



Assembly and Operating Instructions



max. 110 kg



~ 60 Min. 



 75 kg

L 167.6 | W 77.7 | H 135.2

CSTTX20.01.02

Art. No. CST-TX20

Treadmill **TX20**

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.sport-tiedje.com or www.cardiostrong.de. We hope you enjoy your training!

Intended Use

The equipment may only be used for its intended purpose.

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

Legal Notice

Sport-Tiedje GmbH
Europe's No. 1 for home fitness

International Headquarters
Flensburger Straße 55
24837 Schleswig
Germany

Management:
Christian Grau
Sebastian Campmann
Dr. Bernhard Schenkel
No. HRB 1000 SL
Local Court Flensburg
European VAT Number: DE813211547

Disclaimer



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

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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.



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.

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

The following safety instructions may appear in this manual:

► **ATTENTION**

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

⚠ **CAUTION**

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

⚠ **WARNING**

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

⚠ **DANGER**

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

ⓘ **NOTICE**

This notice indicates further useful information.

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

1.1 Technical Data

LCD - Display of:

- + Training time in minutes
- + Speed in km/h
- + Training distance in km
- + Calories in kcal
- + Incline
- + Heart rate (when using the hand pulse sensors or a chest strap)

| | |
|-----------------------------------|----|
| Programmes in total: | 21 |
| Manual programme (Quick Start): | 1 |
| Target programmes: | 3 |
| Pre-set programmes: | 12 |
| Heart rate controlled programmes: | 2 |
| User-defined programmes: | 3 |

| | |
|--------------------------|----------|
| Motor type: | DC motor |
| Motor continuous output: | 2.0 HP |

| | |
|----------|-----------|
| Incline: | 0–12 |
| Speed: | 1–16 km/h |

Dimensions and weight

| | |
|--|-------------------------------|
| Article weight (gross, incl. packaging) approx.: | 86 kg |
| Article weight (net, excl. packaging) approx.: | 75 kg |
| Package dimensions (L x W x H) approx.: | 178.5 cm x 80.5 cm x 33 cm |
| Set-up dimensions (L x W x H) approx.: | 167.6 cm x 77.7 cm x 135.2 cm |
| Folding dimensions (L x W x H) approx.: | 108.5 cm x 77.7 cm x 145.1 cm |

| | |
|----------------------|--------|
| Maximum user weight: | 110 kg |
|----------------------|--------|

1.2 Personal Safety

DANGER

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

WARNING

- + This equipment may not be used by children under the age of 14.
- + Children should not be allowed unsupervised access to the equipment.
- + Persons with disabilities must have a medical license and must be under strict observation when using the equipment.
- + The equipment is strictly for use by one person at a time.
- + If your equipment provides a safety key, the clip of the safety key must be attached to your clothing before starting your training. In the event of a fall, the EMERGENCY STOP of the equipment can be initiated.
- + Keep your hands, feet and other body parts, hair, clothing, jewellery and other objects well clear of moving parts.
- + During use, wear suitable sports clothing rather than loose or baggy clothing. When wearing sports shoes, make sure they have suitable soles, preferably made of rubber or other non-slip materials. Shoes with heels, leather soles, studs or spikes are unsuitable. Never exercise barefoot.

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.

ATTENTION

- + Do not insert any objects of any kind into the openings of the device.

1.3 Electrical Safety



DANGER

- + In order to reduce the risk of an electric shock, always unplug the equipment from the mains socket immediately after your workout, before assembly or dismantling, and before maintenance or cleaning. Do not pull on the cable.



WARNING

- + Do not leave the equipment unattended while the mains cable is plugged into the mains socket. During your absence, the mains cable must be removed from the mains socket to prevent improper use by third parties or children.
- + If the mains cable or plug is damaged or defective, contact your contract partner. Until repair, the equipment must not be used.



ATTENTION

- + The equipment requires a mains connection of 220-230 V with 50 Hz mains voltage.
- + The equipment may only be connected directly to an earthed socket using the supplied mains cable. Extension cables must conform to VDE guidelines. Always completely unwind the mains cable.
- + The socket must be protected by a fuse with a minimum fuse rating of "16 A, slow blow".
- + Do not make any changes to the mains cable or the mains plug.
- + Keep the mains cable away from water, heat, oil and sharp edges. Do not route the mains cable underneath the equipment or under a carpet or rug, and do not place any objects on top of it.

1.4 Set-Up Place



WARNING

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



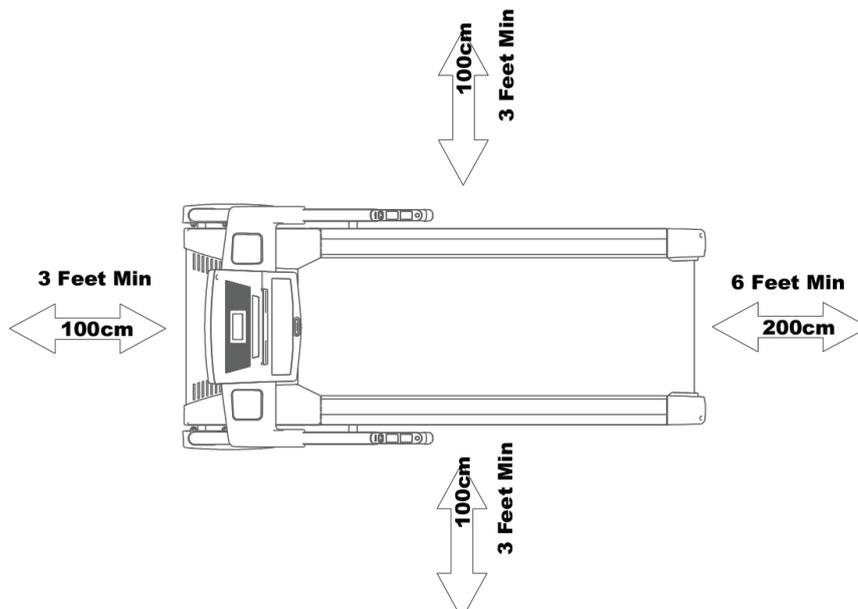
CAUTION

- + 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 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.

Recommended free zone:



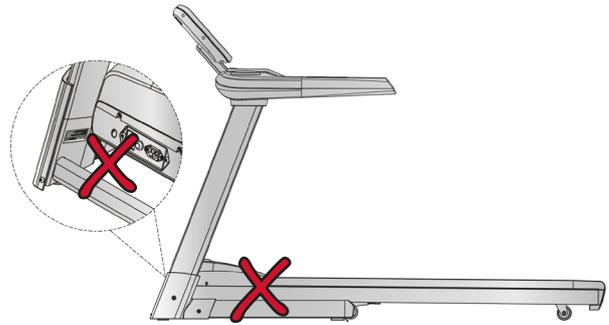
2.1 General Instructions

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

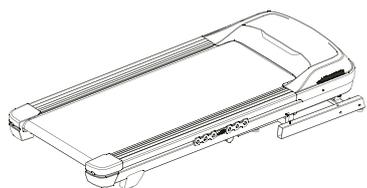
- + In order to make the assembly as simple as possible, some screws and nuts to be used can already be pre-assembled.
- + Ideally, assemble the equipment at its later set-up place.

2.2 Scope of Delivery

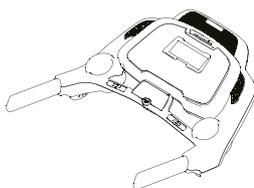
The scope of delivery consist of the following parts. At the beginning, check whether all parts and tools belonging to the device are included in the scope of delivery and whether damage has occurred. In the event of complaints, the contractual partner must be contacted directly.

CAUTION

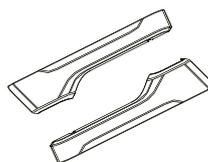
If parts of the scope of delivery are missing or damaged, the assembly must not be carried out.



