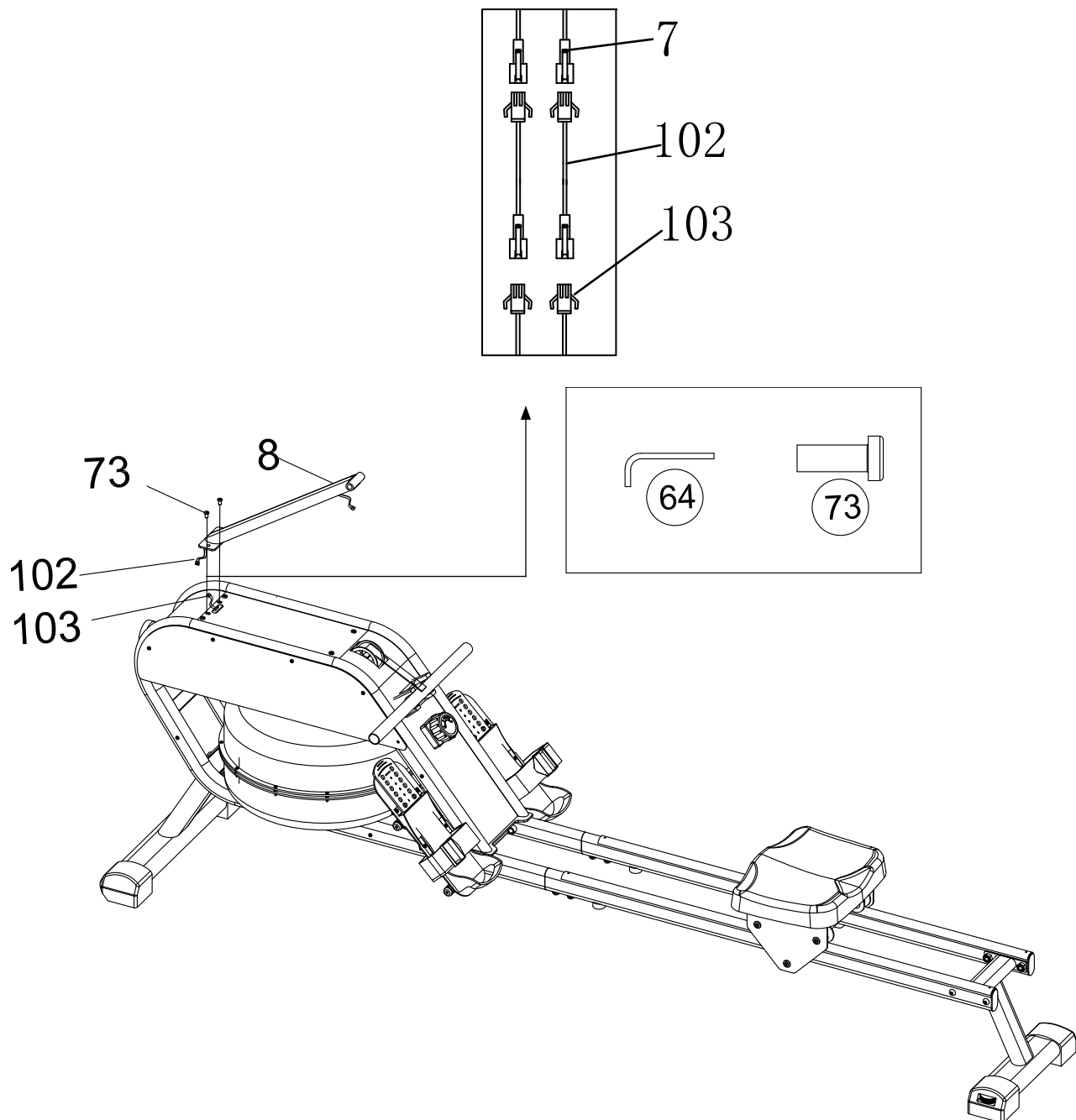
## Step 8: Cable Connection

### ► ATTENTION

Be careful not to pinch the cables when carrying out the next steps.

1. Connect the sensor wire (103) of the tank with the extension wire (102).
2. Insert the cable connection into the display support tube (8).
3. Assemble the display support tube (8) to the mainframe assembly (1) with two inner hex flat head bolts (73).

Use the Allen wrench (64).



