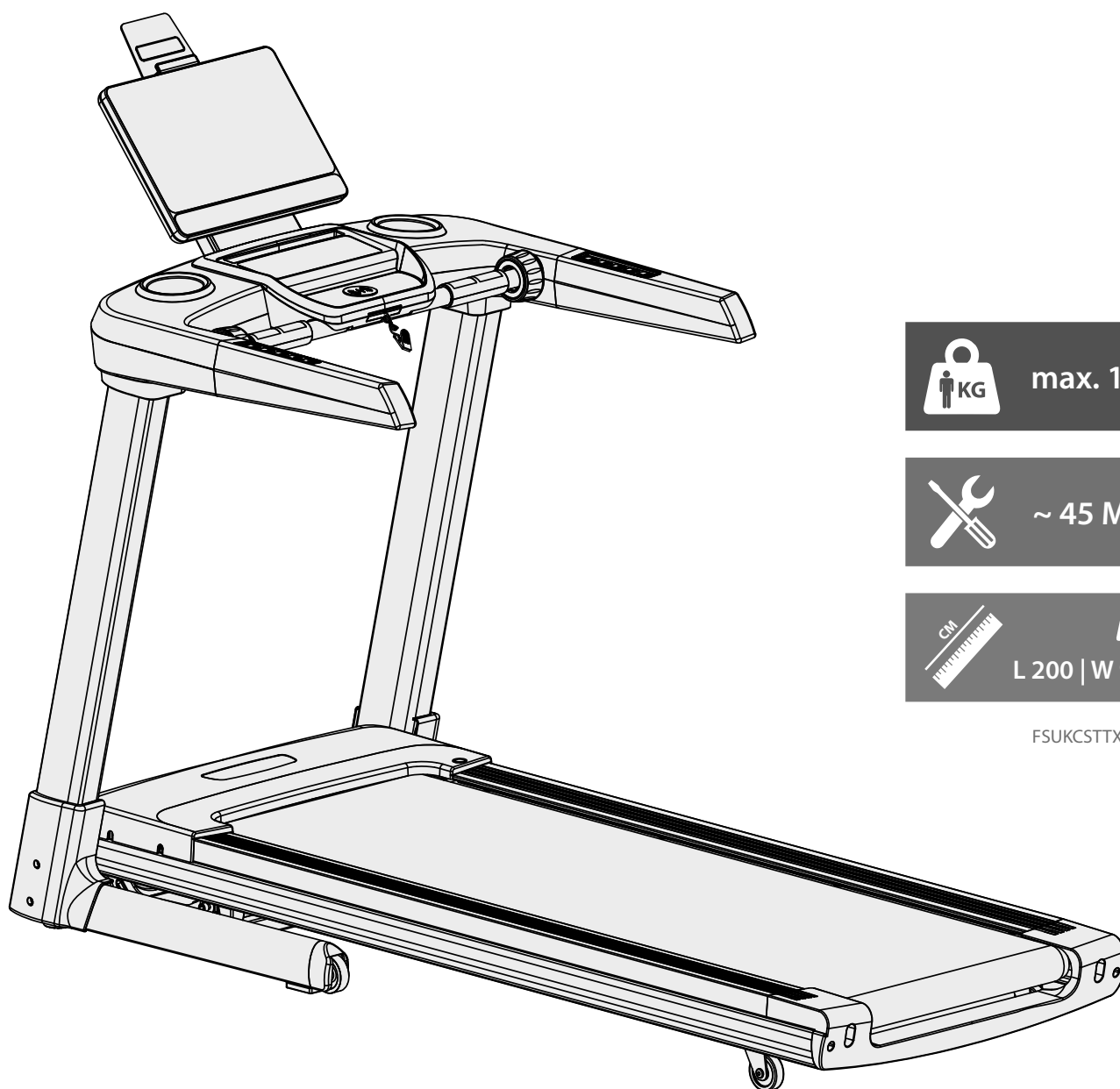




## ASSEMBLY AND OPERATING INSTRUCTIONS



max. 160 kg



~ 45 Min.



102 kg

L 200 | W 90 | H 149

FSUKCSTTX80.03.01

SKU: CST-TX80-3

TX80



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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](http://www.fitshop.com/cardiostrong). 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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Europe's No. 1 for home fitness

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#### **Disclaimer**

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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.

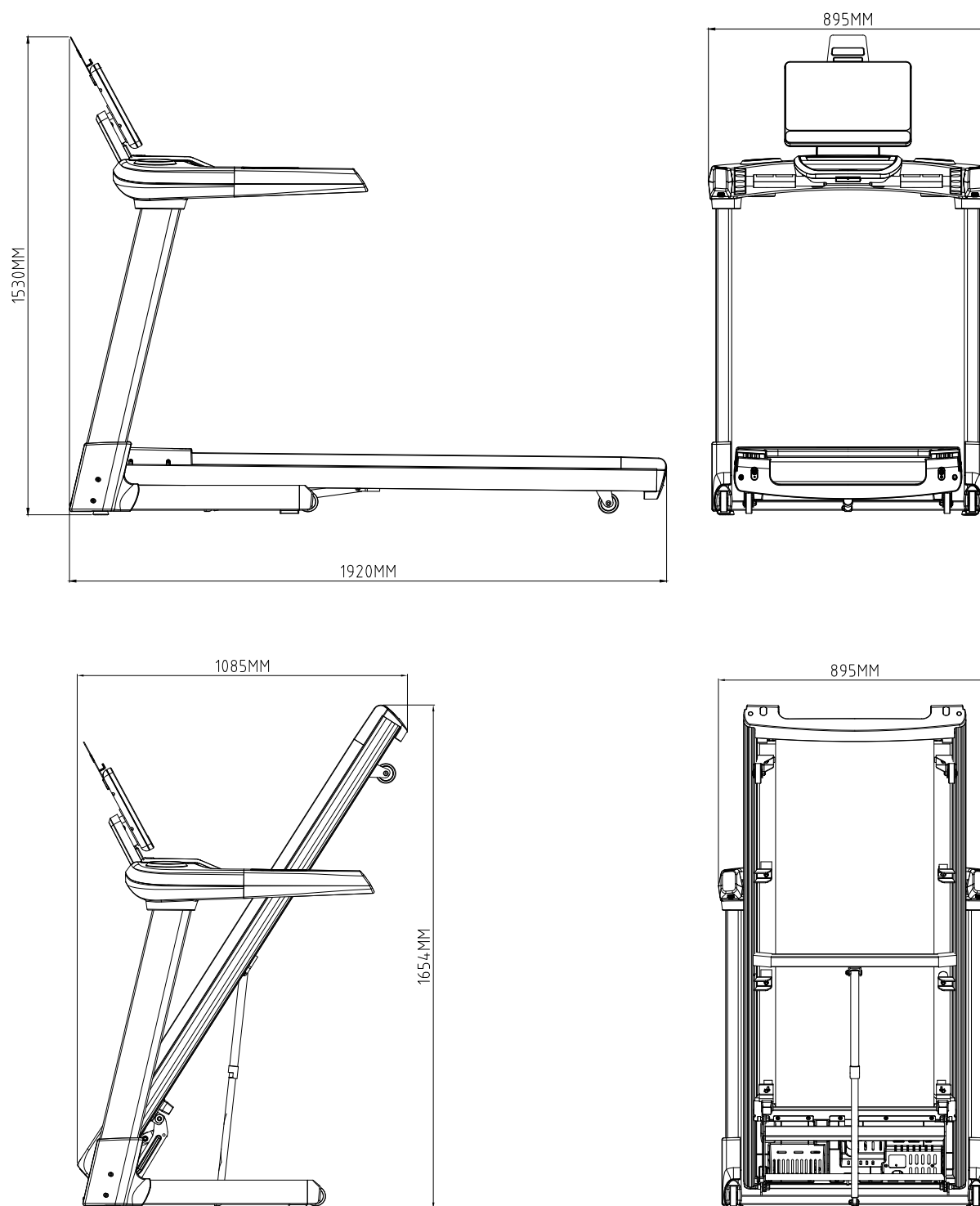
Retain these instructions in a safe place for future reference, maintenance or when ordering replacement parts.

## 1.1 Technical Data

| Weight and dimensions                       |                         |
|---------------------------------------------|-------------------------|
| Item weight (gross, including packaging)    | 117 kg                  |
| Item weight (net, without packaging)        | 101.5 kg                |
| Packaging dimensions of cartons (L x W x H) | 224 cm x 95 cm x 38 cm  |
| Set-up dimensions (L x W x H)               | 200 cm x 90 cm x 149 cm |
| Folded dimensions (L x W x H)               | 115 cm x 90 cm x 166 cm |
| Running mat                                 |                         |
| Thickness of the running mat                | 2.5 mm                  |
| Running Deck                                | 18 mm                   |
| Running mat size in cm (L x W)              | 1520 mm x 520 mm        |
| Maximum load                                |                         |
| Maximum user weight                         | 160 kg                  |
| Technical specifications                    |                         |
| Power supply                                | Mains Supply            |
| Console data                                |                         |
| Display                                     | Pulse                   |
|                                             | Speed                   |
|                                             | Distance                |
|                                             | Calories                |
|                                             | Time                    |
|                                             | Steps                   |
|                                             | Pace                    |
|                                             | Incline                 |
| Display size                                | 15.6 inches             |
| Console type                                | TFT                     |
| User profiles                               | 4                       |
| Engine data                                 |                         |
| Maximum speed                               | 20 km/h                 |
| Speed interval                              | 0.1 km/h                |
| Incline                                     | 0 - 15 Steps            |

|                           |                                           |
|---------------------------|-------------------------------------------|
| Incline interval          | 1 Step                                    |
| Motortype                 | Brushless                                 |
| <b>Programme overview</b> |                                           |
| Quick Start               | 1                                         |
| Heart rate programmes     | 4                                         |
| Custom programmes         | 4                                         |
| Target programmes         | 3                                         |
| Workout programmes        | 8                                         |
| <b>Other data</b>         |                                           |
| Menu language             | English, German                           |
| Wireless connection       | Yes                                       |
| Heart rate monitor        | Hand pulse sensors, optional: chest strap |
| Use class                 | H                                         |

## 1.2 Technical Drawings



## 1.3 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).

## 1.4 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.

## 1.5 Set-Up Place

### ⚠ **WARNING**

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

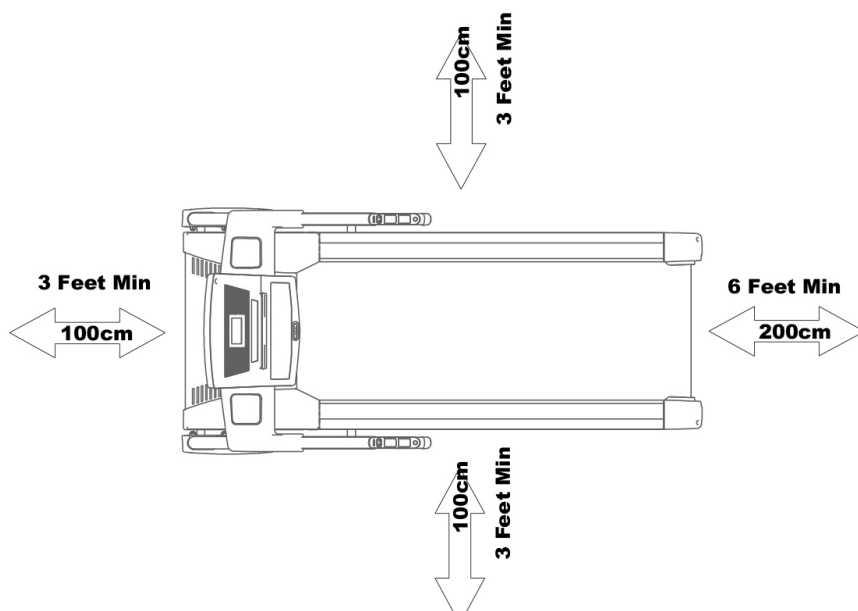
### ⚠ **CAUTION**

- + 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:



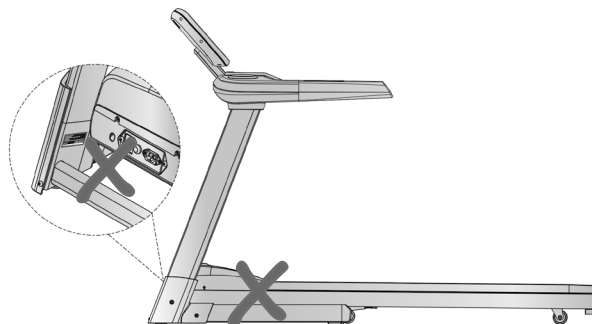
### 2.1 General Instructions

#### **⚠ 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.

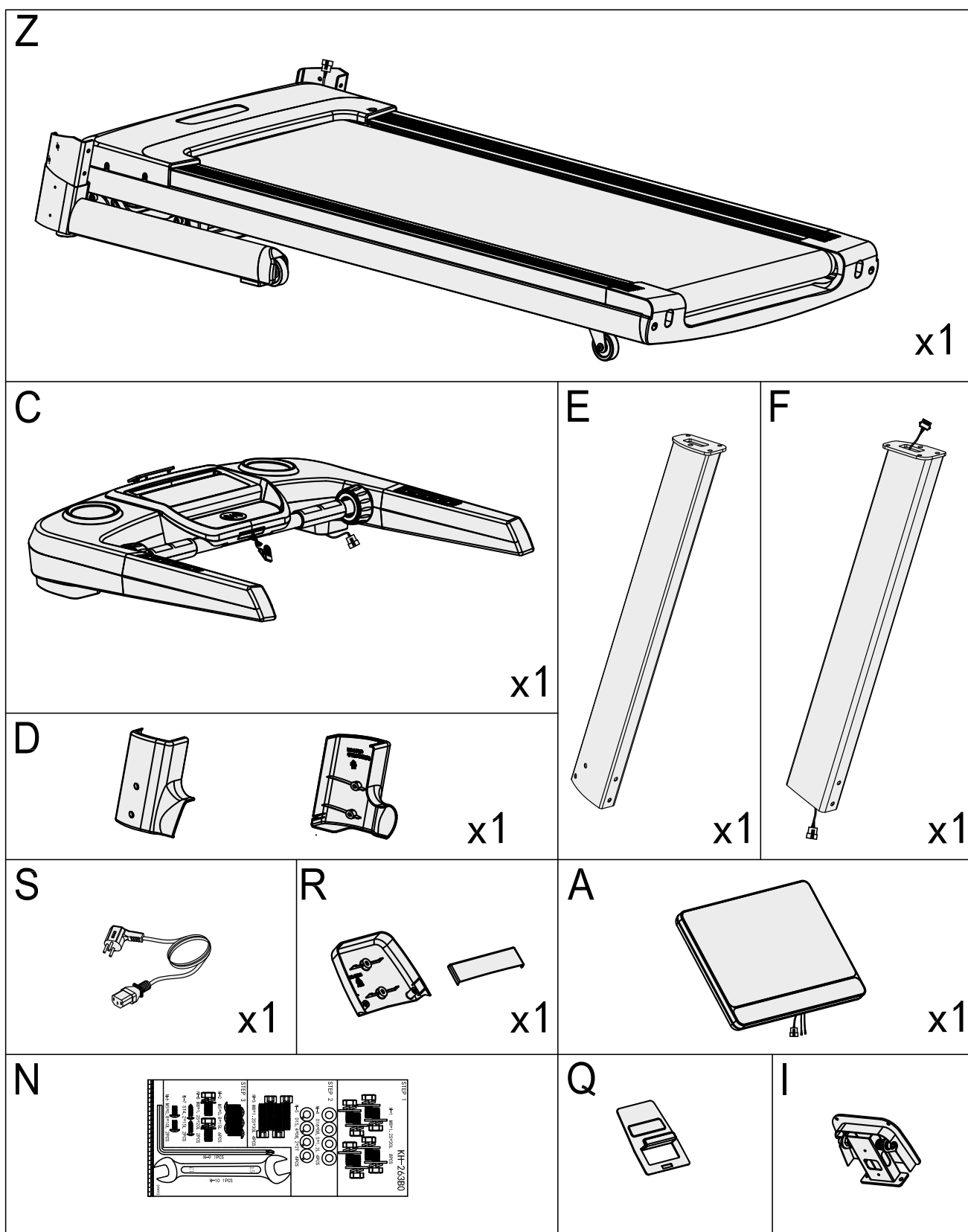
The scope of delivery consist of the following parts. At the beginning, check whether all parts and tools belonging to the device are included in the scope of delivery and whether damage has occurred. In the event of complaints, the contractual partner must be contacted directly.

### **CAUTION**

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

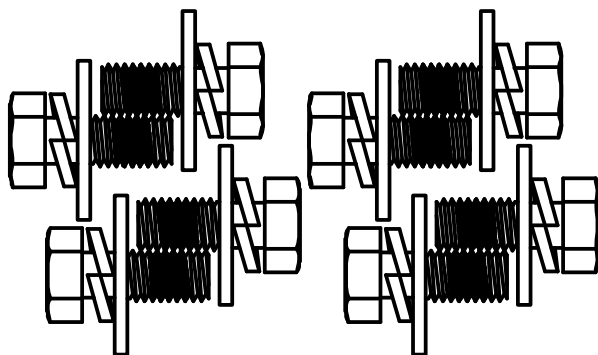
### **NOTICE**

Required tools: Spanner (13, 15), Allen key (8 mm), Screw driver

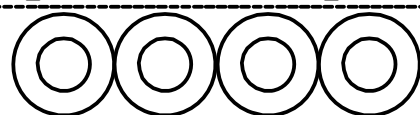


## STEP 1

N-1 M8\*1.25\*20L 8PCS



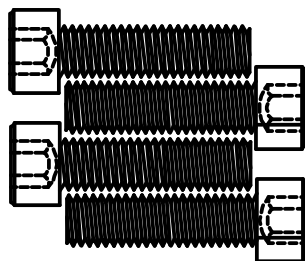
## STEP 2



N-4 D16\*D8.5\*1.2L 4PCS

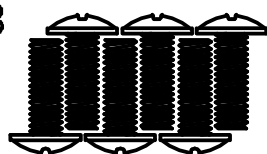


N-5 D15.4\*D8.2\*2T 4PCS

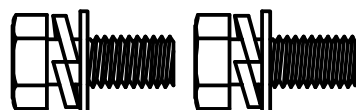


N-3 M8\*1.25\*30L 4PCS

## STEP 3



N-2 M5\*0.8\*15L 6PCS



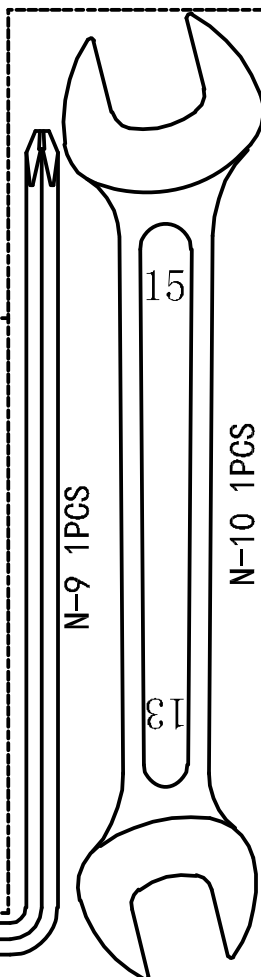
N-8 M8\*1.25\*20L 2PCS



N-7 ST4.2\*15L 2PCS



N-6 M5\*0.8\*10L 2PCS



N-9 1PCS

N-10 1PCS

(mm)

## 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

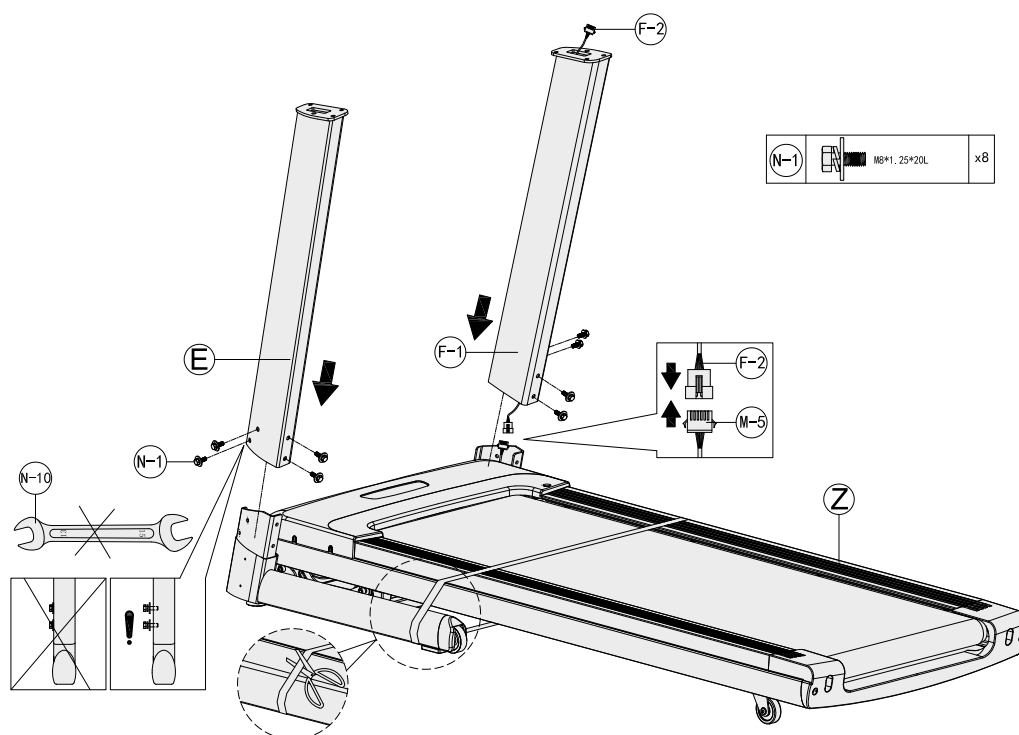
- + First loosely screw all parts together and check that they fit properly. Tighten the screws using the tool only when you are instructed to do so.
- + Do not tighten the screws and bolts with excessive force as they could be damaged.
- + If you have difficulty recognising the graphics, we recommend 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 handlebar posts

Tool: Spanner (13)

#### ► ATTENTION

- + Be careful not to pinch the cables.
  - + Make sure the cables are properly connected.
1. Remove the strapping band.
  2. Connect the middle computer cable 1200 (F-2) and lower computer cable (M-5).
  3. Attach the left handlebar post welding set (E) and right handlebar post welding set (F-1) to the main frame (1) with eight allen bolts (N-1).
  4. Tighten the bolt connections.



