



## Assembly and Operating Instructions



max. 120 kg



~ 60 Min.



84 kg

L 175.7 | B 79.1 | H 141.3

CSTTX30.01.01

Art. No. CST-TX30

Treadmill TX30



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## Dear customer,

Thank you for choosing a high-quality equipment of the brand cardiostrong®. cardiostrong® offers sports and fitness equipment for the sophisticated home sport and the equipment of fitness studios and business customers. With cardiostrong® fitness equipment, the focus is on what sport is all about: maximum performance! Therefore, the equipment is developed in close consultation with athletes and sports scientists. Because athletes know best what makes perfect fitness equipment.

Further information can be found at [www.sport-tiedje.com](http://www.sport-tiedje.com).

### 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.

## 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
- + Speed
- + Calories
- + Distance
- + Steps
- + Heart rate (when using the hand pulse sensors or a chest strap)

Programmes in total:	23
Manual programme (Quick Start):	1
Target programmes:	1
Pre-set programmes:	17
Heart rate controlled programmes:	2
User-defined programmes:	2

Motor type:	DC motor
Motor continuous output:	2.5 HP

Incline:	0–15
Speed:	0.8–18 km/h

### Dimensions and weight

Article weight (gross, incl. packaging) approx.:	93 kg
Article weight (net, excl. packaging) approx.:	84 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.:	175.7 cm x 79.1 cm x 141.3 cm
Folding dimensions (L x W x H) approx.:	114 cm x 79 cm x 148.5 cm

Maximum user weight:	120 kg
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## 1.2 Personal Safety

### **DANGER**

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

### **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.

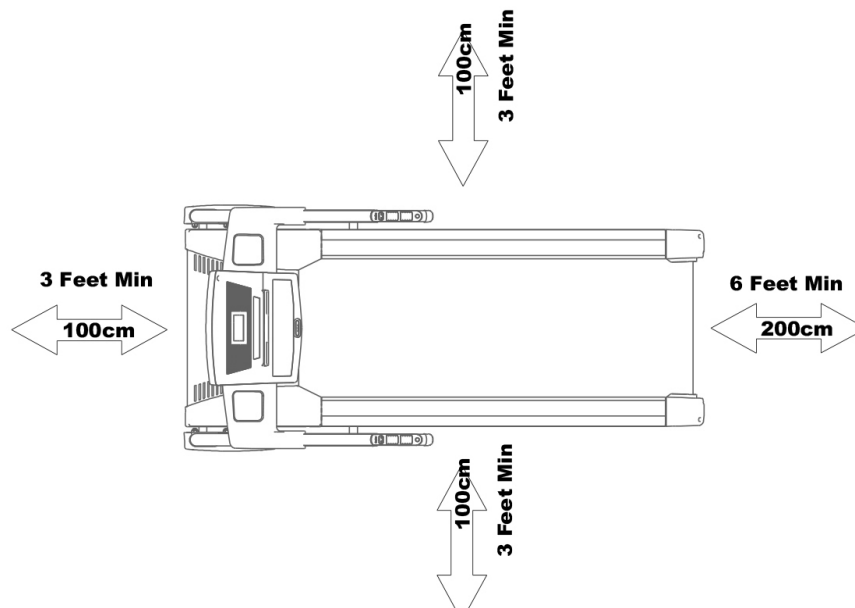
### ⚠️ CAUTION

- + 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:



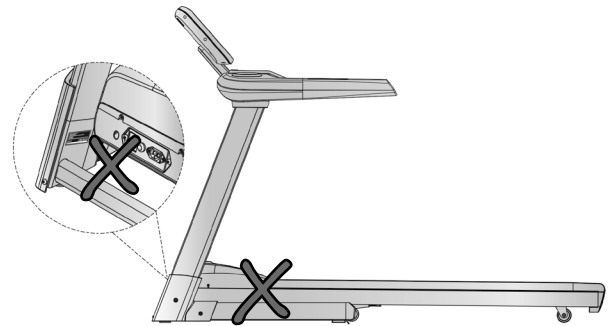
### 2.1 General Instructions

#### **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

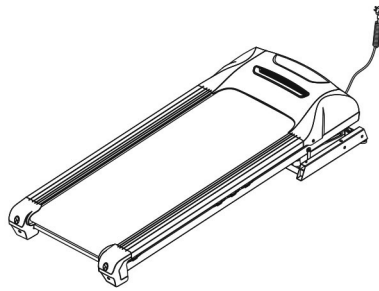
### **WARNING**

Around the treadmill there is a strap that prevents the treadmill from opening during transport. This strap must be removed before assembly.

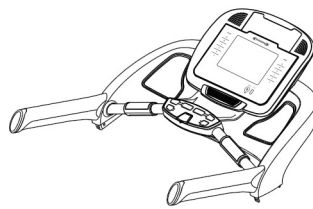
The scope of delivery consist of the following parts. At the beginning, check whether all parts and tools belonging to the device are included in the scope of delivery and whether damage has occurred. In the event of complaints, the contractual partner must be contacted directly.