## Step 9: Assembly of the Display

### ⓘ NOTICE

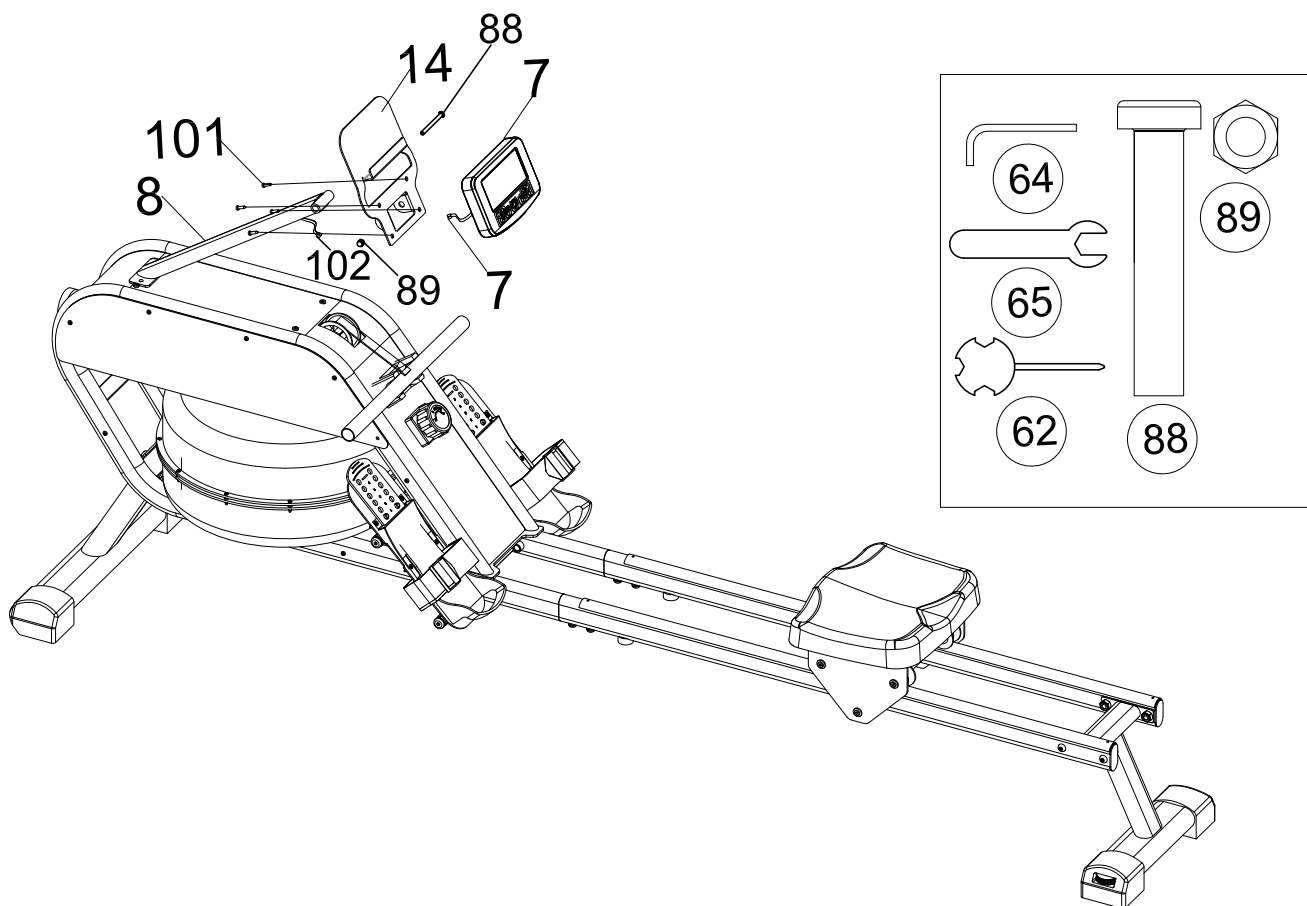
The screws (101) are preassembled to the display (7).

1. Remove the four screws (101) from the display (7).
2. Assemble the tablet holder (14) to the display support tube (8) with one inner hex flat head bolt (88) and one nylon nut (89).
3. Pull the extension wire (102) through the opening of the tablet holder (14).
4. Connect the extension wire (102) to the cable of the display (7).
5. Assemble the display (7) to the tablet holder (14) with four screws (101).

Use the the Allen wrench (64), solid wrench (65) and solid wrench (62).

6. Tighten all bolts and nuts.

→ *The assembly is done.*



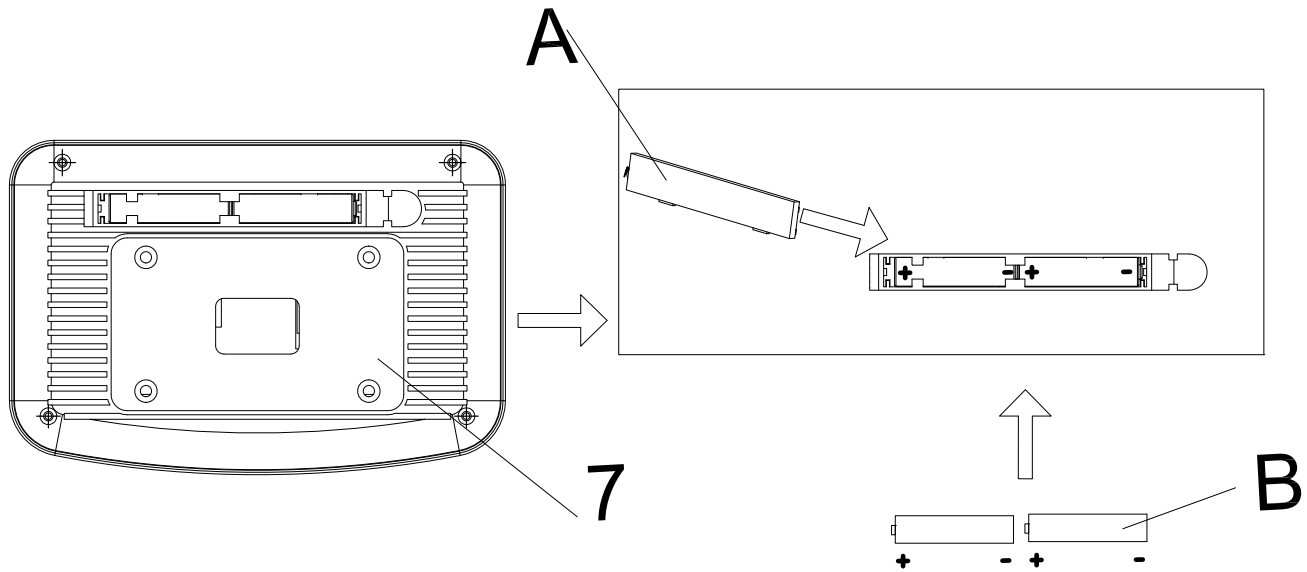
### Step 10: Alignment of the feet

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.