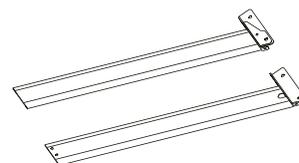
Main frame



Console unit



Cover



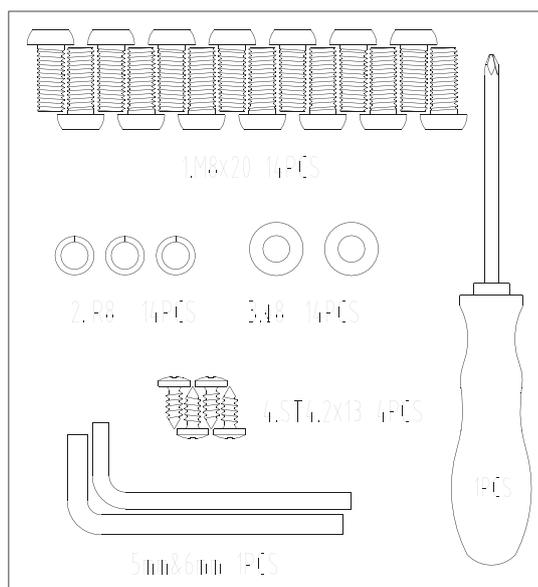
Upright columns



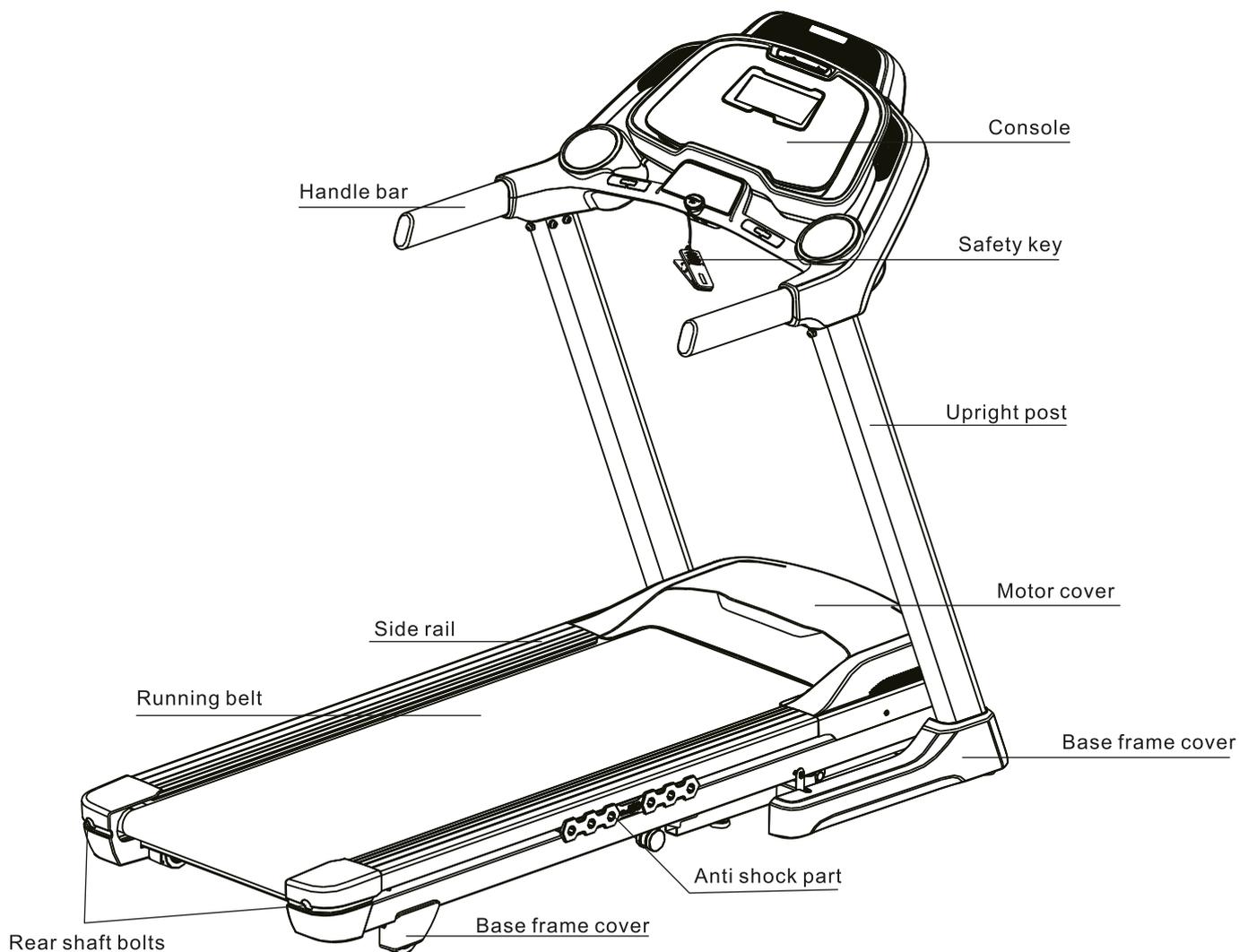
Safety key



Silicone oil



2.3 Overview



2.4 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.

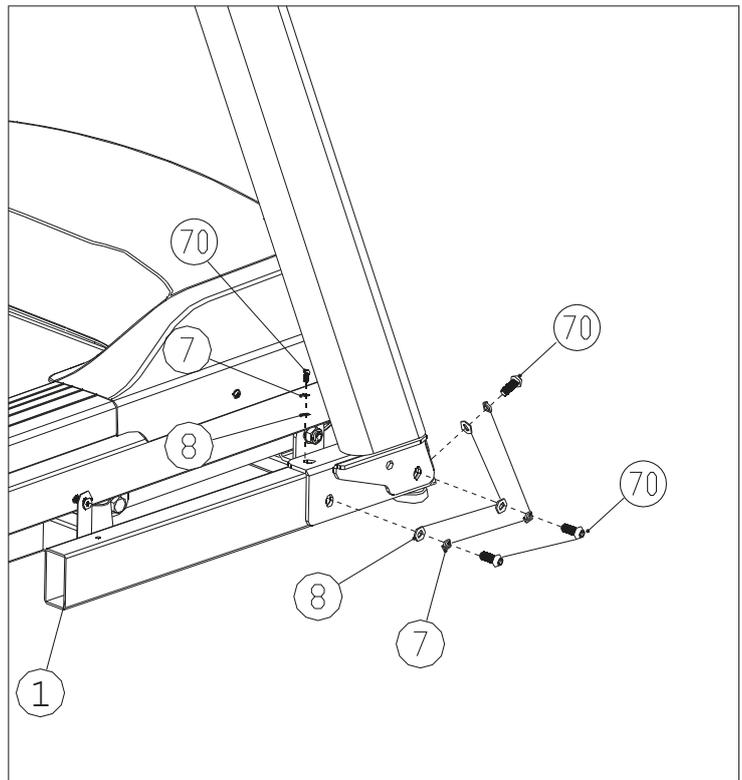
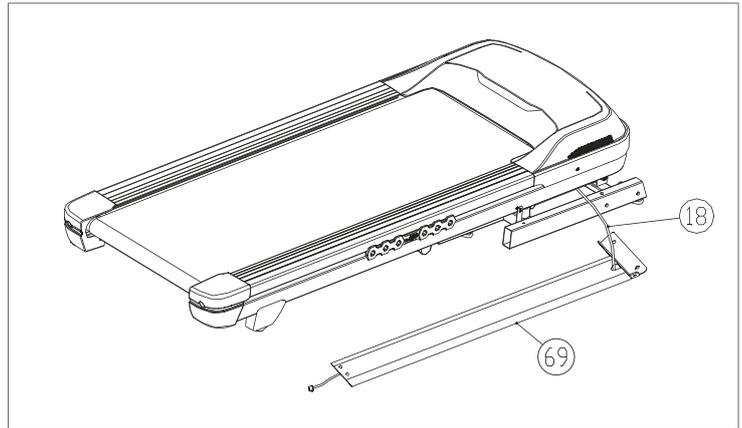
Step 1: Assembly of the columns

1. Place the right column (69) on the main frame (1) and align the drill holes.

▶ ATTENTION

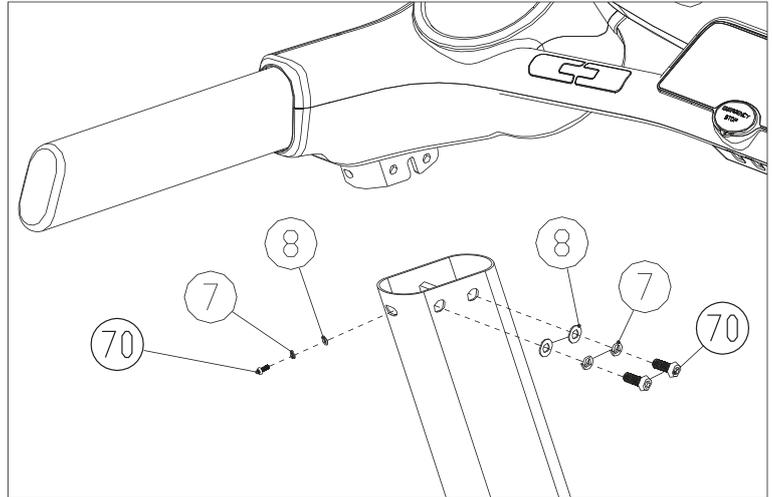
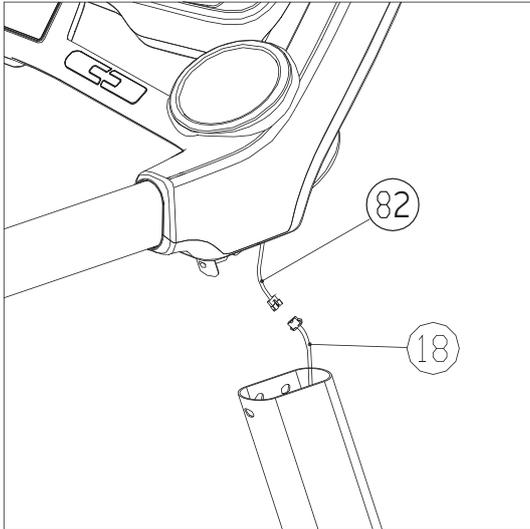
Pay attention to not pinch the cable (18) during the next step.