### **CAUTION**

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



Main body



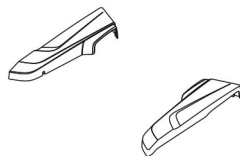
Console unit



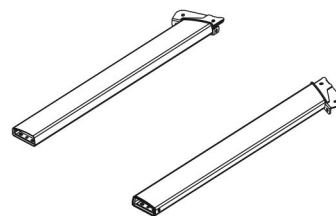
Safety key



Silicon bottler

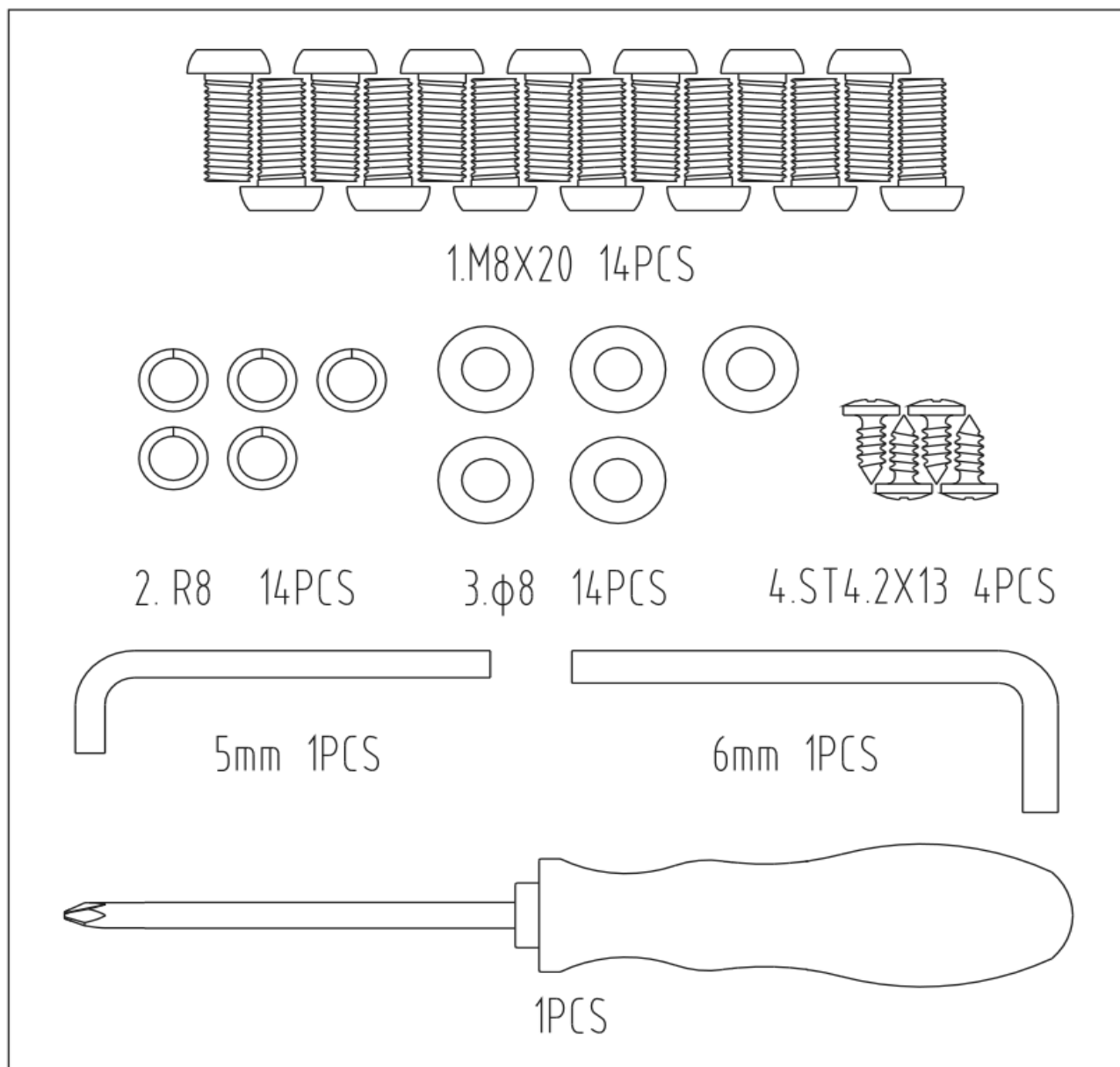


Base frame cover

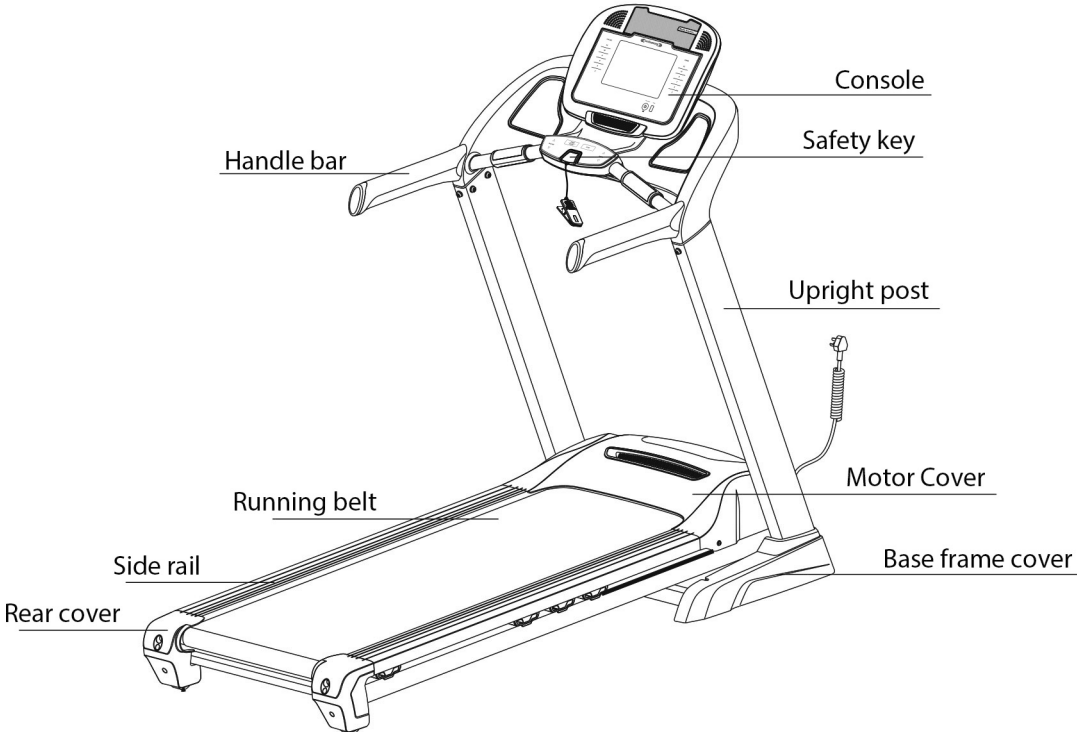


Upright post

Hardware package



## 2.3 Overview



## 2.4 Assembly

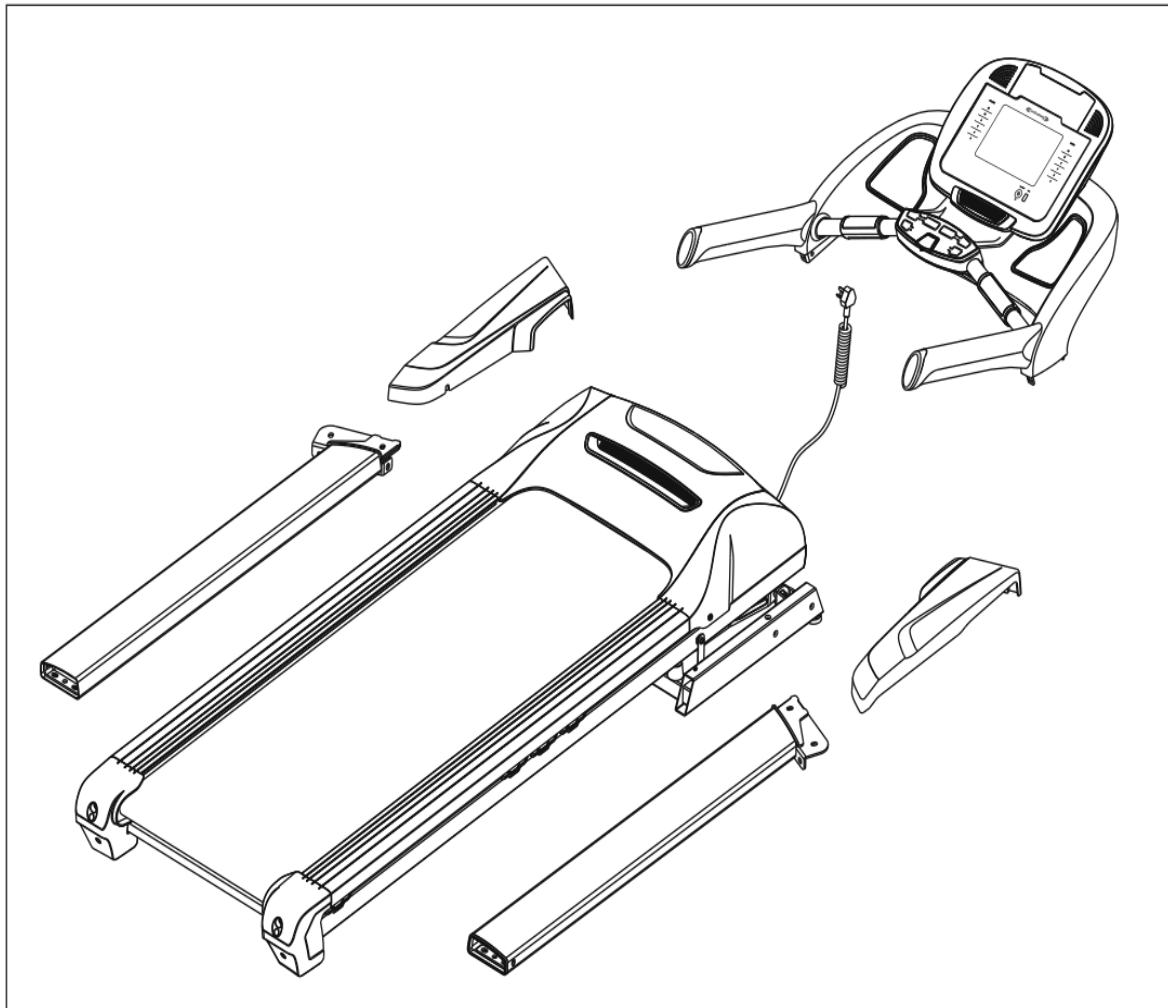
Before assembly, take a close look at the individual assembly steps shown and carry out the assembly in the order given.

**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: Checking the Scope of Delivery

1. Take all parts that are included in the scope of delivery out of the box and place them on the floor as shown in the illustration.
2. Check whether the scope of delivery is complete.