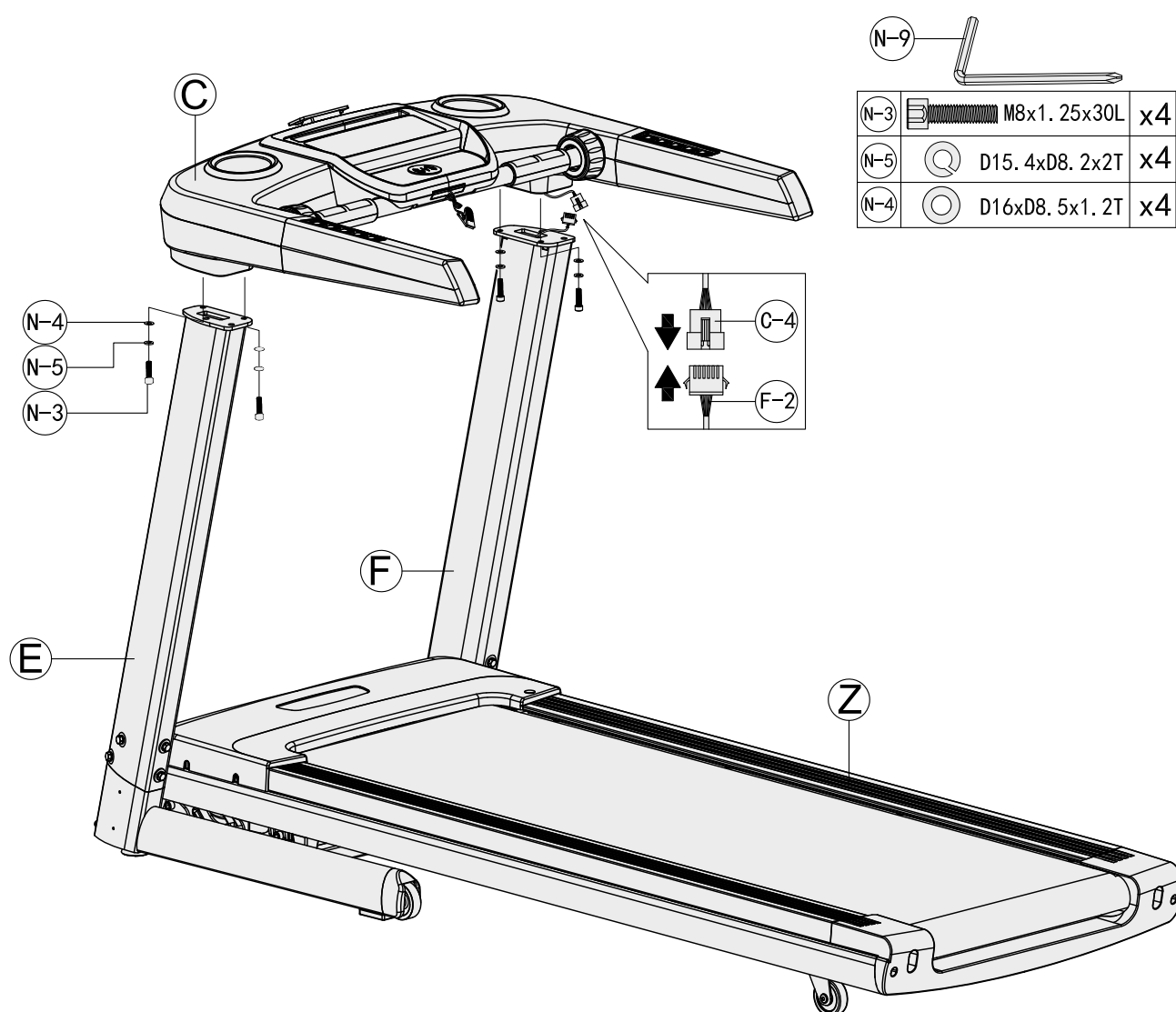
## Step 2: Assembly of the handlebar set

Tool: Allen key (8 mm)

### ► ATTENTION

- + Be careful not to pinch the cables.
- + Make sure the cables are properly connected.

1. Connect the upper computer cable 650L (**C-4**) and middle computer cable 1200 (**F-2**).
2. Attach the handlebar set (**C**) to the left and right handlebar post welding set (**E, F-1**) with four allen screws (**N-3**), four spring washers (**N-5**) and four flat washers (**N-4**).



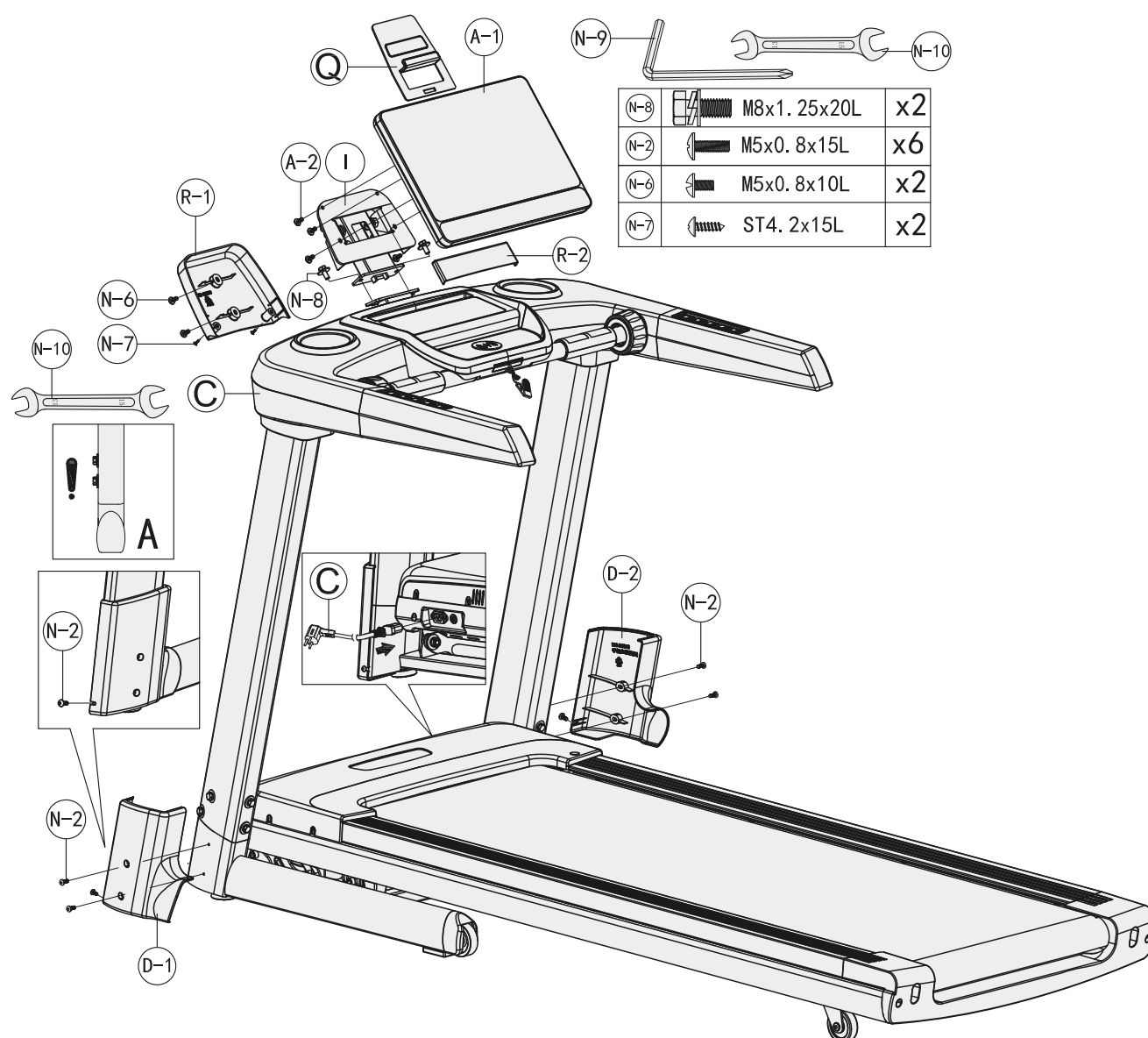
### Step 3: Assembly of the computer and covers

Tool: Spanner (13 mm), screw driver

#### ► ATTENTION

- + Be careful not to pinch the cables.
- + Make sure the cables are properly connected.

1. Attach the left and right cover for the handlebar post (D-1, D-2) to the main frame (Z) with six bolts (N-2).



## 2. FIG. 3-1

- 2.1. Attach the computer supporting set (I) to the handlebar set (C) with two bolts (N-8).

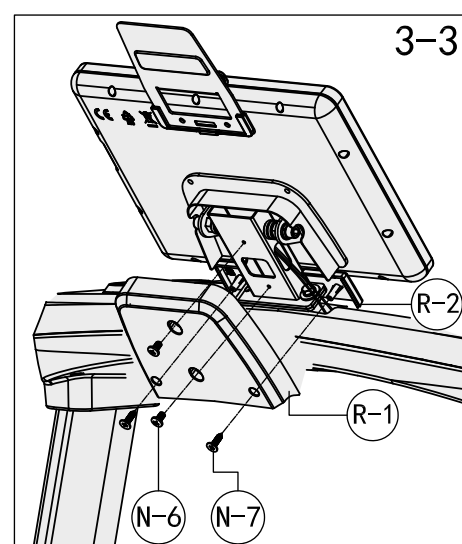
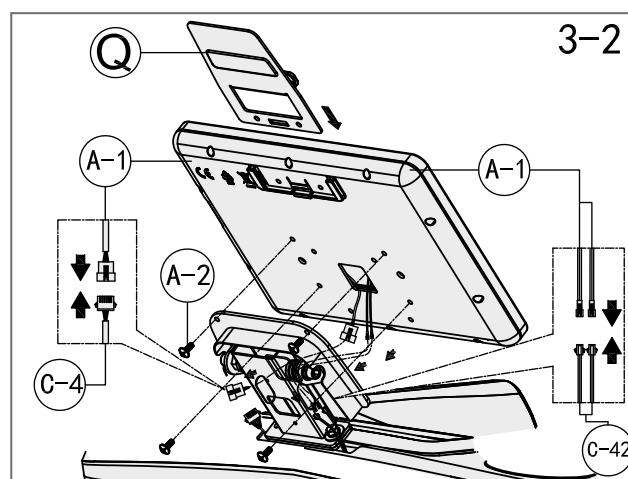
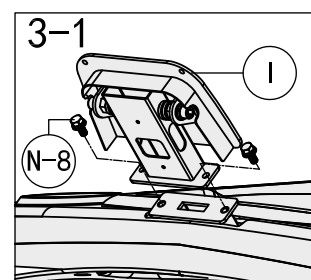
## 3. FIG. 3-2

- 3.1. Connect the computer (A-1) and upper computer cable 650L (C-4).
- 3.2. Connect the computer (A-1) and handle pulse cable 1000L (C-42).
- 3.3. Attach the computer set (A) to the computer supporting set (I) with three screws (A-3).
- 3.4. Place the tablet holder (Q) on the computer set (A).

## 4. FIG. 3-3

- 4.1. Attach the back computer cover (R-1) to the computer supporting set (I) with two cross bolts (N-6).
  - 4.2. Place the decorative cover for computer (R-2) on the computer supporting set (I).
  - 4.3. Attach the back computer cover (R-1) to the decorative cover for computer (R-2) with two cross self-tapping screws (N-7).
5. Tighten all screw connections.

→ *Assembly is complete.*



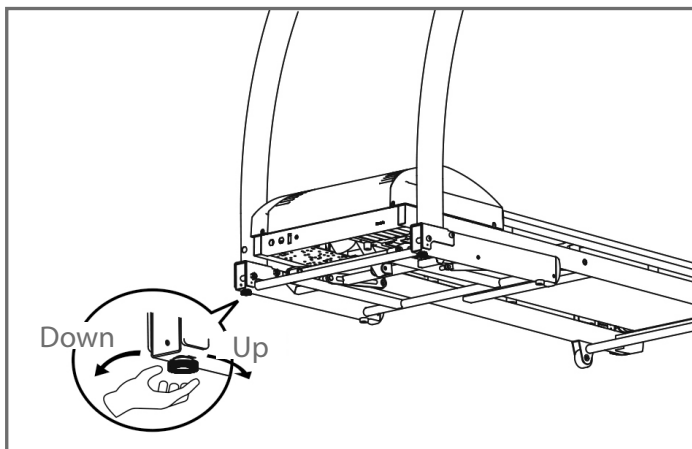
#### Step 4: Alignment of the feet

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.

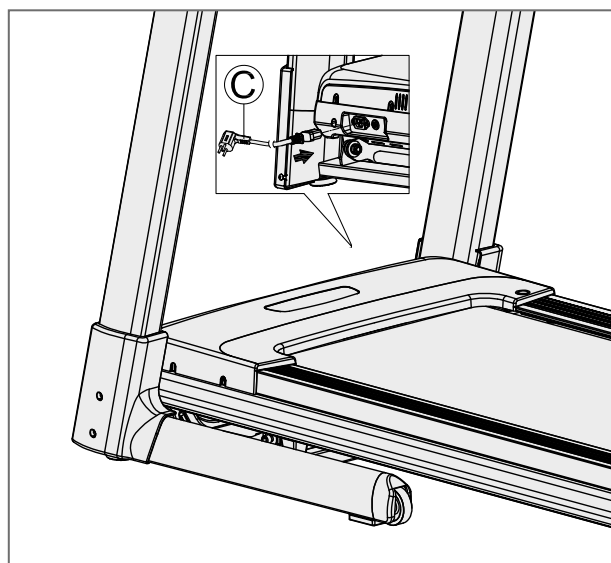


#### Step 5: Connecting the equipment to the mains supply

##### ► **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.



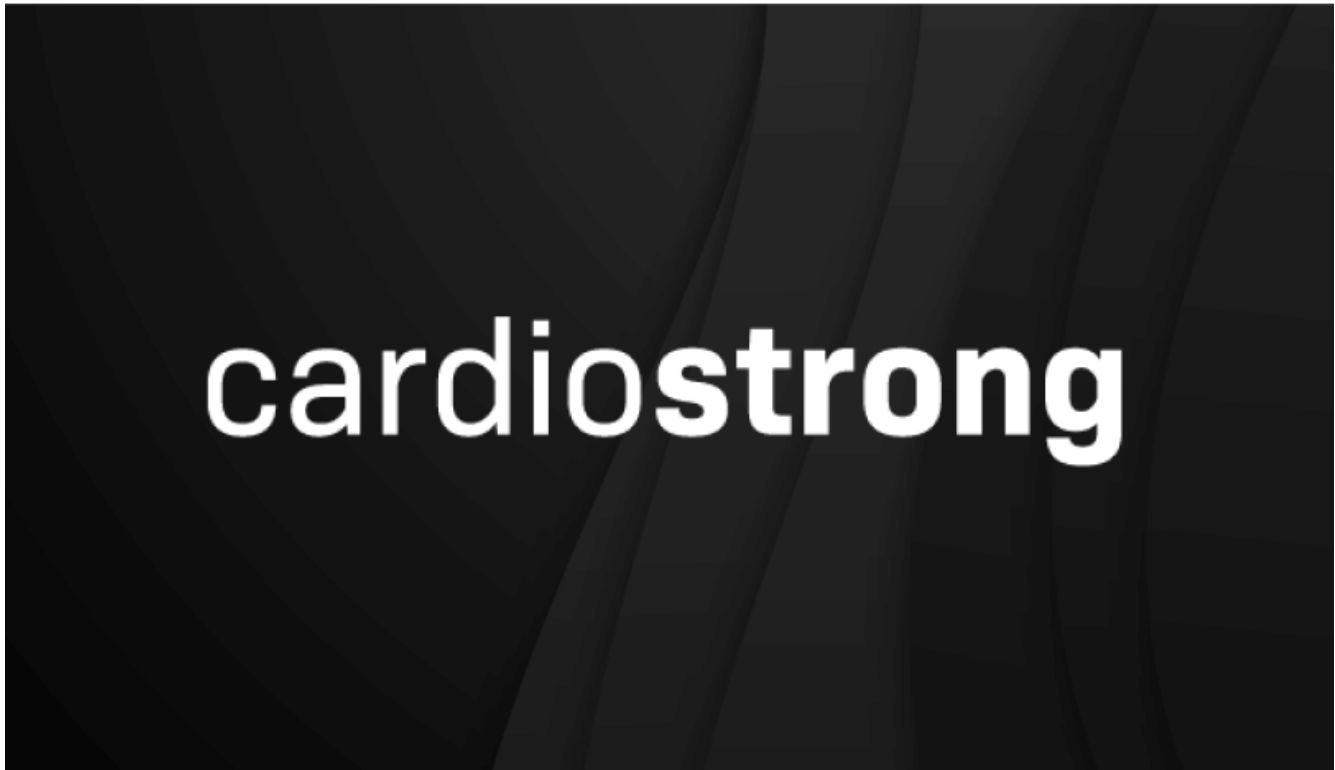
#### Correctly Getting On and Off

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.