2. Mount the right column (69) to the main frame (1) using four bolts (70), four spring washers (7) and four washers (8).
3. Repeat the steps for the left column (68).



Step 2: Assembly of the console unit

1. Connect the cable (18) with the cable of the cable (82) of the console.
2. Mount the console on both columns using each three bolts (70), three spring washers (7) and three washers (8).
3. Tighten all bolts.



Step 3: Assembly of the covers

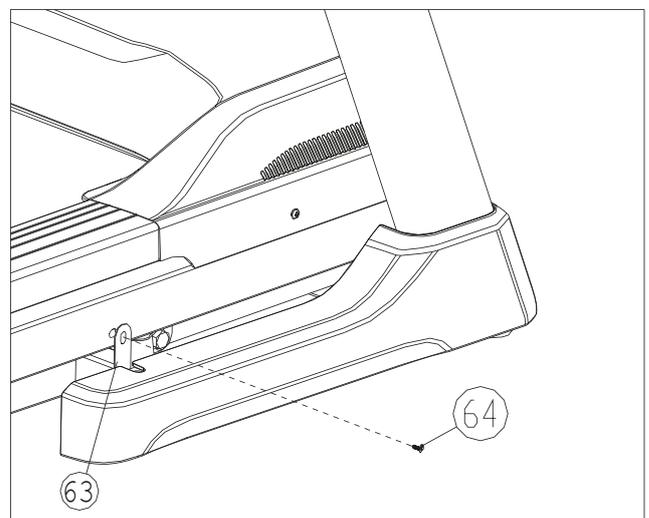
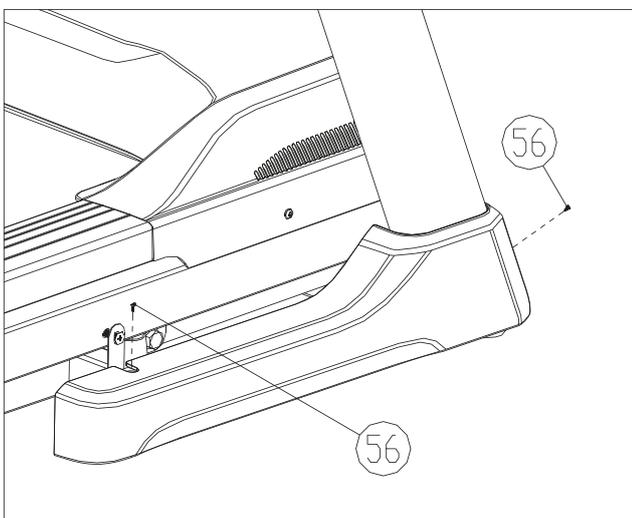
1. Mount the covers (54 & 55) to the main frame and the columns using each two screws (56).
2. Carefully remove the screw (65) from the transportation plate (63).

► ATTENTION

The transportation plate is used to prevent the treadmill from unintentionally folding up during transport. To use the folding mechanism, the transportation plate must be removed.

ⓘ NOTICE

Keep the screw (64) of the transportation plate for later transport. For details on transporting the device, see chapter 4.



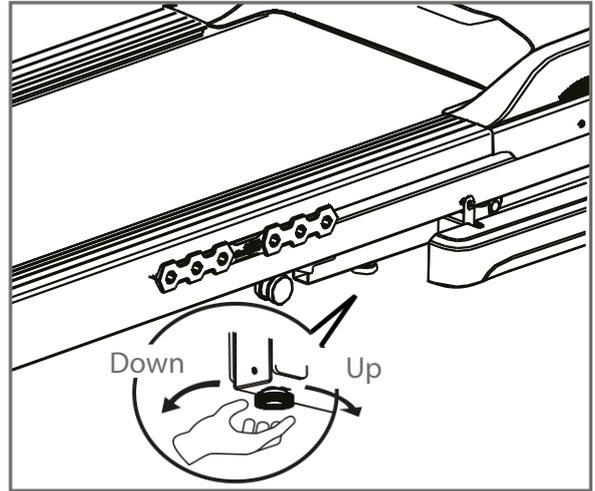
Step 4: Alignment of the feet

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.

3 OPERATING INSTRUCTIONS

NOTICE

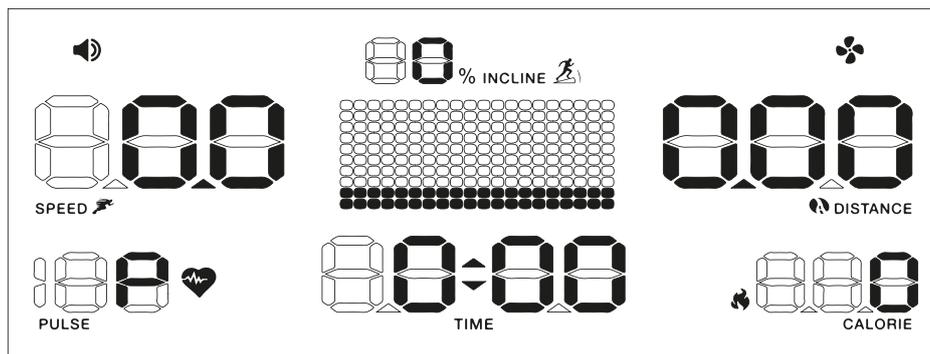
Familiarise yourself with all the functions and setting options of the device before starting training. Have the proper use of this product explained to you by a specialist.

SAFETY KEY

WARNING

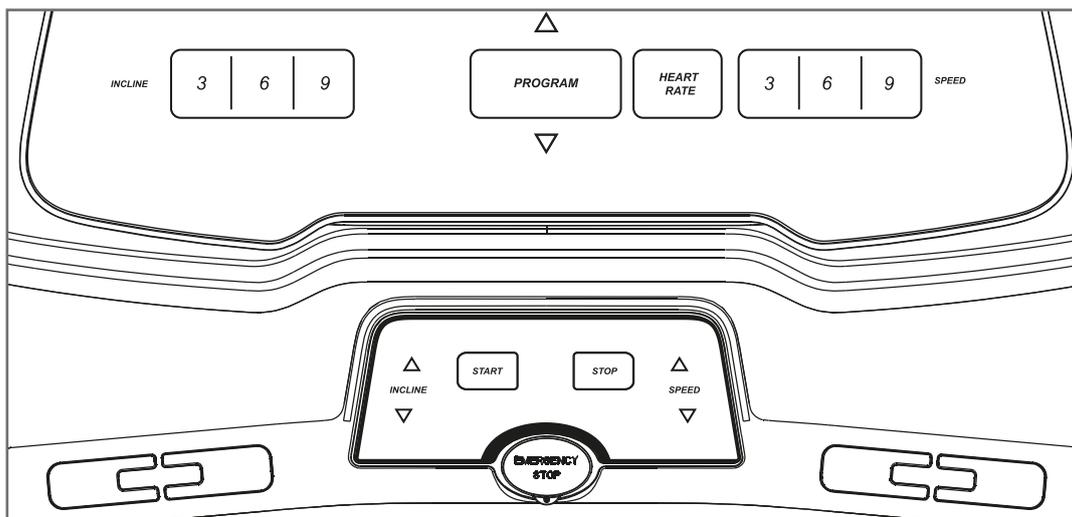
- + For your safety, the device is equipped with an EMERGENCY STOP function. The equipment can only be operated if the safety key is correctly attached to the contact point of the cockpit. If the safety key is no longer on the contact point, the equipment automatically stops. Therefore, the Safety Key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

