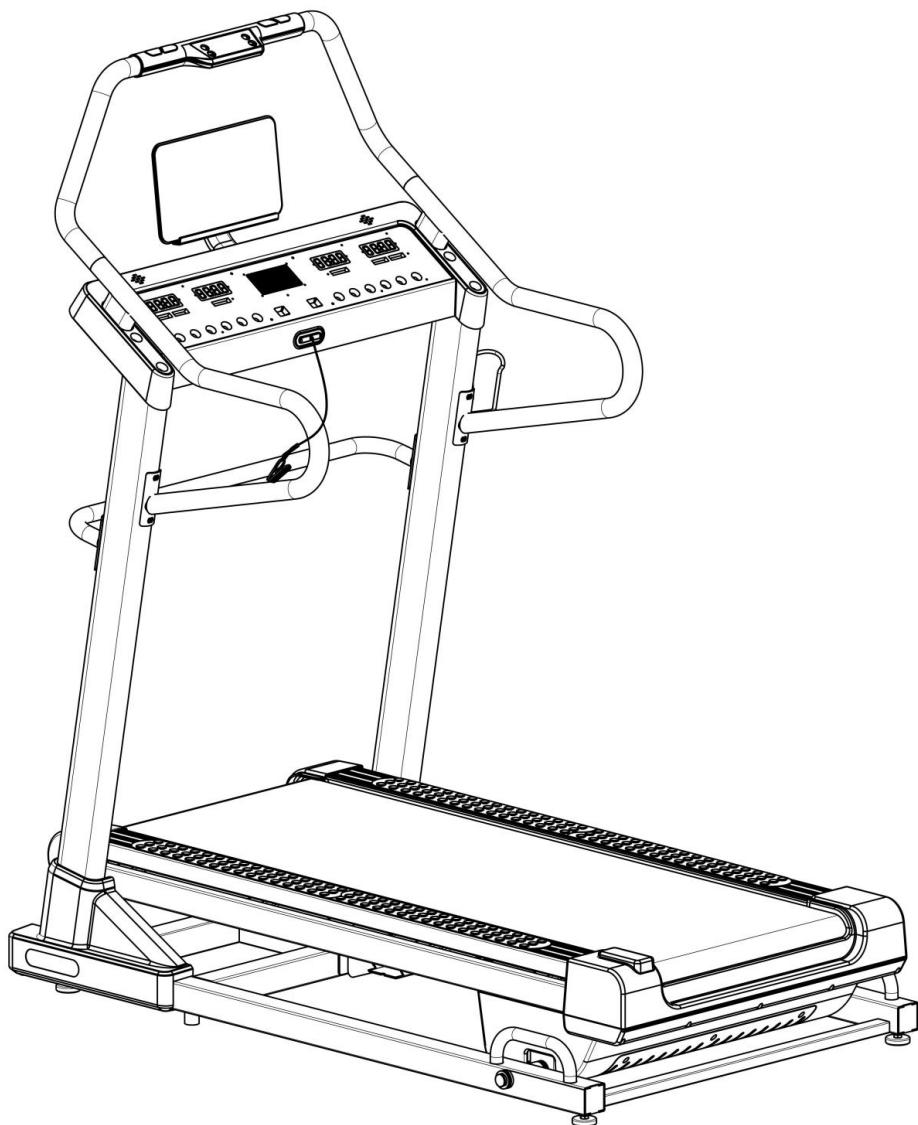




Assembly and Operating Instructions



KG	max. 135 kg
 ~ 60 Min.	~ 60 Min.
CM	89 kg L 154 B 93 H 164

FSUKCSTIT70.01.01

SKU: CST-IT70

cardiostrong IT70



2



IT70



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Dear customer,

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

LED display of

- + speed in km/h
- + training time in min
- + training distance in km
- + calories burnt in kcal
- + heart rate (when using the hand sensors or a chest strap)
- + incline in %

Motor output:	2.5 HP continuous output (DC motor)
Speed range:	0.8 - 16 km/h
Speed hot keys:	3
Incline range:	-3 % - 40 %
Incline hot keys:	3
Total number of training programmes:	21
Pre-set programmes:	18 incl. 2 user-defined programmes
Heart rate-oriented programmes:	2
Body fat test:	1
Running surface size (L x W):	140 cm x 50 cm

Weight and dimensions:

Article weight (gross, including packaging):	107 kg
Article weight (net, without packaging):	89 kg
Packaging dimensions (L x W x H):	169.5 cm x 92.5 cm x 38 cm
Set-up dimensions (L x W x H):	154 cm x 92.6 cm x 163.6 cm
Maximum user weight:	135 kg
Use class:	H

1.2 Personal Safety

DANGER

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

WARNING

- + This equipment may not be used by children under the age of 14.
- + Children should not be allowed unsupervised access to the equipment.
- + Persons with disabilities must have a medical license and must be under strict observation when using the equipment.
- + The equipment is strictly for use by one person at a time.
- + If your equipment provides a safety key, the clip of the safety key must be attached to your clothing before starting your training. In the event of a fall, the EMERGENCY STOP of the equipment can be initiated.
- + If an emergency occurs and training has to be stopped abruptly, pull out the safety key, grab both handles, jump onto the side rails and wait until the treadmill has 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.
- + Be aware that if adjustment devices are left protruding, they may impede the user's movement.
- + The safety level of the appliance can only be maintained if it is regularly checked for damage and wear.

► **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 (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.
- + 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.
- + Hereby, Fitshop GmbH declares that the radio equipment type Wireless Connection (2.402 – 2.480 GHz) complies with Directive 2014/53/EU. The full text of the EU Declaration of Conformity is available at the following website: www.fitshop.com.

1.4 Set-Up Place

⚠️ WARNING

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

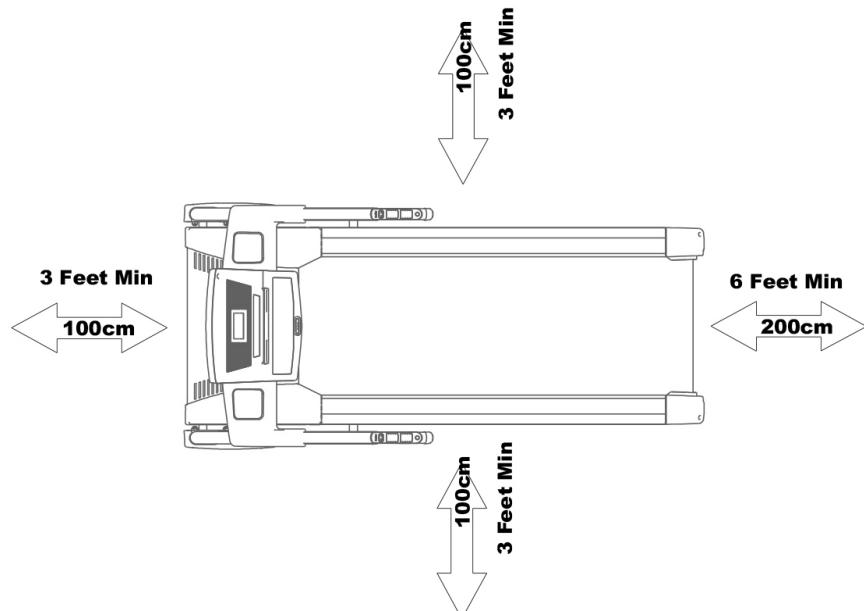
⚠️ CAUTION

- + Make sure that there is a safety area behind the treadmill with a length of at least 2 m and a width at least equal to the width of the treadmill.
- + 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.

Recommended free zone:



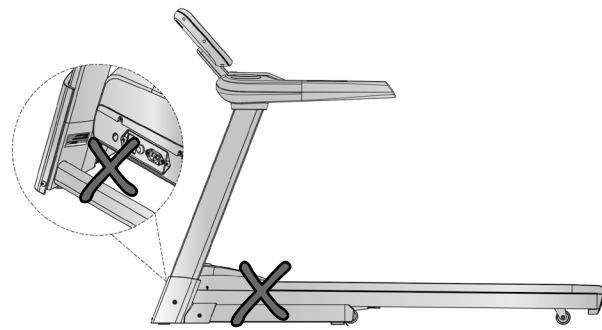
2.1 General Instructions

⚠ 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

⚠️ WARNING

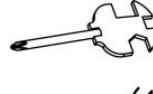
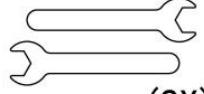
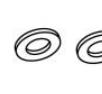
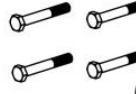
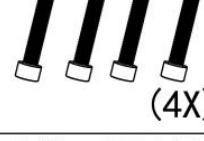
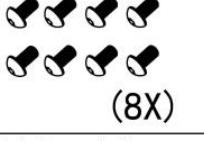
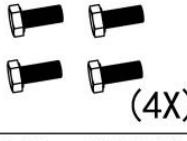
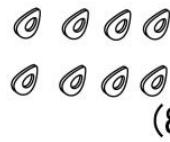
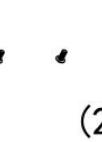
There is a transportation lock that prevents the treadmill from opening during transport. This transportation lock must be removed before assembly.

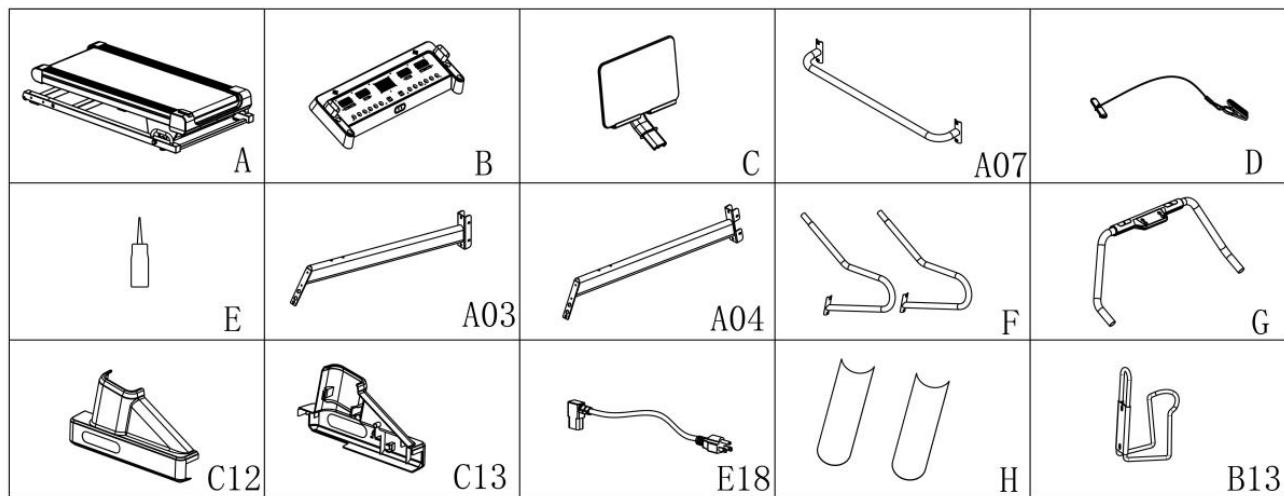
The scope of delivery consist of the following parts. At the beginning, check whether all parts and tools belonging to the device are included in the scope of delivery and whether damage has occurred. In the event of complaints, the contractual partner must be contacted directly.