**① NOTICE**

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

### 3.1 Display Overview

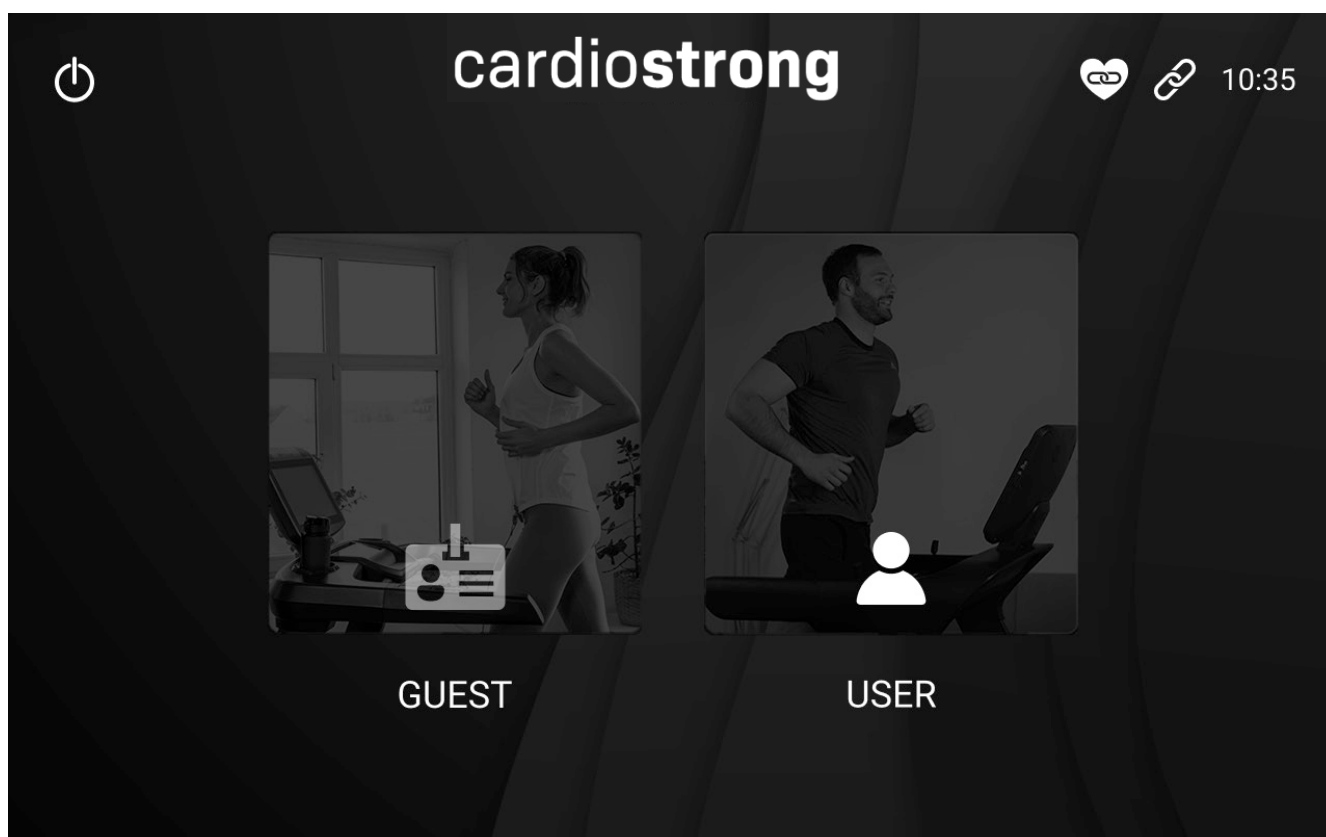


The following chapters provide a detailed overview of all console functions.

## 3.2 Start Display

The home screen is displayed after switching on the console. A guest profile and saved user profiles are available for selection.

The following chapters and subchapters provide a detailed description of the console functions.

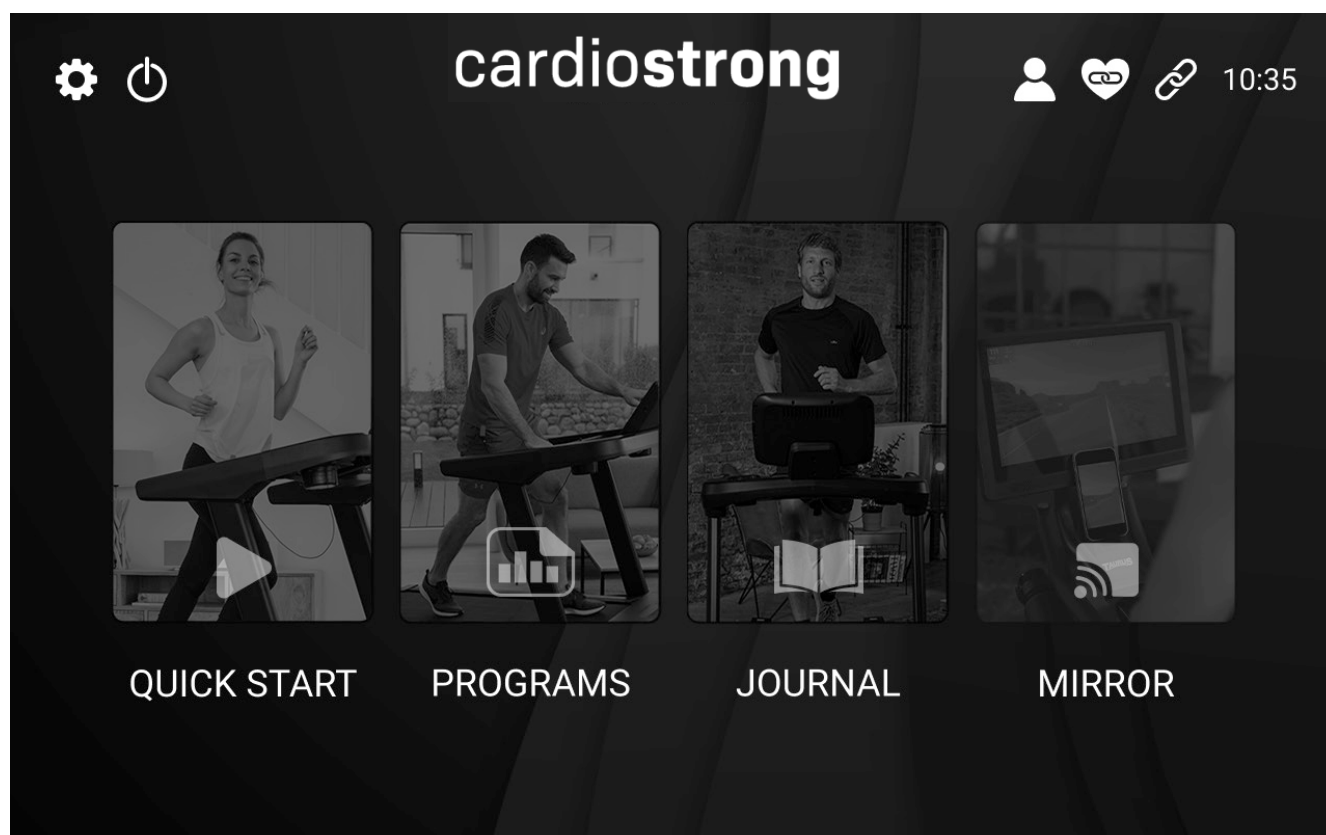


- ① **NOTICE**  
To start a workout, log in with a guest profile or a saved user profile. Refer to the chapter **Training profiles**.

## 3.3 Home Area

The home area provides an overview of the console functions.

**Prerequisite:** Log in with a guest profile or a user profile to access the home area. Refer to the chapter *Training profiles*.



### 3.3.1 Home Selection

The following table provides an overview of the options available in the Home area.

| SELECTION   | DESCRIPTION                                |
|-------------|--------------------------------------------|
| QUICK START | Start a workout without preset settings    |
| PROGRAMMES  | You open the programme selection           |
| JOURNAL     | You open your training log                 |
| MIRROR      | Mirror your device's screen to the console |

### 3.3.2 Menu Navigation Overview

The following table shows the top menu items.

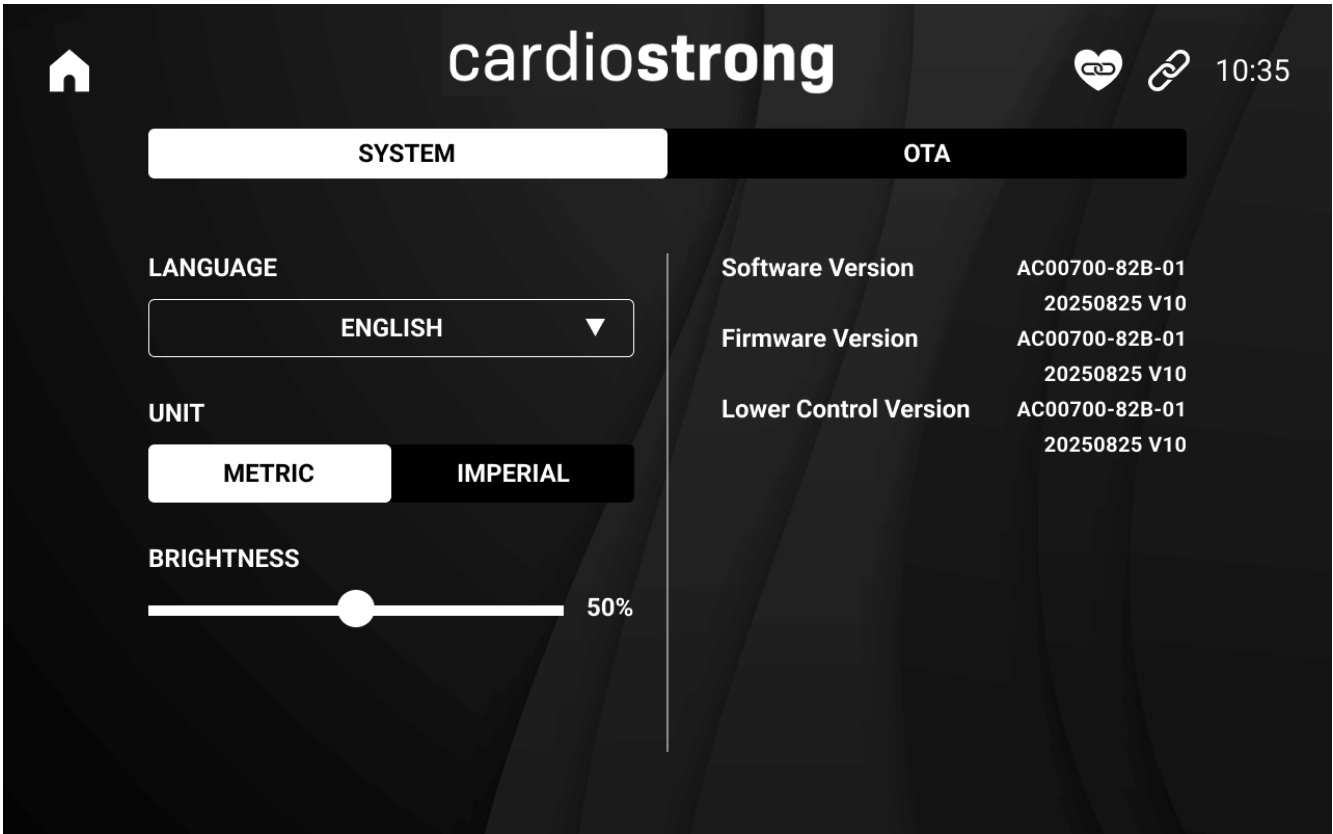
| DISPLAY                                                                           | SELECTION                    | DESCRIPTION                                                 |
|-----------------------------------------------------------------------------------|------------------------------|-------------------------------------------------------------|
|  | SETTINGS                     | Open the system and network settings                        |
|  | OFF                          | Put the console into standby mode                           |
|  | USER PROFILE / GUEST PROFILE | Open the currently logged-in guest or user profile          |
|  | CHEST STRAP CONNECTION       | Indicates whether a chest strap is connected                |
|  | FTMS                         | Indicates whether an FTMS or wireless connection is active. |

### 3.4 Settings

In the settings, you can adjust system settings, connect your device to Wi-Fi, and check for updates.

-  **NOTICE**  
To access the settings, tap  in the Home area.

#### 3.4.1 System Settings



**NOTICE**

In the system settings, you can view the software, firmware, and lower control versions.

*In the system settings, you can make general adjustments:*

**Change language:**

1. Tap the box with the currently selected language.

*A drop-down menu opens.*

2. Select the desired language.

**Change unit of measurement:**

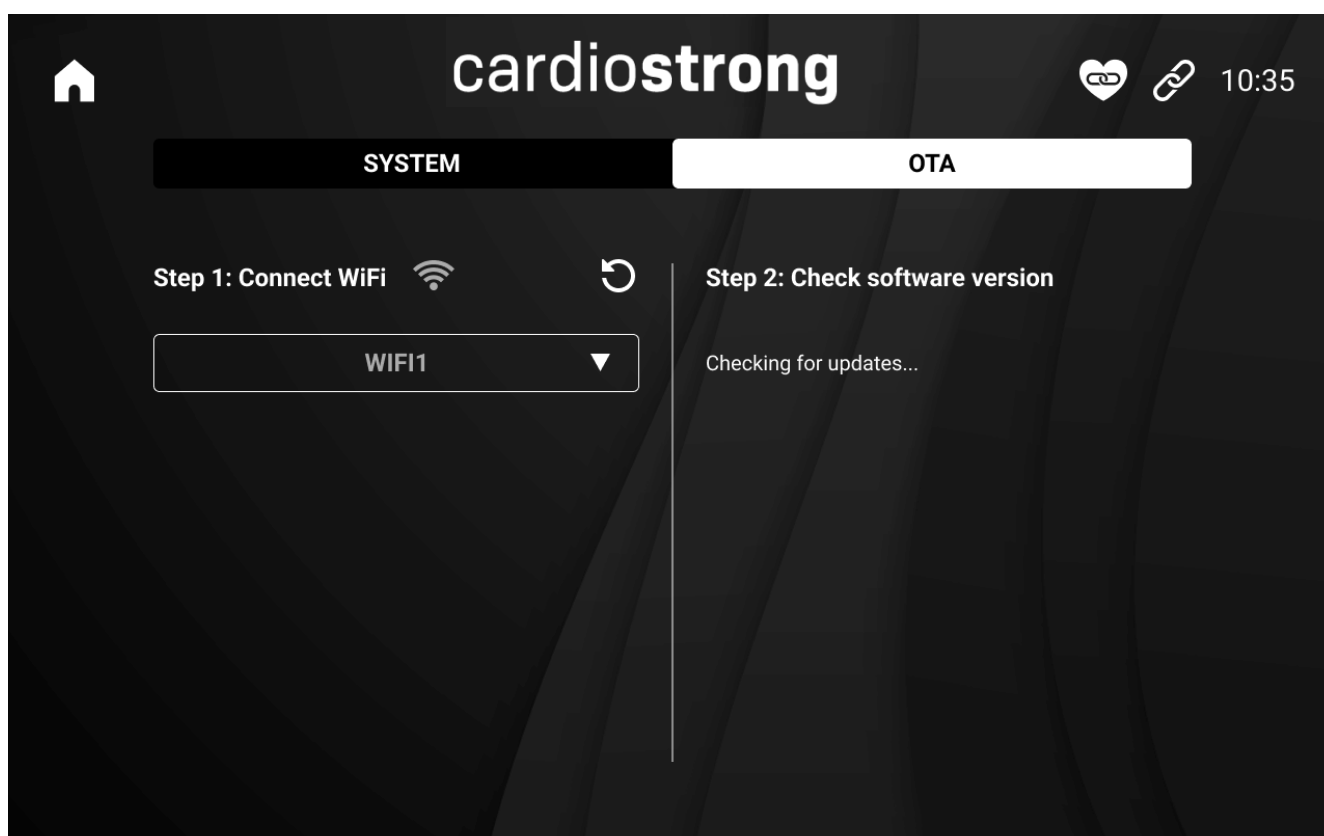
1. Choose between Metric (kilometers) and Imperial (miles).

**Change brightness:**

1. Adjust the slider.
2. To exit the settings and return to the Home area, tap .

→ *You are in the Home area.*

### 3.4.2 Settings: WI-FI and Updates



**Connect to Wi-Fi:**

1. Tap the WIFI field.
2. Tap  to refresh the list.
3. Select your network.

4. Enter your Wi-Fi password.
5. Confirm the entry.

*You are connected to Wi-Fi.*

6. To exit the settings and return to the Home area, tap .

→ *You are in the Home area.*

#### **Update software version:**

##### **① NOTICE**

Please note that a Wi-Fi connection is required for the update.

1. Tap .

*If an update is available, UPDATE is displayed. If no update is available, your console is up to date.*

2. Tap UPDATE.

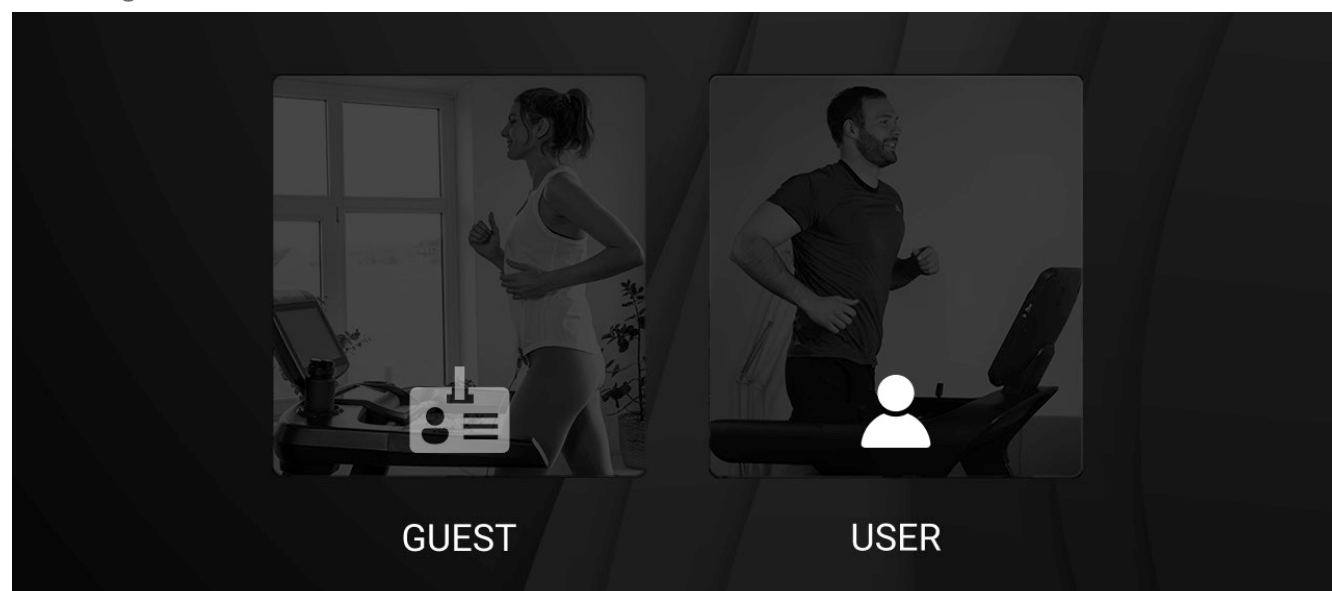
*The console downloads the update.*

3. To exit the settings and return to the Home area, tap .

→ *You are in the Home area.*

## **3.5 Training profiles**

You can train as a guest or as a saved user. An explanation of the training profiles can be found in the following subsections.



##### **① NOTICE**

When you turn on the console, you are taken to the overview of guest and user profiles.

1. Tap  in the Home area to open the guest profile settings. Tap  in the Home area to open the user profile selection.

*Refer to the following subsections.*

### 3.5.1 Training as a Guest

You can train using a guest profile. In the guest profile, you can enter your training data – this data is saved until the console is restarted or turned off.

**NOTICE**

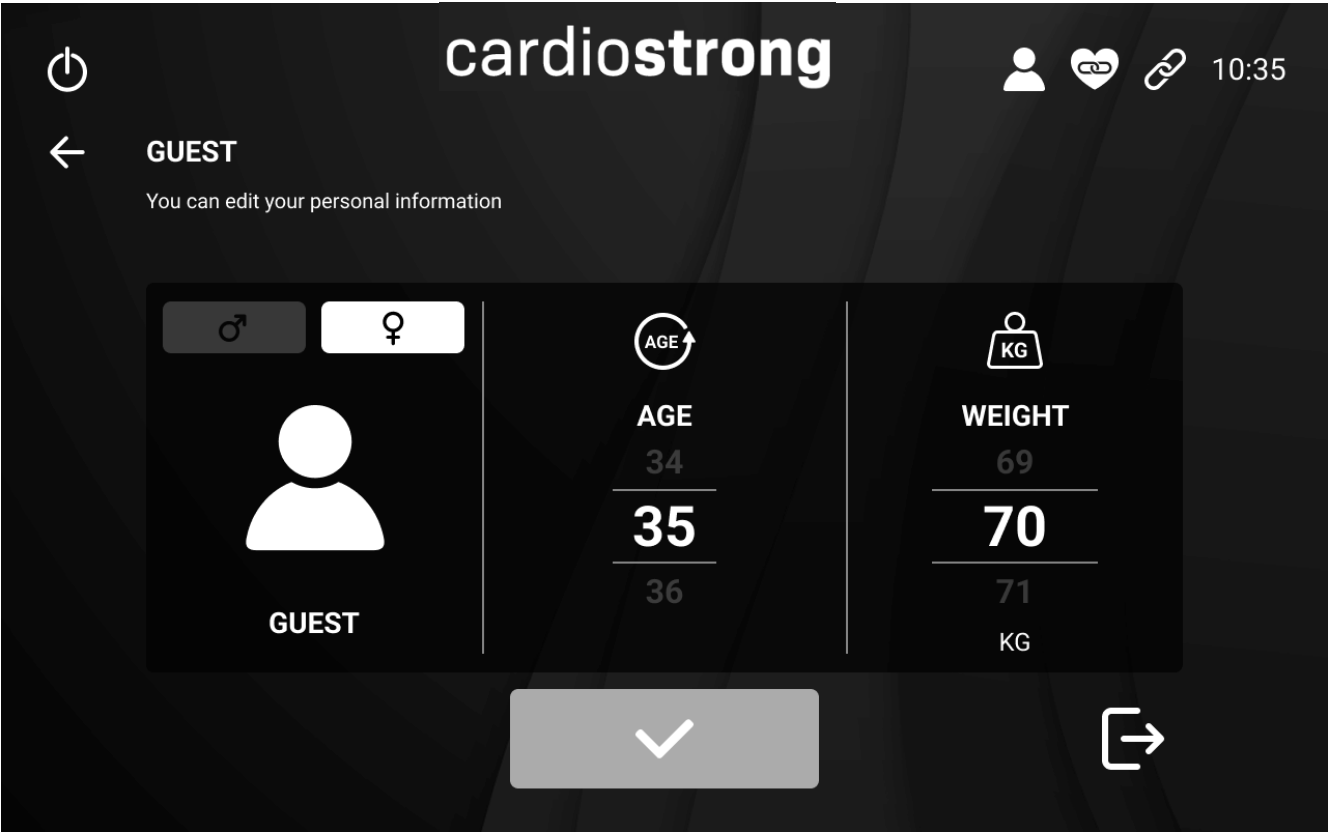
- + Your configured user programmes and training log entries remain saved.
- + To return to the start screen without saving your data, tap .