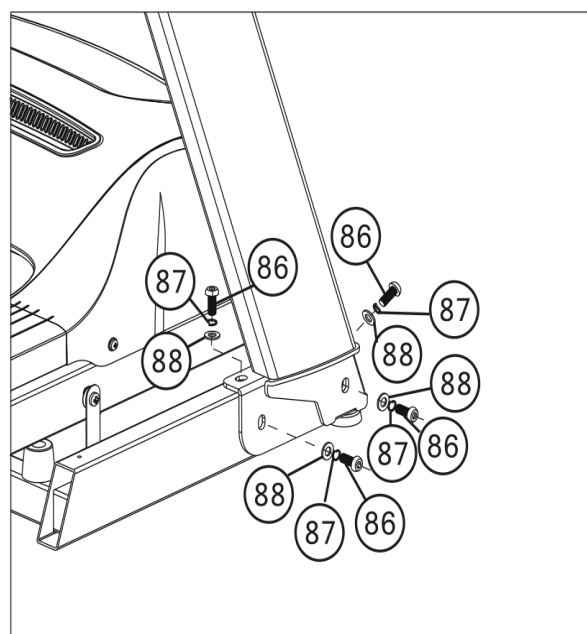
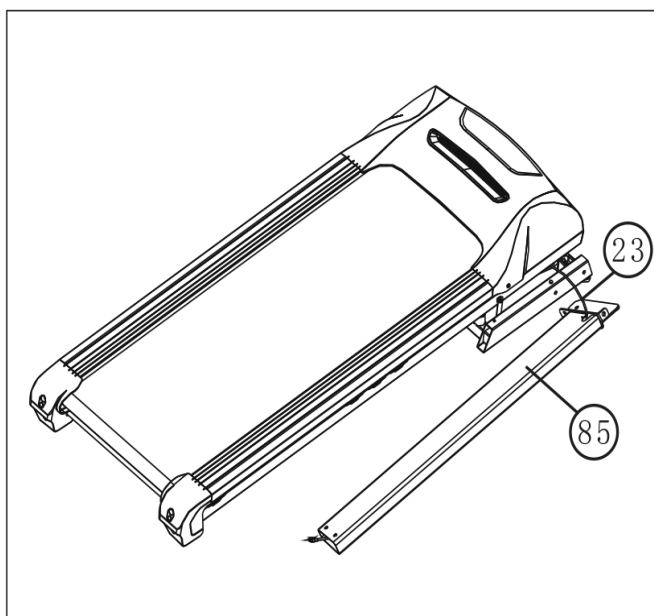


## Step 2: Assembly of the Upright Posts

Attach the two upright posts (85) to the main frame with four bolts (86), four spring washers (87) and four spring washers (88) each.

### **ⓘ ATTENTION**

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





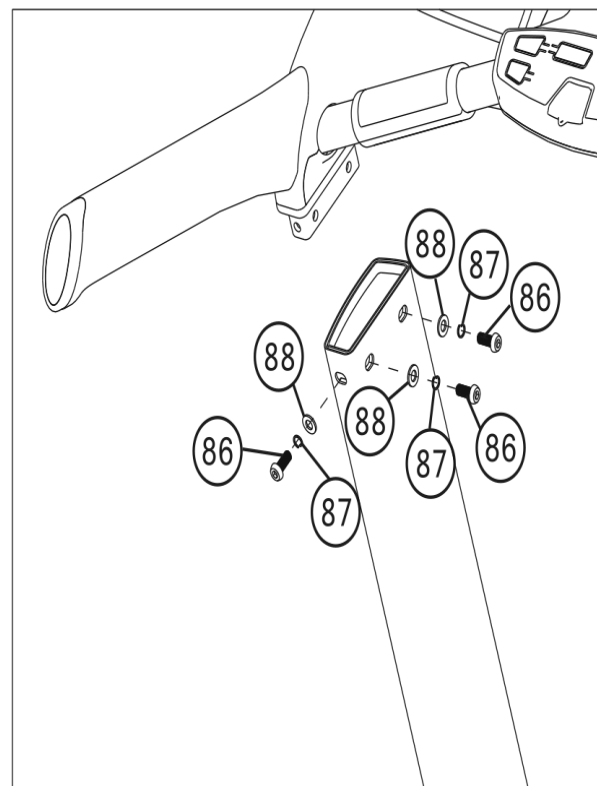
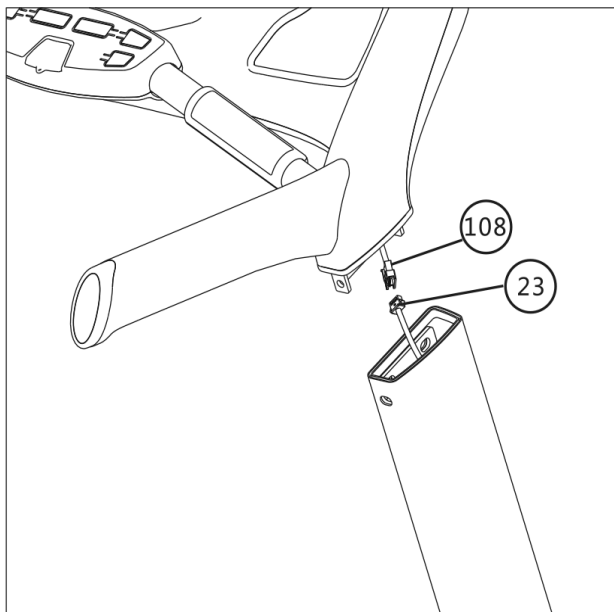
### Step 3: Assembly of the Console Unit

1. Connect the cable of the right upright post (23) to the cable of the console unit (108).

► **ATTENTION**

Be careful not to pinch the cables during the next step.

2. Place the console unit on both upright posts (85).
3. Mount the console unit to both upright posts (85) with three bolts (86), three spring washers (87), and three spring washers (88) on each side.

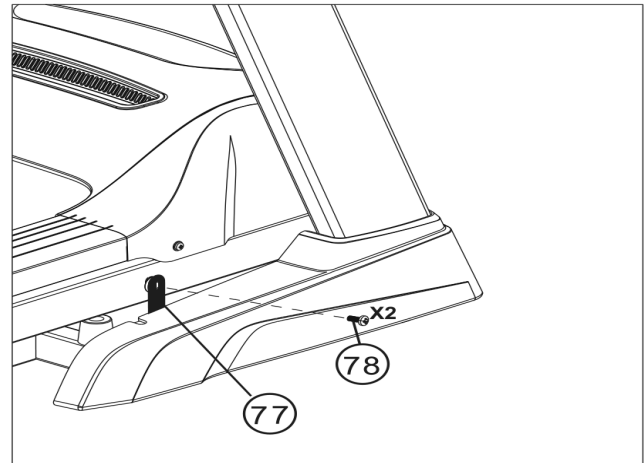
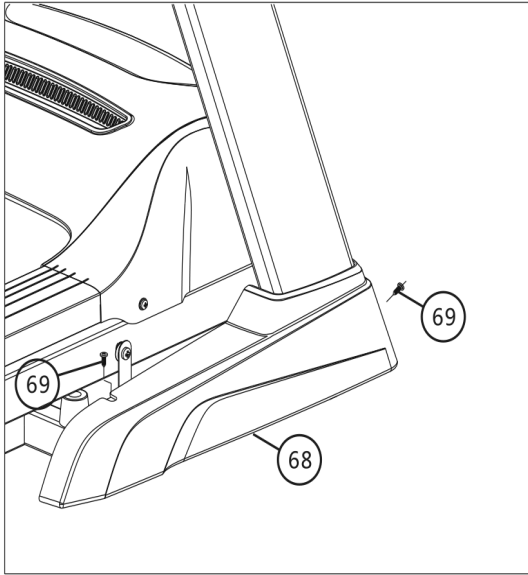


#### Step 4: Assembly of the Covers

1. Mount the covers (68) to both sides of the treadmill with two screws (69) on each side.
2. Remove the packaging fixed plate (77) by removing both screws (78).