## 2.4 Battery Replacement

1. Open the battery compartment (A) on the back of the display (7).
2. Remove the batteries.
3. Insert two new AAA batteries (B).
4. Close the battery compartment (A).



## 2.5 Filling and Emptying the Tank

### ⚠ CAUTION

The water inside the tank must not be drunk and must be disposed of after use.

### ► ATTENTION

- + Fill the tank only with tap water. Do not use distilled water.
  - + Do not fill the water tank above the maximum capacity, this may void the warranty. The maximum filling quantity can be found in the section on the water level in this chapter.
  - + To prevent algae formation, limescale and possible damage to the tank, we recommend the use of chlorine tablets. Only use chlorine tablets for rowing machines.
1. Remove the water tank plug (37) from the water tank.
  2. Filling the tank: Place the funnel (60) in the tank opening and fill the tank using the manual pumper (61) or a measuring cup and a bucket.
  3. Emptying the tank: Place a bucket next to the rowing machine and pump the water with the manual pumper (61) from the tank into the bucket.
  4. After filling or emptying the tank, insert the water tank plug (37) into the tank and wipe off excess water from the frame.

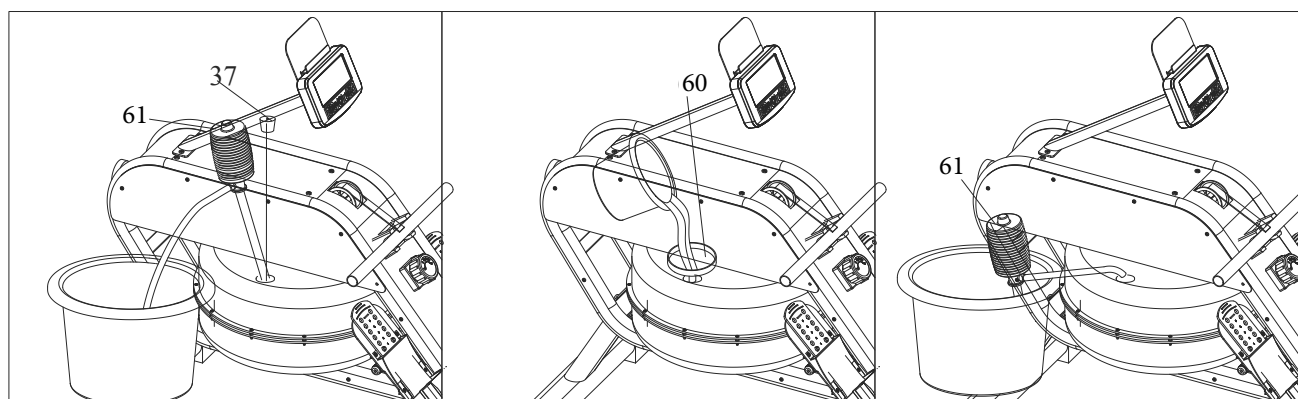
### Water level

The water level indicator is located on the tank. The minimum level for filling is 1, the maximum level for filling is 6. The resistance is determined by the amount of water in the tank.

### ► ATTENTION

The maximum capacity is 10 litres. Do not fill the tank beyond its maximum value.

Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
min. 5 L	6 L	7 L	8 L	9 L	max. 10 L

