



## Assembly and Operating Instructions



max. 130 kg



~ 30 Min.



88 kg

L 178 | W 89 | H 147

FSUKCSTTX30.02.05

SKU: CST-TX30-2

Treadmill **TX30**



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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](http://www.fitshop.com) or [www.cardiostrong.de](http://www.cardiostrong.de). We hope you enjoy your training!

Further information can be found at [www.fitshop.co.uk](http://www.fitshop.co.uk)

**Intended Use**

The equipment may only be used for its intended purpose.

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

**Legal Notice**

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

# **FITSHOP**

Europe's No.1 for Home Fitness

## ABOUT THIS MANUAL

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

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



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

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

### Accuracy classes

Class A: high accuracy.

Class B: medium accuracy.

Class C: low accuracy.

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

### Use classes

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

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

**Class H** (home use): use at home.

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

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

The following safety instructions may appear in this manual:

► **ATTENTION**

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

⚠ **CAUTION**

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

⚠ **WARNING**

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

⚠ **DANGER**

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

ⓘ **NOTICE**

This notice indicates further useful information.

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

## 1.1 Technical Data

### Console-Display

- + Time
- + Speed
- + Distance
- + Calories
- + Incline
- + Pulse (Paired with a chest belt)

### Weight and dimensions:

Article weight (gross, including packaging):	101 kg
Article weight (net, without packaging):	88 kg
Packaging dimensions in cm (L x W x H):	192.5 x 96.5 x 32
Set-up dimensions in cm (L x W x H):	178 x 88.5 x 146.5
Folded dimensions in cm (L x W x H):	108.5 x 88.5 x 154.5
Maximum user weight:	130 kg

### Running mat:

Thickness:	1.8 mm
Running deck:	18 mm
Running mat size in cm (L x W):	140 x 51

### Motor:

Minimum speed:	0.8 km/h
Maximum speed:	18 km/h
Speed interval:	0.1 km/h
Incline:	0 % - 12 %
Incline interval:	1 %
Mains supply:	Yes
Motor type:	DC

Use class:	H
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## 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.

► **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.

## 1.4 Set-Up Place



### WARNING

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



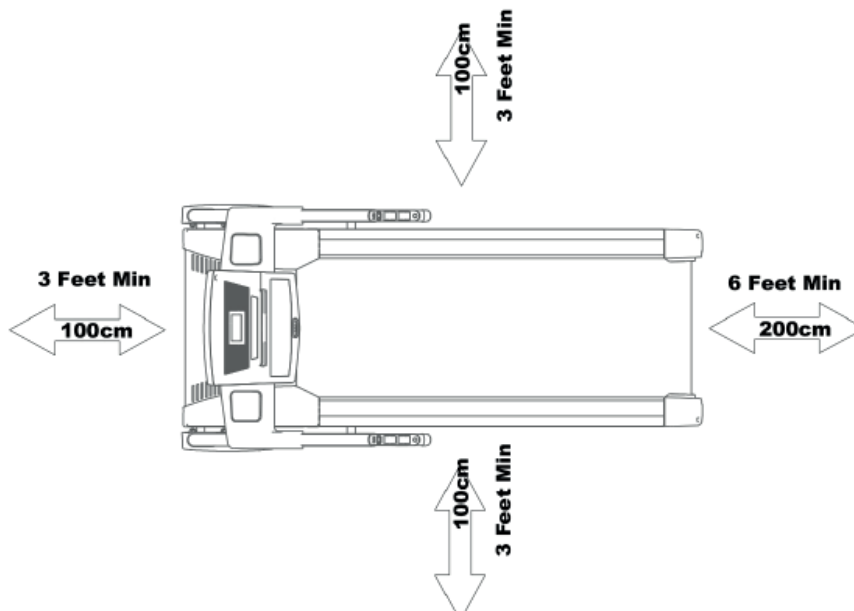
### CAUTION

- + 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:



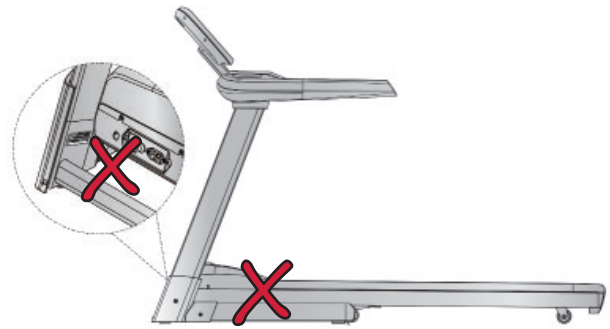
## 2.1 General Instructions

### 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

- + The treadmill is equipped with high-pressure shock absorbers that can cause the treadmill to suddenly open if handled incorrectly. To avoid possible personal injuries, never pull on the areas of the treadmill shown in the illustration. Never try to lift or move the treadmill at the marked areas.
- + 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



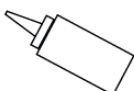

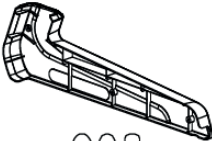


There is a transportation lock that prevents the treadmill from opening during transport. This transportation lock must be removed before assembly.

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.


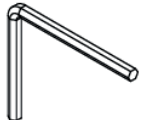
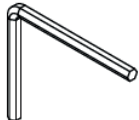







### ⚠ CAUTION

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

Required tools (included in the scope of delivery): Spanner (5 mm, 6 mm), safety scissors

				
A	B	C	C07	C08
				
C19	E08			

No.	Description	Quantity
A	Main Frame	1
B	Console Base	1
C	Lubrication Oil	1
C07	Left Upright Tube Cover	1
C08	Right Upright Tube Cover	1
C19	Safety Key	1
E08	Power Wire	1

				
B04 S=13, 14, 15(1X)	B05 S5(1X)	B06 S6(1X)	D11 M8*15(2X)	D12 M8*15(4X)
				
D39 M5*10(6X)	D07 M8*50(2X)	D28 Ø8(4X)	D29 Ø8(4X)	D32 Ø8(4X)