3.1 Console Display



| Display | Description |
|-----------------|--|
| SPEED | <ul style="list-style-type: none"> + Display of the current speed in km/h + Display range: 0.8–16 km/h + Setting range: 1.0–16 km/h (adjustable in 1 km/h increments) |
| PULSE | <ul style="list-style-type: none"> + Display of the current heart rate in bpm (beats per minute) |
| INCLINE | <ul style="list-style-type: none"> + Display of the current incline level + Display range: 0–12 + Setting range: 0–12 (adjustable in increments of 1) |
| TIME | <ul style="list-style-type: none"> + Display of the training time in min. + Display range: 00:00–99:59 min. + Setting range: 01:00–99:00 min. |
| DISTANCE | <ul style="list-style-type: none"> + Display of the training distance in km + Display range: 0.0–99.9 km + Setting range: 1.0–99.0 km |
| CALORIE | <ul style="list-style-type: none"> + Display of the calories in kcal + Display range: 0–999 kcal + Setting range: 10–990 kcal |

3.2 Button Functions



| Button | Description |
|------------------------|--|
| PROGRAM | <ul style="list-style-type: none"> + Press in the main menu to select between the programmes in the following order: <ul style="list-style-type: none"> + Target programmes T, D, C + Pre-set programmes P1–P12 + User-defined programmes U1–U3 |
| ▲▼ | + Press to increase or decrease the values. |
| HEART RATE | + Press to select between the two hear rate controlled programmes HRC1 and HRC2. |
| INCLINE (3/6/9) | + Press the relevant speed button to set the incline directly to 3, 6 or 9. |
| SPEED (3/6/9) | + Press the relevant speed button to set the speed directly to 3, 6 or 9 km/h. |
| INCLINE ▲▼ | + Press to increase or decrease the incline. |
| START | <ul style="list-style-type: none"> + Press to start a programme. + Press in the paused programmes to resume the paused programme. |
| STOP | <ul style="list-style-type: none"> + Press during the programme to pause a programme. + In the paused program, press to stop the programme. |
| SPEED ▲▼ | + Press to increase or decrease the speed. |

3.3 Switching on the Treadmill

Switch the power switch on the back of the unit to "I" and make sure that the safety key is correctly positioned on the console.

The display will light up for 2 seconds and the console will give a signal.

The console is in manual programme.

After 10 minutes of inactivity, the console will automatically go into sleep mode.

3.4 Programmes

There are a total of 21 programmes available for you:

- + Manual programme (quick start): 1
- + Target programme: 3
- + Pre-set programmes: 12
- + Heart rate controlled programmes: 2
- + User-defined programmes: 3

3.4.1 Manual Programme - Quick Start

After switching on the treadmill, you will be in the manual programme.

1. To start the programme directly, press the START button.

The treadmill will start at a speed of 0.8 km/h.

All values will count up.

① NOTICE

You can make adjustments to the incline and speed.

2. To pause the programme, press the STOP button.
3. To resume the programme, press the START button.
4. To end the programme, press the STOP button again in the paused programme.

3.4.2 Target Programmes

For the target programmes you can choose between T (time), D (distance) and C (calories).

1. To reach the desired target programme, press the PROGRAM button.
2. Set the desired value using the ▲▼ buttons on the upper keypad.
3. To start the programme, press the START button.

The treadmill will start at a speed of 0.8km/h.

The set value will be counted down, all other values will be counted up.

① NOTICE

You can make adjustments to the incline and speed.

Once the target is reached, the treadmill will stop slowly.

4. To pause the programme, press the STOP button.
5. To resume the programme, press the START button.
6. To end the programme, press the STOP button again in the paused programme.

3.4.3 Pre-Set Programmes

A total of 12 pre-set programmes (P01-P12) are available for you to select from.

1. To reach the desired programme, press the PROGRAM button.

The training time is displayed.

2. Set the desired training time with the ▲▼ buttons on the upper keypad.
3. To start the programme, press the START button.

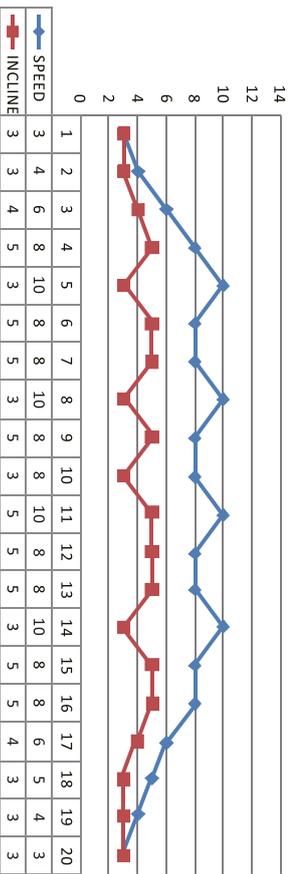
① NOTICE

You can make adjustments to the incline and speed.

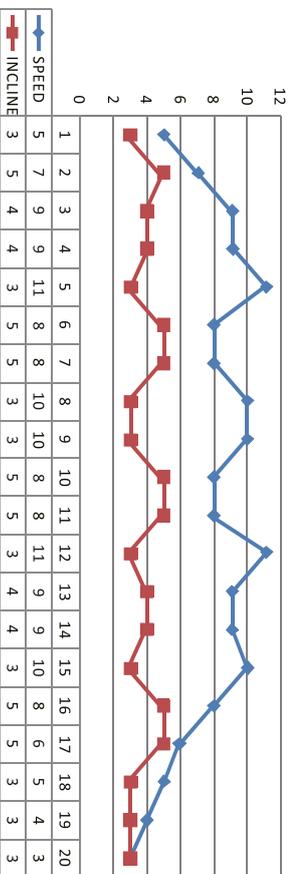
When the training time expires, a countdown will appear on the display and the treadmill will stop slowly.

4. To pause the programme, press the STOP button.
5. To resume the programme, press the START button.
6. To end the programme, press the STOP button again in the paused programme.