**Set up a guest profile:**

*Prerequisite: You are in the guest profile settings.*

1. Enter your data.
2. Confirm with .

→ Your data is saved until the next restart.



The following table shows the settings available for the guest profile:

| SELECTION | DESCRIPTION                                                                                   |
|-----------|-----------------------------------------------------------------------------------------------|
| GENDER    | <b>Selection:</b> <ul style="list-style-type: none"><li>+ Male ♂</li><li>+ Female ♀</li></ul> |
| AGE       | <b>Selection:</b><br>10–99                                                                    |

|               |                                                 |
|---------------|-------------------------------------------------|
| <b>WEIGHT</b> | <b>Selection:</b><br>+ 20–200 kg<br>+ 44–440 lb |
|---------------|-------------------------------------------------|

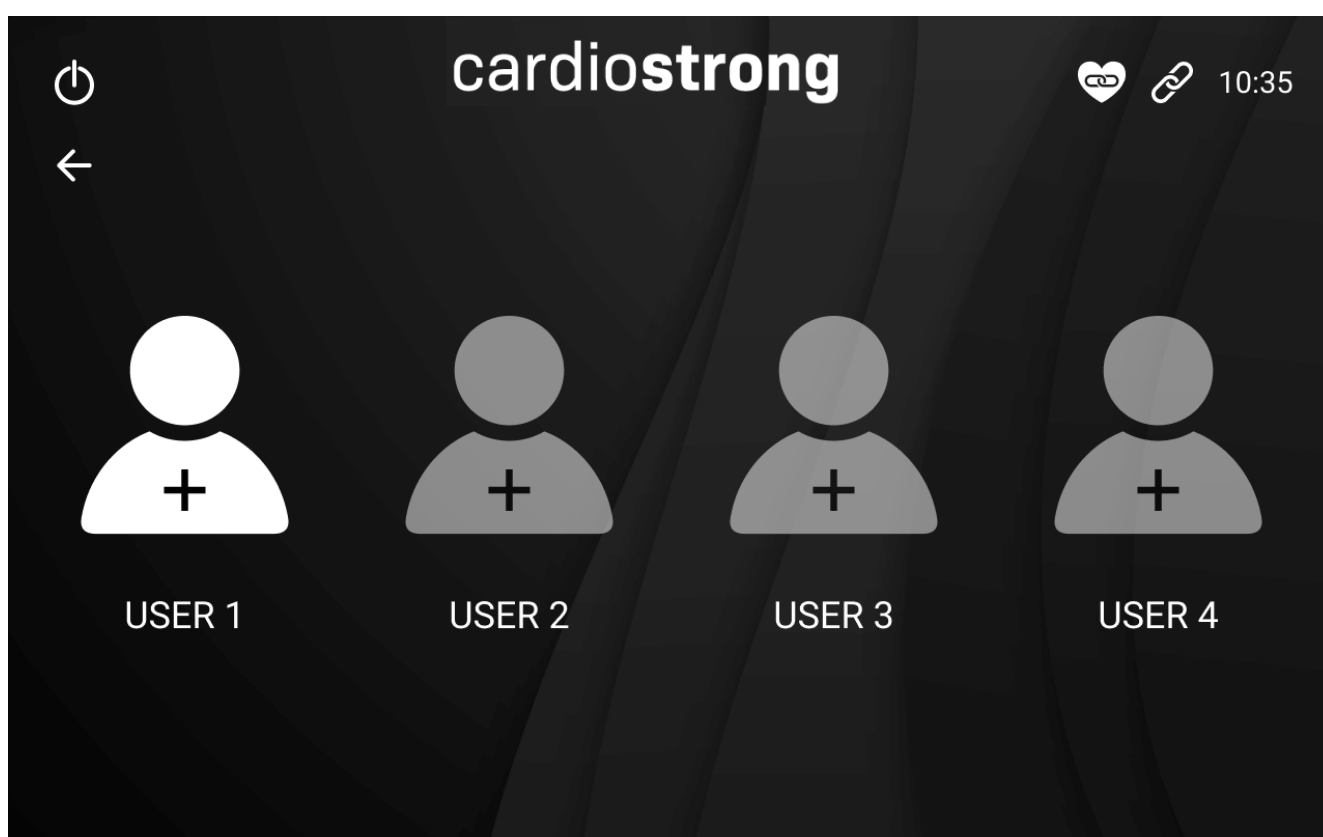
#### Log out of the guest profile:

1. Open the guest profile via .
2. Tap .

→ *Your guest profile is logged out, and you can switch to a user profile.*

### 3.5.2 Training with a user profile

You can create up to four profiles that you can access at any time. Each profile can save up to four custom programmes.



#### Create a profile:

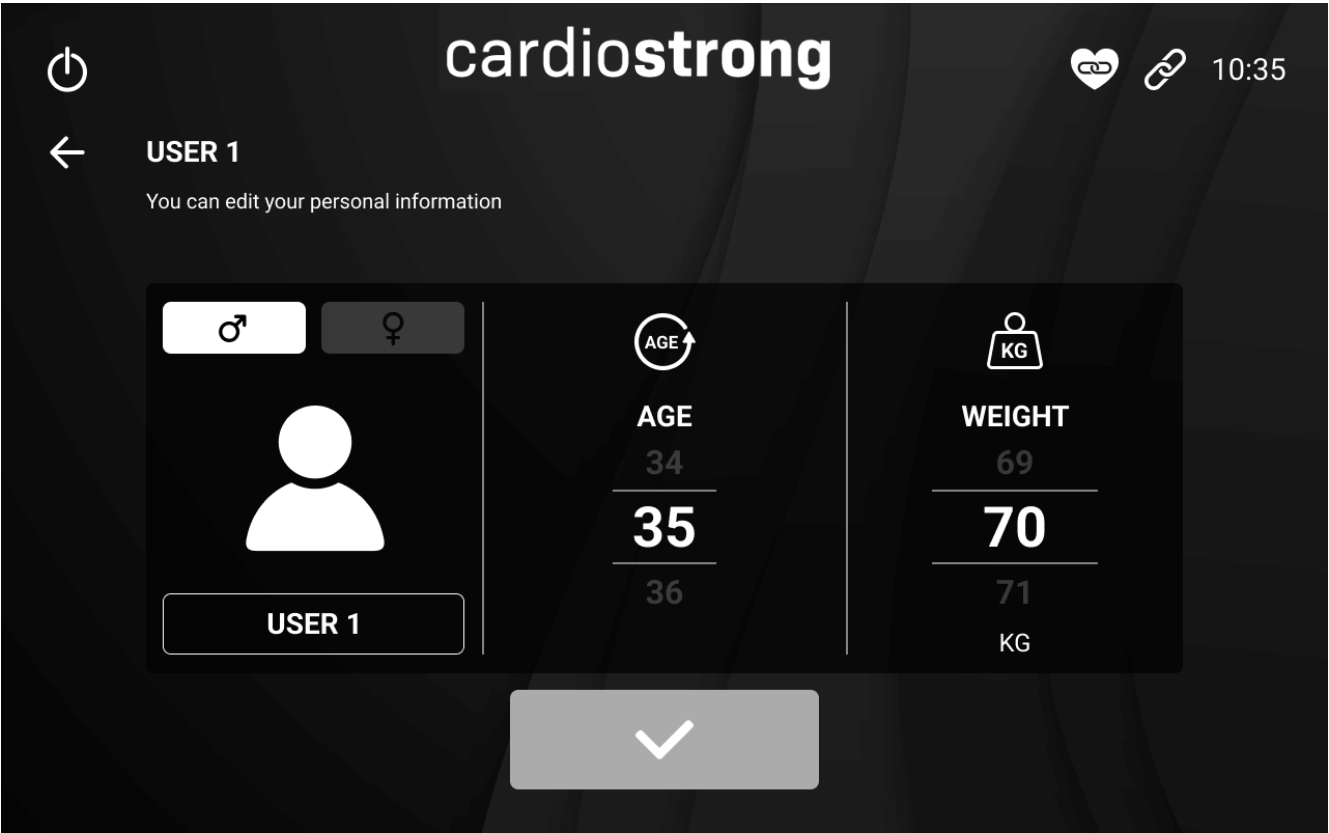
*Prerequisite: You are on the start screen.*

1. Tap User on the start screen.
2. Tap an unassigned user .

The profile settings open.

- 3. Enter your data.
- 4. Confirm with .

→ Your data is saved.



The following table shows the settings available for your user profile:

| SELECTION | DESCRIPTION                                     |
|-----------|-------------------------------------------------|
| GENDER    | <b>Selection:</b><br>+ Male♂<br>+ Female♀       |
| AGE       | <b>Selection:</b><br>10–99                      |
| WEIGHT    | <b>Selection:</b><br>+ 20–200 kg<br>+ 44–440 lb |

**Log out of the user profile:**

- 1. Open your profile in the Home area via .
- 2. Tap .

→ Your profile is logged out, and you can switch to a guest or another user profile.

**Delete a profile:**

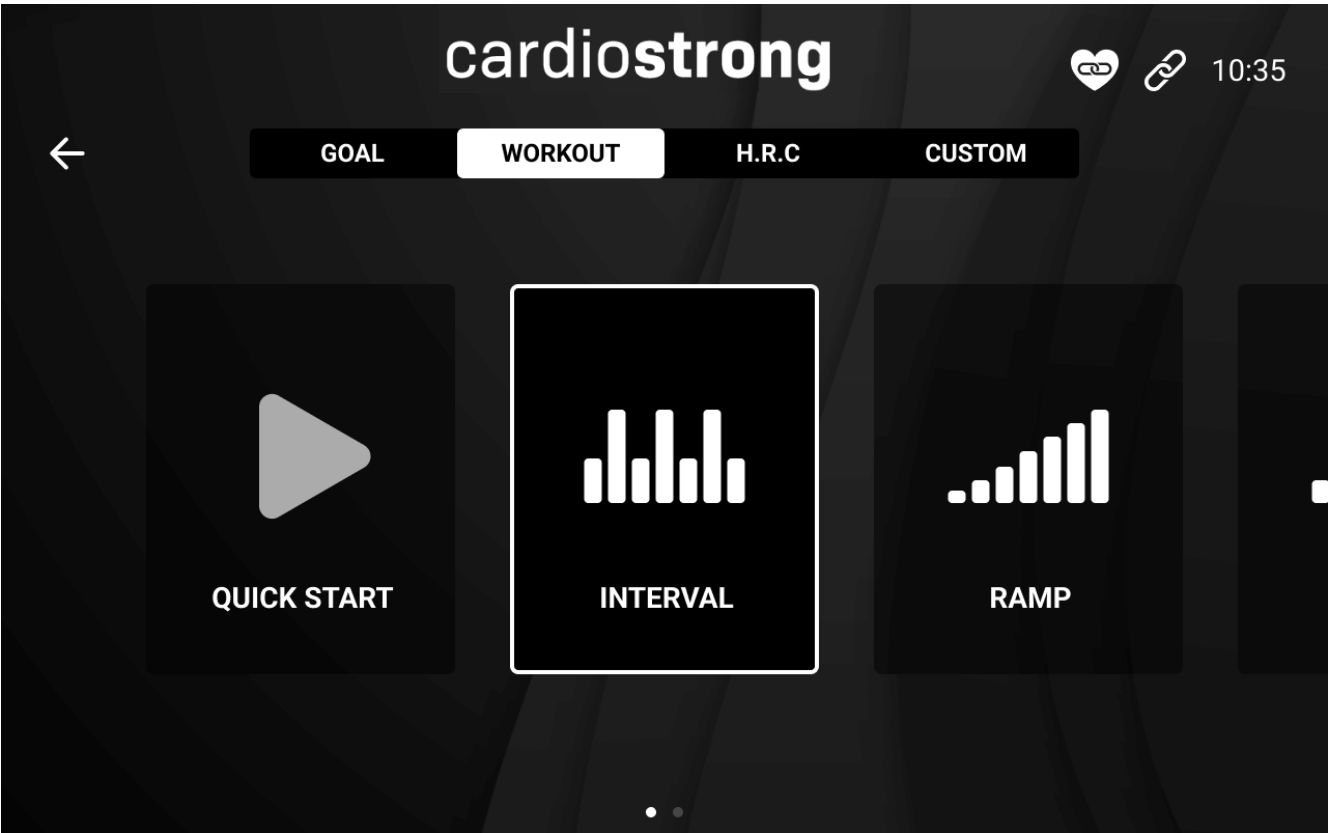
- 1. Open your profile via .
- 2. Tap .
- 3. Confirm the entry.

→ The profile is deleted – you can create a new one.

**3.6 Training programmes**

Your device offers a wide range of training programmes to support you in achieving your training goals. The following is an overview of the available training programmes.

*Prerequisite: Log in with a guest or user profile to access the Home area.*

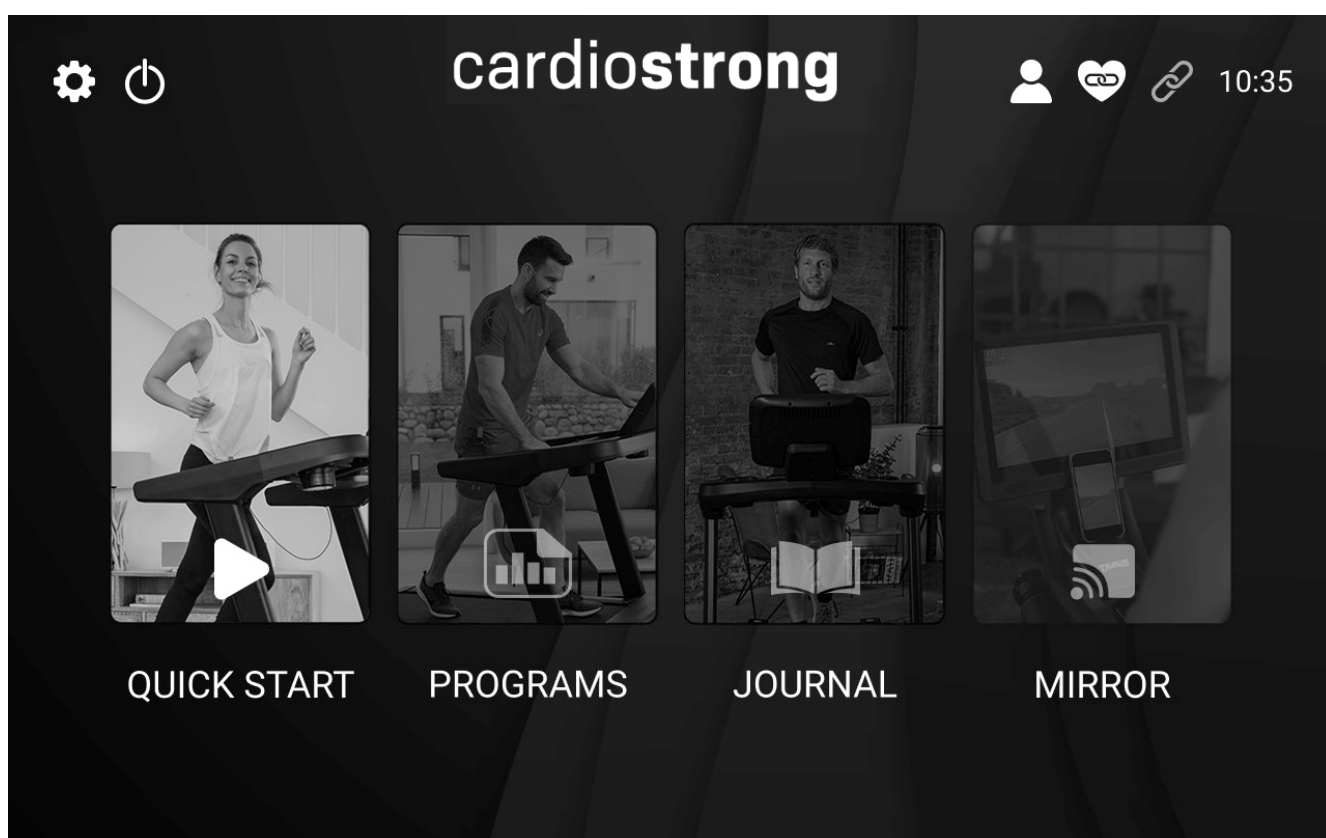


| PROGRAMME   | DESCRIPTION                                                  | QTY |
|-------------|--------------------------------------------------------------|-----|
| QUICK START | Manual training without preset settings                      | 1   |
| GOAL        | Enter a target value for your workout, which will count down | 3   |

|                |                                                                               |   |
|----------------|-------------------------------------------------------------------------------|---|
| <b>H.R.C</b>   | The speed is adjusted so that you reach your target heart rate                | 4 |
| <b>WORKOUT</b> | Training with a preset profile. Adjust the training data in advance if needed | 8 |
| <b>CUSTOM</b>  | Create your own training programme                                            | 4 |

The following subsections provide a detailed description of the training programmes.

### 3.6.1 Quick Start



To start a workout without preset settings, you can select the Quick Start programme.

**① NOTICE**

Refer to the chapter **Training Display** for an explanation of the displayed data.

**Starting the Quick Start programme:**

1. Tap Quick Start.
- 1.1. Or: Select Quick Start in the training programmes.

The programme starts.

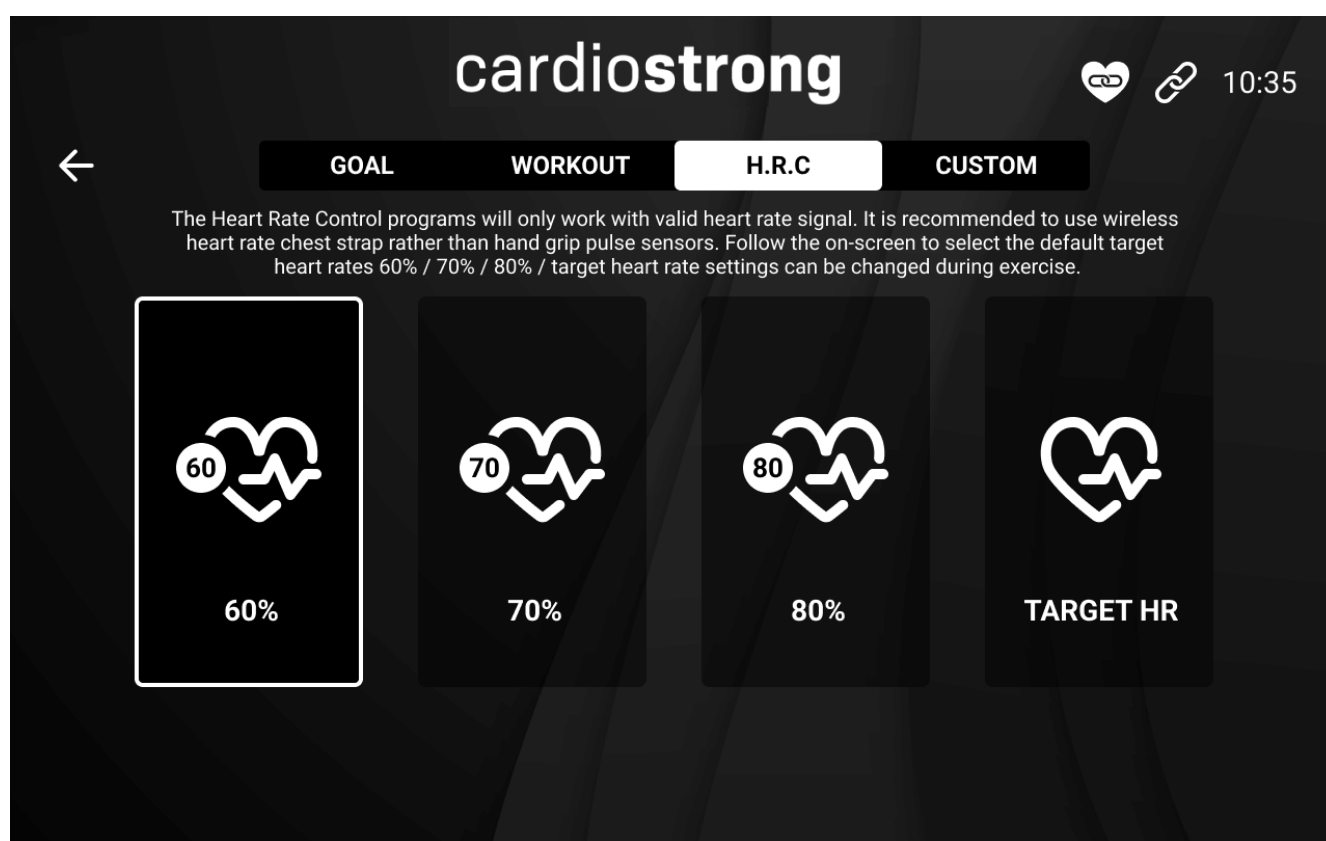
2. Set the desired speed and incline.
3. Tap  to pause the programme.
4. Tap  to resume the programme.
- 4.1. Tap  in pause mode to end the programme.