⚠️ CAUTION

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

Required tools: Allen key, screw driver, wrench

B06 S5	B07 S6	B08 S13 14 15	B11 17#
 (1X)	 (1X)	 (1X)	 (2X)
D18 M6*12	D01 $\phi 6$	D02 M10	D06 M10*70
 (2X)	 (2X)	 (4X)	 (4X)
D46 M8*90	D13 M8*40	D14 M8*15	D15 M8*15
 (4X)	 (4X)	 (8X)	 (4X)
D39 $\phi 8$	D43 M6*10	D44 $\phi 6$	D45 M5*12
 (8X)	 (4X)	 (4X)	 (2X)



NO.	DES.	Specification	Nos.	NO.	DES.	Specification	Nos.
A	Main frame		1	F	Armrest component set		2
B	Console base		1	G	Upper armrest component set		1
C	IPAD holder set		1	C12	Left Upright Tube Cover		1
A07	Front bend pipe component		1	C13	Right Upright Tube Cover		1
D	Safety key set		1	E18	Power wire		1
E	Silicone oil		1	H	Cover for Left and right armrest		2
A03	Left upright tube		1	B13	Bottle holder		1
A04	Right upright tube		1				

2.3 Assembly

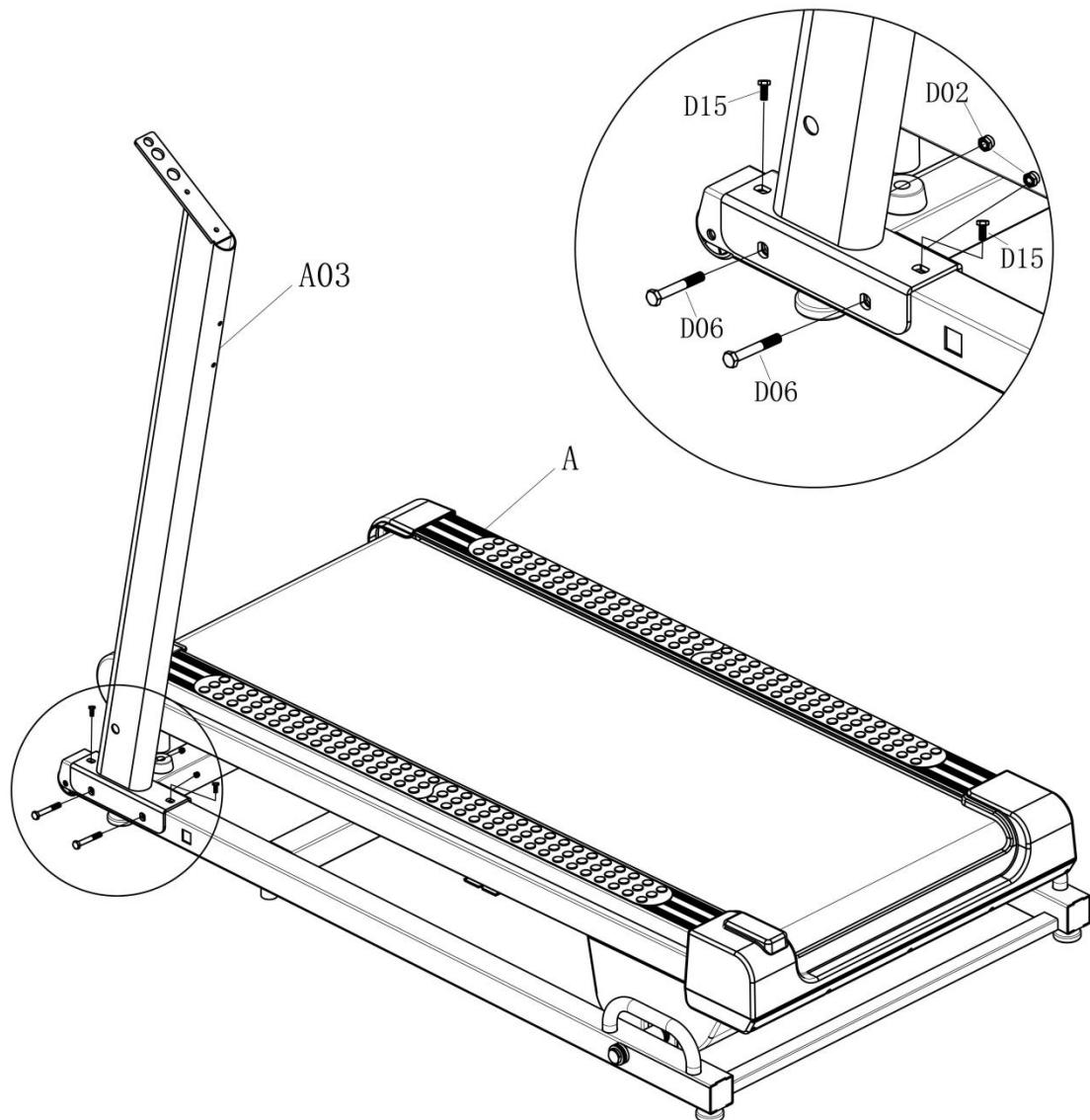
Before assembly, take a close look at the individual assembly steps shown and carry out the assembly in the order given.

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.
- + 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 the Adobe Acrobat Reader programme must be installed on your end device in order to open the file.

Step 1: Assembly of the Left Upright Tube

1. Fix the left upright tube (A03) to the base frame (A) with two bolts (D06), two bolts (D15) and two nuts (D02).



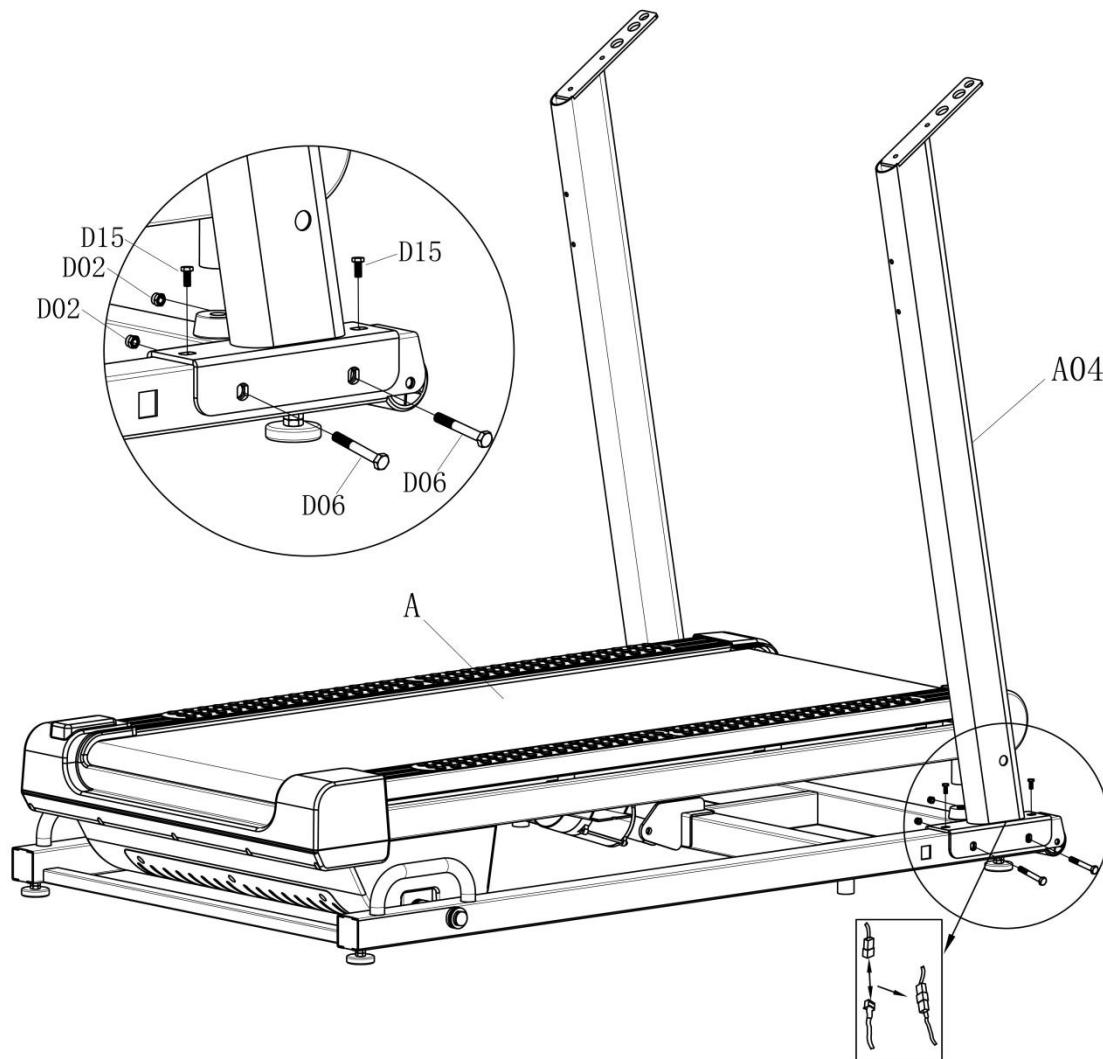
	D02 M10	D15 M8*15	D06 M10*70
	 (2X)	 (2X)	 (2X)
B11 17#		B08 S13 14 15	
	 (2X)	 (1X)	

Step 2: Assembly of the Right Upright Tube

► ATTENTION

Be careful not to pinch the cables in the following step.

1. Connect the two cables with one another.
2. Fix the right upright tube (**A04**) to the base frame (**A**) with two bolts (**D06**), two bolts (**D15**) and two nuts (**D02**).