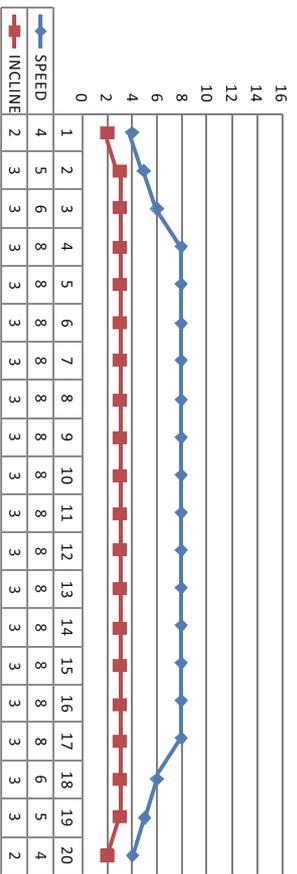
P01 Heart rate training



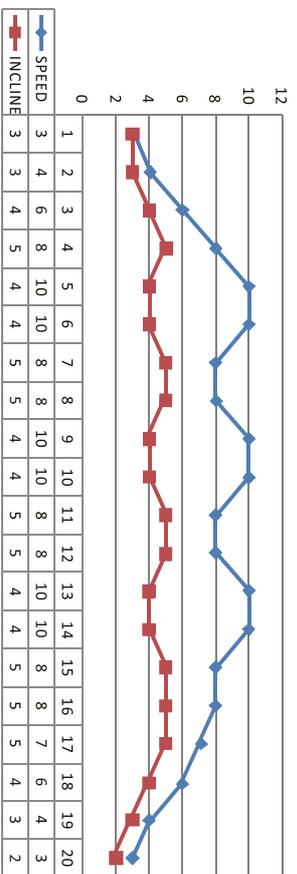
P02 Fitness



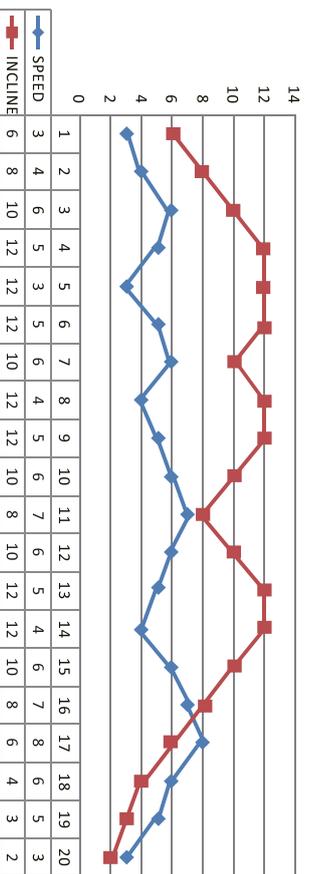
P03 Hill running



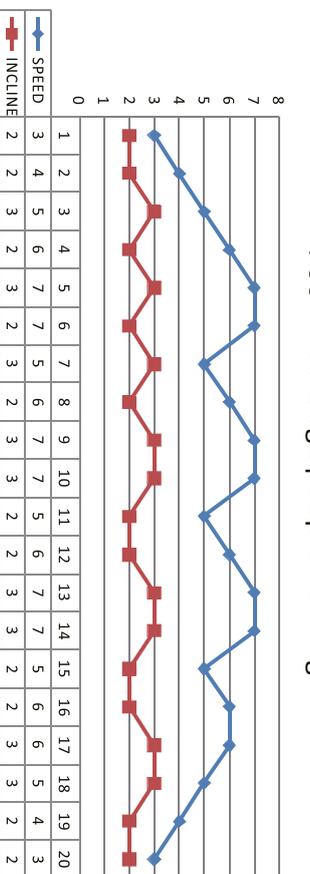
P04 Fat burning



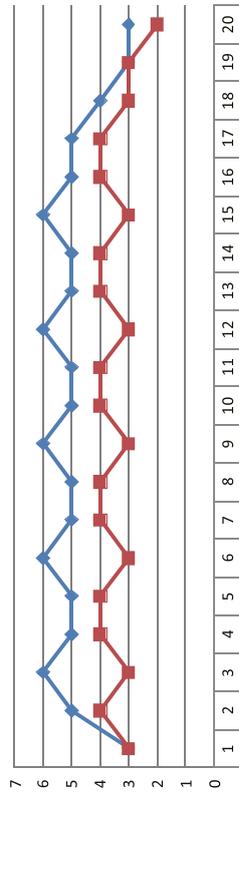
P05 Weight lossing



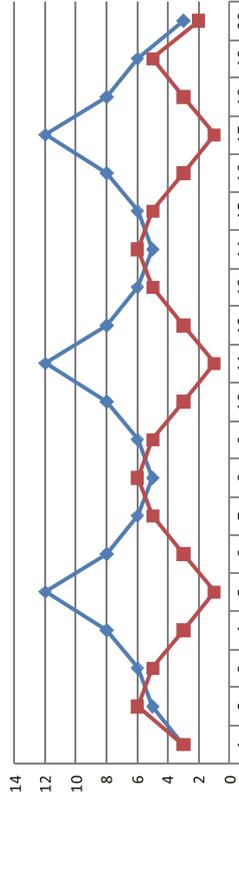
P06 Middle age people training



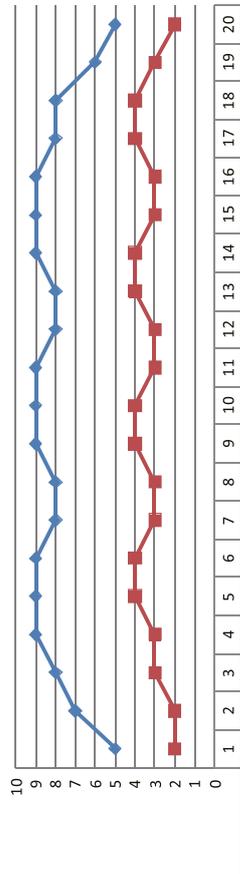
P07 High age people training



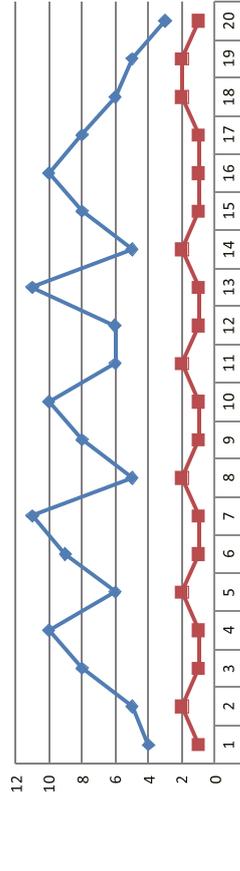
P08 Running Game



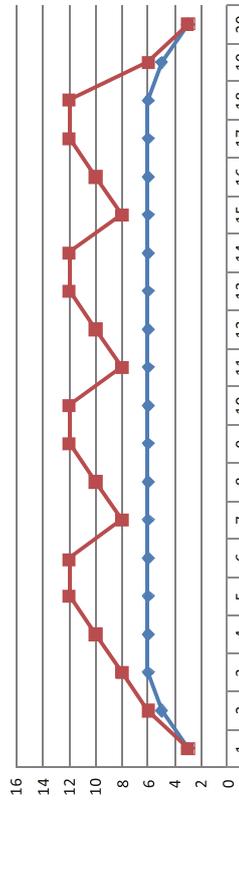
P09 Women training



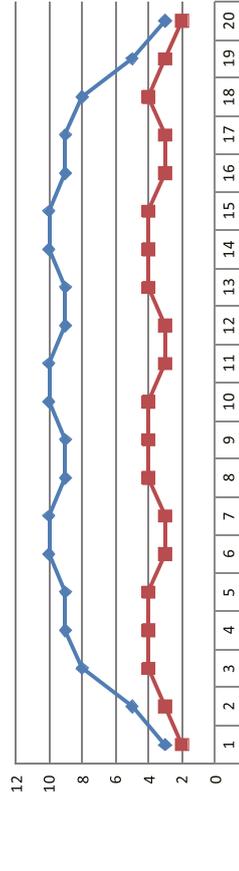
P10 Speed training



P11 Slope training



P12 Men training



3.4.4 User-Defined Programmes

A total of three user-defined programmes (U01-U03) are available. Within these user-defined programmes you have the option of customising 20 individual segments to suit your personal requirements.

1. To reach the desired user-defined programme, press the PROGRAM button.

The training time is displayed.

2. Set the desired training time with the ▲▼ buttons on the upper keypad.
3. To set the incline and speed values for the first segment, press and hold the PROGRAM button for about 3 seconds.

The display shows S-01.

4. To set the incline and speed values, use the ▲▼ buttons for incline and speed on the lower keypad.
5. To set the next segments, follow the procedure described in steps 3 and 4.

After setting the values of the 20th segment, the display will begin to ask for the training time again.

The values of the individual segments are stored.

6. To start the programme, press the START button.

ⓘ NOTICE

You can make adjustments to the incline and speed.

When the training time expires, a countdown will appear on the display and the treadmill will stop slowly.

7. To pause the programme, press the STOP button.
8. To resume the programme, press the START button.
9. To end the programme, press the STOP button again in the paused programme.

3.4.5 Heart Rate Controlled Programmes

⚠ WARNING

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

📘 NOTICE

A chest strap is required to use the heart rate controlled programmes.

There are two heart rate controlled programmes (HRC1 and HRC2) available. The heart rate controlled programmes automatically adjust the speed and incline of the device depending on your heart rate and the set values.

1. To reach the desired heart rate controlled programme, press the HEART RATE button.

The training time is displayed.

2. Set the desired training time with the ▲▼ buttons on the upper keypad.
3. To set your age, press the PROGRAM button once and use the ▲▼ buttons on the upper keypad to increase or decrease the age.

The age is shown in the display under Calories.

📘 NOTICE

The default value is 30.

4. To set the target heart rate, press the PROGRAM button again and use the ▲▼ buttons on the upper keypad to increase or decrease the target heart rate.

The target heart rate is shown in the display under Calories.

📘 NOTICE

The default value and the adjustment range depend on the age. You will find an overview of the possible setting ranges on the next page.

5. To start the programme, press the START button.

The treadmill will start at a speed of 0.8km/h and the warm up phase will begin.

📘 NOTICE

You can make adjustments to the incline and speed.

After one minute the warm-up phase is finished.

📘 NOTICE

The adjustment is made every ten seconds after the end of the warm-up phase until the maximum or minimum is reached:

- + If the value (target heart rate - current heart rate) > 0, the speed is increased by 0.5 km/h and the incline is raised by one step.
- + If the value (target heart rate - current heart rate) is < 0, the speed is reduced by 0.5 km/h and the incline is lowered by one step.

6. To pause the programme, press the STOP button.
7. To resume the programme, press the START button.
8. To end the programme, press the STOP button again in the paused programme.

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

4.1 General Instructions



WARNING

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



ATTENTION

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

4.2 Folding Mechanism



WARNING

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



NOTICE

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

4.2.1 Folding Up the Treadmill

WARNING

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

CAUTION

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

ATTENTION

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

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



4.2.2 Unfolding the Treadmill

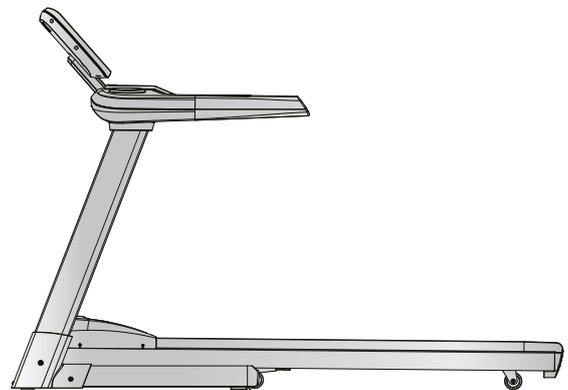
ATTENTION

- + 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.