After completing the workout, a summary of your training data will be displayed. Refer to the chapter *Training Summary*.

5. Return to the home area with .

→ You are now in the home area.

### 3.6.2 H.R.C Programme



#### ⚠ WARNING

Your training 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 for training purposes only.

#### ℹ NOTICE

- + Use the hand pulse sensors or a wireless chest strap to monitor your heart rate.
- + Refer to the **Training Display** section for an explanation of the displayed data.

- + If no heart rate is detected, the workout will automatically stop after 30 seconds.

With the heart rate control programme, you train based on your heart rate. The device automatically adjusts the speed to maintain your target heart rate. Four heart rate programmes are available:

- + 60%
- + 70%
- + 80%
- + User value

#### **Starting the heart rate control programme:**

1. Tap H.R.C in the programme selection.
2. Select a percentage value.

*The settings menu for the programme opens.*

#### **① NOTICE**

The data from your user profile is applied. If you are logged in with a guest profile, enter your gender, age, and weight.

1. Enter the desired training time.
2. Adjust your target heart rate.
3. Tap .

*The programme starts.*

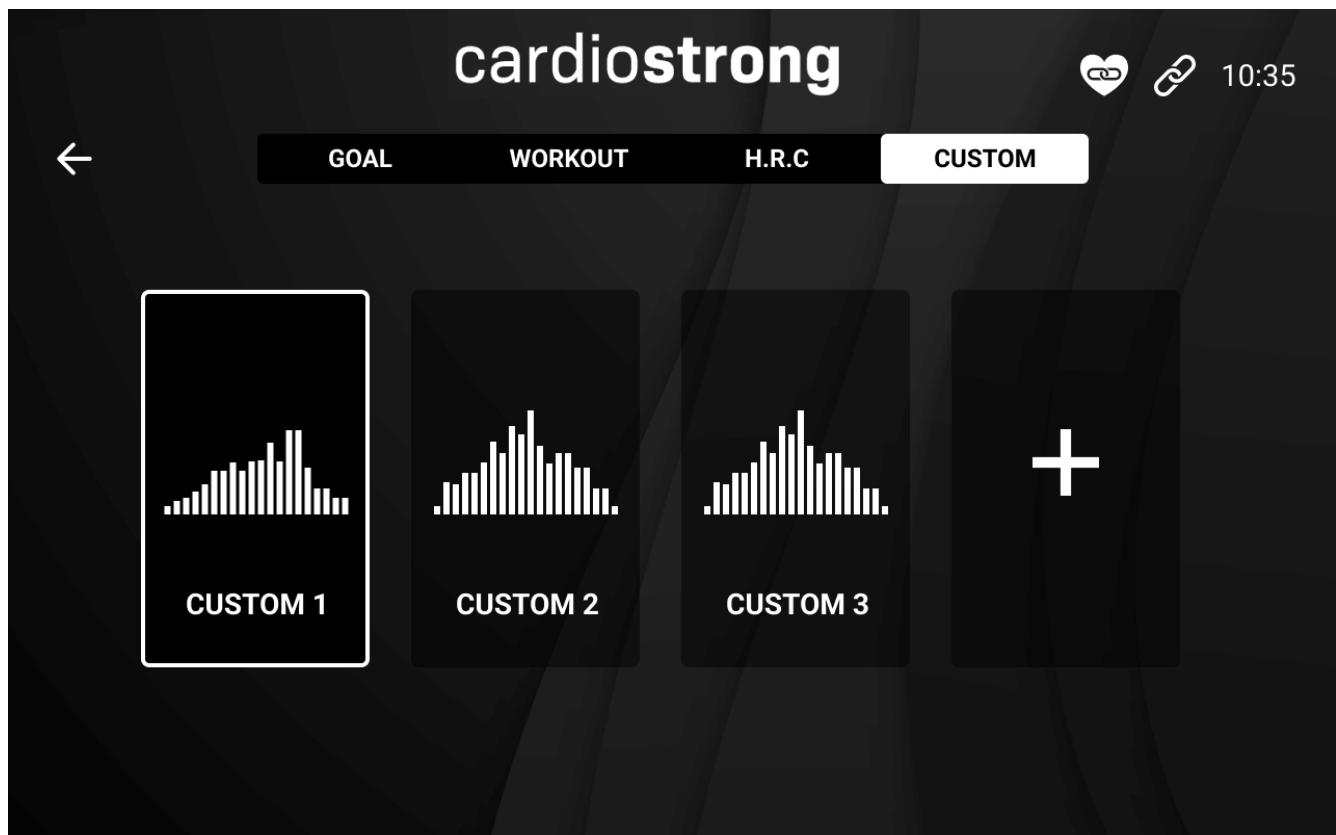
4. The speed is automatically adjusted to reach your target value.
5. Tap  to pause the programme.
6. Tap  to resume the programme.
- 6.1. Tap  in pause mode to end the programme.
7. The workout will end automatically once you have reached your target time.

*After completing the workout, a summary of your training data will be displayed. Refer to the chapter **Training Summary**.*

8. Return to the home area with .

→ *You are now in the home area.*

### 3.6.3 Custom Programme



With the user-defined programmes, you can create and permanently save your own workout profiles. Four user programmes are available.

**① NOTICE**

- + You can modify saved user-defined programmes at any time.
- + The created programme is saved immediately after starting the workout and can be started at any time.
- + In the guest profile, you can save up to four programmes.
- + Each registered user can store up to four programmes.
- + Refer to the **Training Display** section for an explanation of the displayed data.

**Creating a user-defined workout:**

1. Tap CUSTOM in the selection menu.
2. Tap the plus icon.

**① NOTICE**

The data from your user profile is applied. If you are logged in with a guest profile, enter your gender, age, and weight.

3. Set the speed with  .
4. To set the incline tap  to change the view.
5. Set the incline with  .
6. Set the duration of the segments.
7. Switch between segments with  .

8. Tap .

*The programme starts.*

9. Set the desired speed and incline.

10. Tap  to pause the programme.

11. Tap  to resume the programme.

11.1. Tap  in pause mode to end the programme.

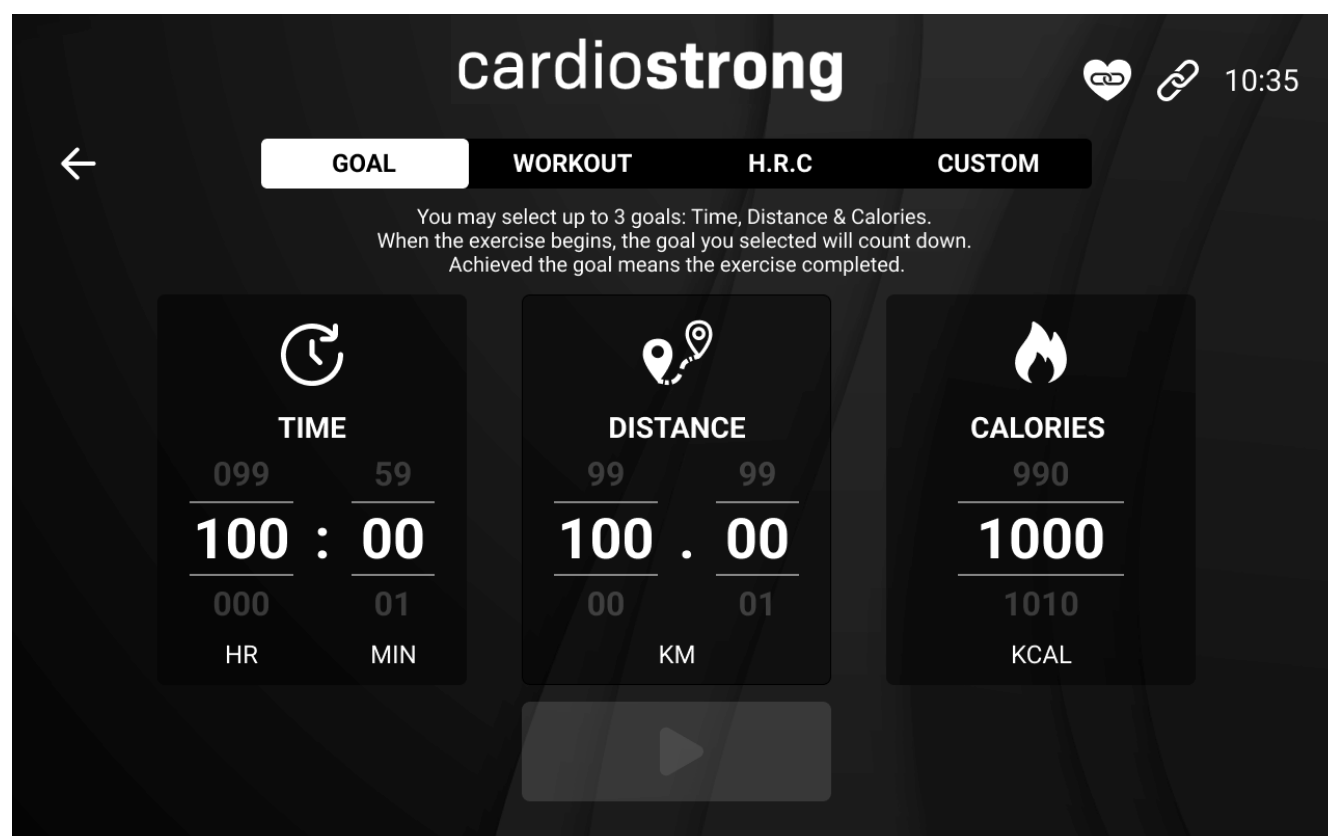
12. The workout will end automatically once you have reached your target time.

*After completing the workout, a summary of your training data will be displayed. Refer to the chapter **Training Summary**.*

13. Return to the home area with .

→ *You are now in the home area.*

### 3.6.4 Goal Programme



To start a target programme, select one of the three available parameters. Refer to the following overview of the target values:

| SELECTION | DESCRIPTION                                                  |
|-----------|--------------------------------------------------------------|
| TIME      | + Set a time target value.<br>+ Setting range: 000:00–100:59 |

|                 |                                                                                                                             |
|-----------------|-----------------------------------------------------------------------------------------------------------------------------|
| <b>DISTANCE</b> | <ul style="list-style-type: none"> <li>+ Set a distance target value.</li> <li>+ Setting range: 000.00–100.99 km</li> </ul> |
| <b>CALORIES</b> | <ul style="list-style-type: none"> <li>+ Set a calorie target value.</li> <li>+ Setting range: 10–9990 kcal</li> </ul>      |

**① NOTICE**

- + Refer to the **Training Display** section for an explanation of the displayed data.
- + Please note that only the last target value you set will be applied.

**Starting the target programme:**

1. Tap GOALS in the programme selection.
2. Set your desired target value.
3. Tap .

*The programme starts.*

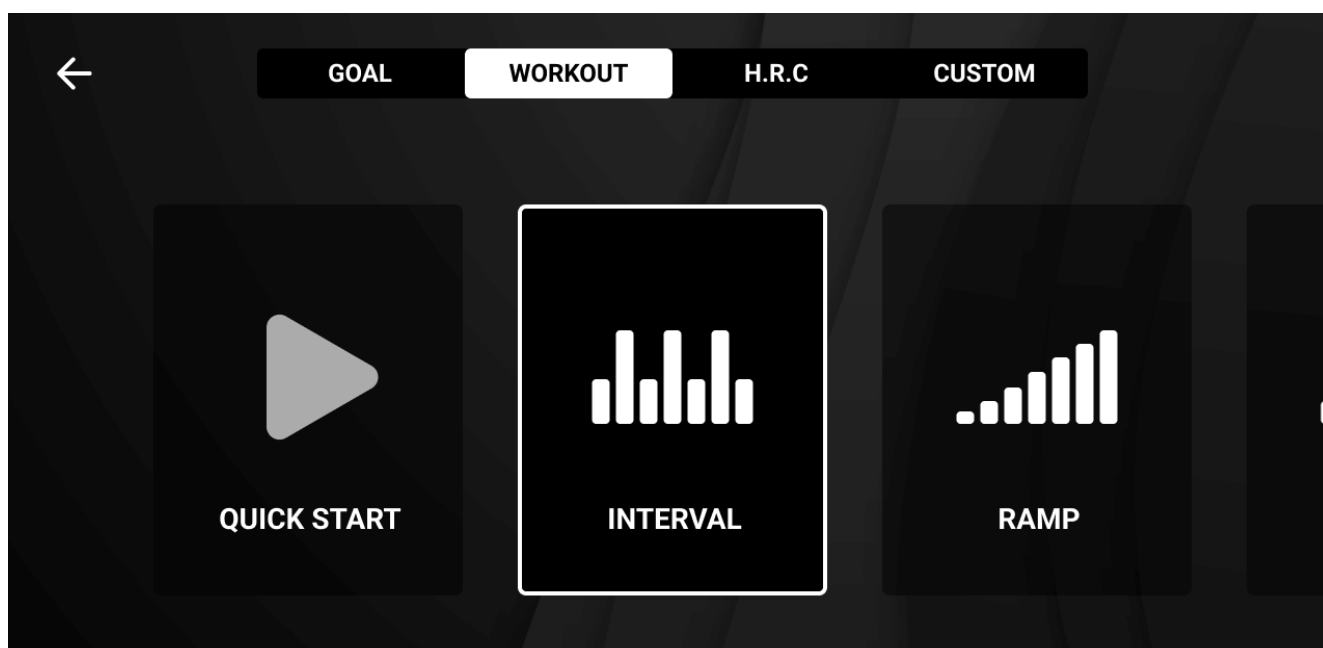
4. Set the desired speed and incline.
5. Tap  to pause the programme.
6. Tap  to resume the programme.
- 6.1. Tap  in pause mode to end the programme.
7. The programme will end automatically once you have reached your target.

*After completing the workout, a summary of your training data will be displayed. Refer to the chapter **Training Summary**.*

8. Return to the home area with .

→ *You are now in the home area.*

### 3.6.5 Workout Programme



To start a preset workout, select one of the nine programmes. The programme segments are distributed evenly over the set time.

| SELECTION              | DESCRIPTION                                                  |
|------------------------|--------------------------------------------------------------|
| <b>TIME</b>            | + Set a time target value.<br>+ Setting range: 000:01–100:59 |
| <b>MAXIMUM SPEED</b>   | + Set the maximum speed.<br>+ Setting range: 0.1–22.0 km/h   |
| <b>MAXIMUM INCLINE</b> | + Set the maximum incline.<br>+ Setting range: 0–15          |

**i NOTICE**

- + Refer to the **Training Display** section for an explanation of the displayed data.
- + The segments in this programme change automatically.

**Starting a preset programme:**

1. Tap WORKOUTS in the programme selection.
2. Enter your desired time value.
3. Enter your desired maximum speed and incline.
4. Tap .

*An overview of the workout profile is displayed.*

5. Tap .

*The programme starts.*

6. Set the desired speed and incline.
7. Tap  to pause the programme.
8. Tap  to resume the programme.
- 8.1. Tap  in pause mode to end the programme.
9. The workout will end automatically once you have reached your target time.

*After completing the workout, a summary of your training data will be displayed. Refer to the chapter **Training Summary**.*

10. Return to the home area with .

→ *You are now in the home area.*

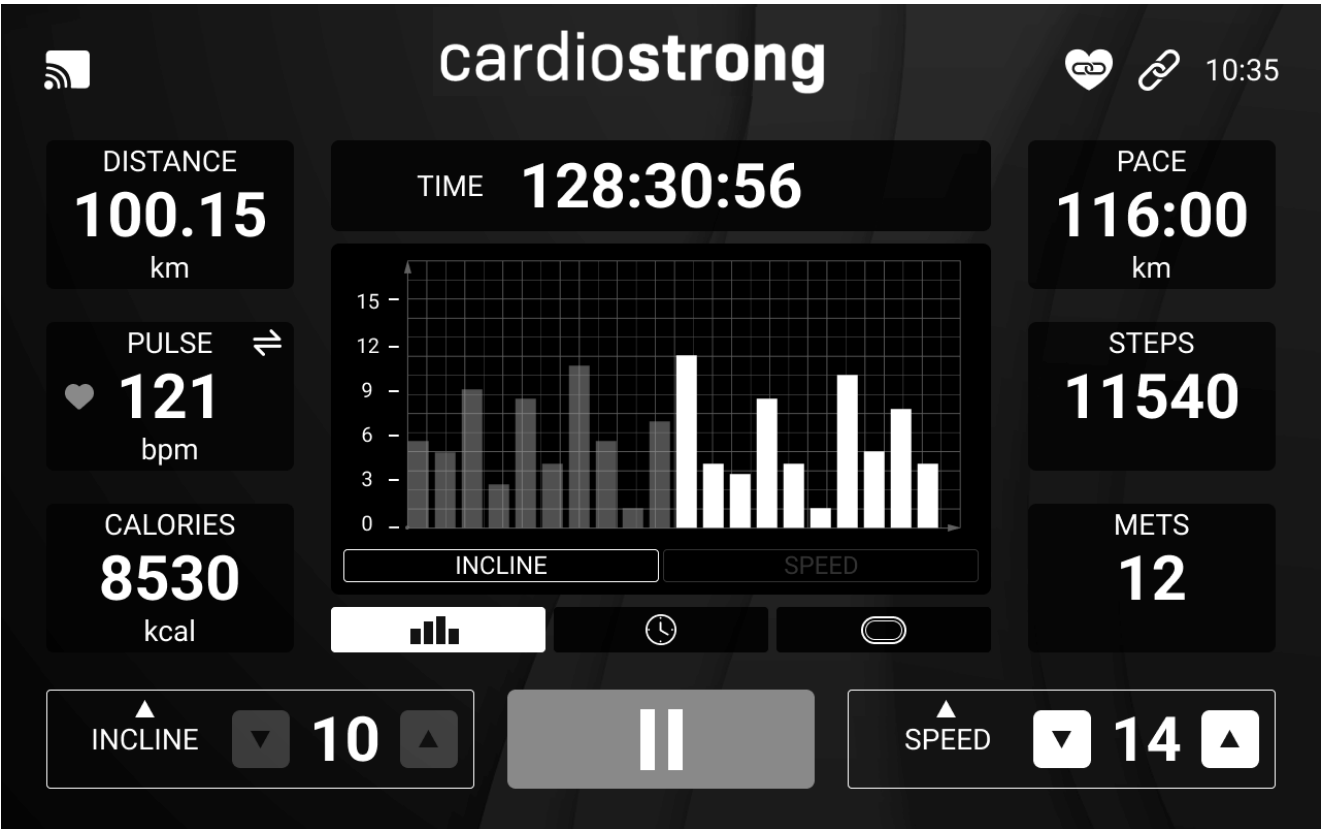
### 3.7 Training Display

During your workout, the training data is displayed. You can choose from three displays:

- + Interval view 
- + Time view 
- + Lap view 

**NOTICE**

- + To switch the display, tap the corresponding button.
- + Switch from the current to the average value with .