## 2.3 Assembly

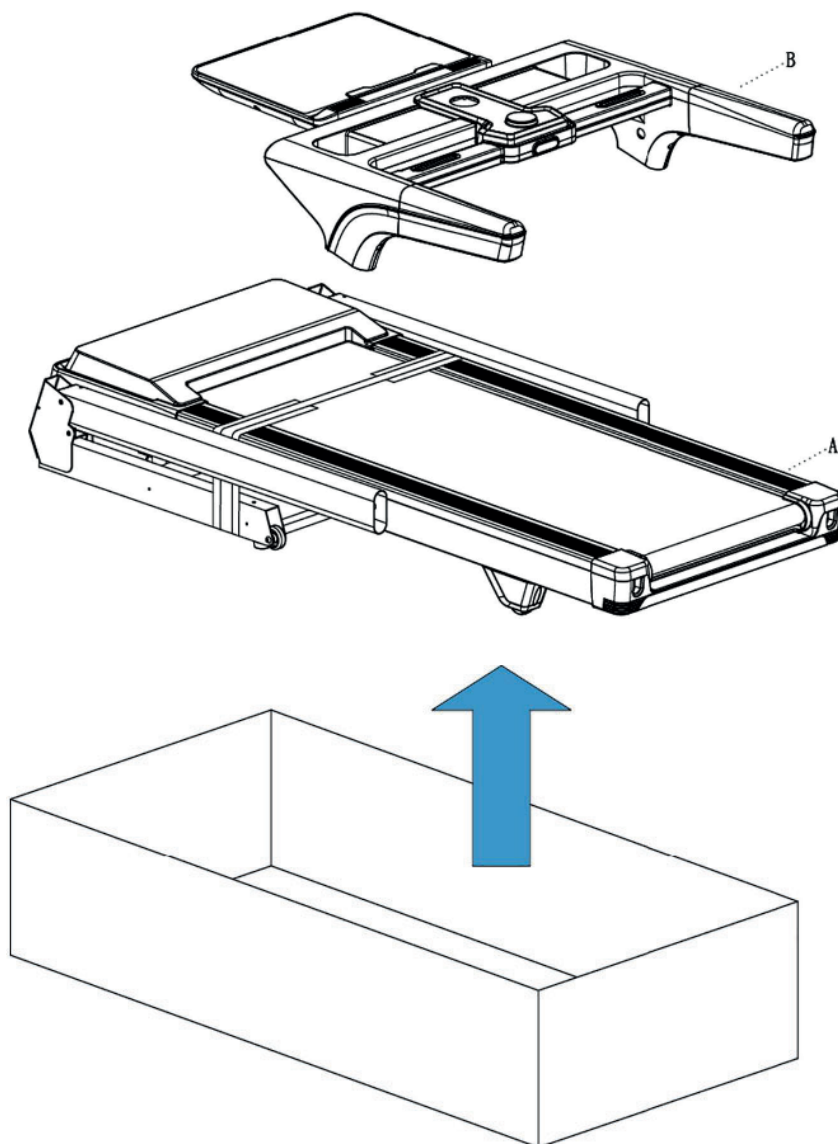
Before assembly, take a close look at the individual assembly steps shown and carry out the assembly in the order given.

### 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: Removing the Packaging

1. Remove the main frame (A) and the console (B) from the packaging.
2. Inspect the components for damage and completeness.



## Step 2: Folding out the Upright Tubes

1. Fold the left and right upright tube (A06 & A07) into a vertical position.
2. Secure the position of the left and right upright tube (A06 & A07) on the sides with one bolt (D07) and one washer (D28) each.

Use the Allen key (B05) for this.

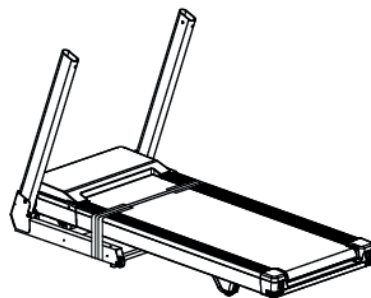
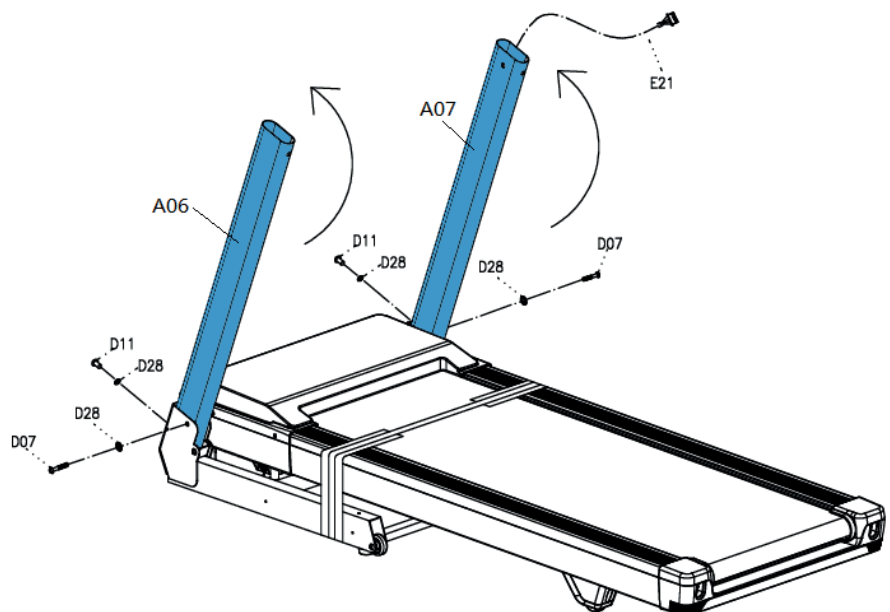
3. Secure the left and right upright tube (A06 & A07) at the rear position with one bolt (D11) and one washer (D28) each.

Use the Allen key (B05).

4. Tighten the screws firmly.

### **NOTE**

Ensure that the console bottom signal wire (E21) is accessible for step 3.



<b>B05 5# (1X)</b>	<b>D11 M8*15 (2X)</b>
<b>D28 Ø8 (4X)</b>	<b>D07 M8*50 (2X)</b>