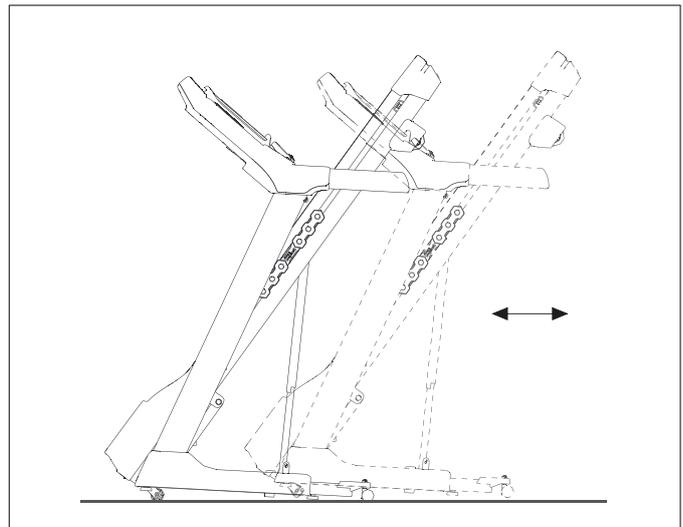
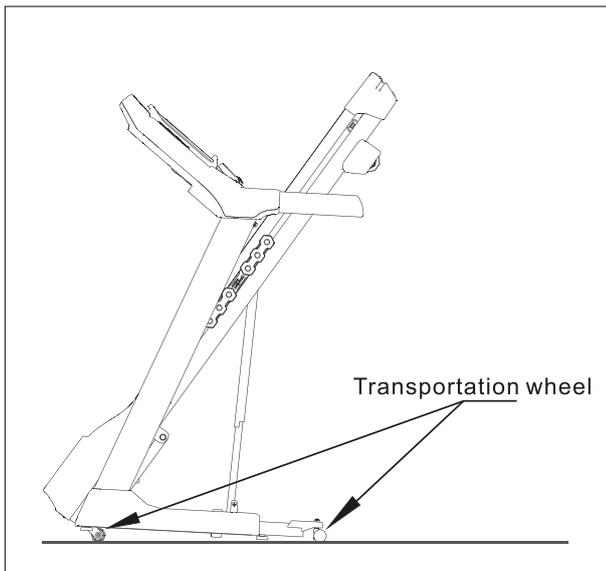


4.3 Transportation Wheels

► ATTENTION

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

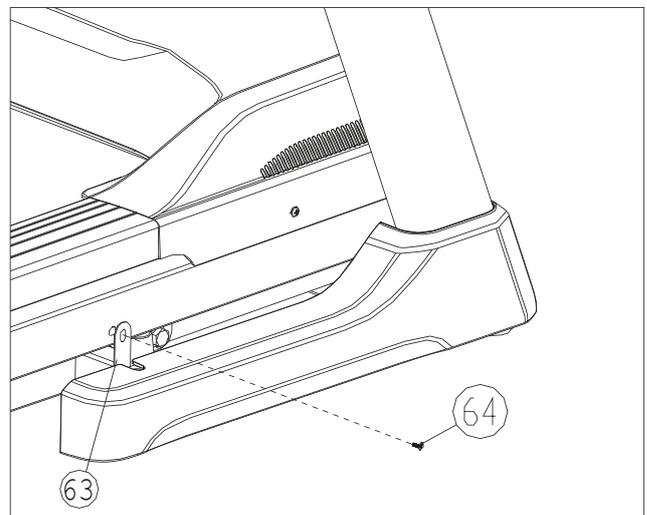
1. Stand behind the equipment and lift it until the weight is transferred to the transportation wheels. After that, you easily can move the equipment to a new position. For long transport distances the equipment should be disassembled and safely packed.
2. Select the new location by following the instructions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



4.4 Transportation Plate

If the treadmill is to be disassembled and transported for long distances, the transportation plate is to be fixed to the treadmill. The transportation plate prevents the treadmill from unexpectedly folding up due to the high pressure shock absorbers during transportation.

1. Turn the treadmill off and disconnect it from the power supply.
2. Unfold the treadmill completely.
3. To secure the transportation plate (63), screw the screw (64) back into the slot on the transportation plate and main frame.
4. You can now disassemble the treadmill for further transportation.



5.1 General Instructions



WARNING

- + Do not make any improper changes to the equipment.



CAUTION

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

ATTENTION

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

5.2 Faults and Fault Diagnosis

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

| Fault | Cause | Solution |
|---------------------------------|---|--|
| Console is not responding | Safety key missing or not inserted correctly | Check whether Safety Key is inserted and insert if necessary |
| Running mat slanting | Running mat not centered | Adjust the running mat according to the instructions |
| Grinding noises | | |
| Running mat slips through/stops | Tape tension/lubrication not correct | Check belt tension/lubrication according to instructions |
| Display is blank/is not working | <ul style="list-style-type: none"> + Interrupted power connection + Loose cable connections | <ul style="list-style-type: none"> + Power switch to on + Check whether Safety Key is plugged in + Check cable connections |
| No pulse display | <ul style="list-style-type: none"> + Sources of interference in the room + unsuitable chest strap + Wrong position of chest strap + Chest strap defective or battery empty + Pulse display defective | <ul style="list-style-type: none"> + Eliminate sources of interference (e.g. mobile phone, WLAN, lawn mower and vacuum cleaner robot, etc. ...) + Use a suitable chest strap (see RECOMMENDED ACCESSORIES). + Reposition chest strap and/or moisten electrodes + Changing batteries + Check if pulse display by hand pulse possible |

5.3 Error Codes and Troubleshooting

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

- + E01: Communication error - PCB receives no control signal
Contact technical support.
- + E02: Communication error - Drive not receiving digital signals
Contact technical support.
- + E04: Fault in the incline
Contact technical support.
- + E07: Overvoltage
Turn the treadmill off and on. If the problem persists, contact Technical Support.
- + E08: Motor circuit error
Contact technical support.
- + E12: Overcurrent protection
Contact technical support.
- + E13: Overcurrent protection - short-term abnormal peak current
Contact technical support.

Please contact Sport-Tiedje for technical support.

5.4 Care and Maintenance

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

By scanning the QR code with the camera function or QR code scanner app of your smartphone/tablet, a video on general maintenance of a treadmill opens on YouTube. The video serves to illustrate the maintenance points described in this manual.



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

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

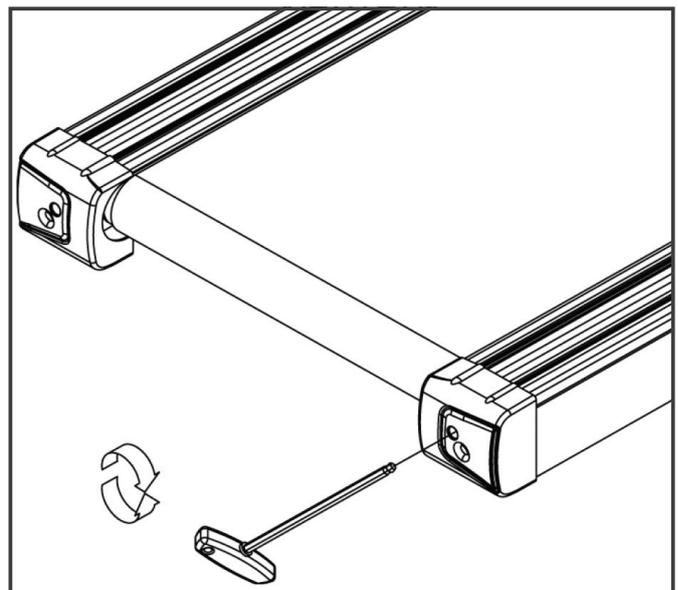
5.4.1 Adjusting the Running Mat

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

CAUTION

During the following maintenance nobody must be on the treadmill!

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



5.4.2 Re-tensioning the Running Mat

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

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

① NOTICE

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

1. Let the treadmill run at a speed of 5km/h.
2. Turn the left and right adjusting screws directly one after the other, max. one ¼ turn clockwise.
3. Then check whether the running mat continues to slip. If this is the case, you must perform the described procedure again.