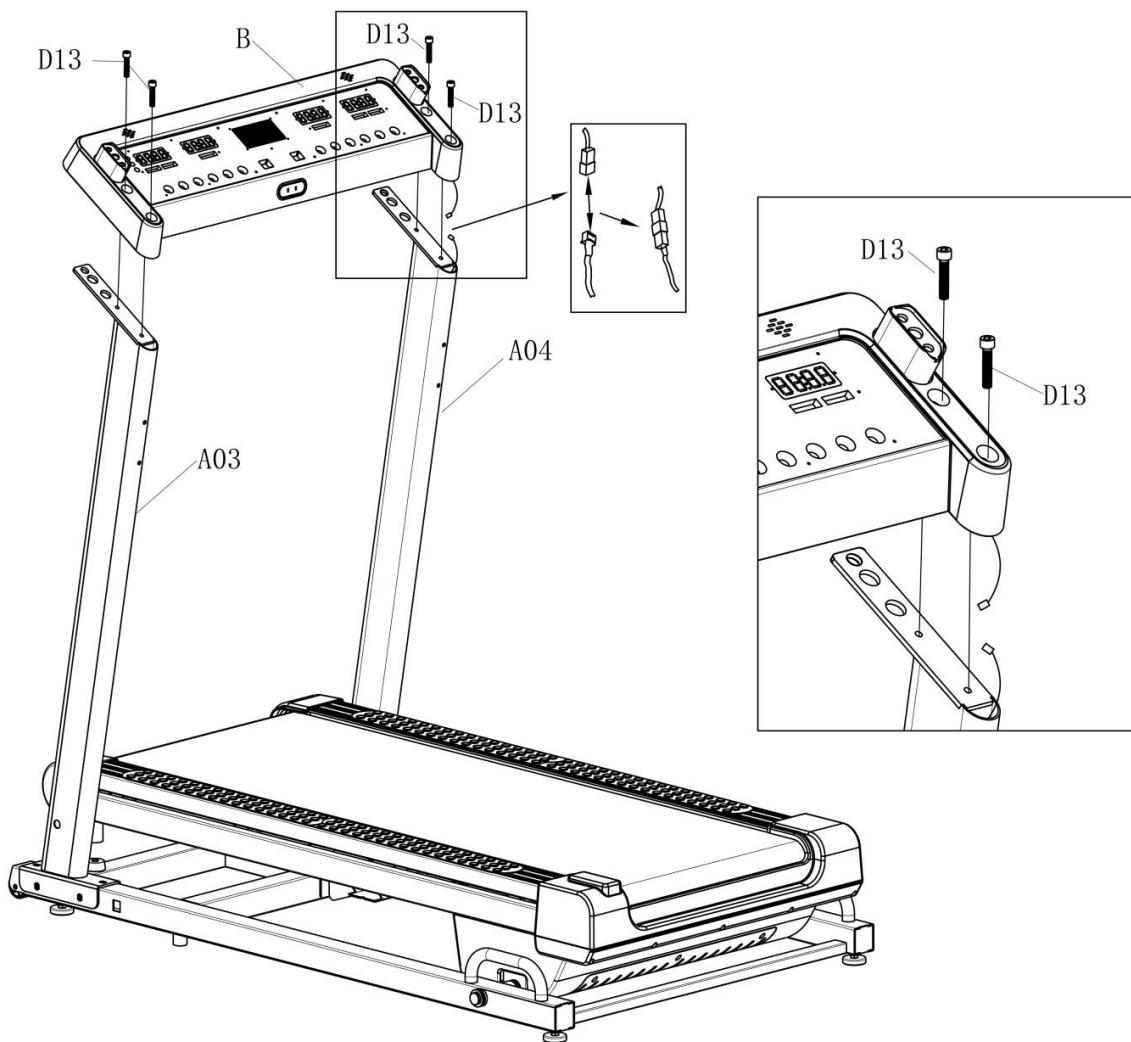
D02 M10	D15 M8*15	D06 M10*70
● ● (2X)	● ● (2X)	● ● (2X)
B11 17#	B08 S13 14 15	
● ● (2X)	● ● (1X)	

Step 3: Assembly of the Console

► ATTENTION

Be careful not to pinch the cables in the following step.

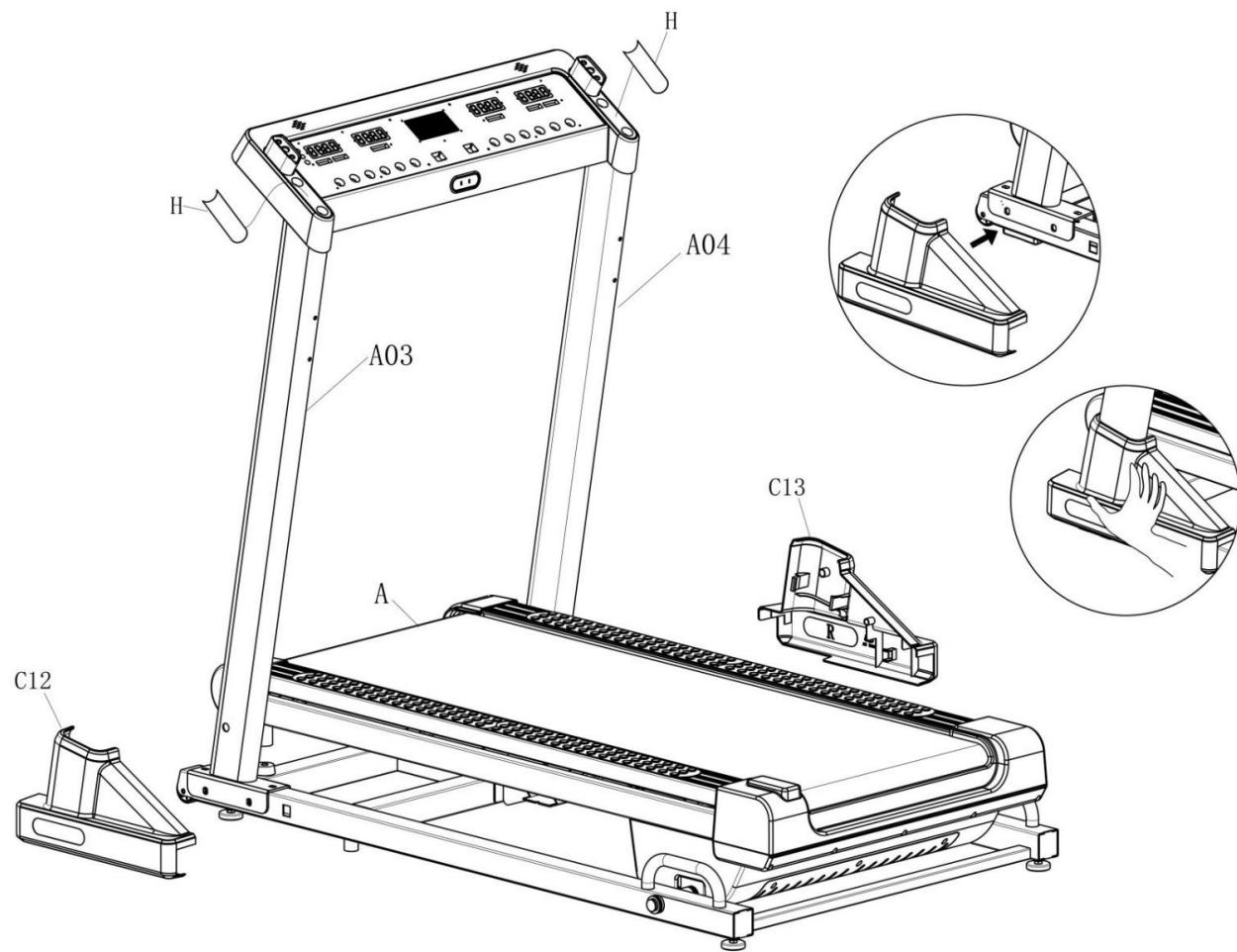
1. Connect the two cables with one another.
2. Fix the console (B) to the left and right upright tube (A03 & A04) with four bolts (D13).

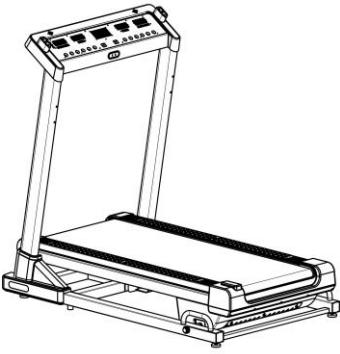


B	D13 M8*40	B07 S6
	(4X)	

Step 4: Assembly of the Covers

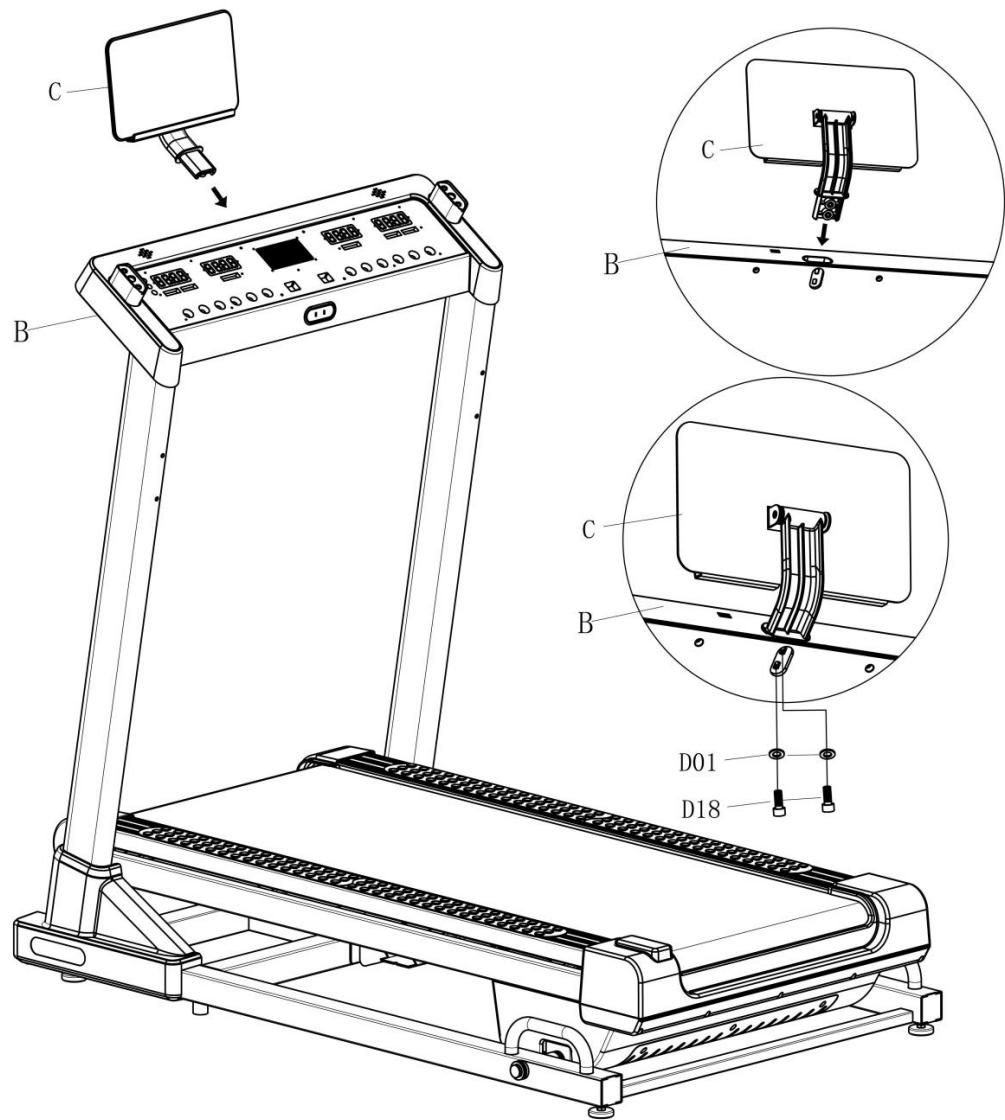
1. Attach the covers for the left and right armrest (H) to the console (B)
2. Attach the left and right upright tube covers (C12 & C13) to the base frame (A).