**ⓘ NOTICE:**

Do not dispose of the packaging fixed plate and screws. Assemble it once you want to transport the treadmill in folded condition.



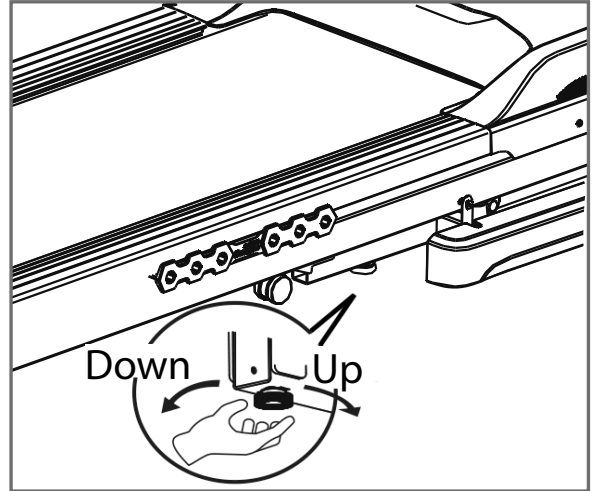
### Step 5: Alignment of the Feet

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 6: 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

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### **ⓘ 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**

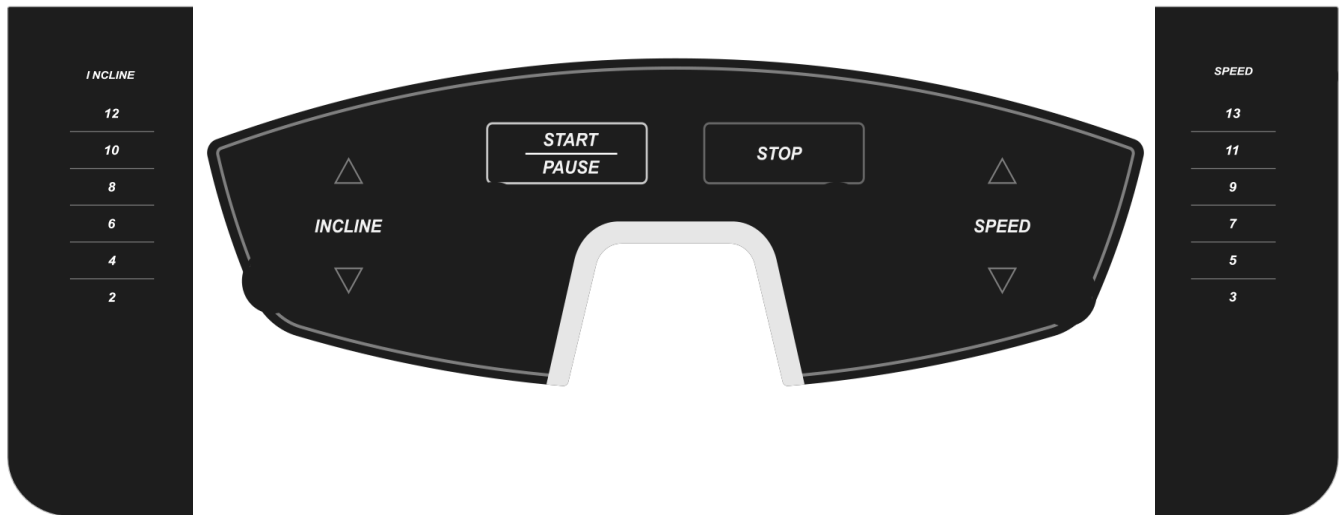
- + For your safety, the device is equipped with an EMERGENCY STOP function. The equipment can only be operated if the safety key is correctly attached to the contact point of the cockpit. If the safety key is no longer on the contact point, the equipment automatically stops. Therefore, the Safety Key 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
<b>SPEED</b>	<ul style="list-style-type: none"> <li>+ Display of the current speed in km/h</li> <li>+ Display range: 0.8–18 km/h</li> <li>+ Setting range: 0.8-18 km/h (Adjustable in steps of 0.1 km/h increments)</li> </ul>
<b>PULSE</b>	<ul style="list-style-type: none"> <li>+ Display of the current heart rate in beats per minute</li> </ul>
<b>INCLINE</b>	<ul style="list-style-type: none"> <li>+ Display of the current incline level</li> <li>+ Display range: 0–15</li> <li>+ Setting range: 0–15 (Adjustable in steps of 1)</li> </ul>
<b>TIME</b>	<ul style="list-style-type: none"> <li>+ Display of the training time in min.</li> </ul>
<b>DISTANCE</b>	<ul style="list-style-type: none"> <li>+ Display of the training distance in km</li> </ul>
<b>CALORIES</b>	<ul style="list-style-type: none"> <li>+ Display of the calories in kcal</li> </ul>

### 3.2 Button Functions



Taste	Beschreibung
<b>INCLINE ▲▼</b>	+ Press to increase or decrease the incline level.
<b>START</b>	+ Press to start a program. + Press during a paused program to continue the program.
<b>STOP</b>	+ Press during the program to pause a program.
<b>SPEED ▲▼</b>	+ Press to increase or decrease the speed.
<b>Quick Keys (Incline)</b>	+ By using the incline quick keys, you can choose a specific incline value. Possible options are: 2, 4, 6, 8, 10, and 12. For example, by tapping 4, the treadmill will automatically adjust the incline value 4.
<b>Quick Keys (Speed)</b>	+ By using the speed quick keys, you can choose a specific incline value. Possible options are: 3, 5, 7, 9, 11, and 13. For example, by tapping 7, the treadmill will automatically adjust the speed to 7 km/h.  <b>ⓘ NOTICE</b> The quick keys will be displayed km/h. In mph, the values will be displayed as follows: 2, 4, 5, 6, 8 and 10 mph.

## 3.3 Programmes

In total, 23 programmes are available to you:

- + Quick Start programme: 1
- + Manual programme: 1
- + Pre-set programmes: 17
- + Heart rate controlled programmes: 2
- + User-defined programmes: 2



### 3.3.1 Quick Start Programme

To start the programme, tap the Quick Start button.

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

*All values will start to count up.*

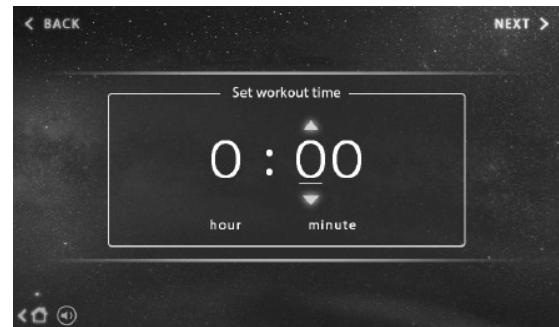
#### **NOTICE**

You can adjust the incline and speed during the workout.

### 3.3.2 Manual Programme

This programme allows you to set a training time and other settings for optimal calorie consumption.

1. Tap "Manual Programme" on the touch screen.
2. Specify your desired training time.
3. Enter your age and weight.
4. Tap the "Start/Pause" button to start the Training.
5. Tap "Start/Pause" pause the training.
6. Tap "Stop" to end the Training.



*The treadmill will start with a speed of 0.8 km/h and an incline level of 0.*

*The defined values will count up, all other values will count down.*

#### **NOTICE:**

You can adjust the incline and speed during the workout.

*After the training ends, a summary of your training values will be shown.*

### 3.3.3 Pre-set Programmes

*Pre-set programmes is sub-divided into four categories: Weight Loss, Sport Training, and Healthy Living. The custom user category will be expanded upon in chapter 3.3.4.*

A total of 17 pre-defined profile programs are available, which differ in duration, intensity and intensity changes.