### Step 3: Attaching the Console

1. Connect the console top signal wire (E20) to the console bottom signal wire (E21).

► **CAUTION**

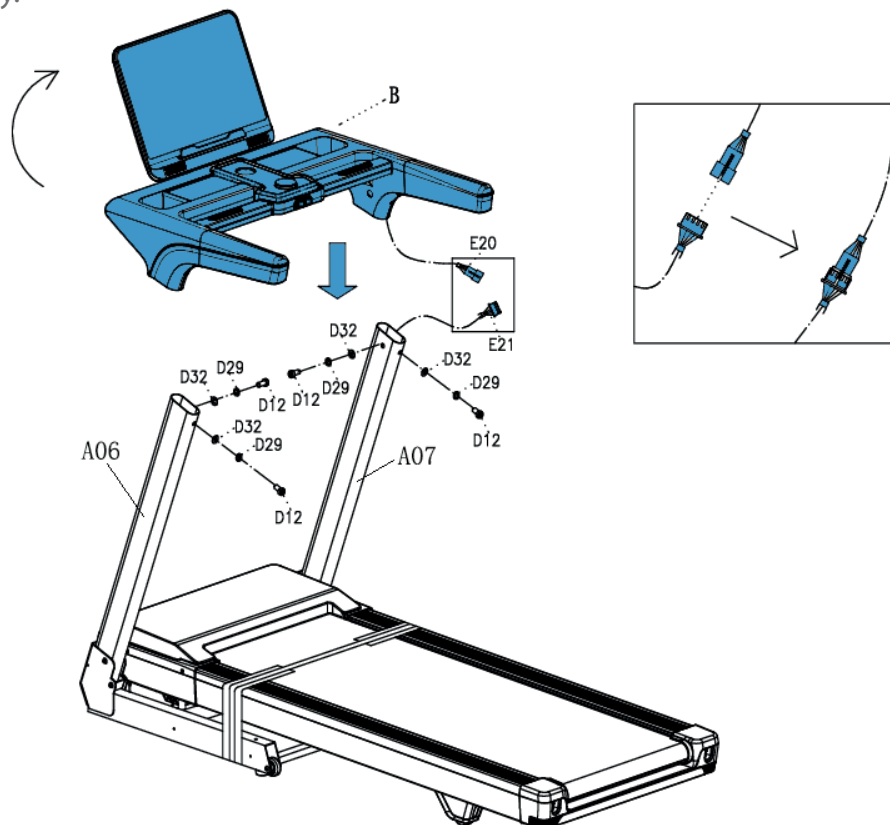
**Material damage due to pinching of the cable**

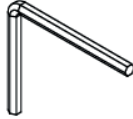



Take care not to pinch the cable.

2. Secure the console (B) to the left and right upright tube (A06 & A07) with two bolts (D12), two spring washers (D29) and two washers (D32) each.

Use the Allen key (B06).

3. Tighten all screws firmly.



<b>B06 6# (1X)</b>	<b>D12 M8*15 (4X)</b>
	
<b>D29 Ø8 (4X)</b>	<b>D32 Ø8 (4X)</b>
	



#### Step 4: Removing the first Transport Lock

1. Cut through the transport lock.

► **CAUTION**

**Material damage due to incorrect tools**

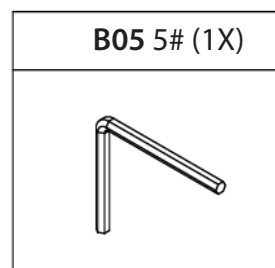
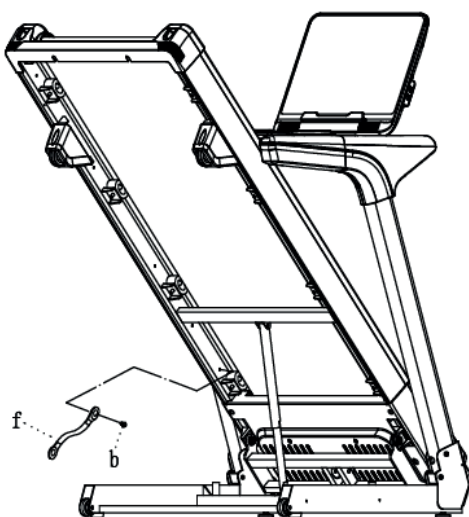
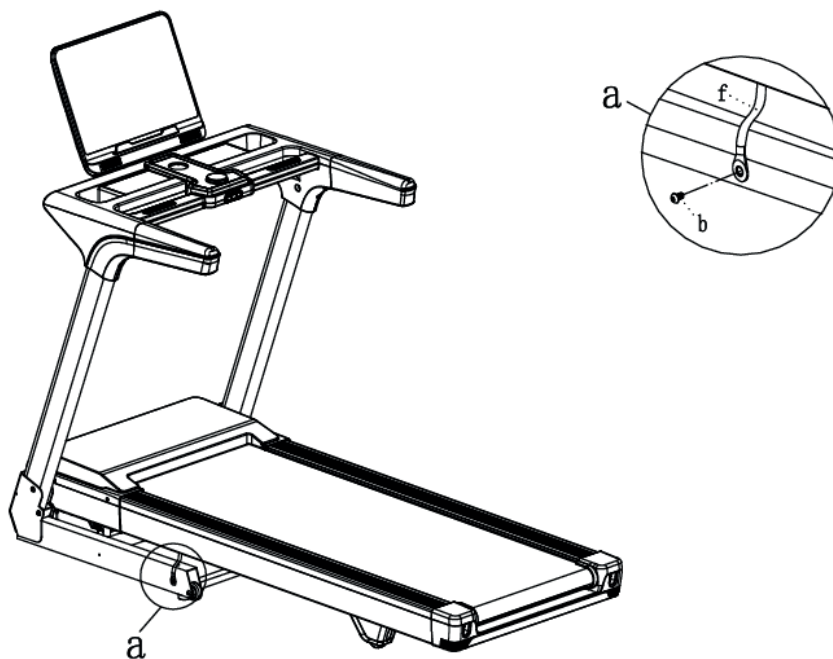
- + Do not use a carpet knife for cutting. Material damage may result.
- + Use safety scissors to release the transport lock.



### Step 5: Removing the second Transport Lock

1. Loosen the transport lock (a) on the lower side of the treadmill belt.

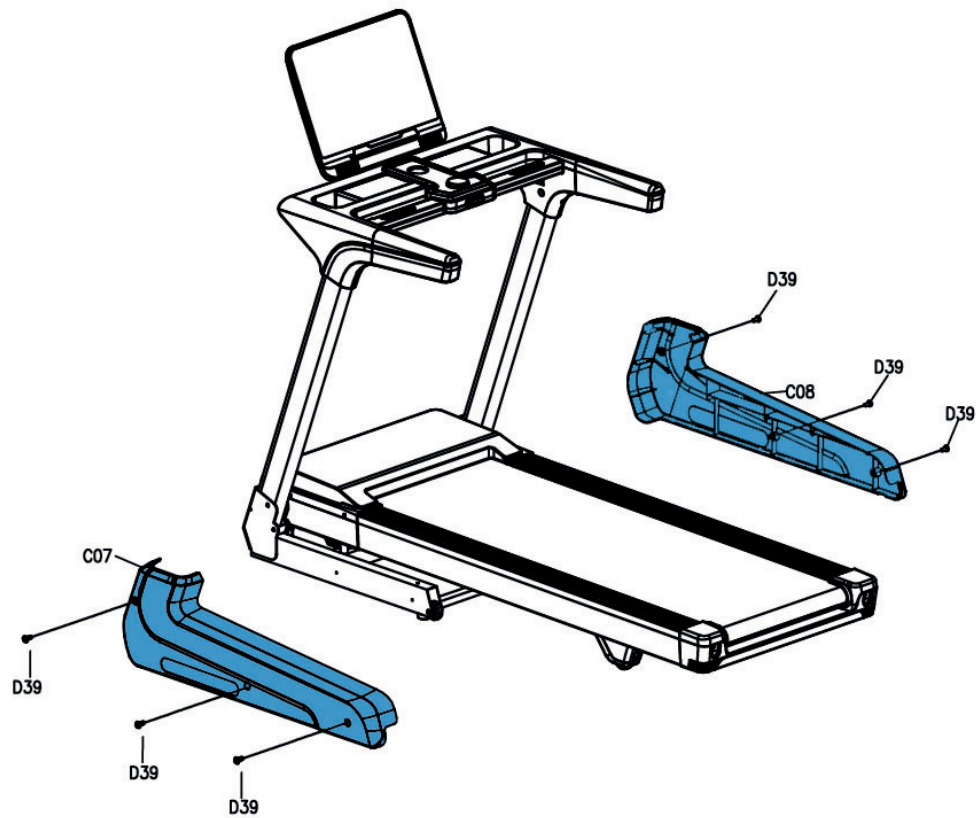
Use the Allen key (B05).