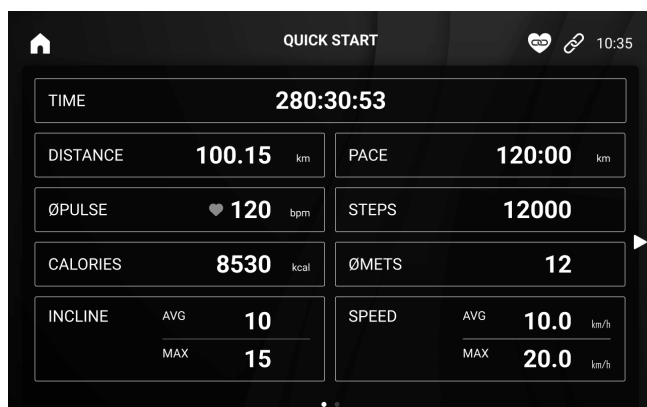
The following table provides an overview of the values displayed during the workout:

| SELECTION     | DESCRIPTION                                            |
|---------------|--------------------------------------------------------|
| TRAINING TIME | Displays the workout time                              |
| DISTANCE      | Displays the distance                                  |
| PULSE         | Displays the current or average heart rate             |
| INCLINE       | + Displays the current incline<br>+ Adjust the incline |
| SPEED         | + Displays the current speed<br>+ Adjust the speed     |
| PACE          | Displays your pace                                     |

|              |                             |
|--------------|-----------------------------|
| <b>METS</b>  | Displays the meters covered |
| <b>STEPS</b> | Displays your steps         |

### 3.8 Training Summary

At the end of a workout, the training data is summarized in the following view.



| SELECTION                    | DESCRIPTION                              |
|------------------------------|------------------------------------------|
| <b>PROGRAMME</b>             | Displays the completed programme         |
| <b>TRAINING TIME</b>         | Displays your workout time               |
| <b>DISTANCE</b>              | Displays the distance                    |
| <b>INCLINE</b>               | Displays the average and maximum incline |
| <b>AVERAGE PULSE</b>         | Displays your average heart rate         |
| <b>PACE</b>                  | Displays your pace                       |
| <b>AVERAGE CALORIES</b>      | Displays the average calories burned     |
| <b>AVERAGE METRES</b>        | Displays the average meters              |
| <b>STEPS</b>                 | Displays your steps                      |
| <b>AVERAGE/MAXIMUM SPEED</b> | Displays your average and maximum speed  |

#### ① NOTICE

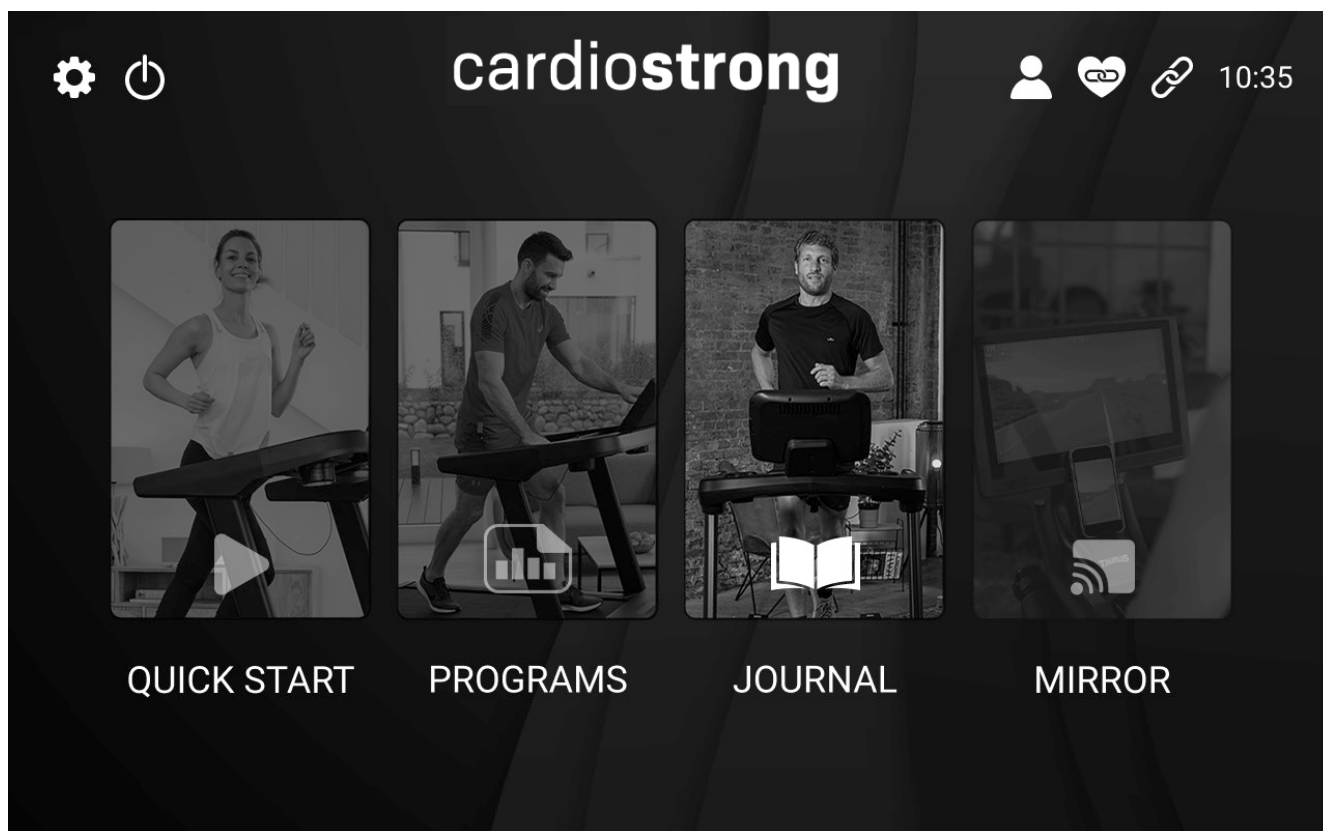
- + If no input is made in the training summary for three minutes, the device automatically returns to the home area.
- + Tap   the corresponding button to switch the page.

- To exit the training summary, tap .

→ You are in the home area.

### 3.9 Journal

In the training history, your recorded training data is displayed. This allows you to track your training progress more easily.



**Prerequisite:** You are in the home area.

1. Tap .

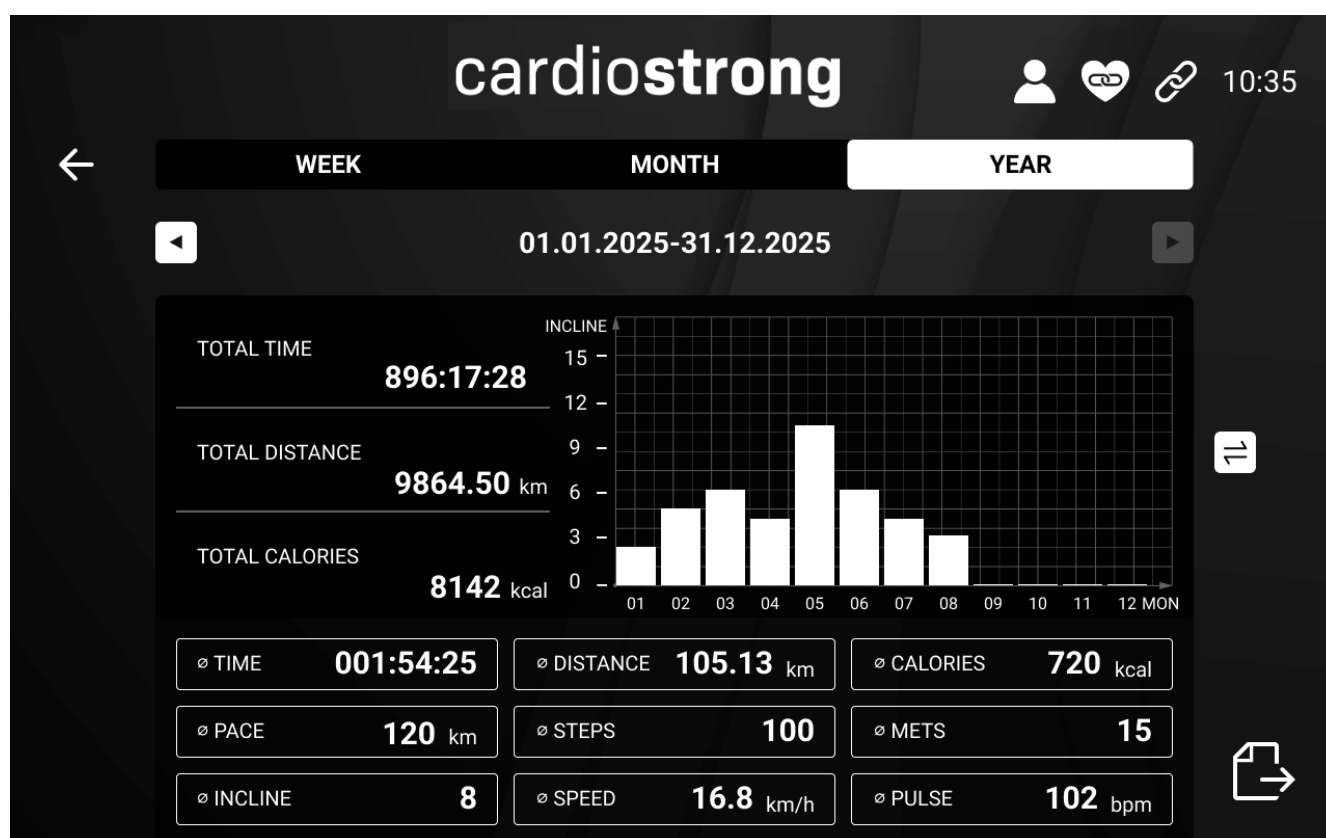
*The journal opens.*

① **NOTICE**

- + The journal contains a summary of your workouts for the week, month, and year.
- + To export your data, a USB stick must be connected to the console.
- + The file is exported as a CSV file and can be opened, for example, in Excel or OpenOffice.

2. Export your training data with .

### 3.9.1 Journal: Time period



In the table, you will find an overview of the data displayed in the journal:

| DISPLAY        |              | DESCRIPTION                                 |
|----------------|--------------|---------------------------------------------|
| AVERAGE VALUES | AVG TIME     | Displays the average values for the workout |
|                | AVG DISTANCE |                                             |
|                | AVG CALORIES |                                             |
|                | AVG PACE     |                                             |
|                | AVG INCLINE  |                                             |
|                | AVG METRES   |                                             |
|                | AVG STEPS    |                                             |
|                | AVG SPEED    |                                             |
|                | AVG PULSE    |                                             |
| TOTAL TIME     |              | Displays the total workout time             |
| TOTAL DISTANCE |              | Displays the total distance                 |
| TOTAL CALORIES |              | Displays the calories burned                |
| MATRIX         |              | Displays the training values in a bar chart |
| YEAR           |              | Provides an overview of your training year  |

|              |                                             |
|--------------|---------------------------------------------|
| <b>MONTH</b> | Displays the training values in a bar chart |
| <b>WEEK</b>  | Provides an overview of your training year  |

**① NOTICE**

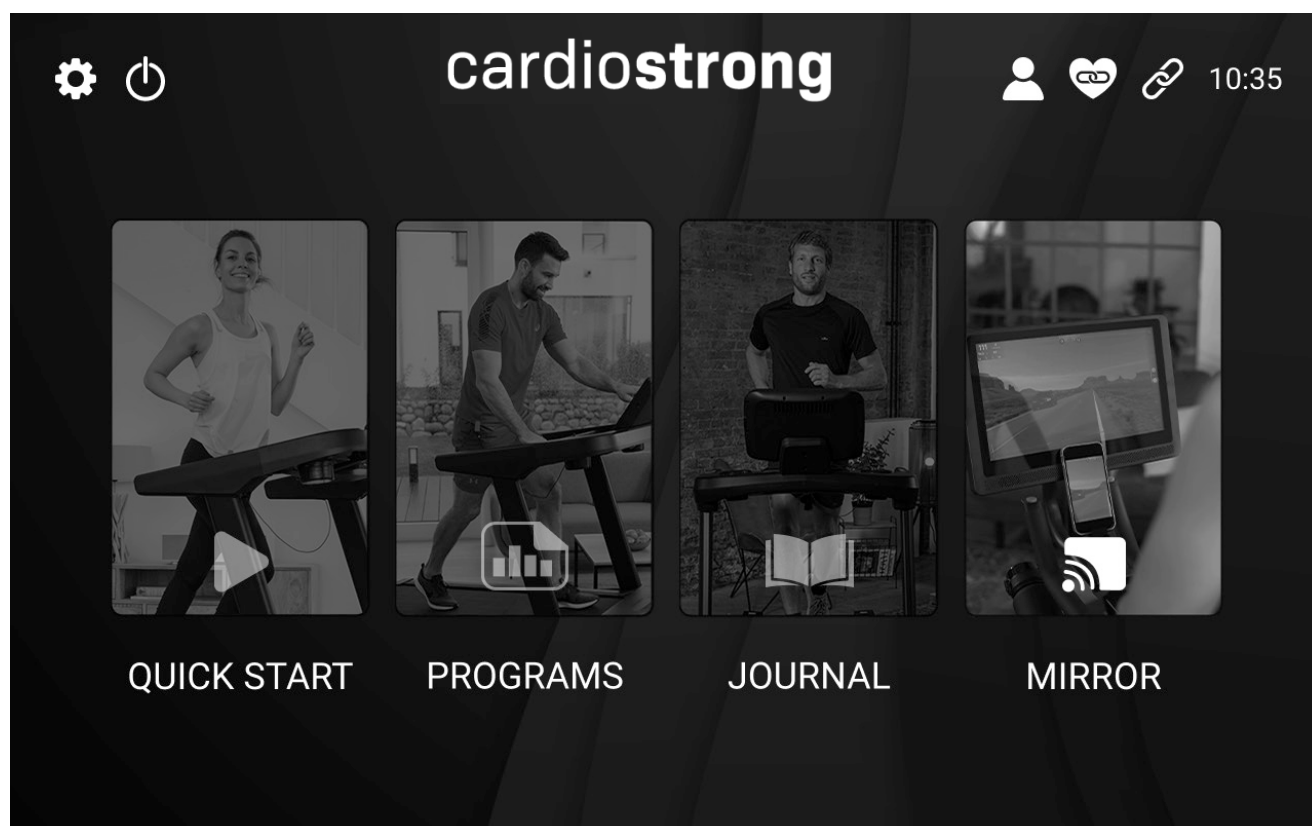
In the respective views, the average values for the selected period (week-month-year) are displayed.

1. To return to the home area, tap .

→ *You are in the home area.*

## 3.10 Mirroring

Mirror your device screen to the console.



### ► CAUTION

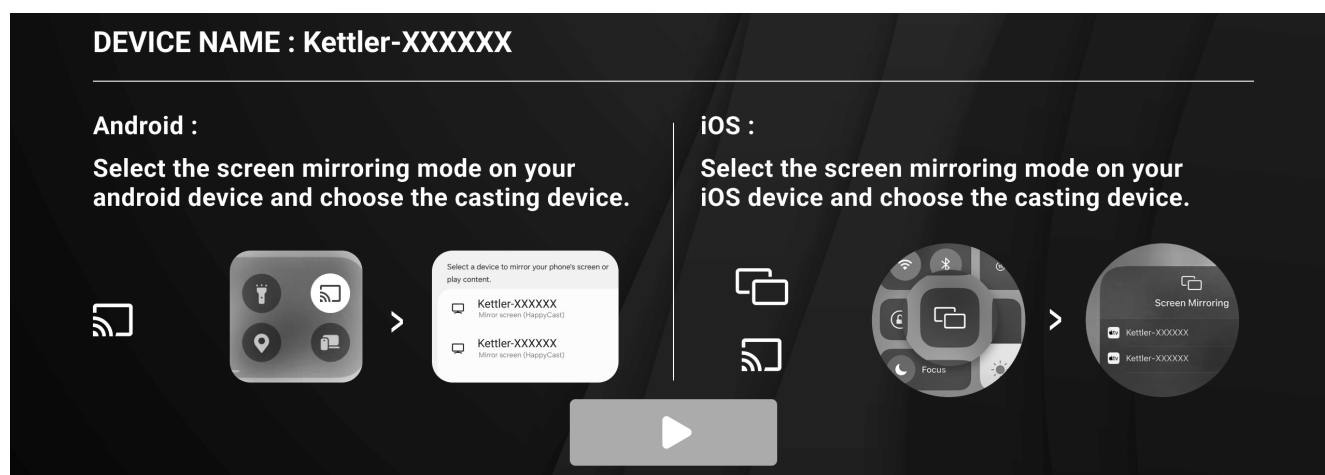
Please note that some apps do not support screen mirroring. If you experience issues, please contact the app provider.

1. Tap .

### ❗ NOTICE

Please follow the instructions for your iOS or Android device.

2. Once your device is connected, tap .



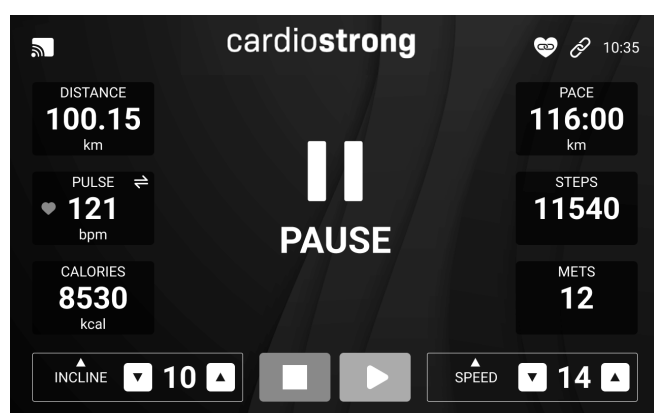
The workout starts.

|                                                                                   |                                                                                   |                                                                                    |          |       |       |       |         |      |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|----------|-------|-------|-------|---------|------|
|  |  |  |          |       |       |       |         |      |
| PACE                                                                              | DISTANCE                                                                          | TIME                                                                               | CALORIES | PULSE | STEPS | SPEED | INCLINE | METS |
| 000:00                                                                            | 0                                                                                 | 00:00:00                                                                           | 0        | 0     | 0     | 0     | 0       | 0    |
| km                                                                                | km                                                                                | h:min:sec                                                                          | kcal     | bpm   |       | km/h  |         |      |

3. Tap  to switch between the training displays.
4. To display the training data, tap .
5. To return to the mirrored screen, tap .

**NOTICE**

To stop screen mirroring, go to the settings of your device



6. Tap  to pause the programme.
7. Tap  to resume the programme.
- 7.1. Tap  in pause mode to end the programme.

After completing the workout, a summary of your training data will be displayed. Refer to the chapter *Training Summary*.

8. Return to the home area with .

→ You are now in the home area.

## 3.11 USB-C Port

This console features a USB-C port that you can use to charge your device.

**NOTICE**

- + Charge your device via the console using a USB-C cable.
- + A USB-C cable is not included in the scope of delivery.

## 3.12 Key Configuration

You have the option to assign custom values to the keys.

*Prerequisite: You must not be in a training session.*

1. Press and hold a number in the highlighted area.

*After a beep, the number will start flashing.*

2. To adjust the value, press the incline or speed buttons  $-/+$ .
3. To save the value, press and hold the adjusted number.

*The number is saved. Repeat the process to adjust additional key values.*

## 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

Running 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.