	C12	C13	H
	 (1X)	 (1X)	

Step 5: Assembly of the Tablet Holder

1. Fix the tablet holder (C) to the console (B) with two bolts (D18) and two flat washers (D01).



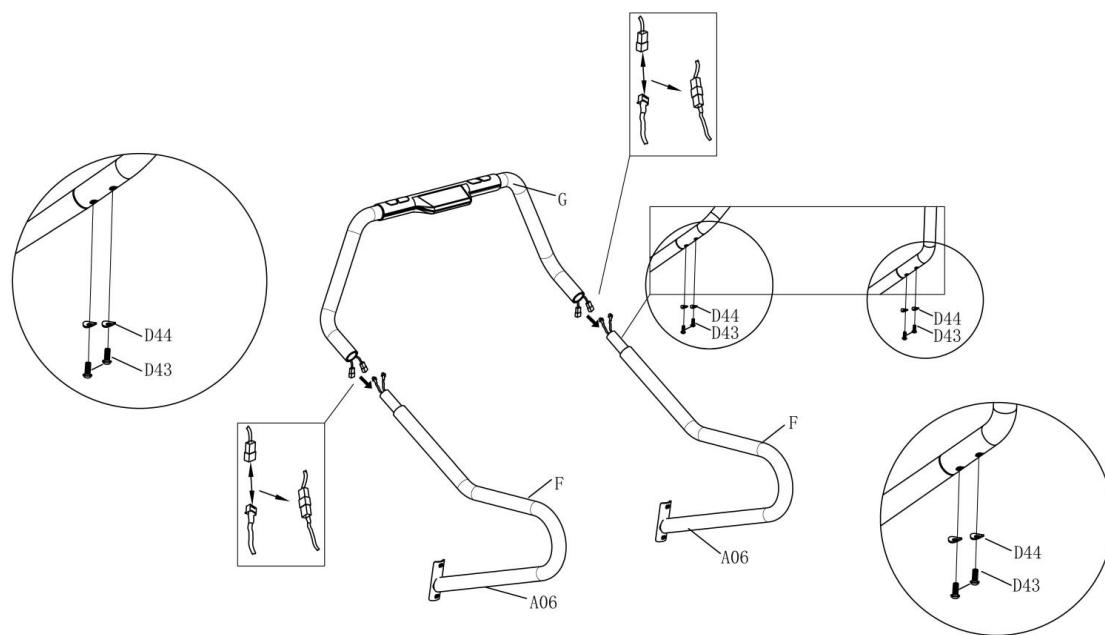
	C	D01 $\phi 6$	D18 M6*12
	(1X)	(2X)	(2X)
B06 S5			
	(1X)		

Step 6: Assembly of the Top Handrail

► ATTENTION

Be careful not to pinch the cables in the following step.

1. Connect the cables with one another.
2. Fix the top handrail (**G**) to both armrests (**F**) with four bolts (**D43**) and four curved spring washers (**D44**).



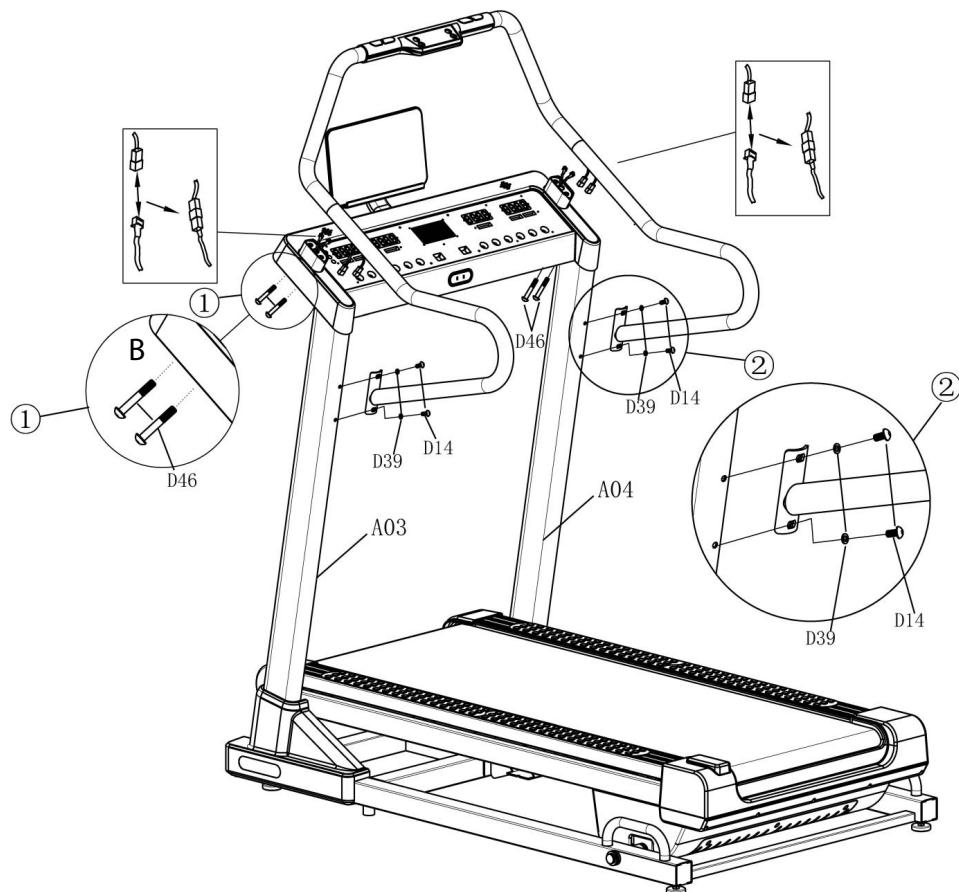
G	F	D43 M6*10
		(1X) (2X) (4X)
D44 $\phi 6$	B06 S5	
		(4X) (1X)

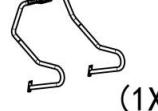
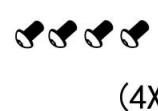
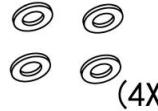
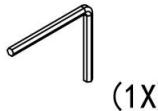
Step 7: Assembly of the Handle

► ATTENTION

Be careful not to pinch the cables in the following step.

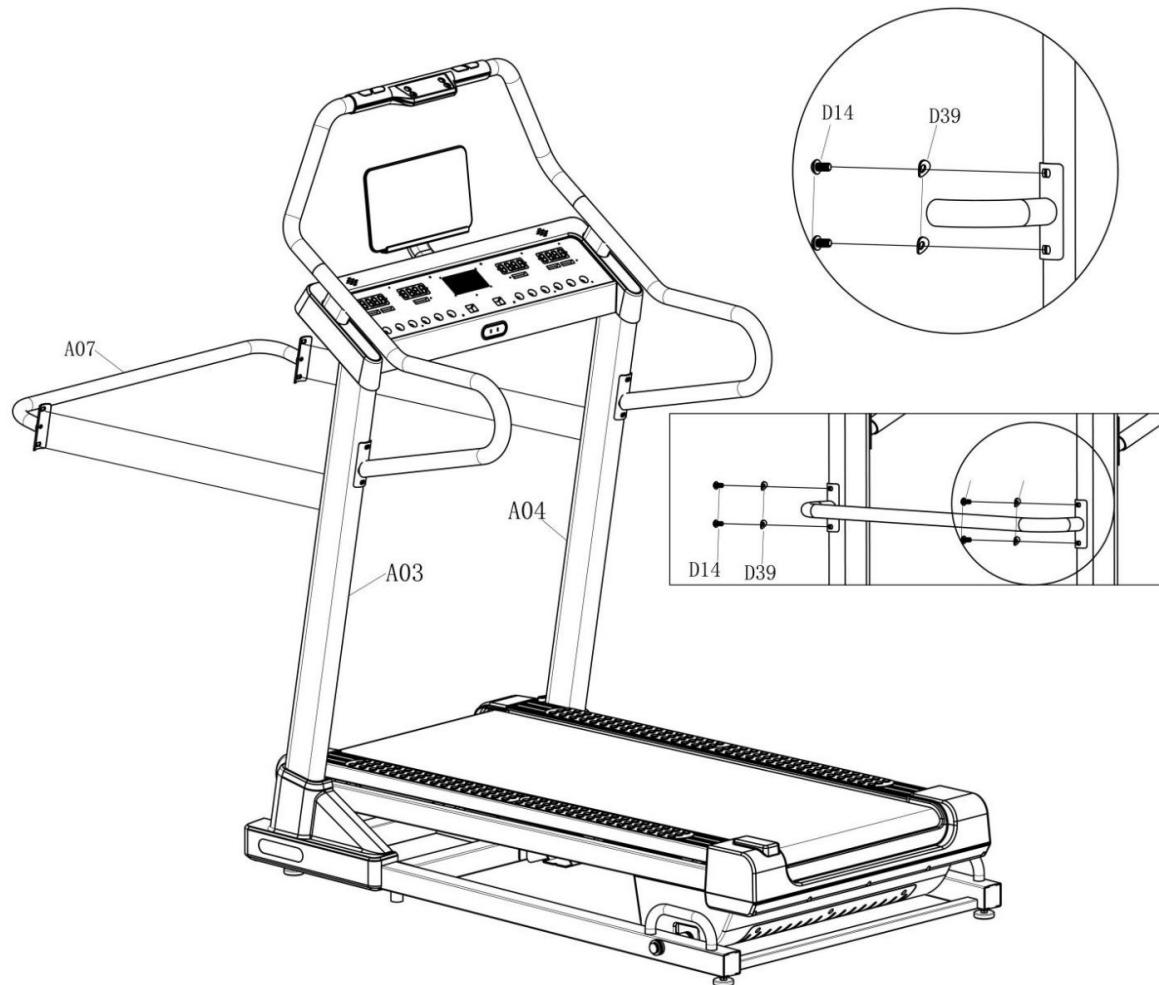
1. Connect the cables with one another.
2. Fix the handle (K) to the console (B) with four bolts (D46).
3. Fix the handle (K) to the left and right upright tube (A03 & A04) with four bolts (D14) and four curved spring washers (D39).