*When selecting the program, you can decide whether the intensity changes by changing the incline value or the speed.*



1. Tap "Pre-set Programmes" in the main menu.
2. Select one of the categories.
- ① **NOTICE**  
"Weight loss" is set as default.
3. Choose your desired pre-set programme.
4. Choose whether you would like to train in incline or speed mode.
5. Choose one of the three intensity levels. 1 being the lowest, and 3 being the highest.
6. Set your desired training time.
7. Select your age and weight.
- ① **NOTICE**  
By selecting your weight, your calory, and heart rate value can be calculated more precisely.
8. Tap "Start/Pause", to start the training.
9. Tap "Start/Pause", to pause the training.
10. Tap "Stop" to stop the training.

*After the training ends, a summary of your training values will be shown.*



### P-01: Long, Slow Distance

(40 min. default)



This is a great training for everyone. Beginners start with an easy workout and include this programme in their weekly workouts to maximize cardiovascular endurance. On days that follow a hard, intensive workout, this program is ideal for experienced users.

### P-02: Short Interval

(20 min. default)



Short intervals are ideal for beginners who want to profit from training in intervals but are not yet ready for a longer intensity interval training. Furthermore, short intervals are ideal for experienced users as it will increase speed and anaerobic fitness. Be sure to vary exercise intensity and duration to maximize overall fitness and build a few interval exercises into your weekly workout.

### P-03: Moderate Interval

(30 min. default)



Once you train regularly and have improved fitness, you are ready to train in intervals at moderate intensity. Note that this workout involves alternating between simple recovery and high intensity intervals. Feel comfortable during your workout knowing that after a high intensity training, there will always be a recovery training. This workout improves your overall aerobic endurance while maximizing the development of your anaerobic fitness.

## Advanced Programmes:

### P-04: Long Interval

(40 min. default)



These exercises are amazing to maximise your calories consumption and improve your anaerobic fitness. Just like the moderate intervals, after every high-intensity interval comes a recovery interval - for an incrementally increasing training intensity.

### P-05: Negative Interval 1

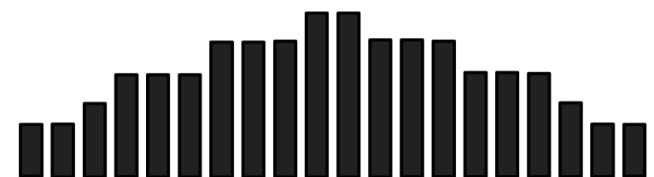
(30 min. default)



This program offers all the benefits of a training at a steady pace and motivates you to gradually increase the intensity of your exercise and then slowly decreases. As you will improve your overall health and fitness, it will be possible to slowly increase the intensity of this training.

### P-06: Negative Interval 2

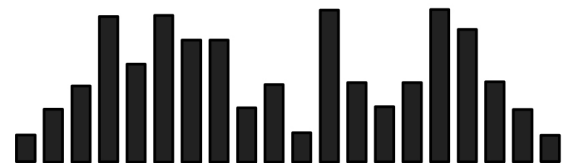
(30 min. default)



This training starts with a slight increase in exercise intensity and ends with a gradual reduction in exercise intensity. A workout that increases and decreases exercise intensity is ideal for your aerobic, cardiovascular endurance. A workout with reduced exercise intensity is also ideal for maximising calorie consumption - but over a longer period of time, such as 40 or 50 minutes.

### P-07: Fartlek

(30 min. default)



A varying exercise intensity with constantly changing interval training that starts at a light pace and increases to a moderate/intensive pace. This brings variety and offers great fitness benefits. Constantly varying intensities have a very positive effect on improving brain fitness, according to brain research.

### **P-08: Uphill Climb**

(30 min. default)



Incrementally increase your training intensity with this workout. During this training, you want to stimulate your body in order to improve your circulatory system and maximise muscle cell growth. Your body will be able to train over a longer period of time and will profit from the high intensity.

### **P-09: Pyramid Climb**

(30 min. default)



Increasing the intensity incrementally is ideal to improve your circulatory system and maximise muscle cell growth. The calory consumption will be maximised during peak intensity. Your body will be able to train longer and profit from the high intensities that arise from incrementally slowing down the training.

### **P-10: Plateau Climb**

(40 min. default)



It offers all the benefits of other consistent workouts, but also motivates you to maintain a higher intensity. You will improve your health fitness by training at a higher intensity over a longer period of time.

### **P-11: Ladder**

(30 min. default)



One of the biggest advantages are the direct positive effects on the heart and the cardiovascular system. It is specifically designed to provide your heart and cardiovascular system with a series of increasingly difficult exercise intensities, which improves your aerobic endurance and also stimulates anaerobic endurance. Keep in mind that it is challenging for a few minutes, but each progress must be carefully designed to provide recovery intervals - that way you can motivate yourself to improve your cardiovascular fitness.

### **P-12: Uphill Intervall**

(20 min. default)



This workout is unique because the body enjoys the benefits of interval training and gradual increase in intensity. Start at a level you are comfortable with and gradually increase the intensity during each max interval to bring yourself to a higher intensity each time. During the higher intensity intervals, burn the maximum amount of calories while working to improve your anaerobic fitness.

**P-13: Steady Pace** (40 min. default)



Improve your fitness and stimulate your body to burn more fat. This is an ideal support to improve your endurance. Most exercises of this type focus on maintaining the muscle load throughout the workout. Your goal is to train at an intensity that goes from low over moderate to high throughout your workout.

**P-14: Long, Slow Distance 2**  
(40 min. default)



A great workout for everyone! Beginners have an easy start and should do this workout at least once a week to maximise cardiovascular endurance. It is also ideal for experienced users who do this workout on days that follow a hard, intense workout.

**P-15: Cardio Run**  
(20 min. default)



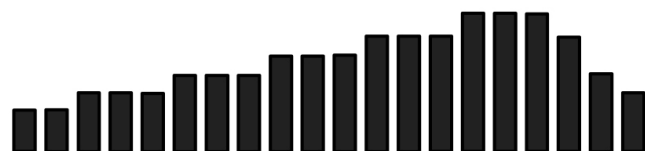
Training at a steady pace but at a higher intensity than with „Long, slow distance“. It is an advanced workout to motivate you to achieve a more challenging consistent pace and maintain that pace throughout the workout. It is great as preparation for a particular event.

**P-16: Short Interval 2**  
(20 min. default)



Short interval workouts have been found in research studies to be ideal for those striving to lose weight and improve cardiovascular fitness. Varying exercise intensity from a moderately slow level to a high intensity for a set period of time and repeating that progression for a complete workout will maximize the number of calories burned. The short interval recovery periods allows the body to more successfully exercise at a higher intensity than might otherwise be comfortable for a complete workout duration.

**P-17: Uphill Walk**  
(30 min. default)



The uphill walk gradually increases the intensity of your exercise peaking at a high intensity. The goal of the uphill workout is to stimulate your body to improve overall cardiovascular fitness, while also maximizing muscle cell development. The uphill walk has been designed to start slow and gradually increase to a peak intensity then with a quick decrease back to a recovery level. You will maximize calorie burn during the peak intensity levels while allowing your body to exercise for longer periods.

### 3.1.1 Custom User Programmes

There are two user programmes that provide you with the ability to build custom programme profiles for your specific workout requirements. These programmes are saved by the console and can be selected like the other pre-set programmes.

1. Tap "Pre-set Programmes" in the main menu.
2. Select the category "Custom".
3. Choose between user 1 or user 2.

**NOTICE**

Per user, one programme can be specified.

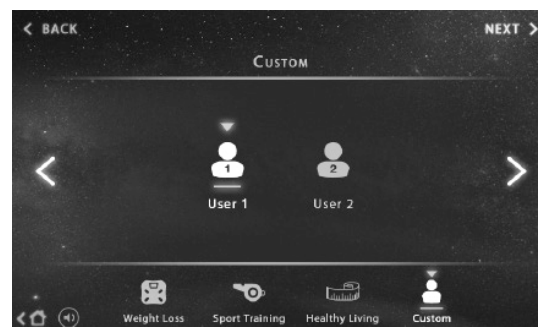
4. Set your desired training time.
5. Select your age and weight.

**NOTICE**

By selecting your weight, your calory, and heart rate value can be calculated more precisely.