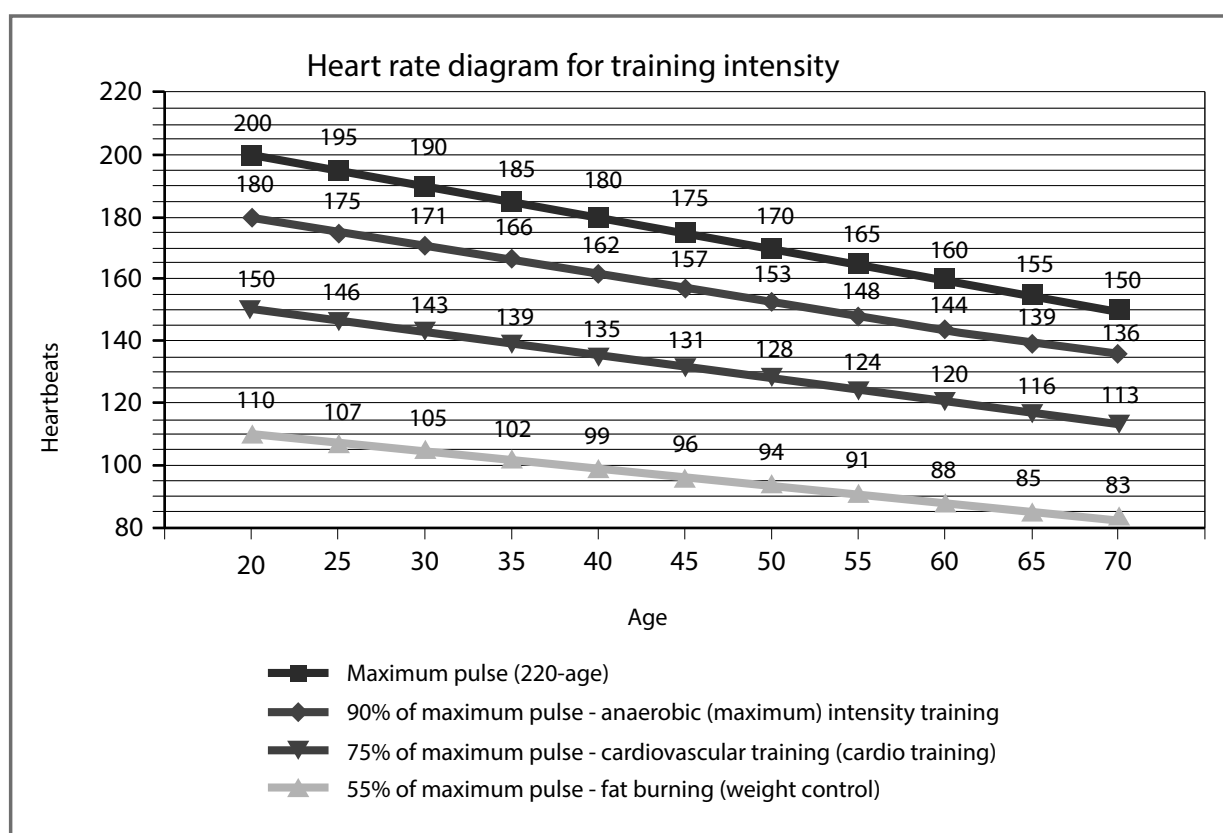
**Cardiovascular training (cardio training):** The primary goal is to increase stamina and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training period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

[illegible]

Date \_\_\_\_\_



Distance



Time (min.)



Resistance level



Training weight



Ø Pulse



Calories burnt



I feel ...



Body weight

## 4.3 Wireless Connection and Fitness Apps

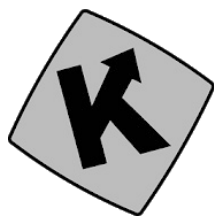
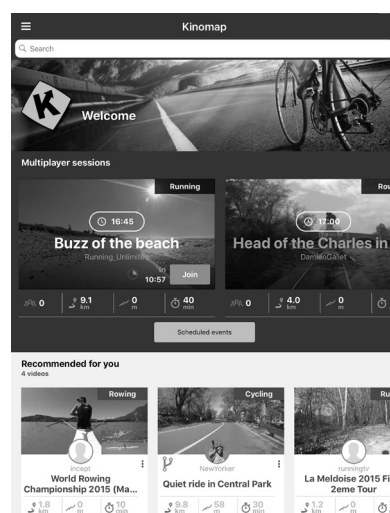
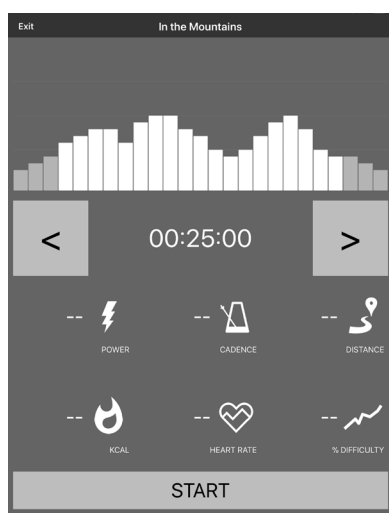
This console is equipped with a wireless interface. Please take note that your mobile device needs to be compatible with the wireless interface of the treadmill.

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

Some entertainment apps are provided and maintained by third-party providers. Pre-installed apps may change, be updated, or be removed over time. These changes are normal and do not affect your statutory warranty rights. 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

### 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**

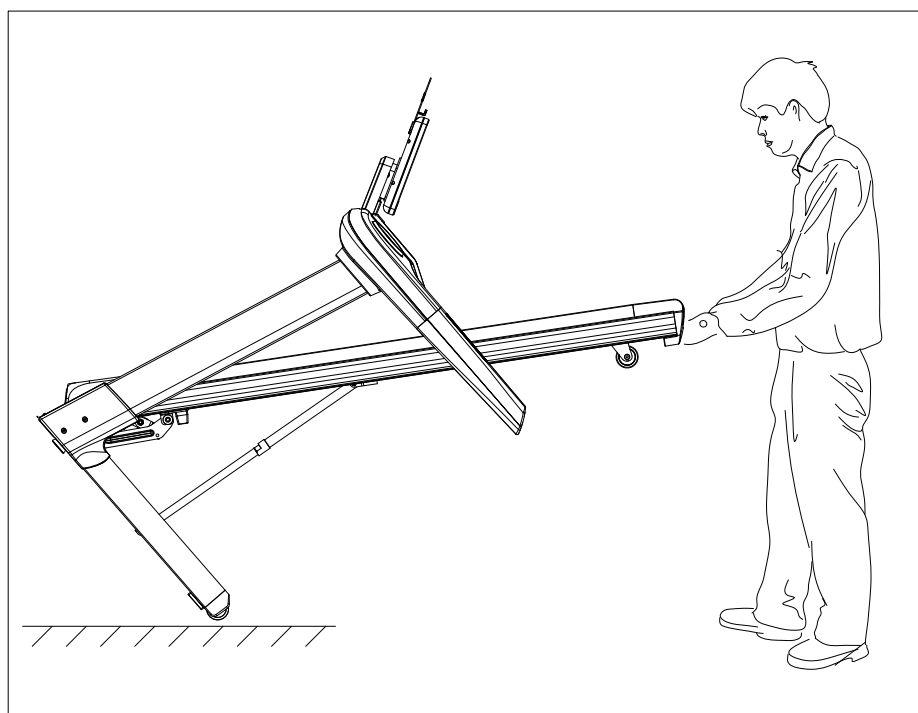
- + Make sure that the equipment is protected from moisture, dust and dirt in the selected storage location. The storage location should be dry and well ventilated and have a constant ambient temperature between 10°C and 35°C.

### 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 1.5 of this manual.



## 5.3 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 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.

### 5.3.1 Folding Up the Treadmill

**⚠ WARNING**

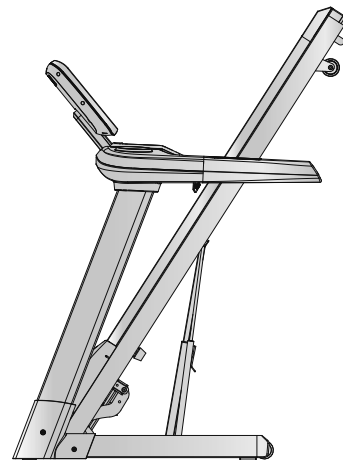
- + Do not connect the equipment to the power supply when it is folded up. Try not to operate the equipment when it is folded up.
- + The running surface must have come to a complete stop before folding.

**⚠ 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.



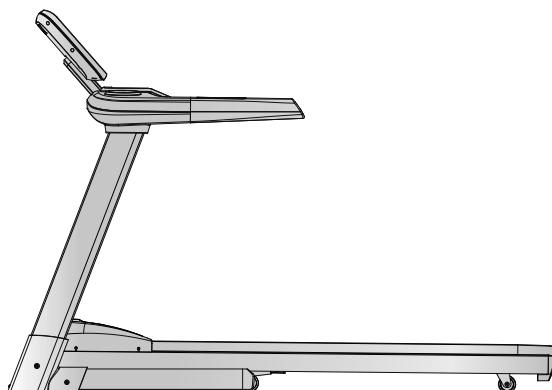
### 5.3.2 Unfolding the Treadmill

**► 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.



## 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"> <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> |

|                           |                                                                                                                                                              |                                                                                                                                                                                                   |
|---------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Wi-Fi cannot be connected | <ul style="list-style-type: none"> <li>+ Incorrect password</li> <li>+ Special characters in the password</li> <li>+ Wi-Fi frequency not suitable</li> </ul> | <ul style="list-style-type: none"> <li>+ Change Wi-Fi password.</li> <li>+ Establish Internet connection via a hotspot.</li> <li>+ The date, time and time zone must be set correctly.</li> </ul> |
|---------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

## 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.

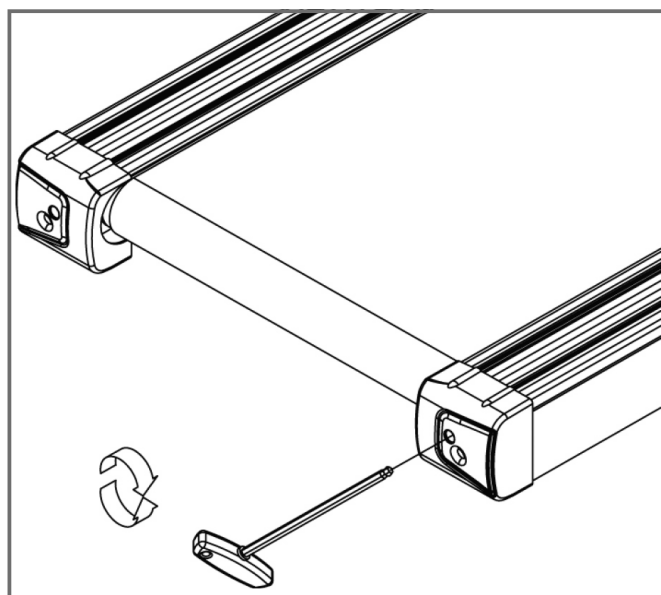
### 6.4.1 Adjusting the Running Mat

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.

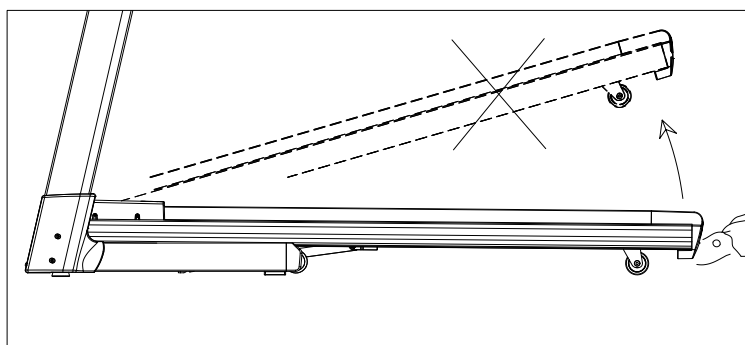
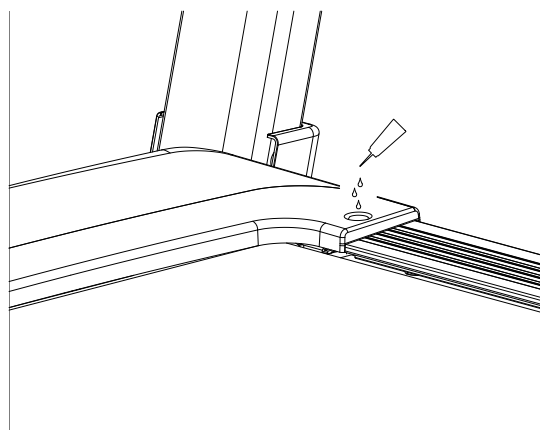
### ► CAUTION

Do not fold the treadmill while lubricating! If folding is required wait at least 3 hours before continuing your training.

1. Apply some silicone oil or silicone spray to the oil filler port on the motor cover.
2. Do not exceed the maximum amount of 8 ml.
3. 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.

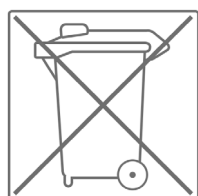
Please note that the video may not be available in your language or with appropriate subtitles.

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



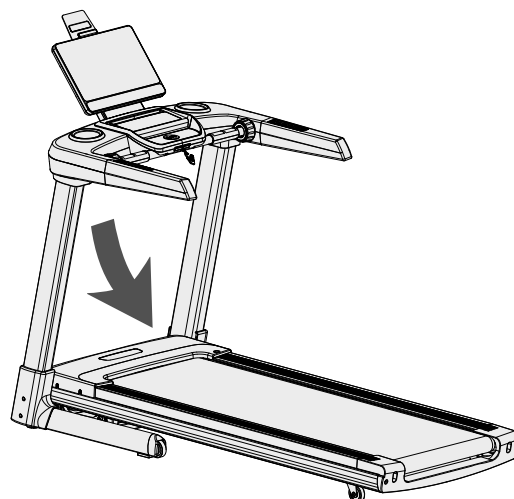
lubricant

## 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.

**① NOTICE**

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



Enter the serial number in the appropriate field.

**Serial number:**

**Brand / Category:**

cardiostrong / treadmill

**Model Name:**

cardiostrong TX80

**SKU:**

CST-TX80-2

## 9.2 Parts List

| No.  | Name                               | Specification    | Qty. |
|------|------------------------------------|------------------|------|
| A    | Computer Set                       |                  | 1    |
| A-1  | Computer                           | 263B0-6-1701-B0  | 1    |
| A-2  | Cross bolt M5x0.8x10L              | 52605-2-0010-F0  | 4    |
| B    | Main frame set                     |                  | 1    |
| B-1  | Main frame                         | 263B0-3-1000-J2  | 1    |
| B-2  | Side plate                         | 26100-6-1076-B0  | 2    |
| B-3  | Buffer bar                         | 26100-6-1084-B0  | 2    |
| B-4  | Cross self-tapping screw ST4.2*15L | 52842-2-0015-F0  | 14   |
| B-5  | Motor cover fixing plate           | 26100-6-1090-00  | 4    |
| B-6  | Fixing plate                       | 816S0-6-1673-N0  | 2    |
| B-7  | Cross-head screw M6*1*12L          | 54806-2-0012-N0  | 2    |
| B-8  | Moving wheel                       | 263B0-6-1087-B0  | 2    |
| B-9  | Filter                             | 26100-6-1067-01  | 1    |
| B-10 | Inductance                         | 26000-6-1066-00  | 1    |
| B-11 | Cross-head screw M5*0.8*10L        | 54805-2-0010-N0  | 6    |
| B-12 | Buffer(black)                      | 55336-5-3535-B9  | 2    |
| B-13 | Grounding wire 180L                | 263B0-6-1787-02  | 1    |
| B-14 | Live wire(2) 60L                   | 263B0-6-1790-00  | 2    |
| B-15 | Live wire(1) 100L                  | 263B0-6-1789-00  | 1    |
| B-16 | Neutral wire(1) 100L               | 263B0-6-1791-00  | 2    |
| B-17 | Neutral wire(2) 190L               | 26100-6-1792-00  | 1    |
| B-18 | Cross self-tapping screw ST4.2*15L | 52842-2-0015-F0  | 2    |
| B-19 | Switching mode power supplier      | 26100-6-2411-00  | 1    |
| B-20 | Overcurrent protector              | 26100-6-2412-00  | 1    |
| B-21 | Socket                             | 26100-6-2413-00  | 1    |
| B-22 | Cross screw M3*0.5*10L             | 53203-2-0010-N0  | 2    |
| B-23 | Lower controller                   | 263B0-6-1779-00  | 1    |
| B-24 | Buffer (white)                     | 263B0-6-1081-M0  | 6    |
| B-25 | Hexagon bolt M8*1.25*15            | 50108-5-0015-UF0 | 2    |
| B-26 | Fixing plate                       | 263B0-6-1174-F2  | 4    |
| B-27 | Allen bolt M8*1.25*20L             | 50308-5-0020-UF0 | 4    |

|      |                                       |                  |    |
|------|---------------------------------------|------------------|----|
| B-28 | Allen bolt M8*1.25*40                 | 50308-5-0040-F3  | 2  |
| B-29 | Nylon nut M8*1.25*8T                  | 55208-1-2008-FA  | 8  |
| B-30 | Buffer                                | 78000-6-1081-B2  | 2  |
| B-31 | Metal clip                            | 26100-6-1086-N1  | 10 |
| C    | Handlebar set                         | 006-263B0-B20    | 1  |
| C-1  | Handlebar welding set                 | 263B0-3-1500-B23 | 1  |
| C-2  | Upper cover for handlebar             | 263B0-6-1576-B0  | 1  |
| C-3  | Lower cover for handlebar             | 263B0-6-1577-B0  | 1  |
| B-4  | Cross self-tapping screw ST4.2*15L    | 52842-2-0015-F0  | 19 |
| C-4  | Upper computer cable 650L             | 263B0-6-1771-01  | 1  |
| C-5  | Upper handle pulse sensor 135L        | 26100-6-1574-B0  | 2  |
| C-6  | Lower handle pulse sensor 135L        | 26100-6-1573-B0  | 2  |
| C-7  | Self-tapping screw ST3*30L            | 50903-2-0030-F0  | 4  |
| C-8  | Round end cap                         | 553K0-1-0016-B8  | 2  |
| C-9  | Phone pad                             | 263B0-6-1177-B1  | 1  |
| C-10 | Upper cover for button base           | 263B0-6-1709-B1  | 1  |
| C-11 | Button plate                          | 261D8-6-1756-B0  | 1  |
| C-12 | Lower cover for button base           | 263B0-6-1710-B0  | 1  |
| C-13 | Screw ST2.9x9.5L                      | 53329-2-0009-D0  | 9  |
| C-14 | Round head cross screw ST2.3*8L       | 54723-2-0008-C0  | 18 |
| C-15 | PCB board for button                  | 263B0-6-1759-01  | 1  |
| C-16 | Left handlebar grips                  | 263B0-6-1571-B0  | 1  |
| C-17 | Right handlebar grips                 | 263B0-6-1572-B0  | 1  |
| C-18 | Cross self-tapping screw ST4*1.41*13L | 54704-2-0013-F0  | 4  |
| C-19 | Flat washer D15*D5.2*1.0T             | 55105-1-1510-DA  | 4  |
| C-20 | Self-tapping screw ST4.2*8L           | 55042-2-0008-F0  | 4  |
| C-21 | Front armrest welding set(left)       | 263B0-3-1550-B20 | 1  |
| C-22 | Bottle pad                            | 261D8-6-1754-B0  | 2  |
| C-23 | Anti-slip mat                         | 263B0-6-1543-B1  | 4  |
| C-24 | Cross screw ST4*1.41*12L              | 52804-2-0012-F0  | 10 |
| C-25 | Front armrest welding set(Right)      | 263B0-3-1560-B20 | 1  |
| C-26 | Quick button on left handlebar        | 263B0-6-1581-B1  | 1  |
| C-27 | PCB board for quick button            | 263B0-6-1585-01  | 2  |
| C-28 | Membrane button(incline)              | 263B0-6-1583-01  | 1  |