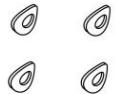


	K	D46 M8*90	D14 M8*15
	 (1X)	 (4X)	 (4X)
D39 Ø8	B06 S5		
 (4X)	 (1X)		

Step 8: Assembly of the Front Bend Pipe

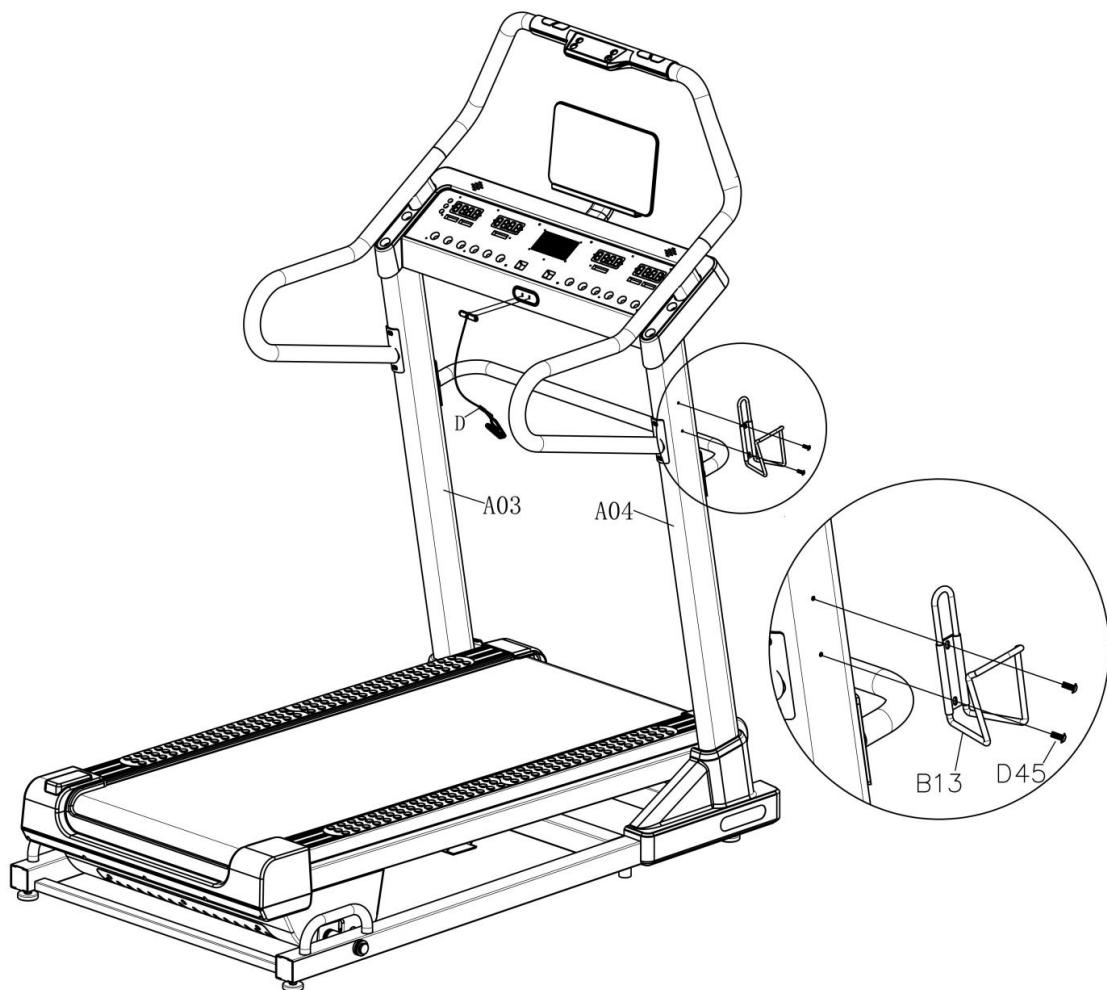
1. Fix the front bend pipe (A07) to the left and right upright tube (A03 & A04) with four bolts (D14) and four curved spring washers (D39).



	A07	B06 S5	D14 M8*15
	 (1X)	 (1X)	 (4X)
D39 $\phi 8$			
 (4X)			

Step 9: Assembly of the Bottle Holder

1. Fix the bottle holder (**B13**) to the right upright tube (**A04**) with two bolts (**D45**).
2. Attach the safety key (**D**) to the console (**B**).

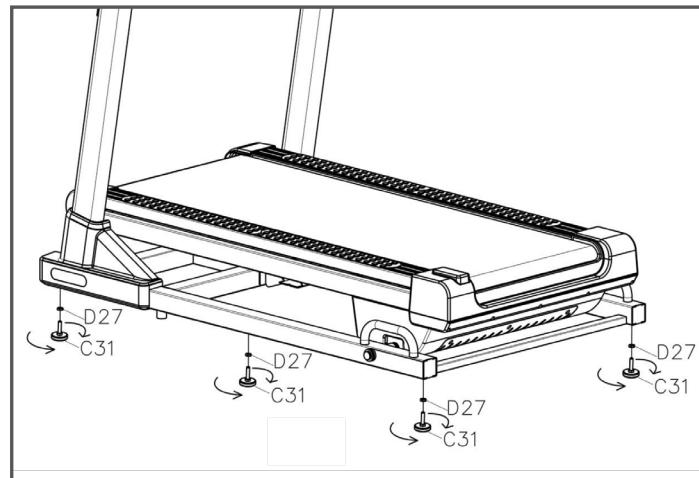


B08 S13 14 15	D45 M5*12	B13
	(2X)	
D		
		

Step 10: Alignment of the feet

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

1. Lift the treadmill on the desired side and rotate the setting screws (**C31**) under the main frame.
2. Rotate the screws clockwise in order to remove them and to raise the running surface.
3. Rotate them counterclockwise in order to lower the running surface.



Step 11: Connecting the equipment to the mains supply

► ATTENTION

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

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

Correctly Getting On and Off

1. To step onto the treadmill, grip the handrails with both hands and step onto the treadmill one foot at a time.
2. To get off, grip the handrails with both hands and step off the treadmill one foot at a time.

3 OPERATING INSTRUCTIONS

i NOTICE

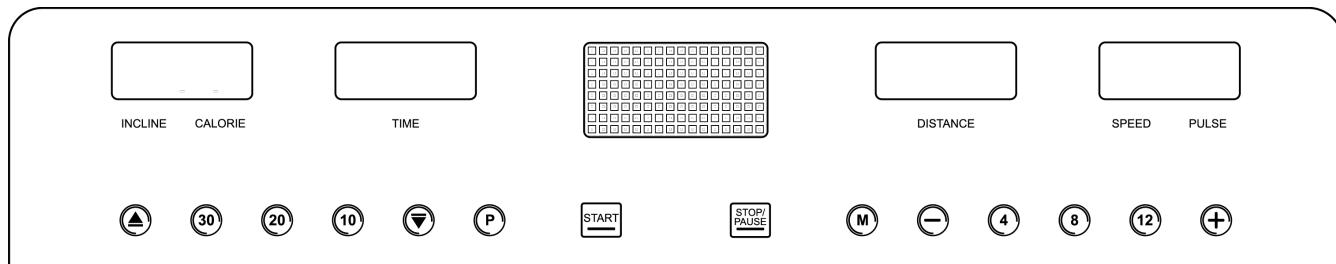
- + Familiarise yourself with all the functions and setting options of the device before starting training. Have the proper use of this product explained to you by a specialist.
- + Always start your training with low intensity and increase evenly and gently. End your training with a cool-down phase. If you are unsure, please consult your physician.
- + Most new treadmills make a knocking noise caused by the running mat sliding over the rollers. The time it takes for the noise to subside depends on the intensity of use, the temperature and the humidity around the treadmill.
- + Please bear in mind that the noise emission under load is higher than without load.

SAFETY KEY

⚠ WARNING

- + For your safety, the device is equipped with an EMERGENCY STOP function. The equipment can only be operated if the safety key is correctly attached to the contact point of the cockpit. If the safety key is no longer on the contact point, the equipment automatically stops. Therefore, the Safety Key cord with the clip must be attached to your clothing before every training session. If you want to quickly stop the treadmill, if you can no longer control the speed, or if another emergency occurs, remove the safety key from the cockpit using the cord.
- + To enable the safety key to detach from the contact point of the cockpit in the event of a fall, the safety key clip must be firmly attached to your clothing!
- + Make sure that the safety key is not accessible to children.

3.1 Console Display



Display	Function
Incline	Displays the current incline. ⓘ NOTICE Incline and Calorie switch display every 5 seconds.
Calorie	Displays the current burned calories.
Time	Displays the current training time.
Distance	Displays the current distance.
Speed	Displays the current speed. ⓘ NOTICE Speed and Pulse switch display every 5 seconds.
Pulse	Displays the current heart rate. ⚠ WARNING Your fitness equipment is not a medical device. The heart rate measurement of this device may be inaccurate. Various factors can affect the accuracy of the heart rate display. The heart rate display is intended solely as a training aid.
Training matrix	<ul style="list-style-type: none"> + When starting a programme: displays the current training profile. + When setting the time, distance and calories: displays T, D and C.

3.2 Button Functions

Button	Function
START	+ Start/continue the training/programme.
STOP/PAUSE	+ Pause or end the training/programme.
▲▼ (incline)	+ Adjust the incline level. + Increase/decrease the value for time, distance and calories.
P (programme)	Navigate through the programmes.
M (mode)	+ In standby: set targets for time, distance, calories. + Confirm your settings.
4, 8, 12 (quick keys speed)	Preset values for quick speed adjustment.
10, 20, 30 (quick keys incline)	Preset values for quick incline adjustment.
+/- (Speed adjustment)	+ Adjust the speed. + Increase/decrease the value for time, distance and calorie.

① NOTICE

Use the USB-C port to charge your mobile phone or tablet.

3.3 Programmes

You have a total of 21 programmes available with 18 preset programmes.

1. When in standby mode, press P multiple times to navigate through the programmes.

The console will display the available programmes.

2. Select a programme (P1-P12, C1-C6, HP1-HP2, FAT).

TIME flashes and displays the default time 30:00 min.

3. Set the training time using Speed +/- or Incline +/-.
4. Press START.
5. To pause the training, press STOP/PAUSE.
6. To resume the training, press START.
7. To end the training, press STOP/PAUSE twice.

When the programme ends, the treadmill stops automatically.

NOTICE

Switch the treadmill off if you are not using it for a longer period of time.