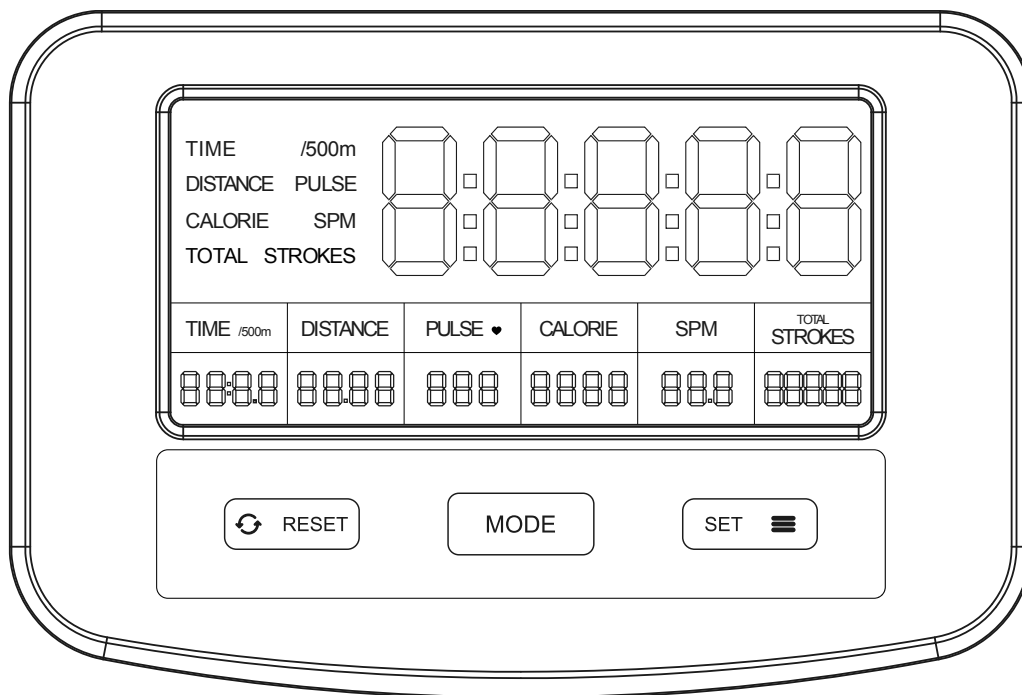


### 3 OPERATING INSTRUCTIONS

**NOTICE**

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



<b>TIME</b>	<ul style="list-style-type: none"> <li>+ Displays the training time in minutes</li> <li>+ Display range: 0:00 - 99:59 minutes</li> <li>+ Setting range: 0:00 - 99:00 minutes (in 1:00 increments)</li> </ul>
<b>TIME/500m</b>	<ul style="list-style-type: none"> <li>+ Displays the training time needed to finish 500m of rowing</li> <li>+ Display range: 0:00 - 99:59 minutes</li> <li>+ Setting range: 0:00 - 99:00 minutes (in 1:00 increments)</li> </ul>
<b>DISTANCE</b>	<ul style="list-style-type: none"> <li>+ Displays the covered rowing distance in meters</li> <li>+ Display range: 0 - 99999 meters</li> <li>+ Setting range: 0 - 99999 meters (in 8 increments)</li> </ul>
<b>PULSE</b>	<ul style="list-style-type: none"> <li>+ Displays the pulse in bpm</li> <li>+ Display range: 40 - 240 bpm</li> </ul>



<b>CALORIE</b>	<ul style="list-style-type: none"> <li>+ Displays your calorie consumption in cal</li> <li>+ Display range: 0 - 9999 cal</li> <li>+ Setting range: 0 - 9999 cal (in 1 increments)</li> </ul>
<b>SPM</b>	<ul style="list-style-type: none"> <li>+ Displays the strokes per minute</li> <li>+ Display range: 0 - 999</li> </ul>
<b>STROKES</b>	<ul style="list-style-type: none"> <li>+ Displays the number of strokes</li> <li>+ Display range: 0 - 9999</li> <li>+ Setting range: 0 - 9999 (in 1 increments)</li> </ul>
<b>TOTAL STROKES</b>	<ul style="list-style-type: none"> <li>+ Displays the strokes since battery replacement</li> <li>+ Display range: 0 - 99999</li> </ul>

### 3.2 Button Functions

<b>RESET</b>	<ul style="list-style-type: none"> <li>+ During exercise: Resets the training value of the selected parameter to 0</li> <li>+ During non-exercise: Resets the training value of all parameters to 0 (exception: TOTAL STROKES)</li> </ul>
<b>MODE</b>	<ul style="list-style-type: none"> <li>+ During exercise: Fixes one parameter on the display (Fig. 1)</li> <li>+ During non-exercise: <ul style="list-style-type: none"> <li>+ Switches among the parameters</li> <li>+ Resets the training value of all parameters to 0 (exception: TOTAL STROKES)</li> </ul> </li> </ul>
<b>SET</b>	<ul style="list-style-type: none"> <li>+ During exercise: Switches from TIME to TIME/500m and STROKES to TOTAL STROKES (Fig. 2)</li> <li>+ During non-exercise: Set training values</li> </ul>