## Step 6: Attaching the Covers

1. Attach the left and right upright tube cover (C07 & C08) to the side of the treadmill with three bolts (D39) each.

Use the screwdriver (B04).



**D39** M5\*10 (6X)



**B04** S=13, 14, 15 (1X)

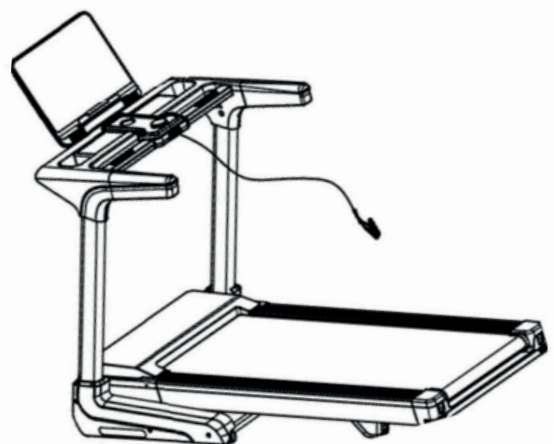
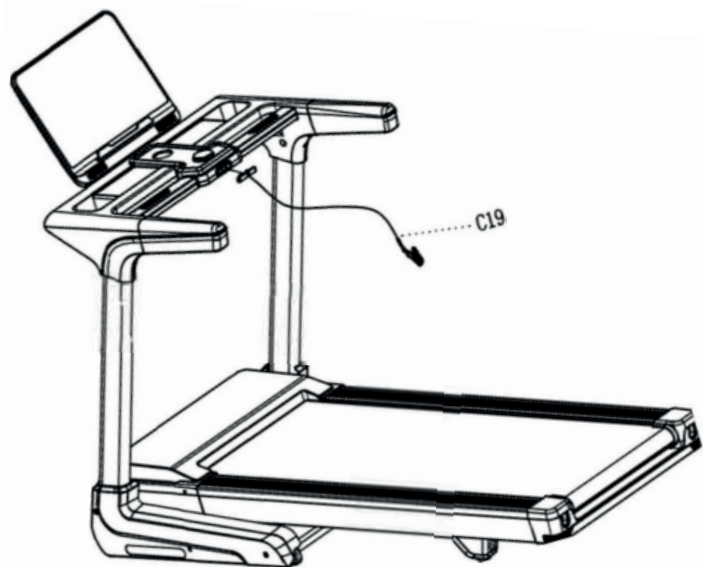


### Step 7: Attaching the EMERGENCY STOP Key

1. Attach the EMERGENCY STOP Key (C19) to the console.

*Ensure that all screws are tightened.*

→ *The treadmill is now fully assembled.*



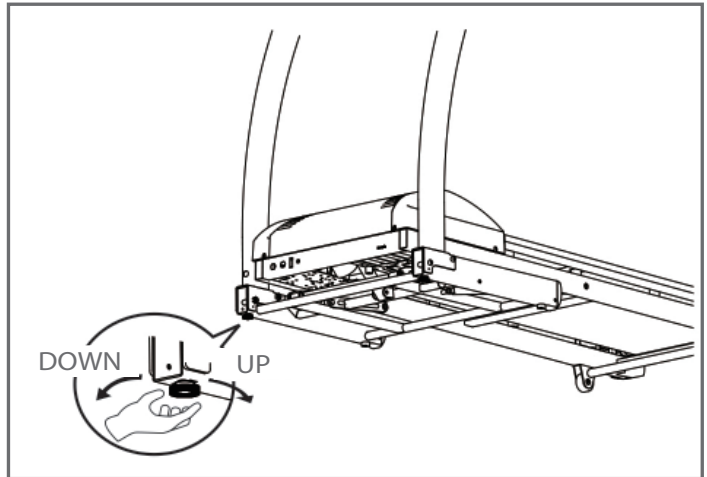
### Step 8: Alignment of the feet

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

**⚠ WARNING**

The treadmill is equipped with high-pressure shock absorbers that can cause the treadmill to suddenly open if handled incorrectly. For more information, refer to the section 2.1 of this manual.

1. Lift the treadmill 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 running surface.
3. Rotate them counterclockwise in order to lower the running surface.



### Step 9: 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

### 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.
- + If the safety key is removed from the device, “- -” will appear on the display and a sound appears.
- + The device only works if the safety key is attached its initial contact point on the device.
- + 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



Parameter	Function
<b>TIME</b>	Displays the training time.
<b>INCLINE</b>	+ Displays the incline. + Display and setting range: 0-12 % (in 1 increments).
<b>CALORIES</b>	Displays the burned calories.
<b>SPEED</b>	+ Displays the speed. + Display and setting range: 0.8-18 km/h (in 0.1 increments).
<b>PULSE</b>	Displays the heart rate.
<b>DISTANCE</b>	Displays the distance.

## 3.2 Button Functions



Button	Function
<b>Instant Incline</b>	To increase the incline, press the buttons 2-10.
<b>INCLINE +</b>	To increase the incline, press this button. Display and setting range: 0-12 % (in 1 increments).
<b>INCLINE -</b>	To decrease the incline, press this button. Display and setting range: 0-12 % (in 1 increments).
<b>PROG</b>	Press this button to choose between 12 programmes, 3 user programmes and the body fat test.
<b>START</b>	To start the device, press this button.
<b>INSTANT SPEED</b>	To increase the speed, press the buttons 4-12.
<b>SPEED +</b>	To increase the speed, press this button. Display and setting range: 0.8-18 km/h (in 0.1 increments).
<b>SPEED -</b>	To decrease the speed, press this button. Display and setting range: 0.8-18 km/h (in 0.1 increments).
<b>STOP/PAUSE</b>	To pause the device, press this button.
<b>MODE</b>	Press this button to choose between TIME, DISTANCE and CALORIES.

## 3.3 Rotary Knob

The rotary knob functions as START, PAUSE and STOP.