3.4 Programme overview

3.4.1 Running Programmes (P1-P12)

programme		Set time/16 =exercise time of each stage															
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P1 (MANUAL)	SPEED	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
	INCLINE	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
P2	SPEED	5	10	10	5	5	10	10	5	5	10	10	5	5	10	10	5
	INCLINE	2	2	4	4	6	6	6	6	4	4	4	4	2	2	2	2
P3	SPEED	5	5	8	8	5	5	5	8	8	5	5	5	8	8	5	5
	INCLINE	2	2	4	4	4	4	4	4	4	4	4	4	2	2	2	2
P4	SPEED	5	7	7	8	8	7	7	10	10	7	5	5	7	7	10	5
	INCLINE	2	2	4	4	4	4	4	4	4	4	4	4	2	2	2	2
P5	SPEED	5	9	9	11	11	12	5	5	9	9	11	11	12	9	9	5
	INCLINE	2	2	4	4	4	4	4	4	4	4	4	4	2	2	2	2
P6	SPEED	5	7	8	10	12	10	8	5	5	8	10	12	10	8	7	5
	INCLINE	2	2	4	4	6	6	6	6	4	4	4	4	2	2	2	2
P7	SPEED	5	6	6	6	7	8	10	10	8	9	10	10	8	6	5	5
	INCLINE	0	5	5	5	4	4	4	3	3	3	3	4	4	0	0	0
P8	SPEED	5	5	5	5	6	7	5	6	7	5	6	7	5	5	5	5
	INCLINE	0	4	4	4	3	3	6	6	6	7	7	8	8	9	0	0
P9	SPEED	5	5	5	8	9	9	6	8	9	6	8	9	6	6	5	5
	INCLINE	0	5	5	5	6	6	6	7	8	9	9	9	10	10	0	0
P10	SPEED	5	6	6	9	9	6	9	10	6	10	11	11	6	6	5	5
	INCLINE	0	5	5	6	6	6	4	4	6	6	5	5	8	8	0	0
P11	SPEED	5	6	7	8	9	7	6	8	10	10	8	8	7	6	5	5
	INCLINE	0	6	6	6	7	5	8	8	4	4	4	5	5	8	0	0
P12	SPEED	5	7	10	12	9	9	12	12	9	9	12	12	7	7	5	5
	INCLINE	0	5	3	2	6	6	2	2	2	2	2	4	5	6	0	0

3.4.2 Climbing Programmes (C1-C6)

stage		Set time/16 =exercise time of each stage															
programme		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
C1 (MANUAL)	SPEED	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
	INCLINE	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10
C2	SPEED	2	5	5	2	2	5	5	2	2	5	5	2	2	5	5	2
	INCLINE	10	10	20	20	30	30	30	30	20	20	20	20	10	10	10	10
C3	SPEED	2	2	4	4	2	2	2	4	4	2	2	2	4	4	2	2
	INCLINE	10	10	20	20	20	20	20	20	20	20	20	20	10	10	10	10
C4	SPEED	2	3	3	4	4	3	3	5	5	3	2	2	3	3	5	2
	INCLINE	2	2	4	4	4	4	4	4	4	4	4	4	2	2	2	2
C5	SPEED	2	5	5	6	6	6	2	2	5	5	6	6	6	5	5	2
	INCLINE	10	10	20	20	20	20	20	20	20	20	20	20	10	10	10	10
C6	SPEED	2	3	4	5	6	5	4	2	2	4	5	6	5	4	3	2
	INCLINE	10	10	20	20	30	30	30	30	20	20	20	20	10	10	10	10

3.5 Manual Programmes

There are 2 manual programmes.

Adjust programme settings:

1. When in standby mode: press P multiple times until P1 or C1 is displayed.
2. Select either programme P1 or C1.

TIME flashes and displays the default time 30:00 min.

3. Set the training time using Speed +/- or Incline +/-.
4. Confirm the training time by pressing M.
5. To adjust the speed of the first segment use Speed +/- or the quick keys for speed.
6. To adjust the incline of the first segment use Incline +/- or the quick keys for incline.
7. Confirm the values by pressing M and to get to the next segment.
8. Repeat this for all 16 segments.

The setting is completed and the data will be saved until the next reset.

i NOTICE

This setting only saves speed and incline data. When you start the programme next time, the time defaults to 30:00.

To start the manual programme:

1. When in standby mode: press P multiple times until P1 or C1 is displayed.
2. Select either programme P1 or C1.

TIME flashes and displays the default time 30:00.

3. Set the training time using Speed +/- or Incline +/-.
4. Press START.
5. To pause the training, press STOP/PAUSE.
6. To resume the training, press START.
7. To end the training, press STOP/PAUSE twice.

When the programme ends, the treadmill stops automatically.

3.6 Heart Rate Controlled Programmes

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.

There are 2 heart rate-controlled programs.

The heart rate-controlled training automatically adjusts the speed if your target heart rate is not reached. If the maximum speed is reached and you are still below the target, the incline will automatically increase. If your heart rate is above the target, the incline will decrease.

NOTICE

You need a chest strap to use the heart rate-controlled programme (not included in the scope of delivery).

1. When in standby mode: press P multiple times until HP1 or HP2 is displayed.
2. Select either programme HP1 or HP2 by pressing M:
 - + HP1: Maximum speed of 10 km/h
 - + HP2: Maximum speed of 12 km/h

The console will display AG:30.

3. Set the values (age, heart rate value, time) using Speed +/- or Incline +/-.
4. Press START.
5. To pause the training, press STOP/PAUSE.
6. To resume the training, press START.
7. To end the training, press STOP/PAUSE twice.

When the programme ends, the treadmill stops automatically.

3.7 Body Fat Test

CAUTION

Please note that this analysis is not a substitute for a medical diagnosis.

1. When in standby mode: press P multiple times until FAT is displayed.
2. To enter your data (F-1 to F-4) press M.
3. Set the values using Speed +/- or Incline +/-.
4. After setting the values: press M until F-5 is displayed.
5. Hold the hand pulse sensors.

After 3 seconds, the result will be displayed.

Explanation of possible results:

F-1	Gender	01 male	02 female
F-2	Age	10-99	
F-3	Height	100-200CM	
F-4	Weight	20-150KG	
F-5	FAT	≤ 19	Under weight
	FAT	$= (20--25)$	Normal weight
	FAT	$= (26--29)$	Overweight
	FAT	≥ 30	Obesity

NOTE

Please be aware that this evaluation is based on BMI and is therefore only partially accurate for bodybuilders or very muscular individuals.

3.8 Reminder for Treadmill Lubrication

After every 300 kilometres run, a warning beep will sound every 10 seconds. The display will show OIL. Please refer to the chapter 6.4.3 for instructions on treadmill lubrication.

① NOTICE

After lubricating the treadmill in standby mode, press STOP for 3 seconds to silence the warning beep.

3.9 Energy Saving Function

The device features an energy-saving function.

① NOTICE

- + If the treadmill is in standby mode and no button is pressed for 10 minutes, the display will automatically switch off. This activates the energy-saving function.
- + To turn the display back on, press any button.

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

Rowing 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.

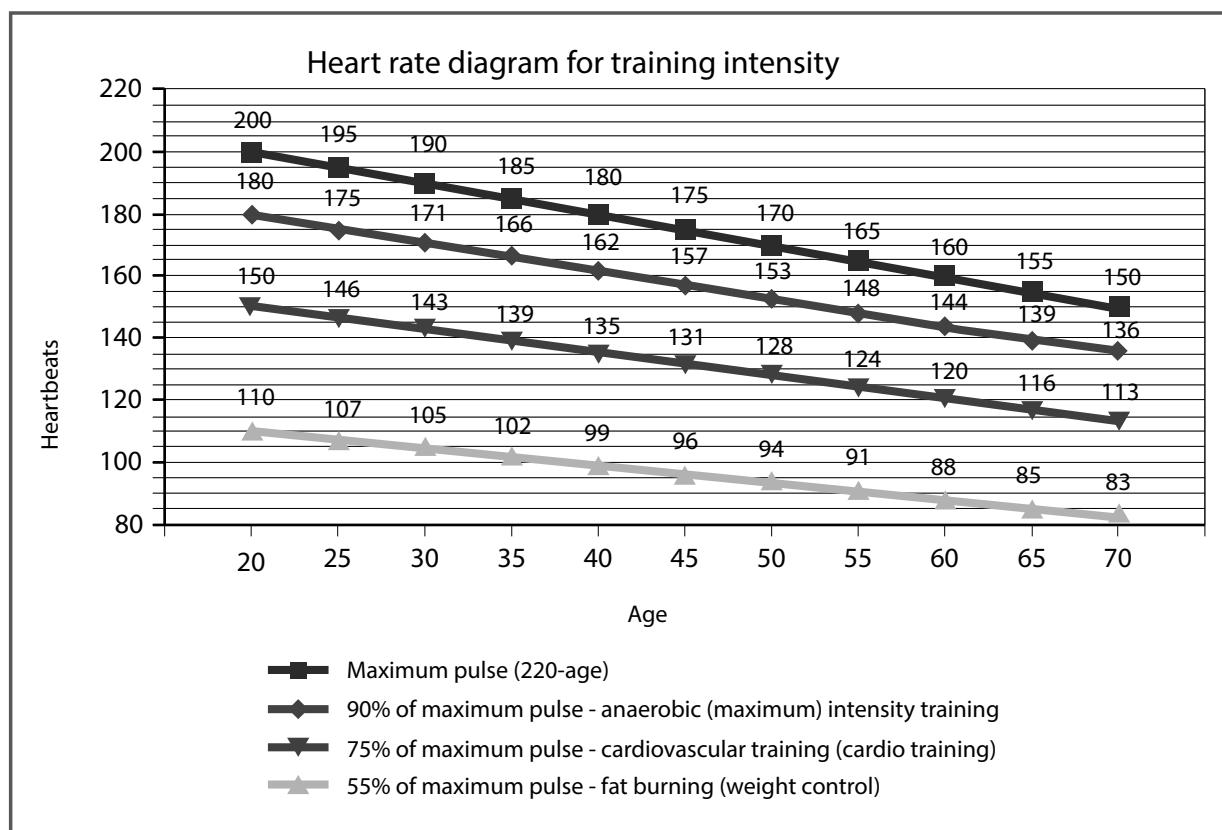
Cardiovascular training (cardio training): The primary goal is to increase stamina and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training period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

(Copy template)



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

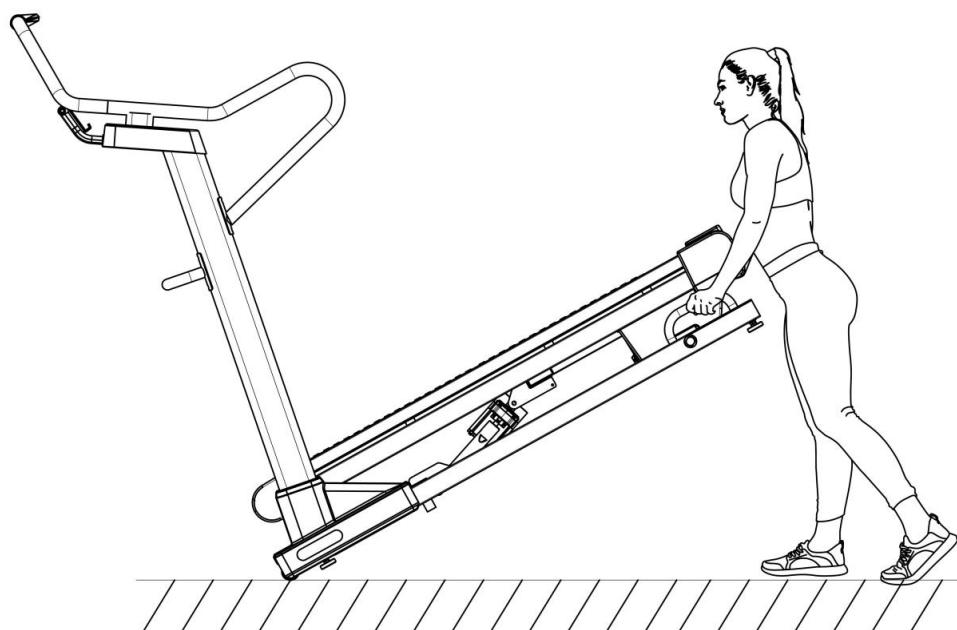
- + Make sure that the equipment is protected from moisture, dust and dirt in the selected storage location. The storage location should be dry and well ventilated and have a constant ambient temperature between 10°C and 35°C.