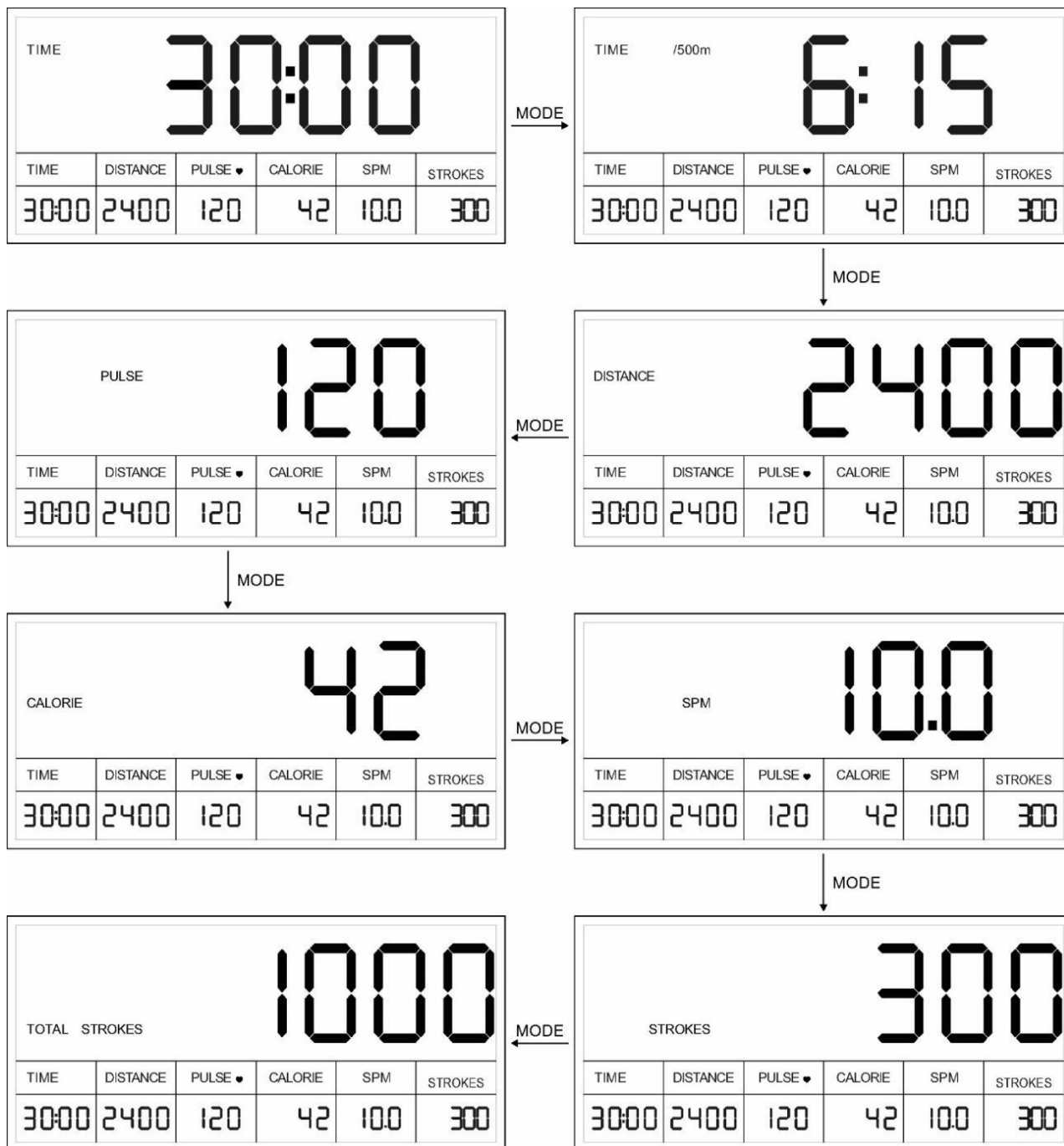


Fig. 1

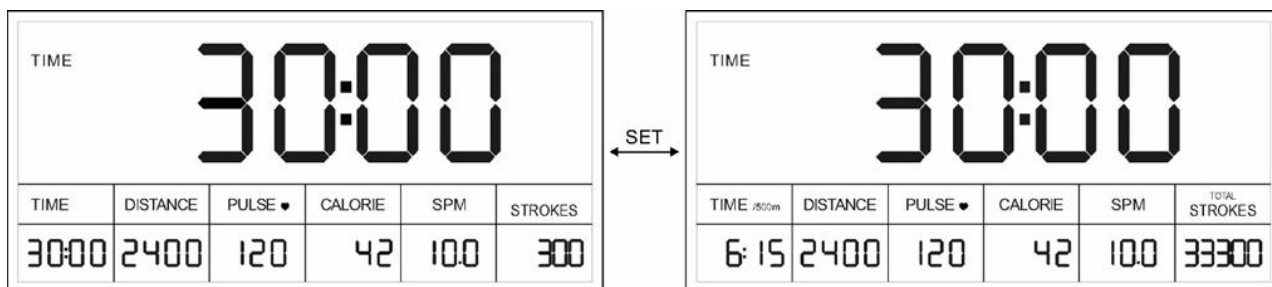


Fig. 2

## 3.3 Switch on and Standby Mode

### Switch on

The console switches on once the batteries are inserted.

### Standby mode

If there is no signal input within 4 minutes, the console switches into standby mode. To exit standby mode, press a button on the console.

## 3.4 Setting Training Values

Set your parameters.

### ⓘ NOTICE

Set the parameters prior to your training.

### The following parameters can be set:

- + TIME
- + DISTANCE
- + CALORIE
- + STROKES

1. Press MODE.

*The set parameter flashes.*

2. Press SET and adjust your training value.
3. Press MODE to jump to the next parameter.
4. Repeat the steps for the remaining parameters.

### ⓘ NOTICE

The parameters flash in the following order:

TIME → DISTANCE → CALORIES → STROKES

*The training starts and the training values count down.*

### ⓘ NOTICE

Every 6 seconds the parameters flash in the following order:

TIME → TIME/500m → DISTANCE → CALORIES → SPM → STROKES → TOTAL STROKES

→ *A sound is played once the training values are counted down.*

### ⓘ NOTICE

Once the countdown is over, the training values start to count up.

## 3.5 Heart Rate Measurement

### **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.

### **NOTICE**

An optional 5.3 KHz chest strap is required for this function.

Press MODE repeatedly to get to PULSE.

## 3.6 Reset Training Values

Reset your training values with MODE or RESET.

### **NOTICE**

- + The training values can only be set during non-exercise.
- + The training values for TOTAL STROKES cannot be reset.

### **MODE**

Press MODE for 3 seconds to reset all training values.

### **RESET**

Press RESET for 3 seconds to reset all training values.

## 3.7 Workout tips

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.

To get tips for a safe and effective training, use the QR-code provided.



### 3.7.1 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.

### 3.7.2 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.

### 3.7.3 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.

### 3.7.4 Used muscle groups

Rowing uses the following muscle groups:

- + Back muscles
- + Shoulder muscles
- + Arm muscles
- + Abdominal muscles
- + Leg muscles

Make sure you keep your back straight during training. Do not hunch over and do not arch your back. Do not fully extend your legs, but keep a slight bend in the backwards movement.