6. Set your desired speed and incline value for all of the 20 segments during the training.
7. Press "Start/Pause" to start the training.
8. Press "Start/Pause" to pause the training.
9. Press "Stop" to end the training.

*After the training ends, a summary of your training values will be shown.*



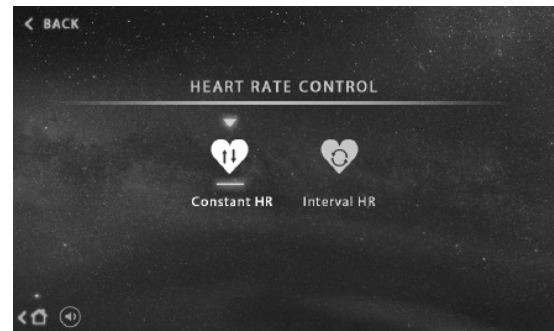
### 3.3.4 Heart Rate Control Programmes

**⚠ 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.



#### Heart Rate Control Programme (Constant)

This programme allows you to set a heart rate value that you will maintain throughout your workout. You can choose to adjust the speed or incline to keep your heart rate constant throughout the workout.

**ⓘ NOTICE**

*To maintain the set heart rate value, the speed or incline is automatically adjusted to your heart rate.*

1. Tap "Heart Rate Control" in the main menu.
2. Tap "Constant HR"
3. Set your desired incline or speed value.

**ⓘ NOTICE**

The treadmill will adjust the speed or incline every 10 seconds to keep you at your chosen heart rate level.

4. Set your desired training time.
5. Select your age and weight.

**ⓘ NOTICE**

By selecting your weight, your calory, and heart rate value can be calculated more precisely.

6. Press "Start/Pause" to start the training.
7. Press "Start/Pause" to pause the training.
8. Press "Stop" to end the training.

*After the training ends, a summary of your training values will be shown.*

## Heart Rate Control Programme (Interval)

Provides a anaerobic endurance training by exercising at a high target heart rate and a low recovery heart rate.

**ⓘ NOTICE**

After a 3 minute warm-up period, the Treadmill will automatically adjust the incline level or speed to the selected maximum target heart rate, depending on the selected mode. The adjustment is made every 10 seconds until the set heart rate is reached. The Treadmill will then maintain the incline or speed for 2 minutes. After that, the incline level or speed will adjust to your set minimum target heart rate. This interval will repeat until the workout ends.

1. Tap "Heart Rate Control" in the main menu.
2. Select "Interval HR".
3. Specify whether to adjust the speed or incline value during the training.
4. Select your age and weight.

**ⓘ NOTICE**

By selecting your weight, your calory, and heart rate value can be calculated more precisely.

5. Press "Start/Pause" to start the training.
6. Press "Start/Pause" to pause the training.
7. Press "Stop" to end the training.

*After the training ends, a summary of your training values will be shown.*

### 3.3.5 Fitness-Test

There are two fitness tests available for you to take. The Rockport Fitness Test and the Navy Fitness Test.

- + The Rockport Fitness test is a test that requires you to walk 1 mile as quickly as you can without running.
- + The Navy Fitness Test requires you to run 1.5 miles as quickly as you can.

### 4.1 General Instructions

#### ⚠ WARNING

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

#### ▶ ATTENTION

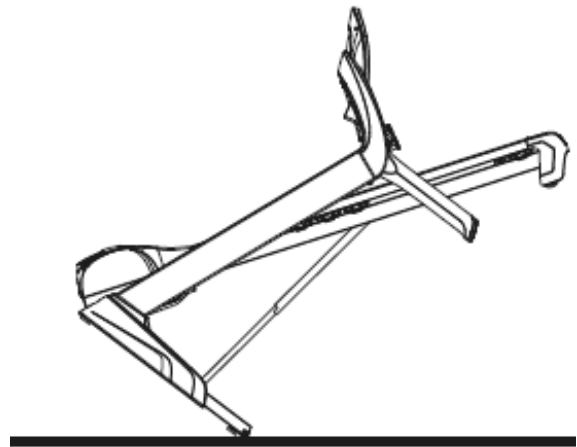
- + Make sure that the equipment is protected from moisture, dust and dirt in the selected storage location. The storage location should be dry and well ventilated and have a constant ambient temperature between 10°C and 35°C.

### 4.2 Transportation Wheels

#### ▶ ATTENTION

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

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



### 4.3 Folding Mechanism

#### ⚠ WARNING

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

#### ⓘ NOTICE

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



### 4.3.1 Folding Up the Treadmill

**⚠ WARNING**

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

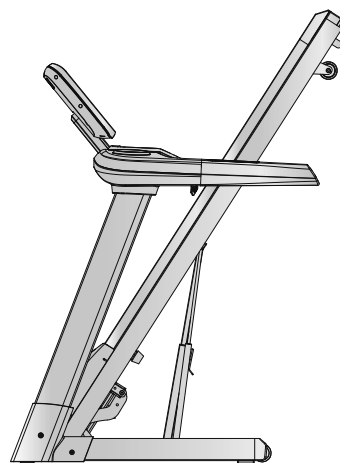
**⚠ CAUTION**

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

**▶ ATTENTION**

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

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



### 4.3.2 Unfolding the Treadmill

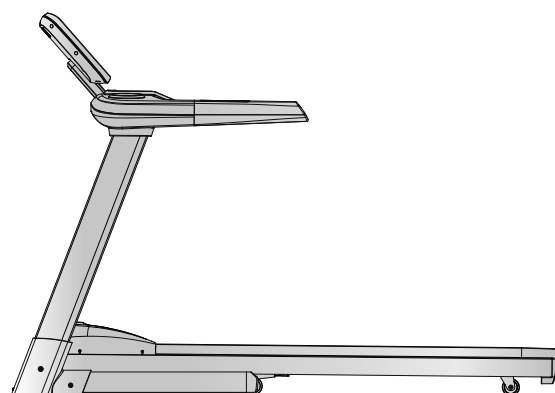
**▶ ATTENTION**

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

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

*The hydraulic brake lowers itself gently downwards.*

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



## 5.1 General Instructions

### ⚠ WARNING

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

### ⚠ CAUTION

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

### ▶ ATTENTION

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

## 5.2 Faults and Fault Diagnosis

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

Fault	Cause	Solution
Console is not responding	Safety key missing or not inserted correctly	Check whether Safety Key is inserted and insert if necessary
Running mat slanting	Running mat not centered	Adjust the running mat according to the instructions
Grinding noises		
Running mat slips through/stops	Tape tension/lubrication not correct	Check belt tension/lubrication according to instructions
Display is blank/is not working	+ Interrupted power connection + Loose cabel connections	+ Power switch to on + Check whether Safety Key is plugged in + Check cable connections
No pulse display	+ Sources of interference in the room + unsuitable chest strap + Wrong position of chest strap + Chest strap defective or battery empty + Pulse display defective	+ 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.

+ E1 error code after 3-8 seconds of use

This error code will most likely be caused by an insufficient cable connection or by an issue with the speed sensor. Check all cable connections made during installation.

+ E1 error code after several minutes of use

This problem usually arises from too much friction between the running mat and the deck. It is recommended to turn off the treadmill, lubricate it and turn the treadmill on again.

+ E6 error code

Turn off the device for 30 seconds and turn it on again. Check whether the incline function works. If the problem still occurs, check all cable connections made during installation and turn the device on again.