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
Console is not responding	Safety key missing or not inserted correctly	Check whether Safety Key is inserted and insert if necessary
Running mat slanting	Running mat not centered	Adjust the running mat according to the instructions
Grinding noises		
Running mat slips through/stops	Tape tension/lubrication not correct	Check belt tension/lubrication according to instructions
Display is blank/is not working	<ul style="list-style-type: none"> + Interrupted power connection + Loose cable connections 	<ul style="list-style-type: none"> + Power switch to on + Check whether Safety Key is plugged in + 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.

Please contact the contract partner for technical support.

6.4 Care and Maintenance

The most important maintenance measure is the care of the running mat. This includes adjustment, re tensioning and lubrication of the running mat. Damage resulting from insufficient or neglected care is not covered by the warranty. You should therefore carry out maintenance checks at regular intervals. Be very careful when adjusting and tightening the running mat, as a strong over voltage or under voltage can cause damage to the equipment. The running mat is adjusted at the factory according to the regulations before delivery. However, it may happen that the running mat slips during transport.

By scanning the QR-code with the camera function or QR-code scanner app of your smartphone/tablet, a video on general maintenance of a treadmill 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.

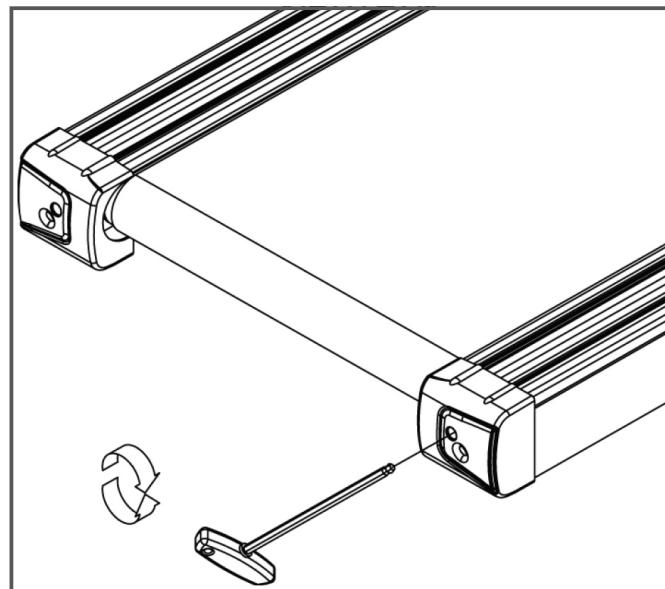
6.4.1 Adjusting the Running Mat

During training, the running mat should run as centrally and straight as possible. The alignment of the running mat can change depending on the stress and load. Another reason can be the positioning of the equipment on an uneven surface.

CAUTION

During the following maintenance nobody must be on the treadmill!

1. Let the treadmill run at a speed of 5 km/h.
2. If the running mat deviates to the left, turn the left adjusting screw at the rear end of the device max. one $\frac{1}{4}$ turn clockwise and the right adjusting screw max. one $\frac{1}{4}$ turn anticlockwise.
3. If the running mat deviates to the right, turn the right adjusting screw at the rear end of the device max. $\frac{1}{4}$ turn clockwise and the left adjusting screw max. $\frac{1}{4}$ turn anticlockwise.
4. Then observe the mat for about 30 seconds, as the change is not immediately visible.
5. Repeat this procedure until the running mat is straight again. If the running mat cannot be adjusted, please contact your contract partner.



6.4.2 Re-tensioning the Running Mat

If the running mat slips over the rollers during operation (if this is the case, there is a noticeable jerk during running), the running mat must be re-tightened.

In most cases, the slipping is caused by stretching of the mat through use. This is perfectly normal.

① NOTICE

Re-tensioning is carried out using the same adjusting screws that are used for adjustment.

1. Let the treadmill run at a speed of 5km/h.
2. Turn the left and right adjusting screws directly one after the other, max. one $\frac{1}{4}$ turn clockwise.
3. Then check whether the running mat continues to slip. If this is the case, you must perform the described procedure again.

6.4.3 Lubricating the Running Mat

If the running mat is not sufficiently lubricated, friction increases significantly and this leads to heavy wear of the endless belt, running plate, motor and circuit board. If you feel an increased friction of the running mat, this is an indication that you should lubricate the mat. However, lubrication should be carried out at least every 3 months or every 50 operating hours. Whichever case comes first.

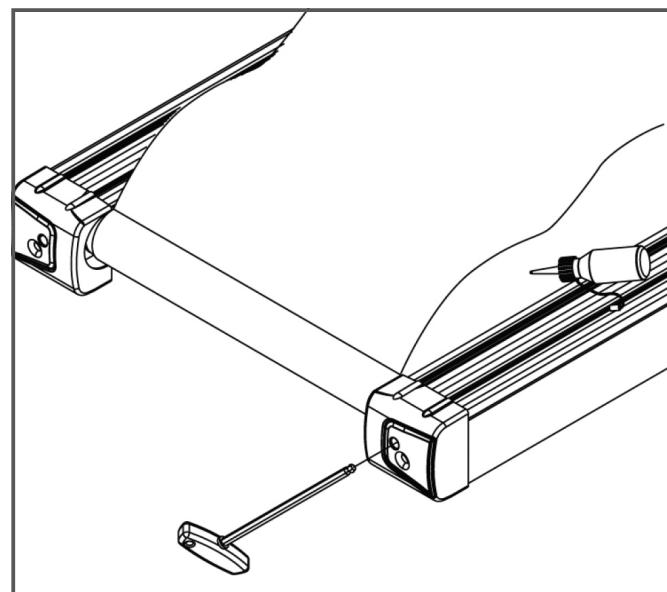
① NOTICE

If your treadmill is equipped with a folding mechanism, you can also lubricate it when it is folded.

1. Raise the running mat slightly.
2. Apply some silicone oil or silicone spray to the entire deck and distribute evenly.
3. Continue turning the belt by hand so that the entire surface between the endless belt and the running plate is lubricated.
4. Wipe off the excess silicone oil or silicone spray.

① NOTICE

This maintenance must also be carried out after prolonged non-use of the equipment.



6.5 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
Display console	C	I	
Tension of the running mat			I
Lubrication of the running mat			I
Plastic covers	C	I	
Screws and cable connections			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 a treadmill 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.

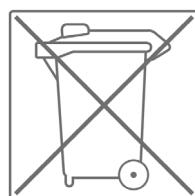
If you cannot scan QR-codes, you can access all Fitshop videos on YouTube by first opening YouTube and entering "Fitshop" in the search field.



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 elliptical cross trainers 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.

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!



floor mat



chest strap



handrails



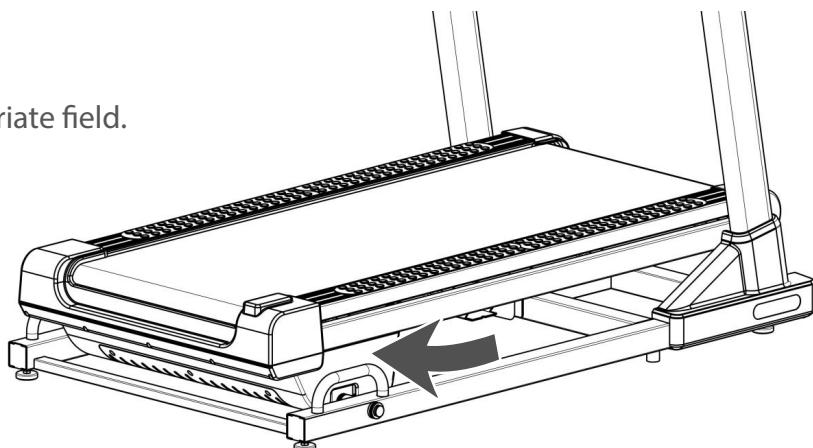
lubricant

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.

i 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	Specification	Qty.
A01	Base frame		1
A02	Main frame		1
A03	Left upright tube		1
A04	Right upright tube		1
A05	Console base bracket		1
A06	armrest component		2
A07	Front bend pipe component		1
A08	Upper armrest tube		1
A09	IPad rack components		1
B01	Front Roller		1
B02	Back Roller		1
B03	Main frame rotation shaft		2
B04	"Powder metallurgy shaft sleeve"		8
B05	Safety lock spring sheet		2
B06	5# Allen wrench		1
B07	6# Allen wrench		1
B08	Cross Wrench		1
B09	Left pulse steel plate		2
B10	Right pulse steel plate		2
B11	Simple open-end wrench		2
B12	φ 19 shaft shim		2
B13	Bottle holder		1
C01	Console Top Cover		1
C02	Console Bottom Cover		1
C03	"Top cover of upper armrest pulse sensor"		1
C04	"Bottom cover of upper armrest pulse sensor"		1
C05	Grating board with 8 characters		4
C06	Grating board dot matrix		1
C07	Motor Top Cover		1
C08	Motor Bottom Cover		1
C09	Motor End cover		1