### 3.7.5 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.

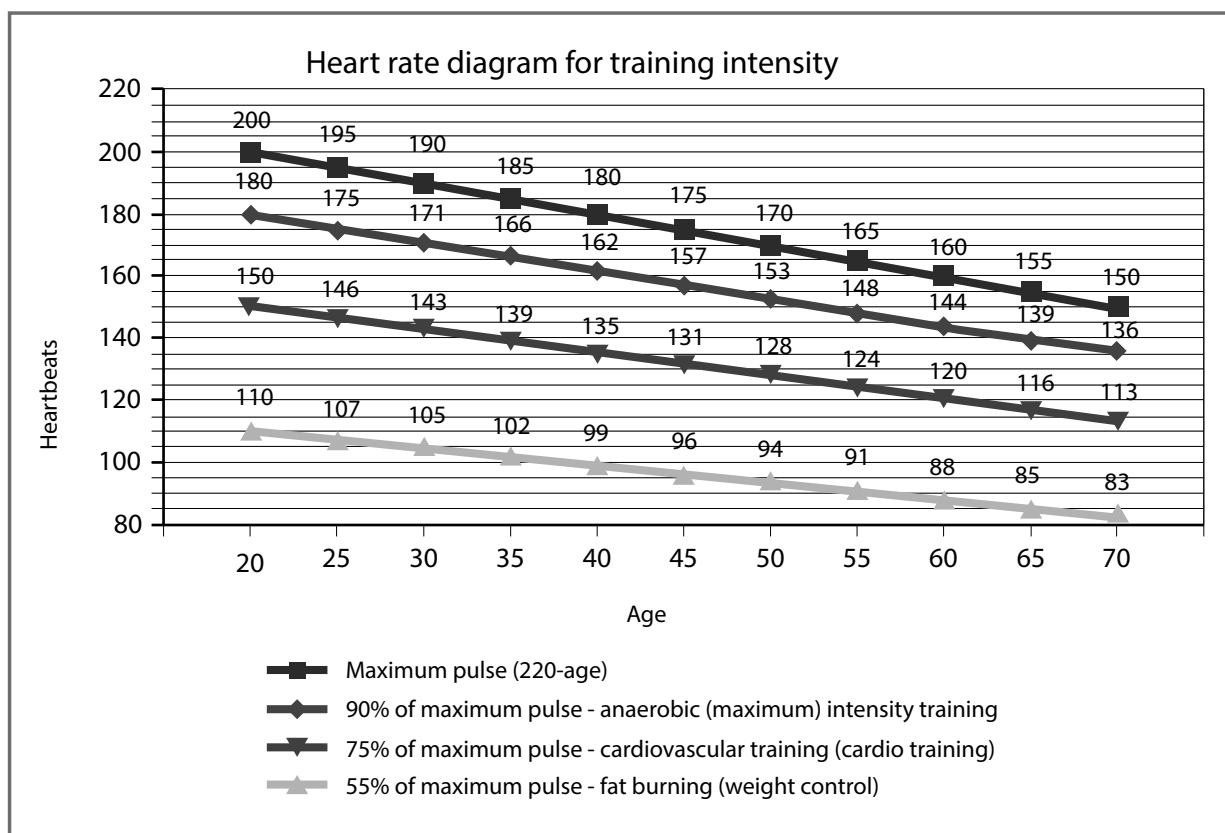
**Cardiovascular training (cardio training):** The primary goal is to increase stamina and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training period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







### 4.1 General Instructions

#### ⚠ WARNING

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

#### ▶ ATTENTION

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

### 4.2 Transportation Wheels

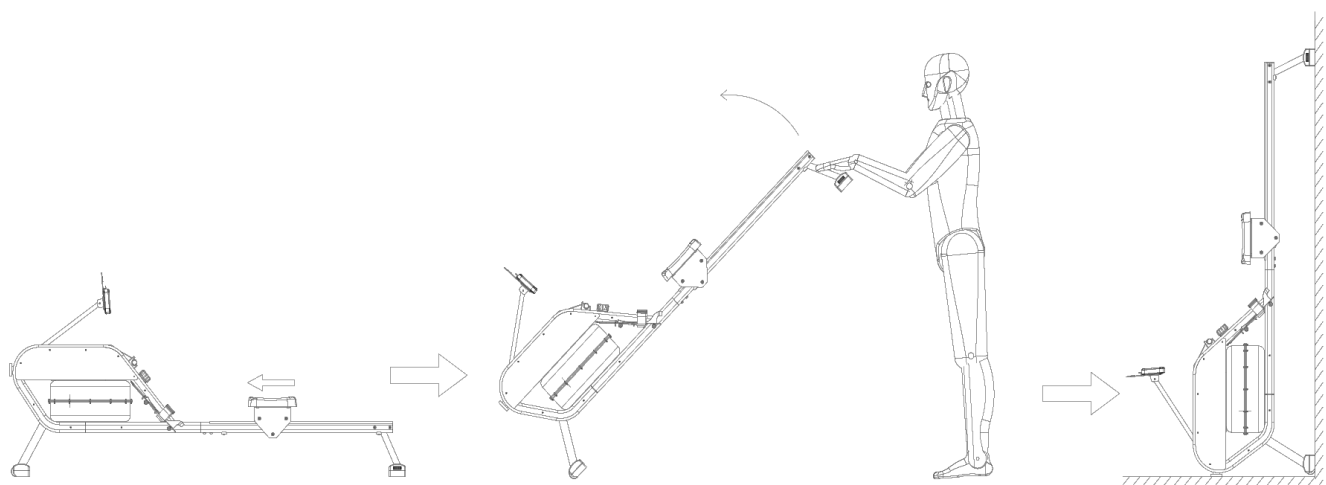
#### ▶ ATTENTION

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

1. Stand behind the equipment and lift it until the weight is transferred to the transportation wheels. After that, you easily can move the equipment to a new position. For long transport distances the equipment should be disassembled and safely packed.
2. Select the new location by following the instructions in the section 1.4 of this manual.

#### Upright storage

1. Position the saddle in front of the limitation blocks.
2. Lift the device by the rear stabilizer.
3. Store the device.