**In case the problem can not be fixed, 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.

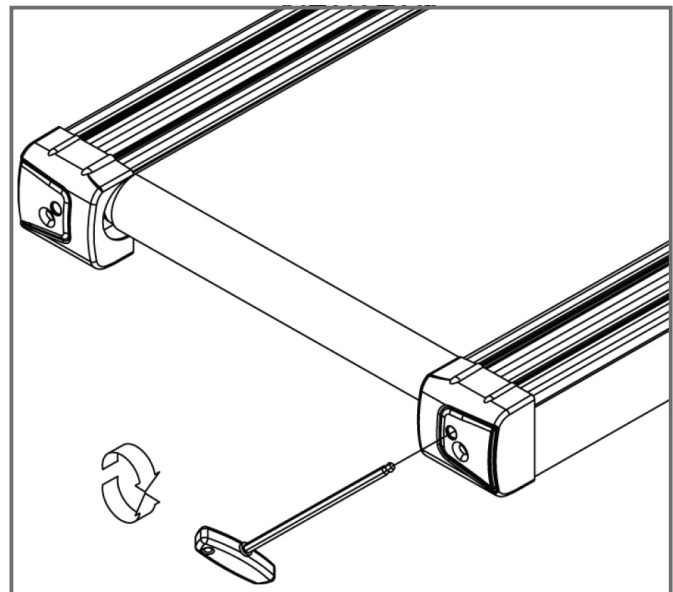
### 5.4.1 Adjusting the Running Mat

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  $\frac{1}{4}$  turn clockwise.
3. Then check whether the running mat continues to slip. If this is the case, you must perform the described procedure again.

## 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.

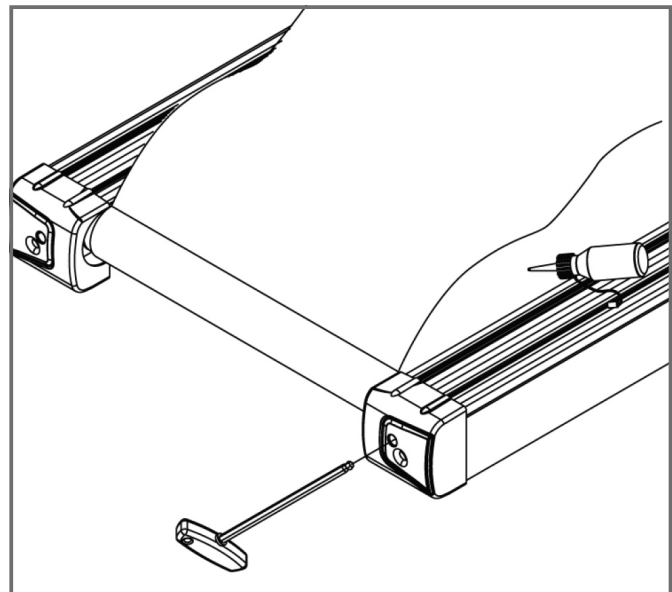
### ① NOTICE

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.

## 7 RECOMMENDED ACCESSORIES

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. 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

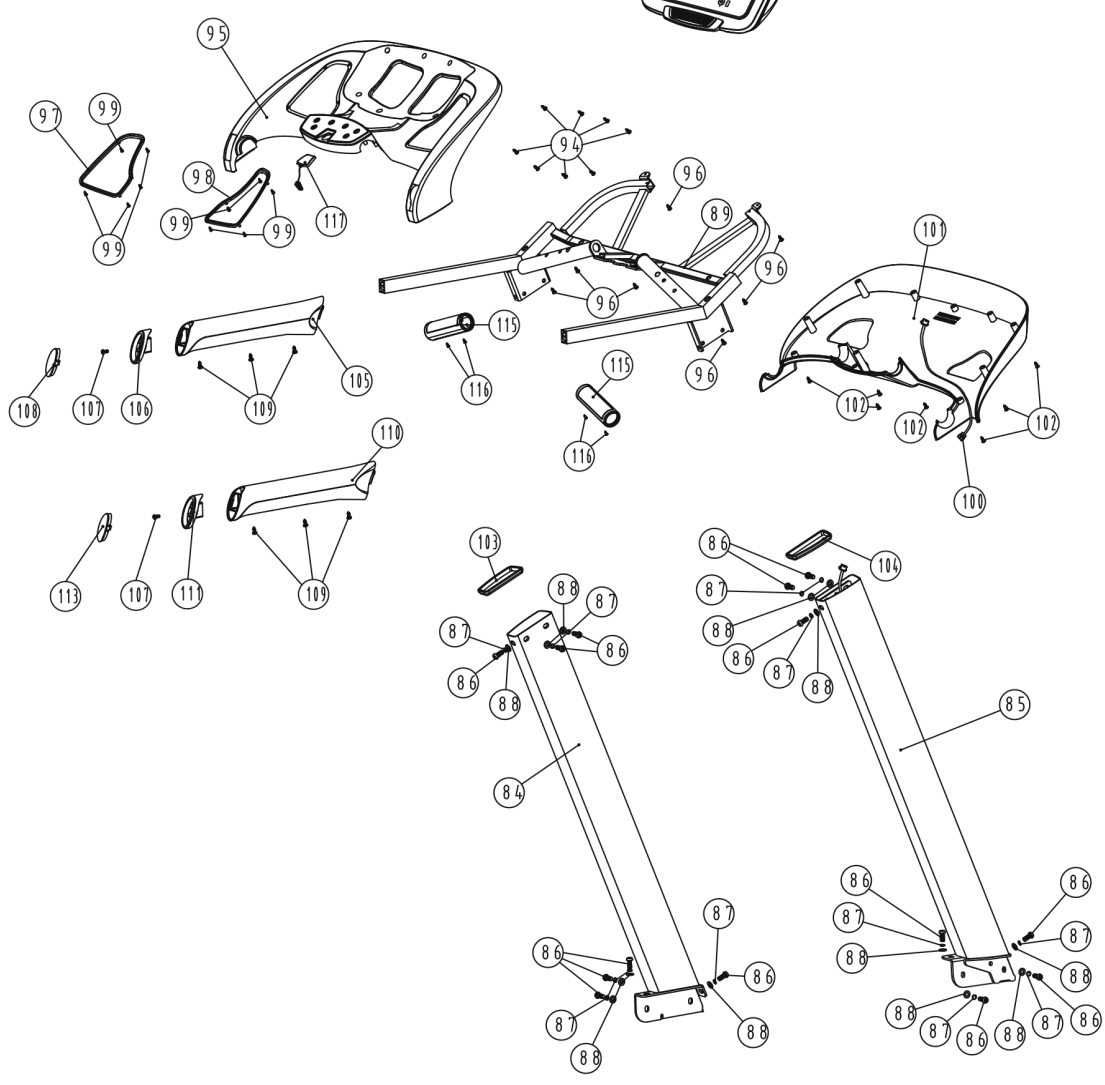
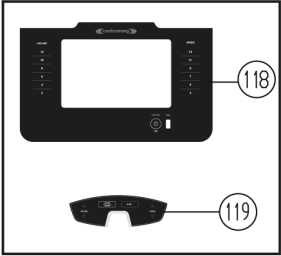
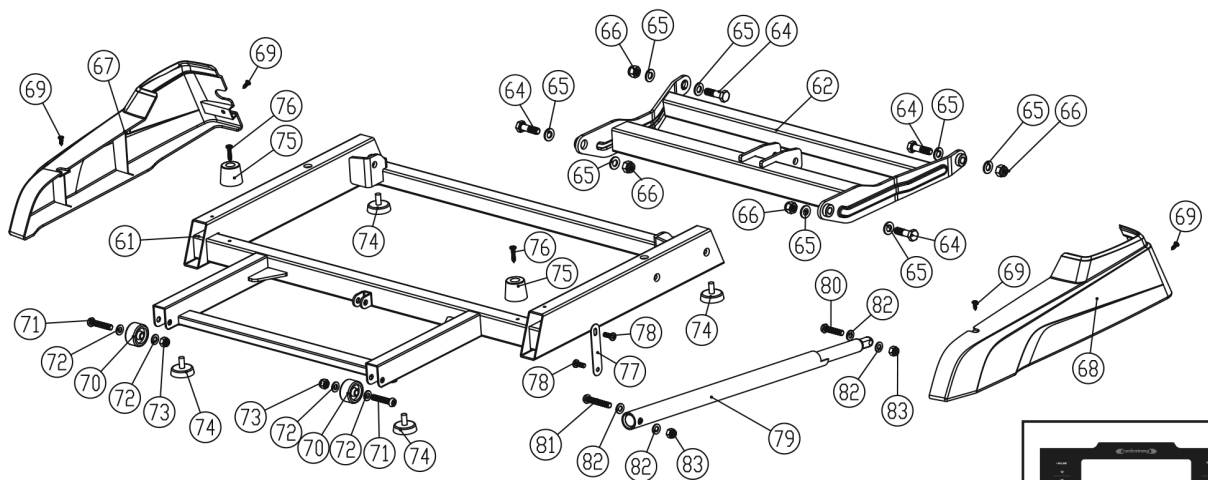
No.	Name	Qty.
1	Welding treadmill frame	1
2	Motor seat frame	1
3	DC motor (DC180V 2.0HP)	1
4	Socket head bolts M8x16	4
5	Socket head bolts M8x12	2
6	Inner socket head screws M8x55	1
7	Spring washer Ø8x21	7
8	Washer Ø8x 16	7
9	Motor cover	1
10	Motor cover insert 1	1
11	Motor cover insert 2	1
12	Cross trough pan head self-drilling screw ST4.2x13	12
13	Socket head bolts M5x16	4
14	Washer Ø5x1	4
15	Power switch seat	1
16	Cross trough pan head self-drilling screw M4x12	2
17	Washer Ø5x0.8	2
18	Plug with switch	1
19	power core	1
20	driver	1
21	Socket head bolts M4x16	2
22	Washer Ø5x0.8	2
23	7 pin connector	1
24	Incline motor	1
25	Socket head bolts M10x45	1
26	Socket head bolts M10x65	1
27	Spring washer Ø10x2	4
28	Hexagon lock nut M10	2
29	Running board	1
30	Running board anti shock part	2
31	Anti shock part	8