1. Press the rotary knob to start the training in standby mode.
2. To pause the training, press the rotary knob.

*The training data will be kept.*

### ⓘ NOTICE

- + Short press the rotary knob to pause the training.
- + Long press the rotary knob to stop the training.



3. To continue the training, short press the rotary knob.

**① NOTICE**

- + The kept training data will be used for the remaining time.
- + The set speed is 0.8 km/h.
- + The set incline is 0 %.

4. To adjust the speed, turn the rotary knob.

4.1. To increase the speed, turn the rotary knob clockwise.

4.2. To decrease the speed, turn the rotary knob counterclockwise.

## 3.4 Media Management

The console has a USB port and a wireless charging station.

### USB port:

Connect a mobile device to charge it.

### Wireless charging:

Place your mobile phone on the wireless charging station to charge it.

## 3.5 Mode

With the MODE function you can set training values for TIME, CALORIES and DISTANCE. The set parameters will function as a training countdown.

### In Standby

1. Press MODE to switch between the parameters TIME, CALORIES and DISTANCE.
2. Choose your parameter.
3. Increase the value by pressing either INCLINE +, SPEED + or turning the rotary knob clockwise.
4. Decrease the value by pressing either INCLINE -, SPEED - or turning the rotary knob counterclockwise.
5. Press START to start your training.

**① NOTICE**

The device will start after 3 seconds.

6. To adjust the incline, press INCLINE +/-.
7. To adjust the speed, press SPEED +/-.



end.

*The device will slow down and stop once your training countdown has come to an*

## 3.6 Training Programmes

### 3.6.1 Pre-Set Programmes

This device contains 12 pre-set programmes.

#### In Standby

1. Press PROG.

*12 pre-set programmes appear on the console.*

2. Choose a pre-set programme.
3. To set the training time, press on SPEED +/-, INCLINE +/- or turn the rotary knob.
4. Press START.

*The device will start after 3 seconds.*

#### ⓘ NOTICE

- + The pre-set programmes are divided into 16 segments.
  - + The device sounds three times once the next segment starts.
5. To adjust the speed or incline during the segments, press SPEED +/- or INCLINE +/-.

→ *Once the programme ends, the device sounds three times and the device stops.*

PROG	TIME	TIME INTERVAL= setting time/16															
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P01	SPEED	2	3	3	4	4	5	5	3	4	5	4	4	3	3	5	3
	INCLINE	1	1	2	2	3	3	2	2	1	2	2	1	3	2	2	2
P02	SPEED	2	4	4	5	6	6	6	4	5	6	4	4	2	5	4	2
	INCLINE	1	2	2	2	3	2	2	2	2	2	3	3	4	3	2	2
P03	SPEED	2	4	4	6	7	7	7	4	7	7	4	4	4	5	3	2
	INCLINE	2	3	3	2	3	3	2	2	2	2	4	4	6	3	2	2
P04	SPEED	3	5	5	6	5	7	7	8	8	5	9	5	6	4	4	3
	INCLINE	2	3	3	2	3	3	2	2	2	2	4	4	6	3	2	2
P05	SPEED	2	4	4	5	7	5	6	7	8	8	5	4	6	5	4	2
	INCLINE	3	3	3	4	5	5	4	4	4	4	5	5	3	2	2	2
P06	SPEED	2	4	4	4	8	8	6	7	8	8	6	4	5	4	3	2
	INCLINE	3	5	5	5	4	3	3	3	3	4	4	4	3	4	3	2
P07	SPEED	2	3	3	3	3	4	5	3	4	5	3	3	6	5	3	3
	INCLINE	4	4	4	4	6	6	6	7	7	8	8	9	6	5	4	4
P08	SPEED	2	3	3	6	4	6	7	4	6	7	4	4	3	4	4	2
	INCLINE	4	5	5	5	6	7	8	9	9	9	9	10	10	12	8	6

P09	SPEED	2	4	4	7	7	8	4	8	9	9	4	4	6	3	3	2
	INCLINE	5	5	5	6	4	4	6	6	5	5	8	8	9	7	4	2
P10	SPEED	2	4	5	6	4	6	8	8	6	6	5	4	4	4	3	3
	INCLINE	5	6	6	6	8	8	4	4	4	5	5	8	10	8	6	3
P11	SPEED	2	5	8	10	10	10	7	7	10	10	5	5	5	5	4	3
	INCLINE	4	5	3	2	2	2	2	2	2	4	5	6	5	5	2	0
P12	SPEED	3	4	9	9	5	8	5	9	7	5	5	7	5	7	6	3
	INCLINE	1	2	3	2	5	0	0	2	3	5	7	3	6	5	3	3

### 3.6.2 User-Defined Programmes

This device contains 3 user-defined programmes.

#### In Standby

1. Press PROG.

*3 user-defined programmes appear on the console.*

2. Choose a user-defined programme.
3. To set the training time, press on SPEED +/-, INCLINE +/- or turn the rotary knob.

#### ⓘ NOTICE

+ The user-defined programmes are divided into 16 segments.

4. To adjust the speed and incline in the segments, press MODE.
5. To adjust the speed, press on SPEED +/- or turn the rotary knob.
6. To adjust the incline, press on INCLINE +/-.
7. Press on START.

*The device will start after 3 seconds.*

#### ⓘ NOTICE

+ The device sounds three times once the next segment starts.

8. To adjust the speed or incline during the segments, press on SPEED +/- or INCLINE +/-.
9. The device sounds three times.

→ *Once the programme ends, the device sounds three times and the device stops.*

### 3.6.3 Body Fat Test

This device contains a body fat test.



#### **WARNING**

Your training equipment is not a medical device. The body fat test measurements serve only as a training aid.

#### **In Standby**

1. Press on PROG until the FAT parameter appears.
2. To enter your data, press on MODE.
3. Press on SPEED +/- to enter your data for the following measurements:
  - + F-1 GENDER (01 male, 02 female)
  - + F-2 AGE (10-99 years)
  - + F-3 HEIGHT (100-200 cm)
  - + F-4 WEIGHT (20-150 kg)
4. Press on MODE and start the body fat test F-5.
5. Place your hands on the hand pulse sensors of the device.

➔ *The device starts the body fat test and the result appears after 3 seconds on the display.*

#### **Results:**

+ ≤ 19	Underweight
+ = 20-25	Normal weight
+ = 26-29	Overweight
+ ≥ 30	Obesity

### 3.7 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.

#### **NOTICE**

Wear a chest strap for the heart rate controlled programmes. The chest strap must be tightly attached to the chest and skin.

#### **In Standby**

1. Press on PROG until HP1 and HP2 appear on the display.
2. Choose a programme.

#### **NOTICE**

- + The maximum speed of HP1 is 10 km/h.
- + The maximum speed of PH2 is 12 km/h.