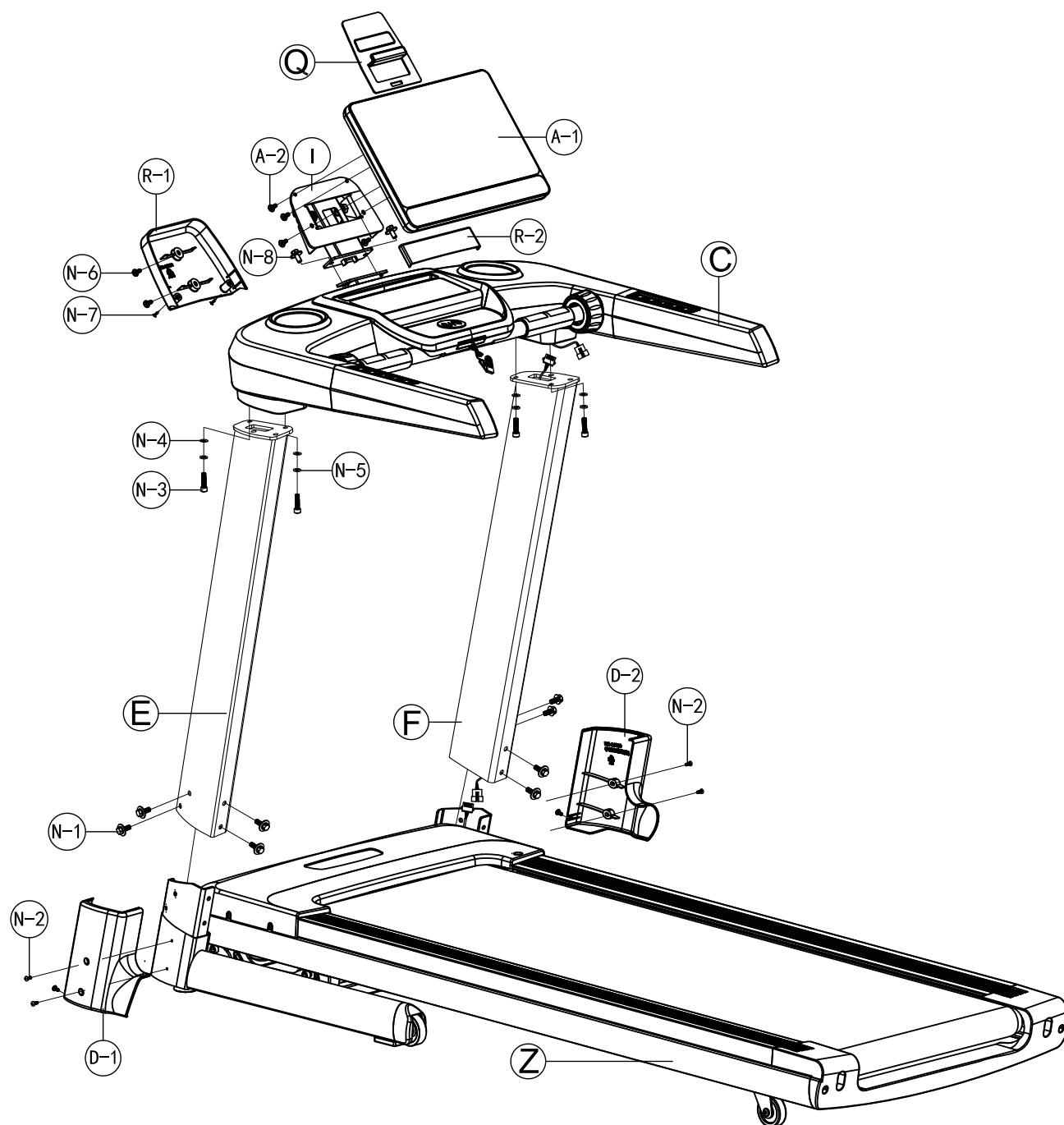
|      |                                        |                 |   |
|------|----------------------------------------|-----------------|---|
| C-29 | Lower cable(white connector)800L       | 263B0-6-1582-00 | 1 |
| C-30 | Quick button on right handlebar        | 263B0-6-1591-B1 | 1 |
| C-31 | Membrane button(speed)                 | 263B0-6-1593-01 | 1 |
| C-32 | Lower cable(black connector)800L       | 263B0-6-1592-00 | 1 |
| C-33 | Wireless charging module               | 263B0-6-1525-02 | 1 |
| C-34 | Button overlay                         | 263B0-7-CSP2-00 | 1 |
| C-35 | Cover of safety key                    | 26200-6-1732-R0 | 1 |
| C-36 | Inner case of safety key               | 26100-6-1734-B0 | 2 |
| C-37 | Safety key board                       | 26200-6-1733-B0 | 1 |
| C-38 | Safety clip                            | 26200-6-1793-R0 | 1 |
| C-39 | Safety key                             | 26100-6-1731-C2 | 1 |
| C-40 | Computer cable 500L                    | 263B0-6-1774-01 | 1 |
| C-41 | Cable for emergency stop function 120L | 263B0-6-1736-00 | 1 |
| C-42 | Handle pulse cable 1000L               | 261D8-6-1785-00 | 2 |
| C-43 | Tablet pad                             | 261D8-6-1777-B0 | 1 |
| C-44 | Nut M8*1.25*29.5L                      | 263B0-6-2005-F0 | 2 |
| C-45 | Base of speed/incline wheel            | 263B0-6-1726-B0 | 2 |
| C-46 | PCB board of speed/incline wheel       | 263B0-6-1729-00 | 2 |
| C-47 | Cover of speed/incline wheel           | 263B0-6-1715-B0 | 2 |
| C-48 | Cable of left wheel (incline)          | 263B0-6-1802-00 | 1 |
| C-49 | Screw ST2.9x9.5L                       | 53329-2-0009-D0 | 8 |
| C-50 | Cable of right wheel(speed)            | 263B0-6-1803-00 | 1 |
| C-51 | Allen bolt M8*1.25*60L                 | 50308-5-0060-F3 | 6 |
| C-52 | Flat washer D25xD8.5x2T                | 55108-1-2520-FA | 4 |
| B-29 | Nylon nut M8*1.25*8T                   | 55208-1-2008-FA | 4 |
| P-6  | Spring washer D15.4xD8.2x2T            | 55108-2-1520-FA | 4 |
| P-10 | Flat washer D16*D8.5*1.2T              | 55108-1-1612-FA | 4 |
| D    | Cover set for handlebar post           |                 | 1 |
| D-1  | Left cover for handlebar post          | 263B0-6-1371-B0 | 1 |
| D-2  | Right cover for handelbar post         | 263B0-6-1471-B0 | 1 |
| E    | Left handlebar post welding set        | 263B0-3-1300-J0 | 1 |
| F    | Right handlebar post set               | 005-263B0-J0    | 1 |
| F-1  | Right handlebar post welding set       | 263B0-3-1400-J0 | 1 |
| F-2  | Middle computer cable 1000             | 263B0-6-1772-00 | 1 |

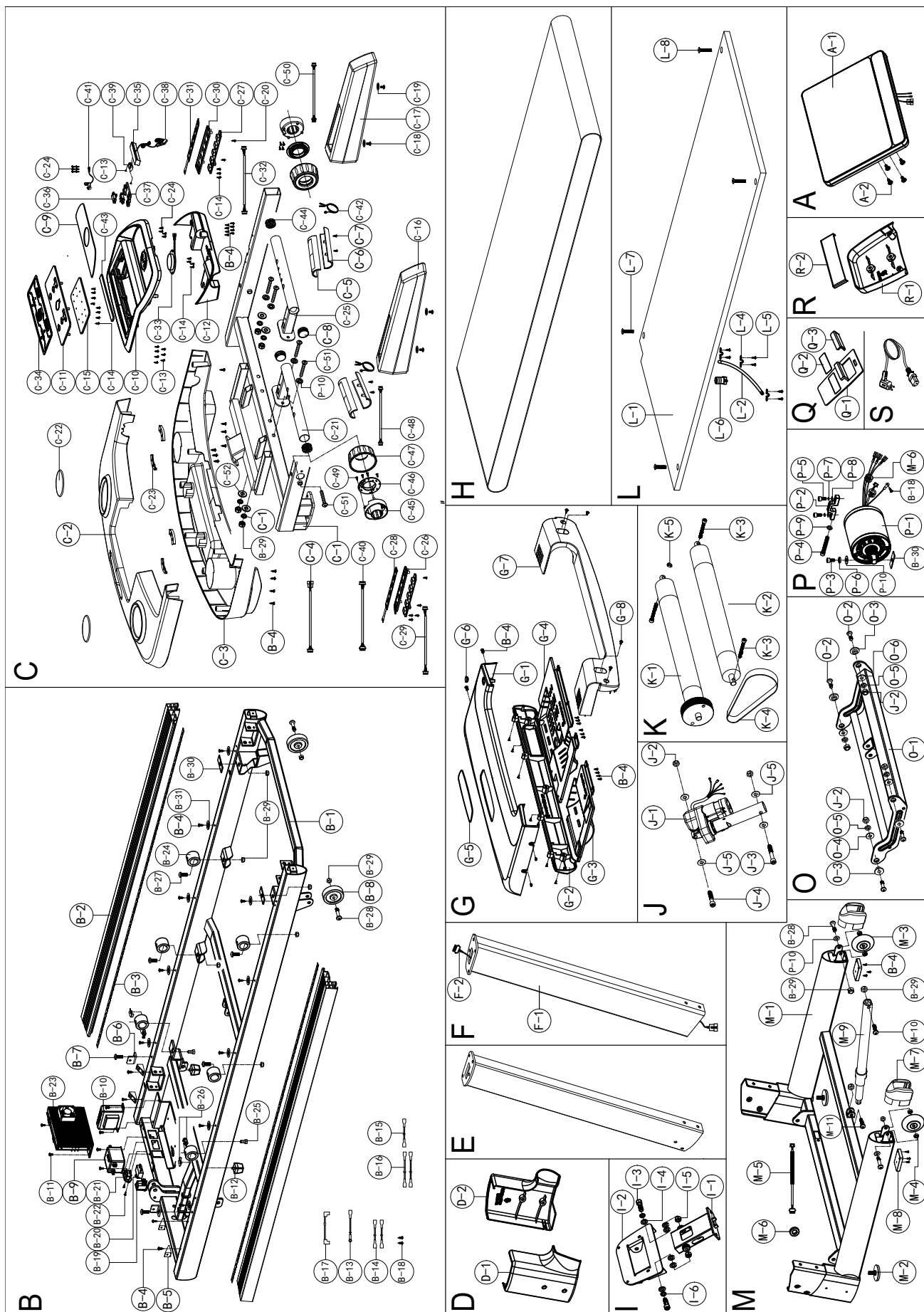
|     |                                    |                  |    |
|-----|------------------------------------|------------------|----|
| G   | Cover set for motor                |                  | 1  |
| G-1 | Upper cover for motor              | 263B0-6-2401-B0  | 1  |
| G-2 | Lower cover for motor              | 263B0-6-2402-B0  | 1  |
| G-3 | Bottom cover for motor(left)       | 263B0-6-2418-B0  | 1  |
| G-4 | Bottom cover for motor(right)      | 263B0-6-2419-B0  | 1  |
| G-5 | Al plate with logo on motor cover  | 263B0-6-2404-AF0 | 1  |
| G-6 | End cap(round)                     | 263B0-6-1180-B0  | 1  |
| G-7 | Rear cover                         | 261D8-6-2406-B0  | 1  |
| G-8 | Cross bolt M5*0.8*15L              | 52605-2-0015-F0  | 2  |
| B-4 | Cross self-tapping screw ST4.2*15L | 52842-2-0015-F0  | 23 |
| H   | Running belt                       | 263B0-6-1072-B2  | 1  |
| I   | Computer supporting set            | 011-263B0-J2     | 1  |
| I-1 | Computer supporting tube           | 263B0-3-2000-J4  | 1  |
| I-2 | Computer fixing plate              | 263B0-3-1530-J2  | 1  |
| I-3 | Allen bolt M10*1.5*30L             | 54010-5-0030-C0  | 2  |
| I-4 | Flat washer D20*D11*2T             | 55110-1-2020-CA  | 6  |
| I-5 | Hex nut M10*1.5*8T                 | 55210-2-2008-CA  | 2  |
| I-6 | Spring washer D17.8*D10.2*3.0T     | 55110-2-1730-CA  | 2  |
| J   | Incline motor set                  |                  | 1  |
| J-1 | Incline motor                      | 263B0-6-1975-02  | 1  |
| J-2 | Nylon nut M10x1.5x10T              | 55210-1-2010-FA  | 2  |
| J-3 | Allen bolt M10*1.5*65L             | 54010-8-0065-F4  | 1  |
| J-4 | Allen bolt M10*1.5*50L             | 54010-8-0050-F4  | 1  |
| J-5 | Plastic flat washer D10*D24*0.4T   | 55110-1-2404-BF  | 4  |
| K   | Roller set                         |                  | 1  |
| K-1 | Front roller set                   | 26100-3-1100-01  | 1  |
| K-2 | Rear roller set                    | 261D1-3-1200-01  | 1  |
| K-3 | Allen bolt M8*1.25*75L             | 54008-5-0075-F0  | 3  |
| K-4 | Belt                               | 58004-6-1143-00  | 1  |
| K-5 | Hexagon bolt M8*1.25*6T            | 55208-2-2006-FA  | 1  |
| L   | Wooden board set                   |                  | 1  |
| L-1 | Wooden board                       | 263B0-6-1073-B1  | 1  |
| L-2 | Oil filling pipe                   | 263B0-6-1065-01  | 1  |
| L-4 | Fixed button                       | 263B0-6-1175-C0  | 3  |

|      |                                    |                  |   |
|------|------------------------------------|------------------|---|
| L-5  | Self-tapping bolt ST3.5*12L        | 50935-2-0012-D0  | 6 |
| L-6  | Plastic bend                       | 263B0-6-1176-00  | 1 |
| L-7  | Allen bolt M8*1.25*25L             | 51608-5-0025-UF0 | 2 |
| L-8  | Allen bolt M8*1.25*30L             | 51608-5-0030-F0  | 2 |
| M    | Base tube set                      | 007-263B0-J0     | 1 |
| M-1  | Base tube welding set              | 263B0-3-1600-J1  | 1 |
| M-2  | Adjustable wheel                   | 76100-6-2174-B0  | 2 |
| M-3  | Moving wheel                       | 263B0-6-1618-B0  | 2 |
| M-4  | Bush                               | 58002-6-1099-00  | 2 |
| M-5  | Lower computer cable               | 263B0-6-1773-01  | 1 |
| M-6  | Magnetic loop                      | 75550-6-2979-00  | 1 |
| M-7  | Cover for transporting wheel       | 26100-6-1672-B0  | 2 |
| M-8  | Square buffer                      | 26100-6-1674-B0  | 2 |
| M-9  | Cylinder                           | 263B0-6-1661-B2  | 1 |
| M-10 | Allen bolt M8*1.25*50L             | 50308-5-0050-F3  | 1 |
| M-11 | Allen bolt M8*1.25*30              | 50308-5-0030-F0  | 1 |
| B-29 | Nylon nut M8*1.25*8T               | 55208-1-2008-FA  | 2 |
| A-2  | Cross bolt M5x0.8x10L              | 52605-2-0010-F0  | 4 |
| B-4  | Cross self-tapping screw ST4.2*15L | 52842-2-0015-F0  | 6 |
| N    | Screw bag                          |                  | 1 |
| N-1  | Allen bolt M8*1.25*20L             | 76501-6-3191-C0  | 8 |
| N-2  | Cross bolt M5*0.8*15L              | 52605-2-0015-F0  | 6 |
| N-3  | Allen screw M8*1.25*30L            | 54008-5-0030-C0  | 4 |
| N-4  | Flat washer D16*D8.5*1.2T          | 55108-1-1612-FA  | 4 |
| N-5  | Spring washer D15.4xD8.2x2T        | 55108-2-1520-FA  | 4 |
| N-6  | Cross bolt M5x0.8x10L              | 52605-2-0010-F0  | 2 |
| N-7  | Cross self-tapping screw ST4.2*15L | 52842-2-0015-F0  | 2 |
| N-8  | Allen bolt M8x1.25x20L             | 75402-6-3191-C0  | 2 |
| N-9  | Allen cross spanner                | 58030-6-1051-N0  | 1 |
| N-10 | Open mouth spanner 13*15(chrome)   | 58030-6-1050-C0  | 1 |
| O    | Connecting tube set                | 010-263B0-J0     | 1 |
| O-1  | Connecting tube welding set        | 263B0-3-1900-J3  | 1 |
| O-2  | Allen bolt M10*30L                 | 50310-5-0030-F2  | 4 |
| O-3  | Bushing D28*D10*9.2                | 58002-6-1104-UC0 | 4 |

|      |                                       |                 |   |
|------|---------------------------------------|-----------------|---|
| O-4  | Flat washer D30*D10*3.0T              | 55110-1-3030-FA | 2 |
| O-5  | Spring washer D17.8*D10.2*3.0T        | 55110-2-1730-FA | 4 |
| O-6  | Flat washer D25*D10*2.0T              | 55110-1-2520-FA | 2 |
| J-2  | Nylon nut M10x1.5x10T                 | 55210-1-2010-FA | 4 |
| P    | Motor set                             |                 | 1 |
| P-1  | Motor                                 | 263B0-6-1085-01 | 1 |
| P-2  | Motor bracket                         | 263B0-6-1178-00 | 1 |
| P-3  | Allen bolt M8*1.25*35L                | 54008-5-0035-F0 | 1 |
| P-4  | Allen bolt M6*1.0*55L                 | 54006-5-0055-N0 | 1 |
| P-5  | Allen bolt M6*1.0*25L                 | 54006-5-0025-F0 | 2 |
| P-6  | Spring washer D15.4xD8.2x2T           | 55108-2-1520-FA | 1 |
| P-7  | Spring washer D10.5*D6.1*1.3T         | 55106-2-1013-NA | 2 |
| P-8  | Flat washer D13*D6.5*1.0T             | 55106-1-1310-FA | 2 |
| P-9  | Flat washer D28*D6.5*2T               | 55106-1-2820-FA | 1 |
| P-10 | Flat washer D16*D8.5*1.2T             | 55108-1-1612-FA | 1 |
| B-30 | Buffer                                | 78000-6-1081-B2 | 1 |
| M-6  | Magnetic loop                         | 755S0-6-2979-00 | 2 |
| B-18 | Cross self-tapping screw ST4*1.41*13L | 54704-2-0013-F0 | 1 |
| Q    | Tablet holder set                     |                 | 1 |
| Q-1  | Tablet holder                         | 76202-6-2466-J0 | 1 |
| Q-2  | Buffer bar 1                          | 75402-6-2088-B0 | 1 |
| Q-3  | Buffer bar 2                          | 75402-6-2089-B0 | 1 |
| R    | Back computer cover set               |                 | 1 |
| R-1  | Back computer cover                   | 261D8-6-1748-B0 | 1 |
| R-2  | Decorative cover for computer         | 261D8-6-1749-B0 | 1 |
| S    | Electric cable 1700L                  | 26100-6-1775-02 | 1 |

## 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.**

### Warrantee

The warrantee is the first/original buyer.

### Warranty periods

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

#### Warranty period

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

### Repair Costs

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

### The terms of use are defined as follows:

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

### **Warranty Service**

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

### **Warranty Conditions**

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

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

### **Warranty claims are invalid in case of damage resulting from:**

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

### **Proof of Purchase and Serial Number**

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

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

### **Service outside of the Warranty Period**

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

### **Communication**

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

## 11 CONTACT

| DE                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | DK                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | UK                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>TECHNIK</b><br> +49 4621 4210-900<br> +49 4621 4210-698<br> technik@fitshop.de<br> Öffnungszeiten entnehmen Sie unserer Homepage.     | <b>TEKNIK OG SERVICE</b><br> 80 90 16 50<br>+49 4621 4210-945<br> info@fitshop.dk<br> Åbningstider kan findes på hjemmesiden:<br><a href="https://stg.fit/statit7">https://stg.fit/statit7</a>                                      | <b>CUSTOMER CARE</b><br> +44 141 737 2249 or<br>+44 141 876 3972<br> customercare@fitshop.co.uk<br> You can find the opening hours on our homepage:<br><a href="https://stg.fit/statitd">https://stg.fit/statitd</a>         |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | FR                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | BE                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <b>TECHNIQUE &amp; SERVICE</b><br> +33 (0) 189 530984<br>+49 4621 42 10 933<br> info@fitshop.fr<br> Vous trouverez les heures d'ouverture sur notre site Internet:<br><a href="https://stg.fit/statit4">https://stg.fit/statit4</a> | <b>TECHNIQUE &amp; SERVICE</b><br> 02 732 46 77<br>+49 4621 4210 933<br> info@fitshop.be<br> Vous trouverez les heures d'ouverture sur notre site Internet:<br><a href="https://stg.fit/statit8">https://stg.fit/statit8</a> |
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| <b>TECNOLOGÍA Y SERVICIOS</b><br> 911 238 029<br> info@fitshop.es<br> Consulta nuestro horario de apertura en la página web:<br><a href="https://stg.fit/statit5">https://stg.fit/statit5</a>                       | <b>TECHNISCHE DIENST &amp; SERVICE</b><br> +31 172 619961<br> service@fitshop.nl<br> De openingstijden vindt u op onze homepage:<br><a href="https://stg.fit/statit3">https://stg.fit/statit3</a>                             | <b>TECHNICAL SUPPORT &amp; SERVICE</b><br> +49 4621 4210-944<br> service-int@fitshop.de<br> You can find the opening hours on our homepage:<br><a href="https://stg.fit/statita">https://stg.fit/statita</a>           |
| PL                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | AT                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | CH                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
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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 65 stores and one of the world's most renowned online mail order companies for fitness equipment.

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

The Fitshop group offers a wide range of fitness equipment from renowned manufacturers, high-quality in-house developments and comprehensive services, such as a build-up service and sports scientific advice before and after the purchase. The company employs numerous sports scientists, fitness trainers and competitive athletes.

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

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