## 5.1 General Instructions



### **WARNING**

- + Do not make any improper changes to the equipment.
- + To maintain the safety level of the equipment, it must be checked regularly for damage and wear - especially on the foot straps, fasteners, handle hoses and seat.



### **CAUTION**

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



### **ATTENTION**

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

## 5.2 Faults and Fault Diagnosis

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

Fault	Cause	Solution
LCD error – software error etc.	Console has no power supply	<ul style="list-style-type: none"> <li>+ Hold Reset to start the console again.</li> <li>+ Start the console again by disconnecting the power cable for about 15 seconds.</li> <li>+ Disconnect and connect again all cable connections, see assembly instructions.</li> <li>+ Contact a service technician of your contract partner.</li> </ul>
Squeaking noises on the guide rails	Guide rails or rollers dirty or guide rails dry	Clean the guide rails and then lubricate them with a suitable lubricant
App cannot be updated	<ul style="list-style-type: none"> <li>+ Outdated version</li> <li>+ Other Error</li> </ul>	<ul style="list-style-type: none"> <li>+ Uninstall and reinstall the app.</li> </ul>

## 5.3 Error Codes and Troubleshooting

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

**Please contact the contract partner for technical support.**

## 5.4 Maintenance and Inspection Calendar

To avoid damage from 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
Display console	C	I		
Cleaning and lubrication of slide rail and moving parts*		C/I		
Cushions	C			
Plastic covers	C	I		
Screws and cable connections		I		
Water colour/Chlorine**				I
Legend: C = clean; I = inspect				

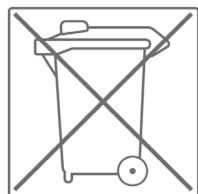
\*Make sure to always clean the slide rails and moving parts before re-lubricating.

\*\* To avoid algae formation and deposits in the tank, chlorine tablets must be used regularly. This should be done approx. every 3-6 months and depends, among other things, on the direct sunlight. In general, the brighter the set-up location, the more frequently you must put a chlorine tablet into the tank. The water does not need to be changed.

Water colour for rowing machines can be purchased as an optional accessory to colour the water in the water tank. Please note that the water colour already contains chlorine. Therefore, do not use water colour with additional chlorine tablets, as these neutralise the colour.

## 6 DISPOSAL

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



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

## 7 RECOMMENDED ACCESSORIES

To make your training experience even more efficient and pleasant, we recommend that you add suiting accessories to your fitness equipment. For rowing machines 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. We also recommend the use of **rowing gloves**. For rowing machines with water resistance, be sure to purchase chlorine tablets.

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



floor mat



chlorine tablets

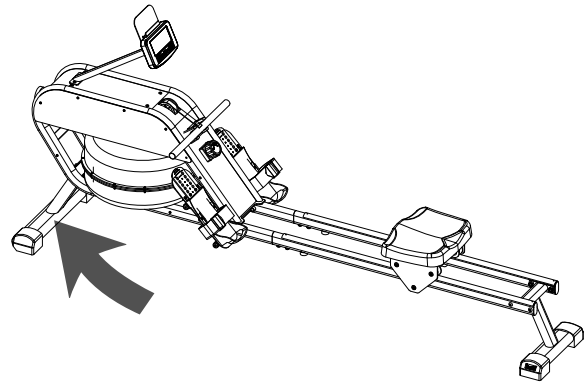
## 8.1 Serial Number and Model Name

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

**NOTICE**

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

Enter the serial number in the appropriate field.



**Serial number:**

**Brand / Category:**

**Model Name:**

**SKU:**

## 8.2 Parts List

No.	Name	Qty.	No.	Name	Qty.
1	Mainframe	1	33	Pedal adjustment pad	2
2	Spiral spring assembly	1	34	Foot fixing band	2
3	Front stabilizer assembly	1	35	Handlebar seat	1
4	Rear stabilizer assembly	1	36	Sleeve	2
5	Pedal assembly	1	37	Water tanker plug	1
6	Pedal support assembly	1	38	Big pulley	1
7	Display post assembly	1	39	Upper sleeve	1
8	Display support	1	40	Small belt wheel	2
9	Guide rail assembly	2	41	Handlebar foam	2
10	Handlebar	1	42	Front adjustable end cap_L	1
11	Saddle supprot assembly	2	43	Front adjustable end cap_R	1
12	Top cover	1	44	Adjustable end cap_L	1
13	Top frame	1	45	Adjustable end cap_L	1
14	Tablet holder	1	46	Rubber foot pad	1
15	Fixing pin	1	47	Oval end cap	2
16	Belt wheel shaft	3	48	Limitation block	4
17	Side rail	2	49	Left protective board	1
18	Limited wheel shaft 1	1	50	Right protective board	1
19	Seat shaft	2	51	Magnet wheel	1
20	U-shaped baffle	2	52	16 level resistance controller	1
21	Adjustable bolt	2	53	Belt	1
22	Pedal shaft	4	54	Saddle	1
23	Magnet	1	55	Saddle roller assembly	4
24	Metal alloy	8	56	PVC sleeve 7	4
25	Bottom water tanker cover	1	57	PVC sleeve	2
26	Top water tanker cover	1	58	Limitation wheel	2
27	Blade	1	59	Wire holder	1
28	Sealing ring	1	60	Funnel	1
29	Rubber ring	1	61	Manual pumper	1
30	Water tanker sleeve	1	62	Solid wrench S13/14/15	1
31	Pull back assembly	1	63	Allen wrench S5	1
32	Bottom pedal plate	2	64	Allen wrenc S4	1