3. To enter your age, press MODE.

**① NOTICE**

The default age on the display is 30 (AG:30).

4. To enter your age, press on SPEED +/- or INCLINE +/-.

**① NOTICE**

The device recommends you a heart rate suited for your entered age.

5. To enter your heart rate, press on MODE.
6. To adjust your desired heart rate, press on SPEED +/- or INCLINE +/-.
7. Once the programme starts, you can adjust the speed and incline with SPEED +/- or INCLINE +/-.

*The training begins. The first minute is the warm-up phase.*

**① NOTICE**

During the first minute the device does not automatically adjust the speed to your current heart rate.

8. To adjust the speed during the first minute, press on SPEED +/-.

**① NOTICE**

- + After one minute the device automatically adjusts the speed to your current heart rate.
- + If your heart rate does not match the set heart rate during training, the speed remains constant while the incline automatically adjusts to the set heart rate.
- + The automatic incline ensures that you reach your set heart rate.

**Low heart rate**

If the current heart rate does not match the set heart rate, the speed will be automatically increased in 0.5 increments. As soon as the maximum programme speed is reached and the heart rate is still lower, the incline will be automatically increased in increments of 1. The aim is to reach the set heart rate.

**High heart rate**

If the current heart rate does not match the set heart rate, the incline automatically decreases in increments of 1. If the incline is 0 and the set heart rate has not been reached, the speed automatically decreases in 0.5 increments. This is to ensure that the set heart rate is reached. As soon as the set heart rate is reached, the speed and incline will remain constant.

Age	Pulse			Age	Pulse			Age	Pulse		
	Min	Default	Max		Min	Default	Max		Min	Default	Max
15	123	123	195	37	110	110	174	59	97	97	153
16	122	122	194	38	109	109	173	60	96	96	152
17	122	122	193	39	109	109	172	61	95	95	151
18	121	121	192	40	108	108	171	62	95	95	150
19	121	121	191	41	107	107	170	63	94	94	149
20	120	120	190	42	107	107	169	64	94	94	148
21	119	119	189	43	106	106	168	65	93	93	147
22	119	119	188	44	106	106	167	66	92	92	146
23	118	118	187	45	105	105	166	67	92	92	145
24	118	118	186	46	104	104	165	68	91	91	144
25	117	117	185	47	103	103	164	69	91	91	143
26	116	116	184	48	103	103	163	70	90	90	143
27	116	116	183	49	103	103	162	71	89	90	142
28	115	115	182	50	102	102	162	72	89	90	141
29	115	115	181	51	101	101	161	73	88	90	140
30	114	114	181	52	101	101	160	74	88	90	139
31	113	113	180	53	100	100	159	75	87	90	138
32	113	113	179	54	100	100	158	76	86	90	137
33	112	112	178	55	99	99	157	77	86	90	136
34	112	112	177	56	98	98	156	78	85	90	135
35	111	111	176	57	98	98	155	79	85	90	134
36	110	110	175	58	97	97	154	80	84	90	133

### 3.8 Lubrication Reminder Function

The device has a reminder function that reminds you to lubricate the device after 300 kilometres. A sound will appear every 10 seconds and OIL appears on the display.

**NOTICE**

After you have lubricated the treadmill, press the "Stop" button for three seconds.

→ *The lubrication reminder disappears.*

### 3.9 Saving Energy

The treadmill switches to standby mode after 5 minutes of inactivity. To exit the standby mode, press on a button on the console.

### 3.10 Power Switch

The on/off switch is located at the back of the device.

- ① **NOTICE**  
Switch the device off if you are not using it for a longer period of time.

### 3.11 Wireless Connection and Fitness Apps

This console is equipped with a wireless connection interface. Please take note that your mobile device needs to be compatible with the wireless connection interface of the treadmill.

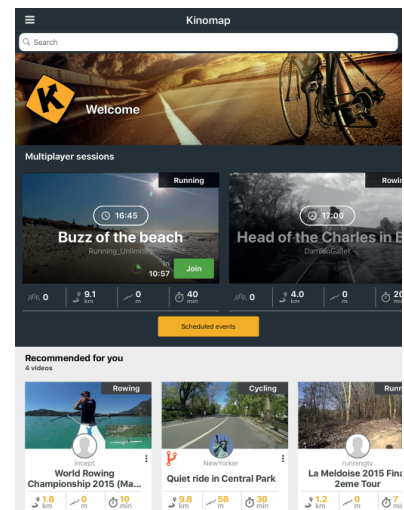
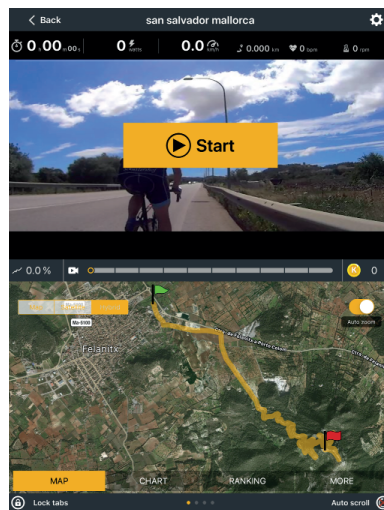
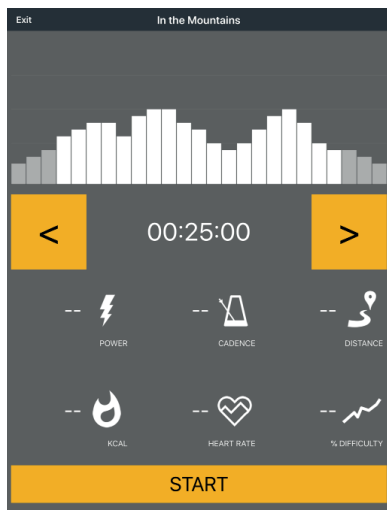
To use training apps you will have to activate the wireless connection function on your mobile device (tablet or smart phone) and start the fitness app. Select your fitness equipment. Please follow the instructions given in the app. You will find the name of your fitness equipment on a small sticker on the back of the console.

You will find the fitness apps in the app stores of Google or Apple. There you will find the apps "Kinomap" or "Zwift". Please note that these apps are produced by an external manufacturer. Fitshop does not take any responsibility regarding the availability, functionality or contents of these programmes.

#### IMPORTANT NOTE

The pre-installed apps are produced and provided by external manufacturers. Changes and availability within these apps might occur. Fitshop does not take any responsibility and can not be held liable for the availability, functionality or contents of these apps. To make sure the pre-installed apps are working correctly, they must be updated regularly. If needed, the respective app will notify you to do so. To update the app, you need a google account. A google email is sufficient. Just follow the instructions on the screen to perform the update.

Please note: The system is set up only for the pre-installed apps. Do not install any additional apps as their proper functionality can not be guaranteed. The installation of other apps might cause technical issues.