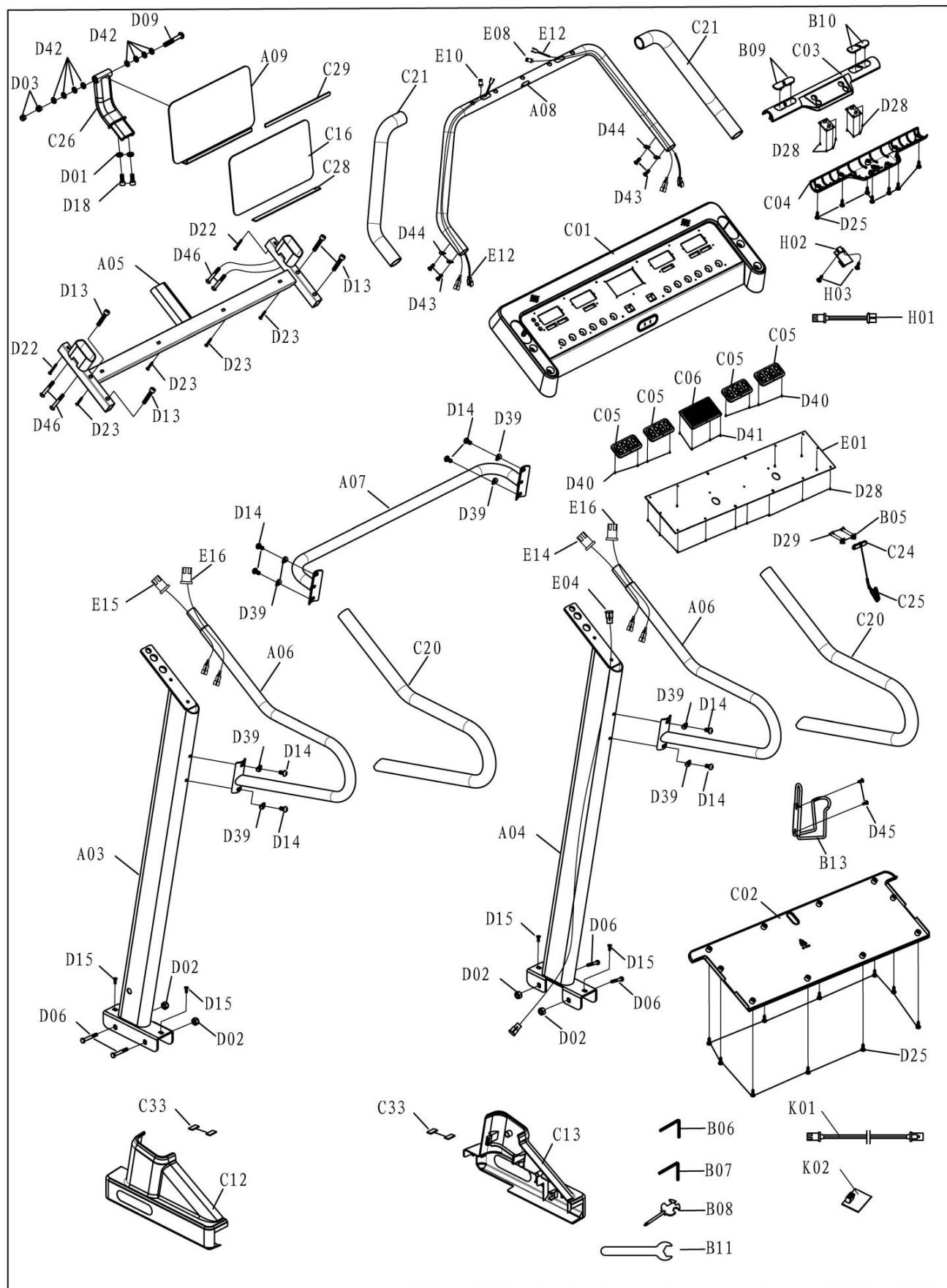
C10	Left Rear End Cap		1
C11	Right Rear End Cap		1
C12	Left Upright Tube Cover		1
C13	Right Upright Tube Cover		1
C14	Wheel		2
C15	Running Belt		1
C16	IPad holder EVA pad		1
C17	Side rail		2
C18	Motor Belt		1
C19	EVA pad 1		2
C20	Handrail sponge sleeve		2
C21	Top handrail sponge sleeve		2
C22	Black cushion		8
C23	EVA pad		1
C24	Safety key		1
C25	Safety key clip		1
C26	IPAD holder		1
C27	Cylindrical cushion	φ30*40*M6	2
C28	IPAD holder EVA pad 2	240*14*2	1
C29	IPAD holder EVA pad 3	240*10*2	1
C30	Cylindrical cushion	φ25*25*M6	2
C31	Adjustable foot pad		4
C32	Rubber anti slip pad		4
C33	EVA pad		4
C34	Foot pad		2
C35	Ring form wire protector		2
D01	Flat Washer	δ6	2
D02	Nut	M10	5
D03	Nut	M8	5
D04	Nut	M6	8
D05	bolt	M12*20	2
D06	bolt	M10*70	4
D07	Bolt	M10*45	1
D08	Bolt	M10*15	2

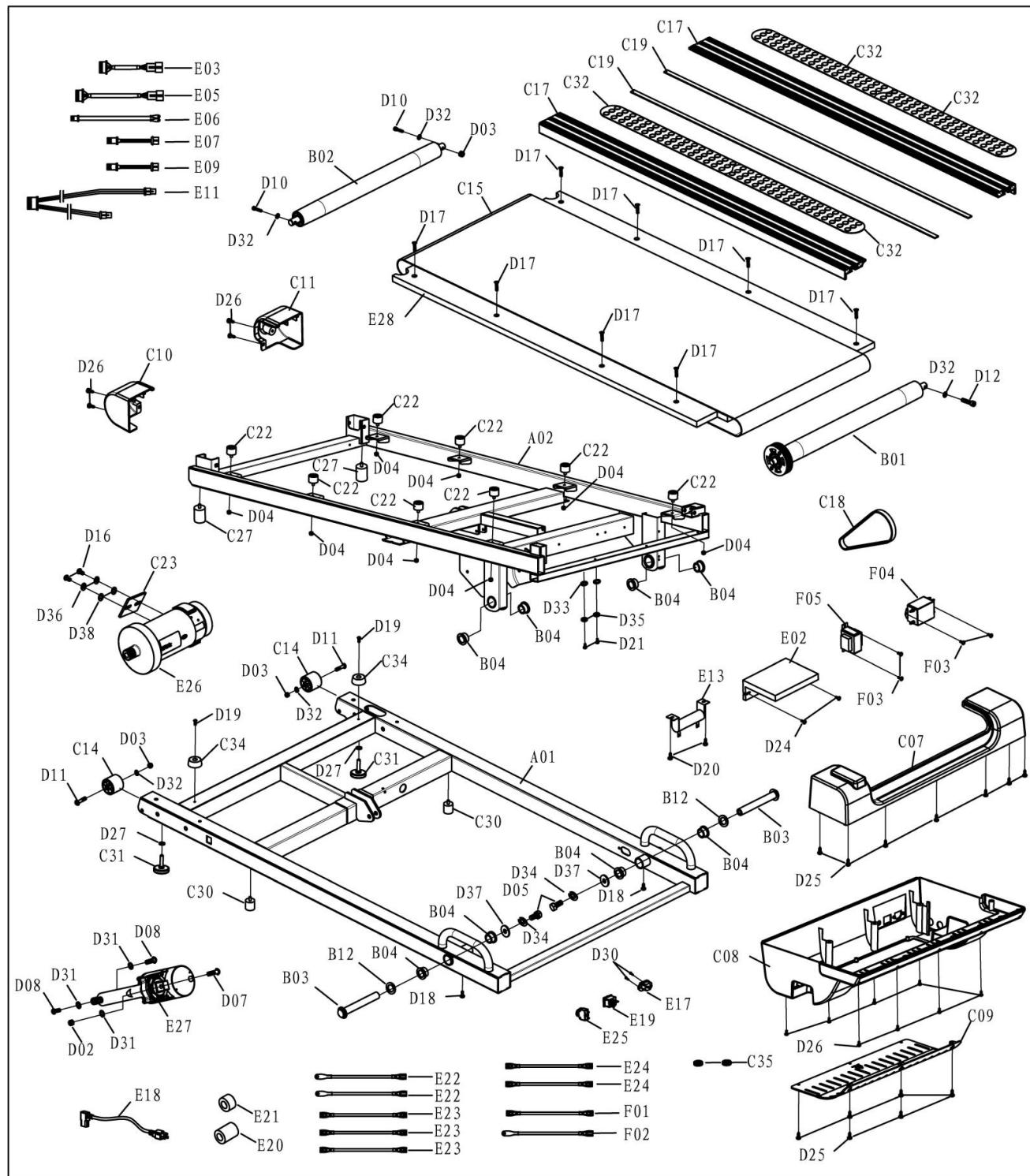
D09	Bolt	M8*95	1
D10	Bolt	M8*65	2
D11	Bolt	M8*60	2
D12	Bolt	M8*50	1
D13	Bolt	M8*40	4
D14	Bolt	M8*15	8
D15	bolt	M8*15	4
D16	Bolt	M8*15	2
D17	Bolt	M6*25	8
D18	Bolt	M6*12 S5	4
D19	Bolt	M5*16	2
D20	Bolt	M5*10	2
D21	Bolt	M5*8	2
D22	Screw	ST4.2*40	2
D23	Screw	ST4.2*30	4
D24	Screw	ST4.2*15	2
D25	Screw	ST4.2*12	30
D26	Screw	ST4.2*12	12
D27	Nut	M8	4
D28	Screw	ST2.9*6.0	21
D29	Screw	ST2.5*6	4
D30	Screw	ST2.9*10	2
D31	Lock Washer	Φ10	3
D32	Lock Washer	Φ8	5
D33	Lock Washer	Φ5	2
D34	Spring Washer	Φ12	2
D35	Spring Washer	Φ5	2
D36	Spring Washer	Φ8	2
D37	Flat Washer	Φ12	2
D38	Flat Washer	Φ8	2
D39	Arc-shaped shim	Φ8	8
D40	Bolt	ST2.9*8	8
D41	Bolt	ST2.9*6	4
D42	Big washer	"Φ8*Φ 20*1.5"	8

D43	Bolt	M6*10	4
D44	Arc-shaped shim	Φ6*16*1.5	4
D45	Bolt	M5*12	2
D46	Bolt	M8*90	4
E01	Console		1
E02	Control Board		1
E03	Console top signal wire		1
E04	Console middle signal wire		1
E05	Console bottom signal wire		1
E06	Safety Key Connection Wire		1
E07	Quick speed buttons top wire	Length 700	1
E08	"Quick speed buttons bottom wire"	Length 750	1
E09	Quick incline buttons top wire	Length 700	1
E10	"Quick incline buttons bottom wire"	Length 750	1
E11	Pulse top wire	Length 700	1
E12	Pulse bottom wire	Length 650	2
E13	Electric resistance		1
E14	"Quick speed buttons middle wire"	Length 250	1
E15	"Quick incline buttons middle wire"	Length 250	1
E16	Pulse middle wire	Length 250	2
E17	Power socket		1
E18	Power wire		1
E19	Switch on-off		1
E20	Magnetic ring		1
E21	Magnetic core		1
E22	Ground wire	"Length 350 yellow and green"	2
E23	AC signal wire	"Length 350 brown"	3
E24	AC signal wire	Length 350 blue	2
E25	Overload protector		1
E26	DC motor		1
E27	Incline Motor		1
E28	Running Board		1
F01	AC signal wire		1
F02	Ground wire		1

F03	Screw	ST4.2*12	4
F04	Filter		1
F05	Inductance		1
K01	Wireless heart rate cable		1
K02	Wireless receiver		1
H01	USB wire		1
H02	USB charging module		1
H03	Screw	ST2.9*8	2

9.3 Exploded Drawing





10 WARRANTY

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.

Warrantees

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

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

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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