5.4.3 Lubricating the Running Mat

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

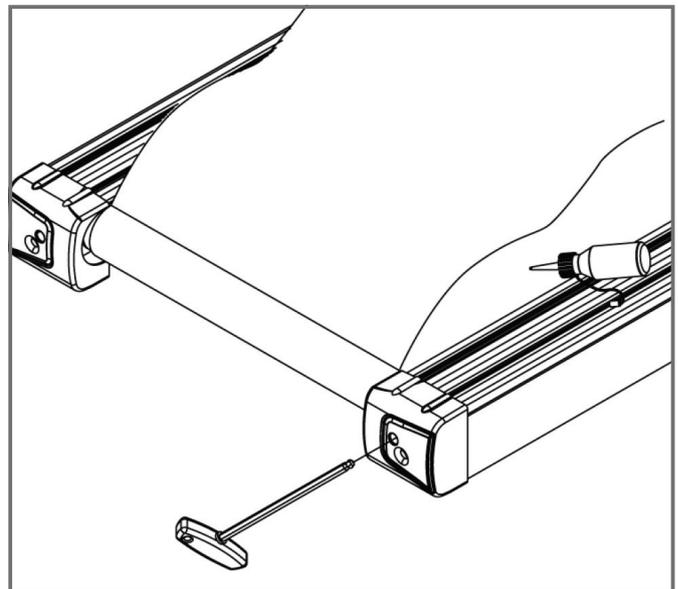
① NOTICE

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

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

① NOTICE

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



5.5 Maintenance and Inspection Calendar

To avoid damage from body sweat, the equipment must be cleaned with a damp towel (no solvents!) after each training session.

The following routine tasks must be performed at the specified intervals:

| Part | Weekly | Monthly | Quarterly |
|--------------------------------|--------|---------|-----------|
| Display console | C | I | |
| Tension of the running mat | | | I |
| Lubrication of the running mat | | | I |
| Plastic covers | C | I | |
| Screws and cable connections | | | I |
| Legend: C = clean; I = inspect | | | |

6 DISPOSAL

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



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

To make your training experience even more efficient and pleasant, we recommend that you add suiting accessories to your fitness equipment. This could be a floor mat, for example, which makes your fitness equipment stand more securely and also protects the floor from falling sweat, but it could also be additional handrails on some treadmills 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. You may want to buy additional grips or weights for multi gyms.

Our range of accessories offers the highest quality and makes training even better. If you would like to find out more about compatible accessories, please go to the detail page of the product in our webshop (the easiest way is to enter the article number in the search field above) and go to the recommended accessories on this page. Alternatively, you can use the QR-code provided. Of course, you can also contact our customer service: by telephone, e-mail, in one of our branches or via our social media channels. We will be happy to advise you!



floor mat



chest strap



chest strap contact gel



towels



silicone spray

8.1 Serial Number and Model Name

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

NOTICE

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



Enter the serial number in the appropriate field.

Serial number:

Brand / Category:

Model Name:

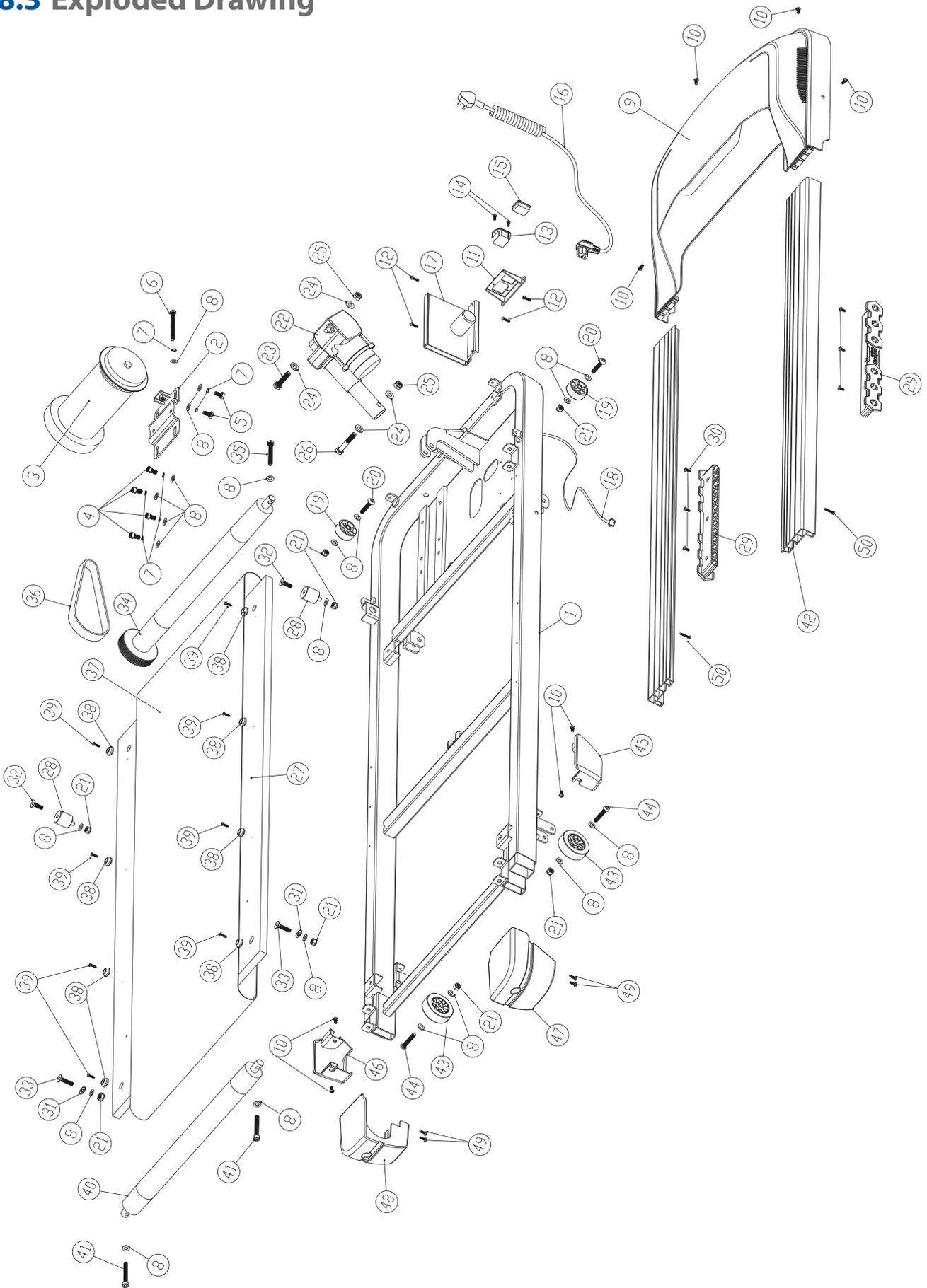
Article Number:

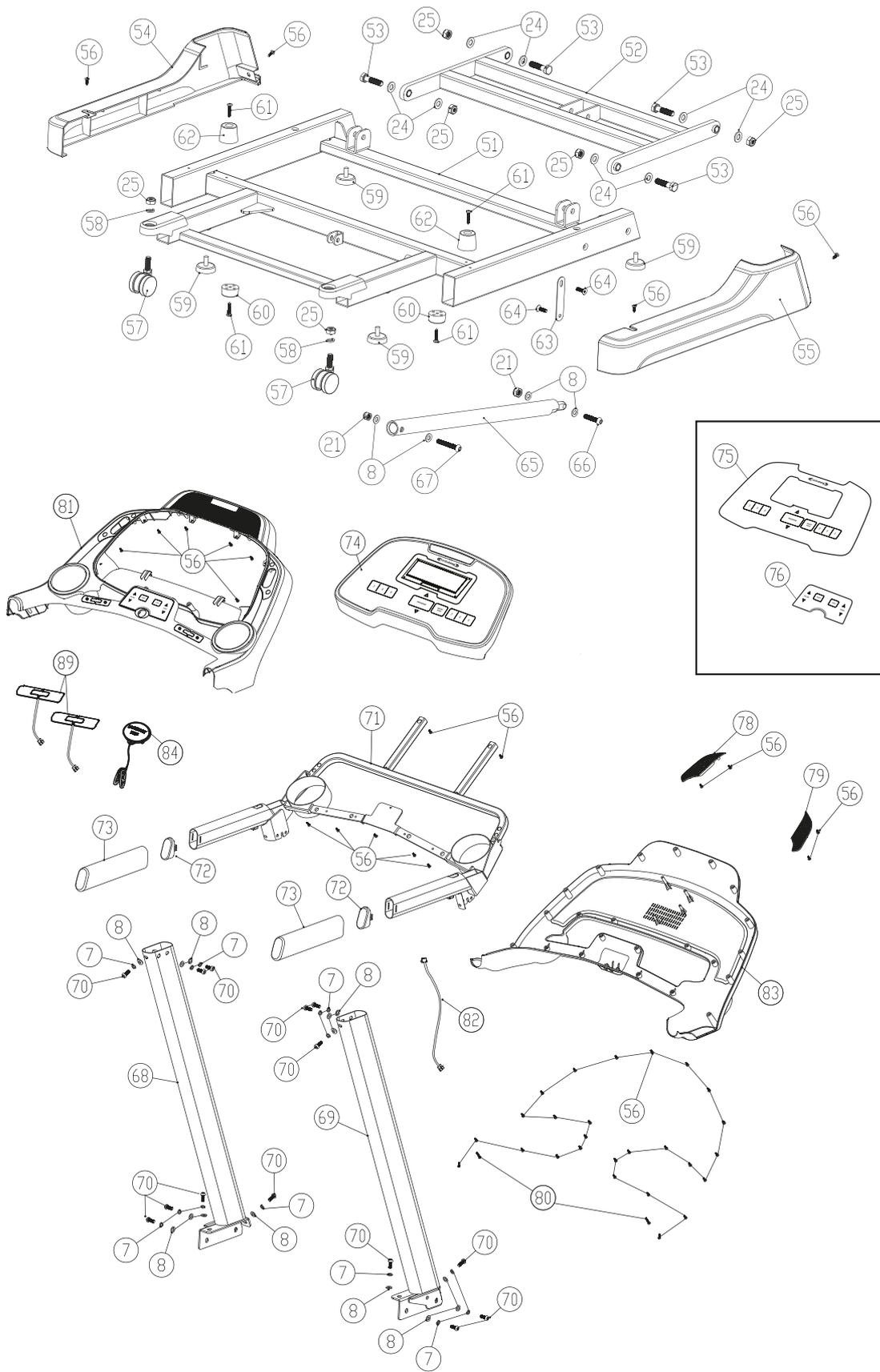
8.2 Parts List

| No. | Name | No. | Name |
|-----|--|-----|--|
| 1 | Welding treadmill frame | 31 | anti shock part |
| 2 | Motor seat frame | 32 | Philips countersunk head screw M8x25 |
| 3 | DC motor | 33 | Philips countersunk head screw M8x35 |
| 4 | Socket head bolts M8x16 | 34 | Front roller |
| 5 | Socket head bolts M8x12 | 35 | Socket head bolt M8x65 |
| 6 | Inner socket head screws M8x85 | 36 | Motor belt |
| 7 | Spring washer Φ 8x2.1 | 37 | Running belt |
| 8 | Washer Φ 8x1.6 | 38 | Side rail buckle |
| 9 | Motor cover | 39 | Cross trough pan head self-drilling screw ST4.2x16 |
| 10 | Socket head bolts M5x 16 | 40 | Rear roller |
| 11 | Power switch seat | 41 | Inner socket head screws M8x65 |
| 12 | Cross trough pan head self-drilling screw M4x16 | 42 | Side rail |
| 13 | Plug | 43 | Rear wheel |
| 14 | Cross trough pan head self-drilling screw M4x8 | 44 | Socket head bolt M8x45 |
| 15 | Switch | 45 | Right wheel cover |
| 16 | Adaptor | 46 | Left wheel cover |
| 17 | Driver | 47 | Right end cap |
| 18 | 4 cores wire | 48 | Left end cap |
| 19 | Front wheel | 49 | Cross trough pan head self-drilling screw ST1.8x16 |
| 20 | Socket head bolts M8x40 | 50 | Cross trough pan head self-drilling screw ST4.2x25 |
| 21 | Hexagon lock nut M8 | 51 | Frame holder |
| 22 | Incline motor | 52 | Incline holder |
| 23 | Socket head bolts M10x45 | 53 | Socket head bolt M10x40 |
| 24 | Spring washer Φ 10x2 | 54 | Left down cover |
| 25 | Hexagon lock nut M10 | 55 | Right down cover |
| 26 | Socket head bolts M10x60 | 56 | Cross trough pan head self-drilling screw ST4.2x13 |
| 27 | Running board | 57 | Universal wheel |
| 28 | Running board anti shock part | 58 | Spring washer Φ 10x2.5 |
| 29 | Anti shock part | 59 | Adjust the floor mat |
| 30 | Cross trough pan head self-drilling screw ST4.8x13 | | |

| | |
|----|---|
| 60 | Incline mat |
| 61 | Cross trough pan head self-drilling screw ST48x25 |
| 62 | Big rubber mat |
| 63 | Packaging fixed plate |
| 64 | Cross trough pan head screw M6x16 |
| 65 | Cylinder |
| 66 | Socket head bolt M8x35 |
| 67 | Socket head bolt M8x50 |
| 68 | Left column |
| 69 | Right column |
| 70 | Socket head bolt M8x20 |
| 71 | Monitor holder |
| 72 | Pipe casing |
| 73 | Arm |
| 74 | Monitor display board set |
| 75 | Console overlay |
| 76 | Quick key overlay |
| 78 | Left sound cover |
| 79 | Right sound cover |
| 80 | Screw M4*22 |
| 81 | Monitor cover set |
| 82 | 4 cores wire |
| 83 | Monitor down cover |
| 84 | Safety key |
| 89 | Heart rate set |

8.3 Exploded Drawing





Training equipment from Taurus® is subject to strict quality control. However, if a fitness equipment purchased from us does not work perfectly, we take it very seriously and ask you to contact our customer service as indicated. We are happy to help you by phone via our service hotline.

Error Descriptions

Your fitness equipment is developed for long-term, high-quality training. However, should a problem arise, please first read the operating instructions. For further assistance, please contact your contract partner or call our service hotline. To ensure your problem is solved as quickly as possible, please describe the defect as exactly as possible.

In addition to the statutory warranty, we provide a warranty for every fitness equipment purchased from us according to the following provisions.

Your statutory rights are not affected.

Warranty

The warranty is the first/original buyer and/or any person who received a newly purchased product as a gift from the original buyer.

Warranty period

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

Repair Costs

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

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.

| DE | DK | FR |
|---|---|--|
| <p>TECHNICAL SUPPORT</p> <p>☎ +49 4621 4210-900 📠 +49 4621 4210-698 ✉ technik@sport-tiedje.de</p> <p>🕒 Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p> <p>SERVICE</p> <p>☎ 0800 20 20277 (Freecall)</p> <p>✉ info@sport-tiedje.de</p> <p>🕒 Mo - Fr 08:00 - 21:00 Sa 09:00 - 21:00 So 10:00 - 18:00</p> | <p>TECHNICAL SUPPORT & SERVICE</p> <p>☎ 80 90 16 50 +49 4621 4210-945 ✉ info@fitshop.dk</p> <p>🕒 Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p> | <p>TECHNICAL SUPPORT & SERVICE</p> <p>☎ +33 (0) 172 770033 +49 4621 4210-933 ✉ service-france@fitshop.fr</p> <p>🕒 Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p> |
| | PL | BE |
| | <p>TECHNICAL SUPPORT & SERVICE</p> <p>☎ 22 307 43 21 +49 4621 42 10-948 ✉ info@fitshop.pl</p> <p>🕒 Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p> | <p>TECHNICAL SUPPORT & SERVICE</p> <p>☎ 02 732 46 77 +49 4621 42 10-932 ✉ info@fitshop.be</p> <p>🕒 Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p> |

| UK | NL | INT |
|---|---|--|
| <p>TECHNICAL SUPPORT</p> <p>☎ +44 141 876 3986 ✉ support@powerhousefitness.co.uk</p> <p>SERVICE</p> <p>☎ +44 141 876 3972 🕒 Mo - Fr 9am - 5pm</p> | <p>TECHNICAL SUPPORT & SERVICE</p> <p>☎ +31 172 619961 ✉ info@fitshop.nl</p> <p>🕒 Ma - Do 09:00 - 17:00 Vr 09:00 - 21:00 Za 10:00 - 17:00</p> | <p>TECHNICAL SUPPORT & SERVICE</p> <p>☎ +49 4621 4210-944 ✉ service-int@sport-tiedje.de</p> <p>🕒 Mo - Fr 8am - 6pm Sat 9am - 6pm</p> |
| | AT | CH |
| | <p>TECHNICAL SUPPORT & SERVICE</p> <p>☎ 0800 20 20277 (Freecall) +49 4621 42 10-0 ✉ info@sport-tiedje.at</p> <p>🕒 Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p> | <p>TECHNICAL SUPPORT & SERVICE</p> <p>☎ 0800 202 027 +49 4621 42 10-0 ✉ info@sport-tiedje.ch</p> <p>🕒 Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p> |

Please find a detailed overview including address and opening hours for all stores of the Sport-Tiedje Group in Germany and abroad on the following website:

www.sport-tiedje.com/en/stores

WE LIVE FITNESS

WEBSHOP AND SOCIAL MEDIA

Sport-Tiedje is Europe's largest specialist store for home fitness equipment with currently over 70 stores and one of the world's most renowned online mail order companies for fitness equipment. 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.

Sport-Tiedje 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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TAURUS

 cardiostrong

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