Example: Kinomap



## 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.

## 4.3 Folding Mechanism



### WARNING

- + The treadmill is equipped with high-pressure shock absorbers that can cause the treadmill to suddenly open if handled incorrectly. For more information, refer to the section 2.1 of this manual.
- + Do not lift the treadmill by the running mat or the rear transporting wheels. These parts do not lock and are difficult to grab.



### NOTICE

The treadmill is foldable and thus saves space when it is stored. It also makes it easier to transport.

### 4.3.1 Folding Up the Treadmill

**⚠ WARNING**

- + Do not connect the equipment to the power supply when it is folded up. Try not to operate the equipment when it is folded up.
- + The running surface must have come to a complete stop before folding.

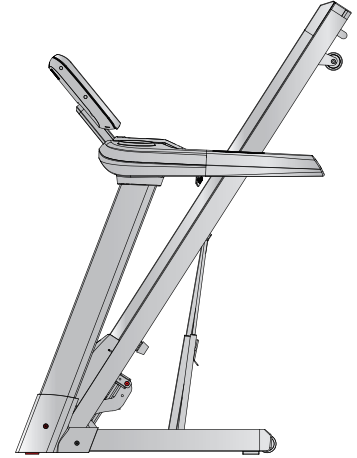
**⚠ CAUTION**

- + Do not lean on the equipment when it is folded and do not place anything on top of it that may make the equipment unstable or fall down.

**▶ ATTENTION**

- + Make sure that nothing is standing next to or on top of the treadmill that can be spilled or thrown or that makes it impossible to fold the treadmill.

1. Turn off the on/off switch and remove the plug from the outlet.
2. Use both hands to grab the supportive bar directly under the rear part of the running mat so that you have a stable lifting point.
3. Make sure that the hydraulic brake is correctly locked and tilt the treadmill forward.
4. Make sure that you are standing safely and make sure that the locking mechanism is secure by pulling the equipment backwards and it does not move.



### 4.3.2 Unfolding the Treadmill

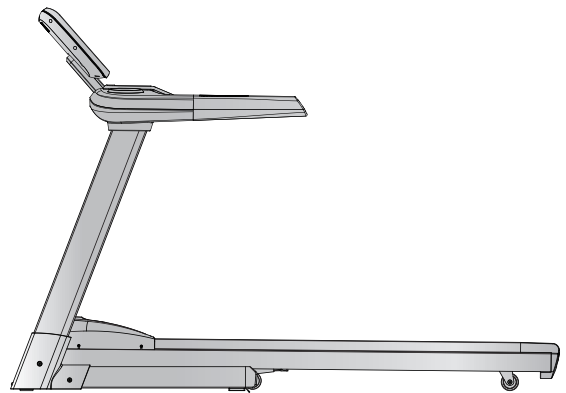
**▶ ATTENTION**

- + Make sure that nothing is standing next to or on top of the treadmill that can be spilled or thrown or that makes it impossible to unfold the treadmill.

1. Stand behind the treadmill and push the device slightly forward towards the display.
2. To release the hydraulic brake lock, use your left foot to push the upper part of the hydraulic brake slightly forward until the lock releases and the treadmill can be pulled back.
3. Keep holding the treadmill.

*The hydraulic brake lowers itself gently downwards.*

4. Once the treadmill has lowered  $\frac{2}{3}$ , you can let go of the treadmill.



## 5.1 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.

## 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
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"> <li>+ Interrupted power connection</li> <li>+ Loose cable connections</li> </ul>	<ul style="list-style-type: none"> <li>+ Power switch to on</li> <li>+ Check whether Safety Key is plugged in</li> <li>+ Check cable connections</li> </ul>
No pulse display	<ul style="list-style-type: none"> <li>+ Sources of interference in the room</li> <li>+ unsuitable chest strap</li> <li>+ Wrong position of chest strap</li> <li>+ Chest strap defective or battery empty</li> <li>+ Pulse display defective</li> </ul>	<ul style="list-style-type: none"> <li>+ Eliminate sources of interference (e.g. mobile phone, WLAN, lawn mower and vacuum cleaner robot, etc. ...)</li> <li>+ Use a suitable chest strap (see RECOMMENDED ACCESSORIES).</li> <li>+ Reposition chest strap and/or moisten electrodes</li> <li>+ Changing batteries</li> <li>+ Check if pulse display by hand pulse possible</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.

### Error Codes E01-E06

#### **E01 Error message:**

The console wires are not connected correctly. Check for damaged wires. Replace them if they are damaged.

#### **E02 Burst clash protection:**

The input voltage is too low.

#### **E03 No speed sensor signal:**

Check whether the speed sensor is connected correctly.

#### **E04 Incline failure:**

The incline motor or the console is damaged. Check whether the wires of the incline motor are connected correctly.

#### **E05/E10 Current overload protection (self protecting system):**

The input voltage is too low or too high. Turn the device off and unplug it. Plug the device back in and turn it on again.

A moving part of the device is stuck, the motor does not function correctly. Check for the moving part and make sure it functions correctly. Check the motor, for strange noises or a burning smell . Lubricate the device.

#### **E06 Motor failure:**

Check whether the wires of the motor are connected correctly.

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

## 5.4 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.

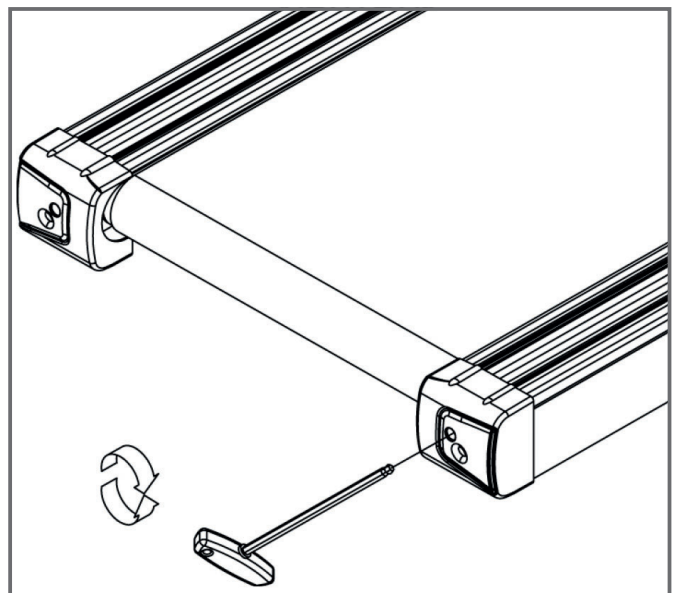
### 5.4.1 Adjusting the Running Mat

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.



## 5.4.2 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 ¼ turn clockwise.
3. Then check whether the running mat continues to slip. If this is the case, you must perform the described procedure again.