32	Cross trough pan head self-drilling screw ST4.8x13.	8
33	Spring washer Ø5x1	8
34	Rubber part	4
35	Philips countersunk head screw M8x25	2
36	Philips countersunk head screw M8x35	4
37	Spring washer Ø8x1.6	6
38	Hexagon lock nut M8	6
39	Front roller	1
40	Socket head bolt M8x45	1
41	Spring washer Ø8x1.6	1
42	Motor belt	1
43	Running belt	1
47	Side rail	2
48	Sider rail buckle	8
49	Cross trough pan head self-drilling screw ST4.2x16	8
50	Cross trough pan head self-drilling screw ST4.2x25	4
51	Rear roller	1
52	Inner socket head screws M8x65	2
53	Spring washer ø8x16	2
54	Left end cap	1
55	Right end cap	1
56	Cross trough pan head self-drilling screw ST4.8x16	4
57	Rear wheel	2
58	Socket head bolt M8x45	2
59	Hexagon lock nut M8	2
60	Spring washer Ø 8x1.6	4
61	Frame holder	1
62	Incline Holder	1
64	Socket head bolt M10x35	4
65	Spring washer Ø10x2	8
66	Hexagon lock nut M10	4
67	left down cover	1
68	right down cover	1

69	Cross trough pan head self-drilling screw ST4.2x13	4
70	wheel	2
71	Socket head bolt M8x40	2
72	Spring washer Ø8x1.6	4
73	Hexagon lock nut M8	2
74	Adjust the floor mat	4
75	big rubber mat	2
76	Cross trough pan head self-drilling screw ST4.8x25	2
77	Packaging fixed plate	1
78	Cross trough pan head screw M6x 16	2
79	cylinder(775x480-37KG)	1
80	Socket head bolt M8x35	1
81	Socket head bolt M8x50	1
82	Spring washer Ø8 x 1.6	4
83	Hexagon lock nut M8	2
84	left column	1
85	right column	1
86	Socket head bolt M8x20	14
87	Spring washer Ø8x2.1	14
88	Spring washer Ø8x1.6	14
89	Console holder	1
90	Console Set	1
94	Cross trough pan head self-drilling screw ST4.2x13	8
95	Console up cover	1
96	"Cross trough pan head self-drilling screw ST4.2x13"	7
97	Left cup	1
98	Right cup	1
99	Cross trough pan head self-drilling screw ST2.9x9.5	10
100	7 pin connector	1
101	Console down cover	1
102	Cross trough pan head self-drilling screw ST4.2x13	7

103	Left column insert	1
104	Right column insert	1
105	Left arm	1
106	Left arm insert I	1
107	Cross trough pan head screw M5x16	2
108	Left arm insert II	1
109	Cross trough pan head self-drilling screw ST4.8x13	6
110	Right arm	1
111	Right arm insert I	1
113	Right arm insert II	1
115	Heart Rate base	2
116	"Cross trough pan head self-drilling screw ST2.9x16"	4
117	Safety key	1
118	Console overlay	1
119	Quick key overlay	1





Training equipment from cardiostrong® 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.



## 10 CONTACT

DE	DK	FR
<p><b>TECHNICAL SUPPORT</b></p> <p> +49 4621 4210-900</p> <p> +49 4621 4210-698</p> <p> technik@sport-tiedje.de</p> <p> Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p> <p><b>SERVICE</b></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><b>TECHNICAL SUPPORT &amp; SERVICE</b></p> <p> 80 90 16 50</p> <p>+49 4621 4210-945</p> <p> info@fitshop.dk</p> <p> Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p>	<p><b>TECHNICAL SUPPORT &amp; SERVICE</b></p> <p> +33 (0) 172 770033</p> <p>+49 4621 4210-933</p> <p> service-france@fitshop.fr</p> <p> Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p>
	PL	BE
	<p><b>TECHNICAL SUPPORT &amp; SERVICE</b></p> <p> 22 307 43 21</p> <p>+49 4621 42 10-948</p> <p> info@fitshop.pl</p> <p> Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p>	<p><b>TECHNICAL SUPPORT &amp; SERVICE</b></p> <p> 02 732 46 77</p> <p>+49 4621 42 10-932</p> <p> info@fitshop.be</p> <p> Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p>
UK	NL	INT
<p><b>TECHNICAL SUPPORT</b></p> <p> +44 141 876 3986</p> <p> support@powerhousefitness.co.uk</p> <p><b>SERVICE</b></p> <p> +44 141 876 3972</p> <p> Mo - Fr 9am - 5pm</p>	<p><b>TECHNICAL SUPPORT &amp; SERVICE</b></p> <p> +31 172 619961</p> <p> info@fitshop.nl</p> <p> Ma - Do 09:00 - 17:00 Vr 09:00 - 21:00 Za 10:00 - 17:00</p>	<p><b>TECHNICAL SUPPORT &amp; SERVICE</b></p> <p> +49 4621 4210-944</p> <p> service-int@sport-tiedje.de</p> <p> Mo - Fr 8am - 6pm Sat 9am - 6pm</p>
	AT	CH
	<p><b>TECHNICAL SUPPORT &amp; SERVICE</b></p> <p> 0800 20 20277 (Freecall)</p> <p>+49 4621 42 10-0</p> <p> info@sport-tiedje.at</p> <p> Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p>	<p><b>TECHNICAL SUPPORT &amp; SERVICE</b></p> <p> 0800 202 027</p> <p>+49 4621 42 10-0</p> <p> 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](http://www.sport-tiedje.com/en/stores)

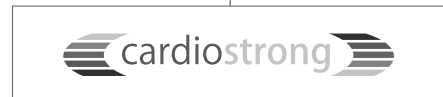
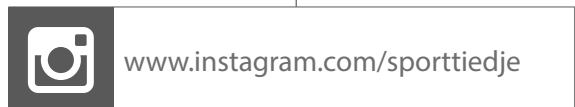
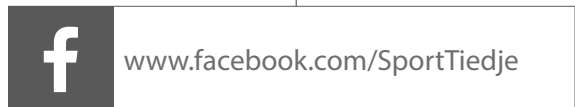
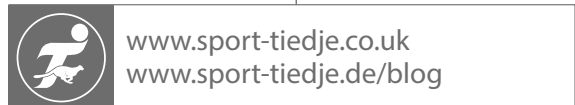
# WE LIVE FITNESS

## 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.

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