65	Solid wrench S10	1	86	Small pulley sleeve	2
66	Inner hex pan head bolt	4	87	Cross pan head self-drilling screw	16
67	Nylon nut	6	88	Inner hex flat head bolt	1
68	Washer	8	89	Nylon nut	1
69	Inner hex pan head assembly bolt	4	90	Washer	6
70	Inner hex pan head screw	2	91	Cross pan head screw	12
71	Spring washer	6	92	Cross pan head screw	3
72	Display screw	4	93	Inner hex pan head bolt	4
73	Inner hex flat head screw	18	94	Rivet	4
74	Inner hex cylinder head bolt	6	95	Washer	4
75	Ball bearing 6000ZZ	6	96	Spring washer	2
76	Ball bearing 6904ZZ	1	97	Nut	2
77	Ball bearing	1	98	Flange nut	2
78	Inner hex pan head bolt	12	99	Circlip for shaft	10
79	Big pulley sleeve	1	100	Corrugated waster	4
80	Inner hex flat head bolt	6	101	Cross pan head self-drilling screw	2
81	Cross pan head screw	12	102	Extension wire	1
82	Nylon nut	12	103	Sensor wire	1
83	Inner hex pan head bolt	1			
84	Washer	1			
85	Spring washer	1			





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.

## 10 CONTACT

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

# WE LIVE FITNESS

## WEBSHOP AND SOCIAL MEDIA

The Fitshop Group is Europe's largest specialist for home fitness equipment with currently 70 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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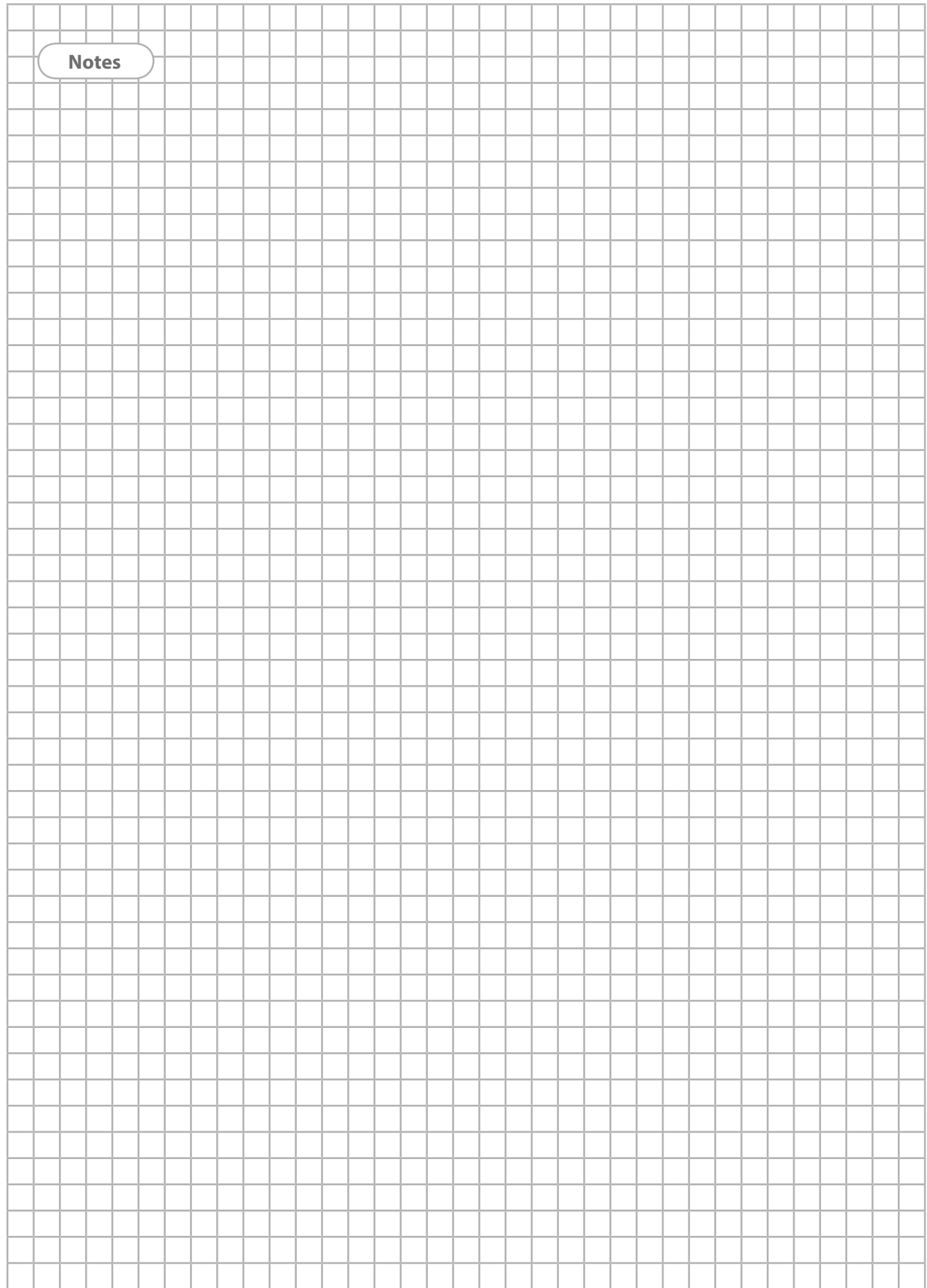
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Notes







**Rowing Machine BALTIC**