## 5.4.3 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.

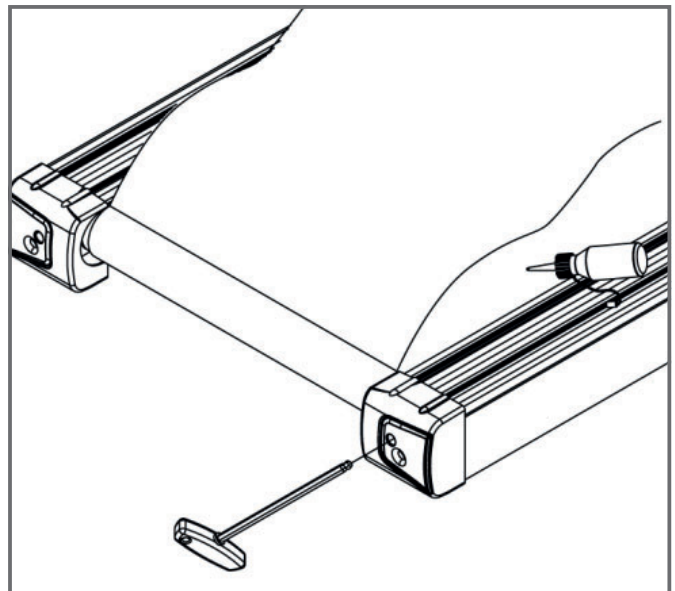
### ① NOTICE

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.



## 5.5 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.

## 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 treadmills 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 and lubricate the running mat. Furthermore, there are additional **handrails** available for some treadmills.

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



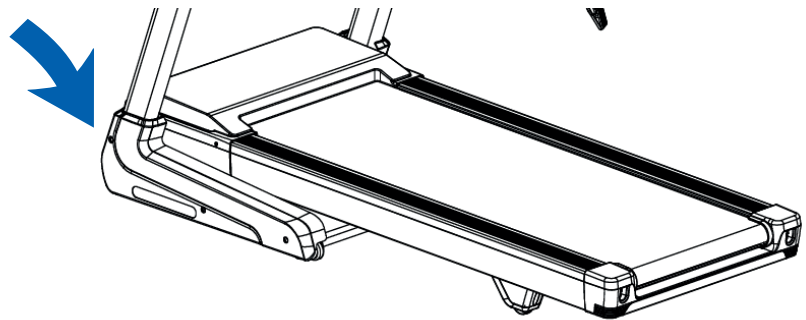
## 8.1 Serial Number and Model Name

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	Supplier Parts No.	Specification	Qty.
A01	Base frame			1
A02	Main frame			1
A03	Incline bracket			1
A04	Console base bracket			1
A05	Panel connecting bracket			1
A06	Left upright tube			1
A07	Right upright tube			1
A08	Panel turning fixed bracket			1
B01	Pulse steel plate			4
B02	Back roller			1
B03	Pipe			2
B04	Wrench w/screw driver			1
B05	5# Allen wrench			1
B06	6# Allen wrench			1
B07	Cylinder			1
B08	Front roller			1
B09	Sleeve			2
B10	Spring plate			2
B11	Switch knob pressing plate			1
C01	Motor top cover			1
C02	Motor bottom cover			1
C03	Back end cover			1
C04	Adjustable wheel cover			2
C05	Side rail			2
C06	Panel turning sleeve			2
C07	Left upright tube cover			1
C08	Right upright tube cover			1
C09	Console top cover			1
C10	Console bottom cover			1
C11	Console left side cover			1
C12	Console right side cover			1

C13	Left handle bar	1
C14	Right handle bar	1
C15	Console cover adapter block	4
C16	Panel top cover	1
C17	Panel bottom cover	1
C18	Holder	1
C19	Safety key clip	1
C20	Side rail tension seat	8
C21	Running belt	1
C22	Cushion	4
C23	Cushion	4
C24	Transport Wheel	2
C25	Adjustable wheel	2
C26	Plastic gasket	4
C27	Ring protective plug	2
C28	Foot pad	2
C29	Cylindrical cushion	2
C30	Adjustable foot pad	2
C31	Safety key base	1
C32	Safety key	1
C33	Motor belt	1
C34	EVA pad	2
C35	EVA pad	1
C36	Rubber cushion	2
C37	Square pipe plug	1
C38	EVA pad	1
C39	Water bottle pad	2
C40	Switch knob cover	1
C41	Switch knob button	1
D01	Nut	1
D02	Nut	14
D03	Nut	6
D04	Bolt	1
D05	Bolt	1

D06	Bolt	2
D07	Bolt	6
D09	Bolt	1
D10	Bolt	1
D11	Bolt	4
D12	Bolt	6
D13	Bolt	2
D14	Bolt	1
D15	Bolt	2
D16	Bolt	2
D17	Bolt	4
D18	Bolt	4
D19	Bolt	6
D20	Bolt	7
D21	Screw	2
D22	Screw	22
D23	Screw	15
D24	Screw	51
D25	Screw	39
D26	Lock washer	2
D27	Lock washer	1
D28	Lock washer	12
D29	Spring washer	6
D30	Big washer	6
D31	Screw	4
D32	Flat washer	14
D33	Screw	4
D34	Bolt	2
D35	Screw	3
D36	Lock washer	2
D37	Spring washer	2
D38	Screw	4
D39	Bolt	6
E01	DC motor	1

E02	Incline motor	1
E03	Switch on-off	1
E04	Power socket	1
E05	Overload protector	1
E06	Magnetic ring	1
E07	Magnetic core	1
E08	Power wire	1
E09	AC signal wire	1
E10	AC signal wire	2
E11	AC signal wire	2
E12	Ground wire	1
E13	Running board	1
E14	Console	1
E15	Control board	1
E16	Left touch button board	1
E17	Right touch button board	1
E18	Switch knob	1
E20	Console top signal wire	1
E21	Console bottom signal wire	1
E22	Hand pulse top signal wire	1
E23	Hand pulse bottom signal wire	2
E24	Safety switch induction wire	1
E25	Switch knob signal wire	1
E26	Touch button connecting signal wire	1
E28	Touch button top signal wire	1
E29	Touch button bottom signal wire	1
F01	Filter	1
F02	Inductance	1
F03	AC signal wire ( L 350)	1
F04	Ground wire ( L 350)	1
F05	Screw	4
G01	Wireless charging adapter board	1
G03	Screw	4
H01	Wireless pulse connecting wire	1

H02	wireless receiver	1
J01	USB module	1
J02	USB connecting wire	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.**

### **Warranty**

The warranty 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 warranty holder 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>
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<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.

Visit us also on our social media platforms or our blog!



<https://www.fitshop.co.uk/>  
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 cardiostrong

*BODYCRAFT*

**BodyMax**

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